

**RZEŹNICZEK 2019**

Organiser: Fundacja Bieg Rzeźnika  
 Date: 2019-06-22  
 Place: Cisna  
 Distance: 28 km



Klasyfikacja wg czasów netto.

W klasyfikacji open pierwsze 1000 miejsc wg czasu brutto

**RZEŹNICZEK 2019, OPEN**

POS	Name and surname	No.	Club	City	NAT	Cat.	M.	F/M	16.2km	Netto	Brutto	min/km	km/h	
							cat.							
1	KAWIK TOMASZ	4023	ALPIN SPORT HOKA ONE ONE TEAM/ TRENER BIEGACZY	BRENNA	POL	M20	1	M 1	01:17:21	02:22:48.60	02:22:49.75	5:06	11.8	
2	BĘTKOWSKI PIOTR	4017	CITY TRAIL TEAM	WARSZAWA	POL	M30	1	M 2	01:17:19	02:24:42.85	02:24:44.00	5:10	11.6	
3	BEREŚ ARKADIUSZ	4479		RZESZÓW	POL	M30	2	M 3	01:20:00	02:27:40.00	02:27:41.70	5:16	11.4	
4	CHOJNACKI SZYMON	4029	RENELAGH HARRIERS	ŁÓDŹ	POL	M30	3	M 4	01:19:59	02:30:53.30	02:30:54.45	5:23	11.1	
5	WOŹNIAK MICHAŁ	4030	HOKA ONE ONE POLAND	KRAKÓW	POL	M20	2	M 5	01:20:02	02:33:36.75	02:33:37.75	5:29	10.9	
6	KAROLKIEWICZ DANIEL	4509		WARSZAWA	POL	M30	4	M 6	01:19:35	02:33:36.85	02:33:38.55	5:29	10.9	
7	DUDZIK ŁUKASZ	4037	GÓRAL BIEGA	KAMIENICA	POL	M30	5	M 7	01:26:14	02:40:14.45	02:40:16.35	5:43	10.5	
8	KOWAL AMADEUSZ	4053	NAPRZÓD MŁOCINY	LUBACZÓW	POL	M30	6	M 8	01:25:09	02:40:24.25	02:40:26.90	5:43	10.5	
9	WIŚNIEWSKA MARTYNA	4935		WARSZAWA	POL	K30	1	K 1	01:28:54	02:45:05.80	02:45:08.05	5:53	10.2	
10	CHODAKOWSKI RAFAŁ	4039	OSTROBIEC	ĆMIELÓW	POL	M40	1	M 9	01:29:45	02:45:53.95	02:45:55.65	5:55	10.1	
11	GOMOŁYSEK KINGA	4034	MATNER RUNNING TEAM	GŁUCHOŁAZY	POL	K30	2	K 2	01:27:51	02:47:00.90	02:47:02.70	5:57	10.1	
12	SYCHOWICZ DANIEL	4025		OTWOCK	POL	M40	2	M 10	01:29:55	02:47:07.85	02:47:09.30	5:58	10.1	
13	SARNA KAMIL	4072		KRASNE	POL	M30	7	M 11	01:28:39	02:47:13.20	02:47:16.55	5:58	10	
14	KOWALCZYK ADAM	4048	ADIDAS RUNNERS WARSAW	LESZNO	POL	M30	8	M 12	01:28:57	02:50:49.70	02:50:52.40	6:06	9.8	
15	DOMINIAK MICHAŁ	4047	KB OŹARÓW MAZOWIECKI BIEGA	OŹARÓW MAZOWIECKI	POL	M30	9	M 13	01:29:13	02:51:32.55	02:51:36.85	6:07	9.8	
16	TOPOLSKI MARCIN	4051		JADOWNIKI	POL	M40	3	M 14	01:33:51	02:52:17.85	02:52:22.75	6:09	9.8	
17	MAZURKIEWICZ TOMASZ	4931		SANOK	POL	M40	4	M 15	01:31:23	02:52:33.55	02:52:35.30	6:09	9.7	
18	RAKSZAWA KRZYSZTOF	4936		RYBNIK	POL	M40	5	M 16	01:32:28	02:55:22.10	02:55:25.45	6:15	9.6	
19	BURYŁO MATEUSZ	4919	PERFECT RUNNER TEAM	JODŁÓWKA	POL	M20	3	M 17	01:32:18	02:55:28.75	02:55:31.10	6:16	9.6	
20	RUPIŃSKI KRZYSZTOF	4869		KONSTANCIN-JEZIORNA	POL	M20	4	M 18	01:30:21	02:55:30.85	02:55:36.45	6:16	9.6	
21	DZIÓB ROMUALD	4873	CRACOVIA WIELICZKA	WIELICZKA	POL	M40	6	M 19	01:33:33	02:55:49.90	02:55:54.75	6:16	9.6	
22	KOWALCZYK AGNIESZKA	4028	ADIDAS RUNNERS WARSAW	LESZNO	POL	K30	3	K 3	01:33:55	02:56:10.60	02:56:12.45	6:17	9.5	
23	MUCKUS FILIP	4040	KS KANAŁEK	WARSZAWA	POL	M30	10	M 20	01:29:42	02:56:16.30	02:56:19.95	6:17	9.5	
24	LATAK MICHAŁ	4121	JACEK BIEGA RUNNING TEAM	WARSZAWA	POL	M40	7	M 21	01:33:48	02:56:15.05	02:56:24.10	6:17	9.5	
25	STAWIARZ PAWEŁ	4059	MATNER RUNNING TEAM	WROCLAW	POL	M30	11	M 22	01:32:50	02:58:13.35	02:58:18.10	6:21	9.4	
26	LABUZ MALGORZATA	4923	CZARNI	WROCLAW	POL	K30	4	K 4	01:34:03	02:58:37.65	02:58:41.45	6:22	9.4	
27	KĄKOL MICHAŁ	4174	RACEFIGHTER	MIŃSK MAZOWIECKI	POL	M30	12	M 23	01:38:54	02:59:56.60	03:00:04.15	6:25	9.3	
28	LIPŃSKI HUBERT	4052	KS KANAŁEK	WARSZAWA	POL	M30	13	M 24	01:33:53	03:01:26.75	03:01:29.95	6:28	9.3	
29	FIRST TOMASZ	4910		PŁOŃSK	POL	M20	5	M 25	01:32:25	03:01:09.20	03:02:05.30	6:28	9.3	
30	NOWAK ŁUKASZ	4046	NOA / CS RUNNING TEAM	WROCLAW	POL	M30	14	M 26	01:38:30	03:03:19.75	03:03:22.85	6:32	9.2	
31	DĄBROWSKI TOMASZ	4149	HUSARIA RACE TEAM RZESZÓW	RZESZÓW	POL	M30	15	M 27	01:38:18	03:03:33.35	03:03:44.10	6:33	9.2	
32	KULIGA SŁAWOMIR	4475	POSMAKUJ RUN TEAM	KROSNO	POL	M30	16	M 28	01:36:47	03:04:50.25	03:05:13.50	6:36	9.1	
33	JASTRZĄBEK KONRAD JASTRZĄBEK:	4043	EVERRUN	ŁÓDŹ	POL	M30	17	M 29	01:37:27	03:06:14.20	03:06:19.65	6:39	9	
34	JUSZCZAK MARCIN	4137	RACEFIGHTER	CEGLÓW	POL	M30	18	M 30	01:39:16	03:06:28.60	03:06:35.75	6:39	9	
35	PRZYWARA PIOTR	4086	MTU AERO ENGINES POLSKA	BUDY GŁOGOWSKIE	POL	M30	19	M 31	01:35:17	03:06:57.20	03:07:02.95	6:40	9	
36	DESKA LESZEK	4041	WWW.LESZEKBIEGA.PL	NOWA IWICZNA	POL	M40	8	M 32	01:36:27	03:07:06.30	03:07:19.95	6:40	9	
37	OGŁUSZKA MICHAŁ	4104	SAFEPRO USŁUGI BHP	RZESZÓW	POL	M30	20	M 33	01:37:36	03:07:14.60	03:07:25.75	6:41	9	
38	PTASZYŃSKI WOJCIECH	4067	SPEED FEET '16	KOŚCIAN	POL	M50	1	M 34	01:40:04	03:07:32.95	03:07:38.25	6:41	9	
39	SOBOLEWSKI MIKOŁAJ	4833	SZYMANOWSKI TRIATHLON TEAM	ADAMÓW	POL	M30	21	M 35	01:36:44	03:08:57.35	03:09:37.80	6:44	8.9	
40	MAŚLANY DANIEL	4254		SANOK	POL	M40	9	M 36	01:36:24	03:10:03.80	03:10:12.55	6:47	8.8	
41	NOWOSIELSKI GRZEGORZ	4070	BOMBABIEGA	WARSZAWA	POL	M20	6	M 37	01:32:47	03:10:47.25	03:10:52.50	6:48	8.8	
42	KACZMARCZYK PRZEMYSŁAW	4878	MATNER RUNNING TEAM/WATAHA	ROLANTOWICE	POL	M20	7	M 38	01:36:36	03:10:58.10	03:11:00.55	6:49	8.8	
43	ROGAŁA GRZEGORZ	4172		BOGUCHWAŁA	POL	M40	10	M 39	01:36:15	03:11:03.00	03:11:05.70	6:49	8.8	
44	KORNOBIS MONIKA	4099	KAWIKRUNNINGTEAM/ GO APTIV!	KRAKÓW	POL	K20	1	K 5	01:40:13	03:11:18.20	03:11:20.25	6:49	8.8	

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POS	Name and surname	No.	Club	City	NAT	Cat.	M.	F/M	16.2km	Netto	Brutto	min/km	km/h
							cat.						
45	BAJSAROWICZ MARLENA	4223	WKURW_TEAM	JELCZ-LASKOWICE	POL	K20	2	K 6	01:40:19	03:11:41.85	03:11:47.10	6:50	8.8
46	WOJTAS JANUSZ	4113		WARSZAWA	POL	M50	2	M 40	01:42:51	03:12:13.90	03:12:36.50	6:51	8.7
47	CZEGUS MARCIN	4193	RUNNING POŁANIEC	POŁANIEC	POL	M40	11	M 41	01:36:47	03:12:58.50	03:13:02.65	6:53	8.7
48	BĄK MARCIN	4062	LUBLIN BIEGA	LUBLIN	POL	M40	12	M 42	01:42:13	03:13:21.85	03:13:26.50	6:54	8.7
49	ANIÓŁ MATEUSZ	4266	KILLAZ	GÓRNO	POL	M30	22	M 43	01:41:21	03:13:23.15	03:13:41.80	6:54	8.7
50	IZDEBSKI DAMIAN	4083		PISZCZAC	POL	M30	24	M 44	01:40:58	03:13:49.75	03:14:02.60	6:55	8.7
51	SŁAMACHA JAROSŁAW	4519	ZÓRAWSKI TEAM	WARSZAWA	POL	M30	23	M 45	01:47:07	03:13:28.30	03:14:07.55	6:54	8.7
52	BEDNARSKI ARKADIUSZ	4926		WIRY	POL	M30	25	M 46	01:40:44	03:14:11.80	03:14:26.45	6:56	8.7
53	RZEWUSKI JAKUB	4154	STO-NOGI MILANÓWEK	BRWINÓW	POL	M20	8	M 47	01:41:19	03:14:28.50	03:14:44.15	6:56	8.6
54	MICOR MATEUSZ	4253		GILOWICE	POL	M30	26	M 48	01:40:37	03:15:15.90	03:15:35.65	6:58	8.6
55	ŻMUDA MICHAŁ	4026		RASZYN	POL	M40	13	M 49	01:37:17	03:15:47.50	03:15:51.65	6:59	8.6
56	CHWALISZ ŁUKASZ	4105	NIGHT RUNNERS	POZNAŃ	POL	M20	9	M 50	01:44:43	03:16:02.15	03:16:32.30	7:00	8.6
57	PERZ KRZYSZTOF	4019	FABRYKA BIEGANIA	OSTR	POL	M30	27	M 51	01:26:02	03:16:32.65	03:16:34.80	7:01	8.5
58	SURDACKI MATEUSZ	4143		NAŁĘCZÓW	POL	M30	28	M 52	01:41:39	03:17:21.55	03:17:33.55	7:02	8.5
59	WITKOWSKI PIOTR	4077	VEGE RUNNERS	WARSZAWA	POL	M20	10	M 53	01:41:03	03:17:26.60	03:17:38.55	7:03	8.5
60	WÓJCIK KRZYSZTOF	4074	NIGHT RUNNERS ŚWILCZA	ŚWILCZA	POL	M40	14	M 54	01:37:03	03:17:40.80	03:17:43.45	7:03	8.5
61	GACA MICHAŁ	4045	PZU SPORT TEAM	WARSZAWA	POL	M40	15	M 55	01:45:02	03:19:05.35	03:19:30.15	7:06	8.4
62	ZALEWSKI ANDRZEJ	4820	TEAM NUTRILITE	WARSZAWA	POL	M60	1	M 56	01:41:28	03:19:29.15	03:19:36.65	7:07	8.4
63	SZCZECINA KONRAD	4159		OBREB	POL	M20	11	M 57	01:43:12	03:20:00.15	03:20:14.40	7:08	8.4
64	KRAWCZYK JAN	4700	KLUB POD WISIENKĄ	KRAKÓW	POL	M30	29	M 58	01:44:03	03:20:09.50	03:21:02.55	7:08	8.4
65	BARAŃSKI JAROSŁAW	4930		RADOM	POL	M30	30	M 59	01:46:55	03:20:41.75	03:21:07.75	7:10	8.4
66	STĘPIEŃ MIROŚLAW	4102	ROSSBIEGANI	ŁÓDŹ	POL	M40	16	M 60	01:41:22	03:21:41.15	03:21:55.85	7:12	8.3
67	WITEK PAWEŁ	4200		WARSZAWA	POL	M20	12	M 61	01:43:16	03:21:55.25	03:22:09.60	7:12	8.3
68	RAMOTOWSKI MARCIN	4160		WARSZAWA	POL	M40	17	M 62	01:46:54	03:22:21.85	03:22:44.50	7:13	8.3
69	DRZĄGA TOMASZ	4090		WARSZAWA	POL	M30	31	M 63	01:41:06	03:22:45.60	03:22:54.15	7:14	8.3
70	SOWA DARIUSZ	4202	RZESZOWSKIE GAZELE I GEPARDY	RZESZÓW	POL	M50	3	M 64	01:46:45	03:22:59.25	03:23:11.30	7:14	8.3
71	BAJERLEIN JOANNA	4917		POZNAŃ	POL	K30	5	K 7	01:44:43	03:22:48.00	03:23:24.10	7:14	8.3
72	BEŚKA SŁAWOMIR	4044	OCHAJORUN & FRIENDS	RYBNIK OCHOJEC	POL	M40	18	M 65	01:41:43	03:23:35.20	03:23:42.90	7:16	8.3
73	BŁACHNIO JAKUB	4148	DOGOŃ GRODZISK MAZOWIECKI	GRODZISK MAZOWIECKI	POL	M30	32	M 66	01:43:57	03:23:25.30	03:23:42.95	7:15	8.3
74	KALBARCZYK WOJTEK	4107	ADIDAS RUNNERS WARSAW	WARSZAWA	POL	M30	34	M 67	01:42:34	03:23:46.05	03:23:49.60	7:16	8.2
75	WĘGRZYN MARCIN	4031	ŻMUDA RUNNING TEAM	WARSZAWA	POL	M30	35	M 68	01:44:15	03:23:46.55	03:23:50.85	7:16	8.2
76	GUT PRZEMYSŁAW	4948	JACEK BIEGA RUNNING TEAM	WARSZAWA	POL	M30	33	M 69	01:44:43	03:23:28.70	03:23:51.00	7:16	8.3
77	ŻYCHOWICZ RAFAŁ	4294	ALD RUNNING TEAM	JABŁONNA	POL	M30	36	M 70	01:47:01	03:23:50.30	03:24:12.10	7:16	8.2
78	KAWIŃSKA SYLWIA	4410		KRAKÓW	POL	K30	6	K 8	01:55:29	03:23:30.10	03:24:17.60	7:16	8.3
79	DZIEWA PRZEMYSŁAW	4115	SUPERIOR INDUSTRIES STALOWA WOLA	BRANDWICA	POL	M40	19	M 71	01:53:16	03:23:55.60	03:24:20.05	7:17	8.2
80	BARCIŃSKI DARIUSZ	4218	PZU SPORT TEAM	WARSZAWA	POL	M20	13	M 72	01:47:52	03:23:56.45	03:24:22.55	7:17	8.2
81	OLSZAK ZENON	4321	WARSAW RUN CLUB	WARSZAWA	POL	M50	4	M 73	01:49:19	03:25:42.75	03:25:49.40	7:20	8.2
82	NIEPSUJ ŁUKASZ	4780	NIEPOŁOMICE BIEGAJĄ	NIEPOŁOMICE	POL	M30	37	M 74	01:47:03	03:25:48.80	03:26:33.80	7:21	8.2
83	RUKUSZEWICZ WAWRZYNIEC	4190	DZIKIE GRUBASY SZATANA	WARSZAWA	POL	M30	38	M 75	01:49:24	03:26:22.40	03:26:38.75	7:22	8.1
84	ŻYŁKA IRENEUSZ	4312	BIEGACZ	SANOK	POL	M40	20	M 76	01:47:37	03:26:31.55	03:26:40.15	7:22	8.1
85	ŚWIĄDERSKI PAWEŁ	4358		SZCZECIN	POL	M40	21	M 77	01:49:13	03:26:51.05	03:27:33.45	7:23	8.1
86	GAWROŃSKI ROMAN	4133		ZALASEWO	POL	M30	39	M 78	01:45:14	03:27:08.25	03:27:37.25	7:23	8.1
87	JAŻOWNIK JACEK	4136		WRZEŚNIA	POL	M40	22	M 79	01:45:14	03:27:08.25	03:27:37.65	7:23	8.1
88	LASKOWSKI SŁAWOMIR	4314	PZU SPORT TEAM	LEWIN BRZESKI	POL	M30	40	M 80	01:47:27	03:27:13.00	03:27:38.55	7:24	8.1
89	KRYPSKI BARTOSZ	4098	CROSSFIT SIEDLCE	SIEDLCE	POL	M20	14	M 81	01:45:48	03:27:34.25	03:27:41.20	7:24	8.1
90	GAȚARCZYK MARIUSZ	4897	DZIKIE GRUBASY SZATANA	SIEDLCE	POL	M30	41	M 82	01:46:36	03:27:48.10	03:28:03.75	7:25	8.1
91	JABŁOŃSKI SEBASTIAN	4125	SSW TEAM KROŚNICE	WROCŁAW	POL	M30	43	M 83	01:46:35	03:28:41.60	03:28:46.55	7:27	8
92	SZANIAWSKI MARCIN	4101		WARSZAWA	POL	M30	42	M 84	01:42:04	03:28:36.80	03:28:52.25	7:27	8.1
93	DZIEWIŃSKI KAMIL	4117	AKTYWNE CHOSZCZNO	SZCZECIN	POL	M30	44	M 85	01:49:03	03:28:51.40	03:29:07.45	7:27	8
94	CIEŚLA JAROSŁAW	4171	BIEGAJĄCE MAŁŻEŃSTWO	OLSZTYNEK	POL	M40	24	M 86	01:48:10	03:29:16.75	03:29:29.75	7:28	8
95	URBANIK KACPER	4551		WARSZAWA	POL	M20	15	M 87	01:44:39	03:28:43.65	03:29:35.15	7:27	8
96	KISIEL KRZYSZTOF	4723		KWIDZYN	POL	M40	23	M 88	01:52:25	03:28:31.00	03:29:49.35	7:26	8.1
97	KOZAK MARK	4933		CHICAGO	USA	M30	45	M 89	01:46:46	03:29:25.30	03:30:14.10	7:28	8
98	KOKSA MATEUSZ	4129		OLSZTYN	POL	M20	16	M 90	01:43:25	03:30:20.05	03:30:30.90	7:30	8
99	BROMKE ŁUKASZ	4145	ORANGE POLSKA	LUBLIN	POL	M40	25	M 91	01:47:26	03:30:24.80	03:30:32.55	7:30	8
100	ĆWIAKALE MICHAŁ	4474		ZARZYZYN	POL	M30	46	M 92	01:47:36	03:30:34.10	03:30:45.75	7:31	8

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							cat.						
101	NALEWALSKA JOANNA	4914	#SOBASTEAM	BOLESŁAWIEC	POL	K30	7	K 9	01:48:14	03:31:01.80	03:31:24.90	7:32	8
102	SLABON MARIUSZ	4371	KIWK-A BIEGA	WOLBROM	POL	M40	26	M 93	01:51:11	03:31:13.90	03:31:52.85	7:32	8
103	STANOWSKI BARTŁOMIEJ	4080	CIESZANÓW RUNNERS	WARSZAWA	POL	M30	47	M 94	01:51:11	03:31:47.75	03:31:53.95	7:33	7.9
104	KRZYMOWSKI PIOTR	4642	AKADEMIA PRZYSZŁOŚCI	LUBLIN	POL	M30	48	M 95	01:51:25	03:33:32.65	03:34:14.20	7:37	7.9
105	BARDAN MICHAŁ	4275	ALD RUNNING TEAM	WARSZAWA	POL	M30	50	M 96	01:46:44	03:34:03.90	03:34:26.30	7:38	7.8
106	PRUS ALEKSANDER	4096		POZNAŃ	POL	M30	49	M 97	01:44:43	03:34:00.15	03:34:29.50	7:38	7.9
107	KWAŚNY JANUSZ	4076		OSIEDLE POZNAŃSKIE	POL	M40	28	M 98	01:44:43	03:34:12.35	03:34:30.60	7:39	7.8
108	KONSTANTY KATARZYNA	4141	HOKA ONE ONE POLAND	KRAKÓW	POL	K40	1	K 10	01:53:21	03:34:19.35	03:34:32.95	7:39	7.8
109	HERBICH-SAR VIOLETTA	4153	FUDU & CO.	PIOTRKÓW TRYB	POL	K40	3	K 11	01:51:36	03:34:31.35	03:34:40.10	7:39	7.8
110	SKWAREK MARCIN	4081		WARSZAWA	POL	M30	51	M 99	01:47:26	03:34:27.60	03:34:40.70	7:39	7.8
111	OSTROWSKI ZBYSZEK	4109	YULO RUN TEAM SIEDLCE	SIEDLCE	POL	M50	5	M 100	01:52:59	03:34:11.60	03:34:48.35	7:39	7.8
112	DERWICH KAROL	4432	WKURW TEAM	KRAKÓW	POL	M40	29	M 101	01:53:21	03:34:33.65	03:34:51.90	7:39	7.8
113	SZYBIAK JOANNA	4557		KRZYWCZA	POL	K40	2	K 12	01:50:40	03:34:23.65	03:34:57.50	7:39	7.8
114	NIEWDZIĘCZNY JERZY	4865	SĄ WOLNIEJSI	OLSZTYN	POL	M40	27	M 102	01:47:16	03:33:56.60	03:35:00.55	7:38	7.9
115	OSMOLAK AGNIESZKA	4181	PRO - RUN WROCŁAW	WROCŁAW	POL	K30	8	K 13	01:51:54	03:34:49.00	03:35:24.25	7:40	7.8
116	GRYMUZA ZBIGNIEW	4119		LUBLIN	POL	M50	6	M 103	01:51:25	03:35:08.80	03:35:32.05	7:41	7.8
117	LITKA KRZYSZTOF	4883	PZU SPORT TEAM	WROCŁAW	POL	M40	30	M 104	01:40:59	03:35:08.65	03:35:49.65	7:41	7.8
118	CYMBORSKA JOLANTA	4245	WARSAW RUN CLUB	WARSZAWA	POL	K30	9	K 14	01:48:50	03:35:45.85	03:35:51.90	7:42	7.8
119	KOWALCZYK ROBERT	4353	ŁĘCZNA BIEGA	ŁĘCZNA	POL	M40	31	M 105	01:51:09	03:35:12.90	03:35:53.05	7:41	7.8
120	PODEJMA GRZEGORZ	4173		SWARZĘDZ	POL	M40	33	M 106	01:45:13	03:35:38.80	03:36:07.55	7:42	7.8
121	FEDAK BOHDAN	4455		ZAGÓRZ	POL	M40	32	M 107	01:54:24	03:35:23.55	03:36:12.10	7:41	7.8
122	ZATORSKI PAWEŁ	4752	NIGHT DRINKERS	ZGIERZ	POL	M30	52	M 108	01:46:15	03:36:11.15	03:36:53.75	7:43	7.8
123	GOZDZIENIAK SOBIEŚLAW	4521	KW KOTŁOWNIA	LUBLIN	POL	M30	53	M 109	01:49:52	03:36:19.15	03:37:00.10	7:43	7.8
124	KOŚCIELNY ALEKSANDER	4416	MTU AERO ENGINES	RZESZÓW	POL	M40	36	M 110	01:50:38	03:37:19.90	03:37:25.75	7:45	7.7
125	FLORIAN KRZYSZTOF	4944		RUDA ŚLĄSKA	POL	M40	34	M 111	01:57:57	03:36:26.45	03:37:27.20	7:43	7.8
126	WILAMOWSKI BARTŁOMIEJ	4150	ZOSTAĆ ULTRASEM	PŁOCK	POL	M30	55	M 112	01:53:17	03:37:08.10	03:37:34.95	7:45	7.7
127	ŻYMOŁKA PIOTR	4918	GAZELE MOSZNA	ZIELINA - MOSZNA	POL	M30	54	M 113	01:55:32	03:36:29.30	03:37:41.05	7:43	7.8
128	KOSOWSKI MATEUSZ	4063		WARSZAWA	POL	M40	37	M 114	01:56:20	03:37:37.15	03:37:47.85	7:46	7.7
129	JAŁOCHA MICHAŁ	4419	MOŻE SIĘ UDA!	LUBLIN	POL	M40	35	M 115	01:52:16	03:37:18.15	03:37:52.00	7:45	7.7
130	WIERCIAŃSKI ŁUKASZ	4941		WARSZAWA	POL	M30	56	M 116	01:55:33	03:37:32.25	03:37:54.10	7:46	7.7
131	WÓJTOWICZ MAGDALENA	4139		WARSZAWA	POL	K20	3	K 15	01:54:43	03:37:37.00	03:38:05.90	7:46	7.7
132	GAJEWSKI JACEK	4138	DOGOŃ GRODZISK MAZOWIECKI	GRODZISK MAZOWIECKI	POL	M40	39	M 117	01:51:13	03:37:53.65	03:38:11.65	7:46	7.7
133	KRZESIAK ŁUKASZ	4360	MASAKRA KLUB SPORTOWY	WARSZAWA	POL	M40	38	M 118	01:51:03	03:37:47.05	03:38:12.15	7:46	7.7
134	MAŁAJEWICZ IZABELA	4813		KRAKÓW	POL	K20	4	K 16	01:57:45	03:37:41.65	03:38:13.05	7:46	7.7
135	KĄŻMIERCZAK BARTŁOMIEJ	4068		ŁÓDŹ	POL	M30	57	M 119	01:47:35	03:37:59.70	03:38:16.05	7:47	7.7
136	DRAŃKO PIOTR	4151		OTWOCK	POL	M30	58	M 120	01:47:30	03:38:33.15	03:38:41.45	7:48	7.7
137	GAWLIK SŁAWEK	4022	MARCINŚWIERCTEAM	KRAKÓW	POL	M30	59	M 121	01:56:09	03:38:44.85	03:38:48.35	7:48	7.7
138	BODZIOCH GRZEGORZ	4057	GORLICKA GRUPA BIEGOWA	GORLICE	POL	M40	41	M 122	01:49:11	03:39:21.90	03:39:24.90	7:50	7.7
139	KOZŁOWSKI TOMASZ	4155		KONSTANCIN JEZIORNA	POL	M60	2	M 123	01:53:45	03:39:36.20	03:39:48.35	7:50	7.7
140	BODZEK BARTŁOMIEJ	4823		TARNÓW	POL	M30	60	M 124	01:54:32	03:39:00.45	03:40:15.20	7:49	7.7
141	SZYMAŁAK MICHAŁ	4082		ŁÓDŹ	POL	M40	40	M 125	01:52:01	03:38:48.95	03:40:32.55	7:48	7.7
142	SZUMNY NINA	4355	-----	KRAKÓW	POL	K30	10	K 17	02:00:53	03:40:34.10	03:40:37.65	7:52	7.6
143	PODEJMA RAFAŁ	4216	SPARTA	LASKI	POL	M40	42	M 126	01:51:00	03:40:22.30	03:40:43.05	7:52	7.6
144	KUCHARCZYK MIKOŁAJ	4793		NOWA WIEŚ LĘBORSKA	POL	M20	17	M 127	02:02:13	03:39:27.60	03:40:47.65	7:50	7.7
145	BUKAŁA MARCIN	4095	VEGE RUNNERS	BIELSKO-BIAŁA	POL	M20	18	M 128	01:55:57	03:40:43.85	03:41:08.20	7:53	7.6
146	POGORZELSKI MARIUSZ	4896	HARDCOROWE WYCHYLYBYBYMY	KARCZEW	POL	M40	43	M 129	01:56:03	03:40:55.20	03:41:23.20	7:53	7.6
147	PRĘTKIEWICZ ADAM	4787		TŁUSZCZ	POL	M30	61	M 130	01:54:46	03:39:54.00	03:41:42.70	7:51	7.6
148	JASTRZĄBEK AGNIESZKA	4147	EVERRUN	ŁÓDŹ	POL	K30	11	K 18	01:53:34	03:41:29.10	03:41:46.75	7:54	7.6
149	CHOMA-GACA AGNIESZKA	4144	PZU SPORT TEAM	WARSZAWA	POL	K40	4	K 19	01:55:41	03:41:23.65	03:41:47.65	7:54	7.6
150	BIELEC KAROL	4056	ROZBIEGAMY NOWY DWÓR	NOWY DWÓR MAZOWIECKI	POL	M30	64	M 131	01:53:13	03:42:11.20	03:42:38.25	7:56	7.6
151	JANKOWSKI RAFAŁ	4825	GLKS FAŁKÓW/NAPRZÓD MŁOCINY	POLICZNA	POL	M40	44	M 132	01:57:07	03:41:25.40	03:42:39.55	7:54	7.6
152	JADWIŃSKI WOJCIECH	4165	REEBOK RUN CREW	WARSZAWA	POL	M40	45	M 133	01:48:07	03:42:40.30	03:42:48.90	7:57	7.5
153	PIWŃSKI ADAM	4748		GÓRA KALWARIA	POL	M30	63	M 134	01:55:34	03:41:56.40	03:42:53.90	7:55	7.6
154	REJDYCH TOMASZ	4687	HUSARIA RACE TEAM	KRAKÓW	POL	M30	62	M 135	01:44:50	03:41:42.00	03:42:58.55	7:55	7.6
155	PIŁAT JAKUB	4822	MULTIMEDIA RUNNERS PUŁAWY	GÓRA PUŁAWSKA	POL	M30	66	M 136	01:57:22	03:42:23.45	03:43:00.85	7:56	7.6
156	KORNAK DARUSZ	4079	PKP CARGO	MUNINA	POL	M40	46	M 137	01:54:50	03:43:16.70	03:43:21.20	7:58	7.5

## RZEŹNICZEK 2019, OPEN c.d.

POS	Name and surname	No.	Club	City	NAT	Cat.	M.	F/M	16.2km	Netto	Brutto	min/km	km/h
							cat.						
157	BLICHARZ ARTUR	4811	KS SPORTIVA	OLPINY	POL	M30	65	M 138	02:02:28	03:42:12.70	03:43:47.35	7:56	7.6
158	SZWAŁEK KRZYSZTOF	4263		ZBYDNIÓW	POL	M30	68	M 139	01:51:02	03:43:40.65	03:44:02.70	7:59	7.5
159	JAGUSZEWSKI PIOTR	4127	SULEJÓWEK	SULEJÓWEK	POL	M30	67	M 140	02:06:06	03:42:44.30	03:44:18.15	7:57	7.5
160	GLUCHOWSKI KAROL	4278		WARSZAWA	POL	M30	69	M 141	01:49:23	03:44:15.40	03:44:24.60	8:00	7.5
161	SOT LUCJAN	4899	A NIECH TO SZLAK BIEGIEM NA SZLAK	WETLINA	POL	M50	7	M 142	01:55:36	03:44:41.75	03:45:33.35	8:01	7.5
162	DOMINIK KACPER	4817		ŁOMIANKI	POL	M20	19	M 143	01:58:35	03:44:53.80	03:46:22.75	8:01	7.5
163	BUKALSKI ARKADIUSZ	4156	CHEŁMSKA GRUPA TRIATHLONU	CHEŁM	POL	M40	48	M 144	01:51:32	03:46:15.05	03:46:29.90	8:04	7.4
164	OSZUST MARCIN	4556	CHEŁMSKA GRUPA TRIATHLONU	ZAGRODA	POL	M40	47	M 145	01:56:27	03:46:14.90	03:46:29.90	8:04	7.4
165	ROZPARA KAROLINA	4531		SZEBNIE	POL	K20	5	K 20	01:58:19	03:46:02.15	03:46:51.05	8:04	7.4
166	KĄŁOWSKI TOMASZ	4097		OTWOCK	POL	M50	8	M 146	02:01:35	03:46:44.95	03:46:55.80	8:05	7.4
167	ZIÓLKOWSKA MILENA	4385		WARSZAWA	POL	K30	12	K 21	01:57:55	03:46:35.00	03:46:56.50	8:05	7.4
168	STARZYŃSKA KATARZYNA	1049	POKRĘCENI	PIŁA	POL	K40	5	K 22	02:00:05	03:45:28.00	03:46:57.75	8:03	7.5
169	AMBICKI MIŁOSZ	4177		RZESZÓW	POL	M30	70	M 147	01:54:34	03:46:58.70	03:47:08.10	8:06	7.4
170	HORA GRZEGORZ	4049		RUDA ŚLĄSKA	POL	M30	71	M 148	01:49:29	03:47:44.15	03:48:14.45	8:08	7.4
171	DANIELEWSKI ANDRZEJ	4246		ŁÓDŹ	POL	M30	72	M 149	01:47:35	03:48:10.50	03:48:23.30	8:08	7.4
172	RAPACZ MARCIN	4641	FUNDACJA TYLKO BIESZCZADY	KRAKÓW	POL	M50	9	M 150	01:57:55	03:47:27.65	03:48:26.35	8:07	7.4
173	WASSER MICHAŁ	4890		NOWA BOGACICA	POL	M20	20	M 151	02:01:26	03:47:09.95	03:48:27.60	8:06	7.4
174	NAWROT BARTŁOMIEJ	4164	KAMIENIOŁOM	LESKO	POL	M30	73	M 152	01:54:30	03:48:26.20	03:48:36.00	8:09	7.4
175	SEKIEWICZ JANUSZ	4134	ZABIEGANI CZĘSTOCHOWA	CZĘSTOCHOWA	POL	M20	21	M 153	01:54:54	03:48:05.45	03:48:38.90	8:08	7.4
176	NOSKO EWA	4493		ŻAGAŃ	POL	K30	13	K 23	01:59:33	03:47:56.65	03:48:44.40	8:08	7.4
177	LASSOTA-BUJAK MARIOLA	4403	#CZELADZBIEGA	CZELADŹ	POL	K40	6	K 24	01:57:10	03:48:42.40	03:49:30.45	8:10	7.3
178	KARDASZ MAREK	4242	SOLINA TEAM	POLAŃCZYK	POL	M40	53	M 154	01:50:20	03:49:28.25	03:49:37.75	8:11	7.3
179	JASIŃSKI TOMASZ	4091		IWONICZ ZDRÓJ	POL	M40	54	M 155	01:49:01	03:49:33.80	03:49:39.45	8:11	7.3
180	DŁUŻNIEWSKI MARCIN	4273		WARSZAWA	POL	M40	51	M 156	01:56:13	03:49:18.45	03:49:40.15	8:11	7.3
181	GONET SEBASTIAN	4402		KRAKÓ	POL	M40	50	M 157	01:57:38	03:49:18.05	03:49:43.15	8:11	7.3
182	KOSIN MARCIN	4327	BSB BARCZEWO BIEGA	BARCZEWO	POL	M30	75	M 158	01:53:21	03:49:22.75	03:49:47.70	8:11	7.3
183	BAJZERT FILIP	4473		PRZYKONA	POL	M40	49	M 159	01:54:12	03:49:17.75	03:49:47.70	8:11	7.3
184	MAŃKOWSKA ANNA	4350	DRUŻYNA WILKA	OLSZTYN	POL	K30	14	K 25	02:00:15	03:49:22.00	03:49:49.65	8:11	7.3
185	PODKALICKI ADRIAN	4827	BESKID RUNNERS	BIELSKO BIAŁA	POL	M30	74	M 160	01:54:33	03:49:11.50	03:49:56.45	8:11	7.3
186	WRÓBEL ARKADIUSZ	4065		LADZIN	POL	M40	52	M 161	01:55:46	03:49:26.15	03:49:56.55	8:11	7.3
187	OWCZAREK KATARZYNA	4441	ROZBIEGAMY NOWY DWÓR	NOWY DWÓR MAZOWIECKI	POL	K20	6	K 26	01:53:27	03:49:33.80	03:50:00.55	8:11	7.3
188	ŁUKASZKIEWICZ MICHAŁ	4217	POŻERACZE KIŁOSÓW	TYCHY	POL	M40	55	M 162	01:55:31	03:49:44.75	03:50:03.80	8:12	7.3
189	GOŚCINIAK MICHAŁ	4118		NOWY DUNINÓW	POL	M20	22	M 163	01:53:43	03:50:48.55	03:51:06.25	8:14	7.3
190	KOWARZYK TOMASZ	4331		ZGORZAŁA	POL	M30	78	M 164	01:52:29	03:51:19.30	03:51:36.65	8:15	7.3
191	ZAWADZKI GRZEGORZ	4011	PRESTIGE	GŁOGÓW MAŁOPOLSKI	POL	M30	79	M 165	01:54:32	03:51:35.00	03:51:45.20	8:16	7.3
192	BUDZYN PAULINA	4712	-	KRAKÓW	POL	K30	15	K 27	02:02:09	03:50:15.40	03:51:47.60	8:13	7.3
193	GRONCZEWSKI ARTUR	4332	FMW RUNNERS	WARSZAWA	POL	M40	58	M 166	01:54:19	03:51:40.75	03:51:48.75	8:16	7.3
194	GAJEWIAK ADAM	4203	CS GROUP RUNNERS TEAM	WARSZAWA	POL	M40	57	M 167	01:53:37	03:51:38.50	03:51:53.95	8:16	7.3
195	BĄBALICKI SŁAWOMIR	4572	TFP SPORT TEAM	GOŁĘCZEWO	POL	M30	76	M 168	01:58:41	03:51:15.35	03:51:57.70	8:15	7.3
196	LEŚNIAK PIOTR	4819	STREET MEDIA RUNNING TEAM	WARSZAWA	POL	M40	56	M 169	01:56:18	03:51:05.05	03:52:03.30	8:15	7.3
197	CHOIŃSKI MARIUSZ	4060		PIESZYCE	POL	M30	77	M 170	01:56:42	03:51:17.10	03:52:11.35	8:15	7.3
198	DOBROWOLSKI MATEUSZ	4001		SZCZECIN	POL	M20	23	M 171	02:02:50	03:52:19.80	03:52:40.25	8:17	7.2
199	KUCZBORSKI JAROSŁAW	4839	HARPAGAN SOSNOWIEC	SOSNOWIEC	POL	M40	60	M 172	01:59:18	03:52:52.40	03:53:34.50	8:19	7.2
200	BOROWIEC ARKADIUSZ	4560	CHEŁM BIEGA	CHEŁM	POL	M40	61	M 173	01:58:57	03:53:21.70	03:53:35.55	8:20	7.2
201	DANIEL MARIA	4916		WARSZAWA	POL	K30	16	K 28	02:01:41	03:52:56.50	03:53:36.85	8:19	7.2
202	RYMDEJKO AGNIESZKA	4304		MIELECIN	POL	K20	7	K 29	02:02:36	03:53:20.40	03:53:47.15	8:20	7.2
203	KIERAT PAWEŁ	4250	POŻERACZE KIŁOSÓW	GLIWICE	POL	M30	81	M 174	01:55:56	03:53:33.70	03:53:52.75	8:20	7.2
204	MADEJSKI KRZYSZTOF	4861		WROCŁAW	POL	M30	80	M 175	02:02:25	03:53:10.75	03:53:57.25	8:19	7.2
205	SKÓRA PRZEMYSŁAW	4800		GLIWICE	POL	M40	59	M 176	02:03:04	03:52:41.20	03:54:04.50	8:18	7.2
206	WAROWNY PIOTR	4227	BIEGUSIEM.PL	RYKI	POL	M40	62	M 177	01:57:12	03:54:26.75	03:54:33.70	8:22	7.2
207	ŻEBROWSKA JOLANTA	4169	POTRENUJEMY?	PUŁAWY	POL	K50	1	K 30	01:55:54	03:54:53.30	03:55:03.15	8:23	7.2
208	POŁOM RAFAŁ	4271	NOA	WROCŁAW	POL	M30	84	M 178	01:50:12	03:55:08.80	03:55:11.75	8:23	7.1
209	ZIELASKOWSKI MICHAŁ	4300		WARSZAWA	POL	M40	63	M 179	01:55:43	03:54:40.45	03:55:33.25	8:22	7.2
210	HALMANN MIREK	4003	PGB SPORTOWA PACZKA	WEJHEROWO	POL	M30	82	M 180	02:09:55	03:54:41.40	03:55:34.85	8:22	7.2
211	MACIOSZEK KATARZYNA	4301	FLORKI	WARSZAWA	POL	K30	17	K 31	02:01:04	03:55:20.50	03:55:40.45	8:24	7.1
212	DROSZCZ KRZYSZTOF	4188	BIGYELLOWFOOT ADVENTURE TEAM	GDAŃSK	POL	M30	85	M 181	01:58:06	03:55:23.00	03:55:46.70	8:24	7.1

## RZEŹNICZEK 2019, OPEN c.d.

POS	Name and surname	No.	Club	City	NAT	Cat.	M.	F/M	16.2km	Netto	Brutto	min/km	km/h
							cat.						
213	GŁĄB DARIA	4405		PRUDNIK	POL	K20	8	K 32	02:02:23	03:55:36.00	03:55:52.75	8:24	7.1
214	ZAŁĘCKI MICHAŁ	4131		WARSZAWA	POL	M30	83	M 182	02:06:28	03:54:56.20	03:55:56.95	8:23	7.2
215	ŚRODA KRZYSZTOF	4570		RZESZÓW	POL	M40	66	M 183	02:02:05	03:55:11.25	03:56:02.60	8:23	7.1
216	SZYMSKI RAFAŁ	4850	CIDRY LOTAJOM	RADZIONÓW	POL	M40	65	M 184	01:56:51	03:55:08.75	03:56:23.45	8:23	7.1
217	MAŁEK PAWEŁ	4326	NIEPOŁOMICE BIEGAJĄ	NIEPOŁOMICE	POL	M40	64	M 185	02:03:14	03:54:57.10	03:56:30.35	8:23	7.2
218	ZIMOCZ ŁUKASZ	4168	WATAHA SOBÓTKA	SOBÓTKA	POL	M20	24	M 186	02:04:28	03:56:03.60	03:56:50.15	8:25	7.1
219	KRUTYS MARCIN	4270	RUNNING POŁANIEC	POŁANIEC	POL	M30	86	M 187	02:05:50	03:56:41.95	03:57:02.70	8:27	7.1
220	KUNA ALEKSANDRA	4727		TERESZPOL	POL	K20	9	K 33	02:02:54	03:55:40.80	03:57:05.55	8:25	7.1
221	BUŁKA PIOTR	4050	UKS HERKULES SULEJÓWEK	SULEJÓWEK	POL	M40	68	M 188	01:53:55	03:57:13.35	03:57:22.40	8:28	7.1
222	STACHYRA RAFAL	4128		ŁĘCZNA	POL	M30	87	M 189	01:57:06	03:57:17.65	03:57:29.30	8:28	7.1
223	ORZOŁ JACEK	4084	LENIWIEC ZĄBKI	ZĄBKI	POL	M30	88	M 190	01:57:23	03:57:18.05	03:57:30.50	8:28	7.1
224	KASKA-ŁOBODOWSKA EWELINA	4178	RACEFIGHTER	SIENNICA	POL	K30	19	K 34	02:04:26	03:57:30.20	03:57:37.60	8:28	7.1
225	OGŁUSZKA ELŻBIETA	4664	SAFEPRO USŁUGI BHP	RZESZÓW	POL	K30	18	K 35	02:01:25	03:57:11.30	03:57:47.70	8:28	7.1
226	MARONKA BARTOSZ	4213		KRAKÓW	POL	M20	25	M 191	02:03:17	03:57:33.70	03:57:47.70	8:29	7.1
227	FALISZEWSKI SEBASTIAN	4831		ŁÓDŹ	POL	M40	67	M 192	01:53:28	03:56:08.45	03:57:51.90	8:26	7.1
228	MARCINKOWSKA DOMINIKA	4257		POZNAŃ	POL	K20	10	K 36	02:00:15	03:57:36.30	03:58:03.95	8:29	7.1
229	ŻELAZNY AGNIESZKA	4225	GORLICKA GRUPA BIEGOWA	GORLICE	POL	K40	8	K 37	01:52:16	03:58:25.95	03:58:28.30	8:30	7
230	SZUPIŃSKI WOJTEK	4295	PZU SPORT TEAM	SEROCK	POL	M30	89	M 193	01:53:11	03:58:33.50	03:59:00.40	8:31	7
231	ŁUNIEWSKA KATARZYNA	4235	HARDCOROWE WYCHYLYBYMY	OTWOCK	POL	K30	20	K 38	01:59:26	03:58:45.40	03:59:13.25	8:31	7
232	RÓŻAK-RUKUSZEWICZ MAGDALENA	4291	DZIKIE GRUBASY SZATANA	WARSZAWA	POL	K40	7	K 39	02:02:40	03:58:10.15	03:59:14.75	8:30	7.1
233	BIENCZAK ZUZANNA	4362	ASICSFRONTRUNNER POLAND	WARSZAWA	POL	K20	11	K 40	01:57:06	03:59:13.55	03:59:19.95	8:32	7
234	GŁASZCZKA MAGDALENA	4380	ASICS FRONTRUNNER POLAND	SOBOLEW	POL	K20	12	K 41	01:57:09	03:59:13.55	03:59:19.95	8:32	7
235	WRĘCZYCKI ŁUKASZ	4378		LUBLINIEC	POL	M30	90	M 194	02:03:17	03:58:55.15	03:59:20.85	8:31	7
236	POŁOZYŃSKI ANDRZEJ	4180	ZACISZE NIGHT RUNNERS	WARSZAWA	POL	M40	69	M 195	02:00:48	03:58:55.55	03:59:40.15	8:32	7
237	TOMALA DAWID	4394	RUNSZ-TEAM	OSIEK	POL	M20	26	M 196	02:03:36	03:58:44.90	03:59:44.50	8:31	7
238	MUCHA ALEKSANDRA	4299		DĄBRÓWKA	POL	K20	13	K 42	02:11:16	03:59:39.00	04:00:21.10	8:33	7
239	ANDRZEJEWSKI TOMASZ	4695	GILLETTE RUN	PABIANICE	POL	M50	10	M 197	01:59:55	04:00:08.30	04:00:30.75	8:34	7
240	FAJER MAREK	4140	ZWIK MYSZKÓW MYSZKÓW BIEGA	MYSZKÓW	POL	M60	3	M 198	01:53:32	04:00:28.25	04:00:54.35	8:35	7
241	MACIEJAK ROBERT	4349		WARSZAWA	POL	M40	73	M 199	01:53:33	04:01:07.75	04:01:22.90	8:36	7
242	PESZEK KATARZYNA	4269	DZIKIE GRUBASY SZATANA	WARSZAWA	POL	K40	9	K 43	01:57:15	04:01:15.10	04:01:32.20	8:36	7
243	LEMIESZKA MARTA	4110	FRACHT SPORT CLUB	SULEJÓWEK	POL	K20	14	K 44	01:57:10	04:01:26.70	04:01:39.75	8:37	7
244	CHRAPAN TOMASZ	4554		OLKUSZ	POL	M40	70	M 200	02:01:48	04:00:37.05	04:01:40.30	8:35	7
245	STANISZEWSKA JOANNA	4761	SPC	TORUŃ	POL	K30	21	K 45	02:07:01	04:00:12.60	04:01:42.15	8:34	7
246	ERNST TOMASZ	4588		ŁÓDŹ	POL	M30	91	M 201	02:02:08	04:01:08.60	04:01:54.70	8:36	7
247	FLIŚ ŁUKASZ	4842	FULFILL DREAMS TEAM PSZCZYNA	PSZCZYNA	POL	M20	27	M 202	02:06:07	04:00:09.45	04:01:56.25	8:34	7
248	ROGOLSKI ARTUR	4211	PZU SPORT TEAM	WARSZAWA	POL	M40	72	M 203	02:04:51	04:00:56.10	04:01:59.95	8:36	7
249	SIUDA ADAM	4739		ŁÓDŹ	POL	M30	92	M 204	02:04:18	04:01:18.00	04:02:03.75	8:37	7
250	GRZYWACZ KRZYSZTOF	4940		WARSZAWA	POL	M40	71	M 205	01:59:50	04:00:43.25	04:02:10.35	8:35	7
251	SKOCZEK CYPRIAN	4369		RZESZÓW	POL	M20	29	M 206	02:04:39	04:01:48.50	04:02:25.10	8:38	6.9
252	LOREZN ANNA	4447	#ADAMCZERWIŃSKITEAM	SULKÓW	POL	K30	22	K 46	02:06:23	04:01:58.05	04:02:28.75	8:38	6.9
253	BRZOZOWSKA TERESA	4201	ETISOFT RUNNING TEAM	JAWORZNO	POL	K50	2	K 47	02:05:55	04:03:02.30	04:03:14.80	8:40	6.9
254	DĄBROWSKI BARTOSZ	4120		WRASZAWA	POL	M20	28	M 207	02:15:35	04:01:24.50	04:03:15.90	8:37	7
255	BIAŁORUCKA WIOLETTA	4573	MAZOVIA PROACTIV CIECHANÓW	CIECHANÓW	POL	K40	10	K 48	02:02:23	04:03:23.75	04:04:09.20	8:41	6.9
256	KRASUSKI PIOTR	4794	CROSSFIT SIEDLCE	SIEDLCE	POL	M30	94	M 208	01:57:33	04:04:27.55	04:04:33.45	8:43	6.9
257	ZAGOŹDŻON MARIA	4584		POZNAŃ	POL	K30	24	K 49	02:06:53	04:04:28.95	04:04:34.30	8:43	6.9
258	BAGIEŃSKI MAREK	4293	LIMBA.ORG	POZNAŃ	POL	M40	76	M 209	02:06:54	04:04:29.40	04:04:34.45	8:43	6.9
259	HULEWICZ-DOLEWSKA ELŻBIETA	4182	AKADEMIA BIEGANIA GRUDZIĄDZ	GRUDZIĄDZ	POL	K40	11	K 50	01:56:21	04:04:26.55	04:04:37.75	8:43	6.9
260	DOLEWSKI ANDRZEJ	4021	AKADEMIA BIEGANIA GRUDZIĄDZ	GRUDZIĄDZ	POL	M40	75	M 210	01:56:22	04:04:26.35	04:04:37.75	8:43	6.9
261	ROMAŃSKI ORKADIUSZ	4124		ZĄBKI	POL	M30	93	M 211	02:08:07	04:03:12.40	04:05:00.35	8:41	6.9
262	KUPAJ OKTAWIA	4199	VEGE RUNNERS	ŁOMIANKI	POL	K20	15	K 51	02:02:58	04:04:38.55	04:05:02.70	8:44	6.9
263	KAŻMIERCZAK MICHAŁ	4232		ZOFIÓWKA	POL	M40	74	M 212	02:10:27	04:03:26.05	04:05:08.95	8:41	6.9
264	RIEKSTIINA LIGA	4947		BENE	LAT	K30	23	K 52	02:18:21	04:03:40.20	04:05:13.00	8:42	6.9
265	NADOLNY PIOTR	4545		LEONCIN	POL	M30	95	M 213	02:04:51	04:04:28.15	04:05:32.35	8:43	6.9
266	ZAKRZEWSKI MARCIN	4396	SPORTOWE ŻULE	WARSZAWA	POL	M30	96	M 214	02:01:06	04:05:45.50	04:05:55.80	8:46	6.8
267	JACHIMEK MACIEJ	4198		WARSZAWA	POL	M40	77	M 215	02:09:14	04:05:16.25	04:06:10.90	8:45	6.8
268	HABELSKI JAROSŁAW	4525	SPARTA ULTRA TEAM	KĘPNO	POL	M40	78	M 216	01:50:59	04:05:52.75	04:06:13.20	8:46	6.8

