

## RZEŹNICZEK

B4SPORT

**Wydarzenie:** Festiwal Biegu Rzeźnika  
**Organizator:** Fundacja Bieg Rzeźnika  
**Data:** 2017-06-17  
**Miejsce:** Bieszczady  
**Dystans:** 28 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
1	<b>FARON Robert</b>	<b>4183</b>	SALCO GARMIN TEAM	M40	1	01:18:52	<b>02:24:43.75</b>	<b>02:24:45.65</b>		5:10	11.6 (100%)
2	<b>KAŹMIERCZAK Piotr</b>	<b>3989</b>	WITKOWO BIEGA	M30	1	01:22:47	<b>02:35:38.30</b>	<b>02:35:40.55</b>	+00:10:54 (7.0%)	5:33	10.8 (93.1%)
3	<b>NOWAKOWSKI Tobiasz</b>	<b>3363</b>	MKB DREPTAK	M30	2	01:23:54	<b>02:36:08.15</b>	<b>02:36:10.80</b>	+00:11:25 (7.3%)	5:34	10.8 (93.1%)
4	<b>AUGUSTYŃSKI Sylwester</b>	<b>3775</b>	LACHO TEAM	M30	3	01:23:01	<b>02:36:51.40</b>	<b>02:36:55.30</b>	+00:12:09 (7.7%)	5:36	10.7 (92.2%)
5	<b>KOT Rafał</b>	<b>4004</b>	WAY BEHIND HORIZON // KB JURUND SZCZYTNO	M30	4	01:26:34	<b>02:38:08.75</b>	<b>02:38:11.55</b>	+00:13:25 (8.5%)	5:38	10.6 (91.4%)
6	<b>KAPAON Łazarz</b>	<b>3322</b>	CAZZO CLUB	M20	1	01:27:02	<b>02:40:29.45</b>	<b>02:40:32.70</b>	+00:15:47 (9.8%)	5:43	10.5 (90.5%)
7	<b>POŻAROWSZCZYK Adam</b>	<b>3354</b>	MGK LEGIONOWO	M30	5	01:27:40	<b>02:41:47.00</b>	<b>02:41:50.40</b>	+00:17:04 (10.6%)	5:46	10.4 (89.7%)
8	<b>LIPA Wojciech</b>	<b>3899</b>	RZESZOWSKIE GAZELE I GEPARDY	M30	6	01:30:30	<b>02:46:06.90</b>	<b>02:46:09.55</b>	+00:21:23 (12.9%)	5:55	10.1 (87.1%)
9	<b>KOŚCIELSKI Patryk</b>	<b>3534</b>	MINISTERSTWO GŁUPICH KROKÓW LEGIONOWO	M40	2	01:27:54	<b>02:46:37.15</b>	<b>02:46:40.85</b>	+00:21:55 (13.2%)	5:57	10.1 (87.1%)
10	<b>ZYCH Dariusz</b>	<b>4122</b>	SKŁADAKI / 4 RUN TEAM	M40	3	01:29:23	<b>02:47:49.15</b>	<b>02:47:51.95</b>	+00:23:06 (13.8%)	5:59	10 (86.2%)
11	<b>WALASEK Grzegorz</b>	<b>3585</b>	BIEGUSIEM.PL	M40	4	01:28:27	<b>02:48:31.95</b>	<b>02:48:33.95</b>	+00:23:48 (14.1%)	6:01	10 (86.2%)
12	<b>JÓZEFczyk Tomasz</b>	<b>4195</b>	POSMAKUJ RUN TEAM	M30	7	01:31:04	<b>02:48:35.05</b>	<b>02:48:39.50</b>	+00:23:53 (14.2%)	6:01	10 (86.2%)
13	<b>MATYSIAK Bartłomiej</b>	<b>3304</b>	JACEKBIEGA RUNNING TEAM	M30	8	01:29:25	<b>02:49:16.00</b>	<b>02:49:20.55</b>	+00:24:34 (14.5%)	6:02	9.9 (85.3%)
14	<b>MYŚLIŃSKI Jan</b>	<b>3642</b>	BIESZCZADY	M30	9	01:30:19	<b>02:51:39.25</b>	<b>02:51:43.15</b>	+00:26:57 (15.7%)	6:07	9.8 (84.5%)
15	<b>KNOLL Leszek</b>	<b>3654</b>		M30	10	01:34:31	<b>02:54:48.25</b>	<b>02:54:52.50</b>	+00:30:06 (17.2%)	6:14	9.6 (82.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
16	<b>KOCIOŁEK Witold</b>	<b>3755</b>	PALMER /RUNONLINE.PL TEAM	M40	5	01:30:35	<b>02:55:18.85</b>	<b>02:55:21.35</b>	+00:30:35 (17.4%)	6:15	9.6 (82.8%)
17	<b>KOWALSKI Maciej</b>	<b>3918</b>	MORSY OŚNO LUBUSKIE	M40	6	01:36:39	<b>02:57:14.85</b>	<b>02:57:26.50</b>	+00:32:40 (18.4%)	6:19	9.5 (81.9%)
18	<b>RESZKA Marek</b>	<b>4137</b>	BANDA GRUDNIA	M30	11	01:32:27	<b>02:57:38.15</b>	<b>02:57:43.05</b>	+00:32:57 (18.5%)	6:20	9.5 (81.9%)
19	<b>SOŁOWIEJ Łukasz</b>	<b>4005</b>		M30	12	01:31:59	<b>02:58:33.55</b>	<b>02:58:38.00</b>	+00:33:52 (19.0%)	6:22	9.4 (81.0%)
20	<b>PRZYPOLSKI Paweł</b>	<b>3765</b>	IM-POSSIBLE TEAM	M40	7	01:35:10	<b>02:58:30.95</b>	<b>02:58:43.45</b>	+00:33:57 (19.0%)	6:22	9.4 (81.0%)
21	<b>KOŁODZIEJCZYK Krzysztof</b>	<b>3822</b>		M20	2	01:31:21	<b>02:58:29.65</b>	<b>02:58:48.70</b>	+00:34:03 (19.0%)	6:22	9.4 (81.0%)
22	<b>ŻUCHOWSKI Daniel</b>	<b>3679</b>		M20	3	01:38:28	<b>03:00:16.70</b>	<b>03:00:26.40</b>	+00:35:40 (19.8%)	6:26	9.3 (80.2%)
23	<b>SZECÓWKA Aneta</b>	<b>3931</b>		K30	1	01:31:34	<b>03:00:28.35</b>	<b>03:00:35.75</b>	+00:35:50 (19.8%)	6:26	9.3 (80.2%)
24	<b>KNYCHAS Darek</b>	<b>3717</b>	PZU SPORT TEAM	M40	8	01:35:05	<b>03:00:34.75</b>	<b>03:00:42.30</b>	+00:35:56 (19.9%)	6:26	9.3 (80.2%)
25	<b>KUCHARSKI Paweł</b>	<b>3491</b>	PLANETA NISKO	M30	13	01:32:51	<b>03:01:07.75</b>	<b>03:01:16.05</b>	+00:36:30 (20.1%)	6:28	9.3 (80.2%)
26	<b>BOROWSKI Marcin</b>	<b>3418</b>		M20	4	01:38:09	<b>03:02:55.95</b>	<b>03:03:09.05</b>	+00:38:23 (21.0%)	6:32	9.2 (79.3%)
27	<b>BRÓG Wojciech</b>	<b>3836</b>		M30	14	01:33:35	<b>03:03:26.65</b>	<b>03:03:29.85</b>	+00:38:44 (21.1%)	6:33	9.2 (79.3%)
28	<b>DZIEDZIC Witold</b>	<b>3540</b>	PRZEBIEGLI JAK WĘŻE	M40	9	01:35:46	<b>03:03:35.95</b>	<b>03:03:38.95</b>	+00:38:53 (21.2%)	6:33	9.2 (79.3%)
29	<b>WRÓBEL Mateusz</b>	<b>4094</b>		M20	5	01:41:06	<b>03:03:34.40</b>	<b>03:03:40.55</b>	+00:38:54 (21.2%)	6:33	9.2 (79.3%)
30	<b>CZECH Mateusz</b>	<b>4184</b>		M20	6	01:37:49	<b>03:03:27.65</b>	<b>03:03:41.45</b>	+00:38:55 (21.2%)	6:33	9.2 (79.3%)
31	<b>SIEMBOR Karol</b>	<b>3752</b>		M20	7	01:38:28	<b>03:03:32.10</b>	<b>03:03:43.15</b>	+00:38:57 (21.2%)	6:33	9.2 (79.3%)
32	<b>ZALEWSKI Karol</b>	<b>3530</b>	MKB DREPTAK	M30	15	01:33:58	<b>03:03:46.05</b>	<b>03:03:49.05</b>	+00:39:03 (21.2%)	6:33	9.1 (78.4%)
33	<b>MAŚLANY Mariusz</b>	<b>3356</b>	ELEKTROMETAL ENERGETYKA SA	M40	10		<b>03:04:30.55</b>	<b>03:04:45.35</b>	+00:39:59 (21.6%)	6:35	9.1 (78.4%)
34	<b>BRUŚ Marcin</b>	<b>3601</b>	SASKA	M40	11	01:36:41	<b>03:04:47.20</b>	<b>03:04:49.35</b>	+00:40:03 (21.7%)	6:35	9.1 (78.4%)
35	<b>KOZA Jan</b>	<b>3301</b>	LOKOMOTIV MAJDAN	M20	8	01:32:49	<b>03:05:04.60</b>	<b>03:05:07.10</b>	+00:40:21 (21.8%)	6:36	9.1 (78.4%)
36	<b>KWAŚNY Piotr</b>	<b>3741</b>		M40	12	01:46:03	<b>03:04:51.25</b>	<b>03:05:13.20</b>	+00:40:27 (21.8%)	6:36	9.1 (78.4%)
37	<b>WALASZCZYK Lucyna</b>	<b>3985</b>	NATURAL BORN RUNNERS	K30	2	01:37:47	<b>03:05:36.10</b>	<b>03:05:40.95</b>	+00:40:55 (22.0%)	6:37	9.1 (78.4%)
38	<b>JARECKI Aleksander</b>	<b>4170</b>	COCA-COLA RUNNERS	M40	13	01:38:31	<b>03:06:29.50</b>	<b>03:06:35.00</b>	+00:41:49 (22.4%)	6:39	9 (77.6%)

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39	<b>DYDERSKI Paweł</b>	<b>3670</b>		M30	16	01:35:38	<b>03:06:37.40</b>	<b>03:06:47.35</b>	+00:42:01 (22.5%)	6:39	9 (77.6%)
40	<b>SIDOR Radosław</b>	<b>4201</b>		M30	17	01:38:46	<b>03:07:06.00</b>	<b>03:07:11.25</b>	+00:42:25 (22.7%)	6:40	9 (77.6%)
41	<b>CIOŚMAK Andrzej</b>	<b>3933</b>	PZU SPORT TEAM	M40	14	01:37:37	<b>03:08:12.20</b>	<b>03:08:14.80</b>	+00:43:29 (23.1%)	6:43	8.9 (76.7%)
42	<b>KOWALSKI Łukasz</b>	<b>3804</b>	LUBELSKIE STOWARZYSZENIE BIEGOWE	M30	18	01:35:06	<b>03:09:03.45</b>	<b>03:09:05.80</b>	+00:44:20 (23.4%)	6:45	8.9 (76.7%)
43	<b>DOBZEAŃSKI Paweł</b>	<b>4199</b>	POŚMAKUJ RUN TEAM	M30	19	01:31:55	<b>03:10:42.05</b>	<b>03:10:47.25</b>	+00:46:01 (24.1%)	6:48	8.8 (75.9%)
44	<b>ROGAŁA Grzegorz</b>	<b>3458</b>	KORAL TEAM	M40	15	01:37:17	<b>03:11:04.75</b>	<b>03:11:08.35</b>	+00:46:22 (24.3%)	6:49	8.8 (75.9%)
45	<b>ZIELIŃSKA Weronika</b>	<b>3766</b>	12TRI.PL / ASICS FRONTRUNNER	K30	3	01:38:19	<b>03:11:26.05</b>	<b>03:11:28.05</b>	+00:46:42 (24.4%)	6:50	8.8 (75.9%)
46	<b>GAWRON Paweł</b>	<b>3682</b>	FPL TEAM	M20	9	01:40:36	<b>03:11:28.45</b>	<b>03:11:34.95</b>	+00:46:49 (24.4%)	6:50	8.8 (75.9%)
47	<b>PIETRZYK Maciej</b>	<b>4108</b>		M30	20	01:38:14	<b>03:13:30.00</b>	<b>03:13:34.70</b>	+00:48:49 (25.2%)	6:54	8.7 (75.0%)
48	<b>MERCIK Agnieszka</b>	<b>3770</b>	PRZEMYSKI KLUB BIEGACZA	K30	4	01:42:11	<b>03:13:38.10</b>	<b>03:13:40.35</b>	+00:48:54 (25.3%)	6:54	8.7 (75.0%)
49	<b>GNATOWSKI Przemysław</b>	<b>3903</b>	AXA RUNNING TEAM	M20	10	01:38:06	<b>03:14:41.90</b>	<b>03:14:46.60</b>	+00:50:00 (25.7%)	6:57	8.6 (74.1%)
50	<b>GROCHOWSKI Krystian</b>	<b>4119</b>	SKŁADAKI PIŁA	M40	16	01:41:46	<b>03:14:49.15</b>	<b>03:14:59.95</b>	+00:50:14 (25.8%)	6:57	8.6 (74.1%)
51	<b>ONISK Kamil</b>	<b>3422</b>	MKB DREPTAK	M20	11	01:46:28	<b>03:15:02.50</b>	<b>03:15:05.60</b>	+00:50:19 (25.8%)	6:57	8.6 (74.1%)
52	<b>ARUSZTOWICZ Bartosz</b>	<b>3479</b>	HARDCOROWE WYCHYLYLYBYMY	M30	21	01:42:14	<b>03:14:57.00</b>	<b>03:15:11.05</b>	+00:50:25 (25.8%)	6:57	8.6 (74.1%)
53	<b>TRYBULEC Daniel</b>	<b>4109</b>	PORANNY PATROL	M30	22	01:42:32	<b>03:15:45.05</b>	<b>03:15:47.95</b>	+00:51:02 (26.1%)	6:59	8.6 (74.1%)
54	<b>WNOROWSKI Stefan</b>	<b>3513</b>	PARKRUN KONSTANCIN	M30	23	01:38:31	<b>03:16:21.15</b>	<b>03:16:26.05</b>	+00:51:40 (26.3%)	7:00	8.6 (74.1%)
55	<b>KOSTKA Janusz</b>	<b>4198</b>	POŚMAKUJ RUN TEAM	M50	1	01:38:28	<b>03:16:32.30</b>	<b>03:16:36.55</b>	+00:51:50 (26.4%)	7:01	8.5 (73.3%)
56	<b>TELEJKO Łukasz</b>	<b>4175</b>	ROLL&RUN BYDGOSZCZ	M20	12	01:40:20	<b>03:16:37.35</b>	<b>03:16:53.85</b>	+00:52:08 (26.5%)	7:01	8.5 (73.3%)
57	<b>SROMEK Dawid</b>	<b>4150</b>	BB RUNNERS	M20	13	01:43:37	<b>03:16:49.65</b>	<b>03:16:56.05</b>	+00:52:10 (26.5%)	7:01	8.5 (73.3%)
58	<b>BASAĞ Marek</b>	<b>3827</b>		M30	24	01:41:47	<b>03:18:04.95</b>	<b>03:18:37.05</b>	+00:53:51 (27.1%)	7:04	8.5 (73.3%)
59	<b>GRABOŃ Radek</b>	<b>3943</b>		M30	25	01:44:12	<b>03:18:40.05</b>	<b>03:18:55.25</b>	+00:54:09 (27.2%)	7:05	8.5 (73.3%)
60	<b>CZARNECKI Karol</b>	<b>4163</b>	COCA-COLA RUNNERS	M30	26	01:42:02	<b>03:19:17.30</b>	<b>03:19:25.75</b>	+00:54:40 (27.4%)	7:07	8.4 (72.4%)
61	<b>WOŹNIAK Grzegorz</b>	<b>4152</b>		M40	17	01:42:48	<b>03:19:22.00</b>	<b>03:19:30.55</b>	+00:54:44 (27.4%)	7:07	8.4 (72.4%)

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62	BETLEJEWSKI Rafał	3748		M30	27	01:40:54	03:19:38.75	03:19:53.85	+00:55:08 (27.6%)	7:07	8.4 (72.4%)
63	TITZ KOZA Julita	4013		K30	5	01:45:40	03:19:48.85	03:19:58.10	+00:55:12 (27.6%)	7:08	8.4 (72.4%)
64	WĘGRZYŃSKI Paweł	3324		M30	28	01:49:46	03:19:48.95	03:20:14.60	+00:55:28 (27.7%)	7:08	8.4 (72.4%)
65	PAJĄK Andrzej	3818	BIEGAM Z ABS	M40	18	01:46:12	03:21:44.95	03:22:02.05	+00:57:16 (28.3%)	7:12	8.3 (71.6%)
66	SALSKI Rafał	3970		M40	19	01:46:01	03:22:02.85	03:22:06.25	+00:57:20 (28.4%)	7:12	8.3 (71.6%)
67	MERCIK Marek	4029		M50	2	01:42:59	03:22:21.15	03:22:23.10	+00:57:37 (28.5%)	7:13	8.3 (71.6%)
68	GARCZYŃSKI Darek	3684		M40	20	01:47:08	03:22:03.20	03:22:43.25	+00:57:57 (28.6%)	7:12	8.3 (71.6%)
69	BERTINO Francesco	3488	CAZZO CLUB	M20	14	01:46:05	03:22:45.95	03:23:04.90	+00:58:19 (28.7%)	7:14	8.3 (71.6%)
70	GRYMUZA Zbigniew	4155	SKPB LUBLIN	M50	3	01:45:25	03:23:29.60	03:23:36.25	+00:58:50 (28.9%)	7:16	8.3 (71.6%)
71	WOJCIECHOWSKI Paweł	4106	BIEGACZE JUNIORA - RUNNER TEAM	M40	21	01:46:33	03:23:41.30	03:23:46.65	+00:59:01 (29.0%)	7:16	8.2 (70.7%)
72	ČOVIĆ Dragomir	4200	PEU GATA	M30	29	01:43:17	03:24:25.95	03:24:25.95	+00:59:40 (29.2%)	7:18	8.2 (70.7%)
73	KEDŽO Hrvoje	4299	TTK STRKA	M30	30	01:43:17	03:24:26.05	03:24:26.05	+00:59:40 (29.2%)	7:18	8.2 (70.7%)
74	WIERZBICKI Piotr	3622	MINISTERSTWO GŁUPICH KROKÓW LEGIONOWO	M40	22	01:46:52	03:24:30.80	03:25:06.25	+01:00:20 (29.4%)	7:18	8.2 (70.7%)
75	KOZIARSKI Piotr	3658	PO LINIE	M30	31	01:42:23	03:25:29.30	03:25:38.15	+01:00:52 (29.6%)	7:20	8.2 (70.7%)
76	POŁUDNIUK Radosław	4065	SII POWER PEOPLE	M30	32	01:44:49	03:25:33.60	03:25:41.90	+01:00:56 (29.6%)	7:20	8.2 (70.7%)
77	SURDACKI Mateusz	3496		M30	33	01:47:05	03:25:54.55	03:26:14.35	+01:01:28 (29.8%)	7:21	8.2 (70.7%)
78	MIŚKO Andrzej	3311		M30	34	01:45:44	03:26:13.15	03:26:28.55	+01:01:42 (29.9%)	7:21	8.1 (69.8%)
79	MAŁKOWSKA Katarzyna	4146	PORANNY PATROL	K20	1	01:47:27	03:26:30.35	03:26:32.85	+01:01:47 (29.9%)	7:22	8.1 (69.8%)
80	MARCJONIAK Wojtek	4080		M40	23	01:49:44	03:26:05.45	03:26:33.80	+01:01:48 (29.9%)	7:21	8.2 (70.7%)
81	NAWROCKI Marcin	3490		M30	35	01:42:26	03:26:27.20	03:26:34.35	+01:01:48 (29.9%)	7:22	8.1 (69.8%)
82	GARSTKA Mariusz	3704		M20	15	01:51:57	03:26:43.20	03:26:57.25	+01:02:11 (30.1%)	7:22	8.1 (69.8%)
83	MACHALICA Agnieszka	3472		K30	6	01:50:13	03:27:21.20	03:27:22.80	+01:02:37 (30.2%)	7:24	8.1 (69.8%)
84	KWAŚNY Janusz	3723		M40	24	01:52:12	03:26:24.85	03:27:37.35	+01:02:51 (30.3%)	7:22	8.1 (69.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
85	<b>TORBUS Mateusz</b>	<b>3357</b>	GRASSHOPPER	M40	25	01:47:22	<b>03:27:19.75</b>	<b>03:27:40.90</b>	+01:02:55 (30.3%)	7:24	8.1 (69.8%)
86	<b>MIKOŁAJCZYK Mirosław</b>	<b>3954</b>	MIRAZ RACE TEAM	M30	36	01:40:09	<b>03:27:53.95</b>	<b>03:27:55.70</b>	+01:03:10 (30.4%)	7:25	8.1 (69.8%)
87	<b>DUDEK Tomasz</b>	<b>4116</b>	STARE BABICE BIEGAJĄ	M40	26	01:46:57	<b>03:27:45.50</b>	<b>03:28:10.50</b>	+01:03:24 (30.5%)	7:25	8.1 (69.8%)
88	<b>CEGIEŁKO Paweł</b>	<b>3796</b>		M40	27	01:49:53	<b>03:28:09.45</b>	<b>03:28:25.50</b>	+01:03:39 (30.5%)	7:26	8.1 (69.8%)
89	<b>LIPIŃSKI Hubert</b>	<b>3319</b>	KS KANAŁEK	M30	37	01:51:28	<b>03:29:58.25</b>	<b>03:30:08.50</b>	+01:05:22 (31.1%)	7:29	8 (69.0%)
90	<b>SZULC Mateusz</b>	<b>3339</b>		M30	38	01:51:20	<b>03:29:49.80</b>	<b>03:30:09.05</b>	+01:05:23 (31.1%)	7:29	8 (69.0%)
91	<b>TRYBUCHOWICZ Michał</b>	<b>3921</b>		M30	39	01:46:17	<b>03:30:15.95</b>	<b>03:30:21.50</b>	+01:05:35 (31.2%)	7:30	8 (69.0%)
92	<b>KOZICKI Marcin</b>	<b>3851</b>		M30	40	01:57:42	<b>03:29:59.10</b>	<b>03:30:32.35</b>	+01:05:46 (31.2%)	7:29	8 (69.0%)
93	<b>ODOLIŃSKI Jacek</b>	<b>3456</b>	PSZCZÓŁKOWSKI TEAM	M40	28	01:54:41	<b>03:30:11.25</b>	<b>03:30:32.70</b>	+01:05:47 (31.2%)	7:30	8 (69.0%)
