



# RZEŹNIK SKY 2020

B4SPORT

**Wydarzenie:** VI FESTIWAL BIEGU RZEŹNIKA  
**Organizator:** Fundacja Bieg Rzeźnika  
**Data:** 2020-06-06  
**Miejsce:** Cisna  
**Dystans:** 50.9 km

**B4SPORT**  
INTELLIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Orlik 25km	Czas netto 50.9km	Różn	Tempo min/km	Tempo km/h
1	<b>SEDLAK Michał</b>	<b>1347</b>	MARCINŚWIERCTEAM	M40	1	02:55:59	<b>05:44:44.70</b>		6:46	8.9 (100%)
2	<b>POLNY Daniel</b>	<b>1040</b>	PASS RUNNING TEAM	M50	1	02:55:05	<b>05:59:52.55</b>	+00:15:07 (4.2%)	7:04	8.5 (95.5%)
3	<b>SCHMIDT Roland</b>	<b>1026</b>		M30	1	03:13:55	<b>06:15:29.45</b>	+00:30:44 (8.2%)	7:22	8.1 (91.0%)
4	<b>KOT Rafał</b>	<b>1410</b>	MUAY RUNNING TEAM	M40	2	03:05:37	<b>06:17:10.80</b>	+00:32:26 (8.6%)	7:24	8.1 (91.0%)
5	<b>GRONDYS Paweł</b>	<b>1402</b>		M40	3	03:17:33	<b>06:27:04.90</b>	+00:42:20 (10.9%)	7:36	7.9 (88.8%)
6	<b>GOŁĄB Marek</b>	<b>1245</b>	STAY INSANE	M30	2	03:18:56	<b>06:27:50.15</b>	+00:43:05 (11.1%)	7:37	7.9 (88.8%)
7	<b>KIK Iwona</b>	<b>1306</b>		K30	1	03:26:10	<b>06:32:00.80</b>	+00:47:16 (12.1%)	7:42	7.8 (87.6%)
8	<b>WĘGLIŃSKI Mikołaj</b>	<b>1022</b>		M30	3	03:29:47	<b>06:56:21.25</b>	+01:11:36 (17.2%)	8:10	7.3 (82.0%)
9	<b>LATAK Michał</b>	<b>1364</b>	JACEKBIEGA RUNNING TEAM	M40	4	03:29:41	<b>07:01:02.45</b>	+01:16:17 (18.1%)	8:16	7.3 (82.0%)
10	<b>HERCHEL Arkadiusz</b>	<b>1390</b>		M40	5	03:24:23	<b>07:04:29.20</b>	+01:19:44 (18.8%)	8:20	7.2 (80.9%)
11	<b>KRAJEWSKI Jakub</b>	<b>1069</b>	ZAPOROWY MARATON TEAM/ KILOMETRY ODDECHÓW	M30	4	03:18:41	<b>07:06:57.70</b>	+01:22:13 (19.3%)	8:23	7.2 (80.9%)
12	<b>PELA Dariusz</b>	<b>1297</b>	TMT TORUŃ	M30	5	03:37:55	<b>07:11:24.00</b>	+01:26:39 (20.1%)	8:28	7.1 (79.8%)
13	<b>ŚWIERK Marek</b>	<b>1270</b>		M40	6	04:07:24	<b>07:11:58.40</b>	+01:27:13 (20.2%)	8:29	7.1 (79.8%)
14	<b>NOWAK Mirosław</b>	<b>1349</b>		M40	7	03:39:53	<b>07:14:07.05</b>	+01:29:22 (20.6%)	8:31	7 (78.7%)
15	<b>ZIELAL Darek</b>	<b>1031</b>		M40	8	03:20:40	<b>07:16:56.35</b>	+01:32:11 (21.1%)	8:35	7 (78.7%)
16	<b>GRAJ Arkadiusz</b>	<b>1010</b>		M30	6	03:38:17	<b>07:19:15.15</b>	+01:34:30 (21.5%)	8:37	7 (78.7%)
17	<b>RECZEK Sebastian</b>	<b>1332</b>	KS ZIELONO-CZARNI	M40	9	03:30:23	<b>07:19:27.45</b>	+01:34:42 (21.6%)	8:38	6.9 (77.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Orlik 25km	Czas netto 50.9km	Różn	Tempo min/km	Tempo km/h
18	<b>STANKIEWICZ Paweł</b>	<b>1397</b>	CZERWONAK BIEGA	M40	10	03:37:20	<b>07:21:13.60</b>	+01:36:28 (21.9%)	8:40	6.9 (77.5%)
19	<b>DOMISZEWSKA Maria</b>	<b>1267</b>	MKS HALICZ	K50	1	03:48:27	<b>07:24:44.95</b>	+01:40:00 (22.5%)	8:44	6.9 (77.5%)
20	<b>ZIĘBA Sabina</b>	<b>1147</b>	FOREVER TEAM	K30	2	03:51:41	<b>07:24:52.55</b>	+01:40:07 (22.5%)	8:44	6.9 (77.5%)
21	<b>PECIO Mariusz</b>	<b>1182</b>	SGSP	M40	11	03:43:12	<b>07:28:20.90</b>	+01:43:36 (23.1%)	8:48	6.8 (76.4%)
22	<b>LASOCKI Marcin</b>	<b>1030</b>	TEAM ZABIEGANEDNI / 12TRI.PL	M40	12	03:48:45	<b>07:30:54.55</b>	+01:46:09 (23.5%)	8:51	6.8 (76.4%)
23	<b>GOSTYŃSKI Krzysztof</b>	<b>1006</b>		M40	13	03:49:59	<b>07:33:21.60</b>	+01:48:36 (24.0%)	8:54	6.7 (75.3%)
24	<b>MALENDAC Maciej</b>	<b>1307</b>		M30	7	03:39:02	<b>07:36:01.25</b>	+01:51:16 (24.4%)	8:57	6.7 (75.3%)
25	<b>BEREŻNICKI Mikołaj</b>	<b>1254</b>	KS GNIEZNO	M20	1	03:33:07	<b>07:37:55.80</b>	+01:53:11 (24.7%)	8:59	6.7 (75.3%)
26	<b>SZYBIAK Waldemar</b>	<b>1102</b>	AGONA W&M	M50	2	03:52:07	<b>07:44:20.15</b>	+01:59:35 (25.8%)	9:07	6.6 (74.2%)
27	<b>KONIECZNY Mariusz</b>	<b>1099</b>	AGONA W&M	M50	3	03:52:07	<b>07:44:20.70</b>	+01:59:36 (25.8%)	9:07	6.6 (74.2%)
28	<b>TEPER Bartosz</b>	<b>1097</b>	ŚMIGAJĄCEZIOMECCZKI	M20	2	03:46:58	<b>07:44:21.25</b>	+01:59:36 (25.8%)	9:07	6.6 (74.2%)
29	<b>DZIEWA Przemysław</b>	<b>1273</b>	ATS WHEELS	M40	14	03:53:57	<b>07:45:07.60</b>	+02:00:22 (25.9%)	9:08	6.6 (74.2%)
30	<b>DZIÓB Romuald</b>	<b>1266</b>	CRACOVIA WIELICZKA	M40	15	03:44:39	<b>07:45:58.45</b>	+02:01:13 (26.0%)	9:09	6.6 (74.2%)
31	<b>KUTNIK Mirosław</b>	<b>1291</b>	KB BIAŁA BIEGA	M40	16	03:57:22	<b>07:46:47.05</b>	+02:02:02 (26.1%)	9:10	6.5 (73.0%)
32	<b>ŁUKOMSKI Maciej</b>	<b>1317</b>	ŁÓDZKI KLUB WYSOKOGÓRSKI	M40	17	03:50:08	<b>07:48:45.70</b>	+02:04:01 (26.5%)	9:12	6.5 (73.0%)
33	<b>LASEK Leszek</b>	<b>1098</b>	KALLIPSO TEAM	M50	4	04:01:02	<b>07:51:13.00</b>	+02:06:28 (26.8%)	9:15	6.5 (73.0%)
34	<b>RUSEK Marcin</b>	<b>1371</b>	RPM DZIKI W GÓRACH	M40	18	03:55:26	<b>07:51:28.60</b>	+02:06:43 (26.9%)	9:15	6.5 (73.0%)
35	<b>NISZCZOT Dariusz</b>	<b>1094</b>		M20	3	03:51:20	<b>07:53:38.75</b>	+02:08:54 (27.2%)	9:18	6.4 (71.9%)
36	<b>CHILICKA Marta</b>	<b>1144</b>	RED LION CLUB	K30	3	04:08:24	<b>07:56:59.95</b>	+02:12:15 (27.7%)	9:22	6.4 (71.9%)
37	<b>MOLTZAN Zbigniew</b>	<b>1178</b>	CROSSFIT TORUŃ	M40	19	04:05:15	<b>07:57:14.70</b>	+02:12:30 (27.8%)	9:22	6.4 (71.9%)
38	<b>ILKIEWICZ Adam</b>	<b>1155</b>		M30	8	04:15:26	<b>07:57:30.55</b>	+02:12:45 (27.8%)	9:22	6.4 (71.9%)
39	<b>BRUS Marcin</b>	<b>1299</b>		M40	20	04:08:57	<b>08:00:08.40</b>	+02:15:23 (28.2%)	9:25	6.4 (71.9%)
40	<b>STRAMOWSKI Rafał</b>	<b>1049</b>		M30	9	03:42:53	<b>08:01:02.60</b>	+02:16:17 (28.3%)	9:27	6.3 (70.8%)

Msc	Zawodnik	Numer		Klub	Kategoria	Mkat	Orlik 25km	Czas		Tempo min/km	Tempo km/h
								netto 50.9km	Różn		
41	<b>PILECKI Robert</b>	<b>1028</b>	RUNEDA		M40	21	03:46:55	<b>08:01:14.55</b>	+02:16:29 (28.4%)	9:27	6.3 (70.8%)
42	<b>SKOTNICKI Paweł</b>	<b>1084</b>			M30	10	04:00:18	<b>08:01:17.20</b>	+02:16:32 (28.4%)	9:27	6.3 (70.8%)
43	<b>CIESIELSKI Witold</b>	<b>1384</b>			M40	22	04:01:30	<b>08:02:40.35</b>	+02:17:55 (28.6%)	9:28	6.3 (70.8%)
