

CZTERDZIESTKA

Organizator: Fundacja Szczyt za Szczytem
Data: 2023-02-18
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	3.5km	4.4km	4.5km	19.5km	Netto	Brutto	min/km	km/h
1	BRYDL PAVEL	120	SALOMON/SUUNTO	TRUTNOV	CZE	M40	1	M 1	00:19:49	00:30:20	00:30:52		04:42:03.55	04:42:04.25	6:29	9.3
2	KACZMARCZYK ŁUKASZ	137	ELITE RUNNERS	SMOLEC	POL	M30	1	M 2	00:20:18	00:30:22	00:30:47		04:49:27.20	04:49:29.15	6:39	9
3	LIPNICKA MARTA	117	ULTRAKOTLINA TEAM	JELEŃ GÓRA, DOLNOŚLĄSKIE	POL	K30	1	K 1	00:21:01	00:31:41	00:32:04		04:53:18.00	04:53:20.15	6:44	8.9
4	ADAMCZYK MACIEJ	144	SKS OBORNIKI	OBORNIKI	POL	M40	2	M 3	00:19:48	00:30:20	00:30:44		05:03:18.85	05:03:21.70	6:58	8.6
5	WIŚNIEWSKI PAWEŁ	128	ULTRAKOTLINA TEAM	JELEŃ GÓRA	POL	M40	3	M 4	00:20:40	00:31:02	00:31:25		05:15:11.85	05:15:13.35	7:14	8.3
6	DZIUB MARCIN	71	SEVEN-PERCEPTUS TEAM	PŁOTY	POL	M40	4	M 5	00:21:55	00:34:15	00:34:38		05:20:31.85	05:20:35.10	7:22	8.1
7	MARGOL PAWEŁ	84		WROCŁAW	POL	M40	5	M 6	00:24:19	00:37:20	00:37:44		05:37:24.40	05:37:29.60	7:45	7.7
8	LEKI KRZYSZTOF	130		GARBY	POL	M40	6	M 7	00:23:11	00:35:54	00:36:15		05:37:51.00	05:37:55.55	7:46	7.7
9	WANDEL PIOTR	133	NOA	DOMASŁAW	POL	M50	1	M 8	00:21:49	00:33:49	00:34:18		05:43:04.55	05:43:08.65	7:53	7.6
10	ROGÓRZ PIOTR	159		WROCŁAW	POL	M40	7	M 9	00:25:47	00:38:47	00:39:15		05:49:21.25	05:49:28.90	8:01	7.5
11	NOWAK MARCIN	145		MOSINA	POL	M30	2	M 10	00:23:26	00:35:36	00:36:01		05:54:56.00	05:55:00.70	8:09	7.4
12	JUNIK ŁUKASZ	66	MOCNA DRUŻYNA CEZARA	MARCINKOWICE	POL	M30	3	M 11	00:24:46	00:37:46	00:38:17		05:55:09.80	05:55:20.05	8:09	7.3
13	CHOJNACKA MARTA	12	OWOCBIEGA TEAM	LUBIN	POL	K40	1	K 2	00:24:19	00:38:09	00:38:33		05:57:02.75	05:57:06.50	8:12	7.3
14	SEK MACIEJ	27		WROCŁAW	POL	M40	8	M 12	00:24:32	00:37:25	00:38:06		05:57:15.90	05:57:20.45	8:12	7.3
15	GAWROŃSKI PAWEŁ	151		OSTRÓW WIELKOPOLSKI	POL	M40	9	M 13	00:24:01	00:36:15	00:38:20		05:59:48.95	05:59:51.70	8:16	7.3
16	WANDYCZ MARCIN	82		LUBAŃ	POL	M30	4	M 14	00:22:50	00:35:42	00:36:07		05:59:41.05	05:59:52.30	8:16	7.3
17	KACZOROWSKA MAGDALENA	140		ŚWIEBODZICE	POL	K40	2	K 3	00:24:07	00:37:16	00:37:40		06:00:15.15	06:00:18.30	8:16	7.2
18	WINIARSKI JAROSŁAW	104	S.C. REP ARVATO	POZNAŃ	POL	M40	10	M 15	00:25:08	00:37:02	00:37:35		06:00:26.85	06:00:44.40	8:17	7.2
19	MARCINIAK DARIA	150	JEDZ I TRENUJ ŚWIEBODZIN	ŚWIEBODZIN	POL	K30	2	K 4	00:25:35	00:38:46	00:39:15		06:01:18.70	06:01:29.80	8:18	7.2
20	DOMAGAŁA KRZYSZTOF	114	PSARUS 87' WRZEŚNIA	WRZEŚNIA	POL	M30	5	M 16	00:24:02	00:36:03	00:36:25		06:02:17.80	06:02:25.85	8:19	7.2
21	GRABOŚ NINA	131		WARSZAWA	POL	K40	3	K 5	00:25:29	00:39:39	00:40:07		06:06:34.80	06:06:38.55	8:25	7.1
22	PETRYKOWSKI KAROL	40	SEKCJA GÓRSKA HASAJTO! PŁASKOZIEMCY	SZCZECIN	POL	M30	6	M 17	00:25:25	00:39:31	00:40:25		06:07:30.55	06:07:32.70	8:26	7.1
23	KOSZEWSKI MICHAŁ	74		BYDGOSZCZ	POL	M30	7	M 18	00:23:59	00:35:41	00:36:06		06:07:41.50	06:08:02.10	8:27	7.1
24	POPKO ŁUKASZ	2		LUBAŃ	POL	M40	11	M 19	00:24:39	00:37:43	00:38:14		06:08:43.30	06:09:02.65	8:28	7.1
25	MARCINIAK JAKUB	3	KOŹMIN BIEGA ULTRA RUNNERS	KROTOSZYN	POL	M30	8	M 20	00:23:26	00:37:26	00:37:51		06:09:49.55	06:09:59.50	8:30	7.1
26	DZIETCZYK SYLWIA	51		CHOSZCZNO	POL	K40	4	K 6	00:24:03	00:37:09	00:37:31		06:10:07.10	06:10:12.85	8:30	7.1
27	DROBNIK BŁAŻEJ	111	OPALENICKI KLUB BIEGACZA	OPALENICA	POL	M30	9	M 21	00:27:10	00:41:37	00:42:19		06:11:13.70	06:11:23.10	8:32	7
28	MATUSZEWSKI MAREK	35	RUNNER'S POWER ŚREM	ŚREM	POL	M50	2	M 22	00:24:12	00:37:17	00:37:42		06:12:36.85	06:12:39.70	8:33	7
29	KRAKOWIAK RAFAŁ	146	KRAKOWIAK ULTRA TEAM	KROSNO	POL	M30	10	M 23	00:26:43	00:41:10	00:41:38		06:13:58.75	06:14:03.90	8:35	7
30	JAKŚ GRZEGORZ	39	ALPIMADE TEAM	INOWROCŁAW	POL	M40	12	M 24	00:24:04	00:36:56	00:37:22		06:14:44.20	06:14:47.65	8:36	7
31	MALEWICZ GRZEGORZ	97		LUBAŃ	POL	M40	13	M 25	00:24:43	00:38:05	00:38:29		06:18:49.70	06:19:01.30	8:42	6.9
32	OLSZEWSKI ARTUR	88		DĄBROWA GÓRNICZA	POL	M30	11	M 26	00:24:35	00:38:14	00:38:38		06:20:22.40	06:20:33.05	8:44	6.9
33	MARCINIAK MACIEJ	25	JESTEM OD ROMKA	SZRENIAWA	POL	M50	3	M 27	00:27:12	00:41:29	00:42:03		06:22:12.05	06:22:18.75	8:47	6.8
34	JAKUBOWSKI ANDRZEJ	85		ŻMIGRÓD	POL	M40	14	M 28	00:24:33	00:37:46	00:38:23		06:22:15.60	06:22:21.35	8:47	6.8
35	BOBORYCKI RAFAŁ	73	MOCNA GRUPA CEZARA	ŚRODA ŚLĄSKA	POL	M40	15	M 29	00:26:17	00:40:53	00:41:20		06:23:18.60	06:23:30.45	8:48	6.8
36	PYZIK EWA	64	MATNER RUNNING TEAM	BIELANY WROCŁAWSKIE	POL	K40	5	K 7	00:28:45	00:43:27	00:43:55		06:24:23.95	06:24:37.65	8:50	6.8
37	AUGUSTYNIAK GRZEGORZ	127		WROCŁAW	POL	M40	16	M 30	00:26:59	00:41:05	00:41:33		06:24:18.05	06:24:38.75	8:50	6.8
38	KUREK TOMASZ	135	OPALENICKI KLUB BIEGACZA	OPALENICA	POL	M40	17	M 31	00:27:12	00:41:35	00:42:19		06:25:18.50	06:25:26.00	8:51	6.8
39	POZNIAK ROBERT	38	OD JEZIORA DO JEZIORA	DOBRZEŃ WIELKI	POL	M50	4	M 32	00:28:19	00:42:46	00:43:30		06:28:11.50	06:28:33.50	8:55	6.7

