



**Wydarzenie:** VII FESTIWAL BIEGU RZEŹNIKA  
**Organizator:** Fundacja Bieg Rzeźnika  
**Data:** 2021-05-28  
**Miejsce:** Cisna  
**Dystans:** 47.6 km

## RZEŹNIK SKY

B4SPORT

**B4SPORT**  
INTELIĞENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Orlik 1 23km	Orlik 2 23.2km	Czas netto 47.6km	Różn	Tempo min/km	Tempo km/h
1	<b>FARON Robert</b>	<b>2409</b>	SALCO GARMIN TEAM	M40	1	02:16:35	02:16:58	<b>04:55:34.25</b>		6:12	9.7 (100%)
2	<b>ZIAJKA Karol</b>	<b>2400</b>	JAGA KORA TEAM/PGR	M20	1	02:17:47	02:19:26	<b>05:20:08.85</b>	+00:24:34 (7.7%)	6:43	8.9 (91.8%)
3	<b>PIECHA Artur</b>	<b>2589</b>		M40	2	02:28:22	02:30:03	<b>05:37:57.30</b>	+00:42:23 (12.5%)	7:05	8.5 (87.6%)
4	<b>ŻUBIŃSKI Piotr</b>	<b>2583</b>		M40	3	02:27:04	02:27:26	<b>05:38:06.70</b>	+00:42:32 (12.6%)	7:06	8.4 (86.6%)
5	<b>BADOWSKI Aleksander</b>	<b>2332</b>	TEAM MOUNTAIN FUEL	M30	1	02:22:43	02:23:11	<b>05:48:06.05</b>	+00:52:31 (15.1%)	7:18	8.2 (84.5%)
6	<b>LEWANDOWSKA Edyta</b>	<b>2553</b>	ONRUNNING TEAM	K40	1	02:30:26	02:31:54	<b>05:51:03.00</b>	+00:55:28 (15.8%)	7:22	8.1 (83.5%)
7	<b>PERYKASZA Paweł</b>	<b>2463</b>	GRUPALUKTRANS.PL	M40	4	02:38:50	02:41:10	<b>06:03:15.45</b>	+01:07:41 (18.6%)	7:37	7.9 (81.4%)
8	<b>MAŃCZAK Filip</b>	<b>2447</b>	AKTYWNI I RAZEM	M40	5	02:29:51	02:33:32	<b>06:03:41.85</b>	+01:08:07 (18.7%)	7:38	7.9 (81.4%)
9	<b>SKAWIŃSKI Tomasz</b>	<b>2303</b>	GOPR BIESZCZADY	M40	6	02:37:45	02:42:27	<b>06:06:36.30</b>	+01:11:02 (19.4%)	7:42	7.8 (80.4%)
10	<b>KOT Rafał</b>	<b>2517</b>	LEDLENSER // MUAY RUNNING TEAM	M40	7	02:41:39	02:43:36	<b>06:17:09.55</b>	+01:21:35 (21.6%)	7:55	7.6 (78.4%)
11	<b>GRONDYS Paweł</b>	<b>2040</b>		M40	8	02:37:39	02:39:47	<b>06:17:26.85</b>	+01:21:52 (21.7%)	7:55	7.6 (78.4%)
12	<b>WASIEL Tomasz</b>	<b>2495</b>	ASTORIA SZCZERCÓW	M30	2	02:43:41	02:50:34	<b>06:21:22.75</b>	+01:25:48 (22.5%)	8:00	7.5 (77.3%)
13	<b>CHMIELOWSKA Claudia</b>	<b>2564</b>	TRM TEAM ASD	K20	1	02:41:07	02:41:51	<b>06:21:36.85</b>	+01:26:02 (22.5%)	8:01	7.5 (77.3%)
14	<b>STACHURSKI Paweł</b>	<b>2551</b>		M30	3	02:30:18	02:34:10	<b>06:23:04.70</b>	+01:27:30 (22.8%)	8:02	7.5 (77.3%)
15	<b>GARDENER Jacek</b>	<b>2562</b>	JACEKBIEGA RUNNING TEAM	M50	1	02:54:23	02:55:03	<b>06:23:19.60</b>	+01:27:45 (22.9%)	8:03	7.5 (77.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Orlik 1 23km	Orlik 2 23.2km	Czas		Tempo min/km	Tempo km/h
								netto 47.6km	Różn		
16	<b>DANILUK Krzysztof</b>	<b>2538</b>	BIEGAMBOLUBIĘ	M40	9	02:41:31	02:44:52	<b>06:25:17.70</b>	+01:29:43 (23.3%)	8:05	7.4 (76.3%)
17	<b>LIPIŃSKI Marek</b>	<b>2521</b>		M40	10	02:48:20	02:50:21	<b>06:27:49.05</b>	+01:32:14 (23.8%)	8:08	7.4 (76.3%)
18	<b>JOŃCZYK Rafał</b>	<b>2558</b>	JACEKBIEGA RUNNING TEAM	M40	11	02:40:02	02:43:13	<b>06:28:42.00</b>	+01:33:07 (24.0%)	8:09	7.3 (75.3%)
19	<b>WRÓBLEWSKI Michał</b>	<b>2330</b>	WHISKY AFICIONADOS	M30	4	02:51:50	02:57:13	<b>06:28:43.15</b>	+01:33:08 (24.0%)	8:09	7.3 (75.3%)
20	<b>NOWAK Mirosław</b>	<b>2586</b>	NIE MA	M40	12	02:42:23	02:44:00	<b>06:28:43.45</b>	+01:33:09 (24.0%)	8:09	7.3 (75.3%)
21	<b>PETRYNA Jagoda</b>	<b>2372</b>	UKS OLIMPIJCZYK 46	K30	1	02:53:53	02:55:45	<b>06:36:18.80</b>	+01:40:44 (25.4%)	8:19	7.2 (74.2%)
22	<b>GRUDZIŃSKI Jacek</b>	<b>2422</b>		M30	5	02:46:48	02:54:37	<b>06:36:44.30</b>	+01:41:10 (25.5%)	8:20	7.2 (74.2%)
23	<b>WIECZOREK Agata</b>	<b>2498</b>		K30	2	02:51:58	02:54:37	<b>06:36:52.55</b>	+01:41:18 (25.5%)	8:20	7.2 (74.2%)
24	<b>KOT Krzysztof</b>	<b>2067</b>	MPK - RZESZÓW	M40	13	02:43:53	02:49:56	<b>06:37:36.85</b>	+01:42:02 (25.7%)	8:21	7.2 (74.2%)
25	<b>SZYMURA Wojciech</b>	<b>2327</b>		M40	14	02:48:31	02:48:56	<b>06:40:46.90</b>	+01:45:12 (26.3%)	8:25	7.1 (73.2%)
26	<b>STEFAŃSKI Krystian</b>	<b>2483</b>	RMT TEAM PRO	M30	6	02:44:39	02:48:03	<b>06:41:44.15</b>	+01:46:09 (26.4%)	8:26	7.1 (73.2%)
27	<b>ZAJĄC Katarzyna</b>	<b>2514</b>	4K TEAM TARNÓW ULTRAFUN ML	K40	2	02:49:58	02:52:14	<b>06:41:55.25</b>	+01:46:21 (26.5%)	8:26	7.1 (73.2%)
28	<b>ŁYDA Piotr</b>	<b>2089</b>		M30	7	02:57:07	03:02:28	<b>06:43:21.10</b>	+01:47:46 (26.7%)	8:28	7.1 (73.2%)
29	<b>ZIĘBA Tomasz</b>	<b>2591</b>	JACEKBIEGA RUNNING TEAM	M40	15	03:03:50	03:06:12	<b>06:44:08.45</b>	+01:48:34 (26.9%)	8:29	7.1 (73.2%)
30	<b>GAWLEWICZ Krystyna</b>	<b>2580</b>	GAWĘŁKI TEAM	K40	3	02:56:04	02:58:21	<b>06:45:30.70</b>	+01:49:56 (27.1%)	8:31	7 (72.2%)
31	<b>OTRĘBSKI Maciej</b>	<b>2105</b>	VEGE RUNNERS	M30	8	02:55:07	03:03:17	<b>06:48:24.50</b>	+01:52:50 (27.6%)	8:34	7 (72.2%)
32	<b>BARANOWSKI Jacek</b>	<b>2005</b>	JACEKBIEGA RUNNING TEAM	M40	16	02:55:23	03:00:41	<b>06:50:35.25</b>	+01:55:01 (28.0%)	8:37	7 (72.2%)
33	<b>EFIMOV Aleksandr</b>	<b>2031</b>	VEGE RUNNERS	M30	9	02:55:07	03:03:22	<b>07:00:13.70</b>	+02:04:39 (29.7%)	8:49	6.8 (70.1%)
34	<b>DZIADZIO Małgorzata</b>	<b>2516</b>	KRAKOWSKA IZBA ADWOKACKA	K20	2	02:56:39	03:00:29	<b>07:01:57.15</b>	+02:06:22 (30.0%)	8:51	6.8 (70.1%)
35	<b>FETISOVA Ekaterina</b>	<b>2532</b>	ADIDAS RUNNERS WARSAW	K30	3	02:56:35	03:06:47	<b>07:02:09.55</b>	+02:06:35 (30.0%)	8:52	6.8 (70.1%)
36	<b>OCHWAT Piotr</b>	<b>2457</b>	RACE+	M30	10	02:56:38	03:00:30	<b>07:02:51.35</b>	+02:07:17 (30.1%)	8:53	6.8 (70.1%)
37	<b>KOBAK Marcin</b>	<b>2289</b>		M40	17	03:07:26	03:10:21	<b>07:04:29.15</b>	+02:08:54 (30.4%)	8:55	6.7 (69.1%)
38	<b>BIENIECKA Anna</b>	<b>2335</b>	BIEG RZEŹNIKA	K40	4	03:00:46	03:02:29	<b>07:04:59.15</b>	+02:09:24 (30.5%)	8:55	6.7 (69.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Orlik 1 23km	Orlik 2 23.2km	Czas		Tempo min/km	Tempo km/h
								netto 47.6km	Różn		
39	ROMERO GARCIA Juan	2473	WITC	M30	11	02:51:14	02:53:39	<b>07:05:48.25</b>	+02:10:14 (30.6%)	8:56	6.7 (69.1%)
40	PIETRZAK Jan	2588	#WAWRZYNTTEAM	M30	12	03:02:34	03:04:30	<b>07:06:30.70</b>	+02:10:56 (30.7%)	8:57	6.7 (69.1%)
41	RUSZNICA Tomasz	2550		M40	18	03:02:50	03:07:13	<b>07:07:28.20</b>	+02:11:53 (30.9%)	8:58	6.7 (69.1%)
42	KONOPKA Bartosz	2437	BIEGAMBOLUBIĘ	M40	19	03:02:44	03:06:30	<b>07:08:51.00</b>	+02:13:16 (31.1%)	9:00	6.7 (69.1%)
43	MAJOREK Krzysztof	2445		M30	13	02:51:20	02:53:49	<b>07:08:55.90</b>	+02:13:21 (31.1%)	9:00	6.7 (69.1%)
44	STEPANIUK Adam	2484	BIEGAMY DZISIAJ? WIERZBICA/CHEŁM BIEGA	M40	20	02:48:16	02:51:13	<b>07:09:04.45</b>	+02:13:30 (31.1%)	9:00	6.7 (69.1%)
45	MATYSIAK Agnieszka	2449	KOPALNIA MOCY TARNOBRZEG	K30	4	02:57:49	03:03:54	<b>07:10:32.90</b>	+02:14:58 (31.4%)	9:02	6.6 (68.0%)
46	JÓZWIAK Piotr	2519	KITA TEAM	M40	21	02:58:22	03:04:05	<b>07:11:38.05</b>	+02:16:03 (31.5%)	9:04	6.6 (68.0%)
47	WEREMKO Grzegorz	2275	MULTIMEDIA RUNNERS PUŁAWY	M40	22	03:04:05	03:07:22	<b>07:13:36.80</b>	+02:18:02 (31.8%)	9:06	6.6 (68.0%)
48	NOWAK Piotr	2455	BIESZCZADY	M50	2	03:02:37	03:05:02	<b>07:13:59.30</b>	+02:18:25 (31.9%)	9:07	6.6 (68.0%)
49	KUZIEL Jakub	2546		M30	14	02:59:35	03:02:57	<b>07:15:11.80</b>	+02:19:37 (32.1%)	9:08	6.6 (68.0%)
50	SOBIESZEK Sylwia	2131	ZWOLEŃNICY BIEGANIA	K30	5	03:02:37	03:04:21	<b>07:17:09.85</b>	+02:21:35 (32.4%)	9:11	6.5 (67.0%)
51	GĄBKA Magdalena	2182		K30	6	03:02:30	03:07:23	<b>07:19:23.40</b>	+02:23:49 (32.7%)	9:13	6.5 (67.0%)
52	POTERA Maciej	2470		M30	15	03:23:45	03:24:34	<b>07:19:45.95</b>	+02:24:11 (32.8%)	9:14	6.5 (67.0%)
53	GARUS Łukasz	2036		M40	23	03:09:44	03:16:48	<b>07:19:51.35</b>	+02:24:17 (32.8%)	9:14	6.5 (67.0%)
54	KAMIŃSKI Marek	2056	180 MINUT	M40	24	03:13:22	03:17:30	<b>07:19:58.05</b>	+02:24:23 (32.8%)	9:14	6.5 (67.0%)
55	LUBAŃSKI Robert	2198	BRAK	M50	3	03:02:52	03:06:13	<b>07:20:28.70</b>	+02:24:54 (32.9%)	9:15	6.5 (67.0%)
56	SROKA Paweł	2135	KOWARY BIEGAJĄ	M40	25	03:01:41	03:05:46	<b>07:21:04.30</b>	+02:25:30 (33.0%)	9:15	6.5 (67.0%)
57	OPOŃSKI Artur	2459	SUPER DRUŻYNA EŁK	M40	26	03:06:38	03:12:53	<b>07:22:18.95</b>	+02:26:44 (33.2%)	9:17	6.5 (67.0%)
58	SZABOŃ Tomasz	2141	UKS REFLEX RYBNIK	M30	16	02:55:19	03:09:18	<b>07:22:44.40</b>	+02:27:10 (33.2%)	9:18	6.5 (67.0%)
59	CHOJNACKI Maciej	2015	TEAM ZALESICE	M40	27	03:02:50	03:07:32	<b>07:22:58.90</b>	+02:27:24 (33.3%)	9:18	6.4 (66.0%)
60	RAMOTOWSKI Marcin	2265		M40	28	03:11:49	03:17:22	<b>07:24:47.90</b>	+02:29:13 (33.5%)	9:20	6.4 (66.0%)
61	KRÓL Maciej	2356	WIRAN TEAM	M40	29	03:00:26	03:02:47	<b>07:25:34.00</b>	+02:29:59 (33.7%)	9:21	6.4 (66.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Orlik 1 23km	Orlik 2 23.2km	Czas		Tempo min/km	Tempo km/h
								netto 47.6km	Różn		
62	<b>GĄSIOREK Paweł</b>	<b>2234</b>		M30	17	03:08:47	03:16:24	<b>07:26:07.35</b>	+02:30:33 (33.7%)	9:22	6.4 (66.0%)
63	<b>MACHALSKI Sebastian</b>	<b>2249</b>		M40	30	03:02:37	03:07:18	<b>07:31:54.50</b>	+02:36:20 (34.6%)	9:29	6.3 (64.9%)
64	<b>WEYNA Bartosz</b>	<b>2151</b>		M40	31	02:55:32	02:58:06	<b>07:32:07.65</b>	+02:36:33 (34.6%)	9:29	6.3 (64.9%)
65	<b>PILECKI Robert</b>	<b>2375</b>	RUNEDA	M40	32	03:04:45	03:17:26	<b>07:33:10.15</b>	+02:37:35 (34.8%)	9:31	6.3 (64.9%)
66	<b>LASEK Leszek</b>	<b>2360</b>	KALLIPSO RUNERS TEAM	M50	4	03:01:43	03:08:22	<b>07:34:20.25</b>	+02:38:46 (34.9%)	9:32	6.3 (64.9%)
67	<b>GĄGAŁA Karol</b>	<b>2037</b>	SEROKOMLA	M30	18	02:59:46	03:09:46	<b>07:35:41.15</b>	+02:40:06 (35.1%)	9:34	6.3 (64.9%)