44	<b>BURDANOWSKI Adam</b>	<b>1151</b>			M30	11	04:04:51	<b>08:02:55.60</b>	+02:18:10 (28.6%)	9:29	6.3 (70.8%)
45	<b>SAŁAMACHA Jarosław</b>	<b>1062</b>	ŻÓRAWSKI TEAM		M40	23	03:56:33	<b>08:05:10.05</b>	+02:20:25 (28.9%)	9:31	6.3 (70.8%)
46	<b>WEREMKO Grzegorz</b>	<b>1137</b>	MULTIMEDIA RUNNERS PUŁAWY		M40	24	04:51:15	<b>08:05:31.95</b>	+02:20:47 (29.0%)	9:32	6.3 (70.8%)
47	<b>CIEŚLIK Sławomir</b>	<b>1056</b>			M20	4	03:55:05	<b>08:06:53.85</b>	+02:22:09 (29.2%)	9:33	6.3 (70.8%)
48	<b>STRAUCHOLD Anna</b>	<b>1070</b>	PRO-RUN WROCŁAW		K40	1	04:11:46	<b>08:07:45.50</b>	+02:23:00 (29.3%)	9:34	6.3 (70.8%)
49	<b>MALARCZYK Jarek</b>	<b>1374</b>	LKS DAROWICE - KONIUSZKI		M30	12	04:16:12	<b>08:08:18.55</b>	+02:23:33 (29.4%)	9:35	6.3 (70.8%)
50	<b>RADYK Jakub</b>	<b>1043</b>	PRZEMYSKI KLUB BIEGACZA		M30	13	04:16:11	<b>08:08:18.95</b>	+02:23:34 (29.4%)	9:35	6.3 (70.8%)
51	<b>ZBORUCKI Jan</b>	<b>1325</b>	FLYING CIRCUS		M30	14	03:58:53	<b>08:12:54.85</b>	+02:28:10 (30.1%)	9:41	6.2 (69.7%)
52	<b>BOROWSKI Tomasz</b>	<b>1277</b>	SKY-TRANS		M50	5	04:06:34	<b>08:13:31.20</b>	+02:28:46 (30.1%)	9:41	6.2 (69.7%)
53	<b>SANECKI Patryk</b>	<b>1373</b>	SPARTANIE DZIECIOM		M30	15	04:20:13	<b>08:13:40.10</b>	+02:28:55 (30.2%)	9:41	6.2 (69.7%)
54	<b>ŁĄTKOWSKA Mirosława</b>	<b>1315</b>	ORKAMASTERS		K40	2	04:22:09	<b>08:15:52.30</b>	+02:31:07 (30.5%)	9:44	6.2 (69.7%)
55	<b>CISKI Piotr</b>	<b>1303</b>			M40	25	04:26:45	<b>08:17:21.85</b>	+02:32:37 (30.7%)	9:46	6.1 (68.5%)
56	<b>KISIELEWSKI Konrad</b>	<b>1383</b>	KROK PO KROKU		M40	26	03:58:08	<b>08:17:33.45</b>	+02:32:48 (30.7%)	9:46	6.1 (68.5%)
57	<b>SŁOTWIŃSKI Adam</b>	<b>1295</b>			M40	27	03:59:48	<b>08:20:31.25</b>	+02:35:46 (31.1%)	9:50	6.1 (68.5%)
58	<b>SUWEZDA Jacek</b>	<b>1340</b>	CZĘSTOCHOWSKIE DZIKI		M50	6	04:11:24	<b>08:21:48.90</b>	+02:37:04 (31.3%)	9:51	6.1 (68.5%)
59	<b>KUCIAK Bartosz</b>	<b>1329</b>			M30	16	04:05:01	<b>08:23:20.25</b>	+02:38:35 (31.5%)	9:53	6.1 (68.5%)
60	<b>GRZĄDKA Przemysław</b>	<b>1370</b>	PZU SPORT TEAM		M40	28	04:17:06	<b>08:23:29.65</b>	+02:38:44 (31.5%)	9:53	6.1 (68.5%)
61	<b>NIEDŹWIEDŹ Tomasz</b>	<b>1145</b>			M40	29	04:08:25	<b>08:24:42.00</b>	+02:39:57 (31.7%)	9:54	6.1 (68.5%)
62	<b>BOROWIK Tomasz</b>	<b>1387</b>	ATOM GA		M40	30	04:04:07	<b>08:26:05.80</b>	+02:41:21 (31.9%)	9:56	6 (67.4%)
63	<b>WRÓBLEWSKI Michał</b>	<b>1357</b>	LIFE4FIT		M40	31	04:20:10	<b>08:26:47.35</b>	+02:42:02 (32.0%)	9:57	6 (67.4%)

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64	<b>OLEJNIK Krzysztof</b>	<b>1134</b>	PGB SPORTOWA PACZKA	M50	7	04:18:25	<b>08:30:43.95</b>	+02:45:59 (32.5%)	10:02	6 (67.4%)
65	<b>BOGUCA Emilia</b>	<b>1184</b>		K40	3	04:18:10	<b>08:30:53.45</b>	+02:46:08 (32.5%)	10:02	6 (67.4%)
66	<b>ZALEWSKI Krzysiek</b>	<b>1054</b>		M40	32	04:04:58	<b>08:32:19.20</b>	+02:47:34 (32.7%)	10:03	6 (67.4%)
67	<b>RUZIK Rafał</b>	<b>1052</b>	IZABELIN NA START	M40	33	04:05:01	<b>08:32:19.35</b>	+02:47:34 (32.7%)	10:03	6 (67.4%)
68	<b>KOWALCZYK Mateusz</b>	<b>1226</b>	MINUTA TRAIL / PRZEWORSKA GRUPA BIEGOWA	M30	17	03:38:04	<b>08:33:44.25</b>	+02:48:59 (32.9%)	10:05	5.9 (66.3%)
69	<b>SURLEJ Maciej</b>	<b>1185</b>	ZABIEGANI CZĘSTOCHOWA	M30	18	04:15:18	<b>08:34:59.45</b>	+02:50:14 (33.1%)	10:07	5.9 (66.3%)
70	<b>MATYSIAK Łukasz</b>	<b>1319</b>		M30	19	04:14:45	<b>08:35:21.00</b>	+02:50:36 (33.1%)	10:07	5.9 (66.3%)
71	<b>KOT Krzysztof</b>	<b>1124</b>	MPK - RZESZÓW	M40	34	03:40:25	<b>08:36:37.20</b>	+02:51:52 (33.3%)	10:08	5.9 (66.3%)
72	<b>KONIK Marcin</b>	<b>1059</b>		M40	35	04:30:15	<b>08:37:43.60</b>	+02:52:58 (33.4%)	10:10	5.9 (66.3%)
73	<b>POSADOWSKI Szymon</b>	<b>1158</b>		M20	5	04:21:56	<b>08:39:31.75</b>	+02:54:47 (33.6%)	10:12	5.9 (66.3%)
74	<b>SMIT Maciek</b>	<b>1117</b>		M40	36	04:07:29	<b>08:39:53.55</b>	+02:55:08 (33.7%)	10:12	5.9 (66.3%)
75	<b>GRUDZIŃSKI Jacek</b>	<b>1218</b>		M30	20	04:06:08	<b>08:43:19.55</b>	+02:58:34 (34.1%)	10:16	5.8 (65.2%)
76	<b>GONCIARZ Andrzej</b>	<b>1135</b>		M60	1	04:19:29	<b>08:44:06.20</b>	+02:59:21 (34.2%)	10:17	5.8 (65.2%)
77	<b>PIOTROWSKI Tomasz</b>	<b>1301</b>		M30	21	04:23:42	<b>08:44:30.10</b>	+02:59:45 (34.3%)	10:18	5.8 (65.2%)
78	<b>CHWAŁA Artur</b>	<b>1148</b>		M40	37	04:10:28	<b>08:44:49.65</b>	+03:00:04 (34.3%)	10:18	5.8 (65.2%)
79	<b>ZAPIÓR Maciej</b>	<b>1290</b>	COLD BEER TEAM	M20	6	04:40:59	<b>08:46:37.45</b>	+03:01:52 (34.5%)	10:20	5.8 (65.2%)
80	<b>KOZŁOWSKI Paweł</b>	<b>1095</b>		M40	38	04:06:49	<b>08:46:51.55</b>	+03:02:06 (34.6%)	10:21	5.8 (65.2%)
81	<b>KITOWSKA Anna</b>	<b>1400</b>	BIEGAJ ZDROWO	K40	4	04:27:30	<b>08:48:49.75</b>	+03:04:05 (34.8%)	10:23	5.8 (65.2%)
82	<b>PIWOŃSKI Adam</b>	<b>1348</b>		M40	39	04:17:49	<b>08:48:55.40</b>	+03:04:10 (34.8%)	10:23	5.8 (65.2%)
83	<b>KURASZKIEWICZ Robert</b>	<b>1380</b>		M50	8	04:28:19	<b>08:50:17.30</b>	+03:05:32 (35.0%)	10:25	5.8 (65.2%)
84	<b>KRUPA Piotr</b>	<b>1375</b>		M30	22	04:10:40	<b>08:51:14.05</b>	+03:06:29 (35.1%)	10:26	5.7 (64.0%)
85	<b>JANUS Radosław</b>	<b>1206</b>		M30	23	04:42:31	<b>08:52:54.45</b>	+03:08:09 (35.3%)	10:28	5.7 (64.0%)
86	<b>ZAŁUSKA-LIPA Agnieszka</b>	<b>1077</b>		K40	5	04:31:05	<b>08:56:17.35</b>	+03:11:32 (35.7%)	10:32	5.7 (64.0%)

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87	<b>SADOWSKI Mariusz</b>	<b>1168</b>	EDC.TEAM	M30	24	04:42:39	<b>08:56:50.70</b>	+03:12:06 (35.8%)	10:32	5.7 (64.0%)
88	<b>BRÓG Wojciech</b>	<b>1108</b>		M40	40	04:20:24	<b>08:57:16.50</b>	+03:12:31 (35.8%)	10:33	5.7 (64.0%)
89	<b>WOSINEK Maciej</b>	<b>1232</b>	WIDER ARCADEA	M30	25	04:11:14	<b>08:59:15.50</b>	+03:14:30 (36.1%)	10:35	5.7 (64.0%)
