



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

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

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

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

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						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	06:49:15.00	+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	06:49:44.60	+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	06:49:57.55	+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	06:51:36.10	+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	06:51:48.85	+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	06:53:17.00	+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	06:53:41.85	+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	06:55:52.40	+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	06:57:39.85	+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	06:57:43.00	+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	06:59:30.20	+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	07:00:42.70	+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	07:01:21.75	+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	07:01:28.85	+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	07:01:45.70	+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	07:02:08.55	+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	07:03:09.35	+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	07:03:22.80	+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	07:03:32.35	+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	07:03:37.75	+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	07:03:50.15	+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	07:05:06.75	+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	MORITZ Rafał	227	#SLIMAKIBARCIN	M-40	49	01:44:26	03:33:20	05:00:14	07:05:11.50	+02:07:32 (30.0%)	8:30	7.1 (70.3%)
108	BIŃCZARSKI Patryk	74		M-40	50	01:41:28	03:33:27	05:00:43	07:05:46.90	+02:08:07 (30.1%)	8:30	7 (69.3%)
109	OLSAK Zenon	427	WARSAW RUN CLUB	M-50	10	01:39:43	03:30:46	05:02:23	07:06:45.70	+02:09:06 (30.3%)	8:32	7 (69.3%)
110	RUSOŁ Tomasz	328	TROPEM ULTRA	M-30	30	01:32:06	03:11:48	04:45:40	07:07:00.50	+02:09:21 (30.3%)	8:32	7 (69.3%)
111	WOJCIESZEK Andrzej	150	GEMINI POLSKA TEAM	M-40	51	01:39:10	03:27:36	05:00:36	07:07:41.35	+02:10:02 (30.4%)	8:33	7 (69.3%)
112	URBANIEC Dariusz	549		M-40	52	01:32:13	03:20:23	04:54:57	07:07:58.20	+02:10:19 (30.5%)	8:33	7 (69.3%)
113	GASIK Leszek	57	STOWARZYSZENIE SPORTOWE „SŁOŃCA JURY,,	M-40	53	01:32:16	03:20:26	04:54:58	07:07:58.30	+02:10:19 (30.5%)	8:33	7 (69.3%)
114	TELEJKO Łukasz	274	ORZESZEK TEAM	M-20	1	01:34:00	03:16:37	04:49:00	07:08:55.15	+02:11:16 (30.6%)	8:34	7 (69.3%)
115	LUBECKI Tomasz	161	ZADYSZKA OŚWIĘCIM	M-40	54	01:35:28	03:21:53	04:53:41	07:09:27.35	+02:11:48 (30.7%)	8:35	7 (69.3%)
116	TOKARZ Robert	316		M-40	55	01:38:40	03:31:20	05:03:24	07:09:44.60	+02:12:05 (30.7%)	8:35	7 (69.3%)
117	ZAGÓRSKI Krzysztof	365		M-40	56	01:42:32	03:34:24	05:00:49	07:09:49.60	+02:12:10 (30.8%)	8:35	7 (69.3%)
118	BUDZICH Wojciech	336	KB TKKF PROMYK CIECHANÓW	M-40	57	01:38:20	03:27:35	05:00:29	07:10:36.55	+02:12:57 (30.9%)	8:36	7 (69.3%)
119	WIERZBIŃSKI Karol	215	ULTRADZICZKI I ULTRALISICZKI	M-40	58	01:36:42	03:27:02	05:02:17	07:11:25.80	+02:13:46 (31.0%)	8:37	7 (69.3%)
120	PRZYBYSZ Ryszard	285		M-50	11	01:42:16	03:26:05	05:07:56	07:12:12.00	+02:14:33 (31.1%)	8:38	6.9 (68.3%)
121	KAROLAK Ryszard	267		M-40	59	01:41:20	03:27:44	05:05:32	07:13:04.65	+02:15:25 (31.3%)	8:39	6.9 (68.3%)
122	MAZURKIEWICZ Jarosław	451	KS GRUCHA	M-30	31	01:41:21	03:27:41	05:05:28	07:13:16.80	+02:15:37 (31.3%)	8:39	6.9 (68.3%)
123	JAKUBCZAK Konrad	3	DEBEŚCIAK ADIDAS RUNNERS	M-40	60	01:31:23	03:12:51	04:47:07	07:14:36.50	+02:16:57 (31.5%)	8:41	6.9 (68.3%)
124	BOROWSKA-NAJDEREK Paulina	311	WLKP ULTRA MOUNTAINS /FREE RUN	K-40	11	01:36:53	03:26:32	05:00:26	07:14:36.95	+02:16:58 (31.5%)	8:41	6.9 (68.3%)
125	ŁYSIAK Sylwia	264	ROZBIEGANY RAWICZ	K-40	12	01:43:02	03:36:20	05:07:29	07:15:34.00	+02:17:55 (31.7%)	8:42	6.9 (68.3%)
126	KWIATEK Agnieszka	442		K-30	9	01:47:04	03:37:19	05:06:57	07:16:35.75	+02:18:56 (31.8%)	8:43	6.9 (68.3%)
127	SZYDLIK Arkadiusz	82	DOGOŃ GRODZISK MAZOWIECKI	M-30	32	01:35:08	03:23:48	04:57:39	07:17:09.70	+02:19:30 (31.9%)	8:44	6.9 (68.3%)
128	GRACZYK Marcin	407		M-40	61	01:44:32	03:38:47	05:14:44	07:17:17.10	+02:19:38 (31.9%)	8:44	6.9 (68.3%)
129	GRUNWALD Artur	358		M-40	62	01:39:38	03:37:28	05:10:25	07:18:01.45	+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	BŁĘDOWSKI Mariusz	66	AAC FORD AUTO STYL WŁOCŁAWEK TEAM	M-40	63	01:39:39	03:37:29	05:10:26	07:18:18.10	+02:20:39 (32.1%)	8:45	6.8 (67.3%)
