# ZŁOTY MARATON - 45 KM

Organizator: Fundacja MARATONY GÓRSKIE
Data: 2022-07-14
Miejsce: Lądek-Zdrój
Dystans: 45 km
Klasyfikacja wg czasów brutto.




## ZŁOTY MARATON - 45 KM, OPEN

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0km | 10km | 22km | 33km | Netto | Brutto | min/km | km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | BOULKHALF ABDELLATIF | 5630 | KB WIKON | MODRZYCA | MAR | SENIOR II M - 30 | 1 | M 1 | 00:00:03 | 00:54:41 | 02:00:00 | 02:58:34 | 03:49:37.75 | 03:49:37.75 | 5:06 | 11.8 |
| 2 | KASZUBA MICHAŁ | 5668 | GRUPA NOMAX | PIEKARY ŚLĄSKIE | POL | MASTERS M - 40 | 1 | M 2 | 00:00:05 | 00:57:32 | 02:04:19 | 02:58:21 | 03:53:51.05 | 03:53:51.05 | 5:11 | 11.5 |
| 3 | WILK MACIEJ | 5584 | RAMBO 3 | BYTOM | POL | MASTERS M - 40 | 2 | M 3 | 00:00:02 | 00:54:43 | 02:00:20 | 03:00:39 | 03:58:39.00 | 03:58:39.00 | 5:18 | 11.3 |
| 4 | SZKOŁUDA MIŁOSZ | 5390 | BIEGOLAS KOSZALIN | KOSZALIN | POL | SENIOR I M - 20 | 1 | M 4 | 00:00:05 | 00:54:45 | 02:02:29 | 03:05:58 | 04:06:13.70 | 04:06:13.70 | 5:28 | 11 |
| 5 | MÜLLER CHRISTOPH | 5447 | LĄDEK-ZDRÓJ RUNNERS | ZEULENRODA-TRIEBES | GER | SENIOR II M - 30 | 2 | M 5 | 00:00:03 | 00:58:27 | 02:09:51 | 03:11:25 | 04:12:55.90 | 04:12:55.90 | 5:37 | 10.7 |
| 6 | WRÓBLEWSKI ROBERT | 5628 | | LUBLIN | POL | SENIOR II M - 30 | 3 | M 6 | 00:00:07 | 00:54:44 | 02:02:32 | 03:13:10 | 04:18:19.05 | 04:18:19.05 | 5:44 | 10.5 |
| 7 | WIECZOREK NINA | 5375 | MOCNA GRUPA CEZARA/SBRT WROCŁAW | OLEŚNICA | POL | SENIOR I K - 20 | 1 | K 1 | 00:00:15 | 01:03:37 | 02:15:04 | 03:17:24 | 04:19:43.55 | 04:19:43.55 | 5:46 | 10.4 |
| 8 | SZAFRANEK PAWEŁ | 5252 | STAŃCZAK TEAM | USTROŃ | POL | SENIOR II M - 30 | 4 | M 7 | 00:00:47 | 01:02:28 | 02:14:46 | 03:17:52 | 04:21:11.60 | 04:21:11.60 | 5:48 | 10.3 |
| 9 | MIELEWCZYK TOMASZ | 5139 | VERGE RUNNING TEAM | JELENIA GÓRA | POL | MASTERS M - 40 | 3 | M 8 | 00:00:06 | 01:02:39 | 02:18:08 | 03:24:57 | 04:32:10.35 | 04:32:10.35 | 6:02 | 9.9 |
| 10 | TOMASIAK NATALIA | 5686 | SALOMON TEAM | KRYNICA | POL | SENIOR II K - 30 | 1 | K 2 | 00:00:03 | 01:02:34 | 02:15:04 | 03:23:54 | 04:32:24.50 | 04:32:24.50 | 6:03 | 9.9 |
| 11 | SZYMAŃCZUK JACEK | 5535 | #BIEGIEMWLAS/NARAMOWICE BIEGAJĄ | POZNAŃ | POL | SENIOR II M - 30 | 5 | M 9 | 00:00:04 | 00:57:25 | 02:11:12 | 03:24:56 | 04:34:53.50 | 04:34:53.50 | 6:06 | 9.8 |
| 12 | WALKOSZ MATEUSZ | 5303 | #SOBASTEAM | SZAFLARY | POL | SENIOR II M - 30 | 6 | M 10 | 00:00:04 | 01:02:41 | 02:20:42 | 03:27:52 | 04:35:12.50 | 04:35:12.50 | 6:06 | 9.8 |
| 13 | BEDNARCZYK MAGDALENA | 5534 | STRZEGOMSKA DWUNASTKA | STRZEGOM | POL | SENIOR II K - 30 | 2 | K 3 | 00:00:14 | 01:04:45 | 02:22:17 | 03:29:54 | 04:36:09.65 | 04:36:09.65 | 6:08 | 9.8 |
| 14 | FISZER SEBASTIAN | 5162 | | OPOROWO | POL | MASTERS M - 40 | 4 | M 11 | 00:00:28 | 01:02:39 | 02:19:15 | 03:31:30 | 04:38:55.35 | 04:38:55.35 | 6:11 | 9.7 |
| 15 | KUPCZYK SLAWOMIR | 5555 | | POLKOWICE | POL | MASTERS M - 40 | 5 | M 12 | 00:00:36 | 01:03:54 | 02:20:43 | 03:33:38 | 04:43:00.15 | 04:43:00.15 | 6:17 | 9.5 |
| 16 | BIAŁOBŁOCKI MARCIN | 5660 | | WROCŁAW | POL | MASTERS M - 40 | 6 | M 13 | 00:00:21 | 01:03:22 | 02:18:03 | 03:32:06 | 04:43:24.00 | 04:43:24.00 | 6:17 | 9.5 |
| 17 | GREGORCZYK LUKASZ | 5608 | VEGE RUNNERS | WARSZAWA | POL | SENIOR II M - 30 | 7 | M 14 | 00:00:05 | 01:01:57 | 02:21:06 | 03:33:14 | 04:43:46.75 | 04:43:46.75 | 6:18 | 9.5 |
| 18 | BRZOZA ADAM | 5449 | NG POLAND | ZAKOPANE | POL | WETERAN I M - 50 | 1 | M 15 | 00:00:06 | 01:08:26 | 02:28:05 | 03:37:33 | 04:44:09.60 | 04:44:09.60 | 6:18 | 9.5 |
| 19 | BIAŁOBŁOCKA ALICJA | 5218 | | WROCŁAW | POL | SENIOR II K - 30 | 3 | K 4 | 00:00:16 | 01:05:54 | 02:25:08 | 03:41:06 | 04:44:57.90 | 04:44:57.90 | 6:19 | 9.5 |
| 20 | GREIVELDINGER GILLES | 5622 | FEHLAU RUN TEAM | KORNIK | POL | WETERAN I M - 50 | 2 | M 16 | 00:00:14 | 01:04:50 | 02:25:12 | 03:41:31 | 04:45:33.35 | 04:45:33.35 | 6:20 | 9.5 |
| 21 | FLOREK KATARZYNA | 5206 | 140MINUT.PL | WROCŁAW | POL | SENIOR II K - 30 | 4 | K 5 | 00:00:06 | 01:05:53 | 02:25:04 | 03:39:10 | 04:45:48.90 | 04:45:48.90 | 6:21 | 9.4 |
| 22 | KRAJKA JAROSLAW | 5241 | AZS UMCS BIEGA | LUBLIN | POL | MASTERS M - 40 | 7 | M 17 | 00:00:07 | 01:09:47 | 02:32:34 | 03:42:36 | 04:48:48.60 | 04:48:48.60 | 6:25 | 9.3 |
| 23 | STASIUKAITIS SIMAS | 5673 | BĖGIMO KLUBAS | KARMĖLAVA | LTU | SENIOR II M - 30 | 8 | M 18 | 00:01:09 | 01:13:01 | 02:32:42 | 03:42:35 | 04:50:08.40 | 04:50:08.40 | 6:26 | 9.3 |
| 24 | SZKODA KASIA | 5010 | TATERNIKTEAM | ZALASEWO | POL | SENIOR II K - 30 | 5 | K 6 | 00:00:17 | 01:11:14 | 02:34:19 | 03:46:36 | 04:50:31.75 | 04:50:31.75 | 6:27 | 9.3 |
| 25 | DASZEWSKI FILIP | 5048 | ICT POLAND | DĘBNO | POL | SENIOR I M - 20 | 2 | M 19 | 00:00:06 | 01:06:48 | 02:28:32 | 03:46:54 | 04:53:16.85 | 04:53:16.85 | 6:31 | 9.2 |
| 26 | KARCZMARCZYK MATEUSZ | 5406 | | BYDGOSZCZ | POL | SENIOR II M - 30 | 9 | M 20 | 00:00:06 | 01:08:45 | 02:31:36 | 03:46:37 | 04:53:25.55 | 04:53:25.55 | 6:31 | 9.2 |
| 27 | GAWROŃSKI PAWEŁ | 5637 | | OSTRÓW WIELKOPOLSKI | POL | MASTERS M - 40 | 8 | M 21 | 00:01:21 | 01:14:40 | 02:36:26 | 03:53:14 | 04:53:32.10 | 04:53:32.10 | 6:31 | 9.2 |
| 28 | GALUSKIN ALEXEY | 5591 | GRUPA NOMAX | TARNOWSKIE GÓRY | POL | SENIOR II M - 30 | 10 | M 22 | 00:00:12 | 01:11:05 | 02:31:52 | 03:46:27 | 04:53:54.65 | 04:53:54.65 | 6:31 | 9.2 |
| 29 | SKRZYPCZYK PAULINA | 5035 | TEAM FRUN / 42K PRO TEAM | TYCHY | POL | SENIOR II K - 30 | 6 | K 7 | 00:00:03 | 01:08:52 | 02:32:11 | 03:45:01 | 04:54:07.10 | 04:54:07.10 | 6:32 | 9.2 |
| 30 | WALASIK JAROSŁAW | 5054 | 42K PRO TEAM | JAWORZNO | POL | WETERAN I M - 50 | 3 | M 23 | 00:00:04 | 01:07:10 | 02:30:05 | 03:45:03 | 04:54:22.45 | 04:54:22.45 | 6:32 | 9.2 |
| 31 | WINIARCZYK KRZYSZTOF | 5185 | | ŚWIEBODZICE | POL | MASTERS M - 40 | 9 | M 24 | 00:00:46 | 01:08:55 | 02:29:28 | 03:46:19 | 04:55:19.25 | 04:55:19.25 | 6:33 | 9.1 |
| 32 | SPYCHALSKI ADAM | 5199 | | RUDA ŚLĄSKA | POL | MASTERS M - 40 | 10 | M 25 | 00:00:37 | 01:07:44 | 02:31:36 | 03:46:58 | 04:56:03.35 | 04:56:03.35 | 6:34 | 9.1 |
| 33 | PIEKARSKI JAKUB | 5116 | HURAGAN LIGOTA | KATOWICE | POL | SENIOR I M - 20 | 3 | M 26 | 00:00:12 | 01:04:29 | 02:21:42 | 03:39:29 | 04:56:21.45 | 04:56:21.45 | 6:35 | 9.1 |
| 34 | LUZAR RAFAL | 5180 | | OPOLE | POL | MASTERS M - 40 | 11 | M 27 | 00:00:29 | 01:11:03 | 02:31:57 | 03:47:29 | 04:57:30.35 | 04:57:30.35 | 6:36 | 9.1 |
| 35 | BIENIEK DAMIAN | 5538 | AZYMUT TEAM | PIOTRKÓW TRYBUNALSKI | POL | SENIOR II M - 30 | 11 | M 28 | 00:00:01 | 01:06:40 | 02:29:26 | 03:45:39 | 04:57:50.45 | 04:57:50.45 | 6:37 | 9.1 |
| 36 | GORSIAK PAWEŁ | 5250 | | PŁOCK | POL | SENIOR II M - 30 | 12 | M 29 | 00:00:12 | 01:11:02 | 02:39:23 | 03:51:49 | 04:59:47.50 | 04:59:47.50 | 6:39 | 9 |
| 37 | WEŁNIAK PRZEMYSŁAW | 5023 | MOGILNO TEAM | ZALASEWO | POL | MASTERS M - 40 | 12 | M 30 | 00:00:18 | 01:11:15 | 02:34:33 | 03:49:52 | 05:01:37.05 | 05:01:37.05 | 6:42 | 9 |
| 38 | ANDRZEJEWSKI TOMASZ | 5585 | MOGILNO TEAM | ZALASEWO | POL | MASTERS M - 40 | 13 | M 31 | 00:00:45 | 01:11:09 | 02:32:41 | 03:52:44 | 05:01:55.70 | 05:01:55.70 | 6:42 | 8.9 |
| 39 | TALAGA DAWID | 5220 | KGHM ZG RUN | OLKUSZ | POL | SENIOR II M - 30 | 13 | M 32 | 00:00:20 | 01:11:09 | 02:32:01 | 03:50:14 | 05:03:51.75 | 05:03:51.75 | 6:45 | 8.9 |
| 40 | GALLAMOVA JEKATERINA | 5600 | SUPERVARONI | RIGA | LAT | SENIOR II K - 30 | 7 | K 8 | 00:00:28 | 01:12:29 | 02:38:59 | 03:54:51 | 05:04:13.60 | 05:04:13.60 | 6:45 | 8.9 |

## ZŁOTY MARATON - 45 KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0km | 10km | 22km | 33km | Netto | Brutto | min/km | km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 41 | WOJNAROWICZ PAWEŁ | 5308 | | WILKSZYN | POL | SENIOR II M - 30 | 14 | M 33 | 00:00:31 | 01:12:09 | 02:36:02 | 03:52:38 | 05:04:48.15 | 05:04:48.15 | 6:46 | 8.9 |
| 42 | WOSZEK MARZENA | 5556 | WOSZKI | OPOLE | POL | MASTERS K - 40 | 1 | K 9 | 00:00:04 | 01:11:48 | 02:38:05 | 03:55:09 | 05:05:11.70 | 05:05:11.70 | 6:46 | 8.8 |
| 43 | ŁACHACZ KAROL | 5465 | GÓRAL Z MAZUR RUNNING TEAM | SUWAŁKI | POL | SENIOR II M - 30 | 15 | M 34 | 00:00:13 | 01:10:58 | 02:36:55 | 03:55:35 | 05:07:45.25 | 05:07:45.25 | 6:50 | 8.8 |
| 44 | KOZANECKI PRZEMYSŁAW | 5132 | WYBIEGAĆ MARZENIA TEAM | SŁUBICE | POL | SENIOR I M - 20 | 4 | M 35 | 00:00:38 | 01:07:11 | 02:26:36 | 03:49:15 | 05:07:51.20 | 05:07:51.20 | 6:50 | 8.8 |
| 45 | WRÓBLEWSKI ADRIAN | 5380 | ZGRUPKA PROMOBIL TEAM | KOMORNIKI | POL | SENIOR II M - 30 | 16 | M 36 | 00:00:32 | 01:11:06 | 02:36:34 | 03:55:21 | 05:08:58.00 | 05:08:58.00 | 6:51 | 8.7 |
| 46 | ŚNIERZYŃSKI ROBERT | 5146 | | SADKÓW | POL | SENIOR II M - 30 | 17 | M 37 | 00:00:36 | 01:10:59 | 02:35:58 | 03:55:07 | 05:09:41.60 | 05:09:41.60 | 6:52 | 8.7 |
| 47 | JAWORSKI MAREK | 5314 | | USTROŃ | POL | SENIOR I M - 20 | 5 | M 38 | 00:01:26 | 01:16:36 | 02:40:46 | 03:58:07 | 05:10:09.95 | 05:10:09.95 | 6:53 | 8.7 |
| 48 | GAWLIK TOMASZ | 5521 | | PSZCZYNA | POL | WETERAN I M - 50 | 4 | M 39 | 00:00:55 | 01:13:03 | 02:43:28 | 04:00:56 | 05:11:04.75 | 05:11:04.75 | 6:54 | 8.7 |
| 49 | WÓJCIK ROBERT | 5175 | 42K PRO TEAM | TYCHY | POL | SENIOR II M - 30 | 18 | M 40 | 00:00:04 | 01:10:58 | 02:37:09 | 03:56:42 | 05:11:23.10 | 05:11:23.10 | 6:55 | 8.7 |
| 50 | MICHAŁOWSKI MARCIN | 5212 | MARCINSWIERCTEAM | ŚWIĘTOSZÓW | POL | MASTERS M - 40 | 14 | M 41 | 00:00:10 | 01:11:52 | 02:39:13 | 04:01:22 | 05:11:32.80 | 05:11:32.80 | 6:55 | 8.7 |
| 51 | KOTARSKI JAROSŁAW | 5577 | | WROCŁAW | POL | SENIOR II M - 30 | 19 | M 42 | 00:00:06 | 01:07:45 | 02:28:31 | 03:55:36 | 05:12:59.75 | 05:12:59.75 | 6:57 | 8.6 |
| 52 | HOŁOWACZ ANDRZEJ | 5610 | | ŚWIEBODZICE | POL | MASTERS M - 40 | 15 | M 43 | 00:00:47 | 01:08:55 | 02:31:36 | 03:55:05 | 05:14:43.65 | 05:14:43.65 | 6:59 | 8.6 |
| 53 | ZIELIŃSKI PIOTR | 5066 | | WARSZAWA | POL | SENIOR II M - 30 | 20 | M 44 | 00:00:07 | 01:11:08 | 02:36:22 | 04:02:40 | 05:15:31.65 | 05:15:31.65 | 7:00 | 8.6 |
| 54 | SIKORA ŁUKASZ | 5624 | GRUPA NOMAX | SKOCZÓW | POL | SENIOR II M - 30 | 21 | M 45 | 00:00:12 | 01:15:25 | 02:45:32 | 04:03:41 | 05:16:57.90 | 05:16:57.90 | 7:02 | 8.5 |
| 55 | CITUK GRZEGORZ | 5339 | 42K PRO TEAM | TYCHY | POL | MASTERS M - 40 | 16 | M 46 | 00:00:04 | 01:11:02 | 02:37:26 | 04:01:06 | 05:17:22.00 | 05:17:22.00 | 7:03 | 8.5 |
| 56 | ALLGÄUER MAXIMILIAN | 5396 | | FELDKIRCH | AUT | SENIOR II M - 30 | 22 | M 47 | 00:01:24 | 01:18:04 | 02:48:35 | 04:09:59 | 05:17:23.70 | 05:17:23.70 | 7:03 | 8.5 |
| 57 | WOSZEK TOMASZ | 5557 | WOSZKI | OPOLE | POL | MASTERS M - 40 | 17 | M 48 | 00:00:04 | 01:11:52 | 02:39:22 | 04:02:17 | 05:17:36.60 | 05:17:36.60 | 7:03 | 8.5 |
| 58 | TUREK ARLETTA | 5616 | | LUBATÓWKA | POL | SENIOR II K - 30 | 8 | K 10 | 00:00:06 | 01:13:02 | 02:41:33 | 04:03:50 | 05:19:04.95 | 05:19:04.95 | 7:05 | 8.5 |
| 59 | BANASIAK MARCIN | 5335 | FUJITSU RUNNING TEAM | ŁÓDŹ | POL | MASTERS M - 40 | 18 | M 49 | 00:01:03 | 01:20:02 | 02:44:19 | 04:00:42 | 05:19:30.70 | 05:19:30.70 | 7:06 | 8.5 |
| 60 | FELUCH KRZYSZTOF | 5645 | JACEK BIEGA RUNNING TEAM | WARSZAWA | POL | MASTERS M - 40 | 19 | M 50 | 00:00:37 | 01:16:39 | 02:44:40 | 04:04:33 | 05:19:42.00 | 05:19:42.00 | 7:06 | 8.4 |
| 61 | KORONA-SIERADZKA BOGUSŁAWA | 5488 | | WARSZAWA | POL | SENIOR II K - 30 | 9 | K 11 | 00:00:36 | 01:20:01 | 02:51:51 | 04:10:46 | 05:20:40.25 | 05:20:40.25 | 7:07 | 8.4 |
| 62 | KRUPA NORBERT | 5454 | 1 METR PRZED KOŃCEM ŚWIATA | ZĄBKOWICE ŚLĄSKIE | POL | MASTERS M - 40 | 20 | M 51 | 00:02:07 | 01:12:11 | 02:39:26 | 04:02:49 | 05:21:27.45 | 05:21:27.45 | 7:08 | 8.4 |
| 63 | CZAPIGA GRZEGORZ | 5153 | BURZA BORECZEK | BORÓW | POL | SENIOR II M - 30 | 23 | M 52 | 00:00:38 | 01:13:00 | 02:39:24 | 04:03:13 | 05:21:38.45 | 05:21:38.45 | 7:08 | 8.4 |
| 64 | DOMAŃ JOANNA | 5121 | FEHLAU RUN TEAM | KIEKRZ | POL | MASTERS K - 40 | 2 | K 12 | 00:00:51 | 01:20:54 | 02:51:49 | 04:10:29 | 05:22:31.20 | 05:22:31.20 | 7:10 | 8.4 |
| 65 | JĘDRASIK ADAM | 5432 | | WROCŁAW | POL | SENIOR II M - 30 | 24 | M 53 | 00:00:10 | 01:11:06 | 02:35:06 | 04:07:36 | 05:23:29.30 | 05:23:29.30 | 7:11 | 8.3 |
| 66 | OLEJNICZAK PIOTR | 5031 | LESZNO LIMITS RUNNERS | LESZNO | POL | MASTERS M - 40 | 21 | M 54 | 00:01:08 | 01:14:55 | 02:44:19 | 04:08:32 | 05:23:30.10 | 05:23:30.10 | 7:11 | 8.3 |
| 67 | ZIELIŃSKI MATEUSZ | 5438 | | KRAKÓW | POL | SENIOR II M - 30 | 25 | M 55 | 00:00:29 | 01:16:57 | 02:48:47 | 04:11:30 | 05:23:47.40 | 05:23:47.40 | 7:11 | 8.3 |
| 68 | JUSZKO KRZYSZTOF | 5355 | | WARSZAWA | POL | MASTERS M - 40 | 22 | M 56 | 00:00:26 | 01:18:07 | 02:50:14 | 04:10:33 | 05:24:28.15 | 05:24:28.15 | 7:12 | 8.3 |
| 69 | BURDA MACIEJ | 5110 | MARATOŃCZYK POZNAŃ | POZNAŃ | POL | MASTERS M - 40 | 23 | M 57 | 00:00:19 | 01:14:40 | 02:46:04 | 04:07:25 | 05:24:50.90 | 05:24:50.90 | 7:13 | 8.3 |
| 70 | FERENC-SZMUC EDYTA | 5321 | KUDIWIANKA RUN | KUDOWA ZDROJ | POL | SENIOR II K - 30 | 10 | K 13 | 00:00:04 | 01:15:43 | 02:48:30 | 04:11:17 | 05:25:59.55 | 05:25:59.55 | 7:14 | 8.3 |
| 71 | KOZIOŁ KACPER | 5267 | #CHASETHATWOLF | KROSNO | POL | SENIOR I M - 20 | 6 | M 58 | 00:01:27 | 01:18:34 | 02:46:20 | 04:07:34 | 05:27:27.40 | 05:27:27.40 | 7:16 | 8.2 |
| 72 | ŻOŁDAK PRZEMYSŁAW | 5459 | #BIEGIEMWLAS / PNB | POZNAŃ | POL | MASTERS M - 40 | 24 | M 59 | 00:00:25 | 01:17:03 | 02:44:24 | 04:14:23 | 05:27:27.85 | 05:27:27.85 | 7:16 | 8.2 |
| 73 | RESPONDEK ANNA | 5081 | | ZIELONA GÓRA | POL | SENIOR II K - 30 | 11 | K 14 | 00:01:40 | 01:22:41 | 02:53:27 | 04:15:51 | 05:28:05.40 | 05:28:05.40 | 7:17 | 8.2 |
| 74 | ŚLĘCZEK FILIP | 5041 | | WARSZAWA | POL | SENIOR II M - 30 | 26 | M 60 | 00:00:25 | 01:14:06 | 02:43:29 | 04:07:31 | 05:28:33.25 | 05:28:33.25 | 7:18 | 8.2 |
| 75 | BROK JACEK | 5096 | | PLEWISKA | POL | WETERAN I M - 50 | 5 | M 61 | 00:00:36 | 01:17:01 | 02:46:19 | 04:10:27 | 05:28:58.15 | 05:28:58.15 | 7:18 | 8.2 |
| 76 | RYSZAWY MIKOŁAJ | 5167 | | MOKRZESZÓW | POL | SENIOR I M - 20 | 7 | M 62 | 00:01:15 | 01:15:24 | 02:43:11 | 04:14:09 | 05:29:00.35 | 05:29:00.35 | 7:18 | 8.2 |
| 77 | KUSAL TOMASZ | 5076 | | OPOLE | POL | SENIOR I M - 20 | 8 | M 63 | 00:00:03 | 01:05:12 | 02:29:06 | 03:56:21 | 05:29:36.45 | 05:29:36.45 | 7:19 | 8.2 |
| 78 | WUJDA MIROSŁAW | 5255 | ERNI RULEZ | DĘBNO | POL | MASTERS M - 40 | 25 | M 64 | 00:00:35 | 01:20:10 | 02:54:44 | 04:15:59 | 05:30:00.90 | 05:30:00.90 | 7:20 | 8.2 |
| 79 | FANGOR-GRAB AGATA | 5529 | RESHAPE RUNNERS | GLIWICE | POL | SENIOR II K - 30 | 12 | K 15 | 00:00:09 | 01:20:28 | 02:54:29 | 04:16:55 | 05:30:42.45 | 05:30:42.45 | 7:20 | 8.2 |
| 80 | DROGOŚ KAJETAN | 5516 | BOWIE TO SUPER PIESEK | WROCŁAW | POL | SENIOR I M - 20 | 9 | M 65 | 00:02:30 | 01:23:36 | 02:53:08 | 04:15:47 | 05:30:47.00 | 05:30:47.00 | 7:21 | 8.2 |
| 81 | LESNIAK TOMASZ | 5581 | | DUBLIN | IRL | MASTERS M - 40 | 26 | M 66 | 00:00:12 | 01:11:14 | 02:37:44 | 04:10:19 | 05:31:21.90 | 05:31:21.90 | 7:21 | 8.1 |
| 82 | KACPRZYK KATARZYNA | 5071 | KB MCKIS JAWORZNO | JAWORZNO | POL | SENIOR II K - 30 | 13 | K 16 | 00:00:45 | 01:20:14 | 02:52:55 | 04:15:37 | 05:31:39.05 | 05:31:39.05 | 7:22 | 8.1 |
| 83 | BĄKOWICZ KAMIL | 5238 | AKTYWNI KAMIEŃSK | KAMIEŃSK | POL | SENIOR II M - 30 | 27 | M 67 | 00:00:34 | 01:19:52 | 02:56:04 | 04:22:12 | 05:32:29.20 | 05:32:29.20 | 7:23 | 8.1 |
| 84 | BANDUROWSKI ANDRZEJ | 5366 | KB SPOCENI NOWA SÓL | NOWA SÓL | POL | WETERAN I M - 50 | 6 | M 68 | 00:00:30 | 01:20:00 | 02:50:15 | 04:15:25 | 05:32:33.10 | 05:32:33.10 | 7:23 | 8.1 |
| 85 | KACZOR PIOTR | 5644 | SAMOTNY WILK Z KOTOWIC | KOTOWICE | POL | MASTERS M - 40 | 27 | M 69 | 00:00:30 | 01:20:13 | 02:50:59 | 04:15:26 | 05:32:33.65 | 05:32:33.65 | 7:23 | 8.1 |
| 86 | SZKOŁUDA SABINA | 5389 | BIEGOLAS KOSZALIN | KOSZALIN | POL | SENIOR I K - 20 | 2 | K 17 | 00:00:07 | 01:17:53 | 02:55:44 | 04:18:02 | 05:33:55.90 | 05:33:55.90 | 7:25 | 8.1 |
| 87 | KARPOWICZ RAFAL | 5586 | | WROCLAW | POL | MASTERS M - 40 | 28 | M 70 | 00:00:13 | 01:11:02 | 02:39:43 | 04:16:51 | 05:34:01.70 | 05:34:01.70 | 7:25 | 8.1 |
| 88 | KLAJA KASIA | 5499 | | KRAKÓW | POL | SENIOR II K - 30 | 14 | K 18 | 00:01:53 | 01:21:10 | 02:53:04 | 04:16:28 | 05:34:30.90 | 05:34:30.90 | 7:26 | 8.1 |
| 89 | PACZKOWSKA KATARZYNA | 5045 | BIEGAJĄCE KREJZOLE | KIEKRZ | POL | SENIOR II K - 30 | 15 | K 19 | 00:00:34 | 01:22:50 | 02:58:21 | 04:19:41 | 05:34:37.45 | 05:34:37.45 | 7:26 | 8.1 |
| 90 | WOŹNIAK PAWEŁ | 5089 | KLEP | WROCŁAW | POL | MASTERS M - 40 | 29 | M 71 | 00:00:21 | 01:11:34 | 02:40:55 | 04:09:27 | 05:35:09.35 | 05:35:09.35 | 7:26 | 8.1 |
| 91 | STAWIŃSKI MICHAŁ | 5236 | NIGHT RUNNERS | TARNOWO PODGÓRNE | POL | SENIOR II M - 30 | 28 | M 72 | 00:00:03 | 01:04:09 | 02:26:24 | 04:00:07 | 05:35:55.25 | 05:35:55.25 | 7:27 | 8 |
| 92 | ŁATWIŃSKI ŁUKASZ | 5078 | MOCNA GRUPA CEZARA | PIETRZYKOWICE | POL | SENIOR II M - 30 | 29 | M 73 | 00:01:21 | 01:21:45 | 02:56:23 | 04:23:06 | 05:35:57.05 | 05:35:57.05 | 7:27 | 8 |
| 93 | KULAS ŁUKASZ | 5606 | ZAWSZE SOLO | BIERUŃ | POL | MASTERS M - 40 | 30 | M 74 | 00:00:34 | 01:18:25 | 02:52:45 | 04:17:07 | 05:35:58.35 | 05:35:58.35 | 7:27 | 8 |
| 94 | PLIS GRZEGORZ | 5246 | | KOLBUSZOWA | POL | SENIOR II M - 30 | 30 | M 74 | 00:01:51 | 01:29:28 | 02:57:32 | 04:24:14 | 05:35:58.35 | 05:35:58.35 | 7:27 | 8 |

## ZŁOTY MARATON - 45 KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0km | 10km | 22km | 33km | Netto | Brutto | min/km | km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 95 | ZGRAJ LESZEK | 5659 | STS BIEGATON | MIKOŁÓW | POL | WETERAN I M - 50 | 7 | M 76 | 00:00:19 | 01:18:23 | 02:53:07 | 04:18:47 | 05:36:03.40 | 05:36:03.40 | 7:28 | 8 |
| 96 | GORZELANY RAFAŁ | 5602 | | RYBNIK | POL | SENIOR II M - 30 | 31 | M 77 | 00:00:29 | 01:20:15 | 02:48:40 | 04:20:12 | 05:36:58.05 | 05:36:58.05 | 7:29 | 8 |
| 97 | BODZIOCH GRZEGORZ | 5095 | GORLICKA GRUPA BIEGOWA | GORLICE | POL | MASTERS M - 40 | 31 | M 78 | 00:00:56 | 01:25:38 | 02:59:22 | 04:22:39 | 05:37:11.25 | 05:37:11.25 | 7:29 | 8 |
| 98 | HAJDZIONA AGATA | 5042 | MARATOŃCZYK POZNAŃ | POZNAŃ | POL | SENIOR II K - 30 | 16 | K 20 | 00:00:21 | 01:18:42 | 02:52:41 | 04:22:38 | 05:37:12.40 | 05:37:12.40 | 7:29 | 8 |
| 99 | BALCEREK MARIUSZ | 5070 | FOKA TEAM | STĘSZEW | POL | SENIOR II M - 30 | 32 | M 79 | 00:00:26 | 01:12:07 | 02:41:31 | 04:12:02 | 05:37:36.15 | 05:37:36.15 | 7:30 | 8 |
| 100 | NIEDŹWIEDŹ TOMASZ | 5551 | SOBASTEAM | ŚWIDNIK | POL | MASTERS M - 40 | 32 | M 80 | 00:00:13 | 01:15:13 | 02:45:25 | 04:15:51 | 05:37:39.15 | 05:37:39.15 | 7:30 | 8 |
| 101 | KOSIŃSKI MICHAŁ | 5050 | | ŁÓDŹ | POL | SENIOR II M - 30 | 33 | M 81 | 00:00:11 | 01:12:51 | 02:44:58 | 04:16:54 | 05:37:39.95 | 05:37:39.95 | 7:30 | 8 |
| 102 | MACHOWIAK MACIEJ | 5330 | | LESZNO | POL | SENIOR II M - 30 | 34 | M 82 | 00:00:50 | 01:13:00 | 02:41:48 | 04:11:55 | 05:38:19.70 | 05:38:19.70 | 7:31 | 8 |
| 103 | PRĘGOWSKI MICHAŁ | 5271 | STARE BABICE BIEGAJĄ / VEGE RUNNERS | KLAUDYN | POL | MASTERS M - 40 | 33 | M 83 | 00:00:21 | 01:17:08 | 02:53:08 | 04:22:10 | 05:38:32.50 | 05:38:32.50 | 7:31 | 8 |
| 104 | SPYTKOWSKA KATARZYNA | 5650 | | KRAKÓW | POL | SENIOR I K - 20 | 3 | K 21 | 00:00:10 | 01:18:03 | 02:52:23 | 04:18:08 | 05:38:36.55 | 05:38:36.55 | 7:31 | 8 |
| 105 | MARCZEWSKI MACIEJ | 5415 | | KIELCE | POL | SENIOR II M - 30 | 35 | M 84 | 00:01:45 | 01:24:02 | 02:55:23 | 04:19:58 | 05:39:11.95 | 05:39:11.95 | 7:32 | 8 |
| 106 | KOBYLECKI BARTOSZ | 5536 | | WROCLAW | POL | MASTERS M - 40 | 34 | M 85 | 00:02:32 | 01:23:35 | 02:55:15 | 04:22:31 | 05:39:34.25 | 05:39:34.25 | 7:32 | 8 |
| 107 | JANOWSKI MICHAŁ | 5082 | | POZNAŃ | POL | SENIOR II M - 30 | 36 | M 86 | 00:00:11 | 01:13:35 | 02:52:19 | 04:23:39 | 05:40:11.45 | 05:40:11.45 | 7:33 | 7.9 |
| 108 | JAKUBOWSKI ZBYSZEK | 5058 | | ŚWIERCZÓW | POL | MASTERS M - 40 | 35 | M 87 | 00:00:38 | 01:18:09 | 02:51:41 | 04:19:50 | 05:40:33.75 | 05:40:33.75 | 7:34 | 7.9 |
| 109 | SKARŻYŃSKI KAMIL | 5083 | PLANYBIEGOWE.PL / WLKP MOUNTAINS ULTRA | POZNAŃ | POL | SENIOR I M - 20 | 10 | M 88 | 00:00:39 | 01:23:59 | 02:59:55 | 04:23:26 | 05:40:42.25 | 05:40:42.25 | 7:34 | 7.9 |
| 110 | KURANT ELENA | 5501 | | KRAKÓW | POL | MASTERS K - 40 | 3 | K 22 | 00:00:14 | 01:22:05 | 02:55:03 | 04:19:16 | 05:41:06.40 | 05:41:06.40 | 7:34 | 7.9 |
| 111 | WESOLOWSKI MICHAL | 5511 | | OPOLE | POL | SENIOR II M - 30 | 37 | M 89 | 00:01:26 | 01:17:32 | 02:50:13 | 04:20:30 | 05:41:33.15 | 05:41:33.15 | 7:35 | 7.9 |
| 112 | GODLEWSKI MARIUSZ | 5632 | | WARSZAWA | POL | SENIOR II M - 30 | 38 | M 90 | 00:00:18 | 01:18:58 | 02:59:34 | 04:25:17 | 05:41:37.55 | 05:41:37.55 | 7:35 | 7.9 |
| 113 | WIECZOREK MARIA | 5458 | PRZEDWOJEWSKI TEAM | DĄBRÓWKA | POL | SENIOR II K - 30 | 17 | K 23 | 00:00:10 | 01:19:01 | 02:50:46 | 04:19:08 | 05:41:41.15 | 05:41:41.15 | 7:35 | 7.9 |
| 114 | KURZAWIAK GRZEGORZ | 5439 | KUDOWIANKA RUN | KARŁÓW | POL | MASTERS M - 40 | 36 | M 91 | 00:00:03 | 01:15:44 | 02:48:31 | 04:19:10 | 05:42:03.40 | 05:42:03.40 | 7:36 | 7.9 |
| 115 | SŁOMIAN MARCELINA | 5566 | | CZĘSTOCHOWA | POL | SENIOR II K - 30 | 18 | K 24 | 00:00:06 | 01:19:01 | 02:54:38 | 04:19:00 | 05:42:07.90 | 05:42:07.90 | 7:36 | 7.9 |
| 116 | MOCZULSKI KAMIL | 5179 | SBRT WROCŁAW | WROCŁAW | POL | SENIOR II M - 30 | 39 | M 92 | 00:01:19 | 01:20:18 | 02:52:21 | 04:21:53 | 05:42:53.45 | 05:42:53.45 | 7:37 | 7.9 |
| 117 | TOMELA MACIEJ | 5075 | TEAM GOSZKA | WROCŁAW | POL | SENIOR II M - 30 | 40 | M 93 | 00:01:42 | 01:17:04 | 02:44:54 | 04:15:55 | 05:43:05.05 | 05:43:05.05 | 7:37 | 7.9 |
| 118 | MARKOWSKI ŁUKASZ | 5170 | | ŚMIGIEL | POL | MASTERS M - 40 | 37 | M 94 | 00:00:35 | 01:11:07 | 02:41:40 | 04:16:06 | 05:43:14.75 | 05:43:14.75 | 7:37 | 7.9 |
| 119 | ABRAMOWICZ AGATA | 5604 | | KRZEPTÓW | POL | SENIOR I K - 20 | 4 | K 25 | 00:00:54 | 01:18:33 | 02:55:03 | 04:24:20 | 05:43:29.70 | 05:43:29.70 | 7:37 | 7.9 |
| 120 | KOTOWSKI PAWEŁ | 5681 | GT RAT - CATIUS | WROCŁAW | POL | SENIOR II M - 30 | 41 | M 95 | 00:00:53 | 01:17:07 | 02:52:19 | 04:24:09 | 05:43:29.75 | 05:43:29.75 | 7:37 | 7.9 |
| 121 | DUBAS MAREK | 5369 | WWW.SPRAWDZAMY-NIERUCHOMOSCI.PL | KOMORNIKI | POL | SENIOR II M - 30 | 42 | M 96 | 00:01:07 | 01:18:06 | 02:52:21 | 04:18:07 | 05:43:33.90 | 05:43:33.90 | 7:38 | 7.9 |
| 122 | RODZIEWICZ ZBIGNIEW | 5494 | CAŁA OLEŚNICA BIEGA | OLEŚNICA | POL | MASTERS M - 40 | 38 | M 97 | 00:00:13 | 01:13:36 | 02:45:26 | 04:18:28 | 05:43:34.70 | 05:43:34.70 | 7:38 | 7.9 |
| 123 | BUHL MARCIN | 5504 | | CHRZĄSTOWICE | POL | SENIOR II M - 30 | 43 | M 98 | 00:00:11 | 01:16:58 | 02:50:08 | 04:23:08 | 05:44:02.50 | 05:44:02.50 | 7:38 | 7.8 |
| 124 | KLIŚ MARCIN | 5656 | | STARE SIOŁKOWICE | POL | SENIOR II M - 30 | 44 | M 99 | 00:00:11 | 01:16:57 | 02:50:05 | 04:23:07 | 05:44:02.75 | 05:44:02.75 | 7:38 | 7.8 |
| 125 | GAŁEK ALEKSANDER | 5381 | PRAGMATIQ.PL | POZNAŃ | POL | SENIOR II M - 30 | 45 | M 100 | 00:00:16 | 01:18:35 | 02:53:06 | 04:25:20 | 05:44:14.75 | 05:44:14.75 | 7:38 | 7.8 |
| 126 | URBAŃSKI BARTŁOMIEJ | 5258 | | WARSZAWA | POL | SENIOR II M - 30 | 46 | M 101 | 00:00:56 | 01:20:50 | 02:53:35 | 04:24:28 | 05:46:20.35 | 05:46:20.35 | 7:41 | 7.8 |
| 127 | KĘDZIA DOMINIK | 5553 | | CZEMPIŃ | POL | WETERAN I M - 50 | 8 | M 102 | 00:00:54 | 01:17:02 | 02:50:28 | 04:21:09 | 05:46:33.95 | 05:46:33.95 | 7:42 | 7.8 |
| 128 | ŚLIWKA ARKADIUSZ | 5243 | OLZA CIESZYN | LESZNA GÓRNA | POL | MASTERS M - 40 | 39 | M 103 | 00:01:29 | 01:22:08 | 02:53:37 | 04:25:40 | 05:46:48.90 | 05:46:48.90 | 7:42 | 7.8 |
| 129 | WITKOWSKI WOJCIECH | 5186 | | NIEMODLIN | POL | SENIOR II M - 30 | 47 | M 104 | 00:00:07 | 01:11:57 | 02:43:35 | 04:32:54 | 05:46:48.95 | 05:46:48.95 | 7:42 | 7.8 |
| 130 | JAZ ERNEST | 5299 | ENDORFINY WĄSOSZ | WĄSOSZ | POL | SENIOR II M - 30 | 48 | M 105 | 00:01:07 | 01:17:05 | 02:50:44 | 04:21:02 | 05:47:13.15 | 05:47:13.15 | 7:42 | 7.8 |
| 131 | BŁAŻEJCZAK TOMASZ | 5490 | #BIEGAJLESZNO | LESZNO | POL | SENIOR II M - 30 | 49 | M 106 | 00:00:17 | 01:20:34 | 02:51:02 | 04:23:19 | 05:47:27.45 | 05:47:27.45 | 7:43 | 7.8 |
| 132 | JESIONKOWSKI PAWEŁ | 5567 | #BIEGIEMWLAS | ZIELONA GÓRA | POL | SENIOR I M - 20 | 11 | M 107 | 00:00:25 | 01:15:41 | 02:48:28 | 04:27:43 | 05:47:37.00 | 05:47:37.00 | 7:43 | 7.8 |
| 133 | MATYJA RAFAŁ | 5440 | LESZNOLIMITS RUNNERS | LIPNO | POL | SENIOR II M - 30 | 50 | M 108 | 00:00:30 | 01:22:21 | 03:02:58 | 04:29:20 | 05:47:40.55 | 05:47:40.55 | 7:43 | 7.8 |
| 134 | REDMANN EDYTA | 5417 | | BYDGOSZCZ | POL | WETERAN K - 50 | 1 | K 26 | 00:01:12 | 01:23:31 | 02:59:57 | 04:27:49 | 05:47:43.15 | 05:47:43.15 | 7:43 | 7.8 |
| 135 | LIDTKE MARCIN | 5537 | ŻARY RUNNERS TEAM | ŻARY | POL | MASTERS M - 40 | 40 | M 109 | 00:00:30 | 01:11:01 | 02:43:03 | 04:29:06 | 05:47:58.70 | 05:47:58.70 | 7:43 | 7.8 |
| 136 | BIELECKI ROBERT | 5582 | KEEN ON RUNNING | BIAŁA PODLASKA | POL | WETERAN I M - 50 | 9 | M 110 | 00:00:05 | 01:18:57 | 02:57:48 | 04:27:53 | 05:49:00.95 | 05:49:00.95 | 7:45 | 7.7 |
| 137 | SIEWKO PIOTR | 5269 | SZWAGRY TEAM | DĘBOWIEC | POL | WETERAN I M - 50 | 10 | M 111 | 00:00:58 | 01:18:08 | 02:53:59 | 04:27:10 | 05:49:20.55 | 05:49:20.55 | 7:45 | 7.7 |
| 138 | GARSTKA ZBIGNIEW | 5614 | | WRONKI | POL | MASTERS M - 40 | 41 | M 112 | 00:00:10 | 01:16:56 | 03:00:08 | 04:32:48 | 05:49:43.95 | 05:49:43.95 | 7:46 | 7.7 |
| 139 | KORYTKOWSKI JAKUB | 5411 | | WROCŁAW | POL | SENIOR I M - 20 | 12 | M 113 | 00:01:20 | 01:26:33 | 03:03:01 | 04:37:09 | 05:50:22.05 | 05:50:22.05 | 7:47 | 7.7 |
| 140 | MAJEWSKI KRZYSZTOF | 5666 | ZDROWYWARIAT SZCZECIN | SZCZECIN | POL | SENIOR II M - 30 | 51 | M 114 | 00:02:33 | 01:29:28 | 02:58:57 | 04:28:38 | 05:50:24.70 | 05:50:24.70 | 7:47 | 7.7 |
| 141 | KUROWSKI ARTUR | 5242 | PURA VIDA TEAM | WROCŁAW | POL | SENIOR II M - 30 | 52 | M 115 | 00:01:48 | 01:28:32 | 03:03:27 | 04:32:11 | 05:50:30.85 | 05:50:30.85 | 7:47 | 7.7 |
| 142 | SCHLEGEL MICHAŁ | 5012 | MARATOŃCZYK POZNAŃ / POKONAJLENIA.PL | POZNAŃ | POL | SENIOR II M - 30 | 53 | M 116 | 00:00:27 | 01:20:12 | 02:56:05 | 04:29:40 | 05:51:08.60 | 05:51:08.60 | 7:48 | 7.7 |
| 143 | ODOLAK PIOTR | 5005 | STANWEX LL | SULEJÓWEK | POL | SENIOR II M - 30 | 54 | M 117 | 00:02:02 | 01:29:24 | 03:01:53 | 04:30:39 | 05:51:52.30 | 05:51:52.30 | 7:49 | 7.7 |
| 144 | STORTZ PIOTR | 5200 | | WARSZAWA | POL | SENIOR II M - 30 | 55 | M 118 | 00:01:22 | 01:17:09 | 02:54:21 | 04:32:43 | 05:52:41.80 | 05:52:41.80 | 7:50 | 7.7 |
| 145 | KINSNER ZENON | 5079 | MOCNA GRUPA CEZARA | WROCŁAW | POL | MASTERS M - 40 | 42 | M 119 | 00:01:19 | 01:20:20 | 02:52:19 | 04:22:03 | 05:53:12.00 | 05:53:12.00 | 7:50 | 7.6 |
| 146 | KOWALSKI GRZEGORZ | 5093 | W POGONI ZA DUCHEM | DĄBROWA GÓRNICZA | POL | MASTERS M - 40 | 43 | M 120 | 00:01:54 | 01:23:52 | 02:52:38 | 04:20:23 | 05:53:20.45 | 05:53:20.45 | 7:51 | 7.6 |
| 147 | KLEPACKA-GANCARZ BARBARA | 5594 | RESHAPE RUNNERS | GLIWICE | POL | MASTERS K - 40 | 4 | K 27 | 00:00:08 | 01:23:34 | 03:04:07 | 04:32:33 | 05:53:43.20 | 05:53:43.20 | 7:51 | 7.6 |

## ZŁOTY MARATON - 45 KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0km | 10km | 22km | 33km | Netto | Brutto | min/km | km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 148 | GRZEBIELUCH KASIA | 5688 | LEDWOZIPIA | RYBNIK | POL | MASTERS K - 40 | 5 | K 28 | 00:00:19 | 01:20:48 | 03:03:47 | 04:30:10 | 05:54:30.50 | 05:54:30.50 | 7:52 | 7.6 |
| 149 | BRUDNY AGNIESZKA | 5223 | PORANNY BESKID RUN | OCHABY WIELKIE | POL | MASTERS K - 40 | 6 | K 29 | 00:01:32 | 01:29:45 | 03:10:15 | 04:37:56 | 05:54:31.05 | 05:54:31.05 | 7:52 | 7.6 |
| 150 | WOJCIECHOWSKI ARKADIUSZ | 5502 | KTÓRĘDYNADMORSKIEOKO | KONIN | POL | MASTERS M - 40 | 44 | M 121 | 00:00:58 | 01:28:07 | 03:08:00 | 04:37:10 | 05:54:51.95 | 05:54:51.95 | 7:53 | 7.6 |
| 151 | BORDYCH JACEK | 5674 | BOREL MARATHON TEAM | KOŻUCHÓW | POL | WETERAN I M - 50 | 11 | M 122 | 00:01:29 | 01:23:07 | 03:01:58 | 04:32:15 | 05:54:53.25 | 05:54:53.25 | 7:53 | 7.6 |
| 152 | SENFTLEBEN MAREK | 5111 | | LESZNO | POL | SENIOR II M - 30 | 56 | M 123 | 00:00:52 | 01:23:50 | 03:01:47 | 04:32:03 | 05:55:03.85 | 05:55:03.85 | 7:53 | 7.6 |
| 153 | SZYMAŃSKI MICHAŁ | 5195 | TGV CLUB | KOŚCIAN | POL | MASTERS M - 40 | 45 | M 124 | 00:00:33 | 01:20:55 | 02:55:40 | 04:28:12 | 05:55:19.25 | 05:55:19.25 | 7:53 | 7.6 |
| 154 | TOMCZYK ANGELIKA | 5639 | | ZABRZE | POL | SENIOR II K - 30 | 19 | K 30 | 00:00:08 | 01:23:33 | 03:02:54 | 04:32:08 | 05:55:25.60 | 05:55:25.60 | 7:53 | 7.6 |
| 155 | STILLER IRENEUSZ | 5254 | LIBER POLAND TEAM | ZABRZE | POL | MASTERS M - 40 | 46 | M 125 | 00:01:20 | 01:30:29 | 03:07:59 | 04:41:02 | 05:55:30.65 | 05:55:30.65 | 7:54 | 7.6 |
| 156 | ZIMNY TOMASZ | 5483 | FARTY PUSZCZY | SZCZECIN | POL | WETERAN II M - 60 | 1 | M 126 | 00:00:05 | 01:23:03 | 03:05:41 | 04:36:39 | 05:55:41.40 | 05:55:41.40 | 7:54 | 7.6 |
| 157 | DAWIDOWICZ WOJCIECH | 5177 | | DOBROSZYCE | POL | SENIOR II M - 30 | 57 | M 127 | 00:01:07 | 01:22:23 | 03:00:06 | 04:33:37 | 05:55:42.25 | 05:55:42.25 | 7:54 | 7.6 |
| 158 | BIELECKI TOMASZ | 5513 | | GNIEZNO | POL | SENIOR I M - 20 | 13 | M 128 | 00:00:39 | 01:20:03 | 02:56:01 | 04:24:08 | 05:56:37.30 | 05:56:37.30 | 7:55 | 7.6 |
| 159 | ZWOLIŃSKI MARIUSZ | 5597 | | WARSZAWA | POL | MASTERS M - 40 | 47 | M 129 | 00:01:24 | 01:20:53 | 02:56:37 | 04:29:30 | 05:56:38.90 | 05:56:38.90 | 7:55 | 7.6 |
| 160 | BARTYKOWSKA MARTA | 5285 | PGB SPORTOWA PACZKA | JABŁONNA | POL | SENIOR II K - 30 | 20 | K 31 | 00:01:59 | 01:36:15 | 03:08:55 | 04:39:05 | 05:56:46.25 | 05:56:46.25 | 7:55 | 7.6 |
| 161 | WIZA ANNA | 5040 | | SWARZĘDZ | POL | MASTERS K - 40 | 7 | K 32 | 00:00:22 | 01:20:32 | 03:04:27 | 04:41:16 | 05:56:52.55 | 05:56:52.55 | 7:55 | 7.6 |
| 162 | WIZA TOMASZ | 5190 | | POZNAŃ | POL | MASTERS M - 40 | 48 | M 130 | 00:00:23 | 01:20:31 | 03:04:25 | 04:41:16 | 05:56:52.65 | 05:56:52.65 | 7:55 | 7.6 |
| 163 | SZYPULSKI DARIUSZ | 5168 | SKS CHMIELOWICE | OPOLE | POL | MASTERS M - 40 | 49 | M 131 | 00:01:36 | 01:24:31 | 03:03:17 | 04:37:12 | 05:57:43.05 | 05:57:43.05 | 7:56 | 7.5 |
| 164 | SCHWARZ MAREK | 5333 | PRO366 | SWARZĘDZ | POL | SENIOR II M - 30 | 58 | M 132 | 00:00:54 | 01:20:56 | 02:57:31 | 04:37:46 | 05:58:27.00 | 05:58:27.00 | 7:57 | 7.5 |
| 165 | KOBYŁKA MAREK | 5392 | SUPERMARATON KALISZ | KALISZ | POL | WETERAN I M - 50 | 12 | M 133 | 00:01:49 | 01:25:37 | 03:03:32 | 04:33:47 | 05:58:29.55 | 05:58:29.55 | 7:57 | 7.5 |
| 166 | SROKA MARCIN | 5224 | ST RUNNERS | PLEWISKA | POL | MASTERS M - 40 | 50 | M 134 | 00:00:40 | 01:21:03 | 02:58:51 | 04:38:19 | 05:58:32.50 | 05:58:32.50 | 7:58 | 7.5 |
| 167 | KUTERA ROBERT | 5450 | NOA | WROCŁAW | POL | MASTERS M - 40 | 51 | M 135 | 00:01:56 | 01:33:14 | 03:12:08 | 04:41:20 | 05:58:33.55 | 05:58:33.55 | 7:58 | 7.5 |
| 168 | PAŁYSA ROBERT | 5161 | STANWEX II | JÓZEFÓW | POL | SENIOR I M - 20 | 14 | M 136 | 00:02:26 | 01:31:12 | 03:08:19 | 04:38:12 | 05:58:51.90 | 05:58:51.90 | 7:58 | 7.5 |
| 169 | SIROČÁK PETR | 5519 | TŘI KŘIŽKY OSTRAVA | OSTRAVA | CZE | MASTERS M - 40 | 52 | M 137 | 00:01:09 | 01:18:38 | 02:54:01 | 04:37:32 | 05:59:08.90 | 05:59:08.90 | 7:58 | 7.5 |
| 170 | RÓŻAŃSKI ERYK | 5130 | MARATOŃCZYK POZNAŃ | POZNAŃ | POL | SENIOR II M - 30 | 59 | M 138 | 00:00:20 | 01:18:21 | 02:55:09 | 04:28:22 | 05:59:11.00 | 05:59:11.00 | 7:58 | 7.5 |
| 171 | CIEŚLIK PAWEŁ | 5568 | CHATEAU CHALIN | POZNAŃ | POL | MASTERS M - 40 | 53 | M 139 | 00:02:06 | 01:29:36 | 03:04:08 | 04:39:15 | 05:59:25.70 | 05:59:25.70 | 7:59 | 7.5 |
| 172 | TALAREK ROBERT | 5484 | TELERANEK | SZCZECIN | POL | MASTERS M - 40 | 54 | M 140 | 00:00:44 | 01:24:45 | 03:06:53 | 04:38:26 | 06:00:37.95 | 06:00:37.95 | 8:00 | 7.5 |
| 173 | KAJDAS GOSIA | 5227 | CROOS STRATEŃCÓW TEAM | SŁAWA | POL | MASTERS K - 40 | 8 | K 33 | 00:00:16 | 01:24:57 | 03:08:55 | 04:41:47 | 06:00:45.65 | 06:00:45.65 | 8:01 | 7.5 |
| 174 | MROWCA PAWEŁ | 5181 | | LUBAŃ | POL | SENIOR II M - 30 | 60 | M 141 | 00:01:57 | 01:26:19 | 03:03:57 | 04:38:15 | 06:00:53.25 | 06:00:53.25 | 8:01 | 7.5 |
| 175 | SPYTKOWSKI PATRYK | 5651 | | KRAKÓW | POL | SENIOR II M - 30 | 61 | M 142 | 00:00:10 | 01:22:07 | 03:01:57 | 04:38:00 | 06:01:41.50 | 06:01:41.50 | 8:02 | 7.5 |
| 176 | GROCHOLEWSKI WLODZIMIERZ | 5402 | MOTOR LUBON TEAM | POZNAN | POL | WETERAN I M - 50 | 13 | M 143 | 00:02:00 | 01:28:20 | 03:02:33 | 04:36:55 | 06:01:59.45 | 06:01:59.45 | 8:02 | 7.5 |
| 177 | HACZ PAWEŁ | 5603 | | KROSNO | POL | MASTERS M - 40 | 55 | M 144 | 00:00:09 | 01:18:37 | 02:55:36 | 04:34:57 | 06:02:51.20 | 06:02:51.20 | 8:03 | 7.4 |
| 178 | STOLIŃSKI PRZEMEK | 5569 | | OZORKÓW | POL | MASTERS M - 40 | 56 | M 145 | 00:00:18 | 01:14:41 | 02:52:22 | 04:39:10 | 06:03:08.10 | 06:03:08.10 | 8:04 | 7.4 |
| 179 | WARZECHA TERESA | 5618 | RUNNERS TEAM NYSA | PACZKÓW | POL | WETERAN II K - 60 | 1 | K 34 | 00:00:37 | 01:23:28 | 03:04:08 | 04:38:05 | 06:03:31.65 | 06:03:31.65 | 8:04 | 7.4 |
| 180 | BORECKI PIOTR | 5113 | CZAJKERSI | NOWA RUDA | POL | SENIOR II M - 30 | 62 | M 146 | 00:01:27 | 01:27:32 | 03:03:55 | 04:33:54 | 06:03:38.30 | 06:03:38.30 | 8:04 | 7.4 |
| 181 | BINIENDA AGNIESZKA | 5575 | KOBIETY WATAHY | ZABRZE | POL | MASTERS K - 40 | 9 | K 35 | 00:00:07 | 01:23:38 | 03:05:51 | 04:40:56 | 06:03:57.85 | 06:03:57.85 | 8:05 | 7.4 |
| 182 | ŁYSIAK BARTEK | 5371 | | DĄBRÓWKA | POL | SENIOR II M - 30 | 63 | M 147 | 00:00:41 | 01:20:14 | 02:53:22 | 04:34:07 | 06:04:31.40 | 06:04:31.40 | 8:06 | 7.4 |
| 183 | UPTAS TOMASZ | 5019 | CROSS STRACEŃCÓW TEAM | GŁOGÓW | POL | MASTERS M - 40 | 57 | M 148 | 00:00:53 | 01:20:32 | 02:57:03 | 04:37:58 | 06:04:48.65 | 06:04:48.65 | 8:06 | 7.4 |
| 184 | WESOŁOWSKA KINGA | 5342 | ASICS FRONTRUNNER POLAND | WROCŁAW | POL | SENIOR I K - 20 | 5 | K 36 | 00:00:39 | 01:22:20 | 03:06:17 | 04:39:44 | 06:04:48.70 | 06:04:48.70 | 8:06 | 7.4 |
| 185 | GRZELAK JAKUB | 5627 | MARMUROWE DZIKI | ŁÓDŹ | POL | SENIOR II M - 30 | 64 | M 149 | 00:00:19 | 01:19:02 | 02:56:37 | 04:36:03 | 06:04:50.35 | 06:04:50.35 | 8:06 | 7.4 |
| 186 | MAŁYSZKA KRZYSZTOF | 5126 | KRIS TRANS MAŁYSZKA | POZNAŃ | POL | WETERAN I M - 50 | 14 | M 150 | 00:00:07 | 01:17:54 | 02:58:51 | 04:32:29 | 06:04:56.45 | 06:04:56.45 | 8:06 | 7.4 |
| 187 | KAWECKI MAREK | 5182 | DRUŻYNA KONOPIELKI | NIEWODNICA NARGILEWSKA KOLONIA | POL | MASTERS M - 40 | 58 | M 151 | 00:00:45 | 01:15:45 | 02:58:14 | 04:41:49 | 06:05:30.55 | 06:05:30.55 | 8:07 | 7.4 |
| 188 | SIELIWONIK ANITA | 5205 | | WARSZAWA | POL | MASTERS K - 40 | 10 | K 37 | 00:02:18 | 01:33:11 | 03:14:19 | 04:44:05 | 06:05:59.15 | 06:05:59.15 | 8:07 | 7.4 |
| 189 | KALKA KATARZYNA | 5069 | MARATOŃCZYK POZNAŃ | POZNAŃ | POL | SENIOR II K - 30 | 21 | K 38 | 00:00:28 | 01:19:46 | 03:03:01 | 04:38:51 | 06:06:14.70 | 06:06:14.70 | 8:08 | 7.4 |
| 190 | DARUL ALBERT | 5676 | KUPIEC TEAM | POZNAŃ | POL | SENIOR I M - 20 | 15 | M 152 | 00:01:29 | 01:29:50 | 03:08:29 | 04:46:56 | 06:06:21.10 | 06:06:21.10 | 8:08 | 7.4 |
| 191 | OSTACH DARIA | 5425 | | OSTRÓW WIELKOPOLSKI | POL | MASTERS K - 40 | 11 | K 39 | 00:00:23 | 01:26:32 | 03:09:52 | 04:42:31 | 06:07:10.35 | 06:07:10.35 | 8:09 | 7.4 |
| 192 | ASŁANOWICZ MARCIN | 5587 | ŻÓRAWSKI TEAM | WARSZAWA | POL | MASTERS M - 40 | 59 | M 153 | 00:00:16 | 01:22:04 | 03:06:33 | 04:41:06 | 06:07:47.90 | 06:07:47.90 | 8:10 | 7.3 |
| 193 | JARYSZ PIOTR | 5160 | KRISTRANS MAŁYSZKA | POZNAŃ | POL | SENIOR II M - 30 | 65 | M 154 | 00:00:17 | 01:18:29 | 02:57:16 | 04:36:45 | 06:08:34.40 | 06:08:34.40 | 8:11 | 7.3 |
| 194 | SEMENIUK KONRAD | 5617 | RZEPIN CITY | RZEPIN | POL | SENIOR II M - 30 | 66 | M 155 | 00:01:28 | 01:29:49 | 03:08:29 | 04:46:56 | 06:08:41.10 | 06:08:41.10 | 8:11 | 7.3 |
| 195 | MRÓWKA MAŁGORZATA | 5001 | | ŁÓDŹ | POL | SENIOR II K - 30 | 22 | K 40 | 00:00:18 | 01:23:41 | 03:09:09 | 04:43:04 | 06:08:42.95 | 06:08:42.95 | 8:11 | 7.3 |
| 196 | RATAJCZAK DOROTA | 5671 | TRIO FORTIS | ZIELONA GÓRA | POL | MASTERS K - 40 | 12 | K 41 | 00:00:24 | 01:28:49 | 03:14:30 | 04:51:08 | 06:09:09.95 | 06:09:09.95 | 8:12 | 7.3 |
| 197 | PAJESTKA WOJTEK | 5547 | GÓRAL Z MAZUR RUNNING TEAM | SANOK | POL | MASTERS M - 40 | 60 | M 156 | 00:01:28 | 01:28:09 | 03:09:55 | 04:45:59 | 06:09:43.50 | 06:09:43.50 | 8:12 | 7.3 |
| 198 | BROŻYNA MIŁOSZ | 5278 | | BEZRZECZE | POL | SENIOR I M - 20 | 16 | M 157 | 00:00:59 | 01:22:38 | 03:05:50 | 04:39:20 | 06:09:50.25 | 06:09:50.25 | 8:13 | 7.3 |
| 199 | KRÓLEWICZ DARIA | 5359 | | SIECHNICE | POL | SENIOR I K - 20 | 6 | K 42 | 00:01:24 | 01:28:31 | 03:11:43 | 04:48:17 | 06:10:58.25 | 06:10:58.25 | 8:14 | 7.3 |

