

Wydarzenie: Kudowski Festiwal Biegowy 2022
Organizator: Fundacja MARATONY GÓRSKIE
Data: 2022-04-10
Miejsce: Kudowa-Zdrój
Dystans: 10 km

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	GLAPIAK Damian	4344	ADRUNAFINE	M-40	1	01:30:02	00:54:46.70	02:24:48.80		5:28	11 (100%)
2	LAGNER Sebastian	4262	KB SOBÓTKA/ PRZEDWOJEWSKI_TEAM	M-30	1	01:30:01	00:56:18.80	02:26:20.70	+00:01:32 (2.7%)	5:37	10.7 (97.3%)
3	URBAŃCZYK Karol	3012	NON STOP TRAIL	M-30	2	00:00:02	01:00:25.00	01:00:27.50	+00:05:38 (9.3%)	6:02	9.9 (90.0%)
4	MASIAREK Maciej	3235		M-20	1	00:00:03	01:00:26.40	01:00:29.55	+00:05:39 (9.4%)	6:02	9.9 (90.0%)
5	SZCZEŚNIEWSKI Miłosz	3253	SALCO GARMIN TEAM	M-30	3	00:00:02	01:00:35.00	01:00:37.50	+00:05:48 (9.6%)	6:03	9.9 (90.0%)
6	SZKOŁA Wojciech	4306	NATURAL BORN RUNNERS	M-30	4	01:30:02	01:02:36.95	02:32:39.85	+00:07:50 (12.5%)	6:15	9.6 (87.3%)
7	PIHIL Piotr	4345		M-40	2	01:30:02	01:02:39.30	02:32:42.10	+00:07:52 (12.6%)	6:15	9.6 (87.3%)
8	ROSKOSZ Bartosz	4329	KB HARCOWNIK JELCZ-LASKOWICE	M-30	5	01:26:21	01:06:38.65	02:32:59.80	+00:11:51 (17.8%)	6:39	9 (81.8%)
9	IWAŃSKI Bartłomiej	3237	TEAM KOLARZ POLANICA	M-20	2	00:00:03	01:06:45.45	01:06:48.95	+00:11:58 (17.9%)	6:40	9 (81.8%)
10	KULIK-GAWĘDA Iwona	4083	KUDOWIANKARUN	K-30	1	01:30:02	01:09:13.20	02:39:15.85	+00:14:26 (20.9%)	6:55	8.7 (79.1%)
11	RĄCZKOWSKI Daniel	3119	KB ZDYSZAAANI CHOCIANÓW	M-30	6	00:00:03	01:10:21.25	01:10:24.85	+00:15:34 (22.1%)	7:02	8.5 (77.3%)
12	SENKOWSKI Jakub	4334		M-30	7	01:26:47	01:10:22.65	02:37:10.40	+00:15:35 (22.2%)	7:02	8.5 (77.3%)
13	GRYNKIEWICZ Krzysztof	4275	TRÓJKOWY KLUB TURYSTYCZNY	M-20	3	01:30:08	01:10:23.40	02:40:31.90	+00:15:36 (22.2%)	7:02	8.5 (77.3%)
14	KOTARSKI Jarosław	3047		M-30	8	00:00:05	01:11:05.75	01:11:10.85	+00:16:19 (23.0%)	7:06	8.4 (76.4%)
15	MOCZULSKA Małgorzata	4294		K-40	1	01:25:34	01:11:59.95	02:37:34.90	+00:17:13 (23.9%)	7:11	8.3 (75.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
16	STANKIEWICZ Tomasz	4236	PLANYBIEGOWE.PL	M-30	9	01:24:52	01:12:14.15	02:37:06.30	+00:17:27 (24.2%)	7:13	8.3 (75.5%)
17	FLOREK Katarzyna	4244	140MINUT.PL	K-30	2	01:30:03	01:12:49.05	02:42:52.25	+00:18:02 (24.8%)	7:16	8.2 (74.5%)
18	MISZTAL Kamil	4320		M-30	10	01:30:04	01:12:49.50	02:42:53.65	+00:18:02 (24.8%)	7:16	8.2 (74.5%)
19	ZAJĄCZKOWSKI Jakub	4061	MASTERCHEM RUN TEAM	M-40	3	01:30:04	01:12:51.60	02:42:55.70	+00:18:04 (24.8%)	7:17	8.2 (74.5%)
20	SADOWSKI Marek	4165		M-40	4	01:30:03	01:12:59.70	02:43:03.45	+00:18:13 (25.0%)	7:17	8.2 (74.5%)
21	STYPEREK Jakub	3142	VEGE RUNNERS	M-40	5	00:00:04	01:14:10.60	01:14:14.80	+00:19:23 (26.2%)	7:25	8.1 (73.6%)
22	SKOWROŃSKI Janusz	3255		M-40	6	00:00:00	01:14:14.00	01:14:14.00	+00:19:27 (26.2%)	7:25	8.1 (73.6%)
23	DOMAGAŁA Grzegorz	3113		M-30	11	00:00:00	01:14:15.85	01:14:15.85	+00:19:29 (26.2%)	7:25	8.1 (73.6%)
24	KRAJEWSKI Marcin	4234	ZRYW PARZYMIECHY	M-40	7	01:30:03	01:14:24.10	02:44:27.10	+00:19:37 (26.4%)	7:26	8.1 (73.6%)
25	ŁĘŻNIAK Aleksander	4257	MONK SANDALS TEAM	M-30	12	01:19:29	01:15:01.10	02:34:30.90	+00:20:14 (27.0%)	7:30	8 (72.7%)
26	ŁOPATYŃSKI Irek	3129	REMA SPORT TEAM	M-50	1	00:00:04	01:15:08.35	01:15:12.70	+00:20:21 (27.1%)	7:30	8 (72.7%)
27	KACZMARCZYK Przemysław	3052	140MINUT.PL	M-20	4	00:00:02	01:15:46.50	01:15:49.40	+00:20:59 (27.7%)	7:34	7.9 (71.8%)
28	SZNUROWSKI Mariusz	4054	KB SOBÓTKA	M-20	5	01:30:07	01:16:00.80	02:46:08.20	+00:21:14 (27.9%)	7:36	7.9 (71.8%)
29	PYREK Krzysztof	3114	1 RBLOG	M-40	8	00:00:04	01:16:08.90	01:16:13.75	+00:21:22 (28.1%)	7:36	7.9 (71.8%)
30	GRZĄBA Szymon	4307		M-40	9	01:30:04	01:16:16.95	02:46:21.10	+00:21:30 (28.2%)	7:37	7.9 (71.8%)
31	NIEZGÓDKA Tomasz	3258	ZĄŁOGA GÓRSKA	M-50	2	00:00:03	01:16:45.40	01:16:48.60	+00:21:58 (28.6%)	7:40	7.8 (70.9%)
32	WOLSKI Marcin	4287		M-30	13	01:21:48	01:17:20.05	02:39:08.55	+00:22:33 (29.2%)	7:44	7.8 (70.9%)
33	KUCIAK Bartosz	4049		M-30	14	01:30:08	01:17:32.75	02:47:41.45	+00:22:46 (29.4%)	7:45	7.7 (70.0%)
34	BUDYNEK Tadeusz	4144	ALVO RACING TEAM	M-40	10	01:30:05	01:18:01.55	02:48:07.00	+00:23:14 (29.8%)	7:48	7.7 (70.0%)
35	LITKA Krzysztof	3019	PZU SPORT TEAM	M-40	11	00:00:08	01:18:55.75	01:19:04.40	+00:24:09 (30.6%)	7:53	7.6 (69.1%)
36	LUBAŃSKI Robert	3210		M-50	3	00:00:03	01:19:03.85	01:19:07.05	+00:24:17 (30.7%)	7:54	7.6 (69.1%)
37	WOSZEK Marzena	3133		K-40	2	00:00:07	01:19:12.60	01:19:20.50	+00:24:25 (30.8%)	7:55	7.6 (69.1%)
38	WIJATYK Adrian	3231	KLUCZBORSKA GRUPA BIEGOWA	M-30	15	00:00:08	01:19:49.50	01:19:57.60	+00:25:02 (31.4%)	7:58	7.5 (68.2%)

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39	RUSOŁ Tomasz	3055	TROPEM ULTRA	M-30	16	00:00:06	01:19:49.85	01:19:56.10	+00:25:03 (31.4%)	7:58	7.5 (68.2%)
40	LANGE Szymon	3115	WSK - SZYMONIX	M-40	12	00:00:33	01:19:52.85	01:20:26.55	+00:25:06 (31.4%)	7:59	7.5 (68.2%)
41	GŁOWACKI Artur	3112	KGHM ZG RUN	M-40	13	00:00:03	01:19:55.95	01:19:59.80	+00:25:09 (31.5%)	7:59	7.5 (68.2%)
42	KARPOWICZ Rafal	3079		M-40	14	00:00:05	01:19:56.40	01:20:01.45	+00:25:09 (31.5%)	7:59	7.5 (68.2%)
43	CZERCHAWSKI Janusz	3137		M-50	4	00:00:06	01:19:56.60	01:20:02.70	+00:25:09 (31.5%)	7:59	7.5 (68.2%)
44	GONCZAR Szymon	3256		M-30	17	00:00:06	01:19:57.80	01:20:04.40	+00:25:11 (31.5%)	7:59	7.5 (68.2%)
45	MUCHA Piotr	3110		M-30	18	00:00:05	01:20:11.85	01:20:17.25	+00:25:25 (31.7%)	8:01	7.5 (68.2%)
46	WOSZEK Tomasz	3132		M-40	15	00:00:09	01:20:13.00	01:20:22.25	+00:25:26 (31.7%)	8:01	7.5 (68.2%)
47	HERBINGER Maciej	3249		M-40	16	00:00:08	01:20:16.80	01:20:24.90	+00:25:30 (31.8%)	8:01	7.5 (68.2%)
48	WOKAN Marcin	4008		M-40	17	01:26:13	01:20:18.55	02:46:31.75	+00:25:31 (31.8%)	8:01	7.5 (68.2%)
49	MAŚLANY Dominik	3208		M-40	18	00:00:06	01:20:20.70	01:20:27.60	+00:25:34 (31.8%)	8:02	7.5 (68.2%)
50	HOLC Katarzyna	3201	BANDA GRUDNIA	K-30	3	00:00:04	01:20:25.30	01:20:29.80	+00:25:38 (31.9%)	8:02	7.5 (68.2%)
51	PIETRASIK Dawid	4067		M-40	19	01:30:06	01:20:27.10	02:50:33.35	+00:25:40 (31.9%)	8:02	7.5 (68.2%)
52	FRYSIAK Artur	4223	WIELUŃ ULTRA	M-50	5	01:30:04	01:20:27.55	02:50:32.20	+00:25:40 (31.9%)	8:02	7.5 (68.2%)
53	WOSZEK Szymon	4182		M-20	6	01:30:04	01:20:35.20	02:50:39.60	+00:25:48 (32.0%)	8:03	7.4 (67.3%)
54	OKOŁOTOWICZ Michał	4020	NOA	M-30	19	01:33:02	01:21:02.75	02:54:04.85	+00:26:16 (32.4%)	8:06	7.4 (67.3%)
55	GEZELA Robert	4007	EUFORIABIEGACZA TEAM	M-40	20	01:30:03	01:21:04.15	02:51:07.55	+00:26:17 (32.4%)	8:06	7.4 (67.3%)
56	SCHRODER Patryk	3146	WSK	M-40	21	00:00:10	01:21:10.20	01:21:21.00	+00:26:23 (32.5%)	8:07	7.4 (67.3%)
57	WALKOWIAK Tomasz	4284		M-40	22	01:22:54	01:21:33.95	02:44:28.10	+00:26:47 (32.8%)	8:09	7.4 (67.3%)
58	NIEDŹWIECKI Marcin	3228	TRIWAWA	M-30	20	00:00:15	01:22:12.95	01:22:28.35	+00:27:26 (33.4%)	8:13	7.3 (66.4%)
