

**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	<b>GLAPIAK Damian</b>	<b>4344</b>	ADRUNAFINE	M-40	1	01:30:02	<b>00:54:46.70</b>	<b>02:24:48.80</b>		5:28	11 (100%)
2	<b>LAGNER Sebastian</b>	<b>4262</b>	KB SOBÓTKA/ PRZEDWOJEWSKI_TEAM	M-30	1	01:30:01	<b>00:56:18.80</b>	<b>02:26:20.70</b>	+00:01:32 (2.7%)	5:37	10.7 (97.3%)
3	<b>URBAŃCZYK Karol</b>	<b>3012</b>	NON STOP TRAIL	M-30	2	00:00:02	<b>01:00:25.00</b>	<b>01:00:27.50</b>	+00:05:38 (9.3%)	6:02	9.9 (90.0%)
4	<b>MASIAREK Maciej</b>	<b>3235</b>		M-20	1	00:00:03	<b>01:00:26.40</b>	<b>01:00:29.55</b>	+00:05:39 (9.4%)	6:02	9.9 (90.0%)
5	<b>SZCZEŚNIEWSKI Miłosz</b>	<b>3253</b>	SALCO GARMIN TEAM	M-30	3	00:00:02	<b>01:00:35.00</b>	<b>01:00:37.50</b>	+00:05:48 (9.6%)	6:03	9.9 (90.0%)
6	<b>SZKOŁA Wojciech</b>	<b>4306</b>	NATURAL BORN RUNNERS	M-30	4	01:30:02	<b>01:02:36.95</b>	<b>02:32:39.85</b>	+00:07:50 (12.5%)	6:15	9.6 (87.3%)
7	<b>PIHIL Piotr</b>	<b>4345</b>		M-40	2	01:30:02	<b>01:02:39.30</b>	<b>02:32:42.10</b>	+00:07:52 (12.6%)	6:15	9.6 (87.3%)
8	<b>ROSKOSZ Bartosz</b>	<b>4329</b>	KB HARCOWNIK JELCZ-LASKOWICE	M-30	5	01:26:21	<b>01:06:38.65</b>	<b>02:32:59.80</b>	+00:11:51 (17.8%)	6:39	9 (81.8%)
9	<b>IWAŃSKI Bartłomiej</b>	<b>3237</b>	TEAM KOLARZ POLANICA	M-20	2	00:00:03	<b>01:06:45.45</b>	<b>01:06:48.95</b>	+00:11:58 (17.9%)	6:40	9 (81.8%)
10	<b>KULIK-GAWĘDA Iwona</b>	<b>4083</b>	KUDOWIANKARUN	K-30	1	01:30:02	<b>01:09:13.20</b>	<b>02:39:15.85</b>	+00:14:26 (20.9%)	6:55	8.7 (79.1%)
11	<b>RĄCZKOWSKI Daniel</b>	<b>3119</b>	KB ZDYSZAAANI CHOCIANÓW	M-30	6	00:00:03	<b>01:10:21.25</b>	<b>01:10:24.85</b>	+00:15:34 (22.1%)	7:02	8.5 (77.3%)
12	<b>SENKOWSKI Jakub</b>	<b>4334</b>		M-30	7	01:26:47	<b>01:10:22.65</b>	<b>02:37:10.40</b>	+00:15:35 (22.2%)	7:02	8.5 (77.3%)
13	<b>GRYNKIEWICZ Krzysztof</b>	<b>4275</b>	TRÓJKOWY KLUB TURYSTYCZNY	M-20	3	01:30:08	<b>01:10:23.40</b>	<b>02:40:31.90</b>	+00:15:36 (22.2%)	7:02	8.5 (77.3%)
14	<b>KOTARSKI Jarosław</b>	<b>3047</b>		M-30	8	00:00:05	<b>01:11:05.75</b>	<b>01:11:10.85</b>	+00:16:19 (23.0%)	7:06	8.4 (76.4%)
15	<b>MOCZULSKA Małgorzata</b>	<b>4294</b>		K-40	1	01:25:34	<b>01:11:59.95</b>	<b>02:37:34.90</b>	+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	<b>STANKIEWICZ Tomasz</b>	<b>4236</b>	PLANYBIEGOWE.PL	M-30	9	01:24:52	<b>01:12:14.15</b>	<b>02:37:06.30</b>	+00:17:27 (24.2%)	7:13	8.3 (75.5%)
17	<b>FLOREK Katarzyna</b>	<b>4244</b>	140MINUT.PL	K-30	2	01:30:03	<b>01:12:49.05</b>	<b>02:42:52.25</b>	+00:18:02 (24.8%)	7:16	8.2 (74.5%)
18	<b>MISZTAL Kamil</b>	<b>4320</b>		M-30	10	01:30:04	<b>01:12:49.50</b>	<b>02:42:53.65</b>	+00:18:02 (24.8%)	7:16	8.2 (74.5%)
19	<b>ZAJĄCZKOWSKI Jakub</b>	<b>4061</b>	MASTERCHEM RUN TEAM	M-40	3	01:30:04	<b>01:12:51.60</b>	<b>02:42:55.70</b>	+00:18:04 (24.8%)	7:17	8.2 (74.5%)
20	<b>SADOWSKI Marek</b>	<b>4165</b>		M-40	4	01:30:03	<b>01:12:59.70</b>	<b>02:43:03.45</b>	+00:18:13 (25.0%)	7:17	8.2 (74.5%)
21	<b>STYPEREK Jakub</b>	<b>3142</b>	VEGE RUNNERS	M-40	5	00:00:04	<b>01:14:10.60</b>	<b>01:14:14.80</b>	+00:19:23 (26.2%)	7:25	8.1 (73.6%)
22	<b>SKOWROŃSKI Janusz</b>	<b>3255</b>		M-40	6	00:00:00	<b>01:14:14.00</b>	<b>01:14:14.00</b>	+00:19:27 (26.2%)	7:25	8.1 (73.6%)
23	<b>DOMAGAŁA Grzegorz</b>	<b>3113</b>		M-30	11	00:00:00	<b>01:14:15.85</b>	<b>01:14:15.85</b>	+00:19:29 (26.2%)	7:25	8.1 (73.6%)
24	<b>KRAJEWSKI Marcin</b>	<b>4234</b>	ZRYW PARZYMIECHY	M-40	7	01:30:03	<b>01:14:24.10</b>	<b>02:44:27.10</b>	+00:19:37 (26.4%)	7:26	8.1 (73.6%)
25	<b>ŁĘŻNIAK Aleksander</b>	<b>4257</b>	MONK SANDALS TEAM	M-30	12	01:19:29	<b>01:15:01.10</b>	<b>02:34:30.90</b>	+00:20:14 (27.0%)	7:30	8 (72.7%)
26	<b>ŁOPATYŃSKI Irek</b>	<b>3129</b>	REMA SPORT TEAM	M-50	1	00:00:04	<b>01:15:08.35</b>	<b>01:15:12.70</b>	+00:20:21 (27.1%)	7:30	8 (72.7%)
27	<b>KACZMARCZYK Przemysław</b>	<b>3052</b>	140MINUT.PL	M-20	4	00:00:02	<b>01:15:46.50</b>	<b>01:15:49.40</b>	+00:20:59 (27.7%)	7:34	7.9 (71.8%)
28	<b>SZNUROWSKI Mariusz</b>	<b>4054</b>	KB SOBÓTKA	M-20	5	01:30:07	<b>01:16:00.80</b>	<b>02:46:08.20</b>	+00:21:14 (27.9%)	7:36	7.9 (71.8%)
29	<b>PYREK Krzysztof</b>	<b>3114</b>	1 RBLOG	M-40	8	00:00:04	<b>01:16:08.90</b>	<b>01:16:13.75</b>	+00:21:22 (28.1%)	7:36	7.9 (71.8%)
30	<b>GRZĄBA Szymon</b>	<b>4307</b>		M-40	9	01:30:04	<b>01:16:16.95</b>	<b>02:46:21.10</b>	+00:21:30 (28.2%)	7:37	7.9 (71.8%)
31	<b>NIEZGÓDKA Tomasz</b>	<b>3258</b>	ZĄLOGA GÓRSKA	M-50	2	00:00:03	<b>01:16:45.40</b>	<b>01:16:48.60</b>	+00:21:58 (28.6%)	7:40	7.8 (70.9%)
32	<b>WOLSKI Marcin</b>	<b>4287</b>		M-30	13	01:21:48	<b>01:17:20.05</b>	<b>02:39:08.55</b>	+00:22:33 (29.2%)	7:44	7.8 (70.9%)
33	<b>KUCIAK Bartosz</b>	<b>4049</b>		M-30	14	01:30:08	<b>01:17:32.75</b>	<b>02:47:41.45</b>	+00:22:46 (29.4%)	7:45	7.7 (70.0%)
34	<b>BUDYNEK Tadeusz</b>	<b>4144</b>	ALVO RACING TEAM	M-40	10	01:30:05	<b>01:18:01.55</b>	<b>02:48:07.00</b>	+00:23:14 (29.8%)	7:48	7.7 (70.0%)
35	<b>LITKA Krzysztof</b>	<b>3019</b>	PZU SPORT TEAM	M-40	11	00:00:08	<b>01:18:55.75</b>	<b>01:19:04.40</b>	+00:24:09 (30.6%)	7:53	7.6 (69.1%)
36	<b>LUBAŃSKI Robert</b>	<b>3210</b>		M-50	3	00:00:03	<b>01:19:03.85</b>	<b>01:19:07.05</b>	+00:24:17 (30.7%)	7:54	7.6 (69.1%)
37	<b>WOSZEK Marzena</b>	<b>3133</b>		K-40	2	00:00:07	<b>01:19:12.60</b>	<b>01:19:20.50</b>	+00:24:25 (30.8%)	7:55	7.6 (69.1%)
38	<b>WIJATYK Adrian</b>	<b>3231</b>	KLUCZBORSKA GRUPA BIEGOWA	M-30	15	00:00:08	<b>01:19:49.50</b>	<b>01:19:57.60</b>	+00:25:02 (31.4%)	7:58	7.5 (68.2%)

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

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

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
85	<b>BUCHAŁA Bartek</b>	<b>3187</b>		M-40	31	00:00:06	<b>01:26:39.30</b>	<b>01:26:45.80</b>	+00:31:52 (36.8%)	8:39	6.9 (62.7%)
86	<b>MUCHA Adam</b>	<b>3093</b>		M-50	9	00:00:05	<b>01:26:41.20</b>	<b>01:26:46.85</b>	+00:31:54 (36.8%)	8:40	6.9 (62.7%)
87	<b>KŁODA Dariusz</b>	<b>3026</b>	DRUŻYNA SZPIKU	M-40	32	00:00:07	<b>01:26:43.50</b>	<b>01:26:50.60</b>	+00:31:56 (36.8%)	8:40	6.9 (62.7%)
88	<b>WRÓBEL Marcin</b>	<b>4245</b>		M-40	33	01:30:13	<b>01:26:49.75</b>	<b>02:57:03.15</b>	+00:32:03 (36.9%)	8:40	6.9 (62.7%)
89	<b>ZIELIŃSKI Dominik</b>	<b>4332</b>		M-30	34	01:30:19	<b>01:26:50.35</b>	<b>02:57:09.45</b>	+00:32:03 (36.9%)	8:41	6.9 (62.7%)
90	<b>BARANIAK Robert</b>	<b>4267</b>	JIM TEAM MTB GOSTYŃ	M-40	34	01:30:07	<b>01:26:52.95</b>	<b>02:57:00.35</b>	+00:32:06 (37.0%)	8:41	6.9 (62.7%)
91	<b>BRONCZAK Tomasz</b>	<b>3116</b>		M-40	35	00:00:09	<b>01:27:56.80</b>	<b>01:28:06.05</b>	+00:33:10 (37.7%)	8:47	6.8 (61.8%)
92	<b>SZCZECIŃSKI Piotr</b>	<b>3182</b>		M-40	36	00:00:09	<b>01:27:57.95</b>	<b>01:28:07.10</b>	+00:33:11 (37.7%)	8:47	6.8 (61.8%)
