

SZEŚĆDZIESIĄTKA

Organizator: Fundacja Szczyt za Szczytem
Data: 2025-02-08
Miejsce: Karpniki
Dystans: 60.5 km
Klasyfikacja wg czasów brutto.



SZEŚĆDZIESIĄTKA, OPEN

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.5km	11.5km	19.5km	38km	49km	Netto	Brutto	min/km	km/h
1	PETERS KLAUDIA	779		BOLESŁAWIEC	POL	K20	1	K 1	00:32:00	01:05:10	01:58:52	04:04:02	05:06:06	06:17:44.10	06:17:46.00	6:14	9.6
2	JEDWABNY PIOTR	728		WILCZYCE	POL	M30	1	M 1	00:31:21	01:04:13	01:57:08	04:02:44	05:06:45	06:24:03.40	06:24:06.60	6:20	9.5
3	SADOWSKI PAWEŁ	739	GŁODOMÓREK RUDAWY ŚNIEŻNA HUSARIA	JANOWICE WIELKIE	POL	M30	2	M 2	00:31:11	01:04:09	01:57:03	04:07:41	05:22:54	06:50:47.60	06:50:50.20	6:47	8.8
4	GADZIMSKI MICHAŁ	792		JELEŃ GÓRA	POL	M40	1	M 3	00:31:34	01:04:49	01:57:14	04:17:45	05:32:25	06:54:44.75	06:54:47.20	6:51	8.8
5	KOŁODZIEJ ROMAN	781	MARCIN ŚWIERC TEAM	KARŁOWICE	POL	M40	2	M 4	00:31:42	01:05:03	02:01:36	04:23:38	05:33:06	06:55:30.75	06:55:33.80	6:52	8.7
6	MROTEK KEVIN	726		MIĘKOWO	POL	M30	3	M 5	00:35:59	01:23:49	02:12:52	04:30:42	05:48:28	07:11:30.90	07:11:33.65	7:07	8.4
7	KOMENDACKI DOMIK	753	KGHM ZG RUN	GŁOGÓW	POL	M40	3	M 6	00:34:08	01:22:32	02:12:53	04:42:23	05:55:05	07:18:54.75	07:19:07.40	7:15	8.3
8	WAŚNIEWSKI DANIEL	727	VAMOS RACING TEAM	NOWY DWÓR MAZOWIECKI	POL	M30	4	M 7	00:36:39	01:23:44	02:12:40	04:43:08	06:02:18	07:25:18.60	07:25:24.60	7:21	8.2
9	DWORNIKOWSKI ZBIGNIEW	708		LIGOTA	POL	M50	1	M 8	00:37:40	01:26:26	02:14:21	04:44:08	06:03:20	07:35:39.80	07:35:44.10	7:31	8
10	ADAMCZYK MACIEJ	716	SKS OBORNIKI	OBORNIKI	POL	M40	4	M 9	00:34:07	01:22:45	02:13:06	04:42:58	06:03:12	07:39:31.15	07:39:34.40	7:35	7.9
11	KUŹMIAK STANISŁAW	773		ZARY	POL	M40	5	M 10	00:40:18	01:35:33	02:25:55	04:58:45	06:16:01	07:40:24.35	07:40:33.40	7:36	7.9
12	PIWOWOŃSKI PAWEŁ	780		ZAGRODNO	POL	M40	6	M 11	00:36:16	01:24:36	02:13:48	04:51:49	06:13:24	07:41:13.85	07:41:20.65	7:37	7.9
13	ZIMKOWSKI MARCIN	785	KGHM ZG RUN	GŁOGÓW	POL	M40	7	M 12	00:35:45	01:22:57	02:12:55	04:45:03	06:07:06	07:41:36.15	07:41:40.65	7:37	7.9
14	GÓRSKA AGNIESZKA	790		ZARY	POL	K40	1	K 2	00:40:18	01:35:34	02:26:00	04:58:36	06:16:05	07:41:31.40	07:41:41.00	7:37	7.9
15	ZDĄBLARZ MARCIN	717		POGORZYCE	POL	M40	8	M 13	00:43:24	01:35:02	02:28:40	04:57:33	06:13:48	07:44:44.90	07:44:50.40	7:40	7.8
16	JUSZCZAK ŁUKASZ	738		MOŚCIENICA	POL	M30	5	M 14	00:38:07	01:27:53	02:20:42	04:53:54	06:15:58	07:46:53.35	07:46:57.30	7:43	7.8
17	PIOTROWSKI MICHAŁ	758	#ZEBERKATEAM	WROCŁAW	POL	M40	9	M 15	00:37:54	01:27:11	02:19:17	04:54:01	06:14:00	07:49:31.40	07:49:36.20	7:45	7.7
18	MORAS DARIA	747		WROCŁAW	POL	K30	1	K 3	00:37:25	01:25:11	02:13:45	04:45:22	06:13:23	07:52:29.75	07:52:34.85	7:48	7.7
19	WŁODARCZYK KRYSZTIAN	702	GRUPA BIEGOWA TRISTONE WAŁBRZYCH	WAŁBRZYCH	POL	M40	10	M 16	00:41:04	01:33:24	02:23:54	04:59:21	06:24:52	07:56:37.75	07:56:50.80	7:52	7.6
20	WOLIŃSKI JĘDRZEJ	788	RATEL TEAM	JELEŃ GÓRA	POL	M30	6	M 17	00:38:11	01:29:11	02:22:11	04:59:42	06:28:00	08:00:52.65	08:00:59.40	7:56	7.5
21	KRZYWDZIŃSKI BARTŁOMIEJ	711		BOLESŁAWIEC	POL	M50	2	M 18	00:38:23	01:30:44	02:23:06	05:05:14	06:31:09	08:05:58.75	08:06:02.75	8:01	7.5
22	IWANOWSKI PRZEMYSŁAW	775		CHOCIANÓW	POL	M40	11	M 19	00:36:36	01:25:13	02:14:06	04:59:36	06:31:12	08:10:53.60	08:10:58.25	8:06	7.4
23	SUSMARSKA EWA	741	TM IRON TEAM	NOWY DWÓR MAZOWIECKI	POL	K20	2	K 4	00:39:50	01:32:58	02:24:54	05:07:34	06:33:33	08:17:23.45	08:17:29.65	8:13	7.3
24	MACIĄG GRZEGORZ	706	RZESZÓW	RZESZÓW	POL	M40	12	M 20	00:42:55	01:44:21	02:39:06	05:19:51	06:42:30	08:20:47.75	08:20:54.90	8:16	7.2
25	SZUKAŁA PIOTR	719	WKTJ	POZNAŃ	POL	M40	13	M 21	00:44:20	01:37:01	02:30:08	05:20:02	06:47:25	08:20:55.35	08:21:09.55	8:16	7.2
26	HAJNCE LECH	767	ULTRA DZIADY	RAIW CZ	POL	M40	14	M 22	00:41:14	01:34:27	02:26:16	05:15:27	06:42:10	08:24:29.00	08:24:39.40	8:20	7.2
27	RYBARCZYK IŁONA	756		KOŁO	POL	K30	2	K 5	00:39:52	01:35:21	02:28:36	05:21:18	06:48:07	08:27:53.90	08:27:58.10	8:23	7.1
28	SKUPIŃSKI ARKADIUSZ	724	SUDECKI KLUB WYSOKOGÓRSKI	MARCISZÓW	POL	M40	15	M 23	00:41:06	01:35:29	02:28:39	05:21:34	06:53:16	08:36:41.95	08:36:53.95	8:32	7
29	PALIŃSKI BARTŁOMIEJ	742	ROZBIEGANI CHOJNÓW	CHOJNÓW	POL	M30	7	M 24	00:38:46	01:31:46	02:24:33	05:15:08	06:52:51	08:43:10.90	08:43:16.20	8:38	6.9
30	RADZIWOŃ ANNA	740	GRUPA NIENACHALNIE HEROICZNA	POLKOWICE	POL	K40	2	K 6	00:45:49	01:44:59	02:45:50	05:39:49	07:05:15	08:44:51.40	08:44:59.85	8:40	6.9
31	ŚWIERKOWSKI KRZYSZTOF	760		NOWE MIASTO NAD WARTĄ	POL	M20	1	M 25	00:40:43	01:38:45	02:37:59	05:38:12	07:11:35	08:49:25.60	08:49:29.90	8:45	6.9
32	PAPIEROWSKA DAGMARA	784	BANICI ULTRA	POZNAŃ	POL	K40	3	K 7	00:46:56	01:44:51	02:43:56	05:39:30	07:07:29	08:50:49.20	08:51:04.70	8:46	6.8
33	MUCHA ADAM	731	PORUNNE FURGANIE / ULTRAWAY.PL WOJTEK KOTARBA	BYTOM	POL	M40	16	M 26	00:47:10	01:44:46	02:39:05	05:32:56	07:07:20	08:53:24.90	08:53:36.95	8:48	6.8
34	WIĘCEK ANDRZEJ	793	BIEGAM DLA SIEBIE	BOGUSZÓW	POL	M40	17	M 27	00:40:39	01:33:55	02:28:24	05:21:55	07:05:37	08:56:46.95	08:56:57.80	8:52	6.8