131	MAGIERA Grzegorz	491	KGHM ZG RUN	M-40	64	01:31:39	03:21:06	04:59:08	07:18:42.05	+02:21:03 (32.2%)	8:46	6.8 (67.3%)
132	CIUPEK Jerzy	356		M-60	2	01:33:23	03:19:10	04:58:20	07:18:46.65	+02:21:07 (32.2%)	8:46	6.8 (67.3%)
133	PĘCZEK Dariusz	406		M-50	12	01:42:38	03:29:57	05:03:18	07:19:08.10	+02:21:29 (32.2%)	8:46	6.8 (67.3%)
134	ZIELIŃSKI Paweł	439	RUCH IZBICA	M-40	65	01:39:58	03:26:31	04:59:12	07:19:09.70	+02:21:30 (32.2%)	8:46	6.8 (67.3%)
135	BILCZEWSKI Michał	13	KĘCKIE HARPAGANY	M-40	66	01:35:34	03:22:45	04:58:42	07:19:30.65	+02:21:51 (32.3%)	8:47	6.8 (67.3%)
136	CYMBORSKA Jolanta	432	WARSAW RUN CLUB	K-40	13	01:41:40	03:38:26	05:12:09	07:19:44.90	+02:22:05 (32.3%)	8:47	6.8 (67.3%)
137	WELTER Przemysław	148	KB SZAMOTUŁY	M-30	33	01:36:28	03:25:04	04:57:53	07:19:51.40	+02:22:12 (32.3%)	8:47	6.8 (67.3%)
138	KOWALSKI Andrzej	318		M-60	3	01:40:39	03:34:37	05:08:46	07:20:05.90	+02:22:26 (32.4%)	8:48	6.8 (67.3%)
139	URBANIAK Hubert	320	ROZBIEGANY RAWICZ	M-30	34	01:40:37	03:26:08	05:02:49	07:20:40.50	+02:23:01 (32.5%)	8:48	6.8 (67.3%)
140	BRODA Dominik	236		M-30	35	01:38:38	03:27:39	05:11:00	07:21:09.50	+02:23:30 (32.5%)	8:49	6.8 (67.3%)
141	BIECHOŃSKI Jarosław	87		M-40	67	01:45:00	03:35:34	05:06:15	07:21:31.95	+02:23:53 (32.6%)	8:49	6.8 (67.3%)
142	BŁACHNO Marcin	135	ANIOŁKI CHARLIEGO	M-40	68	01:46:13	03:40:20	05:17:28	07:22:15.00	+02:24:36 (32.7%)	8:50	6.8 (67.3%)
143	SAMEREK Dariusz	2	MARMEL TORUŃ	M-40	69	01:40:59	03:27:40	05:01:38	07:23:02.80	+02:25:23 (32.8%)	8:51	6.8 (67.3%)
143	STAWARSKA Elżbieta	18	MARMEL TORUŃ	K-40	14	01:40:58	03:27:39	05:01:38	07:23:02.80	+02:25:23 (32.8%)	8:51	6.8 (67.3%)
145	KICIŃSKA Zuzanna	246		K-30	10	01:42:08	03:40:20	05:10:36	07:23:22.95	+02:25:44 (32.9%)	8:52	6.8 (67.3%)
146	SAMSON Robert	102	SUNCHASER TRAILRUNNING TEAM	M-40	70	01:42:40	03:35:35	05:09:50	07:23:55.70	+02:26:16 (33.0%)	8:52	6.8 (67.3%)
147	HELSZTAJN Robert	376	PAŁUKI RUNNING TEAM	M-50	13	01:44:32	03:33:23	05:08:56	07:23:59.45	+02:26:20 (33.0%)	8:52	6.8 (67.3%)
148	SAJDUDA Adam	119		M-20	2	01:35:36	03:32:06	05:06:49	07:25:37.45	+02:27:58 (33.2%)	8:54	6.7 (66.3%)
149	KIEDOWSKI Artur	486		M-40	71	01:49:47	03:47:04	05:22:21	07:25:44.10	+02:28:05 (33.2%)	8:54	6.7 (66.3%)
150	RZEPKA Aleksandra	541	WKURW_TEAM	K-30	11	01:48:39	03:42:39	05:16:56	07:25:55.20	+02:28:16 (33.3%)	8:55	6.7 (66.3%)
151	KINCEL Krzysztof	529		M-50	14	01:45:25	03:37:28	05:11:18	07:25:55.80	+02:28:16 (33.3%)	8:55	6.7 (66.3%)
152	JACHYMSKI Ignacy	370	AKG ŁÓDŹ	M-30	36	01:41:43	03:38:57	05:16:08	07:26:34.10	+02:28:55 (33.3%)	8:55	6.7 (66.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking Kształtna			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	07:26:36.45	+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	07:26:40.00	+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	07:26:50.70	+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	07:27:47.25	+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	07:28:04.80	+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	07:28:05.30	+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	07:28:18.90	+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	07:28:35.60	+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	07:29:07.80	+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	07:29:24.30	+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	07:29:28.40	+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	07:30:09.70	+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	07:30:25.70	+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	07:30:39.50	+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	07:30:42.55	+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	07:30:53.65	+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	07:32:14.70	+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	07:32:46.10	+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	07:33:14.20	+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	07:34:36.40	+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	07:35:01.10	+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	07:35:07.30	+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	DRÓZDŹ Tomasz	124	CZEWARUN TIM	M-30	40	01:49:27	03:47:54	05:26:47	07:35:25.65	+02:37:46 (34.6%)	9:06	6.6 (65.3%)
176	WIATER Tomasz	33		M-40	83	01:45:37	03:34:55	05:13:36	07:35:36.65	+02:37:57 (34.7%)	9:06	6.6 (65.3%)
177	BEDNARCZYK Jakub	81	BV	M-40	84	01:42:03	03:37:22	05:15:52	07:36:10.00	+02:38:31 (34.7%)	9:07	6.6 (65.3%)
178	MACIEJOWICZ Michał	377	NESSI TEAM	M-30	41	01:35:16	03:30:38	05:13:36	07:36:41.85	+02:39:02 (34.8%)	9:08	6.6 (65.3%)
179	GĄSZCZAK Mariusz	216	KS LENIWIEC	M-40	85	01:46:00	03:44:39	05:25:47	07:37:38.10	+02:39:59 (35.0%)	9:09	6.6 (65.3%)
180	NARUCKI Wojciech	253		M-40	86	01:42:44	03:35:26	05:10:31	07:37:47.95	+02:40:09 (35.0%)	9:09	6.6 (65.3%)
