



SUPERMARATON  
GÓR  
STOŁOWYCH

**Wydarzenie:** Supermaraton Gór Stołowych 2021  
**Organizator:** Fundacja Maratony Górskie  
**Data:** 2021-06-26  
**Miejsce:** Kartów  
**Dystans:** 50 km

## SGS ULTRA 50KM

B4SPORT

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pasterka 14.4km	Parking Kształtna Łąka 27.3km	Batorow 37.9km	Czas netto 50km	Różn	Tempo min/km	Tempo km/h
1	<b>JUREK Michał</b>	<b>65</b>	RMT TEAM PRO	M-30	1	01:14:02	02:32:17	03:36:04	<b>04:57:38.95</b>		5:57	10.1 (100%)
2	<b>MARCINIAK Przemysław</b>	<b>533</b>	NOA	M-30	2	01:10:53	02:27:31	03:31:01	<b>05:02:01.95</b>	+00:04:23 (1.5%)	6:02	9.9 (98.0%)
3	<b>RUTKOWSKI Dawid</b>	<b>488</b>	GRIZZLYTEAM/140MINUT.PL	M-40	1	01:15:57	02:35:27	03:37:05	<b>05:18:06.85</b>	+00:20:27 (6.4%)	6:21	9.4 (93.1%)
4	<b>PROMIRSKI Norbert</b>	<b>490</b>		M-50	1	01:14:22	02:35:23	03:41:32	<b>05:21:07.65</b>	+00:23:28 (7.3%)	6:25	9.3 (92.1%)
5	<b>BARTOSZEWSKI Grzegorz</b>	<b>403</b>	LITWIN TRIATHLON TEAM	M-40	2	01:23:07	02:45:55	03:54:13	<b>05:30:20.50</b>	+00:32:41 (9.9%)	6:36	9.1 (90.1%)
6	<b>STOLARZ Piotr</b>	<b>411</b>		M-40	3	01:17:22	02:43:30	03:53:07	<b>05:32:33.90</b>	+00:34:54 (10.5%)	6:39	9 (89.1%)
7	<b>MAJER Janusz</b>	<b>544</b>		M-40	4	01:19:41	02:43:58	03:53:08	<b>05:33:57.05</b>	+00:36:18 (10.9%)	6:40	9 (89.1%)
8	<b>KROSNY Sebastian</b>	<b>545</b>		M-30	3	01:21:15	02:43:28	03:52:29	<b>05:34:19.90</b>	+00:36:40 (11.0%)	6:41	9 (89.1%)
9	<b>WINIARSKA Katarzyna</b>	<b>493</b>		K-40	1	01:23:10	02:50:04	03:58:53	<b>05:38:49.55</b>	+00:41:10 (12.2%)	6:46	8.9 (88.1%)
10	<b>ADIJANS Kaspars</b>	<b>527</b>		M-30	4	01:22:08	02:45:23	03:56:34	<b>05:39:29.90</b>	+00:41:50 (12.3%)	6:47	8.8 (87.1%)
11	<b>CZUWAJ Andrzej</b>	<b>89</b>	ZADYSZKA OŚWIĘCIM	M-40	5	01:21:54	02:49:24	03:58:33	<b>05:39:30.40</b>	+00:41:51 (12.3%)	6:47	8.8 (87.1%)
12	<b>RUDZIŃSKI Jacek</b>	<b>76</b>	KB HERMES GRYFINO	M-50	2	01:23:17	02:51:48	04:04:13	<b>05:40:34.70</b>	+00:42:55 (12.6%)	6:48	8.8 (87.1%)
13	<b>PERYKASZA Paweł</b>	<b>56</b>	GRUPALUKTRNS.PL	M-40	6	01:21:48	02:51:32	04:05:30	<b>05:46:51.45</b>	+00:49:12 (14.2%)	6:56	8.6 (85.1%)
14	<b>ŻURAWSKI Sławomir</b>	<b>428</b>	PGBSPORTOWAPACZKA	M-40	7	01:21:09	02:46:25	03:58:29	<b>05:49:48.95</b>	+00:52:10 (14.9%)	6:59	8.6 (85.1%)
15	<b>MARCHUK Wioletta</b>	<b>509</b>		K-30	1	01:21:08	02:48:38	04:01:01	<b>05:51:31.50</b>	+00:53:52 (15.3%)	7:01	8.5 (84.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking Kształtna			Czas netto	Różn	Tempo min/km	Tempo km/h
						14.4km	27.3km	37.9km				
16	<b>RYLKO Krzysztof</b>	<b>389</b>	KS KANDAHAR/ZADYSZKA OŚWIĘCIM	M-40	8	01:27:03	02:57:37	04:09:22	<b>05:51:32.30</b>	+00:53:53 (15.3%)	7:01	8.5 (84.2%)
17	<b>WIECZOREK Łukasz</b>	<b>54</b>	#NBRTEAM / VEGE RUNNERS	M-30	5	01:21:51	02:48:39	04:02:07	<b>05:51:43.45</b>	+00:54:04 (15.4%)	7:02	8.5 (84.2%)
18	<b>MICHALSKI Piotrek</b>	<b>175</b>		M-30	6	01:25:02	02:54:56	04:08:52	<b>05:55:22.15</b>	+00:57:43 (16.2%)	7:06	8.4 (83.2%)
19	<b>WALCZAK Patryk</b>	<b>158</b>		M-30	7	01:21:45	02:54:25	04:07:49	<b>05:55:28.80</b>	+00:57:49 (16.3%)	7:06	8.4 (83.2%)
20	<b>MOCZULSKA Małgorzata</b>	<b>525</b>		K-40	2	01:23:25	02:55:50	04:14:51	<b>05:57:23.30</b>	+00:59:44 (16.7%)	7:08	8.4 (83.2%)
21	<b>MORAWA Mateusz</b>	<b>402</b>	LACHO TEAM	M-40	9	01:23:33	02:50:35	04:09:01	<b>05:58:13.90</b>	+01:00:34 (16.9%)	7:09	8.4 (83.2%)
22	<b>NOGA Angelika</b>	<b>359</b>		K-20	1	01:26:16	02:58:16	04:12:15	<b>05:58:20.30</b>	+01:00:41 (16.9%)	7:10	8.4 (83.2%)
23	<b>NIEPALA Jacek</b>	<b>326</b>	OBORYGENI	M-30	8	01:23:10	02:51:37	04:05:57	<b>05:59:00.90</b>	+01:01:21 (17.1%)	7:10	8.4 (83.2%)
24	<b>KOCEMBA Kamil</b>	<b>360</b>	KĘCKIE HARPAGANY	M-30	9	01:25:18	02:58:10	04:14:07	<b>05:59:13.10</b>	+01:01:34 (17.1%)	7:11	8.4 (83.2%)
25	<b>KYCIA Piotr</b>	<b>78</b>		M-50	3	01:25:58	02:55:59	04:14:48	<b>05:59:37.15</b>	+01:01:58 (17.2%)	7:11	8.3 (82.2%)
26	<b>BURZYŃSKI Sebastian</b>	<b>310</b>		M-40	10	01:26:34	02:56:38	04:12:28	<b>06:01:01.25</b>	+01:03:22 (17.6%)	7:13	8.3 (82.2%)
27	<b>TOPOLSKI Marcin</b>	<b>483</b>	CZŁOWIEK KTÓRY NIE BOI SIĘ CHUCKA NORRISA	M-40	11	01:29:30	02:59:09	04:14:18	<b>06:01:46.20</b>	+01:04:07 (17.7%)	7:14	8.3 (82.2%)
28	<b>KIELASZEWSKI Karol</b>	<b>542</b>	LESZNO LIMITS RUNNERS	M-30	10	01:26:17	03:00:40	04:16:37	<b>06:04:38.15</b>	+01:06:59 (18.4%)	7:17	8.2 (81.2%)
29	<b>KOSTERKIEWICZ Marcin</b>	<b>39</b>	KOSTER I FAMILIA TEAM	M-40	12	01:23:47	02:49:41	04:19:49	<b>06:08:07.95</b>	+01:10:29 (19.1%)	7:21	8.1 (80.2%)
30	<b>TARNOWSKI Maciej</b>	<b>331</b>	MM POWER / KOLIBER TEAM	M-40	13	01:23:14	02:59:40	04:21:40	<b>06:11:07.05</b>	+01:13:28 (19.8%)	7:25	8.1 (80.2%)
31	<b>WALASEK Grzegorz</b>	<b>157</b>	BIEGUSIEM.PL	M-50	4	01:26:06	02:56:36	04:13:33	<b>06:11:57.80</b>	+01:14:18 (20.0%)	7:26	8.1 (80.2%)
32	<b>WŁODARCZYK Jarosław</b>	<b>220</b>	KARKONOSZ RUNNING TEAM	M-40	14	01:26:08	02:56:59	04:20:00	<b>06:12:41.90</b>	+01:15:02 (20.1%)	7:27	8 (79.2%)
33	<b>FUDAŁA Patrycjusz</b>	<b>70</b>	KM PSP KATOWICE	M-40	15	01:31:08	03:02:51	04:18:04	<b>06:13:20.00</b>	+01:15:41 (20.3%)	7:28	8 (79.2%)
34	<b>BANASZEK Adam</b>	<b>183</b>	BIEGUSIEM.PL	M-40	16	01:30:00	03:02:15	04:18:14	<b>06:13:31.40</b>	+01:15:52 (20.3%)	7:28	8 (79.2%)
35	<b>NIEZGÓDKA Tomasz</b>	<b>543</b>	TEAM ZAŁOGA GÓRSKA	M-50	5	01:29:07	03:04:02	04:21:08	<b>06:15:54.05</b>	+01:18:15 (20.8%)	7:31	8 (79.2%)
36	<b>WASILEWSKI Marcin</b>	<b>421</b>		M-30	11	01:26:27	03:01:20	04:19:33	<b>06:15:57.30</b>	+01:18:18 (20.8%)	7:31	8 (79.2%)
37	<b>GOLEC Ireneusz</b>	<b>438</b>	VEGE RUNNERS	M-30	12	01:26:52	02:58:16	04:15:15	<b>06:17:36.90</b>	+01:19:57 (21.2%)	7:33	7.9 (78.2%)
38	<b>WINIECKI Tomasz</b>	<b>217</b>		M-40	17	01:35:18	03:13:28	04:34:14	<b>06:17:55.05</b>	+01:20:16 (21.2%)	7:33	7.9 (78.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking			Czas netto 50km	Różn	Tempo min/km	Tempo km/h
						Pasterka 14.4km	Kształtna Łąka 27.3km	Batorow 37.9km				
39	<b>NOWINOWSKI Andrzej</b>	<b>313</b>	KB MARATON TUREK	M-40	18	01:32:03	03:14:23	04:33:30	<b>06:18:46.20</b>	+01:21:07 (21.4%)	7:34	7.9 (78.2%)
40	<b>WROBLEWSKI Konrad</b>	<b>208</b>		M-40	19	01:32:52	03:07:58	04:26:52	<b>06:19:19.00</b>	+01:21:40 (21.5%)	7:35	7.9 (78.2%)
41	<b>BEKAS Marcin</b>	<b>474</b>		M-40	20	01:30:18	03:06:29	04:26:23	<b>06:21:25.70</b>	+01:23:46 (22.0%)	7:37	7.9 (78.2%)
42	<b>WOSZEK Marzena</b>	<b>479</b>	RUNNING.CHEF TEAM	K-40	3	01:30:08	03:05:29	04:25:42	<b>06:22:15.35</b>	+01:24:36 (22.1%)	7:38	7.8 (77.2%)
43	<b>BEDNARCZYK Magdalena</b>	<b>503</b>	-STRZEGOMSKA DWUNASTKA	K-30	2	01:29:14	03:04:00	04:25:40	<b>06:22:25.10</b>	+01:24:46 (22.2%)	7:38	7.8 (77.2%)
44	<b>ESZNER Agnieszka</b>	<b>134</b>		K-40	4	01:36:03	03:13:25	04:34:24	<b>06:22:26.85</b>	+01:24:47 (22.2%)	7:38	7.8 (77.2%)
45	<b>ADAM Piotr</b>	<b>229</b>	WROCLAW MARATHON TEAM	M-40	21	01:26:27	02:59:49	04:25:10	<b>06:22:50.20</b>	+01:25:11 (22.3%)	7:39	7.8 (77.2%)
46	<b>KOZIEŁ Piotr</b>	<b>425</b>	DOGOŃ GRODZISK MAZOWIECKI	M-30	13	01:29:08	03:05:16	04:25:04	<b>06:23:01.05</b>	+01:25:22 (22.3%)	7:39	7.8 (77.2%)
47	<b>KACZMAREK Mateusz</b>	<b>80</b>	-	M-30	14	01:33:13	03:08:59	04:29:45	<b>06:23:12.65</b>	+01:25:33 (22.3%)	7:39	7.8 (77.2%)
48	<b>KABALINA Elina</b>	<b>526</b>		K-30	3	01:33:17	03:13:35	04:34:34	<b>06:24:03.80</b>	+01:26:24 (22.5%)	7:40	7.8 (77.2%)
49	<b>MILER Marcin</b>	<b>355</b>	06 KLEOFAS	M-40	22	01:25:33	03:00:11	04:25:55	<b>06:25:21.30</b>	+01:27:42 (22.8%)	7:42	7.8 (77.2%)
50	<b>MÓJTA Grzegorz</b>	<b>506</b>	KOŁO BIEGA	M-40	23	01:31:51	03:11:43	04:32:12	<b>06:25:22.35</b>	+01:27:43 (22.8%)	7:42	7.8 (77.2%)