CZTERDZIESTKA, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	3.5km	4.4km	4.5km	19.5km	Netto	Brutto	min/km	km/h
94	JANIK MATEUSZ	28	ADIENT TEAM	LUBRZA	POL	M30	26	M 77	00:33:49	00:52:06	00:52:46		07:58:49.00	07:59:12.75	11:00	5.5
95	WOŹNIAK SEBASTIAN	1		BOLESŁAWIEC	POL	M40	40	M 78	00:32:24	00:48:47	00:50:49		07:58:47.45	07:59:12.80	11:00	5.5
96	LEDNICKI MICHAŁ	110	ARVATO S.C. REP	SKÓRZEWO	POL	M40	41	M 79	00:29:46	00:45:21	00:46:27		08:02:03.85	08:02:23.35	11:04	5.4
97	DOMINIAK SŁAWOMIR	67		OSTRÓW	POL	M50	12	M 80	00:29:24	00:44:42	00:45:58		08:02:07.70	08:02:31.45	11:04	5.4
				WIELKOPOLSKI												
98	SKÓRZAŃSKA AGNIESZKA	124		ROKITNO SZKACHECKIE	POL	K30	5	K 18	00:31:42	00:50:14	00:51:00		08:02:17.55	08:02:39.05	11:05	5.4
99	MATUSZEWSKA MAŁGORZATA	36	RUNNER'S POWER ŚREM	ŚREM	POL	K40	12	K 19	00:35:00	00:53:39	00:54:17		08:04:03.30	08:04:21.85	11:07	5.4
100	KACZMAREK MIROSLAW	63	RUNNER'S POWER ŚREM	ŚREM	POL	M30	27	M 81	00:35:00	00:53:38	00:54:17		08:04:02.70	08:04:22.05	11:07	5.4
101	STOŁOWSKI ROBERT	5		WIELEŃ	POL	M40	42	M 82	00:33:14	00:52:05	00:53:48		08:04:10.80	08:04:31.90	11:07	5.4
102	BUSZKOWSKI FILIP	122	SPORTOWY KAŻMIERZ	GAJ WIELKI	POL	M40	43	M 83	00:33:52	00:52:11	00:53:00		08:04:26.90	08:04:49.15	11:08	5.4
103	MARCINIAK ANNA	37	BBL LEGNICA	LEGNICA	POL	K40	13	K 20	00:33:04	00:51:23	00:52:06		08:05:12.55	08:05:25.10	11:09	5.4
104	SZAJEK ARKADIUSZ	107	ARVATO S.C. REP	POZNAŃ	POL	M30	28	M 84	00:28:52	00:43:58	00:44:30		08:07:50.55	08:08:14.10	11:12	5.4
105	RAJTAR ROBERT	121	BRYGADA RR	GORZÓW	POL	M40	44	M 85	00:34:49	00:53:26	00:54:05		08:09:42.80	08:10:14.85	11:15	5.3
106	WESOŁOWSKA IWONA	125		PLEWISKA	POL	K30	6	K 21	00:30:33	00:48:23	00:49:46		08:10:41.45	08:10:56.05	11:16	5.3
107	GAWORECKI SŁAWOMIR	93	KLUB SPORTOWY HUSARIA SZCZECINEK	SZCZECINEK	POL	M40	45	M 86	00:32:48	00:51:30	00:52:29		08:15:17.90	08:15:42.90	11:23	5.3
108	MACIEJEWSKI ŁUKASZ	134		KALISZ	POL	M40	46	M 87	00:28:34	00:43:39	00:44:22		08:15:34.95	08:15:48.70	11:23	5.3
109	BYLEWSKA EWA	33	3:33 TEAM	TRZCIANKA	POL	K40	14	K 22	00:33:51	00:52:02	00:52:42		08:16:26.45	08:16:42.80	11:24	5.3
110	ODWROT HUBERT	32	3:33 TEAM	TRZCIANKA	POL	M50	13	M 88	00:33:50	00:51:58	00:52:42		08:16:30.30	08:16:46.05	11:24	5.3
111	MICHAŁKIEWICZ MAREK	61		POZNAŃ	POL	M40	47	M 89	00:34:05	00:52:19	00:53:02		08:18:18.90	08:18:30.90	11:27	5.2
112	KOLAŚNIEWSKI MAREK	57		POZNAŃ	AFG	M40	48	M 90	00:34:06	00:52:20	00:53:00		08:18:22.40	08:18:34.25	11:27	5.2
113	JĘSIEK ALEKSANDER	95	CIESIÓŁKA TEAM / MARATON LESZNO	LESZNO	POL	M60	2	M 91	00:31:02	00:48:51	00:49:54		08:18:32.65	08:18:48.65	11:27	5.2
114	KRZYKANOWSKI MARCIN	56		BYDGOSZCZ	POL	M40	49	M 92	00:27:31	00:42:48	00:43:14		08:20:23.70	08:20:33.30	11:30	5.2
115	SOBKOWIAK SŁAWOMIR	7	WRONIECKI KLUB BIEGACZA	WRONKI	POL	M50	14	M 93	00:33:37	00:52:01	00:53:48		08:27:04.65	08:27:27.55	11:39	5.1
116	KRZYŻAŃSKI JACEK	103	S.C. REP	ŚRODA WIELKOPOLSKA	POL	M20	1	M 94	00:32:48	00:48:57	00:49:43		08:28:54.40	08:29:13.60	11:41	5.1
117	WITKOWSKI MARCIN	10	ZASZYCI	WARSZAWA	POL	M50	15	M 95	00:37:12	00:55:27	00:56:06		08:39:41.30	08:40:05.85	11:56	5
118	GORCZYCA JERZY	54		JELENIA GÓRA	POL	M50	16	M 96	00:33:27	00:50:19	00:51:19		08:42:04.85	08:42:33.80	12:00	5
119	KOPCZYŃSKA MARTA	55		SWARZĘDZ	POL	K30	7	K 23	00:36:50	00:55:30	00:57:08		08:47:55.05	08:48:22.40	12:08	4.9
120	SZMANIA JAKUB	142	HKT AZYMUT	SWARZĘDZ	POL	M40	50	M 97	00:36:57	00:55:33	00:57:18		08:47:54.95	08:48:22.85	12:08	4.9
121	KWAPISZ PAWEŁ	129		WROCŁAW	POL	M40	51	M 98	00:33:25	00:50:58	00:51:30		08:47:55.35	08:48:27.15	12:08	4.9
122	RATAJCZAK TOMASZ	141		POZNAŃ	POL	M40	52	M 99	00:30:21	00:48:18	00:50:54		08:49:35.00	08:49:42.05	12:10	4.9
123	OKONIEWSKA AGNIESZKA	19		ŚMIGIEL	POL	K40	15	K 24	00:33:11	00:51:35	00:54:53		08:50:05.85	08:50:20.15	12:11	4.9
124	WALIGÓRA JUDYTA	21		WŁOSZAKOWICE	POL	K30	8	K 25	00:33:04	00:51:24	00:54:53		08:50:06.65	08:50:20.20	12:11	4.9
125	ZIELIŃSKI KAROL	6		POZNAŃ	POL	M40	53	M 100	00:32:31	00:50:06	00:50:40		08:59:10.85	08:59:23.90	12:23	4.8
126	WIECZOREK MONIKA	65	PGB LEŚNE DZIKI	WROCŁAW	POL	K40	16	K 26	00:33:16	00:52:21	00:53:11	03:29:25	08:59:47.00	08:59:52.65	12:24	4.8
127	TALIKADZE DAWID	108	S.C.REP ARVATO ŻERNIKI	KOŚCIAN	POL	M30	29	M 101	00:31:37	00:50:22	00:52:13		09:02:12.60	09:02:37.15	12:27	4.8
128	DUBOWIK ANNA	42		GOSTYN	POL	K40	17	K 27	00:32:59	00:51:38	00:53:17		09:02:08.75	09:02:37.30	12:27	4.8
129	WIECZOREK SŁAWOMIR	15		WRONKI	POL	M40	54	M 102	00:33:26	00:52:06	00:53:55		09:05:12.80	09:05:35.70	12:32	4.8
130	ZIELIŃSKI TOMASZ	53	ULTRAPIOTRKÓW	KARLIN	POL	M40	55	M 103	00:36:39	00:56:26	00:57:44		09:20:17.45	09:20:32.05	12:52	4.7
131	KOZŁOWSKI PIOTR	92		JASTROWIE	POL	M40	56	M 104	00:35:09	00:54:02	00:54:56		09:20:11.55	09:20:33.10	12:52	4.7
	DZIUBAŁKA ADRIAN	41	EASY RUNNERS	KUNOWO	POL	M30			00:25:56	00:39:20	00:39:47	DNF	DNF	DNF	-	-
									DNF	DNF	DNF					
	KOSTKA GUSTAW	11		WILCZYCE	POL	M20			00:27:42	00:41:44	00:42:36	DNF	DNF	DNF	-	-
									DNF	DNF	DNF					
	CHLUDZIŃSKI PATRYK	109	S.C. REP ARVATO	POZNAŃ	POL	M40			00:29:33	00:45:36	00:47:22	DNF	DNF	DNF	-	-
									DNF	DNF	DNF					

CZTERDZIESTKA, OPEN Kobiety

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1	LIPNICKA MARTA	117	ULTRAKOTLINA TEAM	JELENIA GÓRA, DOLNOŚLĄSKIE	POL	K30	1	K 1	00:21:01	00:31:41	00:32:04		04:53:18.00	04:53:20.15	6:44	8.9
2	CHOJNACKA MARTA	12	OWOCBIEGA TEAM	LUBIN	POL	K40	1	K 2	00:24:19	00:38:09	00:38:33		05:57:02.75	05:57:06.50	8:12	7.3
3	KACZOROWSKA MAGDALENA	140		ŚWIEBODZICE	POL	K40	2	K 3	00:24:07	00:37:16	00:37:40		06:00:15.15	06:00:18.30	8:16	7.2