SZEŚCZDZIESIĄTKA, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.5km	11.5km	19.5km	38km	49km	Netto	Brutto	min/km	km/h
35	STROJEK GRZEGORZ	718		PRZEMKÓW	POL	M50	3	M 28	00:38:56	01:34:59	02:33:21	05:38:22	07:14:46	09:07:23.40	09:07:26.90	9:02	6.6
36	MARZEC DOMINIK	764		WROCŁAW	POL	M30	8	M 29	00:43:24	01:38:44	02:35:59	05:39:26	07:17:15	09:08:08.45	09:08:22.40	9:03	6.6
37	JANIK MATEUSZ	776		LUBRZA	POL	M30	9	M 30	00:47:38	01:50:47	02:51:41	06:08:17	07:39:29	09:21:20.80	09:21:35.20	9:16	6.5
38	PAWZUN BARTOSZ	772	ZRYW PARZYMICHY MOCNA GRUPA CEZARA	WROCŁAW	POL	M30	10	M 31	00:42:50	01:44:35	02:43:58	05:48:00	07:27:53	09:23:55.45	09:24:03.15	9:19	6.4
39	WYBRANIEC MICHAŁ	722	PATO BIEGI	WAŁBRZYCH	POL	M40	18	M 32	00:44:13	01:44:09	02:43:59	05:42:16	07:28:20	09:27:30.90	09:27:46.95	9:22	6.4
40	SOLARSKI ROBERT	703	STRAKMAN ADAM SUŁOWSKI	KOSZALIN	POL	M40	19	M 33	00:48:07	01:48:45	02:46:01	05:42:19	07:28:32	09:27:56.90	09:28:04.00	9:23	6.4
41	FOGIEL-PAWŁOWSKA AGNIESZKA	752		WROCŁAW	POL	K40	4	K 8	00:44:15	01:47:40	02:45:58	05:55:31	07:36:24	09:30:14.80	09:30:29.80	9:25	6.4
42	DAWIDZIAK WOJCIECH	701		OLEŚNICA	POL	M30	11	M 34	00:43:46	01:49:48	02:48:58	05:57:22	07:42:39	09:42:11.75	09:42:19.70	9:37	6.2
43	DAWIDZIAK ARKADIUSZ	705	GARMIN WROCŁAW	OLEŚNICA	POL	M40	20	M 35	00:43:20	01:49:47	02:48:52	05:57:28	07:42:40	09:42:11.80	09:42:19.90	9:37	6.2
44	KOWALCZYK GRZEGORZ	720	ŻYCIE JAK MUZYKA	LUBLIN	POL	M50	4	M 36	00:48:52	01:52:00	02:54:25	06:08:08	07:48:02	09:42:51.00	09:43:07.70	9:38	6.2
45	PLUCHA MICHAŁ	771		KOWARY	POL	M40	21	M 37	00:41:53	01:41:48	02:44:25	05:59:42	07:46:28	09:44:59.80	09:45:11.20	9:40	6.2
46	LUBELCZYK GRZEGORZ	744	SPELEOCLUB WROCŁAW	MIĘKINIA	POL	M50	5	M 38	00:47:36	01:50:11	02:53:09	06:03:53	07:47:16	09:46:55.25	09:47:13.80	9:42	6.2
47	RADZIWOŃ KRZYSZTOF	745	GRUPA NIENACHALNIE HEROICZNA	POLKOWICE	POL	M50	6	M 39	00:52:39	01:56:44	03:02:57	06:11:40	07:52:32	09:49:45.15	09:50:01.05	9:44	6.2
48	LEŚNIAK GRZEGORZ	777	DIRTY SPARROWS	POZNAŃ	POL	M50	7	M 40	00:43:33	01:44:34	02:45:57	06:06:02	07:54:10	09:50:33.65	09:50:39.15	9:45	6.1
49	SKÓRZAŃSKA AGNIESZKA	714	ROKITNO SZKACHECKIE	POL	K40		5	K 9	00:47:33	01:49:46	02:50:52	06:08:08	07:47:17	09:52:05.20	09:52:16.90	9:47	6.1
50	PYTKO JACEK	743	1ON1 TEAM	ŁÓDŹ	POL	M50	8	M 41	00:48:07	01:49:45	02:49:46	06:07:35	07:52:23	09:54:51.45	09:54:57.90	9:49	6.1
51	ZIELIŃSKI ADAM	789	GRAJEWÓ	POL	M40		22	M 42	00:43:44	01:46:01	02:47:00	05:58:35	07:45:09	10:05:27.75	10:05:41.80	10:00	6
52	BEKAS JEDRZEJ	734	NIGHT RUNNERS POZNAŃ/BANICI ULTRA	POZNAŃ	POL	M40	23	M 43	00:46:40	01:50:23	02:57:30	06:16:01	08:10:52	10:06:01.45	10:06:16.45	10:01	6
53	HRAB WOJCIECH	733	STAJNIA CROSSFIT NIGHT RUNNERS	POZNAŃ	POL	M40	24	M 44	00:46:39	01:50:26	02:57:23	06:16:08	08:10:57	10:06:01.40	10:06:16.70	10:01	6
54	OSTASZEWSKI IRENEUSZ	736		BIAŁYSTOK	POL	M40	25	M 45	00:43:24	01:41:53	02:44:58	06:02:17	07:51:44	10:07:45.50	10:07:51.75	10:02	6
55	JADRYCH ZBIGNIEW	729	NO NAMES	STARGARD	POL	M40	26	M 46	00:48:02	01:49:06	02:54:05	06:11:58	08:07:35	10:13:46.85	10:13:56.95	10:08	5.9
56	WRZESIŃSKI ŁUKASZ	757	POWER&PAKER	PRUSZOWICE	POL	M40	27	M 47	00:47:58	01:47:37	02:46:47	06:08:02	08:07:17	10:18:40.65	10:18:50.20	10:13	5.9
57	STELMACH PIOTR	721	BIEGAJĄCE KREJZOLE	KIEKRZ	POL	M40	28	M 48	00:48:03	01:52:04	02:54:37	06:14:25	08:24:09	10:35:26.00	10:35:41.50	10:30	5.7
58	CZYŻYKOWSKI ŁUKASZ	774		SMOLEC	POL	M40	29	M 49	00:47:11	01:48:27	02:53:52	06:15:24	08:14:06	10:37:56.40	10:38:04.05	10:32	5.7
59	MARKOWSKI MAREK	787	KS LENIWIEC	KĘPNO	POL	M40	30	M 50	00:50:52	02:01:21	03:05:05	06:44:15	08:40:13	10:38:50.65	10:54:12.00	10:33	5.7
60	KRUZEL RAFAŁ	791	BIEGOWE MISIE	LEGNICA	POL	M50	9	M 51	00:53:01	02:11:33	03:26:36	07:02:56	08:55:55	11:00:55.30	11:01:04.35	10:55	5.5
61	RZEMIŃSKI ROBERT	783		JELENIA GÓRA	POL	M50	10	M 52	00:47:24	01:50:21	02:52:55	06:30:14	08:40:42	11:07:24.15	11:09:04.40	11:01	5.4
62	FILIPOWICZ DOMINIK	709		CHOJNÓW	POL	M30	12	M 53	00:49:08	01:53:53	02:55:33	06:34:38	08:40:34	11:09:37.80	11:09:45.75	11:04	5.4
63	KOSTYK GRZEGORZ	713		CHOJNÓW	POL	M40	31	M 54	00:49:09	01:54:58	03:04:00	06:34:45	08:40:35	11:09:38.30	11:09:46.00	11:04	5.4
64	JARASZEK SANJAYA	778	JASNA STRONA MOCY	LIPOWA	POL	M60	1	M 55	00:56:36	02:07:34	03:18:21	07:09:07	09:09:52	11:21:24.70	11:21:35.60	11:15	5.3
65	KOCIEMBA ADRIANNA	763		JELENIA GÓRA	POL	K50	1	K 10	00:51:34	02:06:57	03:22:45	07:16:06	09:26:54	11:56:50.70	11:56:54.15	11:50	5.1
66	ROBER DOROTA	794			POL	K50	2	K 11	00:57:39	02:07:54	03:18:11	07:24:28	09:46:48	12:12:01.10	12:12:06.50	12:05	5
67	SĄDEL KRZYSZTOF	710	CAGNOLINO MAXI	SZCZECIN	POL	M50	11	M 56	00:55:46	02:08:23	03:18:04	07:24:29	09:46:41	12:11:51.75	12:12:08.55	12:05	5
68	PIWŃSKA AGNIESZKA	725		ŁÓDŹ	POL	K50	3	K 12	00:55:15	03:11:48	04:20:46	07:58:35	09:56:27	12:16:50.35	12:17:08.10	12:10	4.9
69	BORKOWSKI KRZYSZTOF	707	BBL LASY BOGDANIEC WIELKOPOLSKI	GORZÓW	POL	M40	32	M 57	00:55:48	02:17:16	03:39:58	07:57:09	10:00:18	12:17:27.15	12:17:41.20	12:11	4.9
70	FILIPIAK SEBASTIAN	735	EKIPA LIPA	LIPA	POL	M40	33	M 58	00:55:39	02:11:38	03:29:25	07:30:02	09:49:04	12:21:06.50	12:21:24.40	12:14	4.9
71	KUCHARSKI WALDEMAR	715		SZCZECIN	POL	M50	12	M 59	00:53:47	03:13:52	04:24:06	08:01:04	10:07:23	12:25:37.80	12:25:53.70	12:19	4.9
72	STAWINOĞA SEBASTIAN	723		SZCZEPANÓW	POL	M30	13	M 60	00:57:13	03:14:01	04:24:10	08:01:05	10:07:29	12:25:47.25	12:25:54.00	12:19	4.9
73	FRĄCZKOWIAK DOMINIK	786		ŚMIGIEL	POL	M30	14	M 61	00:51:03	02:01:40	03:19:10	07:29:57	09:49:39	12:28:57.25	12:29:03.70	12:22	4.8
74	ŻURAWSKI ARKADIUSZ	748		SOŃSK	POL	M50	13	M 62	00:55:55	02:08:46	03:27:06	07:28:25	09:49:02	12:28:52.70	12:29:06.00	12:22	4.8
75	KOPCZYŃSKA MARTA	759	BANICI ULTRA	SWARZĘDZ	POL	K30	3	K 13	00:53:08	03:12:03	04:21:50	08:04:44	10:10:18	12:33:56.60	12:34:13.75	12:27	4.8
76	ZELICH ŁUKASZ	732		KIEKRZ	POL	M40	34	M 63	00:53:07	03:12:03	04:21:54	08:04:55	10:10:13	12:33:56.45	12:34:13.75	12:27	4.8
77	KOZIEŁ TADEUSZ	754	SZCZĘCIARZ BIEGA	RZESZÓW	POL	M30	15	M 64	00:55:16	03:17:24	04:33:24	08:26:08	10:25:43	12:43:01.70	12:43:20.55	12:36	4.8
78	GÓRCZYŃSKI RAFAŁ	737		NOWY TOMYŚL	POL	M40	35	M 65	00:55:40	02:11:40	03:30:25	07:32:43	10:00:36	12:44:17.80	12:44:36.05	12:37	4.7
79	ZASŁONKA PAWEŁ	755		WARSZAWA	POL	M30	16	M 66	00:55:15	03:17:28	04:33:20	08:26:23	10:25:46	12:45:23.40	12:45:41.45	12:39	4.7
80	ŚNIEG PAULINA	766		ŁÓDŹ	POL	K50	4	K 14	00:53:48	03:14:35	04:33:20	08:26:22	10:28:01	12:55:32.65	12:55:45.50	12:49	4.7
81	MILEWSKA DOMINIKA	768		ŁÓDŹ	POL	K40	6	K 15	00:53:48	03:14:40	04:33:23	08:26:35	10:28:08	12:55:33.50	12:55:46.40	12:49	4.7

