

## CZTERDZIESTKA

Organizator: Fundacja Szczyt za Szczytem  
Data: 2022-02-19  
Miejsce: Karpniki  
Dystans: 43.5 km  
Klasyfikacja wg czasów brutto.

## CZTERDZIESTKA, OPEN

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	19.5km	Kar/Bon	Netto	Brutto	min/km	km/h
1	KARWACZYŃSKI ROGER	86		JELEŃIA GÓRA	POL	M30	1	M 1	00:29:26	02:17:58	-00:10:00	04:37:56.55	04:37:58.00	6:37	9.1
2	BRÝDL PAVEL	249	SPA SCALIANO - KUDOWA ZDROJ	TRUTNOV	CZE	M40	1	M 1	00:29:28	02:18:00	-00:10:00	04:37:57.15	04:37:58.00	6:37	9.1
3	MAŁYGA GRZEGORZ	43	RMT TEAM PRO	WROCLAW	POL	M30	2	M 3	00:29:22	02:22:01	-00:10:00	04:58:04.45	04:58:06.20	7:04	8.5
4	KONIECZNY SZYMON	153		CHOSZCZCZO	POL	M30	3	M 4	00:30:01	02:23:51	-00:10:00	05:14:31.90	05:14:33.95	7:27	8
5	ADAMCZYK MACIEJ	158	SKS OBORNIKI	OBORNIKI	POL	M40	2	M 5	00:30:04	02:22:14	-00:10:00	05:17:32.15	05:17:35.55	7:31	8
6	ANTCZAK ADRIAN	134	IZERY BOGATYNIA	BOGATYNIA	POL	M40	3	M 6	00:37:48	02:26:47	-00:10:00	05:21:38.40	05:21:39.25	7:37	7.9
7	MUCHACZOW JACEK	238	DRAXLMAIER	JELEŃIA GÓRA	POL	M40	4	M 7	00:33:36	02:28:23	-00:10:00	05:21:49.70	05:21:54.20	7:37	7.9
8	FEDUNIK KAROL	75	BIEGNIJ OŁAWO	OŁAWA	POL	M30	4	M 8	00:40:33	02:21:49	-00:10:00	05:23:13.95	05:23:26.55	7:39	7.8
9	OLCZYK GRZEGORZ	236	DRAXLMAIER	JELEŃIA GÓRA	POL	M30	5	M 9	00:34:25	02:28:23	-00:10:00	05:24:07.85	05:24:12.10	7:40	7.8
10	GARCZYK RAFAŁ	131		LUSÓWKO	POL	M40	5	M 10	00:38:20	02:26:19	-00:10:00	05:24:09.25	05:24:12.20	7:40	7.8
11	SZKODA KASIA	6	TATERNIKTEAM	ZALASEWO	POL	K30	1	K 1	00:38:29	02:33:43	-00:10:00	05:35:31.50	05:35:41.50	7:56	7.6
12	WEŃNIK PRZEMYSŁAW	22	MOGILNO TEAM	ZALASEWO	POL	M40	6	M 11	00:39:23	02:33:42	-00:10:00	05:35:59.05	05:36:10.70	7:57	7.5
13	JANKOWSKI MARCIN	91	FU FU FU TEAM	GŁOGÓW	POL	M40	7	M 12	00:40:16	02:30:11	-00:10:00	05:36:50.00	05:37:03.65	7:58	7.5
14	STANKIEWICZ PAWEŁ	2	AKTYWNI RAZEM	POTASZE	POL	M40	8	M 13	00:36:48	02:32:18	-00:10:00	05:40:20.60	05:40:23.45	8:03	7.5
15	NOWICKI MARCIN	135	GO2TRI	GORZÓW WIELKOPOLSKI	POL	M40	9	M 14	00:37:01	02:34:28	-00:10:00	05:45:07.30	05:45:12.10	8:09	7.3
16	HIBNER JACEK	217		ŁÓDŹ	POL	M50	1	M 15	00:37:13	02:35:32	-00:10:00	05:45:41.15	05:45:43.10	8:10	7.3
17	KUSAL TOMASZ	207		OPOLE	POL	M20	1	M 16	00:38:02	02:32:31	-00:10:00	05:46:31.15	05:46:35.65	8:11	7.3
18	PLEONOWSKI MACIEJ	74	PSZCZÓLKOWSKI TEAM	WROCLAW	POL	M30	6	M 17	00:35:12	02:34:11	-00:10:00	05:44:32.30	05:47:43.60	8:09	7.4
19	WALASIK JAROSŁAW	152	42K AKADEMIA BIEGANIA	JAWORZNO	POL	M50	2	M 18	00:35:05	02:39:45	-00:10:00	05:47:48.10	05:47:51.50	8:13	7.3
20	WOJCIECHOWSKI ANDRZEJ	76	WOLSZTYŃSKI KLUB BIEGOWY	WOLSZTYN	POL	M50	3	M 19	00:35:41	02:37:52	-00:10:00	05:50:45.05	05:50:49.25	8:17	7.2
21	NOSKI MARIUSZ	105		BIELAWA	POL	M40	10	M 20	00:37:53	02:37:31	-00:10:00	05:50:27.65	05:50:49.45	8:17	7.2
22	PAWLIK FILIP	63		POZNAŃ	POL	M30	7	M 21	00:34:27	02:32:09	-00:10:00	05:51:19.05	05:51:23.00	8:18	7.2
23	KAZUBOWSKA OLA	233		GORZÓW WLKP.	POL	K40	1	K 2	00:40:16	02:36:04	-00:10:00	05:55:12.85	05:55:19.20	8:23	7.1
24	PURA ROBERT	171		GORZÓW WIELKOPOLSKI	POL	M40	11	M 22	00:36:16	02:35:45	-00:10:00	05:55:28.85	05:55:35.80	8:24	7.1
25	LITWIN MICHAŁ	145	LITEWIN	PASIKUROWICE	POL	M40	12	M 23	00:34:51	02:40:20	-00:10:00	05:59:10.05	05:59:16.40	8:29	7.1
26	FOLCIK ZIEMOWIT	103	NIGHT RUNNERS WROCLAW	WROCLAW	POL	M40	13	M 24	00:36:21	02:38:08	-00:10:00	05:59:54.65	05:59:59.55	8:30	7.1
27	BANDUROWSKI ANDRZEJ	191	KB SPOCENI NOWA SÓL	NOWA SÓL	POL	M50	4	M 25	00:40:01	02:36:13	-00:10:00	06:01:15.40	06:01:19.10	8:32	7
28	PRADZYŃSKI MARCIN	57	AKADEMIAMISTRZOWSPORTU	BYDGOSZCZ	POL	M40	14	M 26	00:38:12	02:37:49	-00:10:00	06:05:31.55	06:05:37.40	8:37	7
29	TOMCZAK DARIUSZ	51		GOSTYŃ	POL	M30	8	M 27	00:40:56	02:51:49	-00:10:00	06:06:01.30	06:06:08.25	8:38	6.9
30	NAPIERAŁA TOMASZ	54		SUCHY LAS	POL	M40	15	M 28	00:39:30	02:37:44	-00:10:00	06:06:45.80	06:06:53.05	8:39	6.9
31	KICKA MATEUSZ	218	ULTRA-TRAIL® MAŁOPOLSKA TEAM	KRAKÓW	POL	M30	9	M 29	00:42:16	02:41:08	-00:10:00	06:08:16.75	06:08:32.65	8:41	6.9
32	KOPCZYŃSKI ŁUKASZ	40	K-TEAM	WROCLAW	POL	M40	16	M 30	00:38:47	02:42:18	-00:10:00	06:08:35.80	06:08:41.10	8:42	6.9
33	SARKA BARTŁOMIEJ	213		RABKA-ZDRÓJ	POL	M30	10	M 31	00:45:51	02:50:54	-00:10:00	06:08:43.45	06:08:54.55	8:42	6.9
34	MRÓZ MARCIN	104	STR POZNAŃ / DZIKIE BOBRY	ZALASEWO	POL	M40	17	M 32	00:39:22	02:36:27	-00:10:00	06:11:09.15	06:11:17.95	8:45	6.8
35	DROBNIK BŁAŻEJ	170	OPALENICKI KLUB BIEGACZA	OPALENICA	POL	M30	11	M 33	00:36:35	02:35:35	-00:10:00	06:11:13.40	06:11:22.20	8:45	6.8
36	KARP PAWEŁ	215	ACCENTURE	WARSZAWA	POL	M30	12	M 34	00:37:41	02:41:10	-00:10:00	06:11:30.40	06:11:40.40	8:46	6.8
37	MICHAŁOWSKI MARCIN	198		ŚWIĘTOSZÓW	POL	M40	18	M 35	00:37:52	02:41:50	-00:10:00	06:12:17.20	06:12:21.20	8:47	6.8
38	ZERZUT JAROSŁAW	5	FARTY PUSZCZY	SZCZECIN	POL	M50	5	M 36	00:36:04	02:50:35	-00:10:00	06:12:20.65	06:12:25.50	8:47	6.8
39	MARCINIAK JAKUB	10	KOŹMIN BIEGA ULTRA RUNNERS	KROTOSZYN	POL	M30	13	M 37	00:37:09	02:41:23	-00:10:00	06:12:51.55	06:12:54.25	8:48	6.8
40	KRÓL HUBERT	206	WWW.TRENERTRIATHLONU.PL	KOŁO	POL	M30	14	M 38	00:37:51	02:44:43	-00:10:00	06:12:58.45	06:13:00.55	8:48	6.8
41	BRĄCZKOWSKI DAMIAN	147		POZNAŃ	POL	M20	2	M 39	00:35:05	02:42:30	-00:10:00	06:13:27.35	06:13:34.60	8:48	6.8
42	ROZDOLSKI PAWEŁ	175		JELCZ LASKOWICE	POL	M40	19	M 40	00:38:11	02:42:50	-00:10:00	06:13:39.45	06:13:53.10	8:49	6.8
43	KUREK TOMASZ	79	OPALENICKI KLUB BIEGACZA	OPALENICA	POL	M40	20	M 41	00:44:04	02:52:31	-00:10:00	06:15:21.90	06:15:30.15	8:51	6.8
44	RESPONDEK ANNA	82		ZIELONA GÓRA	POL	K30	2	K 3	00:43:27	02:51:42	-00:10:00	06:15:25.40	06:15:37.70	8:51	6.8
45	JAKUBOWSKI ANDRZEJ	69		ŹMIGRÓD	POL	M30	15	M 42	00:37:18	02:38:00	-00:10:00	06:15:31.50	06:15:41.20	8:51	6.8