94	<b>SIPIERA Tomasz</b>	<b>3812</b>	LACHO TEAM	M40	29	01:49:05	<b>03:30:36.45</b>	<b>03:30:40.70</b>	+01:05:55 (31.3%)	7:31	8 (69.0%)
95	<b>GALKA Piotr</b>	<b>3940</b>	CAZZO CLUB	M20	16	01:46:51	<b>03:30:35.05</b>	<b>03:30:54.65</b>	+01:06:09 (31.4%)	7:31	8 (69.0%)
96	<b>WŁOCH Michał</b>	<b>3595</b>	ZABIEGANI CZĘSTOCHOWA	M20	17	01:49:32	<b>03:30:39.40</b>	<b>03:31:38.70</b>	+01:06:53 (31.6%)	7:31	8 (69.0%)
97	<b>CIĘŻAR Maciej</b>	<b>3870</b>	ANEMIC TURBO	M30	41	01:50:07	<b>03:31:32.05</b>	<b>03:31:50.20</b>	+01:07:04 (31.7%)	7:33	7.9 (68.1%)
98	<b>GAJEWSKI Marek</b>	<b>3693</b>	GRUPA ŚMIERCI RZEŹNICZEK	M30	42	01:55:50	<b>03:31:16.20</b>	<b>03:31:55.40</b>	+01:07:09 (31.7%)	7:32	8 (69.0%)
99	<b>PAŁUZEWICZ Ewa</b>	<b>3692</b>	VISEGRAD MARATON RYTRO	K40	1	01:52:59	<b>03:32:03.50</b>	<b>03:32:07.60</b>	+01:07:21 (31.8%)	7:34	7.9 (68.1%)
100	<b>MUSZYŃSKI Dariusz</b>	<b>3833</b>	RED LION CLUB	M30	43	01:51:50	<b>03:31:57.35</b>	<b>03:32:17.85</b>	+01:07:32 (31.8%)	7:34	7.9 (68.1%)
101	<b>KOŚNIEWSKA Weronika</b>	<b>4093</b>	OBOZYBIEGOWE.PL / PGE NARODOWY	K30	7	01:57:02	<b>03:32:04.75</b>	<b>03:32:19.40</b>	+01:07:33 (31.8%)	7:34	7.9 (68.1%)
102	<b>KLIMEK Rafał</b>	<b>3455</b>		M30	44	01:46:29	<b>03:32:17.05</b>	<b>03:32:20.15</b>	+01:07:34 (31.8%)	7:34	7.9 (68.1%)
103	<b>SZYMAŃSKI Jarosław</b>	<b>3826</b>	RED LION CLUB	M30	45	01:51:49	<b>03:32:09.05</b>	<b>03:32:29.55</b>	+01:07:43 (31.9%)	7:34	7.9 (68.1%)
104	<b>KAMIŃSKA Jolanta</b>	<b>4136</b>		K30	8	01:54:09	<b>03:32:08.00</b>	<b>03:32:42.15</b>	+01:07:56 (31.9%)	7:34	7.9 (68.1%)
105	<b>ZABOROWSKI Filip</b>	<b>3613</b>	ZABIEGANI CZĘSTOCHOWA	M20	18	01:47:11	<b>03:31:47.65</b>	<b>03:32:46.30</b>	+01:08:00 (32.0%)	7:33	7.9 (68.1%)
106	<b>KRYPSKI Bartosz</b>	<b>3824</b>	CROSSFIT SIEDLCE	M20	19	01:47:11	<b>03:32:48.60</b>	<b>03:32:57.00</b>	+01:08:11 (32.0%)	7:36	7.9 (68.1%)
107	<b>KOWALEWSKI Mateusz</b>	<b>3825</b>	CROSSFIT SIEDLCE	M20	20	01:47:13	<b>03:32:49.15</b>	<b>03:32:57.25</b>	+01:08:11 (32.0%)	7:36	7.9 (68.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
108	<b>MURACZEWSKI Piotr</b>	<b>3725</b>		M30	46	01:47:58	<b>03:32:59.35</b>	<b>03:33:16.10</b>	+01:08:30 (32.1%)	7:36	7.9 (68.1%)
109	<b>NAWROT Bartłomiej</b>	<b>3785</b>	KAMIENIOŁOM	M30	47	01:53:59	<b>03:33:54.95</b>	<b>03:34:09.65</b>	+01:09:24 (32.4%)	7:38	7.9 (68.1%)
110	<b>WALKOSZ-BERDA Grzegorz</b>	<b>3904</b>	BIEGAM Z ABS	M30	48	01:50:02	<b>03:35:06.60</b>	<b>03:35:25.35</b>	+01:10:39 (32.8%)	7:40	7.8 (67.2%)
111	<b>POTAS Maciej</b>	<b>3835</b>	BOLCOWNICY	M30	49	01:53:49	<b>03:36:08.40</b>	<b>03:36:47.40</b>	+01:12:01 (33.2%)	7:43	7.8 (67.2%)
112	<b>KOWALSKI Tomasz</b>	<b>3906</b>		M30	50	02:00:06	<b>03:36:30.40</b>	<b>03:36:51.95</b>	+01:12:06 (33.2%)	7:43	7.8 (67.2%)
113	<b>CIEŚLA Dawid</b>	<b>3608</b>	AGB TORFY	M40	30	02:00:49	<b>03:36:22.95</b>	<b>03:36:57.65</b>	+01:12:12 (33.3%)	7:43	7.8 (67.2%)
114	<b>SIEMASZKO Wojciech</b>	<b>3975</b>		M30	51	01:58:42	<b>03:37:19.65</b>	<b>03:37:22.80</b>	+01:12:37 (33.4%)	7:45	7.7 (66.4%)
115	<b>PONIEWOZIK Ireneusz</b>	<b>3768</b>		M30	52	01:58:41	<b>03:37:20.55</b>	<b>03:37:23.35</b>	+01:12:37 (33.4%)	7:45	7.7 (66.4%)
116	<b>MACIĄG Michał</b>	<b>3522</b>	BIEGUSIEM.PL	M30	53	01:49:29	<b>03:36:41.30</b>	<b>03:37:34.90</b>	+01:12:49 (33.5%)	7:44	7.8 (67.2%)
117	<b>KONDZIOŁA Krzysztof</b>	<b>3352</b>	PERFECT RUNNER LUBLIN	M30	54	01:56:28	<b>03:37:30.25</b>	<b>03:37:51.80</b>	+01:13:06 (33.6%)	7:46	7.7 (66.4%)
118	<b>WALCZAK Marcin</b>	<b>3426</b>		M30	55	01:47:27	<b>03:37:37.35</b>	<b>03:37:53.00</b>	+01:13:07 (33.6%)	7:46	7.7 (66.4%)
119	<b>HOLENDER Sebastian</b>	<b>3314</b>		M30	56	01:59:17	<b>03:37:12.80</b>	<b>03:38:13.30</b>	+01:13:27 (33.7%)	7:45	7.7 (66.4%)
120	<b>MARCINKIEWICZ Katarzyna</b>	<b>3774</b>	BÓBR TŁUSZCZ	K40	2	01:57:18	<b>03:38:01.25</b>	<b>03:38:29.00</b>	+01:13:43 (33.7%)	7:47	7.7 (66.4%)
121	<b>KAJDROWICZ Grzegorz</b>	<b>3512</b>	WWW.PRZEMYSLNEDODROZE.PL	M40	31	01:46:44	<b>03:38:19.85</b>	<b>03:38:33.90</b>	+01:13:48 (33.8%)	7:47	7.7 (66.4%)
122	<b>RIEFF Tomasz</b>	<b>3349</b>		M30	57	01:55:52	<b>03:38:22.65</b>	<b>03:38:39.20</b>	+01:13:53 (33.8%)	7:47	7.7 (66.4%)
123	<b>DANIEL Krzysztof</b>	<b>3604</b>	WEEKENDOWY RESET	M30	58	01:58:19	<b>03:38:20.30</b>	<b>03:38:51.15</b>	+01:14:05 (33.9%)	7:47	7.7 (66.4%)
124	<b>KULIGA Sławomir</b>	<b>3306</b>	POSMAKUJ RUN TEAM	M30	59	01:42:51	<b>03:38:50.55</b>	<b>03:38:55.25</b>	+01:14:09 (33.9%)	7:48	7.7 (66.4%)
125	<b>GÓRSKI Mateusz</b>	<b>4153</b>	BIG YELLOW FOOT ADVENTURE TEAM	M30	60	01:55:55	<b>03:38:37.90</b>	<b>03:39:05.35</b>	+01:14:19 (33.9%)	7:48	7.7 (66.4%)
126	<b>ROJEWSKI Michał</b>	<b>3439</b>		M30	61	01:48:16	<b>03:39:04.40</b>	<b>03:39:11.65</b>	+01:14:26 (34.0%)	7:49	7.7 (66.4%)
127	<b>POGODA Kamil</b>	<b>3662</b>	ACCENTURE RUNNING TEAM	M30	62	01:54:09	<b>03:38:42.20</b>	<b>03:39:16.00</b>	+01:14:30 (34.0%)	7:48	7.7 (66.4%)
128	<b>KUBIAK Adam</b>	<b>3671</b>	BIEGAM BO KRZYCZY	M40	32	01:52:14	<b>03:39:08.90</b>	<b>03:39:20.90</b>	+01:14:35 (34.0%)	7:49	7.7 (66.4%)
129	<b>KOTLARCZYK Ireneusz</b>	<b>3344</b>		M30	63	01:54:55	<b>03:38:27.75</b>	<b>03:39:26.55</b>	+01:14:40 (34.0%)	7:48	7.7 (66.4%)
130	<b>MACKIEWICZ Maurycy</b>	<b>3882</b>	RUNNERS TEAM QUIBL	M30	64	01:55:25	<b>03:38:08.80</b>	<b>03:39:30.00</b>	+01:14:44 (34.0%)	7:47	7.7 (66.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
131	<b>KURCZEK Tomasz</b>	<b>3657</b>		M40	33	01:50:20	<b>03:39:44.35</b>	<b>03:39:51.10</b>	+01:15:05 (34.2%)	7:50	7.6 (65.5%)
132	<b>KUCHEJDA Katarzyna</b>	<b>4140</b>	RK ATHLETICS	K40	3	01:59:55	<b>03:39:50.85</b>	<b>03:40:19.45</b>	+01:15:33 (34.3%)	7:51	7.6 (65.5%)
133	<b>SMOLIŃSKI Piotr</b>	<b>3376</b>		M30	65	01:58:32	<b>03:39:39.65</b>	<b>03:40:35.15</b>	+01:15:49 (34.4%)	7:50	7.6 (65.5%)
134	<b>DOMŻAŁA Konrad</b>	<b>3588</b>		M40	34	01:46:52	<b>03:40:27.80</b>	<b>03:40:39.35</b>	+01:15:53 (34.4%)	7:52	7.6 (65.5%)
135	<b>KĘDRA Piotr</b>	<b>3793</b>	BRZOZOWSKI KLUB BIEGACZA	M20	21	01:57:19	<b>03:40:22.30</b>	<b>03:40:40.60</b>	+01:15:54 (34.4%)	7:52	7.6 (65.5%)
136	<b>KASZYCKA Renata</b>	<b>3430</b>		K40	4	01:57:17	<b>03:40:31.00</b>	<b>03:40:49.75</b>	+01:16:04 (34.4%)	7:52	7.6 (65.5%)
137	<b>ZAJĄC Mariusz</b>	<b>4059</b>		M40	35	02:04:56	<b>03:39:56.45</b>	<b>03:41:13.70</b>	+01:16:28 (34.6%)	7:51	7.6 (65.5%)
138	<b>NAUDZIUNAS Agnieszka</b>	<b>3911</b>	NATURAL BORN RUNNERS	K30	9	01:58:17	<b>03:41:04.70</b>	<b>03:41:27.30</b>	+01:16:41 (34.6%)	7:53	7.6 (65.5%)
139	<b>ULICZNY Paweł</b>	<b>3763</b>	REMBERTÓW TEAM	M40	36	01:56:27	<b>03:41:40.90</b>	<b>03:41:55.25</b>	+01:17:09 (34.8%)	7:55	7.6 (65.5%)
140	<b>BUZALSKI Robert</b>	<b>3981</b>	ORANGE POLSKA	M40	37	01:50:22	<b>03:41:29.20</b>	<b>03:42:01.85</b>	+01:17:16 (34.8%)	7:54	7.6 (65.5%)
141	<b>KOWALSKI Sylwester</b>	<b>3980</b>		M30	66		<b>03:41:53.30</b>	<b>03:42:16.20</b>	+01:17:30 (34.9%)	7:55	7.6 (65.5%)
142	<b>KOWALSKA Joanna</b>	<b>3979</b>		K30	10		<b>03:41:53.55</b>	<b>03:42:16.25</b>	+01:17:30 (34.9%)	7:55	7.6 (65.5%)
143	<b>SŁOMKA Paweł</b>	<b>3386</b>	BIEGNĘ ODCZAROWAĆ RAKA	M20	22	01:46:30	<b>03:41:23.00</b>	<b>03:42:21.40</b>	+01:17:35 (34.9%)	7:54	7.6 (65.5%)
144	<b>JAKUBCZYK Jacek</b>	<b>3735</b>	CONTANTE	M30	67	01:57:57	<b>03:41:25.30</b>	<b>03:42:29.15</b>	+01:17:43 (34.9%)	7:54	7.6 (65.5%)
145	<b>BATRUCH Lukasz</b>	<b>3794</b>		M30	68	02:00:46	<b>03:41:59.10</b>	<b>03:42:34.10</b>	+01:17:48 (35.0%)	7:55	7.6 (65.5%)
146	<b>GADOMSKA Anna</b>	<b>3615</b>	PZU SPORT TEAM	K30	11	01:59:21	<b>03:42:28.15</b>	<b>03:42:41.70</b>	+01:17:56 (35.0%)	7:56	7.6 (65.5%)
147	<b>ŁUCZYK Janusz</b>	<b>3779</b>	BÓBR TŁUSZCZ	M30	69	01:55:24	<b>03:42:14.15</b>	<b>03:42:42.15</b>	+01:17:56 (35.0%)	7:56	7.6 (65.5%)
148	<b>MICHALAK Natalia</b>	<b>4040</b>	WYŻSZA SZKOŁA POLICJI W SZCZYTNIIE	K20	2	02:00:50	<b>03:42:21.40</b>	<b>03:42:46.05</b>	+01:18:00 (35.0%)	7:56	7.6 (65.5%)
149	<b>PANEK Damian</b>	<b>3464</b>		M20	23	01:52:55	<b>03:42:48.05</b>	<b>03:42:54.10</b>	+01:18:08 (35.1%)	7:57	7.5 (64.7%)
150	<b>PYPNO Maciej</b>	<b>3968</b>	FMW RUNNERS	M30	70	01:47:43	<b>03:43:25.30</b>	<b>03:43:46.25</b>	+01:19:00 (35.3%)	7:58	7.5 (64.7%)
151	<b>KOLIBABSKI Radosław</b>	<b>3443</b>	HARDCOROWE WYCHYLYLYBYMY / TRENERBIEGANIA.PL	M20	24	01:54:39	<b>03:44:28.35</b>	<b>03:44:43.30</b>	+01:19:57 (35.6%)	8:01	7.5 (64.7%)
152	<b>SMERECKI Maciej</b>	<b>4196</b>		M30	71	01:55:57	<b>03:45:01.25</b>	<b>03:45:06.25</b>	+01:20:20 (35.7%)	8:02	7.5 (64.7%)
153	<b>TWORZYDŁO Paweł</b>	<b>3320</b>		M40	38	01:57:36	<b>03:44:39.10</b>	<b>03:45:16.30</b>	+01:20:30 (35.7%)	8:01	7.5 (64.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
154	<b>DRZEWIECKI Michał</b>	<b>3877</b>		M20	25	02:09:29	<b>03:44:20.75</b>	<b>03:45:18.05</b>	+01:20:32 (35.7%)	8:00	7.5 (64.7%)
155	<b>SIÓDMIAK Cezary</b>	<b>4193</b>	KLUB SPARTANIE DZIECIOM	M40	39	01:55:01	<b>03:45:16.10</b>	<b>03:45:32.85</b>	+01:20:47 (35.8%)	8:02	7.5 (64.7%)
156	<b>KOTLIŃSKI Janusz</b>	<b>3955</b>		M50	4	01:55:29	<b>03:45:31.65</b>	<b>03:45:50.40</b>	+01:21:04 (35.9%)	8:03	7.4 (63.8%)
157	<b>SZCZEPAŃSKI Marcin</b>	<b>3750</b>	EVERRUN	M40	40	01:57:25	<b>03:45:41.60</b>	<b>03:45:51.25</b>	+01:21:05 (35.9%)	8:03	7.4 (63.8%)
158	<b>TURCZYŃSKA Monika</b>	<b>3922</b>	LECZO TEAM	K40	5	02:02:31	<b>03:45:22.80</b>	<b>03:46:09.95</b>	+01:21:24 (36.0%)	8:02	7.5 (64.7%)
159	<b>DRAŻEK Sławomir</b>	<b>4194</b>		M40	41	01:48:42	<b>03:45:52.70</b>	<b>03:46:15.70</b>	+01:21:30 (36.0%)	8:04	7.4 (63.8%)
160	<b>SKUBIDA Marcin</b>	<b>3661</b>	SPRINT GORZYCE	M30	72	01:57:18	<b>03:45:01.85</b>	<b>03:46:21.90</b>	+01:21:36 (36.0%)	8:02	7.5 (64.7%)
161	<b>RĄCZKA Rafał</b>	<b>4203</b>		M30	73	01:52:00	<b>03:46:21.50</b>	<b>03:46:31.40</b>	+01:21:45 (36.1%)	8:05	7.4 (63.8%)
162	<b>BOROWIEC Arkadiusz</b>	<b>3398</b>	CHEŁM BIEGA/BRACIA.B	M40	42	01:56:31	<b>03:46:31.90</b>	<b>03:46:44.25</b>	+01:21:58 (36.2%)	8:05	7.4 (63.8%)
163	<b>SZANIAWSKI Marcin</b>	<b>3330</b>	DZIKIE BĄKI	M30	74	01:46:43	<b>03:46:40.60</b>	<b>03:46:48.70</b>	+01:22:03 (36.2%)	8:05	7.4 (63.8%)
164	<b>KRAJEWSKI Przemysław</b>	<b>3923</b>	LECZO TEAM	M40	43	02:02:33	<b>03:46:12.70</b>	<b>03:46:59.55</b>	+01:22:13 (36.2%)	8:04	7.4 (63.8%)
165	<b>SŁOWIŃSKA Karolina</b>	<b>3419</b>		K30	12	02:00:03	<b>03:47:25.50</b>	<b>03:48:18.90</b>	+01:23:33 (36.6%)	8:07	7.4 (63.8%)
166	<b>MAZUR Marcin</b>	<b>3412</b>		M30	75	01:56:21	<b>03:47:45.15</b>	<b>03:48:43.65</b>	+01:23:58 (36.7%)	8:08	7.4 (63.8%)
167	<b>SIENICKI Karol</b>	<b>3837</b>	BOLCOWNICY	M30	76	02:00:41	<b>03:48:05.80</b>	<b>03:48:46.40</b>	+01:24:00 (36.7%)	8:08	7.4 (63.8%)
168	<b>MOSOŃ Sławomir</b>	<b>3874</b>		M30	77	02:01:03	<b>03:48:38.90</b>	<b>03:49:00.55</b>	+01:24:14 (36.8%)	8:09	7.3 (62.9%)
169	<b>OPALA Krzysztof</b>	<b>3668</b>	ENDORFINA	M30	78	02:00:28	<b>03:48:31.30</b>	<b>03:49:05.50</b>	+01:24:19 (36.8%)	8:09	7.4 (63.8%)
170	<b>PIRÓG Krzysztof</b>	<b>3953</b>	ŻOŁNIERZ ZAWODOWY	M40	44	01:54:34	<b>03:48:59.15</b>	<b>03:49:17.15</b>	+01:24:31 (36.9%)	8:10	7.3 (62.9%)
171	<b>WALKOWIAK Iwona</b>	<b>4138</b>		K30	13	01:57:31	<b>03:49:16.65</b>	<b>03:49:18.75</b>	+01:24:33 (36.9%)	8:11	7.3 (62.9%)
172	<b>WOJNAR Radek</b>	<b>3881</b>	RUNNERS TEAM QUIBL	M40	45	01:57:38	<b>03:48:04.65</b>	<b>03:49:24.95</b>	+01:24:39 (36.9%)	8:08	7.4 (63.8%)
173	<b>RÓŻYC Norbert</b>	<b>4084</b>	WARSZAWSKI ULTRAS	M30	79	02:02:44	<b>03:49:10.80</b>	<b>03:49:26.85</b>	+01:24:41 (36.9%)	8:11	7.3 (62.9%)
174	<b>BARTŁOMIEJSKA Urszula</b>	<b>3384</b>		K30	14	02:03:21	<b>03:49:56.30</b>	<b>03:50:01.35</b>	+01:25:15 (37.1%)	8:12	7.3 (62.9%)
175	<b>SIERAKOWSKI Igor</b>	<b>3878</b>		M40	46	02:05:15	<b>03:49:24.45</b>	<b>03:50:31.35</b>	+01:25:45 (37.2%)	8:11	7.3 (62.9%)
176	<b>BOROWIEC Mariusz</b>	<b>3407</b>	PZU SPORT TEAM	M40	47	01:52:15	<b>03:50:39.60</b>	<b>03:50:53.05</b>	+01:26:07 (37.3%)	8:14	7.3 (62.9%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
177	<b>PUCHAŁA Mariusz</b>	<b>3845</b>	TERNOL TEAM	M30	80	02:00:37	<b>03:50:23.20</b>	<b>03:51:00.05</b>	+01:26:14 (37.3%)	8:13	7.3 (62.9%)
178	<b>SZUMIGAJ-MIŁOSZ Alicja</b>	<b>3872</b>		K30	15	02:01:30	<b>03:50:46.25</b>	<b>03:51:07.40</b>	+01:26:21 (37.4%)	8:14	7.3 (62.9%)
179	<b>CHOJNOWSKI Łukasz</b>	<b>4052</b>	YES MEN TEAM	M20	26	01:58:55	<b>03:51:13.55</b>	<b>03:51:46.85</b>	+01:27:01 (37.5%)	8:15	7.3 (62.9%)
180	<b>GUTKOWSKI Tomasz</b>	<b>3853</b>	YES MEN TEAM	M20	27	02:00:49	<b>03:51:16.30</b>	<b>03:51:49.30</b>	+01:27:03 (37.6%)	8:15	7.3 (62.9%)
181	<b>BRAUN Tomasz</b>	<b>3974</b>	NIGHT RUNNERS	M40	48	02:05:09	<b>03:51:23.45</b>	<b>03:51:50.45</b>	+01:27:04 (37.6%)	8:15	7.3 (62.9%)
182	<b>GÓRNIWICZ Marcin</b>	<b>4025</b>	MBANK	M30	81	02:12:14	<b>03:51:15.10</b>	<b>03:51:56.00</b>	+01:27:10 (37.6%)	8:15	7.3 (62.9%)
183	<b>ZARUDZKI Łukasz</b>	<b>3411</b>	NOTHING TO FEAR	M40	49	02:00:03	<b>03:51:46.35</b>	<b>03:52:10.15</b>	+01:27:24 (37.6%)	8:16	7.2 (62.1%)
