



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

RZEŹNICZEK

B4SPORT

B4SPORT
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 28km	Różn	Tempo min/km	Tempo km/h
1	FARON Robert	4039	SALCO GARMIN TEAM	M40	1	02:11:42.65		4:42	12.8 (100%)
2	ZEBATKA Lary	4342		M40	2	02:20:30.35	+00:08:47 (6.3%)	5:01	12 (93.8%)
3	SIKOŃCZYK Miłosz	4920	RUNNING PERFORMANCE	M30	1	02:29:07.70	+00:17:25 (11.7%)	5:19	11.3 (88.3%)
4	TABER Konrad	4979		M20	1	02:40:05.40	+00:28:22 (17.7%)	5:43	10.5 (82.0%)
5	PERYKASZA Paweł	4571	GRUPALUKTRANS.PL	M40	3	02:40:17.40	+00:28:34 (17.8%)	5:43	10.5 (82.0%)
6	FITAK Wiesław	4043	POLACY BIEGAJĄ W NL	M30	2	02:40:32.20	+00:28:49 (18.0%)	5:44	10.5 (82.0%)
7	WĘGLIŃSKI Mikołaj	4492		M30	3	02:41:02.45	+00:29:19 (18.2%)	5:45	10.4 (81.3%)
8	MULARCZYK Paweł	4899	PAWEŁ MULARCZYK	M30	4	02:41:21.30	+00:29:38 (18.4%)	5:45	10.4 (81.3%)
9	MAKOWSKI Maciej	4987	KORONA PABIANICE	M40	4	02:41:46.15	+00:30:03 (18.6%)	5:46	10.4 (81.3%)
10	MAZUR Sebastian	4291		M30	5	02:43:12.80	+00:31:30 (19.3%)	5:49	10.3 (80.5%)
11	GAZDOWICZ Michał	4056	RUNPASSION.PL TEAM	M20	2	02:44:20.30	+00:32:37 (19.9%)	5:52	10.2 (79.7%)
12	GRABIŃSKI Wojciech	4666	#BIEGIEMWLAS	M20	3	02:45:54.10	+00:34:11 (20.6%)	5:55	10.1 (78.9%)
13	GAWRON Przemysław	4960	SŁOŃCA JURY	M40	5	02:52:46.50	+00:41:03 (23.8%)	6:10	9.7 (75.8%)
14	TELEJKO Łukasz	4221	ORZESZEK TEAM	M20	4	02:54:02.30	+00:42:19 (24.3%)	6:12	9.7 (75.8%)
15	CZERWIONKA Jakub	4509	GMINA WICKO	M20	5	02:54:41.65	+00:42:59 (24.6%)	6:14	9.6 (75.0%)
16	GABRYCH Arkadiusz	4050		M30	6	02:55:13.90	+00:43:31 (24.8%)	6:15	9.6 (75.0%)
17	STĘPIEŃ Krzysztof	4986	GILLETTE RUN	M40	6	02:55:31.80	+00:43:49 (25.0%)	6:16	9.6 (75.0%)
18	GRYGIEL Marek	5022	JACEKBIEGA RUNNING TEAM	M40	7	02:55:57.50	+00:44:14 (25.1%)	6:17	9.5 (74.2%)
19	KURASIK Tomasz	4711		M40	8	02:58:41.60	+00:46:58 (26.3%)	6:22	9.4 (73.4%)
20	ZIELAK Dariusz	5018		M40	9	02:58:51.15	+00:47:08 (26.4%)	6:23	9.4 (73.4%)
21	HEJNAR Jakub	4672		M40	10	02:59:35.55	+00:47:52 (26.7%)	6:24	9.4 (73.4%)
22	BRUS Marcin	4975		M40	11	03:00:07.15	+00:48:24 (26.9%)	6:25	9.3 (72.7%)
23	STAWIARZ Paweł	4586	140MINUT.PL	M30	7	03:01:24.30	+00:49:41 (27.4%)	6:28	9.3 (72.7%)
24	POŻAROWSZCZYK Adam	4311	MINISTERSTWO GŁUPICH KROKÓW LEGIONOWO	M30	8	03:01:28.75	+00:49:46 (27.4%)	6:28	9.3 (72.7%)
25	GŁOMBIOWSKA Zuzanna	4867	RUNPASSION.PL TEAM	K20	1	03:01:36.50	+00:49:53 (27.5%)	6:29	9.3 (72.7%)
26	WASSER Michał	4236		M20	6	03:01:40.40	+00:49:57 (27.5%)	6:29	9.2 (71.9%)
27	PUC Paweł	4313	TRUCHTACZE GZICHÓW	M40	12	03:02:13.80	+00:50:31 (27.7%)	6:30	9.2 (71.9%)
28	KOZŁOWSKI Paweł	4098		M40	13	03:02:40.45	+00:50:57 (27.9%)	6:31	9.2 (71.9%)
29	KOT Rafał	4951	LEDLENSER // MUAY RUNNING TEAM	M40	14	03:03:06.40	+00:51:23 (28.1%)	6:32	9.2 (71.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 28km	Różn	Tempo min/km	Tempo km/h
30	PIETRZAK Daniel	4160		M20	7	03:03:32.25	+00:51:49 (28.2%)	6:33	9.2 (71.9%)
31	BRĄCZKOWSKI Damian	4259		M20	8	03:04:28.35	+00:52:45 (28.6%)	6:35	9.1 (71.1%)
32	WSZOŁEK Mirosław	4242	MYSZOJELENIE	M30	9	03:04:40.20	+00:52:57 (28.7%)	6:35	9.1 (71.1%)
33	CZUMIEL Maciej	4463		M40	15	03:04:43.00	+00:53:00 (28.7%)	6:35	9.1 (71.1%)
34	ROŚ Dominik	4178		M30	10	03:05:01.10	+00:53:18 (28.8%)	6:36	9.1 (71.1%)
35	GILARSKI Rafał	4516	PRO300_PROJECTDISCIPLINE	M30	11	03:05:05.70	+00:53:23 (28.8%)	6:36	9.1 (71.1%)
36	KAKOL Grzegorz	4685	BALLS OF STEEL	M30	12	03:05:35.15	+00:53:52 (29.0%)	6:37	9.1 (71.1%)
37	WINIARCZYK-JADACH Beata	4240	TG SOKÓŁ ZAKOPANE	K40	1	03:05:46.60	+00:54:03 (29.1%)	6:38	9 (70.3%)
38	NOWICKI Łukasz	4299		M40	16	03:05:49.25	+00:54:06 (29.1%)	6:38	9 (70.3%)
39	BARANOWSKI Jacek	4254	JACEKBIEGA RUNNING TEAM	M40	17	03:05:53.80	+00:54:11 (29.1%)	6:38	9 (70.3%)
40	WRÓBLEWSKI Michał	4414	WHISKY AFICIONADOS	M30	13	03:06:17.15	+00:54:34 (29.3%)	6:39	9 (70.3%)
41	FELUCH Krzysztof	4982	JACEK BIEGA RUNNING TEAM	M40	18	03:06:54.40	+00:55:11 (29.5%)	6:40	9 (70.3%)
42	WIEWIÓRA Krzysztof	4598		M30	14	03:08:07.90	+00:56:25 (30.0%)	6:43	8.9 (69.5%)
43	RÓŻALSKI Lukasz	4780		M40	19	03:08:09.05	+00:56:26 (30.0%)	6:43	8.9 (69.5%)
44	SZPYT Grzegorz	4210		M40	20	03:10:20.60	+00:58:37 (30.8%)	6:47	8.8 (68.8%)
45	SZYMAŃSKI Mateusz	4943		M20	9	03:11:21.85	+00:59:39 (31.2%)	6:50	8.8 (68.8%)
46	ŚLIWOWSKA Justyna	4455	KS STASZEWSKY	K20	2	03:12:01.55	+01:00:18 (31.4%)	6:51	8.7 (68.0%)
47	SUDACKI Sebastian	4812		M20	10	03:12:10.55	+01:00:27 (31.5%)	6:51	8.7 (68.0%)
48	STRADOMSKI Artur	4810	MARKOWI BIEGACZE	M40	21	03:12:17.60	+01:00:34 (31.5%)	6:52	8.7 (68.0%)
49	MUSZYŃSKI Piotr	4145	TEAM PAPRY	M40	22	03:13:03.85	+01:01:21 (31.8%)	6:53	8.7 (68.0%)
50	JAWOREK Grzegorz	4981		M40	23	03:13:06.15	+01:01:23 (31.8%)	6:53	8.7 (68.0%)
51	CIEŚLA Krzysztof	4027		M30	15	03:13:20.10	+01:01:37 (31.9%)	6:54	8.7 (68.0%)
52	RAK Wojciech	4172	SII RUNNING TEAM	M30	16	03:14:09.15	+01:02:26 (32.2%)	6:56	8.7 (68.0%)
53	MOLENDĄ Tomasz	4141		M30	17	03:14:55.85	+01:03:13 (32.4%)	6:57	8.6 (67.2%)
54	KOT Krzysztof	4475	MPK - RZESZÓW	M40	24	03:15:06.35	+01:03:23 (32.5%)	6:58	8.6 (67.2%)
55	BASAĞ Marek	4344	GINGER POWER	M30	18	03:15:17.75	+01:03:35 (32.6%)	6:58	8.6 (67.2%)
56	MORGAŚ Mariusz	4562		M30	19	03:15:28.85	+01:03:46 (32.6%)	6:58	8.6 (67.2%)
57	BIENIECKA Anna	4257	BIEG RZEŹNIKA	K40	2	03:15:42.50	+01:03:59 (32.7%)	6:59	8.6 (67.2%)
58	GADZIŃSKI Marcin	4515		M30	20	03:15:51.30	+01:04:08 (32.8%)	6:59	8.6 (67.2%)
59	BRÓG Wojciech	4628		M40	25	03:16:04.95	+01:04:22 (32.8%)	7:00	8.6 (67.2%)
60	STAROBRAT Arkadiusz	4324	ALETEMPO	M50	1	03:16:13.15	+01:04:30 (32.9%)	7:00	8.6 (67.2%)
61	BARANOWSKI Andrzej	5004	TRIWAWA	M30	21	03:16:35.05	+01:04:52 (33.0%)	7:01	8.5 (66.4%)
62	LIPIŃSKI Hubert	4721	KS KANAŁEK	M30	22	03:17:38.35	+01:05:55 (33.4%)	7:03	8.5 (66.4%)
63	ZIELIŃSKI Piotr	4846		M30	23	03:17:39.20	+01:05:56 (33.4%)	7:03	8.5 (66.4%)
64	PODCZASZY Tomasz	4162	AZS AWF MASTERS KRAKÓW	M30	24	03:18:13.40	+01:06:30 (33.6%)	7:04	8.5 (66.4%)
65	KOWALSKI Sebastian	4094		M40	26	03:18:17.00	+01:06:34 (33.6%)	7:04	8.5 (66.4%)
66	PACIOREK Ewa	4747		K30	1	03:18:32.90	+01:06:50 (33.7%)	7:05	8.5 (66.4%)
67	KĘPSKI Rafał	5083		M40	27	03:18:53.20	+01:07:10 (33.8%)	7:06	8.4 (65.6%)
68	SZWED Tomasz	4212	SUSKA GRUPA BIEGOWA	M30	25	03:18:58.20	+01:07:15 (33.8%)	7:06	8.4 (65.6%)
69	LASEK Leszek	4885	KALLIPSO RUNERS TEAM	M50	2	03:19:01.65	+01:07:19 (33.8%)	7:06	8.4 (65.6%)
70	KŁOS Łukasz	4083	ASICSFRONTRUNNERPOLSKA	M30	26	03:19:05.85	+01:07:23 (33.8%)	7:06	8.4 (65.6%)
71	JANIK Beata	4070	RUNDOMSKO	K30	2	03:19:26.80	+01:07:44 (34.0%)	7:07	8.4 (65.6%)
72	FIGIEL Bartosz	4649		M30	27	03:19:34.75	+01:07:52 (34.0%)	7:07	8.4 (65.6%)
73	ASŁANOWICZ Marcin	4498	ŻÓRAWSKI TEAM	M40	28	03:19:57.55	+01:08:14 (34.1%)	7:08	8.4 (65.6%)

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74	WOJCIECHOWSKI Tobiasz	4937		M30	28	03:20:14.05	+01:08:31 (34.2%)	7:09	8.4 (65.6%)
75	FILIPIUK Tomek	4266	POWIAT ŚWIDNICKI	M30	29	03:20:19.15	+01:08:36 (34.2%)	7:09	8.4 (65.6%)
76	WOJNAROWSKA Weronika	4495		K30	3	03:21:35.05	+01:09:52 (34.7%)	7:11	8.3 (64.8%)
77	HERBICH-SAR Violetta	5007	FUDU & CO.	K40	3	03:21:37.90	+01:09:55 (34.7%)	7:12	8.3 (64.8%)
78	BRYL Marcin	4629		M40	29	03:22:28.45	+01:10:45 (34.9%)	7:13	8.3 (64.8%)
79	JÓŹWIAK Rafał	5027	JACEKBIEGA RUNNING TEAM	M30	30	03:22:33.60	+01:10:50 (35.0%)	7:14	8.3 (64.8%)
80	RUKUSZEWICZ Wawrzyniec	4781	DZIKIE GRUBASY SZATANA	M40	30	03:22:40.00	+01:10:57 (35.0%)	7:14	8.3 (64.8%)
81	LUBAŃSKI Mateusz	4723	KS BARYCZ MILICZ	M30	31	03:22:47.90	+01:11:05 (35.1%)	7:14	8.3 (64.8%)
82	PYRKOSZ Damian	4170		M50	3	03:23:14.65	+01:11:32 (35.2%)	7:15	8.3 (64.8%)
83	PODLEŚ Robert	4164	COBI POLAND TEAM	M50	4	03:23:19.50	+01:11:36 (35.2%)	7:15	8.3 (64.8%)
84	KRAHEL Marcin	4544		M30	32	03:23:24.10	+01:11:41 (35.2%)	7:15	8.3 (64.8%)
85	KOŁODZIEJ Roman	4087		M40	31	03:23:30.55	+01:11:47 (35.3%)	7:16	8.3 (64.8%)
86	PYSZYŃSKI Mariusz	5088	TRI POWER	M40	32	03:23:30.65	+01:11:48 (35.3%)	7:16	8.3 (64.8%)
87	SOŁOWIEJ Daniel	4191	TEAM KARAŚ ELBLĄG	M40	33	03:24:01.85	+01:12:19 (35.4%)	7:17	8.2 (64.1%)
88	DROZDEK Kacper	4860	BIEGAJĄCE DROZDKI	M20	11	03:24:07.60	+01:12:24 (35.5%)	7:17	8.2 (64.1%)
89	SZKLARSKI Jacek	5052		M40	34	03:24:39.95	+01:12:57 (35.6%)	7:18	8.2 (64.1%)
90	WSZOŁEK Dawid	4243	MYSZOJELENIE	M30	33	03:24:49.90	+01:13:07 (35.7%)	7:18	8.2 (64.1%)
91	POROWSKI Waldek	4973	KB SOBÓTKA	M40	35	03:24:55.10	+01:13:12 (35.7%)	7:19	8.2 (64.1%)
92	CITKOWSKI Dorian	5051		M30	34	03:25:04.95	+01:13:22 (35.8%)	7:19	8.2 (64.1%)
93	MALINA Michał	4382	HUTNIK RUN	M30	35	03:25:29.85	+01:13:47 (35.9%)	7:20	8.2 (64.1%)
94	GOSPODARCZYK Natalia	5071		K20	3	03:25:54.15	+01:14:11 (36.0%)	7:21	8.2 (64.1%)
95	WARAKSA Tomasz	4491	VEGE RUNNERS	M30	36	03:25:55.35	+01:14:12 (36.0%)	7:21	8.2 (64.1%)
96	GARBOWSKA Monika	4655	COMPAÑEROS ASFALT TEAM	K40	4	03:26:39.70	+01:14:57 (36.3%)	7:22	8.1 (63.3%)
97	SOSNOWSKI Rafał	4922		M30	37	03:27:08.65	+01:15:26 (36.4%)	7:23	8.1 (63.3%)
98	ŹMIJEWSKI Dariusz	5057		M50	5	03:27:59.35	+01:16:16 (36.7%)	7:25	8.1 (63.3%)
99	MAJCZAK Mirosław	4985		M40	36	03:28:43.30	+01:17:00 (36.9%)	7:27	8 (62.5%)
100	RACŁAWICKI Kacper	4958		M20	12	03:28:50.80	+01:17:08 (36.9%)	7:27	8 (62.5%)
101	DZIEWA Agata	4863		K30	4	03:28:52.10	+01:17:09 (36.9%)	7:27	8 (62.5%)
102	BODZIOCH Grzegorz	4852	GORLICKA GRUPA BIEGOWA	M40	37	03:29:02.35	+01:17:19 (37.0%)	7:27	8 (62.5%)
103	PROTASIEWICZ Piotr	4911	WISŁA KRAKÓW	M30	38	03:29:33.90	+01:17:51 (37.2%)	7:29	8 (62.5%)
104	FALKOWSKI Piotr	5097		M50	6	03:29:33.95	+01:17:51 (37.2%)	7:29	8 (62.5%)
105	KOCIUMBAS Bartosz	4540	KB SOBÓTKA	M40	38	03:29:40.85	+01:17:58 (37.2%)	7:29	8 (62.5%)
106	OLSZEWSKI Piotr	4445		M20	13	03:29:41.90	+01:17:59 (37.2%)	7:29	8 (62.5%)
107	KUŚMIREK Grzegorz	4882		M40	39	03:29:42.05	+01:17:59 (37.2%)	7:29	8 (62.5%)
108	SYROCKI Arkadiusz	4205	BREMBO	M40	40	03:29:48.65	+01:18:06 (37.2%)	7:29	8 (62.5%)
109	KAWALIŁO Piotr	4081	MPEC RZESZÓW	M30	39	03:29:54.80	+01:18:12 (37.3%)	7:29	8 (62.5%)
110	SIEMIEZ Paweł	4184	SOCA	M20	14	03:29:58.70	+01:18:16 (37.3%)	7:29	8 (62.5%)
111	MUSIOŁ Michał	4443	SARNI TĘTENT	M30	40	03:30:09.90	+01:18:27 (37.3%)	7:30	8 (62.5%)
112	MAŚLANY Mariusz	4289	ELEKTROMETAL ENERGETYKA SA	M40	41	03:30:33.20	+01:18:50 (37.4%)	7:31	8 (62.5%)
113	SZYMAJDA Adam	4816	EQUINI	M40	42	03:31:21.90	+01:19:39 (37.7%)	7:32	7.9 (61.7%)
114	PŁOCHOCKI Piotr	4764	LOBOMOTO	M30	41	03:31:33.00	+01:19:50 (37.7%)	7:33	7.9 (61.7%)
115	LUBAŃSKI Robert	4379	BRAK	M50	7	03:31:58.40	+01:20:15 (37.9%)	7:34	7.9 (61.7%)
