

# SIEDEMDZIESIĄT Z HAKIEM

Organizator: FUNDACJA PROFIT MARATON  
Data: 2020-09-05  
Miejsce: Sobieszów  
Dystans: 71 km  
Klasyfikacja wg czasów netto.



## SIEDEMDZIESIĄT Z HAKIEM, OPEN

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	10km	24km	38km	51km	64km	Kar/Bon	Netto	min/km	km/h
1	HETMAN RADOSŁAW	1410	GRUPA NOMAX	JAWORZNO	POL	M30	1	M 1	00:56:02	02:26:09	03:43:28	05:21:12	06:53:03		07:34:20.40	6:23	9.4
2	MORAWSKI PRZEMYSŁAW	1285	CISCO KRAKOW RUNNING TEAM	KRAKÓW	POL	M30	2	M 2	01:00:36	02:39:55	04:03:14	05:50:57	07:25:49		08:07:43.00	6:52	8.7
3	KORPALSKI TOMASZ	1428	STAJNIA BALONA	GDAŃSK	POL	M30	3	M 3	01:04:04	02:46:50	04:09:45	05:56:54	07:31:04		08:11:36.95	6:55	8.7
4	SAWICKI PIOTR	1324		WARSZAWA	POL	M40	1	M 4	00:59:16	02:43:59	04:14:04	06:10:01	07:47:46		08:28:14.45	7:09	8.4
5	WOLEK SZYMON	1326		TYCHY	POL	M30	4	M 5	00:58:44	02:38:56	04:03:45	06:00:08	07:44:07		08:32:02.80	7:12	8.3
6	BIELIŃSKI MACIEK	1409		WARSZAWA	POL	M30	5	M 6	01:00:12	02:38:11	04:01:03	06:04:13	07:47:56		08:44:09.10	7:22	8.1
7	GADZIMSKI MICHAŁ	1411		JELEŃ GÓRA	POL	M30	6	M 7	01:03:04	02:47:32	04:14:35	06:21:08	08:15:58		09:07:23.25	7:42	7.8
8	NIEZGÓDKA TOMASZ	1427	ZĄŁOGA GÓRSKA	WROCLAW	POL	M50	1	M 8	01:06:04	02:58:49	04:34:04	06:40:15	08:24:41	-00:03:00	09:07:54.00	7:45	7.7
9	KYCIA PIOTR	1308		RAWICZ	POL	M40	2	M 9	01:06:40	02:57:22	04:32:32	06:34:09	08:27:25	-00:03:00	09:14:36.00	7:51	7.6
10	WIŚNIEWSKI PAWEŁ	1305	KARKONOSZ RUNNING TEAM	JELEŃ GÓRA	POL	M30	7	M 10	01:01:39	02:46:22	04:22:12	06:30:39	08:25:00		09:15:26.05	7:49	7.7
11	MERKWA WOJCIECH	1399		WARSZAWA	POL	M30	8	M 11	01:08:18	03:02:37	04:32:24	06:43:54	08:35:34		09:20:52.25	7:53	7.6
12	ZALEWSKI DARIUSZ	1380	M.A.D.D.	GDAŃSK	POL	M40	3	M 12	01:04:14	02:56:34	04:31:58	06:40:08	08:33:30	-00:02:00	09:23:35.00	7:57	7.5
13	RUDNICKI DARIUSZ	1395		POGÓRZE	POL	M30	9	M 13	01:09:40	02:58:42	04:31:12	06:42:53	08:37:31		09:23:59.50	7:56	7.6
14	SZARAPANOWSKI MARCIN	1335	ULTRA DIABŁY TEAM LUBRZA	SZCZECIN	POL	M40	4	M 14	01:09:33	03:05:15	04:43:35	06:49:45	08:40:10	-00:02:00	09:25:08.00	7:59	7.5
15	ADLER ŁUKASZ	1291	LESZ NO LIMITS RUNNERS	WILKOWICE	POL	M30	10	M 15	01:09:16	03:00:32	04:37:11	06:52:03	08:43:00		09:30:39.40	8:02	7.5
16	WOJTASZEK JACEK	1294		PIECHOWICE	POL	M40	5	M 16	01:06:21	02:51:14	04:26:02	06:51:11	08:47:30		09:36:15.10	8:06	7.4
17	FARGANUS ROBERT	1270	ZABIEGANI Z LEŚNEJ	LEŚNA	POL	M40	6	M 17	01:08:06	03:01:07	04:33:57	06:41:03	08:51:14		09:45:47.25	8:15	7.3
18	MAGALSKI TOMASZ	1303	KAMIENSKA GRUPA BIEGOWA	KAMIEŃ POMORSKI	POL	M30	11	M 18	01:09:27	03:09:00	04:48:08	07:04:38	09:06:17		09:55:38.20	8:23	7.2
19	KRAKOWIAK RAFAŁ	1274	KRAKOWIAKTEAM	KROSNO	POL	M30	12	M 19	01:09:43	03:13:50	04:58:08	07:11:42	09:07:09		09:58:04.55	8:25	7.1
20	ROWIŃSKI MICHAŁ	1392	ULTRAFUN	LUBAWA	POL	M30	13	M 20	01:07:12	02:58:34	04:38:01	07:00:18	09:03:57		09:59:34.50	8:26	7.1
21	LIS MAREK	1353	#ZALINIAMETYTEAM	SWARZĘDZ	POL	M30	14	M 21	01:12:27	03:20:21	05:04:56	07:10:46	09:14:16		10:02:03.15	8:28	7.1
22	JASTRZEBSKI SZYMON	1424		WROCLAW	POL	M30	15	M 22	01:09:49	03:05:07	04:45:37	07:08:47	09:09:51		10:02:15.10	8:28	7.1
23	GRZELAK ADRIAN	1394	MĘCINA PANY	KRAKÓW	POL	M30	16	M 23	01:11:34	03:11:25	04:50:50	07:15:55	09:16:37		10:08:42.60	8:34	7
24	SOKULSKI TOMASZ	1376	GÓRSKIE ZAJOBY	WROCLAW	POL	M30	17	M 24	01:13:55	03:16:20	04:56:17	07:18:10	09:23:36		10:23:53.00	8:47	6.8
25	MATCZAK MACIEJ	1290	KS FABRYKA BIEGANIA OSTRÓW WIELKOPOLSKI	ODOLANÓW	POL	M30	18	M 25	01:12:56	03:20:17	05:05:37	07:29:30	09:33:04		10:28:53.80	8:51	6.8
26	YURTSUN STEPAN	1350	SPARTA ULTRA TEAM	DUBNO	UKR	M18	1	M 26	01:17:01	03:25:45	05:08:12	07:27:22	09:36:35		10:30:54.80	8:53	6.8
27	KSIĘŻAK BARTŁOMIEJ	1355	BIEG SZLAK TRAFI	WARSZAWA	POL	M30	19	M 27	01:12:12	03:18:50	05:08:22	07:40:07	09:38:06		10:31:20.20	8:53	6.7
28	NOWAK MARCIN	1433	ULTRA TEAM KRAKOWIAK	MOSINA	POL	M30	20	M 28	01:09:55	03:14:23	05:06:42	07:22:21	09:36:26		10:34:18.75	8:56	6.7
29	ZIEMBA MICHAŁ	1398	ZIOMKI	RZESZÓW	POL	M30	21	M 29	01:14:58	03:32:32	05:18:39	07:39:21	09:44:49		10:34:33.70	8:56	6.7
30	PODLEŚ RAFAŁ	1373	#FITONTOP UMLAUT	SZCZECIN	POL	M18	2	M 30	01:12:09	03:23:55	05:14:49	07:43:39	09:45:32		10:35:36.15	8:57	6.7
31	POSADOWSKI SZYMON	1391	ŚLEZAK TEAM	WILKÓW	POL	M18	3	M 31	01:15:07	03:24:06	05:16:06	07:43:50	09:45:15		10:41:04.65	9:01	6.6
32	JAKÓBczyk MARTYNA	1334	ADIDAS RUNNERS WARSAW	WARSZAWA	POL	K18	1	K 1	01:15:40	03:25:43	05:19:58	07:53:31	09:52:49		10:42:32.05	9:02	6.6
33	STRAUCHOLD ANNA	1381	PRO-RUN WROCLAW	KAMIENIEC WROCLAWSKI	POL	K40	1	K 2	01:15:54	03:29:19	05:20:00	07:43:23	09:48:21		10:43:01.65	9:03	6.6
34	OSTAPSKI KAMIL	1426	VEGE RUNNERS	WROCLAW	POL	M30	22	M 32	01:08:37	03:14:00	05:06:41	07:42:29	09:56:02		10:47:32.35	9:07	6.6
35	KOWCZYK ŁUKASZ	1361	DRUŻYNA CHROBREGO	SZPROTAWA	POL	M40	7	M 33	01:08:10	03:05:33	04:44:46	07:12:36	09:40:25		10:47:44.10	9:07	6.6
36	WOJDANOWSKI JAN	1430	KB HARCOWNIK JELCZ-LASKOWICE	JELCZ-LASKOWICE	POL	M50	2	M 34	01:13:50	03:21:17	05:13:43	07:42:41	09:54:47		10:51:08.25	9:10	6.5