181	WRÓBLEWSKI Wojciech	67		M-30	42	01:34:14	03:26:25	05:13:43	07:39:23.10	+02:41:44 (35.2%)	9:11	6.5 (64.4%)
182	POBIEGŁO Artur	496		M-40	87	01:38:40	03:31:47	05:17:07	07:39:55.55	+02:42:16 (35.3%)	9:11	6.5 (64.4%)
183	STACHURSKI Daniel	136		M-50	17	01:54:25	03:51:52	05:27:22	07:40:34.50	+02:42:55 (35.4%)	9:12	6.5 (64.4%)
184	SMYKA Michał	117		M-20	4	01:50:15	03:48:53	05:26:27	07:40:39.20	+02:43:00 (35.4%)	9:12	6.5 (64.4%)
185	ZIELIŃSKA Justyna	514	KS POSNANIA TRIATHLON	K-40	17	01:48:37	03:46:58	05:24:34	07:41:42.20	+02:44:03 (35.5%)	9:14	6.5 (64.4%)
186	BIADASIEWICZ Andrzej	298	HTF LUDWIK SIKORSKI	M-50	18	01:40:38	03:35:11	05:11:44	07:41:51.60	+02:44:12 (35.6%)	9:14	6.5 (64.4%)
187	TYŚ Radosław	487	NOWA RUDA BIEGA	M-30	43	01:44:08	03:43:02	05:20:32	07:42:13.40	+02:44:34 (35.6%)	9:14	6.5 (64.4%)
188	CHŁAP Ireneusz	168	HUSARIA SUDETY	M-40	88	01:48:22	03:40:00	05:15:48	07:42:18.95	+02:44:40 (35.6%)	9:14	6.5 (64.4%)
189	JAROCKA Agata	186	BESTIE OCR LEGIONOWO	K-30	14	01:45:07	03:47:27	05:27:35	07:42:22.20	+02:44:43 (35.6%)	9:14	6.5 (64.4%)
190	GOŹDZIEWSKI Adam	516		M-40	89	01:45:07	03:47:27	05:27:34	07:42:23.70	+02:44:44 (35.6%)	9:14	6.5 (64.4%)
191	ZIELIŃSKI Robert	513	KS POSNANIA TRIATHLON	M-40	90	01:49:31	03:49:24	05:24:50	07:42:42.80	+02:45:03 (35.7%)	9:15	6.5 (64.4%)
192	PARZONKA Paweł	388	KS LENIWIEC	M-40	91	01:45:55	03:44:39	05:26:16	07:43:09.65	+02:45:30 (35.7%)	9:15	6.5 (64.4%)
193	KILIŃSKI Jacek	387		M-50	19	01:34:07	03:28:22	05:16:19	07:43:16.55	+02:45:37 (35.8%)	9:15	6.5 (64.4%)
194	KRZCZUK Benedykt	38		M-50	20	01:39:31	03:40:56	05:20:55	07:43:48.70	+02:46:09 (35.8%)	9:16	6.5 (64.4%)
195	GOLON Marlena	197		K-40	18	01:49:45	03:53:54	05:31:13	07:44:29.80	+02:46:50 (35.9%)	9:17	6.5 (64.4%)
196	RADZIWOŃ Anna	429	GRUPA NIENACHALNIE HEROICZNA	K-40	19	01:50:39	03:53:31	05:32:01	07:44:36.80	+02:46:57 (35.9%)	9:17	6.5 (64.4%)
197	GÓRALSKI Piotr	249		M-40	92	01:41:42	03:40:12	05:20:56	07:45:45.55	+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	SOSZYŃSKA- PSTROKOŃSKA Joanna	499	GAZELE NA STARCIE	K-30	15	01:45:42	03:42:50	05:24:18	07:46:16.75	+02:48:37 (36.2%)	9:19	6.4 (63.4%)
199	WIERZBIŃSKA Edyta	196	ULTRADZICZKI I ULTRALISICZKI	K-40	20	01:52:33	03:56:46	05:35:27	07:47:16.70	+02:49:37 (36.3%)	9:20	6.4 (63.4%)
200	KARAWACKI Grzegorz	405	KĘCKIE HARPAGANY	M-30	44	01:38:26	03:34:54	05:23:06	07:47:31.50	+02:49:52 (36.3%)	9:21	6.4 (63.4%)
201	AUGUSTYNIAK Małgorzata	214		K-40	21	01:47:48	03:50:31	05:30:08	07:48:42.10	+02:51:03 (36.5%)	9:22	6.4 (63.4%)
202	DUDEK Paweł	450	RUCH IZBICA	M-30	45	01:51:13	03:48:10	05:25:46	07:48:49.15	+02:51:10 (36.5%)	9:22	6.4 (63.4%)
203	TWARDOWSKI Krzysztof	478	AMATOR	M-50	21	01:48:45	03:50:43	05:34:28	07:49:23.15	+02:51:44 (36.6%)	9:23	6.4 (63.4%)
204	KROK Jacek	446		M-40	93	01:42:20	03:38:55	05:19:46	07:49:27.30	+02:51:48 (36.6%)	9:23	6.4 (63.4%)
205	NIKOLAJUK Robert	381		M-30	46	01:51:17	03:48:57	05:24:30	07:49:33.80	+02:51:54 (36.6%)	9:23	6.4 (63.4%)
206	KORBUT Radosław	162		M-40	94	01:50:53	03:52:27	05:34:22	07:50:23.00	+02:52:44 (36.7%)	9:24	6.4 (63.4%)
207	SKWAREK Tomasz	300		M-30	47	01:56:51	03:54:02	05:32:07	07:51:04.25	+02:53:25 (36.8%)	9:25	6.4 (63.4%)
208	WIELGAT-KOJDECKA Magdalena	296	CARBON SILESIA SPORT	K-30	16	01:56:53	03:54:15	05:32:13	07:51:05.05	+02:53:26 (36.8%)	9:25	6.4 (63.4%)
209	TURLEJ Dariusz	463	KONDYCJA	M-60	5	01:56:38	04:00:14	05:38:15	07:51:16.55	+02:53:37 (36.8%)	9:25	6.4 (63.4%)
210	PIETRZAK Agnieszka	290	DOGOŃ GRODZISK MAZOWIECKI	K-40	22	01:50:50	03:54:12	05:36:33	07:51:41.75	+02:54:02 (36.9%)	9:26	6.4 (63.4%)
211	SERAFIN Jacek	35	ADDICT.PL	M-50	22	01:46:15	03:44:55	05:24:26	07:51:44.55	+02:54:05 (36.9%)	9:26	6.4 (63.4%)
212	WALUŚKIEWICZ Artur	260	SOLA FIDE	M-50	23	01:39:50	03:38:02	05:26:45	07:51:50.05	+02:54:11 (36.9%)	9:26	6.4 (63.4%)
213	STĘPIEŃ Magdalena	50	GRODZISKI KLUB BIEGACZA	K-30	17	01:48:47	03:45:57	05:31:11	07:51:57.40	+02:54:18 (36.9%)	9:26	6.4 (63.4%)
214	ŚWIATOWIEC Anna	68		K-50	1	01:53:06	03:57:41	05:35:28	07:52:55.55	+02:55:16 (37.1%)	9:27	6.3 (62.4%)
215	WEREMJEWICZ Marcin Wiktor	127		M-40	95	01:43:18	03:37:14	05:17:26	07:53:51.65	+02:56:12 (37.2%)	9:28	6.3 (62.4%)
216	ŁATAK - SKRABUT Basia	277	MUSTANGI GLIWICE	K-40	23	02:03:16	04:00:19	05:39:19	07:54:17.50	+02:56:38 (37.2%)	9:29	6.3 (62.4%)
217	BOĆKO Ewa	278	DTR BIEGA/ MARIO TEAM	K-40	24	01:43:38	03:37:31	05:30:54	07:54:40.35	+02:57:01 (37.3%)	9:29	6.3 (62.4%)
218	WATAŁA Krzysztof	484	140 MINUT	M-50	24	01:52:28	03:54:27	05:38:44	07:54:56.75	+02:57:17 (37.3%)	9:29	6.3 (62.4%)
219	KURZYDŁO Marcin	394		M-30	48	01:44:28	03:49:51	05:41:46	07:56:26.45	+02:58:47 (37.5%)	9:31	6.3 (62.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking Kształtna			Czas netto 50km	Różn	Tempo min/km	Tempo km/h
						Pasterka 14.4km	Łąka 27.3km	Batorow 37.9km				