51	<b>CZOSNOWSKI Krzysztof</b>	<b>143</b>	KB HERMES GRYFINO	M-40	24	01:26:36	02:59:44	04:15:23	<b>06:27:00.90</b>	+01:29:21 (23.1%)	7:44	7.8 (77.2%)
52	<b>KRAWCZYK Karol</b>	<b>352</b>	LENIWY INACZEJ	M-30	15	01:28:45	03:06:05	04:27:46	<b>06:28:53.85</b>	+01:31:14 (23.5%)	7:46	7.7 (76.2%)
53	<b>BIAŁEK Beata</b>	<b>241</b>	KB HERMES GRYFINO	K-40	5	01:24:15	02:57:36	04:17:18	<b>06:28:55.30</b>	+01:31:16 (23.5%)	7:46	7.7 (76.2%)
54	<b>KRAWCZYK Karolina</b>	<b>497</b>	INOV-8 TEAM	K-30	4	01:30:56	03:09:19	04:30:20	<b>06:30:32.50</b>	+01:32:53 (23.8%)	7:48	7.7 (76.2%)
55	<b>KARPOWICZ Rafal</b>	<b>475</b>		M-40	25	01:24:53	03:00:55	04:28:05	<b>06:30:46.15</b>	+01:33:07 (23.8%)	7:48	7.7 (76.2%)
56	<b>BEDNARZ Marta</b>	<b>225</b>	ADIDAS RUNNERS WARSAW	K-40	6	01:32:14	03:10:12	04:30:52	<b>06:31:04.65</b>	+01:33:25 (23.9%)	7:49	7.7 (76.2%)
57	<b>BOGACZ Tomasz</b>	<b>51</b>	KĘCKIE HARPAGANY	M-40	26	01:28:35	03:06:40	04:31:04	<b>06:31:37.20</b>	+01:33:58 (24.0%)	7:49	7.7 (76.2%)
58	<b>OSTROWSKI Łukasz</b>	<b>299</b>	STRZEGOMSKA DWUNASTKA	M-30	16	01:29:13	03:09:46	04:39:40	<b>06:32:46.90</b>	+01:35:07 (24.2%)	7:51	7.6 (75.2%)
59	<b>KOWALSKI Daniel</b>	<b>238</b>	BIEGAJĄCY ŚWIDNIK	M-40	27	01:32:25	03:11:59	04:33:50	<b>06:33:01.90</b>	+01:35:22 (24.3%)	7:51	7.6 (75.2%)
60	<b>WOSZEK Tomasz</b>	<b>480</b>	RUNNING.CHEF TEAM	M-40	28	01:37:26	03:15:43	04:36:27	<b>06:33:42.40</b>	+01:36:03 (24.4%)	7:52	7.6 (75.2%)
61	<b>ŚLIWIŃSKI Rafał</b>	<b>61</b>		M-30	17	01:34:24	03:09:04	04:28:58	<b>06:34:31.55</b>	+01:36:52 (24.6%)	7:53	7.6 (75.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking Kształtna			Czas netto	Różn	Tempo min/km	Tempo km/h
						14.4km	27.3km	37.9km				
62	<b>PAPROCKI Krzysztof</b>	<b>125</b>		M-40	29	01:36:32	03:16:57	04:40:52	<b>06:35:05.30</b>	+01:37:26 (24.7%)	7:54	7.6 (75.2%)
63	<b>BARANOWSKI Jacek</b>	<b>447</b>	JACEKBIEGA RUNNING TEAM	M-40	30	01:36:29	03:20:17	04:45:23	<b>06:37:14.90</b>	+01:39:35 (25.1%)	7:56	7.6 (75.2%)
64	<b>MALINOWSKA Izabela</b>	<b>524</b>		K-30	5	01:34:13	03:13:27	04:35:24	<b>06:37:16.05</b>	+01:39:37 (25.1%)	7:56	7.6 (75.2%)
65	<b>JANUSZEWSKI Andrzej</b>	<b>468</b>		M-30	18	01:34:19	03:17:39	04:40:57	<b>06:39:06.20</b>	+01:41:27 (25.4%)	7:58	7.5 (74.3%)
66	<b>POCHYLSKI Przemysław</b>	<b>223</b>	ZGRUPKA TEAM	M-40	31	01:37:55	03:21:10	04:48:25	<b>06:39:42.90</b>	+01:42:03 (25.5%)	7:59	7.5 (74.3%)
67	<b>PAPUGA Dariusz</b>	<b>540</b>	ZADYSZKA OŚWIĘCIM	M-50	6	01:32:14	03:12:20	04:35:31	<b>06:39:50.95</b>	+01:42:12 (25.6%)	7:59	7.5 (74.3%)
68	<b>PAŁKA Michał</b>	<b>372</b>	#SLIMAKIBARCIN	M-40	32	01:41:24	03:21:16	04:43:47	<b>06:39:52.15</b>	+01:42:13 (25.6%)	7:59	7.5 (74.3%)
69	<b>BEDNARSKA Kaśka</b>	<b>347</b>	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ	K-40	7	01:39:32	03:19:07	04:41:30	<b>06:41:07.30</b>	+01:43:28 (25.8%)	8:01	7.5 (74.3%)
70	<b>GRABOŚ Nina</b>	<b>178</b>		K-40	8	01:36:21	03:21:44	04:47:51	<b>06:42:21.20</b>	+01:44:42 (26.0%)	8:02	7.5 (74.3%)
71	<b>MROZIAK Maciek</b>	<b>14</b>	RUNPASSION.PL TEAM	M-50	7	01:38:50	03:21:31	04:41:36	<b>06:42:34.70</b>	+01:44:55 (26.1%)	8:03	7.5 (74.3%)
72	<b>CICHOSZ Krzysztof</b>	<b>518</b>	KRASNOSTAWSKA GRUPA ZBIEGÓW I PODBIEGÓW	M-40	33	01:34:15	03:13:30	04:35:26	<b>06:42:39.80</b>	+01:45:00 (26.1%)	8:03	7.5 (74.3%)
73	<b>KONOPKA Bartosz</b>	<b>530</b>	BIEGAMBOLUBIĘ	M-40	34	01:32:01	03:10:06	04:36:22	<b>06:42:49.75</b>	+01:45:10 (26.1%)	8:03	7.4 (73.3%)
74	<b>PAŻUCHA Wojciech</b>	<b>283</b>	NAPĘDZANY PIEROGAMI	M-40	35	01:33:29	03:13:15	04:39:43	<b>06:42:50.00</b>	+01:45:11 (26.1%)	8:03	7.4 (73.3%)
75	<b>MACZUGA Bartłomiej</b>	<b>284</b>	MUSTANGI GLIWICE	M-30	19	01:31:32	03:11:28	04:37:25	<b>06:43:04.95</b>	+01:45:26 (26.2%)	8:03	7.4 (73.3%)
76	<b>WEŁNIAK Bogusław</b>	<b>112</b>	MOGILNO TEAM	M-40	36	01:37:27	03:17:06	04:39:32	<b>06:43:41.20</b>	+01:46:02 (26.3%)	8:04	7.4 (73.3%)
77	<b>BASHFORD Marcus</b>	<b>177</b>		M-30	20	01:30:50	03:12:58	04:39:15	<b>06:43:59.85</b>	+01:46:20 (26.3%)	8:04	7.4 (73.3%)
78	<b>LASOCKI Marcin</b>	<b>314</b>	12TRI.PL / TEAM ZABIEGANEDNI	M-40	37	01:26:38	03:08:35	04:34:24	<b>06:44:08.35</b>	+01:46:29 (26.3%)	8:04	7.4 (73.3%)
79	<b>LITWIN Barbara</b>	<b>334</b>	STOPA SŁUPSK /3FALETEAM	K-30	6	01:39:39	03:24:12	04:47:45	<b>06:44:27.45</b>	+01:46:48 (26.4%)	8:05	7.4 (73.3%)
80	<b>PIETRZAK Paweł</b>	<b>275</b>	DOGOŃ GRODZISK MAZOWIECKI	M-40	38	01:33:15	03:11:55	04:34:01	<b>06:44:38.30</b>	+01:46:59 (26.4%)	8:05	7.4 (73.3%)
81	<b>HOTAŁA Sylwia</b>	<b>498</b>	KUDOWIANKA RUN	K-30	7	01:37:48	03:25:30	04:47:15	<b>06:44:56.55</b>	+01:47:17 (26.5%)	8:05	7.4 (73.3%)
82	<b>KOŁODZIEJ Zbigniew</b>	<b>17</b>	KĘCKIE HARPAGANY	M-40	39	01:40:03	03:21:32	04:45:55	<b>06:46:39.30</b>	+01:49:00 (26.8%)	8:07	7.4 (73.3%)
83	<b>GOSTYŃSKI Krzysztof</b>	<b>464</b>	RUCZAJ ULTRA TEAM	M-40	40	01:33:02	03:15:48	04:43:25	<b>06:47:18.50</b>	+01:49:39 (26.9%)	8:08	7.4 (73.3%)
84	<b>KMAK Sławek</b>	<b>59</b>		M-40	41	01:37:12	03:18:37	04:42:01	<b>06:49:11.40</b>	+01:51:32 (27.3%)	8:11	7.3 (72.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking			Czas netto 50km	Różn	Tempo min/km	Tempo km/h
						Pasterka 14.4km	Kształtna Łąką 27.3km	Batorow 37.9km				
85	FEDORCZAK Jacek	307		M-30	21	01:31:18	03:13:23	04:40:32	<b>06:49:15.00</b>	+01:51:36 (27.3%)	8:11	7.3 (72.3%)
86	SZYMAŃSKA Brygida	309	STRZEGOMSKA DWUNASTKA	K-30	8	01:41:06	03:26:06	04:50:33	<b>06:49:44.60</b>	+01:52:05 (27.4%)	8:11	7.3 (72.3%)
87	RZESZOT Łukasz	7	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ.	M-30	22	01:35:47	03:19:44	04:47:19	<b>06:49:57.55</b>	+01:52:18 (27.4%)	8:11	7.3 (72.3%)
88	GÓRNY Robert	130	TIM JEST TIM	M-40	42	01:32:21	03:13:19	04:37:21	<b>06:51:36.10</b>	+01:53:57 (27.7%)	8:13	7.3 (72.3%)
89	PIECUCH Marcin	79		M-30	23	01:31:00	03:11:57	04:43:08	<b>06:51:48.85</b>	+01:54:09 (27.7%)	8:14	7.3 (72.3%)
90	LEWANDOWSKI Łukasz	228		M-30	24	01:36:17	03:20:10	04:53:25	<b>06:53:17.00</b>	+01:55:38 (28.0%)	8:15	7.3 (72.3%)
91	ROJEWSKI Paweł	292	EVERRUN	M-30	25	01:32:11	03:15:00	04:46:56	<b>06:53:41.85</b>	+01:56:02 (28.1%)	8:16	7.3 (72.3%)
92	WANŻEWICZ- UZNAŃSKA Agnieszka	517	UKS MUFLON	K-40	9	01:41:10	03:26:47	04:52:13	<b>06:55:52.40</b>	+01:58:13 (28.4%)	8:19	7.2 (71.3%)
93	KOWALCZYK Marek	392	KB TKKF PROMYK CIECHANÓW	M-50	8	01:38:06	03:20:49	04:48:18	<b>06:57:39.85</b>	+02:00:00 (28.7%)	8:21	7.2 (71.3%)
94	HORAK Roland	368	KĘCKIE HARPAGANY	M-30	26	01:40:15	03:23:27	04:53:00	<b>06:57:43.00</b>	+02:00:04 (28.7%)	8:21	7.2 (71.3%)
95	KAMIŃSKI Marek	131	180 MINUT	M-40	43	01:42:13	03:29:14	04:58:58	<b>06:59:30.20</b>	+02:01:51 (29.0%)	8:23	7.2 (71.3%)
96	KOWALCZYK Paweł	107	KĘCKIE HARPAGANY	M-40	44	01:32:14	03:15:44	04:48:13	<b>07:00:42.70</b>	+02:03:03 (29.3%)	8:24	7.1 (70.3%)
97	POPRAWSK Paweł	546		M-30	27	01:36:47	03:21:02	04:54:38	<b>07:01:21.75</b>	+02:03:42 (29.4%)	8:25	7.1 (70.3%)
98	ZIMNY Tomasz	255		M-60	1	01:40:34	03:29:36	04:58:17	<b>07:01:28.85</b>	+02:03:49 (29.4%)	8:25	7.1 (70.3%)
99	HAKKE Gosia	10	BIEGAMDLAZDROWIA.PL	K-40	10	01:37:40	03:26:01	04:57:47	<b>07:01:45.70</b>	+02:04:06 (29.4%)	8:26	7.1 (70.3%)
100	CZYŚCIAK Krzysztof	539	KB SOBÓTKA	M-40	45	01:38:38	03:27:55	04:59:17	<b>07:02:08.55</b>	+02:04:29 (29.5%)	8:26	7.1 (70.3%)
101	NAGLAK Łukasz	302	KOŹMIN BIEGA ULTRA RUNNERS	M-30	28	01:36:40	03:20:47	04:52:41	<b>07:03:09.35</b>	+02:05:30 (29.7%)	8:27	7.1 (70.3%)
102	LACHOWSKI Robert	294		M-30	29	01:32:29	03:15:08	04:47:02	<b>07:03:22.80</b>	+02:05:43 (29.7%)	8:28	7.1 (70.3%)
103	JĘDRZEJCZAK Wojciech	399		M-50	9	01:42:16	03:30:14	05:00:36	<b>07:03:32.35</b>	+02:05:53 (29.7%)	8:28	7.1 (70.3%)
104	GESS Mariusz	466	CZUBY Z GOLENIOWA	M-40	46	01:33:46	03:15:31	04:44:18	<b>07:03:37.75</b>	+02:05:58 (29.7%)	8:28	7.1 (70.3%)
