



SUPERMARATON
GÓR
STOŁOWYCH

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Supermaraton Gór Stołowych 2022
Fundacja Maratony Górskie
2022-06-25
Karłów
54.7 km

SGS ULTRA 54KM

B4SPORT
INTELEKTUALNE ZAWODY SPORTOWE

B4SPORT
INTELEKTUALNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czechy 13.9km	Czechy 22.9km	Pasterka 33.7km	Parking 40.9km	Błędne Skały 47.7km	Czas netto 54.7km	Czas brutto 54.7km	Różn	Tempo min/km	Tempo km/h
1	BOULKHALF Abdellatif	554	KB WIKON NOWA SÓL	M-30	1	01:10:18	02:04:23	03:00:35	03:51:04	04:29:13	05:22:26.80	05:22:34.05		5:53	10.2 (100%)
2	PAWŁOWSKI Marcin	359		M-40	1	01:13:28	02:07:02	03:01:50	03:52:43	04:33:57	05:27:20.40	05:27:21.90	+00:04:47 (1.5%)	5:59	10 (98.0%)
3	MASIAREK Maciej	292		M-20	1	01:10:08	02:04:52	03:01:57	03:55:04	04:34:49	05:29:16.55	05:29:19.50	+00:06:45 (2.1%)	6:01	10 (98.0%)
4	NEHRING Karol	323		M-20	2	01:14:57	02:13:02	03:13:00	04:08:23	04:48:37	05:42:35.95	05:42:37.75	+00:20:03 (5.9%)	6:15	9.6 (94.1%)
5	NICPOŃ Sebastian	325	KARKONOSZ RUNNING TEAM	M-20	3	01:14:33		03:09:39	04:12:51	04:56:49	05:56:00.90	05:56:07.80	+00:33:33 (9.4%)	6:30	9.2 (90.2%)
6	MAŃCZAK Filip	289	AKTYWNI RAZEM	M-40	2	01:16:47	02:17:59	03:22:21	04:24:12	05:10:49	06:09:26.40	06:09:28.65	+00:46:54 (12.7%)	6:45	8.9 (87.3%)
7	SIERADZKI Krzysztof	414	PRZEDWOJEWSKI TEAM	M-30	2	01:16:51	02:17:35	03:21:46	04:25:09	05:10:57	06:12:10.00	06:12:12.30	+00:49:38 (13.3%)	6:48	8.8 (86.3%)
8	MATUSIAK Daniel	294		M-30	3	01:18:16	02:20:25	03:25:17	04:24:46	05:10:53	06:15:47.25	06:15:51.75	+00:53:17 (14.2%)	6:52	8.7 (85.3%)
9	SOCHA Seweryn	431	SII RUNNING TEAM	M-30	4	01:23:25	02:27:39	03:32:41	04:34:57	05:18:26	06:16:52.10	06:16:58.55	+00:54:24 (14.4%)	6:53	8.7 (85.3%)
10	NIEPALA Jacek	327	OBORYGENI	M-30	5	01:22:41	02:28:52	03:34:19	04:35:38	05:20:31	06:23:14.10	06:23:16.50	+01:00:42 (15.8%)	7:00	8.6 (84.3%)
11	TARNOWSKI Maciej	472	MM POWER / KOLIBER TEAM	M-40	3	01:23:34	02:28:41	03:34:57	04:36:48	05:22:44	06:24:16.70	06:24:22.10	+01:01:48 (16.1%)	7:01	8.5 (83.3%)
12	GRZESIEK Góral	132	HEJ HEJ GURALU	M-30	6	01:20:41	02:23:46	03:31:55	04:34:45	05:23:05	06:25:32.05	06:25:37.15	+01:03:03 (16.4%)	7:02	8.5 (83.3%)
13	BARTOSZEWSKI Grzegorz	18	TEAM RÓŻOWEJ PELERYNKI	M-40	4	01:23:24	02:28:34	03:36:01	04:42:49	05:29:40	06:31:24.35	06:31:43.75	+01:09:09 (17.7%)	7:09	8.4 (82.4%)
14	ROGÓRZ Piotr	396		M-40	5	01:27:48	02:34:33	03:38:33	04:45:59	05:35:53	06:35:20.65	06:35:25.75	+01:12:51 (18.4%)	7:13	8.3 (81.4%)
15	RYŁKO Krzysztof	406	ZADYSZKA OŚWIĘCIM/KS KANDAHAR	M-40	6	01:28:02	02:36:43	03:45:32	04:52:03	05:37:07	06:38:19.85	06:38:21.20	+01:15:47 (19.0%)	7:16	8.2 (80.4%)
16	MIKEŠOVÁ Jana	307	SALMING CZ	K-30	1	01:25:42	02:36:31	03:47:23	04:51:02	05:37:26	06:41:52.35	06:41:53.60	+01:19:19 (19.7%)	7:20	8.2 (80.4%)
17	WIERZBOWY Przemek	513	KOKO DŻAMBO I DO PRZODU	M-30	7	01:22:35	02:27:55	03:33:29	04:48:09	05:37:59	06:42:05.45	06:42:10.20	+01:19:36 (19.8%)	7:21	8.2 (80.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czechy					Błędne	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						13.9km	22.9km	Pasterka 33.7km	Parking 40.9km	47.7km	54.7km	54.7km				
18	BUJAK Krzysztof	46		M-30	8	01:25:23	01:47:55	03:48:49	04:55:11	05:39:44	06:42:05.90	06:42:10.40	+01:19:36 (19.8%)	7:21	8.2 (80.4%)	
19	TOPOLSKI Marcin	481	CZŁOWIEK KTÓRY NIE BOI SIĘ CHUCKA NORRISA	M-40	7	01:27:56	02:36:07	03:45:29	04:52:03	05:39:16	06:43:37.60	06:43:45.90	+01:21:11 (20.1%)	7:22	8.1 (79.4%)	
20	GRZESICA Paweł	131	BOŻY ULTRAS	M-40	8	01:20:35	02:01:07	03:42:32	04:54:34	05:44:43	06:48:52.25	06:48:54.85	+01:26:20 (21.1%)	7:28	8 (78.4%)	
21	WIECZOREK Łukasz	510		M-30	9	01:23:22	02:30:19	03:41:54	04:51:55	05:45:37	06:50:52.55	06:50:55.35	+01:28:21 (21.5%)	7:30	8 (78.4%)	
22	POLAŃSKI Sławomir	373	LACHO TEAM	M-30	10	01:23:42	02:29:25	03:42:46	04:53:11	05:43:42	06:51:17.60	06:51:23.55	+01:28:49 (21.6%)	7:31	8 (78.4%)	
23	WŁODARCZYK Jarosław	524	KARKONOSZ RUNNING TEAM	M-40	9	01:20:03	02:24:12	03:40:06	04:48:54	05:43:35	06:52:37.70	06:52:43.40	+01:30:09 (21.8%)	7:32	8 (78.4%)	
24	DOMAGAŁA Grzegorz	80		M-30	11	01:24:34	02:34:32	03:47:38	04:57:03	05:47:43	06:55:24.85	06:55:34.20	+01:33:00 (22.4%)	7:35	7.9 (77.5%)	
25	CIURASZKIEWICZ Andrzej	60		M-40	10	01:34:56	02:48:53	04:04:49	05:11:34	05:59:50	07:03:08.95	07:03:19.35	+01:40:45 (23.8%)	7:44	7.8 (76.5%)	
26	SKRZYNIARZ Marek	423		M-40	11	01:27:49	02:41:34	03:54:29	05:04:59	05:54:58	07:05:43.10	07:05:48.20	+01:43:14 (24.2%)	7:46	7.7 (75.5%)	
27	KRUPA Marcin	207	AKTYWNA NOWA RUDA	M-40	12	01:19:00	02:25:36	03:43:51	05:06:50	06:03:20	07:10:48.80	07:10:51.10	+01:48:17 (25.1%)	7:52	7.6 (74.5%)	
28	JARZĘBOWICZ Paweł	164	ZADYSZKA OŚWIĘCIM	M-40	13	01:43:20	03:00:32	04:09:06	05:19:00	06:08:50	07:12:21.30	07:12:25.40	+01:49:51 (25.4%)	7:54	7.6 (74.5%)	
29	WINIECKI Tomasz	519	IRON HOUSE TRIATHLON WŁOCŁAWEK	M-40	14	01:27:24	02:33:51	03:44:52	04:58:55	05:56:49	07:12:57.70	07:13:02.00	+01:50:27 (25.5%)	7:54	7.6 (74.5%)	
30	DASZEWSKI Filip	72	ICT POLAND	M-20	4	01:27:54	02:41:32	03:59:15	05:12:02	06:03:19	07:13:06.20	07:13:12.65	+01:50:38 (25.5%)	7:55	7.6 (74.5%)	
31	CARUK Damian	51	PGN NIERUCHOMOŚCI	M-40	15	01:33:43	02:49:34	04:03:24	05:15:28	06:06:52	07:13:43.85	07:13:50.55	+01:51:16 (25.6%)	7:55	7.6 (74.5%)	
32	GŁOWACKI Stefan	110		M-40	16	01:25:14	02:38:46	03:57:05	05:10:23	06:03:25	07:15:30.80	07:15:35.55	+01:53:01 (25.9%)	7:57	7.5 (73.5%)	
33	GŁOWACKI Artur	109	KGHM ZG RUN	M-40	17	01:26:01	02:38:55	03:54:12	05:08:52	06:04:42	07:15:56.55	07:16:00.65	+01:53:26 (26.0%)	7:58	7.5 (73.5%)	
34	JAKOWSKI Mateusz	155		M-20	5	01:21:10	02:32:58	03:49:05	05:03:20	06:01:19	07:16:16.55	07:16:22.25	+01:53:48 (26.1%)	7:58	7.5 (73.5%)	
35	HOFMAŃSKI Rafał	144		M-30	12	01:32:12	02:44:45	04:00:49	05:11:56	06:05:14	07:16:12.00	07:16:23.60	+01:53:49 (26.1%)	7:58	7.5 (73.5%)	
36	WIĘCŁAW Paweł	514	WOLSKI KOLEKTYW BIEGOWY	M-30	13	01:39:24	02:53:14	04:07:12	05:19:06	06:10:11	07:16:40.15	07:16:50.90	+01:54:16 (26.2%)	7:58	7.5 (73.5%)	
37	KOSECKI Krzysztof	217	SG	M-30	14	01:34:33	02:50:51	04:05:51	05:16:08	06:08:05	07:17:03.80	07:17:10.40	+01:54:36 (26.2%)	7:59	7.5 (73.5%)	
38	KOŁECKA Patrycja	209	PIĄTKOWO NA BIEGOWO	K-40	1	01:34:36	02:50:11	04:03:23	05:18:17	06:10:17	07:17:42.30	07:17:47.65	+01:55:13 (26.3%)	8:00	7.5 (73.5%)	
39	HEŁMECKI Artur	558		M-40	18	01:32:38	02:49:05	04:04:51	05:19:20	06:09:59	07:18:45.40	07:18:52.00	+01:56:17 (26.5%)	8:01	7.5 (73.5%)	
40	BUDYNEK Tadeusz	43	ALVO RACING TEAM	M-40	19	01:35:59	03:00:45	04:09:25	05:15:07	06:06:16	07:18:52.90	07:19:08.95	+01:56:34 (26.5%)	8:01	7.5 (73.5%)	
41	BOROWCZYK Jacek	36	ANTEK TEAM	M-50	1	01:34:25	02:48:41	04:03:26	05:16:05	06:07:38	07:18:55.85	07:19:38.10	+01:57:04 (26.6%)	8:01	7.5 (73.5%)	
42	GORCZYŃSKI Norbert	119	KUDOWIANKA RUN	M-20	6	01:34:44	02:51:21	04:08:32	05:19:43	06:13:20	07:20:20.60	07:20:23.50	+01:57:49 (26.8%)	8:02	7.5 (73.5%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czechy		Pasterka	Parking	Błędne	Czas	Czas	Różn	Tempo min/km	Tempo km/h
						13.9km	22.9km			Skały	netto	brutto			
43	LUBAŃSKI Robert	268		M-50	2	01:34:27	02:51:12	04:09:43	05:22:26	06:12:58	07:22:19.20	07:22:24.90	+01:59:50 (27.1%)	8:05	7.4 (72.5%)
44	PAWLIK Jakub	358	BARTOSZ GORCZYCA TEAM #1X1	M-30	15	01:26:47	02:38:10	03:52:01	05:05:07	06:03:48	07:22:25.60	07:22:29.10	+01:59:55 (27.1%)	8:05	7.4 (72.5%)
45	ŁAMPIKA Kinga	272	NIGHT RUNNERS WROCŁAW	K-40	2	01:38:55	02:57:00	04:13:10	05:22:14	06:12:44	07:22:42.80	07:22:50.60	+02:00:16 (27.2%)	8:05	7.4 (72.5%)
46	KRYM Katarzyna	236	HERCOG RUNNING TEAM	K-40	3	01:39:22	02:57:41	04:13:56	05:22:57	06:14:07	07:22:50.20	07:22:57.40	+02:00:23 (27.2%)	8:05	7.4 (72.5%)
47	SUPERNAK Łukasz	447	BIEGAJ Z BANANEM	M-40	20	01:35:33	02:50:47	04:03:18	05:19:37	06:11:12	07:24:13.65	07:24:15.60	+02:01:41 (27.4%)	8:07	7.4 (72.5%)
48	MĘDRYKOWSKI Damian	300		M-30	16	01:35:38	02:06:15	04:07:04	05:21:38	06:14:24	07:24:33.30	07:24:45.40	+02:02:11 (27.5%)	8:07	7.4 (72.5%)
49	KRZESINSKI Dariusz	239	ORANGE POLSKA	M-40	21	01:34:59	02:50:40	04:07:01	05:21:12	06:13:54	07:24:51.20	07:25:05.70	+02:02:31 (27.5%)	8:07	7.4 (72.5%)
50	WANDEL Piotr	499	NOA	M-40	22	01:27:37	02:43:35	04:03:54	05:19:42	06:14:24	07:27:44.25	07:27:49.10	+02:05:15 (28.0%)	8:11	7.3 (71.6%)
51	BROK Jacek	39		M-50	3	01:34:35	02:46:16	04:04:37	05:23:13	06:16:14	07:27:41.40	07:27:50.85	+02:05:16 (28.0%)	8:11	7.3 (71.6%)
52	WOŹNIAK Maria	534	SKAWINA BIEGA	K-30	2	01:35:30	02:50:52	04:08:35	05:22:21	06:14:09	07:28:52.75	07:28:57.20	+02:06:23 (28.2%)	8:12	7.3 (71.6%)
53	KOZIEŁ Piotr	230	DOGOŃ GRODZISK MAZOWIECKI	M-30	17	01:28:00	02:44:29	04:03:07	05:19:06	06:14:39	07:29:21.00	07:29:31.60	+02:06:57 (28.2%)	8:12	7.3 (71.6%)
54	GRABOŚ Nina	127		K-40	4	01:38:10	02:58:34	04:17:55	05:33:16	06:26:15	07:34:10.35	07:34:34.10	+02:12:00 (29.0%)	8:18	7.2 (70.6%)