116	BUDZYŃSKI Adam	4632	UNITED RUNNERS	M40	43	03:32:16.85	+01:20:34 (38.0%)	7:34	7.9 (61.7%)
117	WOŹNIAK Janusz	4338	PORMAT JEDLICZE BIEGA	M50	8	03:32:30.60	+01:20:47 (38.0%)	7:35	7.9 (61.7%)

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118	WYSOCKI Aleksander	4244	MATNER RUNNING TEAM	M30	42	03:32:33.35	+01:20:50 (38.0%)	7:35	7.9 (61.7%)
119	CICHOŃ Maciej	4348	42.195 WEJHEROWO	M40	44	03:32:35.35	+01:20:52 (38.0%)	7:35	7.9 (61.7%)
120	GABRYCH Łukasz	4049	SAINT-GOBAIN SQUAD	M30	43	03:33:34.20	+01:21:51 (38.3%)	7:37	7.9 (61.7%)
121	JADWIŃSKI Wojciech	4674	KS KANAŁEK	M40	45	03:33:53.10	+01:22:10 (38.4%)	7:38	7.9 (61.7%)
122	GUZ Marcin	4870		M40	46	03:33:54.10	+01:22:11 (38.4%)	7:38	7.9 (61.7%)
123	SMACZNY Bartłomiej	4921		M30	44	03:33:56.45	+01:22:13 (38.4%)	7:38	7.9 (61.7%)
124	WOJTYCZKA Katarzyna	4938		K30	5	03:34:08.80	+01:22:26 (38.5%)	7:38	7.8 (60.9%)
125	ZALEWSKI Andrzej	4339	TEAM NUTRILITE	M60	1	03:34:37.40	+01:22:54 (38.6%)	7:39	7.8 (60.9%)
126	SELWANOWICZ Aleksander	4788	G4	M50	9	03:34:40.80	+01:22:58 (38.6%)	7:40	7.8 (60.9%)
127	LEBIEST Radosław	4116		M30	45	03:34:57.60	+01:23:14 (38.7%)	7:40	7.8 (60.9%)
128	KOMOSIŃSKI Łukasz	4088		M40	47	03:35:04.95	+01:23:22 (38.8%)	7:40	7.8 (60.9%)
129	DROZDEK Iwona	4858	BIEGAJĄCE DROZDKI	K50	1	03:35:46.90	+01:24:04 (39.0%)	7:42	7.8 (60.9%)
130	LEŚNIAK Dawid	4118		M30	46	03:35:50.80	+01:24:08 (39.0%)	7:42	7.8 (60.9%)
131	PARUCKI Michał	4750	VEGE RUNNERS / DRUŻYNA BIEGOWA LECHA POZNAŃ	M40	48	03:36:15.60	+01:24:32 (39.1%)	7:43	7.8 (60.9%)
132	SUMOREK Sebastian	4489		M40	49	03:36:24.50	+01:24:41 (39.1%)	7:43	7.8 (60.9%)
133	KRUPA Grzegorz	5050	KB SOBÓTKA	M40	50	03:36:45.70	+01:25:03 (39.2%)	7:44	7.8 (60.9%)
134	RUSNAK Oleg	4784		M30	47	03:36:50.00	+01:25:07 (39.3%)	7:44	7.7 (60.2%)
135	ADAMKIEWICZ Natalia	4611	ŁÓDŻRUNCREW/ JAKO TEAM	K30	6	03:37:18.30	+01:25:35 (39.4%)	7:45	7.7 (60.2%)
136	ADAMKIEWICZ Michał	4610	ŁÓDŻRUNCREW/JAKOTEAM	M30	48	03:37:18.40	+01:25:35 (39.4%)	7:45	7.7 (60.2%)
137	STASIAK Jakub	4195	ORLEN RUNNING TEAM	M40	51	03:37:37.55	+01:25:54 (39.5%)	7:46	7.7 (60.2%)
138	ŚCIBOR Adrian	4929		M30	49	03:38:22.60	+01:26:39 (39.7%)	7:47	7.7 (60.2%)
139	SITEK Arkadiusz	4583	AKTYWNI WĘGRÓW	M40	52	03:38:54.30	+01:27:11 (39.8%)	7:49	7.7 (60.2%)
140	PAGÓRSKI Tomasz	4447		M30	50	03:39:20.70	+01:27:38 (40.0%)	7:50	7.7 (60.2%)
141	JÓZWIAK Piotr	4963	KITA TEAM	M40	53	03:39:49.60	+01:28:06 (40.1%)	7:51	7.6 (59.4%)
142	JAWORSKI Przemysław	4679		M30	51	03:39:55.10	+01:28:12 (40.1%)	7:51	7.6 (59.4%)
143	GŁOGOWSKI Konrad	4517		M30	52	03:40:05.10	+01:28:22 (40.2%)	7:51	7.6 (59.4%)
144	SOWA Wojciech	4923		M20	15	03:40:13.35	+01:28:30 (40.2%)	7:51	7.6 (59.4%)
145	KITOWSKI Bartosz	4082	GŁOGOVIĄ 1925 GŁOGÓW MAŁOPOLSKI	M40	54	03:40:20.00	+01:28:37 (40.2%)	7:52	7.6 (59.4%)
146	KARCZMARCZYK Mateusz	4686		M30	53	03:40:42.95	+01:29:00 (40.3%)	7:52	7.6 (59.4%)
147	SIWEK Maciej	4797	RYKOWISKO TEAM	M40	55	03:41:00.55	+01:29:17 (40.4%)	7:53	7.6 (59.4%)
148	KOCHANOWSKA Michalina	4085		K40	5	03:41:08.00	+01:29:25 (40.4%)	7:53	7.6 (59.4%)
149	LATAWIEC Bartosz	4114	SZAROTKA ROKICINY PODHALAŃSKI	M30	54	03:41:08.70	+01:29:26 (40.4%)	7:53	7.6 (59.4%)
150	LATAWIEC Jakub	4113		M40	56	03:41:16.85	+01:29:34 (40.5%)	7:54	7.6 (59.4%)
151	RZĘSA Łukasz	4581		M30	55	03:41:18.85	+01:29:36 (40.5%)	7:54	7.6 (59.4%)
152	MARCULA Ewelina	4287		K30	7	03:41:32.10	+01:29:49 (40.5%)	7:54	7.6 (59.4%)
153	KUTERA Konrad	4280		M30	56	03:41:35.15	+01:29:52 (40.6%)	7:54	7.6 (59.4%)
154	MUCHA Kamil	4144		M30	57	03:42:00.10	+01:30:17 (40.7%)	7:55	7.6 (59.4%)
155	RZESZUTEK Wiktoria	4180		K20	4	03:42:50.85	+01:31:08 (40.9%)	7:57	7.5 (58.6%)
156	WITEK Gabriela	4241		K20	5	03:42:51.05	+01:31:08 (40.9%)	7:57	7.5 (58.6%)
157	MIKULSKI Wojciech	4560		M40	57	03:42:58.60	+01:31:15 (40.9%)	7:57	7.5 (58.6%)
158	BAWOR Dagmara	4255		K20	6	03:43:21.80	+01:31:39 (41.0%)	7:58	7.5 (58.6%)
159	SOLIŃSKA Magdalena	4320		K40	6	03:43:26.05	+01:31:43 (41.1%)	7:58	7.5 (58.6%)
160	KALICIŃSKI Jarosław	4368	ŚLĘZAK TEAM	M30	58	03:43:50.50	+01:32:07 (41.2%)	7:59	7.5 (58.6%)
161	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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 28km	Różn	Tempo min/km	Tempo km/h
162	BUCZYŃSKI Radosław	4631	COMPANEROS ASFALT TEAM	M30	59	03:44:23.00	+01:32:40 (41.3%)	8:00	7.5 (58.6%)
163	KRÓL Maciej	4704	WIRAN TEAM	M40	58	03:44:26.05	+01:32:43 (41.3%)	8:00	7.5 (58.6%)
164	RUTKOWSKI Adam	4179	OLENDER	M20	16	03:44:47.30	+01:33:04 (41.4%)	8:01	7.5 (58.6%)
165	POPEK Bartosz	4309		M20	17	03:44:52.50	+01:33:09 (41.4%)	8:01	7.5 (58.6%)
166	LUDWICZAK Mariusz	4553	#WKURW-TEAM	M50	10	03:44:58.20	+01:33:15 (41.5%)	8:02	7.5 (58.6%)
167	LEWANDOWSKI Michał	4121		M20	18	03:45:27.50	+01:33:44 (41.6%)	8:03	7.5 (58.6%)
168	SZYNALIK Igor	5044	TISS	M20	19	03:45:28.00	+01:33:45 (41.6%)	8:03	7.5 (58.6%)
169	BIEL Sebastian	4500	BIEGANIE SZYDERCÓW	M30	60	03:45:37.35	+01:33:54 (41.6%)	8:03	7.4 (57.8%)
170	OSLISLOK Paweł	4154	SOCA	M20	20	03:45:46.20	+01:34:03 (41.7%)	8:03	7.4 (57.8%)
171	DUDEK Maciej	4353		M20	21	03:45:49.10	+01:34:06 (41.7%)	8:03	7.4 (57.8%)
172	BEDNARZ Krzysztof	4256	4K TEAM TARNÓW	M60	2	03:45:54.20	+01:34:11 (41.7%)	8:04	7.4 (57.8%)
173	IWANIEC Piotr	5047	BIEGANIE SZYDERCÓW	M30	61	03:45:56.80	+01:34:14 (41.7%)	8:04	7.4 (57.8%)
174	CZEKALSKI Mariusz	5039		M40	59	03:46:16.55	+01:34:33 (41.8%)	8:04	7.4 (57.8%)
175	KORZEP-CZEKALSKA Dorota	5038		K40	8	03:46:17.20	+01:34:34 (41.8%)	8:04	7.4 (57.8%)
176	GREFKOWICZ Natalia	4962		K20	7	03:46:24.20	+01:34:41 (41.8%)	8:05	7.4 (57.8%)
177	SACZEWSKI Arkadiusz	4786	DZIKI GOŁOBORZY	M40	60	03:46:56.80	+01:35:14 (42.0%)	8:06	7.4 (57.8%)
178	SEKAL Paweł	4787		M30	62	03:47:17.15	+01:35:34 (42.1%)	8:07	7.4 (57.8%)
179	PIELECHA Rafał	4158	FITNESS FREAK	M40	61	03:47:21.85	+01:35:39 (42.1%)	8:07	7.4 (57.8%)
180	DEMKO Anna	4952	ZÓŁTYCZERWONYPANDA	K30	8	03:47:37.00	+01:35:54 (42.1%)	8:07	7.4 (57.8%)
181	BAUGARTNER Marcin	4616	KLUBSILESIA.PL	M40	62	03:47:48.95	+01:36:06 (42.2%)	8:08	7.4 (57.8%)
182	ZMARLAK Paweł	4956		M20	22	03:47:50.45	+01:36:07 (42.2%)	8:08	7.4 (57.8%)
183	KONDRATOWICZ Bartłomiej	4698		M30	63	03:48:04.30	+01:36:21 (42.3%)	8:08	7.4 (57.8%)
184	PUCIŁOWSKA Natalia	4771	AKADEMIA KETTLEBELLS WARSZAWA	K30	9	03:48:11.90	+01:36:29 (42.3%)	8:08	7.4 (57.8%)
185	HOŁUBIEC Paweł	4471	YULO RUN TEAM SIEDLCE	M40	63	03:48:15.85	+01:36:33 (42.3%)	8:09	7.4 (57.8%)
186	SOBCZYŃSKI Paweł	4190	PEES	M40	64	03:48:24.75	+01:36:42 (42.3%)	8:09	7.4 (57.8%)
187	BARTOSIEWICZ Daria	4615	DZIKIE GRUBASY SZATANA	K30	10	03:48:49.10	+01:37:06 (42.4%)	8:10	7.3 (57.0%)
188	MUMOT Dariusz	4442		M40	65	03:48:54.05	+01:37:11 (42.5%)	8:10	7.3 (57.0%)
189	GRACZYK Damian	4426		M30	64	03:48:54.80	+01:37:12 (42.5%)	8:10	7.3 (57.0%)
190	MUCKUS Filip	4740	KS KANAŁEK	M30	65	03:49:00.00	+01:37:17 (42.5%)	8:10	7.3 (57.0%)
191	MASLANKA Michał	4732	BKAS WATAHA	M40	66	03:49:22.15	+01:37:39 (42.6%)	8:11	7.3 (57.0%)
192	CHLIPAŁA Marek	4022		M30	66	03:49:24.95	+01:37:42 (42.6%)	8:11	7.3 (57.0%)
193	WARZOCHA Szymon	4334		M20	23	03:49:41.85	+01:37:59 (42.7%)	8:12	7.3 (57.0%)
194	LISIECKI Jacek	4552	CAMEL W ZALEWIE	M40	67	03:49:42.15	+01:37:59 (42.7%)	8:12	7.3 (57.0%)
195	WALUŚKIEWICZ Artur	4933	SOLA FIDE	M50	11	03:49:52.80	+01:38:10 (42.7%)	8:12	7.3 (57.0%)
196	BOGUSZ Paweł	4014	SANTANDER RUNNERS TEAM	M30	67	03:50:10.70	+01:38:28 (42.8%)	8:13	7.3 (57.0%)
197	TUTAJ Agnieszka	4932		K20	8	03:50:14.00	+01:38:31 (42.8%)	8:13	7.3 (57.0%)
198	WOŹNIAK Mateusz	4939		M30	68	03:50:16.45	+01:38:33 (42.8%)	8:13	7.3 (57.0%)
199	GAŁUSZKA Tomasz	4053	SKITUROWE BIESZCZADY	M40	68	03:50:20.40	+01:38:37 (42.8%)	8:13	7.3 (57.0%)
200	PAJDOSZ Katarzyna	4903	KB BIAŁA BIEGA	K30	11	03:50:28.40	+01:38:45 (42.9%)	8:13	7.3 (57.0%)
201	PNIEWSKI Mariusz	4908		M30	69	03:50:31.70	+01:38:49 (42.9%)	8:13	7.3 (57.0%)
202	ZARĘBA Bartłomiej	4841		M30	70	03:50:35.25	+01:38:52 (42.9%)	8:14	7.3 (57.0%)
203	POTERA Maciej	4577		M30	71	03:51:14.55	+01:39:31 (43.0%)	8:15	7.3 (57.0%)
204	SOBOLEWSKI Dariusz	5033	VEGE RUNNERS	M50	12	03:51:17.45	+01:39:34 (43.1%)	8:15	7.3 (57.0%)
205	HOŁUBIEC Agnieszka	4470	YULO RUN TEAM SIEDLCE	K40	9	03:51:32.70	+01:39:50 (43.1%)	8:16	7.3 (57.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 28km	Różn	Tempo min/km	Tempo km/h
206	WRÓBEL Paweł	4604		M40	69	03:52:02.65	+01:40:20 (43.2%)	8:17	7.2 (56.3%)
207	SAPIERZYŃSKI Adam	4582		M30	72	03:52:03.25	+01:40:20 (43.2%)	8:17	7.2 (56.3%)
208	GRABOWICZ Mirosław	4521	SOKÓLSKA GRUPA BIEGOWA	M50	13	03:52:09.75	+01:40:27 (43.3%)	8:17	7.2 (56.3%)
209	MAJCHRZAK Filip	4726	TATERNIK ADVENTURE TEAM	M20	24	03:52:13.70	+01:40:31 (43.3%)	8:17	7.2 (56.3%)
210	SADKOWSKI Paweł	4917		M40	70	03:52:14.65	+01:40:32 (43.3%)	8:17	7.2 (56.3%)
211	PELA Olga	4907	SKY-TRANS	K30	12	03:52:36.05	+01:40:53 (43.4%)	8:18	7.2 (56.3%)
212	KĘPKA Robert	4690	BIEGUSIEM.PL	M40	71	03:52:45.05	+01:41:02 (43.4%)	8:18	7.2 (56.3%)
213	KOSTKA Robert	4091	TEAM ZALEWSKI	M40	72	03:52:47.95	+01:41:05 (43.4%)	8:18	7.2 (56.3%)
214	RUSINEK Łukasz	4783		M30	73	03:52:52.30	+01:41:09 (43.4%)	8:19	7.2 (56.3%)
215	GALEK Adam	4051		M40	73	03:52:59.95	+01:41:17 (43.5%)	8:19	7.2 (56.3%)
216	FLIŚ Łukasz	4651	AKTYWNA PSZCZYNA	M30	74	03:53:14.85	+01:41:32 (43.5%)	8:19	7.2 (56.3%)
217	RENC Patryk	4579	SERCE TYBETU	M30	75	03:53:19.15	+01:41:36 (43.5%)	8:19	7.2 (56.3%)
218	NARZYMSKI Tomasz	4565		M40	74	03:53:27.25	+01:41:44 (43.6%)	8:20	7.2 (56.3%)
219	GRZEJSZCZYK Łukasz	4271		M30	76	03:53:58.25	+01:42:15 (43.7%)	8:21	7.2 (56.3%)
220	POTERA Krystyna	4310		K30	13	03:54:07.55	+01:42:24 (43.7%)	8:21	7.2 (56.3%)
221	JANAS Marian	5037		M60	3	03:54:19.30	+01:42:36 (43.8%)	8:22	7.2 (56.3%)
222	ADAMCZYK Łukasz	4609	SPARTAN TRAINING GROUP WARSZAWA	M30	77	03:54:26.05	+01:42:43 (43.8%)	8:22	7.2 (56.3%)
223	GERSZEWSKA Marina	4361	NIEWYCHOWANI FIZYCZNIE	K20	9	03:54:32.50	+01:42:49 (43.8%)	8:22	7.2 (56.3%)
224	WÓJCIK Karol	4413	NIEWYCHOWANI FIZYCZNIE	M20	25	03:54:33.10	+01:42:50 (43.8%)	8:22	7.2 (56.3%)
225	NAZIMEK Lilianna	4972	SUO TEMPORE	K40	10	03:54:36.25	+01:42:53 (43.9%)	8:22	7.2 (56.3%)
226	POPARDA Paweł	5005	PZU SPORT TEAM	M40	75	03:54:42.50	+01:42:59 (43.9%)	8:22	7.2 (56.3%)
227	BUCIOR Łukasz	4970	AZS POLITECHNIKA LUBELSKA	M20	26	03:54:48.55	+01:43:05 (43.9%)	8:23	7.2 (56.3%)
228	PIEKIELNA Angelika	4482	MUKS "JUNIOR" OCHĘDZYN	K30	14	03:55:01.00	+01:43:18 (44.0%)	8:23	7.1 (55.5%)
229	GLINKA Jakub	4866		M20	27	03:55:11.20	+01:43:28 (44.0%)	8:23	7.1 (55.5%)