184	<b>KĘPKA Robert</b>	<b>3478</b>	BIEGUSIEM.PL	M30	82	01:53:47	<b>03:51:23.65</b>	<b>03:52:17.15</b>	+01:27:31 (37.7%)	8:15	7.3 (62.9%)
185	<b>ŁUKASZKIEWICZ Michał</b>	<b>3942</b>		M30	83		<b>03:52:20.65</b>	<b>03:52:20.65</b>	+01:27:35 (37.7%)	8:17	7.2 (62.1%)
186	<b>BARZYK Mateusz</b>	<b>3605</b>	FUDU CO. SPORT TEAM	M40	50	02:05:41	<b>03:51:50.55</b>	<b>03:52:26.25</b>	+01:27:40 (37.7%)	8:16	7.2 (62.1%)
187	<b>STEFANIAK Artur</b>	<b>3602</b>	FUDU&CO SPORT TEAM	M40	51	02:06:00	<b>03:51:47.00</b>	<b>03:52:26.40</b>	+01:27:40 (37.7%)	8:16	7.2 (62.1%)
188	<b>POPIOŁEK Jacek</b>	<b>3427</b>	BIEGUSIEM.PL	M30	84	02:04:41	<b>03:51:35.45</b>	<b>03:52:36.85</b>	+01:27:51 (37.8%)	8:16	7.3 (62.9%)
189	<b>WOJTOWICZ Daniel</b>	<b>3321</b>		M40	52	02:00:50	<b>03:52:40.55</b>	<b>03:52:56.15</b>	+01:28:10 (37.9%)	8:18	7.2 (62.1%)
189	<b>DYREK Adam</b>	<b>3992</b>		M30	85	02:00:51	<b>03:52:40.10</b>	<b>03:52:56.15</b>	+01:28:10 (37.9%)	8:18	7.2 (62.1%)
191	<b>LASOTA Arkadiusz</b>	<b>3961</b>		M40	53	02:02:01	<b>03:52:28.15</b>	<b>03:53:00.35</b>	+01:28:14 (37.9%)	8:18	7.2 (62.1%)
192	<b>KOWALSKA Justyna</b>	<b>3917</b>	MORSY OŚNO LUBUSKIE	K30	16	02:06:26	<b>03:52:49.80</b>	<b>03:53:01.50</b>	+01:28:15 (37.9%)	8:18	7.2 (62.1%)
193	<b>MICHAŁEK Jacek</b>	<b>3551</b>	GRUPA ŚMIERCI RZEŹNIECZEK	M30	86	02:04:07	<b>03:52:27.65</b>	<b>03:53:39.95</b>	+01:28:54 (38.0%)	8:18	7.2 (62.1%)
194	<b>KOSIEK Piotr</b>	<b>3460</b>	KRWAWIE SUTY RUN & BIKE	M40	54	01:57:50	<b>03:53:08.45</b>	<b>03:53:59.85</b>	+01:29:14 (38.1%)	8:19	7.2 (62.1%)
195	<b>SZYSZKA Anna</b>	<b>3486</b>		K20	3	02:15:47	<b>03:53:10.15</b>	<b>03:54:16.80</b>	+01:29:31 (38.2%)	8:19	7.2 (62.1%)
196	<b>JASNOWSKI Michal</b>	<b>3428</b>		M30	87	01:54:16	<b>03:54:21.25</b>	<b>03:54:29.05</b>	+01:29:43 (38.3%)	8:22	7.2 (62.1%)
197	<b>KAPUSTA Dawid</b>	<b>3484</b>	PSYCHO RUNNER	M20	28	02:14:18	<b>03:53:25.25</b>	<b>03:54:45.75</b>	+01:30:00 (38.3%)	8:20	7.2 (62.1%)
198	<b>TOMASZEWSKI Piotr</b>	<b>3511</b>		M30	88	02:01:18	<b>03:54:39.60</b>	<b>03:54:51.15</b>	+01:30:05 (38.4%)	8:22	7.2 (62.1%)
199	<b>SADOWSKA Edyta</b>	<b>3435</b>	ROZBIEGANY SULEJÓWEK	K40	6	02:05:36	<b>03:54:40.25</b>	<b>03:55:00.00</b>	+01:30:14 (38.4%)	8:22	7.2 (62.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
200	<b>TOMKIEWICZ Przemysław</b>	<b>3317</b>		M40	55	02:05:51	<b>03:54:07.70</b>	<b>03:55:02.25</b>	+01:30:16 (38.4%)	8:21	7.2 (62.1%)
201	<b>HALAT Andrzej</b>	<b>4197</b>	POSMAKUJ RUN TEAM	M40	56	02:05:04	<b>03:53:30.60</b>	<b>03:55:08.25</b>	+01:30:22 (38.4%)	8:20	7.2 (62.1%)
202	<b>AUGUSTYNIAK Marek</b>	<b>3744</b>	KOLEGA RYŚKA	M50	5	01:58:23	<b>03:54:19.55</b>	<b>03:55:09.90</b>	+01:30:24 (38.4%)	8:22	7.2 (62.1%)
203	<b>LISIECKA Małgorzata</b>	<b>4095</b>	BIEGAM NA TARCHOMINIE	K30	17	02:12:46	<b>03:54:24.75</b>	<b>03:55:11.35</b>	+01:30:25 (38.4%)	8:22	7.2 (62.1%)
204	<b>KONIK Tomasz</b>	<b>4003</b>	KONIK TEAM	M40	57	02:01:51	<b>03:54:48.10</b>	<b>03:55:11.60</b>	+01:30:25 (38.5%)	8:23	7.2 (62.1%)
205	<b>GRELA Kinga</b>	<b>3798</b>		K30	18	02:10:56	<b>03:54:45.05</b>	<b>03:55:26.95</b>	+01:30:41 (38.5%)	8:23	7.2 (62.1%)
206	<b>KROSNOWSKI Bartosz</b>	<b>3957</b>	PBWUK	M40	58	02:05:48	<b>03:54:53.90</b>	<b>03:55:35.95</b>	+01:30:50 (38.6%)	8:23	7.2 (62.1%)
207	<b>JABRZYK Mariusz</b>	<b>3523</b>	PZU SPORT TEAM	M30	89	02:05:56	<b>03:54:52.80</b>	<b>03:55:49.35</b>	+01:31:03 (38.6%)	8:23	7.2 (62.1%)
208	<b>DUDEK Michał</b>	<b>3840</b>		M40	59	02:04:05	<b>03:55:46.35</b>	<b>03:56:10.90</b>	+01:31:25 (38.7%)	8:25	7.1 (61.2%)
209	<b>SKRUDLIK Wojciech</b>	<b>3469</b>	NIGHT RUNNERS	M40	60	02:03:24	<b>03:56:10.35</b>	<b>03:56:19.90</b>	+01:31:34 (38.7%)	8:26	7.1 (61.2%)
210	<b>KULCZYŃSKI Rafał</b>	<b>3379</b>	ORTOREH TEAM	M30	90	01:58:43	<b>03:57:37.55</b>	<b>03:57:46.15</b>	+01:33:00 (39.1%)	8:29	7.1 (61.2%)
211	<b>WARZYŃSKI Beniamin</b>	<b>3959</b>		M30	91	01:59:57	<b>03:57:45.95</b>	<b>03:58:03.80</b>	+01:33:18 (39.2%)	8:29	7.1 (61.2%)
212	<b>KULCZYŃSKI Michał</b>	<b>3408</b>		M30	92	01:58:58	<b>03:58:18.40</b>	<b>03:58:27.40</b>	+01:33:41 (39.3%)	8:30	7 (60.3%)
213	<b>ANIOŁ Mateusz</b>	<b>3847</b>	TERNOL TEAM	M30	93	02:05:18	<b>03:58:31.50</b>	<b>03:59:09.15</b>	+01:34:23 (39.5%)	8:31	7 (60.3%)
214	<b>ZAWADZKI Mirosław</b>	<b>3844</b>	TERNOL TEAM	M30	94	02:05:19	<b>03:58:29.40</b>	<b>03:59:09.30</b>	+01:34:23 (39.5%)	8:31	7 (60.3%)
215	<b>MIKOŁAJCZYK Paweł</b>	<b>3445</b>		M30	95		<b>03:59:21.00</b>	<b>03:59:21.00</b>	+01:34:35 (39.5%)	8:32	7 (60.3%)
216	<b>DEC Piotr</b>	<b>3948</b>		M50	6	02:04:39	<b>04:00:05.50</b>	<b>04:00:24.40</b>	+01:35:38 (39.8%)	8:34	7 (60.3%)
217	<b>ŻOCHOWSKI Adrian</b>	<b>3587</b>	MBANK	M20	29	02:03:15	<b>04:01:00.10</b>	<b>04:01:11.00</b>	+01:36:25 (40.0%)	8:36	7 (60.3%)
218	<b>WIŚNIEWSKI Andrzej</b>	<b>3846</b>		M30	96	02:05:56	<b>04:01:13.10</b>	<b>04:01:29.70</b>	+01:36:44 (40.1%)	8:36	7 (60.3%)
219	<b>ZAJĄC Dariusz</b>	<b>4060</b>		M40	61	02:05:01	<b>04:00:21.20</b>	<b>04:01:36.05</b>	+01:36:50 (40.1%)	8:35	7 (60.3%)
220	<b>RORAT Artur</b>	<b>3350</b>	CHEŁM BIEGA	M20	30	02:04:06	<b>04:01:43.65</b>	<b>04:01:54.90</b>	+01:37:09 (40.2%)	8:37	7 (60.3%)
221	<b>KACZMARSKI Piotr</b>	<b>3437</b>		M30	97	02:03:41	<b>04:01:59.15</b>	<b>04:02:12.90</b>	+01:37:27 (40.2%)	8:38	6.9 (59.5%)
222	<b>GRZYMSKI Mariusz</b>	<b>4178</b>	SKŁADAKI PIŁA	M30	98	01:58:03	<b>04:01:57.50</b>	<b>04:02:26.50</b>	+01:37:40 (40.3%)	8:38	6.9 (59.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
223	<b>BUKOWSKI Rafał</b>	<b>3559</b>		M40	62	02:03:41	<b>04:02:00.85</b>	<b>04:02:49.35</b>	+01:38:03 (40.4%)	8:38	6.9 (59.5%)
224	<b>POPARDA Paweł</b>	<b>3988</b>	PZU SPORT TEAM	M30	99	02:01:10	<b>04:02:54.65</b>	<b>04:03:05.15</b>	+01:38:19 (40.4%)	8:40	6.9 (59.5%)
225	<b>SOWULA Magdalena</b>	<b>4028</b>		K20	4	02:08:53	<b>04:02:51.20</b>	<b>04:03:24.45</b>	+01:38:38 (40.5%)	8:40	6.9 (59.5%)
226	<b>STARZYŃSKA Katarzyna</b>	<b>4117</b>	SKŁADAKI PIŁA	K30	19	02:00:57	<b>04:03:08.30</b>	<b>04:03:34.15</b>	+01:38:48 (40.6%)	8:41	6.9 (59.5%)
227	<b>CUPRYJAK Adrian</b>	<b>4047</b>		M30	100	02:04:21	<b>04:02:34.00</b>	<b>04:03:34.70</b>	+01:38:49 (40.6%)	8:39	6.9 (59.5%)
228	<b>PYZEL Agnieszka</b>	<b>3574</b>	PARKRUN KONSTANCIN	K40	7	02:07:44	<b>04:03:30.80</b>	<b>04:03:48.15</b>	+01:39:02 (40.6%)	8:41	6.9 (59.5%)
229	<b>SZMAJDOWICZ Paweł</b>	<b>3566</b>	FACHDOM TEAM	M40	63	02:04:40	<b>04:03:47.95</b>	<b>04:04:00.05</b>	+01:39:14 (40.7%)	8:42	6.9 (59.5%)
230	<b>EPA Karolina</b>	<b>3967</b>	PZU SPORT TEAM	K20	5	02:09:32	<b>04:03:17.25</b>	<b>04:04:08.05</b>	+01:39:22 (40.7%)	8:41	6.9 (59.5%)
231	<b>TOKARZ Marcin</b>	<b>3425</b>		M40	64	02:12:10	<b>04:03:11.95</b>	<b>04:04:30.40</b>	+01:39:44 (40.8%)	8:41	6.9 (59.5%)
232	<b>KOŚCIAKIEWICZ Jarosław</b>	<b>3977</b>		M20	31	02:13:57	<b>04:03:16.55</b>	<b>04:04:31.40</b>	+01:39:45 (40.8%)	8:41	6.9 (59.5%)
233	<b>AUGUST Ryszard</b>	<b>3641</b>	KOLEGA MARKA I KAJTKA	M50	7	02:04:52	<b>04:03:44.25</b>	<b>04:04:34.00</b>	+01:39:48 (40.8%)	8:42	6.9 (59.5%)
234	<b>PIECUCH Tomasz</b>	<b>3383</b>	POZYTYWNIIE ZABIEGANI SANOK	M30	101	01:58:21	<b>04:04:22.05</b>	<b>04:04:36.45</b>	+01:39:50 (40.8%)	8:43	6.9 (59.5%)
235	<b>WACHOWSKI Piotr</b>	<b>3753</b>		M40	65	02:12:00	<b>04:03:43.25</b>	<b>04:04:39.35</b>	+01:39:53 (40.8%)	8:42	6.9 (59.5%)
236	<b>BUGAŁA Robert</b>	<b>3879</b>	SOLID HOUSE	M40	66	02:06:49	<b>04:04:20.40</b>	<b>04:05:05.15</b>	+01:40:19 (40.9%)	8:43	6.9 (59.5%)
237	<b>LITWORA Sebastian</b>	<b>3382</b>	CROSS-SPOT	M30	102	02:00:48	<b>04:04:37.05</b>	<b>04:05:14.40</b>	+01:40:28 (41.0%)	8:44	6.9 (59.5%)
238	<b>SKALNIAK Patryk</b>	<b>3952</b>	PATSKATEAM	M30	103	02:08:03	<b>04:04:55.45</b>	<b>04:05:22.15</b>	+01:40:36 (41.0%)	8:44	6.9 (59.5%)
239	<b>PRUSZKOWSKI Mariusz</b>	<b>3385</b>	CHEŁM BIEGA ULTRA	M40	67	01:59:52	<b>04:05:22.50</b>	<b>04:05:35.30</b>	+01:40:49 (41.1%)	8:45	6.8 (58.6%)
240	<b>GÓRSKI Emil</b>	<b>4100</b>	HUSARIA RACE TEAM	M20	32	02:08:12	<b>04:04:53.65</b>	<b>04:05:39.85</b>	+01:40:54 (41.1%)	8:44	6.9 (59.5%)
241	<b>NAPIONTEK Maria</b>	<b>4024</b>		K30	20	02:13:18	<b>04:05:01.75</b>	<b>04:05:43.05</b>	+01:40:57 (41.1%)	8:45	6.9 (59.5%)
242	<b>SIENIAWSKI Daniel</b>	<b>3586</b>	KW LUBLIN	M30	104	02:04:27	<b>04:05:17.30</b>	<b>04:05:54.20</b>	+01:41:08 (41.1%)	8:45	6.8 (58.6%)
243	<b>ŚWIDERSKI Sławomir</b>	<b>3669</b>	BEMOVIA	M40	68	02:04:54	<b>04:05:36.30</b>	<b>04:05:56.50</b>	+01:41:10 (41.1%)	8:46	6.8 (58.6%)
244	<b>GAJOS Anna</b>	<b>3571</b>		K40	8	02:13:24	<b>04:05:03.20</b>	<b>04:06:05.95</b>	+01:41:20 (41.2%)	8:45	6.9 (59.5%)
245	<b>POŁOZYNSKI Andrzej</b>	<b>3718</b>	ZACISZE NIGHT RUNNERS	M30	105	02:08:00	<b>04:05:01.00</b>	<b>04:06:09.25</b>	+01:41:23 (41.2%)	8:45	6.9 (59.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
246	<b>MACIEJEC Dorota</b>	<b>4051</b>		K40	9	02:10:02	<b>04:05:56.10</b>	<b>04:06:12.30</b>	+01:41:26 (41.2%)	8:47	6.8 (58.6%)
247	<b>ODOLIŃSKA Agnieszka</b>	<b>3368</b>	PSZCZÓŁKOWSKI TEAM	K40	10	02:13:01	<b>04:05:52.85</b>	<b>04:06:14.85</b>	+01:41:29 (41.2%)	8:46	6.8 (58.6%)
248	<b>KRASOWSKI Łukasz</b>	<b>3649</b>	KS JANUSZE	M30	106	02:06:08	<b>04:05:57.20</b>	<b>04:06:16.80</b>	+01:41:31 (41.2%)	8:47	6.8 (58.6%)
249	<b>NAWROT Agnieszka</b>	<b>3333</b>	ROZBIEGANY SULEJÓWEK	K40	11	02:04:54	<b>04:05:57.60</b>	<b>04:06:16.95</b>	+01:41:31 (41.2%)	8:47	6.8 (58.6%)
250	<b>DRONG Marek</b>	<b>3867</b>	KLUCZBORSKA GRUPA BIEGOWA	M30	107	02:07:29	<b>04:05:49.25</b>	<b>04:06:20.75</b>	+01:41:35 (41.2%)	8:46	6.8 (58.6%)
251	<b>KOWALCZYK Aleksandra</b>	<b>3805</b>		K20	6	02:16:07	<b>04:05:37.60</b>	<b>04:06:28.00</b>	+01:41:42 (41.3%)	8:46	6.8 (58.6%)
252	<b>RYGIEL Grzegorz</b>	<b>3503</b>	WSPARCIE TECHNICZNE MAMY-BIEGAMY KIELCE	M30	108	02:11:37	<b>04:05:13.55</b>	<b>04:06:31.55</b>	+01:41:45 (41.3%)	8:45	6.9 (59.5%)
253	<b>PLACHA Piotr</b>	<b>3782</b>	CKB TARNOBRZEG	M40	69	02:08:04	<b>04:05:55.25</b>	<b>04:06:42.95</b>	+01:41:57 (41.3%)	8:46	6.8 (58.6%)
254	<b>ZAMIATOWSKA Kinga</b>	<b>3404</b>	RUN BYDGOSZCZ	K40	12	02:05:50	<b>04:06:17.75</b>	<b>04:06:48.00</b>	+01:42:02 (41.3%)	8:47	6.8 (58.6%)
255	<b>IWANIEK Sebastian</b>	<b>3449</b>	BIEGUSIEM.PL	M30	109	02:06:37	<b>04:05:59.35</b>	<b>04:06:53.60</b>	+01:42:07 (41.4%)	8:47	6.8 (58.6%)
256	<b>TKACZ Przemysław</b>	<b>3434</b>	PRZEMYŚL	M40	70	02:13:42	<b>04:06:14.20</b>	<b>04:07:00.25</b>	+01:42:14 (41.4%)	8:47	6.8 (58.6%)
257	<b>OSICA Łukasz</b>	<b>3821</b>		M30	110	02:09:21	<b>04:06:23.40</b>	<b>04:07:25.60</b>	+01:42:39 (41.5%)	8:47	6.8 (58.6%)
258	<b>BODZIOCH Grzegorz</b>	<b>3334</b>	GORLICKA GRUPA BIEGOWA	M40	71	02:11:28	<b>04:06:43.25</b>	<b>04:07:37.50</b>	+01:42:51 (41.5%)	8:48	6.8 (58.6%)
259	<b>SIEDLECKA Urszula</b>	<b>3886</b>	COBI TEAM POLAND	K50	1	02:09:09	<b>04:07:27.40</b>	<b>04:07:44.25</b>	+01:42:58 (41.6%)	8:50	6.8 (58.6%)
260	<b>KRASOWSKI Mateusz</b>	<b>3652</b>		M20	33	02:06:17	<b>04:07:42.90</b>	<b>04:08:02.80</b>	+01:43:17 (41.6%)	8:50	6.8 (58.6%)
261	<b>HOŁYSZ Daniel</b>	<b>4008</b>		M40	72	02:11:08	<b>04:07:29.60</b>	<b>04:08:19.05</b>	+01:43:33 (41.7%)	8:50	6.8 (58.6%)
262	<b>LEDWOLORZ Anna</b>	<b>3691</b>	VEGE RUNNERS	K30	21	02:13:40	<b>04:07:35.50</b>	<b>04:08:20.25</b>	+01:43:34 (41.7%)	8:50	6.8 (58.6%)
263	<b>BIENIAS Tomasz</b>	<b>3998</b>		M20	34	02:10:16	<b>04:07:00.40</b>	<b>04:08:26.75</b>	+01:43:41 (41.7%)	8:49	6.8 (58.6%)
264	<b>ŚWIĆ Małgorzata</b>	<b>3932</b>	TRUCHT TARCHOMIN TEAM	K40	13	02:06:06	<b>04:08:21.15</b>	<b>04:08:39.00</b>	+01:43:53 (41.8%)	8:52	6.8 (58.6%)
265	<b>ROSZKIEWICZ Agnieszka</b>	<b>3807</b>		K30	22	01:59:21	<b>04:08:36.80</b>	<b>04:08:42.65</b>	+01:43:57 (41.8%)	8:52	6.8 (58.6%)
266	<b>JABŁOŃSKA Iza</b>	<b>3808</b>		K30	23	02:00:17	<b>04:08:36.90</b>	<b>04:08:42.80</b>	+01:43:57 (41.8%)	8:52	6.8 (58.6%)
267	<b>LESZCZYŃSKI Maciej</b>	<b>4010</b>		M30	111	02:21:06	<b>04:08:19.15</b>	<b>04:08:53.75</b>	+01:44:08 (41.8%)	8:52	6.8 (58.6%)
268	<b>ZALEWSKI Paweł</b>	<b>3521</b>	PZU SPORT TEAM	M40	73	02:08:49	<b>04:08:35.55</b>	<b>04:09:32.55</b>	+01:44:46 (42.0%)	8:52	6.8 (58.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
269	<b>ZAJĄC Robert</b>	<b>4046</b>		M30	112	02:07:04	<b>04:10:21.35</b>	<b>04:11:07.75</b>	+01:46:22 (42.4%)	8:56	6.7 (57.8%)
270	<b>WIĘCIELEWSKA Joanna</b>	<b>3705</b>	BIGYELLOWFOOTADVENTURETEAM	K30	24	02:09:02	<b>04:11:14.80</b>	<b>04:11:43.25</b>	+01:46:57 (42.5%)	8:58	6.7 (57.8%)
271	<b>KOLWICZ Damian</b>	<b>3714</b>	BIGYELLOWFOOT ADVENTURE TEAM	M30	113	02:07:46	<b>04:11:14.95</b>	<b>04:11:43.50</b>	+01:46:57 (42.5%)	8:58	6.7 (57.8%)
272	<b>BIENIAS Krzysztof</b>	<b>3964</b>		M20	35	02:10:17	<b>04:10:36.70</b>	<b>04:12:03.55</b>	+01:47:17 (42.6%)	8:57	6.7 (57.8%)
273	<b>WALCZAK Michał</b>	<b>3391</b>	BRAVEHEARTS LEGIONOWO	M30	114	02:03:44	<b>04:11:01.60</b>	<b>04:12:09.00</b>	+01:47:23 (42.6%)	8:57	6.7 (57.8%)