55	SWĘDZIOŁ Robert	451	OLKUSZBIEGA.PL	M-50	4	01:34:55	02:49:02	04:03:16	05:19:01	06:18:30	07:36:05.95	07:36:12.25	+02:13:38 (29.3%)	8:20	7.2 (70.6%)
56	KUTYBA Mariusz	255	WOLNE ŚLIMAKI	M-40	23	01:33:48	02:49:41	04:07:10	05:24:17	06:23:47	07:36:39.85	07:36:46.85	+02:14:12 (29.4%)	8:20	7.2 (70.6%)
57	POPRAWSKI Paweł	376		M-30	18	01:36:47	02:56:27	04:15:53	05:28:38	06:25:42	07:36:59.25	07:37:09.80	+02:14:35 (29.4%)	8:21	7.2 (70.6%)
58	WASILEWSKI Marcin	502		M-30	19	01:38:14	02:53:40	04:09:51	05:22:28	06:16:55	07:37:23.15	07:37:35.95	+02:15:01 (29.5%)	8:21	7.2 (70.6%)
59	KUSZKA Michał	252	STS BIEGATON MIKOŁÓW	M-40	24	01:35:10	02:50:45	04:07:52	05:26:08	06:22:55	07:37:35.70	07:37:52.70	+02:15:18 (29.6%)	8:21	7.2 (70.6%)
60	ANDRUSZKIEWICZ Paweł	2		M-30	20	01:24:28	02:34:25	03:57:00	05:16:07	06:17:02	07:39:09.55	07:39:15.70	+02:16:41 (29.8%)	8:23	7.1 (69.6%)
61	KOCEMBA Kamil	205	KĘCKIE HARPAGANY	M-30	21	01:30:19	02:45:55	04:06:05	05:30:38	06:27:13	07:40:04.85	07:40:06.80	+02:17:32 (29.9%)	8:24	7.1 (69.6%)
62	KRÓL Marcin	234		M-40	25	01:40:31	02:56:31	04:15:58	05:34:15	06:29:05	07:40:24.20	07:40:24.20	+02:17:50 (29.9%)	8:25	7.1 (69.6%)
63	BŁĘDOWSKI Mariusz	33	COYOTE TEAM	M-40	26	01:33:59	02:54:38	04:18:02	05:31:34	06:26:30	07:41:39.95	07:41:39.95	+02:19:05 (30.1%)	8:26	7.1 (69.6%)
64	CHMIEL Piotr	54	PTT DELTA	M-30	22	01:40:48	02:57:32	04:13:08	05:28:58	06:24:43	07:41:43.85	07:42:41.20	+02:20:07 (30.3%)	8:26	7.1 (69.6%)
65	MIKOŁAJCZYK Tomasz	308	EXPLORADOR	M-40	27	01:34:55	02:57:29	04:17:26	05:40:40	06:36:01	07:42:48.35	07:42:56.05	+02:20:22 (30.3%)	8:27	7.1 (69.6%)
66	PAPUGA Dariusz	353	ZADYSZKA OŚWIĘCIM	M-50	5	01:34:01	02:54:56	04:13:03	05:36:44	06:29:56	07:43:56.25	07:43:58.10	+02:21:24 (30.5%)	8:28	7.1 (69.6%)
67	KMIECIAK Piotr	203	DROGA DO ULTRA	M-30	23	01:40:38	03:07:28	04:24:00	05:40:32	06:36:17	07:42:53.45	07:43:58.60	+02:21:24 (30.5%)	8:27	7.1 (69.6%)

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						Czechy 13.9km	Czechy 22.9km	Pasterka 33.7km	Parking 40.9km	Skały 47.7km	54.7km	54.7km			
68	KOZIEŁ Krzysztof	229		M-40	28	01:34:00	02:50:13	04:10:25	05:34:36	06:30:01	07:44:43.25	07:44:56.00	+02:22:21 (30.6%)	8:29	7.1 (69.6%)
69	CYBULSKI Piotr	62		M-40	29	01:45:27	03:13:09	04:31:07	05:46:28	06:35:58	07:44:31.00	07:45:12.45	+02:22:38 (30.7%)	8:29	7.1 (69.6%)
70	GUZERA Justyna	136	MATNER RUNNING TEAM	K-30	3	01:39:17	03:01:30	04:21:15	05:36:03	06:29:17	07:45:09.35	07:45:16.35	+02:22:42 (30.7%)	8:30	7.1 (69.6%)
71	KOŚCIELNIAK Wioletta	218	RUNNERS TEAM NYSA	K-40	5	01:36:44	02:52:17	04:12:13	05:25:31	06:22:48	07:46:21.40	07:46:44.50	+02:24:10 (30.9%)	8:31	7 (68.6%)
72	MARCINIAK Jakub	290	KOŹMIN BIEGA ULTRA RUNNERS	M-30	24	01:32:06	02:48:26	04:07:39	05:25:46	06:24:34	07:46:54.25	07:47:01.95	+02:24:27 (30.9%)	8:32	7 (68.6%)
73	HAKKE Gosia	140	BIEGAMDLAZDROWIA.PL	K-40	6	01:47:24	03:08:06	04:28:33	05:41:52	06:34:52	07:45:30.10	07:47:02.50	+02:24:28 (30.9%)	8:30	7.1 (69.6%)
74	AUGUSTYNIAK Małgorzata	5		K-40	7	01:39:00	03:00:34	04:18:49	05:37:09	06:31:15	07:47:21.20	07:47:30.20	+02:24:56 (31.0%)	8:32	7 (68.6%)
75	KRZEMIŃSKI Tomasz	238		M-40	30	01:35:27	02:50:49	04:10:17	05:34:36	06:32:01	07:48:32.05	07:48:54.90	+02:26:20 (31.2%)	8:33	7 (68.6%)
76	CHORAZKIEWICZ Damian	55	BIEGIEM PO MARZENIA TEAM	M-30	25	01:38:47	02:04:23	04:19:29	05:37:27	06:34:12	07:48:52.05	07:49:01.05	+02:26:27 (31.2%)	8:34	7 (68.6%)
77	RYCHTYK Dawid	405	140MINUT.PL	M-40	31	01:38:50	03:01:02	04:21:50	05:41:53	06:38:57	07:50:25.10	07:50:35.95	+02:28:01 (31.5%)	8:35	7 (68.6%)
78	JAŚKIEWICZ Rafał	168	COYOTE TEAM	M-40	32	01:38:12	03:01:09	04:19:51	05:40:24	06:36:47	07:50:48.40	07:50:56.50	+02:28:22 (31.5%)	8:36	7 (68.6%)
79	SYMULA Piotr	452	SAN ESCOBAR	M-50	6	01:36:08	02:55:09	04:18:44	05:32:17	06:26:45	07:51:39.70	07:51:59.55	+02:29:25 (31.7%)	8:37	7 (68.6%)
80	BANDUROWSKI Andrzej	11	KB SPOCENI NOWA SÓL	M-50	7	01:38:05	02:58:01	04:18:50	05:36:00	06:31:48	07:52:15.40	07:52:24.80	+02:29:50 (31.7%)	8:38	6.9 (67.6%)
81	BONIKOWSKI Tomasz	34		M-50	8	01:40:54	03:01:34	04:21:04	05:37:40	06:37:06	07:52:09.50	07:52:39.40	+02:30:05 (31.8%)	8:37	7 (68.6%)
82	RUSOŁ Tomasz	403	TROPEM ULTRA	M-30	26	01:31:13	02:48:36	04:16:10	05:38:38	06:38:45	07:53:49.90	07:54:11.75	+02:31:37 (32.0%)	8:39	6.9 (67.6%)
83	ORTYL Magdalena	342	ZABIEGANI MIELEC	K-30	4	01:47:05	03:09:25	04:28:49	05:46:31	06:42:08	07:53:52.10	07:55:01.55	+02:32:27 (32.1%)	8:39	6.9 (67.6%)
84	WOŁOSZYN Konrad	532	ADRENALINA TEAM	M-40	33	01:37:21	02:56:11	04:17:59	05:38:56	06:36:51	07:54:34.15	07:56:07.45	+02:33:33 (32.3%)	8:40	6.9 (67.6%)
85	NIEWIADA Maciej	328	EXPLORADOR	M-40	34	01:34:27	02:51:27	04:16:51	05:38:58	06:38:14	07:57:04.40	07:57:13.55	+02:34:39 (32.4%)	8:43	6.9 (67.6%)
86	ŁUKOMSKI Maciej	275	ŁÓDZKI KLUB WYSOKOGÓRSKI/ SZAKALE BAŁUT ŁÓDŹ	M-40	35	01:30:15	02:50:39	04:11:36	05:37:33	06:38:40	07:57:46.60	07:57:50.60	+02:35:16 (32.5%)	8:44	6.9 (67.6%)
87	GRUMBANIN Paulina	130	LOGWIN	K-40	8	01:37:15	03:00:22	04:24:34	05:47:48	06:44:58	07:58:48.75	07:58:55.15	+02:36:21 (32.6%)	8:45	6.9 (67.6%)
88	MIKOŁAJCZYK Mirosław	309	MIRAZ RACE TEAM	M-40	36	01:25:54	02:54:40	04:18:08	05:45:26	06:45:24	07:58:49.15	07:58:56.10	+02:36:22 (32.6%)	8:45	6.9 (67.6%)
89	KACZOR Piotr	175	SAMOTNY WILK Z KOTOWIC	M-40	37	01:38:17	02:58:10	04:18:01	05:35:30	06:35:58	07:58:37.60	07:59:02.20	+02:36:28 (32.7%)	8:44	6.9 (67.6%)
90	KACZMAREK Jędrzej	173	KP PSP MILICZ	M-20	7	01:45:25	03:12:39	04:38:30	05:58:13	06:52:01	07:59:17.05	07:59:29.65	+02:36:55 (32.7%)	8:45	6.8 (66.7%)
91	BUCZKOWSKI Krzysztof	42		M-20	8	01:34:55	02:57:58	04:18:17	05:45:06	06:45:39	08:01:49.80	08:01:54.10	+02:39:20 (33.1%)	8:48	6.8 (66.7%)
92	AZAREWICZ Grzegorz	6		M-40	38	01:47:48	03:08:37	04:29:35	05:48:33	06:47:23	08:02:41.65	08:03:02.60	+02:40:28 (33.2%)	8:49	6.8 (66.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czechy		Pasterka	Parking	Błędne	Czas	Czas	Różn	Tempo	Tempo
						13.9km	22.9km			Skały	netto	brutto			
93	KANIEWSKA Agnieszka	185	DRUŻYNA SZPIKU	K-40	9	01:47:21	03:12:45	04:33:35	05:53:17	06:50:32	08:03:46.85	08:03:51.40	+02:41:17 (33.3%)	8:50	6.8 (66.7%)
94	POCHYLSKI Przemysław	369	ZGRUPKA TEAM	M-40	39	01:44:48	03:06:03	04:30:17	05:52:42	06:53:30	08:02:40.95	08:04:30.05	+02:41:56 (33.4%)	8:49	6.8 (66.7%)
95	ŚWIDERGOŁ Piotr	468		M-30	27	01:31:42	02:50:16	04:11:34	05:37:29	06:38:45	08:04:29.40	08:04:35.65	+02:42:01 (33.4%)	8:51	6.8 (66.7%)
96	SOWA Dariusz	434	CZARNECKI RUN TEAM/RZESZOWSKIE GAZELE I GEPARDY	M-60	1	01:47:08	03:12:11	04:29:56	05:22:05	06:50:30	08:04:17.90	08:04:41.35	+02:42:07 (33.4%)	8:51	6.8 (66.7%)
97	BĘLDOWSKI Sławomir	22	FUDU&CO.	M-50	9	01:36:07	02:55:34	04:19:44	05:43:08	06:44:43	08:05:02.65	08:05:45.90	+02:43:11 (33.6%)	8:52	6.8 (66.7%)
98	LISIECKI Tomasz	265		M-40	40	01:33:59	02:52:28	04:26:00	05:56:22	06:54:37	08:06:43.30	08:06:59.65	+02:44:25 (33.8%)	8:53	6.7 (65.7%)
99	CHRAPLEWSKA Karolina	56		K-40	10	01:49:50	03:16:24	04:42:46	05:59:54	06:54:52	08:08:40.45	08:08:49.45	+02:46:15 (34.0%)	8:56	6.7 (65.7%)
100	NOGA Adam	331	ZADYSZKA	M-50	10	01:38:45	02:57:35	04:22:29	05:47:27	06:47:11	08:09:20.65	08:09:25.40	+02:46:51 (34.1%)	8:56	6.7 (65.7%)
101	ŚWIERCZEK Grzegorz	469	JURA.PL	M-50	11	01:45:16	03:11:10	04:33:09	05:58:15	06:56:39	08:09:28.35	08:09:56.40	+02:47:22 (34.2%)	8:56	6.7 (65.7%)
102	SZYDLIK Arkadiusz	463	DOGOŃ GRODZISK MAZOWIECKI	M-40	41	01:35:15	02:56:36	04:19:43	05:41:53	06:49:32	08:09:42.95	08:10:06.35	+02:47:32 (34.2%)	8:57	6.7 (65.7%)
103	OLSZAK Zenon	340	OŻARÓW MAZOWIECKI BIEGA	M-50	12	01:41:14	03:10:04	04:32:30	05:55:58	06:54:32	08:11:17.70	08:11:17.70	+02:48:43 (34.3%)	8:58	6.7 (65.7%)
104	RATAJCZAK Marcin	391		M-40	42	01:40:58	03:00:26	04:26:55	05:53:48	06:55:08	08:11:38.25	08:11:51.85	+02:49:17 (34.4%)	8:59	6.7 (65.7%)
105	CZERWINSKI Dominik	66	ALVO RACING TEAM	M-40	43	01:36:08	03:00:46	04:24:55	05:50:44	06:50:36	08:11:39.60	08:11:53.70	+02:49:19 (34.4%)	8:59	6.7 (65.7%)
106	PIWKO Mateusz	368		M-30	28	01:50:57	03:13:22	04:35:39	05:57:31	06:54:28	08:10:15.30	08:11:56.50	+02:49:22 (34.4%)	8:57	6.7 (65.7%)
107	CZYŚCIAK Krzysztof	70	KB SOBÓTKA	M-40	44	01:40:59	03:06:38	04:32:12	05:57:57	06:55:31	08:12:44.65	08:12:44.65	+02:50:10 (34.5%)	9:00	6.7 (65.7%)
108	GĄSZCZAK Mariusz	105	KS LENIWIEC /STAJNIAK TEM	M-40	45	01:46:42	03:14:58	04:37:29	05:56:22	06:54:23	08:12:46.05	08:12:46.05	+02:50:12 (34.5%)	9:00	6.7 (65.7%)
109	PRZYBYŁ Piotr	383	EASY RUNNERS	M-50	13	01:36:55	03:02:30	04:25:52	05:57:33	06:55:39	08:13:08.75	08:13:16.75	+02:50:42 (34.6%)	9:00	6.7 (65.7%)
110	WARZECHA Teresa	501	RUNNERS TEAM NYSA	K-60	1	01:44:24	03:12:57	04:36:19	06:00:14	06:57:42	08:13:34.95	08:13:56.20	+02:51:22 (34.7%)	9:01	6.6 (64.7%)
111	SZYMAŃSKA Agata	464		K-30	5	01:47:24	03:12:13	04:34:18	06:01:08	06:57:33	08:13:20.70	08:13:59.70	+02:51:25 (34.7%)	9:01	6.7 (65.7%)
112	KULANTY Krzysztof	245	TSUNAMI	M-30	29	01:45:50	03:11:50	04:36:39	05:56:23	06:55:27	08:14:13.60	08:14:25.10	+02:51:51 (34.8%)	9:02	6.6 (64.7%)
