



**SUPERMARATON  
GÓR  
STOŁOWYCH**

**Wydarzenie:** Supermaraton Gór Stołowych 2020  
**Organizator:** Fundacja Maratony Górskie  
**Data:** 2020-06-27  
**Miejsce:** Karłów  
**Dystans:** 50 km

## SGS ULTRA 50KM

B4SPORT  
INTELLIGENTNE ZAWODY SPORTOWE

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INTELLIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pasterka 14.4km	Parking 27.3km	Batorow 37.9km	Kara/ bonifikata	Czas netto 50km	Różn	Tempo min/km	Tempo km/h
1	<b>WITEK Andrzej</b>	<b>499</b>	140MINUT.PL	M-20	1	01:10:22	02:22:56	03:17:34		<b>04:25:38.40</b>		5:18	11.3 (100%)
2	<b>CZERNIAK Paweł</b>	<b>447</b>	KARKONOSZ RUNNING TEAM	M-30	1	01:10:32	02:25:25	03:28:50		<b>04:53:16.30</b>	+00:27:37 (9.4%)	5:51	10.2 (90.3%)
3	<b>KOZIOŁ Damian</b>	<b>460</b>	MARCINSWIERCTEAM	M-30	2	01:16:29	02:34:33	03:37:47		<b>05:10:07.85</b>	+00:44:29 (14.3%)	6:12	9.7 (85.8%)
4	<b>GONCZARENKO Jarek</b>	<b>136</b>		M-40	1	01:16:32	02:35:28	03:40:51		<b>05:11:50.70</b>	+00:46:12 (14.8%)	6:14	9.6 (85.0%)
5	<b>STELMACH Dominika</b>	<b>494</b>	RK ATHLETICS /ADIDAS RUNNERS	K-30	1	01:20:49	02:38:11	03:44:30		<b>05:13:51.75</b>	+00:48:13 (15.4%)	6:16	9.6 (85.0%)
6	<b>JUREK Michał</b>	<b>43</b>		M-30	3	01:17:10	02:41:00	03:51:01		<b>05:16:18.95</b>	+00:50:40 (16.0%)	6:19	9.5 (84.1%)
7	<b>BRYSZ Michał</b>	<b>15</b>	STOWARZYSZENIE BIEGACZY GÓRSKICH PODBIEG	M-30	4	01:16:42	02:38:04	03:45:37		<b>05:17:20.60</b>	+00:51:42 (16.3%)	6:20	9.5 (84.1%)
8	<b>WIERZBICKI Hubert</b>	<b>36</b>	CROSSFIT DOGFIELD	M-20	2	01:15:28	02:39:38	03:48:44		<b>05:22:15.50</b>	+00:56:37 (17.6%)	6:26	9.3 (82.3%)
9	<b>KROSNY Sebastian</b>	<b>215</b>	STS BIEGATON MIKOŁÓW / LEŚNA SZARAŃCZA I ZAŁOGA GÓRSKA :D	M-30	5	01:20:36	02:44:25	03:55:41		<b>05:27:39.30</b>	+01:02:00 (18.9%)	6:33	9.2 (81.4%)
10	<b>MYCA Paweł</b>	<b>117</b>	WOLBROM TEAM	M-40	2	01:22:37	02:49:31	04:01:26		<b>05:33:23.75</b>	+01:07:45 (20.3%)	6:40	9 (79.6%)
11	<b>STOLARZ Piotr</b>	<b>118</b>	AKTYWNA DĄBROWA	M-40	3	01:22:03	02:50:26	04:03:45		<b>05:34:43.05</b>	+01:09:04 (20.6%)	6:41	9 (79.6%)
12	<b>DYREK Michał</b>	<b>137</b>	MOK MSZANA DOLNA	M-30	6	01:23:44	02:50:14	04:04:12		<b>05:37:13.95</b>	+01:11:35 (21.2%)	6:44	8.9 (78.8%)
13	<b>SZOSTEK Michał</b>	<b>26</b>	UBS KRAKÓW RUNNING TEAM	M-20	3	01:20:08	02:46:15	03:59:54		<b>05:37:58.10</b>	+01:12:19 (21.4%)	6:45	8.9 (78.8%)
14	<b>WICHŁACZ Paweł</b>	<b>198</b>	KB MANIAC POZNAŃ	M-30	7	01:26:40	02:59:05	04:10:47		<b>05:38:43.65</b>	+01:13:05 (21.6%)	6:46	8.9 (78.8%)
15	<b>KITA Michał</b>	<b>114</b>	PĘDZĄCY W MIEJSCU	M-40	4	01:19:52	02:46:52	03:59:25		<b>05:40:01.65</b>	+01:14:23 (21.9%)	6:48	8.8 (77.9%)
16	<b>ROGÓRZ Piotr</b>	<b>501</b>		M-40	5	01:23:36	02:49:15	04:05:00		<b>05:42:47.70</b>	+01:17:09 (22.5%)	6:51	8.8 (77.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pasterka 14.4km	Parking 27.3km	Batorow 37.9km	Kara/ bonifikata	Czas		Tempo min/km	Tempo km/h
										netto 50km	Różn		
17	<b>PIETRYSZYN Emil</b>	<b>240</b>	SZUKAM SPONSORA TEAM	M-20	4	01:20:59	02:48:49	04:04:00		<b>05:43:30.50</b>	+01:17:52 (22.7%)	6:52	8.7 (77.0%)
18	<b>DEMBSKI Paweł</b>	<b>418</b>	PRZEDWOJEWSKI MOUNTAIN TEAM	M-30	8	01:19:44	02:43:06	03:56:39		<b>05:44:15.20</b>	+01:18:36 (22.8%)	6:53	8.7 (77.0%)
19	<b>BARTOSZEWSKI Grzegorz</b>	<b>212</b>	LITWIN TRIATHLON TEAM	M-40	6	01:27:08	02:55:20	04:09:05		<b>05:44:18.95</b>	+01:18:40 (22.8%)	6:53	8.7 (77.0%)
20	<b>BADOWSKI Jerzy</b>	<b>411</b>	TRI AMIGOS	M-40	7	01:25:41	02:54:06	04:07:09		<b>05:44:26.25</b>	+01:18:47 (22.9%)	6:53	8.7 (77.0%)
21	<b>KWIATKOWSKA Kinga</b>	<b>456</b>	SALCO GARMIN TEAM	K-30	2	01:28:49	03:01:07	04:14:12		<b>05:45:27.55</b>	+01:19:49 (23.1%)	6:54	8.7 (77.0%)
22	<b>SKROBAŃSKI Roman</b>	<b>498</b>		M-40	8	01:23:44	02:25:00	03:39:54	00:30:00	<b>05:46:07.00</b>	+01:20:28 (23.3%)	6:19	9.5 (84.1%)
23	<b>LEMAŃSKI Damian</b>	<b>196</b>		M-30	9	01:19:36	02:47:25	04:05:19		<b>05:46:34.50</b>	+01:20:56 (23.4%)	6:55	8.7 (77.0%)
24	<b>POMORSKI Marcin</b>	<b>479</b>	SZWLA STARGARD	M-30	10	01:22:41	02:51:56	04:06:36		<b>05:46:36.30</b>	+01:20:57 (23.4%)	6:55	8.7 (77.0%)
25	<b>ZARODKIEWICZ Dawid</b>	<b>359</b>	NAPRZÓD MŁODZINY / #TZD	M-30	11	01:23:45	02:53:14	04:11:48		<b>05:51:42.95</b>	+01:26:04 (24.5%)	7:02	8.5 (75.2%)
26	<b>POCZĄTKO Łukasz</b>	<b>209</b>	KĘCKIE HARPAGANY	M-20	5	01:21:22	02:47:08	03:58:11		<b>05:51:52.45</b>	+01:26:14 (24.5%)	7:02	8.5 (75.2%)
27	<b>KALIN Władysław</b>	<b>496</b>	PRZEBIEGLI UNISŁAW	M-40	9	01:22:35	02:55:37	04:14:08		<b>05:52:11.25</b>	+01:26:32 (24.6%)	7:02	8.5 (75.2%)
28	<b>MIKEŠOVÁ Jana</b>	<b>371</b>	SALMING CZ	K-20	1	01:29:47	03:05:19	04:20:37		<b>05:56:51.65</b>	+01:31:13 (25.6%)	7:08	8.4 (74.3%)
29	<b>WINIARSKA Katarzyna</b>	<b>409</b>	PRZEMYSKI KLUB BIEGACZA/HERCOG RUNNING TEAM	K-40	1	01:27:15	03:00:36	04:20:58		<b>05:57:38.55</b>	+01:32:00 (25.7%)	7:09	8.4 (74.3%)
30	<b>TOMASZEWSKI Mirosław</b>	<b>508</b>		M-40	10	01:33:00	02:40:51	04:04:13		<b>05:57:39.15</b>	+01:32:00 (25.7%)	7:09	8.4 (74.3%)
31	<b>JANIK Mateusz</b>	<b>329</b>		M-30	12	01:29:24	02:59:44	04:19:22		<b>05:57:42.30</b>	+01:32:03 (25.7%)	7:09	8.4 (74.3%)
32	<b>KOZIEŁ Grzegorz</b>	<b>270</b>	STS BIEGATON MIKOŁÓW	M-30	13	01:29:50	03:01:13	04:16:28		<b>06:00:11.60</b>	+01:34:33 (26.3%)	7:12	8.3 (73.5%)
33	<b>HORZELA Błażej</b>	<b>493</b>		M-30	14	01:16:47	02:40:34	04:02:57		<b>06:02:25.15</b>	+01:36:46 (26.7%)	7:14	8.3 (73.5%)
34	<b>MIKA Andrzej</b>	<b>69</b>	KLUB NIEDZIELNEGO BIEGACZA	M-30	15	01:24:45	03:00:08	04:23:38		<b>06:05:52.85</b>	+01:40:14 (27.4%)	7:19	8.2 (72.6%)
35	<b>WALCZAK Patryk</b>	<b>177</b>		M-30	16	01:23:19	03:02:32	04:20:15		<b>06:07:19.30</b>	+01:41:40 (27.7%)	7:20	8.2 (72.6%)
36	<b>SKOWROŃSKI Janusz</b>	<b>462</b>		M-40	11	01:27:38	03:05:32	04:19:27		<b>06:10:30.85</b>	+01:44:52 (28.3%)	7:24	8.1 (71.7%)
37	<b>OLSZAK Dariusz</b>	<b>257</b>	MSPORT TEAM	M-30	17	01:27:04	03:11:55	04:36:04		<b>06:10:48.95</b>	+01:45:10 (28.4%)	7:24	8.1 (71.7%)
38	<b>ZAGÓRSKI Mariusz</b>	<b>504</b>		M-40	12	01:26:42	03:00:29	04:22:51		<b>06:11:39.90</b>	+01:46:01 (28.5%)	7:25	8.1 (71.7%)
39	<b>PODBIELSKI Krystian</b>	<b>10</b>	KAJA TEAM	M-40	13	01:33:16	03:09:42	04:33:30		<b>06:12:05.55</b>	+01:46:27 (28.6%)	7:26	8.1 (71.7%)
40	<b>KOCEMBA Kamil</b>	<b>4</b>	KĘCKIE HARPAGANY	M-30	18	01:29:25	03:07:30	04:31:19		<b>06:13:23.05</b>	+01:47:44 (28.9%)	7:28	8 (70.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pasterka 14.4km	Parking 27.3km	Batorow 37.9km	Kara/ bonifikata	Czas		Tempo min/km	Tempo km/h
										netto 50km	Różn		
41	<b>KIEŁBASIEWICZ Dawid</b>	<b>265</b>	ER-TEAM	M-20	6	01:28:51	02:59:42	04:19:13		<b>06:13:51.25</b>	+01:48:12 (28.9%)	7:28	8 (70.8%)
42	<b>KRYM Katarzyna</b>	<b>98</b>	NIGHT RUNNERS WROCŁAW	K-40	2	01:36:10	03:12:36	04:29:58		<b>06:14:39.65</b>	+01:49:01 (29.1%)	7:29	8 (70.8%)
43	<b>CZUB Piotr</b>	<b>419</b>	GRUPA BIEGOWA 'BEZ GRANIC'	M-20	7	01:31:20	03:06:00	04:24:49		<b>06:15:15.00</b>	+01:49:36 (29.2%)	7:30	8 (70.8%)
44	<b>MICHALSKI Piotr</b>	<b>24</b>		M-30	19	01:28:06	03:02:45	04:23:58		<b>06:15:16.90</b>	+01:49:38 (29.2%)	7:30	8 (70.8%)
45	<b>GRABOŚ Nina</b>	<b>104</b>		K-40	3	01:34:07	03:15:14	04:37:26		<b>06:15:36.25</b>	+01:49:57 (29.3%)	7:30	8 (70.8%)
46	<b>PABIS Szymon</b>	<b>473</b>		M-30	20	01:35:28	03:17:08	04:38:56		<b>06:16:51.30</b>	+01:51:12 (29.5%)	7:32	8 (70.8%)
47	<b>MICHALSKI Mateusz</b>	<b>354</b>		M-30	21	01:34:55	03:12:04	04:35:26		<b>06:19:31.90</b>	+01:53:53 (30.0%)	7:35	7.9 (69.9%)
48	<b>NOWICKI Tomasz</b>	<b>222</b>	KLUB BIEGACZA FARTLEK	M-30	22	01:26:29	03:04:52	04:29:25		<b>06:19:50.70</b>	+01:54:12 (30.1%)	7:35	7.9 (69.9%)
49	<b>KARAMON Marcin</b>	<b>231</b>	OPOLEBIEGA	M-40	14	01:31:52	03:10:38	04:34:08		<b>06:20:34.25</b>	+01:54:55 (30.2%)	7:36	7.9 (69.9%)
50	<b>KUŚMIDER Jakub</b>	<b>101</b>	PRZEMYSKI KLUB BIEGACZA	M-30	23	01:28:05	03:00:56	04:17:49		<b>06:21:30.15</b>	+01:55:51 (30.4%)	7:37	7.9 (69.9%)
51	<b>ŻURAWSKI Sławomir</b>	<b>57</b>	PGBSPORTOWAPACZKA	M-40	15	01:28:53	03:07:04	04:35:00		<b>06:21:30.65</b>	+01:55:52 (30.4%)	7:37	7.9 (69.9%)
52	<b>LIPIŃSKI Marek</b>	<b>477</b>		M-40	16	01:33:56	03:20:54	04:38:44		<b>06:23:38.45</b>	+01:58:00 (30.8%)	7:40	7.8 (69.0%)
53	<b>WYROBA Wojciech</b>	<b>33</b>		M-30	24	01:31:04	03:11:35	04:34:49		<b>06:23:55.75</b>	+01:58:17 (30.8%)	7:40	7.8 (69.0%)
