



SUPERMARATON
GÓR
STOŁOWYCH

SGS LIGHT PÓŁMARATON 23KM

B4SPORT

B4SPORT
INTELEGNTE ZAWODY SPORTOWE

Wydarzenie: Supermaraton Gór Stołowych 2020
Organizator: Fundacja Maratony Górskie
Data: 2020-06-28
Miejsce: Karłów
Dystans: 23 km

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 14.4km	Czas netto 23.6km	Różn	Tempo min/km	Tempo km/h
1	BRÝDL Pavel	201	SALOMON CZ/WILLA SPA SCALIANO	M-40	1	01:05:06	01:57:16.85		4:58	12.1 (100%)
2	KLIMCZAK Mikołaj	330	PRZEDWOJEWSKI MOUNTAIN TEAM	M-20	1	01:07:31	02:00:38.20	+00:03:21 (2.8%)	5:06	11.7 (96.7%)
3	NORBERT Michał	1	KB SOBÓTKA	M-30	1	01:11:00	02:06:04.75	+00:08:47 (7.0%)	5:20	11.2 (92.6%)
4	KRUPA Marcin	2	AKTYWNA NOWA RUDA	M-40	2	01:13:40	02:15:47.95	+00:18:31 (13.6%)	5:45	10.4 (86.0%)
5	KWARTA Maciej	460	1BPANC K&M	M-30	2	01:12:52	02:17:38.30	+00:20:21 (14.8%)	5:49	10.3 (85.1%)
6	KMIECIK Tomasz	379		M-40	3	01:18:07	02:18:06.75	+00:20:49 (15.1%)	5:51	10.3 (85.1%)
7	KOZIEŁ Tomasz	260	KUDOWIANKA RUN	M-40	4	01:16:52	02:19:43.10	+00:22:26 (16.1%)	5:55	10.1 (83.5%)
8	ZATOŃ Cezary	73	TRIACTIV RIDLEY	M-30	3	01:21:06	02:25:03.55	+00:27:46 (19.1%)	6:08	9.8 (81.0%)
9	BALWIERCZAK Piotr	91	NIGHT RUNNERS WROCLAW / RATEMYTRAIL.COM	M-30	4	01:21:23	02:25:06.10	+00:27:49 (19.2%)	6:08	9.8 (81.0%)
10	KARWACKI Maciej	407		M-20	2	01:19:04	02:27:00.30	+00:29:43 (20.2%)	6:13	9.6 (79.3%)
11	ZAKOWICZ Paweł	389		M-30	5	01:24:34	02:27:25.10	+00:30:08 (20.4%)	6:14	9.6 (79.3%)
12	WIŚNIEWSKI Paweł	465	KARKONOSZ RUNNING TEAM .	M-30	6	01:19:00	02:27:48.60	+00:30:31 (20.7%)	6:15	9.6 (79.3%)
13	SZCZĘŚNIAK Piotr	533	GVT	M-40	5	01:19:22	02:28:37.15	+00:31:20 (21.1%)	6:17	9.5 (78.5%)
14	PRZYBYSZEWSKI Łukasz	375		M-30	7	01:22:56	02:29:57.95	+00:32:41 (21.8%)	6:21	9.4 (77.7%)
15	NEHRING Karol	394		M-20	3	01:24:40	02:30:58.55	+00:33:41 (22.3%)	6:23	9.4 (77.7%)
16	GORCZYŃSKI Norbert	215	KUDOWIANKA RUN	M-20	4	01:21:13	02:31:06.45	+00:33:49 (22.4%)	6:24	9.4 (77.7%)
17	FALANA Sebastian	270		M-30	8	01:18:46	02:31:07.40	+00:33:50 (22.4%)	6:24	9.4 (77.7%)
18	KOKOCIŃSKI Dariusz	497		M-40	6	01:24:07	02:31:32.40	+00:34:15 (22.6%)	6:25	9.3 (76.9%)
19	KINAL Piotr	486		M-40	7	01:23:27	02:31:32.80	+00:34:15 (22.6%)	6:25	9.3 (76.9%)
20	STANKIEWICZ Tomasz	121	PLANYBIEGOWE.PL	M-30	9	01:23:06	02:31:42.15	+00:34:25 (22.7%)	6:25	9.3 (76.9%)
21	ŁĄTKA Piotr	100		M-30	10	01:23:29	02:32:26.15	+00:35:09 (23.1%)	6:27	9.3 (76.9%)
22	GŁÓD Mateusz	78		M-40	8	01:25:14	02:32:50.60	+00:35:33 (23.3%)	6:28	9.3 (76.9%)
23	NIEZGÓDKA Tomasz	537	ZAŁOGA GÓRSKA	M-50	1	01:25:22	02:33:21.10	+00:36:04 (23.5%)	6:29	9.2 (76.0%)
24	SWORSKI Roman	508	KASTYO / VEGE RUNNERS	M-30	11	01:23:31	02:33:30.20	+00:36:13 (23.6%)	6:30	9.2 (76.0%)
25	KORCZ Daniel	470		M-40	9	01:25:40	02:33:41.20	+00:36:24 (23.7%)	6:30	9.2 (76.0%)
26	FRANCZAK Mariusz	502	DTR BIEGA / MARIO TEAM	M-40	10	01:23:48	02:33:45.75	+00:36:28 (23.7%)	6:30	9.2 (76.0%)
27	MAJCHRZAK Maciej	10		M-30	12	01:27:12	02:35:27.85	+00:38:11 (24.6%)	6:35	9.1 (75.2%)
28	TRZECIAKIEWICZ Mieczysław	68	MLKS RADKÓW	M-50	2	01:25:59	02:36:06.80	+00:38:49 (24.9%)	6:36	9.1 (75.2%)
29	KUBICKI Mariusz	44		M-40	11	01:26:28	02:36:48.30	+00:39:31 (25.2%)	6:38	9 (74.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 14.4km	Czas netto		Różn	Tempo min/km	Tempo km/h
							23.6km				
30	CYRAN Piotr	288		M-30	13	01:24:57	02:37:15.25	+00:39:58 (25.4%)	6:39	9 (74.4%)	
31	ŻURAWSKI Kamil	75	ENTRE.PL TEAM	M-20	5	01:24:55	02:37:58.85	+00:40:42 (25.8%)	6:41	9 (74.4%)	
32	KULIK Iwona	439	KUDOWIANKA RUN	K-20	1	01:28:16	02:38:06.35	+00:40:49 (25.8%)	6:41	9 (74.4%)	
33	PIETRZAK Daniel	518	DOGOŃ GRODZISK MAZOWIECKI	M-30	14	01:31:27	02:38:35.35	+00:41:18 (26.0%)	6:43	8.9 (73.6%)	
34	NOWACKI Mateusz	479		M-30	15	01:27:24	02:38:56.10	+00:41:39 (26.2%)	6:44	8.9 (73.6%)	
35	STARUCH Robert	117		M-30	16	01:28:23	02:39:01.30	+00:41:44 (26.2%)	6:44	8.9 (73.6%)	
36	BRONISZEWSKI Łukasz	443	POWER TRAINING	M-30	17	01:28:53	02:39:22.95	+00:42:06 (26.4%)	6:45	8.9 (73.6%)	
37	PŁONOWSKI Maciej	189		M-30	18	01:26:33	02:41:04.10	+00:43:47 (27.2%)	6:49	8.8 (72.7%)	
38	GRAD Adam	257	DZIKA BANDA ŁAKOMCZUCHÓW	M-30	19	01:33:22	02:41:20.00	+00:44:03 (27.3%)	6:50	8.8 (72.7%)	
39	MEZYNSKI Szymon	296	KUDOWIANKA RUN	M-20	6	01:26:22	02:41:40.60	+00:44:23 (27.5%)	6:51	8.8 (72.7%)	
40	NAWROT Wojciech Nawrot	4		M-30	20	01:31:41	02:41:44.40	+00:44:27 (27.5%)	6:51	8.8 (72.7%)	
41	BEKAS Marcin	424		M-40	12	01:31:09	02:42:07.80	+00:44:50 (27.7%)	6:52	8.7 (71.9%)	
42	BOSAKIEWICZ Tomasz	47	OLAWS	M-30	21	01:29:41	02:42:47.75	+00:45:30 (28.0%)	6:53	8.7 (71.9%)	
43	PIKOS Patryk	127		M-30	22	01:27:54	02:43:14.05	+00:45:57 (28.2%)	6:55	8.7 (71.9%)	
44	OSICKI Dawid	520		M-20	7	01:27:40	02:43:21.65	+00:46:04 (28.2%)	6:55	8.7 (71.9%)	
45	HOJA Joanna	491	ALPIN SPORT HOKA ONE ONE TEAM	K-30	1	01:29:19	02:43:25.10	+00:46:08 (28.2%)	6:55	8.7 (71.9%)	
46	GILEWSKI Artur	453		M-40	13	01:31:31	02:43:50.10	+00:46:33 (28.4%)	6:56	8.6 (71.1%)	
47	KUJDA Arkadiusz	473	1 BRYGADA LOGISTYCZNA	M-40	14	01:30:36	02:44:19.40	+00:47:02 (28.6%)	6:57	8.6 (71.1%)	
48	WRÓBLEWSKI Konrad	469		M-40	15	01:30:37	02:44:23.20	+00:47:06 (28.7%)	6:57	8.6 (71.1%)	
49	BRZOZOWSKI Filip	471	SPARTA RUNNERS	M-30	23	01:22:10	02:45:17.00	+00:48:00 (29.0%)	7:00	8.6 (71.1%)	
50	KRZYSZTOFIK Piotr	205	CROSSFIT ETERNIA	M-40	16	01:31:24	02:45:19.10	+00:48:02 (29.1%)	7:00	8.6 (71.1%)	
51	WINIECKI Tomasz	244		M-40	17	01:31:20	02:45:30.45	+00:48:13 (29.1%)	7:00	8.6 (71.1%)	
52	KOPCZYŃSKI Łukasz	511	K-TEAM	M-30	24	01:28:29	02:45:51.00	+00:48:34 (29.3%)	7:01	8.5 (70.2%)	
53	TOMCZAK Krystian	435		M-20	8	01:31:52	02:46:44.00	+00:49:27 (29.7%)	7:03	8.5 (70.2%)	
54	NOWACKA Marlena	538		K-40	1	01:32:23	02:46:52.95	+00:49:36 (29.7%)	7:04	8.5 (70.2%)	