93	<b>WAŃKOWICZ Adrian</b>	<b>3209</b>		M-40	37	00:00:16	<b>01:28:41.50</b>	<b>01:28:57.60</b>	+00:33:54 (38.2%)	8:52	6.8 (61.8%)
94	<b>SOBOLEWSKI Dariusz</b>	<b>3166</b>	BOREL MARATHON TEAM	M-30	35	00:00:09	<b>01:28:46.20</b>	<b>01:28:55.75</b>	+00:33:59 (38.3%)	8:52	6.8 (61.8%)
95	<b>CHWAŁA Przemysław</b>	<b>3169</b>	POWOLNY	M-40	38	00:00:10	<b>01:28:49.55</b>	<b>01:28:59.85</b>	+00:34:02 (38.3%)	8:52	6.8 (61.8%)
96	<b>SAMSON Robert</b>	<b>3167</b>	VESTAS / SUNCHASER TRAILRUNNING TEAM	M-40	39	00:00:10	<b>01:28:50.75</b>	<b>01:29:01.25</b>	+00:34:04 (38.3%)	8:53	6.8 (61.8%)
97	<b>SZELAĞ Dariusz</b>	<b>3230</b>	LISY PUSTYNI	M-40	40	00:00:09	<b>01:28:52.45</b>	<b>01:29:02.20</b>	+00:34:05 (38.4%)	8:53	6.8 (61.8%)
98	<b>DYRAGA Marcin</b>	<b>3164</b>	SAINT-GOBAIN SQUAD	M-40	41	00:00:10	<b>01:28:57.70</b>	<b>01:29:07.70</b>	+00:34:11 (38.4%)	8:53	6.7 (60.9%)
99	<b>KUCHARSKI Adrian</b>	<b>3204</b>		M-30	36	00:00:06	<b>01:28:59.05</b>	<b>01:29:05.05</b>	+00:34:12 (38.4%)	8:53	6.7 (60.9%)
100	<b>MARCINEK Łukasz</b>	<b>3016</b>	NIE TERAZ, POTEM	M-40	42	00:00:05	<b>01:29:05.95</b>	<b>01:29:11.50</b>	+00:34:19 (38.5%)	8:54	6.7 (60.9%)
101	<b>WOJEWODA Maciej</b>	<b>3148</b>	VEGE RUNNERS	M-30	37	00:00:06	<b>01:29:07.50</b>	<b>01:29:14.20</b>	+00:34:20 (38.5%)	8:54	6.7 (60.9%)
102	<b>RATAJCZAK Mateusz</b>	<b>3194</b>	MFS	M-40	43	00:00:06	<b>01:29:28.35</b>	<b>01:29:35.20</b>	+00:34:41 (38.8%)	8:56	6.7 (60.9%)
103	<b>ŁOBOS Mariusz</b>	<b>4121</b>		M-50	10	01:30:07	<b>01:29:34.40</b>	<b>02:59:41.85</b>	+00:34:47 (38.8%)	8:57	6.7 (60.9%)
104	<b>SZAFER Sylwester</b>	<b>4235</b>	ZRYW PARZYMIECHY	M-40	44	01:30:02	<b>01:29:37.10</b>	<b>02:59:39.75</b>	+00:34:50 (38.9%)	8:57	6.7 (60.9%)
105	<b>JAROSIŃSKA Barbara</b>	<b>4034</b>	TEAM BIEGANIE NA ŚNIADANIE	K-30	4	01:30:05	<b>01:29:51.85</b>	<b>02:59:57.50</b>	+00:35:05 (39.0%)	8:59	6.7 (60.9%)
106	<b>LECH Judyta</b>	<b>4295</b>	ITMBW KRAKÓW	K-20	2	01:30:06	<b>01:29:54.20</b>	<b>03:00:00.40</b>	+00:35:07 (39.1%)	8:59	6.7 (60.9%)
107	<b>KOZŁOWSKI Szymon</b>	<b>4299</b>		M-40	45	01:30:03	<b>01:29:55.95</b>	<b>02:59:59.25</b>	+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	<b>WĘGOREK Monika</b>	<b>4324</b>		K-40	4	01:30:06	<b>01:29:56.20</b>	<b>03:00:02.25</b>	+00:35:09 (39.1%)	8:59	6.7 (60.9%)
109	<b>SZYMAŃSKA Monika</b>	<b>4330</b>		K-40	5	01:30:03	<b>01:29:58.35</b>	<b>03:00:01.45</b>	+00:35:11 (39.1%)	8:59	6.7 (60.9%)
110	<b>PODOLAK Ula</b>	<b>4212</b>	PRZEDWOJEWSKI TEAM	K-20	3	01:25:14	<b>01:30:23.15</b>	<b>02:55:37.35</b>	+00:35:36 (39.4%)	9:02	6.6 (60.0%)
111	<b>PACZKOWSKA Katarzyna</b>	<b>3075</b>	BIEGAJĄCE KREJZOLE	K-30	5	00:00:05	<b>01:30:33.85</b>	<b>01:30:38.90</b>	+00:35:47 (39.5%)	9:03	6.6 (60.0%)
112	<b>STROMIDŁO Sebastian</b>	<b>3213</b>	KB AKTYWNI KRZYŻ WLKP	M-40	46	00:00:04	<b>01:30:35.25</b>	<b>01:30:39.90</b>	+00:35:48 (39.5%)	9:03	6.6 (60.0%)
113	<b>SZYMAŃSKI Marek</b>	<b>3021</b>		M-40	47	00:00:22	<b>01:30:35.75</b>	<b>01:30:58.60</b>	+00:35:49 (39.5%)	9:03	6.6 (60.0%)
114	<b>PIĘTA Piotr</b>	<b>4227</b>		M-20	7	01:30:12	<b>01:30:42.40</b>	<b>03:00:55.30</b>	+00:35:55 (39.6%)	9:04	6.6 (60.0%)
115	<b>DYJA Magdalena</b>	<b>3059</b>	RNB TEAM POLANICA-ZDRÓJ	K-30	6	00:00:08	<b>01:30:43.00</b>	<b>01:30:51.95</b>	+00:35:56 (39.6%)	9:04	6.6 (60.0%)
116	<b>RĘBIAŁKOWSKI Jakub</b>	<b>3057</b>	RNB TEAM POLANICA ZDRÓJ	M-30	38	00:00:08	<b>01:30:44.45</b>	<b>01:30:53.40</b>	+00:35:57 (39.6%)	9:04	6.6 (60.0%)
117	<b>RUTKOWSKI Konrad</b>	<b>3227</b>		M-30	39	00:00:13	<b>01:30:47.10</b>	<b>01:31:00.45</b>	+00:36:00 (39.7%)	9:04	6.6 (60.0%)
118	<b>LISIECKI Tomasz</b>	<b>3154</b>		M-30	40	00:00:07	<b>01:30:47.40</b>	<b>01:30:55.10</b>	+00:36:00 (39.7%)	9:04	6.6 (60.0%)
119	<b>PURCZYŃSKI Grzegorz</b>	<b>3009</b>		M-40	48	00:00:03	<b>01:30:53.05</b>	<b>01:30:56.80</b>	+00:36:06 (39.7%)	9:05	6.6 (60.0%)
120	<b>SROKA Marcin</b>	<b>3120</b>	ST RUNNERS	M-40	49	00:00:11	<b>01:30:54.70</b>	<b>01:31:06.10</b>	+00:36:08 (39.7%)	9:05	6.6 (60.0%)
121	<b>GŁUCHY Marek</b>	<b>4286</b>	OBORNICKI KLUB LEKKOATLETYCZNY	M-40	50	01:25:48	<b>01:30:56.35</b>	<b>02:56:44.45</b>	+00:36:09 (39.8%)	9:05	6.6 (60.0%)
122	<b>BRYGAŁA Tomasz</b>	<b>4322</b>	ADIDAS RUNNERS	M-30	41	01:30:26	<b>01:31:05.15</b>	<b>03:01:31.25</b>	+00:36:18 (39.9%)	9:06	6.6 (60.0%)
123	<b>DŁUGOSZ-SAWICKA Marta</b>	<b>3104</b>	ZBÓJ TEAM	K-40	6	00:00:07	<b>01:31:17.85</b>	<b>01:31:25.15</b>	+00:36:31 (40.0%)	9:07	6.6 (60.0%)
124	<b>LISOWSKI Grzegorz</b>	<b>3229</b>		M-40	51	00:00:07	<b>01:31:19.40</b>	<b>01:31:26.80</b>	+00:36:32 (40.0%)	9:07	6.6 (60.0%)
125	<b>HAMERLA Adam</b>	<b>3185</b>		M-30	42	00:00:11	<b>01:31:45.40</b>	<b>01:31:56.55</b>	+00:36:58 (40.3%)	9:10	6.5 (59.1%)
126	<b>RATAJCZAK Dorota</b>	<b>4207</b>	TRIO FORTIS	K-40	7	01:24:05	<b>01:31:47.20</b>	<b>02:55:53.10</b>	+00:37:00 (40.3%)	9:10	6.5 (59.1%)
127	<b>KRZEPKOWSKI Radosław</b>	<b>3048</b>	ADIDAS RUNNERS WARSAW	M-40	52	00:00:07	<b>01:31:47.90</b>	<b>01:31:55.45</b>	+00:37:01 (40.3%)	9:10	6.5 (59.1%)
128	<b>KĘDRA Antoni</b>	<b>3054</b>		M-20	8	00:00:08	<b>01:31:50.95</b>	<b>01:31:59.30</b>	+00:37:04 (40.4%)	9:11	6.5 (59.1%)
129	<b>TOMCZUK Krzysztof</b>	<b>3198</b>		M-40	53	00:00:10	<b>01:31:58.15</b>	<b>01:32:08.50</b>	+00:37:11 (40.4%)	9:11	6.5 (59.1%)
130	<b>BYŚ Mateusz</b>	<b>3014</b>		M-30	43	00:00:18	<b>01:32:05.95</b>	<b>01:32:24.25</b>	+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	<b>SYCHOWSKI Dawid</b>	<b>3252</b>		M-30	44	00:00:13	<b>01:32:07.90</b>	<b>01:32:21.80</b>	+00:37:21 (40.5%)	9:12	6.5 (59.1%)
132	<b>KRYSTEK Marcin</b>	<b>4240</b>	ZRYW PARZYMIECHY	M-40	54	01:22:46	<b>01:32:21.00</b>	<b>02:55:07.00</b>	+00:37:34 (40.7%)	9:14	6.5 (59.1%)
133	<b>BARTKOWIAK Marek</b>	<b>3080</b>	BEST TEAM ŚREM	M-30	45	00:00:04	<b>01:32:21.80</b>	<b>01:32:26.65</b>	+00:37:35 (40.7%)	9:14	6.5 (59.1%)
134	<b>ORZEŁEK Przemysław</b>	<b>4239</b>	ZRYW PARZYMIECHY	M-30	46	01:22:29	<b>01:32:28.80</b>	<b>02:54:57.95</b>	+00:37:42 (40.8%)	9:14	6.5 (59.1%)
135	<b>SZECHOWSKI Paweł</b>	<b>3244</b>		M-40	55	00:00:06	<b>01:33:03.15</b>	<b>01:33:09.65</b>	+00:38:16 (41.1%)	9:18	6.4 (58.2%)
136	<b>SZERMENT Eryk</b>	<b>4170</b>	MAZURTEAM	M-40	56	01:23:36	<b>01:33:11.75</b>	<b>02:56:48.15</b>	+00:38:25 (41.2%)	9:19	6.4 (58.2%)
137	<b>WAJDA Maciej</b>	<b>3102</b>	SPELEOCLUB WROCŁAW	M-30	47	00:00:21	<b>01:33:15.15</b>	<b>01:33:36.35</b>	+00:38:28 (41.3%)	9:19	6.4 (58.2%)
138	<b>PTASIŃSKI Tomasz</b>	<b>3241</b>	CZAJKERSI	M-40	57	00:00:12	<b>01:33:22.30</b>	<b>01:33:34.80</b>	+00:38:35 (41.3%)	9:20	6.4 (58.2%)
139	<b>KSIEZKA Joanna</b>	<b>3147</b>	STRZEGOMSKA DWUNASTKA	K-40	8	00:00:24	<b>01:33:23.90</b>	<b>01:33:47.90</b>	+00:38:37 (41.3%)	9:20	6.4 (58.2%)
