

## DWUDZIESTKA

Organiser: Fundacja Szczyt za Szczytem  
Date: 2024-02-10  
Place: Karpniki  
Distance: 21 km  
Klasyfikacja wg czasów brutto.



### DWUDZIESTKA, OPEN

POS	Name and surname	No.	Club	City	NAT	Cat.	M.	F/M	4.5km	Netto	Brutto	min/km	km/h
1	BONIEC RADOŚLAW	448	AW SZYBCIEJ TEAM/NADLEŚNICTWO LIPINKI	ŁAZ	POL	M30	1	M 1	00:26:10	01:44:21.85	01:44:23.65	4:58	12.1
2	BRYDL PAVEL	551	SALOMON CZ	TRUTNOV	CZE	M40	1	M 2	00:26:12	01:48:53.35	01:48:55.05	5:11	11.6
3	PAWLIK PAWEŁ	375	TERVEL MOUNTAIN RUNNER	WAŁBRZYCH	POL	M30	2	M 3	00:26:27	01:49:41.35	01:49:43.20	5:13	11.5
4	WANIOWSKI JAN JAKUB	413	AW-SZYBCIEJ-TEAM	KRAPKOWICE	POL	M30	3	M 4	00:28:20	01:55:48.70	01:55:52.00	5:30	10.9
5	PERZ JAN	480	ULTRA TRAIL ACADEMY	KOSZALIN	POL	M20	1	M 5	00:29:42	01:57:51.75	01:57:54.50	5:36	10.7
6	PILARSKI TOMASZ	542	MARCIN ŚWIERC TEAM	BOGATYNIA	POL	M40	2	M 6	00:28:37	01:58:28.55	01:58:30.65	5:38	10.6
7	DUL KAROLINA	520	SBG SALCO	JELEŃ GÓRA	POL	K20	1	K 1	00:30:17	02:01:06.75	02:01:09.35	5:46	10.4
8	ŁAZEWSKI OSKAR	515		BOLESŁAWIEC	POL	M20	2	M 7	00:29:58	02:03:16.25	02:03:18.95	5:52	10.2
9	DWOJAK FILIP	536	TOMICA COACHING	JANOWICE WIELKIE	POL	M20	3	M 8	00:29:17	02:06:22.40	02:06:25.45	6:01	10
10	MOCZULSKA MAŁGORZATA	399		ŻARÓW	POL	K40	1	K 2	00:30:47	02:06:45.35	02:06:48.20	6:02	9.9
11	ZBOROWSKI KRZYSZTOF	513		WILKÓW K. ZŁOTORYI	POL	M40	3	M 9	00:31:47	02:07:49.20	02:07:51.45	6:05	9.9
12	NOWORYTA RADOŚLAW	541	ULTRA DIABŁY TEAM LUBRZA	LUBRZA	POL	M40	4	M 10	00:31:18	02:08:07.95	02:08:11.00	6:06	9.8
13	FILUŚ ADAM	486		POZNAŃ	POL	M20	4	M 11	00:31:36	02:08:30.65	02:08:42.70	6:07	9.8
14	PEONOWSKI MACIEJ	366	PSZCZÓLKOWSKI TEAM	WROCŁAW	POL	M30	4	M 12	00:31:45	02:09:04.70	02:09:08.65	6:08	9.8
15	SZUKAŁA PIOTR	437		POZNAŃ	POL	M30	5	M 13	00:32:41	02:11:47.60	02:11:54.00	6:16	9.6
16	MIODUCHOWSKI ARKADIUSZ	449		WARSZAWA	POL	M30	6	M 14	00:31:54	02:13:20.15	02:13:27.50	6:20	9.5
17	GRZELAK ADRIAN	534	ŁOWCY KAMIENIC	NOWY SĄCZ	POL	M30	7	M 15	00:34:47	02:14:44.65	02:14:56.55	6:24	9.4
18	MIKA ANDRZEJ	435		WROCŁAW	POL	M40	5	M 16	00:32:48	02:14:57.55	02:15:01.25	6:25	9.3
19	GRACZ PAWEŁ	374	ULTRA DIABŁY TEAM LUBRZA	ZBAŚZYNEK	POL	M40	6	M 17	00:31:51	02:16:22.60	02:16:24.85	6:29	9.2
20	STASZELIS KRZYSZTOF	545	POCOLOCO ADVENTURE	POZNAŃ	POL	M30	8	M 18	00:32:41	02:16:54.60	02:16:58.35	6:31	9.2
21	NIEZGÓDKA TOMASZ	531	DFBG TEAM	WROCŁAW	POL	M50	1	M 19	00:33:07	02:17:48.40	02:17:52.35	6:33	9.1
22	KRZESIŃSKI DARIUSZ	464	ORANGE POLSKA S.A.	WROCŁAW	POL	M40	7	M 20	00:33:26	02:18:09.65	02:18:14.20	6:34	9.1
23	RACHAŃSKI MICHAŁ	543	ROCK BALANCING ICE	SULIKÓW	POL	M30	9	M 21	00:33:27	02:19:09.25	02:19:12.90	6:37	9.1
24	DONDAJEWSKI MIKOŁAJ	481		POZNAŃ	POL	M20	5	M 22	00:33:49	02:20:32.95	02:20:44.65	6:41	9
25	PERON ANITA	302		ZIELONA GÓRA	POL	K30	1	K 3	00:33:30	02:20:42.45	02:20:50.85	6:42	9
26	GAJDEMSKI RAFAŁ	473		KROSNO ODRZAŃSKIE	POL	M30	10	M 23	00:36:31	02:23:06.50	02:23:25.70	6:48	8.8
27	CIEŚLIK SŁAWOMIR	423	ANTONTEAM	RYDZYNA	POL	M40	8	M 24	00:35:46	02:23:26.35	02:23:33.05	6:49	8.8
28	KHODAR ALIAKSANDR	526		ŁÓDŹ	POL	M20	6	M 25	00:34:57	02:23:19.80	02:23:37.25	6:49	8.8
29	BIAŁOMYZY URSZULA	377		BOLESŁAWIEC	POL	K20	2	K 4	00:33:57	02:23:48.05	02:23:50.55	6:50	8.8
30	JODŁOWSKI MAREK	321		KROSNO ODRZ	POL	M40	9	M 26	00:34:32	02:24:12.80	02:24:17.05	6:52	8.7
31	JANOSZ KAMIL	499		JELEŃ GÓRA	POL	M20	7	M 27	00:33:41	02:24:52.20	02:25:01.05	6:53	8.7
32	JURCZAK SZYMON	427		WROCŁAW	POL	M30	11	M 28	00:35:01	02:25:06.50	02:25:13.35	6:54	8.7
33	MAJEWSKI MACIEJ	522		SWIDNICA	POL	M40	10	M 29	00:35:15	02:25:20.45	02:25:26.70	6:55	8.7
34	BOHAREWICZ PAWEŁ	339	BOHAR PALETY TRANSPORT	ZIELONA GÓRA	POL	M40	11	M 30	00:38:04	02:26:36.85	02:26:45.70	6:58	8.6
35	KURPIEWSKA ANNA	406		WROCŁAW	POL	K40	2	K 5	00:36:35	02:26:41.45	02:26:47.10	6:59	8.6
36	POLAK BARTOSZ	452		WROCŁAW	POL	M30	12	M 31	00:38:04	02:27:55.00	02:28:06.45	7:02	8.5
37	PRZYBYŁ PIOTR	539	EASY RUNNERS	GOSTYŃ	POL	M50	2	M 32	00:35:33	02:28:12.15	02:28:14.85	7:03	8.5
38	TOMASZEWSKI MICHAŁ	336		JELEŃ GÓRA	POL	M30	13	M 33	00:37:17	02:28:28.30	02:28:34.75	7:04	8.5
39	KRÓLIKOWSKA MAGDALENA	488		SOŚNIE	POL	K40	3	K 6	00:35:13	02:28:42.10	02:28:47.55	7:04	8.5
40	RADKOWSKA MAŁGORZATA	392	TEAM PARSZCZYŃSKICH/ SŁODKIE PĄCZKI	WARSZAWA	POL	K30	2	K 7	00:36:23	02:28:59.20	02:29:05.30	7:05	8.5
41	ŻÓŁDAK MAGDALENA	398	ADIDAS RUNNERS POZNAŃ	POZNAŃ	POL	K40	4	K 8	00:37:47	02:29:37.80	02:29:41.65	7:07	8.4
42	WOLSKI KRZYSZTOF	305		MAKOSZYCE	POL	M30	14	M 34		01:52:49.05	02:29:52.05	5:22	11.2
43	KOWALSKI PIOTR	483		BOLEŚCIN	POL	M30	15	M 35	00:36:23	02:30:06.90	02:30:24.65	7:08	8.4
44	DREWNIAK MARIUSZ	432		JELEŃ GÓRA	POL	M40	12	M 36	00:38:03	02:30:15.60	02:30:27.55	7:09	8.4
45	MORAWSKI FILIP	347	KRAKOWIAKULTRATEAM	PUSZCZYKOWO	POL	M50	3	M 37	00:37:20	02:30:49.65	02:30:55.10	7:10	8.4

**DWUDZIESTKA, OPEN c.d.**

POS	Name and surname	No.	Club	City	NAT	Cat.	M.	F/M	4.5km	Netto	Brutto	min/km	km/h
							cat.						
46	KRAKOWSKA ANNA	306		STANISZÓW	POL	K30	3	K 9	00:36:41	02:30:56.95	02:31:01.20	7:11	8.3
47	ORWAT ADAM	411	WOLSZTYŃSKI KLUB BIEGOWY	STARA DĄBROWA	POL	M40	13	M 38	00:37:09	02:30:39.45	02:31:06.95	7:10	8.4
48	VISENTIN ERIC	516	NOA	WROCLAW	POL	M40	14	M 39	00:37:57	02:31:20.95	02:31:28.15	7:12	8.3
49	NIKANENKA SIARHEI	457	GREBENSTAR	JELEŃ GÓRA	POL	M40	15	M 40		02:31:48.00	02:31:48.00	7:13	8.3
50	ŁUCZAK MARCIN	329	RUN4ENERGY	PLEWISKA	POL	M40	16	M 41	00:37:08	02:32:08.65	02:32:19.70	7:14	8.3
51	ŚLIŻ SYLWIA	416		SIECHNICE	POL	K30	4	K 10	00:39:26	02:33:10.45	02:33:13.55	7:17	8.2
52	OLEJNIK EGIDIUSZ	505		JELEŃ GÓRA	POL	M30	16	M 42	00:36:21	02:33:24.65	02:33:28.60	7:18	8.2
53	MARGOL PAWEŁ	459		LIGOTA PIĘKNA	POL	M40	17	M 43	00:38:16	02:33:48.80	02:33:52.95	7:19	8.2
54	BABIŃSKA-POPIŁKA EWELINA	301		RADKÓW	POL	K40	5	K 11	00:36:16	02:34:06.00	02:34:08.70	7:20	8.2
55	BOBORYCKI RAFAŁ	523	MOCNA GRUPA CEZARA	ŚRODA ŚLĄSKA	POL	M40	18	M 44	00:36:42	02:34:36.90	02:34:41.90	7:21	8.2
56	JASIAK KAROL	487	ZEFKA RUNNERS	ROGASZYCE	POL	M30	17	M 45	00:37:00	02:35:24.90	02:35:30.80	7:24	8.1
57	STEC ADAM	502		WYSOKA	POL	M40	19	M 46	00:38:14	02:35:36.35	02:35:41.50	7:24	8.1
58	PIOTROWICZ MICHAŁ	349	ORTHOS TEAM	IWINY	POL	M30	18	M 47	00:36:55	02:35:56.75	02:36:01.60	7:25	8.1
59	PUDŁOWSKI BARTOSZ	356	T3TEAM	WROCLAW	POL	M50	4	M 48	00:37:59	02:35:38.80	02:36:03.20	7:24	8.1
60	JANOSZ EWA	498		JELEŃ GÓRA	POL	K20	3	K 12	00:36:48	02:36:18.65	02:36:27.00	7:26	8.1
61	BURSZTA-RYPEL MATYLDA	465	WOSIEK TEAM	WROCLAW	POL	K30	5	K 13	00:38:53	02:36:52.50	02:36:57.35	7:28	8
62	KWIECIEŃ MONIKA	458		WROCLAW	POL	K20	4	K 14	00:39:07	02:37:38.30	02:37:49.60	7:30	8
63	SZKÓDLIŃSKI BARTOSZ	310	NARAMOWICE BIEGAJĄ	POZNAŃ	POL	M40	20	M 49	00:38:30	02:37:48.95	02:38:06.40	7:30	8
64	GALEK ZBIGNIEW	453	ŁAGÓW TEAM	ŁAGÓW	POL	M40	21	M 50	00:36:49	02:38:08.20	02:38:14.35	7:31	8
65	WAŁCZYK MATEUSZ	378		JELEŃ GÓRA	POL	M30	19	M 51	00:39:14	02:39:15.25	02:39:19.60	7:35	7.9
66	WODZIŃSKA DANUTA	419	TRAIL IS OUR WAY/ BIEG OPOLSKI	KRAPKOWICE	POL	K40	6	K 15	00:37:24	02:39:34.35	02:39:38.35	7:35	7.9
67	SZYMAŃSKI PAWEŁ	552		OPOLE	POL	M30	20	M 52	00:37:00	02:39:50.75	02:39:58.25	7:36	7.9
68	BUJKO MARCIN	514	TRIMP TEAM	BIELAWA	POL	M30	21	M 53	00:39:06	02:40:42.85	02:41:07.60	7:39	7.8
69	NYKIEL RAFAŁ	501		NOWA WIOSKA	POL	M40	22	M 54	00:39:20	02:41:32.45	02:41:39.15	7:41	7.8
70	KACZMAREK ŁUKASZ	405	KUŹNIA TALENTÓW KAMIENIEC	KAMIENIEC	POL	M30	22	M 55	00:38:55	02:41:40.50	02:41:48.45	7:41	7.8
71	BIALIC GRZEGORZ	553				M40	23	M 56	00:40:01	02:41:57.05	02:42:07.55	7:42	7.8
72	ŚLIWKA RADOŚLAW	338		POZNAŃ	POL	M40	24	M 57	00:40:21	02:42:34.00	02:42:36.10	7:44	7.8
73	FEDUNIK KAROL	441	IDŹ OŁAWO	OŁAWA	POL	M30	23	M 58		02:39:26.10	02:42:47.90	7:35	7.9
74	SYDORCZYK MAGDALENA	319	ENDORFINA WSCHOWA	WSCHOWA	POL	K40	7	K 16	00:39:25	02:42:44.25	02:42:52.00	7:44	7.7
75	LEWICKI TOMASZ	537	CAŁA OLEŚNICA BIEGA	DOBROSZYCE	POL	M40	25	M 59	00:40:03	02:42:38.55	02:43:00.55	7:44	7.7
76	PIETRZAKOWSKI ROBERT	509		GORZÓW WIELKOPOLSKI	POL	M40	26	M 60	00:39:19	02:43:04.10	02:43:24.05	7:45	7.7
77	UMIASTOWSKI MATEUSZ	461		WARSZAWA	POL	M30	24	M 61	00:38:14	02:43:41.45	02:43:59.85	7:47	7.7
78	NIŻEWSKI PAWEŁ	462	KRAKOWIAK ULTRA TEAM	CZAPURY	POL	M40	27	M 62	00:40:26	02:44:45.95	02:44:52.05	7:50	7.6
79	KWIATKOWSKA STANISŁAWA	535		GOSŁAWICE	POL	K50	1	K 17	00:42:06	02:46:06.85	02:46:20.40	7:54	7.6
80	DIERING TOMASZ	335	ROWERY MAŁGOŚKA	SKÓRZEWO	POL	M30	25	M 63	00:39:25	02:46:15.55	02:46:23.45	7:55	7.6
81	LENART JAKUB	379		WROCLAW	POL	M30	26	M 64	00:40:09	02:46:57.05	02:47:15.55	7:57	7.5
82	MICHALCZYK MICHAŁ	350		ZIELONA GÓRA	POL	M40	28	M 65	00:37:58	02:48:04.90	02:48:14.65	8:00	7.5
83	KALUSKI ŁUKASZ	532	KKW CYKLOFAN	OPOLE	POL	M40	29	M 66	00:45:10	02:47:54.00	02:48:25.85	7:59	7.5
84	PEPŁOŃSKI ŁUKASZ	492		WARSZAWA	POL	M40	30	M 67	00:41:34	02:48:06.45	02:48:31.50	8:00	7.5
85	ŁATKA MATEUSZ	475		BOLKÓW	POL	M30	27	M 68	00:39:35	02:48:21.60	02:48:32.10	8:01	7.5
86	CZAPLIKA IZABELA	408	GOPR KARKONOSZE	JELEŃ GÓRA, DOLNOŚLĄSKIE	POL	K40	8	K 18	00:39:15	02:48:40.35	02:48:46.15	8:01	7.5
87	MACHNICKA WIKTORIA	482		GOŁĘCZEWO	POL	K20	5	K 19	00:41:39	02:48:34.15	02:48:53.20	8:01	7.5
88	BROJ MICHAŁ	529	KKW CYKLOFAN	OPOLE	POL	M40	31	M 69		02:49:04.65	02:49:04.65	8:03	7.5
89	RUDZKI MARTIN	519		LUTYNIA	POL	M30	28	M 70	00:38:19	02:48:55.70	02:49:13.85	8:02	7.5
90	DOMAŃSKI HENRYK	341	STAN UMYSŁU LEWIN BIEGA	LEWIN BRZESKI	POL	M50	5	M 71	00:37:55	02:49:36.45	02:49:41.30	8:04	7.4
91	WYRZUCKI ANDRZEJ	365	EKYPA DOMASZCZYN PRZYLESIE	DOMASZCZYN	POL	M30	29	M 72	00:38:23	02:49:52.20	02:50:13.90	8:05	7.4
92	SZUKAŁA IZABELA	438		POZNAŃ	POL	K30	6	K 20	00:41:16	02:50:29.00	02:50:42.00	8:07	7.4
93	SYCHOWSKI DAWID	304		WROCLAW	POL	M40	32	M 73	00:41:17	02:50:34.55	02:50:45.55	8:07	7.4
94	STASIAK ŁUKASZ	518		LUBIN	POL	M40	33	M 74	00:42:16	02:50:58.35	02:51:06.65	8:08	7.4
95	FRYBEL DAMIAN	517		OBRA	POL	M40	34	M 75	00:42:06	02:51:09.40	02:51:24.50	8:09	7.4
96	SŁOWIK GRZEGORZ	489	ZEFKA RUNNERS	OSTRZESZÓW	POL	M40	35	M 76	00:38:11	02:51:59.75	02:52:06.15	8:11	7.3
97	MATYJASZCZUK MATEUSZ	436		WROCLAW	POL	M30	30	M 77	00:43:07	02:53:34.90	02:53:45.10	8:15	7.3
98	NIEWIADOMSKI MAREK	389	CROSS KRAPKOWICE	KRAPKOWICE	POL	M30	31	M 78	00:41:27	02:53:28.60	02:53:50.95	8:15	7.3
99	LASKOWSKI DARIUSZ	549		CHWALISZÓW	POL	M40	36	M 79	00:38:59	02:53:51.40	02:54:16.45	8:16	7.2
100	DORNIK RADEK	554		ZGORZELEC	POL	M40	37	M 80	00:45:17	02:54:02.80	02:54:18.25	8:17	7.2
101	OBST MATEUSZ	387		KOBYLNICA	POL	M30	32	M 81	00:39:01	02:54:58.40	02:55:07.35	8:19	7.2