230	TKACZ Przemysław	4594		M40	76	03:55:15.05	+01:43:32 (44.0%)	8:24	7.1 (55.5%)
231	SIKORA Grzegorz	4186		M30	78	03:55:16.35	+01:43:33 (44.0%)	8:24	7.1 (55.5%)
232	STEMPNIAK Jędrzej	4326		M20	28	03:55:38.60	+01:43:55 (44.1%)	8:24	7.1 (55.5%)
233	ŁUSZCZEK Paweł	4129		M40	77	03:55:50.85	+01:44:08 (44.2%)	8:25	7.1 (55.5%)
234	LUTOBORSKI Tomasz	4886		M20	29	03:55:52.20	+01:44:09 (44.2%)	8:25	7.1 (55.5%)
235	BANASZEK Waldemar	4004	FSL	M40	78	03:55:57.25	+01:44:14 (44.2%)	8:25	7.1 (55.5%)
236	KOPANIA Kamil	4089	K.S TĘCZA	M30	79	03:56:02.75	+01:44:20 (44.2%)	8:25	7.1 (55.5%)
237	KUJAWA Marcin	4109		M40	79	03:56:12.00	+01:44:29 (44.2%)	8:26	7.1 (55.5%)
238	SOCHA Jan	4319		M60	4	03:56:22.50	+01:44:39 (44.3%)	8:26	7.1 (55.5%)
239	SKÓRA Przemysław	5042	MONARCHOWIE GÓR	M40	80	03:56:23.40	+01:44:40 (44.3%)	8:26	7.1 (55.5%)
240	GAWŁOWICZ Robert	4054	DZIKIE BORSUKI	M50	14	03:56:25.05	+01:44:42 (44.3%)	8:26	7.1 (55.5%)
241	SZYMOWSKA Sylwia	4214	DZIKIE BORSUKI	K30	15	03:56:25.70	+01:44:43 (44.3%)	8:26	7.1 (55.5%)
242	BIENIEK Rafał	4502	BBT	M40	81	03:56:30.30	+01:44:47 (44.3%)	8:26	7.1 (55.5%)
243	BIJATOWSKI Adrian	5017		M30	80	03:56:59.25	+01:45:16 (44.4%)	8:27	7.1 (55.5%)
244	SOWA Bogusław	4192		M30	81	03:57:06.75	+01:45:24 (44.5%)	8:28	7.1 (55.5%)
245	TARNAWSKI Sławomir	4220		M30	82	03:57:07.90	+01:45:25 (44.5%)	8:28	7.1 (55.5%)
246	WIELGOCKI Artur	4597		M30	83	03:57:08.60	+01:45:25 (44.5%)	8:28	7.1 (55.5%)
247	SROKA Zbigniew	4322		M50	15	03:57:14.25	+01:45:31 (44.5%)	8:28	7.1 (55.5%)
248	WYCZAWSKI Piotr	5076		M50	16	03:57:21.10	+01:45:38 (44.5%)	8:28	7.1 (55.5%)
249	LAMENTA Andrzej	4549		M40	82	03:57:31.75	+01:45:49 (44.5%)	8:28	7.1 (55.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 28km	Różn	Tempo min/km	Tempo km/h
250	MARKOWSKA Ewa	4478	SZAKALE BAŁUT	K40	11	03:57:31.90	+01:45:49 (44.6%)	8:28	7.1 (55.5%)
251	KOSUDA Paweł	4878	CROSS TRENING MAZOVIA CIECHANÓW	M40	83	03:57:34.70	+01:45:52 (44.6%)	8:29	7.1 (55.5%)
252	GRĘBA Damian	4868	NIEPOŁOMICE BIEGAJĄ	M30	84	03:57:54.60	+01:46:11 (44.6%)	8:29	7.1 (55.5%)
253	MOJSKI Adam	4295	WOLF SYSTEM	M30	85	03:58:02.85	+01:46:20 (44.7%)	8:30	7.1 (55.5%)
254	FLORCZAK Sylwia	4652	SZAKALE BAŁUT	K40	12	03:58:19.90	+01:46:37 (44.7%)	8:30	7 (54.7%)
255	WIERZBICKI Marek	4830	AKADEMIA KETTLEBELLS WARSZAWA	M30	86	03:58:25.85	+01:46:43 (44.8%)	8:30	7 (54.7%)
256	KADZIDŁOWSKA Aleksandra	4684	EVERRUN	K40	13	03:58:30.50	+01:46:47 (44.8%)	8:31	7 (54.7%)
257	CYWIŃSKA Joanna	5082		K30	16	03:58:38.35	+01:46:55 (44.8%)	8:31	7 (54.7%)
258	KASZUBA-CZARNECKA Anna	4369		K30	17	03:58:45.05	+01:47:02 (44.8%)	8:31	7 (54.7%)
259	KORDYŚ Adam	4090	KLUB BIEGOWY SZUSZARNIA	M30	87	03:59:02.95	+01:47:20 (44.9%)	8:32	7 (54.7%)
260	KURZEJA Łukasz	4112	TKKF JASTRZĄB RUDA ŚLĄSKA	M40	84	03:59:03.90	+01:47:21 (44.9%)	8:32	7 (54.7%)
261	BOROWSKI Tomasz	4954	MTS HAMER	M50	17	03:59:04.55	+01:47:21 (44.9%)	8:32	7 (54.7%)
262	ROST Michał	4177		M20	30	03:59:04.60	+01:47:21 (44.9%)	8:32	7 (54.7%)
263	KUNYSZ Paweł	4111		M20	31	03:59:05.55	+01:47:22 (44.9%)	8:32	7 (54.7%)
264	GRABOWSKI Wojciech	4668		M40	85	03:59:10.30	+01:47:27 (44.9%)	8:32	7 (54.7%)
265	WÓLKIEWICZ Dorota	5009	KS STASZEWCY	K50	2	03:59:27.95	+01:47:45 (45.0%)	8:33	7 (54.7%)
266	KRAJEWSKI Konrad	4880	MARKOWI BIEGACZE	M30	88	03:59:48.65	+01:48:06 (45.1%)	8:33	7 (54.7%)
267	KWIATKOWSKI Kajetan	4437	SUT - STRASZYN ULTRA TEAM	M30	89	04:00:53.15	+01:49:10 (45.3%)	8:36	7 (54.7%)
268	MŁYNARYK Tomasz	4561	BIEGANIE SZYDERCÓW	M30	90	04:00:58.45	+01:49:15 (45.3%)	8:36	7 (54.7%)
269	BARANOWSKI Mariusz	4614		M40	86	04:01:16.85	+01:49:34 (45.4%)	8:37	7 (54.7%)
270	ZABOROWSKI Jan	4839	AKADEMIA KETTLEBELLS	M30	91	04:01:25.35	+01:49:42 (45.4%)	8:37	7 (54.7%)
271	KOZIOŁ Darek	4434		M30	92	04:01:53.05	+01:50:10 (45.5%)	8:38	6.9 (53.9%)
272	PERZ Emilia	4758		K30	18	04:01:56.40	+01:50:13 (45.6%)	8:38	6.9 (53.9%)
273	STROISZ Grzegorz	4452		M30	93	04:02:06.65	+01:50:24 (45.6%)	8:38	6.9 (53.9%)
274	KARBOWSKA Karolina	4079		K20	10	04:02:36.10	+01:50:53 (45.7%)	8:39	6.9 (53.9%)
275	SZCZĘSNY Rafał	5013		M50	18	04:02:40.85	+01:50:58 (45.7%)	8:40	6.9 (53.9%)
276	SMOSARSKI Łukasz	4398		M30	94	04:02:46.25	+01:51:03 (45.7%)	8:40	6.9 (53.9%)
277	RYBCZYŃSKI Dawid	4451		M30	95	04:03:26.90	+01:51:44 (45.9%)	8:41	6.9 (53.9%)
278	MARCINKOWSKI Michał	4383		M50	19	04:03:28.60	+01:51:45 (45.9%)	8:41	6.9 (53.9%)
279	KĄLDON Sławomir	4472		M30	96	04:03:34.65	+01:51:52 (45.9%)	8:41	6.9 (53.9%)
280	STEFANIUK Rafał	4325	DOBROMIEJSKI KLUB BIEGACZA " ODCISK "	M40	87	04:03:40.95	+01:51:58 (45.9%)	8:42	6.9 (53.9%)
281	WYPLER Marcin	4994	WARTKIE PIERONY	M40	88	04:03:49.60	+01:52:06 (46.0%)	8:42	6.9 (53.9%)
282	TOMALAK Emilia	4223		K40	14	04:04:00.55	+01:52:17 (46.0%)	8:42	6.9 (53.9%)
283	WRÓBEL Bartłomiej	4837	CISNA	M40	89	04:04:08.80	+01:52:26 (46.1%)	8:43	6.9 (53.9%)
284	LEŚNIAK-POPIEL Marta	4720	DZIEWCZYNY Z SANOKA	K40	15	04:04:09.35	+01:52:26 (46.1%)	8:43	6.9 (53.9%)
285	DOMARADZKA- KASZUBOWICZ Wiktoria	4643	DZIEWCZYNY Z SANOKA	K30	19	04:04:13.00	+01:52:30 (46.1%)	8:43	6.9 (53.9%)
286	PERZ Marzenna	4757		K50	3	04:04:29.80	+01:52:47 (46.1%)	8:43	6.9 (53.9%)
287	CEBRAT Ewa	4635	DZIEWCZYNY Z SANOKA	K40	16	04:04:31.15	+01:52:48 (46.1%)	8:43	6.9 (53.9%)
288	KULIKOWSKI Adam	4708		M30	97	04:05:18.80	+01:53:36 (46.3%)	8:45	6.8 (53.1%)
289	ŚLIWIŃSKI Andrzej	4947		M60	5	04:05:23.40	+01:53:40 (46.3%)	8:45	6.8 (53.1%)
290	NESTEROWICZ Tomasz	4900	BIEGUSIEM.PL	M40	90	04:05:23.85	+01:53:41 (46.3%)	8:45	6.8 (53.1%)
291	BOGUMIL Sylwia	4503		K20	11	04:05:44.30	+01:54:01 (46.4%)	8:46	6.8 (53.1%)
292	PASTERNAK Robert	4306		M50	20	04:05:48.75	+01:54:06 (46.4%)	8:46	6.8 (53.1%)
293	PALIGA Rafał	5000		M40	91	04:06:00.65	+01:54:18 (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	SEWERYN Magdalena	4182	TEAM PAPRY	K30	20	04:06:09.45	+01:54:26 (46.5%)	8:47	6.8 (53.1%)
295	UJMA Stanisław	4229	INTER.AUTO.PL	M60	6	04:06:17.35	+01:54:34 (46.5%)	8:47	6.8 (53.1%)
296	GRUDNIEWSKI Tomasz	4064		M40	92	04:06:19.95	+01:54:37 (46.5%)	8:47	6.8 (53.1%)
297	PRZEWŁOKA Wojciech	4169	SAINT-GOBAIN SQUAD	M40	93	04:06:24.85	+01:54:42 (46.5%)	8:48	6.8 (53.1%)
298	PIRÓG Wojciech	4483		M30	98	04:06:42.00	+01:54:59 (46.6%)	8:48	6.8 (53.1%)
299	ZAJKOWSKA Ewa	4415	VEGE RUNNERS	K30	21	04:06:44.15	+01:55:01 (46.6%)	8:48	6.8 (53.1%)
300	BŁAŻAK Bartłomiej	4011		M30	99	04:06:46.05	+01:55:03 (46.6%)	8:48	6.8 (53.1%)
301	ZAJKOWSKI Michał	4416	VEGE RUNNERS	M40	94	04:06:46.10	+01:55:03 (46.6%)	8:48	6.8 (53.1%)
302	JĘDRZEJEK Marek	4072		M30	100	04:06:51.25	+01:55:08 (46.6%)	8:48	6.8 (53.1%)
303	PAWLIKOWSKA Monika	4391		K30	22	04:07:07.25	+01:55:24 (46.7%)	8:49	6.8 (53.1%)
304	BURCHARD Beata	4421		K40	17	04:07:16.90	+01:55:34 (46.7%)	8:49	6.8 (53.1%)
305	POBUDKIEWICZ Seweryn	4575		M30	101	04:07:19.55	+01:55:36 (46.7%)	8:49	6.8 (53.1%)
306	NAKONIECZNY Jacek	4385	SII RUNNING TEAM	M30	102	04:08:06.05	+01:56:23 (46.9%)	8:51	6.8 (53.1%)
307	MADAJ Paweł	4130	MADGOLD TEM	M50	21	04:08:41.00	+01:56:58 (47.0%)	8:52	6.8 (53.1%)
308	ORŁOWSKI Robert	4302		M40	95	04:08:51.35	+01:57:08 (47.1%)	8:53	6.8 (53.1%)
309	GŁOWACKI Andrzej	4519	MŁODY VS STARY	M50	22	04:09:06.35	+01:57:23 (47.1%)	8:53	6.7 (52.3%)
310	FURMAŃCZUK Mateusz	4654	GLADIATORS BY RMF4RT	M30	103	04:09:25.40	+01:57:42 (47.2%)	8:54	6.7 (52.3%)
311	STELMACH Barbara	4196	STELMACH TEAM	K50	4	04:09:40.00	+01:57:57 (47.2%)	8:55	6.7 (52.3%)
312	GMAJ Karolina	5068		K40	18	04:09:44.15	+01:58:01 (47.3%)	8:55	6.7 (52.3%)
313	MIKOŁAJCZYK Paweł	4441		M30	104	04:09:47.55	+01:58:04 (47.3%)	8:55	6.7 (52.3%)
314	MAREK Tomasz	4136		M40	96	04:09:50.30	+01:58:07 (47.3%)	8:55	6.7 (52.3%)
315	MAŁEK Krzysztof	4132		M30	105	04:09:54.05	+01:58:11 (47.3%)	8:55	6.7 (52.3%)
316	CHMIELEWSKI Tomasz	4260	ZIEMOWIT NOWOGRÓD	M40	97	04:10:08.80	+01:58:26 (47.3%)	8:56	6.7 (52.3%)
317	MOSKWA Monika	4739		K20	12	04:10:12.95	+01:58:30 (47.4%)	8:56	6.7 (52.3%)
318	KSIĘŻNIK Anna	4106		K40	19	04:10:19.60	+01:58:36 (47.4%)	8:56	6.7 (52.3%)
319	POGODA Adam	4909		M30	106	04:10:22.70	+01:58:40 (47.4%)	8:56	6.7 (52.3%)
320	SZYNKARUK Wojciech	4953	BEZ KLUBU	M40	98	04:10:25.30	+01:58:42 (47.4%)	8:56	6.7 (52.3%)
321	MITAS Dariusz	4738	PKS - PIWNY KLUB SPORTOWY	M30	107	04:10:26.80	+01:58:44 (47.4%)	8:56	6.7 (52.3%)
322	PAWLIKOWSKI Michał	4307		M40	99	04:10:39.15	+01:58:56 (47.5%)	8:57	6.7 (52.3%)
323	KUŻMA Dorota	4714		K40	20	04:10:43.15	+01:59:00 (47.5%)	8:57	6.7 (52.3%)
324	KUŻMA Krzysiek	4715		M40	100	04:10:43.50	+01:59:00 (47.5%)	8:57	6.7 (52.3%)
325	PIETRZAK Joanna	4159		K20	13	04:10:51.00	+01:59:08 (47.5%)	8:57	6.7 (52.3%)
326	STODOLAK Aleksandra	4198		K20	14	04:10:51.45	+01:59:08 (47.5%)	8:57	6.7 (52.3%)
327	SIPIERA Tomasz	4187		M40	101	04:10:52.20	+01:59:09 (47.5%)	8:57	6.7 (52.3%)
328	BAJOREK Norbert	4003	FITNESS FREAKS	M40	102	04:10:54.55	+01:59:11 (47.5%)	8:57	6.7 (52.3%)
329	WAWRO Szymon	4409		M30	108	04:11:06.65	+01:59:24 (47.5%)	8:58	6.7 (52.3%)
330	CZYŻOWICZ Michał	4032		M30	109	04:11:20.40	+01:59:37 (47.6%)	8:58	6.7 (52.3%)
331	KONDRAK Jan	4697	LUBELSKA FEDERACJA BARDÓW	M60	7	04:11:29.35	+01:59:46 (47.6%)	8:58	6.7 (52.3%)
332	KOCOŃ Mariusz	5010	KLINIKA ZDROWIA I URODY CZ.WOŚKO	M50	23	04:11:36.45	+01:59:53 (47.7%)	8:59	6.7 (52.3%)
333	KLARECKI Adrian	4691	ULTRA WAY TEAM / ASTMA TEAM	M40	103	04:11:40.70	+01:59:58 (47.7%)	8:59	6.7 (52.3%)
334	LESZCZYŃSKA Katarzyna	4438		K30	23	04:11:40.90	+01:59:58 (47.7%)	8:59	6.7 (52.3%)
335	ŻUROWSKI Łukasz	4253	BBKS ŁAWECZKA WILANÓW	M40	104	04:11:55.90	+02:00:13 (47.7%)	8:59	6.7 (52.3%)
336	SZCZYPLIŃSKA Anna	4588	SFORA BMK	K40	21	04:12:09.90	+02:00:27 (47.8%)	9:00	6.7 (52.3%)
337	KUŁAKOWSKI Piotr	4709	CZŁAPACZE	M60	8	04:12:15.75	+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	FIEDORCZUK Łukasz	4996	HDD WINNICZKI	M40	105	04:12:16.00	+02:00:33 (47.8%)	9:00	6.7 (52.3%)
339	FRAĆZEK Piotr	4512	MAKA DRAWSKI MŁYN	M20	32	04:12:22.00	+02:00:39 (47.8%)	9:00	6.7 (52.3%)
340	PAWELEC Krystyna	4156	DOGOŃ GRODZISK MAZOWIECKI	K60	1	04:12:25.20	+02:00:42 (47.8%)	9:00	6.7 (52.3%)
341	LITWORA Sebastian	4124		M40	106	04:12:34.20	+02:00:51 (47.9%)	9:01	6.7 (52.3%)
342	NOSAL Kamila	4147		K30	24	04:12:34.75	+02:00:52 (47.9%)	9:01	6.7 (52.3%)
343	KOZŁOWSKI Sebastian	4700		M30	110	04:12:43.75	+02:01:01 (47.9%)	9:01	6.6 (51.6%)
344	PIETRUSZEWSKI Bartłomiej	4573		M40	107	04:13:09.25	+02:01:26 (48.0%)	9:02	6.6 (51.6%)
345	SERAFIN Bartłomiej	4918		M30	111	04:13:23.60	+02:01:40 (48.0%)	9:02	6.6 (51.6%)
