



**Wydarzenie:** VII FESTIWAL BIEGU RZEŹNIKA  
**Organizator:** Fundacja Bieg Rzeźnika  
**Data:** 2021-05-28  
**Miejsce:** Cisna  
**Dystans:** 28 km

## RZEŹNICZEK

B4SPORT

**B4SPORT**  
INTELEGENNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 28km	Różn	Tempo min/km	Tempo km/h
1	<b>FARON Robert</b>	<b>4039</b>	SALCO GARMIN TEAM	M40	1	<b>02:11:42.65</b>		4:42	12.8 (100%)
2	<b>ZEBATKA Lary</b>	<b>4342</b>		M40	2	<b>02:20:30.35</b>	+00:08:47 (6.3%)	5:01	12 (93.8%)
3	<b>SIKOŃCZYK Miłosz</b>	<b>4920</b>	RUNNING PERFORMANCE	M30	1	<b>02:29:07.70</b>	+00:17:25 (11.7%)	5:19	11.3 (88.3%)
4	<b>TABER Konrad</b>	<b>4979</b>		M20	1	<b>02:40:05.40</b>	+00:28:22 (17.7%)	5:43	10.5 (82.0%)
5	<b>PERYKASZA Paweł</b>	<b>4571</b>	GRUPALUKTRANS.PL	M40	3	<b>02:40:17.40</b>	+00:28:34 (17.8%)	5:43	10.5 (82.0%)
6	<b>FITAK Wiesław</b>	<b>4043</b>	POLACY BIEGAJĄ W NL	M30	2	<b>02:40:32.20</b>	+00:28:49 (18.0%)	5:44	10.5 (82.0%)
7	<b>WĘGLIŃSKI Mikołaj</b>	<b>4492</b>		M30	3	<b>02:41:02.45</b>	+00:29:19 (18.2%)	5:45	10.4 (81.3%)
8	<b>MULARCZYK Paweł</b>	<b>4899</b>	PAWEŁ MULARCZYK	M30	4	<b>02:41:21.30</b>	+00:29:38 (18.4%)	5:45	10.4 (81.3%)
9	<b>MAKOWSKI Maciej</b>	<b>4987</b>	KORONA PABIANICE	M40	4	<b>02:41:46.15</b>	+00:30:03 (18.6%)	5:46	10.4 (81.3%)
10	<b>MAZUR Sebastian</b>	<b>4291</b>		M30	5	<b>02:43:12.80</b>	+00:31:30 (19.3%)	5:49	10.3 (80.5%)
11	<b>GAZDOWICZ Michał</b>	<b>4056</b>	RUNPASSION.PL TEAM	M20	2	<b>02:44:20.30</b>	+00:32:37 (19.9%)	5:52	10.2 (79.7%)
12	<b>GRABIŃSKI Wojciech</b>	<b>4666</b>	#BIEGIEMWLAS	M20	3	<b>02:45:54.10</b>	+00:34:11 (20.6%)	5:55	10.1 (78.9%)
13	<b>TELEJKO Łukasz</b>	<b>4221</b>	ORZESZEK TEAM	M20	4	<b>02:54:02.30</b>	+00:42:19 (24.3%)	6:12	9.7 (75.8%)
14	<b>CZERWIONKA Jakub</b>	<b>4509</b>	GMINA WICKO	M20	5	<b>02:54:41.65</b>	+00:42:59 (24.6%)	6:14	9.6 (75.0%)
15	<b>GABRYCH Arkadiusz</b>	<b>4050</b>		M30	6	<b>02:55:13.90</b>	+00:43:31 (24.8%)	6:15	9.6 (75.0%)
16	<b>STĘPIEŃ Krzysztof</b>	<b>4986</b>	GILLETTE RUN	M40	5	<b>02:55:31.80</b>	+00:43:49 (25.0%)	6:16	9.6 (75.0%)
17	<b>GRYGIEL Marek</b>	<b>5022</b>	JACEKBIEGA RUNNING TEAM	M40	6	<b>02:55:57.50</b>	+00:44:14 (25.1%)	6:17	9.5 (74.2%)
18	<b>KURASIK Tomasz</b>	<b>4711</b>		M40	7	<b>02:58:41.60</b>	+00:46:58 (26.3%)	6:22	9.4 (73.4%)
19	<b>ZIELAK Dariusz</b>	<b>5018</b>		M40	8	<b>02:58:51.15</b>	+00:47:08 (26.4%)	6:23	9.4 (73.4%)
20	<b>HEJNAR Jakub</b>	<b>4672</b>		M40	9	<b>02:59:35.55</b>	+00:47:52 (26.7%)	6:24	9.4 (73.4%)
21	<b>BRUS Marcin</b>	<b>4975</b>		M40	10	<b>03:00:07.15</b>	+00:48:24 (26.9%)	6:25	9.3 (72.7%)
22	<b>STAWIARZ Paweł</b>	<b>4586</b>	140MINUT.PL	M30	7	<b>03:01:24.30</b>	+00:49:41 (27.4%)	6:28	9.3 (72.7%)
23	<b>POŻAROWSZCZYK Adam</b>	<b>4311</b>	MINISTERSTWO GŁUPICH KROKÓW LEGIONOWO	M30	8	<b>03:01:28.75</b>	+00:49:46 (27.4%)	6:28	9.3 (72.7%)
24	<b>GŁOMBIEWSKA Zuzanna</b>	<b>4867</b>	RUNPASSION.PL TEAM	K20	1	<b>03:01:36.50</b>	+00:49:53 (27.5%)	6:29	9.3 (72.7%)
25	<b>WASSER Michał</b>	<b>4236</b>		M20	6	<b>03:01:40.40</b>	+00:49:57 (27.5%)	6:29	9.2 (71.9%)
26	<b>PUC Paweł</b>	<b>4313</b>	TRUCHTACZE GZICHÓW	M40	11	<b>03:02:13.80</b>	+00:50:31 (27.7%)	6:30	9.2 (71.9%)
27	<b>KOZŁOWSKI Paweł</b>	<b>4098</b>		M40	12	<b>03:02:40.45</b>	+00:50:57 (27.9%)	6:31	9.2 (71.9%)
28	<b>KOT Rafał</b>	<b>4951</b>	LEDLENSER // MUAY RUNNING TEAM	M40	13	<b>03:03:06.40</b>	+00:51:23 (28.1%)	6:32	9.2 (71.9%)
29	<b>PIETRZAK Daniel</b>	<b>4160</b>		M20	7	<b>03:03:32.25</b>	+00:51:49 (28.2%)	6:33	9.2 (71.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 28km	Różn	Tempo min/km	Tempo km/h
30	<b>BRĄCZKOWSKI Damian</b>	<b>4259</b>		M20	8	<b>03:04:28.35</b>	+00:52:45 (28.6%)	6:35	9.1 (71.1%)
31	<b>WSZOŁEK Mirosław</b>	<b>4242</b>	MYSZOJELENIE	M30	9	<b>03:04:40.20</b>	+00:52:57 (28.7%)	6:35	9.1 (71.1%)
32	<b>CZUMIEL Maciej</b>	<b>4463</b>		M40	14	<b>03:04:43.00</b>	+00:53:00 (28.7%)	6:35	9.1 (71.1%)
33	<b>ROŚ Dominik</b>	<b>4178</b>		M30	10	<b>03:05:01.10</b>	+00:53:18 (28.8%)	6:36	9.1 (71.1%)
34	<b>GILARSKI Rafał</b>	<b>4516</b>	PRO300_PROJECTDISCIPLINE	M30	11	<b>03:05:05.70</b>	+00:53:23 (28.8%)	6:36	9.1 (71.1%)
35	<b>KAKOL Grzegorz</b>	<b>4685</b>	BALLS OF STEEL	M30	12	<b>03:05:35.15</b>	+00:53:52 (29.0%)	6:37	9.1 (71.1%)
36	<b>WINIARCZYK-JADACH Beata</b>	<b>4240</b>	TG SOKÓŁ ZAKOPANE	K40	1	<b>03:05:46.60</b>	+00:54:03 (29.1%)	6:38	9 (70.3%)
37	<b>NOWICKI Łukasz</b>	<b>4299</b>		M40	15	<b>03:05:49.25</b>	+00:54:06 (29.1%)	6:38	9 (70.3%)
38	<b>BARANOWSKI Jacek</b>	<b>4254</b>	JACEKBIEGA RUNNING TEAM	M40	16	<b>03:05:53.80</b>	+00:54:11 (29.1%)	6:38	9 (70.3%)
39	<b>WRÓBLEWSKI Michał</b>	<b>4414</b>	WHISKY AFICIONADOS	M30	13	<b>03:06:17.15</b>	+00:54:34 (29.3%)	6:39	9 (70.3%)
40	<b>FELUCH Krzysztof</b>	<b>4982</b>	JACEK BIEGA RUNNING TEAM	M40	17	<b>03:06:54.40</b>	+00:55:11 (29.5%)	6:40	9 (70.3%)
41	<b>WIEWIÓRA Krzysztof</b>	<b>4598</b>		M30	14	<b>03:08:07.90</b>	+00:56:25 (30.0%)	6:43	8.9 (69.5%)
42	<b>RÓŻALSKI Lukasz</b>	<b>4780</b>		M40	18	<b>03:08:09.05</b>	+00:56:26 (30.0%)	6:43	8.9 (69.5%)
43	<b>SZPYT Grzegorz</b>	<b>4210</b>		M40	19	<b>03:10:20.60</b>	+00:58:37 (30.8%)	6:47	8.8 (68.8%)
44	<b>SZYMAŃSKI Mateusz</b>	<b>4943</b>		M20	9	<b>03:11:21.85</b>	+00:59:39 (31.2%)	6:50	8.8 (68.8%)
45	<b>ŚLIWOWSKA Justyna</b>	<b>4455</b>	KS STASZEWCY	K20	2	<b>03:12:01.55</b>	+01:00:18 (31.4%)	6:51	8.7 (68.0%)
46	<b>SUDACKI Sebastian</b>	<b>4812</b>		M20	10	<b>03:12:10.55</b>	+01:00:27 (31.5%)	6:51	8.7 (68.0%)
47	<b>STRADOMSKI Artur</b>	<b>4810</b>	MARKOWI BIEGACZE	M40	20	<b>03:12:17.60</b>	+01:00:34 (31.5%)	6:52	8.7 (68.0%)
48	<b>MUSZYŃSKI Piotr</b>	<b>4145</b>	TEAM PAPRY	M40	21	<b>03:13:03.85</b>	+01:01:21 (31.8%)	6:53	8.7 (68.0%)
49	<b>JAWOREK Grzegorz</b>	<b>4981</b>		M40	22	<b>03:13:06.15</b>	+01:01:23 (31.8%)	6:53	8.7 (68.0%)
50	<b>CIEŚLA Krzysztof</b>	<b>4027</b>		M30	15	<b>03:13:20.10</b>	+01:01:37 (31.9%)	6:54	8.7 (68.0%)
51	<b>RAK Wojciech</b>	<b>4172</b>	SII RUNNING TEAM	M30	16	<b>03:14:09.15</b>	+01:02:26 (32.2%)	6:56	8.7 (68.0%)
52	<b>MOLENDĄ Tomasz</b>	<b>4141</b>		M30	17	<b>03:14:55.85</b>	+01:03:13 (32.4%)	6:57	8.6 (67.2%)
53	<b>KOT Krzysztof</b>	<b>4475</b>	MPK - RZESZÓW	M40	23	<b>03:15:06.35</b>	+01:03:23 (32.5%)	6:58	8.6 (67.2%)
54	<b>BASAĞ Marek</b>	<b>4344</b>	GINGER POWER	M30	18	<b>03:15:17.75</b>	+01:03:35 (32.6%)	6:58	8.6 (67.2%)
55	<b>MORGAŚ Mariusz</b>	<b>4562</b>		M30	19	<b>03:15:28.85</b>	+01:03:46 (32.6%)	6:58	8.6 (67.2%)
56	<b>BIENIECKA Anna</b>	<b>4257</b>	BIEG RZEŹNIKA	K40	2	<b>03:15:42.50</b>	+01:03:59 (32.7%)	6:59	8.6 (67.2%)
57	<b>GADZIŃSKI Marcin</b>	<b>4515</b>		M30	20	<b>03:15:51.30</b>	+01:04:08 (32.8%)	6:59	8.6 (67.2%)
58	<b>BRÓG Wojciech</b>	<b>4628</b>		M40	24	<b>03:16:04.95</b>	+01:04:22 (32.8%)	7:00	8.6 (67.2%)
59	<b>STAROBRAT Arkadiusz</b>	<b>4324</b>	ALETEMPO	M50	1	<b>03:16:13.15</b>	+01:04:30 (32.9%)	7:00	8.6 (67.2%)
60	<b>BARANOWSKI Andrzej</b>	<b>5004</b>	TRIWAWA	M30	21	<b>03:16:35.05</b>	+01:04:52 (33.0%)	7:01	8.5 (66.4%)
61	<b>LIPIŃSKI Hubert</b>	<b>4721</b>	KS KANAŁEK	M30	22	<b>03:17:38.35</b>	+01:05:55 (33.4%)	7:03	8.5 (66.4%)
62	<b>ZIELIŃSKI Piotr</b>	<b>4846</b>		M30	23	<b>03:17:39.20</b>	+01:05:56 (33.4%)	7:03	8.5 (66.4%)
63	<b>PODCZASZY Tomasz</b>	<b>4162</b>	AZS AWF MASTERS KRAKÓW	M30	24	<b>03:18:13.40</b>	+01:06:30 (33.6%)	7:04	8.5 (66.4%)
64	<b>KOWALSKI Sebastian</b>	<b>4094</b>		M40	25	<b>03:18:17.00</b>	+01:06:34 (33.6%)	7:04	8.5 (66.4%)
65	<b>PACIOREK Ewa</b>	<b>4747</b>		K30	1	<b>03:18:32.90</b>	+01:06:50 (33.7%)	7:05	8.5 (66.4%)
66	<b>KĘPSKI Rafał</b>	<b>5083</b>		M40	26	<b>03:18:53.20</b>	+01:07:10 (33.8%)	7:06	8.4 (65.6%)
67	<b>SZWED Tomasz</b>	<b>4212</b>	SUSKA GRUPA BIEGOWA	M30	25	<b>03:18:58.20</b>	+01:07:15 (33.8%)	7:06	8.4 (65.6%)
68	<b>LASEK Leszek</b>	<b>4885</b>	KALLIPSO RUNERS TEAM	M50	2	<b>03:19:01.65</b>	+01:07:19 (33.8%)	7:06	8.4 (65.6%)
69	<b>KŁOS Łukasz</b>	<b>4083</b>	ASICSFRONTRUNNERPOLSKA	M30	26	<b>03:19:05.85</b>	+01:07:23 (33.8%)	7:06	8.4 (65.6%)
70	<b>JANIK Beata</b>	<b>4070</b>	RUNDOMSKO	K30	2	<b>03:19:26.80</b>	+01:07:44 (34.0%)	7:07	8.4 (65.6%)
71	<b>FIGIEL Bartosz</b>	<b>4649</b>		M30	27	<b>03:19:34.75</b>	+01:07:52 (34.0%)	7:07	8.4 (65.6%)
72	<b>ASŁANOWICZ Marcin</b>	<b>4498</b>	ŻÓRAWSKI TEAM	M40	27	<b>03:19:57.55</b>	+01:08:14 (34.1%)	7:08	8.4 (65.6%)
73	<b>WOJCIECHOWSKI Tobiasz</b>	<b>4937</b>		M30	28	<b>03:20:14.05</b>	+01:08:31 (34.2%)	7:09	8.4 (65.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 28km	Różn	Tempo min/km	Tempo km/h
74	FILIPIUK Tomek	4266	POWIAT ŚWIDNICKI	M30	29	03:20:19.15	+01:08:36 (34.2%)	7:09	8.4 (65.6%)
75	WOJNAROWSKA Weronika	4495		K30	3	03:21:35.05	+01:09:52 (34.7%)	7:11	8.3 (64.8%)
76	HERBICH-SAR Violetta	5007	FUDU & CO.	K40	3	03:21:37.90	+01:09:55 (34.7%)	7:12	8.3 (64.8%)
77	BRYL Marcin	4629		M40	28	03:22:28.45	+01:10:45 (34.9%)	7:13	8.3 (64.8%)
78	JÓZWIAK Rafał	5027	JACEKBIEGA RUNNING TEAM	M30	30	03:22:33.60	+01:10:50 (35.0%)	7:14	8.3 (64.8%)
79	RUKUSZEWICZ Wawrzyniec	4781	DZIKIE GRUBASY SZATANA	M40	29	03:22:40.00	+01:10:57 (35.0%)	7:14	8.3 (64.8%)
80	LUBAŃSKI Mateusz	4723	KS BARYCZ MILICZ	M30	31	03:22:47.90	+01:11:05 (35.1%)	7:14	8.3 (64.8%)
81	PYRKOSZ Damian	4170		M50	3	03:23:14.65	+01:11:32 (35.2%)	7:15	8.3 (64.8%)
82	PODLEŚ Robert	4164	COBI POLAND TEAM	M50	4	03:23:19.50	+01:11:36 (35.2%)	7:15	8.3 (64.8%)
83	KRAHEL Marcin	4544		M30	32	03:23:24.10	+01:11:41 (35.2%)	7:15	8.3 (64.8%)
84	KOŁODZIEJ Roman	4087		M40	30	03:23:30.55	+01:11:47 (35.3%)	7:16	8.3 (64.8%)
85	PYSZYŃSKI Mariusz	5088	TRI POWER	M40	31	03:23:30.65	+01:11:48 (35.3%)	7:16	8.3 (64.8%)
86	SOŁOWIEJ Daniel	4191	TEAM KARAŚ ELBLĄG	M40	32	03:24:01.85	+01:12:19 (35.4%)	7:17	8.2 (64.1%)
87	DROZDEK Kacper	4860	BIEGAJĄCE DROZDKI	M20	11	03:24:07.60	+01:12:24 (35.5%)	7:17	8.2 (64.1%)
88	SZKLARSKI Jacek	5052		M40	33	03:24:39.95	+01:12:57 (35.6%)	7:18	8.2 (64.1%)
89	WSZOŁEK Dawid	4243	MYSZOJELENIE	M30	33	03:24:49.90	+01:13:07 (35.7%)	7:18	8.2 (64.1%)
90	POROWSKI Waldek	4973	KB SOBÓTKA	M40	34	03:24:55.10	+01:13:12 (35.7%)	7:19	8.2 (64.1%)
91	CITKOWSKI Dorian	5051		M30	34	03:25:04.95	+01:13:22 (35.8%)	7:19	8.2 (64.1%)
92	MALINA Michał	4382	HUTNIK RUN	M30	35	03:25:29.85	+01:13:47 (35.9%)	7:20	8.2 (64.1%)
93	GOSPODARCZYK Natalia	5071		K20	3	03:25:54.15	+01:14:11 (36.0%)	7:21	8.2 (64.1%)
94	WARAKSA Tomasz	4491	VEGE RUNNERS	M30	36	03:25:55.35	+01:14:12 (36.0%)	7:21	8.2 (64.1%)
95	GARBOWSKA Monika	4655	COMPAÑEROS ASFALT TEAM	K40	4	03:26:39.70	+01:14:57 (36.3%)	7:22	8.1 (63.3%)
96	SOSNOWSKI Rafał	4922		M30	37	03:27:08.65	+01:15:26 (36.4%)	7:23	8.1 (63.3%)
97	ŻMIJEWSKI Dariusz	5057		M50	5	03:27:59.35	+01:16:16 (36.7%)	7:25	8.1 (63.3%)
98	MAJCZAK Mirosław	4985		M40	35	03:28:43.30	+01:17:00 (36.9%)	7:27	8 (62.5%)
99	RACŁAWICKI Kacper	4958		M20	12	03:28:50.80	+01:17:08 (36.9%)	7:27	8 (62.5%)
100	DZIEWA Agata	4863		K30	4	03:28:52.10	+01:17:09 (36.9%)	7:27	8 (62.5%)
101	BODZIOCH Grzegorz	4852	GORLICKA GRUPA BIEGOWA	M40	36	03:29:02.35	+01:17:19 (37.0%)	7:27	8 (62.5%)
102	PROTASIEWICZ Piotr	4911	WISŁA KRAKÓW	M30	38	03:29:33.90	+01:17:51 (37.2%)	7:29	8 (62.5%)
103	FALKOWSKI Piotr	5097		M50	6	03:29:33.95	+01:17:51 (37.2%)	7:29	8 (62.5%)
104	KOCIUMBAS Bartosz	4540	KB SOBÓTKA	M40	37	03:29:40.85	+01:17:58 (37.2%)	7:29	8 (62.5%)
105	OLSZEWSKI Piotr	4445		M20	13	03:29:41.90	+01:17:59 (37.2%)	7:29	8 (62.5%)
106	KUŚMIREK Grzegorz	4882		M40	38	03:29:42.05	+01:17:59 (37.2%)	7:29	8 (62.5%)
107	SYROCKI Arkadiusz	4205	BREMBO	M40	39	03:29:48.65	+01:18:06 (37.2%)	7:29	8 (62.5%)
108	KAWALIŁO Piotr	4081	MPEC RZESZÓW	M30	39	03:29:54.80	+01:18:12 (37.3%)	7:29	8 (62.5%)
109	SIEMIEZ Paweł	4184	SOCA	M20	14	03:29:58.70	+01:18:16 (37.3%)	7:29	8 (62.5%)
110	MUSIOŁ Michał	4443	SARNI TĘTENT	M30	40	03:30:09.90	+01:18:27 (37.3%)	7:30	8 (62.5%)
111	MAŚLANY Mariusz	4289	ELEKTROMETAL ENERGETYKA SA	M40	40	03:30:33.20	+01:18:50 (37.4%)	7:31	8 (62.5%)
112	SZYMAJDA Adam	4816	EQUINI	M40	41	03:31:21.90	+01:19:39 (37.7%)	7:32	7.9 (61.7%)
113	PŁOCHOCKI Piotr	4764	LOBOMOTO	M30	41	03:31:33.00	+01:19:50 (37.7%)	7:33	7.9 (61.7%)
114	LUBAŃSKI Robert	4379	BRAK	M50	7	03:31:58.40	+01:20:15 (37.9%)	7:34	7.9 (61.7%)
115	BUDZYŃSKI Adam	4632	UNITED RUNNERS	M40	42	03:32:16.85	+01:20:34 (38.0%)	7:34	7.9 (61.7%)
116	WOŹNIAK Janusz	4338	PORMAT JEDLICZE BIEGA	M50	8	03:32:30.60	+01:20:47 (38.0%)	7:35	7.9 (61.7%)
117	WYSOCKI Aleksander	4244	MATNER RUNNING TEAM	M30	42	03:32:33.35	+01:20:50 (38.0%)	7:35	7.9 (61.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 28km	Różn	Tempo min/km	Tempo km/h
118	CICHOŃ Maciej	4348	42.195 WEJHEROWO	M40	43	03:32:35.35	+01:20:52 (38.0%)	7:35	7.9 (61.7%)