140	<b>JAŚKOWIAK Michał</b>	<b>3084</b>	PROXICOM	M-30	48	00:00:05	<b>01:33:28.05</b>	<b>01:33:33.30</b>	+00:38:41 (41.4%)	9:20	6.4 (58.2%)
141	<b>SZYMANIK Paweł</b>	<b>3149</b>		M-40	58	00:00:09	<b>01:33:30.25</b>	<b>01:33:39.80</b>	+00:38:43 (41.4%)	9:21	6.4 (58.2%)
142	<b>KOTARSKI Marek</b>	<b>3134</b>	KRS TKKF RELAKS WODZISŁAW ŚLASKI	M-50	11	00:00:10	<b>01:33:36.35</b>	<b>01:33:46.50</b>	+00:38:49 (41.5%)	9:21	6.4 (58.2%)
143	<b>BRZEZIŃSKI Cezary</b>	<b>3143</b>	PAŃSTWOWA UCZELNIA IM. STEFANA BATOREGO W SKIERNIEWICACH	M-50	12	00:00:05	<b>01:33:39.45</b>	<b>01:33:45.10</b>	+00:38:52 (41.5%)	9:21	6.4 (58.2%)
144	<b>BYLINA Bartosz</b>	<b>3101</b>		M-50	13	00:00:10	<b>01:33:40.25</b>	<b>01:33:51.20</b>	+00:38:53 (41.5%)	9:22	6.4 (58.2%)
145	<b>BERDYCHOWSKI Jakub</b>	<b>4187</b>	MEPROZET KOŚCIAN TEAM	M-40	59	01:22:43	<b>01:34:21.95</b>	<b>02:57:05.10</b>	+00:39:35 (42.0%)	9:26	6.4 (58.2%)
146	<b>BINIENDA Agnieszka</b>	<b>3215</b>	KOBIETY WATAHY	K-40	9	00:00:09	<b>01:34:40.85</b>	<b>01:34:50.00</b>	+00:39:54 (42.1%)	9:28	6.3 (57.3%)
147	<b>CHOLEWA Zbigniew</b>	<b>3225</b>	LISY PUSTYNI	M-40	60	00:00:11	<b>01:34:53.10</b>	<b>01:35:04.70</b>	+00:40:06 (42.3%)	9:29	6.3 (57.3%)
148	<b>JURDZIAK Jakub</b>	<b>3082</b>		M-30	49	00:00:12	<b>01:34:55.00</b>	<b>01:35:07.70</b>	+00:40:08 (42.3%)	9:29	6.3 (57.3%)
149	<b>PIOTROWSKI Michał</b>	<b>3013</b>	#ŻEBERKATEAM	M-40	61	00:00:13	<b>01:35:07.20</b>	<b>01:35:20.50</b>	+00:40:20 (42.4%)	9:30	6.3 (57.3%)
150	<b>WALKOWIAK Marcin</b>	<b>3042</b>	CZERWONAK BIEGA	M-20	9	00:00:14	<b>01:35:07.55</b>	<b>01:35:21.75</b>	+00:40:20 (42.4%)	9:30	6.3 (57.3%)
151	<b>KOZŁOWSKA Iwona</b>	<b>3195</b>	LESZNO LIMITS RUNNERS	K-40	10	00:00:04	<b>01:35:14.45</b>	<b>01:35:19.10</b>	+00:40:27 (42.5%)	9:31	6.3 (57.3%)
152	<b>RYCHLIK Sebastian</b>	<b>3226</b>	LISY PUSTYNI	M-40	62	00:00:12	<b>01:35:17.65</b>	<b>01:35:30.15</b>	+00:40:30 (42.5%)	9:31	6.3 (57.3%)
153	<b>SKRZYPCZYK Tomasz</b>	<b>4183</b>		M-30	50	01:30:21	<b>01:35:20.05</b>	<b>03:05:41.30</b>	+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	<b>MICHALSKA Magdalena</b>	<b>4181</b>	SOCIOS SILESIA	K-30	7	01:30:21	<b>01:35:20.40</b>	<b>03:05:42.30</b>	+00:40:33 (42.5%)	9:32	6.3 (57.3%)
155	<b>TULIK Przemysław</b>	<b>4247</b>		M-50	14	01:30:09	<b>01:35:20.75</b>	<b>03:05:30.30</b>	+00:40:34 (42.5%)	9:32	6.3 (57.3%)
156	<b>BUDYNEK Dariusz</b>	<b>4153</b>		M-40	63	01:30:06	<b>01:35:21.50</b>	<b>03:05:27.85</b>	+00:40:34 (42.6%)	9:32	6.3 (57.3%)
157	<b>WOJCIECHOWSKA Dorota</b>	<b>4290</b>		K-40	11	01:30:23	<b>01:35:21.65</b>	<b>03:05:44.95</b>	+00:40:34 (42.6%)	9:32	6.3 (57.3%)
158	<b>BASIŃSKI Bartosz</b>	<b>4274</b>		M-40	64	01:30:03	<b>01:35:21.95</b>	<b>03:05:25.70</b>	+00:40:35 (42.6%)	9:32	6.3 (57.3%)
159	<b>KRZESIMOWSKI Damian</b>	<b>4186</b>		M-40	65	01:30:09	<b>01:35:23.80</b>	<b>03:05:33.35</b>	+00:40:37 (42.6%)	9:32	6.3 (57.3%)
160	<b>KRAWIEC Dominik</b>	<b>4050</b>		M-30	51	01:30:09	<b>01:35:24.75</b>	<b>03:05:34.30</b>	+00:40:38 (42.6%)	9:32	6.3 (57.3%)
161	<b>PŁOK Krzysztof</b>	<b>4201</b>		M-50	15	01:30:06	<b>01:35:25.55</b>	<b>03:05:32.10</b>	+00:40:38 (42.6%)	9:32	6.3 (57.3%)
162	<b>MARCHEWKA Jarosław</b>	<b>3168</b>	W DRODZE	M-40	66	00:00:08	<b>01:35:27.45</b>	<b>01:35:35.80</b>	+00:40:40 (42.6%)	9:32	6.3 (57.3%)
163	<b>MYCIELSKI Mariusz</b>	<b>3105</b>	W DRODZE	M-50	16	00:00:08	<b>01:35:29.30</b>	<b>01:35:37.35</b>	+00:40:42 (42.6%)	9:32	6.3 (57.3%)
164	<b>STEPOWICZ Marek</b>	<b>4159</b>	VEGE RUNNERS	M-50	17	01:30:07	<b>01:35:29.80</b>	<b>03:05:36.90</b>	+00:40:43 (42.6%)	9:32	6.3 (57.3%)
165	<b>SŁOWIK Grzegorz</b>	<b>3222</b>	NIE WIEM GDZIE JESTEM	M-40	67	00:00:09	<b>01:35:30.50</b>	<b>01:35:40.35</b>	+00:40:43 (42.6%)	9:33	6.3 (57.3%)
166	<b>HACUŚ Jacek</b>	<b>3050</b>		M-30	52	00:00:07	<b>01:35:31.90</b>	<b>01:35:38.90</b>	+00:40:45 (42.7%)	9:33	6.3 (57.3%)
167	<b>LEWANDOWSKI Grzegorz</b>	<b>3035</b>	GOLENIÓW	M-40	68	00:00:10	<b>01:35:52.05</b>	<b>01:36:02.55</b>	+00:41:05 (42.9%)	9:35	6.3 (57.3%)
168	<b>GAWRON Bartłomiej</b>	<b>3178</b>		M-40	69	00:00:10	<b>01:36:09.10</b>	<b>01:36:19.85</b>	+00:41:22 (43.0%)	9:36	6.2 (56.4%)
169	<b>NIMSZ Kamila</b>	<b>4276</b>	CS RUNNING CLUB	K-40	12	01:30:13	<b>01:36:09.20</b>	<b>03:06:22.70</b>	+00:41:22 (43.0%)	9:36	6.2 (56.4%)
170	<b>ZARĘBA Anna</b>	<b>3202</b>		K-30	8	00:00:05	<b>01:36:12.55</b>	<b>01:36:18.15</b>	+00:41:25 (43.1%)	9:37	6.2 (56.4%)
171	<b>MASTERNAK Marta</b>	<b>3145</b>		K-30	9	00:00:07	<b>01:36:14.30</b>	<b>01:36:21.70</b>	+00:41:27 (43.1%)	9:37	6.2 (56.4%)
172	<b>WALKOWIAK Maciej</b>	<b>3211</b>		M-30	53	00:00:15	<b>01:36:36.70</b>	<b>01:36:52.50</b>	+00:41:50 (43.3%)	9:39	6.2 (56.4%)
173	<b>PISULA Łukasz</b>	<b>3040</b>		M-30	54	00:00:07	<b>01:36:42.50</b>	<b>01:36:50.40</b>	+00:41:55 (43.4%)	9:40	6.2 (56.4%)
174	<b>PTAK Patryk</b>	<b>4232</b>	CHORZOWSKIE STOWARZYSZENIE BIEGACZY DŁUGODYSTANSOWYCH "W RUCHU"	M-30	55	01:30:10	<b>01:36:45.75</b>	<b>03:06:56.50</b>	+00:41:59 (43.4%)	9:40	6.2 (56.4%)
175	<b>KUJACZYŃSKA Iga</b>	<b>4285</b>		K-30	10	01:30:04	<b>01:36:50.70</b>	<b>03:06:55.25</b>	+00:42:04 (43.4%)	9:41	6.2 (56.4%)
176	<b>MASZTALSKA Joanna</b>	<b>4209</b>		K-20	4	01:30:04	<b>01:37:43.90</b>	<b>03:07:48.60</b>	+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	<b>LITEWKA Grzegorz</b>	<b>3078</b>	JTC TEAM	M-50	18	00:00:16	<b>01:37:59.80</b>	<b>01:38:15.95</b>	+00:43:13 (44.1%)	9:47	6.1 (55.5%)
178	<b>JASIAK Karol</b>	<b>3206</b>	NIE WIEM GDZIE JESTEM	M-30	56	00:00:09	<b>01:38:07.45</b>	<b>01:38:17.00</b>	+00:43:20 (44.2%)	9:48	6.1 (55.5%)
179	<b>ZIEBARTH Przemysław</b>	<b>3176</b>		M-40	70	00:00:16	<b>01:38:21.60</b>	<b>01:38:37.65</b>	+00:43:34 (44.3%)	9:50	6.1 (55.5%)
180	<b>WYLEŻAŁA Marzena</b>	<b>4174</b>	#BIEGIEMWLAS	K-40	13	01:30:13	<b>01:39:23.55</b>	<b>03:09:36.65</b>	+00:44:36 (44.9%)	9:56	6 (54.5%)
181	<b>TRZEPACZ Dorota</b>	<b>4123</b>	KB LUPUS OLEŚNICA	K-40	14	01:30:23	<b>01:39:24.20</b>	<b>03:09:47.70</b>	+00:44:37 (44.9%)	9:56	6 (54.5%)
182	<b>KOPKA Paweł</b>	<b>4190</b>		M-40	71	01:30:19	<b>01:39:25.25</b>	<b>03:09:44.30</b>	+00:44:38 (44.9%)	9:56	6 (54.5%)
183	<b>BUGAJ Alan</b>	<b>4249</b>		M-30	57	01:30:13	<b>01:39:27.50</b>	<b>03:09:41.45</b>	+00:44:40 (44.9%)	9:56	6 (54.5%)
184	<b>BOŻEK Grzegorz</b>	<b>4179</b>	KB ZDYSZAAANI CHOCIANÓW	M-40	72	01:30:08	<b>01:39:29.40</b>	<b>03:09:38.20</b>	+00:44:42 (44.9%)	9:56	6 (54.5%)
185	<b>ZIOMBKA Kuba</b>	<b>4085</b>		M-40	73	01:30:06	<b>01:39:33.35</b>	<b>03:09:39.90</b>	+00:44:46 (45.0%)	9:57	6 (54.5%)
186	<b>SMIERZCHAŁA Adam</b>	<b>4218</b>	MOSINA	M-50	19	01:30:08	<b>01:39:34.75</b>	<b>03:09:42.85</b>	+00:44:48 (45.0%)	9:57	6 (54.5%)