346	ZARZYCKI Krzysztof	4842	DZIKI BRZEG	M30	112	04:13:29.40	+02:01:46 (48.0%)	9:03	6.6 (51.6%)
347	MICHNO Małgorzata	4292	JAROSŁAWSKI BIEGACZ	K40	22	04:13:52.85	+02:02:10 (48.1%)	9:04	6.6 (51.6%)
348	JĘDRZEJCZYK Ula	4872	BIEGAJ POD OKIEM TRENERA	K20	15	04:14:01.20	+02:02:18 (48.1%)	9:04	6.6 (51.6%)
349	CIENKI Szymon	4856		M30	113	04:14:27.15	+02:02:44 (48.2%)	9:05	6.6 (51.6%)
350	SŁAPCZYŃSKA Marta	4584		K20	16	04:14:35.25	+02:02:52 (48.3%)	9:05	6.6 (51.6%)
351	MARCINIAK Anna	4730		K40	23	04:14:57.75	+02:03:15 (48.3%)	9:06	6.6 (51.6%)
352	SULIMA Grzegorz	4203		M40	108	04:15:02.10	+02:03:19 (48.4%)	9:06	6.6 (51.6%)
353	KOWALSKA Magdalena	4093		K30	25	04:15:03.00	+02:03:20 (48.4%)	9:06	6.6 (51.6%)
354	GRZEGÓRZEK Anna	4270		K40	24	04:15:08.15	+02:03:25 (48.4%)	9:06	6.6 (51.6%)
355	KWIECIEŃ Krzysztof	4281		M40	109	04:15:16.00	+02:03:33 (48.4%)	9:07	6.6 (51.6%)
356	NOWAK Mirosław	5058	NIE MA	M40	110	04:15:33.90	+02:03:51 (48.5%)	9:07	6.6 (51.6%)
357	CHODZIŃSKI Daniel	4023		M40	111	04:15:36.30	+02:03:53 (48.5%)	9:07	6.6 (51.6%)
358	MICHALCZAK Paweł	4734	WKS WAWEL KRAKÓW BNO	M40	112	04:16:06.00	+02:04:23 (48.6%)	9:08	6.6 (51.6%)
359	TOMAKA Bartłomiej	4819		M40	113	04:16:06.30	+02:04:23 (48.6%)	9:08	6.6 (51.6%)
360	POLEWACZ Beata	4767	AKADEMIA KETTLEBELLS	K30	26	04:16:35.50	+02:04:52 (48.7%)	9:09	6.5 (50.8%)
361	KOZACZUK Maria	4279		K40	25	04:16:53.10	+02:05:10 (48.7%)	9:10	6.5 (50.8%)
362	ZAŁĘCKI Michał	4340		M30	114	04:16:54.05	+02:05:11 (48.7%)	9:10	6.5 (50.8%)
363	MARGOŁA Marta	4137		K40	26	04:17:17.05	+02:05:34 (48.8%)	9:11	6.5 (50.8%)
364	SIENKIEWICZ Joanna	4792	GS TEAM	K40	27	04:17:25.15	+02:05:42 (48.8%)	9:11	6.5 (50.8%)
365	DYŚKO Łukasz	4037		M30	115	04:17:36.10	+02:05:53 (48.9%)	9:12	6.5 (50.8%)
366	BORKOWA Marta	4015		K30	27	04:17:36.70	+02:05:54 (48.9%)	9:12	6.5 (50.8%)
367	STAROBRAT-CIENKA Aleksandra	4924		K30	28	04:17:38.15	+02:05:55 (48.9%)	9:12	6.5 (50.8%)
368	GLAZER Marcin	4945	PKO BANK POLSKI	M30	116	04:17:38.35	+02:05:55 (48.9%)	9:12	6.5 (50.8%)
369	CIECHAROWSKA Justyna	4636	RUND DE GIRARD	K30	29	04:17:39.25	+02:05:56 (48.9%)	9:12	6.5 (50.8%)
370	BOROWSKA Teresa	4016		K50	5	04:17:45.90	+02:06:03 (48.9%)	9:12	6.5 (50.8%)
371	GRABAREK Mateusz	4364		M30	117	04:17:59.80	+02:06:17 (48.9%)	9:12	6.5 (50.8%)
372	SZYMAŃSKI Jakub	4817	BOMBEL TEAM	M20	33	04:18:04.00	+02:06:21 (49.0%)	9:13	6.5 (50.8%)
373	SIKORSKA Agnieszka	4796		K30	30	04:18:10.65	+02:06:28 (49.0%)	9:13	6.5 (50.8%)
374	JAROS Piotr	4968		M30	118	04:18:11.65	+02:06:29 (49.0%)	9:13	6.5 (50.8%)
375	MIKOŁAJCZAK Barbara	4737		K40	28	04:18:13.30	+02:06:30 (49.0%)	9:13	6.5 (50.8%)
376	GLICA Monika	4662		K40	29	04:18:20.40	+02:06:37 (49.0%)	9:13	6.5 (50.8%)
377	STELMACH Piotr	4808		M40	114	04:18:23.30	+02:06:40 (49.0%)	9:13	6.5 (50.8%)
378	MARKOWSKI Marcin	4731	SZAKALE BAŁUT	M40	115	04:18:35.65	+02:06:53 (49.1%)	9:14	6.5 (50.8%)
379	SIUDA Adam	4188		M30	119	04:18:41.85	+02:06:59 (49.1%)	9:14	6.5 (50.8%)
380	OKRASA Małgorzata	4444		K30	31	04:18:45.30	+02:07:02 (49.1%)	9:14	6.5 (50.8%)
381	BRZEZIŃSKI Piotr	4017		M30	120	04:18:46.35	+02:07:03 (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	FILA Michał	5003		M30	121	04:18:51.50	+02:07:08 (49.1%)	9:14	6.5 (50.8%)
383	KUCZBORSKI Jarosław	4705	HARPAGAN SOSNOWIEC	M40	116	04:19:10.25	+02:07:27 (49.2%)	9:15	6.5 (50.8%)
384	MARCINIAK Lidia	4729	SAME LAMY	K20	17	04:19:37.15	+02:07:54 (49.3%)	9:16	6.5 (50.8%)
385	PŁOCIENICZAK Jacek	4765	SAME LAMY	M20	34	04:19:37.35	+02:07:54 (49.3%)	9:16	6.5 (50.8%)
386	SZUBERT-WALENCZAK Magdalena	5087	TEAM ZABIEGANEDNI	K40	30	04:20:24.20	+02:08:41 (49.4%)	9:18	6.5 (50.8%)
387	STEFANIUK Klaudia	4587		K30	32	04:20:26.40	+02:08:43 (49.4%)	9:18	6.5 (50.8%)
388	MAZEK Łukasz	4138	A NA ILE KILOMETRÓW TEN MARATON	M30	122	04:20:30.45	+02:08:47 (49.4%)	9:18	6.4 (50.0%)
389	GODZIMIRSKA Eliza	4663	REEBOK	K40	31	04:20:42.70	+02:09:00 (49.5%)	9:18	6.4 (50.0%)
390	KACZOROWSKI Tomasz	4682	PKS - PIWNY KLUB SPORTOWY	M30	123	04:20:42.80	+02:09:00 (49.5%)	9:18	6.4 (50.0%)
391	WIŚLIŃSKA Agnieszka	4832		K30	33	04:20:43.10	+02:09:00 (49.5%)	9:18	6.4 (50.0%)
392	KONIECPOLSKI Krzysztof	4432		M50	24	04:20:49.90	+02:09:07 (49.5%)	9:18	6.4 (50.0%)
393	KURKOWSKI Krzysztof	5019		M40	117	04:20:54.90	+02:09:12 (49.5%)	9:19	6.4 (50.0%)
394	LIS Krzysztof	5140		M50	25	04:21:02.90	+02:09:20 (49.5%)	9:19	6.4 (50.0%)
395	DROSIO Klaudia	4645	KASZANKI	K30	34	04:21:08.30	+02:09:25 (49.6%)	9:19	6.4 (50.0%)
396	PYZEL Agnieszka	4772	KS PEGAZ	K50	6	04:21:13.50	+02:09:30 (49.6%)	9:19	6.4 (50.0%)
397	GŁAZ Marek	4057		M30	124	04:21:14.50	+02:09:31 (49.6%)	9:19	6.4 (50.0%)
398	PIOTROWSKI Bartłomiej	4161		M30	125	04:21:45.25	+02:10:02 (49.7%)	9:20	6.4 (50.0%)
399	FOGT Katarzyna	4044	CB163	K30	35	04:21:51.65	+02:10:09 (49.7%)	9:21	6.4 (50.0%)
400	FOGT Maciej	4045	CB163	M40	118	04:21:51.70	+02:10:09 (49.7%)	9:21	6.4 (50.0%)
401	KOWALSKI Marcin	4543	RADOMNO BIEGA	M40	119	04:21:57.50	+02:10:14 (49.7%)	9:21	6.4 (50.0%)
402	CEGIEŁKO Paweł	4854	NIE NALEŻĘ DO KLUBU	M40	120	04:22:01.80	+02:10:19 (49.7%)	9:21	6.4 (50.0%)
403	KOCHAŃSKA Joanna	4086		K40	32	04:22:08.65	+02:10:26 (49.8%)	9:21	6.4 (50.0%)
404	LACHCIK Iwona	4884	7 BATALION KAWALERII POWIETRZNEJ	K30	36	04:22:51.25	+02:11:08 (49.9%)	9:23	6.4 (50.0%)
405	FLASZEWSKI Adam	4358	SPORTOWY KAŻMIERZ	M30	126	04:23:09.90	+02:11:27 (50.0%)	9:23	6.4 (50.0%)
405	GRABARCZYK Łukasz	4363	PAKIET ODBIORĘ	M30	126	04:23:09.90	+02:11:27 (50.0%)	9:23	6.4 (50.0%)
407	KŁODZIŃSKI Klaudiusz	4539		M50	26	04:23:53.25	+02:12:10 (50.1%)	9:25	6.4 (50.0%)
408	UJMA Paweł	4228	WWW.INTER.AUTO.PL	M40	121	04:23:57.20	+02:12:14 (50.1%)	9:25	6.4 (50.0%)
409	ROGE Michał	4392		M30	128	04:23:57.60	+02:12:14 (50.1%)	9:25	6.4 (50.0%)
410	KRZYŻANOWSKA Agnieszka	5032	KASZANKI	K30	37	04:24:16.45	+02:12:33 (50.2%)	9:26	6.4 (50.0%)
411	KUCHARSKA Aneta	4108	ROZBIEGAJMY RADOMSKO	K40	33	04:24:49.65	+02:13:07 (50.3%)	9:27	6.3 (49.2%)
412	BARSKA-OLSZEWSKA Ewa	4005	ROZBIEGAJMY RADOMSKO	K40	34	04:24:49.90	+02:13:07 (50.3%)	9:27	6.3 (49.2%)
413	HUZAREWICZ Heniek	4673		M40	122	04:24:50.90	+02:13:08 (50.3%)	9:27	6.3 (49.2%)
414	SZYMSKI Rafał	4818	CIDRY LOTAJOM	M40	123	04:24:51.50	+02:13:08 (50.3%)	9:27	6.3 (49.2%)
415	BLAJER Piotr	4965		M30	129	04:24:51.95	+02:13:09 (50.3%)	9:27	6.3 (49.2%)
416	OGONOWSKI Michał	4151	CB163	M40	124	04:25:05.95	+02:13:23 (50.3%)	9:28	6.3 (49.2%)
417	CEGLEWSKA Izabela	4021		K40	35	04:25:37.40	+02:13:54 (50.4%)	9:29	6.3 (49.2%)
418	RADYK Jakub	4773	PRZEMYSKI KLUB BIEGACZA	M30	130	04:25:42.50	+02:13:59 (50.4%)	9:29	6.3 (49.2%)
419	BIS Tomasz	5029	KAWKA	M40	125	04:25:43.45	+02:14:00 (50.4%)	9:29	6.3 (49.2%)
420	RADYK Joanna	4774	PRZEMYSKI KLUB BIEGACZA	K30	38	04:25:43.65	+02:14:01 (50.4%)	9:29	6.3 (49.2%)
421	RADZIK Szymon	5030	KAWKA	M40	126	04:25:45.50	+02:14:02 (50.4%)	9:29	6.3 (49.2%)
422	KABALA Joanna	4075	CMKP TEAM	K40	36	04:25:51.85	+02:14:09 (50.5%)	9:29	6.3 (49.2%)
423	RUDZIARCZYK Karolina	4580	FUCHS OIL TEAM	K20	18	04:26:45.05	+02:15:02 (50.6%)	9:31	6.3 (49.2%)
424	WASIK Michal	4235		M30	131	04:27:04.85	+02:15:22 (50.7%)	9:32	6.3 (49.2%)
425	NOWAK Marcin	4298	KLUB BIEGACZA RTV EURO AGD	M20	35	04:27:21.05	+02:15:38 (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	NIEMIEC Łukasz	4902		M20	36	04:27:22.70	+02:15:40 (50.7%)	9:32	6.3 (49.2%)
427	PASEK Przemysław	4904		M20	37	04:27:23.30	+02:15:40 (50.7%)	9:32	6.3 (49.2%)
428	SOWIŃSKI Mikołaj	4321		M20	38	04:27:35.65	+02:15:53 (50.8%)	9:33	6.3 (49.2%)
429	WAŁACHOWSKA Urszula	4984	SOLINA TEAM	K30	39	04:27:45.50	+02:16:02 (50.8%)	9:33	6.3 (49.2%)
430	REGULSKA Patrycja	4173		K20	19	04:27:59.15	+02:16:16 (50.9%)	9:34	6.3 (49.2%)
431	URBAŃCZYK Marcin	4230		M40	127	04:28:00.10	+02:16:17 (50.9%)	9:34	6.3 (49.2%)
432	STEBELSKA Monika	4806	QUEENS OF CHAMONIX	K40	37	04:28:03.40	+02:16:20 (50.9%)	9:34	6.3 (49.2%)
433	STEBELSKI Łukasz	5028	KASZUBY MAN	M40	128	04:28:03.50	+02:16:20 (50.9%)	9:34	6.3 (49.2%)
434	BOCHEN Izabela	4345		K40	38	04:28:05.15	+02:16:22 (50.9%)	9:34	6.3 (49.2%)
435	SIENIAWSKA Karolina	4318		K30	40	04:28:12.50	+02:16:29 (50.9%)	9:34	6.3 (49.2%)
436	DROZDEK Włodzimierz	4859	BIEGAJĄCE DROZDKI	M50	27	04:28:14.20	+02:16:31 (50.9%)	9:34	6.3 (49.2%)
437	KARPIŁOWSKA Maria	4537	VICIOUS CIRCLE	K40	39	04:28:24.15	+02:16:41 (50.9%)	9:35	6.3 (49.2%)
438	KARPIŁOWSKI Bartosz	4538	VICIOUS CIRCLE	M40	129	04:28:24.45	+02:16:41 (50.9%)	9:35	6.3 (49.2%)
439	GAWRON Paweł	4055	KONINRUN	M60	9	04:28:28.15	+02:16:45 (50.9%)	9:35	6.3 (49.2%)
440	KARSKI Tomasz	4687		M30	132	04:28:39.20	+02:16:56 (51.0%)	9:35	6.3 (49.2%)
441	ROSTEK Arkadiusz	5065		M40	130	04:28:39.90	+02:16:57 (51.0%)	9:35	6.3 (49.2%)
442	GÓRKA Bogusław	4062	SUSKA GRUPA BIEGOWA	M40	131	04:28:42.65	+02:17:00 (51.0%)	9:35	6.3 (49.2%)
443	SCHMIDT-PIOTROWSKA Kamila	4181	CB163	K20	20	04:28:45.20	+02:17:02 (51.0%)	9:35	6.3 (49.2%)
444	RZEPNIEWSKA Joanna	4785	MARKOWI BIEGACZE	K40	40	04:28:48.45	+02:17:05 (51.0%)	9:36	6.3 (49.2%)
445	SZATAN Jowita	5001	KOTWICA BRZEG	K30	41	04:28:52.10	+02:17:09 (51.0%)	9:36	6.2 (48.4%)
446	OLSZEWSKI Jacek	4745	RYKOWISKO TEAM	M40	132	04:29:10.40	+02:17:27 (51.1%)	9:36	6.2 (48.4%)
447	PISINGAS Mariusz	4574	BIEGANIE TO MÓJ TRZEŻWY	M40	133	04:29:21.40	+02:17:38 (51.1%)	9:37	6.2 (48.4%)
448	DWORNICKI Tomasz	5040	RGB	M40	134	04:29:24.75	+02:17:42 (51.1%)	9:37	6.2 (48.4%)
449	BRODZIAK Arkadiusz	4504		M40	135	04:29:28.30	+02:17:45 (51.1%)	9:37	6.2 (48.4%)
450	CHABLO Daniel	4462	STUMBRASIKI	M40	136	04:29:36.55	+02:17:53 (51.1%)	9:37	6.2 (48.4%)
451	CZELIŃSKI Leszek	4508	CAMEL W ZALEWIE	M50	28	04:29:38.50	+02:17:55 (51.2%)	9:37	6.2 (48.4%)
452	STRZEMIECZNY Piotr	4200		M30	133	04:29:46.75	+02:18:04 (51.2%)	9:38	6.2 (48.4%)
453	WAŁDOWSKA Natalia	4408		K20	21	04:29:55.50	+02:18:12 (51.2%)	9:38	6.2 (48.4%)
454	PODOLAK Rafał	4766	GLADIATORS BY RMF4RT	M20	39	04:29:58.45	+02:18:15 (51.2%)	9:38	6.2 (48.4%)
455	PIEJAK Tomasz	4760	AKADEMIA KETTLEBELLS WARSZAWA	M30	134	04:30:08.80	+02:18:26 (51.2%)	9:38	6.2 (48.4%)
456	MAŁEK Krzysztof	4133		M40	137	04:30:14.30	+02:18:31 (51.3%)	9:39	6.2 (48.4%)
457	VLADOIU Dagmara	4231		K30	42	04:30:33.65	+02:18:51 (51.3%)	9:39	6.2 (48.4%)
458	MAJSZCZYK Paulina	4131		K30	43	04:30:36.75	+02:18:54 (51.3%)	9:39	6.2 (48.4%)
459	KACZYŃSKI Artur	4683		M40	138	04:31:04.95	+02:19:22 (51.4%)	9:40	6.2 (48.4%)
460	KOSEWSKA Monika	4541	SFORA BMK	K40	41	04:31:17.75	+02:19:35 (51.5%)	9:41	6.2 (48.4%)
461	MIKULSKA Magdalena	4559		K40	42	04:31:30.55	+02:19:47 (51.5%)	9:41	6.2 (48.4%)