54	<b>KRASIŃSKI Marcin</b>	<b>160</b>	WOODWARD RUNNERS	M-30	25	01:30:33	03:11:44	04:34:23		<b>06:24:43.15</b>	+01:59:04 (31.0%)	7:41	7.8 (69.0%)
55	<b>MIKUŁAN Mikołaj</b>	<b>97</b>	U.S NAVY SEAL	M-30	26	01:33:56	03:13:32	04:37:11		<b>06:24:57.85</b>	+01:59:19 (31.0%)	7:41	7.8 (69.0%)
56	<b>KOŚCIELNIAK Wioletta</b>	<b>464</b>	RUNNERS TEAM NYSA	K-40	4	01:35:45	03:15:57	04:38:13		<b>06:24:59.30</b>	+01:59:20 (31.0%)	7:42	7.8 (69.0%)
57	<b>MALEC Artur</b>	<b>467</b>		M-40	17	01:29:11	03:06:40	04:36:30		<b>06:25:05.35</b>	+01:59:26 (31.0%)	7:42	7.8 (69.0%)
58	<b>ZAWORSKI Tomasz</b>	<b>163</b>		M-30	27	01:35:51	03:16:03	04:41:06		<b>06:25:19.30</b>	+01:59:40 (31.1%)	7:42	7.8 (69.0%)
59	<b>ŁUCJANEK Andrzej</b>	<b>109</b>	KAJA TEAM	M-40	18	01:33:09	03:09:34	04:33:26		<b>06:26:27.15</b>	+02:00:48 (31.3%)	7:43	7.8 (69.0%)
60	<b>POCHYLSKI Przemysław</b>	<b>437</b>	ZGRUPKA TEAM	M-40	19	01:32:23	03:21:40	04:44:06		<b>06:27:43.15</b>	+02:02:04 (31.5%)	7:45	7.7 (68.1%)
61	<b>BURYBA Jacek</b>	<b>218</b>	KLUB BIEGACZA FARTLEK	M-30	28	01:35:17	03:21:23	04:49:49		<b>06:30:21.35</b>	+02:04:42 (31.9%)	7:48	7.7 (68.1%)
62	<b>KAŁWA Leszek</b>	<b>360</b>	WOLBROM TEAM	M-30	29	01:32:28	03:14:24	04:41:12		<b>06:31:20.60</b>	+02:05:42 (32.1%)	7:49	7.7 (68.1%)
63	<b>KOZŁOWSKI Leszek</b>	<b>429</b>		M-40	20	01:32:33	03:14:39	04:43:29		<b>06:32:04.70</b>	+02:06:26 (32.2%)	7:50	7.7 (68.1%)
64	<b>SŁYSZ Szymon</b>	<b>41</b>		M-30	30	01:24:08	03:03:07	04:37:02		<b>06:32:33.20</b>	+02:06:54 (32.3%)	7:51	7.6 (67.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pasterka 14.4km	Parking 27.3km	Batorow 37.9km	Kara/ bonifikata	Czas		Tempo min/km	Tempo km/h
										netto 50km	Różn		
65	MARCINIAK Jakub	120	KOŹMIN BIEGA ULTRA RUNNERS	M-30	31	01:26:30	03:08:47	04:38:22		<b>06:32:34.80</b>	+02:06:56 (32.3%)	7:51	7.6 (67.3%)
66	WIECZOREK Damian	416		M-40	21	01:36:30	03:21:20	04:44:03		<b>06:32:51.40</b>	+02:07:13 (32.4%)	7:51	7.6 (67.3%)
67	HEŁMECKI Artur	399		M-40	22	01:27:59	03:08:42	04:41:51		<b>06:33:21.90</b>	+02:07:43 (32.5%)	7:52	7.6 (67.3%)
68	JASTRZEBSKI Szymon	25		M-30	32	01:32:07	03:16:09	04:44:05		<b>06:35:16.20</b>	+02:09:37 (32.8%)	7:54	7.6 (67.3%)
69	WYROBA Waldi	96	BEFIT24TEAM	M-50	1	01:30:02	03:11:43	04:40:39		<b>06:35:22.75</b>	+02:09:44 (32.8%)	7:54	7.6 (67.3%)
70	CZERWIECKI Marcin	389	STS	M-30	33	01:24:56	03:10:14	04:37:23		<b>06:35:37.80</b>	+02:09:59 (32.9%)	7:54	7.6 (67.3%)
71	GAWLEWICZ Krystyna	385	GAWĘŁKI TEAM / POZYTYWNE ZABIEGANI SANOK	K-40	5	01:36:31	03:24:32	04:51:32		<b>06:36:38.60</b>	+02:11:00 (33.0%)	7:55	7.6 (67.3%)
72	PASTERZ Piotr	262		M-30	34	01:35:27	03:16:56	04:45:22		<b>06:36:48.60</b>	+02:11:10 (33.1%)	7:56	7.6 (67.3%)
73	ANDRZEJEWSKI Tomasz	369	MOGILNO TEAM	M-40	23	01:35:43	03:20:36	04:52:43		<b>06:37:23.10</b>	+02:11:44 (33.2%)	7:56	7.5 (66.4%)
74	LISIECKI Tomasz	291	TRZYNASTKA PLUS	M-40	24	01:36:42	03:20:48	04:48:02		<b>06:38:07.20</b>	+02:12:28 (33.3%)	7:57	7.5 (66.4%)
75	NOWACZYK Tomasz	488	KOŚCIAN TEAM	M-40	25	01:31:00	03:14:16	04:42:18		<b>06:38:22.95</b>	+02:12:44 (33.3%)	7:58	7.5 (66.4%)
76	MAREK Paweł	155		M-30	35	01:29:32	03:08:43	04:37:14		<b>06:39:09.65</b>	+02:13:31 (33.5%)	7:58	7.5 (66.4%)
77	RUCIŃSKI Arkadiusz	367		M-30	36	01:31:23	03:08:00	04:33:17		<b>06:39:28.20</b>	+02:13:49 (33.5%)	7:59	7.5 (66.4%)
78	MYŚLIWIEC Przemysław	410	NEUROCHIRURGIE UNIV. KLINIKUM DRESDEN	M-30	37	01:26:15	03:12:09	04:44:34		<b>06:40:06.10</b>	+02:14:27 (33.6%)	8:00	7.5 (66.4%)
79	KUBLIK Łukasz	435		M-20	8	01:42:48	03:26:04	04:52:38		<b>06:40:48.25</b>	+02:15:09 (33.7%)	8:00	7.5 (66.4%)
80	MIKOŁAJCZYK Krzysztof	382		M-40	26	01:28:49	03:06:46	04:36:36		<b>06:41:11.30</b>	+02:15:32 (33.8%)	8:01	7.5 (66.4%)
81	OBERLAN-MARON Joanna	438		K-40	6	01:37:29	03:22:14	04:50:53		<b>06:41:25.65</b>	+02:15:47 (33.8%)	8:01	7.5 (66.4%)
82	MATŁĄG Michał	12	KB MANIAC POZNAŃ	M-40	27	01:34:05	03:15:49	04:44:22		<b>06:42:17.30</b>	+02:16:38 (34.0%)	8:02	7.5 (66.4%)
83	KOWALCZYK Paweł	23	KĘCKIE HARPAGANY	M-40	28	01:33:24	03:15:10	04:41:56		<b>06:42:26.30</b>	+02:16:47 (34.0%)	8:02	7.5 (66.4%)
84	ADAM Piotr	446	WROCLAW MARATHON TEAM	M-40	29	01:32:48	03:15:01	04:44:31		<b>06:42:57.05</b>	+02:17:18 (34.1%)	8:03	7.4 (65.5%)
85	WOJCIECHOWSKI Przemysław	463	CHAMPIONMAN TEAM	M-30	38	01:27:35	03:07:57	04:40:29		<b>06:43:25.65</b>	+02:17:47 (34.2%)	8:04	7.4 (65.5%)
86	JASIULEWICZ Anna	236	BIAŁYSTOK BIEGA TEAM	K-40	7	01:33:24	03:18:09	04:50:12		<b>06:44:21.95</b>	+02:18:43 (34.3%)	8:05	7.4 (65.5%)
87	SZCZEPANIK Robert	192		M-40	30	01:35:22	03:22:54	04:52:38		<b>06:44:24.75</b>	+02:18:46 (34.3%)	8:05	7.4 (65.5%)
88	SPYRKA Piotr	393	KLUB BIEGACZA FARTLEK	M-30	39	01:29:55	03:16:40	04:47:37		<b>06:45:43.45</b>	+02:20:05 (34.5%)	8:06	7.4 (65.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pasterka 14.4km	Parking 27.3km	Batorow 37.9km	Kara/ bonifikata	Czas		Tempo min/km	Tempo km/h
										netto 50km	Różn		
89	<b>PAPROCKI Krzysztof</b>	<b>141</b>		M-40	31	01:33:28	03:17:47	04:49:02		<b>06:46:39.05</b>	+02:21:00 (34.7%)	8:07	7.4 (65.5%)
90	<b>DZIUBA Piotr</b>	<b>392</b>		M-40	32	01:32:42	03:18:26	04:52:02		<b>06:46:41.25</b>	+02:21:02 (34.7%)	8:08	7.4 (65.5%)
91	<b>NOWAK Mariusz</b>	<b>179</b>	HRT	M-30	40	01:34:27	03:12:57	04:34:09		<b>06:46:42.45</b>	+02:21:04 (34.7%)	8:08	7.4 (65.5%)
92	<b>RAJEK Sebastian</b>	<b>288</b>		M-40	33	01:35:21	03:29:45	05:06:50		<b>06:47:03.85</b>	+02:21:25 (34.7%)	8:08	7.4 (65.5%)
93	<b>URBAŃSKI Krzysztof</b>	<b>56</b>	MARMEL TORUŃ	M-40	34	01:37:41	03:26:44	04:54:51		<b>06:47:06.50</b>	+02:21:28 (34.7%)	8:08	7.4 (65.5%)
94	<b>HAJDUK Bartłomiej</b>	<b>152</b>	SBG PODBIEG	M-40	35	01:34:15	03:18:46	04:49:54		<b>06:47:17.05</b>	+02:21:38 (34.8%)	8:08	7.4 (65.5%)
95	<b>CISKI Piotr</b>	<b>249</b>		M-40	36	01:43:59	03:32:33	04:59:53		<b>06:48:52.90</b>	+02:23:14 (35.0%)	8:10	7.3 (64.6%)
96	<b>OLSZAK Zenon</b>	<b>476</b>	WARSAW RUN CLUB	M-50	2	01:40:23	03:29:18	05:00:04		<b>06:48:58.55</b>	+02:23:20 (35.0%)	8:10	7.3 (64.6%)
97	<b>ŻELICHOWSKI Artur</b>	<b>138</b>	KĘCKIE HARPAGANY	M-40	37	01:36:30	03:18:58	04:55:28		<b>06:49:05.20</b>	+02:23:26 (35.1%)	8:10	7.3 (64.6%)
98	<b>RUDAWSKI Paweł</b>	<b>490</b>		M-30	41	01:42:39	03:30:09	04:57:11		<b>06:49:19.05</b>	+02:23:40 (35.1%)	8:11	7.3 (64.6%)
99	<b>ŚMICHURSKI Krzysztof</b>	<b>328</b>	FIZJOTERAPIA BIEGACZA/WLKP MOUNTAINS ULTRA	M-30	42	01:31:22	03:15:06	04:45:00		<b>06:49:22.50</b>	+02:23:44 (35.1%)	8:11	7.3 (64.6%)
100	<b>KRAUZE Tomasz</b>	<b>49</b>	GB WROCŁAWSKIE MORSY	M-50	3	01:39:37	03:30:32	04:59:08		<b>06:50:49.20</b>	+02:25:10 (35.3%)	8:12	7.3 (64.6%)
101	<b>KWIECIEŃ Marek</b>	<b>404</b>	MARKOWI BIEGACZE	M-30	43	01:35:19	03:20:28	04:50:05		<b>06:50:50.05</b>	+02:25:11 (35.3%)	8:13	7.3 (64.6%)
102	<b>BARTKOWIAK Rafał</b>	<b>128</b>		M-40	38	01:39:17	03:26:15	04:54:52		<b>06:50:55.15</b>	+02:25:16 (35.4%)	8:13	7.3 (64.6%)
103	<b>DURA Przemysław</b>	<b>60</b>	DOBCZYCKI KLUB BIEGACZA	M-30	44	01:35:35	03:23:43	04:55:33		<b>06:51:04.45</b>	+02:25:26 (35.4%)	8:13	7.3 (64.6%)
104	<b>OGIERMAN-DYKAS Marzena</b>	<b>417</b>	ALPIN SPORT HOKA ONE ONE TEAM	K-30	3	01:40:25	03:26:14	04:58:53		<b>06:52:02.60</b>	+02:26:24 (35.5%)	8:14	7.3 (64.6%)
105	<b>KOWALCZYK Marek</b>	<b>396</b>	KB TKKF PROMYK CIECHANÓW	M-50	4	01:32:38	03:18:32	04:53:03		<b>06:52:15.50</b>	+02:26:37 (35.6%)	8:14	7.3 (64.6%)
106	<b>PIECUCH Marcin</b>	<b>29</b>	LACHO TEAM	M-30	45	01:34:48	03:23:55	04:56:20		<b>06:53:11.25</b>	+02:27:32 (35.7%)	8:15	7.3 (64.6%)
107	<b>KAŁUŻNY Wojciech</b>	<b>459</b>	BIEGOWA ŚWIDNICA	M-40	39	01:38:10	03:23:39	04:52:23		<b>06:53:54.20</b>	+02:28:15 (35.8%)	8:16	7.2 (63.7%)
108	<b>MARS Maksymilian</b>	<b>79</b>	TRAILRUN	M-40	40	01:41:02	03:30:33	05:01:02		<b>06:53:56.05</b>	+02:28:17 (35.8%)	8:16	7.2 (63.7%)
109	<b>KRÓL Marcin</b>	<b>125</b>		M-40	41	01:39:15	03:29:34	04:59:11		<b>06:54:12.50</b>	+02:28:34 (35.9%)	8:17	7.2 (63.7%)
110	<b>STPICZYŃSKI Marcin</b>	<b>22</b>		M-30	46	01:43:41	03:33:50	05:03:20		<b>06:54:14.10</b>	+02:28:35 (35.9%)	8:17	7.2 (63.7%)
111	<b>ZIELIŃSKA Iwona</b>	<b>237</b>	KUJAWSCY RUNNERS	K-40	8	01:45:04	03:35:08	05:02:51		<b>06:55:12.10</b>	+02:29:33 (36.0%)	8:18	7.2 (63.7%)
112	<b>SZLENDAK Anna</b>	<b>372</b>	WYBIEGAJ SIEBIE	K-30	4	01:41:39	03:32:39	05:09:20		<b>06:56:16.55</b>	+02:30:38 (36.2%)	8:19	7.2 (63.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pasterka 14.4km	Parking 27.3km	Batorow 37.9km	Kara/ bonifikata	Czas		Tempo min/km	Tempo km/h