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M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	10km	24km	38km	51km	64km	Kar/Bon	Netto	min/km	km/h
37	SZCZEPAŃSKI ANDRZEJ	1429		ZIELONA GÓRA	POL	M40	8	M 35	01:17:53	03:23:53	05:12:50	07:44:56	09:45:44		10:54:53.40	9:13	6.5
38	KOPCZYŃSKI ŁUKASZ	1269	K-TEAM	WROCLAW	POL	M30	23	M 36	01:13:04	03:28:48	05:23:23	08:01:40	10:03:58		10:56:34.15	9:14	6.5
39	SPECHT MIKOŁAJ	1413		WARSZAWA	POL	M40	9	M 37	01:12:42	03:23:07	05:16:50	07:55:17	10:07:29		11:03:12.25	9:20	6.4
40	JABŁOŃSKI ADRIAN	1412	TRAWERS TEAM NAKŁO	NAKŁO NAD NOTECIĄ	POL	M30	24	M 38	01:17:15	03:34:19	05:32:42	08:04:21	10:12:33		11:03:19.90	9:20	6.4
41	ORŁOWSKI JAKUB	1417	OTS	WROCLAW	POL	M30	25	M 39	01:14:22	03:21:39	05:11:58	07:54:41	10:06:42		11:05:13.00	9:22	6.4
42	ZIMNY TOMASZ	1377		SZCZECIN	POL	M60	1	M 40	01:10:19	03:20:29	05:12:55	07:56:46	10:05:07		11:06:57.50	9:23	6.4
43	KOCJAN PAWEŁ	1401	KB I LOVE ZIEMEK / NIGHT RUNNERS	POZNAŃ	POL	M40	10	M 41	01:20:04	03:30:25	05:19:49	08:04:35	10:18:04		11:11:38.85	9:27	6.3
44	POŁUBOK KAJETAN	1337		TYCHY	POL	M40	11	M 42	01:01:19	02:47:07	04:18:27	08:10:57	10:24:06		11:11:47.85	9:27	6.3
45	WINTER PIOTR	1404	NIGHT RUNNERS	CHOMĘCICE	POL	M30	26	M 43	01:10:42	03:15:29	05:12:00	07:58:37	10:10:01		11:14:47.90	9:30	6.3
46	ZIELIŃSKI ROBERT	1390	LUBOŃSKI KLUB BIEGACZA	LUBOŃ	POL	M40	12	M 44	01:21:40	03:37:06	05:35:40	08:05:04	10:18:14		11:15:18.85	9:30	6.3
47	WANSKI MICHAŁ	1356		FRECHEN	GER	M40	13	M 45	01:14:08	03:26:28	05:24:10	08:03:41	10:16:25		11:15:21.40	9:30	6.3
48	MATYJA RAFAŁ	1389	LESZNOLIMITS RUNNERS	LIPNO	POL	M30	27	M 46	01:14:27	03:40:30	05:37:58	08:22:32	10:27:58		11:17:38.80	9:32	6.3
49	MAZANKA JAKUB	1339		BORÓWIEC	POL	M40	14	M 47	01:12:04	03:11:47	04:58:31	07:47:32	10:14:00		11:17:39.20	9:32	6.3
50	GWOZDECKI TOMASZ	1254		WROCLAW	POL	M30	28	M 48	01:13:12	03:28:56	05:23:41	08:01:50	10:15:07		11:18:37.90	9:33	6.3
51	KONIECZNY MACIEJ	1423	MK-CONNECT	POZNAŃ	POL	M40	15	M 49	01:12:47	03:22:38	05:20:08	08:07:52	10:32:09		11:35:39.65	9:47	6.1
52	MYŚLIŃSKI MARCIN	1332		WARSZAWA	POL	M30	29	M 50	01:18:21	03:41:00	05:47:57	08:28:12	10:46:42		11:37:18.65	9:49	6.1
53	CHUDA ANETA	1310		WROCLAW	POL	K40	2	K 3	01:18:07	03:41:45	05:43:56	08:17:19	10:38:52		11:42:43.50	9:53	6.1
54	KALEMBA KAMIL	1341		BRZEG DOLNY	POL	M30	30	M 51	01:14:01	03:26:19	05:26:36	08:21:06	10:38:56		11:42:58.15	9:54	6.1
55	GRZYWIŃSKI BARTOSZ	1304		TORUŃ	POL	M40	16	M 52	01:15:45	03:29:57	05:28:16	08:33:07	10:45:55		11:43:16.65	9:54	6.1
56	ŁOWIECKI DOMINIK	1403	NBR TEAM	POZNAŃ	POL	M40	17	M 53	01:10:09	03:26:34	05:32:11	08:35:24	10:41:48		11:44:18.75	9:55	6
57	GILEWICZ-RACHOWSKA JAGODA	1422	DGR KANCELARIA RADCÓW PRAWNYCH	POZNAŃ	POL	K30	1	K 4	01:18:08	03:40:26	05:50:21	08:27:01	10:45:17		11:45:15.75	9:56	6
58	POLIWKI MARIUSZ	1439	FITNES PIEKARY	SPALONA	POL	M40	18	M 54	01:16:09	03:38:04	05:45:31	08:33:12	10:47:35		11:45:24.40	9:56	6
59	NOWACKI MICHAŁ	1261	MORSY POZNAŃ	POZNAŃ	POL	M40	19	M 55	01:16:40	03:31:37	05:31:27	08:35:00	10:46:03		11:49:07.15	9:59	6
60	SIWIEC STANISŁAW	1289		RZESZÓW	POL	M60	2	M 56	01:14:31	03:27:14	05:32:50	08:36:16	10:52:18		11:51:09.05	10:00	6
61	KONIECZNA PAULINA	1311	CH10	CHOSZCZNO	POL	K30	2	K 5	01:19:51	03:37:55	05:44:11	08:37:45	10:55:43		11:51:35.50	10:01	6
62	FRYBEL DAMIAN	1354	WOLSZTYŃSKA AKADEMIA BIEGOWA	OBRA	POL	M40	20	M 57	01:10:33	03:26:55	05:26:44	08:14:10	10:38:47		11:51:39.90	10:01	6
63	NEUFELD MARCIN	1368	INTEL RUNNERS / RUN-PASSION.PL	GDYNIA	POL	M40	21	M 58	01:10:47	03:21:32	05:20:31	08:30:02	10:51:24		11:52:37.40	10:02	6
64	IGNACZAK MAREK	1313	ION1 TEAM	ŁÓDŹ	POL	M30	31	M 59	01:17:58	03:39:36	05:38:40	08:36:58	10:55:43		11:53:10.45	10:02	6
65	RATAJCZAK ŁUKASZ	1416	NIGHT RUNNERS / CITITOK	MOSINA	POL	M30	32	M 60	01:11:30	03:24:53	05:29:20	08:34:26	10:50:42		11:54:00.00	10:03	6
66	JAKUBOWSKI ŁUKASZ	1307	KB KAMIEŃ POMORSKI	KAMIEŃ POMORSKI	POL	M40	22	M 61	01:17:23	03:34:58	05:40:44	08:36:21	10:53:11		11:55:13.70	10:04	6
67	PIETRZAK JACEK	1320		ŁÓDŹ	POL	M40	23	M 62	01:16:34	03:31:26	05:25:13	08:20:52	10:56:49		11:59:14.25	10:07	5.9
68	GARSTKA ZBIGNIEW	1276	WRONIECKI KLUB BIEGACZA	WRONKI	POL	M40	24	M 63	01:14:29	03:32:42	05:35:29	08:34:18	10:58:32		11:59:21.10	10:07	5.9
69	SŁOWIŃSKI DAMIAN	1388	CITYZEN POZNAŃ	POZNAŃ	POL	M40	25	M 64	01:20:16	03:44:34	05:51:54	08:34:47	11:00:19		12:03:12.80	10:11	5.9
70	PARWA MICHAŁ	1414		DZIEKANOWICE	POL	M30	33	M 65	01:16:11	03:42:47	05:59:50	08:58:13	11:15:19		12:09:42.05	10:16	5.8
71	SUDUŁ JAROSŁAW	1374	WIERZBICKI RUNNING PROJECT	GORZÓW WIELKOPOLSKI	POL	M40	26	M 66	01:34:18	04:11:29	06:21:24	08:58:05	11:14:32		12:11:18.50	10:18	5.8
72	FORREITER OSKAR	1408		BOJSZOWY	POL	M18	4	M 67	01:13:12	03:30:36	05:50:15	08:42:34	11:17:46		12:11:55.65	10:18	5.8
73	JAGUSTYN MACIEJ	1418		GLIWICE	POL	M18	5	M 68	01:13:56	03:33:04	05:38:07	09:00:55	11:16:31		12:12:08.75	10:18	5.8
74	PARA JAKUB	1277	LESZNO LIMITS RUNNERS	LESZNO	POL	M40	27	M 69	01:15:04	03:43:21	05:54:00	08:54:39	11:16:13		12:12:48.70	10:19	5.8
75	BRODA DOMINIK	1264		WROCLAW	POL	M30	34	M 70	01:15:34	03:35:46	05:42:07	08:37:04	11:04:52		12:15:55.10	10:21	5.8
76	KSIĄŻKIEWICZ TOMASZ	1400	ULTRAS LEGIA	LESZNO	POL	M40	28	M 71	01:19:34	03:36:39	05:43:20	08:43:37	11:17:07		12:17:53.80	10:23	5.8
77	GOŁĄB ŁUKASZ	1407		WYBIERZ Z LISTY	POL	M30	35	M 72	01:19:28	03:42:14	05:52:26	08:43:17	11:21:07		12:22:18.85	10:27	5.7
78	VERHEYDEN SAM ANDRE	1436		NYSA	BEL	M30	36	M 73	01:08:57	03:17:31	05:23:22	08:18:19	10:36:58		12:22:41.60	10:27	5.7
79	SKRZEK MARCIN	1382	PRO-RUN WROCLAW	WROCLAW	POL	M40	29	M 74	01:17:39	03:38:44	05:44:28	09:01:46	11:22:37		12:25:55.00	10:30	5.7
80	FUKS SZYMON	1378	MCBIEGACZE	WARSZAWA	POL	M40	30	M 75	01:12:53	03:31:02	05:37:22	08:57:06	11:22:06		12:27:07.55	10:31	5.7
81	BURZYŃSKA EWELINA	1358	NATURA BIEDRUSKO	BIEDRUSKO	POL	K40	3	K 6	01:20:03	03:58:18	06:12:28	08:56:29	11:23:47		12:27:23.85	10:31	5.7
82	KANIA MARCIN	1419		GLIWICE	POL	M18	6	M 76	01:14:08	03:33:11	05:35:57	08:51:16	11:17:30		12:29:03.80	10:33	5.7
83	ZIELIŃSKA JUSTYNA	1314		LUBOŃ	POL	K40	4	K 7	01:21:48	03:50:30	06:00:32	08:58:35	11:26:31		12:29:43.40	10:33	5.7

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84	RYZEWSKI KRZYSZTOF	1333	QUADIMODO RACING	MIRKÓW	POL	M40	31	M 77	01:18:33	03:42:41	05:51:18	08:59:04	11:27:39		12:29:44.5	10:33	5.7
85	KOZŁOWSKI WOJCIECH	1281		LISOWICE	POL	M50	3	M 78	01:15:51	03:29:11	05:33:27	08:35:24	11:12:45		12:30:08.70	10:33	5.7
86	KOWALCZYK GRZEGORZ	1438	ŻYCIE JAK MUZYKA	LUBLIN	POL	M40	32	M 79	01:18:02	03:42:11	05:58:45	08:49:29	11:30:08		12:33:24.60	10:36	5.7
87	ROSKOWSKI MARCIN	1375		WROCLAW	POL	M30	37	M 80	01:22:08	03:48:21	05:57:43	08:51:45	11:21:52		12:34:39.90	10:37	5.6
88	KORYTEK PIOTR	1331	ART WITKOWO BIEGA	WITKOWO	POL	M40	33	M 81	01:19:31	03:36:27	05:42:41	08:31:12	11:27:35		12:39:12.25	10:41	5.6
89	GRAMALA MATEUSZ	1336		KRAPKOWICE	POL	M18	7	M 82	01:12:30	03:27:02	05:32:15	08:40:30	11:28:34		12:44:02.80	10:45	5.6
90	MYSTKOWSKI GRZEGORZ	1372	PSIA KOŚĆ	LUBICHOWO	POL	M50	4	M 83	01:23:17	03:48:03	05:56:28	09:19:15	11:48:13		12:48:36.90	10:49	5.5
91	PODSKARBI DAWID	1265	GOD IS GOOD	TOMASZÓW MAZOWIECKI	POL	M40	34	M 84	01:27:13	03:55:08	06:06:15	09:16:29	11:46:49		12:52:30.00	10:52	5.5
92	NOWAK KRZYSZTOF	1402		KALISZ	POL	M30	38	M 85	01:10:39	03:28:41	05:34:20	08:33:55	11:31:10		13:00:57.20	10:59	5.5
93	SUROWIEC ROBERT	1273	GORZOWSKIE BIEGANIE CZWARTKOWE	GORZÓW WLKP	POL	M40	35	M 86	01:23:51	03:58:40	06:10:52	09:30:04	11:59:10		13:04:05.60	11:02	5.4
94	FILUT ŁUKASZ	1349		POZNAŃ	POL	M40	36	M 87	01:14:22	03:38:42	05:43:10	09:17:39	12:00:13		13:09:43.50	11:07	5.4
95	GRZELAK JUSTYNA	1309	MARATON LESZNO	LESZNO	POL	K40	5	K 8	01:25:56	04:06:01	06:23:44	09:34:39	12:05:39		13:12:06.95	11:09	5.4
96	KOZŁOWSKI RAFAŁ	1329	MAFIA TEAM KONIN	KONIN	POL	M40	37	M 88	01:26:11	04:03:11	06:26:52	09:29:56	12:09:39		13:17:47.20	11:14	5.3
97	KOBIERSKI RADEK	1415	POMAGAMY NATALII.PL	WARSZAWA	POL	M40	38	M 89	01:38:38	04:12:58	06:34:07	09:42:14	12:08:24		13:22:32.60	11:18	5.3
98	NAWROT ARTUR	1315		TRZEBNICA	POL	M30	39	M 90	01:17:09	03:38:46	06:03:11	09:28:24	12:11:42		13:26:25.20	11:21	5.3
99	SKRZYPCZAK RADOSŁAW	1357	ROUNDSPACE.PL	POZNAŃ	POL	M40	39	M 91	01:19:31	03:39:01	05:42:12	09:31:47	12:16:10		13:30:17.55	11:24	5.3
100	TETERYCZ DARIUSZ	1301	GDZIE NOGI PONIOSĄ	JELEŃ GÓRA	POL	M40	40	M 92	01:27:14	04:05:36	06:22:31	09:42:54	12:26:36		13:33:36.80	11:27	5.2
101	GUCKI MIKOŁAJ	1256		MIECZEWO	POL	M30	40	M 93	01:23:55	03:48:24	06:03:58	09:27:42	12:14:09		13:33:56.20	11:27	5.2
102	LIPIEC ŁUKASZ	1257		JELEŃ GÓRA	POL	M40	41	M 94	01:17:17	03:47:33	06:05:40	09:32:41	12:21:07		13:35:35.75	11:29	5.2
103	CHUDYBA MICHAŁ	1365		GDAŃSK	AFG	M40	42	M 95	01:22:30	04:03:20	06:27:40	09:39:27	12:18:29		13:35:36.25	11:29	5.2
104	BUJNOWSKI RAFAŁ	1406	PĘDZĄCE KAPCIE	WARSZAWA	POL	M40	43	M 96	01:17:56	03:42:50	05:59:49	09:34:05	12:21:09		13:36:04.05	11:29	5.2
105	JERMAK MACIEJ	1420	ZDROWY PROJEKT	KOSZYCE WIELKIE	POL	M30	41	M 97	01:25:38	04:33:10	07:07:08	10:43:06	12:36:04		13:37:07.25	11:30	5.2
106	GRZELAK DANIEL	1397	MARATON LESZNO	LESZNO	POL	M40	44	M 98	01:29:28	04:14:18	06:40:20	09:37:13	12:24:31		13:39:14.15	11:32	5.2
107	JARZEMBOWSKI TOMASZ	1384	WLKP MOUNTAINS ULTRA	PLEWISKA	POL	M40	45	M 99	01:24:11	03:51:13	06:03:28	09:34:01	12:21:48		13:40:31.15	11:33	5.2
108	TOMASZEWSKI DAWID	1383	WLKP MOUNTAINS ULTRA	KOMORNIKI	POL	M40	46	M 100	01:24:21	03:51:23	06:03:36	09:34:10	12:21:58		13:40:40.65	11:33	5.2
109	MARKOWSKI PIOTR	1287	MARKOTNESKOWRONKI	WROCLAW	POL	M40	47	M 101	01:20:00	03:59:22	06:28:23	09:51:14	12:34:56		13:41:50.20	11:34	5.2
110	LEBODA KATARZYNA	1351	WILD DOGS TEAM	KATOWICE	POL	K30	3	K 9	01:23:16	03:57:55	06:12:58	09:38:55	12:28:22		13:44:26.00	11:36	5.2
111	JAKUBOWSKI PAWEŁ	1268		GORZÓW WIELKOPOLSKI	POL	M40	48	M 102	01:25:08	04:10:54	06:35:44	09:52:38	12:34:44		13:46:51.05	11:38	5.2
112	MARKOWSKI MAREK	1435	KS LENIWIEC	KĘPNO	POL	M40	49	M 103	01:26:22	04:01:27	06:33:11	10:04:18	12:34:30		13:47:16.05	11:39	5.1
113	GRZYWIŃSKI WOJTEK	1284		TORUŃ	POL	M30	42	M 104	01:26:13	04:05:55	06:26:55	09:41:27	12:31:50		13:48:28.35	11:40	5.1
114	KUCZ TOMASZ	1300		JELEŃ GÓRA	POL	M40	50	M 105	01:26:20	04:11:30	06:46:18	10:38:27	12:50:05		14:02:37.05	11:52	5.1
115	DRAŃKO PIOTR	1296		OTWOCK	POL	M30	43	M 106	01:18:22	03:51:31	06:13:23	09:55:46	12:46:37		14:03:48.45	11:53	5
116	SZCZEPANIAK JADWIGA	1275		ALEKSANDRÓW ŁÓDZKI	POL	K50	1	K 10	01:31:29	04:21:33	06:45:34	09:56:44	12:54:15		14:09:21.25	11:57	5
117	PIWAŃSKI PIOTR	1266		ŁĘCZYCA	POL	M60	3	M 107	01:35:52	04:25:31	06:42:31	10:28:16	13:04:46		14:12:35.20	12:00	5
118	BUJNOWSKA ELIZA	1405	KS STASZEWSKY	WARSZAWA	POL	K40	6	K 11	01:31:37	04:22:37	06:47:41	10:19:20	13:11:18		14:25:34.15	12:11	4.9
119	SZELĄGIEWICZ AREK	1364		SZCZECIN	POL	M40	51	M 108	01:24:18	04:04:42	06:26:42	10:11:07	13:07:21		14:28:35.15	12:14	4.9
120	ROZWADOWSKI ROBERT	1379	DRUŻYNA SZPIKU	SUCHY LAS	POL	M40	52	M 109	01:27:55	04:09:24	06:35:14	10:12:19	13:11:24		14:31:26.90	12:16	4.9
121	PARZONKA PAWEŁ	1328	KS LENIWIEC	KĘPNO	POL	M40	53	M 110	01:26:38	04:01:38	06:33:24	10:36:51	13:27:33		14:44:57.40	12:27	4.8
122	GAŚCZAK MARIUSZ	1432	KS LENIWIEC	KĘPNO	POL	M40	54	M 111	01:27:05	04:02:07	06:33:55	10:37:17	13:28:00		14:45:23.50	12:28	4.8
123	SERWADZAK MAREK	1386		DROGOSZOWICE	POL	M50	5	M 112	01:33:13	04:18:11	06:43:16	10:35:12	13:32:51		14:46:20.15	12:29	4.8
124	TASZAREK JAKUB	1325		MROWINO	POL	M40	55	M 113	01:18:31	03:59:24	06:25:31	10:32:16	13:32:26		14:52:04.95	12:33	4.8
125	NAPIERAŁA KATARZYNA	1396		SUCHY LAS	POL	K40	7	K 12	01:29:17	04:27:19	06:46:23	10:41:59	13:38:39		14:52:51.55	12:34	4.8
126	GUCKA PAULINA	1262		MIECZEWO	POL	K30	4	K 13	01:38:34	04:37:14	06:56:46	11:00:22	13:47:54		15:00:11.10	12:40	4.7
127	BĄDZIUL DOROTA	1267		RZESZÓW	POL	K30	5	K 14	01:40:51	04:38:13	07:18:14	11:00:49	13:50:05		15:04:45.60	12:44	4.7
128	HAWRYLISZYN JAN	1255		ŁOZINA	POL	M30	44	M 114	01:30:41	04:27:11	06:58:33	10:51:24	13:41:45		15:08:02.20	12:47	4.7
129	SZERSZEŃ JANUSZ	1252	PIASECZNO RUNNING	PIASECZNO	POL	M40	56	M 115	01:30:53	04:27:26	06:58:59	10:51:35	13:42:10		15:08:12.25	12:47	4.7
130	ZIENKIEWICZ AGATA	1278	PIASECZNO RUNNING	PIASECZNO	POL	K40	8	K 15	01:31:02	04:27:31	06:58:51	10:51:38	13:42:04		15:08:22.45	12:47	4.7
131	HEJNA ŁUKASZ	1347		WROCLAW	POL	M40	57	M 116	01:38:20	04:40:17	07:11:59	13:55:19	15:16:40.70		15:16:40.70	12:54	4.6
132	KOCH PIOTR	1282	ZROBIMTO.PL	GORZÓW WLKP.	POL	M40	58	M 117	01:25:31	04:13:22	07:03:49	11:06:10	14:10:52		15:23:50.60	13:00	4.6
133	KAPA PATRYCJA	1344		RASZKÓW	POL	K18	2	K 16	01:40:19	04:34:52	07:16:01	14:06:42	15:23:51.70		15:23:51.70	13:00	4.6
134	OLECHNOWICZ MAGDA	1260	BBL GORZÓW	GORZÓW WLKP.	POL	K40	9	K 17	01:34:40	04:25:08	07:02:29	11:06:20	14:11:02		15:30:12.10	13:06	4.6