462	KNAPCZYK Elżbieta	4084	PĘDZĄCE ŁANIE	K40	43	04:31:38.05	+02:19:55 (51.5%)	9:42	6.2 (48.4%)
463	SKIBA Ewelina	4487		K30	44	04:31:51.75	+02:20:09 (51.6%)	9:42	6.2 (48.4%)
464	KICIŃSKI Piotr	4371		M40	139	04:31:52.45	+02:20:09 (51.6%)	9:42	6.2 (48.4%)
465	MORAWSKA Anna	4964		K60	2	04:31:58.25	+02:20:15 (51.6%)	9:42	6.2 (48.4%)
466	SZMATLOCH Bartłomiej	4208	RETROBAJTEL	M30	135	04:32:02.95	+02:20:20 (51.6%)	9:42	6.2 (48.4%)
467	OSTROWSKI Mirosław	4569		M30	136	04:32:08.90	+02:20:26 (51.6%)	9:43	6.2 (48.4%)
468	IGNASZEWSKI Przemysław	5002	VEGENERAT BIEGOWY	M40	140	04:32:09.20	+02:20:26 (51.6%)	9:43	6.2 (48.4%)
469	SZMATLOCH Maciek	4209	RETROBAJTEL	M40	141	04:32:11.10	+02:20:28 (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	PIĘTKA Piotr	4308	AMERNET	M40	142	04:32:12.70	+02:20:30 (51.6%)	9:43	6.2 (48.4%)
471	ANDRZEJEWSKA Monika	4459		K30	45	04:32:13.50	+02:20:30 (51.6%)	9:43	6.2 (48.4%)
472	GRONIECKI Mikołaj	4983	KTÓRĘDY PO PIWO,)	M40	143	04:32:14.65	+02:20:32 (51.6%)	9:43	6.2 (48.4%)
473	RUPNIK Janusz	4782	K.B. MARATON TUREK	M50	29	04:32:15.60	+02:20:32 (51.6%)	9:43	6.2 (48.4%)
474	RECZEK Sebastian	4315	KS ZIELONO-CZARNI	M40	144	04:32:28.90	+02:20:46 (51.7%)	9:43	6.2 (48.4%)
475	KŁĘCZAR Igor	5084		M30	137	04:32:28.95	+02:20:46 (51.7%)	9:43	6.2 (48.4%)
476	RATOWSKI Marek	4314	PODGÓRZ TORUŃ	M40	145	04:32:29.70	+02:20:47 (51.7%)	9:43	6.2 (48.4%)
477	FRAŃSKI Łukasz	4359	NKB CHYŻY NOWY TOMYŚL	M40	146	04:32:44.10	+02:21:01 (51.7%)	9:44	6.2 (48.4%)
478	SUCHOCKA Yana	4327		K30	46	04:32:55.70	+02:21:13 (51.7%)	9:44	6.2 (48.4%)
479	HAJDUK Tomek	4427	YULO RUN TEAM	M40	147	04:33:26.60	+02:21:43 (51.8%)	9:45	6.1 (47.7%)
480	JANOWSKA Justyna	4071	CB163 LILIOWA TEAM	K40	44	04:33:29.90	+02:21:47 (51.8%)	9:46	6.1 (47.7%)
481	TUREK Martyna	4226		K20	22	04:33:33.95	+02:21:51 (51.9%)	9:46	6.1 (47.7%)
482	SICIARSKI Marcin	4317		M40	148	04:34:22.35	+02:22:39 (52.0%)	9:47	6.1 (47.7%)
483	MASŁOWSKI Dariusz	4555		M40	149	04:34:42.90	+02:23:00 (52.1%)	9:48	6.1 (47.7%)
484	SIEROCIŃSKA Monika	4794	CROSSFIT SIEDLCE	K40	45	04:34:50.00	+02:23:07 (52.1%)	9:48	6.1 (47.7%)
485	SIEROCIŃSKI Robert	4795	CROSSFIT SIEDLCE	M40	150	04:34:50.45	+02:23:07 (52.1%)	9:48	6.1 (47.7%)
486	JAŚKIEWICZ Martyna	4531		K20	23	04:34:54.40	+02:23:11 (52.1%)	9:49	6.1 (47.7%)
487	PREIS Kamil	4167	SII RUNNING TEAM	M20	40	04:35:12.00	+02:23:29 (52.1%)	9:49	6.1 (47.7%)
488	MASZKOWSKI Rafał	4557		M40	151	04:35:17.10	+02:23:34 (52.2%)	9:49	6.1 (47.7%)
489	MAZUREK Grzegorz	4139		M40	152	04:35:32.00	+02:23:49 (52.2%)	9:50	6.1 (47.7%)
490	BIJATOWSKA Diana	4009	PĘDZĄCE ŁANIE	K30	47	04:35:45.80	+02:24:03 (52.2%)	9:50	6.1 (47.7%)
491	NĘCKI Łukasz	4741	SŁOŃCA JURY	M40	153	04:35:57.90	+02:24:15 (52.3%)	9:51	6.1 (47.7%)
492	SKORUS Jakub	4488	WKURW_TEAM	M20	41	04:36:02.20	+02:24:19 (52.3%)	9:51	6.1 (47.7%)
493	ROMANOWICZ Katarzyna	4450		K40	46	04:36:03.05	+02:24:20 (52.3%)	9:51	6.1 (47.7%)
494	GRUNTKOWSKA Sylwia	4966		K20	24	04:36:23.35	+02:24:40 (52.3%)	9:52	6.1 (47.7%)
495	KASIŃSKI Radosław	4473	HERNIK TEAM	M40	154	04:36:29.00	+02:24:46 (52.4%)	9:52	6.1 (47.7%)
496	TYMA Katarzyna	4406	CB163	K30	48	04:36:30.20	+02:24:47 (52.4%)	9:52	6.1 (47.7%)
497	TYMA Krzysztof	4405	CB163	M30	138	04:36:30.30	+02:24:47 (52.4%)	9:52	6.1 (47.7%)
498	HATALA Grzegorz	4871		M30	139	04:36:38.90	+02:24:56 (52.4%)	9:52	6.1 (47.7%)
499	CZECH Dorota	4263	AFR POLAND	K40	47	04:36:40.65	+02:24:58 (52.4%)	9:52	6.1 (47.7%)
500	TOKARZ Agnieszka	4222	TEAM PAPRY	K30	49	04:36:47.80	+02:25:05 (52.4%)	9:53	6.1 (47.7%)
501	JAGODA Mateusz	4529	FUCHS OIL TEAM	M20	42	04:36:52.85	+02:25:10 (52.4%)	9:53	6.1 (47.7%)
502	BRUSZEWSKA- GŁOMBIOWSKA Monika	4505	ULTRA ŻÓŁWIK	K20	25	04:36:59.25	+02:25:16 (52.4%)	9:53	6.1 (47.7%)
503	ROKOSZ Marek	4777		M50	30	04:37:09.40	+02:25:26 (52.5%)	9:53	6.1 (47.7%)
504	SALA Pawel	5016	TURBACZ TRAIL/ B4SPORT TO NAJLEPSZA FIRMA POMIAROWA	M40	155	04:37:13.75	+02:25:31 (52.5%)	9:54	6.1 (47.7%)
505	KASZA Bartosz	4080		M30	140	04:37:26.80	+02:25:44 (52.5%)	9:54	6.1 (47.7%)
506	OSIADŁY Bartosz	4153		M30	141	04:37:37.30	+02:25:54 (52.6%)	9:54	6.1 (47.7%)
507	BILCZEWSKA Basia	4010	HEINEKEN KRAKÓW RUNNING CLUB	K30	50	04:37:55.90	+02:26:13 (52.6%)	9:55	6 (46.9%)
508	ZAKRZEWSKA Małgorzata	4245	#BIEGAMYNAOSTRO	K30	51	04:38:31.30	+02:26:48 (52.7%)	9:56	6 (46.9%)
509	BOROWIEC Arkadiusz	4625	CHEŁM BIEGA	M40	156	04:38:46.85	+02:27:04 (52.8%)	9:57	6 (46.9%)
510	PRYSZCZ Mirosław	5066		M40	157	04:39:18.90	+02:27:36 (52.8%)	9:58	6 (46.9%)
511	WAŁCZYK Wojciech	4827		M40	158	04:39:34.05	+02:27:51 (52.9%)	9:59	6 (46.9%)
512	LEWANDOWSKA Malgorzata	4120		K50	7	04:39:46.15	+02:28:03 (52.9%)	9:59	6 (46.9%)
513	SIEWIERSKI Adam	4185	TEAM PAPRY	M40	159	04:39:51.30	+02:28:08 (52.9%)	9:59	6 (46.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 28km	Różn	Tempo min/km	Tempo km/h
514	PODKUL Konrad	4163		M30	142	04:40:06.00	+02:28:23 (53.0%)	10:00	6 (46.9%)
515	KUCHARSKI Adam	4547		M40	160	04:40:24.10	+02:28:41 (53.0%)	10:00	6 (46.9%)
516	JĘDRZEJCZAK Anna	4534		K50	8	04:40:25.35	+02:28:42 (53.0%)	10:00	6 (46.9%)
517	MASZKOWSKA Anna	4556		K40	48	04:40:35.25	+02:28:52 (53.1%)	10:01	6 (46.9%)
518	WOLGETAN Paulina	4835	WKURW_TEAM	K20	26	04:40:37.30	+02:28:54 (53.1%)	10:01	6 (46.9%)
519	DZIĘGIELEWSKA Dominika	4422		K30	52	04:40:38.60	+02:28:55 (53.1%)	10:01	6 (46.9%)
520	CHYLIŃSKI Bartosz	4507		M30	143	04:40:51.55	+02:29:08 (53.1%)	10:01	6 (46.9%)
521	BIAŁEK Kamila	4499		K40	49	04:40:52.00	+02:29:09 (53.1%)	10:01	6 (46.9%)
522	MAJKA Wojciech	4728	TRENER24H.COM.PL	M40	161	04:41:05.50	+02:29:22 (53.1%)	10:02	6 (46.9%)
523	FORNAL Ewelina	4047		K30	53	04:41:30.60	+02:29:47 (53.2%)	10:03	6 (46.9%)
524	STOLTMAN Jan	4925		M20	43	04:41:30.65	+02:29:48 (53.2%)	10:03	6 (46.9%)
525	FORNAL Jacek	4046		M30	144	04:41:31.75	+02:29:49 (53.2%)	10:03	6 (46.9%)
526	WYSMOLIŃSKI Jan	4607		M20	44	04:41:32.55	+02:29:49 (53.2%)	10:03	6 (46.9%)
527	KOLASIŃSKI Marcin	4693		M30	145	04:41:40.70	+02:29:58 (53.2%)	10:03	6 (46.9%)
528	OLSZÓWKA Karol	4746		M30	146	04:41:42.50	+02:29:59 (53.2%)	10:03	6 (46.9%)
529	ŚWIERKOWSKI Robert	4216		M40	162	04:41:45.30	+02:30:02 (53.3%)	10:03	6 (46.9%)
530	ANDRZEJEWSKI Maciej	4460	KTÓRĘDY PO PIWO	M30	147	04:41:47.95	+02:30:05 (53.3%)	10:03	6 (46.9%)
531	DYLAĞ Katarzyna	4354		K40	50	04:41:58.15	+02:30:15 (53.3%)	10:04	6 (46.9%)
532	HOLIK Iwona	4365		K40	51	04:41:58.30	+02:30:15 (53.3%)	10:04	6 (46.9%)
533	GOŁASZEWSKA Marta	4664		K40	52	04:42:17.90	+02:30:35 (53.3%)	10:04	6 (46.9%)
534	KRÓL Iwona	4373		K40	53	04:42:29.10	+02:30:46 (53.4%)	10:05	5.9 (46.1%)
535	JURAŚ-KMIEC Marzena	5089	BIEGAM SOBIE	K40	54	04:42:49.70	+02:31:07 (53.4%)	10:06	5.9 (46.1%)
536	PENAR Arkadiusz	4448		M50	31	04:42:59.10	+02:31:16 (53.5%)	10:06	5.9 (46.1%)
537	NOWAK - KASPRZAK Anna	4148		K30	54	04:43:01.45	+02:31:18 (53.5%)	10:06	5.9 (46.1%)
538	MICHNIEWSKI Tomasz	4140	FENOLE	M40	163	04:43:07.75	+02:31:25 (53.5%)	10:06	5.9 (46.1%)
539	TREMPAŁA Michalina	4224	CB163	K30	55	04:43:13.40	+02:31:30 (53.5%)	10:06	5.9 (46.1%)
540	SZOPA Grzegorz	4490		M50	32	04:43:53.90	+02:32:11 (53.6%)	10:08	5.9 (46.1%)
541	AGNIESZKA Berendt	5034		K40	55	04:43:55.90	+02:32:13 (53.6%)	10:08	5.9 (46.1%)
542	HARNIK Magdalena	4525	KOPALNIA MOCY	K30	56	04:43:58.75	+02:32:16 (53.6%)	10:08	5.9 (46.1%)
543	PRZEWORSKA Basia	4312	CZARNECKI RUN TEAM	K40	56	04:44:00.20	+02:32:17 (53.6%)	10:08	5.9 (46.1%)
544	OBARA Aneta	4300		K40	57	04:44:00.50	+02:32:17 (53.6%)	10:08	5.9 (46.1%)
545	CHODZIAK Marcin	5036		M30	148	04:44:19.05	+02:32:36 (53.7%)	10:09	5.9 (46.1%)
546	SZCZOTKA Agata	4329		K40	58	04:44:40.15	+02:32:57 (53.7%)	10:10	5.9 (46.1%)
547	LEŚNIAKOWSKA Anna	4119	TUR TERKA ULTRA RUNNING	K40	59	04:44:59.30	+02:33:16 (53.8%)	10:10	5.9 (46.1%)
548	STAŃCZUK Dorota	4323	SLOW JOGGING SIEDLCE	K50	9	04:45:02.70	+02:33:20 (53.8%)	10:10	5.9 (46.1%)
549	ZAPAŁOWSKA Jolanta	4341	SLOW JOGGING SIEDLCE	K60	3	04:45:03.50	+02:33:20 (53.8%)	10:10	5.9 (46.1%)
550	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%)
551	PAWLAK Bartosz	4753		M40	164	04:45:27.55	+02:33:44 (53.9%)	10:11	5.9 (46.1%)
552	PIASECZYŃSKA-JAMBOR Agata	4759	ŻÓRAWSKI TEAM	K40	61	04:45:27.60	+02:33:44 (53.9%)	10:11	5.9 (46.1%)
553	PAWLAK Beata	4752		K40	62	04:45:27.70	+02:33:45 (53.9%)	10:11	5.9 (46.1%)
554	JAMBOR Michał	4676	BRACTWO BIEGOWE BGK / ŻÓRAWSKI TEAM	M40	165	04:45:32.25	+02:33:49 (53.9%)	10:11	5.9 (46.1%)
555	KOSTECKI Tomasz	4433	R&T	M40	166	04:45:33.60	+02:33:50 (53.9%)	10:11	5.9 (46.1%)
556	PARAFINIAK Szymon	4304		M30	149	04:45:38.20	+02:33:55 (53.9%)	10:12	5.9 (46.1%)
557	RÓŻAK-RUKUSZEWICZ Magdalena	4779	DZIKIE GRUBASY SZATANA	K40	63	04:45:41.85	+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	REGUŁA Katarzyna	4776	DZIKIE GRUBASY SZATANA	K30	57	04:45:42.50	+02:33:59 (53.9%)	10:12	5.9 (46.1%)
559	LATOS Joanna	4551		K40	64	04:45:49.90	+02:34:07 (53.9%)	10:12	5.9 (46.1%)
560	ŁUKASZYK Kamila	4724		K40	65	04:45:57.45	+02:34:14 (53.9%)	10:12	5.9 (46.1%)
561	PASTERNAK Wojciech	4305		M40	167	04:46:03.00	+02:34:20 (54.0%)	10:12	5.9 (46.1%)
562	BŁAŻEJCZYK Dominika	4621	RAWA SIEDLCE	K30	58	04:46:36.40	+02:34:53 (54.0%)	10:14	5.9 (46.1%)
563	GORSKA Malgorzata	4362		K30	59	04:46:43.05	+02:35:00 (54.1%)	10:14	5.9 (46.1%)
564	WOŹNIAK Przemysław	4412	WIELISZEW HERON TEAM	M30	150	04:46:43.50	+02:35:00 (54.1%)	10:14	5.9 (46.1%)
565	MAĆZKA Bronisław	5021	OTK RZEŹNIK	M60	10	04:46:43.55	+02:35:00 (54.1%)	10:14	5.9 (46.1%)
566	BURGS Edyta	4633		K40	66	04:46:44.60	+02:35:01 (54.1%)	10:14	5.9 (46.1%)
567	GIEŁBAGA Dorota	4660		K50	10	04:46:46.60	+02:35:03 (54.1%)	10:14	5.9 (46.1%)
568	KUKLA Mańka	4707	DZIKI GOŁOBORZY	K30	60	04:46:55.25	+02:35:12 (54.1%)	10:14	5.9 (46.1%)
569	KRZYSZTOFOWICZ Andrzej	4546		M40	168	04:47:20.15	+02:35:37 (54.2%)	10:15	5.8 (45.3%)
570	DYŚ Wojciech	4036	SANTANDER RUNNERS TEAM	M30	151	04:47:46.55	+02:36:03 (54.2%)	10:16	5.8 (45.3%)
571	MROSZYŃSKI Wojciech	4384	NIGHT RUNNERS	M30	152	04:47:48.60	+02:36:05 (54.2%)	10:16	5.8 (45.3%)
572	ŁUKAWSKI Tomek	3136	B4TEAM	M20	45	04:48:05.85	+02:36:23 (54.3%)	10:17	5.8 (45.3%)
573	KAZIRÓD Sebastian	4474	STUMBRASIKI	M50	33	04:48:18.80	+02:36:36 (54.3%)	10:17	5.8 (45.3%)
574	DRUŻKOWSKA Monika	4035		K30	61	04:48:27.15	+02:36:44 (54.3%)	10:18	5.8 (45.3%)
575	SZYMKIEWICZ Ewa	4402		K40	67	04:48:27.30	+02:36:44 (54.3%)	10:18	5.8 (45.3%)
576	MROZIK Michał	4999	POWER TRAINING	M30	153	04:48:27.65	+02:36:45 (54.3%)	10:18	5.8 (45.3%)
577	MATYJASIAK Konrad	4890		M40	169	04:48:27.85	+02:36:45 (54.3%)	10:18	5.8 (45.3%)