CZTERDZIESTKA, OPEN Kobiety c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	3.5km	4.4km	4.5km	19.5km	Netto	Brutto	min/km	km/h
4	MARCINIAK DARIA	150	JEDZ I TRENUJ ŚWIEBODZIN	ŚWIEBODZIN	POL	K30	2	K 4	00:25:35	00:38:46	00:39:15		06:01:18.70	06:01:29.80	8:18	7.2
5	GRABOŚ NINA	131		WARSZAWA	POL	K40	3	K 5	00:25:29	00:39:39	00:40:07		06:06:34.80	06:06:38.55	8:25	7.1
6	DZIETCZYK SYLWIA	51		CHOSZCZCZO	POL	K40	4	K 6	00:24:03	00:37:09	00:37:31		06:10:07.10	06:10:12.85	8:30	7.1
7	PYZIK EWA	64	MATNER RUNNING TEAM	BIELANY	POL	K40	5	K 7	00:28:45	00:43:27	00:43:55		06:24:23.95	06:24:37.65	8:50	6.8
8	STRAUCHOLD ANNA	160		WROCŁAWSKIE KAMIENIEC WROCŁAWSKI	POL	K50	1	K 8	00:26:21	00:40:57	00:41:24		06:32:33.30	06:32:40.15	9:01	6.6
9	ŚWIERZOWSKA MAGDALENA	70	FIZJOTERAPIA BIEGACZA	POZNAŃ	POL	K40	6	K 9	00:28:07	00:43:05	00:43:36		06:52:54.50	06:53:03.15	9:29	6.3
10	KUBIAK KAROLINA	87		WEJHEROWO	POL	K40	7	K 10	00:27:49	00:42:28	00:42:57		06:57:34.10	06:57:45.35	9:35	6.3
11	MADEJ ANNA	72	VEGE RUNNERS	KATOWICE	POL	K40	8	K 11	00:33:16	00:46:27	00:47:18		06:58:09.05	06:58:24.55	9:36	6.2
12	SUPERSON IWONA	49	WAFLE	SMARDZÓW	POL	K50	2	K 12	00:29:31	00:44:42	00:46:08		07:00:14.60	07:00:29.40	9:39	6.2
13	LEBODA KATARZYNA	13	WILD DOGS TEAM	KATOWICE	POL	K30	3	K 13	00:29:53	00:45:39	00:46:08		07:07:17.95	07:07:54.15	9:49	6.1
14	QUIRINI EWA	113		WARSZAWA	POL	K40	9	K 14	00:29:54	00:45:36	00:46:49		07:22:15.85	07:22:32.05	10:10	5.9
15	ŻYGIĘŁO MONIKA	14	CH10	CHOSZCZCZO	POL	K40	10	K 15	00:29:41	00:46:44	00:47:18		07:29:39.35	07:29:48.15	10:20	5.8
16	GORZOCH JUSTYNA	147		WARSZAWA	POL	K30	4	K 16	00:32:26	00:50:27	00:51:29		07:52:47.80	07:53:05.15	10:52	5.5
17	FRĄCKOWIAK EWELINA	48		JAROCIN	POL	K40	11	K 17	00:31:25	00:48:18	00:48:55		07:54:04.90	07:54:27.20	10:53	5.5
18	SKÓRZAŃSKA AGNIESZKA	124		ROKITNO SZKACHECKIE	POL	K30	5	K 18	00:31:42	00:50:14	00:51:00		08:02:17.55	08:02:39.05	11:05	5.4
19	MATUSZEWSKA MAŁGORZATA	36	RUNNER'S POWER ŚREM	ŚREM	POL	K40	12	K 19	00:35:00	00:53:39	00:54:17		08:04:03.30	08:04:21.85	11:07	5.4
20	MARCINIAK ANNA	37	BBL LEGNICA	LEGNICA	POL	K40	13	K 20	00:33:04	00:51:23	00:52:06		08:05:12.55	08:05:25.10	11:09	5.4
21	WESOŁOWSKA IWONA	125		PLEWISKA	POL	K30	6	K 21	00:30:33	00:48:23	00:49:46		08:10:41.45	08:10:56.05	11:16	5.3
22	BYLEWSKA EWA	33	3:33 TEAM	TRZCIANKA	POL	K40	14	K 22	00:33:51	00:52:02	00:52:42		08:16:26.45	08:16:42.80	11:24	5.3
23	KOPCZYŃSKA MARTA	55		SWARZĘDZ	POL	K30	7	K 23	00:36:50	00:55:30	00:57:08		08:47:55.05	08:48:22.40	12:08	4.9
24	OKONIEWSKA AGNIESZKA	19		ŚMIGIEL	POL	K40	15	K 24	00:33:11	00:51:35	00:54:53		08:50:05.85	08:50:20.15	12:11	4.9
25	WALIGÓRA JUDYTA	21		WŁOSZAKOWICE	POL	K30	8	K 25	00:33:04	00:51:24	00:54:53		08:50:06.65	08:50:20.20	12:11	4.9
26	WIECZOREK MONIKA	65	PGB LEŚNE DZIKI	WROCŁAW	POL	K40	16	K 26	00:33:16	00:52:21	00:53:11	03:29:25	08:59:47.00	08:59:52.65	12:24	4.8
27	DUBOWIK ANNA	42		GOSTYN	POL	K40	17	K 27	00:32:59	00:51:38	00:53:17		09:02:08.75	09:02:37.30	12:27	4.8

CZTERDZIESTKA, OPEN Mężczyźni

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	3.5km	4.4km	4.5km	19.5km	Netto	Brutto	min/km	km/h
1	BRÝDL PAVEL	120	SALOMON/SUUNTO	TRUTNOV	CZE	M40	1	M 1	00:19:49	00:30:20	00:30:52		04:42:03.55	04:42:04.25	6:29	9.3
2	KACZMARCZYK ŁUKASZ	137	ELITE RUNNERS	SMOLEC	POL	M30	1	M 2	00:20:18	00:30:22	00:30:47		04:49:27.20	04:49:29.15	6:39	9
3	ADAMCZYK MACIEJ	144	SKS OBORNIKI	OBORNIKI	POL	M40	2	M 3	00:19:48	00:30:20	00:30:44		05:03:18.85	05:03:21.70	6:58	8.6
4	WIŚNIEWSKI PAWEŁ	128	ULTRAKOTLINA TEAM	JELENIA GÓRA	POL	M40	3	M 4	00:20:40	00:31:02	00:31:25		05:15:11.85	05:15:13.35	7:14	8.3
5	DZIUB MARCIN	71	SEVEN-PERCEPTUS TEAM	PŁOTY	POL	M40	4	M 5	00:21:55	00:34:15	00:34:38		05:20:31.85	05:20:35.10	7:22	8.1
6	MARGOL PAWEŁ	84		WROCŁAW	POL	M40	5	M 6	00:24:19	00:37:20	00:37:44		05:37:24.40	05:37:29.60	7:45	7.7
7	LEKI KRZYSZTOF	130		GARBY	POL	M40	6	M 7	00:23:11	00:35:54	00:36:15		05:37:51.00	05:37:55.55	7:46	7.7
8	WANDEL PIOTR	133	NOA	DOMASŁAW	POL	M50	1	M 8	00:21:49	00:33:49	00:34:18		05:43:04.55	05:43:08.65	7:53	7.6
9	ROGÓRZ PIOTR	159		WROCŁAW	POL	M40	7	M 9	00:25:47	00:38:47	00:39:15		05:49:21.25	05:49:28.90	8:01	7.5
10	NOWAK MARCIN	145		MOSINA	POL	M30	2	M 10	00:23:26	00:35:36	00:36:01		05:54:56.00	05:55:00.70	8:09	7.4
11	JUNIK ŁUKASZ	66	MOCNA DRUŻYNA CEZARA	MARCINKOWICE	POL	M30	3	M 11	00:24:46	00:37:46	00:38:17		05:55:09.80	05:55:20.05	8:09	7.3
12	SĘK MACIEJ	27		WROCŁAW	POL	M40	8	M 12	00:24:32	00:37:25	00:38:06		05:57:15.90	05:57:20.45	8:12	7.3
13	GAWROŃSKI PAWEŁ	151		OSTRÓW WIELKOPOLSKI	POL	M40	9	M 13	00:24:01	00:36:15	00:38:20		05:59:48.95	05:59:51.70	8:16	7.3
14	WANDYCZ MARCIN	82		LUBAŃ	POL	M30	4	M 14	00:22:50	00:35:42	00:36:07		05:59:41.05	05:59:52.30	8:16	7.3
15	WINIARSKI JAROSŁAW	104	S.C. REP ARVATO	POZNAŃ	POL	M40	10	M 15	00:25:08	00:37:02	00:37:35		06:00:26.85	06:00:44.40	8:17	7.2
16	DOMAGAŁA KRZYSZTOF	114	PSARUS 87' WRZEŚNIA	WRZEŚNIA	POL	M30	5	M 16	00:24:02	00:36:03	00:36:25		06:02:17.80	06:02:25.85	8:19	7.2
17	PETRYKOWSKI KAROL	40	SEKCJA GÓRSKA HASAJTO! PŁASKOZIEMCY	SZCZECIN	POL	M30	6	M 17	00:25:25	00:39:31	00:40:25		06:07:30.55	06:07:32.70	8:26	7.1
18	KOSZEWSKI MICHAŁ	74		BYDGOSZCZ	POL	M30	7	M 18	00:23:59	00:35:41	00:36:06		06:07:41.50	06:08:02.10	8:27	7.1
19	POPKO ŁUKASZ	2		LUBAŃ	POL	M40	11	M 19	00:24:39	00:37:43	00:38:14		06:08:43.30	06:09:02.65	8:28	7.1
20	MARCINIAK JAKUB	3	KOZMIN BIEGA ULTRA RUNNERS	KROTOSZYŃ	POL	M30	8	M 20	00:23:26	00:37:26	00:37:51		06:09:49.55	06:09:59.50	8:30	7.1
21	DROBNIK BŁAŻEJ	111	OPALENICKI KLUB BIEGACZA	OPALENICA	POL	M30	9	M 21	00:27:10	00:41:37	00:42:19		06:11:13.70	06:11:23.10	8:32	7
22	MATUSZEWSKI MAREK	35	RUNNER'S POWER ŚREM	ŚREM	POL	M50	2	M 22	00:24:12	00:37:17	00:37:42		06:12:36.85	06:12:39.70	8:33	7