55	KUKUĆ - KWAPISZEWSKA Anna	369		K-40	2	01:32:21	02:47:56.10	+00:50:39 (30.2%)	7:06	8.4 (69.4%)	
56	KOTYRBA Tomasz	284	K_T_R_B	M-30	25	01:33:18	02:48:12.60	+00:50:55 (30.3%)	7:07	8.4 (69.4%)	
57	ŚWIĄTEK Julia	456	IMMABEE	K-30	2	01:32:25	02:48:14.00	+00:50:57 (30.3%)	7:07	8.4 (69.4%)	
58	WOJTIS Arkadiusz	258	DZIKA BANDA ŁAKOMCZUCHÓW	M-40	18	01:32:07	02:48:24.40	+00:51:07 (30.4%)	7:08	8.4 (69.4%)	
59	WIERZBICKI Witold	500		M-30	26	01:29:40	02:48:44.95	+00:51:28 (30.5%)	7:09	8.4 (69.4%)	
60	MAJCHRZAK Marcin	484	DELOITTE ADVENTURE TEAM	M-40	19	01:29:28	02:49:26.35	+00:52:09 (30.8%)	7:10	8.4 (69.4%)	
61	OLKIS Rafał	345	RMT TEAM / RATEMYTRAIL.COM	M-30	27	01:28:21	02:49:33.65	+00:52:16 (30.8%)	7:11	8.4 (69.4%)	
62	MICHAŁKIEWICZ Wojciech	403	AKADEMIA WOJSK ŁĄDOWYCH	M-50	3	01:31:58	02:49:53.75	+00:52:36 (31.0%)	7:11	8.3 (68.6%)	
63	LUBAŃSKI Robert	481		M-50	4	01:31:46	02:49:56.70	+00:52:39 (31.0%)	7:12	8.3 (68.6%)	
64	GRZĄBA Szymon	107		M-40	20	01:31:00	02:50:14.65	+00:52:57 (31.1%)	7:12	8.3 (68.6%)	
65	KOLEŚNIK Kamil	240		M-30	28	01:35:12	02:50:39.05	+00:53:22 (31.3%)	7:13	8.3 (68.6%)	
66	GÓRKA Arkadiusz	150		M-20	9	01:33:33	02:50:52.50	+00:53:35 (31.4%)	7:14	8.3 (68.6%)	
67	OPAŁKA Damian	129	MYRACE	M-30	29	01:27:10	02:51:13.00	+00:53:56 (31.5%)	7:15	8.3 (68.6%)	
68	BRUS Marcin	22		M-40	21	01:32:42	02:51:21.10	+00:54:04 (31.6%)	7:15	8.3 (68.6%)	
69	KRAJKA Jarosław	342	UMCS BIEGA	M-40	22	01:34:42	02:52:15.65	+00:54:58 (31.9%)	7:17	8.2 (67.8%)	
70	BRODA Dominik	455		M-30	30	01:32:15	02:52:25.80	+00:55:08 (32.0%)	7:18	8.2 (67.8%)	
71	BIAŁOBLÓCKA Alicja	19		K-30	3	01:31:48	02:52:34.45	+00:55:17 (32.0%)	7:18	8.2 (67.8%)	
72	ZAWADA Michał	398	SPRYTNE WIEWIÓRKI	M-40	23	01:34:09	02:52:34.55	+00:55:17 (32.0%)	7:18	8.2 (67.8%)	
73	WIERZCHOWSKA Izabela	335	BASTER TEAM	K-30	4	01:32:47	02:53:03.40	+00:55:46 (32.2%)	7:19	8.2 (67.8%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 14.4km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 23.6km				
74	KARATKÓW Ewa	462		K-40	3	01:32:52	02:53:55.95	+00:56:39 (32.6%)	7:22	8.1 (66.9%)	
75	ZIELIŃSKI Dominik	466		M-30	31	01:33:18	02:54:05.85	+00:56:49 (32.6%)	7:22	8.1 (66.9%)	
76	SWORNOWSKA Anna	84		K-20	2	01:35:33	02:54:43.30	+00:57:26 (32.9%)	7:24	8.1 (66.9%)	
77	GONCZAR Szymon	411		M-30	32		02:54:49.00	+00:57:32 (32.9%)	7:24	8.1 (66.9%)	
78	SZARANIEC Sebastian	410	T-MOBILE SPORT TEAM	M-40	24	01:33:40	02:55:11.90	+00:57:55 (33.1%)	7:25	8.1 (66.9%)	
79	PIECUCH Karolina	46	LACHO TEAM	K-30	5	01:37:16	02:55:44.75	+00:58:27 (33.3%)	7:26	8.1 (66.9%)	
80	ŚLEZIAK Jarosław	489	RUNNING MATNER TEAM	M-40	25	01:29:12	02:55:59.45	+00:58:42 (33.4%)	7:27	8 (66.1%)	
81	NARUCKI Wojciech	184		M-40	26	01:39:19	02:56:02.40	+00:58:45 (33.4%)	7:27	8 (66.1%)	
82	PAŻUCHA Wojciech	354	ACID MANIAXXX	M-40	27	01:35:01	02:56:34.15	+00:59:17 (33.6%)	7:28	8 (66.1%)	
83	GROCHECKA Joanna	86		K-30	6	01:37:14	02:56:41.95	+00:59:25 (33.6%)	7:29	8 (66.1%)	
84	RATYMIRSKI Wojciech	463	#SOBASTEAM	M-40	28	01:33:56	02:56:45.45	+00:59:28 (33.6%)	7:29	8 (66.1%)	
85	HACUŚ Tomasz	110		M-40	29	01:38:52	02:57:26.30	+01:00:09 (33.9%)	7:31	8 (66.1%)	
86	BŁAN Paweł	283		M-40	30	01:30:51	02:58:04.70	+01:00:47 (34.1%)	7:32	8 (66.1%)	
87	SURGIENIEWICZ Marcin	130	DZIKI WORKOUT CZARNY BÓR	M-40	31	01:36:59	02:59:14.35	+01:01:57 (34.6%)	7:35	7.9 (65.3%)	
88	SUCHOWIECKI Wojciech	147	ORTOEYETEAM	M-40	32	01:34:25	02:59:22.10	+01:02:05 (34.6%)	7:36	7.9 (65.3%)	
89	ANDRZEJEWSKI Przemysław	76	WK POZNAŃ	M-40	33	01:36:11	03:00:04.15	+01:02:47 (34.9%)	7:37	7.9 (65.3%)	
90	KANCERSKI Krzysztof	326		M-50	5	01:37:45	03:00:36.70	+01:03:19 (35.1%)	7:39	7.8 (64.5%)	
91	SALWA Emil	514		M-30	33	01:37:16	03:01:01.25	+01:03:44 (35.2%)	7:40	7.8 (64.5%)	
92	ŁASKOWSKA Marzena	24	WKURW_TEAM	K-40	4	01:41:17	03:01:02.75	+01:03:45 (35.2%)	7:40	7.8 (64.5%)	
93	JEŻEWSKI Sławomir	344	GRZMOT KOMORNIKI	M-40	34	01:38:47	03:01:26.25	+01:04:09 (35.4%)	7:41	7.8 (64.5%)	
94	BIECUSZEK Tomasz	457	AKTYWNA NOWA RUDA	M-40	35	01:35:56	03:01:56.05	+01:04:39 (35.5%)	7:42	7.8 (64.5%)	
95	WITKOWSKI Mikołaj	120		M-20	10	01:37:56	03:02:27.10	+01:05:10 (35.7%)	7:43	7.8 (64.5%)	
96	JAWORSKA Magdalena	224	GB WIELKOPOLSCY BIEGACZE / TEAM KGB	K-40	5	01:40:55	03:02:28.80	+01:05:11 (35.7%)	7:43	7.8 (64.5%)	
97	MARUSZAK Darek	216	DOGOŃ GRODZISK MAZOWIECKI	M-40	36	01:41:41	03:03:01.60	+01:05:44 (35.9%)	7:45	7.7 (63.6%)	
98	ŁAŻNIEWSKI Dariusz	101	OLSZYNA BIEGA	M-30	34	01:39:00	03:03:21.95	+01:06:05 (36.0%)	7:46	7.7 (63.6%)	
99	TRELA Jacek	228	AZS AWF KRAKÓW MASTERS	M-60	1	01:42:02	03:03:36.25	+01:06:19 (36.1%)	7:46	7.7 (63.6%)	
100	LAZAROWICZ Krzysztof	65		M-30	35	01:39:46	03:04:06.20	+01:06:49 (36.3%)	7:48	7.7 (63.6%)	
101	BRONCZAK Tomasz	64		M-40	37	01:41:47	03:05:53.45	+01:08:36 (36.9%)	7:52	7.6 (62.8%)	
102	CZAJKOWSKA Sylwia	142	BYDGOSKIE OKONIE	K-40	6	01:38:10	03:06:11.50	+01:08:54 (37.0%)	7:53	7.6 (62.8%)	
103	BOĆKO Ewa	33	DTR BIEGA/MARIO TEAM	K-30	7	01:40:51	03:06:25.30	+01:09:08 (37.1%)	7:53	7.6 (62.8%)	
104	ZATOŃ Adrian	81		M-40	38	01:43:27	03:06:32.00	+01:09:15 (37.1%)	7:54	7.6 (62.8%)	
105	TATKA Marcin	526		M-40	39	01:41:25	03:06:33.50	+01:09:16 (37.1%)	7:54	7.6 (62.8%)	
106	KOZŁOWSKA Iwona	488	LESZNO LIMITS RUNNERS	K-40	7	01:43:05	03:07:00.35	+01:09:43 (37.3%)	7:55	7.6 (62.8%)	
107	GAJEWSKI Jacek	377	DOGOŃ GRODZISK MAZOWIECKI	M-40	40	01:42:22	03:07:12.35	+01:09:55 (37.4%)	7:55	7.6 (62.8%)	
108	LASZEWSKI Mateusz	467		M-20	11	01:37:45	03:07:34.95	+01:10:18 (37.5%)	7:56	7.5 (62.0%)	
109	CHMURA Jarosław	393		M-40	41	01:41:51	03:08:02.75	+01:10:45 (37.6%)	7:58	7.5 (62.0%)	
110	MÓLL Mateusz	11		M-20	12	01:30:32	03:08:25.95	+01:11:09 (37.8%)	7:59	7.5 (62.0%)	
111	GŁUCHY Marek	322	OBORNICKI KLUB LEKKOATLETYCZNY	M-30	36	01:42:21	03:08:34.85	+01:11:18 (37.8%)	7:59	7.5 (62.0%)	