187	<b>PROSOWIECKA SMAK Katarzyna</b>	<b>3200</b>		K-40	15	00:00:08	<b>01:39:50.60</b>	<b>01:39:59.40</b>	+00:45:03 (45.1%)	9:59	6 (54.5%)
188	<b>KASPERKIEWICZ Wojtek</b>	<b>3203</b>		M-30	58	00:00:05	<b>01:39:57.00</b>	<b>01:40:02.75</b>	+00:45:10 (45.2%)	9:59	6 (54.5%)
189	<b>CICHOŃ Magdalena</b>	<b>3199</b>	PROFIL OPOLE	K-40	16	00:00:00	<b>01:39:57.30</b>	<b>01:39:57.30</b>	+00:45:10 (45.2%)	9:59	6 (54.5%)
190	<b>TURNIAK Miłosz</b>	<b>3011</b>		M-30	59	00:00:11	<b>01:40:01.45</b>	<b>01:40:13.05</b>	+00:45:14 (45.2%)	10:00	6 (54.5%)
191	<b>SKRZYPIŃSKI Arkadiusz</b>	<b>3073</b>	PSI PATROL	M-40	74	00:00:14	<b>01:40:02.95</b>	<b>01:40:17.70</b>	+00:45:16 (45.2%)	10:00	6 (54.5%)
192	<b>KLIMECKI Łukasz</b>	<b>3184</b>	KB INTREX POZNAŃ	M-30	60	00:00:16	<b>01:40:03.20</b>	<b>01:40:19.35</b>	+00:45:16 (45.3%)	10:00	6 (54.5%)
193	<b>WÓJCICKI Tomasz</b>	<b>4331</b>	ITMBW KRAKÓW	M-30	61	01:30:05	<b>01:40:05.60</b>	<b>03:10:11.55</b>	+00:45:18 (45.3%)	10:00	6 (54.5%)
194	<b>DZICZEK Ireneusz</b>	<b>3003</b>		M-50	20	00:00:11	<b>01:40:09.30</b>	<b>01:40:21.10</b>	+00:45:22 (45.3%)	10:00	6 (54.5%)
195	<b>PORCZYK Marius</b>	<b>3191</b>	WIKINGS RUN	M-40	75	00:00:13	<b>01:40:14.05</b>	<b>01:40:27.90</b>	+00:45:27 (45.3%)	10:01	6 (54.5%)
196	<b>FILIPEK Tomasz</b>	<b>4079</b>		M-30	62	01:25:14	<b>01:40:21.00</b>	<b>03:05:35.35</b>	+00:45:34 (45.4%)	10:02	6 (54.5%)
197	<b>KACZMARCZYK Mariusz</b>	<b>3018</b>	REXER	M-50	21	00:00:00	<b>01:40:25.90</b>	<b>01:40:25.90</b>	+00:45:39 (45.5%)	10:02	6 (54.5%)
198	<b>SKARŻYŃSKI Kamil</b>	<b>4147</b>	PLANYBIEGOWE.PL	M-20	10	01:30:21	<b>01:40:29.00</b>	<b>03:10:50.85</b>	+00:45:42 (45.5%)	10:02	6 (54.5%)
199	<b>JAKUBIAK Anna</b>	<b>3081</b>	RUCHOWA AKADEMIA ZDROWIA	K-50	1	00:00:12	<b>01:40:33.25</b>	<b>01:40:45.85</b>	+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	<b>STACHOWIAK Emilia</b>	<b>4173</b>	#BIEGIEMWLAS	K-30	14	01:30:14	<b>01:43:35.90</b>	<b>03:13:50.85</b>	+00:48:49 (47.1%)	10:21	5.8 (52.7%)
224	<b>BORECKI Piotr</b>	<b>3238</b>	CZAJKERSI	M-30	69	00:00:14	<b>01:43:36.15</b>	<b>01:43:50.80</b>	+00:48:49 (47.1%)	10:21	5.8 (52.7%)
225	<b>JACKOWIAK Agnieszka</b>	<b>3153</b>	RUNNER'S POWER	K-30	15	00:00:05	<b>01:43:36.55</b>	<b>01:43:42.50</b>	+00:48:49 (47.1%)	10:21	5.8 (52.7%)
226	<b>MAZAN Wojciech</b>	<b>3221</b>		M-30	70	00:00:25	<b>01:43:38.55</b>	<b>01:44:03.90</b>	+00:48:51 (47.1%)	10:21	5.8 (52.7%)
227	<b>NIKODEM Klaudiusz</b>	<b>3242</b>		M-40	78	00:00:13	<b>01:43:39.05</b>	<b>01:43:52.70</b>	+00:48:52 (47.2%)	10:21	5.8 (52.7%)
228	<b>UPTAS Tomasz</b>	<b>4242</b>	CROSS STRACENĆÓW TEAM	M-40	79	01:30:09	<b>01:43:42.45</b>	<b>03:13:52.00</b>	+00:48:55 (47.2%)	10:22	5.8 (52.7%)
229	<b>KOSIELSKI Robert</b>	<b>3236</b>		M-40	80	00:00:13	<b>01:43:43.85</b>	<b>01:43:57.70</b>	+00:48:57 (47.2%)	10:22	5.8 (52.7%)
230	<b>KUSZ Joanna</b>	<b>4243</b>	CROSS STRACENĆÓW TEAM	K-30	16	01:30:08	<b>01:43:44.05</b>	<b>03:13:52.85</b>	+00:48:57 (47.2%)	10:22	5.8 (52.7%)
231	<b>ZARĘBSKI Marcin</b>	<b>3162</b>	EXTREME WOLF	M-40	81	00:00:20	<b>01:43:50.55</b>	<b>01:44:10.65</b>	+00:49:03 (47.2%)	10:23	5.8 (52.7%)
232	<b>KRZYŻYK Agnieszka</b>	<b>3179</b>	TRIO FORTIS	K-40	22	00:00:08	<b>01:43:51.85</b>	<b>01:44:00.00</b>	+00:49:05 (47.3%)	10:23	5.8 (52.7%)
233	<b>KOWAL Ireneusz</b>	<b>3158</b>		M-40	82	00:00:10	<b>01:43:55.45</b>	<b>01:44:05.75</b>	+00:49:08 (47.3%)	10:23	5.8 (52.7%)
234	<b>STELMACH Mariusz</b>	<b>3163</b>		M-30	71	00:00:19	<b>01:43:56.45</b>	<b>01:44:16.25</b>	+00:49:09 (47.3%)	10:23	5.8 (52.7%)
235	<b>SIKORSKI Cezary</b>	<b>3068</b>	BBL GUBIN	M-50	24	00:00:03	<b>01:43:57.85</b>	<b>01:44:01.30</b>	+00:49:11 (47.3%)	10:23	5.8 (52.7%)
235	<b>PANKOWSKI Jerzy</b>	<b>3174</b>	ALEF	M-30	72	00:00:20	<b>01:43:57.85</b>	<b>01:44:18.30</b>	+00:49:11 (47.3%)	10:23	5.8 (52.7%)
237	<b>LUBELCZYK Grzegorz</b>	<b>3130</b>	SPELEOCLUB WROCŁAW	M-50	25	00:00:21	<b>01:43:58.35</b>	<b>01:44:19.50</b>	+00:49:11 (47.3%)	10:23	5.8 (52.7%)
238	<b>GEŚIAREK Grzegorz</b>	<b>3131</b>		M-40	83	00:00:18	<b>01:43:58.50</b>	<b>01:44:17.40</b>	+00:49:11 (47.3%)	10:23	5.8 (52.7%)
239	<b>SZPYTMA Remigiusz</b>	<b>3243</b>	ABY DO PRZODU	M-30	73	00:00:17	<b>01:44:05.70</b>	<b>01:44:23.50</b>	+00:49:19 (47.4%)	10:24	5.8 (52.7%)
240	<b>GŁOGOWSKI Adam</b>	<b>3251</b>	NOA	M-40	84	00:00:12	<b>01:44:13.05</b>	<b>01:44:25.50</b>	+00:49:26 (47.4%)	10:25	5.8 (52.7%)
241	<b>MACIEJEWSKI Adrian</b>	<b>3234</b>		M-20	13	00:00:17	<b>01:44:17.45</b>	<b>01:44:34.55</b>	+00:49:30 (47.5%)	10:25	5.8 (52.7%)
242	<b>BURDELAK Bartosz</b>	<b>3220</b>	6BDOWSP	M-20	14	00:00:16	<b>01:44:21.15</b>	<b>01:44:37.55</b>	+00:49:34 (47.5%)	10:26	5.7 (51.8%)
243	<b>KAMIŃSKA Ewelina</b>	<b>3103</b>	BIEGAJĄCE KREJZOLE	K-40	23	00:00:04	<b>01:44:22.50</b>	<b>01:44:26.85</b>	+00:49:35 (47.5%)	10:26	5.7 (51.8%)
244	<b>KOZAK Bartosz</b>	<b>4119</b>	KOZAKI	M-40	85	01:30:22	<b>01:44:47.20</b>	<b>03:15:09.80</b>	+00:50:00 (47.7%)	10:28	5.7 (51.8%)
245	<b>JASIŃSKI Adam</b>	<b>4291</b>		M-40	86	01:30:23	<b>01:44:54.40</b>	<b>03:15:17.40</b>	+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	<b>SZTACHELSKI Krzysztof</b>	<b>3219</b>		M-40	87	00:00:24	<b>01:44:55.90</b>	<b>01:45:20.15</b>	+00:50:09 (47.8%)	10:29	5.7 (51.8%)
247	<b>GAJDA Michał</b>	<b>4178</b>		M-30	74	01:30:14	<b>01:44:57.30</b>	<b>03:15:12.25</b>	+00:50:10 (47.8%)	10:29	5.7 (51.8%)
248	<b>KACZMAREK Mateusz</b>	<b>4326</b>		M-30	75	01:30:21	<b>01:44:58.25</b>	<b>03:15:20.10</b>	+00:50:11 (47.8%)	10:29	5.7 (51.8%)
249	<b>BŁACHNIO Krzysztof</b>	<b>3001</b>	RAZ SZCZECIN	M-50	26	00:00:12	<b>01:44:58.40</b>	<b>01:45:10.45</b>	+00:50:11 (47.8%)	10:29	5.7 (51.8%)
250	<b>ORŁOWSKI Robert</b>	<b>4056</b>	BIEGNĘ NA PÓŁNOC	M-30	76	01:30:12	<b>01:44:58.90</b>	<b>03:15:10.90</b>	+00:50:12 (47.8%)	10:29	5.7 (51.8%)
251	<b>KUCHARSKI Dariusz</b>	<b>3214</b>		M-40	88	00:00:15	<b>01:45:00.15</b>	<b>01:45:15.20</b>	+00:50:13 (47.8%)	10:30	5.7 (51.8%)
252	<b>KANIA Damian</b>	<b>3192</b>		M-40	89	00:00:00	<b>01:45:02.75</b>	<b>01:45:02.75</b>	+00:50:16 (47.9%)	10:30	5.7 (51.8%)
253	<b>WOJCIECHOWSKI Mariusz</b>	<b>4203</b>	KB INTREX POZNAŃ	M-30	77	01:30:07	<b>01:45:07.00</b>	<b>03:15:14.80</b>	+00:50:20 (47.9%)	10:30	5.7 (51.8%)
254	<b>CYBUSLKI Dariusz</b>	<b>4204</b>	KB INTREX POZNAŃ	M-40	90	01:30:07	<b>01:45:08.20</b>	<b>03:15:15.90</b>	+00:50:21 (47.9%)	10:30	5.7 (51.8%)
255	<b>ŻMIJEWSKA Dominika</b>	<b>3122</b>	KLUB BIEGOWY TSK ORZEŁ OSIEK	K-30	17	00:00:04	<b>01:45:18.20</b>	<b>01:45:22.60</b>	+00:50:31 (48.0%)	10:31	5.7 (51.8%)