59	KOPCZYŃSKI Łukasz	3006	K-TEAM	M-40	23	00:00:12	01:22:19.80	01:22:32.50	+00:27:33 (33.5%)	8:13	7.3 (66.4%)
60	ORŁOWSKI Kacper	3136		M-30	21	00:00:04	01:22:20.20	01:22:24.40	+00:27:33 (33.5%)	8:14	7.3 (66.4%)
61	JADACH Grzegorz	3160	NOA	M-40	24	00:00:06	01:22:25.50	01:22:31.60	+00:27:38 (33.5%)	8:14	7.3 (66.4%)

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62	RÓŻYCKI Jarosław	4319	OBORNICKI KLUB LEKKOATLETYCZNY	M-40	25	01:30:05	01:23:20.10	02:53:25.55	+00:28:33 (34.3%)	8:20	7.2 (65.5%)
63	RYBSKI Witold	4338		M-40	26	01:30:09	01:23:21.85	02:53:31.45	+00:28:35 (34.3%)	8:20	7.2 (65.5%)
64	SZCZEPANSKI Bartosz	4309	REBELS SOFTWARE	M-30	22	01:30:08	01:23:50.55	02:53:58.65	+00:29:03 (34.7%)	8:23	7.2 (65.5%)
65	BURA Krystian	3074		M-30	23	00:00:03	01:23:50.80	01:23:54.60	+00:29:04 (34.7%)	8:23	7.2 (65.5%)
66	DUDA Monika	4019		K-40	3	01:30:07	01:23:52.45	02:54:00.25	+00:29:05 (34.7%)	8:23	7.2 (65.5%)
67	PAWZUN Bartosz	4116	ZRYW PARZYMIĘCHY	M-30	24	01:30:02	01:23:54.95	02:53:57.25	+00:29:08 (34.7%)	8:23	7.2 (65.5%)
68	BŁAŻEJEWSKI Łukasz	4310		M-40	27	01:30:05	01:23:55.90	02:54:01.65	+00:29:09 (34.7%)	8:23	7.1 (64.5%)
69	POLIWOZAK Patryk	4132	WILKI GÓR	M-30	25	01:30:10	01:23:59.55	02:54:09.60	+00:29:12 (34.8%)	8:23	7.1 (64.5%)
70	CHODKIEWICZ Tomasz	4127	GARDENFLORA MTB TEAM	M-40	28	01:30:02	01:24:01.15	02:54:03.65	+00:29:14 (34.8%)	8:24	7.1 (64.5%)
71	ABRAMOWICZ Agata	3250		K-20	1	00:00:08	01:24:12.70	01:24:21.15	+00:29:26 (35.0%)	8:25	7.1 (64.5%)
72	RZYHA Hubert	3117	RUNNER'S POWER	M-30	26	00:00:05	01:25:17.40	01:25:22.50	+00:30:30 (35.8%)	8:31	7 (63.6%)
73	DĄBROWSKI Michał	4250	CINCLUS	M-50	6	01:30:18	01:25:21.10	02:55:40.00	+00:30:34 (35.8%)	8:32	7 (63.6%)
74	WATROS Eryk	3126	31 BAZA LOTNICTWA TAKTYCZNEGO	M-30	27	00:00:19	01:25:27.30	01:25:46.45	+00:30:40 (35.9%)	8:32	7 (63.6%)
75	JAKUS Michał	4314	OTM.B	M-30	28	01:30:09	01:25:28.80	02:55:38.50	+00:30:42 (35.9%)	8:32	7 (63.6%)
76	BRUS Marcin	4093		M-40	29	01:25:49	01:25:36.80	02:51:26.20	+00:30:50 (36.0%)	8:33	7 (63.6%)
77	RÓG Krzysztof	3118	KB ZDYSZAAANI CHOCIANÓW	M-50	7	00:00:05	01:25:46.85	01:25:52.15	+00:31:00 (36.1%)	8:34	7 (63.6%)
78	ZIELIŃSKI Mateusz	3239		M-30	29	00:00:06	01:26:16.60	01:26:23.00	+00:31:29 (36.5%)	8:37	7 (63.6%)
79	ŁUSIAK Łukasz	4298		M-30	30	01:30:16	01:26:29.30	02:56:46.15	+00:31:42 (36.7%)	8:38	6.9 (62.7%)
80	BOKSZA Piotr	3190	TIME4RUNNING	M-40	30	00:00:13	01:26:34.90	01:26:48.15	+00:31:48 (36.7%)	8:39	6.9 (62.7%)
81	RUDNICKI Krzysztof	4337		M-30	31	01:30:08	01:26:35.15	02:56:43.25	+00:31:48 (36.7%)	8:39	6.9 (62.7%)
82	CIEPŁY Kamil	3175	GARMIN WROCŁAW	M-30	32	00:00:06	01:26:36.10	01:26:42.60	+00:31:49 (36.7%)	8:39	6.9 (62.7%)
83	MAŁYSZKA Krzysztof	3205	KRISTRANS KRZYSZTOF MAŁYSZKA	M-50	8	00:00:03	01:26:36.60	01:26:39.90	+00:31:49 (36.8%)	8:39	6.9 (62.7%)
84	MALEŃCZAK Piotr	3125		M-30	33	00:00:03	01:26:38.10	01:26:41.25	+00:31:51 (36.8%)	8:39	6.9 (62.7%)

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85	BUCHAŁA Bartek	3187		M-40	31	00:00:06	01:26:39.30	01:26:45.80	+00:31:52 (36.8%)	8:39	6.9 (62.7%)
86	MUCHA Adam	3093		M-50	9	00:00:05	01:26:41.20	01:26:46.85	+00:31:54 (36.8%)	8:40	6.9 (62.7%)
87	KŁODA Dariusz	3026	DRUŻYNA SZPIKU	M-40	32	00:00:07	01:26:43.50	01:26:50.60	+00:31:56 (36.8%)	8:40	6.9 (62.7%)
88	WRÓBEL Marcin	4245		M-40	33	01:30:13	01:26:49.75	02:57:03.15	+00:32:03 (36.9%)	8:40	6.9 (62.7%)
89	ZIELIŃSKI Dominik	4332		M-30	34	01:30:19	01:26:50.35	02:57:09.45	+00:32:03 (36.9%)	8:41	6.9 (62.7%)
90	BARANIAK Robert	4267	JIM TEAM MTB GOSTYŃ	M-40	34	01:30:07	01:26:52.95	02:57:00.35	+00:32:06 (37.0%)	8:41	6.9 (62.7%)
91	BRONCZAK Tomasz	3116		M-40	35	00:00:09	01:27:56.80	01:28:06.05	+00:33:10 (37.7%)	8:47	6.8 (61.8%)
92	SZCZECIŃSKI Piotr	3182		M-40	36	00:00:09	01:27:57.95	01:28:07.10	+00:33:11 (37.7%)	8:47	6.8 (61.8%)
93	WAŃKOWICZ Adrian	3209		M-40	37	00:00:16	01:28:41.50	01:28:57.60	+00:33:54 (38.2%)	8:52	6.8 (61.8%)
94	SOBOLEWSKI Dariusz	3166	BOREL MARATHON TEAM	M-30	35	00:00:09	01:28:46.20	01:28:55.75	+00:33:59 (38.3%)	8:52	6.8 (61.8%)
95	CHWAŁA Przemysław	3169	POWOLNY	M-40	38	00:00:10	01:28:49.55	01:28:59.85	+00:34:02 (38.3%)	8:52	6.8 (61.8%)
96	SAMSON Robert	3167	VESTAS / SUNCHASER TRAILRUNNING TEAM	M-40	39	00:00:10	01:28:50.75	01:29:01.25	+00:34:04 (38.3%)	8:53	6.8 (61.8%)
97	SZELAĞ Dariusz	3230	LISY PUSTYNI	M-40	40	00:00:09	01:28:52.45	01:29:02.20	+00:34:05 (38.4%)	8:53	6.8 (61.8%)
98	DYRAGA Marcin	3164	SAINT-GOBAIN SQUAD	M-40	41	00:00:10	01:28:57.70	01:29:07.70	+00:34:11 (38.4%)	8:53	6.7 (60.9%)
99	KUCHARSKI Adrian	3204		M-30	36	00:00:06	01:28:59.05	01:29:05.05	+00:34:12 (38.4%)	8:53	6.7 (60.9%)
100	MARCINEK Łukasz	3016	NIE TERAZ, POTEM	M-40	42	00:00:05	01:29:05.95	01:29:11.50	+00:34:19 (38.5%)	8:54	6.7 (60.9%)
101	WOJEWODA Maciej	3148	VEGE RUNNERS	M-30	37	00:00:06	01:29:07.50	01:29:14.20	+00:34:20 (38.5%)	8:54	6.7 (60.9%)
102	RATAJCZAK Mateusz	3194	MFS	M-40	43	00:00:06	01:29:28.35	01:29:35.20	+00:34:41 (38.8%)	8:56	6.7 (60.9%)
103	ŁOBOS Mariusz	4121		M-50	10	01:30:07	01:29:34.40	02:59:41.85	+00:34:47 (38.8%)	8:57	6.7 (60.9%)
104	SZAFER Sylwester	4235	ZRYW PARZYMIECHY	M-40	44	01:30:02	01:29:37.10	02:59:39.75	+00:34:50 (38.9%)	8:57	6.7 (60.9%)
105	JAROSIŃSKA Barbara	4034	TEAM BIEGANIE NA ŚNIADANIE	K-30	4	01:30:05	01:29:51.85	02:59:57.50	+00:35:05 (39.0%)	8:59	6.7 (60.9%)
106	LECH Judyta	4295	ITMBW KRAKÓW	K-20	2	01:30:06	01:29:54.20	03:00:00.40	+00:35:07 (39.1%)	8:59	6.7 (60.9%)
107	KOZŁOWSKI Szymon	4299		M-40	45	01:30:03	01:29:55.95	02:59:59.25	+00:35:09 (39.1%)	8:59	6.7 (60.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
108	WĘGOREK Monika	4324		K-40	4	01:30:06	01:29:56.20	03:00:02.25	+00:35:09 (39.1%)	8:59	6.7 (60.9%)
109	SZYMAŃSKA Monika	4330		K-40	5	01:30:03	01:29:58.35	03:00:01.45	+00:35:11 (39.1%)	8:59	6.7 (60.9%)
110	PODOLAK Ula	4212	PRZEDWOJEWSKI TEAM	K-20	3	01:25:14	01:30:23.15	02:55:37.35	+00:35:36 (39.4%)	9:02	6.6 (60.0%)
111	PACZKOWSKA Katarzyna	3075	BIEGAJĄCE KREJZOLE	K-30	5	00:00:05	01:30:33.85	01:30:38.90	+00:35:47 (39.5%)	9:03	6.6 (60.0%)
112	STROMIDŁO Sebastian	3213	KB AKTYWNI KRZYŻ WLKP	M-40	46	00:00:04	01:30:35.25	01:30:39.90	+00:35:48 (39.5%)	9:03	6.6 (60.0%)
113	SZYMAŃSKI Marek	3021		M-40	47	00:00:22	01:30:35.75	01:30:58.60	+00:35:49 (39.5%)	9:03	6.6 (60.0%)
114	PIĘTA Piotr	4227		M-20	7	01:30:12	01:30:42.40	03:00:55.30	+00:35:55 (39.6%)	9:04	6.6 (60.0%)
115	DYJA Magdalena	3059	RNB TEAM POLANICA-ZDRÓJ	K-30	6	00:00:08	01:30:43.00	01:30:51.95	+00:35:56 (39.6%)	9:04	6.6 (60.0%)
116	RĘBIAŁKOWSKI Jakub	3057	RNB TEAM POLANICA ZDRÓJ	M-30	38	00:00:08	01:30:44.45	01:30:53.40	+00:35:57 (39.6%)	9:04	6.6 (60.0%)