**CZTERDZIESTKA, OPEN c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	19.5km	Kar/Bon	Netto	Brutto	min/km	km/h
46	SZUKAŁA PIOTR	202	VEGE RUNNERS	POZNAŃ	POL	M30	16	M 43	00:37:50	02:35:21	-00:10:00	06:17:41.75	06:17:44.00	8:54	6.7
47	TURBAK PAWEŁ	220	KS TEAM BARYŁA	SULECIN	POL	M20	3	M 44	00:36:34	02:41:49	-00:10:00	06:17:49.75	06:17:55.00	8:54	6.7
48	ŚWITAŁA MARCIN	194		KATOWICE	POL	M50	6	M 45	00:40:14	02:39:21	-00:10:00	06:18:26.35	06:18:31.85	8:55	6.7
49	WANDEL PIOTR	139	HAPPY RUNNERS	DOMASŁAW	POL	M40	21	M 46	00:33:21	03:19:49	-00:20:00	06:22:08.10	06:22:12.30	9:14	6.5
50	PIERZCHAŁSKI DAWID	122		BIAŁE BLOTA	POL	M40	22	M 47	00:37:18	02:50:17	-00:10:00	06:22:40.50	06:22:43.75	9:01	6.6
51	MINDYKOWSKI ZBIGNIEW	120		BYDGOSZCZ	POL	M40	23	M 48	00:37:19	02:50:27	-00:10:00	06:22:41.05	06:22:44.05	9:01	6.6
52	KARPOWICZ RAFAL	186		WROCŁAW	POL	M40	24	M 49	00:34:56	02:45:27	-00:10:00	06:22:51.95	06:22:55.70	9:01	6.6
53	ŻABIEREK TOMASZ	235		GORZÓW WLKP.	POL	M40	25	M 50	00:43:23	02:50:16	-00:10:00	06:23:32.90	06:23:41.05	9:02	6.6
54	STRAUCHOLD ANNA	140	HAPPY RUNNERS WROCŁAW	KAMIENIEC WROCŁAWSKI	POL	K50	1	K 4	00:41:29	02:53:33	-00:10:00	06:24:49.10	06:24:54.50	9:04	6.6
55	NECKAR MICHAŁ	162	HWBC	WROCŁAW	POL	M40	26	M 51	00:38:13	02:41:54	-00:10:00	06:25:53.90	06:26:09.50	9:06	6.6
56	BURZEC TOMASZ	223	HFB	WROCŁAW	POL	M40	27	M 52	00:37:32	02:40:46	-00:10:00	06:27:49.20	06:28:04.00	9:08	6.6
57	MROWCA PAWEŁ	36		LUBAŃ	POL	M30	17	M 53	00:37:15	02:41:22	-00:10:00	06:27:56.95	06:28:04.20	9:08	6.6
58	GAŁECKI ROBERT	232	HFB	KIELCZÓW	POL	M30	18	M 54	00:37:37	02:40:44	-00:10:00	06:28:34.60	06:28:50.40	9:09	6.5
59	KULLING HUBERT	160		KIELCZÓW	POL	M40	28	M 55	00:37:39	02:40:51	-00:10:00	06:28:35.50	06:28:50.50	9:09	6.5
60	BALTRUSAITIS ZYDRUNAS	90	NA, PAGAUKI!	VILNIUS	LTU	M40	29	M 56	00:39:57	02:43:19	-00:10:00	06:28:59.25	06:29:06.20	9:10	6.5
61	KRUPIANIK TOMASZ	78		WROCŁAW	POL	M30	19	M 57	00:44:11	02:54:12	-00:10:00	06:33:54.40	06:34:04.30	9:17	6.5
62	BORDYCH JACEK	33	BOREL MARATHON TEAM	KOŻUCHÓW	POL	M50	7	M 58	00:43:43	02:52:16	-00:10:00	06:34:29.50	06:34:41.05	9:17	6.5
63	SOBOLEWSKI DARIUSZ	31	BOREL MARATHON TEAM	KOŻUCHÓW	POL	M30	20	M 59	00:42:44	02:52:17	-00:10:00	06:36:21.00	06:36:32.30	9:20	6.4
64	KLYSZCZ MICHAŁ	20	IZBICKO W BIEGU	OTMICE	POL	M20	4	M 60	00:38:57	02:49:21	-00:10:00	06:36:32.05	06:36:43.90	9:20	6.4
65	GAWRONSKI HUBERT	71	HUGO	KOSTRZYN	POL	M40	30	M 61	00:44:20	02:52:56	-00:10:00	06:37:24.25	06:37:37.30	9:21	6.4
66	ADAMUS RAFAŁ	219		ŚWIDNICA	POL	M30	21	M 62	00:38:30	02:42:53	-00:10:00	06:38:13.50	06:38:20.55	9:23	6.4
67	KOWALSKI ANDRZEJ	224		WROCŁAW	POL	M60	1	M 63	00:45:48	02:54:01	-00:10:00	06:38:49.40	06:39:14.35	9:23	6.4
68	BANASIAK MARCIN	112	FUJITSU RUNNING TEAM	ŁÓDŹ	POL	M40	31	M 64	00:41:33	02:39:06	-00:10:00	06:38:16.55	06:39:28.25	9:24	6.4
69	PATYK SŁAWOMIR	137		CZĘSTOCHOWA	POL	M40	32	M 65	00:41:20	02:53:43	-00:10:00	06:39:25.75	06:39:33.00	9:24	6.4
70	WOJCIEŻYŃSKI TOMASZ	237		BACZYNA	POL	M40	33	M 66	00:43:13	03:00:59	-00:10:00	06:39:21.65	06:39:37.45	9:24	6.4
71	POLAK JACEK	87	BIEGUSIEM.PL	PIASECZNO	POL	M40	34	M 67	00:42:23	02:59:40	-00:10:00	06:39:32.45	06:39:43.45	9:24	6.4
72	JAKŚ GRZEGORZ	159	ALPIMADE TEAM	INOWROCŁAW	POL	M40	35	M 68	00:36:16	02:49:06	-00:10:00	06:40:25.85	06:40:31.70	9:26	6.4
73	JANKOWSKI RAFAŁ	221		SMOLEC	POL	M40	36	M 69	00:38:30	02:48:17	-00:10:00	06:41:55.55	06:42:01.70	9:28	6.3
74	SADŁO DANIEL	28	SOLANKOWA TEAM	JELENIA GÓRA	POL	M30	22	M 70	00:46:04	02:57:38	-00:10:00	06:41:55.20	06:42:12.00	9:28	6.3
75	PAWLIKOWSKA MONIKA	107		WROCŁAW	POL	K40	2	K 5	00:47:46	03:00:20	-00:10:00	06:43:05.10	06:43:20.20	9:29	6.3
76	KANDULSKI JAKUB	156	OPALENICKI KLUB BIEGACZA	OPALENICA	POL	M40	37	M 71	00:41:27	02:56:33	-00:10:00	06:43:29.50	06:43:39.30	9:30	6.3
77	POPKO ŁUKASZ	72		LUBAŃ	POL	M30	23	M 72	00:40:07	02:46:37	-00:10:00	06:45:02.40	06:45:09.80	9:32	6.3
78	FRYSIAK ARTUR	99	WIELUŃ ULTRA	WIELUŃ	POL	M50	8	M 73	00:42:27	02:55:09	-00:10:00	06:45:18.30	06:45:24.30	9:32	6.3
79	PARWA MICHAŁ	110	MAGAZYN NA SZCZYCIE	DZIEKANOWICE	POL	M30	24	M 74	00:45:52	02:59:39	-00:10:00	06:45:38.85	06:45:48.85	9:33	6.3
80	NOWAK KRZYSZTOF	214		WARSZAWA	POL	M40	38	M 75	00:39:45	02:52:48	-00:10:00	06:45:47.95	06:45:53.95	9:33	6.3
81	STELMACH KRZYSZTOF	97		WIELUŃ	POL	M40	39	M 76	00:45:14	02:59:23	-00:10:00	06:46:40.20	06:47:00.30	9:34	6.3
82	WIERSZBA JACEK	174		ŻMIGRÓD	POL	M40	40	M 77	00:39:40	02:50:56	-00:10:00	06:46:58.35	06:47:18.80	9:35	6.3
83	ZIEMKIEWICZ JAREK	65	2 KROKI DO METY	LUBIN	POL	M40	41	M 78	00:43:41	02:53:24	-00:10:00	06:47:34.60	06:47:49.60	9:35	6.3
84	GRABOWSKI DAMIAN	24		POZNAŃ	POL	M30	25	M 79	00:39:48	02:48:36	-00:10:00	06:47:56.60	06:48:00.25	9:36	6.2
85	ŚWIERZOWSKA MAGDALENA	138	FIZJOTERAPIA BIEGACZA	POZNAŃ	POL	K40	3	K 6	00:43:59	03:02:14	-00:10:00	06:48:09.85	06:48:18.10	9:36	6.2
86	GLÓRA ALEKSANDRA	247		ŻĄRY	POL	K40	4	K 7	00:43:28	02:58:54	-00:10:00	06:48:43.65	06:49:03.40	9:37	6.2
87	GRACZYK MARCIN	49		TULCE	POL	M40	42	M 80	00:44:08	02:56:35	-00:10:00	06:48:58.35	06:49:12.60	9:37	6.2
88	SZULC TOMASZ	189		ZŁOCIENIEC	POL	M30	26	M 81	00:34:11	02:41:53	-00:10:00	06:49:28.25	06:49:38.70	9:38	6.2
89	WOŹNY TOMASZ	25	BŁĘKITNI LUBIĘCIN	LUBIĘCIN	POL	M30	27	M 82	00:37:55	02:54:38	-00:10:00	06:50:00.90	06:50:08.80	9:39	6.2
90	JURDZIAK JAKUB	181		WROCŁAW	POL	M30	28	M 83	00:41:01	03:03:01	-00:10:00	06:52:31.05	06:52:53.45	9:42	6.2
91	ULATOWSKI ANDRZEJ	144	RUNBEARDRUN	TORUŃ	POL	M50	9	M 84	00:44:31	02:57:44	-00:10:00	06:56:27.70	06:56:41.05	9:48	6.1
92	MIKOŁAJCZAK ARKADIUSZ	165		JAROCIN	POL	M30	29	M 85	00:43:46	03:01:30	-00:10:00	06:57:14.10	06:57:31.60	9:49	6.1
93	POLACZEK DANIEL	7	IZBICKO W BIEGU	OTMICE	POL	M20	5	M 86	00:39:08	02:51:47	-00:10:00	06:57:41.00	06:57:53.75	9:49	6.1
94	BARTKOWIAK RAFAŁ	1		BYDGOSZCZ	POL	M40	43	M 87	00:43:02	03:02:25	-00:10:00	06:57:50.50	06:58:08.80	9:50	6.1
95	SUDUŁ JAROSŁAW	166	WIERSZBICKI RUNNING PROJECT	GORZÓW WIELKOPOLSKI	POL	M50	10	M 88	00:43:37	03:06:43	-00:10:00	06:58:13.90	06:58:21.60	9:50	6.1
96	STĘŻYCKI MARIUSZ	30	ŻĄRY RUNNERS TEAM	ŻĄRY	POL	M40	44	M 89	00:43:32	02:59:15	-00:10:00	06:58:16.05	06:58:36.55	9:50	6.1
97	ORŁOWSKI BARTOSZ	173		PIELGRZYMKĄ	POL	M30	30	M 90	00:47:16	02:54:17	-00:10:00	06:59:30.35	06:59:48.10	9:52	6.1
98	KISIEŁ KRZYSZTOF	118	CYKLO KWIDZYN	KWIDZYN	POL	M40	45	M 91	00:46:21	03:02:17	-00:10:00	07:00:04.95	07:00:16.25	9:53	6.1
99	DOŁĘGOWSKI MAREK	44		KOŁCZEWÓ	POL	M50	11	M 92	00:47:32	03:08:28	-00:10:00	07:00:46.85	07:01:03.10	9:54	6.1
100	KUBIAK MARCIN	45	ZOMBIE TEAM	ZIELONA GÓRA	POL	M50	12	M 93	00:37:54	02:54:36	-00:10:00	07:01:15.30	07:01:23.80	9:54	6.1
101	IWACHÓW SŁAWOMIR	117	KKM MXTECH KWIDZYN	KWIDZYN	POL	M40	46	M 94	00:46:22	03:06:04	-00:10:00	07:01:35.60	07:01:46.30	9:55	6
102	ANTKIEWICZ KAMIL	172		KOZIEGŁOWY	POL	M30	31	M 95	00:44:10	03:02:10	-00:10:00	07:03:57.45	07:04:10.70	9:58	6

**CZTERDZIESTKA, OPEN c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	19.5km	Kar/Bon	Netto	Brutto	min/km	km/h
103	PETRYKOWSKI KAROL	200	HASAJTO! SEKCJA GÓRSKA	SZCZECIN	POL	M30	32	M 96	00:42:55	03:01:31	-00:10:00	07:05:18.30	07:05:45.30	10:00	6
104	ADAMCZEWski JAKUB	95	NIGHT RUNNERS	POZNAŃ	POL	M30	33	M 97	00:45:38	03:06:40	-00:10:00	07:05:38.25	07:05:55.30	10:00	6
105	HAJNCE LECH	229		RAWICZ	POL	M30	34	M 98	00:48:02	03:04:30	-00:10:00	07:05:57.95	07:06:19.75	10:01	6
106	GĄŁKA JACEK	66	VEGE RUNNERS	ŻMIGRÓD	POL	M40	47	M 98	00:47:34	03:04:34	-00:10:00	07:06:01.05	07:06:19.75	10:01	6
107	WROE AGNIESZKA	125		POZNAŃ	POL	K40	5	K 8	00:44:01	03:01:39	-00:10:00	07:06:41.00	07:06:47.15	10:02	6
108	LATANOWICZ BERNARD	182		POZNAŃ	POL	M30	35	M 100	00:41:14	03:05:16	-00:10:00	07:07:11.40	07:07:14.05	10:03	6
109	CWOJDZIŃSKI PIOTR	121	NO PROBLAMA TEAM/NIGHT RUNNERS	POZNAŃ	POL	M40	48	M 101	00:45:38	03:06:42	-00:10:00	07:08:30.60	07:08:47.40	10:04	6
110	WAŚCIŃSKI ROMAN	126	PĘDZI - PARA	GOŁASZYN	POL	M50	13	M 102	00:46:47	03:08:30	-00:10:00	07:09:21.25	07:09:40.50	10:06	5.9
111	POPRAWski MATEUSZ	128	KILIŃSKIEGO TEAM	BOJANOWO	POL	M30	36	M 103	00:39:13	03:08:35	-00:10:00	07:09:26.55	07:09:41.65	10:06	5.9
112	SLY SYLWESTER	185	BIEGAMYRAZEM.PL	MIŁKÓW/GDYŃIA	POL	M40	49	M 104	00:47:40	03:01:50	-00:10:00	07:09:30.70	07:09:47.10	10:06	5.9
113	SUROWIEC ROBERT	56		GORZÓW WIELKOPOLSKI	POL	M50	14	M 105	00:50:04	02:56:32		07:09:45.45	07:09:56.75	9:52	6.1
114	MARCINIĄK MACIEJ	58	JESTEM OD ROMKA	SZRENIAWA	POL	M40	50	M 106	00:43:59	03:02:13	-00:10:00	07:11:04.55	07:11:13.60	10:08	5.9
115	LISOWski DARIUSZ	23	POBIEROWO BIEGA	ŚWIERZNO	POL	M40	51	M 107	00:50:05	02:53:36		07:11:12.90	07:11:29.50	9:54	6.1
116	SROKA MARCIN	129	ST RUNNERS	PLEWISKA	POL	M40	52	M 108	00:43:46	03:00:36	-00:10:00	07:11:31.50	07:11:34.55	10:08	5.9
117	SURDACKI PIOTR	9		SZCZECIN	POL	M40	53	M 109	00:48:52	03:02:39	-00:10:00	07:11:44.65	07:12:05.65	10:09	5.9
118	ŻYGIĘŁO MONIKA	8	CHOSZCZEŃSKA 10	CHOSZCZCZO	POL	K40	6	K 9	00:48:53	03:02:41	-00:10:00	07:11:46.55	07:12:07.55	10:09	5.9
119	WAJDA MACIEJ	17	SPELEOCLUB WROCLAW	WROCLAW	POL	M30	37	M 110	00:44:28	03:00:02	-00:10:00	07:12:27.10	07:12:51.50	10:10	5.9
120	STYK MAREK	124		ZIELONA GÓRA	POL	M30	38	M 111	00:43:47	02:59:38	-00:10:00	07:13:13.90	07:13:42.90	10:11	5.9
121	WÓJCIK MONIKA	114		WARSZAWA	POL	K40	7	K 10	00:49:45	03:06:55		07:16:05.65	07:16:10.75	10:01	6
122	BELKIEWICZ RAFAŁ	3	KABATY ULTRA	WARSZAWA	POL	M40	54	M 112	00:43:38	03:06:51	-00:10:00	07:16:07.30	07:16:13.00	10:15	5.9
123	ROMANIUK BARTOSZ	151		WROCLAW	POL	M30	39	M 113	00:48:49	02:58:01	-00:10:00	07:16:25.80	07:16:41.10	10:15	5.8
124	ZDROJEWSKA MAGDALENA	179		KARCZEWKO	POL	K40	8	K 11	00:50:04	03:00:24		07:19:33.90	07:19:43.10	10:06	5.9
125	WALIGÓRSKI RYSZARD	164	WOLSZTYŃSKI KLUB BIEGOWY	WOLSZTYN	POL	M60	2	M 114	00:47:06	03:09:22	-00:10:00	07:19:48.20	07:19:56.05	10:20	5.8
126	SZYRNER SZYMON	102	KS KROTOSZ KROTOSZYN	ZDUNY	POL	M40	55	M 115	00:43:56	03:06:45	-00:10:00	07:20:10.20	07:20:15.05	10:20	5.8
127	TRZPIOŁA TYCJAN	29		WROCLAW	POL	M30	40	M 116	00:44:18	03:06:05	-00:10:00	07:20:31.40	07:20:41.00	10:21	5.8
128	NOWAK SEBASTIAN	225		ŚWIĘTA KATARZYNA	POL	M40	56	M 117	00:49:34	02:54:34		07:20:53.60	07:21:14.90	10:08	5.9
129	JANCZAK PIOTR	226		ŻERNIKI WROCLAWSKIE	POL	M40	57	M 118	00:49:35	02:54:33		07:21:08.15	07:21:29.60	10:08	5.9
130	ANDRZEJCZAK PAWEŁ	83		KALISZ	POL	M40	58	M 119	00:43:53	03:06:58	-00:10:00	07:24:32.00	07:24:32.00	10:26	5.7
131	ROŻKO SEBASTIAN	130		GRYFINO	POL	M30	41	M 120	00:49:00	03:03:52	-00:10:00	07:25:23.30	07:25:44.35	10:28	5.7
132	KASPERSKA BARBARA	157	BBL GORZÓW	GORZÓW WLKP.	POL	K40	9	K 12	00:45:06	03:02:10	-00:10:00	07:26:42.10	07:26:50.85	10:29	5.7
133	JEZIORYN RYSZARD	167	WIELUŃ BIEGA	WIELUŃ	POL	M50	15	M 121	00:47:19	03:06:41	-00:10:00	07:27:00.90	07:27:24.35	10:30	5.7
134	KAJA ROBERT	98	WIELUŃ BIEGA	WIELUŃ	POL	M50	16	M 122	00:47:20	03:06:41	-00:10:00	07:27:01.90	07:27:24.50	10:30	5.7
135	WIKLIŃSKI JAROSŁAW	47	CZYSTA AMATORKA	MARKI	POL	M40	59	M 123	00:47:05	03:02:30	-00:10:00	07:28:01.30	07:28:22.00	10:31	5.7
136	PARUCKI MICHAŁ	250		POZNAŃ	POL	M40	60	M 124	00:40:58	03:02:13	-00:10:00	07:28:48.20	07:28:51.30	10:32	5.7
137	SWOROWSKA IZABELA	59	WOLSZTYŃSKI KLUB BIEGOWY	WOLSZTYN	POL	K50	2	K 13	00:47:06	03:09:59	-00:10:00	07:29:49.00	07:29:56.60	10:34	5.7
138	MAŚNICA-SZYMAŃSKA JOANNA	61	WOLSZTYŃSKI KLUB BIEGOWY	WOLSZTYN	POL	K40	10	K 13	00:47:07	03:10:03	-00:10:00	07:29:50.15	07:29:56.60	10:34	5.7
139	STELMACH PIOTR	108	VEGE RUNNERS	POZNAŃ	POL	M40	61	M 125	00:48:19	03:02:23	-00:10:00	07:30:19.30	07:30:21.70	10:34	5.7
140	KUBIAK KAROLINA	234		WEJHEROWO	POL	K40	11	K 15	00:43:57	03:08:47	-00:10:00	07:30:25.30	07:30:35.75	10:35	5.7
141	KUCZYŃSKI ADAM	19	VIKING	KUDOWA ZDRÓJ	POL	M30	42	M 126	00:43:34	03:08:55	-00:10:00	07:34:50.35	07:35:08.00	10:41	5.6
142	KRÓLIICKI ZBIGNIEW	201		LUTOMIA DOLNA	POL	M40	62	M 127	00:48:26	03:11:05	-00:10:00	07:35:51.70	07:36:10.10	10:42	5.6
143	ŁOPOKA PRZEMEK	204	ABY DO METY	ZIĘBICE	POL	M20	6	M 128	00:51:05	02:54:23		07:36:22.90	07:36:41.75	10:29	5.7
144	DOKOWICZ JAREK	132	TEAM BEROTU	NOWY TOMYŚL	POL	M40	63	M 129	00:47:33	03:08:59	-00:10:00	07:40:47.80	07:40:57.30	10:49	5.5
145	HALINIĄK MAREK	133	NKB CHYŻY NOWY TOMYŚL	NOWY TOMYŚL	POL	M40	64	M 129	00:46:08	03:08:58	-00:10:00	07:40:47.90	07:40:57.30	10:49	5.5
146	GÓRALSKI PIOTR	67		PIASKI	POL	M40	65	M 131	00:43:04	03:08:21	-00:10:00	07:41:26.95	07:41:33.40	10:50	5.5
147	ŻEŚLAWSKI ŁUKASZ	113		BYTOM	POL	M40	66	M 132	00:50:50	03:03:40		07:44:01.00	07:44:22.15	10:40	5.6
148	KOŁODZIEJ MARIUSZ	50	FUNTRI	LEGNICA	POL	M40	67	M 133	00:45:07	03:10:16	-00:10:00	07:44:20.75	07:44:35.15	10:54	5.5
149	SYCHOWSKI DAWID	38		TOMASZÓW	POL	M30	43	M 134	00:43:17	03:02:46	-00:10:00	07:46:53.70	07:47:02.35	10:57	5.5
150	POLIWKĄ ADAM	123	INSTALL GROUP ADAM POLIWKĄ	RUDNA	POL	M30	44	M 135	00:44:54	03:18:02	-00:10:00	07:49:52.65	07:49:56.50	11:01	5.4
151	KOCOŃ MARIUSZ	239		OPOLE	POL	M50	17	M 136	00:54:00	03:08:12		07:52:05.95	07:52:29.25	10:51	5.5
152	KUCHMECKI MACIEJ	73		POZNAŃ	POL	M30	45	M 137	00:51:58	03:07:17		07:52:21.90	07:52:49.40	10:51	5.5
153	CHRZANOWSKA AGNIESZKA	109		SZCZECIN	POL	K40	12	K 16	01:05:55	03:19:18		07:52:48.65	07:53:12.10	10:52	5.5
154	KOPCZYŃSKA MARTA	96	KWIATY U BEATY	SWARZĘDZ	POL	K30	3	K 17	00:51:58	03:07:14		07:53:06.90	07:53:34.95	10:52	5.5
155	POLAŃSKI PAWEŁ	180	#KASZANIANAMOKA	GDAŃSK	POL	M30	46	M 138	00:57:19	03:20:39		07:56:21.10	07:56:47.05	10:57	5.5
156	WITKOWSKA BEATA	168		GDAŃSK	POL	K40	13	K 18	00:57:18	03:20:44		07:56:20.90	07:56:47.40	10:57	5.5
157	WITKOWSKI MARCIN	208	ZASZYCI	WARSZAWA	POL	M50	18	M 139	00:54:48	03:10:06		07:58:06.95	07:58:29.35	10:59	5.5
158	GAWLIK SYLWIA	222		LUBLIN	POL	K40	14	K 19	00:53:34	03:15:29		08:00:10.60	08:00:27.80	11:02	5.4

