



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	FARON Robert	2409	SALCO GARMIN TEAM	M40	1	02:16:35	02:16:58	04:55:34.25		6:12	9.7 (100%)
2	ZIAJKA Karol	2400	JAGA KORA TEAM/PGR	M20	1	02:17:47	02:19:26	05:20:08.85	+00:24:34 (7.7%)	6:43	8.9 (91.8%)
3	PIECHA Artur	2589		M40	2	02:28:22	02:30:03	05:37:57.30	+00:42:23 (12.5%)	7:05	8.5 (87.6%)
4	ŻUBIŃSKI Piotr	2583		M40	3	02:27:04	02:27:26	05:38:06.70	+00:42:32 (12.6%)	7:06	8.4 (86.6%)
5	BADOWSKI Aleksander	2332	TEAM MOUNTAIN FUEL	M30	1	02:22:43	02:23:11	05:48:06.05	+00:52:31 (15.1%)	7:18	8.2 (84.5%)
6	LEWANDOWSKA Edyta	2553	ONRUNNING TEAM	K40	1	02:30:26	02:31:54	05:51:03.00	+00:55:28 (15.8%)	7:22	8.1 (83.5%)
7	PERYKASZA Paweł	2463	GRUPALUKTRANS.PL	M40	4	02:38:50	02:41:10	06:03:15.45	+01:07:41 (18.6%)	7:37	7.9 (81.4%)
8	MAŃCZAK Filip	2447	AKTYWNI I RAZEM	M40	5	02:29:51	02:33:32	06:03:41.85	+01:08:07 (18.7%)	7:38	7.9 (81.4%)
9	SKAWIŃSKI Tomasz	2303	GOPR BIESZCZADY	M40	6	02:37:45	02:42:27	06:06:36.30	+01:11:02 (19.4%)	7:42	7.8 (80.4%)
10	KOT Rafał	2517	LEDLENSER // MUAY RUNNING TEAM	M40	7	02:41:39	02:43:36	06:17:09.55	+01:21:35 (21.6%)	7:55	7.6 (78.4%)
11	GRONDYS Paweł	2040		M40	8	02:37:39	02:39:47	06:17:26.85	+01:21:52 (21.7%)	7:55	7.6 (78.4%)
12	WASIEL Tomasz	2495	ASTORIA SZCZERCÓW	M30	2	02:43:41	02:50:34	06:21:22.75	+01:25:48 (22.5%)	8:00	7.5 (77.3%)
13	CHMIELOWSKA Claudia	2564	TRM TEAM ASD	K20	1	02:41:07	02:41:51	06:21:36.85	+01:26:02 (22.5%)	8:01	7.5 (77.3%)
14	STACHURSKI Paweł	2551		M30	3	02:30:18	02:34:10	06:23:04.70	+01:27:30 (22.8%)	8:02	7.5 (77.3%)
15	GARDENER Jacek	2562	JACEKBIEGA RUNNING TEAM	M50	1	02:54:23	02:55:03	06:23:19.60	+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	DANILUK Krzysztof	2538	BIEGAMBOLUBIĘ	M40	9	02:41:31	02:44:52	06:25:17.70	+01:29:43 (23.3%)	8:05	7.4 (76.3%)
17	LIPIŃSKI Marek	2521		M40	10	02:48:20	02:50:21	06:27:49.05	+01:32:14 (23.8%)	8:08	7.4 (76.3%)
18	JOŃCZYK Rafał	2558	JACEKBIEGA RUNNING TEAM	M40	11	02:40:02	02:43:13	06:28:42.00	+01:33:07 (24.0%)	8:09	7.3 (75.3%)
19	WRÓBLEWSKI Michał	2330	WHISKY AFICIONADOS	M30	4	02:51:50	02:57:13	06:28:43.15	+01:33:08 (24.0%)	8:09	7.3 (75.3%)
20	NOWAK Mirosław	2586	NIE MA	M40	12	02:42:23	02:44:00	06:28:43.45	+01:33:09 (24.0%)	8:09	7.3 (75.3%)
21	PETRYNA Jagoda	2372	UKS OLIMPIJCZYK 46	K30	1	02:53:53	02:55:45	06:36:18.80	+01:40:44 (25.4%)	8:19	7.2 (74.2%)
22	GRUDZIŃSKI Jacek	2422		M30	5	02:46:48	02:54:37	06:36:44.30	+01:41:10 (25.5%)	8:20	7.2 (74.2%)
23	WIECZOREK Agata	2498		K30	2	02:51:58	02:54:37	06:36:52.55	+01:41:18 (25.5%)	8:20	7.2 (74.2%)
24	KOT Krzysztof	2067	MPK - RZESZÓW	M40	13	02:43:53	02:49:56	06:37:36.85	+01:42:02 (25.7%)	8:21	7.2 (74.2%)
25	SZYMURA Wojciech	2327		M40	14	02:48:31	02:48:56	06:40:46.90	+01:45:12 (26.3%)	8:25	7.1 (73.2%)
26	STEFAŃSKI Krystian	2483	RMT TEAM PRO	M30	6	02:44:39	02:48:03	06:41:44.15	+01:46:09 (26.4%)	8:26	7.1 (73.2%)
27	ZAJĄC Katarzyna	2514	4K TEAM TARNÓW ULTRAFUN ML	K40	2	02:49:58	02:52:14	06:41:55.25	+01:46:21 (26.5%)	8:26	7.1 (73.2%)
28	ŁYDA Piotr	2089		M30	7	02:57:07	03:02:28	06:43:21.10	+01:47:46 (26.7%)	8:28	7.1 (73.2%)
29	ZIĘBA Tomasz	2591	JACEKBIEGA RUNNING TEAM	M40	15	03:03:50	03:06:12	06:44:08.45	+01:48:34 (26.9%)	8:29	7.1 (73.2%)
30	GAWLEWICZ Krystyna	2580	GAWĘŁKI TEAM	K40	3	02:56:04	02:58:21	06:45:30.70	+01:49:56 (27.1%)	8:31	7 (72.2%)
31	OTRĘBSKI Maciej	2105	VEGE RUNNERS	M30	8	02:55:07	03:03:17	06:48:24.50	+01:52:50 (27.6%)	8:34	7 (72.2%)
32	BARANOWSKI Jacek	2005	JACEKBIEGA RUNNING TEAM	M40	16	02:55:23	03:00:41	06:50:35.25	+01:55:01 (28.0%)	8:37	7 (72.2%)
33	EFIMOV Aleksandr	2031	VEGE RUNNERS	M30	9	02:55:07	03:03:22	07:00:13.70	+02:04:39 (29.7%)	8:49	6.8 (70.1%)
34	DZIADZIO Małgorzata	2516	KRAKOWSKA IZBA ADWOKACKA	K20	2	02:56:39	03:00:29	07:01:57.15	+02:06:22 (30.0%)	8:51	6.8 (70.1%)
35	FETISOVA Ekaterina	2532	ADIDAS RUNNERS WARSAW	K30	3	02:56:35	03:06:47	07:02:09.55	+02:06:35 (30.0%)	8:52	6.8 (70.1%)
36	OCHWAT Piotr	2457	RACE+	M30	10	02:56:38	03:00:30	07:02:51.35	+02:07:17 (30.1%)	8:53	6.8 (70.1%)
37	KOBAK Marcin	2289		M40	17	03:07:26	03:10:21	07:04:29.15	+02:08:54 (30.4%)	8:55	6.7 (69.1%)
38	BIENIECKA Anna	2335	BIEG RZEŹNIKA	K40	4	03:00:46	03:02:29	07:04:59.15	+02:09:24 (30.5%)	8:55	6.7 (69.1%)

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								netto 47.6km	Różn		
39	ROMERO GARCIA Juan	2473	WITC	M30	11	02:51:14	02:53:39	07:05:48.25	+02:10:14 (30.6%)	8:56	6.7 (69.1%)
40	PIETRZAK Jan	2588	#WAWRZYNTTEAM	M30	12	03:02:34	03:04:30	07:06:30.70	+02:10:56 (30.7%)	8:57	6.7 (69.1%)
41	RUSZNICA Tomasz	2550		M40	18	03:02:50	03:07:13	07:07:28.20	+02:11:53 (30.9%)	8:58	6.7 (69.1%)
42	KONOPKA Bartosz	2437	BIEGAMBOLUBIĘ	M40	19	03:02:44	03:06:30	07:08:51.00	+02:13:16 (31.1%)	9:00	6.7 (69.1%)
43	MAJOREK Krzysztof	2445		M30	13	02:51:20	02:53:49	07:08:55.90	+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	07:09:04.45	+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	07:10:32.90	+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	07:11:38.05	+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	07:13:36.80	+02:18:02 (31.8%)	9:06	6.6 (68.0%)
48	NOWAK Piotr	2455	BIESZCZADY	M50	2	03:02:37	03:05:02	07:13:59.30	+02:18:25 (31.9%)	9:07	6.6 (68.0%)
49	KUZIEL Jakub	2546		M30	14	02:59:35	03:02:57	07:15:11.80	+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	07:17:09.85	+02:21:35 (32.4%)	9:11	6.5 (67.0%)
51	GĄBKA Magdalena	2182		K30	6	03:02:30	03:07:23	07:19:23.40	+02:23:49 (32.7%)	9:13	6.5 (67.0%)
52	POTERA Maciej	2470		M30	15	03:23:45	03:24:34	07:19:45.95	+02:24:11 (32.8%)	9:14	6.5 (67.0%)
53	GARUS Łukasz	2036		M40	23	03:09:44	03:16:48	07:19:51.35	+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	07:19:58.05	+02:24:23 (32.8%)	9:14	6.5 (67.0%)
55	LUBAŃSKI Robert	2198	BRAK	M50	3	03:02:52	03:06:13	07:20:28.70	+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	07:21:04.30	+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	07:22:18.95	+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	07:22:44.40	+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	07:22:58.90	+02:27:24 (33.3%)	9:18	6.4 (66.0%)
60	RAMOTOWSKI Marcin	2265		M40	28	03:11:49	03:17:22	07:24:47.90	+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	07:25:34.00	+02:29:59 (33.7%)	9:21	6.4 (66.0%)

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

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

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								netto 47.6km	Różn		
108	GIBAŁA Marcin	2343	BIEGAM DLA ALI I HANI	M40	48	03:25:00	03:37:52	08:02:27.20	+03:06:52 (38.7%)	10:08	5.9 (60.8%)
109	DOMIN Daniel	2233	MULTIPLIER TEAM	M40	49	03:16:10	03:35:13	08:04:06.65	+03:08:32 (38.9%)	10:10	5.9 (60.8%)