112	MIĘSOWICZ Mirosław	301		M-30	37	01:40:32	03:09:10.65	+01:11:53 (38.0%)	8:00	7.5 (62.0%)	
113	JABŁOŃSKA Dorota	163	OUTDOOR TRAINING	K-20	3	01:44:35	03:10:11.70	+01:12:54 (38.3%)	8:03	7.4 (61.2%)	
114	ANDRZEJEWSKI Krystian	308	MOGILNO TEAM	M-40	42	01:46:32	03:10:22.00	+01:13:05 (38.4%)	8:03	7.4 (61.2%)	
115	ROSZCZYK Michał	143	ORTOEYETEAM	M-40	43	01:38:18	03:10:56.30	+01:13:39 (38.6%)	8:05	7.4 (61.2%)	
116	DOLATA Maciej	83		M-40	44	01:46:53	03:11:11.15	+01:13:54 (38.7%)	8:06	7.4 (61.2%)	
117	PACIOREK Ewa	513		K-30	8	01:44:19	03:11:21.20	+01:14:04 (38.7%)	8:06	7.4 (61.2%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 14.4km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 23.6km				
118	MARTEKLAS Jan	139	NIGHT RUNNERS WROCŁAW	M-30	38	01:43:35	03:11:25.05	+01:14:08 (38.7%)	8:06	7.4 (61.2%)	
119	GRAD Idalia	256	DZIKA BANDA ŁAKOMCZUCHÓW	K-30	9	01:49:17	03:11:47.60	+01:14:30 (38.9%)	8:07	7.4 (61.2%)	
120	TOPOROWSKI Kamil	85	BIEGAJĄCY ŚWIDNIK	M-30	39	01:43:37	03:11:54.55	+01:14:37 (38.9%)	8:07	7.4 (61.2%)	
121	STĘPEL Marek	442	GRUPA NOMAX	M-30	40	01:40:40	03:12:16.10	+01:14:59 (39.0%)	8:08	7.4 (61.2%)	
122	PANKOWSKI Jerzy	324		M-30	41	01:52:28	03:12:50.10	+01:15:33 (39.2%)	8:10	7.3 (60.3%)	
123	SZYMAŃSKA Brygida	279	STRZEGOMSKA DWUNASTKA	K-30	10	01:46:56	03:12:59.95	+01:15:43 (39.2%)	8:10	7.3 (60.3%)	
124	DOMAGAŁA Grażyna	167	NIGHT RUNNERS WROCŁAW	K-30	11	01:43:37	03:13:02.50	+01:15:45 (39.2%)	8:10	7.3 (60.3%)	
125	STANKIEWICZ Anna	370	DOGOŃ GRODZISK MAZOWIECKI	K-30	12	01:47:24	03:13:14.25	+01:15:57 (39.3%)	8:11	7.3 (60.3%)	
126	ČERVENÝ David	157		M-40	45	01:46:11	03:13:19.25	+01:16:02 (39.3%)	8:11	7.3 (60.3%)	
127	KUCZYŃSKI Szymon	429	ZAWONIA	M-40	46	01:43:27	03:13:21.95	+01:16:05 (39.3%)	8:11	7.3 (60.3%)	
128	BADOWSKI Sebastian	417	ZAWONIA TEAM	M-40	47	01:43:35	03:13:55.90	+01:16:39 (39.5%)	8:13	7.3 (60.3%)	
129	WIERZCHOWSKI Adam	336	BASTER TEAM	M-40	48	01:45:40	03:15:46.75	+01:18:29 (40.1%)	8:17	7.2 (59.5%)	
130	SZAL Małgorzata	161	TENIS CENTRUM AS	K-30	13	01:47:45	03:16:05.30	+01:18:48 (40.2%)	8:18	7.2 (59.5%)	
131	GNITECKA Katarzyna	540		K-20	4	01:47:03	03:16:10.65	+01:18:53 (40.2%)	8:18	7.2 (59.5%)	
132	SOBKOWIAK Marcin	454		M-30	42	01:44:03	03:16:15.05	+01:18:58 (40.2%)	8:18	7.2 (59.5%)	
133	GÓRKA Piotr	259		M-30	43	01:47:46	03:17:20.70	+01:20:03 (40.6%)	8:21	7.2 (59.5%)	
134	KAPAŁKA Adrian	382	NATALIA TOMASIAK GÓRSKI STYL	M-40	49	01:48:52	03:17:25.70	+01:20:08 (40.6%)	8:21	7.2 (59.5%)	
135	DOLIWKA Paweł	74	LUBAWA KOCHA BIEGAĆ	M-40	50	01:44:55	03:17:35.45	+01:20:18 (40.6%)	8:22	7.2 (59.5%)	
136	SURGIEL Dariusz	123		M-50	6	01:45:06	03:18:26.25	+01:21:09 (40.9%)	8:24	7.1 (58.7%)	
137	ULIKOWSKA Martyna	87	ZAŁOGA GÓRSKA	K-20	5	01:49:33	03:19:09.50	+01:21:52 (41.1%)	8:26	7.1 (58.7%)	
138	BABIŃSKA Ewelina	77		K-30	14	01:43:57	03:19:15.80	+01:21:58 (41.1%)	8:26	7.1 (58.7%)	
139	BOCHAN Lidia	426		K-40	8	01:50:35	03:19:16.00	+01:21:59 (41.1%)	8:26	7.1 (58.7%)	
140	TRZEPACZ Dorota	359	KB LUPUS OLEŚNICA	K-40	9	01:47:21	03:19:20.30	+01:22:03 (41.2%)	8:26	7.1 (58.7%)	
141	CHLEWIŃSKI Łukasz	182		M-30	44	01:37:03	03:20:21.80	+01:23:04 (41.5%)	8:29	7.1 (58.7%)	
142	WIERTEL Łukasz	430	DIETETYK ŁUKASZ WIERTEL	M-30	45	01:44:49	03:21:42.60	+01:24:25 (41.9%)	8:32	7 (57.9%)	
143	WIERZBIŃSKA Edyta	69	LATYFUNDYŚCI BIEGAJĄ	K-40	10	01:52:04	03:22:28.95	+01:25:12 (42.1%)	8:34	7 (57.9%)	
144	MARKOWSKI Zbigniew	124	BIEGAMDLAZDROWIA.PL	M-50	7	01:46:38	03:22:53.65	+01:25:36 (42.2%)	8:35	7 (57.9%)	
145	SZUBARSKI Krzysztof	378	PARKRUN CIESZYN	M-40	51	01:48:36	03:22:56.95	+01:25:40 (42.2%)	8:35	7 (57.9%)	
146	ŁASKOWSKI Tomasz	13	WKURW_TEAM	M-50	8	01:47:57	03:23:51.90	+01:26:35 (42.5%)	8:38	6.9 (57.0%)	
147	WITOR Marcin	295	CZERWONAK BIEGA	M-30	46	01:43:39	03:24:21.50	+01:27:04 (42.6%)	8:39	6.9 (57.0%)	
148	SZMAGIEREWSKI Wojciech	380	TRENUJZNAMI.PL	M-50	9	01:48:22	03:24:26.80	+01:27:09 (42.6%)	8:39	6.9 (57.0%)	
149	GRABIAS-MAZUR Krystyna	321	TKKF TRIATHLON DĄBROWA GÓRNICZA	K-30	15	01:52:08	03:24:56.10	+01:27:39 (42.8%)	8:41	6.9 (57.0%)	
150	WALA Patryk	536	BIEG OPOLSKI / ZAŁOGA GÓRSKA	M-20	13	01:51:48	03:24:56.55	+01:27:39 (42.8%)	8:41	6.9 (57.0%)	
151	PAWIŃSKI Artur	402	ADIDAS RUNNERS WARSAW	M-40	52	01:47:17	03:24:56.85	+01:27:40 (42.8%)	8:41	6.9 (57.0%)	
152	WOLNY Marcin	185	WIELUŃ BIEGA	M-30	47	01:51:04	03:25:00.95	+01:27:44 (42.8%)	8:41	6.9 (57.0%)	
153	MAKLES Paweł	217	BBLGUBIN	M-20	14	01:56:09	03:25:10.05	+01:27:53 (42.8%)	8:41	6.9 (57.0%)	
154	ŁUCJANEK Justyna	464	KAJATEAM	K-30	16	01:53:38	03:25:33.05	+01:28:16 (42.9%)	8:42	6.9 (57.0%)	
155	BABINEK Adam	406		M-40	53	01:45:48	03:25:50.15	+01:28:33 (43.0%)	8:43	6.9 (57.0%)	
156	POŁOM Rafał	289	NOA	M-30	48	01:45:43	03:25:55.80	+01:28:38 (43.0%)	8:43	6.9 (57.0%)	
157	KRUPIEŃCZYK Michał	459		M-30	49	01:49:08	03:26:34.95	+01:29:18 (43.2%)	8:45	6.9 (57.0%)	
158	GAŚIOROWSKI Grzegorz	306	:)	M-30	50	01:57:20	03:26:55.80	+01:29:38 (43.3%)	8:46	6.8 (56.2%)	
159	SZANIEWSKI Mirosław	504	BIEGAMDLAZDROWIA.PL	M-40	54	01:48:37	03:27:02.60	+01:29:45 (43.4%)	8:46	6.8 (56.2%)	
160	SMUDA Ryszard	318		M-60	2	01:56:08	03:27:17.60	+01:30:00 (43.4%)	8:46	6.8 (56.2%)	
161	WOLSKI Kamil	272	RACEFIGHTER GOSIR DĘBE WIELKIE	M-30	51	01:53:31	03:27:19.85	+01:30:03 (43.4%)	8:47	6.8 (56.2%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 14.4km	Czas		Tempo min/km	Tempo km/h
							netto 23.6km	Różn		
162	STELMACH Mariusz	146		M-30	52	01:52:16	03:28:20.20	+01:31:03 (43.7%)	8:49	6.8 (56.2%)
163	MARCINKIEWICZ Jerzy	367	ŁEMKO TEAM	M-50	10	01:47:13	03:28:31.95	+01:31:15 (43.8%)	8:50	6.8 (56.2%)
164	PAŹDZIOR Wojciech	229	ACTIVE STRATEGY	M-30	53	01:47:21	03:28:45.00	+01:31:28 (43.8%)	8:50	6.8 (56.2%)
165	BRUCH Katarzyna	384		K-30	17	01:53:25	03:28:51.05	+01:31:34 (43.8%)	8:50	6.8 (56.2%)