274	<b>BOJARSKI Paweł</b>	<b>3728</b>		M40	74	02:12:27	<b>04:12:08.25</b>	<b>04:12:44.20</b>	+01:47:58 (42.7%)	9:00	6.7 (57.8%)
275	<b>KUCZEWSKA Eliza</b>	<b>3582</b>		K30	25	02:15:20	<b>04:12:01.50</b>	<b>04:12:50.50</b>	+01:48:04 (42.7%)	9:00	6.7 (57.8%)
276	<b>KONOPKA Grzegorz</b>	<b>3875</b>	DZIKIE GRUBASY SZATANA	M30	115	02:16:28	<b>04:12:18.20</b>	<b>04:13:02.40</b>	+01:48:16 (42.8%)	9:00	6.7 (57.8%)
277	<b>GAWRYSZEWSKI Grzegorz</b>	<b>3360</b>	ESKALADA	M30	116	02:11:28	<b>04:12:06.75</b>	<b>04:13:02.70</b>	+01:48:17 (42.8%)	9:00	6.7 (57.8%)
278	<b>MIKULSKA Aneta</b>	<b>3353</b>	ROZBIEGANY SULEJÓWEK	K30	26	02:15:40	<b>04:12:49.60</b>	<b>04:13:12.20</b>	+01:48:26 (42.8%)	9:01	6.6 (56.9%)
279	<b>KRAMKOWSKA Agnieszka</b>	<b>3345</b>		K30	27	02:12:54	<b>04:13:23.60</b>	<b>04:13:49.25</b>	+01:49:03 (43.0%)	9:03	6.6 (56.9%)
280	<b>KACZMARSKI Wojciech</b>	<b>3457</b>		M50	8	02:12:54	<b>04:13:23.60</b>	<b>04:13:49.95</b>	+01:49:04 (43.0%)	9:02	6.6 (56.9%)
281	<b>MAJEWSKI Sebastian</b>	<b>3803</b>	ODROBINĘ BLIŻEJ NIEBA	M30	117	02:04:42	<b>04:13:26.05</b>	<b>04:13:50.20</b>	+01:49:04 (43.0%)	9:03	6.6 (56.9%)
282	<b>SIEDLECKI Jacek</b>	<b>3887</b>	COBI TEAM POLAND	M50	9	02:04:12	<b>04:13:46.80</b>	<b>04:14:04.05</b>	+01:49:18 (43.0%)	9:03	6.6 (56.9%)
283	<b>GRZANKA Marcin</b>	<b>3710</b>	STUDIO27 PABIANICE	M20	36	02:09:33	<b>04:13:27.75</b>	<b>04:14:16.45</b>	+01:49:30 (43.1%)	9:03	6.6 (56.9%)
284	<b>KONIECKO Łukasz</b>	<b>3913</b>	WKURW_TEAM	M30	118	02:12:56	<b>04:12:58.85</b>	<b>04:14:29.65</b>	+01:49:44 (43.1%)	9:02	6.6 (56.9%)
285	<b>ŁAGOŻNY Jolanta</b>	<b>3495</b>	POZYTYWNIIE ZABIEGANI SANOK	K30	28	02:09:27	<b>04:14:25.45</b>	<b>04:14:40.70</b>	+01:49:55 (43.2%)	9:05	6.6 (56.9%)
286	<b>RYGIEL Ryszard</b>	<b>4019</b>		M40	75	02:08:51	<b>04:14:34.85</b>	<b>04:14:51.60</b>	+01:50:05 (43.2%)	9:05	6.6 (56.9%)
287	<b>BOBUSIA Łukasz</b>	<b>4191</b>		M30	119	02:11:35	<b>04:13:49.05</b>	<b>04:15:06.30</b>	+01:50:20 (43.3%)	9:03	6.6 (56.9%)
288	<b>KALBARCZYK Wojciech</b>	<b>3747</b>		M30	120	02:19:41	<b>04:14:25.35</b>	<b>04:15:08.35</b>	+01:50:22 (43.3%)	9:05	6.6 (56.9%)
289	<b>LUTY Lesław</b>	<b>3459</b>	PZU SPORT TEAM	M30	121	02:08:32	<b>04:14:23.65</b>	<b>04:15:21.75</b>	+01:50:36 (43.3%)	9:05	6.6 (56.9%)
290	<b>MICHALAK Michał</b>	<b>3348</b>	ALLIANZ RUNNING TEAM	M30	122	02:11:32	<b>04:15:22.60</b>	<b>04:15:42.20</b>	+01:50:56 (43.4%)	9:07	6.6 (56.9%)
290	<b>NOBIS Anna</b>	<b>3380</b>		K20	7	02:11:32	<b>04:15:22.30</b>	<b>04:15:42.20</b>	+01:50:56 (43.4%)	9:07	6.6 (56.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
292	<b>OMYŁA Edyta</b>	<b>3467</b>		K20	8	02:01:42	<b>04:15:33.80</b>	<b>04:15:55.15</b>	+01:51:09 (43.4%)	9:07	6.6 (56.9%)
293	<b>BAJER Mikołaj</b>	<b>3573</b>	WUEF CLUB DECATHLON SWADZIM	M30	123	02:16:31	<b>04:15:44.50</b>	<b>04:16:27.55</b>	+01:51:41 (43.6%)	9:08	6.6 (56.9%)
294	<b>WICHERKIEWICZ Ilona</b>	<b>3687</b>		K30	29	02:13:29	<b>04:16:29.40</b>	<b>04:17:00.40</b>	+01:52:14 (43.7%)	9:09	6.6 (56.9%)
295	<b>SENCZENKO Waldemar</b>	<b>3480</b>	NOTHING TO FEAR	M30	124	02:04:38	<b>04:16:47.05</b>	<b>04:17:11.85</b>	+01:52:26 (43.7%)	9:10	6.5 (56.0%)
296	<b>WIRKUS Piotr</b>	<b>3557</b>	BIGYELLOWFOOT ADVENTURE TEAM	M30	125	02:07:45	<b>04:16:52.75</b>	<b>04:17:22.45</b>	+01:52:36 (43.8%)	9:10	6.5 (56.0%)
297	<b>BIAŁAS Kamil</b>	<b>4129</b>		M30	126	02:09:54	<b>04:16:59.45</b>	<b>04:17:38.35</b>	+01:52:52 (43.8%)	9:10	6.5 (56.0%)
298	<b>DĄBROWSKA Katarzyna</b>	<b>4131</b>	HW TRI TEAM	K20	9	02:11:44	<b>04:16:35.50</b>	<b>04:17:43.00</b>	+01:52:57 (43.8%)	9:09	6.5 (56.0%)
299	<b>BAKOWSKI Rafał</b>	<b>3606</b>		M30	127	02:32:21	<b>04:16:44.75</b>	<b>04:17:56.25</b>	+01:53:10 (43.9%)	9:10	6.5 (56.0%)
300	<b>PAWLAK Rafał</b>	<b>3552</b>	AXA RUNNING TEAM	M40	76	02:07:34	<b>04:17:05.25</b>	<b>04:17:58.65</b>	+01:53:13 (43.9%)	9:10	6.5 (56.0%)
301	<b>CHUDZICKI Łukasz</b>	<b>3760</b>		M30	128	02:13:01	<b>04:16:58.75</b>	<b>04:18:12.00</b>	+01:53:26 (43.9%)	9:10	6.5 (56.0%)
301	<b>LAZARSKA Małgorzata</b>	<b>3997</b>	POWER TRAINING	K30	30	02:13:02	<b>04:17:00.40</b>	<b>04:18:12.00</b>	+01:53:26 (43.9%)	9:10	6.5 (56.0%)
303	<b>OSYDA Maciej</b>	<b>3431</b>		M30	129	02:23:30	<b>04:17:14.80</b>	<b>04:18:39.40</b>	+01:53:53 (44.0%)	9:11	6.5 (56.0%)
304	<b>FIDALI Beata</b>	<b>4090</b>	KLUB PODRÓŻNIKÓW ŚRÓDZIEMIE	K30	31	02:22:06	<b>04:18:22.95</b>	<b>04:18:57.05</b>	+01:54:11 (44.1%)	9:13	6.5 (56.0%)
305	<b>NIEDZIELA Pawel</b>	<b>3852</b>		M30	130	02:16:17	<b>04:18:30.25</b>	<b>04:19:04.15</b>	+01:54:18 (44.1%)	9:13	6.5 (56.0%)
306	<b>RACZYŃSKA Gosia</b>	<b>3421</b>	COCA-COLA RUNNERS	K40	14	02:16:12	<b>04:18:16.70</b>	<b>04:19:04.90</b>	+01:54:19 (44.1%)	9:13	6.5 (56.0%)
307	<b>GONET Maciej</b>	<b>4165</b>	COCA-COLA RUNNERS	M20	37	02:08:31	<b>04:19:07.75</b>	<b>04:19:13.85</b>	+01:54:28 (44.2%)	9:15	6.5 (56.0%)
308	<b>KAWALEC Katarzyna</b>	<b>3861</b>	BRZOSTECKIE OWIECZKI	K30	32	02:15:18	<b>04:18:14.05</b>	<b>04:19:24.85</b>	+01:54:39 (44.2%)	9:13	6.5 (56.0%)
309	<b>GĄTARCZYK Mariusz</b>	<b>3677</b>	DZIKIE GRUBASY SZATANA	M30	131	02:12:06	<b>04:18:45.85</b>	<b>04:19:30.30</b>	+01:54:44 (44.2%)	9:14	6.5 (56.0%)
310	<b>TROJNAR Tomek</b>	<b>3366</b>		M30	132	02:13:46	<b>04:18:51.65</b>	<b>04:19:39.65</b>	+01:54:54 (44.3%)	9:14	6.5 (56.0%)
311	<b>JANOTA Marcin</b>	<b>3315</b>		M20	38	02:16:34	<b>04:18:59.40</b>	<b>04:19:41.65</b>	+01:54:56 (44.3%)	9:14	6.5 (56.0%)
312	<b>MYŚKIEWICZ Zbigniew</b>	<b>3990</b>		M30	133	02:06:58	<b>04:19:04.70</b>	<b>04:19:50.80</b>	+01:55:05 (44.3%)	9:15	6.5 (56.0%)
313	<b>HANDERMANDER Agnieszka</b>	<b>3553</b>		K30	33	02:16:40	<b>04:19:32.45</b>	<b>04:19:50.90</b>	+01:55:05 (44.3%)	9:16	6.5 (56.0%)
314	<b>SIDOROWICZ Grzegorz</b>	<b>3563</b>	AXA RUNNING TEAM	M40	77	02:14:44	<b>04:19:00.55</b>	<b>04:20:02.45</b>	+01:55:16 (44.3%)	9:15	6.5 (56.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
315	<b>NOWAK Bartłomiej</b>	<b>4110</b>		M20	39	02:21:26	<b>04:19:42.15</b>	<b>04:20:35.20</b>	+01:55:49 (44.4%)	9:16	6.5 (56.0%)
316	<b>MARKOWSKI Marcin</b>	<b>3727</b>	BRAVEHEARTS LEGIONOWO	M30	134	02:03:38	<b>04:19:39.70</b>	<b>04:20:47.10</b>	+01:56:01 (44.5%)	9:16	6.5 (56.0%)
317	<b>DADUŃ Tomasz</b>	<b>4182</b>		M40	78	02:21:18	<b>04:20:08.05</b>	<b>04:21:26.35</b>	+01:56:40 (44.6%)	9:17	6.5 (56.0%)
318	<b>POPŁAWSKI Arkadiusz</b>	<b>3676</b>	CZARNE OWCE HIPOLITÓW	M40	79	02:15:53	<b>04:21:38.05</b>	<b>04:22:08.45</b>	+01:57:22 (44.8%)	9:20	6.4 (55.2%)
319	<b>KARBOWIAK Daniel</b>	<b>4014</b>	TUP TEAM	M20	40	02:14:33	<b>04:20:43.00</b>	<b>04:22:17.35</b>	+01:57:31 (44.8%)	9:18	6.4 (55.2%)
320	<b>BEHRENDT Bartek</b>	<b>3927</b>	NIGHT RUNNERS GLIWICE	M40	80	02:13:13	<b>04:21:13.95</b>	<b>04:22:20.20</b>	+01:57:34 (44.8%)	9:19	6.4 (55.2%)
321	<b>BAJDAK Łukasz</b>	<b>4148</b>		M30	135	02:19:09	<b>04:21:43.30</b>	<b>04:22:41.80</b>	+01:57:56 (44.9%)	9:20	6.4 (55.2%)
322	<b>KOWALCZYK Łukasz</b>	<b>4147</b>		M30	136	02:19:11	<b>04:21:42.95</b>	<b>04:22:41.90</b>	+01:57:56 (44.9%)	9:20	6.4 (55.2%)
323	<b>STRAK Monika</b>	<b>3938</b>	GRUNWALD TEAM POZNAŃ	K20	10	02:16:46	<b>04:21:39.10</b>	<b>04:22:44.95</b>	+01:57:59 (44.9%)	9:20	6.4 (55.2%)
324	<b>GRUSZECKI Tomasz</b>	<b>3362</b>		M30	137	02:15:38	<b>04:21:27.45</b>	<b>04:22:45.45</b>	+01:57:59 (44.9%)	9:20	6.4 (55.2%)
325	<b>MAZUR Andrzej</b>	<b>3413</b>	TT KOMURA	M50	10	02:09:10	<b>04:22:33.55</b>	<b>04:22:46.45</b>	+01:58:00 (44.9%)	9:22	6.4 (55.2%)
326	<b>BARAN Stefan</b>	<b>3660</b>	WISECHRAD MARATON RYTRO	M40	81	02:11:03	<b>04:22:49.80</b>	<b>04:22:53.70</b>	+01:58:08 (44.9%)	9:23	6.4 (55.2%)
327	<b>KLIŚ Wojciech</b>	<b>3841</b>	DEXTERS TEAM	M40	82	02:11:31	<b>04:22:49.50</b>	<b>04:22:53.75</b>	+01:58:08 (44.9%)	9:23	6.4 (55.2%)
328	<b>SZYMAŃSKA Agnieszka</b>	<b>3367</b>		K30	34	02:07:07	<b>04:23:54.55</b>	<b>04:24:15.55</b>	+01:59:29 (45.2%)	9:25	6.4 (55.2%)
329	<b>NIZIOŁEK Marek</b>	<b>4157</b>	ZABORZE	M40	83	02:18:49	<b>04:23:21.25</b>	<b>04:24:21.95</b>	+01:59:36 (45.2%)	9:24	6.4 (55.2%)
330	<b>NIZIOŁEK Robert</b>	<b>4133</b>	ZADYSZKA	M20	41	02:18:49	<b>04:23:21.95</b>	<b>04:24:22.05</b>	+01:59:36 (45.2%)	9:24	6.4 (55.2%)
331	<b>DEREZIŃSKI Piotr</b>	<b>3786</b>		M30	138	02:23:08	<b>04:22:57.85</b>	<b>04:24:25.65</b>	+01:59:40 (45.3%)	9:23	6.4 (55.2%)
332	<b>ZGOŁA Przemysław</b>	<b>3716</b>	WUEF CLUB DECATHLON SWADZIM	M40	84	02:17:53	<b>04:24:14.65</b>	<b>04:24:52.30</b>	+02:00:06 (45.3%)	9:26	6.4 (55.2%)
332	<b>SZCZERBAL Agnieszka</b>	<b>4115</b>	TKKF MPK POZNAŃ	K40	15	02:17:54	<b>04:24:14.65</b>	<b>04:24:52.30</b>	+02:00:06 (45.3%)	9:26	6.4 (55.2%)
334	<b>PAWELCZYK Anita</b>	<b>4067</b>	OSTRE SROKI	K30	35	02:13:47	<b>04:24:36.50</b>	<b>04:24:53.65</b>	+02:00:08 (45.4%)	9:27	6.3 (54.3%)
335	<b>WNOROWSKA Magdalena</b>	<b>3337</b>		K40	16	02:16:45	<b>04:23:44.25</b>	<b>04:24:58.55</b>	+02:00:12 (45.4%)	9:25	6.4 (55.2%)
336	<b>GRANDE Piotr</b>	<b>3639</b>	BIGYELLOWFOOT ADVENTURE TEAM	M30	139	02:15:26	<b>04:24:32.30</b>	<b>04:25:02.00</b>	+02:00:16 (45.4%)	9:26	6.4 (55.2%)
337	<b>MICHALSKI Maciej</b>	<b>4001</b>	CAZZO CLUB	M20	42	02:06:33	<b>04:24:51.50</b>	<b>04:25:11.85</b>	+02:00:26 (45.4%)	9:27	6.3 (54.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
338	<b>NOWAKOWSKI Sławomir</b>	<b>3474</b>		M40	85	02:13:18	<b>04:24:45.05</b>	<b>04:25:12.95</b>	+02:00:27 (45.4%)	9:27	6.3 (54.3%)
339	<b>NOWAKOWSKA Beata</b>	<b>3351</b>		K40	17	02:13:13	<b>04:24:45.30</b>	<b>04:25:13.20</b>	+02:00:27 (45.4%)	9:27	6.3 (54.3%)
340	<b>KOSIEDOWSKA Marta</b>	<b>3576</b>		K30	36	02:14:55	<b>04:24:25.20</b>	<b>04:25:13.80</b>	+02:00:28 (45.4%)	9:26	6.4 (55.2%)
341	<b>BRZEZIŃSKI Waldemar</b>	<b>4033</b>		M50	11	02:14:36	<b>04:25:06.20</b>	<b>04:25:50.15</b>	+02:01:04 (45.5%)	9:28	6.3 (54.3%)
342	<b>RAUER Maciej</b>	<b>3346</b>	REAL PASSION KRAKÓW	M30	140	02:02:46	<b>04:25:32.40</b>	<b>04:25:54.40</b>	+02:01:08 (45.6%)	9:29	6.3 (54.3%)
343	<b>KULTYS Łukasz</b>	<b>3864</b>		M20	43	02:18:29	<b>04:25:03.85</b>	<b>04:25:55.25</b>	+02:01:09 (45.6%)	9:28	6.3 (54.3%)
344	<b>KĘCKA Adrianna</b>	<b>3636</b>	NIGHT RUNNERS	K20	11	02:09:04	<b>04:26:20.40</b>	<b>04:26:41.35</b>	+02:01:55 (45.7%)	9:30	6.3 (54.3%)
345	<b>SURDEL Dawid</b>	<b>3594</b>		M20	44	02:09:09	<b>04:26:21.05</b>	<b>04:26:41.45</b>	+02:01:55 (45.7%)	9:30	6.3 (54.3%)
346	<b>KĘCKA Karolina</b>	<b>3578</b>		K20	12	02:09:23	<b>04:26:20.60</b>	<b>04:26:41.55</b>	+02:01:55 (45.7%)	9:30	6.3 (54.3%)
347	<b>JĘDRA Piotr</b>	<b>3973</b>		M20	45	02:12:29	<b>04:25:30.05</b>	<b>04:26:54.70</b>	+02:02:09 (45.8%)	9:28	6.3 (54.3%)
348	<b>MIŁOWSKA Justyna</b>	<b>3308</b>		K30	37	02:14:14	<b>04:22:53.70</b>	<b>04:27:00.90</b>	+02:02:15 (45.8%)	9:23	6.4 (55.2%)
348	<b>MILKOWSKI Rafał</b>	<b>3309</b>		M30	141	02:14:14	<b>04:22:52.55</b>	<b>04:27:00.90</b>	+02:02:15 (45.8%)	9:23	6.4 (55.2%)
350	<b>SARNOWSKA Karolina</b>	<b>3646</b>	PRORUNNING PROMOTION	K30	38	02:07:07	<b>04:26:42.10</b>	<b>04:27:04.75</b>	+02:02:19 (45.8%)	9:31	6.3 (54.3%)
351	<b>KRÓLICKI Konrad</b>	<b>3549</b>	AXA RUNNING TEAM	M30	142	02:25:16	<b>04:26:04.55</b>	<b>04:27:06.30</b>	+02:02:20 (45.8%)	9:30	6.3 (54.3%)
352	<b>GÓRSKI Piotr</b>	<b>3554</b>	HARDCOROWE WYCHYLYLYBYMY	M40	86	02:13:25	<b>04:26:57.95</b>	<b>04:27:12.75</b>	+02:02:27 (45.8%)	9:32	6.3 (54.3%)
353	<b>NORKOWSKA Aleksandra</b>	<b>3635</b>	ORNAGE POLSKA	K30	39	02:21:00	<b>04:25:48.45</b>	<b>04:27:13.75</b>	+02:02:28 (45.8%)	9:29	6.3 (54.3%)
354	<b>KOWALSKI Artur</b>	<b>3780</b>		M40	87	02:21:02	<b>04:25:49.30</b>	<b>04:27:14.85</b>	+02:02:29 (45.8%)	9:29	6.3 (54.3%)
355	<b>NIERADKA Katarzyna</b>	<b>4180</b>		K30	40	02:23:13	<b>04:25:37.90</b>	<b>04:27:16.05</b>	+02:02:30 (45.8%)	9:29	6.3 (54.3%)
356	<b>SMOŁA Ilona</b>	<b>3498</b>		K30	41	02:21:29	<b>04:25:52.75</b>	<b>04:27:19.30</b>	+02:02:33 (45.8%)	9:29	6.3 (54.3%)
357	<b>SIBIELAK Piotr</b>	<b>4130</b>		M40	88	02:10:56	<b>04:26:42.65</b>	<b>04:27:24.75</b>	+02:02:39 (45.9%)	9:31	6.3 (54.3%)
358	<b>BIAŁECKA Urszula</b>	<b>3603</b>	AXA RUNNING TEAM	K30	42	02:16:12	<b>04:26:25.70</b>	<b>04:27:27.00</b>	+02:02:41 (45.9%)	9:30	6.3 (54.3%)
359	<b>LEWCZUK Michał</b>	<b>4034</b>	TUP TEAM	M20	46	02:22:17	<b>04:25:54.05</b>	<b>04:27:28.45</b>	+02:02:42 (45.9%)	9:29	6.3 (54.3%)
360	<b>PIĘTKA Piotr</b>	<b>3470</b>	AMERNET.EU	M40	89	02:17:16	<b>04:26:12.45</b>	<b>04:27:33.20</b>	+02:02:47 (45.9%)	9:30	6.3 (54.3%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
361	<b>ŁATA Katarzyna</b>	<b>4156</b>		K30	43	02:16:13	<b>04:27:15.05</b>	<b>04:27:57.85</b>	+02:03:12 (46.0%)	9:32	6.3 (54.3%)
362	<b>KOWALCZUK Jakub</b>	<b>3719</b>		M30	143	02:19:43	<b>04:27:34.55</b>	<b>04:28:06.25</b>	+02:03:20 (46.0%)	9:33	6.3 (54.3%)
363	<b>RONDUDA Janusz</b>	<b>4091</b>		M40	90	02:09:40	<b>04:28:14.50</b>	<b>04:28:14.50</b>	+02:03:28 (46.0%)	9:34	6.3 (54.3%)
