

CZTERDZIESTKA

Organizator: Fundacja Szczyt za Szczytem
Data: 2025-02-08
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	4.5km	11.5km	19.5km	32.5km	Netto	Brutto	min/km	km/h
1	CZERNIAK PAWEŁ	74	BLACK HAT PRO	SOSNÓWKA	POL	M40	1	M 1	00:26:11	01:01:11	01:37:45	02:57:29	03:59:49.80	03:59:51.55	5:30	10.9
2	MILEWSKI DOMINIK	121	BAGIENNY GÓRAL TEAM	PŁOCK	POL	M20	1	M 2	00:26:58	01:06:09	01:45:25	03:05:15	04:03:33.70	04:03:35.95	5:35	10.7
3	BRÝDL PAVEL	127	SALOMON CZ	TRUTNOV	CZE	M40	2	M 3	00:26:31	01:01:32	01:39:19	03:05:54	04:12:27.00	04:12:28.75	5:48	10.3
4	OTRĘBA MACIEJ	146		WROCŁAW	POL	M40	3	M 4	00:28:44	01:07:09	01:47:00	03:17:17	04:35:46.80	04:35:49.10	6:20	9.5
5	ŻURAW WIKTOR	63		WROCŁAW	POL	M20	2	M 5	00:30:20	01:10:04	01:52:06	03:26:18	04:35:52.75	04:35:55.40	6:20	9.5
6	MOCZULSKA MAŁGORZATA	93	CODETWO	ŻARÓW	POL	K40	1	K 1	00:29:38	01:09:54	01:52:02	03:27:19	04:41:52.45	04:41:55.00	6:28	9.3
7	KAMERDUŁA ŁUKASZ	28		STRUŻKA	POL	M40	4	M 6	00:28:43	01:07:11	01:46:55	03:23:15	04:44:43.00	04:44:46.15	6:32	9.2
8	DYDYŃSKI DAWID	149		LUBIN	POL	M20	3	M 7	00:30:53	01:13:43	01:58:14	03:35:33	04:50:41.85	04:50:54.80	6:40	9
9	LIPNICKA MARTA	133	ULTRAKOTLINA TEAM	JELEŃ GÓRA, DOLNOŚLĄSKIE	POL	K30	1	K 2	00:31:50	01:14:52	01:58:31	03:36:54	04:54:10.35	04:54:13.55	6:45	8.9
10	KASPRZAK PIOTR	17		JELEŃ GÓRA	POL	M20	4	M 8	00:31:50	01:14:48	01:58:51	03:42:00	05:01:36.85	05:01:40.50	6:56	8.7
11	ZIENTARA KRZYSZTOF	37		JELEŃ GÓRA	POL	M40	5	M 9	00:32:04	01:14:40	01:58:29	03:41:24	05:05:02.75	05:05:12.05	7:00	8.6
12	JASTRZĘBSKI SZYMON	5		WROCŁAW	POL	M40	6	M 10	00:31:26	01:14:47	01:59:27	03:43:35	05:11:11.25	05:11:15.60	7:09	8.4
13	MIKA ANDRZEJ	32	PRZEDWOJEWSKI TEAM	JAWORZNO	POL	M30	1	M 11	00:31:15	01:14:12	01:58:28	03:46:49	05:13:04.25	05:13:08.00	7:11	8.3
14	OLCZYK GRZEGORZ	52	DRĄXLMAIER	JELEŃ GÓRA	POL	M30	2	M 12	00:33:25	01:17:59	02:03:21	03:52:24	05:13:18.60	05:13:22.40	7:12	8.3
15	KOZIEŁ TOMASZ	25		KUDOWA-ZDRÓJ	POL	M40	7	M 13	00:32:53	01:16:54	02:01:35	03:49:06	05:14:18.70	05:14:21.70	7:13	8.3
16	KŁOPOTEK MARCIN	33	EXTREMALNE FAMYLY	GRYFINO	POL	M50	1	M 14	00:34:28	01:22:51	02:12:30	04:04:32	05:27:48.15	05:27:51.00	7:32	8
17	KRZYŻAŃSKI MIESZKO	73		ZGORZELEC	POL	M20	5	M 15	00:41:41	01:33:57	02:25:50	04:14:11	05:33:22.50	05:33:29.10	7:39	7.8
18	GABACZEWSKI GRACJAN	147		LUBIN	POL	M20	6	M 16	00:33:20	01:20:17	02:15:29	04:09:18	05:39:48.15	05:40:00.35	7:48	7.7
19	SMOLARA KRZYSZTOF	38	PASMO TEAM	WIŃSKO	POL	M40	8	M 17	00:40:12	01:29:27	02:17:30	04:11:52	05:40:35.05	05:40:46.90	7:49	7.7
20	GARCZYK RAFAŁ	106	ULTRA PEFRON TEAM	LUSÓWKO	POL	M40	9	M 18	00:39:30	01:29:59	02:20:23	04:17:55	05:44:50.65	05:44:55.20	7:55	7.6
21	BILSKI PIOTR	109	WI RUN	SAPOWICE	POL	M30	3	M 19	00:37:08	01:27:47	02:15:51	04:13:13	05:45:29.85	05:45:35.05	7:56	7.6
22	MISTYGACZ JAKUB	145	ANTONTEAM		POL	M40	10	M 20	00:35:50	01:28:10	02:18:25	04:15:55	05:47:00.10	05:47:05.40	7:58	7.5
23	SZONDA ISTVAN	96		VELKÉ HAMRY	CZE	M40	11	M 21	00:38:55	01:25:31			05:49:38.80	05:49:57.55	8:02	7.5
24	KŁODNICKI KRZYSZTOF	107		WROCŁAW	POL	M40	12	M 22	00:32:52	01:20:36	02:09:59	04:14:22	05:52:47.80	05:52:53.75	8:06	7.4
25	ŻOŁDAK MAGDALENA	61	ADIDAS RUNNERS POZNAŃ	POZNAŃ	POL	K40	2	K 3	00:38:04	01:28:13	02:18:10	04:19:12	05:52:58.30	05:53:03.05	8:06	7.4
26	GŁOWIŃSKI ROBERT	72	KOMORNICKA GRUPA BIEGOWA GRZMOT	KOMORNIKI	POL	M50	2	M 23	00:38:08	01:28:20	02:18:03	04:18:59	05:53:19.45	05:53:27.05	8:07	7.4
27	JANKOWSKI MARCIN	84	FUFUFU TEAM	GŁOGÓW	POL	M40	13	M 24	00:37:11	01:27:01	02:16:53	04:21:52	05:53:47.55	05:53:52.20	8:07	7.4
28	CZERNIAK WIOLETA	138		SOSNÓWKA	POL	K40	3	K 4	00:40:07	01:29:02	02:20:25	04:26:05	05:57:32.05	05:57:38.40	8:13	7.3
29	KOWALCZYK TOMASZ	48		WOŁÓW	POL	M40	14	M 25	00:35:17	01:24:53	02:13:09	04:20:15	05:57:43.05	05:57:49.70	8:13	7.3
30	JANKOWSKI KRZYSZTOF	148		WROCŁAW	POL	M30	4	M 26	00:35:37	01:26:51	02:18:58	04:20:32	05:59:19.05	05:59:29.90	8:15	7.3
31	RESPONDEK ANNA	16		ZIELONA GÓRA	POL	K40	4	K 5	00:39:30	01:33:09	02:25:34	04:28:45	06:03:00.20	06:03:10.90	8:20	7.2
32	RZECKI RADOSŁAW	44		DĘBNO	POL	M30	5	M 27	00:35:17	01:26:44	02:16:59	04:28:47	06:08:16.50	06:08:23.00	8:27	7.1
33	NASKRĘT PIOTR	22	KOWARY BIEGAJĄ	KOWARY	POL	M40	15	M 28	00:38:09	01:28:16	02:19:01	04:29:31	06:09:20.50	06:09:25.00	8:29	7.1
34	HRUSZOWIEC PAWEŁ	42	PAN COGITO S.C.	WOŁÓW	POL	M50	3	M 29			02:23:38	04:37:10	06:10:15.00	06:10:16.00	8:30	7
35	LITWIN MONIKA	102		WROCŁAW	POL	K40	5	K 6	00:37:19	01:26:24		04:34:08	06:11:03.30	06:11:12.60	8:31	7
36	DEJA DARIUSZ	69	BIDFOOD FARUTEX	GRODKÓW	POL	M40	16	M 30	00:39:08	01:32:28	02:25:06	04:30:19	06:12:04.00	06:12:10.50	8:33	7
37	ADAMSKI TOMASZ	2	GITT DRUŻYNA	ZIELONA GÓRA	POL	M40	17	M 31	00:36:08	01:24:55	02:12:48	04:23:19	06:12:54.40	06:13:09.05	8:34	7
38	BENTKOWSKA MAGDALENA	126	DIRTY SPARROWS	POZNAŃ	POL	K30	2	K 7	00:39:22	01:35:41	02:28:54	04:38:10	06:13:15.20	06:13:22.65	8:34	7
39	SZYMAŃSKI PAWEŁ	88		OPOLE	POL	M30	6	M 32	00:37:26	01:27:48	02:18:30	04:28:52	06:14:16.65	06:14:23.05	8:36	7
40	IDCZAK AGNIESZKA	132		LEGNICA	POL	K30	3	K 8	00:38:39	01:29:10	02:23:34	04:37:09	06:17:40.80	06:17:48.00	8:40	6.9
41	MIELNIK MICHAŁ	83	PANICZE	POZNAŃ	POL	M30	7	M 33	00:38:32	01:29:07	02:21:16	04:29:39	06:20:04.40	06:20:10.30	8:44	6.9
42	PETER MACIEJ	27		WROCŁAW	POL	M20	7	M 34	00:33:29	01:18:02	02:16:46	04:42:09	06:21:40.05	06:21:55.30	8:46	6.8
43	WIKTOROWICZ TOMASZ	77		DZIWISZÓW	POL	M50	4	M 35	00:39:22	01:33:55	02:27:31	04:38:18	06:21:42.75	06:21:56.65	8:46	6.8
44	WASILEWSKI MARCIN	4		ZIELONA GÓRA	POL	M30	8	M 36	00:38:26	01:31:14	02:23:52	04:37:33	06:24:08.20	06:24:11.85	8:49	6.8