## ZŁOTY MARATON - 45 KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0km | 10km | 22km | 33km | Netto | Brutto | min/km | km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 200 | SAMBORSKI PIOTR | 5474 | WKURW_TEAM | TORUŃ | POL | SENIOR II M - 30 | 67 | M 158 | 00:02:26 | 01:39:04 | 03:16:54 | 04:45:22 | 06:11:02.35 | 06:11:02.35 | 8:14 | 7.3 |
| 201 | HANS MICHAŁ | 5496 | | MSZANA DOLNA | POL | SENIOR II M - 30 | 68 | M 159 | 00:00:06 | 01:09:53 | 02:41:17 | 04:24:50 | 06:11:07.55 | 06:11:07.55 | 8:14 | 7.3 |
| 202 | GRONOWSKA-KAROLCZAK AGNIESZKA | 5008 | MARATOŃCZYK POZNAŃ | POZNAŃ | POL | SENIOR II K - 30 | 23 | K 43 | 00:00:27 | 01:23:48 | 03:09:47 | 04:50:16 | 06:11:30.15 | 06:11:30.15 | 8:15 | 7.3 |
| 203 | KAROLCZAK RAFAŁ | 5020 | MARATOŃCZYK POZNAŃ | POZNAŃ | POL | SENIOR II M - 30 | 69 | M 160 | 00:00:27 | 01:24:03 | 03:09:47 | 04:50:19 | 06:11:30.45 | 06:11:30.45 | 8:15 | 7.3 |
| 204 | RADECKI WOJCIECH | 5495 | NIEPOŁOMICE BIEGAJĄ | WIELICZKA | POL | WETERAN I M - 50 | 15 | M 161 | 00:00:53 | 01:33:23 | 03:16:41 | 04:46:29 | 06:11:32.30 | 06:11:32.30 | 8:15 | 7.3 |
| 205 | TOKARZEWSKA KATARZYNA | 5541 | | DĄBRÓWKA | POL | MASTERS K - 40 | 13 | K 44 | 00:01:16 | 01:39:02 | 03:21:35 | 04:52:50 | 06:13:19.60 | 06:13:19.60 | 8:17 | 7.2 |
| 206 | WYRZYKOWSKI ANDRZEJ | 5311 | GRUPA BIEGOWA 65 | GDAŃSK | POL | WETERAN I M - 50 | 16 | M 162 | 00:01:21 | 01:32:01 | 03:13:55 | 04:51:54 | 06:13:19.95 | 06:13:19.95 | 8:17 | 7.2 |
| 207 | SZELIGA TOMASZ | 5482 | | BYTOM | POL | SENIOR II M - 30 | 70 | M 163 | 00:00:59 | 01:30:17 | 03:14:29 | 04:46:02 | 06:13:26.65 | 06:13:26.65 | 8:17 | 7.2 |
| 208 | KLAMA MACIEJ | 5021 | KKM | KALISZ | POL | MASTERS M - 40 | 61 | M 164 | 00:02:26 | 01:37:59 | 03:23:23 | 04:54:10 | 06:13:36.90 | 06:13:36.90 | 8:18 | 7.2 |
| 209 | KATRYCZ KRZYSZTOF | 5571 | | WROCŁAW | POL | SENIOR I M - 20 | 17 | M 165 | 00:02:32 | 01:33:26 | 03:10:26 | 04:47:26 | 06:13:44.05 | 06:13:44.05 | 8:18 | 7.2 |
| 210 | MATYSIK MARTA | 5286 | WYZNAWCY BRONKA LIBIĄŻ | LIBIĄŻ | POL | SENIOR II K - 30 | 24 | K 45 | 00:00:48 | 01:25:36 | 03:09:49 | 04:47:32 | 06:13:45.65 | 06:13:45.65 | 8:18 | 7.2 |
| 211 | JARZĄBEK MICHAŁ | 5142 | | WROCŁAW | POL | SENIOR II M - 30 | 71 | M 166 | 00:01:18 | 01:25:19 | 03:09:03 | 04:51:21 | 06:13:57.20 | 06:13:57.20 | 8:18 | 7.2 |
| 212 | ODIJA LESZEK | 5652 | | WIRY | POL | MASTERS M - 40 | 62 | M 167 | 00:00:51 | 01:29:18 | 03:13:37 | 04:45:55 | 06:14:33.25 | 06:14:33.25 | 8:19 | 7.2 |
| 213 | HRONOWSKI JAKUB | 5203 | | MYŚLENICE | POL | SENIOR I M - 20 | 18 | M 168 | 00:01:28 | 01:29:19 | 03:07:21 | 04:39:32 | 06:14:35.10 | 06:14:35.10 | 8:19 | 7.2 |
| 214 | SOBCZAK MARCIN | 5444 | | WROCLAW | POL | SENIOR II M - 30 | 72 | M 169 | 00:00:36 | 01:26:38 | 03:11:10 | 04:50:54 | 06:14:44.15 | 06:14:44.15 | 8:19 | 7.2 |
| 215 | JAKRZEWSKI HUBERT | 5281 | | KAMIONKI | POL | SENIOR II M - 30 | 73 | M 170 | 00:00:32 | 01:23:08 | 03:04:21 | 04:45:33 | 06:15:05.65 | 06:15:05.65 | 8:20 | 7.2 |
| 216 | RUDNICKA MAGDALENA | 5451 | | POZNAŃ | POL | SENIOR II K - 30 | 25 | K 46 | 00:02:09 | 01:36:43 | 03:18:21 | 04:52:51 | 06:15:35.80 | 06:15:35.80 | 8:20 | 7.2 |
| 217 | STANKIEWICZ KRZYSZTOF | 5214 | KÓRNIK | KÓRNIK | POL | MASTERS M - 40 | 63 | M 171 | 00:01:37 | 01:36:44 | 03:22:03 | 04:54:57 | 06:15:49.80 | 06:15:49.80 | 8:21 | 7.2 |
| 218 | SZYMAŃSKI JAROSŁAW | 5174 | | LĄDEK-ZDRÓJ | POL | SENIOR I M - 20 | 19 | M 172 | 00:00:47 | 01:27:33 | 03:19:49 | 04:54:35 | 06:15:50.90 | 06:15:50.90 | 8:21 | 7.2 |
| 219 | SYCHOWSKI DAWID | 5068 | | TOMASZÓW BOLESŁAWIECKI | POL | SENIOR II M - 30 | 74 | M 173 | 00:01:35 | 01:28:11 | 03:13:49 | 04:51:15 | 06:15:57.20 | 06:15:57.20 | 8:21 | 7.2 |
| 220 | SMIERZCHAŁA ADAM | 5517 | | MOSINA | POL | WETERAN I M - 50 | 17 | M 174 | 00:00:49 | 01:29:37 | 03:16:09 | 04:54:33 | 06:16:55.20 | 06:16:55.20 | 8:22 | 7.2 |
| 221 | FEODORÓW WOJCIECH | 5667 | RESHAPE RUNNERS | ZABRZE | POL | WETERAN I M - 50 | 18 | M 175 | 00:00:15 | 01:20:49 | 03:05:46 | 04:44:56 | 06:17:30.35 | 06:17:30.35 | 8:23 | 7.2 |
| 222 | OLEJNIK AGNIESZKA | 5114 | ENDORFINY WĄSOSZ | WĄSOSZ | POL | SENIOR II K - 30 | 26 | K 47 | 00:01:02 | 01:28:10 | 03:15:50 | 04:51:09 | 06:17:37.25 | 06:17:37.25 | 8:23 | 7.2 |
| 223 | OLEŚ DANIEL | 5466 | | JEŻÓW SUDECKI | POL | SENIOR II M - 30 | 75 | M 176 | 00:00:22 | 01:19:59 | 03:05:48 | 04:52:42 | 06:18:13.00 | 06:18:13.00 | 8:24 | 7.1 |
| 224 | KONIECZNY CYPRIAN | 5272 | | LESZNO | POL | SENIOR II M - 30 | 76 | M 177 | 00:01:22 | 01:30:30 | 03:13:25 | 04:51:35 | 06:18:24.65 | 06:18:24.65 | 8:24 | 7.1 |
| 225 | ZYWERT ANTONINA | 5318 | | OSTROWITE | POL | SENIOR I K - 20 | 7 | K 48 | 00:02:30 | 01:37:59 | 03:22:25 | 04:52:59 | 06:18:43.60 | 06:18:43.60 | 8:24 | 7.1 |
| 226 | KARMOWSKI JAKUB | 5014 | MOCNA GRUPA CEZARA | WROCŁAW | POL | SENIOR II M - 30 | 77 | M 178 | 00:00:45 | 01:28:13 | 03:17:04 | 04:56:30 | 06:19:38.00 | 06:19:38.00 | 8:26 | 7.1 |
| 227 | KUSZTELSKA LUCYNA | 5654 | WLKP MOUNTAINS ULTRA | MOSINA | POL | MASTERS K - 40 | 14 | K 49 | 00:00:43 | 01:35:24 | 03:24:05 | 04:59:45 | 06:20:16.85 | 06:20:16.85 | 8:27 | 7.1 |
| 228 | PROCHNO PIOTR | 5682 | TRAIL IS OUR WAY TEAM | WŁOCŁAWEK | POL | SENIOR II M - 30 | 78 | M 179 | 00:01:13 | 01:29:42 | 03:14:56 | 04:55:07 | 06:20:39.10 | 06:20:39.10 | 8:27 | 7.1 |
| 229 | LASKOWSKI KRZYSZTOF | 5344 | | OSTRÓW WLKP. | POL | WETERAN I M - 50 | 19 | M 180 | 00:00:52 | 01:26:37 | 03:13:16 | 04:50:24 | 06:20:46.60 | 06:20:46.60 | 8:27 | 7.1 |
| 230 | KUBISIAK DARIUSZ | 5605 | | OSTRÓW WLKP. | POL | WETERAN I M - 50 | 20 | M 181 | 00:02:47 | 01:37:20 | 03:22:26 | 04:57:41 | 06:21:17.65 | 06:21:17.65 | 8:28 | 7.1 |
| 231 | MACIEJEWSKI ŁUKASZ | 5391 | | KALISZ | POL | SENIOR II M - 30 | 79 | M 182 | 00:01:49 | 01:28:07 | 03:10:03 | 04:49:10 | 06:21:19.85 | 06:21:19.85 | 8:28 | 7.1 |
| 232 | ROSZYK TOMASZ | 5235 | TKKF MPK POZNAŃ | POZNAŃ | POL | MASTERS M - 40 | 64 | M 183 | 00:01:19 | 01:36:46 | 03:24:48 | 05:01:49 | 06:21:31.40 | 06:21:31.40 | 8:28 | 7.1 |
| 233 | CICHOCKI DAWID | 5120 | NIGHT RUNNERS PYSKOWICE | PYSKOWICE | POL | SENIOR II M - 30 | 80 | M 184 | 00:00:50 | 01:24:00 | 03:07:30 | 04:52:12 | 06:21:40.40 | 06:21:40.40 | 8:28 | 7.1 |
| 234 | KRENN PETER | 5388 | DIE KOCHANILES | RORSCHACHERBERG | SUI | MASTERS M - 40 | 65 | M 185 | 00:00:01 | | 03:18:02 | 04:58:52 | 06:22:16.30 | 06:22:16.30 | 8:29 | 7.1 |
| 235 | STASZYŃSKA KAROLINA | 5108 | BIEGAJĄCE KREJZOLE | TULCE | POL | MASTERS K - 40 | 15 | K 50 | 00:00:35 | 01:27:24 | 03:17:00 | 04:55:56 | 06:22:20.45 | 06:22:20.45 | 8:29 | 7.1 |
| 236 | POPŁAWSKI PIOTR | 5625 | PGB SPORTOWA PACZKA | ŁOSICE | POL | MASTERS M - 40 | 66 | M 186 | 00:00:06 | 01:28:27 | 03:22:04 | 05:00:16 | 06:22:59.75 | 06:22:59.75 | 8:30 | 7 |
| 237 | SYREK RAFAŁ | 5098 | | DUSZNIKI ZDRÓJ | POL | MASTERS M - 40 | 67 | M 187 | 00:02:43 | 01:23:52 | 03:02:28 | 04:52:01 | 06:23:22.80 | 06:23:22.80 | 8:31 | 7 |
| 238 | KURZYNIEC ŁUKASZ | 5197 | | WROCŁAW | POL | SENIOR II M - 30 | 81 | M 188 | 00:03:01 | 01:32:40 | 03:11:32 | 04:48:18 | 06:23:29.40 | 06:23:29.40 | 8:31 | 7 |
| 239 | SZUMIATO JAKUB | 5372 | PRZEDWOJEWSKI TEAM | WROCŁAW | POL | SENIOR II M - 30 | 82 | M 189 | 00:01:46 | 01:34:46 | 03:20:06 | 05:01:00 | 06:23:57.70 | 06:23:57.70 | 8:31 | 7 |
| 240 | ZUBRZAK JACEK | 5409 | | ŁÓDZ | POL | MASTERS M - 40 | 68 | M 190 | 00:02:16 | 01:36:32 | 03:23:37 | 05:00:22 | 06:24:05.55 | 06:24:05.55 | 8:32 | 7 |
| 241 | MATUSZCZYK MAREK | 5032 | RYBNICKA GRUPA BIEGOWA | RYBNIK | POL | MASTERS M - 40 | 69 | M 191 | 00:02:25 | 01:41:57 | 03:29:13 | 04:53:33 | 06:24:38.00 | 06:24:38.00 | 8:32 | 7 |
| 242 | WALCZAK AGNIESZKA | 5245 | PKO BANK POLSKI | BOLESŁAW | POL | MASTERS K - 40 | 16 | K 51 | 00:00:57 | 01:31:56 | 03:17:22 | 04:58:47 | 06:24:45.50 | 06:24:45.50 | 8:33 | 7 |
| 243 | SALIŃSKI BARTOSZ | 5510 | AUGUSTEAM | KATOWICE | POL | SENIOR II M - 30 | 83 | M 192 | 00:00:03 | 01:22:33 | 03:11:13 | 04:52:57 | 06:24:49.15 | 06:24:49.15 | 8:33 | 7 |
| 244 | BARTOSZAK PIOTR | 5408 | | ZANIEMYŚL | POL | SENIOR II M - 30 | 84 | M 193 | 00:00:11 | 01:17:56 | 03:00:26 | 04:48:30 | 06:24:51.05 | 06:24:51.05 | 8:33 | 7 |
| 245 | RYBKOWSKI HUBERT | 5492 | KTÓRĘDYNADMORSKIEOKO | ŻYCHLIN | POL | SENIOR II M - 30 | 85 | M 194 | 00:00:58 | 01:31:57 | 03:12:12 | 04:49:11 | 06:25:09.55 | 06:25:09.55 | 8:33 | 7 |
| 246 | PORAJ PAWEŁ | 5464 | | CZĘSTOCHOWA | POL | SENIOR II M - 30 | 86 | M 195 | 00:01:08 | 01:33:13 | 03:18:55 | 04:59:35 | 06:25:47.60 | 06:25:47.60 | 8:34 | 7 |
| 247 | DUBAS ANNA | 5328 | SPRAWDZAMY-NIERUCHOMOSCI.PL | POZNAŃ | POL | SENIOR II K - 30 | 27 | K 52 | 00:01:04 | 01:28:02 | 03:14:50 | 04:53:33 | 06:25:48.55 | 06:25:48.55 | 8:34 | 7 |
| 248 | REDKIEWICZ AGNIESZKA | 5445 | TEAM ZABIEGANEDNI | WARSZAWA | POL | SENIOR II K - 30 | 28 | K 53 | 00:02:28 | 01:33:25 | 03:20:07 | 05:00:54 | 06:25:58.25 | 06:25:58.25 | 8:34 | 7 |
| 249 | WOJCIECHOWSKA DOROTA | 5633 | | OLEŚNICA | POL | MASTERS K - 40 | 17 | K 54 | 00:00:44 | 01:27:05 | 03:17:24 | 04:55:50 | 06:26:02.80 | 06:26:02.80 | 8:34 | 7 |
| 250 | PILONIS PAWEŁ | 5456 | BIEGOSTACJA | ZIELONA GÓRA | POL | MASTERS M - 40 | 70 | M 196 | 00:01:40 | 01:28:06 | 03:08:20 | 04:54:33 | 06:26:02.90 | 06:26:02.90 | 8:34 | 7 |
| 251 | RZECZYCKI DARIUSZ | 5034 | | OPOLE | POL | WETERAN I M - 50 | 21 | M 197 | 00:00:32 | 01:29:04 | 03:17:14 | 04:58:54 | 06:26:11.55 | 06:26:11.55 | 8:34 | 7 |
| 252 | RZECZYCKA MAŁGORZATA | 5033 | | OPOLE | POL | MASTERS K - 40 | 18 | K 55 | 00:00:32 | 01:29:03 | 03:17:17 | 04:58:53 | 06:26:12.00 | 06:26:12.00 | 8:34 | 7 |

## ZŁOTY MARATON - 45 KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0km | 10km | 22km | 33km | Netto | Brutto | min/km | km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 253 | GOŁOWICZ ANIA | 5657 | | TORUŃ | POL | SENIOR II K - 30 | 29 | K 56 | 00:02:40 | 01:37:58 | 03:21:42 | 05:00:33 | 06:26:19.45 | 06:26:19.45 | 8:35 | 7 |
| 254 | BIK ANDRZEJ | 5165 | | ZABRZE | POL | WETERAN I M - 50 | 22 | M 198 | 00:01:05 | 01:31:09 | 03:14:44 | 04:56:29 | 06:26:20.75 | 06:26:20.75 | 8:35 | 7 |
| 255 | OLIŃSKI PAWEŁ | 5117 | | POZNAŃ | POL | SENIOR II M - 30 | 87 | M 199 | 00:01:17 | 01:29:02 | 03:11:25 | 04:52:11 | 06:26:54.05 | 06:26:54.05 | 8:35 | 7 |
| 256 | BOCIĄGA PAWEŁ | 5559 | RODZINNA GRUPA ROWEROWA Z MIASTA ŁODZI | ŁÓDŹ | POL | MASTERS M - 40 | 71 | M 200 | 00:02:08 | 01:36:30 | 03:20:57 | 05:02:23 | 06:27:19.85 | 06:27:19.85 | 8:36 | 7 |
| 257 | SMORAWSKA LIDIA | 5137 | ZAKŁADKA TEAM / TARNOWO PODGÓRNE BIEGA | SIEROSŁAW | POL | SENIOR II K - 30 | 30 | K 57 | 00:01:01 | 01:29:35 | 03:17:02 | 04:54:26 | 06:27:42.15 | 06:27:42.15 | 8:36 | 7 |
| 258 | BURMISTRZ BARTOSZ | 5140 | ZAKŁADKA TEAM / TARNOWO PODGÓRNE BIEGA | SIEROSŁAW | POL | SENIOR II M - 30 | 88 | M 201 | 00:01:01 | 01:29:34 | 03:17:03 | 04:54:27 | 06:27:42.50 | 06:27:42.50 | 8:36 | 7 |
| 259 | KODZIS LESŁAW | 5403 | | SIEDLCE | POL | MASTERS M - 40 | 72 | M 202 | 00:02:00 | 01:41:28 | 03:26:43 | 05:06:39 | 06:29:14.50 | 06:29:14.50 | 8:38 | 6.9 |
| 260 | SZARADOWSKI PIOTR | 5101 | 140 MINUT | ŚWIDNICA | POL | WETERAN I M - 50 | 23 | M 203 | 00:01:16 | 01:29:10 | 03:24:36 | 05:04:30 | 06:29:24.85 | 06:29:24.85 | 8:39 | 6.9 |
| 261 | SITEK PIOTR | 5486 | | GORZÓW WLKP. | POL | MASTERS M - 40 | 73 | M 204 | 00:00:13 | 01:20:03 | 03:10:30 | 04:56:32 | 06:29:26.40 | 06:29:26.40 | 8:39 | 6.9 |
| 262 | KACZOR MARCIN | 5385 | ADJ | ŚWIĘCIECHOWA | POL | MASTERS M - 40 | 74 | M 205 | 00:01:39 | 01:28:21 | 03:12:48 | 04:59:28 | 06:29:41.40 | 06:29:41.40 | 8:39 | 6.9 |
| 263 | STACHAK KRZYSZTOF | 5090 | MIRAZ RACE TEAM | ŚWIĘTOCHŁOWICE | POL | MASTERS M - 40 | 75 | M 206 | 00:00:25 | 01:33:09 | 03:26:35 | 05:03:25 | 06:30:14.90 | 06:30:14.90 | 8:40 | 6.9 |
| 264 | RUKUSZEWICZ WAWRZYNIEC | 5364 | DZIKIE GRUBASY SZATANA | WARSZAWA | POL | MASTERS M - 40 | 76 | M 207 | 00:00:53 | 01:23:44 | 03:09:05 | 04:55:13 | 06:30:34.55 | 06:30:34.55 | 8:40 | 6.9 |
| 265 | KRZYŻYK AGNIESZKA | 5678 | TRIO FORTIS | ZIELONA GÓRA | POL | MASTERS K - 40 | 19 | K 58 | 00:00:24 | 01:27:31 | 03:18:30 | 04:59:55 | 06:31:06.75 | 06:31:06.75 | 8:41 | 6.9 |
| 266 | GAWROŃSKI ROMAN | 5025 | | WRZEŚNIA | POL | MASTERS M - 40 | 77 | M 208 | 00:01:04 | 01:31:07 | 03:15:25 | 05:02:41 | 06:31:29.45 | 06:31:29.45 | 8:41 | 6.9 |
| 267 | WRÓBEL MAŁGORZATA | 5144 | OBORYGENI | OBORNIKI ŚLĄSKIE | POL | SENIOR II K - 30 | 31 | K 59 | 00:00:49 | 01:33:28 | 03:19:47 | 05:09:01 | 06:31:38.00 | 06:31:38.00 | 8:42 | 6.9 |
| 268 | ZIELONKA WITOLD | 5295 | MARATOŃCZYK POZNAŃ | POZNAŃ | POL | MASTERS M - 40 | 78 | M 209 | 00:00:40 | 01:26:31 | 03:20:48 | 05:07:33 | 06:32:15.00 | 06:32:15.00 | 8:43 | 6.9 |
| 269 | POŁEĆ LESZEK | 5357 | MOCNA GRUPA CEZARA | WROCŁAW | POL | SENIOR II M - 30 | 89 | M 210 | 00:01:43 | 01:31:30 | 03:12:12 | 04:57:36 | 06:32:20.40 | 06:32:20.40 | 8:43 | 6.9 |
| 270 | ZIAJA WOJCIECH | 5548 | JAWORZNO RUNNERS | JAWORZNO | POL | MASTERS M - 40 | 79 | M 211 | 00:00:19 | 01:23:04 | 03:11:00 | 05:09:28 | 06:32:48.00 | 06:32:48.00 | 8:43 | 6.9 |
| 271 | KĘDZIOR JAREK | 5462 | PORANNY BESKID RUN | RUDNIK | POL | MASTERS M - 40 | 80 | M 212 | 00:01:40 | 01:36:38 | 03:28:07 | 05:06:03 | 06:32:49.05 | 06:32:49.05 | 8:43 | 6.9 |
| 272 | KAFKA EWELINA | 5176 | PORANNY BESKID RUN | SKOCZÓW | POL | MASTERS K - 40 | 20 | K 60 | 00:01:32 | 01:34:39 | 03:28:04 | 05:09:27 | 06:32:49.10 | 06:32:49.10 | 8:43 | 6.9 |
| 273 | SOCHANOWSKI KRZYSZTOF | 5433 | | WROCŁAW | POL | SENIOR II M - 30 | 90 | M 213 | 00:00:26 | 01:26:25 | 03:19:13 | 05:10:15 | 06:33:04.60 | 06:33:04.60 | 8:44 | 6.9 |
| 274 | MUSIALSKI TOMASZ | 5400 | TKM KANCELARIA | TYCHY | POL | MASTERS M - 40 | 81 | M 214 | 00:00:13 | 01:23:59 | 03:16:05 | 05:00:00 | 06:33:21.05 | 06:33:21.05 | 8:44 | 6.9 |
| 275 | DOMAŃ LESZEK | 5122 | FEHLAU RUN TEAM | KIEKRZ | POL | MASTERS M - 40 | 82 | M 215 | 00:00:55 | 01:27:06 | 03:15:47 | 05:02:39 | 06:33:32.20 | 06:33:32.20 | 8:44 | 6.9 |
| 276 | STACHOWIAK MAREK | 5047 | ROKIETNICA BIEGA | ROKIETNICA | POL | MASTERS M - 40 | 82 | M 215 | 00:00:40 | 01:22:53 | 03:11:13 | 05:02:39 | 06:33:32.20 | 06:33:32.20 | 8:44 | 6.9 |
| 277 | DALECKA DOROTA | 5508 | | GDYNIA | POL | MASTERS K - 40 | 21 | K 61 | 00:02:00 | 01:42:23 | 03:33:41 | 05:07:02 | 06:33:49.05 | 06:33:49.05 | 8:45 | 6.9 |
| 278 | SZYDŁOWSKI ROBERT | 5640 | | KAMIENIEC ZĄBKOWICKI | POL | MASTERS M - 40 | 84 | M 217 | 00:00:50 | 01:33:23 | 03:17:14 | 05:09:02 | 06:33:58.50 | 06:33:58.50 | 8:45 | 6.9 |
| 279 | KOGUT MACIEJ | 5641 | | DUSZNIKI ZDROJ | POL | MASTERS M - 40 | 85 | M 218 | 00:01:43 | 01:19:04 | 02:56:30 | 05:03:57 | 06:34:18.80 | 06:34:18.80 | 8:45 | 6.8 |
| 280 | MATYSIAK MACIEJ | 5274 | OSH | POZNAŃ | POL | MASTERS M - 40 | 86 | M 219 | 00:01:51 | 01:33:10 | 03:21:10 | 05:03:19 | 06:34:24.75 | 06:34:24.75 | 8:45 | 6.8 |
| 281 | GŁOWACKA RENATA | 5189 | ULTRA PIOTRKÓW | PIOTRKÓW TRYBUNALSKI | POL | WETERAN K - 50 | 2 | K 62 | 00:00:41 | 01:29:02 | 03:20:32 | 05:06:49 | 06:34:28.75 | 06:34:28.75 | 8:45 | 6.8 |
| 282 | WERESZCZYŃSKI TOMASZ | 5270 | SZWAGRY TEAM | PŁOCK | POL | MASTERS M - 40 | 87 | M 220 | 00:00:58 | 01:37:04 | 03:24:35 | 05:09:37 | 06:34:29.80 | 06:34:29.80 | 8:45 | 6.8 |
| 283 | POMIANOWSKI SZYMON | 5356 | | WROCŁAW | POL | SENIOR II M - 30 | 91 | M 221 | 00:00:25 | 01:20:12 | 03:09:52 | 05:03:12 | 06:34:50.90 | 06:34:50.90 | 8:46 | 6.8 |
| 284 | DUBILIS MATEUSZ | 5525 | | MIKOŁÓW | POL | SENIOR I M - 20 | 20 | M 222 | 00:02:12 | 01:36:48 | 03:19:47 | 05:03:15 | 06:35:32.90 | 06:35:32.90 | 8:47 | 6.8 |
| 285 | WOLNY KRZYSZTOF | 5687 | ULTRA KREW | ZABRZE | POL | MASTERS M - 40 | 88 | M 223 | 00:00:14 | 01:23:29 | 03:16:29 | 05:01:42 | 06:35:36.60 | 06:35:36.60 | 8:47 | 6.8 |
| 286 | GIERSZEWSKA ANNA | 5017 | KB SZAMOTUŁY | SZAMOTUŁY | POL | MASTERS K - 40 | 22 | K 63 | 00:01:07 | 01:35:06 | 03:29:36 | 05:07:13 | 06:36:09.40 | 06:36:09.40 | 8:48 | 6.8 |
| 287 | TARNOWSKI BARTOSZ | 5419 | | ŁÓDŹ | POL | MASTERS M - 40 | 89 | M 224 | 00:01:14 | 01:34:11 | 03:18:32 | 05:01:11 | 06:36:26.50 | 06:36:26.50 | 8:48 | 6.8 |
| 288 | NIKODEM KLAUDIUSZ | 5115 | CZAJKERSI | NOWA RUDA | POL | MASTERS M - 40 | 90 | M 225 | 00:01:31 | 01:32:13 | 03:17:27 | 05:02:22 | 06:36:39.85 | 06:36:39.85 | 8:48 | 6.8 |
| 289 | DEBSKI MARCIN | 5428 | | WROCŁAW | POL | SENIOR II M - 30 | 92 | M 226 | 00:01:33 | 01:33:14 | 03:25:10 | 05:11:26 | 06:36:45.95 | 06:36:45.95 | 8:49 | 6.8 |
| 290 | MICHOŃ KACPER | 5527 | NIGHT RUNNERS | KONIN | POL | SENIOR I M - 20 | 21 | M 227 | 00:00:04 | 01:30:25 | 03:19:57 | 05:02:29 | 06:37:14.65 | 06:37:14.65 | 8:49 | 6.8 |
| 291 | BURA TOMASZ | 5276 | | KRZYCKO WIELKIE | POL | SENIOR II M - 30 | 93 | M 228 | 00:00:49 | 01:29:19 | 03:21:04 | 05:07:03 | 06:37:25.55 | 06:37:25.55 | 8:49 | 6.8 |
| 292 | RZEPKA ALEKSANDRA | 5615 | | WARSZAWA | POL | SENIOR II K - 30 | 32 | K 64 | 00:01:15 | 01:28:30 | 03:22:13 | 05:02:09 | 06:37:35.45 | 06:37:35.45 | 8:50 | 6.8 |
| 293 | KUREK DAMIAN | 5324 | | KAZIMIERZ BISKUPI | POL | SENIOR I M - 20 | 22 | M 229 | 00:02:29 | 01:38:06 | 03:27:26 | 05:13:18 | 06:38:35.20 | 06:38:35.20 | 8:51 | 6.8 |
| 294 | KORBUS PIOTR | 5226 | PORANNY BESKID RUN | GOLESZOW | POL | MASTERS M - 40 | 91 | M 230 | 00:01:37 | 01:30:37 | 03:24:32 | 05:05:27 | 06:39:08.55 | 06:39:08.55 | 8:52 | 6.8 |
| 295 | MOKRZYCKA WERONIKA | 5430 | | STARA ŁOMNICA | POL | SENIOR II K - 30 | 33 | K 65 | 00:00:23 | 01:36:28 | 03:32:22 | 05:13:22 | 06:40:02.00 | 06:40:02.00 | 8:53 | 6.7 |
| 296 | MAGIERA PRZEMYSŁAW | 5345 | NOWOSOLSKA GRUPA BIEGOWA | GŁOGÓW | POL | MASTERS M - 40 | 92 | M 231 | 00:01:02 | 01:22:39 | 03:10:29 | 05:03:44 | 06:40:09.95 | 06:40:09.95 | 8:53 | 6.7 |
| 297 | ŚMIGIELSKI ARKADIUSZ | 5038 | | GDYNIA | POL | MASTERS M - 40 | 93 | M 232 | 00:02:04 | 01:29:31 | 03:08:04 | 05:03:46 | 06:40:23.90 | 06:40:23.90 | 8:53 | 6.7 |
| 298 | KURCZEK TOMASZ | 5452 | RUN FORREST RUN! | GLIWICE | POL | MASTERS M - 40 | 94 | M 233 | 00:02:20 | 01:36:39 | 03:22:54 | 05:13:21 | 06:40:33.35 | 06:40:33.35 | 8:54 | 6.7 |
| 299 | CISZEK BARTOSZ | 5202 | 8A TEAM | ZABRZE | POL | SENIOR II M - 30 | 94 | M 234 | 00:01:43 | 01:37:28 | 03:28:04 | 05:12:31 | 06:40:36.60 | 06:40:36.60 | 8:54 | 6.7 |
| 300 | WAWRZYNIAK KRYSTIAN | 5493 | KB ODRA OPOLE | OPOLE | POL | SENIOR II M - 30 | 95 | M 235 | 00:01:47 | 01:45:38 | 03:38:10 | 05:17:56 | 06:41:20.25 | 06:41:20.25 | 8:55 | 6.7 |

## ZŁOTY MARATON - 45 KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0km | 10km | 22km | 33km | Netto | Brutto | min/km | km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 301 | MOKRZYŃSKI MARCIN | 5546 | TEAM KURORT LĄDEK ZDRÓJ | OŁDRZYCHOWICE KŁODZKIE | POL | MASTERS M - 40 | 95 | M 236 | 00:02:07 | 01:42:26 | 03:40:24 | 05:17:54 | 06:41:53.75 | 06:41:53.75 | 8:55 | 6.7 |
| 302 | KOMORKIEWICZ KAROL | 5565 | RUNEDA/FINASTRA | REDA | POL | SENIOR II M - 30 | 96 | M 237 | 00:00:31 | 01:29:30 | 03:18:24 | 05:04:02 | 06:42:28.70 | 06:42:28.70 | 8:56 | 6.7 |
| 303 | HINC-ZARDECKA NATALIA | 5564 | RUNEDA | REDA | POL | SENIOR II K - 30 | 34 | K 66 | 00:00:31 | 01:29:25 | 03:18:22 | 05:04:03 | 06:42:28.90 | 06:42:28.90 | 8:56 | 6.7 |
| 304 | KALISZEWSKI ADAM | 5626 | MPK POZNAŃ | POZNAŃ | POL | WETERAN I M - 50 | 24 | M 238 | 00:01:20 | 01:38:05 | 03:28:18 | 05:10:07 | 06:42:33.80 | 06:42:33.80 | 8:56 | 6.7 |
| 305 | OLEJNIK MARCIN | 5576 |  | ŻERNIKI WROCŁAWSKIE | POL | MASTERS M - 40 | 96 | M 239 | 00:02:28 | 01:44:04 | 03:33:46 | 05:18:26 | 06:43:26.95 | 06:43:26.95 | 8:57 | 6.7 |
| 306 | BARTOSIEWICZ DARIA | 5376 |  | WARSZAWA | POL | SENIOR II K - 30 | 35 | K 67 | 00:00:49 | 01:34:38 | 03:24:50 | 05:10:53 | 06:44:14.25 | 06:44:14.25 | 8:58 | 6.7 |
| 307 | TOKARCZYK TOMASZ | 5531 | DRUŻYNA SZPIKU | KALISZ | POL | MASTERS M - 40 | 97 | M 240 | 00:01:17 | 01:26:43 | 03:12:09 | 05:05:57 | 06:44:14.35 | 06:44:14.35 | 8:58 | 6.7 |
| 308 | JURKIEWICZ KAROL | 5497 | OKB ODRA OPOLE | OPOLE | POL | SENIOR II M - 30 | 97 | M 241 | 00:01:44 | 01:37:06 | 03:22:27 | 05:18:55 | 06:44:44.75 | 06:44:44.75 | 8:59 | 6.7 |
| 309 | GRZYB JACEK | 5613 | BIEGOWA KUŹNIA | BĘDZIN | POL | MASTERS M - 40 | 98 | M 242 | 00:02:19 | 01:45:03 | 03:39:58 | 05:18:50 | 06:45:10.15 | 06:45:10.15 | 9:00 | 6.7 |
| 310 | BEDNARCZYK PAWEŁ | 5393 | PZU SPORT TEAM | BABKI | POL | MASTERS M - 40 | 99 | M 243 | 00:02:03 | 01:35:49 | 03:21:35 | 05:14:28 | 06:45:38.70 | 06:45:38.70 | 9:00 | 6.7 |
| 311 | LIPIŃSKI KRZYSZTOF | 5475 | KB MANIAC POZNAŃ | KOZIEGŁOWY | POL | WETERAN II M - 60 | 2 | M 244 | 00:00:38 | 01:36:35 | 03:32:20 | 05:17:21 | 06:46:00.25 | 06:46:00.25 | 9:01 | 6.7 |
| 312 | DAWIDOWICZ KONRAD | 5222 |  | KATOWICE | POL | SENIOR II M - 30 | 98 | M 245 | 00:00:45 | 01:28:30 | 03:17:05 | 05:08:46 | 06:46:08.50 | 06:46:08.50 | 9:01 | 6.6 |
| 313 | OGÓRKIEWICZ MICHAŁ | 5131 |  | ŁĘCZYCA | POL | MASTERS M - 40 | 100 | M 246 | 00:01:56 | 01:31:11 | 03:20:59 | 05:16:03 | 06:46:28.85 | 06:46:28.85 | 9:01 | 6.6 |
| 314 | LEONHARD GOSIA | 5198 | W POGONI ZA DUCHEM | DĄBROWA GÓRNICZA | POL | MASTERS K - 40 | 23 | K 68 | 00:01:55 | 01:43:06 | 03:34:40 | 05:20:56 | 06:47:17.75 | 06:47:17.75 | 9:03 | 6.6 |
| 315 | DRZYMAŁA MARCIN | 5085 |  | STRZELCE OPOLSKIE | POL | SENIOR II M - 30 | 99 | M 247 | 00:01:52 | 01:38:07 | 03:29:47 | 05:14:18 | 06:47:28.55 | 06:47:28.55 | 9:03 | 6.6 |
| 316 | BOSZKO KRZYSZTOF | 5055 |  | OPOLE | POL | SENIOR II M - 30 | 100 | M 248 | 00:01:52 | 01:38:09 | 03:30:00 | 05:14:19 | 06:47:53.70 | 06:47:53.70 | 9:03 | 6.6 |
| 317 | KACZOR MICHAŁ | 5158 | KLUCZBORSKI GRUPA BIEGOWA | KLUCZBORK | POL | SENIOR II M - 30 | 101 | M 249 | 00:01:02 | 01:25:18 | 03:15:12 | 05:19:13 | 06:47:56.70 | 06:47:56.70 | 9:03 | 6.6 |
| 318 | MATAK PAWEŁ | 5154 | ŁASUCH | RADZYMIN | POL | SENIOR II M - 30 | 102 | M 250 | 00:00:03 | 01:29:23 | 03:24:26 | 05:19:32 | 06:48:04.40 | 06:48:04.40 | 9:04 | 6.6 |
| 319 | ROSŁON CEZARY | 5187 |  | RADZYMIN | POL | SENIOR II M - 30 | 103 | M 251 | 00:00:28 | 01:29:13 | 03:24:26 | 05:19:33 | 06:48:05.25 | 06:48:05.25 | 9:04 | 6.6 |
| 320 | STROMIDŁO SEBASTIAN | 5163 | KB AKTYWNI KRZYŻ WLKP | PIŁA | POL | MASTERS M - 40 | 101 | M 252 | 00:00:16 | 01:18:12 | 03:01:48 | 04:55:56 | 06:48:14.40 | 06:48:14.40 | 9:04 | 6.6 |
| 321 | BOROWIAK LUKASZ | 5217 | #BIEGAJLESZNO | LESZNO | POL | MASTERS M - 40 | 102 | M 253 | 00:00:17 | 01:25:17 | 03:16:59 | 05:04:49 | 06:48:17.45 | 06:48:17.45 | 9:04 | 6.6 |
| 322 | RADWAŃSKA JUSTYNA | 5672 |  | SIENNA | POL | SENIOR II K - 30 | 36 | K 69 | 00:01:02 | 01:42:35 | 03:37:14 | 05:24:43 | 06:48:34.65 | 06:48:34.65 | 9:04 | 6.6 |
| 323 | LICHOCKI MARCIN | 5043 | ŁĄCZY NAS PUSZCZA | BYDGOSZCZ | POL | SENIOR II M - 30 | 104 | M 254 | 00:00:27 | 01:29:20 | 03:27:20 | 05:14:25 | 06:48:35.55 | 06:48:35.55 | 9:04 | 6.6 |
| 324 | JANULEWICZ WOJCIECH | 5629 | BIEGNĄC OD ŚWIATEŁ | ŁAGIEWNIKI | POL | MASTERS M - 40 | 103 | M 255 | 00:01:42 | 01:43:07 | 03:37:10 | 05:23:50 | 06:48:46.25 | 06:48:46.25 | 9:05 | 6.6 |
| 325 | RELEWICZ MACIEJ | 5545 | WOLNE SLIMAKI | POZNAN | POL | MASTERS M - 40 | 104 | M 256 | 00:00:18 | 01:29:17 | 03:25:10 | 05:12:52 | 06:49:13.90 | 06:49:13.90 | 9:05 | 6.6 |
| 326 | SPÓLNY ROBERT | 5669 |  | GRÓJEC | POL | WETERAN I M - 50 | 25 | M 257 | 00:00:46 | 01:33:29 | 03:32:27 | 05:20:19 | 06:49:22.95 | 06:49:22.95 | 9:05 | 6.6 |
| 327 | MAZAN WOJCIECH | 5309 |  | WROCLAW | POL | SENIOR II M - 30 | 105 | M 258 | 00:02:41 | 01:34:37 | 03:29:27 | 05:17:44 | 06:49:32.00 | 06:49:32.00 | 9:06 | 6.6 |
| 328 | RUCIŃSKI ADAM | 5178 |  | WARSZAWA | POL | WETERAN I M - 50 | 26 | M 259 | 00:02:09 | 01:43:42 | 03:35:52 | 05:17:14 | 06:49:32.60 | 06:49:32.60 | 9:06 | 6.6 |
| 329 | KRZESZEWSKA DOROTA | 5346 |  | PIŁA | POL | MASTERS K - 40 | 24 | K 70 | 00:01:13 | 01:31:28 | 03:36:49 | 05:23:36 | 06:49:44.60 | 06:49:44.60 | 9:06 | 6.6 |
| 330 | HANSZ DONAT | 5288 | NETBOX BIEGA | PIASKI | POL | SENIOR I M - 20 | 23 | M 260 | 00:01:06 | 01:31:06 | 03:23:20 | 05:12:46 | 06:50:16.00 | 06:50:16.00 | 9:07 | 6.6 |
| 331 | PIEKARSKI ANDRZEJ | 5679 | 140 MINUT | GRODZISK MAZOWIECKI | POL | MASTERS M - 40 | 105 | M 261 | 00:01:49 | 01:40:57 | 03:34:07 | 05:16:32 | 06:50:25.30 | 06:50:25.30 | 9:07 | 6.6 |
| 332 | ŚWIDER ZBIGNIEW | 5044 | PORANNY BESKID RUN | SKOCZÓW | POL | MASTERS M - 40 | 106 | M 262 | 00:01:28 | 01:29:16 | 03:15:19 | 05:06:05 | 06:50:43.20 | 06:50:43.20 | 9:07 | 6.6 |
| 333 | KLABIK MACIEJ | 5498 | EL RAPIDO | WROCŁAW | POL | WETERAN I M - 50 | 27 | M 263 | 00:01:00 | 01:33:59 | 03:29:38 | 05:19:04 | 06:50:47.80 | 06:50:47.80 | 9:07 | 6.6 |
| 334 | PATROŃSKI PAWEŁ | 5670 |  | WROCŁAW | POL | MASTERS M - 40 | 107 | M 264 | 00:01:50 | 01:40:07 | 03:33:21 | 05:19:52 | 06:51:01.05 | 06:51:01.05 | 9:08 | 6.6 |
| 335 | CHROSTEK ADAM | 5151 |  | KATOWICE | POL | MASTERS M - 40 | 108 | M 265 | 00:01:56 | 01:40:32 | 03:31:03 | 05:20:24 | 06:51:20.55 | 06:51:20.55 | 9:08 | 6.6 |
| 336 | BUTRYN WOJCIECH | 5002 |  | KRAKÓW | POL | MASTERS M - 40 | 109 | M 266 | 00:00:22 | 01:29:21 | 03:20:20 | 05:12:16 | 06:51:24.15 | 06:51:24.15 | 9:08 | 6.6 |
| 337 | KONDRACKI JACEK | 5611 | KUNA W AGREŚCIE | LUBLINIEC | POL | SENIOR II M - 30 | 106 | M 267 | 00:00:38 | 01:31:07 | 03:23:11 | 05:16:13 | 06:51:25.75 | 06:51:25.75 | 9:08 | 6.6 |
| 338 | MAZUR ANNA | 5015 |  | GORZÓW WIELKOPOLSKI | POL | MASTERS K - 40 | 25 | K 71 | 00:02:19 | 01:41:08 | 03:39:01 | 05:28:03 | 06:51:54.45 | 06:51:54.45 | 9:09 | 6.6 |
| 339 | TOMCZYK RAFAŁ | 5262 | PODDĘBICKI KLUB BIEGACZA ZDYSZANI.PL | PODDĘBICE | POL | SENIOR II M - 30 | 107 | M 268 | 00:00:20 | 01:26:54 | 03:21:57 | 05:12:56 | 06:52:14.65 | 06:52:14.65 | 9:09 | 6.5 |
| 340 | KWIECIEŃ ROBERT | 5361 |  | KIELCE | POL | MASTERS M - 40 | 110 | M 269 | 00:01:31 | 01:40:40 | 03:30:12 | 05:20:38 | 06:52:27.05 | 06:52:27.05 | 9:09 | 6.5 |
| 341 | POJDA GRZEGORZ | 5133 | RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM | RYBNIK | POL | WETERAN I M - 50 | 28 | M 270 | 00:02:25 | 01:37:11 | 03:31:35 | 05:29:49 | 06:52:36.55 | 06:52:36.55 | 9:10 | 6.5 |
| 342 | SKOCZEK SEBASTIAN | 5522 |  | GRUSZCZYN | POL | MASTERS M - 40 | 111 | M 271 | 00:01:13 | 01:36:31 | 03:28:34 | 05:21:05 | 06:52:36.90 | 06:52:36.90 | 9:10 | 6.5 |
| 343 | STROIŃSKI WOJCIECH | 5210 | LESZ NO LIMITS RUNNERS | WILKOWICE | POL | MASTERS M - 40 | 112 | M 272 | 00:00:15 | 01:33:44 | 03:37:23 | 05:22:27 | 06:52:42.05 | 06:52:42.05 | 9:10 | 6.5 |
| 344 | STROIŃSKA IWONA | 5209 | LESZ NO LIMITS RUNNERS | WILKOWICE | POL | MASTERS K - 40 | 26 | K 72 | 00:00:15 | 01:33:46 | 03:37:37 | 05:22:22 | 06:52:42.10 | 06:52:42.10 | 9:10 | 6.5 |
| 345 | PAPIEROWSKA DAGMARA | 5500 | KB DĘBIEC | POZNAŃ | POL | SENIOR II K - 30 | 37 | K 73 | 00:01:35 | 01:46:43 | 03:49:29 | 05:34:40 | 06:52:53.75 | 06:52:53.75 | 9:10 | 6.5 |
| 346 | ZYCHOWICZ ZBIGNIEW | 5077 | SBRT WROCŁAW | SIECHNICE | POL | MASTERS M - 40 | 113 | M 273 | 00:01:02 | 01:43:14 | 03:36:17 | 05:25:02 | 06:53:15.35 | 06:53:15.35 | 9:11 | 6.5 |
| 347 | NAPIERAŁA ANDRZEJ | 5664 | MTS DRUŻYNA SZPIKU KGHM | GOSTYŃ | POL | WETERAN II M - 60 | 3 | M 274 | 00:03:02 | 01:40:13 | 03:31:53 | 05:24:07 | 06:53:21.90 | 06:53:21.90 | 9:11 | 6.5 |
| 348 | GRZĘDA JOLANTA | 5219 | NAJLEPSZY POD SŁOŃCEM | JELCZ-LASKOWICE | POL | SENIOR II K - 30 | 38 | K 74 | 00:01:02 | 01:37:50 | 03:35:56 | 05:25:11 | 06:53:27.30 | 06:53:27.30 | 9:11 | 6.5 |
| 349 | WAWRZYNIAK ROBERT | 5480 | #BIEGIEMWLAS | POZNAŃ | POL | MASTERS M - 40 | 114 | M 275 | 00:01:58 | 01:42:00 | 03:34:35 | 05:20:11 | 06:53:33.15 | 06:53:33.15 | 9:11 | 6.5 |
| 350 | LEWICKA MAGDALENA | 5208 | CAŁA OLEŚNICA BIEGA | DOBROSZYCE | POL | MASTERS K - 40 | 27 | K 75 | 00:00:23 | 01:35:05 | 03:32:26 | 05:25:00 | 06:53:33.55 | 06:53:33.55 | 9:11 | 6.5 |

## ZŁOTY MARATON - 45 KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0km | 10km | 22km | 33km | Netto | Brutto | min/km | km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 351 | WUJEK MARCIN | 5675 | DZIKA KUNA GOSTYŃ | GOSTYŃ | POL | MASTERS M - 40 | 115 | M 276 | 00:00:42 | 01:26:42 | 03:22:09 | 05:21:29 | 06:53:34.30 | 06:53:34.30 | 9:11 | 6.5 |
| 352 | PIETRYKOWSKI NORBERT | 5282 | VITALABO | BYDGOSZCZ`C` | POL | MASTERS M - 40 | 116 | M 277 | 00:00:12 | 01:33:07 | 03:31:52 | 05:19:46 | 06:54:08.45 | 06:54:08.45 | 9:12 | 6.5 |
| 353 | KAŹMIERCZAK PIOTR | 5147 | NARAMOWICE BIEGAJĄ/BIEGIEMWLAS# | POZNAŃ | POL | MASTERS M - 40 | 117 | M 278 | 00:02:03 | 01:36:23 | 03:20:47 | 05:14:32 | 06:54:30.85 | 06:54:30.85 | 9:12 | 6.5 |
| 354 | GRACH ALEKSANDRA | 5292 | | PYSKOWICE | POL | MASTERS K - 40 | 28 | K 76 | 00:00:01 | 01:31:04 | 03:39:26 | 05:21:49 | 06:54:43.40 | 06:54:43.40 | 9:12 | 6.5 |
| 355 | SZCZESNIAK MARIUSZ | 5059 | LONE WOLF | SZCZECIN | POL | MASTERS M - 40 | 118 | M 279 | 00:01:57 | 01:41:15 | 03:38:40 | 05:29:37 | 06:54:58.65 | 06:54:58.65 | 9:13 | 6.5 |
| 356 | WOJCIECHOWSKA MAŁGORZATA | 5593 | | POZNAŃ | POL | SENIOR II K - 30 | 39 | K 77 | 00:00:42 | 01:37:39 | 03:36:25 | 05:30:45 | 06:55:07.20 | 06:55:07.20 | 9:13 | 6.5 |
| 357 | ŁASOCHA KAMILA | 5592 | OWOCBIEGA TEAM | POZNAŃ | POL | MASTERS K - 40 | 29 | K 78 | 00:00:43 | 01:37:42 | 03:39:07 | 05:30:46 | 06:55:07.30 | 06:55:07.30 | 9:13 | 6.5 |
| 358 | POLAŃSKI BARTOSZ | 5543 | | WROCŁAW | POL | MASTERS M - 40 | 119 | M 280 | 00:01:31 | 01:26:28 | 03:18:17 | 05:23:02 | 06:55:43.10 | 06:55:43.10 | 9:14 | 6.5 |
| 359 | PLASZCZAK JAROSŁAW | 5340 | | TULCE | POL | MASTERS M - 40 | 120 | M 281 | 00:00:37 | 01:32:08 | 03:25:59 | 05:15:45 | 06:55:48.50 | 06:55:48.50 | 9:14 | 6.5 |
| 360 | GRZELIŃSKI MICHAŁ | 5249 | □□ | JAROCIN | POL | SENIOR II M - 30 | 108 | M 282 | 00:02:41 | 01:45:22 | 03:42:08 | 05:27:41 | 06:55:54.95 | 06:55:54.95 | 9:14 | 6.5 |
| 361 | ORLIKOWSKI JACEK | 5410 | | POZNAŃ | POL | MASTERS M - 40 | 121 | M 283 | 00:01:25 | 01:41:10 | 03:33:52 | 05:19:45 | 06:55:58.75 | 06:55:58.75 | 9:14 | 6.5 |
| 362 | GOŁUCH ARKADIUSZ | 5638 | STRZEGOMSKA DWUNASTKA | ŁAGIEWNIKI | POL | MASTERS M - 40 | 122 | M 284 | 00:01:45 | 01:43:15 | 03:37:16 | 05:25:03 | 06:56:02.30 | 06:56:02.30 | 9:14 | 6.5 |
| 363 | KOWALIK DOROTA | 5184 | | RĘDZINY | POL | MASTERS K - 40 | 30 | K 79 | 00:01:36 | 01:42:04 | 03:42:33 | 05:24:18 | 06:56:07.75 | 06:56:07.75 | 9:14 | 6.5 |
| 364 | GARCZYŃSKA ANIA | 5232 | | KATOWICE | POL | MASTERS K - 40 | 31 | K 80 | 00:01:39 | 01:46:50 | 03:43:52 | 05:22:10 | 06:56:16.00 | 06:56:16.00 | 9:15 | 6.5 |
| 365 | PIETRUSIAK KRZYSZTOF | 5368 | ZA_LINIĄ_METY | PALĘDZIE | POL | MASTERS M - 40 | 123 | M 285 | 00:02:27 | 01:43:59 | 03:37:55 | 05:22:41 | 06:56:46.70 | 06:56:46.70 | 9:15 | 6.5 |
| 366 | DZIERŻANOWSKI ŁUKASZ | 5463 | | ŻELAZNA | POL | MASTERS M - 40 | 124 | M 286 | 00:00:01 | 01:23:39 | 03:16:04 | 05:17:41 | 06:56:51.55 | 06:56:51.55 | 9:15 | 6.5 |
| 367 | SZABAT DANIEL | 5293 | | WROCŁAW | POL | MASTERS M - 40 | 125 | M 287 | 00:01:22 | 01:33:47 | 03:20:59 | 05:04:25 | 06:56:59.10 | 06:56:59.10 | 9:15 | 6.5 |
| 368 | DANKOWSKA EWELINA | 5119 | ENDORFINY WĄSOSZ | WĄSOSZ | POL | MASTERS K - 40 | 32 | K 81 | 00:01:04 | 01:35:00 | 03:30:53 | 05:19:54 | 06:57:04.15 | 06:57:04.15 | 9:16 | 6.5 |
| 369 | NOWAK ANDRZEJ | 5539 | | ŻARY | POL | SENIOR II M - 30 | 109 | M 288 | 00:01:00 | 01:36:36 | 03:29:12 | 05:19:28 | 06:57:06.80 | 06:57:06.80 | 9:16 | 6.5 |
| 370 | JOŃCZYK ANNA | 5268 | | OZIMEK | POL | SENIOR II K - 30 | 40 | K 82 | 00:01:52 | 01:39:35 | 03:31:05 | 05:19:37 | 06:57:08.00 | 06:57:08.00 | 9:16 | 6.5 |
| 371 | FIK - KIONA JOANNA | 5283 | KB SZAMOTUŁY | SZAMOTUŁY | POL | MASTERS K - 40 | 33 | K 83 | 00:01:06 | 01:29:26 | 03:26:31 | 05:28:04 | 06:57:31.65 | 06:57:31.65 | 9:16 | 6.5 |
| 372 | DANKOWSKI BARTOSZ | 5029 | ENDORFINY WĄSOSZ | WĄSOSZ | POL | SENIOR II M - 30 | 110 | M 289 | 00:01:06 | 01:28:15 | 03:24:10 | 05:19:56 | 06:57:55.10 | 06:57:55.10 | 9:17 | 6.5 |
| 373 | GRZEGORCZYK KRZYSZTOF | 5320 | | ŻARY | POL | MASTERS M - 40 | 126 | M 290 | 00:01:18 | 01:33:49 | 03:31:29 | 05:29:08 | 06:57:57.05 | 06:57:57.05 | 9:17 | 6.5 |
| 374 | SZEPCZYŃSKA ANNA | 5329 | ŻARY RUUNERS TEAM | ŻARY | POL | MASTERS K - 40 | 34 | K 84 | 00:01:17 | 01:34:06 | 03:27:25 | 05:34:58 | 06:57:57.25 | 06:57:57.25 | 9:17 | 6.5 |
| 375 | DERBICH MARIUSZ | 5351 | KOWALEW RUNERS | KOWALEW | POL | MASTERS M - 40 | 127 | M 291 | 00:01:57 | 01:37:57 | 03:35:51 | 05:27:47 | 06:58:02.05 | 06:58:02.05 | 9:17 | 6.5 |
| 376 | SZARSKI JACEK | 5074 | KAPCIOCHY | WROCŁAW | POL | SENIOR I M - 20 | 24 | M 292 | 00:00:49 | 01:31:54 | 03:30:08 | 05:28:18 | 06:59:43.85 | 06:59:43.85 | 9:19 | 6.4 |
| 377 | BUGAJ ALAN | 5196 | | CZARNY BÓR | POL | SENIOR II M - 30 | 111 | M 293 | 00:01:04 | 01:33:12 | 03:31:42 | 05:29:18 | 06:59:55.35 | 06:59:55.35 | 9:19 | 6.4 |
| 378 | GADZAŁA BARTOSZ | 5006 | 5R061E-7R4MPK1 | NOWOGRÓD BOBRZAŃSKI | POL | SENIOR II M - 30 | 112 | M 294 | 00:01:30 | 01:28:14 | 03:24:56 | 05:27:23 | 07:00:07.05 | 07:00:07.05 | 9:20 | 6.4 |
| 379 | JÓZEFCZYK JUSTYNA | 5087 | | POZNAŃ | POL | MASTERS K - 40 | 35 | K 85 | 00:02:07 | 01:46:48 | 03:44:32 | 05:34:45 | 07:00:35.80 | 07:00:35.80 | 9:20 | 6.4 |
| 380 | ROLIŃSKI RADOSŁAW | 5643 | | OLEŚNICA | POL | WETERAN I M - 50 | 29 | M 295 | 00:01:33 | 01:43:46 | 03:43:56 | 05:30:44 | 07:00:49.85 | 07:00:49.85 | 9:21 | 6.4 |
| 381 | KUBIAK ANNA | 5157 | STRZEGOMSKA DWUNASTKA | STRZEGOM | POL | MASTERS K - 40 | 36 | K 86 | 00:01:42 | 01:45:30 | 03:44:53 | 05:32:03 | 07:01:04.60 | 07:01:04.60 | 9:21 | 6.4 |
| 382 | CZUBALA BEATA | 5247 | STRZEGOMSKA DWUNASTKA | ZIĘBICE | POL | MASTERS K - 40 | 37 | K 87 | 00:01:42 | 01:45:31 | 03:44:52 | 05:32:01 | 07:01:04.85 | 07:01:04.85 | 9:21 | 6.4 |
| 383 | NOWAK KATARZYNA | 5349 | DZIKIE GRUBASY SZATANA | WARSZAWA | POL | SENIOR II K - 30 | 41 | K 88 | 00:00:48 | 01:36:47 | 03:30:46 | 05:18:54 | 07:01:11.05 | 07:01:11.05 | 9:21 | 6.4 |
| 384 | MUSIOLIK MARIUSZ | 5647 | | GORZYCE | POL | SENIOR II M - 30 | 113 | M 296 | 00:01:44 | 01:43:41 | 03:40:36 | 05:30:39 | 07:01:26.20 | 07:01:26.20 | 9:21 | 6.4 |
| 385 | HOLIK IWONA | 5570 | GGG | BIECZ | POL | MASTERS K - 40 | 38 | K 89 | 00:00:58 | 01:42:32 | 03:42:43 | 05:28:59 | 07:01:41.20 | 07:01:41.20 | 9:22 | 6.4 |
| 386 | KLIMEK RADOSŁAW | 5234 | BRAK | WODZISŁAW ŚLĄSKI | POL | SENIOR II M - 30 | 114 | M 297 | 00:00:50 | 01:33:15 | 03:30:54 | 05:25:35 | 07:01:42.60 | 07:01:42.60 | 9:22 | 6.4 |
| 387 | KUCHCINSKA MONIKA | 5107 | | JUSZKOWO | POL | MASTERS K - 40 | 39 | K 90 | 00:00:51 | 01:33:35 | 03:34:34 | 05:27:14 | 07:01:59.60 | 07:01:59.60 | 9:22 | 6.4 |
| 388 | MOSKAL IZABELLA | 5528 | TKKF MPK POZNAŃ | SWARZĘDZ | POL | MASTERS K - 40 | 40 | K 91 | 00:01:19 | 01:40:26 | 03:43:43 | 05:31:00 | 07:02:21.75 | 07:02:21.75 | 9:23 | 6.4 |
| 389 | DĄBROWSKI KAMIL | 5429 | | KIELCE | POL | MASTERS M - 40 | 128 | M 298 | 00:00:55 | 01:36:27 | 03:34:06 | 05:21:51 | 07:03:11.70 | 07:03:11.70 | 9:24 | 6.4 |
| 390 | KOSSOK-ZAWADA MARTA | 5259 | CAŁA OLEŚNICA BIEGA | OLEŚNICA | POL | SENIOR II K - 30 | 42 | K 92 | 00:00:24 | 01:39:00 | 03:47:17 | 05:34:04 | 07:04:02.10 | 07:04:02.10 | 9:25 | 6.4 |
| 391 | SPYRA ADAM | 5319 | ŻARY RUNNERS TEAM | LIPINKI ŁUŻYCKIE | POL | MASTERS M - 40 | 129 | M 299 | 00:01:18 | 01:35:47 | 03:34:12 | 05:26:58 | 07:04:11.70 | 07:04:11.70 | 9:25 | 6.4 |
| 392 | FLORCZAK MONIKA | 5476 | | WROCŁAW | POL | SENIOR II K - 30 | 43 | K 93 | 00:02:25 | 01:42:00 | 03:42:58 | 05:34:10 | 07:04:13.60 | 07:04:13.60 | 9:25 | 6.4 |
| 393 | FELKEL EWA | 5685 | PIĄTKOWO NA BIEGOWO | POZNAŃ | POL | MASTERS K - 40 | 41 | K 94 | 00:02:08 | 01:46:47 | 03:44:32 | 05:34:32 | 07:04:18.70 | 07:04:18.70 | 9:25 | 6.4 |
| 394 | KRYSIAK ŁUKASZ | 5109 | PIĄTKOWO NA BIEGOWO | POZNAŃ | POL | MASTERS M - 40 | 130 | M 300 | 00:02:09 | 01:43:23 | 03:41:54 | 05:37:24 | 07:04:20.25 | 07:04:20.25 | 9:25 | 6.4 |
| 395 | BERNAS-KUJAWIŃSKA MAGDALENA | 5623 | HRT | KALISZ | POL | MASTERS K - 40 | 42 | K 95 | 00:00:29 | 01:35:07 | 03:33:59 | 05:32:22 | 07:04:21.75 | 07:04:21.75 | 9:25 | 6.4 |
| 396 | MATYSIAK KAROL | 5277 | OSH/ GALAXYOG.CO | POZNAŃ | POL | MASTERS M - 40 | 131 | M 301 | 00:01:52 | 01:36:42 | 03:31:48 | 05:30:31 | 07:04:44.15 | 07:04:44.15 | 9:26 | 6.4 |
| 397 | CHUDY KAMIL | 5413 | | POZNAŃ | POL | SENIOR II M - 30 | 115 | M 302 | 00:01:30 | 01:33:59 | 03:30:24 | 05:27:06 | 07:06:39.65 | 07:06:39.65 | 9:28 | 6.3 |
| 398 | RÓŻAK-RUKUSZEWICZ MAGDALENA | 5353 | DZIKIE GRUBASY SZATANA | WARSZAWA | POL | MASTERS K - 40 | 43 | K 96 | 00:00:51 | 01:40:31 | 03:40:46 | 05:33:47 | 07:06:57.05 | 07:06:57.05 | 9:29 | 6.3 |
| 399 | CZYŻAK BLAŻEJ | 5661 | GLADIATOR | MROWINO | POL | MASTERS M - 40 | 132 | M 303 | 00:01:55 | 01:40:36 | 03:36:32 | 05:31:31 | 07:07:00.35 | 07:07:00.35 | 9:29 | 6.3 |
| 400 | FURTAK KRZYSZTOF | 5677 | KTOŚ MUSI BYĆ OSTATNI | LUBIN | POL | WETERAN II M - 60 | 4 | M 304 | 00:02:07 | 01:33:24 | 03:34:23 | 05:28:01 | 07:07:20.50 | 07:07:20.50 | 9:29 | 6.3 |
| 401 | KLIMALA ANGELIKA | 5289 | CAŁA OLEŚNICA BIEGA | OLEŚNICA | POL | MASTERS K - 40 | 44 | K 97 | 00:00:24 | 01:37:04 | 03:43:16 | 05:34:01 | 07:07:21.90 | 07:07:21.90 | 9:29 | 6.3 |
| 402 | LEWARDOWSKI KONRAD | 5689 | KTB KUNY | POZNAŃ | POL | WETERAN I M - 50 | 30 | M 305 | 00:01:38 | 01:45:02 | 03:40:31 | 05:30:11 | 07:07:29.65 | 07:07:29.65 | 9:29 | 6.3 |