578	TROCHA Natalia	4821	BALLS OF STEEL	K30	62	04:48:28.85	+02:36:46 (54.3%)	10:18	5.8 (45.3%)
579	PAPIERNIK Aneta	4749	MARKOWI BIEGACZE	K40	68	04:48:30.35	+02:36:47 (54.3%)	10:18	5.8 (45.3%)
580	WASIEWICZ Michał	4233		M30	154	04:48:37.05	+02:36:54 (54.4%)	10:18	5.8 (45.3%)
581	FILIPIAK Beata	4042	MGB	K40	69	04:48:46.25	+02:37:03 (54.4%)	10:18	5.8 (45.3%)
582	PASZEK Krystyna	4155	DOGOŃ GRODZISK MAZOWIECKI	K60	4	04:48:59.60	+02:37:16 (54.4%)	10:19	5.8 (45.3%)
583	SUDOŁ Katarzyna	4202		K30	63	04:49:13.20	+02:37:30 (54.5%)	10:19	5.8 (45.3%)
584	WIŚNIEWSKA Żaneta	4833	KIJKOWE TRZEMESZNO	K20	27	04:49:24.55	+02:37:41 (54.5%)	10:20	5.8 (45.3%)
585	KRAWCZYK Sławomir	4100		M50	34	04:49:24.85	+02:37:42 (54.5%)	10:20	5.8 (45.3%)
586	POLAŃSKI Robert	4165	NOĆNE WOŁKI	M40	170	04:49:28.45	+02:37:45 (54.5%)	10:20	5.8 (45.3%)
587	WRÓBEL Radosław	4606		M30	155	04:49:34.10	+02:37:51 (54.5%)	10:20	5.8 (45.3%)
588	WRÓBEL Piotr	4605		M60	11	04:49:34.30	+02:37:51 (54.5%)	10:20	5.8 (45.3%)
589	MĘTLAK Małgorzata	5078	GIT EKIPA!	K20	28	04:49:37.45	+02:37:54 (54.5%)	10:20	5.8 (45.3%)
590	WRÓBLEWSKA Katarzyna	5080	GIT EKIPA!	K30	64	04:49:37.85	+02:37:55 (54.5%)	10:20	5.8 (45.3%)
591	DZIOPA Paweł	4038	WKURW_TEAM	M50	35	04:49:41.85	+02:37:59 (54.5%)	10:20	5.8 (45.3%)
592	KRUCZEK Monika	4103	TEAM PAPRY	K40	70	04:49:55.45	+02:38:12 (54.6%)	10:21	5.8 (45.3%)
593	MIERZWA Natalia	4736	KOPALNIA MOCY	K30	65	04:50:06.25	+02:38:23 (54.6%)	10:21	5.8 (45.3%)
594	GEWALD Danuta	4659	TRENER24H.COM.PL	K30	66	04:50:51.65	+02:39:09 (54.7%)	10:23	5.8 (45.3%)
595	WALKOWSKI Tomasz	4457	AKTYWNI KOCIEWIACY	M30	156	04:50:54.00	+02:39:11 (54.7%)	10:23	5.8 (45.3%)
596	HORODYŃSKA Mirosława	4067	KOTWICA BRZEG	K40	71	04:50:55.05	+02:39:12 (54.7%)	10:23	5.8 (45.3%)
597	PALUSZKIEWICZ Karolina	4303	MAĆKOWIAK TEAM	K40	72	04:50:55.10	+02:39:12 (54.7%)	10:23	5.8 (45.3%)
598	KURZYDŁO Bartosz	4548		M30	157	04:50:59.35	+02:39:16 (54.7%)	10:23	5.8 (45.3%)
599	NOWICKI Bartosz	4990	ROZBIEGANY PIASTÓW	M30	158	04:51:15.85	+02:39:33 (54.8%)	10:24	5.8 (45.3%)
600	GÓRSKI Krzysztof	4267	MK-NET	M40	171	04:51:21.10	+02:39:38 (54.8%)	10:24	5.8 (45.3%)
601	ŁAĆKA Agata	4887	ROOKIES	K30	67	04:51:27.70	+02:39:45 (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	STANISZEWSKI Maciej	4802		M40	172	04:51:30.30	+02:39:47 (54.8%)	10:24	5.8 (45.3%)
603	CZARNY Marzena	4638	JAWORZNO ŁBC	K40	73	04:51:34.10	+02:39:51 (54.8%)	10:24	5.8 (45.3%)
604	GOLONKA Anna	4998		K30	68	04:51:47.25	+02:40:04 (54.9%)	10:25	5.8 (45.3%)
605	SZYMCZYK Maciej	4213		M30	159	04:51:47.90	+02:40:05 (54.9%)	10:25	5.8 (45.3%)
606	SMOLEŃ Tomasz	4189		M30	160	04:51:48.05	+02:40:05 (54.9%)	10:25	5.8 (45.3%)
607	WŁADYKA Marcin	4936	ASP WWA	M40	173	04:51:52.70	+02:40:10 (54.9%)	10:25	5.8 (45.3%)
608	STAŃSKA Sylwia	4976	DZIKI GOŁOBORZY	K30	69	04:52:07.85	+02:40:25 (54.9%)	10:25	5.8 (45.3%)
609	ROSZAK Zbigniew	4486	WATAHA ŁĄCZY NAS BIEGANIE	M30	161	04:52:25.50	+02:40:42 (55.0%)	10:26	5.7 (44.5%)
610	DĘBSKI Jan	4464	SOŁTYS SUCHARZEWO	M60	12	04:52:25.75	+02:40:43 (55.0%)	10:26	5.7 (44.5%)
611	CZAPIŃSKI Bartosz	4637	DZIKI GOŁOBORZY	M40	174	04:52:30.65	+02:40:48 (55.0%)	10:26	5.7 (44.5%)
612	OSTROWSKA Dorota	4446	YULO RUN TEAM SIEDLCE	K50	11	04:52:46.70	+02:41:04 (55.0%)	10:27	5.7 (44.5%)
613	BLADOWSKA Katarzyna	4620	RUNEDA	K40	74	04:52:54.75	+02:41:12 (55.0%)	10:27	5.7 (44.5%)
614	PALUSZKIEWICZ Dorota	4748	RUNEDA	K30	70	04:52:54.90	+02:41:12 (55.0%)	10:27	5.7 (44.5%)
615	WILOWSKI Wojciech	5011	BIEGANIE SZYDERCOW	M40	175	04:53:05.20	+02:41:22 (55.1%)	10:28	5.7 (44.5%)
616	OBARSKI Norbert	4744		M60	13	04:53:07.75	+02:41:25 (55.1%)	10:28	5.7 (44.5%)
617	RESZKA Łukasz	4316	POWIAT ŚWIDNICKI	M40	176	04:53:11.95	+02:41:29 (55.1%)	10:28	5.7 (44.5%)
618	STANISŁAWSKI Emil	4801	AKADEMIA KETTLEBELLS WARSZAWA	M30	162	04:53:18.95	+02:41:36 (55.1%)	10:28	5.7 (44.5%)
619	PASLAWSKA Irma	4570		K40	75	04:53:30.25	+02:41:47 (55.1%)	10:28	5.7 (44.5%)
620	KESSLER Dominika	4989	ROZBIEGANY PIASTÓW	K30	71	04:53:58.80	+02:42:16 (55.2%)	10:29	5.7 (44.5%)
621	ŁYP Monika	4988	ROZBIEGANY PIASTÓW	K30	72	04:53:59.05	+02:42:16 (55.2%)	10:29	5.7 (44.5%)
622	LUBAŃSKA Alicja	4722		K50	12	04:54:02.30	+02:42:19 (55.2%)	10:30	5.7 (44.5%)
623	SZARKOWSKA-LUDEW Katarzyna	4328	3 T BIAŁYSTOK	K40	76	04:54:06.75	+02:42:24 (55.2%)	10:30	5.7 (44.5%)
624	WYBRANIEC Wojciech	5063	OFIARY JEDZENIA KOTLETÓW	M40	177	04:54:09.80	+02:42:27 (55.2%)	10:30	5.7 (44.5%)
625	BŁAŻEJEWSKI Kacper	4012	CB163	M30	163	04:54:18.40	+02:42:35 (55.2%)	10:30	5.7 (44.5%)
626	NOWACKI Łukasz	4297	POGODNI	M40	178	04:54:21.95	+02:42:39 (55.3%)	10:30	5.7 (44.5%)
627	OLEŃDZKA Marianna	4152	MARIANNA.FIZJO.RUN	K30	73	04:54:23.65	+02:42:41 (55.3%)	10:30	5.7 (44.5%)
628	CIEŚLA Dariusz	4026		M40	179	04:54:25.50	+02:42:42 (55.3%)	10:30	5.7 (44.5%)
629	KLIMASZYK Łukasz	4273		M20	46	04:54:38.45	+02:42:55 (55.3%)	10:31	5.7 (44.5%)
630	ZANDER Agnieszka	4941	EUROFINS	K30	74	04:55:04.00	+02:43:21 (55.4%)	10:32	5.7 (44.5%)
631	MOCEK Stanisław	4893	EUROFINS	M40	180	04:55:04.45	+02:43:21 (55.4%)	10:32	5.7 (44.5%)
632	ADAMCZYK Ania	4000		K40	77	04:55:27.00	+02:43:44 (55.4%)	10:33	5.7 (44.5%)
633	PLIŻGA Sebastian	4992	BYDLAKI	M30	164	04:55:50.20	+02:44:07 (55.5%)	10:33	5.7 (44.5%)
634	LE FELIC Monika	4115		K40	78	04:56:23.90	+02:44:41 (55.6%)	10:35	5.7 (44.5%)
635	ZAKRZEWSKI Marcin	4246	#BIEGAMYNAOSTRO	M30	165	04:56:46.15	+02:45:03 (55.6%)	10:35	5.7 (44.5%)
636	PRZYBYŁA Krzysztof	4912	ADIDAS RUNNERS WARSAW	M30	166	04:56:59.35	+02:45:16 (55.7%)	10:36	5.7 (44.5%)
637	MROCZEK Justyna	4895	ADIDAS RUNNERS WARSAW	K30	75	04:56:59.55	+02:45:16 (55.7%)	10:36	5.7 (44.5%)
638	MARON Agnieszka	5006	ADIDAS RUNNERS WARSAW	K40	79	04:57:00.00	+02:45:17 (55.7%)	10:36	5.7 (44.5%)
639	FASZCZA Agnieszka	4040	MARATOŃCZYK POZNAŃ	K30	76	04:57:00.75	+02:45:18 (55.7%)	10:36	5.7 (44.5%)
640	URBAŃSKA Katarzyna	4825		K30	77	04:57:17.80	+02:45:35 (55.7%)	10:37	5.7 (44.5%)
641	KOWALCZYK Justyna	4092	TEAM PAPRY	K30	78	04:57:21.40	+02:45:38 (55.7%)	10:37	5.6 (43.8%)
642	KULAK Paweł	4980		M40	181	04:57:26.50	+02:45:43 (55.7%)	10:37	5.6 (43.8%)
643	KROTOS Krzysztof	4102	OQS	M40	182	04:57:35.20	+02:45:52 (55.7%)	10:37	5.6 (43.8%)
644	LEKS-MASZKOWSKA Ryszarda	4285	OBORYGENI	K40	80	04:58:02.05	+02:46:19 (55.8%)	10:38	5.6 (43.8%)
645	MASZKOWSKI Piotr	4288	OBORYGENI	M40	183	04:58:02.25	+02:46:19 (55.8%)	10:38	5.6 (43.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 28km	Różn	Tempo min/km	Tempo km/h
646	MOŚ Rafał	5064	B4TEAM	M40	184	04:58:34.55	+02:46:51 (55.9%)	10:39	5.6 (43.8%)
647	TUREK Paweł	4227		M40	185	04:58:53.50	+02:47:10 (55.9%)	10:40	5.6 (43.8%)
648	ZYBERT Mateusz	4848	DABEX-BOLT	M30	167	04:58:54.10	+02:47:11 (55.9%)	10:40	5.6 (43.8%)
649	MOCZYDŁOWSKI Marcin Jan	4955	#BIEGAMYNAOSTRO TEAM	M30	168	04:59:23.75	+02:47:41 (56.0%)	10:41	5.6 (43.8%)
650	WARAKOMSKA Magda	4232		K30	79	04:59:26.25	+02:47:43 (56.0%)	10:41	5.6 (43.8%)
651	MAĆZKA Krystyna	5020	EXTREMALNE OTK NA RELAKSIE	K60	5	04:59:31.45	+02:47:48 (56.0%)	10:41	5.6 (43.8%)
652	SZTANDERA Grzegorz	5046	BIEGANIE SZYDERCÓW	M30	169	04:59:32.65	+02:47:50 (56.0%)	10:41	5.6 (43.8%)
653	KRZYSZTOFOWICZ Karolina	4545		K40	81	04:59:41.55	+02:47:58 (56.1%)	10:42	5.6 (43.8%)
654	KOTARBA Mateusz	4542	MONKEY SAUSAGE	M30	170	04:59:42.15	+02:47:59 (56.1%)	10:42	5.6 (43.8%)
655	KRUPA Ewa	4881		K20	29	05:00:01.25	+02:48:18 (56.1%)	10:42	5.6 (43.8%)
656	PRZYWŁOCKA Joanna	4578	KOPALNIA MOCY	K30	80	05:00:26.35	+02:48:43 (56.2%)	10:43	5.6 (43.8%)
657	GOCYLA Dariusz	4520	DARZYBÓRUNNER-SKA	M50	36	05:00:29.50	+02:48:46 (56.2%)	10:43	5.6 (43.8%)
658	WOJTAROWICZ Danka	4600	TRENER24H.COM.PL	K30	81	05:00:32.60	+02:48:49 (56.2%)	10:44	5.6 (43.8%)
659	TARNOWSKI Michał	4591		M30	171	05:00:41.35	+02:48:58 (56.2%)	10:44	5.6 (43.8%)
660	GRABKA Małgorzata	4667	RMF GLADIATORS 4RT	K30	82	05:00:50.15	+02:49:07 (56.2%)	10:44	5.6 (43.8%)
661	BRZOZOWSKA-GĄSKA Anna	4630		K40	82	05:00:50.65	+02:49:08 (56.2%)	10:44	5.6 (43.8%)
662	KOTULA Weronika	4957		K30	83	05:01:14.10	+02:49:31 (56.3%)	10:45	5.6 (43.8%)
663	RYŻYŃSKA Agnieszka	4914	CHEŁM BIEGA	K40	83	05:01:19.35	+02:49:36 (56.3%)	10:45	5.6 (43.8%)
664	KONCA Aleksander	4695	KB OŻARÓW MAZOWIECKI BIEGA	M20	47	05:01:36.95	+02:49:54 (56.3%)	10:46	5.6 (43.8%)
665	HAOR Klaudia	4671	BOMBEL TEAM	K20	30	05:01:46.80	+02:50:04 (56.4%)	10:46	5.6 (43.8%)
666	SZWED Karolina	4211	SUSKA GRUPA BIEGOWA	K30	84	05:02:00.55	+02:50:17 (56.4%)	10:47	5.6 (43.8%)
667	GÓRKA Jolanta	4063	SUSKA GRUPA BIEGOWA	K40	84	05:02:01.00	+02:50:18 (56.4%)	10:47	5.6 (43.8%)
668	PAWELEC Justyna	4751	TSA SANDOMIERZ	K30	85	05:02:10.10	+02:50:27 (56.4%)	10:47	5.6 (43.8%)
669	WRZOSEK Justyna	4838	TSA SANDOMIERZ	K30	86	05:02:10.30	+02:50:27 (56.4%)	10:47	5.6 (43.8%)
670	STRUS Sebastian	4811		M40	186	05:02:12.00	+02:50:29 (56.4%)	10:47	5.6 (43.8%)
671	KONCA Mariusz	4694	KB OŻARÓW MAZOWIECKI BIEGA	M40	187	05:02:42.05	+02:50:59 (56.5%)	10:48	5.6 (43.8%)
672	KONCA Beata	4696	KB OŻARÓW MAZOWIECKI BIEGA	K40	85	05:03:06.25	+02:51:23 (56.5%)	10:49	5.5 (43.0%)
673	ROSTEK Andrzej	4778	MARKOWI BIEGACZE	M50	37	05:03:07.10	+02:51:24 (56.5%)	10:49	5.5 (43.0%)
674	DOMIN Daniel	4034	MULTIPLIER TEAM	M40	188	05:03:22.65	+02:51:40 (56.6%)	10:50	5.5 (43.0%)
675	DENKOWSKI Wojciech	4641	BP RUNNING TEAM	M50	38	05:03:22.80	+02:51:40 (56.6%)	10:50	5.5 (43.0%)
676	DADAŚ Elżbieta	4640	BP RUNNING TEAM GLIWICE	K40	86	05:03:23.00	+02:51:40 (56.6%)	10:50	5.5 (43.0%)
677	CZWAKIEL Krzysztof	4031	JGB SOKÓŁ JAROSŁAW	M30	172	05:03:27.55	+02:51:44 (56.6%)	10:50	5.5 (43.0%)
678	MROCZEK Marta	4143	DZICY KONIOWE	K40	87	05:03:39.10	+02:51:56 (56.6%)	10:50	5.5 (43.0%)
679	MIŁKOWSKA Aneta	4950	DZICY KONIOWIE	K40	88	05:03:39.20	+02:51:56 (56.6%)	10:50	5.5 (43.0%)
680	DYMKOWSKA Małgorzata	4997		K40	89	05:03:41.15	+02:51:58 (56.6%)	10:50	5.5 (43.0%)
681	ZIELIŃSKA IGNASZAK Iwona	4845	HEROBOX	K40	90	05:03:48.30	+02:52:05 (56.6%)	10:51	5.5 (43.0%)
682	KIEŁCZYŃSKI Waldemar Piotr	4875		M30	173	05:04:28.95	+02:52:46 (56.7%)	10:52	5.5 (43.0%)
683	SULEJA Karol	4813	KB MARATON TUREK	M40	189	05:04:56.25	+02:53:13 (56.8%)	10:53	5.5 (43.0%)
684	KWIATKOWSKI Arkadiusz	4883	MBANK	M40	190	05:05:03.40	+02:53:20 (56.8%)	10:53	5.5 (43.0%)
685	KĘDZIOR Grzegorz	4873		M20	48	05:05:09.55	+02:53:26 (56.8%)	10:53	5.5 (43.0%)
686	SEREDA Andrii	4395		M30	174	05:05:19.30	+02:53:36 (56.9%)	10:54	5.5 (43.0%)
687	POPCZYK Piotr	4166		M40	191	05:05:26.70	+02:53:44 (56.9%)	10:54	5.5 (43.0%)