364	<b>RONDUDA Jakub</b>	<b>4096</b>		M20	47	02:09:42	<b>04:28:15.20</b>	<b>04:28:15.20</b>	+02:03:29 (46.0%)	9:34	6.3 (54.3%)
365	<b>CIESIELSKA Marta</b>	<b>3621</b>		K30	44	02:23:34	<b>04:27:30.05</b>	<b>04:28:18.05</b>	+02:03:32 (46.0%)	9:33	6.3 (54.3%)
366	<b>CIESIELSKI Jacek</b>	<b>3620</b>		M30	144	02:23:34	<b>04:27:30.35</b>	<b>04:28:18.35</b>	+02:03:32 (46.0%)	9:33	6.3 (54.3%)
367	<b>JANISZ Michał</b>	<b>3475</b>		M30	145	02:16:47	<b>04:28:17.40</b>	<b>04:28:33.45</b>	+02:03:47 (46.1%)	9:34	6.3 (54.3%)
368	<b>SITKO Grzegorz</b>	<b>4188</b>		M20	48	02:06:59	<b>04:28:49.55</b>	<b>04:29:02.05</b>	+02:04:16 (46.2%)	9:36	6.2 (53.4%)
369	<b>OSYDA Sylwia</b>	<b>3325</b>		K30	45	02:23:50	<b>04:27:39.25</b>	<b>04:29:03.65</b>	+02:04:18 (46.2%)	9:33	6.3 (54.3%)
370	<b>SZŁAPKA Krystian</b>	<b>3617</b>	SPEED FRED '16	M40	91	02:13:02	<b>04:28:23.85</b>	<b>04:29:13.90</b>	+02:04:28 (46.2%)	9:35	6.3 (54.3%)
371	<b>KUFFEL Michał</b>	<b>4112</b>	DRUŻYNA POWER TRAINING	M40	92	02:17:17	<b>04:28:11.65</b>	<b>04:29:23.55</b>	+02:04:37 (46.3%)	9:34	6.3 (54.3%)
372	<b>GIURG Grzegorz</b>	<b>3487</b>		M30	146	02:16:35	<b>04:28:57.55</b>	<b>04:29:23.70</b>	+02:04:38 (46.3%)	9:36	6.2 (53.4%)
373	<b>SIECZKA Renata</b>	<b>3850</b>		K30	46	02:21:07	<b>04:28:27.50</b>	<b>04:29:34.15</b>	+02:04:48 (46.3%)	9:35	6.3 (54.3%)
374	<b>SKIERA Krzysztof</b>	<b>3533</b>	RUN BYDGOSZCZ	M40	93	02:09:11	<b>04:29:36.25</b>	<b>04:30:07.00</b>	+02:05:21 (46.4%)	9:37	6.2 (53.4%)
375	<b>ZAJĄC Anna</b>	<b>3510</b>		K30	47	02:28:02	<b>04:29:52.00</b>	<b>04:30:20.20</b>	+02:05:34 (46.5%)	9:38	6.2 (53.4%)
376	<b>DUBASIEWICZ Wojciech</b>	<b>4145</b>	COCA COLA RUNNERS	M40	94	02:09:16	<b>04:30:13.90</b>	<b>04:30:26.05</b>	+02:05:40 (46.5%)	9:39	6.2 (53.4%)
377	<b>SZAKIEL Krzysztof</b>	<b>3965</b>	BRAK	M30	147	02:16:54	<b>04:29:51.80</b>	<b>04:30:28.00</b>	+02:05:42 (46.5%)	9:38	6.2 (53.4%)
378	<b>PLEŚNIAR Lucyna</b>	<b>4054</b>		K40	18	02:18:59	<b>04:29:53.55</b>	<b>04:30:43.00</b>	+02:05:57 (46.5%)	9:38	6.2 (53.4%)
379	<b>CZERWIŃSKI Wojciech</b>	<b>3338</b>		M20	49	02:25:01	<b>04:29:22.60</b>	<b>04:30:51.80</b>	+02:06:06 (46.6%)	9:37	6.2 (53.4%)
380	<b>STELMASZYK Piotr</b>	<b>3702</b>	PZU SPORT TEAM	M40	95	02:05:48	<b>04:30:34.55</b>	<b>04:31:31.70</b>	+02:06:46 (46.7%)	9:39	6.2 (53.4%)
381	<b>KRUK Małgorzata</b>	<b>3817</b>		K40	19	02:21:22	<b>04:30:31.65</b>	<b>04:31:38.30</b>	+02:06:52 (46.7%)	9:39	6.2 (53.4%)
382	<b>BOCIAĞA Paweł</b>	<b>3616</b>		M30	148	02:05:15	<b>04:31:20.05</b>	<b>04:31:39.65</b>	+02:06:54 (46.7%)	9:41	6.2 (53.4%)
383	<b>SZPECHT Grzegorz</b>	<b>4086</b>		M30	149	02:24:19	<b>04:30:48.55</b>	<b>04:31:49.25</b>	+02:07:03 (46.7%)	9:40	6.2 (53.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
384	<b>KAWALEC Magdalena</b>	<b>3862</b>	BRZOSTECKIE OWIECZKI	K30	48	02:23:02	<b>04:30:41.70</b>	<b>04:31:52.30</b>	+02:07:06 (46.8%)	9:40	6.2 (53.4%)
385	<b>SOKULSKI Marcin</b>	<b>3377</b>		M30	150	02:12:23	<b>04:30:42.30</b>	<b>04:31:57.00</b>	+02:07:11 (46.8%)	9:40	6.2 (53.4%)
386	<b>MALINOWSKI Jacek</b>	<b>4171</b>	COCA-COLA RUNNERS	M20	50	02:05:12	<b>04:31:51.70</b>	<b>04:32:11.45</b>	+02:07:25 (46.8%)	9:42	6.2 (53.4%)
387	<b>MICHALCZYK Marcin</b>	<b>3618</b>	MONSTON SPORT TEAM	M40	96	02:13:00	<b>04:32:57.95</b>	<b>04:33:11.05</b>	+02:08:25 (47.0%)	9:44	6.2 (53.4%)
388	<b>CHOŁAŚCIŃSKI Wojciech</b>	<b>3347</b>	HUSARIA RACE TEAM	M40	97	02:25:25	<b>04:32:23.80</b>	<b>04:33:15.75</b>	+02:08:30 (47.0%)	9:43	6.2 (53.4%)
389	<b>SZYMANOWSKI Tomek</b>	<b>3732</b>		M30	151		<b>04:33:46.00</b>	<b>04:33:46.00</b>	+02:09:00 (47.1%)	9:46	6.1 (52.6%)
389	<b>BIELECKI Filip</b>	<b>3734</b>		M30	152		<b>04:33:46.00</b>	<b>04:33:46.00</b>	+02:09:00 (47.1%)	9:46	6.1 (52.6%)
391	<b>KRASOWSKI Marek</b>	<b>3507</b>	HONEY STINGER RUNNERS	M30	153	02:16:13	<b>04:33:02.45</b>	<b>04:33:49.30</b>	+02:09:03 (47.1%)	9:45	6.2 (53.4%)
392	<b>MAŁEK Hanna</b>	<b>3860</b>		K20	13	02:17:14	<b>04:33:18.60</b>	<b>04:33:50.40</b>	+02:09:04 (47.1%)	9:45	6.1 (52.6%)
392	<b>PARZUCH Magdalena</b>	<b>3342</b>		K20	14	02:17:17	<b>04:33:18.40</b>	<b>04:33:50.40</b>	+02:09:04 (47.1%)	9:45	6.1 (52.6%)
394	<b>WOŁOS Adam</b>	<b>3982</b>		M20	51	02:12:04	<b>04:32:36.50</b>	<b>04:34:03.90</b>	+02:09:18 (47.2%)	9:44	6.2 (53.4%)
395	<b>NOWAK Katarzyna</b>	<b>3666</b>	DZIKIE GRUBASY SZATANA	K30	49	02:17:57	<b>04:33:42.60</b>	<b>04:34:24.95</b>	+02:09:39 (47.2%)	9:46	6.1 (52.6%)
396	<b>KAPŁON Jacek</b>	<b>3907</b>		M40	98		<b>04:34:46.40</b>	<b>04:34:46.40</b>	+02:10:00 (47.3%)	9:48	6.1 (52.6%)
397	<b>MOJEK Michał</b>	<b>3341</b>		M30	154	02:09:26	<b>04:34:19.85</b>	<b>04:35:19.95</b>	+02:10:34 (47.4%)	9:47	6.1 (52.6%)
398	<b>KOWALCZYK Krzysztof</b>	<b>3485</b>	RUN_HELPERSI	M30	155	02:20:08	<b>04:34:47.80</b>	<b>04:35:23.20</b>	+02:10:37 (47.4%)	9:48	6.1 (52.6%)
399	<b>BAZYDŁO Dariusz</b>	<b>4186</b>		M40	99	02:15:48	<b>04:35:33.30</b>	<b>04:35:51.75</b>	+02:11:06 (47.5%)	9:50	6.1 (52.6%)
400	<b>WÓJCIK Magdalena</b>	<b>4126</b>		K30	50	02:14:19	<b>04:36:05.40</b>	<b>04:36:20.60</b>	+02:11:34 (47.6%)	9:51	6.1 (52.6%)
401	<b>AUGUST Kajetan</b>	<b>3538</b>	KOLEGA RYŚKA	M20	52	02:14:15	<b>04:35:50.40</b>	<b>04:37:12.20</b>	+02:12:26 (47.8%)	9:51	6.1 (52.6%)
402	<b>GŁUSZCZAK Jerzy</b>	<b>4097</b>		M50	12	02:13:17	<b>04:36:54.35</b>	<b>04:37:21.05</b>	+02:12:35 (47.8%)	9:53	6.1 (52.6%)
403	<b>BARSKA Barbara</b>	<b>3497</b>		K30	51	02:12:45	<b>04:37:10.70</b>	<b>04:37:38.25</b>	+02:12:52 (47.9%)	9:53	6.1 (52.6%)
404	<b>POKRYWKA Stefan</b>	<b>3305</b>	NA BUCIE	M60	1	02:23:37	<b>04:36:54.60</b>	<b>04:37:43.30</b>	+02:12:57 (47.9%)	9:53	6.1 (52.6%)
405	<b>NIZIOŁEK Mateusz</b>	<b>4104</b>		M20	53	02:29:36	<b>04:37:48.00</b>	<b>04:37:48.00</b>	+02:13:02 (47.9%)	9:55	6 (51.7%)
406	<b>LIPIŃSKI Maciej</b>	<b>3884</b>	CROSSFIT SIEDLCE	M20	54	02:16:18	<b>04:37:41.35</b>	<b>04:37:50.50</b>	+02:13:04 (47.9%)	9:55	6.1 (52.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
407	<b>GOŚCINIAK Michał</b>	<b>3364</b>		M20	55	02:16:39	<b>04:37:37.45</b>	<b>04:38:01.40</b>	+02:13:15 (47.9%)	9:54	6.1 (52.6%)
408	<b>BRULIŃSKA Monika</b>	<b>3839</b>	TKKF PŁOCK	K40	20	02:19:46	<b>04:37:59.20</b>	<b>04:38:07.30</b>	+02:13:21 (48.0%)	9:55	6 (51.7%)
409	<b>PUJSZO Agnieszka</b>	<b>3537</b>		K20	15	02:18:00	<b>04:36:51.95</b>	<b>04:38:13.70</b>	+02:13:28 (48.0%)	9:53	6.1 (52.6%)
410	<b>STĘPIEŃ Marlena</b>	<b>4011</b>		K30	52	02:22:10	<b>04:38:03.30</b>	<b>04:38:38.10</b>	+02:13:52 (48.0%)	9:55	6 (51.7%)
411	<b>BALIŃSKA-SANOCKA Aneta</b>	<b>3745</b>		K40	21	02:20:30	<b>04:38:27.30</b>	<b>04:38:51.10</b>	+02:14:05 (48.1%)	9:56	6 (51.7%)
412	<b>SANOCKA Dorota</b>	<b>3743</b>		K40	22	02:20:46	<b>04:38:44.50</b>	<b>04:39:08.00</b>	+02:14:22 (48.1%)	9:57	6 (51.7%)
413	<b>SOBORSKA Sylwia</b>	<b>3447</b>	SAINT-GOBAIN INNOVATIVE MATERIALS POLSKA SP. Z O.O.	K30	53	02:13:47	<b>04:40:00.55</b>	<b>04:40:04.25</b>	+02:15:18 (48.3%)	10:00	6 (51.7%)
414	<b>MORAWSKA Anna</b>	<b>3463</b>		K60	1	02:27:35	<b>04:39:50.95</b>	<b>04:40:06.65</b>	+02:15:21 (48.3%)	9:59	6 (51.7%)
415	<b>MERCIK Mateusz</b>	<b>3535</b>	MOTIVATO	M30	156	02:27:55	<b>04:38:44.95</b>	<b>04:40:09.40</b>	+02:15:23 (48.3%)	9:57	6 (51.7%)
416	<b>KOZIŃSKI Dariusz</b>	<b>3781</b>	PZU SPORT TEAM	M50	13	02:14:15	<b>04:39:31.90</b>	<b>04:40:25.95</b>	+02:15:40 (48.4%)	9:58	6 (51.7%)
417	<b>MIŁOSZ Bartłomiej</b>	<b>3438</b>		M50	14	02:21:34	<b>04:39:13.70</b>	<b>04:40:31.05</b>	+02:15:45 (48.4%)	9:58	6 (51.7%)
418	<b>COFALSKI Jakub</b>	<b>3405</b>		M30	157	02:22:42	<b>04:39:23.40</b>	<b>04:40:37.15</b>	+02:15:51 (48.4%)	9:58	6 (51.7%)
419	<b>WACOWSKI-JASTRZĘBSKI Adam</b>	<b>3500</b>		M30	158	02:22:31	<b>04:40:11.05</b>	<b>04:40:37.60</b>	+02:15:51 (48.4%)	10:00	6 (51.7%)
420	<b>BEDNARCZYK Łukasz</b>	<b>3465</b>	BIEGAJĄCE ŻABCIE	M30	159	02:25:16	<b>04:39:35.85</b>	<b>04:40:41.35</b>	+02:15:55 (48.4%)	9:59	6 (51.7%)
421	<b>PARYS Marzena</b>	<b>3417</b>	BIEGAJĄCE ŻABCIE	K30	54	02:25:33	<b>04:39:38.15</b>	<b>04:40:41.50</b>	+02:15:55 (48.4%)	9:59	6 (51.7%)
422	<b>RUBIN Andrzej</b>	<b>3929</b>	KB MCKIS JAWORZNO	M40	100	02:18:19	<b>04:39:45.50</b>	<b>04:40:45.60</b>	+02:15:59 (48.4%)	9:59	6 (51.7%)
423	<b>KUCZYŃSKA Karolina</b>	<b>4020</b>		K30	55	02:28:49	<b>04:39:31.40</b>	<b>04:40:50.00</b>	+02:16:04 (48.5%)	9:59	6 (51.7%)
424	<b>BARTOSIEWICZ Daria</b>	<b>3673</b>	DZIKIE GRUBASY SZATANA	K30	56	02:23:07	<b>04:40:12.90</b>	<b>04:40:54.70</b>	+02:16:09 (48.5%)	10:00	6 (51.7%)
425	<b>TYLUTKI Kinga</b>	<b>3830</b>		K30	57	02:14:48	<b>04:40:10.20</b>	<b>04:40:57.05</b>	+02:16:11 (48.5%)	10:00	6 (51.7%)
426	<b>JANISZ Katarzyna</b>	<b>3448</b>		K20	16	02:29:43	<b>04:40:45.40</b>	<b>04:41:01.05</b>	+02:16:15 (48.5%)	10:01	6 (51.7%)
427	<b>CIURZYŃSKA Zuzanna</b>	<b>4169</b>	COCA-COLA RUNNERS	K30	58	02:22:39	<b>04:40:49.85</b>	<b>04:41:02.95</b>	+02:16:17 (48.5%)	10:01	6 (51.7%)
428	<b>STUSIŃSKA Jowita</b>	<b>3926</b>	PIRORUNNERS	K30	59	02:27:25	<b>04:39:55.95</b>	<b>04:41:17.95</b>	+02:16:32 (48.5%)	9:59	6 (51.7%)
428	<b>STUSIŃSKI Mariusz</b>	<b>3925</b>	PIRORUNNERS	M40	101	02:27:29	<b>04:39:55.15</b>	<b>04:41:17.95</b>	+02:16:32 (48.5%)	9:59	6 (51.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
430	<b>KONIK Sylwia</b>	<b>3814</b>		K40	23	02:24:01	<b>04:40:56.80</b>	<b>04:41:19.00</b>	+02:16:33 (48.5%)	10:02	6 (51.7%)
431	<b>STANOSZEK Robert</b>	<b>3420</b>	COCA-COLA RUNNERS	M40	102	02:22:57	<b>04:40:32.45</b>	<b>04:41:21.60</b>	+02:16:35 (48.5%)	10:01	6 (51.7%)
432	<b>KUCZAKOWSKA Joanna</b>	<b>4190</b>		K30	60	02:28:18	<b>04:41:03.20</b>	<b>04:41:56.25</b>	+02:17:10 (48.7%)	10:02	6 (51.7%)
433	<b>MŁODAWSKI Robert</b>	<b>3910</b>	FARTOWN	M40	103	02:25:06	<b>04:41:07.20</b>	<b>04:42:16.60</b>	+02:17:30 (48.7%)	10:02	6 (51.7%)
434	<b>FRANKOWSKA Anna</b>	<b>3401</b>	MIECHOWICKA GRUPA BIEGOWA	K50	2	02:23:10	<b>04:41:15.45</b>	<b>04:42:38.30</b>	+02:17:52 (48.8%)	10:02	6 (51.7%)
435	<b>WAŚIKOWSKI Adam</b>	<b>3358</b>	DOM-MAR KŁOMNICE	M30	160	02:15:05	<b>04:42:19.25</b>	<b>04:42:50.85</b>	+02:18:05 (48.8%)	10:04	6 (51.7%)
436	<b>CZAWA Aneta</b>	<b>3890</b>		K40	24	02:26:54	<b>04:42:19.15</b>	<b>04:42:57.85</b>	+02:18:12 (48.8%)	10:04	6 (51.7%)
437	<b>MROWIEC Michał</b>	<b>3889</b>		M30	161	02:26:55	<b>04:42:20.90</b>	<b>04:42:59.20</b>	+02:18:13 (48.8%)	10:05	6 (51.7%)
438	<b>BOGUSZ Krzysztof</b>	<b>3579</b>	MBANK SA	M30	162	02:15:58	<b>04:43:10.30</b>	<b>04:43:21.10</b>	+02:18:35 (48.9%)	10:06	5.9 (50.9%)
439	<b>RÓŻAK-RUKUSZEWICZ Magdalena</b>	<b>3665</b>	DZIKIE GRUBASY SZATANA	K40	25	02:29:47	<b>04:42:57.10</b>	<b>04:43:41.90</b>	+02:18:56 (49.0%)	10:06	5.9 (50.9%)
440	<b>MAMCZYS Rafał</b>	<b>3336</b>		M30	163	02:27:53	<b>04:42:41.65</b>	<b>04:43:46.45</b>	+02:19:00 (49.0%)	10:05	5.9 (50.9%)
441	<b>JANOWSKI Tomasz</b>	<b>3409</b>	CROSSFIT LUBLIN	M30	164	02:29:33	<b>04:42:43.00</b>	<b>04:43:47.80</b>	+02:19:02 (49.0%)	10:05	5.9 (50.9%)
442	<b>PTASZYŃSKA Anna</b>	<b>3629</b>	SPEED FEET '16	K40	26	02:20:39	<b>04:43:00.80</b>	<b>04:43:49.95</b>	+02:19:04 (49.0%)	10:06	5.9 (50.9%)
443	<b>GUZEK Ewa</b>	<b>3697</b>	DZIKIE GRUBASY SZATANA	K30	61	02:31:37	<b>04:43:12.00</b>	<b>04:43:55.45</b>	+02:19:09 (49.0%)	10:06	5.9 (50.9%)
444	<b>TYLUTKI Kamil</b>	<b>3829</b>		M30	165	02:18:41	<b>04:44:07.10</b>	<b>04:44:54.30</b>	+02:20:08 (49.2%)	10:08	5.9 (50.9%)
445	<b>ŻOŁNIEROWICZ Joanna</b>	<b>3873</b>	BIEGAM BO LUBIĘ ZĄBKI TEAM	K30	62	02:29:40	<b>04:45:02.15</b>	<b>04:45:27.25</b>	+02:20:41 (49.3%)	10:10	5.9 (50.9%)
446	<b>ŻOŁNIEROWICZ Hubert</b>	<b>3791</b>	BIEGAM BO LUBIĘ ZĄBKI TEAM	M30	166	02:29:40	<b>04:45:01.65</b>	<b>04:45:27.35</b>	+02:20:41 (49.3%)	10:10	5.9 (50.9%)
447	<b>KUSZ Janusz</b>	<b>3450</b>		M30	167	02:22:06	<b>04:44:27.60</b>	<b>04:45:29.00</b>	+02:20:43 (49.3%)	10:09	5.9 (50.9%)
448	<b>WINICKA Daria</b>	<b>3481</b>		K30	63	02:22:02	<b>04:44:26.90</b>	<b>04:45:29.05</b>	+02:20:43 (49.3%)	10:09	5.9 (50.9%)
449	<b>KUSZ Gosia</b>	<b>3397</b>		K30	64	02:22:06	<b>04:44:28.30</b>	<b>04:45:29.40</b>	+02:20:43 (49.3%)	10:09	5.9 (50.9%)
450	<b>TARASIEWICZ Ryszard</b>	<b>3991</b>		M60	2	02:17:05	<b>04:44:47.70</b>	<b>04:45:33.20</b>	+02:20:47 (49.3%)	10:10	5.9 (50.9%)
451	<b>BOCIARSKA Magdalena</b>	<b>3912</b>		K30	65	02:26:18	<b>04:44:22.65</b>	<b>04:45:49.45</b>	+02:21:03 (49.4%)	10:09	5.9 (50.9%)
452	<b>WALASZEK Paweł</b>	<b>3506</b>	AGB TORFY	M30	168	02:37:37	<b>04:44:40.05</b>	<b>04:45:51.70</b>	+02:21:06 (49.4%)	10:10	5.9 (50.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
453	<b>MALETKA Joanna</b>	<b>3547</b>		K30	66	02:17:53	<b>04:45:13.65</b>	<b>04:45:56.00</b>	+02:21:10 (49.4%)	10:11	5.9 (50.9%)
454	<b>TUREK Paulina</b>	<b>3647</b>	PRORUNNING PROMOTION	K30	67	02:18:48	<b>04:45:35.65</b>	<b>04:45:58.25</b>	+02:21:12 (49.4%)	10:12	5.9 (50.9%)