CZTERDZIESTKA, OPEN Mężczyźni c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	3.5km	4.4km	4.5km	19.5km	Netto	Brutto	min/km	km/h
23	KRAKOWIAK RAFAŁ	146	KRAKOWIAK ULTRA TEAM	KROSNO	POL	M30	10	M 23	00:26:43	00:41:10	00:41:38		06:13:58.75	06:14:03.90	8:35	7
24	JAKŚ GRZEGORZ	39	ALPIMADE TEAM	INOWROCŁAW	POL	M40	12	M 24	00:24:04	00:36:56	00:37:22		06:14:44.20	06:14:47.65	8:36	7
25	MALEWICZ GRZEGORZ	97		LUBAŃ	POL	M40	13	M 25	00:24:43	00:38:05	00:38:29		06:18:49.70	06:19:01.30	8:42	6.9
26	OLSZEWSKI ARTUR	88		DĄBROWA GÓRNICZA	POL	M30	11	M 26	00:24:35	00:38:14	00:38:38		06:20:22.40	06:20:33.05	8:44	6.9
27	MARCINIAK MACIEJ	25	JESTEM OD ROMKA	SZRENIAWA	POL	M50	3	M 27	00:27:12	00:41:29	00:42:03		06:22:12.05	06:22:18.75	8:47	6.8
28	JAKUBOWSKI ANDRZEJ	85		ŻMIGRÓD	POL	M40	14	M 28	00:24:33	00:37:46	00:38:23		06:22:15.60	06:22:21.35	8:47	6.8
29	BOBORYCKI RAFAŁ	73	MOCNA GRUPA CEZARA	ŚRODA ŚLĄSKA	POL	M40	15	M 29	00:26:17	00:40:53	00:41:20		06:23:18.60	06:23:30.45	8:48	6.8
30	AUGUSTYNIAK GRZEGORZ	127		WROCŁAW	POL	M40	16	M 30	00:26:59	00:41:05	00:41:33		06:24:18.05	06:24:38.75	8:50	6.8
31	KUREK TOMASZ	135	OPALENICKI KLUB BIEGACZA	OPALENICA	POL	M40	17	M 31	00:27:12	00:41:35	00:42:19		06:25:18.50	06:25:26.00	8:51	6.8
32	POZNIAK ROBERT	38	OD JEZIORA DO JEZIORA	DOBRZEŃ WIELKI	POL	M50	4	M 32	00:28:19	00:42:46	00:43:30		06:28:11.50	06:28:33.50	8:55	6.7
33	GYREK JACEK	68		PAMIĄTKOWO	POL	M40	18	M 33	00:26:26	00:40:10	00:40:39		06:28:57.90	06:29:04.25	8:56	6.7
34	PTAK ADAM	79	PIĄTKOWO NA BIEGOWO	POZNAŃ	POL	M50	5	M 34	00:25:50	00:40:20	00:40:53		06:29:35.95	06:29:44.00	8:57	6.7
35	GRANOPS MACIEJ	118		MOSINA	POL	M40	19	M 35	00:25:56	00:39:36	00:40:16		06:29:33.30	06:29:48.70	8:57	6.7
36	SZONDA ISTVAN	149		PRAGUE	CZE	M40	20	M 36	00:25:49	00:38:51	00:39:14		06:29:52.90	06:30:06.15	8:57	6.7
37	DREWNIAK MARIUSZ	98		JELEŃNIA GÓRA	POL	M40	21	M 37	00:25:42	00:38:52	00:39:16		06:31:05.10	06:31:21.60	8:59	6.7
38	SZAJOWSKI MARCIN	50	WAFLE	SMARDZÓW	POL	M50	6	M 38	00:29:31	00:44:43	00:46:09		06:33:17.60	06:33:33.35	9:02	6.6
39	OBIDOWSKI ŁUKASZ	112	ULTRASII	ŁĘCZYCA	POL	M40	22	M 39	00:26:34	00:41:43	00:42:12		06:33:51.20	06:33:58.25	9:03	6.6
40	BOROWCZYK MARCIN	86	ULTRASII	CZMOŃ	POL	M40	23	M 40	00:27:11	00:42:13	00:42:41		06:35:22.90	06:35:33.85	9:05	6.6
41	BOJAŃSKI ZBIGNIEW	115		WRZEŚNIA	POL	M40	24	M 41	00:25:50	00:39:36	00:40:11		06:35:27.25	06:35:36.35	9:05	6.6
42	CIEŚLA BARTOSZ	148	MOCNOPRZYGODOWY.PL	TRZEBIEL	POL	M30	12	M 42	00:28:35	00:40:39	00:41:16		06:42:16.90	06:42:31.05	9:14	6.5
43	KANDULSKI JAKUB	91	OPALENICKI KLUB BIEGACZA	OPALENICA	POL	M40	25	M 43	00:27:52	00:42:32	00:43:00		06:44:43.10	06:44:51.90	9:18	6.4
44	SAWCZYŃ TOMASZ	139	DBS	BRZĘKOWICE DOLNE 4	POL	M40	26	M 44	00:26:29	00:40:02	00:40:31		06:45:12.75	06:45:22.15	9:18	6.4
45	NOWAK KRZYSZTOF	132		WARSZAWA	POL	M50	7	M 45	00:24:12	00:37:51	00:38:15		06:47:49.55	06:47:53.30	9:22	6.4
46	KARWACKI GRZEGORZ	123	KATCROS WAŁBRZYCH	WAŁBRZYCH	POL	M50	8	M 46	00:27:38	00:42:01	00:42:31		06:50:24.30	06:50:48.05	9:26	6.4
47	CZUPKIEWICZ MICHAŁ	8	TRUCHT TEAM OPOLE	OPOLE	POL	M30	13	M 47	00:25:43	00:39:24	00:39:46		06:52:08.05	06:52:11.65	9:28	6.3
48	NOWACKI MICHAŁ	90	MORSY POZNAŃ	POZNAŃ	POL	M40	27	M 48	00:27:50	00:41:46	00:42:31		06:52:12.65	06:52:23.50	9:28	6.3
49	LUBELCZYK GRZEGORZ	24	SCW	MIĘKINIA	POL	M50	9	M 49	00:29:20	00:44:16	00:44:51		06:53:45.35	06:54:18.80	9:30	6.3
50	KORZYCKI TADEUSZ	138		SOSNOWKA	POL	M60	1	M 50	00:26:29	00:41:40	00:42:56		06:57:12.00	06:57:20.15	9:35	6.3
51	STĘPNOWSKI JAKUB	34		LEGIONOWO	POL	M30	14	M 51	00:29:31	00:44:15	00:45:01		06:57:42.10	06:58:09.25	9:36	6.2
52	ROMANIUK BARTOSZ	23		WROCŁAW	POL	M30	15	M 52	00:28:19	00:42:55	00:43:25		06:58:16.30	06:58:42.10	9:36	6.2
53	SIEMIENICZUK ROBERT	136		WARSZAWA	POL	M50	10	M 53	00:28:04	00:42:57	00:43:41		07:04:47.30	07:05:00.85	9:45	6.1
54	SUCHOŁAS MATEUSZ	158		SWARZĘDZ	POL	M30	16	M 54	00:29:42	00:45:06	00:49:02		07:06:23.95	07:06:41.35	9:48	6.1
55	KURZAWSKI DARIUSZ	59	GK GOPR	OSTRZYCE	POL	M40	28	M 55	00:28:44	00:42:17	00:42:47		07:05:34.80	07:07:28.15	9:46	6.1
56	HAJNCE LECH	143		RAWICZ	POL	M30	17	M 56	00:26:40	00:40:29	00:41:08		07:07:30.90	07:07:38.25	9:49	6.1
57	KOZERAŃSKI PRZEMYŚLAW	78	WILD DOGS TEAM	NADARZYN	POL	M40	29	M 57	00:25:34	00:40:16	00:40:55		07:09:26.60	07:09:45.15	9:52	6.1
58	SYCHOWIEC ADRIAN	17		JELEŃNIA GÓRA	POL	M40	30	M 58	00:27:40	00:43:00	00:44:11		07:12:07.75	07:12:34.80	9:56	6
59	PLUCHA MICHAŁ	77	KOWARY BIEGAJĄ	KOWARY	POL	M40	31	M 59	00:28:27	00:42:39	00:46:56		07:17:18.25	07:17:48.10	10:03	6
60	MICHALSKI ADAM	116		GNIEZNO	POL	M40	32	M 60	00:26:38	00:41:17	00:43:46		07:18:22.15	07:18:32.95	10:04	6
61	STASZAK RADOŚLAW	47		ŻŁOTNIKI	POL	M40	33	M 61	00:26:24	00:40:58	00:41:32		07:21:23.15	07:21:43.50	10:08	5.9
62	DZICZEK IRENEUSZ	26	RAZ SZCZECIN	SZCZECIN	POL	M50	11	M 62	00:28:41	00:44:41	00:45:10		07:22:43.40	07:22:49.45	10:10	5.9
63	SOJKOWSKI PIOTR	83	4FUN TRIATHLON / NAJMIOWICZ TRIATHLON	WARSZAWA	POL	M40	34	M 63	00:28:01	00:43:27	00:43:57		07:23:11.90	07:23:25.90	10:11	5.9
64	SYCHOWSKI DAWID	4		WROCŁAW	POL	M30	18	M 64	00:25:53	00:40:43	00:41:13		07:24:14.30	07:24:18.70	10:12	5.9
65	WANDYCZ MARIUSZ	81	ANONIMOWY	LUBAŃ	POL	M30	19	M 65	00:26:41	00:40:52	00:41:19		07:25:01.25	07:25:28.70	10:13	5.9
66	MROWCA PAWEŁ	31		LUBAŃ	POL	M30	20	M 66	00:26:21	00:40:54	00:41:18		07:25:13.75	07:25:28.85	10:14	5.9
67	SZWARC GRZEGORZ	106	ARVATO S.C. REP	POZNAŃ	POL	M30	21	M 67	00:27:29	00:42:49	00:44:45		07:26:21.20	07:26:41.20	10:15	5.8
68	MUSIAŁ PIOTR	75		DĄBROWA	POL	M40	35	M 68	00:29:37	00:43:58	00:44:26		07:27:14.95	07:27:39.20	10:16	5.8
69	SURDAK PIOTR	18		SZCZECIN	POL	M40	36	M 69	00:29:43	00:46:43	00:47:18		07:29:38.80	07:29:47.85	10:20	5.8
70	BARANOWSKI ADAM	20		WAŁBRZYCH	POL	M40	37	M 70	00:28:18	00:43:36	00:44:49		07:30:45.95	07:30:58.95	10:21	5.8
71	BIENIEK MICHAŁ	152		WROCŁAW	POL	M40	38	M 71	00:30:11	00:47:06	00:48:21		07:36:18.10	07:36:27.85	10:29	5.7
72	CIEŚLIK DAMIAN	157		MĘDŁÓW	POL	M30	22	M 72	00:29:20	00:44:34	00:48:34		07:42:06.65	07:42:23.30	10:37	5.6
73	KOZUBSKI MACIEJ	105	S.C. REP	POZNAŃ	POL	M30	23	M 73	00:26:38	00:41:09	00:41:50		07:42:13.15	07:42:30.75	10:37	5.6
74	OSICA ŁUKASZ	76		ŚWIĘTOCHŁOWICE	POL	M40	39	M 74	00:33:15	00:46:22	00:47:15		07:45:30.85	07:45:47.50	10:42	5.6
75	SOLARSKI ROBERT	29	NORTH.PL	KOSZALIN	POL	M30	24	M 75	00:29:16	00:46:05	00:46:48		07:47:25.65	07:47:34.60	10:44	5.6
76	GÓRNY ROBERT	69	THE-SKY-IS-NO-LIMIT	ZIELONA GÓRA	POL	M30	25	M 76	00:29:10	00:44:34	00:48:01		07:47:22.95	07:47:41.50	10:44	5.6