SZEŚCZDZIESIĄTKA, OPEN c.d.

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82	KITLAS DAREK	769	BSB	SOCHONIE	POL	M50	14	M 67	00:52:36	03:14:38	04:33:20	08:26:48	10:28:06	12:55:38.85	12:55:48.55	12:49	4.7
83	DUNOWSKA ILONA	751	BBL LASY BOGDANIEC	GORZÓW WIELKOPOLSKI	POL	K50	5	K 16	00:55:54	02:17:11	03:40:07	08:08:15	10:42:45	13:41:31.35	13:41:42.80	13:34	4.4
84	DUNOWSKI PRZEMYSŁAW	750		GORZÓW WIELKOPOLSKI	POL	M50	15	M 68	00:55:52	02:17:13	03:40:04	08:08:09	10:42:57	13:41:39.20	13:41:50.35	13:34	4.4

SZEŚCZDZIESIĄTKA, OPEN Kobiety

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.5km	11.5km	19.5km	38km	49km	Netto	Brutto	min/km	km/h
1	PETTERS KLAUDIA	779		BOLESŁAWIEC	POL	K20	1	K 1	00:32:00	01:05:10	01:58:52	04:04:02	05:06:06	06:17:44.10	06:17:46.00	6:14	9.6
2	GÓRSKA AGNIESZKA	790		ŻARY	POL	K40	1	K 2	00:40:18	01:35:34	02:26:00	04:58:36	06:16:05	07:41:31.40	07:41:41.00	7:37	7.9
3	MORAS DARIA	747		WROCŁAW	POL	K30	1	K 3	00:37:25	01:25:11	02:13:45	04:45:22	06:13:23	07:52:29.75	07:52:34.85	7:48	7.7
4	SUSMARSKA EWA	741	TM IRON TEAM	NOWY DWÓR MAZOWIECKI	POL	K20	2	K 4	00:39:50	01:32:58	02:24:54	05:07:34	06:33:33	08:17:23.45	08:17:29.65	8:13	7.3
5	RYBARCZYK ILONA	756		KOŁO	POL	K30	2	K 5	00:39:52	01:35:21	02:28:36	05:21:18	06:48:07	08:27:53.90	08:27:58.10	8:23	7.1
6	RADZIWOŃ ANNA	740	GRUPA NIENACHALNIE HEROICZNA	POLKOWICE	POL	K40	2	K 6	00:45:49	01:44:59	02:45:50	05:39:49	07:05:15	08:44:51.40	08:44:59.85	8:40	6.9
7	PAPIEROWSKA DAGMARA	784	BANICI ULTRA	POZNAŃ	POL	K40	3	K 7	00:46:56	01:44:51	02:43:56	05:39:30	07:07:29	08:50:49.20	08:51:04.70	8:46	6.8
8	FOGIEL-PAWŁOWSKA AGNIESZKA	752		WROCŁAW	POL	K40	4	K 8	00:44:15	01:47:40	02:45:58	05:55:31	07:36:24	09:30:14.80	09:30:29.80	9:25	6.4
9	SKÓRZAŃSKA AGNIESZKA	714		ROKITNO SZKACHECKIE	POL	K40	5	K 9	00:47:33	01:49:46	02:50:52	06:08:08	07:47:17	09:52:05.20	09:52:16.90	9:47	6.1
10	KOCIEMBA ADRIANNA	763		JELEŃ GÓRA	POL	K50	1	K 10	00:51:34	02:06:57	03:22:45	07:16:06	09:26:54	11:56:50.70	11:56:54.15	11:50	5.1
11	ROBER DOROTA	794			POL	K50	2	K 11	00:57:39	02:07:54	03:18:11	07:24:28	09:46:48	12:12:01.10	12:12:06.50	12:05	5
12	PIWOŃSKA AGNIESZKA	725		ŁÓDŹ	POL	K50	3	K 12	00:55:15	03:11:48	04:20:46	07:58:35	09:56:27	12:16:50.35	12:17:08.10	12:10	4.9
13	KOPCZYŃSKA MARTA	759	BANICI ULTRA	SWARZĘDZ	POL	K30	3	K 13	00:53:08	03:12:03	04:21:50	08:04:44	10:10:18	12:33:56.60	12:34:13.75	12:27	4.8
14	ŚNIEG PAULINA	766		ŁÓDŹ	POL	K50	4	K 14	00:53:48	03:14:35	04:33:20	08:26:22	10:28:01	12:55:32.65	12:55:45.50	12:49	4.7
15	MILEWSKA DOMINIKA	768		ŁÓDŹ	POL	K40	6	K 15	00:53:48	03:14:40	04:33:23	08:26:35	10:28:08	12:55:33.50	12:55:46.40	12:49	4.7
16	DUNOWSKA ILONA	751	BBL LASY BOGDANIEC	GORZÓW WIELKOPOLSKI	POL	K50	5	K 16	00:55:54	02:17:11	03:40:07	08:08:15	10:42:45	13:41:31.35	13:41:42.80	13:34	4.4