455	<b>RYZNAR Jarosław</b>	<b>3468</b>		M30	169	02:19:25	<b>04:45:52.55</b>	<b>04:46:04.05</b>	+02:21:18 (49.4%)	10:12	5.9 (50.9%)
456	<b>SZATKOWSKA Ewa</b>	<b>3600</b>	KOBIETYBIEGAJA/WOMEN'SRUNNING	K50	3	02:23:42	<b>04:46:00.15</b>	<b>04:46:06.80</b>	+02:21:21 (49.4%)	10:12	5.9 (50.9%)
457	<b>PEDA Leszek</b>	<b>4049</b>	KB DZIK	M60	3	02:05:08	<b>04:45:56.00</b>	<b>04:46:16.90</b>	+02:21:31 (49.4%)	10:12	5.9 (50.9%)
458	<b>GÓRSKI Robert</b>	<b>3610</b>	DA SIĘ	M50	15	02:16:34	<b>04:45:46.25</b>	<b>04:46:23.35</b>	+02:21:37 (49.5%)	10:12	5.9 (50.9%)
459	<b>KRYGIEL Piotr</b>	<b>4181</b>		M30	170	02:29:19	<b>04:46:23.95</b>	<b>04:47:43.40</b>	+02:22:57 (49.7%)	10:13	5.9 (50.9%)
460	<b>KOMAR Michał</b>	<b>4069</b>		M30	171	02:32:13	<b>04:47:11.85</b>	<b>04:48:39.75</b>	+02:23:54 (49.9%)	10:15	5.8 (50.0%)
461	<b>GOŁOŚ Marta</b>	<b>3494</b>		K20	17	02:25:04	<b>04:47:31.55</b>	<b>04:48:44.95</b>	+02:23:59 (49.9%)	10:16	5.8 (50.0%)
462	<b>CHRUŚCIŃSKA Justyna</b>	<b>3960</b>	NIGHTRUNNERS	K20	18	02:24:44	<b>04:48:40.20</b>	<b>04:49:07.35</b>	+02:24:21 (49.9%)	10:18	5.8 (50.0%)
463	<b>FRAĆKOWIAK Aneta</b>	<b>3402</b>	MAMY-BIEGAMY	K30	68	02:28:33	<b>04:47:42.30</b>	<b>04:49:09.95</b>	+02:24:24 (49.9%)	10:16	5.8 (50.0%)
464	<b>NOWICKA Iwona</b>	<b>3947</b>	BOOTCAMP POLSKA	K30	69	02:25:02	<b>04:49:09.40</b>	<b>04:49:16.55</b>	+02:24:30 (50.0%)	10:19	5.8 (50.0%)
465	<b>WOŹNIAK Daniel</b>	<b>3834</b>	CROSSFIT SIEDLCE	M20	56	02:16:40	<b>04:49:07.50</b>	<b>04:49:16.75</b>	+02:24:31 (50.0%)	10:19	5.8 (50.0%)
466	<b>PRZYBYŁ Tomasz</b>	<b>3994</b>	KB DĘBIEC	M20	57	02:23:15	<b>04:48:28.35</b>	<b>04:49:27.60</b>	+02:24:41 (50.0%)	10:18	5.8 (50.0%)
467	<b>JANUSZAK Przemysław</b>	<b>3754</b>	TEAM JANO	M40	104	02:29:26	<b>04:48:26.70</b>	<b>04:49:30.80</b>	+02:24:45 (50.0%)	10:18	5.8 (50.0%)
467	<b>JANUSZAK Gosia</b>	<b>3759</b>	TEAM JANO	K40	27	02:30:28	<b>04:48:27.25</b>	<b>04:49:30.80</b>	+02:24:45 (50.0%)	10:18	5.8 (50.0%)
469	<b>JANUSZAK Bartek</b>	<b>3757</b>	TEAM JANO	M20	58	02:29:30	<b>04:48:27.45</b>	<b>04:49:31.10</b>	+02:24:45 (50.0%)	10:18	5.8 (50.0%)
470	<b>LECH Michał</b>	<b>3597</b>	STRZEGOMSKA DWUNASTKA	M30	172	02:22:56	<b>04:49:04.40</b>	<b>04:49:37.45</b>	+02:24:51 (50.0%)	10:19	5.8 (50.0%)
471	<b>LECH Agnieszka</b>	<b>3593</b>	STRZEGOMSKA DWUNASTKA	K30	70	02:22:55	<b>04:49:03.90</b>	<b>04:49:37.70</b>	+02:24:52 (50.0%)	10:19	5.8 (50.0%)
472	<b>WAŁEK Piotr</b>	<b>3868</b>	RUNNERS TEAM QUIBL	M40	105	02:23:12	<b>04:48:29.15</b>	<b>04:49:51.10</b>	+02:25:05 (50.1%)	10:18	5.8 (50.0%)
473	<b>PAWŁOWSKI Marcin</b>	<b>3707</b>	KS STARA BIDA	M30	173	02:32:12	<b>04:48:38.50</b>	<b>04:50:06.25</b>	+02:25:20 (50.1%)	10:18	5.8 (50.0%)
474	<b>KOŁOSIONEK Dorota</b>	<b>3539</b>	GRUPA ŚMIERCI RZEŹNICZEK	K30	71	02:23:55	<b>04:49:17.30</b>	<b>04:50:31.00</b>	+02:25:45 (50.2%)	10:19	5.8 (50.0%)
475	<b>BARON-CZERWIŃSKA Magda</b>	<b>3663</b>	WUEF CLUB DECATHLON SWADZIM	K30	72	02:22:42	<b>04:49:53.20</b>	<b>04:50:35.10</b>	+02:25:49 (50.2%)	10:21	5.8 (50.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
476	<b>ZABURKO Mateusz</b>	<b>3963</b>		M30	174	02:26:32	<b>04:49:34.60</b>	<b>04:50:38.00</b>	+02:25:52 (50.2%)	10:20	5.8 (50.0%)
477	<b>ŚNIEGOCKA Magdalena</b>	<b>3433</b>	WUEF CLUB SWADZIM DECATLON/STADO PEDZĄCYCH ŚLIMAKÓW	K30	73	02:29:56	<b>04:50:51.35</b>	<b>04:51:27.85</b>	+02:26:42 (50.3%)	10:23	5.8 (50.0%)
478	<b>KALBARCZYK Beata</b>	<b>3628</b>	ORANGE POLSKA	K50	4	02:32:26	<b>04:50:33.40</b>	<b>04:51:58.45</b>	+02:27:12 (50.4%)	10:22	5.8 (50.0%)
479	<b>ARMATYS Grzegorz</b>	<b>3640</b>	ORANGE POLSKA	M40	106	02:32:26	<b>04:50:33.25</b>	<b>04:51:59.15</b>	+02:27:13 (50.4%)	10:22	5.8 (50.0%)
480	<b>BUKOWSKI Sebastian</b>	<b>3471</b>	BIEGUSIEM.PL	M30	175	02:13:12	<b>04:51:05.45</b>	<b>04:52:07.30</b>	+02:27:21 (50.4%)	10:23	5.8 (50.0%)
481	<b>BRODZIAK Arkadiusz</b>	<b>3962</b>		M40	107	02:23:29	<b>04:51:02.40</b>	<b>04:52:31.45</b>	+02:27:45 (50.5%)	10:23	5.8 (50.0%)
482	<b>ZAKRZEWSKA Monika</b>	<b>3441</b>		K30	74	02:22:49	<b>04:52:06.30</b>	<b>04:52:57.70</b>	+02:28:12 (50.6%)	10:25	5.8 (50.0%)
482	<b>ZAKRZEWSKI Marcin</b>	<b>3361</b>		M30	176	02:22:50	<b>04:52:06.05</b>	<b>04:52:57.70</b>	+02:28:12 (50.6%)	10:25	5.8 (50.0%)
484	<b>ZBOROWSKI Paweł</b>	<b>3623</b>		M30	177	02:23:22	<b>04:52:06.20</b>	<b>04:52:57.85</b>	+02:28:12 (50.6%)	10:25	5.8 (50.0%)
485	<b>DANILUK Andrzej</b>	<b>3762</b>	ZACISZE NIGHT RUNNERS	M30	178	02:24:07	<b>04:52:00.20</b>	<b>04:53:09.00</b>	+02:28:23 (50.6%)	10:25	5.8 (50.0%)
486	<b>GRABARSKA Lidia</b>	<b>3956</b>		K30	75	02:31:47	<b>04:51:51.70</b>	<b>04:53:12.85</b>	+02:28:27 (50.6%)	10:25	5.8 (50.0%)
487	<b>BURZYŃSKI Klaudiusz</b>	<b>3736</b>		M30	179	02:28:13	<b>04:51:52.15</b>	<b>04:53:32.75</b>	+02:28:47 (50.7%)	10:25	5.8 (50.0%)
488	<b>POBORCA Dawid</b>	<b>3335</b>	CIĄGNAĆ CZY PCHAĆ	M20	59	02:15:17	<b>04:52:48.35</b>	<b>04:53:42.10</b>	+02:28:56 (50.7%)	10:27	5.7 (49.1%)
489	<b>MARCINEK Krzysztof</b>	<b>3788</b>	PZU SPORT TEAM	M30	180	02:13:29	<b>04:53:22.85</b>	<b>04:53:49.35</b>	+02:29:03 (50.7%)	10:28	5.7 (49.1%)
490	<b>ZAREMBA Andrzej</b>	<b>3555</b>	AXA RUNNING TEAM	M20	60	02:30:37	<b>04:52:33.05</b>	<b>04:54:02.95</b>	+02:29:17 (50.8%)	10:26	5.7 (49.1%)
491	<b>MAGER Bartosz</b>	<b>3703</b>		M40	108	02:30:09	<b>04:53:14.30</b>	<b>04:54:27.95</b>	+02:29:42 (50.8%)	10:28	5.7 (49.1%)
492	<b>MAGER Olga</b>	<b>3758</b>		K40	28	02:30:18	<b>04:53:14.10</b>	<b>04:54:28.15</b>	+02:29:42 (50.8%)	10:28	5.7 (49.1%)
493	<b>GONET Sebastian</b>	<b>4167</b>	COCA-COLA RUNNERS	M40	109	02:09:12	<b>04:54:35.90</b>	<b>04:54:42.05</b>	+02:29:56 (50.9%)	10:31	5.7 (49.1%)
494	<b>WRÓBEL Aleksandra</b>	<b>3664</b>	DIRTY SPARROWS	K20	19	02:28:22	<b>04:53:22.05</b>	<b>04:54:45.30</b>	+02:29:59 (50.9%)	10:28	5.7 (49.1%)
495	<b>PAKUŁA Agata</b>	<b>3722</b>		K20	20	02:30:20	<b>04:54:31.45</b>	<b>04:54:53.75</b>	+02:30:08 (50.9%)	10:31	5.7 (49.1%)
496	<b>MARCZAK Grażyna</b>	<b>3930</b>		K60	2	02:28:56	<b>04:54:19.65</b>	<b>04:55:07.45</b>	+02:30:21 (50.9%)	10:30	5.7 (49.1%)
497	<b>KRUSZYŃSKI Marcin</b>	<b>3627</b>	STADO PĘDZĄCYCH IMADEŁ	M40	110	02:18:35	<b>04:54:13.35</b>	<b>04:55:20.60</b>	+02:30:34 (51.0%)	10:30	5.7 (49.1%)
498	<b>KOZERA Marcin</b>	<b>4118</b>	SKŁADAKI PIŁA	M30	181	02:28:57	<b>04:55:06.40</b>	<b>04:55:36.35</b>	+02:30:50 (51.0%)	10:32	5.7 (49.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
499	<b>TOWAROWSKI Andrzej</b>	<b>3577</b>		M40	111	02:16:42	<b>04:55:07.75</b>	<b>04:55:52.15</b>	+02:31:06 (51.1%)	10:32	5.7 (49.1%)
500	<b>JÓZEFOWICZ Dariusz</b>	<b>4141</b>	PADŁ NA RYJ TEAM	M40	112	02:26:36	<b>04:54:46.80</b>	<b>04:56:06.55</b>	+02:31:20 (51.1%)	10:31	5.7 (49.1%)
501	<b>JAGIELSKA Magdalena</b>	<b>3444</b>	NGB KŁOBUCK	K30	76	02:24:46	<b>04:56:05.10</b>	<b>04:56:36.30</b>	+02:31:50 (51.2%)	10:34	5.7 (49.1%)
502	<b>MŁODAWSKI Rafał</b>	<b>3909</b>	KLUB POLSKA BIEGA	M40	113	02:34:49	<b>04:55:46.05</b>	<b>04:56:55.55</b>	+02:32:09 (51.2%)	10:33	5.7 (49.1%)
503	<b>KRAJEWSKA Justyna</b>	<b>3854</b>	YES MAN TEAM	K30	77	02:30:40	<b>04:56:13.25</b>	<b>04:57:06.45</b>	+02:32:20 (51.3%)	10:34	5.7 (49.1%)
504	<b>LEWICKI Marcin</b>	<b>4192</b>		M20	61	02:23:51	<b>04:55:47.35</b>	<b>04:57:15.80</b>	+02:32:30 (51.3%)	10:33	5.7 (49.1%)
505	<b>KRĄPIEC Waldemar</b>	<b>4000</b>		M50	16	02:26:25	<b>04:56:45.95</b>	<b>04:57:25.70</b>	+02:32:40 (51.3%)	10:35	5.7 (49.1%)
505	<b>CISZAK Daria</b>	<b>3999</b>	KOBIETY BIEGAJĄ	K40	29	02:26:36	<b>04:56:45.90</b>	<b>04:57:25.70</b>	+02:32:40 (51.3%)	10:35	5.7 (49.1%)
505	<b>SOBAŃSKA Patrycja</b>	<b>4006</b>	KOBIETY BIEGAJĄ	K40	30	02:31:21	<b>04:56:46.45</b>	<b>04:57:25.70</b>	+02:32:40 (51.3%)	10:35	5.7 (49.1%)
508	<b>URZĘDOWSKI Michał</b>	<b>3712</b>		M20	62	02:24:04	<b>04:56:18.80</b>	<b>04:57:29.00</b>	+02:32:43 (51.3%)	10:34	5.7 (49.1%)
509	<b>POPŁAWSKA Katarzyna</b>	<b>3678</b>	CZARNE OWCE HIPOLITÓW	K40	31	02:32:42	<b>04:57:07.70</b>	<b>04:57:38.55</b>	+02:32:52 (51.4%)	10:36	5.7 (49.1%)
510	<b>SOSZYŃSKA Małgorzata</b>	<b>3937</b>	CZŁAPACZE	K50	5	02:42:11	<b>04:57:41.35</b>	<b>04:58:54.00</b>	+02:34:08 (51.6%)	10:37	5.6 (48.3%)
511	<b>ADAMCZYK Artur</b>	<b>3519</b>		M20	63	02:35:58	<b>04:58:51.20</b>	<b>04:59:04.80</b>	+02:34:19 (51.6%)	10:40	5.6 (48.3%)
512	<b>WIS Modesta</b>	<b>3493</b>		K20	21	02:35:58	<b>04:58:51.45</b>	<b>04:59:04.90</b>	+02:34:19 (51.6%)	10:40	5.6 (48.3%)
513	<b>WALCZAK Izabela</b>	<b>3370</b>		K30	78	02:31:39	<b>04:58:55.70</b>	<b>04:59:11.95</b>	+02:34:26 (51.6%)	10:40	5.6 (48.3%)
514	<b>KRAKOWSKA Katarzyna</b>	<b>3369</b>		K40	32	02:38:15	<b>04:58:32.05</b>	<b>04:59:12.45</b>	+02:34:26 (51.6%)	10:39	5.6 (48.3%)
515	<b>MALINOWSKI Damian</b>	<b>4036</b>		M30	182	02:29:19	<b>04:59:33.30</b>	<b>05:00:07.60</b>	+02:35:21 (51.8%)	10:41	5.6 (48.3%)
516	<b>MILCZAREK Marcin</b>	<b>3614</b>		M30	183	02:22:18	<b>04:59:35.40</b>	<b>05:00:40.40</b>	+02:35:54 (51.9%)	10:41	5.6 (48.3%)
516	<b>MILCZAREK Magdalena</b>	<b>3644</b>	DRUŻYNA ORZECHA ŻYRARDÓW	K30	79	02:22:35	<b>04:59:35.45</b>	<b>05:00:40.40</b>	+02:35:54 (51.9%)	10:42	5.6 (48.3%)
518	<b>MICHALKIEWICZ Monika</b>	<b>3545</b>		K20	22	02:20:16	<b>05:01:47.20</b>	<b>05:01:54.80</b>	+02:37:09 (52.1%)	10:46	5.6 (48.3%)
519	<b>KRUK Tomasz</b>	<b>3575</b>	LSB/RUN_HELPERS	M40	114	02:24:59	<b>05:01:26.05</b>	<b>05:02:01.65</b>	+02:37:16 (52.1%)	10:45	5.6 (48.3%)
520	<b>STARZYŃSKA Marta</b>	<b>3531</b>	PERFECT RUNNER LUBLIN	K40	33	02:28:54	<b>05:01:06.70</b>	<b>05:02:01.75</b>	+02:37:16 (52.1%)	10:45	5.6 (48.3%)
521	<b>ŁUKASIK Bartłomiej</b>	<b>3359</b>		M20	64	02:28:14	<b>05:01:03.35</b>	<b>05:02:16.50</b>	+02:37:30 (52.1%)	10:45	5.6 (48.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
522	<b>KWAŚNA Weronika</b>	<b>3681</b>		K20	23	02:28:38	<b>05:01:04.15</b>	<b>05:02:16.55</b>	+02:37:30 (52.1%)	10:45	5.6 (48.3%)
523	<b>RACZYŃSKA Magdalena</b>	<b>3987</b>		K20	24	02:33:54	<b>05:00:57.70</b>	<b>05:02:29.55</b>	+02:37:43 (52.1%)	10:44	5.6 (48.3%)
524	<b>GŁÓDŹ Małgorzata</b>	<b>4030</b>		K20	25	02:33:39	<b>05:01:57.80</b>	<b>05:02:32.20</b>	+02:37:46 (52.2%)	10:47	5.6 (48.3%)
525	<b>PAWŁOWSKA Katarzyna</b>	<b>3514</b>		K30	80		<b>05:02:32.75</b>	<b>05:02:32.75</b>	+02:37:47 (52.2%)	10:48	5.6 (48.3%)
526	<b>PAWŁOWSKI Maciej</b>	<b>3504</b>		M30	184		<b>05:02:33.55</b>	<b>05:02:33.55</b>	+02:37:47 (52.2%)	10:48	5.6 (48.3%)
527	<b>BOROWIEC Renata</b>	<b>3378</b>	MAMY BIEGAMY KIELCE	K30	81	02:34:05	<b>05:01:35.45</b>	<b>05:02:54.20</b>	+02:38:08 (52.2%)	10:46	5.6 (48.3%)
528	<b>MATOGA Lucyna</b>	<b>4042</b>		K50	6	02:38:47	<b>05:02:02.15</b>	<b>05:03:10.95</b>	+02:38:25 (52.3%)	10:47	5.6 (48.3%)
529	<b>PACAN Jacek</b>	<b>4142</b>		M40	115	02:28:33	<b>05:01:58.75</b>	<b>05:03:18.50</b>	+02:38:32 (52.3%)	10:47	5.6 (48.3%)
530	<b>KAWECKA Magdalena</b>	<b>3789</b>	BIEGAM BO LUBIĘ ZĄBKI TEAM	K30	82	02:37:00	<b>05:03:26.35</b>	<b>05:03:52.05</b>	+02:39:06 (52.4%)	10:50	5.5 (47.4%)
531	<b>FRONCZAK Adam</b>	<b>3711</b>		M40	116	02:32:07	<b>05:03:43.55</b>	<b>05:04:23.15</b>	+02:39:37 (52.4%)	10:50	5.5 (47.4%)
532	<b>GIEDROJC Przemysław</b>	<b>3643</b>	SKARYMAKERSI	M30	185	02:36:57	<b>05:04:01.55</b>	<b>05:04:56.70</b>	+02:40:11 (52.5%)	10:51	5.5 (47.4%)
533	<b>GIEDROJC Iwona</b>	<b>3451</b>	PZU SPORT TEAM	K30	83	02:36:53	<b>05:04:01.75</b>	<b>05:04:56.90</b>	+02:40:11 (52.5%)	10:51	5.5 (47.4%)
534	<b>DĄBROWSKA Edyta</b>	<b>4132</b>		K30	84	02:30:38	<b>05:04:03.00</b>	<b>05:05:10.75</b>	+02:40:25 (52.6%)	10:51	5.5 (47.4%)
535	<b>NIEĆ Melania</b>	<b>4241</b>		K30	85	02:42:57	<b>05:04:13.15</b>	<b>05:05:52.95</b>	+02:41:07 (52.7%)	10:51	5.5 (47.4%)
536	<b>PRĘDKA Magdalena</b>	<b>3751</b>	OLA CLUB	K40	34	02:42:55	<b>05:04:12.85</b>	<b>05:05:53.10</b>	+02:41:07 (52.7%)	10:51	5.5 (47.4%)
537	<b>BIL Janusz</b>	<b>4114</b>	NEAPCOPRASZKA	M60	4	02:36:11	<b>05:04:33.85</b>	<b>05:05:54.45</b>	+02:41:08 (52.7%)	10:52	5.5 (47.4%)
538	<b>BARAN Michał</b>	<b>4113</b>	OSIR STRZELCE OPOLSKIE	M30	186	02:36:12	<b>05:04:33.95</b>	<b>05:05:54.60</b>	+02:41:08 (52.7%)	10:52	5.5 (47.4%)
539	<b>ZAWADZKA Anna</b>	<b>4074</b>		K20	26	02:36:44	<b>05:05:09.40</b>	<b>05:06:07.25</b>	+02:41:21 (52.7%)	10:53	5.5 (47.4%)
540	<b>SIWEK Aleksandra</b>	<b>3423</b>	COCA-COLA RUNNERS	K40	35	02:26:41	<b>05:05:33.45</b>	<b>05:06:22.30</b>	+02:41:36 (52.7%)	10:54	5.5 (47.4%)
541	<b>ZARUDZKI Paweł</b>	<b>3461</b>	NOTHING TO FEAR	M30	187	02:24:04	<b>05:06:02.45</b>	<b>05:06:25.95</b>	+02:41:40 (52.8%)	10:55	5.5 (47.4%)
542	<b>ROSIEK Anna</b>	<b>3908</b>	MKS HALICZ	K30	86	02:41:33	<b>05:05:14.80</b>	<b>05:06:37.10</b>	+02:41:51 (52.8%)	10:54	5.5 (47.4%)
543	<b>KOZIELSKI Paweł</b>	<b>3993</b>	HP ACTIVE CREW	M40	117	02:37:58	<b>05:05:40.70</b>	<b>05:06:37.15</b>	+02:41:51 (52.8%)	10:55	5.5 (47.4%)
544	<b>CYMMER Łukasz</b>	<b>4082</b>		M30	188	02:28:43	<b>05:05:32.45</b>	<b>05:06:52.15</b>	+02:42:06 (52.8%)	10:54	5.5 (47.4%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