CZTERDZIESTKA, OPEN Mężczyźni c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	3.5km	4.4km	4.5km	19.5km	Netto	Brutto	min/km	km/h
77	JANIK MATEUSZ	28	ADIENT TEAM	LUBRZA	POL	M30	26	M 77	00:33:49	00:52:06	00:52:46		07:58:49.00	07:59:12.75	11:00	5.5
78	WOŹNIAK SEBASTIAN	1		BOLESŁAWIEC	POL	M40	40	M 78	00:32:24	00:48:47	00:50:49		07:58:47.45	07:59:12.80	11:00	5.5
79	LEDNICKI MICHAŁ	110	ARVATO S.C. REP	SKÓRZEWO	POL	M40	41	M 79	00:29:46	00:45:21	00:46:27		08:02:03.85	08:02:23.35	11:04	5.4
80	DOMINIAK SŁAWOMIR	67		OSTRÓW	POL	M50	12	M 80	00:29:24	00:44:42	00:45:58		08:02:07.70	08:02:31.45	11:04	5.4
81	KACZMAREK MIROŚLAW	63	RUNNER'S POWER ŚREM	ŚREM	POL	M30	27	M 81	00:35:00	00:53:38	00:54:17		08:04:02.70	08:04:22.05	11:07	5.4
82	STOŁOWSKI ROBERT	5		WIELEŃ	POL	M40	42	M 82	00:33:14	00:52:05	00:53:48		08:04:10.80	08:04:31.90	11:07	5.4
83	BUSZKOWSKI FILIP	122	SPORTOWY KAŻMIERZ	GAJ WIELKI	POL	M40	43	M 83	00:33:52	00:52:11	00:53:00		08:04:26.90	08:04:49.15	11:08	5.4
84	SZAJEK ARKADIUSZ	107	ARVATO S.C. REP	POZNAŃ	POL	M30	28	M 84	00:28:52	00:43:58	00:44:30		08:07:50.55	08:08:14.10	11:12	5.4
85	RAJTAR ROBERT	121	BRYGADA RR	GORZÓW	POL	M40	44	M 85	00:34:49	00:53:26	00:54:05		08:09:42.80	08:10:14.85	11:15	5.3
86	GAWORECKI SŁAWOMIR	93	KLUB SPORTOWY HUSARIA	SZCZECINEK	POL	M40	45	M 86	00:32:48	00:51:30	00:52:29		08:15:17.90	08:15:42.90	11:23	5.3
87	MACIEJEWSKI ŁUKASZ	134		KALISZ	POL	M40	46	M 87	00:28:34	00:43:39	00:44:22		08:15:34.95	08:15:48.70	11:23	5.3
88	ODWROT HUBERT	32	3:33 TEAM	TRZCIANKA	POL	M50	13	M 88	00:33:50	00:51:58	00:52:42		08:16:30.30	08:16:46.05	11:24	5.3
89	MICHAŁKIEWICZ MAREK	61		POZNAŃ	POL	M40	47	M 89	00:34:05	00:52:19	00:53:02		08:18:18.90	08:18:30.90	11:27	5.2
90	KOLAŚNIEWSKI MAREK	57		POZNAŃ	AFG	M40	48	M 90	00:34:06	00:52:20	00:53:00		08:18:22.40	08:18:34.25	11:27	5.2
91	JĘSIEK ALEKSANDER	95	CIESIÓŁKA TEAM / MARATON LESZNO	LESZNO	POL	M60	2	M 91	00:31:02	00:48:51	00:49:54		08:18:32.65	08:18:48.65	11:27	5.2
92	KRZYKANOWSKI MARCIN	56		BYDGOSZCZ	POL	M40	49	M 92	00:27:31	00:42:48	00:43:14		08:20:23.70	08:20:33.30	11:30	5.2
93	SOBKOWIAK SŁAWOMIR	7	WRONIECKI KLUB BIEGACZA	WRONKI	POL	M50	14	M 93	00:33:37	00:52:01	00:53:48		08:27:04.65	08:27:27.55	11:39	5.1
94	KRZYŻAŃSKI JACEK	103	S.C. REP	ŚRODA WIELKOPOLSKA	POL	M20	1	M 94	00:32:48	00:48:57	00:49:43		08:28:54.40	08:29:13.60	11:41	5.1
95	WITKOWSKI MARCIN	10	ZASZYCI	WARSZAWA	POL	M50	15	M 95	00:37:12	00:55:27	00:56:06		08:39:41.30	08:40:05.85	11:56	5
96	GORCZYCA JERZY	54		JELENIA GÓRA	POL	M50	16	M 96	00:33:27	00:50:19	00:51:19		08:42:04.85	08:42:33.80	12:00	5
97	SZMANIA JAKUB	142	HKT AZYMUT	SWARZĘDZ	POL	M40	50	M 97	00:36:57	00:55:33	00:57:18		08:47:54.95	08:48:22.85	12:08	4.9
98	KWAPISZ PAWEŁ	129		WROCŁAW	POL	M40	51	M 98	00:33:25	00:50:58	00:51:30		08:47:55.35	08:48:27.15	12:08	4.9
99	RATAJCZAK TOMASZ	141		POZNAŃ	POL	M40	52	M 99	00:30:21	00:48:18	00:50:54		08:49:35.00	08:49:42.05	12:10	4.9
100	ZIELIŃSKI KAROL	6		POZNAŃ	POL	M40	53	M 100	00:32:31	00:50:06	00:50:40		08:59:10.85	08:59:23.90	12:23	4.8
101	TALIKADZE DAWID	108	S.C.REP ARVATO ŻERNIKI	KOŚCIAN	POL	M30	29	M 101	00:31:37	00:50:22	00:52:13		09:02:12.60	09:02:37.15	12:27	4.8
102	WIECZOREK SŁAWOMIR	15		WRONKI	POL	M40	54	M 102	00:33:26	00:52:06	00:53:55		09:05:12.80	09:05:35.70	12:32	4.8
103	ZIELIŃSKI TOMASZ	53	ULTRAPIOTRKÓW	KARLIN	POL	M40	55	M 103	00:36:39	00:56:26	00:57:44		09:20:17.45	09:20:32.05	12:52	4.7
104	KOZŁOWSKI PIOTR	92		JASTROWIE	POL	M40	56	M 104	00:35:09	00:54:02	00:54:56		09:20:11.55	09:20:33.10	12:52	4.7
	DZIUBAŁKA ADRIAN	41	EASY RUNNERS	KUNOWO	POL	M30			00:25:56	00:39:20	00:39:47	DNF	DNF	DNF	-	-
									DNF	DNF	DNF					
	KOSTKA GUSTAW	11		WILCZYCE	POL	M20			00:27:42	00:41:44	00:42:36	DNF	DNF	DNF	-	-
									DNF	DNF	DNF					
	CHLUDZIŃSKI PATRYK	109	S.C. REP ARVATO	POZNAŃ	POL	M40			00:29:33	00:45:36	00:47:22	DNF	DNF	DNF	-	-
									DNF	DNF	DNF					

CZTERDZIESTKA, M20

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	3.5km	4.4km	4.5km	19.5km	Netto	Brutto	min/km	km/h
1	KRZYŻAŃSKI JACEK	103	S.C. REP	ŚRODA WIELKOPOLSKA	POL	M20	1	M 94	00:32:48	00:48:57	00:49:43		08:28:54.40	08:29:13.60	11:41	5.1
	KOSTKA GUSTAW	11		WILCZYCE	POL	M20			00:27:42	00:41:44	00:42:36	DNF	DNF	DNF	-	-
									DNF	DNF	DNF					

CZTERDZIESTKA, K30

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	3.5km	4.4km	4.5km	19.5km	Netto	Brutto	min/km	km/h
1	LIPNICKA MARTA	117	ULTRAKOTLINA TEAM	JELENIA GÓRA, DOLNOŚLĄSKIE	POL	K30	1	K 1	00:21:01	00:31:41	00:32:04		04:53:18.00	04:53:20.15	6:44	8.9
2	MARCINIAK DARIA	150	JEDZ I TRENUJ ŚWIEBODZIN	ŚWIEBODZIN	POL	K30	2	K 4	00:25:35	00:38:46	00:39:15		06:01:18.70	06:01:29.80	8:18	7.2
3	LEBODA KATARZYNA	13	WILD DOGS TEAM	KATOWICE	POL	K30	3	K 13	00:29:53	00:45:39	00:46:08		07:07:17.95	07:07:54.15	9:49	6.1
4	GORZOCH JUSTYNA	147		WARSZAWA	POL	K30	4	K 16	00:32:26	00:50:27	00:51:29		07:52:47.80	07:53:05.15	10:52	5.5