SZEŚCZDZIESIĄTKA, OPEN Mężczyźni

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.5km	11.5km	19.5km	38km	49km	Netto	Brutto	min/km	km/h
1	JEDWABNY PIOTR	728		WILCZYCE	POL	M30	1	M 1	00:31:21	01:04:13	01:57:08	04:02:44	05:06:45	06:24:03.40	06:24:06.60	6:20	9.5
2	SADOWSKI PAWEŁ	739	GŁODOMOREK RUDAWY ŚNIEŻNA HUSARIA	JANOWICE WIELKIE	POL	M30	2	M 2	00:31:11	01:04:09	01:57:03	04:07:41	05:22:54	06:50:47.60	06:50:50.20	6:47	8.8
3	GADZIMSKI MICHAŁ	792		JELEŃ GÓRA	POL	M40	1	M 3	00:31:34	01:04:49	01:57:14	04:17:45	05:32:25	06:54:44.75	06:54:47.20	6:51	8.8
4	KOŁODZIEJ ROMAN	781	MARCIN ŚWIERC TEAM	KARŁOWICE	POL	M40	2	M 4	00:31:42	01:05:03	02:01:36	04:23:38	05:33:06	06:55:30.75	06:55:33.80	6:52	8.7
5	MROTEK KEVIN	726		MIĘKOWO	POL	M30	3	M 5	00:35:59	01:23:49	02:12:52	04:30:42	05:48:28	07:11:30.90	07:11:33.65	7:07	8.4
6	KOMENDACKI DOMIK	753	KGHM ZG RUN	GŁOGÓW	POL	M40	3	M 6	00:34:08	01:22:32	02:12:53	04:42:23	05:55:05	07:18:54.75	07:19:07.40	7:15	8.3
7	WAŚNIEWSKI DANIEL	727	VAMOS RACING TEAM	NOWY DWÓR MAZOWIECKI	POL	M30	4	M 7	00:36:39	01:23:44	02:12:40	04:43:08	06:02:18	07:25:18.60	07:25:24.60	7:21	8.2
8	DWORNIKOWSKI ZBIGNIEW	708		LIGOTA	POL	M50	1	M 8	00:37:40	01:26:26	02:14:21	04:44:08	06:03:20	07:35:39.80	07:35:44.10	7:31	8
9	ADAMCZYK MACIEJ	716	SKS OBORNIKI	OBORNIKI	POL	M40	4	M 9	00:34:07	01:22:45	02:13:06	04:42:58	06:03:12	07:39:31.15	07:39:34.40	7:35	7.9
10	KUŹMIAK STANISŁAW	773		ŻARY	POL	M40	5	M 10	00:40:18	01:35:33	02:25:55	04:58:45	06:16:01	07:40:24.35	07:40:33.40	7:36	7.9
11	PIWOWOŃSKI PAWEŁ	780		ZAGRODNO	POL	M40	6	M 11	00:36:16	01:24:36	02:13:48	04:51:49	06:13:24	07:41:13.85	07:41:20.65	7:37	7.9
12	ZIMKOWSKI MARCIN	785	KGHM ZG RUN	GŁOGÓW	POL	M40	7	M 12	00:35:45	01:22:57	02:12:55	04:45:03	06:07:06	07:41:36.15	07:41:40.65	7:37	7.9
13	ZDĄBŁARZ MARCIN	717		POGORZYCE	POL	M40	8	M 13	00:43:24	01:35:02	02:28:40	04:57:33	06:13:48	07:44:44.90	07:44:50.40	7:40	7.8
14	JUSZCZAK ŁUKASZ	738		MOŚCIENICA	POL	M30	5	M 14	00:38:07	01:27:53	02:20:42	04:53:54	06:15:58	07:46:53.35	07:46:57.30	7:43	7.8
15	PIOTROWSKI MICHAŁ	758	#ŻEBERKATEAM	WROCŁAW	POL	M40	9	M 15	00:37:54	01:27:11	02:19:17	04:54:01	06:14:00	07:49:31.40	07:49:36.20	7:45	7.7
16	WŁODARCZYK KRYSZTYAN	702	GRUPA BIEGOWA TRISTONE WAŁBRZYCH	WAŁBRZYCH	POL	M40	10	M 16	00:41:04	01:33:24	02:23:54	04:59:21	06:24:52	07:56:37.75	07:56:50.80	7:52	7.6