166	DURMAN Sławomir	207	ZW DWKP-W	M-30	54	01:56:07	03:29:04.05	+01:31:47 (43.9%)	8:51	6.8 (56.2%)
167	MACIĄG Marian	447	SZOSZONI	M-50	11	01:52:20	03:29:24.65	+01:32:07 (44.0%)	8:52	6.8 (56.2%)
168	ŁAŻEWSKI Marcin	452		M-40	55	01:57:41	03:29:26.10	+01:32:09 (44.0%)	8:52	6.8 (56.2%)
169	ŁAŻEWSKA Sylwia	12		K-40	11	01:57:52	03:29:36.80	+01:32:19 (44.0%)	8:52	6.8 (56.2%)
170	GAŚSIOROWSKA Agnieszka	368	EVERRUN	K-30	18	01:53:12	03:30:12.30	+01:32:55 (44.2%)	8:54	6.7 (55.4%)
171	BUSS Konrad	35	KUDOWIANKA RUN	M-30	55	01:59:12	03:30:57.40	+01:33:40 (44.4%)	8:56	6.7 (55.4%)
172	BUSS Jakub	30	KUDOWIANKA RUN	M-40	56	01:59:24	03:31:04.85	+01:33:48 (44.4%)	8:56	6.7 (55.4%)
173	MARCINKOWSKA Jadwiga	408		K-50	1	01:57:52	03:31:11.00	+01:33:54 (44.5%)	8:56	6.7 (55.4%)
174	LESZCZYŃSKA Weronika	506		K-30	19	01:51:50	03:31:15.05	+01:33:58 (44.5%)	8:57	6.7 (55.4%)
175	DUDEK Przemysław	512	PARKRUN SŁODOWO WŁOCŁAWEK	M-40	57	01:51:33	03:31:19.15	+01:34:02 (44.5%)	8:57	6.7 (55.4%)
176	BUGANIK Magdalena	480	23 ŚLĄSKI PUŁK ARTYLERII	K-40	12	01:53:37	03:31:23.10	+01:34:06 (44.5%)	8:57	6.7 (55.4%)
177	ŚWITAŁA Marcin	300	KB SPARTAKUS	M-40	58	01:52:50	03:31:40.80	+01:34:23 (44.6%)	8:58	6.7 (55.4%)
178	BARCZAK Tomasz	478	RUN TEAM MILEJÓW	M-40	59	01:51:07	03:31:54.30	+01:34:37 (44.7%)	8:58	6.7 (55.4%)
179	BARCZAK Katarzyna	477	RUN TEAM MILEJÓW	K-40	13	01:51:20	03:32:01.40	+01:34:44 (44.7%)	8:59	6.7 (55.4%)
180	TOMASZEWSKI Wojciech	458		M-20	15	01:56:05	03:32:02.95	+01:34:46 (44.7%)	8:59	6.7 (55.4%)
181	KUDŁA Jakub	507		M-30	56	01:51:29	03:32:14.10	+01:34:57 (44.7%)	8:59	6.7 (55.4%)
182	PIÓRKO Piotr	128	LESZ NO LIMITS RUNNERS	M-30	57	01:51:52	03:32:18.70	+01:35:01 (44.8%)	8:59	6.7 (55.4%)
183	KAPUSCIK Jakub	254		M-20	16	02:02:15	03:32:33.65	+01:35:16 (44.8%)	9:00	6.7 (55.4%)
184	KUROWSKA Marlena	487	KAMIENNOGÓRSKA GRUPA BIEGOWA	K-30	20	01:52:20	03:32:36.90	+01:35:20 (44.8%)	9:00	6.7 (55.4%)
185	ZAŃKO Rafał	169		M-30	58	01:54:27	03:32:39.30	+01:35:22 (44.8%)	9:00	6.7 (55.4%)
186	MHADHBI Hatem	293		M-30	59	01:51:23	03:32:47.85	+01:35:31 (44.9%)	9:01	6.7 (55.4%)
187	KACZMARZ Katarzyna	26		K-30	21	01:56:55	03:33:28.25	+01:36:11 (45.1%)	9:02	6.6 (54.5%)
188	KRAWIEC Piotr	181	KOTWICA BRZEG	M-30	60	01:51:37	03:33:46.55	+01:36:29 (45.1%)	9:03	6.6 (54.5%)
189	BARANSKA Monika	425		K-50	2	01:58:10	03:33:59.95	+01:36:43 (45.2%)	9:04	6.6 (54.5%)
190	GABRYSIAK Mariusz	422	WIELUŃ BIEGA	M-40	60	01:51:14	03:34:07.55	+01:36:50 (45.2%)	9:04	6.6 (54.5%)
191	GÓRECKI Rafał	250		M-40	61	01:54:49	03:34:16.55	+01:36:59 (45.3%)	9:04	6.6 (54.5%)
192	ŁUKASZCZYK Łukasz	198	4FITER	M-30	61	01:53:28	03:34:20.30	+01:37:03 (45.3%)	9:04	6.6 (54.5%)
193	SZLOSEK Łukasz	519		M-30	62	01:52:26	03:34:24.35	+01:37:07 (45.3%)	9:05	6.6 (54.5%)
194	JAGIEŁŁO Konrad	476	RUN TEAM MILEJÓW	M-40	62	01:48:15	03:35:11.00	+01:37:54 (45.5%)	9:07	6.6 (54.5%)
195	JAGIEŁŁO Joanna	475	RUN TEAM MILEJÓW	K-40	14	01:48:26	03:35:18.35	+01:38:01 (45.5%)	9:07	6.6 (54.5%)
196	KARKOSZ Aurelia	434		K-30	22	01:57:25	03:35:38.60	+01:38:21 (45.6%)	9:08	6.6 (54.5%)
197	KRZEŚNIEWSKI Marcin	539		M-40	63	01:57:03	03:35:50.00	+01:38:33 (45.7%)	9:08	6.6 (54.5%)
198	ODZIMKOWSKI Marcin	364		M-30	63	01:49:48	03:35:53.95	+01:38:37 (45.7%)	9:08	6.6 (54.5%)
199	KRZYZIŃSKA Sylwia	505	DOGOŃ GRODZISK MAZOWIECKI	K-40	15	01:59:15	03:36:02.85	+01:38:46 (45.7%)	9:09	6.6 (54.5%)
200	MAZUREK Marita	361		K-30	23	01:59:08	03:36:08.75	+01:38:51 (45.7%)	9:09	6.6 (54.5%)
201	WĘŻYK Kamila	431		K-30	24	01:58:57	03:36:09.45	+01:38:52 (45.7%)	9:09	6.6 (54.5%)
202	KAMIŃSKI Wiesław	524		M-50	12	01:52:02	03:36:23.60	+01:39:06 (45.8%)	9:10	6.5 (53.7%)
203	POPEK Maciej	515	ANETA TEAM	M-40	64	01:54:46	03:37:10.05	+01:39:53 (46.0%)	9:12	6.5 (53.7%)
204	SIENKIEWICZ Paweł	521	DECEPTICON GYM	M-40	65	02:00:36	03:38:11.25	+01:40:54 (46.2%)	9:14	6.5 (53.7%)
205	KAWA Michał	418		M-30	64	01:55:42	03:38:22.00	+01:41:05 (46.3%)	9:15	6.5 (53.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 14.4km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 23.6km				
206	CZOSKA Przemysław	249	JARBUD	M-30	65	01:55:45	03:38:25.75	+01:41:08 (46.3%)	9:15	6.5 (53.7%)	
207	GÓRNIAK Jarosław	242	JARBUD	M-30	66	01:55:45	03:38:30.05	+01:41:13 (46.3%)	9:15	6.5 (53.7%)	
208	KARWACKI Szymon	334		M-30	67	01:56:17	03:38:57.15	+01:41:40 (46.4%)	9:16	6.5 (53.7%)	
209	LĘGA Wiesław	421	K.S. TĘCZA	M-40	66	01:49:26	03:39:42.90	+01:42:26 (46.6%)	9:18	6.4 (52.9%)	
210	ROLIŃSKI Radostaw	29		M-40	67	01:54:54	03:39:47.80	+01:42:30 (46.6%)	9:18	6.4 (52.9%)	
211	SOKÓLSKA Katarzyna	166	OUTDOOR TRAINING	K-30	25	01:58:30	03:40:00.50	+01:42:43 (46.7%)	9:19	6.4 (52.9%)	
212	SERAFIN Ewelina	23		K-40	16	01:52:43	03:40:36.55	+01:43:19 (46.8%)	9:20	6.4 (52.9%)	
213	JANUS Marcin	404	WIELUŃ BIEGA	M-30	68	01:53:37	03:40:50.80	+01:43:33 (46.9%)	9:21	6.4 (52.9%)	
214	SZYLBERG Piotr	173	TEAM ZABIEGANEDNI	M-30	69	02:00:44	03:40:56.65	+01:43:39 (46.9%)	9:21	6.4 (52.9%)	
215	SZYLBERG Aleksandra	172	TEAM ZABIEGANEDNI	K-30	26	02:00:55	03:41:04.35	+01:43:47 (46.9%)	9:22	6.4 (52.9%)	
216	SOBCZYK Grzesiu	154	WIELUŃ BIEGA	M-30	70	01:53:54	03:41:15.75	+01:43:58 (47.0%)	9:22	6.4 (52.9%)	
217	BARTMAŃSKA Mirosława	517		K-40	17	01:57:59	03:41:48.85	+01:44:32 (47.1%)	9:23	6.4 (52.9%)	
218	FILIPIAK Michał	32	WIELKOPOLSKI KLUB TATERNICTWA JASKINIOWEGO	M-40	68	01:58:34	03:41:53.15	+01:44:36 (47.1%)	9:24	6.4 (52.9%)	
219	KÓŁKIEWICZ Jakub	252		M-40	69	02:03:58	03:42:16.90	+01:45:00 (47.2%)	9:25	6.4 (52.9%)	
220	ZIMA Ryszard	253		M-60	3	02:03:57	03:42:18.15	+01:45:01 (47.2%)	9:25	6.4 (52.9%)	
221	ŁASKAWSKA Justyna	492		K-40	18	01:58:27	03:42:28.35	+01:45:11 (47.3%)	9:25	6.4 (52.9%)	
222	BABICKA Sylwia	440	BIEGAM Z RADOŚCI	K-40	19	01:58:15	03:42:37.80	+01:45:20 (47.3%)	9:26	6.4 (52.9%)	
