



SUPERMARATON GÓR STOŁOWYCH 2017

B4SPORT
INTELLIGENTNE ZAWODY SPORTOWE

Wydarzenie: Maraton Gór Stołowych
Organizator: Stowarzyszenie TKKF Kompas
Data: 2017-07-01
Miejsce: Pasterka
Dystans: 50 km

B4SPORT
INTELLIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czechy 8.4km	Czechy 17.4km	Pasterka 28km	Parking 35km	Skaly 42km	Czas netto 50km	Czas brutto 50km	Różn	Tempo min/km	Tempo km/h
1	JABŁOŃSKI Artur	332	DREAM RUN	M-30	1	00:41:17	01:32:02	02:21:41	03:08:42	03:47:16	04:34:17.80	04:34:21.05		5:29	10.9 (100%)
2	BĘTKOWSKI Piotr	478	CITY TRAIL TEAM	M-30	2	00:43:09	01:36:24	02:31:10	03:19:24	03:59:06	04:38:28.35	04:38:31.15	+00:04:10 (1.5%)	5:34	10.8 (99.1%)
3	SNOCHOWSKI Jacob	445	ABOVE2000 / TEAM MOUNTAIN FUEL UK	M-30	3	00:42:48	01:35:09	02:30:38	03:23:35	04:08:36	04:52:48.60	04:52:51.60	+00:18:30 (6.3%)	5:51	10.2 (93.6%)
4	WIŚNIEWSKI Piotr	444	DYNAFIT TUTTU.PL	M-30	4	00:43:51	01:39:41	02:36:32	03:29:21	04:14:19	04:58:44.55	04:58:48.65	+00:24:27 (8.2%)	5:58	10 (91.7%)
5	WILK Maciej	409	RAMBO 3	M-30	5	00:44:01	01:39:31	02:36:24	03:34:54	04:23:20	05:08:48.75	05:09:02.40	+00:34:41 (11.2%)	6:10	9.7 (89.0%)
6	GRAMACKI Szymon	368		M-20	1	00:48:01	01:44:26	02:44:57	03:38:00	04:25:49	05:09:56.30	05:10:03.00	+00:35:41 (11.5%)	6:11	9.7 (89.0%)
7	STOLARZ Piotr	93		M-40	1	00:44:53	01:40:48	02:36:25	03:32:52	04:27:44	05:13:53.85	05:13:57.65	+00:39:36 (12.6%)	6:16	9.6 (88.1%)
8	KUCHARCZYK Maciej	434		M-40	2	00:46:57	01:46:48	02:45:52	03:40:12	04:27:31	05:14:38.80	05:14:43.00	+00:40:21 (12.8%)	6:17	9.5 (87.2%)
9	KSIĄŻKIEWICZ Piotr	419	CITY TRAIL TEAM	M-30	6	00:45:08	01:40:40	02:38:43	03:33:35	04:23:00	05:16:52.40	05:16:55.30	+00:42:34 (13.4%)	6:20	9.5 (87.2%)
10	GÓRAL Grzegorz	412	TADZIKI	M-30	7	00:46:08	01:44:34	02:49:42	03:47:04	04:35:22	05:21:59.90	05:22:05.65	+00:47:44 (14.8%)	6:26	9.3 (85.3%)
11	TOPOLSKI Marcin	31		M-40	3	00:49:02	01:49:11	02:51:50	03:48:55	04:37:01	05:25:09.55	05:25:16.95	+00:50:55 (15.7%)	6:30	9.2 (84.4%)
12	HIBNER Waldemar	265		M-40	4	00:47:37	01:46:51	02:51:44	03:49:31	04:36:38	05:29:10.70	05:29:14.50	+00:54:53 (16.7%)	6:35	9.1 (83.5%)
13	DYBIŻBAŃSKI Wojciech	374	CITY TRAIL TEAM	M-20	2	00:53:25	01:57:35	03:01:05	03:55:45	04:42:36	05:29:46.25	05:29:52.45	+00:55:31 (16.8%)	6:35	9.1 (83.5%)
14	KOSTERKIEWICZ Marcin	152	RYBAK PERSONAL TRAINER - PTC PRZEMYŚL	M-40	5	00:48:27	01:48:50	02:55:13	03:53:27	04:43:01	05:30:56.10	05:31:00.30	+00:56:39 (17.1%)	6:37	9.1 (83.5%)
15	BARTYZEL Marek	287		M-40	6	00:49:17	01:49:36	02:54:07	03:52:42	04:42:19	05:31:41.60	05:31:49.50	+00:57:28 (17.3%)	6:38	9 (82.6%)
16	RZEPKA Remigiusz	238	CLEAREX	M-40	7	00:50:11	01:50:52	02:56:48	03:55:20	04:44:42	05:35:13.40	05:35:18.05	+01:00:57 (18.2%)	6:42	8.9 (81.7%)
17	MAJER Janusz	233		M-40	8	00:48:06	01:52:07	03:00:37	04:01:40	04:49:57	05:35:29.90	05:35:33.35	+01:01:12 (18.2%)	6:42	8.9 (81.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat						Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						8.4km	Czechy 17.4km	Pasterka 28km	Parking 35km	Skaly 42km	50km	50km			
18	GONCZARENKO Jarek	406		M-30	8	00:46:34	01:43:23	02:46:34	03:49:45	04:41:42	05:37:30.80	05:37:35.80	+01:03:14 (18.7%)	6:45	8.9 (81.7%)
19	LANGNER Radosław	59	VEGE RUNNERS	M-20	3	00:47:17	01:47:43	02:47:32	03:54:38	04:46:57	05:38:28.45	05:38:34.45	+01:04:13 (19.0%)	6:46	8.9 (81.7%)
20	WOJCZUK Kornel	14	DZIKIE ŻYCIE RUNTEAM	M-30	9	00:48:35	01:46:46	02:51:40	03:54:10	04:48:00	05:38:32.45	05:38:47.95	+01:04:26 (19.0%)	6:46	8.9 (81.7%)
21	PRZYBYLSKI Łukasz	100	KLUB SPORTOWY SHOOTBOXER	M-30	10	00:49:48	01:49:43	02:54:32	03:56:47	04:50:19	05:40:08.10	05:40:13.85	+01:05:52 (19.4%)	6:48	8.8 (80.7%)
22	BENDIG Wojciech	28		M-40	9	00:51:29	01:53:04	02:56:14	03:59:20	04:52:58	05:41:03.55	05:41:19.90	+01:06:58 (19.6%)	6:49	8.8 (80.7%)
23	WOLBACH Tomasz	131		M-30	11	00:54:45	01:56:32	02:59:50	04:01:04	04:51:10	05:41:57.95	05:42:09.05	+01:07:48 (19.8%)	6:50	8.8 (80.7%)
24	HEŁMECKI Artur	428	N-H	M-40	10	00:50:42	01:53:12	02:58:26	04:01:11	04:52:24	05:42:27.65	05:42:34.15	+01:08:13 (19.9%)	6:50	8.8 (80.7%)
25	LUBAŃSKI Robert	150		M-50	1	00:53:04	01:57:12	03:03:06	04:04:11	04:54:45	05:44:11.90	05:44:18.70	+01:09:57 (20.3%)	6:53	8.7 (79.8%)
26	ŚWIDA Adam	438	GET RUN	M-30	12	00:52:09	01:56:38	03:05:26	04:07:12	04:54:42	05:44:33.75	05:44:38.30	+01:10:17 (20.4%)	6:53	8.7 (79.8%)
27	BIELAWA Rafał	476		M-40	11	00:46:27	01:43:18	02:46:23	03:54:40	04:51:34	05:45:30.00	05:45:35.65	+01:11:14 (20.6%)	6:54	8.7 (79.8%)
28	WINIARSKA Katarzyna	22	PRZEMYSKI KLUB BIEGACZA	K-30	1	00:52:18	01:55:38	03:03:13	04:05:49	04:55:32	05:47:15.10	05:47:19.50	+01:12:58 (21.0%)	6:56	8.6 (78.9%)
29	RUTA Paweł	201	PETARDA BOŃCZYKA	M-40	12	00:52:51	01:56:58	03:02:52	04:04:43	04:55:23	05:48:25.40	05:48:34.35	+01:14:13 (21.3%)	6:58	8.6 (78.9%)
30	JEDWABNY Piotr	3		M-30	13	00:53:21	01:57:43	03:04:37	04:05:05	04:57:44	05:48:22.00	05:48:39.00	+01:14:17 (21.3%)	6:58	8.6 (78.9%)
31	MAKOWSKI Maciej	34	KORONA PABIANICE	M-30	14	00:52:13	01:54:54	03:04:18	04:07:39	04:59:44	05:48:57.60	05:49:09.60	+01:14:48 (21.4%)	6:58	8.6 (78.9%)
32	JANIK Rafał	292	GMINA STRZELCE OPOLSKIE	M-30	15	00:47:43	01:49:39	02:58:33	04:01:51	04:56:27	05:51:25.00	05:51:25.00	+01:17:03 (21.9%)	7:01	8.5 (78.0%)
33	BOJAN Adam	54		M-40	13	00:50:38	01:55:16	03:01:21	04:05:04	04:58:58	05:51:52.05	05:51:56.40	+01:17:35 (22.0%)	7:02	8.5 (78.0%)
34	CZERNIAWSKI Piotr	122		M-30	16	00:52:18	01:53:24	03:00:18	04:03:25	04:57:25	05:52:10.45	05:52:16.20	+01:17:55 (22.1%)	7:02	8.5 (78.0%)
35	ANDRES Kamil	432	KS JANUSZE	M-30	17	00:55:05	01:58:22	03:00:44	04:04:19	04:59:00	05:52:07.60	05:52:39.55	+01:18:18 (22.2%)	7:02	8.5 (78.0%)
36	BORÓWKA Ryszard	112		M-40	14	00:54:13	01:57:54	03:05:00	04:07:22	05:00:27	05:52:12.35	05:52:40.55	+01:18:19 (22.2%)	7:02	8.5 (78.0%)
37	SZENDZIELARZ Marcin	392		M-30	18	00:50:03	01:52:55	03:02:15	04:07:36	05:00:49	05:52:36.80	05:52:41.80	+01:18:20 (22.2%)	7:03	8.5 (78.0%)
38	GRUCEL Sławomir	134		M-30	19	00:52:45	01:58:45	03:03:49	04:07:07	04:59:39	05:52:28.30	05:52:43.35	+01:18:22 (22.2%)	7:02	8.5 (78.0%)
39	TURIF Jarek	408		M-30	20	00:45:47	01:44:23	02:50:50	04:00:13	05:01:14	05:56:52.70	05:56:56.45	+01:22:35 (23.1%)	7:08	8.4 (77.1%)
40	GAŁUSZKA Filip	205	K.S. ROSOMAK	M-20	4	00:50:15	01:51:24	02:55:56	04:06:27	05:05:11	05:58:57.75	05:59:02.40	+01:24:41 (23.6%)	7:10	8.4 (77.1%)
41	ZAWORSKI Tomasz	175		M-20	5	00:57:27	02:06:32	03:14:06	04:16:34	05:07:55	05:58:56.25	05:59:08.95	+01:24:47 (23.6%)	7:10	8.4 (77.1%)
42	MATLOK Marek	194	BIEGAJ Z PILECKIM	M-40	15	00:54:55	02:01:58	03:10:47	04:17:11	05:09:08	05:59:01.95	05:59:13.25	+01:24:52 (23.6%)	7:10	8.4 (77.1%)

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						8.4km	Czechy 17.4km	Pasterka 28km	Parking 35km	Skaly 42km	50km	50km			
43	WICHŁACZ Paweł	324	KB MANIAC POZNAŃ	M-30	21	01:00:50	02:10:56	03:23:21	04:26:58	05:16:32	06:02:54.60	06:03:28.30	+01:29:07 (24.5%)	7:15	8.3 (76.1%)
44	ŻELICHOWSKI Artur	212	KĘCKIE HARPAGANY	M-40	16	00:56:43	02:03:42	03:13:37	04:18:06	05:09:13	06:03:15.90	06:03:35.35	+01:29:14 (24.5%)	7:15	8.3 (76.1%)
45	CZERWIECKI Marcin	254		M-30	22	00:48:23	01:51:40	02:59:06	04:10:29	05:06:30	06:03:47.45	06:03:53.95	+01:29:32 (24.6%)	7:16	8.2 (75.2%)
46	KURCZYK Tomasz	106		M-30	23	00:48:01	01:52:21	03:06:02	04:15:53	05:10:58	06:04:18.95	06:04:24.05	+01:30:03 (24.7%)	7:17	8.2 (75.2%)
47	LANGE Beata	315		K-40	1	00:53:00	02:00:19	03:11:52	04:19:25	05:14:24	06:05:16.95	06:05:21.00	+01:30:59 (24.9%)	7:18	8.2 (75.2%)
48	SZECHLECKI Krzysztof	295	I'VE GOT YOU	M-40	17	00:57:22	02:03:50	03:14:17	04:20:53	05:16:00	06:05:16.40	06:05:28.80	+01:31:07 (24.9%)	7:18	8.2 (75.2%)
49	BAŁATKA Krzysztof	88	AZS WSGK KUTNO	M-30	24	00:49:49	01:52:56	03:05:00	04:21:36	05:15:19	06:06:09.30	06:06:13.25	+01:31:52 (25.1%)	7:19	8.2 (75.2%)
50	ŁAŻEWSKI Marcin	274		M-40	18	00:58:41	02:06:43	03:13:40	04:19:36	05:13:13	06:06:44.25	06:06:56.25	+01:32:35 (25.2%)	7:20	8.2 (75.2%)
51	DETLAFF Patrycja	457	DREAM RUN	K-30	2	00:55:22	02:07:00	03:18:25	04:26:21	05:17:04	06:06:52.50	06:06:59.30	+01:32:38 (25.2%)	7:20	8.2 (75.2%)