**CZTERDZIESTKA, OPEN c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	19.5km	Kar/Bon	Netto	Brutto	min/km	km/h
159	OLECHNOWICZ MAGDA	187		GORZÓW WLKP	POL	K40	15	K 20	00:55:03	03:09:40		08:01:56.65	08:02:07.95	11:04	5.4
160	SZYMCZAK PAWEŁ	178		WROCŁAW	POL	M40	68	M 140	00:47:42	03:16:51	-00:10:00	08:05:48.45	08:06:05.60	11:23	5.3
161	MARCINKOWSKI JACEK	136		ŚWIESZYNO	POL	M50	19	M 141	00:49:28	02:58:53		08:06:36.45	08:07:01.80	11:11	5.4
162	KOSECKA JUSTYNA	4		BYDGOSZCZ	POL	K40	16	K 21	00:59:50	03:22:22		08:12:29.25	08:12:48.90	11:19	5.3
163	CIĘŻKOWSKI MICHAŁ	197		NOWA WIEŚ KRÓLEWSKA	POL	M40	69	M 142	00:49:54	03:03:41		08:14:08.65	08:14:17.50	11:21	5.3
164	PRUSIEWICZ BEATA	12		OSTRÓW WIELKOPOLSKI	POL	K50	3	K 22	00:53:20	03:14:55		08:14:45.10	08:15:01.40	11:22	5.3
165	OSTACH DARIA	11		OSTRÓW WIELKOPOLSKI	POL	K40	17	K 23	00:53:59	03:14:51		08:14:46.00	08:15:01.55	11:22	5.3
166	SIKORSKI GRZEGORZ	155		BORYSLAWICE ZAMKOWE	POL	M50	20	M 143	00:57:00	03:12:53		08:14:56.55	08:15:10.10	11:22	5.3
167	MALICKA MAŁGORZATA	42		ZIELONA GÓRA	POL	K40	18	K 24	00:57:21	03:19:08		08:23:51.80	08:24:04.60	11:34	5.2
168	ZASADA IWONA	41		ZIELONA GÓRA	POL	K40	19	K 25	00:57:21	03:19:08		08:23:51.50	08:24:05.25	11:34	5.2
169	KRZYŻYK AGNIESZKA	146	TRIO FORTIS	ZIELONA GÓRA	POL	K40	20	K 26	00:57:22	03:19:03		08:23:51.55	08:24:05.35	11:34	5.2
170	SUWAJ ROMAN	46	ZOMBIE	ZIELONA GÓRA	POL	M60	3	M 144	00:57:26	03:19:02		08:23:52.45	08:24:05.55	11:34	5.2
171	SZYSZKOWSKI WŁODZIMIERZ	81	DUKE NUKEM PRINCE OF WARSAW	WARSAWA	POL	M50	21	M 145	00:56:52	03:19:00		08:24:04.90	08:24:24.20	11:35	5.2
172	PTAK ADAM	169	PIĄTKOWO NA BIEGOWO	POZNAŃ	POL	M50	22	M 146	00:49:10	02:57:43	-00:10:00	08:27:06.70	08:27:30.95	11:53	5
173	LEBODA KATARZYNA	84	WILD DOGS TEAM	KATOWICE	POL	K30	4	K 27	00:49:01	03:24:23	-00:10:00	08:28:48.90	08:29:18.20	11:55	5
174	KWIASOWSKA ALEKSANDRA	100	690202689	ŁÓDŹ	POL	K30	5	K 28	00:49:02	03:24:24	-00:10:00	08:28:52.10	08:29:21.65	11:55	5
175	KRZYSZTOFIK JAROMIR	150	WIKING	PLEWISKA	POL	M50	23	M 147	00:52:01	02:59:18		08:29:03.15	08:29:32.10	11:42	5.1
176	GAJDOWSKI PRZEMYSŁAW	89		WROCŁAW	POL	M30	47	M 148	00:50:29	03:20:04		08:29:55.70	08:30:11.10	11:43	5.1
177	SERAFIN MICHAŁ	163	HWBC	WROCŁAW	POL	M40	70	M 149	00:47:23	03:09:02	-00:10:00	08:35:26.00	08:35:42.55	12:04	5
178	URBANIAK PIOTR	190		PSARSKIE	POL	M40	71	M 150	00:49:13	02:57:44		08:37:06.95	08:37:31.30	11:53	5
179	PĘKAŁA DAWID	115	DZIKI Z AFRYKI	ZIELONA GÓRA	POL	M40	72	M 151	00:54:53	03:23:11		08:41:00.95	08:41:30.80	11:58	5
180	KARAŚ ANNA	209		WROCŁAW	POL	K40	21	K 29	00:54:52	03:23:13		08:41:53.85	08:42:24.15	11:59	5
181	RZECZYŃSKA ANNA	188		GORZÓW WIELKOPOLSKI	POL	K40	22	K 30	00:55:00	03:30:29		08:47:08.55	08:47:20.70	12:07	5
182	SZELAĞ PIOTR	195	TURBO JEZE TEAM	WARSAWA	POL	M40	73	M 152	00:49:26	03:12:37		08:57:00.25	08:57:23.10	12:20	4.9
183	CZUBA MICHAŁ	227		LIGOTA ZAMECKA	POL	M30	48	M 153	00:57:59	03:34:29		09:01:53.00	09:02:04.20	12:27	4.8
184	KWASIK MAREK	228		LIGOTA ZAMECKA	POL	M40	74	M 154	00:58:00	03:34:31		09:01:53.70	09:02:04.45	12:27	4.8
185	BARTKOWIAK TOMASZ	26		LUBOŃ	POL	M30	49	M 155	00:53:04	03:21:23		09:06:11.45	09:06:32.85	12:33	4.8
186	SPYCHAŁA JAKUB	37		WIRY	POL	M40	75	M 156	00:53:04	03:21:22		09:06:11.65	09:06:33.05	12:33	4.8
187	WŁODARCZYK ANNA	116		WARSAWA	POL	K40	23	K 31	00:54:30	03:29:28		09:18:50.10	09:18:56.20	12:50	4.7
188	WAŚCIŃSKA EDYTA	127	PĘDZI - PARA	GOŁASZYN	POL	K50	4	K 32	00:59:13	03:34:22		09:21:02.30	09:21:21.60	12:53	4.7
189	KAZUBOWSKA MAŁGORZATA	176		GORZÓW WLKP.	POL	K40	24	K 33	00:58:50	03:55:18		09:22:36.00	09:22:48.15	12:56	4.6
190	SADŁO JAROSŁAW	248		JELENIA GÓRA	POL	M30	50	M 157	00:58:04	03:47:15		09:25:56.10	09:26:16.20	13:00	4.6
191	HAUSMAN MAGDALENA	210	PARKRUN GRUDZIĄDZ	GRUDZIĄDZ	POL	K40	25	K 34	00:57:00	03:40:55		09:27:18.10	09:27:30.55	13:02	4.6
192	KOCHAŃSKI TOMASZ	211		GRUDZIĄDZ	POL	M30	51	M 158	00:58:11	03:40:47		09:27:17.15	09:27:30.95	13:02	4.6
193	ŚWIĄTEK MONIKA	111		WARSAWA	POL	K20	1	K 35	01:09:14	04:04:30		09:28:54.70	09:29:08.95	13:04	4.6
194	SZOKALAK MILENA	141		SIEMIEN	POL	K20	2	K 36	01:09:16	04:04:46		09:28:55.65	09:29:09.20	13:04	4.6
	STACHOWIAK ADAM	196	LESZ NO LIMITS RUNNERS	DĄBCZE	POL	M30			00:31:49	02:28:21	-00:10:00	DNF	DNF	-	-
									DNF	DNF					
	MARGOL PAWEŁ	177		WROCŁAW	POL	M30			00:39:48	02:38:45		DNF	DNF	-	-
									DNF	DNF					
	MARCZAK TOMASZ	48	CZYSTA AMATORKA	WARSAWA	POL	M40			00:39:39	02:44:05		DNF	DNF	-	-
									DNF	DNF					
	MANCZAK FILIP	14	AKTYWNI RAZEM	KICIN	POL	M40			00:33:20	DNF	-00:10:00	DNF	DNF	-	-
									DNF	DNF					
	ŻAK PIOTR	18	FARTY PUSZCZY	SZCZECIN	POL	M30			DNF	DNF		DNF	DNF	-	-

**CZTERDZIESTKA, OPEN Kobiety**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	19.5km	Kar/Bon	Netto	Brutto	min/km	km/h
1	SZKODA KASIA	6	TATERNIKTEAM	ZALASEWO	POL	K30	1	K 1	00:38:29	02:33:43	-00:10:00	05:35:31.50	05:35:41.50	7:56	7.6
2	KAZUBOWSKA OLA	233		GORZÓW WLKP.	POL	K40	1	K 2	00:40:16	02:36:04	-00:10:00	05:55:12.85	05:55:19.20	8:23	7.1
3	RESPONDEK ANNA	82		ZIELONA GÓRA	POL	K30	2	K 3	00:43:27	02:51:42	-00:10:00	06:15:25.40	06:15:37.70	8:51	6.8
4	STRAUCHOLD ANNA	140	HAPPY RUNNERS WROCŁAW	KAMIENIEC WROCŁAWSKI	POL	K50	1	K 4	00:41:29	02:53:33	-00:10:00	06:24:49.10	06:24:54.50	9:04	6.6
5	PAWLIKOWSKA MONIKA	107		WROCŁAW	POL	K40	2	K 5	00:47:46	03:00:20	-00:10:00	06:43:05.10	06:43:20.20	9:29	6.3
6	ŚWIERZOWSKA MAGDALENA	138	FIZJOTERAPIA BIEGACZA	POZNAŃ	POL	K40	3	K 6	00:43:59	03:02:14	-00:10:00	06:48:09.85	06:48:18.10	9:36	6.2

**CZTERDZIESTKA, OPEN Kobiety c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	19.5km	Kar/Bon	Netto	Brutto	min/km	km/h
7	GLÓRA ALEKSANDRA	247		ŻARY	POL	K40	4	K 7	00:43:28	02:58:54	-00:10:00	06:48:43.65	06:49:03.40	9:37	6.2
8	WROE AGNIESZKA	125		POZNAN	POL	K40	5	K 8	00:44:01	03:01:39	-00:10:00	07:06:41.00	07:06:47.15	10:02	6
9	ŻYGIEŁO MONIKA	8	CHOSZCZEŃSKA 10	CHOSZCZCZO	POL	K40	6	K 9	00:48:53	03:02:41	-00:10:00	07:11:46.55	07:12:07.55	10:09	5.9
10	WÓJCIK MONIKA	114		WARSZAWA	POL	K40	7	K 10	00:49:45	03:06:55		07:16:05.65	07:16:10.75	10:01	6
11	ZDROJEWSKA MAGDALENA	179		KARCZEWKO	POL	K40	8	K 11	00:50:04	03:00:24		07:19:33.90	07:19:43.10	10:06	5.9
12	KASPERSKA BARBARA	157	BBL GORZÓW	GORZÓW WLKP.	POL	K40	9	K 12	00:45:06	03:02:10	-00:10:00	07:26:42.10	07:26:50.85	10:29	5.7
13	MAŚNICA-SZYMAŃSKA JOANNA	61	WOLSZTYŃSKI KLUB BIEGOWY	WOLSZTYN	POL	K40	10	K 13	00:47:07	03:10:03	-00:10:00	07:29:50.15	07:29:56.60	10:34	5.7
14	SWOROWSKA IZABELA	59	WOLSZTYŃSKI KLUB BIEGOWY	WOLSZTYN	POL	K50	2	K 13	00:47:06	03:09:59	-00:10:00	07:29:49.00	07:29:56.60	10:34	5.7
15	KUBIAK KAROLINA	234		WEJHEROWO	POL	K40	11	K 15	00:43:57	03:08:47	-00:10:00	07:30:25.30	07:30:35.75	10:35	5.7
16	CHRZANOWSKA AGNIESZKA	109		SZCZECIN	POL	K40	12	K 16	01:05:55	03:19:18		07:52:48.65	07:53:12.10	10:52	5.5
17	KOPCZYŃSKA MARTA	96	KWIATY U BEATY	SWARZĘDZ	POL	K30	3	K 17	00:51:58	03:07:14		07:53:06.90	07:53:34.95	10:52	5.5
18	WITKOWSKA BEATA	168		GDANSK	POL	K40	13	K 18	00:57:18	03:20:44		07:56:20.90	07:56:47.40	10:57	5.5
19	GAWLIK SYLWIA	222		LUBLIN	POL	K40	14	K 19	00:53:34	03:15:29		08:00:10.60	08:00:27.80	11:02	5.4
20	OLECHNOWICZ MAGDA	187		GORZÓW WLKP	POL	K40	15	K 20	00:55:03	03:09:40		08:01:56.65	08:02:07.95	11:04	5.4
21	KOSECKA JUSTYNA	4		BYDGOSZCZ	POL	K40	16	K 21	00:59:50	03:22:22		08:12:29.25	08:12:48.90	11:19	5.3
22	PRUSIEWICZ BEATA	12		OSTRÓW WIELKOPOLSKI	POL	K50	3	K 22	00:53:20	03:14:55		08:14:45.10	08:15:01.40	11:22	5.3
23	OSTACH DARIA	11		OSTRÓW WIELKOPOLSKI	POL	K40	17	K 23	00:53:59	03:14:51		08:14:46.00	08:15:01.55	11:22	5.3
24	MALICKA MAŁGORZATA	42		ZIELONA GÓRA	POL	K40	18	K 24	00:57:21	03:19:08		08:23:51.80	08:24:04.60	11:34	5.2
25	ZASADA IWONA	41		ZIELONA GÓRA	POL	K40	19	K 25	00:57:21	03:19:08		08:23:51.50	08:24:05.25	11:34	5.2
26	KRZYZYK AGNIESZKA	146	TRIO FORTIS	ZIELONA GÓRA	POL	K40	20	K 26	00:57:22	03:19:03		08:23:51.55	08:24:05.35	11:34	5.2
27	LEBODA KATARZYNA	84	WILD DOGS TEAM	KATOWICE	POL	K30	4	K 27	00:49:01	03:24:23	-00:10:00	08:28:48.90	08:29:18.20	11:55	5
28	KWIAŚOWSKA ALEKSANDRA	100	690202689	ŁÓDŹ	POL	K30	5	K 28	00:49:02	03:24:24	-00:10:00	08:28:52.10	08:29:21.65	11:55	5
29	KARAŚ ANNA	209		WROCLAW	POL	K40	21	K 29	00:54:52	03:23:13		08:41:53.85	08:42:24.15	11:59	5
30	RZECZYŃSKA ANNA	188		GORZÓW WIELKOPOLSKI	POL	K40	22	K 30	00:55:00	03:30:29		08:47:08.55	08:47:20.70	12:07	5
31	WŁODARCZYK ANNA	116		WARSZAWA	POL	K40	23	K 31	00:54:30	03:29:28		09:18:50.60	09:18:56.20	12:50	4.7
32	WAŚCIŃSKA EDYTA	127	PĘDZI - PARA	GOŁĄSZYN	POL	K50	4	K 32	00:59:13	03:34:22		09:21:02.30	09:21:21.60	12:53	4.7
33	KAZUBOWSKA MAŁGORZATA	176		GORZÓW WLKP.	POL	K40	24	K 33	00:58:50	03:55:18		09:22:36.00	09:22:48.15	12:56	4.6
34	HAUSMAN MAGDALENA	210	PARKRUN GRUZIĄDZ	GRUZIĄDZ	POL	K40	25	K 34	00:57:00	03:40:55		09:27:18.10	09:27:30.55	13:02	4.6
35	ŚWIĄTEK MONIKA	111		WARSZAWA	POL	K20	1	K 35	01:09:14	04:04:30		09:28:54.70	09:29:08.95	13:04	4.6
36	SZOKALAK MILENA	141		SIEMIEN	POL	K20	2	K 36	01:09:16	04:04:46		09:28:55.65	09:29:09.20	13:04	4.6