110	JANOWICZ Rafał	2427	MIĘKKI ŻELEK	M40	50	03:03:42	03:13:10	08:04:10.05	+03:08:35 (39.0%)	10:10	5.9 (60.8%)
111	KOKOSZKA Wojciech	2064	SLOW JOGGING SIEDLCE	M40	51	03:19:37	03:33:06	08:04:42.40	+03:09:08 (39.0%)	10:10	5.9 (60.8%)
112	WALERJAN-RUSEK Agnieszka	2149	AZS AWF KRAKÓW MASTERS	K40	6	03:21:58	03:31:59	08:05:26.55	+03:09:52 (39.1%)	10:11	5.9 (60.8%)
113	MAŁYSZKA Krzysztof	2093	KRIS TRANS MAŁYSZKA	M50	8	03:21:51	03:22:20	08:05:37.35	+03:10:03 (39.1%)	10:12	5.9 (60.8%)
114	KASTELIK Dariusz	2433	SPRINTEX TEAM	M40	52	03:17:34	03:31:25	08:05:47.10	+03:10:12 (39.2%)	10:12	5.9 (60.8%)
115	SADY Sebastian	2475	OBY2	M40	53	03:17:34	03:21:25	08:07:16.50	+03:11:42 (39.3%)	10:14	5.9 (60.8%)
116	PLEWA Tomasz	2544		M40	54	03:04:48	03:23:54	08:09:31.55	+03:13:57 (39.6%)	10:17	5.8 (59.8%)
117	NYKIEL Daniel	2103	PANORAMIX	M30	35	03:16:15	03:27:27	08:09:40.70	+03:14:06 (39.6%)	10:17	5.8 (59.8%)
118	ŁOBODOWSKI Marcin	2444	RACEFIGHTER GOSIR DĘBE WIELKIE	M40	55	02:56:46	03:03:56	08:10:19.00	+03:14:44 (39.7%)	10:18	5.8 (59.8%)
119	BOROWSKI Tomasz	2518	MTS HAMER	M50	9	03:27:31	03:35:50	08:10:35.35	+03:15:01 (39.8%)	10:18	5.8 (59.8%)
120	WOJCIECHOWSKA Małgorzata	2396	VIKING TRAINING CENTER TYCHY	K40	7	03:19:06	03:25:55	08:10:39.15	+03:15:04 (39.8%)	10:18	5.8 (59.8%)
121	KRUPA Grzegorz	2571		M40	56	03:24:33	03:33:15	08:11:06.40	+03:15:32 (39.8%)	10:19	5.8 (59.8%)
122	ASŁANOWICZ Marcin	2312	ŻÓRAWSKI TEAM	M40	57	03:30:53	03:40:44	08:11:36.80	+03:16:02 (39.9%)	10:19	5.8 (59.8%)
123	DWORNICKI Tomasz	2572	RGB	M40	58	03:20:56	03:33:00	08:11:44.15	+03:16:09 (39.9%)	10:19	5.8 (59.8%)
124	WALCZUK Łukasz	2273		M20	5	03:38:16	03:38:58	08:11:49.85	+03:16:15 (39.9%)	10:19	5.8 (59.8%)
125	MARCINIAK Tomasz	2368		M40	59	03:21:32	03:27:16	08:11:54.75	+03:16:20 (39.9%)	10:20	5.8 (59.8%)
126	KWIATKOWSKI Kajetan	2317	SUT - STRASZYN ULTRA TEAM	M30	36	03:36:15	03:50:36	08:12:55.85	+03:17:21 (40.0%)	10:21	5.8 (59.8%)
127	ZYGADLEWICZ Grzegorz	2559	JACEKBIEGA RUNNING CLUB	M30	37	03:24:54	03:36:01	08:13:29.05	+03:17:54 (40.1%)	10:22	5.8 (59.8%)
128	SIVKO Vladimir	2129	72D	M30	38	03:12:23	03:25:47	08:13:30.40	+03:17:56 (40.1%)	10:22	5.8 (59.8%)
129	LAUKS Jan	2197	DZIK KOMANDO	M20	6	03:07:02	03:16:29	08:13:57.05	+03:18:22 (40.2%)	10:22	5.8 (59.8%)
130	HERMAN Paweł	2539	MLUKS TRZEBIATÓW	M40	60	03:27:57	03:38:54	08:14:19.25	+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	PORĘBA Eugeniusz	2469	MIECHÓW	M50	10	03:27:11	03:35:44	08:14:25.35	+03:18:51 (40.2%)	10:23	5.8 (59.8%)
132	OWSKA Justyna	2106	DELOITTE ADVENTURE TEAM	K20	3	03:23:20	03:41:48	08:15:21.75	+03:19:47 (40.3%)	10:24	5.8 (59.8%)
133	PIŁAT Jakub	2534	MULTIMEDIA RUNNERS PUŁAWY	M30	39	03:10:55	03:21:57	08:15:52.00	+03:20:17 (40.4%)	10:25	5.8 (59.8%)
134	GRZESZAK Rafał	2184	DOGOŃ GRODZISK MAZOWIECKI	M40	61	03:18:56	03:25:11	08:17:20.85	+03:21:46 (40.6%)	10:26	5.7 (58.8%)
135	LEWANDOWSKI Janusz	2549	BIEGNE DLA +WUJA+ KUBY,HANI I ANI	M30	40	03:20:44	03:30:38	08:17:32.75	+03:21:58 (40.6%)	10:27	5.7 (58.8%)
136	AUGUŚCIK Grzegorz	2003	ROZBIEGAJMY RADOMSKO	M30	41	03:20:49	03:39:59	08:18:23.05	+03:22:48 (40.7%)	10:28	5.7 (58.8%)
137	KUCHARSKI Marcin	2525		M30	42	03:10:44	03:16:39	08:18:23.20	+03:22:48 (40.7%)	10:28	5.7 (58.8%)
138	GŁOWACKI Andrzej	2418	MŁODY VS STARY	M50	11	03:33:10	03:44:41	08:19:07.65	+03:23:33 (40.8%)	10:29	5.7 (58.8%)
139	KONOPKA Mariusz	2352		M30	43	03:26:42	03:40:10	08:19:38.20	+03:24:03 (40.8%)	10:29	5.7 (58.8%)
140	KOCOŃ Mariusz	2554	KLINIKA ZDROWIA I URODY CZ.WOŚKO	M50	12	03:26:12	03:43:29	08:19:57.90	+03:24:23 (40.9%)	10:30	5.7 (58.8%)
141	MAŚLANY Mariusz	2252	ELEKTROMETAL ENERGETYKA SA	M40	62	03:28:33	03:34:46	08:20:21.15	+03:24:46 (40.9%)	10:30	5.7 (58.8%)
142	SZWED Tomasz	2271	SUSKA GRUPA BIEGOWA	M30	44	03:28:27	03:53:35	08:20:25.00	+03:24:50 (40.9%)	10:30	5.7 (58.8%)
143	SOKALSKI Grzegorz	2569		M40	63	03:32:48	03:37:00	08:20:35.65	+03:25:01 (41.0%)	10:30	5.7 (58.8%)
144	PŁUCIENNICZAK Wojciech	2116		M40	64	03:32:39	03:37:56	08:20:39.85	+03:25:05 (41.0%)	10:31	5.7 (58.8%)
145	SADKOWSKI Paweł	2383		M40	65	03:24:21	03:30:01	08:21:36.80	+03:26:02 (41.1%)	10:32	5.7 (58.8%)
146	ADAMOWICZ Agnieszka	2001	ZWOLEŃNICY BIEGANIA	K40	8	03:43:42	03:47:01	08:21:38.00	+03:26:03 (41.1%)	10:32	5.7 (58.8%)
147	PELA Olga	2462	SKY-TRANS	K30	9	03:27:47	03:35:54	08:21:44.80	+03:26:10 (41.1%)	10:32	5.7 (58.8%)
148	PILECKA Małgorzata	2374	RUNEDA	K40	9	03:26:50	03:40:25	08:23:10.00	+03:27:35 (41.3%)	10:34	5.7 (58.8%)
149	SOWIŃSKI Kamil	2386		M30	45	03:19:48	03:27:41	08:23:28.50	+03:27:54 (41.3%)	10:34	5.7 (58.8%)
150	MOSIO Grzegorz	2453		M40	66	03:13:46	03:15:57	08:23:44.50	+03:28:10 (41.3%)	10:34	5.7 (58.8%)
151	PROKOPIUK Grzegorz	2120	SZWAGRY DWA	M40	67	03:26:59	03:43:52	08:23:45.45	+03:28:11 (41.3%)	10:34	5.7 (58.8%)
152	NOWAK Anna	2101	RUNONLINE.PL	K40	10	03:34:48	03:38:28	08:24:38.00	+03:29:03 (41.4%)	10:36	5.7 (58.8%)
153	BARAN Stanisław	2004	SAINT-GOBAIN SQUAD	M40	68	03:16:30	03:29:07	08:25:31.85	+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	SMYKA Michał	2130		M20	7	03:21:28	03:30:00	08:25:44.45	+03:30:10 (41.6%)	10:37	5.6 (57.7%)
155	PODLEŚ Robert	2208	COBI POLAND TEAM	M50	13	03:38:35	03:42:22	08:25:45.45	+03:30:11 (41.6%)	10:37	5.6 (57.7%)
156	LEWANDOWSKI Przemysław	2080	TALENT42	M30	46	03:23:20	03:41:49	08:26:00.80	+03:30:26 (41.6%)	10:37	5.6 (57.7%)
157	FRAŃSKI Łukasz	2034	NKB CHYŻY NOWY TOMYŚL	M40	69	03:27:18	03:36:20	08:27:05.55	+03:31:31 (41.7%)	10:39	5.6 (57.7%)
158	BUZALSKI Robert	2405	ORANGE POLSKA	M40	70	03:27:42	03:40:33	08:27:28.55	+03:31:54 (41.8%)	10:39	5.6 (57.7%)
159	WOJDALSKI Piotr	2329		M20	8	03:31:53	03:46:28	08:27:40.05	+03:32:05 (41.8%)	10:39	5.6 (57.7%)
160	SMAL Paweł	2215	SUPADUPAFLY	M40	71	03:21:25	03:24:46	08:27:46.45	+03:32:12 (41.8%)	10:40	5.6 (57.7%)
161	DRÓŹDŹ Tomasz	2181	CZEWARUN TIM	M30	47	03:29:27	03:35:56	08:28:01.75	+03:32:27 (41.8%)	10:40	5.6 (57.7%)
162	KASIŃSKI Wojciech	2059	ULTRAPLESS	M50	14	03:35:52	03:40:22	08:28:16.55	+03:32:42 (41.8%)	10:40	5.6 (57.7%)
163	KOZAK Bartosz	2194	NIECH MNIE NÓŻKI NIOSĄ	M20	9	03:23:45	03:45:33	08:30:00.75	+03:34:26 (42.0%)	10:42	5.6 (57.7%)
164	ZAŁUŻNY Michał	2226		M30	48	03:30:43		08:32:03.25	+03:36:29 (42.3%)	10:45	5.6 (57.7%)
165	GRONOWSKI Robert	2421	FFF / CROSS TRENING CIECHANÓW	M30	49	03:24:11	03:37:57	08:32:09.55	+03:36:35 (42.3%)	10:45	5.6 (57.7%)
165	ZADROŻNY Krzysztof	2502	CROSS TRENING MAZOVIA CIECHANÓW	M30	49	03:24:09	03:37:57	08:32:09.55	+03:36:35 (42.3%)	10:45	5.6 (57.7%)
167	BIAŁEK Marcin	2010	MIAMI	M30	51	03:25:00	03:35:38	08:32:14.95	+03:36:40 (42.3%)	10:45	5.6 (57.7%)
168	WIĘCEK Artur	2155	SALT RUNNERS BOCHNIA	M40	72	03:27:10	03:40:35	08:32:54.15	+03:37:19 (42.4%)	10:46	5.6 (57.7%)