256	<b>STARSAK Marcin</b>	<b>3123</b>	KLUB BIEGOWY TSK ORZEŁ OSIEK	M-40	91	00:00:04	<b>01:45:19.65</b>	<b>01:45:24.30</b>	+00:50:32 (48.0%)	10:31	5.7 (51.8%)
257	<b>BRZEŻAŃSKA Joanna</b>	<b>4333</b>		K-40	24	01:30:09	<b>01:45:33.10</b>	<b>03:15:42.35</b>	+00:50:46 (48.1%)	10:33	5.7 (51.8%)
258	<b>MRÓZ Anna</b>	<b>3099</b>		K-30	18	00:00:00	<b>01:45:37.15</b>	<b>01:45:37.15</b>	+00:50:50 (48.1%)	10:33	5.7 (51.8%)
259	<b>PRZEWOŻNY Robert</b>	<b>4265</b>	JIM TEAM MTB GOSTYŃ	M-30	78	01:30:08	<b>01:45:38.45</b>	<b>03:15:47.40</b>	+00:50:51 (48.1%)	10:33	5.7 (51.8%)
260	<b>ERET Marzena</b>	<b>4206</b>		K-40	25	01:30:03	<b>01:45:39.25</b>	<b>03:15:43.10</b>	+00:50:52 (48.2%)	10:33	5.7 (51.8%)
261	<b>HEJNE Agnieszka</b>	<b>4193</b>		K-40	26	01:30:04	<b>01:45:40.40</b>	<b>03:15:44.45</b>	+00:50:53 (48.2%)	10:34	5.7 (51.8%)
262	<b>KOWALEWSKI Grzegorz</b>	<b>3085</b>		M-50	27	00:00:08	<b>01:45:49.20</b>	<b>01:45:57.20</b>	+00:51:02 (48.2%)	10:34	5.7 (51.8%)
263	<b>BARTKIEWICZ Lech</b>	<b>4059</b>		M-40	92	01:30:15	<b>01:46:02.45</b>	<b>03:16:18.10</b>	+00:51:15 (48.3%)	10:36	5.7 (51.8%)
264	<b>OSSOWSKI Adam</b>	<b>4272</b>		M-40	93	01:30:24	<b>01:46:14.30</b>	<b>03:16:38.35</b>	+00:51:27 (48.4%)	10:37	5.6 (50.9%)
265	<b>SKRĘTEK Monika</b>	<b>4151</b>	BIEGAMDLAZDROWIA. PL	K-50	3	01:30:20	<b>01:46:22.75</b>	<b>03:16:43.05</b>	+00:51:36 (48.5%)	10:38	5.6 (50.9%)
266	<b>GOZDYRA Dariusz</b>	<b>4011</b>	RAZ SZCZECIN	M-40	94	01:30:11	<b>01:46:33.25</b>	<b>03:16:44.40</b>	+00:51:46 (48.6%)	10:39	5.6 (50.9%)
267	<b>LAUBACH Anna</b>	<b>4198</b>	RAAN	K-30	19	01:30:14	<b>01:46:57.90</b>	<b>03:17:12.50</b>	+00:52:11 (48.8%)	10:41	5.6 (50.9%)
268	<b>GRUCHOT Małgorzata</b>	<b>3171</b>	WIECZORNE BIEGANIE W OPOLU	K-40	27	00:00:17	<b>01:47:02.30</b>	<b>01:47:20.20</b>	+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	<b>HERBEĆ-LABOCHA Magdalena</b>	<b>3156</b>		K-40	28	00:00:25	<b>01:47:02.55</b>	<b>01:47:28.45</b>	+00:52:15 (48.8%)	10:42	5.6 (50.9%)
270	<b>LABOCHA Aleksander</b>	<b>3157</b>		M-40	95	00:00:26	<b>01:47:03.80</b>	<b>01:47:29.85</b>	+00:52:17 (48.8%)	10:42	5.6 (50.9%)
271	<b>SZULC Rafał</b>	<b>3083</b>	PREGRES	M-30	79	00:00:09	<b>01:47:06.05</b>	<b>01:47:15.60</b>	+00:52:19 (48.9%)	10:42	5.6 (50.9%)
272	<b>MIŚ Piotr</b>	<b>3189</b>		M-30	80	00:00:12	<b>01:47:11.15</b>	<b>01:47:23.30</b>	+00:52:24 (48.9%)	10:43	5.6 (50.9%)
273	<b>PUZIO Maciej</b>	<b>3023</b>		M-30	81	00:00:22	<b>01:47:11.20</b>	<b>01:47:33.70</b>	+00:52:24 (48.9%)	10:43	5.6 (50.9%)
274	<b>MIELNIK Krzysztof</b>	<b>3196</b>	DCTRIATHLONTEAM	M-30	82	00:00:12	<b>01:47:11.75</b>	<b>01:47:24.25</b>	+00:52:25 (48.9%)	10:43	5.6 (50.9%)
275	<b>DUSZYŃSKI Jacek</b>	<b>4270</b>		M-50	28	01:30:08	<b>01:47:16.95</b>	<b>03:17:25.40</b>	+00:52:30 (48.9%)	10:43	5.6 (50.9%)
276	<b>RUCIŃSKI Adam</b>	<b>3212</b>		M-50	29	00:00:22	<b>01:47:18.00</b>	<b>01:47:40.20</b>	+00:52:31 (48.9%)	10:43	5.6 (50.9%)
277	<b>SUCHENIA Daniel</b>	<b>4163</b>		M-50	30	01:30:17	<b>01:47:25.40</b>	<b>03:17:42.90</b>	+00:52:38 (49.0%)	10:44	5.6 (50.9%)
278	<b>HYLIŃSKA Hanna</b>	<b>4076</b>	PATORUNNERS	K-30	20	01:30:10	<b>01:47:28.65</b>	<b>03:17:39.10</b>	+00:52:41 (49.0%)	10:44	5.6 (50.9%)
279	<b>JEKIEL Grzegorz</b>	<b>3033</b>		M-40	96	00:00:14	<b>01:47:40.00</b>	<b>01:47:54.15</b>	+00:52:53 (49.1%)	10:46	5.6 (50.9%)
280	<b>JURASZ Aleksandra</b>	<b>3058</b>		K-30	21	00:00:13	<b>01:47:42.80</b>	<b>01:47:56.45</b>	+00:52:56 (49.1%)	10:46	5.6 (50.9%)
281	<b>BRZOZOWSKI Marcin</b>	<b>4292</b>		M-40	97	01:30:18	<b>01:47:47.85</b>	<b>03:18:05.85</b>	+00:53:01 (49.2%)	10:46	5.6 (50.9%)
282	<b>BRZOZOWSKA Marlena</b>	<b>4293</b>		K-40	29	01:30:17	<b>01:47:50.20</b>	<b>03:18:07.90</b>	+00:53:03 (49.2%)	10:47	5.6 (50.9%)
283	<b>NEUMANN Jacek</b>	<b>4154</b>	CENTRUM ŁĄKOWA 1	M-50	31	01:30:18	<b>01:47:51.50</b>	<b>03:18:09.50</b>	+00:53:04 (49.2%)	10:47	5.6 (50.9%)
284	<b>KLICH Sylwia</b>	<b>4156</b>	#BIEGIEMWLAS	K-30	22	01:30:14	<b>01:48:05.15</b>	<b>03:18:19.60</b>	+00:53:18 (49.3%)	10:48	5.6 (50.9%)
285	<b>STAMM Tomasz</b>	<b>4134</b>		M-50	32	01:30:15	<b>01:48:05.45</b>	<b>03:18:20.80</b>	+00:53:18 (49.3%)	10:48	5.6 (50.9%)
286	<b>RACZKOWSKI Rafał</b>	<b>4096</b>		M-40	98	01:30:22	<b>01:48:08.95</b>	<b>03:18:31.10</b>	+00:53:22 (49.3%)	10:48	5.5 (50.0%)
287	<b>SZYMURA Izabela</b>	<b>4246</b>	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	K-40	30	01:30:07	<b>01:48:20.90</b>	<b>03:18:28.05</b>	+00:53:34 (49.4%)	10:50	5.5 (50.0%)
288	<b>GNIZA Karolina</b>	<b>4302</b>		K-20	6	01:30:05	<b>01:48:24.45</b>	<b>03:18:29.45</b>	+00:53:37 (49.5%)	10:50	5.5 (50.0%)
289	<b>NAWROCKA Aleksandra</b>	<b>3172</b>		K-40	31	00:00:08	<b>01:49:02.20</b>	<b>01:49:10.70</b>	+00:54:15 (49.8%)	10:54	5.5 (50.0%)
290	<b>SZYMUSIK Tomasz</b>	<b>3020</b>		M-40	99	00:00:15	<b>01:49:05.40</b>	<b>01:49:20.65</b>	+00:54:18 (49.8%)	10:54	5.5 (50.0%)
291	<b>JĘDRYKA Sebastian</b>	<b>3031</b>	GB GALOPUJĄCE ŚLIMAKI	M-40	100	00:00:18	<b>01:49:11.40</b>	<b>01:49:29.70</b>	+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	<b>DOCZEKALSKI Jarek</b>	<b>3000</b>	GB.GALOPUJĄCE ŚLIMAKI	M-50	33	00:00:18	<b>01:49:14.05</b>	<b>01:49:32.25</b>	+00:54:27 (49.9%)	10:55	5.5 (50.0%)
293	<b>WALKOWIAK Dominika</b>	<b>4135</b>	#BIEGAJLESZNO	K-30	23	01:23:03	<b>01:49:21.55</b>	<b>03:12:25.20</b>	+00:54:34 (49.9%)	10:56	5.5 (50.0%)
294	<b>GIBOWSKI Lukasz</b>	<b>3091</b>		M-40	101	00:00:15	<b>01:49:31.10</b>	<b>01:49:46.65</b>	+00:54:44 (50.0%)	10:57	5.5 (50.0%)
295	<b>LIS Mirosław</b>	<b>3090</b>		M-40	102	00:00:15	<b>01:49:32.75</b>	<b>01:49:48.15</b>	+00:54:46 (50.0%)	10:57	5.5 (50.0%)
296	<b>BORKOWSKI Marcel</b>	<b>4101</b>		M-30	83	01:30:23	<b>01:49:35.10</b>	<b>03:19:58.70</b>	+00:54:48 (50.0%)	10:57	5.5 (50.0%)
297	<b>RABIEJ Kazimierz</b>	<b>3161</b>	ROZBIEGANI CHOJNÓW	M-60	2	00:00:00	<b>01:49:45.55</b>	<b>01:49:45.55</b>	+00:54:58 (50.1%)	10:58	5.5 (50.0%)
298	<b>SAŁAMACHA Izabela</b>	<b>3089</b>	MAMY BIEGAMY	K-40	32	00:00:08	<b>01:49:52.95</b>	<b>01:50:01.60</b>	+00:55:06 (50.1%)	10:59	5.5 (50.0%)
299	<b>ZIELIŃSKA Małgorzata</b>	<b>4136</b>		K-50	4	01:30:08	<b>01:49:59.75</b>	<b>03:20:08.70</b>	+00:55:13 (50.2%)	10:59	5.5 (50.0%)
300	<b>CZYŻOWICZ-GOTFRYD Agnieszka</b>	<b>4268</b>	POLISH RUNNERS SQUAD	K-50	5	01:30:16	<b>01:50:00.30</b>	<b>03:20:16.55</b>	+00:55:13 (50.2%)	11:00	5.5 (50.0%)
301	<b>SALAMACHA Jarek</b>	<b>3124</b>	AKTYWNA NOWA RUDA	M-40	103	00:00:08	<b>01:50:05.45</b>	<b>01:50:14.15</b>	+00:55:18 (50.2%)	11:00	5.5 (50.0%)
302	<b>BULANDA Barbara</b>	<b>3247</b>	ŻUBRY BOCHNIA	K-40	33	00:00:07	<b>01:50:05.70</b>	<b>01:50:13.25</b>	+00:55:19 (50.2%)	11:00	5.5 (50.0%)