**CZTERDZIESTKA, OPEN Mężczyźni**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	19.5km	Kar/Bon	Netto	Brutto	min/km	km/h
1	BRYDL PAVEL	249	SPA SCALIANO - KUDOWA ZDROJ	TRUTNOV	CZE	M40	1	M 1	00:29:28	02:18:00	-00:10:00	04:37:57.15	04:37:58.00	6:37	9.1
2	KARWACZYŃSKI ROGER	86		JELEŃ GÓRA	POL	M30	1	M 1	00:29:26	02:17:58	-00:10:00	04:37:56.55	04:37:58.00	6:37	9.1
3	MAŁYGA GRZEGORZ	43	RMT TEAM PRO	WROCLAW	POL	M30	2	M 3	00:29:22	02:22:01	-00:10:00	04:58:04.45	04:58:06.20	7:04	8.5
4	KONIECZNY SZYMON	153		CHOSZCZCZO	POL	M30	3	M 4	00:30:01	02:23:51	-00:10:00	05:14:31.90	05:14:33.95	7:27	8
5	ADAMCZYK MACIEJ	158	SKS OBORNIKI	OBORNIKI	POL	M40	2	M 5	00:30:04	02:22:14	-00:10:00	05:17:32.15	05:17:35.55	7:31	8
6	ANTCZAK ADRIAN	134	IZERY BOGATYNIA	BOGATYNIA	POL	M40	3	M 6	00:37:48	02:26:47	-00:10:00	05:21:38.40	05:21:39.25	7:37	7.9
7	MUCHACZOW JACEK	238	DRÄXLMAIER	JELEŃ GÓRA	POL	M40	4	M 7	00:33:36	02:28:23	-00:10:00	05:21:49.70	05:21:54.20	7:37	7.9
8	FEDUNIK KAROL	75	BIEGNIJ OŁAWO	OŁAWA	POL	M30	4	M 8	00:40:33	02:21:49	-00:10:00	05:23:13.95	05:23:26.55	7:39	7.8
9	OLCZYK GRZEGORZ	236	DRÄXLMAIER	JELEŃ GÓRA	POL	M30	5	M 9	00:34:25	02:28:23	-00:10:00	05:24:07.85	05:24:12.10	7:40	7.8
10	GARCZYK RAFAŁ	131		LUSÓWKO	POL	M40	5	M 10	00:38:20	02:26:19	-00:10:00	05:24:09.25	05:24:12.20	7:40	7.8
11	WELNIAK PRZEMYSŁAW	22	MOGILNO TEAM	ZALASEWO	POL	M40	6	M 11	00:39:23	02:33:42	-00:10:00	05:35:59.05	05:36:10.70	7:57	7.5
12	JANKOWSKI MARCIN	91	FU FU FU TEAM	GŁOGÓW	POL	M40	7	M 12	00:40:16	02:30:11	-00:10:00	05:36:50.00	05:37:03.65	7:58	7.5
13	STANKIEWICZ PAWEŁ	2	AKTYWNI RAZEM	POTASZE	POL	M40	8	M 13	00:36:48	02:32:18	-00:10:00	05:40:20.60	05:40:23.45	8:03	7.5
14	NOWICKI MARCIN	135	GO2TRI	GORZÓW WIELKOPOLSKI	POL	M40	9	M 14	00:37:01	02:34:28	-00:10:00	05:45:47.30	05:45:12.10	8:09	7.3
15	HIBNER JACEK	217		ŁÓDŹ	POL	M50	1	M 15	00:37:13	02:35:32	-00:10:00	05:45:41.15	05:45:43.10	8:10	7.3
16	KUSAL TOMASZ	207		OPOLE	POL	M20	1	M 16	00:38:02	02:32:31	-00:10:00	05:46:31.15	05:46:35.65	8:11	7.3
17	PŁONOWSKI MACIEJ	74	PSZCZÓLKOWSKI TEAM	WROCLAW	POL	M30	6	M 17	00:35:12	02:34:11	-00:10:00	05:44:32.30	05:47:43.60	8:09	7.4
18	WALASIK JAROSŁAW	152	42K AKADEMIA BIEGANIA	JAWORZNO	POL	M50	2	M 18	00:35:05	02:39:45	-00:10:00	05:47:48.10	05:47:51.50	8:13	7.3
19	WOJCIECHOWSKI ANDRZEJ	76	WOLSZTYŃSKI KLUB BIEGOWY	WOLSZTYN	POL	M50	3	M 19	00:35:41	02:37:52	-00:10:00	05:50:45.05	05:50:49.25	8:17	7.2
20	NOSKI MARIUSZ	105		BIELAWA	POL	M40	10	M 20	00:37:53	02:37:31	-00:10:00	05:50:27.65	05:50:49.45	8:17	7.2
21	PAWLIK FILIP	63		POZNAŃ	POL	M30	7	M 21	00:34:27	02:32:09	-00:10:00	05:51:19.05	05:51:23.00	8:18	7.2
22	PURA ROBERT	171		GORZÓW WIELKOPOLSKI	POL	M40	11	M 22	00:36:16	02:35:45	-00:10:00	05:55:28.85	05:55:35.80	8:24	7.1

**CZTERDZIESTKA, OPEN Mężczyźni c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	19.5km	Kar/Bon	Netto	Brutto	min/km	km/h
23	LITWIN MICHAŁ	145	LITWIN	PASIKUROWICE	POL	M40	12	M 23	00:34:51	02:40:20	-00:10:00	05:59:10.05	05:59:16.40	8:29	7.1
24	FOLCIK ZIEMOWIT	103	NIGHT RUNNERS WROCLAW	WROCLAW	POL	M40	13	M 24	00:36:21	02:38:08	-00:10:00	05:59:54.65	05:59:59.55	8:30	7.1
25	BANDUROWSKI ANDRZEJ	191	KB SPOCENI NOWA SÓL	NOWA SÓL	POL	M50	4	M 25	00:40:01	02:36:13	-00:10:00	06:01:15.40	06:01:19.10	8:32	7
26	PRADZYŃSKI MARCIN	57	AKADEMIAMISTRZOWSPORTU	BYDGOSZCZ	POL	M40	14	M 26	00:38:12	02:37:49	-00:10:00	06:05:31.55	06:05:37.40	8:37	7
27	TOMCZAK DARIUSZ	51		GOSTYŃ	POL	M30	8	M 27	00:40:56	02:51:49	-00:10:00	06:06:01.30	06:06:08.25	8:38	6.9
28	NAPIERAŁA TOMASZ	54		SUCHY LAS	POL	M40	15	M 28	00:39:30	02:37:44	-00:10:00	06:06:45.80	06:06:53.05	8:39	6.9
29	KICKA MATEUSZ	218	ULTRA-TRAIL® MAŁOPOLSKA TEAM	KRAKÓW	POL	M30	9	M 29	00:42:16	02:41:08	-00:10:00	06:08:16.75	06:08:32.65	8:41	6.9
30	KOPCZYŃSKI ŁUKASZ	40	K-TEAM	WROCLAW	POL	M40	16	M 30	00:38:47	02:42:18	-00:10:00	06:08:35.80	06:08:41.10	8:42	6.9
31	SARKA BARTŁOŃMIEJ	213		RABKA-ZDRÓJ	POL	M30	10	M 31	00:45:51	02:50:54	-00:10:00	06:08:43.45	06:08:54.55	8:42	6.9
32	MRÓZ MARCIN	104	STR POZNAŃ / DZIKIE BOBRY	ZALASEWO	POL	M40	17	M 32	00:39:22	02:36:27	-00:10:00	06:11:09.15	06:11:17.95	8:45	6.8
33	DROBNIK BŁAŻEJ	170	OPALENICKI KLUB BIEGACZA	OPALENICA	POL	M30	11	M 33	00:36:35	02:35:35	-00:10:00	06:11:13.40	06:11:22.20	8:45	6.8
34	KARP PAWEŁ	215	ACCENTURE	WARSZAWA	POL	M30	12	M 34	00:37:41	02:41:10	-00:10:00	06:11:30.40	06:11:40.40	8:46	6.8
35	MICHAŁOWSKI MARCIN	198		ŚWIĘTOSZÓW	POL	M40	18	M 35	00:37:52	02:41:50	-00:10:00	06:12:17.20	06:12:21.20	8:47	6.8
36	ZERZUT JAROSŁAW	5	FARTY PUSZCZY	SZCZECIN	POL	M50	5	M 36	00:36:04	02:50:35	-00:10:00	06:12:20.65	06:12:25.50	8:47	6.8
37	MARCINIAK JAKUB	10	KOŹMIN BIEGA ULTRA RUNNERS	KROTOSZYN	POL	M30	13	M 37	00:37:09	02:41:23	-00:10:00	06:12:51.55	06:12:54.25	8:48	6.8
38	KRÓL HUBERT	206	WWW.TRENERTRIATHLONU.PL	KOŁO	POL	M30	14	M 38	00:37:51	02:44:43	-00:10:00	06:12:58.45	06:13:00.55	8:48	6.8
39	BRĄCZKOWSKI DAMIAN	147		POZNAŃ	POL	M20	2	M 39	00:35:05	02:42:30	-00:10:00	06:13:27.35	06:13:34.60	8:48	6.8
40	ROZDOLSKI PAWEŁ	175		JELCZ LASKOWICE	POL	M40	19	M 40	00:38:11	02:42:50	-00:10:00	06:13:39.45	06:13:53.10	8:49	6.8
41	KUREK TOMASZ	79	OPALENICKI KLUB BIEGACZA	OPALENICA	POL	M40	20	M 41	00:44:04	02:52:31	-00:10:00	06:15:21.90	06:15:30.15	8:51	6.8
42	JAKUBOWSKI ANDRZEJ	69		ŹMIGRÓD	POL	M30	15	M 42	00:37:18	02:38:00	-00:10:00	06:15:31.50	06:15:41.20	8:51	6.8
43	SZUKAŁA PIOTR	202	VEGE RUNNERS	POZNAŃ	POL	M30	16	M 43	00:37:50	02:35:21	-00:10:00	06:17:41.75	06:17:44.00	8:54	6.7
44	TURBAK PAWEŁ	220	KS TEAM BARYŁA	SULECIN	POL	M20	3	M 44	00:36:34	02:41:49	-00:10:00	06:17:49.75	06:17:55.00	8:54	6.7
45	ŚWITAŁA MARCIN	194		KATOWICE	POL	M50	6	M 45	00:40:14	02:39:21	-00:10:00	06:18:26.35	06:18:31.85	8:55	6.7
46	WANDEL PIOTR	139	HAPPY RUNNERS	DOMASŁAW	POL	M40	21	M 46	00:33:21	03:19:49	-00:20:00	06:22:08.10	06:22:12.30	9:14	6.5
47	PIERZCHAŁSKI DAWID	122		BIAŁE BŁOTA	POL	M40	22	M 47	00:37:18	02:50:17	-00:10:00	06:22:40.50	06:22:43.75	9:01	6.6
48	MINDYKOWSKI ZBIGNIEW	120		BYDGOSZCZ	POL	M40	23	M 48	00:37:19	02:50:27	-00:10:00	06:22:41.05	06:22:44.05	9:01	6.6
49	KARPOWICZ RAFAL	186		WROCLAW	POL	M40	24	M 49	00:34:56	02:45:27	-00:10:00	06:22:51.95	06:22:55.70	9:01	6.6
50	ŻABIAREK TOMASZ	235		GORZÓW WLKP.	POL	M40	25	M 50	00:43:23	02:50:16	-00:10:00	06:23:32.90	06:23:41.05	9:02	6.6
51	NECKAR MICHAŁ	162	HWBC	WROCLAW	POL	M40	26	M 51	00:38:13	02:41:54	-00:10:00	06:25:53.90	06:26:09.50	9:06	6.6
52	BURZEC TOMASZ	223	HFB	WROCLAW	POL	M40	27	M 52	00:37:32	02:40:46	-00:10:00	06:27:49.20	06:28:04.00	9:08	6.6
53	MROWCA PAWEŁ	36		LUBAŃ	POL	M30	17	M 53	00:37:15	02:41:22	-00:10:00	06:27:56.95	06:28:04.20	9:08	6.6
54	GAŁECKI ROBERT	232	HFB	KIELCZÓW	POL	M30	18	M 54	00:37:37	02:40:44	-00:10:00	06:28:34.60	06:28:50.40	9:09	6.5
55	KULLING HUBERT	160		KIELCZÓW	POL	M40	28	M 55	00:37:39	02:40:51	-00:10:00	06:28:35.50	06:28:50.50	9:09	6.5
56	BALTRUSAITIS ZYDRUNAS	90	NA, PAGAUKI	VILNIUS	LTU	M40	29	M 56	00:39:57	02:43:19	-00:10:00	06:28:59.25	06:29:06.20	9:10	6.5
57	KRUPIANIK TOMASZ	78		WROCLAW	POL	M30	19	M 57	00:44:11	02:54:12	-00:10:00	06:33:54.40	06:34:04.30	9:17	6.5
58	BORDYCH JACEK	33	BOREL MARATHON TEAM	KOŻUCHÓW	POL	M50	7	M 58	00:43:43	02:52:16	-00:10:00	06:34:29.50	06:34:41.05	9:17	6.5
59	SOBOLEWSKI DARIUSZ	31	BOREL MARATHON TEAM	KOŻUCHÓW	POL	M30	20	M 59	00:42:44	02:52:17	-00:10:00	06:36:21.00	06:36:32.30	9:20	6.4
60	KŁYSZCZ MICHAŁ	20	IZBICKO W BIEGU	OTMICE	POL	M20	4	M 60	00:38:57	02:49:21	-00:10:00	06:36:32.05	06:36:43.90	9:20	6.4
61	GAWRONSKI HUBERT	71	HUGO	KOSTRZYN	POL	M40	30	M 61	00:44:20	02:52:56	-00:10:00	06:37:24.25	06:37:37.30	9:21	6.4
62	ADAMUS RAFAŁ	219		ŚWIDNICA	POL	M30	21	M 62	00:38:30	02:42:53	-00:10:00	06:38:13.50	06:38:20.55	9:23	6.4
63	KOWALSKI ANDRZEJ	224		WROCLAW	POL	M60	1	M 63	00:45:48	02:54:01	-00:10:00	06:38:49.40	06:39:14.35	9:23	6.4
64	BANASIAK MARCIN	112	FUJITSU RUNNING TEAM	ŁÓDŹ	POL	M40	31	M 64	00:41:33	02:39:06	-00:10:00	06:39:16.55	06:39:28.25	9:24	6.4
65	PATYK SŁAWOMIR	137		CZĘSTOCHOWA	POL	M40	32	M 65	00:41:20	02:53:43	-00:10:00	06:39:25.75	06:39:33.00	9:24	6.4
66	WOJCIEŻYŃSKI TOMASZ	237		BACZYNA	POL	M40	33	M 66	00:43:13	03:00:59	-00:10:00	06:39:21.65	06:39:37.45	9:24	6.4
67	POLAK JACEK	87	BIEGUSIEM.PL	PIASECZNO	POL	M40	34	M 67	00:42:23	02:59:40	-00:10:00	06:39:32.45	06:39:43.45	9:24	6.4
68	JAKŚ GRZEGORZ	159	ALPIMADE TEAM	INOWROCLAW	POL	M40	35	M 68	00:36:16	02:49:06	-00:10:00	06:40:25.85	06:40:31.70	9:26	6.4
69	JANKOWSKI RAFAŁ	221		SMOLEC	POL	M40	36	M 69	00:38:30	02:48:17	-00:10:00	06:41:55.55	06:42:01.70	9:28	6.3
70	SADŁO DANIEL	28	SOLANKOWA TEAM	JELEŃ GÓRA	POL	M30	22	M 70	00:46:04	02:57:38	-00:10:00	06:41:55.20	06:42:12.00	9:28	6.3
71	KANDULSKI JAKUB	156	OPALENICKI KLUB BIEGACZA	OPALENICA	POL	M40	37	M 71	00:41:27	02:56:33	-00:10:00	06:43:29.50	06:43:39.30	9:30	6.3
72	POPKO ŁUKASZ	72		LUBAŃ	POL	M30	23	M 72	00:40:07	02:46:37	-00:10:00	06:45:02.40	06:45:09.80	9:32	6.3
73	FRYSIAK ARTUR	99	WIELUŃ ULTRA	WIELUŃ	POL	M50	8	M 73	00:42:27	02:55:09	-00:10:00	06:45:18.30	06:45:24.30	9:32	6.3
74	PARWA MICHAŁ	110	MAGAZYN NA SZCZYCIE	DZIEKANOWICE	POL	M30	24	M 74	00:45:52	02:59:39	-00:10:00	06:45:38.85	06:45:48.85	9:33	6.3
75	NOWAK KRZYSZTOF	214		WARSZAWA	POL	M40	38	M 75	00:39:45	02:52:48	-00:10:00	06:45:47.95	06:45:53.95	9:33	6.3
76	STELMACH KRZYSZTOF	97		WIELUŃ	POL	M40	39	M 76	00:45:14	02:59:23	-00:10:00	06:46:40.20	06:47:00.30	9:34	6.3
77	WIERZBA JACEK	174		ŹMIGRÓD	POL	M40	40	M 77	00:39:40	02:50:56	-00:10:00	06:46:58.35	06:47:18.80	9:35	6.3
78	ZIEMKIEWICZ JAREK	65	2 KROKI DO METY	LUBIN	POL	M40	41	M 78	00:43:41	02:53:24	-00:10:00	06:47:34.60	06:47:49.60	9:35	6.3