220	RYCHEL-MANTUR Dominika	169		K-30	18	01:48:51	03:46:03	05:31:30	07:57:32.85	+02:59:53 (37.7%)	9:33	6.3 (62.4%)
221	KACZMAREK Jędrzej	501	KP PSP MILICZ	M-20	5	01:40:46	03:41:26	05:26:58	07:57:35.75	+02:59:56 (37.7%)	9:33	6.3 (62.4%)
222	MIRKIEWICZ Marcin	436	#CZELADZBIEGA	M-30	49	02:01:38	04:06:17	05:47:34	07:58:05.00	+03:00:26 (37.7%)	9:33	6.3 (62.4%)
223	MENDYKA Łukasz	401	KB AKTYWNI ŚRODA WLKP.	M-30	50	01:53:59	04:02:13	05:41:13	07:58:11.45	+03:00:32 (37.8%)	9:33	6.3 (62.4%)
224	CZARNECKI Krzysztof	88		M-40	96	01:54:30	03:54:01	05:34:53	07:58:33.60	+03:00:54 (37.8%)	9:34	6.3 (62.4%)
225	WAŚIK Izabela	160		K-50	2	01:50:17	03:52:01	05:34:53	07:59:38.30	+03:01:59 (37.9%)	9:35	6.3 (62.4%)
226	FARION Marzena	452	THE FARIONS	K-40	25	01:44:58	03:47:01	05:32:15	08:02:03.20	+03:04:24 (38.3%)	9:38	6.2 (61.4%)
227	JĄSKIEWICZ Rafał	122	WKB MARATOŃCZYK WŁOCŁAWEK	M-40	97	01:41:53	03:42:56	05:27:02	08:02:14.60	+03:04:35 (38.3%)	9:38	6.2 (61.4%)
228	GOKIERT-SKRENTNA Justyna	351	GÓRSKIE KOZICE	K-40	26	01:55:45	03:59:24	05:41:12	08:02:15.20	+03:04:36 (38.3%)	9:38	6.2 (61.4%)
229	KADŁUBOWSKI Piotr	218	KOTWICA BRZEG / RUN100LOVE	M-40	98	01:44:09	03:42:50	05:36:18	08:03:22.90	+03:05:43 (38.4%)	9:40	6.2 (61.4%)
230	LASZEWSKI Mateusz	194		M-20	6	01:37:42	03:29:27	05:12:45	08:03:40.60	+03:06:01 (38.5%)	9:40	6.2 (61.4%)
231	ROŚLICKI Jarosław	295	UBEZPIECZENIA DLA AKTYWNYCH/OBORYGENI	M-40	99	01:43:10	03:42:27	05:29:44	08:04:25.30	+03:06:46 (38.6%)	9:41	6.2 (61.4%)
232	TWARDZIK Mariusz	459	ZAYAVA	M-20	7	01:37:43	03:28:56	05:12:46	08:04:30.25	+03:06:51 (38.6%)	9:41	6.2 (61.4%)
233	JACHYMSKI Jacek	374	AKADEMICKI KLUB GÓRSKI W ŁODZI	M-60	6	01:49:50	03:48:16	05:34:56	08:04:37.25	+03:06:58 (38.6%)	9:41	6.2 (61.4%)
234	MICHAŁOWSKI Tomasz	16		M-40	100	01:45:18	03:47:56	05:33:45	08:05:06.40	+03:07:27 (38.6%)	9:42	6.2 (61.4%)
235	MICHALIK Joanna	448		K-40	27	01:50:50	03:54:17	05:38:50	08:05:30.50	+03:07:51 (38.7%)	9:42	6.2 (61.4%)
236	LATANOWICZ Bernard	547		M-30	51	01:43:59	03:39:35	05:23:55	08:07:01.70	+03:09:22 (38.9%)	9:44	6.2 (61.4%)
237	KASIŃSKI Wojciech	456	ULTRAPLESS	M-50	25	01:54:17	03:56:50	05:38:22	08:07:43.40	+03:10:04 (39.0%)	9:45	6.2 (61.4%)
238	CZERNAK Anna	440	VEGE RUNNERS	K-30	19	02:00:44	04:06:23	05:48:53	08:07:50.35	+03:10:11 (39.0%)	9:45	6.1 (60.4%)
239	NEUMANN Jacek	520	CENTRUM ŁĄKOWA 1	M-50	26	01:48:06	03:47:42	05:36:46	08:07:50.40	+03:10:11 (39.0%)	9:45	6.1 (60.4%)
240	GRZYWACZ Karol	454		M-30	52	01:45:42	03:50:26	05:38:01	08:10:34.00	+03:12:55 (39.3%)	9:48	6.1 (60.4%)
241	RASZTABIGA Sylwester	511		M-50	27	01:39:26	03:36:49	05:31:10	08:11:42.75	+03:14:03 (39.5%)	9:50	6.1 (60.4%)
242	ZIEWIEC Marcin	188		M-30	53	01:50:21	03:50:52	05:50:59	08:12:58.60	+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	INDRASZAK Adam	455		M-50	28	01:55:06	03:56:09	05:43:46	08:13:08.75	+03:15:29 (39.6%)	9:51	6.1 (60.4%)
244	CIERLAK Przemysław	443	BRZYSKI TRI TEAM	M-30	54	02:01:36	04:06:35	05:48:07	08:14:20.55	+03:16:41 (39.8%)	9:53	6.1 (60.4%)
245	MAŚLANKA Klaudia	52	#TYMTRITEAM	K-20	2	01:50:21	03:55:58	05:41:39	08:15:01.60	+03:17:22 (39.9%)	9:54	6.1 (60.4%)
246	JAWORSKI Paweł	53	TYMTRITEAM	M-30	55	01:50:19	03:55:47	05:41:39	08:15:02.25	+03:17:23 (39.9%)	9:54	6.1 (60.4%)
247	STARZYK Ewa	343		K-40	28	01:51:04	03:57:23	05:44:14	08:15:22.15	+03:17:43 (39.9%)	9:54	6.1 (60.4%)
248	OLESZEK Magdalena	99	BIEGOWA KUŹNIA	K-30	20	01:52:38	03:57:36	05:43:10	08:15:23.60	+03:17:44 (39.9%)	9:54	6.1 (60.4%)
249	TĘCZA Robert	187		M-40	101	01:52:03	03:54:29	05:40:59	08:15:24.70	+03:17:45 (39.9%)	9:54	6.1 (60.4%)
250	KUBIAK Karolina	145		K-40	29	01:55:59	04:07:17	05:49:46	08:16:04.70	+03:18:25 (40.0%)	9:55	6 (59.4%)
251	SUCHAN Andrzej	398	ENDORFINY WADOWICE	M-30	56	01:55:07	04:02:12	05:49:27	08:16:04.75	+03:18:25 (40.0%)	9:55	6 (59.4%)
252	SZCZERBAL Agnieszka	385	TKKF MPK POZNAŃ	K-40	30	01:57:17	04:08:12	05:50:14	08:16:44.60	+03:19:05 (40.1%)	9:56	6 (59.4%)
253	GOS Piotr	156	NARAMOWICE BIEGAJĄ	M-40	102	01:48:21	03:55:41	05:43:15	08:17:17.70	+03:19:38 (40.1%)	9:56	6 (59.4%)
254	ZARĘBA Beata	507		K-30	21	01:55:14	04:03:40	05:51:25	08:18:05.75	+03:20:26 (40.2%)	9:57	6 (59.4%)
255	ZGOŁA Przemysław	390	TARNOWO PODGÓRNE BIEGA	M-50	29	01:57:18	04:08:15	05:50:14	08:18:19.80	+03:20:40 (40.3%)	9:57	6 (59.4%)
256	SZYMCZAK Marcin	273		M-40	103	01:55:58	04:04:11	05:52:23	08:19:00.50	+03:21:21 (40.4%)	9:58	6 (59.4%)
257	TARASKA Marcin	548		M-40	104	01:48:52	03:49:00	05:41:54	08:19:38.15	+03:21:59 (40.4%)	9:59	6 (59.4%)
258	DOMALSKA Gracjana	40	#SLIMAKIBARCIN	K-30	22	01:48:53	03:49:00	05:41:54	08:19:38.50	+03:21:59 (40.4%)	9:59	6 (59.4%)
259	NAWROT Artur	167		M-40	105	01:37:56	03:40:30	05:33:54	08:19:46.75	+03:22:07 (40.4%)	9:59	6 (59.4%)
260	SIKORA Michał	69		M-40	106	01:46:04	03:55:16	05:51:32	08:20:22.25	+03:22:43 (40.5%)	10:00	6 (59.4%)