223	GAŚSIOROWSKA Dorota	474	VELO ŁOSIE NA SZOSIE	K-50	3	02:01:36	03:42:42.10	+01:45:25 (47.3%)	9:26	6.4 (52.9%)	
224	BALKIEWICZ Marlena	372		K-50	4	01:56:53	03:43:10.30	+01:45:53 (47.4%)	9:27	6.3 (52.1%)	
225	BISKUPSKI Jakub	290		M-40	70	02:03:32	03:43:30.20	+01:46:13 (47.5%)	9:28	6.3 (52.1%)	
226	MAZUR Katarzyna	27	UMLAUT	K-40	20	01:59:40	03:43:35.85	+01:46:19 (47.5%)	9:28	6.3 (52.1%)	
227	POCHWAŁA Justyna	67	NATALIA TOMASIAK GÓRSKI STYL TEAM	K-30	27	02:00:51	03:43:41.85	+01:46:25 (47.6%)	9:28	6.3 (52.1%)	
228	PRZYBYŁ Tomasz	496	NIGHT RUNNERS	M-40	71	01:59:54	03:44:13.45	+01:46:56 (47.7%)	9:30	6.3 (52.1%)	
229	MODERACKA Małgorzata	337		K-30	28	02:00:48	03:44:18.80	+01:47:01 (47.7%)	9:30	6.3 (52.1%)	
230	SMUSZ Grzegorz	352		M-40	72	01:56:03	03:44:20.45	+01:47:03 (47.7%)	9:30	6.3 (52.1%)	
231	DZIARKOWSKA Edyta	338	#TEAMDKMS	K-30	29	01:55:51	03:44:35.10	+01:47:18 (47.8%)	9:30	6.3 (52.1%)	
232	KACZOREK Renata	160		K-30	30	01:58:22	03:44:59.35	+01:47:42 (47.9%)	9:32	6.3 (52.1%)	
233	GRUDZIEŃ-JURKOWSKA Malgorzata	485		K-30	31	01:56:45	03:45:20.70	+01:48:03 (48.0%)	9:32	6.3 (52.1%)	
234	JARMUDA Justyna	327		K-30	32	02:01:14	03:46:01.50	+01:48:44 (48.1%)	9:34	6.3 (52.1%)	
235	DYKTYŃSKI Krzysztof	433	VEOLIA	M-50	13	01:48:22	03:46:19.50	+01:49:02 (48.2%)	9:35	6.3 (52.1%)	
236	WIŚNIEWSKI Tomasz	348		M-40	73	02:02:00	03:46:40.35	+01:49:23 (48.3%)	9:36	6.2 (51.2%)	
237	PULKOWSKI Dariusz	97	OSTRÓDA RUNNERS	M-50	14	02:02:10	03:46:52.70	+01:49:35 (48.3%)	9:36	6.2 (51.2%)	
238	MAZIAREK Adela	210		K-30	33	01:59:40	03:47:28.05	+01:50:11 (48.4%)	9:38	6.2 (51.2%)	
239	PISULA Łukasz	383		M-30	71	02:08:55	03:47:29.55	+01:50:12 (48.4%)	9:38	6.2 (51.2%)	
240	MIERNICKI Tomasz	209	GRUPA BIEGOWA CHTMO	M-50	15	01:59:52	03:47:52.80	+01:50:35 (48.5%)	9:39	6.2 (51.2%)	
241	SUDÓŁ Robert	115	KOTWICA BRZEG	M-30	72	01:59:37	03:48:03.95	+01:50:47 (48.6%)	9:39	6.2 (51.2%)	
242	KADŁUBOWSKI Piotr	55	SRC TEAM KOTWICA BRZEG	M-40	74	02:00:21	03:48:18.05	+01:51:01 (48.6%)	9:40	6.2 (51.2%)	
243	ORŁOWSKI Daniel	141		M-40	75	02:01:24	03:48:18.85	+01:51:02 (48.6%)	9:40	6.2 (51.2%)	
244	ILNICKI Bronisław	164		M-30	73	01:43:08	03:48:25.75	+01:51:08 (48.7%)	9:40	6.2 (51.2%)	
245	FEDOROWICZ Jowita	62	KOTWICA BRZEG	K-30	34	02:01:02	03:48:28.45	+01:51:11 (48.7%)	9:40	6.2 (51.2%)	
246	SEMENIUK Marzena	436	KOTWICA BRZEG	K-30	35	02:00:22	03:48:37.00	+01:51:20 (48.7%)	9:41	6.2 (51.2%)	
247	JANUSZEWSKI Karol	373	BIEGAM U KOLESI	M-30	74	02:02:55	03:48:49.85	+01:51:33 (48.7%)	9:41	6.2 (51.2%)	
248	JANUSZEWSKA Izabela	374	BIEGAM U KOLESI	K-30	36	02:03:06	03:48:58.35	+01:51:41 (48.8%)	9:42	6.2 (51.2%)	
249	LE FELIC Monika	510		K-40	21	02:04:51	03:49:12.55	+01:51:55 (48.8%)	9:42	6.2 (51.2%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 14.4km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 23.6km				
250	BRUZI Kacper	461		M-30	75	01:56:04	03:49:28.40	+01:52:11 (48.9%)	9:43	6.2 (51.2%)	
251	GUZIŃSKA Ola	234	BIEGAM BO LUBIĘ ZĄBKI TEAM	K-40	22	02:05:01	03:49:35.85	+01:52:19 (48.9%)	9:43	6.2 (51.2%)	
252	WRÓBLEWSKI Jarosław	225	RAZ SZCZECIN	M-40	76	01:56:56	03:50:02.60	+01:52:45 (49.0%)	9:44	6.2 (51.2%)	
253	OKRASKA Grzegorz	90		M-30	76	01:59:56	03:50:08.25	+01:52:51 (49.0%)	9:45	6.2 (51.2%)	
254	JARECKA Katarzyna	532		K-40	23	02:07:06	03:50:42.00	+01:53:25 (49.2%)	9:46	6.1 (50.4%)	
255	MORAWSKI Ryszard	197	RMT	M-30	77	02:02:07	03:50:59.35	+01:53:42 (49.2%)	9:47	6.1 (50.4%)	
256	WRZESIŃSKI Piotr	174	GAPPAG TEAM	M-40	77	01:56:15	03:51:14.60	+01:53:57 (49.3%)	9:47	6.1 (50.4%)	
257	RADAJEWSKI Arkadiusz	390	CROSS KRAPKOWICE	M-40	78	02:00:53	03:52:17.15	+01:55:00 (49.5%)	9:50	6.1 (50.4%)	
258	WOŁOWIEC Krzysztof	280	LABORATORYJNIE.PL	M-40	79	02:02:56	03:52:25.90	+01:55:09 (49.5%)	9:50	6.1 (50.4%)	
259	SKRZYPIŃSKA Agnieszka	214		K-30	37	02:02:45	03:52:43.20	+01:55:26 (49.6%)	9:51	6.1 (50.4%)	
260	GANC Marcin	307		M-40	80	02:09:54	03:52:59.55	+01:55:42 (49.7%)	9:52	6.1 (50.4%)	
261	BEDNAREK Dariusz	315	PLAN EMERYTALNY	M-40	81	02:02:20	03:53:12.10	+01:55:55 (49.7%)	9:52	6.1 (50.4%)	
262	MAKARENKOV Sergii	211	DOGOŃ GRODZISK MAZOWIECKI	M-30	78	02:01:17	03:53:19.35	+01:56:02 (49.7%)	9:53	6.1 (50.4%)	
263	LUBAŃSKA Alicja	482		K-50	5	02:02:14	03:53:26.60	+01:56:09 (49.8%)	9:53	6.1 (50.4%)	
264	WOJCIECHOWSKA Dorota	82	DOGOŃ GRODZISK MAZOWIECKI	K-40	24	02:01:26	03:53:29.15	+01:56:12 (49.8%)	9:53	6.1 (50.4%)	
265	KOZDROJ Wioletta	79	DOGOŃ GRODZISK MAZOWIECKI	K-40	25	02:00:54	03:53:33.60	+01:56:16 (49.8%)	9:53	6.1 (50.4%)	
266	CHĘC Tomasz	317		M-30	79	01:58:44	03:53:34.75	+01:56:17 (49.8%)	9:53	6.1 (50.4%)	
267	MARCZEWSKI Marcin	235	RESILIA BEMOWO GROTY	M-40	82	02:02:43	03:53:44.80	+01:56:27 (49.8%)	9:54	6.1 (50.4%)	
268	NOSARZEWSKI Mariusz	309	GB PRESS	M-40	83	01:58:57	03:53:44.95	+01:56:28 (49.8%)	9:54	6.1 (50.4%)	
269	BOŹKIEWICZ Jacek	103		M-40	84	02:05:08	03:53:45.15	+01:56:28 (49.8%)	9:54	6.1 (50.4%)	
270	KUBACZKA-LIGENZA Sylwia	186	#CZELADZBIEGA	K-30	38	02:08:11	03:53:47.85	+01:56:31 (49.8%)	9:54	6.1 (50.4%)	
271	GODLEWSKI Adam	180		M-40	85	01:57:14	03:53:51.95	+01:56:35 (49.9%)	9:54	6.1 (50.4%)	
272	RATAJSKA Monika	494		K-20	6	02:04:31	03:53:53.75	+01:56:36 (49.9%)	9:54	6.1 (50.4%)	
273	BOŹKIEWICZ Patrycja	3	PIEKIELNIE ZGRANI	K-40	26	02:05:21	03:53:55.75	+01:56:38 (49.9%)	9:54	6.1 (50.4%)	
274	ZELICHOWSKA Izabela	145	KĘCKIE HARPAGANY	K-40	27	02:04:44	03:53:57.55	+01:56:40 (49.9%)	9:54	6.1 (50.4%)	
275	KURKUS Aleksander	391	DOGOŃ GRODZISK MAZOWIECKI	M-40	86	02:07:18	03:54:24.15	+01:57:07 (50.0%)	9:55	6 (49.6%)	
276	NIEDŹWIEDŹ Grzegorz	237	STS BIEGATON	M-40	87	02:03:26	03:54:51.90	+01:57:35 (50.1%)	9:57	6 (49.6%)	
277	KLIMECKI Michał	349	ZABIEGANI GOLENIÓW	M-30	80	02:03:08	03:54:58.90	+01:57:42 (50.1%)	9:57	6 (49.6%)	