545	<b>CZEMPIŃSKI Krzysztof</b>	<b>4085</b>		M40	118	02:26:20	<b>05:05:40.70</b>	<b>05:06:55.25</b>	+02:42:09 (52.8%)	10:55	5.5 (47.4%)
546	<b>BAGIŃSKA Anna</b>	<b>3936</b>		K30	87	02:35:57	<b>05:05:25.10</b>	<b>05:06:57.25</b>	+02:42:11 (52.8%)	10:54	5.5 (47.4%)
547	<b>KAŻMIERSKI Janusz</b>	<b>3568</b>	DA SIĘ	M60	5	02:29:09	<b>05:06:29.95</b>	<b>05:07:07.00</b>	+02:42:21 (52.9%)	10:56	5.5 (47.4%)
548	<b>SIERPOWSKA-BARTOSIK Agnieszka</b>	<b>3996</b>	VEGE RUNNERS	K40	36	02:30:23	<b>05:06:10.10</b>	<b>05:07:20.25</b>	+02:42:34 (52.9%)	10:56	5.5 (47.4%)
549	<b>PIERZGALSKI Sebastian</b>	<b>4018</b>		M40	119	02:29:52	<b>05:06:11.85</b>	<b>05:07:22.00</b>	+02:42:36 (52.9%)	10:56	5.5 (47.4%)
550	<b>LUZAR Monika</b>	<b>3375</b>	MIA	K40	37	02:36:11	<b>05:06:01.70</b>	<b>05:07:24.70</b>	+02:42:39 (52.9%)	10:55	5.5 (47.4%)
551	<b>LUZAR Andrzej</b>	<b>3446</b>	MIA	M40	120	02:36:13	<b>05:06:04.00</b>	<b>05:07:27.10</b>	+02:42:41 (52.9%)	10:55	5.5 (47.4%)
552	<b>BOHENEK Janusz</b>	<b>3302</b>	WKURW TEAM	M60	6	02:28:59	<b>05:06:04.35</b>	<b>05:07:34.95</b>	+02:42:49 (52.9%)	10:55	5.5 (47.4%)
553	<b>DROZDOWSKI Dawid</b>	<b>3395</b>	KB AKTYWNI KONIN	M40	121	02:30:44	<b>05:06:29.75</b>	<b>05:07:45.75</b>	+02:43:00 (53.0%)	10:56	5.5 (47.4%)
554	<b>SAWCZUK Marta</b>	<b>3995</b>	TUP TEAM/ SGGW RUNNERS	K20	27	02:37:30	<b>05:06:16.55</b>	<b>05:07:51.45</b>	+02:43:05 (53.0%)	10:56	5.5 (47.4%)
555	<b>OKAPIEC Aleksandra</b>	<b>3544</b>	AXA RUNNING TEAM	K30	88	02:36:44	<b>05:06:56.90</b>	<b>05:07:58.95</b>	+02:43:13 (53.0%)	10:57	5.5 (47.4%)
556	<b>ŻÓŁW Hubert</b>	<b>4063</b>		M30	189	02:32:55	<b>05:08:10.65</b>	<b>05:09:08.85</b>	+02:44:23 (53.2%)	11:00	5.5 (47.4%)
557	<b>ZALEWSKA Katarzyna</b>	<b>3713</b>		K30	89	02:40:18	<b>05:08:14.95</b>	<b>05:09:31.25</b>	+02:44:45 (53.2%)	11:00	5.5 (47.4%)
558	<b>RIEFF Anna</b>	<b>3392</b>		K30	90	02:37:48	<b>05:08:10.10</b>	<b>05:09:32.15</b>	+02:44:46 (53.2%)	11:00	5.5 (47.4%)
559	<b>OSIKOWSKA Aleksandra</b>	<b>3440</b>	POWER TRAINING	K30	91	02:37:49	<b>05:08:10.25</b>	<b>05:09:32.40</b>	+02:44:46 (53.2%)	11:00	5.5 (47.4%)
560	<b>STANOSZEK Agnieszka</b>	<b>3492</b>	COCA-COLA RUNNERS	K40	38	02:26:40	<b>05:08:46.15</b>	<b>05:09:35.05</b>	+02:44:49 (53.2%)	11:01	5.4 (46.6%)
561	<b>PODOLSKI Marek</b>	<b>3764</b>	BIEGAMYRAZEM.PL	M30	190	02:34:30	<b>05:08:30.75</b>	<b>05:09:40.35</b>	+02:44:54 (53.3%)	11:01	5.4 (46.6%)
561	<b>WOJNAROWSKA Weronika</b>	<b>3731</b>	RUNEDA	K30	92	02:34:31	<b>05:08:31.05</b>	<b>05:09:40.35</b>	+02:44:54 (53.3%)	11:01	5.4 (46.6%)
563	<b>SROCZYŃSKA Justyna</b>	<b>4012</b>	OSTRE SROKI	K30	93	02:37:52	<b>05:08:47.30</b>	<b>05:09:41.80</b>	+02:44:56 (53.3%)	11:01	5.4 (46.6%)
564	<b>JAMRÓZ Renata</b>	<b>3737</b>	BIGYELLOWFOOT	K40	39	02:23:43	<b>05:09:16.70</b>	<b>05:09:45.75</b>	+02:45:00 (53.3%)	11:02	5.4 (46.6%)
565	<b>BAK Natalia</b>	<b>3632</b>	BIGYELLOWFOOT ADVENTURE TEAM	K20	28	02:24:38	<b>05:09:15.95</b>	<b>05:09:45.90</b>	+02:45:00 (53.3%)	11:02	5.4 (46.6%)
566	<b>NAGÓRNY Pawel</b>	<b>4139</b>	COCA-COLA RUNNERS	M30	191	02:35:00	<b>05:09:27.15</b>	<b>05:09:46.20</b>	+02:45:00 (53.3%)	11:03	5.4 (46.6%)
567	<b>RUTKOWSKI Grzegorz</b>	<b>3800</b>	KLUB MATIEGO	M50	17	02:29:12	<b>05:09:15.80</b>	<b>05:09:53.00</b>	+02:45:07 (53.3%)	11:02	5.4 (46.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
568	<b>SIOMAK Michał</b>	<b>3508</b>		M40	122	02:28:43	<b>05:08:54.75</b>	<b>05:09:54.45</b>	+02:45:08 (53.3%)	11:01	5.4 (46.6%)
569	<b>KOZŁOWSKA Anna</b>	<b>4185</b>	VEGE RUNNERS	K30	94	02:46:47	<b>05:08:47.85</b>	<b>05:10:15.15</b>	+02:45:29 (53.3%)	11:01	5.4 (46.6%)
570	<b>HUZIOR Roman</b>	<b>4222</b>		M50	18	02:43:00	<b>05:09:03.75</b>	<b>05:10:27.90</b>	+02:45:42 (53.4%)	11:02	5.4 (46.6%)
571	<b>HUZIOR Elżbieta</b>	<b>4224</b>		K40	40	02:43:11	<b>05:09:04.20</b>	<b>05:10:28.10</b>	+02:45:42 (53.4%)	11:02	5.4 (46.6%)
572	<b>MATYJEWICZ Klaudia</b>	<b>3326</b>		K20	29	02:42:56	<b>05:08:58.05</b>	<b>05:10:30.65</b>	+02:45:45 (53.4%)	11:02	5.4 (46.6%)
573	<b>RZEPECKA Justyna</b>	<b>3323</b>		K20	30	02:37:35	<b>05:09:55.60</b>	<b>05:11:24.20</b>	+02:46:38 (53.5%)	11:04	5.4 (46.6%)
573	<b>ROSZKOWSKI Tomek</b>	<b>3312</b>		M30	192	02:37:36	<b>05:09:55.45</b>	<b>05:11:24.20</b>	+02:46:38 (53.5%)	11:04	5.4 (46.6%)
573	<b>ZIÓŁEK Teresa</b>	<b>4242</b>	BONDA GRUDNIA	K50	7	02:45:29	<b>05:09:52.70</b>	<b>05:11:24.20</b>	+02:46:38 (53.5%)	11:04	5.4 (46.6%)
576	<b>KONOPKA Anna</b>	<b>3466</b>	KASZUBSKA PONIEWIERKA	K30	95	02:32:47	<b>05:11:27.25</b>	<b>05:12:35.20</b>	+02:47:49 (53.7%)	11:07	5.4 (46.6%)
577	<b>OBARSKI Norbert</b>	<b>4044</b>		M50	19	02:39:30	<b>05:12:30.80</b>	<b>05:13:21.20</b>	+02:48:35 (53.8%)	11:09	5.4 (46.6%)
578	<b>BAJAK Mirosław</b>	<b>3561</b>		M40	123	02:38:03	<b>05:12:24.65</b>	<b>05:13:34.65</b>	+02:48:49 (53.8%)	11:09	5.4 (46.6%)
579	<b>GROCHOWSKA Joanna</b>	<b>4124</b>	SKŁADAKI PIŁA	K30	96	02:41:18	<b>05:13:16.60</b>	<b>05:13:46.10</b>	+02:49:00 (53.9%)	11:11	5.4 (46.6%)
580	<b>PIELACHOWSKA Agata</b>	<b>4015</b>		K30	97	02:37:28	<b>05:12:45.50</b>	<b>05:14:04.80</b>	+02:49:19 (53.9%)	11:10	5.4 (46.6%)
581	<b>SKOREK-BILCZYŃSKA Patrycja</b>	<b>3653</b>	#CZELADZBIEGA	K30	98	02:32:18	<b>05:13:18.90</b>	<b>05:14:41.90</b>	+02:49:56 (54.0%)	11:11	5.4 (46.6%)
582	<b>FRANKOWSKA Monika</b>	<b>3389</b>		K20	31	02:36:59	<b>05:13:20.10</b>	<b>05:14:42.35</b>	+02:49:56 (54.0%)	11:11	5.4 (46.6%)
583	<b>ZAGOŃCZYK Dorota</b>	<b>3645</b>		K50	8	02:37:58	<b>05:14:14.25</b>	<b>05:15:16.55</b>	+02:50:30 (54.1%)	11:13	5.3 (45.7%)
584	<b>ZAGOŃCZYK Andrzej</b>	<b>3648</b>		M50	20	02:37:14	<b>05:14:13.95</b>	<b>05:15:16.75</b>	+02:50:31 (54.1%)	11:13	5.3 (45.7%)
585	<b>SYGUŁA Katarzyna</b>	<b>3920</b>	KB MCKIS JAWORZNO	K40	41	02:44:21	<b>05:14:17.05</b>	<b>05:15:17.05</b>	+02:50:31 (54.1%)	11:13	5.3 (45.7%)
586	<b>WOJCIECHOWSKI Tomasz</b>	<b>4166</b>	COCA-COLA RUNNERS	M20	65	02:34:54	<b>05:15:08.20</b>	<b>05:15:28.55</b>	+02:50:42 (54.1%)	11:15	5.3 (45.7%)
587	<b>DEJA Andrzej</b>	<b>3857</b>	AMATORZY	M50	21	02:33:47	<b>05:13:58.75</b>	<b>05:15:32.20</b>	+02:50:46 (54.1%)	11:12	5.4 (46.6%)
588	<b>ZIENTEK Wojciech</b>	<b>4038</b>		M40	124	02:46:12	<b>05:14:10.00</b>	<b>05:15:43.20</b>	+02:50:57 (54.1%)	11:13	5.3 (45.7%)
589	<b>PILAK Zbigniew</b>	<b>3453</b>		M50	22	02:44:08	<b>05:15:54.35</b>	<b>05:16:18.85</b>	+02:51:33 (54.2%)	11:16	5.3 (45.7%)
590	<b>ŚWIEŻYŃSKA Aleksandra</b>	<b>3589</b>	BIGYELLOWFOOT ADVENTURE TEAM	K20	32	02:33:21	<b>05:15:54.75</b>	<b>05:16:23.85</b>	+02:51:38 (54.2%)	11:16	5.3 (45.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
591	<b>SAWICKI Radek</b>	<b>3699</b>	DZIKIE GRUBASY SZATANA	M30	193	02:25:32	<b>05:15:56.50</b>	<b>05:16:39.85</b>	+02:51:54 (54.3%)	11:17	5.3 (45.7%)
592	<b>POSIŁA Joanna</b>	<b>3971</b>	COCA-COLA RUNNERS	K30	99	02:43:57	<b>05:15:16.55</b>	<b>05:16:41.80</b>	+02:51:56 (54.3%)	11:15	5.3 (45.7%)
593	<b>ZAJĄC Ewelina</b>	<b>4083</b>		K30	100	02:37:07	<b>05:16:51.85</b>	<b>05:17:20.65</b>	+02:52:35 (54.4%)	11:19	5.3 (45.7%)
594	<b>MANIARA Adam</b>	<b>4107</b>	HUSARIA RACE TEAM	M20	66	02:31:56	<b>05:16:38.65</b>	<b>05:17:30.20</b>	+02:52:44 (54.4%)	11:18	5.3 (45.7%)
595	<b>MACIEJAK Anna</b>	<b>4101</b>	HUSARIA RACE TEAM	K20	33	02:36:46	<b>05:16:37.95</b>	<b>05:17:30.35</b>	+02:52:44 (54.4%)	11:18	5.3 (45.7%)
596	<b>WOJDYŁ Anna</b>	<b>3599</b>		K30	101	02:44:41	<b>05:16:16.75</b>	<b>05:17:33.50</b>	+02:52:47 (54.4%)	11:17	5.3 (45.7%)
597	<b>SZWARC Barbara</b>	<b>3924</b>	WKURW_TEAM	K30	102	02:38:25	<b>05:16:40.00</b>	<b>05:17:37.70</b>	+02:52:52 (54.4%)	11:18	5.3 (45.7%)
598	<b>ZĘGOTA Izabela</b>	<b>4072</b>		K20	34	02:36:13	<b>05:16:08.55</b>	<b>05:17:42.60</b>	+02:52:56 (54.4%)	11:17	5.3 (45.7%)
599	<b>KOZIRÓG Agnieszka</b>	<b>3726</b>		K40	42	02:32:06	<b>05:17:45.55</b>	<b>05:18:23.80</b>	+02:53:38 (54.5%)	11:20	5.3 (45.7%)
600	<b>KUREK Aleksandra</b>	<b>3502</b>		K20	35	02:50:19	<b>05:18:28.50</b>	<b>05:18:28.50</b>	+02:53:42 (54.5%)	11:22	5.3 (45.7%)
601	<b>PIETRZAK Maciej</b>	<b>3436</b>		M40	125	02:38:22	<b>05:17:57.35</b>	<b>05:19:03.10</b>	+02:54:17 (54.6%)	11:21	5.3 (45.7%)
602	<b>PIETRZAK Agnieszka</b>	<b>3415</b>		K40	43	02:38:20	<b>05:17:57.15</b>	<b>05:19:03.30</b>	+02:54:17 (54.6%)	11:21	5.3 (45.7%)
603	<b>PODLEŚ Rafał</b>	<b>3611</b>	GRUPA ŚMIERCI RZEŹNICZEK	M30	194	02:43:03	<b>05:19:04.00</b>	<b>05:20:18.40</b>	+02:55:32 (54.8%)	11:23	5.3 (45.7%)
604	<b>JASZCZUK Edyta</b>	<b>4039</b>	TUP TEAM	K20	36	02:39:26	<b>05:20:42.85</b>	<b>05:22:17.95</b>	+02:57:32 (55.1%)	11:27	5.2 (44.8%)
605	<b>MRÓWKA Kasia</b>	<b>4105</b>	HUSARIA RACE TEAM	K30	103	02:37:19	<b>05:21:50.50</b>	<b>05:22:38.50</b>	+02:57:52 (55.1%)	11:29	5.2 (44.8%)
606	<b>KOWALEWSKA Luiza</b>	<b>4102</b>	HUSARIA RACE TEAM	K20	37	02:37:06	<b>05:21:45.60</b>	<b>05:22:38.60</b>	+02:57:52 (55.1%)	11:29	5.2 (44.8%)
607	<b>ZAJĄC Grzegorz</b>	<b>3394</b>		M40	126	02:41:35	<b>05:21:20.55</b>	<b>05:22:49.45</b>	+02:58:03 (55.2%)	11:28	5.2 (44.8%)
608	<b>MARCINCAK Anna</b>	<b>3388</b>	MAMY-BIEGAMY	K30	104	02:42:27	<b>05:21:21.75</b>	<b>05:22:49.75</b>	+02:58:04 (55.2%)	11:28	5.2 (44.8%)
609	<b>KLOCEK Paulina</b>	<b>4177</b>	SKŁADAKI PIŁA	K20	38	02:32:17	<b>05:22:24.85</b>	<b>05:22:56.00</b>	+02:58:10 (55.2%)	11:30	5.2 (44.8%)
610	<b>JASIŃSKA Justyna</b>	<b>4056</b>	KOTEŁ TEAM	K20	39	02:24:21	<b>05:22:25.40</b>	<b>05:23:33.75</b>	+02:58:48 (55.3%)	11:30	5.2 (44.8%)
610	<b>POWIERŻA Adrian</b>	<b>4055</b>	KOTEŁ TEAM	M20	67	02:24:22	<b>05:22:25.50</b>	<b>05:23:33.75</b>	+02:58:48 (55.3%)	11:30	5.2 (44.8%)
612	<b>PIETRZAK Jarosław</b>	<b>3695</b>		M30	195	02:40:37	<b>05:22:33.75</b>	<b>05:23:38.00</b>	+02:58:52 (55.3%)	11:31	5.2 (44.8%)
613	<b>KOWALEWSKA Katarzyna</b>	<b>3596</b>		K30	105	02:40:36	<b>05:22:33.75</b>	<b>05:23:38.05</b>	+02:58:52 (55.3%)	11:31	5.2 (44.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
614	<b>KASPRZAK Maciej</b>	<b>4035</b>		M20	68	02:29:00	<b>05:22:54.75</b>	<b>05:23:53.40</b>	+02:59:07 (55.3%)	11:31	5.2 (44.8%)
615	<b>SIARA Marcin</b>	<b>3848</b>	WITKOWO BIEGA	M30	196	02:29:06	<b>05:22:56.20</b>	<b>05:23:53.45</b>	+02:59:07 (55.3%)	11:32	5.2 (44.8%)
616	<b>KLOCEK Ewelina</b>	<b>4176</b>	SKŁADAKI PIŁA	K30	106	02:47:22	<b>05:23:41.60</b>	<b>05:24:12.45</b>	+02:59:26 (55.3%)	11:33	5.2 (44.8%)
617	<b>WIĘCZKOWSKI Wojciech</b>	<b>3675</b>	HUSARIA RACE TEAM	M40	127	02:37:22	<b>05:23:23.40</b>	<b>05:24:12.70</b>	+02:59:27 (55.3%)	11:32	5.2 (44.8%)
618	<b>PENAR Arkadiusz</b>	<b>3983</b>		M40	128	02:35:38	<b>05:24:48.35</b>	<b>05:25:41.15</b>	+03:00:55 (55.6%)	11:36	5.2 (44.8%)
619	<b>POSS Marcin</b>	<b>3715</b>		M40	129	02:40:21	<b>05:24:42.45</b>	<b>05:25:58.95</b>	+03:01:13 (55.6%)	11:35	5.2 (44.8%)
620	<b>STASIAK Waldemar</b>	<b>3859</b>		M40	130	02:37:50	<b>05:24:28.25</b>	<b>05:26:01.45</b>	+03:01:15 (55.6%)	11:35	5.2 (44.8%)
621	<b>KUŁAKOWSKI Piotr</b>	<b>3935</b>	CZŁAPACZE	M60	7	02:51:29	<b>05:25:18.95</b>	<b>05:26:31.75</b>	+03:01:46 (55.7%)	11:37	5.2 (44.8%)
622	<b>MALDIS Marek</b>	<b>3892</b>		M60	8	02:42:50	<b>05:25:55.50</b>	<b>05:26:42.85</b>	+03:01:57 (55.7%)	11:38	5.2 (44.8%)
623	<b>KOŁODZIEJ Mirosław</b>	<b>3501</b>	MUZEUM HISTORYCZNE MIASTA KRAKOWA	M20	69	02:36:50	<b>05:25:20.95</b>	<b>05:26:57.40</b>	+03:02:11 (55.7%)	11:37	5.2 (44.8%)
624	<b>DUNIKOWSKA Olga Małgorzata</b>	<b>3316</b>		K20	40	02:36:55	<b>05:25:20.90</b>	<b>05:26:57.65</b>	+03:02:12 (55.7%)	11:37	5.2 (44.8%)
625	<b>KOLAJ Ewelina</b>	<b>3738</b>	RUNRACE.PL	K30	107	02:27:21	<b>05:26:13.50</b>	<b>05:27:24.60</b>	+03:02:38 (55.8%)	11:39	5.1 (44.0%)
626	<b>KOLAJ Krzysztof</b>	<b>3820</b>	SPOCONY BATON	M30	197	02:27:30	<b>05:26:13.90</b>	<b>05:27:24.90</b>	+03:02:39 (55.8%)	11:39	5.1 (44.0%)
627	<b>TABACZKA Piotr</b>	<b>3656</b>	WUEF CLUB DECATHLON SWADZIM	M40	131	02:32:58	<b>05:26:46.20</b>	<b>05:27:26.65</b>	+03:02:41 (55.8%)	11:40	5.1 (44.0%)
628	<b>RADZIĘSKA Kamila</b>	<b>3700</b>	MAMY-BIEGAMY	K30	108	02:43:09	<b>05:25:52.90</b>	<b>05:27:30.75</b>	+03:02:45 (55.8%)	11:38	5.2 (44.8%)
629	<b>MACIASZ Weronika</b>	<b>3895</b>	GRUPA ŚMIERCI RZEŹNICZEK	K20	41	02:28:31	<b>05:27:08.00</b>	<b>05:28:21.40</b>	+03:03:35 (55.9%)	11:41	5.1 (44.0%)
630	<b>BANASZCZYK Maja</b>	<b>4031</b>		K30	109	02:40:29	<b>05:27:29.60</b>	<b>05:28:22.20</b>	+03:03:36 (55.9%)	11:41	5.1 (44.0%)
631	<b>SZTOMBER Daniel</b>	<b>3525</b>	AXA RUNNING TEAM	M30	198	02:46:00	<b>05:27:09.20</b>	<b>05:28:39.10</b>	+03:03:53 (56.0%)	11:41	5.1 (44.0%)
632	<b>RUDNICKI Piotr</b>	<b>4089</b>	KAPIBARA	M30	199	02:28:25	<b>05:27:29.75</b>	<b>05:28:59.75</b>	+03:04:14 (56.0%)	11:41	5.1 (44.0%)
633	<b>OSYDA Sabina</b>	<b>3729</b>		K20	42	02:40:27	<b>05:28:04.70</b>	<b>05:29:28.20</b>	+03:04:42 (56.1%)	11:43	5.1 (44.0%)