688	KUBICKI Mariusz	4107	KOZŁOWICKI CROSS SIS FABRYKA ZMIAN	M40	192	05:05:35.50	+02:53:52 (56.9%)	10:54	5.5 (43.0%)
689	TRZECIAK Krzysztof	4931	FABRYKA DZIKA	M30	175	05:05:35.60	+02:53:52 (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	SYPKO-KUBICKA Katarzyna	4204	KOZŁOWICKI CROSS SIS FABRYKA ZMIAN	K40	91	05:05:36.15	+02:53:53 (56.9%)	10:54	5.5 (43.0%)
691	SCHMIDT Sebastian	4993		M20	49	05:06:17.15	+02:54:34 (57.0%)	10:56	5.5 (43.0%)
692	TOMKIEWICZ Jakub	4331		M20	50	05:07:02.85	+02:55:20 (57.1%)	10:57	5.5 (43.0%)
693	TOMKIEWICZ Przemysław	4332		M40	193	05:07:02.95	+02:55:20 (57.1%)	10:57	5.5 (43.0%)
694	GRZECHNIK Roman	4468	BIEGAMYRAZEM.PL	M60	14	05:07:41.85	+02:55:59 (57.2%)	10:59	5.5 (43.0%)
695	ZALEWSKA Agnieszka	4496		K40	92	05:07:42.50	+02:55:59 (57.2%)	10:59	5.5 (43.0%)
696	ANDRASZ Paweł	4001		M20	51	05:07:50.75	+02:56:08 (57.2%)	10:59	5.5 (43.0%)
697	FURMAN Agnieszka	4513	OCHAJORUN & FRIENDS	K30	87	05:08:27.45	+02:56:44 (57.3%)	11:00	5.4 (42.2%)
698	GOLEBIEWSKI Michal	4969		M40	194	05:08:38.75	+02:56:56 (57.3%)	11:01	5.4 (42.2%)
699	BARAN Katarzyna	4851	TRENER24H.COM.PL	K30	88	05:08:40.50	+02:56:57 (57.3%)	11:01	5.4 (42.2%)
700	ŁAZARSKI Tomasz	4126		M40	195	05:08:42.10	+02:56:59 (57.3%)	11:01	5.4 (42.2%)
701	SZULC Waldemar	4928	BRAK	M30	176	05:08:58.80	+02:57:16 (57.4%)	11:02	5.4 (42.2%)
702	BEDNARSKA-KOZIOŁ Danuta	4977	KOTWICA KRZEG	K40	93	05:09:01.05	+02:57:18 (57.4%)	11:02	5.4 (42.2%)
703	PILECKA Joanna	4761		K40	94	05:09:28.10	+02:57:45 (57.4%)	11:03	5.4 (42.2%)
704	ŻMUDA Radosław	4849		M40	196	05:09:37.70	+02:57:55 (57.5%)	11:03	5.4 (42.2%)
705	WNUK Przemysław	4834		M30	177	05:09:37.75	+02:57:55 (57.5%)	11:03	5.4 (42.2%)
706	POSTÓŁ Karolina	4769	COMPANEROS ASFALT TEAM	K40	95	05:11:06.85	+02:59:24 (57.7%)	11:06	5.4 (42.2%)
707	JANIK Johan Janusz	4677	COMPANEROS ASFALT TEAM	M40	197	05:11:08.25	+02:59:25 (57.7%)	11:06	5.4 (42.2%)
708	TERLECKI Władysław	4593	MŁODY VS STARY	M40	198	05:11:12.55	+02:59:29 (57.7%)	11:06	5.4 (42.2%)
709	DUDA Wojciech	4646	SKAWINA BIEGA	M40	199	05:11:51.80	+03:00:09 (57.8%)	11:08	5.4 (42.2%)
710	GANDECKA Beata	4360	MIĘDZYRZECKIE GAZELE	K40	96	05:12:21.20	+03:00:38 (57.8%)	11:09	5.4 (42.2%)
711	DYMOWSKI Piotr	4355		M30	178	05:12:24.30	+03:00:41 (57.8%)	11:09	5.4 (42.2%)
712	TOMCZYK Marcin	4404	REZERWOWE PSY	M30	179	05:12:25.30	+03:00:42 (57.8%)	11:09	5.4 (42.2%)
713	DĄBROWSKA Edyta	5041		K30	89	05:13:26.25	+03:01:43 (58.0%)	11:11	5.4 (42.2%)
714	REKOSIEWICZ-TOKARZ Monika	4949	GŁOGOVIA	K40	97	05:13:29.40	+03:01:46 (58.0%)	11:11	5.4 (42.2%)
715	CHWASTOWSKI Filip	4347		M30	180	05:13:39.65	+03:01:57 (58.0%)	11:12	5.4 (42.2%)
716	BIBRO Daniel	4008		M30	181	05:13:44.35	+03:02:01 (58.0%)	11:12	5.4 (42.2%)
717	GUCWA Jarosław	4066		M50	39	05:13:44.60	+03:02:01 (58.0%)	11:12	5.4 (42.2%)
718	BORKOWSKA Katarzyna	4624	ŁÓDŻRUNCREW	K30	90	05:13:59.95	+03:02:17 (58.1%)	11:12	5.4 (42.2%)
719	LENART Anna	4719	ŁÓDŻRUNCREW/JAKOTEAM	K30	91	05:14:00.15	+03:02:17 (58.1%)	11:12	5.4 (42.2%)
720	LENART Tomasz	4718	ŁÓDŻRUNCREW/JAKOTEAM	M40	200	05:14:02.55	+03:02:19 (58.1%)	11:12	5.3 (41.4%)
721	KROCZYK Lesław	4702		M40	201	05:14:08.90	+03:02:26 (58.1%)	11:13	5.3 (41.4%)
722	GDYNIA Daniel	4657		M40	202	05:14:09.45	+03:02:26 (58.1%)	11:13	5.3 (41.4%)
723	GDYNIA Sylwia	4658		K40	98	05:15:06.65	+03:03:24 (58.2%)	11:15	5.3 (41.4%)
724	WŁODARCZYK Teresa	4493	SPC	K50	13	05:15:20.50	+03:03:37 (58.2%)	11:15	5.3 (41.4%)
725	GAUDEN Piotr	4467	SPC	M40	203	05:15:21.25	+03:03:38 (58.2%)	11:15	5.3 (41.4%)
726	MODZELEWSKA Karolina	4481	SPC	K30	92	05:15:21.80	+03:03:39 (58.2%)	11:15	5.3 (41.4%)
727	DOBRZYŃSKA Małgorzata	4465	SPC	K50	14	05:15:21.95	+03:03:39 (58.2%)	11:15	5.3 (41.4%)
728	KULIKOWSKA BIAŁEK Dorota	4110	MIAMI	K30	93	05:15:33.75	+03:03:51 (58.3%)	11:16	5.3 (41.4%)
729	RYŻYŃSKI Tomasz	4915	CHEŁM BIEGA	M40	204	05:15:45.75	+03:04:03 (58.3%)	11:16	5.3 (41.4%)
730	LASEK Agnieszka	4284	RUN, FOREST, RUN!	K30	94	05:15:59.40	+03:04:16 (58.3%)	11:17	5.3 (41.4%)
731	LASEK Piotr	4283		M40	205	05:15:59.90	+03:04:17 (58.3%)	11:17	5.3 (41.4%)
732	TERLECKA Joanna	4592	MŁODY VS STARY	K30	95	05:16:05.25	+03:04:22 (58.3%)	11:17	5.3 (41.4%)
733	LISOWSKA Monika	4123		K30	96	05:16:43.45	+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	GRZELAK Karina	4065		K40	99	05:16:43.50	+03:05:00 (58.4%)	11:18	5.3 (41.4%)
735	LEWICKA Bozena	4477	GONIMY	K60	6	05:16:57.65	+03:05:15 (58.4%)	11:19	5.3 (41.4%)
736	WASZAK Marek	4237		M50	40	05:17:00.40	+03:05:17 (58.5%)	11:19	5.3 (41.4%)
737	NALEWALSKA Justyna	4564	SERCE TYBETU, WKURW_TEAM	K30	97	05:17:06.75	+03:05:24 (58.5%)	11:19	5.3 (41.4%)
738	DOMAŃSKA Katarzyna	4033	ROZBIEGAJMY RADOMSKO	K40	100	05:17:58.70	+03:06:16 (58.6%)	11:21	5.3 (41.4%)
739	BRODAWKA Olga	4626	SZAKARON MAKARON	K30	98	05:18:10.50	+03:06:27 (58.6%)	11:21	5.3 (41.4%)
740	KĘPSKI Jarosław	4874		M30	182	05:18:42.75	+03:07:00 (58.7%)	11:22	5.3 (41.4%)
741	GRZEGORZ Skibiński	4670		M40	206	05:19:02.60	+03:07:19 (58.7%)	11:23	5.3 (41.4%)
742	CZAJKA Aleksander	4351		M40	207	05:20:11.90	+03:08:29 (58.9%)	11:26	5.2 (40.6%)
743	CZAJKA Dagmara	4350		K40	101	05:20:12.40	+03:08:29 (58.9%)	11:26	5.2 (40.6%)
744	MAŃCZAK Agnieszka	4554	CZERWONACKIE KIJANKI	K40	102	05:20:16.05	+03:08:33 (58.9%)	11:26	5.2 (40.6%)
745	BURMAN Beata	4506		K40	103	05:20:16.50	+03:08:33 (58.9%)	11:26	5.2 (40.6%)
746	DONIEC Katarzyna	4466	AGARUN	K40	104	05:20:27.30	+03:08:44 (58.9%)	11:26	5.2 (40.6%)
747	KRUSZEWSKA Emilia	4105		K30	99	05:20:33.60	+03:08:50 (58.9%)	11:26	5.2 (40.6%)
748	CIEŚLIK Malwina	4028	ROZBIEGAJMY RADOMSKO	K40	105	05:20:39.70	+03:08:57 (58.9%)	11:27	5.2 (40.6%)
749	MYŚLIWIEC Andrzej	4146		M60	15	05:21:10.15	+03:09:27 (59.0%)	11:28	5.2 (40.6%)
750	HELMAN Jaroslaw	2187		M40	208	05:21:51.45	+03:10:08 (59.1%)	11:29	5.2 (40.6%)
751	CZEMPIEL Mateusz	4639	LECYMY DURŚ	M30	183	05:21:55.60	+03:10:12 (59.1%)	11:29	5.2 (40.6%)
752	HARNIK Michał	4524	KOPALNIA MOCY	M30	184	05:22:01.15	+03:10:18 (59.1%)	11:30	5.2 (40.6%)
753	JĘCZMIŃSKI Filip	4533	SAMI SWOI	M20	52	05:22:07.10	+03:10:24 (59.1%)	11:30	5.2 (40.6%)
754	FUDALI Jacek	4048		M30	185	05:22:14.95	+03:10:32 (59.1%)	11:30	5.2 (40.6%)
755	ZELMANOWICZ - SZŁAPA Ewa	4843	IZBICKO W BIEGU	K40	106	05:23:11.30	+03:11:28 (59.2%)	11:32	5.2 (40.6%)
756	KOWALCZYK Anna	4278	DOGOŃ GRODZISK MAZOWIECKI , DKMS	K40	107	05:23:36.60	+03:11:53 (59.3%)	11:33	5.2 (40.6%)
757	WOŹNIAK Mariusz	4602	ULTRASY	M50	41	05:25:03.15	+03:13:20 (59.5%)	11:36	5.2 (40.6%)
758	NOWAK Marcin	4742	SZAKALE BAŁUT	M40	209	05:25:07.10	+03:13:24 (59.5%)	11:36	5.2 (40.6%)
759	PIETRUSZEWSKA Katarzyna	4572	ORANGE POLSKA	K40	108	05:25:18.05	+03:13:35 (59.5%)	11:37	5.2 (40.6%)
760	HERMAN Agnieszka	4526		K40	109	05:26:30.05	+03:14:47 (59.7%)	11:39	5.1 (39.8%)
761	HERMAN Paweł	4991	MLUKS TRZEBIATÓW	M40	210	05:26:30.25	+03:14:47 (59.7%)	11:39	5.1 (39.8%)
762	RYBIENIK Lech	4394	NIEZRZESZONY	M40	211	05:26:46.45	+03:15:03 (59.7%)	11:40	5.1 (39.8%)
763	KIJEWSKA Karolina	4372	BRYGADA KRYZYS WIEKU ŚREDNIEGO	K40	110	05:26:46.85	+03:15:04 (59.7%)	11:40	5.1 (39.8%)
764	STANKOWSKA Justyna	4803	KIJKOWE TRZEMESZNO	K40	111	05:26:49.30	+03:15:06 (59.7%)	11:40	5.1 (39.8%)
765	BUKAŁA Jacek	4018		M50	42	05:27:51.80	+03:16:09 (59.8%)	11:42	5.1 (39.8%)
766	BUKAŁA Mariola	4019		K50	15	05:27:52.90	+03:16:10 (59.8%)	11:42	5.1 (39.8%)
767	KOSZAŁKA Marcin	4277	KLUB WYSOKOGÓRSKI KRAKÓW	M50	43	05:28:04.85	+03:16:22 (59.9%)	11:43	5.1 (39.8%)
768	GIERLOTKA Rafał	5043	BRAK	M40	212	05:28:11.15	+03:16:28 (59.9%)	11:43	5.1 (39.8%)
769	JĘCZMIŃSKA Anna	4532	SAMI SWOI	K40	112	05:28:22.95	+03:16:40 (59.9%)	11:43	5.1 (39.8%)
770	NASKRĘT Dariusz	5026		M40	213	05:28:34.95	+03:16:52 (59.9%)	11:44	5.1 (39.8%)
771	BŁACHOWIAK Małgorzata	5025		K50	16	05:28:35.00	+03:16:52 (59.9%)	11:44	5.1 (39.8%)
772	PŁAŻEWSKI Paweł	4763	RUNEGADES BRWINÓW	M40	214	05:28:39.25	+03:16:56 (59.9%)	11:44	5.1 (39.8%)
773	ŁOCHOWSKA-PIOTROWICZ Magdalena	4128	TEAM PAPRY	K40	113	05:29:32.80	+03:17:50 (60.0%)	11:46	5.1 (39.8%)
774	BOGUCKI Arkadiusz	4013	AKADEMIA HOLISTYCZNA	M40	215	05:30:17.65	+03:18:35 (60.1%)	11:47	5.1 (39.8%)
775	SZCZEPAŃSKA Emilia	4206	AKADEMIA HOLISTYCZNA/SZYMANOWSKI TRIATHLON TEAM	K30	100	05:30:17.95	+03:18:35 (60.1%)	11:47	5.1 (39.8%)
776	TROĆ Karol Paweł	4225	SŁOW JOGGING SIEDLCE	M40	216	05:30:24.75	+03:18:42 (60.1%)	11:48	5.1 (39.8%)
777	MONTEWKA DE VALLE Jowita	4142	SŁOW JOGGING SIEDLCE	K40	114	05:30:24.90	+03:18:42 (60.1%)	11:48	5.1 (39.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 28km	Różn	Tempo min/km	Tempo km/h
778	ZIMMERMANN Milena	4847	HEROBOX	K30	101	05:30:34.80	+03:18:52 (60.2%)	11:48	5.1 (39.8%)
779	STUDZIŃSKI Michał	4201		M30	186	05:31:06.60	+03:19:23 (60.2%)	11:49	5.1 (39.8%)
780	KAMIŃSKA Beata	4431	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	K50	17	05:31:16.10	+03:19:33 (60.2%)	11:49	5.1 (39.8%)
781	OCHOWIAK Klaudia	4150	ORGANIC RACE TEAM	K30	102	05:32:05.60	+03:20:22 (60.3%)	11:51	5.1 (39.8%)
782	LISIAK Karina	4122		K30	103	05:32:05.65	+03:20:23 (60.3%)	11:51	5.1 (39.8%)
783	ŚWIERKOWSKI Piotr	4217		M30	187	05:32:35.25	+03:20:52 (60.4%)	11:52	5.1 (39.8%)
784	ZADROŻNA Dorota	4959	JACK RUNNER	K40	115	05:32:41.75	+03:20:59 (60.4%)	11:52	5 (39.1%)
785	NOWAK Ania	5059		K40	116	05:32:41.90	+03:20:59 (60.4%)	11:52	5 (39.1%)
786	WIERCHOŁA Joanna	4239		K60	7	05:33:23.00	+03:21:40 (60.5%)	11:54	5 (39.1%)
787	SZOŁTYSEK Beata	5067	OCHAJO RUN & FRIENDS	K50	18	05:34:02.30	+03:22:19 (60.6%)	11:55	5 (39.1%)
788	MARCOL Dominika	5073	OTK RZEŹNIK	K20	31	05:34:02.50	+03:22:19 (60.6%)	11:55	5 (39.1%)
789	WYSOCKI Tomasz	5086		M40	217	05:34:02.60	+03:22:19 (60.6%)	11:55	5 (39.1%)
790	STELMACH Paulina	4807		K30	104	05:34:43.10	+03:23:00 (60.7%)	11:57	5 (39.1%)
791	MILLER-GRONIECKA Ilona	4479		K40	117	05:35:09.15	+03:23:26 (60.7%)	11:58	5 (39.1%)
792	SIEMIŃSKI Michał	4791	ROZBIEGANY SULEJÓWEK	M30	188	05:35:20.15	+03:23:37 (60.7%)	11:58	5 (39.1%)
793	MIELNICZUK Stanisław	4294	PERFECT RUNNER TEAM	M60	16	05:35:24.80	+03:23:42 (60.7%)	11:58	5 (39.1%)
794	MIELNICZUK Tomasz	4293	PERFECT RUNNER TEAM	M30	189	05:35:24.85	+03:23:42 (60.7%)	11:58	5 (39.1%)
795	KWIECIEŃ Jacek	4716	MARKOWI BIEGACZE	M60	17	05:36:31.30	+03:24:48 (60.9%)	12:01	5 (39.1%)
796	WEILAND Emila	5085		K40	118	05:36:46.70	+03:25:04 (60.9%)	12:01	5 (39.1%)
797	WYSOCKA Edyta	4978	KADRA MOCNYCH WRAŻEŃ	K20	32	05:37:37.85	+03:25:55 (61.0%)	12:03	5 (39.1%)
798	BARTNICKI Filip	4006		M20	53	05:38:04.25	+03:26:21 (61.0%)	12:04	5 (39.1%)