261	BEDNARSKA Joanna	231	BIEGNĘ ŻEBY BARTEK MÓGŁ BIEGAĆ	K-40	31	01:56:01	04:05:42	05:50:39	08:20:59.30	+03:23:20 (40.6%)	10:01	6 (59.4%)
262	WAŁEK Piotr	172	RUNNERS TEAM QUIBL	M-40	107	01:49:04	03:59:46	05:49:37	08:21:57.75	+03:24:18 (40.7%)	10:02	6 (59.4%)
263	KUDELSKI Ireneusz	523	ROZBIEGANI CHOJNÓW	M-50	30	01:46:30	03:55:17	05:48:55	08:25:15.95	+03:27:37 (41.1%)	10:06	5.9 (58.4%)
264	SKRZYPIŃSKI Arkadiusz	344	PSI PATROL	M-40	108	01:54:04	03:58:20	05:51:12	08:25:26.45	+03:27:47 (41.1%)	10:06	5.9 (58.4%)
265	JASICKI Krzysztof	291	RUNHOGS TYCHY	M-40	109	01:56:48	04:06:36	05:56:59	08:26:14.50	+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	LITWINOWICZ Karolina	345		K-40	32	01:52:52	04:02:27	05:56:05	08:26:37.55	+03:28:58 (41.2%)	10:07	5.9 (58.4%)
267	MATYSZKOWICZ Janusz	304	GONIMY	M-60	7	02:00:03	04:11:01	05:58:22	08:26:54.35	+03:29:15 (41.3%)	10:08	5.9 (58.4%)
268	PIDANTY Grzegorz	154	ZHR STRZEGOM	M-40	110	01:51:06	04:02:39	05:52:59	08:27:02.35	+03:29:23 (41.3%)	10:08	5.9 (58.4%)
269	TKACZYK Katarzyna	234		K-30	23	01:52:27	03:55:06	05:45:50	08:27:14.25	+03:29:35 (41.3%)	10:08	5.9 (58.4%)
270	MIGDAŁ Adrian	120		M-40	111	01:54:26	04:03:56	05:51:17	08:28:30.55	+03:30:51 (41.5%)	10:10	5.9 (58.4%)
271	ROSÓŁ Roman	181	PIEKIELNIE ZGRANI	M-50	31	01:55:25	04:08:42	06:03:01	08:28:55.25	+03:31:16 (41.5%)	10:10	5.9 (58.4%)
272	SKAŁECKI Przemysław	362	ULTRASI	M-30	57	01:59:17	04:08:50	05:59:16	08:29:58.55	+03:32:19 (41.6%)	10:11	5.9 (58.4%)
273	RADOMSKI Artur	288	I LOVE PRZYLESIE	M-40	112	01:53:59	04:07:55	05:55:12	08:30:37.00	+03:32:58 (41.7%)	10:12	5.9 (58.4%)
274	MAREK Jacek	363		M-40	113	01:52:45	04:07:55	05:55:13	08:30:37.55	+03:32:58 (41.7%)	10:12	5.9 (58.4%)
275	KRZYZIŃSKA Sylwia	465	DOGOŃ GRODZISK MAZOWIECKI	K-40	33	01:58:06	04:07:53	06:01:31	08:31:14.20	+03:33:35 (41.8%)	10:13	5.9 (58.4%)
276	DEIGSLER Przemysław	400		M-40	114	01:48:59	04:01:04	05:56:21	08:31:43.15	+03:34:04 (41.8%)	10:14	5.9 (58.4%)
277	ROGÓRZ Andrzej	98		M-40	115	01:49:29	03:56:38	05:53:20	08:32:22.15	+03:34:43 (41.9%)	10:14	5.9 (58.4%)
278	SZCZABEL Krystian	414		M-30	58	01:43:37	03:52:20	05:45:59	08:32:58.95	+03:35:20 (42.0%)	10:15	5.8 (57.4%)
279	SZMAJDOWICZ Paweł	205	FACHDOM TEAM	M-40	116	01:43:40	03:52:26	05:46:02	08:33:00.80	+03:35:21 (42.0%)	10:15	5.8 (57.4%)
280	LEWANDOWSKI Leszek	75	POWSTAŃCY Z KANAPY	M-40	117	01:57:23	04:09:50	05:53:42	08:34:44.65	+03:37:05 (42.2%)	10:17	5.8 (57.4%)
281	FILIPEK Przemysław	494	KB MCKIS JAWORZNO	M-40	118	01:51:18	04:03:43	05:55:29	08:35:17.50	+03:37:38 (42.2%)	10:18	5.8 (57.4%)
282	MAKARENKOV Sergii	180	DOGOŃ GRODZISK MAZOWIECKI	M-30	59	01:54:13	04:08:32	05:56:54	08:35:46.35	+03:38:07 (42.3%)	10:18	5.8 (57.4%)
283	FAJNAS Katarzyna	395	DOGOŃ GRODZISK MAZOWIECKI / DANFOSS	K-40	34	01:54:17	04:08:26	05:56:55	08:35:48.25	+03:38:09 (42.3%)	10:18	5.8 (57.4%)
284	HOMENDA Przemysław	348		M-40	119	01:53:32	04:07:47	06:02:27	08:36:17.55	+03:38:38 (42.3%)	10:19	5.8 (57.4%)
285	PISAREK Karol	104	JB WARSAW	M-30	60	01:53:36	04:05:05	05:59:30	08:37:08.25	+03:39:29 (42.4%)	10:20	5.8 (57.4%)
286	MAZUR Katarzyna	342	UMLAUT	K-40	35	01:59:50	04:13:35	06:04:47	08:37:08.40	+03:39:29 (42.4%)	10:20	5.8 (57.4%)
287	DUCH Emil	62	JB WARSAW	M-30	61	01:53:35	04:05:07	05:59:30	08:37:08.65	+03:39:29 (42.4%)	10:20	5.8 (57.4%)
288	MARĆ Artur	473	PTT TARNÓW	M-40	120	01:54:12	04:07:24	05:57:02	08:37:35.95	+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	KUNKEL Anna	449	PGB SPORTOWA PACZKA	K-40	36	01:57:18	04:13:37	06:03:14	08:37:55.45	+03:40:16 (42.5%)	10:21	5.8 (57.4%)
290	KOZDRÓJ Wioletta	110	DOGOŃ GRODZISK MAZOWIECKI/ WD40 PLUS	K-40	37	01:57:20	04:15:57	06:04:47	08:38:22.65	+03:40:43 (42.6%)	10:22	5.8 (57.4%)
291	JABŁCZYŃSKI Paweł	332	HURAGAN JÓZEFOWO	M-60	8	01:54:37	04:08:20	05:57:32	08:39:18.10	+03:41:39 (42.7%)	10:23	5.8 (57.4%)
292	BEKER Jan	30	GRYFUS SZCZECIN	M-50	32	01:55:24	04:07:39	06:00:43	08:39:42.30	+03:42:03 (42.7%)	10:23	5.8 (57.4%)
293	SAMOLAK Maciek	325		M-40	121	01:50:43	04:00:21	05:52:31	08:39:44.65	+03:42:05 (42.7%)	10:23	5.8 (57.4%)
294	BOSAK Przemysław	165	MAGOREX	M-40	122	01:52:29	04:00:44	05:49:30	08:39:59.20	+03:42:20 (42.8%)	10:23	5.8 (57.4%)
295	GOLONKA Anna	515		K-30	24	01:55:51	04:11:32	05:58:51	08:40:02.85	+03:42:23 (42.8%)	10:24	5.8 (57.4%)
296	LEONARSKA Małgorzata	111	SZEREGOWY BIEGACZ DZIKI BIEG	K-30	25	02:02:59	04:18:17	06:15:10	08:41:12.05	+03:43:33 (42.9%)	10:25	5.8 (57.4%)
297	SMUGA Łukasz	144	SZEREGOWY BIEGACZ	M-30	62	02:03:00	04:18:15	06:15:12	08:41:12.35	+03:43:33 (42.9%)	10:25	5.8 (57.4%)
298	MARCINIAK Izabela	383		K-40	38	01:54:46	04:12:15	06:07:17	08:41:16.05	+03:43:37 (42.9%)	10:25	5.8 (57.4%)
299	SUPEŁ Jacek	237	NIEZRZESZONY	M-40	123	01:52:08	04:00:30	05:50:41	08:41:21.95	+03:43:43 (42.9%)	10:25	5.8 (57.4%)