## RZEŹNICZEK 2019, OPEN c.d.

POS	Name and surname	No.	Club	City	NAT	Cat.	M.	F/M	16.2km	Netto	Brutto	min/km	km/h
							cat.						
269	KĄŁOWSKI BARTOSZ	4073		OTWOCK	POL	M20	30	M 217	02:00:55	04:06:18.70	04:06:29.30	8:47	6.8
270	KORYCIŃSKI ADAM	4282	CROSSFIT SIEDLCE	NOWE OPOLE	POL	M30	99	M 218	02:04:35	04:06:27.75	04:06:34.15	8:48	6.8
271	PEPŁOŃSKI MARIUSZ	4489	GILLETTE RUN	ŁÓDŹ	POL	M30	97	M 219	02:11:36	04:06:16.15	04:06:37.95	8:47	6.8
272	SZCZYGIELSKI TOMEK	4445	BIEGUSIEM. PL	RYKI	POL	M30	98	M 220	02:01:14	04:06:22.00	04:06:50.60	8:47	6.8
273	SOKÓŁ SYLWIA	4594		SĘDZISZÓW	POL	K30	25	K 53	02:12:14	04:05:38.55	04:06:51.05	8:46	6.8
274	SZPARAGA DOROTA	4329	PZU SPORT TEAM	PIASTÓW	POL	K40	12	K 54	02:09:51	04:07:13.85	04:07:36.95	8:49	6.8
275	WIŚNIEWSKI MAREK	4398		WARSZAWA	POL	M40	79	M 221	02:00:50	04:07:35.95	04:08:18.10	8:50	6.8
276	GONET MACIEJ	4228		SKIERDY	POL	M30	102	M 222	01:58:30	04:07:52.95	04:08:18.35	8:51	6.8
277	GONDEK KRZYSZTOF	4336		NAKŁO NAD NOTECIĄ	POL	M40	80	M 223	02:03:41	04:07:46.00	04:08:24.20	8:50	6.8
278	KUJAWA TOMASZ	4448	NBR TEAM	POZNAŃ	POL	M30	101	M 224	02:06:43	04:07:52.85	04:08:29.25	8:51	6.8
279	WRÓBLEWSKA WERONIKA	4921	BIEGUSIEM.PL	PULAWY	POL	K30	27	K 55	02:08:37	04:08:10.25	04:08:39.45	8:51	6.8
280	CHOLEWA AGNIESZKA	4821	MATNER RUNNING TEAM	WROCLAW	POL	K30	26	K 56	02:11:41	04:07:54.45	04:08:40.85	8:51	6.8
281	DYCZKOWSKI ANDRZEJ K.	4146	TYGRYSKI KUBUSIA PUCHATKA	WARSZAWA	POL	M50	11	M 225	02:06:55	04:07:59.45	04:08:42.95	8:51	6.8
282	KRUKOWSKI ŁUKASZ	4877	MKS SIECHNICE	GROBLICE	POL	M30	100	M 226	02:14:19	04:07:33.95	04:09:05.40	8:50	6.8
283	KĘDREK EMIL	4599	HABYS	LIPNICA DOLNA	POL	M40	82	M 227	02:19:15	04:08:36.00	04:09:09.10	8:52	6.8
284	PAŁKA STANISŁAW	4406	NIEPOŁOMICE BIEGAJĄ	TARNÓW	POL	M40	81	M 228	02:09:05	04:08:28.90	04:10:03.05	8:52	6.8
285	WILK KATARZYNA	4507	BEFIT24TEAM	KRAKÓW	POL	K30	28	K 57	02:03:15	04:09:45.55	04:10:11.90	8:55	6.7
286	GOŁĘBIEWSKA KATARZYNA	4152		GLIWICE	POL	K40	13	K 58	02:06:59	04:09:43.10	04:10:15.75	8:55	6.7
287	SŁABOWSKA MARLENA	4308		WIELGIE	POL	K20	16	K 59	02:18:25	04:09:47.45	04:10:37.20	8:55	6.7
288	WITT EWA	4530		WĘGLOWICE	POL	K20	17	K 60	01:57:40	04:10:06.80	04:10:39.95	8:55	6.7
289	LESZCZYŃSKA KATARZYNA	4477	GDYNIAMEDICA	GDYNIA	POL	K40	14	K 61	02:06:33	04:10:12.30	04:10:55.45	8:56	6.7
290	LESZCZYŃSKI MICHAŁ	4176	GDYNIA MEDICA	GDYNIA	POL	M40	83	M 229	02:06:18	04:10:12.95	04:10:55.80	8:56	6.7
291	WIŚNIEWSKI ARTUR	4142		KAZIMIERZ	POL	M30	104	M 230	01:57:01	04:10:29.20	04:10:56.75	8:56	6.7
292	TUCZYŃSKA ELŻBIETA	4400		PRUSZKÓW	POL	K50	3	K 62	02:12:05	04:10:39.00	04:11:06.15	8:57	6.7
293	ŁUKASIK BARTŁOMIEJ	4013		PNIEWY	POL	M30	106	M 231	02:03:25	04:10:50.80	04:11:07.90	8:57	6.7
294	SIUDAK ANNA	4537		TULCE	POL	K30	30	K 63	02:02:24	04:10:21.90	04:11:10.75	8:56	6.7
295	PAWLICKI KRZYSZTOF	4782		WARSZAWA	POL	M30	105	M 232	02:06:42	04:10:45.10	04:11:46.55	8:57	6.7
296	GOMÓŁKA BEATA	4265	SPARTAN RACE TRAINING GROUP RZESZÓW	GODOWA	POL	K20	18	K 64	02:10:57	04:11:09.40	04:11:47.25	8:58	6.7
297	KUJAWSKA ANGELIKA	4206	HDR WATAHA MARGONIN	ŁOBŻENICA	POL	K30	29	K 65	02:10:37	04:10:19.25	04:11:48.10	8:56	6.7
298	HOPPE GRZEGORZ	4928		PIŁA	POL	M30	103	M 233	02:10:38	04:10:19.45	04:11:48.80	8:56	6.7
299	ZMYJ DANUTA	4185	LACHO TEAM	WIELICZKA	POL	K40	15	K 66	02:04:44	04:11:27.90	04:11:57.10	8:58	6.7
300	TROJAN GRZEGORZ	4208		KRAKÓW	POL	M30	108	M 234	01:57:08	04:11:30.45	04:12:03.30	8:58	6.7
301	NAWROCKI MARCIN	4518	CR Z16	LUBLIN	POL	M40	85	M 235	01:59:39	04:11:39.65	04:12:10.35	8:59	6.7
302	KURMAN ARKADIUSZ	4289	TRENER24H.COM.PL	WARSZAWA	POL	M30	107	M 236	02:07:40	04:11:30.35	04:12:48.60	8:58	6.7
303	KRAJCZYŃSKI JAKUB	4191	PKO BANK POLSKI	ŻOMIANKI	POL	M40	84	M 237	02:17:44	04:11:29.10	04:12:51.70	8:58	6.7
304	FILA MONIKA	4517	DRUŻYNA ORZECHA ŻYRARDÓW	ŻYRARDÓW	POL	K30	32	K 67	02:09:25	04:12:04.10	04:12:55.35	9:00	6.7
305	MICHALAK KAMILA	4388		WARSZAWA	POL	K30	31	K 68	02:09:08	04:11:55.95	04:12:56.00	8:59	6.7
306	SZCZEPAŃSKA KATARZYNA	4943		NIEPOŁOMICE	POL	K20	19	K 69	02:10:36	04:11:27.30	04:13:00.25	8:58	6.7
307	KACZMARCZYK DANIEL	4306		ŁÓDŹ	POL	M40	87	M 238	02:11:34	04:12:41.60	04:13:02.95	9:01	6.6
308	PRĘDKI MARCIN	4653		WARSZAWA	POL	M30	110	M 239	02:02:07	04:12:21.85	04:13:17.20	9:00	6.7
309	SASAL MONIKA	4768	FUNDACJA TYLKO BIESZCZADY	KRAKÓW	POL	K40	16	K 70	02:11:17	04:12:19.20	04:13:18.15	9:00	6.7
310	BOROWIEC MARIUSZ	4496		KOŁOBRZEG	POL	M40	86	M 240	02:10:50	04:12:21.70	04:13:31.85	9:00	6.7
311	KOSMÓLSKI PAWEŁ	4643	PZU SPORT TEAM	GDYNIA	POL	M30	109	M 241	02:19:15	04:11:46.55	04:13:38.45	8:59	6.7
312	KRYSTJAŃCZUK KAROL	4192	ŁĘCZNA BIEGA	ŁĘCZNA	POL	M40	88	M 242	01:55:46	04:13:25.40	04:14:06.05	9:03	6.6
313	ŁUKASIK ANDRZEJ	4042		LUBLIN	POL	M50	12	M 243	02:11:36	04:13:42.20	04:14:06.05	9:03	6.6
314	LUBAŃSKA ALICJA	4424		BUKOWICE	POL	K50	4	K 71	02:04:42	04:14:10.35	04:14:15.20	9:04	6.6
315	JÓZEFczyk JACEK	4540		WARSZAWA	POL	M30	111	M 244	02:13:21	04:13:05.95	04:14:19.15	9:02	6.6
316	KACZMAREK KATARZYNA	4446	#ADAMCZERWIŃSKITEAM	SUŁKÓW	POL	K40	17	K 72	02:08:24	04:13:48.85	04:14:19.85	9:03	6.6
317	PIOTR PIETRUS	4130		BIELECKIE MŁYNY	POL	M40	91	M 245	01:57:41	04:14:12.15	04:14:20.60	9:04	6.6
318	CZERŃIAK ARTUR	4497		WARSZAWA	POL	M50	13	M 246	02:03:36	04:13:59.50	04:14:24.15	9:04	6.6
319	KANIEWSKI MICHAŁ	4702	DZIKIDZIKTEAM	KOSOWO	POL	M20	31	M 247	02:19:31	04:13:30.70	04:14:28.05	9:03	6.6
320	JESKE MAREK	4696	RUN BYDGOSZCZ	NIWY	POL	M40	89	M 248	02:03:36	04:13:48.30	04:14:31.35	9:03	6.6
321	SZMYT PIOTR	4006	4 RUNNERS GROUP	POZNAŃ	POL	M40	90	M 249	02:06:53	04:14:07.20	04:14:35.00	9:04	6.6
322	PUCHAŁA MARIUSZ	4267	TERNOL	KIELCE	POL	M40	92	M 250	02:06:26	04:14:15.50	04:15:05.55	9:04	6.6
323	PODLECKA PAULA	4238	CHAOS I DESTRUKCJA	PIŁA	POL	K20	21	K 73	02:06:10	04:14:27.05	04:15:06.65	9:05	6.6

## RZEŹNICZEK 2019, OPEN c.d.

POS	Name and surname	No.	Club	City	NAT	Cat.	M.	F/M	16.2km	Netto	Brutto	min/km	km/h
							cat.						
324	MARMUROWICZ KRYSZTIAN	4482	KOLOROWA DRUŻYNA NESSI	KATOWICE	POL	M40	94	M 251	02:11:40	04:14:45.20	04:15:16.60	9:05	6.6
325	STRZAŁA MARCELINA	4898		CZARNA	POL	K20	20	K 74	02:03:57	04:14:15.40	04:15:20.35	9:04	6.6
326	TREPKA AGA	4348		CRAWLEY	GBR	K30	34	K 75	02:18:10	04:14:35.00	04:15:28.55	9:05	6.6
327	KRZOSEK JOANNA	4922	PBWUK	LONDYN	GBR	K30	35	K 76	02:18:14	04:14:35.25	04:15:28.80	9:05	6.6
328	CHYBIŁO BARBARA	4710		SANOK	POL	K30	33	K 77	02:03:55	04:14:32.50	04:15:37.05	9:05	6.6
329	SZYMAŃSKI MARCIN	4389		LEGIONOWO	POL	M40	93	M 252	02:18:25	04:14:37.55	04:15:45.90	9:05	6.6
330	TARTANUS ANDRZEJ	4325	VEGE RUNNERS	MAKÓW MAZOWIECKI	POL	M40	95	M 253	02:08:45	04:15:34.30	04:15:48.35	9:07	6.6
331	RUDZIARCZYK KAROLINA	4207	FUCHS OIL TEAM	SWIETOCHLOWICE	POL	K20	22	K 78	02:14:00	04:15:12.50	04:15:53.85	9:06	6.6
332	PIERZAK OLAF	4162	NIGHT RUNNERS KABATY	WARSZAWA	POL	M40	97	M 254	02:00:04	04:15:46.40	04:15:59.15	9:08	6.6
333	PAWLIK PAWEŁ	4377		OLEŚNICA	POL	M40	96	M 255	02:04:57	04:15:35.35	04:16:19.30	9:07	6.6
334	BURY MAREK	4215		SOSNOWIEC	POL	M40	98	M 256	02:06:46	04:16:37.55	04:17:10.30	9:09	6.5
335	ŚWIĘTONIOWSKA JUSTYNA	4844	SPARTAN RACE TRAINING GROUP RZESZÓW	RZESZÓW	POL	K30	36	K 79	02:11:07	04:18:26.20	04:19:04.40	9:13	6.5
336	BANDEL ANETA	4435		ŁÓDŹ	POL	K20	23	K 80	02:12:47	04:18:14.60	04:19:04.80	9:13	6.5
337	CIPORA KATARZYNA	4581		WROCŁAW	POL	K40	18	K 81	02:10:42	04:18:39.60	04:19:08.05	9:14	6.5
338	CIPORA MACIEJ	4580		WROCŁAW	POL	M40	101	M 257	02:10:25	04:18:39.40	04:19:08.10	9:14	6.5
339	TUREK MICHAŁ	4938		WARSZAWA	POL	M40	99	M 258	01:59:49	04:17:56.10	04:19:10.15	9:12	6.5
340	NOWOSZ KAMIL	4395	NATIONALE NEDERLANDEN	WARSZAWA	POL	M30	112	M 259	02:18:23	04:18:15.85	04:19:10.30	9:13	6.5
341	CZAJKOWSKI TOMASZ	4535		WARSZAWA	POL	M40	100	M 260	02:12:15	04:18:08.75	04:19:20.75	9:13	6.5
342	CHODZIŃSKI PIOTR	4368		RZESZÓW	POL	M40	102	M 261	02:11:54	04:18:39.85	04:19:35.10	9:14	6.5
343	BOJUR RENATA	4426		CZĘSTOCHOWA	POL	K40	19	K 82	02:11:13	04:18:47.10	04:19:35.50	9:14	6.5
344	BAGNICKI DARIUSZ	4538	ROZBIEGMY NOWY DWÓR	NOWY DWÓR MAZOWIECKI	POL	M40	104	M 262	02:10:52	04:19:38.35	04:20:04.90	9:16	6.5
345	MŁYNARCZYK MICHAŁ	4408		KATOWICE	POL	M40	103	M 263	02:19:36	04:18:45.30	04:20:14.05	9:14	6.5
346	ZYGMANOWSKI PRZEMEK	4035		ŁÓDŹ	POL	M30	114	M 264	01:56:21	04:20:08.60	04:20:16.05	9:17	6.5
347	LITYŃSKA MAŁGORZATA	4323		WARSZAWA	POL	K30	37	K 83	02:13:13	04:19:37.60	04:20:44.15	9:16	6.5
348	DZIDECZEK MARCIN	4528	TEAM ZABIEGANEDNI	WARSZAWA	POL	M30	113	M 265	02:13:13	04:19:37.20	04:20:44.30	9:16	6.5
349	SUDOŁ RYSZARD	4094	FENIKS LEGNICA	SPALONA	POL	M50	16	M 266	02:01:25	04:20:54.45	04:21:00.85	9:19	6.4
350	GRAMBURG MAGDA	4279	NAPRZÓD MŁOCINY	WARSZAWA	POL	K30	39	K 84	02:10:45	04:20:10.10	04:21:02.55	9:17	6.5
351	MICHALCZYK ANNA	4376	NAPRZÓD MŁOCINY	WARSZAWA	POL	K30	40	K 85	02:10:46	04:20:10.20	04:21:02.65	9:17	6.5
352	KUBISIAK SŁAWOMIR	4315		SKIERNIEWICE	POL	M50	14	M 267	02:10:49	04:20:10.80	04:21:02.75	9:17	6.5
353	JĘŻEWSKI ADAM	4862	VIRTUAL RUNNER CLUB	GLIWICE	POL	M40	109	M 268	02:08:38	04:20:53.80	04:21:08.25	9:19	6.4
354	BIENIAS GRZEGORZ	4379	PZU SPORT TEAM	WARSZAWA	POL	M30	115	M 269	02:13:50	04:20:11.75	04:21:11.00	9:17	6.5
355	NADULSKI PIOTR	4937		PIŁA	POL	M40	105	M 270	02:13:49	04:19:42.60	04:21:11.85	9:16	6.5
356	STĘPIEŃ DOROTA	4320		WARSZAWA	POL	K30	38	K 86	02:12:59	04:19:51.20	04:21:13.20	9:16	6.5
357	IWACHÓW SŁAWOMIR	4709		KWIDZYN	POL	M40	106	M 271	02:19:44	04:19:55.80	04:21:14.35	9:17	6.5
358	PATEREK GRZEGORZ	4676	WKURW_TEAM	KRAKÓW	POL	M30	116	M 272	02:08:47	04:20:56.55	04:21:15.40	9:19	6.4
359	PATEREK AGATA	4622	WKURW_TEAM	KRAKÓW	POL	K30	41	K 87	02:08:46	04:20:55.90	04:21:15.55	9:19	6.4
360	SZEWczyk MARIUSZ	4543		KRAKÓW	POL	M40	108	M 273	02:14:44	04:20:09.65	04:21:19.80	9:17	6.5
361	WOJTAS MATEUSZ	4390		WARSZAWA	POL	M20	32	M 274	02:09:07	04:20:33.25	04:21:27.70	9:18	6.4
362	GRYS RAJMUND	4550	MKS SIECHNICE	JANKOWICE	POL	M40	107	M 275	02:13:49	04:20:00.15	04:21:32.05	9:17	6.5
363	GRZYWACZ DARIUSZ	4733		LUBLIN	POL	M50	15	M 276	02:13:14	04:20:12.05	04:21:37.25	9:17	6.5
364	MACIĄŻEK ANGELIKA	4340		LUBLIN	POL	K20	25	K 88	02:13:43	04:21:43.95	04:21:57.55	9:20	6.4
365	FLISEK JAKUB	4623		WARSZAWA	POL	M30	117	M 277	02:16:35	04:20:58.90	04:22:13.90	9:19	6.4
366	ZIENKIEWICZ AGATA	4189	PIASECZNO RUNNING	PIASECZNO	POL	K30	43	K 89	02:22:43	04:22:15.05	04:22:31.65	9:21	6.4
367	BRZEZIŃSKI PIOTR	4647		PIOTRKÓW TRYBUNALSKI	POL	M30	119	M 278	02:18:23	04:21:46.10	04:22:32.90	9:20	6.4
368	OLESIŃSKI PIOTR	4465	BELVEDERE ŻYRARDÓW	ŻYRARDÓW	POL	M30	120	M 279	02:08:20	04:22:17.15	04:23:07.70	9:22	6.4
369	ZYSKOWSKI MICHAŁ	4219	TRONIK TRIATHLON TEAM	PUŁTUSK	POL	M30	118	M 280	02:12:43	04:21:33.50	04:23:11.80	9:20	6.4
370	MASZTAŁSKA JOANNA	4913		ZABRZE	POL	K20	24	K 90	02:22:27	04:21:42.90	04:23:25.05	9:20	6.4
371	STASIK BEATA	4726	BEFIT24TEAM	KRAKÓW	POL	K40	21	K 91	02:08:25	04:22:57.25	04:23:28.80	9:23	6.4
372	MAKLES WIOLETTA	4000	EUROPA UBEZPIECZENIA / NOA	WROCŁAW	POL	K30	44	K 92	02:10:15	04:23:26.70	04:23:31.00	9:24	6.4
373	NORAS ALINA	4854	PWC SDC RUNNERS TEAM	IMIELIN	POL	K30	42	K 93	02:18:36	04:22:04.45	04:23:37.80	9:21	6.4
374	MARKOWSKI MARCIN	4163	BRAVEHEARTS LEGIONOWO	SEROCK	POL	M30	121	M 281	02:17:56	04:22:55.05	04:24:03.80	9:23	6.4
375	HENDZLIK MONIKA	4413		CZĘSTOCHOWA	POL	K40	22	K 94	02:17:04	04:23:19.65	04:24:05.50	9:24	6.4
376	TOMICI KRZYSZTOF	4783		ZOFIÓWKA	POL	M30	122	M 282	01:50:32	04:23:19.80	04:24:08.05	9:24	6.4
377	JARACZ-PATEREK ALINA	4297		WROCŁAW	POL	K30	46	K 95	02:10:14	04:24:09.40	04:24:13.25	9:26	6.4
378	ŁUKAWSKA-MATUSZEWSKA KATARZYNA	4792		GDYNIA	POL	K40	20	K 96	02:19:25	04:22:28.20	04:24:18.60	9:22	6.4

## RZEŹNICZEK 2019, OPEN c.d.

POS	Name and surname	No.	Club	City	NAT	Cat.	M.	F/M	16.2km	Netto	Brutto	min/km	km/h
							cat.						
379	GWAREK BOGDAN	4196		GŁOGOWO	POL	M50	17	M 283	02:19:41	04:23:33.10	04:24:23.35	9:24	6.4
380	GWAREK BEATA	4652		GŁOGOWO	POL	K50	5	K 97	02:19:41	04:23:34.15	04:24:23.60	9:24	6.4
381	PRUSZCZAK DOMINIKA	4589		WARSZAWA	POL	K30	45	K 98	02:15:11	04:23:46.85	04:24:26.05	9:25	6.4
382	NAWROT ARTUR	4633		PIOTRKOWICE	POL	M20	33	M 284	02:11:00	04:23:42.70	04:24:45.55	9:25	6.4
383	URBANEK SYLWESTER	4401		WARSZAWA	POL	M40	110	M 285	02:11:46	04:24:10.20	04:25:10.35	9:26	6.4
384	ORŁOWSKI GRZEGORZ	4499		OLSZTYN	POL	M30	123	M 286	02:19:09	04:24:00.30	04:25:13.65	9:25	6.4
385	ZAKRZEWSKA MONIKA	4420	SPORTOWE ŻULE	WARSZAWA	POL	K30	47	K 99	02:12:24	04:25:14.00	04:25:25.15	9:28	6.3
386	CZEGUS ANETA	4536	RUNNING POŁANIEC	POŁANIEC	POL	K40	23	K 100	02:13:31	04:25:11.40	04:25:32.95	9:28	6.3
387	KOWALEWSKA IZABELA	4795		WARSZAWA	POL	K30	48	K 101	02:22:47	04:25:27.10	04:25:43.45	9:28	6.3
388	TOPOLEWSKI KAMIL	4444	DOGOŃ GRODZISK MAZOWIECKI	GRODZISK MAZOWIECKI	POL	M30	124	M 287	02:19:37	04:24:48.85	04:26:17.10	9:27	6.3
389	BOCIARSKA MAGDALENA	4313		WARSZAWA	POL	K30	49	K 102	02:13:39	04:26:34.45	04:26:52.00	9:31	6.3
390	MOLENDAMATUESZ	4288	TRENER24H.COM.PL	WARSZAWA	POL	M20	34	M 288	02:09:05	04:26:02.45	04:27:20.20	9:30	6.3
391	ŻELAZOWSKA EMILIA	4691	PZU SPORT TEAM	ZĄBKI	POL	K20	26	K 103	02:10:23	04:26:13.55	04:27:21.15	9:30	6.3
392	ŁACHETA KONRAD	4008		WIELISZEW	POL	M30	125	M 289	02:10:29	04:26:13.70	04:27:21.15	9:30	6.3
393	ZAWADZKI MIROSŁAW	4268		KIELCE	POL	M30	126	M 290	02:09:34	04:26:43.50	04:27:34.00	9:31	6.3
394	WOŹNIAK DANIEL	4248	CROSSFIT SIEDLCE	ZBUCZYN	POL	M30	128	M 291	02:12:13	04:27:49.85	04:27:57.00	9:33	6.3
395	MARCINEK KRZYSZTOF	4319	PZU SPORT TEAM	LUBLIN	POL	M30	127	M 292	02:12:31	04:27:29.25	04:28:06.00	9:33	6.3
396	STAŃCZYK ANDRZEJ	4488	KS KOZIOŁEK KĘDZIERZYN-KOŹLE	KĘDZIERZYN-KOŹLE	POL	M50	19	M 293	02:10:28	04:27:19.20	04:28:06.70	9:32	6.3
397	FALKOWSKI FALKOWSKI	4911		WARSZAWA	POL	M40	111	M 294	02:10:45	04:26:52.40	04:28:10.25	9:31	6.3
398	ZARĘBA JOLANTA	4454		RZESZÓW	POL	K50	6	K 104	02:19:17	04:26:59.85	04:28:16.20	9:32	6.3
399	PAŁOSZ ANNA	4251		WAŁBRZYCH	POL	K30	50	K 105	02:19:47	04:26:54.15	04:28:18.65	9:31	6.3
400	MROZIK MAGDALENA	4526	POWER TRAINING	WARSZAWA	POL	K30	51	K 106	02:14:44	04:27:26.50	04:28:23.35	9:33	6.3
401	KACZMARSKI WOJCIECH	4939		WARSZAWA	POL	M50	18	M 295	02:11:12	04:27:15.50	04:28:24.25	9:32	6.3
402	BOBINSKA MARTA	4810		WARSZAWA	POL	K30	52	K 107	02:14:47	04:27:39.15	04:28:36.10	9:33	6.3
403	KASZA ALICJA	4005		KIELCE	POL	K20	27	K 108	02:12:15	04:28:10.65	04:28:51.55	9:34	6.3
404	JAWOREK ANNA	4461	ROZBIEGAMY NOWY DWÓR	NOWY DWÓR MAZOWIECKI	POL	K40	24	K 109	02:05:41	04:28:42.95	04:29:09.70	9:35	6.3
405	ZAWADZKA AGNIESZKA	4014	KLUB SPORTOWY PRESTIGE	GŁOGÓW MAŁOPOLSKI	POL	K30	56	K 110	02:12:33	04:29:10.40	04:29:20.80	9:36	6.2
406	DAMIĘCKI JAN	4579	MASAKRA KLUB SPORTOWY	WARSZAWA	POL	M40	114	M 296	02:12:31	04:28:59.95	04:29:23.85	9:36	6.2
407	ZMYJ MARIUSZ	4644	#ADAMCZERWIŃSKITEAM	WIELICZKA	POL	M40	112	M 297	02:11:52	04:28:51.25	04:29:25.10	9:36	6.2
408	REGUŁA KATARZYNA	4875	DZIKIE GRUBASY SZATANA	WARSAW	POL	K30	54	K 111	02:08:36	04:28:21.10	04:29:25.95	9:35	6.3
409	MITROFANIUK AGATA	4697	YULO RUN TEAM SIEDLCE	SIEDLCE	POL	K30	53	K 112	02:11:37	04:28:01.15	04:29:27.60	9:34	6.3
410	HÜBNER ILONA	4511	SPORTOWE ŻULE	WARSZAWA	POL	K30	58	K 113	02:12:25	04:29:20.65	04:29:31.45	9:37	6.2
411	MADEJ MAGDALENA	4881		CHORZELÓW	POL	K30	57	K 114	02:13:24	04:29:15.90	04:29:50.05	9:37	6.2
412	ZARĘBA FILIP	4087	ZABIEGANI MIELEC	MIELEC	POL	M20	35	M 298	02:13:26	04:29:16.15	04:29:50.35	9:37	6.2
413	BELTER BARBARA	4002		PIŁA	POL	K30	55	K 115	02:20:24	04:28:37.35	04:30:06.90	9:35	6.3
414	TWARDOWSKI TOMASZ	4487	TRENUJZAMI.PL	WROCŁAW	POL	M40	113	M 299	02:19:57	04:28:52.05	04:30:10.10	9:36	6.2
415	WÓJCİK RADOSŁAW	4255		KĘDZIERZYN-KOŹLE	POL	M30	130	M 300	02:06:29	04:29:55.70	04:30:28.85	9:38	6.2
416	SZYMKOWIAK PAWEŁ	4256		KOTLARNIA	POL	M40	115	M 301	02:06:46	04:29:58.30	04:30:31.60	9:38	6.2
417	PRĘDKA MAGDALENA	4669	OLA TEAM	WARSZAWA	POL	K40	25	K 116	02:25:08	04:29:26.05	04:30:32.25	9:37	6.2
418	MAJSNER KAMILA	4953		WARSZAWA	POL	K30	59	K 117	02:25:05	04:29:26.25	04:30:32.30	9:37	6.2
419	KAMIŃSKI MICHAŁ	4170		MARKI	POL	M30	132	M 302	02:13:12	04:30:25.40	04:30:39.75	9:39	6.2
420	SKOŁUBOWICZ MARZENA	4515		WAŁBRZYCH	POL	K30	60	K 118	02:19:47	04:29:44.35	04:31:08.75	9:38	6.2
421	KWIATKOWSKI PIOTR	4539	DRUŻYNA ORZECHA ŻYRARDÓW	ŻYRARDÓW	POL	M30	133	M 303	02:10:20	04:30:30.50	04:31:21.15	9:39	6.2
422	ORŁOWSKI PIOTR	4705	SZWAGRY	GDYNIA	POL	M30	129	M 304	02:14:46	04:29:44.40	04:31:34.70	9:38	6.2
423	PAŃSZCZYK ELŻBIETA	4849		WROCŁAW	POL	K30	62	K 119	02:20:14	04:30:28.00	04:31:53.35	9:39	6.2
424	KOZERA MARCIN	4513	POKRĘCENI	KACZORY	POL	M30	131	M 305	02:20:23	04:30:24.40	04:31:55.05	9:39	6.2
425	CHRZAŚTEK MACIEK	4167		KRAKÓW	POL	M30	134	M 306	02:08:10	04:31:23.40	04:31:56.15	9:41	6.2
426	SZCZEPKOWSKA MARTA	4889		WARSZAWA	POL	K30	61	K 120	02:19:23	04:30:14.50	04:31:57.20	9:39	6.2
427	ZBICIAK GRZEGORZ	4381	ŁĘCZNA BIEGA	SPICZYN	POL	M40	116	M 307	02:13:54	04:31:53.00	04:32:03.00	9:42	6.2
428	CZELIŃSKI LESZEK	4541		KORONOWO	POL	M50	20	M 308	02:13:58	04:30:15.05	04:32:06.05	9:39	6.2
429	GRUSZECKA IWONA	4226	ALD RUNNING TEAM	WARSZAWA	POL	K30	63	K 121	02:11:42	04:31:43.60	04:32:06.20	9:42	6.2
430	BORC MARZANNA	4703	AKADEMIA BIEGANIA GRUDZIĄDZ	GRUDZIĄDZ	POL	K50	7	K 122	02:18:58	04:31:32.90	04:32:47.95	9:41	6.2
431	JANOWSKA ULA	4464	AKADEMIA BIEGANIA GRUDZIĄDZ	GRUDZIĄDZ	POL	K40	26	K 123	02:19:00	04:31:32.90	04:32:48.25	9:41	6.2
432	STASIAK WŁODZIMIERZ	4619	PRO-RUN WROCŁAW	WROCŁAW	POL	M30	135	M 309	02:13:18	04:32:20.25	04:33:18.80	9:43	6.2
433	ŁANDWIJT MARCIN	4222		KONSTANTYNÓW ŁÓDZKI	POL	M40	117	M 310	02:05:11	04:33:22.35	04:33:39.60	9:45	6.1
434	GUSTAW AGNIESZKA	4220	PZU SPORT TEAM	LUBLIN	POL	K30	65	K 124	02:12:34	04:33:37.55	04:34:14.60	9:46	6.1



## RZEŹNICZEK 2019, OPEN c.d.

POS	Name and surname	No.	Club	City	NAT	Cat.	M.	F/M	16.2km	Netto	Brutto	min/km	km/h
							cat.						
435	KRUPA-SZCZĘSNY IZABELA	4628	#CZELADZBIEGA	CZELADŹ	POL	K40	27	K 125	02:11:44	04:33:27.95	04:34:16.15	9:46	6.1
436	OSTROWSKA DOROTA	4651	YULO RUN TEAM SIEDLCE	SIEDLCE	POL	K50	8	K 126	02:17:32	04:32:50.80	04:34:17.05	9:44	6.2
437	WOJTYCZKA KATARZYNA	4305	AMCSS	RUDA ŚLĄSKA	POL	K30	66	K 127	02:13:28	04:33:47.10	04:34:17.50	9:46	6.1
438	RUPIŃSKI MACIEJ	4514		KONSTANCIN-JEZIORNA	POL	M50	21	M 311	02:14:01	04:33:46.45	04:34:21.80	9:46	6.1
439	OSTROWSKI PAWEŁ	4460		RZESZÓW	POL	M30	138	M 312	02:14:58	04:33:56.30	04:34:34.95	9:47	6.1
440	WRZASKOWSKI KAMIL	4834	OSP ZASTRUŻE	RZGÓW	POL	M20	36	M 313	02:11:32	04:33:37.05	04:34:40.00	9:46	6.1
441	MIŚTA-DOROBISZ SYLWIA	4397	MYSZKÓW BIEGA	MYSZKÓW	POL	K40	28	K 128	02:14:50	04:34:05.05	04:34:40.20	9:47	6.1
442	WALERIANCZYK KAMIL	4412		SLESIN	POL	M30	137	M 314	02:06:49	04:33:40.00	04:34:42.30	9:46	6.1
443	WOJTAROWICZ DANUTA	4290	TRENER24H.COM.PL	WARSZAWA	POL	K30	64	K 129	02:13:18	04:33:28.20	04:34:45.35	9:46	6.1
444	MATYSIAK MICHAŁ	4796	KOPALNIA MOCY TARNOBZREG	TARNOBZREG	POL	M30	136	M 315	02:10:20	04:33:02.55	04:34:46.25	9:45	6.2
445	KEPKA-WAROWNNA WERONIKA	4924	BIEGUSIEM.PL	RYKI	POL	K30	67	K 130	02:19:40	04:34:16.20	04:34:56.70	9:47	6.1
446	MARUT KATARZYNA	4806	NIGHT RUNNERS GLIWICE	GLIWICE	POL	K40	29	K 131	02:13:57	04:34:35.15	04:35:23.65	9:48	6.1
447	PIOTROWSKA EWA	4027	ENERGY KACZORY	KACZORY	POL	K30	68	K 132	02:19:27	04:34:45.60	04:35:42.00	9:48	6.1
448	GOLECKI TOMASZ	4476	KOPALNIA MOCY	TARNOBZREG	POL	M40	118	M 316	02:08:37	04:34:02.60	04:35:46.30	9:47	6.1
449	SZMUC ANNA	4613	MYSZKÓW BIEGA	MYSZKÓW	POL	K40	30	K 133	02:19:23	04:35:23.55	04:35:58.20	9:50	6.1
450	WASILEWSKO PIOTR	4505		WARSZAWA	POL	M20	37	M 317	02:14:35	04:34:10.15	04:35:58.40	9:47	6.1
451	TABACZKA PIOTR	4187	TARNOWO PODGÓRNE BIEGA	TARNOWO PODGÓRNE	POL	M40	119	M 318	02:14:30	04:35:26.85	04:36:14.30	9:50	6.1
452	WOLSKA MILENA	4759	ULTRA PASTERZE	DĘBE WIELKIE	POL	K30	69	K 134	02:18:47	04:35:28.40	04:36:30.65	9:50	6.1
453	WOLSKI KAMIL	4361	ULTRA PASTERZE	DĘBE WIELKIE	POL	M30	139	M 319	02:18:47	04:35:29.50	04:36:32.10	9:50	6.1
454	BOŃSKA KAROLINA	4659		WARSZAWA	POL	K30	70	K 135	02:13:51	04:35:28.80	04:36:50.05	9:50	6.1
455	KRASOŃ KAMIL	4640		WARSZAWA	POL	M40	120	M 320	02:14:02	04:35:36.80	04:36:55.75	9:50	6.1
456	SKUCIŃSKA MARTYNA	4909		JĘDRZEJÓW	POL	K30	71	K 136		04:37:01.00	04:37:01.00	9:53	6.1
457	GUŹDZIOŁ JAREK	4450		SOLEC KUJAWSKI	POL	M40	121	M 321	02:14:11	04:36:18.00	04:37:05.75	9:52	6.1
458	GNATOWICZ KRZYSZTOF	4430	NIEZRZESZONY	CZERWIEŃSK	POL	M40	122	M 322	02:10:39	04:36:36.05	04:37:08.15	9:52	6.1
459	KOWIEL MARTA	4547	KS KANAŁEK	JELENIA GÓRA	POL	K30	72	K 137	02:16:29	04:37:01.40	04:37:14.70	9:53	6.1
460	LUBIANIEC KAROL	4609		WARSZAWA	POL	M30	140	M 323	02:15:02	04:37:05.55	04:37:15.10	9:53	6.1
461	ŁABUZ PAWEŁ	4342	PAVLO TEAM	RZESZÓW	POL	M40	123	M 324	02:08:10	04:36:52.65	04:37:21.05	9:53	6.1
462	MIKULSKA ANETA	4179		OKUNIEW	POL	K40	32	K 138	02:23:55	04:37:39.40	04:37:52.75	9:54	6.1
463	KASSNER EWELINA	4520		WARSZAWA	POL	K20	28	K 139	02:18:19	04:37:21.35	04:37:55.95	9:54	6.1
464	GUT LEOPOLD	4655	WKURW_TEAM	POZEDRZE	POL	M20	38	M 325	02:08:06	04:37:17.30	04:37:58.25	9:54	6.1
465	DASZCZYŃSKI ADAM	4374	ADASKO TEAM	KOSOWO	POL	M40	124	M 326	02:19:35	04:37:29.20	04:38:26.35	9:54	6.1
466	SOBCZAK BEATA	4467	-	WROCLAW	POL	K40	31	K 140	02:20:41	04:37:21.35	04:38:26.45	9:54	6.1
467	ŻMOJDZIAŃ PRZEMYSŁAW	4815	KB SOBÓTKA	CHWAŁKÓW	POL	M30	141	M 327	02:29:45	04:37:13.05	04:38:36.35	9:54	6.1
468	PIETRUSZKA ANNA	4393		KRAKÓW	POL	K30	73	K 141	02:28:28	04:37:44.60	04:38:36.75	9:55	6
469	MICHALCZAK PAWEŁ	4778		KRAKÓW	POL	M40	125	M 328	02:13:21	04:37:30.35	04:38:54.30	9:54	6.1
470	OLESZCZYK ADAM	4544	GRUPA BIEGOWA ENERGYKACZORY	KACZORY	POL	M40	127	M 329	02:11:29	04:38:13.65	04:39:10.25	9:56	6
471	IWANIEC EWA	4617		WARSZAWA	POL	K40	33	K 142	02:22:37	04:38:16.90	04:39:10.45	9:56	6
472	BORYS MAGDALENA	4884		KIELCE	POL	K30	74	K 143	02:18:51	04:37:51.55	04:39:18.05	9:55	6
473	BORYS MACIEJ	4302		KIELCE	POL	M40	126	M 330	02:18:51	04:37:51.05	04:39:18.35	9:55	6
474	MOL RAFAŁ	4328	GRUPA BIEGOWA ENERGY KACZORY	KACZORY	POL	M40	128	M 331	02:11:31	04:38:25.90	04:39:21.70	9:56	6
475	DĄBROWSKI KAROL	4567	CROSSFIT SIEDLCE	SIEDLCE	POL	M40	129	M 332	02:20:05	04:38:59.95	04:39:36.05	9:57	6
476	TOKARSKA BOŻENA	4533		KRAKÓW	POL	K40	34	K 144	02:22:42	04:38:54.05	04:39:39.90	9:57	6
477	MACIAG EWELINA	4126		KIELCE	POL	K30	75	K 145		04:39:44.00	04:39:44.00	9:59	6
478	KUMAŃSKA MONIKA	4209		KIELCE	POL	K30	76	K 146		04:39:44.00	04:39:44.00	9:59	6
479	FRIEZE KRZYSZTOF	4443	ORANGE POLSKA	ŁÓDŹ	POL	M40	130	M 333	02:16:35	04:39:54.90	04:40:14.65	9:59	6
480	FRIEZE TATIANA	4478		ŁÓDŹ	POL	K40	35	K 147	02:17:34	04:39:55.75	04:40:14.90	9:59	6
481	WINIARCZYK ADRIAN	4568	WIOLA&ADI	STARY KONIK	POL	M30	142	M 334	02:11:08	04:40:30.10	04:41:27.95	10:01	6
482	DYDERSKA WIOLETTA	4950		WARSZAWA	POL	K40	37	K 148	02:11:07	04:40:30.00	04:41:28.05	10:01	6
483	WOJAS JUSTYNA	4790	NIEPOŁOMICIE BIEGAJĄ	NIEPOŁOMICIE	POL	K30	77	K 149	02:20:48	04:40:00.25	04:41:33.15	10:00	6
484	CHODZIŃSKA MARIOLA	4575		RZESZÓW	POL	K30	78	K 150	02:21:02	04:40:37.95	04:41:33.20	10:01	6
485	ZARZYŃSKA MONIKA	4500	REPREZENTACJA OŚ. ŚW. ANTONIEGO	WARSZAWA	POL	K40	36	K 151	02:27:28	04:40:27.55	04:41:34.10	10:01	6
486	SUMIEC KRYSZYNA	4627	ZABIEGANI MIELEC	MIELEC	POL	K50	9	K 152	02:22:29	04:40:46.60	04:41:53.15	10:01	6
487	KOTOWICZ MARCIN	4632	HDR WATAHA MARGONIN	CHODZIEŻ	POL	M30	143	M 335	02:26:16	04:40:38.25	04:42:09.05	10:01	6
488	SOBCZAK AGATA	4576	HDR WATAHA MARGONIN	CHODZIEŻ	POL	K30	79	K 153	02:26:16	04:40:38.65	04:42:09.20	10:01	6
489	STRUSZKIEWICZ ALEKSANDRA	4549	POWER TRAINING	WARSAW	POL	K20	29	K 154	02:22:43	04:41:23.20	04:42:19.00	10:03	6
490	PAWELEC KRYSZYNA	4437	DOGOŃ GRODZISK MAZOWIECKI	PIASTÓW	POL	K60	1	K 155	02:19:11	04:40:40.20	04:42:27.75	10:01	6

## RZEŹNICZEK 2019, OPEN c.d.

POS	Name and surname	No.	Club	City	NAT	Cat.	M.	F/M	16.2km	Netto	Brutto	min/km	km/h
							cat.						
491	KĄŁOWSKI MACIEJ	4055		OTWOCK	POL	M20	39	M 336	02:05:39	04:42:24.90	04:42:36.00	10:05	5.9
492	ROGÓŻ AGNIESZKA	4942		NIEPOŁOMICE	POL	K30	80	K 156	02:20:08	04:41:38.15	04:43:10.75	10:03	6
493	WINNICKA MONIKA	4688		LÓDŹ	POL	K30	82	K 157	02:18:49	04:42:42.65	04:43:25.60	10:05	5.9
494	WŁODARCZYK MAREK	4731		RADOM	POL	M40	132	M 337	02:12:39	04:43:11.30	04:43:25.70	10:06	5.9
495	PIĘTKA PIOTR	4239		WARSZAWA	POL	M40	131	M 338	02:20:07	04:42:21.45	04:43:32.10	10:05	5.9
496	WĘGIEL KINGA	4871		SUF CZYN	POL	K30	81	K 158	02:32:29	04:42:37.00	04:43:39.15	10:05	5.9
497	PIOTROWSKA ANNA	4591		NADARZYN	POL	K40	39	K 159	02:14:32	04:43:02.30	04:43:53.10	10:06	5.9
498	KRAUZE-ROMEJKO KATARZYNA	4318		NIEWODNICA KORYCKA	POL	K40	40	K 160	02:19:59	04:43:37.50	04:43:56.35	10:07	5.9
499	KORZENIOWSKA MAGDALNA	4471	NIEPOŁOMICE BIEGAJĄ	KRAKÓW	POL	K40	38	K 161	02:21:40	04:42:35.55	04:44:08.75	10:05	5.9
500	DZIARNOWSKI WŁODEK	4439	BIEGAMPŁOCK TEAM	PŁOCK	POL	M50	22	M 339	02:13:38	04:43:15.20	04:44:20.95	10:06	5.9
501	POSPIESZNA ZOFIA	4456		POZNAŃ	POL	K20	30	K 162	02:21:00	04:43:58.80	04:44:52.85	10:08	5.9
502	KOCHANOWSKI SEBASTIAN	4490	ROZBIEGAMY NOWY DWÓR	POZNAŃ	POL	M40	133	M 340	02:11:56	04:44:38.55	04:45:03.95	10:09	5.9
503	LIGENZA-KOWALCZUK AGATA	4365		PIŁA	POL	K30	83	K 163	02:28:09	04:43:47.20	04:45:16.90	10:08	5.9
504	KALIŃSKA JAKUB	4686	OSTROBIEC	OSTROWIEC ŚW.	POL	M30	145	M 341	02:12:21	04:45:14.30	04:45:22.10	10:11	5.9
505	CHODAKOWSKI KACPER	4088	OSTROBIEC	ĆMIELÓW	POL	M20	40	M 342	02:11:51	04:45:15.20	04:45:22.15	10:11	5.9
506	ROMANOWSKA BEATA	4510	RUN VEGANTEAM	GDYNIA	POL	K50	10	K 164	02:20:41	04:44:14.65	04:45:23.30	10:09	5.9
507	IWANIEK SEBASTIAN	4459	BIEGUSIEM.PL	RYKI	POL	M30	144	M 343	02:13:57	04:44:56.50	04:45:31.55	10:10	5.9
508	PENAR ARKADIUSZ	4612		GORLICE	POL	M50	23	M 344	02:19:03	04:44:31.60	04:45:41.45	10:09	5.9
509	BRATKO-SETKOWICZ ALINA	4462		KRAKÓW	POL	K30	84	K 165	02:28:30	04:45:04.95	04:45:57.45	10:10	5.9
510	KULIK KATARZYNA	4391	NIGHT RUNNERS GLIWICE	BYTOM	POL	K30	85	K 166	02:22:45	04:45:05.50	04:45:57.60	10:10	5.9
511	KĘPKA WALDEMAR	4418		SANTOCKO	POL	M60	4	M 345	02:11:22	04:45:49.25	04:46:22.00	10:12	5.9
512	AUGUSTYŃSKA KINGA	4524	LACHO TEAM	KRAKÓW	POL	K40	41	K 167	02:22:24	04:46:05.10	04:46:46.65	10:13	5.9
513	WYPYCH PATRYK	4093	KINIA I RZODKI TEAM.	CHECINY	POL	M20	42	M 346	02:22:26	04:46:05.05	04:46:46.90	10:13	5.9
514	TOMKIEWICZ JAKUB	4867		WARSZAWA	POL	M20	41	M 347	02:20:08	04:45:41.90	04:46:53.35	10:12	5.9
515	BEDNARCZYK MARIUSZ	4240	AMERNET	WARSZAWA	POL	M40	134	M 348	02:20:12	04:45:42.50	04:46:53.35	10:12	5.9
516	IDRYJAN KAROLINA	4433		TORUŃ	POL	K30	86	K 168	02:16:14	04:45:58.05	04:47:09.70	10:12	5.9
517	BAJERSKA RENATA	4492	GRUPA BIEGOWA ENERGY KACZORY	KACZORY	POL	K50	11	K 169	02:19:33	04:46:34.40	04:47:30.25	10:14	5.9
518	KĘPKA ROBERT	4925	BIEGUSIEM.PL	RYKI	POL	M30	146	M 349	01:56:26	04:47:14.90	04:47:47.05	10:15	5.8
519	BAKALARSKA MARIOLA	4569	WARSAW RUN CLUB	WARSZAWA	POL	K50	12	K 170	02:14:42	04:47:05.80	04:47:56.35	10:15	5.9
520	JANICKA KATARZYNA	4404		WARSZAWA	POL	K30	87	K 171	02:19:39	04:47:33.45	04:48:13.70	10:16	5.8
521	ADAMCZAK KRZYSZTOF	4183	SZWL A STARGARD	STARGARD	POL	M60	5	M 350	02:13:24	04:48:03.05	04:48:14.70	10:17	5.8
522	GRZESZCZAK MAŁGORZATA	4501	BIEGAMYRAZEM.PL	GDNIA	POL	K40	43	K 172	02:24:57	04:47:06.85	04:48:15.90	10:15	5.9
523	MAŚLAK ANNA	4625	BIEGAMYRAZEM.PL	GDYNIA	POL	K40	42	K 173	02:24:59	04:47:06.80	04:48:16.05	10:15	5.9
524	ZALEWSKA AGNIESZKA	4565	BIEGAMYRAZEM.PL	GDYNIA	POL	K40	44	K 174	02:24:56	04:47:07.15	04:48:16.20	10:15	5.9
525	BLOCH RADOSŁAW	4357		KROSNO	POL	M30	147	M 351	02:30:36	04:47:28.20	04:49:17.45	10:16	5.8
526	MAKARZEC - SURMA AGNIESZKA	4649		BIŁGORAJ	POL	K30	88	K 175	02:32:10	04:48:12.60	04:49:36.90	10:17	5.8
527	KRUSZYŃSKA AGNIESZKA	4675	AKS POLONIA WARSZAWA	WARSZAWA	POL	K30	89	K 176	02:22:02	04:48:48.75	04:50:11.15	10:18	5.8
528	URBAŃSKI MICHAŁ	4247		ŁĘCZYCA	POL	M40	135	M 352	02:20:54	04:49:40.80	04:50:17.75	10:20	5.8
529	PISKORSKI KRZYSZTOF	4230		WARSZAWA	POL	M40	136	M 353	02:24:08	04:49:41.00	04:50:18.05	10:20	5.8
530	BRÓDZIAK ARKADIUSZ	4571		KATOWICE	POL	M40	137	M 354	02:20:34	04:49:51.60	04:50:26.25	10:21	5.8
531	PRZYBYLSKI MARCIN	4387		GRÓJEC	POL	M40	140	M 355	02:23:46	04:50:10.15	04:50:50.30	10:21	5.8
532	PILKOWSKI PAWEŁ	4272		WARSZAWA	POL	M30	148	M 356	02:20:22	04:50:07.25	04:50:58.65	10:21	5.8
533	GAWAŁKO MONIKA	4880		WARSZAWA	POL	K20	31	K 177	02:20:22	04:50:07.80	04:50:58.75	10:21	5.8
534	PAWEŁAS MARTA	4637		WARSZAWA	POL	K30	92	K 178	02:23:28	04:50:02.35	04:51:00.00	10:21	5.8
535	BAJERSKI ARKADIUSZ	4307	GRUPA BIEGOWA ENERGY KACZORY	KACZORY	POL	M40	139	M 357	02:19:29	04:50:04.55	04:51:01.10	10:21	5.8
536	MAZUR JOANNA	4563	JOANNA MAZUR	KRAKÓW	POL	K30	90	K 179	02:17:46	04:49:35.10	04:51:01.85	10:20	5.8
537	MICHAŁKOWSKA MAGDALENA	4605		KRAKÓW	POL	K30	91	K 180	02:17:48	04:49:35.25	04:51:02.00	10:20	5.8
538	MROZIŃSKI MARCIN	4338		BIENIEWICE	POL	M40	138	M 358	02:19:09	04:50:01.40	04:51:13.95	10:21	5.8
539	MYSZKIEWICZ AGNIESZKA	4409	PZU SPORT TEAM	WARSZAWA	POL	K30	93	K 181	02:29:24	04:50:30.70	04:51:29.65	10:22	5.8
540	SERĘGA TOMASZ	4673	WKURW-TEAM	BOLĘCIN	POL	M40	143	M 359	02:13:44	04:51:10.05	04:51:30.15	10:23	5.8
541	BORKOWSKI MICHAŁ	4373		ŁABISZYN	POL	M20	43	M 360	02:11:37	04:51:04.50	04:51:42.10	10:23	5.8
542	GRUSZKA IWONA	4828	DZIKIE GRUBASY SZATANA	SIEDLEC DUŻY	POL	K20	32	K 182	02:21:48	04:50:49.15	04:51:54.30	10:23	5.8
543	PAWŁAK BEATA	4735		JABŁONNA	POL	K40	45	K 183	02:25:44	04:50:32.50	04:51:54.50	10:22	5.8
544	DOMAŃSKA MARIOLA	4197		KIELCE	POL	K30	94	K 184	02:25:44	04:52:05.00	04:52:05.00	10:25	5.8
545	PAWŁAK BARTOSZ	4132		JABŁONNA	POL	M40	141	M 361	02:25:44	04:50:47.20	04:52:09.30	10:23	5.8
546	JAMBOR MICHAŁ	4244	BRACHTWO BIEGOWE BGK	WARSZAWA	POL	M40	142	M 362	02:25:59	04:50:49.20	04:52:11.95	10:23	5.8

## RZEŹNICZEK 2019, OPEN c.d.

POS	Name and surname	No.	Club	City	NAT	Cat.	M.	F/M	16.2km	Netto	Brutto	min/km	km/h
							cat.						
547	ZEMŁA PIOTR	4876		GLIWICE	POL	M50	24	M 363	02:32:59	04:50:33.75	04:52:19.20	10:22	5.8
548	SKROBEK MARCIN	4708		WROCLAW	POL	M30	149	M 364	02:27:41	04:51:09.65	04:52:41.20	10:23	5.8
549	GAWŁOWSKA MILENA	4322	CROSS RAGE	ŁÓDŹ	POL	K30	95	K 185	02:21:31	04:52:15.80	04:53:02.80	10:26	5.7
550	SIEROCIŃSKA MONIKA	4438	CROSSFIT SIEDLCE	SIEDLCE	POL	K40	47	K 186	02:19:55	04:52:40.90	04:53:15.50	10:27	5.7
551	SOROCZYŃSKI SYLWESTER	4310	CROSSFIT SIEDLCE	SIEDLCE	POL	M40	145	M 365	02:19:57	04:52:41.35	04:53:16.65	10:27	5.7
552	MICHAŁEK JAROSŁAW	4339		KRAKÓW	POL	M50	25	M 366	02:19:39	04:53:05.70	04:53:19.30	10:28	5.7
553	LIPIŃSKI MACIEJ	4243	CROSSFIT SIEDLCE	SIEDLCE	POL	M30	151	M 367	02:20:16	04:52:46.35	04:53:22.05	10:27	5.7
554	SIEROCIŃSKI ROBERT	4194	CROSSFIT SIEDLCE	SIEDLCE	POL	M40	146	M 368	02:19:49	04:52:48.20	04:53:23.40	10:27	5.7
555	GIURG GRZEGORZ	4407		WAŁBRZYCH	POL	M40	144	M 369	02:27:43	04:51:58.85	04:53:23.90	10:25	5.8
556	DOMINIAK-BAK IZABELA	4590		JÓZEFOSŁAW	POL	K30	96	K 187	02:22:12	04:52:18.85	04:53:31.05	10:26	5.7
557	PYTEL BOŻENA	4345		KIELCE	POL	K40	46	K 188	02:23:52	04:52:31.10	04:53:44.85	10:26	5.7
558	STACHOWICZ MARCIN	4529	5F TEAM	PRZYGDZICE	POL	M30	150	M 370	02:27:39	04:52:39.95	04:53:56.50	10:27	5.7
559	PAWLIK KATARZYNA	4534	5F TEAM	PRZYGDZICE	POL	K30	97	K 189	02:27:39	04:52:40.00	04:53:56.60	10:27	5.7
560	DONIEC KATARZYNA	4522	NAPIERAJDALEJ	JASŁO	POL	K40	49	K 190	02:29:51	04:53:34.50	04:54:06.40	10:29	5.7
561	NOWAK KATARZYNA	4483	DZIKIE GRUBASY SZATANA	WARSZAWA	POL	K30	99	K 191	02:13:02	04:53:59.95	04:54:16.60	10:30	5.7
562	MARCINIAK ANNA	4851		CHOCIANÓW	POL	K40	48	K 192	02:18:49	04:53:28.05	04:54:37.75	10:28	5.7
563	MARCINIAK MAREK	4852		CHOCIANÓW	POL	M40	147	M 371	02:18:17	04:53:28.80	04:54:37.85	10:28	5.7
564	PABIAŃCZYK MAŁGORZATA	4366		KRAKÓW	POL	K40	50	K 193	02:23:37	04:53:52.85	04:54:43.15	10:29	5.7
565	BŁASZCZAK ANNA	4846		KRAKÓW	POL	K30	98	K 194	02:32:29	04:53:54.70	04:54:56.50	10:29	5.7
566	KĘPSKI JAROSŁAW	4286	TRENER24H.COM.PL	WARSZAWA	POL	M30	152	M 372	02:27:53	04:54:16.15	04:55:35.95	10:30	5.7
567	KOSZAŁKA ALEKSANDRA	4252		ŁĘBORK	POL	K20	33	K 195	02:31:52	04:54:45.30	04:56:05.80	10:31	5.7
568	JARANOWSKI XAWERY	4714		WARSZAWA	POL	M40	148	M 373	02:23:13	04:54:50.35	04:56:05.90	10:31	5.7
569	GORYŃSKA MICHALINA	4742		GDANSK	POL	K20	34	K 196	02:31:53	04:54:45.40	04:56:05.90	10:31	5.7
570	GIRZYŃSKA KATARZYNA	4532		WARSZAWA	POL	K30	100	K 197	02:19:48	04:55:20.80	04:56:31.65	10:32	5.7
571	ROPEL MIROSŁAW	4600	KIS TRANSPORT	WEJHEROWO	POL	M60	6	M 374	02:18:59	04:56:42.15	04:57:34.60	10:35	5.7
572	KORNILAK EDYTA	4690	GRUPA BIEGACZY SKÓRZEC BIEGA	SKÓRZEC	POL	K40	52	K 198	02:23:00	04:56:31.70	04:57:57.95	10:35	5.7
573	CZARNECKA ŻANETA	4717	PARKRUN GRUDZIADZ	GRUDZIADZ	POL	K40	51	K 199	02:34:28	04:56:31.10	04:58:03.30	10:35	5.7
574	JAWOREK MONIKA	4100		RYDUŁTOWY	POL	K40	53	K 200	02:16:51	04:58:03.80	04:58:13.20	10:38	5.6
575	KRYDA JACEK	4472	MPKŁÓDŹ	JANÓWKA	POL	M50	26	M 375	02:22:01	04:57:27.90	04:58:13.75	10:37	5.6
576	PŁOŃSKA JULIA	4502		WARSZAWA	POL	K30	101	K 201	02:26:57	04:56:38.80	04:58:14.35	10:35	5.7
577	FRĄTCZAK MARCIN	4711		WARSZAWA	POL	M40	149	M 376	02:26:56	04:56:39.25	04:58:14.60	10:35	5.7
578	BARAN KATARZYNA	4287	TRENER24H.COM.PL	WARSZAWA	POL	K30	102	K 202	02:27:35	04:57:18.25	04:58:37.70	10:37	5.7
579	SOSNÓWKA BARTOSZ	4863	BIEG SOSNOWY	WARSZAWA	POL	M30	153	M 377	02:10:21	04:58:00.00	04:58:47.00	10:38	5.6
580	DZIWOŃ DOMINIK	4920		KIELCE	POL	M20	44	M 378	02:25:56	04:57:34.25	04:59:01.80	10:37	5.6
581	GRUDZIECKI CEZARY	4816		WARSZAWA	POL	M40	150	M 379	02:24:07	04:57:28.55	04:59:05.75	10:37	5.6
582	DĄBROWSKA EDYTA	4683		PIASECZNO	POL	K30	103	K 203	02:32:09	04:57:54.30	04:59:21.65	10:38	5.6
583	CHMIELEWSKA EMILIA	4346		DĘBE WIELKIE	POL	K30	104	K 204	02:32:45	04:59:31.50	05:00:05.45	10:41	5.6
584	SOSNÓWKA LESZEK	4498		DZIAŁDOWO	POL	M50	27	M 380	02:11:07	04:59:19.80	05:00:06.50	10:41	5.6
585	CICHECKI MAREK	4892		SOCHACZEW	POL	M60	7	M 381	02:23:04	04:58:52.10	05:00:20.00	10:40	5.6
586	SZYPROWSKI JAROSŁAW	4891		ALTANKA	POL	M40	151	M 382	02:23:04	04:58:52.00	05:00:20.15	10:40	5.6
587	MYŚLIŃSKI TOMASZ	4746	BIEGUSIEM.PL	RADOM	POL	M40	152	M 383	02:29:51	04:59:55.45	05:00:27.65	10:42	5.6
588	ADAMUS KATARZYNA	4597	OLZA CIESZYN	CIESZYN	POL	K40	54	K 205	02:27:46	04:59:53.90	05:00:32.80	10:42	5.6
589	MALINOWSKA ANETA	4598	OLZA CIESZYN	CIESZYN	POL	K40	55	K 206	02:27:46	04:59:54.20	05:00:32.90	10:42	5.6
590	DYCKOWSKI ADAM	4261		WARSZAWA	POL	M20	45	M 384	02:21:37	05:00:16.15	05:01:00.45	10:43	5.6
591	CZECH MARCIN	4904	OCHAJORUN	RYBNIK	POL	M30	154	M 385	02:22:54	05:00:02.40	05:01:15.05	10:42	5.6
592	CZECH BOŻENA	4906	OCHAJORUN	RYBNIK	POL	K30	107	K 207	02:22:53	05:00:03.10	05:01:15.60	10:42	5.6
593	LORENC-KRUSZYŃSKA SYLWIA	4837	WKURW_TEAM	BYDGOSZCZ	POL	K30	105	K 208	02:28:02	04:59:38.90	05:01:18.10	10:42	5.6
594	FONS ALEKSANDRA	4855		PIŁA	POL	K30	106	K 209	02:28:03	04:59:39.00	05:01:18.10	10:42	5.6
595	ŻAK OLIVIA	4457	PIASECZNO RUNNING	JASTRZĘBIE	POL	K30	108	K 210	02:27:58	05:01:02.85	05:01:18.95	10:45	5.6
596	OBARSKI NORBERT	4805		KIELCE	POL	M50	28	M 386	02:26:00	05:00:54.95	05:01:51.55	10:44	5.6
597	SOBOŃ ANNA	4660	AUTO-SERWIS PIORT SOBOŃ	WROCLAW	POL	K40	56	K 211	02:31:44	05:00:24.60	05:02:10.05	10:43	5.6
598	JELIŃSKI SEBASTIAN	4392	NOA	WROCLAW	POL	M40	157	M 387	02:27:11	05:02:14.55	05:02:19.00	10:47	5.6
599	CELEK KATARZYNA	4552		RZESZOW	POL	K30	109	K 212	02:31:11	05:01:20.50	05:02:27.75	10:45	5.6
600	LATOS JOANNA	4730		ZIELONA GÓRA	POL	K40	57	K 213	02:26:09	05:01:26.50	05:02:36.35	10:45	5.6
601	WIŚNIEWSKA MARTA	4656		WARSZAWA	POL	K30	112	K 214	02:19:53	05:01:53.55	05:02:48.00	10:46	5.6
602	WOJCIECHOWSKA HELENA	4646	NIGHT RUNNERS	POZNAŃ	POL	K30	111	K 215	02:32:52	05:01:50.20	05:02:49.75	10:46	5.6