CZTERDZIESTKA, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.5km	11.5km	19.5km	32.5km	Netto	Brutto	min/km	km/h
45	RABIEJ-OLSZEWSKA HANNA	131	SOBAS TEAM	CHOJNÓW	POL	K40	6	K 9	00:39:17	01:32:12	02:26:41	04:42:23	06:24:30.95	06:24:34.40	8:50	6.8
46	MÁROVÁ KLÁRA	56		PRAHA	CZE	K40	7	K 10	00:42:34	01:35:41	02:31:37	04:43:19	06:25:04.25	06:25:07.25	8:51	6.8
47	OLSZEWSKI ARTUR	122	FRAM	DĄBROWA GÓRNICZA	POL	M40	18	M 37	00:44:30	01:46:49	02:45:50	04:55:22	06:25:33.30	06:25:43.50	8:51	6.8
48	SZCZERBAKOWICZ KAMIL	76		NADOLICE WIELKIE	POL	M30	9	M 38	00:40:32	01:33:29	02:25:59	04:43:28	06:26:02.50	06:26:13.00	8:52	6.8
49	PATROŃSKI ADAM	117	ŻARŁOKI	WROCLAW	POL	M30	10	M 39	00:42:44	01:37:40	02:32:26	04:48:41	06:29:20.45	06:29:30.60	8:57	6.7
50	NAPIERAŁA MARCIN	34	GB WIELKOPOLSCY BIEGACZE / BIEGAJĄCE KREJZOLE	POZNAŃ	POL	M40	19	M 40	00:38:05	01:29:52	02:26:33	04:46:33	06:29:34.45	06:29:39.65	8:57	6.7
51	PATROŃSKA MAGDALENA	116	ŻARŁOKI	WROCLAW	POL	K30	4	K 11	00:42:45	01:37:40	02:32:32	04:48:04	06:29:57.95	06:30:07.60	8:57	6.7
52	SIKORA MALWINA	1	DROGA DO ULTRA	WROCLAW	POL	K30	5	K 12	00:45:37	01:40:52	02:37:07	04:47:25	06:30:15.50	06:30:24.30	8:58	6.7
53	CIEŚLIK SŁAWOMIR	53	ANTONTEAM	RYDZYNA	POL	M40	20	M 41	00:41:55	01:36:59	02:31:03	04:48:16	06:30:59.65	06:31:05.45	8:59	6.7
54	DEM CZUK MAREK	49		JELENIA GÓRA	POL	M40	21	M 42	00:42:16	01:38:13	02:37:06	04:46:53	06:33:28.15	06:33:34.35	9:02	6.6
55	KORZYCKI TADEUSZ	113	AMATOR	SOSNOWKA	POL	M60	1	M 43	00:41:12	01:33:42	02:30:38	04:48:11	06:37:59.30	06:38:07.95	9:08	6.6
56	ŁATKA MATEUSZ	20		BOLKÓW	POL	M30	11	M 44	00:40:37	01:33:43	02:27:20	04:48:42	06:39:29.50	06:39:37.30	9:11	6.5
57	WOLSKI KRZYSZTOF	23		MAKOSZYCE	POL	M30	12	M 45	00:39:50	01:35:29	02:33:38	04:57:42	06:41:41.45	06:41:49.60	9:14	6.5
58	KOWALCZYK ANNA	19		ZIELONA GÓRA	POL	K40	8	K 13	00:41:29	01:36:22	02:31:05	04:57:21	06:42:54.50	06:42:09.90	9:14	6.5
59	SZKUDLAREK KAROL	105	LUSÓWKO	LUSOWKO	POL	M40	22	M 46	00:39:18	01:35:12	02:30:36	04:53:57	06:42:28.95	06:42:33.90	9:15	6.5
60	SUDUŁ JAREK	128	WIERZBIcki RUNNING PROJECT	GORZÓW WIELKOPOL	POL	M50	5	M 47	00:39:30	01:34:30	02:29:38	04:53:01	06:43:53.60	06:44:00.85	9:17	6.5
61	DĄBROWSKI BARTOSZ	124		WAŁCZ	POL	M40	23	M 48	00:41:17	01:34:03	02:27:38	04:53:32	06:44:33.75	06:44:44.60	9:18	6.5
62	SZNURA DOMINIK	104	WI RUN	GRABIANOWO	POL	M30	13	M 49	00:40:49	01:36:17	02:29:36	04:52:20	06:45:34.95	06:45:40.05	9:19	6.4
63	BRYŁKOWSKA ALICJA	114		WIERZBICE	POL	K30	6	K 14	00:44:54	01:43:46	02:42:11	05:06:42	06:47:11.10	06:47:21.80	9:21	6.4
64	KOZIAROWSKI MICHAŁ	13	#DZIKIZPRZYLESIA	DOMASZCZYN	POL	M40	24	M 50	00:40:57	01:35:04	02:31:22	04:47:35.35	06:47:45.25	06:47:45.25	9:22	6.4
65	SREJ BALAZS	142		WROCLAW	POL	M40	25	M 51	00:44:26	01:41:27	02:41:02	05:03:01	06:48:18.60	06:48:27.75	9:23	6.4
66	WOJCIESZYŃSKI TOMASZ	137	BBL GORZÓW	BACZYNA	POL	M50	6	M 52	00:39:45	01:34:30	02:29:30	04:57:21	06:48:53.45	06:49:01.05	9:23	6.4
67	NIEDZIELA MARCIN	136	FAT MAMA'S SPORT CLUB	BYTOM	POL	M50	7	M 53	00:44:40	01:42:54	02:40:50	05:04:50	06:51:38.45	06:51:56.10	9:27	6.3
68	MARCELA MARCIN	30	FAT MAMA'S SPORT CLUB	TARNOWSKIE GÓRY	POL	M40	26	M 54	00:44:40	01:42:59	02:40:47	05:04:53	06:51:38.70	06:51:56.35	9:27	6.3
69	CZAJKA ELŻBIETA	118	CEBULA TEAM	POZNAŃ	POL	K30	7	K 15	00:46:57	01:44:33	02:40:53	05:02:36	06:54:36.10	06:54:43.55	9:31	6.3
70	KUC PATRYK	97		SZPROTAWA	POL	M30	14	M 55	00:41:52	01:37:26	02:37:00	05:08:09	06:55:27.35	06:55:36.00	9:33	6.3
71	KUZAK BOŻENA	82		POZNAŃ	POL	K40	9	K 16	00:43:51	01:39:43	02:41:07	05:08:01	06:57:14.40	06:57:26.10	9:35	6.3
72	LAGUTKO MIKOŁAJ	144			BLR	M30	15	M 56	00:45:00	01:43:17	02:41:20	05:04:35	06:57:21.50	06:57:33.10	9:35	6.3
73	PRZYBYLSKA ALEKSANDRA	111		KROSNO K.MOSINY	POL	K30	8	K 17	00:46:45	01:46:32	02:45:05	05:08:03	06:58:39.60	06:58:57.75	9:37	6.2
74	WOŹNIAK SEBASTIAN	101		BOLESŁAWIEC	POL	M40	27	M 57	00:43:37	01:43:10	02:41:15	05:02:34	06:59:44.75	06:59:57.40	9:38	6.2
75	MIODEK ADRIAN	112	DIRTY SPARROWS	OPALENICA	POL	M40	28	M 58	00:39:27	01:38:08	02:34:18	05:06:55	06:59:52.70	06:59:59.80	9:39	6.2
76	SZYMCZYK MICHAŁ	60		SZPROTAWA	POL	M50	8	M 59	00:41:51	01:37:26	02:36:57	05:08:20	07:00:49.55	07:00:58.55	9:40	6.2
77	SKIBIŃSKA ALDONA	67		CZARNKÓW	POL	K50	1	K 18	00:41:14	01:36:41	02:33:53		07:02:44.85	07:02:51.95	9:43	6.2
78	KUBIAK KAROLINA	123	FRAM	WEJHEROWO	POL	K40	10	K 19	00:44:28	01:46:36	02:48:19	05:15:48	07:03:43.80	07:03:55.00	9:44	6.2
79	BURAK OLGA	87		POZNAŃ	POL	K30	9	K 20	00:43:06	01:42:52	02:42:27	05:15:03	07:03:55.35	07:04:48.10	9:44	6.2
80	KOZŁOWSKI RAFAŁ	58	RUNNERS KONIN	KONIN	POL	M40	29	M 60	00:46:13	01:46:39	02:46:56	05:17:01	07:11:39.45	07:11:53.60	9:55	6
81	KOBYŁKA MAREK	40	SUPERMARATON KALISZ	KALISZ	POL	M50	9	M 61	00:45:09	01:45:24	02:42:17	05:16:51	07:13:41.15	07:14:00.25	9:58	6
82	SAMEK ALEKSANDER	35		ŚWIDNICA	POL	M40	30	M 62	00:42:22	01:38:26	02:39:35	05:16:09	07:14:26.75	07:14:32.65	9:59	6
83	SZELĄGIEWICZ AREK	47	CI OD RUDEGO KOTA	SZCZECIN	POL	M50	10	M 63	00:42:28	01:43:47	02:42:11	05:20:59	07:15:10.65	07:15:24.20	10:00	6
84	BUSZKOWSKI FILIP	108	SPORTOWY KAŻMIERZ	GAJ WIELKI	POL	M50	11	M 64	00:44:27	01:45:43	02:43:12	05:21:43	07:15:46.70	07:15:59.95	10:01	6
85	BARTOSIEWICZ ADAM	50		GRYFINO	POL	M40	31	M 65	00:47:26	01:50:02	02:53:31	05:24:27	07:17:51.60	07:18:05.60	10:03	6
86	KOSTOWSKI ROMAN	99		ŚWIDNICA	POL	M30	16	M 66	00:43:37	01:43:08	02:42:00	05:19:59	07:19:15.35	07:19:28.60	10:05	5.9
87	ZASADA IWONA	10	GITT DRUŻYNA	ZIELONA GÓRA	POL	K40	11	K 21	00:42:55	01:48:52	02:51:53	05:24:49	07:21:49.55	07:22:04.75	10:09	5.9
88	MARCHWAT DANIEL	41		JELENIA GÓRA	POL	M30	17	M 67	00:41:48	01:42:57	02:42:37	05:16:51	07:21:58.85	07:22:21.45	10:09	5.9
89	PTAK DOROTA	141	PIĄTKOWO NA BIEGOWO	POTASZE	POL	K50	2	K 22	00:47:03	01:52:08	02:58:13	05:30:39	07:22:51.75	07:23:05.45	10:10	5.9
90	PTAK ADAM	140	PIĄTKOWO NA BIEGOWO	POTASZE	POL	M50	12	M 68	00:47:01	01:52:06	02:58:10	05:30:13	07:22:51.25	07:23:05.60	10:10	5.9
91	BUJAK PAWEŁ	103	WI RUN	ŚREM	POL	M30	18	M 69	00:41:47	01:38:17	02:37:18	05:21:20	07:24:16.30	07:24:22.00	10:12	5.9
92	BINKOWSKA MARTA	24	ŚWIERCZEWO RUN	POZNAŃ	POL	K30	10	K 23	00:43:05	01:44:39	02:46:00	05:30:44	07:25:16.65	07:25:31.45	10:14	5.9
93	BURZYŃSKA EMILIA	36	BIEGAJĄCE KREJZOLE	BOGUCIN	POL	K30	11	K 24	00:43:48	01:45:41	02:44:27	05:30:35	07:25:58.40	07:26:08.25	10:15	5.9
94	CHMIELEWSKA KAROLINA	143	PTTK TERAZ SUDETY	ŚWIDNICA	POL	K40	12	K 25	00:43:48	01:45:41	02:44:24	05:30:38	07:25:58.25	07:26:08.30	10:15	5.9
95	BARANOWSKI ADAM	8	TEMMPO WAŁBRZYCH	WAŁBRZYCH	POL	M50	13	M 70	00:41:35	01:40:25	02:47:11	05:28:22	07:27:27.20	07:27:34.95	10:17	5.8
96	SYCHOWSKI DAWID	15		WROCLAW	POL	M40	32	M 71	00:42:54	01:44:12	02:47:22	05:30:16	07:28:38.55	07:28:48.15	10:18	5.8
97	LIS WOJCIECH	21	WIERZBIcki RUNNING PROJECT	WAWRÓW	POL	M40	33	M 72	00:44:19	01:47:11	02:49:34	05:24:52	07:29:06.85	07:29:22.85	10:19	5.8