90	<b>SADOWSKI Mieczysław</b>	<b>1223</b>	BIEGAJ RAZEM Z NAMI	M40	41	04:41:21	<b>09:01:40.10</b>	+03:16:55 (36.4%)	10:38	5.6 (62.9%)
91	<b>SUROWIEC Paweł</b>	<b>1221</b>	BIEGAJ RAZEM Z NAMI	M40	42	04:41:19	<b>09:01:42.20</b>	+03:16:57 (36.4%)	10:38	5.6 (62.9%)
92	<b>JURCZAK Roman</b>	<b>1392</b>	GEPARDY I GAZELE RZESZÓW	M60	2	04:27:37	<b>09:01:53.40</b>	+03:17:08 (36.4%)	10:38	5.6 (62.9%)
93	<b>DYWAN Andrzej</b>	<b>1087</b>	QR2NÓW	M50	9	04:35:09	<b>09:02:10.40</b>	+03:17:25 (36.4%)	10:39	5.6 (62.9%)
94	<b>HRYCAJ Mariusz</b>	<b>1344</b>		M40	43	06:00:06	<b>09:02:31.80</b>	+03:17:47 (36.5%)	10:39	5.6 (62.9%)
95	<b>WIELGOSZ Tomasz</b>	<b>1171</b>		M40	44	04:23:01	<b>09:05:28.10</b>	+03:20:43 (36.8%)	10:42	5.6 (62.9%)
95	<b>KŁOSIEWICZ Wojciech</b>	<b>1167</b>		M40	44	04:23:02	<b>09:05:28.10</b>	+03:20:43 (36.8%)	10:43	5.6 (62.9%)
97	<b>SERAFIN Robert</b>	<b>1203</b>		M40	46	04:30:56	<b>09:05:29.00</b>	+03:20:44 (36.8%)	10:43	5.6 (62.9%)
98	<b>KWAŚNY Marcin</b>	<b>1261</b>	WILD BUCHAYS	M40	47	04:36:00	<b>09:06:50.65</b>	+03:22:05 (37.0%)	10:44	5.6 (62.9%)
99	<b>GMEREK Michał</b>	<b>1337</b>		M30	26	05:24:56	<b>09:07:10.35</b>	+03:22:25 (37.0%)	10:44	5.6 (62.9%)
100	<b>DULOWSKI Bartłomiej</b>	<b>1231</b>		M30	27	04:11:14	<b>09:08:57.75</b>	+03:24:13 (37.2%)	10:47	5.6 (62.9%)
101	<b>JAGUSTYN Maciej</b>	<b>1280</b>		M20	7	04:50:07	<b>09:09:09.05</b>	+03:24:24 (37.2%)	10:47	5.6 (62.9%)
102	<b>ANDRZEJCZAK Tomasz</b>	<b>1166</b>	KORONA PABIANICE	M40	48	04:42:31	<b>09:09:12.35</b>	+03:24:27 (37.2%)	10:47	5.6 (62.9%)
103	<b>HERMAN Paweł</b>	<b>1408</b>		M40	49	05:12:23	<b>09:09:22.85</b>	+03:24:38 (37.2%)	10:47	5.6 (62.9%)
104	<b>KANIA Marcin</b>	<b>1278</b>		M20	8	04:38:52	<b>09:09:32.15</b>	+03:24:47 (37.3%)	10:47	5.6 (62.9%)
105	<b>HAJDUK Piotr</b>	<b>1103</b>	W POGONI ZA DUCHEM	M30	28	04:46:06	<b>09:10:09.00</b>	+03:25:24 (37.3%)	10:48	5.6 (62.9%)
106	<b>BARTNIAK Daria</b>	<b>1321</b>	NO LIMITS TRAIL	K30	4	04:42:42	<b>09:10:12.05</b>	+03:25:27 (37.3%)	10:48	5.6 (62.9%)
107	<b>SPYRKA Adam</b>	<b>1140</b>		M50	10	04:35:11	<b>09:12:14.75</b>	+03:27:30 (37.6%)	10:50	5.5 (61.8%)
108	<b>PIŁAT Jakub</b>	<b>1021</b>	MULITIMEDIA RUNNERS PUŁAWY	M30	29	04:51:13	<b>09:13:04.50</b>	+03:28:19 (37.7%)	10:51	5.5 (61.8%)
109	<b>STOPA Agata</b>	<b>1345</b>	SIOSTRA STOPKA SOLO TEAM	K40	6	04:26:13	<b>09:15:56.00</b>	+03:31:11 (38.0%)	10:55	5.5 (61.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Orlik 25km	Czas netto 50.9km	Różn	Tempo min/km	Tempo km/h
110	<b>TOKARZ Krzysztof</b>	<b>1352</b>		M30	30	04:44:14	<b>09:17:01.85</b>	+03:32:17 (38.1%)	10:56	5.5 (61.8%)
111	<b>TUTAJ Krzysztof</b>	<b>1269</b>		M50	11	05:00:19	<b>09:18:30.90</b>	+03:33:46 (38.3%)	10:58	5.5 (61.8%)
112	<b>WILK Paweł</b>	<b>1407</b>		M40	50	04:38:32	<b>09:19:01.55</b>	+03:34:16 (38.3%)	10:58	5.5 (61.8%)
113	<b>MAJEWICZ Grzegorz</b>	<b>1406</b>		M40	51	04:38:33	<b>09:19:02.40</b>	+03:34:17 (38.3%)	10:58	5.5 (61.8%)
114	<b>GĄSECKI Daniel</b>	<b>1335</b>	AKTYWNY DYNÓW	M40	52	05:08:41	<b>09:20:29.45</b>	+03:35:44 (38.5%)	11:00	5.4 (60.7%)
115	<b>CEREMUGA Marcin</b>	<b>1302</b>	SUSKA GRUPA BIEGOWA	M30	31	04:25:32	<b>09:20:49.65</b>	+03:36:04 (38.5%)	11:01	5.4 (60.7%)
116	<b>PILECKA Małgorzata</b>	<b>1025</b>	RUNEDA	K40	7	04:58:01	<b>09:21:33.25</b>	+03:36:48 (38.6%)	11:01	5.4 (60.7%)
117	<b>BAŁDYGA Anna</b>	<b>1036</b>	RUNEDA	K40	8	04:58:01	<b>09:21:33.60</b>	+03:36:48 (38.6%)	11:01	5.4 (60.7%)
118	<b>WIKAR Grzegorz</b>	<b>1388</b>	EKUMENICZNI	M40	53	04:23:14	<b>09:23:31.70</b>	+03:38:47 (38.8%)	11:04	5.4 (60.7%)
119	<b>MICHALIK Wojciech</b>	<b>1355</b>	EKUMENICZNI	M30	32	04:23:15	<b>09:23:32.80</b>	+03:38:48 (38.8%)	11:04	5.4 (60.7%)
120	<b>PIKUL Piotr</b>	<b>1212</b>		M40	54	06:02:21	<b>09:23:40.30</b>	+03:38:55 (38.8%)	11:04	5.4 (60.7%)
121	<b>DRAŃKO Piotr</b>	<b>1055</b>		M30	33	04:37:14	<b>09:24:31.75</b>	+03:39:47 (38.9%)	11:05	5.4 (60.7%)
122	<b>GOŁĘBIEWSKA Katarzyna</b>	<b>1174</b>	NIEZRZESZONA	K40	9	04:34:23	<b>09:24:52.55</b>	+03:40:07 (39.0%)	11:05	5.4 (60.7%)
123	<b>WAWROWSKI Mariusz</b>	<b>1391</b>	VINCIWAY	M40	55	04:36:12	<b>09:25:13.35</b>	+03:40:28 (39.0%)	11:06	5.4 (60.7%)
124	<b>OLSZEWSKI Michał</b>	<b>1169</b>	PROFETO.PL	M30	34	04:53:28	<b>09:25:32.70</b>	+03:40:48 (39.0%)	11:06	5.4 (60.7%)
125	<b>BARĆ Piotr</b>	<b>1260</b>	PLANETA NISKO	M50	12	04:52:35	<b>09:26:41.65</b>	+03:41:56 (39.2%)	11:07	5.4 (60.7%)
126	<b>KUCHARSKI Paweł</b>	<b>1339</b>	PLANETA NISKO	M40	56	04:52:34	<b>09:26:41.75</b>	+03:41:57 (39.2%)	11:07	5.4 (60.7%)
127	<b>WÓJCIK Krzysztof</b>	<b>1130</b>	KM PSP WARSZAWA	M30	35	04:49:04	<b>09:27:34.75</b>	+03:42:50 (39.3%)	11:09	5.4 (60.7%)
128	<b>SOWIŃSKI Kamil</b>	<b>1000</b>		M30	36	04:16:02	<b>09:29:17.60</b>	+03:44:32 (39.4%)	11:11	5.4 (60.7%)
129	<b>GAWROŃSKI Hubert</b>	<b>1183</b>	HUGO	M40	57	04:32:44	<b>09:32:29.40</b>	+03:47:44 (39.8%)	11:14	5.3 (59.6%)
130	<b>ANACZKOWSKI Mirosław</b>	<b>1129</b>	LKS ZANTYR	M60	3	04:56:38	<b>09:32:30.90</b>	+03:47:46 (39.8%)	11:14	5.3 (59.6%)
131	<b>GÓRECZNY Rafał</b>	<b>1011</b>		M40	58	04:51:48	<b>09:33:51.25</b>	+03:49:06 (39.9%)	11:16	5.3 (59.6%)
132	<b>CHRAPAN Tomasz</b>	<b>1015</b>		M40	59	04:30:57	<b>09:34:10.80</b>	+03:49:26 (40.0%)	11:16	5.3 (59.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Orlik 25km	Czas netto 50.9km	Różn	Tempo min/km	Tempo km/h
133	<b>PYTEL Waldek</b>	<b>1058</b>	YULO RAN TEAM SIEDLCE	M50	13	04:14:41	<b>09:34:25.15</b>	+03:49:40 (40.0%)	11:17	5.3 (59.6%)