SZEŚCZDZIESIĄTKA, 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	38km	49km	Netto	Brutto	min/km	km/h
17	WOLIŃSKI JĘDRZEJ	788	RATEL TEAM	JELEŃNIA GÓRA	POL	M30	6	M 17	00:38:11	01:29:11	02:22:11	04:59:42	06:28:00	08:00:52.65	08:00:59.40	7:56	7.5
18	KRZYWDZIŃSKI BARTŁOMIEJ	711		BOLESŁAWIEC	POL	M50	2	M 18	00:38:23	01:30:44	02:23:06	05:05:14	06:31:09	08:05:58.75	08:06:02.75	8:01	7.5
19	IWANOWSKI PRZEMYSŁAW	775		CHOCIANÓW	POL	M40	11	M 19	00:36:36	01:25:13	02:14:06	04:59:36	06:31:12	08:10:53.60	08:10:58.25	8:06	7.4
20	MACIĄG GRZEGORZ	706	RZESZÓW	RZESZÓW	POL	M40	12	M 20	00:42:55	01:44:21	02:39:06	05:19:51	06:42:30	08:20:47.75	08:20:54.90	8:16	7.2
21	SZUKAŁA PIOTR	719	WKTJ	POZNAŃ	POL	M40	13	M 21	00:44:20	01:37:01	02:30:08	05:20:02	06:47:25	08:20:55.35	08:21:09.55	8:16	7.2
22	HĄJNCE LECH	767	ULTRA DZIADY	RAIW CZ	POL	M40	14	M 22	00:41:14	01:34:27	02:26:16	05:15:27	06:42:10	08:24:29.00	08:24:39.40	8:20	7.2
23	SKUPIŃSKI ARKADIUSZ	724	SUDECKI KLUB WYSOKOGÓRSKI	MARCISZÓW	POL	M40	15	M 23	00:41:06	01:35:29	02:28:39	05:21:34	06:53:16	08:36:41.95	08:36:53.95	8:32	7
24	PALIŃSKI BARTŁOMIEJ	742	ROZBIEGANI CHOJNÓW	CHOJNÓW	POL	M30	7	M 24	00:38:46	01:31:46	02:24:33	05:15:08	06:52:51	08:43:10.90	08:43:16.20	8:38	6.9
25	ŚWIERKOWSKI KRZYSZTOF	760		NOWE MIASTO NAD WARTĄ	POL	M20	1	M 25	00:40:43	01:38:45	02:37:59	05:38:12	07:11:35	08:49:25.60	08:49:29.90	8:45	6.9
26	MUCHA ADAM	731	PORUNNE FURGANIE / ULTRAWAY.PL WOJTEK KOTARBA	BYTOM	POL	M40	16	M 26	00:47:10	01:44:46	02:39:05	05:32:56	07:07:20	08:53:24.90	08:53:36.95	8:48	6.8
27	WIĘCEK ANDRZEJ	793	BIEGAM DLA SIEBIE	BOGUSZÓW	POL	M40	17	M 27	00:40:39	01:33:55	02:28:24	05:21:55	07:05:37	08:56:46.95	08:56:57.80	8:52	6.8
28	STROJEK GRZEGORZ	718		PRZEMKÓW	POL	M50	3	M 28	00:38:56	01:34:59	02:33:21	05:38:22	07:14:46	09:07:23.40	09:07:26.90	9:02	6.6
29	MARZEC DOMINIK	764		WROCŁAW	POL	M30	8	M 29	00:43:24	01:38:44	02:35:59	05:39:26	07:17:15	09:08:08.45	09:08:22.40	9:03	6.6
30	JANIK MATEUSZ	776		LUBRZA	POL	M30	9	M 30	00:47:38	01:50:47	02:51:41	06:08:17	07:39:29	09:21:20.80	09:21:35.20	9:16	6.5
31	PAWZUN BARTOSZ	772	ZRYW PARZYMICHEY MOCNA GRUPA CEZARA	WROCŁAW	POL	M30	10	M 31	00:42:50	01:44:35	02:43:58	05:48:00	07:27:53	09:23:55.45	09:24:03.15	9:19	6.4
32	WYBRANIEC MICHAŁ	722	PATO BIEGI	WAŁBRZYCH	POL	M40	18	M 32	00:44:13	01:44:09	02:43:59	05:42:16	07:28:20	09:27:30.90	09:27:46.95	9:22	6.4
33	SOLARSKI ROBERT	703	STRAKMAN ADAM SUŁOWSKI	KOSZALIN	POL	M40	19	M 33	00:48:07	01:48:45	02:46:01	05:42:19	07:28:32	09:27:56.90	09:28:04.00	9:23	6.4
34	DAWIDZIAK WOJCIECH	701		OLEŚNICA	POL	M30	11	M 34	00:43:46	01:49:48	02:48:58	05:57:22	07:42:39	09:42:11.75	09:42:19.70	9:37	6.2
35	DAWIDZIAK ARKADIUSZ	705	GARMIN WROCŁAW	OLEŚNICA	POL	M40	20	M 35	00:43:20	01:49:47	02:48:52	05:57:28	07:42:40	09:42:11.80	09:42:19.90	9:37	6.2
36	KOWALCZYK GRZEGORZ	720	ŻYCIE JAK MUZYKA	LUBLIN	POL	M50	4	M 36	00:48:52	01:52:00	02:54:25	06:08:08	07:48:02	09:42:51.00	09:43:07.70	9:38	6.2
37	PLUCHA MICHAŁ	771		KOWARY	POL	M40	21	M 37	00:41:53	01:41:48	02:44:25	05:59:42	07:46:28	09:44:59.80	09:45:11.20	9:40	6.2
38	LUBELCZYK GRZEGORZ	744	SPELEOCLUB WROCŁAW	MIĘKINIA	POL	M50	5	M 38	00:47:36	01:50:11	02:53:09	06:03:53	07:47:16	09:46:55.25	09:47:13.80	9:42	6.2
39	RADZIWOŃ KRZYSZTOF	745	GRUPA NIENACHALNIE HEROICZNA	POLKOWICE	POL	M50	6	M 39	00:52:39	01:56:44	03:02:57	06:11:40	07:52:32	09:49:45.15	09:50:01.05	9:44	6.2
40	LEŚNIAK GRZEGORZ	777	DIRTY SPARROWS	POZNAŃ	POL	M50	7	M 40	00:43:33	01:44:34	02:45:57	06:06:02	07:54:10	09:50:33.65	09:50:39.15	9:45	6.1
41	PYTKO JACEK	743	ION1 TEAM	ŁÓDŹ	POL	M50	8	M 41	00:48:07	01:49:45	02:49:46	06:07:35	07:52:23	09:54:51.45	09:54:57.90	9:49	6.1
42	ZIELIŃSKI ADAM	789		GRAJEWÓ	POL	M40	22	M 42	00:43:44	01:46:01	02:47:00	05:58:35	07:45:09	10:05:27.75	10:05:41.80	10:00	6
43	BEKAS JĘDRZEJ	734	NIGHT RUNNERS POZNAŃ/BANICI ULTRA	POZNAŃ	POL	M40	23	M 43	00:46:40	01:50:23	02:57:30	06:16:01	08:10:52	10:06:01.45	10:06:16.45	10:01	6
44	HRAB WOJCIECH	733	STAJNIA CROSSFIT NIGHT RUNNERS	POZNAŃ	POL	M40	24	M 44	00:46:39	01:50:26	02:57:23	06:16:08	08:10:57	10:06:01.40	10:06:16.70	10:01	6
45	OSTASZEWSKI IRENEUSZ	736		BIALYSTOK	POL	M40	25	M 45	00:43:24	01:41:53	02:44:58	06:02:17	07:51:44	10:07:45.50	10:07:51.75	10:02	6
46	JADRYCH ZBIGNIEW	729	NO NAMES	STARGARD	POL	M40	26	M 46	00:48:02	01:49:06	02:54:05	06:11:58	08:07:35	10:13:46.85	10:13:56.95	10:08	5.9
47	WRZESIŃSKI ŁUKASZ	757	POWER&PAKER	PRUSZOWICE	POL	M40	27	M 47	00:47:58	01:47:37	02:46:47	06:08:02	08:07:17	10:18:40.65	10:18:50.20	10:13	5.9
48	STELMACH PIOTR	721	BIEGAJĄCE KREJZOLE	KIEKRZ	POL	M40	28	M 48	00:48:03	01:52:04	02:54:37	06:14:25	08:24:09	10:35:26.00	10:35:41.50	10:30	5.7
49	CZYŻYKOWSKI ŁUKASZ	774		SMOLEC	POL	M40	29	M 49	00:47:11	01:48:27	02:53:52	06:15:24	08:14:06	10:37:56.40	10:38:04.05	10:32	5.7
50	MARKOWSKI MAREK	787	KS LENIWIEC	KĘPNO	POL	M40	30	M 50	00:50:52	02:01:21	03:05:05	06:44:15	08:40:13	10:38:50.65	10:54:12.00	10:33	5.7
51	KRUZEL RAFAŁ	791	BIEGOWE MISIE	LEGNICA	POL	M50	9	M 51	00:53:01	02:11:33	03:26:36	07:02:56	08:55:55	11:00:55.30	11:04:04.35	10:55	5.5
52	RZEMIŃSKI ROBERT	783		JELEŃNIA GÓRA	POL	M50	10	M 52	00:47:24	01:50:21	02:52:55	06:30:14	08:40:42	11:07:24.15	11:09:04.40	11:01	5.4
53	FILIPOWICZ DOMINIK	709		CHOJNÓW	POL	M30	12	M 53	00:49:08	01:53:53	02:55:33	06:34:38	08:40:34	11:09:37.80	11:09:45.75	11:04	5.4
54	KOSTYK GRZEGORZ	713		CHOJNÓW	POL	M40	31	M 54	00:49:09	01:54:58	03:04:00	06:34:45	08:40:35	11:09:38.30	11:09:46.00	11:04	5.4
55	JARASZEK SANJAYA	778	JASNA STRONA MOCY	LIPOWA	POL	M60	1	M 55	00:56:36	02:07:34	03:18:21	07:09:07	09:09:52	11:21:24.70	11:21:35.60	11:15	5.3
56	SĄDEL KRZYSZTOF	710	CAGNOLINO MAXI	SZCZECIN	POL	M50	11	M 56	00:55:46	02:08:23	03:18:04	07:24:29	09:46:41	12:11:51.75	12:12:08.55	12:05	5
57	BORKOWSKI KRZYSZTOF	707	BBL LASY BOGDANIEC WIELKOPOLSKI	GORZÓW	POL	M40	32	M 57	00:55:48	02:17:16	03:39:58	07:57:09	10:00:18	12:17:27.15	12:17:41.20	12:11	4.9
58	FILIPIAK SEBASTIAN	735	EKIPA LIPA	LIPA	POL	M40	33	M 58	00:55:39	02:11:38	03:29:25	07:30:02	09:49:04	12:21:06.50	12:21:24.40	12:14	4.9
59	KUCHARSKI WALDEMAR	715		SZCZECIN	POL	M50	12	M 59	00:53:47	03:13:52	04:24:06	08:01:04	10:07:23	12:25:37.80	12:25:53.70	12:19	4.9