119	GABRYCH Łukasz	4049	SAINT-GOBAIN SQUAD	M30	43	03:33:34.20	+01:21:51 (38.3%)	7:37	7.9 (61.7%)
120	JADWIŃSKI Wojciech	4674	KS KANAŁEK	M40	44	03:33:53.10	+01:22:10 (38.4%)	7:38	7.9 (61.7%)
121	GUZ Marcin	4870		M40	45	03:33:54.10	+01:22:11 (38.4%)	7:38	7.9 (61.7%)
122	SMACZNY Bartłomiej	4921		M30	44	03:33:56.45	+01:22:13 (38.4%)	7:38	7.9 (61.7%)
123	WOJTYCZKA Katarzyna	4938		K30	5	03:34:08.80	+01:22:26 (38.5%)	7:38	7.8 (60.9%)
124	ZALEWSKI Andrzej	4339	TEAM NUTRILITE	M60	1	03:34:37.40	+01:22:54 (38.6%)	7:39	7.8 (60.9%)
125	SELWANOWICZ Aleksander	4788	G4	M50	9	03:34:40.80	+01:22:58 (38.6%)	7:40	7.8 (60.9%)
126	LEBIEST Radosław	4116		M30	45	03:34:57.60	+01:23:14 (38.7%)	7:40	7.8 (60.9%)
127	KOMOSIŃSKI Łukasz	4088		M40	46	03:35:04.95	+01:23:22 (38.8%)	7:40	7.8 (60.9%)
128	DROZDEK Iwona	4858	BIEGAJĄCE DROZDKI	K50	1	03:35:46.90	+01:24:04 (39.0%)	7:42	7.8 (60.9%)
129	LEŚNIAK Dawid	4118		M30	46	03:35:50.80	+01:24:08 (39.0%)	7:42	7.8 (60.9%)
130	PARUCKI Michał	4750	VEGE RUNNERS / DRUŻYNA BIEGOWA LECHA POZNAŃ	M40	47	03:36:15.60	+01:24:32 (39.1%)	7:43	7.8 (60.9%)
131	SUMOREK Sebastian	4489		M40	48	03:36:24.50	+01:24:41 (39.1%)	7:43	7.8 (60.9%)
132	KRUPA Grzegorz	5050	KB SOBÓTKA	M40	49	03:36:45.70	+01:25:03 (39.2%)	7:44	7.8 (60.9%)
133	RUSNAK Oleg	4784		M30	47	03:36:50.00	+01:25:07 (39.3%)	7:44	7.7 (60.2%)
134	ADAMKIEWICZ Natalia	4611	ŁÓDŻRUNCREW/ JAKO TEAM	K30	6	03:37:18.30	+01:25:35 (39.4%)	7:45	7.7 (60.2%)
135	ADAMKIEWICZ Michał	4610	ŁÓDŻRUNCREW/JAKOTEAM	M30	48	03:37:18.40	+01:25:35 (39.4%)	7:45	7.7 (60.2%)
136	STASIAK Jakub	4195	ORLEN RUNNING TEAM	M40	50	03:37:37.55	+01:25:54 (39.5%)	7:46	7.7 (60.2%)
137	ŚCIBOR Adrian	4929		M30	49	03:38:22.60	+01:26:39 (39.7%)	7:47	7.7 (60.2%)
138	SITEK Arkadiusz	4583	AKTYWNI WĘGRÓW	M40	51	03:38:54.30	+01:27:11 (39.8%)	7:49	7.7 (60.2%)
139	PAGÓRSKI Tomasz	4447		M30	50	03:39:20.70	+01:27:38 (40.0%)	7:50	7.7 (60.2%)
140	JÓZWIAK Piotr	4963	KITA TEAM	M40	52	03:39:49.60	+01:28:06 (40.1%)	7:51	7.6 (59.4%)
141	JAWORSKI Przemysław	4679		M30	51	03:39:55.10	+01:28:12 (40.1%)	7:51	7.6 (59.4%)
142	GŁOGOWSKI Konrad	4517		M30	52	03:40:05.10	+01:28:22 (40.2%)	7:51	7.6 (59.4%)
143	SOWA Wojciech	4923		M20	15	03:40:13.35	+01:28:30 (40.2%)	7:51	7.6 (59.4%)
144	KITOWSKI Bartosz	4082	GŁOGOVIA 1925 GŁOGÓW MAŁOPOLSKI	M40	53	03:40:20.00	+01:28:37 (40.2%)	7:52	7.6 (59.4%)
145	KARCZMARCZYK Mateusz	4686		M30	53	03:40:42.95	+01:29:00 (40.3%)	7:52	7.6 (59.4%)
146	SIWEK Maciej	4797	RYKOWISKO TEAM	M40	54	03:41:00.55	+01:29:17 (40.4%)	7:53	7.6 (59.4%)
147	KOCHANOWSKA Michalina	4085		K40	5	03:41:08.00	+01:29:25 (40.4%)	7:53	7.6 (59.4%)
148	LATAWIEC Bartosz	4114	SZAROTKA ROKICINY PODHALAŃSKI	M30	54	03:41:08.70	+01:29:26 (40.4%)	7:53	7.6 (59.4%)
149	LATAWIEC Jakub	4113		M40	55	03:41:16.85	+01:29:34 (40.5%)	7:54	7.6 (59.4%)
150	RZĘSA Łukasz	4581		M30	55	03:41:18.85	+01:29:36 (40.5%)	7:54	7.6 (59.4%)
151	MARCULA Ewelina	4287		K30	7	03:41:32.10	+01:29:49 (40.5%)	7:54	7.6 (59.4%)
152	KUTERA Konrad	4280		M30	56	03:41:35.15	+01:29:52 (40.6%)	7:54	7.6 (59.4%)
153	MUCHA Kamil	4144		M30	57	03:42:00.10	+01:30:17 (40.7%)	7:55	7.6 (59.4%)
154	RZESZUTEK Wiktoria	4180		K20	4	03:42:50.85	+01:31:08 (40.9%)	7:57	7.5 (58.6%)
155	WITEK Gabriela	4241		K20	5	03:42:51.05	+01:31:08 (40.9%)	7:57	7.5 (58.6%)
156	MIKULSKI Wojciech	4560		M40	56	03:42:58.60	+01:31:15 (40.9%)	7:57	7.5 (58.6%)
157	BAWOR Dagmara	4255		K20	6	03:43:21.80	+01:31:39 (41.0%)	7:58	7.5 (58.6%)
158	SOLIŃSKA Magdalena	4320		K40	6	03:43:26.05	+01:31:43 (41.1%)	7:58	7.5 (58.6%)
159	KALICIŃSKI Jarosław	4368	ŚLĘZAK TEAM	M30	58	03:43:50.50	+01:32:07 (41.2%)	7:59	7.5 (58.6%)
160	WIERCIOCH Bożena	4829	RACE FIGHTER GOSIR DĘBE WLK.	K40	7	03:44:18.45	+01:32:35 (41.3%)	8:00	7.5 (58.6%)
161	BUCZYŃSKI Radosław	4631	COMPANEROS ASFALT TEAM	M30	59	03:44:23.00	+01:32:40 (41.3%)	8:00	7.5 (58.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 28km	Różn	Tempo min/km	Tempo km/h
162	<b>KRÓL Maciej</b>	<b>4704</b>	WIRAN TEAM	M40	57	<b>03:44:26.05</b>	+01:32:43 (41.3%)	8:00	7.5 (58.6%)
163	<b>RUTKOWSKI Adam</b>	<b>4179</b>	OLENDER	M20	16	<b>03:44:47.30</b>	+01:33:04 (41.4%)	8:01	7.5 (58.6%)
164	<b>POPEK Bartosz</b>	<b>4309</b>		M20	17	<b>03:44:52.50</b>	+01:33:09 (41.4%)	8:01	7.5 (58.6%)
165	<b>LUDWICZAK Mariusz</b>	<b>4553</b>	#WKURW-TEAM	M50	10	<b>03:44:58.20</b>	+01:33:15 (41.5%)	8:02	7.5 (58.6%)
166	<b>LEWANDOWSKI Michał</b>	<b>4121</b>		M20	18	<b>03:45:27.50</b>	+01:33:44 (41.6%)	8:03	7.5 (58.6%)
167	<b>SZYNALIK Igor</b>	<b>5044</b>	TISS	M20	19	<b>03:45:28.00</b>	+01:33:45 (41.6%)	8:03	7.5 (58.6%)
168	<b>BIEL Sebastian</b>	<b>4500</b>	BIEGANIE SZYDERCÓW	M30	60	<b>03:45:37.35</b>	+01:33:54 (41.6%)	8:03	7.4 (57.8%)
169	<b>OSLISLOK Paweł</b>	<b>4154</b>	SOCA	M20	20	<b>03:45:46.20</b>	+01:34:03 (41.7%)	8:03	7.4 (57.8%)
170	<b>DUDEK Maciej</b>	<b>4353</b>		M20	21	<b>03:45:49.10</b>	+01:34:06 (41.7%)	8:03	7.4 (57.8%)
171	<b>BEDNARZ Krzysztof</b>	<b>4256</b>	4K TEAM TARNÓW	M60	2	<b>03:45:54.20</b>	+01:34:11 (41.7%)	8:04	7.4 (57.8%)
172	<b>IWANIEC Piotr</b>	<b>5047</b>	BIEGANIE SZYDERCÓW	M30	61	<b>03:45:56.80</b>	+01:34:14 (41.7%)	8:04	7.4 (57.8%)
173	<b>CZEKALSKI Mariusz</b>	<b>5039</b>		M40	58	<b>03:46:16.55</b>	+01:34:33 (41.8%)	8:04	7.4 (57.8%)
174	<b>KORZEP-CZEKALSKA Dorota</b>	<b>5038</b>		K40	8	<b>03:46:17.20</b>	+01:34:34 (41.8%)	8:04	7.4 (57.8%)
175	<b>GREFKOWICZ Natalia</b>	<b>4962</b>		K20	7	<b>03:46:24.20</b>	+01:34:41 (41.8%)	8:05	7.4 (57.8%)
176	<b>SACZEWSKI Arkadiusz</b>	<b>4786</b>	DZIKI GOŁOBORZY	M40	59	<b>03:46:56.80</b>	+01:35:14 (42.0%)	8:06	7.4 (57.8%)
177	<b>SEKAL Paweł</b>	<b>4787</b>		M30	62	<b>03:47:17.15</b>	+01:35:34 (42.1%)	8:07	7.4 (57.8%)
178	<b>PIELECHA Rafał</b>	<b>4158</b>	FITNESS FREAK	M40	60	<b>03:47:21.85</b>	+01:35:39 (42.1%)	8:07	7.4 (57.8%)
179	<b>DEMKO Anna</b>	<b>4952</b>	ZÓŁTYCZERWONYPANDA	K30	8	<b>03:47:37.00</b>	+01:35:54 (42.1%)	8:07	7.4 (57.8%)
180	<b>BAUGARTNER Marcin</b>	<b>4616</b>	KLUBSILESIA.PL	M40	61	<b>03:47:48.95</b>	+01:36:06 (42.2%)	8:08	7.4 (57.8%)
181	<b>ZMARLAK Paweł</b>	<b>4956</b>		M20	22	<b>03:47:50.45</b>	+01:36:07 (42.2%)	8:08	7.4 (57.8%)
182	<b>KONDRATOWICZ Bartłomiej</b>	<b>4698</b>		M30	63	<b>03:48:04.30</b>	+01:36:21 (42.3%)	8:08	7.4 (57.8%)
183	<b>PUCIŁOWSKA Natalia</b>	<b>4771</b>	AKADEMIA KETTLEBELLS WARSZAWA	K30	9	<b>03:48:11.90</b>	+01:36:29 (42.3%)	8:08	7.4 (57.8%)
184	<b>HOŁUBIEC Paweł</b>	<b>4471</b>	YULO RUN TEAM SIEDLCE	M40	62	<b>03:48:15.85</b>	+01:36:33 (42.3%)	8:09	7.4 (57.8%)
185	<b>SOBCZYŃSKI Paweł</b>	<b>4190</b>	PEES	M40	63	<b>03:48:24.75</b>	+01:36:42 (42.3%)	8:09	7.4 (57.8%)
186	<b>BARTOSIEWICZ Daria</b>	<b>4615</b>	DZIKIE GRUBASY SZATANA	K30	10	<b>03:48:49.10</b>	+01:37:06 (42.4%)	8:10	7.3 (57.0%)
187	<b>MUMOT Dariusz</b>	<b>4442</b>		M40	64	<b>03:48:54.05</b>	+01:37:11 (42.5%)	8:10	7.3 (57.0%)
188	<b>GRACZYK Damian</b>	<b>4426</b>		M30	64	<b>03:48:54.80</b>	+01:37:12 (42.5%)	8:10	7.3 (57.0%)
189	<b>MUCKUS Filip</b>	<b>4740</b>	KS KANAŁEK	M30	65	<b>03:49:00.00</b>	+01:37:17 (42.5%)	8:10	7.3 (57.0%)
190	<b>MASLANKA Michał</b>	<b>4732</b>	BKAS WATAHA	M40	65	<b>03:49:22.15</b>	+01:37:39 (42.6%)	8:11	7.3 (57.0%)
191	<b>CHLIPAŁA Marek</b>	<b>4022</b>		M30	66	<b>03:49:24.95</b>	+01:37:42 (42.6%)	8:11	7.3 (57.0%)
192	<b>WARZOCHA Szymon</b>	<b>4334</b>		M20	23	<b>03:49:41.85</b>	+01:37:59 (42.7%)	8:12	7.3 (57.0%)
193	<b>LISIECKI Jacek</b>	<b>4552</b>	CAMEL W ZALEWIE	M40	66	<b>03:49:42.15</b>	+01:37:59 (42.7%)	8:12	7.3 (57.0%)
194	<b>WALUŚKIEWICZ Artur</b>	<b>4933</b>	SOLA FIDE	M50	11	<b>03:49:52.80</b>	+01:38:10 (42.7%)	8:12	7.3 (57.0%)
195	<b>BOGUSZ Paweł</b>	<b>4014</b>	SANTANDER RUNNERS TEAM	M30	67	<b>03:50:10.70</b>	+01:38:28 (42.8%)	8:13	7.3 (57.0%)
196	<b>TUTAJ Agnieszka</b>	<b>4932</b>		K20	8	<b>03:50:14.00</b>	+01:38:31 (42.8%)	8:13	7.3 (57.0%)
197	<b>WOŹNIAK Mateusz</b>	<b>4939</b>		M30	68	<b>03:50:16.45</b>	+01:38:33 (42.8%)	8:13	7.3 (57.0%)
198	<b>GAŁUSZKA Tomasz</b>	<b>4053</b>	SKITUROWE BIESZCZADY	M40	67	<b>03:50:20.40</b>	+01:38:37 (42.8%)	8:13	7.3 (57.0%)
199	<b>PAJDOSZ Katarzyna</b>	<b>4903</b>	KB BIAŁA BIEGA	K30	11	<b>03:50:28.40</b>	+01:38:45 (42.9%)	8:13	7.3 (57.0%)
200	<b>PNIEWSKI Mariusz</b>	<b>4908</b>		M30	69	<b>03:50:31.70</b>	+01:38:49 (42.9%)	8:13	7.3 (57.0%)
201	<b>ZARĘBA Bartłomiej</b>	<b>4841</b>		M30	70	<b>03:50:35.25</b>	+01:38:52 (42.9%)	8:14	7.3 (57.0%)
202	<b>POTERA Maciej</b>	<b>4577</b>		M30	71	<b>03:51:14.55</b>	+01:39:31 (43.0%)	8:15	7.3 (57.0%)
203	<b>SOBOLEWSKI Dariusz</b>	<b>5033</b>	VEGE RUNNERS	M50	12	<b>03:51:17.45</b>	+01:39:34 (43.1%)	8:15	7.3 (57.0%)
204	<b>HOŁUBIEC Agnieszka</b>	<b>4470</b>	YULO RUN TEAM SIEDLCE	K40	9	<b>03:51:32.70</b>	+01:39:50 (43.1%)	8:16	7.3 (57.0%)
205	<b>WRÓBEL Paweł</b>	<b>4604</b>		M40	68	<b>03:52:02.65</b>	+01:40:20 (43.2%)	8:17	7.2 (56.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 28km	Różn	Tempo min/km	Tempo km/h
206	<b>SAPIERZYŃSKI Adam</b>	<b>4582</b>		M30	72	<b>03:52:03.25</b>	+01:40:20 (43.2%)	8:17	7.2 (56.3%)
207	<b>GRABOWICZ Mirosław</b>	<b>4521</b>	SOKÓLSKA GRUPA BIEGOWA	M50	13	<b>03:52:09.75</b>	+01:40:27 (43.3%)	8:17	7.2 (56.3%)
208	<b>MAJCHRZAK Filip</b>	<b>4726</b>	TATERNIK ADVENTURE TEAM	M20	24	<b>03:52:13.70</b>	+01:40:31 (43.3%)	8:17	7.2 (56.3%)
209	<b>SADKOWSKI Paweł</b>	<b>4917</b>		M40	69	<b>03:52:14.65</b>	+01:40:32 (43.3%)	8:17	7.2 (56.3%)
210	<b>PELA Olga</b>	<b>4907</b>	SKY-TRANS	K30	12	<b>03:52:36.05</b>	+01:40:53 (43.4%)	8:18	7.2 (56.3%)
211	<b>KĘPKA Robert</b>	<b>4690</b>	BIEGUSIEM.PL	M40	70	<b>03:52:45.05</b>	+01:41:02 (43.4%)	8:18	7.2 (56.3%)
212	<b>KOSTKA Robert</b>	<b>4091</b>	TEAM ZALEWSKI	M40	71	<b>03:52:47.95</b>	+01:41:05 (43.4%)	8:18	7.2 (56.3%)
213	<b>RUSINEK Łukasz</b>	<b>4783</b>		M30	73	<b>03:52:52.30</b>	+01:41:09 (43.4%)	8:19	7.2 (56.3%)
214	<b>GALEK Adam</b>	<b>4051</b>		M40	72	<b>03:52:59.95</b>	+01:41:17 (43.5%)	8:19	7.2 (56.3%)
215	<b>FLIŚ Łukasz</b>	<b>4651</b>	AKTYWNA PSZCZYNA	M30	74	<b>03:53:14.85</b>	+01:41:32 (43.5%)	8:19	7.2 (56.3%)
216	<b>RENC Patryk</b>	<b>4579</b>	SERCE TYBETU	M30	75	<b>03:53:19.15</b>	+01:41:36 (43.5%)	8:19	7.2 (56.3%)
217	<b>NARZYMSKI Tomasz</b>	<b>4565</b>		M40	73	<b>03:53:27.25</b>	+01:41:44 (43.6%)	8:20	7.2 (56.3%)
218	<b>GRZEJSZCZYK Łukasz</b>	<b>4271</b>		M30	76	<b>03:53:58.25</b>	+01:42:15 (43.7%)	8:21	7.2 (56.3%)
219	<b>POTERA Krystyna</b>	<b>4310</b>		K30	13	<b>03:54:07.55</b>	+01:42:24 (43.7%)	8:21	7.2 (56.3%)
220	<b>JANAS Marian</b>	<b>5037</b>		M60	3	<b>03:54:19.30</b>	+01:42:36 (43.8%)	8:22	7.2 (56.3%)
221	<b>ADAMCZYK Łukasz</b>	<b>4609</b>	SPARTAN TRAINING GROUP WARSZAWA	M30	77	<b>03:54:26.05</b>	+01:42:43 (43.8%)	8:22	7.2 (56.3%)
222	<b>GERSZEWSKA Marina</b>	<b>4361</b>	NIEWYCHOWANI FIZYCZNIE	K20	9	<b>03:54:32.50</b>	+01:42:49 (43.8%)	8:22	7.2 (56.3%)
223	<b>WÓJCIK Karol</b>	<b>4413</b>	NIEWYCHOWANI FIZYCZNIE	M20	25	<b>03:54:33.10</b>	+01:42:50 (43.8%)	8:22	7.2 (56.3%)
224	<b>NAZIMEK Lilianna</b>	<b>4972</b>	SUO TEMPORE	K40	10	<b>03:54:36.25</b>	+01:42:53 (43.9%)	8:22	7.2 (56.3%)
225	<b>POPARDA Paweł</b>	<b>5005</b>	PZU SPORT TEAM	M40	74	<b>03:54:42.50</b>	+01:42:59 (43.9%)	8:22	7.2 (56.3%)
226	<b>BUCIOR Łukasz</b>	<b>4970</b>	AZS POLITECHNIKA LUBELSKA	M20	26	<b>03:54:48.55</b>	+01:43:05 (43.9%)	8:23	7.2 (56.3%)
227	<b>PIEKIELNA Angelika</b>	<b>4482</b>	MUKS "JUNIOR" OCHĘDZYN	K30	14	<b>03:55:01.00</b>	+01:43:18 (44.0%)	8:23	7.1 (55.5%)
228	<b>GLINKA Jakub</b>	<b>4866</b>		M20	27	<b>03:55:11.20</b>	+01:43:28 (44.0%)	8:23	7.1 (55.5%)
229	<b>TKACZ Przemysław</b>	<b>4594</b>		M40	75	<b>03:55:15.05</b>	+01:43:32 (44.0%)	8:24	7.1 (55.5%)
230	<b>SIKORA Grzegorz</b>	<b>4186</b>		M30	78	<b>03:55:16.35</b>	+01:43:33 (44.0%)	8:24	7.1 (55.5%)
231	<b>STEMPNIAK Jędrzej</b>	<b>4326</b>		M20	28	<b>03:55:38.60</b>	+01:43:55 (44.1%)	8:24	7.1 (55.5%)
232	<b>ŁUSZCZEK Paweł</b>	<b>4129</b>		M40	76	<b>03:55:50.85</b>	+01:44:08 (44.2%)	8:25	7.1 (55.5%)
233	<b>LUTOBORSKI Tomasz</b>	<b>4886</b>		M20	29	<b>03:55:52.20</b>	+01:44:09 (44.2%)	8:25	7.1 (55.5%)
234	<b>BANASZEK Waldemar</b>	<b>4004</b>	FSL	M40	77	<b>03:55:57.25</b>	+01:44:14 (44.2%)	8:25	7.1 (55.5%)
235	<b>KOPANIA Kamil</b>	<b>4089</b>	K.S TĘCZA	M30	79	<b>03:56:02.75</b>	+01:44:20 (44.2%)	8:25	7.1 (55.5%)
236	<b>KUJAWA Marcin</b>	<b>4109</b>		M40	78	<b>03:56:12.00</b>	+01:44:29 (44.2%)	8:26	7.1 (55.5%)
237	<b>SOCHA Jan</b>	<b>4319</b>		M60	4	<b>03:56:22.50</b>	+01:44:39 (44.3%)	8:26	7.1 (55.5%)
238	<b>SKÓRA Przemysław</b>	<b>5042</b>	MONARCHOWIE GÓR	M40	79	<b>03:56:23.40</b>	+01:44:40 (44.3%)	8:26	7.1 (55.5%)
239	<b>GAWŁOWICZ Robert</b>	<b>4054</b>	DZIKIE BORSUKI	M50	14	<b>03:56:25.05</b>	+01:44:42 (44.3%)	8:26	7.1 (55.5%)