134	<b>OSTROWSKI Jarek</b>	<b>1241</b>		M40	60	04:47:55	<b>09:34:50.35</b>	+03:50:05 (40.0%)	11:17	5.3 (59.6%)
135	<b>KASIŃSKI Wojciech</b>	<b>1298</b>	ULTRAPLESS	M50	14	04:43:18	<b>09:35:46.30</b>	+03:51:01 (40.1%)	11:18	5.3 (59.6%)
136	<b>BARCZYK Agnieszka</b>	<b>1136</b>		K40	10	05:10:06	<b>09:37:15.55</b>	+03:52:30 (40.3%)	11:20	5.3 (59.6%)
137	<b>BIEL Tomasz</b>	<b>1324</b>		M40	61	04:50:36	<b>09:38:10.35</b>	+03:53:25 (40.4%)	11:21	5.3 (59.6%)
138	<b>KURZYDŁO Radosław</b>	<b>1331</b>	SKOROSZE TEAM	M40	62	04:36:28	<b>09:38:14.80</b>	+03:53:30 (40.4%)	11:21	5.3 (59.6%)
139	<b>PYRKOSZ Damian</b>	<b>1412</b>		M40	63	05:22:33	<b>09:38:24.55</b>	+03:53:39 (40.4%)	11:21	5.3 (59.6%)
140	<b>GÓRECKI Krzysztof</b>	<b>1386</b>		M40	64	04:41:45	<b>09:39:53.20</b>	+03:55:08 (40.5%)	11:23	5.3 (59.6%)
141	<b>HERBICH-SAR Violetta</b>	<b>1132</b>	FUDU & CO. SPORT TEAM	K40	11	04:35:03	<b>09:40:43.40</b>	+03:55:58 (40.6%)	11:24	5.3 (59.6%)
142	<b>RAJKOWSKI Przemysław</b>	<b>1046</b>	FUDU&CO SPORT TEAM	M40	65	04:35:54	<b>09:40:44.85</b>	+03:56:00 (40.6%)	11:24	5.3 (59.6%)
143	<b>IHNATOWICZ Łukasz</b>	<b>1175</b>		M30	37	04:28:21	<b>09:41:45.15</b>	+03:57:00 (40.7%)	11:25	5.2 (58.4%)
144	<b>ROSIŃSKI Szymon</b>	<b>1121</b>	CROSSFIT URSUS	M30	38	04:57:45	<b>09:41:47.70</b>	+03:57:03 (40.7%)	11:25	5.2 (58.4%)
145	<b>SZYMAŃSKI Marcin</b>	<b>1127</b>		M40	66	04:25:34	<b>09:41:54.10</b>	+03:57:09 (40.8%)	11:25	5.2 (58.4%)
146	<b>BUJNOWSKI Rafal</b>	<b>1101</b>		M40	67	04:48:14	<b>09:42:34.60</b>	+03:57:49 (40.8%)	11:26	5.2 (58.4%)
147	<b>RECLIK Jacek</b>	<b>1314</b>	DECATHLON RYBNIK & PRZYJACIELE	M50	15	05:13:36	<b>09:43:01.80</b>	+03:58:17 (40.9%)	11:27	5.2 (58.4%)
148	<b>BUŁKA Piotr</b>	<b>1014</b>	ROZBIEGANY SULEJÓWEK	M40	68	04:53:47	<b>09:43:56.65</b>	+03:59:11 (41.0%)	11:28	5.2 (58.4%)
149	<b>HABA Konrad</b>	<b>1284</b>		M30	39	05:08:03	<b>09:44:13.85</b>	+03:59:29 (41.0%)	11:28	5.2 (58.4%)
150	<b>DERLAGA Wojciech</b>	<b>1271</b>		M30	40	05:00:24	<b>09:46:49.25</b>	+04:02:04 (41.3%)	11:31	5.2 (58.4%)
151	<b>GOŁĄB Zbigniew</b>	<b>1282</b>		M40	69	05:00:27	<b>09:46:52.20</b>	+04:02:07 (41.3%)	11:31	5.2 (58.4%)
152	<b>CZAPLA Arkadiusz</b>	<b>1379</b>		M40	70	04:30:35	<b>09:47:18.10</b>	+04:02:33 (41.3%)	11:32	5.2 (58.4%)
153	<b>KUBRAK Kamil</b>	<b>1193</b>	CZARNE STOPY	M30	41	04:33:53	<b>09:47:40.05</b>	+04:02:55 (41.3%)	11:32	5.2 (58.4%)
154	<b>CZARDYBON Michał</b>	<b>1126</b>	CZARNE STOPY	M40	71	04:33:52	<b>09:47:40.85</b>	+04:02:56 (41.3%)	11:32	5.2 (58.4%)
155	<b>ŁYDA Piotr</b>	<b>1341</b>		M30	42	04:51:29	<b>09:49:39.65</b>	+04:04:54 (41.5%)	11:35	5.2 (58.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Orlik 25km	Czas netto 50.9km	Różn	Tempo min/km	Tempo km/h
156	<b>MURAWICZ Grzegorz</b>	<b>1413</b>	PODLESIE	M50	16	05:06:06	<b>09:50:45.65</b>	+04:06:00 (41.6%)	11:36	5.2 (58.4%)
157	<b>SKÓRA Przemysław</b>	<b>1157</b>		M40	72	04:43:25	<b>09:50:50.60</b>	+04:06:05 (41.7%)	11:36	5.2 (58.4%)
158	<b>LITWIN Marek</b>	<b>1032</b>	RUNEDA	M50	17	04:58:28	<b>09:53:59.60</b>	+04:09:14 (42.0%)	11:40	5.1 (57.3%)
159	<b>KOMORKIEWICZ Karol</b>	<b>1399</b>	RUNEDA/FINASTRA	M30	43	04:58:08	<b>09:54:04.00</b>	+04:09:19 (42.0%)	11:40	5.1 (57.3%)
160	<b>CZARNACKA Karolina</b>	<b>1354</b>		K30	5	05:08:52	<b>09:54:39.45</b>	+04:09:54 (42.0%)	11:40	5.1 (57.3%)
161	<b>MARĆ Artur</b>	<b>1080</b>	PTT TARNÓW	M40	73	05:12:22	<b>09:54:42.85</b>	+04:09:58 (42.0%)	11:41	5.1 (57.3%)
162	<b>STASIAK Włodzimierz</b>	<b>1002</b>	PRO-RUN WROCŁAW	M30	44	05:09:19	<b>09:54:44.75</b>	+04:10:00 (42.0%)	11:41	5.1 (57.3%)
163	<b>SPRAWKA Marcin</b>	<b>1106</b>		M30	45	05:08:53	<b>09:55:23.35</b>	+04:10:38 (42.1%)	11:41	5.1 (57.3%)
164	<b>NOWAK Agnieszka</b>	<b>1336</b>		K30	6	04:50:09	<b>09:55:39.20</b>	+04:10:54 (42.1%)	11:42	5.1 (57.3%)
165	<b>ŚLÓSARSKI Szymon</b>	<b>1359</b>	CB163	M30	46	04:50:09	<b>09:55:39.40</b>	+04:10:54 (42.1%)	11:42	5.1 (57.3%)
166	<b>BORKOWSKI Michał</b>	<b>1358</b>		M30	47	04:50:16	<b>09:55:40.20</b>	+04:10:55 (42.1%)	11:42	5.1 (57.3%)
167	<b>KRZYŻEWSKI Roger</b>	<b>1296</b>		M30	48	04:46:08	<b>09:55:41.30</b>	+04:10:56 (42.1%)	11:42	5.1 (57.3%)
168	<b>MARON Sebastian</b>	<b>1286</b>		M40	74	05:09:06	<b>09:56:33.40</b>	+04:11:48 (42.2%)	11:43	5.1 (57.3%)
169	<b>KAWA Mariusz</b>	<b>1265</b>		M40	75	05:09:08	<b>09:56:38.60</b>	+04:11:53 (42.2%)	11:43	5.1 (57.3%)
170	<b>WĘGRZYNKIEWICZ Maria</b>	<b>1116</b>		K20	1	05:06:56	<b>09:56:43.00</b>	+04:11:58 (42.2%)	11:43	5.1 (57.3%)
171	<b>MAŁEK Wojciech</b>	<b>1092</b>	GRUPA BIEGOWA ZARSZYN	M40	76	05:19:35	<b>09:56:45.50</b>	+04:12:00 (42.2%)	11:43	5.1 (57.3%)
172	<b>WOJCIECHOWSKI Tomasz</b>	<b>1272</b>	VIKING TRAINING CENTER	M40	77	04:58:21	<b>09:57:22.00</b>	+04:12:37 (42.3%)	11:44	5.1 (57.3%)
173	<b>ŻEBROWSKA Jolanta</b>	<b>1149</b>	POTRENUJEMY?, CHEMIK NOXY PUŁAWY, UMCS BIEGA	K50	2	04:52:35	<b>09:58:00.80</b>	+04:13:16 (42.4%)	11:44	5.1 (57.3%)
174	<b>MADEJ Anna</b>	<b>1093</b>	VEGE RUNNERS	K40	12	05:12:40	<b>09:58:31.85</b>	+04:13:47 (42.4%)	11:45	5.1 (57.3%)
175	<b>LEBIODA Marcin</b>	<b>1186</b>	SOCIOS SILESIA	M20	9	04:50:04	<b>09:58:32.60</b>	+04:13:47 (42.4%)	11:45	5.1 (57.3%)
176	<b>CZYKIEL Kamilla</b>	<b>1304</b>		K30	7	05:39:23	<b>09:58:34.85</b>	+04:13:50 (42.4%)	11:45	5.1 (57.3%)
177	<b>KUNKEL Mariusz</b>	<b>1057</b>		M40	78	05:25:30	<b>09:59:47.30</b>	+04:15:02 (42.5%)	11:47	5.1 (57.3%)
178	<b>GALUS Jacek</b>	<b>1181</b>		M40	79	05:19:35	<b>10:00:08.15</b>	+04:15:23 (42.6%)	11:47	5.1 (57.3%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Orlik 25km	Czas netto 50.9km	Różn	Tempo min/km	Tempo km/h