303	<b>CHROMIK Krzysztof</b>	<b>3072</b>		M-40	104	00:00:11	<b>01:50:11.10</b>	<b>01:50:22.30</b>	+00:55:24 (50.3%)	11:01	5.4 (49.1%)
304	<b>SAŁAMACHA Stanisław</b>	<b>3088</b>	BIAŁA BIEGA	M-60	3	00:00:09	<b>01:50:15.80</b>	<b>01:50:25.05</b>	+00:55:29 (50.3%)	11:01	5.4 (49.1%)
305	<b>BUDZIŃSKI Krzysztof</b>	<b>3233</b>		M-50	34	00:00:18	<b>01:50:25.70</b>	<b>01:50:44.30</b>	+00:55:39 (50.4%)	11:02	5.4 (49.1%)
306	<b>DZIWAK Dariusz</b>	<b>4012</b>	TIMOTHY	M-30	84	01:30:21	<b>01:51:29.30</b>	<b>03:21:51.10</b>	+00:56:42 (50.9%)	11:08	5.4 (49.1%)
307	<b>WOŹNA Marta</b>	<b>4308</b>	RUN TEAM RYDZYNA	K-30	24	01:30:13	<b>01:51:42.35</b>	<b>03:21:55.65</b>	+00:56:55 (51.0%)	11:10	5.4 (49.1%)
308	<b>DZIEŻA Roma</b>	<b>4084</b>	RUN BYDGOSZCZ	K-50	6	01:30:14	<b>01:51:53.40</b>	<b>03:22:07.55</b>	+00:57:06 (51.0%)	11:11	5.4 (49.1%)
309	<b>MELWIŃSKA Paulina</b>	<b>4091</b>	RUN BYDGOSZCZ	K-40	34	01:30:14	<b>01:51:54.30</b>	<b>03:22:08.50</b>	+00:57:07 (51.0%)	11:11	5.4 (49.1%)
310	<b>MAZUR Katarzyna</b>	<b>3067</b>	UMLAUT	K-40	35	00:00:03	<b>01:52:00.35</b>	<b>01:52:03.60</b>	+00:57:13 (51.1%)	11:12	5.4 (49.1%)
311	<b>KOŃ Aleksandra</b>	<b>4097</b>	EKIPA LIPA	K-40	36	01:30:04	<b>01:52:05.45</b>	<b>03:22:10.30</b>	+00:57:18 (51.1%)	11:12	5.4 (49.1%)
312	<b>STASIAK Łukasz</b>	<b>4013</b>	WATAHA - ŁĄCZY NAS BIEGANIE	M-30	85	01:30:24	<b>01:52:14.65</b>	<b>03:22:38.90</b>	+00:57:27 (51.2%)	11:13	5.3 (48.2%)
313	<b>SZÓSTAK Krzysztof</b>	<b>4098</b>	KB HARCOWNIK JELCZ-LASKOWICE	M-60	4	01:30:15	<b>01:52:40.35</b>	<b>03:22:56.20</b>	+00:57:53 (51.4%)	11:16	5.3 (48.2%)
314	<b>KRAJEWSKA-PALUCH Ewa</b>	<b>3193</b>		K-40	37	00:00:13	<b>01:52:40.60</b>	<b>01:52:54.15</b>	+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	<b>GROMADZKA Justyna</b>	<b>3218</b>	KOBIETY WATAHA	K-40	44	00:00:09	<b>01:55:39.70</b>	<b>01:55:49.10</b>	+01:00:53 (52.6%)	11:33	5.2 (47.3%)
339	<b>GWORYS Katarzyna</b>	<b>3038</b>	ZRYW PARZYMIECHY	K-40	45	00:00:03	<b>01:55:42.70</b>	<b>01:55:46.50</b>	+01:00:56 (52.7%)	11:34	5.2 (47.3%)
340	<b>GWORYS Krzysztof</b>	<b>3039</b>	ZRYW PARZYMIECHY	M-40	109	00:00:04	<b>01:55:44.05</b>	<b>01:55:48.15</b>	+01:00:57 (52.7%)	11:34	5.2 (47.3%)
341	<b>DOMOSŁAWSKA Joanna</b>	<b>4214</b>		K-40	46	01:21:29	<b>01:56:10.75</b>	<b>03:17:39.75</b>	+01:01:24 (52.9%)	11:37	5.2 (47.3%)
342	<b>STROMIDŁO Anna</b>	<b>4279</b>	BROWAR DOMOWY HATAK	K-40	47	01:30:09	<b>01:56:25.30</b>	<b>03:26:35.20</b>	+01:01:38 (52.9%)	11:38	5.2 (47.3%)
343	<b>PUZIO Waldemar</b>	<b>3246</b>	MARATOŃCZYK DĘBICA	M-60	5	00:00:22	<b>01:56:28.10</b>	<b>01:56:50.70</b>	+01:01:41 (53.0%)	11:38	5.2 (47.3%)
344	<b>ZYGOŃ Artur</b>	<b>4158</b>		M-30	87	01:24:22	<b>01:56:34.20</b>	<b>03:20:56.30</b>	+01:01:47 (53.0%)	11:39	5.1 (46.4%)
345	<b>KONCA Mariusz</b>	<b>3096</b>		M-50	39	00:00:21	<b>01:56:45.25</b>	<b>01:57:07.05</b>	+01:01:58 (53.1%)	11:40	5.1 (46.4%)
346	<b>BERNACKA Kinga</b>	<b>4318</b>		K-30	31	01:26:02	<b>01:56:54.00</b>	<b>03:22:56.20</b>	+01:02:07 (53.1%)	11:41	5.1 (46.4%)
347	<b>KONIECZNA Aleksandra</b>	<b>4317</b>	-	K-30	32	01:26:02	<b>01:56:56.05</b>	<b>03:22:58.30</b>	+01:02:09 (53.2%)	11:41	5.1 (46.4%)
348	<b>CUPAK Łukasz</b>	<b>3071</b>		M-30	88	00:00:10	<b>01:56:59.50</b>	<b>01:57:10.25</b>	+01:02:12 (53.2%)	11:41	5.1 (46.4%)
349	<b>FANAJŁO Kasia</b>	<b>3144</b>	ZIELONA GÓRO ZACZNIJ BIEGAĆ	K-30	33	00:00:07	<b>01:57:04.80</b>	<b>01:57:12.10</b>	+01:02:18 (53.2%)	11:42	5.1 (46.4%)
350	<b>WĘGIER Agnieszka</b>	<b>3108</b>	ZIELONA GÓRA ZACZNIJ BIEGAĆ	K-40	48	00:00:07	<b>01:57:05.20</b>	<b>01:57:13.10</b>	+01:02:18 (53.2%)	11:42	5.1 (46.4%)
351	<b>BOGACKA Aneta</b>	<b>3109</b>	ZGZB	K-30	34	00:00:07	<b>01:57:17.10</b>	<b>01:57:24.80</b>	+01:02:30 (53.3%)	11:43	5.1 (46.4%)
352	<b>SKÓRSKI Stanisław</b>	<b>4027</b>	RAZ SZCZECIN	M-60	6	01:30:10	<b>01:57:17.15</b>	<b>03:27:28.05</b>	+01:02:30 (53.3%)	11:43	5.1 (46.4%)
353	<b>URBAN Alicja</b>	<b>4102</b>	KACZKATEAM	K-20	7	01:30:12	<b>01:57:49.10</b>	<b>03:28:01.50</b>	+01:03:02 (53.5%)	11:46	5.1 (46.4%)
354	<b>MODRZYŃSKI Przemysław</b>	<b>4139</b>	NGT PROBAR	M-50	40	01:30:18	<b>01:58:11.90</b>	<b>03:28:30.75</b>	+01:03:25 (53.7%)	11:49	5.1 (46.4%)
355	<b>FLORCZAK Monika</b>	<b>4047</b>		K-30	35	01:30:12	<b>01:58:17.15</b>	<b>03:28:29.45</b>	+01:03:30 (53.7%)	11:49	5.1 (46.4%)
356	<b>KOT Tomasz</b>	<b>3197</b>		M-40	110	00:00:15	<b>01:58:25.85</b>	<b>01:58:40.95</b>	+01:03:39 (53.7%)	11:50	5.1 (46.4%)
357	<b>DOLECKA Elżbieta</b>	<b>4114</b>	NKB CHYŻY NOWY TOMYŚL	K-40	49	01:30:21	<b>01:58:28.50</b>	<b>03:28:49.50</b>	+01:03:41 (53.8%)	11:50	5.1 (46.4%)
358	<b>MAŚLANA Katarzyna</b>	<b>4271</b>		K-30	36	01:30:17	<b>01:58:29.35</b>	<b>03:28:46.45</b>	+01:03:42 (53.8%)	11:50	5.1 (46.4%)
359	<b>KOZAK Ewa</b>	<b>4118</b>	KOZAKI	K-40	50	01:30:22	<b>01:59:32.95</b>	<b>03:29:55.35</b>	+01:04:46 (54.2%)	11:57	5 (45.5%)
360	<b>RAJTAR Robert</b>	<b>4327</b>		M-40	111	01:30:24	<b>01:59:36.15</b>	<b>03:30:00.85</b>	+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	<b>NATKANIEC Grazyna</b>	<b>4100</b>	EKIPA LIPA	K-50	9	01:30:05	<b>01:59:38.70</b>	<b>03:29:43.80</b>	+01:04:52 (54.2%)	11:57	5 (45.5%)
362	<b>SKIBA Anna</b>	<b>4289</b>	KB HARCOWNIK	K-40	51	01:30:16	<b>02:00:45.25</b>	<b>03:31:02.20</b>	+01:05:58 (54.6%)	12:04	5 (45.5%)
363	<b>KAMIŃSKA Andżelika</b>	<b>4177</b>		K-40	52	01:30:18	<b>02:01:01.00</b>	<b>03:31:19.70</b>	+01:06:14 (54.7%)	12:06	5 (45.5%)
364	<b>NOLAS Jolanta</b>	<b>4195</b>	KLUB BIEGACZA HARCOWNIK	K-50	10	01:30:15	<b>02:01:05.40</b>	<b>03:31:20.95</b>	+01:06:18 (54.8%)	12:06	5 (45.5%)
365	<b>KASPRZYK Marcin</b>	<b>4113</b>		M-20	15	01:30:15	<b>02:01:07.65</b>	<b>03:31:22.90</b>	+01:06:20 (54.8%)	12:06	5 (45.5%)
366	<b>SKRZĄTEK Anna</b>	<b>4137</b>		K-40	53	01:30:12	<b>02:01:09.45</b>	<b>03:31:21.75</b>	+01:06:22 (54.8%)	12:06	5 (45.5%)
367	<b>FRYSIAK Barbara</b>	<b>4222</b>	WIELUŃ	K-50	11	01:30:04	<b>02:01:14.55</b>	<b>03:31:18.90</b>	+01:06:27 (54.8%)	12:07	4.9 (44.5%)
368	<b>SIKORSKI Grzegorz</b>	<b>3043</b>		M-50	41	00:00:00	<b>02:02:20.25</b>	<b>02:02:20.25</b>	+01:07:33 (55.2%)	12:14	4.9 (44.5%)
369	<b>MAĆKOWIAK Joanna</b>	<b>4225</b>		K-20	8	01:30:19	<b>02:02:50.00</b>	<b>03:33:09.65</b>	+01:08:03 (55.4%)	12:17	4.9 (44.5%)
370	<b>ADAMCZYK Piotr</b>	<b>4323</b>		M-30	89	01:30:22	<b>02:02:52.70</b>	<b>03:33:15.40</b>	+01:08:06 (55.4%)	12:17	4.9 (44.5%)
371	<b>POKORNY Tomasz</b>	<b>4282</b>		M-50	42	01:30:12	<b>02:02:56.10</b>	<b>03:33:09.00</b>	+01:08:09 (55.4%)	12:17	4.9 (44.5%)
372	<b>JANKOWSKA Katarzyna</b>	<b>4215</b>		K-40	54	01:21:29	<b>02:02:57.00</b>	<b>03:24:26.05</b>	+01:08:10 (55.4%)	12:17	4.9 (44.5%)
373	<b>STACHOWIAK Joanna</b>	<b>4074</b>		K-20	9	01:30:16	<b>02:03:03.25</b>	<b>03:33:19.70</b>	+01:08:16 (55.5%)	12:18	4.9 (44.5%)