52	RAJTAR Zbigniew	365	RONTIL- COMPASS	M-50	2	00:53:03	02:08:09	03:19:24	04:24:35	05:16:08	06:08:06.50	06:08:12.10	+01:33:51 (25.5%)	7:21	8.1 (74.3%)
53	BYTNIIEWSKI Darek	312	TEAM PKO SILESIA MARATHON	M-40	19	00:55:03	02:02:14	03:15:15	04:21:00	05:14:41	06:09:04.65	06:09:14.80	+01:34:53 (25.7%)	7:22	8.1 (74.3%)
54	NOWACKA Marlena	159	JAN-MAR	K-40	2	00:56:52	02:08:50	03:20:55	04:26:35	05:18:21	06:10:30.75	06:10:35.25	+01:36:14 (26.0%)	7:24	8.1 (74.3%)
55	WINIARSKI Andrzej	57	DXTREEM RUNNING	M-30	25	00:55:28	02:01:15	03:11:47	04:19:17	05:14:20	06:10:31.40	06:10:40.40	+01:36:19 (26.0%)	7:24	8.1 (74.3%)
56	RYMARSKI Arkadiusz	15	NOA	M-40	20	00:52:52	02:03:10	03:16:53	04:23:15	05:17:45	06:10:39.10	06:10:42.25	+01:36:21 (26.0%)	7:24	8.1 (74.3%)
57	SIKORA Michał	217		M-40	21	00:54:49	01:57:54	03:04:51	04:11:08	05:09:50	06:11:15.80	06:11:42.20	+01:37:21 (26.2%)	7:25	8.1 (74.3%)
58	KOZINOGA Mateusz	426	FSL VERUS AOK.PL TEAM	M-30	26	01:05:33	02:21:59	03:32:59	04:33:55	05:22:47	06:11:24.20	06:11:46.60	+01:37:25 (26.2%)	7:25	8.1 (74.3%)
59	KRAUSE Kuba	424	WWW.BIEGANIE.PL	M-30	27	00:52:52	02:00:07	03:11:35	04:19:25	05:16:05	06:11:45.10	06:11:49.35	+01:37:28 (26.2%)	7:26	8.1 (74.3%)
60	MIKRUT Remigiusz	286		M-30	28	00:58:21	02:09:50	03:20:30	04:25:10	05:19:01	06:11:46.30	06:11:56.65	+01:37:35 (26.2%)	7:26	8.1 (74.3%)
61	SARATA Kuba	13	ADVENTURE: GLOBE	M-30	29	01:00:53	02:14:48	03:28:14	04:31:25	05:22:13	06:12:04.75	06:12:20.30	+01:37:59 (26.3%)	7:26	8.1 (74.3%)
62	LIPPA Wojtek	333	LC MOSIĄDZ	M-40	22	00:56:53	02:04:28	03:15:14	04:21:04	05:15:39	06:12:24.05	06:12:30.35	+01:38:09 (26.3%)	7:26	8.1 (74.3%)
63	KULESZA Artur	99	BESKIDZKA 160 NA RATY	M-50	3	00:58:57	02:09:17	03:21:26	04:26:16	05:19:18	06:12:23.20	06:12:36.00	+01:38:14 (26.4%)	7:26	8.1 (74.3%)
64	SIEROCIN Jakub	297	KDATP	M-30	30	00:58:46	02:06:34	03:17:30	04:23:01	05:18:20	06:12:25.85	06:12:48.25	+01:38:27 (26.4%)	7:26	8.1 (74.3%)
65	RĘBKOWSKI Piotr	140		M-40	23	00:58:57	02:08:21	03:21:27	04:27:39	05:21:42	06:13:10.60	06:13:25.65	+01:39:04 (26.5%)	7:27	8 (73.4%)
66	PICHETA Magdalena	318		K-30	3	00:55:27	02:03:57	03:17:58	04:23:54	05:19:12	06:13:52.20	06:13:58.90	+01:39:37 (26.6%)	7:28	8 (73.4%)
67	MISZCZYK Roman	320		M-40	24	00:56:30	02:06:47	03:20:07	04:26:08	05:20:25	06:14:07.30	06:14:14.55	+01:39:53 (26.7%)	7:28	8 (73.4%)

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						8.4km	Czechy 17.4km	Pasterka 28km	Parking 35km	Skaly 42km	50km	50km			
68	MATWIEJCZYK Gabriel	369	HTTP://COACHINGWBIEGU.PL	M-30	31	00:52:53	02:00:58	03:14:18	04:21:50	05:18:09	06:14:34.25	06:14:43.20	+01:40:22 (26.8%)	7:29	8 (73.4%)
69	SIKORA Adam	220		M-30	32	01:01:50	02:07:39	03:16:26	04:23:21	05:19:34	06:14:44.20	06:14:44.20	+01:40:23 (26.8%)	7:29	8 (73.4%)
70	LEWANDOWSKA Karolina	471	DREAM RUN	K-40	3	00:55:20	02:03:49	03:14:21	04:23:21	05:16:03	06:15:15.70	06:15:23.00	+01:41:01 (26.9%)	7:30	8 (73.4%)
71	BARTOSIŃSKI Mariusz	58		M-40	25	00:56:50	02:04:31	03:18:33	04:28:24	05:24:07	06:15:56.60	06:16:05.85	+01:41:44 (27.1%)	7:31	8 (73.4%)
72	KSIĄDZYNA Rafał	362	JELENIOGÓRSKI KLUB JASKINIOWY	M-30	33	00:58:35	02:06:40	03:22:22	04:28:28	05:22:09	06:16:33.15	06:16:58.30	+01:42:37 (27.2%)	7:31	8 (73.4%)
73	MAZURKIEWICZ Jerzy	394	NIGHT RUNNERS WROCŁAW	M-30	34	01:00:34	02:08:35	03:22:53	04:27:13	05:23:31	06:16:49.95	06:17:08.05	+01:42:47 (27.3%)	7:32	8 (73.4%)
74	BRZOZOWSKI Jacek	423	DNF TEAM	M-40	26	00:52:50	01:57:52	03:05:56	04:14:49	05:15:44	06:17:16.35	06:17:24.15	+01:43:03 (27.3%)	7:32	8 (73.4%)
75	BOGUS Bartosz	66		M-20	6	00:50:10	01:53:57	03:02:58	04:15:43	05:18:33	06:17:36.90	06:17:43.15	+01:43:22 (27.4%)	7:33	7.9 (72.5%)
76	KUNICKI Konrad	210	NOA	M-30	35	00:52:51	01:56:48	03:05:32	04:14:08	05:13:18	06:18:14.15	06:18:17.35	+01:43:56 (27.5%)	7:33	7.9 (72.5%)
77	SZCZOT Andrzej	461		M-40	27	00:54:20	02:05:41	03:17:38	04:28:12	05:24:29	06:18:20.05	06:18:27.30	+01:44:06 (27.5%)	7:34	7.9 (72.5%)
78	CHOJNACKI Leszek	354	IADP	M-40	28	00:57:19	02:10:15	03:23:09	04:27:26	05:22:16	06:18:31.15	06:18:45.45	+01:44:24 (27.6%)	7:34	7.9 (72.5%)
79	SCHULZ Krzysztof	277		M-30	36	00:58:40	02:10:31	03:24:24	04:33:23	05:30:11	06:20:51.30	06:21:08.90	+01:46:47 (28.0%)	7:37	7.9 (72.5%)
80	DRYNDĄ Rafał	323	KB FLORIAN ZAJĄCZKI DRUGIE	M-30	37	01:01:26	02:17:18	03:31:01	04:35:01	05:29:07	06:21:02.15	06:21:25.60	+01:47:04 (28.1%)	7:37	7.9 (72.5%)
81	ZIĘTERSKI Robert	182		M-40	29	00:53:50	02:03:56	03:17:20	04:28:53	05:25:37	06:21:23.40	06:21:28.85	+01:47:07 (28.1%)	7:37	7.9 (72.5%)
82	BOTKIEWICZ Jarosław	56	WKURW_TEAM / BIEGNĘ, ŻEBY BARTEK MÓGL BIEGAĆ	M-40	30	00:52:55	02:07:06	03:17:38	04:30:30	05:26:13	06:23:19.40	06:23:24.25	+01:49:03 (28.4%)	7:40	7.8 (71.6%)
83	JĘDRZEJEWSKI Łukasz	351	WATAHA	M-40	31	00:53:56	02:03:23	03:17:05	04:28:41	05:25:34	06:23:30.85	06:23:40.70	+01:49:19 (28.5%)	7:40	7.8 (71.6%)
84	PIECUCH Marcin	91	LACHO TEAM	M-30	38	00:54:31	02:03:20	03:11:49	04:21:49	05:25:18	06:23:41.90	06:23:50.25	+01:49:29 (28.5%)	7:40	7.8 (71.6%)
85	SKOREK Karol	96		M-30	39	00:56:41	02:02:09	03:14:52	04:24:27	05:26:51	06:23:56.75	06:24:09.50	+01:49:48 (28.6%)	7:40	7.8 (71.6%)
86	ORZECZOWSKI Damian	24	BIEGNĘ, ŻEBY BARTEK MÓGL BIEGAĆ	M-30	40	00:58:22	02:12:03	03:24:36	04:34:58	05:32:08	06:26:18.00	06:26:23.10	+01:52:02 (29.0%)	7:43	7.8 (71.6%)
87	GAJEWSKI Marcin	258		M-30	41	00:57:20	02:07:44	03:22:59	04:31:31	05:29:39	06:26:23.05	06:26:30.65	+01:52:09 (29.0%)	7:43	7.8 (71.6%)
88	BROL Marcin	167	SPORT W WIELKIM MIEŚCIE	M-30	42	00:52:39	01:57:26	03:12:29	04:29:52	05:30:16	06:26:31.75	06:26:36.30	+01:52:15 (29.0%)	7:43	7.8 (71.6%)
89	NADOLSKI Piotr	363		M-40	32	01:05:02	02:21:34	03:34:42	04:39:48	05:34:08	06:26:53.10	06:27:14.15	+01:52:53 (29.2%)	7:44	7.8 (71.6%)
90	KRÓL Marcin	252	OŚ RACING TEAM	M-30	43	01:00:36	02:11:59	03:28:18	04:36:35	05:33:10	06:27:40.00	06:27:52.30	+01:53:31 (29.3%)	7:45	7.7 (70.6%)
91	PTASZYŃSKI Wojciech	165		M-40	33	00:53:00	02:08:22	03:21:55	04:38:56	05:34:46	06:28:52.95	06:29:03.00	+01:54:41 (29.5%)	7:46	7.7 (70.6%)
92	BAWIEC Marek	195		M-40	34	00:56:01	02:04:12	03:19:31	04:32:27	05:34:39	06:30:09.75	06:30:20.25	+01:55:59 (29.7%)	7:48	7.7 (70.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat						Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						Czechy 8.4km	Czechy 17.4km	Pasterka 28km	Parking 35km	Skaly 42km	50km	50km			
93	BURMAN Michał	42	CZERWONAK BIEGA	M-40	35	00:57:24	02:04:46	03:17:13	04:32:48	05:33:47	06:30:25.30	06:30:42.55	+01:56:21 (29.8%)	7:48	7.7 (70.6%)
94	UCIEKŁAK Dominik	440		M-40	36	01:00:15	02:09:07	03:22:29	04:32:42	05:34:10	06:30:36.70	06:31:01.35	+01:56:40 (29.8%)	7:48	7.7 (70.6%)
95	PIECUCH Karolina	90	LACHO TEAM/SKLEPBIEGOWY.COM	K-30	4	00:59:37	02:14:25	03:28:52	04:38:57	05:35:27	06:31:33.50	06:31:43.25	+01:57:22 (30.0%)	7:49	7.7 (70.6%)
96	KACZMAREK Szymon	414	PODROZEJOZINA.PL	M-30	44	01:05:07	02:18:11	03:29:57	04:33:58	05:34:52	06:31:43.25	06:32:04.25	+01:57:43 (30.0%)	7:50	7.7 (70.6%)
97	JANUSZKIEWICZ Michał	473		M-30	45	00:55:34	02:03:42	03:18:47	04:33:07	05:34:28	06:32:22.00	06:32:22.00	+01:58:00 (30.1%)	7:50	7.6 (69.7%)
98	SZECÓWKA Zbigniew	405	AMBITNI AMATORZY	M-40	37	00:53:19	01:59:05	03:11:49	04:32:53	05:34:25	06:32:33.35	06:32:41.05	+01:58:20 (30.1%)	7:51	7.6 (69.7%)
99	KAMIŃSKI Cezary	228		M-30	46	01:04:30	02:16:14	03:28:09	04:41:44	05:38:49	06:32:33.90	06:32:57.90	+01:58:36 (30.2%)	7:51	7.6 (69.7%)
100	MATEJA Mariusz	187	RAT TEAM	M-30	47	00:54:20	02:03:31	03:19:35	04:36:50	05:35:38	06:32:52.60	06:33:03.25	+01:58:42 (30.2%)	7:51	7.6 (69.7%)
101	VLACH Jaromir	272	VELKÝ OSEK	M-30	48	01:07:57	02:29:23	03:43:47	04:47:15	05:40:08	06:32:36.15	06:33:11.75	+01:58:50 (30.2%)	7:51	7.6 (69.7%)
102	KREZMAŃSKI Robert	186	RAMY DADE	M-40	38	00:55:47	02:04:26	03:17:09	04:32:31	05:33:39	06:33:46.55	06:33:54.65	+01:59:33 (30.4%)	7:52	7.6 (69.7%)
103	MAZUREK Mariusz	7		M-30	49	00:57:18	02:10:28	03:24:33	04:37:31	05:37:28	06:34:31.35	06:34:49.15	+02:00:28 (30.5%)	7:53	7.6 (69.7%)