## ZŁOTY MARATON - 45 KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0km | 10km | 22km | 33km | Netto | Brutto | min/km | km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 403 | GŁOWACKI RADOSŁAW | 5363 | | DOPIEWIEC | POL | SENIOR I M - 20 | 25 | M 306 | 00:01:55 | 01:35:10 | 03:29:31 | 05:34:07 | 07:07:53.55 | 07:07:53.55 | 9:30 | 6.3 |
| 404 | BANASZCZAK DAWID | 5362 | | JAWORZYNA ŚLĄSKA | POL | SENIOR II M - 30 | 116 | M 307 | 00:01:31 | 01:31:10 | 03:18:02 | 05:40:31 | 07:08:01.75 | 07:08:01.75 | 9:30 | 6.3 |
| 405 | KOBIERECKA MONIKA | 5367 | | GRODZIEC | POL | MASTERS K - 40 | 45 | K 98 | 00:00:31 | 01:32:39 | 03:37:44 | 05:35:19 | 07:08:23.30 | 07:08:23.30 | 9:31 | 6.3 |
| 406 | PIETRZAK KRZYSZTOF | 5018 | BIEGAMBOLUBIĘ - GORZÓW | GORZÓW WIELKOPOLSKI | POL | SENIOR II M - 30 | 117 | M 308 | 00:02:19 | 01:44:57 | 03:42:19 | 05:34:26 | 07:08:59.55 | 07:08:59.55 | 9:31 | 6.3 |
| 407 | CZYŻ BARBARA | 5194 | | KRAKÓW | POL | SENIOR II K - 30 | 44 | K 99 | 00:02:08 | 01:46:46 | 03:45:05 | 05:36:51 | 07:09:12.25 | 07:09:12.25 | 9:32 | 6.3 |
| 408 | JASKÓLSKA-PIETRZYK KINGA | 5155 | BIEGOWA KUŹNIA | BĘDZIN | POL | MASTERS K - 40 | 46 | K 100 | 00:02:20 | 01:45:05 | 03:47:13 | 05:44:52 | 07:09:15.20 | 07:09:15.20 | 9:32 | 6.3 |
| 409 | OLEJNIK ILONA | 5441 | ZGZB | ZIELONA GÓRA | POL | WETERAN K - 50 | 3 | K 101 | 00:02:12 | 01:51:31 | 03:52:03 | 05:36:49 | 07:09:43.40 | 07:09:43.40 | 9:32 | 6.3 |
| 410 | SZCZODRZYŃSKA KASIA | 5590 | | POZNAŃ | POL | MASTERS K - 40 | 47 | K 102 | 00:02:38 | 01:46:54 | 03:45:59 | 05:36:40 | 07:11:54.55 | 07:11:54.55 | 9:35 | 6.3 |
| 411 | BANASZEK URSZULA | 5469 | NIGHT RUNNERS WROCŁAW | WROCŁAW | POL | MASTERS K - 40 | 48 | K 103 | 00:01:58 | 01:49:47 | 03:49:32 | 05:38:11 | 07:12:01.80 | 07:12:01.80 | 9:36 | 6.2 |
| 412 | JAKUBOWSKA NATASZA | 5173 | | WIDZISZEWO | POL | SENIOR II K - 30 | 45 | K 104 | 00:01:06 | 01:37:08 | 03:48:04 | 05:33:27 | 07:13:11.30 | 07:13:11.30 | 9:37 | 6.2 |
| 413 | JAKUBOWSKI PRZEMYSŁAW | 5171 | | WIDZISZEWO | POL | MASTERS M - 40 | 133 | M 309 | 00:01:06 | 01:37:08 | 03:48:04 | 05:38:23 | 07:13:12.00 | 07:13:12.00 | 9:37 | 6.2 |
| 414 | TERETYKA DOROTA | 5558 | | KAMIONKI | POL | MASTERS K - 40 | 49 | K 105 | 00:01:34 | 01:46:11 | 03:49:29 | 05:41:01 | 07:13:22.95 | 07:13:22.95 | 9:37 | 6.2 |
| 415 | WALIGÓRA ALEKSANDRA | 5404 | NIAGARA FITNESS KLUB KOORDYNACJI | RAKONIEWICE | POL | SENIOR II K - 30 | 46 | K 106 | 00:02:34 | 01:49:46 | 03:49:31 | 05:41:01 | 07:13:23.05 | 07:13:23.05 | 9:37 | 6.2 |
| 416 | BUSZTA ROBERT | 5060 | | WARSZAWA | POL | WETERAN I M - 50 | 31 | M 310 | 00:05:03 | 01:44:37 | 03:45:40 | 05:46:28 | 07:13:23.25 | 07:13:23.25 | 9:37 | 6.2 |
| 417 | BUDZIŃSKI KRZYSZTOF | 5662 | STOWARZYSZENIE SPORTOWE FENIKS PRZY ELEKTROWNI OPOLE | OPOLE | POL | WETERAN I M - 50 | 32 | M 311 | 00:01:11 | 01:42:23 | 03:46:36 | 05:43:25 | 07:13:32.80 | 07:13:32.80 | 9:38 | 6.2 |
| 418 | WYSMOLIŃSKI JAN | 5479 | | OSIELSKO | POL | SENIOR I M - 20 | 26 | M 312 | 00:01:23 | 01:43:45 | 03:48:13 | 05:41:40 | 07:13:51.00 | 07:13:51.00 | 9:38 | 6.2 |
| 419 | TRZYSZCZYK JULIA | 5507 | | WIELKIE DROGI | POL | SENIOR I K - 20 | 8 | K 107 | 00:02:10 | 01:42:06 | 03:39:07 | 05:33:30 | 07:13:53.65 | 07:13:53.65 | 9:38 | 6.2 |
| 420 | DATA MAREK | 5646 | KUGUAR XTREME RUNNERS | KLETNO | POL | SENIOR II M - 30 | 118 | M 313 | 00:01:13 | 01:41:19 | 03:35:14 | 05:31:29 | 07:14:12.75 | 07:14:12.75 | 9:38 | 6.2 |
| 421 | DATA DARIUSZ | 5027 | KUGUAR XTREME RUNNERS | KLETNO | POL | WETERAN I M - 50 | 33 | M 314 | 00:01:12 | 01:41:18 | 03:36:27 | 05:31:28 | 07:14:13.15 | 07:14:13.15 | 9:38 | 6.2 |
| 422 | SZALBOT MAREK | 5230 | PORANNY BESKID RUN | CISOWNICA | POL | SENIOR II M - 30 | 119 | M 315 | 00:01:41 | 01:30:38 | 03:24:32 | 05:33:05 | 07:14:37.00 | 07:14:37.00 | 9:39 | 6.2 |
| 423 | KOWAL IRENEUSZ | 5072 | | LESZNO | POL | MASTERS M - 40 | 134 | M 316 | 00:00:15 | 01:33:16 | 03:41:22 | 05:40:31 | 07:14:41.30 | 07:14:41.30 | 9:39 | 6.2 |
| 424 | SZYSZKO EWA | 5573 | MARKOWI BIEGACZE | MARKI | POL | MASTERS K - 40 | 50 | K 108 | 00:00:29 | 01:42:53 | 03:44:05 | 05:38:47 | 07:14:43.10 | 07:14:43.10 | 9:39 | 6.2 |
| 425 | WIĘCKOWSKI TOMASZ | 5373 | ORANGE POLSKA | OBORNIKI ŚLĄSKIE | POL | WETERAN I M - 50 | 34 | M 317 | 00:00:50 | 01:43:05 | 04:09:18 | 05:44:34 | 07:15:11.45 | 07:15:11.45 | 9:40 | 6.2 |
| 426 | KOCZOROWSKA ANNA | 5421 | TEAM ZABIEGANEDNI | RADIÓWEK | POL | MASTERS K - 40 | 51 | K 109 | 00:02:27 | 01:43:53 | 03:41:59 | 05:35:30 | 07:15:25.60 | 07:15:25.60 | 9:40 | 6.2 |
| 427 | KOCZOROWSKI MARCIN | 5420 | TEAM ZABIEGANEDNI | RADIÓWEK | POL | MASTERS M - 40 | 135 | M 318 | 00:02:28 | 01:43:54 | 03:41:58 | 05:35:29 | 07:15:25.65 | 07:15:25.65 | 9:40 | 6.2 |
| 428 | FILUT TOMASZ | 5503 | | POZNAŃ | POL | MASTERS M - 40 | 136 | M 319 | 00:02:14 | 01:37:26 | 03:43:53 | 05:40:50 | 07:16:06.45 | 07:16:06.45 | 9:41 | 6.2 |
| 429 | MARCINIAK PAULINA | 5291 | | GLIWICE | POL | SENIOR II K - 30 | 47 | K 110 | 00:01:28 | 01:46:35 | 03:54:05 | 05:41:10 | 07:16:18.50 | 07:16:18.50 | 9:41 | 6.2 |
| 430 | KĄDZIOŁKA JAN | 5414 | K2 | GLIWICE | POL | WETERAN I M - 50 | 35 | M 320 | 00:01:46 | 01:42:35 | 03:46:09 | 05:45:55 | 07:16:58.60 | 07:16:58.60 | 9:42 | 6.2 |
| 431 | ZACZYŃSKA DAGMARA | 5211 | ALSTOM KATOWICE | BYTOM | POL | SENIOR II K - 30 | 48 | K 111 | 00:01:15 | 01:43:49 | 03:44:50 | 05:38:27 | 07:17:27.35 | 07:17:27.35 | 9:43 | 6.2 |
| 432 | SIEPIELSKI DAMIAN | 5080 | SOLETANCHE POLSKA | NOWA WOLA | POL | SENIOR II M - 30 | 120 | M 321 | 00:00:11 | 01:30:09 | 03:32:55 | 05:31:10 | 07:17:43.15 | 07:17:43.15 | 9:43 | 6.2 |
| 433 | FASZCZA AGNIESZKA | 5221 | MARATOŃCZYK POZNAŃ | POZNAŃ | POL | SENIOR II K - 30 | 49 | K 112 | 00:00:37 | 01:44:28 | 03:50:21 | 05:41:24 | 07:17:46.30 | 07:17:46.30 | 9:43 | 6.2 |
| 434 | KAMIONKA ANDRZEJ | 5635 | 14 ZBOT/141BLP | SZCZECIN | POL | SENIOR II M - 30 | 121 | M 322 | 00:01:35 | 01:34:47 | 03:38:54 | 05:43:09 | 07:18:10.55 | 07:18:10.55 | 9:44 | 6.2 |
| 435 | POMIANOWSKA ANNA | 5599 | | WRONKI | POL | MASTERS K - 40 | 52 | K 113 | 00:01:58 | 01:45:22 | 03:51:31 | 05:44:49 | 07:18:46.85 | 07:18:46.85 | 9:45 | 6.2 |
| 436 | KOZAK BARTOSZ | 5128 | KOZAKI | DŁUGOŁĘKA | POL | MASTERS M - 40 | 137 | M 323 | 00:00:47 | 01:35:09 | 03:35:44 | 05:48:18 | 07:18:47.20 | 07:18:47.20 | 9:45 | 6.2 |
| 437 | GIEŁAŻYS TOMEK | 5148 | JAROSŁAW JAKIMOWICZ KATALIZATORY RUNNING TEAM | KRAKÓW | POL | SENIOR II M - 30 | 122 | M 324 | 00:02:35 | 01:41:06 | 03:40:43 | 05:47:53 | 07:19:06.40 | 07:19:06.40 | 9:45 | 6.1 |
| 438 | KOZAK EWA | 5129 | | DŁUGOŁĘKA | POL | MASTERS K - 40 | 53 | K 114 | 00:00:44 | 01:35:48 | 03:43:07 | 05:45:28 | 07:19:23.00 | 07:19:23.00 | 9:45 | 6.1 |
| 439 | PODBIELSKI KRYSTIAN | 5680 | OSPRO OCR TEAM | WARSZAWA | POL | MASTERS M - 40 | 138 | M 325 | 00:02:39 | 01:41:29 | 03:41:00 | 05:47:05 | 07:19:35.20 | 07:19:35.20 | 9:46 | 6.1 |
| 440 | SZYMCZAK TOMASZ | 5204 | PRATT & WHITNEY KALISZ | KALISZ | POL | WETERAN I M - 50 | 36 | M 326 | 00:00:49 | 01:39:32 | 03:46:13 | 05:42:12 | 07:19:53.75 | 07:19:53.75 | 9:46 | 6.1 |
| 441 | ŁOŚ KRZYSZTOF | 5007 | SBRT/BIEGUNI2022 | ŁOMIANKI DOLNE | POL | WETERAN II M - 60 | 5 | M 327 | 00:01:11 | 01:52:10 | 04:02:25 | 05:50:21 | 07:21:50.35 | 07:21:50.35 | 9:49 | 6.1 |
| 442 | PACIULON KRZYSZTOF | 5549 | | KARWIANY | POL | MASTERS M - 40 | 139 | M 328 | 00:02:01 | 01:36:33 | 03:39:54 | 05:44:16 | 07:22:27.75 | 07:22:27.75 | 9:49 | 6.1 |
| 443 | FRANKIEWICZ ŁUKASZ | 5145 | | SOSNOWIEC | POL | SENIOR II M - 30 | 123 | M 329 | 00:02:37 | 01:44:01 | 03:45:34 | 05:43:54 | 07:22:36.10 | 07:22:36.10 | 9:50 | 6.1 |
| 444 | TOMASZYK ELŻBIETA | 5426 | | POZNAŃ | POL | SENIOR II K - 30 | 50 | K 115 | 00:02:17 | 01:41:14 | 03:41:41 | 05:42:55 | 07:23:15.75 | 07:23:15.75 | 9:51 | 6.1 |
| 445 | KORBIK MIKOŁAJ | 5453 | | KOZIEGŁOWY | POL | SENIOR II M - 30 | 124 | M 330 | 00:02:17 | 01:41:12 | 03:41:41 | 05:42:56 | 07:23:15.75 | 07:23:15.75 | 9:51 | 6.1 |
| 446 | JURASZ ALEKSANDRA | 5097 | | KAMIENIEC ZĄBKOWICKI | POL | SENIOR II K - 30 | 51 | K 116 | 00:00:26 | 01:34:45 | 03:40:09 | 05:34:48 | 07:23:55.95 | 07:23:55.95 | 9:51 | 6.1 |
| 447 | SYNOWIEC GRZEGORZ | 5648 | | WROCŁAW | POL | MASTERS M - 40 | 140 | M 331 | 00:01:22 | 01:40:30 | 03:40:35 | 05:40:58 | 07:24:11.20 | 07:24:11.20 | 9:52 | 6.1 |
| 448 | KURBIEL SYLWIA | 5472 | SIEMIANOWICE I PRZYJACIELE BIEGAJĄ | SIEMIANOWICE ŚLĄSKIE | POL | MASTERS K - 40 | 54 | K 117 | 00:00:56 | 01:42:31 | 03:53:31 | 05:46:14 | 07:24:12.70 | 07:24:12.70 | 9:52 | 6.1 |
| 449 | BOJARSKA BEATA | 5152 | BW BIEGACZE WYMIATACZE | KRAKÓW | POL | SENIOR II K - 30 | 52 | K 118 | 00:00:16 | 01:43:13 | 03:52:23 | 05:44:29 | 07:24:27.30 | 07:24:27.30 | 9:52 | 6.1 |
| 450 | DOMAŃSKI PIOTR | 5166 | RUN DE GIRARD | MIĘDZYBORÓW | POL | MASTERS M - 40 | 141 | M 332 | 00:00:16 | 01:43:11 | 03:52:23 | 05:54:37 | 07:24:29.65 | 07:24:29.65 | 9:52 | 6.1 |
| 451 | ZARZECZNY RADOSŁAW | 5003 | JUNIOR AMATOR SUPERSTAR | KRAKÓW | POL | SENIOR II M - 30 | 125 | M 333 | 00:01:11 | 01:45:54 | 03:50:26 | 05:43:53 | 07:25:00.30 | 07:25:00.30 | 9:53 | 6.1 |

## ZŁOTY MARATON - 45 KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0km | 10km | 22km | 33km | Netto | Brutto | min/km | km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 452 | SAMBORSKA ANNA | 5620 | ROSSMANN | ŁÓDŹ | POL | SENIOR II K - 30 | 53 | K 119 | 00:01:59 | 01:48:06 | 03:49:46 | 05:46:26 | 07:25:03.25 | 07:25:03.25 | 9:53 | 6.1 |
| 453 | GRYGIER TOMASZ | 5530 | | OSIECZNA | POL | MASTERS M - 40 | 142 | M 334 | 00:00:28 | 01:28:03 | 03:26:35 | 05:44:15 | 07:25:04.30 | 07:25:04.30 | 9:53 | 6.1 |
| 454 | BOBER SEBASTIAN | 5580 | SPORTOWY KAŹMIERZ | KAZMIERZ | POL | SENIOR I M - 20 | 27 | M 335 | 00:01:50 | 01:42:38 | 03:48:09 | 05:47:31 | 07:25:42.60 | 07:25:42.60 | 9:54 | 6.1 |
| 455 | SZYSZKOWSKI WŁODZIMIERZ | 5550 | DUKE NUKEM PRINCE OF WARSAW | WARSZAWA | POL | WETERAN I M - 50 | 37 | M 336 | 00:00:55 | 01:36:20 | 03:41:10 | 05:36:31 | 07:26:02.95 | 07:26:02.95 | 9:54 | 6.1 |
| 456 | OKULICZ ANITA | 5431 | MUD FOXES | BYDGOSZCZ | POL | SENIOR II K - 30 | 54 | K 120 | 00:00:21 | 01:40:53 | 03:47:14 | 05:51:07 | 07:26:06.00 | 07:26:06.00 | 9:54 | 6.1 |
| 457 | SZTURC KLAUDIA | 5518 | ING | JAWORZNO | POL | SENIOR II K - 30 | 55 | K 121 | 00:00:01 | 01:49:49 | 04:00:31 | 05:52:55 | 07:27:00.55 | 07:27:00.55 | 9:56 | 6 |
| 458 | SZOPA GRZEGORZ | 5183 | | ZAWIERCIE | POL | WETERAN I M - 50 | 38 | M 337 | 00:00:30 | 01:37:29 | 03:46:05 | 05:47:03 | 07:27:06.85 | 07:27:06.85 | 9:56 | 6 |
| 459 | LISIECKI PRZEMYSLAW | 5542 | | ZAROW | POL | MASTERS M - 40 | 143 | M 338 | 00:01:38 | 01:31:08 | 03:24:51 | 05:47:53 | 07:27:11.15 | 07:27:11.15 | 9:56 | 6 |
| 460 | WŁODARCZYK PAWEŁ | 5063 | KB ODRA OPOLE | OPOLE | POL | MASTERS M - 40 | 144 | M 339 | 00:01:45 | 01:37:05 | 03:30:09 | 05:41:22 | 07:27:12.80 | 07:27:12.80 | 9:56 | 6 |
| 461 | MORAWSKA ANNA | 5084 | | WARSZAWA | POL | WETERAN II K - 60 | 2 | K 122 | 00:01:41 | 01:46:00 | 03:56:17 | 05:47:38 | 07:27:16.95 | 07:27:16.95 | 9:56 | 6 |
| 462 | DUDEK MARIUSZ | 5455 | | GOSTYŃ | POL | MASTERS M - 40 | 145 | M 340 | 00:00:01 | 01:33:24 | 03:38:58 | 05:46:09 | 07:27:33.45 | 07:27:33.45 | 9:56 | 6 |
| 463 | NIEMYT MICHAŁ | 5201 | 8A TEAM | KATOWICE | POL | SENIOR II M - 30 | 126 | M 341 | 00:01:42 | 01:40:55 | 03:36:13 | 05:58:06 | 07:27:35.00 | 07:27:35.00 | 9:56 | 6 |
| 464 | HUDZIAK-OWCZAREK EWA | 5448 | DZIKI BRZEG DOLNY | BRZEG DOLNY | POL | MASTERS K - 40 | 55 | K 123 | 00:01:00 | 01:41:09 | 03:45:37 | 05:47:00 | 07:27:38.10 | 07:27:38.10 | 9:56 | 6 |
| 465 | ADAMCZYK GRZEGORZ | 5374 | OŁAWSKA GRUPA BIEGOWA / TIM.PL | OŁAWA | POL | MASTERS M - 40 | 146 | M 342 | 00:01:29 | 01:40:29 | 03:48:30 | 05:51:54 | 07:27:55.85 | 07:27:55.85 | 9:57 | 6 |
| 466 | GROMADZKA JUSTYNA | 5574 | KOBIETY WATAHA | BYTOM | POL | MASTERS K - 40 | 56 | K 124 | 00:00:08 | 01:42:41 | 03:51:50 | 05:50:10 | 07:28:25.60 | 07:28:25.60 | 9:57 | 6 |
| 467 | BEDNARCZYK MAGDALENA | 5225 | BIEGOWA KUŹNIA | BĘDZIN | POL | MASTERS K - 40 | 57 | K 125 | 00:02:18 | 01:52:10 | 03:59:57 | 05:54:44 | 07:28:26.15 | 07:28:26.15 | 9:57 | 6 |
| 468 | BRZÓZKA NORBERT | 5612 | POGORIA BIEGA | DĄBROWA GÓRNICZA | POL | MASTERS M - 40 | 147 | M 343 | 00:02:19 | 01:52:11 | 03:59:58 | 05:54:44 | 07:28:26.30 | 07:28:26.30 | 9:57 | 6 |
| 469 | MROZOWSKA-KLAJNERT AGATA | 5520 | NIE PODDAM CIĘ | GDAŃSK OSOWA | POL | SENIOR II K - 30 | 56 | K 126 | 00:00:57 | 01:41:55 | 03:48:55 | 05:54:06 | 07:29:14.00 | 07:29:14.00 | 9:58 | 6 |
| 470 | LATOSIŃSKA KAMILA | 5690 | O-SOWA BIEGA | GDAŃSK | POL | SENIOR II K - 30 | 57 | K 127 | 00:00:57 | 01:41:53 | 03:48:55 | 05:47:49 | 07:29:14.45 | 07:29:14.45 | 9:58 | 6 |
| 471 | CZECH DOROTA | 5334 | ASICSFRONTRUNER POLAND | WROCŁAW | POL | MASTERS K - 40 | 58 | K 128 | 00:00:39 | 01:42:52 | 03:55:30 | 05:52:23 | 07:29:46.85 | 07:29:46.85 | 9:59 | 6 |
| 472 | JUSKOWIAK MIKOŁAJ | 5149 | WKURW_TEAM | LESZNO | POL | SENIOR II M - 30 | 127 | M 344 | 00:02:18 | 01:45:29 | 03:53:19 | 05:51:09 | 07:30:04.75 | 07:30:04.75 | 10:00 | 6 |
| 473 | STACHOWIAK MAGDA | 5653 | RUN TEAM RYDZYNA | RYDZYNA | POL | SENIOR II K - 30 | 58 | K 129 | 00:02:11 | 01:44:36 | 03:53:31 | 05:51:08 | 07:30:56.60 | 07:30:56.60 | 10:01 | 6 |
| 474 | KONIECZNY JUSTYNA | 5327 | NIGHT RUNNERS PYSKOWICE | PYSKOWICE | POL | SENIOR II K - 30 | 59 | K 130 | 00:00:53 | 01:44:00 | 03:54:22 | 05:52:11 | 07:31:25.90 | 07:31:25.90 | 10:01 | 6 |
| 475 | TYMOREK MACIEJ | 5398 | | WROCŁAW | POL | SENIOR II M - 30 | 128 | M 345 | 00:02:32 | 01:45:24 | 03:43:07 | 05:38:32 | 07:31:29.15 | 07:31:29.15 | 10:01 | 6 |
| 476 | GRABOWSKA ZUZANNA | 5460 | IZBICKO W BIEGU | KROŚNICA | POL | SENIOR I K - 20 | 9 | K 131 | 00:01:37 | 01:47:01 | 03:56:32 | 06:00:17 | 07:31:30.55 | 07:31:30.55 | 10:02 | 6 |
| 477 | ŁOJEWSKI MARIUSZ | 5011 | 1 BRYGADA LOGISTYCZNA | SOLEC KUJAWSKI | POL | MASTERS M - 40 | 148 | M 346 | 00:00:28 | 01:36:21 | 03:40:48 | 05:49:10 | 07:31:44.90 | 07:31:44.90 | 10:02 | 6 |
| 478 | WOŹNY KRZYSZTOF | 5636 | SPORTOWY KAŹMIERZ | KAŹMIERZ | POL | MASTERS M - 40 | 149 | M 347 | 00:01:50 | 01:42:05 | 03:38:01 | 05:43:02 | 07:32:37.40 | 07:32:37.40 | 10:03 | 6 |
| 479 | ZEIDLER ALEKSANDER | 5562 | MIRAZRACETEAM | ZABRZE | POL | MASTERS M - 40 | 150 | M 348 | 00:00:26 | 01:36:29 | 03:39:05 | 05:49:06 | 07:33:22.20 | 07:33:22.20 | 10:04 | 6 |
| 480 | HALESZCZUK TOMASZ | 5261 | PRO-RUN WROCŁAW | WROCŁAW | POL | MASTERS M - 40 | 151 | M 349 | 00:02:15 | 01:52:32 | 03:56:05 | 05:56:53 | 07:33:50.65 | 07:33:50.65 | 10:05 | 5.9 |
| 481 | BOŻKIEWICZ JACEK | 5341 | | MUROWANA GOŚLINA | POL | MASTERS M - 40 | 152 | M 350 | 00:00:34 | 01:43:01 | 03:55:23 | 05:55:19 | 07:34:01.10 | 07:34:01.10 | 10:05 | 5.9 |
| 482 | BOŻKIEWICZ PATRYCJA | 5338 | PIEKIELNIE ZGRANI/ WWW.AZYLBIEGACZA.PL | GŁĘBOCKO | POL | MASTERS K - 40 | 59 | K 132 | 00:00:33 | 01:43:00 | 03:55:26 | 05:55:31 | 07:34:01.35 | 07:34:01.35 | 10:05 | 5.9 |
| 483 | SIBIELAK TOMASZ | 5164 | BIEGOWA KUŹNIA | BĘDZIN | POL | MASTERS M - 40 | 153 | M 351 | 00:02:19 | 01:44:03 | 03:51:49 | 05:49:08 | 07:34:35.40 | 07:34:35.40 | 10:06 | 5.9 |
| 484 | LISOWSKI MACIEJ | 5332 | DESTYLATOR RUNNING TEAM | KIEŁCZÓW | POL | MASTERS M - 40 | 154 | M 352 | 00:02:22 | 01:41:46 | 03:39:02 | 06:00:50 | 07:34:38.55 | 07:34:38.55 | 10:06 | 5.9 |
| 485 | BAJER KAROL | 5266 | | LESZNO | POL | MASTERS M - 40 | 155 | M 353 | 00:02:37 | 01:44:58 | 03:54:15 | 05:55:08 | 07:35:11.35 | 07:35:11.35 | 10:06 | 5.9 |
| 486 | OLECH WITOLD | 5572 | | STRAŻÓW | POL | WETERAN I M - 50 | 39 | M 354 | 00:01:05 | 01:43:39 | 03:50:34 | 05:52:13 | 07:35:28.30 | 07:35:28.30 | 10:07 | 5.9 |
| 487 | SROKA LUCYNA | 5578 | | TRZEBOWNISKO | POL | MASTERS K - 40 | 60 | K 133 | 00:01:05 | 01:43:40 | 03:50:32 | 05:52:10 | 07:35:28.55 | 07:35:28.55 | 10:07 | 5.9 |
| 488 | ŚLUSAREK GRZEGORZ | 5387 | | GOŁUSKI | POL | MASTERS M - 40 | 156 | M 355 | 00:01:31 | 01:48:56 | 03:56:45 | 05:58:22 | 07:35:35.00 | 07:35:35.00 | 10:07 | 5.9 |
| 489 | OCHREMIAK JĘDRZEJ | 5125 | | WARSZAWA | POL | SENIOR II M - 30 | 129 | M 356 | 00:01:30 | 01:37:28 | 03:42:39 | 05:49:50 | 07:35:35.55 | 07:35:35.55 | 10:07 | 5.9 |
| 490 | GĄSIOR PAWEŁ | 5135 | ROZBIEGANY SUSZ | SUSZ | POL | SENIOR II M - 30 | 130 | M 357 | 00:01:44 | 01:43:50 | 03:46:12 | 05:49:19 | 07:35:36.40 | 07:35:36.40 | 10:07 | 5.9 |
| 491 | BEREZIUK MICHAŁ | 5588 | | DZIEWIĘTLICE | POL | MASTERS M - 40 | 157 | M 358 | 00:02:40 | 01:38:03 | 03:30:45 | 05:45:00 | 07:35:53.55 | 07:35:53.55 | 10:07 | 5.9 |
| 492 | JOŃCZYK JERZY | 5248 | TUP TUP | LĄDEK ZDRÓJ | POL | WETERAN I M - 50 | 40 | M 359 | 00:01:34 | 01:44:15 | 03:57:18 | 05:59:35 | 07:36:18.60 | 07:36:18.60 | 10:08 | 5.9 |
| 493 | TASZAREK EWA | 5487 | | ROKIETNICA | POL | MASTERS K - 40 | 61 | K 134 | 00:01:22 | 01:46:42 | 04:07:38 | 06:04:28 | 07:36:33.70 | 07:36:33.70 | 10:08 | 5.9 |
| 494 | ZARANEK BARBARA | 5105 | KĘSY TEAM | KOWANÓWKO | POL | WETERAN K - 50 | 4 | K 135 | 00:02:35 | 01:54:18 | 04:05:07 | 05:58:31 | 07:36:56.85 | 07:36:56.85 | 10:09 | 5.9 |
| 495 | TALAR ZENON | 5036 | KĘSY TEAM | DĄBRÓWKA LEŚNA | POL | WETERAN II M - 60 | 6 | M 360 | 00:02:35 | 01:54:17 | 04:04:46 | 05:58:39 | 07:36:57.10 | 07:36:57.10 | 10:09 | 5.9 |
| 496 | JANKOWSKA BARBARA | 5642 | | POZNAŃ | POL | MASTERS K - 40 | 62 | K 136 | 00:01:16 | 02:00:22 | 04:25:17 | 06:10:07 | 07:37:03.00 | 07:37:03.00 | 10:09 | 5.9 |
| 497 | BUGAJNY DAMIAN | 5394 | SUPERMARATON KALISZ | KALISZ | POL | MASTERS M - 40 | 158 | M 361 | 00:01:44 | 01:37:18 | 03:37:21 | 05:51:37 | 07:37:04.15 | 07:37:04.15 | 10:09 | 5.9 |
| 498 | KĘDZIA EDYTA | 5296 | | GDAŃSK | POL | WETERAN K - 50 | 5 | K 137 | 00:02:17 | 01:55:45 | 04:10:56 | 06:01:19 | 07:37:09.35 | 07:37:09.35 | 10:09 | 5.9 |
| 499 | CHUDA JOANNA | 5412 | | POZNAŃ | AFG | SENIOR II K - 30 | 60 | K 138 | 00:01:30 | 01:42:24 | 03:48:39 | 06:01:12 | 07:39:12.80 | 07:39:12.80 | 10:12 | 5.9 |
| 500 | SWĘDZIOŁ MONIKA | 5489 | W POGONI ZA DUCHEM | SOSNOWIEC | POL | SENIOR II K - 30 | 61 | K 139 | 00:01:56 | 01:52:40 | 04:02:24 | 06:05:20 | 07:40:53.70 | 07:40:53.70 | 10:14 | 5.9 |
| 501 | LACH AGNIESZKA | 5533 | | WROCŁAW | POL | MASTERS K - 40 | 63 | K 140 | 00:00:32 | 01:41:51 | 03:54:58 | 06:01:57 | 07:40:55.60 | 07:40:55.60 | 10:14 | 5.9 |
| 502 | KUBICA ANNA | 5313 | | POZNAŃ | POL | SENIOR II K - 30 | 62 | K 141 | 00:00:54 | 01:37:03 | 03:49:33 | 05:51:46 | 07:41:06.85 | 07:41:06.85 | 10:14 | 5.9 |

## ZŁOTY MARATON - 45 KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0km | 10km | 22km | 33km | Netto | Brutto | min/km | km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 503 | GAJEWSKI PAWEŁ | 5663 | BEAUTY SPORT | ŁÓDŹ | POL | WETERAN I M - 50 | 41 | M 362 | 00:01:47 | 01:53:01 | 04:14:59 | 06:06:34 | 07:41:46.25 | 07:41:46.25 | 10:15 | 5.8 |
| 504 | GAJEWSKA MAGDALENA | 5649 | | ŁÓDŹ | POL | WETERAN K - 50 | 6 | K 142 | 00:01:47 | 01:53:14 | 04:07:29 | 06:06:34 | 07:41:46.60 | 07:41:46.60 | 10:15 | 5.8 |
| 505 | CZARNOTA DOROTA | 5273 | WYBIEGAJ SIEBIE | LEGIONOWO | POL | MASTERS K - 40 | 64 | K 143 | 00:00:45 | 01:37:56 | 03:52:53 | 05:48:52 | 07:41:48.60 | 07:41:48.60 | 10:15 | 5.8 |
| 506 | SZUMNY PAWEŁ | 5053 | | JÓZEFÓW | POL | SENIOR II M - 30 | 131 | M 363 | 00:01:38 | 01:36:24 | 03:42:45 | 05:54:46 | 07:42:39.20 | 07:42:39.20 | 10:16 | 5.8 |
| 507 | CZAJKA PIOTR | 5279 | CZAJKI | WARSZAWA | POL | WETERAN I M - 50 | 42 | M 364 | 00:02:01 | 01:45:20 | 03:59:46 | 05:58:23 | 07:42:44.70 | 07:42:44.70 | 10:16 | 5.8 |
| 508 | OCHLIŃSKI TOMASZ | 5287 | JARACZEWO BIEGA | JARACZEWO | POL | WETERAN I M - 50 | 43 | M 365 | 00:00:01 | | 03:45:27 | 05:54:35 | 07:42:49.85 | 07:42:49.85 | 10:17 | 5.8 |
| 509 | ZIEMBIŃSKA-BUCZYŃSKA ALEKSANDRA | 5477 | COMPANIEROS ASFALT TEAM | GLIWICE | POL | MASTERS K - 40 | 65 | K 144 | 00:02:33 | 01:52:40 | 04:07:29 | 06:08:01 | 07:43:51.90 | 07:43:51.90 | 10:18 | 5.8 |
| 510 | LEKS-MASZKOWSKA RYSZARDA | 5343 | OBORYBENI | LUBNÓW | POL | MASTERS K - 40 | 66 | K 145 | 00:00:48 | 01:43:04 | 04:09:18 | 06:06:56 | 07:43:58.60 | 07:43:58.60 | 10:18 | 5.8 |
| 511 | SAVVA XENOPHON | 5665 | DRO.ME.A | POZNAN | POL | MASTERS M - 40 | 159 | M 366 | 00:02:30 | 01:48:01 | 04:08:23 | 06:02:43 | 07:44:11.90 | 07:44:11.90 | 10:18 | 5.8 |
| 512 | GAWLE KATARZYNA | 5424 | MARATOŃCZYK DĘBICA | ŻYRAKÓW | POL | MASTERS K - 40 | 67 | K 146 | 00:00:09 | 01:41:45 | 04:01:40 | 06:03:58 | 07:45:57.20 | 07:45:57.20 | 10:21 | 5.8 |
| 513 | GAWLE MIROSŁAW | 5423 | MARATOŃCZYK DĘBICA | ZAWIERZBIE | POL | MASTERS M - 40 | 160 | M 367 | 00:00:09 | 01:41:45 | 04:01:39 | 06:04:00 | 07:45:57.30 | 07:45:57.30 | 10:21 | 5.8 |
| 514 | KOWALEWSKA ANNA | 5062 | | ŚWIDNICA | POL | MASTERS K - 40 | 68 | K 147 | 00:01:12 | 01:44:28 | 03:58:05 | 06:01:39 | 07:46:30.30 | 07:46:30.30 | 10:22 | 5.8 |
| 515 | JACHYMEK ROBERT | 5619 | TEAM ZABIEGANEDNI | WARSZAWA | POL | MASTERS M - 40 | 161 | M 368 | 00:02:29 | 01:43:52 | 03:40:32 | 05:45:59 | 07:46:37.75 | 07:46:37.75 | 10:22 | 5.8 |
| 516 | JEDYNAK-DOROSZ IZABELA | 5467 | KB MANIAC POZNAŃ | TULCE | POL | MASTERS K - 40 | 69 | K 148 | 00:00:43 | 01:49:39 | 04:06:25 | 06:02:26 | 07:46:39.15 | 07:46:39.15 | 10:22 | 5.8 |
| 517 | KANIOWSKI WOJCIECH | 5583 | | CZESTOCHOWA | POL | WETERAN I M - 50 | 44 | M 369 | 00:01:03 | 01:41:27 | 04:01:09 | 06:11:40 | 07:46:41.10 | 07:46:41.10 | 10:22 | 5.8 |
| 518 | MAJEROWSKA MAGDALENA | 5595 | | WOLSZTYN | POL | SENIOR II K - 30 | 63 | K 149 | 00:02:33 | 01:53:11 | 04:12:51 | 06:08:57 | 07:47:34.80 | 07:47:34.80 | 10:23 | 5.8 |
| 519 | CHŁĄDZYŃSKI PIOTR | 5323 | | WROCŁAW | POL | WETERAN I M - 50 | 45 | M 370 | 00:02:18 | 01:43:43 | 03:46:06 | 05:51:05 | 07:48:27.90 | 07:48:27.90 | 10:24 | 5.8 |
| 520 | SIKORSKA AGNIESZKA | 5473 | | WARSZAWA | POL | SENIOR II K - 30 | 64 | K 150 | 00:02:36 | 01:55:55 | 04:15:08 | 06:10:44 | 07:48:48.50 | 07:48:48.50 | 10:25 | 5.8 |
| 521 | MARCINIAK GRAŻYNA | 5435 | | KATOWICE | POL | SENIOR II K - 30 | 65 | K 151 | 00:01:28 | 01:48:15 | 04:03:27 | 06:02:48 | 07:49:03.85 | 07:49:03.85 | 10:25 | 5.8 |
| 522 | KALINOWSKA PATRYCJA | 5061 | | SOLEC KUJAWSKI | POL | SENIOR II K - 30 | 66 | K 152 | 00:01:53 | 01:45:56 | 04:03:14 | 06:02:48 | 07:49:05.70 | 07:49:05.70 | 10:25 | 5.8 |
| 523 | HELIŃSKI JACEK | 5307 | DZIKIE ŻYCIE RUN TEAM | KROSNO | POL | WETERAN I M - 50 | 46 | M 371 | 00:00:35 | 01:35:37 | 03:55:02 | 06:11:41 | 07:49:12.10 | 07:49:12.10 | 10:25 | 5.8 |
| 524 | GWORYS KATARZYNA | 5100 | ZRYW PARZYMIECHY | KLEŚNISKA | POL | MASTERS K - 40 | 70 | K 153 | 00:00:21 | 01:44:49 | 04:00:33 | 06:04:37 | 07:49:17.75 | 07:49:17.75 | 10:25 | 5.8 |
| 525 | GWORYS KRZYSZTOF | 5102 | ZRYW PARZYMIECHY | KLEŚNISKA | POL | MASTERS M - 40 | 162 | M 372 | 00:00:22 | 01:44:49 | 04:00:32 | 06:04:38 | 07:49:17.85 | 07:49:17.85 | 10:25 | 5.8 |
| 526 | GRUCHOT MAŁGORZATA | 5461 | WIECZORNE BIEGANIE W OPOLU | GOGOLIN | POL | MASTERS K - 40 | 71 | K 154 | 00:01:09 | 01:42:26 | 03:51:26 | 05:58:20 | 07:49:35.15 | 07:49:35.15 | 10:26 | 5.7 |
| 527 | BEDNARSKI KRZYSZTOF | 5658 | KLUCZBORSKA GRUPA BIEGOWA | KLUCZBORK | POL | WETERAN I M - 50 | 47 | M 373 | 00:01:07 | 01:43:48 | 03:55:44 | 06:04:50 | 07:50:51.90 | 07:50:51.90 | 10:27 | 5.7 |
| 528 | KOCHAN PIOTR | 5159 | KOCHANY TEAM | KOBYŁKA | POL | MASTERS M - 40 | 163 | M 374 | 00:02:27 | 01:57:09 | 04:03:36 | 06:02:46 | 07:51:00.35 | 07:51:00.35 | 10:28 | 5.7 |
| 529 | LECH MARCIN | 5039 | NOA | WROCŁAW | POL | SENIOR II M - 30 | 132 | M 375 | 00:01:51 | 01:43:55 | 03:56:23 | 06:04:06 | 07:51:15.75 | 07:51:15.75 | 10:28 | 5.7 |
| 530 | PIETRZAK AGNIESZKA | 5275 | BIEGAJĄCE KREJZOLE | POZNAŃ | POL | MASTERS K - 40 | 72 | K 155 | 00:00:46 | 01:45:00 | 03:57:04 | 06:05:01 | 07:51:55.90 | 07:51:55.90 | 10:29 | 5.7 |
| 531 | AKKERMAN BERBER | 5405 | FRYSMAN | WOMMELS | NED | MASTERS K - 40 | 73 | K 156 | 00:00:42 | 01:42:22 | 03:54:43 | 06:05:48 | 07:53:13.90 | 07:53:13.90 | 10:30 | 5.7 |
| 532 | WYSMOLINSKA KAROLINA | 5471 | | BIERNATKI | POL | MASTERS K - 40 | 74 | K 157 | 00:01:15 | 01:47:19 | 04:09:32 | 06:13:25 | 07:53:54.85 | 07:53:54.85 | 10:31 | 5.7 |
| 533 | KARDAS PIOTR | 5240 | | GÓRA | POL | WETERAN I M - 50 | 48 | M 376 | 00:01:23 | 01:39:34 | 03:46:53 | 06:07:04 | 07:54:19.15 | 07:54:19.15 | 10:32 | 5.7 |
| 534 | SAMOLAK ŁUKASZ | 5213 | | LĄDEK ZDRÓJ | POL | MASTERS M - 40 | 164 | M 377 | 00:02:46 | 01:41:05 | 03:51:09 | 06:01:26 | 07:54:27.00 | 07:54:27.00 | 10:32 | 5.7 |
| 535 | HAGEL JULITA | 5103 | | LUBIN | POL | MASTERS K - 40 | 75 | K 158 | 00:01:15 | 01:44:12 | 04:09:00 | | 07:54:51.00 | 07:54:51.00 | 10:33 | 5.7 |
| 536 | BĄK BOGDAN | 5443 | | DĘBNO | POL | WETERAN I M - 50 | 49 | M 378 | 00:01:54 | 01:41:11 | 03:50:29 | 06:01:31 | 07:55:15.80 | 07:55:15.80 | 10:33 | 5.7 |
| 537 | NOWICKA KATARZYNA | 5515 | | JAWORZNO | POL | SENIOR II K - 30 | 67 | K 159 | 00:02:11 | 01:41:57 | | | 08:00:13.00 | 08:00:13.00 | 10:40 | 5.6 |
| 538 | DEMCZAR JACEK | 5112 | | TRZCIANKA | POL | WETERAN I M - 50 | 50 | M 379 | 00:01:59 | 01:49:57 | 04:09:46 | 06:16:24 | 08:00:14.05 | 08:00:14.05 | 10:40 | 5.6 |
| 539 | CHORĄŻY ŁUKASZ | 5336 | | DOBROSZYCE | POL | SENIOR II M - 30 | 133 | M 380 | 00:00:59 | 01:37:56 | 03:43:08 | 05:55:30 | 08:00:29.35 | 08:00:29.35 | 10:40 | 5.6 |
| 540 | PIECUCH MAŁGORZATA | 5013 | | PRZEWORSK | POL | WETERAN II K - 60 | 3 | K 160 | 00:02:14 | 01:52:17 | 04:11:30 | 06:20:05 | 08:00:59.95 | 08:00:59.95 | 10:41 | 5.6 |
| 541 | BĄCZEK AGATA | 5552 | | ZAWIERCIE | POL | MASTERS K - 40 | 76 | K 161 | 00:02:24 | 01:52:38 | 04:10:26 | 06:17:14 | 08:01:53.40 | 08:01:53.40 | 10:42 | 5.6 |
| 542 | MĘTLAK MAŁGORZATA | 5634 | | ZAWIERCIE | POL | SENIOR I K - 20 | 10 | K 162 | 00:02:24 | 01:52:38 | 04:10:25 | 06:17:15 | 08:01:53.70 | 08:01:53.70 | 10:42 | 5.6 |
| 543 | KOTWICA ANDRZEJ | 5086 | SMOLECKA ZADYSZKA | SMOLEC | POL | MASTERS M - 40 | 165 | M 381 | 00:01:32 | 01:36:25 | 03:35:15 | 06:07:28 | 08:01:59.05 | 08:01:59.05 | 10:42 | 5.6 |
| 544 | PYTEL ROMAN | 5143 | IZBICKO W BIEGU | OTMICE | POL | MASTERS M - 40 | 166 | M 382 | 00:01:37 | 01:52:24 | 04:12:08 | 06:21:58 | 08:02:38.40 | 08:02:38.40 | 10:43 | 5.6 |
| 545 | ZGÓRSKI MACIEJ | 5057 | WKURW_TEAM | BYDGOSZCZ | POL | MASTERS M - 40 | 167 | M 383 | 00:01:40 | 01:50:40 | 04:12:11 | 06:18:54 | 08:02:42.40 | 08:02:42.40 | 10:43 | 5.6 |
| 546 | MICHALIK KAMILA | 5239 | | PROCHOWICE | POL | SENIOR I K - 20 | 11 | K 163 | 00:02:04 | 01:46:33 | 04:04:11 | 06:09:35 | 08:04:23.55 | 08:04:23.55 | 10:45 | 5.6 |
| 547 | PŁOCIŃSKI NORBERT | 5325 | | CHOJNÓW | POL | SENIOR I M - 20 | 28 | M 384 | 00:02:05 | 01:46:34 | 04:04:11 | 06:09:36 | 08:04:24.25 | 08:04:24.25 | 10:45 | 5.6 |
| 548 | POPCZYK PIOTR | 5065 | ZATYRANI GRATISOWNIA.PL GMINA PILCHOWICE | ŻERNICA | AFG | MASTERS M - 40 | 168 | M 385 | 00:02:38 | 01:55:46 | 04:16:44 | 06:21:31 | 08:05:04.50 | 08:05:04.50 | 10:46 | 5.6 |
| 549 | BURGHARDT RENATA | 5395 | KB HERMES | GRYFINO | POL | WETERAN K - 50 | 7 | K 164 | 00:02:21 | 01:54:20 | 04:11:48 | 06:20:56 | 08:06:47.95 | 08:06:47.95 | 10:49 | 5.5 |
| 550 | MAKOWSKI DARIUSZ | 5216 | KM TEAM | CHOJNA | POL | WETERAN I M - 50 | 51 | M 386 | 00:02:21 | 01:54:20 | 04:11:49 | 06:21:59 | 08:06:57.20 | 08:06:57.20 | 10:49 | 5.5 |
| 551 | KORYBUT-BARSKA ANNA | 5123 | | WROCŁAW | POL | MASTERS K - 40 | 77 | K 165 | 00:01:13 | 01:50:03 | 04:13:31 | 06:19:57 | 08:06:58.05 | 08:06:58.05 | 10:49 | 5.5 |
| 552 | SZCZEPANIAK MARTA | 5207 | | WROCŁAW | POL | MASTERS K - 40 | 78 | K 166 | 00:01:13 | 01:50:06 | 04:13:31 | 06:19:57 | 08:07:14.35 | 08:07:14.35 | 10:49 | 5.5 |
| 553 | JANKOWIAK KASIA | 5401 | ORANGE POLSKA | PUSZCZYKOWO | POL | MASTERS K - 40 | 79 | K 167 | 00:01:35 | 01:47:58 | 04:08:36 | 06:10:40 | 08:08:09.65 | 08:08:09.65 | 10:50 | 5.5 |
| 554 | DWORZAŃSKA ANNA | 5348 | MARATOŃCZYK POZNAŃ | POZNAŃ | POL | SENIOR II K - 30 | 68 | K 168 | 00:00:38 | 01:45:26 | 04:09:32 | 06:22:38 | 08:08:17.75 | 08:08:17.75 | 10:51 | 5.5 |
| 555 | MROZIŃSKI ALBERT | 5377 | | ALEKSNADRÓW ŁÓDZKI | POL | MASTERS M - 40 | 169 | M 387 | 00:01:04 | 01:44:10 | 04:16:37 | 06:24:34 | 08:08:29.85 | 08:08:29.85 | 10:51 | 5.5 |

## ZŁOTY MARATON - 45 KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0km | 10km | 22km | 33km | Netto | Brutto | min/km | km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 556 | MROZIŃSKA RENATA | 5378 | | ALEKSNADRÓW ŁÓDZKI | POL | MASTERS K - 40 | 80 | K 169 | 00:01:03 | 01:49:45 | 04:16:38 | 06:24:33 | 08:08:29.90 | 08:08:29.90 | 10:51 | 5.5 |
| 557 | ZACZYŃSKI MARIUSZ | 5052 | | LUBIN | POL | SENIOR II M - 30 | 134 | M 388 | 00:02:37 | | 03:50:36 | 06:17:23 | 08:09:00.50 | 08:09:00.50 | 10:52 | 5.5 |
| 558 | GRABOWIECKA MARTA | 5134 | NULL | ZIELONA GÓRA | POL | MASTERS K - 40 | 81 | K 170 | 00:02:10 | 01:53:49 | 04:20:50 | 06:30:07 | 08:09:53.90 | 08:09:53.90 | 10:53 | 5.5 |
| 559 | BOGACKA ANETA | 5150 | ZIELONA GÓRO ZACZNIJ BIEGAĆ | ZIELONA GÓRA | POL | SENIOR II K - 30 | 69 | K 171 | 00:02:10 | 01:53:50 | 04:20:51 | 06:30:08 | 08:09:54.70 | 08:09:54.70 | 10:53 | 5.5 |
| 560 | BARTKIEWICZ HALINA | 5064 | | ZIELONA GÓRA | POL | MASTERS K - 40 | 82 | K 172 | 00:02:12 | 01:53:48 | 04:22:12 | 06:30:10 | 08:09:55.95 | 08:09:55.95 | 10:53 | 5.5 |
| 561 | PYZIO MAGDALENA | 5317 | | KOMORNIKI | POL | SENIOR II K - 30 | 70 | K 173 | 00:02:02 | 01:51:37 | 04:12:06 | 06:24:09 | 08:10:32.25 | 08:10:32.25 | 10:54 | 5.5 |
| 562 | KAŁŁAUR KRZYSZTOF | 5358 | | WARSZAWA | POL | SENIOR II M - 30 | 135 | M 389 | 00:01:26 | 01:55:35 | 03:58:18 | 06:10:04 | 08:10:34.75 | 08:10:34.75 | 10:54 | 5.5 |
| 563 | KAMIŃSKI MAREK | 5418 | KLUB BIEGACZA STRZELIN | STRZELIN | POL | SENIOR II M - 30 | 136 | M 390 | 00:02:32 | 01:52:28 | 04:13:48 | 06:22:27 | 08:10:36.70 | 08:10:36.70 | 10:54 | 5.5 |
| 564 | KEGEL ZBIGNIEW | 5684 | PIĄTKOWO NA BIEGOWO | POZNAŃ | POL | WETERAN II M - 60 | 7 | M 391 | 00:02:04 | 01:55:44 | 04:18:44 | 06:23:39 | 08:11:41.90 | 08:11:41.90 | 10:55 | 5.5 |
| 565 | WALKOWIAK MAREK | 5264 | PECNA TEAM | PECNA | POL | MASTERS M - 40 | 170 | M 392 | 00:00:44 | 01:42:29 | 04:04:30 | 06:17:39 | 08:12:54.35 | 08:12:54.35 | 10:57 | 5.5 |
| 566 | KOŁDA HALINA | 5294 | BORKOWSKI TEAM /PCH_RUN | CHODZIEŻ | POL | WETERAN II K - 60 | 4 | K 174 | 00:01:15 | 01:55:32 | 04:21:18 | 06:29:25 | 08:13:12.00 | 08:13:12.00 | 10:57 | 5.5 |
| 567 | RUBINOWSKI JAREK | 5304 | | STARGARD | POL | MASTERS M - 40 | 171 | M 393 | 00:01:18 | 01:55:33 | 04:20:43 | 06:29:20 | 08:13:12.10 | 08:13:12.10 | 10:57 | 5.5 |
| 568 | KONIECZNY JACEK | 5326 | NIGHT RUNNERS PYSKOWICE | PYSKOWICE | POL | MASTERS M - 40 | 172 | M 394 | 00:00:48 | 01:55:47 | 04:10:26 | 06:18:46 | 08:14:12.50 | 08:14:12.50 | 10:58 | 5.5 |
| 569 | KAMIŃSKA BEATA | 5073 | | SIEMIANOWICE ŚLĄSKIE | POL | WETERAN K - 50 | 8 | K 175 | 00:01:12 | 01:46:45 | 04:09:40 | 06:34:24 | 08:17:50.90 | 08:17:50.90 | 11:03 | 5.4 |
| 570 | LEDWOCH WIOLETA | 5094 | | SIEMIANOWICE ŚLĄSKIE | POL | SENIOR II K - 30 | 71 | K 176 | 00:01:11 | 01:48:55 | 04:21:21 | 06:34:25 | 08:18:47.30 | 08:18:47.30 | 11:05 | 5.4 |
| 571 | WALIŃSKA AGATA | 5316 | WWW.SPRAWDZAMY-NIERUCHOMOSCI.PL | KOMORNIKI | POL | SENIOR II K - 30 | 72 | K 177 | 00:02:02 | 01:51:41 | 04:12:06 | 06:24:09 | 08:21:18.20 | 08:21:18.20 | 11:08 | 5.4 |
| 572 | SZYMAŃSKI KAMIL | 5322 | | CHORZÓW | POL | SENIOR II M - 30 | 137 | M 395 | 00:02:43 | 01:50:08 | 04:01:39 | 06:29:41 | 08:21:42.45 | 08:21:42.45 | 11:08 | 5.4 |
| 573 | JÓZEFIAK MAGDALENA | 5298 | ASSECO ACTIVE TEAM | OSIELSKO | POL | WETERAN K - 50 | 9 | K 178 | 00:01:23 | 01:55:34 | 04:21:33 | 06:30:06 | 08:21:53.15 | 08:21:53.15 | 11:09 | 5.4 |
| 574 | JÓZEFIAK GRZEGORZ | 5297 | | OSIELSKO | POL | WETERAN I M - 50 | 52 | M 396 | 00:01:23 | 01:55:29 | 04:20:30 | 06:30:10 | 08:21:53.25 | 08:21:53.25 | 11:09 | 5.4 |
| 575 | KOTLIŃSKI TOMASZ | 5030 | KB SZAMOTUŁY | OBRZYCKO | POL | WETERAN I M - 50 | 53 | M 397 | 00:01:11 | 01:55:11 | 04:19:36 | 06:27:57 | 08:23:15.20 | 08:23:15.20 | 11:11 | 5.4 |
| 576 | KUŹNIAK JUSTYNA | 5022 | KB SZAMOTUŁY | SZAMOTUŁY | POL | MASTERS K - 40 | 83 | K 179 | 00:01:08 | 01:55:10 | 04:19:40 | 06:28:11 | 08:23:15.60 | 08:23:15.60 | 11:11 | 5.4 |
| 577 | KUNA KASIA | 5563 | BIEGOWA KUŹNIA | DĄBROWA GÓRNICZA | POL | MASTERS K - 40 | 84 | K 180 | 00:02:23 | 01:59:53 | 04:33:14 | 06:38:08 | 08:24:29.70 | 08:24:29.70 | 11:12 | 5.4 |
| 578 | LEWANDOWSKA EWA | 5561 | | TARNOWSKIE GÓRY | POL | MASTERS K - 40 | 85 | K 181 | 00:02:34 | 02:00:27 | 04:27:37 | 06:36:01 | 08:25:00.25 | 08:25:00.25 | 11:13 | 5.3 |
| 579 | POŁEĆ GRZEGORZ | 5305 | | PRZYGOŃ | POL | WETERAN II M - 60 | 8 | M 398 | 00:00:35 | 01:57:06 | 04:26:29 | 06:33:36 | 08:25:06.55 | 08:25:06.55 | 11:13 | 5.3 |
| 580 | MACULEWICZ NORBERT | 5596 | RYCERZE HARDCORU | SZCZECIN | POL | SENIOR II M - 30 | 138 | M 399 | 00:01:58 | 01:53:44 | 04:18:44 | 06:33:21 | 08:25:30.90 | 08:25:30.90 | 11:14 | 5.3 |
| 581 | KROMER LUDWIK | 5026 | | GDAŃSK | POL | WETERAN II M - 60 | 9 | M 400 | 00:00:12 | 01:49:55 | 04:18:48 | 06:37:36 | 08:26:44.50 | 08:26:44.50 | 11:15 | 5.3 |
| 582 | NAWROT KATARZYNA | 5301 | MIRAZ RACE TEAM | NIEPOŁOMICE | POL | SENIOR II K - 30 | 73 | K 182 | 00:00:25 | 01:57:07 | 04:28:24 | 06:35:09 | 08:27:52.00 | 08:27:52.00 | 11:17 | 5.3 |
| 583 | ŁUSIAK EWA | 5280 | KNEIPPTEAM | GŁOWNO | POL | MASTERS K - 40 | 86 | K 183 | 00:02:16 | 01:53:57 | 04:18:11 | 06:29:38 | 08:31:09.85 | 08:31:09.85 | 11:21 | 5.3 |
| 584 | CHOJNACKI JAKUB | 5383 | | POZNAŃ | POL | MASTERS M - 40 | 173 | M 401 | 00:02:25 | 01:44:56 | 04:11:25 | 06:31:52 | 08:31:51.05 | 08:31:51.05 | 11:22 | 5.3 |
| 585 | SZWEJK KRZYSZTOF | 5384 | STARE DZIADY | POZNAŃ | POL | MASTERS M - 40 | 174 | M 402 | 00:02:26 | 01:44:57 | 04:11:25 | 06:31:51 | 08:31:51.75 | 08:31:51.75 | 11:22 | 5.3 |
| 586 | KUCHARCZYK MARCIN | 5370 | 3:33 TEAM | POZNAŃ | POL | MASTERS M - 40 | 175 | M 403 | 00:02:27 | 01:46:03 | 04:20:42 | 06:42:13 | 08:34:43.65 | 08:34:43.65 | 11:26 | 5.2 |
| 587 | CUPIAŁ MARIOLA | 5284 | W POGONI ZA DUCHEM | SOSNOWIEC | POL | WETERAN K - 50 | 10 | K 184 | 00:01:57 | 02:06:05 | 04:40:33 | 06:44:38 | 08:35:56.50 | 08:35:56.50 | 11:27 | 5.2 |
| 588 | ROSIŃSKA AGNIESZKA | 5028 | ŚWIERCZEWO RUN/ #BIEGIEMWLAS | POZNAŃ | POL | MASTERS K - 40 | 87 | K 185 | 00:02:15 | 01:58:27 | 04:30:50 | 06:41:58 | 08:37:06.35 | 08:37:06.35 | 11:29 | 5.2 |
| 589 | DRAJERCZAK MARLENA | 5172 | MUAY RUNING TEAM | POZNAŃ | POL | MASTERS K - 40 | 88 | K 186 | 00:02:16 | 01:57:41 | 04:30:47 | 06:42:01 | 08:37:06.60 | 08:37:06.60 | 11:29 | 5.2 |
| 590 | SARNOWSKI MACIEJ | 5067 | TKKF MPK POZNAŃ | POZNAŃ | POL | MASTERS M - 40 | 176 | M 404 | 00:01:27 | 01:57:10 | 04:29:19 | 06:45:32 | 08:39:51.95 | 08:39:51.95 | 11:33 | 5.2 |
| 591 | LUTOMSKI DARIUSZ | 5427 | | MAGDALENKA | POL | WETERAN I M - 50 | 54 | M 405 | 00:01:33 | 01:58:06 | 04:32:11 | 06:54:32 | 08:44:10.80 | 08:44:10.80 | 11:38 | 5.2 |
| 592 | PAKUŁA MARTA | 5233 | | GŁOWNO | POL | MASTERS K - 40 | 89 | K 187 | 00:00:36 | 01:49:43 | 04:29:19 | 06:48:07 | 08:47:03.55 | 08:47:03.55 | 11:42 | 5.1 |
| 593 | KUGLER KAMILA | 5354 | | JAWORZNO | POL | SENIOR II K - 30 | 74 | K 188 | 00:00:01 | | 04:17:11 | | 08:47:12.00 | 08:47:12.00 | 11:42 | 5.1 |
| 594 | WIŚNIEWSKA DOROTA | 5337 | METAL CHERRY | ALEKSANDRÓW KUJAWSKI | POL | MASTERS K - 40 | 90 | K 189 | 00:01:14 | 02:09:53 | 04:43:53 | 06:55:18 | 08:49:23.65 | 08:49:23.65 | 11:45 | 5.1 |
| 595 | MUCHA-KRUCZYŃSKI WACŁAW | 5621 | MUKK ENPI | OSTRZESZÓW | POL | WETERAN II M - 60 | 10 | M 406 | 00:02:42 | 01:57:25 | 04:28:08 | 06:56:51 | 08:50:36.25 | 08:50:36.25 | 11:47 | 5.1 |
| 596 | NOSKOWIAK-BAJNO ALICJA | 5118 | | BORÓWNO | POL | MASTERS K - 40 | 91 | K 190 | 00:01:53 | 02:02:20 | 04:43:06 | 07:07:22 | 08:50:41.45 | 08:50:41.45 | 11:47 | 5.1 |
| 597 | NOWAK PIOTR | 5524 | | MIŃSK MAZOWIECKI | POL | WETERAN I M - 50 | 55 | M 407 | 00:00:01 | | 04:25:01 | | 08:53:03.00 | 08:53:03.00 | 11:50 | 5.1 |
| 598 | GOŹDZICKA IWONA | 5141 | ZIELONA GÓRO ZACZNIJ BIEGAĆ | ZIELONA GÓRA | POL | MASTERS K - 40 | 92 | K 191 | 00:02:11 | 01:57:11 | 04:35:24 | 06:59:27 | 08:54:48.15 | 08:54:48.15 | 11:53 | 5 |
| 599 | SKRZYŃSKA MARLENA | 5683 | ZIELONA GÓRO ZACZNIJ BIEGAĆ | ZIELONA GÓRA | POL | SENIOR II K - 30 | 75 | K 192 | 00:02:10 | 01:57:12 | 04:35:26 | 06:59:30 | 08:54:50.60 | 08:54:50.60 | 11:53 | 5 |
| 600 | DENKOWSKI WOJCIECH | 5169 | BP RUNNING TEAM GLIWICE | GLIWICE | POL | WETERAN I M - 50 | 56 | M 408 | 00:02:23 | 02:20:15 | 04:57:21 | 07:19:43 | 08:57:27.45 | 08:57:27.45 | 11:56 | 5 |
| 601 | BARZAK JUSTYNA | 5263 | | STRZELIN | POL | SENIOR II K - 30 | 76 | K 193 | 00:02:31 | 02:00:25 | 04:40:08 | 06:57:44 | 08:57:47.35 | 08:57:47.35 | 11:57 | 5 |
| 602 | SABOK-MUSZYNSKA KATARZYNA | 5253 | | GOŚCIĘCICE | POL | SENIOR II K - 30 | 77 | K 194 | 00:02:31 | 02:00:25 | 04:40:09 | 06:57:45 | 08:57:47.80 | 08:57:47.80 | 11:57 | 5 |
| 603 | BŁASZKIEWICZ MARZENA | 5091 | CHOŁE KŁÓLIKI | BORÓWNO | POL | MASTERS K - 40 | 93 | K 195 | 00:01:54 | 02:11:44 | 04:56:16 | 07:12:56 | 09:06:57.30 | 09:06:57.30 | 12:09 | 4.9 |
| 604 | DZIĘCIELSKA AGNIESZKA | 5016 | | POZNAŃ | POL | MASTERS K - 40 | 94 | K 196 | 00:02:17 | 02:09:04 | 04:50:44 | 07:08:54 | 09:08:00.20 | 09:08:00.20 | 12:10 | 4.9 |