## RZEŹNICZEK 2019, OPEN c.d.

POS	Name and surname	No.	Club	City	NAT	Cat.	M.	F/M	16.2km	Netto	Brutto	min/km	km/h	
							cat.							
603	JAMRÓZ ROBERT	4276	JAMERKI	MUROWANIEC	POL	M40	156	M 388	02:15:20	05:02:12.10	05:02:51.35	10:47	5.6	
604	MAJKA WOJCIECH	4671	TRENER24H	WARSZAWA	POL	M40	154	M 389	02:27:48	05:01:32.05	05:02:51.35	10:46	5.6	
605	GEWALD DANUTA	4670	TRENER24H	WARSZAWA	POL	K30	110	K 216	02:27:48	05:01:32.65	05:02:51.75	10:46	5.6	
606	WĘGOROWSKI JACEK	4719		LUBLIN	POL	M40	153	M 390	02:18:28	05:01:26.10	05:02:51.95	10:45	5.6	
607	SZCZOTKA AGATA	4491	JAROSŁAWSKI BIEGACZ	JAROSŁAW	POL	K40	58	K 217	02:26:42	05:02:15.30	05:03:10.85	10:47	5.6	
608	PATERSKI DAWID	4506	CHAOS I DESTRUKCJA	BYDGOSZCZ	POL	M30	157	M 391	02:20:35	05:02:32.50	05:03:12.05	10:48	5.6	
609	GRUSZKA PIOTR	4887		SIEDLEC DUŻY	POL	M30	156	M 392	02:21:50	05:02:07.75	05:03:13.15	10:47	5.6	
610	SMORAĞIEWICZ MARCIN	4648		WARSZAWA	POL	M40	158	M 393	02:31:22	05:02:23.50	05:03:18.25	10:48	5.6	
611	GADOMSKA EWA	4689		WARSZAWA	POL	K30	113	K 218	02:27:59	05:02:42.25	05:03:20.75	10:48	5.6	
612	TUREK PAWEŁ	4542		PIASECZNO	POL	M40	155	M 394	02:30:17	05:01:34.05	05:03:26.95	10:46	5.6	
613	JAREMEK WOJTEK	4812		ZAMOŚĆ	POL	M30	155	M 395	02:30:26	05:02:01.85	05:03:30.30	10:47	5.6	
614	KAPINOS MACIEJ	4221		MIELEC	POL	M30	158	M 396	02:19:34	05:03:13.10	05:03:48.05	10:49	5.5	
615	KUKLEWSKA EWA	4672		DUBLIN	IRL	K60	2	K 219	02:29:21	05:02:42.20	05:03:49.75	10:48	5.6	
616	STELMASZYK PIOTR	4262	PZU SPORT TEAM	RUSIEC	POL	M40	159	M 397	02:17:49	05:02:32.95	05:04:25.20	10:48	5.6	
617	STAROBRAT-CIENKA ALEKSANDRA	4602		WARSZAWA	POL	K30	115	K 220	02:32:33	05:03:49.10	05:04:33.40	10:51	5.5	
618	STAROBRAT ARKADIUSZ	4927		WARSZAWA	POL	M50	29	M 398	02:32:35	05:03:49.45	05:04:33.75	10:51	5.5	
619	DAMIĘCKA KATARZYNA	4010		WARSZAWA	POL	K30	114	K 221	02:29:21	05:03:11.75	05:04:45.95	10:49	5.5	
620	BOROWSKI SŁAWOMIR	4204	SOLVITUR AMBULANDO	BUKOWIEC	POL	M40	161	M 399	02:25:45	05:04:16.85	05:04:54.65	10:52	5.5	
621	PASZEK KRYSZYNA	4494	DOGOŃ GRODZISK MAZOWIECKI	GRODZISK MAZ	POL	K50	13	K 222	02:27:02	05:03:12.00	05:04:59.75	10:49	5.5	
622	MUSIAŁ PAWEŁ	4344	ADIDAS RUNNERS WARSAW	WARSZAWA	POL	M40	160	M 400	02:28:10	05:03:58.45	05:05:02.20	10:51	5.5	
623	KWIATKOWSKA ALEKSANDRA	4442	ADIDAS RUNNERS WARSAW	WARSZAWA	POL	K20	35	K 223	02:27:23	05:03:48.35	05:05:03.35	10:51	5.5	
624	MAZUR MICHAŁ	4893	KB SOBÓTKA	SOBÓTKA	POL	M30	159	M 401	02:33:35	05:03:42.45	05:05:05.65	10:50	5.5	
625	LENARD-MYSZKOWSKA ANNA	4841	TEAM ZABIEGANEDNI	BANIOCHA	POL	K30	116	K 224	02:33:31	05:04:22.00	05:05:11.05	10:52	5.5	
626	MYSZKOWSKI SEBASTIAN	4157	TEAM ZABIEGANEDNI	BOROWINA	POL	M40	162	M 402	02:32:43	05:04:22.15	05:05:11.30	10:52	5.5	
627	LECH LESŁAW	4945		SOBÓTKA	POL	M30	160	M 403	02:25:37	05:04:38.05	05:05:25.05	10:52	5.5	
628	LECH DANIELA	4946		SOBÓTKA	POL	K20	36	K 225	02:24:02	05:04:38.30	05:05:25.25	10:52	5.5	
629	MORAWSKA ANNA	4484		WARSZAWA	POL	K60	3	K 226	02:31:35	05:05:27.40	05:06:31.40	10:54	5.5	
630	GÓRAL MARCELINA	4249		WARSZAWA	POL	K30	117	K 227	02:25:24	05:05:25.00	05:06:34.45	10:54	5.5	
631	RYMON PAWEŁ	4658	POKRĘCENI	KRAJENKA	POL	M30	161	M 404	02:35:00	05:05:11.50	05:06:41.50	10:53	5.5	
632	ŁYSIAK KATARZYNA	4363		DĄBRÓWKA	POL	K30	119	K 228	02:32:07	05:05:36.40	05:06:42.30	10:54	5.5	
633	CENDROWICZ MAGDALENA	4779		SOBÓTKA	POL	K30	118	K 229	02:26:58	05:05:30.20	05:07:02.70	10:54	5.5	
634	SKŁADANOWSKA BEATA	4586		WARSZAWA	POL	K30	120	K 230	02:28:11	05:06:12.90	05:07:34.55	10:56	5.5	
635	ŚCISŁY DAREK	4417		PŁAWNO	POL	M40	163	M 405	02:32:38	05:06:19.45	05:07:57.95	10:56	5.5	
636	JODKO MAGDA	4934	KOŚCIUCHY TEAM	GRUDZIĄDZ	POL	K40	60	K 231	02:28:22	05:06:46.05	05:08:00.75	10:57	5.5	
637	SĘDEK SYLWIA	4414	ADIDAS RUNNERS WARSAW	WARSZAWA	POL	K30	123	K 232	02:28:19	05:07:04.50	05:08:08.35	10:58	5.5	
638	SŁĘZAK HANNA	4016	POKRĘCENI	PIŁA	POL	K30	121	K 233	02:31:41	05:06:39.95	05:08:10.20	10:57	5.5	
639	RUDNICKA AGATA	4618		WARSZAWA	POL	K50	14	K 234	02:32:34	05:07:18.60	05:08:12.35	10:58	5.5	
640	GARGAS-DZIEDZINA JOANNA	4684	MUAY RUNNING TEAM	KRAKÓW	POL	K30	124	K 235	02:27:37	05:07:42.80	05:08:26.55	10:59	5.5	
641	PIETRZAK AGNIESZKA	4654		WARSZAWA	POL	K40	61	K 236	02:36:41	05:07:30.80	05:08:29.15	10:58	5.5	
642	JAKÓBCZYK SYLWIA	4603		LUBLIN	POL	K40	59	K 237	02:34:57	05:05:46.55	05:08:32.95	10:55	5.5	
643	GAŚIOREK KAMILA	4431	ZABIEGANI.TV	WARSZAWA	POL	K30	125	K 238	02:27:52	05:07:49.65	05:08:49.45	10:59	5.5	
644	MIGURSKI JAKUB	4818	FUCHS OIL TEAM	GLIWICE		M30	162	M 406	02:26:35	05:07:06.65	05:08:50.05	10:58	5.5	
645	SZALSKA ELŻBIETA	4872	MUCHY NA ZĘBACH	TORUŃ	POL	K30	122	K 239	02:38:01	05:07:01.80	05:08:51.85	10:57	5.5	
646	RZEPNIKOWSKI MICHAŁ	4303		SKOTNIKI	POL	M40	165	M 407	02:15:23	05:08:47.50	05:09:16.85	11:01	5.4	
647	SZOŁTYSEK BEATA	4951		RYBNIK	POL	K40	62	K 240	02:31:36	05:08:05.15	05:09:19.35	11:00	5.5	
648	PISINGAS MARIUSZ	4952		GLIWICE	POL	M40	164	M 408	02:31:36	05:08:04.75	05:09:19.40	11:00	5.5	
649	MŁYNARCZYK ANIA	4229		KONSTANCIN JEZIORNA	POL	K30	129	K 241	02:33:15	05:09:14.80	05:09:50.75	11:02	5.4	
650	RUPIŃSKA AGNIESZKA	4901		KONSTANCIN JEZIORNA	POL	K20	38	K 242	02:31:31	05:08:29.65	05:09:53.45	11:01	5.4	
651	SCHWITALLA KATARZYNA	4512	KATRIX/MKS SIECHNICE	SIECHNICE	POL	K40	63	K 243	02:33:21	05:08:25.90	05:09:57.15	11:00	5.4	
652	MAZURKIEWICZ KAROL	4681	ULTRA PĘDZIWIATRY	WARSZAWA	POL	M30	163	M 409	02:30:59	05:08:52.40	05:09:57.80	11:01	5.4	
653	KRÓLIKOWSKA ANNA	4949	4MOVE	MODLNICZKA	POL	K20	37	K 244	02:26:27	05:08:06.75	05:09:58.50	11:00	5.5	
654	ŁUCZAK PAWEŁ	4740	HUSARIA	KRAKÓW	POL	M20	46	M 410	02:26:27	05:08:07.50	05:09:59.15	11:00	5.5	
655	TYCZYŃSKA MAŁGORZATA	4607	SZYBKIE ŻÓŁWIE	POGWIZDÓW	POL	K50	15	K 245	02:28:19	05:09:20.50	05:09:59.30	11:02	5.4	
656	FOTYGA AGNIESZKA	4234	OSTROBIEC	OSTROWIEC ŚWIĘTOKRZYSKI	POL	K40	67	K 246	02:28:03	05:09:52.20	05:10:00.55	11:04	5.4	
657	ZAWADZKA MONIKA	4559	MKS SIECHNICE	SIECHNICE	POL	K30	127	K 247	02:28:51	05:08:31.05	05:10:03.35	11:01	5.4	
658	REJDYCH DARIA	4677	HUSARIA RACE TEAM	KRAKÓW	POL	K30	128	K 248	02:37:29	05:08:50.85	05:10:06.70	11:01	5.4	

## RZEŹNICZEK 2019, OPEN c.d.

POS	Name and surname	No.	Club	City	NAT	Cat.	M.	F/M	16.2km	Netto	Brutto	min/km	km/h
							cat.						
659	LIPIŃSKA KINGA	4929		GRUDZIĄDZ	POL	K30	126	K 249	02:26:23	05:08:29.45	05:10:11.50	11:01	5.4
660	NIEWDZIĘCZNA BARBARA	4866	SAŹ WOLNIEJSI	OLSZTYN	POL	K40	64	K 250	02:37:02	05:09:14.35	05:10:57.35	11:02	5.4
661	JĘDZURA AGNIESZKA	4610		GLIWICE	POL	K40	69	K 251	02:28:31	05:10:38.50	05:10:58.45	11:05	5.4
662	NIŻNIK MONIKA	4429	KURY.MAJA.PAZURY	ŁÓDŹ	POL	K40	68	K 252	02:28:06	05:10:18.95	05:11:22.65	11:04	5.4
663	NIŻNIK RAFAŁ	4309		UHERCE	POL	M40	166	M 411	02:28:02	05:10:18.55	05:11:22.80	11:04	5.4
664	ŚCISŁY OLA	4824		PŁAWNO	POL	K40	66	K 253	02:36:42	05:09:50.80	05:11:29.30	11:03	5.4
665	REDEK SYLWIA	4830	TEAM ZABIEGANEDNI	WIĄZOWNA	POL	K40	65	K 254	02:32:35	05:09:45.85	05:11:31.00	11:03	5.4
666	KURZAWA ADAM	4324	TIGRES DEL PAPA	ŁÓDŹ	POL	M20	47	M 412	02:26:24	05:10:14.70	05:11:56.70	11:04	5.4
667	WANAT MARIKA	4661		JASTRZĘBIE ZDRÓJ	POL	K30	130	K 255	02:26:30	05:11:12.00	05:12:47.80	11:06	5.4
668	ZIEMBIŃSKA- BUCZYŃSKA ALEKSANDRA	4706		GLIWICE	POL	K30	131	K 256	02:32:00	05:13:34.65	05:15:10.20	11:11	5.4
669	DEJA ANDRZEJ	4233		OPOLE	POL	M50	30	M 413	02:20:18	05:14:53.25	05:15:16.95	11:14	5.3
670	KUR MARIUSZ	4870	TEAM ZABIEGANEDNI	JAZGARZEW	POL	M30	165	M 414	02:32:58	05:14:55.75	05:16:02.45	11:14	5.3
671	IWANICKI MARCIN	4585	HDR WATAHA MARGONIN	WĄGROWIEC	POL	M30	164	M 415	02:33:22	05:14:32.75	05:16:07.55	11:14	5.3
672	POŁCZYŃSKA EWELINA	4561	HDR WATAHA MARGONIN	WĄGROWIEC	POL	K30	132	K 257	02:33:49	05:14:32.90	05:16:07.65	11:14	5.3
673	BARANOWSKA MONIKA	4678	SPEED FEET ,16	KOŚCIAN	POL	K30	134	K 258	02:38:16	05:16:11.95	05:16:36.40	11:17	5.3
674	CZECH DOROTA	4466	PRO-RUN WROCŁAW	KIEŁCZÓW	POL	K40	70	K 259	02:27:32	05:15:53.85	05:16:51.05	11:16	5.3
675	KWAPIŃSKA ANNA	4630		TRZEBNICA	POL	K30	133	K 260	02:27:32	05:15:54.15	05:16:51.35	11:16	5.3
676	BINEK MICHAŁ	4847		ŁÓDŹ	POL	M30	166	M 416	02:26:27	05:15:14.80	05:16:59.15	11:15	5.3
677	NOWAK WOJCIECH	4341	ŚWIŃSKI TRUCHT	GLIWICE	POL	M20	48	M 417	02:31:50	05:15:28.95	05:17:12.35	11:16	5.3
678	BRZOZOWSKI PIOTR	4343	KB MCKIS JAWORZNO	JAWORZNO	POL	M50	31	M 418	02:34:59	05:15:47.80	05:17:13.20	11:16	5.3
679	KOŚCIELNIAK ADAM	4316	TIGRES DEL PAPA	ŁÓDŹ	POL	M30	167	M 419	02:26:52	05:15:37.75	05:17:19.30	11:16	5.3
680	MŁOSZ MARIA	4527	KASZANKI	BRWINÓW	POL	K20	39	K 261	02:37:57	05:16:16.70	05:17:28.70	11:17	5.3
681	CICHOCKI MARIUSZ	4574	SUUNTO RUN TEAM	RADOMSKO	POL	M50	32	M 420	02:35:29	05:16:28.55	05:17:30.00	11:18	5.3
682	KUSZ GOSIA	4715		BOGUSZYCE	POL	K30	135	K 262	02:32:01	05:17:10.95	05:18:50.95	11:19	5.3
683	WINICKA DARIA	4713		TOSZEK	POL	K40	71	K 263	02:31:52	05:17:10.75	05:18:51.05	11:19	5.3
684	CHRUŚCIEL AGATA	4693	NIGHT DRINKERS	ZGIERZ	POL	K40	72	K 264	02:24:22	05:18:22.60	05:19:07.75	11:22	5.3
685	SZEWCZYK KAMIL	4685		WARSZAWA	POL	M30	168	M 421	02:26:19	05:17:58.40	05:19:08.35	11:21	5.3
686	RZEPKA MIREK	4762		WARSZAWA	POL	M50	33	M 422	02:26:03	05:19:02.90	05:19:57.10	11:23	5.3
687	ORZECHOWSKA KAROLINA	4214		WARSZAWA	POL	K40	73	K 265	02:35:00	05:20:13.80	05:20:30.55	11:26	5.2
688	ORZECHOWSKI DANIEL	4116	M&M AIR SEA CARGO S.A.	WARSZAWA	POL	M30	169	M 423	02:35:00	05:20:12.90	05:20:30.65	11:26	5.2
689	WOJTANOWICZ BEATA	4495		GRUDZIĄDZ	POL	K50	16	K 266	02:32:59	05:19:28.80	05:20:44.30	11:24	5.3
690	ADAMCZYK AGNIESZKA	4858		CHOSZCZCZO	POL	K40	74	K 267	02:35:51	05:21:24.95	05:21:24.95	11:28	5.2
691	MALINOWSKI ALBERT	4860		CHOSZCZCZO	POL	M40	167	M 424	02:34:13	05:19:48.45	05:21:26.55	11:25	5.3
692	DOMINIAK KATARZYNA	4885	TIGERS TEAM	ŁÓDŹ	POL	K30	139	K 268	02:35:21	05:21:25.80	05:22:03.15	11:28	5.2
693	SOBALA JUSTYNA	4103	RK ATHLETICS	WARSZAWA	POL	K40	75	K 269	02:36:53	05:22:22.90	05:22:25.80	11:30	5.2
694	KORZENIOWSKI ROBERT	4020		WARSZAWA	POL	M50	34	M 425	02:36:53	05:22:23.35	05:22:26.10	11:30	5.2
695	GAWLIK ANNA	4848	KATRIX/MKS SIECHNICE	SIECHNICE	POL	K30	136	K 270	02:34:53	05:20:58.25	05:22:29.35	11:27	5.2
696	PILAK ZBIGNIEW	4615		WROCŁAW	POL	M60	8	M 426	02:40:25	05:21:16.25	05:22:29.45	11:28	5.2
697	PASTERNAK JOANNA	4738	PZU SPORT TEAM	WARSZAWA	POL	K30	138	K 271	02:34:22	05:21:10.70	05:22:37.45	11:28	5.2
698	MOTYL MIROŚLAWA	4802	NIEPOŁOMICIE BIEGAJĄ	KRAKÓW	POL	K30	137	K 272	02:41:01	05:21:10.00	05:22:44.10	11:28	5.2
699	BARAN STEFAN	4058		NOWY SĄCZ	POL	M40	169	M 427	02:35:56	05:22:32.90	05:22:58.80	11:31	5.2
700	BIELIK RADOSŁAW	4753	WKURW_TEAM	KRAKOW	POL	M40	168	M 428	02:31:55	05:21:46.15	05:23:10.70	11:29	5.2
701	ZIÓŁEK TERESA	4638	STAY INSANE	MEŁGIEW	POL	K50	17	K 273	02:37:28	05:22:39.40	05:24:07.35	11:31	5.2
702	ŻUREK MARTA	4845		KROSNO	POL	K30	140	K 274	02:33:49	05:23:20.60	05:24:22.45	11:32	5.2
703	BOBER GRZEGORZ	4639		WARSZAWA	POL	M30	170	M 429	02:28:24	05:23:23.15	05:24:25.80	11:32	5.2
704	KUKLEWSKI FILIP	4744		DUBLIN	IRL	M30	171	M 430	02:31:42	05:23:27.70	05:24:35.55	11:33	5.2
705	KARDAS MARTA	4784		ŁÓDŹ	POL	K30	143	K 275	02:22:41	05:24:07.90	05:25:16.05	11:34	5.2
706	DOBROWOLSKA KAROLINA	4747	ALARCOM	DĄBRÓWKA WIELKA	POL	K30	142	K 276	02:23:11	05:24:07.70	05:25:16.05	11:34	5.2
707	MEJKA ANETA	4422	RACEFIGHTER	WARSZAWA	POL	K40	76	K 277	02:30:44	05:24:27.90	05:25:17.60	11:35	5.2
708	PRZYBYLSKA MAGDALENA	4415		GRÓJEC	POL	K30	145	K 278	02:47:45	05:24:55.60	05:25:35.45	11:36	5.2
709	JEŻEWSKA ANGELIKA	4775		WARSZAWA	POL	K30	141	K 279	02:38:35	05:23:49.00	05:25:36.00	11:33	5.2
710	WASILEWSKA MAŁGORZATA	4504		WARSZAWA	POL	K20	40	K 280	02:38:37	05:23:49.55	05:25:36.35	11:33	5.2
711	KARABIN ANNA	4789		CISNA	POL	K30	144	K 281	02:36:46	05:24:23.70	05:26:05.10	11:35	5.2
712	ŻBIKOWSKA MAŁGORZATA	4012	SPC	TORUŃ	POL	K50	18	K 282	02:34:29	05:25:07.65	05:26:39.55	11:36	5.2
713	SZŁAPKA KATARZYNA	4725	SPEED FEED '16	KOŚCIAN	POL	K30	146	K 283	02:36:36	05:26:12.45	05:27:15.90	11:39	5.2
714	KOWALCZYK ANITA	4838	#TEAMKRÓLAK	JEMIELNO	POL	K20	41	K 284	02:37:13	05:25:48.20	05:27:18.35	11:38	5.2

**RZEŹNICZEK 2019, OPEN c.d.**

POS	Name and surname	No.	Club	City	NAT	Cat.	M.	F/M	16.2km	Netto	Brutto	min/km	km/h
							cat.						
715	RZECZKOWSKI MACIEJ	4224		OTWOCK	POL	M50	35	M 431	02:36:42	05:26:25.90	05:27:41.90	11:39	5.1
716	BIAŁOKOS ANNA	4668		WARSZAWA	POL	K30	147	K 285	02:36:34	05:26:26.85	05:27:48.20	11:39	5.1
717	KUŚMIERSKI KRZYSZTOF	4741		WARSZAWA	POL	M50	36	M 432	02:37:04	05:26:40.80	05:27:56.30	11:40	5.1
718	CZARNECKA AGNIESZKA	4665		SZCZECIN	POL	K40	79	K 286	02:36:52	05:26:46.90	05:28:24.25	11:40	5.1
719	RYBCZYŃSKA MAGDALENA	4636		WROCŁAW	POL	K40	78	K 287	02:36:57	05:26:46.55	05:28:24.35	11:40	5.1
720	PIASECKA MARTA	4826	WIECZORNE BIEGANIE W SZCZECINIE	SZCZECIN	POL	K40	81	K 288	02:37:09	05:26:47.45	05:28:24.50	11:40	5.1
721	MARCINIAK LIDKA	4853		SZCZECIN	POL	K40	77	K 289		05:26:45.15	05:28:24.55	11:40	5.1
722	DOWNAR ANDŻELIKA	4645		SZCZECIN	POL	K40	80	K 290	02:36:58	05:26:47.35	05:28:24.85	11:40	5.1
723	ŚWIECZKOWSKI WIESŁAW	4503	SCEDRAU	SZCZODROWO	POL	M40	170	M 433	02:35:16	05:27:34.55	05:29:05.10	11:41	5.1
724	ROGACKA - RZEPKA MARIA	4237		GLIWICE	POL	K40	83	K 291	02:47:25	05:28:12.40	05:29:26.45	11:43	5.1
725	WALCZAK-DĘBOWSKA IWONA	4856		ŁÓDŹ	POL	K40	82	K 292	02:41:46	05:28:04.85	05:30:07.10	11:43	5.1
726	MALINOWSKA MARTA	4754		WARSZAWA	POL	K30	148	K 293	02:22:54	05:27:59.45	05:30:09.10	11:42	5.1
727	REDZYŃSKI PAWEŁ	4699		WARSZAWA	POL	M20	49	M 434	02:22:53	05:28:01.60	05:30:11.05	11:42	5.1
728	SKÓRA MICHAŁ	4364		KAŃCUGA	POL	M40	172	M 435	02:40:48	05:30:14.15	05:30:42.85	11:47	5.1
729	SZYMAŃSKI MARIUSZ	4425	MKB DREPTAK	MIŃSK MAZOWIECKI	POL	M40	171	M 436	02:37:47	05:29:35.90	05:30:46.20	11:46	5.1
730	SZYMAŃSKA EWA	4755		MIŃSK MAZOWIECKI	POL	K40	84	K 294	02:37:45	05:29:35.30	05:30:46.35	11:46	5.1
731	LESZCZYŃSKA MAŁGORZATA	4463		GLIWICE	POL	K40	85	K 295	02:43:37	05:30:01.50	05:31:13.10	11:47	5.1
732	POLKOWSKA-KRYPKA ELIZA	4767		SIEDLCE	POL	K40	86	K 296	02:37:01	05:30:59.55	05:32:42.25	11:49	5.1
733	KARPIŃSKA NINA	4764		BLIŻYN	POL	K30	149	K 297	02:36:59	05:31:48.50	05:33:05.65	11:51	5.1
734	STASIAK WALDEMAR	4750		OPOLE	POL	M40	173	M 437	02:41:50	05:31:50.75	05:33:08.35	11:51	5.1
735	SAWICKA - WERS URSZULA	4562		DRZONOWO	POL	K30	150	K 298	02:37:07	05:32:08.00	05:33:18.80	11:51	5.1
736	SANECKA KATARZYNA	4680	BEFIT24TEAM	KRAKÓW	POL	K50	19	K 299	02:35:13	05:32:52.70	05:33:24.05	11:53	5
737	SULEJA JOANNA	4616	SZWLA STARGARD	STARGARD	POL	K50	20	K 300	02:38:18	05:32:58.10	05:33:28.20	11:53	5
738	GIERUT AGATA	4523		JASŁO	POL	K30	152	K 301	02:46:45	05:32:56.25	05:33:44.25	11:53	5
739	BUSZEWSKA JUSTYNA	4903		WARSZAWA	POL	K30	151	K 302	02:36:08	05:32:19.40	05:34:05.65	11:52	5.1
740	WOJTAS JAN	4481		WARSZAWA	POL	M20	50	M 438	02:36:30	05:33:45.80	05:35:25.95	11:55	5
741	SARNA AGATA	4729	WKURW_TEAM	TYCZYŃ	POL	K30	153	K 303	02:43:44	05:34:16.30	05:35:37.25	11:56	5
742	BARADZIEJ BARBARA	4736		TYCHY	POL	K30	154	K 304	02:34:12	05:35:22.00	05:37:08.25	11:58	5
743	BUCHTA EWELINA	4765	SII RUNNING TEAM	ŁÓDŹ	POL	K20	42	K 305	02:39:45	05:35:19.75	05:37:08.70	11:58	5
744	DĄBROWSKI PAWEŁ	4469	NIGHT RUNNERS	POZNAŃ	POL	M40	174	M 439	02:35:33	05:36:07.95	05:37:08.85	12:00	5
745	BAREŁKOWSKA KATARZYNA	4470	NIGHT RUNNERS	POZNAŃ	POL	K40	87	K 306	02:35:47	05:36:08.65	05:37:09.15	12:00	5
746	KOSACKA OLA	4707		KRAPKOWICE	POL	K20	43	K 307	02:34:53	05:37:06.25	05:38:17.85	12:02	5
747	MRUCZYŃSKA-PIETRUCZANIS KATARZYNA	4621	WKURW_TEAM : AKTYWNI WĘGRÓW	WĘGRÓW	POL	K40	89	K 308	02:46:36	05:37:54.45	05:38:36.55	12:04	5
748	TOMCZYK MAŁGORZATA	4832		ŁÓDŹ	POL	K40	88	K 309	02:41:44	05:37:41.45	05:39:43.10	12:03	5
749	DZIĘCIOŁ ARTUR	4595		TŁUSZCZ	POL	M30	172	M 440	02:40:57	05:38:36.85	05:40:26.60	12:05	5
750	SKOMOROWSKA MONIKA	4679	TEAM ZABIEGANEDNI	WARSZAWA	POL	K40	90	K 310	02:51:07	05:39:51.20	05:41:36.45	12:08	4.9
751	SZUMIŃSKA MAŁGORZATA	4732		ALEKSANDRÓW ŁÓDZKI	POL	K40	91	K 311	02:47:23	05:40:04.70	05:42:06.45	12:08	4.9
752	ŚWIERKOSZ-HOŁYSZ MAŁGORZATA	4486		JAWORZNO	POL	K40	92	K 312	02:51:45	05:40:58.10	05:42:06.55	12:10	4.9
753	JEŻEWSKA SYLWIA	4912	DRUŻYNA SZPIKU	ROSNÓWKO	POL	K40	94	K 313	02:35:32	05:43:57.60	05:45:10.70	12:17	4.9
754	DADAŚ ELŻBIETA	4908	NIGHT RUNNERS GLIWICE	GLIWICE	POL	K40	93	K 314	02:47:35	05:43:39.10	05:45:20.50	12:16	4.9
755	GRONIEWSKI MICHAŁ	4692		WARSZAWA	POL	M30	173	M 441	02:34:55	05:44:29.05	05:45:47.55	12:18	4.9
756	JELENIOWSKA BARBARA	4608		GORZÓW WIELKOPOLSKI	POL	K30	155	K 315	02:57:08	05:46:07.30	05:47:33.30	12:21	4.9
757	WOJCIECHOWSKA JOLANTA	4604		SIEDLCE	POL	K40	95	K 316	02:44:49	05:48:03.95	05:49:46.35	12:25	4.8
758	RAJCHEL JOANNA	4428		KROSNO	POL	K40	96	K 317	02:41:13	05:52:42.35	05:53:44.40	12:35	4.8
759	JACHIRA KRZYSZTOF	4829	GRYF TEAM	ŚWINOUJŚCIE	POL	M30	174	M 442	02:44:30	05:53:12.20	05:54:52.80	12:36	4.8
760	MACIOSZEK ANIA	4596	FLORKI	WARSZAWA	POL	K20	44	K 318	02:56:01	05:55:04.20	05:55:49.05	12:40	4.7
761	SKORUPKA ANNA	4902		NOWE IGANIE	POL	K30	156	K 319	02:51:09	05:54:26.15	05:56:08.80	12:39	4.7
762	OBARSKA MAŁGORZATA	4804		STARACHOWICE	POL	K50	21	K 320	03:00:09	05:59:36.70	06:00:32.35	12:50	4.7
763	JUSZCZYK JAROSŁAW	4786		WARSZAWA	POL	M40	175	M 443	02:36:43	06:00:05.25	06:01:44.50	12:51	4.7
764	RACZYŃSKA ANNA	4724		ALEKSANDRÓW ŁÓDZKI	POL	K50	22	K 321	02:53:51	06:01:17.00	06:01:53.95	12:54	4.7
765	RACZYŃSKI IRENEUSZ	4175		ALEKSANDRÓW ŁÓDZKI	POL	M60	9	M 444	02:36:11	06:01:16.90	06:01:54.25	12:54	4.7
766	DERMAŃSKA MARTA	4737		WARSZAWA	POL	K30	157	K 322	02:51:10	06:00:33.75	06:01:56.30	12:52	4.7
767	PAKUŁA MICHAŁ	4508	AKTYWNA FALA	RADZYMIN	POL	M30	175	M 445	02:51:38	06:01:05.35	06:02:00.20	12:53	4.7
768	URBAŃCZYK EWA	4864		WARSZAWA	POL	K40	97	K 323	02:49:46	06:01:23.10	06:02:01.30	12:54	4.6
769	BOGATKIEWICZ MACIEJ	4546	FLORKI	WARSZAWA	POL	M30	176	M 446	02:47:55	06:01:27.30	06:02:12.75	12:54	4.6
770	JAKÓBCZYK ANDRZEJ	4716		LUBLIN	POL	M50	37	M 447	02:55:18	05:59:25.10	06:02:13.10	12:50	4.7

**RZEŹNICZEK 2019, OPEN c.d.**

POS	Name and surname	No.	Club	City	NAT	Cat.	M.	F/M	16.2km	Netto	Brutto	min/km	km/h
							cat.						
771	BIAŁEK DARIUSZ	4421	SZAKALE BAŁUT ŁÓDŹ	ŁÓDŹ	POL	M40	177	M 448	02:34:32	06:02:06.30	06:03:12.50	12:55	4.6
772	BLOCH BEATA	4592	EPOKA NORDICA	ŁÓDŹ	POL	K50	23	K 324	02:34:33	06:02:06.95	06:03:13.35	12:55	4.6
773	KURDZIEL TOMASZ	4728		SZCZAWNICA	POL	M40	176	M 449	02:43:24	06:01:35.95	06:03:17.55	12:54	4.6
774	KANTOR TOMASZ	4283	TRENER24H.COM.PL	IZDEBNO KOŚCIELNE	POL	M30	177	M 450	02:56:47	06:05:10.05	06:06:28.90	13:02	4.6
775	CIEŚLAK WIKTOR	4814		WARSZAWA	POL	M40	178	M 451	02:47:04	06:06:04.10	06:07:27.65	13:04	4.6
776	NOWIŃSKI JAKUB	4777		WARSZAWA	POL	M40	179	M 452	02:47:44	06:06:56.95	06:08:22.75	13:06	4.6
777	PIETRZKO PIOTR	4879		RĄBIEŃ AB	POL	M30	178	M 453	02:50:48	06:07:26.85	06:09:12.80	13:07	4.6
778	KRZYCH MARCIN	4808		KRAKÓW	POL	M30	179	M 454	02:33:34	06:07:59.25	06:09:24.45	13:08	4.6
779	KRZYCH ELŻBIETA	4809		KRAKÓW	POL	K30	158	K 325	02:33:04	06:08:00.10	06:09:25.20	13:08	4.6
780	SIERECKA DOROTA	4857	TEAM ZABIEGANEDNI // WKURW_TEAM	ŻELECHÓW	POL	K30	159	K 326	02:56:47	06:12:05.75	06:13:51.65	13:17	4.5
781	BORKOWSKA EWA	4771	WKURW-TEAM	ZŁOTOW	POL	K60	4	K 327	03:07:55	06:12:14.05	06:13:53.75	13:17	4.5
782	ROGIŃSKA KATARZYNA	4868	WKURW_TEAM	GDAŃSK	POL	K50	24	K 328	03:00:02	06:13:04.60	06:14:45.70	13:19	4.5
783	PAWŁOWSKA DANUTA	4743	WKURW_TEAM	WARSZAWA	POL	K40	98	K 329	03:00:33	06:14:36.80	06:15:19.85	13:22	4.5
784	WITKOWSKA BEATA	4763	EPOKA NORDICA ŁÓDŹ	ŁÓDŹ	POL	K50	25	K 330	03:00:51	06:20:27.60	06:21:41.15	13:35	4.4
785	KOPEĆ-KONTEK MONIKA	4015		RZESZÓW	POL	K30	160	K 331	02:59:44	06:24:01.60	06:24:45.65	13:42	4.4
786	KWIATKOWSKA ALICJA	4776	MAŁE LWY	GDAŃSK	POL	K30	161	K 332	03:01:08	06:26:45.65	06:28:35.40	13:48	4.3
787	GÓRAL ZUZANNA	4807		KRAKÓW	POL	K20	45	K 333	03:07:28	06:28:57.25	06:30:06.80	13:53	4.3
788	KONTEK DARIUSZ	4007		RZESZÓW	POL	M30	180	M 455	02:53:51	06:31:27.55	06:32:11.85	13:58	4.3
789	CIELAK JERZY	4564		BRZEŹNICA	POL	M60	10	M 456	03:06:40	06:32:23.95	06:33:38.20	14:00	4.3
790	KOLASA BARBARA	4766	KLUB J.SŁOWACKIEGO	WARSZAWA-WESOŁA	POL	K60	5	K 334	02:48:40	06:38:48.00	06:39:06.25	14:14	4.2
791	KOLASA ANDRZEJ	4399	KLUB J.SŁOWACKIEGO	WARSZAWA-WESOŁA	POL	M60	11	M 457	02:52:12	06:38:48.10	06:39:07.35	14:14	4.2
792	ANDRYSIEWICZ KRZYSZTOF	4335	SMECHY ŁÓDŹ	ŁÓDŹ	POL	M40	180	M 458	02:21:29			8:44	6.9
793	DZWINIEL PIOTR	4274		WARSZAWA	POL	M30	181	M 459	02:27:11			9:05	6.6
794	NORWA JUSTYNA	4285	TRENER24H.COM.PL	WARSZAWA	POL	K30	162	K 335	02:28:42			9:10	6.5
	WIŚNIEWSKA EWELINA	4840	HARDCOROWE WYCHYLYBYMY	WARSZAWA	POL	K30			02:45:19	DNF	DNF	-	-
	SZLĘK FILIP	4760		CHRUSZCZOBROD	POL	M20			03:06:47	DNF	DNF	-	-
	KAMIŃSKA WERONIKA	4836	HARDCOROWE WYCHYLYBYMY	WARSZAWA	POL	K30			03:36:19	DNF	DNF	-	-

**RZEŹNICZEK 2019, K-Open**

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	16.2km	Netto	Brutto	min/km	km/h
1	WIŚNIEWSKA MARTYNA	4935		WARSZAWA	POL	K30	1	K 1	01:28:54	02:45:05.80	02:45:08.05	5:53	10.2
2	GOMOLYSEK KINGA	4034	MATNER RUNNING TEAM	GŁUCHOŁAZY	POL	K30	2	K 2	01:27:51	02:47:00.90	02:47:02.70	5:57	10.1
3	KOWALCZYK AGNIESZKA	4028	ADIDAS RUNNERS WARSAW	LESZNO	POL	K30	3	K 3	01:33:55	02:56:10.60	02:56:12.45	6:17	9.5
4	LABUZ MALGORZATA	4923	CZARNI	WROCLAW	POL	K30	4	K 4	01:34:03	02:58:37.65	02:58:41.45	6:22	9.4
5	KORNOBIS MONIKA	4099	KAWIKRUNNINGTEAM/ GO APTIV!	KRAKÓW	POL	K20	1	K 5	01:40:13	03:11:18.20	03:11:20.25	6:49	8.8
6	BAJSAROWICZ MARLENA	4223	WKURW_TEAM	JELCZ-LASKOWICE	POL	K20	2	K 6	01:40:19	03:11:41.85	03:11:47.10	6:50	8.8
7	BAJERLEIN JOANNA	4917		POZNAŃ	POL	K30	5	K 7	01:44:43	03:22:48.00	03:23:24.10	7:14	8.3
8	KAWIŃSKA SYLWIA	4410		KRAKÓW	POL	K30	6	K 8	01:55:29	03:23:30.10	03:24:17.60	7:16	8.3
9	NALEWALSKA JOANNA	4914	#SOBASTEAM	BOLESŁAWIEC	POL	K30	7	K 9	01:48:14	03:31:01.80	03:31:24.90	7:32	8
10	KONSTANTY KATARZYNA	4141	HOKA ONE ONE POLAND	KRAKÓW	POL	K40	1	K 10	01:53:21	03:34:19.35	03:34:32.95	7:39	7.8
11	HERBICH-SAR VIOLETTA	4153	FUDU & CO.	PIOTRKÓW TRYB	POL	K40	3	K 11	01:51:36	03:34:31.35	03:34:40.10	7:39	7.8
12	SZYBIAK JOANNA	4557		KRZYWCZA	POL	K40	2	K 12	01:50:40	03:34:23.65	03:34:57.50	7:39	7.8
13	OSMOLAK AGNIESZKA	4181	PRO - RUN WROCLAW	WROCLAW	POL	K30	8	K 13	01:51:54	03:34:49.00	03:35:24.25	7:40	7.8
14	CYMBORSKA JOLANTA	4245	WARSAW RUN CLUB	WARSZAWA	POL	K30	9	K 14	01:48:50	03:35:45.85	03:35:51.90	7:42	7.8
15	WÓJTOWICZ MAGDALENA	4139		WARSZAWA	POL	K20	3	K 15	01:54:43	03:37:37.00	03:38:05.90	7:46	7.7
16	MAŁAJEWICZ IZABELA	4813		KRAKÓW	POL	K20	4	K 16	01:57:45	03:37:41.65	03:38:13.05	7:46	7.7
17	SZUMNY NINA	4355	-----	KRAKÓW	POL	K30	10	K 17	02:00:53	03:40:34.10	03:40:37.65	7:52	7.6
18	JĄSTRZĄBEK AGNIESZKA	4147	EVERRUN	ŁÓDŹ	POL	K30	11	K 18	01:53:34	03:41:29.10	03:41:46.75	7:54	7.6
19	CHOMA-GACA AGNIESZKA	4144	PZU SPORT TEAM	WARSZAWA	POL	K40	4	K 19	01:55:41	03:41:23.65	03:41:47.65	7:54	7.6
20	ROZPARA KAROLINA	4531		SZEBNIE	POL	K20	5	K 20	01:58:19	03:46:02.15	03:46:51.05	8:04	7.4

## RZEŹNICZEK 2019, K-Open c.d.

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	16.2km	Netto	Brutto	min/km	km/h
21	ZIÓLKOWSKA MILENA	4385		WARSZAWA	POL	K30	12	K 21	01:57:55	03:46:35.00	03:46:56.50	8:05	7.4
22	STARZYŃSKA KATARZYNA	1049	POKRĘCENI	PIŁA	POL	K40	5	K 22	02:00:05	03:45:28.00	03:46:57.75	8:03	7.5
23	NOSKO EWA	4493		ŻAGAŃ	POL	K30	13	K 23	01:59:33	03:47:56.65	03:48:44.40	8:08	7.4
24	LASSOTA-BUJAK MARIOLA	4403	#CZELADZBIEGA	CZELADŹ	POL	K40	6	K 24	01:57:10	03:48:42.40	03:49:30.45	8:10	7.3
25	MANKOWSKA ANNA	4350	DRUŻYNA WILKA	OLSZTYN	POL	K30	14	K 25	02:00:15	03:49:22.00	03:49:49.65	8:11	7.3
26	OWCZAREK KATARZYNA	4441	ROZBIEGAMY NOWY DWÓR	NOWY DWÓR MAZOWIECKI	POL	K20	6	K 26	01:53:27	03:49:33.80	03:50:00.55	8:11	7.3
27	BUDZYN PAULINA	4712	-	KRAKÓW	POL	K30	15	K 27	02:02:09	03:50:15.40	03:51:47.60	8:13	7.3
28	DANIEL MARIA	4916		WARSZAWA	POL	K30	16	K 28	02:01:41	03:52:56.50	03:53:36.85	8:19	7.2
29	RYMDEJKO AGNIESZKA	4304		MIELEĆCIN	POL	K20	7	K 29	02:02:36	03:53:20.40	03:53:47.15	8:20	7.2
30	ŻEBROWSKA JOLANTA	4169	POTRENUJEMY?	PUŁAWY	POL	K50	1	K 30	01:55:54	03:54:53.30	03:55:03.15	8:23	7.2
31	MACIOSZEK KATARZYNA	4301	FLORKI	WARSZAWA	POL	K30	17	K 31	02:01:04	03:55:20.50	03:55:40.45	8:24	7.1
32	GLĄB DARIA	4405		PRUDNIK	POL	K20	8	K 32	02:02:23	03:55:36.00	03:55:52.75	8:24	7.1
33	KUNA ALEKSANDRA	4727		TERESZPOL	POL	K20	9	K 33	02:02:54	03:55:40.80	03:57:05.55	8:25	7.1
34	KASKA-ŁOBODOWSKA EWELINA	4178	RACEFIGHTER	SIENNICA	POL	K30	19	K 34	02:04:26	03:57:30.20	03:57:37.60	8:28	7.1
35	OGŁUSZKA ELŻBIETA	4664	SAFEPRO USŁUGI BHP	RZESZÓW	POL	K30	18	K 35	02:01:25	03:57:11.30	03:57:47.70	8:28	7.1
36	MARCINKOWSKA DOMINIKA	4257		POZNAŃ	POL	K20	10	K 36	02:00:15	03:57:36.30	03:58:03.95	8:29	7.1
37	ŻELAZNY AGNIESZKA	4225	GORLICKA GRUPA BIEGOWA	GORLICE	POL	K40	8	K 37	01:52:16	03:58:25.95	03:58:28.30	8:30	7
38	ŁUNIEWSKA KATARZYNA	4235	HARDCOROWE WYCHYLYBYMY	OTWOCK	POL	K30	20	K 38	01:59:26	03:58:45.40	03:59:13.25	8:31	7
39	RÓŻAK-RUKUSZEWICZ MAGDALENA	4291	DZIKIE GRUBASY SZATANA	WARSZAWA	POL	K40	7	K 39	02:02:40	03:58:10.15	03:59:14.75	8:30	7.1
40	BIENCZAK ZUZANNA	4362	ASICSFRONTRUNNER POLAND	WARSZAWA	POL	K20	11	K 40	01:57:06	03:59:13.55	03:59:19.95	8:32	7
41	GLASZCZKA MAGDALENA	4380	ASICS FRONTRUNNER POLAND	SOBÓLEW	POL	K20	12	K 41	01:57:09	03:59:13.55	03:59:19.95	8:32	7
42	MUCHA ALEKSANDRA	4299		DĄBRÓWKA	POL	K20	13	K 42	02:11:16	03:59:39.00	04:00:21.10	8:33	7
43	PESZEK KATARZYNA	4269	DZIKIE GRUBASY SZATANA	WARSZAWA	POL	K40	9	K 43	01:57:15	04:01:15.10	04:01:32.20	8:36	7
44	LEMIESZKA MARTA	4110	FRACHT SPORT CLUB	SULEJÓWEK	POL	K20	14	K 44	01:57:10	04:01:26.70	04:01:39.75	8:37	7
45	STANISZEWSKA JOANNA	4761	SPC	TORUŃ	POL	K30	21	K 45	02:07:01	04:00:12.60	04:01:42.15	8:34	7
46	LOREZN ANNA	4447	#ADAMCZERWIŃSKITEAM	SULKÓW	POL	K30	22	K 46	02:06:23	04:01:58.05	04:02:28.75	8:38	6.9
47	BRZOZOWSKA TERESA	4201	ETISOFT RUNNING TEAM	JAWORZNO	POL	K50	2	K 47	02:05:55	04:03:02.30	04:03:14.80	8:40	6.9
48	BIAŁORUČKA WIOLETTA	4573	MAZOVIA PROACTIV CIECHANÓW	CIECHANÓW	POL	K40	10	K 48	02:02:23	04:03:23.75	04:04:09.20	8:41	6.9
49	ZAGOŹDŻON MARIA	4584		POZNAŃ	POL	K30	24	K 49	02:06:53	04:04:28.95	04:04:34.30	8:43	6.9
50	HULEWICZ-DOLEWSKA ELŻBIETA	4182	AKADEMIA BIEGANIA GRUDZIĄDZ	GRUDZIĄDZ	POL	K40	11	K 50	01:56:21	04:04:26.55	04:04:37.75	8:43	6.9
51	KUPAJ OKTAWIA	4199	VEGE RUNNERS	ŁOMIAŃKI	POL	K20	15	K 51	02:02:58	04:04:38.55	04:05:02.70	8:44	6.9
52	RIEKSTIINA LIGA	4947		BENE	LAT	K30	23	K 52	02:18:21	04:03:40.20	04:05:13.00	8:42	6.9
53	SOKÓŁ SYLWIA	4594		SĘDZISZÓW	POL	K30	25	K 53	02:12:14	04:05:38.55	04:06:51.05	8:46	6.8
54	SZPARAGA DOROTA	4329	PZU SPORT TEAM	PIASTÓW	POL	K40	12	K 54	02:09:51	04:07:13.85	04:07:36.95	8:49	6.8
55	WRÓBLEWSKA WERONIKA	4921	BIEGUSIEM.PL	PUŁAWY	POL	K30	27	K 55	02:08:37	04:08:10.25	04:08:39.45	8:51	6.8
56	CHOLEWA AGNIESZKA	4821	MATNER RUNNING TEAM	WROCLAW	POL	K30	26	K 56	02:11:41	04:07:54.45	04:08:40.85	8:51	6.8
57	WILK KATARZYNA	4507	BEFIT24TEAM	KRAKÓW	POL	K30	28	K 57	02:03:15	04:09:45.55	04:10:11.90	8:55	6.7
58	GOŁĘBIEWSKA KATARZYNA	4152		GLIWICE	POL	K40	13	K 58	02:06:59	04:09:43.10	04:10:15.75	8:55	6.7
59	SŁABOWSKA MARLENA	4308		WIELGIE	POL	K20	16	K 59	02:18:25	04:09:47.45	04:10:37.20	8:55	6.7
60	WITT EWA	4530		WĘGLOWICE	POL	K20	17	K 60	01:57:40	04:10:06.80	04:10:39.95	8:55	6.7
61	LESZCZYŃSKA KATARZYNA	4477	GDYNIAMEDICA	GDYNIA	POL	K40	14	K 61	02:06:33	04:10:12.30	04:10:55.45	8:56	6.7
62	TUCZYŃSKA ELŻBIETA	4400		PRUSZKÓW	POL	K50	3	K 62	02:12:05	04:10:39.00	04:11:06.15	8:57	6.7
63	SIUDAK ANNA	4537		TULCE	POL	K30	30	K 63	02:02:24	04:10:21.90	04:11:10.75	8:56	6.7
64	GOMÓŁKA BEATA	4265	SPARTAN RACE TRAINING GROUP RZESZÓW	GODOWA	POL	K20	18	K 64	02:10:57	04:11:09.40	04:11:47.25	8:58	6.7
65	KUJAWSKA ANGELIKA	4206	HDR WATAHA MARGONIN	ŁOBZENICA	POL	K30	29	K 65	02:10:37	04:10:19.25	04:11:48.10	8:56	6.7
66	ZMYJ DANUTA	4185	LACHO TEAM	WIELICZKA	POL	K40	15	K 66	02:04:44	04:11:27.90	04:11:57.10	8:58	6.7
67	FILA MONIKA	4517	DRUŻYNA ORZECHA ŻYRARDÓW	ŻYRARDÓW	POL	K30	32	K 67	02:09:25	04:12:04.10	04:12:55.35	9:00	6.7
68	MICHAŁAK KAMILA	4388		WARSZAWA	POL	K30	31	K 68	02:09:08	04:11:55.95	04:12:56.00	8:59	6.7
69	SZCZEPAŃSKA KATARZYNA	4943		NIEPOŁOMICE	POL	K20	19	K 69	02:10:36	04:11:27.30	04:13:00.25	8:58	6.7
70	SASAL MONIKA	4768	FUNDACJA TYLKO BIESZCZADY	KRAKÓW	POL	K40	16	K 70	02:11:17	04:12:19.20	04:13:18.15	9:00	6.7
71	LUBAŃSKA ALICJA	4424		BUKOWICE	POL	K50	4	K 71	02:04:42	04:14:10.35	04:14:15.20	9:04	6.6
72	KACZMAREK KATARZYNA	4446	#ADAMCZERWIŃSKITEAM	SULKÓW	POL	K40	17	K 72	02:08:24	04:13:48.85	04:14:19.85	9:03	6.6
73	PODLECKA PAULA	4238	CHAOS I DESTRUKCJA	PIŁA	POL	K20	21	K 73	02:06:10	04:14:27.05	04:15:06.65	9:05	6.6
74	STRZAŁA MARCELINA	4898		CZARNA	POL	K20	20	K 74	02:03:57	04:14:15.40	04:15:20.35	9:04	6.6
75	TREPKA AGA	4348		CRAWLEY	GBR	K30	34	K 75	02:18:10	04:14:35.00	04:15:28.55	9:05	6.6
76	KRZOSEK JOANNA	4922	PBWUK	LONDYN	GBR	K30	35	K 76	02:18:14	04:14:35.25	04:15:28.80	9:05	6.6