278	WOJCIECHOWSKA Anna	148	PIĄTKOWO NA BIEGOWO	K-40	28	02:03:02	03:55:01.00	+01:57:44 (50.1%)	9:57	6 (49.6%)	
279	KRZESIMOWSKI Damian	271		M-30	81	02:00:33	03:55:07.85	+01:57:51 (50.1%)	9:57	6 (49.6%)	
280	STRZELCZYK Paulina	54	NESSI LESZNO	K-30	39	02:07:57	03:55:51.95	+01:58:35 (50.3%)	9:59	6 (49.6%)	
281	KOSIŃSKI Aleksander	441		M-30	82	01:59:00	03:55:52.55	+01:58:35 (50.3%)	9:59	6 (49.6%)	
282	GIDASZEWSKA Jolanta	38	NESSI LESZNO	K-40	29	02:07:59	03:55:56.85	+01:58:40 (50.3%)	9:59	6 (49.6%)	
283	KOZIOŁ Paweł	20		M-30	83	02:08:35	03:56:04.35	+01:58:47 (50.3%)	10:00	6 (49.6%)	
284	BAJOŁEK Aleksandra	119	AZS AWF KRAKÓW MASTERS	K-50	6	02:13:13	03:56:18.35	+01:59:01 (50.4%)	10:00	6 (49.6%)	
285	PAPROCKA Natalia	95		K-40	30	02:06:41	03:56:19.35	+01:59:02 (50.4%)	10:00	6 (49.6%)	
286	DZIWIEC-GUZIŁ Justyna	21	MARELLI SOSNOWIEC POLAND	K-40	31	02:09:03	03:56:31.25	+01:59:14 (50.4%)	10:01	6 (49.6%)	
287	RESPONDEK Dariusz	261		M-40	88	02:04:50	03:57:52.35	+02:00:35 (50.7%)	10:04	6 (49.6%)	
288	MIELNIK Natalia	490		K-40	32	02:09:11	03:58:07.70	+02:00:50 (50.7%)	10:05	5.9 (48.8%)	
289	SZYSZKA Marek	304	STS BIEGATON MIKOŁÓW	M-30	84	02:02:04	03:58:23.50	+02:01:06 (50.8%)	10:06	5.9 (48.8%)	
290	KWIATKOWSKA Zuzanna	409		K-40	33	02:06:57	03:58:26.70	+02:01:09 (50.8%)	10:06	5.9 (48.8%)	
291	ORACKA Marta	239	DOGOŃ GRODZISK MAZOWIECKI	K-30	40	02:14:15	03:58:37.45	+02:01:20 (50.9%)	10:06	5.9 (48.8%)	
292	SERWADCZAK Piotr	266	P+E	M-40	89	02:01:54	03:58:45.65	+02:01:28 (50.9%)	10:07	5.9 (48.8%)	
293	POCHWAŁA Adam	325		M-20	17	02:07:08	03:58:53.10	+02:01:36 (50.9%)	10:07	5.9 (48.8%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 14.4km	Czas		Tempo min/km	Tempo km/h
							netto 23.6km	Różn		
294	MAGDZIAK Iwona	493	NOA	K-30	41	02:05:49	03:58:56.80	+02:01:39 (50.9%)	10:07	5.9 (48.8%)
295	SIKORA Dawid	168		M-20	18	02:07:15	03:59:00.60	+02:01:43 (50.9%)	10:07	5.9 (48.8%)
296	SERAFIN Robert	41		M-40	90	02:01:00	04:00:36.60	+02:03:19 (51.3%)	10:11	5.9 (48.8%)
297	TYCHOWICZ Robert	414	BUTTON'S TEAM	M-40	91	02:03:10	04:00:50.60	+02:03:33 (51.3%)	10:12	5.9 (48.8%)
298	ŻYTNIK Piotr	413	BUTTON'S TEAM	M-40	92	02:03:17	04:00:58.65	+02:03:41 (51.3%)	10:12	5.9 (48.8%)
299	PERKA Barbara	71		K-40	34	02:11:42	04:01:30.00	+02:04:13 (51.4%)	10:13	5.9 (48.8%)
300	STAMM Tomasz	528		M-40	93	02:08:44	04:01:32.15	+02:04:15 (51.4%)	10:14	5.9 (48.8%)
301	KRYSZAK Dorota	450	MARMEL TORUŃ	K-30	42	02:09:44	04:01:34.95	+02:04:18 (51.5%)	10:14	5.9 (48.8%)
302	ZAKRZEWSKI Marek	445	MARMEL TORUŃ	M-50	16	02:09:39	04:01:36.45	+02:04:19 (51.5%)	10:14	5.9 (48.8%)
303	PLASZCZAK Jarosław	6		M-40	94	02:09:23	04:02:08.55	+02:04:51 (51.6%)	10:15	5.8 (47.9%)
304	STOLARSKI Janusz	298	PARKRUN SŁODOWO, WŁOCŁAWEK	M-60	4	01:59:22	04:02:10.00	+02:04:53 (51.6%)	10:15	5.8 (47.9%)
305	JURAS-KMIEĆ Marzena	136	BIEGAM SOBIE	K-40	35	02:10:35	04:02:30.80	+02:05:13 (51.6%)	10:16	5.8 (47.9%)
306	ZACHCIAŁ Anna	346		K-30	43	02:08:00	04:02:41.40	+02:05:24 (51.7%)	10:16	5.8 (47.9%)
307	PRZESPOLEWSKI Rafał	341	WRZOSOWA STUDZIENIEC	M-40	95	02:08:13	04:02:48.35	+02:05:31 (51.7%)	10:17	5.8 (47.9%)
308	SIWIASZCZYK Tomasz	236		M-40	96	02:03:54	04:02:56.00	+02:05:39 (51.7%)	10:17	5.8 (47.9%)
309	WYRWICKI Przemek	112		M-40	97	02:07:41	04:03:08.85	+02:05:52 (51.8%)	10:18	5.8 (47.9%)
310	HENSZKE Waldemar	66		M-30	85	02:00:03	04:03:10.85	+02:05:54 (51.8%)	10:18	5.8 (47.9%)
311	ŚWIDER Małgorzata	196		K-30	44	02:06:36	04:04:10.80	+02:06:53 (52.0%)	10:20	5.8 (47.9%)
312	PYTA Grzegorz	171	NIEZRZESZONY	M-60	5	02:02:51	04:05:23.90	+02:08:07 (52.2%)	10:23	5.8 (47.9%)
313	FISZER Jakub	339	#TEAMDKMS	M-40	98	02:22:32	04:06:21.10	+02:09:04 (52.4%)	10:26	5.7 (47.1%)
314	POCHWAŁA Maciej	88		M-20	19	02:05:55	04:06:30.50	+02:09:13 (52.4%)	10:26	5.7 (47.1%)
315	GAŁUS Angelika	385	NOVEMBER RUNNING TEAM	K-30	45	02:10:08	04:06:43.50	+02:09:26 (52.5%)	10:27	5.7 (47.1%)
316	SKOWRONEK Tomasz	7		M-30	86	02:01:11	04:07:14.55	+02:09:57 (52.6%)	10:28	5.7 (47.1%)
317	BEDNARSKA KOZIOŁ Danuta	509	WKURW_TEAM	K-40	36	02:15:20	04:07:20.25	+02:10:03 (52.6%)	10:28	5.7 (47.1%)
318	RATAJCZAK Karolina	218		K-20	7	02:08:47	04:07:27.85	+02:10:11 (52.6%)	10:29	5.7 (47.1%)
319	KRAWIEC Marcin	183		M-30	87	02:11:08	04:08:07.85	+02:10:51 (52.7%)	10:30	5.7 (47.1%)
320	MALINOWSKI Paweł	243	MPK-ŁÓDŹ	M-40	99	02:01:01	04:08:11.35	+02:10:54 (52.7%)	10:30	5.7 (47.1%)
321	OLSZANKA Anna	310	OTWOCK BIEGA	K-40	37	02:12:57	04:09:34.45	+02:12:17 (53.0%)	10:34	5.7 (47.1%)
322	SZYMAŃSKI Jacek	534		M-50	17	02:12:38	04:09:44.15	+02:12:27 (53.0%)	10:34	5.7 (47.1%)
323	SZYMAŃSKA Hanna	498		K-40	38	02:12:43	04:09:45.45	+02:12:28 (53.0%)	10:34	5.7 (47.1%)
324	GROSKOP Grzegorz	232	RUN TEAM SĘPÓLNO KRAJEŃSKIE	M-20	20	02:10:38	04:09:56.05	+02:12:39 (53.1%)	10:35	5.7 (47.1%)
325	BŁACHNIO Krzysztof	159	RAZ SZCZECIN	M-50	18	01:57:59	04:09:56.40	+02:12:39 (53.1%)	10:35	5.7 (47.1%)
326	STAWICKA Ewelina	233	AKTYWNE LISEWO	K-20	8	02:10:58	04:10:03.80	+02:12:46 (53.1%)	10:35	5.7 (47.1%)
327	SWICARZ Monika	221		K-40	39	02:10:32	04:10:04.90	+02:12:48 (53.1%)	10:35	5.7 (47.1%)
328	ŁADOŃSKA Agata	405		K-30	46	02:11:23	04:10:17.55	+02:13:00 (53.1%)	10:36	5.7 (47.1%)
329	RATAJCZAK Grzegorz	219		M-50	19	02:08:25	04:10:45.25	+02:13:28 (53.2%)	10:37	5.6 (46.3%)
330	KOWNACKA Magdalena	162		K-40	40	02:16:40	04:11:18.30	+02:14:01 (53.3%)	10:38	5.6 (46.3%)
331	SŁONECKA Anna	399	BRAVEHEARTS LEGIONOWO	K-30	47	02:11:45	04:12:03.45	+02:14:46 (53.5%)	10:40	5.6 (46.3%)
332	GIBEK Paweł	503		M-30	88	02:06:33	04:12:07.85	+02:14:51 (53.5%)	10:41	5.6 (46.3%)
333	GAWROŃSKA Agata	401	BRAVEHARDS LEGIONOWO	K-30	48	02:11:59	04:12:21.05	+02:15:04 (53.5%)	10:41	5.6 (46.3%)
334	KARAMON Magdalena	227		K-40	41	02:12:39	04:12:21.50	+02:15:04 (53.5%)	10:41	5.6 (46.3%)