## ZŁOTY MARATON - 45 KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0km | 10km | 22km | 33km | Netto | Brutto | min/km | km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 605 | GIZELSKA AGNIESZKA | 5589 | PIĄTKOWO NA BIEGOWO | POZNAŃ | POL | WETERAN K - 50 | 11 | K 197 | 00:02:13 | 02:12:32 | 05:01:52 | 07:25:57 | 09:24:33.60 | 09:24:33.60 | 12:32 | 4.8 |
| 606 | STAJER MAŁGORZATA | 5598 | | LESZNO | POL | WETERAN K - 50 | 12 | K 198 | 00:02:13 | 02:14:02 | 05:03:08 | 07:25:58 | 09:24:34.10 | 09:24:34.10 | 12:32 | 4.8 |
| 607 | SCHICKENDANTZ LISELORE | 5579 | FRYSMAN | LEMMER | NED | MASTERS K - 40 | 95 | K 199 | 00:00:41 | 02:15:40 | 05:09:47 | 07:31:28 | 09:38:18.25 | 09:38:18.25 | 12:51 | 4.7 |
| 608 | PROCHOŃ KRZYSZTOF | 5231 | | KATOWICE | POL | WETERAN I M - 50 | 57 | M 409 | 00:00:40 | 02:19:41 | 05:16:15 | | 09:39:11.00 | 09:39:11.00 | 12:52 | 4.7 |
| 609 | LEWANDOWSKA-JACKOWSKA KATARZYNA | 5290 | NIGHT RUNNERS PYSKOWICE | PYSKOWICE | POL | MASTERS K - 40 | 96 | K 200 | 00:00:54 | 02:12:08 | 05:30:16 | 07:56:59 | 09:57:45.95 | 09:57:45.95 | 13:17 | 4.5 |
| 610 | PYZIO DOMINIK | 5481 | KAPRYZ | SIECHNICE | POL | SENIOR II M - 30 | 139 | M 410 | 00:01:12 | 01:58:10 | 04:37:26 | 07:24:55 | 09:58:38.05 | 09:58:38.05 | 13:18 | 4.5 |
| | PODGÓRNY MARIUSZ | 5540 | TEAM OZIMEK | DYLAKI | POL | SENIOR I M - 20 | | | 00:00:30 DNF | 01:21:40 DNF | 03:09:27 DNF | 05:33:28 DNF | DNF | DNF | - | - |
| | WALCZAK GRZEGORZ | 5310 | BIEGAJĄCE KREJZOLE | POZNAŃ | POL | MASTERS M - 40 | | | 00:00:45 DNF | 01:43:36 DNF | 05:51:58 DNF | 09:25:57 DNF | DNF | DNF | - | - |
| | BOCHYŃSKI ADAM | 5347 | | KRAKÓW | POL | SENIOR I M - 20 | | | 00:02:42 DNF | 01:50:07 DNF | 04:03:57 DNF | DNF | DNF | DNF | - | - |
| | GOŁĘBIEWSKI SEBASTIAN | 5386 | EBIEGI.PL | KŁODZKO | POL | MASTERS M - 40 | | | 00:02:36 DNF | 01:45:08 DNF | 04:23:31 DNF | DNF | DNF | DNF | - | - |
| | POKORNY TOMASZ | 5256 | | WROCLAW | POL | WETERAN I M - 50 | | | 00:01:34 DNF | 01:59:47 DNF | 04:51:04 DNF | DNF | DNF | DNF | - | - |
| | GARCZEWSKA-PASZKO JOANNA | 5024 | | WARSZAWA | POL | WETERAN K - 50 | | | 00:01:36 DNF | 01:55:35 DNF | 05:11:33 DNF | DNF | DNF | DNF | - | - |
| | KROGULECKI MICHAŁ | 5188 | | ZABRZE | POL | SENIOR II M - 30 | | | 00:00:05 DNF | 01:50:30 DNF | DNF | DNF | DNF | DNF | - | - |
| | NOWICKI JAROSŁAW | 5442 | | CZECHÓW | POL | WETERAN I M - 50 | | | 00:01:54 DNF | 02:14:45 DNF | DNF | DNF | DNF | DNF | - | - |
| | DADAŚ ELŻBIETA | 5088 | BP RUNNING TEAM GLIWICE | GLIWICE | POL | MASTERS K - 40 | | | 00:02:24 DNF | 02:20:16 DNF | DNF | DNF | DNF | DNF | - | - |
| | GRYGORUK CEZARY | 5360 | | SZCZECIN | POL | WETERAN I M - 50 | | | 00:00:05 DNF | DNF | DNF | DNF | DNF | DNF | - | - |
| | WALCZAK AGNIESZKA | 5099 | | WROCŁAW | POL | MASTERS K - 40 | | | 00:02:38 DNF | DNF | DNF | DNF | DNF | DNF | - | - |
| 0 | BOULKHALF ABDELLATIF | 5630 | KB WIKON | MODRZYCA | MAR | SENIOR II M - 30 | 1 | M 1 | 00:00:03 | 00:54:41 | 02:00:00 | 02:58:34 | 03:49:37.75 | 03:49:37.75 | 5:06 | 11.8 |
| 1 | KASZUBA MICHAŁ | 5668 | GRUPA NOMAX | PIEKARY ŚLĄSKIE | POL | MASTERS M - 40 | 1 | M 2 | 00:00:05 | 00:57:32 | 02:04:19 | 02:58:21 | 03:53:51.05 | 03:53:51.05 | 5:11 | 11.5 |
| 2 | WILK MACIEJ | 5584 | RAMBO 3 | BYTOM | POL | MASTERS M - 40 | 2 | M 3 | 00:00:02 | 00:54:43 | 02:00:20 | 03:00:39 | 03:58:39.00 | 03:58:39.00 | 5:18 | 11.3 |
| 3 | SZKOŁUDA MIŁOSZ | 5390 | BIEGOLAS KOSZALIN | KOSZALIN | POL | SENIOR I M - 20 | 1 | M 4 | 00:00:05 | 00:54:45 | 02:02:29 | 03:05:58 | 04:06:13.70 | 04:06:13.70 | 5:28 | 11 |
| 4 | MÜLLER CHRISTOPH | 5447 | LĄDEK-ZDRÓJ RUNNERS | ZEULENRODA-TRIEBES | GER | SENIOR II M - 30 | 2 | M 5 | 00:00:03 | 00:58:27 | 02:09:51 | 03:11:25 | 04:12:55.90 | 04:12:55.90 | 5:37 | 10.7 |
| 5 | WRÓBLEWSKI ROBERT | 5628 | | LUBLIN | POL | SENIOR II M - 30 | 3 | M 6 | 00:00:07 | 00:54:44 | 02:02:32 | 03:13:10 | 04:18:19.05 | 04:18:19.05 | 5:44 | 10.5 |
| 6 | WIECZOREK NINA | 5375 | MOCNA GRUPA CEZARA/SBRT WROCŁAW | OLEŚNICA | POL | SENIOR I K - 20 | 1 | K 1 | 00:00:15 | 01:03:37 | 02:15:04 | 03:17:24 | 04:19:43.55 | 04:19:43.55 | 5:46 | 10.4 |
| 7 | SZAFRANEK PAWEŁ | 5252 | STAŃCZAK TEAM | USTROŃ | POL | SENIOR II M - 30 | 4 | M 7 | 00:00:47 | 01:02:28 | 02:14:46 | 03:17:52 | 04:21:11.60 | 04:21:11.60 | 5:48 | 10.3 |
| 8 | MIELEWCZYK TOMASZ | 5139 | VERGE RUNNING TEAM | JELENIA GÓRA | POL | MASTERS M - 40 | 3 | M 8 | 00:00:06 | 01:02:39 | 02:18:08 | 03:24:57 | 04:32:10.35 | 04:32:10.35 | 6:02 | 9.9 |
| 9 | TOMASIAK NATALIA | 5686 | SALOMON TEAM | KRYNICA | POL | SENIOR II K - 30 | 1 | K 2 | 00:00:03 | 01:02:34 | 02:15:04 | 03:23:54 | 04:32:24.50 | 04:32:24.50 | 6:03 | 9.9 |
| 10 | SZYMAŃCZUK JACEK | 5535 | #BIEGIEMWLAS/NARAMOWICE BIEGAJĄ | POZNAŃ | POL | SENIOR II M - 30 | 5 | M 9 | 00:00:04 | 00:57:25 | 02:11:12 | 03:24:56 | 04:34:53.50 | 04:34:53.50 | 6:06 | 9.8 |
| 11 | WALKOSZ MATEUSZ | 5303 | #SOBASTEAM | SZAFLARY | POL | SENIOR II M - 30 | 6 | M 10 | 00:00:04 | 01:02:41 | 02:20:42 | 03:27:52 | 04:35:12.50 | 04:35:12.50 | 6:06 | 9.8 |
| 12 | BEDNARCZYK MAGDALENA | 5534 | STRZEGOMSKA DWUNASTKA | STRZEGOM | POL | SENIOR II K - 30 | 2 | K 3 | 00:00:14 | 01:04:45 | 02:22:17 | 03:29:54 | 04:36:09.65 | 04:36:09.65 | 6:08 | 9.8 |
| 13 | FISZER SEBASTIAN | 5162 | | OPOROWO | POL | MASTERS M - 40 | 4 | M 11 | 00:00:28 | 01:02:39 | 02:19:15 | 03:31:30 | 04:38:55.35 | 04:38:55.35 | 6:11 | 9.7 |
| 14 | KUPCZYK SLAWOMIR | 5555 | | POLKOWICE | POL | MASTERS M - 40 | 5 | M 12 | 00:00:36 | 01:03:54 | 02:20:43 | 03:33:38 | 04:43:00.15 | 04:43:00.15 | 6:17 | 9.5 |
| 15 | BIAŁOBŁOCKI MARCIN | 5660 | | WROCŁAW | POL | MASTERS M - 40 | 6 | M 13 | 00:00:21 | 01:03:22 | 02:18:03 | 03:32:06 | 04:43:24.00 | 04:43:24.00 | 6:17 | 9.5 |
| 16 | GREGORCZYK LUKASZ | 5608 | VEGE RUNNERS | WARSZAWA | POL | SENIOR II M - 30 | 7 | M 14 | 00:00:05 | 01:01:57 | 02:21:06 | 03:33:14 | 04:43:46.75 | 04:43:46.75 | 6:18 | 9.5 |
| 17 | BRZOZA ADAM | 5449 | NG POLAND | ZAKOPANE | POL | WETERAN I M - 50 | 1 | M 15 | 00:00:06 | 01:08:26 | 02:28:05 | 03:37:33 | 04:44:09.60 | 04:44:09.60 | 6:18 | 9.5 |
| 18 | BIAŁOBŁOCKA ALICJA | 5218 | | WROCŁAW | POL | SENIOR II K - 30 | 3 | K 4 | 00:00:16 | 01:05:54 | 02:25:08 | 03:41:06 | 04:44:57.90 | 04:44:57.90 | 6:19 | 9.5 |
| 19 | GREIVELDINGER GILLES | 5622 | FEHLAU RUN TEAM | KORNIK | POL | WETERAN I M - 50 | 2 | M 16 | 00:00:14 | 01:04:50 | 02:25:12 | 03:41:31 | 04:45:33.35 | 04:45:33.35 | 6:20 | 9.5 |
| 20 | FLOREK KATARZYNA | 5206 | 140MINUT.PL | WROCŁAW | POL | SENIOR II K - 30 | 4 | K 5 | 00:00:06 | 01:05:53 | 02:25:04 | 03:39:10 | 04:45:48.90 | 04:45:48.90 | 6:21 | 9.4 |
| 21 | KRAJKA JAROSLAW | 5241 | AZS UMCS BIEGA | LUBLIN | POL | MASTERS M - 40 | 7 | M 17 | 00:00:07 | 01:09:47 | 02:32:34 | 03:42:36 | 04:48:48.60 | 04:48:48.60 | 6:25 | 9.3 |
| 22 | STASIUKAITIS SIMAS | 5673 | BĖGIMO KLUBAS | KARMĖLAVA | LTU | SENIOR II M - 30 | 8 | M 18 | 00:01:09 | 01:13:01 | 02:32:42 | 03:42:35 | 04:50:08.40 | 04:50:08.40 | 6:26 | 9.3 |
| 23 | SZKODA KASIA | 5010 | TATERNIKTEAM | ZALASEWO | POL | SENIOR II K - 30 | 5 | K 6 | 00:00:17 | 01:11:14 | 02:34:19 | 03:46:36 | 04:50:31.75 | 04:50:31.75 | 6:27 | 9.3 |
| 24 | DASZEWSKI FILIP | 5048 | ICT POLAND | DĘBNO | POL | SENIOR I M - 20 | 2 | M 19 | 00:00:06 | 01:06:48 | 02:28:32 | 03:46:54 | 04:53:16.85 | 04:53:16.85 | 6:31 | 9.2 |

## ZŁOTY MARATON - 45 KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0km | 10km | 22km | 33km | Netto | Brutto | min/km | km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 25 | KARCZMARCZYK MATEUSZ | 5406 | | BYDGOSZCZ | POL | SENIOR II M - 30 | 9 | M 20 | 00:00:06 | 01:08:45 | 02:31:36 | 03:46:37 | 04:53:25.55 | 04:53:25.55 | 6:31 | 9.2 |
| 26 | GAWROŃSKI PAWEŁ | 5637 | | OSTRÓW WIELKOPOLSKI | POL | MASTERS M - 40 | 8 | M 21 | 00:01:21 | 01:14:40 | 02:36:26 | 03:53:14 | 04:53:32.10 | 04:53:32.10 | 6:31 | 9.2 |
| 27 | GALUSKIN ALEXEY | 5591 | GRUPA NOMAX | TARNOWSKIE GÓRY | POL | SENIOR II M - 30 | 10 | M 22 | 00:00:12 | 01:11:05 | 02:31:52 | 03:46:27 | 04:53:54.65 | 04:53:54.65 | 6:31 | 9.2 |
| 28 | SKRZYPCZYK PAULINA | 5035 | TEAM FRUN / 42K PRO TEAM | TYCHY | POL | SENIOR II K - 30 | 6 | K 7 | 00:00:03 | 01:08:52 | 02:32:11 | 03:45:01 | 04:54:07.10 | 04:54:07.10 | 6:32 | 9.2 |
| 29 | WALASIK JAROSŁAW | 5054 | 42K PRO TEAM | JAWORZNO | POL | WETERAN I M - 50 | 3 | M 23 | 00:00:04 | 01:07:10 | 02:30:05 | 03:45:03 | 04:54:22.45 | 04:54:22.45 | 6:32 | 9.2 |
| 30 | WINIARCZYK KRZYSZTOF | 5185 | | ŚWIEBODZICE | POL | MASTERS M - 40 | 9 | M 24 | 00:00:46 | 01:08:55 | 02:29:28 | 03:46:19 | 04:55:19.25 | 04:55:19.25 | 6:33 | 9.1 |
| 31 | SPYCHALSKI ADAM | 5199 | | RUDA ŚLĄSKA | POL | MASTERS M - 40 | 10 | M 25 | 00:00:37 | 01:07:44 | 02:31:36 | 03:46:58 | 04:56:03.35 | 04:56:03.35 | 6:34 | 9.1 |
| 32 | PIEKARSKI JAKUB | 5116 | HURAGAN LIGOTA | KATOWICE | POL | SENIOR I M - 20 | 3 | M 26 | 00:00:12 | 01:04:29 | 02:21:42 | 03:39:29 | 04:56:21.45 | 04:56:21.45 | 6:35 | 9.1 |
| 33 | LUZAR RAFAL | 5180 | | OPOLE | POL | MASTERS M - 40 | 11 | M 27 | 00:00:29 | 01:11:03 | 02:31:57 | 03:47:29 | 04:57:30.35 | 04:57:30.35 | 6:36 | 9.1 |
| 34 | BIENIEK DAMIAN | 5538 | AZYMUT TEAM | PIOTRKÓW TRYBUNALSKI | POL | SENIOR II M - 30 | 11 | M 28 | 00:00:01 | 01:06:40 | 02:29:26 | 03:45:39 | 04:57:50.45 | 04:57:50.45 | 6:37 | 9.1 |
| 35 | GORSIAK PAWEŁ | 5250 | | PŁOCK | POL | SENIOR II M - 30 | 12 | M 29 | 00:00:12 | 01:11:02 | 02:39:23 | 03:51:49 | 04:59:47.50 | 04:59:47.50 | 6:39 | 9 |
| 36 | WEŁNIAK PRZEMYSŁAW | 5023 | MOGILNO TEAM | ZALASEWO | POL | MASTERS M - 40 | 12 | M 30 | 00:00:18 | 01:11:15 | 02:34:33 | 03:49:52 | 05:01:37.05 | 05:01:37.05 | 6:42 | 9 |
| 37 | ANDRZEJEWSKI TOMASZ | 5585 | MOGILNO TEAM | ZALASEWO | POL | MASTERS M - 40 | 13 | M 31 | 00:00:45 | 01:11:09 | 02:32:41 | 03:52:44 | 05:01:55.70 | 05:01:55.70 | 6:42 | 8.9 |
| 38 | TALAGA DAWID | 5220 | KGHM ZG RUN | OLKUSZ | POL | SENIOR II M - 30 | 13 | M 32 | 00:00:20 | 01:11:09 | 02:32:01 | 03:50:14 | 05:03:51.75 | 05:03:51.75 | 6:45 | 8.9 |
| 39 | GALLAMOVA JEKATERINA | 5600 | SUPERVARONI | RIGA | LAT | SENIOR II K - 30 | 7 | K 8 | 00:00:28 | 01:12:29 | 02:38:59 | 03:54:51 | 05:04:13.60 | 05:04:13.60 | 6:45 | 8.9 |
| 40 | WOJNAROWICZ PAWEŁ | 5308 | | WILKSZYN | POL | SENIOR II M - 30 | 14 | M 33 | 00:00:31 | 01:12:09 | 02:36:02 | 03:52:38 | 05:04:48.15 | 05:04:48.15 | 6:46 | 8.9 |
| 41 | WOSZEK MARZENA | 5556 | WOSZKI | OPOLE | POL | MASTERS K - 40 | 1 | K 9 | 00:00:04 | 01:11:48 | 02:38:05 | 03:55:09 | 05:05:11.70 | 05:05:11.70 | 6:46 | 8.8 |
| 42 | ŁACHACZ KAROL | 5465 | GÓRAL Z MAZUR RUNNING TEAM | SUWAŁKI | POL | SENIOR II M - 30 | 15 | M 34 | 00:00:13 | 01:10:58 | 02:36:55 | 03:55:35 | 05:07:45.25 | 05:07:45.25 | 6:50 | 8.8 |
| 43 | KOZANECKI PRZEMYSŁAW | 5132 | WYBIEGAĆ MARZENIA TEAM | SŁUBICE | POL | SENIOR I M - 20 | 4 | M 35 | 00:00:38 | 01:07:11 | 02:26:36 | 03:49:15 | 05:07:51.20 | 05:07:51.20 | 6:50 | 8.8 |
| 44 | WRÓBLEWSKI ADRIAN | 5380 | ZGRUPKA PROMOBIL TEAM | KOMORNIKI | POL | SENIOR II M - 30 | 16 | M 36 | 00:00:32 | 01:11:06 | 02:36:34 | 03:55:21 | 05:08:58.00 | 05:08:58.00 | 6:51 | 8.7 |
| 45 | ŚNIERZYŃSKI ROBERT | 5146 | | SADKÓW | POL | SENIOR II M - 30 | 17 | M 37 | 00:00:36 | 01:10:59 | 02:35:58 | 03:55:07 | 05:09:41.60 | 05:09:41.60 | 6:52 | 8.7 |
| 46 | JAWORSKI MAREK | 5314 | | USTROŃ | POL | SENIOR I M - 20 | 5 | M 38 | 00:01:26 | 01:16:36 | 02:40:46 | 03:58:07 | 05:10:09.95 | 05:10:09.95 | 6:53 | 8.7 |
| 47 | GAWLIK TOMASZ | 5521 | | PSZCZYNA | POL | WETERAN I M - 50 | 4 | M 39 | 00:00:55 | 01:13:03 | 02:43:28 | 04:00:56 | 05:11:04.75 | 05:11:04.75 | 6:54 | 8.7 |
| 48 | WÓJCIK ROBERT | 5175 | 42K PRO TEAM | TYCHY | POL | SENIOR II M - 30 | 18 | M 40 | 00:00:04 | 01:10:58 | 02:37:09 | 03:56:42 | 05:11:23.10 | 05:11:23.10 | 6:55 | 8.7 |
| 49 | MICHAŁOWSKI MARCIN | 5212 | MARCINSWIERCTEAM | ŚWIĘTOSZÓW | POL | MASTERS M - 40 | 14 | M 41 | 00:00:10 | 01:11:52 | 02:39:13 | 04:01:22 | 05:11:32.80 | 05:11:32.80 | 6:55 | 8.7 |
| 50 | KOTARSKI JAROSŁAW | 5577 | | WROCŁAW | POL | SENIOR II M - 30 | 19 | M 42 | 00:00:06 | 01:07:45 | 02:28:31 | 03:55:36 | 05:12:59.75 | 05:12:59.75 | 6:57 | 8.6 |
| 51 | HOŁOWACZ ANDRZEJ | 5610 | | ŚWIEBODZICE | POL | MASTERS M - 40 | 15 | M 43 | 00:00:47 | 01:08:55 | 02:31:36 | 03:55:05 | 05:14:43.65 | 05:14:43.65 | 6:59 | 8.6 |
| 52 | ZIELIŃSKI PIOTR | 5066 | | WARSZAWA | POL | SENIOR II M - 30 | 20 | M 44 | 00:00:07 | 01:11:08 | 02:36:22 | 04:02:40 | 05:15:31.65 | 05:15:31.65 | 7:00 | 8.6 |
| 53 | SIKORA ŁUKASZ | 5624 | GRUPA NOMAX | SKOCZÓW | POL | SENIOR II M - 30 | 21 | M 45 | 00:00:12 | 01:15:25 | 02:45:32 | 04:03:41 | 05:16:57.90 | 05:16:57.90 | 7:02 | 8.5 |
| 54 | CITUK GRZEGORZ | 5339 | 42K PRO TEAM | TYCHY | POL | MASTERS M - 40 | 16 | M 46 | 00:00:04 | 01:11:02 | 02:37:26 | 04:01:06 | 05:17:22.00 | 05:17:22.00 | 7:03 | 8.5 |
| 55 | ALLGÄUER MAXIMILIAN | 5396 | | FELDKIRCH | AUT | SENIOR II M - 30 | 22 | M 47 | 00:01:24 | 01:18:04 | 02:48:35 | 04:09:59 | 05:17:23.70 | 05:17:23.70 | 7:03 | 8.5 |
| 56 | WOSZEK TOMASZ | 5557 | WOSZKI | OPOLE | POL | MASTERS M - 40 | 17 | M 48 | 00:00:04 | 01:11:52 | 02:39:22 | 04:02:17 | 05:17:36.60 | 05:17:36.60 | 7:03 | 8.5 |
| 57 | TUREK ARLETTA | 5616 | | LUBATÓWKA | POL | SENIOR II K - 30 | 8 | K 10 | 00:00:06 | 01:13:02 | 02:41:33 | 04:03:50 | 05:19:04.95 | 05:19:04.95 | 7:05 | 8.5 |
| 58 | BANASIAK MARCIN | 5335 | FUJITSU RUNNING TEAM | ŁÓDŹ | POL | MASTERS M - 40 | 18 | M 49 | 00:01:03 | 01:20:02 | 02:44:19 | 04:00:42 | 05:19:30.70 | 05:19:30.70 | 7:06 | 8.5 |
| 59 | FELUCH KRZYSZTOF | 5645 | JACEK BIEGA RUNNING TEAM | WARSZAWA | POL | MASTERS M - 40 | 19 | M 50 | 00:00:37 | 01:16:39 | 02:44:40 | 04:04:33 | 05:19:42.00 | 05:19:42.00 | 7:06 | 8.4 |
| 60 | KORONA-SIERADZKA BOGUSŁAWA | 5488 | | WARSZAWA | POL | SENIOR II K - 30 | 9 | K 11 | 00:00:36 | 01:20:01 | 02:51:51 | 04:10:46 | 05:20:40.25 | 05:20:40.25 | 7:07 | 8.4 |
| 61 | KRUPA NORBERT | 5454 | 1 METR PRZED KOŃCEM ŚWIATA | ZĄBKOWICE ŚLĄSKIE | POL | MASTERS M - 40 | 20 | M 51 | 00:02:07 | 01:12:11 | 02:39:26 | 04:02:49 | 05:21:27.45 | 05:21:27.45 | 7:08 | 8.4 |
| 62 | CZAPIGA GRZEGORZ | 5153 | BURZA BORECZEK | BORÓW | POL | SENIOR II M - 30 | 23 | M 52 | 00:00:38 | 01:13:00 | 02:39:24 | 04:03:13 | 05:21:38.45 | 05:21:38.45 | 7:08 | 8.4 |
| 63 | DOMAŃ JOANNA | 5121 | FEHLAU RUN TEAM | KIEKRZ | POL | MASTERS K - 40 | 2 | K 12 | 00:00:51 | 01:20:54 | 02:51:49 | 04:10:29 | 05:22:31.20 | 05:22:31.20 | 7:10 | 8.4 |
| 64 | JĘDRASIK ADAM | 5432 | | WROCŁAW | POL | SENIOR II M - 30 | 24 | M 53 | 00:00:10 | 01:11:06 | 02:35:06 | 04:07:36 | 05:23:29.30 | 05:23:29.30 | 7:11 | 8.3 |
| 65 | OLEJNICZAK PIOTR | 5031 | LESZNO LIMITS RUNNERS | LESZNO | POL | MASTERS M - 40 | 21 | M 54 | 00:01:08 | 01:14:55 | 02:44:19 | 04:08:32 | 05:23:30.10 | 05:23:30.10 | 7:11 | 8.3 |
| 66 | ZIELIŃSKI MATEUSZ | 5438 | | KRAKÓW | POL | SENIOR II M - 30 | 25 | M 55 | 00:00:29 | 01:16:57 | 02:48:47 | 04:11:30 | 05:23:47.40 | 05:23:47.40 | 7:11 | 8.3 |
| 67 | JUSZKO KRZYSZTOF | 5355 | | WARSZAWA | POL | MASTERS M - 40 | 22 | M 56 | 00:00:26 | 01:18:07 | 02:50:14 | 04:10:33 | 05:24:28.15 | 05:24:28.15 | 7:12 | 8.3 |
| 68 | BURDA MACIEJ | 5110 | MARATOŃCZYK POZNAŃ | POZNAŃ | POL | MASTERS M - 40 | 23 | M 57 | 00:00:19 | 01:14:40 | 02:46:04 | 04:07:25 | 05:24:50.90 | 05:24:50.90 | 7:13 | 8.3 |
| 69 | FERENC-SZMUC EDYTA | 5321 | KUDIWIANKA RUN | KUDOWA ZDROJ | POL | SENIOR II K - 30 | 10 | K 13 | 00:00:04 | 01:15:43 | 02:48:30 | 04:11:17 | 05:25:59.55 | 05:25:59.55 | 7:14 | 8.3 |
| 70 | KOZIOŁ KACPER | 5267 | #CHASETHATWOLF | KROSNO | POL | SENIOR I M - 20 | 6 | M 58 | 00:01:27 | 01:18:34 | 02:46:20 | 04:07:34 | 05:27:27.40 | 05:27:27.40 | 7:16 | 8.2 |
| 71 | ŻOŁDAK PRZEMYSŁAW | 5459 | #BIEGIEMWLAS / PNB | POZNAŃ | POL | MASTERS M - 40 | 24 | M 59 | 00:00:25 | 01:17:03 | 02:44:24 | 04:14:23 | 05:27:27.85 | 05:27:27.85 | 7:16 | 8.2 |
| 72 | RESPONDEK ANNA | 5081 | | ZIELONA GÓRA | POL | SENIOR II K - 30 | 11 | K 14 | 00:01:40 | 01:22:41 | 02:53:27 | 04:15:51 | 05:28:05.40 | 05:28:05.40 | 7:17 | 8.2 |
| 73 | ŚLĘCZEK FILIP | 5041 | | WARSZAWA | POL | SENIOR II M - 30 | 26 | M 60 | 00:00:25 | 01:14:06 | 02:43:29 | 04:07:31 | 05:28:33.25 | 05:28:33.25 | 7:18 | 8.2 |
| 74 | BROK JACEK | 5096 | | PLEWISKA | POL | WETERAN I M - 50 | 5 | M 61 | 00:00:36 | 01:17:01 | 02:46:19 | 04:10:27 | 05:28:58.15 | 05:28:58.15 | 7:18 | 8.2 |
| 75 | RYSZAWY MIKOŁAJ | 5167 | | MOKRZESZÓW | POL | SENIOR I M - 20 | 7 | M 62 | 00:01:15 | 01:15:24 | 02:43:11 | 04:14:09 | 05:29:00.35 | 05:29:00.35 | 7:18 | 8.2 |

## ZŁOTY MARATON - 45 KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0km | 10km | 22km | 33km | Netto | Brutto | min/km | km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 76 | KUSAL TOMASZ | 5076 | | OPOLE | POL | SENIOR I M - 20 | 8 | M 63 | 00:00:03 | 01:05:12 | 02:29:06 | 03:56:21 | 05:29:36.45 | 05:29:36.45 | 7:19 | 8.2 |
| 77 | WUJDA MIROSŁAW | 5255 | ERNI RULEZ | DĘBNO | POL | MASTERS M - 40 | 25 | M 64 | 00:00:35 | 01:20:10 | 02:54:44 | 04:15:59 | 05:30:00.90 | 05:30:00.90 | 7:20 | 8.2 |
| 78 | FANGOR-GRAB AGATA | 5529 | RESHAPE RUNNERS | GLIWICE | POL | SENIOR II K - 30 | 12 | K 15 | 00:00:09 | 01:20:28 | 02:54:29 | 04:16:55 | 05:30:42.45 | 05:30:42.45 | 7:20 | 8.2 |
| 79 | DROGOŚ KAJETAN | 5516 | BOWIE TO SUPER PIESEK | WROCŁAW | POL | SENIOR I M - 20 | 9 | M 65 | 00:02:30 | 01:23:36 | 02:53:08 | 04:15:47 | 05:30:47.00 | 05:30:47.00 | 7:21 | 8.2 |
| 80 | LESNIAK TOMASZ | 5581 | | DUBLIN | IRL | MASTERS M - 40 | 26 | M 66 | 00:00:12 | 01:11:14 | 02:37:44 | 04:10:19 | 05:31:21.90 | 05:31:21.90 | 7:21 | 8.1 |
| 81 | KACPRZYK KATARZYNA | 5071 | KB MCKIS JAWORZNO | JAWORZNO | POL | SENIOR II K - 30 | 13 | K 16 | 00:00:45 | 01:20:14 | 02:52:55 | 04:15:37 | 05:31:39.05 | 05:31:39.05 | 7:22 | 8.1 |
| 82 | BĄKOWICZ KAMIL | 5238 | AKTYWNI KAMIEŃSK | KAMIEŃSK | POL | SENIOR II M - 30 | 27 | M 67 | 00:00:34 | 01:19:52 | 02:56:04 | 04:22:12 | 05:32:29.20 | 05:32:29.20 | 7:23 | 8.1 |
| 83 | BANDUROWSKI ANDRZEJ | 5366 | KB SPOCENI NOWA SÓL | NOWA SÓL | POL | WETERAN I M - 50 | 6 | M 68 | 00:00:30 | 01:20:00 | 02:50:15 | 04:15:25 | 05:32:33.10 | 05:32:33.10 | 7:23 | 8.1 |
| 84 | KACZOR PIOTR | 5644 | SAMOTNY WILK Z KOTOWIC | KOTOWICE | POL | MASTERS M - 40 | 27 | M 69 | 00:00:30 | 01:20:13 | 02:50:59 | 04:15:26 | 05:32:33.65 | 05:32:33.65 | 7:23 | 8.1 |
| 85 | SZKOŁUDA SABINA | 5389 | BIEGOLAS KOSZALIN | KOSZALIN | POL | SENIOR I K - 20 | 2 | K 17 | 00:00:07 | 01:17:53 | 02:55:44 | 04:18:02 | 05:33:55.90 | 05:33:55.90 | 7:25 | 8.1 |
| 86 | KARPOWICZ RAFAL | 5586 | | WROCLAW | POL | MASTERS M - 40 | 28 | M 70 | 00:00:13 | 01:11:02 | 02:39:43 | 04:16:51 | 05:34:01.70 | 05:34:01.70 | 7:25 | 8.1 |
| 87 | KLAJA KASIA | 5499 | | KRAKÓW | POL | SENIOR II K - 30 | 14 | K 18 | 00:01:53 | 01:21:10 | 02:53:04 | 04:16:28 | 05:34:30.90 | 05:34:30.90 | 7:26 | 8.1 |
| 88 | PACZKOWSKA KATARZYNA | 5045 | BIEGAJĄCE KREJZOLE | KIEKRZ | POL | SENIOR II K - 30 | 15 | K 19 | 00:00:34 | 01:22:50 | 02:58:21 | 04:19:41 | 05:34:37.45 | 05:34:37.45 | 7:26 | 8.1 |
| 89 | WOŹNIAK PAWEŁ | 5089 | KLEP | WROCŁAW | POL | MASTERS M - 40 | 29 | M 71 | 00:00:21 | 01:11:34 | 02:40:55 | 04:09:27 | 05:35:09.35 | 05:35:09.35 | 7:26 | 8.1 |
| 90 | STAWIŃSKI MICHAŁ | 5236 | NIGHT RUNNERS | TARNOWO PODGÓRNE | POL | SENIOR II M - 30 | 28 | M 72 | 00:00:03 | 01:04:09 | 02:26:24 | 04:00:07 | 05:35:55.25 | 05:35:55.25 | 7:27 | 8 |
| 91 | ŁATWIŃSKI ŁUKASZ | 5078 | MOCNA GRUPA CEZARA | PIETRZYKOWICE | POL | SENIOR II M - 30 | 29 | M 73 | 00:01:21 | 01:21:45 | 02:56:23 | 04:23:06 | 05:35:57.05 | 05:35:57.05 | 7:27 | 8 |
| 92 | KULAS ŁUKASZ | 5606 | ZAWSZE SOLO | BIERUŃ | POL | MASTERS M - 40 | 30 | M 74 | 00:00:34 | 01:18:25 | 02:52:45 | 04:17:07 | 05:35:58.35 | 05:35:58.35 | 7:27 | 8 |
| 93 | PLIS GRZEGORZ | 5246 | | KOLBUSZOWA | POL | SENIOR II M - 30 | 30 | M 74 | 00:01:51 | 01:29:28 | 02:57:32 | 04:24:14 | 05:35:58.35 | 05:35:58.35 | 7:27 | 8 |
| 94 | ZGRAJ LESZEK | 5659 | STS BIEGATON | MIKOŁÓW | POL | WETERAN I M - 50 | 7 | M 76 | 00:00:19 | 01:18:23 | 02:53:07 | 04:18:47 | 05:36:03.40 | 05:36:03.40 | 7:28 | 8 |
| 95 | GORZELANY RAFAŁ | 5602 | | RYBNIK | POL | SENIOR II M - 30 | 31 | M 77 | 00:00:29 | 01:20:15 | 02:48:40 | 04:20:12 | 05:36:58.05 | 05:36:58.05 | 7:29 | 8 |
| 96 | BODZIOCH GRZEGORZ | 5095 | GORLICKA GRUPA BIEGOWA | GORLICE | POL | MASTERS M - 40 | 31 | M 78 | 00:00:56 | 01:25:38 | 02:59:22 | 04:22:39 | 05:37:11.25 | 05:37:11.25 | 7:29 | 8 |
| 97 | HAJDZIONA AGATA | 5042 | MARATOŃCZYK POZNAŃ | POZNAŃ | POL | SENIOR II K - 30 | 16 | K 20 | 00:00:21 | 01:18:42 | 02:52:41 | 04:22:38 | 05:37:12.40 | 05:37:12.40 | 7:29 | 8 |
| 98 | BALCEREK MARIUSZ | 5070 | FOKA TEAM | STĘSZEW | POL | SENIOR II M - 30 | 32 | M 79 | 00:00:26 | 01:12:07 | 02:41:31 | 04:12:02 | 05:37:36.15 | 05:37:36.15 | 7:30 | 8 |
| 99 | NIEDŹWIEDŹ TOMASZ | 5551 | SOBASTEAM | ŚWIDNIK | POL | MASTERS M - 40 | 32 | M 80 | 00:00:13 | 01:15:13 | 02:45:25 | 04:15:51 | 05:37:39.15 | 05:37:39.15 | 7:30 | 8 |
| 100 | KOSIŃSKI MICHAŁ | 5050 | | ŁÓDŹ | POL | SENIOR II M - 30 | 33 | M 81 | 00:00:11 | 01:12:51 | 02:44:58 | 04:16:54 | 05:37:39.95 | 05:37:39.95 | 7:30 | 8 |
| 101 | MACHOWIAK MACIEJ | 5330 | | LESZNO | POL | SENIOR II M - 30 | 34 | M 82 | 00:00:50 | 01:13:00 | 02:41:48 | 04:11:55 | 05:38:19.70 | 05:38:19.70 | 7:31 | 8 |
| 102 | PRĘGOWSKI MICHAŁ | 5271 | STARE BABICE BIEGAJĄ / VEGE RUNNERS | KLAUDYN | POL | MASTERS M - 40 | 33 | M 83 | 00:00:21 | 01:17:08 | 02:53:08 | 04:22:10 | 05:38:32.50 | 05:38:32.50 | 7:31 | 8 |
| 103 | SPYTKOWSKA KATARZYNA | 5650 | | KRAKÓW | POL | SENIOR I K - 20 | 3 | K 21 | 00:00:10 | 01:18:03 | 02:52:23 | 04:18:08 | 05:38:36.55 | 05:38:36.55 | 7:31 | 8 |
| 104 | MARCZEWSKI MACIEJ | 5415 | | KIELCE | POL | SENIOR II M - 30 | 35 | M 84 | 00:01:45 | 01:24:02 | 02:55:23 | 04:19:58 | 05:39:11.95 | 05:39:11.95 | 7:32 | 8 |
| 105 | KOBYLECKI BARTOSZ | 5536 | | WROCLAW | POL | MASTERS M - 40 | 34 | M 85 | 00:02:32 | 01:23:35 | 02:55:15 | 04:22:31 | 05:39:34.25 | 05:39:34.25 | 7:32 | 8 |
| 106 | JANOWSKI MICHAŁ | 5082 | | POZNAŃ | POL | SENIOR II M - 30 | 36 | M 86 | 00:00:11 | 01:13:35 | 02:52:19 | 04:23:39 | 05:40:11.45 | 05:40:11.45 | 7:33 | 7.9 |
| 107 | JAKUBOWSKI ZBYSZEK | 5058 | | ŚWIERCZÓW | POL | MASTERS M - 40 | 35 | M 87 | 00:00:38 | 01:18:09 | 02:51:41 | 04:19:50 | 05:40:33.75 | 05:40:33.75 | 7:34 | 7.9 |
| 108 | SKARŻYŃSKI KAMIL | 5083 | PLANYBIEGOWE.PL / WLKP MOUNTAINS ULTRA | POZNAŃ | POL | SENIOR I M - 20 | 10 | M 88 | 00:00:39 | 01:23:59 | 02:59:55 | 04:23:26 | 05:40:42.25 | 05:40:42.25 | 7:34 | 7.9 |
| 109 | KURANT ELENA | 5501 | | KRAKÓW | POL | MASTERS K - 40 | 3 | K 22 | 00:00:14 | 01:22:05 | 02:55:03 | 04:19:16 | 05:41:06.40 | 05:41:06.40 | 7:34 | 7.9 |
| 110 | WESOLOWSKI MICHAL | 5511 | | OPOLE | POL | SENIOR II M - 30 | 37 | M 89 | 00:01:26 | 01:17:32 | 02:50:13 | 04:20:30 | 05:41:33.15 | 05:41:33.15 | 7:35 | 7.9 |
| 111 | GODLEWSKI MARIUSZ | 5632 | | WARSZAWA | POL | SENIOR II M - 30 | 38 | M 90 | 00:00:18 | 01:18:58 | 02:59:34 | 04:25:17 | 05:41:37.55 | 05:41:37.55 | 7:35 | 7.9 |
| 112 | WIECZOREK MARIA | 5458 | PRZEDWOJEWSKI TEAM | DĄBRÓWKA | POL | SENIOR II K - 30 | 17 | K 23 | 00:00:10 | 01:19:01 | 02:50:46 | 04:19:08 | 05:41:41.15 | 05:41:41.15 | 7:35 | 7.9 |
| 113 | KURZAWIAK GRZEGORZ | 5439 | KUDOWIANKA RUN | KARŁÓW | POL | MASTERS M - 40 | 36 | M 91 | 00:00:03 | 01:15:44 | 02:48:31 | 04:19:10 | 05:42:03.40 | 05:42:03.40 | 7:36 | 7.9 |
| 114 | SŁOMIAN MARCELINA | 5566 | | CZĘSTOCHOWA | POL | SENIOR II K - 30 | 18 | K 24 | 00:00:06 | 01:19:01 | 02:54:38 | 04:19:00 | 05:42:07.90 | 05:42:07.90 | 7:36 | 7.9 |
| 115 | MOCZULSKI KAMIL | 5179 | SBRT WROCŁAW | WROCŁAW | POL | SENIOR II M - 30 | 39 | M 92 | 00:01:19 | 01:20:18 | 02:52:21 | 04:21:53 | 05:42:53.45 | 05:42:53.45 | 7:37 | 7.9 |
| 116 | TOMELA MACIEJ | 5075 | TEAM GOSZKA | WROCŁAW | POL | SENIOR II M - 30 | 40 | M 93 | 00:01:42 | 01:17:04 | 02:44:54 | 04:15:55 | 05:43:05.05 | 05:43:05.05 | 7:37 | 7.9 |
| 117 | MARKOWSKI ŁUKASZ | 5170 | | ŚMIGIEL | POL | MASTERS M - 40 | 37 | M 94 | 00:00:35 | 01:11:07 | 02:41:40 | 04:16:06 | 05:43:14.75 | 05:43:14.75 | 7:37 | 7.9 |
| 118 | ABRAMOWICZ AGATA | 5604 | | KRZEPTÓW | POL | SENIOR I K - 20 | 4 | K 25 | 00:00:54 | 01:18:33 | 02:55:03 | 04:24:20 | 05:43:29.70 | 05:43:29.70 | 7:37 | 7.9 |
| 119 | KOTOWSKI PAWEŁ | 5681 | GT RAT - CATIUS | WROCŁAW | POL | SENIOR II M - 30 | 41 | M 95 | 00:00:53 | 01:17:07 | 02:52:19 | 04:24:09 | 05:43:29.75 | 05:43:29.75 | 7:37 | 7.9 |
| 120 | DUBAS MAREK | 5369 | WWW.SPRAWDZAMY-NIERUCHOMOSCI.PL | KOMORNIKI | POL | SENIOR II M - 30 | 42 | M 96 | 00:01:07 | 01:18:06 | 02:52:21 | 04:18:07 | 05:43:33.90 | 05:43:33.90 | 7:38 | 7.9 |
| 121 | RODZIEWICZ ZBIGNIEW | 5494 | CAŁA OLEŚNICA BIEGA | OLEŚNICA | POL | MASTERS M - 40 | 38 | M 97 | 00:00:13 | 01:13:36 | 02:45:26 | 04:18:28 | 05:43:34.70 | 05:43:34.70 | 7:38 | 7.9 |
| 122 | BUHL MARCIN | 5504 | | CHRZĄSTOWICE | POL | SENIOR II M - 30 | 43 | M 98 | 00:00:11 | 01:16:58 | 02:50:08 | 04:23:08 | 05:44:02.50 | 05:44:02.50 | 7:38 | 7.8 |
| 123 | KLIŚ MARCIN | 5656 | | STARE SIOŁKOWICE | POL | SENIOR II M - 30 | 44 | M 99 | 00:00:11 | 01:16:57 | 02:50:05 | 04:23:07 | 05:44:02.75 | 05:44:02.75 | 7:38 | 7.8 |
| 124 | GAŁEK ALEKSANDER | 5381 | PRAGMATIQ.PL | POZNAŃ | POL | SENIOR II M - 30 | 45 | M 100 | 00:00:16 | 01:18:35 | 02:53:06 | 04:25:20 | 05:44:14.75 | 05:44:14.75 | 7:38 | 7.8 |
| 125 | URBAŃSKI BARTŁOMIEJ | 5258 | | WARSZAWA | POL | SENIOR II M - 30 | 46 | M 101 | 00:00:56 | 01:20:50 | 02:53:35 | 04:24:28 | 05:46:20.35 | 05:46:20.35 | 7:41 | 7.8 |
| 126 | KĘDZIA DOMINIK | 5553 | | CZEMPIŃ | POL | WETERAN I M - 50 | 8 | M 102 | 00:00:54 | 01:17:02 | 02:50:28 | 04:21:09 | 05:46:33.95 | 05:46:33.95 | 7:42 | 7.8 |
| 127 | ŚLIWKA ARKADIUSZ | 5243 | OLZA CIESZYN | LESZNA GÓRNA | POL | MASTERS M - 40 | 39 | M 103 | 00:01:29 | 01:22:08 | 02:53:37 | 04:25:40 | 05:46:48.90 | 05:46:48.90 | 7:42 | 7.8 |
| 128 | WITKOWSKI WOJCIECH | 5186 | | NIEMODLIN | POL | SENIOR II M - 30 | 47 | M 104 | 00:00:07 | 01:11:57 | 02:43:35 | 04:32:54 | 05:46:48.95 | 05:46:48.95 | 7:42 | 7.8 |
| 129 | JAZ ERNEST | 5299 | ENDORFINY WĄSOSZ | WĄSOSZ | POL | SENIOR II M - 30 | 48 | M 105 | 00:01:07 | 01:17:05 | 02:50:44 | 04:21:02 | 05:47:13.15 | 05:47:13.15 | 7:42 | 7.8 |

## ZŁOTY MARATON - 45 KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0km | 10km | 22km | 33km | Netto | Brutto | min/km | km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 130 | BŁAŻEJCZAK TOMASZ | 5490 | #BIEGAJLESZNO | LESZNO | POL | SENIOR II M - 30 | 49 | M 106 | 00:00:17 | 01:20:34 | 02:51:02 | 04:23:19 | 05:47:27.45 | 05:47:27.45 | 7:43 | 7.8 |
| 131 | JESIONKOWSKI PAWEŁ | 5567 | #BIEGIEMWLAS | ZIELONA GÓRA | POL | SENIOR I M - 20 | 11 | M 107 | 00:00:25 | 01:15:41 | 02:48:28 | 04:27:43 | 05:47:37.00 | 05:47:37.00 | 7:43 | 7.8 |
| 132 | MATYJA RAFAŁ | 5440 | LESZNOLIMITS RUNNERS | LIPNO | POL | SENIOR II M - 30 | 50 | M 108 | 00:00:30 | 01:22:21 | 03:02:58 | 04:29:20 | 05:47:40.55 | 05:47:40.55 | 7:43 | 7.8 |
| 133 | REDMANN EDYTA | 5417 | | BYDGOSZCZ | POL | WETERAN K - 50 | 1 | K 26 | 00:01:12 | 01:23:31 | 02:59:57 | 04:27:49 | 05:47:43.15 | 05:47:43.15 | 7:43 | 7.8 |
| 134 | LIDTKE MARCIN | 5537 | ŻARY RUNNERS TEAM | ŻARY | POL | MASTERS M - 40 | 40 | M 109 | 00:00:30 | 01:11:01 | 02:43:03 | 04:29:06 | 05:47:58.70 | 05:47:58.70 | 7:43 | 7.8 |
| 135 | BIELECKI ROBERT | 5582 | KEEN ON RUNNING | BIAŁA PODLASKA | POL | WETERAN I M - 50 | 9 | M 110 | 00:00:05 | 01:18:57 | 02:57:48 | 04:27:53 | 05:49:00.95 | 05:49:00.95 | 7:45 | 7.7 |
| 136 | SIEWKO PIOTR | 5269 | SZWAGRY TEAM | DĘBOWIEC | POL | WETERAN I M - 50 | 10 | M 111 | 00:00:58 | 01:18:08 | 02:53:59 | 04:27:10 | 05:49:20.55 | 05:49:20.55 | 7:45 | 7.7 |
| 137 | GARSTKA ZBIGNIEW | 5614 | | WRONKI | POL | MASTERS M - 40 | 41 | M 112 | 00:00:10 | 01:16:56 | 03:00:08 | 04:32:48 | 05:49:43.95 | 05:49:43.95 | 7:46 | 7.7 |
| 138 | KORYTKOWSKI JAKUB | 5411 | | WROCŁAW | POL | SENIOR I M - 20 | 12 | M 113 | 00:01:20 | 01:26:33 | 03:03:01 | 04:37:09 | 05:50:22.05 | 05:50:22.05 | 7:47 | 7.7 |
| 139 | MAJEWSKI KRZYSZTOF | 5666 | ZDROWYWARIAT SZCZECIN | SZCZECIN | POL | SENIOR II M - 30 | 51 | M 114 | 00:02:33 | 01:29:28 | 02:58:57 | 04:28:38 | 05:50:24.70 | 05:50:24.70 | 7:47 | 7.7 |
| 140 | KUROWSKI ARTUR | 5242 | PURA VIDA TEAM | WROCŁAW | POL | SENIOR II M - 30 | 52 | M 115 | 00:01:48 | 01:28:32 | 03:03:27 | 04:32:11 | 05:50:30.85 | 05:50:30.85 | 7:47 | 7.7 |
| 141 | SCHLEGEL MICHAŁ | 5012 | MARATOŃCZYK POZNAŃ / POKONAJLENIA.PL | POZNAŃ | POL | SENIOR II M - 30 | 53 | M 116 | 00:00:27 | 01:20:12 | 02:56:05 | 04:29:40 | 05:51:08.60 | 05:51:08.60 | 7:48 | 7.7 |
| 142 | ODOLAK PIOTR | 5005 | STANWEX LL | SULEJÓWEK | POL | SENIOR II M - 30 | 54 | M 117 | 00:02:02 | 01:29:24 | 03:01:53 | 04:30:39 | 05:51:52.30 | 05:51:52.30 | 7:49 | 7.7 |
| 143 | STORTZ PIOTR | 5200 | | WARSZAWA | POL | SENIOR II M - 30 | 55 | M 118 | 00:01:22 | 01:17:09 | 02:54:21 | 04:32:43 | 05:52:41.80 | 05:52:41.80 | 7:50 | 7.7 |
| 144 | KINSNER ZENON | 5079 | MOCNA GRUPA CEZARA | WROCŁAW | POL | MASTERS M - 40 | 42 | M 119 | 00:01:19 | 01:20:20 | 02:52:19 | 04:22:03 | 05:53:12.00 | 05:53:12.00 | 7:50 | 7.6 |
| 145 | KOWALSKI GRZEGORZ | 5093 | W POGONI ZA DUCHEM | DĄBROWA GÓRNICZA | POL | MASTERS M - 40 | 43 | M 120 | 00:01:54 | 01:23:52 | 02:52:38 | 04:20:23 | 05:53:20.45 | 05:53:20.45 | 7:51 | 7.6 |
| 146 | KLEPACKA-GANCARZ BARBARA | 5594 | RESHAPE RUNNERS | GLIWICE | POL | MASTERS K - 40 | 4 | K 27 | 00:00:08 | 01:23:34 | 03:04:07 | 04:32:33 | 05:53:43.20 | 05:53:43.20 | 7:51 | 7.6 |
| 147 | GRZEBIELUCH KASIA | 5688 | LEDWOZIPIA | RYBNIK | POL | MASTERS K - 40 | 5 | K 28 | 00:00:19 | 01:20:48 | 03:03:47 | 04:30:10 | 05:54:30.50 | 05:54:30.50 | 7:52 | 7.6 |
| 148 | BRUDNY AGNIESZKA | 5223 | PORANNY BESKID RUN | OCHABY WIELKIE | POL | MASTERS K - 40 | 6 | K 29 | 00:01:32 | 01:29:45 | 03:10:15 | 04:37:56 | 05:54:31.05 | 05:54:31.05 | 7:52 | 7.6 |
| 149 | WOJCIECHOWSKI ARKADIUSZ | 5502 | KTÓRĘDYNADMORSKIEOKO | KONIN | POL | MASTERS M - 40 | 44 | M 121 | 00:00:58 | 01:28:07 | 03:08:00 | 04:37:10 | 05:54:51.95 | 05:54:51.95 | 7:53 | 7.6 |
| 150 | BORDYCH JACEK | 5674 | BOREL MARATHON TEAM | KOŻUCHÓW | POL | WETERAN I M - 50 | 11 | M 122 | 00:01:29 | 01:23:07 | 03:01:58 | 04:32:15 | 05:54:53.25 | 05:54:53.25 | 7:53 | 7.6 |
| 151 | SENFTLEBEN MAREK | 5111 | | LESZNO | POL | SENIOR II M - 30 | 56 | M 123 | 00:00:52 | 01:23:50 | 03:01:47 | 04:32:03 | 05:55:03.85 | 05:55:03.85 | 7:53 | 7.6 |
| 152 | SZYMAŃSKI MICHAŁ | 5195 | TGV CLUB | KOŚCIAN | POL | MASTERS M - 40 | 45 | M 124 | 00:00:33 | 01:20:55 | 02:55:40 | 04:28:12 | 05:55:19.25 | 05:55:19.25 | 7:53 | 7.6 |
| 153 | TOMCZYK ANGELIKA | 5639 | | ZABRZE | POL | SENIOR II K - 30 | 19 | K 30 | 00:00:08 | 01:23:33 | 03:02:54 | 04:32:08 | 05:55:25.60 | 05:55:25.60 | 7:53 | 7.6 |
| 154 | STILLER IRENEUSZ | 5254 | LIBER POLAND TEAM | ZABRZE | POL | MASTERS M - 40 | 46 | M 125 | 00:01:20 | 01:30:29 | 03:07:59 | 04:41:02 | 05:55:30.65 | 05:55:30.65 | 7:54 | 7.6 |
| 155 | ZIMNY TOMASZ | 5483 | FARTY PUSZCZY | SZCZECIN | POL | WETERAN II M - 60 | 1 | M 126 | 00:00:05 | 01:23:03 | 03:05:41 | 04:36:39 | 05:55:41.40 | 05:55:41.40 | 7:54 | 7.6 |
| 156 | DAWIDOWICZ WOJCIECH | 5177 | | DOBROSZYCE | POL | SENIOR II M - 30 | 57 | M 127 | 00:01:07 | 01:22:23 | 03:00:06 | 04:33:37 | 05:55:42.25 | 05:55:42.25 | 7:54 | 7.6 |
| 157 | BIELECKI TOMASZ | 5513 | | GNIEZNO | POL | SENIOR I M - 20 | 13 | M 128 | 00:00:39 | 01:20:03 | 02:56:01 | 04:24:08 | 05:56:37.30 | 05:56:37.30 | 7:55 | 7.6 |
| 158 | ZWOLIŃSKI MARIUSZ | 5597 | | WARSZAWA | POL | MASTERS M - 40 | 47 | M 129 | 00:01:24 | 01:20:53 | 02:56:37 | 04:29:30 | 05:56:38.90 | 05:56:38.90 | 7:55 | 7.6 |
| 159 | BARTYKOWSKA MARTA | 5285 | PGB SPORTOWA PACZKA | JABŁONNA | POL | SENIOR II K - 30 | 20 | K 31 | 00:01:59 | 01:36:15 | 03:08:55 | 04:39:05 | 05:56:46.25 | 05:56:46.25 | 7:55 | 7.6 |
| 160 | WIZA ANNA | 5040 | | SWARZĘDZ | POL | MASTERS K - 40 | 7 | K 32 | 00:00:22 | 01:20:32 | 03:04:27 | 04:41:16 | 05:56:52.55 | 05:56:52.55 | 7:55 | 7.6 |
| 161 | WIZA TOMASZ | 5190 | | POZNAŃ | POL | MASTERS M - 40 | 48 | M 130 | 00:00:23 | 01:20:31 | 03:04:25 | 04:41:16 | 05:56:52.65 | 05:56:52.65 | 7:55 | 7.6 |
| 162 | SZYPULSKI DARIUSZ | 5168 | SKS CHMIELOWICE | OPOLE | POL | MASTERS M - 40 | 49 | M 131 | 00:01:36 | 01:24:31 | 03:03:17 | 04:37:12 | 05:57:43.05 | 05:57:43.05 | 7:56 | 7.5 |
| 163 | SCHWARZ MAREK | 5333 | PRO366 | SWARZĘDZ | POL | SENIOR II M - 30 | 58 | M 132 | 00:00:54 | 01:20:56 | 02:57:31 | 04:37:46 | 05:58:27.00 | 05:58:27.00 | 7:57 | 7.5 |
| 164 | KOBYŁKA MAREK | 5392 | SUPERMARATON KALISZ | KALISZ | POL | WETERAN I M - 50 | 12 | M 133 | 00:01:49 | 01:25:37 | 03:03:32 | 04:33:47 | 05:58:29.55 | 05:58:29.55 | 7:57 | 7.5 |
| 165 | SROKA MARCIN | 5224 | ST RUNNERS | PLEWISKA | POL | MASTERS M - 40 | 50 | M 134 | 00:00:40 | 01:21:03 | 02:58:51 | 04:38:19 | 05:58:32.50 | 05:58:32.50 | 7:58 | 7.5 |
| 166 | KUTERA ROBERT | 5450 | NOA | WROCŁAW | POL | MASTERS M - 40 | 51 | M 135 | 00:01:56 | 01:33:14 | 03:12:08 | 04:41:20 | 05:58:33.55 | 05:58:33.55 | 7:58 | 7.5 |
| 167 | PAŁYSA ROBERT | 5161 | STANWEX II | JÓZEFÓW | POL | SENIOR I M - 20 | 14 | M 136 | 00:02:26 | 01:31:12 | 03:08:19 | 04:38:12 | 05:58:51.90 | 05:58:51.90 | 7:58 | 7.5 |
| 168 | SIROČÁK PETR | 5519 | TŘI KŘIŽKY OSTRAVA | OSTRAVA | CZE | MASTERS M - 40 | 52 | M 137 | 00:01:09 | 01:18:38 | 02:54:01 | 04:37:32 | 05:59:08.90 | 05:59:08.90 | 7:58 | 7.5 |
| 169 | RÓŻAŃSKI ERYK | 5130 | MARATOŃCZYK POZNAŃ | POZNAŃ | POL | SENIOR II M - 30 | 59 | M 138 | 00:00:20 | 01:18:21 | 02:55:09 | 04:28:22 | 05:59:11.00 | 05:59:11.00 | 7:58 | 7.5 |
| 170 | CIEŚLIK PAWEŁ | 5568 | CHATEAU CHALIN | POZNAŃ | POL | MASTERS M - 40 | 53 | M 139 | 00:02:06 | 01:29:36 | 03:04:08 | 04:39:15 | 05:59:25.70 | 05:59:25.70 | 7:59 | 7.5 |
| 171 | TALAREK ROBERT | 5484 | TELERANEK | SZCZECIN | POL | MASTERS M - 40 | 54 | M 140 | 00:00:44 | 01:24:45 | 03:06:53 | 04:38:26 | 06:00:37.95 | 06:00:37.95 | 8:00 | 7.5 |
| 172 | KAJDAS GOSIA | 5227 | CROOS STRATEŃCÓW TEAM | SŁAWA | POL | MASTERS K - 40 | 8 | K 33 | 00:00:16 | 01:24:57 | 03:08:55 | 04:41:47 | 06:00:45.65 | 06:00:45.65 | 8:01 | 7.5 |
| 173 | MROWCA PAWEŁ | 5181 | | LUBAŃ | POL | SENIOR II M - 30 | 60 | M 141 | 00:01:57 | 01:26:19 | 03:03:57 | 04:38:15 | 06:00:53.25 | 06:00:53.25 | 8:01 | 7.5 |
| 174 | SPYTKOWSKI PATRYK | 5651 | | KRAKÓW | POL | SENIOR II M - 30 | 61 | M 142 | 00:00:10 | 01:22:07 | 03:01:57 | 04:38:00 | 06:01:41.50 | 06:01:41.50 | 8:02 | 7.5 |
| 175 | GROCHOLEWSKI WLODZIMIERZ | 5402 | MOTOR LUBON TEAM | POZNAN | POL | WETERAN I M - 50 | 13 | M 143 | 00:02:00 | 01:28:20 | 03:02:33 | 04:36:55 | 06:01:59.45 | 06:01:59.45 | 8:02 | 7.5 |
| 176 | HACZ PAWEŁ | 5603 | | KROSNO | POL | MASTERS M - 40 | 55 | M 144 | 00:00:09 | 01:18:37 | 02:55:36 | 04:34:57 | 06:02:51.20 | 06:02:51.20 | 8:03 | 7.4 |
| 177 | STOLIŃSKI PRZEMEK | 5569 | | OZORKÓW | POL | MASTERS M - 40 | 56 | M 145 | 00:00:18 | 01:14:41 | 02:52:22 | 04:39:10 | 06:03:08.10 | 06:03:08.10 | 8:04 | 7.4 |
| 178 | WARZECHA TERESA | 5618 | RUNNERS TEAM NYSA | PACZKÓW | POL | WETERAN II K - 60 | 1 | K 34 | 00:00:37 | 01:23:28 | 03:04:08 | 04:38:05 | 06:03:31.65 | 06:03:31.65 | 8:04 | 7.4 |
| 179 | BORECKI PIOTR | 5113 | CZAJKERSI | NOWA RUDA | POL | SENIOR II M - 30 | 62 | M 146 | 00:01:27 | 01:27:32 | 03:03:55 | 04:33:54 | 06:03:38.30 | 06:03:38.30 | 8:04 | 7.4 |
| 180 | BINIENDA AGNIESZKA | 5575 | KOBIETY WATAHY | ZABRZE | POL | MASTERS K - 40 | 9 | K 35 | 00:00:07 | 01:23:38 | 03:05:51 | 04:40:56 | 06:03:57.85 | 06:03:57.85 | 8:05 | 7.4 |
| 181 | ŁYSIAK BARTEK | 5371 | | DĄBRÓWKA | POL | SENIOR II M - 30 | 63 | M 147 | 00:00:41 | 01:20:14 | 02:53:22 | 04:34:07 | 06:04:31.40 | 06:04:31.40 | 8:06 | 7.4 |
| 182 | UPTAS TOMASZ | 5019 | CROSS STRACEŃCÓW TEAM | GŁOGÓW | POL | MASTERS M - 40 | 57 | M 148 | 00:00:53 | 01:20:32 | 02:57:03 | 04:37:58 | 06:04:48.65 | 06:04:48.65 | 8:06 | 7.4 |
| 183 | WESOŁOWSKA KINGA | 5342 | ASICS FRONTRUNNER POLAND | WROCŁAW | POL | SENIOR I K - 20 | 5 | K 36 | 00:00:39 | 01:22:20 | 03:06:17 | 04:39:44 | 06:04:48.70 | 06:04:48.70 | 8:06 | 7.4 |
| 184 | GRZELAK JAKUB | 5627 | MARMUROWE DZIKI | ŁÓDŹ | POL | SENIOR II M - 30 | 64 | M 149 | 00:00:19 | 01:19:02 | 02:56:37 | 04:36:03 | 06:04:50.35 | 06:04:50.35 | 8:06 | 7.4 |

## ZŁOTY MARATON - 45 KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0km | 10km | 22km | 33km | Netto | Brutto | min/km | km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 185 | MAŁYSZKA KRZYSZTOF | 5126 | KRIS TRANS MAŁYSZKA | POZNAŃ | POL | WETERAN I M - 50 | 14 | M 150 | 00:00:07 | 01:17:54 | 02:58:51 | 04:32:29 | 06:04:56.45 | 06:04:56.45 | 8:06 | 7.4 |
| 186 | KAWECKI MAREK | 5182 | DRUŻYNA KONOPIELKI | NIEWODNICA NARGILEWSKA KOLONIA | POL | MASTERS M - 40 | 58 | M 151 | 00:00:45 | 01:15:45 | 02:58:14 | 04:41:49 | 06:05:30.55 | 06:05:30.55 | 8:07 | 7.4 |
| 187 | SIELIWONIK ANITA | 5205 | | WARSZAWA | POL | MASTERS K - 40 | 10 | K 37 | 00:02:18 | 01:33:11 | 03:14:19 | 04:44:05 | 06:05:59.15 | 06:05:59.15 | 8:07 | 7.4 |
| 188 | KALKA KATARZYNA | 5069 | MARATOŃCZYK POZNAŃ | POZNAŃ | POL | SENIOR II K - 30 | 21 | K 38 | 00:00:28 | 01:19:46 | 03:03:01 | 04:38:51 | 06:06:14.70 | 06:06:14.70 | 8:08 | 7.4 |
| 189 | DARUL ALBERT | 5676 | KUPIEC TEAM | POZNAŃ | POL | SENIOR I M - 20 | 15 | M 152 | 00:01:29 | 01:29:50 | 03:08:29 | 04:46:56 | 06:06:21.10 | 06:06:21.10 | 8:08 | 7.4 |
| 190 | OSTACH DARIA | 5425 | | OSTRÓW WIELKOPOLSKI | POL | MASTERS K - 40 | 11 | K 39 | 00:00:23 | 01:26:32 | 03:09:52 | 04:42:31 | 06:07:10.35 | 06:07:10.35 | 8:09 | 7.4 |
| 191 | ASŁANOWICZ MARCIN | 5587 | ŻÓRAWSKI TEAM | WARSZAWA | POL | MASTERS M - 40 | 59 | M 153 | 00:00:16 | 01:22:04 | 03:06:33 | 04:41:06 | 06:07:47.90 | 06:07:47.90 | 8:10 | 7.3 |
| 192 | JARYSZ PIOTR | 5160 | KRISTRANS MAŁYSZKA | POZNAŃ | POL | SENIOR II M - 30 | 65 | M 154 | 00:00:17 | 01:18:29 | 02:57:16 | 04:36:45 | 06:08:34.40 | 06:08:34.40 | 8:11 | 7.3 |
| 193 | SEMENIUK KONRAD | 5617 | RZEPIN CITY | RZEPIN | POL | SENIOR II M - 30 | 66 | M 155 | 00:01:28 | 01:29:49 | 03:08:29 | 04:46:56 | 06:08:41.10 | 06:08:41.10 | 8:11 | 7.3 |
| 194 | MRÓWKA MAŁGORZATA | 5001 | | ŁÓDŹ | POL | SENIOR II K - 30 | 22 | K 40 | 00:00:18 | 01:23:41 | 03:09:09 | 04:43:04 | 06:08:42.95 | 06:08:42.95 | 8:11 | 7.3 |
| 195 | RATAJCZAK DOROTA | 5671 | TRIO FORTIS | ZIELONA GÓRA | POL | MASTERS K - 40 | 12 | K 41 | 00:00:24 | 01:28:49 | 03:14:30 | 04:51:08 | 06:09:09.95 | 06:09:09.95 | 8:12 | 7.3 |
| 196 | PAJESTKA WOJTEK | 5547 | GÓRAL Z MAZUR RUNNING TEAM | SANOK | POL | MASTERS M - 40 | 60 | M 156 | 00:01:28 | 01:28:09 | 03:09:55 | 04:45:59 | 06:09:43.50 | 06:09:43.50 | 8:12 | 7.3 |
| 197 | BROŻYNA MIŁOSZ | 5278 | | BEZRZECZE | POL | SENIOR I M - 20 | 16 | M 157 | 00:00:59 | 01:22:38 | 03:05:50 | 04:39:20 | 06:09:50.25 | 06:09:50.25 | 8:13 | 7.3 |
| 198 | KRÓLEWICZ DARIA | 5359 | | SIECHNICE | POL | SENIOR I K - 20 | 6 | K 42 | 00:01:24 | 01:28:31 | 03:11:43 | 04:48:17 | 06:10:58.25 | 06:10:58.25 | 8:14 | 7.3 |
| 199 | SAMBORSKI PIOTR | 5474 | WKURW_TEAM | TORUŃ | POL | SENIOR II M - 30 | 67 | M 158 | 00:02:26 | 01:39:04 | 03:16:54 | 04:45:22 | 06:11:02.35 | 06:11:02.35 | 8:14 | 7.3 |
| 200 | HANS MICHAŁ | 5496 | | MSZANA DOLNA | POL | SENIOR II M - 30 | 68 | M 159 | 00:00:06 | 01:09:53 | 02:41:17 | 04:24:50 | 06:11:07.55 | 06:11:07.55 | 8:14 | 7.3 |
| 201 | GRONOWSKA-KAROLCZAK AGNIESZKA | 5008 | MARATOŃCZYK POZNAŃ | POZNAŃ | POL | SENIOR II K - 30 | 23 | K 43 | 00:00:27 | 01:23:48 | 03:09:47 | 04:50:16 | 06:11:30.15 | 06:11:30.15 | 8:15 | 7.3 |
| 202 | KAROLCZAK RAFAŁ | 5020 | MARATOŃCZYK POZNAŃ | POZNAŃ | POL | SENIOR II M - 30 | 69 | M 160 | 00:00:27 | 01:24:03 | 03:09:47 | 04:50:19 | 06:11:30.45 | 06:11:30.45 | 8:15 | 7.3 |
| 203 | RADECKI WOJCIECH | 5495 | NIEPOŁOMICE BIEGAJĄ | WIELICZKA | POL | WETERAN I M - 50 | 15 | M 161 | 00:00:53 | 01:33:23 | 03:16:41 | 04:46:29 | 06:11:32.30 | 06:11:32.30 | 8:15 | 7.3 |
| 204 | TOKARZEWSKA KATARZYNA | 5541 | | DĄBRÓWKA | POL | MASTERS K - 40 | 13 | K 44 | 00:01:16 | 01:39:02 | 03:21:35 | 04:52:50 | 06:13:19.60 | 06:13:19.60 | 8:17 | 7.2 |
| 205 | WYRZYKOWSKI ANDRZEJ | 5311 | GRUPA BIEGOWA 65 | GDAŃSK | POL | WETERAN I M - 50 | 16 | M 162 | 00:01:21 | 01:32:01 | 03:13:55 | 04:51:54 | 06:13:19.95 | 06:13:19.95 | 8:17 | 7.2 |
| 206 | SZELIGA TOMASZ | 5482 | | BYTOM | POL | SENIOR II M - 30 | 70 | M 163 | 00:00:59 | 01:30:17 | 03:14:29 | 04:46:02 | 06:13:26.65 | 06:13:26.65 | 8:17 | 7.2 |
| 207 | KLAMA MACIEJ | 5021 | KKM | KALISZ | POL | MASTERS M - 40 | 61 | M 164 | 00:02:26 | 01:37:59 | 03:23:23 | 04:54:10 | 06:13:36.90 | 06:13:36.90 | 8:18 | 7.2 |
| 208 | KATRYCZ KRZYSZTOF | 5571 | | WROCŁAW | POL | SENIOR I M - 20 | 17 | M 165 | 00:02:32 | 01:33:26 | 03:10:26 | 04:47:26 | 06:13:44.05 | 06:13:44.05 | 8:18 | 7.2 |
| 209 | MATYSIK MARTA | 5286 | WYZNAWCY BRONKA LIBIĄŻ | LIBIĄŻ | POL | SENIOR II K - 30 | 24 | K 45 | 00:00:48 | 01:25:36 | 03:09:49 | 04:47:32 | 06:13:45.65 | 06:13:45.65 | 8:18 | 7.2 |
| 210 | JARZĄBEK MICHAŁ | 5142 | | WROCŁAW | POL | SENIOR II M - 30 | 71 | M 166 | 00:01:18 | 01:25:19 | 03:09:03 | 04:51:21 | 06:13:57.20 | 06:13:57.20 | 8:18 | 7.2 |
| 211 | ODIJA LESZEK | 5652 | | WIRY | POL | MASTERS M - 40 | 62 | M 167 | 00:00:51 | 01:29:18 | 03:13:37 | 04:45:55 | 06:14:33.25 | 06:14:33.25 | 8:19 | 7.2 |
| 212 | HRONOWSKI JAKUB | 5203 | | MYŚLENICE | POL | SENIOR I M - 20 | 18 | M 168 | 00:01:28 | 01:29:19 | 03:07:21 | 04:39:32 | 06:14:35.10 | 06:14:35.10 | 8:19 | 7.2 |
| 213 | SOBCZAK MARCIN | 5444 | | WROCLAW | POL | SENIOR II M - 30 | 72 | M 169 | 00:00:36 | 01:26:38 | 03:11:10 | 04:50:54 | 06:14:44.15 | 06:14:44.15 | 8:19 | 7.2 |
| 214 | JAKRZEWSKI HUBERT | 5281 | | KAMIONKI | POL | SENIOR II M - 30 | 73 | M 170 | 00:00:32 | 01:23:08 | 03:04:21 | 04:45:33 | 06:15:05.65 | 06:15:05.65 | 8:20 | 7.2 |
| 215 | RUDNICKA MAGDALENA | 5451 | | POZNAŃ | POL | SENIOR II K - 30 | 25 | K 46 | 00:02:09 | 01:36:43 | 03:18:21 | 04:52:51 | 06:15:35.80 | 06:15:35.80 | 8:20 | 7.2 |
| 216 | STANKIEWICZ KRZYSZTOF | 5214 | KÓRNIK | KÓRNIK | POL | MASTERS M - 40 | 63 | M 171 | 00:01:37 | 01:36:44 | 03:22:03 | 04:54:57 | 06:15:49.80 | 06:15:49.80 | 8:21 | 7.2 |
| 217 | SZYMAŃSKI JAROSŁAW | 5174 | | LĄDEK-ZDRÓJ | POL | SENIOR I M - 20 | 19 | M 172 | 00:00:47 | 01:27:33 | 03:19:49 | 04:54:35 | 06:15:50.90 | 06:15:50.90 | 8:21 | 7.2 |
| 218 | SYCHOWSKI DAWID | 5068 | | TOMASZÓW BOLESŁAWIECKI | POL | SENIOR II M - 30 | 74 | M 173 | 00:01:35 | 01:28:11 | 03:13:49 | 04:51:15 | 06:15:57.20 | 06:15:57.20 | 8:21 | 7.2 |
| 219 | SMIERZCHAŁA ADAM | 5517 | | MOSINA | POL | WETERAN I M - 50 | 17 | M 174 | 00:00:49 | 01:29:37 | 03:16:09 | 04:54:33 | 06:16:55.20 | 06:16:55.20 | 8:22 | 7.2 |
| 220 | FEODORÓW WOJCIECH | 5667 | RESHAPE RUNNERS | ZABRZE | POL | WETERAN I M - 50 | 18 | M 175 | 00:00:15 | 01:20:49 | 03:05:46 | 04:44:56 | 06:17:30.35 | 06:17:30.35 | 8:23 | 7.2 |
| 221 | OLEJNIK AGNIESZKA | 5114 | ENDORFINY WĄSOSZ | WĄSOSZ | POL | SENIOR II K - 30 | 26 | K 47 | 00:01:02 | 01:28:10 | 03:15:50 | 04:51:09 | 06:17:37.25 | 06:17:37.25 | 8:23 | 7.2 |
| 222 | OLEŚ DANIEL | 5466 | | JEŻÓW SUDECKI | POL | SENIOR II M - 30 | 75 | M 176 | 00:00:22 | 01:19:59 | 03:05:48 | 04:52:42 | 06:18:13.00 | 06:18:13.00 | 8:24 | 7.1 |
| 223 | KONIECZNY CYPRIAN | 5272 | | LESZNO | POL | SENIOR II M - 30 | 76 | M 177 | 00:01:22 | 01:30:30 | 03:13:25 | 04:51:35 | 06:18:24.65 | 06:18:24.65 | 8:24 | 7.1 |
| 224 | ZYWERT ANTONINA | 5318 | | OSTROWITE | POL | SENIOR I K - 20 | 7 | K 48 | 00:02:30 | 01:37:59 | 03:22:25 | 04:52:59 | 06:18:43.60 | 06:18:43.60 | 8:24 | 7.1 |
| 225 | KARMOWSKI JAKUB | 5014 | MOCNA GRUPA CEZARA | WROCŁAW | POL | SENIOR II M - 30 | 77 | M 178 | 00:00:45 | 01:28:13 | 03:17:04 | 04:56:30 | 06:19:38.00 | 06:19:38.00 | 8:26 | 7.1 |
| 226 | KUSZTELSKA LUCYNA | 5654 | WLKP MOUNTAINS ULTRA | MOSINA | POL | MASTERS K - 40 | 14 | K 49 | 00:00:43 | 01:35:24 | 03:24:05 | 04:59:45 | 06:20:16.85 | 06:20:16.85 | 8:27 | 7.1 |
| 227 | PROCHNO PIOTR | 5682 | TRAIL IS OUR WAY TEAM | WŁOCŁAWEK | POL | SENIOR II M - 30 | 78 | M 179 | 00:01:13 | 01:29:42 | 03:14:56 | 04:55:07 | 06:20:39.10 | 06:20:39.10 | 8:27 | 7.1 |
| 228 | LASKOWSKI KRZYSZTOF | 5344 | | OSTRÓW WLKP. | POL | WETERAN I M - 50 | 19 | M 180 | 00:00:52 | 01:26:37 | 03:13:16 | 04:50:24 | 06:20:46.60 | 06:20:46.60 | 8:27 | 7.1 |
| 229 | KUBISIAK DARIUSZ | 5605 | | OSTRÓW WLKP. | POL | WETERAN I M - 50 | 20 | M 181 | 00:02:47 | 01:37:20 | 03:22:26 | 04:57:41 | 06:21:17.65 | 06:21:17.65 | 8:28 | 7.1 |
| 230 | MACIEJEWSKI ŁUKASZ | 5391 | | KALISZ | POL | SENIOR II M - 30 | 79 | M 182 | 00:01:49 | 01:28:07 | 03:10:03 | 04:49:10 | 06:21:19.85 | 06:21:19.85 | 8:28 | 7.1 |
| 231 | ROSZYK TOMASZ | 5235 | TKKF MPK POZNAŃ | POZNAŃ | POL | MASTERS M - 40 | 64 | M 183 | 00:01:19 | 01:36:46 | 03:24:48 | 05:01:49 | 06:21:31.40 | 06:21:31.40 | 8:28 | 7.1 |
| 232 | CICHOCKI DAWID | 5120 | NIGHT RUNNERS PYSKOWICE | PYSKOWICE | POL | SENIOR II M - 30 | 80 | M 184 | 00:00:50 | 01:24:00 | 03:07:30 | 04:52:12 | 06:21:40.40 | 06:21:40.40 | 8:28 | 7.1 |
| 233 | KRENN PETER | 5388 | DIE KOCHANILES | RORSCHACHERBERG | SUI | MASTERS M - 40 | 65 | M 185 | 00:00:01 | | 03:18:02 | 04:58:52 | 06:22:16.30 | 06:22:16.30 | 8:29 | 7.1 |
| 234 | STASZYŃSKA KAROLINA | 5108 | BIEGAJĄCE KREJZOLE | TULCE | POL | MASTERS K - 40 | 15 | K 50 | 00:00:35 | 01:27:24 | 03:17:00 | 04:55:56 | 06:22:20.45 | 06:22:20.45 | 8:29 | 7.1 |