**RZEŹNICZEK 2019, K-Open c.d.**

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	16.2km	Netto	Brutto	min/km	km/h
77	CHYBIŁO BARBARA	4710		SANOK	POL	K30	33	K 77	02:03:55	04:14:32.50	04:15:37.05	9:05	6.6
78	RUDZIARCZYK KAROLINA	4207	FUCHS OIL TEAM	SWIETOCHLOWICE	POL	K20	22	K 78	02:14:00	04:15:12.50	04:15:53.85	9:06	6.6
79	ŚWIĘTONIOWSKA JUSTYNA	4844	SPARTAN RACE TRAINING GROUP RZESZÓW	RZESZÓW	POL	K30	36	K 79	02:11:07	04:18:26.20	04:19:04.40	9:13	6.5
80	BANDEL ANETA	4435		ŁÓDŹ	POL	K20	23	K 80	02:12:47	04:18:14.60	04:19:04.80	9:13	6.5
81	CIPORA KATARZYNA	4581		WROCLAW	POL	K40	18	K 81	02:10:42	04:18:39.60	04:19:08.05	9:14	6.5
82	BOJUR RENATA	4426		CZĘSTOCHOWA	POL	K40	19	K 82	02:11:13	04:18:47.10	04:19:35.50	9:14	6.5
83	LITYŃSKA MAŁGORZATA	4323		WARSZAWA	POL	K30	37	K 83	02:13:13	04:19:37.60	04:20:44.15	9:16	6.5
84	GRAMBURG MAGDA	4279	NAPRZÓD MŁOCINY	WARSZAWA	POL	K30	39	K 84	02:10:45	04:20:10.10	04:21:02.55	9:17	6.5
85	MICHALCZYK ANNA	4376	NAPRZÓD MŁOCINY	WARSZAWA	POL	K30	40	K 85	02:10:46	04:20:10.20	04:21:02.65	9:17	6.5
86	STĘPIEŃ DOROTA	4320		WARSZAWA	POL	K30	38	K 86	02:12:59	04:19:51.20	04:21:13.20	9:16	6.5
87	PATEREK AGATA	4622	WKURW_TEAM	KRAKÓW	POL	K30	41	K 87	02:08:46	04:20:55.90	04:21:15.55	9:19	6.4
88	MACIĄŻEK ANGELIKA	4340		LUBLIN	POL	K20	25	K 88	02:13:43	04:21:43.95	04:21:57.55	9:20	6.4
89	ZIENKIEWICZ AGATA	4189	PIASECZNO RUNNING	PIASECZNO	POL	K30	43	K 89	02:22:43	04:22:15.05	04:22:31.65	9:21	6.4
90	MASZTALSKA JOANNA	4913		ZABRZE	POL	K20	24	K 90	02:22:27	04:21:42.90	04:23:25.05	9:20	6.4
91	STASIK BEATA	4726	BEFIT24TEAM	KRAKÓW	POL	K40	21	K 91	02:08:25	04:22:57.25	04:23:28.80	9:23	6.4
92	MAKLES WIOLETTA	4000	EUROPA UBEZPIECZENIA / NOA	WROCLAW	POL	K30	44	K 92	02:10:15	04:23:26.70	04:23:31.00	9:24	6.4
93	NORAS ALINA	4854	PWC SDC RUNNERS TEAM	IMIELIN	POL	K30	42	K 93	02:18:36	04:22:04.45	04:23:37.80	9:21	6.4
94	HENDZLIK MONIKA	4413		CZĘSTOCHOWA	POL	K40	22	K 94	02:17:04	04:23:19.65	04:24:05.50	9:24	6.4
95	JARACZ-PATEREK ALINA	4297		WROCLAW	POL	K30	46	K 95	02:10:14	04:24:09.40	04:24:13.25	9:26	6.4
96	ŁUKAWSKA-MATUSZEWSKA KATARZYNA	4792		GDYNIA	POL	K40	20	K 96	02:19:25	04:22:28.20	04:24:18.60	9:22	6.4
97	GWAREK BEATA	4652		GŁOGOWO	POL	K50	5	K 97	02:19:41	04:23:34.15	04:24:23.60	9:24	6.4
98	PRUSZCZAK DOMINIKA	4589		WARSZAWA	POL	K30	45	K 98	02:15:11	04:23:46.85	04:24:26.05	9:25	6.4
99	ZAKRZEWSKA MONIKA	4420	SPORTOWE ŻULE	WARSZAWA	POL	K30	47	K 99	02:12:24	04:25:14.00	04:25:25.15	9:28	6.3
100	CZEGUS ANETA	4536	RUNNING POŁANIEC	POŁANIEC	POL	K40	23	K 100	02:13:31	04:25:11.40	04:25:32.95	9:28	6.3
101	KOWALEWSKA IZABELA	4795		WARSZAWA	POL	K30	48	K 101	02:22:47	04:25:27.10	04:25:43.45	9:28	6.3
102	BOCIARSKA MAGDALENA	4313		WARSZAWA	POL	K30	49	K 102	02:13:39	04:26:34.45	04:26:52.00	9:31	6.3
103	ŻELAZOWSKA EMILIA	4691	PZU SPORT TEAM	ZĄBKI	POL	K20	26	K 103	02:10:23	04:26:13.55	04:27:21.15	9:30	6.3
104	ZARĘBA JOLANTA	4454		RZESZÓW	POL	K50	6	K 104	02:19:17	04:26:59.85	04:28:16.20	9:32	6.3
105	PAŁOSZ ANNA	4251		WAŁBRZYCH	POL	K30	50	K 105	02:19:47	04:26:54.15	04:28:18.65	9:31	6.3
106	MROZIK MAGDALENA	4526	POWER TRAINING	WARSZAWA	POL	K30	51	K 106	02:14:44	04:27:26.50	04:28:23.35	9:33	6.3
107	BOBINSKA MARTA	4810		WARSZAWA	POL	K30	52	K 107	02:14:47	04:27:39.15	04:28:36.10	9:33	6.3
108	KASZA ALICJA	4005		KIELCE	POL	K20	27	K 108	02:12:15	04:28:10.65	04:28:51.55	9:34	6.3
109	JAWOREK ANNA	4461	ROZBIEGAMY NOWY DWÓR	NOWY DWÓR MAZOWIECKI	POL	K40	24	K 109	02:05:41	04:28:42.95	04:29:09.70	9:35	6.3
110	ZAWADZKA AGNIESZKA	4014	KLUB SPORTOWY PRESTIGE	GŁOGÓW MAŁOPOLSKI	POL	K30	56	K 110	02:12:33	04:29:10.40	04:29:20.80	9:36	6.2
111	REGUŁA KATARZYNA	4875	DZIKIE GRUBASY SZATANA	WARSAW	POL	K30	54	K 111	02:08:36	04:28:21.10	04:29:25.95	9:35	6.3
112	MITROFANIUK AGATA	4697	YULO RUN TEAM SIEDLCE	SIEDLCE	POL	K30	53	K 112	02:11:37	04:28:01.15	04:29:27.60	9:34	6.3
113	HÜBNER ILONA	4511	SPORTOWE ŻULE	WARSZAWA	POL	K30	58	K 113	02:12:25	04:29:20.65	04:29:31.45	9:37	6.2
114	MADEJ MAGDALENA	4881		CHORZELÓW	POL	K30	57	K 114	02:13:24	04:29:15.90	04:29:50.05	9:37	6.2
115	BELTER BARBARA	4002		PIŁA	POL	K30	55	K 115	02:20:24	04:28:37.35	04:30:06.90	9:35	6.3
116	PRĘDKA MAGDALENA	4669	OLA TEAM	WARSZAWA	POL	K40	25	K 116	02:25:08	04:29:26.05	04:30:32.25	9:37	6.2
117	MAJSNER KAMILA	4953			POL	K30	59	K 117	02:25:05	04:29:26.25	04:30:32.30	9:37	6.2
118	SKOŁUBOWICZ MARZENA	4515		WAŁBRZYCH	POL	K30	60	K 118	02:19:47	04:29:44.35	04:31:08.75	9:38	6.2
119	PAŃSZCZYK ELŻBIETA	4849		WROCLAW	POL	K30	62	K 119	02:20:14	04:30:28.00	04:31:53.35	9:39	6.2
120	SZCZEPKOWSKA MARTA	4889		WARSZAWA	POL	K30	61	K 120	02:19:23	04:30:14.50	04:31:57.20	9:39	6.2
121	GRUSZECKA IWONA	4226	ALD RUNNING TEAM	WARSZAWA	POL	K30	63	K 121	02:11:42	04:31:43.60	04:32:06.20	9:42	6.2
122	BORC MARZANNA	4703	AKADEMIA BIEGANIA GRUDZIĄDZ	GRUDZIĄDZ	POL	K50	7	K 122	02:18:58	04:31:32.90	04:32:47.95	9:41	6.2
123	JANOWSKA ULA	4464	AKADEMIA BIEGANIA GRUDZIĄDZ	GRUDZIĄDZ	POL	K40	26	K 123	02:19:00	04:31:32.90	04:32:48.25	9:41	6.2
124	GUSTAW AGNIESZKA	4220	PZU SPORT TEAM	LUBLIN	POL	K30	65	K 124	02:12:34	04:33:37.55	04:34:14.60	9:46	6.1
125	KRUPA-SZCZĘSNY IZABELA	4628	#CZELADZBIEGA	CZELADŹ	POL	K40	27	K 125	02:11:44	04:33:27.95	04:34:16.15	9:46	6.1
126	OSTROWSKA DOROTA	4651	YULO RUN TEAM SIEDLCE	SIEDLCE	POL	K50	8	K 126	02:17:32	04:32:50.80	04:34:17.05	9:44	6.2
127	WOJTYCZKA KATARZYNA	4305	AMCSS	RUDA ŚLĄSKA	POL	K30	66	K 127	02:13:28	04:33:47.10	04:34:17.50	9:46	6.1
128	MIŚTA-DOROBISZ SYLWIA	4397	MYSZKÓW BIEGA	MYSZKÓW	POL	K40	28	K 128	02:14:50	04:34:05.05	04:34:40.20	9:47	6.1
129	WOJTAROWICZ DANUTA	4290	TRENER24H.COM.PL	WARSZAWA	POL	K30	64	K 129	02:13:18	04:33:28.20	04:34:45.35	9:46	6.1
130	KĘPKA-WAROWNNA WERONIKA	4924	BIEGUSIEM.PL	RYKI	POL	K30	67	K 130	02:19:40	04:34:16.20	04:34:56.70	9:47	6.1
131	MARUT KATARZYNA	4806	NIGHT RUNNERS GLIWICE	GLIWICE	POL	K40	29	K 131	02:13:57	04:34:35.15	04:35:23.65	9:48	6.1
132	PIOTROWSKA EWA	4027	ENERGY KACZORY	KACZORY	POL	K30	68	K 132	02:19:27	04:34:45.60	04:35:42.00	9:48	6.1

## RZEŹNICZEK 2019, K-Open c.d.

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	16.2km	Netto	Brutto	min/km	km/h
133	SZMUC ANNA	4613	MYSZKÓW BIEGA	MYSZKÓW	POL	K40	30	K 133	02:19:23	04:35:23.55	04:35:58.20	9:50	6.1
134	WOLSKA MILENA	4759	ULTRA PASTERZE	DĘBE WIELKIE	POL	K30	69	K 134	02:18:47	04:35:28.40	04:36:30.65	9:50	6.1
135	BOŃSKA KAROLINA	4659		WARSZAWA	POL	K30	70	K 135	02:13:51	04:35:28.80	04:36:50.05	9:50	6.1
136	SKUCIŃSKA MARTYNA	4909		JĘDRZEJÓW	POL	K30	71	K 136		04:37:01.00	04:37:01.00	9:53	6.1
137	KOWIEL MARTA	4547	KS KANAŁEK	JELEŃ GÓRA	POL	K30	72	K 137	02:16:29	04:37:01.40	04:37:14.70	9:53	6.1
138	MIKULSKA ANETA	4179		OKUNIEW	POL	K40	32	K 138	02:23:55	04:37:39.40	04:37:52.75	9:54	6.1
139	KASSNER EWELINA	4520		WARSZAWA	POL	K20	28	K 139	02:18:19	04:37:21.35	04:37:55.95	9:54	6.1
140	SOBCZAK BEATA	4467	-	WROCLAW	POL	K40	31	K 140	02:20:41	04:37:21.35	04:38:26.45	9:54	6.1
141	PIETRUSZKA ANNA	4393		KRAKÓW	POL	K30	73	K 141	02:28:28	04:37:44.60	04:38:36.75	9:55	6
142	IWANIEC EWA	4617		WARSZAWA	POL	K40	33	K 142	02:22:37	04:38:16.90	04:39:10.45	9:56	6
143	BORYS MAGDALENA	4884		KIELCE	POL	K30	74	K 143	02:18:51	04:37:51.55	04:39:18.05	9:55	6
144	TOKARSKA BOŻENA	4533		KRAKÓW	POL	K40	34	K 144	02:22:42	04:38:54.05	04:39:39.90	9:57	6
145	MACIĄG EWELINA	4126		KIELCE	POL	K30	75	K 145		04:39:44.00	04:39:44.00	9:59	6
146	KUMAŃSKA MONIKA	4209		KIELCE	POL	K30	76	K 146		04:39:44.00	04:39:44.00	9:59	6
147	FRIEZE TATIANA	4478		ŁÓDŹ	POL	K40	35	K 147	02:17:34	04:39:55.75	04:40:14.90	9:59	6
148	DYDERSKA WIOLETTA	4950		WARSZAWA	POL	K40	37	K 148	02:11:07	04:40:30.00	04:41:28.05	10:01	6
149	WOJAS JUSTYNA	4790	NIEPOŁOMICE BIEGAJĄ	NIEPOŁOMICE	POL	K30	77	K 149	02:20:48	04:40:00.25	04:41:33.15	10:00	6
150	CHODZIŃSKA MARIOLA	4575		RZESZÓW	POL	K30	78	K 150	02:21:02	04:40:37.95	04:41:33.20	10:01	6
151	ZARZYŃSKA MONIKA	4500	REPREZENTACJA OS. ŚW. ANTONIEGO	WARSZAWA	POL	K40	36	K 151	02:27:28	04:40:27.55	04:41:34.10	10:01	6
152	SUMIEC KRYSZYNA	4627	ZABIEGANI MIELEC	MIELEC	POL	K50	9	K 152	02:22:29	04:40:46.60	04:41:53.15	10:01	6
153	SOBCZAK AGATA	4576	HDR WATAHA MARGONIN	CHODZIEŻ	POL	K30	79	K 153	02:26:16	04:40:38.65	04:42:09.20	10:01	6
154	STRUSZKIEWICZ ALEKSANDRA	4549	POWER TRAINING	WARSAW	POL	K20	29	K 154	02:22:43	04:41:23.20	04:42:19.00	10:03	6
155	PAWELEC KRYSZYNA	4437	DOGOŃ GRODZISK MAZOWIECKI	PIASTÓW	POL	K60	1	K 155	02:19:11	04:40:40.20	04:42:27.75	10:01	6
156	ROGÓŻ AGNIESZKA	4942		NIEPOŁOMICE	POL	K30	80	K 156	02:20:08	04:41:38.15	04:43:10.75	10:03	6
157	WINNICKA MONIKA	4688		ŁÓDŹ	POL	K30	82	K 157	02:18:49	04:42:42.65	04:43:25.60	10:05	5.9
158	WĘGIEL KINGA	4871		SUFCZYN	POL	K30	81	K 158	02:32:29	04:42:37.00	04:43:39.15	10:05	5.9
159	PIOTROWSKA ANNA	4591		NADARZYN	POL	K40	39	K 159	02:14:32	04:43:02.30	04:43:53.10	10:06	5.9
160	KRAUZE-ROMEJKO KATARZYNA	4318		NIEWODNICA KORYCKA	POL	K40	40	K 160	02:19:59	04:43:37.50	04:43:56.35	10:07	5.9
161	KORZENIOWSKA MAGDALNA	4471	NIEPOŁOMICE BIEGAJĄ	KRAKÓW	POL	K40	38	K 161	02:21:40	04:42:35.55	04:44:08.75	10:05	5.9
162	POSPIESZNA ZOFIA	4456		POZNAŃ	POL	K20	30	K 162	02:21:00	04:43:58.80	04:44:52.85	10:08	5.9
163	LIGENZA-KOWALCZUK AGATA	4365		PIŁA	POL	K30	83	K 163	02:28:09	04:43:47.20	04:45:16.90	10:08	5.9
164	ROMANOWSKA BEATA	4510	RUN VEGANTEAM	GDYNIA	POL	K50	10	K 164	02:20:41	04:44:14.65	04:45:23.30	10:09	5.9
165	BRATKO-SETKOWICZ ALINA	4462		KRAKÓW	POL	K30	84	K 165	02:28:30	04:45:04.95	04:45:57.45	10:10	5.9
166	KULIK KATARZYNA	4391	NIGHT RUNNERS GLIWICE	BYTOM	POL	K30	85	K 166	02:22:45	04:45:05.50	04:45:57.60	10:10	5.9
167	AUGUSTYŃSKA KINGA	4524	LACHO TEAM	KRAKÓW	POL	K40	41	K 167	02:22:24	04:46:05.10	04:46:46.65	10:13	5.9
168	IDRYJAN KAROLINA	4433		TORUŃ	POL	K30	86	K 168	02:16:14	04:45:58.05	04:47:09.70	10:12	5.9
169	BAJERSKA RENATA	4492	GRUPA BIEGOWA ENERGY KACZORY	KACZORY	POL	K50	11	K 169	02:19:33	04:46:34.40	04:47:30.25	10:14	5.9
170	BAKALARSKA MARIOLA	4569	WARSAW RUN CLUB	WARSZAWA	POL	K50	12	K 170	02:14:42	04:47:05.80	04:47:56.35	10:15	5.9
171	JANICKA KATARZYNA	4404		WARSZAWA	POL	K30	87	K 171	02:19:39	04:47:33.45	04:48:13.70	10:16	5.8
172	GRZESZCZAK MAŁGORZATA	4501	BIEGAMYRAZEM.PL	GDYNIA	POL	K40	43	K 172	02:24:57	04:47:06.85	04:48:15.90	10:15	5.9
173	MAŚLAK ANNA	4625	BIEGAMYRAZEM.PL	GDYNIA	POL	K40	42	K 173	02:24:59	04:47:06.80	04:48:16.05	10:15	5.9
174	ZALEWSKA AGNIESZKA	4565	BIEGAMYRAZEM.PL	GDYNIA	POL	K40	44	K 174	02:24:56	04:47:07.15	04:48:16.20	10:15	5.9
175	MAKARZEC - SURMA AGNIESZKA	4649		BIŁGORAJ	POL	K30	88	K 175	02:32:10	04:48:12.60	04:49:36.90	10:17	5.8
176	KRUSZYŃSKA AGNIESZKA	4675	AKS POLONIA WARSZAWA	WARSZAWA	POL	K30	89	K 176	02:22:02	04:48:48.75	04:50:11.15	10:18	5.8
177	GAWAŁKO MONIKA	4880		WARSZAWA	POL	K20	31	K 177	02:20:22	04:50:07.80	04:50:58.75	10:21	5.8
178	PAWEŁAS MARTA	4637		WARSZAWA	POL	K30	92	K 178	02:23:28	04:50:02.35	04:51:00.00	10:21	5.8
179	MAZUR JOANNA	4563	JOANNA MAZUR	KRAKÓW	POL	K30	90	K 179	02:17:46	04:49:35.10	04:51:01.85	10:20	5.8
180	MICHAŁKOWSKA MAGDALENA	4605		KRAKÓW	POL	K30	91	K 180	02:17:48	04:49:35.25	04:51:02.00	10:20	5.8
181	MYSZKIEWICZ AGNIESZKA	4409	PZU SPORT TEAM	WARSZAWA	POL	K30	93	K 181	02:29:24	04:50:30.70	04:51:29.65	10:22	5.8
182	GRUSZKA IWONA	4828	DZIKIE GRUBASY SZATANA	SIEDLEC DUŻY	POL	K20	32	K 182	02:21:48	04:50:49.15	04:51:54.30	10:23	5.8
183	PAWŁAK BEATA	4735		JABŁONNA	POL	K40	45	K 183	02:25:44	04:50:32.50	04:51:54.50	10:22	5.8
184	DOMAŃSKA MARIOLA	4197		KIELCE	POL	K30	94	K 184		04:52:05.00	04:52:05.00	10:25	5.8
185	GAWŁOWSKA MILENA	4322	CROSS RAGE	ŁÓDŹ	POL	K30	95	K 185	02:21:31	04:52:15.80	04:53:02.80	10:26	5.7
186	SIEROCIŃSKA MONIKA	4438	CROSSFIT SIEDLCE	SIEDLCE	POL	K40	47	K 186	02:19:55	04:52:40.90	04:53:15.50	10:27	5.7
187	DOMINIĄK-BAK IZABELA	4590		JÓZEFOSŁAW	POL	K30	96	K 187	02:22:12	04:52:18.85	04:53:31.05	10:26	5.7
188	PYTEL BOŻENA	4345		KIELCE	POL	K40	46	K 188	02:23:52	04:52:31.10	04:53:44.85	10:26	5.7
189	PAWLIK KATARZYNA	4534	5F TEAM	PRZYGDZICE	POL	K30	97	K 189	02:27:39	04:52:40.00	04:53:56.60	10:27	5.7

**RZEŹNICZEK 2019, K-Open c.d.**

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	16.2km	Netto	Brutto	min/km	km/h
190	DONIEC KATARZYNA	4522	NAPIERAJDALEJ	JASŁO	POL	K40	49	K 190	02:29:51	04:53:34.50	04:54:06.40	10:29	5.7
191	NOWAK KATARZYNA	4483	DZIKIE GRUBASY SZATANA	WARSZAWA	POL	K30	99	K 191	02:13:02	04:53:59.95	04:54:16.60	10:30	5.7
192	MARCINIAK ANNA	4851		CHOCIANÓW	POL	K40	48	K 192	02:18:49	04:53:28.05	04:54:37.75	10:28	5.7
193	PABIAŃCZYK MAŁGORZATA	4366		KRAKÓW	POL	K40	50	K 193	02:23:37	04:53:52.85	04:54:43.15	10:29	5.7
194	BŁASZCZAK ANNA	4846		KRAKÓW	POL	K30	98	K 194	02:32:29	04:53:54.70	04:54:56.50	10:29	5.7
195	KOSZAŁKA ALEKSANDRA	4252		ŁĘBORK	POL	K20	33	K 195	02:31:52	04:54:45.30	04:56:05.80	10:31	5.7
196	GORYŃSKA MICHALINA	4742		GDANSK	POL	K20	34	K 196	02:31:53	04:54:45.40	04:56:05.90	10:31	5.7
197	GIRZYŃSKA KATARZYNA	4532		WARSZAWA	POL	K30	100	K 197	02:19:48	04:55:20.80	04:56:31.65	10:32	5.7
198	KORNILAK EDYTA	4690	GRUPA BIEGACZY SKÓRZEC BIEGA	SKÓRZEC	POL	K40	52	K 198	02:23:00	04:56:31.70	04:57:57.95	10:35	5.7
199	CZARNECKA ŻANETA	4717	PARKRUN GRUDZIADZ	GRUDZIADZ	POL	K40	51	K 199	02:34:28	04:56:31.10	04:58:03.30	10:35	5.7
200	JAWOREK MONIKA	4100		RYDUŁTOWY	POL	K40	53	K 200	02:16:51	04:58:03.80	04:58:13.20	10:38	5.6
201	PŁOŃSKA JULIA	4502		WARSZAWA	POL	K30	101	K 201	02:26:57	04:56:38.80	04:58:14.35	10:35	5.7
202	BARAN KATARZYNA	4287	TRENER24H.COM.PL	WARSZAWA	POL	K30	102	K 202	02:27:35	04:57:18.25	04:58:37.70	10:37	5.7
203	DĄBROWSKA EDYTA	4683		PIASECZNO	POL	K30	103	K 203	02:32:09	04:57:54.30	04:59:21.65	10:38	5.6
204	CHMIELEWSKA EMILIA	4346		DĘBE WIELKIE	POL	K30	104	K 204	02:32:45	04:59:31.50	05:00:05.45	10:41	5.6
205	ADAMUS KATARZYNA	4597	OLZA CIESZYN	CIESZYN	POL	K40	54	K 205	02:27:46	04:59:53.90	05:00:32.80	10:42	5.6
206	MALINOWSKA ANETA	4598	OLZA CIESZYN	CIESZYN	POL	K40	55	K 206	02:27:46	04:59:54.20	05:00:32.90	10:42	5.6
207	CZECH BOŻENA	4906	OCHAJORUN	RYBNIK	POL	K30	107	K 207	02:22:53	05:00:03.10	05:01:15.60	10:42	5.6
208	LORENC-KRUSZYŃSKA SYLWIA	4837	WKURW_TEAM	BYDGOSZCZ	POL	K30	105	K 208	02:28:02	04:59:38.90	05:01:18.10	10:42	5.6
209	FONS ALEKSANDRA	4855		PIŁA	POL	K30	106	K 209	02:28:03	04:59:39.00	05:01:18.10	10:42	5.6
210	ŻAK OLIVIA	4457	PIASECZNO RUNNING	JASTRZĘBIE	POL	K30	108	K 210	02:27:58	05:01:02.85	05:01:18.95	10:45	5.6
211	SOBOŃ ANNA	4660	AUTO-SERWIS PIORT SOBOŃ	WROCŁAW	POL	K40	56	K 211	02:31:44	05:00:24.60	05:02:10.05	10:43	5.6
212	CELEK KATARZYNA	4552		RZESZOW	POL	K30	109	K 212	02:31:11	05:01:20.50	05:02:27.75	10:45	5.6
213	LATOS JOANNA	4730		ZIELONA GÓRA	POL	K40	57	K 213	02:26:09	05:01:26.50	05:02:36.35	10:45	5.6
214	WIŚNIEWSKA MARTA	4656		WARSZAWA	POL	K30	112	K 214	02:19:53	05:01:53.55	05:02:48.00	10:46	5.6
215	WOJCIECHOWSKA HELENA	4646	NIGHT RUNNERS	POZNAŃ	POL	K30	111	K 215	02:32:52	05:01:50.20	05:02:49.75	10:46	5.6
216	GEWALD DANUTA	4670	TRENER24H	WARSZAWA	POL	K30	110	K 216	02:27:48	05:01:32.65	05:02:51.75	10:46	5.6
217	SZCZÓTKA AGATA	4491	JAROSŁAWSKI BIEGACZ	JAROSŁAW	POL	K40	58	K 217	02:26:42	05:02:15.30	05:03:10.85	10:47	5.6
218	GADOMSKA EWA	4689		WARSZAWA	POL	K30	113	K 218	02:27:59	05:02:42.25	05:03:20.75	10:48	5.6
219	KUKLEWSKA EWA	4672		DUBLIN	IRL	K60	2	K 219	02:29:21	05:02:42.20	05:03:49.75	10:48	5.6
220	STAROBRAT-CIENKA ALEKSANDRA	4602		WARSZAWA	POL	K30	115	K 220	02:32:33	05:03:49.10	05:04:33.40	10:51	5.5
221	DAMIĘCKA KATARZYNA	4010		WARSZAWA	POL	K30	114	K 221	02:29:21	05:03:11.75	05:04:45.95	10:49	5.5
222	PASZEK KRYSZYNA	4494	DOGOŃ GRODZISK MAZOWIECKI	GRODZISK MAZ	POL	K50	13	K 222	02:27:02	05:03:12.00	05:04:59.75	10:49	5.5
223	KWIATKOWSKA ALEKSANDRA	4442	ADIDAS RUNNERS WARSAW	WARSZAWA	POL	K20	35	K 223	02:27:23	05:03:48.35	05:05:03.35	10:51	5.5
224	LENARD-MYSZKOWSKA ANNA	4841	TEAM ZABIEGANEDNI	BANIOCHA	POL	K30	116	K 224	02:33:31	05:04:22.00	05:05:11.05	10:52	5.5
225	LECH DANIELA	4946		SOBÓTKA	POL	K20	36	K 225	02:24:02	05:04:38.30	05:05:25.25	10:52	5.5
226	MORAWSKA ANNA	4484		WARSZAWA	POL	K60	3	K 226	02:31:35	05:05:27.40	05:06:31.40	10:54	5.5
227	GÓRAL MARCELINA	4249		WARSZAWA	POL	K30	117	K 227	02:25:24	05:05:25.00	05:06:34.45	10:54	5.5
228	ŁYSIAK KATARZYNA	4363		DĄBRÓWKA	POL	K30	119	K 228	02:32:07	05:05:36.40	05:06:42.30	10:54	5.5
229	CENDROWICZ MAGDALENA	4779		SOBÓTKA	POL	K30	118	K 229	02:26:58	05:05:30.20	05:07:02.70	10:54	5.5
230	SKŁADANOWSKA BEATA	4586		WARSZAWA	POL	K30	120	K 230	02:28:11	05:06:12.90	05:07:34.55	10:56	5.5
231	JODKO MAGDA	4934	KOŚCIUCHY TEAM	GRUDZIADZ	POL	K40	60	K 231	02:28:22	05:06:46.05	05:08:00.75	10:57	5.5
232	SĘDEK SYLWIA	4414	ADIDAS RUNNERS WARSAW	WARSZAWA	POL	K30	123	K 232	02:28:19	05:07:04.50	05:08:08.35	10:58	5.5
233	ŚLĘŻAK HANNA	4016	POKRĘCENI	PIŁA	POL	K30	121	K 233	02:31:41	05:06:39.95	05:08:10.20	10:57	5.5
234	RUDNICKA AGATA	4618		WARSZAWA	POL	K50	14	K 234	02:32:34	05:07:18.60	05:08:12.35	10:58	5.5
235	GARGAS-DZIEDZINA JOANNA	4684	MUAY RUNNING TEAM	KRAKÓW	POL	K30	124	K 235	02:27:37	05:07:42.80	05:08:26.55	10:59	5.5
236	PIETRZAK AGNIESZKA	4654		WARSZAWA	POL	K40	61	K 236	02:36:41	05:07:30.80	05:08:29.15	10:58	5.5
237	JAKÓBCZYK SYLWIA	4603		LUBLIN	POL	K40	59	K 237	02:34:57	05:05:46.55	05:08:32.95	10:55	5.5
238	GAŚIOREK KAMILA	4431	ZABIEGANI.TV	WARSZAWA	POL	K30	125	K 238	02:27:52	05:07:49.65	05:08:49.45	10:59	5.5
239	SZAŁSKA ELŻBIETA	4872	MUCHY NA ZĘBACH	TORUŃ	POL	K30	122	K 239	02:38:01	05:07:01.80	05:08:51.85	10:57	5.5
240	SZOŁTYSEK BEATA	4951		RYBNIK	POL	K40	62	K 240	02:31:36	05:08:05.15	05:09:19.35	11:00	5.5
241	MŁYNARCZYK ANIA	4229		KONSTANCJA JEZIORNA	POL	K30	129	K 241	02:33:15	05:09:14.80	05:09:50.75	11:02	5.4
242	RUPIŃSKA AGNIESZKA	4901		KONSTANCJA JEZIORNA	POL	K20	38	K 242	02:31:31	05:08:29.65	05:09:53.45	11:01	5.4
243	SCHWITALLA KATARZYNA	4512	KATRIX/MKS SIECHNICE	SIECHNICE	POL	K40	63	K 243	02:33:21	05:08:25.90	05:09:57.15	11:00	5.4
244	KRÓLIKOWSKA ANNA	4949	4MOVE	MODLNICZKA	POL	K20	37	K 244	02:26:27	05:08:06.75	05:09:58.50	11:00	5.5
245	TYCZYŃSKA MAŁGORZATA	4607	SZYBKIE ŻÓŁWIE	POGWIZDÓW	POL	K50	15	K 245	02:28:19	05:09:20.50	05:09:59.30	11:02	5.4
246	FOTYGA AGNIESZKA	4234	OSTROBIEC	OSTROWIEC ŚWIĘTOKRZYSKI	POL	K40	67	K 246	02:28:03	05:09:52.20	05:10:00.55	11:04	5.4

## RZEŹNICZEK 2019, K-Open c.d.

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	16.2km	Netto	Brutto	min/km	km/h
247	ZAWADZKA MONIKA	4559	MKS SIECHNICE	SIECHNICE	POL	K30	127	K 247	02:28:51	05:08:31.05	05:10:03.35	11:01	5.4
248	REJDYCH DARIA	4677	HUSARIA RACE TEAM	KRAKÓW	POL	K30	128	K 248	02:37:29	05:08:50.85	05:10:06.70	11:01	5.4
249	LIPÍŃSKA KINGA	4929		GRUDZIĄDZ	POL	K30	126	K 249	02:26:23	05:08:29.45	05:10:11.50	11:01	5.4
250	NIEWDZIECZNA BARBARA	4866	SA WOLNIEJSI	OLSZTYN	POL	K40	64	K 250	02:37:02	05:09:14.35	05:10:57.35	11:02	5.4
251	JĘDZURA AGNIESZKA	4610		GLIWICE	POL	K40	69	K 251	02:28:31	05:10:38.50	05:10:58.45	11:05	5.4
252	NIŻNIK MONIKA	4429	KURY.MAJA.PAZURY	ŁÓDŹ	POL	K40	68	K 252	02:28:06	05:10:18.95	05:11:22.65	11:04	5.4
253	ŚCISŁY OLA	4824		PŁAWNO	POL	K40	66	K 253	02:36:42	05:09:50.80	05:11:29.30	11:03	5.4
254	REDEK SYLWIA	4830	TEAM ZABIEGANEDNI	WIĄZOWNA	POL	K40	65	K 254	02:32:35	05:09:45.85	05:11:31.00	11:03	5.4
255	WANAT MARIKA	4661		JASTRZĘBIE ZDRÓJ	POL	K30	130	K 255	02:26:30	05:11:12.00	05:12:47.80	11:06	5.4
256	ZIEMBIŃSKA- BUCZYŃSKA ALEKSANDRA	4706		GLIWICE	POL	K30	131	K 256	02:32:00	05:13:34.65	05:15:10.20	11:11	5.4
257	POŁCZYŃSKA EWELINA	4561	HDR WATAHA MARGONIN	WĄGROWIEC	POL	K30	132	K 257	02:33:49	05:14:32.90	05:16:07.65	11:14	5.3
258	BARANOWSKA MONIKA	4678	SPEED FEET ,16	KOŚCIAN	POL	K30	134	K 258	02:38:16	05:16:11.95	05:16:36.40	11:17	5.3
259	CZECH DOROTA	4466	PRO-RUN WROCŁAW	KIEŁCZÓW	POL	K40	70	K 259	02:27:32	05:15:53.85	05:16:51.05	11:16	5.3
260	KWAPIŃSKA ANNA	4630		TRZEBNICA	POL	K30	133	K 260	02:27:32	05:15:54.15	05:16:51.35	11:16	5.3
261	MŁOSZ MARIA	4527	KASZANKI	BRWINÓW	POL	K20	39	K 261	02:37:57	05:16:16.70	05:17:28.70	11:17	5.3
262	KUSZ GOSIA	4715		BOGUSZYCE	POL	K30	135	K 262	02:32:01	05:17:10.95	05:18:50.95	11:19	5.3
263	WINICKA DARIA	4713		TOSZEK	POL	K40	71	K 263	02:31:52	05:17:10.75	05:18:51.05	11:19	5.3
264	CHRUŚCIEL AGATA	4693	NIGHT DRINKERS	ZGIERZ	POL	K40	72	K 264	02:24:22	05:18:22.60	05:19:07.75	11:22	5.3
265	ORZECHOWSKA KAROLINA	4214		WARSZAWA	POL	K40	73	K 265	02:35:00	05:20:13.80	05:20:30.55	11:26	5.2
266	WOJTANOWICZ BEATA	4495		GRUDZIĄDZ	POL	K50	16	K 266	02:32:59	05:19:28.80	05:20:44.30	11:24	5.3
267	ADAMCZYK AGNIESZKA	4858		CHOSZCZNO	POL	K40	74	K 267	02:35:51	05:21:24.95	05:21:24.95	11:28	5.2
268	DOMINIAK KATARZYNA	4885	TIGERS TEAM	ŁÓDŹ	POL	K30	139	K 268	02:35:21	05:21:25.80	05:22:03.15	11:28	5.2
269	SOBALA JUSTYNA	4103	RK ATHLETICS	WARSZAWA	POL	K40	75	K 269	02:36:53	05:22:22.90	05:22:25.80	11:30	5.2
270	GAWLIK ANNA	4848	KATRIX/MKS SIECHNICE	SIECHNICE	POL	K30	136	K 270	02:34:53	05:20:58.25	05:22:29.35	11:27	5.2
271	PASTERNAK JOANNA	4738	PZU SPORT TEAM	WARSZAWA	POL	K30	138	K 271	02:34:22	05:21:10.70	05:22:37.45	11:28	5.2
272	MOTYL MIROSLAWA	4802	NIEPOŁOMICIE BIEGAJĄ	KRAKÓW	POL	K30	137	K 272	02:41:01	05:21:10.00	05:22:44.10	11:28	5.2
273	ZIÓLEK TERESA	4638	STAY INSANE	MĘLGIEW	POL	K50	17	K 273	02:37:28	05:22:39.40	05:24:07.35	11:31	5.2
274	ŻUREK MARTA	4845		KROSNO	POL	K30	140	K 274	02:33:49	05:23:20.60	05:24:22.45	11:32	5.2
275	KARDAS MARTA	4784		ŁÓDŹ	POL	K30	143	K 275	02:22:41	05:24:07.90	05:25:16.05	11:34	5.2
276	DOBROWOLSKA KAROLINA	4747	ALARCOM	DĄBRÓWKA WIELKA	POL	K30	142	K 276	02:23:11	05:24:07.70	05:25:16.05	11:34	5.2
277	MEJKA ANETA	4422	RACEFIGHTER	WARSZAWA	POL	K40	76	K 277	02:30:44	05:24:27.90	05:25:17.60	11:35	5.2
278	PRZYBYLSKA MAGDALENA	4415		GRÓJEC	POL	K30	145	K 278	02:47:45	05:24:55.60	05:25:35.45	11:36	5.2
279	JĘŻEWSKA ANGELIKA	4775		WARSZAWA	POL	K30	141	K 279	02:38:35	05:23:49.00	05:25:36.00	11:33	5.2
280	WASILEWSKA MAŁGORZATA	4504		WARSZAWA	POL	K20	40	K 280	02:38:37	05:23:49.55	05:25:36.35	11:33	5.2
281	KARABIN ANNA	4789		CISNA	POL	K30	144	K 281	02:36:46	05:24:23.70	05:26:05.10	11:35	5.2
282	ŻBIKOWSKA MAŁGORZATA	4012	SPC	TORUŃ	POL	K50	18	K 282	02:34:29	05:25:07.65	05:26:39.55	11:36	5.2
283	SZŁAPKA KATARZYNA	4725	SPEED FEED '16	KOŚCIAN	POL	K30	146	K 283	02:36:36	05:26:12.45	05:27:15.90	11:39	5.2
284	KOWALCZYK ANITA	4838	#TEAMKRÓLAK	JEMIELNO	POL	K20	41	K 284	02:37:13	05:25:48.20	05:27:18.35	11:38	5.2
285	BIAŁOKOS ANNA	4668		WARSZAWA	POL	K30	147	K 285	02:36:34	05:26:26.85	05:27:48.20	11:39	5.1
286	CZARNECKA AGNIESZKA	4665		SZCZECIN	POL	K40	79	K 286	02:36:52	05:26:46.90	05:28:24.25	11:40	5.1
287	RYBCZYŃSKA MAGDALENA	4636		WROCŁAW	POL	K40	78	K 287	02:36:57	05:26:46.55	05:28:24.35	11:40	5.1
288	PIASECKA MARTA	4826	WIECZORNE BIEGANIE W SZCZECINIE	SZCZECIN	POL	K40	81	K 288	02:37:09	05:26:47.45	05:28:24.50	11:40	5.1
289	MARCINIAK LIDKA	4853		SZCZECIN	POL	K40	77	K 289		05:26:45.15	05:28:24.55	11:40	5.1
290	DOWNAR ANDŻELIKA	4645		SZCZECIN	POL	K40	80	K 290	02:36:58	05:26:47.35	05:28:24.85	11:40	5.1
291	ROGACKA - RZEPKA MARIA	4237		GLIWICE	POL	K40	83	K 291	02:47:25	05:28:12.40	05:29:26.45	11:43	5.1
292	WALCZAK-DĘBOWSKA IWONA	4856		ŁÓDŹ	POL	K40	82	K 292	02:41:46	05:28:04.85	05:30:07.10	11:43	5.1
293	MALINOWSKA MARTA	4754		WARSZAWA	POL	K30	148	K 293	02:22:54	05:27:59.45	05:30:09.10	11:42	5.1
294	SZYMAŃSKA EWA	4755		MIŃSK MAZOWIECKI	POL	K40	84	K 294	02:37:45	05:29:35.30	05:30:46.35	11:46	5.1
295	LESZCZYŃSKA MAŁGORZATA	4463		GLIWICE	POL	K40	85	K 295	02:43:37	05:30:01.50	05:31:13.10	11:47	5.1
296	POLKOWSKA-KRYPKA ELIZA	4767		SIEDLCE	POL	K40	86	K 296	02:37:01	05:30:59.55	05:32:42.25	11:49	5.1
297	KARPIŃSKA NINA	4764		BLIŻYN	POL	K30	149	K 297	02:36:59	05:31:48.50	05:33:05.65	11:51	5.1
298	SAWICKA - WERS URSZULA	4562		DRZONOWO	POL	K30	150	K 298	02:37:07	05:32:08.00	05:33:18.80	11:51	5.1
299	SANECKA KATARZYNA	4680	BEFIT24TEAM	KRAKÓW	POL	K50	19	K 299	02:35:13	05:32:52.70	05:33:24.05	11:53	5
300	SULEJA JOANNA	4616	SZWLA STARGARD	STARGARD	POL	K50	20	K 300	02:38:18	05:32:58.10	05:33:28.20	11:53	5
301	GIERUT AGATA	4523		JASŁO	POL	K30	152	K 301	02:46:45	05:32:56.25	05:33:44.25	11:53	5
302	BUSZEWSKA JUSTYNA	4903		WARSZAWA	POL	K30	151	K 302	02:36:08	05:32:19.40	05:34:05.65	11:52	5.1
303	SARNA AGATA	4729	WKURW_TEAM	TYCZYN	POL	K30	153	K 303	02:43:44	05:34:16.30	05:35:37.25	11:56	5

**RZEŹNICZEK 2019, K-Open c.d.**

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	16.2km	Netto	Brutto	min/km	km/h
304	BARADZIEJ BARBARA	4736		TYCHY	POL	K30	154	K 304	02:34:12	05:35:22.00	05:37:08.25	11:58	5
305	BUCHTA EWELINA	4765	SII RUNNING TEAM	ŁÓDŹ	POL	K20	42	K 305	02:39:45	05:35:19.75	05:37:08.70	11:58	5
306	BARELKOWSKA KATARZYNA	4470	NIGHT RUNNERS	POZNAŃ	POL	K40	87	K 306	02:35:47	05:36:08.65	05:37:09.15	12:00	5
307	KOSACKA OLA	4707		KRAPKOWICE	POL	K20	43	K 307	02:34:53	05:37:06.25	05:38:17.85	12:02	5
308	MRUCZYŃSKA-PIETRUCZANIS KATARZYNA	4621	WKURW_TEAM : AKTYWNI WĘGRÓW	WĘGRÓW	POL	K40	89	K 308	02:46:36	05:37:54.45	05:38:36.55	12:04	5
309	TOMCZYK MAŁGORZATA	4832		ŁÓDŹ	POL	K40	88	K 309	02:41:44	05:37:41.45	05:39:43.10	12:03	5
310	SKOMOROWSKA MONIKA	4679	TEAM ZABIEGANEDNI	WARSZAWA	POL	K40	90	K 310	02:51:07	05:39:51.20	05:41:36.45	12:08	4.9
311	SZUMIŃSKA MAŁGORZATA	4732		ALEKSANDRÓW ŁÓDZKI	POL	K40	91	K 311	02:47:23	05:40:04.70	05:42:06.45	12:08	4.9
312	ŚWIERKOSZ-HOŁYSZ MAŁGORZATA	4486		JAWORZNO	POL	K40	92	K 312	02:51:45	05:40:58.10	05:42:06.55	12:10	4.9
313	JEŹEWSKA SYLWIA	4912	DRUŻYNA SZPIKU	ROSNÓWKO	POL	K40	94	K 313	02:35:32	05:43:57.60	05:45:10.70	12:17	4.9
314	DADAŚ ELŻBIETA	4908	NIGHT RUNNERS GLIWICE	GLIWICE	POL	K40	93	K 314	02:47:35	05:43:39.10	05:45:20.50	12:16	4.9
315	JELENIWSKA BARBARA	4608		GORZÓW WIELKOPOLSKI	POL	K30	155	K 315	02:57:08	05:46:07.30	05:47:33.30	12:21	4.9
316	WOJCIECHOWSKA JOLANTA	4604		SIEDLCE	POL	K40	95	K 316	02:44:49	05:48:03.95	05:49:46.35	12:25	4.8
317	RAJCHEL JOANNA	4428		KROSNO	POL	K40	96	K 317	02:41:13	05:52:42.35	05:53:44.40	12:35	4.8
318	MACIOSZEK ANIA	4596	FLORKI	WARSZAWA	POL	K20	44	K 318	02:56:01	05:55:04.20	05:55:49.05	12:40	4.7
319	SKORUPKA ANNA	4902		NOWE IGANIE	POL	K30	156	K 319	02:51:09	05:54:26.15	05:56:08.80	12:39	4.7
320	OBARSKA MAŁGORZATA	4804		STARACHOWICE	POL	K50	21	K 320	03:00:09	05:59:36.70	06:00:32.35	12:50	4.7
321	RACZYŃSKA ANNA	4724		ALEKSANDRÓW ŁÓDZKI	POL	K50	22	K 321	02:53:51	06:01:17.00	06:01:53.95	12:54	4.7
322	DERMAŃSKA MARTA	4737		WARSZAWA	POL	K30	157	K 322	02:51:10	06:00:33.75	06:01:56.30	12:52	4.7
323	URBAŃCZYK EWA	4864		WARSZAWA	POL	K40	97	K 323	02:49:46	06:01:23.10	06:02:01.30	12:54	4.6
324	BŁOCH BEATA	4592	EPOKA NORDICA	ŁÓDŹ	POL	K50	23	K 324	02:34:33	06:02:06.95	06:03:13.35	12:55	4.6
325	KRZYCH ELŻBIETA	4809		KRAKÓW	POL	K30	158	K 325	02:33:04	06:08:00.10	06:09:25.20	13:08	4.6
326	SIERECKA DOROTA	4857	TEAM ZABIEGANEDNI // WKURW_TEAM	ŻELECHÓW	POL	K30	159	K 326	02:56:47	06:12:05.75	06:13:51.65	13:17	4.5
327	BORKOWSKA EWA	4771	WKURW-TEAM	ZŁOTÓW	POL	K60	4	K 327	03:07:55	06:12:14.05	06:13:53.75	13:17	4.5
328	ROGIŃSKA KATARZYNA	4868	WKURW_TEAM	GDAŃSK	POL	K50	24	K 328	03:00:02	06:13:04.60	06:14:45.70	13:19	4.5
329	PAWŁOWSKA DANUTA	4743	WKURW_TEAM	WARSZAWA	POL	K40	98	K 329	03:00:33	06:14:36.80	06:15:19.85	13:22	4.5
330	WITKOWSKA BEATA	4763	EPOKA NORDICA ŁÓDŹ	ŁÓDŹ	POL	K50	25	K 330	03:00:51	06:20:27.60	06:21:41.15	13:35	4.4
331	KOPEĆ-KONTEK MONIKA	4015		RZESZÓW	POL	K30	160	K 331	02:59:44	06:24:01.60	06:24:45.65	13:42	4.4
332	KWIATKOWSKA ALICJA	4776	MAŁE LWY	GDAŃSK	POL	K30	161	K 332	03:01:08	06:26:45.65	06:28:35.40	13:48	4.3
333	GÓRAL ZUZANNA	4807		KRAKÓW	POL	K20	45	K 333	03:07:28	06:28:57.25	06:30:06.80	13:53	4.3
334	KOLASA BARBARA	4766	KLUB J.SŁOWACKIEGO	WARSZAWA-WESOŁA	POL	K60	5	K 334	02:48:40	06:38:48.00	06:39:06.25	14:14	4.2
335	NORWA JUSTYNA	4285	TRENER24H.COM.PL	WARSZAWA	POL	K30	162	K 335	02:28:42			9:10	6.5
	WIŚNIEWSKA EWELINA	4840	HARDCOROWE WYCHYLYBYMY	WARSZAWA	POL	K30			02:45:19	DNF	DNF	-	-
									DNF				
	KAMIŃSKA WERONIKA	4836	HARDCOROWE WYCHYLYBYMY	WARSZAWA	POL	K30			03:36:19	DNF	DNF	-	-
									DNF				

**RZEŹNICZEK 2019, M-Open**

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	16.2km	Netto	Brutto	min/km	km/h
1	KAWIK TOMASZ	4023	ALPIN SPORT HOKA ONE ONE TEAM/ TRENER BIEGACZY	BRENNA	POL	M20	1	M 1	01:17:21	02:22:48.60	02:22:49.75	5:06	11.8
2	BĘTKOWSKI PIOTR	4017	CITY TRAIL TEAM	WARSZAWA	POL	M30	1	M 2	01:17:19	02:24:42.85	02:24:44.00	5:10	11.6
3	BEREŚ ARKADIUSZ	4479		RZESZÓW	POL	M30	2	M 3	01:20:00	02:27:40.00	02:27:41.70	5:16	11.4
4	CHOJŃACKI SZYMON	4029	RENELAGH HARRIERS	ŁÓDŹ	POL	M30	3	M 4	01:19:59	02:30:53.30	02:30:54.45	5:23	11.1
5	WOŹNIAK MICHAŁ	4030	HOKA ONE ONE POLAND	KRAKÓW	POL	M20	2	M 5	01:20:02	02:33:36.75	02:33:37.75	5:29	10.9
6	KAROLKIEWICZ DANIEL	4509		WARSZAWA	POL	M30	4	M 6	01:19:35	02:33:36.85	02:33:38.55	5:29	10.9
7	DUDZIK ŁUKASZ	4037	GÓRAL BIEGA	KAMIENICA	POL	M30	5	M 7	01:26:14	02:40:14.45	02:40:16.35	5:43	10.5
8	KOWAL AMADEUSZ	4053	NAPRZÓD MŁOCINY	LUBACZÓW	POL	M30	6	M 8	01:25:09	02:40:24.25	02:40:26.90	5:43	10.5
9	CHODAKOWSKI RAFAŁ	4039	OSTROBIEC	CMIELÓW	POL	M40	1	M 9	01:29:45	02:45:53.95	02:45:55.65	5:55	10.1
10	SYCHOWICZ DANIEL	4025		OTWOCK	POL	M40	2	M 10	01:29:55	02:47:07.85	02:47:09.30	5:58	10.1
11	SARNA KAMIL	4072		KRASNE	POL	M30	7	M 11	01:28:39	02:47:13.20	02:47:16.55	5:58	10
12	KOWALCZYK ADAM	4048	ADIDAS RUNNERS WARSAW	LESZNO	POL	M30	8	M 12	01:28:57	02:50:49.70	02:50:52.40	6:06	9.8
13	DOMINIAK MICHAŁ	4047	KB OŻARÓW MAZOWIECKI BIEGA	OŻARÓW MAZOWIECKI	POL	M30	9	M 13	01:29:13	02:51:32.55	02:51:36.85	6:07	9.8
14	TOPOLSKI MARCIN	4051		JADOWNIKI	POL	M40	3	M 14	01:33:51	02:52:17.85	02:52:22.75	6:09	9.8
15	MAZURKIEWICZ TOMASZ	4931		SANOK	POL	M40	4	M 15	01:31:23	02:52:33.55	02:52:35.30	6:09	9.7

**RZEŹNICZEK 2019, M-Open c.d.**

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	16.2km	Netto	Brutto	min/km	km/h
16	RAKSZAWA KRZYSZTOF	4936		RYBNIK	POL	M40	5	M 16	01:32:28	02:55:22.10	02:55:25.45	6:15	9.6
17	BURYLO MATEUSZ	4919	PERFECT RUNNER TEAM	JODŁÓWKA	POL	M20	3	M 17	01:32:18	02:55:28.75	02:55:31.10	6:16	9.6
18	RUPIŃSKI KRZYSZTOF	4869		KONSTANCIN-JEZIORNA	POL	M20	4	M 18	01:30:21	02:55:30.85	02:55:36.45	6:16	9.6
19	DZIÓB ROMUALD	4873	CRACOVIA WIELICZKA	WIELICZKA	POL	M40	6	M 19	01:33:33	02:55:49.90	02:55:54.75	6:16	9.6
20	MUCKUS FILIP	4040	KS KANAŁEK	WARSZAWA	POL	M30	10	M 20	01:29:42	02:56:16.30	02:56:19.95	6:17	9.5
21	LATAK MICHAŁ	4121	JACEK BIEGA RUNNING TEAM	WARSZAWA	POL	M40	7	M 21	01:33:48	02:56:15.05	02:56:24.10	6:17	9.5
22	STAWIARZ PAWEŁ	4059	MATNER RUNNING TEAM	WROCŁAW	POL	M30	11	M 22	01:32:50	02:58:13.35	02:58:18.10	6:21	9.4
23	KAŁOL MICHAŁ	4174	RACEFIGHTER	MIŃSK MAZOWIECKI	POL	M30	12	M 23	01:38:54	02:59:56.60	03:00:04.15	6:25	9.3
24	LIPIŃSKI HUBERT	4052	KS KANAŁEK	WARSZAWA	POL	M30	13	M 24	01:33:53	03:01:26.75	03:01:29.95	6:28	9.3
25	FIRST TOMASZ	4910		PŁOŃSK	POL	M20	5	M 25	01:32:25	03:01:09.20	03:02:05.30	6:28	9.3
26	NOWAK ŁUKASZ	4046	NOA / CS RUNNING TEAM	WROCŁAW	POL	M30	14	M 26	01:38:30	03:03:19.75	03:03:22.85	6:32	9.2
27	DĄBROWSKI TOMASZ	4149	HUSARIA RACE TEAM RZESZÓW	RZESZÓW	POL	M30	15	M 27	01:38:18	03:03:33.35	03:03:44.10	6:33	9.2
28	KULIGA SŁAWOMIR	4475	POSMAKUJ RUN TEAM	KROSNO	POL	M30	16	M 28	01:36:47	03:04:50.25	03:05:13.50	6:36	9.1
29	JASTRZĄBEK KONRAD JASTRZĄBEK:	4043	EVERRUN	ŁÓDŹ	POL	M30	17	M 29	01:37:27	03:06:14.20	03:06:19.65	6:39	9
30	JUSZCZAK MARCIN	4137	RACEFIGHTER	CEGLÓW	POL	M30	18	M 30	01:39:16	03:06:28.60	03:06:35.75	6:39	9
31	PRZYWARA PIOTR	4086	MTU AERO ENGINES POLSKA	BUDY GŁOGOWSKIE	POL	M30	19	M 31	01:35:17	03:06:57.20	03:07:02.95	6:40	9
32	DESKA LESZEK	4041	WWW.LESZEKBIEGA.PL	NOWA IWICZNA	POL	M40	8	M 32	01:36:27	03:07:06.30	03:07:19.95	6:40	9
33	OGŁUSZKA MICHAŁ	4104	SAFEPRO USŁUGI BHP	RZESZÓW	POL	M30	20	M 33	01:37:36	03:07:14.60	03:07:25.75	6:41	9
34	PTASZYŃSKI WOJCIECH	4067	SPEED FEET '16	KOŚCIAN	POL	M50	1	M 34	01:40:04	03:07:32.95	03:07:38.25	6:41	9
35	SOBOLEWSKI MIKOŁAJ	4833	SZYMANOWSKI TRIATHLON TEAM	ADAMÓW	POL	M30	21	M 35	01:36:44	03:08:57.35	03:09:37.80	6:44	8.9
36	MAŚLANY DANIEL	4254		SANOK	POL	M40	9	M 36	01:36:24	03:10:03.80	03:10:12.55	6:47	8.8
37	NOWOSIELSKI GRZEGORZ	4070	BOMBABIEGA	WARSZAWA	POL	M20	6	M 37	01:32:47	03:10:47.25	03:10:52.50	6:48	8.8
38	KACZMARCZYK PRZEMYSŁAW	4878	MATNER RUNNING TEAM/WATAHA	ROLANTOWICE	POL	M20	7	M 38	01:36:36	03:10:58.10	03:11:00.55	6:49	8.8
39	ROGAŁA GRZEGORZ	4172		BOGUCHWAŁA	POL	M40	10	M 39	01:36:15	03:11:03.00	03:11:05.70	6:49	8.8
40	WOJTAS JANUSZ	4113		WARSZAWA	POL	M50	2	M 40	01:42:51	03:12:13.90	03:12:36.50	6:51	8.7
41	CZEGUS MARCIN	4193	RUNNING POŁANIEC	POŁANIEC	POL	M40	11	M 41	01:36:47	03:12:58.50	03:13:02.65	6:53	8.7
42	BAK MARCIN	4062	LUBLIN BIEGA	LUBLIN	POL	M40	12	M 42	01:42:13	03:13:21.85	03:13:26.50	6:54	8.7
43	ANIÓŁ MATEUSZ	4266	KILLAZ	GÓRNO	POL	M30	22	M 43	01:41:21	03:13:23.15	03:13:41.80	6:54	8.7
44	IZDEBSKI DAMIAN	4083		PISZCZAC	POL	M30	24	M 44	01:40:58	03:13:49.75	03:14:02.60	6:55	8.7
45	SZAŁAMACHA JAROSŁAW	4519	ŻÓRAWSKI TEAM	WARSZAWA	POL	M30	23	M 45	01:47:07	03:13:28.30	03:14:07.55	6:54	8.7
46	BEDNARSKI ARKADIUSZ	4926		WIRY	POL	M30	25	M 46	01:40:44	03:14:11.80	03:14:26.45	6:56	8.7
47	RZEWUSKI JAKUB	4154	STO-NOGI MILANÓWEK	BRWINÓW	POL	M20	8	M 47	01:41:19	03:14:28.50	03:14:44.15	6:56	8.6
48	MICOR MATEUSZ	4253		GILOWICE	POL	M30	26	M 48	01:40:37	03:15:15.90	03:15:35.65	6:58	8.6
49	ŻMUDA MICHAŁ	4026		RASZYN	POL	M40	13	M 49	01:37:17	03:15:47.50	03:15:51.65	6:59	8.6
50	CHWALISZ ŁUKASZ	4105	NIGHT RUNNERS	POZNAŃ	POL	M20	9	M 50	01:44:43	03:16:02.15	03:16:32.30	7:00	8.6
51	PERZ KRZYSZTOF	4019	FABRYKA BIEGANIA	OSTR	POL	M30	27	M 51	01:26:02	03:16:32.65	03:16:34.80	7:01	8.5
52	SURDACKI MATEUSZ	4143		NAŁĘCZÓW	POL	M30	28	M 52	01:41:39	03:17:21.55	03:17:33.55	7:02	8.5
53	WITKOWSKI PIOTR	4077	VEGE RUNNERS	WARSZAWA	POL	M20	10	M 53	01:41:03	03:17:26.60	03:17:38.55	7:03	8.5
54	WÓJCİK KRZYSZTOF	4074	NIGHT RUNNERS ŚWILCZA	ŚWILCZA	POL	M40	14	M 54	01:37:03	03:17:40.80	03:17:43.45	7:03	8.5
55	GACA MICHAŁ	4045	PZU SPORT TEAM	WARSZAWA	POL	M40	15	M 55	01:45:02	03:19:05.35	03:19:30.15	7:06	8.4
56	ZALEWSKI ANDRZEJ	4820	TEAM NUTRILITE	WARSZAWA		M60	1	M 56	01:41:28	03:19:29.15	03:19:36.65	7:07	8.4
57	SZCZECINA KONRAD	4159		OBREB	POL	M20	11	M 57	01:43:12	03:20:00.15	03:20:14.40	7:08	8.4
58	KRAWCZYK JAN	4700	KLUB POD WISIENKĄ	KRAKÓW	POL	M30	29	M 58	01:44:03	03:20:09.50	03:21:02.55	7:08	8.4
59	BARAŃSKI JAROSŁAW	4930		RADOM	POL	M30	30	M 59	01:46:55	03:20:41.75	03:21:07.75	7:10	8.4
60	STĘPIEŃ MIROSLAW	4102	ROSSBIEGANI	ŁÓDŹ	POL	M40	16	M 60	01:41:22	03:21:41.15	03:21:55.85	7:12	8.3
61	WITEK PAWEŁ	4200		WARSZAWA	POL	M20	12	M 61	01:43:16	03:21:55.25	03:22:09.60	7:12	8.3
62	RAMOTOWSKI MARCIN	4160		WARSZAWA	POL	M40	17	M 62	01:46:54	03:22:21.85	03:22:44.50	7:13	8.3
63	DRZAZGA TOMASZ	4090		WARSZAWA	POL	M30	31	M 63	01:41:06	03:22:45.60	03:22:54.15	7:14	8.3
64	SOWA DARIUSZ	4202	RZESZOWSKIE GAZELE I GEPARDY	RZESZÓW	POL	M50	3	M 64	01:46:45	03:22:59.25	03:23:11.30	7:14	8.3
65	BEŚKA SŁAWOMIR	4044	OCHAJORUN & FRIENDS	RYBNIK OCHOJEC	POL	M40	18	M 65	01:41:43	03:23:35.20	03:23:42.90	7:16	8.3
66	BŁACHNIO JAKUB	4148	DOGOŃ GRODZISK MAZOWIECKI	GRODZISK MAZOWIECKI	POL	M30	32	M 66	01:43:57	03:23:25.30	03:23:42.95	7:15	8.3
67	KALBARCZYK WOJTEK	4107	ADIDAS RUNNERS WARSAW	WARSZAWA	POL	M30	34	M 67	01:42:34	03:23:46.05	03:23:49.60	7:16	8.2
68	WĘGRZYŃ MARCIN	4031	ŻMUDA RUNNING TEAM	WARSZAWA	POL	M30	35	M 68	01:44:15	03:23:46.55	03:23:50.85	7:16	8.2
69	GUT PRZEMYSŁAW	4948	JACEK BIEGA RUNNING TEAM	WARSZAWA	POL	M30	33	M 69	01:44:43	03:23:28.70	03:23:51.00	7:16	8.3
70	ŻYCHOWICZ RAFAŁ	4294	ALD RUNNING TEAM	JABŁONNA	POL	M30	36	M 70	01:47:01	03:23:50.30	03:24:12.10	7:16	8.2
71	DZIEWA PRZEMYSŁAW	4115	SUPERIOR INDUSTRIES STALOWA WOLA	BRANDWICA	POL	M40	19	M 71	01:53:16	03:23:55.60	03:24:20.05	7:17	8.2
72	BARCIEŃSKI DARIUSZ	4218	PZU SPORT TEAM	WARSZAWA	POL	M20	13	M 72	01:47:52	03:23:56.45	03:24:22.55	7:17	8.2