634	<b>PASZKOWSKI Jakub</b>	<b>3813</b>		M30	200	02:40:26	<b>05:28:05.30</b>	<b>05:29:29.30</b>	+03:04:43 (56.1%)	11:43	5.1 (44.0%)
635	<b>WIERZCHOWIAK Jarosław</b>	<b>3816</b>	HUSARIA RACE TEAM	M20	70	02:27:06	<b>05:29:06.25</b>	<b>05:29:57.05</b>	+03:05:11 (56.1%)	11:45	5.1 (44.0%)
635	<b>BAK Piotr</b>	<b>3865</b>		M30	201	02:40:32	<b>05:29:06.90</b>	<b>05:29:57.05</b>	+03:05:11 (56.1%)	11:45	5.1 (44.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
637	<b>PIASECKI Grzegorz</b>	<b>3672</b>	AKTYWNI KONIN	M40	132	02:37:25	<b>05:29:44.05</b>	<b>05:31:00.75</b>	+03:06:15 (56.3%)	11:46	5.1 (44.0%)
638	<b>MASŁOŃ Sebastian</b>	<b>4023</b>		M30	202	02:46:12	<b>05:29:34.80</b>	<b>05:31:06.55</b>	+03:06:20 (56.3%)	11:46	5.1 (44.0%)
639	<b>ZIELIŃSKA CZERBNIAK Izabela</b>	<b>4017</b>	WUEF CLUB DECATHALON SWADZIM	K40	44	02:38:34	<b>05:31:45.90</b>	<b>05:32:22.25</b>	+03:07:36 (56.4%)	11:50	5.1 (44.0%)
640	<b>JĘDRZEJCZAK Sławomir</b>	<b>4037</b>		M40	133	02:46:32	<b>05:30:52.75</b>	<b>05:32:25.90</b>	+03:07:40 (56.5%)	11:49	5.1 (44.0%)
641	<b>ZIEŃKOWSKA Izabela</b>	<b>3442</b>	LUBLIN BIEGA/WW TEAM	K30	110	02:43:57	<b>05:32:55.45</b>	<b>05:33:13.10</b>	+03:08:27 (56.6%)	11:53	5 (43.1%)
641	<b>LATO Karolina</b>	<b>3318</b>	LUBLIN BIEGA	K30	111	02:43:57	<b>05:32:55.25</b>	<b>05:33:13.10</b>	+03:08:27 (56.6%)	11:53	5 (43.1%)
643	<b>KARPIŃSKA Anna</b>	<b>3688</b>	DZIKIE GRUBASY SZATANA	K40	45	02:43:40	<b>05:33:27.40</b>	<b>05:34:10.35</b>	+03:09:24 (56.7%)	11:54	5 (43.1%)
644	<b>KARAŚ Robert</b>	<b>3536</b>	AXA RUNNING TEAM	M30	203	02:39:21	<b>05:32:55.80</b>	<b>05:34:26.45</b>	+03:09:40 (56.7%)	11:53	5 (43.1%)
645	<b>BIŃKOWSKI Andrzej</b>	<b>4173</b>	COCA-COLA RUNNERS	M40	134	02:45:52	<b>05:35:26.20</b>	<b>05:36:41.50</b>	+03:11:55 (57.0%)	11:58	5 (43.1%)
646	<b>PRÓCHNIAK Joanna</b>	<b>3541</b>	GRUPA ŚMIERCI RZEŹNICZEK	K30	112	02:45:57	<b>05:35:33.35</b>	<b>05:36:48.40</b>	+03:12:02 (57.0%)	11:59	5 (43.1%)
647	<b>STACHOWICZ Mateusz</b>	<b>3526</b>	GRUPA ŚMIERCI RZEŹNICZEK	M30	204	02:34:33	<b>05:35:34.70</b>	<b>05:36:48.80</b>	+03:12:03 (57.0%)	11:59	5 (43.1%)
648	<b>BARCZAK Sylwia</b>	<b>3329</b>	PERFECT RUNNER LUBLIN	K30	113	02:56:50	<b>05:35:30.80</b>	<b>05:37:02.50</b>	+03:12:16 (57.0%)	11:58	5 (43.1%)
649	<b>KNAP Ewa</b>	<b>3888</b>	ALBATROSY	K30	114	02:43:42	<b>05:36:21.30</b>	<b>05:37:05.75</b>	+03:12:20 (57.1%)	12:00	5 (43.1%)
650	<b>ZADROŻNA Ania</b>	<b>3619</b>		K30	115	02:42:42	<b>05:36:37.10</b>	<b>05:37:35.10</b>	+03:12:49 (57.1%)	12:01	5 (43.1%)
651	<b>DUKAŁA Arkadiusz</b>	<b>3518</b>	PZU SPORT TEAM	M40	135	02:35:30	<b>05:37:06.55</b>	<b>05:38:00.05</b>	+03:13:14 (57.2%)	12:02	5 (43.1%)
652	<b>SKOŚKIEWICZ Krzysztof</b>	<b>4134</b>		M40	136	02:35:25	<b>05:37:05.50</b>	<b>05:38:00.10</b>	+03:13:14 (57.2%)	12:02	5 (43.1%)
653	<b>KAŻMIERCZAK Malwina</b>	<b>3680</b>	DZIKIE GRUBASY SZATANA	K20	43	02:37:20	<b>05:39:33.10</b>	<b>05:40:16.80</b>	+03:15:31 (57.5%)	12:07	4.9 (42.2%)
654	<b>KRZYŚ Justyna</b>	<b>3799</b>	KLUB MATIEGO	K30	116	02:43:40	<b>05:39:42.30</b>	<b>05:40:22.40</b>	+03:15:36 (57.5%)	12:07	4.9 (42.2%)
655	<b>BAJENA Jan</b>	<b>3655</b>		M20	71	02:32:35	<b>05:39:02.00</b>	<b>05:40:28.40</b>	+03:15:42 (57.5%)	12:06	5 (43.1%)
656	<b>KLEDYŃSKA Aleksandra</b>	<b>3651</b>		K20	44	02:32:35	<b>05:39:02.50</b>	<b>05:40:29.05</b>	+03:15:43 (57.5%)	12:06	5 (43.1%)
657	<b>HILLER Jerzy</b>	<b>3517</b>	LUBELSKA GRUPA TRIATHLONU	M60	9	02:54:53	<b>05:39:13.55</b>	<b>05:40:46.25</b>	+03:16:00 (57.5%)	12:06	5 (43.1%)
658	<b>ROGATKO Adam</b>	<b>3915</b>	DRAMAT_TEAM	M30	205	02:49:02	<b>05:40:09.60</b>	<b>05:41:18.45</b>	+03:16:32 (57.6%)	12:08	4.9 (42.2%)
659	<b>NIESIOBĘDZKA-ROGATKO Karolina</b>	<b>3916</b>	DRAMAT_TEAM	K30	117	02:49:04	<b>05:40:22.95</b>	<b>05:41:31.95</b>	+03:16:46 (57.6%)	12:09	4.9 (42.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
660	<b>STOŃ Daniel</b>	<b>3592</b>	BIEGUSIEM.PL	M40	137	02:43:01	<b>05:40:43.95</b>	<b>05:41:46.45</b>	+03:17:00 (57.6%)	12:10	4.9 (42.2%)
661	<b>PIELAK Agnieszka</b>	<b>3778</b>	PZU SPORT TEAM	K20	45	02:57:52	<b>05:40:55.40</b>	<b>05:41:48.15</b>	+03:17:02 (57.6%)	12:10	4.9 (42.2%)
662	<b>GROMADZKI Wojciech</b>	<b>4154</b>		M50	23	02:30:02	<b>05:42:36.40</b>	<b>05:43:24.70</b>	+03:18:39 (57.8%)	12:14	4.9 (42.2%)
663	<b>GAJEWSKI Piotr</b>	<b>3373</b>	RUN_HELPERSI	M30	206	02:48:38	<b>05:44:51.50</b>	<b>05:45:26.50</b>	+03:20:40 (58.1%)	12:18	4.9 (42.2%)
664	<b>DUKIEWICZ Grażyna</b>	<b>3454</b>		K40	46	02:54:35	<b>05:44:23.10</b>	<b>05:45:59.65</b>	+03:21:14 (58.2%)	12:17	4.9 (42.2%)
665	<b>PIĄTY Kamil</b>	<b>4088</b>	SIATKATEAM	M30	207	02:54:12	<b>05:45:08.45</b>	<b>05:46:49.85</b>	+03:22:04 (58.3%)	12:19	4.9 (42.2%)
666	<b>WIŚNIEWSKA-PIĄTY Katarzyna</b>	<b>4087</b>	SIATKA TEAM	K30	118	02:54:12	<b>05:45:09.25</b>	<b>05:46:49.90</b>	+03:22:04 (58.3%)	12:19	4.9 (42.2%)
667	<b>WOJDASIEWICZ Kasia</b>	<b>3659</b>		K40	47	02:41:59	<b>05:45:37.45</b>	<b>05:47:02.50</b>	+03:22:16 (58.3%)	12:20	4.9 (42.2%)
668	<b>JUREK Paulina</b>	<b>3543</b>		K30	119	03:04:49	<b>05:45:51.95</b>	<b>05:47:29.25</b>	+03:22:43 (58.3%)	12:21	4.9 (42.2%)
669	<b>KUHN-ZAWADZKA Joanna</b>	<b>3939</b>	KRÓLICZKI W PLECAKU	K30	120	02:39:08	<b>05:47:22.55</b>	<b>05:48:07.90</b>	+03:23:22 (58.4%)	12:24	4.8 (41.4%)
670	<b>SROKA Dominik</b>	<b>3527</b>		M40	138	02:42:04	<b>05:47:16.65</b>	<b>05:48:35.65</b>	+03:23:50 (58.5%)	12:24	4.8 (41.4%)
671	<b>PŁATEK Katarzyna</b>	<b>3795</b>		K40	48	02:43:44	<b>05:48:25.05</b>	<b>05:49:08.90</b>	+03:24:23 (58.5%)	12:26	4.8 (41.4%)
672	<b>NAWROCKA Aleksandra</b>	<b>3724</b>		K20	46	02:47:47	<b>05:49:20.70</b>	<b>05:49:58.85</b>	+03:25:13 (58.6%)	12:28	4.8 (41.4%)
673	<b>WITKOWSKA Anetta</b>	<b>3810</b>	CENTRUM KETTLEBELL TARNOBRZEG	K40	49	02:55:02	<b>05:49:21.95</b>	<b>05:50:17.90</b>	+03:25:32 (58.7%)	12:28	4.8 (41.4%)
674	<b>WITKOWSKI Krzysztof</b>	<b>3809</b>	CENTRUM KETTLEBELL TARNOBRZEG	M40	139	02:55:00	<b>05:49:21.65</b>	<b>05:50:17.95</b>	+03:25:32 (58.7%)	12:28	4.8 (41.4%)
675	<b>SZANIAWSKA Agata</b>	<b>3327</b>		K20	47	02:53:41	<b>05:50:46.20</b>	<b>05:51:38.60</b>	+03:26:52 (58.8%)	12:31	4.8 (41.4%)
676	<b>GRABOWICZ Anna</b>	<b>3806</b>		K40	50	02:51:31	<b>05:51:22.30</b>	<b>05:52:08.30</b>	+03:27:22 (58.9%)	12:32	4.8 (41.4%)
676	<b>NOWAK Katarzyna</b>	<b>3772</b>		K40	51	02:51:36	<b>05:51:22.50</b>	<b>05:52:08.30</b>	+03:27:22 (58.9%)	12:32	4.8 (41.4%)
678	<b>NOWAK Jarosław</b>	<b>3776</b>		M40	140	02:51:35	<b>05:51:21.50</b>	<b>05:52:08.45</b>	+03:27:22 (58.9%)	12:32	4.8 (41.4%)
679	<b>STRZELECKI Artur</b>	<b>4179</b>		M50	24	02:43:44	<b>05:51:41.00</b>	<b>05:52:16.15</b>	+03:27:30 (58.9%)	12:33	4.8 (41.4%)
680	<b>MAZUR Beata</b>	<b>3701</b>	MAZUR FAMILY	K40	52	02:46:59	<b>05:51:10.40</b>	<b>05:52:28.90</b>	+03:27:43 (58.9%)	12:32	4.8 (41.4%)
681	<b>MAZUR Klaudia</b>	<b>3706</b>	MAZUR FAMILY	K20	48	02:43:53	<b>05:51:10.30</b>	<b>05:52:29.05</b>	+03:27:43 (58.9%)	12:32	4.8 (41.4%)
682	<b>MAZUR Andrzej</b>	<b>3708</b>	MAZUR FAMILY	M40	141	02:46:11	<b>05:51:09.95</b>	<b>05:52:29.15</b>	+03:27:43 (58.9%)	12:32	4.8 (41.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
683	<b>WYSOCKA Agnieszka</b>	<b>3686</b>	PRO RUN	K40	53	02:58:16	<b>05:51:08.55</b>	<b>05:52:44.50</b>	+03:27:58 (59.0%)	12:32	4.8 (41.4%)
684	<b>WÓJCIK Łukasz</b>	<b>4073</b>	SII POWER PEOPLE	M30	208	02:53:38	<b>05:51:13.65</b>	<b>05:52:48.70</b>	+03:28:03 (59.0%)	12:32	4.8 (41.4%)
685	<b>OBARSKA Małgorzata</b>	<b>4043</b>		K50	9	03:01:56	<b>05:52:05.15</b>	<b>05:53:02.70</b>	+03:28:17 (59.0%)	12:34	4.8 (41.4%)
686	<b>PEŁSZYŃSKI Marek</b>	<b>3572</b>	ZOŚKA RUNNING TEAM / LPP TEAM	M30	209	02:50:10	<b>05:52:28.00</b>	<b>05:54:05.50</b>	+03:29:19 (59.1%)	12:35	4.8 (41.4%)
687	<b>SOT Lucjan</b>	<b>4045</b>	A NIECH TO SZLAK BIEGIEM NA SZLAK	M50	25	02:59:59	<b>05:56:33.35</b>	<b>05:56:55.35</b>	+03:32:09 (59.4%)	12:44	4.7 (40.5%)
688	<b>SOWA Sylwia</b>	<b>4075</b>	PZU SPORT TEAM	K40	54	02:54:03	<b>05:56:10.50</b>	<b>05:57:08.60</b>	+03:32:22 (59.5%)	12:43	4.7 (40.5%)
689	<b>ŻAK Agnieszka</b>	<b>3609</b>		K30	121	02:55:15	<b>05:55:59.55</b>	<b>05:57:28.95</b>	+03:32:43 (59.5%)	12:42	4.7 (40.5%)
690	<b>ŻAK Bartłomiej</b>	<b>3583</b>		M30	210	02:55:14	<b>05:56:00.55</b>	<b>05:57:30.15</b>	+03:32:44 (59.5%)	12:42	4.7 (40.5%)
691	<b>ŚLĘZAK Hanna</b>	<b>4121</b>	SKŁADAKI PIŁA	K30	122	03:02:25	<b>05:57:04.40</b>	<b>05:57:37.05</b>	+03:32:51 (59.5%)	12:45	4.7 (40.5%)
692	<b>DONIEC Katarzyna</b>	<b>3696</b>		K30	123	02:50:40	<b>05:56:20.35</b>	<b>05:57:43.65</b>	+03:32:58 (59.5%)	12:43	4.7 (40.5%)
693	<b>MARKOWICZ Krzysztof</b>	<b>3801</b>	KLUB MATIEGO JEŻOWE	M50	26	02:43:45	<b>05:57:43.20</b>	<b>05:58:21.50</b>	+03:33:35 (59.6%)	12:46	4.7 (40.5%)
694	<b>ŚLIWIŃSKI Paweł</b>	<b>3838</b>	KLUB MATIEGO	M50	27	02:44:44	<b>05:57:46.90</b>	<b>05:58:23.35</b>	+03:33:37 (59.6%)	12:46	4.7 (40.5%)
695	<b>JAKÓBCZYK Andrzej</b>	<b>3928</b>	SKLEPBIEGACZA.PL LUBLIN TEAM	M40	142	02:52:49	<b>05:58:56.85</b>	<b>06:00:29.55</b>	+03:35:43 (59.8%)	12:49	4.7 (40.5%)
696	<b>NAROLEWSKA Dorota</b>	<b>3310</b>		K30	124	03:00:14	<b>06:01:14.90</b>	<b>06:01:47.55</b>	+03:37:01 (60.0%)	12:54	4.7 (40.5%)
697	<b>BALCEWICZ Magda</b>	<b>4125</b>	SKŁADAKI PIŁA	K30	125	03:18:37	<b>06:03:54.30</b>	<b>06:04:26.15</b>	+03:39:40 (60.3%)	12:59	4.6 (39.7%)
698	<b>RYMON Paweł</b>	<b>4120</b>	SKŁADAKI PIŁA	M30	211	03:02:42	<b>06:04:05.05</b>	<b>06:04:37.85</b>	+03:39:52 (60.3%)	13:00	4.6 (39.7%)
699	<b>MIŁOSZ Maria</b>	<b>3400</b>		K20	49	03:02:41	<b>06:03:34.00</b>	<b>06:04:51.75</b>	+03:40:06 (60.3%)	12:59	4.6 (39.7%)
700	<b>WIECZOREK Beata</b>	<b>3674</b>	DZIKIE GRUBASY SZATANA	K30	126	03:10:57	<b>06:04:09.40</b>	<b>06:04:53.55</b>	+03:40:07 (60.3%)	13:00	4.6 (39.7%)
701	<b>KAWSKA Ewa</b>	<b>3950</b>		K40	55	02:50:48	<b>06:03:31.45</b>	<b>06:05:03.85</b>	+03:40:18 (60.3%)	12:58	4.6 (39.7%)
702	<b>KUNA Katarzyna</b>	<b>3558</b>		K40	56	02:58:16	<b>06:03:34.30</b>	<b>06:05:13.80</b>	+03:40:28 (60.4%)	12:59	4.6 (39.7%)
703	<b>PEDA Kamila</b>	<b>4050</b>	KB DZIK	K30	127	03:01:10	<b>06:05:31.35</b>	<b>06:05:51.85</b>	+03:41:06 (60.4%)	13:03	4.6 (39.7%)
704	<b>RADZIŃSKI Maciej</b>	<b>3740</b>		M30	212	02:43:28	<b>06:04:34.45</b>	<b>06:06:12.90</b>	+03:41:27 (60.5%)	13:01	4.6 (39.7%)
705	<b>SZCZERBIŃSKI Marcin</b>	<b>3790</b>	DZIKIE GRUBASY SZATANA	M40	143	02:51:40	<b>06:10:25.50</b>	<b>06:11:10.55</b>	+03:46:24 (61.0%)	13:13	4.5 (38.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
706	<b>JANICKA Katarzyna</b>	<b>3328</b>	4EVERFASTER.PL	K30	128	02:53:42	<b>06:12:18.10</b>	<b>06:13:10.40</b>	+03:48:24 (61.2%)	13:17	4.5 (38.8%)
707	<b>PANCZENKO Kamil</b>	<b>3343</b>	OWM LUBLIN	M20	72	02:54:25	<b>06:11:40.00</b>	<b>06:13:16.25</b>	+03:48:30 (61.2%)	13:16	4.5 (38.8%)
708	<b>SEREWPA Paulina</b>	<b>3396</b>	OWM LUBLIN	K20	50	02:54:41	<b>06:11:40.60</b>	<b>06:13:16.55</b>	+03:48:30 (61.2%)	13:16	4.5 (38.8%)
709	<b>WYSOCKI Sebastian</b>	<b>4128</b>	SKŁADAKI PIŁA	M30	213	03:02:18	<b>06:14:17.85</b>	<b>06:14:48.40</b>	+03:50:02 (61.4%)	13:22	4.5 (38.8%)
710	<b>WYSOCKA Ilona</b>	<b>4127</b>	SKŁADAKI PIŁA	K30	129	02:56:18	<b>06:14:19.10</b>	<b>06:14:48.50</b>	+03:50:02 (61.4%)	13:22	4.5 (38.8%)
711	<b>KULLING Krystian</b>	<b>4187</b>	BIEGOWI WARIACI	M30	214	03:12:35	<b>06:14:32.45</b>	<b>06:14:57.70</b>	+03:50:12 (61.4%)	13:22	4.5 (38.8%)
712	<b>BAŃKOWSKA Monika</b>	<b>3690</b>	BIGYELLOWFOOT ADVENTURE TEAM	K30	130	03:12:35	<b>06:14:33.05</b>	<b>06:14:58.90</b>	+03:50:13 (61.4%)	13:22	4.5 (38.8%)
713	<b>GUZIK Magdalena</b>	<b>3570</b>		K40	57	03:05:20	<b>06:13:23.45</b>	<b>06:15:01.05</b>	+03:50:15 (61.4%)	13:20	4.5 (38.8%)
714	<b>BORKOWSKA Ewa</b>	<b>3869</b>		K60	3	03:11:11	<b>06:17:32.45</b>	<b>06:18:17.55</b>	+03:53:31 (61.7%)	13:29	4.4 (37.9%)
715	<b>SZCZEPANIA Lucyna</b>	<b>4123</b>	SKŁADAKI PIŁA	K40	58	03:10:12	<b>06:24:00.35</b>	<b>06:24:32.25</b>	+03:59:46 (62.4%)	13:42	4.4 (37.9%)
716	<b>MAJEWSKA Agnieszka</b>	<b>3769</b>	GRUPA ŚMIERCI RZEŹNICZEK	K40	59	03:02:58	<b>06:32:31.95</b>	<b>06:33:47.45</b>	+04:09:01 (63.2%)	14:01	4.3 (37.1%)
717	<b>PUŁKOWSKI Mirosław</b>	<b>4057</b>		M40	144	03:12:35	<b>06:50:59.20</b>	<b>06:51:26.50</b>	+04:26:40 (64.8%)	14:40	4.1 (35.3%)
718	<b>PUŁKOWSKA Patrycja</b>	<b>4058</b>		K30	131	03:12:37	<b>06:50:59.60</b>	<b>06:51:27.05</b>	+04:26:41 (64.8%)	14:40	4.1 (35.3%)
	<b>KOMUŃSKI Marcin</b>	<b>3720</b>	POLONIA ŚRODA	M30		02:17:41 DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>MATRASZEK Jakub</b>	<b>3374</b>	VEGE RUNNERS	M30		02:51:59 DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>MIRECKI Jan</b>	<b>4076</b>		M40		DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>TADLA Mateusz</b>	<b>4071</b>		M20		DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>MATUSZAK Piotr</b>	<b>3730</b>		M20		DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 723 wynik(ów)