240	<b>SZYMOWSKA Sylwia</b>	<b>4214</b>	DZIKIE BORSUKI	K30	15	<b>03:56:25.70</b>	+01:44:43 (44.3%)	8:26	7.1 (55.5%)
241	<b>BIENIEK Rafał</b>	<b>4502</b>	BBT	M40	80	<b>03:56:30.30</b>	+01:44:47 (44.3%)	8:26	7.1 (55.5%)
242	<b>BIJATOWSKI Adrian</b>	<b>5017</b>		M30	80	<b>03:56:59.25</b>	+01:45:16 (44.4%)	8:27	7.1 (55.5%)
243	<b>SOWA Bogusław</b>	<b>4192</b>		M30	81	<b>03:57:06.75</b>	+01:45:24 (44.5%)	8:28	7.1 (55.5%)
244	<b>TARNAWSKI Sławomir</b>	<b>4220</b>		M30	82	<b>03:57:07.90</b>	+01:45:25 (44.5%)	8:28	7.1 (55.5%)
245	<b>WIELGOCKI Artur</b>	<b>4597</b>		M30	83	<b>03:57:08.60</b>	+01:45:25 (44.5%)	8:28	7.1 (55.5%)
246	<b>SROKA Zbigniew</b>	<b>4322</b>		M50	15	<b>03:57:14.25</b>	+01:45:31 (44.5%)	8:28	7.1 (55.5%)
247	<b>WYCZAWSKI Piotr</b>	<b>5076</b>		M50	16	<b>03:57:21.10</b>	+01:45:38 (44.5%)	8:28	7.1 (55.5%)
248	<b>LAMENTA Andrzej</b>	<b>4549</b>		M40	81	<b>03:57:31.75</b>	+01:45:49 (44.5%)	8:28	7.1 (55.5%)
249	<b>MARKOWSKA Ewa</b>	<b>4478</b>	SZAKALE BAŁUT	K40	11	<b>03:57:31.90</b>	+01:45:49 (44.6%)	8:28	7.1 (55.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 28km	Różn	Tempo min/km	Tempo km/h
250	<b>KOSUDA Paweł</b>	<b>4878</b>	CROSS TRENING MAZOVIA CIECHANÓW	M40	82	<b>03:57:34.70</b>	+01:45:52 (44.6%)	8:29	7.1 (55.5%)
251	<b>GRĘBA Damian</b>	<b>4868</b>	NIEPOŁOMICE BIEGAJĄ	M30	84	<b>03:57:54.60</b>	+01:46:11 (44.6%)	8:29	7.1 (55.5%)
252	<b>MOJSKI Adam</b>	<b>4295</b>	WOLF SYSTEM	M30	85	<b>03:58:02.85</b>	+01:46:20 (44.7%)	8:30	7.1 (55.5%)
253	<b>FLORCZAK Sylwia</b>	<b>4652</b>	SZAKALE BAŁUT	K40	12	<b>03:58:19.90</b>	+01:46:37 (44.7%)	8:30	7 (54.7%)
254	<b>WIERZBICKI Marek</b>	<b>4830</b>	AKADEMIA KETTLEBELLS WARSZAWA	M30	86	<b>03:58:25.85</b>	+01:46:43 (44.8%)	8:30	7 (54.7%)
255	<b>KADZIDŁOWSKA Aleksandra</b>	<b>4684</b>	EVERRUN	K40	13	<b>03:58:30.50</b>	+01:46:47 (44.8%)	8:31	7 (54.7%)
256	<b>CYWIŃSKA Joanna</b>	<b>5082</b>		K30	16	<b>03:58:38.35</b>	+01:46:55 (44.8%)	8:31	7 (54.7%)
257	<b>KASZUBA-CZARNECKA Anna</b>	<b>4369</b>		K30	17	<b>03:58:45.05</b>	+01:47:02 (44.8%)	8:31	7 (54.7%)
258	<b>KORDYŚ Adam</b>	<b>4090</b>	KLUB BIEGOWY SZUSZARNIA	M30	87	<b>03:59:02.95</b>	+01:47:20 (44.9%)	8:32	7 (54.7%)
259	<b>KURZEJA Łukasz</b>	<b>4112</b>	TKKF JASTRZĄB RUDA ŚLĄSKA	M40	83	<b>03:59:03.90</b>	+01:47:21 (44.9%)	8:32	7 (54.7%)
260	<b>BOROWSKI Tomasz</b>	<b>4954</b>	MTS HAMER	M50	17	<b>03:59:04.55</b>	+01:47:21 (44.9%)	8:32	7 (54.7%)
261	<b>ROST Michał</b>	<b>4177</b>		M20	30	<b>03:59:04.60</b>	+01:47:21 (44.9%)	8:32	7 (54.7%)
262	<b>KUNYSZ Paweł</b>	<b>4111</b>		M20	31	<b>03:59:05.55</b>	+01:47:22 (44.9%)	8:32	7 (54.7%)
263	<b>GRABOWSKI Wojciech</b>	<b>4668</b>		M40	84	<b>03:59:10.30</b>	+01:47:27 (44.9%)	8:32	7 (54.7%)
264	<b>WÓLKIEWICZ Dorota</b>	<b>5009</b>	KS STASZEWSKY	K50	2	<b>03:59:27.95</b>	+01:47:45 (45.0%)	8:33	7 (54.7%)
265	<b>KRAJEWSKI Konrad</b>	<b>4880</b>	MARKOWI BIEGACZE	M30	88	<b>03:59:48.65</b>	+01:48:06 (45.1%)	8:33	7 (54.7%)
266	<b>KWIATKOWSKI Kajetan</b>	<b>4437</b>	SUT - STRASZYN ULTRA TEAM	M30	89	<b>04:00:53.15</b>	+01:49:10 (45.3%)	8:36	7 (54.7%)
267	<b>MŁYNARYK Tomasz</b>	<b>4561</b>	BIEGANIE SZYDERCÓW	M30	90	<b>04:00:58.45</b>	+01:49:15 (45.3%)	8:36	7 (54.7%)
268	<b>BARANOWSKI Mariusz</b>	<b>4614</b>		M40	85	<b>04:01:16.85</b>	+01:49:34 (45.4%)	8:37	7 (54.7%)
269	<b>ZABOROWSKI Jan</b>	<b>4839</b>	AKADEMIA KETTLEBELLS	M30	91	<b>04:01:25.35</b>	+01:49:42 (45.4%)	8:37	7 (54.7%)
270	<b>KOZIOŁ Darek</b>	<b>4434</b>		M30	92	<b>04:01:53.05</b>	+01:50:10 (45.5%)	8:38	6.9 (53.9%)
271	<b>PERZ Emilia</b>	<b>4758</b>		K30	18	<b>04:01:56.40</b>	+01:50:13 (45.6%)	8:38	6.9 (53.9%)
272	<b>STROISZ Grzegorz</b>	<b>4452</b>		M30	93	<b>04:02:06.65</b>	+01:50:24 (45.6%)	8:38	6.9 (53.9%)
273	<b>KARBOWSKA Karolina</b>	<b>4079</b>		K20	10	<b>04:02:36.10</b>	+01:50:53 (45.7%)	8:39	6.9 (53.9%)
274	<b>SZCZĘSNY Rafał</b>	<b>5013</b>		M50	18	<b>04:02:40.85</b>	+01:50:58 (45.7%)	8:40	6.9 (53.9%)
275	<b>SMOSARSKI Łukasz</b>	<b>4398</b>		M30	94	<b>04:02:46.25</b>	+01:51:03 (45.7%)	8:40	6.9 (53.9%)
276	<b>RYBCZYŃSKI Dawid</b>	<b>4451</b>		M30	95	<b>04:03:26.90</b>	+01:51:44 (45.9%)	8:41	6.9 (53.9%)
277	<b>MARCINKOWSKI Michał</b>	<b>4383</b>		M50	19	<b>04:03:28.60</b>	+01:51:45 (45.9%)	8:41	6.9 (53.9%)
278	<b>KAŁDON Sławomir</b>	<b>4472</b>		M30	96	<b>04:03:34.65</b>	+01:51:52 (45.9%)	8:41	6.9 (53.9%)
279	<b>STEFANIUK Rafał</b>	<b>4325</b>	DOBROMIEJSKI KLUB BIEGACZA " ODCISK "	M40	86	<b>04:03:40.95</b>	+01:51:58 (45.9%)	8:42	6.9 (53.9%)
280	<b>WYPLER Marcin</b>	<b>4994</b>	WARTKIE PIERONY	M40	87	<b>04:03:49.60</b>	+01:52:06 (46.0%)	8:42	6.9 (53.9%)
281	<b>TOMALAK Emilia</b>	<b>4223</b>		K40	14	<b>04:04:00.55</b>	+01:52:17 (46.0%)	8:42	6.9 (53.9%)
282	<b>WRÓBEL Bartłomiej</b>	<b>4837</b>	CISNA	M40	88	<b>04:04:08.80</b>	+01:52:26 (46.1%)	8:43	6.9 (53.9%)
283	<b>LEŚNIAK-POPIEL Marta</b>	<b>4720</b>	DZIEWCZYNY Z SANOKA	K40	15	<b>04:04:09.35</b>	+01:52:26 (46.1%)	8:43	6.9 (53.9%)
284	<b>DOMARADZKA- KASZUBOWICZ Wiktoria</b>	<b>4643</b>	DZIEWCZYNY Z SANOKA	K30	19	<b>04:04:13.00</b>	+01:52:30 (46.1%)	8:43	6.9 (53.9%)
285	<b>PERZ Marzenna</b>	<b>4757</b>		K50	3	<b>04:04:29.80</b>	+01:52:47 (46.1%)	8:43	6.9 (53.9%)
286	<b>CEBRAT Ewa</b>	<b>4635</b>	DZIEWCZYNY Z SANOKA	K40	16	<b>04:04:31.15</b>	+01:52:48 (46.1%)	8:43	6.9 (53.9%)
287	<b>KULIKOWSKI Adam</b>	<b>4708</b>		M30	97	<b>04:05:18.80</b>	+01:53:36 (46.3%)	8:45	6.8 (53.1%)
288	<b>ŚLIWIŃSKI Andrzej</b>	<b>4947</b>		M60	5	<b>04:05:23.40</b>	+01:53:40 (46.3%)	8:45	6.8 (53.1%)
289	<b>NESTEROWICZ Tomasz</b>	<b>4900</b>	BIEGUSIEM.PL	M40	89	<b>04:05:23.85</b>	+01:53:41 (46.3%)	8:45	6.8 (53.1%)
290	<b>BOGUMIL Sylwia</b>	<b>4503</b>		K20	11	<b>04:05:44.30</b>	+01:54:01 (46.4%)	8:46	6.8 (53.1%)
291	<b>PASTERNAK Robert</b>	<b>4306</b>		M50	20	<b>04:05:48.75</b>	+01:54:06 (46.4%)	8:46	6.8 (53.1%)
292	<b>PALIGA Rafał</b>	<b>5000</b>		M40	90	<b>04:06:00.65</b>	+01:54:18 (46.5%)	8:47	6.8 (53.1%)
293	<b>SEWERYN Magdalena</b>	<b>4182</b>	TEAM PAPRY	K30	20	<b>04:06:09.45</b>	+01:54:26 (46.5%)	8:47	6.8 (53.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 28km	Różn	Tempo min/km	Tempo km/h
294	<b>UJMA Stanisław</b>	<b>4229</b>	INTER.AUTO.PL	M60	6	<b>04:06:17.35</b>	+01:54:34 (46.5%)	8:47	6.8 (53.1%)
295	<b>GRUDNIEWSKI Tomasz</b>	<b>4064</b>		M40	91	<b>04:06:19.95</b>	+01:54:37 (46.5%)	8:47	6.8 (53.1%)
296	<b>PRZEWŁOKA Wojciech</b>	<b>4169</b>	SAINT-GOBAIN SQUAD	M40	92	<b>04:06:24.85</b>	+01:54:42 (46.5%)	8:48	6.8 (53.1%)
297	<b>PIRÓG Wojciech</b>	<b>4483</b>		M30	98	<b>04:06:42.00</b>	+01:54:59 (46.6%)	8:48	6.8 (53.1%)
298	<b>ZAJKOWSKA Ewa</b>	<b>4415</b>	VEGE RUNNERS	K30	21	<b>04:06:44.15</b>	+01:55:01 (46.6%)	8:48	6.8 (53.1%)
299	<b>BŁAŻAK Bartłomiej</b>	<b>4011</b>		M30	99	<b>04:06:46.05</b>	+01:55:03 (46.6%)	8:48	6.8 (53.1%)
300	<b>ZAJKOWSKI Michał</b>	<b>4416</b>	VEGE RUNNERS	M40	93	<b>04:06:46.10</b>	+01:55:03 (46.6%)	8:48	6.8 (53.1%)
301	<b>JĘDRZEJEK Marek</b>	<b>4072</b>		M30	100	<b>04:06:51.25</b>	+01:55:08 (46.6%)	8:48	6.8 (53.1%)
302	<b>PAWLIKOWSKA Monika</b>	<b>4391</b>		K30	22	<b>04:07:07.25</b>	+01:55:24 (46.7%)	8:49	6.8 (53.1%)
303	<b>BURCHARD Beata</b>	<b>4421</b>		K40	17	<b>04:07:16.90</b>	+01:55:34 (46.7%)	8:49	6.8 (53.1%)
304	<b>POBUDKIEWICZ Seweryn</b>	<b>4575</b>		M30	101	<b>04:07:19.55</b>	+01:55:36 (46.7%)	8:49	6.8 (53.1%)
305	<b>NAKONIECZNY Jacek</b>	<b>4385</b>	SII RUNNING TEAM	M30	102	<b>04:08:06.05</b>	+01:56:23 (46.9%)	8:51	6.8 (53.1%)
306	<b>MADAJ Paweł</b>	<b>4130</b>	MADGOLD TEM	M50	21	<b>04:08:41.00</b>	+01:56:58 (47.0%)	8:52	6.8 (53.1%)
307	<b>ORŁOWSKI Robert</b>	<b>4302</b>		M40	94	<b>04:08:51.35</b>	+01:57:08 (47.1%)	8:53	6.8 (53.1%)
308	<b>GŁOWACKI Andrzej</b>	<b>4519</b>	MŁODY VS STARY	M50	22	<b>04:09:06.35</b>	+01:57:23 (47.1%)	8:53	6.7 (52.3%)
309	<b>FURMAŃCZUK Mateusz</b>	<b>4654</b>	GLADIATORS BY RMF4RT	M30	103	<b>04:09:25.40</b>	+01:57:42 (47.2%)	8:54	6.7 (52.3%)
310	<b>STELMACH Barbara</b>	<b>4196</b>	STELMACH TEAM	K50	4	<b>04:09:40.00</b>	+01:57:57 (47.2%)	8:55	6.7 (52.3%)
311	<b>GMAJ Karolina</b>	<b>5068</b>		K40	18	<b>04:09:44.15</b>	+01:58:01 (47.3%)	8:55	6.7 (52.3%)
312	<b>MIKOŁAJCZYK Paweł</b>	<b>4441</b>		M30	104	<b>04:09:47.55</b>	+01:58:04 (47.3%)	8:55	6.7 (52.3%)
313	<b>MAREK Tomasz</b>	<b>4136</b>		M40	95	<b>04:09:50.30</b>	+01:58:07 (47.3%)	8:55	6.7 (52.3%)
314	<b>MAŁEK Krzysztof</b>	<b>4132</b>		M30	105	<b>04:09:54.05</b>	+01:58:11 (47.3%)	8:55	6.7 (52.3%)
315	<b>CHMIELEWSKI Tomasz</b>	<b>4260</b>	ZIEMOWIT NOWOGRÓD	M40	96	<b>04:10:08.80</b>	+01:58:26 (47.3%)	8:56	6.7 (52.3%)
316	<b>MOSKWA Monika</b>	<b>4739</b>		K20	12	<b>04:10:12.95</b>	+01:58:30 (47.4%)	8:56	6.7 (52.3%)
317	<b>KSIĘŻNIK Anna</b>	<b>4106</b>		K40	19	<b>04:10:19.60</b>	+01:58:36 (47.4%)	8:56	6.7 (52.3%)
318	<b>POGODA Adam</b>	<b>4909</b>		M30	106	<b>04:10:22.70</b>	+01:58:40 (47.4%)	8:56	6.7 (52.3%)
319	<b>SZYNKARUK Wojciech</b>	<b>4953</b>	BEZ KLUBU	M40	97	<b>04:10:25.30</b>	+01:58:42 (47.4%)	8:56	6.7 (52.3%)
320	<b>MITAS Dariusz</b>	<b>4738</b>	PKS - PIWNY KLUB SPORTOWY	M30	107	<b>04:10:26.80</b>	+01:58:44 (47.4%)	8:56	6.7 (52.3%)
321	<b>PAWLIKOWSKI Michał</b>	<b>4307</b>		M40	98	<b>04:10:39.15</b>	+01:58:56 (47.5%)	8:57	6.7 (52.3%)
322	<b>KUŻMA Dorota</b>	<b>4714</b>		K40	20	<b>04:10:43.15</b>	+01:59:00 (47.5%)	8:57	6.7 (52.3%)
323	<b>KUŻMA Krzysiek</b>	<b>4715</b>		M40	99	<b>04:10:43.50</b>	+01:59:00 (47.5%)	8:57	6.7 (52.3%)
324	<b>PIETRZAK Joanna</b>	<b>4159</b>		K20	13	<b>04:10:51.00</b>	+01:59:08 (47.5%)	8:57	6.7 (52.3%)
325	<b>STODOLAK Aleksandra</b>	<b>4198</b>		K20	14	<b>04:10:51.45</b>	+01:59:08 (47.5%)	8:57	6.7 (52.3%)
326	<b>SIPIERA Tomasz</b>	<b>4187</b>		M40	100	<b>04:10:52.20</b>	+01:59:09 (47.5%)	8:57	6.7 (52.3%)
327	<b>BAJOREK Norbert</b>	<b>4003</b>	FITNESS FREAKS	M40	101	<b>04:10:54.55</b>	+01:59:11 (47.5%)	8:57	6.7 (52.3%)
328	<b>WAWRO Szymon</b>	<b>4409</b>		M30	108	<b>04:11:06.65</b>	+01:59:24 (47.5%)	8:58	6.7 (52.3%)
329	<b>CZYŻOWICZ Michał</b>	<b>4032</b>		M30	109	<b>04:11:20.40</b>	+01:59:37 (47.6%)	8:58	6.7 (52.3%)
330	<b>KONDRAK Jan</b>	<b>4697</b>	LUBELSKA FEDERACJA BARDÓW	M60	7	<b>04:11:29.35</b>	+01:59:46 (47.6%)	8:58	6.7 (52.3%)
331	<b>KOCOŃ Mariusz</b>	<b>5010</b>	KLINIKA ZDROWIA I URODY CZ.WOŚKO	M50	23	<b>04:11:36.45</b>	+01:59:53 (47.7%)	8:59	6.7 (52.3%)
332	<b>KLARECKI Adrian</b>	<b>4691</b>	ULTRA WAY TEAM / ASTMA TEAM	M40	102	<b>04:11:40.70</b>	+01:59:58 (47.7%)	8:59	6.7 (52.3%)
333	<b>LESZCZYŃSKA Katarzyna</b>	<b>4438</b>		K30	23	<b>04:11:40.90</b>	+01:59:58 (47.7%)	8:59	6.7 (52.3%)
334	<b>ŻUROWSKI Łukasz</b>	<b>4253</b>	BBKS ŁAWECZKA WILANÓW	M40	103	<b>04:11:55.90</b>	+02:00:13 (47.7%)	8:59	6.7 (52.3%)
335	<b>SZCZYPLIŃSKA Anna</b>	<b>4588</b>	SFORA BMK	K40	21	<b>04:12:09.90</b>	+02:00:27 (47.8%)	9:00	6.7 (52.3%)
336	<b>KUŁAKOWSKI Piotr</b>	<b>4709</b>	CZŁAPACZE	M60	8	<b>04:12:15.75</b>	+02:00:33 (47.8%)	9:00	6.7 (52.3%)
337	<b>FIEDORCZUK Łukasz</b>	<b>4996</b>	HDD WINNICZKI	M40	104	<b>04:12:16.00</b>	+02:00:33 (47.8%)	9:00	6.7 (52.3%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 28km	Różn	Tempo min/km	Tempo km/h
338	<b>FRĄCZEK Piotr</b>	<b>4512</b>	MAKA DRAWSKI MŁYN	M20	32	<b>04:12:22.00</b>	+02:00:39 (47.8%)	9:00	6.7 (52.3%)
339	<b>PAWELEC Krystyna</b>	<b>4156</b>	DOGOŃ GRODZISK MAZOWIECKI	K60	1	<b>04:12:25.20</b>	+02:00:42 (47.8%)	9:00	6.7 (52.3%)
340	<b>LITWORA Sebastian</b>	<b>4124</b>		M40	105	<b>04:12:34.20</b>	+02:00:51 (47.9%)	9:01	6.7 (52.3%)
341	<b>NOSAL Kamila</b>	<b>4147</b>		K30	24	<b>04:12:34.75</b>	+02:00:52 (47.9%)	9:01	6.7 (52.3%)
342	<b>KOZŁOWSKI Sebastian</b>	<b>4700</b>		M30	110	<b>04:12:43.75</b>	+02:01:01 (47.9%)	9:01	6.6 (51.6%)
343	<b>PIETRUSZEWSKI Bartłomiej</b>	<b>4573</b>		M40	106	<b>04:13:09.25</b>	+02:01:26 (48.0%)	9:02	6.6 (51.6%)
344	<b>SERAFIN Bartłomiej</b>	<b>4918</b>		M30	111	<b>04:13:23.60</b>	+02:01:40 (48.0%)	9:02	6.6 (51.6%)
345	<b>ZARZYCKI Krzysztof</b>	<b>4842</b>	DZIKI BRZEG	M30	112	<b>04:13:29.40</b>	+02:01:46 (48.0%)	9:03	6.6 (51.6%)
346	<b>MICHNO Małgorzata</b>	<b>4292</b>	JAROSŁAWSKI BIEGACZ	K40	22	<b>04:13:52.85</b>	+02:02:10 (48.1%)	9:04	6.6 (51.6%)
347	<b>JĘDRZEJCZYK Ula</b>	<b>4872</b>	BIEGAJ POD OKIEM TRENERA	K20	15	<b>04:14:01.20</b>	+02:02:18 (48.1%)	9:04	6.6 (51.6%)
348	<b>CIENKI Szymon</b>	<b>4856</b>		M30	113	<b>04:14:27.15</b>	+02:02:44 (48.2%)	9:05	6.6 (51.6%)
349	<b>SŁAPCZYŃSKA Marta</b>	<b>4584</b>		K20	16	<b>04:14:35.25</b>	+02:02:52 (48.3%)	9:05	6.6 (51.6%)
350	<b>MARCINIAK Anna</b>	<b>4730</b>		K40	23	<b>04:14:57.75</b>	+02:03:15 (48.3%)	9:06	6.6 (51.6%)
351	<b>SULIMA Grzegorz</b>	<b>4203</b>		M40	107	<b>04:15:02.10</b>	+02:03:19 (48.4%)	9:06	6.6 (51.6%)