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							cat.						
102	BIESCZAD MACIEJ	490		WROCLAW	POL	M30	33	M 82	00:40:18	02:55:06.75	02:55:23.55	8:20	7.2
103	WAJDA MACIEJ	445	SPELEOCLUB WROCLAW	WROCLAW	POL	M40	38	M 83	00:40:16	02:56:01.35	02:56:17.05	8:22	7.2
104	PLÓCIENNIK KRZYSZTOF	469	UKS AZYMUT PABIANICE	PABIANICE	POL	M40	39	M 84	00:39:12	02:55:55.50	02:56:23.30	8:22	7.2
105	ADAMSKA PAULINA	401	SZYNZYLA GNIEZNO	GNIEZNO	POL	K20	6	K 21	00:44:01	02:56:12.60	02:56:30.50	8:23	7.2
106	BARTOSIEWICZ ADAM	463		GRYFINO	POL	M40	40	M 85	00:44:57	02:56:15.55	02:56:36.30	8:23	7.1
107	BARTOSZAK DOROTA	402	SZYNZYLA GNIEZNO	GNIEZNO	POL	K50	2	K 22	00:44:04	02:56:20.95	02:56:40.15	8:23	7.1
108	NOWAK MARTA	325		DŁUGOŁĘKA	POL	K40	9	K 23	00:44:11	02:57:26.85	02:57:37.00	8:26	7.1
109	MILEWSKI LUKASZ	504		BOLESŁAWIEC	POL	M30	34	M 86	00:44:13	02:57:17.90	02:57:38.65	8:26	7.1
110	RAPAŁA ROMAN	527		PIECHOWICE	POL	M40	41	M 87	00:39:23	02:57:57.05	02:58:04.10	8:28	7.1
111	ZIMNY TOMASZ	320		SZCZECIN	POL	M60	1	M 88	00:43:17	02:58:13.45	02:58:28.30	8:29	7.1
112	HEJNA MAŁGORZATA	383		SZCZECIN	POL	K50	3	K 24	00:43:17	02:58:14.70	02:58:28.80	8:29	7.1
113	KORZYCKI TADEUSZ	533		SOSNÓWKA	POL	M60	2	M 89	00:41:50	02:58:56.75	02:59:06.10	8:31	7
114	KOTŁOWSKI WOJCIECH	478		POZNAŃ	POL	M40	42	M 90	00:41:24	02:59:01.85	02:59:15.65	8:31	7
115	BALCER RADOŚLAW	368		OSTRÓW WIELKOPOLSKI	POL	M30	35	M 91	00:39:21	02:59:02.75	02:59:18.00	8:31	7
116	SZELĄGIEWICZ AREK	468	CI OD RUDEGO KOTA	SZCZECIN	POL	M40	43	M 92	00:43:25	02:59:39.80	03:00:01.00	8:33	7
117	GŁÓWKA MACIEJ	470		KARWIANY	POL	OPEN MĘŻCZYŹNI	1	M 93	00:46:20	02:59:50.45	03:00:12.80	8:33	7
118	HATAŁA TOMASZ	477	BARCA	WROCLAW	POL	M30	36	M 94	00:43:07	02:59:58.40	03:00:19.65	8:34	7
119	GRZELAK ELŻBIETA	343		KALISZ	POL	K40	10	K 25	00:46:33	03:00:02.90	03:00:20.50	8:34	7
120	MATYJASZCZUK ELA	324		WROCLAW	POL	K30	7	K 26	00:43:13	03:00:29.90	03:00:39.35	8:35	7
121	KROSZYŃSKA JOWITA	327		ZGORZELEC	POL	K20	7	K 27	00:46:34	03:00:51.65	03:00:58.95	8:36	7
122	BIŁOUS ANASTASIIA	386		KROSNO ODRZAŃSKIE	POL	K20	8	K 28	00:41:28	03:01:06.55	03:01:12.65	8:37	7
123	TULIK PRZEMYSŁAW	348		WARSZAWA	POL	M50	6	M 95	00:43:21	03:01:42.10	03:01:56.55	8:39	6.9
124	MANKIEWICZ MARIUSZ	511		WARSZAWA	POL	M30	37	M 96	00:45:52	03:02:00.65	03:02:17.45	8:40	6.9
125	OPAŁA MACIEJ	528		JELEŃ GÓRA	POL	M40	44	M 97	00:43:30	03:02:51.20	03:03:00.55	8:42	6.9
126	JANCZAREK LUKASZ	371	PTORUNNERS	WROCLAW	POL	M40	45	M 98	00:44:39	03:03:01.80	03:03:27.85	8:42	6.9
127	KRUSZEWSKA ASIA	316	ADIDAS RUNNERS POZNAŃ	POZNAŃ	POL	K30	8	K 29	00:46:31	03:03:26.70	03:03:34.15	8:44	6.9
128	PLUSA ANETA	357	BBC KROSNO ODRZAŃSKIE	KROSNO ODRZAŃSKIE	POL	K40	11	K 30	00:44:01	03:03:27.40	03:03:35.15	8:44	6.9
129	JODŁOWSKA EWA	322	BBC KROSNO ODRZAŃSKIE	KROSNO ODRZ	POL	K40	12	K 31	00:44:00	03:03:57.00	03:04:03.55	8:45	6.8
130	DECHNIK ŁUKASZ	508	I W GÓRĘ I W DÓŁ	WROCLAW	POL	M40	46	M 99	00:44:51	03:03:57.75	03:04:06.60	8:45	6.8
131	FILIPIAK SEBASTIAN	456	EKIPA LIPA	LIPA	POL	M40	47	M 100	00:43:42	03:03:42.45	03:04:11.55	8:44	6.9
132	CZACHOWSKI MICHAŁ	451	ŻWAWĘ ŻÓLWIE	WARSZAWA	POL	M50	7	M 101	00:46:20	03:03:56.65	03:04:36.05	8:45	6.9
133	GRZELIŃSKI MICHAŁ	467		JAROCIN	POL	M30	38	M 102	00:47:29	03:04:49.30	03:05:20.75	8:48	6.8
134	ŻUREK MATEUSZ	496		POZNAŃ	POL	M40	48	M 103	00:44:08	03:05:42.60	03:05:50.90	8:50	6.8
135	SZARADOWSKI PIOTR	493	AW-SZYBCIEJ-TEAM	ŚWIDNICA	POL	M50	8	M 104	00:41:39	03:06:03.55	03:06:22.65	8:51	6.8
136	KOWACZ AGATA	540	SPEEDBAR	WAŁBRZYCH	POL	K40	13	K 32	00:47:59	03:06:36.95	03:06:46.15	8:53	6.8
137	NARKUN EWA	388		IŁOWA	POL	K40	14	K 33	00:46:38	03:07:25.05	03:07:32.65	8:55	6.7
138	MAZUR KATARZYNA	385	UMLAUT	KROSNO ODRZAŃSKIE	POL	K40	15	K 34	00:45:14	03:08:21.00	03:08:25.95	8:58	6.7
139	KOPACKI TOMASZ	390	TOMASZ KOPACKI 8992548543	WROCLAW	POL	M30	39	M 105	00:47:59	03:08:17.60	03:08:46.60	8:57	6.7
140	KRYSIEWICZ MARCIN	429		WARSZAWA	POL	M40	49	M 106	00:45:18	03:08:33.45	03:08:48.00	8:58	6.7
141	PRUCHNIEWSKA AGNIESZKA	503		ROKIETNICA	POL	K40	16	K 35	00:44:18	03:08:44.30	03:08:51.20	8:59	6.7
142	LEWICKA MAGDALENA	538	CAŁA OLEŚNICA BIEGA	DOBROSZYCE	POL	K40	17	K 36	00:47:36	03:08:42.15	03:09:05.05	8:59	6.7
143	CHRZANOWSKA AGNIESZKA	407	IDĘ DALEJ	SZCZECIN	POL	K40	18	K 37	00:47:21	03:09:09.85	03:09:23.25	9:00	6.7
144	SKROBEK MARCIN	507		WROCLAW	POL	M40	50	M 107	00:48:22	03:07:14.95	03:09:27.00	8:54	6.7
145	WIĘCEK MICHAŁ	359		CHOJNÓW	POL	M30	40	M 108	00:43:19	03:11:28.80	03:11:38.85	9:07	6.6
146	NOWAK ŁUKASZ	360	BLOOD BROTHERS	CHOJNÓW	POL	M40	51	M 109	00:43:23	03:11:29.00	03:11:39.05	9:07	6.6
147	KŁOPOTEK NINA	460	EXTREME FAMILY	BARTKOWO	POL	K20	9	K 38	00:48:21	03:11:45.00	03:12:04.65	9:07	6.6
148	LACH AGNIESZKA	485	MOCNA GRUPA CEZARA	WROCLAW	POL	K50	4	K 39	00:48:02	03:12:05.25	03:12:10.80	9:08	6.6
149	MILLER AGNIESZKA	344	BIEGAM BO LUBIĘ LASY BOGDANIEC	BOGDANIEC	POL	K30	9	K 40	00:47:35	03:11:42.95	03:12:14.90	9:07	6.6
150	GRUCHOT WALDEMAR	367		POGORZELA	POL	M40	52	M 110	00:45:11	03:12:03.10	03:12:30.95	9:08	6.6
151	SOCHA MARCIN	303		KROSNO	POL	M40	53	M 111	00:46:12	03:12:41.20	03:12:52.50	9:10	6.5
152	GADZIŃSKI ROBERT	373		KROSINKO	POL	M40	54	M 112	00:45:12	03:12:44.90	03:13:12.40	9:10	6.5
153	SIKORSKI CEZARY	384	BBC	GUBIN	POL	M50	9	M 113	00:47:20	03:13:44.05	03:13:49.20	9:13	6.5
154	KOZIAROWSKI MICHAŁ	364		DOMASZCZYN	POL	M40	55	M 114	00:45:07	03:14:01.75	03:14:22.65	9:14	6.5
155	WOLIŃSKI BŁAŻEJ	525	RATEL TEAM	WROCLAW	POL	M30	41	M 115	00:48:13	03:14:23.50	03:14:47.00	9:15	6.5
156	MYSZKIEWICZ BARTOSZ	454		MIŁOŚLAW	POL	M50	10	M 116	00:49:31	03:15:19.05	03:15:53.65	9:18	6.5
157	MATKOWSKI WIKTOR	546	RENA WYKROTY	LWÓWEK ŚLĄSKI	POL	M40	56	M 117	00:47:50	03:15:31.65	03:16:00.45	9:18	6.4