68	<b>SIWIELA Mateusz</b>	<b>2384</b>	RUNEDA	M30	19	03:04:45	03:17:31	<b>07:36:03.45</b>	+02:40:29 (35.2%)	9:34	6.3 (64.9%)
69	<b>FRYSIAK Artur</b>	<b>2035</b>	WIELUŃ ULTRA	M50	5	03:13:26	03:17:00	<b>07:36:50.00</b>	+02:41:15 (35.3%)	9:35	6.3 (64.9%)
70	<b>KARGUL Tomasz</b>	<b>2058</b>	ŚWO/KRAV GYM	M30	20	02:55:45	02:58:54	<b>07:38:27.25</b>	+02:42:53 (35.5%)	9:37	6.2 (63.9%)
71	<b>ORYSZCZAK Bartłomiej</b>	<b>2261</b>	MTB ROZTOCZE	M40	33	03:12:13	03:14:18	<b>07:38:43.90</b>	+02:43:09 (35.6%)	9:38	6.2 (63.9%)
72	<b>BIENIEK Paweł</b>	<b>2231</b>		M40	34	03:13:02	03:20:21	<b>07:40:21.35</b>	+02:44:47 (35.8%)	9:40	6.2 (63.9%)
73	<b>CUPRIAK Daniel</b>	<b>2555</b>		M40	35	03:14:52	03:27:05	<b>07:40:41.10</b>	+02:45:06 (35.8%)	9:40	6.2 (63.9%)
74	<b>TUTKA Maksymilian</b>	<b>2491</b>		M30	21	03:02:56	03:07:52	<b>07:41:22.30</b>	+02:45:48 (35.9%)	9:41	6.2 (63.9%)
75	<b>SŁOTWIŃSKI Adam</b>	<b>2479</b>		M40	36	03:06:48	03:12:50	<b>07:41:45.70</b>	+02:46:11 (36.0%)	9:42	6.2 (63.9%)
76	<b>KURCEWICZ Paweł</b>	<b>2441</b>		M30	22	02:58:28	03:07:56	<b>07:42:27.45</b>	+02:46:53 (36.1%)	9:42	6.2 (63.9%)
77	<b>CICHOŃ Maciej</b>	<b>2337</b>	42.195 WEJHEROWO	M40	37	03:11:29	03:16:36	<b>07:42:41.25</b>	+02:47:07 (36.1%)	9:43	6.2 (63.9%)
78	<b>KLARECKI Adrian</b>	<b>2349</b>	ULTRA WAY TEAM / ASTMA TEAM	M40	38	03:11:36	03:19:19	<b>07:42:43.05</b>	+02:47:08 (36.1%)	9:43	6.2 (63.9%)
79	<b>MARCIŃSKI Łukasz</b>	<b>2448</b>		M20	2	03:05:44	03:13:39	<b>07:43:04.35</b>	+02:47:30 (36.2%)	9:43	6.2 (63.9%)
80	<b>RECZEK Sebastian</b>	<b>2267</b>	KS ZIELONO-CZARNI	M40	39	03:18:05	03:25:22	<b>07:44:28.05</b>	+02:48:53 (36.4%)	9:45	6.1 (62.9%)
81	<b>ŻMIJEWSKI Dariusz</b>	<b>3567</b>		M50	6	03:17:49	03:34:06	<b>07:44:39.75</b>	+02:49:05 (36.4%)	9:45	6.1 (62.9%)
82	<b>GRZYB Dorian</b>	<b>2345</b>	RAWA TIM ZAWSZE SLIM	M30	23	03:27:03	03:40:33	<b>07:47:02.50</b>	+02:51:28 (36.7%)	9:48	6.1 (62.9%)
83	<b>STASIAK Włodzimierz</b>	<b>2216</b>	LEANPRO	M30	24	03:20:46	03:30:13	<b>07:48:15.35</b>	+02:52:41 (36.9%)	9:50	6.1 (62.9%)
84	<b>DELEŻUCH Wojciech</b>	<b>2025</b>	NIE MA LETKO	M40	40	03:19:35	03:30:39	<b>07:49:31.10</b>	+02:53:56 (37.0%)	9:51	6.1 (62.9%)

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								netto 47.6km	Różn		
85	<b>GILARSKI Rafał</b>	<b>2417</b>	PRO300_PROJECTDISCIPLINE	M30	25	03:11:55	03:24:36	<b>07:50:06.75</b>	+02:54:32 (37.1%)	9:52	6.1 (62.9%)
86	<b>KOZARSKI Krzysztof</b>	<b>2439</b>	RK LEGAL	M40	41	02:58:28	03:04:26	<b>07:51:08.80</b>	+02:55:34 (37.3%)	9:53	6.1 (62.9%)
87	<b>PLESZ Wojciech</b>	<b>2468</b>	POLISH RUNNERS CLUB IRELAND	M30	26	03:14:04	03:52:37	<b>07:51:51.85</b>	+02:56:17 (37.4%)	9:54	6.1 (62.9%)
88	<b>WASYLÓW Jacek</b>	<b>2520</b>	CZR1 ANTEK TEAM LIPOWICA-PRZEMYŚL	M40	42	03:07:14	03:11:10	<b>07:53:34.00</b>	+02:57:59 (37.6%)	9:56	6 (61.9%)
89	<b>BARTOSIK Artur</b>	<b>2007</b>		M20	3	03:14:54	03:19:58	<b>07:53:48.60</b>	+02:58:14 (37.6%)	9:57	6 (61.9%)
90	<b>MARCULA Emil</b>	<b>2201</b>		M30	27	03:18:55	03:22:23	<b>07:54:23.40</b>	+02:58:49 (37.7%)	9:57	6 (61.9%)
91	<b>BAK Mateusz</b>	<b>2008</b>		M20	4	02:58:51	03:02:39	<b>07:54:30.80</b>	+02:58:56 (37.7%)	9:58	6 (61.9%)
92	<b>ROŚŁON Piotr</b>	<b>2324</b>		M40	43	03:17:52	03:28:29	<b>07:54:46.25</b>	+02:59:12 (37.7%)	9:58	6 (61.9%)
93	<b>KAPICA Marek</b>	<b>2057</b>		M30	28	03:05:03	03:13:27	<b>07:55:24.60</b>	+02:59:50 (37.8%)	9:59	6 (61.9%)
94	<b>STAROBRAT Arkadiusz</b>	<b>2306</b>	ALETEMPO	M50	7	03:28:20	03:35:51	<b>07:55:38.55</b>	+03:00:04 (37.9%)	9:59	6 (61.9%)
95	<b>LITWINIUK Hanna</b>	<b>2533</b>	ADIDAS RUNNERS WARSAW	K30	7	02:57:45	03:06:47	<b>07:55:45.55</b>	+03:00:11 (37.9%)	9:59	6 (61.9%)
96	<b>PISINGAS Mariusz</b>	<b>2466</b>	BIEGANIE TO MÓJ TRZEŻWY	M40	44	04:00:07	04:13:06	<b>07:56:08.70</b>	+03:00:34 (37.9%)	10:00	6 (61.9%)
97	<b>SZYMAŃSKI Michał</b>	<b>2145</b>	DZIKI Z BOCHENKA	M30	29	03:15:52	03:20:07	<b>07:56:49.65</b>	+03:01:15 (38.0%)	10:01	6 (61.9%)
98	<b>MUSIOŁ Michał</b>	<b>2255</b>	SARNI TĘTENT	M30	30	03:39:02	03:40:32	<b>07:57:49.25</b>	+03:02:15 (38.1%)	10:02	6 (61.9%)
99	<b>KOZŁOWSKI Michał</b>	<b>2069</b>		M30	31	03:09:08	03:19:01	<b>07:57:55.35</b>	+03:02:21 (38.2%)	10:02	6 (61.9%)
100	<b>WINIARSKI Krystian</b>	<b>2157</b>	BIEGAM W RZESZOWIE	M30	32	03:27:54	03:33:33	<b>07:59:19.50</b>	+03:03:45 (38.3%)	10:04	6 (61.9%)
101	<b>KARAS Łukasz</b>	<b>2241</b>		M30	33	03:23:51	03:30:09	<b>07:59:54.85</b>	+03:04:20 (38.4%)	10:04	6 (61.9%)
102	<b>POROWSKI Waldek</b>	<b>2529</b>	KB SOBÓTKA	M40	45	03:14:47	03:26:25	<b>08:01:05.75</b>	+03:05:31 (38.6%)	10:06	5.9 (60.8%)
103	<b>KOCIUMBAS Bartosz</b>	<b>2315</b>	KB SOBÓTKA	M40	46	03:14:53	03:26:27	<b>08:01:14.55</b>	+03:05:40 (38.6%)	10:06	5.9 (60.8%)
104	<b>HELIOS Bartosz</b>	<b>2346</b>		M30	34	03:27:05	03:40:32	<b>08:01:18.80</b>	+03:05:44 (38.6%)	10:06	5.9 (60.8%)
105	<b>TURSKA Agnieszka</b>	<b>2328</b>	DUDYCZ RUN	K40	5	03:25:02	03:32:12	<b>08:01:41.95</b>	+03:06:07 (38.6%)	10:07	5.9 (60.8%)
106	<b>POTERA Krystyna</b>	<b>2378</b>		K30	8	03:35:07	03:35:40	<b>08:01:44.45</b>	+03:06:10 (38.6%)	10:07	5.9 (60.8%)
107	<b>CIEŚLIK Paweł</b>	<b>2018</b>	ROZBIEGAJMY RADOMSKO	M40	47	03:15:44	03:17:18	<b>08:01:47.70</b>	+03:06:13 (38.7%)	10:07	5.9 (60.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Orlik 1 23km	Orlik 2 23.2km	Czas		Tempo min/km	Tempo km/h
								netto 47.6km	Różn		
108	<b>GIBAŁA Marcin</b>	<b>2343</b>	BIEGAM DLA ALI I HANI	M40	48	03:25:00	03:37:52	<b>08:02:27.20</b>	+03:06:52 (38.7%)	10:08	5.9 (60.8%)
109	<b>DOMIN Daniel</b>	<b>2233</b>	MULTIPLIER TEAM	M40	49	03:16:10	03:35:13	<b>08:04:06.65</b>	+03:08:32 (38.9%)	10:10	5.9 (60.8%)
110	<b>JANOWICZ Rafał</b>	<b>2427</b>	MIĘKKI ŻELEK	M40	50	03:03:42	03:13:10	<b>08:04:10.05</b>	+03:08:35 (39.0%)	10:10	5.9 (60.8%)
111	<b>KOKOSZKA Wojciech</b>	<b>2064</b>	SLOW JOGGING SIEDLCE	M40	51	03:19:37	03:33:06	<b>08:04:42.40</b>	+03:09:08 (39.0%)	10:10	5.9 (60.8%)
112	<b>WALERJAN-RUSEK Agnieszka</b>	<b>2149</b>	AZS AWF KRAKÓW MASTERS	K40	6	03:21:58	03:31:59	<b>08:05:26.55</b>	+03:09:52 (39.1%)	10:11	5.9 (60.8%)
113	<b>MAŁYSZKA Krzysztof</b>	<b>2093</b>	KRIS TRANS MAŁYSZKA	M50	8	03:21:51	03:22:20	<b>08:05:37.35</b>	+03:10:03 (39.1%)	10:12	5.9 (60.8%)
114	<b>KASTELIK Dariusz</b>	<b>2433</b>	SPRINTEX TEAM	M40	52	03:17:34	03:31:25	<b>08:05:47.10</b>	+03:10:12 (39.2%)	10:12	5.9 (60.8%)
115	<b>SADY Sebastian</b>	<b>2475</b>	OBY2	M40	53	03:17:34	03:21:25	<b>08:07:16.50</b>	+03:11:42 (39.3%)	10:14	5.9 (60.8%)
116	<b>PLEWA Tomasz</b>	<b>2544</b>		M40	54	03:04:48	03:23:54	<b>08:09:31.55</b>	+03:13:57 (39.6%)	10:17	5.8 (59.8%)
117	<b>NYKIEL Daniel</b>	<b>2103</b>	PANORAMIX	M30	35	03:16:15	03:27:27	<b>08:09:40.70</b>	+03:14:06 (39.6%)	10:17	5.8 (59.8%)
118	<b>ŁOBODOWSKI Marcin</b>	<b>2444</b>	RACEFIGHTER GOSIR DĘBE WIELKIE	M40	55	02:56:46	03:03:56	<b>08:10:19.00</b>	+03:14:44 (39.7%)	10:18	5.8 (59.8%)
119	<b>BOROWSKI Tomasz</b>	<b>2518</b>	MTS HAMER	M50	9	03:27:31	03:35:50	<b>08:10:35.35</b>	+03:15:01 (39.8%)	10:18	5.8 (59.8%)
120	<b>WOJCIECHOWSKA Małgorzata</b>	<b>2396</b>	VIKING TRAINING CENTER TYCHY	K40	7	03:19:06	03:25:55	<b>08:10:39.15</b>	+03:15:04 (39.8%)	10:18	5.8 (59.8%)
121	<b>KRUPA Grzegorz</b>	<b>2571</b>		M40	56	03:24:33	03:33:15	<b>08:11:06.40</b>	+03:15:32 (39.8%)	10:19	5.8 (59.8%)
122	<b>ASŁANOWICZ Marcin</b>	<b>2312</b>	ŻÓRAWSKI TEAM	M40	57	03:30:53	03:40:44	<b>08:11:36.80</b>	+03:16:02 (39.9%)	10:19	5.8 (59.8%)
123	<b>DWORNICKI Tomasz</b>	<b>2572</b>	RGB	M40	58	03:20:56	03:33:00	<b>08:11:44.15</b>	+03:16:09 (39.9%)	10:19	5.8 (59.8%)
124	<b>WALCZUK Łukasz</b>	<b>2273</b>		M20	5	03:38:16	03:38:58	<b>08:11:49.85</b>	+03:16:15 (39.9%)	10:19	5.8 (59.8%)
125	<b>MARCINIAK Tomasz</b>	<b>2368</b>		M40	59	03:21:32	03:27:16	<b>08:11:54.75</b>	+03:16:20 (39.9%)	10:20	5.8 (59.8%)
126	<b>KWIATKOWSKI Kajetan</b>	<b>2317</b>	SUT - STRASZYN ULTRA TEAM	M30	36	03:36:15	03:50:36	<b>08:12:55.85</b>	+03:17:21 (40.0%)	10:21	5.8 (59.8%)
127	<b>ZYGADLEWICZ Grzegorz</b>	<b>2559</b>	JACEKBIEGA RUNNING CLUB	M30	37	03:24:54	03:36:01	<b>08:13:29.05</b>	+03:17:54 (40.1%)	10:22	5.8 (59.8%)
128	<b>SIVKO Vladimir</b>	<b>2129</b>	72D	M30	38	03:12:23	03:25:47	<b>08:13:30.40</b>	+03:17:56 (40.1%)	10:22	5.8 (59.8%)
129	<b>LAUKS Jan</b>	<b>2197</b>	DZIK KOMANDO	M20	6	03:07:02	03:16:29	<b>08:13:57.05</b>	+03:18:22 (40.2%)	10:22	5.8 (59.8%)
130	<b>HERMAN Paweł</b>	<b>2539</b>	MLUKS TRZEBIATÓW	M40	60	03:27:57	03:38:54	<b>08:14:19.25</b>	+03:18:45 (40.2%)	10:23	5.8 (59.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Orlik 1 23km	Orlik 2 23.2km	Czas		Tempo min/km	Tempo km/h
								netto 47.6km	Różn		
131	<b>PORĘBA Eugeniusz</b>	<b>2469</b>	MIECHÓW	M50	10	03:27:11	03:35:44	<b>08:14:25.35</b>	+03:18:51 (40.2%)	10:23	5.8 (59.8%)
132	<b>OWSKA Justyna</b>	<b>2106</b>	DELOITTE ADVENTURE TEAM	K20	3	03:23:20	03:41:48	<b>08:15:21.75</b>	+03:19:47 (40.3%)	10:24	5.8 (59.8%)
133	<b>PIŁAT Jakub</b>	<b>2534</b>	MULTIMEDIA RUNNERS PUŁAWY	M30	39	03:10:55	03:21:57	<b>08:15:52.00</b>	+03:20:17 (40.4%)	10:25	5.8 (59.8%)