169	LITWIN Marek	2364	RUNEDA	M50	15	03:26:50	03:40:28	08:33:23.50	+03:37:49 (42.4%)	10:47	5.6 (57.7%)
170	CZELNY Zbyszek	2509		M30	52	03:33:58	03:45:12	08:33:37.55	+03:38:03 (42.5%)	10:47	5.6 (57.7%)
171	SALABUN Bartosz	2211		M30	53	03:33:56	03:45:12	08:33:39.10	+03:38:04 (42.5%)	10:47	5.6 (57.7%)
172	ŚWIADERSKI Paweł	2488	RED FISH	M40	73	03:13:53	03:19:03	08:34:44.50	+03:39:10 (42.6%)	10:48	5.5 (56.7%)
173	GRABOWICZ Mirosław	2419	SOKÓLSKA GRUPA BIEGOWA	M50	16	03:37:35	03:45:33	08:34:46.20	+03:39:11 (42.6%)	10:48	5.5 (56.7%)
174	SUTKOWSKI Andrzej	2139		M50	17	03:39:00	03:39:44	08:35:15.50	+03:39:41 (42.6%)	10:49	5.5 (56.7%)
175	POŹNIAK Marcin	2118	NIGHT RUNNERS PYSKOWICE	M30	54	03:21:29	03:41:19	08:35:41.80	+03:40:07 (42.7%)	10:50	5.5 (56.7%)
176	PIEKIELNA Angelika	2206	MUKS "JUNIOR" OCHEŹDZYN	K30	10	03:43:28	03:49:07	08:35:49.35	+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	KACZOREK Marcin	2431		M40	74	03:35:17	03:42:55	08:35:54.20	+03:40:19 (42.7%)	10:50	5.5 (56.7%)
178	ROSIŃSKI Krzysztof	2124		M50	18	03:33:08	03:40:50	08:35:55.75	+03:40:21 (42.7%)	10:50	5.5 (56.7%)
179	DOMARADZKA- KASZUBOWICZ Wiktoria	2339	DZIEWCZYNY Z SANOKA	K30	11	03:38:32	04:02:28	08:37:00.80	+03:41:26 (42.8%)	10:51	5.5 (56.7%)
180	LEŚNIAK-POPIEL Marta	2361	DZIEWCZYNY Z SANOKA	K40	11	03:56:23	04:02:29	08:37:19.65	+03:41:45 (42.9%)	10:52	5.5 (56.7%)
181	CEBRAT Ewa	2336	DZIEWCZYNY Z SANOKA	K40	12	03:56:24	04:02:31	08:37:19.90	+03:41:45 (42.9%)	10:52	5.5 (56.7%)
182	DRAŃKO Piotr	2026	HEINEKEN KRAKOW RUNNING CLUB	M30	55	03:16:45	03:26:49	08:37:32.70	+03:41:58 (42.9%)	10:52	5.5 (56.7%)
183	NOWAK Krzysztof	2259		M40	75	03:37:56	03:44:46	08:38:01.00	+03:42:26 (42.9%)	10:52	5.5 (56.7%)
184	TOMALAK Marek	2147		M40	76	03:21:38	03:33:25	08:38:27.10	+03:42:52 (43.0%)	10:53	5.5 (56.7%)
185	SZEWczyk Monika	2143	BRZYSKITRITEAM	K30	12	03:37:22	03:39:55	08:38:51.70	+03:43:17 (43.0%)	10:54	5.5 (56.7%)
186	SYSKA Wojciech	2140	KKM KALORYFER	M30	56	03:44:00	03:54:19	08:38:53.45	+03:43:19 (43.0%)	10:54	5.5 (56.7%)
187	WĘDRYCHOWICZ Grzegorz	2152	RUN 4 FAN	M50	19	03:32:28	03:41:39	08:39:08.55	+03:43:34 (43.1%)	10:54	5.5 (56.7%)
188	CICHOCKI Dawid	2017	NIGHT RUNNERS PYSKOWICE	M30	57	03:19:28	03:41:15	08:39:09.00	+03:43:34 (43.1%)	10:54	5.5 (56.7%)
189	STANISZ Marcin	2136	NIGHT RUNNERS PYSKOWICE	M30	58	03:19:29	03:41:15	08:39:09.25	+03:43:35 (43.1%)	10:54	5.5 (56.7%)
190	PUDZISZ Piotr	2121	DZIKI Z BOCHENKA	M40	77	03:28:12	03:37:25	08:39:09.90	+03:43:35 (43.1%)	10:54	5.5 (56.7%)
191	WIŚNIEWSKI Marek	2501	RED FISH	M40	78	03:22:59	03:31:58	08:39:24.70	+03:43:50 (43.1%)	10:54	5.5 (56.7%)
192	FALECKI Damian	2584	KSZO OSTROWIEC ŚWIĘTOKRZYSKI	M20	10	03:17:43	03:33:58	08:40:20.80	+03:44:46 (43.2%)	10:55	5.5 (56.7%)
193	HABA Konrad	2424		M30	59	03:28:51	03:44:24	08:40:57.75	+03:45:23 (43.3%)	10:56	5.5 (56.7%)
194	ZALEWSKI Andrzej	2279	TEAM NUTRILITE	M60	1	03:28:21	03:36:19	08:41:34.55	+03:46:00 (43.3%)	10:57	5.5 (56.7%)
195	JURGA Piotr	2240	IM-POSSIBLE TEAM	M30	60	03:28:42	03:44:18	08:41:39.50	+03:46:05 (43.3%)	10:57	5.5 (56.7%)
196	JANDZIŚ Wiesław	2582	AKTYWNY DYNÓW	M40	79	03:46:05	04:00:43	08:42:41.90	+03:47:07 (43.5%)	10:58	5.5 (56.7%)
197	SOBOTA Rafał	2132		M30	61	03:31:49	03:44:10	08:42:43.90	+03:47:09 (43.5%)	10:58	5.5 (56.7%)
198	LASZCZYK Nadia	2442		K30	13	03:40:27	03:47:23	08:42:56.25	+03:47:22 (43.5%)	10:59	5.5 (56.7%)
199	MIKOLAJCZYK Lukasz	2254	GORCZYCA TEAM	M30	62	03:27:29	03:38:32	08:43:30.85	+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	KACZYŃSKI Artur	2348		M40	80	03:29:07	03:38:19	08:46:03.70	+03:50:29 (43.8%)	11:03	5.4 (55.7%)
201	ZAŁUSKI Dominik	2169	PECNA TEAM	M20	11	03:22:27	03:40:12	08:46:26.05	+03:50:51 (43.9%)	11:03	5.4 (55.7%)
202	JÓZEFczyk Jacek	2428		M40	81	03:48:38	04:04:12	08:46:30.40	+03:50:56 (43.9%)	11:03	5.4 (55.7%)
203	DEDERKO Piotr	2024	DEDETEAM	M40	82	03:25:22	03:48:20	08:46:39.30	+03:51:05 (43.9%)	11:03	5.4 (55.7%)
204	JANKIEWICZ Marek	2426	SFORA BMK	M40	83	03:36:02	03:46:12	08:48:27.20	+03:52:52 (44.1%)	11:06	5.4 (55.7%)
205	GRYCZKO Marta	2423	PROSIAKI TEAM	K30	14	03:41:48	03:45:28	08:48:30.95	+03:52:56 (44.1%)	11:06	5.4 (55.7%)
206	BAK Piotr	2176	SUPADUPAFLY	M30	63	03:27:34	03:45:28	08:48:53.00	+03:53:18 (44.1%)	11:06	5.4 (55.7%)
207	NOWOSAD Artur	2528		M40	84	03:41:11	03:44:53	08:48:56.00	+03:53:21 (44.1%)	11:06	5.4 (55.7%)
208	ŚRODA Krzysztof	2391		M50	20	03:38:29	03:43:01	08:49:06.00	+03:53:31 (44.1%)	11:06	5.4 (55.7%)
209	HYBA Rafal	2188	VIKING TYCHY	M20	12	03:27:25	03:36:49	08:49:22.95	+03:53:48 (44.2%)	11:07	5.4 (55.7%)
210	ROKITA Paweł	2472	RACEFIGHTER GOSIR DĘBE WIELKIE	M30	64	03:27:02	03:37:06	08:49:42.00	+03:54:07 (44.2%)	11:07	5.4 (55.7%)
211	PYTLIK Wojciech	2122	HEINEKEN KRAKÓW RUNNING CLUB	M30	65	03:33:34	03:42:35	08:49:42.60	+03:54:08 (44.2%)	11:07	5.4 (55.7%)
212	ZAJĄC Jarosław	2168		M30	66	03:33:37	03:42:36	08:49:43.75	+03:54:09 (44.2%)	11:07	5.4 (55.7%)
213	SEMENIUK Konrad	2302	RZEPIN CITY	M30	67	03:39:08	03:42:27	08:49:49.55	+03:54:15 (44.2%)	11:07	5.4 (55.7%)
214	KOKOT Roman	2578	AKTYWNY DYNÓW	M40	85	03:54:18	04:00:43	08:49:53.35	+03:54:19 (44.2%)	11:07	5.4 (55.7%)
215	ŚCIBOR Marcin	2272		M30	68	03:38:35	03:49:56	08:50:15.40	+03:54:41 (44.3%)	11:08	5.4 (55.7%)
216	KODZIS Lesław	2245		M40	86	03:32:13	03:40:02	08:50:38.10	+03:55:03 (44.3%)	11:08	5.4 (55.7%)
217	PYTEL Waldek	2323	YULO RUN TEAM SIEDLCE	M50	21	03:54:31	03:55:08	08:52:44.35	+03:57:10 (44.5%)	11:11	5.4 (55.7%)
218	OSTROWSKI Zbyszek	2319	YULO RUN TEAM SIEDLCE	M60	2	03:54:29	03:55:10	08:52:44.90	+03:57:10 (44.5%)	11:11	5.4 (55.7%)
219	PAW Marek	2109	BRAK	M50	22	03:37:10	03:41:37	08:53:31.45	+03:57:57 (44.6%)	11:12	5.4 (55.7%)
220	PISZCZ Marek	2115	OPEL ACTIVE TEAM	M40	87	03:35:31	03:47:10	08:55:04.40	+03:59:30 (44.8%)	11:14	5.3 (54.6%)
221	CEGIEŁKO Paweł	2406	NIE NALEŻĘ DO KLUBU	M40	88	03:44:16	03:56:46	08:55:07.75	+03:59:33 (44.8%)	11:14	5.3 (54.6%)
222	SMIT Maciek	2552		M40	89	03:34:42	03:48:27	08:56:07.50	+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	MIERZWA Jakub	2451		M20	13	04:04:26	04:17:17	08:56:12.85	+04:00:38 (44.9%)	11:15	5.3 (54.6%)
224	SUDAKOWSKI Tomasz	2567	RAWA TIM ZAWSZE SLIM	M50	23	03:35:22	03:37:19	08:57:12.55	+04:01:38 (45.0%)	11:17	5.3 (54.6%)
225	KRZYZIŃSKA Sylwia	2358	DOGOŃ GRODZISK MAZOWIECKI	K40	13	03:50:06	04:00:26	08:58:08.20	+04:02:33 (45.1%)	11:18	5.3 (54.6%)
226	PLACHA Piotr	2467	KOPALNIA MOCY TARNOBRZEG	M40	90	03:45:47	03:46:17	08:58:30.10	+04:02:55 (45.1%)	11:18	5.3 (54.6%)
227	ZAŁUSKI Piotr	2171	PECNA TEAM	M40	91	03:25:18	03:40:13	09:01:45.05	+04:06:10 (45.4%)	11:22	5.3 (54.6%)
228	ZAWADZKI Tomasz	2548		M40	92	03:35:37	03:41:38	09:02:01.65	+04:06:27 (45.5%)	11:23	5.3 (54.6%)