117	RUTKOWSKI Konrad	3227		M-30	39	00:00:13	01:30:47.10	01:31:00.45	+00:36:00 (39.7%)	9:04	6.6 (60.0%)
118	LISIECKI Tomasz	3154		M-30	40	00:00:07	01:30:47.40	01:30:55.10	+00:36:00 (39.7%)	9:04	6.6 (60.0%)
119	PURCZYŃSKI Grzegorz	3009		M-40	48	00:00:03	01:30:53.05	01:30:56.80	+00:36:06 (39.7%)	9:05	6.6 (60.0%)
120	SROKA Marcin	3120	ST RUNNERS	M-40	49	00:00:11	01:30:54.70	01:31:06.10	+00:36:08 (39.7%)	9:05	6.6 (60.0%)
121	GŁUCHY Marek	4286	OBORNICKI KLUB LEKKOATLETYCZNY	M-40	50	01:25:48	01:30:56.35	02:56:44.45	+00:36:09 (39.8%)	9:05	6.6 (60.0%)
122	BRYGAŁA Tomasz	4322	ADIDAS RUNNERS	M-30	41	01:30:26	01:31:05.15	03:01:31.25	+00:36:18 (39.9%)	9:06	6.6 (60.0%)
123	DŁUGOSZ-SAWICKA Marta	3104	ZBÓJ TEAM	K-40	6	00:00:07	01:31:17.85	01:31:25.15	+00:36:31 (40.0%)	9:07	6.6 (60.0%)
124	LISOWSKI Grzegorz	3229		M-40	51	00:00:07	01:31:19.40	01:31:26.80	+00:36:32 (40.0%)	9:07	6.6 (60.0%)
125	HAMERLA Adam	3185		M-30	42	00:00:11	01:31:45.40	01:31:56.55	+00:36:58 (40.3%)	9:10	6.5 (59.1%)
126	RATAJCZAK Dorota	4207	TRIO FORTIS	K-40	7	01:24:05	01:31:47.20	02:55:53.10	+00:37:00 (40.3%)	9:10	6.5 (59.1%)
127	KRZEPKOWSKI Radosław	3048	ADIDAS RUNNERS WARSAW	M-40	52	00:00:07	01:31:47.90	01:31:55.45	+00:37:01 (40.3%)	9:10	6.5 (59.1%)
128	KĘDRA Antoni	3054		M-20	8	00:00:08	01:31:50.95	01:31:59.30	+00:37:04 (40.4%)	9:11	6.5 (59.1%)
129	TOMCZUK Krzysztof	3198		M-40	53	00:00:10	01:31:58.15	01:32:08.50	+00:37:11 (40.4%)	9:11	6.5 (59.1%)
130	BYŚ Mateusz	3014		M-30	43	00:00:18	01:32:05.95	01:32:24.25	+00:37:19 (40.5%)	9:12	6.5 (59.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
131	SYCHOWSKI Dawid	3252		M-30	44	00:00:13	01:32:07.90	01:32:21.80	+00:37:21 (40.5%)	9:12	6.5 (59.1%)
132	KRYSTEK Marcin	4240	ZRYW PARZYMIECHY	M-40	54	01:22:46	01:32:21.00	02:55:07.00	+00:37:34 (40.7%)	9:14	6.5 (59.1%)
133	BARTKOWIAK Marek	3080	BEST TEAM ŚREM	M-30	45	00:00:04	01:32:21.80	01:32:26.65	+00:37:35 (40.7%)	9:14	6.5 (59.1%)
134	ORZEŁEK Przemysław	4239	ZRYW PARZYMIECHY	M-30	46	01:22:29	01:32:28.80	02:54:57.95	+00:37:42 (40.8%)	9:14	6.5 (59.1%)
135	SZECHOWSKI Paweł	3244		M-40	55	00:00:06	01:33:03.15	01:33:09.65	+00:38:16 (41.1%)	9:18	6.4 (58.2%)
136	SZERMENT Eryk	4170	MAZURTEAM	M-40	56	01:23:36	01:33:11.75	02:56:48.15	+00:38:25 (41.2%)	9:19	6.4 (58.2%)
137	WAJDA Maciej	3102	SPELEOCLUB WROCŁAW	M-30	47	00:00:21	01:33:15.15	01:33:36.35	+00:38:28 (41.3%)	9:19	6.4 (58.2%)
138	PTASIŃSKI Tomasz	3241	CZAJKERSI	M-40	57	00:00:12	01:33:22.30	01:33:34.80	+00:38:35 (41.3%)	9:20	6.4 (58.2%)
139	KSIEZKA Joanna	3147	STRZEGOMSKA DWUNASTKA	K-40	8	00:00:24	01:33:23.90	01:33:47.90	+00:38:37 (41.3%)	9:20	6.4 (58.2%)
140	JAŚKOWIAK Michał	3084	PROXICOM	M-30	48	00:00:05	01:33:28.05	01:33:33.30	+00:38:41 (41.4%)	9:20	6.4 (58.2%)
141	SZYMANIK Paweł	3149		M-40	58	00:00:09	01:33:30.25	01:33:39.80	+00:38:43 (41.4%)	9:21	6.4 (58.2%)
142	KOTARSKI Marek	3134	KRS TKKF RELAKS WODZISŁAW ŚLASKI	M-50	11	00:00:10	01:33:36.35	01:33:46.50	+00:38:49 (41.5%)	9:21	6.4 (58.2%)
143	BRZEZIŃSKI Cezary	3143	PAŃSTWOWA UCZELNIA IM. STEFANA BATOREGO W SKIERNIEWICACH	M-50	12	00:00:05	01:33:39.45	01:33:45.10	+00:38:52 (41.5%)	9:21	6.4 (58.2%)
144	BYLINA Bartosz	3101		M-50	13	00:00:10	01:33:40.25	01:33:51.20	+00:38:53 (41.5%)	9:22	6.4 (58.2%)
145	BERDYCHOWSKI Jakub	4187	MEPROZET KOŚCIAN TEAM	M-40	59	01:22:43	01:34:21.95	02:57:05.10	+00:39:35 (42.0%)	9:26	6.4 (58.2%)
146	BINIENDA Agnieszka	3215	KOBIETY WATAHY	K-40	9	00:00:09	01:34:40.85	01:34:50.00	+00:39:54 (42.1%)	9:28	6.3 (57.3%)
147	CHOLEWA Zbigniew	3225	LISY PUSTYNI	M-40	60	00:00:11	01:34:53.10	01:35:04.70	+00:40:06 (42.3%)	9:29	6.3 (57.3%)
148	JURDZIAK Jakub	3082		M-30	49	00:00:12	01:34:55.00	01:35:07.70	+00:40:08 (42.3%)	9:29	6.3 (57.3%)
149	PIOTROWSKI Michał	3013	#ŻEBERKATEAM	M-40	61	00:00:13	01:35:07.20	01:35:20.50	+00:40:20 (42.4%)	9:30	6.3 (57.3%)
150	WALKOWIAK Marcin	3042	CZERWONAK BIEGA	M-20	9	00:00:14	01:35:07.55	01:35:21.75	+00:40:20 (42.4%)	9:30	6.3 (57.3%)
151	KOZŁOWSKA Iwona	3195	LESZNO LIMITS RUNNERS	K-40	10	00:00:04	01:35:14.45	01:35:19.10	+00:40:27 (42.5%)	9:31	6.3 (57.3%)
152	RYCHLIK Sebastian	3226	LISY PUSTYNI	M-40	62	00:00:12	01:35:17.65	01:35:30.15	+00:40:30 (42.5%)	9:31	6.3 (57.3%)
153	SKRZYPCZYK Tomasz	4183		M-30	50	01:30:21	01:35:20.05	03:05:41.30	+00:40:33 (42.5%)	9:32	6.3 (57.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
154	MICHALSKA Magdalena	4181	SOCIOS SILESIA	K-30	7	01:30:21	01:35:20.40	03:05:42.30	+00:40:33 (42.5%)	9:32	6.3 (57.3%)
155	TULIK Przemysław	4247		M-50	14	01:30:09	01:35:20.75	03:05:30.30	+00:40:34 (42.5%)	9:32	6.3 (57.3%)
156	BUDYNEK Dariusz	4153		M-40	63	01:30:06	01:35:21.50	03:05:27.85	+00:40:34 (42.6%)	9:32	6.3 (57.3%)
157	WOJCIECHOWSKA Dorota	4290		K-40	11	01:30:23	01:35:21.65	03:05:44.95	+00:40:34 (42.6%)	9:32	6.3 (57.3%)
158	BASIŃSKI Bartosz	4274		M-40	64	01:30:03	01:35:21.95	03:05:25.70	+00:40:35 (42.6%)	9:32	6.3 (57.3%)
159	KRZESIMOWSKI Damian	4186		M-40	65	01:30:09	01:35:23.80	03:05:33.35	+00:40:37 (42.6%)	9:32	6.3 (57.3%)
160	KRAWIEC Dominik	4050		M-30	51	01:30:09	01:35:24.75	03:05:34.30	+00:40:38 (42.6%)	9:32	6.3 (57.3%)
161	PŁOK Krzysztof	4201		M-50	15	01:30:06	01:35:25.55	03:05:32.10	+00:40:38 (42.6%)	9:32	6.3 (57.3%)
162	MARCHEWKA Jarosław	3168	W DRODZE	M-40	66	00:00:08	01:35:27.45	01:35:35.80	+00:40:40 (42.6%)	9:32	6.3 (57.3%)
163	MYCIELSKI Mariusz	3105	W DRODZE	M-50	16	00:00:08	01:35:29.30	01:35:37.35	+00:40:42 (42.6%)	9:32	6.3 (57.3%)
164	STEPOWICZ Marek	4159	VEGE RUNNERS	M-50	17	01:30:07	01:35:29.80	03:05:36.90	+00:40:43 (42.6%)	9:32	6.3 (57.3%)
165	SŁOWIK Grzegorz	3222	NIE WIEM GDZIE JESTEM	M-40	67	00:00:09	01:35:30.50	01:35:40.35	+00:40:43 (42.6%)	9:33	6.3 (57.3%)
166	HACUŚ Jacek	3050		M-30	52	00:00:07	01:35:31.90	01:35:38.90	+00:40:45 (42.7%)	9:33	6.3 (57.3%)
167	LEWANDOWSKI Grzegorz	3035	GOLENIÓW	M-40	68	00:00:10	01:35:52.05	01:36:02.55	+00:41:05 (42.9%)	9:35	6.3 (57.3%)
168	GAWRON Bartłomiej	3178		M-40	69	00:00:10	01:36:09.10	01:36:19.85	+00:41:22 (43.0%)	9:36	6.2 (56.4%)
169	NIMSZ Kamila	4276	CS RUNNING CLUB	K-40	12	01:30:13	01:36:09.20	03:06:22.70	+00:41:22 (43.0%)	9:36	6.2 (56.4%)
170	ZARĘBA Anna	3202		K-30	8	00:00:05	01:36:12.55	01:36:18.15	+00:41:25 (43.1%)	9:37	6.2 (56.4%)
171	MASTERNAK Marta	3145		K-30	9	00:00:07	01:36:14.30	01:36:21.70	+00:41:27 (43.1%)	9:37	6.2 (56.4%)
172	WALKOWIAK Maciej	3211		M-30	53	00:00:15	01:36:36.70	01:36:52.50	+00:41:50 (43.3%)	9:39	6.2 (56.4%)
173	PISULA Łukasz	3040		M-30	54	00:00:07	01:36:42.50	01:36:50.40	+00:41:55 (43.4%)	9:40	6.2 (56.4%)
174	PTAK Patryk	4232	CHORZOWSKIE STOWARZYSZENIE BIEGACZY DŁUGODYSTANSOWYCH "W RUCHU"	M-30	55	01:30:10	01:36:45.75	03:06:56.50	+00:41:59 (43.4%)	9:40	6.2 (56.4%)
175	KUJACZYŃSKA Iga	4285		K-30	10	01:30:04	01:36:50.70	03:06:55.25	+00:42:04 (43.4%)	9:41	6.2 (56.4%)