CZTERDZIESTKA, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.5km	11.5km	19.5km	32.5km	Netto	Brutto	min/km	km/h
98	TOPOROWSKI DARIUSZ	129	GRUPA BIEGOWA TRISTONE WAŁBRZYCH	WAŁBRZYCH	POL	M30	19	M 73	00:42:14	01:41:16	02:42:07	05:21:21	07:32:09.70	07:32:21.40	10:23	5.8
99	ZIEMNIAK MARCIN	59		WARSZAWA	POL	M30	20	M 74	00:46:03	01:47:52	02:53:44	05:30:25	07:35:03.60	07:35:16.05	10:27	5.7
100	BORECKI MICHAŁ	29		LEGNICA	POL	M30	21	M 75	00:46:20	01:47:39	02:47:37	05:31:17	07:35:15.45	07:35:36.35	10:27	5.7
101	KAMELA-KRÓL IWONA	86	BRACTWO BIEGOWE BGK	KICORIN	POL	K40	13	K 26	00:45:34	01:53:34	02:56:57	05:35:28	07:36:03.35	07:36:14.75	10:29	5.7
102	RAJEWSKA MAGDALENA	85	BANICI ULTRA / NIGHT RUNNERS POZNAŃ	KOMORNIKI	POL	K30	12	K 27	00:45:34	01:53:32	02:56:54	05:35:15	07:36:03.60	07:36:14.90	10:29	5.7
103	TERETYKA DOROTA	70	BANICI ULTRA	KAMIONKI	POL	K50	3	K 28	00:45:34	01:53:35	02:56:52	05:35:14	07:36:04.35	07:36:15.15	10:29	5.7
104	STAMM TOMASZ	78		POZNAŃ	POL	M50	14	M 76	00:44:41	01:49:37	02:56:31	05:36:09	07:38:02.55	07:38:11.10	10:31	5.7
105	STRONIKOWSKI KAMIL	6	DRUŻYNA STASIA	SZCZECIN	POL	M40	34	M 77	00:48:19	01:52:06	02:56:53	05:38:52	07:46:37.15	07:46:55.00	10:43	5.6
106	ZIÓŁKOWSKI ROBERT	62		BIELAWA	POL	M40	35	M 78	00:48:52	01:51:39	02:54:04	05:42:14	07:47:50.35	07:48:13.70	10:45	5.6
107	MILLER AGNIESZKA	14	BBL LASY BOGDANIEC	BOGDANIEC	POL	K30	13	K 29	00:45:50	01:50:11	02:55:30	05:42:37	07:48:58.10	07:49:14.50	10:46	5.6
108	OLEKSIAK PAWEŁ	130	SAMOTNY WILK	WROCLAW	POL	M40	36	M 79	00:44:10	01:44:28	02:46:51	05:38:07	07:54:09.60	07:54:25.70	10:54	5.5
109	STANEK BARTOSZ	94	PLEWISKA BIEGAJĄ	PLEWISKA	POL	M30	22	M 80	00:44:15	01:43:01	02:42:58	05:40:19	07:55:27.40	07:55:40.15	10:55	5.5
110	KORBANEK EMILIA	55	OWOC BIEGA TEAM	POZNAŃ	POL	K50	4	K 30	00:50:53	01:56:43	03:05:41	05:57:38	07:57:04.05	07:57:18.90	10:58	5.5
111	MAZUREK WOJCIECH	139		LESZNO	POL	M40	37	M 81	00:46:14	01:45:40	02:47:58	05:38:05	07:57:08.85	07:57:24.50	10:58	5.5
112	LIS SEBASTIAN	71		POZNAŃ	POL	M30	23	M 82	00:45:25	01:44:39	02:47:20	05:42:16	07:57:14.00	07:57:29.15	10:58	5.5
113	KLUKOWSKI KAMIL	39		WROCLAW	POL	M40	38	M 83	00:41:07	01:38:29	02:40:07	05:40:10	07:58:17.40	07:58:25.45	10:59	5.5
114	BIELEŃ AGNIESZKA	46	OWOCBIEGA TEAM	POZNAŃ	POL	K30	14	K 31	00:49:43	01:56:48	03:05:55	05:59:58	08:00:32.45	08:00:42.00	11:02	5.4
115	CIĘŻKOWSKI MICHAŁ	120		NOWA WIEŚ KROLEWSKA	POL	M40	39	M 84	00:49:30	01:53:31	03:03:47	05:54:20	08:03:15.50	08:03:37.80	11:06	5.4
116	BOHDZIEWICZ IZABELA	80		BIAŁOGARD	POL	K30	15	K 32	00:51:52	01:54:12	03:00:20	06:01:27	08:09:34.75	08:09:54.10	11:15	5.3
117	MAJOWSKI MARCIN	89		BYTOM	POL	M40	40	M 85	00:48:59	01:54:50	03:04:47	06:07:42	08:18:10.85	08:18:27.95	11:27	5.2
118	FRĄCKOWIAK MICHAŁ	64		GORZÓW WIELKOPOLSKI	POL	M30	24	M 86	00:52:03	01:58:00	03:07:47	06:06:27	08:20:05.70	08:20:18.00	11:29	5.2
119	DRYWA EWELINA	115	LEVEL-GEO TEAM	ZIELONA GÓRA	POL	K30	16	K 33	00:48:48	01:53:33	03:01:20	06:03:46	08:34:41.35	08:34:52.75	11:49	5.1
120	BASTA GRZEGORZ	3	BIEGAM BO LUBIĘ LASY BOGDANIEC	GORZÓW WIELKOPOLSKI	POL	M50	15	M 87	00:51:11	02:01:22	03:14:19	06:27:06	08:43:47.70	08:44:03.90	12:02	5
121	DUSZYŃSKI JACEK	68	EDIT TEAM ZGORZELEC	ZGORZELEC	POL	M50	16	M 88	00:47:41	01:53:54	03:04:49	06:17:13	08:48:36.50	08:48:45.45	12:09	4.9
122	KOLCZYŃSKI JAROSŁAW	51	1ON1 RUNNING TEAM	EMINÓW	POL	M40	41	M 89	00:49:27	01:57:57	03:08:49	06:16:53	08:50:18.15	08:50:34.90	12:11	4.9
123	RYSZCZYK ADAM	92		WROCLAW	POL	M40	42	M 90	00:52:31	02:01:21	03:17:01	06:40:05	08:55:41.65	08:55:57.75	12:18	4.9
124	OZIMEK PRZEMYSŁAW	11		PRZEWORNO	POL	M30	25	M 91	00:53:11	02:04:46	03:23:23	06:40:05	09:02:18.15	09:02:35.35	12:28	4.8
125	WIECZOREK MONIKA	12	KILOMETRY POMOCY	KIEŁCZÓW	POL	K40	14	K 34	00:51:11	02:03:19	03:24:30	06:50:07	09:22:07.20	09:22:13.10	12:55	4.6
126	DONAJ ADAM	9		KOŚCIAN	POL	M50	17	M 92	00:57:18	02:07:16	03:24:35	06:50:52	09:22:15.40	09:22:35.65	12:55	4.6
127	NESVADBA MICHAŁ	134		JABLONEC NAD NISOU	CZE	M40	43	M 93	01:03:52	02:28:28	03:51:04	06:56:36	09:24:09.75	09:24:25.00	12:58	4.6
128	PIETRZYKOWSKA MONIKA	45		RUSIEC	POL	K50	5	K 35	00:59:48	02:23:09	03:41:22	06:52:54	09:25:53.85	09:26:10.65	13:00	4.6
129	PLASZCZYK BARTŁOMIEJ	135		GŁOGÓW	POL	M40	44	M 94	00:53:59	02:13:36	03:43:05	07:03:56	09:31:57.35	09:32:07.65	13:08	4.6
130	MERKLINGHAUS-KOBER MONIKA	66	SPEED FEET '16 / MIEJSKA KONDYCJA	KOŚCIAN	POL	K50	6	K 36	01:03:27	02:24:21	03:43:07	07:10:12	09:39:42.60	09:39:56.60	13:19	4.5
131	NOWAK MACIEJ	75	MIEJSKA KONDYCJA/ SPEED FEET 16	POZNAŃ	POL	M50	18	M 95	01:03:27	02:24:25	03:43:11	07:05:39	09:39:51.45	09:40:05.00	13:19	4.5
	BUGAJNY DAMIAN	110	SUPERMARATON KALISZ	KALISZ	POL	M50			00:51:44 DNF	01:57:21 DNF	03:00:40 DNF	05:55:54 DNF	DNF	DNF	-	-
	MAŁEK TOMASZ	119	GORZELAS RUNNING CLUB	GOSTYŃ	POL	M30			00:32:13 DNF	01:17:15 DNF	DNF	DNF	DNF	DNF	-	-
	ZDEBSKA MAGDALENA	54		JANOWICE WIELKIE	POL	K30			00:35:49 DNF	01:28:23 DNF	DNF	DNF	DNF	DNF	-	-
	DWOJAK FILIP	98	TOMICA COACHING	JANOWICE WIELKIE	POL	M20			00:31:47 DNF	DNF	DNF	DNF	DNF	DNF	-	-

CZTERDZIESTKA, OPEN Kobiety

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.5km	11.5km	19.5km	32.5km	Netto	Brutto	min/km	km/h
1	MOCZULSKA MAŁGORZATA	93	CODETWO	ŻARÓW	POL	K40	1	K 1	00:29:38	01:09:54	01:52:02	03:27:19	04:41:52.45	04:41:55.00	6:28	9.3
2	LIPNICKA MARTA	133	ULTRAKOTLINA TEAM	JELEŃ GÓRA, DOLNOŚLĄSKIE	POL	K30	1	K 2	00:31:50	01:14:52	01:58:31	03:36:54	04:54:10.35	04:54:13.55	6:45	8.9