229	GRONIECKI Mikołaj	2508	KTÓRĘDY PO PIWO,)	M40	93	03:46:25	03:56:31	09:02:32.50	+04:06:58 (45.5%)	11:23	5.3 (54.6%)
230	PISAREK Karol	2376	JB WARSAW	M30	69	03:34:08	03:40:21	09:02:53.30	+04:07:19 (45.6%)	11:24	5.3 (54.6%)
231	BUKAŁA Tomasz	2545		M30	70	03:15:56	03:36:11	09:04:11.00	+04:08:36 (45.7%)	11:25	5.2 (53.6%)
232	WIŚNIEWSKI Robert	2500		M40	94	03:45:17	03:49:23	09:05:06.20	+04:09:31 (45.8%)	11:27	5.2 (53.6%)
233	KŁYŻ Janusz	2062		M30	71	03:33:53	03:49:52	09:05:17.25	+04:09:43 (45.8%)	11:27	5.2 (53.6%)
234	BOKSA Bartłomiej	2011	KKM KALORYFER	M40	95	03:48:28	04:01:12	09:05:24.00	+04:09:49 (45.8%)	11:27	5.2 (53.6%)
235	MITURA Wojtek	2096		M40	96	03:42:39	03:53:27	09:06:07.65	+04:10:33 (45.9%)	11:28	5.2 (53.6%)
236	PIETRZYK Pawel	2112	ECO LIGHT GROUP	M40	97	03:39:33	03:43:19	09:07:42.30	+04:12:08 (46.0%)	11:30	5.2 (53.6%)
237	ISKRA Arkadiusz	2046	SZAKALE BAŁUTY ŁÓDŹ	M40	98	03:34:00	03:43:24	09:08:22.60	+04:12:48 (46.1%)	11:31	5.2 (53.6%)
238	ZACHARYASZ Miłosz	2278	KOCHAM MONICZKE	M20	14	03:21:54	03:30:38	09:09:05.65	+04:13:31 (46.2%)	11:32	5.2 (53.6%)
239	PRZYBYŁA Krzysztof	2379	ADIDAS RUNNERS WARSAW	M30	72	03:42:26	03:45:32	09:09:10.30	+04:13:36 (46.2%)	11:32	5.2 (53.6%)
240	MROCZEK Justyna	2371	ADIDAS RUNNERS WARSAW	K30	15	03:42:27	03:45:29	09:09:10.55	+04:13:36 (46.2%)	11:32	5.2 (53.6%)
241	JANIK Grzegorz	2239	BRANTOLKA	M30	73	03:34:07	03:46:42	09:09:20.00	+04:13:45 (46.2%)	11:32	5.2 (53.6%)
242	SZNAJDER Joanna	2144	REJMAN KAZAŁ,-)	K40	14	03:58:57	04:16:37	09:09:23.80	+04:13:49 (46.2%)	11:32	5.2 (53.6%)
243	MATYSZKOWICZ Janusz	2318	GONIMY	M60	3	03:50:41	03:56:31	09:09:48.05	+04:14:13 (46.2%)	11:33	5.2 (53.6%)
244	KACZMAREK Jarosław	2052	TRITON KONIN	M30	74	03:45:16	03:51:35	09:11:31.80	+04:15:57 (46.4%)	11:35	5.2 (53.6%)
245	KOCZUR Tamara	2244	MYSZKÓW BIEGA	K40	15	03:57:42	04:17:36	09:11:57.95	+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	JACHYMEK Bartłomiej	2568	JACEKBIEGA RUNNING TEAM	M40	99	03:24:45	03:27:45	09:13:07.10	+04:17:32 (46.6%)	11:37	5.2 (53.6%)
247	SZPUNAR Daniel	2219		M20	15	03:44:37	04:00:07	09:15:27.50	+04:19:53 (46.8%)	11:40	5.1 (52.6%)
248	PIĘNKOSZ Wojciech	2297	PGE ENERGETIC RUNNING	M40	100	03:29:37	03:40:27	09:15:43.80	+04:20:09 (46.8%)	11:40	5.1 (52.6%)
249	RUCIŃSKI Adam	2125		M40	101	03:54:39	04:01:24	09:16:37.95	+04:21:03 (46.9%)	11:41	5.1 (52.6%)
250	JUREK Zbigniew	2051	ZWOLEŃNICY BIEGANIA	M60	4	03:30:14	03:35:05	09:16:48.65	+04:21:14 (46.9%)	11:41	5.1 (52.6%)
251	WEINBERG Kamil	2543	BIEGIEM PO PIWO / DROGA DO ULTRA	M40	102	03:37:35	03:48:59	09:17:15.25	+04:21:41 (47.0%)	11:42	5.1 (52.6%)
252	ŁOZIŃSKA Magdalena	2086	JACEKBIEGA RUNNING TEAM	K30	16	04:15:09	04:17:20	09:17:45.00	+04:22:10 (47.0%)	11:43	5.1 (52.6%)
253	CUDNIK Agnieszka	2021	KTUKOL GŁUCHOŁAZY	K40	16	04:00:06	04:16:37	09:18:11.45	+04:22:37 (47.0%)	11:43	5.1 (52.6%)
254	FLORIAN Krzysztof	2032	WARTKIE PIERONY	M30	75	03:48:10	03:58:54	09:19:11.75	+04:23:37 (47.1%)	11:44	5.1 (52.6%)
255	SZCZESZEK Lukasz	2142		M40	103	03:59:07	04:04:30	09:19:23.95	+04:23:49 (47.2%)	11:45	5.1 (52.6%)
256	NICIEJA Anna	2099		K40	17	03:59:06	04:04:31	09:19:24.20	+04:23:49 (47.2%)	11:45	5.1 (52.6%)
257	TRZOSIŃSKA Katarzyna	2223	BORKI TEAM	K40	18	04:07:13	04:14:57	09:19:57.95	+04:24:23 (47.2%)	11:45	5.1 (52.6%)
258	LABOCHA Aleksander	2076		M40	104	03:54:18	03:58:21	09:20:26.15	+04:24:51 (47.3%)	11:46	5.1 (52.6%)
259	HERBEĆ-LABOCHA Magdalena	2045		K40	19	03:55:25	03:58:20	09:20:26.30	+04:24:52 (47.3%)	11:46	5.1 (52.6%)
260	TRZASKOWSKA Justyna	2489		K30	17	03:48:37	04:05:33	09:21:21.75	+04:25:47 (47.3%)	11:47	5.1 (52.6%)
261	KOZIK Bartłomiej	2440		M40	105	03:48:38	04:05:32	09:21:22.95	+04:25:48 (47.3%)	11:47	5.1 (52.6%)
262	MICHAŁEK Jarosław	2291	ONE WAY TICKET	M50	24	03:45:19	03:49:44	09:22:59.75	+04:27:25 (47.5%)	11:49	5.1 (52.6%)
263	PARZYCH Katarzyna	2461	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	K40	20	03:54:30	04:00:01	09:24:29.55	+04:28:55 (47.6%)	11:51	5.1 (52.6%)
264	PARZYCH Wojciech	2460	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M40	106	03:54:32	04:00:01	09:24:30.00	+04:28:55 (47.6%)	11:51	5.1 (52.6%)
265	KAJA Robert	2053	WIELUŃ BIEGA	M50	25	03:49:57	03:56:39	09:25:09.80	+04:29:35 (47.7%)	11:52	5.1 (52.6%)
266	PARFIENIUK Michał	2513	BIAŁYSTOK BIEGA TEAM	M20	16	04:03:12	04:07:33	09:25:29.70	+04:29:55 (47.7%)	11:52	5.1 (52.6%)
267	KUCZYŃSKI Grzegorz	2072	BIAŁYSTOK BIEGA TEAM	M40	107	04:03:13	04:07:33	09:25:30.25	+04:29:56 (47.7%)	11:52	5.1 (52.6%)
268	WRÓBEL Małgorzata	2163	RAWA TIM ZAWSZE SLIM	K20	4	03:40:40	03:46:35	09:26:15.05	+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	BEDNAREK Piotr	2009	RAWA TIM ZAWSZE SLIM	M30	76	03:40:40	03:46:35	09:26:15.55	+04:30:41 (47.8%)	11:53	5 (51.5%)
270	ANDRZEJEWSKI Maciej	2175	KTÓRĘDY PO PIWO	M30	77	03:46:46	03:56:33	09:26:19.05	+04:30:44 (47.8%)	11:53	5 (51.5%)
271	KOCZUR Kamila	2063		K30	18	03:54:34	04:03:21	09:26:19.75	+04:30:45 (47.8%)	11:53	5 (51.5%)
272	SCHULZE Jörg	2301	DAV ZITTAU	M60	5	04:04:06	04:06:14	09:26:19.85	+04:30:45 (47.8%)	11:53	5 (51.5%)
273	STAWIARZ Paweł	2217	GERIATRIC ROOM	M40	108	04:00:27	04:09:27	09:26:22.20	+04:30:47 (47.8%)	11:53	5 (51.5%)
274	KŁODAWSKI Marek	2435		M40	109	03:44:37	04:00:26	09:26:42.90	+04:31:08 (47.8%)	11:54	5 (51.5%)
275	SACZUK Andrzej	2325	KB BIALA BIEGA	M40	110	03:49:17	04:01:17	09:27:34.95	+04:32:00 (47.9%)	11:55	5 (51.5%)
276	KUTA Rafał	2316		M40	111	03:44:53	03:53:20	09:27:35.40	+04:32:01 (47.9%)	11:55	5 (51.5%)
277	DOMIŃCZYK Rafał	2587		M40	112	04:03:21	04:21:00	09:29:35.40	+04:34:01 (48.1%)	11:57	5 (51.5%)
278	GUZIK Daniel	2573		M40	113	04:03:25	04:23:53	09:29:35.75	+04:34:01 (48.1%)	11:57	5 (51.5%)
279	KASPERCZYK Aleksandra	2060		K40	21	04:00:07	04:18:15	09:29:36.05	+04:34:01 (48.1%)	11:57	5 (51.5%)
280	ZORAN Henryk	2172		M50	26	04:00:08	04:18:15	09:29:36.40	+04:34:02 (48.1%)	11:57	5 (51.5%)
281	KWAŚNIOK Rafał	2075	NIGHT RUNNERS PYSKOWICE	M30	78	04:03:37	04:23:42	09:30:33.65	+04:34:59 (48.2%)	11:59	5 (51.5%)
282	GĘSIAREK Grzegorz	2416		M40	114	03:39:34	03:43:59	09:31:01.60	+04:35:27 (48.2%)	11:59	5 (51.5%)
283	KRZYŻAK Ziemowit	2071		M30	79	03:37:25	03:49:28	09:31:03.30	+04:35:29 (48.2%)	11:59	5 (51.5%)
284	BOJAROWSKI Krzysztof	2282		M30	80	03:54:00	04:18:04	09:31:13.90	+04:35:39 (48.3%)	12:00	5 (51.5%)
285	CZUBAK Dariusz	2407	BIEGIEM PO PIWO	M50	27	03:34:13	03:49:00	09:32:51.85	+04:37:17 (48.4%)	12:02	5 (51.5%)
286	KRYCH Rafał	2357		M40	115	03:54:39	04:05:31	09:34:04.35	+04:38:30 (48.5%)	12:03	5 (51.5%)
287	BRZozowska Teresa	2566	ETISOFT RUNNING TEAM	K50	1	04:03:11	04:13:29	09:34:24.50	+04:38:50 (48.5%)	12:04	5 (51.5%)