134	<b>GRZESZAK Rafał</b>	<b>2184</b>	DOGOŃ GRODZISK MAZOWIECKI	M40	61	03:18:56	03:25:11	<b>08:17:20.85</b>	+03:21:46 (40.6%)	10:26	5.7 (58.8%)
135	<b>LEWANDOWSKI Janusz</b>	<b>2549</b>	BIEGNE DLA +WUJA+ KUBY,HANI I ANI	M30	40	03:20:44	03:30:38	<b>08:17:32.75</b>	+03:21:58 (40.6%)	10:27	5.7 (58.8%)
136	<b>AUGUŚCIK Grzegorz</b>	<b>2003</b>	ROZBIEGAJMY RADOMSKO	M30	41	03:20:49	03:39:59	<b>08:18:23.05</b>	+03:22:48 (40.7%)	10:28	5.7 (58.8%)
137	<b>KUCHARSKI Marcin</b>	<b>2525</b>		M30	42	03:10:44	03:16:39	<b>08:18:23.20</b>	+03:22:48 (40.7%)	10:28	5.7 (58.8%)
138	<b>GŁOWACKI Andrzej</b>	<b>2418</b>	MŁODY VS STARY	M50	11	03:33:10	03:44:41	<b>08:19:07.65</b>	+03:23:33 (40.8%)	10:29	5.7 (58.8%)
139	<b>KONOPKA Mariusz</b>	<b>2352</b>		M30	43	03:26:42	03:40:10	<b>08:19:38.20</b>	+03:24:03 (40.8%)	10:29	5.7 (58.8%)
140	<b>KOCOŃ Mariusz</b>	<b>2554</b>	KLINIKA ZDROWIA I URODY CZ.WOŚKO	M50	12	03:26:12	03:43:29	<b>08:19:57.90</b>	+03:24:23 (40.9%)	10:30	5.7 (58.8%)
141	<b>MAŚLANY Mariusz</b>	<b>2252</b>	ELEKTROMETAL ENERGETYKA SA	M40	62	03:28:33	03:34:46	<b>08:20:21.15</b>	+03:24:46 (40.9%)	10:30	5.7 (58.8%)
142	<b>SZWED Tomasz</b>	<b>2271</b>	SUSKA GRUPA BIEGOWA	M30	44	03:28:27	03:53:35	<b>08:20:25.00</b>	+03:24:50 (40.9%)	10:30	5.7 (58.8%)
143	<b>SOKALSKI Grzegorz</b>	<b>2569</b>		M40	63	03:32:48	03:37:00	<b>08:20:35.65</b>	+03:25:01 (41.0%)	10:30	5.7 (58.8%)
144	<b>PŁUCIENNICZAK Wojciech</b>	<b>2116</b>		M40	64	03:32:39	03:37:56	<b>08:20:39.85</b>	+03:25:05 (41.0%)	10:31	5.7 (58.8%)
145	<b>SADKOWSKI Paweł</b>	<b>2383</b>		M40	65	03:24:21	03:30:01	<b>08:21:36.80</b>	+03:26:02 (41.1%)	10:32	5.7 (58.8%)
146	<b>ADAMOWICZ Agnieszka</b>	<b>2001</b>	ZWOLEŃNICY BIEGANIA	K40	8	03:43:42	03:47:01	<b>08:21:38.00</b>	+03:26:03 (41.1%)	10:32	5.7 (58.8%)
147	<b>PELA Olga</b>	<b>2462</b>	SKY-TRANS	K30	9	03:27:47	03:35:54	<b>08:21:44.80</b>	+03:26:10 (41.1%)	10:32	5.7 (58.8%)
148	<b>PILECKA Małgorzata</b>	<b>2374</b>	RUNEDA	K40	9	03:26:50	03:40:25	<b>08:23:10.00</b>	+03:27:35 (41.3%)	10:34	5.7 (58.8%)
149	<b>SOWIŃSKI Kamil</b>	<b>2386</b>		M30	45	03:19:48	03:27:41	<b>08:23:28.50</b>	+03:27:54 (41.3%)	10:34	5.7 (58.8%)
150	<b>MOSIO Grzegorz</b>	<b>2453</b>		M40	66	03:13:46	03:15:57	<b>08:23:44.50</b>	+03:28:10 (41.3%)	10:34	5.7 (58.8%)
151	<b>PROKOPIUK Grzegorz</b>	<b>2120</b>	SZWAGRY DWA	M40	67	03:26:59	03:43:52	<b>08:23:45.45</b>	+03:28:11 (41.3%)	10:34	5.7 (58.8%)
152	<b>NOWAK Anna</b>	<b>2101</b>	RUNONLINE.PL	K40	10	03:34:48	03:38:28	<b>08:24:38.00</b>	+03:29:03 (41.4%)	10:36	5.7 (58.8%)
153	<b>BARAN Stanisław</b>	<b>2004</b>	SAINT-GOBAIN SQUAD	M40	68	03:16:30	03:29:07	<b>08:25:31.85</b>	+03:29:57 (41.5%)	10:37	5.6 (57.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Orlik 1 23km	Orlik 2 23.2km	Czas		Tempo min/km	Tempo km/h
								netto 47.6km	Różn		
154	<b>SMYKA Michał</b>	<b>2130</b>		M20	7	03:21:28	03:30:00	<b>08:25:44.45</b>	+03:30:10 (41.6%)	10:37	5.6 (57.7%)
155	<b>PODLEŚ Robert</b>	<b>2208</b>	COBI POLAND TEAM	M50	13	03:38:35	03:42:22	<b>08:25:45.45</b>	+03:30:11 (41.6%)	10:37	5.6 (57.7%)
156	<b>LEWANDOWSKI Przemysław</b>	<b>2080</b>	TALENT42	M30	46	03:23:20	03:41:49	<b>08:26:00.80</b>	+03:30:26 (41.6%)	10:37	5.6 (57.7%)
157	<b>FRAŃSKI Łukasz</b>	<b>2034</b>	NKB CHYŻY NOWY TOMYŚL	M40	69	03:27:18	03:36:20	<b>08:27:05.55</b>	+03:31:31 (41.7%)	10:39	5.6 (57.7%)
158	<b>BUZALSKI Robert</b>	<b>2405</b>	ORANGE POLSKA	M40	70	03:27:42	03:40:33	<b>08:27:28.55</b>	+03:31:54 (41.8%)	10:39	5.6 (57.7%)
159	<b>WOJDALSKI Piotr</b>	<b>2329</b>		M20	8	03:31:53	03:46:28	<b>08:27:40.05</b>	+03:32:05 (41.8%)	10:39	5.6 (57.7%)
160	<b>SMAL Paweł</b>	<b>2215</b>	SUPADUPAFLY	M40	71	03:21:25	03:24:46	<b>08:27:46.45</b>	+03:32:12 (41.8%)	10:40	5.6 (57.7%)
161	<b>DRÓŹDŹ Tomasz</b>	<b>2181</b>	CZEWARUN TIM	M30	47	03:29:27	03:35:56	<b>08:28:01.75</b>	+03:32:27 (41.8%)	10:40	5.6 (57.7%)
162	<b>KASIŃSKI Wojciech</b>	<b>2059</b>	ULTRAPLESS	M50	14	03:35:52	03:40:22	<b>08:28:16.55</b>	+03:32:42 (41.8%)	10:40	5.6 (57.7%)
163	<b>KOZAK Bartosz</b>	<b>2194</b>	NIECH MNIE NÓŻKI NIOSĄ	M20	9	03:23:45	03:45:33	<b>08:30:00.75</b>	+03:34:26 (42.0%)	10:42	5.6 (57.7%)
164	<b>ZAŁUŻNY Michał</b>	<b>2226</b>		M30	48	03:30:43		<b>08:32:03.25</b>	+03:36:29 (42.3%)	10:45	5.6 (57.7%)
165	<b>GRONOWSKI Robert</b>	<b>2421</b>	FFF / CROSS TRENING CIECHANÓW	M30	49	03:24:11	03:37:57	<b>08:32:09.55</b>	+03:36:35 (42.3%)	10:45	5.6 (57.7%)
165	<b>ZADROŻNY Krzysztof</b>	<b>2502</b>	CROSS TRENING MAZOVIA CIECHANÓW	M30	49	03:24:09	03:37:57	<b>08:32:09.55</b>	+03:36:35 (42.3%)	10:45	5.6 (57.7%)
167	<b>BIAŁEK Marcin</b>	<b>2010</b>	MIAMI	M30	51	03:25:00	03:35:38	<b>08:32:14.95</b>	+03:36:40 (42.3%)	10:45	5.6 (57.7%)
168	<b>WIĘCEK Artur</b>	<b>2155</b>	SALT RUNNERS BOCHNIA	M40	72	03:27:10	03:40:35	<b>08:32:54.15</b>	+03:37:19 (42.4%)	10:46	5.6 (57.7%)
169	<b>LITWIN Marek</b>	<b>2364</b>	RUNEDA	M50	15	03:26:50	03:40:28	<b>08:33:23.50</b>	+03:37:49 (42.4%)	10:47	5.6 (57.7%)
170	<b>CZELNY Zbyszek</b>	<b>2509</b>		M30	52	03:33:58	03:45:12	<b>08:33:37.55</b>	+03:38:03 (42.5%)	10:47	5.6 (57.7%)
171	<b>SALABUN Bartosz</b>	<b>2211</b>		M30	53	03:33:56	03:45:12	<b>08:33:39.10</b>	+03:38:04 (42.5%)	10:47	5.6 (57.7%)
172	<b>ŚWIADERSKI Paweł</b>	<b>2488</b>	RED FISH	M40	73	03:13:53	03:19:03	<b>08:34:44.50</b>	+03:39:10 (42.6%)	10:48	5.5 (56.7%)
173	<b>GRABOWICZ Mirosław</b>	<b>2419</b>	SOKÓLSKA GRUPA BIEGOWA	M50	16	03:37:35	03:45:33	<b>08:34:46.20</b>	+03:39:11 (42.6%)	10:48	5.5 (56.7%)
174	<b>SUTKOWSKI Andrzej</b>	<b>2139</b>		M50	17	03:39:00	03:39:44	<b>08:35:15.50</b>	+03:39:41 (42.6%)	10:49	5.5 (56.7%)
175	<b>POŹNIAK Marcin</b>	<b>2118</b>	NIGHT RUNNERS PYSKOWICE	M30	54	03:21:29	03:41:19	<b>08:35:41.80</b>	+03:40:07 (42.7%)	10:50	5.5 (56.7%)
176	<b>PIEKIELNA Angelika</b>	<b>2206</b>	MUKS "JUNIOR" OCHEŹDZYN	K30	10	03:43:28	03:49:07	<b>08:35:49.35</b>	+03:40:15 (42.7%)	10:50	5.5 (56.7%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Orlik 1 23km	Orlik 2 23.2km	Czas		Tempo min/km	Tempo km/h
								netto 47.6km	Różn		
177	<b>KACZOREK Marcin</b>	<b>2431</b>		M40	74	03:35:17	03:42:55	<b>08:35:54.20</b>	+03:40:19 (42.7%)	10:50	5.5 (56.7%)
178	<b>ROSIŃSKI Krzysztof</b>	<b>2124</b>		M50	18	03:33:08	03:40:50	<b>08:35:55.75</b>	+03:40:21 (42.7%)	10:50	5.5 (56.7%)
179	<b>DOMARADZKA- KASZUBOWICZ Wiktoria</b>	<b>2339</b>	DZIEWCZYNY Z SANOKA	K30	11	03:38:32	04:02:28	<b>08:37:00.80</b>	+03:41:26 (42.8%)	10:51	5.5 (56.7%)
180	<b>LEŚNIAK-POPIEL Marta</b>	<b>2361</b>	DZIEWCZYNY Z SANOKA	K40	11	03:56:23	04:02:29	<b>08:37:19.65</b>	+03:41:45 (42.9%)	10:52	5.5 (56.7%)
181	<b>CEBRAT Ewa</b>	<b>2336</b>	DZIEWCZYNY Z SANOKA	K40	12	03:56:24	04:02:31	<b>08:37:19.90</b>	+03:41:45 (42.9%)	10:52	5.5 (56.7%)
182	<b>DRAŃKO Piotr</b>	<b>2026</b>	HEINEKEN KRAKOW RUNNING CLUB	M30	55	03:16:45	03:26:49	<b>08:37:32.70</b>	+03:41:58 (42.9%)	10:52	5.5 (56.7%)
183	<b>NOWAK Krzysztof</b>	<b>2259</b>		M40	75	03:37:56	03:44:46	<b>08:38:01.00</b>	+03:42:26 (42.9%)	10:52	5.5 (56.7%)
184	<b>TOMALAK Marek</b>	<b>2147</b>		M40	76	03:21:38	03:33:25	<b>08:38:27.10</b>	+03:42:52 (43.0%)	10:53	5.5 (56.7%)
185	<b>SZEWczyk Monika</b>	<b>2143</b>	BRZYSKITRITEAM	K30	12	03:37:22	03:39:55	<b>08:38:51.70</b>	+03:43:17 (43.0%)	10:54	5.5 (56.7%)
186	<b>SYSKA Wojciech</b>	<b>2140</b>	KKM KALORYFER	M30	56	03:44:00	03:54:19	<b>08:38:53.45</b>	+03:43:19 (43.0%)	10:54	5.5 (56.7%)
187	<b>WĘDRYCHOWICZ Grzegorz</b>	<b>2152</b>	RUN 4 FAN	M50	19	03:32:28	03:41:39	<b>08:39:08.55</b>	+03:43:34 (43.1%)	10:54	5.5 (56.7%)
188	<b>CICHOCKI Dawid</b>	<b>2017</b>	NIGHT RUNNERS PYSKOWICE	M30	57	03:19:28	03:41:15	<b>08:39:09.00</b>	+03:43:34 (43.1%)	10:54	5.5 (56.7%)
189	<b>STANISZ Marcin</b>	<b>2136</b>	NIGHT RUNNERS PYSKOWICE	M30	58	03:19:29	03:41:15	<b>08:39:09.25</b>	+03:43:35 (43.1%)	10:54	5.5 (56.7%)
190	<b>PUDZISZ Piotr</b>	<b>2121</b>	DZIKI Z BOCHENKA	M40	77	03:28:12	03:37:25	<b>08:39:09.90</b>	+03:43:35 (43.1%)	10:54	5.5 (56.7%)
191	<b>WIŚNIEWSKI Marek</b>	<b>2501</b>	RED FISH	M40	78	03:22:59	03:31:58	<b>08:39:24.70</b>	+03:43:50 (43.1%)	10:54	5.5 (56.7%)
192	<b>FALECKI Damian</b>	<b>2584</b>	KSZO OSTROWIEC ŚWIĘTOKRZYSKI	M20	10	03:17:43	03:33:58	<b>08:40:20.80</b>	+03:44:46 (43.2%)	10:55	5.5 (56.7%)
193	<b>HABA Konrad</b>	<b>2424</b>		M30	59	03:28:51	03:44:24	<b>08:40:57.75</b>	+03:45:23 (43.3%)	10:56	5.5 (56.7%)
194	<b>ZALEWSKI Andrzej</b>	<b>2279</b>	TEAM NUTRILITE	M60	1	03:28:21	03:36:19	<b>08:41:34.55</b>	+03:46:00 (43.3%)	10:57	5.5 (56.7%)
195	<b>JURGA Piotr</b>	<b>2240</b>	IM-POSSIBLE TEAM	M30	60	03:28:42	03:44:18	<b>08:41:39.50</b>	+03:46:05 (43.3%)	10:57	5.5 (56.7%)
196	<b>JANDZIŚ Wiesław</b>	<b>2582</b>	AKTYWNY DYNÓW	M40	79	03:46:05	04:00:43	<b>08:42:41.90</b>	+03:47:07 (43.5%)	10:58	5.5 (56.7%)
197	<b>SOBOTA Rafał</b>	<b>2132</b>		M30	61	03:31:49	03:44:10	<b>08:42:43.90</b>	+03:47:09 (43.5%)	10:58	5.5 (56.7%)
198	<b>LASZCZYK Nadia</b>	<b>2442</b>		K30	13	03:40:27	03:47:23	<b>08:42:56.25</b>	+03:47:22 (43.5%)	10:59	5.5 (56.7%)
199	<b>MIKOLAJCZYK Lukasz</b>	<b>2254</b>	GORCZYCA TEAM	M30	62	03:27:29	03:38:32	<b>08:43:30.85</b>	+03:47:56 (43.5%)	10:59	5.5 (56.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Orlik 1 23km	Orlik 2 23.2km	Czas		Tempo min/km	Tempo km/h