CZTERDZIESTKA, OPEN Kobiety c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.5km	11.5km	19.5km	32.5km	Netto	Brutto	min/km	km/h
3	ZÓŁDAK MAGDALENA	61	ADIDAS RUNNERS POZNAŃ	POZNAŃ	POL	K40	2	K 3	00:38:04	01:28:13	02:18:10	04:19:12	05:52:58.30	05:53:03.05	8:06	7.4
4	CZERNIAK WIOLETA	138		SOSNÓWKA	POL	K40	3	K 4	00:40:07	01:29:02	02:20:25	04:26:05	05:57:32.05	05:57:38.40	8:13	7.3
5	RESPONDEK ANNA	16		ZIELONA GÓRA	POL	K40	4	K 5	00:39:30	01:33:09	02:25:34	04:28:45	06:03:00.20	06:03:10.90	8:20	7.2
6	LITWIN MONIKA	102		WROCŁAW	POL	K40	5	K 6	00:37:19	01:26:24		04:34:08	06:11:03.30	06:11:12.60	8:31	7
7	BENTKOWSKA MAGDALENA	126	DIRTY SPARROWS	POZNAŃ	POL	K30	2	K 7	00:39:22	01:35:41	02:28:54	04:38:10	06:13:15.20	06:13:22.65	8:34	7
8	IDCZAK AGNIESZKA	132		LEGNICA	POL	K30	3	K 8	00:38:39	01:29:10	02:23:34	04:37:09	06:17:40.80	06:17:48.00	8:40	6.9
9	RABIEJ-OLSZEWSKA HANNA	131	SOBAS TEAM	CHOJNÓW	POL	K40	6	K 9	00:39:17	01:32:12	02:26:41	04:42:23	06:24:30.95	06:24:34.40	8:50	6.8
10	MÁROVÁ KLÁRA	56		PRAHA	CZE	K40	7	K 10	00:42:34	01:35:41	02:31:37	04:43:19	06:25:04.25	06:25:07.25	8:51	6.8
11	PATROŃSKA MAGDALENA	116	ŻARŁOKI	WROCŁAW	POL	K30	4	K 11	00:42:45	01:37:40	02:32:32	04:48:04	06:29:57.95	06:30:07.60	8:57	6.7
12	SIKORA MALWINA	1	DROGA DO ULTRA	WROCŁAW	POL	K30	5	K 12	00:45:37	01:40:52	02:37:07	04:47:25	06:30:15.50	06:30:24.30	8:58	6.7
13	KOWALCZUK ANNA	19		ZIELONA GÓRA	POL	K40	8	K 13	00:41:29	01:36:22	02:31:05	04:57:21	06:41:54.50	06:42:09.90	9:14	6.5
14	BRYŁKOWSKA ALICJA	114		WIERZBICE	POL	K30	6	K 14	00:44:54	01:43:46	02:42:11	05:06:42	06:47:11.10	06:47:21.80	9:21	6.4
15	CZAJKA ELŻBIETA	118	CEBULA TEAM	POZNAŃ	POL	K30	7	K 15	00:46:57	01:44:33	02:40:53	05:02:36	06:54:36.10	06:54:43.55	9:31	6.3
16	KUZAK BOŻENA	82		POZNAŃ	POL	K40	9	K 16	00:43:51	01:39:43	02:41:07	05:08:01	06:57:14.40	06:57:26.10	9:35	6.3
17	PRZYBYLSKA ALEKSANDRA	111		KROSNO K.MOSINY	POL	K30	8	K 17	00:46:45	01:46:32	02:45:05	05:08:03	06:58:39.60	06:58:57.75	9:37	6.2
18	SKIBIŃSKA ALDONA	67		CZARNKÓW	POL	K50	1	K 18	00:41:14	01:36:41	02:33:53	07:02:44.85	07:02:51.95	9:43	6.2	
19	KUBIAK KAROLINA	123	FRAM	WEJHEROWO	POL	K40	10	K 19	00:44:28	01:46:36	02:48:19	05:15:48	07:03:43.80	07:03:55.00	9:44	6.2
20	BURAK OLGA	87		POZNAŃ	POL	K30	9	K 20	00:43:06	01:42:52	02:42:27	05:15:03	07:03:55.35	07:04:48.10	9:44	6.2
21	ZASADA IWONA	10	GITT DRUŻYNA	ZIELONA GÓRA	POL	K40	11	K 21	00:42:55	01:48:52	02:51:53	05:24:49	07:21:49.55	07:22:04.75	10:09	5.9
22	PTAK DOROTA	141	PIĄTKOWO NA BIEGOWO	POTASZE	POL	K50	2	K 22	00:47:03	01:52:08	02:58:13	05:30:39	07:22:51.75	07:23:05.45	10:10	5.9
23	BINKOWSKA MARTA	24	ŚWIERCZEWO RUN	POZNAŃ	POL	K30	10	K 23	00:43:05	01:44:39	02:46:00	05:30:44	07:25:16.65	07:25:31.45	10:14	5.9
24	BURZYŃSKA EMILIA	36	BIEGAJĄCE KREJZOLE	BOGUCIN	POL	K30	11	K 24	00:43:48	01:45:41	02:44:27	05:30:35	07:25:58.40	07:26:08.25	10:15	5.9
25	CHMIELEWSKA KAROLINA	143	PTTK TERAZ SUDETY	ŚWIDNICA	POL	K40	12	K 25	00:43:48	01:45:41	02:44:24	05:30:38	07:25:58.25	07:26:08.30	10:15	5.9
26	KAMELA-KRÓL IWONA	86	BRACHTWO BIEGOWE BGK	KICIN	POL	K40	13	K 26	00:45:34	01:53:34	02:56:57	05:35:28	07:36:03.35	07:36:14.75	10:29	5.7
27	RAJEWSKA MAGDALENA	85	BANICI ULTRA / NIGHT RUNNERS POZNAŃ	KOMORNIKI	POL	K30	12	K 27	00:45:34	01:53:32	02:56:54	05:35:15	07:36:03.60	07:36:14.90	10:29	5.7
28	TERETYKA DOROTA	70	BANICI ULTRA	KAMIONKI	POL	K50	3	K 28	00:45:34	01:53:35	02:56:52	05:35:14	07:36:04.35	07:36:15.15	10:29	5.7
29	MILLER AGNIESZKA	14	BBL LASY BOGDANIEC	BOGDANIEC	POL	K30	13	K 29	00:45:50	01:50:11	02:55:30	05:42:37	07:48:58.10	07:49:14.50	10:46	5.6
30	KORBANEK EMILIA	55	OWOC BIEGA TEAM	POZNAŃ	POL	K50	4	K 30	00:50:53	01:56:43	03:05:41	05:57:38	07:57:04.05	07:57:18.90	10:58	5.5
31	BIELEŃ AGNIESZKA	46	OWOCBIEGA TEAM	POZNAŃ	POL	K30	14	K 31	00:49:43	01:56:48	03:05:55	05:59:58	08:00:32.45	08:00:42.00	11:02	5.4
32	BOHDZIEWICZ IZABELA	80		BIAŁOGARD	POL	K30	15	K 32	00:51:52	01:54:12	03:00:20	06:01:27	08:09:34.75	08:09:54.10	11:15	5.3
33	DRYWA EWELINA	115	LEVEL-GEO TEAM	ZIELONA GÓRA	POL	K30	16	K 33	00:48:48	01:53:33	03:01:20	06:03:46	08:34:41.35	08:34:52.75	11:49	5.1
34	WIECZOREK MONIKA	12	KILOMETRY POMOCY	KIEŁCZÓW	POL	K40	14	K 34	00:51:11	02:03:19	03:24:30	06:50:07	09:22:07.20	09:22:13.10	12:55	4.6
35	PIETRZYKOWSKA MONIKA	45		RUSIEC	POL	K50	5	K 35	00:59:48	02:23:09	03:41:22	06:52:54	09:25:53.85	09:26:10.65	13:00	4.6
36	MERKLINGHAUS-KOBER MONIKA	66	SPEED FEET '16 / MIEJSKA KONDYCJA	KOŚCIAN	POL	K50	6	K 36	01:03:27	02:24:21	03:43:07	07:10:12	09:39:42.60	09:39:56.60	13:19	4.5
	ZDEBSKA MAGDALENA	54		JANOWICE WIELKIE	POL	K30			00:35:49 DNF	01:28:23 DNF	DNF	DNF	DNF	DNF	-	-

CZTERDZIESTKA, OPEN Mężczyźni

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.5km	11.5km	19.5km	32.5km	Netto	Brutto	min/km	km/h
1	CZERNIAK PAWEŁ	74	BLACK HAT PRO	SOSNÓWKA	POL	M40	1	M 1	00:26:11	01:01:11	01:37:45	02:57:29	03:59:49.80	03:59:51.55	5:30	10.9
2	MILEWSKI DOMINIK	121	BAGIENNY GÓRAL TEAM	PŁOCK	POL	M20	1	M 2	00:26:58	01:06:09	01:45:25	03:05:15	04:03:33.70	04:03:35.95	5:35	10.7
3	BRÝDL PAVEL	127	SALOMON CZ	TRUTNOV	CZE	M40	2	M 3	00:26:31	01:01:32	01:39:19	03:05:54	04:12:27.00	04:12:28.75	5:48	10.3
4	OTRĘBA MACIEJ	146		WROCŁAW	POL	M40	3	M 4	00:28:44	01:07:09	01:47:00	03:17:17	04:35:46.80	04:35:49.10	6:20	9.5
5	ŻURAW WIKTOR	63		WROCŁAW	POL	M20	2	M 5	00:30:20	01:10:04	01:52:06	03:26:18	04:35:52.75	04:35:55.40	6:20	9.5
6	KAMERDUŁA ŁUKASZ	28		STRUŻKA	POL	M40	4	M 6	00:28:43	01:07:11	01:46:55	03:23:15	04:44:43.00	04:44:46.15	6:32	9.2
7	DYDYŃSKI DAWID	149		LUBIN	POL	M20	3	M 7	00:30:53	01:13:43	01:58:14	03:35:33	04:50:41.85	04:50:54.80	6:40	9
8	KASPRZAK PIOTR	17		JELEŃ GÓRA	POL	M20	4	M 8	00:31:50	01:14:48	01:58:51	03:42:00	05:01:36.85	05:01:40.50	6:56	8.7
9	ZIENTARA KRZYSZTOF	37		JELEŃ GÓRA	POL	M40	5	M 9	00:32:04	01:14:40	01:58:29	03:41:24	05:05:02.75	05:05:12.05	7:00	8.6
10	JASTRZĘBSKI SZYMON	5		WROCŁAW	POL	M40	6	M 10	00:31:26	01:14:47	01:59:27	03:43:35	05:11:11.25	05:11:15.60	7:09	8.4
11	MIKA ANDRZEJ	32	PRZEDWOJEWSKI TEAM	JAWORZNO	POL	M30	1	M 11	00:31:15	01:14:12	01:58:28	03:46:49	05:13:04.25	05:13:08.00	7:11	8.3
12	OLCZYK GRZEGORZ	52	DRÁXLMAIER	JELEŃ GÓRA	POL	M30	2	M 12	00:33:25	01:17:59	02:03:21	03:52:24	05:13:18.60	05:13:22.40	7:12	8.3
13	KOZIEŁ TOMASZ	25		KUDOWA-ZDRÓJ	POL	M40	7	M 13	00:32:53	01:16:54	02:01:35	03:49:06	05:14:18.70	05:14:21.70	7:13	8.3
14	KŁOPOTEK MARCIN	33	EXTREMALNE FAMYLY	GRYFINO	POL	M50	1	M 14	00:34:28	01:22:51	02:12:30	04:04:32	05:27:48.15	05:27:51.00	7:32	8