352	<b>KOWALSKA Magdalena</b>	<b>4093</b>		K30	25	<b>04:15:03.00</b>	+02:03:20 (48.4%)	9:06	6.6 (51.6%)
353	<b>GRZEGÓRZEK Anna</b>	<b>4270</b>		K40	24	<b>04:15:08.15</b>	+02:03:25 (48.4%)	9:06	6.6 (51.6%)
354	<b>KWIECIEŃ Krzysztof</b>	<b>4281</b>		M40	108	<b>04:15:16.00</b>	+02:03:33 (48.4%)	9:07	6.6 (51.6%)
355	<b>NOWAK Mirosław</b>	<b>5058</b>	NIE MA	M40	109	<b>04:15:33.90</b>	+02:03:51 (48.5%)	9:07	6.6 (51.6%)
356	<b>CHODZIŃSKI Daniel</b>	<b>4023</b>		M40	110	<b>04:15:36.30</b>	+02:03:53 (48.5%)	9:07	6.6 (51.6%)
357	<b>MICHALCZAK Paweł</b>	<b>4734</b>	WKS WAWEL KRAKÓW BNO	M40	111	<b>04:16:06.00</b>	+02:04:23 (48.6%)	9:08	6.6 (51.6%)
358	<b>TOMAKA Bartłomiej</b>	<b>4819</b>		M40	112	<b>04:16:06.30</b>	+02:04:23 (48.6%)	9:08	6.6 (51.6%)
359	<b>POLEWACZ Beata</b>	<b>4767</b>	AKADEMIA KETTLEBELLS	K30	26	<b>04:16:35.50</b>	+02:04:52 (48.7%)	9:09	6.5 (50.8%)
360	<b>KOZACZUK Maria</b>	<b>4279</b>		K40	25	<b>04:16:53.10</b>	+02:05:10 (48.7%)	9:10	6.5 (50.8%)
361	<b>ZAŁĘCKI Michał</b>	<b>4340</b>		M30	114	<b>04:16:54.05</b>	+02:05:11 (48.7%)	9:10	6.5 (50.8%)
362	<b>MARGOŁA Marta</b>	<b>4137</b>		K40	26	<b>04:17:17.05</b>	+02:05:34 (48.8%)	9:11	6.5 (50.8%)
363	<b>SIENKIEWICZ Joanna</b>	<b>4792</b>	GS TEAM	K40	27	<b>04:17:25.15</b>	+02:05:42 (48.8%)	9:11	6.5 (50.8%)
364	<b>DYŚKO Łukasz</b>	<b>4037</b>		M30	115	<b>04:17:36.10</b>	+02:05:53 (48.9%)	9:12	6.5 (50.8%)
365	<b>BORKOWA Marta</b>	<b>4015</b>		K30	27	<b>04:17:36.70</b>	+02:05:54 (48.9%)	9:12	6.5 (50.8%)
366	<b>STAROBRAT-CIENKA Aleksandra</b>	<b>4924</b>		K30	28	<b>04:17:38.15</b>	+02:05:55 (48.9%)	9:12	6.5 (50.8%)
367	<b>GLAZER Marcin</b>	<b>4945</b>	PKO BANK POLSKI	M30	116	<b>04:17:38.35</b>	+02:05:55 (48.9%)	9:12	6.5 (50.8%)
368	<b>CIECHAROWSKA Justyna</b>	<b>4636</b>	RUND DE GIRARD	K30	29	<b>04:17:39.25</b>	+02:05:56 (48.9%)	9:12	6.5 (50.8%)
369	<b>BOROWSKA Teresa</b>	<b>4016</b>		K50	5	<b>04:17:45.90</b>	+02:06:03 (48.9%)	9:12	6.5 (50.8%)
370	<b>GRABAREK Mateusz</b>	<b>4364</b>		M30	117	<b>04:17:59.80</b>	+02:06:17 (48.9%)	9:12	6.5 (50.8%)
371	<b>SZYMAŃSKI Jakub</b>	<b>4817</b>	BOMBEL TEAM	M20	33	<b>04:18:04.00</b>	+02:06:21 (49.0%)	9:13	6.5 (50.8%)
372	<b>SIKORSKA Agnieszka</b>	<b>4796</b>		K30	30	<b>04:18:10.65</b>	+02:06:28 (49.0%)	9:13	6.5 (50.8%)
373	<b>JAROS Piotr</b>	<b>4968</b>		M30	118	<b>04:18:11.65</b>	+02:06:29 (49.0%)	9:13	6.5 (50.8%)
374	<b>MIKOŁAJCZAK Barbara</b>	<b>4737</b>		K40	28	<b>04:18:13.30</b>	+02:06:30 (49.0%)	9:13	6.5 (50.8%)
375	<b>GLICA Monika</b>	<b>4662</b>		K40	29	<b>04:18:20.40</b>	+02:06:37 (49.0%)	9:13	6.5 (50.8%)
376	<b>STELMACH Piotr</b>	<b>4808</b>		M40	113	<b>04:18:23.30</b>	+02:06:40 (49.0%)	9:13	6.5 (50.8%)
377	<b>MARKOWSKI Marcin</b>	<b>4731</b>	SZAKALE BAŁUT	M40	114	<b>04:18:35.65</b>	+02:06:53 (49.1%)	9:14	6.5 (50.8%)
378	<b>SIUDA Adam</b>	<b>4188</b>		M30	119	<b>04:18:41.85</b>	+02:06:59 (49.1%)	9:14	6.5 (50.8%)
379	<b>OKRASA Małgorzata</b>	<b>4444</b>		K30	31	<b>04:18:45.30</b>	+02:07:02 (49.1%)	9:14	6.5 (50.8%)
380	<b>BRZEZIŃSKI Piotr</b>	<b>4017</b>		M30	120	<b>04:18:46.35</b>	+02:07:03 (49.1%)	9:14	6.5 (50.8%)
381	<b>FILA Michał</b>	<b>5003</b>		M30	121	<b>04:18:51.50</b>	+02:07:08 (49.1%)	9:14	6.5 (50.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 28km	Różn	Tempo min/km	Tempo km/h
382	<b>KUCZBORSKI Jarosław</b>	<b>4705</b>	HARPAGAN SOSNOWIEC	M40	115	<b>04:19:10.25</b>	+02:07:27 (49.2%)	9:15	6.5 (50.8%)
383	<b>MARCINIAK Lidia</b>	<b>4729</b>	SAME LAMY	K20	17	<b>04:19:37.15</b>	+02:07:54 (49.3%)	9:16	6.5 (50.8%)
384	<b>PŁOCIENICZAK Jacek</b>	<b>4765</b>	SAME LAMY	M20	34	<b>04:19:37.35</b>	+02:07:54 (49.3%)	9:16	6.5 (50.8%)
385	<b>SZUBERT-WALENCZAK Magdalena</b>	<b>5087</b>	TEAM ZABIEGANEDNI	K40	30	<b>04:20:24.20</b>	+02:08:41 (49.4%)	9:18	6.5 (50.8%)
386	<b>STEFANIUK Klaudia</b>	<b>4587</b>		K30	32	<b>04:20:26.40</b>	+02:08:43 (49.4%)	9:18	6.5 (50.8%)
387	<b>MAZEK Łukasz</b>	<b>4138</b>	A NA ILE KILOMETRÓW TEN MARATON	M30	122	<b>04:20:30.45</b>	+02:08:47 (49.4%)	9:18	6.4 (50.0%)
388	<b>GODZIMIRSKA Eliza</b>	<b>4663</b>	REEBOK	K40	31	<b>04:20:42.70</b>	+02:09:00 (49.5%)	9:18	6.4 (50.0%)
389	<b>KACZOROWSKI Tomasz</b>	<b>4682</b>	PKS - PIWNY KLUB SPORTOWY	M30	123	<b>04:20:42.80</b>	+02:09:00 (49.5%)	9:18	6.4 (50.0%)
390	<b>WIŚLIŃSKA Agnieszka</b>	<b>4832</b>		K30	33	<b>04:20:43.10</b>	+02:09:00 (49.5%)	9:18	6.4 (50.0%)
391	<b>KONIECPOLSKI Krzysztof</b>	<b>4432</b>		M50	24	<b>04:20:49.90</b>	+02:09:07 (49.5%)	9:18	6.4 (50.0%)
392	<b>KURKOWSKI Krzysztof</b>	<b>5019</b>		M40	116	<b>04:20:54.90</b>	+02:09:12 (49.5%)	9:19	6.4 (50.0%)
393	<b>LIS Krzysztof</b>	<b>5140</b>		M50	25	<b>04:21:02.90</b>	+02:09:20 (49.5%)	9:19	6.4 (50.0%)
394	<b>DROSIO Klaudia</b>	<b>4645</b>	KASZANKI	K30	34	<b>04:21:08.30</b>	+02:09:25 (49.6%)	9:19	6.4 (50.0%)
395	<b>PYZEL Agnieszka</b>	<b>4772</b>	KS PEGAZ	K50	6	<b>04:21:13.50</b>	+02:09:30 (49.6%)	9:19	6.4 (50.0%)
396	<b>GŁAZ Marek</b>	<b>4057</b>		M30	124	<b>04:21:14.50</b>	+02:09:31 (49.6%)	9:19	6.4 (50.0%)
397	<b>PIOTROWSKI Bartłomiej</b>	<b>4161</b>		M30	125	<b>04:21:45.25</b>	+02:10:02 (49.7%)	9:20	6.4 (50.0%)
398	<b>FOGT Katarzyna</b>	<b>4044</b>	CB163	K30	35	<b>04:21:51.65</b>	+02:10:09 (49.7%)	9:21	6.4 (50.0%)
399	<b>FOGT Maciej</b>	<b>4045</b>	CB163	M40	117	<b>04:21:51.70</b>	+02:10:09 (49.7%)	9:21	6.4 (50.0%)
400	<b>KOWALSKI Marcin</b>	<b>4543</b>	RADOMNO BIEGA	M40	118	<b>04:21:57.50</b>	+02:10:14 (49.7%)	9:21	6.4 (50.0%)
401	<b>CEGIEŁKO Paweł</b>	<b>4854</b>	NIE NALEŻĘ DO KLUBU	M40	119	<b>04:22:01.80</b>	+02:10:19 (49.7%)	9:21	6.4 (50.0%)
402	<b>KOCHAŃSKA Joanna</b>	<b>4086</b>		K40	32	<b>04:22:08.65</b>	+02:10:26 (49.8%)	9:21	6.4 (50.0%)
403	<b>LACHCIK Iwona</b>	<b>4884</b>	7 BATALION KAWALERII POWIETRZNEJ	K30	36	<b>04:22:51.25</b>	+02:11:08 (49.9%)	9:23	6.4 (50.0%)
404	<b>FLASZEWSKI Adam</b>	<b>4358</b>	SPORTOWY KAŻMIERZ	M30	126	<b>04:23:09.90</b>	+02:11:27 (50.0%)	9:23	6.4 (50.0%)
404	<b>GRABARCZYK Łukasz</b>	<b>4363</b>	PAKIET ODBIORĘ	M30	126	<b>04:23:09.90</b>	+02:11:27 (50.0%)	9:23	6.4 (50.0%)
406	<b>KŁODZIŃSKI Klaudiusz</b>	<b>4539</b>		M50	26	<b>04:23:53.25</b>	+02:12:10 (50.1%)	9:25	6.4 (50.0%)
407	<b>UJMA Paweł</b>	<b>4228</b>	WWW.INTER.AUTO.PL	M40	120	<b>04:23:57.20</b>	+02:12:14 (50.1%)	9:25	6.4 (50.0%)
408	<b>ROGE Michał</b>	<b>4392</b>		M30	128	<b>04:23:57.60</b>	+02:12:14 (50.1%)	9:25	6.4 (50.0%)
409	<b>KRZYŻANOWSKA Agnieszka</b>	<b>5032</b>	KASZANKI	K30	37	<b>04:24:16.45</b>	+02:12:33 (50.2%)	9:26	6.4 (50.0%)
410	<b>KUCHARSKA Aneta</b>	<b>4108</b>	ROZBIEGAJMY RADOMSKO	K40	33	<b>04:24:49.65</b>	+02:13:07 (50.3%)	9:27	6.3 (49.2%)
411	<b>BARSKA-OLSZEWSKA Ewa</b>	<b>4005</b>	ROZBIEGAJMY RADOMSKO	K40	34	<b>04:24:49.90</b>	+02:13:07 (50.3%)	9:27	6.3 (49.2%)
412	<b>HUZAREWICZ Heniek</b>	<b>4673</b>		M40	121	<b>04:24:50.90</b>	+02:13:08 (50.3%)	9:27	6.3 (49.2%)
413	<b>SZYMSKI Rafał</b>	<b>4818</b>	CIDRY LOTAJOM	M40	122	<b>04:24:51.50</b>	+02:13:08 (50.3%)	9:27	6.3 (49.2%)
414	<b>BLAJER Piotr</b>	<b>4965</b>		M30	129	<b>04:24:51.95</b>	+02:13:09 (50.3%)	9:27	6.3 (49.2%)
415	<b>OGONOWSKI Michał</b>	<b>4151</b>	CB163	M40	123	<b>04:25:05.95</b>	+02:13:23 (50.3%)	9:28	6.3 (49.2%)
416	<b>CEGLEWSKA Izabela</b>	<b>4021</b>		K40	35	<b>04:25:37.40</b>	+02:13:54 (50.4%)	9:29	6.3 (49.2%)
417	<b>RADYK Jakub</b>	<b>4773</b>	PRZEMYSKI KLUB BIEGACZA	M30	130	<b>04:25:42.50</b>	+02:13:59 (50.4%)	9:29	6.3 (49.2%)
418	<b>BIS Tomasz</b>	<b>5029</b>	KAWKA	M40	124	<b>04:25:43.45</b>	+02:14:00 (50.4%)	9:29	6.3 (49.2%)
419	<b>RADYK Joanna</b>	<b>4774</b>	PRZEMYSKI KLUB BIEGACZA	K30	38	<b>04:25:43.65</b>	+02:14:01 (50.4%)	9:29	6.3 (49.2%)
420	<b>RADZIK Szymon</b>	<b>5030</b>	KAWKA	M40	125	<b>04:25:45.50</b>	+02:14:02 (50.4%)	9:29	6.3 (49.2%)
421	<b>KABALA Joanna</b>	<b>4075</b>	CMKP TEAM	K40	36	<b>04:25:51.85</b>	+02:14:09 (50.5%)	9:29	6.3 (49.2%)
422	<b>RUDZIARCZYK Karolina</b>	<b>4580</b>	FUCHS OIL TEAM	K20	18	<b>04:26:45.05</b>	+02:15:02 (50.6%)	9:31	6.3 (49.2%)
423	<b>WASIK Michal</b>	<b>4235</b>		M30	131	<b>04:27:04.85</b>	+02:15:22 (50.7%)	9:32	6.3 (49.2%)
424	<b>NOWAK Marcin</b>	<b>4298</b>	KLUB BIEGACZA RTV EURO AGD	M20	35	<b>04:27:21.05</b>	+02:15:38 (50.7%)	9:32	6.3 (49.2%)
425	<b>NIEMIEC Łukasz</b>	<b>4902</b>		M20	36	<b>04:27:22.70</b>	+02:15:40 (50.7%)	9:32	6.3 (49.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 28km	Różn	Tempo min/km	Tempo km/h
426	<b>PASEK Przemysław</b>	<b>4904</b>		M20	37	<b>04:27:23.30</b>	+02:15:40 (50.7%)	9:32	6.3 (49.2%)
427	<b>SOWIŃSKI Mikołaj</b>	<b>4321</b>		M20	38	<b>04:27:35.65</b>	+02:15:53 (50.8%)	9:33	6.3 (49.2%)
428	<b>WAŁACHOWSKA Urszula</b>	<b>4984</b>	SOLINA TEAM	K30	39	<b>04:27:45.50</b>	+02:16:02 (50.8%)	9:33	6.3 (49.2%)
429	<b>REGULSKA Patrycja</b>	<b>4173</b>		K20	19	<b>04:27:59.15</b>	+02:16:16 (50.9%)	9:34	6.3 (49.2%)
430	<b>URBAŃCZYK Marcin</b>	<b>4230</b>		M40	126	<b>04:28:00.10</b>	+02:16:17 (50.9%)	9:34	6.3 (49.2%)
431	<b>STEBELSKA Monika</b>	<b>4806</b>	QUEENS OF CHAMONIX	K40	37	<b>04:28:03.40</b>	+02:16:20 (50.9%)	9:34	6.3 (49.2%)
432	<b>STEBELSKI Łukasz</b>	<b>5028</b>	KASZUBY MAN	M40	127	<b>04:28:03.50</b>	+02:16:20 (50.9%)	9:34	6.3 (49.2%)
433	<b>BOCHEN Izabela</b>	<b>4345</b>		K40	38	<b>04:28:05.15</b>	+02:16:22 (50.9%)	9:34	6.3 (49.2%)
434	<b>SIENIAWSKA Karolina</b>	<b>4318</b>		K30	40	<b>04:28:12.50</b>	+02:16:29 (50.9%)	9:34	6.3 (49.2%)
435	<b>DROZDEK Włodzimierz</b>	<b>4859</b>	BIEGAJĄCE DROZDKI	M50	27	<b>04:28:14.20</b>	+02:16:31 (50.9%)	9:34	6.3 (49.2%)
436	<b>KARPIŁOWSKA Maria</b>	<b>4537</b>	VICIOUS CIRCLE	K40	39	<b>04:28:24.15</b>	+02:16:41 (50.9%)	9:35	6.3 (49.2%)
437	<b>KARPIŁOWSKI Bartosz</b>	<b>4538</b>	VICIOUS CIRCLE	M40	128	<b>04:28:24.45</b>	+02:16:41 (50.9%)	9:35	6.3 (49.2%)
438	<b>GAWRON Paweł</b>	<b>4055</b>	KONINRUN	M60	9	<b>04:28:28.15</b>	+02:16:45 (50.9%)	9:35	6.3 (49.2%)
439	<b>KARSKI Tomasz</b>	<b>4687</b>		M30	132	<b>04:28:39.20</b>	+02:16:56 (51.0%)	9:35	6.3 (49.2%)
440	<b>ROSTEK Arkadiusz</b>	<b>5065</b>		M40	129	<b>04:28:39.90</b>	+02:16:57 (51.0%)	9:35	6.3 (49.2%)
441	<b>GÓRKA Bogusław</b>	<b>4062</b>	SUSKA GRUPA BIEGOWA	M40	130	<b>04:28:42.65</b>	+02:17:00 (51.0%)	9:35	6.3 (49.2%)
442	<b>SCHMIDT-PIOTROWSKA Kamila</b>	<b>4181</b>	CB163	K20	20	<b>04:28:45.20</b>	+02:17:02 (51.0%)	9:35	6.3 (49.2%)
443	<b>RZEPNIEWSKA Joanna</b>	<b>4785</b>	MARKOWI BIEGACZE	K40	40	<b>04:28:48.45</b>	+02:17:05 (51.0%)	9:36	6.3 (49.2%)
444	<b>SZATAN Jowita</b>	<b>5001</b>	KOTWICA BRZEG	K30	41	<b>04:28:52.10</b>	+02:17:09 (51.0%)	9:36	6.2 (48.4%)
445	<b>OLSZEWSKI Jacek</b>	<b>4745</b>	RYKOWISKO TEAM	M40	131	<b>04:29:10.40</b>	+02:17:27 (51.1%)	9:36	6.2 (48.4%)
446	<b>PISINGAS Mariusz</b>	<b>4574</b>	BIEGANIE TO MÓJ TRZEŻWY	M40	132	<b>04:29:21.40</b>	+02:17:38 (51.1%)	9:37	6.2 (48.4%)
447	<b>DWORNICKI Tomasz</b>	<b>5040</b>	RGB	M40	133	<b>04:29:24.75</b>	+02:17:42 (51.1%)	9:37	6.2 (48.4%)
448	<b>BRODZIAK Arkadiusz</b>	<b>4504</b>		M40	134	<b>04:29:28.30</b>	+02:17:45 (51.1%)	9:37	6.2 (48.4%)
449	<b>CHABLO Daniel</b>	<b>4462</b>	STUMBRASIKI	M40	135	<b>04:29:36.55</b>	+02:17:53 (51.1%)	9:37	6.2 (48.4%)
450	<b>CZELIŃSKI Leszek</b>	<b>4508</b>	CAMEL W ZALEWIE	M50	28	<b>04:29:38.50</b>	+02:17:55 (51.2%)	9:37	6.2 (48.4%)
451	<b>STRZEMIECZNY Piotr</b>	<b>4200</b>		M30	133	<b>04:29:46.75</b>	+02:18:04 (51.2%)	9:38	6.2 (48.4%)
452	<b>WAŁDOWSKA Natalia</b>	<b>4408</b>		K20	21	<b>04:29:55.50</b>	+02:18:12 (51.2%)	9:38	6.2 (48.4%)
453	<b>PODOLAK Rafał</b>	<b>4766</b>	GLADIATORS BY RMF4RT	M20	39	<b>04:29:58.45</b>	+02:18:15 (51.2%)	9:38	6.2 (48.4%)
454	<b>PIEJAK Tomasz</b>	<b>4760</b>	AKADEMIA KETTLEBELLS WARSZAWA	M30	134	<b>04:30:08.80</b>	+02:18:26 (51.2%)	9:38	6.2 (48.4%)
455	<b>MAŁEK Krzysztof</b>	<b>4133</b>		M40	136	<b>04:30:14.30</b>	+02:18:31 (51.3%)	9:39	6.2 (48.4%)
456	<b>VLADOIU Dagmara</b>	<b>4231</b>		K30	42	<b>04:30:33.65</b>	+02:18:51 (51.3%)	9:39	6.2 (48.4%)
457	<b>MAJSZCZYK Paulina</b>	<b>4131</b>		K30	43	<b>04:30:36.75</b>	+02:18:54 (51.3%)	9:39	6.2 (48.4%)
458	<b>KACZYŃSKI Artur</b>	<b>4683</b>		M40	137	<b>04:31:04.95</b>	+02:19:22 (51.4%)	9:40	6.2 (48.4%)
459	<b>KOSEWSKA Monika</b>	<b>4541</b>	SFORA BMK	K40	41	<b>04:31:17.75</b>	+02:19:35 (51.5%)	9:41	6.2 (48.4%)
460	<b>MIKULSKA Magdalena</b>	<b>4559</b>		K40	42	<b>04:31:30.55</b>	+02:19:47 (51.5%)	9:41	6.2 (48.4%)
461	<b>KNAPCZYK Elżbieta</b>	<b>4084</b>	PĘDZĄCE ŁANIE	K40	43	<b>04:31:38.05</b>	+02:19:55 (51.5%)	9:42	6.2 (48.4%)
462	<b>SKIBA Ewelina</b>	<b>4487</b>		K30	44	<b>04:31:51.75</b>	+02:20:09 (51.6%)	9:42	6.2 (48.4%)
463	<b>KICIŃSKI Piotr</b>	<b>4371</b>		M40	138	<b>04:31:52.45</b>	+02:20:09 (51.6%)	9:42	6.2 (48.4%)