288	WŁOSEK Mirosław	2577		M50	28	03:52:31	04:05:59	09:34:44.20	+04:39:09 (48.6%)	12:04	5 (51.5%)
289	NANCKA Karol	2257		M20	17	03:13:41	03:32:42	09:35:08.75	+04:39:34 (48.6%)	12:04	5 (51.5%)
290	MUSIAŁ Michał	2097		M30	81	03:37:09	03:41:37	09:35:31.25	+04:39:57 (48.6%)	12:05	5 (51.5%)
291	WRÓBLEWSKI Lech	2164	WTORKOWY TRENING	M30	82	03:43:56	03:51:18	09:35:44.65	+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	PAWLIK Wojciech	2205		M30	83	03:33:37	03:38:15	09:36:59.45	+04:41:25 (48.8%)	12:07	4.9 (50.5%)
293	KOCHAN Rafał	2556	TC KOCHAN	M40	116	03:54:27	04:00:17	09:38:56.50	+04:43:22 (48.9%)	12:09	4.9 (50.5%)
294	LASKOWSKI Michał	2581	DROGAODWAZNYCH.PL	M40	117	03:49:57	04:10:51	09:39:33.20	+04:43:58 (49.0%)	12:10	4.9 (50.5%)
295	PODLECKA Paula	2262		K20	5	03:54:16	04:05:13	09:39:58.05	+04:44:23 (49.0%)	12:11	4.9 (50.5%)
296	OLENDER Marcin	2458		M40	118	03:42:04	03:51:48	09:40:39.30	+04:45:05 (49.1%)	12:11	4.9 (50.5%)
297	BUKOWSKI Damian	2013		M20	18	04:02:40	04:03:20	09:40:56.75	+04:45:22 (49.1%)	12:12	4.9 (50.5%)
298	KUŚ Jakub	2512		M30	84	03:49:48	04:01:51	09:42:50.55	+04:47:16 (49.3%)	12:14	4.9 (50.5%)
299	DOLATA Andrzej	2338	KTB KUNY	M40	119	03:44:02	04:21:29	09:43:04.40	+04:47:30 (49.3%)	12:14	4.9 (50.5%)
300	WASILEWSKI Mirosław	2496	ORKA MASTERS IŁAWA	M40	120	04:09:22	04:11:41	09:46:10.80	+04:50:36 (49.6%)	12:18	4.9 (50.5%)
301	KUSIO Marcin	2510	DOGOŃ GRODZISK MAZOWIECKI	M40	121	04:06:45	04:20:33	09:46:45.55	+04:51:11 (49.6%)	12:19	4.9 (50.5%)
302	SZYMANIAK Paweł	2220	DOGON DANFOSS	M40	122	04:06:45	04:20:30	09:46:45.70	+04:51:11 (49.6%)	12:19	4.9 (50.5%)
303	WALAC Jacek	2225	DOGOŃ GRODZISK MAZOWIECKI	M30	85	04:06:45	04:19:31	09:46:46.40	+04:51:12 (49.6%)	12:19	4.9 (50.5%)
304	JAKUBOWSKA Renata	2287		K60	1	04:02:51	04:08:33	09:47:25.85	+04:51:51 (49.7%)	12:20	4.9 (50.5%)
305	KOSEWSKA Monika	2438	SFORA BMK	K40	22	04:21:57	04:34:19	09:48:03.15	+04:52:28 (49.7%)	12:21	4.9 (50.5%)
306	WOJCIECHOWSKI Tomasz	2397	VIKING TRAINING CENTER TYCHY	M40	123	03:44:30	03:55:14	09:48:52.10	+04:53:17 (49.8%)	12:22	4.8 (49.5%)
307	SŁONIEWSKI Rafał	2305	KADRA MOCNYCH WDRAŻEŃ	M30	86	04:18:40	04:33:25	09:49:03.00	+04:53:28 (49.8%)	12:22	4.8 (49.5%)
308	ZAKRZEWICZ Marcin	2399	KTB KUNY	M40	124	03:49:01	04:21:30	09:49:13.95	+04:53:39 (49.8%)	12:22	4.8 (49.5%)
309	LEWARDOWSKI Konrad	2362	KTB KUNY	M50	29	03:44:01	04:21:03	09:49:15.05	+04:53:40 (49.8%)	12:22	4.8 (49.5%)
310	SŁOWIK Radosław	2268	KLUB BIEGACZA LEROY MERLIN	M40	125	04:20:11	04:33:52	09:49:16.30	+04:53:42 (49.8%)	12:22	4.8 (49.5%)
311	MALEC Mateusz	2092		M20	19	03:41:06	03:49:49	09:49:40.55	+04:54:06 (49.9%)	12:23	4.8 (49.5%)
312	ZYSKOWSKI Michał	2173		M30	87	03:55:38	04:17:48	09:49:47.05	+04:54:12 (49.9%)	12:23	4.8 (49.5%)
313	STOLINSKI Dominik	2137	BAWOLE OCZY	M40	126	03:39:14	04:03:26	09:51:12.85	+04:55:38 (50.0%)	12:25	4.8 (49.5%)
314	NOWAK Dawid	2102	TRICERATOPS	M40	127	03:39:11	04:03:29	09:51:12.90	+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	SMUGA Łukasz	2480	SZEREGOWY BIEGACZ	M30	88	04:11:19	04:18:22	09:51:35.90	+04:56:01 (50.0%)	12:25	4.8 (49.5%)
316	LEONARSKA Małgorzata	2443	SZEREGOWY BIEGACZ/DZIKI BIEG	K30	19	04:11:18	04:18:22	09:51:36.60	+04:56:02 (50.0%)	12:25	4.8 (49.5%)
317	GRESER Artur	2420	GS TEAM	M40	128	03:43:51	03:50:04	09:51:40.50	+04:56:06 (50.0%)	12:25	4.8 (49.5%)
318	KRZEMIENIŃ Bartosz	2070		M40	129	04:23:50	04:24:35	09:52:55.90	+04:57:21 (50.2%)	12:27	4.8 (49.5%)
319	PIOTROWSKI Mariusz	2114		M40	130	04:23:53	04:24:37	09:53:03.90	+04:57:29 (50.2%)	12:27	4.8 (49.5%)
320	BURY Marek	2404		M50	30	03:52:08	04:06:26	09:53:20.85	+04:57:46 (50.2%)	12:27	4.8 (49.5%)
321	GUNERT Kuba	2041		M40	131	03:53:50	04:10:29	09:55:35.05	+05:00:00 (50.4%)	12:30	4.8 (49.5%)
322	ZWALIŃSKI Marcin	2504		M40	132	04:03:43	04:24:49	09:58:04.90	+05:02:30 (50.6%)	12:33	4.8 (49.5%)
323	KRÓL Michał	2547	ULTRA KSP	M30	89	04:05:43	04:24:01	09:58:22.50	+05:02:48 (50.6%)	12:34	4.8 (49.5%)
324	PRUSZKOWSKI Mariusz	2471	CHEŁM BIEGA CROSSFITTER BOX CHEŁM	M40	133	03:48:19	04:03:42	09:59:27.85	+05:03:53 (50.7%)	12:35	4.8 (49.5%)
325	RYBICKI Tomasz	2474	SFORA BMK	M40	134	03:44:36	03:55:38	09:59:29.10	+05:03:54 (50.7%)	12:35	4.8 (49.5%)
326	WALENDA Mateusz	2493	KS KANAŁEK	M30	90	03:39:39	03:43:58	10:01:18.05	+05:05:43 (50.8%)	12:37	4.7 (48.5%)
327	ILASZ Stanisław	2565	MĘSKA STRONA RZECZYWISTOŚCI	M40	135	03:48:20	04:05:08	10:03:38.60	+05:08:04 (51.0%)	12:40	4.7 (48.5%)
328	ROGACKI Hubert	2300	MAVERICKS	M30	91	03:59:38	04:31:32	10:04:57.55	+05:09:23 (51.1%)	12:42	4.7 (48.5%)
329	ŁUCZAK Adam	2290	MAVERICKS	M30	92	03:59:38	04:31:33	10:04:57.60	+05:09:23 (51.1%)	12:42	4.7 (48.5%)
330	CZUBA Michał	2023		M30	93	03:53:21	04:03:20	10:04:57.80	+05:09:23 (51.1%)	12:42	4.7 (48.5%)
331	SZCZYPLIŃSKA Anna	2486	SFORA BMK	K40	23	04:04:16	04:30:52	10:05:00.40	+05:09:26 (51.1%)	12:42	4.7 (48.5%)
332	KLUBA Łukasz	2434	NGB KŁOBUCK	M30	94	03:44:47	03:57:37	10:05:27.55	+05:09:53 (51.2%)	12:43	4.7 (48.5%)
333	ŚWIERAD Paweł	2221	KOWALEWO BIEGA	M30	95	04:07:34	04:17:07	10:06:04.20	+05:10:29 (51.2%)	12:43	4.7 (48.5%)
334	WIELIŃSKI Michał	2153	MARMEL TORUŃ	M40	136	03:50:57	04:03:13	10:06:15.20	+05:10:40 (51.2%)	12:44	4.7 (48.5%)
335	PREDENKIEWICZ Jarek	2119	MARMEL	M40	137	03:50:55	04:03:14	10:06:15.50	+05:10:41 (51.2%)	12:44	4.7 (48.5%)
336	TOPOLEWICZ Robert	2148	STRAŻ GRANICZNA BIAŁYSTOK	M40	138	04:00:23	04:18:55	10:06:35.95	+05:11:01 (51.3%)	12:44	4.7 (48.5%)
337	ADAMCZYK Ilona	2000	KB BIAŁA BIEGA	K40	24	04:08:31	04:21:30	10:07:43.30	+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	KUTNIK Mirosław	2074	KB BIAŁA BIEGA	M40	139	04:10:19	04:21:31	10:07:44.25	+05:12:10 (51.4%)	12:46	4.7 (48.5%)
339	KOŚCIELNIAK Szymon	2354	CZERWONACKIE KIJANKI	M40	140	04:04:11	04:22:58	10:07:48.05	+05:12:13 (51.4%)	12:46	4.7 (48.5%)
340	KARCZ Grzegorz	2242	BĘDUSKA BRYGARA BIEGOWA, MYSZKÓW BIEGA	M30	96	04:19:17	04:32:21	10:10:00.05	+05:14:25 (51.5%)	12:48	4.7 (48.5%)
341	KARCZ Joanna	2243	BĘDUSKA BRYGARA BIEGOWA, MYSZKÓW BIEGA	K30	20	04:19:19	04:32:22	10:10:00.35	+05:14:26 (51.5%)	12:48	4.7 (48.5%)
342	BĄCZEK Agata	2531		K40	25	04:03:23	04:22:43	10:11:37.80	+05:16:03 (51.7%)	12:50	4.7 (48.5%)
343	PANEK Agata	2530	GRUPA JURA.PL	K40	26	04:03:24	04:22:48	10:11:37.85	+05:16:03 (51.7%)	12:50	4.7 (48.5%)
343	SZABLA Marcin	2574	SAINT GOBAIN SQUAD	M40	141	04:03:20	04:22:41	10:11:37.85	+05:16:03 (51.7%)	12:50	4.7 (48.5%)
345	GRUCA-MACIAŻEK Magdalena	2344	GRUPA JURA PL	K40	27	04:04:21	04:22:43	10:11:38.40	+05:16:04 (51.7%)	12:50	4.7 (48.5%)
346	TYMIŃSKI Marcin	2224	ŻUBR CHAMPIONSHIP MARATHON TEAM	M30	97	04:04:34	04:20:24	10:12:22.90	+05:16:48 (51.7%)	12:51	4.7 (48.5%)