176	MASZTALSKA Joanna	4209		K-20	4	01:30:04	01:37:43.90	03:07:48.60	+00:42:57 (44.0%)	9:46	6.1 (55.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
177	LITEWKA Grzegorz	3078	JTC TEAM	M-50	18	00:00:16	01:37:59.80	01:38:15.95	+00:43:13 (44.1%)	9:47	6.1 (55.5%)
178	JASIAK Karol	3206	NIE WIEM GDZIE JESTEM	M-30	56	00:00:09	01:38:07.45	01:38:17.00	+00:43:20 (44.2%)	9:48	6.1 (55.5%)
179	ZIEBARTH Przemysław	3176		M-40	70	00:00:16	01:38:21.60	01:38:37.65	+00:43:34 (44.3%)	9:50	6.1 (55.5%)
180	WYLEŻAŁA Marzena	4174	#BIEGIEMWLAS	K-40	13	01:30:13	01:39:23.55	03:09:36.65	+00:44:36 (44.9%)	9:56	6 (54.5%)
181	TRZEPACZ Dorota	4123	KB LUPUS OLEŚNICA	K-40	14	01:30:23	01:39:24.20	03:09:47.70	+00:44:37 (44.9%)	9:56	6 (54.5%)
182	KOPKA Paweł	4190		M-40	71	01:30:19	01:39:25.25	03:09:44.30	+00:44:38 (44.9%)	9:56	6 (54.5%)
183	BUGAJ Alan	4249		M-30	57	01:30:13	01:39:27.50	03:09:41.45	+00:44:40 (44.9%)	9:56	6 (54.5%)
184	BOŻEK Grzegorz	4179	KB ZDYSZAAANI CHOCIANÓW	M-40	72	01:30:08	01:39:29.40	03:09:38.20	+00:44:42 (44.9%)	9:56	6 (54.5%)
185	ZIOMBKA Kuba	4085		M-40	73	01:30:06	01:39:33.35	03:09:39.90	+00:44:46 (45.0%)	9:57	6 (54.5%)
186	SMIERZCHAŁA Adam	4218	MOSINA	M-50	19	01:30:08	01:39:34.75	03:09:42.85	+00:44:48 (45.0%)	9:57	6 (54.5%)
187	PROSOWIECKA SMAK Katarzyna	3200		K-40	15	00:00:08	01:39:50.60	01:39:59.40	+00:45:03 (45.1%)	9:59	6 (54.5%)
188	KASPERKIEWICZ Wojtek	3203		M-30	58	00:00:05	01:39:57.00	01:40:02.75	+00:45:10 (45.2%)	9:59	6 (54.5%)
189	CICHOŃ Magdalena	3199	PROFIL OPOLE	K-40	16	00:00:00	01:39:57.30	01:39:57.30	+00:45:10 (45.2%)	9:59	6 (54.5%)
190	TURNIAK Miłosz	3011		M-30	59	00:00:11	01:40:01.45	01:40:13.05	+00:45:14 (45.2%)	10:00	6 (54.5%)
191	SKRZYPIŃSKI Arkadiusz	3073	PSI PATROL	M-40	74	00:00:14	01:40:02.95	01:40:17.70	+00:45:16 (45.2%)	10:00	6 (54.5%)
192	KLIMECKI Łukasz	3184	KB INTREX POZNAŃ	M-30	60	00:00:16	01:40:03.20	01:40:19.35	+00:45:16 (45.3%)	10:00	6 (54.5%)
193	WÓJCICKI Tomasz	4331	ITMBW KRAKÓW	M-30	61	01:30:05	01:40:05.60	03:10:11.55	+00:45:18 (45.3%)	10:00	6 (54.5%)
194	DZICZEK Ireneusz	3003		M-50	20	00:00:11	01:40:09.30	01:40:21.10	+00:45:22 (45.3%)	10:00	6 (54.5%)
195	PORCZYK Marius	3191	WIKINGS RUN	M-40	75	00:00:13	01:40:14.05	01:40:27.90	+00:45:27 (45.3%)	10:01	6 (54.5%)
196	FILIPEK Tomasz	4079		M-30	62	01:25:14	01:40:21.00	03:05:35.35	+00:45:34 (45.4%)	10:02	6 (54.5%)
197	KACZMARCZYK Mariusz	3018	REXER	M-50	21	00:00:00	01:40:25.90	01:40:25.90	+00:45:39 (45.5%)	10:02	6 (54.5%)
198	SKARŻYŃSKI Kamil	4147	PLANYBIEGOWE.PL	M-20	10	01:30:21	01:40:29.00	03:10:50.85	+00:45:42 (45.5%)	10:02	6 (54.5%)
199	JAKUBIAK Anna	3081	RUCHOWA AKADEMIA ZDROWIA	K-50	1	00:00:12	01:40:33.25	01:40:45.85	+00:45:46 (45.5%)	10:03	6 (54.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
200	LUBAŃSKA Alicja	4273		K-50	2	01:30:07	01:40:55.35	03:11:02.95	+00:46:08 (45.7%)	10:05	5.9 (53.6%)
201	ŁUSIAK Katarzyna	4297		K-30	11	01:30:17	01:41:12.20	03:11:29.50	+00:46:25 (45.9%)	10:07	5.9 (53.6%)
202	BAHLAI Mykhailo	4221		M-20	11	01:30:20	01:41:13.90	03:11:33.90	+00:46:27 (45.9%)	10:07	5.9 (53.6%)
203	JESKE Marek	4010	RUN BYDGOSZCZ	M-50	22	01:30:11	01:41:24.25	03:11:35.90	+00:46:37 (46.0%)	10:08	5.9 (53.6%)
204	BRUNKE Tomasz	4339	RUN BYDGOSZCZ	M-50	23	01:30:12	01:41:34.55	03:11:47.05	+00:46:47 (46.1%)	10:09	5.9 (53.6%)
205	TKACZYK Katarzyna	3041		K-40	17	00:00:23	01:41:49.40	01:42:13.00	+00:47:02 (46.2%)	10:10	5.9 (53.6%)
206	RABIEGA Monika	4238	#BIEGAJLESZNO	K-40	18	01:23:28	01:41:55.05	03:05:23.45	+00:47:08 (46.3%)	10:11	5.9 (53.6%)
207	ROMANOWSKI Bartłomiej	3121		M-40	76	00:00:17	01:41:58.45	01:42:15.95	+00:47:11 (46.3%)	10:11	5.9 (53.6%)
208	KUBIAK Karolina	3128		K-40	19	00:00:16	01:42:04.60	01:42:21.25	+00:47:17 (46.3%)	10:12	5.9 (53.6%)
209	PODLEŚ Robert	3022	COBI POLAND	M-60	1	00:00:04	01:42:15.00	01:42:19.65	+00:47:28 (46.4%)	10:13	5.9 (53.6%)
210	BŁAŻEJCZAK Tomasz	4253	#BIEGAJLESZNO	M-30	63	01:23:03	01:42:21.05	03:05:24.35	+00:47:34 (46.5%)	10:14	5.9 (53.6%)
211	WIETRZYŃSKA Agnieszka	4092	SZTUKA RUCHU	K-40	20	01:30:09	01:42:24.70	03:12:34.00	+00:47:38 (46.5%)	10:14	5.9 (53.6%)
212	ZIELEZINSKI Łukasz	4263	HURAGAN LIGOTA	M-30	64	01:30:10	01:42:27.00	03:12:37.95	+00:47:40 (46.5%)	10:14	5.9 (53.6%)
213	MODZELEWSKA Anna	4336		K-20	5	01:30:08	01:42:28.25	03:12:36.45	+00:47:41 (46.5%)	10:14	5.9 (53.6%)
214	SACZUK Dawid	4213		M-30	65	01:23:11	01:42:28.85	03:05:39.95	+00:47:42 (46.5%)	10:14	5.9 (53.6%)
215	BUSZEWSKI Zbyszek	4217		M-30	66	01:30:09	01:42:31.55	03:12:41.40	+00:47:44 (46.6%)	10:15	5.9 (53.6%)
216	BŁASZKIEWICZ Klaudia	4280		K-30	12	01:30:07	01:43:07.55	03:13:14.70	+00:48:20 (46.9%)	10:18	5.8 (52.7%)
217	DZIERGWA Agnieszka	4340	RNB TEAM POLANICA ZDRÓJ/ PRZEDWOJEWSKI TEAM	K-30	13	01:26:46	01:43:14.05	03:10:00.40	+00:48:27 (46.9%)	10:19	5.8 (52.7%)
218	KUJAWSKA Agnieszka	3005		K-40	21	00:00:20	01:43:25.30	01:43:45.75	+00:48:38 (47.0%)	10:20	5.8 (52.7%)
219	PIWOWARSKI Maciej	3140		M-30	67	00:00:21	01:43:26.25	01:43:48.15	+00:48:39 (47.0%)	10:20	5.8 (52.7%)
220	PREISS Grzegorz	3135		M-40	77	00:00:17	01:43:28.55	01:43:46.20	+00:48:41 (47.1%)	10:20	5.8 (52.7%)
221	CZELUŚNIAK Filip	4266		M-30	68	01:30:11	01:43:34.20	03:13:45.55	+00:48:47 (47.1%)	10:21	5.8 (52.7%)
222	SZYMAŃSKI Michał	3223	TENIS CENTRUM AS	M-20	12	00:00:13	01:43:35.20	01:43:48.90	+00:48:48 (47.1%)	10:21	5.8 (52.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
223	STACHOWIAK Emilia	4173	#BIEGIEMWLAS	K-30	14	01:30:14	01:43:35.90	03:13:50.85	+00:48:49 (47.1%)	10:21	5.8 (52.7%)
224	BORECKI Piotr	3238	CZAJKERSI	M-30	69	00:00:14	01:43:36.15	01:43:50.80	+00:48:49 (47.1%)	10:21	5.8 (52.7%)
225	JACKOWIAK Agnieszka	3153	RUNNER'S POWER	K-30	15	00:00:05	01:43:36.55	01:43:42.50	+00:48:49 (47.1%)	10:21	5.8 (52.7%)
226	MAZAN Wojciech	3221		M-30	70	00:00:25	01:43:38.55	01:44:03.90	+00:48:51 (47.1%)	10:21	5.8 (52.7%)
227	NIKODEM Klaudiusz	3242		M-40	78	00:00:13	01:43:39.05	01:43:52.70	+00:48:52 (47.2%)	10:21	5.8 (52.7%)
228	UPTAS Tomasz	4242	CROSS STRACENĆÓW TEAM	M-40	79	01:30:09	01:43:42.45	03:13:52.00	+00:48:55 (47.2%)	10:22	5.8 (52.7%)
229	KOSIELSKI Robert	3236		M-40	80	00:00:13	01:43:43.85	01:43:57.70	+00:48:57 (47.2%)	10:22	5.8 (52.7%)
230	KUSZ Joanna	4243	CROSS STRACENĆÓW TEAM	K-30	16	01:30:08	01:43:44.05	03:13:52.85	+00:48:57 (47.2%)	10:22	5.8 (52.7%)
231	ZARĘBSKI Marcin	3162	EXTREME WOLF	M-40	81	00:00:20	01:43:50.55	01:44:10.65	+00:49:03 (47.2%)	10:23	5.8 (52.7%)
232	KRZYŻYK Agnieszka	3179	TRIO FORTIS	K-40	22	00:00:08	01:43:51.85	01:44:00.00	+00:49:05 (47.3%)	10:23	5.8 (52.7%)
233	KOWAL Ireneusz	3158		M-40	82	00:00:10	01:43:55.45	01:44:05.75	+00:49:08 (47.3%)	10:23	5.8 (52.7%)