## ZŁOTY MARATON - 45 KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0km | 10km | 22km | 33km | Netto | Brutto | min/km | km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 235 | POPŁAWSKI PIOTR | 5625 | PGB SPORTOWA PACZKA | ŁOSICE | POL | MASTERS M - 40 | 66 | M 186 | 00:00:06 | 01:28:27 | 03:22:04 | 05:00:16 | 06:22:59.75 | 06:22:59.75 | 8:30 | 7 |
| 236 | SYREK RAFAŁ | 5098 | | DUSZNIKI ZDRÓJ | POL | MASTERS M - 40 | 67 | M 187 | 00:02:43 | 01:23:52 | 03:02:28 | 04:52:01 | 06:23:22.80 | 06:23:22.80 | 8:31 | 7 |
| 237 | KURZYNIEC ŁUKASZ | 5197 | | WROCŁAW | POL | SENIOR II M - 30 | 81 | M 188 | 00:03:01 | 01:32:40 | 03:11:32 | 04:48:18 | 06:23:29.40 | 06:23:29.40 | 8:31 | 7 |
| 238 | SZUMIATO JAKUB | 5372 | PRZEDWOJEWSKI TEAM | WROCŁAW | POL | SENIOR II M - 30 | 82 | M 189 | 00:01:46 | 01:34:46 | 03:20:06 | 05:01:00 | 06:23:57.70 | 06:23:57.70 | 8:31 | 7 |
| 239 | ZUBRZAK JACEK | 5409 | | ŁÓDZ | POL | MASTERS M - 40 | 68 | M 190 | 00:02:16 | 01:36:32 | 03:23:37 | 05:00:22 | 06:24:05.55 | 06:24:05.55 | 8:32 | 7 |
| 240 | MATUSZCZYK MAREK | 5032 | RYBNICKA GRUPA BIEGOWA | RYBNIK | POL | MASTERS M - 40 | 69 | M 191 | 00:02:25 | 01:41:57 | 03:29:13 | 04:53:33 | 06:24:38.00 | 06:24:38.00 | 8:32 | 7 |
| 241 | WALCZAK AGNIESZKA | 5245 | PKO BANK POLSKI | BOLESŁAW | POL | MASTERS K - 40 | 16 | K 51 | 00:00:57 | 01:31:56 | 03:17:22 | 04:58:47 | 06:24:45.50 | 06:24:45.50 | 8:33 | 7 |
| 242 | SALIŃSKI BARTOSZ | 5510 | AUGUSTEAM | KATOWICE | POL | SENIOR II M - 30 | 83 | M 192 | 00:00:03 | 01:22:33 | 03:11:13 | 04:52:57 | 06:24:49.15 | 06:24:49.15 | 8:33 | 7 |
| 243 | BARTOSZAK PIOTR | 5408 | | ZANIEMYŚL | POL | SENIOR II M - 30 | 84 | M 193 | 00:00:11 | 01:17:56 | 03:00:26 | 04:48:30 | 06:24:51.05 | 06:24:51.05 | 8:33 | 7 |
| 244 | RYBKOWSKI HUBERT | 5492 | KTÓRĘDYNADMORSKIEOKO | ŻYCHLIN | POL | SENIOR II M - 30 | 85 | M 194 | 00:00:58 | 01:31:57 | 03:12:12 | 04:49:11 | 06:25:09.55 | 06:25:09.55 | 8:33 | 7 |
| 245 | PORAJ PAWEŁ | 5464 | | CZĘSTOCHOWA | POL | SENIOR II M - 30 | 86 | M 195 | 00:01:08 | 01:33:13 | 03:18:55 | 04:59:35 | 06:25:47.60 | 06:25:47.60 | 8:34 | 7 |
| 246 | DUBAS ANNA | 5328 | SPRAWDZAMY-NIERUCHOMOSCI.PL | POZNAŃ | POL | SENIOR II K - 30 | 27 | K 52 | 00:01:04 | 01:28:02 | 03:14:50 | 04:53:33 | 06:25:48.55 | 06:25:48.55 | 8:34 | 7 |
| 247 | REDKIEWICZ AGNIESZKA | 5445 | TEAM ZABIEGANEDNI | WARSZAWA | POL | SENIOR II K - 30 | 28 | K 53 | 00:02:28 | 01:33:25 | 03:20:07 | 05:00:54 | 06:25:58.25 | 06:25:58.25 | 8:34 | 7 |
| 248 | WOJCIECHOWSKA DOROTA | 5633 | | OLEŚNICA | POL | MASTERS K - 40 | 17 | K 54 | 00:00:44 | 01:27:05 | 03:17:24 | 04:55:50 | 06:26:02.80 | 06:26:02.80 | 8:34 | 7 |
| 249 | PILONIS PAWEŁ | 5456 | BIEGOSTACJA | ZIELONA GÓRA | POL | MASTERS M - 40 | 70 | M 196 | 00:01:40 | 01:28:06 | 03:08:20 | 04:54:33 | 06:26:02.90 | 06:26:02.90 | 8:34 | 7 |
| 250 | RZECZYCKI DARIUSZ | 5034 | | OPOLE | POL | WETERAN I M - 50 | 21 | M 197 | 00:00:32 | 01:29:04 | 03:17:14 | 04:58:54 | 06:26:11.55 | 06:26:11.55 | 8:34 | 7 |
| 251 | RZECZYCKA MAŁGORZATA | 5033 | | OPOLE | POL | MASTERS K - 40 | 18 | K 55 | 00:00:32 | 01:29:03 | 03:17:17 | 04:58:53 | 06:26:12.00 | 06:26:12.00 | 8:34 | 7 |
| 252 | GOŁOWICZ ANIA | 5657 | | TORUŃ | POL | SENIOR II K - 30 | 29 | K 56 | 00:02:40 | 01:37:58 | 03:21:42 | 05:00:33 | 06:26:19.45 | 06:26:19.45 | 8:35 | 7 |
| 253 | BIK ANDRZEJ | 5165 | | ZABRZE | POL | WETERAN I M - 50 | 22 | M 198 | 00:01:05 | 01:31:09 | 03:14:44 | 04:56:29 | 06:26:20.75 | 06:26:20.75 | 8:35 | 7 |
| 254 | OLIŃSKI PAWEŁ | 5117 | | POZNAŃ | POL | SENIOR II M - 30 | 87 | M 199 | 00:01:17 | 01:29:02 | 03:11:25 | 04:52:11 | 06:26:54.05 | 06:26:54.05 | 8:35 | 7 |
| 255 | BOCIĄGA PAWEŁ | 5559 | RODZINNA GRUPA ROWEROWA Z MIASTA ŁODZI | ŁÓDŹ | POL | MASTERS M - 40 | 71 | M 200 | 00:02:08 | 01:36:30 | 03:20:57 | 05:02:23 | 06:27:19.85 | 06:27:19.85 | 8:36 | 7 |
| 256 | SMORAWSKA LIDIA | 5137 | ZAKŁADKA TEAM / TARNOWO PODGÓRNE BIEGA | SIEROSŁAW | POL | SENIOR II K - 30 | 30 | K 57 | 00:01:01 | 01:29:35 | 03:17:02 | 04:54:26 | 06:27:42.15 | 06:27:42.15 | 8:36 | 7 |
| 257 | BURMISTRZ BARTOSZ | 5140 | ZAKŁADKA TEAM / TARNOWO PODGÓRNE BIEGA | SIEROSŁAW | POL | SENIOR II M - 30 | 88 | M 201 | 00:01:01 | 01:29:34 | 03:17:03 | 04:54:27 | 06:27:42.50 | 06:27:42.50 | 8:36 | 7 |
| 258 | KODZIS LESŁAW | 5403 | | SIEDLCE | POL | MASTERS M - 40 | 72 | M 202 | 00:02:00 | 01:41:28 | 03:26:43 | 05:06:39 | 06:29:14.50 | 06:29:14.50 | 8:38 | 6.9 |
| 259 | SZARADOWSKI PIOTR | 5101 | 140 MINUT | ŚWIDNICA | POL | WETERAN I M - 50 | 23 | M 203 | 00:01:16 | 01:29:10 | 03:24:36 | 05:04:30 | 06:29:24.85 | 06:29:24.85 | 8:39 | 6.9 |
| 260 | SITEK PIOTR | 5486 | | GORZÓW WLKP. | POL | MASTERS M - 40 | 73 | M 204 | 00:00:13 | 01:20:03 | 03:10:30 | 04:56:32 | 06:29:26.40 | 06:29:26.40 | 8:39 | 6.9 |
| 261 | KACZOR MARCIN | 5385 | ADJ | ŚWIĘCIECHOWA | POL | MASTERS M - 40 | 74 | M 205 | 00:01:39 | 01:28:21 | 03:12:48 | 04:59:28 | 06:29:41.40 | 06:29:41.40 | 8:39 | 6.9 |
| 262 | STACHAK KRZYSZTOF | 5090 | MIRAZ RACE TEAM | ŚWIĘTOCHŁOWICE | POL | MASTERS M - 40 | 75 | M 206 | 00:00:25 | 01:33:09 | 03:26:35 | 05:03:25 | 06:30:14.90 | 06:30:14.90 | 8:40 | 6.9 |
| 263 | RUKUSZEWICZ WAWRZYNIEC | 5364 | DZIKIE GRUBASY SZATANA | WARSZAWA | POL | MASTERS M - 40 | 76 | M 207 | 00:00:53 | 01:23:44 | 03:09:05 | 04:55:13 | 06:30:34.55 | 06:30:34.55 | 8:40 | 6.9 |
| 264 | KRZYŻYK AGNIESZKA | 5678 | TRIO FORTIS | ZIELONA GÓRA | POL | MASTERS K - 40 | 19 | K 58 | 00:00:24 | 01:27:31 | 03:18:30 | 04:59:55 | 06:31:06.75 | 06:31:06.75 | 8:41 | 6.9 |
| 265 | GAWROŃSKI ROMAN | 5025 | | WRZEŚNIA | POL | MASTERS M - 40 | 77 | M 208 | 00:01:04 | 01:31:07 | 03:15:25 | 05:02:41 | 06:31:29.45 | 06:31:29.45 | 8:41 | 6.9 |
| 266 | WRÓBEL MAŁGORZATA | 5144 | OBORYGENI | OBORNIKI ŚLĄSKIE | POL | SENIOR II K - 30 | 31 | K 59 | 00:00:49 | 01:33:28 | 03:19:47 | 05:09:01 | 06:31:38.00 | 06:31:38.00 | 8:42 | 6.9 |
| 267 | ZIELONKA WITOLD | 5295 | MARATOŃCZYK POZNAŃ | POZNAŃ | POL | MASTERS M - 40 | 78 | M 209 | 00:00:40 | 01:26:31 | 03:20:48 | 05:07:33 | 06:32:15.00 | 06:32:15.00 | 8:43 | 6.9 |
| 268 | POŁEĆ LESZEK | 5357 | MOCNA GRUPA CEZARA | WROCŁAW | POL | SENIOR II M - 30 | 89 | M 210 | 00:01:43 | 01:31:30 | 03:12:12 | 04:57:36 | 06:32:20.40 | 06:32:20.40 | 8:43 | 6.9 |
| 269 | ZIAJA WOJCIECH | 5548 | JAWORZNO RUNNERS | JAWORZNO | POL | MASTERS M - 40 | 79 | M 211 | 00:00:19 | 01:23:04 | 03:11:00 | 05:09:28 | 06:32:48.00 | 06:32:48.00 | 8:43 | 6.9 |
| 270 | KĘDZIOR JAREK | 5462 | PORANNY BESKID RUN | RUDNIK | POL | MASTERS M - 40 | 80 | M 212 | 00:01:40 | 01:36:38 | 03:28:07 | 05:06:03 | 06:32:49.05 | 06:32:49.05 | 8:43 | 6.9 |
| 271 | KAFKA EWELINA | 5176 | PORANNY BESKID RUN | SKOCZÓW | POL | MASTERS K - 40 | 20 | K 60 | 00:01:32 | 01:34:39 | 03:28:04 | 05:09:27 | 06:32:49.10 | 06:32:49.10 | 8:43 | 6.9 |
| 272 | SOCHANOWSKI KRZYSZTOF | 5433 | | WROCŁAW | POL | SENIOR II M - 30 | 90 | M 213 | 00:00:26 | 01:26:25 | 03:19:13 | 05:10:15 | 06:33:04.60 | 06:33:04.60 | 8:44 | 6.9 |
| 273 | MUSIALSKI TOMASZ | 5400 | TKM KANCELARIA | TYCHY | POL | MASTERS M - 40 | 81 | M 214 | 00:00:13 | 01:23:59 | 03:16:05 | 05:00:00 | 06:33:21.05 | 06:33:21.05 | 8:44 | 6.9 |
| 274 | DOMAŃ LESZEK | 5122 | FEHLAU RUN TEAM | KIEKRZ | POL | MASTERS M - 40 | 82 | M 215 | 00:00:55 | 01:27:06 | 03:15:47 | 05:02:39 | 06:33:32.20 | 06:33:32.20 | 8:44 | 6.9 |
| 275 | STACHOWIAK MAREK | 5047 | ROKIETNICA BIEGA | ROKIETNICA | POL | MASTERS M - 40 | 82 | M 215 | 00:00:40 | 01:22:53 | 03:11:13 | 05:02:39 | 06:33:32.20 | 06:33:32.20 | 8:44 | 6.9 |
| 276 | DALECKA DOROTA | 5508 | | GDYNIA | POL | MASTERS K - 40 | 21 | K 61 | 00:02:00 | 01:42:23 | 03:33:41 | 05:07:02 | 06:33:49.05 | 06:33:49.05 | 8:45 | 6.9 |
| 277 | SZYDŁOWSKI ROBERT | 5640 | | KAMIENIEC ZĄBKOWICKI | POL | MASTERS M - 40 | 84 | M 217 | 00:00:50 | 01:33:23 | 03:17:14 | 05:09:02 | 06:33:58.50 | 06:33:58.50 | 8:45 | 6.9 |
| 278 | KOGUT MACIEJ | 5641 | | DUSZNIKI ZDROJ | POL | MASTERS M - 40 | 85 | M 218 | 00:01:43 | 01:19:04 | 02:56:30 | 05:03:57 | 06:34:18.80 | 06:34:18.80 | 8:45 | 6.8 |
| 279 | MATYSIAK MACIEJ | 5274 | OSH | POZNAŃ | POL | MASTERS M - 40 | 86 | M 219 | 00:01:51 | 01:33:10 | 03:21:10 | 05:03:19 | 06:34:24.75 | 06:34:24.75 | 8:45 | 6.8 |
| 280 | GŁOWACKA RENATA | 5189 | ULTRA PIOTRKÓW | PIOTRKÓW TRYBUNALSKI | POL | WETERAN K - 50 | 2 | K 62 | 00:00:41 | 01:29:02 | 03:20:32 | 05:06:49 | 06:34:28.75 | 06:34:28.75 | 8:45 | 6.8 |
| 281 | WERESZCZYŃSKI TOMASZ | 5270 | SZWAGRY TEAM | PŁOCK | POL | MASTERS M - 40 | 87 | M 220 | 00:00:58 | 01:37:04 | 03:24:35 | 05:09:37 | 06:34:29.80 | 06:34:29.80 | 8:45 | 6.8 |
| 282 | POMIANOWSKI SZYMON | 5356 | | WROCŁAW | POL | SENIOR II M - 30 | 91 | M 221 | 00:00:25 | 01:20:12 | 03:09:52 | 05:03:12 | 06:34:50.90 | 06:34:50.90 | 8:46 | 6.8 |

## ZŁOTY MARATON - 45 KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0km | 10km | 22km | 33km | Netto | Brutto | min/km | km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 283 | DUBILIS MATEUSZ | 5525 | | MIKOŁÓW | POL | SENIOR I M - 20 | 20 | M 222 | 00:02:12 | 01:36:48 | 03:19:47 | 05:03:15 | 06:35:32.90 | 06:35:32.90 | 8:47 | 6.8 |
| 284 | WOLNY KRZYSZTOF | 5687 | ULTRA KREW | ZABRZE | POL | MASTERS M - 40 | 88 | M 223 | 00:00:14 | 01:23:29 | 03:16:29 | 05:01:42 | 06:35:36.60 | 06:35:36.60 | 8:47 | 6.8 |
| 285 | GIERSZEWSKA ANNA | 5017 | KB SZAMOTUŁY | SZAMOTUŁY | POL | MASTERS K - 40 | 22 | K 63 | 00:01:07 | 01:35:06 | 03:29:36 | 05:07:13 | 06:36:09.40 | 06:36:09.40 | 8:48 | 6.8 |
| 286 | TARNOWSKI BARTOSZ | 5419 | | ŁÓDŹ | POL | MASTERS M - 40 | 89 | M 224 | 00:01:14 | 01:34:11 | 03:18:32 | 05:01:11 | 06:36:26.50 | 06:36:26.50 | 8:48 | 6.8 |
| 287 | NIKODEM KLAUDIUSZ | 5115 | CZAJKERSI | NOWA RUDA | POL | MASTERS M - 40 | 90 | M 225 | 00:01:31 | 01:32:13 | 03:17:27 | 05:02:22 | 06:36:39.85 | 06:36:39.85 | 8:48 | 6.8 |
| 288 | DEBSKI MARCIN | 5428 | | WROCŁAW | POL | SENIOR II M - 30 | 92 | M 226 | 00:01:33 | 01:33:14 | 03:25:10 | 05:11:26 | 06:36:45.95 | 06:36:45.95 | 8:49 | 6.8 |
| 289 | MICHOŃ KACPER | 5527 | NIGHT RUNNERS | KONIN | POL | SENIOR I M - 20 | 21 | M 227 | 00:00:04 | 01:30:25 | 03:19:57 | 05:02:29 | 06:37:14.65 | 06:37:14.65 | 8:49 | 6.8 |
| 290 | BURA TOMASZ | 5276 | | KRZYCKO WIELKIE | POL | SENIOR II M - 30 | 93 | M 228 | 00:00:49 | 01:29:19 | 03:21:04 | 05:07:03 | 06:37:25.55 | 06:37:25.55 | 8:49 | 6.8 |
| 291 | RZEPKA ALEKSANDRA | 5615 | | WARSZAWA | POL | SENIOR II K - 30 | 32 | K 64 | 00:01:15 | 01:28:30 | 03:22:13 | 05:02:09 | 06:37:35.45 | 06:37:35.45 | 8:50 | 6.8 |
| 292 | KUREK DAMIAN | 5324 | | KAZIMIERZ BISKUPI | POL | SENIOR I M - 20 | 22 | M 229 | 00:02:29 | 01:38:06 | 03:27:26 | 05:13:18 | 06:38:35.20 | 06:38:35.20 | 8:51 | 6.8 |
| 293 | KORBUS PIOTR | 5226 | PORANNY BESKID RUN | GOLESZOW | POL | MASTERS M - 40 | 91 | M 230 | 00:01:37 | 01:30:37 | 03:24:32 | 05:05:27 | 06:39:08.55 | 06:39:08.55 | 8:52 | 6.8 |
| 294 | MOKRZYCKA WERONIKA | 5430 | | STARA ŁOMNICA | POL | SENIOR II K - 30 | 33 | K 65 | 00:00:23 | 01:36:28 | 03:32:22 | 05:13:22 | 06:40:02.00 | 06:40:02.00 | 8:53 | 6.7 |
| 295 | MAGIERA PRZEMYSŁAW | 5345 | NOWOSOLSKA GRUPA BIEGOWA | GŁOGÓW | POL | MASTERS M - 40 | 92 | M 231 | 00:01:02 | 01:22:39 | 03:10:29 | 05:03:44 | 06:40:09.95 | 06:40:09.95 | 8:53 | 6.7 |
| 296 | ŚMIGIELSKI ARKADIUSZ | 5038 | | GDYNIA | POL | MASTERS M - 40 | 93 | M 232 | 00:02:04 | 01:29:31 | 03:08:04 | 05:03:46 | 06:40:23.90 | 06:40:23.90 | 8:53 | 6.7 |
| 297 | KURCZEK TOMASZ | 5452 | RUN FORREST RUN! | GLIWICE | POL | MASTERS M - 40 | 94 | M 233 | 00:02:20 | 01:36:39 | 03:22:54 | 05:13:21 | 06:40:33.35 | 06:40:33.35 | 8:54 | 6.7 |
| 298 | CISZEK BARTOSZ | 5202 | 8A TEAM | ZABRZE | POL | SENIOR II M - 30 | 94 | M 234 | 00:01:43 | 01:37:28 | 03:28:04 | 05:12:31 | 06:40:36.60 | 06:40:36.60 | 8:54 | 6.7 |
| 299 | WAWRZYNIAK KRYSTIAN | 5493 | KB ODRA OPOLE | OPOLE | POL | SENIOR II M - 30 | 95 | M 235 | 00:01:47 | 01:45:38 | 03:38:10 | 05:17:56 | 06:41:20.25 | 06:41:20.25 | 8:55 | 6.7 |
| 300 | MOKRZYŃSKI MARCIN | 5546 | TEAM KURORT LĄDEK ZDRÓJ | OŁDRZYCHOWICE KŁODZKIE | POL | MASTERS M - 40 | 95 | M 236 | 00:02:07 | 01:42:26 | 03:40:24 | 05:17:54 | 06:41:53.75 | 06:41:53.75 | 8:55 | 6.7 |
| 301 | KOMORKIEWICZ KAROL | 5565 | RUNEDA/FINASTRA | REDA | POL | SENIOR II M - 30 | 96 | M 237 | 00:00:31 | 01:29:30 | 03:18:24 | 05:04:02 | 06:42:28.70 | 06:42:28.70 | 8:56 | 6.7 |
| 302 | HINC-ZARDECKA NATALIA | 5564 | RUNEDA | REDA | POL | SENIOR II K - 30 | 34 | K 66 | 00:00:31 | 01:29:25 | 03:18:22 | 05:04:03 | 06:42:28.90 | 06:42:28.90 | 8:56 | 6.7 |
| 303 | KALISZEWSKI ADAM | 5626 | MPK POZNAŃ | POZNAŃ | POL | WETERAN I M - 50 | 24 | M 238 | 00:01:20 | 01:38:05 | 03:28:18 | 05:10:07 | 06:42:33.80 | 06:42:33.80 | 8:56 | 6.7 |
| 304 | OLEJNIK MARCIN | 5576 | | ŻERNIKI WROCŁAWSKIE | POL | MASTERS M - 40 | 96 | M 239 | 00:02:28 | 01:44:04 | 03:33:46 | 05:18:26 | 06:43:26.95 | 06:43:26.95 | 8:57 | 6.7 |
| 305 | BARTOSIEWICZ DARIA | 5376 | | WARSZAWA | POL | SENIOR II K - 30 | 35 | K 67 | 00:00:49 | 01:34:38 | 03:24:50 | 05:10:53 | 06:44:14.25 | 06:44:14.25 | 8:58 | 6.7 |
| 306 | TOKARCZYK TOMASZ | 5531 | DRUŻYNA SZPIKU | KALISZ | POL | MASTERS M - 40 | 97 | M 240 | 00:01:17 | 01:26:43 | 03:12:09 | 05:05:57 | 06:44:14.35 | 06:44:14.35 | 8:58 | 6.7 |
| 307 | JURKIEWICZ KAROL | 5497 | OKB ODRA OPOLE | OPOLE | POL | SENIOR II M - 30 | 97 | M 241 | 00:01:44 | 01:37:06 | 03:22:27 | 05:18:55 | 06:44:44.75 | 06:44:44.75 | 8:59 | 6.7 |
| 308 | GRZYB JACEK | 5613 | BIEGOWA KUŹNIA | BĘDZIN | POL | MASTERS M - 40 | 98 | M 242 | 00:02:19 | 01:45:03 | 03:39:58 | 05:18:50 | 06:45:10.15 | 06:45:10.15 | 9:00 | 6.7 |
| 309 | BEDNARCZYK PAWEŁ | 5393 | PZU SPORT TEAM | BABKI | POL | MASTERS M - 40 | 99 | M 243 | 00:02:03 | 01:35:49 | 03:21:35 | 05:14:28 | 06:45:38.70 | 06:45:38.70 | 9:00 | 6.7 |
| 310 | LIPIŃSKI KRZYSZTOF | 5475 | KB MANIAC POZNAŃ | KOZIEGŁOWY | POL | WETERAN II M - 60 | 2 | M 244 | 00:00:38 | 01:36:35 | 03:32:20 | 05:17:21 | 06:46:00.25 | 06:46:00.25 | 9:01 | 6.7 |
| 311 | DAWIDOWICZ KONRAD | 5222 | | KATOWICE | POL | SENIOR II M - 30 | 98 | M 245 | 00:00:45 | 01:28:30 | 03:17:05 | 05:08:46 | 06:46:08.50 | 06:46:08.50 | 9:01 | 6.6 |
| 312 | OGÓRKIEWICZ MICHAŁ | 5131 | | ŁĘCZYCA | POL | MASTERS M - 40 | 100 | M 246 | 00:01:56 | 01:31:11 | 03:20:59 | 05:16:03 | 06:46:28.85 | 06:46:28.85 | 9:01 | 6.6 |
| 313 | LEONHARD GOSIA | 5198 | W POGONI ZA DUCHEM | DĄBROWA GÓRNICZA | POL | MASTERS K - 40 | 23 | K 68 | 00:01:55 | 01:43:06 | 03:34:40 | 05:20:56 | 06:47:17.75 | 06:47:17.75 | 9:03 | 6.6 |
| 314 | DRZYMAŁA MARCIN | 5085 | | STRZELCE OPOLSKIE | POL | SENIOR II M - 30 | 99 | M 247 | 00:01:52 | 01:38:07 | 03:29:47 | 05:14:18 | 06:47:28.55 | 06:47:28.55 | 9:03 | 6.6 |
| 315 | BOSZKO KRZYSZTOF | 5055 | | OPOLE | POL | SENIOR II M - 30 | 100 | M 248 | 00:01:52 | 01:38:09 | 03:30:00 | 05:14:19 | 06:47:53.70 | 06:47:53.70 | 9:03 | 6.6 |
| 316 | KACZOR MICHAŁ | 5158 | KLUCZBORSKI GRUPA BIEGOWA | KLUCZBORK | POL | SENIOR II M - 30 | 101 | M 249 | 00:01:02 | 01:25:18 | 03:15:12 | 05:19:13 | 06:47:56.70 | 06:47:56.70 | 9:03 | 6.6 |
| 317 | MATAK PAWEŁ | 5154 | ŁASUCH | RADZYMIN | POL | SENIOR II M - 30 | 102 | M 250 | 00:00:03 | 01:29:23 | 03:24:26 | 05:19:32 | 06:48:04.40 | 06:48:04.40 | 9:04 | 6.6 |
| 318 | ROSŁON CEZARY | 5187 | | RADZYMIN | POL | SENIOR II M - 30 | 103 | M 251 | 00:00:28 | 01:29:13 | 03:24:26 | 05:19:33 | 06:48:05.25 | 06:48:05.25 | 9:04 | 6.6 |
| 319 | STROMIDŁO SEBASTIAN | 5163 | KB AKTYWNI KRZYŻ WLKP | PIŁA | POL | MASTERS M - 40 | 101 | M 252 | 00:00:16 | 01:18:12 | 03:01:48 | 04:55:56 | 06:48:14.40 | 06:48:14.40 | 9:04 | 6.6 |
| 320 | BOROWIAK LUKASZ | 5217 | #BIEGAJLESZNO | LESZNO | POL | MASTERS M - 40 | 102 | M 253 | 00:00:17 | 01:25:17 | 03:16:59 | 05:04:49 | 06:48:17.45 | 06:48:17.45 | 9:04 | 6.6 |
| 321 | RADWAŃSKA JUSTYNA | 5672 | | SIENNA | POL | SENIOR II K - 30 | 36 | K 69 | 00:01:02 | 01:42:35 | 03:37:14 | 05:24:43 | 06:48:34.65 | 06:48:34.65 | 9:04 | 6.6 |
| 322 | LICHOCKI MARCIN | 5043 | ŁĄCZY NAS PUSZCZA | BYDGOSZCZ | POL | SENIOR II M - 30 | 104 | M 254 | 00:00:27 | 01:29:20 | 03:27:20 | 05:14:25 | 06:48:35.55 | 06:48:35.55 | 9:04 | 6.6 |
| 323 | JANULEWICZ WOJCIECH | 5629 | BIEGNĄC OD ŚWIATEŁ | ŁAGIEWNIKI | POL | MASTERS M - 40 | 103 | M 255 | 00:01:42 | 01:43:07 | 03:37:10 | 05:23:50 | 06:48:46.25 | 06:48:46.25 | 9:05 | 6.6 |
| 324 | RELEWICZ MACIEJ | 5545 | WOLNE SLIMAKI | POZNAN | POL | MASTERS M - 40 | 104 | M 256 | 00:00:18 | 01:29:17 | 03:25:10 | 05:12:52 | 06:49:13.90 | 06:49:13.90 | 9:05 | 6.6 |
| 325 | SPÓLNY ROBERT | 5669 | | GRÓJEC | POL | WETERAN I M - 50 | 25 | M 257 | 00:00:46 | 01:33:29 | 03:32:27 | 05:20:19 | 06:49:22.95 | 06:49:22.95 | 9:05 | 6.6 |
| 326 | MAZAN WOJCIECH | 5309 | | WROCLAW | POL | SENIOR II M - 30 | 105 | M 258 | 00:02:41 | 01:34:37 | 03:29:27 | 05:17:44 | 06:49:32.00 | 06:49:32.00 | 9:06 | 6.6 |
| 327 | RUCIŃSKI ADAM | 5178 | | WARSZAWA | POL | WETERAN I M - 50 | 26 | M 259 | 00:02:09 | 01:43:42 | 03:35:52 | 05:17:14 | 06:49:32.60 | 06:49:32.60 | 9:06 | 6.6 |
| 328 | KRZESZEWSKA DOROTA | 5346 | | PIŁA | POL | MASTERS K - 40 | 24 | K 70 | 00:01:13 | 01:31:28 | 03:36:49 | 05:23:36 | 06:49:44.60 | 06:49:44.60 | 9:06 | 6.6 |
| 329 | HANSZ DONAT | 5288 | NETBOX BIEGA | PIASKI | POL | SENIOR I M - 20 | 23 | M 260 | 00:01:06 | 01:31:06 | 03:23:20 | 05:12:46 | 06:50:16.00 | 06:50:16.00 | 9:07 | 6.6 |
| 330 | PIEKARSKI ANDRZEJ | 5679 | 140 MINUT | GRODZISK MAZOWIECKI | POL | MASTERS M - 40 | 105 | M 261 | 00:01:49 | 01:40:57 | 03:34:07 | 05:16:32 | 06:50:25.30 | 06:50:25.30 | 9:07 | 6.6 |
| 331 | ŚWIDER ZBIGNIEW | 5044 | PORANNY BESKID RUN | SKOCZÓW | POL | MASTERS M - 40 | 106 | M 262 | 00:01:28 | 01:29:16 | 03:15:19 | 05:06:05 | 06:50:43.20 | 06:50:43.20 | 9:07 | 6.6 |
| 332 | KLABIK MACIEJ | 5498 | EL RAPIDO | WROCŁAW | POL | WETERAN I M - 50 | 27 | M 263 | 00:01:00 | 01:33:59 | 03:29:38 | 05:19:04 | 06:50:47.80 | 06:50:47.80 | 9:07 | 6.6 |
| 333 | PATROŃSKI PAWEŁ | 5670 | | WROCŁAW | POL | MASTERS M - 40 | 107 | M 264 | 00:01:50 | 01:40:07 | 03:33:21 | 05:19:52 | 06:51:01.05 | 06:51:01.05 | 9:08 | 6.6 |
| 334 | CHROSTEK ADAM | 5151 | | KATOWICE | POL | MASTERS M - 40 | 108 | M 265 | 00:01:56 | 01:40:32 | 03:31:03 | 05:20:24 | 06:51:20.55 | 06:51:20.55 | 9:08 | 6.6 |
| 335 | BUTRYN WOJCIECH | 5002 | | KRAKÓW | POL | MASTERS M - 40 | 109 | M 266 | 00:00:22 | 01:29:21 | 03:20:20 | 05:12:16 | 06:51:24.15 | 06:51:24.15 | 9:08 | 6.6 |

## ZŁOTY MARATON - 45 KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0km | 10km | 22km | 33km | Netto | Brutto | min/km | km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 336 | KONDRACKI JACEK | 5611 | KUNA W AGREŚCIE | LUBLINIEC | POL | SENIOR II M - 30 | 106 | M 267 | 00:00:38 | 01:31:07 | 03:23:11 | 05:16:13 | 06:51:25.75 | 06:51:25.75 | 9:08 | 6.6 |
| 337 | MAZUR ANNA | 5015 | | GORZÓW WIELKOPOLSKI | POL | MASTERS K - 40 | 25 | K 71 | 00:02:19 | 01:41:08 | 03:39:01 | 05:28:03 | 06:51:54.45 | 06:51:54.45 | 9:09 | 6.6 |
| 338 | TOMCZYK RAFAŁ | 5262 | PODDĘBICKI KLUB BIEGACZA ZDYSZANI.PL | PODDĘBICE | POL | SENIOR II M - 30 | 107 | M 268 | 00:00:20 | 01:26:54 | 03:21:57 | 05:12:56 | 06:52:14.65 | 06:52:14.65 | 9:09 | 6.5 |
| 339 | KWIECIEŃ ROBERT | 5361 | | KIELCE | POL | MASTERS M - 40 | 110 | M 269 | 00:01:31 | 01:40:40 | 03:30:12 | 05:20:38 | 06:52:27.05 | 06:52:27.05 | 9:09 | 6.5 |
| 340 | POJDA GRZEGORZ | 5133 | RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM | RYBNIK | POL | WETERAN I M - 50 | 28 | M 270 | 00:02:25 | 01:37:11 | 03:31:35 | 05:29:49 | 06:52:36.55 | 06:52:36.55 | 9:10 | 6.5 |
| 341 | SKOCZEK SEBASTIAN | 5522 | | GRUSZCZYN | POL | MASTERS M - 40 | 111 | M 271 | 00:01:13 | 01:36:31 | 03:28:34 | 05:21:05 | 06:52:36.90 | 06:52:36.90 | 9:10 | 6.5 |
| 342 | STROIŃSKI WOJCIECH | 5210 | LESZ NO LIMITS RUNNERS | WILKOWICE | POL | MASTERS M - 40 | 112 | M 272 | 00:00:15 | 01:33:44 | 03:37:23 | 05:22:27 | 06:52:42.05 | 06:52:42.05 | 9:10 | 6.5 |
| 343 | STROIŃSKA IWONA | 5209 | LESZ NO LIMITS RUNNERS | WILKOWICE | POL | MASTERS K - 40 | 26 | K 72 | 00:00:15 | 01:33:46 | 03:37:37 | 05:22:22 | 06:52:42.10 | 06:52:42.10 | 9:10 | 6.5 |
| 344 | PAPIEROWSKA DAGMARA | 5500 | KB DĘBIEC | POZNAŃ | POL | SENIOR II K - 30 | 37 | K 73 | 00:01:35 | 01:46:43 | 03:49:29 | 05:34:40 | 06:52:53.75 | 06:52:53.75 | 9:10 | 6.5 |
| 345 | ZYCHOWICZ ZBIGNIEW | 5077 | SBRT WROCŁAW | SIECHNICE | POL | MASTERS M - 40 | 113 | M 273 | 00:01:02 | 01:43:14 | 03:36:17 | 05:25:02 | 06:53:15.35 | 06:53:15.35 | 9:11 | 6.5 |
| 346 | NAPIERAŁA ANDRZEJ | 5664 | MTS DRUŻYNA SZPIKU KGHM | GOSTYŃ | POL | WETERAN II M - 60 | 3 | M 274 | 00:03:02 | 01:40:13 | 03:31:53 | 05:24:07 | 06:53:21.90 | 06:53:21.90 | 9:11 | 6.5 |
| 347 | GRZĘDA JOLANTA | 5219 | NAJLEPSZY POD SŁOŃCEM | JELCZ-LASKOWICE | POL | SENIOR II K - 30 | 38 | K 74 | 00:01:02 | 01:37:50 | 03:35:56 | 05:25:11 | 06:53:27.30 | 06:53:27.30 | 9:11 | 6.5 |
| 348 | WAWRZYNIAK ROBERT | 5480 | #BIEGIEMWLAS | POZNAŃ | POL | MASTERS M - 40 | 114 | M 275 | 00:01:58 | 01:42:00 | 03:34:35 | 05:20:11 | 06:53:33.15 | 06:53:33.15 | 9:11 | 6.5 |
| 349 | LEWICKA MAGDALENA | 5208 | CAŁA OLEŚNICA BIEGA | DOBROSZYCE | POL | MASTERS K - 40 | 27 | K 75 | 00:00:23 | 01:35:05 | 03:32:26 | 05:25:00 | 06:53:33.55 | 06:53:33.55 | 9:11 | 6.5 |
| 350 | WUJEK MARCIN | 5675 | DZIKA KUNA GOSTYŃ | GOSTYŃ | POL | MASTERS M - 40 | 115 | M 276 | 00:00:42 | 01:26:42 | 03:22:09 | 05:21:29 | 06:53:34.30 | 06:53:34.30 | 9:11 | 6.5 |
| 351 | PIETRYKOWSKI NORBERT | 5282 | VITALABO | BYDGOSZCZ`C` | POL | MASTERS M - 40 | 116 | M 277 | 00:00:12 | 01:33:07 | 03:31:52 | 05:19:46 | 06:54:08.45 | 06:54:08.45 | 9:12 | 6.5 |
| 352 | KAŹMIERCZAK PIOTR | 5147 | NARAMOWICE BIEGAJĄ/BIEGIEMWLAS# | POZNAŃ | POL | MASTERS M - 40 | 117 | M 278 | 00:02:03 | 01:36:23 | 03:20:47 | 05:14:32 | 06:54:30.85 | 06:54:30.85 | 9:12 | 6.5 |
| 353 | GRACH ALEKSANDRA | 5292 | | PYSKOWICE | POL | MASTERS K - 40 | 28 | K 76 | 00:00:01 | 01:31:04 | 03:39:26 | 05:21:49 | 06:54:43.40 | 06:54:43.40 | 9:12 | 6.5 |
| 354 | SZCZESNIAK MARIUSZ | 5059 | LONE WOLF | SZCZECIN | POL | MASTERS M - 40 | 118 | M 279 | 00:01:57 | 01:41:15 | 03:38:40 | 05:29:37 | 06:54:58.65 | 06:54:58.65 | 9:13 | 6.5 |
| 355 | WOJCIECHOWSKA MAŁGORZATA | 5593 | | POZNAŃ | POL | SENIOR II K - 30 | 39 | K 77 | 00:00:42 | 01:37:39 | 03:36:25 | 05:30:45 | 06:55:07.20 | 06:55:07.20 | 9:13 | 6.5 |
| 356 | ŁASOCHA KAMILA | 5592 | OWOCBIEGA TEAM | POZNAŃ | POL | MASTERS K - 40 | 29 | K 78 | 00:00:43 | 01:37:42 | 03:39:07 | 05:30:46 | 06:55:07.30 | 06:55:07.30 | 9:13 | 6.5 |
| 357 | POLAŃSKI BARTOSZ | 5543 | | WROCŁAW | POL | MASTERS M - 40 | 119 | M 280 | 00:01:31 | 01:26:28 | 03:18:17 | 05:23:02 | 06:55:43.10 | 06:55:43.10 | 9:14 | 6.5 |
| 358 | PLASZCZAK JAROSŁAW | 5340 | | TULCE | POL | MASTERS M - 40 | 120 | M 281 | 00:00:37 | 01:32:08 | 03:25:59 | 05:15:45 | 06:55:48.50 | 06:55:48.50 | 9:14 | 6.5 |
| 359 | GRZELIŃSKI MICHAŁ | 5249 | □□ | JAROCIN | POL | SENIOR II M - 30 | 108 | M 282 | 00:02:41 | 01:45:22 | 03:42:08 | 05:27:41 | 06:55:54.95 | 06:55:54.95 | 9:14 | 6.5 |
| 360 | ORLIKOWSKI JACEK | 5410 | | POZNAŃ | POL | MASTERS M - 40 | 121 | M 283 | 00:01:25 | 01:41:10 | 03:33:52 | 05:19:45 | 06:55:58.75 | 06:55:58.75 | 9:14 | 6.5 |
| 361 | GOŁUCH ARKADIUSZ | 5638 | STRZEGOMSKA DWUNASTKA | ŁAGIEWNIKI | POL | MASTERS M - 40 | 122 | M 284 | 00:01:45 | 01:43:15 | 03:37:16 | 05:25:03 | 06:56:02.30 | 06:56:02.30 | 9:14 | 6.5 |
| 362 | KOWALIK DOROTA | 5184 | | RĘDZINY | POL | MASTERS K - 40 | 30 | K 79 | 00:01:36 | 01:42:04 | 03:42:33 | 05:24:18 | 06:56:07.75 | 06:56:07.75 | 9:14 | 6.5 |
| 363 | GARCZYŃSKA ANIA | 5232 | | KATOWICE | POL | MASTERS K - 40 | 31 | K 80 | 00:01:39 | 01:46:50 | 03:43:52 | 05:22:10 | 06:56:16.00 | 06:56:16.00 | 9:15 | 6.5 |
| 364 | PIETRUSIAK KRZYSZTOF | 5368 | ZA_LINIĄ_METY | PALĘDZIE | POL | MASTERS M - 40 | 123 | M 285 | 00:02:27 | 01:43:59 | 03:37:55 | 05:22:41 | 06:56:46.70 | 06:56:46.70 | 9:15 | 6.5 |
| 365 | DZIERŻANOWSKI ŁUKASZ | 5463 | | ŻELAZNA | POL | MASTERS M - 40 | 124 | M 286 | 00:00:01 | 01:23:39 | 03:16:04 | 05:17:41 | 06:56:51.55 | 06:56:51.55 | 9:15 | 6.5 |
| 366 | SZABAT DANIEL | 5293 | | WROCŁAW | POL | MASTERS M - 40 | 125 | M 287 | 00:01:22 | 01:33:47 | 03:20:59 | 05:04:25 | 06:56:59.10 | 06:56:59.10 | 9:15 | 6.5 |
| 367 | DANKOWSKA EWELINA | 5119 | ENDORFINY WĄSOSZ | WĄSOSZ | POL | MASTERS K - 40 | 32 | K 81 | 00:01:04 | 01:35:00 | 03:30:53 | 05:19:54 | 06:57:04.15 | 06:57:04.15 | 9:16 | 6.5 |
| 368 | NOWAK ANDRZEJ | 5539 | | ŻARY | POL | SENIOR II M - 30 | 109 | M 288 | 00:01:00 | 01:36:36 | 03:29:12 | 05:19:28 | 06:57:06.80 | 06:57:06.80 | 9:16 | 6.5 |
| 369 | JOŃCZYK ANNA | 5268 | | OZIMEK | POL | SENIOR II K - 30 | 40 | K 82 | 00:01:52 | 01:39:35 | 03:31:05 | 05:19:37 | 06:57:08.00 | 06:57:08.00 | 9:16 | 6.5 |
| 370 | FIK - KIONA JOANNA | 5283 | KB SZAMOTUŁY | SZAMOTUŁY | POL | MASTERS K - 40 | 33 | K 83 | 00:01:06 | 01:29:26 | 03:26:31 | 05:28:04 | 06:57:31.65 | 06:57:31.65 | 9:16 | 6.5 |
| 371 | DANKOWSKI BARTOSZ | 5029 | ENDORFINY WĄSOSZ | WĄSOSZ | POL | SENIOR II M - 30 | 110 | M 289 | 00:01:06 | 01:28:15 | 03:24:10 | 05:19:56 | 06:57:55.10 | 06:57:55.10 | 9:17 | 6.5 |
| 372 | GRZEGORCZYK KRZYSZTOF | 5320 | | ŻARY | POL | MASTERS M - 40 | 126 | M 290 | 00:01:18 | 01:33:49 | 03:31:29 | 05:29:08 | 06:57:57.05 | 06:57:57.05 | 9:17 | 6.5 |
| 373 | SZEPCZYŃSKA ANNA | 5329 | ŻARY RUUNERS TEAM | ŻARY | POL | MASTERS K - 40 | 34 | K 84 | 00:01:17 | 01:34:06 | 03:27:25 | 05:34:58 | 06:57:57.25 | 06:57:57.25 | 9:17 | 6.5 |
| 374 | DERBICH MARIUSZ | 5351 | KOWALEW RUNERS | KOWALEW | POL | MASTERS M - 40 | 127 | M 291 | 00:01:57 | 01:37:57 | 03:35:51 | 05:27:47 | 06:58:02.05 | 06:58:02.05 | 9:17 | 6.5 |
| 375 | SZARSKI JACEK | 5074 | KAPCIOCHY | WROCŁAW | POL | SENIOR I M - 20 | 24 | M 292 | 00:00:49 | 01:31:54 | 03:30:08 | 05:28:18 | 06:59:43.85 | 06:59:43.85 | 9:19 | 6.4 |
| 376 | BUGAJ ALAN | 5196 | | CZARNY BÓR | POL | SENIOR II M - 30 | 111 | M 293 | 00:01:04 | 01:33:12 | 03:31:42 | 05:29:18 | 06:59:55.35 | 06:59:55.35 | 9:19 | 6.4 |
| 377 | GADZAŁA BARTOSZ | 5006 | 5R061E-7R4MPK1 | NOWOGRÓD BOBRZAŃSKI | POL | SENIOR II M - 30 | 112 | M 294 | 00:01:30 | 01:28:14 | 03:24:56 | 05:27:23 | 07:00:07.05 | 07:00:07.05 | 9:20 | 6.4 |
| 378 | JÓZEFCZYK JUSTYNA | 5087 | | POZNAŃ | POL | MASTERS K - 40 | 35 | K 85 | 00:02:07 | 01:46:48 | 03:44:32 | 05:34:45 | 07:00:35.80 | 07:00:35.80 | 9:20 | 6.4 |
| 379 | ROLIŃSKI RADOSŁAW | 5643 | | OLEŚNICA | POL | WETERAN I M - 50 | 29 | M 295 | 00:01:33 | 01:43:46 | 03:43:56 | 05:30:44 | 07:00:49.85 | 07:00:49.85 | 9:21 | 6.4 |
| 380 | KUBIAK ANNA | 5157 | STRZEGOMSKA DWUNASTKA | STRZEGOM | POL | MASTERS K - 40 | 36 | K 86 | 00:01:42 | 01:45:30 | 03:44:53 | 05:32:03 | 07:01:04.60 | 07:01:04.60 | 9:21 | 6.4 |
| 381 | CZUBALA BEATA | 5247 | STRZEGOMSKA DWUNASTKA | ZIĘBICE | POL | MASTERS K - 40 | 37 | K 87 | 00:01:42 | 01:45:31 | 03:44:52 | 05:32:01 | 07:01:04.85 | 07:01:04.85 | 9:21 | 6.4 |
| 382 | NOWAK KATARZYNA | 5349 | DZIKIE GRUBASY SZATANA | WARSZAWA | POL | SENIOR II K - 30 | 41 | K 88 | 00:00:48 | 01:36:47 | 03:30:46 | 05:18:54 | 07:01:11.05 | 07:01:11.05 | 9:21 | 6.4 |
| 383 | MUSIOLIK MARIUSZ | 5647 | | GORZYCE | POL | SENIOR II M - 30 | 113 | M 296 | 00:01:44 | 01:43:41 | 03:40:36 | 05:30:39 | 07:01:26.20 | 07:01:26.20 | 9:21 | 6.4 |

## ZŁOTY MARATON - 45 KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0km | 10km | 22km | 33km | Netto | Brutto | min/km | km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 384 | HOLIK IWONA | 5570 | GGG | BIECZ | POL | MASTERS K - 40 | 38 | K 89 | 00:00:58 | 01:42:32 | 03:42:43 | 05:28:59 | 07:01:41.20 | 07:01:41.20 | 9:22 | 6.4 |
| 385 | KLIMEK RADOSŁAW | 5234 | BRAK | WODZISŁAW ŚLĄSKI | POL | SENIOR II M - 30 | 114 | M 297 | 00:00:50 | 01:33:15 | 03:30:54 | 05:25:35 | 07:01:42.60 | 07:01:42.60 | 9:22 | 6.4 |
| 386 | KUCHCINSKA MONIKA | 5107 | | JUSZKOWO | POL | MASTERS K - 40 | 39 | K 90 | 00:00:51 | 01:33:35 | 03:34:34 | 05:27:14 | 07:01:59.60 | 07:01:59.60 | 9:22 | 6.4 |
| 387 | MOSKAL IZABELLA | 5528 | TKKF MPK POZNAŃ | SWARZĘDZ | POL | MASTERS K - 40 | 40 | K 91 | 00:01:19 | 01:40:26 | 03:43:43 | 05:31:00 | 07:02:21.75 | 07:02:21.75 | 9:23 | 6.4 |
| 388 | DĄBROWSKI KAMIL | 5429 | | KIELCE | POL | MASTERS M - 40 | 128 | M 298 | 00:00:55 | 01:36:27 | 03:34:06 | 05:21:51 | 07:03:11.70 | 07:03:11.70 | 9:24 | 6.4 |
| 389 | KOSSOK-ZAWADA MARTA | 5259 | CAŁA OLEŚNICA BIEGA | OLEŚNICA | POL | SENIOR II K - 30 | 42 | K 92 | 00:00:24 | 01:39:00 | 03:47:17 | 05:34:04 | 07:04:02.10 | 07:04:02.10 | 9:25 | 6.4 |
| 390 | SPYRA ADAM | 5319 | ŻARY RUNNERS TEAM | LIPINKI ŁUŻYCKIE | POL | MASTERS M - 40 | 129 | M 299 | 00:01:18 | 01:35:47 | 03:34:12 | 05:26:58 | 07:04:11.70 | 07:04:11.70 | 9:25 | 6.4 |
| 391 | FLORCZAK MONIKA | 5476 | | WROCŁAW | POL | SENIOR II K - 30 | 43 | K 93 | 00:02:25 | 01:42:00 | 03:42:58 | 05:34:10 | 07:04:13.60 | 07:04:13.60 | 9:25 | 6.4 |
| 392 | FELKEL EWA | 5685 | PIĄTKOWO NA BIEGOWO | POZNAŃ | POL | MASTERS K - 40 | 41 | K 94 | 00:02:08 | 01:46:47 | 03:44:32 | 05:34:32 | 07:04:18.70 | 07:04:18.70 | 9:25 | 6.4 |
| 393 | KRYSIAK ŁUKASZ | 5109 | PIĄTKOWO NA BIEGOWO | POZNAŃ | POL | MASTERS M - 40 | 130 | M 300 | 00:02:09 | 01:43:23 | 03:41:54 | 05:37:24 | 07:04:20.25 | 07:04:20.25 | 9:25 | 6.4 |
| 394 | BERNAS-KUJAWIŃSKA MAGDALENA | 5623 | HRT | KALISZ | POL | MASTERS K - 40 | 42 | K 95 | 00:00:29 | 01:35:07 | 03:33:59 | 05:32:22 | 07:04:21.75 | 07:04:21.75 | 9:25 | 6.4 |
| 395 | MATYSIAK KAROL | 5277 | OSH/ GALAXYOG.CO | POZNAŃ | POL | MASTERS M - 40 | 131 | M 301 | 00:01:52 | 01:36:42 | 03:31:48 | 05:30:31 | 07:04:44.15 | 07:04:44.15 | 9:26 | 6.4 |
| 396 | CHUDY KAMIL | 5413 | | POZNAŃ | POL | SENIOR II M - 30 | 115 | M 302 | 00:01:30 | 01:33:59 | 03:30:24 | 05:27:06 | 07:06:39.65 | 07:06:39.65 | 9:28 | 6.3 |
| 397 | RÓŻAK-RUKUSZEWICZ MAGDALENA | 5353 | DZIKIE GRUBASY SZATANA | WARSZAWA | POL | MASTERS K - 40 | 43 | K 96 | 00:00:51 | 01:40:31 | 03:40:46 | 05:33:47 | 07:06:57.05 | 07:06:57.05 | 9:29 | 6.3 |
| 398 | CZYŻAK BLAŻEJ | 5661 | GLADIATOR | MROWINO | POL | MASTERS M - 40 | 132 | M 303 | 00:01:55 | 01:40:36 | 03:36:32 | 05:31:31 | 07:07:00.35 | 07:07:00.35 | 9:29 | 6.3 |
| 399 | FURTAK KRZYSZTOF | 5677 | KTOŚ MUSI BYĆ OSTATNI | LUBIN | POL | WETERAN II M - 60 | 4 | M 304 | 00:02:07 | 01:33:24 | 03:34:23 | 05:28:01 | 07:07:20.50 | 07:07:20.50 | 9:29 | 6.3 |
| 400 | KLIMALA ANGELIKA | 5289 | CAŁA OLEŚNICA BIEGA | OLEŚNICA | POL | MASTERS K - 40 | 44 | K 97 | 00:00:24 | 01:37:04 | 03:43:16 | 05:34:01 | 07:07:21.90 | 07:07:21.90 | 9:29 | 6.3 |
| 401 | LEWARDOWSKI KONRAD | 5689 | KTB KUNY | POZNAŃ | POL | WETERAN I M - 50 | 30 | M 305 | 00:01:38 | 01:45:02 | 03:40:31 | 05:30:11 | 07:07:29.65 | 07:07:29.65 | 9:29 | 6.3 |
| 402 | GŁOWACKI RADOSŁAW | 5363 | | DOPIEWIEC | POL | SENIOR I M - 20 | 25 | M 306 | 00:01:55 | 01:35:10 | 03:29:31 | 05:34:07 | 07:07:53.55 | 07:07:53.55 | 9:30 | 6.3 |
| 403 | BANASZCZAK DAWID | 5362 | | JAWORZYNA ŚLĄSKA | POL | SENIOR II M - 30 | 116 | M 307 | 00:01:31 | 01:31:10 | 03:18:02 | 05:40:31 | 07:08:01.75 | 07:08:01.75 | 9:30 | 6.3 |
| 404 | KOBIERECKA MONIKA | 5367 | | GRODZIEC | POL | MASTERS K - 40 | 45 | K 98 | 00:00:31 | 01:32:39 | 03:37:44 | 05:35:19 | 07:08:23.30 | 07:08:23.30 | 9:31 | 6.3 |
| 405 | PIETRZAK KRZYSZTOF | 5018 | BIEGAMBOLUBIĘ - GORZÓW | GORZÓW WIELKOPOLSKI | POL | SENIOR II M - 30 | 117 | M 308 | 00:02:19 | 01:44:57 | 03:42:19 | 05:34:26 | 07:08:59.55 | 07:08:59.55 | 9:31 | 6.3 |
| 406 | CZYŻ BARBARA | 5194 | | KRAKÓW | POL | SENIOR II K - 30 | 44 | K 99 | 00:02:08 | 01:46:46 | 03:45:05 | 05:36:51 | 07:09:12.25 | 07:09:12.25 | 9:32 | 6.3 |
| 407 | JASKÓLSKA-PIETRZYK KINGA | 5155 | BIEGOWA KUŹNIA | BĘDZIN | POL | MASTERS K - 40 | 46 | K 100 | 00:02:20 | 01:45:05 | 03:47:13 | 05:44:52 | 07:09:15.20 | 07:09:15.20 | 9:32 | 6.3 |
| 408 | OLEJNIK ILONA | 5441 | ZGZB | ZIELONA GÓRA | POL | WETERAN K - 50 | 3 | K 101 | 00:02:12 | 01:51:31 | 03:52:03 | 05:36:49 | 07:09:43.40 | 07:09:43.40 | 9:32 | 6.3 |
| 409 | SZCZODRZYŃSKA KASIA | 5590 | | POZNAŃ | POL | MASTERS K - 40 | 47 | K 102 | 00:02:38 | 01:46:54 | 03:45:59 | 05:36:40 | 07:11:54.55 | 07:11:54.55 | 9:35 | 6.3 |
| 410 | BANASZEK URSZULA | 5469 | NIGHT RUNNERS WROCŁAW | WROCŁAW | POL | MASTERS K - 40 | 48 | K 103 | 00:01:58 | 01:49:47 | 03:49:32 | 05:38:11 | 07:12:01.80 | 07:12:01.80 | 9:36 | 6.2 |
| 411 | JAKUBOWSKA NATASZA | 5173 | | WIDZISZEWO | POL | SENIOR II K - 30 | 45 | K 104 | 00:01:06 | 01:37:08 | 03:48:04 | 05:33:27 | 07:13:11.30 | 07:13:11.30 | 9:37 | 6.2 |
| 412 | JAKUBOWSKI PRZEMYSŁAW | 5171 | | WIDZISZEWO | POL | MASTERS M - 40 | 133 | M 309 | 00:01:06 | 01:37:08 | 03:48:04 | 05:38:23 | 07:13:12.00 | 07:13:12.00 | 9:37 | 6.2 |
| 413 | TERETYKA DOROTA | 5558 | | KAMIONKI | POL | MASTERS K - 40 | 49 | K 105 | 00:01:34 | 01:46:11 | 03:49:29 | 05:41:01 | 07:13:22.95 | 07:13:22.95 | 9:37 | 6.2 |
| 414 | WALIGÓRA ALEKSANDRA | 5404 | NIAGARA FITNESS KLUB KOORDYNACJI | RAKONIEWICE | POL | SENIOR II K - 30 | 46 | K 106 | 00:02:34 | 01:49:46 | 03:49:31 | 05:41:01 | 07:13:23.05 | 07:13:23.05 | 9:37 | 6.2 |
| 415 | BUSZTA ROBERT | 5060 | | WARSZAWA | POL | WETERAN I M - 50 | 31 | M 310 | 00:05:03 | 01:44:37 | 03:45:40 | 05:46:28 | 07:13:23.25 | 07:13:23.25 | 9:37 | 6.2 |
| 416 | BUDZIŃSKI KRZYSZTOF | 5662 | STOWARZYSZENIE SPORTOWE FENIKS PRZY ELEKTROWNI OPOLE | OPOLE | POL | WETERAN I M - 50 | 32 | M 311 | 00:01:11 | 01:42:23 | 03:46:36 | 05:43:25 | 07:13:32.80 | 07:13:32.80 | 9:38 | 6.2 |
| 417 | WYSMOLIŃSKI JAN | 5479 | | OSIELSKO | POL | SENIOR I M - 20 | 26 | M 312 | 00:01:23 | 01:43:45 | 03:48:13 | 05:41:40 | 07:13:51.00 | 07:13:51.00 | 9:38 | 6.2 |
| 418 | TRZYSZCZYK JULIA | 5507 | | WIELKIE DROGI | POL | SENIOR I K - 20 | 8 | K 107 | 00:02:10 | 01:42:06 | 03:39:07 | 05:33:30 | 07:13:53.65 | 07:13:53.65 | 9:38 | 6.2 |
| 419 | DATA MAREK | 5646 | KUGUAR XTREME RUNNERS | KLETNO | POL | SENIOR II M - 30 | 118 | M 313 | 00:01:13 | 01:41:19 | 03:35:14 | 05:31:29 | 07:14:12.75 | 07:14:12.75 | 9:38 | 6.2 |
| 420 | DATA DARIUSZ | 5027 | KUGUAR XTREME RUNNERS | KLETNO | POL | WETERAN I M - 50 | 33 | M 314 | 00:01:12 | 01:41:18 | 03:36:27 | 05:31:28 | 07:14:13.15 | 07:14:13.15 | 9:38 | 6.2 |
| 421 | SZALBOT MAREK | 5230 | PORANNY BESKID RUN | CISOWNICA | POL | SENIOR II M - 30 | 119 | M 315 | 00:01:41 | 01:30:38 | 03:24:32 | 05:33:05 | 07:14:37.00 | 07:14:37.00 | 9:39 | 6.2 |
| 422 | KOWAL IRENEUSZ | 5072 | | LESZNO | POL | MASTERS M - 40 | 134 | M 316 | 00:00:15 | 01:33:16 | 03:41:22 | 05:40:31 | 07:14:41.30 | 07:14:41.30 | 9:39 | 6.2 |
| 423 | SZYSZKO EWA | 5573 | MARKOWI BIEGACZE | MARKI | POL | MASTERS K - 40 | 50 | K 108 | 00:00:29 | 01:42:53 | 03:44:05 | 05:38:47 | 07:14:43.10 | 07:14:43.10 | 9:39 | 6.2 |
| 424 | WIĘCKOWSKI TOMASZ | 5373 | ORANGE POLSKA | OBORNIKI ŚLĄSKIE | POL | WETERAN I M - 50 | 34 | M 317 | 00:00:50 | 01:43:05 | 04:09:18 | 05:44:34 | 07:15:11.45 | 07:15:11.45 | 9:40 | 6.2 |
| 425 | KOCZOROWSKA ANNA | 5421 | TEAM ZABIEGANEDNI | RADIÓWEK | POL | MASTERS K - 40 | 51 | K 109 | 00:02:27 | 01:43:53 | 03:41:59 | 05:35:30 | 07:15:25.60 | 07:15:25.60 | 9:40 | 6.2 |
| 426 | KOCZOROWSKI MARCIN | 5420 | TEAM ZABIEGANEDNI | RADIÓWEK | POL | MASTERS M - 40 | 135 | M 318 | 00:02:28 | 01:43:54 | 03:41:58 | 05:35:29 | 07:15:25.65 | 07:15:25.65 | 9:40 | 6.2 |
| 427 | FILUT TOMASZ | 5503 | | POZNAŃ | POL | MASTERS M - 40 | 136 | M 319 | 00:02:14 | 01:37:26 | 03:43:53 | 05:40:50 | 07:16:06.45 | 07:16:06.45 | 9:41 | 6.2 |
| 428 | MARCINIAK PAULINA | 5291 | | GLIWICE | POL | SENIOR II K - 30 | 47 | K 110 | 00:01:28 | 01:46:35 | 03:54:05 | 05:41:10 | 07:16:18.50 | 07:16:18.50 | 9:41 | 6.2 |
| 429 | KĄDZIOŁKA JAN | 5414 | K2 | GLIWICE | POL | WETERAN I M - 50 | 35 | M 320 | 00:01:46 | 01:42:35 | 03:46:09 | 05:45:55 | 07:16:58.60 | 07:16:58.60 | 9:42 | 6.2 |
| 430 | ZACZYŃSKA DAGMARA | 5211 | ALSTOM KATOWICE | BYTOM | POL | SENIOR II K - 30 | 48 | K 111 | 00:01:15 | 01:43:49 | 03:44:50 | 05:38:27 | 07:17:27.35 | 07:17:27.35 | 9:43 | 6.2 |
| 431 | SIEPIELSKI DAMIAN | 5080 | SOLETANCHE POLSKA | NOWA WOLA | POL | SENIOR II M - 30 | 120 | M 321 | 00:00:11 | 01:30:09 | 03:32:55 | 05:31:10 | 07:17:43.15 | 07:17:43.15 | 9:43 | 6.2 |
| 432 | FASZCZA AGNIESZKA | 5221 | MARATOŃCZYK POZNAŃ | POZNAŃ | POL | SENIOR II K - 30 | 49 | K 112 | 00:00:37 | 01:44:28 | 03:50:21 | 05:41:24 | 07:17:46.30 | 07:17:46.30 | 9:43 | 6.2 |
| 433 | KAMIONKA ANDRZEJ | 5635 | 14 ZBOT/141BLP | SZCZECIN | POL | SENIOR II M - 30 | 121 | M 322 | 00:01:35 | 01:34:47 | 03:38:54 | 05:43:09 | 07:18:10.55 | 07:18:10.55 | 9:44 | 6.2 |
| 434 | POMIANOWSKA ANNA | 5599 | | WRONKI | POL | MASTERS K - 40 | 52 | K 113 | 00:01:58 | 01:45:22 | 03:51:31 | 05:44:49 | 07:18:46.85 | 07:18:46.85 | 9:45 | 6.2 |
| 435 | KOZAK BARTOSZ | 5128 | KOZAKI | DŁUGOŁĘKA | POL | MASTERS M - 40 | 137 | M 323 | 00:00:47 | 01:35:09 | 03:35:44 | 05:48:18 | 07:18:47.20 | 07:18:47.20 | 9:45 | 6.2 |
| 436 | GIEŁAŻYS TOMEK | 5148 | JAROSŁAW JAKIMOWICZ KATALIZATORY RUNNING TEAM | KRAKÓW | POL | SENIOR II M - 30 | 122 | M 324 | 00:02:35 | 01:41:06 | 03:40:43 | 05:47:53 | 07:19:06.40 | 07:19:06.40 | 9:45 | 6.1 |