								netto 47.6km	Różn		
200	<b>KACZYŃSKI Artur</b>	<b>2348</b>		M40	80	03:29:07	03:38:19	<b>08:46:03.70</b>	+03:50:29 (43.8%)	11:03	5.4 (55.7%)
201	<b>ZAŁUSKI Dominik</b>	<b>2169</b>	PECNA TEAM	M20	11	03:22:27	03:40:12	<b>08:46:26.05</b>	+03:50:51 (43.9%)	11:03	5.4 (55.7%)
202	<b>JÓZEFczyk Jacek</b>	<b>2428</b>		M40	81	03:48:38	04:04:12	<b>08:46:30.40</b>	+03:50:56 (43.9%)	11:03	5.4 (55.7%)
203	<b>DEDERKO Piotr</b>	<b>2024</b>	DEDETEAM	M40	82	03:25:22	03:48:20	<b>08:46:39.30</b>	+03:51:05 (43.9%)	11:03	5.4 (55.7%)
204	<b>JANKIEWICZ Marek</b>	<b>2426</b>	SFORA BMK	M40	83	03:36:02	03:46:12	<b>08:48:27.20</b>	+03:52:52 (44.1%)	11:06	5.4 (55.7%)
205	<b>GRYCZKO Marta</b>	<b>2423</b>	PROSIAKI TEAM	K30	14	03:41:48	03:45:28	<b>08:48:30.95</b>	+03:52:56 (44.1%)	11:06	5.4 (55.7%)
206	<b>BAK Piotr</b>	<b>2176</b>	SUPADUPAFLY	M30	63	03:27:34	03:45:28	<b>08:48:53.00</b>	+03:53:18 (44.1%)	11:06	5.4 (55.7%)
207	<b>NOWOSAD Artur</b>	<b>2528</b>		M40	84	03:41:11	03:44:53	<b>08:48:56.00</b>	+03:53:21 (44.1%)	11:06	5.4 (55.7%)
208	<b>ŚRODA Krzysztof</b>	<b>2391</b>		M50	20	03:38:29	03:43:01	<b>08:49:06.00</b>	+03:53:31 (44.1%)	11:06	5.4 (55.7%)
209	<b>HYBA Rafal</b>	<b>2188</b>	VIKING TYCHY	M20	12	03:27:25	03:36:49	<b>08:49:22.95</b>	+03:53:48 (44.2%)	11:07	5.4 (55.7%)
210	<b>ROKITA Paweł</b>	<b>2472</b>	RACEFIGHTER GOSIR DĘBE WIELKIE	M30	64	03:27:02	03:37:06	<b>08:49:42.00</b>	+03:54:07 (44.2%)	11:07	5.4 (55.7%)
211	<b>PYTLIK Wojciech</b>	<b>2122</b>	HEINEKEN KRAKÓW RUNNING CLUB	M30	65	03:33:34	03:42:35	<b>08:49:42.60</b>	+03:54:08 (44.2%)	11:07	5.4 (55.7%)
212	<b>ZAJĄC Jarosław</b>	<b>2168</b>		M30	66	03:33:37	03:42:36	<b>08:49:43.75</b>	+03:54:09 (44.2%)	11:07	5.4 (55.7%)
213	<b>SEMENIUK Konrad</b>	<b>2302</b>	RZEPIN CITY	M30	67	03:39:08	03:42:27	<b>08:49:49.55</b>	+03:54:15 (44.2%)	11:07	5.4 (55.7%)
214	<b>KOKOT Roman</b>	<b>2578</b>	AKTYWNY DYNÓW	M40	85	03:54:18	04:00:43	<b>08:49:53.35</b>	+03:54:19 (44.2%)	11:07	5.4 (55.7%)
215	<b>ŚCIBOR Marcin</b>	<b>2272</b>		M30	68	03:38:35	03:49:56	<b>08:50:15.40</b>	+03:54:41 (44.3%)	11:08	5.4 (55.7%)
216	<b>KODZIS Lesław</b>	<b>2245</b>		M40	86	03:32:13	03:40:02	<b>08:50:38.10</b>	+03:55:03 (44.3%)	11:08	5.4 (55.7%)
217	<b>PYTEL Waldek</b>	<b>2323</b>	YULO RUN TEAM SIEDLCE	M50	21	03:54:31	03:55:08	<b>08:52:44.35</b>	+03:57:10 (44.5%)	11:11	5.4 (55.7%)
218	<b>OSTROWSKI Zbyszek</b>	<b>2319</b>	YULO RUN TEAM SIEDLCE	M60	2	03:54:29	03:55:10	<b>08:52:44.90</b>	+03:57:10 (44.5%)	11:11	5.4 (55.7%)
219	<b>PAW Marek</b>	<b>2109</b>	BRAK	M50	22	03:37:10	03:41:37	<b>08:53:31.45</b>	+03:57:57 (44.6%)	11:12	5.4 (55.7%)
220	<b>PISZCZ Marek</b>	<b>2115</b>	OPEL ACTIVE TEAM	M40	87	03:35:31	03:47:10	<b>08:55:04.40</b>	+03:59:30 (44.8%)	11:14	5.3 (54.6%)
221	<b>CEGIEŁKO Paweł</b>	<b>2406</b>	NIE NALEŻĘ DO KLUBU	M40	88	03:44:16	03:56:46	<b>08:55:07.75</b>	+03:59:33 (44.8%)	11:14	5.3 (54.6%)
222	<b>SMIT Maciek</b>	<b>2552</b>		M40	89	03:34:42	03:48:27	<b>08:56:07.50</b>	+04:00:33 (44.9%)	11:15	5.3 (54.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Orlik 1 23km	Orlik 2 23.2km	Czas		Tempo min/km	Tempo km/h
								netto 47.6km	Różn		
223	<b>MIERZWA Jakub</b>	<b>2451</b>		M20	13	04:04:26	04:17:17	<b>08:56:12.85</b>	+04:00:38 (44.9%)	11:15	5.3 (54.6%)
224	<b>SUDAKOWSKI Tomasz</b>	<b>2567</b>	RAWA TIM ZAWSZE SLIM	M50	23	03:35:22	03:37:19	<b>08:57:12.55</b>	+04:01:38 (45.0%)	11:17	5.3 (54.6%)
225	<b>KRZYZIŃSKA Sylwia</b>	<b>2358</b>	DOGOŃ GRODZISK MAZOWIECKI	K40	13	03:50:06	04:00:26	<b>08:58:08.20</b>	+04:02:33 (45.1%)	11:18	5.3 (54.6%)
226	<b>PLACHA Piotr</b>	<b>2467</b>	KOPALNIA MOCY TARNOBRZEG	M40	90	03:45:47	03:46:17	<b>08:58:30.10</b>	+04:02:55 (45.1%)	11:18	5.3 (54.6%)
227	<b>ZAŁUSKI Piotr</b>	<b>2171</b>	PECNA TEAM	M40	91	03:25:18	03:40:13	<b>09:01:45.05</b>	+04:06:10 (45.4%)	11:22	5.3 (54.6%)
228	<b>ZAWADZKI Tomasz</b>	<b>2548</b>		M40	92	03:35:37	03:41:38	<b>09:02:01.65</b>	+04:06:27 (45.5%)	11:23	5.3 (54.6%)
229	<b>GRONIECKI Mikołaj</b>	<b>2508</b>	KTÓRĘDY PO PIWO,)	M40	93	03:46:25	03:56:31	<b>09:02:32.50</b>	+04:06:58 (45.5%)	11:23	5.3 (54.6%)
230	<b>PISAREK Karol</b>	<b>2376</b>	JB WARSAW	M30	69	03:34:08	03:40:21	<b>09:02:53.30</b>	+04:07:19 (45.6%)	11:24	5.3 (54.6%)
231	<b>BUKAŁA Tomasz</b>	<b>2545</b>		M30	70	03:15:56	03:36:11	<b>09:04:11.00</b>	+04:08:36 (45.7%)	11:25	5.2 (53.6%)
232	<b>WIŚNIEWSKI Robert</b>	<b>2500</b>		M40	94	03:45:17	03:49:23	<b>09:05:06.20</b>	+04:09:31 (45.8%)	11:27	5.2 (53.6%)
233	<b>KŁYŻ Janusz</b>	<b>2062</b>		M30	71	03:33:53	03:49:52	<b>09:05:17.25</b>	+04:09:43 (45.8%)	11:27	5.2 (53.6%)
234	<b>BOKSA Bartłomiej</b>	<b>2011</b>	KKM KALORYFER	M40	95	03:48:28	04:01:12	<b>09:05:24.00</b>	+04:09:49 (45.8%)	11:27	5.2 (53.6%)
235	<b>MITURA Wojtek</b>	<b>2096</b>		M40	96	03:42:39	03:53:27	<b>09:06:07.65</b>	+04:10:33 (45.9%)	11:28	5.2 (53.6%)
236	<b>PIETRZYK Pawel</b>	<b>2112</b>	ECO LIGHT GROUP	M40	97	03:39:33	03:43:19	<b>09:07:42.30</b>	+04:12:08 (46.0%)	11:30	5.2 (53.6%)
237	<b>ISKRA Arkadiusz</b>	<b>2046</b>	SZAKALE BAŁUTY ŁÓDŹ	M40	98	03:34:00	03:43:24	<b>09:08:22.60</b>	+04:12:48 (46.1%)	11:31	5.2 (53.6%)
238	<b>ZACHARYASZ Miłosz</b>	<b>2278</b>	KOCHAM MONICZKE	M20	14	03:21:54	03:30:38	<b>09:09:05.65</b>	+04:13:31 (46.2%)	11:32	5.2 (53.6%)
239	<b>PRZYBYŁA Krzysztof</b>	<b>2379</b>	ADIDAS RUNNERS WARSAW	M30	72	03:42:26	03:45:32	<b>09:09:10.30</b>	+04:13:36 (46.2%)	11:32	5.2 (53.6%)
240	<b>MROCZEK Justyna</b>	<b>2371</b>	ADIDAS RUNNERS WARSAW	K30	15	03:42:27	03:45:29	<b>09:09:10.55</b>	+04:13:36 (46.2%)	11:32	5.2 (53.6%)
241	<b>JANIK Grzegorz</b>	<b>2239</b>	BRANTOLKA	M30	73	03:34:07	03:46:42	<b>09:09:20.00</b>	+04:13:45 (46.2%)	11:32	5.2 (53.6%)
242	<b>SZNAJDER Joanna</b>	<b>2144</b>	REJMAN KAZAŁ,-)	K40	14	03:58:57	04:16:37	<b>09:09:23.80</b>	+04:13:49 (46.2%)	11:32	5.2 (53.6%)
243	<b>MATYSZKOWICZ Janusz</b>	<b>2318</b>	GONIMY	M60	3	03:50:41	03:56:31	<b>09:09:48.05</b>	+04:14:13 (46.2%)	11:33	5.2 (53.6%)
244	<b>KACZMAREK Jarosław</b>	<b>2052</b>	TRITON KONIN	M30	74	03:45:16	03:51:35	<b>09:11:31.80</b>	+04:15:57 (46.4%)	11:35	5.2 (53.6%)
245	<b>KOCZUR Tamara</b>	<b>2244</b>	MYSZKÓW BIEGA	K40	15	03:57:42	04:17:36	<b>09:11:57.95</b>	+04:16:23 (46.5%)	11:35	5.2 (53.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Orlik 1 23km	Orlik 2 23.2km	Czas		Tempo min/km	Tempo km/h
								netto 47.6km	Różn		
246	<b>JACHYMEK Bartłomiej</b>	<b>2568</b>	JACEKBIEGA RUNNING TEAM	M40	99	03:24:45	03:27:45	<b>09:13:07.10</b>	+04:17:32 (46.6%)	11:37	5.2 (53.6%)
247	<b>SZPUNAR Daniel</b>	<b>2219</b>		M20	15	03:44:37	04:00:07	<b>09:15:27.50</b>	+04:19:53 (46.8%)	11:40	5.1 (52.6%)
248	<b>PIĘNKOSZ Wojciech</b>	<b>2297</b>	PGE ENERGETIC RUNNING	M40	100	03:29:37	03:40:27	<b>09:15:43.80</b>	+04:20:09 (46.8%)	11:40	5.1 (52.6%)
249	<b>RUCIŃSKI Adam</b>	<b>2125</b>		M40	101	03:54:39	04:01:24	<b>09:16:37.95</b>	+04:21:03 (46.9%)	11:41	5.1 (52.6%)
250	<b>JUREK Zbigniew</b>	<b>2051</b>	ZWOLEŃNICY BIEGANIA	M60	4	03:30:14	03:35:05	<b>09:16:48.65</b>	+04:21:14 (46.9%)	11:41	5.1 (52.6%)
251	<b>WEINBERG Kamil</b>	<b>2543</b>	BIEGIEM PO PIWO / DROGA DO ULTRA	M40	102	03:37:35	03:48:59	<b>09:17:15.25</b>	+04:21:41 (47.0%)	11:42	5.1 (52.6%)
252	<b>ŁOZIŃSKA Magdalena</b>	<b>2086</b>	JACEKBIEGA RUNNING TEAM	K30	16	04:15:09	04:17:20	<b>09:17:45.00</b>	+04:22:10 (47.0%)	11:43	5.1 (52.6%)
253	<b>CUDNIK Agnieszka</b>	<b>2021</b>	KTUKOL GŁUCHOŁAZY	K40	16	04:00:06	04:16:37	<b>09:18:11.45</b>	+04:22:37 (47.0%)	11:43	5.1 (52.6%)
254	<b>FLORIAN Krzysztof</b>	<b>2032</b>	WARTKIE PIERONY	M30	75	03:48:10	03:58:54	<b>09:19:11.75</b>	+04:23:37 (47.1%)	11:44	5.1 (52.6%)
255	<b>SZCZESZEK Lukasz</b>	<b>2142</b>		M40	103	03:59:07	04:04:30	<b>09:19:23.95</b>	+04:23:49 (47.2%)	11:45	5.1 (52.6%)
256	<b>NICIEJA Anna</b>	<b>2099</b>		K40	17	03:59:06	04:04:31	<b>09:19:24.20</b>	+04:23:49 (47.2%)	11:45	5.1 (52.6%)
257	<b>TRZOSIŃSKA Katarzyna</b>	<b>2223</b>	BORKI TEAM	K40	18	04:07:13	04:14:57	<b>09:19:57.95</b>	+04:24:23 (47.2%)	11:45	5.1 (52.6%)
258	<b>LABOCHA Aleksander</b>	<b>2076</b>		M40	104	03:54:18	03:58:21	<b>09:20:26.15</b>	+04:24:51 (47.3%)	11:46	5.1 (52.6%)
259	<b>HERBEĆ-LABOCHA Magdalena</b>	<b>2045</b>		K40	19	03:55:25	03:58:20	<b>09:20:26.30</b>	+04:24:52 (47.3%)	11:46	5.1 (52.6%)
260	<b>TRZASKOWSKA Justyna</b>	<b>2489</b>		K30	17	03:48:37	04:05:33	<b>09:21:21.75</b>	+04:25:47 (47.3%)	11:47	5.1 (52.6%)
261	<b>KOZIK Bartłomiej</b>	<b>2440</b>		M40	105	03:48:38	04:05:32	<b>09:21:22.95</b>	+04:25:48 (47.3%)	11:47	5.1 (52.6%)
262	<b>MICHAŁEK Jarosław</b>	<b>2291</b>	ONE WAY TICKET	M50	24	03:45:19	03:49:44	<b>09:22:59.75</b>	+04:27:25 (47.5%)	11:49	5.1 (52.6%)
263	<b>PARZYCH Katarzyna</b>	<b>2461</b>	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	K40	20	03:54:30	04:00:01	<b>09:24:29.55</b>	+04:28:55 (47.6%)	11:51	5.1 (52.6%)
264	<b>PARZYCH Wojciech</b>	<b>2460</b>	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M40	106	03:54:32	04:00:01	<b>09:24:30.00</b>	+04:28:55 (47.6%)	11:51	5.1 (52.6%)