105	ANDRZEJEWSKI Tomasz	522	MOGILNO TEAM	M-40	47	01:38:13	03:22:00	04:52:19	<b>07:03:50.15</b>	+02:06:11 (29.8%)	8:28	7.1 (70.3%)
106	WEŁNIAK Przemysław	139	MOGILNO TEAM	M-40	48	01:37:30	03:25:14	04:52:19	<b>07:05:06.75</b>	+02:07:27 (30.0%)	8:30	7.1 (70.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking Kształtna			Czas netto 50km	Różn	Tempo min/km	Tempo km/h
						14.4km	27.3km	37.9km				
107	<b>MORITZ Rafał</b>	<b>227</b>	#SLIMAKIBARCIN	M-40	49	01:44:26	03:33:20	05:00:14	<b>07:05:11.50</b>	+02:07:32 (30.0%)	8:30	7.1 (70.3%)
108	<b>BIŃCZARSKI Patryk</b>	<b>74</b>		M-40	50	01:41:28	03:33:27	05:00:43	<b>07:05:46.90</b>	+02:08:07 (30.1%)	8:30	7 (69.3%)
109	<b>OLSAK Zenon</b>	<b>427</b>	WARSAW RUN CLUB	M-50	10	01:39:43	03:30:46	05:02:23	<b>07:06:45.70</b>	+02:09:06 (30.3%)	8:32	7 (69.3%)
110	<b>RUSOŁ Tomasz</b>	<b>328</b>	TROPEM ULTRA	M-30	30	01:32:06	03:11:48	04:45:40	<b>07:07:00.50</b>	+02:09:21 (30.3%)	8:32	7 (69.3%)
111	<b>WOJCIESZEK Andrzej</b>	<b>150</b>	GEMINI POLSKA TEAM	M-40	51	01:39:10	03:27:36	05:00:36	<b>07:07:41.35</b>	+02:10:02 (30.4%)	8:33	7 (69.3%)
112	<b>URBANIEC Dariusz</b>	<b>549</b>		M-40	52	01:32:13	03:20:23	04:54:57	<b>07:07:58.20</b>	+02:10:19 (30.5%)	8:33	7 (69.3%)
113	<b>GASIK Leszek</b>	<b>57</b>	STOWARZYSZENIE SPORTOWE „SŁOŃCA JURY,,	M-40	53	01:32:16	03:20:26	04:54:58	<b>07:07:58.30</b>	+02:10:19 (30.5%)	8:33	7 (69.3%)
114	<b>TELEJKO Łukasz</b>	<b>274</b>	ORZESZEK TEAM	M-20	1	01:34:00	03:16:37	04:49:00	<b>07:08:55.15</b>	+02:11:16 (30.6%)	8:34	7 (69.3%)
115	<b>LUBECKI Tomasz</b>	<b>161</b>	ZADYSZKA OŚWIĘCIM	M-40	54	01:35:28	03:21:53	04:53:41	<b>07:09:27.35</b>	+02:11:48 (30.7%)	8:35	7 (69.3%)
116	<b>TOKARZ Robert</b>	<b>316</b>		M-40	55	01:38:40	03:31:20	05:03:24	<b>07:09:44.60</b>	+02:12:05 (30.7%)	8:35	7 (69.3%)
117	<b>ZAGÓRSKI Krzysztof</b>	<b>365</b>		M-40	56	01:42:32	03:34:24	05:00:49	<b>07:09:49.60</b>	+02:12:10 (30.8%)	8:35	7 (69.3%)
118	<b>BUDZICH Wojciech</b>	<b>336</b>	KB TKKF PROMYK CIECHANÓW	M-40	57	01:38:20	03:27:35	05:00:29	<b>07:10:36.55</b>	+02:12:57 (30.9%)	8:36	7 (69.3%)
119	<b>WIERZBIŃSKI Karol</b>	<b>215</b>	ULTRADZICZKI I ULTRALISICZKI	M-40	58	01:36:42	03:27:02	05:02:17	<b>07:11:25.80</b>	+02:13:46 (31.0%)	8:37	7 (69.3%)
120	<b>PRZYBYSZ Ryszard</b>	<b>285</b>		M-50	11	01:42:16	03:26:05	05:07:56	<b>07:12:12.00</b>	+02:14:33 (31.1%)	8:38	6.9 (68.3%)
121	<b>KAROLAK Ryszard</b>	<b>267</b>		M-40	59	01:41:20	03:27:44	05:05:32	<b>07:13:04.65</b>	+02:15:25 (31.3%)	8:39	6.9 (68.3%)
122	<b>MAZURKIEWICZ Jarosław</b>	<b>451</b>	KS GRUCHA	M-30	31	01:41:21	03:27:41	05:05:28	<b>07:13:16.80</b>	+02:15:37 (31.3%)	8:39	6.9 (68.3%)
123	<b>JAKUBCZAK Konrad</b>	<b>3</b>	DEBEŚCIAK ADIDAS RUNNERS	M-40	60	01:31:23	03:12:51	04:47:07	<b>07:14:36.50</b>	+02:16:57 (31.5%)	8:41	6.9 (68.3%)
124	<b>BOROWSKA-NAJDEREK Paulina</b>	<b>311</b>	WLKP ULTRA MOUNTAINS /FREE RUN	K-40	11	01:36:53	03:26:32	05:00:26	<b>07:14:36.95</b>	+02:16:58 (31.5%)	8:41	6.9 (68.3%)
125	<b>ŁYSIAK Sylwia</b>	<b>264</b>	ROZBIEGANY RAWICZ	K-40	12	01:43:02	03:36:20	05:07:29	<b>07:15:34.00</b>	+02:17:55 (31.7%)	8:42	6.9 (68.3%)
126	<b>KWIATEK Agnieszka</b>	<b>442</b>		K-30	9	01:47:04	03:37:19	05:06:57	<b>07:16:35.75</b>	+02:18:56 (31.8%)	8:43	6.9 (68.3%)
127	<b>SZYDLIK Arkadiusz</b>	<b>82</b>	DOGOŃ GRODZISK MAZOWIECKI	M-30	32	01:35:08	03:23:48	04:57:39	<b>07:17:09.70</b>	+02:19:30 (31.9%)	8:44	6.9 (68.3%)
128	<b>GRACZYK Marcin</b>	<b>407</b>		M-40	61	01:44:32	03:38:47	05:14:44	<b>07:17:17.10</b>	+02:19:38 (31.9%)	8:44	6.9 (68.3%)
129	<b>GRUNWALD Artur</b>	<b>358</b>		M-40	62	01:39:38	03:37:28	05:10:25	<b>07:18:01.45</b>	+02:20:22 (32.0%)	8:45	6.8 (67.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking			Czas netto 50km	Różn	Tempo min/km	Tempo km/h
						Pasterka 14.4km	Kształtna Łąka 27.3km	Batorow 37.9km				
130	<b>BŁĘDOWSKI Mariusz</b>	<b>66</b>	AAC FORD AUTO STYL WŁOCŁAWEK TEAM	M-40	63	01:39:39	03:37:29	05:10:26	<b>07:18:18.10</b>	+02:20:39 (32.1%)	8:45	6.8 (67.3%)
131	<b>MAGIERA Grzegorz</b>	<b>491</b>	KGHM ZG RUN	M-40	64	01:31:39	03:21:06	04:59:08	<b>07:18:42.05</b>	+02:21:03 (32.2%)	8:46	6.8 (67.3%)
132	<b>CIUPEK Jerzy</b>	<b>356</b>		M-60	2	01:33:23	03:19:10	04:58:20	<b>07:18:46.65</b>	+02:21:07 (32.2%)	8:46	6.8 (67.3%)
133	<b>PĘCZEK Dariusz</b>	<b>406</b>		M-50	12	01:42:38	03:29:57	05:03:18	<b>07:19:08.10</b>	+02:21:29 (32.2%)	8:46	6.8 (67.3%)
134	<b>ZIELIŃSKI Paweł</b>	<b>439</b>	RUCH IZBICA	M-40	65	01:39:58	03:26:31	04:59:12	<b>07:19:09.70</b>	+02:21:30 (32.2%)	8:46	6.8 (67.3%)
135	<b>BILCZEWSKI Michał</b>	<b>13</b>	KĘCKIE HARPAGANY	M-40	66	01:35:34	03:22:45	04:58:42	<b>07:19:30.65</b>	+02:21:51 (32.3%)	8:47	6.8 (67.3%)
136	<b>CYMBORSKA Jolanta</b>	<b>432</b>	WARSAW RUN CLUB	K-40	13	01:41:40	03:38:26	05:12:09	<b>07:19:44.90</b>	+02:22:05 (32.3%)	8:47	6.8 (67.3%)
137	<b>WELTER Przemysław</b>	<b>148</b>	KB SZAMOTUŁY	M-30	33	01:36:28	03:25:04	04:57:53	<b>07:19:51.40</b>	+02:22:12 (32.3%)	8:47	6.8 (67.3%)
138	<b>KOWALSKI Andrzej</b>	<b>318</b>		M-60	3	01:40:39	03:34:37	05:08:46	<b>07:20:05.90</b>	+02:22:26 (32.4%)	8:48	6.8 (67.3%)
139	<b>URBANIAK Hubert</b>	<b>320</b>	ROZBIEGANY RAWICZ	M-30	34	01:40:37	03:26:08	05:02:49	<b>07:20:40.50</b>	+02:23:01 (32.5%)	8:48	6.8 (67.3%)
140	<b>BRODA Dominik</b>	<b>236</b>		M-30	35	01:38:38	03:27:39	05:11:00	<b>07:21:09.50</b>	+02:23:30 (32.5%)	8:49	6.8 (67.3%)
141	<b>BIECHOŃSKI Jarosław</b>	<b>87</b>		M-40	67	01:45:00	03:35:34	05:06:15	<b>07:21:31.95</b>	+02:23:53 (32.6%)	8:49	6.8 (67.3%)
142	<b>BŁACHNO Marcin</b>	<b>135</b>	ANIOŁKI CHARLIEGO	M-40	68	01:46:13	03:40:20	05:17:28	<b>07:22:15.00</b>	+02:24:36 (32.7%)	8:50	6.8 (67.3%)
143	<b>SAMEREK Dariusz</b>	<b>2</b>	MARMEL TORUŃ	M-40	69	01:40:59	03:27:40	05:01:38	<b>07:23:02.80</b>	+02:25:23 (32.8%)	8:51	6.8 (67.3%)
143	<b>STAWARSKA Elżbieta</b>	<b>18</b>	MARMEL TORUŃ	K-40	14	01:40:58	03:27:39	05:01:38	<b>07:23:02.80</b>	+02:25:23 (32.8%)	8:51	6.8 (67.3%)
145	<b>KICIŃSKA Zuzanna</b>	<b>246</b>		K-30	10	01:42:08	03:40:20	05:10:36	<b>07:23:22.95</b>	+02:25:44 (32.9%)	8:52	6.8 (67.3%)
146	<b>SAMSON Robert</b>	<b>102</b>	SUNCHASER TRAILRUNNING TEAM	M-40	70	01:42:40	03:35:35	05:09:50	<b>07:23:55.70</b>	+02:26:16 (33.0%)	8:52	6.8 (67.3%)
147	<b>HELSZTAJN Robert</b>	<b>376</b>	PAŁUKI RUNNING TEAM	M-50	13	01:44:32	03:33:23	05:08:56	<b>07:23:59.45</b>	+02:26:20 (33.0%)	8:52	6.8 (67.3%)
148	<b>SAJDUDA Adam</b>	<b>119</b>		M-20	2	01:35:36	03:32:06	05:06:49	<b>07:25:37.45</b>	+02:27:58 (33.2%)	8:54	6.7 (66.3%)
149	<b>KIEDOWSKI Artur</b>	<b>486</b>		M-40	71	01:49:47	03:47:04	05:22:21	<b>07:25:44.10</b>	+02:28:05 (33.2%)	8:54	6.7 (66.3%)
150	<b>RZEPKA Aleksandra</b>	<b>541</b>	WKURW_TEAM	K-30	11	01:48:39	03:42:39	05:16:56	<b>07:25:55.20</b>	+02:28:16 (33.3%)	8:55	6.7 (66.3%)
151	<b>KINCEL Krzysztof</b>	<b>529</b>		M-50	14	01:45:25	03:37:28	05:11:18	<b>07:25:55.80</b>	+02:28:16 (33.3%)	8:55	6.7 (66.3%)
152	<b>JACHYMSKI Ignacy</b>	<b>370</b>	AKG ŁÓDŹ	M-30	36	01:41:43	03:38:57	05:16:08	<b>07:26:34.10</b>	+02:28:55 (33.3%)	8:55	6.7 (66.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking			Czas netto	Różn	Tempo min/km	Tempo km/h
						14.4km	27.3km	37.9km				
153	JARUS Andrzej	95	WKURW_TEAM	M-40	72	01:41:43	03:32:27	05:08:51	<b>07:26:36.45</b>	+02:28:57 (33.4%)	8:55	6.7 (66.3%)
154	CHMURA Jarosław	133		M-50	15	01:44:52	03:34:14	05:07:35	<b>07:26:40.00</b>	+02:29:01 (33.4%)	8:56	6.7 (66.3%)
155	FUDAŁA Michał	118		M-20	3	01:34:53	03:20:15	05:00:16	<b>07:26:50.70</b>	+02:29:11 (33.4%)	8:56	6.7 (66.3%)
156	RUSZCZEWSKI Andrzej	312	VEGE RUNNERS	M-30	37	01:39:10	03:33:06	05:14:02	<b>07:27:47.25</b>	+02:30:08 (33.5%)	8:57	6.7 (66.3%)