179	<b>KSIAZEK Leszek</b>	<b>1316</b>		M50	18	05:06:51	<b>10:00:25.65</b>	+04:15:40 (42.6%)	11:47	5.1 (57.3%)
180	<b>ŚLIWIŃSKI Jan</b>	<b>1146</b>		M30	49	05:18:18	<b>10:01:15.10</b>	+04:16:30 (42.7%)	11:48	5.1 (57.3%)
181	<b>KURZYDLAK Jakub</b>	<b>1200</b>	EDC.EXPERT	M30	50	04:53:04	<b>10:01:32.00</b>	+04:16:47 (42.7%)	11:49	5.1 (57.3%)
182	<b>GAŁWA Dawid</b>	<b>1170</b>		M30	51	04:59:47	<b>10:01:36.25</b>	+04:16:51 (42.7%)	11:49	5.1 (57.3%)
183	<b>SAWICKI Kamil</b>	<b>1238</b>		M30	52	04:17:34	<b>10:01:40.10</b>	+04:16:55 (42.7%)	11:49	5.1 (57.3%)
184	<b>BATOREK Bogdan</b>	<b>1107</b>	RAWA TIM ZAWSZE SLIM	M40	80	04:47:50	<b>10:02:02.95</b>	+04:17:18 (42.7%)	11:49	5.1 (57.3%)
185	<b>BAK Piotr</b>	<b>1305</b>		M30	53	05:43:32	<b>10:02:44.15</b>	+04:17:59 (42.8%)	11:50	5.1 (57.3%)
186	<b>LOESCH Konrad</b>	<b>1396</b>	WORKINN / APARTAMENT.JEDEN	M30	54	04:24:34	<b>10:03:32.30</b>	+04:18:47 (42.9%)	11:51	5.1 (57.3%)
187	<b>KARWACKI Grzegorz</b>	<b>1389</b>	KATCROSS WAŁBRZYCH	M40	81	05:00:09	<b>10:04:40.05</b>	+04:19:55 (43.0%)	11:52	5.1 (57.3%)
188	<b>ZAJĄC Paweł</b>	<b>1109</b>	CROSS HEROES - OGIEŃ!	M30	55	04:54:21	<b>10:06:56.30</b>	+04:22:11 (43.2%)	11:55	5 (56.2%)
189	<b>DOLATA Andrzej</b>	<b>1327</b>	KTB KUNY	M40	82	04:51:42	<b>10:07:38.40</b>	+04:22:53 (43.3%)	11:56	5 (56.2%)
190	<b>JAROSZ Dominika</b>	<b>1041</b>		K20	2	05:07:42	<b>10:08:21.00</b>	+04:23:36 (43.3%)	11:57	5 (56.2%)
191	<b>CEBULA Grzegorz</b>	<b>1229</b>	TRENING CROSS BOLESŁAWIEC	M50	19	05:12:03	<b>10:10:26.65</b>	+04:25:41 (43.5%)	11:59	5 (56.2%)
192	<b>SZEW CZENKO Agnieszka</b>	<b>1023</b>	CROSS TRENING BOX BOLESŁAWIEC	K30	8	05:12:02	<b>10:10:26.90</b>	+04:25:42 (43.5%)	11:59	5 (56.2%)
193	<b>KUBICKI Mariusz</b>	<b>1378</b>		M40	83	05:37:58	<b>10:10:35.55</b>	+04:25:50 (43.5%)	11:59	5 (56.2%)
194	<b>MOJEK Michał</b>	<b>1061</b>	BIEGACZE SPECJALNEJ TROSKI	M40	84	05:00:52	<b>10:11:20.80</b>	+04:26:36 (43.6%)	12:00	5 (56.2%)
195	<b>LEWARDOWSKI Konrad</b>	<b>1326</b>	KTB KUNY	M50	20	04:51:43	<b>10:11:22.75</b>	+04:26:38 (43.6%)	12:00	5 (56.2%)
196	<b>RÓG Bartosz</b>	<b>1365</b>		M40	85	04:46:43	<b>10:15:12.95</b>	+04:30:28 (44.0%)	12:05	5 (56.2%)
197	<b>GNATOWICZ Krzysztof</b>	<b>1173</b>	NIEZRZESZONY	M40	86	05:19:10	<b>10:15:28.65</b>	+04:30:43 (44.0%)	12:05	5 (56.2%)
198	<b>OSIAK Artur</b>	<b>1020</b>		M30	56	04:46:03	<b>10:16:32.05</b>	+04:31:47 (44.1%)	12:06	5 (56.2%)
199	<b>BIERNAT Robert</b>	<b>1328</b>	KLUB BIEGACZY JYSK	M30	57	04:34:02	<b>10:16:49.20</b>	+04:32:04 (44.1%)	12:07	5 (56.2%)
200	<b>BOJAROWSKI Krzysztof</b>	<b>1242</b>		M30	58	05:10:36	<b>10:17:09.80</b>	+04:32:25 (44.1%)	12:07	4.9 (55.1%)
201	<b>KORYCIŃSKI Adam</b>	<b>1005</b>	CROSSFIT SIEDLCE	M30	59	05:13:40	<b>10:17:46.75</b>	+04:33:02 (44.2%)	12:08	4.9 (55.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Orlik 25km	Czas netto 50.9km	Różn	Tempo min/km	Tempo km/h
202	<b>GOŁĄB Paweł</b>	<b>1009</b>		M30	60	05:54:47	<b>10:20:36.90</b>	+04:35:52 (44.5%)	12:11	4.9 (55.1%)
203	<b>PLESZ Wojciech</b>	<b>1395</b>	POLISH RUNNERS CLUB IRELAND	M20	10	05:54:44	<b>10:20:37.85</b>	+04:35:53 (44.5%)	12:11	4.9 (55.1%)
204	<b>ŁUKASIEWICZ Marek</b>	<b>1131</b>	HEAVY WEIGHT RUNNING TEAM	M30	61	05:06:43	<b>10:20:43.35</b>	+04:35:58 (44.5%)	12:11	4.9 (55.1%)
205	<b>ADAMCZYK Michał</b>	<b>1163</b>	RK ATHETICS	M20	11	05:18:29	<b>10:21:31.35</b>	+04:36:46 (44.5%)	12:12	4.9 (55.1%)
206	<b>CYLKE Marcin Cylke</b>	<b>1112</b>		M30	62	05:09:33	<b>10:22:43.95</b>	+04:37:59 (44.6%)	12:14	4.9 (55.1%)
207	<b>OSTASZEWSKI Maciej</b>	<b>1351</b>	LABOSPORT	M40	87	05:16:43	<b>10:23:58.30</b>	+04:39:13 (44.7%)	12:15	4.9 (55.1%)
208	<b>FRAĆKOWIAK Ewelina</b>	<b>1051</b>	AMAT*ORKA	K40	13	05:24:59	<b>10:26:21.60</b>	+04:41:36 (45.0%)	12:18	4.9 (55.1%)
209	<b>ŚRODA Krzysztof</b>	<b>1239</b>		M40	88	05:10:39	<b>10:29:44.70</b>	+04:45:00 (45.3%)	12:22	4.8 (53.9%)
210	<b>BUCIOR Łukasz</b>	<b>1394</b>	AZS POLITECHNIKA LUBELSKA / NAJWIĘKSZA ARMIA ŚWIATA	M20	12	05:08:57	<b>10:30:09.15</b>	+04:45:24 (45.3%)	12:22	4.8 (53.9%)
211	<b>FADEREWSKI Piotr</b>	<b>1038</b>	MAZOVIA PROACTIVE CIECHANÓW	M40	89	05:14:40	<b>10:31:26.95</b>	+04:46:42 (45.4%)	12:24	4.8 (53.9%)
212	<b>KUŚ Jakub</b>	<b>1404</b>		M20	13	05:19:19	<b>10:33:52.20</b>	+04:49:07 (45.6%)	12:27	4.8 (53.9%)
213	<b>BURKIEWICZ-ŚLIWA Bernadetta</b>	<b>1403</b>		K30	9	05:19:22	<b>10:33:54.55</b>	+04:49:09 (45.6%)	12:27	4.8 (53.9%)
214	<b>CZUBA Michał</b>	<b>1356</b>		M30	63	05:37:55	<b>10:34:06.85</b>	+04:49:22 (45.6%)	12:27	4.8 (53.9%)
215	<b>SMURA Rafał</b>	<b>1071</b>	BIEGACZE TUREK	M30	64	05:05:53	<b>10:36:00.50</b>	+04:51:15 (45.8%)	12:29	4.8 (53.9%)
216	<b>KUCIA Łukasz</b>	<b>1415</b>	BIEGACZE TUREK	M30	65	05:06:08	<b>10:36:01.75</b>	+04:51:17 (45.8%)	12:29	4.8 (53.9%)
217	<b>KOKOT Roman</b>	<b>1334</b>	AKTYWNY DYNÓW	M40	90	05:30:24	<b>10:38:30.25</b>	+04:53:45 (46.0%)	12:32	4.8 (53.9%)
218	<b>KURATCZYK Michał</b>	<b>1253</b>		M30	66	05:30:09	<b>10:38:38.65</b>	+04:53:53 (46.0%)	12:32	4.8 (53.9%)
219	<b>TYDA Rafał</b>	<b>1275</b>		M50	21	05:18:31	<b>10:39:01.15</b>	+04:54:16 (46.1%)	12:33	4.8 (53.9%)
220	<b>ROSIŃSKI Krzysztof</b>	<b>1210</b>		M40	91	05:10:03	<b>10:39:41.85</b>	+04:54:57 (46.1%)	12:34	4.8 (53.9%)
221	<b>PIĄTEEK Tomasz</b>	<b>1139</b>	WILD BUCHAYS	M40	92	05:02:19	<b>10:42:09.80</b>	+04:57:25 (46.3%)	12:36	4.8 (53.9%)
222	<b>WOJCIECHOWSKI Paweł</b>	<b>1100</b>	J U V E R U N	M30	67	05:14:23	<b>10:43:57.35</b>	+04:59:12 (46.5%)	12:39	4.7 (52.8%)