**RZEŹNICZEK 2019, M-Open c.d.**

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	16.2km	Netto	Brutto	min/km	km/h
73	OLSZAK ZENON	4321	WARSAW RUN CLUB	WARSZAWA	POL	M50	4	M 73	01:49:19	03:25:42.75	03:25:49.40	7:20	8.2
74	NIEPSUJ ŁUKASZ	4780	NIEPOŁOMICIE BIEGAJĄ	NIEPOŁOMICIE	POL	M30	37	M 74	01:47:03	03:25:48.80	03:26:33.80	7:21	8.2
75	RUKUSZEWICZ WAWRZYNIAC	4190	DZIKIE GRUBASY SZATANA	WARSZAWA	POL	M30	38	M 75	01:49:24	03:26:22.40	03:26:38.75	7:22	8.1
76	ŻYŁKA IRENEUSZ	4312	BIEGACZ	SANOK	POL	M40	20	M 76	01:47:37	03:26:31.55	03:26:40.15	7:22	8.1
77	ŚWIĄDERSKI PAWEŁ	4358		SZCZECIN	POL	M40	21	M 77	01:49:13	03:26:51.05	03:27:33.45	7:23	8.1
78	GAWROŃSKI ROMAN	4133		ZALASEWO	POL	M30	39	M 78	01:45:14	03:27:08.25	03:27:37.25	7:23	8.1
79	JAŻOWNIK JACEK	4136		WRZEŚNIA	POL	M40	22	M 79	01:45:14	03:27:08.25	03:27:37.65	7:23	8.1
80	LASKOWSKI SŁAWOMIR	4314	PZU SPORT TEAM	LEWIN BRZESKI	POL	M30	40	M 80	01:47:27	03:27:13.00	03:27:38.55	7:24	8.1
81	KRYPSKI BARTOSZ	4098	CROSSFIT SIEDLCE	SIEDLCE	POL	M20	14	M 81	01:45:48	03:27:34.25	03:27:41.20	7:24	8.1
82	GAŃTARCZYK MARIUSZ	4897	DZIKIE GRUBASY SZATANA	SIEDLCE	POL	M30	41	M 82	01:46:36	03:27:48.10	03:28:03.75	7:25	8.1
83	JABŁOŃSKI SEBASTIAN	4125	SSW TEAM KROŚNICE	WROCŁAW	POL	M30	43	M 83	01:46:35	03:28:41.60	03:28:46.55	7:27	8
84	SZANIAWSKI MARCIN	4101		WARSZAWA	POL	M30	42	M 84	01:42:04	03:28:36.80	03:28:52.25	7:27	8.1
85	DZIETCZYK KAMIL	4117	AKTYWNE CHOSZCZCZO	SZCZECIN	POL	M30	44	M 85	01:49:03	03:28:51.40	03:29:07.45	7:27	8
86	CIEŚLA JAROSŁAW	4171	BIEGAJĄCE MAŁŻEŃSTWO	OLSZTYNEK	POL	M40	24	M 86	01:48:10	03:29:16.75	03:29:29.75	7:28	8
87	URBANIK KACPER	4551		WARSZAWA	POL	M20	15	M 87	01:44:39	03:28:43.65	03:29:35.15	7:27	8
88	KISIEL KRZYSZTOF	4723		KWIDZYN	POL	M40	23	M 88	01:52:25	03:28:31.00	03:29:49.35	7:26	8.1
89	KOZAK MARK	4933		CHICAGO	USA	M30	45	M 89	01:46:46	03:29:25.30	03:30:14.10	7:28	8
90	KOKSA MATEUSZ	4129		OLSZTYN	POL	M20	16	M 90	01:43:25	03:30:20.05	03:30:30.90	7:30	8
91	BROMKE ŁUKASZ	4145	ORANGE POLSKA	LUBLIN	POL	M40	25	M 91	01:47:26	03:30:24.80	03:30:32.55	7:30	8
92	ĆWIAKAŁA MICHAŁ	4474		ZARZYZYŃ	POL	M30	46	M 92	01:47:36	03:30:34.10	03:30:45.75	7:31	8
93	SŁABOŃ MARIUSZ	4371	KIWK-A BIEGA	WOLBROM	POL	M40	26	M 93	01:51:11	03:31:13.90	03:31:52.85	7:32	8
94	STANOWSKI BARTŁOMIEJ	4080	CIESZANÓW RUNNERS	WARSZAWA	POL	M30	47	M 94	01:51:11	03:31:47.75	03:31:53.95	7:33	7.9
95	KRZYMOWSKI PIOTR	4642	AKADEMIA PRZYSZŁOŚCI	LUBLIN	POL	M30	48	M 95	01:51:25	03:33:32.65	03:34:14.20	7:37	7.9
96	BARDAN MICHAŁ	4275	ALD RUNNING TEAM	WARSZAWA	POL	M30	50	M 96	01:46:44	03:34:03.90	03:34:26.30	7:38	7.8
97	PRUS ALEKSANDER	4096		POZNAŃ	POL	M30	49	M 97	01:44:43	03:34:00.15	03:34:29.50	7:38	7.9
98	KWAŚNY JANUSZ	4076		OSIEDLE POZNAŃSKIE	POL	M40	28	M 98	01:44:43	03:34:12.35	03:34:30.60	7:39	7.8
99	SKWAREK MARCIN	4081		WARSZAWA	POL	M30	51	M 99	01:47:26	03:34:27.60	03:34:40.70	7:39	7.8
100	OSTROWSKI ZBYSZEK	4109	YULO RUN TEAM SIEDLCE	SIEDLCE	POL	M50	5	M 100	01:52:59	03:34:11.60	03:34:48.35	7:39	7.8
101	DERWICH KAROL	4432	WKURW TEAM	KRAKOW	POL	M40	29	M 101	01:53:21	03:34:33.65	03:34:51.90	7:39	7.8
102	NIEWDZIĘCZYŃ JERZY	4865	SĄ WOLNIEJSI	OLSZTYN	POL	M40	27	M 102	01:47:16	03:33:56.60	03:35:00.55	7:38	7.9
103	GRYMUZA ZBIGNIEW	4119		LUBLIN	POL	M50	6	M 103	01:51:25	03:35:08.80	03:35:32.05	7:41	7.8
104	LITKA KRZYSZTOF	4883	PZU SPORT TEAM	WROCŁAW	POL	M40	30	M 104	01:40:59	03:35:08.65	03:35:49.65	7:41	7.8
105	KOWALCZYK ROBERT	4353	ŁĘCZNA BIEGA	ŁĘCZNA	POL	M40	31	M 105	01:51:09	03:35:12.90	03:35:53.05	7:41	7.8
106	PODEJMA GRZEGORZ	4173		SWARZĘDZ	POL	M40	33	M 106	01:45:13	03:35:38.80	03:36:07.55	7:42	7.8
107	FEDAK BOHDAN	4455		ZAGÓRZ	POL	M40	32	M 107	01:54:24	03:35:23.55	03:36:12.10	7:41	7.8
108	ZATORSKI PAWEŁ	4752	NIGHT DRINKERS	ZGIERZ	POL	M30	52	M 108	01:46:15	03:36:11.15	03:36:53.75	7:43	7.8
109	GOZDZIENIAK SOBIESŁAW	4521	KW KOTŁOWNIA	LUBLIN	POL	M30	53	M 109	01:49:52	03:36:19.15	03:37:00.10	7:43	7.8
110	KOŚCIELNY ALEKSANDER	4416	MTU AERO ENGINES	RZESZÓW	POL	M40	36	M 110	01:50:38	03:37:19.90	03:37:25.75	7:45	7.7
111	FLORIAN KRZYSZTOF	4944		RUDA ŚLĄSKA	POL	M40	34	M 111	01:57:57	03:36:26.45	03:37:27.20	7:43	7.8
112	WILAMOWSKI BARTŁOMIEJ	4150	ZOSTAĆ ULTRASEM	PŁOCK	POL	M30	55	M 112	01:53:17	03:37:08.10	03:37:34.95	7:45	7.7
113	ŻYMOŁKA PIOTR	4918	GAZELE MOSZNA	ZIELINA - MOSZNA	POL	M30	54	M 113	01:55:32	03:36:29.30	03:37:41.05	7:43	7.8
114	KOSOWSKI MATEUSZ	4063		WARSZAWA	POL	M40	37	M 114	01:56:20	03:37:37.15	03:37:47.85	7:46	7.7
115	JAŁOCHA MICHAŁ	4419	MOŻE SIĘ UDA!	LUBLIN	POL	M40	35	M 115	01:52:16	03:37:18.15	03:37:52.00	7:45	7.7
116	WIERCISŃSKI ŁUKASZ	4941		WARSZAWA	POL	M30	56	M 116	01:55:33	03:37:32.25	03:37:54.10	7:46	7.7
117	GAJEWSKI JACEK	4138	DOGOŃ GRODZISK MAZOWIECKI	GRODZISK MAZOWIECKI	POL	M40	39	M 117	01:51:13	03:37:53.65	03:38:11.65	7:46	7.7
118	KRZESIAK ŁUKASZ	4360	MASAKRA KLUB SPORTOWY	WARSZAWA	POL	M40	38	M 118	01:51:03	03:37:47.05	03:38:12.15	7:46	7.7
119	KĄZMIERCZAK BARTŁOMIEJ	4068		ŁÓDŹ	POL	M30	57	M 119	01:47:35	03:37:59.70	03:38:16.05	7:47	7.7
120	DRAŃKO PIOTR	4151		OTWOCK	POL	M30	58	M 120	01:47:30	03:38:33.15	03:38:41.45	7:48	7.7
121	GAWLIK SŁAWEK	4022	MARCINŚWIERCTEAM	KRAKÓW	POL	M30	59	M 121	01:56:09	03:38:44.85	03:38:48.35	7:48	7.7
122	BODZIOCH GRZEGORZ	4057	GORLIĆKA GRUPA BIEGOWA	GORLICE	POL	M40	41	M 122	01:49:11	03:39:21.90	03:39:24.90	7:50	7.7
123	KOZŁOWSKI TOMASZ	4155		KONSTANCIN JEZIORNA	POL	M60	2	M 123	01:53:45	03:39:36.20	03:39:48.35	7:50	7.7
124	BODZEK BARTŁOMIEJ	4823		TARNÓW	POL	M30	60	M 124	01:54:32	03:39:00.45	03:40:15.20	7:49	7.7
125	SZYMALAK MICHAŁ	4082		ŁÓDŹ	POL	M40	40	M 125	01:52:01	03:38:48.95	03:40:32.55	7:48	7.7
126	PODEJMA RAFAŁ	4216	SPARTA	LASKI	POL	M40	42	M 126	01:51:00	03:40:22.30	03:40:43.05	7:52	7.6
127	KUCHARCZYK MIKOŁAJ	4793		NOWA WIEŚ LĘBORSKA	POL	M20	17	M 127	02:02:13	03:39:27.60	03:40:47.65	7:50	7.7
128	BUKAŁA MARCIN	4095	VEGE RUNNERS	BIELSKO-BIAŁA	POL	M20	18	M 128	01:55:57	03:40:43.85	03:41:08.20	7:53	7.6
129	POGORZELSKI MARIUSZ	4896	HARDCOROWE WYCHYLIŁYBYMY	KARCZEW	POL	M40	43	M 129	01:56:03	03:40:55.20	03:41:23.20	7:53	7.6

**RZEŹNICZEK 2019, M-Open c.d.**

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	16.2km	Netto	Brutto	min/km	km/h
130	PREŹKIEWICZ ADAM	4787		TŁUSZCZ	POL	M30	61	M 130	01:54:46	03:39:54.00	03:41:42.70	7:51	7.6
131	BIELEC KAROL	4056	ROZBIEGAMY NOWY DWÓR	NOWY DWÓR MAZOWIECKI	POL	M30	64	M 131	01:53:13	03:42:11.20	03:42:38.25	7:56	7.6
132	JANKOWSKI RAFAŁ	4825	GLKS FAŁKÓW/NAPRZÓD MŁOCINY	POLICZNA	POL	M40	44	M 132	01:57:07	03:41:25.40	03:42:39.55	7:54	7.6
133	JADWIŃSKI WOJCIECH	4165	REEBOK RUN CREW	WARSZAWA	POL	M40	45	M 133	01:48:07	03:42:40.30	03:42:48.90	7:57	7.5
134	PIWONSKI ADAM	4748		GÓRA KALWARIA	POL	M30	63	M 134	01:55:34	03:41:56.40	03:42:53.90	7:55	7.6
135	REJDYCH TOMASZ	4687	HUSARIA RACE TEAM	KRAKÓW	POL	M30	62	M 135	01:44:50	03:41:42.00	03:42:58.55	7:55	7.6
136	PIŁAT JAKUB	4822	MULTIMEDIA RUNNERS PUŁAWY	GÓRA PUŁAWSKA	POL	M30	66	M 136	01:57:22	03:42:23.45	03:43:00.85	7:56	7.6
137	KORNAK DARUSZ	4079	PKP CARGO	MUNINA	POL	M40	46	M 137	01:54:50	03:43:16.70	03:43:21.20	7:58	7.5
138	BLICHARZ ARTUR	4811	KS SPORTIVA	OŁPINY	POL	M30	65	M 138	02:02:28	03:42:12.70	03:43:47.35	7:56	7.6
139	SZWAŁEK KRZYSZTOF	4263		ZBYDNIÓW	POL	M30	68	M 139	01:51:02	03:43:40.65	03:44:02.70	7:59	7.5
140	JAGUSZEWSKI PIOTR	4127	SULEJÓWEK	SULEJÓWEK	POL	M30	67	M 140	02:06:06	03:42:44.30	03:44:18.15	7:57	7.5
141	GŁUCHOWSKI KAROL	4278		WARSZAWA	POL	M30	69	M 141	01:49:23	03:44:15.40	03:44:24.60	8:00	7.5
142	SOT LUCJAN	4899	A NIECH TO SZLAK BIEGIEM NA SZLAK	WETLINA	POL	M50	7	M 142	01:55:36	03:44:41.75	03:45:33.35	8:01	7.5
143	DOMINIK KACPER	4817		ŁOMIAŃKI	POL	M20	19	M 143	01:58:35	03:44:53.80	03:46:22.75	8:01	7.5
144	BUKALSKI ARKADIUSZ	4156	CHEŁMSKA GRUPA TRIATHLONU	CHEŁM	POL	M40	48	M 144	01:51:32	03:46:15.05	03:46:29.90	8:04	7.4
145	OSZUST MARCIN	4556	CHEŁMSKA GRUPA TRIATHLONU	ZAGRODA	POL	M40	47	M 145	01:56:27	03:46:14.90	03:46:29.90	8:04	7.4
146	KAŁOWSKI TOMASZ	4097		OTWOCK	POL	M50	8	M 146	02:01:35	03:46:44.95	03:46:55.80	8:05	7.4
147	AMBICKI MIŁOSZ	4177		RZESZÓW	POL	M30	70	M 147	01:54:34	03:46:58.70	03:47:08.10	8:06	7.4
148	HORA GRZEGORZ	4049		RUDA ŚLĄSKA	POL	M30	71	M 148	01:49:29	03:47:44.15	03:48:14.45	8:08	7.4
149	DANIELEWSKI ANDRZEJ	4246		ŁÓDŹ	POL	M30	72	M 149	01:47:35	03:48:10.50	03:48:23.30	8:08	7.4
150	RAPACZ MARCIN	4641	FUNDACJA TYLKO BIESZCZADY	KRAKÓW	POL	M50	9	M 150	01:57:55	03:47:27.65	03:48:26.35	8:07	7.4
151	WASSER MICHAŁ	4890		NOWA BOGACICA	POL	M20	20	M 151	02:01:26	03:47:09.95	03:48:27.60	8:06	7.4
152	NAWROT BARTŁOMIEJ	4164	KAMIENIOŁOM	LESKO	POL	M30	73	M 152	01:54:30	03:48:26.20	03:48:36.00	8:09	7.4
153	SĘKIEWICZ JANUSZ	4134	ZABIEGANI CZĘSTOCHOWA	CZĘSTOCHOWA	POL	M20	21	M 153	01:54:54	03:48:05.45	03:48:38.90	8:08	7.4
154	KARDASZ MAREK	4242	SOLINA TEAM	POLAŃCZYK	POL	M40	53	M 154	01:50:20	03:49:28.25	03:49:37.75	8:11	7.3
155	JASIŃSKI TOMASZ	4091		IWONICZ ZDRÓJ	POL	M40	54	M 155	01:49:01	03:49:33.80	03:49:39.45	8:11	7.3
156	DŁUŻNIEWSKI MARCIN	4273		WARSZAWA	POL	M40	51	M 156	01:56:13	03:49:18.45	03:49:40.15	8:11	7.3
157	GONET SEBASTIAN	4402		KRAKÓ	POL	M40	50	M 157	01:57:38	03:49:18.05	03:49:43.15	8:11	7.3
158	KOSIN MARCIN	4327	BSB BARCZEWO BIEGA	BARCZEWO	POL	M30	75	M 158	01:53:21	03:49:22.75	03:49:47.70	8:11	7.3
159	BAJZERT FILIP	4473		PRZYKONA	POL	M40	49	M 159	01:54:12	03:49:17.75	03:49:47.70	8:11	7.3
160	PODKALICKI ADRIAN	4827	BESKID RUNNERS	BIELSKO BIAŁA	POL	M30	74	M 160	01:54:33	03:49:11.50	03:49:56.45	8:11	7.3
161	WRÓBEL ARKADIUSZ	4065		LADZIN	POL	M40	52	M 161	01:55:46	03:49:26.15	03:49:56.55	8:11	7.3
162	ŁUKASZKIEWICZ MICHAŁ	4217	POŻERACZE KIŁOSÓW	TYCHY	POL	M40	55	M 162	01:55:31	03:49:44.75	03:50:03.80	8:12	7.3
163	GOŚCINIAK MICHAŁ	4118		NOWY DUNINÓW	POL	M20	22	M 163	01:53:43	03:50:48.55	03:51:06.25	8:14	7.3
164	KOWARZYK TOMASZ	4331		ZGORZAŁA	POL	M30	78	M 164	01:52:29	03:51:19.30	03:51:36.65	8:15	7.3
165	ZAWADZKI GRZEGORZ	4011	PRESTIGE	GŁOGÓW MAŁOPOLSKI	POL	M30	79	M 165	01:54:32	03:51:35.00	03:51:45.20	8:16	7.3
166	GRONCZEWSKI ARTUR	4332	FMW RUNNERS	WARSZAWA	POL	M40	58	M 166	01:54:19	03:51:40.75	03:51:48.75	8:16	7.3
167	GAJEWIAK ADAM	4203	CS GROUP RUNNERS TEAM	WARSZAWA	POL	M40	57	M 167	01:53:37	03:51:38.50	03:51:53.95	8:16	7.3
168	BĄBALICKI SŁAWOMIR	4572	TFP SPORT TEAM	GOŁĘCZEWO	POL	M30	76	M 168	01:58:41	03:51:15.35	03:51:57.70	8:15	7.3
169	LEŚNIAK PIOTR	4819	STREET MEDIA RUNNING TEAM	WARSZAWA	POL	M40	56	M 169	01:56:18	03:51:05.05	03:52:03.30	8:15	7.3
170	CHOIŃSKI MARIUSZ	4060		PIESZYCE	POL	M30	77	M 170	01:56:42	03:51:17.10	03:52:11.35	8:15	7.3
171	DOBROWOLSKI MATEUSZ	4001		SZCZECIN	POL	M20	23	M 171	02:02:50	03:52:19.80	03:52:40.25	8:17	7.2
172	KUCZBORSKI JAROSŁAW	4839	HARPAGAN SOSNOWIEC	SOSNOWIEC	POL	M40	60	M 172	01:59:18	03:52:52.40	03:53:34.50	8:19	7.2
173	BOROWIEC ARKADIUSZ	4560	CHEŁM BIEGA	CHEŁM	POL	M40	61	M 173	01:58:57	03:53:21.70	03:53:35.55	8:20	7.2
174	KIERAT PAWEŁ	4250	POŻERACZE KIŁOSÓW	GLIWICE	POL	M30	81	M 174	01:55:56	03:53:33.70	03:53:52.75	8:20	7.2
175	MADEJSKI KRZYSZTOF	4861		WROCŁAW	POL	M30	80	M 175	02:02:25	03:53:10.75	03:53:57.25	8:19	7.2
176	SKÓRA PRZEMYSŁAW	4800		GLIWICE	POL	M40	59	M 176	02:03:04	03:52:41.20	03:54:04.50	8:18	7.2
177	WAROWNY PIOTR	4227	BIEGUSIEM.PL	RYKI	POL	M40	62	M 177	01:57:12	03:54:26.75	03:54:33.70	8:22	7.2
178	POŁOM RAFAŁ	4271	NOA	WROCŁAW	POL	M30	84	M 178	01:50:12	03:55:08.80	03:55:11.75	8:23	7.1
179	ZIELASKOWSKI MICHAŁ	4300		WARSAW	POL	M40	63	M 179	01:55:43	03:54:40.45	03:55:33.25	8:22	7.2
180	HALMANN MIREK	4003	PGB SPORTOWA PACZKA	WEJHEROWO	POL	M30	82	M 180	02:09:55	03:54:41.40	03:55:34.85	8:22	7.2
181	DROSZCZ KRZYSZTOF	4188	BIGYELLOWFOOT ADVENTURE TEAM	GDAŃSK	POL	M30	85	M 181	01:58:06	03:55:23.00	03:55:46.70	8:24	7.1
182	ZAŁĘCKI MICHAŁ	4131		WARSZAWA	POL	M30	83	M 182	02:06:28	03:54:56.20	03:55:56.95	8:23	7.2
183	ŚRODA KRZYSZTOF	4570		RZESZÓW	POL	M40	66	M 183	02:02:05	03:55:11.25	03:56:02.60	8:23	7.1
184	SZYMSKI RAFAŁ	4850	CIDRY LOTAJOM	RADZIONKÓW	POL	M40	65	M 184	01:56:51	03:55:08.75	03:56:23.45	8:23	7.1
185	MAŁEK PAWEŁ	4326	NIEPOŁOMICIE BIEGAJĄ	NIEPOŁOMICIE	POL	M40	64	M 185	02:03:14	03:54:57.10	03:56:30.35	8:23	7.2
186	ZIMOCZ ŁUKASZ	4168	WATAHA SOBÓTKA	SOBÓTKA	POL	M20	24	M 186	02:04:28	03:56:03.60	03:56:50.15	8:25	7.1



## RZEŹNICZEK 2019, M-Open c.d.

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	16.2km	Netto	Brutto	min/km	km/h
187	KRUTYS MARCIN	4270	RUNNING POŁANIEC	POŁANIEC	POL	M30	86	M 187	02:05:50	03:56:41.95	03:57:02.70	8:27	7.1
188	BUŁKA PIOTR	4050	UKS HERKULES SULEJÓWEK	SULEJÓWEK	POL	M40	68	M 188	01:53:55	03:57:13.35	03:57:22.40	8:28	7.1
189	STACHYRA RAFAL	4128		ŁĘCZNA	POL	M30	87	M 189	01:57:06	03:57:17.65	03:57:29.30	8:28	7.1
190	ORZOŁ JACEK	4084	LENIWIEC ZĄBKI	ZĄBKI	POL	M30	88	M 190	01:57:23	03:57:18.05	03:57:30.50	8:28	7.1
191	MARONKA BARTOSZ	4213		KRAKÓW	POL	M20	25	M 191	02:03:17	03:57:33.70	03:57:47.70	8:29	7.1
192	FALISZEWSKI SEBASTIAN	4831		ŁÓDŹ	POL	M40	67	M 192	01:53:28	03:56:08.45	03:57:51.90	8:26	7.1
193	SZOPIŃSKI WOJTEK	4295	PZU SPORT TEAM	SEROCK	POL	M30	89	M 193	01:53:11	03:58:33.50	03:59:00.40	8:31	7
194	WRĘCZYCKI ŁUKASZ	4378		LUBLINIEC	POL	M30	90	M 194	02:03:17	03:58:55.15	03:59:20.85	8:31	7
195	POŁOZYŃSKI ANDRZEJ	4180	ZACISZE NIGHT RUNNERS	WARSZAWA	POL	M40	69	M 195	02:00:48	03:58:55.55	03:59:40.15	8:32	7
196	TOMALA DAWID	4394	RUNSZ-TEAM	OSIEK	POL	M20	26	M 196	02:03:36	03:58:44.90	03:59:44.50	8:31	7
197	ANDRZEJEWSKI TOMASZ	4695	GILLETTE RUN	PABIANICE	POL	M50	10	M 197	01:59:55	04:00:08.30	04:00:30.75	8:34	7
198	FAJER MAREK	4140	ZWIK MYSZKÓW MYSZKÓW BIEGA	MYSZKÓW	POL	M60	3	M 198	01:53:32	04:00:28.25	04:00:54.35	8:35	7
199	MACIEJAK ROBERT	4349		WARSZAWA	POL	M40	73	M 199	01:53:33	04:01:07.75	04:01:22.90	8:36	7
200	CHRAPAN TOMASZ	4554		OLKUSZ	POL	M40	70	M 200	02:01:48	04:00:37.05	04:01:40.30	8:35	7
201	ERNST TOMASZ	4588		ŁÓDŹ	POL	M30	91	M 201	02:02:08	04:01:08.60	04:01:54.70	8:36	7
202	FLIŚ ŁUKASZ	4842	FULFILL DREAMS TEAM PSZCZYNA	PSZCZYNA	POL	M20	27	M 202	02:06:07	04:00:09.45	04:01:56.25	8:34	7
203	ROGOLSKI ARTUR	4211	PZU SPORT TEAM	WARSZAWA	POL	M40	72	M 203	02:04:51	04:00:56.10	04:01:59.95	8:36	7
204	SIUDA ADAM	4739		ŁÓDŹ	POL	M30	92	M 204	02:04:18	04:01:18.00	04:02:03.75	8:37	7
205	GRZYWACZ KRZYSZTOF	4940		WARSZAWA	POL	M40	71	M 205	01:59:50	04:00:43.25	04:02:10.35	8:35	7
206	SKOCZEK CYPRIAN	4369		RZESZÓW	POL	M20	29	M 206	02:04:39	04:01:48.50	04:02:25.10	8:38	6.9
207	DĄBROWSKI BARTOSZ	4120		WRASZAWA	POL	M20	28	M 207	02:15:35	04:01:24.50	04:03:15.90	8:37	7
208	KRASUSKI PIOTR	4794	CROSSFIT SIEDLCE	SIEDLCE	POL	M30	94	M 208	01:57:33	04:04:27.55	04:04:33.45	8:43	6.9
209	BAGIEŃSKI MAREK	4293	LIMBA.ORG	POZNAŃ	POL	M40	76	M 209	02:06:54	04:04:29.40	04:04:34.45	8:43	6.9
210	DOLEWSKI ANDRZEJ	4021	AKADEMIA BIEGANIA GRUDZIĄDZ	GRUDZIĄDZ	POL	M40	75	M 210	01:56:22	04:04:26.35	04:04:37.75	8:43	6.9
211	ROMAŃSKI ARKADIUSZ	4124		ZĄBKI	POL	M30	93	M 211	02:08:07	04:03:12.40	04:05:00.35	8:41	6.9
212	KĄŻMIERCZAK MICHAŁ	4232		ZOFIÓWKA	POL	M40	74	M 212	02:10:27	04:03:26.05	04:05:08.95	8:41	6.9
213	NADOLNY PIOTR	4545		LEONCIN	POL	M30	95	M 213	02:04:51	04:04:28.15	04:05:32.35	8:43	6.9
214	ZAKRZEWSKI MARCIN	4396	SPORTOWE ŻULE	WARSZAWA	POL	M30	96	M 214	02:01:06	04:05:45.50	04:05:55.80	8:46	6.8
215	JACHIMEK MACIEJ	4198		WARSZAWA	POL	M40	77	M 215	02:09:14	04:05:16.25	04:06:10.90	8:45	6.8
216	HABELSKI JAROSŁAW	4525	SPARTA ULTRA TEAM	KĘPNO	POL	M40	78	M 216	01:50:59	04:05:52.75	04:06:13.20	8:46	6.8
217	KĄŁOWSKI BARTOSZ	4073		OTWOCK	POL	M20	30	M 217	02:00:55	04:06:18.70	04:06:29.30	8:47	6.8
218	KORYCIŃSKI ADAM	4282	CROSSFIT SIEDLCE	NOWE OPOLE	POL	M30	99	M 218	02:04:35	04:06:27.75	04:06:34.15	8:48	6.8
219	PEPŁOŃSKI MARIUSZ	4489	GILLETTE RUN	ŁÓDŹ	POL	M30	97	M 219	02:11:36	04:06:16.15	04:06:37.95	8:47	6.8
220	SZCZYGIELSKI TOMEK	4445	BIEGUSIEM. PL	RYKI	POL	M30	98	M 220	02:01:14	04:06:22.00	04:06:50.60	8:47	6.8
221	WIŚNIEWSKI MAREK	4398		WARSZAWA	POL	M40	79	M 221	02:00:50	04:07:35.95	04:08:18.10	8:50	6.8
222	GONET MACIEJ	4228		SKIERDY	POL	M30	102	M 222	01:58:30	04:07:52.95	04:08:18.35	8:51	6.8
223	GONDEK KRZYSZTOF	4336		NAKŁO NAD NOTECIĄ	POL	M40	80	M 223	02:03:41	04:07:46.00	04:08:24.20	8:50	6.8
224	KUJAWA TOMASZ	4448	NBR TEAM	POZNAŃ	POL	M30	101	M 224	02:06:43	04:07:52.85	04:08:29.25	8:51	6.8
225	DYCZKOWSKI ANDRZEJ K.	4146	TYGRYSKI KUBUSIA PUCHATKA	WARSZAWA	POL	M50	11	M 225	02:06:55	04:07:59.45	04:08:42.95	8:51	6.8
226	KRUKOWSKI ŁUKASZ	4877	MKS SIECHNICE	GROBLICE	POL	M30	100	M 226	02:14:19	04:07:33.95	04:09:05.40	8:50	6.8
227	KĘDREK EMIL	4599	HABYS	LIPNICA DOLNA	POL	M40	82	M 227	02:19:15	04:08:36.00	04:09:09.10	8:52	6.8
228	PAŁKA STANISŁAW	4406	NIEPOŁOMICIE BIEGAJĄ	TARNÓW	POL	M40	81	M 228	02:09:05	04:08:28.90	04:10:03.05	8:52	6.8
229	LESZCZYŃSKI MICHAŁ	4176	GDYNIA MEDICA	GDYNIA	POL	M40	83	M 229	02:06:18	04:10:12.95	04:10:55.80	8:56	6.7
230	WIŚNIEWSKI ARTUR	4142		KAZIMIERZ	POL	M30	104	M 230	01:57:01	04:10:29.20	04:10:56.75	8:56	6.7
231	ŁUKASIK BARTŁOMIJ	4013		PNIEWY	POL	M30	106	M 231	02:03:25	04:10:50.80	04:11:07.90	8:57	6.7
232	PAWLICKI KRZYSZTOF	4782		WARSZAWA	POL	M30	105	M 232	02:06:42	04:10:45.10	04:11:46.55	8:57	6.7
233	HOPPE GRZEGORZ	4928		PIŁA	POL	M30	103	M 233	02:10:38	04:10:19.45	04:11:48.80	8:56	6.7
234	TROJAN GRZEGORZ	4208		KRAKÓW	POL	M30	108	M 234	01:57:08	04:11:30.45	04:12:03.30	8:58	6.7
235	NAWROCKI MARCIN	4518	CR Z16	LUBLIN	POL	M40	85	M 235	01:59:39	04:11:39.65	04:12:10.35	8:59	6.7
236	KURMAN ARKADIUSZ	4289	TRENER24H.COM.PL	WARSZAWA	POL	M30	107	M 236	02:07:40	04:11:30.35	04:12:48.60	8:58	6.7
237	KRAJCZYŃSKI JAKUB	4191	PKO BANK POLSKI	ŁOMIANKI	POL	M40	84	M 237	02:17:44	04:11:29.10	04:12:51.70	8:58	6.7
238	KACZMARCZYK DANIEL	4306		ŁÓDŹ	POL	M40	87	M 238	02:11:34	04:12:41.60	04:13:02.95	9:01	6.6
239	PRĘDKI MARCIN	4653		WARSZAWA	POL	M30	110	M 239	02:02:07	04:12:21.85	04:13:17.20	9:00	6.7
240	BOROWIEC MARIUSZ	4496		KOŁOBRZEG	POL	M40	86	M 240	02:10:50	04:12:21.70	04:13:31.85	9:00	6.7
241	KOSMOŁSKI PAWEŁ	4643	PZU SPORT TEAM	GDYNIA	POL	M30	109	M 241	02:19:15	04:11:46.55	04:13:38.45	8:59	6.7
242	KRYSTJAŃCZUK KAROL	4192	ŁĘCZNA BIEGA	ŁĘCZNA	POL	M40	88	M 242	01:55:46	04:13:25.40	04:14:06.05	9:03	6.6
243	ŁUKASIK ANDRZEJ	4042		LUBLIN	POL	M50	12	M 243	02:11:36	04:13:42.20	04:14:06.05	9:03	6.6

## RZEŹNICZEK 2019, M-Open c.d.

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	16.2km	Netto	Brutto	min/km	km/h
244	JÓZEFczyk JACEK	4540		WARSZAWA	POL	M30	111	M 244	02:13:21	04:13:05.95	04:14:19.15	9:02	6.6
245	PIOTR PIETRUS	4130		BIELECKIE MŁYNY	POL	M40	91	M 245	01:57:41	04:14:12.15	04:14:20.60	9:04	6.6
246	CZERNAK ARTUR	4497		WARSZAWA	POL	M50	13	M 246	02:03:36	04:13:59.50	04:14:24.15	9:04	6.6
247	KANIEWSKI MICHAŁ	4702	DZIKIDZIKTEAM	KOSOWO	POL	M20	31	M 247	02:19:31	04:13:30.70	04:14:28.05	9:03	6.6
248	JESKE MAREK	4696	RUN BYDGOSZCZ	NIWY	POL	M40	89	M 248	02:03:36	04:13:48.30	04:14:31.35	9:03	6.6
249	SZMYT PIOTR	4006	4 RUNNERS GROUP	POZNAN	POL	M40	90	M 249	02:06:53	04:14:07.20	04:14:35.00	9:04	6.6
250	PUCHAŁA MARIUSZ	4267	TERNOL	KIELCE	POL	M40	92	M 250	02:06:26	04:14:15.50	04:15:05.55	9:04	6.6
251	MARMUROWICZ KRYSZTIAN	4482	KOLOROWA DRUŻYNA NESSI	KATOWICE	POL	M40	94	M 251	02:11:40	04:14:45.20	04:15:16.60	9:05	6.6
252	SZYMAŃSKI MARCIN	4389		LEGIONOWO	POL	M40	93	M 252	02:18:25	04:14:37.55	04:15:45.90	9:05	6.6
253	TARTANUS ANDRZEJ	4325	VEGE RUNNERS	MAKÓW MAZOWIECKI	POL	M40	95	M 253	02:08:45	04:15:34.30	04:15:48.35	9:07	6.6
254	PIERZAK OLAF	4162	NIGHT RUNNERS KABATY	WARSZAWA	POL	M40	97	M 254	02:00:04	04:15:46.40	04:15:59.15	9:08	6.6
255	PAWLIK PAWEŁ	4377		OLEŚNICA	POL	M40	96	M 255	02:04:57	04:15:35.35	04:16:19.30	9:07	6.6
256	BURY MAREK	4215		SOSNOWIEC	POL	M40	98	M 256	02:06:46	04:16:37.55	04:17:10.30	9:09	6.5
257	CIPORA MACIEJ	4580		WROCŁAW	POL	M40	101	M 257	02:10:25	04:18:39.40	04:19:08.10	9:14	6.5
258	TUREK MICHAŁ	4938		WARSZAWA	POL	M40	99	M 258	01:59:49	04:17:56.10	04:19:10.15	9:12	6.5
259	NOWOSZ KAMIL	4395	NATIONALE NEDERLANDEN	WARSZAWA	POL	M30	112	M 259	02:18:23	04:18:15.85	04:19:10.30	9:13	6.5
260	CZAJKOWSKI TOMASZ	4535		WARSZAWA	POL	M40	100	M 260	02:12:15	04:18:08.75	04:19:20.75	9:13	6.5
261	CHODZIŃSKI PIOTR	4368		RZESZÓW	POL	M40	102	M 261	02:11:54	04:18:39.85	04:19:35.10	9:14	6.5
262	BAGNICKI DARIUSZ	4538	ROZBIEGMY NOWY DWÓR	NOWY DWÓR MAZOWIECKI	POL	M40	104	M 262	02:10:52	04:19:38.35	04:20:04.90	9:16	6.5
263	MŁYNARCZYK MICHAŁ	4408		KATOWICE	POL	M40	103	M 263	02:19:36	04:18:45.30	04:20:14.05	9:14	6.5
264	ZYGMANOWSKI PRZEMEK	4035		ŁÓDŹ	POL	M30	114	M 264	01:56:21	04:20:08.60	04:20:16.05	9:17	6.5
265	DZIDECZEK MARCIN	4528	TEAM ZABIEGANEDNI	WARSZAWA	POL	M30	113	M 265	02:13:13	04:19:37.20	04:20:44.30	9:16	6.5
266	SUDOL RYSZARD	4094	FENIKS LEGNICA	SPALONA	POL	M50	16	M 266	02:01:25	04:20:54.45	04:21:00.85	9:19	6.4
267	KUBISIAK SŁAWOMIR	4315		SKIERNIEWICE	POL	M50	14	M 267	02:10:49	04:20:10.80	04:21:02.75	9:17	6.5
268	JEŻEWSKI ADAM	4862	VIRTUAL RUNNER CLUB	GLIWICE	POL	M40	109	M 268	02:08:38	04:20:53.80	04:21:08.25	9:19	6.4
269	BIENIAS GRZEGORZ	4379	PZU SPORT TEAM	WARSZAWA	POL	M30	115	M 269	02:13:50	04:20:11.75	04:21:11.00	9:17	6.5
270	NADULSKI PIOTR	4937		PIŁA	POL	M40	105	M 270	02:13:49	04:19:42.60	04:21:11.85	9:16	6.5
271	IWACHÓW SŁAWOMIR	4709		KWIDZYN	POL	M40	106	M 271	02:19:44	04:19:55.80	04:21:14.35	9:17	6.5
272	PATEREK GRZEGORZ	4676	WKURW_TEAM	KRAKÓW	POL	M30	116	M 272	02:08:47	04:20:56.55	04:21:15.40	9:19	6.4
273	SZEWCZYK MARIUSZ	4543		KRAKÓW	POL	M40	108	M 273	02:14:44	04:20:09.65	04:21:19.80	9:17	6.5
274	WOJTAS MATEUSZ	4390		WARSZAWA	POL	M20	32	M 274	02:09:07	04:20:33.25	04:21:27.70	9:18	6.4
275	GRYS RAJMUND	4550	MKS SIECHNICE	JANKOWICE	POL	M40	107	M 275	02:13:49	04:20:00.15	04:21:32.05	9:17	6.5
276	GRZYWACZ DARIUSZ	4733		LUBLIN	POL	M50	15	M 276	02:13:14	04:20:12.05	04:21:37.25	9:17	6.5
277	FLISEK JAKUB	4623		WARSZAWA	POL	M30	117	M 277	02:16:35	04:20:58.90	04:22:13.90	9:19	6.4
278	BRZEZIŃSKI PIOTR	4647		PIOTRKÓW TRYBUNALSKI	POL	M30	119	M 278	02:18:23	04:21:46.10	04:22:32.90	9:20	6.4
279	OLESIŃSKI PIOTR	4465	BELVEDERE ŻYRARDÓW	ŻYRARDÓW	POL	M30	120	M 279	02:08:20	04:22:17.15	04:23:07.70	9:22	6.4
280	ZYSKOWSKI MICHAŁ	4219	TRONIK TRIATHLON TEAM	PUŁTUSK	POL	M30	118	M 280	02:12:43	04:21:33.50	04:23:11.80	9:20	6.4
281	MARKOWSKI MARCIN	4163	BRAVEHEARTS LEGIONOWO	SEROCK	POL	M30	121	M 281	02:17:56	04:22:55.05	04:24:03.80	9:23	6.4
282	TOMICI KRZYSZTOF	4783		ZOFIÓWKA	POL	M30	122	M 282	01:50:32	04:23:19.80	04:24:08.05	9:24	6.4
283	GWAREK BOGDAN	4196		GŁOGOWO	POL	M50	17	M 283	02:19:41	04:23:33.10	04:24:23.35	9:24	6.4
284	NAWROT ARTUR	4633		PIOTRKOWICE	POL	M20	33	M 284	02:11:00	04:23:42.70	04:24:45.55	9:25	6.4
285	URBANEK SYLWESTER	4401		WARSZAWA	POL	M40	110	M 285	02:11:46	04:24:10.20	04:25:10.35	9:26	6.4
286	ORŁOWSKI GRZEGORZ	4499		OLSZTYN	POL	M30	123	M 286	02:19:09	04:24:00.30	04:25:13.65	9:25	6.4
287	TOPOLEWSKI KAMIL	4444	DOGOŃ GRODZISK MAZOWIECKI	GRODZISK MAZOWIECKI	POL	M30	124	M 287	02:19:37	04:24:48.85	04:26:17.10	9:27	6.3
288	MOLENDA MATUESZ	4288	TRENER24H.COM.PL	WARSZAWA	POL	M20	34	M 288	02:09:05	04:26:02.45	04:27:20.20	9:30	6.3
289	ŁACHETA KONRAD	4008		WIELISZEW	POL	M30	125	M 289	02:10:29	04:26:13.70	04:27:21.15	9:30	6.3
290	ZAWADZKI MIROSLAW	4268		KIELCE	POL	M30	126	M 290	02:09:34	04:26:43.50	04:27:34.00	9:31	6.3
291	WOŹNIAK DANIEL	4248	CROSSFIT SIEDLCE	ZBUCZYN	POL	M30	128	M 291	02:12:13	04:27:49.85	04:27:57.00	9:33	6.3
292	MARCINEK KRZYSZTOF	4319	PZU SPORT TEAM	LUBLIN	POL	M30	127	M 292	02:12:31	04:27:29.25	04:28:06.00	9:33	6.3
293	STAŃCZYK ANDRZEJ	4488	KS KOZIOŁEK KĘDZIERZYN-KOŹLE	KĘDZIERZYN-KOŹLE	POL	M50	19	M 293	02:10:28	04:27:19.20	04:28:06.70	9:32	6.3
294	FALKOWSKI FALKOWSKI	4911		WARSZAWA	POL	M40	111	M 294	02:10:45	04:26:52.40	04:28:10.25	9:31	6.3
295	KACZMARSKI WOJCIECH	4939		WARSZAWA	POL	M50	18	M 295	02:11:12	04:27:15.50	04:28:24.25	9:32	6.3
296	DAMIĘCKI JAN	4579	MASAKRA KLUB SPORTOWY	WARSZAWA	POL	M40	114	M 296	02:12:31	04:28:59.95	04:29:23.85	9:36	6.2
297	ZMYJ MARIUSZ	4644	#ADAMCZERWIŃSKITEAM	WIELICZKA	POL	M40	112	M 297	02:11:52	04:28:51.25	04:29:25.10	9:36	6.2
298	ZARĘBA FILIP	4087	ZABIEGANI MIELEC	MIELEC	POL	M20	35	M 298	02:13:26	04:29:16.15	04:29:50.35	9:37	6.2
299	TWARDOWSKI TOMASZ	4487	TRENUJZNA.MI.PL	WROCŁAW	POL	M40	113	M 299	02:19:57	04:28:52.05	04:30:10.10	9:36	6.2
300	WÓJCİK RADOŚLAW	4255		KĘDZIERZYN-KOŹLE	POL	M30	130	M 300	02:06:29	04:29:55.70	04:30:28.85	9:38	6.2

## RZEŹNICZEK 2019, M-Open c.d.

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	16.2km	Netto	Brutto	min/km	km/h
301	SZYMKOWIAK PAWEŁ	4256		KOTLARNIA	POL	M40	115	M 301	02:06:46	04:29:58.30	04:30:31.60	9:38	6.2
302	KAMIŃSKI MICHAŁ	4170		MARKI	POL	M30	132	M 302	02:13:12	04:30:25.40	04:30:39.75	9:39	6.2
303	KWIATKOWSKI PIOTR	4539	DRUŻYNA ORZECHA ŻYRARDÓW	ŻYRARDÓW	POL	M30	133	M 303	02:10:20	04:30:30.50	04:31:21.15	9:39	6.2
304	ORŁOWSKI PIOTR	4705	SZWAGRY	GDYNIA	POL	M30	129	M 304	02:14:46	04:29:44.40	04:31:34.70	9:38	6.2
305	KOZERA MARCIN	4513	POKRĘCENI	KACZORY	POL	M30	131	M 305	02:20:23	04:30:24.40	04:31:55.05	9:39	6.2
306	CHRZĄSTEK MACIEK	4167		KRAKÓW	POL	M30	134	M 306	02:08:10	04:31:23.40	04:31:56.15	9:41	6.2
307	ZBICIAK GRZEGORZ	4381	ŁĘCZNA BIEGA	SPICZYN	POL	M40	116	M 307	02:13:54	04:31:53.00	04:32:03.00	9:42	6.2
308	CZELIŃSKI LESZEK	4541		KORONOWO	POL	M50	20	M 308	02:13:58	04:30:15.05	04:32:06.05	9:39	6.2
309	STASIAK WŁODZIMIERZ	4619	PRO-RUN WROCŁAW	WROCŁAW	POL	M30	135	M 309	02:13:18	04:32:20.25	04:33:18.80	9:43	6.2
310	ŁANDWIJT MARCIN	4222		KONSTANTYNÓW ŁÓDZKI	POL	M40	117	M 310	02:05:11	04:33:22.35	04:33:39.60	9:45	6.1
311	RUPIŃSKI MACIEJ	4514		KONSTANCIN-JEZIORNA	POL	M50	21	M 311	02:14:01	04:33:46.45	04:34:21.80	9:46	6.1
312	OSTROWSKI PAWEŁ	4460		RZESZÓW	POL	M30	138	M 312	02:14:58	04:33:56.30	04:34:34.95	9:47	6.1
313	WRZASKOWSKI KAMIL	4834	OSP ZASTRUŻE	RZGÓW	POL	M20	36	M 313	02:11:32	04:33:37.05	04:34:40.00	9:46	6.1
314	WALERIANCZYK KAMIL	4412		SLESIN	POL	M30	137	M 314	02:06:49	04:33:40.00	04:34:42.30	9:46	6.1
315	MATYSIAK MICHAŁ	4796	KOPALNIA MOCY TARNOBRZEG	TARNOBRZEG	POL	M30	136	M 315	02:10:20	04:33:02.55	04:34:46.25	9:45	6.2
316	GOLECKI TOMASZ	4476	KOPALNIA MOCY	TARNOBRZEG	POL	M40	118	M 316	02:08:37	04:34:02.60	04:35:46.30	9:47	6.1
317	WASILEWSKO PIOTR	4505		WARSZAWA	POL	M20	37	M 317	02:14:35	04:34:10.15	04:35:58.40	9:47	6.1
318	TABACZKA PIOTR	4187	TARNOWO PODGÓRNE BIEGA	TARNOWO PODGÓRNE	POL	M40	119	M 318	02:14:30	04:35:26.85	04:36:14.30	9:50	6.1
319	WOLSKI KAMIL	4361	ULTRA PASTERZE	DĘBE WIELKIE	POL	M30	139	M 319	02:18:47	04:35:29.50	04:36:32.10	9:50	6.1
320	KRASOŃ KAMIL	4640		WARSZAWA	POL	M40	120	M 320	02:14:02	04:35:36.80	04:36:55.75	9:50	6.1
321	GUŹDZIOŁ JAREK	4450		SOLEC KUJAWSKI	POL	M40	121	M 321	02:14:11	04:36:18.00	04:37:05.75	9:52	6.1
322	GNATOWICZ KRZYSZTOF	4430	NIEZRZESZONY	CZERWIĘŃSK	POL	M40	122	M 322	02:10:39	04:36:36.05	04:37:08.15	9:52	6.1
323	LUBIANIEC KAROL	4609		WARSZAWA	POL	M30	140	M 323	02:15:02	04:37:05.55	04:37:15.10	9:53	6.1
324	ŁABUZ PAWEŁ	4342	PAVLO TEAM	RZESZÓW	POL	M40	123	M 324	02:08:10	04:36:52.65	04:37:21.05	9:53	6.1
325	GUT LEOPOLD	4655	WKURW_TEAM	POZEZDRZE	POL	M20	38	M 325	02:08:06	04:37:17.30	04:37:58.25	9:54	6.1
326	DASZCZYŃSKI ADAM	4374	ADASKO TEAM	KOSOWO	POL	M40	124	M 326	02:19:35	04:37:29.20	04:38:26.35	9:54	6.1
327	ŻMOJZIAN PRZEMYSŁAW	4815	KB SOBÓTKA	CHWAŁKÓW	POL	M30	141	M 327	02:29:45	04:37:13.05	04:38:36.35	9:54	6.1
328	MICHALCZAK PAWEŁ	4778		KRAKÓW	POL	M40	125	M 328	02:13:21	04:37:30.35	04:38:54.30	9:54	6.1
329	OLESZCZYK ADAM	4544	GRUPA BIEGOWA ENERGYKACZORY	KACZORY	POL	M40	127	M 329	02:11:29	04:38:13.65	04:39:10.25	9:56	6
330	BORYS MACIEJ	4302		KIELCE	POL	M40	126	M 330	02:18:51	04:37:51.05	04:39:18.35	9:55	6
331	MOL RAFAŁ	4328	GRUPA BIEGOWA ENERGY KACZORY	KACZORY	POL	M40	128	M 331	02:11:31	04:38:25.90	04:39:21.70	9:56	6
332	DĄBROWSKI KAROL	4567	CROSSFIT SIEDLCE	SIEDLCE	POL	M40	129	M 332	02:20:05	04:38:59.95	04:39:36.05	9:57	6
333	FRIEZE KRZYSZTOF	4443	ORANGE POLSKA	ŁÓDŹ	POL	M40	130	M 333	02:16:35	04:39:54.90	04:40:14.65	9:59	6
334	WINIARCZYK ADRIAN	4568	WIOLA&ADI	STARY KONIK	POL	M30	142	M 334	02:11:08	04:40:30.10	04:41:27.95	10:01	6
335	KOTOWICZ MARCIN	4632	HDR WATAHA MARGONIN	CHODZIEŻ	POL	M30	143	M 335	02:26:16	04:40:38.25	04:42:09.05	10:01	6
336	KAŁOWSKI MACIEJ	4055		OTWOCK	POL	M20	39	M 336	02:05:39	04:42:24.90	04:42:36.00	10:05	5.9
337	WŁODARCZYK MAREK	4731		RADOM	POL	M40	132	M 337	02:12:39	04:43:11.30	04:43:25.70	10:06	5.9
338	PIĘTKA PIOTR	4239		WARSZAWA	POL	M40	131	M 338	02:20:07	04:42:21.45	04:43:32.10	10:05	5.9
339	DZIARNOWSKI WŁODEK	4439	BIEGAMPŁOCK TEAM	PŁOCK	POL	M50	22	M 339	02:13:38	04:43:15.20	04:44:20.95	10:06	5.9
340	KOCHANOWSKI SEBASTIAN	4490	ROZBIEGAMY NOWY DWÓR	NOWY DWÓR MAZOWIECKI	POL	M40	133	M 340	02:11:56	04:44:38.55	04:45:03.95	10:09	5.9
341	KALITA JAKUB	4686	OSTROBIEC	OSTROWIEC ŚW.	POL	M30	145	M 341	02:12:21	04:45:14.30	04:45:22.10	10:11	5.9
342	CHODAKOWSKI KACPER	4088	OSTROBIEC	ĆMIELÓW	POL	M20	40	M 342	02:11:51	04:45:15.20	04:45:22.15	10:11	5.9
343	IWANEK SEBASTIAN	4459	BIEGUSIEM.PL	RYKI	POL	M30	144	M 343	02:13:57	04:44:56.50	04:45:31.55	10:10	5.9
344	PENAR ARKADIUSZ	4612		GORLICE	POL	M50	23	M 344	02:19:03	04:44:31.60	04:45:41.45	10:09	5.9
345	KĘPKA WALDEMAR	4418		SANTOCKO	POL	M60	4	M 345	02:11:22	04:45:49.25	04:46:22.00	10:12	5.9
346	WYPYCH PATRYK	4093	KINIA I RZODKI TEAM.	CHECINY	POL	M20	42	M 346	02:22:26	04:46:05.05	04:46:46.90	10:13	5.9
347	TOMKIEWICZ JAKUB	4867		WARSZAWA	POL	M20	41	M 347	02:20:08	04:45:41.90	04:46:53.35	10:12	5.9
348	BEDNARCZYK MARIUSZ	4240	AMERNET	WARSZAWA	POL	M40	134	M 348	02:20:12	04:45:42.50	04:46:53.35	10:12	5.9
349	KĘPKA ROBERT	4925	BIEGUSIEM.PL	RYKI	POL	M30	146	M 349	01:56:26	04:47:14.90	04:47:47.05	10:15	5.8
350	ADAMCZAK KRZYSZTOF	4183	SZWLWA STARGARD	STARGARD	POL	M60	5	M 350	02:13:24	04:48:03.05	04:48:14.70	10:17	5.8
351	BŁOCH RADOSŁAW	4357		KROSNO	POL	M30	147	M 351	02:30:36	04:47:28.20	04:49:17.45	10:16	5.8
352	URBAŃSKI MICHAŁ	4247		ŁĘCZYCA	POL	M40	135	M 352	02:20:54	04:49:40.80	04:50:17.75	10:20	5.8
353	PISKORSKI KRZYSZTOF	4230		WARSZAWA	POL	M40	136	M 353	02:24:08	04:49:41.00	04:50:18.05	10:20	5.8
354	BRODZIAK ARKADIUSZ	4571		KATOWICE	POL	M40	137	M 354	02:20:34	04:49:51.60	04:50:26.25	10:21	5.8
355	PRZYBYLSKI MARCIN	4387		GRÓJEC	POL	M40	140	M 355	02:23:46	04:50:10.15	04:50:50.30	10:21	5.8
356	PILKOWSKI PAWEŁ	4272		WARSZAWA	POL	M30	148	M 356	02:20:22	04:50:07.25	04:50:58.65	10:21	5.8
357	BAJERSKI ARKADIUSZ	4307	GRUPA BIEGOWA ENERGY KACZORY	KACZORY	POL	M40	139	M 357	02:19:29	04:50:04.55	04:51:01.10	10:21	5.8