265	<b>KAJA Robert</b>	<b>2053</b>	WIELUŃ BIEGA	M50	25	03:49:57	03:56:39	<b>09:25:09.80</b>	+04:29:35 (47.7%)	11:52	5.1 (52.6%)
266	<b>PARFIENIUK Michał</b>	<b>2513</b>	BIAŁYSTOK BIEGA TEAM	M20	16	04:03:12	04:07:33	<b>09:25:29.70</b>	+04:29:55 (47.7%)	11:52	5.1 (52.6%)
267	<b>KUCZYŃSKI Grzegorz</b>	<b>2072</b>	BIAŁYSTOK BIEGA TEAM	M40	107	04:03:13	04:07:33	<b>09:25:30.25</b>	+04:29:56 (47.7%)	11:52	5.1 (52.6%)
268	<b>WRÓBEL Małgorzata</b>	<b>2163</b>	RAWA TIM ZAWSZE SLIM	K20	4	03:40:40	03:46:35	<b>09:26:15.05</b>	+04:30:40 (47.8%)	11:53	5 (51.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Orlik 1 23km	Orlik 2 23.2km	Czas		Tempo min/km	Tempo km/h
								netto 47.6km	Różn		
269	<b>BEDNAREK Piotr</b>	<b>2009</b>	RAWA TIM ZAWSZE SLIM	M30	76	03:40:40	03:46:35	<b>09:26:15.55</b>	+04:30:41 (47.8%)	11:53	5 (51.5%)
270	<b>ANDRZEJEWSKI Maciej</b>	<b>2175</b>	KTÓRĘDY PO PIWO	M30	77	03:46:46	03:56:33	<b>09:26:19.05</b>	+04:30:44 (47.8%)	11:53	5 (51.5%)
271	<b>KOCZUR Kamila</b>	<b>2063</b>		K30	18	03:54:34	04:03:21	<b>09:26:19.75</b>	+04:30:45 (47.8%)	11:53	5 (51.5%)
272	<b>SCHULZE Jörg</b>	<b>2301</b>	DAV ZITTAU	M60	5	04:04:06	04:06:14	<b>09:26:19.85</b>	+04:30:45 (47.8%)	11:53	5 (51.5%)
273	<b>STAWIARZ Paweł</b>	<b>2217</b>	GERIATRIC ROOM	M40	108	04:00:27	04:09:27	<b>09:26:22.20</b>	+04:30:47 (47.8%)	11:53	5 (51.5%)
274	<b>KŁODAWSKI Marek</b>	<b>2435</b>		M40	109	03:44:37	04:00:26	<b>09:26:42.90</b>	+04:31:08 (47.8%)	11:54	5 (51.5%)
275	<b>SACZUK Andrzej</b>	<b>2325</b>	KB BIALA BIEGA	M40	110	03:49:17	04:01:17	<b>09:27:34.95</b>	+04:32:00 (47.9%)	11:55	5 (51.5%)
276	<b>KUTA Rafał</b>	<b>2316</b>		M40	111	03:44:53	03:53:20	<b>09:27:35.40</b>	+04:32:01 (47.9%)	11:55	5 (51.5%)
277	<b>DOMIŃCZYK Rafał</b>	<b>2587</b>		M40	112	04:03:21	04:21:00	<b>09:29:35.40</b>	+04:34:01 (48.1%)	11:57	5 (51.5%)
278	<b>GUZIK Daniel</b>	<b>2573</b>		M40	113	04:03:25	04:23:53	<b>09:29:35.75</b>	+04:34:01 (48.1%)	11:57	5 (51.5%)
279	<b>KASPERCZYK Aleksandra</b>	<b>2060</b>		K40	21	04:00:07	04:18:15	<b>09:29:36.05</b>	+04:34:01 (48.1%)	11:57	5 (51.5%)
280	<b>ZORAN Henryk</b>	<b>2172</b>		M50	26	04:00:08	04:18:15	<b>09:29:36.40</b>	+04:34:02 (48.1%)	11:57	5 (51.5%)
281	<b>KWAŚNIOK Rafał</b>	<b>2075</b>	NIGHT RUNNERS PYSKOWICE	M30	78	04:03:37	04:23:42	<b>09:30:33.65</b>	+04:34:59 (48.2%)	11:59	5 (51.5%)
282	<b>GĘSIAREK Grzegorz</b>	<b>2416</b>		M40	114	03:39:34	03:43:59	<b>09:31:01.60</b>	+04:35:27 (48.2%)	11:59	5 (51.5%)
283	<b>KRZYŻAK Ziemowit</b>	<b>2071</b>		M30	79	03:37:25	03:49:28	<b>09:31:03.30</b>	+04:35:29 (48.2%)	11:59	5 (51.5%)
284	<b>BOJAROWSKI Krzysztof</b>	<b>2282</b>		M30	80	03:54:00	04:18:04	<b>09:31:13.90</b>	+04:35:39 (48.3%)	12:00	5 (51.5%)
285	<b>CZUBAK Dariusz</b>	<b>2407</b>	BIEGIEM PO PIWO	M50	27	03:34:13	03:49:00	<b>09:32:51.85</b>	+04:37:17 (48.4%)	12:02	5 (51.5%)
286	<b>KRYCH Rafał</b>	<b>2357</b>		M40	115	03:54:39	04:05:31	<b>09:34:04.35</b>	+04:38:30 (48.5%)	12:03	5 (51.5%)
287	<b>BRZOZOWSKA Teresa</b>	<b>2566</b>	ETISOFT RUNNING TEAM	K50	1	04:03:11	04:13:29	<b>09:34:24.50</b>	+04:38:50 (48.5%)	12:04	5 (51.5%)
288	<b>WŁOSEK Mirosław</b>	<b>2577</b>		M50	28	03:52:31	04:05:59	<b>09:34:44.20</b>	+04:39:09 (48.6%)	12:04	5 (51.5%)
289	<b>NANCKA Karol</b>	<b>2257</b>		M20	17	03:13:41	03:32:42	<b>09:35:08.75</b>	+04:39:34 (48.6%)	12:04	5 (51.5%)
290	<b>MUSIAŁ Michał</b>	<b>2097</b>		M30	81	03:37:09	03:41:37	<b>09:35:31.25</b>	+04:39:57 (48.6%)	12:05	5 (51.5%)
291	<b>WRÓBLEWSKI Lech</b>	<b>2164</b>	WTORKOWY TRENING	M30	82	03:43:56	03:51:18	<b>09:35:44.65</b>	+04:40:10 (48.7%)	12:05	5 (51.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Orlik 1 23km	Orlik 2 23.2km	Czas		Tempo min/km	Tempo km/h
								netto 47.6km	Różn		
292	<b>PAWLIK Wojciech</b>	<b>2205</b>		M30	83	03:33:37	03:38:15	<b>09:36:59.45</b>	+04:41:25 (48.8%)	12:07	4.9 (50.5%)
293	<b>KOCHAN Rafał</b>	<b>2556</b>	TC KOCHAN	M40	116	03:54:27	04:00:17	<b>09:38:56.50</b>	+04:43:22 (48.9%)	12:09	4.9 (50.5%)
294	<b>LASKOWSKI Michał</b>	<b>2581</b>	DROGAODWAZNYCH.PL	M40	117	03:49:57	04:10:51	<b>09:39:33.20</b>	+04:43:58 (49.0%)	12:10	4.9 (50.5%)
295	<b>PODLECKA Paula</b>	<b>2262</b>		K20	5	03:54:16	04:05:13	<b>09:39:58.05</b>	+04:44:23 (49.0%)	12:11	4.9 (50.5%)
296	<b>OLENDER Marcin</b>	<b>2458</b>		M40	118	03:42:04	03:51:48	<b>09:40:39.30</b>	+04:45:05 (49.1%)	12:11	4.9 (50.5%)
297	<b>BUKOWSKI Damian</b>	<b>2013</b>		M20	18	04:02:40	04:03:20	<b>09:40:56.75</b>	+04:45:22 (49.1%)	12:12	4.9 (50.5%)
298	<b>KUŚ Jakub</b>	<b>2512</b>		M30	84	03:49:48	04:01:51	<b>09:42:50.55</b>	+04:47:16 (49.3%)	12:14	4.9 (50.5%)
299	<b>DOLATA Andrzej</b>	<b>2338</b>	KTB KUNY	M40	119	03:44:02	04:21:29	<b>09:43:04.40</b>	+04:47:30 (49.3%)	12:14	4.9 (50.5%)
300	<b>WASILEWSKI Mirosław</b>	<b>2496</b>	ORKA MASTERS IŁAWA	M40	120	04:09:22	04:11:41	<b>09:46:10.80</b>	+04:50:36 (49.6%)	12:18	4.9 (50.5%)
301	<b>KUSIO Marcin</b>	<b>2510</b>	DOGOŃ GRODZISK MAZOWIECKI	M40	121	04:06:45	04:20:33	<b>09:46:45.55</b>	+04:51:11 (49.6%)	12:19	4.9 (50.5%)
302	<b>SZYMANIAK Paweł</b>	<b>2220</b>	DOGON DANFOSS	M40	122	04:06:45	04:20:30	<b>09:46:45.70</b>	+04:51:11 (49.6%)	12:19	4.9 (50.5%)
303	<b>WALAC Jacek</b>	<b>2225</b>	DOGOŃ GRODZISK MAZOWIECKI	M30	85	04:06:45	04:19:31	<b>09:46:46.40</b>	+04:51:12 (49.6%)	12:19	4.9 (50.5%)
304	<b>JAKUBOWSKA Renata</b>	<b>2287</b>		K60	1	04:02:51	04:08:33	<b>09:47:25.85</b>	+04:51:51 (49.7%)	12:20	4.9 (50.5%)
305	<b>KOSEWSKA Monika</b>	<b>2438</b>	SFORA BMK	K40	22	04:21:57	04:34:19	<b>09:48:03.15</b>	+04:52:28 (49.7%)	12:21	4.9 (50.5%)
306	<b>WOJCIECHOWSKI Tomasz</b>	<b>2397</b>	VIKING TRAINING CENTER TYCHY	M40	123	03:44:30	03:55:14	<b>09:48:52.10</b>	+04:53:17 (49.8%)	12:22	4.8 (49.5%)
307	<b>SŁONIEWSKI Rafał</b>	<b>2305</b>	KADRA MOCNYCH WDRAŻEŃ	M30	86	04:18:40	04:33:25	<b>09:49:03.00</b>	+04:53:28 (49.8%)	12:22	4.8 (49.5%)
308	<b>ZAKRZEWICZ Marcin</b>	<b>2399</b>	KTB KUNY	M40	124	03:49:01	04:21:30	<b>09:49:13.95</b>	+04:53:39 (49.8%)	12:22	4.8 (49.5%)
309	<b>LEWARDOWSKI Konrad</b>	<b>2362</b>	KTB KUNY	M50	29	03:44:01	04:21:03	<b>09:49:15.05</b>	+04:53:40 (49.8%)	12:22	4.8 (49.5%)
310	<b>SŁOWIK Radosław</b>	<b>2268</b>	KLUB BIEGACZA LEROY MERLIN	M40	125	04:20:11	04:33:52	<b>09:49:16.30</b>	+04:53:42 (49.8%)	12:22	4.8 (49.5%)
311	<b>MALEC Mateusz</b>	<b>2092</b>		M20	19	03:41:06	03:49:49	<b>09:49:40.55</b>	+04:54:06 (49.9%)	12:23	4.8 (49.5%)
312	<b>ZYSKOWSKI Michał</b>	<b>2173</b>		M30	87	03:55:38	04:17:48	<b>09:49:47.05</b>	+04:54:12 (49.9%)	12:23	4.8 (49.5%)
313	<b>STOLINSKI Dominik</b>	<b>2137</b>	BAWOLE OCZY	M40	126	03:39:14	04:03:26	<b>09:51:12.85</b>	+04:55:38 (50.0%)	12:25	4.8 (49.5%)
314	<b>NOWAK Dawid</b>	<b>2102</b>	TRICERATOPS	M40	127	03:39:11	04:03:29	<b>09:51:12.90</b>	+04:55:38 (50.0%)	12:25	4.8 (49.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Orlik 1 23km	Orlik 2 23.2km	Czas		Tempo min/km	Tempo km/h
								netto 47.6km	Różn		
315	<b>SMUGA Łukasz</b>	<b>2480</b>	SZEREGOWY BIEGACZ	M30	88	04:11:19	04:18:22	<b>09:51:35.90</b>	+04:56:01 (50.0%)	12:25	4.8 (49.5%)
316	<b>LEONARSKA Małgorzata</b>	<b>2443</b>	SZEREGOWY BIEGACZ/DZIKI BIEG	K30	19	04:11:18	04:18:22	<b>09:51:36.60</b>	+04:56:02 (50.0%)	12:25	4.8 (49.5%)
317	<b>GRESER Artur</b>	<b>2420</b>	GS TEAM	M40	128	03:43:51	03:50:04	<b>09:51:40.50</b>	+04:56:06 (50.0%)	12:25	4.8 (49.5%)
318	<b>KRZEMIENIŃ Bartosz</b>	<b>2070</b>		M40	129	04:23:50	04:24:35	<b>09:52:55.90</b>	+04:57:21 (50.2%)	12:27	4.8 (49.5%)
319	<b>PIOTROWSKI Mariusz</b>	<b>2114</b>		M40	130	04:23:53	04:24:37	<b>09:53:03.90</b>	+04:57:29 (50.2%)	12:27	4.8 (49.5%)
320	<b>BURY Marek</b>	<b>2404</b>		M50	30	03:52:08	04:06:26	<b>09:53:20.85</b>	+04:57:46 (50.2%)	12:27	4.8 (49.5%)
321	<b>GUNERT Kuba</b>	<b>2041</b>		M40	131	03:53:50	04:10:29	<b>09:55:35.05</b>	+05:00:00 (50.4%)	12:30	4.8 (49.5%)
322	<b>ZWALIŃSKI Marcin</b>	<b>2504</b>		M40	132	04:03:43	04:24:49	<b>09:58:04.90</b>	+05:02:30 (50.6%)	12:33	4.8 (49.5%)
323	<b>KRÓL Michał</b>	<b>2547</b>	ULTRA KSP	M30	89	04:05:43	04:24:01	<b>09:58:22.50</b>	+05:02:48 (50.6%)	12:34	4.8 (49.5%)
324	<b>PRUSZKOWSKI Mariusz</b>	<b>2471</b>	CHEŁM BIEGA CROSSFITTER BOX CHEŁM	M40	133	03:48:19	04:03:42	<b>09:59:27.85</b>	+05:03:53 (50.7%)	12:35	4.8 (49.5%)
325	<b>RYBICKI Tomasz</b>	<b>2474</b>	SFORA BMK	M40	134	03:44:36	03:55:38	<b>09:59:29.10</b>	+05:03:54 (50.7%)	12:35	4.8 (49.5%)
326	<b>WALENDA Mateusz</b>	<b>2493</b>	KS KANAŁEK	M30	90	03:39:39	03:43:58	<b>10:01:18.05</b>	+05:05:43 (50.8%)	12:37	4.7 (48.5%)
327	<b>ILASZ Stanisław</b>	<b>2565</b>	MĘSKA STRONA RZECZYWISTOŚCI	M40	135	03:48:20	04:05:08	<b>10:03:38.60</b>	+05:08:04 (51.0%)	12:40	4.7 (48.5%)
328	<b>ROGACKI Hubert</b>	<b>2300</b>	MAVERICKS	M30	91	03:59:38	04:31:32	<b>10:04:57.55</b>	+05:09:23 (51.1%)	12:42	4.7 (48.5%)
329	<b>ŁUCZAK Adam</b>	<b>2290</b>	MAVERICKS	M30	92	03:59:38	04:31:33	<b>10:04:57.60</b>	+05:09:23 (51.1%)	12:42	4.7 (48.5%)
330	<b>CZUBA Michał</b>	<b>2023</b>		M30	93	03:53:21	04:03:20	<b>10:04:57.80</b>	+05:09:23 (51.1%)	12:42	4.7 (48.5%)
331	<b>SZCZYPLIŃSKA Anna</b>	<b>2486</b>	SFORA BMK	K40	23	04:04:16	04:30:52	<b>10:05:00.40</b>	+05:09:26 (51.1%)	12:42	4.7 (48.5%)