113	DUDA Dawid	85	REHAU CROSSACTIVE	M-40	46	01:34:40	02:57:57	04:22:32	05:48:07	06:50:27	08:14:13.60	08:14:25.80	+02:51:51 (34.8%)	9:02	6.6 (64.7%)
114	DYSZKIEWICZ Tomasz	88	ULTRA KUTNO	M-30	30	01:46:41	03:10:00	04:32:45	05:57:13	06:57:34	08:14:40.95	08:15:17.50	+02:52:43 (34.9%)	9:02	6.6 (64.7%)
115	MIERCZAK Dawid	304	PENDOLINO TEAM	M-30	31	01:47:50	03:10:34	04:33:03	05:59:08	06:58:24	08:13:38.60	08:15:22.90	+02:52:48 (34.9%)	9:01	6.6 (64.7%)
116	ROŚLICKI Jarosław	400	UBEZPIECZENIA DLA AKTYWNYCH/OBORYGENI	M-40	47	01:44:55	03:16:16	04:45:14	06:03:17	06:59:31	08:15:47.50	08:15:57.55	+02:53:23 (35.0%)	9:03	6.6 (64.7%)
117	MALINOWSKI Marek	285		M-40	48	01:50:58	03:15:05	04:39:03	06:01:11	06:58:19	08:14:59.00	08:15:58.30	+02:53:24 (35.0%)	9:02	6.6 (64.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czechy		Pasterka	Parking	Błędne	Czas	Czas	Różn	Tempo min/km	Tempo km/h
						13.9km	22.9km			Skały	netto	brutto			
118	PILAREK Wojciech	367		M-30	32	01:44:50	03:03:34	04:27:45	05:58:40	07:04:02	08:15:01.65	08:16:36.30	+02:54:02 (35.0%)	9:02	6.6 (64.7%)
119	SOBCZAK Aleksandra	429		K-30	6	01:37:44	02:59:36	04:24:35	05:54:20	06:56:02	08:17:18.85	08:17:26.40	+02:54:52 (35.2%)	9:05	6.6 (64.7%)
120	SOBOCIŃSKI Karol	430		M-30	33	01:38:43	03:05:37	04:32:42	06:02:47	07:01:44	08:18:10.30	08:18:18.70	+02:55:44 (35.3%)	9:06	6.6 (64.7%)
121	KORZYCKI Tadeusz	216		M-60	2	01:45:56	03:10:30	04:32:46	05:56:50	06:58:33	08:18:01.60	08:18:27.00	+02:55:52 (35.3%)	9:06	6.6 (64.7%)
122	GŁOWACKA Edyta	108	#SOBASTEAM	K-40	11	01:45:43	03:16:45	04:43:41	06:05:16	07:00:01	08:18:16.75	08:18:28.65	+02:55:54 (35.3%)	9:06	6.6 (64.7%)
123	CHEJDYS Krystian	53		M-30	34	01:53:41	03:15:58	04:38:19	05:35:51	06:58:02	08:16:48.10	08:18:38.50	+02:56:04 (35.3%)	9:04	6.6 (64.7%)
124	BULIKOWSKI Tomasz	47		M-40	49	01:34:46	02:50:04	04:36:19	05:59:22	06:57:27	08:19:20.90	08:20:04.35	+02:57:30 (35.5%)	9:07	6.6 (64.7%)
125	CAJLER Dariusz	50		M-40	50	01:46:13	03:14:03	04:38:53	06:07:00	07:04:28	08:19:54.60	08:20:14.80	+02:57:40 (35.5%)	9:08	6.6 (64.7%)
126	POTAŚ Agnieszka	378	BIEGOWA KUŹNIA	K-30	7	01:46:55	03:14:09	04:38:51	06:06:57	07:04:26	08:20:11.60	08:20:31.95	+02:57:57 (35.6%)	9:08	6.6 (64.7%)
127	MAJCHRZAK Tymoteusz	280	ZAPIERDALACZE	M-40	51	01:42:41	03:10:15	04:28:26	05:56:54	06:57:45	08:20:32.95	08:20:58.25	+02:58:24 (35.6%)	9:09	6.6 (64.7%)
128	WOWK Robert	533	SKL	M-40	52	01:38:07	03:08:45	04:38:25	06:10:02	07:06:28	08:21:00.80	08:21:05.35	+02:58:31 (35.6%)	9:09	6.6 (64.7%)
129	BIELECKI Robert	30	KEEN ON RUNNING	M-50	14	01:44:51	03:13:38	04:40:32	06:04:30	07:04:40	08:21:41.95	08:21:45.55	+02:59:11 (35.7%)	9:10	6.5 (63.7%)
130	JASIAK Karol	166	NIE WIEM GDZIE JESTEM	M-30	35	01:45:37	03:12:24	04:35:57	05:58:24	06:58:40	08:21:52.40	08:22:32.20	+02:59:58 (35.8%)	9:10	6.5 (63.7%)
131	ZYDRÓŃ Tymoteusz	551	VISEGRAD MARATON RYTRO	M-40	53	01:43:21	03:08:11	04:36:44	06:02:01	07:00:43	08:23:47.00	08:24:00.90	+03:01:26 (36.0%)	9:12	6.5 (63.7%)
132	JANIEC Robert	159	RATOWNIK GÓRNICZY	M-40	54	01:42:06	03:10:05	04:32:36	05:59:19	07:02:33	08:22:34.20	08:24:04.85	+03:01:30 (36.0%)	9:11	6.5 (63.7%)
133	JAMROZIAK Grzegorz	157	AARSLEFF.BIZ RUNNING TEAM	M-40	55	01:45:12	03:10:18	04:36:07	06:00:23	07:01:52	08:23:58.75	08:24:16.65	+03:01:42 (36.0%)	9:12	6.5 (63.7%)
134	FUKS Szymon	101	MCBIEGACZE	M-40	56	01:35:45	02:59:52	04:25:03	05:53:09	06:59:33	08:24:59.45	08:25:08.30	+03:02:34 (36.1%)	9:13	6.5 (63.7%)
135	KOWALCZYK Paweł	220	KĘCKIE HARPAGANY	M-40	57	01:35:03	03:01:26	04:28:25	06:00:09	07:02:40	08:25:32.40	08:25:34.05	+03:03:00 (36.2%)	9:14	6.5 (63.7%)
136	WOJNAROWSKI Damian	527	KS LENIWIEC	M-20	9	01:45:58	03:15:03	04:46:19	06:11:34	07:08:43	08:25:04.30	08:25:51.55	+03:03:17 (36.2%)	9:14	6.5 (63.7%)
137	WITKOWSKI Wojciech	521		M-30	36	01:39:23	03:03:02	04:27:41	06:07:11	07:09:22	08:25:56.45	08:26:22.90	+03:03:48 (36.3%)	9:14	6.5 (63.7%)
138	MARKOWSKI Marek	559	KS LENIWIEC	M-40	58	01:45:29	03:12:20	04:37:55	06:07:11	07:09:34	08:26:46.75	08:27:07.40	+03:04:33 (36.4%)	9:15	6.5 (63.7%)
139	LIPIŃSKI Oskar	263		M-30	37	01:43:50	03:09:02	04:31:11	05:59:12	07:02:24	08:26:13.75	08:27:38.00	+03:05:03 (36.5%)	9:15	6.5 (63.7%)
140	SYPNIEWSKI Krystian	453		M-40	59	01:42:35	03:10:11	04:36:55	06:03:35	07:08:06	08:26:32.80	08:27:39.10	+03:05:05 (36.5%)	9:15	6.5 (63.7%)
141	TOMASZEK Sebastian	478		M-40	60	01:37:45	03:00:24	04:28:56	05:59:47	07:03:51	08:28:22.95	08:28:28.90	+03:05:54 (36.6%)	9:17	6.5 (63.7%)
142	KARWACKI Grzegorz	191	KAT CROSS WAŁBRZYCH	M-50	15	01:45:19	03:06:55	04:33:16	06:00:44	07:03:23	08:28:12.95	08:28:33.35	+03:05:59 (36.6%)	9:17	6.5 (63.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czechy		Pasterka	Parking	Błędne	Czas	Czas	Różn	Tempo min/km	Tempo km/h
						13.9km	22.9km			Skały	netto	brutto			
143	WALCZAK Łukasz	497	BYLE DO PRZODUQ	M-30	38	01:46:14	03:13:28	04:38:41	06:05:06	07:03:14	08:27:02.40	08:28:33.85	+03:05:59 (36.6%)	9:16	6.5 (63.7%)
144	KUSTRA Tomasz	251		M-40	61	01:36:59	03:02:36	04:27:06	06:00:30	07:07:03	08:28:29.55	08:28:34.75	+03:06:00 (36.6%)	9:17	6.5 (63.7%)
145	WIŚNIEWSKI Wojciech	520		M-40	62	01:42:48	03:10:52	04:38:17	06:02:54	07:02:33	08:28:32.20	08:28:36.65	+03:06:02 (36.6%)	9:17	6.5 (63.7%)
146	KOWALSKI Andrzej	224		M-60	3	01:44:46	03:10:46	04:36:29	06:07:44	07:09:08	08:27:43.70	08:28:39.90	+03:06:05 (36.6%)	9:16	6.5 (63.7%)
147	ZACHARYASZ Miłosz	540	#KOCHAMMONICZKE	M-20	10	01:43:45	03:07:48	04:36:33	06:04:53	07:12:11	08:26:38.20	08:28:48.50	+03:06:14 (36.6%)	9:15	6.5 (63.7%)
148	BLACHNIO Jakub	31	DOGOŃ GRODZISK MAZOWIECKI	M-30	39	01:38:09	03:02:45	04:35:49	06:04:07	07:05:55	08:29:52.20	08:29:52.20	+03:07:18 (36.7%)	9:19	6.4 (62.7%)
149	STRAUCHOLD Anna	442	NOA	K-50	1	01:45:15	03:13:36	04:43:32	06:08:58	07:09:25	08:30:20.65	08:30:37.30	+03:08:03 (36.8%)	9:19	6.4 (62.7%)
150	JACHYMEK Bartłomiej	150	JACEKBIEGA RUNNING TEAM	M-40	63	01:45:07	03:13:51	04:41:23	06:04:55	07:07:17	08:30:56.20	08:31:16.10	+03:08:42 (36.9%)	9:20	6.4 (62.7%)
151	LUBAŃSKI Mateusz	269	KS BARYCZ MILICZ	M-30	40	01:46:20	03:17:44	04:45:25	06:15:13	07:15:41	08:31:03.40	08:31:21.95	+03:08:47 (36.9%)	9:20	6.4 (62.7%)
152	SIKORSKI Dariusz	417	INSERT TEAM	M-40	64	01:47:55	03:21:55	04:43:07	06:11:21	07:11:44	08:29:56.20	08:31:35.10	+03:09:01 (36.9%)	9:19	6.4 (62.7%)
153	BABIARZ Andrzej	7	A NA CO TO KOMU POTRZEBNE	M-40	65	01:40:38	03:08:56	04:42:59	06:14:09	07:14:52	08:32:19.95	08:32:28.95	+03:09:54 (37.1%)	9:21	6.4 (62.7%)
154	MOSZKOWSKI Bogdan	318		M-50	16	01:49:17	03:19:16	04:47:55	06:11:43	07:14:29	08:30:44.30	08:32:46.80	+03:10:12 (37.1%)	9:20	6.4 (62.7%)
155	GRABKOWSKI Rafał	126	DOGOŃ GRODZISK MAZOWIECKI	M-40	66	01:40:54	03:06:16	04:35:52	06:03:59	07:05:46	08:32:44.05	08:32:52.45	+03:10:18 (37.1%)	9:22	6.4 (62.7%)
156	URBAŃSKI Michał	491	ŁĄDEK-ZDRÓJ RUNNERS	M-30	41	01:57:02	03:26:26	04:51:19	06:13:04	07:11:57	08:31:29.90	08:32:54.00	+03:10:19 (37.1%)	9:21	6.4 (62.7%)
157	KURZAWIAK Grzegorz	250	KUDOWIANKA RUN	M-40	67	01:36:52	02:58:39	04:24:47	05:53:56	07:01:49	08:32:55.35	08:32:55.35	+03:10:21 (37.1%)	9:22	6.4 (62.7%)
158	POKRYWKA Arkadiusz	372		M-40	68	01:46:55	03:14:37	04:38:28	06:08:05	07:12:21	08:33:13.95	08:34:01.95	+03:11:27 (37.2%)	9:22	6.4 (62.7%)
159	RYCHEL-MANTUR Dominika	404		K-30	8	01:49:56	03:25:34	04:49:57	06:16:30	07:13:04	08:33:17.30	08:34:43.85	+03:12:09 (37.3%)	9:23	6.4 (62.7%)
160	KOZAR Marcin	226	BRAK	M-40	69	01:38:59	03:08:16	04:34:34	06:04:03	07:09:38	08:34:37.60	08:34:55.80	+03:12:21 (37.4%)	9:24	6.4 (62.7%)
161	KEJNA Maciek	193		M-40	70	01:38:53	03:08:10	04:34:30	06:04:02	07:09:33	08:34:35.90	08:34:57.50	+03:12:23 (37.4%)	9:24	6.4 (62.7%)
162	JARUS Andrzej	160	POLISH WINGS	M-40	71	01:46:23	03:13:34	04:42:21	06:08:40	07:09:29	08:35:01.10	08:35:07.05	+03:12:33 (37.4%)	9:24	6.4 (62.7%)
163	JARZĘBOWICZ Adam	165	YAZOMBS	M-40	72	01:43:15	03:14:51	04:40:46	06:07:24	07:11:15	08:35:09.35	08:35:15.80	+03:12:41 (37.4%)	9:25	6.4 (62.7%)
164	NAPIERAŁA Marcin	322		M-40	73	01:46:26	03:17:18	04:49:07	06:17:28	07:19:20	08:35:07.15	08:35:35.95	+03:13:01 (37.4%)	9:25	6.4 (62.7%)
165	PAPROCKI Krzysztof	352		M-40	74	01:45:21	03:13:19	04:44:53	06:12:14	07:14:10	08:35:32.90	08:35:40.90	+03:13:06 (37.4%)	9:25	6.4 (62.7%)
166	KUBIAK Karolina	241		K-40	12	01:51:48	03:21:12	04:56:52	06:18:35	07:21:40	08:35:49.40	08:36:03.20	+03:13:29 (37.5%)	9:25	6.4 (62.7%)
167	WALCZAK Dariusz	495	OLKUSZBIEGA	M-50	17	01:49:29	03:20:07	04:51:32	06:16:52	07:15:13	08:36:04.60	08:36:04.60	+03:13:30 (37.5%)	9:26	6.4 (62.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czechy		Pasterka	Parking	Błędne	Czas	Czas	Różn	Tempo min/km	Tempo km/h
						13.9km	22.9km			Skały	netto	brutto			
168	PIETRZAK Sławomir	366		M-40	75	01:48:04	03:16:25	04:43:09	06:06:30	07:08:28	08:35:38.15	08:36:05.35	+03:13:31 (37.5%)	9:25	6.4 (62.7%)