**SIEDEMDZIESIĄT Z HAKIEM, OPEN c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	10km	24km	38km	51km	64km	Kar/Bon	Netto	min/km	km/h
135	PROŃCZUK ADAM	1369	WEHICOOL ZBIEG OKOLICZNOŚCI	CZECHOWICE-DZIED ZICE	POL	M50	6	M 118	01:49:28	04:54:46	07:38:42		14:11:21		15:36:34.05	13:11	4.5
136	MASZEWSKA-WACH MARIOLA	1370	ZBIEG OKOLICZNOŚCI	RAWA MAZOWIECKA	POL	K30	6	K 18	01:49:38	04:54:53	07:37:42		14:10:50		15:36:44.10	13:11	4.5
137	PIEKAROWICZ PIOTR	1367		PRACE DUŻE	POL	M50	7	M 119	01:34:42	05:04:04	07:49:45		14:25:18		15:45:28.20	13:18	4.5
138	NOWAKOWSKI SŁAWOMIR	1297		HIPOLITÓW	POL	M40	59	M 120	01:39:32	04:43:46	07:48:41		14:55:35		16:18:05.85	13:46	4.4
139	KRZEWSKI GRZEGORZ	1316		DĘBE WIELKIE	POL	M40	60	M 121	01:39:42	04:43:53	07:48:45		14:55:43		16:18:14.70	13:46	4.4
140	GRZELAK KAMILA	1393	MĘCINAPANY	KRAKÓW	POL	K30	7	K 19	01:10:47	03:12:56	04:55:31	07:21:51				8:39	6.9
141	STALA-KONDRAKIEWICZ KATARZYNA	1425	KB HARCOWNIK	MŁOSZYCE	POL	K30	8	K 20	01:43:30	04:37:01	07:11:18					11:21	5.3
142	RURKA GRZEGORZ	1299	SAMBIEGAM	WARSZAWA	POL	M50	8	M 122	01:40:06	05:15:34	08:38:51					13:39	4.4
143	KARBOWSKI JAROSŁAW	1312	K.S.LENIWIEC	SYCÓW	POL	M40	61	M 123	01:27:11	04:07:14						10:18	5.8
	WSUŁ MONIA	1271	CH10	POZNAŃ	POL	K40			01:21:02	03:57:10	06:44:51	DNF	DNF		DNF	-	-
	KASPRZYK ADRIAN	1437	LESZ NO LIMITS RUNNERS	LESZNO	POL	M40			01:29:19	04:14:12	06:52:32	DNF	DNF		DNF	-	-
	KLUCZYŃSKI TOMASZ	1330		POZNAŃ	POL	M40			01:29:11	04:23:12	07:43:09	DNF	DNF		DNF	-	-
									DNF	DNF	DNF						

**SIEDEMDZIESIĄT Z HAKIEM, K-Open**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	10km	24km	38km	51km	64km	Kar/Bon	Netto	min/km	km/h
1	JAKÓBCZYK MARTYNA	1334	ADIDAS RUNNERS WARSZAWA	WARSZAWA	POL	K18	1	K 1	01:15:40	03:25:43	05:19:58	07:53:31	09:52:49		10:42:32.05	9:02	6.6
2	STRAUCHOLD ANNA	1381	PRO-RUN WROCŁAW	KAMIENIEC WROCŁAWSKI	POL	K40	1	K 2	01:15:54	03:29:19	05:20:00	07:43:23	09:48:21		10:43:01.65	9:03	6.6
3	CHUDA ANETA	1310		WROCŁAW	POL	K40	2	K 3	01:18:07	03:41:45	05:43:56	08:17:19	10:38:52		11:42:43.50	9:53	6.1
4	GILEWICZ-RACHOWSKA JAGODA	1422	DGR KANCELARIA RADCÓW PRAWNYCH	POZNAŃ	POL	K30	1	K 4	01:18:08	03:40:26	05:50:21	08:27:01	10:45:17		11:45:15.75	9:56	6
5	KONIECZNA PAULINA	1311	CH10	CHOSZCZNO	POL	K30	2	K 5	01:19:51	03:37:55	05:44:11	08:37:45	10:55:43		11:51:35.50	10:01	6
6	BURZYŃSKA EWELINA	1358	NATURA BIEDRUSKO	BIEDRUSKO	POL	K40	3	K 6	01:20:03	03:58:18	06:12:28	08:56:29	11:23:47		12:27:23.85	10:31	5.7
7	ZIELIŃSKA JUSTYNA	1314		LUBOŃ	POL	K40	4	K 7	01:21:48	03:50:30	06:00:32	08:58:35	11:26:31		12:29:43.40	10:33	5.7
8	GRZELAK JUSTYNA	1309	MARATON LESZNO	LESZNO	POL	K40	5	K 8	01:25:56	04:06:01	06:23:44	09:34:39	12:05:39		13:12:06.95	11:09	5.4
9	LEBODA KATARZYNA	1351	WILD DOGS TEAM	KATOWICE	POL	K30	3	K 9	01:23:16	03:57:55	06:12:58	09:38:55	12:28:22		13:44:26.00	11:36	5.2
10	SZCZEPANIAK JADWIGA	1275		ALEKSANDRÓW ŁÓDZKI	POL	K50	1	K 10	01:31:29	04:21:33	06:45:34	09:56:44	12:54:15		14:09:21.25	11:57	5
11	BUJNOWSKA ELIZA	1405	KS STASZEWCY	WARSZAWA	POL	K40	6	K 11	01:31:37	04:22:37	06:47:41	10:19:20	13:11:18		14:25:34.15	12:11	4.9
12	NAPIERAŁA KATARZYNA	1396		SUCHY LAS	POL	K40	7	K 12	01:29:17	04:27:19	06:46:23	10:41:59	13:38:39		14:52:51.55	12:34	4.8
13	GUCKA PAULINA	1262		MIECZEWO	POL	K30	4	K 13	01:38:34	04:37:14	06:56:46	11:00:22	13:47:54		15:00:11.10	12:40	4.7
14	BĄDZIUL DOROTA	1267		RZESZÓW	POL	K30	5	K 14	01:40:51	04:38:13	07:18:14	11:00:49	13:50:05		15:04:45.60	12:44	4.7
15	ZIENKIEWICZ AGATA	1278	PIASECZNO RUNNING	PIASECZNO	POL	K40	8	K 15	01:31:02	04:27:31	06:58:51	10:51:38	13:42:04		15:08:22.45	12:47	4.7
16	KAPA PATRYCJA	1344		RASZKÓW	POL	K18	2	K 16	01:40:19	04:34:52	07:16:01		14:06:42		15:23:51.70	13:00	4.6
17	OLECHNOWICZ MAGDA	1260	BBL GORZÓW	GORZÓW WLKP.	POL	K40	9	K 17	01:34:40	04:25:08	07:02:29	11:06:20	14:11:02		15:30:12.10	13:06	4.6
18	MASZEWSKA-WACH MARIOLA	1370	ZBIEG OKOLICZNOŚCI	RAWA MAZOWIECKA	POL	K30	6	K 18	01:49:38	04:54:53	07:37:42		14:10:50		15:36:44.10	13:11	4.5
19	GRZELAK KAMILA	1393	MĘCINAPANY	KRAKÓW	POL	K30	7	K 19	01:10:47	03:12:56	04:55:31	07:21:51				8:39	6.9
20	STALA-KONDRAKIEWICZ KATARZYNA	1425	KB HARCOWNIK	MŁOSZYCE	POL	K30	8	K 20	01:43:30	04:37:01	07:11:18					11:21	5.3
	WSUŁ MONIA	1271	CH10	POZNAŃ	POL	K40			01:21:02	03:57:10	06:44:51	DNF	DNF		DNF	-	-
									DNF	DNF	DNF						