104	JAKUBCZYK Damian	189		M-40	39	01:00:36	02:14:00	03:29:39	04:41:08	05:40:28	06:34:50.80	06:35:02.25	+02:00:41 (30.6%)	7:53	7.6 (69.7%)
105	BUKOWSKI Marcin	467	SPARTANIE DZIECIOM	M-30	50	00:59:33	02:19:03	03:33:21	04:45:43	05:40:17	06:34:39.50	06:35:10.35	+02:00:49 (30.6%)	7:53	7.6 (69.7%)
106	KŁOS Sławomir	16	NOA	M-30	51	00:52:59	02:03:10	03:20:10	04:38:23	05:39:52	06:35:21.45	06:35:25.25	+02:01:04 (30.6%)	7:54	7.6 (69.7%)
107	WIĘCEK Przemysław	55	KĘCKIE HARPAGANY	M-30	52	00:57:14	02:13:06	03:29:03	04:41:58	05:40:40	06:35:45.80	06:36:05.15	+02:01:44 (30.7%)	7:54	7.6 (69.7%)
108	KUNA Wojciech	237	ITMWB KRAKÓW	M-20	7	01:00:20	02:12:18	03:28:31	04:39:24	05:34:59	06:36:17.85	06:36:49.30	+02:02:28 (30.9%)	7:55	7.6 (69.7%)
109	GUZOWSKI Andrzej	393		M-50	4	01:04:40	02:23:18	03:43:36	04:50:11	05:42:47	06:36:30.05	06:36:50.50	+02:02:29 (30.9%)	7:55	7.6 (69.7%)
110	HINC Janusz	216	GEMINI TEAM	M-30	53	00:59:52	02:14:39	03:28:33	04:41:10	05:40:26	06:36:38.20	06:36:53.25	+02:02:32 (30.9%)	7:55	7.6 (69.7%)
111	NIEMIRO Dominika	443	JAGODOWO-KALINOWY TEAM	K-30	5	01:00:14	02:12:02	03:28:43	04:38:43	05:37:15	06:36:53.90	06:37:05.90	+02:02:44 (30.9%)	7:56	7.6 (69.7%)
112	DZIUBA Piotr	80		M-40	40	00:57:08	02:09:06	03:28:31	04:42:47	05:44:22	06:37:26.75	06:37:37.00	+02:03:15 (31.0%)	7:56	7.5 (68.8%)
113	GROCHAŁA Tomasz	149	4BINŻ	M-30	54	01:00:55	02:17:17	03:34:29	04:45:33	05:42:56	06:38:15.90	06:38:35.60	+02:04:14 (31.2%)	7:57	7.5 (68.8%)
114	PEŻYŃSKI Piotr	239		M-30	55	00:58:38	02:09:47	03:25:28	04:36:47	05:37:47	06:38:29.05	06:39:01.55	+02:04:40 (31.2%)	7:58	7.5 (68.8%)
115	MACHALSKI Sebastian	236		M-40	41	00:56:13	02:04:19	03:18:24	04:33:24	05:37:53	06:39:12.65	06:39:28.70	+02:05:07 (31.3%)	7:59	7.5 (68.8%)
116	MAJOR Stefan	407	AMBITNI AMATORZY	M-60	1	00:53:56	02:07:34	03:29:22	04:41:22	05:41:43	06:39:24.05	06:39:33.50	+02:05:12 (31.3%)	7:59	7.5 (68.8%)
117	REGLIŃSKA Joanna	193	KB GOCH BYTÓW	K-20	1	00:58:53	02:12:28	03:28:58	04:40:08	05:38:13	06:39:58.15	06:40:09.30	+02:05:48 (31.4%)	7:59	7.5 (68.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto 50km	Czas brutto 50km	Różn	Tempo min/km	Tempo km/h
						8.4km	Czechy 17.4km	Pasterka 28km	Parking 35km	Skaly 42km					
118	GNIADEK Tomek	348	DABEX BOLT	M-40	42	00:59:24	02:13:19	03:30:50	04:46:25	05:45:56	06:40:07.70	06:40:21.30	+02:06:00 (31.5%)	8:00	7.5 (68.8%)
119	WITEK Łukasz	103		M-30	56	00:55:57	02:06:49	03:19:57	04:36:24	05:38:14	06:40:24.65	06:40:30.40	+02:06:09 (31.5%)	8:00	7.5 (68.8%)
120	PRUGAR FUKOWSKA Paulina	455	DREAM RUN	K-30	6	00:56:50	02:10:01	03:25:11	04:41:12	05:41:34	06:40:28.10	06:40:35.60	+02:06:14 (31.5%)	8:00	7.5 (68.8%)
121	EWERT-KRZEMIENIEWSKI Stasiek	285		M-30	57	01:05:06	02:23:47	03:38:00	04:49:05	05:44:51	06:40:25.85	06:40:42.75	+02:06:21 (31.5%)	8:00	7.5 (68.8%)
122	DYSARZ Przemysław	124		M-30	58	01:04:49	02:15:54	03:31:19	04:43:53	05:42:14	06:40:53.05	06:41:16.65	+02:06:55 (31.6%)	8:01	7.5 (68.8%)
123	NIEMCZYK Damian	221	DREAM RUN	M-30	59	00:55:20	02:06:41	03:21:44	04:41:48	05:43:23	06:42:23.20	06:42:31.60	+02:08:10 (31.8%)	8:02	7.5 (68.8%)
124	RANGL Jowita	155		K-40	4	01:02:16	02:18:48	03:33:56	04:47:43	05:45:41	06:43:29.85	06:43:47.25	+02:09:26 (32.1%)	8:04	7.4 (67.9%)
125	KRASINSKI Marcin	198	WOODWARD RUNNERS	M-30	60	00:58:32	02:12:01	03:29:39	04:42:45	05:42:54	06:43:47.30	06:43:59.00	+02:09:37 (32.1%)	8:04	7.4 (67.9%)
126	WYRODEK Jakub	63	TURBOPTYSIE	M-30	61	01:09:50	02:25:57	03:42:04	04:53:18	05:51:37	06:43:48.45	06:44:22.85	+02:10:01 (32.2%)	8:04	7.4 (67.9%)
127	FELTOWICZ Jacek	479		M-30	62	00:59:59	02:16:43	03:33:37	04:46:21	05:45:27	06:44:28.20	06:44:48.05	+02:10:27 (32.2%)	8:05	7.4 (67.9%)
128	TUTKA Maksymilian	431	K S JANUSZE	M-30	63	01:00:09	02:12:04	03:28:42	04:44:30	05:45:10	06:45:19.55	06:45:51.55	+02:11:30 (32.4%)	8:06	7.4 (67.9%)
129	GÓRSKI Mariusz	129	-	M-30	64	00:53:16	02:01:42	03:18:41	04:34:10	05:41:53	06:45:59.70	06:46:04.20	+02:11:43 (32.4%)	8:07	7.4 (67.9%)
130	PRYJDA Tomasz	427		M-20	8	00:51:29	01:59:37	03:16:06	04:39:20	05:44:32	06:47:59.00	06:48:04.30	+02:13:43 (32.8%)	8:09	7.4 (67.9%)
131	KIEDROWSKI Bartosz	246	LUBIĘ KLOPSY	M-30	65	01:05:30	02:21:38	03:37:41	04:46:37	05:46:46	06:48:19.25	06:48:43.25	+02:14:22 (32.9%)	8:09	7.3 (67.0%)
132	KRUŻOŁEK Monika	52	TURBOPTYSIE	K-30	7	01:09:52	02:25:55	03:42:07	04:53:17	05:51:48	06:48:17.00	06:48:50.85	+02:14:29 (32.9%)	8:09	7.3 (67.0%)
133	MOLTZAN Zbigniew	168		M-40	43	01:03:20	02:21:51	03:40:52	04:52:36	05:50:41	06:48:58.65	06:49:12.50	+02:14:51 (33.0%)	8:10	7.3 (67.0%)
134	MOLTZAN-MAŁKOWSKA Magdalena	166		K-40	5	01:03:21	02:21:52	03:41:17	04:53:33	05:51:43	06:48:59.70	06:49:13.40	+02:14:52 (33.0%)	8:10	7.3 (67.0%)
135	ZAWAL Przemysław	74	REMBERTÓW TEAM	M-40	44	01:01:58	02:19:42	03:39:37	04:52:49	05:52:34	06:48:45.95	06:49:13.90	+02:14:52 (33.0%)	8:10	7.3 (67.0%)
136	KŁOSEK Jacek	172	INSTAL-TECH TEAM	M-20	9	01:08:48	02:26:51	03:45:09	04:56:29	05:53:37	06:49:26.90	06:49:55.30	+02:15:34 (33.1%)	8:11	7.3 (67.0%)
137	ŻYŻA Piotr	153	ATHLETICS TEAM PRUSICE	M-40	45	00:58:53	02:11:27	03:29:51	04:45:52	05:50:07	06:49:44.45	06:50:08.15	+02:15:47 (33.1%)	8:11	7.3 (67.0%)
138	PĘCZEK Dariusz	250	ZABIEGANI CZĘSTOCHOWA	M-40	46	00:57:39	02:11:38	03:28:41	04:51:20	05:55:09	06:49:58.30	06:50:10.05	+02:15:49 (33.1%)	8:11	7.3 (67.0%)
139	DARMOCHWAŁ Leszek	422	DZIKIE BOBRY	M-40	47	00:58:13	02:04:55	03:21:13	04:42:48	05:49:08	06:50:44.75	06:50:44.75	+02:16:23 (33.2%)	8:12	7.3 (67.0%)
140	SANKOWSKI Paweł	366		M-30	66	01:01:34	02:17:17	03:30:21	04:44:49	05:49:42	06:50:53.75	06:51:09.15	+02:16:48 (33.3%)	8:13	7.3 (67.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat						Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						Czechy 8.4km	Czechy 17.4km	Pasterka 28km	Parking 35km	Skaly 42km	50km	50km			
141	SKALSKI Radosław	468		M-40	48	00:57:55	02:13:20	03:31:12	04:46:51	05:48:31	06:51:21.05	06:51:30.30	+02:17:09 (33.3%)	8:13	7.3 (67.0%)
142	KUBOWICZ Zbigniew	157		M-50	5	01:00:50	02:14:06	03:31:45	04:52:19	05:53:22	06:51:23.85	06:51:39.25	+02:17:18 (33.4%)	8:13	7.3 (67.0%)
143	PAWŁOWSKI Witold	169	BAMBARYŁA TEAM	M-30	67	01:01:11	02:12:55	03:27:01	04:38:38	05:44:30	06:51:58.50	06:52:08.10	+02:17:47 (33.4%)	8:14	7.3 (67.0%)
144	SULIMA Grzegorz	190	STRZEGOMSKA DWUNASTKA	M-50	6	00:54:41	02:05:35	03:22:07	04:38:48	05:43:05	06:52:00.10	06:52:10.55	+02:17:49 (33.4%)	8:14	7.3 (67.0%)
145	WOJDA Dariusz	128	DZIKIE DZIKI	M-40	49	01:02:13	02:21:12	03:42:43	04:58:08	05:55:52	06:52:34.65	06:52:45.25	+02:18:24 (33.5%)	8:15	7.3 (67.0%)
146	ZAWIŚLAK Kazimierz	4	DZIKIE DZIKI	M-30	68	01:02:15	02:20:47	03:42:37	04:58:07	05:55:55	06:52:36.95	06:52:45.30	+02:18:24 (33.5%)	8:15	7.3 (67.0%)
147	SZEWCAK Tomasz	311	LENOVO	M-40	50	01:01:46	02:25:59	03:38:51	04:53:12	05:56:29	06:52:27.90	06:52:48.35	+02:18:27 (33.5%)	8:14	7.3 (67.0%)
148	KACZOREK Marcin	436		M-40	51	00:56:51	02:16:50	03:33:46	04:49:09	05:55:48	06:53:30.65	06:53:40.50	+02:19:19 (33.7%)	8:16	7.3 (67.0%)
149	GALUSKIN Alexey	284	GRUPA NOMAX	M-30	69	01:04:18	02:20:04	03:36:38	04:53:23	05:56:34	06:53:31.35	06:53:45.05	+02:19:24 (33.7%)	8:16	7.3 (67.0%)
150	RAKOWSKA Magdalena	1	DRUŻYNA TVN	K-40	6	01:06:30	02:22:59	03:42:22	04:57:22	05:55:23	06:53:09.15	06:53:50.25	+02:19:29 (33.7%)	8:15	7.3 (67.0%)
151	ZAWADA Mateusz	72	ROZBIEGANY SULEJÓWEK	M-20	10	01:06:00	02:23:27	03:42:31	04:57:47	05:56:07	06:54:02.00	06:54:24.40	+02:20:03 (33.8%)	8:16	7.2 (66.1%)
152	JANUĆ Wojciech	243	ARKA LEŚNA	M-20	11	01:05:53	02:21:54	03:38:25	04:56:03	06:01:27	06:55:22.35	06:55:50.25	+02:21:29 (34.0%)	8:18	7.2 (66.1%)
153	SKWARSKI Darek	336	KIBOLE W BIEGU	M-30	70	01:05:57	02:25:27	03:46:16	05:00:03	05:56:54	06:55:39.10	06:55:58.00	+02:21:36 (34.0%)	8:18	7.2 (66.1%)
154	WALCZAK Patryk	21	XRUNNERS	M-20	12	01:00:33	02:15:33	03:35:35	04:53:26	05:55:51	06:55:54.45	06:56:06.05	+02:21:45 (34.1%)	8:19	7.2 (66.1%)
155	OBIDZIŃSKI Adam	346	KASZUBSKA PONIEWIERKA	M-30	71	01:03:49	02:21:21	03:43:49	04:57:31		06:55:54.10	06:56:20.05	+02:21:59 (34.1%)	8:19	7.2 (66.1%)