223	<b>JĘDRZEJCZAK Anna</b>	<b>1249</b>		K40	14	05:32:38	<b>10:44:29.90</b>	+04:59:45 (46.5%)	12:39	4.7 (52.8%)
224	<b>BUDKA Agata</b>	<b>1164</b>	KB MCKIS JAWORZNO	K40	15	05:32:33	<b>10:44:30.10</b>	+04:59:45 (46.5%)	12:39	4.7 (52.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Orlik 25km	Czas netto 50.9km	Różn	Tempo min/km	Tempo km/h
225	<b>KUŚ Gabriela</b>	<b>1346</b>	KB MCKIS JAWORZNO	K40	16	05:32:33	<b>10:44:30.15</b>	+04:59:45 (46.5%)	12:39	4.7 (52.8%)
226	<b>CHROBAK Paweł</b>	<b>1248</b>		M50	22	05:42:20	<b>10:46:30.80</b>	+05:01:46 (46.7%)	12:42	4.7 (52.8%)
227	<b>MAĆZKA Bronisław</b>	<b>1449</b>	OTK RZEŹNIK	M60	4	05:54:28	<b>10:52:07.80</b>	+05:07:23 (47.1%)	12:48	4.7 (52.8%)
228	<b>CAPIŃSKA Anna</b>	<b>1176</b>		K40	17	05:26:47	<b>10:52:55.85</b>	+05:08:11 (47.2%)	12:49	4.7 (52.8%)
229	<b>JÓZEFIAK Jakub</b>	<b>1066</b>	BOKONONI	M50	23	04:56:05	<b>10:53:25.15</b>	+05:08:40 (47.2%)	12:50	4.7 (52.8%)
230	<b>STANIKOWSKI Mariusz</b>	<b>1318</b>		M30	68	05:43:29	<b>10:53:38.25</b>	+05:08:53 (47.3%)	12:50	4.7 (52.8%)
231	<b>LIK Michał</b>	<b>1259</b>		M30	69	05:33:32	<b>10:55:18.60</b>	+05:10:33 (47.4%)	12:52	4.7 (52.8%)
232	<b>JABŁOŃSKA Ewelina</b>	<b>1035</b>	MAZOVIA PROACTIV	K30	10	05:45:37	<b>10:55:41.35</b>	+05:10:56 (47.4%)	12:52	4.7 (52.8%)
233	<b>PILECKI Paweł</b>	<b>1257</b>	ACCENTURE	M30	70	04:59:21	<b>10:55:49.05</b>	+05:11:04 (47.4%)	12:53	4.7 (52.8%)
234	<b>USZACKA Małgosia</b>	<b>1258</b>	JAGUAR FIT	K30	11	04:59:21	<b>10:55:49.65</b>	+05:11:04 (47.4%)	12:53	4.7 (52.8%)
235	<b>BUDZYŃSKI Przemysław</b>	<b>1123</b>	ALVARO & PRZEMO	M30	71	05:22:22	<b>10:55:51.65</b>	+05:11:06 (47.4%)	12:53	4.7 (52.8%)
236	<b>LELONTKO Marcin</b>	<b>1004</b>	#CISNIJWIEPRZA	M30	72	05:22:44	<b>10:55:57.25</b>	+05:11:12 (47.4%)	12:53	4.7 (52.8%)
237	<b>MATYJASIAK Konrad</b>	<b>1262</b>	PSYCHORUN	M40	93	04:52:04	<b>10:57:45.40</b>	+05:13:00 (47.6%)	12:55	4.6 (51.7%)
238	<b>MARCELA Marcin</b>	<b>1033</b>	FAT MAMA'S SPORT CLUB	M40	94	04:58:48	<b>10:58:37.10</b>	+05:13:52 (47.7%)	12:56	4.6 (51.7%)
239	<b>NIEDZIELA Marcin</b>	<b>1016</b>	FAT MAMA'S SPORT CLUB	M40	95	05:09:38	<b>10:58:37.60</b>	+05:13:52 (47.7%)	12:56	4.6 (51.7%)
240	<b>DROŚ Aleksander</b>	<b>1013</b>		M30	73	05:07:13	<b>10:59:02.05</b>	+05:14:17 (47.7%)	12:56	4.6 (51.7%)
241	<b>KLAWIKOWSKI Mateusz</b>	<b>1196</b>	JACEKBIEGA RUNNING TEAM	M20	14	05:43:45	<b>10:59:26.45</b>	+05:14:41 (47.7%)	12:57	4.6 (51.7%)
242	<b>PAPROCKI Wiesław</b>	<b>1405</b>	KB MCKIS JAWORZNO	M50	24	05:42:49	<b>10:59:29.50</b>	+05:14:44 (47.7%)	12:57	4.6 (51.7%)
243	<b>MÓWIŃSKI Tomasz</b>	<b>1125</b>	ALVARO & PRZEMO	M40	96	05:22:20	<b>10:59:58.55</b>	+05:15:13 (47.8%)	12:57	4.6 (51.7%)
244	<b>SUTKOWSKI Andrzej</b>	<b>1289</b>		M50	25	05:49:56	<b>11:00:07.85</b>	+05:15:23 (47.8%)	12:58	4.6 (51.7%)
245	<b>WRĘCZYCKI Łukasz</b>	<b>1133</b>	5 PUŁK CHEMICZNY	M30	74	05:19:09	<b>11:01:51.05</b>	+05:17:06 (47.9%)	13:00	4.6 (51.7%)
246	<b>BECHTA Damian</b>	<b>1079</b>	ADIDAS RUNNERS WARSAW	M20	15	05:30:14	<b>11:02:35.90</b>	+05:17:51 (48.0%)	13:01	4.6 (51.7%)
247	<b>POŁOŃSKI Andrzej</b>	<b>1233</b>	BIEGIEM RADOM!	M50	26	06:47:28	<b>11:02:59.75</b>	+05:18:15 (48.0%)	13:01	4.6 (51.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Orlik 25km	Czas		Tempo min/km	Tempo km/h
							netto 50.9km	Różn		
248	<b>BAKALARSKA Mariola</b>	<b>1119</b>	WARSAW RUN CLUB	K50	3	05:29:57	<b>11:03:14.95</b>	+05:18:30 (48.0%)	13:01	4.6 (51.7%)
249	<b>PRZEWŁOKA Wojciech</b>	<b>1205</b>	SAINT-GOBAIN SQUAD	M40	97	05:23:31	<b>11:03:29.75</b>	+05:18:45 (48.0%)	13:02	4.6 (51.7%)
250	<b>WŁODARCZYK Teresa</b>	<b>1393</b>	SPC	K50	4	05:46:12	<b>11:08:58.05</b>	+05:24:13 (48.5%)	13:08	4.6 (51.7%)
251	<b>STANKOWSKA Justyna</b>	<b>1189</b>	KIJKOWE TRZEMESZNO	K40	18	05:30:10	<b>11:12:38.35</b>	+05:27:53 (48.7%)	13:12	4.5 (50.6%)
252	<b>DREWNIK Robert</b>	<b>1377</b>		M40	98	05:22:11	<b>11:13:19.70</b>	+05:28:35 (48.8%)	13:13	4.5 (50.6%)
253	<b>BIAŁORUCKA Wioletta</b>	<b>1034</b>	MAZOVIA PROACTIV CIECHANÓW	K40	19	05:29:52	<b>11:15:58.85</b>	+05:31:14 (49.0%)	13:16	4.5 (50.6%)
254	<b>MIKOŁAJCZYK Agnieszka</b>	<b>1409</b>		K30	12	05:51:16	<b>11:18:51.00</b>	+05:34:06 (49.2%)	13:20	4.5 (50.6%)
255	<b>ADAMSKI Sławomir</b>	<b>1195</b>	STALEX	M50	27	05:27:30	<b>11:18:51.15</b>	+05:34:06 (49.2%)	13:20	4.5 (50.6%)
256	<b>POPŁAWSKI Arkadiusz</b>	<b>1082</b>		M40	99	05:28:56	<b>11:18:57.40</b>	+05:34:12 (49.2%)	13:20	4.5 (50.6%)
257	<b>POPŁAWSKA Katarzyna</b>	<b>1225</b>	CZARNE OWCE HIPOLITÓW	K40	20	05:28:55	<b>11:18:57.60</b>	+05:34:12 (49.2%)	13:20	4.5 (50.6%)
258	<b>SZELAĞ Piotr</b>	<b>1320</b>	TURBO JEZE TEAM	M40	100	05:42:08	<b>11:23:28.70</b>	+05:38:44 (49.6%)	13:25	4.5 (50.6%)
259	<b>ILAVSKÝ Igor</b>	<b>1064</b>		M40	101	05:39:27	<b>11:24:39.70</b>	+05:39:55 (49.6%)	13:27	4.5 (50.6%)
260	<b>GUZIK Daniel</b>	<b>1281</b>		M40	102	05:22:53	<b>11:25:37.25</b>	+05:40:52 (49.7%)	13:28	4.5 (50.6%)
261	<b>PAWLYTA Weronika</b>	<b>1154</b>		K30	13	05:25:26	<b>11:26:13.80</b>	+05:41:29 (49.8%)	13:28	4.5 (50.6%)
262	<b>PAWLYTA Jerzy</b>	<b>1153</b>		M30	75	05:25:24	<b>11:26:13.90</b>	+05:41:29 (49.8%)	13:28	4.5 (50.6%)
263	<b>GŁOWACKI Andrzej</b>	<b>1165</b>	DOWÓDZTWO WOJSK OBRONY TERYTORIALNEJ	M40	103	05:16:23	<b>11:26:56.55</b>	+05:42:11 (49.8%)	13:29	4.4 (49.4%)
264	<b>MÓWIŃSKI Mariusz</b>	<b>1138</b>	RUNNERS TEAM JABŁONNA / ULTRA PASTERZE	M40	104	05:37:33	<b>11:26:56.80</b>	+05:42:12 (49.8%)	13:29	4.4 (49.4%)
265	<b>ŻARSKI Jarosław</b>	<b>1111</b>	FUDU SPORT TEAM & CO	M40	105	05:42:49	<b>11:27:11.25</b>	+05:42:26 (49.8%)	13:30	4.4 (49.4%)