CZTERDZIESTKA, K30 c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	3.5km	4.4km	4.5km	19.5km	Netto	Brutto	min/km	km/h
5	SKÓRZAŃSKA AGNIESZKA	124		ROKITNO SZKACHECKIE	POL	K30	5	K 18	00:31:42	00:50:14	00:51:00		08:02:17.55	08:02:39.05	11:05	5.4
6	WESOŁOWSKA IWONA	125		PLEWISKA	POL	K30	6	K 21	00:30:33	00:48:23	00:49:46		08:10:41.45	08:10:56.05	11:16	5.3
7	KOPCZYŃSKA MARTA	55		SWARZĘDZ	POL	K30	7	K 23	00:36:50	00:55:30	00:57:08		08:47:55.05	08:48:22.40	12:08	4.9
8	WALIGÓRA JUDYTA	21		WŁOSZAKOWICE	POL	K30	8	K 25	00:33:04	00:51:24	00:54:53		08:50:06.65	08:50:20.20	12:11	4.9

CZTERDZIESTKA, M30

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	3.5km	4.4km	4.5km	19.5km	Netto	Brutto	min/km	km/h
1	KACZMARCZYK ŁUKASZ	137	ELITE RUNNERS	SMOLEC	POL	M30	1	M 2	00:20:18	00:30:22	00:30:47		04:49:27.20	04:49:29.15	6:39	9
2	NOWAK MARCIN	145		MOSINA	POL	M30	2	M 10	00:23:26	00:35:36	00:36:01		05:54:56.00	05:55:00.70	8:09	7.4
3	JUNIK ŁUKASZ	66	MOCNA DRUŻYNA CEZARA	MARCINKOWICE	POL	M30	3	M 11	00:24:46	00:37:46	00:38:17		05:55:09.80	05:55:20.05	8:09	7.3
4	WANDYCZ MARCIN	82		LUBAŃ	POL	M30	4	M 14	00:22:50	00:35:42	00:36:07		05:59:41.05	05:59:52.30	8:16	7.3
5	DOMAGAŁA KRZYSZTOF	114	PSARUS 87' WRZEŚNIA	WRZEŚNIA	POL	M30	5	M 16	00:24:02	00:36:03	00:36:25		06:02:17.80	06:02:25.85	8:19	7.2
6	PETRYKOWSKI KAROL	40	SEKCJA GÓRSKA HASAJTO!	SZCZECIN	POL	M30	6	M 17	00:25:25	00:39:31	00:40:25		06:07:30.55	06:07:32.70	8:26	7.1
			PLASKOZIEMCY													
7	KOSZEWSKI MICHAŁ	74		BYDGOSZCZ	POL	M30	7	M 18	00:23:59	00:35:41	00:36:06		06:07:41.50	06:08:02.10	8:27	7.1
8	MARCINIAK JAKUB	3	KOŹMIN BIEGA ULTRA RUNNERS	KROTOSZYN	POL	M30	8	M 20	00:23:26	00:37:26	00:37:51		06:09:49.55	06:09:59.50	8:30	7.1
9	DROBNIK BŁAŻEJ	111	OPALENICKI KLUB BIEGACZA	OPALENICA	POL	M30	9	M 21	00:27:10	00:41:37	00:42:19		06:11:13.70	06:11:23.10	8:32	7
10	KRAKOWIAK RAFAŁ	146	KRAKOWIAK ULTRA TEAM	KROSNO	POL	M30	10	M 23	00:26:43	00:41:10	00:41:38		06:13:58.75	06:14:03.90	8:35	7
11	OLSZEWSKI ARTUR	88		DĄBROWA GÓRNICZA	POL	M30	11	M 26	00:24:35	00:38:14	00:38:38		06:20:22.40	06:20:33.05	8:44	6.9
12	CIEŚLA BARTOSZ	148	MOCNOPRZYGODOWY.PL	TRZEBIEL	POL	M30	12	M 42	00:28:35	00:40:39	00:41:16		06:42:16.90	06:42:31.05	9:14	6.5
13	CZUPKIEWICZ MICHAŁ	8	TRUCHT TEAM OPOLE	OPOLE	POL	M30	13	M 47	00:25:43	00:39:24	00:39:46		06:52:08.05	06:52:11.65	9:28	6.3
14	STĘPNOWSKI JAKUB	34		LEGIONOWO	POL	M30	14	M 51	00:29:31	00:44:15	00:45:01		06:57:42.10	06:58:09.25	9:36	6.2
15	ROMANIUK BARTOSZ	23		WROCŁAW	POL	M30	15	M 52	00:28:19	00:42:55	00:43:25		06:58:16.30	06:58:42.10	9:36	6.2
16	SUCHOŁAS MATEUSZ	158		SWARZĘDZ	POL	M30	16	M 54	00:29:42	00:45:06	00:49:02		07:06:23.95	07:06:41.35	9:48	6.1
17	HAJNCE LECH	143		RAWICZ	POL	M30	17	M 56	00:26:40	00:40:29	00:41:08		07:07:30.90	07:07:38.25	9:49	6.1
18	SYCHOWSKI DAWID	4		WROCŁAW	POL	M30	18	M 64	00:25:53	00:40:43	00:41:13		07:24:14.30	07:24:18.70	10:12	5.9
19	WANDYCZ MARIUSZ	81	ANONIMOWY	LUBAŃ	POL	M30	19	M 65	00:26:41	00:40:52	00:41:19		07:25:01.25	07:25:28.70	10:13	5.9
20	MROWCA PAWEŁ	31		LUBAŃ	POL	M30	20	M 66	00:26:21	00:40:54	00:41:18		07:25:13.75	07:25:28.85	10:14	5.9
21	SZWARC GRZEGORZ	106	ARVATO S.C. REP	POZNAŃ	POL	M30	21	M 67	00:27:29	00:42:49	00:44:45		07:26:21.20	07:26:41.20	10:15	5.8
22	CIEŚLIK DAMIAN	157		MĘDŁÓW	POL	M30	22	M 72	00:29:20	00:44:34	00:48:34		07:42:06.65	07:42:23.30	10:37	5.6
23	KOZUBSKI MACIEJ	105	S.C. REP	POZNAŃ	POL	M30	23	M 73	00:26:38	00:41:09	00:41:50		07:42:13.15	07:42:30.75	10:37	5.6
24	SOLARSKI ROBERT	29	NORTH.PL	KOSZALIN	POL	M30	24	M 75	00:29:16	00:46:05	00:46:48		07:47:25.65	07:47:34.60	10:44	5.6
25	GÓRNY ROBERT	69	THE-SKY-IS-NO-LIMIT	ZIELONA GÓRA	POL	M30	25	M 76	00:29:10	00:44:34	00:48:01		07:47:22.95	07:47:41.50	10:44	5.6
26	JANIK MATEUSZ	28	ADIENT TEAM	LUBRZA	POL	M30	26	M 77	00:33:49	00:52:06	00:52:46		07:58:49.00	07:59:12.75	11:00	5.5
27	KACZMAREK MIROSŁAW	63	RUNNER'S POWER ŚREM	ŚREM	POL	M30	27	M 81	00:35:00	00:53:38	00:54:17		08:04:02.70	08:04:22.05	11:07	5.4
28	SZAJEK ARKADIUSZ	107	ARVATO S.C. REP	POZNAŃ	POL	M30	28	M 84	00:28:52	00:43:58	00:44:30		08:07:50.55	08:08:14.10	11:12	5.4
29	TALIKADZE DAWID	108	S.C.REP ARVATO ŻERNIKI	KOŚCIAN	POL	M30	29	M 101	00:31:37	00:50:22	00:52:13		09:02:12.60	09:02:37.15	12:27	4.8
	DZIUBAŁKA ADRIAN	41	EASY RUNNERS	KUNOWO	POL	M30			00:25:56	00:39:20	00:39:47	DNF	DNF	DNF	-	-
									DNF	DNF	DNF					

CZTERDZIESTKA, K40

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	3.5km	4.4km	4.5km	19.5km	Netto	Brutto	min/km	km/h
1	CHOJŃSKA MARTA	12	OWOCBIEGA TEAM	LUBIN	POL	K40	1	K 2	00:24:19	00:38:09	00:38:33		05:57:02.75	05:57:06.50	8:12	7.3
2	KACZOROWSKA MAGDALENA	140		ŚWIEBODZICE	POL	K40	2	K 3	00:24:07	00:37:16	00:37:40		06:00:15.15	06:00:18.30	8:16	7.2
3	GRABOŚ NINA	131		WARSZAWA	POL	K40	3	K 5	00:25:29	00:39:39	00:40:07		06:06:34.80	06:06:38.55	8:25	7.1
4	DZIETCZYK SYLWIA	51		CHOSZCZCZO	POL	K40	4	K 6	00:24:03	00:37:09	00:37:31		06:10:07.10	06:10:12.85	8:30	7.1
5	PYZIK EWA	64	MATNER RUNNING TEAM	BIELANY	POL	K40	5	K 7	00:28:45	00:43:27	00:43:55		06:24:23.95	06:24:37.65	8:50	6.8
				WROCŁAWSKIE												
6	ŚWIERZOWSKA MAGDALENA	70	FIZJOTERAPIA BIEGACZA	POZNAŃ	POL	K40	6	K 9	00:28:07	00:43:05	00:43:36		06:52:54.50	06:53:03.15	9:29	6.3
7	KUBIAK KAROLINA	87		WEJHEROWO	POL	K40	7	K 10	00:27:49	00:42:28	00:42:57		06:57:34.10	06:57:45.35	9:35	6.3