156	KSIĘŻNIK Dorota	391		K-50	1	01:04:45	02:23:23	03:43:37	04:58:29	05:57:52	06:56:10.20	06:56:30.15	+02:22:09 (34.1%)	8:19	7.2 (66.1%)
157	BŁACHEWICZ Krzysztof	248	-	M-40	52	00:57:08	02:04:55	03:25:19	04:44:07	05:53:24	06:56:44.00	06:57:03.35	+02:22:42 (34.2%)	8:20	7.2 (66.1%)
158	LACHOWSKI Robert	65		M-30	72	01:03:56	02:20:37	03:44:38	05:01:21	06:00:48	06:56:43.15	06:57:22.45	+02:23:01 (34.3%)	8:20	7.2 (66.1%)
159	DZIUBA Emilian	208	BIEGATON MIKOŁÓW	M-40	53	01:07:17	02:24:34	03:37:50	04:56:43	05:58:33	06:57:04.70	06:57:42.80	+02:23:21 (34.3%)	8:20	7.2 (66.1%)
160	JACHYMSKI Jacek	11	AKG ŁÓDŹ	M-50	7	01:04:33	02:21:31	03:42:37	04:57:45	05:57:38	06:58:02.20	06:58:22.95	+02:24:01 (34.4%)	8:21	7.2 (66.1%)
161	KONFEDERAK Tomasz	328	WWW.FACEBOOK.COM/WPOGONIZABOBREM	M-40	54	00:58:04	02:12:48	03:34:57	04:56:54	06:03:12	06:58:41.15	06:58:47.95	+02:24:26 (34.5%)	8:22	7.2 (66.1%)
162	MNICH Tomasz	197		M-40	55	01:07:29	02:30:25	03:53:23	05:06:59	06:04:42	06:58:32.50	06:58:58.75	+02:24:37 (34.5%)	8:22	7.2 (66.1%)
163	WOJCIECHOWSKI Ireneusz	92	TRI SIGNOVUM	M-40	56	00:58:40	02:12:11	03:33:36	04:53:21	05:58:50	06:59:39.00	06:59:57.25	+02:25:36 (34.7%)	8:23	7.1 (65.1%)
164	WACHOWIAK Krzysztof	319		M-30	73	01:00:50	02:14:33	03:31:37	04:50:31	05:56:05	06:59:42.65	06:59:58.65	+02:25:37 (34.7%)	8:23	7.1 (65.1%)
165	HOROWSKI Tomasz	410	URODZENI BIEGACZE BORNRRUNNERS.PL	M-40	57	01:03:14	02:20:17	03:39:29	04:59:32	06:03:41	06:59:41.70	07:00:00.60	+02:25:39 (34.7%)	8:23	7.1 (65.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat						Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						8.4km	Czechy 17.4km	Pasterka 28km	Parking 35km	Skaly 42km	50km	50km			
166	KOWALSKI Andrzej	355		M-50	8	01:04:39	02:20:25	03:39:34	04:59:11	06:01:07	07:00:00.50	07:00:37.65	+02:26:16 (34.8%)	8:24	7.1 (65.1%)
167	CICHOCKI Paweł	350	KAPAGO SPORT TEAM	M-40	58	00:57:37	02:11:18	03:33:16	04:59:13	06:05:29	07:01:14.50	07:01:14.50	+02:26:53 (34.9%)	8:25	7.1 (65.1%)
168	LISZKA Piotrek	294	KS LIMANOWA FORREST	M-60	2	01:06:23	02:26:07	03:44:11	04:59:31	06:00:44	07:01:54.60	07:02:14.55	+02:27:53 (35.0%)	8:26	7.1 (65.1%)
169	JAŹDZEWSKI Sebastian	68	KB GOCH BYTÓW	M-30	74	01:02:56	02:21:13	03:46:32	05:01:05	06:03:46	07:03:33.40	07:03:44.45	+02:29:23 (35.3%)	8:28	7.1 (65.1%)
170	BADURA Wojtek	305	ZIELONA TRAFFKA I BIAŁY PUUUCH	M-50	9	01:05:42	02:23:56	03:43:42	05:01:26	06:05:03	07:04:02.60	07:04:02.60	+02:29:41 (35.3%)	8:28	7.1 (65.1%)
171	GRYSKA Piotr	376	BRAK	M-40	59	01:05:26	02:20:09	03:38:28	05:00:51	06:04:19	07:03:33.75	07:04:21.50	+02:30:00 (35.3%)	8:28	7.1 (65.1%)
172	OLSZEWSKI Jacek	163	CHEMADEX	M-30	75	01:08:55	02:30:43	03:48:22	05:05:00	06:07:00	07:03:54.95	07:04:23.45	+02:30:02 (35.4%)	8:28	7.1 (65.1%)
173	SPECHT Mikołaj	370	BBL SKRA	M-40	60	01:00:28	02:17:41	03:34:14	04:56:43	06:03:01	07:04:11.65	07:04:24.35	+02:30:03 (35.4%)	8:29	7.1 (65.1%)
174	SPACHACZ Łukasz	367	ALTOM GNIEZNO	M-30	76	01:01:41	02:16:50	03:36:05	04:58:24	06:03:26	07:03:53.60	07:04:25.25	+02:30:04 (35.4%)	8:28	7.1 (65.1%)
175	KILIŃSKI Jacek	235	ELITE SPORTS	M-40	61	00:53:49	02:13:17	03:44:26	05:05:22	06:06:51	07:04:24.65	07:04:28.15	+02:30:07 (35.4%)	8:29	7.1 (65.1%)
176	STROBIN Filip	352		M-30	77	01:05:54	02:20:11	03:39:08	05:00:07	06:02:38	07:04:16.10	07:04:49.50	+02:30:28 (35.4%)	8:29	7.1 (65.1%)
177	KWOLIK Daniel	477		M-30	78	01:04:44	02:20:20	03:44:41	05:05:09	06:07:24	07:04:47.10	07:05:13.65	+02:30:52 (35.5%)	8:29	7.1 (65.1%)
178	ŁAKOMY Waldemar	85	BUKOWSKI KLUB BIEGACZA	M-50	10	01:01:30	02:17:53	03:34:40	04:55:25	06:02:22	07:05:06.25	07:05:23.45	+02:31:02 (35.5%)	8:30	7.1 (65.1%)
179	KAZIMIERZ Rafał	18	NOA	M-30	79	00:57:02	02:06:46	03:28:42	04:55:48	06:03:03	07:05:24.55	07:05:30.20	+02:31:09 (35.5%)	8:30	7.1 (65.1%)
180	SZCZEŚNIAK Dorota	211	RANKOR	K-30	8	01:04:44	02:26:36	03:50:06	05:09:00	06:10:49	07:05:23.05	07:05:47.10	+02:31:26 (35.6%)	8:30	7.1 (65.1%)
181	HULBÓJ Sebastian	139	HUSE TEAM	M-40	62	01:04:31	02:23:04	03:44:33	05:03:40	06:06:26	07:05:57.50	07:06:11.95	+02:31:50 (35.6%)	8:31	7 (64.2%)
182	WESOŁOWSKI Marcin	164		M-40	63	01:07:18	02:24:57	03:44:18	05:01:19	06:06:20	07:06:16.65	07:06:32.75	+02:32:11 (35.7%)	8:31	7 (64.2%)
183	WESOŁOWSKI Maciej	71		M-30	80	01:07:22	02:24:47	03:44:30	05:03:49	06:06:16	07:07:10.30	07:07:28.25	+02:33:07 (35.8%)	8:32	7 (64.2%)
184	WOJCIESZEK Andrzej	234	GEMINI SOPOT TEAM	M-30	81	01:00:36	02:17:03	03:34:35	04:56:33	06:03:36	07:07:19.50	07:07:34.25	+02:33:13 (35.8%)	8:32	7 (64.2%)
185	MAZUREK Michał	123		M-40	64	00:55:55	02:12:16	03:42:05	04:58:55	06:06:06	07:08:16.30	07:08:22.70	+02:34:01 (36.0%)	8:33	7 (64.2%)
186	KOŁODZIEJ Paweł	180		M-40	65	01:06:12	02:26:45	03:45:41	05:03:34	06:09:38	07:08:28.85	07:08:57.35	+02:34:36 (36.0%)	8:34	7 (64.2%)
187	MOSKWIAK Mateusz	383	BEER BROS RUNNERS	M-20	13	01:03:53	02:23:05	03:41:08	04:59:58	06:13:25	07:08:54.15	07:09:17.15	+02:34:56 (36.1%)	8:34	7 (64.2%)
188	SADŁO Tomasz	321	KOLEGIUM SĘDZIÓW ZABRZE	M-30	82	00:59:24	02:17:35	03:41:11	05:02:27	06:05:41	07:09:17.15	07:09:24.05	+02:35:03 (36.1%)	8:35	7 (64.2%)
189	JANKOWSKI Piotr	120		M-40	66	01:06:02	02:27:39	03:42:51	05:00:41	06:09:00	07:10:12.30	07:10:37.45	+02:36:16 (36.3%)	8:36	7 (64.2%)
190	BARTKOWIAK Michał	373	CITYTRAIL TEAM	M-30	83	01:05:32	02:20:33	03:37:58	04:54:14	06:05:38	07:11:05.95	07:11:29.55	+02:37:08 (36.4%)	8:37	7 (64.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat						Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						8.4km	Czechy 17.4km	Pasterka 28km	Parking 35km	Skaly 42km	50km	50km			
191	MARYNICZ Łukasz	340		M-30	84	00:56:38	02:17:27	03:41:27	05:01:30	06:11:46	07:11:36.05	07:11:45.90	+02:37:24 (36.5%)	8:37	7 (64.2%)
192	ROJEWSKI Paweł	70		M-30	85	01:01:43	02:20:56	03:40:53	05:04:50	06:10:39	07:11:09.00	07:11:48.10	+02:37:27 (36.5%)	8:37	7 (64.2%)
193	GRĘZIAK Magdalena	415	BIAŁOSTOCKA SEKTA BIEGACZY	K-20	2	01:08:49	02:33:45	03:56:20	05:13:08	06:13:58	07:11:33.75	07:11:49.85	+02:37:28 (36.5%)	8:37	7 (64.2%)
194	PIKOR Jacek	132		M-40	67	01:01:51	02:21:02	03:44:12	05:04:42	06:07:12	07:11:49.05	07:12:09.95	+02:37:48 (36.5%)	8:38	6.9 (63.3%)
195	TUROSZ Zbigniew	222		M-50	11	01:02:06	02:20:27	03:44:34	05:07:49	06:10:07	07:12:26.95	07:12:47.35	+02:38:26 (36.6%)	8:38	6.9 (63.3%)
196	MAZGAJ Michał	5	NOA	M-30	86	01:02:32	02:24:32	03:48:58	05:10:14	06:15:52	07:12:57.15	07:12:57.15	+02:38:36 (36.6%)	8:39	6.9 (63.3%)
197	OLESZAK Piotr	442	STREFA CHILOUT'U / I LOVE ZIEMEK	M-30	87	00:58:58	02:12:53	03:30:26	04:55:54	06:07:19	07:13:05.45	07:13:14.85	+02:38:53 (36.7%)	8:39	6.9 (63.3%)
198	WÓJCIK Małgorzata	60	BESKIDZKA 160 NA RATY	K-40	7	01:05:18	02:29:21	03:54:08	05:12:08	06:14:00	07:13:00.95	07:13:17.00	+02:38:55 (36.7%)	8:39	6.9 (63.3%)
199	MROWIEC Michał	475	KORDAKI	M-40	68	00:59:47	02:24:37	03:50:13	05:11:44	06:17:01	07:13:16.00	07:13:57.55	+02:39:36 (36.8%)	8:39	6.9 (63.3%)
200	POKRYWKA Arkadiusz	240		M-30	88	01:05:17	02:28:17	03:51:27	05:11:01	06:11:35	07:13:51.00	07:14:15.25	+02:39:54 (36.8%)	8:40	6.9 (63.3%)
201	ROGÓRZ Piotr	154		M-40	69	00:53:50	02:03:04	03:17:08	04:56:21	06:10:57	07:14:49.00	07:14:55.20	+02:40:34 (36.9%)	8:41	6.9 (63.3%)
202	KOŁODZIEJ Maciej	170		M-40	70	01:01:16	02:18:40	03:44:49	05:05:23	06:11:04	07:16:27.80	07:16:41.15	+02:42:20 (37.2%)	8:43	6.9 (63.3%)
203	KRZESZOWSKI Marcin	199		M-30	89	00:59:56	02:22:02	03:52:22	05:08:33	06:13:41	07:17:17.30	07:17:25.00	+02:43:03 (37.3%)	8:44	6.9 (63.3%)
204	SCHIEWE Andrzej	448		M-40	71	01:07:40	02:25:05	03:42:28	05:03:30	06:11:22	07:16:57.30	07:17:28.55	+02:43:07 (37.3%)	8:44	6.9 (63.3%)
205	LIZAKOWSKI Piotr	225	NYHA IV	M-40	72	01:05:51	02:25:00	03:49:54	05:08:54	06:14:17	07:16:47.50	07:17:29.45	+02:43:08 (37.3%)	8:44	6.9 (63.3%)
206	MARCHEWKA Daniel	51		M-30	90	00:57:00	02:13:30	03:39:41	05:04:04	06:13:56	07:17:27.35	07:17:33.45	+02:43:12 (37.3%)	8:44	6.9 (63.3%)
207	PARA Jakub	79	LESZNO LIMITS RUNNERS	M-30	91	01:01:37	02:18:51	03:42:20	05:05:23	06:13:40	07:17:50.25	07:17:50.25	+02:43:29 (37.3%)	8:45	6.9 (63.3%)