335	CICHOMSKA Marzena	58	BIEGAM BO MUSZĘ INACZEJ SIĘ UDUSZĘ	K-30	49	02:14:11	04:12:46.65	+02:15:29 (53.6%)	10:42	5.6 (46.3%)
336	SIBILA Dawid	94		M-30	89	02:09:40	04:13:04.15	+02:15:47 (53.7%)	10:43	5.6 (46.3%)
337	ADAMIAK Marta	165	RUN4GOLD	K-30	50	02:14:40	04:13:41.25	+02:16:24 (53.8%)	10:45	5.6 (46.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 14.4km	Czas		Tempo min/km	Tempo km/h
							netto 23.6km	Różn		
338	CZEKALSKA Magdalena	245	NARAMOWICE BIEGAJA	K-30	51	02:04:58	04:14:00.20	+02:16:43 (53.8%)	10:45	5.6 (46.3%)
339	CZEKALSKI Tomasz	246	NARAMOWICE BIEGAJA	M-40	100	02:05:33	04:14:08.90	+02:16:52 (53.9%)	10:46	5.6 (46.3%)
340	BZOWSKI Marcin	360		M-30	90	02:09:09	04:14:34.30	+02:17:17 (53.9%)	10:47	5.6 (46.3%)
341	PLASZCZAK Bogumiła	93	PIEKIELNIE ZGRANI	K-40	42	02:11:02	04:14:47.20	+02:17:30 (54.0%)	10:47	5.6 (46.3%)
342	LUPA Mirosław	255		M-50	20	02:14:18	04:14:57.05	+02:17:40 (54.0%)	10:48	5.6 (46.3%)
343	ZIELIŃSKA Katarzyna	99		K-30	52	02:27:26	04:15:26.10	+02:18:09 (54.1%)	10:49	5.5 (45.5%)
344	KWIATKOWSKA Marta	158		K-40	43	02:05:14	04:16:29.90	+02:19:13 (54.3%)	10:52	5.5 (45.5%)
345	PISOWŁODZKA Dagmara	177		K-40	44	02:18:19	04:17:09.70	+02:19:52 (54.4%)	10:53	5.5 (45.5%)
346	KRAIŃSKI Piotr	114	#CZELADZBIEGA	M-40	101	02:09:12	04:17:13.45	+02:19:56 (54.4%)	10:53	5.5 (45.5%)
347	DOMINIAK Katarzyna	355	TIGERS TEAM	K-30	53	02:20:23	04:17:14.40	+02:19:57 (54.4%)	10:54	5.5 (45.5%)
348	KOWALCZYK Anna	472	DOGOŃ GRODZISK MAZOWIECKI	K-40	45	02:12:53	04:17:15.00	+02:19:58 (54.4%)	10:54	5.5 (45.5%)
349	MARCINKOWSKI Piotr	363		M-50	21	02:19:47	04:17:32.15	+02:20:15 (54.5%)	10:54	5.5 (45.5%)
350	MZYK Fabian	305	STS BIEGATON	M-40	102	02:13:29	04:17:40.80	+02:20:23 (54.5%)	10:55	5.5 (45.5%)
351	BARTOSZEWSKA Katarzyna	156	WATAHA	K-30	54	02:17:57	04:18:00.45	+02:20:43 (54.5%)	10:55	5.5 (45.5%)
352	SKARŻEŃSKA Jagoda	527		K-30	55	02:11:47	04:18:53.50	+02:21:36 (54.7%)	10:58	5.5 (45.5%)
353	SZCZEPKOWSKI Paweł	523	ARTEQUIPMENT	M-60	6	02:15:02	04:18:58.55	+02:21:41 (54.7%)	10:58	5.5 (45.5%)
354	WITKOWSKA-KOPKA Kaja	43		K-30	56	02:18:02	04:19:09.30	+02:21:52 (54.7%)	10:58	5.5 (45.5%)
355	OGÓREK Artur	268	KB SPARTAKUS BEŁCHATÓW	M-40	103	02:19:55	04:19:15.95	+02:21:59 (54.8%)	10:59	5.5 (45.5%)
356	SADURSKA Kasia	319		K-30	57	02:16:38	04:19:22.85	+02:22:06 (54.8%)	10:59	5.5 (45.5%)
357	SIDORCZUK Katarzyna	269	KB SPARTAKUS BEŁCHATÓW	K-40	46	02:20:04	04:19:26.15	+02:22:09 (54.8%)	10:59	5.5 (45.5%)
358	GAJEWSKI Jacek	195	KURCZAK I AGATKA	M-50	22	02:12:53	04:19:38.15	+02:22:21 (54.8%)	11:00	5.5 (45.5%)
359	KUJAWA Katarzyna	187	KURCZAK I AGATKA	K-40	47	02:13:01	04:19:46.55	+02:22:29 (54.9%)	11:00	5.5 (45.5%)
360	SOWIŃSKA Magdalena	206	DOGOŃ GRODZISK MAZOWIECKI	K-40	48	02:13:22	04:19:58.40	+02:22:41 (54.9%)	11:00	5.4 (44.6%)
361	KACZMAREK Krzysztof	52	K2	M-40	104	02:14:54	04:20:35.05	+02:23:18 (55.0%)	11:02	5.4 (44.6%)
362	BRODAWKA Olga	72		K-30	58	02:19:40	04:20:36.25	+02:23:19 (55.0%)	11:02	5.4 (44.6%)
363	POKROP Agnieszka	48	GÓRSKI STYL TEAM	K-30	59	02:19:52	04:20:36.80	+02:23:19 (55.0%)	11:02	5.4 (44.6%)
364	POWAŁA Janusz	170	JIL	M-60	7	02:11:39	04:22:04.25	+02:24:47 (55.2%)	11:06	5.4 (44.6%)
365	DUNAL Tomasz	116	SZ JAK GEPARD	M-30	91	02:08:30	04:22:57.30	+02:25:40 (55.4%)	11:08	5.4 (44.6%)
366	SAWICKA Izabela	14	PARKRUN	K-30	60	02:16:49	04:23:05.15	+02:25:48 (55.4%)	11:08	5.4 (44.6%)
367	KRYSIAK Łukasz	8	PIĄTKOWO NA BIEGOWO	M-40	105	02:06:14	04:23:36.05	+02:26:19 (55.5%)	11:10	5.4 (44.6%)
368	RUDAWSKA Karolina	137		K-20	9	02:19:58	04:24:52.80	+02:27:35 (55.7%)	11:13	5.3 (43.8%)
369	BOSY Joanna	222		K-30	61	02:15:59	04:24:57.80	+02:27:40 (55.7%)	11:13	5.3 (43.8%)
370	PIETROWSKA Hallik	45		K-50	7	02:21:45	04:24:58.80	+02:27:41 (55.7%)	11:13	5.3 (43.8%)
371	BŁASZCZAK Katarzyna	92	DOGOŃ GRODZISK MAZOWIECKI	K-30	62	02:22:17	04:25:31.90	+02:28:15 (55.8%)	11:15	5.3 (43.8%)
372	BĄK Bogdan	340		M-40	106	02:16:04	04:25:51.05	+02:28:34 (55.9%)	11:15	5.3 (43.8%)
373	PAWŁOWSKI Zbigniew	501		M-50	23	02:19:56	04:26:36.65	+02:29:19 (56.0%)	11:17	5.3 (43.8%)
374	MALISZAK Agnieszka	152		K-30	63	02:23:47	04:27:06.65	+02:29:49 (56.1%)	11:19	5.3 (43.8%)
375	STACHURSKA Monika	17		K-50	8	02:18:28	04:27:18.95	+02:30:02 (56.1%)	11:19	5.3 (43.8%)
376	CELICHOWSKI Stanisław	451		M-30	92	02:24:18	04:27:55.00	+02:30:38 (56.2%)	11:21	5.3 (43.8%)
377	MAJ Magdalena	16	GRAŻYŃKI OCR	K-30	64	02:24:27	04:28:03.50	+02:30:46 (56.2%)	11:21	5.3 (43.8%)
378	SZYMCZAK Anna	311	KB SPARTAKUS BEŁCHATÓW	K-40	49	02:24:40	04:29:47.05	+02:32:30 (56.5%)	11:25	5.2 (43.0%)
379	SIERANT Marian	176		M-60	8	02:15:38	04:30:19.60	+02:33:02 (56.6%)	11:27	5.2 (43.0%)
380	JARZĘBSKA-MAJCHRZAK Agnieszka	34	TU INTER POLSKA SA	K-20	10	02:27:29	04:31:04.90	+02:33:48 (56.7%)	11:29	5.2 (43.0%)
381	CZUCHWICKI Marek	15		M-40	107	02:17:36	04:31:15.40	+02:33:58 (56.8%)	11:29	5.2 (43.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 14.4km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 23.6km				
382	DUDEK Mariola	36	STRZEGOMSKA DWUNASTKA	K-40	50	02:19:56	04:31:37.05	+02:34:20 (56.8%)	11:30	5.2 (43.0%)	
383	STRZECHOWSKI Dariusz	108	RAJSPOORT ACTIVE	M-30	93	02:27:17	04:32:55.90	+02:35:39 (57.0%)	11:33	5.2 (43.0%)	
384	BANASZCZAK Karina	60	OFIARY SPORTU	K-20	11	02:27:31	04:33:11.80	+02:35:54 (57.1%)	11:34	5.2 (43.0%)	
385	JANKOWIAK Piotr	291	SPARTA RUNNERS	M-20	21	02:15:36	04:33:31.15	+02:36:14 (57.1%)	11:35	5.2 (43.0%)	
386	FILIPOWIAK Bartosz	294	SPARTA TEAM	M-40	108	02:15:33	04:33:39.70	+02:36:22 (57.1%)	11:35	5.2 (43.0%)	
387	KOCZOROWSKI Marcin	314	TEAM ZABIEGANEDNI	M-40	109	02:23:25	04:33:46.40	+02:36:29 (57.2%)	11:36	5.2 (43.0%)	
388	ADAMSKI Adam	356	BIERUTOWSKA GRUPA BIEGOWA	M-50	24	02:19:18	04:33:48.80	+02:36:31 (57.2%)	11:36	5.2 (43.0%)	
389	KOCZOROWSKA Anna	313	TEAM ZABIEGANEDNI	K-30	65	02:23:31	04:33:54.35	+02:36:37 (57.2%)	11:36	5.2 (43.0%)	