347	CHMIELEWSKI Jarosław	2314	ŻUBR CHAMPIONSHIP MARATHON TEAM	M30	98	04:04:34	04:20:24	10:12:23.20	+05:16:48 (51.7%)	12:51	4.7 (48.5%)
348	WIJAS Kinga	2156	ŚLĘZAK TEAM	K20	6	03:56:45	04:17:18	10:12:27.10	+05:16:52 (51.7%)	12:51	4.7 (48.5%)
349	ZAŁUSKI Norbert	2170		M40	142	03:51:05	04:09:08	10:12:42.10	+05:17:07 (51.8%)	12:52	4.7 (48.5%)
350	DZIURBEJKO Tomasz	2029		M40	143	03:57:06	04:09:11	10:12:42.50	+05:17:08 (51.8%)	12:52	4.7 (48.5%)
351	WIENER Marcin	2276		M40	144	04:03:02	04:14:55	10:12:48.15	+05:17:13 (51.8%)	12:52	4.7 (48.5%)
352	WÓJTOWICZ Robert	2161		M40	145	03:44:08	03:55:18	10:13:15.45	+05:17:41 (51.8%)	12:53	4.7 (48.5%)
353	RYSIŃSKA Magda	2126		K40	28	04:12:11	04:28:20	10:13:20.90	+05:17:46 (51.8%)	12:53	4.7 (48.5%)
354	DREWNIK Robert	2027	BIEGNIJ Z PROSERVICE	M40	146	04:22:09	04:43:36	10:14:17.00	+05:18:42 (51.9%)	12:54	4.6 (47.4%)
355	ŁYSEK Artur	2199	NIE LAM SIĘ	M20	20	04:12:53	04:23:50	10:14:55.15	+05:19:20 (51.9%)	12:55	4.6 (47.4%)
356	CUDEK Bartek	2020	WKURW_TEAM	M30	99	04:12:08	04:23:21	10:15:15.10	+05:19:40 (52.0%)	12:55	4.6 (47.4%)
357	PAJĄK Marcin	2107		M30	100	04:12:25	04:23:20	10:15:15.50	+05:19:41 (52.0%)	12:55	4.6 (47.4%)
358	WAŃDOCH Piotr	2494	BBL OSTROWIEC ŚWIĘTOKRZYSKI	M40	147	03:52:23	04:04:34	10:15:22.95	+05:19:48 (52.0%)	12:55	4.6 (47.4%)
359	WŁODARSKI Piotr	2159		M30	101	04:07:18	04:27:55	10:15:23.70	+05:19:49 (52.0%)	12:55	4.6 (47.4%)
360	BEDNARSKI Paweł	2402		M40	148	03:52:24	04:04:37	10:15:24.50	+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	ŁUKASIAK Sylwester	2365		M40	149	04:02:15	04:07:56	10:17:26.40	+05:21:52 (52.1%)	12:58	4.6 (47.4%)
362	TYMOSZUK Michał	2310	KB BIAŁA BIEGA	M40	150	04:23:59	04:39:56	10:18:06.90	+05:22:32 (52.2%)	12:59	4.6 (47.4%)
363	BATOREK Bogdan	2333	RAWA TIM ZAWSZE SLIM	M40	151	04:00:35	04:03:16	10:18:20.50	+05:22:46 (52.2%)	12:59	4.6 (47.4%)
364	LIPA Rafał	2082		M30	102	03:56:52	04:17:17	10:18:27.15	+05:22:52 (52.2%)	12:59	4.6 (47.4%)
365	ORZECZOWSKA Agnieszka	2540		K40	29	04:13:55	04:26:27	10:20:56.50	+05:25:22 (52.4%)	13:02	4.6 (47.4%)
366	JEDLIŃSKI Bartosz	2050	MARATOŃCZYK DĘBICA	M40	152	04:15:10	04:17:21	10:21:42.90	+05:26:08 (52.5%)	13:03	4.6 (47.4%)
367	LEWTAK Marcin	2081		M30	103	04:12:10	04:33:41	10:23:41.75	+05:28:07 (52.6%)	13:06	4.6 (47.4%)
368	PELCZAR Paweł	2296		M40	153	04:10:55	04:24:56	10:23:43.80	+05:28:09 (52.6%)	13:06	4.6 (47.4%)
369	TUSIŃSKI Seweryn	2490		M40	154	04:05:31	04:10:22	10:23:55.70	+05:28:21 (52.6%)	13:06	4.6 (47.4%)
370	ŻUBRZAK Jacek	2507		M40	155	03:55:06	03:55:52	10:25:59.45	+05:30:25 (52.8%)	13:09	4.6 (47.4%)
371	JÓZEFOWICZ Sebastian	2429		M40	156	03:55:06	03:55:52	10:26:00.85	+05:30:26 (52.8%)	13:09	4.6 (47.4%)
372	BIEŃKOWSKI Jarosław	2313	BIEGAJ Z DYMKIEM	M40	157	04:03:53	04:28:27	10:26:15.65	+05:30:41 (52.8%)	13:09	4.6 (47.4%)
373	SROCZYŃSKA Justyna	2387	OSTRESROKI	K40	30	04:14:50	04:28:22	10:26:26.80	+05:30:52 (52.8%)	13:09	4.6 (47.4%)
374	SROCZYŃSKI Marcin	2388	OSTRESROKI	M40	158	04:14:52	04:28:12	10:26:27.15	+05:30:52 (52.8%)	13:09	4.6 (47.4%)
375	DUŻYŃSKI Dawid	2537		M30	104	04:14:21	04:29:37	10:27:37.70	+05:32:03 (52.9%)	13:11	4.6 (47.4%)
376	POLIGOŃSKI Przemysław	2527	NIEZRZESZONY	M30	105	04:14:22	04:29:37	10:27:38.25	+05:32:04 (52.9%)	13:11	4.6 (47.4%)
377	TOKARSKI Jacek	2222		M40	159	04:24:48	04:51:25	10:27:43.75	+05:32:09 (52.9%)	13:11	4.5 (46.4%)
378	SANIAK Przemysław	2212		M30	106	04:24:41	04:51:25	10:27:45.70	+05:32:11 (52.9%)	13:11	4.5 (46.4%)
379	PĘKALA Jarek	2373		M50	31	04:00:20	04:07:27	10:28:39.15	+05:33:04 (53.0%)	13:12	4.5 (46.4%)
380	ALBIGOWSKA Magdalena	2174		K30	21	04:13:50	04:18:31	10:29:07.75	+05:33:33 (53.0%)	13:13	4.5 (46.4%)
381	STRAŻYC Iwona	2138		K30	22	04:12:11	04:33:46	10:30:56.55	+05:35:22 (53.2%)	13:15	4.5 (46.4%)
382	WIŚNIEWSKA Żaneta	2395	KIJKOWE TRZEMESZNO	K20	7	04:04:00	04:14:17	10:30:59.15	+05:35:24 (53.2%)	13:15	4.5 (46.4%)
383	STANKOWSKA Justyna	2389	KIJKOWE TRZEMESZNO	K40	31	04:04:01	04:14:17	10:30:59.85	+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	KOWALIK Krzysztof	2192		M40	160	04:24:50	04:51:26	10:32:21.15	+05:36:46 (53.3%)	13:17	4.5 (46.4%)
385	ŁUCKA Artur	2248		M30	107	04:05:33	04:27:07	10:32:54.10	+05:37:19 (53.3%)	13:17	4.5 (46.4%)
386	WÓJTOWICZ Izabela	2162		K40	32	04:20:18	04:28:25	10:33:02.60	+05:37:28 (53.3%)	13:17	4.5 (46.4%)
387	SZCZYGLÓWSKI Rafał	2308		M30	108	04:25:01	04:41:54	10:33:20.60	+05:37:46 (53.3%)	13:18	4.5 (46.4%)
388	BIELUŃ Arnold	2511	ROBIĘ RZEŹNIKA Z NUDÓW	M20	21	04:07:51	04:31:44	10:33:25.15	+05:37:50 (53.3%)	13:18	4.5 (46.4%)
389	DUCZMAL Bartosz	2028		M20	22	03:57:06	04:19:55	10:33:47.15	+05:38:12 (53.4%)	13:18	4.5 (46.4%)
390	PIETRUS Piotr	2298	BIEGNĘ, ŻEBY BARTEK MÓGL BIEGAĆ	M40	161	04:04:05	04:14:25	10:38:15.00	+05:42:40 (53.7%)	13:24	4.5 (46.4%)
391	KORNILUK Justyna	2065	ZDROFIT	K50	2	04:18:26	04:20:09	10:39:47.85	+05:44:13 (53.8%)	13:26	4.5 (46.4%)
392	ŁYŻWA Piotr	2200	SUPADUPAFLY	M40	162	05:04:39	05:08:43	10:40:46.95	+05:45:12 (53.9%)	13:27	4.5 (46.4%)
393	PABIAN Elżbieta	2295	EKIPA Z TARNOWA	K50	3	04:48:02	05:01:06	10:41:35.60	+05:46:01 (53.9%)	13:28	4.5 (46.4%)
394	NAKONIECZNY Jacek	2256	SII RUNNING TEAM	M30	109	04:15:08	04:41:13	10:41:39.40	+05:46:05 (53.9%)	13:28	4.5 (46.4%)
395	KUCZYŃSKI Mariusz	2359		M40	163	04:22:23	04:29:49	10:42:05.50	+05:46:31 (54.0%)	13:29	4.4 (45.4%)
396	BOBER Grzegorz	2177		M30	110	04:24:01	04:30:10	10:42:27.90	+05:46:53 (54.0%)	13:29	4.4 (45.4%)
397	KAMIŃSKA Ewa	2432	SPRINTEX TEAM	K40	33	03:42:23	04:15:56	10:43:49.80	+05:48:15 (54.1%)	13:31	4.4 (45.4%)
398	ZWARDOŃ Rafał	2505	-	M40	164	03:33:52	04:15:56	10:43:50.80	+05:48:16 (54.1%)	13:31	4.4 (45.4%)
399	GRUDZIĘ Michał	2183		M40	165	03:59:08	04:04:16	10:43:52.25	+05:48:18 (54.1%)	13:31	4.4 (45.4%)
400	BUCIOR Łukasz	2526	AZS POLITECHNIKA LUBELSKA	M20	23	04:20:09	04:33:46	10:43:55.35	+05:48:21 (54.1%)	13:31	4.4 (45.4%)
401	GAWROŃSKA Agata	2413		K30	23	04:15:48	04:30:53	10:43:57.95	+05:48:23 (54.1%)	13:31	4.4 (45.4%)
402	ZUBIŃSKI Tomasz	2228	SUPADUPAFLY	M50	32	04:33:34	04:52:41	10:44:04.20	+05:48:29 (54.1%)	13:31	4.4 (45.4%)
403	JEZIERSKA Katarzyna	2189	SUPADUPAFLY	K40	34	04:33:33	04:52:41	10:44:04.40	+05:48:30 (54.1%)	13:31	4.4 (45.4%)
404	FAJER Marek	2286	ZWIK MYSZKÓW BBB- MYSZKÓW BIEGA	M60	6	04:12:03	04:25:42	10:44:15.95	+05:48:41 (54.1%)	13:32	4.4 (45.4%)
405	SEREK Roman	2213	SUPADUPAFLY	M40	166	04:22:46	04:32:05	10:44:33.80	+05:48:59 (54.1%)	13:32	4.4 (45.4%)
406	BUSZTA Robert	2542		M50	33	04:17:48	04:32:20	10:45:03.15	+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	BRUSZEWSKA- GŁOMBIOWSKA Monika	2403	ULTRA ŻÓŁWIK	K20	8	04:46:33	04:57:39	10:45:04.05	+05:49:29 (54.2%)	13:33	4.4 (45.4%)