208	LEMIESZKA Marta	75	ROZBIEGANY SULEJÓWEK	K-20	3	01:05:36	02:27:49	03:50:56	05:12:08	06:16:16	07:17:30.60	07:17:50.85	+02:43:29 (37.3%)	8:45	6.9 (63.3%)
209	ANTONIEWICZ Jacek	453		M-40	73	01:11:30	02:33:21	03:56:04	05:12:16	06:16:33	07:18:15.90	07:18:35.55	+02:44:14 (37.4%)	8:45	6.8 (62.4%)
210	SURMACZ Rafał	214		M-40	74	01:07:37	02:31:47	03:56:20	05:15:00	06:16:40	07:19:15.30	07:19:34.10	+02:45:13 (37.6%)	8:47	6.8 (62.4%)
211	KOWALCZYK Joanna Joko	395	BIEGANIZM/DYNAFIT	K-30	9	01:05:51	02:29:08	03:53:46	05:12:52	06:16:33	07:20:32.85	07:20:47.00	+02:46:25 (37.8%)	8:48	6.8 (62.4%)
212	GRZĘDZIELSKI Jacek	466	DYNAMIT	M-40	75	01:05:53	02:29:53	03:53:40	05:12:54	06:16:34	07:20:33.40	07:20:47.35	+02:46:26 (37.8%)	8:48	6.8 (62.4%)
213	OLEŚ Rafał	161	MARATONCZYK SZCZYTNICA	M-30	92	01:00:59	02:17:17	03:44:38	05:09:22	06:19:01	07:21:20.80	07:21:41.35	+02:47:20 (37.9%)	8:49	6.8 (62.4%)
214	HIBNER Zbigniew	266		M-40	76	01:06:07	02:24:16	03:46:23	05:05:35	06:14:30	07:22:12.20	07:22:31.35	+02:48:10 (38.0%)	8:50	6.8 (62.4%)
215	BANAŚ Maciej	160		M-30	93	01:04:50	02:23:27	03:46:41	05:07:15	06:15:17	07:22:19.45	07:22:31.90	+02:48:10 (38.0%)	8:50	6.8 (62.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat						Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						Czechy 8.4km	Czechy 17.4km	Pasterka 28km	Parking 35km	Skaly 42km	50km	50km			
216	DUDA Konrad	156		M-30	94	01:02:23	02:21:08	03:45:02	05:02:29	06:10:53	07:22:20.90	07:22:32.50	+02:48:11 (38.0%)	8:50	6.8 (62.4%)
217	CZOSTKÓW Wiola	372	ACCENTURE	K-20	4	01:05:09	02:30:19	03:55:43	05:21:36	06:21:50	07:22:19.00	07:22:33.50	+02:48:12 (38.0%)	8:50	6.8 (62.4%)
218	KUPCZYK Jacek	188		M-40	77	01:04:12	02:21:13	03:44:46	05:04:41	06:14:56	07:22:13.10	07:22:35.10	+02:48:14 (38.0%)	8:50	6.8 (62.4%)
219	BRZOZOWSKI Michał	147		M-30	95	01:11:41	02:34:53	03:59:08	05:12:46	06:22:39	07:21:57.40	07:22:38.65	+02:48:17 (38.0%)	8:50	6.8 (62.4%)
220	GRYCZ Darek	245	FUNBIKERUN.PL	M-30	96	01:01:07	02:16:11	03:39:50	05:04:33	06:21:03	07:22:31.15	07:22:39.85	+02:48:18 (38.0%)	8:51	6.8 (62.4%)
221	PIWOWARCZYK Magdalena	30	SZKOŁA WSPINANIA KLAMA	K-40	8	01:06:12	02:30:01	04:00:35	05:21:33	06:24:31	07:23:40.45	07:23:55.25	+02:49:34 (38.2%)	8:52	6.8 (62.4%)
222	KOCH Michał	127		M-30	97	01:01:57	02:16:35	03:35:58	05:05:21	06:24:33	07:24:15.85	07:24:23.55	+02:50:02 (38.3%)	8:53	6.8 (62.4%)
223	BRZYSKA Marcelina	313		K-20	5	01:07:26	02:36:15	04:01:49	05:22:46	06:27:23	07:24:36.15	07:24:46.50	+02:50:25 (38.3%)	8:53	6.7 (61.5%)
224	FLORCZAK Marek	288	LZS TARCHALANKA	M-40	78	01:05:04	02:30:27	03:55:42	05:15:30	06:22:53	07:24:35.50	07:24:52.60	+02:50:31 (38.3%)	8:53	6.7 (61.5%)
225	KUMKOWSKA Irena	329		K-40	9	01:05:39	02:25:40	03:54:28	05:13:41	06:19:34	07:24:48.00	07:25:08.70	+02:50:47 (38.4%)	8:53	6.7 (61.5%)
226	KOZIEŁ Łukasz	371	KSRG ZG RUDNA	M-30	98	01:05:43	02:27:09	03:46:53	05:06:40	06:19:17	07:24:42.50	07:25:09.80	+02:50:48 (38.4%)	8:53	6.7 (61.5%)
227	SZPAK Monika	382		K-40	10	01:09:14	02:40:50	04:04:20	05:21:51	06:24:20	07:25:43.10	07:26:07.65	+02:51:46 (38.5%)	8:54	6.7 (61.5%)
228	JÓZWIAK Michał	138	BRYLANT KÓRNIK	M-40	79	01:08:43	02:40:50	04:04:20	05:21:26	06:24:23	07:25:44.75	07:26:08.85	+02:51:47 (38.5%)	8:54	6.7 (61.5%)
229	GAJEWSKA Izabella	257	KOBIETYBIEGAJA.PL	K-30	10	01:07:38	02:32:57	03:58:48	05:21:01	06:23:03	07:26:44.10	07:26:54.65	+02:52:33 (38.6%)	8:56	6.7 (61.5%)
230	TWARÓG Zbigniew	244	STRZEGOMSKA DWUNASTKA	M-60	3	01:00:58	02:17:06	03:36:09	04:59:48	06:12:47	07:26:37.45	07:27:04.40	+02:52:43 (38.6%)	8:55	6.7 (61.5%)
231	FYDA Piotr	6		M-40	80	01:07:24	02:25:55	03:46:50	05:06:50	06:18:15	07:27:21.00	07:27:57.60	+02:53:36 (38.8%)	8:56	6.7 (61.5%)
232	RAFAŁ Eliza	314		K-30	11	01:07:27	02:36:14	04:01:49	05:23:02	06:27:24	07:28:22.70	07:28:33.45	+02:54:12 (38.8%)	8:58	6.7 (61.5%)
233	RABSCH Bartek	81		M-30	99	01:07:54	02:31:32	03:56:33	05:19:09	06:22:54	07:28:27.90	07:28:46.60	+02:54:25 (38.9%)	8:58	6.7 (61.5%)
234	MAŃKOWSKI Krzysztof	358	DRUŻYNA WILKA / MAKERUNEASIER.PL	M-30	100	01:02:57	02:20:56	03:47:56	05:16:38	06:26:18	07:29:32.10	07:29:54.85	+02:55:33 (39.0%)	8:59	6.7 (61.5%)
235	KORCZYK Ryszard	47	KĘCKIE HARPAGANY	M-30	101	01:11:30	02:47:12	04:09:41	05:30:34	06:31:07	07:30:29.55	07:30:56.85	+02:56:35 (39.2%)	9:00	6.7 (61.5%)
236	BIAŁAS Aldona	76	NIE MA LIPY SWARZĘDZ TEAM	K-40	11	01:05:29	02:26:25	03:50:48	05:14:54	06:24:44	07:31:00.70	07:31:22.55	+02:57:01 (39.2%)	9:01	6.7 (61.5%)
237	JAŚNIEWICZ Wojciech	77	NIE MA LIPY SWARZĘDZ TEAM	M-30	102	01:05:28	02:26:23	03:50:46	05:13:57	06:24:40	07:31:01.85	07:31:23.60	+02:57:02 (39.2%)	9:01	6.7 (61.5%)
238	SIKORSKI Radek	339		M-40	81	01:05:51	02:26:45	03:51:07	05:15:15	06:25:07	07:31:24.05	07:31:24.05	+02:57:03 (39.2%)	9:01	6.6 (60.6%)
239	CZAJKA Krzysztof	2	ŻOLIBORSKI KLUB SPORTOWY	M-30	103	01:06:27	02:27:38	03:53:22	05:17:45	06:26:48	07:31:25.00	07:31:25.00	+02:57:03 (39.2%)	9:01	6.6 (60.6%)
240	RYBUS Agata	289		K-30	12	01:10:56	02:34:43	03:59:23	05:18:28	06:26:49	07:31:27.30	07:31:48.60	+02:57:27 (39.3%)	9:01	6.6 (60.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat						Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						8.4km	Czechy 17.4km	Pasterka 28km	Parking 35km	Skaly 42km	50km	50km			
241	KRZYCKI Rafał	104	KB ERGO	M-40	82	01:04:47	02:25:00	03:49:46	05:12:03	06:23:37	07:31:28.55	07:31:49.10	+02:57:28 (39.3%)	9:01	6.6 (60.6%)
242	SKAZA Adam	381	JEDNOSTKA WOJSKOWA BRZEG	M-30	104	01:05:52	02:26:04	03:53:59	05:28:47	06:32:23	07:31:52.20	07:32:14.80	+02:57:53 (39.3%)	9:02	6.6 (60.6%)
243	SIELICKI Władysław	387		M-20	14	01:05:49	02:23:55	03:49:25	05:15:03	06:25:35	07:34:02.45	07:34:31.75	+03:00:10 (39.6%)	9:04	6.6 (60.6%)
244	KOBUSIŃSKA Adrianna	307	RAJD KONWALII TEAM	K-20	6	01:05:50	02:23:56	03:49:49	05:15:11		07:34:02.30	07:34:32.15	+03:00:11 (39.6%)	9:04	6.6 (60.6%)
245	ZARODA Zbyszek	330	KB AKTYWNI KONIN	M-40	83	00:56:43	02:05:57	03:28:50	05:00:09	06:22:03	07:35:49.55	07:35:57.25	+03:01:36 (39.8%)	9:07	6.6 (60.6%)
246	JANOWICZ Adam	133		M-20	15	01:08:38	02:30:45	03:55:04	05:20:38	06:26:38	07:35:23.80	07:35:58.10	+03:01:37 (39.8%)	9:06	6.6 (60.6%)
247	BUŁA Robert	130	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M-20	16	01:08:44	02:30:45	03:56:03	05:22:11	06:32:09	07:35:54.90	07:36:29.95	+03:02:08 (39.9%)	9:07	6.6 (60.6%)
248	NADROWSKI Piotr	425		M-50	12	01:11:49	02:35:51	03:57:29	05:20:41	06:30:24	07:36:58.25	07:37:28.95	+03:03:07 (40.0%)	9:08	6.6 (60.6%)
249	KRACZKOWSKI Przemysław	108		M-30	105	01:07:30	02:32:11	03:58:15	05:25:30	06:38:04	07:37:35.80	07:38:10.45	+03:03:49 (40.1%)	9:09	6.6 (60.6%)
250	ZAJĄC Andrzej	449	NOKIA KRAKÓW	M-40	84	01:12:01	02:38:22	04:02:05	05:25:58	06:33:04	07:37:58.30	07:38:29.45	+03:04:08 (40.2%)	9:09	6.6 (60.6%)
251	DEINIUK Roman	269		M-20	17	01:04:36	02:26:28	03:57:47	05:22:50	06:34:31	07:38:05.90	07:38:30.55	+03:04:09 (40.2%)	9:09	6.5 (59.6%)
252	LEWANDOWSKI Paweł	446		M-30	106	00:59:15	02:10:54	03:39:42	05:11:02	06:24:09	07:39:20.40	07:39:54.30	+03:05:33 (40.3%)	9:11	6.5 (59.6%)
253	KOSIN Paweł	49	KLUB BIEGAJĄCYCH LEŚNIKÓW	M-30	107	01:03:57	02:26:41	03:51:36	05:19:33	06:26:59	07:40:10.40	07:40:28.10	+03:06:07 (40.4%)	9:12	6.5 (59.6%)
254	SIKORA Tom	349	RSSB	M-40	85	01:00:53	02:24:47	03:51:23	05:16:23	06:29:57	07:40:47.20	07:40:51.85	+03:06:30 (40.5%)	9:12	6.5 (59.6%)
255	CZAPIGA Robert	35	TEMPO WAŁBRZYCH	M-40	86	01:10:33	02:39:50	04:05:50	05:28:30	06:36:32	07:40:26.95	07:41:00.80	+03:06:39 (40.5%)	9:12	6.5 (59.6%)
256	PASECKA Sylwia	171		K-40	12	01:09:45	02:34:55	04:03:25	05:32:58	06:39:54	07:40:50.95	07:41:30.80	+03:07:09 (40.6%)	9:13	6.5 (59.6%)
257	BARAŃSKI Rafał	185	KB BBM OPOLE	M-40	87	01:11:21	02:35:16	04:02:54	05:28:55	06:37:06	07:42:19.15	07:42:49.25	+03:08:28 (40.7%)	9:14	6.5 (59.6%)
258	KASEJA Maciej	430	KB ERGO	M-50	13	01:08:32	02:35:04	03:59:15	05:25:27	06:33:15	07:42:29.10	07:42:50.75	+03:08:29 (40.7%)	9:14	6.5 (59.6%)