## RZEŹNICZEK 2019, M-Open c.d.

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	16.2km	Netto	Brutto	min/km	km/h
358	MROZIŃSKI MARCIN	4338		BIENIEWICE	POL	M40	138	M 358	02:19:09	04:50:01.40	04:51:13.95	10:21	5.8
359	SERĘGA TOMASZ	4673	WKURW-TEAM	BOLĘCIN	POL	M40	143	M 359	02:13:44	04:51:10.05	04:51:30.15	10:23	5.8
360	BORKOWSKI MICHAŁ	4373		ŁABISZYN	POL	M20	43	M 360	02:11:37	04:51:04.50	04:51:42.10	10:23	5.8
361	PAWLAK BARTOSZ	4132		JABŁONNA	POL	M40	141	M 361	02:25:44	04:50:47.20	04:52:09.30	10:23	5.8
362	JAMBOR MICHAŁ	4244	BRACHTWO BIEGOWE BGK	WARSZAWA	POL	M40	142	M 362	02:25:59	04:50:49.20	04:52:11.95	10:23	5.8
363	ZEMŁA PIOTR	4876		GLIWICE	POL	M50	24	M 363	02:32:59	04:50:33.75	04:52:19.20	10:22	5.8
364	SKROBEK MARCIN	4708		WROCŁAW	POL	M30	149	M 364	02:27:41	04:51:09.65	04:52:41.20	10:23	5.8
365	SOROCZYŃSKI SYLWESTER	4310	CROSSFIT SIEDLCE	SIEDLCE	POL	M40	145	M 365	02:19:57	04:52:41.35	04:53:16.65	10:27	5.7
366	MICHAŁEK JAROSŁAW	4339		KRAKÓW	POL	M50	25	M 366	02:19:39	04:53:05.70	04:53:19.30	10:28	5.7
367	LIPIŃSKI MACIEJ	4243	CROSSFIT SIEDLCE	SIEDLCE	POL	M30	151	M 367	02:20:16	04:52:46.35	04:53:22.05	10:27	5.7
368	SIEROCIŃSKI ROBERT	4194	CROSSFIT SIEDLCE	SIEDLCE	POL	M40	146	M 368	02:19:49	04:52:48.20	04:53:23.40	10:27	5.7
369	GIURG GRZEGORZ	4407		WAŁBRZYCH	POL	M40	144	M 369	02:27:43	04:51:58.85	04:53:23.90	10:25	5.8
370	STACHOWICZ MARCIN	4529	5F TEAM	PRZYGODZICE	POL	M30	150	M 370	02:27:39	04:52:39.95	04:53:56.50	10:27	5.7
371	MARCINIAK MAREK	4852		CHOCIANÓW	POL	M40	147	M 371	02:18:17	04:53:28.80	04:54:37.85	10:28	5.7
372	KĘPSKI JAROSŁAW	4286	TRENER24H.COM.PL	WARSZAWA	POL	M30	152	M 372	02:27:53	04:54:16.15	04:55:35.95	10:30	5.7
373	JARANOWSKI XAWERY	4714		WARSZAWA	POL	M40	148	M 373	02:23:13	04:54:50.35	04:56:05.90	10:31	5.7
374	ROPEL MIROSLAW	4600	KIS TRANSPORT	WEJHEROWO	POL	M60	6	M 374	02:18:59	04:56:42.15	04:57:34.60	10:35	5.7
375	KRYDA JACEK	4472	MPKŁÓDŹ	JANÓWKA	POL	M50	26	M 375	02:22:01	04:57:27.90	04:58:13.75	10:37	5.6
376	FRĄTCZAK MARCIN	4711		WARSZAWA	POL	M40	149	M 376	02:26:56	04:56:39.25	04:58:14.60	10:35	5.7
377	SOSNÓWKA BARTOSZ	4863	BIEG SOSNOWY	WARSZAWA	POL	M30	153	M 377	02:10:21	04:58:00.00	04:58:47.00	10:38	5.6
378	DZIWOŃ DOMINIK	4920		KIELCE	POL	M20	44	M 378	02:25:56	04:57:34.25	04:59:01.80	10:37	5.6
379	GRUDZIECKI CEZARY	4816		WARSZAWA	POL	M40	150	M 379	02:24:07	04:57:28.55	04:59:05.75	10:37	5.6
380	SOSNÓWKA LESZEK	4498		DZIAŁDOWO	POL	M50	27	M 380	02:11:07	04:59:19.80	05:00:06.50	10:41	5.6
381	CICHECKI MAREK	4892		SOCHACZEW	POL	M60	7	M 381	02:23:04	04:58:52.10	05:00:20.00	10:40	5.6
382	SZYPROWSKI JAROSŁAW	4891		ALTANKA	POL	M40	151	M 382	02:23:04	04:58:52.00	05:00:20.15	10:40	5.6
383	MYŚLIŃSKI TOMASZ	4746	BIEGUSIEM.PL	RADOM	POL	M40	152	M 383	02:29:51	04:59:55.45	05:00:27.65	10:42	5.6
384	DYCZKOWSKI ADAM	4261		WARSZAWA	POL	M20	45	M 384	02:21:37	05:00:16.15	05:01:00.45	10:43	5.6
385	CZECH MARCIN	4904	OCHAJORUN	RYBNIK	POL	M30	154	M 385	02:22:54	05:00:02.40	05:01:15.05	10:42	5.6
386	OBARSKI NORBERT	4805		KIELCE	POL	M50	28	M 386	02:26:00	05:00:54.95	05:01:51.55	10:44	5.6
387	JELIŃSKI SEBASTIAN	4392	NOA	WROCŁAW	POL	M40	157	M 387	02:27:11	05:02:14.55	05:02:19.00	10:47	5.6
388	JAMRÓZ ROBERT	4276	JAMERKI	MUROWANIEC	POL	M40	156	M 388	02:15:20	05:02:12.10	05:02:51.35	10:47	5.6
389	MAJKA WOJCIECH	4671	TRENER24H	WARSZAWA	POL	M40	154	M 389	02:27:48	05:01:32.05	05:02:51.35	10:46	5.6
390	WĘGOROWSKI JACEK	4719		LUBLIN	POL	M40	153	M 390	02:18:28	05:01:26.10	05:02:51.95	10:45	5.6
391	PATERSKI DAWID	4506	CHAOS I DESTRUKCJA	BYDGOSZCZ	POL	M30	157	M 391	02:20:35	05:02:32.50	05:03:12.05	10:48	5.6
392	GRUSZKA PIOTR	4887		SIEDLEC DUŻY	POL	M30	156	M 392	02:21:50	05:02:07.75	05:03:13.15	10:47	5.6
393	SMORAĞIEWICZ MARCIN	4648		WARSZAWA	POL	M40	158	M 393	02:31:22	05:02:23.50	05:03:18.25	10:48	5.6
394	TUREK PAWEŁ	4542		PIASECZNO	POL	M40	155	M 394	02:30:17	05:01:34.05	05:03:26.95	10:46	5.6
395	JAREMEK WOJTEK	4812		ZAMOŚĆ	POL	M30	155	M 395	02:30:26	05:02:01.85	05:03:30.30	10:47	5.6
396	KAPINOS MACIEJ	4221		MIELEC	POL	M30	158	M 396	02:19:34	05:03:13.10	05:03:48.05	10:49	5.5
397	STELMASZYK PIOTR	4262	PZU SPORT TEAM	RUSIEC	POL	M40	159	M 397	02:17:49	05:02:32.95	05:04:25.20	10:48	5.6
398	STAROBRAT ARKADIUSZ	4927		WARSZAWA	POL	M50	29	M 398	02:32:35	05:03:49.45	05:04:33.75	10:51	5.5
399	BOROWSKI SŁAWOMIR	4204	SOLVITUR AMBULANDO	BUKOWIEC	POL	M40	161	M 399	02:25:45	05:04:16.85	05:04:54.65	10:52	5.5
400	MUSIAŁ PAWEŁ	4344	ADIDAS RUNNERS WARSAW	WARSZAWA	POL	M40	160	M 400	02:28:10	05:03:58.45	05:05:02.20	10:51	5.5
401	MAZUR MICHAŁ	4893	KB SOBÓTKA	SOBÓTKA	POL	M30	159	M 401	02:33:35	05:03:42.45	05:05:05.65	10:50	5.5
402	MYSZKOWSKI SEBASTIAN	4157	TEAM ZABIEGANEDNI	BOROWINA	POL	M40	162	M 402	02:32:43	05:04:22.15	05:05:11.30	10:52	5.5
403	LECH LESŁAW	4945		SOBÓTKA	POL	M30	160	M 403	02:25:37	05:04:38.05	05:05:25.05	10:52	5.5
404	RYMON PAWEŁ	4658	POKRĘCENI	KRAJENKA	POL	M30	161	M 404	02:35:00	05:05:11.50	05:06:41.50	10:53	5.5
405	ŚCISŁY DAREK	4417		PŁAWNO	POL	M40	163	M 405	02:32:38	05:06:19.45	05:07:57.95	10:56	5.5
406	MIGURSKI JAKUB	4818	FUCHS OIL TEAM	GLIWICE		M30	162	M 406	02:26:35	05:07:06.65	05:08:50.05	10:58	5.5
407	RZEPNIKOWSKI MICHAŁ	4303		SKOTNIKI	POL	M40	165	M 407	02:15:23	05:08:47.50	05:09:16.85	11:01	5.4
408	PISINGAS MARIUSZ	4952		GLIWICE	POL	M40	164	M 408	02:31:36	05:08:04.75	05:09:19.40	11:00	5.5
409	MAZURKIEWICZ KAROL	4681	ULTRA PĘDZIWIATRY	WARSZAWA	POL	M30	163	M 409	02:30:59	05:08:52.40	05:09:57.80	11:01	5.4
410	ŁUCZAK PAWEŁ	4740	HUSARIA	KRAKÓW	POL	M20	46	M 410	02:26:27	05:08:07.50	05:09:59.15	11:00	5.5
411	NIŻNIK RAFAŁ	4309		UHERCE	POL	M40	166	M 411	02:28:02	05:10:18.55	05:11:22.80	11:04	5.4
412	KURZAWA ADAM	4324	TIGRES DEL PAPA	ŁÓDŹ	POL	M20	47	M 412	02:26:24	05:10:14.70	05:11:56.70	11:04	5.4
413	DEJA ANDRZEJ	4233		OPOLE	POL	M50	30	M 413	02:20:18	05:14:53.25	05:15:16.95	11:14	5.3
414	KUR MARIUSZ	4870	TEAM ZABIEGANEDNI	JAZGARZEW	POL	M30	165	M 414	02:32:58	05:14:55.75	05:16:02.45	11:14	5.3

**RZEŹNICZEK 2019, M-Open c.d.**

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	16.2km	Netto	Brutto	min/km	km/h
415	IWANICKI MARCIN	4585	HDR WATAHA MARGONIN	WĄGROWIEC	POL	M30	164	M 415	02:33:22	05:14:32.75	05:16:07.55	11:14	5.3
416	BINEK MICHAŁ	4847		ŁÓDŹ	POL	M30	166	M 416	02:26:27	05:15:14.80	05:16:59.15	11:15	5.3
417	NOWAK WOJCIECH	4341	ŚWIŃSKI TRUCHT	GLIWICE	POL	M20	48	M 417	02:31:50	05:15:28.95	05:17:12.35	11:16	5.3
418	BRZozowski PIOTR	4343	KB MCKIS JAWORZNO	JAWORZNO	POL	M50	31	M 418	02:34:59	05:15:47.80	05:17:13.20	11:16	5.3
419	KOŚCIELNIAK ADAM	4316	TIGRES DEL PAPA	ŁÓDŹ	POL	M30	167	M 419	02:26:52	05:15:37.75	05:17:19.30	11:16	5.3
420	CICHOCKI MARIUSZ	4574	SUUNTO RUN TEAM	RADOMSKO	POL	M50	32	M 420	02:35:29	05:16:28.55	05:17:30.00	11:18	5.3
421	SZEWCZYK KAMIL	4685		WARSZAWA	POL	M30	168	M 421	02:26:19	05:17:58.40	05:19:08.35	11:21	5.3
422	RZEPKA MIREK	4762		WARSZAWA	POL	M50	33	M 422	02:26:03	05:19:02.90	05:19:57.10	11:23	5.3
423	ORZECHOWSKI DANIEL	4116	M&M AIR SEA CARGO S.A.	WARSZAWA	POL	M30	169	M 423	02:35:00	05:20:12.90	05:20:30.65	11:26	5.2
424	MALINOWSKI ALBERT	4860		CHOSZCZNO	POL	M40	167	M 424	02:34:13	05:19:48.45	05:21:26.55	11:25	5.3
425	KORZENIOWSKI ROBERT	4020		WARSZAWA	POL	M50	34	M 425	02:36:53	05:22:23.35	05:22:26.10	11:30	5.2
426	PILAK ZBIGNIEW	4615		WROCŁAW	POL	M60	8	M 426	02:40:25	05:21:16.25	05:22:29.45	11:28	5.2
427	BARAN STEFAN	4058		NOWY SĄCZ	POL	M40	169	M 427	02:35:56	05:22:32.90	05:22:58.80	11:31	5.2
428	BIELIK RADOŚLAW	4753	WKURW_TEAM	KRAKOW	POL	M40	168	M 428	02:31:55	05:21:46.15	05:23:10.70	11:29	5.2
429	BOBER GRZEGORZ	4639		WARSZAWA	POL	M30	170	M 429	02:28:24	05:23:23.15	05:24:25.80	11:32	5.2
430	KUKLEWSKI FILIP	4744		DUBLIN	IRL	M30	171	M 430	02:31:42	05:23:27.70	05:24:35.55	11:33	5.2
431	RZECZKOWSKI MACIEJ	4224		OTWOCK	POL	M50	35	M 431	02:36:42	05:26:25.90	05:27:41.90	11:39	5.1
432	KUŚMIERSKI KRZYSZTOF	4741		WARSZAWA	POL	M50	36	M 432	02:37:04	05:26:40.80	05:27:56.30	11:40	5.1
433	ŚWIECZKOWSKI WIESŁAW	4503	SCEDRAU	SZCZODROWO	POL	M40	170	M 433	02:35:16	05:27:34.55	05:29:05.10	11:41	5.1
434	REDZYŃSKI PAWEŁ	4699		WARSZAWA	POL	M20	49	M 434	02:22:53	05:28:01.60	05:30:11.05	11:42	5.1
435	SKÓRA MICHAŁ	4364		KANČZUGA	POL	M40	172	M 435	02:40:48	05:30:14.15	05:30:42.85	11:47	5.1
436	SZYMAŃSKI MARIUSZ	4425	MKB DREPTAK	MIŃSK MAZOWIECKI	POL	M40	171	M 436	02:37:47	05:29:35.90	05:30:46.20	11:46	5.1
437	STASIAK WALDEMAR	4750		OPOLE	POL	M40	173	M 437	02:41:50	05:31:50.75	05:33:08.35	11:51	5.1
438	WOJTAS JAN	4481		WARSZAWA	POL	M20	50	M 438	02:36:30	05:33:45.80	05:35:25.95	11:55	5
439	DĄBROWSKI PAWEŁ	4469	NIGHT RUNNERS	POZNAŃ	POL	M40	174	M 439	02:35:33	05:36:07.95	05:37:08.85	12:00	5
440	DZIECIOŁ ARTUR	4595		TŁUSZCZ	POL	M30	172	M 440	02:40:57	05:38:36.85	05:40:26.60	12:05	5
441	GRONIEWSKI MICHAŁ	4692		WARSZAWA	POL	M30	173	M 441	02:34:55	05:44:29.05	05:45:47.55	12:18	4.9
442	JACHIRA KRZYSZTOF	4829	GRYF TEAM	ŚWINOUJŚCIE	POL	M30	174	M 442	02:44:30	05:53:12.20	05:54:52.80	12:36	4.8
443	JUSZCZYK JAROSŁAW	4786		WARSZAWA	POL	M40	175	M 443	02:36:43	06:00:05.25	06:01:44.50	12:51	4.7
444	RACZYŃSKI IRENEUSZ	4175		ALEKSANDRÓW ŁÓDZKI	POL	M60	9	M 444	02:36:11	06:01:16.90	06:01:54.25	12:54	4.7
445	PAKUŁA MICHAŁ	4508	AKTYWNA FALA	RADZYMIN	POL	M30	175	M 445	02:51:38	06:01:05.35	06:02:00.20	12:53	4.7
446	BOGATKIEWICZ MACIEJ	4546	FLORKI	WARSZAWA	POL	M30	176	M 446	02:47:55	06:01:27.30	06:02:12.75	12:54	4.6
447	JAKÓBCZYK ANDRZEJ	4716		LUBLIN	POL	M50	37	M 447	02:55:18	05:59:25.10	06:02:13.10	12:50	4.7
448	BIAŁEK DARIUSZ	4421	SZAKALE BAŁUT ŁÓDŹ	ŁÓDŹ	POL	M40	177	M 448	02:34:32	06:02:06.30	06:03:12.50	12:55	4.6
449	KURDZIEL TOMASZ	4728		SZCZAWNICA	POL	M40	176	M 449	02:43:24	06:01:35.95	06:03:17.55	12:54	4.6
450	KANTOR TOMASZ	4283	TRENER24H.COM.PL	IZDEBNO KOŚCIELNE	POL	M30	177	M 450	02:56:47	06:05:10.05	06:06:28.90	13:02	4.6
451	CIEŚLAK WIKTOR	4814		WARSZAWA	POL	M40	178	M 451	02:47:04	06:06:04.10	06:07:27.65	13:04	4.6
452	NOWIŃSKI JAKUB	4777		WARSZAWA	POL	M40	179	M 452	02:47:44	06:06:56.95	06:08:22.75	13:06	4.6
453	PIETRZKO PIOTR	4879		RABIEŃ AB	POL	M30	178	M 453	02:50:48	06:07:26.85	06:09:12.80	13:07	4.6
454	KRZYCH MARCIN	4808		KRAKÓW	POL	M30	179	M 454	02:33:34	06:07:59.25	06:09:24.45	13:08	4.6
455	KONTEK DARIUSZ	4007		RZESZÓW	POL	M30	180	M 455	02:53:51	06:31:27.55	06:32:11.85	13:58	4.3
456	CIELAK JERZY	4564		BRZEŹNICA	POL	M60	10	M 456	03:06:40	06:32:23.95	06:33:38.20	14:00	4.3
457	KOLASA ANDRZEJ	4399	KLUB J.SŁOWACKIEGO	WARSZAWA-WESOŁA	POL	M60	11	M 457	02:52:12	06:38:48.10	06:39:07.35	14:14	4.2
458	ANDRYSIEWICZ KRZYSZTOF	4335	SMECHY ŁÓDŹ	ŁÓDŹ	POL	M40	180	M 458	02:21:29			8:44	6.9
459	DZWINIEL PIOTR	4274		WARSZAWA	POL	M30	181	M 459	02:27:11			9:05	6.6
	SZŁEK FILIP	4760		CHRUSZCZOBROD	POL	M20			03:06:47	DNF	DNF	-	-

**RZEŹNICZEK 2019, K20**

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	16.2km	Netto	Brutto	min/km	km/h
1	KORNOBIS MONIKA	4099	KAWIKRUNNINGTEAM/ GO APTIV!	KRAKÓW	POL	K20	1	K 5	01:40:13	03:11:18.20	03:11:20.25	6:49	8.8
2	BAJSAROWICZ MARLENA	4223	WKURW_TEAM	JELCZ-LASKOWICE	POL	K20	2	K 6	01:40:19	03:11:41.85	03:11:47.10	6:50	8.8
3	WÓJTOWICZ MAGDALENA	4139		WARSZAWA	POL	K20	3	K 15	01:54:43	03:37:37.00	03:38:05.90	7:46	7.7
4	MAŁAJEWICZ IZABELA	4813		KRAKÓW	POL	K20	4	K 16	01:57:45	03:37:41.65	03:38:13.05	7:46	7.7
5	ROZPARA KAROLINA	4531		SZEBNIE	POL	K20	5	K 20	01:58:19	03:46:02.15	03:46:51.05	8:04	7.4

**RZEŹNICZEK 2019, K20 c.d.**

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	16.2km	Netto	Brutto	min/km	km/h
6	OWCZAREK KATARZYNA	4441	ROZBIEGAMY NOWY DWÓR	NOWY DWÓR MAZOWIECKI	POL	K20	6	K 26	01:53:27	03:49:33.80	03:50:00.55	8:11	7.3
7	RYMDEJKO AGNIESZKA	4304		MIELEĆCIN	POL	K20	7	K 29	02:02:36	03:53:20.40	03:53:47.15	8:20	7.2
8	GŁĄB DARIA	4405		PRUDNIK	POL	K20	8	K 32	02:02:23	03:55:36.00	03:55:52.75	8:24	7.1
9	KUNA ALEKSANDRA	4727		TERESZPOL	POL	K20	9	K 33	02:02:54	03:55:40.80	03:57:05.55	8:25	7.1
10	MARCINKOWSKA DOMINIKA	4257		POZNAŃ	POL	K20	10	K 36	02:00:15	03:57:36.30	03:58:03.95	8:29	7.1
11	BIEŃCZAK ZUZANNA	4362	ASICSFRONTRUNNER POLAND	WARSZAWA	POL	K20	11	K 40	01:57:06	03:59:13.55	03:59:19.95	8:32	7
12	GLASZCZKA MAGDALENA	4380	ASICS FRONTRUNNER POLAND	SOBÓLEW	POL	K20	12	K 41	01:57:09	03:59:13.55	03:59:19.95	8:32	7
13	MUCHA ALEKSANDRA	4299		DĄBRÓWKA	POL	K20	13	K 42	02:11:16	03:59:39.00	04:00:21.10	8:33	7
14	LEMIESZKA MARTA	4110	FRACHT SPORT CLUB	SULEJÓWEK	POL	K20	14	K 44	01:57:10	04:01:26.70	04:01:39.75	8:37	7
15	KUPAJ OKTAWIA	4199	VEGE RUNNERS	ŁOMIANKI	POL	K20	15	K 51	02:02:58	04:04:38.55	04:05:02.70	8:44	6.9
16	SŁABOWSKA MARLENA	4308		WIELGIE	POL	K20	16	K 59	02:18:25	04:09:47.45	04:10:37.20	8:55	6.7
17	WITT EWA	4530		WĘGLOWICE	POL	K20	17	K 60	01:57:40	04:10:06.80	04:10:39.95	8:55	6.7
18	GOMÓŁKA BEATA	4265	SPARTAN RACE TRAINING GROUP RZESZÓW	GODOWA	POL	K20	18	K 64	02:10:57	04:11:09.40	04:11:47.25	8:58	6.7
19	SZCZEPAŃSKA KATARZYNA	4943		NIEPOŁOMICE	POL	K20	19	K 69	02:10:36	04:11:27.30	04:13:00.25	8:58	6.7
20	STRZAŁA MARCELINA	4898		CZARNA	POL	K20	20	K 74	02:03:57	04:14:15.40	04:15:20.35	9:04	6.6
21	PODLECKA PAULA	4238	CHAOS I DESTRUKCJA	PIŁA	POL	K20	21	K 73	02:06:10	04:14:27.05	04:15:06.65	9:05	6.6
22	RUDZIARCZYK KAROLINA	4207	FUCHS OIL TEAM	SWIETOCHLOWICE	POL	K20	22	K 78	02:14:00	04:15:12.50	04:15:53.85	9:06	6.6
23	BANDEL ANETA	4435		ŁÓDŹ	POL	K20	23	K 80	02:12:47	04:18:14.60	04:19:04.80	9:13	6.5
24	MASZTALSKA JOANNA	4913		ZABRZE	POL	K20	24	K 90	02:22:27	04:21:42.90	04:23:25.05	9:20	6.4
25	MACIĄŻEK ANGELIKA	4340		LUBLIN	POL	K20	25	K 88	02:13:43	04:21:43.95	04:21:57.55	9:20	6.4
26	ŻELAZOWSKA EMILIA	4691	PZU SPORT TEAM	ZĄBKI	POL	K20	26	K 103	02:10:23	04:26:13.55	04:27:21.15	9:30	6.3
27	KASZA ALICJA	4005		KIELCE	POL	K20	27	K 108	02:12:15	04:28:10.65	04:28:51.55	9:34	6.3
28	KASSNER EWELINA	4520		WARSZAWA	POL	K20	28	K 139	02:18:19	04:37:21.35	04:37:55.95	9:54	6.1
29	STRUSZKIEWICZ ALEKSANDRA	4549	POWER TRAINING	WARSZAWA	POL	K20	29	K 154	02:22:43	04:41:23.20	04:42:19.00	10:03	6
30	POSPIESZNA ZOFIA	4456		POZNAŃ	POL	K20	30	K 162	02:21:00	04:43:58.80	04:44:52.85	10:08	5.9
31	GAWAŁKO MONIKA	4880		WARSZAWA	POL	K20	31	K 177	02:20:22	04:50:07.80	04:50:58.75	10:21	5.8
32	GRUSZKA IWONA	4828	DZIKIE GRUBASY SZATANA	SIEDLEC DUŻY	POL	K20	32	K 182	02:21:48	04:50:49.15	04:51:54.30	10:23	5.8
33	KOSZAŁKA ALEKSANDRA	4252		LĘBORK	POL	K20	33	K 195	02:31:52	04:54:45.30	04:56:05.80	10:31	5.7
34	GORYŃSKA MICHALINA	4742		GDAŃSK	POL	K20	34	K 196	02:31:53	04:54:45.40	04:56:05.90	10:31	5.7
35	KWIATKOWSKA ALEKSANDRA	4442	ADIDAS RUNNERS WARSZAWA	WARSZAWA	POL	K20	35	K 223	02:27:23	05:03:48.35	05:05:03.35	10:51	5.5
36	LECH DANIELA	4946		SOBÓTKA	POL	K20	36	K 225	02:24:02	05:04:38.30	05:05:25.25	10:52	5.5
37	KRÓLIKOWSKA ANNA	4949	4MOVE	MODLNICZKA	POL	K20	37	K 244	02:26:27	05:08:06.75	05:09:58.50	11:00	5.5
38	RUPIŃSKA AGNIESZKA	4901		KONSTANCIN JEZIORNA	POL	K20	38	K 242	02:31:31	05:08:29.65	05:09:53.45	11:01	5.4
39	MIŁOSZ MARIA	4527	KASZANKI	BRWINÓW	POL	K20	39	K 261	02:37:57	05:16:16.70	05:17:28.70	11:17	5.3
40	WASILEWSKA MAŁGORZATA	4504		WARSZAWA	POL	K20	40	K 280	02:38:37	05:23:49.55	05:25:36.35	11:33	5.2
41	KOWALCZYK ANITA	4838	#TEAMKRÓLAK	JEMIELNO	POL	K20	41	K 284	02:37:13	05:25:48.20	05:27:18.35	11:38	5.2
42	BUCHTA EWELINA	4765	SII RUNNING TEAM	ŁÓDŹ	POL	K20	42	K 305	02:39:45	05:35:19.75	05:37:08.70	11:58	5
43	KOSACKA OLA	4707		KRAPKOWICE	POL	K20	43	K 307	02:34:53	05:37:06.25	05:38:17.85	12:02	5
44	MACIOSZEK ANIA	4596	FLORKI	WARSZAWA	POL	K20	44	K 318	02:56:01	05:55:04.20	05:55:49.05	12:40	4.7
45	GÓRAL ZUZANNA	4807		KRAKÓW	POL	K20	45	K 333	03:07:28	06:28:57.25	06:30:06.80	13:53	4.3

**RZEŹNICZEK 2019, M20**

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	16.2km	Netto	Brutto	min/km	km/h
1	KAWIK TOMASZ	4023	ALPIN SPORT HOKA ONE ONE TEAM/ TRENER BIEGACZY	BRENNA	POL	M20	1	M 1	01:17:21	02:22:48.60	02:22:49.75	5:06	11.8
2	WOŹNIAK MICHAŁ	4030	HOKA ONE ONE POLAND	KRAKÓW	POL	M20	2	M 5	01:20:02	02:33:36.75	02:33:37.75	5:29	10.9
3	BURYŁO MATEUSZ	4919	PERFECT RUNNER TEAM	JODŁÓWKA	POL	M20	3	M 17	01:32:18	02:55:28.75	02:55:31.10	6:16	9.6
4	RUPIŃSKI KRZYSZTOF	4869		KONSTANCIN-JEZIORNA	POL	M20	4	M 18	01:30:21	02:55:30.85	02:55:36.45	6:16	9.6
5	FIRST TOMASZ	4910		PŁOŃSK	POL	M20	5	M 25	01:32:25	03:01:09.20	03:02:05.30	6:28	9.3
6	NOWOSIELSKI GRZEGORZ	4070	BOMBABIEGA	WARSZAWA	POL	M20	6	M 37	01:32:47	03:10:47.25	03:10:52.50	6:48	8.8
7	KACZMARCZYK PRZEMYSŁAW	4878	MATNER RUNNING TEAM/WATAHA	ROLANTOWICE	POL	M20	7	M 38	01:36:36	03:10:58.10	03:11:00.55	6:49	8.8
8	RZEWUSKI JAKUB	4154	STO-NOGI MILANÓWEK	BRWINÓW	POL	M20	8	M 47	01:41:19	03:14:28.50	03:14:44.15	6:56	8.6
9	CHWAŁISZ ŁUKASZ	4105	NIGHT RUNNERS	POZNAŃ	POL	M20	9	M 50	01:44:43	03:16:02.15	03:16:32.30	7:00	8.6
10	WITKOWSKI PIOTR	4077	VEGE RUNNERS	WARSZAWA	POL	M20	10	M 53	01:41:03	03:17:26.60	03:17:38.55	7:03	8.5

**RZEŹNICZEK 2019, M20 c.d.**

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	16.2km	Netto	Brutto	min/km	km/h
11	SZCZECINA KONRAD	4159		OBREB	POL	M20	11	M 57	01:43:12	03:20:00.15	03:20:14.40	7:08	8.4
12	WITEK PAWEŁ	4200		WARSZAWA	POL	M20	12	M 61	01:43:16	03:21:55.25	03:22:09.60	7:12	8.3
13	BARCIŃSKI DARIUSZ	4218	PZU SPORT TEAM	WARSZAWA	POL	M20	13	M 72	01:47:52	03:23:56.45	03:24:22.55	7:17	8.2
14	KRYPSKI BARTOSZ	4098	CROSSFIT SIEDLCE	SIEDLCE	POL	M20	14	M 81	01:45:48	03:27:34.25	03:27:41.20	7:24	8.1
15	URBANIK KACPER	4551		WARSZAWA	POL	M20	15	M 87	01:44:39	03:28:43.65	03:29:35.15	7:27	8
16	KOKSA MATEUSZ	4129		OLSZTYN	POL	M20	16	M 90	01:43:25	03:30:20.05	03:30:30.90	7:30	8
17	KUCHARCZYK MIKOŁAJ	4793		NOWA WIEŚ LEBORSKA	POL	M20	17	M 127	02:02:13	03:39:27.60	03:40:47.65	7:50	7.7
18	BUKAŁA MARCIN	4095	VEGE RUNNERS	BIELSKO-BIAŁA	POL	M20	18	M 128	01:55:57	03:40:43.85	03:41:08.20	7:53	7.6
19	DOMINIK KACPER	4817		ŁOMIANKI	POL	M20	19	M 143	01:58:35	03:44:53.80	03:46:22.75	8:01	7.5
20	WASSER MICHAŁ	4890		NOWA BOGACICA	POL	M20	20	M 151	02:01:26	03:47:09.95	03:48:27.60	8:06	7.4
21	SKIEWICZ JANUSZ	4134	ZABIEGANI CZĘSTOCHOWA	CZĘSTOCHOWA	POL	M20	21	M 153	01:54:54	03:48:05.45	03:48:38.90	8:08	7.4
22	GOŚCINIAK MICHAŁ	4118		NOWY DUNINÓW	POL	M20	22	M 163	01:53:43	03:50:48.55	03:51:06.25	8:14	7.3
23	DOBROWOLSKI MATEUSZ	4001		SZCZECIN	POL	M20	23	M 171	02:02:50	03:52:19.80	03:52:40.25	8:17	7.2
24	ZIMOCZ ŁUKASZ	4168	WATAHA SOBÓTKA	SOBÓTKA	POL	M20	24	M 186	02:04:28	03:56:03.60	03:56:50.15	8:25	7.1
25	MARONKA BARTOSZ	4213		KRAKÓW	POL	M20	25	M 191	02:03:17	03:57:33.70	03:57:47.70	8:29	7.1
26	TOMALA DAWID	4394	RUNSZ-TEAM	OSIEK	POL	M20	26	M 196	02:03:36	03:58:44.90	03:59:44.50	8:31	7
27	FLIŚ ŁUKASZ	4842	FULL DREAMS TEAM PSZCZYNA	PSZCZYNA	POL	M20	27	M 202	02:06:07	04:00:09.45	04:01:56.25	8:34	7
28	DĄBROWSKI BARTOSZ	4120		WRASZAWA	POL	M20	28	M 207	02:15:35	04:01:24.50	04:03:15.90	8:37	7
29	SKOCZEK CYPRIAN	4369		RZESZÓW	POL	M20	29	M 206	02:04:39	04:01:48.50	04:02:25.10	8:38	6.9
30	KĄŁOWSKI BARTOSZ	4073		OTWOCK	POL	M20	30	M 217	02:00:55	04:06:18.70	04:06:29.30	8:47	6.8
31	KANIEWSKI MICHAŁ	4702	DZIKIDZIKTEAM	KOSOWO	POL	M20	31	M 247	02:19:31	04:13:30.70	04:14:28.05	9:03	6.6
32	WOJTAS MATEUSZ	4390		WARSZAWA	POL	M20	32	M 274	02:09:07	04:20:33.25	04:21:27.70	9:18	6.4
33	NAWROT ARTUR	4633		PIOTRKOWICE	POL	M20	33	M 284	02:11:00	04:23:42.70	04:24:45.55	9:25	6.4
34	MOLEND MATUESZ	4288	TRENER24H.COM.PL	WARSZAWA	POL	M20	34	M 288	02:09:05	04:26:02.45	04:27:20.20	9:30	6.3
35	ZARĘBA FILIP	4087	ZABIEGANI MIELEC	MIELEC	POL	M20	35	M 298	02:13:26	04:29:16.15	04:29:50.35	9:37	6.2
36	WRZASKOWSKI KAMIL	4834	OSP ZASTRUŻE	RZGÓW	POL	M20	36	M 313	02:11:32	04:33:37.05	04:34:40.00	9:46	6.1
37	WASILEWSKI PIOT	4505		WARSZAWA	POL	M20	37	M 317	02:14:35	04:34:10.15	04:35:58.40	9:47	6.1
38	GUT LEOPOLD	4655	WKURW_TEAM	POZEDRZE	POL	M20	38	M 325	02:08:06	04:37:17.30	04:37:58.25	9:54	6.1
39	KĄŁOWSKI MACIEJ	4055		OTWOCK	POL	M20	39	M 336	02:05:39	04:42:24.90	04:42:36.00	10:05	5.9
40	CHODAKOWSKI KACPER	4088	OSTROBIEC	CMIELÓW	POL	M20	40	M 342	02:11:51	04:45:15.20	04:45:22.15	10:11	5.9
41	TOMKIEWICZ JAKUB	4867		WARSZAWA	POL	M20	41	M 347	02:20:08	04:45:41.90	04:46:53.35	10:12	5.9
42	WYPYCH PATRYK	4093	KINIA I RZODKI TEAM.	CHECINY	POL	M20	42	M 346	02:22:26	04:46:05.05	04:46:46.90	10:13	5.9
43	BORKOWSKI MICHAŁ	4373		ŁABISZYN	POL	M20	43	M 360	02:11:37	04:51:04.50	04:51:42.10	10:23	5.8
44	DZIWOŃ DOMINIK	4920		KIELCE	POL	M20	44	M 378	02:25:56	04:57:34.25	04:59:01.80	10:37	5.6
45	DYCZKOWSKI ADAM	4261		WARSZAWA	POL	M20	45	M 384	02:21:37	05:00:16.15	05:01:00.45	10:43	5.6
46	ŁUCZAK PAWEŁ	4740	HUSARIA	KRAKÓW	POL	M20	46	M 410	02:26:27	05:08:07.50	05:09:59.15	11:00	5.5
47	KURZAWA ADAM	4324	TIGRES DEL PAPA	ŁÓDŹ	POL	M20	47	M 412	02:26:24	05:10:14.70	05:11:56.70	11:04	5.4
48	NOWAK WOJCIECH	4341	ŚWIŃSKI TRUCHT	GLIWICE	POL	M20	48	M 417	02:31:50	05:15:28.95	05:17:12.35	11:16	5.3
49	REDZYŃSKI PAWEŁ	4699		WARSZAWA	POL	M20	49	M 434	02:22:53	05:28:01.60	05:30:11.05	11:42	5.1
50	WOJTAS JAN	4481		WARSZAWA	POL	M20	50	M 438	02:36:30	05:33:45.80	05:35:25.95	11:55	5
	SZŁEK FILIP	4760		CHRUSZCZÓBRÓD	POL	M20			03:06:47	DNF	DNF	-	-
									DNF				

**RZEŹNICZEK 2019, K30**

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	16.2km	Netto	Brutto	min/km	km/h
1	WIŚNIEWSKA MARTYNA	4935		WARSZAWA	POL	K30	1	K 1	01:28:54	02:45:05.80	02:45:08.05	5:53	10.2
2	GOMOŁYSEK KINGA	4034	MATNER RUNNING TEAM	GŁUCHOŁĄZY	POL	K30	2	K 2	01:27:51	02:47:00.90	02:47:02.70	5:57	10.1
3	KOWALCZYK AGNIESZKA	4028	ADIDAS RUNNERS WARSAW	LESZNO	POL	K30	3	K 3	01:33:55	02:56:10.60	02:56:12.45	6:17	9.5
4	LABUZ MALGORZATA	4923	CZARNI	WROCLAW	POL	K30	4	K 4	01:34:03	02:58:37.65	02:58:41.45	6:22	9.4
5	BAJERLEIN JOANNA	4917		POZNAŃ	POL	K30	5	K 7	01:44:43	03:22:48.00	03:23:24.10	7:14	8.3
6	KAWIŃSKA SYLWIA	4410		KRAKÓW	POL	K30	6	K 8	01:55:29	03:23:30.10	03:24:17.60	7:16	8.3
7	NALEWALSKA JOANNA	4914	#SOBASTEAM	BOLESŁAWIEC	POL	K30	7	K 9	01:48:14	03:31:01.80	03:31:24.90	7:32	8
8	OSMOLAK AGNIESZKA	4181	PRO - RUN WROCLAW	WROCLAW	POL	K30	8	K 13	01:51:54	03:34:49.00	03:35:24.25	7:40	7.8
9	CYMBORSKA JOLANTA	4245	WARSAW RUN CLUB	WARSZAWA	POL	K30	9	K 14	01:48:50	03:35:45.85	03:35:51.90	7:42	7.8
10	SZUMNY NINA	4355	-----	KRAKÓW	POL	K30	10	K 17	02:00:53	03:40:34.10	03:40:37.65	7:52	7.6

## RZEŹNICZEK 2019, K30 c.d.

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	16.2km	Netto	Brutto	min/km	km/h
11	JASTRZĄBEK AGNIESZKA	4147	EVERRUN	ŁÓDŹ	POL	K30	11	K 18	01:53:34	03:41:29.10	03:41:46.75	7:54	7.6
12	ZIÓŁKOWSKA MILENA	4385		WARSZAWA	POL	K30	12	K 21	01:57:55	03:46:35.00	03:46:56.50	8:05	7.4
13	NOSKO EWA	4493		ŻAGAŃ	POL	K30	13	K 23	01:59:33	03:47:56.65	03:48:44.40	8:08	7.4
14	MANKOWSKA ANNA	4350	DRUŻYNA WILKA	OLSZTYN	POL	K30	14	K 25	02:00:15	03:49:22.00	03:49:49.65	8:11	7.3
15	BUDZYN PAULINA	4712	-	KRAKÓW	POL	K30	15	K 27	02:02:09	03:50:15.40	03:51:47.60	8:13	7.3
16	DANIEL MARIA	4916		WARSZAWA	POL	K30	16	K 28	02:01:41	03:52:56.50	03:53:36.85	8:19	7.2
17	MACIÓSZEK KATARZYNA	4301	FLORKI	WARSZAWA	POL	K30	17	K 31	02:01:04	03:55:20.50	03:55:40.45	8:24	7.1
18	OGŁUSZKA ELŻBIETA	4664	SAFEPRO USŁUGI BHP	RZESZÓW	POL	K30	18	K 35	02:01:25	03:57:11.30	03:57:47.70	8:28	7.1
19	KASKA-ŁOBODOWSKA EWELINA	4178	RACEFIGHTER	SIENNICA	POL	K30	19	K 34	02:04:26	03:57:30.20	03:57:37.60	8:28	7.1
20	ŁUNIEWSKA KATARZYNA	4235	HARDCOROWE WYCHYLYBYMY	OTWOCK	POL	K30	20	K 38	01:59:26	03:58:45.40	03:59:13.25	8:31	7
21	STANISZEWSKA JOANNA	4761	SPC	TORUŃ	POL	K30	21	K 45	02:07:01	04:00:12.60	04:01:42.15	8:34	7
22	LOREZN ANNA	4447	#ADAMCZERWIŃSKITEAM	SUŁKÓW	POL	K30	22	K 46	02:06:23	04:01:58.05	04:02:28.75	8:38	6.9
23	RIEKSTIINA LIGA	4947		BENE	LAT	K30	23	K 52	02:18:21	04:03:40.20	04:05:13.00	8:42	6.9
24	ZAGOŹDŻON MARIA	4584		POZNAŃ	POL	K30	24	K 49	02:06:53	04:04:28.95	04:04:34.30	8:43	6.9
25	SOKÓŁ SYLWIA	4594		SĘDZISZÓW	POL	K30	25	K 53	02:12:14	04:05:38.55	04:06:51.05	8:46	6.8
26	CHOLEWA AGNIESZKA	4821	MATNER RUNNING TEAM	WROCLAW	POL	K30	26	K 56	02:11:41	04:07:54.45	04:08:40.85	8:51	6.8
27	WRÓBLEWSKA WERONIKA	4921	BIEGUSIEM.PL	PUŁAWY	POL	K30	27	K 55	02:08:37	04:08:10.25	04:08:39.45	8:51	6.8
28	WILK KATARZYNA	4507	BEFIT24TEAM	KRAKÓW	POL	K30	28	K 57	02:03:15	04:09:45.55	04:10:11.90	8:55	6.7
29	KUJAWSKA ANGELIKA	4206	HDR WATAHA MARGONIN	ŁOBŻENICA	POL	K30	29	K 65	02:10:37	04:10:19.25	04:11:48.10	8:56	6.7
30	SIUDAK ANNA	4537		TULCE	POL	K30	30	K 63	02:02:24	04:10:21.90	04:11:10.75	8:56	6.7
31	MICHALAK KAMILA	4388		WARSZAWA	POL	K30	31	K 68	02:09:08	04:11:55.95	04:12:56.00	8:59	6.7
32	FILA MONIKA	4517	DRUŻYNA ORZECHA ŻYRARDÓW	ŻYRARDÓW	POL	K30	32	K 67	02:09:25	04:12:04.10	04:12:55.35	9:00	6.7
33	CHYBIŁO BARBARA	4710		SANOK	POL	K30	33	K 77	02:03:55	04:14:32.50	04:15:37.05	9:05	6.6
34	TREPKA AGA	4348		CRAWLEY	GBR	K30	34	K 75	02:18:10	04:14:35.00	04:15:28.55	9:05	6.6
35	KRZOSEK JOANNA	4922	PBWUK	LONDYN	GBR	K30	35	K 76	02:18:14	04:14:35.25	04:15:28.80	9:05	6.6
36	ŚWIĘTONIOWSKA JUSTYNA	4844	SPARTAN RACE TRAINING GROUP RZESZÓW	RZESZÓW	POL	K30	36	K 79	02:11:07	04:18:26.20	04:19:04.40	9:13	6.5
37	LITYŃSKA MAŁGORZATA	4323		WARSZAWA	POL	K30	37	K 83	02:13:13	04:19:37.60	04:20:44.15	9:16	6.5
38	STĘPIEŃ DOROTA	4320		WARSZAWA	POL	K30	38	K 86	02:12:59	04:19:51.20	04:21:13.20	9:16	6.5
39	GRAMBURG MAGDA	4279	NAPRZÓD MŁOCINY	WARSZAWA	POL	K30	39	K 84	02:10:45	04:20:10.10	04:21:02.55	9:17	6.5
40	MICHALCZYK ANNA	4376	NAPRZÓD MŁOCINY	WARSZAWA	POL	K30	40	K 85	02:10:46	04:20:10.20	04:21:02.65	9:17	6.5
41	PATEREK AGATA	4622	WKURW_TEAM	KRAKÓW	POL	K30	41	K 87	02:08:46	04:20:55.90	04:21:15.55	9:19	6.4
42	NORAS ALINA	4854	PWC SDC RUNNERS TEAM	IMIELIN	POL	K30	42	K 93	02:18:36	04:22:04.45	04:23:37.80	9:21	6.4
43	ZIENKIEWICZ AGATA	4189	PIASECZNO RUNNING	PIASECZNO	POL	K30	43	K 89	02:22:43	04:22:15.05	04:22:31.65	9:21	6.4
44	MAKLES WIOLETTA	4000	EUROPA UBEZPIECZENIA / NOA	WROCLAW	POL	K30	44	K 92	02:10:15	04:23:26.70	04:23:31.00	9:24	6.4
45	PRUSZCZAK DOMINIKA	4589		WARSZAWA	POL	K30	45	K 98	02:15:11	04:23:46.85	04:24:26.05	9:25	6.4
46	JARACZ-PATEREK ALINA	4297		WROCLAW	POL	K30	46	K 95	02:10:14	04:24:09.40	04:24:13.25	9:26	6.4
47	ZAKRZEWSKA MONIKA	4420	SPORTOWE ŻULE	WARSZAWA	POL	K30	47	K 99	02:12:24	04:25:14.00	04:25:25.15	9:28	6.3
48	KOWALEWSKA IZABELA	4795		WARSZAWA	POL	K30	48	K 101	02:22:47	04:25:27.10	04:25:43.45	9:28	6.3
49	BOCIARSKA MAGDALENA	4313		WARSZAWA	POL	K30	49	K 102	02:13:39	04:26:34.45	04:26:52.00	9:31	6.3
50	PAŁOSZ ANNA	4251		WAŁBRZYCH	POL	K30	50	K 105	02:19:47	04:26:54.15	04:28:18.65	9:31	6.3
51	MROZIK MAGDALENA	4526	POWER TRAINING	WARSZAWA	POL	K30	51	K 106	02:14:44	04:27:26.50	04:28:23.35	9:33	6.3
52	BOBINSKA MARTA	4810		WARSZAWA	POL	K30	52	K 107	02:14:47	04:27:39.15	04:28:36.10	9:33	6.3
53	MITROFANIUK AGATA	4697	YULO RUN TEAM SIEDLCE	SIEDLCE	POL	K30	53	K 112	02:11:37	04:28:01.15	04:29:27.60	9:34	6.3
54	REGUŁA KATARZYNA	4875	DZIKIE GRUBASY SZATANA	WARSAW	POL	K30	54	K 111	02:08:36	04:28:21.10	04:29:25.95	9:35	6.3
55	BELTER BARBARA	4002		PIŁA	POL	K30	55	K 115	02:20:24	04:28:37.35	04:30:06.90	9:35	6.3
56	ZAWADZKA AGNIESZKA	4014	KLUB SPORTOWY PRESTIGE	GŁOGÓW MAŁOPOLSKI	POL	K30	56	K 110	02:12:33	04:29:10.40	04:29:20.80	9:36	6.2
57	MADEJ MAGDALENA	4881		CHORZELÓW	POL	K30	57	K 114	02:13:24	04:29:15.90	04:29:50.05	9:37	6.2
58	HÜBNER ILONA	4511	SPORTOWE ŻULE	WARSZAWA	POL	K30	58	K 113	02:12:25	04:29:20.65	04:29:31.45	9:37	6.2
59	MAJSNER KAMILA	4953			POL	K30	59	K 117	02:25:05	04:29:26.25	04:30:32.30	9:37	6.2
60	SKOŁUBOWICZ MARZENA	4515		WAŁBRZYCH	POL	K30	60	K 118	02:19:47	04:29:44.35	04:31:08.75	9:38	6.2
61	SZCZEPKOWSKA MARTA	4889		WARSZAWA	POL	K30	61	K 120	02:19:23	04:30:14.50	04:31:57.20	9:39	6.2
62	PAŃSZCZYK ELŻBIETA	4849		WROCLAW	POL	K30	62	K 119	02:20:14	04:30:28.00	04:31:53.35	9:39	6.2
63	GRUSZECKA IWONA	4226	ALD RUNNING TEAM	WARSZAWA	POL	K30	63	K 121	02:11:42	04:31:43.60	04:32:06.20	9:42	6.2
64	WOJTAROWICZ DANUTA	4290	TRENER24H.COM.PL	WARSZAWA	POL	K30	64	K 129	02:13:18	04:33:28.20	04:34:45.35	9:46	6.1
65	GUSTAW AGNIESZKA	4220	PZU SPORT TEAM	LUBLIN	POL	K30	65	K 124	02:12:34	04:33:37.55	04:34:14.60	9:46	6.1
66	WOJTYCZKA KATARZYNA	4305	AMCSS	RUDA ŚLĄSKA	POL	K30	66	K 127	02:13:28	04:33:47.10	04:34:17.50	9:46	6.1



## RZEŹNICZEK 2019, K30 c.d.

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	16.2km	Netto	Brutto	min/km	km/h
67	KĘPKA-WAROWNA WERONIKA	4924	BIEGUSIEM.PL	RYKI	POL	K30	67	K 130	02:19:40	04:34:16.20	04:34:56.70	9:47	6.1
68	PIOTROWSKA EWA	4027	ENERGY KACZORY	KACZORY	POL	K30	68	K 132	02:19:27	04:34:45.60	04:35:42.00	9:48	6.1
69	WOLSKA MILENA	4759	ULTRA PASTERZE	DĘBE WIELKIE	POL	K30	69	K 134	02:18:47	04:35:28.40	04:36:30.65	9:50	6.1
70	BOŃSKA KAROLINA	4659		WARSZAWA	POL	K30	70	K 135	02:13:51	04:35:28.80	04:36:50.05	9:50	6.1
71	SKUCIŃSKA MARTYNA	4909		JĘDRZEJÓW	POL	K30	71	K 136		04:37:01.00	04:37:01.00	9:53	6.1
72	KOWIEL MARTA	4547	KS KANAŁEK	JELEŃ GÓRA	POL	K30	72	K 137	02:16:29	04:37:01.40	04:37:14.70	9:53	6.1
73	PIETRUSZKA ANNA	4393		KRAKÓW	POL	K30	73	K 141	02:28:28	04:37:44.60	04:38:36.75	9:55	6
74	BORYS MAGDALENA	4884		KIELCE	POL	K30	74	K 143	02:18:51	04:37:51.55	04:39:18.05	9:55	6
75	MACIĄG EWELINA	4126		KIELCE	POL	K30	75	K 145		04:39:44.00	04:39:44.00	9:59	6
76	KUMAŃSKA MONIKA	4209		KIELCE	POL	K30	76	K 146		04:39:44.00	04:39:44.00	9:59	6
77	WOJAS JUSTYNA	4790	NIEPOŁOMICIE BIEGAJA	NIEPOŁOMICIE	POL	K30	77	K 149	02:20:48	04:40:00.25	04:41:33.15	10:00	6
78	CHODZIŃSKA MARIOLA	4575		RZESZÓW	POL	K30	78	K 150	02:21:02	04:40:37.95	04:41:33.20	10:01	6
79	SOBCZAK AGATA	4576	HDR WATAHA MARGONIN	CHODZIEŻ	POL	K30	79	K 153	02:26:16	04:40:38.65	04:42:09.20	10:01	6
80	ROGÓŻ AGNIESZKA	4942		NIEPOŁOMICIE	POL	K30	80	K 156	02:20:08	04:41:38.15	04:43:10.75	10:03	6
81	WĘGIEL KINGA	4871		SUF CZYN	POL	K30	81	K 158	02:32:29	04:42:37.00	04:43:39.15	10:05	5.9
82	WINNICKA MONIKA	4688		LÓDŹ	POL	K30	82	K 157	02:18:49	04:42:42.65	04:43:25.60	10:05	5.9
83	LIGENZA-KOWALCZUK AGATA	4365		PIŁA	POL	K30	83	K 163	02:28:09	04:43:47.20	04:45:16.90	10:08	5.9
84	BRATKO-SETKOWICZ ALINA	4462		KRAKÓW	POL	K30	84	K 165	02:28:30	04:45:04.95	04:45:57.45	10:10	5.9
85	KULIK KATARZYNA	4391	NIGHT RUNNERS GLIWICE	BYTOM	POL	K30	85	K 166	02:22:45	04:45:05.50	04:45:57.60	10:10	5.9
86	IDRYJAN KAROLINA	4433		TORUŃ	POL	K30	86	K 168	02:16:14	04:45:58.05	04:47:09.70	10:12	5.9
87	JANICKA KATARZYNA	4404		WARSZAWA	POL	K30	87	K 171	02:19:39	04:47:33.45	04:48:13.70	10:16	5.8
88	MAKARZEC - SURMA AGNIESZKA	4649		BIŁGORAJ	POL	K30	88	K 175	02:32:10	04:48:12.60	04:49:36.90	10:17	5.8
89	KRUSZYŃSKA AGNIESZKA	4675	AKS POLONIA WARSZAWA	WARSZAWA	POL	K30	89	K 176	02:22:02	04:48:48.75	04:50:11.15	10:18	5.8
90	MAZUR JOANNA	4563	JOANNA MAZUR	KRAKÓW	POL	K30	90	K 179	02:17:46	04:49:35.10	04:51:01.85	10:20	5.8
91	MICHAŁKOWSKA MAGDALENA	4605		KRAKÓW	POL	K30	91	K 180	02:17:48	04:49:35.25	04:51:02.00	10:20	5.8
92	PAWEŁAS MARTA	4637		WARSZAWA	POL	K30	92	K 178	02:23:28	04:50:02.35	04:51:00.00	10:21	5.8
93	MYSZKIEWICZ AGNIESZKA	4409	PZU SPORT TEAM	WARSZAWA	POL	K30	93	K 181	02:29:24	04:50:30.70	04:51:29.65	10:22	5.8
94	DOMAŃSKA MARIOLA	4197		KIELCE	POL	K30	94	K 184		04:52:05.00	04:52:05.00	10:25	5.8
95	GAWŁOWSKA MILENA	4322	CROSS RAGE	ŁÓDŹ	POL	K30	95	K 185	02:21:31	04:52:15.80	04:53:02.80	10:26	5.7
96	DOMINIĄK-BAK IZABELA	4590		JÓZEFOSŁAW	POL	K30	96	K 187	02:22:12	04:52:18.85	04:53:31.05	10:26	5.7
97	PAWLIK KATARZYNA	4534	5F TEAM	PRZYGDZICE	POL	K30	97	K 189	02:27:39	04:52:40.00	04:53:56.60	10:27	5.7
98	BŁASZCZAK ANNA	4846		KRAKÓW	POL	K30	98	K 194	02:32:29	04:53:54.70	04:54:56.50	10:29	5.7
99	NOWAK KATARZYNA	4483	DZIKIE GRUBASY SZATANA	WARSZAWA	POL	K30	99	K 191	02:13:02	04:53:59.95	04:54:16.60	10:30	5.7
100	GIRZYŃSKA KATARZYNA	4532		WARSZAWA	POL	K30	100	K 197	02:19:48	04:55:20.80	04:56:31.65	10:32	5.7
101	PŁOŃSKA JULIA	4502		WARSZAWA	POL	K30	101	K 201	02:26:57	04:56:38.80	04:58:14.35	10:35	5.7
102	BARAN KATARZYNA	4287	TRENER24H.COM.PL	WARSZAWA	POL	K30	102	K 202	02:27:35	04:57:18.25	04:58:37.70	10:37	5.7
103	DĄBROWSKA EDYTA	4683		PIASECZNO	POL	K30	103	K 203	02:32:09	04:57:54.30	04:59:21.65	10:38	5.6
104	CHMIELEWSKA EMILIA	4346		DĘBE WIELKIE	POL	K30	104	K 204	02:32:45	04:59:31.50	05:00:05.45	10:41	5.6
105	LORENC-KRUSZYŃSKA SYLWIA	4837	WKURW_TEAM	BYDGOSZCZ	POL	K30	105	K 208	02:28:02	04:59:38.90	05:01:18.10	10:42	5.6
106	FONS ALEKSANDRA	4855		PIŁA	POL	K30	106	K 209	02:28:03	04:59:39.00	05:01:18.10	10:42	5.6
107	CZECH BOŻENA	4906	OCHAJORUN	RYBNIK	POL	K30	107	K 207	02:22:53	05:00:03.10	05:01:15.60	10:42	5.6
108	ŻAK OLIVIA	4457	PIASECZNO RUNNING	JASTRZĘBIE	POL	K30	108	K 210	02:27:58	05:01:02.85	05:01:18.95	10:45	5.6
109	CELEK KATARZYNA	4552		RZESZOW	POL	K30	109	K 212	02:31:11	05:01:20.50	05:02:27.75	10:45	5.6
110	GEWALD DANUTA	4670	TRENER24H	WARSZAWA	POL	K30	110	K 216	02:27:48	05:01:32.65	05:02:51.75	10:46	5.6
111	WOJCIECHOWSKA HELENA	4646	NIGHT RUNNERS	POZNAŃ	POL	K30	111	K 215	02:32:52	05:01:50.20	05:02:49.75	10:46	5.6
112	WIŚNIEWSKA MARTA	4656		WARSZAWA	POL	K30	112	K 214	02:19:53	05:01:53.55	05:02:48.00	10:46	5.6
113	GADOMSKA EWA	4689		WARSZAWA	POL	K30	113	K 218	02:27:59	05:02:42.25	05:03:20.75	10:48	5.6
114	DAMIĘCKA KATARZYNA	4010		WARSZAWA	POL	K30	114	K 221	02:29:21	05:03:11.75	05:04:45.95	10:49	5.5
115	STAROBRAĆ-CIENKA ALEKSANDRA	4602		WARSZAWA	POL	K30	115	K 220	02:32:33	05:03:49.10	05:04:33.40	10:51	5.5
116	LENARD-MYSZKOWSKA ANNA	4841	TEAM ZABIEGANEDNI	BANIOCHA	POL	K30	116	K 224	02:33:31	05:04:22.00	05:05:11.05	10:52	5.5
117	GÓRAL MARCELINA	4249		WARSZAWA	POL	K30	117	K 227	02:25:24	05:05:25.00	05:06:34.45	10:54	5.5
118	CENDROWICZ MAGDALENA	4779		SOBÓTKA	POL	K30	118	K 229	02:26:58	05:05:30.20	05:07:02.70	10:54	5.5
119	ŁYSIAK KATARZYNA	4363		DĄBRÓWKA	POL	K30	119	K 228	02:32:07	05:05:36.40	05:06:42.30	10:54	5.5
120	SKŁADANOWSKA BEATA	4586		WARSZAWA	POL	K30	120	K 230	02:28:11	05:06:12.90	05:07:34.55	10:56	5.5
121	ŚLĘZAK HANNA	4016	POKRĘCENI	PIŁA	POL	K30	121	K 233	02:31:41	05:06:39.95	05:08:10.20	10:57	5.5
122	SZAŁSKA ELŻBIETA	4872	MUCHY NA ZĘBACH	TORUŃ	POL	K30	122	K 239	02:38:01	05:07:01.80	05:08:51.85	10:57	5.5
123	SĘDEK SYLWIA	4414	ADIDAS RUNNERS WARSAW	WARSZAWA	POL	K30	123	K 232	02:28:19	05:07:04.50	05:08:08.35	10:58	5.5