**DWUDZIESTKA, OPEN c.d.**

POS	Name and surname	No.	Club	City	NAT	Cat.	M.	F/M	4.5km	Netto	Brutto	min/km	km/h
							cat.						
158	PIÓRKO PIOTR	361		LESZNO	POL	M40	57	M 118	00:46:31	03:16:02.30	03:16:19.15	9:20	6.4
159	MILEWICZ MARCIN	318		SIECHNICE	POL	M30	42	M 119	00:50:23	03:15:46.25	03:16:26.35	9:19	6.4
160	NOWOSAD PIOTREK	547		ZGORZELEC	POL	M30	43	M 120	00:49:02	03:16:18.05	03:16:34.95	9:20	6.4
161	SZARMACH DARIUSZ	500	MARATOŃCZYK TEAM SZCZECIN	SZCZECIN	POL	M50	11	M 121	00:48:26	03:17:04.30	03:17:17.10	9:23	6.4
162	TROFIMOVA VICTORIA	495	RUNNING RED SQUIRREL	SZCZECIN	POL	K30	10	K 41	00:48:24	03:17:03.50	03:17:17.25	9:23	6.4
163	GÓRNA AMELIA	521	KLUB BIEGACZA BOLESŁAWIEC	TOMISŁAW	POL	K50	5	K 42	00:43:11	03:17:31.20	03:17:41.85	9:24	6.4
164	JURCZAK AGATA	471		OŁAWA	POL	K20	10	K 43	00:46:56	03:17:50.95	03:17:59.25	9:25	6.4
165	SYNOWIEC-JUDA AGATA	418		JELENIA GÓRA	POL	K40	19	K 44	00:49:18	03:17:42.20	03:17:59.90	9:24	6.4
166	CHUDA JOANNA	426		POZNAŃ	POL	K30	11	K 45	00:52:28	03:18:18.10	03:18:23.25	9:26	6.4
167	ŁUKASZEWSKI SZYMON	472		RADWANICE	POL	M30	44	M 122	00:46:57	03:18:20.15	03:18:28.65	9:26	6.4
168	BENTKOWSKA MAGDALENA	491	DIRTY SPARROWS	POZNAŃ	POL	K30	12	K 46	00:46:06	03:18:58.15	03:19:10.40	9:28	6.3
169	ZASOWSKI RAFAL	346		POZNAŃ	POL	M40	58	M 123	00:47:58	03:19:17.15	03:19:26.60	9:29	6.3
170	PACIULON KRZYSZTOF	331	OKI OKI TEAM	KARWIANY	POL	M50	12	M 124	00:49:02	03:19:20.50	03:19:41.25	9:29	6.3
171	TRZCIŃSKA JOLANTA	362	ROCK BALANCING ICE	SZKLARSKA PORĘBA	POL	K40	20	K 47		03:21:14.65	03:21:31.00	9:34	6.3
172	SKOWRONEK TOMASZ	444	OJ NIEFAJNIE	POZNAŃ	POL	M30	45	M 125	00:47:37	03:21:33.90	03:21:57.30	9:35	6.3
173	DOJS ALEKSANDRA	337		POZNAŃ	POL	K40	21	K 48	00:50:22	03:22:47.90	03:23:11.10	9:39	6.2
174	SANKOWSKI BARTOSZ	380		WROCŁAW	POL	M30	46	M 126	00:44:33	03:22:52.80	03:23:13.85	9:39	6.2
175	WIKLIŃSKI JAROSŁAW	440	CZYSTA AMATORKA	MARKI	POL	M40	59	M 127	00:48:59	03:23:57.00	03:24:16.20	9:42	6.2
176	NOWICKA ANNA	354		WROCŁAW	POL	K30	13	K 49	00:51:34	03:23:58.05	03:24:27.65	9:42	6.2
177	MILEWSKI KONRAD	555		LEGNICA	POL	M30	47	M 128	00:44:45	03:25:59.60	03:26:19.50	9:48	6.1
178	CHORAŻYAK MARCIN	352		BŁASZKI	POL	M40	60	M 129	00:48:19	03:26:26.75	03:26:43.10	9:49	6.1
179	HANGIEL URSZULA	450	ŻWAWIE ŻÓŁWIE	WARSZAWA	POL	K40	22	K 50		03:28:22.50	03:29:02.30	9:55	6
180	SZUMSKI ZBIGNIEW	323		ŚWIEBODZIN	POL	M60	3	M 130		03:26:07.25	03:29:36.75	9:48	6.1
181	KWIASOWSKA MARTYNA	425		ŁÓDŹ	POL	K30	14	K 51		03:29:58.55	03:30:12.30	9:59	6
182	WESOŁOWSKA IWONA	510		PLEWISKA	POL	K40	23	K 52	00:50:23	03:30:45.65	03:31:02.20	10:02	6
183	GATNARCZYK MATEUSZ	351		RYBNIK	POL	M30	48	M 131	00:55:13	03:31:06.30	03:31:42.35	10:03	6
184	KAPELSKI MICHAŁ	353	PATORUNNERS	WROCŁAW	POL	M40	61	M 132	00:48:56	03:31:49.25	03:32:14.90	10:05	5.9
185	KASPERKIEWICZ FILIP	391		WROCŁAW	POL	M40	62	M 133	00:49:54	03:31:47.95	03:32:23.15	10:05	5.9
186	ANTOŃCZYK TOMASZ	550		MSZANA	POL	M30	49	M 134	00:55:09	03:31:51.70	03:32:28.05	10:05	5.9
187	LEWICKI MARCIN	369	BIEGACYCIWA	WROCŁAW	POL	M30	50	M 135	00:51:37	03:33:21.25	03:33:51.50	10:09	5.9
188	SOBIESKA WERONIKA	332	OKI OKI TEAM	KARWIANY	POL	K40	24	K 53	00:49:07	03:34:44.45	03:35:04.35	10:13	5.9
189	WALCZAK ANNA	311		WARSZAWA	POL	K40	25	K 54	00:51:40	03:35:53.35	03:36:20.70	10:16	5.8
190	ŚMIECHOWSKA MAŁGORZATA	333		RECZ	POL	K40	26	K 55	00:52:10	03:36:10.90	03:36:26.65	10:17	5.8
191	LIS WOJCIECH	314	WIERZBICKI RUNNING PROJECT	WAWRÓW	POL	M40	63	M 136	00:53:09	03:36:40.60	03:37:10.05	10:19	5.8
192	RÓŻAŃSKA MAGDALENA	328		WROCŁAW	POL	K40	27	K 56		03:38:14.55	03:38:25.90	10:23	5.8
193	GAWLIK-ŁUPKOWSKA AGNIESZKA	404	KĘSY TEAM	OBORNIKI WLKP	POL	K40	28	K 57	00:53:37	03:39:19.55	03:39:32.35	10:26	5.7
194	ŁUPKOWSKI PAWEŁ	403	KĘSY TEAM	OBORNIKI WLKP	POL	M40	64	M 137	00:53:36	03:39:19.90	03:39:32.45	10:26	5.7
195	GRZEGRZÓŁKA ANNA	409	ZABIEGANI Z LEŚNEJ	LUBAŃ	POL	K40	29	K 58	00:56:20	03:39:10.90	03:39:33.25	10:26	5.7
196	SOSIŃSKI TOMASZ	433		WSCHOWA	POL	M40	65	M 138	00:49:02	03:39:17.70	03:39:38.15	10:26	5.7
197	KUCHARSKI ADAM	421		CHORZÓW	POL	M30	51	M 139	00:55:20	03:40:38.60	03:40:52.75	10:30	5.7
198	MIŁOSZEWSKA KATARZYNA	410	IZERY BOGATYNIA	BOGATYNIA	POL	K40	30	K 59	00:56:17	03:40:34.25	03:40:57.75	10:30	5.7
199	KALIŃSKA DOROTA	345		KOBYŁKA	POL	K30	15	K 60		03:41:08.55	03:41:27.60	10:31	5.7
200	PLACHIMOWICZ NATALIA	484	MOCNA GRUPA CEZARA	WROCŁAW	POL	K40	31	K 61	00:59:06	03:41:38.55	03:42:02.25	10:33	5.7
201	SIKORSKA AGNIESZKA	530		WARSZAWA	POL	K40	32	K 62	00:54:49	03:43:26.45	03:44:07.45	10:38	5.6
202	KULAKOWSKI PIOTR	524		KONSTANCIN-JEZIORNA	POL	M60	4	M 140	00:54:49	03:43:30.70	03:44:10.85	10:38	5.6
203	WOŁOWICZ MARTYNA	308		WROCŁAW	POL	K30	16	K 63		03:44:28.85	03:44:54.65	10:41	5.6
204	BASTA GRZEGORZ	317	BBL LASY BOGDANIEC, BASTA TEAM	GORZÓW WIELKOPOLSKI	POL	M50	13	M 141	00:53:11	03:49:08.20	03:49:32.10	10:54	5.5
205	MORAŃSKA MAŁGORZATA	394		BOLESŁAWIEC	POL	K30	17	K 64	00:53:32	03:51:01.45	03:51:24.05	11:00	5.5
206	ZAJĄC KRZYSZTOF	355	BEZULTRADZIKI/ZAJĄCZEHASAJĄCE/WKURW_TEAM	POZNAŃ	POL	M40	66	M 142	00:56:09	03:52:57.05	03:53:31.30	11:05	5.4
207	ZIAJA ALEKSANDRA	358		KRAKÓW	POL	K30	18	K 65	01:00:51	03:55:12.10	03:55:34.85	11:12	5.4
208	PTAK EWA	497		ŚWIERZAWA	POL	K40	33	K 66	00:55:08	03:57:23.60	03:57:51.75	11:18	5.3
209	WITKOWSKI MARCIN	400	ZASZYCI	WARSZAWA	POL	M50	14	M 143	00:56:50	03:57:39.55	03:58:05.80	11:19	5.3
210	SZPIŁA ROBERT	312		GORZÓW WIELKOPOLSKI	POL	M40	67	M 144	00:59:30	03:57:49.60	03:58:15.45	11:19	5.3
211	KARASIŃSKA KAROLINA	309		PIASECZNO	POL	K40	34	K 67	00:59:29	03:57:49.50	03:58:15.45	11:19	5.3
212	LIS ANNA	342		WAWRÓW	POL	K40	35	K 68	00:56:51	03:58:03.45	03:58:34.30	11:20	5.3

**DWUDZIESTKA, OPEN c.d.**

POS	Name and surname	No.	Club	City	NAT	Cat.	M.	F/M	4.5km	Netto	Brutto	min/km	km/h
213	WOCH WIKTOR	393		ZIELONA GÓRA	POL	M50	15	M 145	00:58:10	04:05:34.70	04:06:13.00	11:41	5.1
214	KUCHCIŃSKA DIANA	434		WSCHOWA	POL	K40	36	K 69	00:57:01	04:07:09.95	04:07:30.00	11:46	5.1
215	KALŁAUR KRZYSZTOF	447		WARSZAWA	POL	M40	68	M 146	00:58:55	04:07:15.35	04:07:45.65	11:46	5.1
216	KOWOLL BRONISŁAW	474		TURZE	POL	M40	69	M 147	01:02:41	04:13:04.35	04:13:37.80	12:03	5
217	FRANICA KRYSZTIAN	422		PSZÓW	POL	M40	70	M 148	01:02:34	04:13:02.40	04:13:40.05	12:02	5
218	INOROWICZ JOANNA	420		WARSZAWA	POL	K40	37	K 70	00:56:48	04:13:31.35	04:13:41.85	12:04	5
219	PAŁCZYŃSKA MARTA	466		WROCŁAW	POL	K30	19	K 71	01:02:19	04:16:36.60	04:16:54.30	12:13	4.9
220	KAPŁON ANNA	315		WARSZAWA	POL	K40	38	K 72	01:04:51	04:18:22.95	04:18:49.85	12:18	4.9
221	RÓŻAŃSKI ROBERT	548		WROCŁAW	POL	M50	16	M 149	01:02:32	04:21:22.60	04:21:34.35	12:26	4.8
222	NOWAK MACIEJ	494	SPEED FEET 16	POZNAN	POL	M50	17	M 150	01:07:42	04:26:15.50	04:26:29.90	12:40	4.7
223	MERKLINGHAUS-KOBER MONIKA	476	SPEED FEET '16/ MIEJSKA KONDYCJA	KOŚCIAN	POL	K40	39	K 73	01:07:36	04:27:59.55	04:28:14.25	12:45	4.7
224	SREBRO KACPER	446		POZNAŃ	POL	M20	8	M 151	01:08:04	04:29:08.40	04:29:38.40	12:48	4.7
225	SREBRO MICHAŁ	330	DZIKI Z CYTADELI	POZNAŃ	POL	M50	18	M 152	01:02:46	04:41:03.95	04:41:16.20	13:23	4.5
226	KAWAŁKO RYSZARD	455	WOLNY RYS	LEGNICA	POL	M50	19	M 153	01:04:33	04:41:12.40	04:41:43.95	13:23	4.5
227	OTT MAŁGORZTA	313		ZIELONA GÓRA	POL	K40	40	K 74	01:14:44	04:54:21.45	04:54:50.55	14:01	4.3
228	GRABOWIECKA ALDONA	307		ŚWIDNICA	POL	K50	6	K 75	01:14:48	04:54:23.25	04:54:50.75	14:01	4.3
229	ZIĘBA TOMASZ	442		WROCŁAW	POL	M30	52	M 154	01:09:43	05:16:59.35	05:17:15.70	15:05	4
230	ZEMŁA KRZYSZTOF	376		WARSZAWA	POL	M60	5	M 155	01:12:32	05:21:04.90	05:21:37.70	15:17	3.9
	SZRAMOWIAT MAREK	428	BRITA	LWÓWEK ŚLĄSKI	POL	M40			00:33:30	DNF	DNF	-	-
									DNF				

**DWUDZIESTKA, OPEN Kobiety**

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	4.5km	Netto	Brutto	min/km	km/h
1	DUL KAROLINA	520	SBG SALCO	JELEŃ GÓRA	POL	K20	1	K 1	00:30:17	02:01:06.75	02:01:09.35	5:46	10.4
2	MOCZULSKA MAŁGORZATA	399		ŻARÓW	POL	K40	1	K 2	00:30:47	02:06:45.35	02:06:48.20	6:02	9.9
3	PERON ANITA	302		ZIELONA GÓRA	POL	K30	1	K 3	00:33:30	02:20:42.45	02:20:50.85	6:42	9
4	BIAŁOMYZY URSZULA	377		BOLESŁAWIEC	POL	K20	2	K 4	00:33:57	02:23:48.05	02:23:50.55	6:50	8.8
5	KURPIEWSKA ANNA	406		WROCŁAW	POL	K40	2	K 5	00:36:35	02:26:41.45	02:26:47.10	6:59	8.6
6	KRÓLIKOWSKA MAGDALENA	488		SOŚNIE	POL	K40	3	K 6	00:35:13	02:28:42.10	02:28:47.55	7:04	8.5
7	RADKOWSKA MAŁGORZATA	392	TEAM PARSZCZYŃSKICH/ SŁODKIE PĄCZKI	WARSZAWA	POL	K30	2	K 7	00:36:23	02:28:59.20	02:29:05.30	7:05	8.5
8	ŻOŁDAK MAGDALENA	398	ADIDAS RUNNERS POZNAŃ	POZNAŃ	POL	K40	4	K 8	00:37:47	02:29:37.80	02:29:41.65	7:07	8.4
9	KRAKOWSKA ANNA	306		STANISZÓW	POL	K30	3	K 9	00:36:41	02:30:56.95	02:31:01.20	7:11	8.3
10	ŚLIŻ SYLWIA	416		SIECHNICE	POL	K30	4	K 10	00:39:26	02:33:10.45	02:33:13.55	7:17	8.2
11	BABIŃSKA-POPIĘKA EWELINA	301		RADKÓW	POL	K40	5	K 11	00:36:16	02:34:06.00	02:34:08.70	7:20	8.2
12	JANOSZ EWA	498		JELEŃ GÓRA	POL	K20	3	K 12	00:36:48	02:36:18.65	02:36:27.00	7:26	8.1
13	BURSZTA-RYPEL MATYLDA	465	WOSIEK TEAM	WROCŁAW	POL	K30	5	K 13	00:38:53	02:36:52.50	02:36:57.35	7:28	8
14	KWIECIEŃ MONIKA	458		WROCŁAW	POL	K20	4	K 14	00:39:07	02:37:38.30	02:37:49.60	7:30	8
15	WODZIŃSKA DANUTA	419	TRAIL IS OUR WAY/ BIEG OPOLSKI	KRAPKOWICE	POL	K40	6	K 15	00:37:24	02:39:34.35	02:39:38.35	7:35	7.9
16	SYDORCZYK MAGDALENA	319	ENDORFINA WSCHOWA	WSCHOWA	POL	K40	7	K 16	00:39:25	02:42:44.25	02:42:52.00	7:44	7.7
17	KWIATKOWSKA STANISŁAWA	535		GOŚLAWICE	POL	K50	1	K 17	00:42:06	02:46:06.85	02:46:20.40	7:54	7.6
18	CZAPLIKA IZABELA	408	GOPR KARKONOSZE	JELEŃ GÓRA, DOLNOŚLĄSKIE	POL	K40	8	K 18	00:39:15	02:48:40.35	02:48:46.15	8:01	7.5
19	MACHNICKA WIKTORIA	482		GOŁECZEWO	POL	K20	5	K 19	00:41:39	02:48:34.15	02:48:53.20	8:01	7.5
20	SZUKAŁA IZABELA	438		POZNAŃ	POL	K30	6	K 20	00:41:16	02:50:29.00	02:50:42.00	8:07	7.4
21	ADAMSKA PAULINA	401	SZYNSZYLA GNIEZNO	GNIEZNO	POL	K20	6	K 21	00:44:01	02:56:12.60	02:56:30.50	8:23	7.2
22	BARTOSZAK DOROTA	402	SZYNSZYLA GNIEZNO	GNIEZNO	POL	K50	2	K 22	00:44:04	02:56:20.95	02:56:40.15	8:23	7.1
23	NOWAK MARTA	325		DŁUGOŁĘKA	POL	K40	9	K 23	00:44:11	02:57:26.85	02:57:37.00	8:26	7.1
24	HEJNA MAŁGORZATA	383		SZCZECIN	POL	K50	3	K 24	00:43:17	02:58:14.70	02:58:28.80	8:29	7.1
25	GRZELAK ELŻBIETA	343		KALISZ	POL	K40	10	K 25	00:46:33	03:00:02.90	03:00:20.50	8:34	7
26	MATYJASZCZUK ELA	324		WROCŁAW	POL	K30	7	K 26	00:43:13	03:00:29.90	03:00:39.35	8:35	7
27	KROSZCZYŃSKA JOWITA	327		ZGORZELEC	POL	K20	7	K 27	00:46:34	03:00:51.65	03:00:58.95	8:36	7
28	BILOUS ANASTASIA	386		KROSNO ODRZAŃSKIE	POL	K20	8	K 28	00:41:28	03:01:06.55	03:01:12.65	8:37	7
29	KRUSZEWSKA ASIA	316	ADIDAS RUNNERS POZNAŃ	POZNAŃ	POL	K30	8	K 29	00:46:31	03:03:26.70	03:03:34.15	8:44	6.9
30	PLUSA ANETA	357	BBC KROSNO ODRZAŃSKIE	KROSNO ODRZAŃSKIE	POL	K40	11	K 30	00:44:01	03:03:27.40	03:03:35.15	8:44	6.9