234	STELMACH Mariusz	3163		M-30	71	00:00:19	01:43:56.45	01:44:16.25	+00:49:09 (47.3%)	10:23	5.8 (52.7%)
235	SIKORSKI Cezary	3068	BBL GUBIN	M-50	24	00:00:03	01:43:57.85	01:44:01.30	+00:49:11 (47.3%)	10:23	5.8 (52.7%)
235	PANKOWSKI Jerzy	3174	ALEF	M-30	72	00:00:20	01:43:57.85	01:44:18.30	+00:49:11 (47.3%)	10:23	5.8 (52.7%)
237	LUBELCZYK Grzegorz	3130	SPELEOCLUB WROCŁAW	M-50	25	00:00:21	01:43:58.35	01:44:19.50	+00:49:11 (47.3%)	10:23	5.8 (52.7%)
238	GEŚIAREK Grzegorz	3131		M-40	83	00:00:18	01:43:58.50	01:44:17.40	+00:49:11 (47.3%)	10:23	5.8 (52.7%)
239	SZPYTMA Remigiusz	3243	ABY DO PRZODU	M-30	73	00:00:17	01:44:05.70	01:44:23.50	+00:49:19 (47.4%)	10:24	5.8 (52.7%)
240	GŁOGOWSKI Adam	3251	NOA	M-40	84	00:00:12	01:44:13.05	01:44:25.50	+00:49:26 (47.4%)	10:25	5.8 (52.7%)
241	MACIEJEWSKI Adrian	3234		M-20	13	00:00:17	01:44:17.45	01:44:34.55	+00:49:30 (47.5%)	10:25	5.8 (52.7%)
242	BURDELAK Bartosz	3220	6BDOWSP	M-20	14	00:00:16	01:44:21.15	01:44:37.55	+00:49:34 (47.5%)	10:26	5.7 (51.8%)
243	KAMIŃSKA Ewelina	3103	BIEGAJĄCE KREJZOLE	K-40	23	00:00:04	01:44:22.50	01:44:26.85	+00:49:35 (47.5%)	10:26	5.7 (51.8%)
244	KOZAK Bartosz	4119	KOZAKI	M-40	85	01:30:22	01:44:47.20	03:15:09.80	+00:50:00 (47.7%)	10:28	5.7 (51.8%)
245	JASIŃSKI Adam	4291		M-40	86	01:30:23	01:44:54.40	03:15:17.40	+00:50:07 (47.8%)	10:29	5.7 (51.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
246	SZTACHELSKI Krzysztof	3219		M-40	87	00:00:24	01:44:55.90	01:45:20.15	+00:50:09 (47.8%)	10:29	5.7 (51.8%)
247	GAJDA Michał	4178		M-30	74	01:30:14	01:44:57.30	03:15:12.25	+00:50:10 (47.8%)	10:29	5.7 (51.8%)
248	KACZMAREK Mateusz	4326		M-30	75	01:30:21	01:44:58.25	03:15:20.10	+00:50:11 (47.8%)	10:29	5.7 (51.8%)
249	BŁACHNIO Krzysztof	3001	RAZ SZCZECIN	M-50	26	00:00:12	01:44:58.40	01:45:10.45	+00:50:11 (47.8%)	10:29	5.7 (51.8%)
250	ORŁOWSKI Robert	4056	BIEGNĘ NA PÓŁNOC	M-30	76	01:30:12	01:44:58.90	03:15:10.90	+00:50:12 (47.8%)	10:29	5.7 (51.8%)
251	KUCHARSKI Dariusz	3214		M-40	88	00:00:15	01:45:00.15	01:45:15.20	+00:50:13 (47.8%)	10:30	5.7 (51.8%)
252	KANIA Damian	3192		M-40	89	00:00:00	01:45:02.75	01:45:02.75	+00:50:16 (47.9%)	10:30	5.7 (51.8%)
253	WOJCIECHOWSKI Mariusz	4203	KB INTREX POZNAŃ	M-30	77	01:30:07	01:45:07.00	03:15:14.80	+00:50:20 (47.9%)	10:30	5.7 (51.8%)
254	CYBUSLKI Dariusz	4204	KB INTREX POZNAŃ	M-40	90	01:30:07	01:45:08.20	03:15:15.90	+00:50:21 (47.9%)	10:30	5.7 (51.8%)
255	ŻMIJEWSKA Dominika	3122	KLUB BIEGOWY TSK ORZEŁ OSIEK	K-30	17	00:00:04	01:45:18.20	01:45:22.60	+00:50:31 (48.0%)	10:31	5.7 (51.8%)
256	STARSAK Marcin	3123	KLUB BIEGOWY TSK ORZEŁ OSIEK	M-40	91	00:00:04	01:45:19.65	01:45:24.30	+00:50:32 (48.0%)	10:31	5.7 (51.8%)
257	BRZEŻAŃSKA Joanna	4333		K-40	24	01:30:09	01:45:33.10	03:15:42.35	+00:50:46 (48.1%)	10:33	5.7 (51.8%)
258	MRÓZ Anna	3099		K-30	18	00:00:00	01:45:37.15	01:45:37.15	+00:50:50 (48.1%)	10:33	5.7 (51.8%)
259	PRZEWOŻNY Robert	4265	JIM TEAM MTB GOSTYŃ	M-30	78	01:30:08	01:45:38.45	03:15:47.40	+00:50:51 (48.1%)	10:33	5.7 (51.8%)
260	ERET Marzena	4206		K-40	25	01:30:03	01:45:39.25	03:15:43.10	+00:50:52 (48.2%)	10:33	5.7 (51.8%)
261	HEJNE Agnieszka	4193		K-40	26	01:30:04	01:45:40.40	03:15:44.45	+00:50:53 (48.2%)	10:34	5.7 (51.8%)
262	KOWALEWSKI Grzegorz	3085		M-50	27	00:00:08	01:45:49.20	01:45:57.20	+00:51:02 (48.2%)	10:34	5.7 (51.8%)
263	BARTKIEWICZ Lech	4059		M-40	92	01:30:15	01:46:02.45	03:16:18.10	+00:51:15 (48.3%)	10:36	5.7 (51.8%)
264	OSSOWSKI Adam	4272		M-40	93	01:30:24	01:46:14.30	03:16:38.35	+00:51:27 (48.4%)	10:37	5.6 (50.9%)
265	SKRĘTEK Monika	4151	BIEGAMDLAZDROWIA. PL	K-50	3	01:30:20	01:46:22.75	03:16:43.05	+00:51:36 (48.5%)	10:38	5.6 (50.9%)
266	GOZDYRA Dariusz	4011	RAZ SZCZECIN	M-40	94	01:30:11	01:46:33.25	03:16:44.40	+00:51:46 (48.6%)	10:39	5.6 (50.9%)
267	LAUBACH Anna	4198	RAAN	K-30	19	01:30:14	01:46:57.90	03:17:12.50	+00:52:11 (48.8%)	10:41	5.6 (50.9%)
268	GRUCHOT Małgorzata	3171	WIECZORNE BIEGANIE W OPOLU	K-40	27	00:00:17	01:47:02.30	01:47:20.20	+00:52:15 (48.8%)	10:42	5.6 (50.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
269	HERBEC-LABOCHA Magdalena	3156		K-40	28	00:00:25	01:47:02.55	01:47:28.45	+00:52:15 (48.8%)	10:42	5.6 (50.9%)
270	LABOCHA Aleksander	3157		M-40	95	00:00:26	01:47:03.80	01:47:29.85	+00:52:17 (48.8%)	10:42	5.6 (50.9%)
271	SZULC Rafał	3083	PREGRES	M-30	79	00:00:09	01:47:06.05	01:47:15.60	+00:52:19 (48.9%)	10:42	5.6 (50.9%)
272	MIŚ Piotr	3189		M-30	80	00:00:12	01:47:11.15	01:47:23.30	+00:52:24 (48.9%)	10:43	5.6 (50.9%)
273	PUZIO Maciej	3023		M-30	81	00:00:22	01:47:11.20	01:47:33.70	+00:52:24 (48.9%)	10:43	5.6 (50.9%)
274	MIELNIK Krzysztof	3196	DCTRIATHLONTEAM	M-30	82	00:00:12	01:47:11.75	01:47:24.25	+00:52:25 (48.9%)	10:43	5.6 (50.9%)
275	DUSZYŃSKI Jacek	4270		M-50	28	01:30:08	01:47:16.95	03:17:25.40	+00:52:30 (48.9%)	10:43	5.6 (50.9%)
276	RUCIŃSKI Adam	3212		M-50	29	00:00:22	01:47:18.00	01:47:40.20	+00:52:31 (48.9%)	10:43	5.6 (50.9%)
277	SUCHENIA Daniel	4163		M-50	30	01:30:17	01:47:25.40	03:17:42.90	+00:52:38 (49.0%)	10:44	5.6 (50.9%)
278	HYLIŃSKA Hanna	4076	PATORUNNERS	K-30	20	01:30:10	01:47:28.65	03:17:39.10	+00:52:41 (49.0%)	10:44	5.6 (50.9%)
279	JEKIEL Grzegorz	3033		M-40	96	00:00:14	01:47:40.00	01:47:54.15	+00:52:53 (49.1%)	10:46	5.6 (50.9%)
280	JURASZ Aleksandra	3058		K-30	21	00:00:13	01:47:42.80	01:47:56.45	+00:52:56 (49.1%)	10:46	5.6 (50.9%)
281	BRZOZOWSKI Marcin	4292		M-40	97	01:30:18	01:47:47.85	03:18:05.85	+00:53:01 (49.2%)	10:46	5.6 (50.9%)
282	BRZOZOWSKA Marlena	4293		K-40	29	01:30:17	01:47:50.20	03:18:07.90	+00:53:03 (49.2%)	10:47	5.6 (50.9%)
283	NEUMANN Jacek	4154	CENTRUM ŁĄKOWA 1	M-50	31	01:30:18	01:47:51.50	03:18:09.50	+00:53:04 (49.2%)	10:47	5.6 (50.9%)
284	KLICH Sylwia	4156	#BIEGIEMWLAS	K-30	22	01:30:14	01:48:05.15	03:18:19.60	+00:53:18 (49.3%)	10:48	5.6 (50.9%)
285	STAMM Tomasz	4134		M-50	32	01:30:15	01:48:05.45	03:18:20.80	+00:53:18 (49.3%)	10:48	5.6 (50.9%)
286	RACZKOWSKI Rafał	4096		M-40	98	01:30:22	01:48:08.95	03:18:31.10	+00:53:22 (49.3%)	10:48	5.5 (50.0%)
287	SZYMURA Izabela	4246	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	K-40	30	01:30:07	01:48:20.90	03:18:28.05	+00:53:34 (49.4%)	10:50	5.5 (50.0%)
288	GNIZA Karolina	4302		K-20	6	01:30:05	01:48:24.45	03:18:29.45	+00:53:37 (49.5%)	10:50	5.5 (50.0%)
289	NAWROCKA Aleksandra	3172		K-40	31	00:00:08	01:49:02.20	01:49:10.70	+00:54:15 (49.8%)	10:54	5.5 (50.0%)
290	SZYMUSIK Tomasz	3020		M-40	99	00:00:15	01:49:05.40	01:49:20.65	+00:54:18 (49.8%)	10:54	5.5 (50.0%)
291	JĘDRYKA Sebastian	3031	GB GALOPUJĄCE ŚLIMAKI	M-40	100	00:00:18	01:49:11.40	01:49:29.70	+00:54:24 (49.8%)	10:55	5.5 (50.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