157	PASECKA Sylwia	269		K-40	15	01:47:29	03:42:52	05:16:05	<b>07:28:04.80</b>	+02:30:25 (33.6%)	8:57	6.7 (66.3%)
158	FAJ Sylwia	60	INŻYNIERIA BIEGANIA	K-40	16	01:47:26	03:42:43	05:16:04	<b>07:28:05.30</b>	+02:30:26 (33.6%)	8:57	6.7 (66.3%)
159	KWIATKOWSKI Wojciech	137	TSA SANDOMIERZ	M-30	38	01:48:05	03:44:10	05:21:57	<b>07:28:18.90</b>	+02:30:39 (33.6%)	8:57	6.7 (66.3%)
160	ZIELENDĄ Andrzej	36	WOLSZTYŃSKI KLUB BIEGOWY	M-60	4	01:47:19	03:41:56	05:17:21	<b>07:28:35.60</b>	+02:30:56 (33.6%)	8:58	6.7 (66.3%)
161	GAJEWSKI Jacek	330	DOGOŃ GRODZISK MAZOWIECKI	M-40	73	01:47:10	03:39:14	05:19:50	<b>07:29:07.80</b>	+02:31:28 (33.7%)	8:58	6.7 (66.3%)
162	ZARODA Zbigniew	203	WQURW TEAM	M-50	16	01:41:40	03:27:12	05:02:26	<b>07:29:24.30</b>	+02:31:45 (33.8%)	8:59	6.7 (66.3%)
163	KOPKA Tomasz	252		M-40	74	01:44:42	03:39:41	05:14:04	<b>07:29:28.40</b>	+02:31:49 (33.8%)	8:59	6.7 (66.3%)
164	FUKS Szymon	149	T-MOBILE SPORT TEAM / MCBIEGACZE	M-40	75	01:38:37	03:27:40	05:10:53	<b>07:30:09.70</b>	+02:32:30 (33.9%)	9:00	6.7 (66.3%)
165	SKOLMOWSKI Marcin	512	BUSHIDO	M-40	76	01:44:57	03:38:17	05:15:11	<b>07:30:25.70</b>	+02:32:46 (33.9%)	9:00	6.7 (66.3%)
166	POPIELA Sebastian	19	OPTYK BARTKOWIAK TEAM	M-30	39	01:41:53	03:35:30	05:14:15	<b>07:30:39.50</b>	+02:33:00 (34.0%)	9:00	6.7 (66.3%)
167	WIECZOREK Maria	55	PRZEDWOJEWSKI TEAM	K-30	12	01:44:34	03:40:14	05:16:38	<b>07:30:42.55</b>	+02:33:03 (34.0%)	9:00	6.7 (66.3%)
168	KRZEPKOWSKI Radosław	240	ADIDAS RUNNERS WARSAW	M-40	77	01:44:41	03:38:03	05:15:49	<b>07:30:53.65</b>	+02:33:14 (34.0%)	9:01	6.7 (66.3%)
169	BINKOWSKI Marcin	23	WĘŻE W POMIDORACH	M-40	78	01:48:40	03:40:56	05:15:17	<b>07:32:14.70</b>	+02:34:35 (34.2%)	9:02	6.6 (65.3%)
170	JÓŻWIAK Artur	245	MOGILNO TEAM	M-40	79	01:39:54	03:35:52	05:13:43	<b>07:32:46.10</b>	+02:35:07 (34.3%)	9:03	6.6 (65.3%)
171	FRANKIEWICZ Jakub	132	ANIOŁKI CHARLIEGO	M-40	80	01:46:13	03:41:34	05:18:53	<b>07:33:14.20</b>	+02:35:35 (34.3%)	9:03	6.6 (65.3%)
172	GRZEGORZEWSKI Konrad	235	4FITER	M-40	81	01:44:40	03:38:27	05:19:56	<b>07:34:36.40</b>	+02:36:57 (34.5%)	9:05	6.6 (65.3%)
173	CHOJKA-BARTOSZKO Karolina	424		K-30	13	01:51:19	03:49:09	05:24:42	<b>07:35:01.10</b>	+02:37:22 (34.6%)	9:06	6.6 (65.3%)
174	POKRYWKA Arkadiusz	418	4FITER	M-40	82	01:44:39	03:39:05	05:19:59	<b>07:35:07.30</b>	+02:37:28 (34.6%)	9:06	6.6 (65.3%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking			Czas netto	Różn	Tempo min/km	Tempo km/h
						14.4km	27.3km	37.9km				
175	<b>DRÓZDŹ Tomasz</b>	<b>124</b>	CZEWARUN TIM	M-30	40	01:49:27	03:47:54	05:26:47	<b>07:35:25.65</b>	+02:37:46 (34.6%)	9:06	6.6 (65.3%)
176	<b>WIATER Tomasz</b>	<b>33</b>		M-40	83	01:45:37	03:34:55	05:13:36	<b>07:35:36.65</b>	+02:37:57 (34.7%)	9:06	6.6 (65.3%)
177	<b>BEDNARCZYK Jakub</b>	<b>81</b>	BV	M-40	84	01:42:03	03:37:22	05:15:52	<b>07:36:10.00</b>	+02:38:31 (34.7%)	9:07	6.6 (65.3%)
178	<b>MACIEJOWICZ Michał</b>	<b>377</b>	NESSI TEAM	M-30	41	01:35:16	03:30:38	05:13:36	<b>07:36:41.85</b>	+02:39:02 (34.8%)	9:08	6.6 (65.3%)
179	<b>GĄSZCZAK Mariusz</b>	<b>216</b>	KS LENIWIEC	M-40	85	01:46:00	03:44:39	05:25:47	<b>07:37:38.10</b>	+02:39:59 (35.0%)	9:09	6.6 (65.3%)
180	<b>NARUCKI Wojciech</b>	<b>253</b>		M-40	86	01:42:44	03:35:26	05:10:31	<b>07:37:47.95</b>	+02:40:09 (35.0%)	9:09	6.6 (65.3%)
181	<b>WRÓBLEWSKI Wojciech</b>	<b>67</b>		M-30	42	01:34:14	03:26:25	05:13:43	<b>07:39:23.10</b>	+02:41:44 (35.2%)	9:11	6.5 (64.4%)
182	<b>POBIEGŁO Artur</b>	<b>496</b>		M-40	87	01:38:40	03:31:47	05:17:07	<b>07:39:55.55</b>	+02:42:16 (35.3%)	9:11	6.5 (64.4%)
183	<b>STACHURSKI Daniel</b>	<b>136</b>		M-50	17	01:54:25	03:51:52	05:27:22	<b>07:40:34.50</b>	+02:42:55 (35.4%)	9:12	6.5 (64.4%)
184	<b>SMYKA Michał</b>	<b>117</b>		M-20	4	01:50:15	03:48:53	05:26:27	<b>07:40:39.20</b>	+02:43:00 (35.4%)	9:12	6.5 (64.4%)
185	<b>ZIELIŃSKA Justyna</b>	<b>514</b>	KS POSNANIA TRIATHLON	K-40	17	01:48:37	03:46:58	05:24:34	<b>07:41:42.20</b>	+02:44:03 (35.5%)	9:14	6.5 (64.4%)
186	<b>BIADASIEWICZ Andrzej</b>	<b>298</b>	HTF LUDWIK SIKORSKI	M-50	18	01:40:38	03:35:11	05:11:44	<b>07:41:51.60</b>	+02:44:12 (35.6%)	9:14	6.5 (64.4%)
187	<b>TYŚ Radosław</b>	<b>487</b>	NOWA RUDA BIEGA	M-30	43	01:44:08	03:43:02	05:20:32	<b>07:42:13.40</b>	+02:44:34 (35.6%)	9:14	6.5 (64.4%)
188	<b>CHŁAP Ireneusz</b>	<b>168</b>	HUSARIA SUDETY	M-40	88	01:48:22	03:40:00	05:15:48	<b>07:42:18.95</b>	+02:44:40 (35.6%)	9:14	6.5 (64.4%)
189	<b>JAROCKA Agata</b>	<b>186</b>	BESTIE OCR LEGIONOWO	K-30	14	01:45:07	03:47:27	05:27:35	<b>07:42:22.20</b>	+02:44:43 (35.6%)	9:14	6.5 (64.4%)
190	<b>GOŹDZIEWSKI Adam</b>	<b>516</b>		M-40	89	01:45:07	03:47:27	05:27:34	<b>07:42:23.70</b>	+02:44:44 (35.6%)	9:14	6.5 (64.4%)
191	<b>ZIELIŃSKI Robert</b>	<b>513</b>	KS POSNANIA TRIATHLON	M-40	90	01:49:31	03:49:24	05:24:50	<b>07:42:42.80</b>	+02:45:03 (35.7%)	9:15	6.5 (64.4%)
192	<b>PARZONKA Paweł</b>	<b>388</b>	KS LENIWIEC	M-40	91	01:45:55	03:44:39	05:26:16	<b>07:43:09.65</b>	+02:45:30 (35.7%)	9:15	6.5 (64.4%)
193	<b>KILIŃSKI Jacek</b>	<b>387</b>		M-50	19	01:34:07	03:28:22	05:16:19	<b>07:43:16.55</b>	+02:45:37 (35.8%)	9:15	6.5 (64.4%)
194	<b>KRZCZUK Benedykt</b>	<b>38</b>		M-50	20	01:39:31	03:40:56	05:20:55	<b>07:43:48.70</b>	+02:46:09 (35.8%)	9:16	6.5 (64.4%)
195	<b>GOLON Marlena</b>	<b>197</b>		K-40	18	01:49:45	03:53:54	05:31:13	<b>07:44:29.80</b>	+02:46:50 (35.9%)	9:17	6.5 (64.4%)
196	<b>RADZIWOŃ Anna</b>	<b>429</b>	GRUPA NIENACHALNIE HEROICZNA	K-40	19	01:50:39	03:53:31	05:32:01	<b>07:44:36.80</b>	+02:46:57 (35.9%)	9:17	6.5 (64.4%)
197	<b>GÓRALSKI Piotr</b>	<b>249</b>		M-40	92	01:41:42	03:40:12	05:20:56	<b>07:45:45.55</b>	+02:48:06 (36.1%)	9:18	6.4 (63.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking			Czas netto 50km	Różn	Tempo min/km	Tempo km/h
						Pasterka 14.4km	Kształtna Łąka 27.3km	Batorow 37.9km				
198	<b>SOSZYŃSKA- PSTROKOŃSKA Joanna</b>	<b>499</b>	GAZELE NA STARCIE	K-30	15	01:45:42	03:42:50	05:24:18	<b>07:46:16.75</b>	+02:48:37 (36.2%)	9:19	6.4 (63.4%)
199	<b>WIERZBIŃSKA Edyta</b>	<b>196</b>	ULTRADZICZKI I ULTRALISICZKI	K-40	20	01:52:33	03:56:46	05:35:27	<b>07:47:16.70</b>	+02:49:37 (36.3%)	9:20	6.4 (63.4%)
200	<b>KARAWACKI Grzegorz</b>	<b>405</b>	KĘCKIE HARPAGANY	M-30	44	01:38:26	03:34:54	05:23:06	<b>07:47:31.50</b>	+02:49:52 (36.3%)	9:21	6.4 (63.4%)
201	<b>AUGUSTYNIAK Małgorzata</b>	<b>214</b>		K-40	21	01:47:48	03:50:31	05:30:08	<b>07:48:42.10</b>	+02:51:03 (36.5%)	9:22	6.4 (63.4%)
202	<b>DUDEK Paweł</b>	<b>450</b>	RUCH IZBICA	M-30	45	01:51:13	03:48:10	05:25:46	<b>07:48:49.15</b>	+02:51:10 (36.5%)	9:22	6.4 (63.4%)
203	<b>TWARDOWSKI Krzysztof</b>	<b>478</b>	AMATOR	M-50	21	01:48:45	03:50:43	05:34:28	<b>07:49:23.15</b>	+02:51:44 (36.6%)	9:23	6.4 (63.4%)
204	<b>KROK Jacek</b>	<b>446</b>		M-40	93	01:42:20	03:38:55	05:19:46	<b>07:49:27.30</b>	+02:51:48 (36.6%)	9:23	6.4 (63.4%)
205	<b>NIKOLAJUK Robert</b>	<b>381</b>		M-30	46	01:51:17	03:48:57	05:24:30	<b>07:49:33.80</b>	+02:51:54 (36.6%)	9:23	6.4 (63.4%)
206	<b>KORBUT Radosław</b>	<b>162</b>		M-40	94	01:50:53	03:52:27	05:34:22	<b>07:50:23.00</b>	+02:52:44 (36.7%)	9:24	6.4 (63.4%)
207	<b>SKWAREK Tomasz</b>	<b>300</b>		M-30	47	01:56:51	03:54:02	05:32:07	<b>07:51:04.25</b>	+02:53:25 (36.8%)	9:25	6.4 (63.4%)
208	<b>WIELGAT-KOJDECKA Magdalena</b>	<b>296</b>	CARBON SILESIA SPORT	K-30	16	01:56:53	03:54:15	05:32:13	<b>07:51:05.05</b>	+02:53:26 (36.8%)	9:25	6.4 (63.4%)
209	<b>TURLEJ Dariusz</b>	<b>463</b>	KONDYCJA	M-60	5	01:56:38	04:00:14	05:38:15	<b>07:51:16.55</b>	+02:53:37 (36.8%)	9:25	6.4 (63.4%)
210	<b>PIETRZAK Agnieszka</b>	<b>290</b>	DOGOŃ GRODZISK MAZOWIECKI	K-40	22	01:50:50	03:54:12	05:36:33	<b>07:51:41.75</b>	+02:54:02 (36.9%)	9:26	6.4 (63.4%)