SZEŚCZDZIESIĄTKA, 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	38km	49km	Netto	Brutto	min/km	km/h
60	STAWINOĞA SEBASTIAN	723		SZCZEPANÓW	POL	M30	13	M 60	00:57:13	03:14:01	04:24:10	08:01:05	10:07:29	12:25:47.25	12:25:54.00	12:19	4.9
61	FRĄCKOWIAK DOMINIK	786		ŚMIGIEL	POL	M30	14	M 61	00:51:03	02:01:40	03:19:10	07:29:57	09:49:39	12:28:57.25	12:29:03.70	12:22	4.8
62	ŻURAWSKI ARKADIUSZ	748		SOŃSK	POL	M50	13	M 62	00:55:55	02:08:46	03:27:06	07:28:25	09:49:02	12:28:52.70	12:29:06.00	12:22	4.8
63	ZELICH ŁUKASZ	732		KIEKRZ	POL	M40	34	M 63	00:53:07	03:12:03	04:21:54	08:04:55	10:10:13	12:33:56.45	12:34:13.75	12:27	4.8
64	KOZIEŁ TADEUSZ	754	SZCZĘŚCIARZ BIEGA	RZESZÓW	POL	M30	15	M 64	00:55:16	03:17:24	04:33:24	08:26:08	10:25:43	12:43:01.70	12:43:20.55	12:36	4.8
65	GÓRCZYŃSKI RAFAŁ	737		NOWY TOMYŚL	POL	M40	35	M 65	00:55:40	02:11:40	03:30:25	07:32:43	10:00:36	12:44:17.80	12:44:36.05	12:37	4.7
66	ZASŁONKA PAWEŁ	755		WARSZAWA	POL	M30	16	M 66	00:55:15	03:17:28	04:33:20	08:26:23	10:25:46	12:45:23.40	12:45:41.45	12:39	4.7
67	KITLAS DAREK	769	BSB	SOCHONIE	POL	M50	14	M 67	00:52:36	03:14:38	04:33:20	08:26:48	10:28:06	12:55:38.85	12:55:48.55	12:49	4.7
68	DUNOWSKI PRZEMYSŁAW	750		GORZÓW WIELKOPOLSKI	POL	M50	15	M 68	00:55:52	02:17:13	03:40:04	08:08:09	10:42:57	13:41:39.20	13:41:50.35	13:34	4.4

SZEŚCZDZIESIĄTKA, K20

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.5km	11.5km	19.5km	38km	49km	Netto	Brutto	min/km	km/h
1	PETTERS KLAUDIA	779		BOLESŁAWIEC	POL	K20	1	K 1	00:32:00	01:05:10	01:58:52	04:04:02	05:06:06	06:17:44.10	06:17:46.00	6:14	9.6
2	SUSMARSKA EWA	741	TM IRON TEAM	NOWY DWÓR MAZOWIECKI	POL	K20	2	K 4	00:39:50	01:32:58	02:24:54	05:07:34	06:33:33	08:17:23.45	08:17:29.65	8:13	7.3

SZEŚCZDZIESIĄTKA, M20

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.5km	11.5km	19.5km	38km	49km	Netto	Brutto	min/km	km/h
1	ŚWIERKOWSKI KRZYSZTOF	760		NOWE MIASTO NAD WARTĄ	POL	M20	1	M 25	00:40:43	01:38:45	02:37:59	05:38:12	07:11:35	08:49:25.60	08:49:29.90	8:45	6.9

SZEŚCZDZIESIĄTKA, K30

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.5km	11.5km	19.5km	38km	49km	Netto	Brutto	min/km	km/h
1	MORAS DARIA	747		WROCLAW	POL	K30	1	K 3	00:37:25	01:25:11	02:13:45	04:45:22	06:13:23	07:52:29.75	07:52:34.85	7:48	7.7
2	RYBARCZYK IŁONA	756		KOŁO	POL	K30	2	K 5	00:39:52	01:35:21	02:28:36	05:21:18	06:48:07	08:27:53.90	08:27:58.10	8:23	7.1
3	KOPCZYŃSKA MARTA	759	BANICI ULTRA	SWARZĘDZ	POL	K30	3	K 13	00:53:08	03:12:03	04:21:50	08:04:44	10:10:18	12:33:56.60	12:34:13.75	12:27	4.8

SZEŚCZDZIESIĄTKA, M30

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.5km	11.5km	19.5km	38km	49km	Netto	Brutto	min/km	km/h
1	JEDWABNY PIOTR	728		WILCZYCE	POL	M30	1	M 1	00:31:21	01:04:13	01:57:08	04:02:44	05:06:45	06:24:03.40	06:24:06.60	6:20	9.5
2	SADOWSKI PAWEŁ	739	GŁODOMÓREK RUDAWY ŚNIEŻNA HUSARIA	JANOWICE WIELKIE	POL	M30	2	M 2	00:31:11	01:04:09	01:57:03	04:07:41	05:22:54	06:50:47.60	06:50:50.20	6:47	8.8
3	MROTEK KEVIN	726		MIĘKOWO	POL	M30	3	M 5	00:35:59	01:23:49	02:12:52	04:30:42	05:48:28	07:11:30.90	07:11:33.65	7:07	8.4
4	WAŚNIEWSKI DANIEL	727	VAMOS RACING TEAM	NOWY DWÓR MAZOWIECKI	POL	M30	4	M 7	00:36:39	01:23:44	02:12:40	04:43:08	06:02:18	07:25:18.60	07:25:24.60	7:21	8.2
5	JUSZCZAK ŁUKASZ	738		MOŚCENICA	POL	M30	5	M 14	00:38:07	01:27:53	02:20:42	04:53:54	06:15:58	07:46:53.35	07:46:57.30	7:43	7.8
6	WOLIŃSKI JĘDRZEJ	788	RATEL TEAM	JELEŃIA GÓRA	POL	M30	6	M 17	00:38:11	01:29:11	02:22:11	04:59:42	06:28:00	08:00:52.65	08:00:59.40	7:56	7.5
7	PALIŃSKI BARTŁOMIEJ	742	ROZBIEGANI CHOJNÓW	CHOJNÓW	POL	M30	7	M 24	00:38:46	01:31:46	02:24:33	05:15:08	06:52:51	08:43:10.90	08:43:16.20	8:38	6.9
8	MARZEC DOMINIK	764		WROCLAW	POL	M30	8	M 29	00:43:24	01:38:44	02:35:59	05:39:26	07:17:15	09:08:08.45	09:08:22.40	9:03	6.6
9	JANIK MATEUSZ	776		LUBRZA	POL	M30	9	M 30	00:47:38	01:50:47	02:51:41	06:08:17	07:39:29	09:21:20.80	09:21:35.20	9:16	6.5
10	PAWZUN BARTOSZ	772	ZRYW PARZYMIECHY MOCNA GRUPA CEZARA	WROCLAW	POL	M30	10	M 31	00:42:50	01:44:35	02:43:58	05:48:00	07:27:53	09:23:55.45	09:24:03.15	9:19	6.4
11	DAWIDZIAK WOJCIECH	701		OLEŚNICA	POL	M30	11	M 34	00:43:46	01:49:48	02:48:58	05:57:22	07:42:39	09:42:11.75	09:42:19.70	9:37	6.2

SZEŚCZDZIESIĄTKA, M30 c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.5km	11.5km	19.5km	38km	49km	Netto	Brutto	min/km	km/h
12	FILIPOWICZ DOMINIK	709		CHOJNÓW	POL	M30	12	M 53	00:49:08	01:53:53	02:55:33	06:34:38	08:40:34	11:09:37.80	11:09:45.75	11:04	5.4
13	STAWINOĞA SEBASTIAN	723		SZCZEPANÓW	POL	M30	13	M 60	00:57:13	03:14:01	04:24:10	08:01:05	10:07:29	12:25:47.25	12:25:54.00	12:19	4.9
14	FRĄCOWIAK DOMINIK	786		ŚMIGIEL	POL	M30	14	M 61	00:51:03	02:01:40	03:19:10	07:29:57	09:49:39	12:28:57.25	12:29:03.70	12:22	4.8
15	KOZIEŁ TADEUSZ	754	SZCZĘŚCIARZ BIEGA	RZESZÓW	POL	M30	15	M 64	00:55:16	03:17:24	04:33:24	08:26:08	10:25:43	12:43:01.70	12:43:20.55	12:36	4.8
16	ZASŁONKA PAWEŁ	755		WARSZAWA	POL	M30	16	M 66	00:55:15	03:17:28	04:33:20	08:26:23	10:25:46	12:45:23.40	12:45:41.45	12:39	4.7