										netto 50km	Różn		
113	<b>GRABIAS Aleksandra</b>	<b>8</b>	LĘBORSKI KLUB BIEGACZA IM. BRACI PETK	K-30	5	01:45:33	03:36:38	05:07:18		<b>06:56:29.65</b>	+02:30:51 (36.2%)	8:19	7.2 (63.7%)
114	<b>PIOTROWSKI Krzysztof</b>	<b>455</b>		M-40	42	01:42:24	03:31:44	05:01:34		<b>06:57:09.10</b>	+02:31:30 (36.3%)	8:20	7.2 (63.7%)
115	<b>KOSIN Paweł</b>	<b>221</b>		M-40	43	01:41:56	03:34:41	05:04:46		<b>06:57:14.70</b>	+02:31:36 (36.3%)	8:20	7.2 (63.7%)
116	<b>LEWANDOWSKI Łukasz</b>	<b>190</b>		M-30	47	01:39:00	03:24:51	04:57:42		<b>06:57:26.70</b>	+02:31:48 (36.4%)	8:20	7.2 (63.7%)
117	<b>HELSZTAJN Robert</b>	<b>39</b>	PAŁUKI RUNNING TEAM	M-50	5	01:43:57	03:33:39	05:04:15		<b>06:57:48.30</b>	+02:32:09 (36.4%)	8:21	7.2 (63.7%)
118	<b>PAŁKA Michał</b>	<b>381</b>	#SLIMAKIBARCIN	M-40	44	01:44:08	03:33:39	05:04:23		<b>06:57:57.65</b>	+02:32:19 (36.4%)	8:21	7.2 (63.7%)
119	<b>GROCHOWSKI Tomasz</b>	<b>337</b>	SPARTA RUNNERS	M-40	45	01:39:30	03:26:47	04:59:12		<b>06:58:19.20</b>	+02:32:40 (36.5%)	8:22	7.2 (63.7%)
120	<b>ŁOŚ Tomasz</b>	<b>223</b>	3T BIAŁYSTOK	M-30	48	01:41:28	03:35:17	05:03:23		<b>06:58:40.95</b>	+02:33:02 (36.6%)	8:22	7.2 (63.7%)
121	<b>MAZUR Marcin</b>	<b>383</b>	TKKF TRIATHLON DĄBROWA GÓRNICZA	M-40	46	00:49:19	02:38:19	04:14:49	00:40:00	<b>06:59:46.00</b>	+02:34:07 (36.7%)	7:35	7.9 (69.9%)
122	<b>WEŁNIAK Bogusław</b>	<b>397</b>	MOGILNO TEAM	M-40	47	01:39:18	03:25:31	04:57:11		<b>07:00:56.75</b>	+02:35:18 (36.9%)	8:25	7.1 (62.8%)
123	<b>BŁĘDOWSKI Mariusz</b>	<b>82</b>	AAC FORD AUTO STYL WŁOCŁAWEK TEAM	M-40	48	01:37:35	03:32:02	05:08:57		<b>07:00:58.95</b>	+02:35:20 (36.9%)	8:25	7.1 (62.8%)
124	<b>DAWIDZIAK Arkadiusz</b>	<b>321</b>		M-30	49	01:37:14	03:29:47	05:05:36		<b>07:01:29.80</b>	+02:35:51 (37.0%)	8:25	7.1 (62.8%)
125	<b>JANIEC Robert</b>	<b>245</b>	CZELADŹ BIEGA	M-40	49	01:41:24	03:31:14	05:08:32		<b>07:01:41.65</b>	+02:36:03 (37.0%)	8:26	7.1 (62.8%)
126	<b>MIKUŚKIEWICZ Piotr</b>	<b>489</b>	10 ŚWIĘTOKRZYSKA BRYGADA OBRONY TERYTORIALNEJ	M-40	50	01:34:33	03:23:10	04:50:47		<b>07:02:04.50</b>	+02:36:26 (37.1%)	8:26	7.1 (62.8%)
127	<b>SZOTOWICZ Paweł</b>	<b>127</b>	SZWLA STARGARD	M-30	50	01:42:13	03:30:40	05:03:13		<b>07:04:33.25</b>	+02:38:54 (37.4%)	8:29	7.1 (62.8%)
128	<b>TOPOLSKI Marcin</b>	<b>290</b>	CZŁOWIEK KTÓRY NIE BOI SIĘ CHUCKA NORRISA	M-40	51	01:50:16	03:43:17	05:10:51		<b>07:04:38.55</b>	+02:39:00 (37.4%)	8:29	7.1 (62.8%)
129	<b>NOWICKI Zbigniew</b>	<b>413</b>	TRI AMIGOS	M-40	52	01:46:34	03:48:18	05:18:55		<b>07:07:49.35</b>	+02:42:10 (37.9%)	8:33	7 (61.9%)
130	<b>KRÓL Przemysław</b>	<b>126</b>		M-40	53	01:41:05	03:31:49	05:05:12		<b>07:08:12.45</b>	+02:42:34 (38.0%)	8:33	7 (61.9%)
131	<b>HOŁOWNIA Tomasz</b>	<b>151</b>	GRUPA BIEGOWA "BEZ GRANIC"	M-30	51	01:35:23	03:17:50	04:51:07		<b>07:08:15.40</b>	+02:42:37 (38.0%)	8:33	7 (61.9%)
132	<b>KWIATEK Agnieszka</b>	<b>42</b>		K-30	6	01:46:23	03:37:08	05:11:08		<b>07:08:16.00</b>	+02:42:37 (38.0%)	8:33	7 (61.9%)
133	<b>NOWAK Paweł</b>	<b>507</b>	KLUB BIEGACZA SUPERMARATONCZYK	M-60	1	01:39:18	03:31:37	05:06:22		<b>07:09:01.60</b>	+02:43:23 (38.1%)	8:34	7 (61.9%)
134	<b>ROJEWSKI Paweł</b>	<b>122</b>	EVERRUN	M-30	52	01:30:36	03:17:21	04:58:14		<b>07:09:07.10</b>	+02:43:28 (38.1%)	8:34	7 (61.9%)
135	<b>BROJ Adrian</b>	<b>228</b>	BROJ TEAM ŻLINICE	M-50	6	01:36:57	03:26:36	05:05:28		<b>07:09:38.35</b>	+02:43:59 (38.2%)	8:35	7 (61.9%)
136	<b>SZOTOWICZ Sebastian</b>	<b>436</b>	TT SZCZECIN	M-40	54	01:42:03	03:30:25	05:16:21		<b>07:11:14.95</b>	+02:45:36 (38.4%)	8:37	7 (61.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pasterka 14.4km	Parking 27.3km	Batorow 37.9km	Kara/ bonifikata	Czas		Tempo min/km	Tempo km/h
										netto 50km	Różn		
137	<b>MAJKOWSKI Michał</b>	<b>307</b>		M-40	55	01:48:48	03:37:54	05:07:58		<b>07:11:23.60</b>	+02:45:45 (38.4%)	8:37	7 (61.9%)
138	<b>STRZYGOCKI Maciej</b>	<b>322</b>	BLACK DEVILS	M-40	56	01:34:28	03:22:36	05:06:10		<b>07:12:34.15</b>	+02:46:55 (38.6%)	8:39	6.9 (61.1%)
139	<b>LACHOWSKI Robert</b>	<b>205</b>		M-30	53	01:32:53	03:20:03	05:02:01		<b>07:12:46.00</b>	+02:47:07 (38.6%)	8:39	6.9 (61.1%)
140	<b>SMOLIŃSKI Piotr</b>	<b>433</b>		M-30	54	01:46:41	03:42:48	05:19:29		<b>07:13:06.00</b>	+02:47:27 (38.7%)	8:39	6.9 (61.1%)
141	<b>ZAKRZYŃSKI Franciszek</b>	<b>401</b>		M-40	57	01:35:35	03:24:03	05:07:40		<b>07:13:09.45</b>	+02:47:31 (38.7%)	8:39	6.9 (61.1%)
142	<b>RĄCZKOWSKI Daniel</b>	<b>187</b>	KB ZDYSZAAANI CHOCIANÓW	M-30	55	01:34:16	03:16:54	04:56:17		<b>07:13:32.00</b>	+02:47:53 (38.7%)	8:40	6.9 (61.1%)
143	<b>UCIEKLAK Dominik</b>	<b>294</b>		M-40	58	01:38:20	03:28:09	05:07:00		<b>07:13:35.65</b>	+02:47:57 (38.7%)	8:40	6.9 (61.1%)
144	<b>KOWALSKI Andrzej</b>	<b>388</b>		M-50	7	01:36:03	03:28:51	05:06:50		<b>07:13:54.00</b>	+02:48:15 (38.8%)	8:40	6.9 (61.1%)
145	<b>SIWIEC Stanisław</b>	<b>189</b>		M-60	2	01:43:30	03:37:18	05:12:31		<b>07:14:04.25</b>	+02:48:25 (38.8%)	8:40	6.9 (61.1%)
146	<b>JANCZ Tomasz</b>	<b>149</b>		M-40	59	01:38:26	03:34:11	05:07:52		<b>07:15:21.30</b>	+02:49:42 (39.0%)	8:42	6.9 (61.1%)
147	<b>PAŁKOWSKI Jakub</b>	<b>73</b>		M-20	9	01:30:23	03:23:45	05:07:02		<b>07:15:25.50</b>	+02:49:47 (39.0%)	8:42	6.9 (61.1%)
148	<b>AUGUSTYŃIAK Mariusz</b>	<b>407</b>	CROSSFIT TEAM SUSZ	M-40	60	01:50:03	03:45:27	05:16:08		<b>07:15:27.95</b>	+02:49:49 (39.0%)	8:42	6.9 (61.1%)
149	<b>URBASEK Łukasz</b>	<b>403</b>		M-30	56	01:37:38	03:18:46	05:02:02		<b>07:16:02.00</b>	+02:50:23 (39.1%)	8:43	6.9 (61.1%)
150	<b>TELEJKO Łukasz</b>	<b>458</b>	ADRIAN KOWALSKI TEAM	M-20	10	01:39:12	03:28:15	05:00:12		<b>07:16:05.15</b>	+02:50:26 (39.1%)	8:43	6.9 (61.1%)
151	<b>RĘBKOWSKI Piotr</b>	<b>172</b>		M-50	8	01:47:43	03:42:14	05:19:51		<b>07:16:10.70</b>	+02:50:32 (39.1%)	8:43	6.9 (61.1%)
152	<b>MARUKIEWICZ Marek</b>	<b>200</b>	BIEGAMDLAZDROWIA.PL	M-30	57	01:39:57	03:36:43	05:13:42		<b>07:16:19.75</b>	+02:50:41 (39.1%)	8:43	6.9 (61.1%)
153	<b>KWIECIEŃ - LIPIŃSKA Kamila</b>	<b>175</b>	TIGERS TEAM	K-40	9	01:44:50	03:38:54	05:17:28		<b>07:16:41.35</b>	+02:51:02 (39.2%)	8:44	6.9 (61.1%)
154	<b>DAWIDZIAK Wojciech</b>	<b>306</b>		M-30	58	01:37:06	03:29:18	05:10:35		<b>07:16:47.25</b>	+02:51:08 (39.2%)	8:44	6.9 (61.1%)
155	<b>JĘDRYCHOWSKI Bartłomiej</b>	<b>439</b>	KUDOWIANKA RUN	M-30	59	01:39:38	03:28:38	05:11:52		<b>07:16:48.55</b>	+02:51:10 (39.2%)	8:44	6.9 (61.1%)
156	<b>SZYDLIK Arkadiusz</b>	<b>201</b>	DOGOŃ GRODZISK MAZOWIECKI	M-30	60	01:36:09	03:26:44	05:02:16		<b>07:16:52.20</b>	+02:51:13 (39.2%)	8:44	6.9 (61.1%)
157	<b>MALINOWSKI Adrian</b>	<b>108</b>	CZELADŹ BIEGA / BIEGI W ROGOŹNIKU	M-40	61	01:36:39	03:25:03	05:02:29		<b>07:16:58.60</b>	+02:51:20 (39.2%)	8:44	6.9 (61.1%)
158	<b>PASCHKE Roman</b>	<b>124</b>	SHIPCUP	M-40	62	01:42:26	03:39:02	05:17:23		<b>07:17:16.85</b>	+02:51:38 (39.3%)	8:44	6.9 (61.1%)
159	<b>WELTER Przemysław</b>	<b>444</b>	KB SZAMOTUŁY	M-30	61	01:33:19	03:26:56	05:08:42		<b>07:19:47.00</b>	+02:54:08 (39.6%)	8:47	6.8 (60.2%)
160	<b>OSIŃSKI Karol</b>	<b>214</b>	PAŁUKI RUNNING TEAM	M-30	62	01:43:34	03:37:39	05:16:47		<b>07:20:27.05</b>	+02:54:48 (39.7%)	8:48	6.8 (60.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pasterka 14.4km	Parking 27.3km	Batorow 37.9km	Kara/ bonifikata	Czas		Tempo min/km	Tempo km/h
										netto 50km	Różn		
161	<b>ÇAKAŁA Zuzanna</b>	<b>293</b>		K-20	2	01:42:13	03:39:37	05:20:16		<b>07:21:09.25</b>	+02:55:30 (39.8%)	8:49	6.8 (60.2%)
162	<b>MATCZAK Maciej</b>	<b>65</b>	KS FABRYKA BIEGANIA OSTRÓW WIELKOPOLSKI	M-30	63	01:39:37	03:37:00	05:19:49		<b>07:21:19.60</b>	+02:55:41 (39.8%)	8:49	6.8 (60.2%)
163	<b>BASZAK Tomasz</b>	<b>194</b>	SIŁAOGRA	M-40	63	01:41:46	03:35:41	05:07:11		<b>07:21:36.00</b>	+02:55:57 (39.8%)	8:49	6.8 (60.2%)
164	<b>MORITZ Rafał</b>	<b>89</b>	ŚLIMAKI BARCIN	M-40	64	01:52:25	03:47:15	05:22:20		<b>07:23:02.55</b>	+02:57:24 (40.0%)	8:51	6.8 (60.2%)
165	<b>LISZKA Piotr</b>	<b>74</b>		M-60	3	01:50:08	03:46:32	05:25:16		<b>07:23:44.45</b>	+02:58:06 (40.1%)	8:52	6.8 (60.2%)
166	<b>SŁOWIŃSKI Karol</b>	<b>481</b>		M-40	65	01:48:08	03:41:50	05:24:46		<b>07:24:31.75</b>	+02:58:53 (40.2%)	8:53	6.7 (59.3%)
167	<b>KORBUT Radosław</b>	<b>51</b>	CROSSFIT MGW	M-40	66	01:47:14	03:45:16	05:28:16		<b>07:24:59.00</b>	+02:59:20 (40.3%)	8:53	6.7 (59.3%)