**CZTERDZIESTKA, OPEN Mężczyźni c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	19.5km	Kar/Bon	Netto	Brutto	min/km	km/h
79	GRABOWSKI DAMIAN	24		POZNAŃ	POL	M30	25	M 79	00:39:48	02:48:36	-00:10:00	06:47:56.60	06:48:00.25	9:36	6.2
80	GRACYK MARCIN	49		TULCE	POL	M40	42	M 80	00:44:08	02:56:35	-00:10:00	06:48:58.35	06:49:12.60	9:37	6.2
81	SZULC TOMASZ	189		ZŁOCENIEC	POL	M30	26	M 81	00:34:11	02:41:53	-00:10:00	06:49:28.25	06:49:38.70	9:38	6.2
82	WOŹNY TOMASZ	25	BLĘKITNI LUBIECIN	LUBIECIN	POL	M30	27	M 82	00:37:55	02:54:38	-00:10:00	06:50:00.80	06:50:08.80	9:39	6.2
83	JURDZIAK JAKUB	181		WROCŁAW	POL	M30	28	M 83	00:41:01	03:03:01	-00:10:00	06:52:31.05	06:52:53.45	9:42	6.2
84	ULATOWSKI ANDRZEJ	144	RUNBEARDRUN	TORUŃ	POL	M50	9	M 84	00:44:31	02:57:44	-00:10:00	06:56:27.70	06:56:41.05	9:48	6.1
85	MIKOŁAJCZAK ARKADIUSZ	165		JAROCIN	POL	M30	29	M 85	00:43:46	03:01:30	-00:10:00	06:57:14.10	06:57:31.60	9:49	6.1
86	POLACZEK DANIEL	7	IZBICKO W BIEGU	OTMICE	POL	M20	5	M 86	00:39:08	02:51:47	-00:10:00	06:57:41.00	06:57:53.75	9:49	6.1
87	BARTKOWIAK RAFAŁ	1		BYDGOSZCZ	POL	M40	43	M 87	00:43:02	03:02:25	-00:10:00	06:57:50.50	06:58:08.80	9:50	6.1
88	SUDUŁ JAROSŁAW	166	WIERZBICKI RUNNING PROJECT	GORZÓW WIELKOPOLSKI	POL	M50	10	M 88	00:43:37	03:06:43	-00:10:00	06:58:13.90	06:58:21.60	9:50	6.1
89	STĘŻYCKI MARIUSZ	30	ŻARY RUNNERS TEAM	ŻARY	POL	M40	44	M 89	00:43:32	02:59:15	-00:10:00	06:58:16.05	06:58:36.55	9:50	6.1
90	ORŁOWSKI BARTOSZ	173		PIELGRZYMKI	POL	M30	30	M 90	00:47:16	02:54:17	-00:10:00	06:59:30.35	06:59:48.10	9:52	6.1
91	KISIEŁ KRZYSZTOF	118	CYKLO KWIDZYN	KWIDZYN	POL	M40	45	M 91	00:46:21	03:02:17	-00:10:00	07:00:04.95	07:00:16.25	9:53	6.1
92	DOLĘGOWSKI MAREK	44		KOŁCZEWO	POL	M50	11	M 92	00:47:32	03:08:28	-00:10:00	07:00:46.85	07:01:03.10	9:54	6.1
93	KUBIAK MARCIN	45	ZOMBIE TEAM	ZIELONA GÓRA	POL	M50	12	M 93	00:37:54	02:54:36	-00:10:00	07:01:15.30	07:01:23.80	9:54	6.1
94	IWACHÓW SŁAWOMIR	117	KKM MXTECH KWIDZYN	KWIDZYN	POL	M40	46	M 94	00:46:22	03:06:04	-00:10:00	07:01:35.60	07:01:46.30	9:55	6
95	ANTKIEWICZ KAMIL	172		KOZIEGLÓWY	POL	M30	31	M 95	00:44:10	03:02:10	-00:10:00	07:03:57.45	07:04:10.70	9:58	6
96	PETRYKOWSKI KAROL	200	HASAJTO! SEKCJA GÓRSKA	SZCZECIN	POL	M30	32	M 96	00:42:55	03:01:31	-00:10:00	07:05:18.30	07:05:45.30	10:00	6
97	ADAMCZEWSKI JAKUB	95	NIGHT RUNNERS	POZNAŃ	POL	M30	33	M 97	00:45:38	03:06:40	-00:10:00	07:05:38.25	07:05:55.30	10:00	6
98	GAŁKA JACEK	66	VEGE RUNNERS	ŻMIGRÓD	POL	M40	47	M 98	00:47:34	03:04:34	-00:10:00	07:06:01.05	07:06:19.75	10:01	6
99	HĄJNCE LECH	229		RAWICZ	POL	M30	34	M 98	00:48:02	03:04:30	-00:10:00	07:05:57.95	07:06:19.75	10:01	6
100	LATANOWICZ BERNARD	182		POZNAŃ	POL	M30	35	M 100	00:41:14	03:05:16	-00:10:00	07:07:11.40	07:07:14.05	10:03	6
101	CWOJDZIŃSKI PIOTR	121	NO PROBLAMA TEAM/NIGHT RUNNERS	POZNAŃ	POL	M40	48	M 101	00:45:38	03:06:42	-00:10:00	07:08:30.60	07:08:47.40	10:04	6
102	WAŚCIŃSKI ROMAN	126	PĘDZI - PARA	GOŁASZYN	POL	M50	13	M 102	00:46:47	03:08:30	-00:10:00	07:09:21.25	07:09:40.50	10:06	5.9
103	POPRAWSKI MATEUSZ	128	KILIŃSKIEGO TEAM	BOJANOWO	POL	M30	36	M 103	00:39:13	03:08:35	-00:10:00	07:09:26.55	07:09:41.65	10:06	5.9
104	SLY SYLWESTER	185	BIEGAMYRAZEM.PL	MIŁKÓW/GDYŃIA	POL	M40	49	M 104	00:47:40	03:01:50	-00:10:00	07:09:30.70	07:09:47.10	10:06	5.9
105	SUROWIEC ROBERT	56		GORZÓW WIELKOPOLSKI	POL	M50	14	M 105	00:50:04	02:56:32	-00:10:00	07:09:45.45	07:09:56.75	9:52	6.1
106	MARCINIAK MACIEJ	58	JESTEM OD ROMKA	SZREŃIAWA	POL	M40	50	M 106	00:43:59	03:02:13	-00:10:00	07:11:04.55	07:11:13.60	10:08	5.9
107	LISOWSKI DARIUSZ	23	POBIEROWO BIEGA	ŚWIERZNO	POL	M40	51	M 107	00:50:05	02:53:36	-00:10:00	07:11:12.90	07:11:29.50	9:54	6.1
108	SROKA MARCIN	129	ST RUNNERS	PLEWISKA	POL	M40	52	M 108	00:43:46	03:00:36	-00:10:00	07:11:31.50	07:11:34.55	10:08	5.9
109	SURDACKI PIOTR	9		SZCZECIN	POL	M40	53	M 109	00:48:52	03:02:39	-00:10:00	07:11:44.65	07:12:05.65	10:09	5.9
110	WAJDA MACIEJ	17	SPELEOCLUB WROCŁAW	WROCŁAW	POL	M30	37	M 110	00:44:28	03:00:02	-00:10:00	07:12:27.10	07:12:51.50	10:10	5.9
111	STYK MAREK	124		ZIELONA GÓRA	POL	M30	38	M 111	00:43:47	02:59:38	-00:10:00	07:13:13.90	07:13:42.90	10:11	5.9
112	BELKIEWICZ RAFAŁ	3	KABATY ULTRA	WARSZAWA	POL	M40	54	M 112	00:43:38	03:06:51	-00:10:00	07:16:07.30	07:16:13.00	10:15	5.9
113	ROMANIUK BARTOSZ	151		WROCŁAW	POL	M30	39	M 113	00:48:49	02:58:01	-00:10:00	07:16:25.80	07:16:41.10	10:15	5.8
114	WALIGÓRSKI RYSZARD	164	WOLSZTYŃSKI KLUB BIEGOWY	WOLSZTYN	POL	M60	2	M 114	00:47:06	03:09:22	-00:10:00	07:19:48.20	07:19:56.05	10:20	5.8
115	SZYRNER SZYMON	102	KS KROTOSZ KROTOSZYN	ZDUNY	POL	M40	55	M 115	00:43:56	03:06:45	-00:10:00	07:20:10.20	07:20:15.05	10:20	5.8
116	TRZPIOLA TYCJAN	29		WROCŁAW	POL	M30	40	M 116	00:44:18	03:06:05	-00:10:00	07:20:51.40	07:20:41.00	10:21	5.8
117	NOWAK SEBASTIAN	225		ŚWIĘTA KATARZYNA	POL	M40	56	M 117	00:49:34	02:54:34	-00:10:00	07:20:53.60	07:21:14.90	10:08	5.9
118	JANCZAK PIOTR	226		ŻERNIKI WROCŁAWSKIE	POL	M40	57	M 118	00:49:35	02:54:33	-00:10:00	07:21:08.15	07:21:29.60	10:08	5.9
119	ANDRZEJCZAK PAWEŁ	83		KALISZ	POL	M40	58	M 119	00:43:53	03:06:58	-00:10:00	07:24:32.00	07:24:32.00	10:26	5.7
120	ROŹKO SEBASTIAN	130		GRYFINO	POL	M30	41	M 120	00:49:00	03:03:52	-00:10:00	07:25:23.30	07:25:44.35	10:28	5.7
121	JEZIORNY RYSZARD	167	WIELUŃ BIEGA	WIELUŃ	POL	M50	15	M 121	00:47:19	03:06:41	-00:10:00	07:27:00.90	07:27:24.35	10:30	5.7
122	KAJA ROBERT	98	WIELUŃ BIEGA	WIELUŃ	POL	M50	16	M 122	00:47:20	03:06:41	-00:10:00	07:27:01.90	07:27:24.50	10:30	5.7
123	WIKLIŃSKI JAROSŁAW	47	CZYSTA AMATORKA	MARKI	POL	M40	59	M 123	00:47:05	03:02:30	-00:10:00	07:28:01.30	07:28:22.00	10:31	5.7
124	PARUCKI MICHAŁ	250		POZNAŃ	POL	M40	60	M 124	00:40:58	03:02:13	-00:10:00	07:28:48.20	07:28:51.30	10:32	5.7
125	STELMACH PIOTR	108	VEGE RUNNERS	POZNAŃ	POL	M40	61	M 125	00:48:19	03:02:23	-00:10:00	07:30:19.30	07:30:21.70	10:34	5.7
126	KUCZYŃSKI ADAM	19	VIKING	KUDOWA ZDRÓJ	POL	M30	42	M 126	00:43:34	03:08:55	-00:10:00	07:34:50.35	07:35:08.00	10:41	5.6
127	KRÓLICKI ZBIGNIEW	201		LUTOMIA DOLNA	POL	M40	62	M 127	00:48:26	03:11:05	-00:10:00	07:35:51.70	07:36:10.10	10:42	5.6
128	ŁOPOKA PRZEMEK	204	ABY DO METY	ZIĘBICE	POL	M20	6	M 128	00:51:05	02:54:23	-00:10:00	07:36:22.90	07:36:41.75	10:29	5.7
129	HALINIUK MAREK	133	NKB CHYŻY NOWY TOMYŚL	NOWY TOMYŚL	POL	M40	63	M 129	00:46:08	03:08:58	-00:10:00	07:40:47.90	07:40:57.30	10:49	5.5
130	DOKOWICZ JAREK	132	TEAM BEROTU	NOWY TOMYŚL	POL	M40	63	M 129	00:47:33	03:08:59	-00:10:00	07:40:47.80	07:40:57.30	10:49	5.5
131	GÓRALSKI PIOTR	67		PIASKI	POL	M40	65	M 131	00:43:04	03:08:21	-00:10:00	07:41:26.95	07:41:33.40	10:50	5.5
132	ŻESŁAWSKI ŁUKASZ	113		BYTOM	POL	M40	66	M 132	00:50:50	03:03:40	-00:10:00	07:44:01.00	07:44:22.15	10:40	5.6
133	KOŁODZIEJ MARIUSZ	50	FUNTRI	LEGNICA	POL	M40	67	M 133	00:45:07	03:10:16	-00:10:00	07:44:20.75	07:44:35.15	10:54	5.5
134	SYCHOWSKI DAWID	38		TOMASZÓW	POL	M30	43	M 134	00:43:17	03:02:46	-00:10:00	07:46:53.70	07:47:02.35	10:57	5.5