**SIEDEMDZIESIĄT Z HAKIEM, M-Open**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	10km	24km	38km	51km	64km	Kar/Bon	Netto	min/km	km/h
1	HETMAN RADOŚLAW	1410	GRUPA NOMAX	JAWORZNO	POL	M30	1	M 1	00:56:02	02:26:09	03:43:28	05:21:12	06:53:03		07:34:20.40	6:23	9.4
2	MORAWSKI PRZEMYSŁAW	1285	CISCO KRAKOW RUNNING TEAM	KRAKÓW	POL	M30	2	M 2	01:00:36	02:39:55	04:03:14	05:50:57	07:25:49		08:07:43.00	6:52	8.7

## SIEDEMDZIESIĄT Z HAKIEM, M-Open c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	10km	24km	38km	51km	64km	Kar/Bon	Netto	min/km	km/h
3	KORPALKI TOMASZ	1428	STAJNIA BALONA	GDAŃSK	POL	M30	3	M 3	01:04:04	02:46:50	04:09:45	05:56:54	07:31:04		08:11:36.95	6:55	8.7
4	SAWICKI PIOTR	1324		WARSZAWA	POL	M40	1	M 4	00:59:16	02:43:59	04:14:04	06:10:01	07:47:46		08:28:14.45	7:09	8.4
5	WOLEK SZYMON	1326		TYCHY	POL	M30	4	M 5	00:58:44	02:38:56	04:03:45	06:00:08	07:44:07		08:32:02.80	7:12	8.3
6	BIELIŃSKI MACIEJ	1409		WARSZAWA	POL	M30	5	M 6	01:00:12	02:38:11	04:01:03	06:04:13	07:47:56		08:44:09.10	7:22	8.1
7	GADZIMSKI MICHAŁ	1411		JELENIA GÓRA	POL	M30	6	M 7	01:03:04	02:47:32	04:14:35	06:21:08	08:15:58		09:07:23.25	7:42	7.8
8	NIEZGÓDKA TOMASZ	1427	ZĄLOGA GÓRSKA	WROCLAW	POL	M50	1	M 8	01:06:04	02:58:49	04:34:04	06:40:15	08:24:41	-00:03:00	09:07:54.00	7:45	7.7
9	KYCIA PIOTR	1308		RAWICZ	POL	M40	2	M 9	01:06:40	02:57:22	04:32:32	06:34:09	08:27:25	-00:03:00	09:14:36.00	7:51	7.6
10	WIŚNIEWSKI PAWEŁ	1305	KARKONOSZ RUNNING TEAM	JELENIA GÓRA	POL	M30	7	M 10	01:01:39	02:46:22	04:22:12	06:30:39	08:25:00		09:15:26.05	7:49	7.7
11	MERKWA WOJCIECH	1399		WARSZAWA	POL	M30	8	M 11	01:08:18	03:02:37	04:32:24	06:43:54	08:35:34		09:20:52.25	7:53	7.6
12	ZALEWSKI DARIUSZ	1380	M.A.D.D.	GDAŃSK	POL	M40	3	M 12	01:04:14	02:56:34	04:31:58	06:40:08	08:33:30	-00:02:00	09:23:35.00	7:57	7.5
13	RUDNICKI DARIUSZ	1395		POGÓRZE	POL	M30	9	M 13	01:09:40	02:58:42	04:31:12	06:42:53	08:37:31		09:23:59.50	7:56	7.6
14	SZARAPANOWSKI MARCIN	1335	ULTRA DIABŁY TEAM LUBRZA	SZCZECIN	POL	M40	4	M 14	01:09:33	03:05:15	04:43:35	06:49:45	08:40:10	-00:02:00	09:25:08.00	7:59	7.5
15	ADLER ŁUKASZ	1291	LESZ NO LIMITS RUNNERS	WILKOWICE	POL	M30	10	M 15	01:09:16	03:00:32	04:37:11	06:52:03	08:43:00		09:30:39.40	8:02	7.5
16	WOJTASZEK JACEK	1294		PIECHOWICE	POL	M40	5	M 16	01:06:21	02:51:14	04:26:02	06:51:11	08:47:30		09:36:15.10	8:06	7.4
17	FARGANUS ROBERT	1270	ZABIEGANI Z LEŚNEJ	LEŚNA	POL	M40	6	M 17	01:08:06	03:01:07	04:33:57	06:41:03	08:51:14		09:45:47.25	8:15	7.3
18	MAGALSKI TOMASZ	1303	KAMIENSKA GRUPA BIEGOWA	KAMIEŃ POMORSKI	POL	M30	11	M 18	01:09:27	03:09:00	04:48:08	07:04:38	09:06:17		09:55:38.20	8:23	7.2
19	KRAKOWIAK RAFAŁ	1274	KRAKOWIAKTEAM	KROSNO	POL	M30	12	M 19	01:09:43	03:13:50	04:58:08	07:11:42	09:07:09		09:58:04.55	8:25	7.1
20	ROWIŃSKI MICHAŁ	1392	ULTRAFUN	LUBAWA	POL	M30	13	M 20	01:07:12	02:58:34	04:38:01	07:00:18	09:03:57		09:59:34.50	8:26	7.1
21	LIS MAREK	1353	#ZALINIAMETYTEAM	SWARZĘDZ	POL	M30	14	M 21	01:12:27	03:20:21	05:04:56	07:10:46	09:14:16		10:02:03.15	8:28	7.1
22	JASTRZEBSKI SZYMON	1424		WROCLAW	POL	M30	15	M 22	01:09:49	03:05:07	04:45:37	07:08:47	09:09:51		10:02:15.10	8:28	7.1
23	GRZELAK ADRIAN	1394	MĘCINA PANY	KRAKÓW	POL	M30	16	M 23	01:11:34	03:11:25	04:50:50	07:15:55	09:16:37		10:08:42.60	8:34	7
24	SOKULSKI TOMASZ	1376	GÓRSKIE ZAJOBY	WROCLAW	POL	M30	17	M 24	01:13:55	03:16:20	04:56:17	07:18:10	09:23:36		10:23:53.00	8:47	6.8
25	MATCZAK MACIEJ	1290	KS FABRYKA BIEGANIA OSTRÓW WIELKOPOLSKI	ODOLANÓW	POL	M30	18	M 25	01:12:56	03:20:17	05:05:37	07:29:30	09:33:04		10:28:53.80	8:51	6.8
26	YURTSUN STEPAN	1350	SPARTA ULTRA TEAM	DUBNO	UKR	M18	1	M 26	01:17:01	03:25:45	05:08:12	07:27:22	09:36:35		10:30:54.80	8:53	6.8
27	KSIĘŻAK BARTŁOMIEJ	1355	BIEG SZLAK TRAFI	WARSZAWA	POL	M30	19	M 27	01:12:12	03:18:50	05:08:22	07:40:07	09:38:06		10:31:20.20	8:53	6.7
28	NOWAK MARCIN	1433	ULTRA TEAM KRAKOWIAK	MOSINA	POL	M30	20	M 28	01:09:55	03:14:23	05:06:42	07:22:21	09:36:26		10:34:18.75	8:56	6.7
29	ZIEMBA MICHAŁ	1398	ZIOMKI	RZESZÓW	POL	M30	21	M 29	01:14:58	03:32:32	05:18:39	07:39:21	09:44:49		10:34:33.70	8:56	6.7
30	PODLEŚ RAFAŁ	1373	#FITONTOP UMLAUT	SZCZECIN	POL	M18	2	M 30	01:12:09	03:23:55	05:14:49	07:43:39	09:45:32		10:35:36.15	8:57	6.7
31	POSADOWSKI SZYMON	1391	ŚLĘZAK TEAM	WILKÓW	POL	M18	3	M 31	01:15:07	03:24:06	05:16:06	07:43:50	09:45:15		10:41:04.65	9:01	6.6
32	OSTAPSKI KAMIL	1426	VEGE RUNNERS	WROCLAW	POL	M30	22	M 32	01:08:37	03:14:00	05:06:41	07:42:29	09:56:02		10:47:32.35	9:07	6.6
33	KOWCZYK ŁUKASZ	1361	DRUŻYNA CHROBREGO	SZPROTAWA	POL	M40	7	M 33	01:08:10	03:05:33	04:44:46	07:12:36	09:40:25		10:47:44.10	9:07	6.6
34	WOJDANOWSKI JAN	1430	KB HARCOWNIK JELCZ-LASKOWICE	JELCZ-LASKOWICE	POL	M50	2	M 34	01:13:50	03:21:17	05:13:43	07:42:41	09:54:47		10:51:08.25	9:10	6.5
35	SZCZEPAŃSKI ANDRZEJ	1429		ZIELONA GÓRA	POL	M40	8	M 35	01:17:53	03:23:53	05:12:50	07:44:56	09:45:44		10:54:53.40	9:13	6.5
36	KOPCZYŃSKI ŁUKASZ	1269	K-TEAM	WROCLAW	POL	M30	23	M 36	01:13:04	03:28:48	05:23:23	08:01:40	10:03:58		10:56:34.15	9:14	6.5
37	SPECHT MIKOŁAJ	1413		WARSZAWA	POL	M40	9	M 37	01:12:42	03:23:07	05:16:50	07:55:17	10:07:29		11:03:12.25	9:20	6.4
38	JABŁOŃSKI ADRIAN	1412	TRAWERS TEAM NAKŁO	NAKŁO NAD NOTECIĄ	POL	M30	24	M 38	01:17:15	03:34:19	05:32:42	08:04:21	10:12:33		11:03:19.90	9:20	6.4
39	ORŁOWSKI JAKUB	1417	OTS	WROCLAW	POL	M30	25	M 39	01:14:22	03:21:39	05:11:58	07:54:41	10:06:42		11:05:13.00	9:22	6.4
40	ZIMNY TOMASZ	1377		SZCZECIN	POL	M60	1	M 40	01:10:19	03:20:29	05:12:55	07:56:46	10:05:07		11:06:57.50	9:23	6.4
41	KOCJAN PAWEŁ	1401	KB I LOVE ZIEMEK / NIGHT RUNNERS	POZNAŃ	POL	M40	10	M 41	01:20:04	03:30:25	05:19:49	08:04:35	10:18:04		11:11:38.85	9:27	6.3
42	POŁUBOK KAJETAN	1337		TYCHY	POL	M40	11	M 42	01:01:19	02:47:07	04:18:27	08:10:57	10:24:06		11:11:47.85	9:27	6.3
43	WINTER PIOTR	1404	NIGHT RUNNERS	CHOMĘCICE	POL	M30	26	M 43	01:10:42	03:15:29	05:12:00	07:58:37	10:10:01		11:14:47.90	9:30	6.3
44	ZIELIŃSKI ROBERT	1390	LUBOŃSKI KLUB BIEGACZA	LUBOŃ	POL	M40	12	M 44	01:21:40	03:37:06	05:35:40	08:05:04	10:18:14		11:15:18.85	9:30	6.3
45	WANSKI MICHAŁ	1356		FRECHEN	GER	M40	13	M 45	01:14:08	03:26:28	05:24:10	08:03:41	10:16:25		11:15:21.40	9:30	6.3
46	MATYJA RAFAŁ	1389	LESZNOLIMITS RUNNERS	LIPNO	POL	M30	27	M 46	01:14:27	03:40:30	05:37:58	08:22:32	10:27:58		11:17:38.80	9:32	6.3
47	MAZANKA JAKUB	1339		BORÓWIEC	POL	M40	14	M 47	01:12:04	03:11:47	04:58:31	07:47:32	10:14:00		11:17:39.20	9:32	6.3
48	GWOZDECKI TOMASZ	1254		WROCLAW	POL	M30	28	M 48	01:13:12	03:28:56	05:23:41	08:01:50	10:15:07		11:18:37.90	9:33	6.3
49	KONIECZNY MACIEJ	1423	MK-CONNECT	POZNAŃ	POL	M40	15	M 49	01:12:47	03:22:38	05:20:08	08:07:52	10:32:09		11:35:39.65	9:47	6.1