300	RADZIWOŃ Krzysiek	431	GRUPA NIENACHALNIE HEROICZNA	M-40	124	02:01:43	04:25:32	06:13:46	08:43:29.70	+03:45:50 (43.1%)	10:28	5.7 (56.4%)
301	SZYNKLEWSKI Maciej	121	QUAY POZNAŃ	M-50	33	01:50:24	03:58:09	06:03:54	08:43:36.65	+03:45:57 (43.2%)	10:28	5.7 (56.4%)
302	KUROWSKI Aleksander	323		M-40	125	01:50:46	04:00:17	05:52:34	08:43:53.40	+03:46:14 (43.2%)	10:28	5.7 (56.4%)
303	NOWAK Katarzyna	90	TIM JEST TIM	K-30	26	01:58:06	04:12:46	06:06:34	08:44:11.40	+03:46:32 (43.2%)	10:29	5.7 (56.4%)
304	NOWAK Marcin	219	TIM JEST TIM	M-30	63	01:58:09	04:12:50	06:06:44	08:44:13.40	+03:46:34 (43.2%)	10:29	5.7 (56.4%)
305	CHOLEWIŃSKA Longina	138	HERNIK TEAM	K-50	3	01:55:17	04:08:07	06:01:29	08:44:21.15	+03:46:42 (43.2%)	10:29	5.7 (56.4%)
306	CHOLEWIŃSKI Wojciech	163	HERNIK TEAM	M-50	34	01:55:18	04:08:06	06:01:28	08:44:21.65	+03:46:42 (43.2%)	10:29	5.7 (56.4%)
307	GOCAŁ Marek	470		M-40	126	01:50:25	04:02:05	06:05:03	08:44:42.95	+03:47:04 (43.3%)	10:29	5.7 (56.4%)
308	KOWALEWSKI Grzegorz	324		M-50	35	01:55:24	04:15:28	06:04:14	08:45:37.95	+03:47:59 (43.4%)	10:30	5.7 (56.4%)
309	BUBICZ Krzysztof	354	BIEGAJĄCY ŚWIDNIK	M-40	127	01:53:42	04:12:43	06:08:16	08:45:45.65	+03:48:06 (43.4%)	10:30	5.7 (56.4%)
310	TABISZ Marlena	350		K-40	39	02:01:08	04:12:09	06:02:58	08:46:23.70	+03:48:44 (43.5%)	10:31	5.7 (56.4%)
311	JASIŃSKI Marcin	410		M-40	128	01:49:03	03:56:29	05:57:24	08:48:30.15	+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 Łąka 27.3km	Batorow 37.9km				
312	NORKOWSKA Aleksandra	166	ORANGE POLSKA	K-40	40	02:02:16	04:22:27	06:19:21	08:48:47.65	+03:51:08 (43.7%)	10:34	5.7 (56.4%)
313	MALUNG Jarosław	472		M-50	36	01:49:02	03:57:40	06:02:18	08:48:58.95	+03:51:20 (43.7%)	10:34	5.7 (56.4%)
314	SOSZYŃSKI Piotr	535	GAZELE NA STARCIE	M-40	129	01:57:25	04:08:20	06:06:49	08:50:09.80	+03:52:30 (43.9%)	10:36	5.7 (56.4%)
315	ROZWADOWSKI Robert	268	DRUŻYNA SZPIKU	M-40	130	01:46:14	03:57:40	05:58:00	08:50:24.90	+03:52:45 (43.9%)	10:36	5.7 (56.4%)
316	STASZEWSKI Dariusz	489		M-30	64	02:00:26	04:20:54	06:12:18	08:52:06.30	+03:54:27 (44.1%)	10:38	5.6 (55.4%)
317	GÓRSKI Marcin	128		M-40	131	02:01:10	04:16:37	06:11:59	08:54:11.75	+03:56:32 (44.3%)	10:41	5.6 (55.4%)
318	GRABOWSKA Dagmara	25	SUT STRASZYN ULTRA TEAM	K-40	41	02:00:43	04:15:09	06:10:48	08:54:39.10	+03:57:00 (44.3%)	10:41	5.6 (55.4%)
319	CZAPIGA Robert	174	ZAWSZE Z GŁOWĄ...	M-50	37	01:55:33	04:09:42	06:09:22	08:54:40.10	+03:57:01 (44.3%)	10:41	5.6 (55.4%)
320	WALIGÓRSKI Ryszard	34	WOLSZTYŃSKI KLUB BIEGOWY	M-60	9	01:58:31	04:04:58	05:44:54	08:55:23.00	+03:57:44 (44.4%)	10:42	5.6 (55.4%)
321	GLINA-KRAWCZYK Małgorzata	92	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	K-40	42	02:06:48	04:23:44	06:19:07	08:56:01.50	+03:58:22 (44.5%)	10:43	5.6 (55.4%)
322	KRÓL-PIDANTY Marzena	84		K-40	43	01:59:47	04:20:27	06:14:39	08:56:40.60	+03:59:01 (44.5%)	10:44	5.6 (55.4%)
323	WIŚNIEWSKA Barbara	272	SPARTA RUNNERS	K-30	27	02:04:47	04:27:57	06:21:57	08:57:56.55	+04:00:17 (44.7%)	10:45	5.6 (55.4%)
324	WESOŁOWSKA Katarzyna	301	ORANGE POLSKA	K-40	44	01:55:15	04:15:41	06:12:02	08:58:16.50	+04:00:37 (44.7%)	10:45	5.6 (55.4%)
325	PŁOCICA Anna	476	POLSKA	K-40	45	02:04:12	04:23:08	06:25:33	08:58:37.80	+04:00:58 (44.7%)	10:46	5.6 (55.4%)
326	STELMACH Damian	86	DOGOŃ GRODZISK MAZOWIECKI	M-40	132	02:24:26	04:28:39	06:15:52	08:59:52.15	+04:02:13 (44.9%)	10:47	5.6 (55.4%)
327	BAKALARSKA Mariola	534	TEAM BIEGOWY WARIAT RUNNING TEAM	K-50	4	02:01:25	04:16:50	06:18:05	09:01:09.15	+04:03:30 (45.0%)	10:49	5.5 (54.5%)
328	BURDAJEWICZ Magdalena	46		K-40	46	02:00:31	04:17:50	06:13:06	09:01:46.85	+04:04:07 (45.1%)	10:50	5.5 (54.5%)
329	LIS Mirosław	239		M-40	133	02:00:35	04:15:58	06:12:43	09:01:48.20	+04:04:09 (45.1%)	10:50	5.5 (54.5%)
330	SZEWCZYK Mariusz	293	#KUBAPIECHTEAM	M-40	134	01:56:24	04:11:29	06:05:48	09:01:48.90	+04:04:09 (45.1%)	10:50	5.5 (54.5%)
331	ŁASKAWSKA Justyna	207		K-40	47	02:04:38	04:28:41	06:27:30	09:02:31.85	+04:04:52 (45.1%)	10:51	5.5 (54.5%)
332	KUSZTELSKA Lucyna	413		K-40	48	01:57:40	04:18:13	06:19:25	09:03:22.80	+04:05:43 (45.2%)	10:52	5.5 (54.5%)
333	LEŚNIEWSKI Sławomir	254	PARKRUN SŁODOWO,WŁOCLAWEK	M-50	38	01:52:40	04:10:57	06:12:22	09:03:55.20	+04:06:16 (45.3%)	10:52	5.5 (54.5%)
334	MICHALSKA Joanna	444	VELUX	K-40	49	02:03:50	04:28:46	06:33:11	09:04:12.70	+04:06:33 (45.3%)	10:53	5.5 (54.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking Kształtna			Czas netto	Różn	Tempo min/km	Tempo km/h
						14.4km	27.3km	37.9km				
335	MICHALSKI Adam	445		M-40	135	02:03:50	04:28:46	06:33:11	09:04:13.80	+04:06:34 (45.3%)	10:53	5.5 (54.5%)
336	DOBROCHOWSKI Marek	258	STRZEGOMSKA DWUNASTKA	M-30	65	01:57:34	04:13:04	06:15:15	09:08:26.35	+04:10:47 (45.7%)	10:58	5.5 (54.5%)