CZTERDZIESTKA, OPEN Mężczyźni c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.5km	11.5km	19.5km	32.5km	Netto	Brutto	min/km	km/h
15	KRZYŻAŃSKI MIESZKO	73		ZGORZELEC	POL	M20	5	M 15	00:41:41	01:33:57	02:25:50	04:14:11	05:33:22.50	05:33:29.10	7:39	7.8
16	GABACZEWSKI GRACJAN	147		LUBIN	POL	M20	6	M 16	00:33:20	01:20:17	02:15:29	04:09:18	05:39:48.15	05:40:00.35	7:48	7.7
17	SMOLARA KRZYSZTOF	38	PASMO TEAM	WIŃSKO	POL	M40	8	M 17	00:40:12	01:29:27	02:17:30	04:11:52	05:40:35.05	05:40:46.90	7:49	7.7
18	GARCZYK RAFAŁ	106	ULTRA PEFRON TEAM	LUSÓWKO	POL	M40	9	M 18	00:39:30	01:29:59	02:20:23	04:17:55	05:44:50.65	05:44:55.20	7:55	7.6
19	BILSKI PIOTR	109	WI RUN	SAPOWICE	POL	M30	3	M 19	00:37:08	01:27:47	02:15:51	04:13:13	05:45:29.85	05:45:35.05	7:56	7.6
20	MISTYGACZ JAKUB	145	ANTONTEAM		POL	M40	10	M 20	00:35:50	01:28:10	02:18:25	04:15:55	05:47:00.10	05:47:05.40	7:58	7.5
21	SZONDA ISTVAN	96		VELKÉ HAMRY	CZE	M40	11	M 21	00:38:55	01:25:31			05:49:38.80	05:49:57.55	8:02	7.5
22	KŁODNICKI KRZYSZTOF	107		WROCŁAW	POL	M40	12	M 22	00:32:52	01:20:36	02:09:59	04:14:22	05:52:47.80	05:52:53.75	8:06	7.4
23	GŁOWIŃSKI ROBERT	72	KOMORNICKA GRUPA BIEGOWA GRZMOT	KOMORNIKI	POL	M50	2	M 23	00:38:08	01:28:20	02:18:03	04:18:59	05:53:19.45	05:53:27.05	8:07	7.4
24	JANKOWSKI MARCIN	84	FUFUFU TEAM	GŁOGÓW	POL	M40	13	M 24	00:37:11	01:27:01	02:16:53	04:21:52	05:53:47.55	05:53:52.20	8:07	7.4
25	KOWALCZYK TOMASZ	48		WOŁÓW	POL	M40	14	M 25	00:35:17	01:24:53	02:13:09	04:20:15	05:57:43.05	05:57:49.70	8:13	7.3
26	JANKOWSKI KRZYSZTOF	148		WROCŁAW	POL	M30	4	M 26	00:35:37	01:26:51	02:18:58	04:20:32	05:59:19.05	05:59:29.90	8:15	7.3
27	RZECKI RADOŚLAW	44		DEBNO	POL	M30	5	M 27	00:35:17	01:26:44	02:16:59	04:28:47	06:08:16.50	06:08:23.00	8:27	7.1
28	NASKRĘT PIOTR	22	KOWARY BIEGAJĄ	KOWARY	POL	M40	15	M 28	00:38:09	01:28:16	02:19:01	04:29:31	06:09:20.50	06:09:25.00	8:29	7.1
29	HRUSZOWIEC PAWEŁ	42	PAN COGITO S.C.	WOŁÓW	POL	M50	3	M 29	00:23:38	04:37:10	02:23:38	04:37:10	06:10:15.00	06:10:16.00	8:30	7
30	DEJA DARIUSZ	69	BIDFOOD FARUTEX	GRODKÓW	POL	M40	16	M 30	00:39:08	01:32:28	02:25:06	04:30:19	06:12:04.00	06:12:10.50	8:33	7
31	ADAMSKI TOMASZ	2	GITT DRUZYNA	ZIELONA GÓRA	POL	M40	17	M 31	00:36:08	01:24:55	02:12:48	04:23:19	06:12:54.40	06:13:09.05	8:34	7
32	SZYMAŃSKI PAWEŁ	88		OPOLE	POL	M30	6	M 32	00:37:26	01:27:48	02:18:30	04:28:52	06:14:16.65	06:14:23.05	8:36	7
33	MIELNIK MICHAŁ	83	PANICZE	POZNAŃ	POL	M30	7	M 33	00:38:32	01:29:07	02:21:16	04:29:39	06:20:04.40	06:20:10.30	8:44	6.9
34	PETER MACIEJ	27		WROCŁAW	POL	M20	7	M 34	00:33:29	01:18:02	02:16:46	04:42:09	06:21:40.05	06:21:55.30	8:46	6.8
35	WIKTOROWICZ TOMASZ	77		DZIWIŻÓW	POL	M50	4	M 35	00:39:22	01:33:55	02:27:31	04:38:18	06:21:42.75	06:21:56.65	8:46	6.8
36	WASILEWSKI MARCIN	4		ZIELONA GÓRA	POL	M30	8	M 36	00:38:26	01:31:14	02:23:52	04:37:33	06:24:08.20	06:24:11.85	8:49	6.8
37	OLSZEWSKI ARTUR	122	FRAM	DĄBROWA GÓRNICZA	POL	M40	18	M 37	00:44:30	01:46:49	02:45:50	04:55:22	06:25:33.30	06:25:43.50	8:51	6.8
38	SZCZERBAKOWICZ KAMIL	76		NADOLICE WIELKIE	POL	M30	9	M 38	00:40:32	01:33:29	02:25:59	04:43:28	06:26:02.50	06:26:13.00	8:52	6.8
39	PATROŃSKI ADAM	117	ŻARŁOKI	WROCŁAW	POL	M30	10	M 39	00:42:44	01:37:40	02:32:26	04:48:41	06:29:20.45	06:29:30.60	8:57	6.7
40	NAPIERAŁA MARCIN	34	GB WIELKOPOLSCY BIEGACZE / BIEGAJĄCE KREJZOLE	POZNAŃ	POL	M40	19	M 40	00:38:05	01:29:52	02:26:33	04:46:33	06:29:34.45	06:29:39.65	8:57	6.7
41	CIEŚLIK SŁAWOMIR	53	ANTONTEAM	RYDZYNA	POL	M40	20	M 41	00:41:55	01:36:59	02:31:03	04:48:16	06:30:59.65	06:31:05.45	8:59	6.7
42	DEMCIUK MAREK	49		JELENIA GÓRA	POL	M40	21	M 42	00:42:16	01:38:13	02:37:06	04:46:53	06:33:28.15	06:33:34.35	9:02	6.6
43	KORZYCKI TADEUSZ	113	AMATOR	SOSNOWKA	POL	M60	1	M 43	00:41:12	01:33:42	02:30:38	04:48:11	06:37:59.30	06:38:07.95	9:08	6.6
44	ŁATKA MATEUSZ	20		BOLKÓW	POL	M30	11	M 44	00:40:37	01:33:43	02:27:20	04:48:42	06:39:29.50	06:39:37.30	9:11	6.5
45	WOLSKI KRZYSZTOF	23		MAKOSZYCE	POL	M30	12	M 45	00:39:50	01:35:29	02:33:38	04:57:42	06:41:41.45	06:41:49.60	9:14	6.5
46	SZKUDLAREK KAROL	105	LUSÓWKO	LUSÓWKO	POL	M40	22	M 46	00:39:18	01:35:12	02:30:36	04:53:57	06:42:28.95	06:42:33.90	9:15	6.5
47	SUDUŁ JAREK	128	WIERZBIcki RUNNING PROJECT	GORZÓW WIELKOPOL	POL	M50	5	M 47	00:39:30	01:34:30	02:29:38	04:53:01	06:43:53.60	06:44:00.85	9:17	6.5
48	DĄBROWSKI BARTOSZ	124		WAŁCZ	POL	M40	23	M 48	00:41:17	01:34:03	02:27:38	04:53:32	06:44:33.75	06:44:44.60	9:18	6.5
49	SZNURA DOMINIK	104	WI RUN	GRABIANOWO	POL	M30	13	M 49	00:40:49	01:36:17	02:29:36	04:52:20	06:45:34.95	06:45:40.05	9:19	6.4
50	KOZIAROWSKI MICHAŁ	13	#DZIKIZPRZYLESIA	DOMASZCZYN	POL	M40	24	M 50	00:40:57	01:35:04	02:31:22	04:54:10	06:47:35.35	06:47:45.25	9:22	6.4
51	SREJ BALAZS	142		WROCŁAW	POL	M40	25	M 51	00:44:26	01:41:27	02:41:02	05:03:01	06:48:18.60	06:48:27.75	9:23	6.4
52	WOJCIEŚZYŃSKI TOMASZ	137	BBL GORZÓW	BACZYNA	POL	M50	6	M 52	00:39:45	01:34:30	02:29:30	04:57:21	06:48:53.45	06:49:01.05	9:23	6.4
53	NIEDZIELA MARCIN	136	FAT MAMA'S SPORT CLUB	BYTOM	POL	M50	7	M 53	00:44:40	01:42:54	02:40:50	05:04:50	06:51:38.45	06:51:56.10	9:27	6.3
54	MARCELA MARCIN	30	FAT MAMA'S SPORT CLUB	TARNOWSKIE GÓRY	POL	M40	26	M 54	00:44:40	01:42:59	02:40:47	05:04:53	06:51:38.70	06:51:56.35	9:27	6.3
55	KUC PATRYK	97		SZPROTAWA	POL	M30	14	M 55	00:41:52	01:37:26	02:37:00	05:08:09	06:55:27.35	06:55:36.00	9:33	6.3
56	LAGUTKO MIKOŁAJ	144		BOLESŁAWIEC	BLR	M30	15	M 56	00:45:00	01:43:17	02:41:20	05:04:35	06:57:21.50	06:57:33.10	9:35	6.3
57	WOŹNIAK SEBASTIAN	101		BOLESŁAWIEC	POL	M40	27	M 57	00:43:37	01:43:10	02:41:15	05:02:34	06:59:44.75	06:59:57.40	9:38	6.2
58	MIODEK ADRIAN	112	DIRTY SPARROWS	OPALENICA	POL	M40	28	M 58	00:39:27	01:38:08	02:34:18	05:06:55	06:59:52.70	06:59:59.80	9:39	6.2
59	SZYMCZYK MICHAŁ	60		SZPROTAWA	POL	M50	8	M 59	00:41:51	01:37:26	02:36:57	05:08:20	07:00:49.55	07:00:58.55	9:40	6.2
60	KOZŁOWSKI RAFAŁ	58	RUNNERS KONIN	KONIN	POL	M40	29	M 60	00:46:13	01:46:39	02:46:56	05:17:01	07:11:39.45	07:11:53.60	9:55	6
61	KOBYŁKA MAREK	40	SUPERMARATON KALISZ	KALISZ	POL	M50	9	M 61	00:45:09	01:45:24	02:42:17	05:16:51	07:13:41.15	07:14:00.25	9:58	6
62	SAMEK ALEKSANDER	35		ŚWIDNICA	POL	M40	30	M 62	00:42:22	01:38:26	02:39:35	05:16:09	07:14:26.75	07:14:32.65	9:59	6
63	SZELĄGIEWICZ AREK	47	CI OD RUDEGO KOTA	SZCZECIN	POL	M50	10	M 63	00:42:28	01:43:47	02:42:11	05:20:59	07:15:10.65	07:15:24.20	10:00	6
64	BUSZKOWSKI FILIP	108	SPORTOWY KAŻMIERZ	GAJ WIELKI	POL	M50	11	M 64	00:44:27	01:45:43	02:43:12	05:21:43	07:15:46.70	07:15:59.95	10:01	6
65	BARTOSIEWICZ ADAM	50		GRYFINO	POL	M40	31	M 65	00:47:26	01:50:02	02:53:31	05:24:27	07:17:51.60	07:18:05.60	10:03	6
66	KOSTOWSKI ROMAN	99		ŚWIDNICA	POL	M30	16	M 66	00:43:37	01:43:08	02:42:00	05:19:59	07:19:15.35	07:19:28.60	10:05	5.9
67	MARCHWAT DANIEL	41		JELENIA GÓRA	POL	M30	17	M 67	00:41:48	01:42:57	02:42:37	05:16:51	07:21:58.85	07:22:21.45	10:09	5.9