## ZŁOTY MARATON - 45 KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0km | 10km | 22km | 33km | Netto | Brutto | min/km | km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 437 | KOZAK EWA | 5129 | | DŁUGOŁĘKA | POL | MASTERS K - 40 | 53 | K 114 | 00:00:44 | 01:35:48 | 03:43:07 | 05:45:28 | 07:19:23.00 | 07:19:23.00 | 9:45 | 6.1 |
| 438 | PODBIELSKI KRYSTIAN | 5680 | OSPRO OCR TEAM | WARSZAWA | POL | MASTERS M - 40 | 138 | M 325 | 00:02:39 | 01:41:29 | 03:41:00 | 05:47:05 | 07:19:35.20 | 07:19:35.20 | 9:46 | 6.1 |
| 439 | SZYMCZAK TOMASZ | 5204 | PRATT & WHITNEY KALISZ | KALISZ | POL | WETERAN I M - 50 | 36 | M 326 | 00:00:49 | 01:39:32 | 03:46:13 | 05:42:12 | 07:19:53.75 | 07:19:53.75 | 9:46 | 6.1 |
| 440 | ŁOŚ KRZYSZTOF | 5007 | SBRT/BIEGUNI2022 | ŁOMIANKI DOLNE | POL | WETERAN II M - 60 | 5 | M 327 | 00:01:11 | 01:52:10 | 04:02:25 | 05:50:21 | 07:21:50.35 | 07:21:50.35 | 9:49 | 6.1 |
| 441 | PACIULON KRZYSZTOF | 5549 | | KARWIANY | POL | MASTERS M - 40 | 139 | M 328 | 00:02:01 | 01:36:33 | 03:39:54 | 05:44:16 | 07:22:27.75 | 07:22:27.75 | 9:49 | 6.1 |
| 442 | FRANKIEWICZ ŁUKASZ | 5145 | | SOSNOWIEC | POL | SENIOR II M - 30 | 123 | M 329 | 00:02:37 | 01:44:01 | 03:45:34 | 05:43:54 | 07:22:36.10 | 07:22:36.10 | 9:50 | 6.1 |
| 443 | TOMASZYK ELŻBIETA | 5426 | | POZNAŃ | POL | SENIOR II K - 30 | 50 | K 115 | 00:02:17 | 01:41:14 | 03:41:41 | 05:42:55 | 07:23:15.75 | 07:23:15.75 | 9:51 | 6.1 |
| 444 | KORBIK MIKOŁAJ | 5453 | | KOZIEGŁOWY | POL | SENIOR II M - 30 | 124 | M 330 | 00:02:17 | 01:41:12 | 03:41:41 | 05:42:56 | 07:23:15.75 | 07:23:15.75 | 9:51 | 6.1 |
| 445 | JURASZ ALEKSANDRA | 5097 | | KAMIENIEC ZĄBKOWICKI | POL | SENIOR II K - 30 | 51 | K 116 | 00:00:26 | 01:34:45 | 03:40:09 | 05:34:48 | 07:23:55.95 | 07:23:55.95 | 9:51 | 6.1 |
| 446 | SYNOWIEC GRZEGORZ | 5648 | | WROCŁAW | POL | MASTERS M - 40 | 140 | M 331 | 00:01:22 | 01:40:30 | 03:40:35 | 05:40:58 | 07:24:11.20 | 07:24:11.20 | 9:52 | 6.1 |
| 447 | KURBIEL SYLWIA | 5472 | SIEMIANOWICE I PRZYJACIELE BIEGAJĄ | SIEMIANOWICE ŚLĄSKIE | POL | MASTERS K - 40 | 54 | K 117 | 00:00:56 | 01:42:31 | 03:53:31 | 05:46:14 | 07:24:12.70 | 07:24:12.70 | 9:52 | 6.1 |
| 448 | BOJARSKA BEATA | 5152 | BW BIEGACZE WYMIATACZE | KRAKÓW | POL | SENIOR II K - 30 | 52 | K 118 | 00:00:16 | 01:43:13 | 03:52:23 | 05:44:29 | 07:24:27.30 | 07:24:27.30 | 9:52 | 6.1 |
| 449 | DOMAŃSKI PIOTR | 5166 | RUN DE GIRARD | MIĘDZYBORÓW | POL | MASTERS M - 40 | 141 | M 332 | 00:00:16 | 01:43:11 | 03:52:23 | 05:54:37 | 07:24:29.65 | 07:24:29.65 | 9:52 | 6.1 |
| 450 | ZARZECZNY RADOSŁAW | 5003 | JUNIOR AMATOR SUPERSTAR | KRAKÓW | POL | SENIOR II M - 30 | 125 | M 333 | 00:01:11 | 01:45:54 | 03:50:26 | 05:43:53 | 07:25:00.30 | 07:25:00.30 | 9:53 | 6.1 |
| 451 | SAMBORSKA ANNA | 5620 | ROSSMANN | ŁÓDŹ | POL | SENIOR II K - 30 | 53 | K 119 | 00:01:59 | 01:48:06 | 03:49:46 | 05:46:26 | 07:25:03.25 | 07:25:03.25 | 9:53 | 6.1 |
| 452 | GRYGIER TOMASZ | 5530 | | OSIECZNA | POL | MASTERS M - 40 | 142 | M 334 | 00:00:28 | 01:28:03 | 03:26:35 | 05:44:15 | 07:25:04.30 | 07:25:04.30 | 9:53 | 6.1 |
| 453 | BOBER SEBASTIAN | 5580 | SPORTOWY KAŹMIERZ | KAZMIERZ | POL | SENIOR I M - 20 | 27 | M 335 | 00:01:50 | 01:42:38 | 03:48:09 | 05:47:31 | 07:25:42.60 | 07:25:42.60 | 9:54 | 6.1 |
| 454 | SZYSZKOWSKI WŁODZIMIERZ | 5550 | DUKE NUKEM PRINCE OF WARSAW | WARSZAWA | POL | WETERAN I M - 50 | 37 | M 336 | 00:00:55 | 01:36:20 | 03:41:10 | 05:36:31 | 07:26:02.95 | 07:26:02.95 | 9:54 | 6.1 |
| 455 | OKULICZ ANITA | 5431 | MUD FOXES | BYDGOSZCZ | POL | SENIOR II K - 30 | 54 | K 120 | 00:00:21 | 01:40:53 | 03:47:14 | 05:51:07 | 07:26:06.00 | 07:26:06.00 | 9:54 | 6.1 |
| 456 | SZTURC KLAUDIA | 5518 | ING | JAWORZNO | POL | SENIOR II K - 30 | 55 | K 121 | 00:00:01 | 01:49:49 | 04:00:31 | 05:52:55 | 07:27:00.55 | 07:27:00.55 | 9:56 | 6 |
| 457 | SZOPA GRZEGORZ | 5183 | | ZAWIERCIE | POL | WETERAN I M - 50 | 38 | M 337 | 00:00:30 | 01:37:29 | 03:46:05 | 05:47:03 | 07:27:06.85 | 07:27:06.85 | 9:56 | 6 |
| 458 | LISIECKI PRZEMYSLAW | 5542 | | ZAROW | POL | MASTERS M - 40 | 143 | M 338 | 00:01:38 | 01:31:08 | 03:24:51 | 05:47:53 | 07:27:11.15 | 07:27:11.15 | 9:56 | 6 |
| 459 | WŁODARCZYK PAWEŁ | 5063 | KB ODRA OPOLE | OPOLE | POL | MASTERS M - 40 | 144 | M 339 | 00:01:45 | 01:37:05 | 03:30:09 | 05:41:22 | 07:27:12.80 | 07:27:12.80 | 9:56 | 6 |
| 460 | MORAWSKA ANNA | 5084 | | WARSZAWA | POL | WETERAN II K - 60 | 2 | K 122 | 00:01:41 | 01:46:00 | 03:56:17 | 05:47:38 | 07:27:16.95 | 07:27:16.95 | 9:56 | 6 |
| 461 | DUDEK MARIUSZ | 5455 | | GOSTYŃ | POL | MASTERS M - 40 | 145 | M 340 | 00:00:01 | 01:33:24 | 03:38:58 | 05:46:09 | 07:27:33.45 | 07:27:33.45 | 9:56 | 6 |
| 462 | NIEMYT MICHAŁ | 5201 | 8A TEAM | KATOWICE | POL | SENIOR II M - 30 | 126 | M 341 | 00:01:42 | 01:40:55 | 03:36:13 | 05:58:06 | 07:27:35.00 | 07:27:35.00 | 9:56 | 6 |
| 463 | HUDZIAK-OWCZAREK EWA | 5448 | DZIKI BRZEG DOLNY | BRZEG DOLNY | POL | MASTERS K - 40 | 55 | K 123 | 00:01:00 | 01:41:09 | 03:45:37 | 05:47:00 | 07:27:38.10 | 07:27:38.10 | 9:56 | 6 |
| 464 | ADAMCZYK GRZEGORZ | 5374 | OŁAWSKA GRUPA BIEGOWA / TIM.PL | OŁAWA | POL | MASTERS M - 40 | 146 | M 342 | 00:01:29 | 01:40:29 | 03:48:30 | 05:51:54 | 07:27:55.85 | 07:27:55.85 | 9:57 | 6 |
| 465 | GROMADZKA JUSTYNA | 5574 | KOBIETY WATAHA | BYTOM | POL | MASTERS K - 40 | 56 | K 124 | 00:00:08 | 01:42:41 | 03:51:50 | 05:50:10 | 07:28:25.60 | 07:28:25.60 | 9:57 | 6 |
| 466 | BEDNARCZYK MAGDALENA | 5225 | BIEGOWA KUŹNIA | BĘDZIN | POL | MASTERS K - 40 | 57 | K 125 | 00:02:18 | 01:52:10 | 03:59:57 | 05:54:44 | 07:28:26.15 | 07:28:26.15 | 9:57 | 6 |
| 467 | BRZÓZKA NORBERT | 5612 | POGORIA BIEGA | DĄBROWA GÓRNICZA | POL | MASTERS M - 40 | 147 | M 343 | 00:02:19 | 01:52:11 | 03:59:58 | 05:54:44 | 07:28:26.30 | 07:28:26.30 | 9:57 | 6 |
| 468 | MROZOWSKA-KLAJNERT AGATA | 5520 | NIE PODDAM CIĘ | GDAŃSK OSOWA | POL | SENIOR II K - 30 | 56 | K 126 | 00:00:57 | 01:41:55 | 03:48:55 | 05:54:06 | 07:29:14.00 | 07:29:14.00 | 9:58 | 6 |
| 469 | LATOSIŃSKA KAMILA | 5690 | O-SOWA BIEGA | GDAŃSK | POL | SENIOR II K - 30 | 57 | K 127 | 00:00:57 | 01:41:53 | 03:48:55 | 05:47:49 | 07:29:14.45 | 07:29:14.45 | 9:58 | 6 |
| 470 | CZECH DOROTA | 5334 | ASICSFRONTRUNER POLAND | WROCŁAW | POL | MASTERS K - 40 | 58 | K 128 | 00:00:39 | 01:42:52 | 03:55:30 | 05:52:23 | 07:29:46.85 | 07:29:46.85 | 9:59 | 6 |
| 471 | JUSKOWIAK MIKOŁAJ | 5149 | WKURW_TEAM | LESZNO | POL | SENIOR II M - 30 | 127 | M 344 | 00:02:18 | 01:45:29 | 03:53:19 | 05:51:09 | 07:30:04.75 | 07:30:04.75 | 10:00 | 6 |
| 472 | STACHOWIAK MAGDA | 5653 | RUN TEAM RYDZYNA | RYDZYNA | POL | SENIOR II K - 30 | 58 | K 129 | 00:02:11 | 01:44:36 | 03:53:31 | 05:51:08 | 07:30:56.60 | 07:30:56.60 | 10:01 | 6 |
| 473 | KONIECZNY JUSTYNA | 5327 | NIGHT RUNNERS PYSKOWICE | PYSKOWICE | POL | SENIOR II K - 30 | 59 | K 130 | 00:00:53 | 01:44:00 | 03:54:22 | 05:52:11 | 07:31:25.90 | 07:31:25.90 | 10:01 | 6 |
| 474 | TYMOREK MACIEJ | 5398 | | WROCŁAW | POL | SENIOR II M - 30 | 128 | M 345 | 00:02:32 | 01:45:24 | 03:43:07 | 05:38:32 | 07:31:29.15 | 07:31:29.15 | 10:01 | 6 |
| 475 | GRABOWSKA ZUZANNA | 5460 | IZBICKO W BIEGU | KROŚNICA | POL | SENIOR I K - 20 | 9 | K 131 | 00:01:37 | 01:47:01 | 03:56:32 | 06:00:17 | 07:31:30.55 | 07:31:30.55 | 10:02 | 6 |
| 476 | ŁOJEWSKI MARIUSZ | 5011 | 1 BRYGADA LOGISTYCZNA | SOLEC KUJAWSKI | POL | MASTERS M - 40 | 148 | M 346 | 00:00:28 | 01:36:21 | 03:40:48 | 05:49:10 | 07:31:44.90 | 07:31:44.90 | 10:02 | 6 |
| 477 | WOŹNY KRZYSZTOF | 5636 | SPORTOWY KAŹMIERZ | KAŹMIERZ | POL | MASTERS M - 40 | 149 | M 347 | 00:01:50 | 01:42:05 | 03:38:01 | 05:43:02 | 07:32:37.40 | 07:32:37.40 | 10:03 | 6 |
| 478 | ZEIDLER ALEKSANDER | 5562 | MIRAZRACETEAM | ZABRZE | POL | MASTERS M - 40 | 150 | M 348 | 00:00:26 | 01:36:29 | 03:39:05 | 05:49:06 | 07:33:22.20 | 07:33:22.20 | 10:04 | 6 |
| 479 | HALESZCZUK TOMASZ | 5261 | PRO-RUN WROCŁAW | WROCŁAW | POL | MASTERS M - 40 | 151 | M 349 | 00:02:15 | 01:52:32 | 03:56:05 | 05:56:53 | 07:33:50.65 | 07:33:50.65 | 10:05 | 5.9 |
| 480 | BOŻKIEWICZ JACEK | 5341 | | MUROWANA GOŚLINA | POL | MASTERS M - 40 | 152 | M 350 | 00:00:34 | 01:43:01 | 03:55:23 | 05:55:19 | 07:34:01.10 | 07:34:01.10 | 10:05 | 5.9 |
| 481 | BOŻKIEWICZ PATRYCJA | 5338 | PIEKIELNIE ZGRANI/ WWW.AZYLBIEGACZA.PL | GŁĘBOCKO | POL | MASTERS K - 40 | 59 | K 132 | 00:00:33 | 01:43:00 | 03:55:26 | 05:55:31 | 07:34:01.35 | 07:34:01.35 | 10:05 | 5.9 |
| 482 | SIBIELAK TOMASZ | 5164 | BIEGOWA KUŹNIA | BĘDZIN | POL | MASTERS M - 40 | 153 | M 351 | 00:02:19 | 01:44:03 | 03:51:49 | 05:49:08 | 07:34:35.40 | 07:34:35.40 | 10:06 | 5.9 |
| 483 | LISOWSKI MACIEJ | 5332 | DESTYLATOR RUNNING TEAM | KIEŁCZÓW | POL | MASTERS M - 40 | 154 | M 352 | 00:02:22 | 01:41:46 | 03:39:02 | 06:00:50 | 07:34:38.55 | 07:34:38.55 | 10:06 | 5.9 |
| 484 | BAJER KAROL | 5266 | | LESZNO | POL | MASTERS M - 40 | 155 | M 353 | 00:02:37 | 01:44:58 | 03:54:15 | 05:55:08 | 07:35:11.35 | 07:35:11.35 | 10:06 | 5.9 |

## ZŁOTY MARATON - 45 KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0km | 10km | 22km | 33km | Netto | Brutto | min/km | km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 485 | OLECH WITOLD | 5572 | | STRAŻÓW | POL | WETERAN I M - 50 | 39 | M 354 | 00:01:05 | 01:43:39 | 03:50:34 | 05:52:13 | 07:35:28.30 | 07:35:28.30 | 10:07 | 5.9 |
| 486 | SROKA LUCYNA | 5578 | | TRZEBOWNISKO | POL | MASTERS K - 40 | 60 | K 133 | 00:01:05 | 01:43:40 | 03:50:32 | 05:52:10 | 07:35:28.55 | 07:35:28.55 | 10:07 | 5.9 |
| 487 | ŚLUSAREK GRZEGORZ | 5387 | | GOŁUSKI | POL | MASTERS M - 40 | 156 | M 355 | 00:01:31 | 01:48:56 | 03:56:45 | 05:58:22 | 07:35:35.00 | 07:35:35.00 | 10:07 | 5.9 |
| 488 | OCHREMIAK JĘDRZEJ | 5125 | | WARSZAWA | POL | SENIOR II M - 30 | 129 | M 356 | 00:01:30 | 01:37:28 | 03:42:39 | 05:49:50 | 07:35:35.55 | 07:35:35.55 | 10:07 | 5.9 |
| 489 | GĄSIOR PAWEŁ | 5135 | ROZBIEGANY SUSZ | SUSZ | POL | SENIOR II M - 30 | 130 | M 357 | 00:01:44 | 01:43:50 | 03:46:12 | 05:49:19 | 07:35:36.40 | 07:35:36.40 | 10:07 | 5.9 |
| 490 | BEREZIUK MICHAŁ | 5588 | | DZIEWIĘTLICE | POL | MASTERS M - 40 | 157 | M 358 | 00:02:40 | 01:38:03 | 03:30:45 | 05:45:00 | 07:35:53.55 | 07:35:53.55 | 10:07 | 5.9 |
| 491 | JOŃCZYK JERZY | 5248 | TUP TUP | LĄDEK ZDRÓJ | POL | WETERAN I M - 50 | 40 | M 359 | 00:01:34 | 01:44:15 | 03:57:18 | 05:59:35 | 07:36:18.60 | 07:36:18.60 | 10:08 | 5.9 |
| 492 | TASZAREK EWA | 5487 | | ROKIETNICA | POL | MASTERS K - 40 | 61 | K 134 | 00:01:22 | 01:46:42 | 04:07:38 | 06:04:28 | 07:36:33.70 | 07:36:33.70 | 10:08 | 5.9 |
| 493 | ZARANEK BARBARA | 5105 | KĘSY TEAM | KOWANÓWKO | POL | WETERAN K - 50 | 4 | K 135 | 00:02:35 | 01:54:18 | 04:05:07 | 05:58:31 | 07:36:56.85 | 07:36:56.85 | 10:09 | 5.9 |
| 494 | TALAR ZENON | 5036 | KĘSY TEAM | DĄBRÓWKA LEŚNA | POL | WETERAN II M - 60 | 6 | M 360 | 00:02:35 | 01:54:17 | 04:04:46 | 05:58:39 | 07:36:57.10 | 07:36:57.10 | 10:09 | 5.9 |
| 495 | JANKOWSKA BARBARA | 5642 | | POZNAŃ | POL | MASTERS K - 40 | 62 | K 136 | 00:01:16 | 02:00:22 | 04:25:17 | 06:10:07 | 07:37:03.00 | 07:37:03.00 | 10:09 | 5.9 |
| 496 | BUGAJNY DAMIAN | 5394 | SUPERMARATON KALISZ | KALISZ | POL | MASTERS M - 40 | 158 | M 361 | 00:01:44 | 01:37:18 | 03:37:21 | 05:51:37 | 07:37:04.15 | 07:37:04.15 | 10:09 | 5.9 |
| 497 | KĘDZIA EDYTA | 5296 | | GDAŃSK | POL | WETERAN K - 50 | 5 | K 137 | 00:02:17 | 01:55:45 | 04:10:56 | 06:01:19 | 07:37:09.35 | 07:37:09.35 | 10:09 | 5.9 |
| 498 | CHUDA JOANNA | 5412 | | POZNAŃ | AFG | SENIOR II K - 30 | 60 | K 138 | 00:01:30 | 01:42:24 | 03:48:39 | 06:01:12 | 07:39:12.80 | 07:39:12.80 | 10:12 | 5.9 |
| 499 | SWĘDZIOŁ MONIKA | 5489 | W POGONI ZA DUCHEM | SOSNOWIEC | POL | SENIOR II K - 30 | 61 | K 139 | 00:01:56 | 01:52:40 | 04:02:24 | 06:05:20 | 07:40:53.70 | 07:40:53.70 | 10:14 | 5.9 |
| 500 | LACH AGNIESZKA | 5533 | | WROCŁAW | POL | MASTERS K - 40 | 63 | K 140 | 00:00:32 | 01:41:51 | 03:54:58 | 06:01:57 | 07:40:55.60 | 07:40:55.60 | 10:14 | 5.9 |
| 501 | KUBICA ANNA | 5313 | | POZNAŃ | POL | SENIOR II K - 30 | 62 | K 141 | 00:00:54 | 01:37:03 | 03:49:33 | 05:51:46 | 07:41:06.85 | 07:41:06.85 | 10:14 | 5.9 |
| 502 | GAJEWSKI PAWEŁ | 5663 | BEAUTY SPORT | ŁÓDŹ | POL | WETERAN I M - 50 | 41 | M 362 | 00:01:47 | 01:53:01 | 04:14:59 | 06:06:34 | 07:41:46.25 | 07:41:46.25 | 10:15 | 5.8 |
| 503 | GAJEWSKA MAGDALENA | 5649 | | ŁÓDŹ | POL | WETERAN K - 50 | 6 | K 142 | 00:01:47 | 01:53:14 | 04:07:29 | 06:06:34 | 07:41:46.60 | 07:41:46.60 | 10:15 | 5.8 |
| 504 | CZARNOTA DOROTA | 5273 | WYBIEGAJ SIEBIE | LEGIONOWO | POL | MASTERS K - 40 | 64 | K 143 | 00:00:45 | 01:37:56 | 03:52:53 | 05:48:52 | 07:41:48.60 | 07:41:48.60 | 10:15 | 5.8 |
| 505 | SZUMNY PAWEŁ | 5053 | | JÓZEFÓW | POL | SENIOR II M - 30 | 131 | M 363 | 00:01:38 | 01:36:24 | 03:42:45 | 05:54:46 | 07:42:39.20 | 07:42:39.20 | 10:16 | 5.8 |
| 506 | CZAJKA PIOTR | 5279 | CZAJKI | WARSZAWA | POL | WETERAN I M - 50 | 42 | M 364 | 00:02:01 | 01:45:20 | 03:59:46 | 05:58:23 | 07:42:44.70 | 07:42:44.70 | 10:16 | 5.8 |
| 507 | OCHLIŃSKI TOMASZ | 5287 | JARACZEWO BIEGA | JARACZEWO | POL | WETERAN I M - 50 | 43 | M 365 | 00:00:01 | | 03:45:27 | 05:54:35 | 07:42:49.85 | 07:42:49.85 | 10:17 | 5.8 |
| 508 | ZIEMBIŃSKA-BUCZYŃSKA ALEKSANDRA | 5477 | COMPANIEROS ASFALT TEAM | GLIWICE | POL | MASTERS K - 40 | 65 | K 144 | 00:02:33 | 01:52:40 | 04:07:29 | 06:08:01 | 07:43:51.90 | 07:43:51.90 | 10:18 | 5.8 |
| 509 | LEKS-MASZKOWSKA RYSZARDA | 5343 | OBORYBENI | LUBNÓW | POL | MASTERS K - 40 | 66 | K 145 | 00:00:48 | 01:43:04 | 04:09:18 | 06:06:56 | 07:43:58.60 | 07:43:58.60 | 10:18 | 5.8 |
| 510 | SAVVA XENOPHON | 5665 | DRO.ME.A | POZNAN | POL | MASTERS M - 40 | 159 | M 366 | 00:02:30 | 01:48:01 | 04:08:23 | 06:02:43 | 07:44:11.90 | 07:44:11.90 | 10:18 | 5.8 |
| 511 | GAWLE KATARZYNA | 5424 | MARATOŃCZYK DĘBICA | ŻYRAKÓW | POL | MASTERS K - 40 | 67 | K 146 | 00:00:09 | 01:41:45 | 04:01:40 | 06:03:58 | 07:45:57.20 | 07:45:57.20 | 10:21 | 5.8 |
| 512 | GAWLE MIROSŁAW | 5423 | MARATOŃCZYK DĘBICA | ZAWIERZBIE | POL | MASTERS M - 40 | 160 | M 367 | 00:00:09 | 01:41:45 | 04:01:39 | 06:04:00 | 07:45:57.30 | 07:45:57.30 | 10:21 | 5.8 |
| 513 | KOWALEWSKA ANNA | 5062 | | ŚWIDNICA | POL | MASTERS K - 40 | 68 | K 147 | 00:01:12 | 01:44:28 | 03:58:05 | 06:01:39 | 07:46:30.30 | 07:46:30.30 | 10:22 | 5.8 |
| 514 | JACHYMEK ROBERT | 5619 | TEAM ZABIEGANEDNI | WARSZAWA | POL | MASTERS M - 40 | 161 | M 368 | 00:02:29 | 01:43:52 | 03:40:32 | 05:45:59 | 07:46:37.75 | 07:46:37.75 | 10:22 | 5.8 |
| 515 | JEDYNAK-DOROSZ IZABELA | 5467 | KB MANIAC POZNAŃ | TULCE | POL | MASTERS K - 40 | 69 | K 148 | 00:00:43 | 01:49:39 | 04:06:25 | 06:02:26 | 07:46:39.15 | 07:46:39.15 | 10:22 | 5.8 |
| 516 | KANIOWSKI WOJCIECH | 5583 | | CZESTOCHOWA | POL | WETERAN I M - 50 | 44 | M 369 | 00:01:03 | 01:41:27 | 04:01:09 | 06:11:40 | 07:46:41.10 | 07:46:41.10 | 10:22 | 5.8 |
| 517 | MAJEROWSKA MAGDALENA | 5595 | | WOLSZTYN | POL | SENIOR II K - 30 | 63 | K 149 | 00:02:33 | 01:53:11 | 04:12:51 | 06:08:57 | 07:47:34.80 | 07:47:34.80 | 10:23 | 5.8 |
| 518 | CHŁĄDZYŃSKI PIOTR | 5323 | | WROCŁAW | POL | WETERAN I M - 50 | 45 | M 370 | 00:02:18 | 01:43:43 | 03:46:06 | 05:51:05 | 07:48:27.90 | 07:48:27.90 | 10:24 | 5.8 |
| 519 | SIKORSKA AGNIESZKA | 5473 | | WARSZAWA | POL | SENIOR II K - 30 | 64 | K 150 | 00:02:36 | 01:55:55 | 04:15:08 | 06:10:44 | 07:48:48.50 | 07:48:48.50 | 10:25 | 5.8 |
| 520 | MARCINIAK GRAŻYNA | 5435 | | KATOWICE | POL | SENIOR II K - 30 | 65 | K 151 | 00:01:28 | 01:48:15 | 04:03:27 | 06:02:48 | 07:49:03.85 | 07:49:03.85 | 10:25 | 5.8 |
| 521 | KALINOWSKA PATRYCJA | 5061 | | SOLEC KUJAWSKI | POL | SENIOR II K - 30 | 66 | K 152 | 00:01:53 | 01:45:56 | 04:03:14 | 06:02:48 | 07:49:05.70 | 07:49:05.70 | 10:25 | 5.8 |
| 522 | HELIŃSKI JACEK | 5307 | DZIKIE ŻYCIE RUN TEAM | KROSNO | POL | WETERAN I M - 50 | 46 | M 371 | 00:00:35 | 01:35:37 | 03:55:02 | 06:11:41 | 07:49:12.10 | 07:49:12.10 | 10:25 | 5.8 |
| 523 | GWORYS KATARZYNA | 5100 | ZRYW PARZYMIECHY | KLEŚNISKA | POL | MASTERS K - 40 | 70 | K 153 | 00:00:21 | 01:44:49 | 04:00:33 | 06:04:37 | 07:49:17.75 | 07:49:17.75 | 10:25 | 5.8 |
| 524 | GWORYS KRZYSZTOF | 5102 | ZRYW PARZYMIECHY | KLEŚNISKA | POL | MASTERS M - 40 | 162 | M 372 | 00:00:22 | 01:44:49 | 04:00:32 | 06:04:38 | 07:49:17.85 | 07:49:17.85 | 10:25 | 5.8 |
| 525 | GRUCHOT MAŁGORZATA | 5461 | WIECZORNE BIEGANIE W OPOLU | GOGOLIN | POL | MASTERS K - 40 | 71 | K 154 | 00:01:09 | 01:42:26 | 03:51:26 | 05:58:20 | 07:49:35.15 | 07:49:35.15 | 10:26 | 5.7 |
| 526 | BEDNARSKI KRZYSZTOF | 5658 | KLUCZBORSKA GRUPA BIEGOWA | KLUCZBORK | POL | WETERAN I M - 50 | 47 | M 373 | 00:01:07 | 01:43:48 | 03:55:44 | 06:04:50 | 07:50:51.90 | 07:50:51.90 | 10:27 | 5.7 |
| 527 | KOCHAN PIOTR | 5159 | KOCHANY TEAM | KOBYŁKA | POL | MASTERS M - 40 | 163 | M 374 | 00:02:27 | 01:57:09 | 04:03:36 | 06:02:46 | 07:51:00.35 | 07:51:00.35 | 10:28 | 5.7 |
| 528 | LECH MARCIN | 5039 | NOA | WROCŁAW | POL | SENIOR II M - 30 | 132 | M 375 | 00:01:51 | 01:43:55 | 03:56:23 | 06:04:06 | 07:51:15.75 | 07:51:15.75 | 10:28 | 5.7 |
| 529 | PIETRZAK AGNIESZKA | 5275 | BIEGAJĄCE KREJZOLE | POZNAŃ | POL | MASTERS K - 40 | 72 | K 155 | 00:00:46 | 01:45:00 | 03:57:04 | 06:05:01 | 07:51:55.90 | 07:51:55.90 | 10:29 | 5.7 |
| 530 | AKKERMAN BERBER | 5405 | FRYSMAN | WOMMELS | NED | MASTERS K - 40 | 73 | K 156 | 00:00:42 | 01:42:22 | 03:54:43 | 06:05:48 | 07:53:13.90 | 07:53:13.90 | 10:30 | 5.7 |
| 531 | WYSMOLINSKA KAROLINA | 5471 | | BIERNATKI | POL | MASTERS K - 40 | 74 | K 157 | 00:01:15 | 01:47:19 | 04:09:32 | 06:13:25 | 07:53:54.85 | 07:53:54.85 | 10:31 | 5.7 |
| 532 | KARDAS PIOTR | 5240 | | GÓRA | POL | WETERAN I M - 50 | 48 | M 376 | 00:01:23 | 01:39:34 | 03:46:53 | 06:07:04 | 07:54:19.15 | 07:54:19.15 | 10:32 | 5.7 |
| 533 | SAMOLAK ŁUKASZ | 5213 | | LĄDEK ZDRÓJ | POL | MASTERS M - 40 | 164 | M 377 | 00:02:46 | 01:41:05 | 03:51:09 | 06:01:26 | 07:54:27.00 | 07:54:27.00 | 10:32 | 5.7 |
| 534 | HAGEL JULITA | 5103 | | LUBIN | POL | MASTERS K - 40 | 75 | K 158 | 00:01:15 | 01:44:12 | 04:09:00 | | 07:54:51.00 | 07:54:51.00 | 10:33 | 5.7 |
| 535 | BĄK BOGDAN | 5443 | | DĘBNO | POL | WETERAN I M - 50 | 49 | M 378 | 00:01:54 | 01:41:11 | 03:50:29 | 06:01:31 | 07:55:15.80 | 07:55:15.80 | 10:33 | 5.7 |
| 536 | NOWICKA KATARZYNA | 5515 | | JAWORZNO | POL | SENIOR II K - 30 | 67 | K 159 | 00:02:11 | 01:41:57 | | | 08:00:13.00 | 08:00:13.00 | 10:40 | 5.6 |
| 537 | DEMCZAR JACEK | 5112 | | TRZCIANKA | POL | WETERAN I M - 50 | 50 | M 379 | 00:01:59 | 01:49:57 | 04:09:46 | 06:16:24 | 08:00:14.05 | 08:00:14.05 | 10:40 | 5.6 |
| 538 | CHORĄŻY ŁUKASZ | 5336 | | DOBROSZYCE | POL | SENIOR II M - 30 | 133 | M 380 | 00:00:59 | 01:37:56 | 03:43:08 | 05:55:30 | 08:00:29.35 | 08:00:29.35 | 10:40 | 5.6 |

## ZŁOTY MARATON - 45 KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0km | 10km | 22km | 33km | Netto | Brutto | min/km | km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 539 | PIECUCH MAŁGORZATA | 5013 | | PRZEWORSK | POL | WETERAN II K - 60 | 3 | K 160 | 00:02:14 | 01:52:17 | 04:11:30 | 06:20:05 | 08:00:59.95 | 08:00:59.95 | 10:41 | 5.6 |
| 540 | BĄCZEK AGATA | 5552 | | ZAWIERCIE | POL | MASTERS K - 40 | 76 | K 161 | 00:02:24 | 01:52:38 | 04:10:26 | 06:17:14 | 08:01:53.40 | 08:01:53.40 | 10:42 | 5.6 |
| 541 | MĘTLAK MAŁGORZATA | 5634 | | ZAWIERCIE | POL | SENIOR I K - 20 | 10 | K 162 | 00:02:24 | 01:52:38 | 04:10:25 | 06:17:15 | 08:01:53.70 | 08:01:53.70 | 10:42 | 5.6 |
| 542 | KOTWICA ANDRZEJ | 5086 | SMOLECKA ZADYSZKA | SMOLEC | POL | MASTERS M - 40 | 165 | M 381 | 00:01:32 | 01:36:25 | 03:35:15 | 06:07:28 | 08:01:59.05 | 08:01:59.05 | 10:42 | 5.6 |
| 543 | PYTEL ROMAN | 5143 | IZBICKO W BIEGU | OTMICE | POL | MASTERS M - 40 | 166 | M 382 | 00:01:37 | 01:52:24 | 04:12:08 | 06:21:58 | 08:02:38.40 | 08:02:38.40 | 10:43 | 5.6 |
| 544 | ZGÓRSKI MACIEJ | 5057 | WKURW_TEAM | BYDGOSZCZ | POL | MASTERS M - 40 | 167 | M 383 | 00:01:40 | 01:50:40 | 04:12:11 | 06:18:54 | 08:02:42.40 | 08:02:42.40 | 10:43 | 5.6 |
| 545 | MICHALIK KAMILA | 5239 | | PROCHOWICE | POL | SENIOR I K - 20 | 11 | K 163 | 00:02:04 | 01:46:33 | 04:04:11 | 06:09:35 | 08:04:23.55 | 08:04:23.55 | 10:45 | 5.6 |
| 546 | PŁOCIŃSKI NORBERT | 5325 | | CHOJNÓW | POL | SENIOR I M - 20 | 28 | M 384 | 00:02:05 | 01:46:34 | 04:04:11 | 06:09:36 | 08:04:24.25 | 08:04:24.25 | 10:45 | 5.6 |
| 547 | POPCZYK PIOTR | 5065 | ZATYRANI GRATISOWNIA.PL GMINA PILCHOWICE | ŻERNICA | AFG | MASTERS M - 40 | 168 | M 385 | 00:02:38 | 01:55:46 | 04:16:44 | 06:21:31 | 08:05:04.50 | 08:05:04.50 | 10:46 | 5.6 |
| 548 | BURGHARDT RENATA | 5395 | KB HERMES | GRYFINO | POL | WETERAN K - 50 | 7 | K 164 | 00:02:21 | 01:54:20 | 04:11:48 | 06:20:56 | 08:06:47.95 | 08:06:47.95 | 10:49 | 5.5 |
| 549 | MAKOWSKI DARIUSZ | 5216 | KM TEAM | CHOJNA | POL | WETERAN I M - 50 | 51 | M 386 | 00:02:21 | 01:54:20 | 04:11:49 | 06:21:59 | 08:06:57.20 | 08:06:57.20 | 10:49 | 5.5 |
| 550 | KORYBUT-BARSKA ANNA | 5123 | | WROCŁAW | POL | MASTERS K - 40 | 77 | K 165 | 00:01:13 | 01:50:03 | 04:13:31 | 06:19:57 | 08:06:58.05 | 08:06:58.05 | 10:49 | 5.5 |
| 551 | SZCZEPANIAK MARTA | 5207 | | WROCŁAW | POL | MASTERS K - 40 | 78 | K 166 | 00:01:13 | 01:50:06 | 04:13:31 | 06:19:57 | 08:07:14.35 | 08:07:14.35 | 10:49 | 5.5 |
| 552 | JANKOWIAK KASIA | 5401 | ORANGE POLSKA | PUSZCZYKOWO | POL | MASTERS K - 40 | 79 | K 167 | 00:01:35 | 01:47:58 | 04:08:36 | 06:10:40 | 08:08:09.65 | 08:08:09.65 | 10:50 | 5.5 |
| 553 | DWORZAŃSKA ANNA | 5348 | MARATOŃCZYK POZNAŃ | POZNAŃ | POL | SENIOR II K - 30 | 68 | K 168 | 00:00:38 | 01:45:26 | 04:09:32 | 06:22:38 | 08:08:17.75 | 08:08:17.75 | 10:51 | 5.5 |
| 554 | MROZIŃSKI ALBERT | 5377 | | ALEKSNADRÓW ŁÓDZKI | POL | MASTERS M - 40 | 169 | M 387 | 00:01:04 | 01:44:10 | 04:16:37 | 06:24:34 | 08:08:29.85 | 08:08:29.85 | 10:51 | 5.5 |
| 555 | MROZIŃSKA RENATA | 5378 | | ALEKSNADRÓW ŁÓDZKI | POL | MASTERS K - 40 | 80 | K 169 | 00:01:03 | 01:49:45 | 04:16:38 | 06:24:33 | 08:08:29.90 | 08:08:29.90 | 10:51 | 5.5 |
| 556 | ZACZYŃSKI MARIUSZ | 5052 | | LUBIN | POL | SENIOR II M - 30 | 134 | M 388 | 00:02:37 | | 03:50:36 | 06:17:23 | 08:09:00.50 | 08:09:00.50 | 10:52 | 5.5 |
| 557 | GRABOWIECKA MARTA | 5134 | NULL | ZIELONA GÓRA | POL | MASTERS K - 40 | 81 | K 170 | 00:02:10 | 01:53:49 | 04:20:50 | 06:30:07 | 08:09:53.90 | 08:09:53.90 | 10:53 | 5.5 |
| 558 | BOGACKA ANETA | 5150 | ZIELONA GÓRO ZACZNIJ BIEGAĆ | ZIELONA GÓRA | POL | SENIOR II K - 30 | 69 | K 171 | 00:02:10 | 01:53:50 | 04:20:51 | 06:30:08 | 08:09:54.70 | 08:09:54.70 | 10:53 | 5.5 |
| 559 | BARTKIEWICZ HALINA | 5064 | | ZIELONA GÓRA | POL | MASTERS K - 40 | 82 | K 172 | 00:02:12 | 01:53:48 | 04:22:12 | 06:30:10 | 08:09:55.95 | 08:09:55.95 | 10:53 | 5.5 |
| 560 | PYZIO MAGDALENA | 5317 | | KOMORNIKI | POL | SENIOR II K - 30 | 70 | K 173 | 00:02:02 | 01:51:37 | 04:12:06 | 06:24:09 | 08:10:32.25 | 08:10:32.25 | 10:54 | 5.5 |
| 561 | KAŁŁAUR KRZYSZTOF | 5358 | | WARSZAWA | POL | SENIOR II M - 30 | 135 | M 389 | 00:01:26 | 01:55:35 | 03:58:18 | 06:10:04 | 08:10:34.75 | 08:10:34.75 | 10:54 | 5.5 |
| 562 | KAMIŃSKI MAREK | 5418 | KLUB BIEGACZA STRZELIN | STRZELIN | POL | SENIOR II M - 30 | 136 | M 390 | 00:02:32 | 01:52:28 | 04:13:48 | 06:22:27 | 08:10:36.70 | 08:10:36.70 | 10:54 | 5.5 |
| 563 | KEGEL ZBIGNIEW | 5684 | PIĄTKOWO NA BIEGOWO | POZNAŃ | POL | WETERAN II M - 60 | 7 | M 391 | 00:02:04 | 01:55:44 | 04:18:44 | 06:23:39 | 08:11:41.90 | 08:11:41.90 | 10:55 | 5.5 |
| 564 | WALKOWIAK MAREK | 5264 | PECNA TEAM | PECNA | POL | MASTERS M - 40 | 170 | M 392 | 00:00:44 | 01:42:29 | 04:04:30 | 06:17:39 | 08:12:54.35 | 08:12:54.35 | 10:57 | 5.5 |
| 565 | KOŁDA HALINA | 5294 | BORKOWSKI TEAM /PCH_RUN | CHODZIEŻ | POL | WETERAN II K - 60 | 4 | K 174 | 00:01:15 | 01:55:32 | 04:21:18 | 06:29:25 | 08:13:12.00 | 08:13:12.00 | 10:57 | 5.5 |
| 566 | RUBINOWSKI JAREK | 5304 | | STARGARD | POL | MASTERS M - 40 | 171 | M 393 | 00:01:18 | 01:55:33 | 04:20:43 | 06:29:20 | 08:13:12.10 | 08:13:12.10 | 10:57 | 5.5 |
| 567 | KONIECZNY JACEK | 5326 | NIGHT RUNNERS PYSKOWICE | PYSKOWICE | POL | MASTERS M - 40 | 172 | M 394 | 00:00:48 | 01:55:47 | 04:10:26 | 06:18:46 | 08:14:12.50 | 08:14:12.50 | 10:58 | 5.5 |
| 568 | KAMIŃSKA BEATA | 5073 | | SIEMIANOWICE ŚLĄSKIE | POL | WETERAN K - 50 | 8 | K 175 | 00:01:12 | 01:46:45 | 04:09:40 | 06:34:24 | 08:17:50.90 | 08:17:50.90 | 11:03 | 5.4 |
| 569 | LEDWOCH WIOLETA | 5094 | | SIEMIANOWICE ŚLĄSKIE | POL | SENIOR II K - 30 | 71 | K 176 | 00:01:11 | 01:48:55 | 04:21:21 | 06:34:25 | 08:18:47.30 | 08:18:47.30 | 11:05 | 5.4 |
| 570 | WALIŃSKA AGATA | 5316 | WWW.SPRAWDZAMY-NIERUCHOMOSCI.PL | KOMORNIKI | POL | SENIOR II K - 30 | 72 | K 177 | 00:02:02 | 01:51:41 | 04:12:06 | 06:24:09 | 08:21:18.20 | 08:21:18.20 | 11:08 | 5.4 |
| 571 | SZYMAŃSKI KAMIL | 5322 | | CHORZÓW | POL | SENIOR II M - 30 | 137 | M 395 | 00:02:43 | 01:50:08 | 04:01:39 | 06:29:41 | 08:21:42.45 | 08:21:42.45 | 11:08 | 5.4 |
| 572 | JÓZEFIAK MAGDALENA | 5298 | ASSECO ACTIVE TEAM | OSIELSKO | POL | WETERAN K - 50 | 9 | K 178 | 00:01:23 | 01:55:34 | 04:21:33 | 06:30:06 | 08:21:53.15 | 08:21:53.15 | 11:09 | 5.4 |
| 573 | JÓZEFIAK GRZEGORZ | 5297 | | OSIELSKO | POL | WETERAN I M - 50 | 52 | M 396 | 00:01:23 | 01:55:29 | 04:20:30 | 06:30:10 | 08:21:53.25 | 08:21:53.25 | 11:09 | 5.4 |
| 574 | KOTLIŃSKI TOMASZ | 5030 | KB SZAMOTUŁY | OBRZYCKO | POL | WETERAN I M - 50 | 53 | M 397 | 00:01:11 | 01:55:11 | 04:19:36 | 06:27:57 | 08:23:15.20 | 08:23:15.20 | 11:11 | 5.4 |
| 575 | KUŹNIAK JUSTYNA | 5022 | KB SZAMOTUŁY | SZAMOTUŁY | POL | MASTERS K - 40 | 83 | K 179 | 00:01:08 | 01:55:10 | 04:19:40 | 06:28:11 | 08:23:15.60 | 08:23:15.60 | 11:11 | 5.4 |
| 576 | KUNA KASIA | 5563 | BIEGOWA KUŹNIA | DĄBROWA GÓRNICZA | POL | MASTERS K - 40 | 84 | K 180 | 00:02:23 | 01:59:53 | 04:33:14 | 06:38:08 | 08:24:29.70 | 08:24:29.70 | 11:12 | 5.4 |
| 577 | LEWANDOWSKA EWA | 5561 | | TARNOWSKIE GÓRY | POL | MASTERS K - 40 | 85 | K 181 | 00:02:34 | 02:00:27 | 04:27:37 | 06:36:01 | 08:25:00.25 | 08:25:00.25 | 11:13 | 5.3 |
| 578 | POŁEĆ GRZEGORZ | 5305 | | PRZYGOŃ | POL | WETERAN II M - 60 | 8 | M 398 | 00:00:35 | 01:57:06 | 04:26:29 | 06:33:36 | 08:25:06.55 | 08:25:06.55 | 11:13 | 5.3 |
| 579 | MACULEWICZ NORBERT | 5596 | RYCERZE HARDCORU | SZCZECIN | POL | SENIOR II M - 30 | 138 | M 399 | 00:01:58 | 01:53:44 | 04:18:44 | 06:33:21 | 08:25:30.90 | 08:25:30.90 | 11:14 | 5.3 |
| 580 | KROMER LUDWIK | 5026 | | GDAŃSK | POL | WETERAN II M - 60 | 9 | M 400 | 00:00:12 | 01:49:55 | 04:18:48 | 06:37:36 | 08:26:44.50 | 08:26:44.50 | 11:15 | 5.3 |
| 581 | NAWROT KATARZYNA | 5301 | MIRAZ RACE TEAM | NIEPOŁOMICE | POL | SENIOR II K - 30 | 73 | K 182 | 00:00:25 | 01:57:07 | 04:28:24 | 06:35:09 | 08:27:52.00 | 08:27:52.00 | 11:17 | 5.3 |
| 582 | ŁUSIAK EWA | 5280 | KNEIPPTEAM | GŁOWNO | POL | MASTERS K - 40 | 86 | K 183 | 00:02:16 | 01:53:57 | 04:18:11 | 06:29:38 | 08:31:09.85 | 08:31:09.85 | 11:21 | 5.3 |
| 583 | CHOJNACKI JAKUB | 5383 | | POZNAŃ | POL | MASTERS M - 40 | 173 | M 401 | 00:02:25 | 01:44:56 | 04:11:25 | 06:31:52 | 08:31:51.05 | 08:31:51.05 | 11:22 | 5.3 |
| 584 | SZWEJK KRZYSZTOF | 5384 | STARE DZIADY | POZNAŃ | POL | MASTERS M - 40 | 174 | M 402 | 00:02:26 | 01:44:57 | 04:11:25 | 06:31:51 | 08:31:51.75 | 08:31:51.75 | 11:22 | 5.3 |
| 585 | KUCHARCZYK MARCIN | 5370 | 3:33 TEAM | POZNAŃ | POL | MASTERS M - 40 | 175 | M 403 | 00:02:27 | 01:46:03 | 04:20:42 | 06:42:13 | 08:34:43.65 | 08:34:43.65 | 11:26 | 5.2 |
| 586 | CUPIAŁ MARIOLA | 5284 | W POGONI ZA DUCHEM | SOSNOWIEC | POL | WETERAN K - 50 | 10 | K 184 | 00:01:57 | 02:06:05 | 04:40:33 | 06:44:38 | 08:35:56.50 | 08:35:56.50 | 11:27 | 5.2 |
| 587 | ROSIŃSKA AGNIESZKA | 5028 | ŚWIERCZEWO RUN/ #BIEGIEMWLAS | POZNAŃ | POL | MASTERS K - 40 | 87 | K 185 | 00:02:15 | 01:58:27 | 04:30:50 | 06:41:58 | 08:37:06.35 | 08:37:06.35 | 11:29 | 5.2 |
| 588 | DRAJERCZAK MARLENA | 5172 | MUAY RUNING TEAM | POZNAŃ | POL | MASTERS K - 40 | 88 | K 186 | 00:02:16 | 01:57:41 | 04:30:47 | 06:42:01 | 08:37:06.60 | 08:37:06.60 | 11:29 | 5.2 |
| 589 | SARNOWSKI MACIEJ | 5067 | TKKF MPK POZNAŃ | POZNAŃ | POL | MASTERS M - 40 | 176 | M 404 | 00:01:27 | 01:57:10 | 04:29:19 | 06:45:32 | 08:39:51.95 | 08:39:51.95 | 11:33 | 5.2 |

## ZŁOTY MARATON - 45 KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0km | 10km | 22km | 33km | Netto | Brutto | min/km | km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 590 | LUTOMSKI DARIUSZ | 5427 | | MAGDALENKA | POL | WETERAN I M - 50 | 54 | M 405 | 00:01:33 | 01:58:06 | 04:32:11 | 06:54:32 | 08:44:10.80 | 08:44:10.80 | 11:38 | 5.2 |
| 591 | PAKUŁA MARTA | 5233 | | GŁOWNO | POL | MASTERS K - 40 | 89 | K 187 | 00:00:36 | 01:49:43 | 04:29:19 | 06:48:07 | 08:47:03.55 | 08:47:03.55 | 11:42 | 5.1 |
| 592 | KUGLER KAMILA | 5354 | | JAWORZNO | POL | SENIOR II K - 30 | 74 | K 188 | 00:00:01 | | 04:17:11 | | 08:47:12.00 | 08:47:12.00 | 11:42 | 5.1 |
| 593 | WIŚNIEWSKA DOROTA | 5337 | METAL CHERRY | ALEKSANDRÓW KUJAWSKI | POL | MASTERS K - 40 | 90 | K 189 | 00:01:14 | 02:09:53 | 04:43:53 | 06:55:18 | 08:49:23.65 | 08:49:23.65 | 11:45 | 5.1 |
| 594 | MUCHA-KRUCZYŃSKI WACŁAW | 5621 | MUKK ENPI | OSTRZESZÓW | POL | WETERAN II M - 60 | 10 | M 406 | 00:02:42 | 01:57:25 | 04:28:08 | 06:56:51 | 08:50:36.25 | 08:50:36.25 | 11:47 | 5.1 |
| 595 | NOSKOWIAK-BAJNO ALICJA | 5118 | | BORÓWNO | POL | MASTERS K - 40 | 91 | K 190 | 00:01:53 | 02:02:20 | 04:43:06 | 07:07:22 | 08:50:41.45 | 08:50:41.45 | 11:47 | 5.1 |
| 596 | NOWAK PIOTR | 5524 | | MIŃSK MAZOWIECKI | POL | WETERAN I M - 50 | 55 | M 407 | 00:00:01 | | 04:25:01 | | 08:53:03.00 | 08:53:03.00 | 11:50 | 5.1 |
| 597 | GOŹDZICKA IWONA | 5141 | ZIELONA GÓRO ZACZNIJ BIEGAĆ | ZIELONA GÓRA | POL | MASTERS K - 40 | 92 | K 191 | 00:02:11 | 01:57:11 | 04:35:24 | 06:59:27 | 08:54:48.15 | 08:54:48.15 | 11:53 | 5 |
| 598 | SKRZYŃSKA MARLENA | 5683 | ZIELONA GÓRO ZACZNIJ BIEGAĆ | ZIELONA GÓRA | POL | SENIOR II K - 30 | 75 | K 192 | 00:02:10 | 01:57:12 | 04:35:26 | 06:59:30 | 08:54:50.60 | 08:54:50.60 | 11:53 | 5 |
| 599 | DENKOWSKI WOJCIECH | 5169 | BP RUNNING TEAM GLIWICE | GLIWICE | POL | WETERAN I M - 50 | 56 | M 408 | 00:02:23 | 02:20:15 | 04:57:21 | 07:19:43 | 08:57:27.45 | 08:57:27.45 | 11:56 | 5 |
| 600 | BARZAK JUSTYNA | 5263 | | STRZELIN | POL | SENIOR II K - 30 | 76 | K 193 | 00:02:31 | 02:00:25 | 04:40:08 | 06:57:44 | 08:57:47.35 | 08:57:47.35 | 11:57 | 5 |
| 601 | SABOK-MUSZYNSKA KATARZYNA | 5253 | | GOŚCIĘCICE | POL | SENIOR II K - 30 | 77 | K 194 | 00:02:31 | 02:00:25 | 04:40:09 | 06:57:45 | 08:57:47.80 | 08:57:47.80 | 11:57 | 5 |
| 602 | BŁASZKIEWICZ MARZENA | 5091 | CHOŁE KŁÓLIKI | BORÓWNO | POL | MASTERS K - 40 | 93 | K 195 | 00:01:54 | 02:11:44 | 04:56:16 | 07:12:56 | 09:06:57.30 | 09:06:57.30 | 12:09 | 4.9 |
| 603 | DZIĘCIELSKA AGNIESZKA | 5016 | | POZNAŃ | POL | MASTERS K - 40 | 94 | K 196 | 00:02:17 | 02:09:04 | 04:50:44 | 07:08:54 | 09:08:00.20 | 09:08:00.20 | 12:10 | 4.9 |
| 604 | GIZELSKA AGNIESZKA | 5589 | PIĄTKOWO NA BIEGOWO | POZNAŃ | POL | WETERAN K - 50 | 11 | K 197 | 00:02:13 | 02:12:32 | 05:01:52 | 07:25:57 | 09:24:33.60 | 09:24:33.60 | 12:32 | 4.8 |
| 605 | STAJER MAŁGORZATA | 5598 | | LESZNO | POL | WETERAN K - 50 | 12 | K 198 | 00:02:13 | 02:14:02 | 05:03:08 | 07:25:58 | 09:24:34.10 | 09:24:34.10 | 12:32 | 4.8 |
| 606 | SCHICKENDANTZ LISELORE | 5579 | FRYSMAN | LEMMER | NED | MASTERS K - 40 | 95 | K 199 | 00:00:41 | 02:15:40 | 05:09:47 | 07:31:28 | 09:38:18.25 | 09:38:18.25 | 12:51 | 4.7 |
| 607 | PROCHOŃ KRZYSZTOF | 5231 | | KATOWICE | POL | WETERAN I M - 50 | 57 | M 409 | 00:00:40 | 02:19:41 | 05:16:15 | | 09:39:11.00 | 09:39:11.00 | 12:52 | 4.7 |
| 608 | LEWANDOWSKA-JACKOWSKA KATARZYNA | 5290 | NIGHT RUNNERS PYSKOWICE | PYSKOWICE | POL | MASTERS K - 40 | 96 | K 200 | 00:00:54 | 02:12:08 | 05:30:16 | 07:56:59 | 09:57:45.95 | 09:57:45.95 | 13:17 | 4.5 |
| 609 | PYZIO DOMINIK | 5481 | KAPRYZ | SIECHNICE | POL | SENIOR II M - 30 | 139 | M 410 | 00:01:12 | 01:58:10 | 04:37:26 | 07:24:55 | 09:58:38.05 | 09:58:38.05 | 13:18 | 4.5 |
| | PODGÓRNY MARIUSZ | 5540 | TEAM OZIMEK | DYLAKI | POL | SENIOR I M - 20 | | | 00:00:30 DNF | 01:21:40 DNF | 03:09:27 DNF | 05:33:28 DNF | DNF | DNF | - | - |
| | WALCZAK GRZEGORZ | 5310 | BIEGAJĄCE KREJZOLE | POZNAŃ | POL | MASTERS M - 40 | | | 00:00:45 DNF | 01:43:36 DNF | 05:51:58 DNF | 09:25:57 DNF | DNF | DNF | - | - |
| | BOCHYŃSKI ADAM | 5347 | | KRAKÓW | POL | SENIOR I M - 20 | | | 00:02:42 DNF | 01:50:07 DNF | 04:03:57 DNF | DNF | DNF | DNF | - | - |
| | GOŁĘBIEWSKI SEBASTIAN | 5386 | EBIEGI.PL | KŁODZKO | POL | MASTERS M - 40 | | | 00:02:36 DNF | 01:45:08 DNF | 04:23:31 DNF | DNF | DNF | DNF | - | - |
| | POKORNY TOMASZ | 5256 | | WROCLAW | POL | WETERAN I M - 50 | | | 00:01:34 DNF | 01:59:47 DNF | 04:51:04 DNF | DNF | DNF | DNF | - | - |
| | GARCZEWSKA-PASZKO JOANNA | 5024 | | WARSZAWA | POL | WETERAN K - 50 | | | 00:01:36 DNF | 01:55:35 DNF | 05:11:33 DNF | DNF | DNF | DNF | - | - |
| | KROGULECKI MICHAŁ | 5188 | | ZABRZE | POL | SENIOR II M - 30 | | | 00:00:05 DNF | 01:50:30 DNF | DNF | DNF | DNF | DNF | - | - |
| | NOWICKI JAROSŁAW | 5442 | | CZECHÓW | POL | WETERAN I M - 50 | | | 00:01:54 DNF | 02:14:45 DNF | DNF | DNF | DNF | DNF | - | - |
| | DADAŚ ELŻBIETA | 5088 | BP RUNNING TEAM GLIWICE | GLIWICE | POL | MASTERS K - 40 | | | 00:02:24 DNF | 02:20:16 DNF | DNF | DNF | DNF | DNF | - | - |
| | GRYGORUK CEZARY | 5360 | | SZCZECIN | POL | WETERAN I M - 50 | | | 00:00:05 DNF | DNF | DNF | DNF | DNF | DNF | - | - |
| | WALCZAK AGNIESZKA | 5099 | | WROCŁAW | POL | MASTERS K - 40 | | | 00:02:38 DNF | DNF | DNF | DNF | DNF | DNF | - | - |

## ZŁOTY MARATON - 45 KM, OPEN KOBIET

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0km | 10km | 22km | 33km | Netto | Brutto | min/km | km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | WIECZOREK NINA | 5375 | MOCNA GRUPA CEZARA/SBRT WROCŁAW | OLEŚNICA | POL | SENIOR I K - 20 | 1 | K 1 | 00:00:15 | 01:03:37 | 02:15:04 | 03:17:24 | 04:19:43.55 | 04:19:43.55 | 5:46 | 10.4 |
| 2 | TOMASIAK NATALIA | 5686 | SALOMON TEAM | KRYNICA | POL | SENIOR II K - 30 | 1 | K 2 | 00:00:03 | 01:02:34 | 02:15:04 | 03:23:54 | 04:32:24.50 | 04:32:24.50 | 6:03 | 9.9 |
| 3 | BEDNARCZYK MAGDALENA | 5534 | STRZEGOMSKA DWUNASTKA | STRZEGOM | POL | SENIOR II K - 30 | 2 | K 3 | 00:00:14 | 01:04:45 | 02:22:17 | 03:29:54 | 04:36:09.65 | 04:36:09.65 | 6:08 | 9.8 |
| 4 | BIAŁOBŁOCKA ALICJA | 5218 | | WROCŁAW | POL | SENIOR II K - 30 | 3 | K 4 | 00:00:16 | 01:05:54 | 02:25:08 | 03:41:06 | 04:44:57.90 | 04:44:57.90 | 6:19 | 9.5 |