CZTERDZIESTKA, K40 c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	3.5km	4.4km	4.5km	19.5km	Netto	Brutto	min/km	km/h
8	MADEJ ANNA	72	VEGE RUNNERS	KATOWICE	POL	K40	8	K 11	00:33:16	00:46:27	00:47:18		06:58:09.05	06:58:24.55	9:36	6.2
9	QUIRINI EWA	113		WARSZAWA	POL	K40	9	K 14	00:29:54	00:45:36	00:46:49		07:22:15.85	07:22:32.05	10:10	5.9
10	ŻYGIEŁO MONIKA	14	CH10	CHOSZCZCZO	POL	K40	10	K 15	00:29:41	00:46:44	00:47:18		07:29:39.35	07:29:48.15	10:20	5.8
11	FRACKOWIAK EWELINA	48		JAROCIN	POL	K40	11	K 17	00:31:25	00:48:18	00:48:55		07:54:04.90	07:54:27.20	10:53	5.5
12	MATUSZEWSKA MAŁGORZATA	36	RUNNER'S POWER ŚREM	ŚREM	POL	K40	12	K 19	00:35:00	00:53:39	00:54:17		08:04:03.30	08:04:21.85	11:07	5.4
13	MARCINIAK ANNA	37	BBL LEGNICA	LEGNICA	POL	K40	13	K 20	00:33:04	00:51:23	00:52:06		08:05:12.55	08:05:25.10	11:09	5.4
14	BYLEWSKA EWA	33	3:33 TEAM	TRZCIANKA	POL	K40	14	K 22	00:33:51	00:52:02	00:52:42		08:16:26.45	08:16:42.80	11:24	5.3
15	OKONIEWSKA AGNIESZKA	19		ŚMIGIEL	POL	K40	15	K 24	00:33:11	00:51:35	00:54:53		08:50:05.85	08:50:20.15	12:11	4.9
16	WIECZOREK MONIKA	65	PGB LEŚNE DZIKI	WROCŁAW	POL	K40	16	K 26	00:33:16	00:52:21	00:53:11	03:29:25	08:59:47.00	08:59:52.65	12:24	4.8
17	DUBOWIK ANNA	42		GOSTYN	POL	K40	17	K 27	00:32:59	00:51:38	00:53:17		09:02:08.75	09:02:37.30	12:27	4.8

CZTERDZIESTKA, M40

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	3.5km	4.4km	4.5km	19.5km	Netto	Brutto	min/km	km/h
1	BRYDL PAVEL	120	SALOMON/SUUNTO	TRUTNOV	CZE	M40	1	M 1	00:19:49	00:30:20	00:30:52		04:42:03.55	04:42:04.25	6:29	9.3
2	ADAMCZYK MACIEJ	144	SKS OBORNIKI	OBORNIKI	POL	M40	2	M 3	00:19:48	00:30:20	00:30:44		05:03:18.85	05:03:21.70	6:58	8.6
3	WIŚNIEWSKI PAWEŁ	128	ULTRAKOTLINA TEAM	JELENIA GÓRA	POL	M40	3	M 4	00:20:40	00:31:02	00:31:25		05:15:11.85	05:15:13.35	7:14	8.3
4	DZIUB MARCIN	71	SEVEN-PERCEPTUS TEAM	PŁOTY	POL	M40	4	M 5	00:21:55	00:34:15	00:34:38		05:20:31.85	05:20:35.10	7:22	8.1
5	MARGOL PAWEŁ	84		WROCŁAW	POL	M40	5	M 6	00:24:19	00:37:20	00:37:44		05:37:24.40	05:37:29.60	7:45	7.7
6	LEKI KRZYSZTOF	130		GARBY	POL	M40	6	M 7	00:23:11	00:35:54	00:36:15		05:37:51.00	05:37:55.55	7:46	7.7
7	ROGÓRZ PIOTR	159		WROCŁAW	POL	M40	7	M 9	00:25:47	00:38:47	00:39:15		05:49:21.25	05:49:28.90	8:01	7.5
8	SĘK MACIEJ	27		WROCŁAW	POL	M40	8	M 12	00:24:32	00:37:25	00:38:06		05:57:15.90	05:57:20.45	8:12	7.3
9	GAWRONSKI PAWEŁ	151		OSTRÓW WIELKOPOLSKI	POL	M40	9	M 13	00:24:01	00:36:15	00:38:20		05:59:48.95	05:59:51.70	8:16	7.3
10	WINIARSKI JAROSŁAW	104	S.C. REP ARVATO	POZNAŃ	POL	M40	10	M 15	00:25:08	00:37:02	00:37:35		06:00:26.85	06:00:44.40	8:17	7.2
11	POPKO ŁUKASZ	2		LUBAŃ	POL	M40	11	M 19	00:24:39	00:37:43	00:38:14		06:08:43.30	06:09:02.65	8:28	7.1
12	JAKŚ GRZEGORZ	39	ALPIMADE TEAM	INOWROCŁAW	POL	M40	12	M 24	00:24:04	00:36:56	00:37:22		06:14:44.20	06:14:47.65	8:36	7
13	MALEWICZ GRZEGORZ	97		LUBAŃ	POL	M40	13	M 25	00:24:43	00:38:05	00:38:29		06:18:49.70	06:19:01.30	8:42	6.9
14	JAKUBOWSKI ANDRZEJ	85		ŻMIGRÓD	POL	M40	14	M 28	00:24:33	00:37:46	00:38:23		06:22:15.60	06:22:21.35	8:47	6.8
15	BOBORYCKI RAFAŁ	73	MOCNA GRUPA CEZARA	ŚRODA ŚLĄSKA	POL	M40	15	M 29	00:26:17	00:40:53	00:41:20		06:23:18.60	06:23:30.45	8:48	6.8
16	AUGUSTYNIAK GRZEGORZ	127		WROCŁAW	POL	M40	16	M 30	00:26:59	00:41:05	00:41:33		06:24:18.05	06:24:38.75	8:50	6.8
17	KUREK TOMASZ	135	OPALENICKI KLUB BIEGACZA	OPALENICA	POL	M40	17	M 31	00:27:12	00:41:35	00:42:19		06:25:18.50	06:25:26.00	8:51	6.8
18	GYREK JACEK	68		PAMIĄTKOWO	POL	M40	18	M 33	00:26:26	00:40:10	00:40:39		06:28:57.90	06:29:04.25	8:56	6.7
19	GRANOPS MACIEJ	118		MOSINA	POL	M40	19	M 35	00:25:56	00:39:36	00:40:16		06:29:33.30	06:29:48.70	8:57	6.7
20	SZONDA ISTVAN	149		PRAGUE	CZE	M40	20	M 36	00:25:49	00:38:51	00:39:14		06:29:52.90	06:30:06.15	8:57	6.7
21	DREWNIAK MARIUSZ	98		JELENIA GÓRA	POL	M40	21	M 37	00:25:42	00:38:52	00:39:16		06:31:05.10	06:31:21.60	8:59	6.7
22	OBIDOWSKI ŁUKASZ	112	ULTRAS	ŁĘCZYCA	POL	M40	22	M 39	00:26:34	00:41:43	00:42:12		06:33:51.20	06:33:58.25	9:03	6.6
23	BOROWCZYK MARCIN	86	ULTRAS	CZMOŃ	POL	M40	23	M 40	00:27:11	00:42:13	00:42:41		06:35:22.90	06:35:33.85	9:05	6.6
24	BOJAŃSKI ZBIGNIEW	115		WRZEŚNIA	POL	M40	24	M 41	00:25:50	00:39:36	00:40:11		06:35:27.25	06:35:36.35	9:05	6.6
25	KANDULSKI JAKUB	91	OPALENICKI KLUB BIEGACZA	OPALENICA	POL	M40	25	M 43	00:27:52	00:42:32	00:43:00		06:44:43.10	06:44:51.90	9:18	6.4
26	SAWCZYN TOMASZ	139	DBS	BRZĘKOWICE DOLNE 4	POL	M40	26	M 44	00:26:29	00:40:02	00:40:31		06:45:12.75	06:45:22.15	9:18	6.4
27	NOWACKI MICHAŁ	90	MORSY POZNAŃ	POZNAŃ	POL	M40	27	M 48	00:27:50	00:41:46	00:42:31		06:52:12.65	06:52:23.50	9:28	6.3
28	KURZAWSKI DARIUSZ	59	GK GOPR	OSTRZYCE	POL	M40	28	M 55	00:28:44	00:42:17	00:42:47		07:05:34.80	07:07:28.15	9:46	6.1
29	KOZERAŃSKI PRZEMYSŁAW	78	WILD DOGS TEAM	NADARZYN	POL	M40	29	M 57	00:25:34	00:40:16	00:40:55		07:09:26.60	07:09:45.15	9:52	6.1
30	SYCHOWIEC ADRIAN	17		JELENIA GÓRA	POL	M40	30	M 58	00:27:40	00:43:00	00:44:11		07:12:07.75	07:12:34.80	9:56	6
31	PLUCHA MICHAŁ	77	KOWARY BIEGAJĄ	KOWARY	POL	M40	31	M 59	00:28:27	00:42:39	00:46:56		07:17:18.25	07:17:48.10	10:03	6
32	MICHAŁSKI ADAM	116		GNIEZNO	POL	M40	32	M 60	00:26:38	00:41:17	00:43:46		07:18:22.15	07:18:32.95	10:04	6
33	STASZAK RADOSŁAW	47		ZŁOTNIKI	POL	M40	33	M 61	00:26:24	00:40:58	00:41:32		07:21:23.15	07:21:43.50	10:08	5.9
34	SOJKOWSKI PIOTR	83	4FUN TRIATHLON / NAJMIOWICZ TRIATHLON	WARSZAWA	POL	M40	34	M 63	00:28:01	00:43:27	00:43:57		07:23:11.90	07:23:25.90	10:11	5.9
35	MUSIAŁ PIOTR	75		DABROWA	POL	M40	35	M 68	00:29:37	00:43:58	00:44:26		07:27:14.95	07:27:39.20	10:16	5.8
36	SURDAKI PIOTR	18		SZCZECIN	POL	M40	36	M 69	00:29:43	00:46:43	00:47:18		07:29:38.80	07:29:47.85	10:20	5.8
37	BARANOWSKI ADAM	20		WAŁBRZYCH	POL	M40	37	M 70	00:28:18	00:43:36	00:44:49		07:30:45.95	07:30:58.95	10:21	5.8
38	BIENIEK MICHAŁ	152		WROCŁAW	POL	M40	38	M 71	00:30:11	00:47:06	00:48:21		07:36:18.10	07:36:27.85	10:29	5.7