337	GNOT Katarzyna	508	SPARTANIE DZIECIOM	K-40	50	02:03:50	04:23:43	06:24:33	09:10:59.15	+04:13:20 (46.0%)	11:01	5.4 (53.5%)
338	MACZUGA Monika	287		K-30	28	02:03:50	04:23:43	06:24:32	09:11:17.75	+04:13:38 (46.0%)	11:01	5.4 (53.5%)
339	OSOWSKI Szymon	306		M-30	66	01:54:22	04:10:49	06:15:46	09:11:49.35	+04:14:10 (46.1%)	11:02	5.4 (53.5%)
340	KOCHMAŃSKA Marta	222	SOWY	K-30	29	01:52:45	04:13:18	06:20:03	09:12:09.30	+04:14:30 (46.1%)	11:02	5.4 (53.5%)
341	BAKOWSKI Tomasz	15	AUTOLIV RUN TEAM OŁAWA	M-40	136	01:57:45	04:21:35	06:22:12	09:12:27.30	+04:14:48 (46.1%)	11:02	5.4 (53.5%)
342	MIREK Waldemar	173	EASY RUN	M-60	10	01:59:46	04:26:09	06:25:23	09:14:30.90	+04:16:51 (46.3%)	11:05	5.4 (53.5%)
343	JURKIEWICZ Dominik	519		M-30	67	01:56:01	04:16:11	06:18:27	09:14:49.55	+04:17:10 (46.4%)	11:05	5.4 (53.5%)
344	KULDANEK Marcin	63	DOGOŃ GRODZISK MAZOWIECKI	M-40	137	02:03:29	04:32:23	06:28:26	09:15:31.70	+04:17:52 (46.4%)	11:06	5.4 (53.5%)
345	WRÓBEL Sebastian	100	GEMINI TEAM	M-40	138	01:57:39	04:16:50	06:22:10	09:17:39.45	+04:20:00 (46.6%)	11:09	5.4 (53.5%)
346	ZYDORCZAK Mateusz	58		M-40	139	01:53:02	04:03:31	06:18:19	09:19:46.70	+04:22:07 (46.8%)	11:11	5.4 (53.5%)
347	KOCHAŃSKA Joanna	349	KOCHASIA	K-40	51	02:08:17	04:35:22	06:34:20	09:20:33.85	+04:22:54 (46.9%)	11:12	5.4 (53.5%)
348	ZYGMUNT Monika	420		K-40	52	02:13:39	04:36:44	06:55:03	09:22:24.60	+04:24:45 (47.1%)	11:14	5.3 (52.5%)
349	GAWLIK Sylwia	367		K-40	53	02:13:36	04:36:46	06:55:01	09:22:26.25	+04:24:47 (47.1%)	11:14	5.3 (52.5%)
350	MARCINIAK Maciej	114	MM-PROJEKT	M-40	140	02:04:17	04:26:51	06:28:50	09:23:05.00	+04:25:26 (47.1%)	11:15	5.3 (52.5%)
351	FRAĆKOWIAK Dominik	303		M-30	68	01:59:04	04:27:58	06:30:04	09:23:29.15	+04:25:50 (47.2%)	11:16	5.3 (52.5%)
352	ZAŁUSKA Paulina	184		K-30	30	01:48:36	04:05:24	06:20:21	09:27:54.75	+04:30:15 (47.6%)	11:21	5.3 (52.5%)
353	KROPIAK Katarzyna	317	VEGE RUNNERS	K-30	31	02:09:22	04:34:25	06:37:22	09:27:56.70	+04:30:17 (47.6%)	11:21	5.3 (52.5%)
354	PETRUS Karolina	504		K-30	32	02:04:46	04:31:19	06:33:58	09:31:10.60	+04:33:31 (47.9%)	11:25	5.3 (52.5%)
355	SZYGENDA Waldemar	397		M-50	39	02:04:30	04:30:09	06:33:03	09:31:13.00	+04:33:34 (47.9%)	11:25	5.3 (52.5%)
356	ADAMIAK Marta	146	RUN4GOLD	K-30	33	02:11:31	04:36:42	06:35:23	09:31:26.65	+04:33:47 (47.9%)	11:25	5.2 (51.5%)
357	FLORCZAK Monika	265		K-30	34	02:06:38	04:37:01	06:36:30	09:31:36.75	+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 Łąka 27.3km	Batorow 37.9km				
358	KALBARCZYK Beata	126	ORANGE POLSKA	K-50	5	02:05:48	04:40:52	06:39:09	09:32:01.60	+04:34:22 (48.0%)	11:26	5.2 (51.5%)
359	KWIECIEŃ Zbigniew	393	FAUDANA	M-60	11	02:13:42	04:41:08	06:39:19	09:32:49.25	+04:35:10 (48.0%)	11:27	5.2 (51.5%)
360	BOŹKIEWICZ Jacek	94		M-40	141	02:03:44	04:26:31	06:32:11	09:33:22.30	+04:35:43 (48.1%)	11:28	5.2 (51.5%)
361	BOŹKIEWICZ Patrycja	151	PIEKIELNIE ZGRANI	K-40	54	02:03:46	04:26:36	06:32:15	09:33:23.15	+04:35:44 (48.1%)	11:28	5.2 (51.5%)
362	SZEJKA Katarzyna	243		K-40	55	02:09:49	04:43:57	06:53:26	09:35:13.15	+04:37:34 (48.3%)	11:30	5.2 (51.5%)
363	KORZENIOWSKA Małgorzata	97	METLIFE RUN	K-40	56	02:09:49	04:44:00	06:53:28	09:35:13.85	+04:37:34 (48.3%)	11:30	5.2 (51.5%)
364	PRUCHNIEWSKA Agnieszka	200		K-40	57	02:08:37	04:35:25	06:41:25	09:36:12.35	+04:38:33 (48.3%)	11:31	5.2 (51.5%)
365	IWANIEC Ewa	164		K-40	58	02:09:58	04:43:57	06:53:28	09:37:07.35	+04:39:28 (48.4%)	11:32	5.2 (51.5%)
366	DABROWSKI Michał	71	ULTRAPOŚLADACH / TEAM ZABIEGANEDNI	M-40	142	02:03:09	04:44:08	06:51:39	09:40:07.05	+04:42:28 (48.7%)	11:36	5.2 (51.5%)
367	WILK Magdalena	106	UTRAPOŚLADACH/ TEAM ZABIEGANEDNI	K-40	59	02:06:44	04:44:25	06:51:38	09:40:08.00	+04:42:29 (48.7%)	11:36	5.2 (51.5%)
368	PIECUCH Małgorzata	73		K-60	1	02:06:19	04:35:18	06:47:34	09:41:21.95	+04:43:43 (48.8%)	11:37	5.2 (51.5%)
369	KUNCEWICZ Sławomir	64	CHATKABIEGACZA	M-40	143	02:08:47	04:33:46	06:52:14	09:42:36.20	+04:44:57 (48.9%)	11:39	5.1 (50.5%)
370	MACIOŁ Sebastian	364	TTA BIERUŃ	M-40	144	01:57:34	04:32:00	06:40:38	09:44:01.90	+04:46:22 (49.0%)	11:40	5.1 (50.5%)
371	PLASZCZAK Jarosław	108	PIEKIELNIE ZGRANI	M-40	145	01:56:26	04:19:46	06:36:05	09:44:25.30	+04:46:46 (49.1%)	11:41	5.1 (50.5%)
372	KOWALSKI Wojciech	521	KLUB MOGILNO TEAM	M-40	146	02:06:19	04:39:59	06:54:03	09:46:25.30	+04:48:46 (49.2%)	11:43	5.1 (50.5%)
373	BAJOŁEK Aleksandra	26	AZS AWF MASTERS	K-50	6	02:15:16	04:44:44	06:52:57	09:46:36.70	+04:48:57 (49.3%)	11:43	5.1 (50.5%)
374	PRZESPOLEWSKI Rafał	123	ULTRA WIEŚ STUDZHENIEC	M-40	147	02:07:06	04:42:49	06:52:57	09:48:30.45	+04:50:51 (49.4%)	11:46	5.1 (50.5%)
375	KORNAŚ Marcin	230	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	M-40	148	02:13:02	04:46:52	07:01:20	09:50:59.80	+04:53:20 (49.6%)	11:49	5.1 (50.5%)
376	MIERZEJEWSKI Robert	259	CENTRUM SZKOLENIA WOJSK LĄDOWYCH	M-40	149	01:55:49	04:09:28	06:19:45	09:52:31.80	+04:54:52 (49.8%)	11:51	5.1 (50.5%)