259	ADAMCZAK Mariusz	459	PETARDA	M-30	108	00:57:34	02:14:13	03:47:47	05:16:39	06:30:50	07:42:46.60	07:42:51.25	+03:08:30 (40.7%)	9:15	6.5 (59.6%)
260	MIĘDZIK Jacek	115	SĄSIAD TEAM	M-30	109	01:10:59	02:34:53	03:59:08	05:24:46	06:39:24	07:42:23.30	07:42:53.40	+03:08:32 (40.7%)	9:14	6.5 (59.6%)
261	JAGIEŁŁO Adam	111	ŻELAZNA ŁYDA SĄSIAD TEAM	M-40	88	01:11:01	02:34:54	03:59:06	05:25:17	06:39:28	07:42:24.45	07:42:53.55	+03:08:32 (40.7%)	9:14	6.5 (59.6%)
262	KOSINSKI Andrzej	95		M-40	89	01:14:19	02:45:22	04:10:07	05:27:40	06:36:16	07:42:14.80	07:42:55.30	+03:08:34 (40.7%)	9:14	6.5 (59.6%)
263	SULIN Marek	390	SPARTANIE DZIECIOM	M-40	90	01:11:30	02:37:44	04:03:27	05:28:36	06:36:24	07:43:08.65	07:43:39.30	+03:09:18 (40.8%)	9:15	6.5 (59.6%)
264	SZUBERT Przemysław	40	TYŁOWICE LUBOCHNIA	M-40	91	01:07:07	02:30:17	03:57:06	05:28:18	06:38:59	07:44:05.10	07:44:33.40	+03:10:12 (40.9%)	9:16	6.5 (59.6%)
265	GENDEK Wojciech	50	TYŁOWICE LUBOCHNIA	M-50	14	01:07:11	02:30:21	03:57:06	05:28:20	06:39:00	07:44:07.05	07:44:34.40	+03:10:13 (40.9%)	9:16	6.5 (59.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat						Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						Czechy 8.4km	Czechy 17.4km	Pasterka 28km	Parking 35km	Skaly 42km	50km	50km			
266	BETLEJ Mikołaj	125	NOA	M-40	92	01:05:50	02:31:10	04:01:50	05:29:09	06:41:27	07:45:10.00	07:45:15.35	+03:10:54 (41.0%)	9:18	6.4 (58.7%)
267	DORDZIK Katarzyna	118		K-30	13	01:11:29	02:35:41	04:00:24	05:28:46	06:42:00	07:45:20.00	07:45:36.95	+03:11:15 (41.1%)	9:18	6.4 (58.7%)
268	DAWID Mariusz	151	KURP TEAM	M-30	110	01:05:01	02:38:53	04:05:08	05:33:11	06:44:11	07:46:54.90	07:47:22.50	+03:13:01 (41.3%)	9:20	6.4 (58.7%)
269	MURAWIEC Izabela	450		K-30	14	01:10:14	02:35:20	03:55:31	05:22:35	06:34:46	07:48:50.00	07:48:58.35	+03:14:37 (41.5%)	9:22	6.4 (58.7%)
270	BARAŃSKA Celestyna	364	ACCENTURE	K-30	15	01:12:55	02:48:03	04:19:14	05:40:14	06:45:10	07:49:12.65	07:49:28.50	+03:15:07 (41.6%)	9:23	6.4 (58.7%)
271	BIEŃKOWSKI Piotr	377		M-40	93	01:09:33	02:32:40	04:03:26	05:30:13	06:41:52	07:49:00.40	07:49:29.70	+03:15:08 (41.6%)	9:22	6.4 (58.7%)
272	STUSIŃSKI Mariusz	268		M-40	94	01:10:34	02:38:21	04:04:15	05:32:58	06:41:04	07:49:58.65	07:50:34.35	+03:16:13 (41.7%)	9:23	6.4 (58.7%)
273	GAŁKA Marcin	142		M-30	111	01:14:59	02:50:20	04:19:10	05:37:44	06:43:03	07:50:08.10	07:50:46.00	+03:16:24 (41.7%)	9:24	6.4 (58.7%)
274	RADTKE Rafał	137	KB GOCH BYTÓW	M-30	112	01:10:10	02:35:10	04:00:29	05:28:18	06:41:52	07:50:55.80	07:51:07.85	+03:16:46 (41.8%)	9:25	6.4 (58.7%)
275	SKRZYPCZAK Mirosław	192	BALANS TEAM	M-40	95	01:11:25	02:42:20	04:07:21	05:36:25	06:39:53	07:51:00.35	07:51:27.85	+03:17:06 (41.8%)	9:25	6.4 (58.7%)
276	GEMZA Anna	191	BALANS TEAM	K-30	16	01:11:25	02:42:18	04:07:25	05:36:58	06:39:52	07:50:59.70	07:51:27.90	+03:17:06 (41.8%)	9:25	6.4 (58.7%)
277	WUJTIUK Piotr	247		M-40	96	01:04:42	02:32:41	04:00:40	05:26:27	06:39:41	07:51:52.15	07:52:01.90	+03:17:40 (41.9%)	9:26	6.4 (58.7%)
278	BISKUP Rafał	343	DZIAD NOT DEAD	M-40	97	01:04:53	02:32:03	04:02:03	05:29:04	06:43:15	07:51:49.20	07:52:03.15	+03:17:42 (41.9%)	9:26	6.4 (58.7%)
279	SIKORA Jacek	219		M-40	98	01:07:11	02:29:36	03:59:26	05:28:19	06:41:14	07:51:18.90	07:52:04.85	+03:17:43 (41.9%)	9:25	6.4 (58.7%)
280	MICHALSKI Piotr	361		M-30	113	01:11:30	02:38:41	04:09:07	05:33:26	06:43:23	07:52:37.60	07:53:16.90	+03:18:55 (42.0%)	9:27	6.3 (57.8%)
281	WILMAŃSKI Arkadiusz	98		M-40	99	01:05:46	02:28:53	03:58:57	05:28:38	06:41:35	07:52:51.40	07:53:33.75	+03:19:12 (42.1%)	9:27	6.3 (57.8%)
282	NOCOŃ Kamil	8		M-20	18	01:16:17	02:57:39	04:21:09	05:39:53	06:47:18	07:53:00.35	07:53:41.70	+03:19:20 (42.1%)	9:27	6.3 (57.8%)
283	LIK Marek	460	CHELMBIEGA	M-50	15	01:01:35	02:20:04	03:56:13	05:25:27	06:38:45	07:55:06.00	07:55:16.00	+03:20:54 (42.3%)	9:30	6.3 (57.8%)
284	JANUSZ Tomasz	291		M-40	100	01:01:45	02:21:49	03:53:17	05:25:42	06:46:01	07:56:43.85	07:56:57.45	+03:22:36 (42.5%)	9:32	6.3 (57.8%)
285	MOLENDĄ Michał	417		M-40	101	01:02:12	02:19:37	03:46:49	05:21:52	06:45:58	07:57:40.60	07:57:57.25	+03:23:36 (42.6%)	9:33	6.3 (57.8%)
286	BAZYLUK Andrzej	331	KB ERGO	M-40	102	01:04:26	02:34:34	04:01:46	05:37:07	06:46:08	07:58:04.25	07:58:27.05	+03:24:06 (42.7%)	9:33	6.3 (57.8%)
287	KOSMAŁSKI Rafał	27		M-40	103	01:11:11	02:38:16	04:03:47	05:37:40	06:46:44	07:58:18.60	07:58:58.45	+03:24:37 (42.7%)	9:33	6.3 (57.8%)
288	RAJZER Mariusz	39	MAREK GALIŃSKI SHOWTIME	M-40	104	01:02:32	02:27:54	04:05:25	05:36:36	06:48:41	08:00:04.80	08:00:16.50	+03:25:55 (42.9%)	9:36	6.2 (56.9%)
289	GONTARZ Mateusz	304		M-20	19	01:08:51	02:40:09	04:10:04	05:37:47	06:48:29	08:00:36.05	08:00:52.95	+03:26:31 (42.9%)	9:36	6.2 (56.9%)
290	OSICA Łukasz	264		M-30	114	01:08:33	02:35:25	04:10:08	05:40:58	06:50:11	08:00:22.05	08:01:05.25	+03:26:44 (43.0%)	9:36	6.2 (56.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat						Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						Czechy 8.4km	Czechy 17.4km	Pasterka 28km	Parking 35km	Skaly 42km	50km	50km			
291	BURZYŃSKI Tomasz	310		M-40	105	01:08:36	02:37:51	04:05:49	05:34:44	06:51:38	08:01:54.25	08:02:15.00	+03:27:53 (43.1%)	9:38	6.2 (56.9%)
292	STEC Adam	337	FC MI SIĘ NIE CHCE	M-30	115	01:08:03	02:34:10	04:08:40	05:36:20	06:48:12	08:01:51.40	08:02:26.65	+03:28:05 (43.1%)	9:38	6.2 (56.9%)
293	KOTYSZ Waldemar	86	BBL OPOLE	M-50	16	01:04:43	02:29:20	04:02:51	05:40:37	06:56:32	08:02:09.20	08:02:30.75	+03:28:09 (43.1%)	9:38	6.2 (56.9%)
294	BZOWSKI Michał	114	TRAILRUN.PL	M-40	106	01:04:57	02:27:53	03:55:29	05:21:09	06:47:23	08:02:11.05	08:02:36.25	+03:28:15 (43.2%)	9:38	6.2 (56.9%)
295	SOBOLEWSKI Dariusz	439	VEGE RUNNERS	M-40	107	01:12:28	02:48:25	04:04:48	05:33:25	06:50:48	08:02:15.15	08:02:41.65	+03:28:20 (43.2%)	9:38	6.2 (56.9%)
296	SKOTNICZNY Piotr	360	KKB DYSTANS KRAKOW	M-30	116	01:17:02	02:55:12	04:28:37	05:50:45	07:02:30	08:03:22.35	08:04:00.25	+03:29:39 (43.3%)	9:40	6.2 (56.9%)
297	MICHAJLUK Bogdan	158		M-50	17	01:08:09	02:31:45	04:02:41	05:33:02	06:49:08	08:04:49.05	08:05:08.70	+03:30:47 (43.4%)	9:41	6.2 (56.9%)
298	KONEFAŁ Włodzimierz	347	REMBERTÓW TEAM	M-30	117	01:07:40	02:35:22	04:07:13	05:41:40	06:54:04	08:05:14.15	08:05:40.85	+03:31:19 (43.5%)	9:42	6.2 (56.9%)
299	BARAŃSKI Piotr	263		M-30	118	01:08:01	02:38:27	04:14:07	05:40:32	06:53:23	08:05:25.00	08:05:49.30	+03:31:28 (43.5%)	9:42	6.2 (56.9%)
300	PILECKI Maciej	474		M-40	108	01:07:35	02:44:27	04:13:33	05:47:02	07:03:04	08:06:11.70	08:06:24.90	+03:32:03 (43.6%)	9:43	6.2 (56.9%)
301	MOTYLEWSKI Tomasz	283	SKS	M-30	119	01:10:45	02:43:44	04:10:37	05:42:20	06:52:14	08:05:54.15	08:06:38.00	+03:32:16 (43.6%)	9:43	6.2 (56.9%)
302	WÓJTOWICZ Zbigniew	61		M-40	109	01:08:54	02:38:00	04:11:38	05:44:07	06:54:12	08:07:44.80	08:08:02.10	+03:33:41 (43.8%)	9:45	6.2 (56.9%)
303	KOWALSKI Łukasz	45		M-30	120	01:08:29	02:33:40	04:03:38	05:36:11	06:48:48	08:08:00.70	08:08:40.70	+03:34:19 (43.9%)	9:45	6.1 (56.0%)
304	PISKORZ Ireneusz	418		M-30	121	01:01:59	02:23:23	04:00:28	05:37:18	06:53:49	08:08:30.40	08:08:45.35	+03:34:24 (43.9%)	9:46	6.1 (56.0%)
305	PANEK Aleksandra	334		K-40	13	01:12:29	02:46:22	04:13:27	05:42:42	06:56:18	08:09:10.60	08:09:35.80	+03:35:14 (44.0%)	9:47	6.1 (56.0%)
306	HARĘŻLAK Krzysztof	260	4 ŁAPY PSA ŁÓDŹ	M-40	110	01:12:47	02:51:21	04:22:26	05:46:28	06:56:02	08:09:25.40	08:09:42.80	+03:35:21 (44.0%)	9:47	6.1 (56.0%)
307	HARĘŻLAK Dorota	259	4 ŁAPY PSA ŁÓDŹ	K-30	17	01:12:48	02:51:22	04:22:27	05:49:39	06:56:02	08:09:26.45	08:09:43.10	+03:35:22 (44.0%)	9:47	6.1 (56.0%)
308	BĘBENISTA Roman	385	TRENUJMY.COM	M-30	122	01:17:42	02:54:45	04:24:31	05:49:13	06:55:44	08:09:22.45	08:10:00.85	+03:35:39 (44.0%)	9:47	6.1 (56.0%)
309	TERLECKI Marcin	389		M-40	111	01:08:02	02:42:52	04:11:26	05:38:50	06:55:21	08:09:38.90	08:10:05.30	+03:35:44 (44.0%)	9:47	6.1 (56.0%)
310	SZYDŁOWSKA Paulina	177		K-20	7	01:13:45	02:47:22	04:16:17	05:47:40	06:55:47	08:10:14.45	08:10:43.40	+03:36:22 (44.1%)	9:48	6.1 (56.0%)
311	SZYDŁOWSKI Adrian	178		M-30	123	01:13:44	02:47:22	04:16:16	05:47:38	06:55:46	08:10:15.15	08:10:43.65	+03:36:22 (44.1%)	9:48	6.1 (56.0%)