**CZTERDZIESTKA, OPEN Mężczyźni c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	19.5km	Kar/Bon	Netto	Brutto	min/km	km/h
135	POLIWKA ADAM	123	INSTALL GROUP ADAM POLIWKA	RUDNA	POL	M30	44	M 135	00:44:54	03:18:02	-00:10:00	07:49:52.65	07:49:56.50	11:01	5.4
136	KOCOŃ MARIUSZ	239		OPOLE	POL	M50	17	M 136	00:54:00	03:08:12		07:52:05.95	07:52:29.25	10:51	5.5
137	KUCHMECKI MACIEJ	73		POZNAŃ	POL	M30	45	M 137	00:51:58	03:07:17		07:52:21.90	07:52:49.40	10:51	5.5
138	POLAŃSKI PAWEŁ	180	#KASZANIENAMOKA	GDAŃSK	POL	M30	46	M 138	00:57:19	03:20:39		07:56:21.10	07:56:47.05	10:57	5.5
139	WITKOWSKI MARCIN	208	ZASZYCI	WARSZAWA	POL	M50	18	M 139	00:54:48	03:10:06		07:58:06.95	07:58:29.35	10:59	5.5
140	SZYMCZAK PAWEŁ	178		WROCŁAW	POL	M40	68	M 140	00:47:42	03:16:51	-00:10:00	08:05:48.45	08:06:05.60	11:23	5.3
141	MARCINKOWSKI JACEK	136		ŚWIESZYNO	POL	M50	19	M 141	00:49:28	02:58:53		08:06:36.45	08:07:01.80	11:11	5.4
142	CIEŻKOWSKI MICHAŁ	197		NOWA WIEŚ KRÓLEWSKA	POL	M40	69	M 142	00:49:54	03:03:41		08:14:08.65	08:14:17.50	11:21	5.3
143	SIKORSKI GRZEGORZ	155		BORYSŁAWICE ZAMKOWE	POL	M50	20	M 143	00:57:00	03:12:53		08:14:56.55	08:15:10.10	11:22	5.3
144	SUWAJ ROMAN	46	ZOMBIE	ZIELONA GÓRA	POL	M60	3	M 144	00:57:26	03:19:02		08:23:52.45	08:24:05.55	11:34	5.2
145	SZYSZKOWSKI WŁODZIMIERZ	81	DUKE NUKEM PRINCE OF WARSAW	WARSZAWA	POL	M50	21	M 145	00:56:52	03:19:00		08:24:04.90	08:24:24.20	11:35	5.2
146	PTAK ADAM	169	PIĄTKOWO NA BIEGOWO	POZNAŃ	POL	M50	22	M 146	00:49:10	02:57:43	-00:10:00	08:27:06.70	08:27:30.95	11:53	5
147	KRZYSZTOFIK JAROMIR	150	WIKING	PLEWISKA	POL	M50	23	M 147	00:52:01	02:59:18		08:29:03.15	08:29:32.10	11:42	5.1
148	GAJDOWSKI PRZEMYSŁAW	89		WROCŁAW	POL	M30	47	M 148	00:50:29	03:20:04		08:29:55.70	08:30:11.10	11:43	5.1
149	SERAFIN MICHAŁ	163	HWBC	WROCŁAW	POL	M40	70	M 149	00:47:23	03:09:02	-00:10:00	08:35:26.00	08:35:42.55	12:04	5
150	URBANIAK PIOTR	190		PSARSKIE	POL	M40	71	M 150	00:49:13	02:57:44		08:37:06.95	08:37:31.30	11:53	5
151	PEKAŁA DAWID	115	DZIKI Z AFRYKI	ZIELONA GÓRA	POL	M40	72	M 151	00:54:53	03:23:11		08:41:00.95	08:41:30.80	11:58	5
152	SZELAĞ PIOTR	195	TURBO JEZE TEAM	WARSZAWA	POL	M40	73	M 152	00:49:26	03:12:37		08:57:00.25	08:57:23.10	12:20	4.9
153	CZUBA MICHAŁ	227		LIGOTA ZAMECKA	POL	M30	48	M 153	00:57:59	03:34:29		09:01:53.00	09:02:04.20	12:27	4.8
154	KWASIK MAREK	228		LIGOTA ZAMECKA	POL	M40	74	M 154	00:58:00	03:34:31		09:01:53.70	09:02:04.45	12:27	4.8
155	BARTKOWIAK TOMASZ	26		LUBOŃ	POL	M30	49	M 155	00:53:04	03:21:23		09:06:11.45	09:06:32.85	12:33	4.8
156	SPYCHAŁA JAKUB	37		WIRY	POL	M40	75	M 156	00:53:04	03:21:22		09:06:11.15	09:06:33.05	12:33	4.8
157	SADŁO JAROSŁAW	248		JELENIA GÓRA	POL	M30	50	M 157	00:58:04	03:47:15		09:25:56.10	09:26:16.20	13:00	4.6
158	KOCHAŃSKI TOMASZ	211		GRUDZIĄDZ	POL	M30	51	M 158	00:58:11	03:40:47		09:27:17.15	09:27:30.95	13:02	4.6
	STACHOWIAK ADAM	196	LESZ NO LIMITS RUNNERS	DĄBCZE	POL	M30			00:31:49	02:28:21	-00:10:00	DNF	DNF	-	-
									DNF	DNF					
	MARGOL PAWEŁ	177		WROCŁAW	POL	M30			00:39:48	02:38:45		DNF	DNF	-	-
									DNF	DNF					
	MARCZAK TOMASZ	48	CZYSTA AMATORKA	WARSZAWA	POL	M40			00:39:39	02:44:05		DNF	DNF	-	-
									DNF	DNF					
	MAŃCZAK FILIP	14	AKTYWNI RAZEM	KICIN	POL	M40			00:33:20	DNF	-00:10:00	DNF	DNF	-	-
									DNF	DNF					
	ŻAK PIOTR	18	FARTY PUSZCZY	SZCZECIN	POL	M30			DNF	DNF		DNF	DNF	-	-

**CZTERDZIESTKA, K20**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	19.5km	Kar/Bon	Netto	Brutto	min/km	km/h
1	ŚWIĄTEK MONIKA	111		WARSZAWA	POL	K20	1	K 35	01:09:14	04:04:30		09:28:54.70	09:29:08.95	13:04	4.6
2	SZOKALAK MILENA	141		SIEMIENI	POL	K20	2	K 36	01:09:16	04:04:46		09:28:55.65	09:29:09.20	13:04	4.6

**CZTERDZIESTKA, M20**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	19.5km	Kar/Bon	Netto	Brutto	min/km	km/h
1	KUSAL TOMASZ	207		OPOLE	POL	M20	1	M 16	00:38:02	02:32:31	-00:10:00	05:46:31.15	05:46:35.65	8:11	7.3
2	BRĄCZKOWSKI DAMIAN	147		POZNAŃ	POL	M20	2	M 39	00:35:05	02:42:30	-00:10:00	06:13:27.35	06:13:34.60	8:48	6.8
3	TURBAK PAWEŁ	220	KS TEAM BARYŁA	SULECIN	POL	M20	3	M 44	00:36:34	02:41:49	-00:10:00	06:17:49.75	06:17:55.00	8:54	6.7
4	KLYSZCZ MICHAŁ	20	IZBICKO W BIEGU	OTMICE	POL	M20	4	M 60	00:38:57	02:49:21	-00:10:00	06:36:32.05	06:36:43.90	9:20	6.4
5	POLACZEK DANIEL	7	IZBICKO W BIEGU	OTMICE	POL	M20	5	M 86	00:39:08	02:51:47	-00:10:00	06:57:41.00	06:57:53.75	9:49	6.1
6	ŁOPOKA PRZEMEK	204	ABY DO METY	ZIĘBICE	POL	M20	6	M 128	00:51:05	02:54:23		07:36:22.90	07:36:41.75	10:29	5.7



### CZTERDZIESTKA, K30

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	19.5km	Kar/Bon	Netto	Brutto	min/km	km/h
1	SZKODA KASIA	6	TATERNIKTEAM	ZALASEWO	POL	K30	1	K 1	00:38:29	02:33:43	-00:10:00	05:35:31.50	05:35:41.50	7:56	7.6
2	RESPONDEK ANNA	82		ZIELONA GÓRA	POL	K30	2	K 3	00:43:27	02:51:42	-00:10:00	06:15:25.40	06:15:37.70	8:51	6.8
3	KOPCZYŃSKA MARTA	96	KWIATY U BEATY	SWARZĘDZ	POL	K30	3	K 17	00:51:58	03:07:14		07:53:06.90	07:53:34.95	10:52	5.5
4	LEBODA KATARZYNA	84	WILD DOGS TEAM	KATOWICE	POL	K30	4	K 27	00:49:01	03:24:23	-00:10:00	08:28:48.90	08:29:18.20	11:55	5
5	KWIASOWSKA ALEKSANDRA	100	690202689	ŁÓDŹ	POL	K30	5	K 28	00:49:02	03:24:24	-00:10:00	08:28:52.10	08:29:21.65	11:55	5

### CZTERDZIESTKA, M30

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	19.5km	Kar/Bon	Netto	Brutto	min/km	km/h
1	KARWACZYŃSKI ROGER	86		JELEŃ GÓRA	POL	M30	1	M 1	00:29:26	02:17:58	-00:10:00	04:37:56.55	04:37:58.00	6:37	9.1
2	MĄLYGA GRZEGORZ	43	RMT TEAM PRO	WROCLAW	POL	M30	2	M 3	00:29:22	02:22:01	-00:10:00	04:58:04.45	04:58:06.20	7:04	8.5
3	KONIECZNY SZYMON	153		CHOSZCZCNO	POL	M30	3	M 4	00:30:01	02:23:51	-00:10:00	05:14:31.90	05:14:33.95	7:27	8
4	FEDUNIK KAROL	75	BIEGNIJ OŁAWO	OLAWA	POL	M30	4	M 8	00:40:33	02:21:49	-00:10:00	05:23:13.95	05:23:26.55	7:39	7.8
5	OLCZYK GRZEGORZ	236	DRÄXLMAIER	JELEŃ GÓRA	POL	M30	5	M 9	00:34:25	02:28:23	-00:10:00	05:24:07.85	05:24:12.10	7:40	7.8
6	PEŁONOWSKI MACIEJ	74	PSZCZÓŁKOWSKI TEAM	WROCLAW	POL	M30	6	M 17	00:35:12	02:34:11	-00:10:00	05:44:32.30	05:47:43.60	8:09	7.4
7	PAWLIK FILIP	63		POZNAŃ	POL	M30	7	M 21	00:34:27	02:32:09	-00:10:00	05:51:19.05	05:51:23.00	8:18	7.2
8	TOMCZAK DARIUSZ	51		GOSTYŃ	POL	M30	8	M 27	00:40:56	02:51:49	-00:10:00	06:06:01.30	06:06:08.25	8:38	6.9
9	KICKA MATEUSZ	218	ULTRA-TRAIL® MAŁOPOLSKA TEAM	KRAKÓW	POL	M30	9	M 29	00:42:16	02:41:08	-00:10:00	06:08:16.75	06:08:32.65	8:41	6.9
10	SARKA BARTŁOMIEJ	213		RABKA-ZDRÓJ	POL	M30	10	M 31	00:45:51	02:50:54	-00:10:00	06:08:43.45	06:08:54.55	8:42	6.9
11	DROBNIK BŁAŻEJ	170	OPALENICKI KLUB BIEGACZA	OPALENICA	POL	M30	11	M 33	00:36:35	02:35:35	-00:10:00	06:11:13.40	06:11:22.20	8:45	6.8
12	KARP PAWEŁ	215	ACCENTURE	WARSZAWA	POL	M30	12	M 34	00:37:41	02:41:10	-00:10:00	06:11:30.40	06:11:40.40	8:46	6.8
13	MARCINIĄK JAKUB	10	KOŹMIN BIEGA ULTRA RUNNERS	KROTOSZYŃ	POL	M30	13	M 37	00:37:09	02:41:23	-00:10:00	06:12:51.55	06:12:54.25	8:48	6.8
14	KRÓL HUBERT	206	WWW.TRENERTRIATHLONU.PL	KOŁO	POL	M30	14	M 38	00:37:51	02:44:43	-00:10:00	06:12:58.45	06:13:00.55	8:48	6.8
15	JAKUBOWSKI ANDRZEJ	69		ŹMIGRÓD	POL	M30	15	M 42	00:37:18	02:38:00	-00:10:00	06:15:31.50	06:15:41.20	8:51	6.8
16	SZUKAŁA PIOTR	202	VEGE RUNNERS	POZNAŃ	POL	M30	16	M 43	00:37:50	02:35:21	-00:10:00	06:17:41.75	06:17:44.00	8:54	6.7
17	MROWCA PAWEŁ	36		LUBAŃ	POL	M30	17	M 53	00:37:15	02:41:22	-00:10:00	06:27:56.95	06:28:04.20	9:08	6.6
18	GAŁECKI ROBERT	232	HFB	KIELCZÓW	POL	M30	18	M 54	00:37:37	02:40:44	-00:10:00	06:28:34.60	06:28:50.40	9:09	6.5
19	KRUPIANIŁK TOMASZ	78		WROCLAW	POL	M30	19	M 57	00:44:11	02:54:12	-00:10:00	06:33:54.40	06:34:04.30	9:17	6.5
20	SOBOLEWSKI DARIUSZ	31	BOREL MARATHON TEAM	KOŹUCHÓW	POL	M30	20	M 59	00:42:44	02:52:17	-00:10:00	06:36:21.00	06:36:32.30	9:20	6.4
21	ADAMUS RAFAŁ	219		ŚWIDNICA	POL	M30	21	M 62	00:38:30	02:42:53	-00:10:00	06:38:13.50	06:38:20.55	9:23	6.4
22	SADŁO DANIEL	28	SOLANKOWA TEAM	JELEŃ GÓRA	POL	M30	22	M 70	00:46:04	02:57:38	-00:10:00	06:41:55.20	06:42:12.00	9:28	6.3
23	POPKO ŁUKASZ	72		LUBAŃ	POL	M30	23	M 72	00:40:07	02:46:37	-00:10:00	06:45:02.40	06:45:09.80	9:32	6.3
24	PARWA MICHAŁ	110	MAGAZYN NA SZCZYCIE	DZIEKANOWICE	POL	M30	24	M 74	00:45:52	02:59:39	-00:10:00	06:45:38.85	06:45:48.85	9:33	6.3
25	GRABOWSKI DAMIAN	24		POZNAŃ	POL	M30	25	M 79	00:39:48	02:48:36	-00:10:00	06:47:56.60	06:48:00.25	9:36	6.2
26	SZULC TOMASZ	189		ZŁOCIEŃC	POL	M30	26	M 81	00:34:11	02:41:53	-00:10:00	06:49:28.25	06:49:38.70	9:38	6.2
27	WOŹNY TOMASZ	25	BŁĘKITNI LUBIECIN	LUBIECIN	POL	M30	27	M 82	00:37:55	02:54:38	-00:10:00	06:50:00.90	06:50:08.80	9:39	6.2
28	JURDZIAK JAKUB	181		WROCLAW	POL	M30	28	M 83	00:41:01	03:03:01	-00:10:00	06:52:31.05	06:52:53.45	9:42	6.2
29	MIKOŁAJCZAK ARKADIUSZ	165		JAROCIN	POL	M30	29	M 85	00:43:46	03:01:30	-00:10:00	06:57:14.10	06:57:31.60	9:49	6.1
30	ORŁOWSKI BARTOSZ	173		PIELGRZYMK	POL	M30	30	M 90	00:47:16	02:54:17	-00:10:00	06:59:30.35	06:59:48.10	9:52	6.1
31	ANTKIEWICZ KAMIL	172		KOZIEGŁOWY	POL	M30	31	M 95	00:44:10	03:02:10	-00:10:00	07:03:57.45	07:04:10.70	9:58	6
32	PETRYKOWSKI KAROL	200	HASAJTO! SEKCJA GÓRSKA	SZCZECIN	POL	M30	32	M 96	00:42:55	03:01:31	-00:10:00	07:05:18.30	07:05:45.30	10:00	6
33	ADAMCZEWSKI JAKUB	95	NIGHT RUNNERS	POZNAŃ	POL	M30	33	M 97	00:45:38	03:06:40	-00:10:00	07:05:38.25	07:05:55.30	10:00	6
34	HAJNCE LECH	229		RAWICZ	POL	M30	34	M 98	00:48:02	03:04:30	-00:10:00	07:05:57.95	07:06:19.75	10:01	6
35	LATANOWICZ BERNARD	182		POZNAŃ	POL	M30	35	M 100	00:41:14	03:05:16	-00:10:00	07:07:11.40	07:07:14.05	10:03	6
36	POPRAWSKI MATEUSZ	128	KILIŃSKIEGO TEAM	BOJANOWO	POL	M30	36	M 103	00:39:13	03:08:35	-00:10:00	07:09:26.55	07:09:41.65	10:06	5.9
37	WAJDA MACIEJ	17	SPELEOCLUB WROCLAW	WROCLAW	POL	M30	37	M 110	00:44:28	03:00:02	-00:10:00	07:12:27.10	07:12:51.50	10:10	5.9
38	STYK MAREK	124		ZIELONA GÓRA	POL	M30	38	M 111	00:43:47	02:59:38	-00:10:00	07:13:13.90	07:13:42.90	10:11	5.9
39	ROMANIUK BARTOSZ	151		WROCLAW	POL	M30	39	M 113	00:48:49	02:58:01	-00:10:00	07:16:25.80	07:16:41.10	10:15	5.8
40	TRZPIOLA TYCJAN	29		WROCLAW	POL	M30	40	M 116	00:44:18	03:06:05	-00:10:00	07:20:31.40	07:20:41.00	10:21	5.8
41	ROŹKO SEBASTIAN	130		GRYFINO	POL	M30	41	M 120	00:49:00	03:03:52	-00:10:00	07:25:23.30	07:25:44.35	10:28	5.7
42	KUCZYŃSKI ADAM	19	VIKING	KUDOWA ZDRÓJ	POL	M30	42	M 126	00:43:34	03:08:55	-00:10:00	07:34:50.35	07:35:08.00	10:41	5.6
43	SYCHOWSKI DAWID	38		TOMASZÓW	POL	M30	43	M 134	00:43:17	03:02:46	-00:10:00	07:46:53.70	07:47:02.35	10:57	5.5
44	POLIŃKA ADAM	123	INSTALL GROUP ADAM POLIŃKA	RUDNA	POL	M30	44	M 135	00:44:54	03:18:02	-00:10:00	07:49:52.65	07:49:56.50	11:01	5.4
45	KUCHMECKI MACIEJ	73		POZNAŃ	POL	M30	45	M 137	00:51:58	03:07:17		07:52:21.90	07:52:49.40	10:51	5.5
46	POLAŃSKI PAWEŁ	180	#KASZANIAMOKA	GDAŃSK	POL	M30	46	M 138	00:57:19	03:20:39		07:56:21.10	07:56:47.05	10:57	5.5