## ZŁOTY MARATON - 45 KM, OPEN KOBIET c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0km | 10km | 22km | 33km | Netto | Brutto | min/km | km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 5 | FLOREK KATARZYNA | 5206 | 140MINUT.PL | WROCŁAW | POL | SENIOR II K - 30 | 4 | K 5 | 00:00:06 | 01:05:53 | 02:25:04 | 03:39:10 | 04:45:48.90 | 04:45:48.90 | 6:21 | 9.4 |
| 6 | SZKODA KASIA | 5010 | TATERNIKTEAM | ZALASEWO | POL | SENIOR II K - 30 | 5 | K 6 | 00:00:17 | 01:11:14 | 02:34:19 | 03:46:36 | 04:50:31.75 | 04:50:31.75 | 6:27 | 9.3 |
| 7 | SKRZYPCZYK PAULINA | 5035 | TEAM FRUN / 42K PRO TEAM | TYCHY | POL | SENIOR II K - 30 | 6 | K 7 | 00:00:03 | 01:08:52 | 02:32:11 | 03:45:01 | 04:54:07.10 | 04:54:07.10 | 6:32 | 9.2 |
| 8 | GALLAMOVA JEKATERINA | 5600 | SUPERVARONI | RIGA | LAT | SENIOR II K - 30 | 7 | K 8 | 00:00:28 | 01:12:29 | 02:38:59 | 03:54:51 | 05:04:13.60 | 05:04:13.60 | 6:45 | 8.9 |
| 9 | WOSZEK MARZENA | 5556 | WOSZKI | OPOLE | POL | MASTERS K - 40 | 1 | K 9 | 00:00:04 | 01:11:48 | 02:38:05 | 03:55:09 | 05:05:11.70 | 05:05:11.70 | 6:46 | 8.8 |
| 10 | TUREK ARLETTA | 5616 | | LUBATÓWKA | POL | SENIOR II K - 30 | 8 | K 10 | 00:00:06 | 01:13:02 | 02:41:33 | 04:03:50 | 05:19:04.95 | 05:19:04.95 | 7:05 | 8.5 |
| 11 | KORONA-SIERADZKA BOGUSŁAWA | 5488 | | WARSZAWA | POL | SENIOR II K - 30 | 9 | K 11 | 00:00:36 | 01:20:01 | 02:51:51 | 04:10:46 | 05:20:40.25 | 05:20:40.25 | 7:07 | 8.4 |
| 12 | DOMAŃ JOANNA | 5121 | FEHLAU RUN TEAM | KIEKRZ | POL | MASTERS K - 40 | 2 | K 12 | 00:00:51 | 01:20:54 | 02:51:49 | 04:10:29 | 05:22:31.20 | 05:22:31.20 | 7:10 | 8.4 |
| 13 | FERENC-SZMUC EDYTA | 5321 | KUDIWIANKA RUN | KUDOWA ZDROJ | POL | SENIOR II K - 30 | 10 | K 13 | 00:00:04 | 01:15:43 | 02:48:30 | 04:11:17 | 05:25:59.55 | 05:25:59.55 | 7:14 | 8.3 |
| 14 | RESPONDEK ANNA | 5081 | | ZIELONA GÓRA | POL | SENIOR II K - 30 | 11 | K 14 | 00:01:40 | 01:22:41 | 02:53:27 | 04:15:51 | 05:28:05.40 | 05:28:05.40 | 7:17 | 8.2 |
| 15 | FANGOR-GRAB AGATA | 5529 | RESHAPE RUNNERS | GLIWICE | POL | SENIOR II K - 30 | 12 | K 15 | 00:00:09 | 01:20:28 | 02:54:29 | 04:16:55 | 05:30:42.45 | 05:30:42.45 | 7:20 | 8.2 |
| 16 | KACPRZYK KATARZYNA | 5071 | KB MCKIS JAWORZNO | JAWORZNO | POL | SENIOR II K - 30 | 13 | K 16 | 00:00:45 | 01:20:14 | 02:52:55 | 04:15:37 | 05:31:39.05 | 05:31:39.05 | 7:22 | 8.1 |
| 17 | SZKOŁUDA SABINA | 5389 | BIEGOLAS KOSZALIN | KOSZALIN | POL | SENIOR I K - 20 | 2 | K 17 | 00:00:07 | 01:17:53 | 02:55:44 | 04:18:02 | 05:33:55.90 | 05:33:55.90 | 7:25 | 8.1 |
| 18 | KLAJA KASIA | 5499 | | KRAKÓW | POL | SENIOR II K - 30 | 14 | K 18 | 00:01:53 | 01:21:10 | 02:53:04 | 04:16:28 | 05:34:30.90 | 05:34:30.90 | 7:26 | 8.1 |
| 19 | PACZKOWSKA KATARZYNA | 5045 | BIEGAJĄCE KREJZOLE | KIEKRZ | POL | SENIOR II K - 30 | 15 | K 19 | 00:00:34 | 01:22:50 | 02:58:21 | 04:19:41 | 05:34:37.45 | 05:34:37.45 | 7:26 | 8.1 |
| 20 | HAJDZIONA AGATA | 5042 | MARATOŃCZYK POZNAŃ | POZNAŃ | POL | SENIOR II K - 30 | 16 | K 20 | 00:00:21 | 01:18:42 | 02:52:41 | 04:22:38 | 05:37:12.40 | 05:37:12.40 | 7:29 | 8 |
| 21 | SPYTKOWSKA KATARZYNA | 5650 | | KRAKÓW | POL | SENIOR I K - 20 | 3 | K 21 | 00:00:10 | 01:18:03 | 02:52:23 | 04:18:08 | 05:38:36.55 | 05:38:36.55 | 7:31 | 8 |
| 22 | KURANT ELENA | 5501 | | KRAKÓW | POL | MASTERS K - 40 | 3 | K 22 | 00:00:14 | 01:22:05 | 02:55:03 | 04:19:16 | 05:41:06.40 | 05:41:06.40 | 7:34 | 7.9 |
| 23 | WIECZOREK MARIA | 5458 | PRZEDWOJEWSKI TEAM | DĄBRÓWKA | POL | SENIOR II K - 30 | 17 | K 23 | 00:00:10 | 01:19:01 | 02:50:46 | 04:19:08 | 05:41:41.15 | 05:41:41.15 | 7:35 | 7.9 |
| 24 | SŁOMIAN MARCELINA | 5566 | | CZĘSTOCHOWA | POL | SENIOR II K - 30 | 18 | K 24 | 00:00:06 | 01:19:01 | 02:54:38 | 04:19:00 | 05:42:07.90 | 05:42:07.90 | 7:36 | 7.9 |
| 25 | ABRAMOWICZ AGATA | 5604 | | KRZEPTÓW | POL | SENIOR I K - 20 | 4 | K 25 | 00:00:54 | 01:18:33 | 02:55:03 | 04:24:20 | 05:43:29.70 | 05:43:29.70 | 7:37 | 7.9 |
| 26 | REDMANN EDYTA | 5417 | | BYDGOSZCZ | POL | WETERAN K - 50 | 1 | K 26 | 00:01:12 | 01:23:31 | 02:59:57 | 04:27:49 | 05:47:43.15 | 05:47:43.15 | 7:43 | 7.8 |
| 27 | KLEPACKA-GANCARZ BARBARA | 5594 | RESHAPE RUNNERS | GLIWICE | POL | MASTERS K - 40 | 4 | K 27 | 00:00:08 | 01:23:34 | 03:04:07 | 04:32:33 | 05:53:43.20 | 05:53:43.20 | 7:51 | 7.6 |
| 28 | GRZEBIELUCH KASIA | 5688 | LEDWOZIPIA | RYBNIK | POL | MASTERS K - 40 | 5 | K 28 | 00:00:19 | 01:20:48 | 03:03:47 | 04:30:10 | 05:54:30.50 | 05:54:30.50 | 7:52 | 7.6 |
| 29 | BRUDNY AGNIESZKA | 5223 | PORANNY BESKID RUN | OCHABY WIELKIE | POL | MASTERS K - 40 | 6 | K 29 | 00:01:32 | 01:29:45 | 03:10:15 | 04:37:56 | 05:54:31.05 | 05:54:31.05 | 7:52 | 7.6 |
| 30 | TOMCZYK ANGELIKA | 5639 | | ZABRZE | POL | SENIOR II K - 30 | 19 | K 30 | 00:00:08 | 01:23:33 | 03:02:54 | 04:32:08 | 05:55:25.60 | 05:55:25.60 | 7:53 | 7.6 |
| 31 | BARTYKOWSKA MARTA | 5285 | PGB SPORTOWA PACZKA | JABŁONNA | POL | SENIOR II K - 30 | 20 | K 31 | 00:01:59 | 01:36:15 | 03:08:55 | 04:39:05 | 05:56:46.25 | 05:56:46.25 | 7:55 | 7.6 |
| 32 | WIZA ANNA | 5040 | | SWARZĘDZ | POL | MASTERS K - 40 | 7 | K 32 | 00:00:22 | 01:20:32 | 03:04:27 | 04:41:16 | 05:56:52.55 | 05:56:52.55 | 7:55 | 7.6 |
| 33 | KAJDAS GOSIA | 5227 | CROOS STRATEŃCÓW TEAM | SŁAWA | POL | MASTERS K - 40 | 8 | K 33 | 00:00:16 | 01:24:57 | 03:08:55 | 04:41:47 | 06:00:45.65 | 06:00:45.65 | 8:01 | 7.5 |
| 34 | WARZECHA TERESA | 5618 | RUNNERS TEAM NYSA | PACZKÓW | POL | WETERAN II K - 60 | 1 | K 34 | 00:00:37 | 01:23:28 | 03:04:08 | 04:38:05 | 06:03:31.65 | 06:03:31.65 | 8:04 | 7.4 |
| 35 | BINIENDA AGNIESZKA | 5575 | KOBIETY WATAHY | ZABRZE | POL | MASTERS K - 40 | 9 | K 35 | 00:00:07 | 01:23:38 | 03:05:51 | 04:40:56 | 06:03:57.85 | 06:03:57.85 | 8:05 | 7.4 |
| 36 | WESOŁOWSKA KINGA | 5342 | ASICS FRONTRUNNER POLAND | WROCŁAW | POL | SENIOR I K - 20 | 5 | K 36 | 00:00:39 | 01:22:20 | 03:06:17 | 04:39:44 | 06:04:48.70 | 06:04:48.70 | 8:06 | 7.4 |
| 37 | SIELIWONIK ANITA | 5205 | | WARSZAWA | POL | MASTERS K - 40 | 10 | K 37 | 00:02:18 | 01:33:11 | 03:14:19 | 04:44:05 | 06:05:59.15 | 06:05:59.15 | 8:07 | 7.4 |
| 38 | KALKA KATARZYNA | 5069 | MARATOŃCZYK POZNAŃ | POZNAŃ | POL | SENIOR II K - 30 | 21 | K 38 | 00:00:28 | 01:19:46 | 03:03:01 | 04:38:51 | 06:06:14.70 | 06:06:14.70 | 8:08 | 7.4 |
| 39 | OSTACH DARIA | 5425 | | OSTRÓW WIELKOPOLSKI | POL | MASTERS K - 40 | 11 | K 39 | 00:00:23 | 01:26:32 | 03:09:52 | 04:42:31 | 06:07:10.35 | 06:07:10.35 | 8:09 | 7.4 |
| 40 | MRÓWKA MAŁGORZATA | 5001 | | ŁÓDŹ | POL | SENIOR II K - 30 | 22 | K 40 | 00:00:18 | 01:23:41 | 03:09:09 | 04:43:04 | 06:08:42.95 | 06:08:42.95 | 8:11 | 7.3 |
| 41 | RATAJCZAK DOROTA | 5671 | TRIO FORTIS | ZIELONA GÓRA | POL | MASTERS K - 40 | 12 | K 41 | 00:00:24 | 01:28:49 | 03:14:30 | 04:51:08 | 06:09:09.95 | 06:09:09.95 | 8:12 | 7.3 |
| 42 | KRÓLEWICZ DARIA | 5359 | | SIECHNICE | POL | SENIOR I K - 20 | 6 | K 42 | 00:01:24 | 01:28:31 | 03:11:43 | 04:48:17 | 06:10:58.25 | 06:10:58.25 | 8:14 | 7.3 |
| 43 | GRONOWSKA-KAROLCZAK AGNIESZKA | 5008 | MARATOŃCZYK POZNAŃ | POZNAŃ | POL | SENIOR II K - 30 | 23 | K 43 | 00:00:27 | 01:23:48 | 03:09:47 | 04:50:16 | 06:11:30.15 | 06:11:30.15 | 8:15 | 7.3 |
| 44 | TOKARZEWSKA KATARZYNA | 5541 | | DĄBRÓWKA | POL | MASTERS K - 40 | 13 | K 44 | 00:01:16 | 01:39:02 | 03:21:35 | 04:52:50 | 06:13:19.60 | 06:13:19.60 | 8:17 | 7.2 |
| 45 | MATYSIK MARTA | 5286 | WYZNAWCY BRONKA LIBIĄŻ | LIBIĄŻ | POL | SENIOR II K - 30 | 24 | K 45 | 00:00:48 | 01:25:36 | 03:09:49 | 04:47:32 | 06:13:45.65 | 06:13:45.65 | 8:18 | 7.2 |
| 46 | RUDNICKA MAGDALENA | 5451 | | POZNAŃ | POL | SENIOR II K - 30 | 25 | K 46 | 00:02:09 | 01:36:43 | 03:18:21 | 04:52:51 | 06:15:35.80 | 06:15:35.80 | 8:20 | 7.2 |
| 47 | OLEJNIK AGNIESZKA | 5114 | ENDORFINY WĄSOSZ | WĄSOSZ | POL | SENIOR II K - 30 | 26 | K 47 | 00:01:02 | 01:28:10 | 03:15:50 | 04:51:09 | 06:17:37.25 | 06:17:37.25 | 8:23 | 7.2 |
| 48 | ZYWERT ANTONINA | 5318 | | OSTROWITE | POL | SENIOR I K - 20 | 7 | K 48 | 00:02:30 | 01:37:59 | 03:22:25 | 04:52:59 | 06:18:43.60 | 06:18:43.60 | 8:24 | 7.1 |
| 49 | KUSZTELSKA LUCYNA | 5654 | WLKP MOUNTAINS ULTRA | MOSINA | POL | MASTERS K - 40 | 14 | K 49 | 00:00:43 | 01:35:24 | 03:24:05 | 04:59:45 | 06:20:16.85 | 06:20:16.85 | 8:27 | 7.1 |
| 50 | STASZYŃSKA KAROLINA | 5108 | BIEGAJĄCE KREJZOLE | TULCE | POL | MASTERS K - 40 | 15 | K 50 | 00:00:35 | 01:27:24 | 03:17:00 | 04:55:56 | 06:22:20.45 | 06:22:20.45 | 8:29 | 7.1 |
| 51 | WALCZAK AGNIESZKA | 5245 | PKO BANK POLSKI | BOLESŁAW | POL | MASTERS K - 40 | 16 | K 51 | 00:00:57 | 01:31:56 | 03:17:22 | 04:58:47 | 06:24:45.50 | 06:24:45.50 | 8:33 | 7 |
| 52 | DUBAS ANNA | 5328 | SPRAWDZAMY-NIERUCHOMOSCI.PL | POZNAŃ | POL | SENIOR II K - 30 | 27 | K 52 | 00:01:04 | 01:28:02 | 03:14:50 | 04:53:33 | 06:25:48.55 | 06:25:48.55 | 8:34 | 7 |
| 53 | REDKIEWICZ AGNIESZKA | 5445 | TEAM ZABIEGANEDNI | WARSZAWA | POL | SENIOR II K - 30 | 28 | K 53 | 00:02:28 | 01:33:25 | 03:20:07 | 05:00:54 | 06:25:58.25 | 06:25:58.25 | 8:34 | 7 |
| 54 | WOJCIECHOWSKA DOROTA | 5633 | | OLEŚNICA | POL | MASTERS K - 40 | 17 | K 54 | 00:00:44 | 01:27:05 | 03:17:24 | 04:55:50 | 06:26:02.80 | 06:26:02.80 | 8:34 | 7 |
| 55 | RZECZYCKA MAŁGORZATA | 5033 | | OPOLE | POL | MASTERS K - 40 | 18 | K 55 | 00:00:32 | 01:29:03 | 03:17:17 | 04:58:53 | 06:26:12.00 | 06:26:12.00 | 8:34 | 7 |
| 56 | GOŁOWICZ ANIA | 5657 | | TORUŃ | POL | SENIOR II K - 30 | 29 | K 56 | 00:02:40 | 01:37:58 | 03:21:42 | 05:00:33 | 06:26:19.45 | 06:26:19.45 | 8:35 | 7 |

## ZŁOTY MARATON - 45 KM, OPEN KOBIET c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0km | 10km | 22km | 33km | Netto | Brutto | min/km | km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 57 | SMORAWSKA LIDIA | 5137 | ZAKŁADKA TEAM / TARNOWO PODGÓRNE BIEGA | SIEROSŁAW | POL | SENIOR II K - 30 | 30 | K 57 | 00:01:01 | 01:29:35 | 03:17:02 | 04:54:26 | 06:27:42.15 | 06:27:42.15 | 8:36 | 7 |
| 58 | KRZYŻYK AGNIESZKA | 5678 | TRIO FORTIS | ZIELONA GÓRA | POL | MASTERS K - 40 | 19 | K 58 | 00:00:24 | 01:27:31 | 03:18:30 | 04:59:55 | 06:31:06.75 | 06:31:06.75 | 8:41 | 6.9 |
| 59 | WRÓBEL MAŁGORZATA | 5144 | OBORYGENI | OBORNIKI ŚLĄSKIE | POL | SENIOR II K - 30 | 31 | K 59 | 00:00:49 | 01:33:28 | 03:19:47 | 05:09:01 | 06:31:38.00 | 06:31:38.00 | 8:42 | 6.9 |
| 60 | KAFKA EWELINA | 5176 | PORANNY BESKID RUN | SKOCZÓW | POL | MASTERS K - 40 | 20 | K 60 | 00:01:32 | 01:34:39 | 03:28:04 | 05:09:27 | 06:32:49.10 | 06:32:49.10 | 8:43 | 6.9 |
| 61 | DALECKA DOROTA | 5508 |  | GDYNIA | POL | MASTERS K - 40 | 21 | K 61 | 00:02:00 | 01:42:23 | 03:33:41 | 05:07:02 | 06:33:49.05 | 06:33:49.05 | 8:45 | 6.9 |
| 62 | GŁOWACKA RENATA | 5189 | ULTRA PIOTRKÓW | PIOTRKÓW TRYBUNALSKI | POL | WETERAN K - 50 | 2 | K 62 | 00:00:41 | 01:29:02 | 03:20:32 | 05:06:49 | 06:34:28.75 | 06:34:28.75 | 8:45 | 6.8 |
| 63 | GIERSZEWSKA ANNA | 5017 | KB SZAMOTUŁY | SZAMOTUŁY | POL | MASTERS K - 40 | 22 | K 63 | 00:01:07 | 01:35:06 | 03:29:36 | 05:07:13 | 06:36:09.40 | 06:36:09.40 | 8:48 | 6.8 |
| 64 | RZEPKA ALEKSANDRA | 5615 |  | WARSZAWA | POL | SENIOR II K - 30 | 32 | K 64 | 00:01:15 | 01:28:30 | 03:22:13 | 05:02:09 | 06:37:35.45 | 06:37:35.45 | 8:50 | 6.8 |
| 65 | MOKRZYCKA WERONIKA | 5430 |  | STARA ŁOMNICA | POL | SENIOR II K - 30 | 33 | K 65 | 00:00:23 | 01:36:28 | 03:32:22 | 05:13:22 | 06:40:02.00 | 06:40:02.00 | 8:53 | 6.7 |
| 66 | HINC-ZARDECKA NATALIA | 5564 | RUNEDA | REDA | POL | SENIOR II K - 30 | 34 | K 66 | 00:00:31 | 01:29:25 | 03:18:22 | 05:04:03 | 06:42:28.90 | 06:42:28.90 | 8:56 | 6.7 |
| 67 | BARTOSIEWICZ DARIA | 5376 |  | WARSZAWA | POL | SENIOR II K - 30 | 35 | K 67 | 00:00:49 | 01:34:38 | 03:24:50 | 05:10:53 | 06:44:14.25 | 06:44:14.25 | 8:58 | 6.7 |
| 68 | LEONHARD GOSIA | 5198 | W POGONI ZA DUCHEM | DĄBROWA GÓRNICZA | POL | MASTERS K - 40 | 23 | K 68 | 00:01:55 | 01:43:06 | 03:34:40 | 05:20:56 | 06:47:17.75 | 06:47:17.75 | 9:03 | 6.6 |
| 69 | RADWAŃSKA JUSTYNA | 5672 |  | SIENNA | POL | SENIOR II K - 30 | 36 | K 69 | 00:01:02 | 01:42:35 | 03:37:14 | 05:24:43 | 06:48:34.65 | 06:48:34.65 | 9:04 | 6.6 |
| 70 | KRZESZEWSKA DOROTA | 5346 |  | PIŁA | POL | MASTERS K - 40 | 24 | K 70 | 00:01:13 | 01:31:28 | 03:36:49 | 05:23:36 | 06:49:44.60 | 06:49:44.60 | 9:06 | 6.6 |
| 71 | MAZUR ANNA | 5015 |  | GORZÓW WIELKOPOLSKI | POL | MASTERS K - 40 | 25 | K 71 | 00:02:19 | 01:41:08 | 03:39:01 | 05:28:03 | 06:51:54.45 | 06:51:54.45 | 9:09 | 6.6 |
| 72 | STROIŃSKA IWONA | 5209 | LESZ NO LIMITS RUNNERS | WILKOWICE | POL | MASTERS K - 40 | 26 | K 72 | 00:00:15 | 01:33:46 | 03:37:37 | 05:22:22 | 06:52:42.10 | 06:52:42.10 | 9:10 | 6.5 |
| 73 | PAPIEROWSKA DAGMARA | 5500 | KB DĘBIEC | POZNAŃ | POL | SENIOR II K - 30 | 37 | K 73 | 00:01:35 | 01:46:43 | 03:49:29 | 05:34:40 | 06:52:53.75 | 06:52:53.75 | 9:10 | 6.5 |
| 74 | GRZĘDA JOLANTA | 5219 | NAJLEPSZY POD SŁOŃCEM | JELCZ-LASKOWICE | POL | SENIOR II K - 30 | 38 | K 74 | 00:01:02 | 01:37:50 | 03:35:56 | 05:25:11 | 06:53:27.30 | 06:53:27.30 | 9:11 | 6.5 |
| 75 | LEWICKA MAGDALENA | 5208 | CAŁA OLEŚNICA BIEGA | DOBROSZYCE | POL | MASTERS K - 40 | 27 | K 75 | 00:00:23 | 01:35:05 | 03:32:26 | 05:25:00 | 06:53:33.55 | 06:53:33.55 | 9:11 | 6.5 |
| 76 | GRACH ALEKSANDRA | 5292 |  | PYSKOWICE | POL | MASTERS K - 40 | 28 | K 76 | 00:00:01 | 01:31:04 | 03:39:26 | 05:21:49 | 06:54:43.40 | 06:54:43.40 | 9:12 | 6.5 |
| 77 | WOJCIECHOWSKA MAŁGORZATA | 5593 |  | POZNAŃ | POL | SENIOR II K - 30 | 39 | K 77 | 00:00:42 | 01:37:39 | 03:36:25 | 05:30:45 | 06:55:07.20 | 06:55:07.20 | 9:13 | 6.5 |
| 78 | ŁASOCHA KAMILA | 5592 | OWOCBIEGA TEAM | POZNAŃ | POL | MASTERS K - 40 | 29 | K 78 | 00:00:43 | 01:37:42 | 03:39:07 | 05:30:46 | 06:55:07.30 | 06:55:07.30 | 9:13 | 6.5 |
| 79 | KOWALIK DOROTA | 5184 |  | RĘDZINY | POL | MASTERS K - 40 | 30 | K 79 | 00:01:36 | 01:42:04 | 03:42:33 | 05:24:18 | 06:56:07.75 | 06:56:07.75 | 9:14 | 6.5 |
| 80 | GARCZYŃSKA ANIA | 5232 |  | KATOWICE | POL | MASTERS K - 40 | 31 | K 80 | 00:01:39 | 01:46:50 | 03:43:52 | 05:22:10 | 06:56:16.00 | 06:56:16.00 | 9:15 | 6.5 |
| 81 | DANKOWSKA EWELINA | 5119 | ENDORFINY WĄSOSZ | WĄSOSZ | POL | MASTERS K - 40 | 32 | K 81 | 00:01:04 | 01:35:00 | 03:30:53 | 05:19:54 | 06:57:04.15 | 06:57:04.15 | 9:16 | 6.5 |
| 82 | JOŃCZYK ANNA | 5268 |  | OZIMEK | POL | SENIOR II K - 30 | 40 | K 82 | 00:01:52 | 01:39:35 | 03:31:05 | 05:19:37 | 06:57:08.00 | 06:57:08.00 | 9:16 | 6.5 |
| 83 | FIK - KIONA JOANNA | 5283 | KB SZAMOTUŁY | SZAMOTUŁY | POL | MASTERS K - 40 | 33 | K 83 | 00:01:06 | 01:29:26 | 03:26:31 | 05:28:04 | 06:57:31.65 | 06:57:31.65 | 9:16 | 6.5 |
| 84 | SZEPCZYŃSKA ANNA | 5329 | ŻARY RUUNERS TEAM | ŻARY | POL | MASTERS K - 40 | 34 | K 84 | 00:01:17 | 01:34:06 | 03:27:25 | 05:34:58 | 06:57:57.25 | 06:57:57.25 | 9:17 | 6.5 |
| 85 | JÓZEFCZYK JUSTYNA | 5087 |  | POZNAŃ | POL | MASTERS K - 40 | 35 | K 85 | 00:02:07 | 01:46:48 | 03:44:32 | 05:34:45 | 07:00:35.80 | 07:00:35.80 | 9:20 | 6.4 |
| 86 | KUBIAK ANNA | 5157 | STRZEGOMSKA DWUNASTKA | STRZEGOM | POL | MASTERS K - 40 | 36 | K 86 | 00:01:42 | 01:45:30 | 03:44:53 | 05:32:03 | 07:01:04.60 | 07:01:04.60 | 9:21 | 6.4 |
| 87 | CZUBALA BEATA | 5247 | STRZEGOMSKA DWUNASTKA | ZIĘBICE | POL | MASTERS K - 40 | 37 | K 87 | 00:01:42 | 01:45:31 | 03:44:52 | 05:32:01 | 07:01:04.85 | 07:01:04.85 | 9:21 | 6.4 |
| 88 | NOWAK KATARZYNA | 5349 | DZIKIE GRUBASY SZATANA | WARSZAWA | POL | SENIOR II K - 30 | 41 | K 88 | 00:00:48 | 01:36:47 | 03:30:46 | 05:18:54 | 07:01:11.05 | 07:01:11.05 | 9:21 | 6.4 |
| 89 | HOLIK IWONA | 5570 | GGG | BIECZ | POL | MASTERS K - 40 | 38 | K 89 | 00:00:58 | 01:42:32 | 03:42:43 | 05:28:59 | 07:01:41.20 | 07:01:41.20 | 9:22 | 6.4 |
| 90 | KUCHCINSKA MONIKA | 5107 |  | JUSZKOWO | POL | MASTERS K - 40 | 39 | K 90 | 00:00:51 | 01:33:35 | 03:34:34 | 05:27:14 | 07:01:59.60 | 07:01:59.60 | 9:22 | 6.4 |
| 91 | MOSKAL IZABELLA | 5528 | TKKF MPK POZNAŃ | SWARZĘDZ | POL | MASTERS K - 40 | 40 | K 91 | 00:01:19 | 01:40:26 | 03:43:43 | 05:31:00 | 07:02:21.75 | 07:02:21.75 | 9:23 | 6.4 |
| 92 | KOSSOK-ZAWADA MARTA | 5259 | CAŁA OLEŚNICA BIEGA | OLEŚNICA | POL | SENIOR II K - 30 | 42 | K 92 | 00:00:24 | 01:39:00 | 03:47:17 | 05:34:04 | 07:04:02.10 | 07:04:02.10 | 9:25 | 6.4 |
| 93 | FLORCZAK MONIKA | 5476 |  | WROCŁAW | POL | SENIOR II K - 30 | 43 | K 93 | 00:02:25 | 01:42:00 | 03:42:58 | 05:34:10 | 07:04:13.60 | 07:04:13.60 | 9:25 | 6.4 |
| 94 | FELKEL EWA | 5685 | PIĄTKOWO NA BIEGOWO | POZNAŃ | POL | MASTERS K - 40 | 41 | K 94 | 00:02:08 | 01:46:47 | 03:44:32 | 05:34:32 | 07:04:18.70 | 07:04:18.70 | 9:25 | 6.4 |
| 95 | BERNAS-KUJAWIŃSKA MAGDALENA | 5623 | HRT | KALISZ | POL | MASTERS K - 40 | 42 | K 95 | 00:00:29 | 01:35:07 | 03:33:59 | 05:32:22 | 07:04:21.75 | 07:04:21.75 | 9:25 | 6.4 |
| 96 | RÓŻAK-RUKUSZEWICZ MAGDALENA | 5353 | DZIKIE GRUBASY SZATANA | WARSZAWA | POL | MASTERS K - 40 | 43 | K 96 | 00:00:51 | 01:40:31 | 03:40:46 | 05:33:47 | 07:06:57.05 | 07:06:57.05 | 9:29 | 6.3 |
| 97 | KLIMALA ANGELIKA | 5289 | CAŁA OLEŚNICA BIEGA | OLEŚNICA | POL | MASTERS K - 40 | 44 | K 97 | 00:00:24 | 01:37:04 | 03:43:16 | 05:34:01 | 07:07:21.90 | 07:07:21.90 | 9:29 | 6.3 |
| 98 | KOBIERECKA MONIKA | 5367 |  | GRODZIEC | POL | MASTERS K - 40 | 45 | K 98 | 00:00:31 | 01:32:39 | 03:37:44 | 05:35:19 | 07:08:23.30 | 07:08:23.30 | 9:31 | 6.3 |
| 99 | CZYŻ BARBARA | 5194 |  | KRAKÓW | POL | SENIOR II K - 30 | 44 | K 99 | 00:02:08 | 01:46:46 | 03:45:05 | 05:36:51 | 07:09:12.25 | 07:09:12.25 | 9:32 | 6.3 |
| 100 | JASKÓLSKA-PIETRZYK KINGA | 5155 | BIEGOWA KUŹNIA | BĘDZIN | POL | MASTERS K - 40 | 46 | K 100 | 00:02:20 | 01:45:05 | 03:47:13 | 05:44:52 | 07:09:15.20 | 07:09:15.20 | 9:32 | 6.3 |
| 101 | OLEJNIK ILONA | 5441 | ZGZB | ZIELONA GÓRA | POL | WETERAN K - 50 | 3 | K 101 | 00:02:12 | 01:51:31 | 03:52:03 | 05:36:49 | 07:09:43.40 | 07:09:43.40 | 9:32 | 6.3 |
| 102 | SZCZODRZYŃSKA KASIA | 5590 |  | POZNAŃ | POL | MASTERS K - 40 | 47 | K 102 | 00:02:38 | 01:46:54 | 03:45:59 | 05:36:40 | 07:11:54.55 | 07:11:54.55 | 9:35 | 6.3 |
| 103 | BANASZEK URSZULA | 5469 | NIGHT RUNNERS WROCŁAW | WROCŁAW | POL | MASTERS K - 40 | 48 | K 103 | 00:01:58 | 01:49:47 | 03:49:32 | 05:38:11 | 07:12:01.80 | 07:12:01.80 | 9:36 | 6.2 |
| 104 | JAKUBOWSKA NATASZA | 5173 |  | WIDZISZEWO | POL | SENIOR II K - 30 | 45 | K 104 | 00:01:06 | 01:37:08 | 03:48:04 | 05:33:27 | 07:13:11.30 | 07:13:11.30 | 9:37 | 6.2 |
| 105 | TERETYKA DOROTA | 5558 |  | KAMIONKI | POL | MASTERS K - 40 | 49 | K 105 | 00:01:34 | 01:46:11 | 03:49:29 | 05:41:01 | 07:13:22.95 | 07:13:22.95 | 9:37 | 6.2 |
| 106 | WALIGÓRA ALEKSANDRA | 5404 | NIAGARA FITNESS KLUB KOORDYNACJI | RAKONIEWICE | POL | SENIOR II K - 30 | 46 | K 106 | 00:02:34 | 01:49:46 | 03:49:31 | 05:41:01 | 07:13:23.05 | 07:13:23.05 | 9:37 | 6.2 |

## ZŁOTY MARATON - 45 KM, OPEN KOBIET c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0km | 10km | 22km | 33km | Netto | Brutto | min/km | km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 107 | TRZYSZCZYK JULIA | 5507 | | WIELKIE DROGI | POL | SENIOR I K - 20 | 8 | K 107 | 00:02:10 | 01:42:06 | 03:39:07 | 05:33:30 | 07:13:53.65 | 07:13:53.65 | 9:38 | 6.2 |
| 108 | SZYSZKO EWA | 5573 | MARKOWI BIEGACZE | MARKI | POL | MASTERS K - 40 | 50 | K 108 | 00:00:29 | 01:42:53 | 03:44:05 | 05:38:47 | 07:14:43.10 | 07:14:43.10 | 9:39 | 6.2 |
| 109 | KOCZOROWSKA ANNA | 5421 | TEAM ZABIEGANEDNI | RADIÓWEK | POL | MASTERS K - 40 | 51 | K 109 | 00:02:27 | 01:43:53 | 03:41:59 | 05:35:30 | 07:15:25.60 | 07:15:25.60 | 9:40 | 6.2 |
| 110 | MARCINIAK PAULINA | 5291 | | GLIWICE | POL | SENIOR II K - 30 | 47 | K 110 | 00:01:28 | 01:46:35 | 03:54:05 | 05:41:10 | 07:16:18.50 | 07:16:18.50 | 9:41 | 6.2 |
| 111 | ZACZYŃSKA DAGMARA | 5211 | ALSTOM KATOWICE | BYTOM | POL | SENIOR II K - 30 | 48 | K 111 | 00:01:15 | 01:43:49 | 03:44:50 | 05:38:27 | 07:17:27.35 | 07:17:27.35 | 9:43 | 6.2 |
| 112 | FASZCZA AGNIESZKA | 5221 | MARATOŃCZYK POZNAŃ | POZNAŃ | POL | SENIOR II K - 30 | 49 | K 112 | 00:00:37 | 01:44:28 | 03:50:21 | 05:41:24 | 07:17:46.30 | 07:17:46.30 | 9:43 | 6.2 |
| 113 | POMIANOWSKA ANNA | 5599 | | WRONKI | POL | MASTERS K - 40 | 52 | K 113 | 00:01:58 | 01:45:22 | 03:51:31 | 05:44:49 | 07:18:46.85 | 07:18:46.85 | 9:45 | 6.2 |
| 114 | KOZAK EWA | 5129 | | DŁUGOŁĘKA | POL | MASTERS K - 40 | 53 | K 114 | 00:00:44 | 01:35:48 | 03:43:07 | 05:45:28 | 07:19:23.00 | 07:19:23.00 | 9:45 | 6.1 |
| 115 | TOMASZYK ELŻBIETA | 5426 | | POZNAŃ | POL | SENIOR II K - 30 | 50 | K 115 | 00:02:17 | 01:41:14 | 03:41:41 | 05:42:55 | 07:23:15.75 | 07:23:15.75 | 9:51 | 6.1 |
| 116 | JURASZ ALEKSANDRA | 5097 | | KAMIENIEC ZĄBKOWICKI | POL | SENIOR II K - 30 | 51 | K 116 | 00:00:26 | 01:34:45 | 03:40:09 | 05:34:48 | 07:23:55.95 | 07:23:55.95 | 9:51 | 6.1 |
| 117 | KURBIEL SYLWIA | 5472 | SIEMIANOWICE I PRZYJACIELE BIEGAJĄ | SIEMIANOWICE ŚLĄSKIE | POL | MASTERS K - 40 | 54 | K 117 | 00:00:56 | 01:42:31 | 03:53:31 | 05:46:14 | 07:24:12.70 | 07:24:12.70 | 9:52 | 6.1 |
| 118 | BOJARSKA BEATA | 5152 | BW BIEGACZE WYMIATACZE | KRAKÓW | POL | SENIOR II K - 30 | 52 | K 118 | 00:00:16 | 01:43:13 | 03:52:23 | 05:44:29 | 07:24:27.30 | 07:24:27.30 | 9:52 | 6.1 |
| 119 | SAMBORSKA ANNA | 5620 | ROSSMANN | ŁÓDŹ | POL | SENIOR II K - 30 | 53 | K 119 | 00:01:59 | 01:48:06 | 03:49:46 | 05:46:26 | 07:25:03.25 | 07:25:03.25 | 9:53 | 6.1 |
| 120 | OKULICZ ANITA | 5431 | MUD FOXES | BYDGOSZCZ | POL | SENIOR II K - 30 | 54 | K 120 | 00:00:21 | 01:40:53 | 03:47:14 | 05:51:07 | 07:26:06.00 | 07:26:06.00 | 9:54 | 6.1 |
| 121 | SZTURC KLAUDIA | 5518 | ING | JAWORZNO | POL | SENIOR II K - 30 | 55 | K 121 | 00:00:01 | 01:49:49 | 04:00:31 | 05:52:55 | 07:27:00.55 | 07:27:00.55 | 9:56 | 6 |
| 122 | MORAWSKA ANNA | 5084 | | WARSZAWA | POL | WETERAN II K - 60 | 2 | K 122 | 00:01:41 | 01:46:00 | 03:56:17 | 05:47:38 | 07:27:16.95 | 07:27:16.95 | 9:56 | 6 |
| 123 | HUDZIAK-OWCZAREK EWA | 5448 | DZIKI BRZEG DOLNY | BRZEG DOLNY | POL | MASTERS K - 40 | 55 | K 123 | 00:01:00 | 01:41:09 | 03:45:37 | 05:47:00 | 07:27:38.10 | 07:27:38.10 | 9:56 | 6 |
| 124 | GROMADZKA JUSTYNA | 5574 | KOBIETY WATAHA | BYTOM | POL | MASTERS K - 40 | 56 | K 124 | 00:00:08 | 01:42:41 | 03:51:50 | 05:50:10 | 07:28:25.60 | 07:28:25.60 | 9:57 | 6 |
| 125 | BEDNARCZYK MAGDALENA | 5225 | BIEGOWA KUŹNIA | BĘDZIN | POL | MASTERS K - 40 | 57 | K 125 | 00:02:18 | 01:52:10 | 03:59:57 | 05:54:44 | 07:28:26.15 | 07:28:26.15 | 9:57 | 6 |
| 126 | MROZOWSKA-KLAJNERT AGATA | 5520 | NIE PODDAM CIĘ | GDAŃSK OSOWA | POL | SENIOR II K - 30 | 56 | K 126 | 00:00:57 | 01:41:55 | 03:48:55 | 05:54:06 | 07:29:14.00 | 07:29:14.00 | 9:58 | 6 |
| 127 | LATOSIŃSKA KAMILA | 5690 | O-SOWA BIEGA | GDAŃSK | POL | SENIOR II K - 30 | 57 | K 127 | 00:00:57 | 01:41:53 | 03:48:55 | 05:47:49 | 07:29:14.45 | 07:29:14.45 | 9:58 | 6 |
| 128 | CZECH DOROTA | 5334 | ASICSFRONTRUNER POLAND | WROCŁAW | POL | MASTERS K - 40 | 58 | K 128 | 00:00:39 | 01:42:52 | 03:55:30 | 05:52:23 | 07:29:46.85 | 07:29:46.85 | 9:59 | 6 |
| 129 | STACHOWIAK MAGDA | 5653 | RUN TEAM RYDZYNA | RYDZYNA | POL | SENIOR II K - 30 | 58 | K 129 | 00:02:11 | 01:44:36 | 03:53:31 | 05:51:08 | 07:30:56.60 | 07:30:56.60 | 10:01 | 6 |
| 130 | KONIECZNY JUSTYNA | 5327 | NIGHT RUNNERS PYSKOWICE | PYSKOWICE | POL | SENIOR II K - 30 | 59 | K 130 | 00:00:53 | 01:44:00 | 03:54:22 | 05:52:11 | 07:31:25.90 | 07:31:25.90 | 10:01 | 6 |
| 131 | GRABOWSKA ZUZANNA | 5460 | IZBICKO W BIEGU | KROŚNICA | POL | SENIOR I K - 20 | 9 | K 131 | 00:01:37 | 01:47:01 | 03:56:32 | 06:00:17 | 07:31:30.55 | 07:31:30.55 | 10:02 | 6 |
| 132 | BOŻKIEWICZ PATRYCJA | 5338 | PIEKIELNIE ZGRANI/ WWW.AZYLBIEGACZA.PL | GŁĘBOCKO | POL | MASTERS K - 40 | 59 | K 132 | 00:00:33 | 01:43:00 | 03:55:26 | 05:55:31 | 07:34:01.35 | 07:34:01.35 | 10:05 | 5.9 |
| 133 | SROKA LUCYNA | 5578 | | TRZEBOWNISKO | POL | MASTERS K - 40 | 60 | K 133 | 00:01:05 | 01:43:40 | 03:50:32 | 05:52:10 | 07:35:28.55 | 07:35:28.55 | 10:07 | 5.9 |
| 134 | TASZAREK EWA | 5487 | | ROKIETNICA | POL | MASTERS K - 40 | 61 | K 134 | 00:01:22 | 01:46:42 | 04:07:38 | 06:04:28 | 07:36:33.70 | 07:36:33.70 | 10:08 | 5.9 |
| 135 | ZARANEK BARBARA | 5105 | KĘSY TEAM | KOWANÓWKO | POL | WETERAN K - 50 | 4 | K 135 | 00:02:35 | 01:54:18 | 04:05:07 | 05:58:31 | 07:36:56.85 | 07:36:56.85 | 10:09 | 5.9 |
| 136 | JANKOWSKA BARBARA | 5642 | | POZNAŃ | POL | MASTERS K - 40 | 62 | K 136 | 00:01:16 | 02:00:22 | 04:25:17 | 06:10:07 | 07:37:03.00 | 07:37:03.00 | 10:09 | 5.9 |
| 137 | KĘDZIA EDYTA | 5296 | | GDAŃSK | POL | WETERAN K - 50 | 5 | K 137 | 00:02:17 | 01:55:45 | 04:10:56 | 06:01:19 | 07:37:09.35 | 07:37:09.35 | 10:09 | 5.9 |
| 138 | CHUDA JOANNA | 5412 | | POZNAŃ | AFG | SENIOR II K - 30 | 60 | K 138 | 00:01:30 | 01:42:24 | 03:48:39 | 06:01:12 | 07:39:12.80 | 07:39:12.80 | 10:12 | 5.9 |
| 139 | SWĘDZIOŁ MONIKA | 5489 | W POGONI ZA DUCHEM | SOSNOWIEC | POL | SENIOR II K - 30 | 61 | K 139 | 00:01:56 | 01:52:40 | 04:02:24 | 06:05:20 | 07:40:53.70 | 07:40:53.70 | 10:14 | 5.9 |
| 140 | LACH AGNIESZKA | 5533 | | WROCŁAW | POL | MASTERS K - 40 | 63 | K 140 | 00:00:32 | 01:41:51 | 03:54:58 | 06:01:57 | 07:40:55.60 | 07:40:55.60 | 10:14 | 5.9 |
| 141 | KUBICA ANNA | 5313 | | POZNAŃ | POL | SENIOR II K - 30 | 62 | K 141 | 00:00:54 | 01:37:03 | 03:49:33 | 05:51:46 | 07:41:06.85 | 07:41:06.85 | 10:14 | 5.9 |
| 142 | GAJEWSKA MAGDALENA | 5649 | | ŁÓDŹ | POL | WETERAN K - 50 | 6 | K 142 | 00:01:47 | 01:53:14 | 04:07:29 | 06:06:34 | 07:41:46.60 | 07:41:46.60 | 10:15 | 5.8 |
| 143 | CZARNOTA DOROTA | 5273 | WYBIEGAJ SIEBIE | LEGIONOWO | POL | MASTERS K - 40 | 64 | K 143 | 00:00:45 | 01:37:56 | 03:52:53 | 05:48:52 | 07:41:48.60 | 07:41:48.60 | 10:15 | 5.8 |
| 144 | ZIEMBIŃSKA-BUCZYŃSKA ALEKSANDRA | 5477 | COMPANIEROS ASFALT TEAM | GLIWICE | POL | MASTERS K - 40 | 65 | K 144 | 00:02:33 | 01:52:40 | 04:07:29 | 06:08:01 | 07:43:51.90 | 07:43:51.90 | 10:18 | 5.8 |
| 145 | LEKS-MASZKOWSKA RYSZARDA | 5343 | OBORYBENI | LUBNÓW | POL | MASTERS K - 40 | 66 | K 145 | 00:00:48 | 01:43:04 | 04:09:18 | 06:06:56 | 07:43:58.60 | 07:43:58.60 | 10:18 | 5.8 |
| 146 | GAWLE KATARZYNA | 5424 | MARATOŃCZYK DĘBICA | ŻYRAKÓW | POL | MASTERS K - 40 | 67 | K 146 | 00:00:09 | 01:41:45 | 04:01:40 | 06:03:58 | 07:45:57.20 | 07:45:57.20 | 10:21 | 5.8 |
| 147 | KOWALEWSKA ANNA | 5062 | | ŚWIDNICA | POL | MASTERS K - 40 | 68 | K 147 | 00:01:12 | 01:44:28 | 03:58:05 | 06:01:39 | 07:46:30.30 | 07:46:30.30 | 10:22 | 5.8 |
| 148 | JEDYNAK-DOROSZ IZABELA | 5467 | KB MANIAC POZNAŃ | TULCE | POL | MASTERS K - 40 | 69 | K 148 | 00:00:43 | 01:49:39 | 04:06:25 | 06:02:26 | 07:46:39.15 | 07:46:39.15 | 10:22 | 5.8 |
| 149 | MAJEROWSKA MAGDALENA | 5595 | | WOLSZTYN | POL | SENIOR II K - 30 | 63 | K 149 | 00:02:33 | 01:53:11 | 04:12:51 | 06:08:57 | 07:47:34.80 | 07:47:34.80 | 10:23 | 5.8 |
| 150 | SIKORSKA AGNIESZKA | 5473 | | WARSZAWA | POL | SENIOR II K - 30 | 64 | K 150 | 00:02:36 | 01:55:55 | 04:15:08 | 06:10:44 | 07:48:48.50 | 07:48:48.50 | 10:25 | 5.8 |
| 151 | MARCINIAK GRAŻYNA | 5435 | | KATOWICE | POL | SENIOR II K - 30 | 65 | K 151 | 00:01:28 | 01:48:15 | 04:03:27 | 06:02:48 | 07:49:03.85 | 07:49:03.85 | 10:25 | 5.8 |
| 152 | KALINOWSKA PATRYCJA | 5061 | | SOLEC KUJAWSKI | POL | SENIOR II K - 30 | 66 | K 152 | 00:01:53 | 01:45:56 | 04:03:14 | 06:02:48 | 07:49:05.70 | 07:49:05.70 | 10:25 | 5.8 |
| 153 | GWORYS KATARZYNA | 5100 | ZRYW PARZYMIECHY | KLEŚNISKA | POL | MASTERS K - 40 | 70 | K 153 | 00:00:21 | 01:44:49 | 04:00:33 | 06:04:37 | 07:49:17.75 | 07:49:17.75 | 10:25 | 5.8 |
| 154 | GRUCHOT MAŁGORZATA | 5461 | WIECZORNE BIEGANIE W OPOLU | GOGOLIN | POL | MASTERS K - 40 | 71 | K 154 | 00:01:09 | 01:42:26 | 03:51:26 | 05:58:20 | 07:49:35.15 | 07:49:35.15 | 10:26 | 5.7 |
| 155 | PIETRZAK AGNIESZKA | 5275 | BIEGAJĄCE KREJZOLE | POZNAŃ | POL | MASTERS K - 40 | 72 | K 155 | 00:00:46 | 01:45:00 | 03:57:04 | 06:05:01 | 07:51:55.90 | 07:51:55.90 | 10:29 | 5.7 |
| 156 | AKKERMAN BERBER | 5405 | FRYSMAN | WOMMELS | NED | MASTERS K - 40 | 73 | K 156 | 00:00:42 | 01:42:22 | 03:54:43 | 06:05:48 | 07:53:13.90 | 07:53:13.90 | 10:30 | 5.7 |

## ZŁOTY MARATON - 45 KM, OPEN KOBIET c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0km | 10km | 22km | 33km | Netto | Brutto | min/km | km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 157 | WYSMOLINSKA KAROLINA | 5471 | | BIERNATKI | POL | MASTERS K - 40 | 74 | K 157 | 00:01:15 | 01:47:19 | 04:09:32 | 06:13:25 | 07:53:54.85 | 07:53:54.85 | 10:31 | 5.7 |
| 158 | HAGEL JULITA | 5103 | | LUBIN | POL | MASTERS K - 40 | 75 | K 158 | 00:01:15 | 01:44:12 | 04:09:00 | | 07:54:51.00 | 07:54:51.00 | 10:33 | 5.7 |
| 159 | NOWICKA KATARZYNA | 5515 | | JAWORZNO | POL | SENIOR II K - 30 | 67 | K 159 | 00:02:11 | 01:41:57 | | | 08:00:13.00 | 08:00:13.00 | 10:40 | 5.6 |
| 160 | PIECUCH MAŁGORZATA | 5013 | | PRZEWORSK | POL | WETERAN II K - 60 | 3 | K 160 | 00:02:14 | 01:52:17 | 04:11:30 | 06:20:05 | 08:00:59.95 | 08:00:59.95 | 10:41 | 5.6 |
| 161 | BĄCZEK AGATA | 5552 | | ZAWIERCIE | POL | MASTERS K - 40 | 76 | K 161 | 00:02:24 | 01:52:38 | 04:10:26 | 06:17:14 | 08:01:53.40 | 08:01:53.40 | 10:42 | 5.6 |
| 162 | MĘTLAK MAŁGORZATA | 5634 | | ZAWIERCIE | POL | SENIOR I K - 20 | 10 | K 162 | 00:02:24 | 01:52:38 | 04:10:25 | 06:17:15 | 08:01:53.70 | 08:01:53.70 | 10:42 | 5.6 |
| 163 | MICHALIK KAMILA | 5239 | | PROCHOWICE | POL | SENIOR I K - 20 | 11 | K 163 | 00:02:04 | 01:46:33 | 04:04:11 | 06:09:35 | 08:04:23.55 | 08:04:23.55 | 10:45 | 5.6 |
| 164 | BURGHARDT RENATA | 5395 | KB HERMES | GRYFINO | POL | WETERAN K - 50 | 7 | K 164 | 00:02:21 | 01:54:20 | 04:11:48 | 06:20:56 | 08:06:47.95 | 08:06:47.95 | 10:49 | 5.5 |
| 165 | KORYBUT-BARSKA ANNA | 5123 | | WROCŁAW | POL | MASTERS K - 40 | 77 | K 165 | 00:01:13 | 01:50:03 | 04:13:31 | 06:19:57 | 08:06:58.05 | 08:06:58.05 | 10:49 | 5.5 |
| 166 | SZCZEPANIAK MARTA | 5207 | | WROCŁAW | POL | MASTERS K - 40 | 78 | K 166 | 00:01:13 | 01:50:06 | 04:13:31 | 06:19:57 | 08:07:14.35 | 08:07:14.35 | 10:49 | 5.5 |
| 167 | JANKOWIAK KASIA | 5401 | ORANGE POLSKA | PUSZCZYKOWO | POL | MASTERS K - 40 | 79 | K 167 | 00:01:35 | 01:47:58 | 04:08:36 | 06:10:40 | 08:08:09.65 | 08:08:09.65 | 10:50 | 5.5 |
| 168 | DWORZAŃSKA ANNA | 5348 | MARATOŃCZYK POZNAŃ | POZNAŃ | POL | SENIOR II K - 30 | 68 | K 168 | 00:00:38 | 01:45:26 | 04:09:32 | 06:22:38 | 08:08:17.75 | 08:08:17.75 | 10:51 | 5.5 |
| 169 | MROZIŃSKA RENATA | 5378 | | ALEKSNADRÓW ŁÓDZKI | POL | MASTERS K - 40 | 80 | K 169 | 00:01:03 | 01:49:45 | 04:16:38 | 06:24:33 | 08:08:29.90 | 08:08:29.90 | 10:51 | 5.5 |
| 170 | GRABOWIECKA MARTA | 5134 | NULL | ZIELONA GÓRA | POL | MASTERS K - 40 | 81 | K 170 | 00:02:10 | 01:53:49 | 04:20:50 | 06:30:07 | 08:09:53.90 | 08:09:53.90 | 10:53 | 5.5 |
| 171 | BOGACKA ANETA | 5150 | ZIELONA GÓRO ZACZNIJ BIEGAĆ | ZIELONA GÓRA | POL | SENIOR II K - 30 | 69 | K 171 | 00:02:10 | 01:53:50 | 04:20:51 | 06:30:08 | 08:09:54.70 | 08:09:54.70 | 10:53 | 5.5 |
| 172 | BARTKIEWICZ HALINA | 5064 | | ZIELONA GÓRA | POL | MASTERS K - 40 | 82 | K 172 | 00:02:12 | 01:53:48 | 04:22:12 | 06:30:10 | 08:09:55.95 | 08:09:55.95 | 10:53 | 5.5 |
| 173 | PYZIO MAGDALENA | 5317 | | KOMORNIKI | POL | SENIOR II K - 30 | 70 | K 173 | 00:02:02 | 01:51:37 | 04:12:06 | 06:24:09 | 08:10:32.25 | 08:10:32.25 | 10:54 | 5.5 |
| 174 | KOŁDA HALINA | 5294 | BORKOWSKI TEAM /PCH_RUN | CHODZIEŻ | POL | WETERAN II K - 60 | 4 | K 174 | 00:01:15 | 01:55:32 | 04:21:18 | 06:29:25 | 08:13:12.00 | 08:13:12.00 | 10:57 | 5.5 |
| 175 | KAMIŃSKA BEATA | 5073 | | SIEMIANOWICE ŚLĄSKIE | POL | WETERAN K - 50 | 8 | K 175 | 00:01:12 | 01:46:45 | 04:09:40 | 06:34:24 | 08:17:50.90 | 08:17:50.90 | 11:03 | 5.4 |
| 176 | LEDWOCH WIOLETA | 5094 | | SIEMIANOWICE ŚLĄSKIE | POL | SENIOR II K - 30 | 71 | K 176 | 00:01:11 | 01:48:55 | 04:21:21 | 06:34:25 | 08:18:47.30 | 08:18:47.30 | 11:05 | 5.4 |
| 177 | WALIŃSKA AGATA | 5316 | WWW.SPRAWDZAMY-NIERUCHOMOSCI.PL | KOMORNIKI | POL | SENIOR II K - 30 | 72 | K 177 | 00:02:02 | 01:51:41 | 04:12:06 | 06:24:09 | 08:21:18.20 | 08:21:18.20 | 11:08 | 5.4 |
| 178 | JÓZEFIAK MAGDALENA | 5298 | ASSECO ACTIVE TEAM | OSIELSKO | POL | WETERAN K - 50 | 9 | K 178 | 00:01:23 | 01:55:34 | 04:21:33 | 06:30:06 | 08:21:53.15 | 08:21:53.15 | 11:09 | 5.4 |
| 179 | KUŹNIAK JUSTYNA | 5022 | KB SZAMOTUŁY | SZAMOTUŁY | POL | MASTERS K - 40 | 83 | K 179 | 00:01:08 | 01:55:10 | 04:19:40 | 06:28:11 | 08:23:15.60 | 08:23:15.60 | 11:11 | 5.4 |
| 180 | KUNA KASIA | 5563 | BIEGOWA KUŹNIA | DĄBROWA GÓRNICZA | POL | MASTERS K - 40 | 84 | K 180 | 00:02:23 | 01:59:53 | 04:33:14 | 06:38:08 | 08:24:29.70 | 08:24:29.70 | 11:12 | 5.4 |
| 181 | LEWANDOWSKA EWA | 5561 | | TARNOWSKIE GÓRY | POL | MASTERS K - 40 | 85 | K 181 | 00:02:34 | 02:00:27 | 04:27:37 | 06:36:01 | 08:25:00.25 | 08:25:00.25 | 11:13 | 5.3 |
| 182 | NAWROT KATARZYNA | 5301 | MIRAZ RACE TEAM | NIEPOŁOMICE | POL | SENIOR II K - 30 | 73 | K 182 | 00:00:25 | 01:57:07 | 04:28:24 | 06:35:09 | 08:27:52.00 | 08:27:52.00 | 11:17 | 5.3 |
| 183 | ŁUSIAK EWA | 5280 | KNEIPPTEAM | GŁOWNO | POL | MASTERS K - 40 | 86 | K 183 | 00:02:16 | 01:53:57 | 04:18:11 | 06:29:38 | 08:31:09.85 | 08:31:09.85 | 11:21 | 5.3 |
| 184 | CUPIAŁ MARIOLA | 5284 | W POGONI ZA DUCHEM | SOSNOWIEC | POL | WETERAN K - 50 | 10 | K 184 | 00:01:57 | 02:06:05 | 04:40:33 | 06:44:38 | 08:35:56.50 | 08:35:56.50 | 11:27 | 5.2 |
| 185 | ROSIŃSKA AGNIESZKA | 5028 | ŚWIERCZEWO RUN/ #BIEGIEMWLAS | POZNAŃ | POL | MASTERS K - 40 | 87 | K 185 | 00:02:15 | 01:58:27 | 04:30:50 | 06:41:58 | 08:37:06.35 | 08:37:06.35 | 11:29 | 5.2 |
| 186 | DRAJERCZAK MARLENA | 5172 | MUAY RUNING TEAM | POZNAŃ | POL | MASTERS K - 40 | 88 | K 186 | 00:02:16 | 01:57:41 | 04:30:47 | 06:42:01 | 08:37:06.60 | 08:37:06.60 | 11:29 | 5.2 |
| 187 | PAKUŁA MARTA | 5233 | | GŁOWNO | POL | MASTERS K - 40 | 89 | K 187 | 00:00:36 | 01:49:43 | 04:29:19 | 06:48:07 | 08:47:03.55 | 08:47:03.55 | 11:42 | 5.1 |
| 188 | KUGLER KAMILA | 5354 | | JAWORZNO | POL | SENIOR II K - 30 | 74 | K 188 | 00:00:01 | | 04:17:11 | | 08:47:12.00 | 08:47:12.00 | 11:42 | 5.1 |
| 189 | WIŚNIEWSKA DOROTA | 5337 | METAL CHERRY | ALEKSANDRÓW KUJAWSKI | POL | MASTERS K - 40 | 90 | K 189 | 00:01:14 | 02:09:53 | 04:43:53 | 06:55:18 | 08:49:23.65 | 08:49:23.65 | 11:45 | 5.1 |
| 190 | NOSKOWIAK-BAJNO ALICJA | 5118 | | BORÓWNO | POL | MASTERS K - 40 | 91 | K 190 | 00:01:53 | 02:02:20 | 04:43:06 | 07:07:22 | 08:50:41.45 | 08:50:41.45 | 11:47 | 5.1 |
| 191 | GOŻDZICKA IWONA | 5141 | ZIELONA GÓRO ZACZNIJ BIEGAĆ | ZIELONA GÓRA | POL | MASTERS K - 40 | 92 | K 191 | 00:02:11 | 01:57:11 | 04:35:24 | 06:59:27 | 08:54:48.15 | 08:54:48.15 | 11:53 | 5 |
| 192 | SKRZYŃSKA MARLENA | 5683 | ZIELONA GÓRO ZACZNIJ BIEGAĆ | ZIELONA GÓRA | POL | SENIOR II K - 30 | 75 | K 192 | 00:02:10 | 01:57:12 | 04:35:26 | 06:59:30 | 08:54:50.60 | 08:54:50.60 | 11:53 | 5 |
| 193 | BARZAK JUSTYNA | 5263 | | STRZELIN | POL | SENIOR II K - 30 | 76 | K 193 | 00:02:31 | 02:00:25 | 04:40:08 | 06:57:44 | 08:57:47.35 | 08:57:47.35 | 11:57 | 5 |
| 194 | SABOK-MUSZYNSKA KATARZYNA | 5253 | | GOŚCIĘCICE | POL | SENIOR II K - 30 | 77 | K 194 | 00:02:31 | 02:00:25 | 04:40:09 | 06:57:45 | 08:57:47.80 | 08:57:47.80 | 11:57 | 5 |
| 195 | BŁASZKIEWICZ MARZENA | 5091 | CHOŁE KŁÓLIKI | BORÓWNO | POL | MASTERS K - 40 | 93 | K 195 | 00:01:54 | 02:11:44 | 04:56:16 | 07:12:56 | 09:06:57.30 | 09:06:57.30 | 12:09 | 4.9 |
| 196 | DZIĘCIELSKA AGNIESZKA | 5016 | | POZNAŃ | POL | MASTERS K - 40 | 94 | K 196 | 00:02:17 | 02:09:04 | 04:50:44 | 07:08:54 | 09:08:00.20 | 09:08:00.20 | 12:10 | 4.9 |
| 197 | GIZELSKA AGNIESZKA | 5589 | PIĄTKOWO NA BIEGOWO | POZNAŃ | POL | WETERAN K - 50 | 11 | K 197 | 00:02:13 | 02:12:32 | 05:01:52 | 07:25:57 | 09:24:33.60 | 09:24:33.60 | 12:32 | 4.8 |
| 198 | STAJER MAŁGORZATA | 5598 | | LESZNO | POL | WETERAN K - 50 | 12 | K 198 | 00:02:13 | 02:14:02 | 05:03:08 | 07:25:58 | 09:24:34.10 | 09:24:34.10 | 12:32 | 4.8 |
| 199 | SCHICKENDANTZ LISELORE | 5579 | FRYSMAN | LEMMER | NED | MASTERS K - 40 | 95 | K 199 | 00:00:41 | 02:15:40 | 05:09:47 | 07:31:28 | 09:38:18.25 | 09:38:18.25 | 12:51 | 4.7 |
| 200 | LEWANDOWSKA-JACKOWSKA KATARZYNA | 5290 | NIGHT RUNNERS PYSKOWICE | PYSKOWICE | POL | MASTERS K - 40 | 96 | K 200 | 00:00:54 | 02:12:08 | 05:30:16 | 07:56:59 | 09:57:45.95 | 09:57:45.95 | 13:17 | 4.5 |
| | GARCZEWSKA-PASZKO JOANNA | 5024 | | WARSZAWA | POL | WETERAN K - 50 | | | 00:01:36 DNF | 01:55:35 DNF | 05:11:33 DNF | DNF | DNF | DNF | - | - |
| | DADAŚ ELŻBIETA | 5088 | BP RUNNING TEAM GLIWICE | GLIWICE | POL | MASTERS K - 40 | | | 00:02:24 DNF | 02:20:16 DNF | DNF | DNF | DNF | DNF | - | - |
| | WALCZAK AGNIESZKA | 5099 | | WROCŁAW | POL | MASTERS K - 40 | | | 00:02:38 DNF | DNF | DNF | DNF | DNF | DNF | - | - |

## ZŁOTY MARATON - 45 KM, Senior I K - 20

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0km | 10km | 22km | 33km | Netto | Brutto | min/km | km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | WIECZOREK NINA | 5375 | MOCNA GRUPA CEZARA/SBRT WROCŁAW | OLEŚNICA | POL | SENIOR I K - 20 | 1 | K 1 | 00:00:15 | 01:03:37 | 02:15:04 | 03:17:24 | 04:19:43.55 | 04:19:43.55 | 5:46 | 10.4 |
| 2 | SZKOŁUDA SABINA | 5389 | BIEGOLAS KOSZALIN | KOSZALIN | POL | SENIOR I K - 20 | 2 | K 17 | 00:00:07 | 01:17:53 | 02:55:44 | 04:18:02 | 05:33:55.90 | 05:33:55.90 | 7:25 | 8.1 |
| 3 | SPYTKOWSKA KATARZYNA | 5650 | | KRAKÓW | POL | SENIOR I K - 20 | 3 | K 21 | 00:00:10 | 01:18:03 | 02:52:23 | 04:18:08 | 05:38:36.55 | 05:38:36.55 | 7:31 | 8 |
| 4 | ABRAMOWICZ AGATA | 5604 | | KRZEPTÓW | POL | SENIOR I K - 20 | 4 | K 25 | 00:00:54 | 01:18:33 | 02:55:03 | 04:24:20 | 05:43:29.70 | 05:43:29.70 | 7:37 | 7.9 |
| 5 | WESOŁOWSKA KINGA | 5342 | ASICS FRONTRUNNER POLAND | WROCŁAW | POL | SENIOR I K - 20 | 5 | K 36 | 00:00:39 | 01:22:20 | 03:06:17 | 04:39:44 | 06:04:48.70 | 06:04:48.70 | 8:06 | 7.4 |
| 6 | KRÓLEWICZ DARIA | 5359 | | SIECHNICE | POL | SENIOR I K - 20 | 6 | K 42 | 00:01:24 | 01:28:31 | 03:11:43 | 04:48:17 | 06:10:58.25 | 06:10:58.25 | 8:14 | 7.3 |
| 7 | ZYWERT ANTONINA | 5318 | | OSTROWITE | POL | SENIOR I K - 20 | 7 | K 48 | 00:02:30 | 01:37:59 | 03:22:25 | 04:52:59 | 06:18:43.60 | 06:18:43.60 | 8:24 | 7.1 |
| 8 | TRZYSZCZYK JULIA | 5507 | | WIELKIE DROGI | POL | SENIOR I K - 20 | 8 | K 107 | 00:02:10 | 01:42:06 | 03:39:07 | 05:33:30 | 07:13:53.65 | 07:13:53.65 | 9:38 | 6.2 |
| 9 | GRABOWSKA ZUZANNA | 5460 | IZBICKO W BIEGU | KROŚNICA | POL | SENIOR I K - 20 | 9 | K 131 | 00:01:37 | 01:47:01 | 03:56:32 | 06:00:17 | 07:31:30.55 | 07:31:30.55 | 10:02 | 6 |
| 10 | MĘTLAK MAŁGORZATA | 5634 | | ZAWIERCIE | POL | SENIOR I K - 20 | 10 | K 162 | 00:02:24 | 01:52:38 | 04:10:25 | 06:17:15 | 08:01:53.70 | 08:01:53.70 | 10:42 | 5.6 |
| 11 | MICHALIK KAMILA | 5239 | | PROCHOWICE | POL | SENIOR I K - 20 | 11 | K 163 | 00:02:04 | 01:46:33 | 04:04:11 | 06:09:35 | 08:04:23.55 | 08:04:23.55 | 10:45 | 5.6 |