312	MĘŻYŃSKI Michał	403	ŽIMBAKI	M-40	112	01:06:36	02:29:17	04:01:38	05:32:26	06:52:50	08:10:09.40	08:10:45.55	+03:36:24 (44.1%)	9:48	6.1 (56.0%)
313	LEŚNIAK Tomasz	67	KRZYWDA TEAM	M-30	124	01:04:57	02:33:06	04:11:59	05:44:49	06:59:06	08:10:36.75	08:10:47.70	+03:36:26 (44.1%)	9:48	6.1 (56.0%)
314	MAĆZKA Bronisław	209	OTK RZEŹNIK	M-60	4	01:08:47	02:34:55	04:03:50	05:49:13	07:04:39	08:11:53.75	08:12:34.55	+03:38:13 (44.3%)	9:50	6.1 (56.0%)
315	SMYK Robert	470	OTK RZEŹNIK	M-40	113	01:07:51	02:34:11	03:51:57	05:28:31	06:39:52	08:11:55.05	08:12:35.20	+03:38:14 (44.3%)	9:50	6.1 (56.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat						Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						Czechy 8.4km	Czechy 17.4km	Pasterka 28km	Parking 35km	Skaly 42km	50km	50km			
316	GETTLICH Piotr	279	SKS	M-40	114	01:10:52	02:42:50	04:13:06	05:49:13	07:01:20	08:11:51.70	08:12:36.30	+03:38:15 (44.3%)	9:50	6.1 (56.0%)
317	JARZYNA Szymon	148	BIEGNĘ ŻEBY BARTEK MÓĞŁ BIEGAĆ	M-30	125	01:15:40	02:57:06	04:31:45	05:54:49	07:00:00	08:12:07.50	08:12:42.60	+03:38:21 (44.3%)	9:50	6.1 (56.0%)
318	WIELICZKO Krzysztof	206		M-40	115	01:14:09	02:56:45	04:21:20	05:52:01	07:01:48	08:12:17.95	08:12:58.50	+03:38:37 (44.3%)	9:50	6.1 (56.0%)
319	SZPANOWSKI Piotr	249	WĄSY KRÓŁA JANA	M-40	116	01:14:02	02:56:46	04:21:21	05:52:02	07:01:48	08:12:18.55	08:12:58.85	+03:38:37 (44.3%)	9:50	6.1 (56.0%)
320	MISIUREWICZ Paweł	162	PASSUS SPORT TEAM	M-40	117	01:07:15	02:34:31	04:13:00	05:41:45	06:54:56	08:12:19.40	08:13:00.65	+03:38:39 (44.4%)	9:50	6.1 (56.0%)
321	WIŚNIEWSKI Michał	276	INVICTA POWER TEAM	M-40	118	01:17:09	03:02:23	04:36:06	06:09:18	07:11:40	08:13:55.35	08:14:32.25	+03:40:11 (44.5%)	9:52	6.1 (56.0%)
322	KUBACKI Marek	472		M-30	126	01:11:45	02:45:34	04:11:02	05:42:08	06:53:38	08:15:07.45	08:15:18.65	+03:40:57 (44.6%)	9:54	6.1 (56.0%)
323	DWORAKOWSKI Tomasz	10		M-30	127	01:07:43	02:32:18	04:01:15	05:35:32	06:52:36	08:15:03.40	08:15:28.75	+03:41:07 (44.6%)	9:54	6.1 (56.0%)
324	JURA Dorota	306	ULTRA BESKID SPORT	K-30	18	01:07:31	02:49:37	04:29:23	05:56:29	07:04:47	08:16:16.60	08:16:37.30	+03:42:16 (44.8%)	9:55	6 (55.0%)
325	KANIOWSKI Wojciech	388		M-40	119	01:08:18	02:43:07	04:19:20	05:52:19	07:07:15	08:18:28.85	08:18:55.30	+03:44:34 (45.0%)	9:58	6 (55.0%)
326	SYGIET Andrzej	203		M-40	120	01:06:35	02:35:52	04:16:05	05:51:21	07:06:20	08:18:39.15	08:18:58.05	+03:44:37 (45.0%)	9:58	6 (55.0%)
327	MARJAŃSKI Tomasz	300	KS PIDRINA GDYNIA	M-30	128	01:09:29	02:36:21	04:08:54	05:41:08	07:01:25	08:18:37.90	08:19:15.25	+03:44:54 (45.0%)	9:58	6 (55.0%)
328	MUCHA Tomasz	400	MW	M-40	121	01:17:38	02:52:51	04:23:28	05:52:07	07:05:56	08:19:14.70	08:19:47.70	+03:45:26 (45.1%)	9:59	6 (55.0%)
329	ZAWISKI Tomasz	255		M-30	129	01:13:24	02:42:55	04:20:22	05:57:46	07:10:01	08:19:38.95	08:20:20.95	+03:45:59 (45.2%)	9:59	6 (55.0%)
330	POKOTYCKI Denis	196	OTOMO STP	M-20	20	01:03:11	02:32:09	04:12:28	05:47:22	07:04:51	08:20:32.50	08:20:52.75	+03:46:31 (45.2%)	10:00	6 (55.0%)
331	LECH Agnieszka	456	STRZEGOMSKA DWUNASTKA	K-30	19	01:14:08	02:48:26	04:21:31	05:50:15	07:05:49	08:20:33.05	08:21:12.05	+03:46:51 (45.3%)	10:00	6 (55.0%)
332	RADZIWOŃ Anna	146	SKAZANI NA GÓRY	K-40	14	01:15:24	02:47:55	04:27:36	06:02:48	07:13:25	08:21:12.35	08:21:45.05	+03:47:24 (45.3%)	10:01	6 (55.0%)
333	RADZIWOŃ Krzysiek	145	SKAZANI NA GÓRY	M-40	122	01:15:32	02:47:55	04:27:35	06:02:27	07:13:33	08:22:08.85	08:22:42.35	+03:48:21 (45.4%)	10:02	6 (55.0%)
334	BURZYŃSKI Tomasz	353		M-20	21	01:15:37	02:53:04	04:24:04	05:54:14	07:07:15	08:22:55.20	08:23:21.25	+03:49:00 (45.5%)	10:03	6 (55.0%)
335	RĘKAWEK Artur	251	TRUCHTACZ.PL	M-40	123	01:18:12	02:56:21	04:33:48	06:00:48	07:10:34	08:24:17.85	08:24:40.00	+03:50:18 (45.6%)	10:05	5.9 (54.1%)
336	ŻOŁĄDEK Anna	218		K-30	20	01:18:12	02:56:21	04:33:48	06:00:47	07:10:34	08:24:17.90	08:24:40.30	+03:50:19 (45.6%)	10:05	5.9 (54.1%)
337	WASZAK Rafał	37		M-20	22	01:07:49	02:33:45	04:06:35	05:44:33	07:06:41	08:24:42.70	08:25:08.90	+03:50:47 (45.7%)	10:05	5.9 (54.1%)
338	ZYGRY-WIŚNIEWSKA Karolina	275	GEMINI SOPOT TEAM	K-30	21	01:17:12	03:02:24	04:36:15	06:09:21	07:12:02	08:26:01.75	08:26:38.60	+03:52:17 (45.8%)	10:07	5.9 (54.1%)
339	KORUMBEL Artur	119	AMBITNI AMATORZY	M-40	124	01:13:10	02:48:00	04:23:25	05:58:15	07:12:03	08:26:30.95	08:27:01.90	+03:52:40 (45.9%)	10:07	5.9 (54.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat						Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						Czechy 8.4km	Czechy 17.4km	Pasterka 28km	Parking 35km	Skaly 42km	50km	50km			
340	MIREK Waldemar	9	CZE -MI	M-50	18	01:07:50	02:37:46	04:19:07	05:51:00	07:09:31	08:27:36.55	08:27:57.70	+03:53:36 (46.0%)	10:09	5.9 (54.1%)
341	BURDAJEWICZ Magdalena	224	PAJĄCZEK	K-30	22	01:13:25	02:44:41	04:16:14	05:51:31	07:11:43	08:27:34.35	08:28:01.65	+03:53:40 (46.0%)	10:09	5.9 (54.1%)
342	KRAUSE Ania	53	NATURAL BORN RUNNERS	K-30	23	01:13:37	02:49:44	04:26:23	06:03:49	07:13:23	08:28:12.55	08:28:38.45	+03:54:17 (46.1%)	10:09	5.9 (54.1%)
343	NAZAREWICZ Mieczysław	290	NGB KORONA LEGNICA	M-40	125	01:13:06	02:49:04	04:21:26	05:51:25	07:09:21	08:28:09.40	08:28:41.10	+03:54:20 (46.1%)	10:09	5.9 (54.1%)
344	ŁUGOWSKI Karol	458		M-30	130	01:10:36	02:40:05	04:13:59	06:02:20	07:13:19	08:28:13.05	08:28:47.55	+03:54:26 (46.1%)	10:09	5.9 (54.1%)
345	PASIEKA Tomasz	379		M-40	126	01:11:52	02:49:37	04:22:06	05:55:25	07:09:07	08:29:32.25	08:29:39.65	+03:55:18 (46.2%)	10:11	5.9 (54.1%)
346	ILKIEWICZ Michał	378		M-40	127	01:15:22	02:51:10	04:19:57	05:50:50	07:07:14	08:29:07.65	08:29:52.35	+03:55:31 (46.2%)	10:10	5.9 (54.1%)
347	ŁUKASZUK Marek	463	BENEGO KULECZKI	M-40	128	01:04:59	02:34:21	04:03:45	05:49:32	07:06:00	08:31:08.95	08:31:18.05	+03:56:57 (46.3%)	10:13	5.9 (54.1%)
348	RETMANIAK Sylwia Ewa	380	DRUŻYNA TVN MEDIA	K-30	24	01:05:01	02:34:21	04:03:45	05:49:32	07:06:01	08:31:11.65	08:31:21.10	+03:57:00 (46.3%)	10:13	5.9 (54.1%)
349	BICZKOWSKA Magdalena	46	RUN BYDGOSZCZ	K-30	25	01:11:59	02:50:28	04:32:48	06:02:57	07:11:45	08:31:13.10	08:31:21.80	+03:57:00 (46.3%)	10:13	5.9 (54.1%)
350	KOLMAJER Rafał	23	RUN BYDGOSZCZ	M-30	131	01:12:00	02:50:30	04:32:49	06:02:58	07:11:45	08:31:14.30	08:31:22.00	+03:57:00 (46.3%)	10:13	5.9 (54.1%)
351	KWINTA Maciej	232	WKB PIAST	M-40	129	01:16:30	02:57:47	04:32:35	06:04:17	07:18:41	08:32:43.00	08:32:56.20	+03:58:35 (46.5%)	10:15	5.9 (54.1%)
352	DOBAJ Katarzyna	298		K-40	15	01:12:55	02:49:00	04:25:40	05:59:48	07:11:57	08:33:07.95	08:33:40.15	+03:59:19 (46.6%)	10:15	5.8 (53.2%)
353	MICHALAK Sebastian	299	GEPARDY	M-30	132	01:12:55	02:48:59	04:25:41	05:59:49	07:11:59	08:33:07.45	08:33:40.60	+03:59:19 (46.6%)	10:15	5.8 (53.2%)
354	NIEKRASZ Justyna	83		K-40	16	01:08:54	02:35:03	04:12:49	05:57:54	07:10:13	08:34:46.40	08:35:14.60	+04:00:53 (46.8%)	10:17	5.8 (53.2%)
355	ZAGAŁA Piotr	183	WWW.MOJEMIASTO.SWIDNICA.PL	M-40	130	01:09:25	02:37:52	04:12:35	05:57:55	07:09:31	08:34:46.50	08:35:15.30	+04:00:54 (46.8%)	10:17	5.8 (53.2%)
356	RÓŻOWICZ Eliza	309	SPARTANIE DZIECIOM	K-30	26	01:16:24	03:00:39	04:32:41	06:02:54	07:12:02	08:35:29.10	08:35:58.55	+04:01:37 (46.8%)	10:18	5.8 (53.2%)
357	SKONECZNY Artur	43		M-40	131	01:16:02	02:56:01	04:37:22	06:12:25	07:24:24	08:37:52.05	08:38:27.75	+04:04:06 (47.1%)	10:21	5.8 (53.2%)
358	MIZIOŁEK Jakub	174	MGŁA MDŁOŚCI	M-20	23	01:15:58	02:50:39	04:30:12	05:59:50	07:18:13	08:37:54.80	08:38:29.10	+04:04:08 (47.1%)	10:21	5.8 (53.2%)
359	BUDKIEWICZ Łukasz	48	JACEKBIEGA RUNNING TEAM	M-30	133	01:11:06	02:42:02	04:19:32	06:02:19	07:16:01	08:38:33.05	08:39:10.60	+04:04:49 (47.2%)	10:22	5.8 (53.2%)
360	CIECHORSKI Andrzej	231	DRUŻYNA SZPIKU	M-30	134	01:16:15	02:59:47	04:44:16	06:22:10	07:28:42	08:39:02.35	08:39:45.35	+04:05:24 (47.2%)	10:22	5.8 (53.2%)
361	GŁUSZCZAK Jerzy	341		M-50	19	01:07:33	02:38:30	04:21:01	05:56:08	07:27:58	08:43:15.65	08:43:53.70	+04:09:32 (47.6%)	10:27	5.7 (52.3%)
362	GÓRNY Piotr	396	GÓRNY TEAM	M-20	24	01:12:17	02:52:49	04:38:35	06:13:43	07:22:23	08:44:06.65	08:44:36.45	+04:10:15 (47.7%)	10:28	5.7 (52.3%)