**DWUDZIESTKA, OPEN Kobiety c.d.**

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	4.5km	Netto	Brutto	min/km	km/h
31	JODŁOWSKA EWA	322	BBC KROSNO ODRZANSKIE	KROSNO ODRZ	POL	K40	12	K 31	00:44:00	03:03:57.00	03:04:03.55	8:45	6.8
32	KOWACZ AGATA	540	SPEEDBAR	WAŁBRZYCH	POL	K40	13	K 32	00:47:59	03:06:36.95	03:06:46.15	8:53	6.8
33	NARKUN EWA	388		IŁOWA	POL	K40	14	K 33	00:46:38	03:07:25.05	03:07:32.65	8:55	6.7
34	MAZUR KATARZYNA	385	UMLAUT	KROSNO ODRZAŃSKIE	POL	K40	15	K 34	00:45:14	03:08:21.00	03:08:25.95	8:58	6.7
35	PRUCHNIEWSKA AGNIESZKA	503		ROKIETNICA	POL	K40	16	K 35	00:44:18	03:08:44.30	03:08:51.20	8:59	6.7
36	LEWICKA MAGDALENA	538	CAŁA OLEŚNICA BIEGA	DOBROSZYCE	POL	K40	17	K 36	00:47:36	03:08:42.15	03:09:05.05	8:59	6.7
37	CHRZANOWSKA AGNIESZKA	407	IDĘ DALEJ	SZCZECIN	POL	K40	18	K 37	00:47:21	03:09:09.85	03:09:23.25	9:00	6.7
38	KŁOPOTEK NINA	460	EXTREME FAMILY	BARTKOWO	POL	K20	9	K 38	00:48:21	03:11:45.00	03:12:04.65	9:07	6.6
39	LACH AGNIESZKA	485	MOCNA GRUPA CEZARA	WROCŁAW	POL	K50	4	K 39	00:48:02	03:12:05.25	03:12:10.80	9:08	6.6
40	MILLER AGNIESZKA	344	BIEGAM BO LUBIĘ LASY BOGDANIEC	BOGDANIEC	POL	K30	9	K 40	00:47:35	03:11:42.95	03:12:14.90	9:07	6.6
41	TROFIMOVA VICTORIA	495	RUNNING RED SQUIRREL	SZCZECIN	POL	K30	10	K 41	00:48:24	03:17:03.50	03:17:17.25	9:23	6.4
42	GÓRNA AMELIA	521	KLUB BIEGACZA BOLESŁAWIEC	TOMISŁAW	POL	K50	5	K 42	00:43:11	03:17:31.20	03:17:41.85	9:24	6.4
43	JURCZAK AGATA	471		OŁAWA	POL	K20	10	K 43	00:46:56	03:17:50.95	03:17:59.25	9:25	6.4
44	SYNOWIEC-JUDA AGATA	418		JELEŃ GÓRA	POL	K40	19	K 44	00:49:18	03:17:42.20	03:17:59.90	9:24	6.4
45	CHUDA JOANNA	426		POZNAŃ	POL	K30	11	K 45	00:52:28	03:18:18.10	03:18:23.25	9:26	6.4
46	BENTKOWSKA MAGDALENA	491	DIRTY SPARROWS	POZNAŃ	POL	K30	12	K 46	00:46:06	03:18:58.15	03:19:10.40	9:28	6.3
47	TRZCIŃSKA JOLANTA	362	ROCK BALANCING ICE	SZKLARSKA PORĘBA	POL	K40	20	K 47		03:21:14.65	03:21:31.00	9:34	6.3
48	DOJS ALEKSANDRA	337		POZNAŃ	POL	K40	21	K 48	00:50:22	03:22:47.90	03:23:11.10	9:39	6.2
49	NOWICKA ANNA	354		WROCŁAW	POL	K30	13	K 49	00:51:34	03:23:58.05	03:24:27.65	9:42	6.2
50	HANGIEL URSZULA	450	ŻWAWIE ŻÓŁWIE	WARSZAWA	POL	K40	22	K 50		03:28:22.50	03:29:02.30	9:55	6
51	KWIASOWSKA MARTYNA	425		ŁÓDŹ	POL	K30	14	K 51		03:29:58.55	03:30:12.30	9:59	6
52	WESOŁOWSKA IWONA	510		PLEWISKA	POL	K40	23	K 52	00:50:23	03:30:45.65	03:31:02.20	10:02	6
53	SOBIESKA WERONIKA	332	OKI OKI TEAM	KARWIANY	POL	K40	24	K 53	00:49:07	03:34:44.45	03:35:04.35	10:13	5.9
54	WALCZAK ANNA	311		WARSZAWA	POL	K40	25	K 54	00:51:40	03:35:53.35	03:36:20.70	10:16	5.8
55	ŚMIECHOWSKA MAŁGORZATA	333		RECZ	POL	K40	26	K 55	00:52:10	03:36:10.90	03:36:26.65	10:17	5.8
56	RÓŻAŃSKA MAGDALENA	328		WROCŁAW	POL	K40	27	K 56		03:38:14.55	03:38:25.90	10:23	5.8
57	GAWLIK-ŁUPKOWSKA AGNIESZKA	404	KĘSY TEAM	OBORNIKI WLKP	POL	K40	28	K 57	00:53:37	03:39:19.55	03:39:32.35	10:26	5.7
58	GRZEGRZÓŁKA ANNA	409	ZABIEGANI Z LEŚNEJ	LUBAŃ	POL	K40	29	K 58	00:56:20	03:39:10.90	03:39:33.25	10:26	5.7
59	MŁOSZEWSKA KATARZYNA	410	IZERY BOGATYNIA	BOGATYNIA	POL	K40	30	K 59	00:56:17	03:40:34.25	03:40:57.75	10:30	5.7
60	KALIŃSKA DOROTA	345		KOBYŁKA	POL	K30	15	K 60		03:41:08.55	03:41:27.60	10:31	5.7
61	PLACHIMOWICZ NATALIA	484	MOCNA GRUPA CEZARA	WROCŁAW	POL	K40	31	K 61	00:59:06	03:41:38.55	03:42:02.25	10:33	5.7
62	SIKORSKA AGNIESZKA	530		WARSZAWA	POL	K40	32	K 62	00:54:49	03:43:26.45	03:44:07.45	10:38	5.6
63	WOŁOWICZ MARTYNA	308		WROCŁAW	POL	K30	16	K 63		03:44:28.85	03:44:54.65	10:41	5.6
64	MORAŃSKA MAŁGORZATA	394		BOLESŁAWIEC	POL	K30	17	K 64	00:53:32	03:51:01.45	03:51:24.05	11:00	5.5
65	ZIAJA ALEKSANDRA	358		KRAKÓW	POL	K30	18	K 65	01:00:51	03:55:12.10	03:55:34.85	11:12	5.4
66	PTAK EWA	497		ŚWIERZAWA	POL	K40	33	K 66	00:55:08	03:57:23.60	03:57:51.75	11:18	5.3
67	KARASIŃSKA KAROLINA	309		PIASECZNO	POL	K40	34	K 67	00:59:29	03:57:49.50	03:58:15.45	11:19	5.3
68	LIS ANNA	342		WAWRÓW	POL	K40	35	K 68	00:56:51	03:58:03.45	03:58:34.30	11:20	5.3
69	KUCHCIŃSKA DIANA	434		WSCHOWA	POL	K40	36	K 69	00:57:01	04:07:09.95	04:07:30.00	11:46	5.1
70	INOROWICZ JOANNA	420		WARSZAWA	POL	K40	37	K 70	00:56:48	04:13:31.35	04:13:41.85	12:04	5
71	PAŁCZYŃSKA MARTA	466		WROCŁAW	POL	K30	19	K 71	01:02:19	04:16:36.60	04:16:54.30	12:13	4.9
72	KAPŁON ANNA	315		WARSZAWA	POL	K40	38	K 72	01:04:51	04:18:22.95	04:18:49.85	12:18	4.9
73	MERKLINGHAUS-KOBER MONIKA	476	SPEED FEET '16/ MIEJSKA KONDYCJA	KOŚCIAN	POL	K40	39	K 73	01:07:36	04:27:59.55	04:28:14.25	12:45	4.7
74	OTT MAŁGORZTA	313		ZIELONA GÓRA	POL	K40	40	K 74	01:14:44	04:54:21.45	04:54:50.55	14:01	4.3
75	GRABOWIECKA ALDONA	307		ŚWIDNICA	POL	K50	6	K 75	01:14:48	04:54:23.25	04:54:50.75	14:01	4.3

**DWUDZIESTKA, OPEN Mężczyźni**

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	4.5km	Netto	Brutto	min/km	km/h
1	BONIEC RADOSŁAW	448	AW SZYBCIEJ TEAM/NADLEŚNICTWO LIPINKI	ŁAZ	POL	M30	1	M 1	00:26:10	01:44:21.85	01:44:23.65	4:58	12.1
2	BRYDL PAVEL	551	SALOMON CZ	TRUTNOV	CZE	M40	1	M 2	00:26:12	01:48:53.35	01:48:55.05	5:11	11.6
3	PAWLIK PAWEŁ	375	TERVEL MOUTAIN RUNNER	WAŁBRZYCH	POL	M30	2	M 3	00:26:27	01:49:41.35	01:49:43.20	5:13	11.5
4	WANIOWSKI JAN JAKUB	413	AW-SZYBCIEJ-TEAM	KRAPKOWICE	POL	M30	3	M 4	00:28:20	01:55:48.70	01:55:52.00	5:30	10.9
5	PERZ JAN	480	ULTRA TRAIL ACADEMY	KOSZALIN	POL	M20	1	M 5	00:29:42	01:57:51.75	01:57:54.50	5:36	10.7
6	PILARSKI TOMASZ	542	MARCIN ŚWIERC TEAM	BOGATYNIA	POL	M40	2	M 6	00:28:37	01:58:28.55	01:58:30.65	5:38	10.6
7	ŁAZEWSKI OSKAR	515		BOLESŁAWIEC	POL	M20	2	M 7	00:29:58	02:03:16.25	02:03:18.95	5:52	10.2

**DWUDZIESTKA, OPEN Mężczyźni c.d.**

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	4.5km	Netto	Brutto	min/km	km/h
8	DWOJAK FILIP	536	TOMICA COACHING	JANOWICE WIELKIE	POL	M20	3	M 8	00:29:17	02:06:22.40	02:06:25.45	6:01	9.0
9	ZBOROWSKI KRZYSZTOF	513		WILKÓW K. ZŁOTORYI	POL	M40	3	M 9	00:31:47	02:07:49.20	02:07:51.45	6:05	9.9
10	NOWORYTA RADOSŁAW	541	ULTRA DIABŁY TEAM LUBRZA	LUBRZA	POL	M40	4	M 10	00:31:18	02:08:07.95	02:08:11.00	6:06	9.8
11	FILUŚ ADAM	486		POZNAŃ	POL	M20	4	M 11	00:31:36	02:08:30.65	02:08:42.70	6:07	9.8
12	PLONOWSKI MACIEJ	366	PSZCZÓŁKOWSKI TEAM	WROCŁAW	POL	M30	4	M 12	00:31:45	02:09:04.70	02:09:08.65	6:08	9.8
13	SZUKAŁA PIOTR	437		POZNAŃ	POL	M30	5	M 13	00:32:41	02:11:47.60	02:11:54.00	6:16	9.6
14	MIODUCHOWSKI ARKADIUSZ	449		WARSZAWA	POL	M30	6	M 14	00:31:54	02:13:20.15	02:13:27.50	6:20	9.5
15	GRZELAK ADRIAN	534	ŁOWCY KAMIENIC	NOWY SĄCZ	POL	M30	7	M 15	00:34:47	02:14:44.65	02:14:56.55	6:24	9.4
16	MIKA ANDRZEJ	435		WROCŁAW	POL	M40	5	M 16	00:32:48	02:14:57.55	02:15:01.25	6:25	9.3
17	GRACZ PAWEŁ	374	ULTRA DIABŁY TEAM LUBRZA	ZBĄSZYNEK	POL	M40	6	M 17	00:31:51	02:16:22.60	02:16:24.85	6:29	9.2
18	STASZELIS KRZYSZTOF	545	POCOLOCO ADVENTURE	POZNAŃ	POL	M30	8	M 18	00:32:41	02:16:54.60	02:16:58.35	6:31	9.2
19	NIEZGÓDKA TOMASZ	531	DFBG TEAM	WROCŁAW	POL	M50	1	M 19	00:33:07	02:17:48.40	02:17:52.35	6:33	9.1
20	KRZESINSKI DARIUSZ	464	ORANGE POLSKA S.A.	WROCŁAW	POL	M40	7	M 20	00:33:26	02:18:09.65	02:18:14.20	6:34	9.1
21	RACHAŃSKI MICHAŁ	543	ROCK BALANCING ICE	SULIKÓW	POL	M30	9	M 21	00:33:27	02:19:09.25	02:19:12.90	6:37	9.1
22	DONDAJEWSKI MIKOŁAJ	481		POZNAŃ	POL	M20	5	M 22	00:33:49	02:20:32.95	02:20:44.65	6:41	9.9
23	GAJDEMSKI RAFAŁ	473		KROSNO ODRZAŃSKIE	POL	M30	10	M 23	00:36:31	02:23:06.50	02:23:25.70	6:48	8.8
24	CIEŚLIK SŁAWOMIR	423	ANTONTEAM	RYDZYNA	POL	M40	8	M 24	00:35:46	02:23:26.35	02:23:33.05	6:49	8.8
25	KHODAR ALIAKSANDR	526		LODZ	POL	M20	6	M 25	00:34:57	02:23:19.80	02:23:37.25	6:49	8.8
26	JODŁOWSKI MAREK	321		KROSNO ODRZ	POL	M40	9	M 26	00:34:32	02:24:12.80	02:24:17.05	6:52	8.7
27	JANOSZ KAMIL	499		JELENIA GÓRA	POL	M20	7	M 27	00:33:41	02:24:52.20	02:25:01.05	6:53	8.7
28	JURCZAK SZYMON	427		WROCŁAW	POL	M30	11	M 28	00:35:01	02:25:06.50	02:25:13.35	6:54	8.7
29	MAJEWSKI MACIEJ	522		SWIDNICA	POL	M40	10	M 29	00:35:15	02:25:20.45	02:25:26.70	6:55	8.7
30	BOHAREWICZ PAWEŁ	339	BOHAR PALETY TRANSPORT	ZIELONA GÓRA	POL	M40	11	M 30	00:38:04	02:26:36.85	02:26:45.70	6:58	8.6
31	POLAK BARTOSZ	452		WROCŁAW	POL	M30	12	M 31	00:38:04	02:27:55.00	02:28:06.45	7:02	8.5
32	PRZYBYŁ PIOTR	539	EASY RUNNERS	GOSTYŃ	POL	M50	2	M 32	00:35:33	02:28:12.15	02:28:14.85	7:03	8.5
33	TOMASZEWSKI MICHAŁ	336		JELENIA GÓRA	POL	M30	13	M 33	00:37:17	02:28:28.30	02:28:34.75	7:04	8.5
34	WOLSKI KRZYSZTOF	305		MAKOSZYCE	POL	M30	14	M 34	01:52:49.05	02:29:52.05		5:22	11.2
35	KOWALSKI PIOTR	483		BOLEŚCIN	POL	M30	15	M 35	00:36:23	02:30:06.90	02:30:24.65	7:08	8.4
36	DREWNIAK MARIUSZ	432		JELENIA GÓRA	POL	M40	12	M 36	00:38:03	02:30:15.60	02:30:27.55	7:09	8.4
37	MORAWSKI FILIP	347	KRAKOWIAKULTURTEAM	PUSZCZYKOWO	POL	M50	3	M 37	00:37:20	02:30:49.65	02:30:55.10	7:10	8.4
38	ORWAT ADAM	411	WOLSZTYŃSKI KLUB BIEGOWY	STARA DĄBROWA	POL	M40	13	M 38	00:37:09	02:30:39.45	02:31:06.95	7:10	8.4
39	VISENTIN ERIC	516	NOA	WROCŁAW	POL	M40	14	M 39	00:37:57	02:31:20.95	02:31:28.15	7:12	8.3
40	NIKANENKA SIARHEI	457	GREBENSTAR	JELENIA GÓRA	POL	M40	15	M 40	00:37:57	02:31:20.95	02:31:28.15	7:12	8.3
41	ŁUCZAK MARCIN	329	RUN4ENERGY	PLEWISKA	POL	M40	16	M 41	00:37:08	02:32:08.65	02:32:19.70	7:14	8.3
42	OLEJNIK EGIDIUSZ	505		JELENIA GÓRA	POL	M30	16	M 42	00:36:21	02:33:24.65	02:33:28.60	7:18	8.2
43	MARGOL PAWEŁ	459		LIGOTA PIĘKNA	POL	M40	17	M 43	00:38:16	02:33:48.80	02:33:52.95	7:19	8.2
44	BOBORYCKI RAFAŁ	523	MOCNA GRUPA CEZARA	ŚRODA ŚLĄSKA	POL	M40	18	M 44	00:36:42	02:34:36.90	02:34:41.90	7:21	8.2
45	JASIAK KAROL	487	ZEFKA RUNNERS	ROGASZYCE	POL	M30	17	M 45	00:37:00	02:35:24.90	02:35:30.80	7:24	8.1
46	STEC ADAM	502		WYSOKA	POL	M40	19	M 46	00:38:14	02:35:36.35	02:35:41.50	7:24	8.1
47	PIOTROWICZ MICHAŁ	349	ORTHOS TEAM	IWINY	POL	M30	18	M 47	00:36:55	02:35:56.75	02:36:01.60	7:25	8.1
48	PUDŁOWSKI BARTOSZ	356	T3TEAM	WROCŁAW	POL	M50	4	M 48	00:37:59	02:35:38.80	02:36:03.20	7:24	8.1
49	SZKÓDLIŃSKI BARTOSZ	310	NARAMOWICE BIEGAJĄ	POZNAŃ	POL	M40	20	M 49	00:38:30	02:37:48.95	02:38:06.40	7:30	8
50	GALEK ZBIGNIEW	453	ŁAGÓW TEAM	ŁAGÓW	POL	M40	21	M 50	00:36:49	02:38:08.20	02:38:14.35	7:31	8
51	WAŁCZYK MATEUSZ	378		JELENIA GÓRA	POL	M30	19	M 51	00:39:14	02:39:15.25	02:39:19.60	7:35	7.9
52	SZYMAŃSKI PAWEŁ	552		OPOLE	POL	M30	20	M 52	00:37:00	02:39:50.75	02:39:58.25	7:36	7.9
53	BUJKO MARCIN	514	TRIMP TEAM	BIELAWA	POL	M30	21	M 53	00:39:06	02:40:42.85	02:41:07.60	7:39	7.8
54	NYKIEL RAFAŁ	501		NOWA WIOSKA	POL	M40	22	M 54	00:39:20	02:41:32.45	02:41:39.15	7:41	7.8
55	KACZMAREK ŁUKASZ	405	KUŹNIA TALENTÓW KAMIENIEC	KAMIENIEC	POL	M30	22	M 55	00:38:55	02:41:40.50	02:41:48.45	7:41	7.8
56	BIALIC GRZEGORZ	553				M40	23	M 56	00:40:01	02:41:57.05	02:42:07.55	7:42	7.8
57	ŚLIWKA RADOSŁAW	338		POZNAŃ	POL	M40	24	M 57	00:40:21	02:42:34.00	02:42:36.10	7:44	7.8
58	FEDUNIK KAROL	441	IDŹ OŁAWO	OŁAWA	POL	M30	23	M 58	02:39:26.10	02:42:47.90		7:35	7.9
59	LEWICKI TOMASZ	537	CAŁA OLEŚNICA BIEGA	DOBROSZYCE	POL	M40	25	M 59	00:40:03	02:42:38.55	02:43:00.55	7:44	7.7
60	PIETRZAKOWSKI ROBERT	509		GORZÓW WIELKOPOLSKI	POL	M40	26	M 60	00:39:19	02:43:04.10	02:43:24.05	7:45	7.7
61	UMIASTOWSKI MATEUSZ	461		WARSZAWA	POL	M30	24	M 61	00:38:14	02:43:41.45	02:43:59.85	7:47	7.7
62	NIŹEWSKI PAWEŁ	462	KRAKOWIAK ULTRA TEAM	CZAPURY	POL	M40	27	M 62	00:40:26	02:44:45.95	02:44:52.05	7:50	7.6
63	DIERING TOMASZ	335	ROWERY MAŁGOŚKA	SKÓRZEWO	POL	M30	25	M 63	00:39:25	02:46:15.55	02:46:23.45	7:55	7.6
64	LENART JAKUB	379		WROCŁAW	POL	M30	26	M 64	00:40:09	02:46:57.05	02:47:15.55	7:57	7.5