169	ZAWISZ Mariusz	545	RADLINIOKI W BIEGU	M-30	42	01:48:43	03:16:45	04:46:27	06:11:33	07:14:41	08:35:24.45	08:36:07.45	+03:13:33 (37.5%)	9:25	6.4 (62.7%)
170	PUDELKO Roman	387		M-30	43	01:46:44	03:17:26	04:45:31	06:10:54	07:13:05	08:39:08.30	08:39:20.50	+03:16:46 (37.9%)	9:29	6.3 (61.8%)
171	SŁOWIK Grzegorz	427	NIE WIEM GDZIE JESTEM	M-40	76	01:46:01	03:13:05	04:40:10	06:15:05	07:18:05	08:39:04.00	08:39:21.65	+03:16:47 (37.9%)	9:29	6.3 (61.8%)
172	KORBUT Radosław	214		M-40	77	01:46:31	03:17:33	04:50:24	06:16:37	07:17:55	08:39:35.50	08:39:44.50	+03:17:10 (37.9%)	9:29	6.3 (61.8%)
173	KOŁODZIEJ Adrian	210	GRUPA BIEGOWA "BEZ GRANIC"	M-40	78	01:46:04	03:08:55	04:34:36	06:09:12	07:13:28	08:39:11.60	08:39:53.05	+03:17:19 (38.0%)	9:29	6.3 (61.8%)
174	SZYRNER Szymon	467	KS KROTOSZ KROTOSZYN	M-40	79	01:45:42	03:16:42	04:43:52	06:13:56	07:15:30	08:40:08.40	08:40:12.00	+03:17:37 (38.0%)	9:30	6.3 (61.8%)
175	WIERZBIŃSKI Karol	512	ULTRADZICZKI I ULTRALISICZKI	M-40	80	01:54:19	03:24:45	04:53:44	06:22:33	07:24:41	08:39:30.20	08:40:41.05	+03:18:07 (38.0%)	9:29	6.3 (61.8%)
176	KŁOSEK Jacek	201	100 MARATHON CLUB POLAND	M-30	44	02:03:38	03:30:33	05:02:18	06:19:48	07:21:02	08:39:35.65	08:40:47.45	+03:18:13 (38.1%)	9:29	6.3 (61.8%)
177	RAJTAR Zbigniew	389	RONTIL-COMPASS	M-60	4	01:45:34	03:18:16	04:49:01	06:17:08	07:19:14	08:41:24.20	08:41:32.80	+03:18:58 (38.2%)	9:31	6.3 (61.8%)
178	KADŁUBOWSKI Piotr	178	RUN100LOVE / KOTWICA BRZEG	M-40	81	01:38:36	03:03:23	04:36:50	06:09:48	07:21:08	08:42:23.90	08:42:27.80	+03:19:53 (38.3%)	9:32	6.3 (61.8%)
179	NOWAK Łukasz	336	MARTYNA KANTOR RUNNING TEAM	M-40	82	01:49:27	03:23:22	04:55:21	06:22:53	07:22:32	08:42:14.85	08:42:32.40	+03:19:58 (38.3%)	9:32	6.3 (61.8%)
180	ANISZEWSKI Bartłomiej	3	ROSSMANN	M-30	45	01:48:28	03:13:39	04:43:22	06:14:46	07:18:53	08:42:32.60	08:42:58.20	+03:20:24 (38.3%)	9:33	6.3 (61.8%)
181	SUCHANEK Radosław	444		M-50	18	01:46:34	03:16:15	04:46:24	06:13:26	07:16:25	08:43:02.95	08:43:17.80	+03:20:43 (38.4%)	9:33	6.3 (61.8%)
182	GOSTYŃSKI Krzysztof	121	RUCZAJ ULTRA TEAM	M-40	83	01:43:34	03:10:27	04:50:39	06:23:56	07:26:16	08:42:23.70	08:43:18.90	+03:20:44 (38.4%)	9:32	6.3 (61.8%)
183	WOJTKOWIAK Renata	530	PIĄTKOWO NA BIEGOWO	K-40	13	01:54:18	03:30:17	05:01:14	06:27:41	07:26:03	08:43:22.90	08:43:44.50	+03:21:10 (38.4%)	9:34	6.3 (61.8%)
184	WOJTKOWIAK Stefan	531	PIĄTKOWO NA BIEGOWO	M-40	84	01:54:13	03:30:15	05:01:13	06:27:40	07:26:02	08:43:22.95	08:43:45.20	+03:21:11 (38.4%)	9:34	6.3 (61.8%)
185	RZEPKA Remigiusz	407	GREENBUD	M-50	19	01:48:22	03:10:34	04:42:54	06:09:16	07:14:21	08:42:50.85	08:44:18.25	+03:21:44 (38.5%)	9:33	6.3 (61.8%)
186	WIZA Tomasz	523		M-40	85	01:56:41	03:34:13	05:01:34	06:31:04	07:29:39	08:44:24.60	08:44:24.60	+03:21:50 (38.5%)	9:35	6.3 (61.8%)
187	WOJNO Arkadiusz	529	DROGA DO ULTRA	M-30	46	01:42:44	03:15:26	04:51:08	06:20:31	07:24:30	08:44:23.00	08:45:16.20	+03:22:42 (38.6%)	9:35	6.3 (61.8%)
188	SZMAGAJ Marcin	460	SKL	M-50	20	01:45:11	03:18:59	04:47:33	06:17:03	07:19:10	08:45:15.90	08:45:21.55	+03:22:47 (38.6%)	9:36	6.2 (60.8%)
189	BIECHOŃSKI Jarosław	28		M-40	86	01:47:20	03:15:51	04:44:10	06:16:57	07:20:44	08:45:05.50	08:45:25.90	+03:22:51 (38.6%)	9:35	6.3 (61.8%)
190	KOWALSKA Justyna	223	MORSY OŚNO LUBUSKIE	K-40	14	01:55:01	03:31:24	05:00:54	06:28:51	07:25:35	08:44:06.00	08:45:26.70	+03:22:52 (38.6%)	9:34	6.3 (61.8%)
191	WIZA Anna	522		K-40	15	01:55:51	03:33:35	05:01:03	06:30:33	07:29:10	08:45:44.20	08:46:15.55	+03:23:41 (38.7%)	9:36	6.2 (60.8%)
192	ABUCEWICZ Marek	1	SILESIA MARATON CLUB /WATAHA ŁĄCZY NAS BIEGANIE	M-40	87	01:37:09	01:51:51	04:22:46	05:56:15	07:05:29	08:46:21.40	08:46:21.40	+03:23:47 (38.7%)	9:37	6.2 (60.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czechy		Pasterka	Parking	Błędne	Czas	Czas	Różn	Tempo	Tempo
						13.9km	22.9km			Skały	netto	brutto			
193	GAJEWSKI Jacek	103	DOGOŃ GRODZISK MAZOWIECKI	M-40	88	01:49:03	03:24:32	04:52:57	06:22:44	07:26:35	08:45:39.90	08:46:22.55	+03:23:48 (38.7%)	9:36	6.2 (60.8%)
194	FLORCZAK Sylwia	96	SZAKALE BAŁUT ŁÓDŹ	K-40	16	01:54:41	03:28:47	04:56:34	06:26:01	07:25:39	08:45:37.65	08:46:24.60	+03:23:50 (38.7%)	9:36	6.2 (60.8%)
195	WOŹNIAK Łukasz	535	PORANNY PATROL	M-40	89	01:48:59	03:38:04	05:11:30	06:38:20	07:33:51	08:45:57.55	08:46:53.45	+03:24:19 (38.8%)	9:36	6.2 (60.8%)
196	HALADYN Łukasz	141		M-40	90	01:41:06	03:04:31	04:33:46	06:11:36	07:18:20	08:47:11.30	08:47:28.60	+03:24:54 (38.8%)	9:38	6.2 (60.8%)
197	KLUZ Anna	200	FANTASTIC TEAM	K-40	17	02:01:57	03:39:03	05:14:14	06:36:16	07:31:16	08:46:57.80	08:47:30.45	+03:24:56 (38.9%)	9:38	6.2 (60.8%)
198	WELTER Przemysław	507	KB SZAMOTUŁY	M-30	47	01:33:59	03:02:10	04:35:20	06:18:35	07:26:15	08:47:29.35	08:47:34.25	+03:25:00 (38.9%)	9:38	6.2 (60.8%)
199	SZCZEPAŃSKI Marcin	459	BEAUTY SPORT RUN	M-40	91	01:47:12	03:19:00	04:46:27	06:26:37	07:28:46	08:47:27.45	08:48:05.95	+03:25:31 (38.9%)	9:38	6.2 (60.8%)
200	SZAREK Rafał	456	KB MCKIS JAWORZNO	M-40	92	01:34:17	02:59:38	04:27:53	06:08:21	07:21:57	08:48:17.30	08:48:33.40	+03:25:59 (39.0%)	9:39	6.2 (60.8%)
201	CIERCZEK Rafał	58		M-30	48	01:46:29	03:11:41	04:39:49	06:14:30	07:21:53	08:48:45.55	08:49:13.95	+03:26:39 (39.0%)	9:39	6.2 (60.8%)
202	PARA Jakub	354	LESZ NO LIMITS RUNNERS	M-40	93	01:49:30	03:24:25	04:53:57	06:24:49	07:30:48	08:50:03.10	08:50:29.00	+03:27:54 (39.2%)	9:41	6.2 (60.8%)
203	SOKOŁOWSKI Tomasz	433	KLINIKA TRIATHLONU	M-30	49	01:43:14	03:10:15	04:37:34	06:04:25	07:13:16	08:50:01.15	08:50:29.65	+03:27:55 (39.2%)	9:41	6.2 (60.8%)
204	HREK Marta	145		K-40	18	01:46:39	03:22:24	04:54:55	06:25:58	07:27:38	08:50:21.70	08:50:32.85	+03:27:58 (39.2%)	9:41	6.2 (60.8%)
205	JARZĄBEK Michał	163		M-30	50	01:51:12	03:16:21	04:47:54	06:20:45	07:25:11	08:49:53.35	08:51:01.70	+03:28:27 (39.3%)	9:41	6.2 (60.8%)
206	CZOSKA Przemysław	67	JARBUD	M-30	51	01:58:55	03:35:15	05:09:16	06:39:33	07:38:36	08:49:49.80	08:51:05.35	+03:28:31 (39.3%)	9:41	6.2 (60.8%)
207	GACEK Michał	102	NOA	M-30	52	01:45:41	03:13:01	04:41:34	06:12:20	07:17:37	08:51:16.05	08:51:26.60	+03:28:52 (39.3%)	9:42	6.2 (60.8%)
208	WÓJCIO Hubert	536		M-40	94	01:56:38	03:28:19	04:56:14	06:19:43	07:25:16	08:50:50.95	08:52:00.10	+03:29:26 (39.4%)	9:42	6.2 (60.8%)
209	JASTRZĄBEK Agnieszka	167		K-30	9	01:59:13	03:31:08	05:00:53	06:33:30	07:32:30	08:51:37.75	08:52:13.70	+03:29:39 (39.4%)	9:43	6.2 (60.8%)
210	ZAKRZEWSKI Maciej	544	DROGA DO ULTRA	M-30	53	01:40:22	03:07:22	04:32:47	06:11:12	07:16:53	08:53:09.90	08:54:16.15	+03:31:42 (39.6%)	9:44	6.2 (60.8%)
211	MIĄSKO Wojciech	302	12TRI.PL	M-50	21	01:50:02	03:18:38	04:53:04	06:27:09	07:28:19	08:52:17.00	08:54:23.00	+03:31:48 (39.6%)	9:43	6.2 (60.8%)
212	GOCAŁ Marek	114		M-50	22	01:51:16	03:29:29	04:56:49	06:27:24	07:30:35	08:54:26.05	08:55:02.30	+03:32:28 (39.7%)	9:46	6.1 (59.8%)
213	WINIAREK Leszek	517	TEAM DKMS	M-40	95	01:39:05	03:07:48	04:38:58	06:18:59	07:29:54	08:54:47.20	08:55:09.05	+03:32:35 (39.7%)	9:46	6.1 (59.8%)
214	NIEMIEC Bartłomiej	326		M-30	54	01:41:00	03:09:15	04:37:20	06:12:58	07:24:15	08:54:54.10	08:55:13.20	+03:32:39 (39.7%)	9:46	6.1 (59.8%)
215	SALIŃSKI Bartosz	409	AUGUSTEAM/WKURW_TEAM	M-30	55	01:53:28	03:28:43	04:59:51	06:31:24	07:30:27	08:54:33.25	08:55:24.15	+03:32:50 (39.8%)	9:46	6.1 (59.8%)
216	ŁOWICKA Maja	274	AKTYWNI RAZEM	K-20	1	01:51:47	03:28:02	05:00:02	06:28:53	07:32:30	08:56:06.80	08:56:36.20	+03:34:02 (39.9%)	9:48	6.1 (59.8%)
217	GMITEREK Tomasz	113	BIŁGORAJ ULTRA TRAIL	M-50	23	01:53:28	03:30:58	05:01:03	06:33:00	07:37:22	08:56:14.80	08:56:45.00	+03:34:10 (39.9%)	9:48	6.1 (59.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czechy		Pasterka	Parking	Błędne Skały	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						13.9km	22.9km								
218	FARION Marzena	93		K-40	19	01:46:48	03:19:19	04:54:55	06:26:19	07:29:12	08:56:53.35	08:57:27.20	+03:34:53 (40.0%)	9:48	6.1 (59.8%)
219	GOS Piotr	120	NARAMOWICE BIEGAJĄ	M-40	96	01:51:33	03:27:53	05:06:51	06:38:27	07:37:20	08:57:59.50	08:58:08.05	+03:35:34 (40.1%)	9:50	6.1 (59.8%)
220	ŻYŁOWSKI Tomasz	553		M-40	97	01:51:46	03:25:40	04:54:16	06:27:17	07:31:33	08:58:04.40	08:58:23.60	+03:35:49 (40.1%)	9:50	6.1 (59.8%)
221	KRZYŻIŃSKA Sylwia	240	DOGOŃ GRODZISK MAZOWIECKI	K-40	20	01:59:20	03:10:40	05:04:20	06:32:20	07:35:18	08:59:15.30	08:59:33.30	+03:36:59 (40.2%)	9:51	6.1 (59.8%)
222	KÓZKA Przemco	231		M-40	98	01:50:04	03:19:45	04:58:51	06:30:17	07:33:33	09:00:01.15	09:01:48.60	+03:39:14 (40.5%)	9:52	6.1 (59.8%)
223	PARZONKA Paweł	356	KS LENIWIEC	M-40	99	01:45:55	03:13:35	04:46:52	06:17:36	07:37:23	09:02:14.10	09:03:06.10	+03:40:32 (40.6%)	9:54	6.1 (59.8%)
224	TOMCZYK Rafał	480		M-30	56	01:46:18	03:20:09	04:51:42	06:22:35	07:33:58	09:02:26.65	09:03:13.95	+03:40:39 (40.6%)	9:54	6.1 (59.8%)
225	O REGAN Mark	347		M-40	100	01:59:46	03:32:09	04:59:37	06:23:29	07:31:58	09:02:46.85	09:04:47.15	+03:42:13 (40.8%)	9:55	6 (58.8%)