377	MARUSZAK Darek	477	DOGOŃ GRODZISK MAZOWIECKI	M-40	150	01:53:58	04:08:53	06:26:28	09:53:29.00	+04:55:50 (49.8%)	11:52	5.1 (50.5%)
378	RAJEK Barbara	250		K-40	60	02:05:42	04:37:51	06:56:12	09:55:20.40	+04:57:41 (50.0%)	11:54	5 (49.5%)
379	RAJEK Sebastian	244		M-40	151	02:05:23	04:37:49	06:56:04	09:55:21.05	+04:57:42 (50.0%)	11:54	5 (49.5%)
380	CZOSKA Przemysław	419	JARBUD	M-30	69	02:20:44	04:57:25	07:07:13	10:01:07.50	+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	SIKORSKA Agnieszka	426		K-30	35	02:20:42	04:57:22	07:07:11	10:03:08.25	+05:05:29 (50.6%)	12:03	5 (49.5%)
382	GŁUSZCZAK Jerzy	346		M-60	12	02:09:00	04:38:47	06:59:51	10:03:37.05	+05:05:58 (50.7%)	12:04	5 (49.5%)
383	JUDKOWIAK Michał	12		M-40	152	02:03:20	04:43:43	06:55:36	10:05:58.25	+05:08:19 (50.9%)	12:07	5 (49.5%)
384	BANAŚ Marcin	386		M-40	153	02:07:23	04:47:52	07:07:48	10:06:38.55	+05:08:59 (50.9%)	12:07	4.9 (48.5%)
385	DUDEK Krzysztof	195	STRZEGOMSKA DWUNASTKA	M-40	154	02:12:50	04:53:55	07:12:05	10:08:05.90	+05:10:26 (51.1%)	12:09	4.9 (48.5%)
386	KÜCHLER Paweł	423		M-20	8	02:20:40	04:57:52	07:07:13	10:11:03.40	+05:13:24 (51.3%)	12:13	4.9 (48.5%)
387	SMORAĞIEWICZ Marcin	212		M-40	155	02:27:08	05:04:46	07:19:10	10:16:47.80	+05:19:08 (51.7%)	12:20	4.9 (48.5%)
388	ZAJĄC Andrzej	105	DRUŻYNA SZPIKU	M-40	156	02:11:38	04:51:19	07:10:06	10:21:56.30	+05:24:17 (52.1%)	12:26	4.8 (47.5%)
389	KOWALCZYK Dariusz	49	LUCKY LUZERS	M-40	157	02:07:48	04:48:35	07:14:00	10:23:37.80	+05:25:58 (52.3%)	12:28	4.8 (47.5%)
390	BEDNARCZYK Daria	191		K-40	61	02:19:04	04:57:31	07:15:48	10:25:36.80	+05:27:57 (52.4%)	12:30	4.8 (47.5%)
391	BERNAS-KUJAWIŃSKA Magdalena	6		K-40	62	02:12:00	04:57:02	07:17:50	10:26:03.20	+05:28:24 (52.5%)	12:31	4.8 (47.5%)
392	NASTAWSKA Monika	8		K-40	63	02:12:00	04:57:05	07:17:48	10:26:07.30	+05:28:28 (52.5%)	12:31	4.8 (47.5%)
393	SULIGA Paweł	141		M-40	158	02:03:44	04:29:02	06:43:30	10:26:17.75	+05:28:38 (52.5%)	12:31	4.8 (47.5%)
394	JAROSZ Michał	435	WGIM	M-30	70	02:25:18	05:13:50	07:39:33	10:40:46.85	+05:43:07 (53.5%)	12:48	4.7 (46.5%)
395	JASKOT Joanna	261	HARPAGAN BEAST	K-30	36	02:25:20	05:13:55	07:39:34	10:41:00.15	+05:43:21 (53.6%)	12:49	4.7 (46.5%)
396	KRZYWAK Anna	286		K-40	64	02:24:27	05:19:48	07:41:43	10:41:03.65	+05:43:24 (53.6%)	12:49	4.7 (46.5%)
397	GRABOWSKA Edyta	434	WGIM JAWORZNO	K-40	65	02:25:20	05:13:57	07:39:33	10:41:05.40	+05:43:26 (53.6%)	12:49	4.7 (46.5%)
398	ORACKA Agnieszka	170	DOGOŃ GRODZISK MAZOWIECKI / 65 BATALION PIECHOTY LEKKIEJ	K-30	37	02:23:40	05:18:49	07:38:45	10:42:47.30	+05:45:08 (53.7%)	12:51	4.7 (46.5%)
399	MASTALERSKI Dariusz	531	65 BATALION PIECHOTY LEKKIEJ	M-40	159	02:23:25	05:18:43	07:38:46	10:42:47.35	+05:45:08 (53.7%)	12:51	4.7 (46.5%)
400	RUDNICKA Agata	193		K-50	7	02:19:18	05:17:45	07:39:57	10:52:57.90	+05:55:18 (54.4%)	13:03	4.6 (45.5%)
401	KRUSZKA Stanisław	159		M-40	160	02:09:33	05:13:44	07:51:32	10:59:40.00	+06:02:01 (54.9%)	13:11	4.5 (44.6%)
402	URBAN Sylwia	179	NIGHT RUNNERS	K-30	38	02:18:34	05:34:19	08:05:28	11:25:23.05	+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	Łąka 27.3km	Batorow 37.9km				
403	RZEPKA Mirek	375		M-60	13	02:30:22	05:33:39	08:07:07	11:26:03.05	+06:28:24 (56.6%)	13:43	4.4 (43.6%)
404	KWIT Anna	322		K-40	66	02:29:02	05:34:41	08:06:09	11:26:58.65	+06:29:19 (56.7%)	13:44	4.4 (43.6%)
405	ZAJĄC Krzysztof	213	BEZULTRADZIKI/WKURW_TEAM	M-40	161	02:23:04	05:22:50	08:00:14	11:28:22.85	+06:30:43 (56.8%)	13:46	4.4 (43.6%)
406	MIŚKIEWICZ Wojciech	83		M-30	71	02:35:43	05:41:14	08:12:33	11:31:57.65	+06:34:18 (57.0%)	13:50	4.3 (42.6%)
407	FORMELA Justyna	116		K-40	67	02:35:33	05:40:59	08:12:10	11:32:07.75	+06:34:28 (57.0%)	13:50	4.3 (42.6%)
408	WIERZBOWY Przemek	502		M-30	72	01:21:44				+00:07:42	5:40	10.6 (105.0%)
409	GIERAT Karol	536		M-20	9	01:56:07				+00:42:05	8:03	7.4 (73.3%)
410	PLASZCZAK Bogumiła	142	PIEKIELNIE ZGRANI	K-40	68	02:29:12				+01:15:10	10:21	5.8 (57.4%)
	WOŹNIAK Waldemar	538	EBIEGI.PL	M-40		02:01:40 DNF	04:22:44 DNF	06:40:57 DNF	DNF		-	- (0.0%)
	MERTAS Dominik	41		M-40		02:16:28 DNF	04:51:25 DNF	07:09:51 DNF	DNF		-	- (0.0%)
	WIŚNIEWSKA Ewa	382		K-50		02:13:42 DNF	04:36:50 DNF	07:19:34 DNF	DNF		-	- (0.0%)
	KUDEŁKA Janusz	232		M-50		02:18:37 DNF	05:03:35 DNF	07:30:17 DNF	DNF		-	- (0.0%)
	TRUSIAK Agnieszka	353	NIGHT WOLVES ULTRA RUNNERS	K-40		02:25:15 DNF	05:07:57 DNF	08:11:11 DNF	DNF		-	- (0.0%)
	BOŚ Grzegorz	417	CIASTKI RUNNING TEAM	M-40		02:25:25 DNF	05:08:06 DNF	08:11:21 DNF	DNF		-	- (0.0%)
	MUCHAJER Dawid	270	CSWLĄD POZNAŃ	M-40		01:48:54 DNF	04:01:35 DNF	DNF	DNF		-	- (0.0%)
	SZARANIEC Sebastian	91	T-MOBILE SPORT TEAM	M-40		01:46:22 DNF	DNF	DNF	DNF		-	- (0.0%)
	PROCHNO Piotr	495	ANWIL TEAM	M-30		DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 419 wynik(ów)