**DWUDZIESTKA, OPEN Mężczyźni c.d.**

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	4.5km	Netto	Brutto	min/km	km/h
65	MICHALCZYK MICHAŁ	350		ZIELONA GÓRA	POL	M40	28	M 65	00:37:58	02:48:04.90	02:48:14.65	8:00	7.5
66	KĄŁUSKI ŁUKASZ	532	KKW CYKLOFAN	OPOLE	POL	M40	29	M 66	00:45:10	02:47:54.00	02:48:25.85	7:59	7.5
67	PEPŁOŃSKI ŁUKASZ	492		WARSZAWA	POL	M40	30	M 67	00:41:34	02:48:06.45	02:48:31.50	8:00	7.5
68	ŁATKA MATEUSZ	475		BOLKÓW	POL	M30	27	M 68	00:39:35	02:48:21.60	02:48:32.10	8:01	7.5
69	BROJ MICHAŁ	529	KKW CYKLOFAN	OPOLE	POL	M40	31	M 69		02:49:04.65	02:49:04.65	8:03	7.5
70	RUDZKI MARTIN	519		LUTYNIA	POL	M30	28	M 70	00:38:19	02:48:55.70	02:49:13.85	8:02	7.5
71	DOMAŃSKI HENRYK	341	STAN UMYSŁU LEWIN BIEGA	LEWIN BRZESKI	POL	M50	5	M 71	00:37:55	02:49:36.45	02:49:41.30	8:04	7.4
72	WYRZUCKI ANDRZEJ	365	EKYPA DOMASZCZYN PRZYLESIE	DOMASZCZYN	POL	M30	29	M 72	00:38:23	02:49:52.20	02:50:13.90	8:05	7.4
73	SYCHOWSKI DAWID	304		WROCŁAW	POL	M40	32	M 73	00:41:17	02:50:34.55	02:50:45.55	8:07	7.4
74	STASIAK ŁUKASZ	518		LUBIN	POL	M40	33	M 74	00:42:16	02:50:58.35	02:51:06.65	8:08	7.4
75	FRYBEL DAMIAN	517		OBRA	POL	M40	34	M 75	00:42:06	02:51:09.40	02:51:24.50	8:09	7.4
76	SŁOWIK GRZEGORZ	489	ZEFKA RUNNERS	OSTRZESZÓW	POL	M40	35	M 76	00:38:11	02:51:59.75	02:52:06.15	8:11	7.3
77	MATYJASZCZUK MATEUSZ	436		WROCŁAW	POL	M30	30	M 77	00:43:07	02:53:34.90	02:53:45.10	8:15	7.3
78	NIEWIADOMSKI MAREK	389	CROSS KRAPKOWICE	KRAPKOWICE	POL	M30	31	M 78	00:41:27	02:53:28.60	02:53:50.95	8:15	7.3
79	LASKOWSKI DARIUSZ	549		CHWALISZÓW	POL	M40	36	M 79	00:38:59	02:53:51.40	02:54:16.45	8:16	7.2
80	DORNIK RADEK	554		ZGORZELEC	POL	M40	37	M 80	00:45:17	02:54:02.80	02:54:18.25	8:17	7.2
81	OBST MATEUSZ	387		KOBYLNICIA	POL	M30	32	M 81	00:39:01	02:54:58.40	02:55:07.35	8:19	7.2
82	BIESZCZAD MACIEJ	490		WROCŁAW	POL	M30	33	M 82	00:40:18	02:55:06.75	02:55:23.55	8:20	7.2
83	WAJDA MACIEJ	445	SPELEOCLUB WROCŁAW	WROCŁAW	POL	M40	38	M 83	00:40:16	02:56:01.35	02:56:17.05	8:22	7.2
84	PEŁCIEŃNIK KRZYSZTOF	469	UKS AZYMUT PABIANICE	PABIANICE	POL	M40	39	M 84	00:39:12	02:55:55.50	02:56:23.30	8:22	7.2
85	BARTOSIEWICZ ADAM	463		GRYFINO	POL	M40	40	M 85	00:44:57	02:56:15.55	02:56:36.30	8:23	7.1
86	MILEWSKI ŁUKASZ	504		BOLESŁAWIEC	POL	M30	34	M 86	00:44:13	02:57:17.90	02:57:38.65	8:26	7.1
87	RAPAŁA ROMAN	527		PIECHOWICE	POL	M40	41	M 87	00:39:23	02:57:57.05	02:58:04.10	8:28	7.1
88	ZIMNY TOMASZ	320		SZCZECIN	POL	M60	1	M 88	00:43:17	02:58:13.45	02:58:28.30	8:29	7.1
89	KORZYCKI TADEUSZ	533		SOSNÓWKA	POL	M60	2	M 89	00:41:50	02:58:56.75	02:59:06.10	8:31	7
90	KOTŁOWSKI WOJCIECH	478		POZNAŃ	POL	M40	42	M 90	00:41:24	02:59:01.85	02:59:15.65	8:31	7
91	BALCER RADOŚLAW	368		OSTRÓW WIELKOPOLSKI	POL	M30	35	M 91	00:39:21	02:59:02.75	02:59:18.00	8:31	7
92	SZELĄGIEWICZ AREK	468	CI OD RUDEGO KOTA	SZCZECIN	POL	M40	43	M 92	00:43:25	02:59:39.80	03:00:01.00	8:33	7
93	GŁÓWKA MACIEJ	470		KARWIANY	POL	OPEN MĘŻCZYŹNI	1	M 93	00:46:20	02:59:50.45	03:00:12.80	8:33	7
94	HATAŁA TOMASZ	477	BARCA	WROCŁAW	POL	M30	36	M 94	00:43:07	02:59:58.40	03:00:19.65	8:34	7
95	TULIK PRZEMYSŁAW	348		WARSZAWA	POL	M50	6	M 95	00:43:21	03:01:42.10	03:01:56.55	8:39	6.9
96	MANKIEWICZ MARIUSZ	511		WARSZAWA	POL	M30	37	M 96	00:45:52	03:02:00.65	03:02:17.45	8:40	6.9
97	OPAŁA MACIEJ	528		JELEŃ GÓRA	POL	M40	44	M 97	00:43:30	03:02:51.20	03:03:00.55	8:42	6.9
98	JANCZAREK ŁUKASZ	371	PTORUNNERS	WROCŁAW	POL	M40	45	M 98	00:44:39	03:03:01.80	03:03:27.85	8:42	6.9
99	DECHNIK ŁUKASZ	508	I W GÓRĘ I W DÓŁ	WROCŁAW	POL	M40	46	M 99	00:44:51	03:03:57.75	03:04:06.60	8:45	6.8
100	FILIPIAK SEBASTIAN	456	EKIPA LIPA	LIPA	POL	M40	47	M 100	00:43:42	03:03:42.45	03:04:11.55	8:44	6.9
101	CZACHOWSKI MICHAŁ	451	ŻWAWIE ŻÓLWIE	WARSZAWA	POL	M50	7	M 101	00:46:20	03:03:56.65	03:04:36.05	8:45	6.9
102	GRZELIŃSKI MICHAŁ	467		JAROCIN	POL	M30	38	M 102	00:47:29	03:04:49.30	03:05:20.75	8:48	6.8
103	ŻUREK MATEUSZ	496		POZNAŃ	POL	M40	48	M 103	00:44:08	03:05:42.60	03:05:50.90	8:50	6.8
104	SZARADOWSKI PIOTR	493	AW-SZYBCIEJ-TEAM	ŚWIDNICA	POL	M50	8	M 104	00:41:39	03:06:03.55	03:06:22.65	8:51	6.8
105	KOPACKI TOMASZ	390	TOMASZ KOPACKI 8992548543	WROCŁAW	POL	M30	39	M 105	00:47:59	03:08:17.60	03:08:46.60	8:57	6.7
106	KRYSIEWICZ MARCIN	429		WARSZAWA	POL	M40	49	M 106	00:45:18	03:08:33.45	03:08:48.00	8:58	6.7
107	SKROBEK MARCIN	507		WROCŁAW	POL	M40	50	M 107	00:48:22	03:07:14.95	03:09:27.00	8:54	6.7
108	WIĘCEK MICHAŁ	359		CHOJNÓW	POL	M30	40	M 108	00:43:19	03:11:28.80	03:11:38.85	9:07	6.6
109	NOWAK ŁUKASZ	360	BLOOD BROTHERS	CHOJNÓW	POL	M40	51	M 109	00:43:23	03:11:29.00	03:11:39.05	9:07	6.6
110	GRUCHOT WALDEMAR	367		POGORZELA	POL	M40	52	M 110	00:45:11	03:12:03.10	03:12:30.95	9:08	6.6
111	SOCHA MARCIN	303		KROSNO	POL	M40	53	M 111	00:46:12	03:12:41.20	03:12:52.50	9:10	6.5
112	GADZIŃSKI ROBERT	373		KROSINKO	POL	M40	54	M 112	00:45:12	03:12:44.90	03:13:12.40	9:10	6.5
113	SIKORSKI CEZARY	384	BBC	GUBIN	POL	M50	9	M 113	00:47:20	03:13:44.05	03:13:49.20	9:13	6.5
114	KOZIAROWSKI MICHAŁ	364		DOMASZCZYN	POL	M40	55	M 114	00:45:07	03:14:01.75	03:14:22.65	9:14	6.5
115	WOLIŃSKI BŁAŻEJ	525	RATEL TEAM	WROCŁAW	POL	M30	41	M 115	00:48:13	03:14:23.50	03:14:47.00	9:15	6.5
116	MYSZKIEWICZ BARTOSZ	454		MIŁOŚLAW	POL	M50	10	M 116	00:49:31	03:15:19.05	03:15:53.65	9:18	6.5
117	MATKOWSKI WIKTOR	546	RENA WYKROTY	LWÓWEK ŚLĄSKI	POL	M40	56	M 117	00:47:50	03:15:31.65	03:16:00.45	9:18	6.4
118	PIÓRKO PIOTR	361		LESZNO	POL	M40	57	M 118	00:46:31	03:16:02.30	03:16:19.15	9:20	6.4
119	MILEWICZ MARCIN	318		SIECHNICE	POL	M30	42	M 119	00:50:23	03:15:46.25	03:16:26.35	9:19	6.4
120	NOWOSAD PIOTREK	547		ZGORZELEC	POL	M30	43	M 120	00:49:02	03:16:18.05	03:16:34.95	9:20	6.4
121	SZARMACH DARIUSZ	500	MARATOŃCZYK TEAM SZCZECIN	SZCZECIN	POL	M50	11	M 121	00:48:26	03:17:04.30	03:17:17.10	9:23	6.4