## SIEDEMDZIESIĄT Z HAKIEM, M-Open c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	10km	24km	38km	51km	64km	Kar/Bon	Netto	min/km	km/h	
50	MYŚLIŃSKI MARCIN	1332		WARSZAWA	POL	M30	29	M 50	01:18:21	03:41:00	05:47:57	08:28:12	10:46:42		11:37:18.65	9:49	6.1	
51	KALEMBA KAMIL	1341		BRZEG DOLNY	POL	M30	30	M 51	01:14:01	03:26:19	05:26:36	08:21:06	10:38:56		11:42:58.15	9:54	6.1	
52	GRZYWIŃSKI BARTOSZ	1304		TORUŃ	POL	M40	16	M 52	01:15:45	03:29:57	05:28:16	08:33:07	10:45:55		11:43:16.65	9:54	6.1	
53	ŁOWIECKI DOMINIK	1403	NBR TEAM	POZNAŃ	POL	M40	17	M 53	01:10:09	03:26:34	05:32:11	08:35:24	10:41:48		11:44:18.75	9:55	6	
54	POLIWIKA MARIUSZ	1439	FITNES PIEKARY	SPALONA	POL	M40	18	M 54	01:16:09	03:38:04	05:45:31	08:33:12	10:47:35		11:45:24.40	9:56	6	
55	NOWACKI MICHAŁ	1261		MORSY POZNAŃ	POL	M40	19	M 55	01:16:40	03:31:37	05:31:27	08:35:00	10:46:03		11:49:07.15	9:59	6	
56	SIWIEC STANISŁAW	1289		RZESZÓW	POL	M60	2	M 56	01:14:31	03:27:14	05:32:50	08:36:16	10:52:18		11:51:09.05	10:00	6	
57	FRYBEL DAMIAN	1354	WOLSZTYŃSKA AKADEMIA BIEGOWA	OBRA	POL	M40	20	M 57	01:10:33	03:26:55	05:26:44	08:14:10	10:38:47		11:51:39.90	10:01	6	
58	NEUFELD MARCIN	1368	INTEL RUNNERS / RUN-PASSION.PL	GDYNIA	POL	M40	21	M 58	01:10:47	03:21:32	05:20:31	08:30:02	10:51:24		11:52:37.40	10:02	6	
59	IGNACZAK MAREK	1313		ION1 TEAM	ŁÓDŹ	POL	M30	31	M 59	01:17:58	03:39:36	05:38:40	08:36:58	10:55:43		11:53:10.45	10:02	6
60	RATAJCZAK ŁUKASZ	1416		NIGHT RUNNERS / CITITOK	MOSINA	POL	M30	32	M 60	01:11:30	03:24:53	05:29:20	08:34:26	10:50:42		11:54:00.00	10:03	6
61	JAKUBOWSKI ŁUKASZ	1307		KB KAMIEŃ POMORSKI	KAMIEŃ POMORSKI	POL	M40	22	M 61	01:17:23	03:34:58	05:40:44	08:36:21	10:53:11		11:55:13.70	10:04	6
62	PIETRZAK JACEK	1320		ŁÓDŹ	POL	M40	23	M 62	01:16:34	03:31:26	05:25:13	08:20:52	10:56:49		11:59:14.25	10:07	5.9	
63	GARSTKA ZBIGNIEW	1276		WRONIECKI KLUB BIEGACZA	WRONKI	POL	M40	24	M 63	01:14:29	03:32:42	05:35:29	08:34:18	10:58:32		11:59:21.10	10:07	5.9
64	SŁOWIŃSKI DAMIAN	1388		CITYZEN POZNAŃ	POZNAŃ	POL	M40	25	M 64	01:20:16	03:44:34	05:51:54	08:34:47	11:00:19		12:03:12.80	10:11	5.9
65	PARWA MICHAŁ	1414		DZIEKANOWICE	POL	M30	33	M 65	01:16:11	03:42:47	05:59:50	08:58:13	11:15:19		12:09:42.05	10:16	5.8	
66	SUDUŁ JAROSŁAW	1374	WIERZBICKI RUNNING PROJECT	GORZÓW WIELKOPOLSKI	POL	M40	26	M 66	01:34:18	04:11:29	06:21:24	08:58:05	11:14:32		12:11:18.50	10:18	5.8	
67	FORREITER OSKAR	1408		BOJSZÓWY	POL	M18	4	M 67	01:13:12	03:30:36	05:50:15	08:42:34	11:17:46		12:11:55.65	10:18	5.8	
68	JAGUSTYN MACIEJ	1418		GLIWICE	POL	M18	5	M 68	01:13:56	03:33:04	05:38:07	09:00:55	11:16:31		12:12:08.75	10:18	5.8	
69	PARA JAKUB	1277		LESZNO LIMITS RUNNERS	LESZNO	POL	M40	27	M 69	01:15:04	03:43:21	05:54:00	08:54:39	11:16:13		12:12:48.70	10:19	5.8
70	BRODA DOMINIK	1264		WROCŁAW	POL	M30	34	M 70	01:15:34	03:35:46	05:42:07	08:37:04	11:04:52		12:15:55.10	10:21	5.8	
71	KSIĄŻKIEWICZ TOMASZ	1400		ULTRAS LEGIA	LESZNO	POL	M40	28	M 71	01:19:34	03:36:39	05:43:20	08:43:37	11:17:07		12:17:53.80	10:23	5.8
72	GOŁĄB ŁUKASZ	1407		WYBIERZ Z LISTY	POL	M30	35	M 72	01:19:28	03:42:14	05:52:26	08:43:17	11:21:07		12:22:18.85	10:27	5.7	
73	VERHEYDEN SAM ANDRE	1436		NYSA	BEL	M30	36	M 73	01:08:57	03:17:31	05:23:22	08:18:19	10:36:58		12:22:41.60	10:27	5.7	
74	SKRZEK MARCIN	1382		PRO-RUN WROCŁAW	WROCŁAW	POL	M40	29	M 74	01:17:39	03:38:44	05:44:28	09:01:46	11:22:37		12:25:55.00	10:30	5.7
75	FUKS SZYMON	1378		MCBIEGACZE	WARSZAWA	POL	M40	30	M 75	01:12:53	03:31:02	05:37:22	08:57:06	11:22:06		12:27:07.55	10:31	5.7
76	KANIA MARCIN	1419		GLIWICE	POL	M18	6	M 76	01:14:08	03:33:11	05:35:57	08:51:16	11:17:30		12:29:03.80	10:33	5.7	
77	RYZEWSKI KRZYSZTOF	1333		QUADIMODO RACING	MIRKÓW	POL	M40	31	M 77	01:18:33	03:42:41	05:51:18	08:59:04	11:27:39		12:29:44.45	10:33	5.7
78	KOZŁOWSKI WOJCIECH	1281		LISOWICE	POL	M50	3	M 78	01:15:51	03:29:11	05:33:27	08:35:24	11:12:45		12:30:08.70	10:33	5.7	
79	KOWALCZYK GRZEGORZ	1438		ŻYCIE JAK MUZYKA	LUBLIN	POL	M40	32	M 79	01:18:02	03:42:11	05:58:45	08:49:29	11:30:08		12:33:24.60	10:36	5.7
80	ROSZKOWSKI MARCIN	1375		WROCŁAW	POL	M30	37	M 80	01:22:08	03:48:21	05:57:43	08:51:45	11:21:52		12:34:39.90	10:37	5.6	
81	KORYTEK PIOTR	1331		ART WITKOWO BIEGA	WITKOWO	POL	M40	33	M 81	01:19:31	03:36:27	05:42:41	08:31:12	11:27:35		12:39:12.25	10:41	5.6
82	GRAMALA MATEUSZ	1336		KRAPKOWICE	POL	M18	7	M 82	01:12:30	03:27:02	05:32:15	08:40:30	11:28:34		12:44:02.80	10:45	5.6	
83	MYSTKOWSKI GRZEGORZ	1372		PSIA KOŚĆ	LUBICHOWO	POL	M50	4	M 83	01:23:17	03:48:03	05:56:28	09:19:15	11:48:13		12:48:36.90	10:49	5.5
84	PODSKARBI DAWID	1265		GOD IS GOOD	TOMASZÓW MAZOWIECKI	POL	M40	34	M 84	01:27:13	03:55:08	06:06:15	09:16:29	11:46:49		12:52:30.00	10:52	5.5
85	NOWAK KRZYSZTOF	1402		KALISZ	POL	M30	38	M 85	01:10:39	03:28:41	05:34:20	08:33:55	11:31:10		13:00:57.20	10:59	5.5	
86	SUROWIEC ROBERT	1273		GORZOWSKIE BIEGANIE CZWARTEKOWE	GORZÓW WLKP	POL	M40	35	M 86	01:23:51	03:58:40	06:10:52	09:30:04	11:59:10		13:04:05.60	11:02	5.4
87	FILUT ŁUKASZ	1349		POZNAŃ	POL	M40	36	M 87	01:14:22	03:38:42	05:43:10	09:17:39	12:00:13		13:09:43.50	11:07	5.4	
88	KOZŁOWSKI RAFAŁ	1329		MAFIA TEAM KONIN	KONIN	POL	M40	37	M 88	01:26:11	04:03:11	06:26:52	09:29:56	12:09:39		13:17:47.20	11:14	5.3
89	KOBIERSKI RADEK	1415		POMAGAMY NATALII.PL	WARSZAWA	POL	M40	38	M 89	01:38:38	04:12:58	06:34:07	09:42:14	12:08:24		13:22:32.60	11:18	5.3
90	NAWROT ARTUR	1315		TRZEBNICA	POL	M30	39	M 90	01:17:09	03:38:46	06:03:11	09:28:24	12:11:42		13:26:25.20	11:21	5.3	
91	SKRZYPCZAK RADOSŁAW	1357		ROUNDSPACE.PL	POZNAŃ	POL	M40	39	M 91	01:19:31	03:39:01	05:42:12	09:31:47	12:16:10		13:30:17.55	11:24	5.3
92	TETERYCZ DARIUSZ	1301		GDZIE NOGI PONIOSĄ	JELEŃ GÓRA	POL	M40	40	M 92	01:27:14	04:05:36	06:22:31	09:42:54	12:26:36		13:33:36.80	11:27	5.2
93	GUCKI MIKOŁAJ	1256		MIECZEWO	POL	M30	40	M 93	01:23:55	03:48:24	06:03:58	09:27:42	12:14:09		13:33:56.20	11:27	5.2	
94	LIPIEC ŁUKASZ	1257		JELEŃ GÓRA	POL	M40	41	M 94	01:17:17	03:47:33	06:05:40	09:32:41	12:21:07		13:35:35.75	11:29	5.2	
95	CHUDYBA MICHAŁ	1365		GDAŃSK	AFG	M40	42	M 95	01:22:30	04:03:20	06:27:40	09:39:27	12:18:29		13:35:36.25	11:29	5.2	
96	BUJNOWSKI RAFAŁ	1406		PĘDZĄCE KAPCIE	WARSZAWA	POL	M40	43	M 96	01:17:56	03:42:50	05:59:49	09:34:05	12:21:09		13:36:04.05	11:29	5.2
97	JERMAK MACIEJ	1420		ZDROWY PROJEKT	KOSZYCE WIELKIE	POL	M30	41	M 97	01:25:38	04:33:10	07:07:08	10:43:06	12:36:04		13:37:07.25	11:30	5.2
98	GRZELAK DANIEL	1397		MARATON LESZNO	LESZNO	POL	M40	44	M 98	01:29:28	04:14:18	06:40:20	09:37:13	12:24:31		13:39:14.15	11:32	5.2