374	<b>SAJNAJ Adrian</b>	<b>4080</b>		M-20	16	01:30:16	<b>02:03:06.25</b>	<b>03:33:22.60</b>	+01:08:19 (55.5%)	12:18	4.9 (44.5%)
375	<b>RAJKOWSKI Tomasz</b>	<b>3065</b>		M-30	90	00:00:18	<b>02:03:14.15</b>	<b>02:03:32.90</b>	+01:08:27 (55.5%)	12:19	4.9 (44.5%)
376	<b>OLEJNIK Ilona</b>	<b>4017</b>	KRWIOBIEGANIE	K-50	12	01:30:15	<b>02:03:25.20</b>	<b>03:33:40.25</b>	+01:08:38 (55.6%)	12:20	4.9 (44.5%)
377	<b>SKRZYŃSKA Marlena</b>	<b>4150</b>	ZIELONA GÓRO ZACZNIJ BIEGAĆ	K-30	37	01:30:15	<b>02:03:28.05</b>	<b>03:33:43.10</b>	+01:08:41 (55.6%)	12:20	4.9 (44.5%)
378	<b>DUBIEL Andrzej</b>	<b>3032</b>		M-40	112	00:00:12	<b>02:03:44.65</b>	<b>02:03:57.55</b>	+01:08:57 (55.7%)	12:22	4.8 (43.6%)
379	<b>MORAŃSKA Małgorzata</b>	<b>4125</b>		K-30	38	01:30:19	<b>02:03:52.20</b>	<b>03:34:11.85</b>	+01:09:05 (55.8%)	12:23	4.8 (43.6%)
380	<b>SKRZYPIŃSKA Agnieszka</b>	<b>4126</b>	PSI PATROL	K-40	55	01:30:11	<b>02:04:27.55</b>	<b>03:34:38.75</b>	+01:09:40 (56.0%)	12:26	4.8 (43.6%)
381	<b>KACZMAREK Monika</b>	<b>4124</b>	NKB CHYŻY NOWY TOMYŚL	K-40	56	01:30:20	<b>02:04:50.85</b>	<b>03:35:11.00</b>	+01:10:04 (56.1%)	12:29	4.8 (43.6%)
382	<b>KRAJEWSKA-KŁODA Katarzyna</b>	<b>3027</b>	DRUŻYNA SZPIKU	K-40	57	00:00:16	<b>02:04:51.70</b>	<b>02:05:08.60</b>	+01:10:05 (56.1%)	12:29	4.8 (43.6%)
383	<b>BARANIAK Beata</b>	<b>3025</b>	DRUŻYNA SZPIKU	K-40	58	00:00:17	<b>02:04:54.70</b>	<b>02:05:11.90</b>	+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	<b>SIARKIEWICZ Jola</b>	<b>4133</b>	BIEGAMDLAZDROWIA.PL	K-60	1	01:30:20	<b>02:04:56.75</b>	<b>03:35:17.45</b>	+01:10:10 (56.2%)	12:29	4.8 (43.6%)
385	<b>UCHEREK Kinga</b>	<b>4167</b>		K-40	59	01:30:12	<b>02:05:00.70</b>	<b>03:35:13.60</b>	+01:10:14 (56.2%)	12:30	4.8 (43.6%)
386	<b>UCHEREK Kazimierz</b>	<b>4166</b>		M-50	43	01:30:12	<b>02:05:02.70</b>	<b>03:35:14.70</b>	+01:10:16 (56.2%)	12:30	4.8 (43.6%)
387	<b>NOWAK Monika</b>	<b>4233</b>		K-40	60	01:30:23	<b>02:05:09.25</b>	<b>03:35:33.05</b>	+01:10:22 (56.2%)	12:30	4.8 (43.6%)
388	<b>BARTOSZEWSKA Katarzyna</b>	<b>4269</b>	TEAM RÓŻOWEJ PELERYNKI	K-40	61	01:30:14	<b>02:05:10.10</b>	<b>03:35:24.30</b>	+01:10:23 (56.2%)	12:31	4.8 (43.6%)
389	<b>CICHY Roman</b>	<b>4188</b>	MUAY RUNNING TEAM	M-40	113	01:30:17	<b>02:05:17.10</b>	<b>03:35:34.40</b>	+01:10:30 (56.3%)	12:31	4.8 (43.6%)
390	<b>ŁUŻNY Agnieszka</b>	<b>4255</b>	TEAM PAPRY	K-30	39	01:30:17	<b>02:05:19.65</b>	<b>03:35:36.90</b>	+01:10:32 (56.3%)	12:31	4.8 (43.6%)
391	<b>NIEPORECKA Sylwia</b>	<b>4248</b>		K-40	62	01:30:18	<b>02:05:20.00</b>	<b>03:35:38.55</b>	+01:10:33 (56.3%)	12:32	4.8 (43.6%)
392	<b>SERWATKA Angelika</b>	<b>4277</b>	KOBIETY WATAHY	K-30	40	01:30:12	<b>02:05:28.85</b>	<b>03:35:41.20</b>	+01:10:42 (56.3%)	12:32	4.8 (43.6%)
393	<b>MAĆKOWIAK Karolina</b>	<b>4072</b>	MAĆKOWIAK TEAM	K-40	63	01:30:08	<b>02:05:43.50</b>	<b>03:35:52.10</b>	+01:10:56 (56.4%)	12:34	4.8 (43.6%)
394	<b>MARCINIAK Irmína</b>	<b>4035</b>	TEAM BIEGANIE NA ŚNIADANIE	K-40	64	01:30:18	<b>02:05:57.35</b>	<b>03:36:15.35</b>	+01:11:10 (56.5%)	12:35	4.8 (43.6%)
395	<b>RĘBECKA Violetta</b>	<b>4029</b>	BIEGAMDLAZDROWIA. PL	K-40	65	01:30:21	<b>02:05:57.55</b>	<b>03:36:18.60</b>	+01:11:10 (56.5%)	12:35	4.8 (43.6%)
396	<b>MAĆKOWIAK Adam</b>	<b>4226</b>		M-20	17	01:30:20	<b>02:05:59.10</b>	<b>03:36:19.40</b>	+01:11:12 (56.5%)	12:35	4.8 (43.6%)
397	<b>VAN KESSEL - PALUSZKIEWICZ Monika</b>	<b>4073</b>	MAĆKOWIAK TEAM	K-40	66	01:30:08	<b>02:06:05.90</b>	<b>03:36:14.60</b>	+01:11:19 (56.6%)	12:36	4.8 (43.6%)
398	<b>KONCA Beata</b>	<b>3095</b>	KB OŻARÓW MAZOWIECKI BIEGA	K-40	67	00:00:21	<b>02:06:07.80</b>	<b>02:06:29.60</b>	+01:11:21 (56.6%)	12:36	4.8 (43.6%)
399	<b>DĘBEK Piotr</b>	<b>3257</b>	ŚWIDNICKA GRUPA BIEGOWA	M-40	114	00:00:19	<b>02:06:16.45</b>	<b>02:06:36.00</b>	+01:11:29 (56.6%)	12:37	4.8 (43.6%)
400	<b>PAWLAK Mateusz</b>	<b>4015</b>	BIEGNIJ OŁAWO	M-30	91	01:31:19	<b>02:06:18.10</b>	<b>03:37:38.00</b>	+01:11:31 (56.6%)	12:37	4.8 (43.6%)
401	<b>POPOWICZ Justyna</b>	<b>3232</b>		K-40	68	00:00:10	<b>02:06:18.30</b>	<b>02:06:28.55</b>	+01:11:31 (56.6%)	12:37	4.8 (43.6%)
402	<b>GRĘZEL-GAWRON Jolanta</b>	<b>4044</b>		K-40	69	01:30:17	<b>02:06:34.20</b>	<b>03:36:52.15</b>	+01:11:47 (56.7%)	12:39	4.7 (42.7%)
403	<b>GOŹDZICKA Iwona</b>	<b>4149</b>	ZIELONA GÓRO ZACZNIJ BIEGAĆ / GB STATYSTYKA LUBUSKA	K-40	70	01:30:14	<b>02:06:39.90</b>	<b>03:36:54.85</b>	+01:11:53 (56.8%)	12:39	4.7 (42.7%)
404	<b>JAROSŁAWSKI Mariusz</b>	<b>4106</b>	BIEGNIJ OŁAWO	M-50	44	01:31:19	<b>02:06:41.85</b>	<b>03:38:01.00</b>	+01:11:55 (56.8%)	12:40	4.7 (42.7%)
405	<b>DZIEDZIC Paweł</b>	<b>4031</b>		M-50	45	01:30:24	<b>02:07:11.20</b>	<b>03:37:35.80</b>	+01:12:24 (56.9%)	12:43	4.7 (42.7%)
406	<b>BARTKIEWICZ Halina</b>	<b>4018</b>		K-40	71	01:30:16	<b>02:07:16.40</b>	<b>03:37:32.45</b>	+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	<b>POMAŁECKA Barbara</b>	<b>4094</b>		K-30	41	01:30:09	<b>02:07:20.70</b>	<b>03:37:30.55</b>	+01:12:34 (57.0%)	12:44	4.7 (42.7%)
408	<b>CHUDZIŃSKI Łukasz</b>	<b>4254</b>	JIM TEAM MTB GOSTYŃ	M-40	115	01:08:32	<b>02:07:23.20</b>	<b>03:15:55.20</b>	+01:12:36 (57.0%)	12:44	4.7 (42.7%)
409	<b>GÓRNA Aldona</b>	<b>3183</b>	ZÓŁWICE W BIEGU	K-40	72	00:00:19	<b>02:07:44.95</b>	<b>02:08:04.65</b>	+01:12:58 (57.1%)	12:46	4.7 (42.7%)
410	<b>DOBRZYŃSKA Joanna</b>	<b>4169</b>		K-40	73	01:30:17	<b>02:07:45.50</b>	<b>03:38:03.40</b>	+01:12:58 (57.1%)	12:46	4.7 (42.7%)
411	<b>PICHER RÓŻYŁO Joanna</b>	<b>4140</b>		K-40	74	01:30:19	<b>02:07:46.50</b>	<b>03:38:06.35</b>	+01:12:59 (57.1%)	12:46	4.7 (42.7%)
412	<b>LANGE Hanna</b>	<b>3181</b>	ZÓŁWICE W BIEGU	K-40	75	00:00:18	<b>02:07:59.10</b>	<b>02:08:18.00</b>	+01:13:12 (57.2%)	12:47	4.7 (42.7%)
413	<b>PELCZER Agnieszka</b>	<b>4128</b>	KB HARCOWNIK JELCZ-LASKOWICE	K-40	76	01:30:16	<b>02:08:02.90</b>	<b>03:38:19.65</b>	+01:13:16 (57.2%)	12:48	4.7 (42.7%)
414	<b>WOZNIAK Radosław</b>	<b>4143</b>		M-50	46	01:30:20	<b>02:08:04.35</b>	<b>03:38:24.45</b>	+01:13:17 (57.2%)	12:48	4.7 (42.7%)
415	<b>SZALEWICZ Małgorzata</b>	<b>4037</b>	RAZ SZCZECIN	K-50	13	01:30:10	<b>02:08:07.15</b>	<b>03:38:17.75</b>	+01:13:20 (57.2%)	12:48	4.7 (42.7%)
416	<b>IGNASZEWSKA Marta</b>	<b>4160</b>		K-40	77	01:30:12	<b>02:08:19.40</b>	<b>03:38:32.00</b>	+01:13:32 (57.3%)	12:49	4.7 (42.7%)
417	<b>BRZEZIŃSKA Ewa</b>	<b>4138</b>		K-50	14	01:30:10	<b>02:08:20.30</b>	<b>03:38:30.50</b>	+01:13:33 (57.3%)	12:50	4.7 (42.7%)
418	<b>PIETRZAK Agnieszka</b>	<b>4172</b>	BIEGAJĄCE KREJZOLE	K-40	78	01:30:13	<b>02:08:27.80</b>	<b>03:38:41.30</b>	+01:13:41 (57.4%)	12:50	4.7 (42.7%)