**DWUDZIESTKA, OPEN Mężczyźni c.d.**

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	4.5km	Netto	Brutto	min/km	km/h
122	ŁUKASZEWSKI SZYMON	472		RADWANICE	POL	M30	44	M 122	00:46:57	03:18:20.15	03:18:28.65	9:26	6.4
123	ZASOWSKI RAFAL	346		POZNAŃ	POL	M40	58	M 123	00:47:58	03:19:17.15	03:19:26.60	9:29	6.3
124	PACIULON KRZYSZTOF	331	OKI OKI TEAM	KARWIANY	POL	M50	12	M 124	00:49:02	03:19:20.50	03:19:41.25	9:29	6.3
125	SKOWRONEK TOMASZ	444	OJ NIEFAJNIE	POZNAŃ	POL	M30	45	M 125	00:47:37	03:21:33.90	03:21:57.30	9:35	6.3
126	SANKOWSKI BARTOSZ	380		WROCLAW	POL	M30	46	M 126	00:44:33	03:22:52.80	03:23:13.85	9:39	6.2
127	WIKLIŃSKI JAROSŁAW	440	CZYSTA AMATORKA	MARKI	POL	M40	59	M 127	00:48:59	03:23:57.60	03:24:16.20	9:42	6.2
128	MILEWSKI KONRAD	555		LEGNICA	POL	M30	47	M 128	00:44:45	03:25:59.60	03:26:19.50	9:48	6.1
129	CHORAŹIAK MARCIN	352		BŁASZKI	POL	M40	60	M 129	00:48:19	03:26:26.75	03:26:43.10	9:49	6.1
130	SZUMSKI ZBIGNIEW	323		ŚWIEBODZIN	POL	M60	3	M 130	03:26:07.25	03:29:36.75		9:48	6.1
131	GATNARCZYK MATEUSZ	351		RYBNIK	POL	M30	48	M 131	00:55:13	03:31:06.30	03:31:42.35	10:03	6
132	KAPELSKI MICHAŁ	353	PATORUNNERS	WROCLAW	POL	M40	61	M 132	00:48:56	03:31:49.25	03:32:14.90	10:05	5.9
133	KASPERKIEWICZ FILIP	391		WROCLAW	POL	M40	62	M 133	00:49:54	03:31:47.95	03:32:23.15	10:05	5.9
134	ANTOŃCZYK TOMASZ	550		MSZANA	POL	M30	49	M 134	00:55:09	03:31:51.70	03:32:28.05	10:05	5.9
135	LEWICKI MARCIN	369	BIEGACYCIWA	WROCLAW	POL	M30	50	M 135	00:51:37	03:33:21.25	03:33:51.50	10:09	5.9
136	LIS WOJCIECH	314	WIERZBICKI RUNNING PROJECT	WAWRÓW	POL	M40	63	M 136	00:53:09	03:36:40.60	03:37:10.05	10:19	5.8
137	ŁUPKOWSKI PAWEŁ	403	KĘSY TEAM	OBORNIKI WLKP	POL	M40	64	M 137	00:53:36	03:39:19.90	03:39:32.45	10:26	5.7
138	SOSIŃSKI TOMASZ	433		WSCHOWA	POL	M40	65	M 138	00:49:02	03:39:17.70	03:39:38.15	10:26	5.7
139	KUCHARSKI ADAM	421		CHORZÓW	POL	M30	51	M 139	00:55:20	03:40:38.60	03:40:52.75	10:30	5.7
140	KUŁAKOWSKI PIOTR	524		KONSTANCIN-JEZIORNA	POL	M60	4	M 140	00:54:49	03:43:30.70	03:44:10.85	10:38	5.6
141	BASTA GRZEGORZ	317	BBL LASY BOGDANIEC, BASTA TEAM	GORZÓW WIELKOPOLSKI	POL	M50	13	M 141	00:53:11	03:49:08.20	03:49:32.10	10:54	5.5
142	ZAJĄC KRZYSZTOF	355	BEZULTRADZIKI/ZAJĄCEHASAJĄCE/WKURW_TEAM	POZNAŃ	POL	M40	66	M 142	00:56:09	03:52:57.05	03:53:31.30	11:05	5.4
143	WITKOWSKI MARCIN	400	ZASZYCI	WARSZAWA	POL	M50	14	M 143	00:56:50	03:57:39.55	03:58:05.80	11:19	5.3
144	SZPIŁA ROBERT	312		GORZÓW WIELKOPOLSKI	POL	M40	67	M 144	00:59:30	03:57:49.60	03:58:15.45	11:19	5.3
145	WOCH WIKTOR	393		ZIELONA GÓRA	POL	M50	15	M 145	00:58:10	04:05:34.70	04:06:13.00	11:41	5.1
146	KAŁŁAUR KRZYSZTOF	447		WARSZAWA	POL	M40	68	M 146	00:58:55	04:07:15.35	04:07:45.65	11:46	5.1
147	KOWOLL BRONISŁAW	474		TURZE	POL	M40	69	M 147	01:02:41	04:13:04.35	04:13:37.80	12:03	5
148	FRANICA KRYSZTIAN	422		PSZÓW	POL	M40	70	M 148	01:02:34	04:13:02.40	04:13:40.05	12:02	5
149	RÓŻAŃSKI ROBERT	548		WROCLAW	POL	M50	16	M 149	01:02:32	04:21:22.60	04:21:34.35	12:26	4.8
150	NOWAK MACIEJ	494	SPEED FEET 16	POZNAŃ	POL	M50	17	M 150	01:07:42	04:26:15.50	04:26:29.90	12:40	4.7
151	SREBRO KACPER	446		POZNAŃ	POL	M20	8	M 151	01:08:04	04:29:08.40	04:29:38.40	12:48	4.7
152	SREBRO MICHAŁ	330	DZIKI Z CYTADELI	POZNAŃ	POL	M50	18	M 152	01:02:46	04:41:03.95	04:41:16.20	13:23	4.5
153	KAWAŁKO RYSZARD	455	WOLNY RYŚ	LEGNICA	POL	M50	19	M 153	01:04:33	04:41:12.40	04:41:43.95	13:23	4.5
154	ZIĘBA TOMASZ	442		WROCLAW	POL	M30	52	M 154	01:09:43	05:16:59.35	05:17:15.70	15:05	4
155	ZEMŁA KRZYSZTOF	376		WARSZAWA	POL	M60	5	M 155	01:12:32	05:21:04.90	05:21:37.70	15:17	3.9
	SZRAMOWIAT MAREK	428	BRITA	LWÓWEK ŚLĄSKI	POL	M40			00:33:30	DNF	DNF	-	-

DNF

**DWUDZIESTKA, K20**

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	4.5km	Netto	Brutto	min/km	km/h
1	DUL KAROLINA	520	SBG SALCO	JELENIA GÓRA	POL	K20	1	K 1	00:30:17	02:01:06.75	02:01:09.35	5:46	10.4
2	BIAŁOMYZY URSZULA	377		BOLESŁAWIEC	POL	K20	2	K 4	00:33:57	02:23:48.05	02:23:50.55	6:50	8.8
3	JANOSZ EWA	498		JELENIA GÓRA	POL	K20	3	K 12	00:36:48	02:36:18.65	02:36:27.00	7:26	8.1
4	KWIECIEŃ MONIKA	458		WROCLAW	POL	K20	4	K 14	00:39:07	02:37:38.30	02:37:49.60	7:30	8
5	MACHNICKA WIKTORIA	482		GOLECZEWO	POL	K20	5	K 19	00:41:39	02:48:34.15	02:48:53.20	8:01	7.5
6	ADAMSKA PAULINA	401	SZYNSZYLA GNIEZNO	GNIEZNO	POL	K20	6	K 21	00:44:01	02:56:12.60	02:56:30.50	8:23	7.2
7	KROSZCZYŃSKA JOWITA	327		ZGORZELEC	POL	K20	7	K 27	00:46:34	03:00:51.65	03:00:58.95	8:36	7
8	BILOUS ANASTASIIA	386		KROSNO ODRZAŃSKIE	POL	K20	8	K 28	00:41:28	03:01:06.55	03:01:12.65	8:37	7
9	KŁOPOTEK NINA	460	EXTREME FAMILY	BARTKOWO	POL	K20	9	K 38	00:48:21	03:11:45.00	03:12:04.65	9:07	6.6
10	JURCZAK AGATA	471		OŁAWA	POL	K20	10	K 43	00:46:56	03:17:50.95	03:17:59.25	9:25	6.4

**DWUDZIESTKA, M20**

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	4.5km	Netto	Brutto	min/km	km/h
1	PERZ JAN	480	ULTRA TRAIL ACADEMY	KOSZALIN	POL	M20	1	M 5	00:29:42	01:57:51.75	01:57:54.50	5:36	10.7
2	ŁAZEWSKI OSKAR	515		BOLESŁAWIEC	POL	M20	2	M 7	00:29:58	02:03:16.25	02:03:18.95	5:52	10.2
3	DWOJAK FILIP	536	TOMICA COACHING	JANOWICE WIELKIE	POL	M20	3	M 8	00:29:17	02:06:22.40	02:06:25.45	6:01	10
4	FILUŚ ADAM	486		POZNAŃ	POL	M20	4	M 11	00:31:36	02:08:30.65	02:08:42.70	6:07	9.8
5	DONDAJEWSKI MIKOŁAJ	481		POZNAŃ	POL	M20	5	M 22	00:33:49	02:20:32.95	02:20:44.65	6:41	9
6	KHODAR ALIAKSANDR	526		LODZ	POL	M20	6	M 25	00:34:57	02:23:19.80	02:23:37.25	6:49	8.8
7	JANOSZ KAMIL	499		JELENIA GÓRA	POL	M20	7	M 27	00:33:41	02:24:52.20	02:25:01.05	6:53	8.7
8	SREBRO KACPER	446		POZNAŃ	POL	M20	8	M 151	01:08:04	04:29:08.40	04:29:38.40	12:48	4.7

**DWUDZIESTKA, K30**

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	4.5km	Netto	Brutto	min/km	km/h
1	PERON ANITA	302		ZIELONA GÓRA	POL	K30	1	K 3	00:33:30	02:20:42.45	02:20:50.85	6:42	9
2	RADKOWSKA MAŁGORZATA	392	TEAM PARSCZYŃSKICH/ SŁODKIE PĄCZKI	WARSZAWA	POL	K30	2	K 7	00:36:23	02:28:59.20	02:29:05.30	7:05	8.5
3	KRAKOWSKA ANNA	306		STANISZÓW	POL	K30	3	K 9	00:36:41	02:30:56.95	02:31:01.20	7:11	8.3
4	ŚLIŻ SYLWIA	416		SIECHNICE	POL	K30	4	K 10	00:39:26	02:33:10.45	02:33:13.55	7:17	8.2
5	BURSZTA-RYPEL MATYLDA	465	WOSIEK TEAM	WROCŁAW	POL	K30	5	K 13	00:38:53	02:36:52.50	02:36:57.35	7:28	8
6	SZUKAŁA IZABELA	438		POZNAŃ	POL	K30	6	K 20	00:41:16	02:50:29.00	02:50:42.00	8:07	7.4
7	MATYJASZCZUK ELA	324		WROCŁAW	POL	K30	7	K 26	00:43:13	03:00:29.90	03:00:39.35	8:35	7
8	KRUSZEWSKA ASIA	316	ADIDAS RUNNERS POZNAŃ	POZNAŃ	POL	K30	8	K 29	00:46:31	03:03:26.70	03:03:34.15	8:44	6.9
9	MILLER AGNIESZKA	344	BIEGAM BO LUBIĘ LASY BOGDANIEC	BOGDANIEC	POL	K30	9	K 40	00:47:35	03:11:42.95	03:12:14.90	9:07	6.6
10	TROFIMOVA VICTORIA	495	RUNNING RED SQUIRREL	SZCZECIN	POL	K30	10	K 41	00:48:24	03:17:03.50	03:17:17.25	9:23	6.4
11	CHUDA JOANNA	426		POZNAŃ	POL	K30	11	K 45	00:52:28	03:18:18.10	03:18:23.25	9:26	6.4
12	BENTKOWSKA MAGDALENA	491	DIRTY SPARROWS	POZNAŃ	POL	K30	12	K 46	00:46:06	03:18:58.15	03:19:10.40	9:28	6.3
13	NOWICKA ANNA	354		WROCŁAW	POL	K30	13	K 49	00:51:34	03:23:58.05	03:24:27.65	9:42	6.2
14	KWIASOWSKA MARTYNA	425		ŁÓDŹ	POL	K30	14	K 51	03:29:58.55	03:30:12.30		9:59	6
15	KALIŃSKA DOROTA	345		KOBYŁKA	POL	K30	15	K 60		03:41:08.55	03:41:27.60	10:31	5.7
16	WOŁOWICZ MARTYNA	308		WROCŁAW	POL	K30	16	K 63		03:44:28.85	03:44:54.65	10:41	5.6
17	MORAŃSKA MAŁGORZATA	394		BOLESŁAWIEC	POL	K30	17	K 64	00:53:32	03:51:01.45	03:51:24.05	11:00	5.5
18	ZIAJA ALEKSANDRA	358		KRAKÓW	POL	K30	18	K 65	01:00:51	03:55:12.10	03:55:34.85	11:12	5.4
19	PAŁCZYŃSKA MARTA	466		WROCŁAW	POL	K30	19	K 71	01:02:19	04:16:36.60	04:16:54.30	12:13	4.9

**DWUDZIESTKA, M30**

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	4.5km	Netto	Brutto	min/km	km/h
1	BONIEC RADOŚLAW	448	AW SZYBCIEJ TEAM/NADLEŚNICTWO LIPINKI	ŁAZ	POL	M30	1	M 1	00:26:10	01:44:21.85	01:44:23.65	4:58	12.1
2	PAWLIK PAWEŁ	375	TERVEL MOUNTAIN RUNNER	WAŁBRZYCH	POL	M30	2	M 3	00:26:27	01:49:41.35	01:49:43.20	5:13	11.5
3	WANIOWSKI JAN JAKUB	413	AW-SZYBCIEJ-TEAM	KRAPKOWICE	POL	M30	3	M 4	00:28:20	01:55:48.70	01:55:52.00	5:30	10.9
4	PEONOWSKI MACIEJ	366	PSZCZÓŁKOWSKI TEAM	WROCŁAW	POL	M30	4	M 12	00:31:45	02:09:04.70	02:09:08.65	6:08	9.8
5	SZUKAŁA PIOTR	437		POZNAŃ	POL	M30	5	M 13	00:32:41	02:11:47.60	02:11:54.00	6:16	9.6
6	MIODUCHOWSKI ARKADIUSZ	449		WARSZAWA	POL	M30	6	M 14	00:31:54	02:13:20.15	02:13:27.50	6:20	9.5
7	GRZELAK ADRIAN	534	ŁOWCY KAMIENIC	NOWY SĄCZ	POL	M30	7	M 15	00:34:47	02:14:44.65	02:14:56.55	6:24	9.4
8	STASZELIS KRZYSZTOF	545	POCOLOCO ADVENTURE	POZNAŃ	POL	M30	8	M 18	00:32:41	02:16:54.60	02:16:58.35	6:31	9.2
9	RACHAŃSKI MICHAŁ	543	ROCK BALANCING ICE	SULIKÓW	POL	M30	9	M 21	00:33:27	02:19:09.25	02:19:12.90	6:37	9.1
10	GAJDEMSKI RAFAŁ	473		KROSNO ODRZAŃSKIE	POL	M30	10	M 23	00:36:31	02:23:06.50	02:23:25.70	6:48	8.8
11	JURCZAK SZYMON	427		WROCŁAW	POL	M30	11	M 28	00:35:01	02:25:06.50	02:25:13.35	6:54	8.7
12	POLAK BARTOSZ	452		WROCŁAW	POL	M30	12	M 31	00:38:04	02:27:55.00	02:28:06.45	7:02	8.5
13	TOMASZEWSKI MICHAŁ	336		JELENIA GÓRA	POL	M30	13	M 33	00:37:17	02:28:28.30	02:28:34.75	7:04	8.5
14	WOLSKI KRZYSZTOF	305		MAKOSZYCE	POL	M30	14	M 34		01:52:49.05	02:29:52.05	5:22	11.2
15	KOWALSKI PIOTR	483		BOLEŚCIN	POL	M30	15	M 35	00:36:23	02:30:06.90	02:30:24.65	7:08	8.4
16	OLEJNIK EGIDIUSZ	505		JELENIA GÓRA	POL	M30	16	M 42	00:36:21	02:33:24.65	02:33:28.60	7:18	8.2
17	JASIAK KAROL	487	ZEFKA RUNNERS	ROGASZYCE	POL	M30	17	M 45	00:37:00	02:35:24.90	02:35:30.80	7:24	8.1
18	PIOTROWICZ MICHAŁ	349	ORTHOS TEAM	IWINY	POL	M30	18	M 47	00:36:55	02:35:56.75	02:36:01.60	7:25	8.1
19	WAŁCZYK MATEUSZ	378		JELENIA GÓRA	POL	M30	19	M 51	00:39:14	02:39:15.25	02:39:19.60	7:35	7.9