464	<b>MORAWSKA Anna</b>	<b>4964</b>		K60	2	<b>04:31:58.25</b>	+02:20:15 (51.6%)	9:42	6.2 (48.4%)
465	<b>SZMATLOCH Bartłomiej</b>	<b>4208</b>	RETROBAJTEL	M30	135	<b>04:32:02.95</b>	+02:20:20 (51.6%)	9:42	6.2 (48.4%)
466	<b>OSTROWSKI Mirosław</b>	<b>4569</b>		M30	136	<b>04:32:08.90</b>	+02:20:26 (51.6%)	9:43	6.2 (48.4%)
467	<b>IGNASZEWSKI Przemysław</b>	<b>5002</b>	VEGENERAT BIEGOWY	M40	139	<b>04:32:09.20</b>	+02:20:26 (51.6%)	9:43	6.2 (48.4%)
468	<b>SZMATLOCH Maciek</b>	<b>4209</b>	RETROBAJTEL	M40	140	<b>04:32:11.10</b>	+02:20:28 (51.6%)	9:43	6.2 (48.4%)
469	<b>PIĘTKA Piotr</b>	<b>4308</b>	AMERNET	M40	141	<b>04:32:12.70</b>	+02:20:30 (51.6%)	9:43	6.2 (48.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 28km	Różn	Tempo min/km	Tempo km/h
470	<b>ANDRZEJEWSKA Monika</b>	<b>4459</b>		K30	45	<b>04:32:13.50</b>	+02:20:30 (51.6%)	9:43	6.2 (48.4%)
471	<b>GRONIECKI Mikołaj</b>	<b>4983</b>	KTÓRĘDY PO PIWO,)	M40	142	<b>04:32:14.65</b>	+02:20:32 (51.6%)	9:43	6.2 (48.4%)
472	<b>RUPNIK Janusz</b>	<b>4782</b>	K.B. MARATON TUREK	M50	29	<b>04:32:15.60</b>	+02:20:32 (51.6%)	9:43	6.2 (48.4%)
473	<b>RECZEK Sebastian</b>	<b>4315</b>	KS ZIELONO-CZARNI	M40	143	<b>04:32:28.90</b>	+02:20:46 (51.7%)	9:43	6.2 (48.4%)
474	<b>KŁĘCZAR Igor</b>	<b>5084</b>		M30	137	<b>04:32:28.95</b>	+02:20:46 (51.7%)	9:43	6.2 (48.4%)
475	<b>RATOWSKI Marek</b>	<b>4314</b>	PODGÓRZ TORUŃ	M40	144	<b>04:32:29.70</b>	+02:20:47 (51.7%)	9:43	6.2 (48.4%)
476	<b>FRAŃSKI Łukasz</b>	<b>4359</b>	NKB CHYŻY NOWY TOMYŚL	M40	145	<b>04:32:44.10</b>	+02:21:01 (51.7%)	9:44	6.2 (48.4%)
477	<b>SUCHOCKA Yana</b>	<b>4327</b>		K30	46	<b>04:32:55.70</b>	+02:21:13 (51.7%)	9:44	6.2 (48.4%)
478	<b>HAJDUK Tomek</b>	<b>4427</b>	YULO RUN TEAM	M40	146	<b>04:33:26.60</b>	+02:21:43 (51.8%)	9:45	6.1 (47.7%)
479	<b>JANOWSKA Justyna</b>	<b>4071</b>	CB163 LILIOWA TEAM	K40	44	<b>04:33:29.90</b>	+02:21:47 (51.8%)	9:46	6.1 (47.7%)
480	<b>TUREK Martyna</b>	<b>4226</b>		K20	22	<b>04:33:33.95</b>	+02:21:51 (51.9%)	9:46	6.1 (47.7%)
481	<b>SICIARSKI Marcin</b>	<b>4317</b>		M40	147	<b>04:34:22.35</b>	+02:22:39 (52.0%)	9:47	6.1 (47.7%)
482	<b>MASŁOWSKI Dariusz</b>	<b>4555</b>		M40	148	<b>04:34:42.90</b>	+02:23:00 (52.1%)	9:48	6.1 (47.7%)
483	<b>SIEROCIŃSKA Monika</b>	<b>4794</b>	CROSSFIT SIEDLCE	K40	45	<b>04:34:50.00</b>	+02:23:07 (52.1%)	9:48	6.1 (47.7%)
484	<b>SIEROCIŃSKI Robert</b>	<b>4795</b>	CROSSFIT SIEDLCE	M40	149	<b>04:34:50.45</b>	+02:23:07 (52.1%)	9:48	6.1 (47.7%)
485	<b>JAŚKIEWICZ Martyna</b>	<b>4531</b>		K20	23	<b>04:34:54.40</b>	+02:23:11 (52.1%)	9:49	6.1 (47.7%)
486	<b>PREIS Kamil</b>	<b>4167</b>	SII RUNNING TEAM	M20	40	<b>04:35:12.00</b>	+02:23:29 (52.1%)	9:49	6.1 (47.7%)
487	<b>MASZKOWSKI Rafał</b>	<b>4557</b>		M40	150	<b>04:35:17.10</b>	+02:23:34 (52.2%)	9:49	6.1 (47.7%)
488	<b>MAZUREK Grzegorz</b>	<b>4139</b>		M40	151	<b>04:35:32.00</b>	+02:23:49 (52.2%)	9:50	6.1 (47.7%)
489	<b>BIJATOWSKA Diana</b>	<b>4009</b>	PĘDZĄCE ŁANIE	K30	47	<b>04:35:45.80</b>	+02:24:03 (52.2%)	9:50	6.1 (47.7%)
490	<b>NĘCKI Łukasz</b>	<b>4741</b>	SŁOŃCA JURY	M40	152	<b>04:35:57.90</b>	+02:24:15 (52.3%)	9:51	6.1 (47.7%)
491	<b>SKORUS Jakub</b>	<b>4488</b>	WKURW_TEAM	M20	41	<b>04:36:02.20</b>	+02:24:19 (52.3%)	9:51	6.1 (47.7%)
492	<b>ROMANOWICZ Katarzyna</b>	<b>4450</b>		K40	46	<b>04:36:03.05</b>	+02:24:20 (52.3%)	9:51	6.1 (47.7%)
493	<b>GRUNTKOWSKA Sylwia</b>	<b>4966</b>		K20	24	<b>04:36:23.35</b>	+02:24:40 (52.3%)	9:52	6.1 (47.7%)
494	<b>KASIŃSKI Radosław</b>	<b>4473</b>	HERNIK TEAM	M40	153	<b>04:36:29.00</b>	+02:24:46 (52.4%)	9:52	6.1 (47.7%)
495	<b>TYMA Katarzyna</b>	<b>4406</b>	CB163	K30	48	<b>04:36:30.20</b>	+02:24:47 (52.4%)	9:52	6.1 (47.7%)
496	<b>TYMA Krzysztof</b>	<b>4405</b>	CB163	M30	138	<b>04:36:30.30</b>	+02:24:47 (52.4%)	9:52	6.1 (47.7%)
497	<b>HATALA Grzegorz</b>	<b>4871</b>		M30	139	<b>04:36:38.90</b>	+02:24:56 (52.4%)	9:52	6.1 (47.7%)
498	<b>CZECH Dorota</b>	<b>4263</b>	AFR POLAND	K40	47	<b>04:36:40.65</b>	+02:24:58 (52.4%)	9:52	6.1 (47.7%)
499	<b>TOKARZ Agnieszka</b>	<b>4222</b>	TEAM PAPRY	K30	49	<b>04:36:47.80</b>	+02:25:05 (52.4%)	9:53	6.1 (47.7%)
500	<b>JAGODA Mateusz</b>	<b>4529</b>	FUCHS OIL TEAM	M20	42	<b>04:36:52.85</b>	+02:25:10 (52.4%)	9:53	6.1 (47.7%)
501	<b>BRUSZEWSKA- GŁOMBIOWSKA Monika</b>	<b>4505</b>	ULTRA ŻÓŁWIK	K20	25	<b>04:36:59.25</b>	+02:25:16 (52.4%)	9:53	6.1 (47.7%)
502	<b>ROKOSZ Marek</b>	<b>4777</b>		M50	30	<b>04:37:09.40</b>	+02:25:26 (52.5%)	9:53	6.1 (47.7%)
503	<b>SALA Pawel</b>	<b>5016</b>	TURBACZ TRAIL/ B4SPORT TO NAJLEPSZA FIRMA POMIAROWA	M40	154	<b>04:37:13.75</b>	+02:25:31 (52.5%)	9:54	6.1 (47.7%)
504	<b>KASZA Bartosz</b>	<b>4080</b>		M30	140	<b>04:37:26.80</b>	+02:25:44 (52.5%)	9:54	6.1 (47.7%)
505	<b>OSIADŁY Bartosz</b>	<b>4153</b>		M30	141	<b>04:37:37.30</b>	+02:25:54 (52.6%)	9:54	6.1 (47.7%)
506	<b>BILCZEWSKA Basia</b>	<b>4010</b>	HEINEKEN KRAKÓW RUNNING CLUB	K30	50	<b>04:37:55.90</b>	+02:26:13 (52.6%)	9:55	6 (46.9%)
507	<b>ZAKRZEWSKA Małgorzata</b>	<b>4245</b>	#BIEGAMYNAOSTRO	K30	51	<b>04:38:31.30</b>	+02:26:48 (52.7%)	9:56	6 (46.9%)
508	<b>BOROWIEC Arkadiusz</b>	<b>4625</b>	CHEŁM BIEGA	M40	155	<b>04:38:46.85</b>	+02:27:04 (52.8%)	9:57	6 (46.9%)
509	<b>PRYSZCZ Mirosław</b>	<b>5066</b>		M40	156	<b>04:39:18.90</b>	+02:27:36 (52.8%)	9:58	6 (46.9%)
510	<b>WAŁCZYK Wojciech</b>	<b>4827</b>		M40	157	<b>04:39:34.05</b>	+02:27:51 (52.9%)	9:59	6 (46.9%)
511	<b>LEWANDOWSKA Malgorzata</b>	<b>4120</b>		K50	7	<b>04:39:46.15</b>	+02:28:03 (52.9%)	9:59	6 (46.9%)
512	<b>SIEWIERSKI Adam</b>	<b>4185</b>	TEAM PAPRY	M40	158	<b>04:39:51.30</b>	+02:28:08 (52.9%)	9:59	6 (46.9%)
513	<b>PODKUL Konrad</b>	<b>4163</b>		M30	142	<b>04:40:06.00</b>	+02:28:23 (53.0%)	10:00	6 (46.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 28km	Różn	Tempo min/km	Tempo km/h
514	KUCHARSKI Adam	4547		M40	159	04:40:24.10	+02:28:41 (53.0%)	10:00	6 (46.9%)
515	JĘDRZEJCZAK Anna	4534		K50	8	04:40:25.35	+02:28:42 (53.0%)	10:00	6 (46.9%)
516	MASZKOWSKA Anna	4556		K40	48	04:40:35.25	+02:28:52 (53.1%)	10:01	6 (46.9%)
517	WOLGETAN Paulina	4835	WKURW_TEAM	K20	26	04:40:37.30	+02:28:54 (53.1%)	10:01	6 (46.9%)
518	DZIĘGIELEWSKA Dominika	4422		K30	52	04:40:38.60	+02:28:55 (53.1%)	10:01	6 (46.9%)
519	CHYLIŃSKI Bartosz	4507		M30	143	04:40:51.55	+02:29:08 (53.1%)	10:01	6 (46.9%)
520	BIAŁEK Kamila	4499		K40	49	04:40:52.00	+02:29:09 (53.1%)	10:01	6 (46.9%)
521	MAJKA Wojciech	4728	TRENER24H.COM.PL	M40	160	04:41:05.50	+02:29:22 (53.1%)	10:02	6 (46.9%)
522	FORNAL Ewelina	4047		K30	53	04:41:30.60	+02:29:47 (53.2%)	10:03	6 (46.9%)
523	STOLTMAN Jan	4925		M20	43	04:41:30.65	+02:29:48 (53.2%)	10:03	6 (46.9%)
524	FORNAL Jacek	4046		M30	144	04:41:31.75	+02:29:49 (53.2%)	10:03	6 (46.9%)
525	WYSMOLIŃSKI Jan	4607		M20	44	04:41:32.55	+02:29:49 (53.2%)	10:03	6 (46.9%)
526	KOLASIŃSKI Marcin	4693		M30	145	04:41:40.70	+02:29:58 (53.2%)	10:03	6 (46.9%)
527	OLSZÓWKA Karol	4746		M30	146	04:41:42.50	+02:29:59 (53.2%)	10:03	6 (46.9%)
528	ŚWIERKOWSKI Robert	4216		M40	161	04:41:45.30	+02:30:02 (53.3%)	10:03	6 (46.9%)
529	ANDRZEJEWSKI Maciej	4460	KTÓRĘDY PO PIWO	M30	147	04:41:47.95	+02:30:05 (53.3%)	10:03	6 (46.9%)
530	DYLAĞ Katarzyna	4354		K40	50	04:41:58.15	+02:30:15 (53.3%)	10:04	6 (46.9%)
531	HOLIK Iwona	4365		K40	51	04:41:58.30	+02:30:15 (53.3%)	10:04	6 (46.9%)
532	GOŁASZEWSKA Marta	4664		K40	52	04:42:17.90	+02:30:35 (53.3%)	10:04	6 (46.9%)
533	KRÓL Iwona	4373		K40	53	04:42:29.10	+02:30:46 (53.4%)	10:05	5.9 (46.1%)
534	JURAŚ-KMIEĆ Marzena	5089	BIEGAM SOBIE	K40	54	04:42:49.70	+02:31:07 (53.4%)	10:06	5.9 (46.1%)
535	PENAR Arkadiusz	4448		M50	31	04:42:59.10	+02:31:16 (53.5%)	10:06	5.9 (46.1%)
536	NOWAK - KASPRZAK Anna	4148		K30	54	04:43:01.45	+02:31:18 (53.5%)	10:06	5.9 (46.1%)
537	MICHNIEWSKI Tomasz	4140	FENOLE	M40	162	04:43:07.75	+02:31:25 (53.5%)	10:06	5.9 (46.1%)
538	TREMPAŁA Michalina	4224	CB163	K30	55	04:43:13.40	+02:31:30 (53.5%)	10:06	5.9 (46.1%)
539	SZOPA Grzegorz	4490		M50	32	04:43:53.90	+02:32:11 (53.6%)	10:08	5.9 (46.1%)
540	AGNIESZKA Berendt	5034		K40	55	04:43:55.90	+02:32:13 (53.6%)	10:08	5.9 (46.1%)
541	HARNIK Magdalena	4525	KOPALNIA MOCY	K30	56	04:43:58.75	+02:32:16 (53.6%)	10:08	5.9 (46.1%)
542	PRZEWORSKA Basia	4312	CZARNECKI RUN TEAM	K40	56	04:44:00.20	+02:32:17 (53.6%)	10:08	5.9 (46.1%)
543	OBARA Aneta	4300		K40	57	04:44:00.50	+02:32:17 (53.6%)	10:08	5.9 (46.1%)
544	CHODZIAK Marcin	5036		M30	148	04:44:19.05	+02:32:36 (53.7%)	10:09	5.9 (46.1%)
545	SZCZOTKA Agata	4329		K40	58	04:44:40.15	+02:32:57 (53.7%)	10:10	5.9 (46.1%)
546	LEŚNIAKOWSKA Anna	4119	TUR TERKA ULTRA RUNNING	K40	59	04:44:59.30	+02:33:16 (53.8%)	10:10	5.9 (46.1%)
547	STAŃCZUK Dorota	4323	SLOW JOGGING SIEDLCE	K50	9	04:45:02.70	+02:33:20 (53.8%)	10:10	5.9 (46.1%)
548	ZAPĄŁOWSKA Jolanta	4341	SLOW JOGGING SIEDLCE	K60	3	04:45:03.50	+02:33:20 (53.8%)	10:10	5.9 (46.1%)
549	MRUCZYŃSKA-PIETRUCZANIS Katarzyna	4897	AKTYWNI WĘGRÓW, DEVI HIMAL TEAM	K40	60	04:45:13.90	+02:33:31 (53.8%)	10:11	5.9 (46.1%)
550	PAWLAK Bartosz	4753		M40	163	04:45:27.55	+02:33:44 (53.9%)	10:11	5.9 (46.1%)
551	PIASECZYŃSKA-JAMBOR Agata	4759	ŻÓRAWSKI TEAM	K40	61	04:45:27.60	+02:33:44 (53.9%)	10:11	5.9 (46.1%)
552	PAWLAK Beata	4752		K40	62	04:45:27.70	+02:33:45 (53.9%)	10:11	5.9 (46.1%)
553	JAMBOR Michał	4676	BRACtwo BIEGOWE BGK / ŻÓRAWSKI TEAM	M40	164	04:45:32.25	+02:33:49 (53.9%)	10:11	5.9 (46.1%)
554	KOSTECKI Tomasz	4433	R&T	M40	165	04:45:33.60	+02:33:50 (53.9%)	10:11	5.9 (46.1%)
555	PARAFINIAK Szymon	4304		M30	149	04:45:38.20	+02:33:55 (53.9%)	10:12	5.9 (46.1%)
556	RÓŻAK-RUKUSZEWICZ Magdalena	4779	DZIKIE GRUBASY SZATANA	K40	63	04:45:41.85	+02:33:59 (53.9%)	10:12	5.9 (46.1%)
557	REGUŁA Katarzyna	4776	DZIKIE GRUBASY SZATANA	K30	57	04:45:42.50	+02:33:59 (53.9%)	10:12	5.9 (46.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 28km	Różn	Tempo min/km	Tempo km/h
558	LATOS Joanna	4551		K40	64	04:45:49.90	+02:34:07 (53.9%)	10:12	5.9 (46.1%)
559	ŁUKASZYK Kamila	4724		K40	65	04:45:57.45	+02:34:14 (53.9%)	10:12	5.9 (46.1%)
560	PASTERNAK Wojciech	4305		M40	166	04:46:03.00	+02:34:20 (54.0%)	10:12	5.9 (46.1%)
561	BŁAŻEJCZYK Dominika	4621	RAWA SIEDLCE	K30	58	04:46:36.40	+02:34:53 (54.0%)	10:14	5.9 (46.1%)
562	GORSKA Malgorzata	4362		K30	59	04:46:43.05	+02:35:00 (54.1%)	10:14	5.9 (46.1%)
563	WOŹNIAK Przemysław	4412	WIELISZEW HERON TEAM	M30	150	04:46:43.50	+02:35:00 (54.1%)	10:14	5.9 (46.1%)
564	MAĆZKA Bronisław	5021	OTK RZEŹNIK	M60	10	04:46:43.55	+02:35:00 (54.1%)	10:14	5.9 (46.1%)
565	BURGS Edyta	4633		K40	66	04:46:44.60	+02:35:01 (54.1%)	10:14	5.9 (46.1%)
566	GIEŁBAGA Dorota	4660		K50	10	04:46:46.60	+02:35:03 (54.1%)	10:14	5.9 (46.1%)
567	KUKLA Mańka	4707	DZIKI GOŁOBORZY	K30	60	04:46:55.25	+02:35:12 (54.1%)	10:14	5.9 (46.1%)
568	KRZYSZTOFOWICZ Andrzej	4546		M40	167	04:47:20.15	+02:35:37 (54.2%)	10:15	5.8 (45.3%)
569	DYŚ Wojciech	4036	SANTANDER RUNNERS TEAM	M30	151	04:47:46.55	+02:36:03 (54.2%)	10:16	5.8 (45.3%)
570	MROSZYŃSKI Wojciech	4384	NIGHT RUNNERS	M30	152	04:47:48.60	+02:36:05 (54.2%)	10:16	5.8 (45.3%)
571	ŁUKAWSKI Tomek	3136	B4TEAM	M20	45	04:48:05.85	+02:36:23 (54.3%)	10:17	5.8 (45.3%)
572	KAZIRÓD Sebastian	4474	STUMBRASIKI	M50	33	04:48:18.80	+02:36:36 (54.3%)	10:17	5.8 (45.3%)
573	DRUŻKOWSKA Monika	4035		K30	61	04:48:27.15	+02:36:44 (54.3%)	10:18	5.8 (45.3%)
574	SZYMKIEWICZ Ewa	4402		K40	67	04:48:27.30	+02:36:44 (54.3%)	10:18	5.8 (45.3%)
575	MROZIK Michał	4999	POWER TRAINING	M30	153	04:48:27.65	+02:36:45 (54.3%)	10:18	5.8 (45.3%)
576	MATYJASIAK Konrad	4890		M40	168	04:48:27.85	+02:36:45 (54.3%)	10:18	5.8 (45.3%)
577	TROCHA Natalia	4821	BALLS OF STEEL	K30	62	04:48:28.85	+02:36:46 (54.3%)	10:18	5.8 (45.3%)
578	PAPIERNIK Aneta	4749	MARKOWI BIEGACZE	K40	68	04:48:30.35	+02:36:47 (54.3%)	10:18	5.8 (45.3%)
579	WASIEWICZ Michał	4233		M30	154	04:48:37.05	+02:36:54 (54.4%)	10:18	5.8 (45.3%)
580	FILIPIAK Beata	4042	MGB	K40	69	04:48:46.25	+02:37:03 (54.4%)	10:18	5.8 (45.3%)
581	PASZEK Krystyna	4155	DOGOŃ GRODZISK MAZOWIECKI	K60	4	04:48:59.60	+02:37:16 (54.4%)	10:19	5.8 (45.3%)
582	SUDOŁ Katarzyna	4202		K30	63	04:49:13.20	+02:37:30 (54.5%)	10:19	5.8 (45.3%)
583	WIŚNIEWSKA Żaneta	4833	KIJKOWE TRZEMESZNO	K20	27	04:49:24.55	+02:37:41 (54.5%)	10:20	5.8 (45.3%)
584	KRAWCZYK Sławomir	4100		M50	34	04:49:24.85	+02:37:42 (54.5%)	10:20	5.8 (45.3%)
585	POLAŃSKI Robert	4165	NOĆNE WOŁKI	M40	169	04:49:28.45	+02:37:45 (54.5%)	10:20	5.8 (45.3%)
586	WRÓBEL Radosław	4606		M30	155	04:49:34.10	+02:37:51 (54.5%)	10:20	5.8 (45.3%)
587	WRÓBEL Piotr	4605		M60	11	04:49:34.30	+02:37:51 (54.5%)	10:20	5.8 (45.3%)
588	MĘTLAK Małgorzata	5078	GIT EKIPA!	K20	28	04:49:37.45	+02:37:54 (54.5%)	10:20	5.8 (45.3%)