CZTERDZIESTKA, OPEN Mężczyźni c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.5km	11.5km	19.5km	32.5km	Netto	Brutto	min/km	km/h
68	PTAK ADAM	140	PIĄTKOWO NA BIEGOWO	POTASZE	POL	M50	12	M 68	00:47:01	01:52:06	02:58:10	05:30:13	07:22:51.25	07:23:05.60	10:10	5.9
69	BUJAK PAWEŁ	103	WI RUN	ŚREM	POL	M30	18	M 69	00:41:47	01:38:17	02:37:18	05:21:20	07:24:16.30	07:24:22.00	10:12	5.9
70	BARANOWSKI ADAM	8	TEMPO WAŁBRZYCH	WAŁBRZYCH	POL	M50	13	M 70	00:41:35	01:40:25	02:47:11	05:28:22	07:27:27.20	07:27:34.95	10:17	5.8
71	SYCHOWSKI DAWID	15		WROCŁAW	POL	M40	32	M 71	00:42:54	01:44:12	02:47:22	05:30:16	07:28:38.55	07:28:48.15	10:18	5.8
72	LIS WOJCIECH	21	WIERZBICKI RUNNING PROJECT	WAWRÓW	POL	M40	33	M 72	00:44:19	01:47:11	02:49:34	05:24:52	07:29:06.85	07:29:22.85	10:19	5.8
73	TOPOROWSKI DARIUSZ	129	GRUPA BIEGOWA TRISTONE WAŁBRZYCH	WAŁBRZYCH	POL	M30	19	M 73	00:42:14	01:41:16	02:42:07	05:21:21	07:32:09.70	07:32:21.40	10:23	5.8
74	ZIEMNIAK MARCIN	59		WARSZAWA	POL	M30	20	M 74	00:46:03	01:47:52	02:53:44	05:30:25	07:35:03.60	07:35:16.05	10:27	5.7
75	BORECKI MICHAŁ	29		LEGNICA	POL	M30	21	M 75	00:46:20	01:47:39	02:47:37	05:31:17	07:35:15.45	07:35:36.35	10:27	5.7
76	STAMM TOMASZ	78		POZNAŃ	POL	M50	14	M 76	00:44:41	01:49:37	02:56:31	05:36:09	07:38:02.55	07:38:11.10	10:31	5.7
77	STRONIKOWSKI KAMIL	6	DRUŻYNA STASIA	SZCZECIN	POL	M40	34	M 77	00:48:19	01:52:06	02:56:53	05:38:52	07:46:37.15	07:46:55.00	10:43	5.6
78	ZIÓŁKOWSKI ROBERT	62		BIELAWA	POL	M40	35	M 78	00:48:52	01:51:39	02:54:04	05:42:14	07:47:50.35	07:48:13.70	10:45	5.6
79	OLEKSIAK PAWEŁ	130	SAMOTNY WILK	WROCŁAW	POL	M40	36	M 79	00:44:10	01:44:28	02:46:51	05:38:07	07:54:09.60	07:54:25.70	10:54	5.5
80	STANEK BARTOSZ	94	PLEWISKA BIEGAJA	PLEWISKA	POL	M30	22	M 80	00:44:15	01:43:01	02:42:58	05:40:19	07:55:27.40	07:55:40.15	10:55	5.5
81	MAZUREK WOJCIECH	139		LESZNO	POL	M40	37	M 81	00:46:14	01:45:40	02:47:58	05:38:05	07:57:08.85	07:57:24.50	10:58	5.5
82	LIS SEBASTIAN	71		POZNAŃ	POL	M30	23	M 82	00:45:25	01:44:39	02:47:20	05:42:16	07:57:14.00	07:57:29.15	10:58	5.5
83	KLUKOWSKI KAMIL	39		WROCŁAW	POL	M40	38	M 83	00:41:07	01:38:29	02:40:07	05:40:10	07:58:17.40	07:58:25.45	10:59	5.5
84	CIĘŻKOWSKI MICHAŁ	120		NOWA WIEŚ KROLEWSKA	POL	M40	39	M 84	00:49:30	01:53:31	03:03:47	05:54:20	08:03:15.50	08:03:37.80	11:06	5.4
85	MAJOWSKI MARCIN	89		BYTOM	POL	M40	40	M 85	00:48:59	01:54:50	03:04:47	06:07:42	08:18:10.85	08:18:27.95	11:27	5.2
86	FRĄCZKOWIAK MICHAŁ	64		GORZÓW WIELKOPOLSKI	POL	M30	24	M 86	00:52:03	01:58:00	03:07:47	06:06:27	08:20:05.70	08:20:18.00	11:29	5.2
87	BASTA GRZEGORZ	3	BIEGAM BO LUBIĘ LASY BOGDANIEC	GORZÓW WIELKOPOLSKI	POL	M50	15	M 87	00:51:11	02:01:22	03:14:19	06:27:06	08:43:47.70	08:44:03.90	12:02	5
88	DUSZYŃSKI JACEK	68	EDIT TEAM ZGORZELEC	ZGORZELEC	POL	M50	16	M 88	00:47:41	01:53:54	03:04:49	06:17:13	08:48:36.50	08:48:45.45	12:09	4.9
89	KOLCZYŃSKI JAROSŁAW	51	10N1 RUNNING TEAM	EMINÓW	POL	M40	41	M 89	00:49:27	01:57:57	03:08:49	06:16:53	08:50:18.15	08:50:34.90	12:11	4.9
90	RYSZCZYK ADAM	92		WROCŁAW	POL	M40	42	M 90	00:52:31	02:01:21	03:17:01		08:55:41.65	08:55:57.75	12:18	4.9
91	OZIMEK PRZEMYSŁAW	11		PRZEWORNO	POL	M30	25	M 91	00:53:11	02:04:46	03:23:23	06:40:05	09:02:18.15	09:02:35.35	12:28	4.8
92	DONAJ ADAM	9		KOŚCIAN	POL	M50	17	M 92	00:57:18	02:07:16	03:24:35	06:50:52	09:22:15.40	09:22:35.65	12:55	4.6
93	NESVADBA MICHAŁ	134		JABLONEC NAD NISOU	CZE	M40	43	M 93	01:03:52	02:28:28	03:51:04	06:56:36	09:24:09.75	09:24:25.00	12:58	4.6
94	PLASZCZYK BARTŁOMIEJ	135		GŁOGÓW	POL	M40	44	M 94	00:53:59	02:13:36	03:43:05	07:03:56	09:31:57.35	09:32:07.65	13:08	4.6
95	NOWAK MACIEJ	75	MIĘJSKA KONDYCJA/ SPEED FEET 16	POZNAŃ	POL	M50	18	M 95	01:03:27	02:24:25	03:43:11	07:05:39	09:39:51.45	09:40:05.00	13:19	4.5
	BUGAJNY DAMIAN	110	SUPERMARATON KALISZ	KALISZ	POL	M50			00:51:44 DNF	01:57:21 DNF	03:00:40 DNF	05:55:54 DNF	DNF	DNF	-	-
	MAŁEK TOMASZ	119	GORZELAS RUNNING CLUB	GOSTYŃ	POL	M30			00:32:13 DNF	01:17:15 DNF	DNF	DNF	DNF	DNF	-	-
	DWOJAK FILIP	98	TOMICA COACHING	JANOWICE WIELKIE	POL	M20			00:31:47 DNF	DNF	DNF	DNF	DNF	DNF	-	-

CZTERDZIESTKA, M20

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.5km	11.5km	19.5km	32.5km	Netto	Brutto	min/km	km/h
1	MILEWSKI DOMINIK	121	BAGIENNY GÓRAL TEAM	PŁOCK	POL	M20	1	M 2	00:26:58	01:06:09	01:45:25	03:05:15	04:03:33.70	04:03:35.95	5:35	10.7
2	ŻURAW WIKTOR	63		WROCŁAW	POL	M20	2	M 5	00:30:20	01:10:04	01:52:06	03:26:18	04:35:52.75	04:35:55.40	6:20	9.5
3	DYDYŃSKI DAWID	149		LUBIN	POL	M20	3	M 7	00:30:53	01:13:43	01:58:14	03:35:33	04:50:41.85	04:50:54.80	6:40	9
4	KASPRZAK PIOTR	17		JELENIA GÓRA	POL	M20	4	M 8	00:31:50	01:14:48	01:58:51	03:42:00	05:01:36.85	05:01:40.50	6:56	8.7
5	KRZYŻAŃSKI MIESZKO	73		ZGORZELEC	POL	M20	5	M 15	00:41:41	01:33:57	02:25:50	04:14:11	05:33:22.50	05:33:29.10	7:39	7.8
6	GABACZEWSKI GRACJAN	147		LUBIN	POL	M20	6	M 16	00:33:20	01:20:17	02:15:29	04:09:18	05:39:48.15	05:40:00.35	7:48	7.7
7	PETER MACIEJ	27		WROCŁAW	POL	M20	7	M 34	00:33:29	01:18:02	02:16:46	04:42:09	06:21:40.05	06:21:55.30	8:46	6.8
	DWOJAK FILIP	98	TOMICA COACHING	JANOWICE WIELKIE	POL	M20			00:31:47 DNF	DNF	DNF	DNF	DNF	DNF	-	-

CZTERDZIESTKA, K30

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.5km	11.5km	19.5km	32.5km	Netto	Brutto	min/km	km/h
1	LIPNICKA MARTA	133	ULTRAKOTLINA TEAM	JELEŃ GÓRA, DOLNOŚLĄSKIE	POL	K30	1	K 2	00:31:50	01:14:52	01:58:31	03:36:54	04:54:10.35	04:54:13.55	6:45	8.9
2	BENTKOWSKA MAGDALENA	126	DIRTY SPARROWS	POZNAŃ	POL	K30	2	K 7	00:39:22	01:35:41	02:28:54	04:38:10	06:13:15.20	06:13:22.65	8:34	7
3	IDCZAK AGNIESZKA	132		LEGNICA	POL	K30	3	K 8	00:38:39	01:29:10	02:23:34	04:37:09	06:17:40.80	06:17:48.00	8:40	6.9
4	PATROŃSKA MAGDALENA	116	ŻARŁOKI	WROCŁAW	POL	K30	4	K 11	00:42:45	01:37:40	02:32:32	04:48:04	06:29:57.95	06:30:07.60	8:57	6.7
5	SIKORA MALWINA	1	DROGA DO ULTRA	WROCŁAW	POL	K30	5	K 12	00:45:37	01:40:52	02:37:07	04:47:25	06:30:15.50	06:30:24.30	8:58	6.7
6	BRYŁKOWSKA ALICJA	114		WIERZBICE	POL	K30	6	K 14	00:44:54	01:43:46	02:42:11	05:06:42	06:47:11.10	06:47:21.80	9:21	6.4
7	CZAJKA ELŻBIETA	118	CEBULA TEAM	POZNAŃ	POL	K30	7	K 15	00:46:57	01:44:33	02:40:53	05:02:36	06:54:36.10	06:54:43.55	9:31	6.3
8	PRZYBYLSKA ALEKSANDRA	111		KROSNO K.MOSINY	POL	K30	8	K 17	00:46:45	01:46:32	02:45:05	05:08:03	06:58:39.60	06:58:57.75	9:37	6.2
9	BURAK OLGA	87		POZNAŃ	POL	K30	9	K 20	00:43:06	01:42:52	02:42:27	05:15:03	07:03:55.35	07:04:48.10	9:44	6.2
10	BINKOWSKA MARTA	24	ŚWIERCZEWO RUN	POZNAŃ	POL	K30	10	K 23	00:43:05	01:44:39	02:46:00	05:30:44	07:25:16.65	07:25:31.45	10:14	5.9
11	BURZYŃSKA EMILIA	36	BIEGAJĄCE KREJZOLE	BOGUCIN	POL	K30	11	K 24	00:43:48	01:45:41	02:44:27	05:30:35	07:25:58.40	07:26:08.25	10:15	5.9
12	RAJEWSKA MAGDALENA	85	BANICI ULTRA / NIGHT RUNNERS POZNAŃ	KOMORNIKI	POL	K30	12	K 27	00:45:34	01:53:32	02:56:54	05:35:15	07:36:03.60	07:36:14.90	10:29	5.7
13	MILLER AGNIESZKA	14	BBL LASY BOGDANIEC	BOGDANIEC	POL	K30	13	K 29	00:45:50	01:50:11	02:55:30	05:42:37	07:48:58.10	07:49:14.50	10:46	5.6
14	BIELEN AGNIESZKA	46	OWOCBIEGA TEAM	POZNAŃ	POL	K30	14	K 31	00:49:43	01:56:48	03:05:55	05:59:58	08:00:32.45	08:00:42.00	11:02	5.4
15	BOHDZIEWICZ IZABELA	80		BIĄŁOGARD	POL	K30	15	K 32	00:51:52	01:54:12	03:00:20	06:01:27	08:09:34.75	08:09:54.10	11:15	5.3
16	DRYWA EWELINA	115	LEVEL-GEO TEAM	ZIELONA GÓRA	POL	K30	16	K 33	00:48:48	01:53:33	03:01:20	06:03:46	08:34:41.35	08:34:52.75	11:49	5.1
	ZDEBSKA MAGDALENA	54		JANOWICE WIELKIE	POL	K30			00:35:49	01:28:23	DNF	DNF	DNF	DNF	-	-
									DNF	DNF						