408	WÓJCIAK Ewelina	2515	WARRIORS ŁÓDŹ	K30	24	04:07:22	04:25:04	10:47:33.25	+05:51:59 (54.4%)	13:36	4.4 (45.4%)
409	GUZEK Kamil	2590	WARRIORS ŁÓDŹ	M20	24	04:07:23	04:25:03	10:47:33.30	+05:51:59 (54.4%)	13:36	4.4 (45.4%)
410	URBAŃSKI Tomasz	2492		M40	167	03:43:54	03:58:57	10:47:53.20	+05:52:18 (54.4%)	13:36	4.4 (45.4%)
411	WARLINSKI Adam	2274	CB163	M30	111	05:10:47	05:11:45	10:49:43.75	+05:54:09 (54.5%)	13:38	4.4 (45.4%)
412	MAJKOWSKA Jagoda	2250	CB163	K20	9	05:10:48	05:11:47	10:49:44.40	+05:54:10 (54.5%)	13:38	4.4 (45.4%)
413	SZYMECKI Rafał	2326	TOTALNIE BIEGNIĘCI	M30	112	04:20:58	04:32:51	10:50:24.10	+05:54:49 (54.6%)	13:39	4.4 (45.4%)
414	ŁUSZCZYK Andrzej	2088	KLUB BIEGACZA MILA	M40	168	04:17:05	04:39:07	10:51:44.30	+05:56:10 (54.6%)	13:41	4.4 (45.4%)
415	ŁUSZCZYK Magdalena	2087	KLUB BIEGACZA MILA	K30	25	04:17:06	04:38:59	10:51:45.05	+05:56:10 (54.6%)	13:41	4.4 (45.4%)
416	PUZIO Waldemar	2541	MARATOŃCZYK DĘBICA	M60	7	04:48:01	05:01:03	10:52:07.95	+05:56:33 (54.7%)	13:41	4.4 (45.4%)
417	KOZAKIEWICZ Aneta	2068	ZWOLEŃNICY BIEGANIA	K40	35	04:01:15	04:07:43	10:52:13.75	+05:56:39 (54.7%)	13:42	4.4 (45.4%)
418	BACZYŃSKI Robert	2230		M40	169	04:31:00	04:45:31	10:53:49.10	+05:58:14 (54.8%)	13:44	4.4 (45.4%)
418	BACZYŃSKA Aneta	2229	YULO RUN TEAM SIEDLCE	K40	36	04:30:56	04:45:31	10:53:49.10	+05:58:14 (54.8%)	13:44	4.4 (45.4%)
420	STELMACH Patrycja	2270	CB163	K30	26	04:31:12	04:34:34	10:54:17.55	+05:58:43 (54.8%)	13:44	4.4 (45.4%)
421	GRZYWIŃSKA Marta	2237	CB163	K20	10	04:31:12	04:34:34	10:54:17.75	+05:58:43 (54.8%)	13:44	4.4 (45.4%)
422	PRUSS Malgorzata	2263	CB163	K30	27	04:31:12	04:34:34	10:54:30.55	+05:58:56 (54.8%)	13:45	4.4 (45.4%)
423	MAĆZKA Bronisław	2560	SAMO ZŁO	M60	8	04:25:55	04:46:15	10:55:12.50	+05:59:38 (54.9%)	13:45	4.4 (45.4%)
424	MAĆZKA Krystyna	2557	EXTREMALNE OTK NA RELAKSIE	K60	2	04:25:43	04:46:23	10:55:13.50	+05:59:39 (54.9%)	13:45	4.4 (45.4%)
425	GUTT Marlena	2042		K40	37	04:30:43	04:52:10	10:56:54.50	+06:01:20 (55.0%)	13:48	4.3 (44.3%)
426	GUTT Sebastian	2043		M40	170	04:30:42	04:52:09	10:56:54.55	+06:01:20 (55.0%)	13:48	4.3 (44.3%)
427	WARCHOŁ Stanisław	2392		M50	34	03:46:38	03:53:14	10:57:39.85	+06:02:05 (55.1%)	13:48	4.3 (44.3%)
428	GRALEC Dariusz	2039		M40	171	04:19:11	04:30:44	10:57:49.70	+06:02:15 (55.1%)	13:49	4.3 (44.3%)
429	PIEKARSKI Paweł	2465	SFORA BMK	M40	172	04:32:42	04:43:15	10:58:07.20	+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	KOSTECKI Tomasz	2246	R&T	M40	173	04:42:09	05:02:35	10:58:36.15	+06:03:01 (55.1%)	13:50	4.3 (44.3%)
431	PAPROCKI Bartłomiej	2320		M40	174	04:15:52	04:36:32	11:01:57.55	+06:06:23 (55.3%)	13:54	4.3 (44.3%)
432	RADZIWONOWICZ Adriana	2123		K40	38	04:42:24	05:08:53	11:02:07.15	+06:06:32 (55.4%)	13:54	4.3 (44.3%)
433	SROKA Grzegorz	2134		M30	113	04:19:17	04:33:31	11:02:20.30	+06:06:46 (55.4%)	13:54	4.3 (44.3%)
434	ZIELINSKI Adam	2536	EVERRUN / DROGA DO ULTRA	M40	175	04:25:57	04:46:02	11:07:56.10	+06:12:21 (55.7%)	14:01	4.3 (44.3%)
435	BIAŁECKA Sylwia	2334	EVERRUN	K40	39	04:25:57	04:46:00	11:07:56.45	+06:12:22 (55.7%)	14:01	4.3 (44.3%)
436	FOLTA Jan	2341	GRUPA BIEGOWA ZARSZYN	M50	35	04:04:46	04:11:20	11:10:41.65	+06:15:07 (55.9%)	14:05	4.3 (44.3%)
437	PŁUCIENNICZAK Barbara	2207		K40	40	04:34:04	04:45:39	11:12:47.05	+06:17:12 (56.1%)	14:08	4.2 (43.3%)
438	JANASZ Andrzej	2048		M40	176	04:51:20	04:55:33	11:19:14.85	+06:23:40 (56.5%)	14:16	4.2 (43.3%)
439	URBANEK Sylwester	2524		M40	177	04:14:59	04:37:47	11:21:28.25	+06:25:54 (56.6%)	14:18	4.2 (43.3%)
440	KUCHARCZYK Radosław	2523		M40	178	04:15:12	04:37:51	11:21:32.30	+06:25:58 (56.6%)	14:19	4.2 (43.3%)
441	KURAS-SMOLNIK Magdalena	2195	SIERADZBIEGA.PL	K40	41	04:54:44	04:59:58	11:21:47.45	+06:26:13 (56.6%)	14:19	4.2 (43.3%)
442	WYSOKIŃSKI Jerzy	2166	ORANGE POLSKA	M50	36	04:42:12	05:01:09	11:24:10.80	+06:28:36 (56.8%)	14:22	4.2 (43.3%)
443	GIERLOTKA Rafał	2575	BRAK	M40	179	05:08:26	05:11:00	11:25:01.95	+06:29:27 (56.9%)	14:23	4.2 (43.3%)
444	KURZELA Kuba	2247	GIBKIE SZŁAPY	M30	114	04:12:03	04:28:07	11:25:12.15	+06:29:37 (56.9%)	14:23	4.2 (43.3%)
445	WIERZBICKA Ewa	2154		K50	4	04:49:46	04:52:20	11:27:47.70	+06:32:13 (57.0%)	14:26	4.2 (43.3%)
446	WĄGRODZKA Małgorzata	2150		K40	42	04:30:48	05:00:11	11:30:35.05	+06:35:00 (57.2%)	14:30	4.1 (42.3%)
447	PAWŁOWSKA-LIS Marusia	2111		K40	43	04:53:54	05:03:03	11:31:19.95	+06:35:45 (57.2%)	14:31	4.1 (42.3%)
448	KALINOWSKA Małgorzata	2054		K40	44	04:53:54	05:03:07	11:31:20.10	+06:35:45 (57.2%)	14:31	4.1 (42.3%)
449	SKOWRONEK Dariusz	2478	#BYLEDOMETY	M50	37	04:44:44	05:01:45	11:31:47.40	+06:36:13 (57.3%)	14:31	4.1 (42.3%)
450	ZYGMUNT Andrzej	2506	ZASAPANI HYDRO	M40	180	04:27:05	04:41:08	11:31:53.15	+06:36:18 (57.3%)	14:32	4.1 (42.3%)
451	KALITA Cezary	2055	KB BIAŁA BIEGA	M50	38	04:30:34	05:00:01	11:32:14.40	+06:36:40 (57.3%)	14:32	4.1 (42.3%)
452	BIELSKI Dawid	2280		M30	115	04:18:30	04:36:46	11:32:20.40	+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	NOWORYTA Bartłomiej	2260	SARNI TĘTENT	M30	116	04:24:33	04:59:26	11:34:31.75	+06:38:57 (57.4%)	14:35	4.1 (42.3%)
454	KSIĘŻOPOLSKA Małgorzata	2570		K40	45	04:33:51	04:48:33	11:35:41.05	+06:40:06 (57.5%)	14:36	4.1 (42.3%)
455	ZACHARZYŃSKA Katarzyna	2167	ORANGE POLSKA	K30	28	04:42:27	05:01:04	11:36:44.20	+06:41:09 (57.6%)	14:38	4.1 (42.3%)
456	CZACHOWSKI Michal	2232		M50	39	04:52:40	05:15:17	11:37:48.05	+06:42:13 (57.6%)	14:39	4.1 (42.3%)
457	HANGIEL Urszula	2238	ŻWAWĘ ŻÓŁWIE	K30	29	04:52:44	05:15:20	11:37:49.90	+06:42:15 (57.6%)	14:39	4.1 (42.3%)
458	CZARNECKI Robert	2178		M50	40	04:28:52	04:43:51	11:38:08.70	+06:42:34 (57.7%)	14:40	4.1 (42.3%)
459	SCHLAPPA Sebastian	2477	IZBICKO W BIEGU	M40	181	04:33:49	04:47:26	11:38:21.45	+06:42:47 (57.7%)	14:40	4.1 (42.3%)
460	TYDA Rafał	2309		M50	41	04:52:49	05:06:32	11:40:59.00	+06:45:24 (57.8%)	14:43	4.1 (42.3%)
461	NOWAK Piotr	2456	CZARNE BIEGA	M40	182	04:13:02	04:29:35	11:42:39.10	+06:47:04 (57.9%)	14:45	4.1 (42.3%)
462	WÓJCIK Łukasz	2160	CYTRYNOWE CURRY???	M40	183	04:32:48	04:42:26	11:43:24.55	+06:47:50 (58.0%)	14:46	4.1 (42.3%)
463	LIPSKI Krzysztof	2083		M40	184	04:30:38	04:51:36	11:43:27.95	+06:47:53 (58.0%)	14:46	4.1 (42.3%)
464	MALICKA Angelika	2367		K30	30	04:43:42	05:05:58	11:43:32.55	+06:47:58 (58.0%)	14:46	4.1 (42.3%)
465	GÓRECKA Anna	2038	ORANGE POLSKA	K40	46	04:42:16	05:08:45	11:44:16.45	+06:48:42 (58.0%)	14:47	4.1 (42.3%)
466	WÓJTOWICZ Paweł	2398	-	M50	42	04:35:20	04:55:04	11:48:44.95	+06:53:10 (58.3%)	14:53	4 (41.2%)
467	SOWA Sylwester	2482	DRUŻYNA PIERŚCIENIA	M40	185	04:39:39	04:54:42	11:51:51.05	+06:56:16 (58.5%)	14:57	4 (41.2%)
468	JUREWICZ Adam	2430	DRUŻYNA PIERŚCIENIA	M40	186	04:39:40	04:54:40	11:51:51.15	+06:56:16 (58.5%)	14:57	4 (41.2%)