332	<b>KLUBA Łukasz</b>	<b>2434</b>	NGB KŁOBUCK	M30	94	03:44:47	03:57:37	<b>10:05:27.55</b>	+05:09:53 (51.2%)	12:43	4.7 (48.5%)
333	<b>ŚWIERAD Paweł</b>	<b>2221</b>	KOWALEWO BIEGA	M30	95	04:07:34	04:17:07	<b>10:06:04.20</b>	+05:10:29 (51.2%)	12:43	4.7 (48.5%)
334	<b>WIELIŃSKI Michał</b>	<b>2153</b>	MARMEL TORUŃ	M40	136	03:50:57	04:03:13	<b>10:06:15.20</b>	+05:10:40 (51.2%)	12:44	4.7 (48.5%)
335	<b>PREDENKIEWICZ Jarek</b>	<b>2119</b>	MARMEL	M40	137	03:50:55	04:03:14	<b>10:06:15.50</b>	+05:10:41 (51.2%)	12:44	4.7 (48.5%)
336	<b>TOPOLEWICZ Robert</b>	<b>2148</b>	STRAŻ GRANICZNA BIAŁYSTOK	M40	138	04:00:23	04:18:55	<b>10:06:35.95</b>	+05:11:01 (51.3%)	12:44	4.7 (48.5%)
337	<b>ADAMCZYK Ilona</b>	<b>2000</b>	KB BIAŁA BIEGA	K40	24	04:08:31	04:21:30	<b>10:07:43.30</b>	+05:12:09 (51.4%)	12:46	4.7 (48.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Orlik 1 23km	Orlik 2 23.2km	Czas		Tempo min/km	Tempo km/h
								netto 47.6km	Różn		
338	<b>KUTNIK Mirosław</b>	<b>2074</b>	KB BIAŁA BIEGA	M40	139	04:10:19	04:21:31	<b>10:07:44.25</b>	+05:12:10 (51.4%)	12:46	4.7 (48.5%)
339	<b>KOŚCIELNIAK Szymon</b>	<b>2354</b>	CZERWONACKIE KIJANKI	M40	140	04:04:11	04:22:58	<b>10:07:48.05</b>	+05:12:13 (51.4%)	12:46	4.7 (48.5%)
340	<b>KARCZ Grzegorz</b>	<b>2242</b>	BĘDUSKA BRYGARA BIEGOWA, MYSZKÓW BIEGA	M30	96	04:19:17	04:32:21	<b>10:10:00.05</b>	+05:14:25 (51.5%)	12:48	4.7 (48.5%)
341	<b>KARCZ Joanna</b>	<b>2243</b>	BĘDUSKA BRYGARA BIEGOWA, MYSZKÓW BIEGA	K30	20	04:19:19	04:32:22	<b>10:10:00.35</b>	+05:14:26 (51.5%)	12:48	4.7 (48.5%)
342	<b>BĄCZEK Agata</b>	<b>2531</b>		K40	25	04:03:23	04:22:43	<b>10:11:37.80</b>	+05:16:03 (51.7%)	12:50	4.7 (48.5%)
343	<b>PANEK Agata</b>	<b>2530</b>	GRUPA JURA.PL	K40	26	04:03:24	04:22:48	<b>10:11:37.85</b>	+05:16:03 (51.7%)	12:50	4.7 (48.5%)
343	<b>SZABLA Marcin</b>	<b>2574</b>	SAINT GOBAIN SQUAD	M40	141	04:03:20	04:22:41	<b>10:11:37.85</b>	+05:16:03 (51.7%)	12:50	4.7 (48.5%)
345	<b>GRUCA-MACIAŻEK Magdalena</b>	<b>2344</b>	GRUPA JURA PL	K40	27	04:04:21	04:22:43	<b>10:11:38.40</b>	+05:16:04 (51.7%)	12:50	4.7 (48.5%)
346	<b>TYMIŃSKI Marcin</b>	<b>2224</b>	ŻUBR CHAMPIONSHIP MARATHON TEAM	M30	97	04:04:34	04:20:24	<b>10:12:22.90</b>	+05:16:48 (51.7%)	12:51	4.7 (48.5%)
347	<b>CHMIELEWSKI Jarosław</b>	<b>2314</b>	ŻUBR CHAMPIONSHIP MARATHON TEAM	M30	98	04:04:34	04:20:24	<b>10:12:23.20</b>	+05:16:48 (51.7%)	12:51	4.7 (48.5%)
348	<b>WIJAS Kinga</b>	<b>2156</b>	ŚLĘZAK TEAM	K20	6	03:56:45	04:17:18	<b>10:12:27.10</b>	+05:16:52 (51.7%)	12:51	4.7 (48.5%)
349	<b>ZAŁUSKI Norbert</b>	<b>2170</b>		M40	142	03:51:05	04:09:08	<b>10:12:42.10</b>	+05:17:07 (51.8%)	12:52	4.7 (48.5%)
350	<b>DZIURBEJKO Tomasz</b>	<b>2029</b>		M40	143	03:57:06	04:09:11	<b>10:12:42.50</b>	+05:17:08 (51.8%)	12:52	4.7 (48.5%)
351	<b>WIENER Marcin</b>	<b>2276</b>		M40	144	04:03:02	04:14:55	<b>10:12:48.15</b>	+05:17:13 (51.8%)	12:52	4.7 (48.5%)
352	<b>WÓJTOWICZ Robert</b>	<b>2161</b>		M40	145	03:44:08	03:55:18	<b>10:13:15.45</b>	+05:17:41 (51.8%)	12:53	4.7 (48.5%)
353	<b>RYSIŃSKA Magda</b>	<b>2126</b>		K40	28	04:12:11	04:28:20	<b>10:13:20.90</b>	+05:17:46 (51.8%)	12:53	4.7 (48.5%)
354	<b>DREWNIK Robert</b>	<b>2027</b>	BIEGNIJ Z PROSERVICE	M40	146	04:22:09	04:43:36	<b>10:14:17.00</b>	+05:18:42 (51.9%)	12:54	4.6 (47.4%)
355	<b>ŁYSEK Artur</b>	<b>2199</b>	NIE LAM SIĘ	M20	20	04:12:53	04:23:50	<b>10:14:55.15</b>	+05:19:20 (51.9%)	12:55	4.6 (47.4%)
356	<b>CUDEK Bartek</b>	<b>2020</b>	WKURW_TEAM	M30	99	04:12:08	04:23:21	<b>10:15:15.10</b>	+05:19:40 (52.0%)	12:55	4.6 (47.4%)
357	<b>PAJĄK Marcin</b>	<b>2107</b>		M30	100	04:12:25	04:23:20	<b>10:15:15.50</b>	+05:19:41 (52.0%)	12:55	4.6 (47.4%)
358	<b>WAŃDOCH Piotr</b>	<b>2494</b>	BBL OSTROWIEC ŚWIĘTOKRZYSKI	M40	147	03:52:23	04:04:34	<b>10:15:22.95</b>	+05:19:48 (52.0%)	12:55	4.6 (47.4%)
359	<b>WŁODARSKI Piotr</b>	<b>2159</b>		M30	101	04:07:18	04:27:55	<b>10:15:23.70</b>	+05:19:49 (52.0%)	12:55	4.6 (47.4%)
360	<b>BEDNARSKI Paweł</b>	<b>2402</b>		M40	148	03:52:24	04:04:37	<b>10:15:24.50</b>	+05:19:50 (52.0%)	12:55	4.6 (47.4%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Orlik 1 23km	Orlik 2 23.2km	Czas		Tempo min/km	Tempo km/h
								netto 47.6km	Różn		
361	<b>ŁUKASIAK Sylwester</b>	<b>2365</b>		M40	149	04:02:15	04:07:56	<b>10:17:26.40</b>	+05:21:52 (52.1%)	12:58	4.6 (47.4%)
362	<b>TYMOSZUK Michał</b>	<b>2310</b>	KB BIAŁA BIEGA	M40	150	04:23:59	04:39:56	<b>10:18:06.90</b>	+05:22:32 (52.2%)	12:59	4.6 (47.4%)
363	<b>BATOREK Bogdan</b>	<b>2333</b>	RAWA TIM ZAWSZE SLIM	M40	151	04:00:35	04:03:16	<b>10:18:20.50</b>	+05:22:46 (52.2%)	12:59	4.6 (47.4%)
364	<b>LIPA Rafał</b>	<b>2082</b>		M30	102	03:56:52	04:17:17	<b>10:18:27.15</b>	+05:22:52 (52.2%)	12:59	4.6 (47.4%)
365	<b>ORZECZOWSKA Agnieszka</b>	<b>2540</b>		K40	29	04:13:55	04:26:27	<b>10:20:56.50</b>	+05:25:22 (52.4%)	13:02	4.6 (47.4%)
366	<b>JEDLIŃSKI Bartosz</b>	<b>2050</b>	MARATOŃCZYK DĘBICA	M40	152	04:15:10	04:17:21	<b>10:21:42.90</b>	+05:26:08 (52.5%)	13:03	4.6 (47.4%)
367	<b>LEWTAK Marcin</b>	<b>2081</b>		M30	103	04:12:10	04:33:41	<b>10:23:41.75</b>	+05:28:07 (52.6%)	13:06	4.6 (47.4%)
368	<b>PELCZAR Paweł</b>	<b>2296</b>		M40	153	04:10:55	04:24:56	<b>10:23:43.80</b>	+05:28:09 (52.6%)	13:06	4.6 (47.4%)
369	<b>TUSIŃSKI Seweryn</b>	<b>2490</b>		M40	154	04:05:31	04:10:22	<b>10:23:55.70</b>	+05:28:21 (52.6%)	13:06	4.6 (47.4%)
370	<b>ŻUBRZAK Jacek</b>	<b>2507</b>		M40	155	03:55:06	03:55:52	<b>10:25:59.45</b>	+05:30:25 (52.8%)	13:09	4.6 (47.4%)
371	<b>JÓZEFOWICZ Sebastian</b>	<b>2429</b>		M40	156	03:55:06	03:55:52	<b>10:26:00.85</b>	+05:30:26 (52.8%)	13:09	4.6 (47.4%)
372	<b>BIEŃKOWSKI Jarosław</b>	<b>2313</b>	BIEGAJ Z DYMKIEM	M40	157	04:03:53	04:28:27	<b>10:26:15.65</b>	+05:30:41 (52.8%)	13:09	4.6 (47.4%)
373	<b>SROCZYŃSKA Justyna</b>	<b>2387</b>	OSTRESROKI	K40	30	04:14:50	04:28:22	<b>10:26:26.80</b>	+05:30:52 (52.8%)	13:09	4.6 (47.4%)
374	<b>SROCZYŃSKI Marcin</b>	<b>2388</b>	OSTRESROKI	M40	158	04:14:52	04:28:12	<b>10:26:27.15</b>	+05:30:52 (52.8%)	13:09	4.6 (47.4%)
375	<b>DUŻYŃSKI Dawid</b>	<b>2537</b>		M30	104	04:14:21	04:29:37	<b>10:27:37.70</b>	+05:32:03 (52.9%)	13:11	4.6 (47.4%)
376	<b>POLIGOŃSKI Przemysław</b>	<b>2527</b>	NIEZRZESZONY	M30	105	04:14:22	04:29:37	<b>10:27:38.25</b>	+05:32:04 (52.9%)	13:11	4.6 (47.4%)
377	<b>TOKARSKI Jacek</b>	<b>2222</b>		M40	159	04:24:48	04:51:25	<b>10:27:43.75</b>	+05:32:09 (52.9%)	13:11	4.5 (46.4%)
378	<b>SANIAK Przemysław</b>	<b>2212</b>		M30	106	04:24:41	04:51:25	<b>10:27:45.70</b>	+05:32:11 (52.9%)	13:11	4.5 (46.4%)
379	<b>PĘKALA Jarek</b>	<b>2373</b>		M50	31	04:00:20	04:07:27	<b>10:28:39.15</b>	+05:33:04 (53.0%)	13:12	4.5 (46.4%)
380	<b>ALBIGOWSKA Magdalena</b>	<b>2174</b>		K30	21	04:13:50	04:18:31	<b>10:29:07.75</b>	+05:33:33 (53.0%)	13:13	4.5 (46.4%)
381	<b>STRAŻYC Iwona</b>	<b>2138</b>		K30	22	04:12:11	04:33:46	<b>10:30:56.55</b>	+05:35:22 (53.2%)	13:15	4.5 (46.4%)
382	<b>WIŚNIEWSKA Żaneta</b>	<b>2395</b>	KIJKOWE TRZEMESZNO	K20	7	04:04:00	04:14:17	<b>10:30:59.15</b>	+05:35:24 (53.2%)	13:15	4.5 (46.4%)
383	<b>STANKOWSKA Justyna</b>	<b>2389</b>	KIJKOWE TRZEMESZNO	K40	31	04:04:01	04:14:17	<b>10:30:59.85</b>	+05:35:25 (53.2%)	13:15	4.5 (46.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Orlik 1 23km	Orlik 2 23.2km	Czas		Tempo min/km	Tempo km/h
								netto 47.6km	Różn		
384	<b>KOWALIK Krzysztof</b>	<b>2192</b>		M40	160	04:24:50	04:51:26	<b>10:32:21.15</b>	+05:36:46 (53.3%)	13:17	4.5 (46.4%)
385	<b>ŁUCKA Artur</b>	<b>2248</b>		M30	107	04:05:33	04:27:07	<b>10:32:54.10</b>	+05:37:19 (53.3%)	13:17	4.5 (46.4%)
386	<b>WÓJTOWICZ Izabela</b>	<b>2162</b>		K40	32	04:20:18	04:28:25	<b>10:33:02.60</b>	+05:37:28 (53.3%)	13:17	4.5 (46.4%)
387	<b>SZCZYGLÓWSKI Rafał</b>	<b>2308</b>		M30	108	04:25:01	04:41:54	<b>10:33:20.60</b>	+05:37:46 (53.3%)	13:18	4.5 (46.4%)
388	<b>BIELUŃ Arnold</b>	<b>2511</b>	ROBIĘ RZEŹNIKA Z NUDÓW	M20	21	04:07:51	04:31:44	<b>10:33:25.15</b>	+05:37:50 (53.3%)	13:18	4.5 (46.4%)
389	<b>DUCZMAL Bartosz</b>	<b>2028</b>		M20	22	03:57:06	04:19:55	<b>10:33:47.15</b>	+05:38:12 (53.4%)	13:18	4.5 (46.4%)
390	<b>PIETRUS Piotr</b>	<b>2298</b>	BIEGNĘ, ŻEBY BARTEK MÓGL BIEGAĆ	M40	161	04:04:05	04:14:25	<b>10:38:15.00</b>	+05:42:40 (53.7%)	13:24	4.5 (46.4%)
391	<b>KORNILUK Justyna</b>	<b>2065</b>	ZDROFIT	K50	2	04:18:26	04:20:09	<b>10:39:47.85</b>	+05:44:13 (53.8%)	13:26	4.5 (46.4%)
392	<b>ŁYŻWA Piotr</b>	<b>2200</b>	SUPADUPAFLY	M40	162	05:04:39	05:08:43	<b>10:40:46.95</b>	+05:45:12 (53.9%)	13:27	4.5 (46.4%)
393	<b>PABIAN Elżbieta</b>	<b>2295</b>	EKIPA Z TARNOWA	K50	3	04:48:02	05:01:06	<b>10:41:35.60</b>	+05:46:01 (53.9%)	13:28	4.5 (46.4%)
394	<b>NAKONIECZNY Jacek</b>	<b>2256</b>	SII RUNNING TEAM	M30	109	04:15:08	04:41:13	<b>10:41:39.40</b>	+05:46:05 (53.9%)	13:28	4.5 (46.4%)
395	<b>KUCZYŃSKI Mariusz</b>	<b>2359</b>		M40	163	04:22:23	04:29:49	<b>10:42:05.50</b>	+05:46:31 (54.0%)	13:29	4.4 (45.4%)
396	<b>BOBER Grzegorz</b>	<b>2177</b>		M30	110	04:24:01	04:30:10	<b>10:42:27.90</b>	+05:46:53 (54.0%)	13:29	4.4 (45.4%)
397	<b>KAMIŃSKA Ewa</b>	<b>2432</b>	SPRINTEX TEAM	K40	33	03:42:23	04:15:56	<b>10:43:49.80</b>	+05:48:15 (54.1%)	13:31	4.4 (45.4%)