589	WRÓBLEWSKA Katarzyna	5080	GIT EKIPA!	K30	64	04:49:37.85	+02:37:55 (54.5%)	10:20	5.8 (45.3%)
590	DZIOPA Paweł	4038	WKURW_TEAM	M50	35	04:49:41.85	+02:37:59 (54.5%)	10:20	5.8 (45.3%)
591	KRUCZEK Monika	4103	TEAM PAPRY	K40	70	04:49:55.45	+02:38:12 (54.6%)	10:21	5.8 (45.3%)
592	MIERZWA Natalia	4736	KOPALNIA MOCY	K30	65	04:50:06.25	+02:38:23 (54.6%)	10:21	5.8 (45.3%)
593	GEWALD Danuta	4659	TRENER24H.COM.PL	K30	66	04:50:51.65	+02:39:09 (54.7%)	10:23	5.8 (45.3%)
594	WALKOWSKI Tomasz	4457	AKTYWNI KOCIEWIACY	M30	156	04:50:54.00	+02:39:11 (54.7%)	10:23	5.8 (45.3%)
595	HORODYŃSKA Mirosława	4067	KOTWICA BRZEG	K40	71	04:50:55.05	+02:39:12 (54.7%)	10:23	5.8 (45.3%)
596	PALUSZKIEWICZ Karolina	4303	MAĆKOWIAK TEAM	K40	72	04:50:55.10	+02:39:12 (54.7%)	10:23	5.8 (45.3%)
597	KURZYDŁO Bartosz	4548		M30	157	04:50:59.35	+02:39:16 (54.7%)	10:23	5.8 (45.3%)
598	NOWICKI Bartosz	4990	ROZBIEGANY PIASTÓW	M30	158	04:51:15.85	+02:39:33 (54.8%)	10:24	5.8 (45.3%)
599	GÓRSKI Krzysztof	4267	MK-NET	M40	170	04:51:21.10	+02:39:38 (54.8%)	10:24	5.8 (45.3%)
600	ŁAĆKA Agata	4887	ROOKIES	K30	67	04:51:27.70	+02:39:45 (54.8%)	10:24	5.8 (45.3%)
601	STANISZEWSKI Maciej	4802		M40	171	04:51:30.30	+02:39:47 (54.8%)	10:24	5.8 (45.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 28km	Różn	Tempo min/km	Tempo km/h
602	<b>CZARNY Marzena</b>	<b>4638</b>	JAWORZNO ŁBC	K40	73	<b>04:51:34.10</b>	+02:39:51 (54.8%)	10:24	5.8 (45.3%)
603	<b>GOLONKA Anna</b>	<b>4998</b>		K30	68	<b>04:51:47.25</b>	+02:40:04 (54.9%)	10:25	5.8 (45.3%)
604	<b>SZYMCZYK Maciej</b>	<b>4213</b>		M30	159	<b>04:51:47.90</b>	+02:40:05 (54.9%)	10:25	5.8 (45.3%)
605	<b>SMOLEŃ Tomasz</b>	<b>4189</b>		M30	160	<b>04:51:48.05</b>	+02:40:05 (54.9%)	10:25	5.8 (45.3%)
606	<b>WŁADYKA Marcin</b>	<b>4936</b>	ASP WWA	M40	172	<b>04:51:52.70</b>	+02:40:10 (54.9%)	10:25	5.8 (45.3%)
607	<b>STAŃSKA Sylwia</b>	<b>4976</b>	DZIKI GOŁOBORZY	K30	69	<b>04:52:07.85</b>	+02:40:25 (54.9%)	10:25	5.8 (45.3%)
608	<b>ROSZAK Zbigniew</b>	<b>4486</b>	WATAHA ŁĄCZY NAS BIEGANIE	M30	161	<b>04:52:25.50</b>	+02:40:42 (55.0%)	10:26	5.7 (44.5%)
609	<b>DĘBSKI Jan</b>	<b>4464</b>	SOŁTYS SUCHARZEWO	M60	12	<b>04:52:25.75</b>	+02:40:43 (55.0%)	10:26	5.7 (44.5%)
610	<b>CZAPIŃSKI Bartosz</b>	<b>4637</b>	DZIKI GOŁOBORZY	M40	173	<b>04:52:30.65</b>	+02:40:48 (55.0%)	10:26	5.7 (44.5%)
611	<b>OSTROWSKA Dorota</b>	<b>4446</b>	YULO RUN TEAM SIEDLCE	K50	11	<b>04:52:46.70</b>	+02:41:04 (55.0%)	10:27	5.7 (44.5%)
612	<b>BLADOWSKA Katarzyna</b>	<b>4620</b>	RUNEDA	K40	74	<b>04:52:54.75</b>	+02:41:12 (55.0%)	10:27	5.7 (44.5%)
613	<b>PALUSZKIEWICZ Dorota</b>	<b>4748</b>	RUNEDA	K30	70	<b>04:52:54.90</b>	+02:41:12 (55.0%)	10:27	5.7 (44.5%)
614	<b>WIŁOWSKI Wojciech</b>	<b>5011</b>	BIEGANIE SZYDERCOW	M40	174	<b>04:53:05.20</b>	+02:41:22 (55.1%)	10:28	5.7 (44.5%)
615	<b>OBARSKI Norbert</b>	<b>4744</b>		M60	13	<b>04:53:07.75</b>	+02:41:25 (55.1%)	10:28	5.7 (44.5%)
616	<b>RESZKA Łukasz</b>	<b>4316</b>	POWIAT ŚWIDNICKI	M40	175	<b>04:53:11.95</b>	+02:41:29 (55.1%)	10:28	5.7 (44.5%)
617	<b>STANISŁAWSKI Emil</b>	<b>4801</b>	AKADEMIA KETTLEBELLS WARSZAWA	M30	162	<b>04:53:18.95</b>	+02:41:36 (55.1%)	10:28	5.7 (44.5%)
618	<b>PASLAWSKA Irma</b>	<b>4570</b>		K40	75	<b>04:53:30.25</b>	+02:41:47 (55.1%)	10:28	5.7 (44.5%)
619	<b>KESSLER Dominika</b>	<b>4989</b>	ROZBIEGANY PIASTÓW	K30	71	<b>04:53:58.80</b>	+02:42:16 (55.2%)	10:29	5.7 (44.5%)
620	<b>ŁYP Monika</b>	<b>4988</b>	ROZBIEGANY PIASTÓW	K30	72	<b>04:53:59.05</b>	+02:42:16 (55.2%)	10:29	5.7 (44.5%)
621	<b>LUBAŃSKA Alicja</b>	<b>4722</b>		K50	12	<b>04:54:02.30</b>	+02:42:19 (55.2%)	10:30	5.7 (44.5%)
622	<b>SZARKOWSKA-LUDEW Katarzyna</b>	<b>4328</b>	3 T BIAŁYSTOK	K40	76	<b>04:54:06.75</b>	+02:42:24 (55.2%)	10:30	5.7 (44.5%)
623	<b>WYBRANIEC Wojciech</b>	<b>5063</b>	OFIARY JEDZENIA KOTLETÓW	M40	176	<b>04:54:09.80</b>	+02:42:27 (55.2%)	10:30	5.7 (44.5%)
624	<b>BŁAŻEJEWSKI Kacper</b>	<b>4012</b>	CB163	M30	163	<b>04:54:18.40</b>	+02:42:35 (55.2%)	10:30	5.7 (44.5%)
625	<b>NOWACKI Łukasz</b>	<b>4297</b>	POGODNI	M40	177	<b>04:54:21.95</b>	+02:42:39 (55.3%)	10:30	5.7 (44.5%)
626	<b>OLEŃDZKA Marianna</b>	<b>4152</b>	MARIANNA.FIZJO.RUN	K30	73	<b>04:54:23.65</b>	+02:42:41 (55.3%)	10:30	5.7 (44.5%)
627	<b>CIEŚLA Dariusz</b>	<b>4026</b>		M40	178	<b>04:54:25.50</b>	+02:42:42 (55.3%)	10:30	5.7 (44.5%)
628	<b>KLIMASZYK Łukasz</b>	<b>4273</b>		M20	46	<b>04:54:38.45</b>	+02:42:55 (55.3%)	10:31	5.7 (44.5%)
629	<b>ZANDER Agnieszka</b>	<b>4941</b>	EUROFINS	K30	74	<b>04:55:04.00</b>	+02:43:21 (55.4%)	10:32	5.7 (44.5%)
630	<b>MOCEK Stanisław</b>	<b>4893</b>	EUROFINS	M40	179	<b>04:55:04.45</b>	+02:43:21 (55.4%)	10:32	5.7 (44.5%)
631	<b>ADAMCZYK Ania</b>	<b>4000</b>		K40	77	<b>04:55:27.00</b>	+02:43:44 (55.4%)	10:33	5.7 (44.5%)
632	<b>PLIŻGA Sebastian</b>	<b>4992</b>	BYDLAKI	M30	164	<b>04:55:50.20</b>	+02:44:07 (55.5%)	10:33	5.7 (44.5%)
633	<b>LE FELIC Monika</b>	<b>4115</b>		K40	78	<b>04:56:23.90</b>	+02:44:41 (55.6%)	10:35	5.7 (44.5%)
634	<b>ZAKRZEWSKI Marcin</b>	<b>4246</b>	#BIEGAMYNAOSTRO	M30	165	<b>04:56:46.15</b>	+02:45:03 (55.6%)	10:35	5.7 (44.5%)
635	<b>PRZYBYŁA Krzysztof</b>	<b>4912</b>	ADIDAS RUNNERS WARSAW	M30	166	<b>04:56:59.35</b>	+02:45:16 (55.7%)	10:36	5.7 (44.5%)
636	<b>MROCZEK Justyna</b>	<b>4895</b>	ADIDAS RUNNERS WARSAW	K30	75	<b>04:56:59.55</b>	+02:45:16 (55.7%)	10:36	5.7 (44.5%)
637	<b>MARON Agnieszka</b>	<b>5006</b>	ADIDAS RUNNERS WARSAW	K40	79	<b>04:57:00.00</b>	+02:45:17 (55.7%)	10:36	5.7 (44.5%)
638	<b>FASZCZA Agnieszka</b>	<b>4040</b>	MARATOŃCZYK POZNAŃ	K30	76	<b>04:57:00.75</b>	+02:45:18 (55.7%)	10:36	5.7 (44.5%)
639	<b>URBAŃSKA Katarzyna</b>	<b>4825</b>		K30	77	<b>04:57:17.80</b>	+02:45:35 (55.7%)	10:37	5.7 (44.5%)
640	<b>KOWALCZYK Justyna</b>	<b>4092</b>	TEAM PAPRY	K30	78	<b>04:57:21.40</b>	+02:45:38 (55.7%)	10:37	5.6 (43.8%)
641	<b>KULAK Paweł</b>	<b>4980</b>		M40	180	<b>04:57:26.50</b>	+02:45:43 (55.7%)	10:37	5.6 (43.8%)
642	<b>KROTOS Krzysztof</b>	<b>4102</b>	OQS	M40	181	<b>04:57:35.20</b>	+02:45:52 (55.7%)	10:37	5.6 (43.8%)
643	<b>LEKS-MASZKOWSKA Ryszarda</b>	<b>4285</b>	OBORYGENI	K40	80	<b>04:58:02.05</b>	+02:46:19 (55.8%)	10:38	5.6 (43.8%)
644	<b>MASZKOWSKI Piotr</b>	<b>4288</b>	OBORYGENI	M40	182	<b>04:58:02.25</b>	+02:46:19 (55.8%)	10:38	5.6 (43.8%)
645	<b>MOŚ Rafał</b>	<b>5064</b>	B4TEAM	M40	183	<b>04:58:34.55</b>	+02:46:51 (55.9%)	10:39	5.6 (43.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 28km	Różn	Tempo min/km	Tempo km/h
646	<b>TUREK Paweł</b>	<b>4227</b>		M40	184	<b>04:58:53.50</b>	+02:47:10 (55.9%)	10:40	5.6 (43.8%)
647	<b>ZYBERT Mateusz</b>	<b>4848</b>	DABEX-BOLT	M30	167	<b>04:58:54.10</b>	+02:47:11 (55.9%)	10:40	5.6 (43.8%)
648	<b>MOCZYDŁOWSKI Marcin Jan</b>	<b>4955</b>	#BIEGAMYNAOSTRO TEAM	M30	168	<b>04:59:23.75</b>	+02:47:41 (56.0%)	10:41	5.6 (43.8%)
649	<b>WARAKOMSKA Magda</b>	<b>4232</b>		K30	79	<b>04:59:26.25</b>	+02:47:43 (56.0%)	10:41	5.6 (43.8%)
650	<b>MAĆZKA Krystyna</b>	<b>5020</b>	EXTREMALNE OTK NA RELAKSIE	K60	5	<b>04:59:31.45</b>	+02:47:48 (56.0%)	10:41	5.6 (43.8%)
651	<b>SZTANDERA Grzegorz</b>	<b>5046</b>	BIEGANIE SZYDERCÓW	M30	169	<b>04:59:32.65</b>	+02:47:50 (56.0%)	10:41	5.6 (43.8%)
652	<b>KRZYSZTOFOWICZ Karolina</b>	<b>4545</b>		K40	81	<b>04:59:41.55</b>	+02:47:58 (56.1%)	10:42	5.6 (43.8%)
653	<b>KOTARBA Mateusz</b>	<b>4542</b>	MONKEY SAUSAGE	M30	170	<b>04:59:42.15</b>	+02:47:59 (56.1%)	10:42	5.6 (43.8%)
654	<b>KRUPA Ewa</b>	<b>4881</b>		K20	29	<b>05:00:01.25</b>	+02:48:18 (56.1%)	10:42	5.6 (43.8%)
655	<b>PRZYWŁOCKA Joanna</b>	<b>4578</b>	KOPALNIA MOCY	K30	80	<b>05:00:26.35</b>	+02:48:43 (56.2%)	10:43	5.6 (43.8%)
656	<b>GOCYLA Dariusz</b>	<b>4520</b>	DARZYBÓRUNNER-SKA	M50	36	<b>05:00:29.50</b>	+02:48:46 (56.2%)	10:43	5.6 (43.8%)
657	<b>WOJTAROWICZ Danka</b>	<b>4600</b>	TRENER24H.COM.PL	K30	81	<b>05:00:32.60</b>	+02:48:49 (56.2%)	10:44	5.6 (43.8%)
658	<b>TARNOWSKI Michał</b>	<b>4591</b>		M30	171	<b>05:00:41.35</b>	+02:48:58 (56.2%)	10:44	5.6 (43.8%)
659	<b>GRABKA Małgorzata</b>	<b>4667</b>	RMF GLADIATORS 4RT	K30	82	<b>05:00:50.15</b>	+02:49:07 (56.2%)	10:44	5.6 (43.8%)
660	<b>BRZOZOWSKA-GĄSKA Anna</b>	<b>4630</b>		K40	82	<b>05:00:50.65</b>	+02:49:08 (56.2%)	10:44	5.6 (43.8%)
661	<b>KOTULA Weronika</b>	<b>4957</b>		K30	83	<b>05:01:14.10</b>	+02:49:31 (56.3%)	10:45	5.6 (43.8%)
662	<b>RYŻYŃSKA Agnieszka</b>	<b>4914</b>	CHEŁM BIEGA	K40	83	<b>05:01:19.35</b>	+02:49:36 (56.3%)	10:45	5.6 (43.8%)
663	<b>KONCA Aleksander</b>	<b>4695</b>	KB OŻARÓW MAZOWIECKI BIEGA	M20	47	<b>05:01:36.95</b>	+02:49:54 (56.3%)	10:46	5.6 (43.8%)
664	<b>HAOR Klaudia</b>	<b>4671</b>	BOMBEL TEAM	K20	30	<b>05:01:46.80</b>	+02:50:04 (56.4%)	10:46	5.6 (43.8%)
665	<b>SZWED Karolina</b>	<b>4211</b>	SUSKA GRUPA BIEGOWA	K30	84	<b>05:02:00.55</b>	+02:50:17 (56.4%)	10:47	5.6 (43.8%)
666	<b>GÓRKA Jolanta</b>	<b>4063</b>	SUSKA GRUPA BIEGOWA	K40	84	<b>05:02:01.00</b>	+02:50:18 (56.4%)	10:47	5.6 (43.8%)
667	<b>PAWELEC Justyna</b>	<b>4751</b>	TSA SANDOMIERZ	K30	85	<b>05:02:10.10</b>	+02:50:27 (56.4%)	10:47	5.6 (43.8%)
668	<b>WRZOSEK Justyna</b>	<b>4838</b>	TSA SANDOMIERZ	K30	86	<b>05:02:10.30</b>	+02:50:27 (56.4%)	10:47	5.6 (43.8%)
669	<b>STRUS Sebastian</b>	<b>4811</b>		M40	185	<b>05:02:12.00</b>	+02:50:29 (56.4%)	10:47	5.6 (43.8%)
670	<b>KONCA Mariusz</b>	<b>4694</b>	KB OŻARÓW MAZOWIECKI BIEGA	M40	186	<b>05:02:42.05</b>	+02:50:59 (56.5%)	10:48	5.6 (43.8%)
671	<b>KONCA Beata</b>	<b>4696</b>	KB OŻARÓW MAZOWIECKI BIEGA	K40	85	<b>05:03:06.25</b>	+02:51:23 (56.5%)	10:49	5.5 (43.0%)
672	<b>ROSTEK Andrzej</b>	<b>4778</b>	MARKOWI BIEGACZE	M50	37	<b>05:03:07.10</b>	+02:51:24 (56.5%)	10:49	5.5 (43.0%)
673	<b>DOMIN Daniel</b>	<b>4034</b>	MULTIPLIER TEAM	M40	187	<b>05:03:22.65</b>	+02:51:40 (56.6%)	10:50	5.5 (43.0%)
674	<b>DENKOWSKI Wojciech</b>	<b>4641</b>	BP RUNNING TEAM	M50	38	<b>05:03:22.80</b>	+02:51:40 (56.6%)	10:50	5.5 (43.0%)
675	<b>DADAŚ Elżbieta</b>	<b>4640</b>	BP RUNNING TEAM GLIWICE	K40	86	<b>05:03:23.00</b>	+02:51:40 (56.6%)	10:50	5.5 (43.0%)
676	<b>CZWAKIEL Krzysztof</b>	<b>4031</b>	JGB SOKÓŁ JAROSŁAW	M30	172	<b>05:03:27.55</b>	+02:51:44 (56.6%)	10:50	5.5 (43.0%)
677	<b>MROCZEK Marta</b>	<b>4143</b>	DZICY KONIOWE	K40	87	<b>05:03:39.10</b>	+02:51:56 (56.6%)	10:50	5.5 (43.0%)
678	<b>MIŁKOWSKA Aneta</b>	<b>4950</b>	DZICY KONIOWIE	K40	88	<b>05:03:39.20</b>	+02:51:56 (56.6%)	10:50	5.5 (43.0%)
679	<b>DYMKOWSKA Małgorzata</b>	<b>4997</b>		K40	89	<b>05:03:41.15</b>	+02:51:58 (56.6%)	10:50	5.5 (43.0%)
680	<b>ZIELIŃSKA IGNASZAK Iwona</b>	<b>4845</b>	HEROBOX	K40	90	<b>05:03:48.30</b>	+02:52:05 (56.6%)	10:51	5.5 (43.0%)
681	<b>KIEŁCZYŃSKI Waldemar Piotr</b>	<b>4875</b>		M30	173	<b>05:04:28.95</b>	+02:52:46 (56.7%)	10:52	5.5 (43.0%)
682	<b>SULEJA Karol</b>	<b>4813</b>	KB MARATON TUREK	M40	188	<b>05:04:56.25</b>	+02:53:13 (56.8%)	10:53	5.5 (43.0%)
683	<b>KWIATKOWSKI Arkadiusz</b>	<b>4883</b>	MBANK	M40	189	<b>05:05:03.40</b>	+02:53:20 (56.8%)	10:53	5.5 (43.0%)
684	<b>KĘDZIOR Grzegorz</b>	<b>4873</b>		M20	48	<b>05:05:09.55</b>	+02:53:26 (56.8%)	10:53	5.5 (43.0%)
685	<b>SEREDA Andrii</b>	<b>4395</b>		M30	174	<b>05:05:19.30</b>	+02:53:36 (56.9%)	10:54	5.5 (43.0%)
686	<b>POPCZYK Piotr</b>	<b>4166</b>		M40	190	<b>05:05:26.70</b>	+02:53:44 (56.9%)	10:54	5.5 (43.0%)
687	<b>KUBICKI Mariusz</b>	<b>4107</b>	KOZŁOWICKI CROSS SIS FABRYKA ZMIAN	M40	191	<b>05:05:35.50</b>	+02:53:52 (56.9%)	10:54	5.5 (43.0%)
688	<b>TRZECIAK Krzysztof</b>	<b>4931</b>	FABRYKA DZIKA	M30	175	<b>05:05:35.60</b>	+02:53:52 (56.9%)	10:54	5.5 (43.0%)
689	<b>SYPKO-KUBICKA Katarzyna</b>	<b>4204</b>	KOZŁOWICKI CROSS SIS FABRYKA ZMIAN	K40	91	<b>05:05:36.15</b>	+02:53:53 (56.9%)	10:54	5.5 (43.0%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 28km	Różn	Tempo min/km	Tempo km/h
690	SCHMIDT Sebastian	4993		M20	49	05:06:17.15	+02:54:34 (57.0%)	10:56	5.5 (43.0%)
691	TOMKIEWICZ Jakub	4331		M20	50	05:07:02.85	+02:55:20 (57.1%)	10:57	5.5 (43.0%)
692	TOMKIEWICZ Przemysław	4332		M40	192	05:07:02.95	+02:55:20 (57.1%)	10:57	5.5 (43.0%)
693	GRZECHNIK Roman	4468	BIEGAMYRAZEM.PL	M60	14	05:07:41.85	+02:55:59 (57.2%)	10:59	5.5 (43.0%)
694	ZALEWSKA Agnieszka	4496		K40	92	05:07:42.50	+02:55:59 (57.2%)	10:59	5.5 (43.0%)
695	ANDRASZ Paweł	4001		M20	51	05:07:50.75	+02:56:08 (57.2%)	10:59	5.5 (43.0%)
696	FURMAN Agnieszka	4513	OCHAJORUN & FRIENDS	K30	87	05:08:27.45	+02:56:44 (57.3%)	11:00	5.4 (42.2%)
697	GOLEBIEWSKI Michal	4969		M40	193	05:08:38.75	+02:56:56 (57.3%)	11:01	5.4 (42.2%)
698	BARAN Katarzyna	4851	TRENER24H.COM.PL	K30	88	05:08:40.50	+02:56:57 (57.3%)	11:01	5.4 (42.2%)
699	ŁAZARSKI Tomasz	4126		M40	194	05:08:42.10	+02:56:59 (57.3%)	11:01	5.4 (42.2%)