211	<b>SERAFIN Jacek</b>	<b>35</b>	ADDICT.PL	M-50	22	01:46:15	03:44:55	05:24:26	<b>07:51:44.55</b>	+02:54:05 (36.9%)	9:26	6.4 (63.4%)
212	<b>WALUŚKIEWICZ Artur</b>	<b>260</b>	SOLA FIDE	M-50	23	01:39:50	03:38:02	05:26:45	<b>07:51:50.05</b>	+02:54:11 (36.9%)	9:26	6.4 (63.4%)
213	<b>STĘPIEŃ Magdalena</b>	<b>50</b>	GRODZISKI KLUB BIEGACZA	K-30	17	01:48:47	03:45:57	05:31:11	<b>07:51:57.40</b>	+02:54:18 (36.9%)	9:26	6.4 (63.4%)
214	<b>ŚWIATOWIEC Anna</b>	<b>68</b>		K-50	1	01:53:06	03:57:41	05:35:28	<b>07:52:55.55</b>	+02:55:16 (37.1%)	9:27	6.3 (62.4%)
215	<b>WEREMJEWICZ Marcin Wiktor</b>	<b>127</b>		M-40	95	01:43:18	03:37:14	05:17:26	<b>07:53:51.65</b>	+02:56:12 (37.2%)	9:28	6.3 (62.4%)
216	<b>ŁATAK - SKRABUT Basia</b>	<b>277</b>	MUSTANGI GLIWICE	K-40	23	02:03:16	04:00:19	05:39:19	<b>07:54:17.50</b>	+02:56:38 (37.2%)	9:29	6.3 (62.4%)
217	<b>BOĆKO Ewa</b>	<b>278</b>	DTR BIEGA/ MARIO TEAM	K-40	24	01:43:38	03:37:31	05:30:54	<b>07:54:40.35</b>	+02:57:01 (37.3%)	9:29	6.3 (62.4%)
218	<b>WATAŁA Krzysztof</b>	<b>484</b>	140 MINUT	M-50	24	01:52:28	03:54:27	05:38:44	<b>07:54:56.75</b>	+02:57:17 (37.3%)	9:29	6.3 (62.4%)
219	<b>KURZYDŁO Marcin</b>	<b>394</b>		M-30	48	01:44:28	03:49:51	05:41:46	<b>07:56:26.45</b>	+02:58:47 (37.5%)	9:31	6.3 (62.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking Kształtna			Czas netto	Różn	Tempo min/km	Tempo km/h
						14.4km	27.3km	37.9km				
220	<b>RYCHEL-MANTUR Dominika</b>	<b>169</b>		K-30	18	01:48:51	03:46:03	05:31:30	<b>07:57:32.85</b>	+02:59:53 (37.7%)	9:33	6.3 (62.4%)
221	<b>KACZMAREK Jędrzej</b>	<b>501</b>	KP PSP MILICZ	M-20	5	01:40:46	03:41:26	05:26:58	<b>07:57:35.75</b>	+02:59:56 (37.7%)	9:33	6.3 (62.4%)
222	<b>MIRKIEWICZ Marcin</b>	<b>436</b>	#CZELADZBIEGA	M-30	49	02:01:38	04:06:17	05:47:34	<b>07:58:05.00</b>	+03:00:26 (37.7%)	9:33	6.3 (62.4%)
223	<b>MENDYKA Łukasz</b>	<b>401</b>	KB AKTYWNI ŚRODA WLKP.	M-30	50	01:53:59	04:02:13	05:41:13	<b>07:58:11.45</b>	+03:00:32 (37.8%)	9:33	6.3 (62.4%)
224	<b>CZARNECKI Krzysztof</b>	<b>88</b>		M-40	96	01:54:30	03:54:01	05:34:53	<b>07:58:33.60</b>	+03:00:54 (37.8%)	9:34	6.3 (62.4%)
225	<b>WAŚIK Izabela</b>	<b>160</b>		K-50	2	01:50:17	03:52:01	05:34:53	<b>07:59:38.30</b>	+03:01:59 (37.9%)	9:35	6.3 (62.4%)
226	<b>FARION Marzena</b>	<b>452</b>	THE FARIONS	K-40	25	01:44:58	03:47:01	05:32:15	<b>08:02:03.20</b>	+03:04:24 (38.3%)	9:38	6.2 (61.4%)
227	<b>JĄSKIEWICZ Rafał</b>	<b>122</b>	WKB MARATOŃCZYK WŁOCŁAWEK	M-40	97	01:41:53	03:42:56	05:27:02	<b>08:02:14.60</b>	+03:04:35 (38.3%)	9:38	6.2 (61.4%)
228	<b>GOKIERT-SKRENTNA Justyna</b>	<b>351</b>	GÓRSKIE KOZICE	K-40	26	01:55:45	03:59:24	05:41:12	<b>08:02:15.20</b>	+03:04:36 (38.3%)	9:38	6.2 (61.4%)
229	<b>KADŁUBOWSKI Piotr</b>	<b>218</b>	KOTWICA BRZEG / RUN100LOVE	M-40	98	01:44:09	03:42:50	05:36:18	<b>08:03:22.90</b>	+03:05:43 (38.4%)	9:40	6.2 (61.4%)
230	<b>LASZEWSKI Mateusz</b>	<b>194</b>		M-20	6	01:37:42	03:29:27	05:12:45	<b>08:03:40.60</b>	+03:06:01 (38.5%)	9:40	6.2 (61.4%)
231	<b>ROŚLICKI Jarosław</b>	<b>295</b>	UBEZPIECZENIA DLA AKTYWNYCH/OBORYGENI	M-40	99	01:43:10	03:42:27	05:29:44	<b>08:04:25.30</b>	+03:06:46 (38.6%)	9:41	6.2 (61.4%)
232	<b>TWARDZIK Mariusz</b>	<b>459</b>	ZAYAVA	M-20	7	01:37:43	03:28:56	05:12:46	<b>08:04:30.25</b>	+03:06:51 (38.6%)	9:41	6.2 (61.4%)
233	<b>JACHYMSKI Jacek</b>	<b>374</b>	AKADEMICKI KLUB GÓRSKI W ŁODZI	M-60	6	01:49:50	03:48:16	05:34:56	<b>08:04:37.25</b>	+03:06:58 (38.6%)	9:41	6.2 (61.4%)
234	<b>MICHAŁOWSKI Tomasz</b>	<b>16</b>		M-40	100	01:45:18	03:47:56	05:33:45	<b>08:05:06.40</b>	+03:07:27 (38.6%)	9:42	6.2 (61.4%)
235	<b>MICHALIK Joanna</b>	<b>448</b>		K-40	27	01:50:50	03:54:17	05:38:50	<b>08:05:30.50</b>	+03:07:51 (38.7%)	9:42	6.2 (61.4%)
236	<b>LATANOWICZ Bernard</b>	<b>547</b>		M-30	51	01:43:59	03:39:35	05:23:55	<b>08:07:01.70</b>	+03:09:22 (38.9%)	9:44	6.2 (61.4%)
237	<b>KASIŃSKI Wojciech</b>	<b>456</b>	ULTRAPLESS	M-50	25	01:54:17	03:56:50	05:38:22	<b>08:07:43.40</b>	+03:10:04 (39.0%)	9:45	6.2 (61.4%)
238	<b>CZERNAK Anna</b>	<b>440</b>	VEGE RUNNERS	K-30	19	02:00:44	04:06:23	05:48:53	<b>08:07:50.35</b>	+03:10:11 (39.0%)	9:45	6.1 (60.4%)
239	<b>NEUMANN Jacek</b>	<b>520</b>	CENTRUM ŁĄKOWA 1	M-50	26	01:48:06	03:47:42	05:36:46	<b>08:07:50.40</b>	+03:10:11 (39.0%)	9:45	6.1 (60.4%)
240	<b>GRZYWACZ Karol</b>	<b>454</b>		M-30	52	01:45:42	03:50:26	05:38:01	<b>08:10:34.00</b>	+03:12:55 (39.3%)	9:48	6.1 (60.4%)
241	<b>RASZTABIGA Sylwester</b>	<b>511</b>		M-50	27	01:39:26	03:36:49	05:31:10	<b>08:11:42.75</b>	+03:14:03 (39.5%)	9:50	6.1 (60.4%)
242	<b>ZIEWIEC Marcin</b>	<b>188</b>		M-30	53	01:50:21	03:50:52	05:50:59	<b>08:12:58.60</b>	+03:15:19 (39.6%)	9:51	6.1 (60.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking			Czas netto 50km	Różn	Tempo min/km	Tempo km/h
						Pasterka 14.4km	Kształtna Łąka 27.3km	Batorow 37.9km				
243	<b>INDRASZAK Adam</b>	<b>455</b>		M-50	28	01:55:06	03:56:09	05:43:46	<b>08:13:08.75</b>	+03:15:29 (39.6%)	9:51	6.1 (60.4%)
244	<b>CIERLAK Przemysław</b>	<b>443</b>	BRZYSKI TRI TEAM	M-30	54	02:01:36	04:06:35	05:48:07	<b>08:14:20.55</b>	+03:16:41 (39.8%)	9:53	6.1 (60.4%)
245	<b>MAŚLANKA Klaudia</b>	<b>52</b>	#TYMTRITEAM	K-20	2	01:50:21	03:55:58	05:41:39	<b>08:15:01.60</b>	+03:17:22 (39.9%)	9:54	6.1 (60.4%)
246	<b>JAWORSKI Paweł</b>	<b>53</b>	TYMTRITEAM	M-30	55	01:50:19	03:55:47	05:41:39	<b>08:15:02.25</b>	+03:17:23 (39.9%)	9:54	6.1 (60.4%)
247	<b>STARZYK Ewa</b>	<b>343</b>		K-40	28	01:51:04	03:57:23	05:44:14	<b>08:15:22.15</b>	+03:17:43 (39.9%)	9:54	6.1 (60.4%)
248	<b>OLESZEK Magdalena</b>	<b>99</b>	BIEGOWA KUŹNIA	K-30	20	01:52:38	03:57:36	05:43:10	<b>08:15:23.60</b>	+03:17:44 (39.9%)	9:54	6.1 (60.4%)
249	<b>TĘCZA Robert</b>	<b>187</b>		M-40	101	01:52:03	03:54:29	05:40:59	<b>08:15:24.70</b>	+03:17:45 (39.9%)	9:54	6.1 (60.4%)
250	<b>KUBIAK Karolina</b>	<b>145</b>		K-40	29	01:55:59	04:07:17	05:49:46	<b>08:16:04.70</b>	+03:18:25 (40.0%)	9:55	6 (59.4%)
251	<b>SUCHAN Andrzej</b>	<b>398</b>	ENDORFINY WADOWICE	M-30	56	01:55:07	04:02:12	05:49:27	<b>08:16:04.75</b>	+03:18:25 (40.0%)	9:55	6 (59.4%)
252	<b>SZCZERBAL Agnieszka</b>	<b>385</b>	TKKF MPK POZNAŃ	K-40	30	01:57:17	04:08:12	05:50:14	<b>08:16:44.60</b>	+03:19:05 (40.1%)	9:56	6 (59.4%)
253	<b>GOS Piotr</b>	<b>156</b>	NARAMOWICE BIEGAJĄ	M-40	102	01:48:21	03:55:41	05:43:15	<b>08:17:17.70</b>	+03:19:38 (40.1%)	9:56	6 (59.4%)
254	<b>ZARĘBA Beata</b>	<b>507</b>		K-30	21	01:55:14	04:03:40	05:51:25	<b>08:18:05.75</b>	+03:20:26 (40.2%)	9:57	6 (59.4%)
255	<b>ZGOŁA Przemysław</b>	<b>390</b>	TARNOWO PODGÓRNE BIEGA	M-50	29	01:57:18	04:08:15	05:50:14	<b>08:18:19.80</b>	+03:20:40 (40.3%)	9:57	6 (59.4%)
256	<b>SZYMCZAK Marcin</b>	<b>273</b>		M-40	103	01:55:58	04:04:11	05:52:23	<b>08:19:00.50</b>	+03:21:21 (40.4%)	9:58	6 (59.4%)
257	<b>TARASKA Marcin</b>	<b>548</b>		M-40	104	01:48:52	03:49:00	05:41:54	<b>08:19:38.15</b>	+03:21:59 (40.4%)	9:59	6 (59.4%)
258	<b>DOMALSKA Gracjana</b>	<b>40</b>	#SLIMAKIBARCIN	K-30	22	01:48:53	03:49:00	05:41:54	<b>08:19:38.50</b>	+03:21:59 (40.4%)	9:59	6 (59.4%)
259	<b>NAWROT Artur</b>	<b>167</b>		M-40	105	01:37:56	03:40:30	05:33:54	<b>08:19:46.75</b>	+03:22:07 (40.4%)	9:59	6 (59.4%)
260	<b>SIKORA Michał</b>	<b>69</b>		M-40	106	01:46:04	03:55:16	05:51:32	<b>08:20:22.25</b>	+03:22:43 (40.5%)	10:00	6 (59.4%)
261	<b>BEDNARSKA Joanna</b>	<b>231</b>	BIEGNĘ ŻEBY BARTEK MÓGŁ BIEGAĆ	K-40	31	01:56:01	04:05:42	05:50:39	<b>08:20:59.30</b>	+03:23:20 (40.6%)	10:01	6 (59.4%)
262	<b>WAŁEK Piotr</b>	<b>172</b>	RUNNERS TEAM QUIBL	M-40	107	01:49:04	03:59:46	05:49:37	<b>08:21:57.75</b>	+03:24:18 (40.7%)	10:02	6 (59.4%)