226	PIETROWSKI Mariusz	364		M-60	5	01:55:36	03:24:36	05:03:55	06:34:37	07:40:29	09:03:33.55	09:05:18.55	+03:42:44 (40.8%)	9:56	6 (58.8%)
227	WAJDA Maciej	493	SPELEOCLUB WROCŁAW	M-30	57	01:48:17	03:23:02	04:53:16	06:25:49	07:31:19	09:04:00.50	09:05:46.30	+03:43:12 (40.9%)	9:56	6 (58.8%)
228	JARUZEL Robert	161	SZWLA STARGARD	M-40	101	01:45:15	03:19:05	04:47:38	06:24:56	07:37:01	09:05:54.30	09:05:58.10	+03:43:24 (40.9%)	9:58	6 (58.8%)
229	GAWROŃSKI Adrian	104	ZABIEGANI CZĘSTOCHOWA	M-40	102	01:45:27	03:14:57	04:54:06	06:28:49	07:32:22	09:04:34.25	09:05:59.10	+03:43:25 (40.9%)	9:57	6 (58.8%)
230	MANEL Mariusz	288	DRUŻYNA SZPIKU	M-40	103	01:44:49	03:17:32	04:53:47	06:35:23	07:42:54	09:05:02.45	09:06:00.60	+03:43:26 (40.9%)	9:57	6 (58.8%)
231	TURLEJ Wojciech	485		M-40	104	01:54:41	03:32:51	05:04:50	06:35:22	07:41:28	09:04:49.00	09:06:35.45	+03:44:01 (41.0%)	9:57	6 (58.8%)
232	SKRĘTEK Monika	422	BIEGAMDLAZDROWIA.PL	K-50	2	02:00:32	03:40:29	05:09:56	06:43:04	07:44:22	09:05:05.25	09:06:46.50	+03:44:12 (41.0%)	9:57	6 (58.8%)
233	LISZKA Piotr	266		M-60	6	02:05:51	03:45:59	05:13:24	06:41:16	07:40:25	09:06:52.00	09:07:13.00	+03:44:38 (41.1%)	9:59	6 (58.8%)
234	OLEKSZYK Joanna	339	DECARUN	K-30	10	02:03:33	03:37:48	05:11:01	06:37:26	07:42:42	09:05:43.50	09:07:13.60	+03:44:39 (41.1%)	9:58	6 (58.8%)
235	MOLIŃSKA Marlena	314		K-50	3	01:57:38	03:32:22	05:02:51	06:32:20	07:35:39	09:05:16.80	09:07:14.20	+03:44:40 (41.1%)	9:58	6 (58.8%)
236	LENART Joanna	260	ZADYSZKA OŚWIĘCIM	K-50	4	01:59:47	03:34:51	05:09:30	06:38:16	07:38:09	09:07:20.75	09:07:46.30	+03:45:12 (41.1%)	10:00	6 (58.8%)
237	LENART Artur	259	ZADYSZKA OŚWIĘCIM	M-50	24	01:59:45	03:34:50	05:09:27	06:38:15	07:38:07	09:07:20.50	09:07:47.55	+03:45:13 (41.1%)	10:00	6 (58.8%)
238	NOWAK Krzysztof	335		M-40	105	01:46:03	03:34:22	05:13:33	06:46:32	07:46:50	09:09:01.50	09:09:24.15	+03:46:50 (41.3%)	10:02	6 (58.8%)
239	BARAN Stanisław	13	SAINT GOBAIN SQUAD	M-50	25	01:57:01	03:29:05	04:59:35	06:36:23	07:42:43	09:08:39.90	09:09:28.55	+03:46:54 (41.3%)	10:01	6 (58.8%)
240	DOMIŃCZYK Rafał	81	ULTRAS Z ŁAZ	M-40	106	01:56:53	03:29:06	04:59:37	06:36:24	07:42:43	09:08:41.45	09:09:28.70	+03:46:54 (41.3%)	10:01	6 (58.8%)
241	ŻYGIĘŁO Monika	552	CH10	K-40	21	02:03:10	03:42:02	05:13:13	06:42:19	07:46:18	09:08:23.70	09:09:54.70	+03:47:20 (41.3%)	10:01	6 (58.8%)
242	SURDACKI Piotr	448		M-40	107	02:03:05	03:41:49	05:13:11	06:42:17	07:46:36	09:08:22.60	09:09:55.10	+03:47:21 (41.3%)	10:01	6 (58.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat						Błędne	Czas	Czas	Różn	Tempo min/km	Tempo km/h
						Czechy 13.9km	Czechy 22.9km	Pasterka 33.7km	Parking 40.9km	Skały 47.7km	54.7km	54.7km				
243	WRÓBEL Mateusz	537	IRON HOUSE TRIATHLON WŁOCŁAWEK	M-30	58	02:05:04	03:51:52	05:35:37	06:48:46	07:43:51	09:09:16.55	09:10:09.75	+03:47:35 (41.4%)	10:02	6 (58.8%)	
244	NĘDZUSIAK Dariusz	324		M-60	7	01:59:54	03:33:37	05:02:22	06:36:10	07:42:22	09:10:05.15	09:11:07.50	+03:48:33 (41.5%)	10:03	6 (58.8%)	
245	KONARSKI Maciej	211	DOGOŃ GRODZISK MAZOWIECKI	M-40	108	01:58:56	03:37:39	05:11:56	06:44:13	07:47:23	09:10:58.55	09:11:08.50	+03:48:34 (41.5%)	10:04	6 (58.8%)	
246	MAŁKOWSKI Bogdan	287	SPARTANIE DZIECIOM	M-50	26	01:50:37	03:32:52	05:05:28	06:41:28	07:46:08	09:10:34.00	09:11:53.65	+03:49:19 (41.6%)	10:03	6 (58.8%)	
247	KILIŃSKI Jacek	196		M-50	27	01:38:06	03:12:38	04:54:20	06:34:29	07:41:25	09:13:29.20	09:13:32.20	+03:50:58 (41.7%)	10:07	5.9 (57.8%)	
248	STRZYŻEWSKI Paweł	443	SZCZYT ZA SZCZYTEM	M-40	109	01:55:58	03:29:50	05:01:26	06:38:06	07:45:58	09:12:54.95	09:14:12.75	+03:51:38 (41.8%)	10:06	5.9 (57.8%)	
249	MARKOWSKA Ewa	291	SZAKALE BAŁUT ŁÓDŹ	K-40	22	01:58:53	03:29:32	05:00:34	06:35:45	07:43:31	09:13:54.40	09:14:33.90	+03:51:59 (41.8%)	10:07	5.9 (57.8%)	
250	KACZOR Marcin	174	ADJ	M-40	110	01:48:02	03:22:09	04:51:12	06:30:22	07:39:35	09:14:01.55	09:15:10.65	+03:52:36 (41.9%)	10:07	5.9 (57.8%)	
251	MATYSZKOWICZ Janusz	295	GONIMY	M-60	8	01:55:40	03:30:26	05:05:50	06:40:34	07:47:21	09:14:54.95	09:15:24.60	+03:52:50 (41.9%)	10:08	5.9 (57.8%)	
252	MEDEJSZO Mariusz	298	NOWOSOLSKA GRUPA BIEGOWA	M-40	111	01:56:09	03:40:53	05:06:57	06:46:56	07:51:04	09:15:29.15	09:15:36.20	+03:53:02 (41.9%)	10:09	5.9 (57.8%)	
253	SZWEDKA Piotr	462	PRZEMYSKI KLUB BIEGACZA	M-50	28	01:40:59	03:09:14	04:37:18	06:30:12	07:43:20	09:16:09.55	09:16:26.35	+03:53:52 (42.0%)	10:10	5.9 (57.8%)	
254	SKRZYPCZAK Hubert Daniel	424	RUNNINGPOWERPLAY	M-40	112	02:00:46	03:43:19	05:19:30	06:51:41	08:00:51	09:15:35.95	09:16:40.20	+03:54:06 (42.1%)	10:09	5.9 (57.8%)	
255	DZIEMBA Wojciech	90	INŻYNIERIA BIEGANIA	M-30	59	02:01:33	03:37:52	05:11:56	06:44:27	07:50:24	09:16:27.65	09:17:01.10	+03:54:27 (42.1%)	10:10	5.9 (57.8%)	
256	JARUZEL Ewa	162	SZWLASTARGARD	K-40	23	01:48:15	03:46:44	05:21:52	06:53:15	07:54:42	09:17:16.00	09:17:20.20	+03:54:46 (42.1%)	10:11	5.9 (57.8%)	
257	WĄSOWICZ Paweł	505	FIZJOTERAPIA WĄSOWICZ	M-20	11	01:56:44	03:35:50	05:05:17	06:37:15	07:44:58	09:14:54.10	09:17:22.10	+03:54:48 (42.1%)	10:08	5.9 (57.8%)	
258	MIERZEJEWSKI Robert	305	CENTRUM SZKOLENIA WOJSK ŁĄDOWYCH	M-40	113	01:54:41	03:28:11	05:05:32	06:41:12	07:50:40	09:17:44.15	09:18:07.25	+03:55:33 (42.2%)	10:11	5.9 (57.8%)	
259	JAKUBIEC Tomasz "Góral"	156	DOGOŃ GRODZISK MAZOWIECKI	M-30	60	01:53:38	03:35:38	05:08:28	06:45:15	07:49:25	09:18:04.10	09:18:34.60	+03:56:00 (42.3%)	10:12	5.9 (57.8%)	
260	BÓBSKI Michał	37		M-30	61	01:57:10	03:35:21	05:06:18	06:38:12	07:45:59	09:18:24.75	09:19:51.95	+03:57:17 (42.4%)	10:12	5.9 (57.8%)	
261	DESSELBERGER Andrzej	76	ENERGY TRI	M-50	29	01:57:23	03:31:36	05:10:10	06:43:20	07:52:55	09:19:35.25	09:20:14.15	+03:57:40 (42.4%)	10:13	5.9 (57.8%)	
262	JOWSA Paweł	169		M-30	62	02:00:48	03:09:50	05:09:03	06:43:46	07:49:09	09:19:09.10	09:20:59.80	+03:58:25 (42.5%)	10:13	5.9 (57.8%)	
263	OSAKOWICZ Mateusz Osakowicz	344		M-40	114	01:45:53	03:18:20	04:56:20	06:37:21	07:46:41	09:19:33.75	09:21:10.70	+03:58:36 (42.5%)	10:13	5.9 (57.8%)	
264	MAZUR Emiliusz	296		M-40	115	01:46:41	03:26:04	05:01:30	06:36:11	07:41:30	09:22:55.20	09:23:23.90	+04:00:49 (42.7%)	10:17	5.8 (56.9%)	
265	BARCZAK Tomasz	16	RUN TEAM MILEJÓW	M-40	116	01:42:44	03:23:34	05:08:21	06:44:48	07:49:52	09:22:59.50	09:23:24.40	+04:00:50 (42.7%)	10:17	5.8 (56.9%)	
266	SŁABOŃ Mariusz	426	KIWK-A BIEGA	M-40	117	01:56:29	03:27:48	05:02:33	06:39:57	07:51:29	09:22:17.95	09:23:25.55	+04:00:51 (42.7%)	10:16	5.8 (56.9%)	
267	KUSZTELSKA Lucyna	253	WLKP MOUNTAINS ULTRA	K-40	24	01:54:03	03:35:05	05:06:52	06:44:46	07:49:03	09:22:53.80	09:23:45.10	+04:01:11 (42.8%)	10:17	5.8 (56.9%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czechy		Pasterka	Parking	Błędne		Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						13.9km	22.9km			47.7km	54.7km					
268	SZYMCZAK Marcin	465		M-40	118	01:53:33	03:28:21	05:06:52	06:44:47	07:49:04	09:23:06.75	09:23:57.95	+04:01:23 (42.8%)	10:17	5.8 (56.9%)	
269	ROLIŃSKI Radosław	397		M-50	30	02:05:56	03:33:58	05:22:25	06:35:10	07:49:37	09:25:04.20	09:25:38.35	+04:03:04 (43.0%)	10:19	5.8 (56.9%)	
270	MAKARENKOV Sergii	283	DOGOŃ GRODZISK MAZOWIECKI	M-30	63	01:53:57	03:35:49	05:16:34	06:52:01	07:58:05	09:26:23.45	09:26:38.30	+04:04:04 (43.1%)	10:21	5.8 (56.9%)	
271	INDRASZAK Adam	147	SILESIA MARATHON CLUB	M-50	31	01:55:27	03:38:14	05:11:59	06:44:36	07:51:39	09:26:07.45	09:26:47.35	+04:04:13 (43.1%)	10:20	5.8 (56.9%)	
272	ČERVENÝ David	52		M-40	119	01:51:39	03:31:58	05:08:48	06:47:28	07:54:06	09:26:45.80	09:27:10.30	+04:04:36 (43.1%)	10:21	5.8 (56.9%)	
273	CIOCZEK Konrad	59		M-30	64	02:01:07	03:35:03	05:11:10	06:48:06	07:56:54	09:25:08.60	09:27:18.60	+04:04:44 (43.1%)	10:19	5.8 (56.9%)	
274	KOWALEWSKI Jarosław	221	PROJEKT1000UP	M-50	32	01:46:24	03:27:43	05:10:01	06:52:39	08:01:09	09:27:35.50	09:27:45.55	+04:05:11 (43.2%)	10:22	5.8 (56.9%)	
275	TOMASZEWSKA Ewa	479		K-40	25	02:01:21	03:47:34	05:21:31	06:55:34	08:04:38	09:27:46.35	09:28:04.60	+04:05:30 (43.2%)	10:22	5.8 (56.9%)	
276	CZURYŃSKA Wioletka	69	TRENUJĘ Z WIOLKĄ	K-40	26	01:50:42	03:32:25	05:11:03	06:51:45	08:00:46	09:27:59.65	09:29:27.25	+04:06:53 (43.4%)	10:23	5.8 (56.9%)	
277	KLIMKOWSKI Tomasz	198		M-40	120	01:42:45	03:39:11	05:11:36	06:57:42	07:58:40	09:29:18.15	09:29:43.80	+04:07:09 (43.4%)	10:24	5.8 (56.9%)	
278	JACHYMSKI Jacek	151	AKADEMICKI KLUB GÓRSKI W ŁODZI	M-60	9	02:04:13	03:41:33	05:17:11	05:19:10	08:00:54	09:30:54.00	09:30:54.00	+04:08:19 (43.5%)	10:26	5.7 (55.9%)	
279	SIKORSKA Agnieszka	416		K-40	27	01:59:19	03:35:17	05:09:25	06:43:48	07:55:56	09:31:59.30	09:33:12.65	+04:10:38 (43.7%)	10:27	5.7 (55.9%)	
280	KOZDRÓJ Wioletta	227	DOGOŃ GRODZISK MAZOWIECKI	K-40	28	02:00:25	03:43:24	05:24:15	07:02:24	08:05:49	09:33:26.40	09:33:36.50	+04:11:02 (43.8%)	10:28	5.7 (55.9%)	
281	ZAGRAJEK Kamil	541	DOGOŃ GRODZISK MAZOWIECKI	M-30	65	02:00:34	03:43:23	05:24:16	07:02:23	08:05:58	09:33:25.55	09:33:37.05	+04:11:03 (43.8%)	10:28	5.7 (55.9%)	