469	MITIS Marek	2204	BRAK KLUBU	M30	117	04:35:32	04:46:46	11:52:00.60	+06:56:26 (58.5%)	14:57	4 (41.2%)
470	NIENADOWSKA Beata	2100	ELBLĄG	K50	5	05:03:25	05:04:28	11:58:39.80	+07:03:05 (58.9%)	15:05	4 (41.2%)
471	DROSIK - KWAŚNIEWSKA Anna	2180		K40	47	05:10:22	05:14:14	12:02:48.30	+07:07:14 (59.1%)	15:11	4 (41.2%)
471	KWAŚNIEWSKI Andrzej	2196		M40	187	05:10:24	05:14:15	12:02:48.30	+07:07:14 (59.1%)	15:11	4 (41.2%)
473	DONIEC Katarzyna	2179	AGARUN	K40	48	04:53:37	05:00:18	12:03:30.40	+07:07:56 (59.1%)	15:11	3.9 (40.2%)
474	KOSSIŃSKA Aleksandra	2066		K30	31	04:33:58	04:51:33	12:04:20.80	+07:08:46 (59.2%)	15:13	3.9 (40.2%)
475	DOROBISZ Marek	2561		M50	43	04:59:57	05:26:35	12:04:38.40	+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	MIŚTA-DOROBISZ Sylwia	2292	MYSZKÓW BIEGA	K50	6	05:00:01	05:26:36	12:04:38.80	+07:09:04 (59.2%)	15:13	3.9 (40.2%)
477	KUŁACZKOWSKI Konrad	2073		M30	118	04:32:28	04:55:57	12:05:02.75	+07:09:28 (59.2%)	15:13	3.9 (40.2%)
478	SOCIŃSKI Artur	2481	ARP RUN TEAM	M40	188	04:26:48	04:30:45	12:06:35.15	+07:11:00 (59.3%)	15:15	3.9 (40.2%)
479	WRZOSEK Justyna	2331	TSA SANDOMIERZ	K30	32	05:14:55	05:29:15	12:06:53.90	+07:11:19 (59.3%)	15:16	3.9 (40.2%)
480	PAWELEC Justyna	2321	TSA SANDOMIERZ	K30	33	05:14:57	05:29:16	12:06:53.95	+07:11:19 (59.3%)	15:16	3.9 (40.2%)
481	PARADOWSKI Paweł	2108	BIEGAMBOLUBIĘ	M50	44	05:06:19	05:16:28	12:12:47.15	+07:17:12 (59.7%)	15:23	3.9 (40.2%)
482	BURZ-PARADOWSKA Jowita	2014	BYLE DO METY	K40	49	05:06:20	05:16:28	12:12:47.95	+07:17:13 (59.7%)	15:23	3.9 (40.2%)
483	ZGÓRSKI Maciej	2503	WKURW_TEAM	M40	189	04:37:04	04:48:51	12:14:04.45	+07:18:30 (59.7%)	15:25	3.9 (40.2%)
484	JUSZCZYK Małgorzata	2190	NIEPOŁOMICE BIEGAJA	K40	50	05:07:53	05:27:47	12:18:01.50	+07:22:27 (60.0%)	15:30	3.9 (40.2%)
485	SZCZEPOCKI Andrzej	2218	NIEPOŁOMICE BIEGAJĄ	M50	45	05:07:53	05:27:42	12:18:11.60	+07:22:37 (60.0%)	15:30	3.9 (40.2%)
486	FRAANKENBERG Małgorzata	2563	BIEGACZ NOWOSOLNS	K60	3	05:07:57	05:27:40	12:20:37.60	+07:25:03 (60.1%)	15:33	3.9 (40.2%)
487	CZARNOCKA Joanna	2285	ROZBIEGANY SULEJÓWEK	K40	51	05:17:54	05:47:09	12:25:00.25	+07:29:26 (60.3%)	15:39	3.8 (39.2%)
488	BUŁKA Piotr	2283	ROZBIEGANY SULEJÓWEK	M40	190	05:17:54	05:47:09	12:25:00.35	+07:29:26 (60.3%)	15:39	3.8 (39.2%)
489	MROZIŃSKI Andrzej	2454	WITAR	M50	46	04:44:45	05:13:11	12:25:23.80	+07:29:49 (60.3%)	15:39	3.8 (39.2%)
490	RADYK Joanna	2381	PRZEMYSKI KLUB BIEGACZA	K30	34	05:46:06	05:58:34	12:25:41.90	+07:30:07 (60.4%)	15:39	3.8 (39.2%)
491	RADYK Jakub	2380	PRZEMYSKI KLUB BIEGACZA	M30	119	05:46:09	05:58:35	12:25:42.75	+07:30:08 (60.4%)	15:39	3.8 (39.2%)
492	GÓRKA Jolanta	2236	SUSKA GRUPA BIEGOWA	K40	52	04:52:51	05:08:07	12:26:03.00	+07:30:28 (60.4%)	15:40	3.8 (39.2%)
493	GÓRKA Bogusław	2235	SUSKA GRUPA BIEGOWA	M40	191	04:52:51	05:08:07	12:26:03.45	+07:30:29 (60.4%)	15:40	3.8 (39.2%)
494	WEILAND Emila	2393		K40	53	04:57:21	05:27:29	12:28:37.90	+07:33:03 (60.5%)	15:43	3.8 (39.2%)
495	POPŁAWSKI Krystian	2377	GLADIATORS BY RMF 4RT	M30	120	04:56:53	05:27:29	12:28:38.25	+07:33:04 (60.5%)	15:43	3.8 (39.2%)
496	BIELUŃ Adrian	2281	PURA VIDA TEAM / BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ	M30	121	05:08:50	05:40:30	12:34:36.05	+07:39:01 (60.8%)	15:51	3.8 (39.2%)
497	LESZCZYŃSKA Małgorzata	2079		K50	7	04:57:26	05:10:53	12:37:16.25	+07:41:42 (61.0%)	15:54	3.8 (39.2%)
498	GALICKI Robert	2411		M40	192	04:46:53	05:07:24	12:37:28.10	+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	KOSSIŃSKI Przemysław	2535		M50	47	04:24:52	05:10:59	12:40:09.45	+07:44:35 (61.1%)	15:58	3.8 (39.2%)
500	WIELGOSZ Mariusz	2394	BRAK	M50	48	05:28:07	05:47:09	12:44:35.15	+07:49:00 (61.3%)	16:03	3.7 (38.1%)
501	MAJKA Dariusz	2366		M40	193	05:28:07	05:47:06	12:44:35.60	+07:49:01 (61.3%)	16:03	3.7 (38.1%)
502	KOŚCIELNIAK Dagmara	2353	CZERWONACKIE KIJANKI	K40	54	05:27:51	05:42:19	12:47:05.65	+07:51:31 (61.5%)	16:06	3.7 (38.1%)
503	SKROŃSKA Monika	2214	WYBIEGAJ SIEBIE	K40	55	05:19:24	05:31:34	12:52:14.10	+07:56:39 (61.7%)	16:13	3.7 (38.1%)
504	KOZAK Beata	2193	WYBIEGAJ SIEBIE	K40	56	05:19:22	05:31:42	12:52:14.30	+07:56:40 (61.7%)	16:13	3.7 (38.1%)
505	HAŁASZYN Joanna	2044		K30	35	05:31:44	05:59:10	13:00:47.10	+08:05:12 (62.1%)	16:24	3.7 (38.1%)
506	SOŁTYSIK Martyna	2133		K20	11	05:31:44	05:59:09	13:00:47.50	+08:05:13 (62.1%)	16:24	3.7 (38.1%)
507	KLEINSCHMIDT Łukasz	2061	KRIS TRANS MAŁYSZKA	M40	194	05:06:58	05:09:55	13:12:36.75	+08:17:02 (62.7%)	16:39	3.6 (37.1%)
508	MAĆKOWSKA Magdalena	2090	KRIS TRANS MAŁYSZKA	K30	36	05:06:58	05:09:57	13:12:49.45	+08:17:15 (62.7%)	16:39	3.6 (37.1%)
509	GARNCARZ Lucyna	2412		K30	37	05:27:49	05:42:17	13:22:37.45	+08:27:03 (63.2%)	16:51	3.6 (37.1%)
510	FORMELA Justyna	2410		K40	57	05:09:35	05:27:21	13:37:58.00	+08:42:23 (63.9%)	17:11	3.5 (36.1%)
511	MIŚKIEWICZ Wojciech	2452		M30	122	05:09:35	05:27:17	13:37:58.80	+08:42:24 (63.9%)	17:11	3.5 (36.1%)
512	SYGUŁA Katarzyna	2307	WKURW_TEAM	K40	58	06:18:16	06:35:00	13:53:26.95	+08:57:52 (64.5%)	17:30	3.4 (35.1%)
513	LEN Mariusz	2077		M60	9	05:12:21	05:33:05	14:09:10.25	+09:13:36 (65.2%)	17:50	3.4 (35.1%)
514	MUSIAŁ Bożena	2098	WARTKIE PIERONY	K40	59	06:13:14	06:25:19	14:17:46.25	+09:22:12 (65.5%)	18:01	3.3 (34.0%)
515	LESISZ Katarzyna	2078	WARTKIE PIERONY	K40	60	06:13:16	06:25:22	14:17:47.30	+09:22:13 (65.5%)	18:01	3.3 (34.0%)
516	PAWŁOWSKA Danuta	2110	WKURW_TEAM	K40	61	06:30:03	26:03:37	34:48:27.30	+29:52:53 (85.8%)	43:52	1.4 (14.4%)
DNC	BŁĘDKOWSKA Katarzyna	2576		K30			03:48:20	04:01:00	07:13:30.95	0:00	6.6 (68.0%)
	GAWLEWICZ Tomasz	2579	GAWĘŁKI TEAM	M40			02:54:25 DNF	02:58:23 DNF	DNF	-	- (0.0%)
	JURCZAK Roman	2347		M60			03:24:24 DNF	03:26:04 DNF	DNF	-	- (0.0%)
	MARCOL Mateusz	2251	BIEG RZEŹNIKA	M30			03:28:44 DNF	03:40:43 DNF	DNF	-	- (0.0%)
	MIERZWA Szymon	2450	KOPALNIA MOCY	M30			04:05:35 DNF	04:15:57 DNF	DNF	-	- (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
	DZIETCZYK Kamil	2340	AKTYWNE CHOSZCZNO	M30		03:55:18 DNF	04:22:45 DNF	DNF		-	- (0.0%)
	SKOBEL Robert	2522	SZAKAL BIEGA LUCKY TEAM BRODATY SQRWIEL	M40		04:30:47 DNF	04:43:56 DNF	DNF		-	- (0.0%)
	ZARZECZNY Radosław	2227	JUNIOR AMATOR SUPERSTAR	M30		04:35:34 DNF	04:46:48 DNF	DNF		-	- (0.0%)
	KONIK Marcin	2351		M40		03:17:31 DNF	DNF	DNF		-	- (0.0%)
	MISIURA Adam	2095	KLUB SPORTOWY SZAKALE BAŁUT ŁÓDŹ	M30		04:12:03 DNF	DNF	DNF		-	- (0.0%)
	PUCUŁA Witold	2209		M50		04:54:16 DNF	DNF	DNF		-	- (0.0%)
	PIOTRKOWSKA Magdalena	2113		K30		07:50:44 DNF	DNF	DNF		-	- (0.0%)
	FALECKI Damian	2408	KSZO OSTROWIEC ŚWIĘTOKRZYSKI	M20		DNF	DNF	DNF		-	- (0.0%)
	SITAREK Iwona	2128		K50		DNF	DNF	DNF		-	- (0.0%)
	WINICKA Daria	2499		K40		DNF	DNF	DNF		-	- (0.0%)
	CHOLEWICKA Ewelina	2284		K30		DNF	DNF	DNF		-	- (0.0%)

Znaleziono 532 wynik(ów)