CZTERDZIESTKA, M30

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.5km	11.5km	19.5km	32.5km	Netto	Brutto	min/km	km/h
1	MIKA ANDRZEJ	32	PRZEDWOJEWSKI TEAM	JAWORZNO	POL	M30	1	M 11	00:31:15	01:14:12	01:58:28	03:46:49	05:13:04.25	05:13:08.00	7:11	8.3
2	OLCZYK GRZEGORZ	52	DRÄXLMAIER	JELEŃ GÓRA	POL	M30	2	M 12	00:33:25	01:17:59	02:03:21	03:52:24	05:13:18.60	05:13:22.40	7:12	8.3
3	BILSKI PIOTR	109	WI RUN	SAPOWICE	POL	M30	3	M 19	00:37:08	01:27:47	02:15:51	04:13:13	05:45:29.85	05:45:35.05	7:56	7.6
4	JANKOWSKI KRZYSZTOF	148		WROCŁAW	POL	M30	4	M 26	00:35:37	01:26:51	02:18:58	04:20:32	05:59:19.05	05:59:29.90	8:15	7.3
5	RZECKI RADOSŁAW	44		DEBNO	POL	M30	5	M 27	00:35:17	01:26:44	02:16:59	04:28:47	06:08:16.50	06:08:23.00	8:27	7.1
6	SZYMAŃSKI PAWEŁ	88		OPOLE	POL	M30	6	M 32	00:37:26	01:27:48	02:18:30	04:28:52	06:14:16.65	06:14:23.05	8:36	7
7	MIELNIK MICHAŁ	83	PANICZE	POZNAŃ	POL	M30	7	M 33	00:38:32	01:29:07	02:21:16	04:29:39	06:20:04.40	06:20:10.30	8:44	6.9
8	WASILEWSKI MARCIN	4		ZIELONA GÓRA	POL	M30	8	M 36	00:38:26	01:31:14	02:23:52	04:37:33	06:24:08.20	06:24:11.85	8:49	6.8
9	SZCZERBAKOWICZ KAMIL	76		NADOLICE WIELKIE	POL	M30	9	M 38	00:40:32	01:33:29	02:25:59	04:43:28	06:26:02.50	06:26:13.00	8:52	6.8
10	PATROŃSKI ADAM	117	ŻARŁOKI	WROCŁAW	POL	M30	10	M 39	00:42:44	01:37:40	02:32:26	04:48:41	06:29:20.45	06:29:30.60	8:57	6.7
11	ŁATKA MATEUSZ	20		BOLKÓW	POL	M30	11	M 44	00:40:37	01:33:43	02:27:20	04:48:42	06:39:29.50	06:39:37.30	9:11	6.5
12	WOLSKI KRZYSZTOF	23		MAKOŚZYCE	POL	M30	12	M 45	00:39:50	01:35:29	02:33:38	04:57:42	06:41:41.45	06:41:49.60	9:14	6.5
13	SZNURA DOMINIK	104	WI RUN	GRABIANOWO	POL	M30	13	M 49	00:40:49	01:36:17	02:29:36	04:52:20	06:45:34.95	06:45:40.05	9:19	6.4
14	KUC PATRYK	97		SZPROTAWA	POL	M30	14	M 55	00:41:52	01:37:26	02:37:00	05:08:09	06:55:27.35	06:55:36.00	9:33	6.3
15	LAGUTKO MIKOŁAJ	144			BLR	M30	15	M 56	00:45:00	01:43:17	02:41:20	05:04:35	06:57:21.50	06:57:33.10	9:35	6.3
16	KOSTOWSKI ROMAN	99		ŚWIDNICA	POL	M30	16	M 66	00:43:37	01:43:08	02:42:00	05:19:59	07:19:15.35	07:19:28.60	10:05	5.9
17	MARCHWAT DANIEL	41		JELEŃ GÓRA	POL	M30	17	M 67	00:41:48	01:42:57	02:42:37	05:16:51	07:21:58.85	07:22:21.45	10:09	5.9
18	BUJAK PAWEŁ	103	WI RUN	ŚREM	POL	M30	18	M 69	00:41:47	01:38:17	02:37:18	05:21:20	07:24:16.30	07:24:22.00	10:12	5.9
19	TOPOROWSKI DARIUSZ	129	GRUPA BIEGOWA TRISTONE WAŁBRZYCH	WAŁBRZYCH	POL	M30	19	M 73	00:42:14	01:41:16	02:42:07	05:21:21	07:32:09.70	07:32:21.40	10:23	5.8
20	ZIEMNIAK MARCIN	59		WARSZAWA	POL	M30	20	M 74	00:46:03	01:47:52	02:53:44	05:30:25	07:35:03.60	07:35:16.05	10:27	5.7
21	BORECKI MICHAŁ	29		LEGNICA	POL	M30	21	M 75	00:46:20	01:47:39	02:47:37	05:31:17	07:35:15.45	07:35:36.35	10:27	5.7
22	STANEK BARTOSZ	94	PLEWISKA BIEGAJĄ	PLEWISKA	POL	M30	22	M 80	00:44:15	01:43:01	02:42:58	05:40:19	07:55:27.40	07:55:40.15	10:55	5.5
23	LIS SEBASTIAN	71		POZNAŃ	POL	M30	23	M 82	00:45:25	01:44:39	02:47:20	05:42:16	07:57:14.00	07:57:29.15	10:58	5.5
24	FRĄCZKOWIAK MICHAŁ	64		GORZÓW WIELKOPOLSKI	POL	M30	24	M 86	00:52:03	01:58:00	03:07:47	06:06:27	08:20:05.70	08:20:18.00	11:29	5.2
25	OZIMEK PRZEMYSŁAW	11		PRZEWORNO	POL	M30	25	M 91	00:53:11	02:04:46	03:23:23	06:40:05	09:02:18.15	09:02:35.35	12:28	4.8
	MAŁEK TOMASZ	119	GORZELAS RUNNING CLUB	GOSTYŃ	POL	M30			00:32:13	01:17:15	DNF	DNF	DNF	DNF	-	-
									DNF	DNF						

CZTERDZIESTKA, K40

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.5km	11.5km	19.5km	32.5km	Netto	Brutto	min/km	km/h
1	MOCZULSKA MAŁGORZATA	93	CODETWO	ŻARÓW	POL	K40	1	K 1	00:29:38	01:09:54	01:52:02	03:27:19	04:41:52.45	04:41:55.00	6:28	9.3
2	ŻOŁDAK MAGDALENA	61	ADIDAS RUNNERS POZNAŃ	POZNAŃ	POL	K40	2	K 3	00:38:04	01:28:13	02:18:10	04:19:12	05:52:58.30	05:53:03.05	8:06	7.4
3	CZERNAK WIOLETA	138		SOSNÓWKA	POL	K40	3	K 4	00:40:07	01:29:02	02:20:25	04:26:05	05:57:32.05	05:57:38.40	8:13	7.3
4	RESPONDEK ANNA	16		ZIELONA GÓRA	POL	K40	4	K 5	00:39:30	01:33:09	02:25:34	04:28:45	06:03:00.20	06:03:10.90	8:20	7.2
5	LITWIN MONIKA	102		WROCLAW	POL	K40	5	K 6	00:37:19	01:26:24		04:34:08	06:11:03.30	06:11:12.60	8:31	7
6	RABIEJ-OLSZEWSKA HANNA	131	SOBAS TEAM	CHOJNÓW	POL	K40	6	K 9	00:39:17	01:32:12	02:26:41	04:42:23	06:24:30.95	06:24:34.40	8:50	6.8
7	MÁROVÁ KLÁRA	56		PRAHA	CZE	K40	7	K 10	00:42:34	01:35:41	02:31:37	04:43:19	06:25:04.25	06:25:07.25	8:51	6.8
8	KOWALCZUK ANNA	19		ZIELONA GÓRA	POL	K40	8	K 13	00:41:29	01:36:22	02:31:05	04:57:21	06:41:54.50	06:42:09.90	9:14	6.5
9	KUZAK BOŻENA	82		POZNAŃ	POL	K40	9	K 16	00:43:51	01:39:43	02:41:07	05:08:01	06:57:14.40	06:57:26.10	9:35	6.3
10	KUBIAK KAROLINA	123	FRAM	WEJHEROWO	POL	K40	10	K 19	00:44:28	01:46:36	02:48:19	05:15:48	07:03:43.80	07:03:55.00	9:44	6.2
11	ZASADA IWONA	10	GITT DRUŻYNA	ZIELONA GÓRA	POL	K40	11	K 21	00:42:55	01:48:52	02:51:53	05:24:49	07:21:49.55	07:22:04.75	10:09	5.9
12	CHMIELEWSKA KAROLINA	143	PTTK TERAZ SUDETY	ŚWIDNICA	POL	K40	12	K 25	00:43:48	01:45:41	02:44:24	05:30:38	07:25:58.25	07:26:08.30	10:15	5.9
13	KAMELA-KRÓL IWONA	86	BRACTWO BIEGOWE BGK	KICIN	POL	K40	13	K 26	00:45:34	01:53:34	02:56:57	05:35:28	07:36:03.35	07:36:14.75	10:29	5.7
14	WIECZOREK MONIKA	12	KILOMETRY POMOCY	KIEŁCZÓW	POL	K40	14	K 34	00:51:11	02:03:19	03:24:30	06:50:07	09:22:07.20	09:22:13.10	12:55	4.6

CZTERDZIESTKA, M40

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.5km	11.5km	19.5km	32.5km	Netto	Brutto	min/km	km/h
1	CZERNAK PAWEŁ	74	BLACK HAT PRO	SOSNÓWKA	POL	M40	1	M 1	00:26:11	01:01:11	01:37:45	02:57:29	03:59:49.80	03:59:51.55	5:30	10.9
2	BRYDL PAVEL	127	SALOMON CZ	TRUTNOV	CZE	M40	2	M 3	00:26:31	01:01:32	01:39:19	03:05:54	04:12:27.00	04:12:28.75	5:48	10.3
3	OTRĘBA MACIEJ	146		WROCLAW	POL	M40	3	M 4	00:28:44	01:07:09	01:47:00	03:17:17	04:35:46.80	04:35:49.10	6:20	9.5
4	KAMERDUŁA ŁUKASZ	28		STRUŻKA	POL	M40	4	M 6	00:28:43	01:07:11	01:46:55	03:23:15	04:44:43.00	04:44:46.15	6:32	9.2
5	ZIENTARA KRZYSZTOF	37		JELENIA GORA	POL	M40	5	M 9	00:32:04	01:14:40	01:58:29	03:41:24	05:05:02.75	05:05:12.05	7:00	8.6
6	JASTRZĘBSKI SZYMON	5		WROCLAW	POL	M40	6	M 10	00:31:26	01:14:47	01:59:27	03:43:35	05:11:11.25	05:11:15.60	7:09	8.4
7	KOZIEŁ TOMASZ	25		KUDOWA-ZDRÓJ	POL	M40	7	M 13	00:32:53	01:16:54	02:01:35	03:49:06	05:14:18.70	05:14:21.70	7:13	8.3
8	SMOLARA KRZYSZTOF	38	PASMO TEAM	WIŃSKO	POL	M40	8	M 17	00:40:12	01:29:27	02:17:30	04:11:52	05:40:35.05	05:40:46.90	7:49	7.7
9	GARCZYK RAFAŁ	106	ULTRA PEFRON TEAM	LUSÓWKO	POL	M40	9	M 18	00:39:30	01:29:59	02:20:23	04:17:55	05:44:50.65	05:44:55.20	7:55	7.6
10	MISTYGACZ JAKUB	145	ANTONTEAM		POL	M40	10	M 20	00:35:50	01:28:10	02:18:25	04:15:55	05:47:00.10	05:47:05.40	7:58	7.5
11	SZONDA ISTVAN	96		VELKÉ HAMRY	CZE	M40	11	M 21	00:38:55	01:25:31			05:49:38.80	05:49:57.55	8:02	7.5
12	KŁODNICKI KRZYSZTOF	107		WROCLAW	POL	M40	12	M 22	00:32:52	01:20:36	02:09:59	04:14:22	05:52:47.80	05:52:53.75	8:06	7.4
13	JANKOWSKI MARCIN	84	FUFUFU TEAM	GŁOGÓW	POL	M40	13	M 24	00:37:11	01:27:01	02:16:53	04:21:52	05:53:47.55	05:53:52.20	8:07	7.4
14	KOWALCZYK TOMASZ	48		WOŁÓW	POL	M40	14	M 25	00:35:17	01:24:53	02:13:09	04:20:15	05:57:43.05	05:57:49.70	8:13	7.3
15	NASKRĘT PIOTR	22	KOWARY BIEGAJĄ	KOWARY	POL	M40	15	M 28	00:38:09	01:28:16	02:19:01	04:29:31	06:09:20.50	06:09:25.00	8:29	7.1
16	DEJA DARIUSZ	69	BIDFOOD FARUTEX	GRODKÓW	POL	M40	16	M 30	00:39:08	01:32:28	02:25:06	04:30:19	06:12:04.00	06:12:10.50	8:33	7
17	ADAMSKI TOMASZ	2	GITT DRUŻYNA	ZIELONA GÓRA	POL	M40	17	M 31	00:36:08	01:24:55	02:12:48	04:23:19	06:12:54.40	06:13:09.05	8:34	7
18	OLSZEWSKI ARTUR	122	FRAM	DĄBROWA GÓRNICZA	POL	M40	18	M 37	00:44:30	01:46:49	02:45:50	04:55:22	06:25:33.30	06:25:43.50	8:51	6.8
19	NAPIERAŁA MARCIN	34	GB WIELKOPOLSCY BIEGACZE / BIEGAJĄCE KREJZOLE	POZNAŃ	POL	M40	19	M 40	00:38:05	01:29:52	02:26:33	04:46:33	06:29:34.45	06:29:39.65	8:57	6.7
20	CIEŚLIK SŁAWOMIR	53	ANTONTEAM	RYDZYNA	POL	M40	20	M 41	00:41:55	01:36:59	02:31:03	04:48:16	06:30:59.65	06:31:05.45	8:59	6.7
21	DEMCZUK MAREK	49		JELENIA GÓRA	POL	M40	21	M 42	00:42:16	01:38:13	02:37:06	04:46:53	06:33:28.15	06:33:34.35	9:02	6.6
22	SZKUDLAREK KAROL	105	LUSÓWKO	LUSOWKO	POL	M40	22	M 46	00:39:18	01:35:12	02:30:36	04:53:57	06:42:28.95	06:42:33.90	9:15	6.5
23	DĄBROWSKI BARTOSZ	124		WAŁCZ	POL	M40	23	M 48	00:41:17	01:34:03	02:27:38	04:53:32	06:44:33.75	06:44:44.60	9:18	6.5
24	KOZIAROWSKI MICHAŁ	13	#DZIKIZPRZYLESIA	DOMASZCZYN	POL	M40	24	M 50	00:40:57	01:35:04	02:31:22	04:54:10	06:47:35.35	06:47:45.25	9:22	6.4
25	SREJ BALAZS	142		WROCLAW	POL	M40	25	M 51	00:44:26	01:41:27	02:41:02	05:03:01	06:48:18.60	06:48:27.75	9:23	6.4
26	MARCELA MARCIN	30	FAT MAMA'S SPORT CLUB	TARNOWSKIE GÓRY	POL	M40	26	M 54	00:44:40	01:42:59	02:40:47	05:04:53	06:51:38.70	06:51:56.35	9:27	6.3
27	WOŹNIAK SEBASTIAN	101		BOLEŚLAWIEC	POL	M40	27	M 57	00:43:37	01:43:10	02:41:15	05:02:34	06:59:44.75	06:59:57.40	9:38	6.2
28	MIODEK ADRIAN	112	DIRTY SPARROWS	OPALENICA	POL	M40	28	M 58	00:39:27	01:38:08	02:34:18	05:06:55	06:59:52.70	06:59:59.80	9:39	6.2
29	KOZŁOWSKI RAFAŁ	58	RUNNERS KONIN	KONIN	POL	M40	29	M 60	00:46:13	01:46:39	02:46:56	05:17:01	07:11:39.45	07:11:53.60	9:55	6
30	SAMEK ALEKSANDER	35		ŚWIDNICA	POL	M40	30	M 62	00:42:22	01:38:26	02:39:35	05:16:09	07:14:26.75	07:14:32.65	9:59	6
31	BARTOSIEWICZ ADAM	50		GRYFINO	POL	M40	31	M 65	00:47:26	01:50:02	02:53:31	05:24:27	07:17:51.60	07:18:05.60	10:03	6
32	SYCHOWSKI DAWID	15		WROCLAW	POL	M40	32	M 71	00:42:54	01:44:12	02:47:22	05:30:16	07:28:38.55	07:28:48.15	10:18	5.8
33	LIS WOJCIECH	21	WIERZBICKI RUNNING PROJECT	WAWRÓW	POL	M40	33	M 72	00:44:19	01:47:11	02:49:34	05:24:52	07:29:06.85	07:29:22.85	10:19	5.8
34	STRONIKOWSKI KAMIL	6	DRUŻYNA STASIA	SZCZECIN	POL	M40	34	M 77	00:48:19	01:52:06	02:56:53	05:38:52	07:46:37.15	07:46:55.00	10:43	5.6
35	ZIÓLKOWSKI ROBERT	62		BIELAWA	POL	M40	35	M 78	00:48:52	01:51:39	02:54:04	05:42:14	07:47:50.35	07:48:13.70	10:45	5.6