398	<b>ZWARDOŃ Rafał</b>	<b>2505</b>	-	M40	164	03:33:52	04:15:56	<b>10:43:50.80</b>	+05:48:16 (54.1%)	13:31	4.4 (45.4%)
399	<b>GRUDZIĘ Michał</b>	<b>2183</b>		M40	165	03:59:08	04:04:16	<b>10:43:52.25</b>	+05:48:18 (54.1%)	13:31	4.4 (45.4%)
400	<b>BUCIOR Łukasz</b>	<b>2526</b>	AZS POLITECHNIKA LUBELSKA	M20	23	04:20:09	04:33:46	<b>10:43:55.35</b>	+05:48:21 (54.1%)	13:31	4.4 (45.4%)
401	<b>GAWROŃSKA Agata</b>	<b>2413</b>		K30	23	04:15:48	04:30:53	<b>10:43:57.95</b>	+05:48:23 (54.1%)	13:31	4.4 (45.4%)
402	<b>ZUBIŃSKI Tomasz</b>	<b>2228</b>	SUPADUPAFLY	M50	32	04:33:34	04:52:41	<b>10:44:04.20</b>	+05:48:29 (54.1%)	13:31	4.4 (45.4%)
403	<b>JEZIERSKA Katarzyna</b>	<b>2189</b>	SUPADUPAFLY	K40	34	04:33:33	04:52:41	<b>10:44:04.40</b>	+05:48:30 (54.1%)	13:31	4.4 (45.4%)
404	<b>FAJER Marek</b>	<b>2286</b>	ZWIK MYSZKÓW BBB- MYSZKÓW BIEGA	M60	6	04:12:03	04:25:42	<b>10:44:15.95</b>	+05:48:41 (54.1%)	13:32	4.4 (45.4%)
405	<b>SEREK Roman</b>	<b>2213</b>	SUPADUPAFLY	M40	166	04:22:46	04:32:05	<b>10:44:33.80</b>	+05:48:59 (54.1%)	13:32	4.4 (45.4%)
406	<b>BUSZTA Robert</b>	<b>2542</b>		M50	33	04:17:48	04:32:20	<b>10:45:03.15</b>	+05:49:28 (54.2%)	13:33	4.4 (45.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Orlik 1 23km	Orlik 2 23.2km	Czas		Tempo min/km	Tempo km/h
								netto 47.6km	Różn		
407	<b>BRUSZEWSKA- GŁOMBIOWSKA Monika</b>	<b>2403</b>	ULTRA ŻÓŁWIK	K20	8	04:46:33	04:57:39	<b>10:45:04.05</b>	+05:49:29 (54.2%)	13:33	4.4 (45.4%)
408	<b>WÓJCIAK Ewelina</b>	<b>2515</b>	WARRIORS ŁÓDŹ	K30	24	04:07:22	04:25:04	<b>10:47:33.25</b>	+05:51:59 (54.4%)	13:36	4.4 (45.4%)
409	<b>GUZEK Kamil</b>	<b>2590</b>	WARRIORS ŁÓDŹ	M20	24	04:07:23	04:25:03	<b>10:47:33.30</b>	+05:51:59 (54.4%)	13:36	4.4 (45.4%)
410	<b>URBAŃSKI Tomasz</b>	<b>2492</b>		M40	167	03:43:54	03:58:57	<b>10:47:53.20</b>	+05:52:18 (54.4%)	13:36	4.4 (45.4%)
411	<b>WARLINSKI Adam</b>	<b>2274</b>	CB163	M30	111	05:10:47	05:11:45	<b>10:49:43.75</b>	+05:54:09 (54.5%)	13:38	4.4 (45.4%)
412	<b>MAJKOWSKA Jagoda</b>	<b>2250</b>	CB163	K20	9	05:10:48	05:11:47	<b>10:49:44.40</b>	+05:54:10 (54.5%)	13:38	4.4 (45.4%)
413	<b>SZYMECKI Rafał</b>	<b>2326</b>	TOTALNIE BIEGNIĘCI	M30	112	04:20:58	04:32:51	<b>10:50:24.10</b>	+05:54:49 (54.6%)	13:39	4.4 (45.4%)
414	<b>ŁUSZCZYK Andrzej</b>	<b>2088</b>	KLUB BIEGACZA MILA	M40	168	04:17:05	04:39:07	<b>10:51:44.30</b>	+05:56:10 (54.6%)	13:41	4.4 (45.4%)
415	<b>ŁUSZCZYK Magdalena</b>	<b>2087</b>	KLUB BIEGACZA MILA	K30	25	04:17:06	04:38:59	<b>10:51:45.05</b>	+05:56:10 (54.6%)	13:41	4.4 (45.4%)
416	<b>PUZIO Waldemar</b>	<b>2541</b>	MARATOŃCZYK DĘBICA	M60	7	04:48:01	05:01:03	<b>10:52:07.95</b>	+05:56:33 (54.7%)	13:41	4.4 (45.4%)
417	<b>KOZAKIEWICZ Aneta</b>	<b>2068</b>	ZWOLEŃNICY BIEGANIA	K40	35	04:01:15	04:07:43	<b>10:52:13.75</b>	+05:56:39 (54.7%)	13:42	4.4 (45.4%)
418	<b>BACZYŃSKI Robert</b>	<b>2230</b>		M40	169	04:31:00	04:45:31	<b>10:53:49.10</b>	+05:58:14 (54.8%)	13:44	4.4 (45.4%)
418	<b>BACZYŃSKA Aneta</b>	<b>2229</b>	YULO RUN TEAM SIEDLCE	K40	36	04:30:56	04:45:31	<b>10:53:49.10</b>	+05:58:14 (54.8%)	13:44	4.4 (45.4%)
420	<b>STELMACH Patrycja</b>	<b>2270</b>	CB163	K30	26	04:31:12	04:34:34	<b>10:54:17.55</b>	+05:58:43 (54.8%)	13:44	4.4 (45.4%)
421	<b>GRZYWIŃSKA Marta</b>	<b>2237</b>	CB163	K20	10	04:31:12	04:34:34	<b>10:54:17.75</b>	+05:58:43 (54.8%)	13:44	4.4 (45.4%)
422	<b>PRUSS Malgorzata</b>	<b>2263</b>	CB163	K30	27	04:31:12	04:34:34	<b>10:54:30.55</b>	+05:58:56 (54.8%)	13:45	4.4 (45.4%)
423	<b>MAĆZKA Bronisław</b>	<b>2560</b>	SAMO ZŁO	M60	8	04:25:55	04:46:15	<b>10:55:12.50</b>	+05:59:38 (54.9%)	13:45	4.4 (45.4%)
424	<b>MAĆZKA Krystyna</b>	<b>2557</b>	EXTREMALNE OTK NA RELAKSIE	K60	2	04:25:43	04:46:23	<b>10:55:13.50</b>	+05:59:39 (54.9%)	13:45	4.4 (45.4%)
425	<b>GUTT Marlena</b>	<b>2042</b>		K40	37	04:30:43	04:52:10	<b>10:56:54.50</b>	+06:01:20 (55.0%)	13:48	4.3 (44.3%)
426	<b>GUTT Sebastian</b>	<b>2043</b>		M40	170	04:30:42	04:52:09	<b>10:56:54.55</b>	+06:01:20 (55.0%)	13:48	4.3 (44.3%)
427	<b>WARCHOŁ Stanisław</b>	<b>2392</b>		M50	34	03:46:38	03:53:14	<b>10:57:39.85</b>	+06:02:05 (55.1%)	13:48	4.3 (44.3%)
428	<b>GRALEC Dariusz</b>	<b>2039</b>		M40	171	04:19:11	04:30:44	<b>10:57:49.70</b>	+06:02:15 (55.1%)	13:49	4.3 (44.3%)
429	<b>PIEKARSKI Paweł</b>	<b>2465</b>	SFORA BMK	M40	172	04:32:42	04:43:15	<b>10:58:07.20</b>	+06:02:32 (55.1%)	13:49	4.3 (44.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Orlik 1 23km	Orlik 2 23.2km	Czas		Tempo min/km	Tempo km/h
								netto 47.6km	Różn		
430	<b>KOSTECKI Tomasz</b>	<b>2246</b>	R&T	M40	173	04:42:09	05:02:35	<b>10:58:36.15</b>	+06:03:01 (55.1%)	13:50	4.3 (44.3%)
431	<b>PAPROCKI Bartłomiej</b>	<b>2320</b>		M40	174	04:15:52	04:36:32	<b>11:01:57.55</b>	+06:06:23 (55.3%)	13:54	4.3 (44.3%)
432	<b>RADZIWONOWICZ Adriana</b>	<b>2123</b>		K40	38	04:42:24	05:08:53	<b>11:02:07.15</b>	+06:06:32 (55.4%)	13:54	4.3 (44.3%)
433	<b>SROKA Grzegorz</b>	<b>2134</b>		M30	113	04:19:17	04:33:31	<b>11:02:20.30</b>	+06:06:46 (55.4%)	13:54	4.3 (44.3%)
434	<b>ZIELINSKI Adam</b>	<b>2536</b>	EVERRUN / DROGA DO ULTRA	M40	175	04:25:57	04:46:02	<b>11:07:56.10</b>	+06:12:21 (55.7%)	14:01	4.3 (44.3%)
435	<b>BIAŁECKA Sylwia</b>	<b>2334</b>	EVERRUN	K40	39	04:25:57	04:46:00	<b>11:07:56.45</b>	+06:12:22 (55.7%)	14:01	4.3 (44.3%)
436	<b>FOLTA Jan</b>	<b>2341</b>	GRUPA BIEGOWA ZARSZYN	M50	35	04:04:46	04:11:20	<b>11:10:41.65</b>	+06:15:07 (55.9%)	14:05	4.3 (44.3%)
437	<b>PŁUCIENNICZAK Barbara</b>	<b>2207</b>		K40	40	04:34:04	04:45:39	<b>11:12:47.05</b>	+06:17:12 (56.1%)	14:08	4.2 (43.3%)
438	<b>JANASZ Andrzej</b>	<b>2048</b>		M40	176	04:51:20	04:55:33	<b>11:19:14.85</b>	+06:23:40 (56.5%)	14:16	4.2 (43.3%)
439	<b>URBANEK Sylwester</b>	<b>2524</b>		M40	177	04:14:59	04:37:47	<b>11:21:28.25</b>	+06:25:54 (56.6%)	14:18	4.2 (43.3%)
440	<b>KUCHARCZYK Radosław</b>	<b>2523</b>		M40	178	04:15:12	04:37:51	<b>11:21:32.30</b>	+06:25:58 (56.6%)	14:19	4.2 (43.3%)
441	<b>KURAS-SMOLNIK Magdalena</b>	<b>2195</b>	SIERADZBIEGA.PL	K40	41	04:54:44	04:59:58	<b>11:21:47.45</b>	+06:26:13 (56.6%)	14:19	4.2 (43.3%)
442	<b>WYSOKIŃSKI Jerzy</b>	<b>2166</b>	ORANGE POLSKA	M50	36	04:42:12	05:01:09	<b>11:24:10.80</b>	+06:28:36 (56.8%)	14:22	4.2 (43.3%)
443	<b>GIERLOTKA Rafał</b>	<b>2575</b>	BRAK	M40	179	05:08:26	05:11:00	<b>11:25:01.95</b>	+06:29:27 (56.9%)	14:23	4.2 (43.3%)
444	<b>KURZELA Kuba</b>	<b>2247</b>	GIBKIE SZŁAPY	M30	114	04:12:03	04:28:07	<b>11:25:12.15</b>	+06:29:37 (56.9%)	14:23	4.2 (43.3%)
445	<b>WIERZBICKA Ewa</b>	<b>2154</b>		K50	4	04:49:46	04:52:20	<b>11:27:47.70</b>	+06:32:13 (57.0%)	14:26	4.2 (43.3%)
446	<b>WĄGRODZKA Małgorzata</b>	<b>2150</b>		K40	42	04:30:48	05:00:11	<b>11:30:35.05</b>	+06:35:00 (57.2%)	14:30	4.1 (42.3%)
447	<b>PAWŁOWSKA-LIS Marusia</b>	<b>2111</b>		K40	43	04:53:54	05:03:03	<b>11:31:19.95</b>	+06:35:45 (57.2%)	14:31	4.1 (42.3%)
448	<b>KALINOWSKA Małgorzata</b>	<b>2054</b>		K40	44	04:53:54	05:03:07	<b>11:31:20.10</b>	+06:35:45 (57.2%)	14:31	4.1 (42.3%)
449	<b>SKOWRONEK Dariusz</b>	<b>2478</b>	#BYLEDOMETY	M50	37	04:44:44	05:01:45	<b>11:31:47.40</b>	+06:36:13 (57.3%)	14:31	4.1 (42.3%)
450	<b>ZYGMUNT Andrzej</b>	<b>2506</b>	ZASAPANI HYDRO	M40	180	04:27:05	04:41:08	<b>11:31:53.15</b>	+06:36:18 (57.3%)	14:32	4.1 (42.3%)
451	<b>KALITA Cezary</b>	<b>2055</b>	KB BIAŁA BIEGA	M50	38	04:30:34	05:00:01	<b>11:32:14.40</b>	+06:36:40 (57.3%)	14:32	4.1 (42.3%)
452	<b>BIELSKI Dawid</b>	<b>2280</b>		M30	115	04:18:30	04:36:46	<b>11:32:20.40</b>	+06:36:46 (57.3%)	14:32	4.1 (42.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Orlik 1 23km	Orlik 2 23.2km	Czas		Tempo min/km	Tempo km/h
								netto 47.6km	Różn		
453	<b>NOWORYTA Bartłomiej</b>	<b>2260</b>	SARNI TĘTENT	M30	116	04:24:33	04:59:26	<b>11:34:31.75</b>	+06:38:57 (57.4%)	14:35	4.1 (42.3%)
454	<b>KSIĘŻOPOLSKA Małgorzata</b>	<b>2570</b>		K40	45	04:33:51	04:48:33	<b>11:35:41.05</b>	+06:40:06 (57.5%)	14:36	4.1 (42.3%)
455	<b>ZACHARZYŃSKA Katarzyna</b>	<b>2167</b>	ORANGE POLSKA	K30	28	04:42:27	05:01:04	<b>11:36:44.20</b>	+06:41:09 (57.6%)	14:38	4.1 (42.3%)
456	<b>CZACHOWSKI Michal</b>	<b>2232</b>		M50	39	04:52:40	05:15:17	<b>11:37:48.05</b>	+06:42:13 (57.6%)	14:39	4.1 (42.3%)
457	<b>HANGIEL Urszula</b>	<b>2238</b>	ŻWAWE ŻÓŁWIE	K30	29	04:52:44	05:15:20	<b>11:37:49.90</b>	+06:42:15 (57.6%)	14:39	4.1 (42.3%)
458	<b>CZARNECKI Robert</b>	<b>2178</b>		M50	40	04:28:52	04:43:51	<b>11:38:08.70</b>	+06:42:34 (57.7%)	14:40	4.1 (42.3%)
459	<b>SCHLAPPA Sebastian</b>	<b>2477</b>	IZBICKO W BIEGU	M40	181	04:33:49	04:47:26	<b>11:38:21.45</b>	+06:42:47 (57.7%)	14:40	4.1 (42.3%)
460	<b>TYDA Rafał</b>	<b>2309</b>		M50	41	04:52:49	05:06:32	<b>11:40:59.00</b>	+06:45:24 (57.8%)	14:43	4.1 (42.3%)
461	<b>NOWAK Piotr</b>	<b>2456</b>	CZARNE BIEGA	M40	182	04:13:02	04:29:35	<b>11:42:39.10</b>	+06:47:04 (57.9%)	14:45	4.1 (42.3%)
462	<b>WÓJCIK Łukasz</b>	<b>2160</b>	CYTRYNOWE CURRY???	M40	183	04:32:48	04:42:26	<b>11:43:24.55</b>	+06:47:50 (58.0%)	14:46	4.1 (42.3%)
463	<b>LIPSKI Krzysztof</b>	<b>2083</b>		M40	184	04:30:38	04:51:36	<b>11:43:27.95</b>	+06:47:53 (58.0%)	14:46	4.1 (42.3%)