266	<b>ERENBERG Rafał</b>	<b>1078</b>	FUDU&CO. SPORT TEAM	M30	76	05:42:59	<b>11:27:22.05</b>	+05:42:37 (49.8%)	13:30	4.4 (49.4%)
267	<b>CHWAŁOWSKA Agnieszka</b>	<b>1063</b>		K40	21	05:42:34	<b>11:27:23.55</b>	+05:42:38 (49.8%)	13:30	4.4 (49.4%)
268	<b>KACZMAREK Adam</b>	<b>1308</b>	MAXIMUS CNC	M30	77	05:16:55	<b>11:29:24.85</b>	+05:44:40 (50.0%)	13:32	4.4 (49.4%)
269	<b>KACZMAREK Tomasz</b>	<b>1309</b>	MAXIMUSCNC	M20	16	05:16:57	<b>11:29:27.40</b>	+05:44:42 (50.0%)	13:32	4.4 (49.4%)
270	<b>SKOBEL Robert</b>	<b>1372</b>	SZAKAL BIEGA LUCKY TEAM	M40	106	05:57:06	<b>11:30:04.35</b>	+05:45:19 (50.0%)	13:33	4.4 (49.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Orlik 25km	Czas netto 50.9km	Różn	Tempo min/km	Tempo km/h
271	<b>LASSOTA Konrad</b>	<b>1191</b>	GRUBY I GRUBSZY	M30	78	05:35:49	<b>11:31:40.20</b>	+05:46:55 (50.2%)	13:35	4.4 (49.4%)
272	<b>MATUSZCZAK-SZULC Iwona</b>	<b>1105</b>		K50	5	05:57:27	<b>11:31:40.45</b>	+05:46:55 (50.2%)	13:35	4.4 (49.4%)
273	<b>MATYSZKOWICZ Janusz</b>	<b>1199</b>		M60	5	05:14:44	<b>11:33:01.50</b>	+05:48:16 (50.3%)	13:36	4.4 (49.4%)
274	<b>SOSNA Kaska Kłopotowska</b>	<b>1350</b>		K50	6	06:04:38	<b>11:33:18.55</b>	+05:48:33 (50.3%)	13:37	4.4 (49.4%)
275	<b>CHODZIŃSKI Piotr</b>	<b>1047</b>		M40	107	05:40:28	<b>11:33:32.85</b>	+05:48:48 (50.3%)	13:37	4.4 (49.4%)
276	<b>ZIAJKO Zuza</b>	<b>1283</b>		K40	22	05:49:54	<b>11:34:07.80</b>	+05:49:23 (50.3%)	13:38	4.4 (49.4%)
277	<b>OCZERETKO Paweł</b>	<b>1202</b>	OBORYGENI	M40	108	05:44:22	<b>11:36:09.75</b>	+05:51:25 (50.5%)	13:40	4.4 (49.4%)
278	<b>PSZONAK Tomasz</b>	<b>1322</b>		M20	17	04:58:17	<b>11:36:13.15</b>	+05:51:28 (50.5%)	13:40	4.4 (49.4%)
279	<b>BĄDZIUL Dorota</b>	<b>1074</b>		K30	14	06:03:05	<b>11:37:05.05</b>	+05:52:20 (50.5%)	13:41	4.4 (49.4%)
280	<b>WÓJTOWICZ Paweł</b>	<b>1042</b>		M40	109	06:03:08	<b>11:39:11.85</b>	+05:54:27 (50.7%)	13:44	4.4 (49.4%)
281	<b>TOMASZEWSKI Dawid</b>	<b>1207</b>	WLKP MOUNTAINS ULTRA	M40	110	05:54:59	<b>11:42:50.70</b>	+05:58:06 (51.0%)	13:48	4.3 (48.3%)
282	<b>KOSIERKIEWICZ Grzegorz</b>	<b>1251</b>	KAROLE	M40	111	05:54:36	<b>11:44:52.30</b>	+06:00:07 (51.1%)	13:50	4.3 (48.3%)
283	<b>KOTUSIEWICZ Ewa</b>	<b>1118</b>	FUDU&CO. SPORT TEAM	K40	23	05:42:54	<b>11:46:21.30</b>	+06:01:36 (51.2%)	13:52	4.3 (48.3%)
284	<b>NOSAL Michał</b>	<b>1161</b>	SPARTAŃSKA DZICZ	M40	112	05:47:17	<b>11:46:44.25</b>	+06:01:59 (51.2%)	13:53	4.3 (48.3%)
285	<b>KALITA Cezary</b>	<b>1323</b>	KB BIAŁA BIEGA	M50	28	05:36:30	<b>11:49:12.80</b>	+06:04:28 (51.4%)	13:56	4.3 (48.3%)
286	<b>ŻARSKA Izabela</b>	<b>1110</b>		K40	24	06:00:12	<b>11:58:13.50</b>	+06:13:28 (52.0%)	14:06	4.3 (48.3%)
287	<b>KOTLICKA Beata</b>	<b>1113</b>	FUDU SPORT TEAM &CO	K40	25	06:00:21	<b>11:58:23.55</b>	+06:13:38 (52.0%)	14:06	4.3 (48.3%)
288	<b>NORAS Alina</b>	<b>1039</b>	PWC SERVICE DELIVERY CENTER	K30	15	06:52:12	<b>12:00:36.75</b>	+06:15:52 (52.2%)	14:09	4.2 (47.2%)
289	<b>FOLTA Jan</b>	<b>1091</b>	ZARSZYŃSKI KLUB BIEGACZA	M50	29	05:59:01	<b>12:04:31.40</b>	+06:19:46 (52.4%)	14:14	4.2 (47.2%)
290	<b>SOCHA Mariola</b>	<b>1255</b>		K30	16	06:11:13	<b>12:06:50.60</b>	+06:22:05 (52.6%)	14:16	4.2 (47.2%)
291	<b>KOLEJ Monika</b>	<b>1361</b>	DZIKIE DZIKI GORZOW	K40	26	06:06:01	<b>12:16:06.50</b>	+06:31:21 (53.2%)	14:27	4.1 (46.1%)
292	<b>GOGOLIŃSKI Przemysław</b>	<b>1256</b>		M40	113	06:24:49	<b>12:20:00.40</b>	+06:35:15 (53.4%)	14:32	4.1 (46.1%)
293	<b>RASZTABIGA Sylwester</b>	<b>1235</b>	GRUPA JURA PL	M50	30	06:09:45	<b>12:22:08.55</b>	+06:37:23 (53.5%)	14:34	4.1 (46.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Orlik 25km	Czas netto 50.9km	Różn	Tempo min/km	Tempo km/h
294	<b>MILKA Łukasz</b>	<b>1217</b>		M20	18	05:51:14	<b>12:22:18.20</b>	+06:37:33 (53.6%)	14:35	4.1 (46.1%)
295	<b>JASTRZĘBSKI Artur</b>	<b>1228</b>		M30	79	05:51:15	<b>12:22:23.20</b>	+06:37:38 (53.6%)	14:35	4.1 (46.1%)
296	<b>BIELSKI Dawid</b>	<b>1244</b>		M30	80	05:45:50	<b>12:32:02.55</b>	+06:47:17 (54.2%)	14:46	4.1 (46.1%)
297	<b>SOKÓŁ Katarzyna</b>	<b>1214</b>		K40	27	06:52:04	<b>12:34:13.60</b>	+06:49:28 (54.3%)	14:49	4 (44.9%)
298	<b>SOKÓŁ Mirosław</b>	<b>1215</b>	KRÓL GÓR	M50	31	06:52:06	<b>12:34:16.45</b>	+06:49:31 (54.3%)	14:49	4 (44.9%)
299	<b>GASIEWICZ Damian</b>	<b>1230</b>	KRÓL GÓR	M20	19	06:52:05	<b>12:34:22.20</b>	+06:49:37 (54.3%)	14:49	4 (44.9%)
300	<b>KEMPCZYŃSKI Piotr</b>	<b>1037</b>	RUNEDA/SKLEP BIEGACZA GDAŃSK	M40	114	06:35:17	<b>12:34:43.95</b>	+06:49:59 (54.3%)	14:49	4 (44.9%)
301	<b>ANIOŁEK Jan</b>	<b>1368</b>		M30	81	06:08:40	<b>12:45:00.50</b>	+07:00:15 (54.9%)	15:01	4 (44.9%)
302	<b>GOŁĄB Grzegorz</b>	<b>1360</b>		M60	6	06:08:46	<b>12:45:00.75</b>	+07:00:16 (54.9%)	15:01	4 (44.9%)
303	<b>ZARĘBA Andrzej</b>	<b>1224</b>	LIUGONG DRESSTA MACHINERY ACTIVE TEAM	M50	32	06:21:42	<b>12:51:38.15</b>	+07:06:53 (55.3%)	15:09	4 (44.9%)
304	<b>MŁYNARCZYK Krzysztof</b>	<b>1073</b>		M40	115	06:58:17	<b>12:51:40.90</b>	+07:06:56 (55.3%)	15:09	4 (44.9%)
305	<b>LATOS Joanna</b>	<b>1003</b>		K40	28	07:03:19	<b>13:05:02.30</b>	+07:20:17 (56.1%)	15:25	3.9 (43.8%)
306	<b>MARCINIAK Anna</b>	<b>1001</b>		K40	29	07:02:56	<b>13:05:39.55</b>	+07:20:54 (56.1%)	15:26	3.9 (43.8%)
307	<b>BOROWSKA Joanna</b>	<b>1411</b>	KLUB ODRZUCONYCH KSIĘŻNICZEK	K30	17	07:04:39	<b>13:08:41.35</b>	+07:23:56 (56.3%)	15:29	3.9 (43.8%)
308	<b>WAWIERNIA Dorota</b>	<b>1198</b>		K40	30	06:42:56	<b>13:09:54.85</b>	+07:25:10 (56.4%)	15:31	3.9 (43.8%)
309	<b>KOSEWSKI Marek</b>	<b>1197</b>		M50	33	06:42:57	<b>13:10:02.40</b>	+07:25:17 (56.4%)	15:31	3.9 (43.8%)