CZTERDZIESTKA, M40 c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	3.5km	4.4km	4.5km	19.5km	Netto	Brutto	min/km	km/h
39	OSICA ŁUKASZ	76		ŚWIĘTOCHŁOWICE	POL	M40	39	M 74	00:33:15	00:46:22	00:47:15		07:45:30.85	07:45:47.50	10:42	5.6
40	WOŹNIAK SEBASTIAN	1		BOLESŁAWIEC	POL	M40	40	M 78	00:32:24	00:48:47	00:50:49		07:58:47.45	07:59:12.80	11:00	5.5
41	LEDNICKI MICHAŁ	110	ARVATO S.C. REP	SKÓRZEWÓ	POL	M40	41	M 79	00:29:46	00:45:21	00:46:27		08:02:03.85	08:02:23.35	11:04	5.4
42	STOŁOWSKI ROBERT	5		WIELEŃ	POL	M40	42	M 82	00:33:14	00:52:05	00:53:48		08:04:10.80	08:04:31.90	11:07	5.4
43	BUSZKOWSKI FILIP	122	SPORTOWY KAŻMIERZ	GAJ WIELKI	POL	M40	43	M 83	00:33:52	00:52:11	00:53:00		08:04:26.90	08:04:49.15	11:08	5.4
44	RAJTAR ROBERT	121	BRYGADA RR	GÓRZÓW	POL	M40	44	M 85	00:34:49	00:53:26	00:54:05		08:09:42.80	08:10:14.85	11:15	5.3
45	GAWORECKI SŁAWOMIR	93	KLUB SPORTOWY HUSARIA SZCZECINEK	SZCZECINEK	POL	M40	45	M 86	00:32:48	00:51:30	00:52:29		08:15:17.90	08:15:42.90	11:23	5.3
46	MACIEJEWSKI ŁUKASZ	134		KALISZ	POL	M40	46	M 87	00:28:34	00:43:39	00:44:22		08:15:34.95	08:15:48.70	11:23	5.3
47	MICHAŁKIEWICZ MAREK	61		POZNAŃ	POL	M40	47	M 89	00:34:05	00:52:19	00:53:02		08:18:18.90	08:18:30.90	11:27	5.2
48	KOLAŚNIEWSKI MAREK	57		POZNAŃ	AFG	M40	48	M 90	00:34:06	00:52:20	00:53:00		08:18:22.40	08:18:34.25	11:27	5.2
49	KRZYKANOWSKI MARCIN	56		BYDGOSZCZ	POL	M40	49	M 92	00:27:31	00:42:48	00:43:14		08:20:23.70	08:20:33.30	11:30	5.2
50	SZMANIA JAKUB	142	HKT AZYMUT	SWARZĘDZ	POL	M40	50	M 97	00:36:57	00:55:33	00:57:18		08:47:54.95	08:48:22.85	12:08	4.9
51	KWAPISZ PAWEŁ	129		WROCŁAW	POL	M40	51	M 98	00:33:25	00:50:58	00:51:30		08:47:55.35	08:48:27.15	12:08	4.9
52	RATAJCZAK TOMASZ	141		POZNAŃ	POL	M40	52	M 99	00:30:21	00:48:18	00:50:54		08:49:35.00	08:49:42.05	12:10	4.9
53	ZIELIŃSKI KAROL	6		POZNAŃ	POL	M40	53	M 100	00:32:31	00:50:06	00:50:40		08:59:10.85	08:59:23.90	12:23	4.8
54	WIECZOREK SŁAWOMIR	15		WRONKI	POL	M40	54	M 102	00:33:26	00:52:06	00:53:55		09:05:12.80	09:05:35.70	12:32	4.8
55	ZIELIŃSKI TOMASZ	53	ULTRAPIOTRKÓW	KARLIN	POL	M40	55	M 103	00:36:39	00:56:26	00:57:44		09:20:17.45	09:20:32.05	12:52	4.7
56	KOZŁOWSKI PIOTR	92		JASTROWIE	POL	M40	56	M 104	00:35:09	00:54:02	00:54:56		09:20:11.55	09:20:33.10	12:52	4.7
	CHLUDZIŃSKI PATRYK	109	S.C. REP ARVATO	POZNAŃ	POL	M40			00:29:33	00:45:36	00:47:22	DNF	DNF	DNF	-	-
									DNF	DNF	DNF					

CZTERDZIESTKA, K50

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	3.5km	4.4km	4.5km	19.5km	Netto	Brutto	min/km	km/h
1	STRAUCHOLD ANNA	160		KAMIENIEC WROCŁAWSKI	POL	K50	1	K 8	00:26:21	00:40:57	00:41:24		06:32:33.30	06:32:40.15	9:01	6.6
2	SUPERSON IWONA	49	WAFLE	SMARDZÓW	POL	K50	2	K 12	00:29:31	00:44:42	00:46:08		07:00:14.60	07:00:29.40	9:39	6.2

CZTERDZIESTKA, M50

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	3.5km	4.4km	4.5km	19.5km	Netto	Brutto	min/km	km/h
1	WANDEL PIOTR	133	NOA	DOMASŁAW	POL	M50	1	M 8	00:21:49	00:33:49	00:34:18		05:43:04.55	05:43:08.65	7:53	7.6
2	MATUSZEWSKI MAREK	35	RUNNER'S POWER ŚREM	ŚREM	POL	M50	2	M 22	00:24:12	00:37:17	00:37:42		06:12:36.85	06:12:39.70	8:33	7
3	MARCINIAK MACIEJ	25	JESTEM OD ROMKA	SZRENIAWA	POL	M50	3	M 27	00:27:12	00:41:29	00:42:03		06:22:12.05	06:22:18.75	8:47	6.8
4	POZNIAK ROBERT	38	OD JEZIORA DO JEZIORA	DOBRZEŃ WIELKI	POL	M50	4	M 32	00:28:19	00:42:46	00:43:30		06:28:11.50	06:28:33.50	8:55	6.7
5	PTAK ADAM	79	PIĄTKOWO NA BIEGOWO	POZNAŃ	POL	M50	5	M 34	00:25:50	00:40:20	00:40:53		06:29:35.95	06:29:44.00	8:57	6.7
6	SZAJOWSKI MARCIN	50	WAFLE	SMARDZÓW	POL	M50	6	M 38	00:29:31	00:44:43	00:46:09		06:33:17.60	06:33:33.35	9:02	6.6
7	NOWAK KRZYSZTOF	132		WARSZAWA	POL	M50	7	M 45	00:24:12	00:37:51	00:38:15		06:47:49.55	06:47:53.30	9:22	6.4
8	KARWACKI GRZEGORZ	123	KATCROS WAŁBRZYCH	WAŁBRZYCH	POL	M50	8	M 46	00:27:38	00:42:01	00:42:31		06:50:24.30	06:50:48.05	9:26	6.4
9	LUBELCZYK GRZEGORZ	24	SCW	MIEKINIA	POL	M50	9	M 49	00:29:20	00:44:16	00:44:51		06:53:45.35	06:54:18.80	9:30	6.3
10	SIEMIENIŁCZUK ROBERT	136		WARSZAWA	POL	M50	10	M 53	00:28:04	00:42:57	00:43:41		07:04:47.30	07:05:00.85	9:45	6.1
11	DZICZEK IRENEUSZ	26	RAZ SZCZECIN	SZCZECIN	POL	M50	11	M 62	00:28:41	00:44:41	00:45:10		07:22:43.40	07:22:49.45	10:10	5.9
12	DOMINIAK SŁAWOMIR	67		OSTRÓW WIELKOPOLSKI	POL	M50	12	M 80	00:29:24	00:44:42	00:45:58		08:02:07.70	08:02:31.45	11:04	5.4
13	ODWROT HUBERT	32	3:33 TEAM	TRZCIANKA	POL	M50	13	M 88	00:33:50	00:51:58	00:52:42		08:16:30.30	08:16:46.05	11:24	5.3
14	SOBKOWIAK SŁAWOMIR	7	WRONIECKI KLUB BIEGACZA	WRONKI	POL	M50	14	M 93	00:33:37	00:52:01	00:53:48		08:27:04.65	08:27:27.55	11:39	5.1
15	WITKOWSKI MARCIN	10	ZASZYCI	WARSZAWA	POL	M50	15	M 95	00:37:12	00:55:27	00:56:06		08:39:41.30	08:40:05.85	11:56	5
16	GORCZYCA JERZY	54		JELENIA GÓRA	POL	M50	16	M 96	00:33:27	00:50:19	00:51:19		08:42:04.85	08:42:33.80	12:00	5

CZTERDZIESTKA, M60

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	3.5km	4.4km	4.5km	19.5km	Netto	Brutto	min/km	km/h
1	KORZYCKI TADEUSZ	138		SOSNÓWKA	POL	M60	1	M 50	00:26:29	00:41:40	00:42:56		06:57:12.00	06:57:20.15	9:35	6.3
2	JĘSIEK ALEKSANDER	95	CIESIÓŁKA TEAM / MARATON LESZNO	LESZNO	POL	M60	2	M 91	00:31:02	00:48:51	00:49:54		08:18:32.65	08:18:48.65	11:27	5.2