**SIEDEMDZIESIĄT Z HAKIEM, M-Open c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	10km	24km	38km	51km	64km	Kar/Bon	Netto	min/km	km/h
99	JARZEMBOWSKI TOMASZ	1384	WLKP MOUNTAINS ULTRA	PLEWISKA	POL	M40	45	M 99	01:24:11	03:51:13	06:03:28	09:34:01	12:21:48		13:40:31.15	11:33	5.2
100	TOMASZEWSKI DAWID	1383	WLKP MOUNTAINS ULTRA	KOMORNIKI	POL	M40	46	M 100	01:24:21	03:51:23	06:03:36	09:34:10	12:21:58		13:40:40.65	11:33	5.2
101	MARKOWSKI PIOTR	1287	MARKOTNESKOWRONKI	WROCŁAW	POL	M40	47	M 101	01:20:00	03:59:22	06:28:23	09:51:14	12:34:56		13:41:50.20	11:34	5.2
102	JAKUBOWSKI PAWEŁ	1268		GORZÓW WIELKOPOLSKI	POL	M40	48	M 102	01:25:08	04:10:54	06:35:44	09:52:38	12:34:44		13:46:51.05	11:38	5.2
103	MARKOWSKI MAREK	1435	KS LENIWIEC	KĘPNO	POL	M40	49	M 103	01:26:22	04:01:27	06:33:11	10:04:18	12:34:30		13:47:16.05	11:39	5.1
104	GRZYWIŃSKI WOJTEK	1284		TORUŃ	POL	M30	42	M 104	01:26:13	04:05:55	06:26:55	09:41:27	12:31:50		13:48:28.35	11:40	5.1
105	KUCZ TOMASZ	1300		JELEŃ GÓRA	POL	M40	50	M 105	01:26:20	04:11:30	06:46:18	10:38:27	12:50:05		14:02:37.05	11:52	5.1
106	DRAŃKO PIOTR	1296		OTWOCK	POL	M30	43	M 106	01:18:22	03:51:31	06:13:23	09:55:46	12:46:37		14:03:48.45	11:53	5
107	PIWAŃSKI PIOTR	1266		ŁĘCZYCA	POL	M60	3	M 107	01:35:52	04:25:31	06:42:31	10:28:16	13:04:46		14:12:35.20	12:00	5
108	SZELAĞIEWICZ AREK	1364		SZCZECIN	POL	M40	51	M 108	01:24:18	04:04:42	06:26:42	10:11:07	13:07:21		14:28:35.15	12:14	4.9
109	ROZWADOWSKI ROBERT	1379	DRUŻYNA SZPIKU	SUCHY LAS	POL	M40	52	M 109	01:27:55	04:09:24	06:35:14	10:12:19	13:11:24		14:31:26.90	12:16	4.9
110	PARZONKA PAWEŁ	1328	KS LENIWIEC	KĘPNO	POL	M40	53	M 110	01:26:38	04:01:38	06:33:24	10:36:51	13:27:33		14:44:57.40	12:27	4.8
111	GAŚCZAK MARIUSZ	1432	KS LENIWIEC	KĘPNO	POL	M40	54	M 111	01:27:05	04:02:07	06:33:55	10:37:17	13:28:00		14:45:23.50	12:28	4.8
112	SERWADCZAK MAREK	1386		DROGOSZOWICE	POL	M50	5	M 112	01:33:13	04:18:11	06:43:16	10:35:12	13:32:51		14:46:20.15	12:29	4.8
113	TASZAREK JAKUB	1325		MROWINO	POL	M40	55	M 113	01:18:31	03:59:24	06:25:31	10:32:16	13:32:26		14:52:04.95	12:33	4.8
114	HAWRYLISZYN JAN	1255		ŁOZINA	POL	M30	44	M 114	01:30:41	04:27:11	06:58:33	10:51:24	13:41:45		15:08:02.20	12:47	4.7
115	SZERSZEŃ JANUSZ	1252	PIASECZNO RUNNING	PIASECZNO	POL	M40	56	M 115	01:30:53	04:27:26	06:58:59	10:51:35	13:42:10		15:08:12.25	12:47	4.7
116	HEJNA ŁUKASZ	1347		WROCŁAW	POL	M40	57	M 116	01:38:20	04:40:17	07:11:59		13:55:19		15:16:40.70	12:54	4.6
117	KOCH PIOTR	1282	ZROBIMTO.PL	GORZÓW WLKP.	POL	M40	58	M 117	01:25:31	04:13:22	07:03:49	11:06:10	14:10:52		15:23:50.60	13:00	4.6
118	PROŃCZUK ADAM	1369	WEHICOOL ZBIEG OKOLICZNOŚCI	CZECHOWICE-DZIED ZICE	POL	M50	6	M 118	01:49:28	04:54:46	07:38:42		14:11:21		15:36:34.05	13:11	4.5
119	PIEKAROWICZ PIOTR	1367		PRACE DUŻE	POL	M50	7	M 119	01:34:42	05:04:04	07:49:45		14:25:18		15:45:28.20	13:18	4.5
120	NOWAKOWSKI SŁAWOMIR	1297		HIPOLITÓW	POL	M40	59	M 120	01:39:32	04:43:46	07:48:41		14:55:35		16:18:05.85	13:46	4.4
121	KRZEWSKI GRZEGORZ	1316		DĘBE WIELKIE	POL	M40	60	M 121	01:39:42	04:43:53	07:48:45		14:55:43		16:18:14.70	13:46	4.4
122	RURKA GRZEGORZ	1299	SAMBIEGAM	WARSAW	POL	M50	8	M 122	01:40:06	05:15:34	08:38:51					13:39	4.4
123	KARBOWSKI JAROSŁAW	1312	K.S.LENIWIEC	SYCÓW	POL	M40	61	M 123	01:27:11	04:07:14						10:18	5.8
	KASPRZYK ADRIAN	1437	LESZ NO LIMITS RUNNERS	LESZNO	POL	M40			01:29:19	04:14:12	06:52:32	DNF	DNF		DNF	-	-
									DNF	DNF	DNF						
	KLUCZYŃSKI TOMASZ	1330		POZNAŃ	POL	M40			01:29:11	04:23:12	07:43:09	DNF	DNF		DNF	-	-
									DNF	DNF	DNF						

**SIEDEMDZIESIĄT Z HAKIEM, K18**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	10km	24km	38km	51km	64km	Kar/Bon	Netto	min/km	km/h
1	JAKÓBCZYK MARTYNA	1334	ADIDAS RUNNERS WARSAW	WARSZAWA	POL	K18	1	K 1	01:15:40	03:25:43	05:19:58	07:53:31	09:52:49		10:42:32.05	9:02	6.6
2	KAPA PATRYCJA	1344		RASZKÓW	POL	K18	2	K 16	01:40:19	04:34:52	07:16:01		14:06:42		15:23:51.70	13:00	4.6

**SIEDEMDZIESIĄT Z HAKIEM, M18**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	10km	24km	38km	51km	64km	Kar/Bon	Netto	min/km	km/h
1	YURTSUN STEPAN	1350	SPARTA ULTRA TEAM	DUBNO	UKR	M18	1	M 26	01:17:01	03:25:45	05:08:12	07:27:22	09:36:35		10:30:54.80	8:53	6.8
2	PODLEŚ RAFAŁ	1373	#FITONTOP UMLAUT	SZCZECIN	POL	M18	2	M 30	01:12:09	03:23:55	05:14:49	07:43:39	09:45:32		10:35:36.15	8:57	6.7
3	POSADOWSKI SZYMON	1391	ŚLĘZAK TEAM	WILKÓW	POL	M18	3	M 31	01:15:07	03:24:06	05:16:06	07:43:50	09:45:15		10:41:04.65	9:01	6.6
4	FORREITER OSKAR	1408		BOJSZOWY	POL	M18	4	M 67	01:13:12	03:30:36	05:50:15	08:42:34	11:17:46		12:11:55.65	10:18	5.8
5	JAGUSTYN MACIEJ	1418		GLIWICE	POL	M18	5	M 68	01:13:56	03:33:04	05:38:07	09:00:55	11:16:31		12:12:08.75	10:18	5.8
6	KANIA MARCIN	1419		GLIWICE	POL	M18	6	M 76	01:14:08	03:33:11	05:35:57	08:51:16	11:17:30		12:29:03.80	10:33	5.7
7	GRAMALA MATEUSZ	1336		KRAPKOWICE	POL	M18	7	M 82	01:12:30	03:27:02	05:32:15	08:40:30	11:28:34		12:44:02.80	10:45	5.6

## SIEDEMDZIESIĄT Z HAKIEM, K30

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	10km	24km	38km	51km	64km	Kar/Bon	Netto	min/km	km/h
1	GILEWICZ-RACHOWSKA JAGODA	1422	DGR KANCELARIA RADCÓW PRAWNYCH	POZNAŃ	POL	K30	1	K 4	01:18:08	03:40:26	05:50:21	08:27:01	10:45:17		11:45:15.75	9:56	6
2	KONIECZNA PAULINA	1311	CH10	CHOSZCZNO	POL	K30	2	K 5	01:19:51	03:37:55	05:44:11	08:37:45	10:55:43		11:51:35.50	10:01	6
3	LEBODA KATARZYNA	1351	WILD DOGS TEAM	KATOWICE	POL	K30	3	K 9	01:23:16	03:57:55	06:12:58	09:38:55	12:28:22		13:44:26.00	11:36	5.2
4	GUCKA PAULINA	1262		MIECZEWO	POL	K30	4	K 13	01:38:34	04:37:14	06:56:46	11:00:22	13:47:54		15:00:11.10	12:40	4.7
5	BĄDZIUL DOROTA	1267		RZESZÓW	POL	K30	5	K 14	01:40:51	04:38:13	07:18:14	11:00:49	13:50:05		15:04:45.60	12:44	4.7
6	MASZEWSKA-WACH MARIOLA	1370	ZBIEG OKOLICZNOŚCI	RAWA MAZOWIECKA	POL	K30	6	K 18	01:49:38	04:54:53	07:37:42		14:10:50		15:36:44.10	13:11	4.5
7	GRZELAK KAMILA	1393	MĘCINAPANY	KRAKÓW	POL	K30	7	K 19	01:10:47	03:12:56	04:55:31	07:21:51				8:39	6.9
8	STALA-KONDRAKIEWICZ KATARZYNA	1425	KB HARCOWNIK	MŁOSZYCE	POL	K30	8	K 20	01:43:30	04:37:01	07:11:18					11:21	5.3

## SIEDEMDZIESIĄT Z HAKIEM, M30

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	10km	24km	38km	51km	64km	Kar/Bon	Netto	min/km	km/h
1	HETMAN RADOSŁAW	1410	GRUPA NOMAX	JAWORZNO	POL	M30	1	M 1	00:56:02	02:26:09	03:43:28	05:21:12	06:53:03		07:34:20.40	6:23	9.4
2	MORAWSKI PRZEMYSŁAW	1285	CISCO KRAKOW RUNNING TEAM	KRAKÓW	POL	M30	2	M 2	01:00:36	02:39:55	04:03:14	05:50:57	07:25:49		08:07:43.00	6:52	8.7
3	KORPALSKI TOMASZ	1428	STAJNIA BALONA	GDAŃSK	POL	M30	3	M 3	01:04:04	02:46:50	04:09:45	05:56:54	07:31:04		08:11:36.95	6:55	8.7
4	WOLEK SZYMON	1326		TYCHY	POL	M30	4	M 5	00:58:44	02:38:56	04:03:45	06:00:08	07:44:07		08:32:02.80	7:12	8.3
5	BIELIŃSKI MACIEK	1409		WARSZAWA	POL	M30	5	M 6	01:00:12	02:38:11	04:01:03	06:04:13	07:47:56		08:44:09.10	7:22	8.1
6	GADZIMSKI MICHAŁ	1411		JELEŃ GÓRA	POL	M30	6	M 7	01:03:04	02:47:32	04:14:35	06:21:08	08:15:58		09:07:23.25	7:42	7.8
7	WIŚNIEWSKI PAWEŁ	1305	KARKONOSZ RUNNING TEAM	JELEŃ GÓRA	POL	M30	7	M 10	01:01:39	02:46:22	04:22:12	06:30:39	08:25:00		09:15:26.05	7:49	7.7
8	MERKWA WOJCIECH	1399		WARSZAWA	POL	M30	8	M 11	01:08:18	03:02:37	04:32:24	06:43:54	08:35:34		09:20:52.25	7:53	7.6
9	RUDNICKI DARIUSZ	1395		POGÓRZE	POL	M30	9	M 13	01:09:40	02:58:42	04:31:12	06:42:53	08:37:31		09:23:59.50	7:56	7.6
10	ADLER ŁUKASZ	1291	LESZ NO LIMITS RUNNERS	WILKOWICE	POL	M30	10	M 15	01:09:16	03:00:32	04:37:11	06:52:03	08:43:00		09:30:39.40	8:02	7.5
11	MAGALSKI TOMASZ	1303	KAMIENSKA GRUPA BIEGOWA	KAMIEŃ POMORSKI	POL	M30	11	M 18	01:09:27	03:09:00	04:48:08	07:04:38	09:06:17		09:55:38.20	8:23	7.2
12	KRAKOWIAK RAFAŁ	1274	KRAKOWIAKTEAM	KROSNO	POL	M30	12	M 19	01:09:43	03:13:50	04:58:08	07:11:42	09:07:09		09:58:04.55	8:25	7.1
13	ROWIŃSKI MICHAŁ	1392	ULTRAFUN	LUBAWA	POL	M30	13	M 20	01:07:12	02:58:34	04:38:01	07:00:18	09:03:57		09:59:34.50	8:26	7.1
14	LIS MAREK	1353	#ZALINIAMETYTEAM	SWARZĘDZ	POL	M30	14	M 21	01:12:27	03:20:21	05:04:56	07:10:46	09:14:16		10:02:03.15	8:28	7.1
15	JASTRZEBSKI SZYMON	1424		WROCLAW	POL	M30	15	M 22	01:09:49	03:05:07	04:45:37	07:08:47	09:09:51		10:02:15.10	8:28	7.1
16	GRZELAK ADRIAN	1394	MĘCINA PANY	KRAKÓW	POL	M30	16	M 23	01:11:34	03:11:25	04:50:50	07:15:55	09:16:37		10:08:42.60	8:34	7
17	SOKULSKI TOMASZ	1376	GÓRSKIE ZAJOBY	WROCLAW	POL	M30	17	M 24	01:13:55	03:16:20	04:56:17	07:18:10	09:23:36		10:23:53.00	8:47	6.8
18	MATCZAK MACIEJ	1290	KS FABRYKA BIEGANIA OSTRÓW WIELKOPOLSKI	ODOLANÓW	POL	M30	18	M 25	01:12:56	03:20:17	05:05:37	07:29:30	09:33:04		10:28:53.80	8:51	6.8
19	KSIĘŻAK BARTŁOMIEJ	1355	BIEG SZLAK TRAFI	WARSZAWA	POL	M30	19	M 27	01:12:12	03:18:50	05:08:22	07:40:07	09:38:06		10:31:20.20	8:53	6.7
20	NOWAK MARCIN	1433	ULTRA TEAM KRAKOWIAK	MOSINA	POL	M30	20	M 28	01:09:55	03:14:23	05:06:42	07:22:21	09:36:26		10:34:18.75	8:56	6.7
21	ZIEMBA MICHAŁ	1398	ZIOMKI	RZESZÓW	POL	M30	21	M 29	01:14:58	03:32:32	05:18:39	07:39:21	09:44:49		10:34:33.70	8:56	6.7
22	OSTAPSKI KAMIL	1426	VEGE RUNNERS	WROCLAW	POL	M30	22	M 32	01:08:37	03:14:00	05:06:41	07:42:29	09:56:02		10:47:32.35	9:07	6.6
23	KOPCZYŃSKI ŁUKASZ	1269	K-TEAM	WROCLAW	POL	M30	23	M 36	01:13:04	03:28:48	05:23:23	08:01:40	10:03:58		10:56:34.15	9:14	6.5
24	JABŁOŃSKI ADRIAN	1412	TRAWERS TEAM NAKŁO	NAKŁO NAD NOTECIĄ	POL	M30	24	M 38	01:17:15	03:34:19	05:32:42	08:04:21	10:12:33		11:03:19.90	9:20	6.4
25	ORŁOWSKI JAKUB	1417	OTS	WROCLAW	POL	M30	25	M 39	01:14:22	03:21:39	05:11:58	07:54:41	10:06:42		11:05:13.00	9:22	6.4
26	WINTER PIOTR	1404	NIGHT RUNNERS	CHOMĘCICE	POL	M30	26	M 43	01:10:42	03:15:29	05:12:00	07:58:37	10:10:01		11:14:47.90	9:30	6.3
27	MATYJA RAFAŁ	1389	LESZNO LIMITS RUNNERS	LIPNO	POL	M30	27	M 46	01:14:27	03:40:30	05:37:58	08:22:32	10:27:58		11:17:38.80	9:32	6.3
28	GWOZDECKI TOMASZ	1254		WROCLAW	POL	M30	28	M 48	01:13:12	03:28:56	05:23:41	08:01:50	10:15:07		11:18:37.90	9:33	6.3
29	MYŚLIŃSKI MARCIN	1332		WARSZAWA	POL	M30	29	M 50	01:18:21	03:41:00	05:47:57	08:28:12	10:46:42		11:37:18.65	9:49	6.1
30	KALEMBA KAMIL	1341		BRZEG DOLNY	POL	M30	30	M 51	01:14:01	03:26:19	05:26:36	08:21:06	10:38:56		11:42:58.15	9:54	6.1
31	IGNACZAK MAREK	1313	1ON1 TEAM	ŁÓDŹ	POL	M30	31	M 59	01:17:58	03:39:36	05:38:40	08:36:58	10:55:43		11:53:10.45	10:02	6
32	RATAJCZAK ŁUKASZ	1416	NIGHT RUNNERS / CITTOK	MOSINA	POL	M30	32	M 60	01:11:30	03:24:53	05:29:20	08:34:26	10:50:42		11:54:00.00	10:03	6
33	PARWA MICHAŁ	1414		DZIEKANOWICE	POL	M30	33	M 65	01:16:11	03:42:47	05:59:50	08:58:13	11:15:19		12:09:42.05	10:16	5.8
34	BRODA DOMINIK	1264		WROCLAW	POL	M30	34	M 70	01:15:34	03:35:46	05:42:07	08:37:04	11:04:52		12:15:55.10	10:21	5.8