168	<b>ZACIERKA Krystian</b>	<b>509</b>		M-40	67	01:47:30	03:47:44	05:23:38		<b>07:26:16.75</b>	+03:00:38 (40.5%)	8:55	6.7 (59.3%)
169	<b>GAWLEWICZ Tomasz</b>	<b>386</b>	GAWĘŁKI TEAM / POZYTYWNE ZABIEGANI SANOK	M-40	68	01:36:20	03:24:12	04:51:45		<b>07:26:39.25</b>	+03:01:00 (40.5%)	8:55	6.7 (59.3%)
170	<b>ŚWIATOWIEC Anna</b>	<b>47</b>		K-40	10	01:53:23	03:51:17	05:26:48		<b>07:27:07.80</b>	+03:01:29 (40.6%)	8:56	6.7 (59.3%)
171	<b>GUZERA Justyna</b>	<b>313</b>		K-30	7	01:42:56	03:43:26	05:23:17		<b>07:27:17.15</b>	+03:01:38 (40.6%)	8:56	6.7 (59.3%)
172	<b>KADŁUBOWSKI Piotr</b>	<b>115</b>	SRC TEAM / KOTWICA BRZEG	M-40	69	01:41:15	03:43:11	05:20:32		<b>07:27:59.50</b>	+03:02:21 (40.7%)	8:57	6.7 (59.3%)
173	<b>KICIŃSKA Zuzanna</b>	<b>234</b>		K-30	8	01:46:34	03:46:00	05:27:19		<b>07:28:37.15</b>	+03:02:58 (40.8%)	8:58	6.7 (59.3%)
174	<b>FEICHTINGER Marek</b>	<b>156</b>		M-40	70	01:45:09	03:36:46	05:19:34		<b>07:29:44.30</b>	+03:04:05 (40.9%)	8:59	6.7 (59.3%)
175	<b>JARUS Andrzej</b>	<b>62</b>	WKURW_TEAM	M-40	71	01:42:08	03:44:13	05:21:19		<b>07:30:11.30</b>	+03:04:32 (41.0%)	9:00	6.7 (59.3%)
176	<b>STOLAREK Sebastian</b>	<b>142</b>	SPARTA RUNNERS	M-30	64	01:47:22	03:45:05	05:19:49		<b>07:30:35.45</b>	+03:04:57 (41.0%)	9:00	6.7 (59.3%)
177	<b>JAŻNIEWICZ Artur</b>	<b>27</b>	MLG	M-30	65	01:51:05	04:02:11	05:32:51		<b>07:32:02.60</b>	+03:06:24 (41.2%)	9:02	6.6 (58.4%)
178	<b>PRZYBYSZ Ryszard</b>	<b>374</b>		M-50	9	01:43:04	03:38:26	05:23:03		<b>07:33:38.35</b>	+03:07:59 (41.4%)	9:04	6.6 (58.4%)
179	<b>KIERZEK Michał</b>	<b>347</b>		M-40	72	01:47:05	03:39:14	05:21:17		<b>07:35:06.25</b>	+03:09:27 (41.6%)	9:06	6.6 (58.4%)
180	<b>KASZUBA Łukasz</b>	<b>144</b>	#CZELADZBIEGA	M-40	73	01:42:48	03:42:08	03:49:31		<b>07:36:19.40</b>	+03:10:41 (41.8%)	9:07	6.6 (58.4%)
181	<b>STACHURSKI Daniel</b>	<b>92</b>		M-50	10	02:00:21	04:03:09	05:41:26		<b>07:36:52.60</b>	+03:11:14 (41.9%)	9:08	6.6 (58.4%)
182	<b>WASILEWSKI Karol</b>	<b>276</b>	SPARTA RUNNERS	M-20	11	01:46:31	03:44:00	05:25:22		<b>07:36:53.50</b>	+03:11:15 (41.9%)	9:08	6.6 (58.4%)
183	<b>SOWA Mariusz</b>	<b>344</b>	ŻARY RUNNERS TEAM	M-40	74	01:44:05	03:44:27	05:26:20		<b>07:37:21.90</b>	+03:11:43 (41.9%)	9:08	6.6 (58.4%)
184	<b>KONKIEWICZ Robert</b>	<b>184</b>	GKB	M-40	75	01:46:57	03:47:54	05:33:44		<b>07:38:07.90</b>	+03:12:29 (42.0%)	9:09	6.5 (57.5%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pasterka 14.4km	Parking 27.3km	Batorow 37.9km	Kara/ bonifikata	Czas		Tempo min/km	Tempo km/h
										netto 50km	Różn		
185	<b>DUDEK Mariusz</b>	<b>7</b>		M-40	76	01:44:41	03:42:16	05:28:14		<b>07:38:13.80</b>	+03:12:35 (42.0%)	9:09	6.5 (57.5%)
186	<b>CHMIELEWSKI Krzysztof</b>	<b>233</b>	OUTDOOR TRAINING	M-30	66	01:41:36	03:36:33	05:27:55		<b>07:38:46.60</b>	+03:13:08 (42.1%)	9:10	6.5 (57.5%)
187	<b>RYBAK Pawel</b>	<b>5</b>		M-30	67	01:56:48	03:52:18	05:34:41		<b>07:39:08.55</b>	+03:13:30 (42.1%)	9:10	6.5 (57.5%)
188	<b>ZAWIŚLAK Kazimierz</b>	<b>377</b>	DZIKIE DZIKI	M-40	77	01:47:49	03:49:21	05:34:35		<b>07:39:13.25</b>	+03:13:34 (42.2%)	9:11	6.5 (57.5%)
189	<b>CUDAK Bartosz</b>	<b>427</b>	KGHM ZG RUN	M-20	12	01:38:32	03:30:29	05:16:04		<b>07:39:28.90</b>	+03:13:50 (42.2%)	9:11	6.5 (57.5%)
190	<b>CYMBORSKA Jolanta</b>	<b>478</b>	WARSAW RUN CLUB	K-30	9	01:48:18	03:49:59	05:35:02		<b>07:39:34.65</b>	+03:13:56 (42.2%)	9:11	6.5 (57.5%)
191	<b>BŁACHNO Marcin</b>	<b>116</b>		M-40	78	01:41:50	03:37:40	05:21:18		<b>07:40:09.35</b>	+03:14:30 (42.3%)	9:12	6.5 (57.5%)
192	<b>KOPKA Tomasz</b>	<b>103</b>		M-40	79	01:47:23	03:42:09	05:26:44		<b>07:40:16.90</b>	+03:14:38 (42.3%)	9:12	6.5 (57.5%)
193	<b>GRZYWINSKI Bartosz</b>	<b>457</b>		M-40	80	01:38:29	03:38:18	05:19:52		<b>07:40:57.90</b>	+03:15:19 (42.4%)	9:13	6.5 (57.5%)
194	<b>SKAŁECKI Przemysław</b>	<b>64</b>	SKAŁKI	M-30	68	01:50:31	03:52:25	05:30:55		<b>07:40:58.80</b>	+03:15:20 (42.4%)	9:13	6.5 (57.5%)
195	<b>LEWKOWSKI Aleksander</b>	<b>207</b>		M-30	69	01:43:31	03:38:01	05:22:39		<b>07:41:22.30</b>	+03:15:43 (42.4%)	9:13	6.5 (57.5%)
196	<b>BOROWCZYK Sonia</b>	<b>415</b>		K-20	3	01:42:11	03:38:11	05:26:16		<b>07:41:32.95</b>	+03:15:54 (42.4%)	9:13	6.5 (57.5%)
197	<b>WIERZBIŃSKI Karol</b>	<b>45</b>	LATYFUNDYŚCI BIEGAJĄ	M-40	81	01:47:02	03:48:09	05:36:26		<b>07:41:40.20</b>	+03:16:01 (42.5%)	9:14	6.5 (57.5%)
198	<b>WALIGÓRSKI Tomasz</b>	<b>402</b>	MARKOWI BIEGACZE	M-40	82	01:40:18	03:41:10	04:17:17		<b>07:42:06.75</b>	+03:16:28 (42.5%)	9:14	6.5 (57.5%)
199	<b>KRZEŚNIEWSKI Marcin</b>	<b>143</b>	ROWEROWY ZAŁOM	M-40	83	01:35:35	03:31:55	05:23:02		<b>07:42:09.75</b>	+03:16:31 (42.5%)	9:14	6.5 (57.5%)
200	<b>KUNA Wojciech</b>	<b>229</b>		M-30	70	01:48:33	03:45:10	05:30:02		<b>07:42:18.45</b>	+03:16:40 (42.5%)	9:14	6.5 (57.5%)
201	<b>SZYMANOWSKI Paweł</b>	<b>273</b>		M-30	71	01:41:51	03:36:26	05:23:55		<b>07:42:54.50</b>	+03:17:16 (42.6%)	9:15	6.5 (57.5%)
202	<b>SIKORA Michał</b>	<b>75</b>		M-40	84	01:43:41	03:43:07	05:25:52		<b>07:43:09.70</b>	+03:17:31 (42.6%)	9:15	6.5 (57.5%)
203	<b>GAWRON Tomasz</b>	<b>91</b>		M-30	72	01:49:20	03:47:15	05:27:22		<b>07:45:23.75</b>	+03:19:45 (42.9%)	9:18	6.4 (56.6%)
204	<b>PIDANTY Grzegorz</b>	<b>195</b>	ZHR STRZEGOM	M-40	85	01:53:46	03:51:38	05:37:05		<b>07:45:32.20</b>	+03:19:53 (42.9%)	9:18	6.4 (56.6%)
205	<b>SAMBORSKI Bartosz</b>	<b>486</b>	WKURW_TEAM	M-40	86	01:42:44	03:37:58	05:19:09		<b>07:45:39.45</b>	+03:20:01 (43.0%)	9:18	6.4 (56.6%)
206	<b>KRÓL-PIDANTY Marzena</b>	<b>193</b>	ARKADIUSZ GARDZIELEWSKI RUNNING TEAM	K-40	11	01:54:12	04:00:39	05:40:00		<b>07:45:39.80</b>	+03:20:01 (43.0%)	9:18	6.4 (56.6%)
207	<b>SZYMCZYK Michał</b>	<b>454</b>	DRUŻYNA CHROBREGO	M-40	87	01:43:22	03:35:37	05:19:47		<b>07:45:45.70</b>	+03:20:07 (43.0%)	9:18	6.4 (56.6%)
208	<b>SROKA Marcin</b>	<b>132</b>	ST RUNNERS	M-40	88	01:49:15	03:48:46	05:33:33		<b>07:46:28.85</b>	+03:20:50 (43.1%)	9:19	6.4 (56.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pasterka 14.4km	Parking 27.3km	Batorow 37.9km	Kara/ bonifikata	Czas		Tempo min/km	Tempo km/h
										netto 50km	Różn		
209	<b>ROŚLICKI Jarosław</b>	<b>20</b>	UBEZPIECZENIA DLA AKTYWNYCH	M-40	89	01:40:37	03:37:02	05:25:19		<b>07:46:55.00</b>	+03:21:16 (43.1%)	9:20	6.4 (56.6%)
210	<b>BELKIEWICZ Rafał</b>	<b>58</b>	KABATY ULTRA	M-40	90	01:44:04	03:43:18	05:29:35		<b>07:48:23.00</b>	+03:22:44 (43.3%)	9:22	6.4 (56.6%)
211	<b>LESZCZYŃSKI Michał</b>	<b>472</b>	SYBERIAN HUSKY TEAM	M-40	91	01:44:05	03:45:51	05:29:30		<b>07:49:13.05</b>	+03:23:34 (43.4%)	9:23	6.4 (56.6%)
212	<b>PISKORSKI Krzysztof</b>	<b>267</b>		M-40	92	01:54:14	03:58:13	05:45:18		<b>07:49:16.35</b>	+03:23:37 (43.4%)	9:23	6.4 (56.6%)
213	<b>MOSZKOWSKI Bogdan</b>	<b>171</b>		M-50	11		03:45:29	05:31:22		<b>07:50:27.00</b>	+03:24:48 (43.5%)	9:24	6.4 (56.6%)
214	<b>PAKULSKI Marcin</b>	<b>355</b>		M-40	93	01:41:32	03:42:21	05:31:36		<b>07:50:40.85</b>	+03:25:02 (43.6%)	9:24	6.4 (56.6%)
215	<b>KUROWSKI Wojciech</b>	<b>452</b>	#RAZEM	M-40	94	01:53:13	04:02:52	05:47:27		<b>07:50:51.80</b>	+03:25:13 (43.6%)	9:25	6.4 (56.6%)
216	<b>KILIŃSKI Jacek</b>	<b>284</b>	ELITE-SPORTS	M-50	12	01:35:33	03:30:49	05:33:17		<b>07:50:55.95</b>	+03:25:17 (43.6%)	9:25	6.4 (56.6%)
217	<b>WOJAK Malwina</b>	<b>451</b>	#RAZEM	K-30	10	01:53:18	04:03:13	05:47:34		<b>07:50:59.65</b>	+03:25:21 (43.6%)	9:25	6.4 (56.6%)
218	<b>DEJA Dariusz</b>	<b>178</b>		M-40	95	01:51:15	03:55:37	05:41:43		<b>07:52:08.65</b>	+03:26:30 (43.7%)	9:26	6.4 (56.6%)
219	<b>ROGOLIŃSKA Agnieszka</b>	<b>351</b>	TEAM BIAŁOBRZEGI	K-40	12	01:51:45	03:57:14	05:38:45		<b>07:52:46.95</b>	+03:27:08 (43.8%)	9:27	6.3 (55.8%)
220	<b>SZYDŁOWSKI Adrian</b>	<b>320</b>	PIERWSZYKILOMETR.BLOGSPOT.COM	M-30	73	01:45:24	03:46:40	05:35:14		<b>07:52:51.10</b>	+03:27:12 (43.8%)	9:27	6.3 (55.8%)
221	<b>PIETRZYK Tomasz</b>	<b>1</b>	140MINUT.PL	M-40	96	01:41:44	03:46:42	05:31:32		<b>07:53:13.80</b>	+03:27:35 (43.9%)	9:27	6.3 (55.8%)
222	<b>GRZEGORZEWSKI Konrad</b>	<b>164</b>	4FITER	M-40	97	01:50:10	03:51:27	05:39:18		<b>07:53:39.15</b>	+03:28:00 (43.9%)	9:28	6.3 (55.8%)
223	<b>GRABARCZYK Mateusz</b>	<b>340</b>	RADLINIOKI W BIEGU	M-30	74	01:51:22	03:51:27	05:40:43		<b>07:53:40.70</b>	+03:28:02 (43.9%)	9:28	6.3 (55.8%)
224	<b>WOJCIECHOWSKI Krzysztof</b>	<b>336</b>	RADLINIOKI W BIEGU	M-40	98	01:51:19	03:51:39	05:39:04		<b>07:53:48.35</b>	+03:28:09 (43.9%)	9:28	6.3 (55.8%)