SZEŚCZDZIESIĄTKA, K40

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.5km	11.5km	19.5km	38km	49km	Netto	Brutto	min/km	km/h
1	GÓRSKA AGNIESZKA	790		ŻARY	POL	K40	1	K 2	00:40:18	01:35:34	02:26:00	04:58:36	06:16:05	07:41:31.40	07:41:41.00	7:37	7.9
2	RADZIWOŃ ANNA	740	GRUPA NIENACHALNIE HEROICZNA	POLKOWICE	POL	K40	2	K 6	00:45:49	01:44:59	02:45:50	05:39:49	07:05:15	08:44:51.40	08:44:59.85	8:40	6.9
3	PAPIEROWSKA DAGMARA	784	BANICI ULTRA	POZNAŃ	POL	K40	3	K 7	00:46:56	01:44:51	02:43:56	05:39:30	07:07:29	08:50:49.20	08:51:04.70	8:46	6.8
4	FOGIEL-PAWŁOWSKA AGNIESZKA	752		WROCLAW	POL	K40	4	K 8	00:44:15	01:47:40	02:45:58	05:55:31	07:36:24	09:30:14.80	09:30:29.80	9:25	6.4
5	SKÓRZAŃSKA AGNIESZKA	714		ROKITNO	POL	K40	5	K 9	00:47:33	01:49:46	02:50:52	06:08:08	07:47:17	09:52:05.20	09:52:16.90	9:47	6.1
6	MILEWSKA DOMINIKA	768		SZKACHECKIE ŁÓDŹ	POL	K40	6	K 15	00:53:48	03:14:40	04:33:23	08:26:35	10:28:08	12:55:33.50	12:55:46.40	12:49	4.7

SZEŚCZDZIESIĄTKA, M40

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.5km	11.5km	19.5km	38km	49km	Netto	Brutto	min/km	km/h
1	GADZIMSKI MICHAŁ	792		JELENIA GÓRA	POL	M40	1	M 3	00:31:34	01:04:49	01:57:14	04:17:45	05:32:25	06:54:44.75	06:54:47.20	6:51	8.8
2	KOŁODZIEJ ROMAN	781	MARCIN ŚWIERC TEAM	KARŁOWICE	POL	M40	2	M 4	00:31:42	01:05:03	02:01:36	04:23:38	05:33:06	06:55:30.75	06:55:33.80	6:52	8.7
3	KOMENDACKI DOMIK	753	KGHM ZG RUN	GŁOGÓW	POL	M40	3	M 6	00:34:08	01:22:32	02:12:53	04:42:23	05:55:05	07:18:54.75	07:19:07.40	7:15	8.3
4	ADAMCZYK MACIEJ	716	SKS OBORNIKI	OBORNIKI	POL	M40	4	M 9	00:34:07	01:22:45	02:13:06	04:42:58	06:03:12	07:39:31.15	07:39:34.40	7:35	7.9
5	KUŹMIAK STANISŁAW	773		ŻARY	POL	M40	5	M 10	00:40:18	01:35:33	02:25:55	04:58:45	06:16:01	07:40:24.35	07:40:33.40	7:36	7.9
6	PIWOWOŃSKI PAWEŁ	780		ZAGRODNO	POL	M40	6	M 11	00:36:16	01:24:36	02:13:48	04:51:49	06:13:24	07:41:13.85	07:41:20.65	7:37	7.9
7	ZIMKOWSKI MARCIN	785	KGHM ZG RUN	GŁOGÓW	POL	M40	7	M 12	00:35:45	01:22:57	02:12:55	04:45:03	06:07:06	07:41:36.15	07:41:40.65	7:37	7.9
8	ZDĄBŁARZ MARCIN	717		POGORZYCE	POL	M40	8	M 13	00:43:24	01:35:02	02:28:40	04:57:33	06:13:48	07:44:44.90	07:44:50.40	7:40	7.8
9	PIOTROWSKI MICHAŁ	758	#ŻEBERKATEAM	WROCLAW	POL	M40	9	M 15	00:37:54	01:27:11	02:19:17	04:54:01	06:14:00	07:49:31.40	07:49:36.20	7:45	7.7
10	WŁODARCZYK KRYSZTIAN	702	GRUPA BIEGOWA TRISTONE WAŁBRZYCH	WAŁBRZYCH	POL	M40	10	M 16	00:41:04	01:33:24	02:23:54	04:59:21	06:24:52	07:56:37.75	07:56:50.80	7:52	7.6
11	IWANOWSKI PRZEMYSŁAW	775		CHOCIANÓW	POL	M40	11	M 19	00:36:36	01:25:13	02:14:06	04:59:36	06:31:12	08:10:53.60	08:10:58.25	8:06	7.4
12	MACIĄG GRZEGORZ	706	RZESZÓW	RZESZÓW	POL	M40	12	M 20	00:42:55	01:44:21	02:39:06	05:19:51	06:42:30	08:20:47.75	08:20:54.90	8:16	7.2
13	SZUKAŁA PIOTR	719	WKTJ	POZNAŃ	POL	M40	13	M 21	00:44:20	01:37:01	02:30:08	05:20:02	06:47:25	08:20:55.35	08:21:09.55	8:16	7.2
14	HAJNCE LECH	767	ULTRA DZIADY	RAIW CZ	POL	M40	14	M 22	00:41:14	01:34:27	02:26:16	05:15:27	06:42:10	08:24:29.00	08:24:39.40	8:20	7.2
15	SKUPIŃSKI ARKADIUSZ	724	SUDECKI KLUB WYSOKOGÓRSKI	MARCISZÓW	POL	M40	15	M 23	00:41:06	01:35:29	02:28:39	05:21:34	06:53:16	08:36:41.95	08:36:53.95	8:32	7
16	MUCHA ADAM	731	PORUNNE FURGANIE / ULTRAWAY.PL WOJTEK KOTARBA	BYTOM	POL	M40	16	M 26	00:47:10	01:44:46	02:39:05	05:32:56	07:07:20	08:53:24.90	08:53:36.95	8:48	6.8
17	WIĘCEK ANDRZEJ	793	BIEGAM DLA SIEBIE	BOGUSZÓW	POL	M40	17	M 27	00:40:39	01:33:55	02:28:24	05:21:55	07:05:37	08:56:46.95	08:56:57.80	8:52	6.8
18	WYBRANIEC MICHAŁ	722	PATO BIEGI	WAŁBRZYCH	POL	M40	18	M 32	00:44:13	01:44:09	02:43:59	05:42:16	07:28:20	09:27:30.90	09:27:46.95	9:22	6.4
19	SOLARSKI ROBERT	703	STRĄKMAN ADAM SUŁOWSKI	KOSZALIN	POL	M40	19	M 33	00:48:07	01:48:45	02:46:01	05:42:19	07:28:32	09:27:56.90	09:28:04.00	9:23	6.4
20	DAWIDZIAK ARKADIUSZ	705	GARMIN WROCLAW	OLEŚNICA	POL	M40	20	M 35	00:43:20	01:49:47	02:48:52	05:57:28	07:42:40	09:42:11.80	09:42:19.90	9:37	6.2
21	PLUCHA MICHAŁ	771		KOWARY	POL	M40	21	M 37	00:41:53	01:41:48	02:44:25	05:59:42	07:46:28	09:44:59.80	09:45:11.20	9:40	6.2
22	ZIELIŃSKI ADAM	789		GRAJEWÓ	POL	M40	22	M 42	00:43:44	01:46:01	02:47:00	05:58:35	07:45:09	10:05:27.75	10:05:41.80	10:00	6
23	BEKAS JEDRZEJ	734	NIGHT RUNNERS POZNAŃ/BANICI ULTRA	POZNAŃ	POL	M40	23	M 43	00:46:40	01:50:23	02:57:30	06:16:01	08:10:52	10:06:01.45	10:06:16.45	10:01	6
24	HRAB WOJCIECH	733	STAJNIA CROSSFIT NIGHT RUNNERS	POZNAŃ	POL	M40	24	M 44	00:46:39	01:50:26	02:57:23	06:16:08	08:10:57	10:06:01.40	10:06:16.70	10:01	6