292	DOCZEKALSKI Jarek	3000	GB.GALOPUJĄCE ŚLIMAKI	M-50	33	00:00:18	01:49:14.05	01:49:32.25	+00:54:27 (49.9%)	10:55	5.5 (50.0%)
293	WALKOWIAK Dominika	4135	#BIEGAJLESZNO	K-30	23	01:23:03	01:49:21.55	03:12:25.20	+00:54:34 (49.9%)	10:56	5.5 (50.0%)
294	GIBOWSKI Lukasz	3091		M-40	101	00:00:15	01:49:31.10	01:49:46.65	+00:54:44 (50.0%)	10:57	5.5 (50.0%)
295	LIS Mirosław	3090		M-40	102	00:00:15	01:49:32.75	01:49:48.15	+00:54:46 (50.0%)	10:57	5.5 (50.0%)
296	BORKOWSKI Marcel	4101		M-30	83	01:30:23	01:49:35.10	03:19:58.70	+00:54:48 (50.0%)	10:57	5.5 (50.0%)
297	RABIEJ Kazimierz	3161	ROZBIEGANI CHOJNÓW	M-60	2	00:00:00	01:49:45.55	01:49:45.55	+00:54:58 (50.1%)	10:58	5.5 (50.0%)
298	SAŁAMACHA Izabela	3089	MAMY BIEGAMY	K-40	32	00:00:08	01:49:52.95	01:50:01.60	+00:55:06 (50.1%)	10:59	5.5 (50.0%)
299	ZIELIŃSKA Małgorzata	4136		K-50	4	01:30:08	01:49:59.75	03:20:08.70	+00:55:13 (50.2%)	10:59	5.5 (50.0%)
300	CZYŻOWICZ-GOTFRYD Agnieszka	4268	POLISH RUNNERS SQUAD	K-50	5	01:30:16	01:50:00.30	03:20:16.55	+00:55:13 (50.2%)	11:00	5.5 (50.0%)
301	SALAMACHA Jarek	3124	AKTYWNA NOWA RUDA	M-40	103	00:00:08	01:50:05.45	01:50:14.15	+00:55:18 (50.2%)	11:00	5.5 (50.0%)
302	BULANDA Barbara	3247	ŻUBRY BOCHNIA	K-40	33	00:00:07	01:50:05.70	01:50:13.25	+00:55:19 (50.2%)	11:00	5.5 (50.0%)
303	CHROMIK Krzysztof	3072		M-40	104	00:00:11	01:50:11.10	01:50:22.30	+00:55:24 (50.3%)	11:01	5.4 (49.1%)
304	SAŁAMACHA Stanisław	3088	BIAŁA BIEGA	M-60	3	00:00:09	01:50:15.80	01:50:25.05	+00:55:29 (50.3%)	11:01	5.4 (49.1%)
305	BUDZIŃSKI Krzysztof	3233		M-50	34	00:00:18	01:50:25.70	01:50:44.30	+00:55:39 (50.4%)	11:02	5.4 (49.1%)
306	DZIWAK Dariusz	4012	TIMOTHY	M-30	84	01:30:21	01:51:29.30	03:21:51.10	+00:56:42 (50.9%)	11:08	5.4 (49.1%)
307	WOŹNA Marta	4308	RUN TEAM RYDZYNA	K-30	24	01:30:13	01:51:42.35	03:21:55.65	+00:56:55 (51.0%)	11:10	5.4 (49.1%)
308	DZIEŻA Roma	4084	RUN BYDGOSZCZ	K-50	6	01:30:14	01:51:53.40	03:22:07.55	+00:57:06 (51.0%)	11:11	5.4 (49.1%)
309	MELWIŃSKA Paulina	4091	RUN BYDGOSZCZ	K-40	34	01:30:14	01:51:54.30	03:22:08.50	+00:57:07 (51.0%)	11:11	5.4 (49.1%)
310	MAZUR Katarzyna	3067	UMLAUT	K-40	35	00:00:03	01:52:00.35	01:52:03.60	+00:57:13 (51.1%)	11:12	5.4 (49.1%)
311	KOŃ Aleksandra	4097	EKIPA LIPA	K-40	36	01:30:04	01:52:05.45	03:22:10.30	+00:57:18 (51.1%)	11:12	5.4 (49.1%)
312	STASIAK Łukasz	4013	WATAHA - ŁĄCZY NAS BIEGANIE	M-30	85	01:30:24	01:52:14.65	03:22:38.90	+00:57:27 (51.2%)	11:13	5.3 (48.2%)
313	SZÓSTAK Krzysztof	4098	KB HARCOWNIK JELCZ-LASKOWICE	M-60	4	01:30:15	01:52:40.35	03:22:56.20	+00:57:53 (51.4%)	11:16	5.3 (48.2%)
314	KRAJEWSKA-PALUCH Ewa	3193		K-40	37	00:00:13	01:52:40.60	01:52:54.15	+00:57:53 (51.4%)	11:16	5.3 (48.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
315	JANOWSKA Ewa	4142		K-30	25	01:30:19	01:52:44.25	03:23:03.90	+00:57:57 (51.4%)	11:16	5.3 (48.2%)
316	WIELICZKO Rafał	3063	ZONE RUNNERS	M-30	86	00:00:11	01:52:55.45	01:53:06.75	+00:58:08 (51.5%)	11:17	5.3 (48.2%)
317	WIELICZKO Dagmara	3064	ZONE RUNNERS	K-30	26	00:00:12	01:52:56.05	01:53:08.10	+00:58:09 (51.5%)	11:17	5.3 (48.2%)
318	PACYNA Marek	4220		M-50	35	01:30:12	01:52:56.90	03:23:09.70	+00:58:10 (51.5%)	11:17	5.3 (48.2%)
319	KWIATKOWSKA Marta	4107		K-40	38	01:30:15	01:52:57.40	03:23:12.75	+00:58:10 (51.5%)	11:17	5.3 (48.2%)
320	KAWIK Janusz	3127		M-50	36	00:00:00	01:52:57.45	01:52:57.45	+00:58:10 (51.5%)	11:17	5.3 (48.2%)
321	ZDYB Grzegorz	3036	44 WOJSKOWY ODDZIAŁ GOSPODARCZY	M-40	105	00:00:12	01:52:58.25	01:53:10.55	+00:58:11 (51.5%)	11:17	5.3 (48.2%)
322	KRÓLIKOWSKA Agnieszka	3141		K-40	39	00:00:07	01:52:58.30	01:53:05.80	+00:58:11 (51.5%)	11:17	5.3 (48.2%)
323	ŚMIECHOWSKA Małgorzata	4301		K-40	40	01:30:10	01:52:58.35	03:23:08.70	+00:58:11 (51.5%)	11:17	5.3 (48.2%)
324	JAŚKIEWICZ Katarzyna	4199		K-40	41	01:30:11	01:52:59.80	03:23:10.85	+00:58:13 (51.5%)	11:17	5.3 (48.2%)
325	NAMYŚL Maciej	4081	KOŹMIN BIEGA ULTRA RUNNERS	M-40	106	01:22:35	01:53:14.05	03:15:49.55	+00:58:27 (51.6%)	11:19	5.3 (48.2%)
326	KAŻMIERCZAK Anna	4230	#BIEGAJLESZNO	K-40	42	01:22:59	01:54:08.85	03:17:08.25	+00:59:22 (52.0%)	11:24	5.3 (48.2%)
327	APANOVA Ekaterina	4256		K-30	27	01:30:20	01:54:14.95	03:24:35.65	+00:59:28 (52.1%)	11:25	5.3 (48.2%)
328	CHEŁCHOWSKA Katarzyna	4078		K-30	28	01:30:05	01:54:21.20	03:24:26.85	+00:59:34 (52.1%)	11:26	5.2 (47.3%)
329	KOŁODZIEJ Marzena	4155	#BIEGIEMWLAS	K-40	43	01:30:14	01:54:22.15	03:24:36.95	+00:59:35 (52.1%)	11:26	5.2 (47.3%)
330	GEJDA Przemysław	4259		M-40	107	01:30:24	01:54:27.55	03:24:52.20	+00:59:40 (52.1%)	11:26	5.2 (47.3%)
331	KRYSIAK Łukasz	3188	PIĄTKOWO NA BIEGOWO	M-40	108	00:00:09	01:54:29.45	01:54:39.35	+00:59:42 (52.2%)	11:26	5.2 (47.3%)
332	LUPA Mirosław	4175		M-50	37	01:30:07	01:54:31.40	03:24:39.00	+00:59:44 (52.2%)	11:27	5.2 (47.3%)
333	BIAŁA Malgorzata	3155		K-30	29	00:00:14	01:54:32.35	01:54:46.55	+00:59:45 (52.2%)	11:27	5.2 (47.3%)
334	MAJ Magdalena	4117	GRAŻYŃKI OCR	K-30	30	01:30:06	01:54:32.40	03:24:38.40	+00:59:45 (52.2%)	11:27	5.2 (47.3%)
335	WUDECKA Beata	4281		K-50	7	01:30:13	01:54:54.55	03:25:07.65	+01:00:07 (52.3%)	11:29	5.2 (47.3%)
336	KOPACZYŃSKA Beata	3216	CROSSFIT ZIELONA GÓRA	K-50	8	00:00:17	01:55:26.65	01:55:44.05	+01:00:39 (52.5%)	11:32	5.2 (47.3%)
337	ANTKOWIAK Mirosław	4224		M-50	38	01:30:05	01:55:35.00	03:25:40.25	+01:00:48 (52.6%)	11:33	5.2 (47.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
338	GROMADZKA Justyna	3218	KOBIETY WATAHA	K-40	44	00:00:09	01:55:39.70	01:55:49.10	+01:00:53 (52.6%)	11:33	5.2 (47.3%)
339	GWORYS Katarzyna	3038	ZRYW PARZYMIECHY	K-40	45	00:00:03	01:55:42.70	01:55:46.50	+01:00:56 (52.7%)	11:34	5.2 (47.3%)
340	GWORYS Krzysztof	3039	ZRYW PARZYMIECHY	M-40	109	00:00:04	01:55:44.05	01:55:48.15	+01:00:57 (52.7%)	11:34	5.2 (47.3%)
341	DOMOSŁAWSKA Joanna	4214		K-40	46	01:21:29	01:56:10.75	03:17:39.75	+01:01:24 (52.9%)	11:37	5.2 (47.3%)
342	STROMIDŁO Anna	4279	BROWAR DOMOWY HATAK	K-40	47	01:30:09	01:56:25.30	03:26:35.20	+01:01:38 (52.9%)	11:38	5.2 (47.3%)
343	PUZIO Waldemar	3246	MARATOŃCZYK DĘBICA	M-60	5	00:00:22	01:56:28.10	01:56:50.70	+01:01:41 (53.0%)	11:38	5.2 (47.3%)
344	ZYGOŃ Artur	4158		M-30	87	01:24:22	01:56:34.20	03:20:56.30	+01:01:47 (53.0%)	11:39	5.1 (46.4%)
345	KONCA Mariusz	3096		M-50	39	00:00:21	01:56:45.25	01:57:07.05	+01:01:58 (53.1%)	11:40	5.1 (46.4%)
346	BERNACKA Kinga	4318		K-30	31	01:26:02	01:56:54.00	03:22:56.20	+01:02:07 (53.1%)	11:41	5.1 (46.4%)
347	KONIECZNA Aleksandra	4317	-	K-30	32	01:26:02	01:56:56.05	03:22:58.30	+01:02:09 (53.2%)	11:41	5.1 (46.4%)
348	CUPAK Łukasz	3071		M-30	88	00:00:10	01:56:59.50	01:57:10.25	+01:02:12 (53.2%)	11:41	5.1 (46.4%)
349	FANAJŁO Kasia	3144	ZIELONA GÓRO ZACZNIJ BIEGAĆ	K-30	33	00:00:07	01:57:04.80	01:57:12.10	+01:02:18 (53.2%)	11:42	5.1 (46.4%)