**DWUDZIESTKA, M30 c.d.**

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	4.5km	Netto	Brutto	min/km	km/h
20	SZYMAŃSKI PAWEŁ	552		OPOLE	POL	M30	20	M 52	00:37:00	02:39:50.75	02:39:58.25	7:36	7.9
21	BUJKO MARCIN	514	TRIMP TEAM	BIELAWA	POL	M30	21	M 53	00:39:06	02:40:42.85	02:41:07.60	7:39	7.8
22	KACZMAREK ŁUKASZ	405	KUŹNIA TALENTÓW KAMIENIEC	KAMIENIEC	POL	M30	22	M 55	00:38:55	02:41:40.50	02:41:48.45	7:41	7.8
23	FEDUNIK KAROL	441	IDŹ OŁAWO	OŁAWA	POL	M30	23	M 58		02:39:26.10	02:42:47.90	7:35	7.9
24	UMIASTOWSKI MATEUSZ	461		WARSZAWA	POL	M30	24	M 61	00:38:14	02:43:41.45	02:43:59.85	7:47	7.7
25	DIERING TOMASZ	335	ROWERY MAŁGOŚKA	SKÓRZEWO	POL	M30	25	M 63	00:39:25	02:46:15.55	02:46:23.45	7:55	7.6
26	LENART JAKUB	379		WROCLAW	POL	M30	26	M 64	00:40:09	02:46:57.05	02:47:15.55	7:57	7.5
27	ŁATKA MATEUSZ	475		BOLKÓW	POL	M30	27	M 68	00:39:35	02:48:21.60	02:48:32.10	8:01	7.5
28	RUDZKI MARTIN	519		LUTYNIA	POL	M30	28	M 70	00:38:19	02:48:55.70	02:49:13.85	8:02	7.5
29	WYRZUCKI ANDRZEJ	365	EKYPA DOMASZCZYN PRZYLESIE	DOMASZCZYN	POL	M30	29	M 72	00:38:23	02:49:52.20	02:50:13.90	8:05	7.4
30	MATYJASZCZUK MATEUSZ	436		WROCLAW	POL	M30	30	M 77	00:43:07	02:53:34.90	02:53:45.10	8:15	7.3
31	NIEWIADOMSKI MAREK	389	CROSS KRAPKOWICE	KRAPKOWICE	POL	M30	31	M 78	00:41:27	02:53:28.60	02:53:50.95	8:15	7.3
32	OBST MATEUSZ	387		KOBYLNICA	POL	M30	32	M 81	00:39:01	02:54:58.40	02:55:07.35	8:19	7.2
33	BIESZCZAD MACIEJ	490		WROCLAW	POL	M30	33	M 82	00:40:18	02:55:06.75	02:55:23.55	8:20	7.2
34	MILEWSKI LUKASZ	504		BOLESŁAWIEC	POL	M30	34	M 86	00:44:13	02:57:17.90	02:57:38.65	8:26	7.1
35	BALCER RADOŚLAW	368		OSTRÓW WIELKOPOLSKI	POL	M30	35	M 91	00:39:21	02:59:02.75	02:59:18.00	8:31	7
36	HATAŁA TOMASZ	477	BARCA	WROCLAW	POL	M30	36	M 94	00:43:07	02:59:58.40	03:00:19.65	8:34	7
37	MANKIEWICZ MARIUSZ	511		WARSZAWA	POL	M30	37	M 96	00:45:52	03:02:00.65	03:02:17.45	8:40	6.9
38	GRZELIŃSKI MICHAŁ	467		JAROCIN	POL	M30	38	M 102	00:47:29	03:04:49.30	03:05:20.75	8:48	6.8
39	KOPACKI TOMASZ	390	TOMASZ KOPACKI 8992548543	WROCLAW	POL	M30	39	M 105	00:47:59	03:08:17.60	03:08:46.60	8:57	6.7
40	WIĘCEK MICHAŁ	359		CHOJNÓW	POL	M30	40	M 108	00:43:19	03:11:28.80	03:11:38.85	9:07	6.6
41	WOLIŃSKI BŁAŻEJ	525	RATEL TEAM	WROCLAW	POL	M30	41	M 115	00:48:13	03:14:23.50	03:14:47.00	9:15	6.5
42	MILEWICZ MARCIN	318		SIECHNICE	POL	M30	42	M 119	00:50:23	03:15:46.25	03:16:26.35	9:19	6.4
43	NOWOSAD PIOTREK	547		ZGORZELEC	POL	M30	43	M 120	00:49:02	03:16:18.05	03:16:34.95	9:20	6.4
44	ŁUKASZEWSKI SZYMON	472		RADWANICE	POL	M30	44	M 122	00:46:57	03:18:20.15	03:18:28.65	9:26	6.4
45	SKOWRONEK TOMASZ	444	OJ NIEFAJNIE	POZNAŃ	POL	M30	45	M 125	00:47:37	03:21:33.90	03:21:57.30	9:35	6.3
46	SANKOWSKI BARTOSZ	380		WROCLAW	POL	M30	46	M 126	00:44:33	03:22:52.80	03:23:13.85	9:39	6.2
47	MILEWSKI KONRAD	555		LEGNICA	POL	M30	47	M 128	00:44:45	03:25:59.60	03:26:19.50	9:48	6.1
48	GATNARCZYK MATEUSZ	351		RYBNIK	POL	M30	48	M 131	00:55:13	03:31:06.30	03:31:42.35	10:03	6
49	ANTONCZYK TOMASZ	550		MSZANA	POL	M30	49	M 134	00:55:09	03:31:51.70	03:32:28.05	10:05	5.9
50	LEWICKI MARCIN	369	BIEGACYCIWA	WROCLAW	POL	M30	50	M 135	00:51:37	03:33:21.25	03:33:51.50	10:09	5.9
51	KUCHARSKI ADAM	421		CHORZÓW	POL	M30	51	M 139	00:55:20	03:40:38.60	03:40:52.75	10:30	5.7
52	ZIĘBA TOMASZ	442		WROCLAW	POL	M30	52	M 154	01:09:43	05:16:59.35	05:17:15.70	15:05	4

**DWUDZIESTKA, K40**

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	4.5km	Netto	Brutto	min/km	km/h
1	MOCZULSKA MAŁGORZATA	399		ŻARÓW	POL	K40	1	K 2	00:30:47	02:06:45.35	02:06:48.20	6:02	9.9
2	KURPIEWSKA ANNA	406		WROCLAW	POL	K40	2	K 5	00:36:35	02:26:41.45	02:26:47.10	6:59	8.6
3	KRÓLIKOWSKA MAGDALENA	488		SOŚNIE	POL	K40	3	K 6	00:35:13	02:28:42.10	02:28:47.55	7:04	8.5
4	ŻOŁDAK MAGDALENA	398	ADIDAS RUNNERS POZNAŃ	POZNAŃ	POL	K40	4	K 8	00:37:47	02:29:37.80	02:29:41.65	7:07	8.4
5	BABIŃSKA-POPIĘKA EWELINA	301		RADKÓW	POL	K40	5	K 11	00:36:16	02:34:06.00	02:34:08.70	7:20	8.2
6	WODZIŃSKA DANUTA	419	TRAIL IS OUR WAY/ BIEG OPOLSKI	KRAPKOWICE	POL	K40	6	K 15	00:37:24	02:39:34.35	02:39:38.35	7:35	7.9
7	SYDORCZYK MAGDALENA	319	ENDORFINA WSCHOWA	WSCHOWA	POL	K40	7	K 16	00:39:25	02:42:44.25	02:42:52.00	7:44	7.7
8	CZAPLIKA IZABELA	408	GOPR KARKONOSZE	JELENIA GÓRA, DOLNOŚLĄSKIE	POL	K40	8	K 18	00:39:15	02:48:40.35	02:48:46.15	8:01	7.5
9	NOWAK MARTA	325		DŁUGOŁĘKA	POL	K40	9	K 23	00:44:11	02:57:26.85	02:57:37.00	8:26	7.1
10	GRZELAK ELŻBIETA	343		KALISZ	POL	K40	10	K 25	00:46:33	03:00:02.90	03:00:20.50	8:34	7
11	PLUSA ANETA	357	BBC KROSNO ODRZAŃSKIE	KROSNO ODRZAŃSKIE	POL	K40	11	K 30	00:44:01	03:03:27.40	03:03:35.15	8:44	6.9
12	JODŁOWSKA EWA	322	BBC KROSNO ODRZAŃSKIE	KROSNO ODRZ	POL	K40	12	K 31	00:44:00	03:03:57.00	03:04:03.55	8:45	6.8
13	KOWACZ AGATA	540	SPEEDBAR	WAŁBRZYCH	POL	K40	13	K 32	00:47:59	03:06:36.95	03:06:46.15	8:53	6.8
14	NARKUN EWA	388		IŁOWA	POL	K40	14	K 33	00:46:38	03:07:25.05	03:07:32.65	8:55	6.7
15	MAZUR KATARZYNA	385	UMLAUT	KROSNO ODRZAŃSKIE	POL	K40	15	K 34	00:45:14	03:08:21.00	03:08:25.95	8:58	6.7
16	PRUCHNIEWSKA AGNIESZKA	503		ROKIETNICA	POL	K40	16	K 35	00:44:18	03:08:44.30	03:08:51.20	8:59	6.7
17	LEWICKA MAGDALENA	538	CAŁA OLEŚNICA BIEGA	DOBROZYCE	POL	K40	17	K 36	00:47:36	03:08:42.15	03:09:05.05	8:59	6.7
18	CHRZANOWSKA AGNIESZKA	407	IDĘ DALEJ	SZCZECIN	POL	K40	18	K 37	00:47:21	03:09:09.85	03:09:23.25	9:00	6.7
19	SYNOWIEC-JUDA AGATA	418		JELENIA GÓRA	POL	K40	19	K 44	00:49:18	03:17:42.20	03:17:59.90	9:24	6.4

**DWUDZIESTKA, K40 c.d.**

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	4.5km	Netto	Brutto	min/km	km/h
20	TRZCIŃSKA JOLANTA	362	ROCK BALANCING ICE	SZKLARSKA POREBA	POL	K40	20	K 47		03:21:14.65	03:21:31.00	9:34	6.3
21	DOJS ALEKSANDRA	337		POZNAŃ	POL	K40	21	K 48	00:50:22	03:22:47.90	03:23:11.10	9:39	6.2
22	HANGIEL URSZULA	450	ŻWAWĘ ŻÓŁWIE	WARSZAWA	POL	K40	22	K 50		03:28:22.50	03:29:02.30	9:55	6
23	WESOŁOWSKA IWONA	510		PLEWISKA	POL	K40	23	K 52	00:50:23	03:30:45.65	03:31:02.20	10:02	6
24	SOBIESKA WERONIKA	332	OKI OKI TEAM	KARWIANY	POL	K40	24	K 53	00:49:07	03:34:44.45	03:35:04.35	10:13	5.9
25	WALCZAK ANNA	311		WARSZAWA	POL	K40	25	K 54	00:51:40	03:35:53.35	03:36:20.70	10:16	5.8
26	ŚMIECHOWSKA MAŁGORZATA	333		RECCZ	POL	K40	26	K 55	00:52:10	03:36:10.90	03:36:26.65	10:17	5.8
27	RÓŻAŃSKA MAGDALENA	328		WROCŁAW	POL	K40	27	K 56		03:38:14.55	03:38:25.90	10:23	5.8
28	GAWLIK-ŁUPKOWSKA AGNIESZKA	404	KĘSY TEAM	OBORNIKI WLKP	POL	K40	28	K 57	00:53:37	03:39:19.55	03:39:32.35	10:26	5.7
29	GRZEGRZÓŁKA ANNA	409	ZABIEGANI Z LEŚNEJ	LUBAŃ	POL	K40	29	K 58	00:56:20	03:39:10.90	03:39:33.25	10:26	5.7
30	MŁOSZEWSKA KATARZYNA	410	IZERY BOGATYNIA	BOGATYNIA	POL	K40	30	K 59	00:56:17	03:40:34.25	03:40:57.75	10:30	5.7
31	PLACHIMOWICZ NATALIA	484	MOCNA GRUPA CEZARA	WROCŁAW	POL	K40	31	K 61	00:59:06	03:41:38.55	03:42:02.25	10:33	5.7
32	SIKORSKA AGNIESZKA	530		WARSZAWA	POL	K40	32	K 62	00:54:49	03:43:26.45	03:44:07.45	10:38	5.6
33	PTAK EWA	497		ŚWIERZAWA	POL	K40	33	K 66	00:55:08	03:57:23.60	03:57:51.75	11:18	5.3
34	KARASIŃSKA KAROLINA	309		PIASECZNO	POL	K40	34	K 67	00:59:29	03:57:49.50	03:58:15.45	11:19	5.3
35	LIS ANNA	342		WAWRÓW	POL	K40	35	K 68	00:56:51	03:58:03.45	03:58:34.30	11:20	5.3
36	KUCHCIŃSKA DIANA	434		WSCHOWA	POL	K40	36	K 69	00:57:01	04:07:09.95	04:07:30.00	11:46	5.1
37	INOROWICZ JOANNA	420		WARSZAWA	POL	K40	37	K 70	00:56:48	04:13:31.35	04:13:41.85	12:04	5
38	KAPŁON ANNA	315		WARSZAWA	POL	K40	38	K 72	01:04:51	04:18:22.95	04:18:49.85	12:18	4.9
39	MERKLINGHAUS-KOBER MONIKA	476	SPEED FEET '16/ MIEJSKA KONDYCJA	KOŚCIAN	POL	K40	39	K 73	01:07:36	04:27:59.55	04:28:14.25	12:45	4.7
40	OTT MAŁGORZTA	313		ZIELONA GÓRA	POL	K40	40	K 74	01:14:44	04:54:21.45	04:54:50.55	14:01	4.3