**CZTERDZIESTKA, M30 c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	19.5km	Kar/Bon	Netto	Brutto	min/km	km/h
47	GAJDOWSKI PRZEMYSŁAW	89		WROCŁAW	POL	M30	47	M 148	00:50:29	03:20:04		08:29:55.70	08:30:11.10	11:43	5.1
48	CZUBA MICHAŁ	227		LIGOTA ZAMECKA	POL	M30	48	M 153	00:57:59	03:34:29		09:01:53.00	09:02:04.20	12:27	4.8
49	BARTKOWIAK TOMASZ	26		LUBOŃ	POL	M30	49	M 155	00:53:04	03:21:23		09:06:11.45	09:06:32.85	12:33	4.8
50	SADŁO JAROSŁAW	248		JELEŃ GÓRA	POL	M30	50	M 157	00:58:04	03:47:15		09:25:56.10	09:26:16.20	13:00	4.6
51	KOCHAŃSKI TOMASZ	211		GRUDZIĄDZ	POL	M30	51	M 158	00:58:11	03:40:47		09:27:17.15	09:27:30.95	13:02	4.6
	STACHOWIAK ADAM	196	LESZ NO LIMITS RUNNERS	DĄBCZE	POL	M30			00:31:49	02:28:21	-00:10:00	DNF	DNF	-	-
	MARGOL PAWEŁ	177		WROCŁAW	POL	M30			DNF	DNF		DNF	DNF	-	-
	ŻAK PIOTR	18	FARTY PUSZCZY	SZCZECIN	POL	M30			DNF	DNF		DNF	DNF	-	-

**CZTERDZIESTKA, K40**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	19.5km	Kar/Bon	Netto	Brutto	min/km	km/h
1	KAZUBOWSKA OLA	233		GORZÓW WLKP.	POL	K40	1	K 2	00:40:16	02:36:04	-00:10:00	05:55:12.85	05:55:19.20	8:23	7.1
2	PAWLIKOWSKA MONIKA	107		WROCŁAW	POL	K40	2	K 5	00:47:46	03:00:20	-00:10:00	06:43:05.10	06:43:20.20	9:29	6.3
3	ŚWIERZOWSKA MAGDALENA	138	FIZJOTERAPIA BIEGACZA	POZNAŃ	POL	K40	3	K 6	00:43:59	03:02:14	-00:10:00	06:48:09.85	06:48:18.10	9:36	6.2
4	GLÓRA ALEKSANDRA	247		ŻARY	POL	K40	4	K 7	00:43:28	02:58:54	-00:10:00	06:48:43.65	06:49:03.40	9:37	6.2
5	WROE AGNIESZKA	125		POZNAN	POL	K40	5	K 8	00:44:01	03:01:39	-00:10:00	07:06:41.00	07:06:47.15	10:02	6
6	ŻYGIĘŁO MONIKA	8	CHOSZCZEŃSKA 10	CHOSZCZCNO	POL	K40	6	K 9	00:48:53	03:02:41	-00:10:00	07:11:46.55	07:12:07.55	10:09	5.9
7	WÓJCIK MONIKA	114		WARSZAWA	POL	K40	7	K 10	00:49:45	03:06:55		07:16:05.65	07:16:10.75	10:01	6
8	ZDROJEWSKA MAGDALENA	179		KARCZEWO	POL	K40	8	K 11	00:50:04	03:00:24		07:19:33.90	07:19:43.10	10:06	5.9
9	KASPERSKA BARBARA	157	BBL GORZÓW	GORZÓW WLKP.	POL	K40	9	K 12	00:45:06	03:02:10	-00:10:00	07:26:42.10	07:26:50.85	10:29	5.7
10	MAŚNICA-SZYMAŃSKA JOANNA	61	WOLSZTYŃSKI KLUB BIEGOWY	WOLSZTYN	POL	K40	10	K 13	00:47:07	03:10:03	-00:10:00	07:29:50.15	07:29:56.60	10:34	5.7
11	KUBIAK KAROLINA	234		WEJHEROWO	POL	K40	11	K 15	00:43:57	03:08:47	-00:10:00	07:30:25.30	07:30:35.75	10:35	5.7
12	CHRZANOWSKA AGNIESZKA	109		SZCZECIN	POL	K40	12	K 16	01:05:55	03:19:18		07:52:48.65	07:53:12.10	10:52	5.5
13	WITKOWSKA BEATA	168		GDAŃSK	POL	K40	13	K 18	00:57:18	03:20:44		07:56:20.90	07:56:47.40	10:57	5.5
14	GAWLIK SYLWIA	222		LUBLIN	POL	K40	14	K 19	00:53:34	03:15:29		08:00:10.60	08:00:27.80	11:02	5.4
15	OLECHNOWICZ MAGDA	187		GORZÓW WLKP	POL	K40	15	K 20	00:55:03	03:09:40		08:01:56.65	08:02:07.95	11:04	5.4
16	KOSECKA JUSTYNA	4		BYDGOSZCZ	POL	K40	16	K 21	00:59:50	03:22:22		08:12:29.25	08:12:48.90	11:19	5.3
17	OSTACH DARIA	11		OSTRÓW WIELKOPOLSKI	POL	K40	17	K 23	00:53:59	03:14:51		08:14:46.00	08:15:01.55	11:22	5.3
18	MALICKA MAŁGORZATA	42		ZIELONA GÓRA	POL	K40	18	K 24	00:57:21	03:19:08		08:23:51.80	08:24:04.60	11:34	5.2
19	ZASADA IWONA	41		ZIELONA GÓRA	POL	K40	19	K 25	00:57:21	03:19:08		08:23:51.50	08:24:05.25	11:34	5.2
20	KRZYŻYK AGNIESZKA	146	TRIO FORTIS	ZIELONA GÓRA	POL	K40	20	K 26	00:57:22	03:19:03		08:23:51.55	08:24:05.35	11:34	5.2
21	KARAŚ ANNA	209		WROCŁAW	POL	K40	21	K 29	00:54:52	03:23:13		08:41:53.85	08:42:24.15	11:59	5
22	RZECZYŃSKA ANNA	188		GORZÓW WIELKOPOLSKI	POL	K40	22	K 30	00:55:00	03:30:29		08:47:08.55	08:47:20.70	12:07	5
23	WŁODARCZYK ANNA	116		WARSZAWA	POL	K40	23	K 31	00:54:30	03:29:28		09:18:50.60	09:18:56.20	12:50	4.7
24	KAZUBOWSKA MAŁGORZATA	176		GORZÓW WLKP.	POL	K40	24	K 33	00:58:50	03:55:18		09:22:36.00	09:22:48.15	12:56	4.6
25	HAUSMAN MAGDALENA	210	PARKRUN GRUDZIĄDZ	GRUDZIĄDZ	POL	K40	25	K 34	00:57:00	03:40:55		09:27:18.10	09:27:30.55	13:02	4.6

**CZTERDZIESTKA, M40**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	19.5km	Kar/Bon	Netto	Brutto	min/km	km/h
1	BRÝDL PAVEL	249	SPA SCALIANO - KUDOWA ZDROJ	TRUTNOV	CZE	M40	1	M 1	00:29:28	02:18:00	-00:10:00	04:37:57.15	04:37:58.00	6:37	9.1
2	ADAMCZYK MACIEJ	158	SKS OBORNIKI	OBORNIKI	POL	M40	2	M 5	00:30:04	02:22:14	-00:10:00	05:17:32.15	05:17:35.55	7:31	8
3	ANTCZAK ADRIAN	134	IZERY BOGATYNIA	BOGATYNIA	POL	M40	3	M 6	00:37:48	02:26:47	-00:10:00	05:21:38.40	05:21:39.25	7:37	7.9
4	MUCHACZOW JACEK	238	DRÄXLMAIER	JELEŃ GÓRA	POL	M40	4	M 7	00:33:36	02:28:23	-00:10:00	05:21:49.70	05:21:54.20	7:37	7.9
5	GARCZYK RAFAŁ	131		LUSÓWKO	POL	M40	5	M 10	00:38:20	02:26:19	-00:10:00	05:24:09.25	05:24:12.20	7:40	7.8
6	WEŃNIAK PRZEMYSŁAW	22	MOGILNO TEAM	ZALASEWO	POL	M40	6	M 11	00:39:23	02:33:42	-00:10:00	05:35:59.05	05:36:10.70	7:57	7.5
7	JANKOWSKI MARCIN	91	FU FU FU TEAM	GŁOGÓW	POL	M40	7	M 12	00:40:16	02:30:11	-00:10:00	05:36:50.00	05:37:03.65	7:58	7.5
8	STANKIEWICZ PAWEŁ	2	AKTYWNI RAZEM	POTASZE	POL	M40	8	M 13	00:36:48	02:32:18	-00:10:00	05:40:20.60	05:40:23.45	8:03	7.5
9	NOWICKI MARCIN	135	GO2TRI	GORZÓW WIELKOPOLSKI	POL	M40	9	M 14	00:37:01	02:34:28	-00:10:00	05:45:07.30	05:45:12.10	8:09	7.3
10	NOSKI MARIUSZ	105		BIELAWA	POL	M40	10	M 20	00:37:53	02:37:31	-00:10:00	05:50:27.65	05:50:49.45	8:17	7.2
11	PURA ROBERT	171		GORZÓW WIELKOPOLSKI	POL	M40	11	M 22	00:36:16	02:35:45	-00:10:00	05:55:28.85	05:55:35.80	8:24	7.1