282	DZICZEK Ireneusz	89	RAZ SZCZECIN	M-50	33	01:49:31	03:31:59	05:12:28	06:53:07	08:03:17	09:33:31.80	09:33:37.65	+04:11:03 (43.8%)	10:29	5.7 (55.9%)	
283	ROGOWSKI Tomasz	394	UMLAUT	M-30	66	01:54:43	03:33:50	05:11:36	06:48:09	08:00:00	09:32:10.35	09:33:40.40	+04:11:06 (43.8%)	10:27	5.7 (55.9%)	
284	UGOREK Jarosław	490		M-40	121	01:51:35	03:27:08	05:00:49	06:50:15	08:05:06	09:35:53.85	09:35:56.50	+04:13:22 (44.0%)	10:31	5.7 (55.9%)	
285	POPPEK Dorota	375	FANTASTIC TEAM	K-40	29	02:02:01	03:39:03	05:17:18	06:53:36	08:01:56	09:35:34.95	09:36:08.40	+04:13:34 (44.0%)	10:31	5.7 (55.9%)	
286	LASKOWSKI Tomasz	257		M-50	34	01:52:41	03:20:38	04:49:02	06:38:52	08:03:12	09:34:26.20	09:36:26.70	+04:13:52 (44.0%)	10:30	5.7 (55.9%)	
287	TOCZEWSKA Anna	476	KS STASZEWSKY	K-50	5	02:02:35	03:45:06	05:25:45	07:05:53	08:14:05	09:36:12.40	09:36:38.90	+04:14:04 (44.1%)	10:32	5.7 (55.9%)	
288	ZIOBROWSKI Mateusz	550	BIEGOSTACJAULTRATEAM	M-30	67	01:47:50	03:17:36	04:52:46	06:36:04	07:57:16	09:38:25.25	09:38:40.55	+04:16:06 (44.3%)	10:34	5.7 (55.9%)	
289	RUDOL Magdalena	555	PRONATURA	K-40	30	01:59:36	03:43:14	05:16:54	06:54:42	07:59:43	09:37:26.70	09:38:44.00	+04:16:09 (44.3%)	10:33	5.7 (55.9%)	
290	RUDOL Sebastiana	402	PRONATURA	M-40	122	01:59:36	03:43:19	05:16:53	06:54:43	07:59:46	09:37:29.60	09:38:45.30	+04:16:11 (44.3%)	10:33	5.7 (55.9%)	
291	PODEMSKA-REJDYCH Dominika	370	AC PAJACE	K-30	11	02:01:20	03:40:22	05:12:19	06:52:25	08:02:53	09:37:54.20	09:38:45.80	+04:16:11 (44.3%)	10:33	5.7 (55.9%)	
292	JÓZEFczyk Justyna	170		K-40	31	02:05:31	04:00:40	05:39:01	07:16:05	08:17:10	09:39:16.85	09:39:45.20	+04:17:11 (44.4%)	10:35	5.7 (55.9%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czechy		Pasterka	Parking	Błędne	Czas	Czas	Różn	Tempo	Tempo
						13.9km	22.9km			Skały	netto	brutto			
293	BALCERZAK Mariusz	9	DROGA DO ULTRA / SZAKALE BAŁUT ŁÓDŹ	M-40	123	01:55:38	03:37:03	05:10:50	06:54:22	08:04:33	09:39:10.15	09:40:43.35	+04:18:09 (44.5%)	10:35	5.7 (55.9%)
294	MAJEWSKI Maciej	281		M-50	35	02:03:32	03:46:08	05:22:28	06:56:31	08:03:02	09:41:29.80	09:41:40.05	+04:19:06 (44.5%)	10:37	5.6 (54.9%)
295	CZAPIGA Robert	63	ZAWSZE Z GŁOWĄ...	M-50	36	02:00:49	03:40:41	05:19:48	06:56:56	08:04:54	09:40:10.95	09:41:46.20	+04:19:12 (44.6%)	10:36	5.7 (55.9%)
296	PAUL Violetta	357	BP RUNNING TEAM GLIWICE	K-40	32	01:58:51	03:40:38	05:16:24	06:56:09	08:05:20	09:41:21.10	09:41:51.95	+04:19:17 (44.6%)	10:37	5.6 (54.9%)
297	BIECUSZEK Tomasz	29	AKTYWNA NOWA RUDA	M-40	124	01:46:30	03:32:18	05:14:32	07:06:21	08:15:59	09:42:00.15	09:42:03.10	+04:19:29 (44.6%)	10:38	5.6 (54.9%)
298	TURLEJ Dariusz	484	BEZ KONDYCJI	M-60	10	02:01:15	03:42:20	05:17:13	06:56:22	08:08:01	09:40:15.20	09:42:57.50	+04:20:23 (44.7%)	10:36	5.7 (55.9%)
299	KROPIAK Katarzyna	233	VEGE RUNNERS	K-30	12	02:02:52	03:41:36	05:23:47	07:04:54	08:14:34	09:42:59.50	09:43:11.90	+04:20:37 (44.7%)	10:39	5.6 (54.9%)
300	JAGIEŁŁO Joanna	152	RUN TEAM MILEJÓW	K-40	33	01:55:00	03:40:12	05:20:35	07:05:49	08:16:15	09:43:44.55	09:44:08.70	+04:21:34 (44.8%)	10:40	5.6 (54.9%)
301	IZDEBSKA Anna	148		K-20	2	02:10:28	03:59:53	05:42:38	07:08:13	08:13:43	09:42:57.65	09:44:12.90	+04:21:38 (44.8%)	10:39	5.6 (54.9%)
302	PRUCHNIEWSKA Agnieszka	380		K-40	34	01:55:09	03:37:32	05:26:00	07:08:06	08:16:04	09:44:12.15	09:44:35.55	+04:22:01 (44.8%)	10:40	5.6 (54.9%)
303	STANKIEWICZ Anna	437	DOGOŃ GRODZISK MAZOWIECKI	K-30	13	01:55:48	03:41:17	05:17:57	06:51:03	08:06:22	09:44:13.25	09:44:51.15	+04:22:17 (44.8%)	10:40	5.6 (54.9%)
304	STOKŁOSA Piotr	441	BIKESTATS.PL	M-30	68	02:04:34	03:39:08	05:18:45	07:00:18	08:11:31	09:43:18.65	09:45:12.35	+04:22:38 (44.9%)	10:39	5.6 (54.9%)
305	DRANICKI Łukasz	83		M-40	125	01:54:51	03:38:54	05:17:33	07:00:19	08:13:11	09:46:24.75	09:46:24.75	+04:23:50 (45.0%)	10:43	5.6 (54.9%)
306	MONIAKOWSKI Adam	315	BUTTONTEAM	M-50	37	02:02:13	03:40:10	05:21:00	06:59:28	08:11:00	09:47:22.30	09:48:54.60	+04:26:20 (45.2%)	10:44	5.6 (54.9%)
307	SERAFIN Ewelina	412		K-40	35	01:51:34	03:12:51	05:02:42	06:47:34	08:09:19	09:48:58.40	09:49:36.50	+04:27:02 (45.3%)	10:46	5.6 (54.9%)
308	FAJNAS Katarzyna	92	DOGOŃ GRODZISK MAZOWIECKI / DANFOSS	K-40	36	01:57:00	03:38:45	05:24:12	07:02:42	08:11:38	09:50:20.05	09:50:31.35	+04:27:57 (45.4%)	10:47	5.6 (54.9%)
309	WOJCIESZAK Klaudia	526	BRAVEHEARTS LEGIONOWO	K-40	37	01:53:53	03:35:44	05:13:59	06:58:07	08:11:36	09:50:18.30	09:50:32.10	+04:27:58 (45.4%)	10:47	5.6 (54.9%)
310	KACZOREK Robert	176		M-40	126	01:45:30	03:17:30	04:57:08	06:42:32	08:07:13	09:50:23.05	09:50:36.40	+04:28:02 (45.4%)	10:47	5.6 (54.9%)
311	NIEZNAJ Beata	330	ZABIEGANI MIELEC	K-30	14	02:03:53	03:51:17	05:33:04	07:08:15	08:18:33	09:49:43.90	09:50:50.10	+04:28:16 (45.4%)	10:46	5.6 (54.9%)
312	KOPYCZYNSKA Aleksandra	213		K-40	38	02:01:55	03:42:40	05:29:03	07:06:07	08:15:28	09:49:45.95	09:50:54.90	+04:28:20 (45.4%)	10:46	5.6 (54.9%)
313	KIELASZEWSKI Karol	194	LESZNO LIMITS RUNNERS	M-30	69	02:03:46	03:51:25	05:33:01	07:09:19	08:19:19	09:49:46.45	09:50:57.10	+04:28:23 (45.4%)	10:46	5.6 (54.9%)
314	DOŁĘGA Anna	79	ZABIEGANA MAMA	K-40	39	02:04:41	03:52:22	05:36:17	07:12:10	08:19:28	09:51:06.50	09:51:26.00	+04:28:51 (45.5%)	10:48	5.6 (54.9%)
315	PYZIK Tomasz	388	DRUŻYNA MOJACUKRZYCA.PL	M-40	127	01:55:36	03:41:40	05:18:19	07:04:09	08:15:59	09:52:15.00	09:52:38.90	+04:30:04 (45.6%)	10:49	5.5 (53.9%)
316	BĘBEN Robert	23	OSTROBIEC	M-50	38	02:19:57	04:05:57	05:42:22	07:14:26	08:18:59	09:51:37.20	09:52:58.80	+04:30:24 (45.6%)	10:48	5.5 (53.9%)
317	KAMIŃSKI Marcin	182	WTORKOWY TRENING	M-40	128	01:48:07	03:27:36	05:05:35	06:53:18	08:14:25	09:52:42.20	09:52:59.20	+04:30:25 (45.6%)	10:50	5.5 (53.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czechy		Pasterka	Parking	Błędne	Czas	Czas	Różn	Tempo min/km	Tempo km/h
						13.9km	22.9km			Skały	netto 54.7km	brutto 54.7km			
318	ŚWIETEK Tomasz	471		M-40	129	01:57:35	03:32:35	05:05:16	06:53:51	08:13:43	09:52:00.10	09:52:59.35	+04:30:25 (45.6%)	10:49	5.5 (53.9%)
319	PROCHNO Piotr	379	TRAIL IS OUR WAY	M-30	70	01:57:58	03:35:43	05:06:11	06:47:07	08:12:07	09:52:26.55	09:53:16.30	+04:30:42 (45.6%)	10:49	5.5 (53.9%)
320	LUTOWSKI Wojciech	271		M-30	71	01:39:31	03:21:16	05:08:33	06:59:17	08:17:41	09:54:20.75	09:54:21.80	+04:31:47 (45.7%)	10:51	5.5 (53.9%)
321	CZUBA Robert	68	ORANGE POLSKA	M-50	39	02:00:32	03:48:21	05:26:51	07:06:56	08:17:39	09:54:18.60	09:54:29.35	+04:31:55 (45.7%)	10:51	5.5 (53.9%)
322	RUDAWSKA Karolina	401		K-30	15	02:11:00	04:02:32	05:42:49	07:14:59	08:21:51	09:53:22.80	09:54:31.15	+04:31:57 (45.7%)	10:50	5.5 (53.9%)
323	GŁOWACKA Renata	107	PANTERA	K-50	6	02:02:22	03:50:46	05:32:54	07:12:05	08:22:45	09:53:55.95	09:54:37.10	+04:32:03 (45.8%)	10:51	5.5 (53.9%)
324	KOCZOROWSKI Marcin	208	TEAM ZABIEGANEDNI	M-40	130	02:01:22	03:48:44	05:30:30	07:09:12	08:20:32	09:56:34.60	09:57:07.80	+04:34:33 (46.0%)	10:54	5.5 (53.9%)
325	KOCZOROWSKA Anna	206	TEAM ZABIEGANEDNI	K-40	40	02:01:32	03:48:41	05:30:33	07:09:14	08:20:35	09:56:36.65	09:57:08.30	+04:34:34 (46.0%)	10:54	5.5 (53.9%)
326	TOKARZ Robert	477		M-50	40	01:49:45	03:32:10	05:11:41	07:02:13	08:18:20	09:57:04.55	09:59:43.90	+04:37:09 (46.2%)	10:54	5.5 (53.9%)
327	KARPIŃSKI Rafał	189		M-40	131	02:01:03	03:40:25	05:18:12	07:07:09	08:21:53	09:58:15.20	10:00:11.25	+04:37:37 (46.3%)	10:56	5.5 (53.9%)
328	KALISZEWICZ Piotr	181	MALINY KALINY CHWARSZCZANY	M-40	132	02:05:11	03:57:12	05:35:00	07:16:31	08:26:25	09:58:47.60	10:00:23.30	+04:37:49 (46.3%)	10:56	5.5 (53.9%)
329	KADZIDŁOWSKA Aleksandra	179	EVERRUN	K-40	41	02:04:36	03:52:57	05:37:19	07:21:17	08:29:30	09:59:47.85	10:00:24.40	+04:37:50 (46.3%)	10:57	5.5 (53.9%)
330	BELCH Michał	20	DECARUN	M-30	72	02:03:37	03:37:52	05:17:36	06:58:45	08:12:46	09:59:19.95	10:00:50.50	+04:38:16 (46.3%)	10:57	5.5 (53.9%)
331	KALISZEWICZ Ewa	180		K-40	42	02:18:40	04:14:33	05:43:57	07:17:08	08:26:24	10:00:12.90	10:01:49.65	+04:39:15 (46.4%)	10:58	5.5 (53.9%)
332	BARCIK Maciej	15		M-40	133	01:59:20	03:45:33	05:33:54	07:17:22	08:29:54	10:00:52.05	10:01:50.50	+04:39:16 (46.4%)	10:59	5.5 (53.9%)
333	DYR Dorota	87		K-40	43	01:59:42	04:01:46	05:41:48	07:21:31	08:32:04	10:01:52.85	10:02:13.50	+04:39:39 (46.4%)	11:00	5.5 (53.9%)
334	KUNKEL Anna	249	PGB SPORTOWA PACZKA	K-40	44	01:59:52	04:01:38	05:41:45	07:21:31	08:32:08	10:01:54.25	10:02:13.65	+04:39:39 (46.4%)	11:00	5.5 (53.9%)
335	DALECKA Dorota	71		K-40	45	01:59:28	04:01:47	05:41:43	07:21:31	08:32:07	10:01:55.45	10:02:14.00	+04:39:39 (46.4%)	11:00	5.5 (53.9%)
336	CZEKALSKA Magdalena	64	NARAMOWICE BIEGAJĄ	K-40	46	02:00:10	03:46:03	05:30:24	07:16:38	08:29:29	10:01:41.05	10:02:18.85	+04:39:44 (46.4%)	10:59	5.5 (53.9%)
337	WIERZBIŃSKA Edyta	511	ULTRADZICZKI I ULTRALISICZKI	K-40	47	02:04:47	03:56:24	05:35:39	07:23:41	08:32:08	10:04:28.40	10:05:47.50	+04:43:13 (46.8%)	11:03	5.4 (52.9%)
338	SZYNKLEWSKI Maciej	466	QUAY POZNAŃ	M-50	41	01:31:09	02:00:13	05:28:28	07:11:00	08:28:34	10:06:17.30	10:06:55.05	+04:44:21 (46.9%)	11:05	5.4 (52.9%)