419	<b>LACHOWSKI Karol</b>	<b>3056</b>	FILIP RUNNING TEAM	M-30	92	00:00:10	<b>02:09:08.75</b>	<b>02:09:19.65</b>	+01:14:22 (57.6%)	12:54	4.6 (41.8%)
420	<b>BACHURSKA Ewa</b>	<b>4077</b>	KB HARCOWNIK JELCZ-LASKOWICE	K-40	79	01:25:50	<b>02:09:18.40</b>	<b>03:35:08.70</b>	+01:14:31 (57.6%)	12:55	4.6 (41.8%)
421	<b>NOWAK Magdalena</b>	<b>3053</b>	FILIP RUNNING TEAM	K-30	42	00:00:10	<b>02:09:20.25</b>	<b>02:09:31.20</b>	+01:14:33 (57.6%)	12:56	4.6 (41.8%)
422	<b>TRAWA Małgorzata</b>	<b>4108</b>	RUN TEAM RYDZYNA	K-40	80	01:22:45	<b>02:10:06.10</b>	<b>03:32:51.20</b>	+01:15:19 (57.9%)	13:00	4.6 (41.8%)
423	<b>WIELAND Lidia</b>	<b>4103</b>	RUN TEAM RYDZYNA	K-50	15	01:22:45	<b>02:10:08.55</b>	<b>03:32:54.20</b>	+01:15:21 (57.9%)	13:00	4.6 (41.8%)
424	<b>GISZCZYŃSKA Wanda</b>	<b>4111</b>	RUN TEAM RYDZYNA	K-40	81	01:22:45	<b>02:10:14.80</b>	<b>03:33:00.60</b>	+01:15:28 (57.9%)	13:01	4.6 (41.8%)
425	<b>TRZCINA Agata</b>	<b>3024</b>		K-40	82	00:00:20	<b>02:10:38.65</b>	<b>02:10:58.80</b>	+01:15:51 (58.1%)	13:03	4.6 (41.8%)
426	<b>BEDNARSKA-KOZIOŁ Danuta</b>	<b>3066</b>	WKURW_TEAM	K-40	83	00:00:06	<b>02:10:50.20</b>	<b>02:10:56.70</b>	+01:16:03 (58.1%)	13:05	4.6 (41.8%)
427	<b>BUĆKO Artur</b>	<b>4131</b>	I'M INSPIRATION	M-50	47	01:30:21	<b>02:11:13.05</b>	<b>03:41:34.50</b>	+01:16:26 (58.3%)	13:07	4.6 (41.8%)
428	<b>SAMULSKA Agata</b>	<b>4109</b>		K-50	16	01:23:36	<b>02:11:55.55</b>	<b>03:35:32.25</b>	+01:17:08 (58.5%)	13:11	4.5 (40.9%)
429	<b>PAWLUSIŃSKA Marzena</b>	<b>4057</b>		K-40	84	01:26:12	<b>02:14:10.80</b>	<b>03:40:22.95</b>	+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	<b>PIETRZAK Anna</b>	<b>4036</b>		K-40	85	01:30:10	<b>02:17:13.20</b>	<b>03:47:23.40</b>	+01:22:26 (60.1%)	13:43	4.4 (40.0%)
431	<b>DOBEK Mateusz</b>	<b>4062</b>	JAWOR RIVER GYM	M-30	93	00:46:35	<b>02:19:02.35</b>	<b>03:05:37.95</b>	+01:24:15 (60.6%)	13:54	4.3 (39.1%)
432	<b>KONIECZNY Piotr</b>	<b>4087</b>	NKB CHYŻY NOWY TOMYŚL	M-40	116	01:30:20	<b>02:19:10.15</b>	<b>03:49:30.55</b>	+01:24:23 (60.6%)	13:55	4.3 (39.1%)
433	<b>CAŁKA Barbara</b>	<b>4065</b>	KOBIECE BIEGANIE	K-50	17	01:30:25	<b>02:21:22.70</b>	<b>03:51:48.20</b>	+01:26:36 (61.3%)	14:08	4.2 (38.2%)
434	<b>WOJCIECHOWSKI Przemysław</b>	<b>4066</b>	CHYŁA SPRINT GROUP	M-50	48	01:30:25	<b>02:21:26.70</b>	<b>03:51:52.00</b>	+01:26:40 (61.3%)	14:08	4.2 (38.2%)
435	<b>MANDES Anna</b>	<b>4304</b>	IZABELIN NA START	K-40	86	01:13:20	<b>02:23:25.40</b>	<b>03:36:45.60</b>	+01:28:38 (61.8%)	14:20	4.2 (38.2%)
436	<b>CHILARSKA Elżbieta</b>	<b>4152</b>	KUDOWIANKA RUN	K-30	43	01:08:09	<b>02:27:09.65</b>	<b>03:35:19.40</b>	+01:32:22 (62.8%)	14:42	4.1 (37.3%)
437	<b>BRZEZIŃSKI Andrzej</b>	<b>4162</b>	LANRUNS	M-60	7	01:30:05	<b>02:27:55.40</b>	<b>03:58:00.65</b>	+01:33:08 (63.0%)	14:47	4.1 (37.3%)
438	<b>KMIECIŃSKI Paweł</b>	<b>4009</b>	KUDOWIANKA RUN	M-40	117	01:07:18	<b>02:28:00.15</b>	<b>03:35:18.55</b>	+01:33:13 (63.0%)	14:48	4.1 (37.3%)
439	<b>DOBROWOLSKI Robert</b>	<b>4105</b>	SPORTOWI EMERYCI JELENIA GÓRA	M-60	8	01:30:16	<b>02:32:31.75</b>	<b>04:02:48.50</b>	+01:37:45 (64.1%)	15:15	3.9 (35.5%)
440	<b>DOBROWOLSKA Bożena</b>	<b>4104</b>	SPORTOWI EMERYCI JELENIA GÓRA	K-60	2	01:30:16	<b>02:33:03.60</b>	<b>04:03:20.20</b>	+01:38:16 (64.2%)	15:18	3.9 (35.5%)
441	<b>TWARDOWSKI Wojciech</b>	<b>4168</b>	RUN BYDGOSZCZ	M-50	49	01:30:13	<b>02:34:38.60</b>	<b>04:04:51.70</b>	+01:39:51 (64.6%)	15:27	3.9 (35.5%)
442	<b>KOSTULSKA Olga</b>	<b>4300</b>	WKURW_TEAM	K-30	44	01:30:14	<b>02:36:31.20</b>	<b>04:06:45.75</b>	+01:41:44 (65.0%)	15:39	3.8 (34.5%)
443	<b>MAKOWSKI Maciej</b>	<b>4058</b>	KORONA PABIANICE	M-40	118	00:00:00	<b>02:37:35.30</b>	<b>02:37:35.30</b>	+01:42:48 (65.2%)	15:45	3.8 (34.5%)
444	<b>FRĄCKOWIAK Anna</b>	<b>4129</b>	KB HARCOWNIK JELCZ-LASKOWICE	K-50	18	01:30:15	<b>02:38:03.00</b>	<b>04:08:18.70</b>	+01:43:16 (65.3%)	15:48	3.8 (34.5%)
445	<b>BARAŃSKA Adrianna</b>	<b>4261</b>	SOCIOS SILESIA	K-20	10	01:30:18	<b>02:39:30.95</b>	<b>04:09:49.20</b>	+01:44:44 (65.7%)	15:57	3.8 (34.5%)
446	<b>CHAMAŁA Krzysztof</b>	<b>4086</b>	WEEGREE	M-30	94	00:00:00	<b>02:48:06.10</b>	<b>02:48:06.10</b>	+01:53:19 (67.4%)	16:48	3.6 (32.7%)
447	<b>GAWRYSIAK Marek</b>	<b>4141</b>	BIEGOSTACJA	M-50	50	00:00:00	<b>02:49:51.70</b>	<b>02:49:51.70</b>	+01:55:05 (67.8%)	16:59	3.5 (31.8%)
448	<b>DOBERSZTYN Błażej</b>	<b>4328</b>	FIZJOBIEGACZE	M-40	119	00:00:00	<b>02:51:27.40</b>	<b>02:51:27.40</b>	+01:56:40 (68.1%)	17:08	3.5 (31.8%)
449	<b>BACHURSKI Tomasz</b>	<b>4088</b>	140MINUT.PL	M-40	120	00:00:00	<b>02:55:10.60</b>	<b>02:55:10.60</b>	+02:00:23 (68.7%)	17:31	3.4 (30.9%)
450	<b>ISHCHUK Aliaksandr</b>	<b>4211</b>		M-30	95	00:00:00	<b>02:55:54.10</b>	<b>02:55:54.10</b>	+02:01:07 (68.9%)	17:35	3.4 (30.9%)
451	<b>HARETSKI Aleksander</b>	<b>4210</b>		M-30	96	00:00:00	<b>02:55:55.70</b>	<b>02:55:55.70</b>	+02:01:09 (68.9%)	17:35	3.4 (30.9%)
452	<b>TOMELA Maciej</b>	<b>4130</b>	TEAM GOSZKA	M-30	97	00:00:00	<b>03:00:06.55</b>	<b>03:00:06.55</b>	+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	<b>JANOWICZ Wojtek</b>	<b>4164</b>		M-30	98	00:00:00	<b>03:08:26.20</b>	<b>03:08:26.20</b>	+02:13:39 (70.9%)	18:50	3.2 (29.1%)
454	<b>KOŁEK Adrian</b>	<b>4283</b>	DRINK TEAM	M-30	99	00:00:00	<b>03:10:14.30</b>	<b>03:10:14.30</b>	+02:15:27 (71.2%)	19:01	3.2 (29.1%)
455	<b>NOWAK Arkadiusz</b>	<b>4148</b>		M-30	100	00:00:00	<b>03:14:47.60</b>	<b>03:14:47.60</b>	+02:20:00 (71.9%)	19:28	3.1 (28.2%)
456	<b>SOBOTA Paweł</b>	<b>4095</b>		M-30	101	00:00:00	<b>03:15:04.75</b>	<b>03:15:04.75</b>	+02:20:18 (71.9%)	19:30	3.1 (28.2%)
457	<b>LAUBACH Radosław</b>	<b>4197</b>	RAAN	M-30	102	00:00:00	<b>03:17:09.55</b>	<b>03:17:09.55</b>	+02:22:22 (72.2%)	19:42	3 (27.3%)
458	<b>BĘBAS Paweł</b>	<b>4208</b>		M-40	121	00:00:00	<b>03:29:58.85</b>	<b>03:29:58.85</b>	+02:35:12 (73.9%)	20:59	2.9 (26.4%)
DQ	<b>ZIÓLKOWSKA Ewelina</b>	<b>3254</b>	KB HARCOWNIK JELCZ LASKOWICE	K-30		DQ	<b>02:00:30.20</b> <b>DQ</b>	<b>DQ</b>		0:00	5 (45.5%)
	<b>DZITKOWSKI Witold</b>	<b>3180</b>		M-30		DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>NOWOMIEJSKI Marcin</b>	<b>3152</b>	PROGRES	M-40		DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>BAKSALARY Lidia</b>	<b>4180</b>	#BIEGAJLESZNO	K-40		DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>MACHNIO Nikola</b>	<b>4228</b>		K-20		DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>HAUTON Monika</b>	<b>3015</b>	NIE TERAZ, POTEM	K-40		DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>LESIK Łukasz</b>	<b>4278</b>		M-40		DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>KOTYŚ Paweł</b>	<b>4229</b>		M-20		DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 466 wynik(ów)