263	<b>KUDELSKI Ireneusz</b>	<b>523</b>	ROZBIEGANI CHOJNÓW	M-50	30	01:46:30	03:55:17	05:48:55	<b>08:25:15.95</b>	+03:27:37 (41.1%)	10:06	5.9 (58.4%)
264	<b>SKRZYPIŃSKI Arkadiusz</b>	<b>344</b>	PSI PATROL	M-40	108	01:54:04	03:58:20	05:51:12	<b>08:25:26.45</b>	+03:27:47 (41.1%)	10:06	5.9 (58.4%)
265	<b>JASICKI Krzysztof</b>	<b>291</b>	RUNHOGS TYCHY	M-40	109	01:56:48	04:06:36	05:56:59	<b>08:26:14.50</b>	+03:28:35 (41.2%)	10:07	5.9 (58.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking			Czas netto 50km	Różn	Tempo min/km	Tempo km/h
						Pasterka 14.4km	Kształtna Łąka 27.3km	Batorow 37.9km				
266	<b>LITWINOWICZ Karolina</b>	<b>345</b>		K-40	32	01:52:52	04:02:27	05:56:05	<b>08:26:37.55</b>	+03:28:58 (41.2%)	10:07	5.9 (58.4%)
267	<b>MATYSZKOWICZ Janusz</b>	<b>304</b>	GONIMY	M-60	7	02:00:03	04:11:01	05:58:22	<b>08:26:54.35</b>	+03:29:15 (41.3%)	10:08	5.9 (58.4%)
268	<b>PIDANTY Grzegorz</b>	<b>154</b>	ZHR STRZEGOM	M-40	110	01:51:06	04:02:39	05:52:59	<b>08:27:02.35</b>	+03:29:23 (41.3%)	10:08	5.9 (58.4%)
269	<b>TKACZYK Katarzyna</b>	<b>234</b>		K-30	23	01:52:27	03:55:06	05:45:50	<b>08:27:14.25</b>	+03:29:35 (41.3%)	10:08	5.9 (58.4%)
270	<b>MIGDAŁ Adrian</b>	<b>120</b>		M-40	111	01:54:26	04:03:56	05:51:17	<b>08:28:30.55</b>	+03:30:51 (41.5%)	10:10	5.9 (58.4%)
271	<b>ROSÓŁ Roman</b>	<b>181</b>	PIEKIELNIE ZGRANI	M-50	31	01:55:25	04:08:42	06:03:01	<b>08:28:55.25</b>	+03:31:16 (41.5%)	10:10	5.9 (58.4%)
272	<b>SKAŁECKI Przemysław</b>	<b>362</b>	ULTRASI	M-30	57	01:59:17	04:08:50	05:59:16	<b>08:29:58.55</b>	+03:32:19 (41.6%)	10:11	5.9 (58.4%)
273	<b>RADOMSKI Artur</b>	<b>288</b>	I LOVE PRZYLESIE	M-40	112	01:53:59	04:07:55	05:55:12	<b>08:30:37.00</b>	+03:32:58 (41.7%)	10:12	5.9 (58.4%)
274	<b>MAREK Jacek</b>	<b>363</b>		M-40	113	01:52:45	04:07:55	05:55:13	<b>08:30:37.55</b>	+03:32:58 (41.7%)	10:12	5.9 (58.4%)
275	<b>KRZYZIŃSKA Sylwia</b>	<b>465</b>	DOGOŃ GRODZISK MAZOWIECKI	K-40	33	01:58:06	04:07:53	06:01:31	<b>08:31:14.20</b>	+03:33:35 (41.8%)	10:13	5.9 (58.4%)
276	<b>DEIGSLER Przemysław</b>	<b>400</b>		M-40	114	01:48:59	04:01:04	05:56:21	<b>08:31:43.15</b>	+03:34:04 (41.8%)	10:14	5.9 (58.4%)
277	<b>ROGÓRZ Andrzej</b>	<b>98</b>		M-40	115	01:49:29	03:56:38	05:53:20	<b>08:32:22.15</b>	+03:34:43 (41.9%)	10:14	5.9 (58.4%)
278	<b>SZCZABEL Krystian</b>	<b>414</b>		M-30	58	01:43:37	03:52:20	05:45:59	<b>08:32:58.95</b>	+03:35:20 (42.0%)	10:15	5.8 (57.4%)
279	<b>SZMAJDOWICZ Paweł</b>	<b>205</b>	FACHDOM TEAM	M-40	116	01:43:40	03:52:26	05:46:02	<b>08:33:00.80</b>	+03:35:21 (42.0%)	10:15	5.8 (57.4%)
280	<b>LEWANDOWSKI Leszek</b>	<b>75</b>	POWSTAŃCY Z KANAPY	M-40	117	01:57:23	04:09:50	05:53:42	<b>08:34:44.65</b>	+03:37:05 (42.2%)	10:17	5.8 (57.4%)
281	<b>FILIPEK Przemysław</b>	<b>494</b>	KB MCKIS JAWORZNO	M-40	118	01:51:18	04:03:43	05:55:29	<b>08:35:17.50</b>	+03:37:38 (42.2%)	10:18	5.8 (57.4%)
282	<b>MAKARENKOV Sergii</b>	<b>180</b>	DOGOŃ GRODZISK MAZOWIECKI	M-30	59	01:54:13	04:08:32	05:56:54	<b>08:35:46.35</b>	+03:38:07 (42.3%)	10:18	5.8 (57.4%)
283	<b>FAJNAS Katarzyna</b>	<b>395</b>	DOGOŃ GRODZISK MAZOWIECKI / DANFOSS	K-40	34	01:54:17	04:08:26	05:56:55	<b>08:35:48.25</b>	+03:38:09 (42.3%)	10:18	5.8 (57.4%)
284	<b>HOMENDA Przemysław</b>	<b>348</b>		M-40	119	01:53:32	04:07:47	06:02:27	<b>08:36:17.55</b>	+03:38:38 (42.3%)	10:19	5.8 (57.4%)
285	<b>PISAREK Karol</b>	<b>104</b>	JB WARSAW	M-30	60	01:53:36	04:05:05	05:59:30	<b>08:37:08.25</b>	+03:39:29 (42.4%)	10:20	5.8 (57.4%)
286	<b>MAZUR Katarzyna</b>	<b>342</b>	UMLAUT	K-40	35	01:59:50	04:13:35	06:04:47	<b>08:37:08.40</b>	+03:39:29 (42.4%)	10:20	5.8 (57.4%)
287	<b>DUCH Emil</b>	<b>62</b>	JB WARSAW	M-30	61	01:53:35	04:05:07	05:59:30	<b>08:37:08.65</b>	+03:39:29 (42.4%)	10:20	5.8 (57.4%)
288	<b>MARĆ Artur</b>	<b>473</b>	PTT TARNÓW	M-40	120	01:54:12	04:07:24	05:57:02	<b>08:37:35.95</b>	+03:39:57 (42.5%)	10:21	5.8 (57.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking			Czas netto 50km	Różn	Tempo min/km	Tempo km/h
						Pasterka 14.4km	Kształtna Łąka 27.3km	Batorow 37.9km				
289	<b>KUNKEL Anna</b>	<b>449</b>	PGB SPORTOWA PACZKA	K-40	36	01:57:18	04:13:37	06:03:14	<b>08:37:55.45</b>	+03:40:16 (42.5%)	10:21	5.8 (57.4%)
290	<b>KOZDRÓJ Wioletta</b>	<b>110</b>	DOGOŃ GRODZISK MAZOWIECKI/ WD40 PLUS	K-40	37	01:57:20	04:15:57	06:04:47	<b>08:38:22.65</b>	+03:40:43 (42.6%)	10:22	5.8 (57.4%)
291	<b>JABŁCZYŃSKI Paweł</b>	<b>332</b>	HURAGAN JÓZEFOWO	M-60	8	01:54:37	04:08:20	05:57:32	<b>08:39:18.10</b>	+03:41:39 (42.7%)	10:23	5.8 (57.4%)
292	<b>BEKER Jan</b>	<b>30</b>	GRYFUS SZCZECIN	M-50	32	01:55:24	04:07:39	06:00:43	<b>08:39:42.30</b>	+03:42:03 (42.7%)	10:23	5.8 (57.4%)
293	<b>SAMOLAK Maciek</b>	<b>325</b>		M-40	121	01:50:43	04:00:21	05:52:31	<b>08:39:44.65</b>	+03:42:05 (42.7%)	10:23	5.8 (57.4%)
294	<b>BOSAK Przemysław</b>	<b>165</b>	MAGOREX	M-40	122	01:52:29	04:00:44	05:49:30	<b>08:39:59.20</b>	+03:42:20 (42.8%)	10:23	5.8 (57.4%)
295	<b>GOLONKA Anna</b>	<b>515</b>		K-30	24	01:55:51	04:11:32	05:58:51	<b>08:40:02.85</b>	+03:42:23 (42.8%)	10:24	5.8 (57.4%)
296	<b>LEONARSKA Małgorzata</b>	<b>111</b>	SZEREGOWY BIEGACZ DZIKI BIEG	K-30	25	02:02:59	04:18:17	06:15:10	<b>08:41:12.05</b>	+03:43:33 (42.9%)	10:25	5.8 (57.4%)
297	<b>SMUGA Łukasz</b>	<b>144</b>	SZEREGOWY BIEGACZ	M-30	62	02:03:00	04:18:15	06:15:12	<b>08:41:12.35</b>	+03:43:33 (42.9%)	10:25	5.8 (57.4%)
298	<b>MARCINIAK Izabela</b>	<b>383</b>		K-40	38	01:54:46	04:12:15	06:07:17	<b>08:41:16.05</b>	+03:43:37 (42.9%)	10:25	5.8 (57.4%)
299	<b>SUPEŁ Jacek</b>	<b>237</b>	NIEZRZESZONY	M-40	123	01:52:08	04:00:30	05:50:41	<b>08:41:21.95</b>	+03:43:43 (42.9%)	10:25	5.8 (57.4%)
300	<b>RADZIWOŃ Krzysiek</b>	<b>431</b>	GRUPA NIENACHALNIE HEROICZNA	M-40	124	02:01:43	04:25:32	06:13:46	<b>08:43:29.70</b>	+03:45:50 (43.1%)	10:28	5.7 (56.4%)
301	<b>SZYNKLEWSKI Maciej</b>	<b>121</b>	QUAY POZNAŃ	M-50	33	01:50:24	03:58:09	06:03:54	<b>08:43:36.65</b>	+03:45:57 (43.2%)	10:28	5.7 (56.4%)
302	<b>KUROWSKI Aleksander</b>	<b>323</b>		M-40	125	01:50:46	04:00:17	05:52:34	<b>08:43:53.40</b>	+03:46:14 (43.2%)	10:28	5.7 (56.4%)
303	<b>NOWAK Katarzyna</b>	<b>90</b>	TIM JEST TIM	K-30	26	01:58:06	04:12:46	06:06:34	<b>08:44:11.40</b>	+03:46:32 (43.2%)	10:29	5.7 (56.4%)
304	<b>NOWAK Marcin</b>	<b>219</b>	TIM JEST TIM	M-30	63	01:58:09	04:12:50	06:06:44	<b>08:44:13.40</b>	+03:46:34 (43.2%)	10:29	5.7 (56.4%)
305	<b>CHOLEWIŃSKA Longina</b>	<b>138</b>	HERNIK TEAM	K-50	3	01:55:17	04:08:07	06:01:29	<b>08:44:21.15</b>	+03:46:42 (43.2%)	10:29	5.7 (56.4%)
306	<b>CHOLEWIŃSKI Wojciech</b>	<b>163</b>	HERNIK TEAM	M-50	34	01:55:18	04:08:06	06:01:28	<b>08:44:21.65</b>	+03:46:42 (43.2%)	10:29	5.7 (56.4%)
307	<b>GOCAŁ Marek</b>	<b>470</b>		M-40	126	01:50:25	04:02:05	06:05:03	<b>08:44:42.95</b>	+03:47:04 (43.3%)	10:29	5.7 (56.4%)
308	<b>KOWALEWSKI Grzegorz</b>	<b>324</b>		M-50	35	01:55:24	04:15:28	06:04:14	<b>08:45:37.95</b>	+03:47:59 (43.4%)	10:30	5.7 (56.4%)
309	<b>BUBICZ Krzysztof</b>	<b>354</b>	BIEGAJĄCY ŚWIDNIK	M-40	127	01:53:42	04:12:43	06:08:16	<b>08:45:45.65</b>	+03:48:06 (43.4%)	10:30	5.7 (56.4%)
310	<b>TABISZ Marlena</b>	<b>350</b>		K-40	39	02:01:08	04:12:09	06:02:58	<b>08:46:23.70</b>	+03:48:44 (43.5%)	10:31	5.7 (56.4%)
311	<b>JASIŃSKI Marcin</b>	<b>410</b>		M-40	128	01:49:03	03:56:29	05:57:24	<b>08:48:30.15</b>	+03:50:51 (43.7%)	10:34	5.7 (56.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking			Czas netto 50km	Różn	Tempo min/km	Tempo km/h
						Pasterka 14.4km	Kształtna Łąką 27.3km	Batorow 37.9km				
312	<b>NORKOWSKA Aleksandra</b>	<b>166</b>	ORANGE POLSKA	K-40	40	02:02:16	04:22:27	06:19:21	<b>08:48:47.65</b>	+03:51:08 (43.7%)	10:34	5.7 (56.4%)
313	<b>MALUNG Jarosław</b>	<b>472</b>		M-50	36	01:49:02	03:57:40	06:02:18	<b>08:48:58.95</b>	+03:51:20 (43.7%)	10:34	5.7 (56.4%)