362	GÓRNY Sławomir	397	GÓRNY TEAM	M-50	20	01:12:16	02:52:46	04:38:34	06:14:07	07:22:40	08:44:05.20	08:44:36.45	+04:10:15 (47.7%)	10:28	5.7 (52.3%)
364	SKALSKI Tomasz	452	SCANIA	M-50	21	01:16:13	02:51:38	04:28:10	06:01:44	07:24:46	08:46:53.50	08:47:04.65	+04:12:43 (47.9%)	10:32	5.7 (52.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat						Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						Czechy 8.4km	Czechy 17.4km	Pasterka 28km	Parking 35km	Skaly 42km	50km	50km			
365	WIERZBICKI Mirosław	207	NYSA BIEGA	M-30	135	01:14:36	03:01:41	04:41:56	06:25:19	07:34:38	08:46:47.45	08:47:21.00	+04:12:59 (48.0%)	10:32	5.7 (52.3%)
366	SERWADCZAK Marek	401		M-50	22	01:12:55	02:53:18	04:26:52	06:07:31	07:23:23	08:47:55.85	08:48:40.40	+04:14:19 (48.1%)	10:33	5.7 (52.3%)
367	STRUŻYNA Agata	271		K-30	27	01:14:44	03:01:41	04:41:57	06:25:32	07:35:16	08:48:28.90	08:49:01.90	+04:14:40 (48.1%)	10:34	5.7 (52.3%)
368	PODLASIŃSKA Paulina	143		K-30	28	01:16:40	02:55:07	04:33:02	06:10:03	07:33:48	08:48:31.20	08:49:09.50	+04:14:48 (48.2%)	10:34	5.7 (52.3%)
369	SITKO Grzegorz	109	BROTHERS TEAM-JAK DALEKO NOGI PONIOSĄ	M-20	25	01:16:18	02:54:12	04:31:06	06:11:02	07:24:27	08:49:08.20	08:49:22.95	+04:15:01 (48.2%)	10:34	5.7 (52.3%)
370	SITKO Adam	110	BROTHERS TEAM-JAK DALEKO NOGI PONIOSĄ	M-20	26	01:16:18	02:54:14	04:31:28	06:10:55	07:23:57	08:49:27.90	08:49:43.15	+04:15:22 (48.2%)	10:35	5.7 (52.3%)
371	BYRCZEK Michał	342		M-30	136	01:09:05	02:39:19	04:23:43	06:06:12	07:18:40	08:50:38.80	08:50:57.20	+04:16:36 (48.3%)	10:36	5.7 (52.3%)
372	ZAJĄC Krzysztof	101	ZP SZPIKI DRUŻYNA SZPIKU / WKURW TEAM	M-40	132	01:16:32	02:59:49	04:44:31	06:22:43	07:33:49	08:50:28.55	08:51:10.65	+04:16:49 (48.4%)	10:36	5.7 (52.3%)
373	CIECHOMSKI Bartłomiej	384		M-30	137	01:17:30	02:56:53	04:40:20	06:27:23	07:37:58	08:52:49.60	08:53:32.60	+04:19:11 (48.6%)	10:39	5.6 (51.4%)
374	BOŻEK Edward	301		M-60	5	01:14:19	02:53:27	04:30:01	06:12:17	07:33:41	08:54:32.10	08:55:10.85	+04:20:49 (48.7%)	10:41	5.6 (51.4%)
375	KUCNER Monika	202	ALBERTS SP Z O.O.	K-40	17	01:16:51	03:03:46	04:45:46	06:27:23	07:41:02	08:54:56.25	08:55:12.85	+04:20:51 (48.7%)	10:41	5.6 (51.4%)
376	FANSLAU Marek	317		M-50	23	01:11:38	02:46:34	04:28:36	06:12:28	07:30:59	08:55:41.75	08:56:00.85	+04:21:39 (48.8%)	10:42	5.6 (51.4%)
377	JAWORSKI Piotr	20		M-30	138	01:11:16	02:42:56	04:26:30	06:17:21	07:33:42	08:55:55.90	08:56:32.05	+04:22:11 (48.9%)	10:43	5.6 (51.4%)
378	ŻUBIŃSKI Piotr	462	ACCELERATING POLAND	M-40	133	01:24:00	03:13:09	04:52:26	06:26:48	07:40:53	08:59:48.45	09:00:01.65	+04:25:40 (49.2%)	10:47	5.6 (51.4%)
379	JEDYNAK Magda	454		K-40	18	01:24:14	03:13:11	04:52:27	06:27:05	07:40:54	08:59:49.65	09:00:01.85	+04:25:40 (49.2%)	10:47	5.6 (51.4%)
380	KUDEŁKA Janusz	359		M-50	24	01:16:34	02:54:42	04:33:08	06:27:10	07:40:44	09:00:42.40	09:01:17.95	+04:26:56 (49.3%)	10:48	5.5 (50.5%)
381	DĄBEK Paweł	176		M-40	134	01:18:00	02:53:09	04:37:33	06:28:31	07:44:53	09:01:41.00	09:02:24.85	+04:28:03 (49.4%)	10:50	5.5 (50.5%)
382	JUCHA Lidia	437	RYSIOTEAM	K-40	19	01:20:07	03:05:09	04:55:48	06:36:09	07:47:51	09:02:59.65	09:03:26.15	+04:29:05 (49.5%)	10:51	5.5 (50.5%)
383	CABAN Rafał	335	UKS LUDWIKOWICE	M-40	135	01:12:46	02:54:56	04:41:45	06:23:42	07:45:39	09:06:05.90	09:06:38.50	+04:32:17 (49.8%)	10:55	5.5 (50.5%)
384	MACHULA Arkadiusz	62	SPARTA ZIĘBICE	M-40	136	01:17:54	03:00:01	04:43:58	06:26:41	07:47:35	09:06:45.85	09:06:57.90	+04:32:36 (49.8%)	10:56	5.5 (50.5%)
385	CZUBIŃSKI Marek	29		M-60	6	01:20:03	03:05:09	04:56:31	06:40:17	07:58:04	09:17:50.00	09:18:16.20	+04:43:55 (50.9%)	11:09	5.4 (49.5%)
386	KAŁŁAUR Krzysztof	296		M-30	139	01:16:54	03:05:25	04:49:05	06:35:59	08:05:01	09:28:28.85	09:28:59.25	+04:54:38 (51.8%)	11:22	5.3 (48.6%)
	WALECZEK Sławomir	204		M-40		01:04:56 DNF	02:19:40 DNF	03:36:59 DNF	04:58:05 DNF	06:34:03 DNF	DNF	DNF	-	-	- (0.0%)
	TUROWICZ Piotr	97		M-40		01:00:36 DNF	02:16:18 DNF	03:39:18 DNF	04:46:09 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	KRZYSZTOŃ Tomasz	325	AMBITNI AMATORZY	M-30		00:55:34 DNF	02:09:05 DNF	03:26:44 DNF	04:55:26 DNF	DNF	DNF	DNF	-	-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat						Czas netto	Czas brutto	Różn	Tempo	Tempo
						8.4km	17.4km	Pasterka 28km	Parking 35km	Skaly 42km	50km	50km		min/km	km/h
	ZWĘGLIŃSKA Anna	33			K-30	01:12:54 DNF	02:48:18 DNF	04:21:31 DNF	05:57:47 DNF	DNF	DNF	DNF	-	-	(0.0%)
	WITKOWSKA Jolanta	404	ŻIMBAKI		K-40	01:17:52 DNF	03:02:30 DNF	04:41:00 DNF	06:24:48 DNF	DNF	DNF	DNF	-	-	(0.0%)
	KIREJ Mariusz	69	NGB KORONA LEGNICA		M-50	01:19:14 DNF	03:05:17 DNF	04:45:52 DNF	06:37:40 DNF	DNF	DNF	DNF	-	-	(0.0%)
	PODSIADŁY Robert	84	CHATA BIEGACZA K34		M-50	01:17:19 DNF	03:00:54 DNF	04:56:53 DNF	06:46:01 DNF	DNF	DNF	DNF	-	-	(0.0%)
	PŁÓCIENNICZAK Jakub	117	DREAM RUN		M-40	00:56:31 DNF	02:10:20 DNF	03:35:45 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	KŁOSOWSKI Piotr	435	STRZEGOMSKA DWUNASTKA		M-40	00:59:09 DNF	02:06:44 DNF	03:36:03 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	SEGIET Paweł	12	SILESIA RUNNERS CLUB		M-30	01:00:37 DNF	02:13:22 DNF	03:41:42 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	SMOLAN Marcin	464			M-30	01:07:01 DNF	02:23:54 DNF	03:43:24 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	KROPKA Marcin	375			M-40	01:04:19 DNF	02:22:01 DNF	03:48:14 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	ZAWADZKI Wiesław	126			M-40	01:07:18 DNF	02:25:06 DNF	03:55:10 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	PIOSIK Paweł	242	RANKOR		M-30	01:04:53 DNF	02:28:22 DNF	03:55:43 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	SUJAK Renata	105	RUNSKI		K-30	01:04:45 DNF	02:26:29 DNF	04:03:30 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	MACHUL Ewa	421	DREAM RUN		K-30	00:58:57 DNF	02:30:32 DNF	04:06:31 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	GŁOS Łukasz	465			M-60	01:04:29 DNF	02:34:33 DNF	04:23:20 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	KOZŁOWSKA Joanna	356	DRUŻYNA WILKA		K-30	01:10:34 DNF	02:49:56 DNF	04:23:41 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	BOROWIECKI Łukasz	411			M-20	01:08:10 DNF	02:34:21 DNF	04:30:20 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	ROGÓRZ Andrzej	179			M-30	01:05:55 DNF	02:40:45 DNF	04:32:17 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	SIWIŃSKI Jerzy	357	DRUŻYNA WILKA		M-50	01:10:43 DNF	02:49:58 DNF	04:34:06 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	SZYGENDA Waldemar	451			M-50	01:16:32 DNF	02:54:53 DNF	04:44:13 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	BIELAWIEC Bartłomiej	416	BIĄŁOSTOCKA SEKTA BIEGACZY		M-30	01:01:01 DNF	02:39:42 DNF	04:51:13 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	JABŁOŃSKI Kazimierz	226			M-60	01:23:53 DNF	03:13:42 DNF	05:03:01 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	KUCZYŃSKI Marcin	280			M-40	01:17:38 DNF	03:07:26 DNF	05:03:09 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	OSTROWSKI Artur	281	SKS		M-40	01:17:31 DNF	03:07:27 DNF	05:03:09 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	KUBICA Bartosz	413			M-40	00:59:56 DNF	02:23:32 DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	LEŚNIAK Marcin	78	ROZBIEGANY SULEJÓWEK		M-30	01:07:15 DNF	02:44:57 DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czechy 8.4km	Czechy 17.4km	Pasterka 28km	Parking 35km	Skaly 42km	Czas netto 50km	Czas brutto 50km	Różn	Tempo min/km	Tempo km/h
	PELCNER Marcin	107	KLUB BIEGAJĄCYCH LEŚNIKÓW	M-40		01:15:28 DNF	02:59:23 DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	CHROMIŃSKI Maciej	429		M-30		01:24:41 DNF	03:22:53 DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	ZIELIŃSKI Andrzej	316	EKO-OKNA RUNNERS	M-30		01:25:29 DNF	03:28:50 DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	KOWALEWSKA Dorota	338	SPARTANIE DZIECIOM	K-50		01:29:39 DNF	03:37:34 DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)

Znaleziono 418 wynik(ów)