339	TEODOREK Marcei	474	ORANGE POLSKA	M-40	134	02:04:36	03:56:20	05:35:29	07:23:40	08:32:00	10:05:52.20	10:07:20.40	+04:44:46 (46.9%)	11:04	5.4 (52.9%)
340	TREGUB Igor	482		M-30	73	02:05:03	04:06:57	05:48:53	07:28:25	08:40:30	10:06:35.05	10:08:16.10	+04:45:42 (47.0%)	11:05	5.4 (52.9%)
341	MELNYK Ivan	299	KUKURUDZA	M-30	74	02:05:17	04:07:23	05:48:54	07:28:45	08:40:32	10:06:36.10	10:08:16.60	+04:45:42 (47.0%)	11:05	5.4 (52.9%)
342	WALCZAK Agnieszka	496	PKO BP SA	K-40	48	01:55:55	03:41:53	05:33:55	07:19:16	08:34:50	10:09:55.15	10:10:02.65	+04:47:28 (47.1%)	11:09	5.4 (52.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat					Błędne	Czas	Czas	Różn	Tempo min/km	Tempo km/h
						Czechy 13.9km	Czechy 22.9km	Pasterka 33.7km	Parking 40.9km	Skały 47.7km	netto 54.7km	brutto 54.7km			
343	KANIA Maciej	184		M-40	135	01:47:00	03:31:07	05:23:44	07:09:31	08:23:16	10:10:44.30	10:10:47.20	+04:48:13 (47.2%)	11:09	5.4 (52.9%)
344	BARCZAK Katarzyna	17	RUN TEAM MILEJÓW	K-40	49	02:03:12	03:54:08	05:38:07	07:24:30	08:35:08	10:11:16.00	10:11:41.90	+04:49:07 (47.3%)	11:10	5.4 (52.9%)
345	BUJAK Łukasz	45	#BIEGAMBOMAMŻONE	M-30	75	02:04:49	03:46:44	05:25:24	07:08:27	08:28:39	10:10:38.40	10:12:21.80	+04:49:47 (47.3%)	11:09	5.4 (52.9%)
346	TEKLIŃSKI Dawid	473	WTORKOWY TRENING	M-30	76	01:53:45	03:31:48	05:20:29	07:02:25	08:25:58	10:12:32.30	10:12:47.45	+04:50:13 (47.4%)	11:11	5.4 (52.9%)
347	TYŃSKA - SITEK Aleksandra	489	DROGA DO ULTRA	K-40	50	02:07:00	03:57:12	05:37:09	07:20:35	08:34:08	10:11:56.25	10:13:14.65	+04:50:40 (47.4%)	11:11	5.4 (52.9%)
348	GUZIK Daniel	137		M-40	136	02:00:13	03:57:00	05:40:10	07:28:31	08:44:08	10:12:27.55	10:13:20.30	+04:50:46 (47.4%)	11:11	5.4 (52.9%)
349	SKRZYPIŃSKI Arkadiusz	425	PSI PATROL	M-40	137	02:00:14	03:47:25	05:25:57	07:19:32	08:37:07	10:12:43.70	10:13:41.75	+04:51:07 (47.4%)	11:12	5.4 (52.9%)
350	PIDANTY Grzegorz	361	ZHR STRZEGOM	M-40	138	02:02:19	03:53:30	05:40:45	07:24:11	08:36:59	10:12:22.80	10:13:43.50	+04:51:09 (47.4%)	11:11	5.4 (52.9%)
351	GUZEK Mariusz	135	LOSBIEGANEROSKUTNO	M-40	139	01:52:01	03:35:13	05:25:38	07:14:39	08:31:07	10:13:33.45	10:14:02.95	+04:51:28 (47.5%)	11:12	5.3 (52.0%)
352	ZIELIŃSKI Adam	548	DROGA DO ULTRA / EVERRUN	M-40	140	01:56:14	03:44:18	05:23:39	07:16:00	08:33:46	10:13:03.90	10:14:32.40	+04:51:58 (47.5%)	11:12	5.4 (52.9%)
353	DIUWE Marzena	77	PASTERKA PANY	K-30	16	02:02:46	03:47:02	05:34:03	07:18:43	08:34:58	10:14:40.60	10:14:52.70	+04:52:18 (47.5%)	11:14	5.3 (52.0%)
354	BUDZIŃSKI Krzysztof	44	STOWARZYSZENIE SPORTOWE FENIKS	M-50	42	02:01:02	03:45:49	05:30:01	07:18:32	08:31:50	10:14:31.20	10:16:04.40	+04:53:30 (47.6%)	11:14	5.3 (52.0%)
355	BALCERZAK Krysia	10	DROGA DO ULTRA / SZAKALE BAŁUT ŁÓDŹ	K-40	51	02:22:23	04:15:49	05:57:04	07:29:30	08:40:51	10:16:40.25	10:18:08.75	+04:55:34 (47.8%)	11:16	5.3 (52.0%)
356	SIWEK Grzegorz	420	LANRUNS	M-40	141	01:57:17	03:42:42	05:20:59	07:16:51	08:33:10	10:15:53.85	10:18:22.05	+04:55:48 (47.8%)	11:15	5.3 (52.0%)
357	KULAK Paweł	244		M-40	142	02:02:48	03:54:56	05:41:10	07:26:25	08:39:38	10:19:43.05	10:20:00.65	+04:57:26 (48.0%)	11:19	5.3 (52.0%)
358	WICHEREK Maciej	509	ITMBW	M-50	43	02:00:01	04:08:02	05:43:00	07:39:41	09:01:00	10:19:37.65	10:20:41.30	+04:58:07 (48.0%)	11:19	5.3 (52.0%)
359	KRAWIETZ Tomasz	232	IZERSKI NIEDŹWIEDŹ FESTIVAL INDUSTRIAL	M-40	143	02:05:01	03:56:56	05:44:43	07:27:15	08:44:49	10:22:44.20	10:23:56.20	+05:01:22 (48.3%)	11:23	5.3 (52.0%)
360	MALEŃCZYK Jacek	284		M-40	144	02:01:18	03:54:12	05:41:07	07:24:23	08:43:06	10:22:14.75	10:24:06.50	+05:01:32 (48.3%)	11:22	5.3 (52.0%)
361	LEWANDOWSKI Artur	556	***** ***	M-50	44	02:01:38	03:46:20	05:37:09	07:22:33	08:49:33	10:23:04.55	10:24:15.70	+05:01:41 (48.3%)	11:23	5.3 (52.0%)
362	DUBOVYI Pavlo	84	ENDURANCE SCHOOL	M-40	145	02:01:26	03:40:47	05:22:25	07:13:41	08:38:02	10:24:56.05	10:25:37.25	+05:03:03 (48.4%)	11:25	5.3 (52.0%)
363	DUTKOWIAK Aleksandra	86	PIĄTKOWO NA BIEGOWO	K-40	52	02:06:02	03:13:06	05:39:49	07:26:53	08:41:25	10:25:47.95	10:25:47.95	+05:03:13 (48.5%)	11:26	5.2 (51.0%)
364	FELKEL Ewa	94	PIATKOWO NA BIEGOWO	K-40	53	02:05:16	04:00:46	05:39:02	07:26:42	08:40:58	10:25:20.85	10:25:48.70	+05:03:14 (48.5%)	11:25	5.2 (51.0%)
365	CZERNIAK Agnieszka	65	PIĄTKOWO NA BIEGOWO - POZNAŃ	K-40	54	02:05:40	04:00:39	05:39:24	07:26:29	08:41:05	10:25:24.05	10:25:48.95	+05:03:14 (48.5%)	11:25	5.2 (51.0%)
366	NALEWAJKO Jacek	321	#BIEGAJLESZNO	M-40	146	01:57:57	03:39:28	05:24:17	07:17:30	08:41:40	10:26:08.85	10:26:43.00	+05:04:08 (48.5%)	11:26	5.2 (51.0%)
367	KOWALSKI Krzysztof	225	STS BIEGATON	M-40	147	02:04:51	03:59:10	05:42:40	07:28:34	08:43:38	10:26:44.85	10:26:59.80	+05:04:25 (48.6%)	11:27	5.2 (51.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat					Błędne	Czas	Czas	Różn	Tempo min/km	Tempo km/h
						Czechy 13.9km	Czechy 22.9km	Pasterka 33.7km	Parking 40.9km	Skały 47.7km	netto 54.7km	brutto 54.7km			
368	MACEK Marcin	276	DOGOŃ GRODZISK MAZOWIECKI	M-40	148	02:00:30	03:43:24	05:25:23	07:14:57	08:35:55	10:26:55.70	10:27:07.15	+05:04:33 (48.6%)	11:27	5.2 (51.0%)
369	JAGIEŁŁO Konrad	153	RAN TEAM MILEJÓW	M-40	149	01:40:39	03:07:04	05:40:34	07:30:35	08:48:41	10:28:39.85	10:29:21.40	+05:06:47 (48.7%)	11:29	5.2 (51.0%)
370	WINIECKA Ewa	518	IRON HOUSE TRIATHLON WŁOCŁAWEK	K-40	55	02:05:22	03:51:55	05:35:59	07:20:51	08:42:41	10:28:47.10	10:29:27.90	+05:06:53 (48.8%)	11:29	5.2 (51.0%)
371	DOJS Aleksandra	78	NIGHT RUNNERS	K-40	56	02:21:59	04:09:05	05:48:30	07:38:12	08:53:40	10:31:01.60	10:31:53.80	+05:09:19 (49.0%)	11:32	5.2 (51.0%)
372	LEŚNIEWSKI Sławomir	261	PARKRUN SŁODOWO, WŁOCŁAWEK	M-50	45	01:55:21	03:41:19	05:31:09	07:24:15	08:52:14	10:32:11.10	10:32:39.25	+05:10:05 (49.0%)	11:33	5.2 (51.0%)
373	SZATKOWSKA Kasia	457	DOGOŃ GRODZISK MAZOWIECKI	K-40	57	02:04:36	04:00:15	05:48:07	07:36:29	08:51:50	10:32:32.00	10:32:51.10	+05:10:17 (49.0%)	11:33	5.2 (51.0%)
374	WOJNO Małgorzata	528	DROGA DO ULTRA	K-30	17	02:10:07	04:01:32	05:50:04	07:32:29	08:46:54	10:32:06.35	10:33:30.10	+05:10:56 (49.1%)	11:33	5.2 (51.0%)
375	FRANKIEWICZ Jakub	98		M-40	150	02:00:16	03:42:57	05:22:23	07:32:49	08:52:39	10:32:45.15	10:33:31.55	+05:10:57 (49.1%)	11:34	5.2 (51.0%)
376	HAIDA Marcin	139		M-40	151	01:59:18	03:38:41	05:26:40	07:19:13	08:40:28	10:32:16.90	10:33:57.45	+05:11:23 (49.1%)	11:33	5.2 (51.0%)
377	GONCIARZ Andrzej	118		M-60	11	01:57:56	03:38:45	05:24:59	07:35:54	08:54:27	10:32:56.20	10:34:28.70	+05:11:54 (49.2%)	11:34	5.2 (51.0%)
378	PANEK Agata	351	GRUPA JURA.PL	K-40	58	02:10:49	03:56:51	05:41:16	07:34:29	08:54:53	10:34:08.80	10:35:08.40	+05:12:34 (49.2%)	11:35	5.2 (51.0%)
379	SOCHACKI Mariusz	432	GRUPA JURA.PL	M-40	152	02:10:52	03:56:53	05:41:42	07:34:32	08:54:55	10:34:09.70	10:35:08.60	+05:12:34 (49.2%)	11:35	5.2 (51.0%)
380	JUSZCZAK Michał	171	WRODZINIESIŁA	M-30	77	02:07:08	04:09:01	05:47:54	07:37:14	08:53:45	10:35:20.20	10:35:23.10	+05:12:49 (49.2%)	11:36	5.2 (51.0%)
381	JUSZCZAK Natalia	172	WRODZINIESIŁA	K-40	59	02:09:56	04:08:59	05:47:49	07:36:54	08:53:33	10:35:20.00	10:35:23.50	+05:12:49 (49.2%)	11:36	5.2 (51.0%)
382	MIGDAŁ Adrian	306		M-40	153	02:05:36	03:56:04	05:46:32	07:32:46	08:52:36	10:36:16.65	10:37:05.00	+05:14:30 (49.4%)	11:37	5.2 (51.0%)
383	JAMRÓZ Mariola	158		K-50	7	02:09:20	03:58:59	05:48:10	07:36:02	08:51:47	10:37:03.40	10:37:26.15	+05:14:52 (49.4%)	11:38	5.2 (51.0%)
384	SUCHENIA Daniel	445	KAT CROSS	M-50	46	02:03:36	03:48:15	05:35:30	07:29:21	08:51:42	10:36:24.80	10:37:26.70	+05:14:52 (49.4%)	11:38	5.2 (51.0%)
385	GOLEK Seweryn Golek	115		M-40	154	01:53:31	03:34:16	05:20:20	07:13:01	08:43:37	10:38:59.50	10:40:57.55	+05:18:23 (49.7%)	11:40	5.1 (50.0%)
386	ŚWIERCZEWSKI Krzysztof	470	BIEGOWA KUŹNIA	M-40	155	02:00:41	03:52:26	05:40:02	07:35:52	08:58:57	10:43:03.25	10:43:17.85	+05:20:43 (49.9%)	11:45	5.1 (50.0%)
387	MIREK Waldemar	312		M-60	12	02:04:39	03:52:41	05:41:45	07:29:13	08:54:57	10:42:33.60	10:43:19.10	+05:20:45 (49.9%)	11:44	5.1 (50.0%)
388	MODERSKI Mateusz	313		M-40	156	02:02:43	03:54:15	05:37:48	07:28:23	08:55:12	10:42:03.95	10:43:19.40	+05:20:45 (49.9%)	11:44	5.1 (50.0%)
389	PUCHAŁA Mariusz	386	NAPRZÓD MŁOCINY	M-40	157	02:03:02	03:57:58	05:50:19	07:48:34	09:04:53	10:44:03.55	10:44:56.50	+05:22:22 (50.0%)	11:46	5.1 (50.0%)
390	SZABLA Magdalena	454		K-40	60	02:11:19	04:03:26	05:49:02	07:48:16	09:08:33	10:49:52.25	10:50:36.80	+05:28:02 (50.4%)	11:52	5.1 (50.0%)
391	MĘTLAK Małgorzata	301		K-20	3	02:11:20	04:03:24	05:49:01	07:48:21	09:08:32	10:49:53.05	10:50:39.05	+05:28:05 (50.4%)	11:52	5.1 (50.0%)
392	SZABLA Marcin	455	SAINT GOBAIN SQUAD	M-40	158	02:11:05	04:03:24	05:47:43	07:48:33	09:09:30	10:49:50.35	10:50:39.20	+05:28:05 (50.4%)	11:52	5.1 (50.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat					Błędne	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						Czechy 13.9km	Czechy 22.9km	Pasterka 33.7km	Parking 40.9km	Skały 47.7km	54.7km	54.7km			