## SIEDEMDZIESIĄT Z HAKIEM, M30 c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	10km	24km	38km	51km	64km	Kar/Bon	Netto	min/km	km/h
35	GOŁĄB ŁUKASZ	1407		WYBIERZ Z LISTY	POL	M30	35	M 72	01:19:28	03:42:14	05:52:26	08:43:17	11:21:07		12:22:18.85	10:27	5.7
36	VERHEYDEN SAM ANDRE	1436		NYSA	BEL	M30	36	M 73	01:08:57	03:17:31	05:23:22	08:18:19	10:36:58		12:22:41.60	10:27	5.7
37	ROSZKOWSKI MARCIN	1375		WROCŁAW	POL	M30	37	M 80	01:22:08	03:48:21	05:57:43	08:51:45	11:21:52		12:34:39.90	10:37	5.6
38	NOWAK KRZYSZTOF	1402		KALISZ	POL	M30	38	M 85	01:10:39	03:28:41	05:34:20	08:33:55	11:31:10		13:00:57.20	10:59	5.5
39	NAWROT ARTUR	1315		TRZEBNICA	POL	M30	39	M 90	01:17:09	03:38:46	06:03:11	09:28:24	12:11:42		13:26:25.20	11:21	5.3
40	GUCKI MIKOŁAJ	1256		MIECZEWO	POL	M30	40	M 93	01:23:55	03:48:24	06:03:58	09:27:42	12:14:09		13:33:56.20	11:27	5.2
41	JERMAK MACIEJ	1420	ZDROWY PROJEKT	KOSZYCE WIELKIE	POL	M30	41	M 97	01:25:38	04:33:10	07:07:08	10:43:06	12:36:04		13:37:07.25	11:30	5.2
42	GRZYWIŃSKI WOJTEK	1284		TORUŃ	POL	M30	42	M 104	01:26:13	04:05:55	06:26:55	09:41:27	12:31:50		13:48:28.35	11:40	5.1
43	DRAŃKO PIOTR	1296		OTWOCK	POL	M30	43	M 106	01:18:22	03:51:31	06:13:23	09:55:46	12:46:37		14:03:48.45	11:53	5
44	HAWRYLISZYN JAN	1255		ŁOZINA	POL	M30	44	M 114	01:30:41	04:27:11	06:58:33	10:51:24	13:41:45		15:08:02.20	12:47	4.7

## SIEDEMDZIESIĄT Z HAKIEM, K40

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	10km	24km	38km	51km	64km	Kar/Bon	Netto	min/km	km/h
1	STRAUCHOLD ANNA	1381	PRO-RUN WROCŁAW	KAMIENIEC WROCŁAWSKI	POL	K40	1	K 2	01:15:54	03:29:19	05:20:00	07:43:23	09:48:21		10:43:01.65	9:03	6.6
2	CHUDA ANETA	1310		WROCŁAW	POL	K40	2	K 3	01:18:07	03:41:45	05:43:56	08:17:19	10:38:52		11:42:43.50	9:53	6.1
3	BURZYŃSKA EWELINA	1358	NATURA BIEDRUSKO	BIEDRUSKO	POL	K40	3	K 6	01:20:03	03:58:18	06:12:28	08:56:29	11:23:47		12:27:23.85	10:31	5.7
4	ZIELIŃSKA JUSTYNA	1314		LUBOŃ	POL	K40	4	K 7	01:21:48	03:50:30	06:00:32	08:58:35	11:26:31		12:29:43.40	10:33	5.7
5	GRZELAK JUSTYNA	1309	MARATON LESZNO	LESZNO	POL	K40	5	K 8	01:25:56	04:06:01	06:23:44	09:34:39	12:05:39		13:12:06.95	11:09	5.4
6	BUJNOWSKA ELIZA	1405	KS STASZEWCY	WARSZAWA	POL	K40	6	K 11	01:31:37	04:22:37	06:47:41	10:19:20	13:11:18		14:25:34.15	12:11	4.9
7	NAPIERAŁA KATARZYNA	1396		SUCHY LAS	POL	K40	7	K 12	01:29:17	04:27:19	06:46:23	10:41:59	13:38:39		14:52:51.55	12:34	4.8
8	ZIENKIEWICZ AGATA	1278	PIASECZNO RUNNING	PIASECZNO	POL	K40	8	K 15	01:31:02	04:27:31	06:58:51	10:51:38	13:42:04		15:08:22.45	12:47	4.7
9	OLECHNOWICZ MAGDA	1260	BBL GORZÓW	GORZÓW WLKP.	POL	K40	9	K 17	01:34:40	04:25:08	07:02:29	11:06:20	14:11:02		15:30:12.10	13:06	4.6
	WSUŁ MONIA	1271	CH10	POZNAŃ	POL	K40			01:21:02	03:57:10	06:44:51	DNF	DNF		DNF	-	-
									DNF	DNF	DNF						

## SIEDEMDZIESIĄT Z HAKIEM, M40

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	10km	24km	38km	51km	64km	Kar/Bon	Netto	min/km	km/h
1	SAWICKI PIOTR	1324		WARSZAWA	POL	M40	1	M 4	00:59:16	02:43:59	04:14:04	06:10:01	07:47:46		08:28:14.45	7:09	8.4
2	KYCIA PIOTR	1308		RAWICZ	POL	M40	2	M 9	01:06:40	02:57:22	04:32:32	06:34:09	08:27:25	-00:03:00	09:14:36.00	7:51	7.6
3	ZALEWSKI DARIUSZ	1380	M.A.D.D.	GDAŃSK	POL	M40	3	M 12	01:04:14	02:56:34	04:31:58	06:40:08	08:33:30	-00:02:00	09:23:35.00	7:57	7.5
4	SZARAPANOWSKI MARCIN	1335	ULTRA DIABLY TEAM LUBRZA	SZCZECIN	POL	M40	4	M 14	01:09:33	03:05:15	04:43:35	06:49:45	08:40:10	-00:02:00	09:25:08.00	7:59	7.5
5	WOJTASZEK JACEK	1294		PIECHOWICE	POL	M40	5	M 16	01:06:21	02:51:14	04:26:02	06:51:11	08:47:30		09:36:15.10	8:06	7.4
6	FARGANUS ROBERT	1270	ZABIEGANI Z LEŚNEJ	LEŚNA	POL	M40	6	M 17	01:08:06	03:01:07	04:33:57	06:41:03	08:51:14		09:45:47.25	8:15	7.3
7	KOWCZYK ŁUKASZ	1361	DRUŻYNA CHROBREGO	SZPROTAWA	POL	M40	7	M 33	01:08:10	03:05:33	04:44:46	07:12:36	09:40:25		10:47:44.10	9:07	6.6
8	SZCZEPAŃSKI ANDRZEJ	1429		ZIELONA GÓRA	POL	M40	8	M 35	01:17:53	03:23:53	05:12:50	07:44:56	09:45:44		10:54:53.40	9:13	6.5
9	SPECHT MIKOŁAJ	1413		WARSZAWA	POL	M40	9	M 37	01:12:42	03:23:07	05:16:50	07:55:17	10:07:29		11:03:12.25	9:20	6.4
10	KOCJAN PAWEŁ	1401	KB I LOVE ZIEMEK / NIGHT RUNNERS	POZNAŃ	POL	M40	10	M 41	01:20:04	03:30:25	05:19:49	08:04:35	10:18:04		11:11:38.85	9:27	6.3
11	POŁUBOK KAJETAN	1337		TYCHY	POL	M40	11	M 42	01:01:19	02:47:07	04:18:27	08:10:57	10:24:06		11:11:47.85	9:27	6.3
12	ZIELIŃSKI ROBERT	1390	LUBOŃSKI KLUB BIEGACZA	LUBOŃ	POL	M40	12	M 44	01:21:40	03:37:06	05:35:40	08:05:04	10:18:14		11:15:18.85	9:30	6.3
13	WANSKI MICHAŁ	1356		FRECHEN	GER	M40	13	M 45	01:14:08	03:26:28	05:24:10	08:03:41	10:16:25		11:15:21.40	9:30	6.3
14	MAZANKA JAKUB	1339		BORÓWIEC	POL	M40	14	M 47	01:12:04	03:11:47	04:58:31	07:47:32	10:14:00		11:17:39.20	9:32	6.3
15	KONIECZNY MACIEJ	1423	MK-CONNECT	POZNAŃ	POL	M40	15	M 49	01:12:47	03:22:38	05:20:08	08:07:52	10:32:09		11:35:39.65	9:47	6.1
16	GRZYWIŃSKI BARTOSZ	1304		TORUŃ	POL	M40	16	M 52	01:15:45	03:29:57	05:28:16	08:33:07	10:45:55		11:43:16.65	9:54	6.1
17	IŁOWIECKI DOMINIK	1403	NBR TEAM	POZNAŃ	POL	M40	17	M 53	01:10:09	03:26:34	05:32:11	08:35:24	10:41:48		11:44:18.75	9:55	6
18	POLIŃKA MARIUSZ	1439	FITNES PIEKARY	SPALONA	POL	M40	18	M 54	01:16:09	03:38:04	05:45:31	08:33:12	10:47:35		11:45:24.40	9:56	6
19	NOWACKI MICHAŁ	1261	MORSY POZNAŃ	POZNAŃ	POL	M40	19	M 55	01:16:40	03:31:37	05:31:27	08:35:00	10:46:03		11:49:07.15	9:59	6
20	FRYBEL DAMIAN	1354	WOLSZTYŃSKA AKADEMIA BIEGOWA	OBRA	POL	M40	20	M 57	01:10:33	03:26:55	05:26:44	08:14:10	10:38:47		11:51:39.90	10:01	6