225	<b>POKRYWKA Arkadiusz</b>	<b>106</b>	4FITER	M-40	99	01:50:13	03:51:51	05:39:24		<b>07:53:50.55</b>	+03:28:12 (43.9%)	9:28	6.3 (55.8%)
226	<b>BIAŁECKI Zbigniew</b>	<b>181</b>	ŁÓDŹ RUNNING TEAM	M-50	13	01:47:22	03:52:48	05:35:49		<b>07:53:53.90</b>	+03:28:15 (43.9%)	9:28	6.3 (55.8%)
227	<b>KARAWACKI Grzegorz</b>	<b>46</b>	KĘCKIE HARPAGANY	M-30	75	01:55:07	04:07:30	05:52:28		<b>07:53:54.75</b>	+03:28:16 (43.9%)	9:28	6.3 (55.8%)
228	<b>ZAWADZKI Dariusz</b>	<b>346</b>	RADLINIOKI W BIEGU	M-50	14	01:51:20	03:49:06	05:39:10		<b>07:53:54.90</b>	+03:28:16 (43.9%)	9:28	6.3 (55.8%)
229	<b>SZYMCZYSZYN Tomasz</b>	<b>21</b>		M-30	76	01:49:04	03:43:38	05:31:08		<b>07:54:04.00</b>	+03:28:25 (44.0%)	9:28	6.3 (55.8%)
230	<b>KOPEĆ Arkadiusz</b>	<b>67</b>	WOLBROM TEAM	M-40	100	01:38:07	03:39:51	05:39:35		<b>07:54:18.50</b>	+03:28:40 (44.0%)	9:29	6.3 (55.8%)
231	<b>PASECKA Sylwia</b>	<b>303</b>	INŻYNIERIA BIEGANIA TEAM	K-40	13	01:48:51	03:55:33	05:43:49		<b>07:54:18.65</b>	+03:28:40 (44.0%)	9:29	6.3 (55.8%)
232	<b>GOS Piotr</b>	<b>180</b>	NARAMOWICE BIEGAJĄ	M-40	101	01:38:22	03:47:55	05:38:10		<b>07:54:34.10</b>	+03:28:55 (44.0%)	9:29	6.3 (55.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pasterka 14.4km	Parking 27.3km	Batorow 37.9km	Kara/ bonifikata	Czas		Tempo min/km	Tempo km/h
										netto 50km	Różn		
233	ZERZÁN Dominik	158	BULL STORE.CZ	M-50	15	01:43:00	03:52:24	05:41:37		<b>07:55:23.90</b>	+03:29:45 (44.1%)	9:30	6.3 (55.8%)
234	GANC Marcin	379		M-40	102	01:50:18	03:53:26	04:37:49		<b>07:55:38.55</b>	+03:30:00 (44.2%)	9:30	6.3 (55.8%)
235	MITEK Sergiusz	188		M-40	103	01:43:59	03:48:36	05:41:11		<b>07:56:27.35</b>	+03:30:48 (44.2%)	9:31	6.3 (55.8%)
236	MIERZEJEWSKI Robert	511	CENTRUM SZKOLENIA WOJSK LĄDOWYCH	M-40	104	01:49:05	03:50:57	05:39:24		<b>07:56:52.05</b>	+03:31:13 (44.3%)	9:32	6.3 (55.8%)
237	BORUCIŃSKA Edyta	348		K-40	14	01:58:48	04:12:25	05:58:14		<b>07:57:44.55</b>	+03:32:06 (44.4%)	9:33	6.3 (55.8%)
238	CYGAN Lukasz	191	KLUB SPORTOWY HAJIME / AMBITNY AMATOR	M-30	77	01:49:17	03:45:46	05:31:46		<b>07:58:39.45</b>	+03:33:01 (44.5%)	9:34	6.3 (55.8%)
239	RACZYŃSKI Bogusz	378	TIGERS TEAM	M-30	78	01:42:40	03:52:25	05:39:54		<b>07:58:40.60</b>	+03:33:02 (44.5%)	9:34	6.3 (55.8%)
240	WOŹNIAK Andrzej	423		M-50	16	01:44:13	03:54:08	05:44:15		<b>07:58:51.35</b>	+03:33:12 (44.5%)	9:34	6.3 (55.8%)
241	SOSZYŃSKA- PSTROKOŃSKA Joanna	484	GAZELE NA STARCIE	K-30	11	01:53:19	04:00:27	05:53:04		<b>07:59:08.45</b>	+03:33:30 (44.6%)	9:34	6.3 (55.8%)
242	WIŚNIEWSKA Agnieszka	335	TEAM BIAŁOBRZEGI	K-40	15	01:55:26	04:02:30	05:46:22		<b>07:59:59.95</b>	+03:34:21 (44.7%)	9:36	6.3 (55.8%)
243	GUSTAW Łukasz	314	KUDOWIANKA RUN	M-20	13	01:21:00	02:54:47	04:39:27		<b>08:00:01.30</b>	+03:34:22 (44.7%)	9:36	6.2 (54.9%)
244	PĘKAŁA Michał	408	POLARIS/BIEG OPOLSKI	M-30	79	01:48:33	03:49:36	05:32:31		<b>08:00:05.55</b>	+03:34:27 (44.7%)	9:36	6.2 (54.9%)
245	BUDNY Aleksandra	150	KRAŚNIK BIEGA	K-40	16	01:57:02	04:04:34	05:47:59		<b>08:01:32.25</b>	+03:35:53 (44.8%)	9:37	6.2 (54.9%)
246	WRÓBLEWSKI Wojciech	162		M-30	80	01:36:20	03:44:32	05:53:06		<b>08:02:07.95</b>	+03:36:29 (44.9%)	9:38	6.2 (54.9%)
247	ADAMSKI Piotr	250	PKBI TEAM	M-40	105	01:50:56	03:59:12	05:45:55		<b>08:02:35.85</b>	+03:36:57 (45.0%)	9:39	6.2 (54.9%)
248	BOSAK Przemysław	425	MAGOREX	M-40	106	01:42:27	03:38:35	05:25:47		<b>08:02:57.15</b>	+03:37:18 (45.0%)	9:39	6.2 (54.9%)
249	LASKOWSKI Tomasz	112		M-40	107	01:43:39	03:44:07	05:34:00		<b>08:03:24.55</b>	+03:37:46 (45.0%)	9:40	6.2 (54.9%)
250	LEWANDOWSKI Janusz	500		M-40	108	01:45:13	03:53:18	05:48:19		<b>08:04:14.30</b>	+03:38:35 (45.1%)	9:41	6.2 (54.9%)
251	FRAŃSKI Łukasz	258	NKB CHYŻY NOWY TOMYŚL	M-40	109	01:49:52	04:00:14	05:44:47		<b>08:04:16.55</b>	+03:38:38 (45.1%)	9:41	6.2 (54.9%)
252	SKRĘTA Radosław	492	ŻARY RUNNERS TEAM	M-30	81	01:53:16	03:53:11	05:42:18		<b>08:04:36.20</b>	+03:38:57 (45.2%)	9:41	6.2 (54.9%)
253	RADZIWOŃ Anna	285	GRUPA NIENACHALNIE HEROICZNA	K-40	17	01:56:57	04:11:44	05:57:08		<b>08:05:24.00</b>	+03:39:45 (45.3%)	9:42	6.2 (54.9%)
254	PIETROWSKI Mariusz	48		M-50	17	01:41:05	03:31:07	05:24:49		<b>08:07:28.00</b>	+03:41:49 (45.5%)	9:44	6.2 (54.9%)
255	ZIEWIEC Marcin	227		M-30	82	01:49:10	03:58:06	05:57:05		<b>08:07:44.60</b>	+03:42:06 (45.5%)	9:45	6.2 (54.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pasterka 14.4km	Parking 27.3km	Batorow 37.9km	Kara/ bonifikata	Czas		Tempo min/km	Tempo km/h
										netto 50km	Różn		
256	<b>SADOWSKI Tomasz</b>	<b>219</b>	CZELADZKI DUCH HARPAGANA	M-40	110	01:46:33	03:48:41	05:36:43		<b>08:08:05.70</b>	+03:42:27 (45.6%)	9:45	6.1 (54.0%)
257	<b>BIECHOŃSKI Jarosław</b>	<b>211</b>		M-40	111	01:41:09	03:40:30	05:38:14		<b>08:08:27.85</b>	+03:42:49 (45.6%)	9:46	6.1 (54.0%)
258	<b>RUMPEL Krzysztof</b>	<b>185</b>	KS M.E.T.A.	M-30	83	01:45:24	03:49:50	05:46:08		<b>08:08:53.45</b>	+03:43:15 (45.7%)	9:46	6.1 (54.0%)
259	<b>KOZŁOWSKI Wojciech</b>	<b>487</b>		M-50	18	01:41:10	03:48:44	05:39:12		<b>08:08:55.80</b>	+03:43:17 (45.7%)	9:46	6.1 (54.0%)
260	<b>GOTÓWKO Agnieszka</b>	<b>349</b>	GUPA BIEGOWA CZARNA BIAŁOSTOCKA	K-30	12	01:58:42	04:12:15	05:58:04		<b>08:09:02.30</b>	+03:43:23 (45.7%)	9:46	6.1 (54.0%)
261	<b>PAWŁOWSKI Tomek</b>	<b>292</b>	SOKÓŁ WŁOSZAKOWICE	M-30	84	01:35:36	03:23:44	05:40:06		<b>08:10:13.30</b>	+03:44:34 (45.8%)	9:48	6.1 (54.0%)
262	<b>WEŁNIAK Przemysław</b>	<b>330</b>	MOGILNO TEAM	M-30	85	01:39:49	03:33:00	05:33:09		<b>08:10:57.60</b>	+03:45:19 (45.9%)	9:49	6.1 (54.0%)
263	<b>SOBAŃSKI Patryk</b>	<b>497</b>	BIEGAM BO CHCĘ	M-30	86	01:40:51	03:44:30	05:41:28		<b>08:11:45.10</b>	+03:46:06 (46.0%)	9:50	6.1 (54.0%)
264	<b>WISNIEWSKI Robert</b>	<b>353</b>	TEAM BIAŁOBRZEGI	M-40	112	01:49:11	03:56:57	05:50:30		<b>08:12:06.60</b>	+03:46:28 (46.0%)	9:50	6.1 (54.0%)
265	<b>CZARNY Mariusz</b>	<b>154</b>	JAWORZNOŁBC	M-40	113	02:24:03	04:17:31	05:59:41		<b>08:12:09.45</b>	+03:46:31 (46.0%)	9:50	6.1 (54.0%)
266	<b>PINIARSKI Paweł</b>	<b>312</b>	DPKJIP	M-30	87	01:49:45	04:02:30	05:56:43		<b>08:13:08.95</b>	+03:47:30 (46.1%)	9:51	6.1 (54.0%)
267	<b>LEHMANN Karolina</b>	<b>441</b>		K-30	13	01:52:35	04:01:39	05:51:40		<b>08:13:12.10</b>	+03:47:33 (46.1%)	9:51	6.1 (54.0%)
268	<b>HEIMANN Peter</b>	<b>261</b>	TEAM ERDINGER ALKOHOLFREI	M-50	19	01:52:22	04:03:16	05:59:02		<b>08:13:27.50</b>	+03:47:49 (46.2%)	9:52	6.1 (54.0%)
269	<b>PIETRZOK Wojciech</b>	<b>3</b>	NIGHT RUNNERS	M-30	88	01:50:02	03:56:17	05:47:51		<b>08:14:05.00</b>	+03:48:26 (46.2%)	9:52	6.1 (54.0%)
270	<b>FRANKIEWICZ Jakub</b>	<b>17</b>	ANIOŁKI CHARLIEGO	M-40	114	01:51:16	03:57:11	05:45:37		<b>08:14:12.40</b>	+03:48:34 (46.2%)	9:53	6.1 (54.0%)
271	<b>SMYKOWSKI Marcin</b>	<b>309</b>	SMYKI NA START	M-40	115	01:56:43	04:08:02	06:00:53		<b>08:14:35.60</b>	+03:48:57 (46.3%)	9:53	6.1 (54.0%)
272	<b>BARAŃSKI Piotr</b>	<b>153</b>		M-30	89	01:47:59	03:52:33	05:39:19		<b>08:15:01.35</b>	+03:49:22 (46.3%)	9:54	6.1 (54.0%)
273	<b>BRZEZINA Krzysztof</b>	<b>275</b>		M-40	116	01:56:49	04:07:30	06:00:18		<b>08:15:27.75</b>	+03:49:49 (46.4%)	9:54	6.1 (54.0%)
274	<b>WOŹNIAK Paweł</b>	<b>148</b>	CROSSFIT LESZNO/ ENDORFINA WSCHOWA	M-40	117	01:46:35	03:50:55	05:47:02		<b>08:16:10.65</b>	+03:50:32 (46.5%)	9:55	6 (53.1%)
275	<b>BUGANIK Tomasz</b>	<b>453</b>	GMINA OSIECZNICA	M-40	118	01:46:45	03:35:30	05:18:49		<b>08:16:21.80</b>	+03:50:43 (46.5%)	9:55	6 (53.1%)
276	<b>WIDAK Mateusz</b>	<b>71</b>		M-30	90	01:50:22	04:01:37	05:49:35		<b>08:18:17.85</b>	+03:52:39 (46.7%)	9:57	6 (53.1%)
277	<b>JARZEMBOWSKI Tomasz</b>	<b>63</b>	WLKP MOUNTAINS ULTRA	M-40	119	01:52:02	03:59:08	05:54:54		<b>08:18:22.75</b>	+03:52:44 (46.7%)	9:58	6 (53.1%)
278	<b>TOMASZEWSKI Dawid</b>	<b>450</b>	WLKP MOUNTAINS ULTRA	M-40	120	01:52:01	03:59:06	05:54:54		<b>08:18:46.65</b>	+03:53:08 (46.7%)	9:58	6 (53.1%)
279	<b>SOBCZAK Mikołaj</b>	<b>18</b>	WLKP MOUNTAINS ULTRA	M-40	121	01:52:28	03:58:57	05:55:11		<b>08:19:02.75</b>	+03:53:24 (46.8%)	9:58	6 (53.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pasterka 14.4km	Parking 27.3km	Batorow 37.9km	Kara/ bonifikata	Czas		Tempo min/km	Tempo km/h
										netto 50km	Różn		
280	<b>SIEMIERNIK Dariusz</b>	<b>465</b>	@WFTEAM_OCR KOSTRZYN NAD ODRĄ	M-40	122	01:43:43	03:46:02	05:43:57		<b>08:19:18.05</b>	+03:53:39 (46.8%)	9:59	6 (53.1%)