**RZEŹNICZEK 2019, K30 c.d.**

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	16.2km	Netto	Brutto	min/km	km/h
124	GARGAS-DZIEDZINA JOANNA	4684	MUAY RUNNING TEAM	KRAKÓW	POL	K30	124	K 235	02:27:37	05:07:42.80	05:08:26.55	10:59	5.5
125	GAŚJOREK KAMILA	4431	ZABIEGANI.TV	WARSZAWA	POL	K30	125	K 238	02:27:52	05:07:49.65	05:08:49.45	10:59	5.5
126	LPIŃSKA KINGA	4929		GRUDZIĄDZ	POL	K30	126	K 249	02:26:23	05:08:29.45	05:10:11.50	11:01	5.4
127	ZAWADZKA MONIKA	4559	MKS SIECHNICE	SIECHNICE	POL	K30	127	K 247	02:28:51	05:08:31.05	05:10:03.35	11:01	5.4
128	REJDYCH DARIA	4677	HUSARIA RACE TEAM	KRAKÓW	POL	K30	128	K 248	02:37:29	05:08:50.85	05:10:06.70	11:01	5.4
129	MŁYNARCZYK ANIA	4229		KONSTANCIN JEZIORNA	POL	K30	129	K 241	02:33:15	05:09:14.80	05:09:50.75	11:02	5.4
130	WANAT MARIKA	4661		JASTRZĘBIE ZDRÓJ	POL	K30	130	K 255	02:26:30	05:11:12.00	05:12:47.80	11:06	5.4
131	ZIEMBIŃSKA- BUCZYŃSKA ALEKSANDRA	4706		GLIWICE	POL	K30	131	K 256	02:32:00	05:13:34.65	05:15:10.20	11:11	5.4
132	POŁCZYŃSKA EWELINA	4561	HDR WATAHA MARGONIN	WĄGROWIEC	POL	K30	132	K 257	02:33:49	05:14:32.90	05:16:07.65	11:14	5.3
133	KWAPIŃSKA ANNA	4630		TRZEBNICA	POL	K30	133	K 260	02:27:32	05:15:54.15	05:16:51.35	11:16	5.3
134	BARANOWSKA MONIKA	4678	SPEED FEET ,16	KOSCIAN	POL	K30	134	K 258	02:38:16	05:16:11.95	05:16:36.40	11:17	5.3
135	KUSZ GOSIA	4715		BOGUSZYCE	POL	K30	135	K 262	02:32:01	05:17:10.95	05:18:50.95	11:19	5.3
136	GAWLIK ANNA	4848	KATRIX/MKS SIECHNICE	SIECHNICE	POL	K30	136	K 270	02:34:53	05:20:58.25	05:22:29.35	11:27	5.2
137	MOTYL MIROŚŁAWA	4802	NIEPOŁOMICIE BIEGAJĄ	KRAKÓW	POL	K30	137	K 272	02:41:01	05:21:10.00	05:22:44.10	11:28	5.2
138	PASTERNAK JOANNA	4738	PZU SPORT TEAM	WARSZAWA	POL	K30	138	K 271	02:34:22	05:21:10.70	05:22:37.45	11:28	5.2
139	DOMINIAK KATARZYNA	4885	TIGERS TEAM	ŁÓDŹ	POL	K30	139	K 268	02:35:21	05:21:25.80	05:22:03.15	11:28	5.2
140	ŻUREK MARTA	4845		KROSNO	POL	K30	140	K 274	02:33:49	05:23:20.60	05:24:22.45	11:32	5.2
141	JEŻEWSKA ANGELIKA	4775		WARSZAWA	POL	K30	141	K 279	02:38:35	05:23:49.00	05:25:36.00	11:33	5.2
142	DOBROWOLSKA KAROLINA	4747	ALARCOM	DĄBRÓWKA WIELKA	POL	K30	142	K 276	02:23:11	05:24:07.70	05:25:16.05	11:34	5.2
143	KARDAS MARTA	4784		ŁÓDŹ	POL	K30	143	K 275	02:22:41	05:24:07.90	05:25:16.05	11:34	5.2
144	KARABIN ANNA	4789		CISNA	POL	K30	144	K 281	02:36:46	05:24:23.70	05:26:05.10	11:35	5.2
145	PRZYBYLSKA MAGDALENA	4415		GRÓJEC	POL	K30	145	K 278	02:47:45	05:24:55.60	05:25:35.45	11:36	5.2
146	SZŁAPKA KATARZYNA	4725	SPEED FEED '16	KOŚCIAN	POL	K30	146	K 283	02:36:36	05:26:12.45	05:27:15.90	11:39	5.2
147	BIAŁOKOS ANNA	4668		WARSZAWA	POL	K30	147	K 285	02:36:34	05:26:26.85	05:27:48.20	11:39	5.1
148	MALINOWSKA MARTA	4754		WARSZAWA	POL	K30	148	K 293	02:22:54	05:27:59.45	05:30:09.10	11:42	5.1
149	KARPIŃSKA NINA	4764		BLIŻYN	POL	K30	149	K 297	02:36:59	05:31:48.50	05:33:05.65	11:51	5.1
150	SAWICKA - WERS URSZULA	4562		DRZONOWO	POL	K30	150	K 298	02:37:07	05:32:08.00	05:33:18.80	11:51	5.1
151	BUSZEWSKA JUSTYNA	4903		WARSZAWA	POL	K30	151	K 302	02:36:08	05:32:19.40	05:34:05.65	11:52	5.1
152	GIERUT AGATA	4523		JASŁO	POL	K30	152	K 301	02:46:45	05:32:56.25	05:33:44.25	11:53	5
153	SARNA AGATA	4729	WKURW_TEAM	TYCZYN	POL	K30	153	K 303	02:43:44	05:34:16.30	05:35:37.25	11:56	5
154	BARADZIEJ BARBARA	4736		TYCHY	POL	K30	154	K 304	02:34:12	05:35:22.00	05:37:08.25	11:58	5
155	JELENIOWSKA BARBARA	4608		GORZÓW WIELKOPOLSKI	POL	K30	155	K 315	02:57:08	05:46:07.30	05:47:33.30	12:21	4.9
156	SKORUPKA ANNA	4902		NOWE IGANIE	POL	K30	156	K 319	02:51:09	05:54:26.15	05:56:08.80	12:39	4.7
157	DERMAŃSKA MARTA	4737		WARSZAWA	POL	K30	157	K 322	02:51:10	06:00:33.75	06:01:56.30	12:52	4.7
158	KRZYCH ELŻBIETA	4809		KRAKÓW	POL	K30	158	K 325	02:33:04	06:08:00.10	06:09:25.20	13:08	4.6
159	SIERECKA DOROTA	4857	TEAM ZABIEGANEDNI // WKURW_TEAM	ŻELECHÓW	POL	K30	159	K 326	02:56:47	06:12:05.75	06:13:51.65	13:17	4.5
160	KOPEĆ-KONTEK MONIKA	4015		RZESZÓW	POL	K30	160	K 331	02:59:44	06:24:01.60	06:24:45.65	13:42	4.4
161	KWIATKOWSKA ALICJA	4776	MAŁE LWY	GDAŃSK	POL	K30	161	K 332	03:01:08	06:26:45.65	06:28:35.40	13:48	4.3
162	NORWA JUSTYNA	4285	TRENER24H.COM.PL	WARSZAWA	POL	K30	162	K 335	02:28:42			9:10	6.5
	WIŚNIEWSKA EWELINA	4840	HARDCOROWE WYCHYLYBYMY	WARSZAWA	POL	K30			02:45:19	DNF	DNF	-	-
									DNF				
	KAMIŃSKA WERONIKA	4836	HARDCOROWE WYCHYLYBYMY	WARSZAWA	POL	K30			03:36:19	DNF	DNF	-	-
									DNF				

**RZEŹNICZEK 2019, M30**

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	16.2km	Netto	Brutto	min/km	km/h
1	BĘTKOWSKI PIOTR	4017	CITY TRAIL TEAM	WARSZAWA	POL	M30	1	M 2	01:17:19	02:24:42.85	02:24:44.00	5:10	11.6
2	BEREŚ ARKADIUSZ	4479		RZESZÓW	POL	M30	2	M 3	01:20:00	02:27:40.00	02:27:41.70	5:16	11.4
3	CHOJNACKI SZYMON	4029	RENELAGH HARRIERS	ŁÓDŹ	POL	M30	3	M 4	01:19:59	02:30:53.30	02:30:54.45	5:23	11.1
4	KAROLKIEWICZ DANIEL	4509		WARSZAWA	POL	M30	4	M 6	01:19:35	02:33:36.85	02:33:38.55	5:29	10.9
5	DUDZIK ŁUKASZ	4037	GÓRAL BIEGA	KAMIENICA	POL	M30	5	M 7	01:26:14	02:40:14.45	02:40:16.35	5:43	10.5
6	KOWAL AMADEUSZ	4053	NAPRZÓD MŁOCINY	LUBACZÓW	POL	M30	6	M 8	01:25:09	02:40:24.25	02:40:26.90	5:43	10.5
7	SARNA KAMIL	4072		KRASNE	POL	M30	7	M 11	01:28:39	02:47:13.20	02:47:16.55	5:58	10
8	KOWALCZYK ADAM	4048	ADIDAS RUNNERS WARSAW	LESZNO	POL	M30	8	M 12	01:28:57	02:50:49.70	02:50:52.40	6:06	9.8
9	DOMINIAK MICHAŁ	4047	KB OŻARÓW MAZOWIECKI BIEGA	OŻARÓW MAZOWIECKI	POL	M30	9	M 13	01:29:13	02:51:32.55	02:51:36.85	6:07	9.8

## RZEŹNICZEK 2019, M30 c.d.

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	16.2km	Netto	Brutto	min/km	km/h
10	MUCKUS FILIP	4040	KS KANAŁEK	WARSZAWA	POL	M30	10	M 20	01:29:42	02:56:16.30	02:56:19.95	6:17	9.5
11	STAWIARZ PAWEŁ	4059	MATNER RUNNING TEAM	WROCLAW	POL	M30	11	M 22	01:32:50	02:58:13.35	02:58:18.10	6:21	9.4
12	KAKOL MICHAŁ	4174	RACEFIGHTER	MIŃSK MAZOWIECKI	POL	M30	12	M 23	01:38:54	02:59:56.60	03:00:04.15	6:25	9.3
13	LIPINSKI HUBERT	4052	KS KANAŁEK	WARSZAWA	POL	M30	13	M 24	01:33:53	03:01:26.75	03:01:29.95	6:28	9.3
14	NOWAK ŁUKASZ	4046	NOA / CS RUNNING TEAM	WROCLAW	POL	M30	14	M 26	01:38:30	03:03:19.75	03:03:22.85	6:32	9.2
15	DĄBROWSKI TOMASZ	4149	HUSARIA RACE TEAM RZESZÓW	RZESZÓW	POL	M30	15	M 27	01:38:18	03:03:33.35	03:03:44.10	6:33	9.2
16	KULIGA SŁAWOMIR	4475	POSMAKUJ RUN TEAM	KROSNO	POL	M30	16	M 28	01:36:47	03:04:50.25	03:05:13.50	6:36	9.1
17	JASTRZĄBEK KONRAD JASTRZĄBEK:	4043	EVERRUN	ŁÓDŹ	POL	M30	17	M 29	01:37:27	03:06:14.20	03:06:19.65	6:39	9
18	JUSZCZAK MARCIN	4137	RACEFIGHTER	CEGLÓW	POL	M30	18	M 30	01:39:16	03:06:28.60	03:06:35.75	6:39	9
19	PRZYWARA PIOTR	4086	MTU AERO ENGINES POLSKA	BUDY GŁOGOWSKIE	POL	M30	19	M 31	01:35:17	03:06:57.20	03:07:02.95	6:40	9
20	OGLUSZKA MICHAŁ	4104	SAFEPRO USŁUGI BHP	RZESZÓW	POL	M30	20	M 33	01:37:36	03:07:14.60	03:07:25.75	6:41	9
21	SOBOLEWSKI MIKOŁAJ	4833	SZYMANOWSKI TRIATHLON TEAM	ADAMÓW	POL	M30	21	M 35	01:36:44	03:08:57.35	03:09:37.80	6:44	8.9
22	ANIOL MATEUSZ	4266	KILLAZ	GÓRNO	POL	M30	22	M 43	01:41:21	03:13:23.15	03:13:41.80	6:54	8.7
23	SZAŁAMACHA JAROSŁAW	4519	ŻÓRAWSKI TEAM	WARSZAWA	POL	M30	23	M 45	01:47:07	03:13:28.30	03:14:07.55	6:54	8.7
24	IZDEBSKI DAMIAN	4083		PISZCZAC	POL	M30	24	M 44	01:40:58	03:13:49.75	03:14:02.60	6:55	8.7
25	BEDNARSKI ARKADIUSZ	4926		WIRY	POL	M30	25	M 46	01:40:44	03:14:11.80	03:14:26.45	6:56	8.7
26	MICOR MATEUSZ	4253		GILOWICE	POL	M30	26	M 48	01:40:37	03:15:15.90	03:15:35.65	6:58	8.6
27	PERZ KRZYSZTOF	4019	FABRYKA BIEGANIA	OSTR	POL	M30	27	M 51	01:26:02	03:16:32.65	03:16:34.80	7:01	8.5
28	SURDAKI MATEUSZ	4143		NAŁĘCZÓW	POL	M30	28	M 52	01:41:39	03:17:21.55	03:17:33.55	7:02	8.5
29	KRAWCZYK JAN	4700	KLUB POD WISIENKĄ	KRAKÓW	POL	M30	29	M 58	01:44:03	03:20:09.50	03:21:02.55	7:08	8.4
30	BARAŃSKI JAROSŁAW	4930		RADOM	POL	M30	30	M 59	01:46:55	03:20:41.75	03:21:07.75	7:10	8.4
31	DRZĄGA TOMASZ	4090		WARSZAWA	POL	M30	31	M 63	01:41:06	03:22:45.60	03:22:54.15	7:14	8.3
32	BŁACHNIO JAKUB	4148	DOGOŃ GRODZISK MAZOWIECKI	GRODZISK MAZOWIECKI	POL	M30	32	M 66	01:43:57	03:23:25.30	03:23:42.95	7:15	8.3
33	GUT PRZEMYSŁAW	4948	JACEK BIEGA RUNNING TEAM	WARSZAWA	POL	M30	33	M 69	01:44:43	03:23:28.70	03:23:51.00	7:16	8.3
34	KALBARCZYK WOJTEK	4107	ADIDAS RUNNERS WARSAW	WARSZAWA	POL	M30	34	M 67	01:42:34	03:23:46.05	03:23:49.60	7:16	8.2
35	WĘGRZYN MARCIN	4031	ŻMUDA RUNNING TEAM	WARSZAWA	POL	M30	35	M 68	01:44:15	03:23:46.55	03:23:50.85	7:16	8.2
36	ŻYCHOWICZ RAFAŁ	4294	ALD RUNNING TEAM	JABŁONNA	POL	M30	36	M 70	01:47:01	03:23:50.30	03:24:12.10	7:16	8.2
37	NIEPSUJ ŁUKASZ	4780	NIEPOŁOMICIE BIEGAJĄ	NIEPOŁOMICIE	POL	M30	37	M 74	01:47:03	03:25:48.80	03:26:33.80	7:21	8.2
38	RUKUSZEWICZ WAWRZYNIEC	4190	DZIKIE GRUBASY SZATANA	WARSZAWA	POL	M30	38	M 75	01:49:24	03:26:22.40	03:26:38.75	7:22	8.1
39	GAWROŃSKI ROMAN	4133		ZALASEWO	POL	M30	39	M 78	01:45:14	03:27:08.25	03:27:37.25	7:23	8.1
40	LASKOWSKI SŁAWOMIR	4314	PZU SPORT TEAM	LEWIN BRZESKI	POL	M30	40	M 80	01:47:27	03:27:13.00	03:27:38.55	7:24	8.1
41	GAȚARCZYK MARIUSZ	4897	DZIKIE GRUBASY SZATANA	SIEDLCE	POL	M30	41	M 82	01:46:36	03:27:48.10	03:28:03.75	7:25	8.1
42	SZANIAWSKI MARCIN	4101		WARSZAWA	POL	M30	42	M 84	01:42:04	03:28:36.80	03:28:52.25	7:27	8.1
43	JABŁOŃSKI SEBASTIAN	4125	SSW TEAM KROŃNICE	WROCLAW	POL	M30	43	M 83	01:46:35	03:28:41.60	03:28:46.55	7:27	8
44	DZIETCZYK KAMIL	4117	AKTYWNE CHOSZCZNO	SZCZECIN	POL	M30	44	M 85	01:49:03	03:28:51.40	03:29:07.45	7:27	8
45	KOZAK MARK	4933		CHICAGO	USA	M30	45	M 89	01:46:46	03:29:25.30	03:30:14.10	7:28	8
46	ĆWIAKAŁA MICHAŁ	4474		ZARSZYN	POL	M30	46	M 92	01:47:36	03:30:34.10	03:30:45.75	7:31	8
47	STANOWSKI BARTŁOMIEJ	4080	CIESZANÓW RUNNERS	WARSZAWA	POL	M30	47	M 94	01:51:11	03:31:47.75	03:31:53.95	7:33	7.9
48	KRZYMOWSKI PIOTR	4642	AKADEMIA PRZYSZŁOŚCI	LUBLIN	POL	M30	48	M 95	01:51:25	03:33:32.65	03:34:14.20	7:37	7.9
49	PRUS ALEKSANDER	4096		POZNAŃ	POL	M30	49	M 97	01:44:43	03:34:00.15	03:34:29.50	7:38	7.9
50	BARDAN MICHAŁ	4275	ALD RUNNING TEAM	WARSZAWA	POL	M30	50	M 96	01:46:44	03:34:03.90	03:34:26.30	7:38	7.8
51	SKWAREK MARCIN	4081		WARSZAWA	POL	M30	51	M 99	01:47:26	03:34:27.60	03:34:40.70	7:39	7.8
52	ZATORSKI PAWEŁ	4752	NIGHT DRINKERS	ZGIERZ	POL	M30	52	M 108	01:46:15	03:36:11.15	03:36:53.75	7:43	7.8
53	GOŹDZIENIAK SOBIESŁAW	4521	KW KOTŁOWNIA	LUBLIN	POL	M30	53	M 109	01:49:52	03:36:19.15	03:37:00.10	7:43	7.8
54	ŻYMOŁKA PIOTR	4918	GAZELE MOSZNA	ZIELINA - MOSZNA	POL	M30	54	M 113	01:55:32	03:36:29.30	03:37:41.05	7:43	7.8
55	WILAMOWSKI BARTŁOMIEJ	4150	ZOSTAĆ ULTRASEM	PŁOCK	POL	M30	55	M 112	01:53:17	03:37:08.10	03:37:34.95	7:45	7.7
56	WIERCIAŃSKI ŁUKASZ	4941		WARSZAWA	POL	M30	56	M 116	01:55:33	03:37:32.25	03:37:54.10	7:46	7.7
57	KAŹMIERCZAK BARTŁOMIEJ	4068		ŁÓDŹ	POL	M30	57	M 119	01:47:35	03:37:59.70	03:38:16.05	7:47	7.7
58	DRAŃKO PIOTR	4151		OTWOCK	POL	M30	58	M 120	01:47:30	03:38:33.15	03:38:41.45	7:48	7.7
59	GAWLIK SŁAWEK	4022	MARCINŚWIERCTEAM	KRAKÓW	POL	M30	59	M 121	01:56:09	03:38:44.85	03:38:48.35	7:48	7.7
60	BODZEK BARTŁOMIEJ	4823		TARNÓW	POL	M30	60	M 124	01:54:32	03:39:00.45	03:40:15.20	7:49	7.7
61	PRĘTKIEWICZ ADAM	4787		TŁUSZCZ	POL	M30	61	M 130	01:54:46	03:39:54.00	03:41:42.70	7:51	7.6
62	REJDYCH TOMASZ	4687	HUSARIA RACE TEAM	KRAKÓW	POL	M30	62	M 135	01:44:50	03:41:42.00	03:42:58.55	7:55	7.6
63	PIWONSKI ADAM	4748		GÓRA KALWARIA	POL	M30	63	M 134	01:55:34	03:41:56.40	03:42:53.90	7:55	7.6
64	BIELEC KAROL	4056	ROZBIEGAMY NOWY DWÓR	NOWY DWÓR MAZOWIECKI	POL	M30	64	M 131	01:53:13	03:42:11.20	03:42:38.25	7:56	7.6
65	BLICHAZ ARTUR	4811	KS SPORTIVA	OŁPINY	POL	M30	65	M 138	02:02:28	03:42:12.70	03:43:47.35	7:56	7.6
66	PŁĄT JAKUB	4822	MULTIMEDIA RUNNERS PUŁAWY	GÓRA PUŁAWSKA	POL	M30	66	M 136	01:57:22	03:42:23.45	03:43:00.85	7:56	7.6

## RZEŹNICZEK 2019, M30 c.d.

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	16.2km	Netto	Brutto	min/km	km/h
67	JAGUSZEWSKI PIOTR	4127	SULEJÓWEK	SULEJÓWEK	POL	M30	67	M 140	02:06:06	03:42:44.30	03:44:18.15	7:57	7.5
68	SZWALEK KRZYSZTOF	4263		ZBYDNIÓW	POL	M30	68	M 139	01:51:02	03:43:40.65	03:44:02.70	7:59	7.5
69	GŁUCHOWSKI KAROL	4278		WARSZAWA	POL	M30	69	M 141	01:49:23	03:44:15.40	03:44:24.60	8:00	7.5
70	AMBICKI MIŁOSZ	4177		RZESZÓW	POL	M30	70	M 147	01:54:34	03:46:58.70	03:47:08.10	8:06	7.4
71	HORA GRZEGORZ	4049		RUDA ŚLĄSKA	POL	M30	71	M 148	01:49:29	03:47:44.15	03:48:14.45	8:08	7.4
72	DANIELEWSKI ANDRZEJ	4246		ŁÓDŹ	POL	M30	72	M 149	01:47:35	03:48:10.50	03:48:23.30	8:08	7.4
73	NAWROT BARTŁOMIEJ	4164	KAMIENIOŁOM	LESKO	POL	M30	73	M 152	01:54:30	03:48:26.20	03:48:36.00	8:09	7.4
74	PODKALICKI ADRIAN	4827	BESKID RUNNERS	BIELSKO BIAŁA	POL	M30	74	M 160	01:54:33	03:49:11.50	03:49:56.45	8:11	7.3
75	KOSIN MARCIN	4327	BSB BARCZEWO BIEGA	BARCZEWO	POL	M30	75	M 158	01:53:21	03:49:22.75	03:49:47.70	8:11	7.3
76	BĄBALICKI SŁAWOMIR	4572	TFP SPORT TEAM	GOLECZEWO	POL	M30	76	M 168	01:58:41	03:51:15.35	03:51:57.70	8:15	7.3
77	CHOIŃSKI MARIUSZ	4060		PIESZYCE	POL	M30	77	M 170	01:56:42	03:51:17.10	03:52:11.35	8:15	7.3
78	KOWARZYK TOMASZ	4331		ZGORZAŁA	POL	M30	78	M 164	01:52:29	03:51:19.30	03:51:36.65	8:15	7.3
79	ZAWADZKI GRZEGORZ	4011	PRESTIGE	GŁOGÓW MAŁOPOLSKI	POL	M30	79	M 165	01:54:32	03:51:35.00	03:51:45.20	8:16	7.3
80	MADEJSKI KRZYSZTOF	4861		WROCŁAW	POL	M30	80	M 175	02:02:25	03:53:10.75	03:53:57.25	8:19	7.2
81	KIERAT PAWEŁ	4250	POŻERACZE KIŁOSÓW	GLIWICE	POL	M30	81	M 174	01:55:56	03:53:33.70	03:53:52.75	8:20	7.2
82	HALMANN MIREK	4003	PGB SPORTOWA PACZKA	WEJHEROWO	POL	M30	82	M 180	02:09:55	03:54:41.40	03:55:34.85	8:22	7.2
83	ZALĘCKI MICHAŁ	4131		WARSZAWA	POL	M30	83	M 182	02:06:28	03:54:56.20	03:55:56.95	8:23	7.2
84	POŁOM RAFAŁ	4271	NOA	WROCŁAW	POL	M30	84	M 178	01:50:12	03:55:08.80	03:55:11.75	8:23	7.1
85	DROSZCZ KRZYSZTOF	4188	BIGYELLOWFOOT ADVENTURE TEAM	GDAŃSK	POL	M30	85	M 181	01:58:06	03:55:23.00	03:55:46.70	8:24	7.1
86	KRUTYS MARCIN	4270	RUNNING POŁANIEC	POŁANIEC	POL	M30	86	M 187	02:05:50	03:56:41.95	03:57:02.70	8:27	7.1
87	STACHYRA RAFAL	4128		ŁĘCZNA	POL	M30	87	M 189	01:57:06	03:57:17.65	03:57:29.30	8:28	7.1
88	ORZOŁ JACEK	4084	LENIWIEC ZĄBKI	ZĄBKI	POL	M30	88	M 190	01:57:23	03:57:18.05	03:57:30.50	8:28	7.1
89	SZOPIŃSKI WOJTEK	4295	PZU SPORT TEAM	SEROCK	POL	M30	89	M 193	01:53:11	03:58:33.50	03:59:00.40	8:31	7
90	WRĘCZYCKI ŁUKASZ	4378		LUBLINIEC	POL	M30	90	M 194	02:03:17	03:58:55.15	03:59:20.85	8:31	7
91	ERNST TOMASZ	4588		ŁÓDŹ	POL	M30	91	M 201	02:02:08	04:01:08.60	04:01:54.70	8:36	7
92	SIUDA ADAM	4739		ŁÓDŹ	POL	M30	92	M 204	02:04:18	04:01:18.00	04:02:03.75	8:37	7
93	ROMAŃSKI ARKADIUSZ	4124		ZĄBKI	POL	M30	93	M 211	02:08:07	04:03:12.40	04:05:00.35	8:41	6.9
94	KRASUSKI PIOTR	4794	CROSSFIT SIEDLCE	SIEDLCE	POL	M30	94	M 208	01:57:33	04:04:27.55	04:04:33.45	8:43	6.9
95	NADOLNY PIOTR	4545		LEONCIN	POL	M30	95	M 213	02:04:51	04:04:28.15	04:05:32.35	8:43	6.9
96	ZAKRZEWSKI MARCIN	4396	SPORTOWE ŻULE	WARSZAWA	POL	M30	96	M 214	02:01:06	04:05:45.50	04:05:55.80	8:46	6.8
97	PEPŁOŃSKI MARIUSZ	4489	GILLETTE RUN	ŁÓDŹ	POL	M30	97	M 219	02:11:36	04:06:16.15	04:06:37.95	8:47	6.8
98	SZCZYGIELSKI TOMEK	4445	BIEGUSIEM. PL	RYKI	POL	M30	98	M 220	02:01:14	04:06:22.00	04:06:50.60	8:47	6.8
99	KORYCIŃSKI ADAM	4282	CROSSFIT SIEDLCE	NOWE OPOLE	POL	M30	99	M 218	02:04:35	04:06:27.75	04:06:34.15	8:48	6.8
100	KRUKOWSKI ŁUKASZ	4877	MKS SIECHNICE	GROBLICE	POL	M30	100	M 226	02:14:19	04:07:33.95	04:09:05.40	8:50	6.8
101	KUJAWA TOMASZ	4448	NBR TEAM	POZNAŃ	POL	M30	101	M 224	02:06:43	04:07:52.85	04:08:29.25	8:51	6.8
102	GONET MACIEJ	4228		SKIERDY	POL	M30	102	M 222	01:58:30	04:07:52.95	04:08:18.35	8:51	6.8
103	HOPPE GRZEGORZ	4928		PIŁA	POL	M30	103	M 233	02:10:38	04:10:19.45	04:11:48.80	8:56	6.7
104	WIŚNIEWSKI ARTUR	4142		KAZIMIERZ	POL	M30	104	M 230	01:57:01	04:10:29.20	04:10:56.75	8:56	6.7
105	PAWLICKI KRZYSZTOF	4782		WARSZAWA	POL	M30	105	M 232	02:06:42	04:10:45.10	04:11:46.55	8:57	6.7
106	ŁUKASIK BARTŁOMIEJ	4013		PNIEWY	POL	M30	106	M 231	02:03:25	04:10:50.80	04:11:07.90	8:57	6.7
107	KURMAN ARKADIUSZ	4289	TRENER24H.COM.PL	WARSZAWA	POL	M30	107	M 236	02:07:40	04:11:30.35	04:12:48.60	8:58	6.7
108	TROJAN GRZEGORZ	4208		KRAKÓW	POL	M30	108	M 234	01:57:08	04:11:30.45	04:12:03.30	8:58	6.7
109	KOSMÓLSKI PAWEŁ	4643	PZU SPORT TEAM	GDYNIA	POL	M30	109	M 241	02:19:15	04:11:46.55	04:13:38.45	8:59	6.7
110	PRĘDKI MARCIN	4653		WARSZAWA	POL	M30	110	M 239	02:02:07	04:12:21.85	04:13:17.20	9:00	6.7
111	JÓZEFczyk JACEK	4540		WARSZAWA	POL	M30	111	M 244	02:13:21	04:13:05.95	04:14:19.15	9:02	6.6
112	NOWOSZ KAMIL	4395	NATIONALE NEDERLANDEN	WARSZAWA	POL	M30	112	M 259	02:18:23	04:18:15.85	04:19:10.30	9:13	6.5
113	DZIDECZEK MARCIN	4528	TEAM ZABIEGANEDNI	WARSZAWA	POL	M30	113	M 265	02:13:13	04:19:37.20	04:20:44.30	9:16	6.5
114	ZYGMANOWSKI PRZEMEK	4035		ŁÓDŹ	POL	M30	114	M 264	01:56:21	04:20:08.60	04:20:16.05	9:17	6.5
115	BIENIAS GRZEGORZ	4379	PZU SPORT TEAM	WARSZAWA	POL	M30	115	M 269	02:13:50	04:20:11.75	04:21:11.00	9:17	6.5
116	PATEREK GRZEGORZ	4676	WKURW_TEAM	KRAKÓW	POL	M30	116	M 272	02:08:47	04:20:56.55	04:21:15.40	9:19	6.4
117	FLISEK JAKUB	4623		WARSZAWA	POL	M30	117	M 277	02:16:35	04:20:58.90	04:22:13.90	9:19	6.4
118	ZYSKOWSKI MICHAŁ	4219	TRONIK TRIATHLON TEAM	PULTUSK	POL	M30	118	M 280	02:12:43	04:21:33.50	04:23:11.80	9:20	6.4
119	BRZEZIŃSKI PIOTR	4647		PIOTRKÓW TRYBUNALSKI	POL	M30	119	M 278	02:18:23	04:21:46.10	04:22:32.90	9:20	6.4
120	OLESIŃSKI PIOTR	4465	BELVEDERE ŻYRARDÓW	ŻYRARDÓW	POL	M30	120	M 279	02:08:20	04:22:17.15	04:23:07.70	9:22	6.4
121	MARKOWSKI MARCIN	4163	BRAVEHEARTS LEGIONOWO	SEROCK	POL	M30	121	M 281	02:17:56	04:22:55.05	04:24:03.80	9:23	6.4
122	TOMICZKI KRZYSZTOF	4783		ZOFIÓWKA	POL	M30	122	M 282	01:50:32	04:23:19.80	04:24:08.05	9:24	6.4
123	ORŁOWSKI GRZEGORZ	4499		OLSZTYN	POL	M30	123	M 286	02:19:09	04:24:00.30	04:25:13.65	9:25	6.4

## RZEŹNICZEK 2019, M30 c.d.

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	16.2km	Netto	Brutto	min/km	km/h
124	TOPOLEWSKI KAMIL	4444	DOGOŃ GRODZISK MAZOWIECKI	GRODZISK MAZOWIECKI	POL	M30	124	M 287	02:19:37	04:24:48.85	04:26:17.10	9:27	6.3
125	ŁACHETA KONRAD	4008		WIELISZEW	POL	M30	125	M 289	02:10:29	04:26:13.70	04:27:21.15	9:30	6.3
126	ZAWADZKI MIROSŁAW	4268		KIELCE	POL	M30	126	M 290	02:09:34	04:26:43.50	04:27:34.00	9:31	6.3
127	MARCINEK KRZYSZTOF	4319	PZU SPORT TEAM	LUBLIN	POL	M30	127	M 292	02:12:31	04:27:29.25	04:28:06.00	9:33	6.3
128	WOŹNIAK DANIEL	4248	CROSSFIT SIEDLCE	ZBUCZYN	POL	M30	128	M 291	02:12:13	04:27:49.85	04:27:57.00	9:33	6.3
129	ORŁOWSKI PIOTR	4705	SZWAGRY	GDYNIA	POL	M30	129	M 304	02:14:46	04:29:44.40	04:31:34.70	9:38	6.2
130	WÓJCIK RADOSŁAW	4255		KĘDZIERZYN-KOŹLE	POL	M30	130	M 300	02:06:29	04:29:55.70	04:30:28.85	9:38	6.2
131	KOZERA MARCIN	4513	POKRĘCENI	KACZORY	POL	M30	131	M 305	02:20:23	04:30:24.40	04:31:55.05	9:39	6.2
132	KAMIŃSKI MICHAŁ	4170		MARKI	POL	M30	132	M 302	02:13:12	04:30:25.40	04:30:39.75	9:39	6.2
133	KWIATKOWSKI PIOTR	4539	DRUŻYNA ORZECHA ŻYRARDÓW	ŻYRARDÓW	POL	M30	133	M 303	02:10:20	04:30:30.50	04:31:21.15	9:39	6.2
134	CHRZĄSTEK MACIEK	4167		KRAKÓW	POL	M30	134	M 306	02:08:10	04:31:23.40	04:31:56.15	9:41	6.2
135	STASIAK WŁODZIMIERZ	4619	PRO-RUN WROCŁAW	WROCŁAW	POL	M30	135	M 309	02:13:18	04:32:20.25	04:33:18.80	9:43	6.2
136	MATYSIAK MICHAŁ	4796	KOPALNIA MOCY TARNOBRZEG	TARNOBRZEG	POL	M30	136	M 315	02:10:20	04:33:02.55	04:34:46.25	9:45	6.2
137	WALERIANCZYK KAMIL	4412		SLESIN	POL	M30	137	M 314	02:06:49	04:33:40.00	04:34:42.30	9:46	6.1
138	OSTROWSKI PAWEŁ	4460		RZESZÓW	POL	M30	138	M 312	02:14:58	04:33:56.30	04:34:34.95	9:47	6.1
139	WOLSKI KAMIL	4361	ULTRA PASTERZE	DĘBE WIELKIE	POL	M30	139	M 319	02:18:47	04:35:29.50	04:36:32.10	9:50	6.1
140	LUBIANEC KAROL	4609		WARSZAWA	POL	M30	140	M 323	02:15:02	04:37:05.55	04:37:15.10	9:53	6.1
141	ŻMOJZIAN PRZEMYSŁAW	4815	KB SOBÓTKA	CHWAŁKÓW	POL	M30	141	M 327	02:29:45	04:37:13.05	04:38:36.35	9:54	6.1
142	WINIARCZYK ADRIAN	4568	WIOLA&ADI	STARY KONIK	POL	M30	142	M 334	02:11:08	04:40:30.10	04:41:27.95	10:01	6
143	KOTOWICZ MARCIN	4632	HDR WATAHA MARGONIN	CHODZIEŻ	POL	M30	143	M 335	02:26:16	04:40:38.25	04:42:09.05	10:01	6
144	IWANEC SEBASTIAN	4459	BIEGUSIEM.PL	RYKI	POL	M30	144	M 343	02:13:57	04:44:56.50	04:45:31.55	10:10	5.9
145	KALITA JAKUB	4686	OSTROBIEC	OSTROWIEC ŚW.	POL	M30	145	M 341	02:12:21	04:45:14.30	04:45:22.10	10:11	5.9
146	KĘPKA ROBERT	4925	BIEGUSIEM. PL	RYKI	POL	M30	146	M 349	01:56:26	04:47:14.90	04:47:47.05	10:15	5.8
147	BLOCH RADOSŁAW	4357		KROSNO	POL	M30	147	M 351	02:30:36	04:47:28.20	04:49:17.45	10:16	5.8
148	PILKOWSKI PAWEŁ	4272		WARSZAWA	POL	M30	148	M 356	02:20:22	04:50:07.25	04:50:58.65	10:21	5.8
149	SKROBEK MARCIN	4708		WROCŁAW	POL	M30	149	M 364	02:27:41	04:51:09.65	04:52:41.20	10:23	5.8
150	STACHOWICZ MARCIN	4529	5F TEAM	PRZYGDZICE	POL	M30	150	M 370	02:27:39	04:52:39.95	04:53:56.50	10:27	5.7
151	LIPIŃSKI MACIEJ	4243	CROSSFIT SIEDLCE	SIEDLCE	POL	M30	151	M 367	02:20:16	04:52:46.35	04:53:22.05	10:27	5.7
152	KĘPSKI JAROSŁAW	4286	TRENER24H.COM.PL	WARSZAWA	POL	M30	152	M 372	02:27:53	04:54:16.15	04:55:35.95	10:30	5.7
153	SOSNOWKA BARTOSZ	4863	BIEG SOSNOWY	WARSZAWA	POL	M30	153	M 377	02:10:21	04:58:00.00	04:58:47.00	10:38	5.6
154	CZECH MARCIN	4904	OCHAJORUN	RYBNIK	POL	M30	154	M 385	02:22:54	05:00:02.40	05:01:15.05	10:42	5.6
155	JAREMEK WOJTEK	4812		ZAMOŚĆ	POL	M30	155	M 395	02:30:26	05:02:01.85	05:03:30.30	10:47	5.6
156	GRUSZKA PIOTR	4887		SIEDLEC DUŻY	POL	M30	156	M 392	02:21:50	05:02:07.75	05:03:13.15	10:47	5.6
157	PATERSKI DAWID	4506	CHAOS I DESTRUKCJA	BYDGOSZCZ	POL	M30	157	M 391	02:20:35	05:02:32.50	05:03:12.05	10:48	5.6
158	KAPINOS MACIEJ	4221		MIELEC	POL	M30	158	M 396	02:19:34	05:03:13.10	05:03:48.05	10:49	5.5
159	MAZUR MICHAŁ	4893	KB SOBÓTKA	SOBÓTKA	POL	M30	159	M 401	02:33:35	05:03:42.45	05:05:05.65	10:50	5.5
160	LECH LESŁAW	4945		SOBÓTKA	POL	M30	160	M 403	02:25:37	05:04:38.05	05:05:25.05	10:52	5.5
161	RYMON PAWEŁ	4658	POKRĘCENI	KRAJENKA	POL	M30	161	M 404	02:35:00	05:05:11.50	05:06:41.50	10:53	5.5
162	MIGURSKI JAKUB	4818	FUCHS OIL TEAM	GLIWICE		M30	162	M 406	02:26:35	05:07:06.65	05:08:50.05	10:58	5.5
163	MAZURKIEWICZ KAROL	4681	ULTRA PĘDZIWIATRY	WARSZAWA	POL	M30	163	M 409	02:30:59	05:08:52.40	05:09:57.80	11:01	5.4
164	IWANICKI MARCIN	4585	HDR WATAHA MARGONIN	WĄGROWIEC	POL	M30	164	M 415	02:33:22	05:14:32.75	05:16:07.55	11:14	5.3
165	KUR MARIUSZ	4870	TEAM ZABIEGANEDNI	JAZGARZEW	POL	M30	165	M 414	02:32:58	05:14:55.75	05:16:02.45	11:14	5.3
166	BINEK MICHAŁ	4847		ŁÓDŹ	POL	M30	166	M 416	02:26:27	05:15:14.80	05:16:59.15	11:15	5.3
167	KOŚCIELNIAK ADAM	4316	TIGRES DEL PAPA	ŁÓDŹ	POL	M30	167	M 419	02:26:52	05:15:37.75	05:17:19.30	11:16	5.3
168	SZEWczyk KAMIL	4685		WARSZAWA	POL	M30	168	M 421	02:26:19	05:17:58.40	05:19:08.35	11:21	5.3
169	ORZECZOWSKI DANIEL	4116	M&M AIR SEA CARGO S.A.	WARSZAWA	POL	M30	169	M 423	02:35:00	05:20:12.90	05:20:30.65	11:26	5.2
170	BOBER GRZEGORZ	4639		WARSZAWA	POL	M30	170	M 429	02:28:24	05:23:23.15	05:24:25.80	11:32	5.2
171	KUKLEWSKI FILIP	4744		DUBLIN	IRL	M30	171	M 430	02:31:42	05:23:27.70	05:24:35.55	11:33	5.2
172	DZIĘCIOŁ ARTUR	4595		TŁUSZCZ	POL	M30	172	M 440	02:40:57	05:38:36.85	05:40:26.60	12:05	5
173	GRONIEWSKI MICHAŁ	4692		WARSZAWA	POL	M30	173	M 441	02:34:55	05:44:29.05	05:45:47.55	12:18	4.9
174	JACHIRA KRZYSZTOF	4829	GRYF TEAM	ŚWINOUJŚCIE	POL	M30	174	M 442	02:44:30	05:53:12.20	05:54:52.80	12:36	4.8
175	PAKUŁA MICHAŁ	4508	AKTYWNA FALA	RADZYMIN	POL	M30	175	M 445	02:51:38	06:01:05.35	06:02:00.20	12:53	4.7
176	BOGATKIEWICZ MACIEJ	4546	FLORKI	WARSZAWA	POL	M30	176	M 446	02:47:55	06:01:27.30	06:02:12.75	12:54	4.6
177	KANTOR TOMASZ	4283	TRENER24H.COM.PL	IZDEBNO KOŚCIELNE	POL	M30	177	M 450	02:56:47	06:05:10.05	06:06:28.90	13:02	4.6
178	PIETRZKO PIOTR	4879		RĄBIEŃ AB	POL	M30	178	M 453	02:50:48	06:07:26.85	06:09:12.80	13:07	4.6
179	KRZYCH MARCIN	4808		KRAKÓW	POL	M30	179	M 454	02:33:34	06:07:59.25	06:09:24.45	13:08	4.6
180	KONTEK DARIUSZ	4007		RZESZÓW	POL	M30	180	M 455	02:53:51	06:31:27.55	06:32:11.85	13:58	4.3

## RZEŹNICZEK 2019, M30 c.d.

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	16.2km	Netto	Brutto	min/km	km/h
181	DZWINIEL PIOTR	4274		WARSZAWA	POL	M30	181	M 459	02:27:11			9:05	6.6

## RZEŹNICZEK 2019, K40

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	16.2km	Netto	Brutto	min/km	km/h
1	KONSTANTY KATARZYNA	4141	HOKA ONE ONE POLAND	KRAKÓW	POL	K40	1	K 10	01:53:21	03:34:19.35	03:34:32.95	7:39	7.8
2	SZYBIAK JOANNA	4557		KRZYWCZA	POL	K40	2	K 12	01:50:40	03:34:23.65	03:34:57.50	7:39	7.8
3	HERBICH-SAR VIOLETTA	4153	FUDU & CO.	PIOTRKÓW TRYB	POL	K40	3	K 11	01:51:36	03:34:31.35	03:34:40.10	7:39	7.8
4	CHOMA-GACA AGNIESZKA	4144	PZU SPORT TEAM	WARSZAWA	POL	K40	4	K 19	01:55:41	03:41:23.65	03:41:47.65	7:54	7.6
5	STARZYŃSKA KATARZYNA	1049	POKRĘCENI	PIŁA	POL	K40	5	K 22	02:00:05	03:45:28.00	03:46:57.75	8:03	7.5
6	LASSOTA-BUJAK MARIOLA	4403	#CZELADZBIEGA	CZELADŹ	POL	K40	6	K 24	01:57:10	03:48:42.40	03:49:30.45	8:10	7.3
7	RÓŻAK-RUKUSZEWICZ MAGDALENA	4291	DZIKIE GRUBASY SZATANA	WARSZAWA	POL	K40	7	K 39	02:02:40	03:58:10.15	03:59:14.75	8:30	7.1
8	ŻELAZNY AGNIESZKA	4225	GORLIĆKA GRUPA BIEGOWA	GORLICE	POL	K40	8	K 37	01:52:16	03:58:25.95	03:58:28.30	8:30	7.7
9	PESZEK KATARZYNA	4269	DZIKIE GRUBASY SZATANA	WARSZAWA	POL	K40	9	K 43	01:57:15	04:01:15.10	04:01:32.20	8:36	7.7
10	BIALORUCKA WIOLETTA	4573	MAZOVIA PROACTIV CIECHANÓW	CIECHANÓW	POL	K40	10	K 48	02:02:23	04:03:23.75	04:04:09.20	8:41	6.9
11	HULEWICZ-DOLEWSKA ELŻBIETA	4182	AKADEMIA BIEGANIA GRUDZIĄDZ	GRUDZIĄDZ	POL	K40	11	K 50	01:56:21	04:04:26.55	04:04:37.75	8:43	6.9
12	SZPARAGA DOROTA	4329	PZU SPORT TEAM	PIASTÓW	POL	K40	12	K 54	02:09:51	04:07:13.85	04:07:36.95	8:49	6.8
13	GOŁĘBIEWSKA KATARZYNA	4152		GLIWICE	POL	K40	13	K 58	02:06:59	04:09:43.10	04:10:15.75	8:55	6.7
14	LESZCZYŃSKA KATARZYNA	4477	GDYNIAMEDICA	GDYNIA	POL	K40	14	K 61	02:06:33	04:10:12.30	04:10:55.45	8:56	6.7
15	ZMYJ DANUTA	4185	LACHO TEAM	WIELICZKA	POL	K40	15	K 66	02:04:44	04:11:27.90	04:11:57.10	8:58	6.7
16	SASAL MONIKA	4768	FUNDACJA TYLKO BIESZCZADY	KRAKÓW	POL	K40	16	K 70	02:11:17	04:12:19.20	04:13:18.15	9:00	6.7
17	KACZMAREK KATARZYNA	4446	#ADAMCZERWIŃSKITEAM	SUŁKÓW	POL	K40	17	K 72	02:08:24	04:13:48.85	04:14:19.85	9:03	6.6
18	CIPORA KATARZYNA	4581		WROCLAW	POL	K40	18	K 81	02:10:42	04:18:39.60	04:19:08.05	9:14	6.5
19	BOJUR RENATA	4426		CZEŚTOCHOWA	POL	K40	19	K 82	02:11:13	04:18:47.10	04:19:35.50	9:14	6.5
20	ŁUKAWSKA-MATUSZEWSKA KATARZYNA	4792		GDYNIA	POL	K40	20	K 96	02:19:25	04:22:28.20	04:24:18.60	9:22	6.4
21	STASIK BEATA	4726	BEFIT24TEAM	KRAKÓW	POL	K40	21	K 91	02:08:25	04:22:57.25	04:23:28.80	9:23	6.4
22	HENDZLIK MONIKA	4413		CZEŚTOCHOWA	POL	K40	22	K 94	02:17:04	04:23:19.65	04:24:05.50	9:24	6.4
23	CZEGUS ANETA	4536	RUNNING POŁANIEC	POŁANIEC	POL	K40	23	K 100	02:13:31	04:25:11.40	04:25:32.95	9:28	6.3
24	JAWOREK ANNA	4461	ROZBIEGAMY NOWY DWÓR	NOWY DWÓR MAZOWIECKI	POL	K40	24	K 109	02:05:41	04:28:42.95	04:29:09.70	9:35	6.3
25	PRĘDKA MAGDALENA	4669	OLA TEAM	WARSZAWA	POL	K40	25	K 116	02:25:08	04:29:26.05	04:30:32.25	9:37	6.2
26	JANOWSKA ULA	4464	AKADEMIA BIEGANIA GRUDZIĄDZ	GRUDZIĄDZ	POL	K40	26	K 123	02:19:00	04:31:32.90	04:32:48.25	9:41	6.2
27	KRUPA-SZCZĘSNY IZABELA	4628	#CZELADZBIEGA	CZELADŹ	POL	K40	27	K 125	02:11:44	04:33:27.95	04:34:16.15	9:46	6.1
28	MIŚTA-DOROBISZ SYLWIA	4397	MYSZKÓW BIEGA	MYSZKÓW	POL	K40	28	K 128	02:14:50	04:34:05.05	04:34:40.20	9:47	6.1
29	MARUT KATARZYNA	4806	NIGHT RUNNERS GLIWICE	GLIWICE	POL	K40	29	K 131	02:13:57	04:34:35.15	04:35:23.65	9:48	6.1
30	SZMUC ANNA	4613	MYSZKÓW BIEGA	MYSZKÓW	POL	K40	30	K 133	02:19:23	04:35:23.55	04:35:58.20	9:50	6.1
31	SOBCZAK BEATA	4467	-	WROCLAW	POL	K40	31	K 140	02:20:41	04:37:21.35	04:38:26.45	9:54	6.1
32	MIKULSKA ANETA	4179		OKUNIEW	POL	K40	32	K 138	02:23:55	04:37:39.40	04:37:52.75	9:54	6.1
33	IWANIEC EWA	4617		WARSZAWA	POL	K40	33	K 142	02:22:37	04:38:16.90	04:39:10.45	9:56	6.1
34	TOKARSKA BOŻENA	4533		KRAKÓW	POL	K40	34	K 144	02:22:42	04:38:54.05	04:39:39.90	9:57	6.1
35	FRIEZE TATIANA	4478		ŁÓDŹ	POL	K40	35	K 147	02:17:34	04:39:55.75	04:40:14.90	9:59	6.1
36	ZARZYŃSKA MONIKA	4500	REPREZENTACJA OS. ŚW. ANTONIEGO	WARSZAWA	POL	K40	36	K 151	02:27:28	04:40:27.55	04:41:34.10	10:01	6.1
37	DYDERSKA WIOLETTA	4950		WARSZAWA	POL	K40	37	K 148	02:11:07	04:40:30.00	04:41:28.05	10:01	6.1
38	KORZENIOWSKA MAGDALNA	4471	NIEPOŁOMICE BIEGAJĄ	KRAKÓW	POL	K40	38	K 161	02:21:40	04:42:35.55	04:44:08.75	10:05	5.9
39	PIOTROWSKA ANNA	4591		NADARZYN	POL	K40	39	K 159	02:14:32	04:43:02.30	04:43:53.10	10:06	5.9
40	KRAUZE-ROMEJKO KATARZYNA	4318		NIEWODNICA KORYCKA	POL	K40	40	K 160	02:19:59	04:43:37.50	04:43:56.35	10:07	5.9
41	AUGUSTYŃSKA KINGA	4524	LACHO TEAM	KRAKÓW	POL	K40	41	K 167	02:22:24	04:46:05.10	04:46:46.65	10:13	5.9
42	MAŚLAK ANNA	4625	BIEGAMYRAZEM.PL	GDYNIA	POL	K40	42	K 173	02:24:59	04:47:06.80	04:48:16.05	10:15	5.9
43	GRZESZCZAK MAŁGORZATA	4501	BIEGAMYRAZEM.PL	GDYNIA	POL	K40	43	K 172	02:24:57	04:47:06.85	04:48:15.90	10:15	5.9
44	ZALEWSKA AGNIESZKA	4565	BIEGAMYRAZEM.PL	GDYNIA	POL	K40	44	K 174	02:24:56	04:47:07.15	04:48:16.20	10:15	5.9
45	PAWLAK BEATA	4735		JABŁONNA	POL	K40	45	K 183	02:25:44	04:50:32.50	04:51:54.50	10:22	5.8
46	PYTEL BOŻENA	4345		KIELCE	POL	K40	46	K 188	02:23:52	04:52:31.10	04:53:44.85	10:26	5.7
47	SIEROCIŃSKA MONIKA	4438	CROSSFIT SIEDLCE	SIEDLCE	POL	K40	47	K 186	02:19:55	04:52:40.90	04:53:15.50	10:27	5.7
48	MARCINIAK ANNA	4851		CHOCIANÓW	POL	K40	48	K 192	02:18:49	04:53:28.05	04:54:37.75	10:28	5.7
49	DONIEC KATARZYNA	4522	NAPIERAJDALEJ	JASŁO	POL	K40	49	K 190	02:29:51	04:53:34.50	04:54:06.40	10:29	5.7
50	PABIAŃCZYK MAŁGORZATA	4366		KRAKÓW	POL	K40	50	K 193	02:23:37	04:53:52.85	04:54:43.15	10:29	5.7
51	CZARNECKA ŻANETA	4717	PARKRUN GRUDZIADZ	GRUDZIADZ	POL	K40	51	K 199	02:34:28	04:56:31.10	04:58:03.30	10:35	5.7