CZTERDZIESTKA, M40 c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.5km	11.5km	19.5km	32.5km	Netto	Brutto	min/km	km/h
36	OLEKSIAK PAWEŁ	130	SAMOTNY WILK	WROCŁAW	POL	M40	36	M 79	00:44:10	01:44:28	02:46:51	05:38:07	07:54:09.60	07:54:25.70	10:54	5.5
37	MAZUREK WOJCIECH	139		LESZNO	POL	M40	37	M 81	00:46:14	01:45:40	02:47:58	05:38:05	07:57:08.85	07:57:24.50	10:58	5.5
38	KLUKOWSKI KAMIL	39		WROCŁAW	POL	M40	38	M 83	00:41:07	01:38:29	02:40:07	05:40:10	07:58:17.40	07:58:25.45	10:59	5.5
39	CIĘŻKOWSKI MICHAŁ	120		NOWA WIEŚ KROLEWSKA	POL	M40	39	M 84	00:49:30	01:53:31	03:03:47	05:54:20	08:03:15.50	08:03:37.80	11:06	5.4
40	MAJOWSKI MARCIN	89		BYTOM	POL	M40	40	M 85	00:48:59	01:54:50	03:04:47	06:07:42	08:18:10.85	08:18:27.95	11:27	5.2
41	KOLCZYŃSKI JAROSŁAW	51	1ON1 RUNNING TEAM	EMINÓW	POL	M40	41	M 89	00:49:27	01:57:57	03:08:49	06:16:53	08:50:18.15	08:50:34.90	12:11	4.9
42	RYSZCZYK ADAM	92		WROCŁAW	POL	M40	42	M 90	00:52:31	02:01:21	03:17:01		08:55:41.65	08:55:57.75	12:18	4.9
43	NESVADBA MICHAŁ	134		JABLONEC NAD NISOU	CZE	M40	43	M 93	01:03:52	02:28:28	03:51:04	06:56:36	09:24:09.75	09:24:25.00	12:58	4.6
44	PLASZCZYK BARTŁOMIEJ	135		GŁOGÓW	POL	M40	44	M 94	00:53:59	02:13:36	03:43:05	07:03:56	09:31:57.35	09:32:07.65	13:08	4.6

CZTERDZIESTKA, K50

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.5km	11.5km	19.5km	32.5km	Netto	Brutto	min/km	km/h
1	SKIBIŃSKA ALDONA	67		CZARNKÓW	POL	K50	1	K 18	00:41:14	01:36:41	02:33:53		07:02:44.85	07:02:51.95	9:43	6.2
2	PTAK DOROTA	141	PIĄTKOWO NA BIEGOWO	POTASZE	POL	K50	2	K 22	00:47:03	01:52:08	02:58:13	05:30:39	07:22:51.75	07:23:05.45	10:10	5.9
3	TERETYKA DOROTA	70	BANICI ULTRA	KAMIONKI	POL	K50	3	K 28	00:45:34	01:53:35	02:56:52	05:35:14	07:36:04.35	07:36:15.15	10:29	5.7
4	KORBANEK EMILIA	55	OWOC BIEGA TEAM	POZNAŃ	POL	K50	4	K 30	00:50:53	01:56:43	03:05:41	05:57:38	07:57:04.05	07:57:18.90	10:58	5.5
5	PIETRZYKOWSKA MONIKA	45		RUSIEC	POL	K50	5	K 35	00:59:48	02:23:09	03:41:22	06:52:54	09:25:53.85	09:26:10.65	13:00	4.6
6	MERKLINGHAUS-KOBER MONIKA	66	SPEED FEET '16 / MIEJSKA KONDYCJA	KOŚCIAN	POL	K50	6	K 36	01:03:27	02:24:21	03:43:07	07:10:12	09:39:42.60	09:39:56.60	13:19	4.5

CZTERDZIESTKA, M50

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.5km	11.5km	19.5km	32.5km	Netto	Brutto	min/km	km/h
1	KŁOPOTEK MARCIN	33	EXTREMALNE FAMYLY	GRYFINO	POL	M50	1	M 14	00:34:28	01:22:51	02:12:30	04:04:32	05:27:48.15	05:27:51.00	7:32	8
2	GŁOWIŃSKI ROBERT	72	KOMORNICKA GRUPA BIEGOWA GRZMOT	KOMORNIKI	POL	M50	2	M 23	00:38:08	01:28:20	02:18:03	04:18:59	05:53:19.45	05:53:27.05	8:07	7.4
3	HRUSZOWIEC PAWEŁ	42	PAN COGITO S.C.	WOŁÓW	POL	M50	3	M 29			02:23:38	04:37:10	06:10:15.00	06:10:16.00	8:30	7
4	WIKTOROWICZ TOMASZ	77		DZIWIŚZÓW	POL	M50	4	M 35	00:39:22	01:33:55	02:27:31	04:38:18	06:21:42.75	06:21:56.65	8:46	6.8
5	SUDUŁ JAREK	128	WIERZBIKI RUNNING PROJECT	GORZÓW WIELKOPOL	POL	M50	5	M 47	00:39:30	01:34:30	02:29:38	04:53:01	06:43:53.60	06:44:00.85	9:17	6.5
6	WOJCIESZYŃSKI TOMASZ	137	BBL GORZÓW	BACZYNA	POL	M50	6	M 52	00:39:45	01:34:30	02:29:30	04:57:21	06:48:53.45	06:49:01.05	9:23	6.4
7	NIEDZIELA MARCIN	136	FAT MAMA'S SPORT CLUB	BYTOM	POL	M50	7	M 53	00:44:40	01:42:54	02:40:50	05:04:50	06:51:38.45	06:51:56.10	9:27	6.3
8	SZYMCZYK MICHAŁ	60		SZPROTAWA	POL	M50	8	M 59	00:41:51	01:37:26	02:36:57	05:08:20	07:00:49.55	07:00:58.55	9:40	6.2
9	KOBYŁKA MAREK	40	SUPERMARATON KALISZ	KALISZ	POL	M50	9	M 61	00:45:09	01:45:24	02:42:17	05:16:51	07:13:41.15	07:14:00.25	9:58	6
10	SZELAĞIEWICZ AREK	47	CI OD RUDEGO KOTA	SZCZECIN	POL	M50	10	M 63	00:42:28	01:43:47	02:42:11	05:20:59	07:15:10.65	07:15:24.20	10:00	6
11	BUSZKOWSKI FILIP	108	SPORTOWY KAŻMIERZ	GAJ WIELKI	POL	M50	11	M 64	00:44:27	01:45:43	02:43:12	05:21:43	07:15:46.70	07:15:59.95	10:01	6
12	PTAK ADAM	140	PIĄTKOWO NA BIEGOWO	POTASZE	POL	M50	12	M 68	00:47:01	01:52:06	02:58:10	05:30:13	07:22:51.25	07:23:05.60	10:10	5.9
13	BARANOWSKI ADAM	8	TEMPO WAŁBRZYCH	WAŁBRZYCH	POL	M50	13	M 70	00:41:35	01:40:25	02:47:11	05:28:22	07:27:27.20	07:27:34.95	10:17	5.8
14	STAMM TOMASZ	78		POZNAŃ	POL	M50	14	M 76	00:44:41	01:49:37	02:56:31	05:36:09	07:38:02.55	07:38:11.10	10:31	5.7
15	BASTA GRZEGORZ	3	BIEGAM BO LUBIĘ LASY BOGDANIEC	GORZÓW WIELKOPOLSKI	POL	M50	15	M 87	00:51:11	02:01:22	03:14:19	06:27:06	08:43:47.70	08:44:03.90	12:02	5
16	DUSZYŃSKI JACEK	68	EDIT TEAM ZGORZELEC	ZGORZELEC	POL	M50	16	M 88	00:47:41	01:53:54	03:04:49	06:17:13	08:48:36.50	08:48:45.45	12:09	4.9
17	DONAJ ADAM	9		KOŚCIAN	POL	M50	17	M 92	00:57:18	02:07:16	03:24:35	06:50:52	09:22:15.40	09:22:35.65	12:55	4.6
18	NOWAK MACIEJ	75	MIEJSKA KONDYCJA/ SPEED FEET 16	POZNAŃ	POL	M50	18	M 95	01:03:27	02:24:25	03:43:11	07:05:39	09:39:51.45	09:40:05.00	13:19	4.5
	BUGAJNY DAMIAN	110	SUPERMARATON KALISZ	KALISZ	POL	M50			00:51:44 DNF	01:57:21 DNF	03:00:40 DNF	05:55:54 DNF	DNF	DNF	-	-

CZTERDZIESTKA, M60

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.5km	11.5km	19.5km	32.5km	Netto	Brutto	min/km	km/h
1	KORZYCKI TADEUSZ	113	AMATOR	SOSNÓWKA	POL	M60	1	M 43	00:41:12	01:33:42	02:30:38	04:48:11	06:37:59.30	06:38:07.95	9:08	6.6