314	<b>SOSZYŃSKI Piotr</b>	<b>535</b>	GAZELE NA STARCIE	M-40	129	01:57:25	04:08:20	06:06:49	<b>08:50:09.80</b>	+03:52:30 (43.9%)	10:36	5.7 (56.4%)
315	<b>ROZWADOWSKI Robert</b>	<b>268</b>	DRUŻYNA SZPIKU	M-40	130	01:46:14	03:57:40	05:58:00	<b>08:50:24.90</b>	+03:52:45 (43.9%)	10:36	5.7 (56.4%)
316	<b>STASZEWSKI Dariusz</b>	<b>489</b>		M-30	64	02:00:26	04:20:54	06:12:18	<b>08:52:06.30</b>	+03:54:27 (44.1%)	10:38	5.6 (55.4%)
317	<b>GÓRSKI Marcin</b>	<b>128</b>		M-40	131	02:01:10	04:16:37	06:11:59	<b>08:54:11.75</b>	+03:56:32 (44.3%)	10:41	5.6 (55.4%)
318	<b>GRABOWSKA Dagmara</b>	<b>25</b>	SUT STRASZYN ULTRA TEAM	K-40	41	02:00:43	04:15:09	06:10:48	<b>08:54:39.10</b>	+03:57:00 (44.3%)	10:41	5.6 (55.4%)
319	<b>CZAPIGA Robert</b>	<b>174</b>	ZAWSZE Z GŁOWĄ...	M-50	37	01:55:33	04:09:42	06:09:22	<b>08:54:40.10</b>	+03:57:01 (44.3%)	10:41	5.6 (55.4%)
320	<b>WALIGÓRSKI Ryszard</b>	<b>34</b>	WOLSZTYŃSKI KLUB BIEGOWY	M-60	9	01:58:31	04:04:58	05:44:54	<b>08:55:23.00</b>	+03:57:44 (44.4%)	10:42	5.6 (55.4%)
321	<b>GLINA-KRAWCZYK Małgorzata</b>	<b>92</b>	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	K-40	42	02:06:48	04:23:44	06:19:07	<b>08:56:01.50</b>	+03:58:22 (44.5%)	10:43	5.6 (55.4%)
322	<b>KRÓL-PIDANTY Marzena</b>	<b>84</b>		K-40	43	01:59:47	04:20:27	06:14:39	<b>08:56:40.60</b>	+03:59:01 (44.5%)	10:44	5.6 (55.4%)
323	<b>WIŚNIEWSKA Barbara</b>	<b>272</b>	SPARTA RUNNERS	K-30	27	02:04:47	04:27:57	06:21:57	<b>08:57:56.55</b>	+04:00:17 (44.7%)	10:45	5.6 (55.4%)
324	<b>WESOŁOWSKA Katarzyna</b>	<b>301</b>	ORANGE POLSKA	K-40	44	01:55:15	04:15:41	06:12:02	<b>08:58:16.50</b>	+04:00:37 (44.7%)	10:45	5.6 (55.4%)
325	<b>PŁOCICA Anna</b>	<b>476</b>	POLSKA	K-40	45	02:04:12	04:23:08	06:25:33	<b>08:58:37.80</b>	+04:00:58 (44.7%)	10:46	5.6 (55.4%)
326	<b>STELMACH Damian</b>	<b>86</b>	DOGOŃ GRODZISK MAZOWIECKI	M-40	132	02:24:26	04:28:39	06:15:52	<b>08:59:52.15</b>	+04:02:13 (44.9%)	10:47	5.6 (55.4%)
327	<b>BAKALARSKA Mariola</b>	<b>534</b>	TEAM BIEGOWY WARIAT RUNNING TEAM	K-50	4	02:01:25	04:16:50	06:18:05	<b>09:01:09.15</b>	+04:03:30 (45.0%)	10:49	5.5 (54.5%)
328	<b>BURDAJEWICZ Magdalena</b>	<b>46</b>		K-40	46	02:00:31	04:17:50	06:13:06	<b>09:01:46.85</b>	+04:04:07 (45.1%)	10:50	5.5 (54.5%)
329	<b>LIS Mirosław</b>	<b>239</b>		M-40	133	02:00:35	04:15:58	06:12:43	<b>09:01:48.20</b>	+04:04:09 (45.1%)	10:50	5.5 (54.5%)
330	<b>SZEWczyk Mariusz</b>	<b>293</b>	#KUBAPIECHTEAM	M-40	134	01:56:24	04:11:29	06:05:48	<b>09:01:48.90</b>	+04:04:09 (45.1%)	10:50	5.5 (54.5%)
331	<b>ŁASKAWSKA Justyna</b>	<b>207</b>		K-40	47	02:04:38	04:28:41	06:27:30	<b>09:02:31.85</b>	+04:04:52 (45.1%)	10:51	5.5 (54.5%)
332	<b>KUSZTELSKA Lucyna</b>	<b>413</b>		K-40	48	01:57:40	04:18:13	06:19:25	<b>09:03:22.80</b>	+04:05:43 (45.2%)	10:52	5.5 (54.5%)
333	<b>LEŚNIEWSKI Sławomir</b>	<b>254</b>	PARKRUN SŁODOWO,WŁOCLAWEK	M-50	38	01:52:40	04:10:57	06:12:22	<b>09:03:55.20</b>	+04:06:16 (45.3%)	10:52	5.5 (54.5%)
334	<b>MICHALSKA Joanna</b>	<b>444</b>	VELUX	K-40	49	02:03:50	04:28:46	06:33:11	<b>09:04:12.70</b>	+04:06:33 (45.3%)	10:53	5.5 (54.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking Kształtna			Czas netto 50km	Różn	Tempo min/km	Tempo km/h
						14.4km	27.3km	37.9km				
335	<b>MICHALSKI Adam</b>	<b>445</b>		M-40	135	02:03:50	04:28:46	06:33:11	<b>09:04:13.80</b>	+04:06:34 (45.3%)	10:53	5.5 (54.5%)
336	<b>DOBROCHOWSKI Marek</b>	<b>258</b>	STRZEGOMSKA DWUNASTKA	M-30	65	01:57:34	04:13:04	06:15:15	<b>09:08:26.35</b>	+04:10:47 (45.7%)	10:58	5.5 (54.5%)
337	<b>GNOT Katarzyna</b>	<b>508</b>	SPARTANIE DZIECIOM	K-40	50	02:03:50	04:23:43	06:24:33	<b>09:10:59.15</b>	+04:13:20 (46.0%)	11:01	5.4 (53.5%)
338	<b>MACZUGA Monika</b>	<b>287</b>		K-30	28	02:03:50	04:23:43	06:24:32	<b>09:11:17.75</b>	+04:13:38 (46.0%)	11:01	5.4 (53.5%)
339	<b>OSOWSKI Szymon</b>	<b>306</b>		M-30	66	01:54:22	04:10:49	06:15:46	<b>09:11:49.35</b>	+04:14:10 (46.1%)	11:02	5.4 (53.5%)
340	<b>KOCHMAŃSKA Marta</b>	<b>222</b>	SOWY	K-30	29	01:52:45	04:13:18	06:20:03	<b>09:12:09.30</b>	+04:14:30 (46.1%)	11:02	5.4 (53.5%)
341	<b>BAKOWSKI Tomasz</b>	<b>15</b>	AUTOLIV RUN TEAM OŁAWA	M-40	136	01:57:45	04:21:35	06:22:12	<b>09:12:27.30</b>	+04:14:48 (46.1%)	11:02	5.4 (53.5%)
342	<b>MIREK Waldemar</b>	<b>173</b>	EASY RUN	M-60	10	01:59:46	04:26:09	06:25:23	<b>09:14:30.90</b>	+04:16:51 (46.3%)	11:05	5.4 (53.5%)
343	<b>JURKIEWICZ Dominik</b>	<b>519</b>		M-30	67	01:56:01	04:16:11	06:18:27	<b>09:14:49.55</b>	+04:17:10 (46.4%)	11:05	5.4 (53.5%)
344	<b>KULDANEK Marcin</b>	<b>63</b>	DOGOŃ GRODZISK MAZOWIECKI	M-40	137	02:03:29	04:32:23	06:28:26	<b>09:15:31.70</b>	+04:17:52 (46.4%)	11:06	5.4 (53.5%)
345	<b>WRÓBEL Sebastian</b>	<b>100</b>	GEMINI TEAM	M-40	138	01:57:39	04:16:50	06:22:10	<b>09:17:39.45</b>	+04:20:00 (46.6%)	11:09	5.4 (53.5%)
346	<b>ZYDORCZAK Mateusz</b>	<b>58</b>		M-40	139	01:53:02	04:03:31	06:18:19	<b>09:19:46.70</b>	+04:22:07 (46.8%)	11:11	5.4 (53.5%)
347	<b>KOCHAŃSKA Joanna</b>	<b>349</b>	KOCHASIA	K-40	51	02:08:17	04:35:22	06:34:20	<b>09:20:33.85</b>	+04:22:54 (46.9%)	11:12	5.4 (53.5%)
348	<b>ZYGMUNT Monika</b>	<b>420</b>		K-40	52	02:13:39	04:36:44	06:55:03	<b>09:22:24.60</b>	+04:24:45 (47.1%)	11:14	5.3 (52.5%)
349	<b>GAWLIK Sylwia</b>	<b>367</b>		K-40	53	02:13:36	04:36:46	06:55:01	<b>09:22:26.25</b>	+04:24:47 (47.1%)	11:14	5.3 (52.5%)
350	<b>MARCINIAK Maciej</b>	<b>114</b>	MM-PROJEKT	M-40	140	02:04:17	04:26:51	06:28:50	<b>09:23:05.00</b>	+04:25:26 (47.1%)	11:15	5.3 (52.5%)
351	<b>FRAĆKOWIAK Dominik</b>	<b>303</b>		M-30	68	01:59:04	04:27:58	06:30:04	<b>09:23:29.15</b>	+04:25:50 (47.2%)	11:16	5.3 (52.5%)
352	<b>ZAŁUSKA Paulina</b>	<b>184</b>		K-30	30	01:48:36	04:05:24	06:20:21	<b>09:27:54.75</b>	+04:30:15 (47.6%)	11:21	5.3 (52.5%)
353	<b>KROPIAK Katarzyna</b>	<b>317</b>	VEGE RUNNERS	K-30	31	02:09:22	04:34:25	06:37:22	<b>09:27:56.70</b>	+04:30:17 (47.6%)	11:21	5.3 (52.5%)
354	<b>PETRUS Karolina</b>	<b>504</b>		K-30	32	02:04:46	04:31:19	06:33:58	<b>09:31:10.60</b>	+04:33:31 (47.9%)	11:25	5.3 (52.5%)
355	<b>SZYGENDA Waldemar</b>	<b>397</b>		M-50	39	02:04:30	04:30:09	06:33:03	<b>09:31:13.00</b>	+04:33:34 (47.9%)	11:25	5.3 (52.5%)
356	<b>ADAMIAK Marta</b>	<b>146</b>	RUN4GOLD	K-30	33	02:11:31	04:36:42	06:35:23	<b>09:31:26.65</b>	+04:33:47 (47.9%)	11:25	5.2 (51.5%)
357	<b>FLORCZAK Monika</b>	<b>265</b>		K-30	34	02:06:38	04:37:01	06:36:30	<b>09:31:36.75</b>	+04:33:57 (47.9%)	11:25	5.2 (51.5%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking			Czas netto 50km	Różn	Tempo min/km	Tempo km/h
						Pasterka 14.4km	Kształtna Łąką 27.3km	Batorow 37.9km				
358	<b>KALBARCZYK Beata</b>	<b>126</b>	ORANGE POLSKA	K-50	5	02:05:48	04:40:52	06:39:09	<b>09:32:01.60</b>	+04:34:22 (48.0%)	11:26	5.2 (51.5%)
359	<b>KWIECIEŃ Zbigniew</b>	<b>393</b>	FAUDANA	M-60	11	02:13:42	04:41:08	06:39:19	<b>09:32:49.25</b>	+04:35:10 (48.0%)	11:27	5.2 (51.5%)
360	<b>BOŹKIEWICZ Jacek</b>	<b>94</b>		M-40	141	02:03:44	04:26:31	06:32:11	<b>09:33:22.30</b>	+04:35:43 (48.1%)	11:28	5.2 (51.5%)
361	<b>BOŹKIEWICZ Patrycja</b>	<b>151</b>	PIEKIELNIE ZGRANI	K-40	54	02:03:46	04:26:36	06:32:15	<b>09:33:23.15</b>	+04:35:44 (48.1%)	11:28	5.2 (51.5%)
362	<b>SZEJKA Katarzyna</b>	<b>243</b>		K-40	55	02:09:49	04:43:57	06:53:26	<b>09:35:13.15</b>	+04:37:34 (48.3%)	11:30	5.2 (51.5%)
363	<b>KORZENIOWSKA Małgorzata</b>	<b>97</b>	METLIFE RUN	K-40	56	02:09:49	04:44:00	06:53:28	<b>09:35:13.85</b>	+04:37:34 (48.3%)	11:30	5.2 (51.5%)
364	<b>PRUCHNIEWSKA Agnieszka</b>	<b>200</b>		K-40	57	02:08:37	04:35:25	06:41:25	<b>09:36:12.35</b>	+04:38:33 (48.3%)	11:31	5.2 (51.5%)
365	<b>IWANIEC Ewa</b>	<b>164</b>		K-40	58	02:09:58	04:43:57	06:53:28	<b>09:37:07.35</b>	+04:39:28 (48.4%)	11:32	5.2 (51.5%)