**DWUDZIESTKA, M40**

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	4.5km	Netto	Brutto	min/km	km/h
1	BRYDL PAVEL	551	SALOMON CZ	TRUTNOV	CZE	M40	1	M 2	00:26:12	01:48:53.35	01:48:55.05	5:11	11.6
2	PILARSKI TOMASZ	542	MARCIN ŚWIERC TEAM	BOGATYNIA	POL	M40	2	M 6	00:28:37	01:58:28.55	01:58:30.65	5:38	10.6
3	ZBOROWSKI KRZYSZTOF	513		WILKÓW K. ZŁOTORYI	POL	M40	3	M 9	00:31:47	02:07:49.20	02:07:51.45	6:05	9.9
4	NOWORYTA RADOSŁAW	541	ULTRA DIABŁY TEAM LUBRZA	LUBRZA	POL	M40	4	M 10	00:31:18	02:08:07.95	02:08:11.00	6:06	9.8
5	MIKA ANDRZEJ	435		WROCŁAW	POL	M40	5	M 16	00:32:48	02:14:57.55	02:15:01.25	6:25	9.3
6	GRACZ PAWEŁ	374	ULTRA DIABŁY TEAM LUBRZA	ZBAŚZYNEK	POL	M40	6	M 17	00:31:51	02:16:22.60	02:16:24.85	6:29	9.2
7	KRZESIŃSKI DARIUSZ	464	ORANGE POLSKA S.A.	WROCŁAW	POL	M40	7	M 20	00:33:26	02:18:09.65	02:18:14.20	6:34	9.1
8	CIEŚLIK SŁAWOMIR	423	ANTONTEAM	RYDZYNA	POL	M40	8	M 24	00:35:46	02:23:26.35	02:23:33.05	6:49	8.8
9	JODŁOWSKI MAREK	321		KROSNO ODRZ	POL	M40	9	M 26	00:34:32	02:24:12.80	02:24:17.05	6:52	8.7
10	MAJEWSKI MACIEJ	522		SWIDNICA	POL	M40	10	M 29	00:35:15	02:25:20.45	02:25:26.70	6:55	8.7
11	BOHAREWICZ PAWEŁ	339	BOHAR PALETY TRANSPORT	ZIELONA GÓRA	POL	M40	11	M 30	00:38:04	02:26:36.85	02:26:45.70	6:58	8.6
12	DREWNIAK MARIUSZ	432		JELENIA GÓRA	POL	M40	12	M 36	00:38:03	02:30:15.60	02:30:27.55	7:09	8.4
13	ORWAT ADAM	411	WOLSZTYŃSKI KLUB BIEGOWY	STARA DĄBROWA	POL	M40	13	M 38	00:37:09	02:30:39.45	02:31:06.95	7:10	8.4
14	VISENTIN ERIC	516	NOA	WROCŁAW	POL	M40	14	M 39	00:37:57	02:31:20.95	02:31:28.15	7:12	8.3
15	NIKANENKA SIARHEI	457	GREBENSTAR	JELENIA GÓRA	POL	M40	15	M 40		02:31:48.00	02:31:48.00	7:13	8.3
16	ŁUCZAK MARCIN	329	RUN4ENERGY	PLEWISKA	POL	M40	16	M 41	00:37:08	02:32:08.65	02:32:19.70	7:14	8.3
17	MARGOL PAWEŁ	459		LIGOTA PIĘKNA	POL	M40	17	M 43	00:38:16	02:33:48.80	02:33:52.95	7:19	8.2
18	BOBORYCKI RAFAŁ	523	MOCNA GRUPA CEZARA	ŚRODA ŚLĄSKA	POL	M40	18	M 44	00:36:42	02:34:36.90	02:34:41.90	7:21	8.2
19	STEC ADAM	502		WYSOKA	POL	M40	19	M 46	00:38:14	02:35:36.35	02:35:41.50	7:24	8.1
20	SZKÓDLIŃSKI BARTOSZ	310	NARAMOWICE BIEGAJĄ	POZNAŃ	POL	M40	20	M 49	00:38:30	02:37:48.95	02:38:06.40	7:30	8
21	GALEK ZBIGNIEW	453	ŁAGÓW TEAM	ŁAGÓW	POL	M40	21	M 50	00:36:49	02:38:08.20	02:38:14.35	7:31	8
22	NYKIEL RAFAŁ	501		NOWA WIOSKA	POL	M40	22	M 54	00:39:20	02:41:32.45	02:41:39.15	7:41	7.8
23	BIALIC GRZEGORZ	553				M40	23	M 56	00:40:01	02:41:57.05	02:42:07.55	7:42	7.8
24	ŚLIWKA RADOSŁAW	338		POZNAŃ	POL	M40	24	M 57	00:40:21	02:42:34.00	02:42:36.10	7:44	7.8
25	LEWICKI TOMASZ	537	CAŁA OLEŚNICA BIEGA	DOBROSZYCE	POL	M40	25	M 59	00:40:03	02:42:38.55	02:43:00.55	7:44	7.7
26	PIETRZAKOWSKI ROBERT	509		GORZÓW WIELKOPOLSKI	POL	M40	26	M 60	00:39:19	02:43:04.10	02:43:24.05	7:45	7.7
27	NIŻEWSKI PAWEŁ	462	KRAKOWIAK ULTRA TEAM	CZAPURY	POL	M40	27	M 62	00:40:26	02:44:45.95	02:44:52.05	7:50	7.6
28	MICHALCZYK MICHAŁ	350		ZIELONA GÓRA	POL	M40	28	M 65	00:37:58	02:48:04.90	02:48:14.65	8:00	7.5
29	KĄŁUSKI ŁUKASZ	532	KKW CYKLOFAN	OPOLE	POL	M40	29	M 66	00:45:10	02:47:54.00	02:48:25.85	7:59	7.5
30	PEPŁOŃSKI ŁUKASZ	492		WARSZAWA	POL	M40	30	M 67	00:41:34	02:48:06.45	02:48:31.50	8:00	7.5
31	BROJ MICHAŁ	529	KKW CYKLOFAN	OPOLE	POL	M40	31	M 69		02:49:04.65	02:49:04.65	8:03	7.5

**DWUDZIESTKA, M40 c.d.**

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	4.5km	Netto	Brutto	min/km	km/h
32	SYCHOWSKI DAWID	304		WROCLAW	POL	M40	32	M 73	00:41:17	02:50:34.55	02:50:45.55	8:07	7.4
33	STASIAK LUKASZ	518		LUBIN	POL	M40	33	M 74	00:42:16	02:50:58.35	02:51:06.65	8:08	7.4
34	FRYBEL DAMIAN	517		OBRA	POL	M40	34	M 75	00:42:06	02:51:09.40	02:51:24.50	8:09	7.4
35	SLOWIK GRZEGORZ	489	ZEFKA RUNNERS	OSTRZESZÓW	POL	M40	35	M 76	00:38:11	02:51:59.75	02:52:06.15	8:11	7.3
36	LASKOWSKI DARIUSZ	549		CHWALISZÓW	POL	M40	36	M 79	00:38:59	02:53:51.40	02:54:16.45	8:16	7.2
37	DORNIK RADEK	554		ZGORZELEC	POL	M40	37	M 80	00:45:17	02:54:02.80	02:54:18.25	8:17	7.2
38	WAJDA MACIEJ	445	SPELEOCLUB WROCLAW	WROCLAW	POL	M40	38	M 83	00:40:16	02:56:01.35	02:56:17.05	8:22	7.2
39	PLÓCIENNIK KRZYSZTOF	469	UKS AZYMUT PABIANICE	PABIANICE	POL	M40	39	M 84	00:39:12	02:55:55.50	02:56:23.30	8:22	7.2
40	BARTOSIEWICZ ADAM	463		GRYFINO	POL	M40	40	M 85	00:44:57	02:56:15.55	02:56:36.30	8:23	7.1
41	RAPAŁA ROMAN	527		PIECHOWICE	POL	M40	41	M 87	00:39:23	02:57:57.05	02:58:04.10	8:28	7.1
42	KOTŁOWSKI WOJCIECH	478		POZNAŃ	POL	M40	42	M 90	00:41:24	02:59:01.85	02:59:15.65	8:31	7
43	SZELAĞIEWICZ AREK	468	CI OD RUDEGO KOTA	SZCZECIN	POL	M40	43	M 92	00:43:25	02:59:39.80	03:00:01.00	8:33	7
44	OPAŁA MACIEJ	528		JELENIA GÓRA	POL	M40	44	M 97	00:43:30	03:02:51.20	03:03:00.55	8:42	6.9
45	JANCZAREK LUKASZ	371	PTORUNNERS	WROCLAW	POL	M40	45	M 98	00:44:39	03:03:01.80	03:03:27.85	8:42	6.9
46	DECHNIK LUKASZ	508	I W GÓRĘ I W DÓŁ	WROCLAW	POL	M40	46	M 99	00:44:51	03:03:57.75	03:04:06.60	8:45	6.8
47	FILIPIAK SEBASTIAN	456	EKIPA LIPA	LIPA	POL	M40	47	M 100	00:43:42	03:03:42.45	03:04:11.55	8:44	6.9
48	ŻUREK MATEUSZ	496		POZNAŃ	POL	M40	48	M 103	00:44:08	03:05:42.60	03:05:50.90	8:50	6.8
49	KRYSIEWICZ MARCIN	429		WARSZAWA	POL	M40	49	M 106	00:45:18	03:08:33.45	03:08:48.00	8:58	6.7
50	SKROBEK MARCIN	507		WROCLAW	POL	M40	50	M 107	00:48:22	03:07:14.95	03:09:27.00	8:54	6.7
51	NOWAK LUKASZ	360	BLOOD BROTHERS	CHOJNÓW	POL	M40	51	M 109	00:43:23	03:11:29.00	03:11:39.05	9:07	6.6
52	GRUCHOT WALDEMAR	367		POGORZELA	POL	M40	52	M 110	00:45:11	03:12:03.10	03:12:30.95	9:08	6.6
53	SOCHA MARCIN	303		KROSNO	POL	M40	53	M 111	00:46:12	03:12:41.20	03:12:52.50	9:10	6.5
54	GADZIŃSKI ROBERT	373		KROSINKO	POL	M40	54	M 112	00:45:12	03:12:44.90	03:13:12.40	9:10	6.5
55	KOZIAROWSKI MICHAŁ	364		DOMASZCZYN	POL	M40	55	M 114	00:45:07	03:14:01.75	03:14:22.65	9:14	6.5
56	MATKOWSKI WIKTOR	546	RENA WYKROTY	LWÓWEK ŚLĄSKI	POL	M40	56	M 117	00:47:50	03:15:31.65	03:16:00.45	9:18	6.4
57	PIÓRKO PIOTR	361		LESZNO	POL	M40	57	M 118	00:46:31	03:16:02.30	03:16:19.15	9:20	6.4
58	ZASOWSKI RAFAL	346		POZNAŃ	POL	M40	58	M 123	00:47:58	03:19:17.15	03:19:26.60	9:29	6.3
59	WIKLIŃSKI JAROSŁAW	440	CZYSTA AMATORKA	MARKI	POL	M40	59	M 127	00:48:59	03:23:57.60	03:24:16.20	9:42	6.2
60	CHORAŹIAK MARCIN	352		BŁASZKI	POL	M40	60	M 129	00:48:19	03:26:26.75	03:26:43.10	9:49	6.1
61	KAPELSKI MICHAŁ	353	PATORUNNERS	WROCLAW	POL	M40	61	M 132	00:48:56	03:31:49.25	03:32:14.90	10:05	5.9
62	KASPERKIEWICZ FILIP	391		WROCLAW	POL	M40	62	M 133	00:49:54	03:31:47.95	03:32:23.15	10:05	5.9
63	LIS WOJCIECH	314	WIERZBICKI RUNNING PROJECT	WAWRÓW	POL	M40	63	M 136	00:53:09	03:36:40.60	03:37:10.05	10:19	5.8
64	ŁUPKOWSKI PAWEŁ	403	KĘSY TEAM	OBORNIKI WLKP	POL	M40	64	M 137	00:53:36	03:39:19.90	03:39:32.45	10:26	5.7
65	SOSIŃSKI TOMASZ	433		WSCHÓWA	POL	M40	65	M 138	00:49:02	03:39:17.70	03:39:38.15	10:26	5.7
66	ZAJĄC KRZYSZTOF	355	BEZULTRADZIKI/ZAJĄCEHASAJĄCE/WKURW_TEAM	POZNAŃ	POL	M40	66	M 142	00:56:09	03:52:57.05	03:53:31.30	11:05	5.4
67	SZPILA ROBERT	312		GORZÓW WIELKOPOLSKI	POL	M40	67	M 144	00:59:30	03:57:49.60	03:58:15.45	11:19	5.3
68	KAŁŁAUR KRZYSZTOF	447		WARSZAWA	POL	M40	68	M 146	00:58:55	04:07:15.35	04:07:45.65	11:46	5.1
69	KOWOLL BRONISŁAW	474		TURZE	POL	M40	69	M 147	01:02:41	04:13:04.35	04:13:37.80	12:03	5
70	FRANICA KRYSZTIAN	422		PSZÓW	POL	M40	70	M 148	01:02:34	04:13:02.40	04:13:40.05	12:02	5
	SZRAMOWIAT MAREK	428	BRITA	LWÓWEK ŚLĄSKI	POL	M40			00:33:30	DNF	DNF	-	-
									DNF				

**DWUDZIESTKA, K50**

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	4.5km	Netto	Brutto	min/km	km/h
1	KWIATKOWSKA STANISŁAWA	535		GOSŁAWICE	POL	K50	1	K 17	00:42:06	02:46:06.85	02:46:20.40	7:54	7.6
2	BARTOSZAK DOROTA	402	SZYNSZYLA GNIEZNO	GNIEZNO	POL	K50	2	K 22	00:44:04	02:56:20.95	02:56:40.15	8:23	7.1
3	HEJNA MAŁGORZATA	383		SZCZECIN	POL	K50	3	K 24	00:43:17	02:58:14.70	02:58:28.80	8:29	7.1
4	LACH AGNIESZKA	485	MOCNA GRUPA CEZARA	WROCLAW	POL	K50	4	K 39	00:48:02	03:12:05.25	03:12:10.80	9:08	6.6
5	GÓRNA AMELIA	521	KLUB BIEGACZA BOLESŁAWIEC	TOMISŁAW	POL	K50	5	K 42	00:43:11	03:17:31.20	03:17:41.85	9:24	6.4
6	GRABOWIECKA ALDONA	307		ŚWIDNICA	POL	K50	6	K 75	01:14:48	04:54:23.25	04:54:50.75	14:01	4.3

**DWUDZIESTKA, M50**

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	4.5km	Netto	Brutto	min/km	km/h
1	NIEZGÓDKA TOMASZ	531	DFBG TEAM	WROCŁAW	POL	M50	1	M 19	00:33:07	02:17:48.40	02:17:52.35	6:33	9.1
2	PRZYBYŁ PIOTR	539	EASY RUNNERS	GOSTYŃ	POL	M50	2	M 32	00:35:33	02:28:12.15	02:28:14.85	7:03	8.5
3	MORAWSKI FILIP	347	KRAKOWIAKULTRATEAM	PUSZCZYKOWO	POL	M50	3	M 37	00:37:20	02:30:49.65	02:30:55.10	7:10	8.4
4	PUDŁOWSKI BARTOSZ	356	T3TEAM	WROCŁAW	POL	M50	4	M 48	00:37:59	02:35:38.80	02:36:03.20	7:24	8.1
5	DOMAŃSKI HENRYK	341	STAN UMYSŁU LEWIN BIEGA	LEWIN BRZESKI	POL	M50	5	M 71	00:37:55	02:49:36.45	02:49:41.30	8:04	7.4
6	TULIK PRZEMYSŁAW	348		WARSZAWA	POL	M50	6	M 95	00:43:21	03:01:42.10	03:01:56.55	8:39	6.9
7	CZACHOWSKI MICHAŁ	451	ŻWAWIE ŻÓLWIE	WARSZAWA	POL	M50	7	M 101	00:46:20	03:03:56.65	03:04:36.05	8:45	6.9
8	SZARADOWSKI PIOTR	493	AW-SZYBCIEJ-TEAM	ŚWIDNICA	POL	M50	8	M 104	00:41:39	03:06:03.55	03:06:22.65	8:51	6.8
9	SIKORSKI CEZARY	384	BBC	GUBIN	POL	M50	9	M 113	00:47:20	03:13:44.05	03:13:49.20	9:13	6.5
10	MYSZKIEWICZ BARTOSZ	454		MIŁOSŁAW	POL	M50	10	M 116	00:49:31	03:15:19.05	03:15:53.65	9:18	6.5
11	SZARMACH DARIUSZ	500	MARATOŃCZYK TEAM SZCZECIN	SZCZECIN	POL	M50	11	M 121	00:48:26	03:17:04.30	03:17:17.10	9:23	6.4
12	PACIULON KRZYSZTOF	331	OKI OKI TEAM	KARWIANY	POL	M50	12	M 124	00:49:02	03:19:20.50	03:19:41.25	9:29	6.3
13	BASTA GRZEGORZ	317	BBL LASY BOGDANIEC, BASTA TEAM	GORZÓW WIELKOPOLSKI	POL	M50	13	M 141	00:53:11	03:49:08.20	03:49:32.10	10:54	5.5
14	WITKOWSKI MARCIN	400	ZASZYCI	WARSZAWA	POL	M50	14	M 143	00:56:50	03:57:39.55	03:58:05.80	11:19	5.3
15	WOCH WIKTOR	393		ZIELONA GÓRA	POL	M50	15	M 145	00:58:10	04:05:34.70	04:06:13.00	11:41	5.1
16	RÓŻAŃSKI ROBERT	548		WROCŁAW	POL	M50	16	M 149	01:02:32	04:21:22.60	04:21:34.35	12:26	4.8
17	NOWAK MACIEJ	494	SPEED FEET 16	POZNAN	POL	M50	17	M 150	01:07:42	04:26:15.50	04:26:29.90	12:40	4.7
18	SREBRO MICHAŁ	330	DZIKI Z CYTADELI	POZNAŃ	POL	M50	18	M 152	01:02:46	04:41:03.95	04:41:16.20	13:23	4.5
19	KAWAŁKO RYSZARD	455	WOLNY RYŚ	LEGNICA	POL	M50	19	M 153	01:04:33	04:41:12.40	04:41:43.95	13:23	4.5

**DWUDZIESTKA, M60**

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	4.5km	Netto	Brutto	min/km	km/h
1	ZIMNY TOMASZ	320		SZCZECIN	POL	M60	1	M 88	00:43:17	02:58:13.45	02:58:28.30	8:29	7.1
2	KORZYCKI TADEUSZ	533		SOSNÓWKA	POL	M60	2	M 89	00:41:50	02:58:56.75	02:59:06.10	8:31	7
3	SZUMSKI ZBIGNIEW	323		ŚWIEBODZIN	POL	M60	3	M 130		03:26:07.25	03:29:36.75	9:48	6.1
4	KUŁAKOWSKI PIOTR	524		KONSTANCIN-JEJIORNA	POL	M60	4	M 140	00:54:49	03:43:30.70	03:44:10.85	10:38	5.6
5	ZEMŁA KRZYSZTOF	376		WARSZAWA	POL	M60	5	M 155	01:12:32	05:21:04.90	05:21:37.70	15:17	3.9