393	OKULICZ Anita	338	MUD FOXES	K-30	18	02:42:20	04:31:29	06:07:39	07:53:51	09:08:56	10:50:46.70	10:51:07.50	+05:28:33 (50.5%)	11:53	5 (49.0%)
394	KNUROWSKI Marcin	204		M-50	47	01:45:52	02:04:54	05:48:55	07:49:42	09:12:41	10:51:41.20	10:53:26.60	+05:30:52 (50.6%)	11:54	5 (49.0%)
395	IGRAS Mieczysław	146	RUNNERSTEAMNYSA	M-60	13	02:05:07	03:53:51	05:38:19	07:31:47	09:03:48	10:55:12.20	10:55:45.25	+05:33:11 (50.8%)	11:58	5 (49.0%)
396	SERAFIN Robert	411		M-50	48	01:54:15	03:42:44	05:46:19	07:37:43	09:03:44	10:56:42.30	10:57:21.10	+05:34:47 (50.9%)	12:00	5 (49.0%)
397	WARA-WĄSOWSKI Maciej	500	SZAKALE BAŁUT ŁÓDŹ	M-50	49	02:04:37	04:00:20	05:56:38	07:55:07	09:17:03	10:57:01.90	10:57:46.15	+05:35:12 (51.0%)	12:00	5 (49.0%)
Przekroczony limit czasu: 11:00:00															
LIM	GÓRNIAK Jarosław	123	JARBUD	M-40		02:19:15	04:15:20	06:05:54	07:53:28	09:16:45	11:01:35.10	11:02:48.40		0:00	5 (49.0%)
LIM	JAGODZIŃSKA Paulina	154	ZABIEGANI MIELEC	K-40		02:16:55	04:16:09	06:01:34	07:56:47	09:16:33	11:03:30.25	11:04:46.65		0:00	4.9 (48.0%)
LIM	SULIGA Wioletta	446	AUGUSTEAM	K-40		02:22:08	04:21:25	06:08:13	07:57:56	09:17:23	11:03:57.45	11:04:46.80		0:00	4.9 (48.0%)
LIM	NIEWIADOMSKI Marek	329		M-30		02:10:56	04:13:18	06:03:16	07:59:57	09:24:51	11:04:23.55	11:05:54.70		0:00	4.9 (48.0%)
LIM	KLIMOWSKI Daniel	199	FANTASTIC TEAM	M-40		02:03:01	03:55:45	05:52:32	07:56:51	09:26:44	11:19:43.25	11:20:19.20		0:00	4.8 (47.1%)
LIM	MICHNIEWSKI Piotr	303	GIT EKIPA!	M-30		02:05:11	03:56:52	05:53:37	07:58:13	09:36:26	11:20:13.20	11:21:16.95		0:00	4.8 (47.1%)
LIM	KOTLIĆKA Beata	219	FUDU	K-40		02:25:38	04:29:42	06:15:06	08:14:47	09:37:24	11:28:50.20	11:29:29.50		0:00	4.8 (47.1%)
LIM	BEŁDOWSKA Beata	21	FUDU& CO.SPORT.TEAM	K-50		02:25:40	04:29:47	06:15:34	08:15:23	09:37:24	11:31:21.10	11:31:59.00		0:00	4.7 (46.1%)
LIM	TWARDZIK Wojciech	486	FANTASTIC TEAM	M-30		02:02:56	03:55:48	05:52:43	07:53:55	09:22:45	11:40:10.75	11:40:44.35		0:00	4.7 (46.1%)
	SIŁAKOWSKI Ariel	418	WTORKOWY TRENING	M-30		01:37:30 DNF	02:16:52 DNF	06:12:46 DNF	08:16:51 DNF	DNF	DNF	DNF		-	- (0.0%)
	GOŁEK Robert	116	FORZA ŁĘKAWICA	M-40		01:30:48 DNF	02:45:29 DNF	04:06:19 DNF	05:28:01 DNF	DNF	DNF	DNF		-	- (0.0%)
	BORKOWSKI Krzysztof	35		M-50		01:40:36 DNF	03:05:38 DNF	04:43:52 DNF	06:36:21 DNF	DNF	DNF	DNF		-	- (0.0%)
	RAKOCZY Krzysztof	390		M-30		01:50:54 DNF	03:18:09 DNF	04:53:47 DNF	06:44:50 DNF	DNF	DNF	DNF		-	- (0.0%)
	GRADKOWSKA Małgorzata	128		K-40		02:33:48 DNF	04:20:51 DNF	05:56:08 DNF	07:26:48 DNF	DNF	DNF	DNF		-	- (0.0%)
	KARASEK Grzegorz	187		M-40		02:11:14 DNF	04:01:55 DNF	05:52:57 DNF	07:48:25 DNF	DNF	DNF	DNF		-	- (0.0%)
	KARASEK Magdalena	186		K-40		02:11:42 DNF	04:03:29 DNF	05:49:04 DNF	07:48:30 DNF	DNF	DNF	DNF		-	- (0.0%)
	SZPAŁA Jakub	461	BUTTONS TEAM	M-20		01:57:12 DNF	03:49:59 DNF	05:54:55 DNF	07:56:01 DNF	DNF	DNF	DNF		-	- (0.0%)
	COLAUTTI Enrico	61	BAD ORGANIZER TEAM	M-50		02:03:35 DNF	03:52:53 DNF	DNF	08:02:07 DNF	DNF	DNF	DNF		-	- (0.0%)
	MIŁKOWSKI Marcin	310		M-40		02:34:49 DNF	04:35:38 DNF	DNF	08:02:44 DNF	DNF	DNF	DNF		-	- (0.0%)
	FRIEZE Krzysztof	100	ORANGE POLSKA	M-40		02:22:53 DNF	04:24:17 DNF	06:23:09 DNF	08:08:08 DNF	DNF	DNF	DNF		-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat					Błędne	Czas	Czas	Różn	Tempo	Tempo
						13.9km	22.9km	Pasterka	Parking	Skały	netto	brutto		min/km	km/h
	FRIEZE Tatiana	99	ULTRALANSIARA		K-40	02:23:04 DNF	04:24:29 DNF	06:23:06 DNF	08:09:29 DNF	DNF	DNF	DNF	-	-	(0.0%)
	PIECUCH Małgorzata	363			K-60	02:22:29 DNF	04:23:43 DNF	06:21:03 DNF	08:16:06 DNF	DNF	DNF	DNF	-	-	(0.0%)
	WILK Maciej	516	RAMBO 3		M-40	01:10:22 DNF	02:04:51 DNF	03:04:37 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	KITA Michał	197	PĘDZĄCY W MIEJSCU		M-40	01:22:34 DNF	01:49:46 DNF	03:56:32 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	WALCZAK Patryk	494			M-30	01:24:24 DNF	02:38:54 DNF	03:57:57 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	DĄBROWSKI Michał	75	CINCLUS		M-50	01:39:10 DNF	03:10:29 DNF	04:50:02 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	GRZYMSKI Jerzy	133	SG		M-50	01:52:31 DNF	03:35:02 DNF	05:20:34 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	PAŁCZYŃSKI Paweł	349			M-40	01:40:52 DNF	03:21:07 DNF	05:21:22 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	PIECUCH Karolina	362			K-30	01:48:39 DNF	03:30:08 DNF	05:41:13 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	KAMIŃSKI Paweł	183			M-50	02:00:57 DNF	03:50:10 DNF	05:43:57 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	BARAŃSKI Piotr	14			M-40	01:55:40 DNF	02:13:07 DNF	05:45:10 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	GÓRSKI Marcin	124			M-40	02:03:18 DNF	03:57:15 DNF	05:47:24 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	KRYSIAK Łukasz	237	PIĄTKOWO NA BIEGOWO		M-40	02:05:20 DNF	03:59:20 DNF	05:54:44 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	TRZCINA Agata	483			K-40	02:13:34 DNF	04:07:05 DNF	05:57:25 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	PRZESPOLEWSKI Rafał	381	LUDZIE Z WIOCHY		M-40	02:18:08 DNF	04:14:42 DNF	05:59:00 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	NOWAK Marcin	333	SZAKALE BAŁUT ŁÓDŹ		M-40	02:09:23 DNF	04:15:23 DNF	05:59:58 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	POPEK Maciej	374	IRON HOUSE TRIATHLON WŁOCŁAWEK		M-40	02:12:05 DNF	04:06:11 DNF	06:02:47 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	SIKORA Michał	415	PASTERKA PANY		M-40	02:04:13 DNF	04:03:18 DNF	06:10:28 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	KÜCHLER Paweł	242	JARBUD		M-20	02:18:59 DNF	04:15:03 DNF	06:16:24 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	HOFFMANN Grzegorz	143	KOŚCIAN TEAM		M-40	01:55:47 DNF	02:11:25 DNF	06:20:08 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	PRZEWŁOKA Wojciech	382	SAINT GOBAIN SQUAD		M-40	02:02:15 DNF	03:54:57 DNF	06:21:52 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	BIAŁECKA Sylwia	24	EVERRUN		K-40	02:25:21 DNF	04:29:15 DNF	06:24:00 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	JABŁOŃSKI Artur	557	DREAM RUN / NATIONALE-NEDERLANDEN		M-40	01:11:27 DNF	02:14:03 DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	LEWICKA Bożena	262	GONIMY		K-60	02:32:08 DNF	03:10:13 DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	ZDEBSKI Damian	547			M-20	01:43:31 DNF	03:23:01 DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czechy 13.9km	Czechy 22.9km	Pasterka 33.7km	Parking 40.9km	Błędne Skały 47.7km	Czas netto 54.7km	Czas brutto 54.7km	Różn	Tempo min/km	Tempo km/h
	PARANDYK Krystian	355	MCBIEGACZE	M-30		02:02:48 DNF	03:58:09 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	KUMELA Michał	247		M-40		02:16:35 DNF	04:20:49 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	SIEKIERSKI Tomasz	413	PRONATURA BYDGOSZCZ	M-40		02:25:02 DNF	04:24:37 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	WYSZKOWSKA Marzena	539		K-30		02:27:45 DNF	04:25:53 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	WAŁEK Piotr	498	VELO ŁOSIE NA SZOSIE	M-50		02:12:07 DNF	04:27:35 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	ROMANOWICZ Katarzyna	399	PODKOWA BIEGA	K-40		02:33:46 DNF	04:33:42 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	KRUSZKA Stanisław	235		M-40		02:23:30 DNF	04:35:46 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	DONAJ Adam	82		M-40		02:29:23 DNF	04:36:51 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	ZAJĄC Andrzej	542	DRUŻYNA SZPIKU	M-40		02:29:10 DNF	04:38:34 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	WEBER Agata	506	VELO ŁOSIE NA SZOSIE	K-40		02:40:03 DNF	04:43:25 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	KADECKI Marek	177		M-40		02:39:59 DNF	04:43:36 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	MASTALERSKI Dariusz	293		M-40		02:38:01 DNF	04:47:34 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	ORACKA Agnieszka	341	64 BATALION LEKKIEJ PIECHOTY W POMIECHÓWKU	K-40		02:38:11 DNF	04:47:37 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	MACIEJEWSKA Beata	278	BYLEDOPRZODUQ	K-30		02:37:03 DNF	04:48:23 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	KUJAWIŃSKI Krzysztof	243		M-40		02:34:55 DNF	04:51:09 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	KMERA Rafał	202	BIG YELLOW FOOT	M-40		02:43:26 DNF	04:51:28 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	ZAJĄC Krzysztof	543	BEZULTRADZIKI/WKURW_TEAM	M-40		02:37:45 DNF	04:52:09 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	PAŁASZYŃSKA Beata	348	MUD FOXES	K-30		02:44:30 DNF	04:54:47 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	SAJDUDA Adam	408		M-20		01:28:33 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	GŁUSZCZAK Jerzy	111		M-60		02:29:42 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 462 wynik(ów)