350	WĘGIER Agnieszka	3108	ZIELONA GÓRA ZACZNIJ BIEGAĆ	K-40	48	00:00:07	01:57:05.20	01:57:13.10	+01:02:18 (53.2%)	11:42	5.1 (46.4%)
351	BOGACKA Aneta	3109	ZGZB	K-30	34	00:00:07	01:57:17.10	01:57:24.80	+01:02:30 (53.3%)	11:43	5.1 (46.4%)
352	SKÓRSKI Stanisław	4027	RAZ SZCZECIN	M-60	6	01:30:10	01:57:17.15	03:27:28.05	+01:02:30 (53.3%)	11:43	5.1 (46.4%)
353	URBAN Alicja	4102	KACZKATEAM	K-20	7	01:30:12	01:57:49.10	03:28:01.50	+01:03:02 (53.5%)	11:46	5.1 (46.4%)
354	MODRZYŃSKI Przemysław	4139	NGT PROBAR	M-50	40	01:30:18	01:58:11.90	03:28:30.75	+01:03:25 (53.7%)	11:49	5.1 (46.4%)
355	FLORCZAK Monika	4047		K-30	35	01:30:12	01:58:17.15	03:28:29.45	+01:03:30 (53.7%)	11:49	5.1 (46.4%)
356	KOT Tomasz	3197		M-40	110	00:00:15	01:58:25.85	01:58:40.95	+01:03:39 (53.7%)	11:50	5.1 (46.4%)
357	DOLECKA Elżbieta	4114	NKB CHYŻY NOWY TOMYŚL	K-40	49	01:30:21	01:58:28.50	03:28:49.50	+01:03:41 (53.8%)	11:50	5.1 (46.4%)
358	MAŚLANA Katarzyna	4271		K-30	36	01:30:17	01:58:29.35	03:28:46.45	+01:03:42 (53.8%)	11:50	5.1 (46.4%)
359	KOZAK Ewa	4118	KOZAKI	K-40	50	01:30:22	01:59:32.95	03:29:55.35	+01:04:46 (54.2%)	11:57	5 (45.5%)
360	RAJTAR Robert	4327		M-40	111	01:30:24	01:59:36.15	03:30:00.85	+01:04:49 (54.2%)	11:57	5 (45.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
361	NATKANIEC Grazyna	4100	EKIPA LIPA	K-50	9	01:30:05	01:59:38.70	03:29:43.80	+01:04:52 (54.2%)	11:57	5 (45.5%)
362	SKIBA Anna	4289	KB HARCOWNIK	K-40	51	01:30:16	02:00:45.25	03:31:02.20	+01:05:58 (54.6%)	12:04	5 (45.5%)
363	KAMIŃSKA Andżelika	4177		K-40	52	01:30:18	02:01:01.00	03:31:19.70	+01:06:14 (54.7%)	12:06	5 (45.5%)
364	NOLAS Jolanta	4195	KLUB BIEGACZA HARCOWNIK	K-50	10	01:30:15	02:01:05.40	03:31:20.95	+01:06:18 (54.8%)	12:06	5 (45.5%)
365	KASPRZYK Marcin	4113		M-20	15	01:30:15	02:01:07.65	03:31:22.90	+01:06:20 (54.8%)	12:06	5 (45.5%)
366	SKRZĄTEK Anna	4137		K-40	53	01:30:12	02:01:09.45	03:31:21.75	+01:06:22 (54.8%)	12:06	5 (45.5%)
367	FRYSIAK Barbara	4222	WIELUŃ	K-50	11	01:30:04	02:01:14.55	03:31:18.90	+01:06:27 (54.8%)	12:07	4.9 (44.5%)
368	SIKORSKI Grzegorz	3043		M-50	41	00:00:00	02:02:20.25	02:02:20.25	+01:07:33 (55.2%)	12:14	4.9 (44.5%)
369	MAĆKOWIAK Joanna	4225		K-20	8	01:30:19	02:02:50.00	03:33:09.65	+01:08:03 (55.4%)	12:17	4.9 (44.5%)
370	ADAMCZYK Piotr	4323		M-30	89	01:30:22	02:02:52.70	03:33:15.40	+01:08:06 (55.4%)	12:17	4.9 (44.5%)
371	POKORNY Tomasz	4282		M-50	42	01:30:12	02:02:56.10	03:33:09.00	+01:08:09 (55.4%)	12:17	4.9 (44.5%)
372	JANKOWSKA Katarzyna	4215		K-40	54	01:21:29	02:02:57.00	03:24:26.05	+01:08:10 (55.4%)	12:17	4.9 (44.5%)
373	STACHOWIAK Joanna	4074		K-20	9	01:30:16	02:03:03.25	03:33:19.70	+01:08:16 (55.5%)	12:18	4.9 (44.5%)
374	SAJNAJ Adrian	4080		M-20	16	01:30:16	02:03:06.25	03:33:22.60	+01:08:19 (55.5%)	12:18	4.9 (44.5%)
375	RAJKOWSKI Tomasz	3065		M-30	90	00:00:18	02:03:14.15	02:03:32.90	+01:08:27 (55.5%)	12:19	4.9 (44.5%)
376	OLEJNIK Ilona	4017	KRWIOBIEGANIE	K-50	12	01:30:15	02:03:25.20	03:33:40.25	+01:08:38 (55.6%)	12:20	4.9 (44.5%)
377	SKRZYŃSKA Marlena	4150	ZIELONA GÓRO ZACZNIJ BIEGAĆ	K-30	37	01:30:15	02:03:28.05	03:33:43.10	+01:08:41 (55.6%)	12:20	4.9 (44.5%)
378	DUBIEL Andrzej	3032		M-40	112	00:00:12	02:03:44.65	02:03:57.55	+01:08:57 (55.7%)	12:22	4.8 (43.6%)
379	MORAŃSKA Małgorzata	4125		K-30	38	01:30:19	02:03:52.20	03:34:11.85	+01:09:05 (55.8%)	12:23	4.8 (43.6%)
380	SKRZYPIŃSKA Agnieszka	4126	PSI PATROL	K-40	55	01:30:11	02:04:27.55	03:34:38.75	+01:09:40 (56.0%)	12:26	4.8 (43.6%)
381	KACZMAREK Monika	4124	NKB CHYŻY NOWY TOMYŚL	K-40	56	01:30:20	02:04:50.85	03:35:11.00	+01:10:04 (56.1%)	12:29	4.8 (43.6%)
382	KRAJEWSKA-KŁODA Katarzyna	3027	DRUŻYNA SZPIKU	K-40	57	00:00:16	02:04:51.70	02:05:08.60	+01:10:05 (56.1%)	12:29	4.8 (43.6%)
383	BARANIAK Beata	3025	DRUŻYNA SZPIKU	K-40	58	00:00:17	02:04:54.70	02:05:11.90	+01:10:08 (56.1%)	12:29	4.8 (43.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
384	SIARKIEWICZ Jola	4133	BIEGAMDLAZDROWIA.PL	K-60	1	01:30:20	02:04:56.75	03:35:17.45	+01:10:10 (56.2%)	12:29	4.8 (43.6%)
385	UCHEREK Kinga	4167		K-40	59	01:30:12	02:05:00.70	03:35:13.60	+01:10:14 (56.2%)	12:30	4.8 (43.6%)
386	UCHEREK Kazimierz	4166		M-50	43	01:30:12	02:05:02.70	03:35:14.70	+01:10:16 (56.2%)	12:30	4.8 (43.6%)
387	NOWAK Monika	4233		K-40	60	01:30:23	02:05:09.25	03:35:33.05	+01:10:22 (56.2%)	12:30	4.8 (43.6%)
388	BARTOSZEWSKA Katarzyna	4269	TEAM RÓŻOWEJ PELERYNKI	K-40	61	01:30:14	02:05:10.10	03:35:24.30	+01:10:23 (56.2%)	12:31	4.8 (43.6%)
389	CICHY Roman	4188	MUAY RUNNING TEAM	M-40	113	01:30:17	02:05:17.10	03:35:34.40	+01:10:30 (56.3%)	12:31	4.8 (43.6%)
390	ŁUŻNY Agnieszka	4255	TEAM PAPRY	K-30	39	01:30:17	02:05:19.65	03:35:36.90	+01:10:32 (56.3%)	12:31	4.8 (43.6%)
391	NIEPORECKA Sylwia	4248		K-40	62	01:30:18	02:05:20.00	03:35:38.55	+01:10:33 (56.3%)	12:32	4.8 (43.6%)
392	SERWATKA Angelika	4277	KOBIETY WATAHY	K-30	40	01:30:12	02:05:28.85	03:35:41.20	+01:10:42 (56.3%)	12:32	4.8 (43.6%)
393	MAĆKOWIAK Karolina	4072	MAĆKOWIAK TEAM	K-40	63	01:30:08	02:05:43.50	03:35:52.10	+01:10:56 (56.4%)	12:34	4.8 (43.6%)
394	MARCINIAK Irmna	4035	TEAM BIEGANIE NA ŚNIADANIE	K-40	64	01:30:18	02:05:57.35	03:36:15.35	+01:11:10 (56.5%)	12:35	4.8 (43.6%)
395	RĘBECKA Violetta	4029	BIEGAMDLAZDROWIA. PL	K-40	65	01:30:21	02:05:57.55	03:36:18.60	+01:11:10 (56.5%)	12:35	4.8 (43.6%)
396	MAĆKOWIAK Adam	4226		M-20	17	01:30:20	02:05:59.10	03:36:19.40	+01:11:12 (56.5%)	12:35	4.8 (43.6%)
397	VAN KESSEL - PALUSZKIEWICZ Monika	4073	MAĆKOWIAK TEAM	K-40	66	01:30:08	02:06:05.90	03:36:14.60	+01:11:19 (56.6%)	12:36	4.8 (43.6%)
398	KONCA Beata	3095	KB OŻARÓW MAZOWIECKI BIEGA	K-40	67	00:00:21	02:06:07.80	02:06:29.60	+01:11:21 (56.6%)	12:36	4.8 (43.6%)
399	DĘBEK Piotr	3257	ŚWIDNICKA GRUPA BIEGOWA	M-40	114	00:00:19	02:06:16.45	02:06:36.00	+01:11:29 (56.6%)	12:37	4.8 (43.6%)
400	PAWLAK Mateusz	4015	BIEGNIJ OŁAWO	M-30	91	01:31:19	02:06:18.10	03:37:38.00	+01:11:31 (56.6%)	12:37	4.8 (43.6%)
401	POPOWICZ Justyna	3232		K-40	68	00:00:10	02:06:18.30	02:06:28.55	+01:11:31 (56.6%)	12:37	4.8 (43.6%)
402	GRĘZEL-GAWRON Jolanta	4044		K-40	69	01:30:17	02:06:34.20	03:36:52.15	+01:11:47 (56.7%)	12:39	4.7 (42.7%)
403	GOŹDZICKA Iwona	4149	ZIELONA GÓRO ZACZNIJ BIEGAĆ / GB STATYSTYKA LUBUSKA	K-40	70	01:30:14	02:06:39.90	03:36:54.85	+01:11:53 (56.8%)	12:39	4.7 (42.7%)
404	JAROSŁAWSKI Mariusz	4106	BIEGNIJ OŁAWO	M-50	44	01:31:19	02:06:41.85	03:38:01.00	+01:11:55 (56.8%)	12:40	4.7 (42.7%)
405	DZIEDZIC Paweł	4031		M-50	45	01:30:24	02:07:11.20	03:37:35.80	+01:12:24 (56.9%)	12:43	4.7 (42.7%)
406	BARTKIEWICZ Halina	4018		K-40	71	01:30:16	02:07:16.40	03:37:32.45	+01:12:29 (57.0%)	12:43	4.7 (42.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