**CZTERDZIESTKA, M40 c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	19.5km	Kar/Bon	Netto	Brutto	min/km	km/h
12	LITWIN MICHAŁ	145	LITEWIN	PASIKUROWICE	POL	M40	12	M 23	00:34:51	02:40:20	-00:10:00	05:59:10.05	05:59:16.40	8:29	7.1
13	FOLCIK ZIEMOWIT	103	NIGHT RUNNERS WROCLAW	WROCLAW	POL	M40	13	M 24	00:36:21	02:38:08	-00:10:00	05:59:54.65	05:59:59.55	8:30	7.1
14	PRADZYŃSKI MARCIN	57	AKADEMIAMISTRZOWSPORTU	BYDGOSZCZ	POL	M40	14	M 26	00:38:12	02:37:49	-00:10:00	06:05:31.55	06:05:37.40	8:37	7
15	NAPIERAŁA TOMASZ	54		SUCHY LAS	POL	M40	15	M 28	00:39:30	02:37:44	-00:10:00	06:06:45.80	06:06:53.05	8:39	6.9
16	KOPCZYŃSKI ŁUKASZ	40	K-TEAM	WROCLAW	POL	M40	16	M 30	00:38:47	02:42:18	-00:10:00	06:08:35.80	06:08:41.10	8:42	6.9
17	MRÓZ MARCIN	104	STR POZNAŃ / DZIKIE BOBRY	ZALASEWO	POL	M40	17	M 32	00:39:22	02:36:27	-00:10:00	06:11:09.15	06:11:17.95	8:45	6.8
18	MICHAŁOWSKI MARCIN	198		ŚWIĘTOSZÓW	POL	M40	18	M 35	00:37:52	02:41:50	-00:10:00	06:12:17.20	06:12:21.20	8:47	6.8
19	ROZDOLSKI PAWEŁ	175		JELCZ LASKOWICE	POL	M40	19	M 40	00:38:11	02:42:50	-00:10:00	06:13:39.45	06:13:53.10	8:49	6.8
20	KUREK TOMASZ	79	OPALENICKI KLUB BIEGACZA	OPALENICA	POL	M40	20	M 41	00:44:04	02:52:31	-00:10:00	06:15:21.90	06:15:30.15	8:51	6.8
21	WANDEL PIOTR	139	HAPPY RUNNERS	DOMASŁAW	POL	M40	21	M 46	00:33:21	03:19:49	-00:20:00	06:22:08.10	06:22:12.30	9:14	6.5
22	PIERZCHAŁSKI DAWID	122		BIAŁE BLOTA	POL	M40	22	M 47	00:37:18	02:50:17	-00:10:00	06:22:40.50	06:22:43.75	9:01	6.6
23	MINDYKOWSKI ZBIGNIEW	120		BYDGOSZCZ	POL	M40	23	M 48	00:37:19	02:50:27	-00:10:00	06:22:41.05	06:22:44.05	9:01	6.6
24	KARPOWICZ RAFAL	186		WROCLAW	POL	M40	24	M 49	00:34:56	02:45:27	-00:10:00	06:22:51.95	06:22:55.70	9:01	6.6
25	ŻABIAREK TOMASZ	235		GORZÓW WLKP.	POL	M40	25	M 50	00:43:23	02:50:16	-00:10:00	06:23:32.90	06:23:41.05	9:02	6.6
26	NECKAR MICHAŁ	162	HWBC	WROCLAW	POL	M40	26	M 51	00:38:13	02:41:54	-00:10:00	06:25:53.90	06:26:09.50	9:06	6.6
27	BURZEC TOMASZ	223	HFB	WROCLAW	POL	M40	27	M 52	00:37:32	02:40:46	-00:10:00	06:27:49.20	06:28:04.00	9:08	6.6
28	KULLING HUBERT	160		KIELCZÓW	POL	M40	28	M 55	00:37:39	02:40:51	-00:10:00	06:28:35.50	06:28:50.50	9:09	6.5
29	BALTRUSAITIS ZYDRUNAS	90	NA, PAGAUKI!	VILNIUS	LTU	M40	29	M 56	00:39:57	02:43:19	-00:10:00	06:28:59.25	06:29:06.20	9:10	6.5
30	GAWRONSKI HUBERT	71	HUGO	KOSTRZYN	POL	M40	30	M 61	00:44:20	02:52:56	-00:10:00	06:37:24.25	06:37:37.30	9:21	6.4
31	BANASIAK MARCIN	112	FUJITSU RUNNING TEAM	ŁÓDŹ	POL	M40	31	M 64	00:41:33	02:39:06	-00:10:00	06:39:16.55	06:39:28.25	9:24	6.4
32	PATYK SŁAWOMIR	137		CZĘSTOCHOWA	POL	M40	32	M 65	00:41:20	02:53:43	-00:10:00	06:39:25.75	06:39:33.00	9:24	6.4
33	WOJCIESZYŃSKI TOMASZ	237		BACZYNA	POL	M40	33	M 66	00:43:13	03:00:59	-00:10:00	06:39:21.65	06:39:37.45	9:24	6.4
34	POLAK JACEK	87	BIEGUSIEM.PL	PIASECZNO	POL	M40	34	M 67	00:42:23	02:59:40	-00:10:00	06:39:32.45	06:39:43.45	9:24	6.4
35	JAKŚ GRZEGORZ	159	ALPIMADE TEAM	INOWROCLAW	POL	M40	35	M 68	00:36:16	02:49:06	-00:10:00	06:40:25.85	06:40:31.70	9:26	6.4
36	JANKOWSKI RAFAŁ	221		SMOLEC	POL	M40	36	M 69	00:38:30	02:48:17	-00:10:00	06:41:55.55	06:42:01.70	9:28	6.3
37	KANDULSKI JAKUB	156	OPALENICKI KLUB BIEGACZA	OPALENICA	POL	M40	37	M 71	00:41:27	02:56:33	-00:10:00	06:43:29.50	06:43:39.30	9:30	6.3
38	NOWAK KRZYSZTOF	214		WARSZAWA	POL	M40	38	M 75	00:39:45	02:52:48	-00:10:00	06:45:47.95	06:45:53.95	9:33	6.3
39	STELMACH KRZYSZTOF	97		WIELUŃ	POL	M40	39	M 76	00:45:14	02:59:23	-00:10:00	06:46:40.20	06:47:00.30	9:34	6.3
40	WIERZBA JACEK	174		ŻMIGRÓD	POL	M40	40	M 77	00:39:40	02:50:56	-00:10:00	06:46:58.35	06:47:18.80	9:35	6.3
41	ZIEMKIEWICZ JAREK	65	2 KROKI DO METY	ŁUBIN	POL	M40	41	M 78	00:43:41	02:53:24	-00:10:00	06:47:34.60	06:47:49.60	9:35	6.3
42	GRACZYK MARCIN	49		TULCE	POL	M40	42	M 80	00:44:08	02:56:35	-00:10:00	06:48:58.35	06:49:12.60	9:37	6.2
43	BARTKOWIAK RAFAŁ	1		BYDGOSZCZ	POL	M40	43	M 87	00:43:02	03:02:25	-00:10:00	06:57:50.50	06:58:08.80	9:50	6.1
44	STĘŻYCKI MARIUSZ	30	ŻARY RUNNERS TEAM	ŻARY	POL	M40	44	M 89	00:43:32	02:59:15	-00:10:00	06:58:16.05	06:58:36.55	9:50	6.1
45	KISIEL KRZYSZTOF	118	CYKLO KWIDZYN	KWIDZYN	POL	M40	45	M 91	00:46:21	03:02:17	-00:10:00	07:00:04.95	07:00:16.25	9:53	6.1
46	IWACHÓW SŁAWOMIR	117	KKM MXTECH KWIDZYN	KWIDZYN	POL	M40	46	M 94	00:46:22	03:06:04	-00:10:00	07:01:35.60	07:01:46.30	9:55	6
47	GAŁKA JACEK	66	VEGE RUNNERS	ŻMIGRÓD	POL	M40	47	M 98	00:47:34	03:04:34	-00:10:00	07:06:01.05	07:06:19.75	10:01	6
48	CWOJDZIŃSKI PIOTR	121	NO PROBLAMA TEAM/NIGHT RUNNERS	POZNAŃ	POL	M40	48	M 101	00:45:38	03:06:42	-00:10:00	07:08:30.60	07:08:47.40	10:04	6
49	SŁY SYLWESTER	185	BIEGAMYRAZEM.PL	MŁKÓW/GDYŃIA	POL	M40	49	M 104	00:47:40	03:01:50	-00:10:00	07:09:30.70	07:09:47.10	10:06	5.9
50	MARCINIAK MACIEJ	58	JESTEM OD ROMKA	SZREŃIAWA	POL	M40	50	M 106	00:43:59	03:02:13	-00:10:00	07:11:04.55	07:11:13.60	10:08	5.9
51	LISOWSKI DARIUSZ	23	POBIEROWO BIEGA	ŚWIERZNO	POL	M40	51	M 107	00:50:05	02:53:36	-00:10:00	07:11:12.90	07:11:29.50	9:54	6.1
52	SROKA MARCIN	129	ST RUNNERS	PLEWISKA	POL	M40	52	M 108	00:43:46	03:00:36	-00:10:00	07:11:31.50	07:11:34.55	10:08	5.9
53	SURDACKI PIOTR	9		SZCZECIN	POL	M40	53	M 109	00:48:52	03:02:39	-00:10:00	07:11:44.65	07:12:05.65	10:09	5.9
54	BELKIEWICZ RAFAŁ	3	KABATY ULTRA	WARSZAWA	POL	M40	54	M 112	00:43:38	03:06:51	-00:10:00	07:16:07.30	07:16:13.00	10:15	5.9
55	SZYRNER SZYMON	102	KS KROTOSZ KROTOSZYN	ZDUNY	POL	M40	55	M 115	00:43:56	03:06:45	-00:10:00	07:20:10.20	07:20:15.05	10:20	5.8
56	NOWAK SEBASTIAN	225		ŚWIĘTA KATARZYNA	POL	M40	56	M 117	00:49:34	02:54:34	-00:10:00	07:20:53.60	07:21:14.90	10:08	5.9
57	JANCAK PIOTR	226		ŻERNIKI WROCLAWSKIE	POL	M40	57	M 118	00:49:35	02:54:33	-00:10:00	07:21:08.15	07:21:29.60	10:08	5.9
58	ANDRZEJCZAK PAWEŁ	83		KALISZ	POL	M40	58	M 119	00:43:53	03:06:58	-00:10:00	07:24:32.00	07:24:32.00	10:26	5.7
59	WIKLIŃSKI JAROSŁAW	47	CZYSTA AMATORKA	MARKI	POL	M40	59	M 123	00:47:05	03:02:30	-00:10:00	07:28:01.30	07:28:22.00	10:31	5.7
60	PARUCKI MICHAŁ	250		POZNAŃ	POL	M40	60	M 124	00:40:58	03:02:13	-00:10:00	07:28:48.20	07:28:51.30	10:32	5.7
61	STELMACH PIOTR	108	VEGE RUNNERS	POZNAŃ	POL	M40	61	M 125	00:48:19	03:02:23	-00:10:00	07:30:19.30	07:30:21.70	10:34	5.7
62	KRÓLICKI ZBIGNIEW	201		LUTOMIA DOLNA	POL	M40	62	M 127	00:48:26	03:11:05	-00:10:00	07:35:51.70	07:36:10.10	10:42	5.6
63	HALINIAK MAREK	133	NKB CHYŻY NOWY TOMYŚL	NOWY TOMYŚL	POL	M40	63	M 129	00:46:08	03:08:58	-00:10:00	07:40:47.90	07:40:57.30	10:49	5.5
64	DOKOWICZ JAREK	132	TEAM BEROTU	NOWY TOMYŚL	POL	M40	63	M 129	00:47:33	03:08:59	-00:10:00	07:40:47.80	07:40:57.30	10:49	5.5
65	GÓRALSKI PIOTR	67		PIASKI	POL	M40	65	M 131	00:43:04	03:08:21	-00:10:00	07:41:26.95	07:41:33.40	10:50	5.5
66	ŻEŚLAWSKI ŁUKASZ	113		BYTOM	POL	M40	66	M 132	00:50:50	03:03:40	-00:10:00	07:44:01.00	07:44:22.15	10:40	5.6
67	KOŁODZIEJ MARIUSZ	50	FUNTRI	LEGNICA	POL	M40	67	M 133	00:45:07	03:10:16	-00:10:00	07:44:20.75	07:44:35.15	10:54	5.5

**CZTERDZIESTKA, M40 c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	19.5km	Kar/Bon	Netto	Brutto	min/km	km/h
68	SZYMCZAK PAWEŁ	178		WROCŁAW	POL	M40	68	M 140	00:47:42	03:16:51	-00:10:00	08:05:48.45	08:06:05.60	11:23	5.3
69	CIEŻKOWSKI MICHAŁ	197		NOWA WIEŚ KRÓLEWSKA	POL	M40	69	M 142	00:49:54	03:03:41		08:14:08.65	08:14:17.50	11:21	5.3
70	SERAFIN MICHAŁ	163	HWBC	WROCŁAW	POL	M40	70	M 149	00:47:23	03:09:02	-00:10:00	08:35:26.00	08:35:42.55	12:04	5
71	URBANIAK PIOTR	190		PSARSKIE	POL	M40	71	M 150	00:49:13	02:57:44		08:37:06.95	08:37:31.30	11:53	5
72	PEKAŁA DAWID	115	DZIKI Z AFRYKI	ZIELONA GÓRA	POL	M40	72	M 151	00:54:53	03:23:11		08:41:00.95	08:41:30.80	11:58	5
73	SZELAĞ PIOTR	195	TURBO JEZE TEAM	WARSZAWA	POL	M40	73	M 152	00:49:26	03:12:37		08:57:00.25	08:57:23.10	12:20	4.9
74	KWASIK MAREK	228		LIGOTA ZAMECKA	POL	M40	74	M 154	00:58:00	03:34:31		09:01:53.70	09:02:04.45	12:27	4.8
75	SPYCHAŁA JAKUB	37		WIRY	POL	M40	75	M 156	00:53:04	03:21:22		09:06:11.15	09:06:33.05	12:33	4.8
	MARCZAK TOMASZ	48	CZYSTA AMATORKA	WARSZAWA	POL	M40			00:39:39	02:44:05		DNF	DNF	-	-
									DNF	DNF		DNF	DNF	-	-
	MAŃCZAK FILIP	14	AKTYWNI RAZEM	KICIN	POL	M40			00:33:20	DNF	-00:10:00	DNF	DNF	-	-
									DNF						

**CZTERDZIESTKA, K50**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	19.5km	Kar/Bon	Netto	Brutto	min/km	km/h
1	STRAUCHOLD ANNA	140	HAPPY RUNNERS WROCŁAW	KAMIENIEC WROCŁAWSKI	POL	K50	1	K 4	00:41:29	02:53:33	-00:10:00	06:24:49.10	06:24:54.50	9:04	6.6
2	SWOROWSKA IZABELA	59	WOLSZTYŃSKI KLUB BIEGOWY	WOLSZTYN	POL	K50	2	K 13	00:47:06	03:09:59	-00:10:00	07:29:49.00	07:29:56.60	10:34	5.7
3	PRUSIEWICZ BEATA	12		OSTRÓW WIELKOPOLSKI	POL	K50	3	K 22	00:53:20	03:14:55		08:14:45.10	08:15:01.40	11:22	5.3
4	WAŚCIŃSKA EDYTA	127	PĘDZI - PARA	GOŁASZYN	POL	K50	4	K 32	00:59:13	03:34:22		09:21:02.30	09:21:21.60	12:53	4.7

**CZTERDZIESTKA, M50**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	19.5km	Kar/Bon	Netto	Brutto	min/km	km/h
1	HIBNER JACEK	217		ŁÓDŹ	POL	M50	1	M 15	00:37:13	02:35:32	-00:10:00	05:45:41.15	05:45:43.10	8:10	7.3
2	WALASIK JAROSŁAW	152	42K AKADEMIA BIEGANIA	JAWORZNO	POL	M50	2	M 18	00:35:05	02:39:45	-00:10:00	05:47:48.10	05:47:51.50	8:13	7.3
3	WOJCIECHOWSKI ANDRZEJ	76	WOLSZTYŃSKI KLUB BIEGOWY	WOLSZTYN	POL	M50	3	M 19	00:35:41	02:37:52	-00:10:00	05:50:45.05	05:50:49.25	8:17	7.2
4	BANDUROWSKI ANDRZEJ	191	KB SPOCENI NOWA SÓL	NOWA SÓL	POL	M50	4	M 25	00:40:01	02:36:13	-00:10:00	06:01:15.40	06:01:19.10	8:32	7
5	ZERZUT JAROSŁAW	5	FARTY PUSZCZY	SZCZECIN	POL	M50	5	M 36	00:36:04	02:50:35	-00:10:00	06:12:20.65	06:12:25.50	8:47	6.8
6	ŚWITAŁA MARCIN	194		KATOWICE	POL	M50	6	M 45	00:40:14	02:39:21	-00:10:00	06:18:26.35	06:18:31.85	8:55	6.7
7	BORDYCH JACEK	33	BOREL MARATHON TEAM	KOŹUCHÓW	POL	M50	7	M 58	00:43:43	02:52:16	-00:10:00	06:34:29.50	06:34:41.05	9:17	6.5
8	FRYSIAK ARTUR	99	WIELUŃ ULTRA	WIELUŃ	POL	M50	8	M 73	00:42:27	02:55:09	-00:10:00	06:45:18.30	06:45:24.30	9:32	6.3
9	ULATOWSKI ANDRZEJ	144	RUNBEARDRUN	TORUŃ	POL	M50	9	M 84	00:44:31	02:57:44	-00:10:00	06:56:27.70	06:56:41.05	9:48	6.1
10	SUDUŁ JAROSŁAW	166	WIERZBICKI RUNNING PROJECT	GORZÓW WIELKOPOLSKI	POL	M50	10	M 88	00:43:37	03:06:43	-00:10:00	06:58:13.90	06:58:21.60	9:50	6.1
11	DOŁĘGOWSKI MAREK	44		KOŁCZEWO	POL	M50	11	M 92	00:47:32	03:08:28	-00:10:00	07:00:46.85	07:01:03.10	9:54	6.1
12	KUBIAK MARCIN	45	ZOMBIE TEAM	ZIELONA GÓRA	POL	M50	12	M 93	00:37:54	02:54:36	-00:10:00	07:01:15.30	07:01:23.80	9:54	6.1
13	WAŚCIŃSKI ROMAN	126	PĘDZI - PARA	GOŁASZYN	POL	M50	13	M 102	00:46:47	03:08:30	-00:10:00	07:09:21.25	07:09:40.50	10:06	5.9
14	SUROWIEC ROBERT	56		GORZÓW WIELKOPOLSKI	POL	M50	14	M 105	00:50:04	02:56:32		07:09:45.45	07:09:56.75	9:52	6.1
15	JEZIORNY RYSZARD	167	WIELUŃ BIEGA	WIELUŃ	POL	M50	15	M 121	00:47:19	03:06:41	-00:10:00	07:27:00.90	07:27:24.35	10:30	5.7
16	KAJA ROBERT	98	WIELUŃ BIEGA	WIELUN	POL	M50	16	M 122	00:47:20	03:06:41	-00:10:00	07:27:01.90	07:27:24.50	10:30	5.7
17	KOCOŃ MARIUSZ	239		OPOLE	POL	M50	17	M 136	00:54:00	03:08:12		07:52:05.95	07:52:29.25	10:51	5.5
18	WITKOWSKI MARCIN	208	ZASZYCI	WARSZAWA	POL	M50	18	M 139	00:54:48	03:10:06		07:58:06.95	07:58:29.35	10:59	5.5
19	MARCINKOWSKI JACEK	136		ŚWIESZYNO	POL	M50	19	M 141	00:49:28	02:58:53		08:06:36.45	08:07:01.80	11:11	5.4
20	SIKORSKI GRZEGORZ	155		BORYSŁAWICE ZAMKOWE	POL	M50	20	M 143	00:57:00	03:12:53		08:14:56.55	08:15:10.10	11:22	5.3
21	SZYSZKOWSKI WŁODZIMIERZ	81	DUKE NUKEM PRINCE OF WARSZAW	WARSZAWA	POL	M50	21	M 145	00:56:52	03:19:00		08:24:04.90	08:24:24.20	11:35	5.2
22	PTAK ADAM	169	PIĄTKOWO NA BIEGOWO	POZNAŃ	POL	M50	22	M 146	00:49:10	02:57:43	-00:10:00	08:27:06.70	08:27:30.95	11:53	5
23	KRZYSZTOFIK JAROMIR	150	WIKING	PLEWISKA	POL	M50	23	M 147	00:52:01	02:59:18		08:29:03.15	08:29:32.10	11:42	5.1

**CZTERDZIESTKA, M60**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	19.5km	Kar/Bon	Netto	Brutto	min/km	km/h
1	KOWALSKI ANDRZEJ	224		WROCLAW	POL	M60	1	M 63	00:45:48	02:54:01	-00:10:00	06:38:49.40	06:39:14.35	9:23	6.4
2	WALIGORSKI RYSZARD	164	WOLSZTYNSKI KLUB BIEGOWY	WOLSZTYN	POL	M60	2	M 114	00:47:06	03:09:22	-00:10:00	07:19:48.20	07:19:56.05	10:20	5.8
3	SUWAJ ROMAN	46	ZOMBIE	ZIELONA GORA	POL	M60	3	M 144	00:57:26	03:19:02		08:23:52.45	08:24:05.55	11:34	5.2