## SIEDEMDZIESIĄT Z HAKIEM, M40 c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	10km	24km	38km	51km	64km	Kar/Bon	Netto	min/km	km/h
21	NEUFELD MARCIN	1368	INTEL RUNNERS / RUN-PASSION.PL	GDYNIA	POL	M40	21	M 58	01:10:47	03:21:32	05:20:31	08:30:02	10:51:24		11:52:37.40	10:02	6
22	JAKUBOWSKI ŁUKASZ	1307	KB KAMIEŃ POMORSKI	KAMIEŃ POMORSKI	POL	M40	22	M 61	01:17:23	03:34:58	05:40:44	08:36:21	10:53:11		11:55:13.70	10:04	6
23	PIETRZAK JACEK	1320		ŁÓDŹ	POL	M40	23	M 62	01:16:34	03:31:26	05:25:13	08:20:52	10:56:49		11:59:14.25	10:07	5.9
24	GARSTKA ZBIGNIEW	1276	WRONIECKI KLUB BIEGACZA	WRONKI	POL	M40	24	M 63	01:14:29	03:32:42	05:35:29	08:34:18	10:58:32		11:59:21.10	10:07	5.9
25	SŁOWIŃSKI DAMIAN	1388	CITYZEN POZNAŃ	POZNAŃ	POL	M40	25	M 64	01:20:16	03:44:34	05:51:54	08:34:47	11:00:19		12:03:12.80	10:11	5.9
26	SUDUŁ JAROSŁAW	1374	WIERZBICKI RUNNING PROJECT	GORZÓW WIELKOPOLSKI	POL	M40	26	M 66	01:34:18	04:11:29	06:21:24	08:58:05	11:14:32		12:11:18.50	10:18	5.8
27	PARA JAKUB	1277	LESZNO LIMITS RUNNERS	LESZNO	POL	M40	27	M 69	01:15:04	03:43:21	05:54:00	08:54:39	11:16:13		12:12:48.70	10:19	5.8
28	KSIĄŻKIEWICZ TOMASZ	1400	ULTRAS LEGIA	LESZNO	POL	M40	28	M 71	01:19:34	03:36:39	05:43:20	08:43:37	11:17:07		12:17:53.80	10:23	5.8
29	SKRZEK MARCIN	1382	PRO-RUN WROCŁAW	WROCŁAW	POL	M40	29	M 74	01:17:39	03:38:44	05:44:28	09:01:46	11:22:37		12:25:55.00	10:30	5.7
30	FUKS SZYMON	1378	MCBIEGACZE	WARSZAWA	POL	M40	30	M 75	01:12:53	03:31:02	05:37:22	08:57:06	11:22:06		12:27:07.55	10:31	5.7
31	RYZEWSKI KRZYSZTOF	1333	QUADIMODO RACING	MIRKÓW	POL	M40	31	M 77	01:18:33	03:42:41	05:51:18	08:59:04	11:27:39		12:29:44.45	10:33	5.7
32	KOWALCZYK GRZEGORZ	1438	ŻYCIE JAK MUZYKA	LUBLIN	POL	M40	32	M 79	01:18:02	03:42:11	05:58:45	08:49:29	11:30:08		12:33:24.60	10:36	5.7
33	KORYTEK PIOTR	1331	ART WITKOWO BIEGA	WITKOWO	POL	M40	33	M 81	01:19:31	03:36:27	05:42:41	08:31:12	11:27:35		12:39:12.25	10:41	5.6
34	PODSKARBI DAWID	1265	GOD IS GOOD	TOMASZÓW MAZOWIECKI	POL	M40	34	M 84	01:27:13	03:55:08	06:06:15	09:16:29	11:46:49		12:52:30.00	10:52	5.5
35	SUROWIEC ROBERT	1273	GORZOWSKIE BIEGANIE CZWARTKOWE	GORZÓW WLKP	POL	M40	35	M 86	01:23:51	03:58:40	06:10:52	09:30:04	11:59:10		13:04:05.60	11:02	5.4
36	FILUT ŁUKASZ	1349		POZNAŃ	POL	M40	36	M 87	01:14:22	03:38:42	05:43:10	09:17:39	12:00:13		13:09:43.50	11:07	5.4
37	KOZŁOWSKI RAFAŁ	1329	MAFIA TEAM KONIN	KONIN	POL	M40	37	M 88	01:26:11	04:03:11	06:26:52	09:29:56	12:09:39		13:17:47.20	11:14	5.3
38	KOBIERSKI RADEK	1415	POMAGAMYNATALII.PL	WARSZAWA	POL	M40	38	M 89	01:38:38	04:12:58	06:34:07	09:42:14	12:08:24		13:22:32.60	11:18	5.3
39	SKRZYPCZAK RADOSŁAW	1357	ROUNDSPACE.PL	POZNAŃ	POL	M40	39	M 91	01:19:31	03:39:01	05:42:12	09:31:47	12:16:10		13:30:17.55	11:24	5.3
40	TETERYCZ DARIUSZ	1301	GDZIE NOGI PONIOSĄ	JELEŃNIA GÓRA	POL	M40	40	M 92	01:27:14	04:05:36	06:22:31	09:42:54	12:26:36		13:33:36.80	11:27	5.2
41	LIPIEC ŁUKASZ	1257		JELEŃNIA GÓRA	POL	M40	41	M 94	01:17:17	03:47:33	06:05:40	09:32:41	12:21:07		13:35:35.75	11:29	5.2
42	CHUDYBA MICHAŁ	1365		GDAŃSK	AFG	M40	42	M 95	01:22:30	04:03:20	06:27:40	09:39:27	12:18:29		13:35:36.25	11:29	5.2
43	BUJNOWSKI RAFAŁ	1406	PĘDZĄCE KAPCIE	WARSZAWA	POL	M40	43	M 96	01:17:56	03:42:50	05:59:49	09:34:05	12:21:09		13:36:04.05	11:29	5.2
44	GRZELAK DANIEL	1397	MARATON LESZNO	LESZNO	POL	M40	44	M 98	01:29:28	04:14:18	06:40:20	09:37:13	12:24:31		13:39:14.15	11:32	5.2
45	JARZEMBOWSKI TOMASZ	1384	WLKP MOUNTAINS ULTRA	PLEWISKA	POL	M40	45	M 99	01:24:11	03:51:13	06:03:28	09:34:01	12:21:48		13:40:31.15	11:33	5.2
46	TOMASZEWSKI DAWID	1383	WLKP MOUNTAINS ULTRA	KOMORNIKI	POL	M40	46	M 100	01:24:21	03:51:23	06:03:36	09:34:10	12:21:58		13:40:40.65	11:33	5.2
47	MARKOWSKI PIOTR	1287	MARKOTNESKOWRONKI	WROCŁAW	POL	M40	47	M 101	01:20:00	03:59:22	06:28:23	09:51:14	12:34:56		13:41:50.20	11:34	5.2
48	JAKUBOWSKI PAWEŁ	1268		GORZÓW WIELKOPOLSKI	POL	M40	48	M 102	01:25:08	04:10:54	06:35:44	09:52:38	12:34:44		13:46:51.05	11:38	5.2
49	MARKOWSKI MAREK	1435	KS LENIWIEC	KĘPNO	POL	M40	49	M 103	01:26:22	04:01:27	06:33:11	10:04:18	12:34:30		13:47:16.05	11:39	5.1
50	KUCZ TOMASZ	1300		JELEŃNIA GÓRA	POL	M40	50	M 105	01:26:20	04:11:30	06:46:18	10:38:27	12:50:05		14:02:37.05	11:52	5.1
51	SZELĄGIEWICZ AREK	1364		SZCZECIN	POL	M40	51	M 108	01:24:18	04:04:42	06:26:42	10:11:07	13:07:21		14:28:35.15	12:14	4.9
52	ROZWADOWSKI ROBERT	1379	DRUŻYNA SZPIKU	SUCHY LAS	POL	M40	52	M 109	01:27:55	04:09:24	06:35:14	10:12:19	13:11:24		14:31:26.90	12:16	4.9
53	PARZONKA PAWEŁ	1328	KS LENIWIEC	KĘPNO	POL	M40	53	M 110	01:26:38	04:01:38	06:33:24	10:36:51	13:27:33		14:44:57.40	12:27	4.8
54	GĄSZCZAK MARIUSZ	1432	KS LENIWIEC	KĘPNO	POL	M40	54	M 111	01:27:05	04:02:07	06:33:55	10:37:17	13:28:00		14:45:23.50	12:28	4.8
55	TASZAREK JAKUB	1325		MROWINO	POL	M40	55	M 113	01:18:31	03:59:24	06:25:31	10:32:16	13:32:26		14:52:04.95	12:33	4.8
56	SZERSZEŃ JANUSZ	1252	PIASECZNO RUNNING	PIASECZNO	POL	M40	56	M 115	01:30:53	04:27:26	06:58:59	10:51:35	13:42:10		15:08:12.25	12:47	4.7
57	HEJNA ŁUKASZ	1347		WROCŁAW	POL	M40	57	M 116	01:38:20	04:40:17	07:11:59		13:55:19		15:16:40.70	12:54	4.6
58	KOCH PIOTR	1282	ZROBIMTO.PL	GORZÓW WLKP.	POL	M40	58	M 117	01:25:31	04:13:22	07:03:49	11:06:10	14:10:52		15:23:50.60	13:00	4.6
59	NOWAKOWSKI SŁAWOMIR	1297		HIPOLITÓW	POL	M40	59	M 120	01:39:32	04:43:46	07:48:41		14:55:35		16:18:05.85	13:46	4.4
60	KRZEWSKI GRZEGORZ	1316		DĘBE WIELKIE	POL	M40	60	M 121	01:39:42	04:43:53	07:48:45		14:55:43		16:18:14.70	13:46	4.4
61	KARBOWSKI JAROSŁAW	1312	K.S.LENIWIEC	SYCÓW	POL	M40	61	M 123	01:27:11	04:07:14						10:18	5.8
	KASPRZYK ADRIAN	1437	LESZ NO LIMITS RUNNERS	LESZNO	POL	M40			01:29:19	04:14:12	06:52:32	DNF	DNF		DNF	-	-
	KLUCZYŃSKI TOMASZ	1330		POZNAŃ	POL	M40			01:29:11	04:23:12	07:43:09	DNF	DNF		DNF	-	-

**SIEDEMDZIESIĄT Z HAKIEM, K50**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	10km	24km	38km	51km	64km	Kar/Bon	Netto	min/km	km/h
1	SZCZEPANIAK JADWIGA	1275		ALEKSANDRÓW ŁÓDZKI	POL	K50	1	K 10	01:31:29	04:21:33	06:45:34	09:56:44	12:54:15		14:09:21.25	11:57	5

**SIEDEMDZIESIĄT Z HAKIEM, M50**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	10km	24km	38km	51km	64km	Kar/Bon	Netto	min/km	km/h
1	NIEZGÓDKA TOMASZ	1427	ZAŁOGA GÓRSKA	WROCLAW	POL	M50	1	M 8	01:06:04	02:58:49	04:34:04	06:40:15	08:24:41	-00:03:00	09:07:54.00	7:45	7.7
2	WOJDANOWSKI JAN	1430	KB HARCOWNIK JELCZ-LASKOWICE	JELCZ-LASKOWICE	POL	M50	2	M 34	01:13:50	03:21:17	05:13:43	07:42:41	09:54:47		10:51:08.25	9:10	6.5
3	KOZŁOWSKI WOJCIECH	1281		LISOWICE	POL	M50	3	M 78	01:15:51	03:29:11	05:33:27	08:35:24	11:12:45		12:30:08.70	10:33	5.7
4	MYSTKOWSKI GRZEGORZ	1372	PSIA KOŚĆ	LUBICHOWO	POL	M50	4	M 83	01:23:17	03:48:03	05:56:28	09:19:15	11:48:13		12:48:36.90	10:49	5.5
5	SERWADCZAK MAREK	1386		DROGOSZOWICE	POL	M50	5	M 112	01:33:13	04:18:11	06:43:16	10:35:12	13:32:51		14:46:20.15	12:29	4.8
6	PROŃCZUK ADAM	1369	WEHICOOL ZBIEG OKOLICZNOŚCI	CZECHOWICE-DZIED ZICE	POL	M50	6	M 118	01:49:28	04:54:46	07:38:42		14:11:21		15:36:34.05	13:11	4.5
7	PIEKAROWICZ PIOTR	1367		PRACE DUŻE	POL	M50	7	M 119	01:34:42	05:04:04	07:49:45		14:25:18		15:45:28.20	13:18	4.5
8	RURKA GRZEGORZ	1299	SAMBIEGAM	WARSAW	POL	M50	8	M 122	01:40:06	05:15:34	08:38:51					13:39	4.4

**SIEDEMDZIESIĄT Z HAKIEM, M60**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	10km	24km	38km	51km	64km	Kar/Bon	Netto	min/km	km/h
1	ZIMNY TOMASZ	1377		SZCZECIN	POL	M60	1	M 40	01:10:19	03:20:29	05:12:55	07:56:46	10:05:07		11:06:57.50	9:23	6.4
2	SIWIEC STANISŁAW	1289		RZESZÓW	POL	M60	2	M 56	01:14:31	03:27:14	05:32:50	08:36:16	10:52:18		11:51:09.05	10:00	6
3	PIWAŃSKI PIOTR	1266		ŁĘCZYCA	POL	M60	3	M 107	01:35:52	04:25:31	06:42:31	10:28:16	13:04:46		14:12:35.20	12:00	5