**RZEŹNICZEK 2019, K40 c.d.**

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	16.2km	Netto	Brutto	min/km	km/h
52	KORNILAK EDYTA	4690	GRUPA BIEGACZY SKÓRZEC BIEGA	SKÓRZEC	POL	K40	52	K 198	02:23:00	04:56:31.70	04:57:57.95	10:35	5.7
53	JAWOREK MONIKA	4100		RYDUŁTOWY	POL	K40	53	K 200	02:16:51	04:58:03.80	04:58:13.20	10:38	5.6
54	ADAMUS KATARZYNA	4597	OLZA CIESZYN	CIESZYN	POL	K40	54	K 205	02:27:46	04:59:53.90	05:00:32.80	10:42	5.6
55	MALINOWSKA ANETA	4598	OLZA CIESZYN	CIESZYN	POL	K40	55	K 206	02:27:46	04:59:54.20	05:00:32.90	10:42	5.6
56	SOBOŃ ANNA	4660	AUTO-SERWIS PIORT SOBOŃ	WROCŁAW	POL	K40	56	K 211	02:31:44	05:00:24.60	05:02:10.05	10:43	5.6
57	LATOS JOANNA	4730		ZIELONA GÓRA	POL	K40	57	K 213	02:26:09	05:01:26.50	05:02:36.35	10:45	5.6
58	SZCZOTKA AGATA	4491	JAROSŁAWSKI BIEGACZ	JAROSŁAW	POL	K40	58	K 217	02:26:42	05:02:15.30	05:03:10.85	10:47	5.6
59	JAKÓBCZYK SYLWIA	4603		LUBLIN	POL	K40	59	K 237	02:34:57	05:05:46.55	05:08:32.95	10:55	5.5
60	JODKO MAGDA	4934	KOŚCIUCHY TEAM	GRUDZIĄDZ	POL	K40	60	K 231	02:28:22	05:06:46.05	05:08:00.75	10:57	5.5
61	PIETRZAK AGNIESZKA	4654		WARSZAWA	POL	K40	61	K 236	02:36:41	05:07:30.80	05:08:29.15	10:58	5.5
62	SZOŁTYSEK BEATA	4951		RYBNIK	POL	K40	62	K 240	02:31:36	05:08:05.15	05:09:19.35	11:00	5.5
63	SCHWITALLA KATARZYNA	4512	KATRIX/MKS SIECHNICE	SIECHNICE	POL	K40	63	K 243	02:33:21	05:08:25.90	05:09:57.15	11:00	5.4
64	NIEWDZIĘCZNA BARBARA	4866	SĄ WOLNIEJSI	OLSZTYN	POL	K40	64	K 250	02:37:02	05:09:14.35	05:10:57.35	11:02	5.4
65	REDEK SYLWIA	4830	TEAM ZABIEGANEDNI	WIĄZOWNA	POL	K40	65	K 254	02:32:35	05:09:45.85	05:11:31.00	11:03	5.4
66	ŚCISŁY OLA	4824		PLAWNO	POL	K40	66	K 253	02:36:42	05:09:50.80	05:11:29.30	11:03	5.4
67	FOTYGA AGNIESZKA	4234	OSTROBIEC	OSTROWIEC ŚWIĘTOKRZYSKI	POL	K40	67	K 246	02:28:03	05:09:52.20	05:10:00.55	11:04	5.4
68	NIŹNIK MONIKA	4429	KURY.MAJA.PAZURY	ŁÓDŹ	POL	K40	68	K 252	02:28:06	05:10:18.95	05:11:22.65	11:04	5.4
69	JĘDZURA AGNIESZKA	4610		GLIWICE	POL	K40	69	K 251	02:28:31	05:10:38.50	05:10:58.45	11:05	5.4
70	CZECH DOROTA	4466	PRO-RUN WROCŁAW	KIEŁCZÓW	POL	K40	70	K 259	02:27:32	05:15:53.85	05:16:51.05	11:16	5.3
71	WINICKA DARIA	4713		TOSZEK	POL	K40	71	K 263	02:31:52	05:17:10.75	05:18:51.05	11:19	5.3
72	CHRUSCIEL AGATA	4693	NIGHT DRINKERS	ZGIERZ	POL	K40	72	K 264	02:24:22	05:18:22.60	05:19:07.75	11:22	5.3
73	ORZECZOWSKA KAROLINA	4214		WARSZAWA	POL	K40	73	K 265	02:35:00	05:20:13.80	05:20:30.55	11:26	5.2
74	ADAMCZYK AGNIESZKA	4858		CHOSZCZNO	POL	K40	74	K 267	02:35:51	05:21:24.95	05:21:24.95	11:28	5.2
75	SOBALA JUSTYNA	4103	RK ATHLETICS	WARSZAWA	POL	K40	75	K 269	02:36:53	05:22:22.90	05:22:25.80	11:30	5.2
76	MEJKA ANETA	4422	RACEFIGHTER	WARSZAWA	POL	K40	76	K 277	02:30:44	05:24:27.90	05:25:17.60	11:35	5.2
77	MARCINIAK LIDKA	4853		SZCZECIN	POL	K40	77	K 289		05:26:45.15	05:28:24.55	11:40	5.1
78	RYBCZYŃSKA MAGDALENA	4636		WROCŁAW	POL	K40	78	K 287	02:36:57	05:26:46.55	05:28:24.35	11:40	5.1
79	CZARNECKA AGNIESZKA	4665		SZCZECIN	POL	K40	79	K 286	02:36:52	05:26:46.90	05:28:24.25	11:40	5.1
80	DOWNAR ANDŻELIKA	4645		SZCZECIN	POL	K40	80	K 290	02:36:58	05:26:47.35	05:28:24.85	11:40	5.1
81	PIASECKA MARTA	4826	WIECZORNE BIEGANIE W SZCZECINIE	SZCZECIN	POL	K40	81	K 288	02:37:09	05:26:47.45	05:28:24.50	11:40	5.1
82	WALCZAK-DĘBOWSKA IWONA	4856		ŁÓDŹ	POL	K40	82	K 292	02:41:46	05:28:04.85	05:30:07.10	11:43	5.1
83	ROGACKA - RZEPKA MARIA	4237		GLIWICE	POL	K40	83	K 291	02:47:25	05:28:12.40	05:29:26.45	11:43	5.1
84	SZYMAŃSKA EWA	4755		MIŃSK MAZOWIECKI	POL	K40	84	K 294	02:37:45	05:29:35.30	05:30:46.35	11:46	5.1
85	LESZCZYŃSKA MAŁGORZATA	4463		GLIWICE	POL	K40	85	K 295	02:43:37	05:30:01.50	05:31:13.10	11:47	5.1
86	POLKOWSKA-KRYPKA ELIZA	4767		SIEDLCE	POL	K40	86	K 296	02:37:01	05:30:59.55	05:32:42.25	11:49	5.1
87	BAREŁKOWSKA KATARZYNA	4470	NIGHT RUNNERS	POZNAŃ	POL	K40	87	K 306	02:35:47	05:36:08.65	05:37:09.15	12:00	5
88	TOMCZYK MAŁGORZATA	4832		ŁÓDŹ	POL	K40	88	K 309	02:41:44	05:37:41.45	05:39:43.10	12:03	5
89	MRUCZYŃSKA-PIETRUCZANIS KATARZYNA	4621	WKURW_TEAM : AKTYWNI WĘGRÓW	WĘGRÓW	POL	K40	89	K 308	02:46:36	05:37:54.45	05:38:36.55	12:04	5
90	SKOMOROWSKA MONIKA	4679	TEAM ZABIEGANEDNI	WARSZAWA	POL	K40	90	K 310	02:51:07	05:39:51.20	05:41:36.45	12:08	4.9
91	SZUMIŃSKA MAŁGORZATA	4732		ALEKSANDRÓW ŁÓDZKI	POL	K40	91	K 311	02:47:23	05:40:04.70	05:42:06.45	12:08	4.9
92	ŚWIERKOSZ-HOŁYSZ MAŁGORZATA	4486		JAWORZNO	POL	K40	92	K 312	02:51:45	05:40:58.10	05:42:06.55	12:10	4.9
93	DADAŚ ELŻBIETA	4908	NIGHT RUNNERS GLIWICE	GLIWICE	POL	K40	93	K 314	02:47:35	05:43:39.10	05:45:20.50	12:16	4.9
94	JĘZEWSKA SYLWIA	4912	DRUŻYNA SZPIKU	ROSNÓWKO	POL	K40	94	K 313	02:35:32	05:43:57.60	05:45:10.70	12:17	4.9
95	WOJCIECHOWSKA JOLANTA	4604		SIEDLCE	POL	K40	95	K 316	02:44:49	05:48:03.95	05:49:46.35	12:25	4.8
96	RAJCHEL JOANNA	4428		KROSNO	POL	K40	96	K 317	02:41:13	05:52:42.35	05:53:44.40	12:35	4.8
97	URBAŃCZYK EWA	4864		WARSZAWA	POL	K40	97	K 323	02:49:46	06:01:23.10	06:02:01.30	12:54	4.6
98	PAWŁOWSKA DANUTA	4743	WKURW_TEAM	WARSZAWA	POL	K40	98	K 329	03:00:33	06:14:36.80	06:15:19.85	13:22	4.5

**RZEŹNICZEK 2019, M40**

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	16.2km	Netto	Brutto	min/km	km/h
1	CHODAKOWSKI RAFAŁ	4039	OSTROBIEC	ĆMIELÓW	POL	M40	1	M 9	01:29:45	02:45:53.95	02:45:55.65	5:55	10.1
2	SYCHOWICZ DANIEL	4025		OTWOCK	POL	M40	2	M 10	01:29:55	02:47:07.85	02:47:09.30	5:58	10.1
3	TOPOLSKI MARCIN	4051		JADOWNIKI	POL	M40	3	M 14	01:33:51	02:52:17.85	02:52:22.75	6:09	9.8
4	MAZURKIEWICZ TOMASZ	4931		SANOK	POL	M40	4	M 15	01:31:23	02:52:33.55	02:52:35.30	6:09	9.7
5	RAKSZAWA KRZYSZTOF	4936		RYBNIK	POL	M40	5	M 16	01:32:28	02:55:22.10	02:55:25.45	6:15	9.6

**RZEŹNICZEK 2019, M40 c.d.**

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	16.2km	Netto	Brutto	min/km	km/h
6	DZIÓB ROMUALD	4873	CRACOVIA WIELICZKA	WIELICZKA	POL	M40	6	M 19	01:33:33	02:55:49.90	02:55:54.75	6:16	9.6
7	LATAK MICHAŁ	4121	JACEK BIEGA RUNNING TEAM	WARSZAWA	POL	M40	7	M 21	01:33:48	02:56:15.05	02:56:24.10	6:17	9.5
8	DESKA LESZEK	4041	WWW.LESZEKBIEGA.PL	NOWA IWICZNA	POL	M40	8	M 32	01:36:27	03:07:06.30	03:07:19.95	6:40	9
9	MASŁANY DANIEL	4254		SANOK	POL	M40	9	M 36	01:36:24	03:10:03.80	03:10:12.55	6:47	8.8
10	ROGAŁA GRZEGORZ	4172		BOGUCHWAŁA	POL	M40	10	M 39	01:36:15	03:11:03.00	03:11:05.70	6:49	8.8
11	CZEGUS MARCIN	4193	RUNNING POŁANIEC	POŁANIEC	POL	M40	11	M 41	01:36:47	03:12:58.50	03:13:02.65	6:53	8.7
12	BAK MARCIN	4062	LUBLIN BIEGA	LUBLIN	POL	M40	12	M 42	01:42:13	03:13:21.85	03:13:26.50	6:54	8.7
13	ŻMUDA MICHAŁ	4026		RASZYN	POL	M40	13	M 49	01:37:17	03:15:47.50	03:15:51.65	6:59	8.6
14	WÓJCIK KRZYSZTOF	4074	NIGHT RUNNERS ŚWILCZA	ŚWILCZA	POL	M40	14	M 54	01:37:03	03:17:40.80	03:17:43.45	7:03	8.5
15	GACA MICHAŁ	4045	PZU SPORT TEAM	WARSZAWA	POL	M40	15	M 55	01:45:02	03:19:05.35	03:19:30.15	7:06	8.4
16	STĘPIEŃ MIROSŁAW	4102	ROSSBIEGANI	ŁÓDŹ	POL	M40	16	M 60	01:41:22	03:21:41.15	03:21:55.85	7:12	8.3
17	RAMOTOWSKI MARCIN	4160		WARSZAWA	POL	M40	17	M 62	01:46:54	03:22:21.85	03:22:44.50	7:13	8.3
18	BEŚKA SŁAWOMIR	4044	OCHAJORUN & FRIENDS	RYBNIK OCHOJEC	POL	M40	18	M 65	01:41:43	03:23:35.20	03:23:42.90	7:16	8.3
19	DZIEWA PRZEMYSŁAW	4115	SUPERIOR INDUSTRIES STALOWA WOLA	BRANDWICA	POL	M40	19	M 71	01:53:16	03:23:55.60	03:24:20.05	7:17	8.2
20	ŻYŁKA IRENEUSZ	4312	BIEGACZ	SANOK	POL	M40	20	M 76	01:47:37	03:26:31.55	03:26:40.15	7:22	8.1
21	ŚWIĄDERSKI PAWEŁ	4358		SZCZECIN	POL	M40	21	M 77	01:49:13	03:26:51.05	03:27:33.45	7:23	8.1
22	JAŻOWNIK JACEK	4136		WRZEŚNIA	POL	M40	22	M 79	01:45:14	03:27:08.25	03:27:37.65	7:23	8.1
23	KISIEL KRZYSZTOF	4723		KWIDZYN	POL	M40	23	M 88	01:52:25	03:28:31.00	03:29:49.35	7:26	8.1
24	CIEŚLA JAROSŁAW	4171	BIEGAJĄCE MAŁŻEŃSTWO	OLSZTYNEK	POL	M40	24	M 86	01:48:10	03:29:16.75	03:29:29.75	7:28	8
25	BROMKE ŁUKASZ	4145	ORANGE POLSKA	LUBLIN	POL	M40	25	M 91	01:47:26	03:30:24.80	03:30:32.55	7:30	8
26	SŁABOŃ MARIUSZ	4371	KIWK-A BIEGA	WOLBROM	POL	M40	26	M 93	01:51:11	03:31:13.90	03:31:52.85	7:32	8
27	NIEWDZIĘCZNY JERZY	4865	SA WOLNIEJSI	OLSZTYN	POL	M40	27	M 102	01:47:16	03:33:56.60	03:35:00.55	7:38	7.9
28	KWAŚNY JANUSZ	4076		OSIEDLE POZNAŃSKIE	POL	M40	28	M 98	01:44:43	03:34:12.35	03:34:30.60	7:39	7.8
29	DERWICH KAROL	4432	WKURW TEAM	KRAKOW	POL	M40	29	M 101	01:53:21	03:34:33.65	03:34:51.90	7:39	7.8
30	LITKA KRZYSZTOF	4883	PZU SPORT TEAM	WROCŁAW	POL	M40	30	M 104	01:40:59	03:35:08.65	03:35:49.65	7:41	7.8
31	KOWALCZYK ROBERT	4353	ŁĘCZNA BIEGA	ŁĘCZNA	POL	M40	31	M 105	01:51:09	03:35:12.90	03:35:53.05	7:41	7.8
32	FEDAK BOHDAN	4455		ZAGÓRZ	POL	M40	32	M 107	01:54:24	03:35:23.55	03:36:12.10	7:41	7.8
33	PODEJMA GRZEGORZ	4173		SWARZĘDZ	POL	M40	33	M 106	01:45:13	03:35:38.80	03:36:07.55	7:42	7.8
34	FLORIAN KRZYSZTOF	4944		RUDA ŚLĄSKA	POL	M40	34	M 111	01:57:57	03:36:26.45	03:37:27.20	7:43	7.8
35	JAŁOCHA MICHAŁ	4419	MOŻE SIĘ UDA!	LUBLIN	POL	M40	35	M 115	01:52:16	03:37:18.15	03:37:52.00	7:45	7.7
36	KOŚCIELNY ALEKSANDER	4416	MTU AERO ENGINES	RZESZÓW	POL	M40	36	M 110	01:50:38	03:37:19.90	03:37:25.75	7:45	7.7
37	KOSOWSKI MATEUSZ	4063		WARSZAWA	POL	M40	37	M 114	01:56:20	03:37:37.15	03:37:47.85	7:46	7.7
38	KRZESIĄK ŁUKASZ	4360	MASAKRA KLUB SPORTOWY	WARSZAWA	POL	M40	38	M 118	01:51:03	03:37:47.05	03:38:12.15	7:46	7.7
39	GAJEWSKI JACEK	4138	DOGOŃ GRODZISK MAZOWIECKI	GRODZISK MAZOWIECKI	POL	M40	39	M 117	01:51:13	03:37:53.65	03:38:11.65	7:46	7.7
40	SZYMAŁAK MICHAŁ	4082		ŁÓDŹ	POL	M40	40	M 125	01:52:01	03:38:48.95	03:40:32.55	7:48	7.7
41	BODZIOCH GRZEGORZ	4057	GORLIKA GRUPA BIEGOWA	GORLICE	POL	M40	41	M 122	01:49:11	03:39:21.90	03:39:24.90	7:50	7.7
42	PODEJMA RAFAŁ	4216	SPARTA	LASKI	POL	M40	42	M 126	01:51:00	03:40:22.30	03:40:43.05	7:52	7.6
43	POGORZELSKI MARIUSZ	4896	HARDCOROWE WYCHYLIŁYBYMY	KARCZEW	POL	M40	43	M 129	01:56:03	03:40:55.20	03:41:23.20	7:53	7.6
44	JANKOWSKI RAFAŁ	4825	GLKS FAŁKÓW/NAPRZÓD MŁOCINY	POLICZNA	POL	M40	44	M 132	01:57:07	03:41:25.40	03:42:39.55	7:54	7.6
45	JADWIŃSKI WOJCIECH	4165	REEBOK RUN CREW	WARSZAWA	POL	M40	45	M 133	01:48:07	03:42:40.30	03:42:48.90	7:57	7.5
46	KORNAK DARUSZ	4079	PKP CARGO	MUNINA	POL	M40	46	M 137	01:54:50	03:43:16.70	03:43:21.20	7:58	7.5
47	OSZUST MARCIN	4556	CHEŁMSKA GRUPA TRIATHLONU	ZAGRODA	POL	M40	47	M 145	01:56:27	03:46:14.90	03:46:29.90	8:04	7.4
48	BUKALSKI ARKADIUSZ	4156	CHEŁMSKA GRUPA TRIATHLONU	CHEŁM	POL	M40	48	M 144	01:51:32	03:46:15.05	03:46:29.90	8:04	7.4
49	BAJZERT FILIP	4473		PRZYKONA	POL	M40	49	M 159	01:54:12	03:49:17.75	03:49:47.70	8:11	7.3
50	GONET SEBASTIAN	4402		KRAKÓ	POL	M40	50	M 157	01:57:38	03:49:18.05	03:49:43.15	8:11	7.3
51	DŁUŻNIEWSKI MARCIN	4273		WARSZAWA	POL	M40	51	M 156	01:56:13	03:49:18.45	03:49:40.15	8:11	7.3
52	WRÓBEL ARKADIUSZ	4065		LADZIN	POL	M40	52	M 161	01:55:46	03:49:26.15	03:49:56.55	8:11	7.3
53	KARDASZ MAREK	4242	SOLINA TEAM	POLAŃCZYK	POL	M40	53	M 154	01:50:20	03:49:28.25	03:49:37.75	8:11	7.3
54	JASIŃSKI TOMASZ	4091		IWONICZ ZDRÓJ	POL	M40	54	M 155	01:49:01	03:49:33.80	03:49:39.45	8:11	7.3
55	ŁUKASZKIEWICZ MICHAŁ	4217	POŻERACZE KIŁOSÓW	TYCHY	POL	M40	55	M 162	01:55:31	03:49:44.75	03:50:03.80	8:12	7.3
56	LEŚNIAK PIOTR	4819	STREET MEDIA RUNNING TEAM	WARSZAWA	POL	M40	56	M 169	01:56:18	03:51:05.05	03:52:03.30	8:15	7.3
57	GAJEWIĄK ADAM	4203	CS GROUP RUNNERS TEAM	WARSZAWA	POL	M40	57	M 167	01:53:37	03:51:38.50	03:51:53.95	8:16	7.3
58	GRONCZEWSKI ARTUR	4332	FMW RUNNERS	WARSZAWA	POL	M40	58	M 166	01:54:19	03:51:40.75	03:51:48.75	8:16	7.3
59	SKÓRA PRZEMYSŁAW	4800		GLIWICE	POL	M40	59	M 176	02:03:04	03:52:41.20	03:54:04.50	8:18	7.2
60	KUCZBORSKI JAROSŁAW	4839	HARPAGAN SOSNOWIEC	SOSNOWIEC	POL	M40	60	M 172	01:59:18	03:52:52.40	03:53:34.50	8:19	7.2
61	BOROWIEC ARKADIUSZ	4560	CHEŁM BIEGA	CHEŁM	POL	M40	61	M 173	01:58:57	03:53:21.70	03:53:35.55	8:20	7.2
62	WAROWNY PIOTR	4227	BIEGUSIEM.PL	RYKI	POL	M40	62	M 177	01:57:12	03:54:26.75	03:54:33.70	8:22	7.2



## RZEŹNICZEK 2019, M40 c.d.

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	16.2km	Netto	Brutto	min/km	km/h
63	ZIELASKOWSKI MICHAL	4300		WARSAW	POL	M40	63	M 179	01:55:43	03:54:40.45	03:55:33.25	8:22	7.2
64	MĄŁEK PAWEŁ	4326	NIEPOŁOMICE BIEGAJĄ	NIEPOŁOMICE	POL	M40	64	M 185	02:03:14	03:54:57.10	03:56:30.35	8:23	7.2
65	SZYMSKI RAFAŁ	4850	CIDRY LOTAJOM	RADZIONKÓW	POL	M40	65	M 184	01:56:51	03:55:08.75	03:56:23.45	8:23	7.1
66	ŚRODA KRZYSZTOF	4570		RZESZÓW	POL	M40	66	M 183	02:02:05	03:55:11.25	03:56:02.60	8:23	7.1
67	FALISZEWSKI SEBASTIAN	4831		ŁÓDŹ	POL	M40	67	M 192	01:53:28	03:56:08.45	03:57:51.90	8:26	7.1
68	BUŁKA PIOTR	4050	UKS HERKULES SULEJÓWEK	SULEJÓWEK	POL	M40	68	M 188	01:53:55	03:57:13.35	03:57:22.40	8:28	7.1
69	POŁOZYŃSKI ANDRZEJ	4180	ZACISZE NIGHT RUNNERS	WARSAWA	POL	M40	69	M 195	02:00:48	03:58:55.55	03:59:40.15	8:32	7
70	CHRAPAN TOMASZ	4554		OLKUSZ	POL	M40	70	M 200	02:01:48	04:00:37.05	04:01:40.30	8:35	7
71	GRZYWACZ KRZYSZTOF	4940		WARSAWA	POL	M40	71	M 205	01:59:50	04:00:43.25	04:02:10.35	8:35	7
72	ROGOLSKI ARTUR	4211	PZU SPORT TEAM	WARSAWA	POL	M40	72	M 203	02:04:51	04:00:56.10	04:01:59.95	8:36	7
73	MACIEJAK ROBERT	4349		WARSAWA	POL	M40	73	M 199	01:53:33	04:01:07.75	04:01:22.90	8:36	7
74	KAŹMIERCZAK MICHAŁ	4232		ZOFIÓWKA	POL	M40	74	M 212	02:10:27	04:03:26.05	04:05:08.95	8:41	6.9
75	DOLEWSKI ANDRZEJ	4021	AKADEMIA BIEGANIA GRUDZIĄDZ	GRUDZIĄDZ	POL	M40	75	M 210	01:56:22	04:04:26.35	04:04:37.75	8:43	6.9
76	BAGIEŃSKI MAREK	4293	LIMBA.ORG	POZNAŃ	POL	M40	76	M 209	02:06:54	04:04:29.40	04:04:34.45	8:43	6.9
77	JACHIMEK MACIEJ	4198		WARSAWA	POL	M40	77	M 215	02:09:14	04:05:16.25	04:06:10.90	8:45	6.8
78	HABELSKI JAROSŁAW	4525	SPARTA ULTRA TEAM	KĘPNO	POL	M40	78	M 216	01:50:59	04:05:52.75	04:06:13.20	8:46	6.8
79	WIŚNIEWSKI MAREK	4398		WARSAWA	POL	M40	79	M 221	02:00:50	04:07:35.95	04:08:18.10	8:50	6.8
80	GONDEK KRZYSZTOF	4336		NAKŁO NAD NOTECIĄ	POL	M40	80	M 223	02:03:41	04:07:46.00	04:08:24.20	8:50	6.8
81	PAŁKA STANISŁAW	4406	NIEPOŁOMICE BIEGAJĄ	TARNÓW	POL	M40	81	M 228	02:09:05	04:08:28.90	04:10:03.05	8:52	6.8
82	KĘDREK EMIL	4599	HABYS	LIPNICA DOLNA	POL	M40	82	M 227	02:19:15	04:08:36.00	04:09:09.10	8:52	6.8
83	LESZCZYŃSKI MICHAŁ	4176	GDYNIA MEDICA	GDYNIA	POL	M40	83	M 229	02:06:18	04:10:12.95	04:10:55.80	8:56	6.7
84	KRAJCZYŃSKI JAKUB	4191	PKO BANK POLSKI	ŁOMIANKI	POL	M40	84	M 237	02:17:44	04:11:29.10	04:12:51.70	8:58	6.7
85	NAWROCKI MARCIN	4518	CR Z16	LUBLIN	POL	M40	85	M 235	01:59:39	04:11:39.65	04:12:10.35	8:59	6.7
86	BOROWIEC MARIUSZ	4496		KOŁOBRZEG	POL	M40	86	M 240	02:10:50	04:12:21.70	04:13:31.85	9:00	6.7
87	KACZMARCZYK DANIEL	4306		ŁÓDŹ	POL	M40	87	M 238	02:11:34	04:12:41.60	04:13:02.95	9:01	6.6
88	KRYSTJAŃCZUK KAROL	4192	ŁĘCZNA BIEGA	ŁĘCZNA	POL	M40	88	M 242	01:55:46	04:13:25.40	04:14:06.05	9:03	6.6
89	JESKE MAREK	4696	RUN BYDGOSZCZ	NIWY	POL	M40	89	M 248	02:03:36	04:13:48.30	04:14:31.35	9:03	6.6
90	SZMYT PIOTR	4006	4 RUNNERS GROUP	POZNAŃ	POL	M40	90	M 249	02:06:53	04:14:07.20	04:14:35.00	9:04	6.6
91	PIOTR PIETRUS	4130		BIELECKIE MŁYNY	POL	M40	91	M 245	01:57:41	04:14:12.15	04:14:20.60	9:04	6.6
92	PUCHAŁA MARIUSZ	4267	TERNOL	KIELCE	POL	M40	92	M 250	02:06:26	04:14:15.50	04:15:05.55	9:04	6.6
93	SZYMAŃSKI MARCIN	4389		LEGIONOWO	POL	M40	93	M 252	02:18:25	04:14:37.55	04:15:45.90	9:05	6.6
94	MARMUROWICZ KRYSZTIAN	4482	KOLOROWA DRUŻYNA NESSI	KATOWICE	POL	M40	94	M 251	02:11:40	04:14:45.20	04:15:16.60	9:05	6.6
95	TARTANUS ANDRZEJ	4325	VEGE RUNNERS	MAKÓW MAZOWIECKI	POL	M40	95	M 253	02:08:45	04:15:34.30	04:15:48.35	9:07	6.6
96	PAWLIK PAWEŁ	4377		OLEŚNICA	POL	M40	96	M 255	02:04:57	04:15:35.35	04:16:19.30	9:07	6.6
97	PIERZAK OLAF	4162	NIGHT RUNNERS KABATY	WARSAWA	POL	M40	97	M 254	02:00:04	04:15:46.40	04:15:59.15	9:08	6.6
98	BURY MAREK	4215		SOSNOWIEC	POL	M40	98	M 256	02:06:46	04:16:37.55	04:17:10.30	9:09	6.5
99	TUREK MICHAŁ	4938		WARSAWA	POL	M40	99	M 258	01:59:49	04:17:56.10	04:19:10.15	9:12	6.5
100	CZAJKOWSKI TOMASZ	4535		WARSAWA	POL	M40	100	M 260	02:12:15	04:18:08.75	04:19:20.75	9:13	6.5
101	CIPORA MACIEJ	4580		WROCŁAW	POL	M40	101	M 257	02:10:25	04:18:39.40	04:19:08.10	9:14	6.5
102	CHODZIŃSKI PIOTR	4368		RZESZÓW	POL	M40	102	M 261	02:11:54	04:18:39.85	04:19:35.10	9:14	6.5
103	MŁYNARCZYK MICHAŁ	4408		KATOWICE	POL	M40	103	M 263	02:19:36	04:18:45.30	04:20:14.05	9:14	6.5
104	BAGNICKI DARIUSZ	4538	ROZBIEGMY NOWY DWÓR	NOWY DWÓR MAZOWIECKI	POL	M40	104	M 262	02:10:52	04:19:38.35	04:20:04.90	9:16	6.5
105	NADULSKI PIOTR	4937		PIŁA	POL	M40	105	M 270	02:13:49	04:19:42.60	04:21:11.85	9:16	6.5
106	IWACHÓW SŁAWOMIR	4709		KWIDZYN	POL	M40	106	M 271	02:19:44	04:19:55.80	04:21:14.35	9:17	6.5
107	GRYS RAJMUND	4550	MKS SIECHNICE	JANKOWICE	POL	M40	107	M 275	02:13:49	04:20:00.15	04:21:32.05	9:17	6.5
108	SZEWCZYK MARIUSZ	4543		KRAKÓW	POL	M40	108	M 273	02:14:44	04:20:09.65	04:21:19.80	9:17	6.5
109	JĘŻEWSKI ADAM	4862	VIRTUAL RUNNER CLUB	GLIWICE	POL	M40	109	M 268	02:08:38	04:20:53.80	04:21:08.25	9:19	6.4
110	URBANIEK SYLWESTER	4401		WARSAWA	POL	M40	110	M 285	02:11:46	04:24:10.20	04:25:10.35	9:26	6.4
111	FALKOWSKI FALKOWSKI	4911		WARSAWA	POL	M40	111	M 294	02:10:45	04:26:52.40	04:28:10.25	9:31	6.3
112	ZMYJ MARIUSZ	4644	#ADAMCZERWIŃSKITEAM	WIELICZKA	POL	M40	112	M 297	02:11:52	04:28:51.25	04:29:25.10	9:36	6.2
113	TWARDOWSKI TOMASZ	4487	TRENUJZNA.MI.PL	WROCŁAW	POL	M40	113	M 299	02:19:57	04:28:52.05	04:30:10.10	9:36	6.2
114	DAMIĘCKI JAN	4579	MASAKRA KLUB SPORTOWY	WARSAWA	POL	M40	114	M 296	02:12:31	04:28:59.95	04:29:23.85	9:36	6.2
115	SZYMKOWIAK PAWEŁ	4256		KOTLARNIA	POL	M40	115	M 301	02:06:46	04:29:58.30	04:30:31.60	9:38	6.2
116	ZBICIAK GRZEGORZ	4381	ŁĘCZNA BIEGA	SPICZYN	POL	M40	116	M 307	02:13:54	04:31:53.00	04:32:03.00	9:42	6.2
117	ŁANDWIJT MARCIN	4222		KONSTANTYNÓW ŁÓDZKI	POL	M40	117	M 310	02:05:11	04:33:22.35	04:33:39.60	9:45	6.1
118	GOLECKI TOMASZ	4476	KOPALNIA MOCY	TARNOBRZEG	POL	M40	118	M 316	02:08:37	04:34:02.60	04:35:46.30	9:47	6.1
119	TABACZKA PIOTR	4187	TARNOWO PODGÓRNE BIEGA	TARNOWO PODGÓRNE	POL	M40	119	M 318	02:14:30	04:35:26.85	04:36:14.30	9:50	6.1

## RZEŹNICZEK 2019, M40 c.d.

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	16.2km	Netto	Brutto	min/km	km/h
120	KRASOŃ KAMIL	4640		WARSZAWA	POL	M40	120	M 320	02:14:02	04:35:36.80	04:36:55.75	9:50	6.1
121	GUŹDZIOŁ JAREK	4450		SOLEC KUJAWSKI	POL	M40	121	M 321	02:14:11	04:36:18.00	04:37:05.75	9:52	6.1
122	GNATOWICZ KRZYSZTOF	4430	NIEZRZESZONY	CZERWIEŃSK	POL	M40	122	M 322	02:10:39	04:36:36.05	04:37:08.15	9:52	6.1
123	ŁĄBUZ PAWEŁ	4342	PAVLO TEAM	RZESZÓW	POL	M40	123	M 324	02:08:10	04:36:52.65	04:37:21.05	9:53	6.1
124	DASZCZYŃSKI ADAM	4374	ADASKO TEAM	KOSOWO	POL	M40	124	M 326	02:19:35	04:37:29.20	04:38:26.35	9:54	6.1
125	MICHALCZAK PAWEŁ	4778		KRAKÓW	POL	M40	125	M 328	02:13:21	04:37:30.35	04:38:54.30	9:54	6.1
126	BORYS MACIEJ	4302		KIELCE	POL	M40	126	M 330	02:18:51	04:37:51.05	04:39:18.35	9:55	6
127	OLESZCZYK ADAM	4544	GRUPA BIEGOWA ENERGYKACZORY	KACZORY	POL	M40	127	M 329	02:11:29	04:38:13.65	04:39:10.25	9:56	6
128	MOL RAFAŁ	4328	GRUPA BIEGOWA ENERGY KACZORY	KACZORY	POL	M40	128	M 331	02:11:31	04:38:25.90	04:39:21.70	9:56	6
129	DĄBROWSKI KAROL	4567	CROSSFIT SIEDLCE	SIEDLCE	POL	M40	129	M 332	02:20:05	04:38:59.95	04:39:36.05	9:57	6
130	FRIEZE KRZYSZTOF	4443	ORANGE POLSKA	ŁÓDŹ	POL	M40	130	M 333	02:16:35	04:39:54.90	04:40:14.65	9:59	6
131	PIĘTKA PIOTR	4239		WARSZAWA	POL	M40	131	M 338	02:20:07	04:42:21.45	04:43:32.10	10:05	5.9
132	WŁODARCZYK MAREK	4731		RADOM	POL	M40	132	M 337	02:12:39	04:43:11.30	04:43:25.70	10:06	5.9
133	KOCHANOWSKI SEBASTIAN	4490	ROZBIEGAMY NOWY DWÓR	NOWY DWÓR MAZOWIECKI	POL	M40	133	M 340	02:11:56	04:44:38.55	04:45:03.95	10:09	5.9
134	BEDNARCZYK MARIUSZ	4240	AMERNET	WARSZAWA	POL	M40	134	M 348	02:20:12	04:45:42.50	04:46:53.35	10:12	5.9
135	URBAŃSKI MICHAŁ	4247		ŁĘCZYCA	POL	M40	135	M 352	02:20:54	04:49:40.80	04:50:17.75	10:20	5.8
136	PISKORSKI KRZYSZTOF	4230		WARSZAWA	POL	M40	136	M 353	02:24:08	04:49:41.00	04:50:18.05	10:20	5.8
137	BRODZIAK ARKADIUSZ	4571		KATOWICE	POL	M40	137	M 354	02:20:34	04:49:51.60	04:50:26.25	10:21	5.8
138	MROZIŃSKI MARCIN	4338		BIENIEWICE	POL	M40	138	M 358	02:19:09	04:50:01.40	04:51:13.95	10:21	5.8
139	BAJERSKI ARKADIUSZ	4307	GRUPA BIEGOWA ENERGY KACZORY	KACZORY	POL	M40	139	M 357	02:19:29	04:50:04.55	04:51:01.10	10:21	5.8
140	PRZYBYLSKI MARCIN	4387		GRÓJEC	POL	M40	140	M 355	02:23:46	04:50:10.15	04:50:50.30	10:21	5.8
141	PAWLAK BARTOSZ	4132		JABŁONNA	POL	M40	141	M 361	02:25:44	04:50:47.20	04:52:09.30	10:23	5.8
142	JAMBOR MICHAŁ	4244	BRACHTWO BIEGOWE BGK	WARSZAWA	POL	M40	142	M 362	02:25:59	04:50:49.20	04:52:11.95	10:23	5.8
143	SERĘGA TOMASZ	4673	WKURW-TEAM	BOŁĘCIN	POL	M40	143	M 359	02:13:44	04:51:10.05	04:51:30.15	10:23	5.8
144	GIURG GRZEGORZ	4407		WAŁBRZYCH	POL	M40	144	M 369	02:27:43	04:51:58.85	04:53:23.90	10:25	5.8
145	SOROCZYŃSKI SYLWESTER	4310	CROSSFIT SIEDLCE	SIEDLCE	POL	M40	145	M 365	02:19:57	04:52:41.35	04:53:16.65	10:27	5.7
146	SIEROCIŃSKI ROBERT	4194	CROSSFIT SIEDLCE	SIEDLCE	POL	M40	146	M 368	02:19:49	04:52:48.20	04:53:23.40	10:27	5.7
147	MARCINIAK MAREK	4852		CHOCIANÓW	POL	M40	147	M 371	02:18:17	04:53:28.80	04:54:37.85	10:28	5.7
148	JARANOWSKI XAWERY	4714		WARSZAWA	POL	M40	148	M 373	02:23:13	04:54:50.35	04:56:05.90	10:31	5.7
149	FRĄTCZAK MARCIN	4711		WARSZAWA	POL	M40	149	M 376	02:26:56	04:56:39.25	04:58:14.60	10:35	5.7
150	GRUDZIECKI CEZARY	4816		WARSZAWA	POL	M40	150	M 379	02:24:07	04:57:28.55	04:59:05.75	10:37	5.6
151	SZYPROWSKI JAROSŁAW	4891		ALTANKA	POL	M40	151	M 382	02:23:04	04:58:52.00	05:00:20.15	10:40	5.6
152	MYŚLIŃSKI TOMASZ	4746	BIEGUSIEM.PL	RADOM	POL	M40	152	M 383	02:29:51	04:59:55.45	05:00:27.65	10:42	5.6
153	WĘGOROWSKI JACEK	4719		LUBLIN	POL	M40	153	M 390	02:18:28	05:01:26.10	05:02:51.95	10:45	5.6
154	MAJKA WOJCIECH	4671	TRENER24H	WARSZAWA	POL	M40	154	M 389	02:27:48	05:01:32.05	05:02:51.35	10:46	5.6
155	TUREK PAWEŁ	4542		PIASECZNO	POL	M40	155	M 394	02:30:17	05:01:34.05	05:03:26.95	10:46	5.6
156	JAMRÓZ ROBERT	4276	JAMERKI	MUROWANIEC	POL	M40	156	M 388	02:15:20	05:02:12.10	05:02:51.35	10:47	5.6
157	JELIŃSKI SEBASTIAN	4392	NOA	WROCLAW	POL	M40	157	M 387	02:27:11	05:02:14.55	05:02:19.00	10:47	5.6
158	SMORAGIEWICZ MARCIN	4648		WARSZAWA	POL	M40	158	M 393	02:31:22	05:02:23.50	05:03:18.25	10:48	5.6
159	STELMASZYK PIOTR	4262	PZU SPORT TEAM	RUSIEC	POL	M40	159	M 397	02:17:49	05:02:32.95	05:04:25.20	10:48	5.6
160	MUSIAŁ PAWEŁ	4344	ADIDAS RUNNERS WARSAW	WARSZAWA	POL	M40	160	M 400	02:28:10	05:03:58.45	05:05:02.20	10:51	5.5
161	BOROWSKI SŁAWOMIR	4204	SOLVITUR AMBULANDO	BUKOWIEC	POL	M40	161	M 399	02:25:45	05:04:16.85	05:04:54.65	10:52	5.5
162	MYSZKOWSKI SEBASTIAN	4157	TEAM ZABIEGANEDNI	BOROWINA	POL	M40	162	M 402	02:32:43	05:04:22.15	05:05:11.30	10:52	5.5
163	ŚCISŁY DAREK	4417		PŁAWNO	POL	M40	163	M 405	02:32:38	05:06:19.45	05:07:57.95	10:56	5.5
164	PISINGAS MARIUSZ	4952		GLIWICE	POL	M40	164	M 408	02:31:36	05:08:04.75	05:09:19.40	11:00	5.5
165	RZEPNIKOWSKI MICHAŁ	4303		SKOTNIKI	POL	M40	165	M 407	02:15:23	05:08:47.50	05:09:16.85	11:01	5.4
166	NIŻNIK RAFAŁ	4309		UHERCE	POL	M40	166	M 411	02:28:02	05:10:18.55	05:11:22.80	11:04	5.4
167	MALINOWSKI ALBERT	4860		CHOSZCZCZO	POL	M40	167	M 424	02:34:13	05:19:48.45	05:21:26.55	11:25	5.3
168	BIELIK RADOŚLAW	4753	WKURW_TEAM	KRAKOW	POL	M40	168	M 428	02:31:55	05:21:46.15	05:23:10.70	11:29	5.2
169	BARAN STEFAN	4058		NOWY SĄCZ	POL	M40	169	M 427	02:35:56	05:22:32.90	05:22:58.80	11:31	5.2
170	ŚWIECZKOWSKI WIESŁAW	4503	SCEDRAU	SZCZODROWO	POL	M40	170	M 433	02:35:16	05:27:34.55	05:29:05.10	11:41	5.1
171	SZYMAŃSKI MARIUSZ	4425	MKB DREPTAK	MIŃSK MAZOWIECKI	POL	M40	171	M 436	02:37:47	05:29:35.90	05:30:46.20	11:46	5.1
172	SKÓRA MICHAŁ	4364		KANČZUGA	POL	M40	172	M 435	02:40:48	05:30:14.15	05:30:42.85	11:47	5.1
173	STASIAK WALDEMAR	4750		OPOLE	POL	M40	173	M 437	02:41:50	05:31:50.75	05:33:08.35	11:51	5.1
174	DĄBROWSKI PAWEŁ	4469	NIGHT RUNNERS	POZNAŃ	POL	M40	174	M 439	02:35:33	05:36:07.95	05:37:08.85	12:00	5
175	JUSZCZYK JAROSŁAW	4786		WARSZAWA	POL	M40	175	M 443	02:36:43	06:00:05.25	06:01:44.50	12:51	4.7
176	KURDZIEL TOMASZ	4728		SZCZAWNICA	POL	M40	176	M 449	02:43:24	06:01:35.95	06:03:17.55	12:54	4.6

**RZEŹNICZEK 2019, M40 c.d.**

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	16.2km	Netto	Brutto	min/km	km/h
177	BIAŁEK DARIUSZ	4421	SZAKALE BAŁUT ŁÓDŹ	ŁÓDŹ	POL	M40	177	M 448	02:34:32	06:02:06.30	06:03:12.50	12:55	4.6
178	CIEŚLAK WIKTOR	4814		WARSZAWA	POL	M40	178	M 451	02:47:04	06:06:04.10	06:07:27.65	13:04	4.6
179	NOWIŃSKI JAKUB	4777		WARSZAWA	POL	M40	179	M 452	02:47:44	06:06:56.95	06:08:22.75	13:06	4.6
180	ANDRYSIEWICZ KRZYSZTOF	4335	SMECHY ŁÓDŹ	ŁÓDŹ	POL	M40	180	M 458	02:21:29			8:44	6.9

**RZEŹNICZEK 2019, K50**

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	16.2km	Netto	Brutto	min/km	km/h
1	ŻEBROWSKA JOLANTA	4169	POTRENUJEMY?	PULAWY	POL	K50	1	K 30	01:55:54	03:54:53.30	03:55:03.15	8:23	7.2
2	BRZOZOWSKA TERESA	4201	ETISOFT RUNNING TEAM	JAWORZNO	POL	K50	2	K 47	02:05:55	04:03:02.30	04:03:14.80	8:40	6.9
3	TUCZYŃSKA ELŻBIETA	4400		PRUSZKÓW	POL	K50	3	K 62	02:12:05	04:10:39.00	04:11:06.15	8:57	6.7
4	LUBAŃSKA ALICJA	4424		BUKOWICE	POL	K50	4	K 71	02:04:42	04:14:10.35	04:14:15.20	9:04	6.6
5	GWAREK BEATA	4652		GŁOGOWO	POL	K50	5	K 97	02:19:41	04:23:34.15	04:24:23.60	9:24	6.4
6	ZARĘBA JOLANTA	4454		RZESZÓW	POL	K50	6	K 104	02:19:17	04:26:59.85	04:28:16.20	9:32	6.3
7	BORC MARZANNA	4703	AKADEMIA BIEGANIA GRUDZIĄDZ	GRUDZIĄDZ	POL	K50	7	K 122	02:18:58	04:31:32.90	04:32:47.95	9:41	6.2
8	OSTROWSKA DOROTA	4651	YULO RUN TEAM SIEDLCE	SIEDLCE	POL	K50	8	K 126	02:17:32	04:32:50.80	04:34:17.05	9:44	6.2
9	SUMIEC KRYSZYNA	4627	ZABIEGANI MIELEC	MIELEC	POL	K50	9	K 152	02:22:29	04:40:46.60	04:41:53.15	10:01	6
10	ROMANOWSKA BEATA	4510	RUN VEGANTEAM	GDYNIA	POL	K50	10	K 164	02:20:41	04:44:14.65	04:45:23.30	10:09	5.9
11	BAJERSKA RENATA	4492	GRUPA BIEGOWA ENERGY KACZORY	KACZORY	POL	K50	11	K 169	02:19:33	04:46:34.40	04:47:30.25	10:14	5.9
12	BAKALARSKA MARIOLA	4569	WARSAW RUN CLUB	WARSZAWA	POL	K50	12	K 170	02:14:42	04:47:05.80	04:47:56.35	10:15	5.9
13	PASZEK KRYSZYNA	4494	DOGOŃ GRODZISK MAZOWIECKI	GRODZISK MAZ	POL	K50	13	K 222	02:27:02	05:03:12.00	05:04:59.75	10:49	5.5
14	RUDNICKA AGATA	4618		WARSZAWA	POL	K50	14	K 234	02:32:34	05:07:18.60	05:08:12.35	10:58	5.5
15	TYCZYŃSKA MAŁGORZATA	4607	SZYBKIE ŻÓŁWIE	POGWIZDÓW	POL	K50	15	K 245	02:28:19	05:09:20.50	05:09:59.30	11:02	5.4
16	WOJTANOWICZ BEATA	4495		GRUDZIĄDZ	POL	K50	16	K 266	02:32:59	05:19:28.80	05:20:44.30	11:24	5.3
17	ZIÓLEK TERESA	4638	STAY INSANE	MEŁGIEW	POL	K50	17	K 273	02:37:28	05:22:39.40	05:24:07.35	11:31	5.2
18	ŻBIKOWSKA MAŁGORZATA	4012	SPC	TORUŃ	POL	K50	18	K 282	02:34:29	05:25:07.65	05:26:39.55	11:36	5.2
19	SANECKA KATARZYNA	4680	BEFIT24TEAM	KRAKÓW	POL	K50	19	K 299	02:35:13	05:32:52.70	05:33:24.05	11:53	5
20	SULEJA JOANNA	4616	SZWLA STARGARD	STARGARD	POL	K50	20	K 300	02:38:18	05:32:58.10	05:33:28.20	11:53	5
21	OBARSKA MAŁGORZATA	4804		STARACHOWICE	POL	K50	21	K 320	03:00:09	05:59:36.70	06:00:32.35	12:50	4.7
22	RACZYŃSKA ANNA	4724		ALEKSANDRÓW ŁÓDZKI	POL	K50	22	K 321	02:53:51	06:01:17.00	06:01:53.95	12:54	4.7
23	BŁOCH BEATA	4592	EPOKA NORDICA	ŁÓDŹ	POL	K50	23	K 324	02:34:33	06:02:06.95	06:03:13.35	12:55	4.6
24	ROGIŃSKA KATARZYNA	4868	WKURW_TEAM	GDAŃSK	POL	K50	24	K 328	03:00:02	06:13:04.60	06:14:45.70	13:19	4.5
25	WITKOWSKA BEATA	4763	EPOKA NORDICA ŁÓDŹ	ŁÓDŹ	POL	K50	25	K 330	03:00:51	06:20:27.60	06:21:41.15	13:35	4.4

**RZEŹNICZEK 2019, M50**

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	16.2km	Netto	Brutto	min/km	km/h
1	PTASZYŃSKI WOJCIECH	4067	SPEED FEET '16	KOŚCIAN	POL	M50	1	M 34	01:40:04	03:07:32.95	03:07:38.25	6:41	9
2	WOJTAS JANUSZ	4113		WARSZAWA	POL	M50	2	M 40	01:42:51	03:12:13.90	03:12:36.50	6:51	8.7
3	SOWA DARIUSZ	4202	RZESZOWSKIE GAZELE I GEPARDY	RZESZÓW	POL	M50	3	M 64	01:46:45	03:22:59.25	03:23:11.30	7:14	8.3
4	OLSZAK ZENON	4321	WARSAW RUN CLUB	WARSZAWA	POL	M50	4	M 73	01:49:19	03:25:42.75	03:25:49.40	7:20	8.2
5	OSTROWSKI ZBYSZEK	4109	YULO RUN TEAM SIEDLCE	SIEDLCE	POL	M50	5	M 100	01:52:59	03:34:11.60	03:34:48.35	7:39	7.8
6	GRYMUZA ZBIGNIEW	4119		LUBLIN	POL	M50	6	M 103	01:51:25	03:35:08.80	03:35:32.05	7:41	7.8
7	SOT LUCJAN	4899	A NIECH TO SZLAK BIEGIEM NA SZLAK	WETLINA	POL	M50	7	M 142	01:55:36	03:44:41.75	03:45:33.35	8:01	7.5
8	KĄŁOWSKI TOMASZ	4097		OTWOCK	POL	M50	8	M 146	02:01:35	03:46:44.95	03:46:55.80	8:05	7.4
9	RAPACZ MARCIN	4641	FUNDACJA TYLKO BIESZCZADY	KRAKÓW	POL	M50	9	M 150	01:57:55	03:47:27.65	03:48:26.35	8:07	7.4
10	ANDRZEJEWSKI TOMASZ	4695	GILLETTE RUN	PABIANICE	POL	M50	10	M 197	01:59:55	04:00:08.30	04:00:30.75	8:34	7
11	DYCKOWSKI ANDRZEJ K.	4146	TYGRYSKI KUBUSIA PUCHATKA	WARSZAWA	POL	M50	11	M 225	02:06:55	04:07:59.45	04:08:42.95	8:51	6.8
12	ŁUKASIK ANDRZEJ	4042		LUBLIN	POL	M50	12	M 243	02:11:36	04:13:42.20	04:14:06.05	9:03	6.6
13	CZERNIAK ARTUR	4497		WARSZAWA	POL	M50	13	M 246	02:03:36	04:13:59.50	04:14:24.15	9:04	6.6
14	KUBISIAK SŁAWOMIR	4315		SKIERNIEWICE	POL	M50	14	M 267	02:10:49	04:20:10.80	04:21:02.75	9:17	6.5
15	GRZYWACZ DARIUSZ	4733		LUBLIN	POL	M50	15	M 276	02:13:14	04:20:12.05	04:21:37.25	9:17	6.5
16	SUDOŁ RYSZARD	4094	FENIKS LEGNICA	SPALONA	POL	M50	16	M 266	02:01:25	04:20:54.45	04:21:00.85	9:19	6.4
17	GWAREK BOGDAN	4196		GŁOGOWO	POL	M50	17	M 283	02:19:41	04:23:33.10	04:24:23.35	9:24	6.4

**RZEŹNICZEK 2019, M50 c.d.**

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	16.2km	Netto	Brutto	min/km	km/h
18	KACZMARSKI WOJCIECH	4939		WARSZAWA	POL	M50	18	M 295	02:11:12	04:27:15.50	04:28:24.25	9:32	6.3
19	STAŃCZYK ANDRZEJ	4488	KS KOZIOŁEK KĘDZIERZYN-KOŹLE	KĘDZIERZYN-KOŹLE	POL	M50	19	M 293	02:10:28	04:27:19.20	04:28:06.70	9:32	6.3
20	CZELIŃSKI LESZEK	4541		KORONOWO	POL	M50	20	M 308	02:13:58	04:30:15.05	04:32:06.05	9:39	6.2
21	RUPIŃSKI MACIEJ	4514		KONSTANCIN-JEZIORNA	POL	M50	21	M 311	02:14:01	04:33:46.45	04:34:21.80	9:46	6.1
22	DZIARNOWSKI WŁODEK	4439	BIEGAMPŁOCK TEAM	ŁŁOCK	POL	M50	22	M 339	02:13:38	04:43:15.20	04:44:20.95	10:06	5.9
23	PENAR ARKADIUSZ	4612		GORLICE	POL	M50	23	M 344	02:19:03	04:44:31.60	04:45:41.45	10:09	5.9
24	ZEMŁA PIOTR	4876		GLIWICE	POL	M50	24	M 363	02:32:59	04:50:33.75	04:52:19.20	10:22	5.8
25	MICHAŁEK JAROSŁAW	4339		KRAKÓW	POL	M50	25	M 366	02:19:39	04:53:05.70	04:53:19.30	10:28	5.7
26	KRYDA JACEK	4472	MPKŁÓDŹ	JANÓWKA	POL	M50	26	M 375	02:22:01	04:57:27.90	04:58:13.75	10:37	5.6
27	SOSNÓWKA LESZEK	4498		DZIAŁDOWO	POL	M50	27	M 380	02:11:07	04:59:19.80	05:00:06.50	10:41	5.6
28	OBARSKI NORBERT	4805		KIELCE	POL	M50	28	M 386	02:26:00	05:00:54.95	05:01:51.55	10:44	5.6
29	STAROBRAT ARKADIUSZ	4927		WARSZAWA	POL	M50	29	M 398	02:32:35	05:03:49.45	05:04:33.75	10:51	5.5
30	DEJA ANDRZEJ	4233		OPOLE	POL	M50	30	M 413	02:20:18	05:14:53.25	05:15:16.95	11:14	5.3
31	BRZozowski PIOTR	4343	KB MCKIS JAWORZNO	JAWORZNO	POL	M50	31	M 418	02:34:59	05:15:47.80	05:17:13.20	11:16	5.3
32	CICHOCKI MARIUSZ	4574	SUUNTO RUN TEAM	RADOMSKO	POL	M50	32	M 420	02:35:29	05:16:28.55	05:17:30.00	11:18	5.3
33	RZEPKA MIREK	4762		WARSZAWA	POL	M50	33	M 422	02:26:03	05:19:02.90	05:19:57.10	11:23	5.3
34	KORZENIOWSKI ROBERT	4020		WARSZAWA	POL	M50	34	M 425	02:36:53	05:22:23.35	05:22:26.10	11:30	5.2
35	RZECZKOWSKI MACIEJ	4224		OTWOCK	POL	M50	35	M 431	02:36:42	05:26:25.90	05:27:41.90	11:39	5.1
36	KUŚMIERSKI KRZYSZTOF	4741		WARSZAWA	POL	M50	36	M 432	02:37:04	05:26:40.80	05:27:56.30	11:40	5.1
37	JAKÓBCZYK ANDRZEJ	4716		LUBLIN	POL	M50	37	M 447	02:55:18	05:59:25.10	06:02:13.10	12:50	4.7

**RZEŹNICZEK 2019, K60**

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	16.2km	Netto	Brutto	min/km	km/h
1	PAWELEC KRYSZYNA	4437	DOGOŃ GRODZISK MAZOWIECKI	PIASTÓW	POL	K60	1	K 155	02:19:11	04:40:40.20	04:42:27.75	10:01	6
2	KUKLEWSKA EWA	4672		DUBLIN	IRL	K60	2	K 219	02:29:21	05:02:42.20	05:03:49.75	10:48	5.6
3	MORAWSKA ANNA	4484		WARSZAWA	POL	K60	3	K 226	02:31:35	05:05:27.40	05:06:31.40	10:54	5.5
4	BORKOWSKA EWA	4771	WKURW-TEAM	ZŁOTOW	POL	K60	4	K 327	03:07:55	06:12:14.05	06:13:53.75	13:17	4.5
5	KOLASA BARBARA	4766	KLUB J.SŁOWACKIEGO	WARSZAWA-WESOŁA	POL	K60	5	K 334	02:48:40	06:38:48.00	06:39:06.25	14:14	4.2

**RZEŹNICZEK 2019, M60**

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	16.2km	Netto	Brutto	min/km	km/h
1	ZALEWSKI ANDRZEJ	4820	TEAM NUTRILITE	WARSZAWA		M60	1	M 56	01:41:28	03:19:29.15	03:19:36.65	7:07	8.4
2	KOZŁOWSKI TOMASZ	4155		KONSTANCIN JEZIORNA	POL	M60	2	M 123	01:53:45	03:39:36.20	03:39:48.35	7:50	7.7
3	FAJER MAREK	4140	ZWIK MYSZKÓW MYSZKÓW BIEGA	MYSZKÓW	POL	M60	3	M 198	01:53:32	04:00:28.25	04:00:54.35	8:35	7
4	KĘPKA WALDEMAR	4418		SANTOCKO	POL	M60	4	M 345	02:11:22	04:45:49.25	04:46:22.00	10:12	5.9
5	ADAMCZAK KRZYSZTOF	4183	SZWLA STARGARD	STARGARD	POL	M60	5	M 350	02:13:24	04:48:03.05	04:48:14.70	10:17	5.8
6	ROPEL MIROSŁAW	4600	KIS TRANSPORT	WEJHEROWO	POL	M60	6	M 374	02:18:59	04:56:42.15	04:57:34.60	10:35	5.7
7	CICHECKI MAREK	4892		SOCHACZEW	POL	M60	7	M 381	02:23:04	04:58:52.10	05:00:20.00	10:40	5.6
8	PILAK ZBIGNIEW	4615		WROCŁAW	POL	M60	8	M 426	02:40:25	05:21:16.25	05:22:29.45	11:28	5.2
9	RACZYŃSKI IRENEUSZ	4175		ALEKSANDRÓW ŁÓDZKI	POL	M60	9	M 444	02:36:11	06:01:16.90	06:01:54.25	12:54	4.7
10	CIELAK JERZY	4564		BRZEŹNICA	POL	M60	10	M 456	03:06:40	06:32:23.95	06:33:38.20	14:00	4.3
11	KOLASA ANDRZEJ	4399	KLUB J.SŁOWACKIEGO	WARSZAWA-WESOŁA	POL	M60	11	M 457	02:52:12	06:38:48.10	06:39:07.35	14:14	4.2