310	<b>MIŁOSZ Bartłomiej</b>	<b>1081</b>	KASZANKI	M50	34	06:20:48	<b>13:22:59.45</b>	+07:38:14 (57.1%)	15:46	3.8 (42.7%)
311	<b>ŁAZAREK Daniel</b>	<b>1353</b>	KAWALER WIECZOROWĄ PORĄ	M30	82	06:57:44	<b>13:24:03.35</b>	+07:39:18 (57.1%)	15:47	3.8 (42.7%)
312	<b>KAPLER-TĘGOWSKA Karina</b>	<b>1027</b>	CZERWONAK BIEGA	K40	31	06:41:07	<b>13:24:53.60</b>	+07:40:08 (57.2%)	15:48	3.8 (42.7%)
313	<b>WÓJCIAK Ewelina</b>	<b>1234</b>		K30	18	07:13:25	<b>13:25:30.70</b>	+07:40:46 (57.2%)	15:49	3.8 (42.7%)
314	<b>SYGUŁA Katarzyna</b>	<b>1044</b>	WKURW_TEAM	K40	32	07:01:15	<b>13:38:39.30</b>	+07:53:54 (57.9%)	16:05	3.7 (41.6%)
315	<b>LATUSEK Wioletta</b>	<b>1367</b>	TYTAN GYM&FIT	K30	19	07:01:35	<b>13:40:26.95</b>	+07:55:42 (58.0%)	16:07	3.7 (41.6%)
316	<b>PINDRAL Paweł</b>	<b>1362</b>		M40	116	06:12:02	<b>13:41:47.95</b>	+07:57:03 (58.0%)	16:08	3.7 (41.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Orlik 25km	Czas netto 50.9km	Różn	Tempo min/km	Tempo km/h
317	<b>MARONDEL Katarzyna</b>	<b>1366</b>		K30	20	06:12:01	<b>13:41:50.30</b>	+07:57:05 (58.1%)	16:08	3.7 (41.6%)
318	<b>IWIŃSKI Adam</b>	<b>1342</b>	SAINT GOBAIN SQUAD	M40	117	07:02:01	<b>13:45:46.45</b>	+08:01:01 (58.3%)	16:13	3.7 (41.6%)
319	<b>KRÓLIŃSKI Jędrzej</b>	<b>1294</b>	SPOCENI RYBICAL	M40	118	08:12:50	<b>13:45:55.85</b>	+08:01:11 (58.3%)	16:13	3.7 (41.6%)
320	<b>FABJANCZYK Agnieszka</b>	<b>1398</b>	GRUPA JURA PL	K40	33	07:02:31	<b>13:46:15.85</b>	+08:01:31 (58.3%)	16:13	3.7 (41.6%)
321	<b>FOTYGA Agnieszka</b>	<b>1018</b>	OSTROBIEC	K50	7	07:05:52	<b>13:46:24.45</b>	+08:01:39 (58.3%)	16:14	3.7 (41.6%)
322	<b>TREJDER Maria</b>	<b>1338</b>	BAJADERKI KOSZALIN	K40	34	07:00:59	<b>13:49:11.60</b>	+08:04:26 (58.4%)	16:17	3.7 (41.6%)
323	<b>BORUTA-KOŁODZIEJ Emilia</b>	<b>1072</b>		K30	21	08:16:06	<b>14:30:03.20</b>	+08:45:18 (60.4%)	17:05	3.5 (39.3%)
324	<b>HALESZCZUK Tomasz</b>	<b>1086</b>		M40	119	08:43:23	<b>14:49:41.20</b>	+09:04:56 (61.3%)	17:28	3.4 (38.2%)
325	<b>JANCZAK Angelika</b>	<b>1115</b>		K40	35	07:42:27	<b>15:11:00.20</b>	+09:26:15 (62.2%)	17:53	3.4 (38.2%)
326	<b>ANDRZEJEWSKI Arkadiusz</b>	<b>1187</b>		M40	120	07:42:24	<b>15:11:03.55</b>	+09:26:18 (62.2%)	17:53	3.4 (38.2%)
327	<b>SERENDA Robert</b>	<b>1114</b>		M40	121	07:42:26	<b>15:11:06.00</b>	+09:26:21 (62.2%)	17:53	3.4 (38.2%)
328	<b>ROŚŁOŃSKI Piotr</b>	<b>1333</b>		M40	122	08:20:06	<b>15:56:24.70</b>	+10:11:40 (64.0%)	18:47	3.2 (36.0%)
329	<b>MARCZEWSKA Zofia</b>	<b>1300</b>		K40	36	08:20:07	<b>15:56:26.55</b>	+10:11:41 (64.0%)	18:47	3.2 (36.0%)
330	<b>SOWIŃSKA Anetta</b>	<b>1048</b>	BBL	K40	37	08:15:39	<b>16:44:07.50</b>	+10:59:22 (65.7%)	19:43	3 (33.7%)
331	<b>JANOWSKI Krzysztof</b>	<b>1076</b>	CB163	M40	123	08:20:45	<b>17:37:22.30</b>	+11:52:37 (67.4%)	20:46	2.9 (32.6%)
332	<b>OSICA Łukasz</b>	<b>1285</b>		M30	83	20:00:10	<b>24:14:13.75</b>	+18:29:29 (76.3%)	28:34	2.1 (23.6%)
333	<b>WEISS Krzysztof</b>	<b>1418</b>		M50	35	05:53:31	<b>26:01:09.80</b>	+20:16:25 (77.9%)	30:40	2 (22.5%)
334	<b>JERCZYŃSKI Tomasz</b>	<b>1050</b>	GRUPA BIEGOWA ŁĘKA OPATOWSKA	M40	124	23:09:47	<b>27:02:34.10</b>	+21:17:49 (78.8%)	31:52	1.9 (21.3%)
335	<b>JERCZYŃSKI Radosław</b>	<b>1213</b>		M40	125	23:09:43	<b>27:43:18.70</b>	+21:58:34 (79.3%)	32:40	1.8 (20.2%)
336	<b>WOJTKIEWICZ Jarek</b>	<b>1417</b>		M50	36	23:42:54	<b>28:19:43.55</b>	+22:34:58 (79.7%)	33:23	1.8 (20.2%)
337	<b>BUDZYŃ Paweł</b>	<b>1313</b>	VISEGRAD MARATON RYTRO	M40	126	07:44:18	<b>31:32:45.95</b>	+25:48:01 (81.8%)	37:11	1.6 (18.0%)
338	<b>PISULIŃSKA Ewa</b>	<b>1156</b>		K30	22	25:51:25	<b>32:17:00.65</b>	+26:32:15 (82.2%)	38:03	1.6 (18.0%)
339	<b>JABŁOŃSKI Patryk</b>	<b>1201</b>	BEZ FORMY TEAM	M30	84	07:34:00	<b>48:56:10.30</b>	+43:11:25 (88.3%)	57:41	1 (11.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Orlik 25km	Czas netto 50.9km	Różn	Tempo min/km	Tempo km/h
340	<b>BIENIECKI Mirosław</b>	<b>1414</b>	OTK RZEŹNIK	M40	127	05:54:18	<b>79:02:02.25</b>	+73:17:17 (92.7%)	93:09	0.6 (6.7%)
DNC	<b>CUPRIAK Daniel</b>	<b>1382</b>		M40			<b>04:52:43.15</b>		0:00	10.4 (116.9%)
DNC	<b>GOŁOWSKI Cezary</b>	<b>1310</b>	OBOZBBIEGANIE.PL	M40			<b>05:15:14.80</b>		0:00	9.7 (109.0%)
DNC	<b>BŁĘDKOWSKA Katarzyna</b>	<b>1381</b>		K30			<b>05:54:54.95</b>		0:00	8.6 (96.6%)
DNC	<b>SOKÓŁ Wojciech</b>	<b>1216</b>	KRÓL GÓR	M20			<b>06:31:41.25</b>		0:00	7.8 (87.6%)
DNC	<b>OSIAL Aneta</b>	<b>1152</b>		K20			<b>08:10:29.60</b>		0:00	6.2 (69.7%)
DNC	<b>BIELECKI Rafał</b>	<b>1204</b>		M30			<b>08:10:31.75</b>		0:00	6.2 (69.7%)
DNC	<b>RYSIEWICZ Paweł</b>	<b>1287</b>		M30			<b>09:48:30.15</b>		0:00	5.2 (58.4%)
	<b>NAROZNIK Piotr</b>	<b>1250</b>		M30		DNF	<b>DNF</b>		-	- (0.0%)
	<b>ZIĘTEK Maciej</b>	<b>1017</b>	IKANO INDUSTRY	M40		04:52:20 DNF	<b>DNF</b>		-	- (0.0%)
	<b>MANN Michał</b>	<b>1007</b>		M20		05:54:56 DNF	<b>DNF</b>		-	- (0.0%)
	<b>WOJCIECHOWSKI Tomasz</b>	<b>1363</b>		M30		05:57:46 DNF	<b>DNF</b>		-	- (0.0%)
	<b>JEDLIŃSKA Agnieszka</b>	<b>1343</b>	SKRZYDLACI AKTYWNI	K30		06:05:34 DNF	<b>DNF</b>		-	- (0.0%)
	<b>KORNAK Michał</b>	<b>1192</b>	GRUBY I GRUBSZY	M30		06:39:32 DNF	<b>DNF</b>		-	- (0.0%)
	<b>KRASUSKI Piotr</b>	<b>1012</b>	CROSSFIT SIEDLCE	M30		DNF	<b>DNF</b>		-	- (0.0%)
	<b>GADOMSKI Dariusz</b>	<b>1236</b>		M50		DNF	<b>DNF</b>		-	- (0.0%)
	<b>DZIEDZIC Wojciech</b>	<b>1068</b>	PWC SERVICE DELIVERY CENTER	M30		DNF	<b>DNF</b>		-	- (0.0%)
	<b>DUCH Emil</b>	<b>1369</b>	JB WARSAW	M30		DNF	<b>DNF</b>		-	- (0.0%)
	<b>BIENIAS Piotr</b>	<b>1401</b>		M40		DNF	<b>DNF</b>		-	- (0.0%)
	<b>DUCZMAL Wojciech</b>	<b>1312</b>		M40		DNF	<b>DNF</b>		-	- (0.0%)

Znaleziono 359 wynik(ów)