390	MITEK Marta	194		K-30	66	02:24:57	04:34:45.85	+02:37:29 (57.3%)	11:38	5.2 (43.0%)	
391	PAWLAK Krzysztof	286		M-40	110	02:21:05	04:35:14.75	+02:37:57 (57.4%)	11:39	5.1 (42.1%)	
392	PAWLAK Małgorzata	287		K-40	51	02:21:07	04:35:22.30	+02:38:05 (57.4%)	11:40	5.1 (42.1%)	
393	KOZIEŁ Piotr	365	DOGOŃ GRODZISK MAZOWIECKI	M-30	94	02:21:11	04:35:46.95	+02:38:30 (57.5%)	11:41	5.1 (42.1%)	
394	ZAWADZKA Magdalena	25	AKS POLONIA WARSZAWA	K-30	67	02:21:20	04:35:50.15	+02:38:33 (57.5%)	11:41	5.1 (42.1%)	
395	KORNACKA Hanna	200	DOGOŃ GRODZISK MAZOWIECKI	K-40	52	02:21:26	04:36:05.65	+02:38:48 (57.5%)	11:41	5.1 (42.1%)	
396	MAJEROWSKI Mateusz	285		M-30	95	02:18:54	04:37:32.50	+02:40:15 (57.7%)	11:45	5.1 (42.1%)	
397	PAWLIK Anna	106	OSTRÓDA RUNNERS	K-40	53	02:25:26	04:40:53.50	+02:43:36 (58.2%)	11:54	5 (41.3%)	
398	WITKOWSKA Ania	18		K-30	68	02:31:29	04:41:00.20	+02:43:43 (58.3%)	11:54	5 (41.3%)	
399	MACKIEWICZ Katarzyna	122		K-30	69	02:31:26	04:41:09.00	+02:43:52 (58.3%)	11:54	5 (41.3%)	
400	SZYKLEWSKI Maciej	522		M-50	25	02:27:07	04:41:38.45	+02:44:21 (58.4%)	11:56	5 (41.3%)	
401	POCHWAŁA Piotr	56		M-50	26	02:19:08	04:41:40.40	+02:44:23 (58.4%)	11:56	5 (41.3%)	
402	REMBOWSKA Natalia	282		K-40	54	02:27:16	04:41:48.00	+02:44:31 (58.4%)	11:56	5 (41.3%)	
403	MIERZEJEWSKA Martyna	316	BIEGAM NA TARCHOMINIE	K-30	70	02:33:15	04:41:49.85	+02:44:33 (58.4%)	11:56	5 (41.3%)	
404	STOLARSKA Danuta	299	PARKRUN SŁODOWO, WŁOCŁAWEK	K-60	1	02:34:01	04:46:11.50	+02:48:54 (59.0%)	12:07	4.9 (40.5%)	
405	WITKOWSKA Maria	59	KLUB KRÓLIKA STEFANA	K-60	2	02:41:18	04:46:28.95	+02:49:12 (59.1%)	12:08	4.9 (40.5%)	
406	WRZOSEK Karolina	483		K-30	71	02:29:57	04:46:39.75	+02:49:22 (59.1%)	12:08	4.9 (40.5%)	
407	WIŚNIEWSKA Dorota	350		K-40	55	02:34:58	04:48:00.25	+02:50:43 (59.3%)	12:12	4.9 (40.5%)	
408	LEWANDOWSKA Ewelina	333	NIGHT RUNNERS WROCŁAW	K-30	72	02:35:01	04:48:10.60	+02:50:53 (59.3%)	12:12	4.9 (40.5%)	
409	FURTACZ Anna	427		K-40	56	02:30:58	04:48:46.75	+02:51:29 (59.4%)	12:14	4.9 (40.5%)	
410	LATOS Joanna	347		K-40	57	02:28:54	04:49:19.85	+02:52:03 (59.5%)	12:15	4.9 (40.5%)	
411	KSIĘŻAK Jolanta	320		K-40	58	02:32:34	04:50:25.50	+02:53:08 (59.6%)	12:18	4.9 (40.5%)	
412	KRZYKWA Agnieszka	241		K-50	9	02:32:40	04:50:36.45	+02:53:19 (59.6%)	12:18	4.9 (40.5%)	
413	CZYŻEWSKA Marlena	238		K-50	10	02:32:53	04:50:45.95	+02:53:29 (59.7%)	12:19	4.9 (40.5%)	
414	ADAMCZUK Piotr	371		M-40	111	02:20:52	04:51:21.10	+02:54:04 (59.7%)	12:20	4.9 (40.5%)	
415	MHADHBI Joanna	292		K-30	73	02:28:47	04:51:56.80	+02:54:39 (59.8%)	12:22	4.9 (40.5%)	
416	PERZ Kacper	303		M-20	22	02:39:54	04:52:54.40	+02:55:37 (60.0%)	12:24	4.8 (39.7%)	
417	MORAWSKA Katarzyna	251	FUCK THE PESEL	K-40	59	02:30:38	04:53:17.00	+02:56:00 (60.0%)	12:25	4.8 (39.7%)	
418	JEŻEWSKA Sylwia	343	DRUŻYNA SZPIKU	K-40	60	02:31:53	04:53:56.45	+02:56:39 (60.1%)	12:27	4.8 (39.7%)	
419	HEIMOWSKA Beata	446		K-30	74	02:39:22	04:55:54.85	+02:58:38 (60.4%)	12:32	4.8 (39.7%)	
420	BLICHERT Anna	57	I DON'T KURWA CARE	K-30	75	02:32:02	04:55:56.05	+02:58:39 (60.4%)	12:32	4.8 (39.7%)	
421	ZABOROWSKA Aleksandra	395		K-40	61	02:37:09	04:58:21.80	+03:01:04 (60.7%)	12:38	4.7 (38.8%)	
422	MARYNIAK Katarzyna	386	WYBIEGAJ SIEBIE	K-40	62	02:31:36	05:00:52.95	+03:03:36 (61.0%)	12:44	4.7 (38.8%)	
423	GAGASZKA Agnieszka	104		K-30	76	02:38:04	05:02:53.05	+03:05:36 (61.3%)	12:50	4.7 (38.8%)	
424	MARCINKOWSKA Beata	178	#CZELADZBIEGA	K-50	11	02:37:41	05:06:21.65	+03:09:04 (61.7%)	12:58	4.6 (38.0%)	
425	BARTOSZEWICZ Marta	192		K-30	77	02:43:09	05:06:58.60	+03:09:41 (61.8%)	13:00	4.6 (38.0%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 14.4km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 23.6km				
426	ROGOWSKA-ROSZCZYK Magdalena	199		K-40	63	02:43:30	05:07:10.25	+03:09:53 (61.8%)	13:00	4.6 (38.0%)	
427	WRÓBEL Marzena	231		K-40	64	02:40:46	05:08:57.40	+03:11:40 (62.0%)	13:05	4.6 (38.0%)	
428	SZOTOWICZ Ewa	151		K-30	78	02:43:13	05:09:49.15	+03:12:32 (62.1%)	13:07	4.6 (38.0%)	
429	ŁAŻNIAK-PFAJFER Agata	226	CARDIORUNNERS	K-30	79	02:19:27	05:10:44.65	+03:13:27 (62.3%)	13:10	4.6 (38.0%)	
430	PRZYŁUSKA Mirosława	223	RAZ SZCZECIN	K-60	3	02:44:48	05:15:45.05	+03:18:28 (62.9%)	13:22	4.5 (37.2%)	
431	KLOC Adam	265		M-50	27	02:47:15	05:18:25.35	+03:21:08 (63.2%)	13:29	4.4 (36.4%)	
432	WALCZAK Faustyna	264		K-30	80	02:47:21	05:18:30.85	+03:21:14 (63.2%)	13:29	4.4 (36.4%)	
433	MATEJKA Łukasz	273	BIEGAM NA TARCHOMINIE	M-30	96	02:46:43	05:19:26.35	+03:22:09 (63.3%)	13:32	4.4 (36.4%)	
434	MATEJKA Małgorzata	274	BIEGAM NA TARCHOMINIE	K-30	81	02:46:52	05:19:33.85	+03:22:17 (63.3%)	13:32	4.4 (36.4%)	
435	KASZUBA Katarzyna	105	#CZELADZBIEGA	K-40	65	02:52:13	05:21:09.75	+03:23:52 (63.5%)	13:36	4.4 (36.4%)	
436	STRZELCZYK Edyta	267	P+E	K-40	66	02:48:06	05:21:25.60	+03:24:08 (63.5%)	13:37	4.4 (36.4%)	
437	KORNILUK Izabela	135		K-40	67	02:55:06	05:22:01.65	+03:24:44 (63.6%)	13:38	4.4 (36.4%)	
438	JASIUL Mariola	111		K-40	68	02:52:43	05:22:47.20	+03:25:30 (63.7%)	13:40	4.4 (36.4%)	
439	TOMALAK Anna	529		K-30	82	02:57:43	05:28:18.70	+03:31:01 (64.3%)	13:54	4.3 (35.5%)	
440	FORMELA Justyna	530		K-40	69	02:57:23	05:28:36.55	+03:31:19 (64.3%)	13:55	4.3 (35.5%)	
441	MIŚKIEWICZ Wojciech	531		M-30	97	02:57:15	05:28:45.00	+03:31:28 (64.3%)	13:55	4.3 (35.5%)	
442	DULIASZ Cezary	134	NIGHT RUNNERS KRAKÓW	M-50	28	02:56:46	05:35:05.05	+03:37:48 (65.0%)	14:11	4.2 (34.7%)	
443	WOZOWCZYK-LESZKO Ela	133		K-50	12	03:00:10	05:35:35.80	+03:38:18 (65.1%)	14:13	4.2 (34.7%)	
444	FURTACZ Marek	428		M-60	9	02:56:10	05:36:23.20	+03:39:06 (65.1%)	14:15	4.2 (34.7%)	
445	CHWIAŁKOWSKA Elżbieta	53		K-50	13	02:56:54	05:39:25.25	+03:42:08 (65.4%)	14:22	4.2 (34.7%)	

Znaleziono 445 wynik(ów)