281	<b>ŠAMPALÍK Josef</b>	<b>173</b>	PRASOPI PLZEŇ	M-40	123	02:07:10	04:12:37	06:05:26		<b>08:19:33.75</b>	+03:53:55 (46.8%)	9:59	6 (53.1%)
282	<b>HOŁY Leszek</b>	<b>297</b>	#CZELADZBIEGA	M-50	20	01:49:46	03:57:44	05:57:42		<b>08:19:41.95</b>	+03:54:03 (46.8%)	9:59	6 (53.1%)
283	<b>WAŚIK Izabela</b>	<b>170</b>		K-40	18	01:59:13	04:14:50	06:05:18		<b>08:20:21.55</b>	+03:54:43 (46.9%)	10:00	6 (53.1%)
284	<b>LEWANDOWSKI Leszek</b>	<b>6</b>	POWSTAŃCY Z KANAPY	M-40	124	01:53:15	04:05:41	05:59:52		<b>08:20:23.15</b>	+03:54:44 (46.9%)	10:00	6 (53.1%)
285	<b>JACHYMSKI Jacek</b>	<b>387</b>	AKADEMICKI KLUB GÓRSKI W ŁODZI	M-60	4	01:58:16	04:07:48	06:02:12		<b>08:20:49.85</b>	+03:55:11 (47.0%)	10:00	6 (53.1%)
286	<b>PROCHNO Piotr</b>	<b>169</b>	ANWILTEAM	M-30	91	01:51:31	03:57:42	05:47:55		<b>08:22:25.80</b>	+03:56:47 (47.1%)	10:02	6 (53.1%)
287	<b>ŁĄK Tomasz</b>	<b>55</b>	NOA	M-40	125	01:42:19	03:51:19	05:54:29		<b>08:22:36.50</b>	+03:56:58 (47.1%)	10:03	6 (53.1%)
288	<b>NOWAK Łukasz</b>	<b>248</b>	#CZELADZBIEGA	M-30	92	01:52:46	04:00:10	05:56:46		<b>08:22:38.35</b>	+03:56:59 (47.2%)	10:03	6 (53.1%)
289	<b>KARKOWSKA Wiesława</b>	<b>442</b>	36MINUT WESTPOINT	K-60	1	01:58:33	04:12:12	06:03:55		<b>08:23:37.80</b>	+03:57:59 (47.3%)	10:04	6 (53.1%)
290	<b>CHUCHAŁA Paweł</b>	<b>424</b>	MARKOWI BIEGACZE	M-40	126	01:42:52	03:43:46	05:38:38		<b>08:24:02.10</b>	+03:58:23 (47.3%)	10:04	6 (53.1%)
291	<b>MATYSZKIEWICZ Paweł</b>	<b>482</b>	W POGONI ZA DUCHEM	M-40	127	01:56:38	04:08:34	06:02:32		<b>08:24:49.25</b>	+03:59:10 (47.4%)	10:05	5.9 (52.2%)
292	<b>TYRAK Dominik</b>	<b>342</b>		M-30	93	01:50:08	04:06:04	06:01:25		<b>08:25:16.45</b>	+03:59:38 (47.4%)	10:06	5.9 (52.2%)
293	<b>KOSEL Szczepan</b>	<b>161</b>	KURACJUSZE	M-30	94	01:41:02	03:50:54	05:51:34		<b>08:25:42.95</b>	+04:00:04 (47.5%)	10:06	5.9 (52.2%)
294	<b>PIETRZAK Mateusz</b>	<b>323</b>		M-30	95	01:44:49	03:45:54	05:44:57		<b>08:26:18.90</b>	+04:00:40 (47.5%)	10:07	5.9 (52.2%)
295	<b>GUTOWSKI Dariusz</b>	<b>166</b>	BIEGAMDŁAZDROWIA.PL	M-50	21	01:47:00	03:54:52	05:52:30		<b>08:26:52.15</b>	+04:01:13 (47.6%)	10:08	5.9 (52.2%)
296	<b>JAWORSKI Paweł</b>	<b>483</b>		M-30	96	01:47:44	03:56:17	05:51:29		<b>08:27:12.90</b>	+04:01:34 (47.6%)	10:08	5.9 (52.2%)
297	<b>KITLAS Dariusz</b>	<b>470</b>		M-40	128	01:57:44	04:02:56	05:55:47		<b>08:27:18.40</b>	+04:01:40 (47.6%)	10:08	5.9 (52.2%)
298	<b>DUDEK Agnieszka</b>	<b>37</b>		K-30	14	02:04:30	04:24:17	06:14:58		<b>08:27:43.25</b>	+04:02:04 (47.7%)	10:09	5.9 (52.2%)
299	<b>FILON Małgorzata</b>	<b>475</b>		K-30	15	02:04:13	04:13:13	06:07:50		<b>08:28:08.50</b>	+04:02:30 (47.7%)	10:09	5.9 (52.2%)
300	<b>KUBIAK Karolina</b>	<b>145</b>	EXCALIBUR	K-40	19	01:58:37	04:15:37	06:08:53		<b>08:29:20.30</b>	+04:03:41 (47.8%)	10:11	5.9 (52.2%)
301	<b>WIŚNIEWSKA Barbara</b>	<b>301</b>		K-30	16	01:59:19	04:16:33	06:06:56		<b>08:30:33.75</b>	+04:04:55 (48.0%)	10:12	5.9 (52.2%)
302	<b>SOBCZAK Michał</b>	<b>391</b>	NIGHTRUNNERS WRZEŚNIA	M-40	129	01:53:06	04:01:12	06:03:08		<b>08:30:34.00</b>	+04:04:55 (48.0%)	10:12	5.9 (52.2%)
303	<b>MÓL Wioletta</b>	<b>274</b>	#CZELADZBIEGA	K-40	20	01:56:20	04:12:14	06:12:26		<b>08:30:43.65</b>	+04:05:05 (48.0%)	10:12	5.9 (52.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pasterka 14.4km	Parking 27.3km	Batorow 37.9km	Kara/ bonifikata	Czas		Tempo min/km	Tempo km/h
										netto 50km	Różn		
304	<b>GINTER Grzegorz</b>	<b>432</b>	AZS COLLEGIUM MEDICUM UJ	M-30	97	02:01:46	04:17:31	06:08:56		<b>08:31:22.75</b>	+04:05:44 (48.1%)	10:13	5.9 (52.2%)
305	<b>MICHALAK Sławomir</b>	<b>95</b>	INZYNIER.EU NOSI TRAILOWE BOTKI	M-50	22	02:00:10	04:19:00	06:14:03		<b>08:31:33.75</b>	+04:05:55 (48.1%)	10:13	5.9 (52.2%)
306	<b>SOSZYŃSKI Piotr</b>	<b>480</b>	GAZELE NA STARCIE	M-40	130	01:53:14	03:59:59	05:55:39		<b>08:31:40.05</b>	+04:06:01 (48.1%)	10:14	5.9 (52.2%)
307	<b>RADZIWOŃ Krzysiek</b>	<b>286</b>	GRUPA NIENACHALNIE HEROICZNA	M-40	131	01:57:17	04:14:44	04:45:02		<b>08:32:19.85</b>	+04:06:41 (48.2%)	10:14	5.9 (52.2%)
308	<b>ZASADA Iwona</b>	<b>471</b>	BOHAR PALETY RUNNERS	K-40	21	02:03:33	04:16:19	06:15:33		<b>08:33:05.65</b>	+04:07:27 (48.2%)	10:15	5.8 (51.3%)
309	<b>MASŁO Andrzej</b>	<b>134</b>		M-40	132	01:56:12	04:07:24	06:04:23		<b>08:34:25.05</b>	+04:08:46 (48.4%)	10:17	5.8 (51.3%)
310	<b>CZARNECKI Krzysztof</b>	<b>61</b>		M-40	133	01:58:21	04:10:38	06:05:36		<b>08:34:44.15</b>	+04:09:05 (48.4%)	10:17	5.8 (51.3%)
311	<b>PERZ Marzenna</b>	<b>165</b>		K-50	1	02:00:57	04:17:43	06:08:56		<b>08:35:26.55</b>	+04:09:48 (48.5%)	10:18	5.8 (51.3%)
312	<b>KOZERA Waldemar</b>	<b>398</b>	OMA	M-40	134	01:49:21	04:05:06	06:11:22		<b>08:36:10.15</b>	+04:10:31 (48.5%)	10:19	5.8 (51.3%)
313	<b>SZCZUREK Mariusz</b>	<b>400</b>	PZU SPORT TEAM	M-40	135	01:51:37	04:04:02	06:04:36		<b>08:37:05.55</b>	+04:11:27 (48.6%)	10:20	5.8 (51.3%)
314	<b>GADOMSKI Marcin</b>	<b>510</b>		M-40	136	02:05:27	04:18:05	06:16:14		<b>08:37:36.80</b>	+04:11:58 (48.7%)	10:21	5.8 (51.3%)
315	<b>PACŁAWSKI Paweł</b>	<b>88</b>		M-40	137	02:03:38	04:19:56	06:11:46		<b>08:38:00.05</b>	+04:12:21 (48.7%)	10:21	5.8 (51.3%)
316	<b>CZAPIGA Robert</b>	<b>121</b>	ZAWSZE Z GŁOWĄ	M-40	138	01:52:39	03:58:20	05:57:21		<b>08:39:15.60</b>	+04:13:37 (48.8%)	10:23	5.8 (51.3%)
317	<b>SZYNKLEWSKI Maciej</b>	<b>316</b>		M-50	23	01:56:13	04:11:30	06:10:00		<b>08:39:31.05</b>	+04:13:52 (48.9%)	10:23	5.8 (51.3%)
318	<b>MNICH Tomasz</b>	<b>140</b>		M-40	139	01:51:21	04:04:43	06:07:38		<b>08:39:52.50</b>	+04:14:14 (48.9%)	10:23	5.8 (51.3%)
319	<b>TYŃSKA SITEK Aleksandra</b>	<b>333</b>	DROGA DO ULTRA	K-40	22	02:05:05	04:20:46	06:25:14		<b>08:39:59.15</b>	+04:14:20 (48.9%)	10:24	5.8 (51.3%)
320	<b>WALUŚKIEWICZ Artur</b>	<b>52</b>	BOANERGES	M-50	24	01:48:14	04:00:59	06:14:36		<b>08:41:17.20</b>	+04:15:38 (49.0%)	10:25	5.8 (51.3%)
321	<b>WOŹNIAK Waldemar</b>	<b>287</b>	EBIEGI.PL	M-30	98	01:59:39	04:24:26	06:20:41		<b>08:42:33.10</b>	+04:16:54 (49.2%)	10:27	5.7 (50.4%)
322	<b>KRUPIEŃCZYK Joanna</b>	<b>366</b>		K-30	17	02:03:09	04:22:36	06:25:46		<b>08:42:33.45</b>	+04:16:55 (49.2%)	10:27	5.7 (50.4%)
323	<b>JASICKI Krzysztof</b>	<b>87</b>	NIEDZIELNI BIEGACZE	M-40	140	01:56:08	04:13:35	06:14:15		<b>08:42:54.25</b>	+04:17:15 (49.2%)	10:27	5.7 (50.4%)
324	<b>KONIECZNY Bartosz</b>	<b>130</b>		M-40	141	01:50:09	03:57:26	06:11:30		<b>08:44:00.15</b>	+04:18:21 (49.3%)	10:28	5.7 (50.4%)
325	<b>KOŚKA Aleksandra</b>	<b>339</b>	SPARTA RUNNERS	K-30	18	01:57:59	04:16:44	06:16:24		<b>08:45:11.20</b>	+04:19:32 (49.4%)	10:30	5.7 (50.4%)
326	<b>SAJDUDA Adam</b>	<b>129</b>	POKAZECISWIAT	M-20	14	01:47:58	04:12:39	06:16:20		<b>08:45:25.20</b>	+04:19:46 (49.4%)	10:30	5.7 (50.4%)
327	<b>BARANOWSKI Filip</b>	<b>186</b>		M-40	142	01:54:26	04:10:16	06:07:07		<b>08:46:11.35</b>	+04:20:32 (49.5%)	10:31	5.7 (50.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pasterka 14.4km	Parking 27.3km	Batorow 37.9km	Kara/ bonifikata	Czas		Tempo min/km	Tempo km/h
										netto 50km	Różn		
328	<b>NAWROT Artur</b>	<b>466</b>	DTR BIEGA/MARIO TEAM	M-30	99	01:42:29	04:01:25	06:07:39		<b>08:46:40.55</b>	+04:21:02 (49.6%)	10:32	5.7 (50.4%)
329	<b>PARADOWSKA Ewelina</b>	<b>468</b>		K-30	19	02:06:02	04:31:59	06:31:12		<b>08:47:01.05</b>	+04:21:22 (49.6%)	10:32	5.7 (50.4%)
330	<b>ŁABĘDZKI Mariusz</b>	<b>428</b>		M-40	143	02:02:00	04:30:50	06:28:15		<b>08:47:37.95</b>	+04:21:59 (49.7%)	10:33	5.7 (50.4%)
331	<b>MAJEROWSKA Magdalena</b>	<b>216</b>		K-20	4	02:02:17	04:35:30	06:21:58		<b>08:47:48.15</b>	+04:22:09 (49.7%)	10:33	5.7 (50.4%)
332	<b>PAWŁOWSKA Anna</b>	<b>474</b>		K-40	23	02:01:59	04:30:44	06:31:33		<b>08:47:59.15</b>	+04:22:20 (49.7%)	10:33	5.7 (50.4%)
333	<b>PIETRYKOWSKI Norbert</b>	<b>308</b>	VITALABO	M-40	144	01:56:54	04:16:20	06:14:16		<b>08:50:03.55</b>	+04:24:25 (49.9%)	10:36	5.7 (50.4%)
334	<b>ROGÓRZ Andrzej</b>	<b>131</b>		M-40	145	01:46:57	04:06:07	06:10:34		<b>08:50:06.00</b>	+04:24:27 (49.9%)	10:36	5.7 (50.4%)
335	<b>MIKSA Sławomir</b>	<b>296</b>		M-50	25	01:53:06	04:15:11	06:15:03		<b>08:50:20.10</b>	+04:24:41 (49.9%)	10:36	5.7 (50.4%)
336	<b>TABISZ Marlena</b>	<b>30</b>		K-40	24	02:02:33	04:19:11	06:16:48		<b>08:50:20.70</b>	+04:24:42 (49.9%)	10:36	5.7 (50.4%)
337	<b>BLACHOWSKI Waldemar</b>	<b>421</b>		M-30	100	01:54:39	04:12:17	06:21:49		<b>08:51:13.70</b>	+04:25:35 (50.0%)	10:37	5.6 (49.6%)