799	KRUPIŃSKA Olga	4104	DANIELKI	K20	33	05:38:05.30	+03:26:22 (61.0%)	12:04	5 (39.1%)
800	TYMOSZUK Michał	4407	KB BIAŁA BIEGA	M40	218	05:38:30.00	+03:26:47 (61.1%)	12:05	5 (39.1%)
801	WOŚKO Gabriela	4337	STG WARSZAWA	K30	105	05:38:44.00	+03:27:01 (61.1%)	12:05	5 (39.1%)
802	LASEK Krzysztof	4282	RUN, FOREST, RUN!	M30	190	05:39:45.55	+03:28:02 (61.2%)	12:08	4.9 (38.3%)
803	FURTAK Gerard	4424	ONE WAY TICKET	M20	54	05:39:49.90	+03:28:07 (61.2%)	12:08	4.9 (38.3%)
804	MICHAŁEK Paweł	4440	ONE WAY TICKET	M20	55	05:39:51.85	+03:28:09 (61.2%)	12:08	4.9 (38.3%)
805	KAWECKI Dariusz	4370	ETISOFT RUNNING TEAM	M50	44	05:40:35.35	+03:28:52 (61.3%)	12:09	4.9 (38.3%)
806	EJSMONT-BRZESKA Magdalena	4423		K30	106	05:40:42.50	+03:28:59 (61.3%)	12:10	4.9 (38.3%)
807	BROJAK Anna	4627	RUNEGADES BRWINÓW	K30	107	05:40:49.40	+03:29:06 (61.4%)	12:10	4.9 (38.3%)
808	WOJCIECHOWSKA Jolanta	4494	YULO RUN TEAM SIEDLCE	K40	119	05:41:23.05	+03:29:40 (61.4%)	12:11	4.9 (38.3%)
809	OBARSKA Małgorzata	4743		K60	8	05:41:55.15	+03:30:12 (61.5%)	12:12	4.9 (38.3%)
810	ULENBERG Katarzyna	4824		K30	108	05:44:24.40	+03:32:41 (61.8%)	12:18	4.9 (38.3%)
811	PAWLYTA Weronika	4754		K30	109	05:44:24.50	+03:32:41 (61.8%)	12:18	4.9 (38.3%)
812	KRZEMIŃSKA Paulina	5077	HEROBOX	K20	34	05:44:52.15	+03:33:09 (61.8%)	12:19	4.9 (38.3%)
813	ZACHAREK Ewelina	4840	HEROBOX	K40	120	05:44:55.30	+03:33:12 (61.8%)	12:19	4.9 (38.3%)
814	FILAS Rafał	5069		M40	219	05:46:24.65	+03:34:42 (62.0%)	12:22	4.8 (37.5%)
815	BUDEK Weronika	5070		K30	110	05:46:24.70	+03:34:42 (62.0%)	12:22	4.8 (37.5%)
816	KOZIEŁ Marcin	4096		M40	220	05:47:35.85	+03:35:53 (62.1%)	12:24	4.8 (37.5%)
817	ŁYSEK Artur	4381	NIE LAM SIĘ	M20	56	05:47:50.00	+03:36:07 (62.1%)	12:25	4.8 (37.5%)
818	STANKIEWICZ Katarzyna	4585	CZERWONACKIE KIJANKI	K40	121	05:48:45.35	+03:37:02 (62.2%)	12:27	4.8 (37.5%)
819	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%)
820	BAWOR Marcin	4967		M40	221	05:57:08.60	+03:45:25 (63.1%)	12:45	4.7 (36.7%)
821	KĘPA Piotr	4689	SAME PRZYJEMNOŚCI	M30	191	05:57:24.90	+03:45:42 (63.1%)	12:45	4.7 (36.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 28km	Różn	Tempo min/km	Tempo km/h
822	KRAWCZUK Sylwia	4701		K40	122	05:57:25.55	+03:45:42 (63.2%)	12:45	4.7 (36.7%)
823	SREBRO Kacper Antoni	4194		M20	57	05:58:33.85	+03:46:51 (63.3%)	12:48	4.7 (36.7%)
824	SREBRO Michał	4193		M50	45	05:58:35.15	+03:46:52 (63.3%)	12:48	4.7 (36.7%)
825	PIOTROWSKI Marek	4762	MORSOWNICY Z LEGNICY	M50	46	05:58:37.35	+03:46:54 (63.3%)	12:48	4.7 (36.7%)
826	GRACZYK Wojciech	4269		M20	58	05:58:40.55	+03:46:57 (63.3%)	12:48	4.7 (36.7%)
827	MÓWIŃSKA Katarzyna	4563		K40	123	05:58:42.45	+03:46:59 (63.3%)	12:48	4.7 (36.7%)
828	WÓJTOWICZ Paweł	4940	-	M50	47	05:59:11.80	+03:47:29 (63.3%)	12:49	4.7 (36.7%)
829	PRZEWOSKA Anna	4948	RUN DE GIRARD	K40	124	06:00:00.85	+03:48:18 (63.4%)	12:51	4.7 (36.7%)
830	NIEĆ Melania	4901		K30	112	06:00:01.20	+03:48:18 (63.4%)	12:51	4.7 (36.7%)
831	PRĘDKA Magda	4961		K50	19	06:00:01.40	+03:48:18 (63.4%)	12:51	4.7 (36.7%)
832	KOZACZUK Katarzyna	5031	PĘDZĄCE LENIWCE	K40	125	06:00:08.25	+03:48:25 (63.4%)	12:51	4.7 (36.7%)
833	GETLER-STRZYŻOWSKA Małgorzata	5015		K40	126	06:00:08.45	+03:48:25 (63.4%)	12:51	4.7 (36.7%)
834	BOROWIEC-RÓŻYCKA Magdalena	4258	BIEGAJĄCY ŚWIDNIK	K40	127	06:00:32.00	+03:48:49 (63.5%)	12:52	4.7 (36.7%)
835	FIJĄŁKOWSKA Karolina	4265		K30	113	06:00:32.15	+03:48:49 (63.5%)	12:52	4.7 (36.7%)
836	WIATER Krzysztof	4238		M50	48	06:00:44.85	+03:49:02 (63.5%)	12:53	4.7 (36.7%)
837	ROMANOWSKI Sławomir	4485		M60	18	06:01:14.25	+03:49:31 (63.5%)	12:54	4.7 (36.7%)
838	ROMANOWSKA Beata	4484	RUN VEGAN TEAM	K50	20	06:01:14.35	+03:49:31 (63.5%)	12:54	4.7 (36.7%)
839	POPIOŁEK Jacek	4910		M40	222	06:02:19.90	+03:50:37 (63.6%)	12:56	4.6 (35.9%)
840	MAŁEK-SZUBSTARSKA Marzena	4134	TEAM PAPRY	K30	114	06:03:03.85	+03:51:21 (63.7%)	12:57	4.6 (35.9%)
841	LEBUDA Sylwia	4117	TEAM PAPRY	K40	128	06:03:04.05	+03:51:21 (63.7%)	12:58	4.6 (35.9%)
842	LENC Kasia	4378		K40	129	06:04:19.35	+03:52:36 (63.8%)	13:00	4.6 (35.9%)
843	JAGODA Adam	4528	FUCHS OIL TEAM	M50	49	06:07:05.65	+03:55:23 (64.1%)	13:06	4.6 (35.9%)
844	WAJMAN Katarzyna	5024	LALA Z METY	K30	115	06:08:50.65	+03:57:08 (64.3%)	13:10	4.6 (35.9%)
845	SZADKOWSKI Paweł	5023		M30	192	06:08:52.80	+03:57:10 (64.3%)	13:10	4.6 (35.9%)
846	PUZIO Anna	4995	MARATOŃCZYK DĘBICA	K60	9	06:09:06.10	+03:57:23 (64.3%)	13:10	4.6 (35.9%)
847	SZELĄG Iwona	4207		K30	116	06:10:53.00	+03:59:10 (64.5%)	13:14	4.5 (35.2%)
848	BRATKO Zbigniew	4420	65+	M60	19	06:11:00.60	+03:59:17 (64.5%)	13:15	4.5 (35.2%)
849	KUSMIERCZYK Ewa	5014	ROZBIEGAJMY RADOMSKO	K40	130	06:12:53.45	+04:01:10 (64.7%)	13:19	4.5 (35.2%)
850	KURCZEWSKI Aleksander	5045		M50	50	06:13:03.10	+04:01:20 (64.7%)	13:19	4.5 (35.2%)
851	JANCZEWSKI Sebastian	4428		M30	193	06:13:26.80	+04:01:44 (64.7%)	13:20	4.5 (35.2%)
852	PERLAK Maciej	4449		M20	59	06:13:27.40	+04:01:44 (64.7%)	13:20	4.5 (35.2%)
853	LEHMANN Alicja	4377		K40	131	06:14:53.00	+04:03:10 (64.9%)	13:23	4.5 (35.2%)
854	BARAŃSKA Justyna	4343		K40	132	06:15:17.45	+04:03:34 (64.9%)	13:24	4.5 (35.2%)
855	ŚLUSARCZYK Karolina	4403		K30	117	06:15:18.95	+04:03:36 (64.9%)	13:24	4.5 (35.2%)
856	KUMOR Anna	4374		K30	118	06:15:25.45	+04:03:42 (64.9%)	13:24	4.5 (35.2%)
857	GASIK Wiola	4656	SŁOŃCA JURY	K40	133	06:15:49.60	+04:04:06 (65.0%)	13:25	4.5 (35.2%)
858	BIELECKI Tomasz	4618	STOWARZYSZENIE SŁOŃCA JURY	M40	223	06:15:51.05	+04:04:08 (65.0%)	13:25	4.5 (35.2%)
859	GONERA Ewa	4058	ROZBIEGAJMY RADOMSKO	K40	134	06:17:49.65	+04:06:07 (65.1%)	13:29	4.4 (34.4%)
860	PERKOWSKI Tomasz	4756		M40	224	06:18:04.35	+04:06:21 (65.2%)	13:30	4.4 (34.4%)
861	BIAŁOKOS Anna	4617	EUROCASH	K40	135	06:18:04.65	+04:06:22 (65.2%)	13:30	4.4 (34.4%)
862	KRÓLIKOWSKA Monika	4435		K40	136	06:18:40.20	+04:06:57 (65.2%)	13:31	4.4 (34.4%)
863	SOŁTYSEK Sebastian	4800	UNIVERSAL SOLDIERS	M40	225	06:18:46.20	+04:07:03 (65.2%)	13:31	4.4 (34.4%)
864	TATARSKI Michał	5072		M20	60	06:21:09.00	+04:09:26 (65.4%)	13:36	4.4 (34.4%)
865	MROZIŃSKI Andrzej	4896	WITAR	M50	51	06:21:21.25	+04:09:38 (65.5%)	13:37	4.4 (34.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 28km	Różn	Tempo min/km	Tempo km/h
866	GRZESZCZAK Małgorzata	4469	BIEGAMYRAZEM.PL	K40	137	06:22:08.75	+04:10:26 (65.5%)	13:38	4.4 (34.4%)
867	DANIELEWSKA Magdalena	4510		K40	138	06:22:18.70	+04:10:36 (65.5%)	13:39	4.4 (34.4%)
868	LANGNER Katarzyna	4476		K40	139	06:22:26.60	+04:10:43 (65.6%)	13:39	4.4 (34.4%)
869	HOOG Wioleta	4527		K30	119	06:23:53.45	+04:12:10 (65.7%)	13:42	4.4 (34.4%)
870	WITEK Sylwia	4599		K40	140	06:23:54.25	+04:12:11 (65.7%)	13:42	4.4 (34.4%)
871	KACZKIEWICZ Damian	4535	NIGHT RUNNERS GLIWICE	M40	226	06:23:54.30	+04:12:11 (65.7%)	13:42	4.4 (34.4%)
872	FABJANCZYK Agnieszka	4511	GRUPAJURAPL	K40	141	06:26:52.40	+04:15:09 (66.0%)	13:49	4.3 (33.6%)
873	LARA Krzysztof	4550	GRUPA JURA PL	M40	227	06:26:52.60	+04:15:09 (66.0%)	13:49	4.3 (33.6%)
874	KOKOWSKA-SMOK Dagmara	5053	GRUPA JURA PL	K40	142	06:26:53.20	+04:15:10 (66.0%)	13:49	4.3 (33.6%)
875	SERWICKA Emilia	5054		K50	21	06:26:54.35	+04:15:11 (66.0%)	13:49	4.3 (33.6%)
876	BUJNOWSKA Sylwia	4346		K40	143	06:28:14.55	+04:16:31 (66.1%)	13:51	4.3 (33.6%)
877	HYBIŃSKA Joanna	4366		K40	144	06:28:14.90	+04:16:32 (66.1%)	13:51	4.3 (33.6%)
878	ECHAUST-NAWROCKA Karolina	4356		K30	120	06:31:34.80	+04:19:52 (66.4%)	13:59	4.3 (33.6%)
879	RAJKIEWICZ Agnieszka	5061	RGB	K40	145	06:31:41.10	+04:19:58 (66.4%)	13:59	4.3 (33.6%)
880	DWORNICKA Magdalena	5060	RGB	K40	146	06:31:42.45	+04:19:59 (66.4%)	13:59	4.3 (33.6%)
881	POPŁAWSKI Krystian	4768	GLADIATORS BY RMF 4RT	M30	194	06:33:26.60	+04:21:43 (66.5%)	14:03	4.3 (33.6%)
882	ŻOŁNA Jakub	4850	FULFILL DREAMS TEAM PSZCZYNA	M20	61	06:33:43.70	+04:22:01 (66.5%)	14:03	4.3 (33.6%)
883	ILNICKA-BOROWCZYK Kinga	4068		K40	147	06:36:13.30	+04:24:30 (66.8%)	14:09	4.2 (32.8%)
884	ZIENCINA Marcin	4418		M40	228	06:36:57.60	+04:25:14 (66.8%)	14:10	4.2 (32.8%)
885	ZIENCINA Agnieszka	4417		K40	148	06:36:58.10	+04:25:15 (66.8%)	14:10	4.2 (32.8%)
886	ORZECZOWSKA Luiza	4388		K40	149	06:36:58.40	+04:25:15 (66.8%)	14:10	4.2 (32.8%)
887	RÓZIECKA Klaudia	4393		K30	121	06:36:59.25	+04:25:16 (66.8%)	14:10	4.2 (32.8%)
888	ZIENCINA Mateusz	4419		M30	195	06:37:00.30	+04:25:17 (66.8%)	14:10	4.2 (32.8%)
889	WIDERA Aleksandra	4410		K30	122	06:37:04.80	+04:25:22 (66.8%)	14:10	4.2 (32.8%)
890	WIDERA Karol	4411		M30	196	06:37:06.25	+04:25:23 (66.8%)	14:10	4.2 (32.8%)
891	GRUSZECKA Aleksandra	4669		K40	150	06:37:35.45	+04:25:52 (66.9%)	14:11	4.2 (32.8%)
892	WEINER Aleksandra	4828	VIKINGTRENINGCENTER	K40	151	06:37:35.55	+04:25:52 (66.9%)	14:11	4.2 (32.8%)
893	BANAŚ Katarzyna	4613	VIKING TRAINING CENTER	K40	152	06:37:35.65	+04:25:53 (66.9%)	14:11	4.2 (32.8%)
894	WASILUK Ewa	4944	ROZBIEGAJMY RADOMSKO	K40	153	06:37:50.65	+04:26:08 (66.9%)	14:12	4.2 (32.8%)
895	BOGUSZEWSKI Grzegorz	4623	UNIVERSALSPORT	M30	197	06:38:18.15	+04:26:35 (66.9%)	14:13	4.2 (32.8%)
896	KAŁKA Marcin	4076		M40	229	06:39:10.45	+04:27:27 (67.0%)	14:15	4.2 (32.8%)
897	PRZEPIÓRA-KAŁKA Katarzyna	4168	ROZBIEGAJMY RADOMSKO	K30	123	06:39:10.55	+04:27:27 (67.0%)	14:15	4.2 (32.8%)
898	KRZYSZKOWSKA-CUDAK Anna	4946	ROZBIEGAJMY RADOMSKO	K40	154	06:39:10.95	+04:27:28 (67.0%)	14:15	4.2 (32.8%)
899	SZKAMRUK Bogusława	4454	EXTREMALNE OTK NA RELAKSIE	K60	10	06:41:36.75	+04:29:54 (67.2%)	14:20	4.2 (32.8%)
900	SZKAMRUK Janusz	4453	EXTREMALNE OTK NA RELAKSIE	M60	20	06:41:38.05	+04:29:55 (67.2%)	14:20	4.2 (32.8%)
901	STANKOWSKA Marzena	4804	KIJKOWE TRZEMESZNO	K40	155	06:44:27.85	+04:32:45 (67.4%)	14:26	4.2 (32.8%)
902	ELMINOWSKI Wojciech	4357	ELBLĄG	M50	52	06:46:01.90	+04:34:19 (67.6%)	14:30	4.1 (32.0%)
903	NIENADOWSKA Beata	4386	ELBLĄG	K50	22	06:46:01.95	+04:34:19 (67.6%)	14:30	4.1 (32.0%)
904	SYRYJCZYK-SACZUK Joanna	4814		K40	156	06:49:07.75	+04:37:25 (67.8%)	14:36	4.1 (32.0%)
905	SIERECKA Dorota	4919	TEAM ZABIEGANEDNI // WKURW_TEAM	K40	157	06:50:25.55	+04:38:42 (67.9%)	14:39	4.1 (32.0%)
906	OLEKSIAK Filip	5062	UNIVERSAL SPORT	M20	62	06:50:39.15	+04:38:56 (67.9%)	14:39	4.1 (32.0%)
907	DZIĘCIOŁ Adam	4648	UNIVERSALSPORT	M30	198	06:50:40.25	+04:38:57 (67.9%)	14:40	4.1 (32.0%)
908	ŻARNOWSKI Jacek	4608	SAMI SWOI	M40	230	06:51:06.40	+04:39:23 (68.0%)	14:40	4.1 (32.0%)
909	ARABASZ Aneta	4497		K40	158	06:51:06.90	+04:39:24 (68.0%)	14:40	4.1 (32.0%)

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

Znaleziono 950 wynik(ów)