700	SZULC Waldemar	4928	BRAK	M30	176	05:08:58.80	+02:57:16 (57.4%)	11:02	5.4 (42.2%)
701	BEDNARSKA-KOZIOŁ Danuta	4977	KOTWICA KRZEG	K40	93	05:09:01.05	+02:57:18 (57.4%)	11:02	5.4 (42.2%)
702	PILECKA Joanna	4761		K40	94	05:09:28.10	+02:57:45 (57.4%)	11:03	5.4 (42.2%)
703	ŻMUDA Radosław	4849		M40	195	05:09:37.70	+02:57:55 (57.5%)	11:03	5.4 (42.2%)
704	WNUK Przemysław	4834		M30	177	05:09:37.75	+02:57:55 (57.5%)	11:03	5.4 (42.2%)
705	POSTÓŁ Karolina	4769	COMPANEROS ASFALT TEAM	K40	95	05:11:06.85	+02:59:24 (57.7%)	11:06	5.4 (42.2%)
706	JANIK Johan Janusz	4677	COMPANEROS ASFALT TEAM	M40	196	05:11:08.25	+02:59:25 (57.7%)	11:06	5.4 (42.2%)
707	TERLECKI Władysław	4593	MŁODY VS STARY	M40	197	05:11:12.55	+02:59:29 (57.7%)	11:06	5.4 (42.2%)
708	DUDA Wojciech	4646	SKAWINA BIEGA	M40	198	05:11:51.80	+03:00:09 (57.8%)	11:08	5.4 (42.2%)
709	GANDECKA Beata	4360	MIĘDZYRZECKIE GAZELE	K40	96	05:12:21.20	+03:00:38 (57.8%)	11:09	5.4 (42.2%)
710	DYMOWSKI Piotr	4355		M30	178	05:12:24.30	+03:00:41 (57.8%)	11:09	5.4 (42.2%)
711	TOMCZYK Marcin	4404	REZERWOWE PSY	M30	179	05:12:25.30	+03:00:42 (57.8%)	11:09	5.4 (42.2%)
712	DĄBROWSKA Edyta	5041		K30	89	05:13:26.25	+03:01:43 (58.0%)	11:11	5.4 (42.2%)
713	REKOSIEWICZ-TOKARZ Monika	4949	GŁOGOVIA	K40	97	05:13:29.40	+03:01:46 (58.0%)	11:11	5.4 (42.2%)
714	CHWASTOWSKI Filip	4347		M30	180	05:13:39.65	+03:01:57 (58.0%)	11:12	5.4 (42.2%)
715	BIBRO Daniel	4008		M30	181	05:13:44.35	+03:02:01 (58.0%)	11:12	5.4 (42.2%)
716	GUCWA Jaroslaw	4066		M50	39	05:13:44.60	+03:02:01 (58.0%)	11:12	5.4 (42.2%)
717	BORKOWSKA Katarzyna	4624	ŁÓDŻRUNCREW	K30	90	05:13:59.95	+03:02:17 (58.1%)	11:12	5.4 (42.2%)
718	LENART Anna	4719	ŁÓDŻRUNCREW/JAKOTEAM	K30	91	05:14:00.15	+03:02:17 (58.1%)	11:12	5.4 (42.2%)
719	LENART Tomasz	4718	ŁÓDŻRUNCREW/JAKOTEAM	M40	199	05:14:02.55	+03:02:19 (58.1%)	11:12	5.3 (41.4%)
720	KROCZYK Lesław	4702		M40	200	05:14:08.90	+03:02:26 (58.1%)	11:13	5.3 (41.4%)
721	GDYNIA Daniel	4657		M40	201	05:14:09.45	+03:02:26 (58.1%)	11:13	5.3 (41.4%)
722	GDYNIA Sylwia	4658		K40	98	05:15:06.65	+03:03:24 (58.2%)	11:15	5.3 (41.4%)
723	WŁODARCZYK Teresa	4493	SPC	K50	13	05:15:20.50	+03:03:37 (58.2%)	11:15	5.3 (41.4%)
724	GAUDEN Piotr	4467	SPC	M40	202	05:15:21.25	+03:03:38 (58.2%)	11:15	5.3 (41.4%)
725	MODZELEWSKA Karolina	4481	SPC	K30	92	05:15:21.80	+03:03:39 (58.2%)	11:15	5.3 (41.4%)
726	DOBRZYŃSKA Małgorzata	4465	SPC	K50	14	05:15:21.95	+03:03:39 (58.2%)	11:15	5.3 (41.4%)
727	KULIKOWSKA BIAŁEK Dorota	4110	MIAMI	K30	93	05:15:33.75	+03:03:51 (58.3%)	11:16	5.3 (41.4%)
728	RYŻYŃSKI Tomasz	4915	CHEŁM BIEGA	M40	203	05:15:45.75	+03:04:03 (58.3%)	11:16	5.3 (41.4%)
729	LASEK Agnieszka	4284	RUN, FOREST, RUN!	K30	94	05:15:59.40	+03:04:16 (58.3%)	11:17	5.3 (41.4%)
730	LASEK Piotr	4283		M40	204	05:15:59.90	+03:04:17 (58.3%)	11:17	5.3 (41.4%)
731	TERLECKA Joanna	4592	MŁODY VS STARY	K30	95	05:16:05.25	+03:04:22 (58.3%)	11:17	5.3 (41.4%)
732	LISOWSKA Monika	4123		K30	96	05:16:43.45	+03:05:00 (58.4%)	11:18	5.3 (41.4%)
733	GRZELAK Karina	4065		K40	99	05:16:43.50	+03:05:00 (58.4%)	11:18	5.3 (41.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 28km	Różn	Tempo min/km	Tempo km/h
734	<b>LEWICKA Bozena</b>	<b>4477</b>	GONIMY	K60	6	<b>05:16:57.65</b>	+03:05:15 (58.4%)	11:19	5.3 (41.4%)
735	<b>WASZAK Marek</b>	<b>4237</b>		M50	40	<b>05:17:00.40</b>	+03:05:17 (58.5%)	11:19	5.3 (41.4%)
736	<b>NALEWALSKA Justyna</b>	<b>4564</b>	SERCE TYBETU, WKURW_TEAM	K30	97	<b>05:17:06.75</b>	+03:05:24 (58.5%)	11:19	5.3 (41.4%)
737	<b>DOMAŃSKA Katarzyna</b>	<b>4033</b>	ROZBIEGAJMY RADOMSKO	K40	100	<b>05:17:58.70</b>	+03:06:16 (58.6%)	11:21	5.3 (41.4%)
738	<b>BRODAWKA Olga</b>	<b>4626</b>	SZAKARON MAKARON	K30	98	<b>05:18:10.50</b>	+03:06:27 (58.6%)	11:21	5.3 (41.4%)
739	<b>KĘPSKI Jarosław</b>	<b>4874</b>		M30	182	<b>05:18:42.75</b>	+03:07:00 (58.7%)	11:22	5.3 (41.4%)
740	<b>GRZEGORZ Skibiński</b>	<b>4670</b>		M40	205	<b>05:19:02.60</b>	+03:07:19 (58.7%)	11:23	5.3 (41.4%)
741	<b>CZAJKA Aleksander</b>	<b>4351</b>		M40	206	<b>05:20:11.90</b>	+03:08:29 (58.9%)	11:26	5.2 (40.6%)
742	<b>CZAJKA Dagmara</b>	<b>4350</b>		K40	101	<b>05:20:12.40</b>	+03:08:29 (58.9%)	11:26	5.2 (40.6%)
743	<b>MAŃCZAK Agnieszka</b>	<b>4554</b>	CZERWONACKIE KIJANKI	K40	102	<b>05:20:16.05</b>	+03:08:33 (58.9%)	11:26	5.2 (40.6%)
744	<b>BURMAN Beata</b>	<b>4506</b>		K40	103	<b>05:20:16.50</b>	+03:08:33 (58.9%)	11:26	5.2 (40.6%)
745	<b>DONIEC Katarzyna</b>	<b>4466</b>	AGARUN	K40	104	<b>05:20:27.30</b>	+03:08:44 (58.9%)	11:26	5.2 (40.6%)
746	<b>KRUSZEWSKA Emilia</b>	<b>4105</b>		K30	99	<b>05:20:33.60</b>	+03:08:50 (58.9%)	11:26	5.2 (40.6%)
747	<b>CIEŚLIK Malwina</b>	<b>4028</b>	ROZBIEGAJMY RADOMSKO	K40	105	<b>05:20:39.70</b>	+03:08:57 (58.9%)	11:27	5.2 (40.6%)
748	<b>MYŚLIWIEC Andrzej</b>	<b>4146</b>		M60	15	<b>05:21:10.15</b>	+03:09:27 (59.0%)	11:28	5.2 (40.6%)
749	<b>HELMAN Jaroslaw</b>	<b>2187</b>		M40	207	<b>05:21:51.45</b>	+03:10:08 (59.1%)	11:29	5.2 (40.6%)
750	<b>CZEMPIEL Mateusz</b>	<b>4639</b>	LECYMY DURŚ	M30	183	<b>05:21:55.60</b>	+03:10:12 (59.1%)	11:29	5.2 (40.6%)
751	<b>HARNIK Michał</b>	<b>4524</b>	KOPALNIA MOCY	M30	184	<b>05:22:01.15</b>	+03:10:18 (59.1%)	11:30	5.2 (40.6%)
752	<b>JĘCZMIŃSKI Filip</b>	<b>4533</b>	SAMI SWOI	M20	52	<b>05:22:07.10</b>	+03:10:24 (59.1%)	11:30	5.2 (40.6%)
753	<b>FUDALI Jacek</b>	<b>4048</b>		M30	185	<b>05:22:14.95</b>	+03:10:32 (59.1%)	11:30	5.2 (40.6%)
754	<b>ZELMANOWICZ - SZŁAPA Ewa</b>	<b>4843</b>	IZBICKO W BIEGU	K40	106	<b>05:23:11.30</b>	+03:11:28 (59.2%)	11:32	5.2 (40.6%)
755	<b>KOWALCZYK Anna</b>	<b>4278</b>	DOGOŃ GRODZISK MAZOWIECKI , DKMS	K40	107	<b>05:23:36.60</b>	+03:11:53 (59.3%)	11:33	5.2 (40.6%)
756	<b>WOŹNIAK Mariusz</b>	<b>4602</b>	ULTRASZY	M50	41	<b>05:25:03.15</b>	+03:13:20 (59.5%)	11:36	5.2 (40.6%)
757	<b>NOWAK Marcin</b>	<b>4742</b>	SZAKALE BAŁUT	M40	208	<b>05:25:07.10</b>	+03:13:24 (59.5%)	11:36	5.2 (40.6%)
758	<b>PIETRUSZEWSKA Katarzyna</b>	<b>4572</b>	ORANGE POLSKA	K40	108	<b>05:25:18.05</b>	+03:13:35 (59.5%)	11:37	5.2 (40.6%)
759	<b>HERMAN Agnieszka</b>	<b>4526</b>		K40	109	<b>05:26:30.05</b>	+03:14:47 (59.7%)	11:39	5.1 (39.8%)
760	<b>HERMAN Paweł</b>	<b>4991</b>	MLUKS TRZEBIATÓW	M40	209	<b>05:26:30.25</b>	+03:14:47 (59.7%)	11:39	5.1 (39.8%)
761	<b>RYBIENIK Lech</b>	<b>4394</b>	NIEZRZESZONY	M40	210	<b>05:26:46.45</b>	+03:15:03 (59.7%)	11:40	5.1 (39.8%)
762	<b>KIJEWSKA Karolina</b>	<b>4372</b>	BRYGADA KRYZYS WIEKU ŚREDNIEGO	K40	110	<b>05:26:46.85</b>	+03:15:04 (59.7%)	11:40	5.1 (39.8%)
763	<b>STANKOWSKA Justyna</b>	<b>4803</b>	KIJKOWE TRZEMESZNO	K40	111	<b>05:26:49.30</b>	+03:15:06 (59.7%)	11:40	5.1 (39.8%)
764	<b>BUKAŁA Jacek</b>	<b>4018</b>		M50	42	<b>05:27:51.80</b>	+03:16:09 (59.8%)	11:42	5.1 (39.8%)
765	<b>BUKAŁA Mariola</b>	<b>4019</b>		K50	15	<b>05:27:52.90</b>	+03:16:10 (59.8%)	11:42	5.1 (39.8%)
766	<b>KOSZAŁKA Marcin</b>	<b>4277</b>	KLUB WYSOKOGÓRSKI KRAKÓW	M50	43	<b>05:28:04.85</b>	+03:16:22 (59.9%)	11:43	5.1 (39.8%)
767	<b>GIERLOTKA Rafał</b>	<b>5043</b>	BRAK	M40	211	<b>05:28:11.15</b>	+03:16:28 (59.9%)	11:43	5.1 (39.8%)
768	<b>JĘCZMIŃSKA Anna</b>	<b>4532</b>	SAMI SWOI	K40	112	<b>05:28:22.95</b>	+03:16:40 (59.9%)	11:43	5.1 (39.8%)
769	<b>NASKRĘT Dariusz</b>	<b>5026</b>		M40	212	<b>05:28:34.95</b>	+03:16:52 (59.9%)	11:44	5.1 (39.8%)
770	<b>BŁACHOWIAK Małgorzata</b>	<b>5025</b>		K50	16	<b>05:28:35.00</b>	+03:16:52 (59.9%)	11:44	5.1 (39.8%)
771	<b>PŁAŻEWSKI Paweł</b>	<b>4763</b>	RUNEGADES BRWINÓW	M40	213	<b>05:28:39.25</b>	+03:16:56 (59.9%)	11:44	5.1 (39.8%)
772	<b>ŁOCHOWSKA-PIOTROWICZ Magdalena</b>	<b>4128</b>	TEAM PAPRY	K40	113	<b>05:29:32.80</b>	+03:17:50 (60.0%)	11:46	5.1 (39.8%)
773	<b>BOGUCKI Arkadiusz</b>	<b>4013</b>	AKADEMIA HOLISTYCZNA	M40	214	<b>05:30:17.65</b>	+03:18:35 (60.1%)	11:47	5.1 (39.8%)
774	<b>SZCZEPAŃSKA Emilia</b>	<b>4206</b>	AKADEMIA HOLISTYCZNA/SZYMANOWSKI TRIATHLON TEAM	K30	100	<b>05:30:17.95</b>	+03:18:35 (60.1%)	11:47	5.1 (39.8%)
775	<b>TROĆ Karol Paweł</b>	<b>4225</b>	SLOW JOGGING SIEDLCE	M40	215	<b>05:30:24.75</b>	+03:18:42 (60.1%)	11:48	5.1 (39.8%)
776	<b>MONTEWKA DE VALLE Jowita</b>	<b>4142</b>	SLOW JOGGING SIEDLCE	K40	114	<b>05:30:24.90</b>	+03:18:42 (60.1%)	11:48	5.1 (39.8%)
777	<b>ZIMMERMANN Milena</b>	<b>4847</b>	HEROBOX	K30	101	<b>05:30:34.80</b>	+03:18:52 (60.2%)	11:48	5.1 (39.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 28km	Różn	Tempo min/km	Tempo km/h
778	STUZIŃSKI Michał	4201		M30	186	05:31:06.60	+03:19:23 (60.2%)	11:49	5.1 (39.8%)
779	KAMIŃSKA Beata	4431	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	K50	17	05:31:16.10	+03:19:33 (60.2%)	11:49	5.1 (39.8%)
780	OCHOWIAK Klaudia	4150	ORGANIC RACE TEAM	K30	102	05:32:05.60	+03:20:22 (60.3%)	11:51	5.1 (39.8%)
781	LISIAK Karina	4122		K30	103	05:32:05.65	+03:20:23 (60.3%)	11:51	5.1 (39.8%)
782	ŚWIERKOWSKI Piotr	4217		M30	187	05:32:35.25	+03:20:52 (60.4%)	11:52	5.1 (39.8%)
783	ZADROŻNA Dorota	4959	JACK RUNNER	K40	115	05:32:41.75	+03:20:59 (60.4%)	11:52	5 (39.1%)
784	NOWAK Ania	5059		K40	116	05:32:41.90	+03:20:59 (60.4%)	11:52	5 (39.1%)
785	WIERCHOŁA Joanna	4239		K60	7	05:33:23.00	+03:21:40 (60.5%)	11:54	5 (39.1%)
786	SZOŁTYSEK Beata	5067	OCHAJO RUN & FRIENDS	K50	18	05:34:02.30	+03:22:19 (60.6%)	11:55	5 (39.1%)
787	MARCOL Dominika	5073	OTK RZEŹNIK	K20	31	05:34:02.50	+03:22:19 (60.6%)	11:55	5 (39.1%)
788	WYSOCKI Tomasz	5086		M40	216	05:34:02.60	+03:22:19 (60.6%)	11:55	5 (39.1%)
789	STELMACH Paulina	4807		K30	104	05:34:43.10	+03:23:00 (60.7%)	11:57	5 (39.1%)
790	MILLER-GRONIECKA Ilona	4479		K40	117	05:35:09.15	+03:23:26 (60.7%)	11:58	5 (39.1%)
791	SIEMIŃSKI Michał	4791	ROZBIEGANY SULEJÓWEK	M30	188	05:35:20.15	+03:23:37 (60.7%)	11:58	5 (39.1%)
792	MIELNICZUK Stanisław	4294	PERFECT RUNNER TEAM	M60	16	05:35:24.80	+03:23:42 (60.7%)	11:58	5 (39.1%)
793	MIELNICZUK Tomasz	4293	PERFECT RUNNER TEAM	M30	189	05:35:24.85	+03:23:42 (60.7%)	11:58	5 (39.1%)
794	KWIECIEŃ Jacek	4716	MARKOWI BIEGACZE	M60	17	05:36:31.30	+03:24:48 (60.9%)	12:01	5 (39.1%)
795	WEILAND Emila	5085		K40	118	05:36:46.70	+03:25:04 (60.9%)	12:01	5 (39.1%)
796	WYSOCKA Edyta	4978	KADRA MOCNYCH WRAŻEŃ	K20	32	05:37:37.85	+03:25:55 (61.0%)	12:03	5 (39.1%)
797	BARTNICKI Filip	4006		M20	53	05:38:04.25	+03:26:21 (61.0%)	12:04	5 (39.1%)
798	KRUPIŃSKA Olga	4104	DANIELKI	K20	33	05:38:05.30	+03:26:22 (61.0%)	12:04	5 (39.1%)
799	TYMOSZUK Michał	4407	KB BIAŁA BIEGA	M40	217	05:38:30.00	+03:26:47 (61.1%)	12:05	5 (39.1%)
800	WOŚKO Gabriela	4337	STG WARSZAWA	K30	105	05:38:44.00	+03:27:01 (61.1%)	12:05	5 (39.1%)
801	LASEK Krzysztof	4282	RUN, FOREST, RUN!	M30	190	05:39:45.55	+03:28:02 (61.2%)	12:08	4.9 (38.3%)
802	FURTAK Gerard	4424	ONE WAY TICKET	M20	54	05:39:49.90	+03:28:07 (61.2%)	12:08	4.9 (38.3%)
803	MICHAŁEK Paweł	4440	ONE WAY TICKET	M20	55	05:39:51.85	+03:28:09 (61.2%)	12:08	4.9 (38.3%)
804	KAWECKI Dariusz	4370	ETISOFT RUNNING TEAM	M50	44	05:40:35.35	+03:28:52 (61.3%)	12:09	4.9 (38.3%)
805	EJSMONT-BRZEŚKA Magdalena	4423		K30	106	05:40:42.50	+03:28:59 (61.3%)	12:10	4.9 (38.3%)
806	BROJAK Anna	4627	RUNEGADES BRWINÓW	K30	107	05:40:49.40	+03:29:06 (61.4%)	12:10	4.9 (38.3%)
807	WOJCIECHOWSKA Jolanta	4494	YULO RUN TEAM SIEDLCE	K40	119	05:41:23.05	+03:29:40 (61.4%)	12:11	4.9 (38.3%)
808	OBARSKA Małgorzata	4743		K60	8	05:41:55.15	+03:30:12 (61.5%)	12:12	4.9 (38.3%)
809	ULENBERG Katarzyna	4824		K30	108	05:44:24.40	+03:32:41 (61.8%)	12:18	4.9 (38.3%)
810	PAWLYTA Weronika	4754		K30	109	05:44:24.50	+03:32:41 (61.8%)	12:18	4.9 (38.3%)
811	KRZEMIŃSKA Paulina	5077	HEROBOX	K20	34	05:44:52.15	+03:33:09 (61.8%)	12:19	4.9 (38.3%)
812	ZACHAREK Ewelina	4840	HEROBOX	K40	120	05:44:55.30	+03:33:12 (61.8%)	12:19	4.9 (38.3%)
813	FILAS Rafał	5069		M40	218	05:46:24.65	+03:34:42 (62.0%)	12:22	4.8 (37.5%)
814	BUDEK Weronika	5070		K30	110	05:46:24.70	+03:34:42 (62.0%)	12:22	4.8 (37.5%)
815	KOZIEŁ Marcin	4096		M40	219	05:47:35.85	+03:35:53 (62.1%)	12:24	4.8 (37.5%)
816	ŁYSEK Artur	4381	NIE LAM SIĘ	M20	56	05:47:50.00	+03:36:07 (62.1%)	12:25	4.8 (37.5%)
817	STANKIEWICZ Katarzyna	4585	CZERWONACKIE KIJANKI	K40	121	05:48:45.35	+03:37:02 (62.2%)	12:27	4.8 (37.5%)
818	KWIATKOWSKA Alicja	4376	TRAIN_ME_NOW/MAŁE LWY	K30	111	05:49:05.95	+03:37:23 (62.3%)	12:28	4.8 (37.5%)
819	BAWOR Marcin	4967		M40	220	05:57:08.60	+03:45:25 (63.1%)	12:45	4.7 (36.7%)
820	KĘPA Piotr	4689	SAME PRZYJEMNOŚCI	M30	191	05:57:24.90	+03:45:42 (63.1%)	12:45	4.7 (36.7%)
821	KRAWCZUK Sylwia	4701		K40	122	05:57:25.55	+03:45:42 (63.2%)	12:45	4.7 (36.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 28km	Różn	Tempo min/km	Tempo km/h
822	<b>SREBRO</b> Kacper Antoni	<b>4194</b>		M20	57	<b>05:58:33.85</b>	+03:46:51 (63.3%)	12:48	4.7 (36.7%)