338	<b>MAŁKOWSKI Bogdan</b>	<b>302</b>	SPARTANIE DZIECIOM	M-50	26	02:05:06	04:26:48	06:23:50		<b>08:52:05.00</b>	+04:26:26 (50.1%)	10:38	5.6 (49.6%)
339	<b>GNOT Katarzyna</b>	<b>319</b>		K-40	25	02:05:15	04:26:55	06:23:58		<b>08:52:12.65</b>	+04:26:34 (50.1%)	10:38	5.6 (49.6%)
340	<b>MIREK Waldemar</b>	<b>167</b>	EASYRUN	M-60	5	01:52:40	04:20:33	06:24:19		<b>08:52:49.65</b>	+04:27:11 (50.1%)	10:39	5.6 (49.6%)
341	<b>SZYMCZAK Marcin</b>	<b>225</b>		M-40	146	01:58:51	04:21:28	06:20:54		<b>08:54:06.85</b>	+04:28:28 (50.3%)	10:40	5.6 (49.6%)
342	<b>KWIECIŃSKA Małgorzata</b>	<b>68</b>	BRAVEHEARTS LEGIONOWO	K-30	20	02:01:59	04:25:53	06:26:00		<b>08:55:16.50</b>	+04:29:38 (50.4%)	10:42	5.6 (49.6%)
343	<b>GLINA-KRAWCZYK Małgorzata</b>	<b>72</b>	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	K-40	26	02:02:12	04:23:56	06:19:19		<b>08:55:49.60</b>	+04:30:11 (50.4%)	10:42	5.6 (49.6%)
344	<b>ŚRODA Sławomir</b>	<b>491</b>	ULTRASZWAGRY	M-30	101	02:03:15	04:23:37	06:20:13		<b>08:56:28.20</b>	+04:30:49 (50.5%)	10:43	5.6 (49.6%)
345	<b>NOWAKOWSKA Magdalena</b>	<b>422</b>	ULTRASZWAGRY	K-20	5	02:03:25	04:23:51	06:20:20		<b>08:56:36.40</b>	+04:30:58 (50.5%)	10:43	5.6 (49.6%)
346	<b>STOLARZ Grzegorz</b>	<b>13</b>	NIEPOŁOMICE BIEGAJĄ	M-40	147	01:57:08	04:15:51	06:18:44		<b>08:56:51.20</b>	+04:31:12 (50.5%)	10:44	5.6 (49.6%)
347	<b>ŁUSZCZ Janusz</b>	<b>50</b>	AMATOR	M-50	27	01:54:50	04:18:25	06:22:56		<b>08:57:16.45</b>	+04:31:38 (50.6%)	10:44	5.6 (49.6%)
348	<b>NOWAK Kornel</b>	<b>277</b>		M-40	148	01:56:57	04:07:43	06:14:59		<b>08:57:24.00</b>	+04:31:45 (50.6%)	10:44	5.6 (49.6%)
349	<b>TWARDY Dariusz</b>	<b>268</b>		M-50	28	01:58:19	04:16:22	06:15:08		<b>08:57:33.45</b>	+04:31:55 (50.6%)	10:45	5.6 (49.6%)
350	<b>FRĄCKOWIAK Dominik</b>	<b>280</b>	ORZEŁ LIPNO	M-30	102	01:51:28	04:15:17	06:30:24		<b>08:57:41.55</b>	+04:32:03 (50.6%)	10:45	5.6 (49.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pasterka 14.4km	Parking 27.3km	Batorow 37.9km	Kara/ bonifikata	Czas		Tempo min/km	Tempo km/h
										netto 50km	Różn		
351	<b>LESIEWICZ Jarosław</b>	<b>235</b>		M-50	29	01:52:47	04:07:45	06:22:18		<b>08:57:55.40</b>	+04:32:17 (50.6%)	10:45	5.6 (49.6%)
352	<b>BIELECKI Mariusz</b>	<b>241</b>	#CZELADZBIEGA	M-50	30	02:04:38	04:31:20	06:29:31		<b>08:57:58.10</b>	+04:32:19 (50.6%)	10:45	5.6 (49.6%)
353	<b>GÓRSKI Marcin</b>	<b>105</b>	MINISTERSTWO ZDROWIA	M-40	149	02:01:00	04:19:16	06:27:20		<b>08:58:58.85</b>	+04:33:20 (50.7%)	10:46	5.6 (49.6%)
354	<b>CYRULEWSKA Malgorzata</b>	<b>123</b>	PAMSO RUN TEAM	K-40	27	01:58:45	04:15:52	06:22:41		<b>08:59:07.95</b>	+04:33:29 (50.7%)	10:46	5.6 (49.6%)
355	<b>FURMANIAK Mateusz</b>	<b>341</b>	SPARTA RUNNERS	M-30	103	01:49:47	04:07:34	06:07:58		<b>08:59:23.95</b>	+04:33:45 (50.8%)	10:47	5.6 (49.6%)
356	<b>KUCZEK Katarzyna</b>	<b>506</b>	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	K-40	28	02:04:42	04:24:19	06:24:58		<b>08:59:32.05</b>	+04:33:53 (50.8%)	10:47	5.6 (49.6%)
357	<b>DYMARSKA Irmína</b>	<b>380</b>		K-30	21	02:01:58	04:23:44	06:26:58		<b>09:01:05.05</b>	+04:35:26 (50.9%)	10:49	5.5 (48.7%)
358	<b>MAKARENKOV Sergii</b>	<b>305</b>	DOGOŃ GRODZISK MAZOWIECKI	M-30	104	01:52:16	04:28:29	06:33:53		<b>09:01:11.80</b>	+04:35:33 (50.9%)	10:49	5.5 (48.7%)
359	<b>ZWALIŃSKI Marcin</b>	<b>113</b>	MARMEL TORUŃ	M-40	150	01:52:12	04:04:49	06:18:11		<b>09:02:37.75</b>	+04:36:59 (51.0%)	10:51	5.5 (48.7%)
360	<b>ROGOWSKI Tomasz</b>	<b>28</b>	UMLAUT	M-30	105	01:56:53	04:23:52	06:29:15		<b>09:02:38.15</b>	+04:36:59 (51.0%)	10:51	5.5 (48.7%)
361	<b>FAJNAS Katarzyna</b>	<b>361</b>	DOGOŃ GRODZISK MAZOWIECKI / DANFOSS	K-40	29	01:57:38	04:30:46	06:34:27		<b>09:02:47.50</b>	+04:37:09 (51.1%)	10:51	5.5 (48.7%)
362	<b>BOBEL Urszula</b>	<b>259</b>	ZABIEGANI GOLENIÓW	K-30	22	02:03:26	04:35:56	06:40:23		<b>09:03:30.50</b>	+04:37:52 (51.1%)	10:52	5.5 (48.7%)
363	<b>GĄTKIEWICZ Paweł</b>	<b>365</b>	ESKADRA KRAKÓW	M-40	151	01:52:48	04:01:00	06:18:01		<b>09:03:58.40</b>	+04:38:20 (51.2%)	10:52	5.5 (48.7%)
364	<b>LEŚNIEWSKI Sławomir</b>	<b>203</b>	PARKRUN SŁODOWO, WŁOCŁAWEK	M-50	31	01:57:28	04:16:07	06:17:29		<b>09:04:39.60</b>	+04:39:01 (51.2%)	10:53	5.5 (48.7%)
365	<b>MATEJA Mariusz</b>	<b>44</b>	RAT TEAM	M-30	106	01:47:18	04:08:07	06:18:32		<b>09:05:42.05</b>	+04:40:03 (51.3%)	10:54	5.5 (48.7%)
366	<b>ZAGROBELNY Radosław</b>	<b>253</b>	MONKO COFFEE	M-50	32	01:49:23	04:05:35	06:15:19		<b>09:07:00.95</b>	+04:41:22 (51.4%)	10:56	5.5 (48.7%)
367	<b>JERMAK Maciej</b>	<b>440</b>	ZDROWY PROJEKT	M-30	107	01:53:32	04:31:03	06:32:46		<b>09:08:57.30</b>	+04:43:18 (51.6%)	10:58	5.5 (48.7%)
368	<b>CZECHOWSKI Konrad</b>	<b>324</b>		M-30	108	02:01:53	04:28:37	06:46:46		<b>09:10:19.70</b>	+04:44:41 (51.7%)	11:00	5.5 (48.7%)
369	<b>WALAC Jacek</b>	<b>448</b>	DOGOŃ GRODZISK MAZOWIECKI	M-30	109	02:02:17	04:23:27	06:25:11		<b>09:11:58.05</b>	+04:46:19 (51.9%)	11:02	5.4 (47.8%)
370	<b>OSTROUCH Tymon</b>	<b>107</b>	PARKRUN	M-30	110	02:02:10	04:15:12	06:28:38		<b>09:12:13.75</b>	+04:46:35 (51.9%)	11:02	5.4 (47.8%)
371	<b>WRZOSEK Patryk</b>	<b>210</b>		M-30	111	01:58:32	04:21:04	06:28:45		<b>09:12:25.80</b>	+04:46:47 (51.9%)	11:02	5.4 (47.8%)
372	<b>LASOTA Arkadiusz</b>	<b>40</b>		M-50	33	02:00:22	04:22:33	06:32:17		<b>09:14:02.45</b>	+04:48:24 (52.1%)	11:04	5.4 (47.8%)
373	<b>DUDEK Krzysztof</b>	<b>90</b>	STRZEGOMSKA DWUNASTKA	M-40	152	01:51:55	04:19:11	06:27:56		<b>09:14:19.25</b>	+04:48:40 (52.1%)	11:05	5.4 (47.8%)
374	<b>BOCIĄGA Paweł</b>	<b>406</b>	RODZINNA GRUPA ROWEROWA Z MIASTA ŁODZI	M-40	153	01:51:06	04:16:04	06:24:01		<b>09:16:08.35</b>	+04:50:29 (52.2%)	11:07	5.4 (47.8%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pasterka 14.4km	Parking 27.3km	Batorow 37.9km	Kara/ bonifikata	Czas		Tempo min/km	Tempo km/h
										netto 50km	Różn		
375	<b>WITKOWSKI Marek</b>	<b>83</b>		M-40	154	02:02:20	04:17:54	06:24:04		<b>09:16:09.00</b>	+04:50:30 (52.2%)	11:07	5.4 (47.8%)
376	<b>PŁOCICA Anna</b>	<b>376</b>		K-40	30	02:07:05	04:41:00	06:45:27		<b>09:16:15.10</b>	+04:50:36 (52.2%)	11:07	5.4 (47.8%)
377	<b>PODKÓWKA Zbigniew</b>	<b>502</b>		M-60	6	01:58:35	04:28:26	06:40:56		<b>09:16:49.05</b>	+04:51:10 (52.3%)	11:08	5.4 (47.8%)
378	<b>SZMANIA Jakub</b>	<b>76</b>	HKT AZYMUT	M-30	112	02:05:55	04:39:05	06:41:42		<b>09:18:38.40</b>	+04:53:00 (52.4%)	11:10	5.4 (47.8%)
379	<b>WITKOWSKI Mateusz</b>	<b>443</b>		M-30	113	01:58:44	04:22:49	06:41:39		<b>09:20:13.20</b>	+04:54:34 (52.6%)	11:12	5.4 (47.8%)
380	<b>LELONTKO Marcin</b>	<b>16</b>	#CIŚNIJWIEPRZA	M-30	114	01:55:37	04:12:58	06:32:38		<b>09:23:06.40</b>	+04:57:28 (52.8%)	11:15	5.3 (46.9%)
381	<b>MARMUROWICZ Krystian</b>	<b>157</b>	KOLOROWA DRUŻYNA NESSI	M-40	155	02:00:18	04:27:13	06:41:25		<b>09:23:23.85</b>	+04:57:45 (52.9%)	11:16	5.3 (46.9%)
382	<b>OLESIŃSKI Piotr</b>	<b>426</b>	DRUŻYNA ORZECHA ŻYRARDÓW	M-30	115	01:52:29	04:30:20	06:38:29		<b>09:25:17.45</b>	+04:59:39 (53.0%)	11:18	5.3 (46.9%)
383	<b>GAJDA Piotr</b>	<b>11</b>	ORANGE POLSKA	M-50	34	02:00:48	04:24:46	06:36:21		<b>09:26:19.05</b>	+05:00:40 (53.1%)	11:19	5.3 (46.9%)
384	<b>POLICKÝ Tomáš</b>	<b>495</b>	KUDOWIANKA RUN	M-30	116	01:53:43	04:11:28	06:21:16		<b>09:27:09.40</b>	+05:01:31 (53.2%)	11:20	5.3 (46.9%)
385	<b>JASIŃSKI Marcin</b>	<b>238</b>	ROGOZIŃSKI KLUB BIEGACZA	M-40	156	02:00:30	04:32:07	06:42:47		<b>09:27:40.85</b>	+05:02:02 (53.2%)	11:21	5.3 (46.9%)
386	<b>GRABIŃSKI Waldemar</b>	<b>513</b>		M-40	157	02:04:00	04:31:20	06:43:06		<b>09:27:50.45</b>	+05:02:12 (53.2%)	11:21	5.3 (46.9%)
387	<b>NIESPODZIANA Anna</b>	<b>512</b>		K-30	23	02:04:10	04:31:36	06:43:02		<b>09:27:51.35</b>	+05:02:12 (53.2%)	11:21	5.3 (46.9%)
388	<b>PROŃCZUK Adam</b>	<b>327</b>	WEHICOOL	M-50	35	02:11:54	04:46:02	06:57:05		<b>09:28:41.15</b>	+05:03:02 (53.3%)	11:22	5.3 (46.9%)
389	<b>BOROWIEC Mariusz</b>	<b>35</b>	RUN RUN OLESZYCE	M-40	158	02:19:31	04:48:11	06:50:07		<b>09:30:22.70</b>	+05:04:44 (53.4%)	11:24	5.3 (46.9%)
390	<b>ZAKRZEWSKI Paweł</b>	<b>53</b>		M-50	36	02:12:45	04:43:56	06:54:28		<b>09:33:12.45</b>	+05:07:34 (53.7%)	11:27	5.2 (46.0%)
391	<b>HYSKI Mateusz</b>	<b>505</b>	OKROKWIECEJ.PL	M-40	159	02:01:03	04:15:24	06:38:30		<b>09:33:33.20</b>	+05:07:54 (53.7%)	11:28	5.2 (46.0%)
392	<b>SIENKIEWICZ Wojtek</b>	<b>59</b>	OGARY DOLORES	M-50	37	02:00:34	04:38:53	06:54:59		<b>09:35:02.70</b>	+05:09:24 (53.8%)	11:30	5.2 (46.0%)