366	<b>DABROWSKI Michał</b>	<b>71</b>	ULTRAPOŚLADACH / TEAM ZABIEGANEDNI	M-40	142	02:03:09	04:44:08	06:51:39	<b>09:40:07.05</b>	+04:42:28 (48.7%)	11:36	5.2 (51.5%)
367	<b>WILK Magdalena</b>	<b>106</b>	UTRAPOŚLADACH/ TEAM ZABIEGANEDNI	K-40	59	02:06:44	04:44:25	06:51:38	<b>09:40:08.00</b>	+04:42:29 (48.7%)	11:36	5.2 (51.5%)
368	<b>PIECUCH Małgorzata</b>	<b>73</b>		K-60	1	02:06:19	04:35:18	06:47:34	<b>09:41:21.95</b>	+04:43:43 (48.8%)	11:37	5.2 (51.5%)
369	<b>KUNCEWICZ Sławomir</b>	<b>64</b>	CHATKABIEGACZA	M-40	143	02:08:47	04:33:46	06:52:14	<b>09:42:36.20</b>	+04:44:57 (48.9%)	11:39	5.1 (50.5%)
370	<b>MACIOŁ Sebastian</b>	<b>364</b>	TTA BIERUŃ	M-40	144	01:57:34	04:32:00	06:40:38	<b>09:44:01.90</b>	+04:46:22 (49.0%)	11:40	5.1 (50.5%)
371	<b>PLASZCZAK Jarosław</b>	<b>108</b>	PIEKIELNIE ZGRANI	M-40	145	01:56:26	04:19:46	06:36:05	<b>09:44:25.30</b>	+04:46:46 (49.1%)	11:41	5.1 (50.5%)
372	<b>KOWALSKI Wojciech</b>	<b>521</b>	KLUB MOGILNO TEAM	M-40	146	02:06:19	04:39:59	06:54:03	<b>09:46:25.30</b>	+04:48:46 (49.2%)	11:43	5.1 (50.5%)
373	<b>BAJOŁEK Aleksandra</b>	<b>26</b>	AZS AWF MASTERS	K-50	6	02:15:16	04:44:44	06:52:57	<b>09:46:36.70</b>	+04:48:57 (49.3%)	11:43	5.1 (50.5%)
374	<b>PRZESPOLEWSKI Rafał</b>	<b>123</b>	ULTRA WIEŚ STUDZHENIEC	M-40	147	02:07:06	04:42:49	06:52:57	<b>09:48:30.45</b>	+04:50:51 (49.4%)	11:46	5.1 (50.5%)
375	<b>KORNAŚ Marcin</b>	<b>230</b>	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	M-40	148	02:13:02	04:46:52	07:01:20	<b>09:50:59.80</b>	+04:53:20 (49.6%)	11:49	5.1 (50.5%)
376	<b>MIERZEJEWSKI Robert</b>	<b>259</b>	CENTRUM SZKOLENIA WOJSK LĄDOWYCH	M-40	149	01:55:49	04:09:28	06:19:45	<b>09:52:31.80</b>	+04:54:52 (49.8%)	11:51	5.1 (50.5%)
377	<b>MARUSZAK Darek</b>	<b>477</b>	DOGOŃ GRODZISK MAZOWIECKI	M-40	150	01:53:58	04:08:53	06:26:28	<b>09:53:29.00</b>	+04:55:50 (49.8%)	11:52	5.1 (50.5%)
378	<b>RAJEK Barbara</b>	<b>250</b>		K-40	60	02:05:42	04:37:51	06:56:12	<b>09:55:20.40</b>	+04:57:41 (50.0%)	11:54	5 (49.5%)
379	<b>RAJEK Sebastian</b>	<b>244</b>		M-40	151	02:05:23	04:37:49	06:56:04	<b>09:55:21.05</b>	+04:57:42 (50.0%)	11:54	5 (49.5%)
380	<b>CZOSKA Przemysław</b>	<b>419</b>	JARBUD	M-30	69	02:20:44	04:57:25	07:07:13	<b>10:01:07.50</b>	+05:03:28 (50.5%)	12:01	5 (49.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking			Czas netto 50km	Różn	Tempo min/km	Tempo km/h
						Pasterka 14.4km	Kształtna Łąką 27.3km	Batorow 37.9km				
381	<b>SIKORSKA Agnieszka</b>	<b>426</b>		K-30	35	02:20:42	04:57:22	07:07:11	<b>10:03:08.25</b>	+05:05:29 (50.6%)	12:03	5 (49.5%)
382	<b>GŁUSZCZAK Jerzy</b>	<b>346</b>		M-60	12	02:09:00	04:38:47	06:59:51	<b>10:03:37.05</b>	+05:05:58 (50.7%)	12:04	5 (49.5%)
383	<b>JUDKOWIAK Michał</b>	<b>12</b>		M-40	152	02:03:20	04:43:43	06:55:36	<b>10:05:58.25</b>	+05:08:19 (50.9%)	12:07	5 (49.5%)
384	<b>BANAŚ Marcin</b>	<b>386</b>		M-40	153	02:07:23	04:47:52	07:07:48	<b>10:06:38.55</b>	+05:08:59 (50.9%)	12:07	4.9 (48.5%)
385	<b>DUDEK Krzysztof</b>	<b>195</b>	STRZEGOMSKA DWUNASTKA	M-40	154	02:12:50	04:53:55	07:12:05	<b>10:08:05.90</b>	+05:10:26 (51.1%)	12:09	4.9 (48.5%)
386	<b>KÜCHLER Paweł</b>	<b>423</b>		M-20	8	02:20:40	04:57:52	07:07:13	<b>10:11:03.40</b>	+05:13:24 (51.3%)	12:13	4.9 (48.5%)
387	<b>SMORAĞIEWICZ Marcin</b>	<b>212</b>		M-40	155	02:27:08	05:04:46	07:19:10	<b>10:16:47.80</b>	+05:19:08 (51.7%)	12:20	4.9 (48.5%)
388	<b>ZAJĄC Andrzej</b>	<b>105</b>	DRUŻYNA SZPIKU	M-40	156	02:11:38	04:51:19	07:10:06	<b>10:21:56.30</b>	+05:24:17 (52.1%)	12:26	4.8 (47.5%)
389	<b>KOWALCZYK Dariusz</b>	<b>49</b>	LUCKY LUZERS	M-40	157	02:07:48	04:48:35	07:14:00	<b>10:23:37.80</b>	+05:25:58 (52.3%)	12:28	4.8 (47.5%)
390	<b>BEDNARCZYK Daria</b>	<b>191</b>		K-40	61	02:19:04	04:57:31	07:15:48	<b>10:25:36.80</b>	+05:27:57 (52.4%)	12:30	4.8 (47.5%)
391	<b>BERNAS-KUJAWIŃSKA Magdalena</b>	<b>6</b>		K-40	62	02:12:00	04:57:02	07:17:50	<b>10:26:03.20</b>	+05:28:24 (52.5%)	12:31	4.8 (47.5%)
392	<b>NASTAWSKA Monika</b>	<b>8</b>		K-40	63	02:12:00	04:57:05	07:17:48	<b>10:26:07.30</b>	+05:28:28 (52.5%)	12:31	4.8 (47.5%)
393	<b>SULIGA Paweł</b>	<b>141</b>		M-40	158	02:03:44	04:29:02	06:43:30	<b>10:26:17.75</b>	+05:28:38 (52.5%)	12:31	4.8 (47.5%)
394	<b>JAROSZ Michał</b>	<b>435</b>	WGIM	M-30	70	02:25:18	05:13:50	07:39:33	<b>10:40:46.85</b>	+05:43:07 (53.5%)	12:48	4.7 (46.5%)
395	<b>JASKOT Joanna</b>	<b>261</b>	HARPAGAN BEAST	K-30	36	02:25:20	05:13:55	07:39:34	<b>10:41:00.15</b>	+05:43:21 (53.6%)	12:49	4.7 (46.5%)
396	<b>KRZYWAK Anna</b>	<b>286</b>		K-40	64	02:24:27	05:19:48	07:41:43	<b>10:41:03.65</b>	+05:43:24 (53.6%)	12:49	4.7 (46.5%)
397	<b>GRABOWSKA Edyta</b>	<b>434</b>	WGIM JAWORZNO	K-40	65	02:25:20	05:13:57	07:39:33	<b>10:41:05.40</b>	+05:43:26 (53.6%)	12:49	4.7 (46.5%)
398	<b>ORACKA Agnieszka</b>	<b>170</b>	DOGOŃ GRODZISK MAZOWIECKI / 65 BATALION PIECHOTY LEKKIEJ	K-30	37	02:23:40	05:18:49	07:38:45	<b>10:42:47.30</b>	+05:45:08 (53.7%)	12:51	4.7 (46.5%)
399	<b>MASTALERSKI Dariusz</b>	<b>531</b>	65 BATALION PIECHOTY LEKKIEJ	M-40	159	02:23:25	05:18:43	07:38:46	<b>10:42:47.35</b>	+05:45:08 (53.7%)	12:51	4.7 (46.5%)
400	<b>RUDNICKA Agata</b>	<b>193</b>		K-50	7	02:19:18	05:17:45	07:39:57	<b>10:52:57.90</b>	+05:55:18 (54.4%)	13:03	4.6 (45.5%)
401	<b>KRUSZKA Stanisław</b>	<b>159</b>		M-40	160	02:09:33	05:13:44	07:51:32	<b>10:59:40.00</b>	+06:02:01 (54.9%)	13:11	4.5 (44.6%)
402	<b>URBAN Sylwia</b>	<b>179</b>	NIGHT RUNNERS	K-30	38	02:18:34	05:34:19	08:05:28	<b>11:25:23.05</b>	+06:27:44 (56.6%)	13:42	4.4 (43.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking Kształtna			Czas netto 50km	Różn	Tempo min/km	Tempo km/h
						Pasterka 14.4km	Łąką 27.3km	Batorow 37.9km				
403	<b>RZEPKA Mirek</b>	<b>375</b>		M-60	13	02:30:22	05:33:39	08:07:07	<b>11:26:03.05</b>	+06:28:24 (56.6%)	13:43	4.4 (43.6%)
404	<b>KWIT Anna</b>	<b>322</b>		K-40	66	02:29:02	05:34:41	08:06:09	<b>11:26:58.65</b>	+06:29:19 (56.7%)	13:44	4.4 (43.6%)
405	<b>ZAJĄC Krzysztof</b>	<b>213</b>	BEZULTRADZIKI/WKURW_TEAM	M-40	161	02:23:04	05:22:50	08:00:14	<b>11:28:22.85</b>	+06:30:43 (56.8%)	13:46	4.4 (43.6%)
406	<b>MIŚKIEWICZ Wojciech</b>	<b>83</b>		M-30	71	02:35:43	05:41:14	08:12:33	<b>11:31:57.65</b>	+06:34:18 (57.0%)	13:50	4.3 (42.6%)
407	<b>FORMELA Justyna</b>	<b>116</b>		K-40	67	02:35:33	05:40:59	08:12:10	<b>11:32:07.75</b>	+06:34:28 (57.0%)	13:50	4.3 (42.6%)
408	<b>WIERZBOWY Przemek</b>	<b>502</b>		M-30	72	01:21:44				+00:07:42	5:40	10.6 (105.0%)
409	<b>GIERAT Karol</b>	<b>536</b>		M-20	9	01:56:07				+00:42:05	8:03	7.4 (73.3%)
410	<b>PLASZCZAK Bogumiła</b>	<b>142</b>	PIEKIELNIE ZGRANI	K-40	68	02:29:12				+01:15:10	10:21	5.8 (57.4%)
	<b>WOŹNIAK Waldemar</b>	<b>538</b>	EBIEGI.PL	M-40		02:01:40 DNF	04:22:44 DNF	06:40:57 DNF	<b>DNF</b>		-	- (0.0%)
	<b>MERTAS Dominik</b>	<b>41</b>		M-40		02:16:28 DNF	04:51:25 DNF	07:09:51 DNF	<b>DNF</b>		-	- (0.0%)
	<b>WIŚNIEWSKA Ewa</b>	<b>382</b>		K-50		02:13:42 DNF	04:36:50 DNF	07:19:34 DNF	<b>DNF</b>		-	- (0.0%)
	<b>KUDEŁKA Janusz</b>	<b>232</b>		M-50		02:18:37 DNF	05:03:35 DNF	07:30:17 DNF	<b>DNF</b>		-	- (0.0%)
	<b>TRUSIAK Agnieszka</b>	<b>353</b>	NIGHT WOLVES ULTRA RUNNERS	K-40		02:25:15 DNF	05:07:57 DNF	08:11:11 DNF	<b>DNF</b>		-	- (0.0%)
	<b>BOŚ Grzegorz</b>	<b>417</b>	CIASTKI RUNNING TEAM	M-40		02:25:25 DNF	05:08:06 DNF	08:11:21 DNF	<b>DNF</b>		-	- (0.0%)
	<b>MUCHAJER Dawid</b>	<b>270</b>	CSWLĄD POZNAŃ	M-40		01:48:54 DNF	04:01:35 DNF	DNF	<b>DNF</b>		-	- (0.0%)
	<b>SZARANIEC Sebastian</b>	<b>91</b>	T-MOBILE SPORT TEAM	M-40		01:46:22 DNF	DNF	DNF	<b>DNF</b>		-	- (0.0%)
	<b>PROCHNO Piotr</b>	<b>495</b>	ANWIL TEAM	M-30		DNF	DNF	DNF	<b>DNF</b>		-	- (0.0%)

Znaleziono 419 wynik(ów)