464	<b>MALICKA Angelika</b>	<b>2367</b>		K30	30	04:43:42	05:05:58	<b>11:43:32.55</b>	+06:47:58 (58.0%)	14:46	4.1 (42.3%)
465	<b>GÓRECKA Anna</b>	<b>2038</b>	ORANGE POLSKA	K40	46	04:42:16	05:08:45	<b>11:44:16.45</b>	+06:48:42 (58.0%)	14:47	4.1 (42.3%)
466	<b>WÓJTOWICZ Paweł</b>	<b>2398</b>	-	M50	42	04:35:20	04:55:04	<b>11:48:44.95</b>	+06:53:10 (58.3%)	14:53	4 (41.2%)
467	<b>SOWA Sylwester</b>	<b>2482</b>	DRUŻYNA PIERŚCIENIA	M40	185	04:39:39	04:54:42	<b>11:51:51.05</b>	+06:56:16 (58.5%)	14:57	4 (41.2%)
468	<b>JUREWICZ Adam</b>	<b>2430</b>	DRUŻYNA PIERŚCIENIA	M40	186	04:39:40	04:54:40	<b>11:51:51.15</b>	+06:56:16 (58.5%)	14:57	4 (41.2%)
469	<b>MITIS Marek</b>	<b>2204</b>	BRAK KLUBU	M30	117	04:35:32	04:46:46	<b>11:52:00.60</b>	+06:56:26 (58.5%)	14:57	4 (41.2%)
470	<b>NIENADOWSKA Beata</b>	<b>2100</b>	ELBLĄG	K50	5	05:03:25	05:04:28	<b>11:58:39.80</b>	+07:03:05 (58.9%)	15:05	4 (41.2%)
471	<b>DROSIK - KWAŚNIEWSKA Anna</b>	<b>2180</b>		K40	47	05:10:22	05:14:14	<b>12:02:48.30</b>	+07:07:14 (59.1%)	15:11	4 (41.2%)
471	<b>KWAŚNIEWSKI Andrzej</b>	<b>2196</b>		M40	187	05:10:24	05:14:15	<b>12:02:48.30</b>	+07:07:14 (59.1%)	15:11	4 (41.2%)
473	<b>DONIEC Katarzyna</b>	<b>2179</b>	AGARUN	K40	48	04:53:37	05:00:18	<b>12:03:30.40</b>	+07:07:56 (59.1%)	15:11	3.9 (40.2%)
474	<b>KOSSIŃSKA Aleksandra</b>	<b>2066</b>		K30	31	04:33:58	04:51:33	<b>12:04:20.80</b>	+07:08:46 (59.2%)	15:13	3.9 (40.2%)
475	<b>DOROBISZ Marek</b>	<b>2561</b>		M50	43	04:59:57	05:26:35	<b>12:04:38.40</b>	+07:09:04 (59.2%)	15:13	3.9 (40.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Orlik 1 23km	Orlik 2 23.2km	Czas		Tempo min/km	Tempo km/h
								netto 47.6km	Różn		
476	<b>MIŚTA-DOROBISZ Sylwia</b>	<b>2292</b>	MYSZKÓW BIEGA	K50	6	05:00:01	05:26:36	<b>12:04:38.80</b>	+07:09:04 (59.2%)	15:13	3.9 (40.2%)
477	<b>KUŁACZKOWSKI Konrad</b>	<b>2073</b>		M30	118	04:32:28	04:55:57	<b>12:05:02.75</b>	+07:09:28 (59.2%)	15:13	3.9 (40.2%)
478	<b>SOCIŃSKI Artur</b>	<b>2481</b>	ARP RUN TEAM	M40	188	04:26:48	04:30:45	<b>12:06:35.15</b>	+07:11:00 (59.3%)	15:15	3.9 (40.2%)
479	<b>WRZOSEK Justyna</b>	<b>2331</b>	TSA SANDOMIERZ	K30	32	05:14:55	05:29:15	<b>12:06:53.90</b>	+07:11:19 (59.3%)	15:16	3.9 (40.2%)
480	<b>PAWELEC Justyna</b>	<b>2321</b>	TSA SANDOMIERZ	K30	33	05:14:57	05:29:16	<b>12:06:53.95</b>	+07:11:19 (59.3%)	15:16	3.9 (40.2%)
481	<b>PARADOWSKI Paweł</b>	<b>2108</b>	BIEGAMBOLUBIĘ	M50	44	05:06:19	05:16:28	<b>12:12:47.15</b>	+07:17:12 (59.7%)	15:23	3.9 (40.2%)
482	<b>BURZ-PARADOWSKA Jowita</b>	<b>2014</b>	BYLE DO METY	K40	49	05:06:20	05:16:28	<b>12:12:47.95</b>	+07:17:13 (59.7%)	15:23	3.9 (40.2%)
483	<b>ZGÓRSKI Maciej</b>	<b>2503</b>	WKURW_TEAM	M40	189	04:37:04	04:48:51	<b>12:14:04.45</b>	+07:18:30 (59.7%)	15:25	3.9 (40.2%)
484	<b>JUSZCZYK Małgorzata</b>	<b>2190</b>	NIEPOŁOMICE BIEGAJA	K40	50	05:07:53	05:27:47	<b>12:18:01.50</b>	+07:22:27 (60.0%)	15:30	3.9 (40.2%)
485	<b>SZCZEPOCKI Andrzej</b>	<b>2218</b>	NIEPOŁOMICE BIEGAJĄ	M50	45	05:07:53	05:27:42	<b>12:18:11.60</b>	+07:22:37 (60.0%)	15:30	3.9 (40.2%)
486	<b>FRAANKENBERG Małgorzata</b>	<b>2563</b>	BIEGACZ NOWOSOLNS	K60	3	05:07:57	05:27:40	<b>12:20:37.60</b>	+07:25:03 (60.1%)	15:33	3.9 (40.2%)
487	<b>CZARNOCKA Joanna</b>	<b>2285</b>	ROZBIEGANY SULEJÓWEK	K40	51	05:17:54	05:47:09	<b>12:25:00.25</b>	+07:29:26 (60.3%)	15:39	3.8 (39.2%)
488	<b>BUŁKA Piotr</b>	<b>2283</b>	ROZBIEGANY SULEJÓWEK	M40	190	05:17:54	05:47:09	<b>12:25:00.35</b>	+07:29:26 (60.3%)	15:39	3.8 (39.2%)
489	<b>MROZIŃSKI Andrzej</b>	<b>2454</b>	WITAR	M50	46	04:44:45	05:13:11	<b>12:25:23.80</b>	+07:29:49 (60.3%)	15:39	3.8 (39.2%)
490	<b>RADYK Joanna</b>	<b>2381</b>	PRZEMYSKI KLUB BIEGACZA	K30	34	05:46:06	05:58:34	<b>12:25:41.90</b>	+07:30:07 (60.4%)	15:39	3.8 (39.2%)
491	<b>RADYK Jakub</b>	<b>2380</b>	PRZEMYSKI KLUB BIEGACZA	M30	119	05:46:09	05:58:35	<b>12:25:42.75</b>	+07:30:08 (60.4%)	15:39	3.8 (39.2%)
492	<b>GÓRKA Jolanta</b>	<b>2236</b>	SUSKA GRUPA BIEGOWA	K40	52	04:52:51	05:08:07	<b>12:26:03.00</b>	+07:30:28 (60.4%)	15:40	3.8 (39.2%)
493	<b>GÓRKA Bogusław</b>	<b>2235</b>	SUSKA GRUPA BIEGOWA	M40	191	04:52:51	05:08:07	<b>12:26:03.45</b>	+07:30:29 (60.4%)	15:40	3.8 (39.2%)
494	<b>WEILAND Emila</b>	<b>2393</b>		K40	53	04:57:21	05:27:29	<b>12:28:37.90</b>	+07:33:03 (60.5%)	15:43	3.8 (39.2%)
495	<b>POPŁAWSKI Krystian</b>	<b>2377</b>	GLADIATORS BY RMF 4RT	M30	120	04:56:53	05:27:29	<b>12:28:38.25</b>	+07:33:04 (60.5%)	15:43	3.8 (39.2%)
496	<b>BIELUŃ Adrian</b>	<b>2281</b>	PURA VIDA TEAM / BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ	M30	121	05:08:50	05:40:30	<b>12:34:36.05</b>	+07:39:01 (60.8%)	15:51	3.8 (39.2%)
497	<b>LESZCZYŃSKA Małgorzata</b>	<b>2079</b>		K50	7	04:57:26	05:10:53	<b>12:37:16.25</b>	+07:41:42 (61.0%)	15:54	3.8 (39.2%)
498	<b>GALICKI Robert</b>	<b>2411</b>		M40	192	04:46:53	05:07:24	<b>12:37:28.10</b>	+07:41:53 (61.0%)	15:54	3.8 (39.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Orlik 1 23km	Orlik 2 23.2km	Czas		Tempo min/km	Tempo km/h
								netto 47.6km	Różn		
499	<b>KOSSIŃSKI Przemysław</b>	<b>2535</b>		M50	47	04:24:52	05:10:59	<b>12:40:09.45</b>	+07:44:35 (61.1%)	15:58	3.8 (39.2%)
500	<b>WIELGOSZ Mariusz</b>	<b>2394</b>	BRAK	M50	48	05:28:07	05:47:09	<b>12:44:35.15</b>	+07:49:00 (61.3%)	16:03	3.7 (38.1%)
501	<b>MAJKA Dariusz</b>	<b>2366</b>		M40	193	05:28:07	05:47:06	<b>12:44:35.60</b>	+07:49:01 (61.3%)	16:03	3.7 (38.1%)
502	<b>KOŚCIELNIAK Dagmara</b>	<b>2353</b>	CZERWONACKIE KIJANKI	K40	54	05:27:51	05:42:19	<b>12:47:05.65</b>	+07:51:31 (61.5%)	16:06	3.7 (38.1%)
503	<b>SKROŃSKA Monika</b>	<b>2214</b>	WYBIEGAJ SIEBIE	K40	55	05:19:24	05:31:34	<b>12:52:14.10</b>	+07:56:39 (61.7%)	16:13	3.7 (38.1%)
504	<b>KOZAK Beata</b>	<b>2193</b>	WYBIEGAJ SIEBIE	K40	56	05:19:22	05:31:42	<b>12:52:14.30</b>	+07:56:40 (61.7%)	16:13	3.7 (38.1%)
505	<b>HAŁASZYN Joanna</b>	<b>2044</b>		K30	35	05:31:44	05:59:10	<b>13:00:47.10</b>	+08:05:12 (62.1%)	16:24	3.7 (38.1%)
506	<b>SOŁTYSIK Martyna</b>	<b>2133</b>		K20	11	05:31:44	05:59:09	<b>13:00:47.50</b>	+08:05:13 (62.1%)	16:24	3.7 (38.1%)
507	<b>KLEINSCHMIDT Łukasz</b>	<b>2061</b>	KRIS TRANS MAŁYSZKA	M40	194	05:06:58	05:09:55	<b>13:12:36.75</b>	+08:17:02 (62.7%)	16:39	3.6 (37.1%)
508	<b>MAĆKOWSKA Magdalena</b>	<b>2090</b>	KRIS TRANS MAŁYSZKA	K30	36	05:06:58	05:09:57	<b>13:12:49.45</b>	+08:17:15 (62.7%)	16:39	3.6 (37.1%)
509	<b>GARNCARZ Lucyna</b>	<b>2412</b>		K30	37	05:27:49	05:42:17	<b>13:22:37.45</b>	+08:27:03 (63.2%)	16:51	3.6 (37.1%)
510	<b>FORMELA Justyna</b>	<b>2410</b>		K40	57	05:09:35	05:27:21	<b>13:37:58.00</b>	+08:42:23 (63.9%)	17:11	3.5 (36.1%)
511	<b>MIŚKIEWICZ Wojciech</b>	<b>2452</b>		M30	122	05:09:35	05:27:17	<b>13:37:58.80</b>	+08:42:24 (63.9%)	17:11	3.5 (36.1%)
512	<b>SYGUŁA Katarzyna</b>	<b>2307</b>	WKURW_TEAM	K40	58	06:18:16	06:35:00	<b>13:53:26.95</b>	+08:57:52 (64.5%)	17:30	3.4 (35.1%)
513	<b>LEN Mariusz</b>	<b>2077</b>		M60	9	05:12:21	05:33:05	<b>14:09:10.25</b>	+09:13:36 (65.2%)	17:50	3.4 (35.1%)
514	<b>MUSIAŁ Bożena</b>	<b>2098</b>	WARTKIE PIERONY	K40	59	06:13:14	06:25:19	<b>14:17:46.25</b>	+09:22:12 (65.5%)	18:01	3.3 (34.0%)
515	<b>LESISZ Katarzyna</b>	<b>2078</b>	WARTKIE PIERONY	K40	60	06:13:16	06:25:22	<b>14:17:47.30</b>	+09:22:13 (65.5%)	18:01	3.3 (34.0%)
516	<b>PAWŁOWSKA Danuta</b>	<b>2110</b>	WKURW_TEAM	K40	61	06:30:03	26:03:37	<b>34:48:27.30</b>	+29:52:53 (85.8%)	43:52	1.4 (14.4%)
DNC	<b>BŁĘDKOWSKA Katarzyna</b>	<b>2576</b>		K30			03:48:20	04:01:00	<b>07:13:30.95</b>	0:00	6.6 (68.0%)
	<b>GAWLEWICZ Tomasz</b>	<b>2579</b>	GAWĘŁKI TEAM	M40			02:54:25 DNF	02:58:23 DNF	<b>DNF</b>	-	- (0.0%)
	<b>JURCZAK Roman</b>	<b>2347</b>		M60			03:24:24 DNF	03:26:04 DNF	<b>DNF</b>	-	- (0.0%)
	<b>MARCOL Mateusz</b>	<b>2251</b>	BIEG RZEŹNIKA	M30			03:28:44 DNF	03:40:43 DNF	<b>DNF</b>	-	- (0.0%)
	<b>MIERZWA Szymon</b>	<b>2450</b>	KOPALNIA MOCY	M30			04:05:35 DNF	04:15:57 DNF	<b>DNF</b>	-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Orlik 1 23km	Orlik 2 23.2km	Czas netto 47.6km	Różn	Tempo min/km	Tempo km/h
	<b>DZIETCZYK Kamil</b>	<b>2340</b>	AKTYWNE CHOSZCZNO	M30		03:55:18 DNF	04:22:45 DNF	<b>DNF</b>		-	- (0.0%)
	<b>SKOBEL Robert</b>	<b>2522</b>	SZAKAL BIEGA LUCKY TEAM BRODATY SQRWIEL	M40		04:30:47 DNF	04:43:56 DNF	<b>DNF</b>		-	- (0.0%)
	<b>ZARZECZNY Radosław</b>	<b>2227</b>	JUNIOR AMATOR SUPERSTAR	M30		04:35:34 DNF	04:46:48 DNF	<b>DNF</b>		-	- (0.0%)
	<b>KONIK Marcin</b>	<b>2351</b>		M40		03:17:31 DNF	DNF	<b>DNF</b>		-	- (0.0%)
	<b>MISIURA Adam</b>	<b>2095</b>	KLUB SPORTOWY SZAKALE BAŁUT ŁÓDŹ	M30		04:12:03 DNF	DNF	<b>DNF</b>		-	- (0.0%)
	<b>PUCUŁA Witold</b>	<b>2209</b>		M50		04:54:16 DNF	DNF	<b>DNF</b>		-	- (0.0%)
	<b>PIOTRKOWSKA Magdalena</b>	<b>2113</b>		K30		07:50:44 DNF	DNF	<b>DNF</b>		-	- (0.0%)
	<b>FALECKI Damian</b>	<b>2408</b>	KSZO OSTROWIEC ŚWIĘTOKRZYSKI	M20		DNF	DNF	<b>DNF</b>		-	- (0.0%)
	<b>SITAREK Iwona</b>	<b>2128</b>		K50		DNF	DNF	<b>DNF</b>		-	- (0.0%)
	<b>WINICKA Daria</b>	<b>2499</b>		K40		DNF	DNF	<b>DNF</b>		-	- (0.0%)
	<b>CHOLEWICKA Ewelina</b>	<b>2284</b>		K30		DNF	DNF	<b>DNF</b>		-	- (0.0%)

Znaleziono 532 wynik(ów)