393	<b>KORNAŚ Marcin</b>	<b>2</b>	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	M-40	160	02:13:34	04:56:07	07:03:57		<b>09:36:46.80</b>	+05:11:08 (53.9%)	11:32	5.2 (46.0%)
394	<b>POCIĘGIEL Michał</b>	<b>431</b>	SKAWINA BIEGA	M-30	117	02:08:46	04:36:44	06:52:51		<b>09:37:25.70</b>	+05:11:47 (54.0%)	11:32	5.2 (46.0%)
395	<b>SZYMKOWIAK Arek</b>	<b>345</b>	SPARTA RUNNERS	M-20	15	02:03:36	04:33:26	06:52:19		<b>09:37:49.30</b>	+05:12:10 (54.0%)	11:33	5.2 (46.0%)
396	<b>MIGDAŁ Adrian</b>	<b>119</b>		M-40	161	02:02:54	04:31:00	06:46:00		<b>09:40:13.40</b>	+05:14:35 (54.2%)	11:36	5.2 (46.0%)
397	<b>TORMA Zsolt</b>	<b>317</b>		M-20	16	02:04:28	04:31:25	06:41:46		<b>09:42:47.80</b>	+05:17:09 (54.4%)	11:39	5.1 (45.1%)
398	<b>RYCHEL-MANTUR Dominika</b>	<b>310</b>		K-30	24	02:04:49	04:31:30	06:41:57		<b>09:42:55.45</b>	+05:17:17 (54.4%)	11:39	5.1 (45.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pasterka 14.4km	Parking 27.3km	Batorow 37.9km	Kara/ bonifikata	Czas		Tempo min/km	Tempo km/h
										netto 50km	Różn		
399	<b>ANDRZEJEWICZ Paweł</b>	<b>338</b>	ŻARY RUNNERS TEAM	M-40	162	02:10:38	04:52:17	07:06:19		<b>09:43:52.45</b>	+05:18:14 (54.5%)	11:40	5.1 (45.1%)
400	<b>KOSECKA Justyna</b>	<b>111</b>		K-40	31	02:11:02	04:47:56	07:01:29		<b>09:44:53.25</b>	+05:19:14 (54.6%)	11:41	5.1 (45.1%)
401	<b>PIECUCH Małgorzata</b>	<b>78</b>		K-50	2	02:15:31	05:00:00	07:11:05		<b>09:45:07.60</b>	+05:19:29 (54.6%)	11:42	5.1 (45.1%)
402	<b>PLUTA Marta</b>	<b>99</b>	DZIKIE MUSTANGI	K-40	32	02:19:44	04:53:59	06:59:05		<b>09:46:11.00</b>	+05:20:32 (54.7%)	11:43	5.1 (45.1%)
403	<b>WOJDA Dariusz</b>	<b>85</b>	POLISH WINGS	M-40	163	02:16:13	04:59:27	07:16:42		<b>09:46:12.50</b>	+05:20:34 (54.7%)	11:43	5.1 (45.1%)
404	<b>WARCHULSKA Karolina</b>	<b>363</b>		K-30	25	02:16:24	04:59:27	07:16:45		<b>09:46:18.35</b>	+05:20:39 (54.7%)	11:43	5.1 (45.1%)
405	<b>PLUTA Sebastian</b>	<b>77</b>	DZIKIE MUSTANGI	M-40	164	02:20:09	04:54:12	06:59:17		<b>09:46:25.45</b>	+05:20:47 (54.7%)	11:43	5.1 (45.1%)
406	<b>BŁOŃSKI Piotr</b>	<b>93</b>		M-50	38	02:16:33	04:59:00	07:16:57		<b>09:46:29.15</b>	+05:20:50 (54.7%)	11:43	5.1 (45.1%)
407	<b>BORUTA Marcin</b>	<b>255</b>	#CZELADZBIEGA	M-40	165	01:57:11	04:18:03	06:36:37		<b>09:47:14.75</b>	+05:21:36 (54.8%)	11:44	5.1 (45.1%)
408	<b>KRUPA-SZCZĘSNY Izabela</b>	<b>246</b>	#CZELADZBIEGA	K-40	33	02:08:53	04:40:41	07:05:05		<b>09:49:42.45</b>	+05:24:04 (55.0%)	11:47	5.1 (45.1%)
409	<b>ŚWINIARSKI Michał</b>	<b>298</b>	KWAŚNE ŻELKI	M-30	118	01:50:19	04:23:58	06:56:28		<b>09:51:45.20</b>	+05:26:06 (55.1%)	11:50	5.1 (45.1%)
410	<b>KONKIEWICZ Katarzyna</b>	<b>182</b>		K-40	34	02:19:27	04:56:39	07:10:19		<b>09:52:19.55</b>	+05:26:41 (55.2%)	11:50	5.1 (45.1%)
411	<b>PODSADNY Bartosz</b>	<b>358</b>		M-30	119	02:11:46	04:31:58	06:57:29		<b>09:59:24.25</b>	+05:33:45 (55.7%)	11:59	5 (44.2%)
412	<b>SCHABEK Łukasz</b>	<b>202</b>	#CZELADZBIEGA	M-20	17	02:14:19	04:47:51	07:12:56		<b>10:02:38.05</b>	+05:36:59 (55.9%)	12:03	5 (44.2%)
413	<b>KUDEŁKA Janusz</b>	<b>159</b>		M-50	39	02:10:31	04:48:22	07:14:55		<b>10:03:27.15</b>	+05:37:48 (56.0%)	12:04	5 (44.2%)
414	<b>PARYSZ Anna</b>	<b>84</b>	STARE BABICE BIEGAJĄ	K-50	3	02:29:56	05:19:47	07:33:11		<b>10:04:19.40</b>	+05:38:41 (56.0%)	12:05	5 (44.2%)
415	<b>NOWICKI Jarosław</b>	<b>373</b>		M-40	166	01:58:01	04:38:20	07:05:24		<b>10:08:26.00</b>	+05:42:47 (56.3%)	12:10	4.9 (43.4%)
416	<b>TOKARZEWSKI Dariusz</b>	<b>271</b>		M-40	167	02:00:52	04:49:46	07:16:09		<b>10:09:41.45</b>	+05:44:03 (56.4%)	12:11	4.9 (43.4%)
417	<b>KOWALSKA Agnieszka</b>	<b>100</b>	KOWALE TEAM	K-40	35	02:19:59	05:01:06	07:17:29		<b>10:09:45.70</b>	+05:44:07 (56.4%)	12:11	4.9 (43.4%)
418	<b>SCHUMACHER Gabi</b>	<b>434</b>	100 MARATHON CLUB	K-40	36	02:22:07	05:05:55	07:23:00		<b>10:13:23.95</b>	+05:47:45 (56.7%)	12:16	4.9 (43.4%)
419	<b>KOZŁOWSKA Alicja</b>	<b>272</b>		K-50	4	02:26:19	05:10:39	07:28:21		<b>10:16:47.15</b>	+05:51:08 (56.9%)	12:20	4.9 (43.4%)
420	<b>KAWKA Damian</b>	<b>384</b>		M-40	168	02:07:34	04:37:40	07:14:09		<b>10:17:42.55</b>	+05:52:04 (57.0%)	12:21	4.9 (43.4%)
421	<b>GAJDA Jacek</b>	<b>38</b>		M-40	169	02:22:49	04:59:17	07:21:03		<b>10:20:56.50</b>	+05:55:18 (57.2%)	12:25	4.8 (42.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pasterka 14.4km	Parking 27.3km	Batorow 37.9km	Kara/ bonifikata	Czas		Tempo min/km	Tempo km/h
										netto 50km	Różn		
422	<b>DURA Piotr</b>	<b>147</b>	PKB ENDORFINA	M-50	40	02:22:06	05:05:05	07:24:53		<b>10:25:40.95</b>	+06:00:02 (57.5%)	12:30	4.8 (42.5%)
423	<b>KURZAJCZYK Mariusz</b>	<b>295</b>	KLUB BIEGACZA SUPERMARATOŃCZYK	M-50	41	02:12:39	04:54:31	07:22:09		<b>10:28:51.75</b>	+06:03:13 (57.8%)	12:34	4.8 (42.5%)
424	<b>KAWAŁKO Ryszard</b>	<b>449</b>	ANTEK MC & RYŚ	M-50	42	02:08:35	04:59:34	07:37:06		<b>10:38:46.35</b>	+06:13:07 (58.4%)	12:46	4.7 (41.6%)
425	<b>SIENKIEWICZ Gabrysia</b>	<b>94</b>	OGARY DOLORES	K-20	6	02:27:16	05:19:30	07:39:03		<b>10:39:56.15</b>	+06:14:17 (58.5%)	12:47	4.7 (41.6%)
426	<b>CIEŚLA Beata</b>	<b>315</b>	ZABIEGANI GOLENIÓW	K-50	5	02:35:55	05:35:56	07:58:04		<b>10:43:03.45</b>	+06:17:25 (58.7%)	12:51	4.7 (41.6%)
427	<b>KLIMECKA Katarzyna</b>	<b>260</b>	ZABIEGANI GOLENIÓW	K-30	26	02:36:06	05:36:02	07:58:20		<b>10:43:11.50</b>	+06:17:33 (58.7%)	12:51	4.7 (41.6%)
428	<b>GŁUSZCZAK Jerzy</b>	<b>390</b>		M-60	7	02:10:51	05:03:56	07:35:07		<b>10:45:10.55</b>	+06:19:32 (58.8%)	12:54	4.6 (40.7%)
429	<b>MIŁKOWSKI Marcin</b>	<b>503</b>		M-30	120	02:13:24	05:02:34	07:33:57		<b>10:57:04.80</b>	+06:31:26 (59.6%)	13:08	4.6 (40.7%)
430	<b>ORACKA Agnieszka</b>	<b>269</b>	DOGOŃ GRODZISK MAZOWIECKI	K-30	27	02:52:23	05:49:23	08:17:36		<b>11:07:31.40</b>	+06:41:53 (60.2%)	13:21	4.5 (39.8%)
431	<b>SCHEFFNER Zygmunt</b>	<b>251</b>		M-50	43	02:19:08	05:22:39	07:56:37		<b>11:10:19.90</b>	+06:44:41 (60.4%)	13:24	4.5 (39.8%)
432	<b>MARCINKIEWICZ Anna</b>	<b>326</b>	TEAM BIAŁOBRZEGI	K-40	37	02:25:07	05:31:43	08:07:13		<b>11:11:36.10</b>	+06:45:57 (60.4%)	13:25	4.5 (39.8%)
433	<b>SODOŚ Magdalena</b>	<b>352</b>		K-40	38	02:24:40	05:31:49	08:07:32		<b>11:11:57.05</b>	+06:46:18 (60.5%)	13:26	4.5 (39.8%)
LIM	<b>PRZYŁUDZKI Janusz</b>	<b>283</b>	STS BIEGATON	M-60		02:11:53	05:09:24	07:26:22		<b>10:15:07.15</b>		0:00	4.9 (43.4%)
LIM	<b>RUNOWICZ Magdalena</b>	<b>102</b>		K-40		02:24:48	05:11:20	07:34:14		<b>10:17:06.60</b>		0:00	4.9 (43.4%)
LIM	<b>PFAJFER Marek</b>	<b>176</b>	SPÓJNIA BIAŁE BŁOTA	M-30		02:07:29	04:56:22	07:19:40		<b>10:26:02.75</b>		0:00	4.8 (42.5%)
LIM	<b>KRUSZKA Stanisław</b>	<b>80</b>		M-40		02:02:49	05:00:37	07:36:52		<b>11:14:58.10</b>		0:00	4.4 (38.9%)
LIM	<b>PIETRASZEK Marcin</b>	<b>311</b>	VEGE RUNNERS	M-20		02:21:58	05:15:43	07:45:45		<b>11:21:46.95</b>		0:00	4.4 (38.9%)
	<b>ŻAK Adam</b>	<b>485</b>		M-30		01:28:23 DNF	03:01:39 DNF	04:39:15 DNF		<b>DNF</b>		-	- (0.0%)
	<b>ROŚKIEWICZ Jerzy</b>	<b>394</b>	IAG GBS	M-30		01:37:58 DNF	03:50:29 DNF	06:32:39 DNF		<b>DNF</b>		-	- (0.0%)
	<b>ŁAGODA Łukasz</b>	<b>364</b>	AKTIV REHABILITACJA	M-40		02:02:57 DNF	04:34:56 DNF	07:11:52 DNF		<b>DNF</b>		-	- (0.0%)
	<b>ŻYTO Maciej</b>	<b>412</b>	TRI AMIGOS	M-40		01:35:41 DNF	03:20:16 DNF	DNF		<b>DNF</b>		-	- (0.0%)
	<b>SADOWSKI Rafał</b>	<b>350</b>	KB SPARTAKUS BEŁCHATÓW	M-30		01:42:40 DNF	03:38:03 DNF	DNF		<b>DNF</b>		-	- (0.0%)
	<b>PETRYKOWSKI Karol</b>	<b>243</b>	HASAJTO!	M-30		01:55:12 DNF	03:57:56 DNF	DNF		<b>DNF</b>		-	- (0.0%)
	<b>ORDZIEJEWSKI Dominik</b>	<b>32</b>		M-30		02:16:45 DNF	05:04:14 DNF	DNF		<b>DNF</b>		-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pasterka 14.4km	Parking 27.3km	Batorow 37.9km	Kara/ bonifikata	Czas netto 50km	Różn	Tempo min/km	Tempo km/h
	<b>KURZAWIAK Grzegorz</b>	<b>9</b>	GRUPA BIEGOWA KAYSER	M-30		01:46:38 DNF	DNF	DNF		<b>DNF</b>	-	-	(0.0%)
	<b>KLEJSZTA Grzegorz</b>	<b>252</b>	#CZELADZBIEGA	M-40		02:05:09 DNF	DNF	DNF		<b>DNF</b>	-	-	(0.0%)
	<b>FARON Marcin</b>	<b>331</b>	SALT RUNNERS BOCHNIA	M-40		02:07:19 DNF	DNF	DNF		<b>DNF</b>	-	-	(0.0%)
	<b>ŁACHAN Patryk</b>	<b>232</b>	WKURW_TEAM	M-40		02:15:51 DNF	DNF	DNF		<b>DNF</b>	-	-	(0.0%)
	<b>ZAJĄC Andrzej</b>	<b>135</b>	DRUŻYNA SZPIKU	M-30		02:31:31 DNF	DNF	DNF		<b>DNF</b>	-	-	(0.0%)
	<b>ZAJĄC Krzysztof</b>	<b>19</b>	WKURW_TEAM/BEZULTRADZIKI	M-40		02:31:47 DNF	DNF	DNF		<b>DNF</b>	-	-	(0.0%)

Znaleziono 451 wynik(ów)