823	<b>SREBRO</b> Michał	<b>4193</b>		M50	45	<b>05:58:35.15</b>	+03:46:52 (63.3%)	12:48	4.7 (36.7%)
824	<b>PIOTROWSKI</b> Marek	<b>4762</b>	MORSOWNICY Z LEGNICY	M50	46	<b>05:58:37.35</b>	+03:46:54 (63.3%)	12:48	4.7 (36.7%)
825	<b>GRACZYK</b> Wojciech	<b>4269</b>		M20	58	<b>05:58:40.55</b>	+03:46:57 (63.3%)	12:48	4.7 (36.7%)
826	<b>MÓWIŃSKA</b> Katarzyna	<b>4563</b>		K40	123	<b>05:58:42.45</b>	+03:46:59 (63.3%)	12:48	4.7 (36.7%)
827	<b>WÓJTOWICZ</b> Paweł	<b>4940</b>	-	M50	47	<b>05:59:11.80</b>	+03:47:29 (63.3%)	12:49	4.7 (36.7%)
828	<b>PRZEWOSKA</b> Anna	<b>4948</b>	RUN DE GIRARD	K40	124	<b>06:00:00.85</b>	+03:48:18 (63.4%)	12:51	4.7 (36.7%)
829	<b>NIEĆ</b> Melania	<b>4901</b>		K30	112	<b>06:00:01.20</b>	+03:48:18 (63.4%)	12:51	4.7 (36.7%)
830	<b>PRĘDKA</b> Magda	<b>4961</b>		K50	19	<b>06:00:01.40</b>	+03:48:18 (63.4%)	12:51	4.7 (36.7%)
831	<b>KOZACZUK</b> Katarzyna	<b>5031</b>	PĘDZĄCE LENIWCE	K40	125	<b>06:00:08.25</b>	+03:48:25 (63.4%)	12:51	4.7 (36.7%)
832	<b>GETLER-STRZYŻOWSKA</b> Małgorzata	<b>5015</b>		K40	126	<b>06:00:08.45</b>	+03:48:25 (63.4%)	12:51	4.7 (36.7%)
833	<b>BOROWIEC-RÓŻYCKA</b> Magdalena	<b>4258</b>	BIEGAJĄCY ŚWIDNIK	K40	127	<b>06:00:32.00</b>	+03:48:49 (63.5%)	12:52	4.7 (36.7%)
834	<b>FIJAŁKOWSKA</b> Karolina	<b>4265</b>		K30	113	<b>06:00:32.15</b>	+03:48:49 (63.5%)	12:52	4.7 (36.7%)
835	<b>WIATER</b> Krzysztof	<b>4238</b>		M50	48	<b>06:00:44.85</b>	+03:49:02 (63.5%)	12:53	4.7 (36.7%)
836	<b>ROMANOWSKI</b> Sławomir	<b>4485</b>		M60	18	<b>06:01:14.25</b>	+03:49:31 (63.5%)	12:54	4.7 (36.7%)
837	<b>ROMANOWSKA</b> Beata	<b>4484</b>	RUN VEGAN TEAM	K50	20	<b>06:01:14.35</b>	+03:49:31 (63.5%)	12:54	4.7 (36.7%)
838	<b>POPIOŁEK</b> Jacek	<b>4910</b>		M40	221	<b>06:02:19.90</b>	+03:50:37 (63.6%)	12:56	4.6 (35.9%)
839	<b>MAŁEK-SZUBSTARSKA</b> Marzena	<b>4134</b>	TEAM PAPRY	K30	114	<b>06:03:03.85</b>	+03:51:21 (63.7%)	12:57	4.6 (35.9%)
840	<b>LEBUDA</b> Sylwia	<b>4117</b>	TEAM PAPRY	K40	128	<b>06:03:04.05</b>	+03:51:21 (63.7%)	12:58	4.6 (35.9%)
841	<b>LENC</b> Kasia	<b>4378</b>		K40	129	<b>06:04:19.35</b>	+03:52:36 (63.8%)	13:00	4.6 (35.9%)
842	<b>JAGODA</b> Adam	<b>4528</b>	FUCHS OIL TEAM	M50	49	<b>06:07:05.65</b>	+03:55:23 (64.1%)	13:06	4.6 (35.9%)
843	<b>WAJMAN</b> Katarzyna	<b>5024</b>	LALA Z METY	K30	115	<b>06:08:50.65</b>	+03:57:08 (64.3%)	13:10	4.6 (35.9%)
844	<b>SZADKOWSKI</b> Paweł	<b>5023</b>		M30	192	<b>06:08:52.80</b>	+03:57:10 (64.3%)	13:10	4.6 (35.9%)
845	<b>PUZIO</b> Anna	<b>4995</b>	MARATOŃCZYK DĘBICA	K60	9	<b>06:09:06.10</b>	+03:57:23 (64.3%)	13:10	4.6 (35.9%)
846	<b>SZELĄG</b> Iwona	<b>4207</b>		K30	116	<b>06:10:53.00</b>	+03:59:10 (64.5%)	13:14	4.5 (35.2%)
847	<b>BRATKO</b> Zbigniew	<b>4420</b>	65+	M60	19	<b>06:11:00.60</b>	+03:59:17 (64.5%)	13:15	4.5 (35.2%)
848	<b>KUSMIERCZYK</b> Ewa	<b>5014</b>	ROZBIEGAJMY RADOMSKO	K40	130	<b>06:12:53.45</b>	+04:01:10 (64.7%)	13:19	4.5 (35.2%)
849	<b>KURCZEWSKI</b> Aleksander	<b>5045</b>		M50	50	<b>06:13:03.10</b>	+04:01:20 (64.7%)	13:19	4.5 (35.2%)
850	<b>JANCZEWSKI</b> Sebastian	<b>4428</b>		M30	193	<b>06:13:26.80</b>	+04:01:44 (64.7%)	13:20	4.5 (35.2%)
851	<b>PERLAK</b> Maciej	<b>4449</b>		M20	59	<b>06:13:27.40</b>	+04:01:44 (64.7%)	13:20	4.5 (35.2%)
852	<b>LEHMANN</b> Alicja	<b>4377</b>		K40	131	<b>06:14:53.00</b>	+04:03:10 (64.9%)	13:23	4.5 (35.2%)
853	<b>BARAŃSKA</b> Justyna	<b>4343</b>		K40	132	<b>06:15:17.45</b>	+04:03:34 (64.9%)	13:24	4.5 (35.2%)
854	<b>ŚLUSARCZYK</b> Karolina	<b>4403</b>		K30	117	<b>06:15:18.95</b>	+04:03:36 (64.9%)	13:24	4.5 (35.2%)
855	<b>KUMOR</b> Anna	<b>4374</b>		K30	118	<b>06:15:25.45</b>	+04:03:42 (64.9%)	13:24	4.5 (35.2%)
856	<b>GASIK</b> Wiola	<b>4656</b>	SŁOŃCA JURY	K40	133	<b>06:15:49.60</b>	+04:04:06 (65.0%)	13:25	4.5 (35.2%)
857	<b>BIELECKI</b> Tomasz	<b>4618</b>	STOWARZYSZENIE SŁOŃCA JURY	M40	222	<b>06:15:51.05</b>	+04:04:08 (65.0%)	13:25	4.5 (35.2%)
858	<b>GONERA</b> Ewa	<b>4058</b>	ROZBIEGAJMY RADOMSKO	K40	134	<b>06:17:49.65</b>	+04:06:07 (65.1%)	13:29	4.4 (34.4%)
859	<b>PERKOWSKI</b> Tomasz	<b>4756</b>		M40	223	<b>06:18:04.35</b>	+04:06:21 (65.2%)	13:30	4.4 (34.4%)
860	<b>BIAŁOKOS</b> Anna	<b>4617</b>	EUROCASH	K40	135	<b>06:18:04.65</b>	+04:06:22 (65.2%)	13:30	4.4 (34.4%)
861	<b>KRÓLIKOWSKA</b> Monika	<b>4435</b>		K40	136	<b>06:18:40.20</b>	+04:06:57 (65.2%)	13:31	4.4 (34.4%)
862	<b>SOŁTYSEK</b> Sebastian	<b>4800</b>	UNIVERSAL SOLDIERS	M40	224	<b>06:18:46.20</b>	+04:07:03 (65.2%)	13:31	4.4 (34.4%)
863	<b>TATARSKI</b> Michał	<b>5072</b>		M20	60	<b>06:21:09.00</b>	+04:09:26 (65.4%)	13:36	4.4 (34.4%)
864	<b>MROZIŃSKI</b> Andrzej	<b>4896</b>	WITAR	M50	51	<b>06:21:21.25</b>	+04:09:38 (65.5%)	13:37	4.4 (34.4%)
865	<b>GRZESZCZAK</b> Małgorzata	<b>4469</b>	BIEGAMYRAZEM.PL	K40	137	<b>06:22:08.75</b>	+04:10:26 (65.5%)	13:38	4.4 (34.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 28km	Różn	Tempo min/km	Tempo km/h
866	DANIELEWSKA Magdalena	4510		K40	138	06:22:18.70	+04:10:36 (65.5%)	13:39	4.4 (34.4%)
867	LANGNER Katarzyna	4476		K40	139	06:22:26.60	+04:10:43 (65.6%)	13:39	4.4 (34.4%)
868	HOOG Wioleta	4527		K30	119	06:23:53.45	+04:12:10 (65.7%)	13:42	4.4 (34.4%)
869	WITEK Sylwia	4599		K40	140	06:23:54.25	+04:12:11 (65.7%)	13:42	4.4 (34.4%)
870	KACZKIEWICZ Damian	4535	NIGHT RUNNERS GLIWICE	M40	225	06:23:54.30	+04:12:11 (65.7%)	13:42	4.4 (34.4%)
871	FABJANCZYK Agnieszka	4511	GRUPAJURAPL	K40	141	06:26:52.40	+04:15:09 (66.0%)	13:49	4.3 (33.6%)
872	LARA Krzysztof	4550	GRUPA JURA PL	M40	226	06:26:52.60	+04:15:09 (66.0%)	13:49	4.3 (33.6%)
873	KOKOWSKA-SMOK Dagmara	5053	GRUPA JURA PL	K40	142	06:26:53.20	+04:15:10 (66.0%)	13:49	4.3 (33.6%)
874	SERWICKA Emilia	5054		K50	21	06:26:54.35	+04:15:11 (66.0%)	13:49	4.3 (33.6%)
875	BUJNOWSKA Sylwia	4346		K40	143	06:28:14.55	+04:16:31 (66.1%)	13:51	4.3 (33.6%)
876	HYBIŃSKA Joanna	4366		K40	144	06:28:14.90	+04:16:32 (66.1%)	13:51	4.3 (33.6%)
877	ECHAUST-NAWROCKA Karolina	4356		K30	120	06:31:34.80	+04:19:52 (66.4%)	13:59	4.3 (33.6%)
878	RAJKIEWICZ Agnieszka	5061	RGB	K40	145	06:31:41.10	+04:19:58 (66.4%)	13:59	4.3 (33.6%)
879	DWORNICKA Magdalena	5060	RGB	K40	146	06:31:42.45	+04:19:59 (66.4%)	13:59	4.3 (33.6%)
880	POPŁAWSKI Krystian	4768	GLADIATORS BY RMF 4RT	M30	194	06:33:26.60	+04:21:43 (66.5%)	14:03	4.3 (33.6%)
881	ŻOŁNA Jakub	4850	FULFILL DREAMS TEAM PSZCZYNA	M20	61	06:33:43.70	+04:22:01 (66.5%)	14:03	4.3 (33.6%)
882	ILNICKA-BOROWCZYK Kinga	4068		K40	147	06:36:13.30	+04:24:30 (66.8%)	14:09	4.2 (32.8%)
883	ZIENCINA Marcin	4418		M40	227	06:36:57.60	+04:25:14 (66.8%)	14:10	4.2 (32.8%)
884	ZIENCINA Agnieszka	4417		K40	148	06:36:58.10	+04:25:15 (66.8%)	14:10	4.2 (32.8%)
885	ORZECHOWSKA Luiza	4388		K40	149	06:36:58.40	+04:25:15 (66.8%)	14:10	4.2 (32.8%)
886	RÓZIECKA Klaudia	4393		K30	121	06:36:59.25	+04:25:16 (66.8%)	14:10	4.2 (32.8%)
887	ZIENCINA Mateusz	4419		M30	195	06:37:00.30	+04:25:17 (66.8%)	14:10	4.2 (32.8%)
888	WIDERA Aleksandra	4410		K30	122	06:37:04.80	+04:25:22 (66.8%)	14:10	4.2 (32.8%)
889	WIDERA Karol	4411		M30	196	06:37:06.25	+04:25:23 (66.8%)	14:10	4.2 (32.8%)
890	GRUSZECKA Aleksandra	4669		K40	150	06:37:35.45	+04:25:52 (66.9%)	14:11	4.2 (32.8%)
891	WEINER Aleksandra	4828	VIKINGTRENINGCENTER	K40	151	06:37:35.55	+04:25:52 (66.9%)	14:11	4.2 (32.8%)
892	BANAŚ Katarzyna	4613	VIKING TRAINING CENTER	K40	152	06:37:35.65	+04:25:53 (66.9%)	14:11	4.2 (32.8%)
893	WASILUK Ewa	4944	ROZBIEGAJMY RADOMSKO	K40	153	06:37:50.65	+04:26:08 (66.9%)	14:12	4.2 (32.8%)
894	BOGUSZEWSKI Grzegorz	4623	UNIVERSALSPORT	M30	197	06:38:18.15	+04:26:35 (66.9%)	14:13	4.2 (32.8%)
895	KAŁKA Marcin	4076		M40	228	06:39:10.45	+04:27:27 (67.0%)	14:15	4.2 (32.8%)
896	PRZEPIÓRA-KAŁKA Katarzyna	4168	ROZBIEGAJMY RADOMSKO	K30	123	06:39:10.55	+04:27:27 (67.0%)	14:15	4.2 (32.8%)
897	KRZYSZKOWSKA-CUDAK Anna	4946	ROZBIEGAJMY RADOMSKO	K40	154	06:39:10.95	+04:27:28 (67.0%)	14:15	4.2 (32.8%)
898	SZKAMRUK Bogusława	4454	EXTREMALNE OTK NA RELAKSIE	K60	10	06:41:36.75	+04:29:54 (67.2%)	14:20	4.2 (32.8%)
899	SZKAMRUK Janusz	4453	EXTREMALNE OTK NA RELAKSIE	M60	20	06:41:38.05	+04:29:55 (67.2%)	14:20	4.2 (32.8%)
900	STANKOWSKA Marzena	4804	KIJKOWE TRZEMESZNO	K40	155	06:44:27.85	+04:32:45 (67.4%)	14:26	4.2 (32.8%)
901	ELMINOWSKI Wojciech	4357	ELBLĄG	M50	52	06:46:01.90	+04:34:19 (67.6%)	14:30	4.1 (32.0%)
902	NIENADOWSKA Beata	4386	ELBLĄG	K50	22	06:46:01.95	+04:34:19 (67.6%)	14:30	4.1 (32.0%)
903	SYRYJCZYK-SACZUK Joanna	4814		K40	156	06:49:07.75	+04:37:25 (67.8%)	14:36	4.1 (32.0%)
904	SIERECKA Dorota	4919	TEAM ZABIEGANEDNI // WKURW_TEAM	K40	157	06:50:25.55	+04:38:42 (67.9%)	14:39	4.1 (32.0%)
905	OLEKSIAK Filip	5062	UNIVERSAL SPORT	M20	62	06:50:39.15	+04:38:56 (67.9%)	14:39	4.1 (32.0%)
906	DZIĘCIOŁ Adam	4648	UNIVERSALSPORT	M30	198	06:50:40.25	+04:38:57 (67.9%)	14:40	4.1 (32.0%)
907	ŻARNOWSKI Jacek	4608	SAMI SWOI	M40	229	06:51:06.40	+04:39:23 (68.0%)	14:40	4.1 (32.0%)
908	ARABASZ Aneta	4497		K40	158	06:51:06.90	+04:39:24 (68.0%)	14:40	4.1 (32.0%)
909	OCHAŁ Katarzyna	4301	NOCNY BÓR TEAM GŁOGÓW MŁP	K30	124	06:51:39.45	+04:39:56 (68.0%)	14:42	4.1 (32.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 28km	Różn	Tempo min/km	Tempo km/h
910	MARASEK Anna	4286	SAMI SWOI	K40	159	06:51:39.60	+04:39:56 (68.0%)	14:42	4.1 (32.0%)
911	WIELGOSZ Mariusz	4934	BRAK	M50	53	06:52:38.85	+04:40:56 (68.1%)	14:44	4.1 (32.0%)
912	MAJKA Dariusz	4888		M40	230	06:52:39.20	+04:40:56 (68.1%)	14:44	4.1 (32.0%)
913	JANIK Weronika	4530		K20	35	06:53:44.00	+04:42:01 (68.2%)	14:46	4.1 (32.0%)
914	MATRASZEK Patrycja	4558	STOWARZYSZENIE PACZKA DLA BOHATERA	K30	125	06:54:06.50	+04:42:23 (68.2%)	14:47	4.1 (32.0%)
915	TWARDOWSKI Tomasz	4595	STOWARZYSZENIE PACZKA DLA BOHATERA	M40	231	06:54:07.05	+04:42:24 (68.2%)	14:47	4.1 (32.0%)
916	PILAWA Hubert	5075		M20	63	06:54:42.70	+04:43:00 (68.2%)	14:48	4.1 (32.0%)
917	WLAZŁO Gabriela	5074		K20	36	06:54:48.65	+04:43:06 (68.2%)	14:48	4.1 (32.0%)
918	SZOLL Monika	4589	ULTRASY	K40	160	06:55:57.95	+04:44:15 (68.3%)	14:51	4 (31.3%)
919	TOMALAK Anna	4820		K30	126	07:03:29.20	+04:51:46 (68.9%)	15:07	4 (31.3%)
920	BYSTRZYCKA Majka	4634	12WBOT	K30	127	07:03:29.85	+04:51:47 (68.9%)	15:07	4 (31.3%)
921	NIZIO Asia	4566		K20	37	07:05:18.55	+04:53:35 (69.0%)	15:11	4 (31.3%)
922	JAROSZ Karolina	5056		K20	38	07:05:23.05	+04:53:40 (69.0%)	15:11	3.9 (30.5%)
923	NOWIŃSKI Jakub	4149	WYŻSZA SZKOŁA REHABILITACJI	M40	232	07:08:57.05	+04:57:14 (69.3%)	15:19	3.9 (30.5%)
924	BIESZCZ Robert	5035		M40	233	07:09:10.20	+04:57:27 (69.3%)	15:19	3.9 (30.5%)
925	KORWEK Michał	5049		M40	234	07:10:45.25	+04:59:02 (69.4%)	15:23	3.9 (30.5%)
926	SZUREK Katarzyna	5048		K30	128	07:10:46.10	+04:59:03 (69.4%)	15:23	3.9 (30.5%)
927	WOŹNICA Anna	4836	12WBOT	K30	129	07:11:02.15	+04:59:19 (69.4%)	15:23	3.9 (30.5%)
928	GIESZCZYŃSKA Magdalena	4661	12WBOT	K40	161	07:11:02.65	+04:59:20 (69.4%)	15:23	3.9 (30.5%)
929	PAWŁOWSKI Marcin	4906		M40	235	07:13:27.70	+05:01:45 (69.6%)	15:28	3.9 (30.5%)
930	PAWŁOWSKA Danuta	4905	WKURW_TEAM	K40	162	07:13:29.95	+05:01:47 (69.6%)	15:28	3.9 (30.5%)
931	PRZYBYLIŃSKI Cezary	4770	RUNEGADES BRWINÓW	M40	236	07:16:05.50	+05:04:22 (69.8%)	15:34	3.9 (30.5%)
932	TYCZYŃSKI Krzysztof	4456	"AKTYWNI KOCIEWIACY"	M30	199	07:29:41.40	+05:17:58 (70.7%)	16:03	3.7 (28.9%)
933	KOŚCIELNY Andrzej	4971	AKTYWNI KOCIEWIACY SKÓRCZ	M60	21	07:29:42.90	+05:18:00 (70.7%)	16:03	3.7 (28.9%)
934	CHRAPEK Barbara	4024	ROZBIEGAJMY RADOMSKO	K40	163	07:38:57.30	+05:27:14 (71.3%)	16:23	3.7 (28.9%)
935	LUTOSTAŃSKA Monika	4380		K40	164	07:39:10.10	+05:27:27 (71.3%)	16:23	3.7 (28.9%)
936	REY Patryk	4175	REY RUNNING TEAM	M20	64	07:45:29.60	+05:33:46 (71.7%)	16:37	3.6 (28.1%)
937	REY Andrzej	4174	REY RUNNING TEAM	M40	237	07:45:30.90	+05:33:48 (71.7%)	16:37	3.6 (28.1%)
938	ZAŁĘSKA-KĘSY Monika	4974	ROZBIEGAJMY RADOMSKO	K40	165	07:45:51.40	+05:34:08 (71.7%)	16:38	3.6 (28.1%)
939	SLONECKA Agnieszka	4396		K30	130	07:53:36.40	+05:41:53 (72.2%)	16:54	3.5 (27.3%)
940	OSIŃSKA Agata	4389		K50	23	08:10:17.75	+05:58:35 (73.1%)	17:30	3.4 (26.6%)
941	KACZMARCZYK Paweł	4430	TATA I SYN	M20	65	08:48:43.55	+06:37:00 (75.1%)	18:52	3.2 (25.0%)
942	KACZMARCZYK Mirosław	4429	TATA I SYN	M50	54	08:48:44.35	+06:37:01 (75.1%)	18:53	3.2 (25.0%)
943	GAWRON Przemysław	4960	SŁOŃCA JURY	M40	238				(0.0%)
DQ	KARWOWSKI Piotr	5008		M30		06:18:05.45 DQ		0:00	4.4 (34.4%)
	KUKLA Łukasz	4706	DZIKI GOŁOBORZY	M40		DNF		-	-(0.0%)
	PASZKOWSKA Katarzyna	4390	CB163	K40		DNF		-	-(0.0%)
	WILAMOWSKI Daniel	4335		M30		DNF		-	-(0.0%)
	KUSZ Janusz	4713		M40		DNF		-	-(0.0%)
	ZACNY Łukasz	5055		M30		DNF		-	-(0.0%)
	KUSZ Gosia	4712		K30		DNF		-	-(0.0%)

Znaleziono 950 wynik(ów)