407	POMAŁECKA Barbara	4094		K-30	41	01:30:09	02:07:20.70	03:37:30.55	+01:12:34 (57.0%)	12:44	4.7 (42.7%)
408	CHUDZIŃSKI Łukasz	4254	JIM TEAM MTB GOSTYŃ	M-40	115	01:08:32	02:07:23.20	03:15:55.20	+01:12:36 (57.0%)	12:44	4.7 (42.7%)
409	GÓRNA Aldona	3183	ZÓŁWICE W BIEGU	K-40	72	00:00:19	02:07:44.95	02:08:04.65	+01:12:58 (57.1%)	12:46	4.7 (42.7%)
410	DOBRZYŃSKA Joanna	4169		K-40	73	01:30:17	02:07:45.50	03:38:03.40	+01:12:58 (57.1%)	12:46	4.7 (42.7%)
411	PICHER RÓŻYŁO Joanna	4140		K-40	74	01:30:19	02:07:46.50	03:38:06.35	+01:12:59 (57.1%)	12:46	4.7 (42.7%)
412	LANGE Hanna	3181	ZÓŁWICE W BIEGU	K-40	75	00:00:18	02:07:59.10	02:08:18.00	+01:13:12 (57.2%)	12:47	4.7 (42.7%)
413	PELCZER Agnieszka	4128	KB HARCOWNIK JELCZ-LASKOWICE	K-40	76	01:30:16	02:08:02.90	03:38:19.65	+01:13:16 (57.2%)	12:48	4.7 (42.7%)
414	WOZNIAK Radosław	4143		M-50	46	01:30:20	02:08:04.35	03:38:24.45	+01:13:17 (57.2%)	12:48	4.7 (42.7%)
415	SZALEWICZ Małgorzata	4037	RAZ SZCZECIN	K-50	13	01:30:10	02:08:07.15	03:38:17.75	+01:13:20 (57.2%)	12:48	4.7 (42.7%)
416	IGNASZEWSKA Marta	4160		K-40	77	01:30:12	02:08:19.40	03:38:32.00	+01:13:32 (57.3%)	12:49	4.7 (42.7%)
417	BRZEZIŃSKA Ewa	4138		K-50	14	01:30:10	02:08:20.30	03:38:30.50	+01:13:33 (57.3%)	12:50	4.7 (42.7%)
418	PIETRZAK Agnieszka	4172	BIEGAJĄCE KREJZOLE	K-40	78	01:30:13	02:08:27.80	03:38:41.30	+01:13:41 (57.4%)	12:50	4.7 (42.7%)
419	LACHOWSKI Karol	3056	FILIP RUNNING TEAM	M-30	92	00:00:10	02:09:08.75	02:09:19.65	+01:14:22 (57.6%)	12:54	4.6 (41.8%)
420	BACHURSKA Ewa	4077	KB HARCOWNIK JELCZ-LASKOWICE	K-40	79	01:25:50	02:09:18.40	03:35:08.70	+01:14:31 (57.6%)	12:55	4.6 (41.8%)
421	NOWAK Magdalena	3053	FILIP RUNNING TEAM	K-30	42	00:00:10	02:09:20.25	02:09:31.20	+01:14:33 (57.6%)	12:56	4.6 (41.8%)
422	TRAWA Małgorzata	4108	RUN TEAM RYDZYNA	K-40	80	01:22:45	02:10:06.10	03:32:51.20	+01:15:19 (57.9%)	13:00	4.6 (41.8%)
423	WIELAND Lidia	4103	RUN TEAM RYDZYNA	K-50	15	01:22:45	02:10:08.55	03:32:54.20	+01:15:21 (57.9%)	13:00	4.6 (41.8%)
424	GISZCZYŃSKA Wanda	4111	RUN TEAM RYDZYNA	K-40	81	01:22:45	02:10:14.80	03:33:00.60	+01:15:28 (57.9%)	13:01	4.6 (41.8%)
425	TRZCINA Agata	3024		K-40	82	00:00:20	02:10:38.65	02:10:58.80	+01:15:51 (58.1%)	13:03	4.6 (41.8%)
426	BEDNARSKA-KOZIOŁ Danuta	3066	WKURW_TEAM	K-40	83	00:00:06	02:10:50.20	02:10:56.70	+01:16:03 (58.1%)	13:05	4.6 (41.8%)
427	BUĆKO Artur	4131	I'M INSPIRATION	M-50	47	01:30:21	02:11:13.05	03:41:34.50	+01:16:26 (58.3%)	13:07	4.6 (41.8%)
428	SAMULSKA Agata	4109		K-50	16	01:23:36	02:11:55.55	03:35:32.25	+01:17:08 (58.5%)	13:11	4.5 (40.9%)
429	PAWLUSIŃSKA Marzena	4057		K-40	84	01:26:12	02:14:10.80	03:40:22.95	+01:19:24 (59.2%)	13:25	4.5 (40.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
430	PIETRZAK Anna	4036		K-40	85	01:30:10	02:17:13.20	03:47:23.40	+01:22:26 (60.1%)	13:43	4.4 (40.0%)
431	DOBEK Mateusz	4062	JAWOR RIVER GYM	M-30	93	00:46:35	02:19:02.35	03:05:37.95	+01:24:15 (60.6%)	13:54	4.3 (39.1%)
432	KONIECZNY Piotr	4087	NKB CHYŻY NOWY TOMYŚL	M-40	116	01:30:20	02:19:10.15	03:49:30.55	+01:24:23 (60.6%)	13:55	4.3 (39.1%)
433	CAŁKA Barbara	4065	KOBIECE BIEGANIE	K-50	17	01:30:25	02:21:22.70	03:51:48.20	+01:26:36 (61.3%)	14:08	4.2 (38.2%)
434	WOJCIECHOWSKI Przemysław	4066	CHYŁA SPRINT GROUP	M-50	48	01:30:25	02:21:26.70	03:51:52.00	+01:26:40 (61.3%)	14:08	4.2 (38.2%)
435	MANDES Anna	4304	IZABELIN NA START	K-40	86	01:13:20	02:23:25.40	03:36:45.60	+01:28:38 (61.8%)	14:20	4.2 (38.2%)
436	CHILARSKA Elżbieta	4152	KUDOWIANKA RUN	K-30	43	01:08:09	02:27:09.65	03:35:19.40	+01:32:22 (62.8%)	14:42	4.1 (37.3%)
437	BRZEZIŃSKI Andrzej	4162	LANRUNS	M-60	7	01:30:05	02:27:55.40	03:58:00.65	+01:33:08 (63.0%)	14:47	4.1 (37.3%)
438	KMIECIŃSKI Paweł	4009	KUDOWIANKA RUN	M-40	117	01:07:18	02:28:00.15	03:35:18.55	+01:33:13 (63.0%)	14:48	4.1 (37.3%)
439	DOBROWOLSKI Robert	4105	SPORTOWI EMERYCI JELENIA GÓRA	M-60	8	01:30:16	02:32:31.75	04:02:48.50	+01:37:45 (64.1%)	15:15	3.9 (35.5%)
440	DOBROWOLSKA Bożena	4104	SPORTOWI EMERYCI JELENIA GÓRA	K-60	2	01:30:16	02:33:03.60	04:03:20.20	+01:38:16 (64.2%)	15:18	3.9 (35.5%)
441	TWARDOWSKI Wojciech	4168	RUN BYDGOSZCZ	M-50	49	01:30:13	02:34:38.60	04:04:51.70	+01:39:51 (64.6%)	15:27	3.9 (35.5%)
442	KOSTULSKA Olga	4300	WKURW_TEAM	K-30	44	01:30:14	02:36:31.20	04:06:45.75	+01:41:44 (65.0%)	15:39	3.8 (34.5%)
443	MAKOWSKI Maciej	4058	KORONA PABIANICE	M-40	118	00:00:00	02:37:35.30	02:37:35.30	+01:42:48 (65.2%)	15:45	3.8 (34.5%)
444	FRAĆKOWIAK Anna	4129	KB HARCOWNIK JELCZ-LASKOWICE	K-50	18	01:30:15	02:38:03.00	04:08:18.70	+01:43:16 (65.3%)	15:48	3.8 (34.5%)
445	BARAŃSKA Adrianna	4261	SOCIOS SILESIA	K-20	10	01:30:18	02:39:30.95	04:09:49.20	+01:44:44 (65.7%)	15:57	3.8 (34.5%)
446	CHAMAŁA Krzysztof	4086	WEEGREE	M-30	94	00:00:00	02:48:06.10	02:48:06.10	+01:53:19 (67.4%)	16:48	3.6 (32.7%)
447	GAWRYSIAK Marek	4141	BIEGOSTACJA	M-50	50	00:00:00	02:49:51.70	02:49:51.70	+01:55:05 (67.8%)	16:59	3.5 (31.8%)
448	DOBERSZTYN Błażej	4328	FIZJOBIEGACZE	M-40	119	00:00:00	02:51:27.40	02:51:27.40	+01:56:40 (68.1%)	17:08	3.5 (31.8%)
449	BACHURSKI Tomasz	4088	140MINUT.PL	M-40	120	00:00:00	02:55:10.60	02:55:10.60	+02:00:23 (68.7%)	17:31	3.4 (30.9%)
450	ISHCHUK Aliaksandr	4211		M-30	95	00:00:00	02:55:54.10	02:55:54.10	+02:01:07 (68.9%)	17:35	3.4 (30.9%)
451	HARETSKI Aleksander	4210		M-30	96	00:00:00	02:55:55.70	02:55:55.70	+02:01:09 (68.9%)	17:35	3.4 (30.9%)
452	TOMELA Maciej	4130	TEAM GOSZKA	M-30	97	00:00:00	03:00:06.55	03:00:06.55	+02:05:19 (69.6%)	18:00	3.3 (30.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
453	JANOWICZ Wojtek	4164		M-30	98	00:00:00	03:08:26.20	03:08:26.20	+02:13:39 (70.9%)	18:50	3.2 (29.1%)
454	KOŁEK Adrian	4283	DRINK TEAM	M-30	99	00:00:00	03:10:14.30	03:10:14.30	+02:15:27 (71.2%)	19:01	3.2 (29.1%)
455	NOWAK Arkadiusz	4148		M-30	100	00:00:00	03:14:47.60	03:14:47.60	+02:20:00 (71.9%)	19:28	3.1 (28.2%)
456	SOBOTA Paweł	4095		M-30	101	00:00:00	03:15:04.75	03:15:04.75	+02:20:18 (71.9%)	19:30	3.1 (28.2%)
457	LAUBACH Radosław	4197	RAAN	M-30	102	00:00:00	03:17:09.55	03:17:09.55	+02:22:22 (72.2%)	19:42	3 (27.3%)
458	BĘBAS Paweł	4208		M-40	121	00:00:00	03:29:58.85	03:29:58.85	+02:35:12 (73.9%)	20:59	2.9 (26.4%)
DQ	ZIÓŁKOWSKA Ewelina	3254	KB HARCOWNIK JELCZ LASKOWICE	K-30		DQ	02:00:30.20 DQ	DQ		0:00	5 (45.5%)
	DZITKOWSKI Witold	3180		M-30		DNF	DNF	DNF		-	- (0.0%)
	NOWOMIEJSKI Marcin	3152	PROGRES	M-40		DNF	DNF	DNF		-	- (0.0%)
	BAKSALARY Lidia	4180	#BIEGAJLESZNO	K-40		DNF	DNF	DNF		-	- (0.0%)
	MACHNIO Nikola	4228		K-20		DNF	DNF	DNF		-	- (0.0%)
	HAUTON Monika	3015	NIE TERAZ, POTEM	K-40		DNF	DNF	DNF		-	- (0.0%)
	LESIK Łukasz	4278		M-40		DNF	DNF	DNF		-	- (0.0%)
	KOTYŚ Paweł	4229		M-20		DNF	DNF	DNF		-	- (0.0%)

Znaleziono 466 wynik(ów)