SZEŚCZDZIESIĄTKA, M40 c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.5km	11.5km	19.5km	38km	49km	Netto	Brutto	min/km	km/h
25	OSTASZEWSKI IRENEUSZ	736		BIALYSTOK	POL	M40	25	M 45	00:43:24	01:41:53	02:44:58	06:02:17	07:51:44	10:07:45.50	10:07:51.75	10:02	6
26	JADRYCH ZBIGNIEW	729	NO NAMES	STARGARD	POL	M40	26	M 46	00:48:02	01:49:06	02:54:05	06:11:58	08:07:35	10:13:46.85	10:13:56.95	10:08	5.9
27	WRZESIŃSKI ŁUKASZ	757	POWER&PAKER	PRUSZOWICE	POL	M40	27	M 47	00:47:58	01:47:37	02:46:47	06:08:02	08:07:17	10:18:40.65	10:18:50.20	10:13	5.9
28	STELMACH PIOTR	721	BIEGAJĄCE KREJZOLE	KIEKRZ	POL	M40	28	M 48	00:48:03	01:52:04	02:54:37	06:14:25	08:24:09	10:35:26.00	10:35:41.50	10:30	5.7
29	CZYŻYKOWSKI ŁUKASZ	774		SMOLEC	POL	M40	29	M 49	00:47:11	01:48:27	02:53:52	06:15:24	08:14:06	10:37:56.40	10:38:04.05	10:32	5.7
30	MARKOWSKI MAREK	787	KS LENIWIEC	KĘPNO	POL	M40	30	M 50	00:50:52	02:01:21	03:05:05	06:44:15	08:40:13	10:38:50.65	10:54:12.00	10:33	5.7
31	KOSTYK GRZEGORZ	713		CHOJNÓW	POL	M40	31	M 54	00:49:09	01:54:58	03:04:00	06:34:45	08:40:35	11:09:38.30	11:09:46.00	11:04	5.4
32	BORKOWSKI KRZYSZTOF	707	BBL LASY BOGDANIEC	GORZÓW WIELKOPOLSKI	POL	M40	32	M 57	00:55:48	02:17:16	03:39:58	07:57:09	10:00:18	12:17:27.15	12:17:41.20	12:11	4.9
33	FILIPIAK SEBASTIAN	735	EKIPA LIPA	LIPA	POL	M40	33	M 58	00:55:39	02:11:38	03:29:25	07:30:02	09:49:04	12:21:06.50	12:21:24.40	12:14	4.9
34	ZELICH ŁUKASZ	732		KIEKRZ	POL	M40	34	M 63	00:53:07	03:12:03	04:21:54	08:04:55	10:10:13	12:33:56.45	12:34:13.75	12:27	4.8
35	GÓRCZYŃSKI RAFAŁ	737		NOWY TOMYŚL	POL	M40	35	M 65	00:55:40	02:11:40	03:30:25	07:32:43	10:00:36	12:44:17.80	12:44:36.05	12:37	4.7

SZEŚCZDZIESIĄTKA, K50

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.5km	11.5km	19.5km	38km	49km	Netto	Brutto	min/km	km/h
1	KOCIEMBA ADRIANNA	763		JELEŃ GÓRA	POL	K50	1	K 10	00:51:34	02:06:57	03:22:45	07:16:06	09:26:54	11:56:50.70	11:56:54.15	11:50	5.1
2	ROBER DOROTA	794			POL	K50	2	K 11	00:57:39	02:07:54	03:18:11	07:24:28	09:46:48	12:12:01.10	12:12:06.50	12:05	5
3	PIWOŃSKA AGNIESZKA	725		ŁÓDŹ	POL	K50	3	K 12	00:55:15	03:11:48	04:20:46	07:58:35	09:56:27	12:16:50.35	12:17:08.10	12:10	4.9
4	ŚNIEG PAULINA	766		ŁÓDŹ	POL	K50	4	K 14	00:53:48	03:14:35	04:33:20	08:26:22	10:28:01	12:55:32.65	12:55:45.50	12:49	4.7
5	DUNOWSKA ILONA	751	BBL LASY BOGDANIEC	GORZÓW WIELKOPOLSKI	POL	K50	5	K 16	00:55:54	02:17:11	03:40:07	08:08:15	10:42:45	13:41:31.35	13:41:42.80	13:34	4.4

SZEŚCZDZIESIĄTKA, M50

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.5km	11.5km	19.5km	38km	49km	Netto	Brutto	min/km	km/h
1	DWORKNIKOWSKI ZBIGNIEW	708		LIGOTA	POL	M50	1	M 8	00:37:40	01:26:26	02:14:21	04:44:08	06:03:20	07:35:39.80	07:35:44.10	7:31	8
2	KRZYWDZIŃSKI BARTŁOJEW	711		BOLESŁAWIEC	POL	M50	2	M 18	00:38:23	01:30:44	02:23:06	05:05:14	06:31:09	08:05:58.75	08:06:02.75	8:01	7.5
3	STROJEK GRZEGORZ	718		PRZEMKÓW	POL	M50	3	M 28	00:38:56	01:34:59	02:33:21	05:38:22	07:14:46	09:07:23.40	09:07:26.90	9:02	6.6
4	KOWALCZYK GRZEGORZ	720	ŻYCIE JAK MUZYKA	LUBLIN	POL	M50	4	M 36	00:48:52	01:52:00	02:54:25	06:08:08	07:48:02	09:42:51.00	09:43:07.70	9:38	6.2
5	LUBELCZYK GRZEGORZ	744	SPELEOCLUB WROCŁAW	MIĘKINIA	POL	M50	5	M 38	00:47:36	01:50:11	02:53:09	06:03:53	07:47:16	09:46:55.25	09:47:13.80	9:42	6.2
6	RADZIWOŃ KRZYSZTOF	745	GRUPA NIENACHALNIE HEROICZNA	POLKOWICE	POL	M50	6	M 39	00:52:39	01:56:44	03:02:57	06:11:40	07:52:32	09:49:45.15	09:50:01.05	9:44	6.2
7	LEŚNIAK GRZEGORZ	777	DIRTY SPARROWS	POZNAŃ	POL	M50	7	M 40	00:43:33	01:44:34	02:45:57	06:06:02	07:54:10	09:50:33.65	09:50:39.15	9:45	6.1
8	PYTKO JACEK	743	ION1 TEAM	ŁÓDŹ	POL	M50	8	M 41	00:48:07	01:49:45	02:49:46	06:07:35	07:52:23	09:54:51.45	09:54:57.90	9:49	6.1
9	KRUZEL RAFAŁ	791	BIEGOWE MISIE	LEGNICA	POL	M50	9	M 51	00:53:01	02:11:33	03:26:36	07:02:56	08:55:55	11:00:55.30	11:01:04.35	10:55	5.5
10	RZEMIŃSKI ROBERT	783		JELEŃ GÓRA	POL	M50	10	M 52	00:47:24	01:50:21	02:52:55	06:30:14	08:40:42	11:07:24.15	11:09:04.40	11:01	5.4
11	SĄDEL KRZYSZTOF	710	CAGNOLINO MAXI	SZCZECIN	POL	M50	11	M 56	00:55:46	02:08:23	03:18:04	07:24:29	09:46:41	12:11:51.75	12:12:08.55	12:05	5
12	KUCHARSKI WALDEMAR	715		SZCZECIN	POL	M50	12	M 59	00:53:47	03:13:52	04:24:06	08:01:04	10:07:23	12:25:37.80	12:25:53.70	12:19	4.9
13	ŻURAWSKI ARKADIUSZ	748		SOŃSK	POL	M50	13	M 62	00:55:55	02:08:46	03:27:06	07:28:25	09:49:02	12:28:52.70	12:29:06.00	12:22	4.8
14	KITLAS DAREK	769	BSB	SOCHONIE	POL	M50	14	M 67	00:52:36	03:14:38	04:33:20	08:26:48	10:28:06	12:55:38.85	12:55:48.55	12:49	4.7
15	DUNOWSKI PRZEMYSŁAW	750		GORZÓW WIELKOPOLSKI	POL	M50	15	M 68	00:55:52	02:17:13	03:40:04	08:08:09	10:42:57	13:41:39.20	13:41:50.35	13:34	4.4

SZEŚCZDZIESIĄTKA, M60

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.5km	11.5km	19.5km	38km	49km	Netto	Brutto	min/km	km/h
1	JARASZEK SANJAYA	778	JASNA STRONA MOCY	LIPOWA	POL	M60	1	M 55	00:56:36	02:07:34	03:18:21	07:09:07	09:09:52	11:21:24.70	11:21:35.60	11:15	5.3