## ZŁOTY MARATON - 45 KM, Senior I M - 20

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0km | 10km | 22km | 33km | Netto | Brutto | min/km | km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | SZKOŁUDA MIŁOSZ | 5390 | BIEGOLAS KOSZALIN | KOSZALIN | POL | SENIOR I M - 20 | 1 | M 4 | 00:00:05 | 00:54:45 | 02:02:29 | 03:05:58 | 04:06:13.70 | 04:06:13.70 | 5:28 | 11 |
| 2 | DASZEWSKI FILIP | 5048 | ICT POLAND | DĘBNO | POL | SENIOR I M - 20 | 2 | M 19 | 00:00:06 | 01:06:48 | 02:28:32 | 03:46:54 | 04:53:16.85 | 04:53:16.85 | 6:31 | 9.2 |
| 3 | PIEKARSKI JAKUB | 5116 | HURAGAN LIGOTA | KATOWICE | POL | SENIOR I M - 20 | 3 | M 26 | 00:00:12 | 01:04:29 | 02:21:42 | 03:39:29 | 04:56:21.45 | 04:56:21.45 | 6:35 | 9.1 |
| 4 | KOZANECKI PRZEMYSŁAW | 5132 | WYBIEGAĆ MARZENIA TEAM | SŁUBICE | POL | SENIOR I M - 20 | 4 | M 35 | 00:00:38 | 01:07:11 | 02:26:36 | 03:49:15 | 05:07:51.20 | 05:07:51.20 | 6:50 | 8.8 |
| 5 | JAWORSKI MAREK | 5314 | | USTROŃ | POL | SENIOR I M - 20 | 5 | M 38 | 00:01:26 | 01:16:36 | 02:40:46 | 03:58:07 | 05:10:09.95 | 05:10:09.95 | 6:53 | 8.7 |
| 6 | KOZIOŁ KACPER | 5267 | #CHASETHATWOLF | KROSNO | POL | SENIOR I M - 20 | 6 | M 58 | 00:01:27 | 01:18:34 | 02:46:20 | 04:07:34 | 05:27:27.40 | 05:27:27.40 | 7:16 | 8.2 |
| 7 | RYSZAWY MIKOŁAJ | 5167 | | MOKRZESZÓW | POL | SENIOR I M - 20 | 7 | M 62 | 00:01:15 | 01:15:24 | 02:43:11 | 04:14:09 | 05:29:00.35 | 05:29:00.35 | 7:18 | 8.2 |
| 8 | KUSAL TOMASZ | 5076 | | OPOLE | POL | SENIOR I M - 20 | 8 | M 63 | 00:00:03 | 01:05:12 | 02:29:06 | 03:56:21 | 05:29:36.45 | 05:29:36.45 | 7:19 | 8.2 |
| 9 | DROGOŚ KAJETAN | 5516 | BOWIE TO SUPER PIESEK | WROCŁAW | POL | SENIOR I M - 20 | 9 | M 65 | 00:02:30 | 01:23:36 | 02:53:08 | 04:15:47 | 05:30:47.00 | 05:30:47.00 | 7:21 | 8.2 |
| 10 | SKARŻYŃSKI KAMIL | 5083 | PLANYBIEGOWE.PL / WLKP MOUNTAINS ULTRA | POZNAŃ | POL | SENIOR I M - 20 | 10 | M 88 | 00:00:39 | 01:23:59 | 02:59:55 | 04:23:26 | 05:40:42.25 | 05:40:42.25 | 7:34 | 7.9 |
| 11 | JESIONKOWSKI PAWEŁ | 5567 | #BIEGIEMWLAS | ZIELONA GÓRA | POL | SENIOR I M - 20 | 11 | M 107 | 00:00:25 | 01:15:41 | 02:48:28 | 04:27:43 | 05:47:37.00 | 05:47:37.00 | 7:43 | 7.8 |
| 12 | KORYTKOWSKI JAKUB | 5411 | | WROCŁAW | POL | SENIOR I M - 20 | 12 | M 113 | 00:01:20 | 01:26:33 | 03:03:01 | 04:37:09 | 05:50:22.05 | 05:50:22.05 | 7:47 | 7.7 |
| 13 | BIELECKI TOMASZ | 5513 | | GNIEZNO | POL | SENIOR I M - 20 | 13 | M 128 | 00:00:39 | 01:20:03 | 02:56:01 | 04:24:08 | 05:56:37.30 | 05:56:37.30 | 7:55 | 7.6 |
| 14 | PAŁYSA ROBERT | 5161 | STANWEX II | JÓZEFÓW | POL | SENIOR I M - 20 | 14 | M 136 | 00:02:26 | 01:31:12 | 03:08:19 | 04:38:12 | 05:58:51.90 | 05:58:51.90 | 7:58 | 7.5 |
| 15 | DARUL ALBERT | 5676 | KUPIEC TEAM | POZNAŃ | POL | SENIOR I M - 20 | 15 | M 152 | 00:01:29 | 01:29:50 | 03:08:29 | 04:46:56 | 06:06:21.10 | 06:06:21.10 | 8:08 | 7.4 |
| 16 | BROŻYNA MIŁOSZ | 5278 | | BEZRZECZE | POL | SENIOR I M - 20 | 16 | M 157 | 00:00:59 | 01:22:38 | 03:05:50 | 04:39:20 | 06:09:50.25 | 06:09:50.25 | 8:13 | 7.3 |
| 17 | KATRYCZ KRZYSZTOF | 5571 | | WROCŁAW | POL | SENIOR I M - 20 | 17 | M 165 | 00:02:32 | 01:33:26 | 03:10:26 | 04:47:26 | 06:13:44.05 | 06:13:44.05 | 8:18 | 7.2 |
| 18 | HRONOWSKI JAKUB | 5203 | | MYŚLENICE | POL | SENIOR I M - 20 | 18 | M 168 | 00:01:28 | 01:29:19 | 03:07:21 | 04:39:32 | 06:14:35.10 | 06:14:35.10 | 8:19 | 7.2 |
| 19 | SZYMAŃSKI JAROSŁAW | 5174 | | LĄDEK-ZDRÓJ | POL | SENIOR I M - 20 | 19 | M 172 | 00:00:47 | 01:27:33 | 03:19:49 | 04:54:35 | 06:15:50.90 | 06:15:50.90 | 8:21 | 7.2 |
| 20 | DUBILIS MATEUSZ | 5525 | | MIKOŁÓW | POL | SENIOR I M - 20 | 20 | M 222 | 00:02:12 | 01:36:48 | 03:19:47 | 05:03:15 | 06:35:32.90 | 06:35:32.90 | 8:47 | 6.8 |
| 21 | MICHOŃ KACPER | 5527 | NIGHT RUNNERS | KONIN | POL | SENIOR I M - 20 | 21 | M 227 | 00:00:04 | 01:30:25 | 03:19:57 | 05:02:29 | 06:37:14.65 | 06:37:14.65 | 8:49 | 6.8 |
| 22 | KUREK DAMIAN | 5324 | | KAZIMIERZ BISKUPI | POL | SENIOR I M - 20 | 22 | M 229 | 00:02:29 | 01:38:06 | 03:27:26 | 05:13:18 | 06:38:35.20 | 06:38:35.20 | 8:51 | 6.8 |
| 23 | HANSZ DONAT | 5288 | NETBOX BIEGA | PIASKI | POL | SENIOR I M - 20 | 23 | M 260 | 00:01:06 | 01:31:06 | 03:23:20 | 05:12:46 | 06:50:16.00 | 06:50:16.00 | 9:07 | 6.6 |
| 24 | SZARSKI JACEK | 5074 | KAPCIOCHY | WROCŁAW | POL | SENIOR I M - 20 | 24 | M 292 | 00:00:49 | 01:31:54 | 03:30:08 | 05:28:18 | 06:59:43.85 | 06:59:43.85 | 9:19 | 6.4 |
| 25 | GŁOWACKI RADOSŁAW | 5363 | | DOPIEWIEC | POL | SENIOR I M - 20 | 25 | M 306 | 00:01:55 | 01:35:10 | 03:29:31 | 05:34:07 | 07:07:53.55 | 07:07:53.55 | 9:30 | 6.3 |
| 26 | WYSMOLIŃSKI JAN | 5479 | | OSIELSKO | POL | SENIOR I M - 20 | 26 | M 312 | 00:01:23 | 01:43:45 | 03:48:13 | 05:41:40 | 07:13:51.00 | 07:13:51.00 | 9:38 | 6.2 |
| 27 | BOBER SEBASTIAN | 5580 | SPORTOWY KAŹMIERZ | KAZMIERZ | POL | SENIOR I M - 20 | 27 | M 335 | 00:01:50 | 01:42:38 | 03:48:09 | 05:47:31 | 07:25:42.60 | 07:25:42.60 | 9:54 | 6.1 |
| 28 | PŁOCIŃSKI NORBERT | 5325 | | CHOJNÓW | POL | SENIOR I M - 20 | 28 | M 384 | 00:02:05 | 01:46:34 | 04:04:11 | 06:09:36 | 08:04:24.25 | 08:04:24.25 | 10:45 | 5.6 |
| | PODGÓRNY MARIUSZ | 5540 | TEAM OZIMEK | DYLAKI | POL | SENIOR I M - 20 | | | 00:00:30 DNF | 01:21:40 DNF | 03:09:27 DNF | 05:33:28 DNF | DNF | DNF | - | - |
| | BOCHYŃSKI ADAM | 5347 | | KRAKÓW | POL | SENIOR I M - 20 | | | 00:02:42 DNF | 01:50:07 DNF | 04:03:57 DNF | DNF | DNF | DNF | - | - |

## ZŁOTY MARATON - 45 KM, Senior II K - 30

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0km | 10km | 22km | 33km | Netto | Brutto | min/km | km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | TOMASIAK NATALIA | 5686 | SALOMON TEAM | KRYNICA | POL | SENIOR II K - 30 | 1 | K 2 | 00:00:03 | 01:02:34 | 02:15:04 | 03:23:54 | 04:32:24.50 | 04:32:24.50 | 6:03 | 9.9 |
| 2 | BEDNARCZYK MAGDALENA | 5534 | STRZEGOMSKA DWUNASTKA | STRZEGOM | POL | SENIOR II K - 30 | 2 | K 3 | 00:00:14 | 01:04:45 | 02:22:17 | 03:29:54 | 04:36:09.65 | 04:36:09.65 | 6:08 | 9.8 |
| 3 | BIAŁOBŁOCKA ALICJA | 5218 | | WROCŁAW | POL | SENIOR II K - 30 | 3 | K 4 | 00:00:16 | 01:05:54 | 02:25:08 | 03:41:06 | 04:44:57.90 | 04:44:57.90 | 6:19 | 9.5 |
| 4 | FLOREK KATARZYNA | 5206 | 140MINUT.PL | WROCŁAW | POL | SENIOR II K - 30 | 4 | K 5 | 00:00:06 | 01:05:53 | 02:25:04 | 03:39:10 | 04:45:48.90 | 04:45:48.90 | 6:21 | 9.4 |
| 5 | SZKODA KASIA | 5010 | TATERNIKTEAM | ZALASEWO | POL | SENIOR II K - 30 | 5 | K 6 | 00:00:17 | 01:11:14 | 02:34:19 | 03:46:36 | 04:50:31.75 | 04:50:31.75 | 6:27 | 9.3 |
| 6 | SKRZYPCZYK PAULINA | 5035 | TEAM FRUN / 42K PRO TEAM | TYCHY | POL | SENIOR II K - 30 | 6 | K 7 | 00:00:03 | 01:08:52 | 02:32:11 | 03:45:01 | 04:54:07.10 | 04:54:07.10 | 6:32 | 9.2 |
| 7 | GALLAMOVA JEKATERINA | 5600 | SUPERVARONI | RIGA | LAT | SENIOR II K - 30 | 7 | K 8 | 00:00:28 | 01:12:29 | 02:38:59 | 03:54:51 | 05:04:13.60 | 05:04:13.60 | 6:45 | 8.9 |
| 8 | TUREK ARLETTA | 5616 | | LUBATÓWKA | POL | SENIOR II K - 30 | 8 | K 10 | 00:00:06 | 01:13:02 | 02:41:33 | 04:03:50 | 05:19:04.95 | 05:19:04.95 | 7:05 | 8.5 |
| 9 | KORONA-SIERADZKA BOGUSŁAWA | 5488 | | WARSZAWA | POL | SENIOR II K - 30 | 9 | K 11 | 00:00:36 | 01:20:01 | 02:51:51 | 04:10:46 | 05:20:40.25 | 05:20:40.25 | 7:07 | 8.4 |
| 10 | FERENC-SZMUC EDYTA | 5321 | KUDIWIANKA RUN | KUDOWA ZDROJ | POL | SENIOR II K - 30 | 10 | K 13 | 00:00:04 | 01:15:43 | 02:48:30 | 04:11:17 | 05:25:59.55 | 05:25:59.55 | 7:14 | 8.3 |
| 11 | RESPONDEK ANNA | 5081 | | ZIELONA GÓRA | POL | SENIOR II K - 30 | 11 | K 14 | 00:01:40 | 01:22:41 | 02:53:27 | 04:15:51 | 05:28:05.40 | 05:28:05.40 | 7:17 | 8.2 |
| 12 | FANGOR-GRAB AGATA | 5529 | RESHAPE RUNNERS | GLIWICE | POL | SENIOR II K - 30 | 12 | K 15 | 00:00:09 | 01:20:28 | 02:54:29 | 04:16:55 | 05:30:42.45 | 05:30:42.45 | 7:20 | 8.2 |
| 13 | KACPRZYK KATARZYNA | 5071 | KB MCKIS JAWORZNO | JAWORZNO | POL | SENIOR II K - 30 | 13 | K 16 | 00:00:45 | 01:20:14 | 02:52:55 | 04:15:37 | 05:31:39.05 | 05:31:39.05 | 7:22 | 8.1 |
| 14 | KLAJA KASIA | 5499 | | KRAKÓW | POL | SENIOR II K - 30 | 14 | K 18 | 00:01:53 | 01:21:10 | 02:53:04 | 04:16:28 | 05:34:30.90 | 05:34:30.90 | 7:26 | 8.1 |
| 15 | PACZKOWSKA KATARZYNA | 5045 | BIEGAJĄCE KREJZOLE | KIEKRZ | POL | SENIOR II K - 30 | 15 | K 19 | 00:00:34 | 01:22:50 | 02:58:21 | 04:19:41 | 05:34:37.45 | 05:34:37.45 | 7:26 | 8.1 |
| 16 | HAJDZIONA AGATA | 5042 | MARATOŃCZYK POZNAŃ | POZNAŃ | POL | SENIOR II K - 30 | 16 | K 20 | 00:00:21 | 01:18:42 | 02:52:41 | 04:22:38 | 05:37:12.40 | 05:37:12.40 | 7:29 | 8 |
| 17 | WIECZOREK MARIA | 5458 | PRZEDWOJEWSKI TEAM | DĄBRÓWKA | POL | SENIOR II K - 30 | 17 | K 23 | 00:00:10 | 01:19:01 | 02:50:46 | 04:19:08 | 05:41:41.15 | 05:41:41.15 | 7:35 | 7.9 |
| 18 | SŁOMIAN MARCELINA | 5566 | | CZĘSTOCHOWA | POL | SENIOR II K - 30 | 18 | K 24 | 00:00:06 | 01:19:01 | 02:54:38 | 04:19:00 | 05:42:07.90 | 05:42:07.90 | 7:36 | 7.9 |
| 19 | TOMCZYK ANGELIKA | 5639 | | ZABRZE | POL | SENIOR II K - 30 | 19 | K 30 | 00:00:08 | 01:23:33 | 03:02:54 | 04:32:08 | 05:55:25.60 | 05:55:25.60 | 7:53 | 7.6 |
| 20 | BARTYKOWSKA MARTA | 5285 | PGB SPORTOWA PACZKA | JABŁONNA | POL | SENIOR II K - 30 | 20 | K 31 | 00:01:59 | 01:36:15 | 03:08:55 | 04:39:05 | 05:56:46.25 | 05:56:46.25 | 7:55 | 7.6 |
| 21 | KALKA KATARZYNA | 5069 | MARATOŃCZYK POZNAŃ | POZNAŃ | POL | SENIOR II K - 30 | 21 | K 38 | 00:00:28 | 01:19:46 | 03:03:01 | 04:38:51 | 06:06:14.70 | 06:06:14.70 | 8:08 | 7.4 |
| 22 | MRÓWKA MAŁGORZATA | 5001 | | ŁÓDŹ | POL | SENIOR II K - 30 | 22 | K 40 | 00:00:18 | 01:23:41 | 03:09:09 | 04:43:04 | 06:08:42.95 | 06:08:42.95 | 8:11 | 7.3 |
| 23 | GRONOWSKA-KAROLCZAK AGNIESZKA | 5008 | MARATOŃCZYK POZNAŃ | POZNAŃ | POL | SENIOR II K - 30 | 23 | K 43 | 00:00:27 | 01:23:48 | 03:09:47 | 04:50:16 | 06:11:30.15 | 06:11:30.15 | 8:15 | 7.3 |
| 24 | MATYSIK MARTA | 5286 | WYZNAWCY BRONKA LIBIĄŻ | LIBIĄŻ | POL | SENIOR II K - 30 | 24 | K 45 | 00:00:48 | 01:25:36 | 03:09:49 | 04:47:32 | 06:13:45.65 | 06:13:45.65 | 8:18 | 7.2 |
| 25 | RUDNICKA MAGDALENA | 5451 | | POZNAŃ | POL | SENIOR II K - 30 | 25 | K 46 | 00:02:09 | 01:36:43 | 03:18:21 | 04:52:51 | 06:15:35.80 | 06:15:35.80 | 8:20 | 7.2 |
| 26 | OLEJNIK AGNIESZKA | 5114 | ENDORFINY WĄSOSZ | WĄSOSZ | POL | SENIOR II K - 30 | 26 | K 47 | 00:01:02 | 01:28:10 | 03:15:50 | 04:51:09 | 06:17:37.25 | 06:17:37.25 | 8:23 | 7.2 |
| 27 | DUBAS ANNA | 5328 | SPRAWDZAMY-NIERUCHOMOSCI.PL | POZNAŃ | POL | SENIOR II K - 30 | 27 | K 52 | 00:01:04 | 01:28:02 | 03:14:50 | 04:53:33 | 06:25:48.55 | 06:25:48.55 | 8:34 | 7 |
| 28 | REDKIEWICZ AGNIESZKA | 5445 | TEAM ZABIEGANEDNI | WARSZAWA | POL | SENIOR II K - 30 | 28 | K 53 | 00:02:28 | 01:33:25 | 03:20:07 | 05:00:54 | 06:25:58.25 | 06:25:58.25 | 8:34 | 7 |
| 29 | GOŁOWICZ ANIA | 5657 | | TORUŃ | POL | SENIOR II K - 30 | 29 | K 56 | 00:02:40 | 01:37:58 | 03:21:42 | 05:00:33 | 06:26:19.45 | 06:26:19.45 | 8:35 | 7 |
| 30 | SMORAWSKA LIDIA | 5137 | ZAKŁADKA TEAM / TARNOWO PODGÓRNE BIEGA | SIEROSŁAW | POL | SENIOR II K - 30 | 30 | K 57 | 00:01:01 | 01:29:35 | 03:17:02 | 04:54:26 | 06:27:42.15 | 06:27:42.15 | 8:36 | 7 |
| 31 | WRÓBEL MAŁGORZATA | 5144 | OBORYGENI | OBORNIKI ŚLĄSKIE | POL | SENIOR II K - 30 | 31 | K 59 | 00:00:49 | 01:33:28 | 03:19:47 | 05:09:01 | 06:31:38.00 | 06:31:38.00 | 8:42 | 6.9 |
| 32 | RZEPKA ALEKSANDRA | 5615 | | WARSZAWA | POL | SENIOR II K - 30 | 32 | K 64 | 00:01:15 | 01:28:30 | 03:22:13 | 05:02:09 | 06:37:35.45 | 06:37:35.45 | 8:50 | 6.8 |
| 33 | MOKRZYCKA WERONIKA | 5430 | | STARA ŁOMNICA | POL | SENIOR II K - 30 | 33 | K 65 | 00:00:23 | 01:36:28 | 03:32:22 | 05:13:22 | 06:40:02.00 | 06:40:02.00 | 8:53 | 6.7 |
| 34 | HINC-ZARDECKA NATALIA | 5564 | RUNEDA | REDA | POL | SENIOR II K - 30 | 34 | K 66 | 00:00:31 | 01:29:25 | 03:18:22 | 05:04:03 | 06:42:28.90 | 06:42:28.90 | 8:56 | 6.7 |
| 35 | BARTOSIEWICZ DARIA | 5376 | | WARSZAWA | POL | SENIOR II K - 30 | 35 | K 67 | 00:00:49 | 01:34:38 | 03:24:50 | 05:10:53 | 06:44:14.25 | 06:44:14.25 | 8:58 | 6.7 |
| 36 | RADWAŃSKA JUSTYNA | 5672 | | SIENNA | POL | SENIOR II K - 30 | 36 | K 69 | 00:01:02 | 01:42:35 | 03:37:14 | 05:24:43 | 06:48:34.65 | 06:48:34.65 | 9:04 | 6.6 |
| 37 | PAPIEROWSKA DAGMARA | 5500 | KB DĘBIEC | POZNAŃ | POL | SENIOR II K - 30 | 37 | K 73 | 00:01:35 | 01:46:43 | 03:49:29 | 05:34:40 | 06:52:53.75 | 06:52:53.75 | 9:10 | 6.5 |
| 38 | GRZĘDA JOLANTA | 5219 | NAJLEPSZY POD SŁOŃCEM | JELCZ-LASKOWICE | POL | SENIOR II K - 30 | 38 | K 74 | 00:01:02 | 01:37:50 | 03:35:56 | 05:25:11 | 06:53:27.30 | 06:53:27.30 | 9:11 | 6.5 |
| 39 | WOJCIECHOWSKA MAŁGORZATA | 5593 | | POZNAŃ | POL | SENIOR II K - 30 | 39 | K 77 | 00:00:42 | 01:37:39 | 03:36:25 | 05:30:45 | 06:55:07.20 | 06:55:07.20 | 9:13 | 6.5 |
| 40 | JOŃCZYK ANNA | 5268 | | OZIMEK | POL | SENIOR II K - 30 | 40 | K 82 | 00:01:52 | 01:39:35 | 03:31:05 | 05:19:37 | 06:57:08.00 | 06:57:08.00 | 9:16 | 6.5 |
| 41 | NOWAK KATARZYNA | 5349 | DZIKIE GRUBASY SZATANA | WARSZAWA | POL | SENIOR II K - 30 | 41 | K 88 | 00:00:48 | 01:36:47 | 03:30:46 | 05:18:54 | 07:01:11.05 | 07:01:11.05 | 9:21 | 6.4 |
| 42 | KOSSOK-ZAWADA MARTA | 5259 | CAŁA OLEŚNICA BIEGA | OLEŚNICA | POL | SENIOR II K - 30 | 42 | K 92 | 00:00:24 | 01:39:00 | 03:47:17 | 05:34:04 | 07:04:02.10 | 07:04:02.10 | 9:25 | 6.4 |
| 43 | FLORCZAK MONIKA | 5476 | | WROCŁAW | POL | SENIOR II K - 30 | 43 | K 93 | 00:02:25 | 01:42:00 | 03:42:58 | 05:34:10 | 07:04:13.60 | 07:04:13.60 | 9:25 | 6.4 |
| 44 | CZYŻ BARBARA | 5194 | | KRAKÓW | POL | SENIOR II K - 30 | 44 | K 99 | 00:02:08 | 01:46:46 | 03:45:05 | 05:36:51 | 07:09:12.25 | 07:09:12.25 | 9:32 | 6.3 |
| 45 | JAKUBOWSKA NATASZA | 5173 | | WIDZISZEWO | POL | SENIOR II K - 30 | 45 | K 104 | 00:01:06 | 01:37:08 | 03:48:04 | 05:33:27 | 07:13:11.30 | 07:13:11.30 | 9:37 | 6.2 |
| 46 | WALIGÓRA ALEKSANDRA | 5404 | NIAGARA FITNESS KLUB KOORDYNACJI | RAKONIEWICE | POL | SENIOR II K - 30 | 46 | K 106 | 00:02:34 | 01:49:46 | 03:49:31 | 05:41:01 | 07:13:23.05 | 07:13:23.05 | 9:37 | 6.2 |
| 47 | MARCINIAK PAULINA | 5291 | | GLIWICE | POL | SENIOR II K - 30 | 47 | K 110 | 00:01:28 | 01:46:35 | 03:54:05 | 05:41:10 | 07:16:18.50 | 07:16:18.50 | 9:41 | 6.2 |
| 48 | ZACZYŃSKA DAGMARA | 5211 | ALSTOM KATOWICE | BYTOM | POL | SENIOR II K - 30 | 48 | K 111 | 00:01:15 | 01:43:49 | 03:44:50 | 05:38:27 | 07:17:27.35 | 07:17:27.35 | 9:43 | 6.2 |
| 49 | FASZCZA AGNIESZKA | 5221 | MARATOŃCZYK POZNAŃ | POZNAŃ | POL | SENIOR II K - 30 | 49 | K 112 | 00:00:37 | 01:44:28 | 03:50:21 | 05:41:24 | 07:17:46.30 | 07:17:46.30 | 9:43 | 6.2 |
| 50 | TOMASZYK ELŻBIETA | 5426 | | POZNAŃ | POL | SENIOR II K - 30 | 50 | K 115 | 00:02:17 | 01:41:14 | 03:41:41 | 05:42:55 | 07:23:15.75 | 07:23:15.75 | 9:51 | 6.1 |

## ZŁOTY MARATON - 45 KM, Senior II K - 30 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0km | 10km | 22km | 33km | Netto | Brutto | min/km | km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 51 | JURASZ ALEKSANDRA | 5097 | | KAMIENIEC ZĄBKOWICKI | POL | SENIOR II K - 30 | 51 | K 116 | 00:00:26 | 01:34:45 | 03:40:09 | 05:34:48 | 07:23:55.95 | 07:23:55.95 | 9:51 | 6.1 |
| 52 | BOJARSKA BEATA | 5152 | BW BIEGACZE WYMIATACZE | KRAKÓW | POL | SENIOR II K - 30 | 52 | K 118 | 00:00:16 | 01:43:13 | 03:52:23 | 05:44:29 | 07:24:27.30 | 07:24:27.30 | 9:52 | 6.1 |
| 53 | SAMBORSKA ANNA | 5620 | ROSSMANN | ŁÓDŹ | POL | SENIOR II K - 30 | 53 | K 119 | 00:01:59 | 01:48:06 | 03:49:46 | 05:46:26 | 07:25:03.25 | 07:25:03.25 | 9:53 | 6.1 |
| 54 | OKULICZ ANITA | 5431 | MUD FOXES | BYDGOSZCZ | POL | SENIOR II K - 30 | 54 | K 120 | 00:00:21 | 01:40:53 | 03:47:14 | 05:51:07 | 07:26:06.00 | 07:26:06.00 | 9:54 | 6.1 |
| 55 | SZTURC KLAUDIA | 5518 | ING | JAWORZNO | POL | SENIOR II K - 30 | 55 | K 121 | 00:00:01 | 01:49:49 | 04:00:31 | 05:52:55 | 07:27:00.55 | 07:27:00.55 | 9:56 | 6 |
| 56 | MROZOWSKA-KLAJNERT AGATA | 5520 | NIE PODDAM CIĘ | GDAŃSK OSOWA | POL | SENIOR II K - 30 | 56 | K 126 | 00:00:57 | 01:41:55 | 03:48:55 | 05:54:06 | 07:29:14.00 | 07:29:14.00 | 9:58 | 6 |
| 57 | LATOSIŃSKA KAMILA | 5690 | O-SOWA BIEGA | GDAŃSK | POL | SENIOR II K - 30 | 57 | K 127 | 00:00:57 | 01:41:53 | 03:48:55 | 05:47:49 | 07:29:14.45 | 07:29:14.45 | 9:58 | 6 |
| 58 | STACHOWIAK MAGDA | 5653 | RUN TEAM RYDZYNA | RYDZYNA | POL | SENIOR II K - 30 | 58 | K 129 | 00:02:11 | 01:44:36 | 03:53:31 | 05:51:08 | 07:30:56.60 | 07:30:56.60 | 10:01 | 6 |
| 59 | KONIECZNY JUSTYNA | 5327 | NIGHT RUNNERS PYSKOWICE | PYSKOWICE | POL | SENIOR II K - 30 | 59 | K 130 | 00:00:53 | 01:44:00 | 03:54:22 | 05:52:11 | 07:31:25.90 | 07:31:25.90 | 10:01 | 6 |
| 60 | CHUDA JOANNA | 5412 | | POZNAŃ | AFG | SENIOR II K - 30 | 60 | K 138 | 00:01:30 | 01:42:24 | 03:48:39 | 06:01:12 | 07:39:12.80 | 07:39:12.80 | 10:12 | 5.9 |
| 61 | SWĘDZIOŁ MONIKA | 5489 | W POGONI ZA DUCHEM | SOSNOWIEC | POL | SENIOR II K - 30 | 61 | K 139 | 00:01:56 | 01:52:40 | 04:02:24 | 06:05:20 | 07:40:53.70 | 07:40:53.70 | 10:14 | 5.9 |
| 62 | KUBICA ANNA | 5313 | | POZNAŃ | POL | SENIOR II K - 30 | 62 | K 141 | 00:00:54 | 01:37:03 | 03:49:33 | 05:51:46 | 07:41:06.85 | 07:41:06.85 | 10:14 | 5.9 |
| 63 | MAJEROWSKA MAGDALENA | 5595 | | WOLSZTYN | POL | SENIOR II K - 30 | 63 | K 149 | 00:02:33 | 01:53:11 | 04:12:51 | 06:08:57 | 07:47:34.80 | 07:47:34.80 | 10:23 | 5.8 |
| 64 | SIKORSKA AGNIESZKA | 5473 | | WARSZAWA | POL | SENIOR II K - 30 | 64 | K 150 | 00:02:36 | 01:55:55 | 04:15:08 | 06:10:44 | 07:48:48.50 | 07:48:48.50 | 10:25 | 5.8 |
| 65 | MARCINIAK GRAŻYNA | 5435 | | KATOWICE | POL | SENIOR II K - 30 | 65 | K 151 | 00:01:28 | 01:48:15 | 04:03:27 | 06:02:48 | 07:49:03.85 | 07:49:03.85 | 10:25 | 5.8 |
| 66 | KALINOWSKA PATRYCJA | 5061 | | SOLEC KUJAWSKI | POL | SENIOR II K - 30 | 66 | K 152 | 00:01:53 | 01:45:56 | 04:03:14 | 06:02:48 | 07:49:05.70 | 07:49:05.70 | 10:25 | 5.8 |
| 67 | NOWICKA KATARZYNA | 5515 | | JAWORZNO | POL | SENIOR II K - 30 | 67 | K 159 | 00:02:11 | 01:41:57 | | | 08:00:13.00 | 08:00:13.00 | 10:40 | 5.6 |
| 68 | DWORZAŃSKA ANNA | 5348 | MARATOŃCZYK POZNAŃ | POZNAŃ | POL | SENIOR II K - 30 | 68 | K 168 | 00:00:38 | 01:45:26 | 04:09:32 | 06:22:38 | 08:08:17.75 | 08:08:17.75 | 10:51 | 5.5 |
| 69 | BOGACKA ANETA | 5150 | ZIELONA GÓRO ZACZNIJ BIEGAĆ | ZIELONA GÓRA | POL | SENIOR II K - 30 | 69 | K 171 | 00:02:10 | 01:53:50 | 04:20:51 | 06:30:08 | 08:09:54.70 | 08:09:54.70 | 10:53 | 5.5 |
| 70 | PYZIO MAGDALENA | 5317 | | KOMORNIKI | POL | SENIOR II K - 30 | 70 | K 173 | 00:02:02 | 01:51:37 | 04:12:06 | 06:24:09 | 08:10:32.25 | 08:10:32.25 | 10:54 | 5.5 |
| 71 | LEDWOCH WIOLETA | 5094 | | SIEMIANOWICE ŚLĄSKIE | POL | SENIOR II K - 30 | 71 | K 176 | 00:01:11 | 01:48:55 | 04:21:21 | 06:34:25 | 08:18:47.30 | 08:18:47.30 | 11:05 | 5.4 |
| 72 | WALIŃSKA AGATA | 5316 | WWW.SPRAWDZAMY-NIERUCHOMOSCI.PL | KOMORNIKI | POL | SENIOR II K - 30 | 72 | K 177 | 00:02:02 | 01:51:41 | 04:12:06 | 06:24:09 | 08:21:18.20 | 08:21:18.20 | 11:08 | 5.4 |
| 73 | NAWROT KATARZYNA | 5301 | MIRAZ RACE TEAM | NIEPOŁOMICE | POL | SENIOR II K - 30 | 73 | K 182 | 00:00:25 | 01:57:07 | 04:28:24 | 06:35:09 | 08:27:52.00 | 08:27:52.00 | 11:17 | 5.3 |
| 74 | KUGLER KAMILA | 5354 | | JAWORZNO | POL | SENIOR II K - 30 | 74 | K 188 | 00:00:01 | | 04:17:11 | | 08:47:12.00 | 08:47:12.00 | 11:42 | 5.1 |
| 75 | SKRZYŃSKA MARLENA | 5683 | ZIELONA GÓRO ZACZNIJ BIEGAĆ | ZIELONA GÓRA | POL | SENIOR II K - 30 | 75 | K 192 | 00:02:10 | 01:57:12 | 04:35:26 | 06:59:30 | 08:54:50.60 | 08:54:50.60 | 11:53 | 5 |
| 76 | BARZAK JUSTYNA | 5263 | | STRZELIN | POL | SENIOR II K - 30 | 76 | K 193 | 00:02:31 | 02:00:25 | 04:40:08 | 06:57:44 | 08:57:47.35 | 08:57:47.35 | 11:57 | 5 |
| 77 | SABOK-MUSZYNSKA KATARZYNA | 5253 | | GOŚCIĘCICE | POL | SENIOR II K - 30 | 77 | K 194 | 00:02:31 | 02:00:25 | 04:40:09 | 06:57:45 | 08:57:47.80 | 08:57:47.80 | 11:57 | 5 |

## ZŁOTY MARATON - 45 KM, Senior II M - 30

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0km | 10km | 22km | 33km | Netto | Brutto | min/km | km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | BOULKHALF ABDELLATIF | 5630 | KB WIKON | MODRZYCA | MAR | SENIOR II M - 30 | 1 | M 1 | 00:00:03 | 00:54:41 | 02:00:00 | 02:58:34 | 03:49:37.75 | 03:49:37.75 | 5:06 | 11.8 |
| 2 | MÜLLER CHRISTOPH | 5447 | LĄDEK-ZDRÓJ RUNNERS | ZEULENRODA-TRIEBES | GER | SENIOR II M - 30 | 2 | M 5 | 00:00:03 | 00:58:27 | 02:09:51 | 03:11:25 | 04:12:55.90 | 04:12:55.90 | 5:37 | 10.7 |
| 3 | WRÓBLEWSKI ROBERT | 5628 | | LUBLIN | POL | SENIOR II M - 30 | 3 | M 6 | 00:00:07 | 00:54:44 | 02:02:32 | 03:13:10 | 04:18:19.05 | 04:18:19.05 | 5:44 | 10.5 |
| 4 | SZAFRANEK PAWEŁ | 5252 | STAŃCZAK TEAM | USTROŃ | POL | SENIOR II M - 30 | 4 | M 7 | 00:00:47 | 01:02:28 | 02:14:46 | 03:17:52 | 04:21:11.60 | 04:21:11.60 | 5:48 | 10.3 |
| 5 | SZYMAŃCZUK JACEK | 5535 | #BIEGIEMWLAS/NARAMOWICE BIEGAJĄ | POZNAŃ | POL | SENIOR II M - 30 | 5 | M 9 | 00:00:04 | 00:57:25 | 02:11:12 | 03:24:56 | 04:34:53.50 | 04:34:53.50 | 6:06 | 9.8 |
| 6 | WALKOSZ MATEUSZ | 5303 | #SOBASTEAM | SZAFLARY | POL | SENIOR II M - 30 | 6 | M 10 | 00:00:04 | 01:02:41 | 02:20:42 | 03:27:52 | 04:35:12.50 | 04:35:12.50 | 6:06 | 9.8 |
| 7 | GREGORCZYK LUKASZ | 5608 | VEGE RUNNERS | WARSZAWA | POL | SENIOR II M - 30 | 7 | M 14 | 00:00:05 | 01:01:57 | 02:21:06 | 03:33:14 | 04:43:46.75 | 04:43:46.75 | 6:18 | 9.5 |
| 8 | STASIUKAITIS SIMAS | 5673 | BĖGIMO KLUBAS | KARMĖLAVA | LTU | SENIOR II M - 30 | 8 | M 18 | 00:01:09 | 01:13:01 | 02:32:42 | 03:42:35 | 04:50:08.40 | 04:50:08.40 | 6:26 | 9.3 |
| 9 | KARCZMARCZYK MATEUSZ | 5406 | | BYDGOSZCZ | POL | SENIOR II M - 30 | 9 | M 20 | 00:00:06 | 01:08:45 | 02:31:36 | 03:46:37 | 04:53:25.55 | 04:53:25.55 | 6:31 | 9.2 |
| 10 | GALUSKIN ALEXEY | 5591 | GRUPA NOMAX | TARNOWSKIE GÓRY | POL | SENIOR II M - 30 | 10 | M 22 | 00:00:12 | 01:11:05 | 02:31:52 | 03:46:27 | 04:53:54.65 | 04:53:54.65 | 6:31 | 9.2 |
| 11 | BIENIEK DAMIAN | 5538 | AZYMUT TEAM | PIOTRKÓW TRYBUNALSKI | POL | SENIOR II M - 30 | 11 | M 28 | 00:00:01 | 01:06:40 | 02:29:26 | 03:45:39 | 04:57:50.45 | 04:57:50.45 | 6:37 | 9.1 |
| 12 | GORSIAK PAWEŁ | 5250 | | PŁOCK | POL | SENIOR II M - 30 | 12 | M 29 | 00:00:12 | 01:11:02 | 02:39:23 | 03:51:49 | 04:59:47.50 | 04:59:47.50 | 6:39 | 9 |
| 13 | TALAGA DAWID | 5220 | KGHM ZG RUN | OLKUSZ | POL | SENIOR II M - 30 | 13 | M 32 | 00:00:20 | 01:11:09 | 02:32:01 | 03:50:14 | 05:03:51.75 | 05:03:51.75 | 6:45 | 8.9 |
| 14 | WOJNAROWICZ PAWEŁ | 5308 | | WILKSZYN | POL | SENIOR II M - 30 | 14 | M 33 | 00:00:31 | 01:12:09 | 02:36:02 | 03:52:38 | 05:04:48.15 | 05:04:48.15 | 6:46 | 8.9 |
| 15 | ŁACHACZ KAROL | 5465 | GÓRAL Z MAZUR RUNNING TEAM | SUWAŁKI | POL | SENIOR II M - 30 | 15 | M 34 | 00:00:13 | 01:10:58 | 02:36:55 | 03:55:35 | 05:07:45.25 | 05:07:45.25 | 6:50 | 8.8 |
| 16 | WRÓBLEWSKI ADRIAN | 5380 | ZGRUPKA PROMOBIL TEAM | KOMORNIKI | POL | SENIOR II M - 30 | 16 | M 36 | 00:00:32 | 01:11:06 | 02:36:34 | 03:55:21 | 05:08:58.00 | 05:08:58.00 | 6:51 | 8.7 |
| 17 | ŚNIERZYŃSKI ROBERT | 5146 | | SADKÓW | POL | SENIOR II M - 30 | 17 | M 37 | 00:00:36 | 01:10:59 | 02:35:58 | 03:55:07 | 05:09:41.60 | 05:09:41.60 | 6:52 | 8.7 |

## ZŁOTY MARATON - 45 KM, Senior II M - 30 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0km | 10km | 22km | 33km | Netto | Brutto | min/km | km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 18 | WÓJCIK ROBERT | 5175 | 42K PRO TEAM | TYCHY | POL | SENIOR II M - 30 | 18 | M 40 | 00:00:04 | 01:10:58 | 02:37:09 | 03:56:42 | 05:11:23.10 | 05:11:23.10 | 6:55 | 8.7 |
| 19 | KOTARSKI JAROSŁAW | 5577 | | WROCŁAW | POL | SENIOR II M - 30 | 19 | M 42 | 00:00:06 | 01:07:45 | 02:28:31 | 03:55:36 | 05:12:59.75 | 05:12:59.75 | 6:57 | 8.6 |
| 20 | ZIELIŃSKI PIOTR | 5066 | | WARSZAWA | POL | SENIOR II M - 30 | 20 | M 44 | 00:00:07 | 01:11:08 | 02:36:22 | 04:02:40 | 05:15:31.65 | 05:15:31.65 | 7:00 | 8.6 |
| 21 | SIKORA ŁUKASZ | 5624 | GRUPA NOMAX | SKOCZÓW | POL | SENIOR II M - 30 | 21 | M 45 | 00:00:12 | 01:15:25 | 02:45:32 | 04:03:41 | 05:16:57.90 | 05:16:57.90 | 7:02 | 8.5 |
| 22 | ALLGÄUER MAXIMILIAN | 5396 | | FELDKIRCH | AUT | SENIOR II M - 30 | 22 | M 47 | 00:01:24 | 01:18:04 | 02:48:35 | 04:09:59 | 05:17:23.70 | 05:17:23.70 | 7:03 | 8.5 |
| 23 | CZAPIGA GRZEGORZ | 5153 | BURZA BORECZEK | BORÓW | POL | SENIOR II M - 30 | 23 | M 52 | 00:00:38 | 01:13:00 | 02:39:24 | 04:03:13 | 05:21:38.45 | 05:21:38.45 | 7:08 | 8.4 |
| 24 | JĘDRASIK ADAM | 5432 | | WROCŁAW | POL | SENIOR II M - 30 | 24 | M 53 | 00:00:10 | 01:11:06 | 02:35:06 | 04:07:36 | 05:23:29.30 | 05:23:29.30 | 7:11 | 8.3 |
| 25 | ZIELIŃSKI MATEUSZ | 5438 | | KRAKÓW | POL | SENIOR II M - 30 | 25 | M 55 | 00:00:29 | 01:16:57 | 02:48:47 | 04:11:30 | 05:23:47.40 | 05:23:47.40 | 7:11 | 8.3 |
| 26 | ŚLĘCZEK FILIP | 5041 | | WARSZAWA | POL | SENIOR II M - 30 | 26 | M 60 | 00:00:25 | 01:14:06 | 02:43:29 | 04:07:31 | 05:28:33.25 | 05:28:33.25 | 7:18 | 8.2 |
| 27 | BĄKOWICZ KAMIL | 5238 | AKTYWNI KAMIEŃSK | KAMIEŃSK | POL | SENIOR II M - 30 | 27 | M 67 | 00:00:34 | 01:19:52 | 02:56:04 | 04:22:12 | 05:32:29.20 | 05:32:29.20 | 7:23 | 8.1 |
| 28 | STAWIŃSKI MICHAŁ | 5236 | NIGHT RUNNERS | TARNOWO PODGÓRNE | POL | SENIOR II M - 30 | 28 | M 72 | 00:00:03 | 01:04:09 | 02:26:24 | 04:00:07 | 05:35:55.25 | 05:35:55.25 | 7:27 | 8 |
| 29 | ŁATWIŃSKI ŁUKASZ | 5078 | MOCNA GRUPA CEZARA | PIETRZYKOWICE | POL | SENIOR II M - 30 | 29 | M 73 | 00:01:21 | 01:21:45 | 02:56:23 | 04:23:06 | 05:35:57.05 | 05:35:57.05 | 7:27 | 8 |
| 30 | PLIS GRZEGORZ | 5246 | | KOLBUSZOWA | POL | SENIOR II M - 30 | 30 | M 74 | 00:01:51 | 01:29:28 | 02:57:32 | 04:24:14 | 05:35:58.35 | 05:35:58.35 | 7:27 | 8 |
| 31 | GORZELANY RAFAŁ | 5602 | | RYBNIK | POL | SENIOR II M - 30 | 31 | M 77 | 00:00:29 | 01:20:15 | 02:48:40 | 04:20:12 | 05:36:58.05 | 05:36:58.05 | 7:29 | 8 |
| 32 | BALCEREK MARIUSZ | 5070 | FOKA TEAM | STĘSZEW | POL | SENIOR II M - 30 | 32 | M 79 | 00:00:26 | 01:12:07 | 02:41:31 | 04:12:02 | 05:37:36.15 | 05:37:36.15 | 7:30 | 8 |
| 33 | KOSIŃSKI MICHAŁ | 5050 | | ŁÓDŹ | POL | SENIOR II M - 30 | 33 | M 81 | 00:00:11 | 01:12:51 | 02:44:58 | 04:16:54 | 05:37:39.95 | 05:37:39.95 | 7:30 | 8 |
| 34 | MACHOWIAK MACIEJ | 5330 | | LESZNO | POL | SENIOR II M - 30 | 34 | M 82 | 00:00:50 | 01:13:00 | 02:41:48 | 04:11:55 | 05:38:19.70 | 05:38:19.70 | 7:31 | 8 |
| 35 | MARCZEWSKI MACIEJ | 5415 | | KIELCE | POL | SENIOR II M - 30 | 35 | M 84 | 00:01:45 | 01:24:02 | 02:55:23 | 04:19:58 | 05:39:11.95 | 05:39:11.95 | 7:32 | 8 |
| 36 | JANOWSKI MICHAŁ | 5082 | | POZNAŃ | POL | SENIOR II M - 30 | 36 | M 86 | 00:00:11 | 01:13:35 | 02:52:19 | 04:23:39 | 05:40:11.45 | 05:40:11.45 | 7:33 | 7.9 |
| 37 | WESOLOWSKI MICHAL | 5511 | | OPOLE | POL | SENIOR II M - 30 | 37 | M 89 | 00:01:26 | 01:17:32 | 02:50:13 | 04:20:30 | 05:41:33.15 | 05:41:33.15 | 7:35 | 7.9 |
| 38 | GODLEWSKI MARIUSZ | 5632 | | WARSZAWA | POL | SENIOR II M - 30 | 38 | M 90 | 00:00:18 | 01:18:58 | 02:59:34 | 04:25:17 | 05:41:37.55 | 05:41:37.55 | 7:35 | 7.9 |
| 39 | MOCZULSKI KAMIL | 5179 | SBRT WROCŁAW | WROCŁAW | POL | SENIOR II M - 30 | 39 | M 92 | 00:01:19 | 01:20:18 | 02:52:21 | 04:21:53 | 05:42:53.45 | 05:42:53.45 | 7:37 | 7.9 |
| 40 | TOMELA MACIEJ | 5075 | TEAM GOSZKA | WROCŁAW | POL | SENIOR II M - 30 | 40 | M 93 | 00:01:42 | 01:17:04 | 02:44:54 | 04:15:55 | 05:43:05.05 | 05:43:05.05 | 7:37 | 7.9 |
| 41 | KOTOWSKI PAWEŁ | 5681 | GT RAT - CATIUS | WROCŁAW | POL | SENIOR II M - 30 | 41 | M 95 | 00:00:53 | 01:17:07 | 02:52:19 | 04:24:09 | 05:43:29.75 | 05:43:29.75 | 7:37 | 7.9 |
| 42 | DUBAS MAREK | 5369 | WWW.SPRAWDZAMY-NIERUCHOMOSCI.PL | KOMORNIKI | POL | SENIOR II M - 30 | 42 | M 96 | 00:01:07 | 01:18:06 | 02:52:21 | 04:18:07 | 05:43:33.90 | 05:43:33.90 | 7:38 | 7.9 |
| 43 | BUHL MARCIN | 5504 | | CHRZĄSTOWICE | POL | SENIOR II M - 30 | 43 | M 98 | 00:00:11 | 01:16:58 | 02:50:08 | 04:23:08 | 05:44:02.50 | 05:44:02.50 | 7:38 | 7.8 |
| 44 | KLIŚ MARCIN | 5656 | | STARE SIOŁKOWICE | POL | SENIOR II M - 30 | 44 | M 99 | 00:00:11 | 01:16:57 | 02:50:05 | 04:23:07 | 05:44:02.75 | 05:44:02.75 | 7:38 | 7.8 |
| 45 | GAŁEK ALEKSANDER | 5381 | PRAGMATIQ.PL | POZNAŃ | POL | SENIOR II M - 30 | 45 | M 100 | 00:00:16 | 01:18:35 | 02:53:06 | 04:25:20 | 05:44:14.75 | 05:44:14.75 | 7:38 | 7.8 |
| 46 | URBAŃSKI BARTŁOMIEJ | 5258 | | WARSZAWA | POL | SENIOR II M - 30 | 46 | M 101 | 00:00:56 | 01:20:50 | 02:53:35 | 04:24:28 | 05:46:20.35 | 05:46:20.35 | 7:41 | 7.8 |
| 47 | WITKOWSKI WOJCIECH | 5186 | | NIEMODLIN | POL | SENIOR II M - 30 | 47 | M 104 | 00:00:07 | 01:11:57 | 02:43:35 | 04:32:54 | 05:46:48.95 | 05:46:48.95 | 7:42 | 7.8 |
| 48 | JAZ ERNEST | 5299 | ENDORFINY WĄSOSZ | WĄSOSZ | POL | SENIOR II M - 30 | 48 | M 105 | 00:01:07 | 01:17:05 | 02:50:44 | 04:21:02 | 05:47:13.15 | 05:47:13.15 | 7:42 | 7.8 |
| 49 | BŁAŻEJCZAK TOMASZ | 5490 | #BIEGAJLESZNO | LESZNO | POL | SENIOR II M - 30 | 49 | M 106 | 00:00:17 | 01:20:34 | 02:51:02 | 04:23:19 | 05:47:27.45 | 05:47:27.45 | 7:43 | 7.8 |
| 50 | MATYJA RAFAŁ | 5440 | LESZNOLIMITS RUNNERS | LIPNO | POL | SENIOR II M - 30 | 50 | M 108 | 00:00:30 | 01:22:21 | 03:02:58 | 04:29:20 | 05:47:40.55 | 05:47:40.55 | 7:43 | 7.8 |
| 51 | MAJEWSKI KRZYSZTOF | 5666 | ZDROWYWARIAT SZCZECIN | SZCZECIN | POL | SENIOR II M - 30 | 51 | M 114 | 00:02:33 | 01:29:28 | 02:58:57 | 04:28:38 | 05:50:24.70 | 05:50:24.70 | 7:47 | 7.7 |
| 52 | KUROWSKI ARTUR | 5242 | PURA VIDA TEAM | WROCŁAW | POL | SENIOR II M - 30 | 52 | M 115 | 00:01:48 | 01:28:32 | 03:03:27 | 04:32:11 | 05:50:30.85 | 05:50:30.85 | 7:47 | 7.7 |
| 53 | SCHLEGEL MICHAŁ | 5012 | MARATOŃCZYK POZNAŃ / POKONAJLENIA.PL | POZNAŃ | POL | SENIOR II M - 30 | 53 | M 116 | 00:00:27 | 01:20:12 | 02:56:05 | 04:29:40 | 05:51:08.60 | 05:51:08.60 | 7:48 | 7.7 |
| 54 | ODOLAK PIOTR | 5005 | STANWEX LL | SULEJÓWEK | POL | SENIOR II M - 30 | 54 | M 117 | 00:02:02 | 01:29:24 | 03:01:53 | 04:30:39 | 05:51:52.30 | 05:51:52.30 | 7:49 | 7.7 |
| 55 | STORTZ PIOTR | 5200 | | WARSZAWA | POL | SENIOR II M - 30 | 55 | M 118 | 00:01:22 | 01:17:09 | 02:54:21 | 04:32:43 | 05:52:41.80 | 05:52:41.80 | 7:50 | 7.7 |
| 56 | SENFTLEBEN MAREK | 5111 | | LESZNO | POL | SENIOR II M - 30 | 56 | M 123 | 00:00:52 | 01:23:50 | 03:01:47 | 04:32:03 | 05:55:03.85 | 05:55:03.85 | 7:53 | 7.6 |
| 57 | DAWIDOWICZ WOJCIECH | 5177 | | DOBROSZYCE | POL | SENIOR II M - 30 | 57 | M 127 | 00:01:07 | 01:22:23 | 03:00:06 | 04:33:37 | 05:55:42.25 | 05:55:42.25 | 7:54 | 7.6 |
| 58 | SCHWARZ MAREK | 5333 | PRO366 | SWARZĘDZ | POL | SENIOR II M - 30 | 58 | M 132 | 00:00:54 | 01:20:56 | 02:57:31 | 04:37:46 | 05:58:27.00 | 05:58:27.00 | 7:57 | 7.5 |
| 59 | RÓŻAŃSKI ERYK | 5130 | MARATOŃCZYK POZNAŃ | POZNAŃ | POL | SENIOR II M - 30 | 59 | M 138 | 00:00:20 | 01:18:21 | 02:55:09 | 04:28:22 | 05:59:11.00 | 05:59:11.00 | 7:58 | 7.5 |
| 60 | MROWCA PAWEŁ | 5181 | | LUBAŃ | POL | SENIOR II M - 30 | 60 | M 141 | 00:01:57 | 01:26:19 | 03:03:57 | 04:38:15 | 06:00:53.25 | 06:00:53.25 | 8:01 | 7.5 |
| 61 | SPYTKOWSKI PATRYK | 5651 | | KRAKÓW | POL | SENIOR II M - 30 | 61 | M 142 | 00:00:10 | 01:22:07 | 03:01:57 | 04:38:00 | 06:01:41.50 | 06:01:41.50 | 8:02 | 7.5 |
| 62 | BORECKI PIOTR | 5113 | CZAJKERSI | NOWA RUDA | POL | SENIOR II M - 30 | 62 | M 146 | 00:01:27 | 01:27:32 | 03:03:55 | 04:33:54 | 06:03:38.30 | 06:03:38.30 | 8:04 | 7.4 |
| 63 | ŁYSIAK BARTEK | 5371 | | DĄBRÓWKA | POL | SENIOR II M - 30 | 63 | M 147 | 00:00:41 | 01:20:14 | 02:53:22 | 04:34:07 | 06:04:31.40 | 06:04:31.40 | 8:06 | 7.4 |
| 64 | GRZELAK JAKUB | 5627 | MARMUROWE DZIKI | ŁÓDŹ | POL | SENIOR II M - 30 | 64 | M 149 | 00:00:19 | 01:19:02 | 02:56:37 | 04:36:03 | 06:04:50.35 | 06:04:50.35 | 8:06 | 7.4 |
| 65 | JARYSZ PIOTR | 5160 | KRISTRANS MAŁYSZKA | POZNAŃ | POL | SENIOR II M - 30 | 65 | M 154 | 00:00:17 | 01:18:29 | 02:57:16 | 04:36:45 | 06:08:34.40 | 06:08:34.40 | 8:11 | 7.3 |
| 66 | SEMENIUK KONRAD | 5617 | RZEPIN CITY | RZEPIN | POL | SENIOR II M - 30 | 66 | M 155 | 00:01:28 | 01:29:49 | 03:08:29 | 04:46:56 | 06:08:41.10 | 06:08:41.10 | 8:11 | 7.3 |
| 67 | SAMBORSKI PIOTR | 5474 | WKURW_TEAM | TORUŃ | POL | SENIOR II M - 30 | 67 | M 158 | 00:02:26 | 01:39:04 | 03:16:54 | 04:45:22 | 06:11:02.35 | 06:11:02.35 | 8:14 | 7.3 |
| 68 | HANS MICHAŁ | 5496 | | MSZANA DOLNA | POL | SENIOR II M - 30 | 68 | M 159 | 00:00:06 | 01:09:53 | 02:41:17 | 04:24:50 | 06:11:07.55 | 06:11:07.55 | 8:14 | 7.3 |
| 69 | KAROLCZAK RAFAŁ | 5020 | MARATOŃCZYK POZNAŃ | POZNAŃ | POL | SENIOR II M - 30 | 69 | M 160 | 00:00:27 | 01:24:03 | 03:09:47 | 04:50:19 | 06:11:30.45 | 06:11:30.45 | 8:15 | 7.3 |
| 70 | SZELIGA TOMASZ | 5482 | | BYTOM | POL | SENIOR II M - 30 | 70 | M 163 | 00:00:59 | 01:30:17 | 03:14:29 | 04:46:02 | 06:13:26.65 | 06:13:26.65 | 8:17 | 7.2 |
| 71 | JARZĄBEK MICHAŁ | 5142 | | WROCŁAW | POL | SENIOR II M - 30 | 71 | M 166 | 00:01:18 | 01:25:19 | 03:09:03 | 04:51:21 | 06:13:57.20 | 06:13:57.20 | 8:18 | 7.2 |
| 72 | SOBCZAK MARCIN | 5444 | | WROCLAW | POL | SENIOR II M - 30 | 72 | M 169 | 00:00:36 | 01:26:38 | 03:11:10 | 04:50:54 | 06:14:44.15 | 06:14:44.15 | 8:19 | 7.2 |

## ZŁOTY MARATON - 45 KM, Senior II M - 30 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0km | 10km | 22km | 33km | Netto | Brutto | min/km | km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 73 | JAKRZEWSKI HUBERT | 5281 | | KAMIONKI | POL | SENIOR II M - 30 | 73 | M 170 | 00:00:32 | 01:23:08 | 03:04:21 | 04:45:33 | 06:15:05.65 | 06:15:05.65 | 8:20 | 7.2 |
| 74 | SYCHOWSKI DAWID | 5068 | | TOMASZÓW BOLESŁAWIECKI | POL | SENIOR II M - 30 | 74 | M 173 | 00:01:35 | 01:28:11 | 03:13:49 | 04:51:15 | 06:15:57.20 | 06:15:57.20 | 8:21 | 7.2 |
| 75 | OLEŚ DANIEL | 5466 | | JEŻÓW SUDECKI | POL | SENIOR II M - 30 | 75 | M 176 | 00:00:22 | 01:19:59 | 03:05:48 | 04:52:42 | 06:18:13.00 | 06:18:13.00 | 8:24 | 7.1 |
| 76 | KONIECZNY CYPRIAN | 5272 | | LESZNO | POL | SENIOR II M - 30 | 76 | M 177 | 00:01:22 | 01:30:30 | 03:13:25 | 04:51:35 | 06:18:24.65 | 06:18:24.65 | 8:24 | 7.1 |
| 77 | KARMOWSKI JAKUB | 5014 | MOCNA GRUPA CEZARA | WROCŁAW | POL | SENIOR II M - 30 | 77 | M 178 | 00:00:45 | 01:28:13 | 03:17:04 | 04:56:30 | 06:19:38.00 | 06:19:38.00 | 8:26 | 7.1 |
| 78 | PROCHNO PIOTR | 5682 | TRAIL IS OUR WAY TEAM | WŁOCŁAWEK | POL | SENIOR II M - 30 | 78 | M 179 | 00:01:13 | 01:29:42 | 03:14:56 | 04:55:07 | 06:20:39.10 | 06:20:39.10 | 8:27 | 7.1 |
| 79 | MACIEJEWSKI ŁUKASZ | 5391 | | KALISZ | POL | SENIOR II M - 30 | 79 | M 182 | 00:01:49 | 01:28:07 | 03:10:03 | 04:49:10 | 06:21:19.85 | 06:21:19.85 | 8:28 | 7.1 |
| 80 | CICHOCKI DAWID | 5120 | NIGHT RUNNERS PYSKOWICE | PYSKOWICE | POL | SENIOR II M - 30 | 80 | M 184 | 00:00:50 | 01:24:00 | 03:07:30 | 04:52:12 | 06:21:40.40 | 06:21:40.40 | 8:28 | 7.1 |
| 81 | KURZYNIEC ŁUKASZ | 5197 | | WROCŁAW | POL | SENIOR II M - 30 | 81 | M 188 | 00:03:01 | 01:32:40 | 03:11:32 | 04:48:18 | 06:23:29.40 | 06:23:29.40 | 8:31 | 7 |
| 82 | SZUMIATO JAKUB | 5372 | PRZEDWOJEWSKI TEAM | WROCŁAW | POL | SENIOR II M - 30 | 82 | M 189 | 00:01:46 | 01:34:46 | 03:20:06 | 05:01:00 | 06:23:57.70 | 06:23:57.70 | 8:31 | 7 |
| 83 | SALIŃSKI BARTOSZ | 5510 | AUGUSTEAM | KATOWICE | POL | SENIOR II M - 30 | 83 | M 192 | 00:00:03 | 01:22:33 | 03:11:13 | 04:52:57 | 06:24:49.15 | 06:24:49.15 | 8:33 | 7 |
| 84 | BARTOSZAK PIOTR | 5408 | | ZANIEMYŚL | POL | SENIOR II M - 30 | 84 | M 193 | 00:00:11 | 01:17:56 | 03:00:26 | 04:48:30 | 06:24:51.05 | 06:24:51.05 | 8:33 | 7 |
| 85 | RYBKOWSKI HUBERT | 5492 | KTÓRĘDYNADMORSKIEOKO | ŻYCHLIN | POL | SENIOR II M - 30 | 85 | M 194 | 00:00:58 | 01:31:57 | 03:12:12 | 04:49:11 | 06:25:09.55 | 06:25:09.55 | 8:33 | 7 |
| 86 | PORAJ PAWEŁ | 5464 | | CZĘSTOCHOWA | POL | SENIOR II M - 30 | 86 | M 195 | 00:01:08 | 01:33:13 | 03:18:55 | 04:59:35 | 06:25:47.60 | 06:25:47.60 | 8:34 | 7 |
| 87 | OLIŃSKI PAWEŁ | 5117 | | POZNAŃ | POL | SENIOR II M - 30 | 87 | M 199 | 00:01:17 | 01:29:02 | 03:11:25 | 04:52:11 | 06:26:54.05 | 06:26:54.05 | 8:35 | 7 |
| 88 | BURMISTRZ BARTOSZ | 5140 | ZAKŁADKA TEAM / TARNOWO PODGÓRNE BIEGA | SIEROSŁAW | POL | SENIOR II M - 30 | 88 | M 201 | 00:01:01 | 01:29:34 | 03:17:03 | 04:54:27 | 06:27:42.50 | 06:27:42.50 | 8:36 | 7 |
| 89 | POŁEĆ LESZEK | 5357 | MOCNA GRUPA CEZARA | WROCŁAW | POL | SENIOR II M - 30 | 89 | M 210 | 00:01:43 | 01:31:30 | 03:12:12 | 04:57:36 | 06:32:20.40 | 06:32:20.40 | 8:43 | 6.9 |
| 90 | SOCHANOWSKI KRZYSZTOF | 5433 | | WROCŁAW | POL | SENIOR II M - 30 | 90 | M 213 | 00:00:26 | 01:26:25 | 03:19:13 | 05:10:15 | 06:33:04.60 | 06:33:04.60 | 8:44 | 6.9 |
| 91 | POMIANOWSKI SZYMON | 5356 | | WROCŁAW | POL | SENIOR II M - 30 | 91 | M 221 | 00:00:25 | 01:20:12 | 03:09:52 | 05:03:12 | 06:34:50.90 | 06:34:50.90 | 8:46 | 6.8 |
| 92 | DEBSKI MARCIN | 5428 | | WROCŁAW | POL | SENIOR II M - 30 | 92 | M 226 | 00:01:33 | 01:33:14 | 03:25:10 | 05:11:26 | 06:36:45.95 | 06:36:45.95 | 8:49 | 6.8 |
| 93 | BURA TOMASZ | 5276 | | KRZYCKO WIELKIE | POL | SENIOR II M - 30 | 93 | M 228 | 00:00:49 | 01:29:19 | 03:21:04 | 05:07:03 | 06:37:25.55 | 06:37:25.55 | 8:49 | 6.8 |
| 94 | CISZEK BARTOSZ | 5202 | 8A TEAM | ZABRZE | POL | SENIOR II M - 30 | 94 | M 234 | 00:01:43 | 01:37:28 | 03:28:04 | 05:12:31 | 06:40:36.60 | 06:40:36.60 | 8:54 | 6.7 |
| 95 | WAWRZYNIAK KRYSTIAN | 5493 | KB ODRA OPOLE | OPOLE | POL | SENIOR II M - 30 | 95 | M 235 | 00:01:47 | 01:45:38 | 03:38:10 | 05:17:56 | 06:41:20.25 | 06:41:20.25 | 8:55 | 6.7 |
| 96 | KOMORKIEWICZ KAROL | 5565 | RUNEDA/FINASTRA | REDA | POL | SENIOR II M - 30 | 96 | M 237 | 00:00:31 | 01:29:30 | 03:18:24 | 05:04:02 | 06:42:28.70 | 06:42:28.70 | 8:56 | 6.7 |
| 97 | JURKIEWICZ KAROL | 5497 | OKB ODRA OPOLE | OPOLE | POL | SENIOR II M - 30 | 97 | M 241 | 00:01:44 | 01:37:06 | 03:22:27 | 05:18:55 | 06:44:44.75 | 06:44:44.75 | 8:59 | 6.7 |
| 98 | DAWIDOWICZ KONRAD | 5222 | | KATOWICE | POL | SENIOR II M - 30 | 98 | M 245 | 00:00:45 | 01:28:30 | 03:17:05 | 05:08:46 | 06:46:08.50 | 06:46:08.50 | 9:01 | 6.6 |
| 99 | DRZYMAŁA MARCIN | 5085 | | STRZELCE OPOLSKIE | POL | SENIOR II M - 30 | 99 | M 247 | 00:01:52 | 01:38:07 | 03:29:47 | 05:14:18 | 06:47:28.55 | 06:47:28.55 | 9:03 | 6.6 |
| 100 | BOSZKO KRZYSZTOF | 5055 | | OPOLE | POL | SENIOR II M - 30 | 100 | M 248 | 00:01:52 | 01:38:09 | 03:30:00 | 05:14:19 | 06:47:53.70 | 06:47:53.70 | 9:03 | 6.6 |
| 101 | KACZOR MICHAŁ | 5158 | KLUCZBORSKI GRUPA BIEGOWA | KLUCZBORK | POL | SENIOR II M - 30 | 101 | M 249 | 00:01:02 | 01:25:18 | 03:15:12 | 05:19:13 | 06:47:56.70 | 06:47:56.70 | 9:03 | 6.6 |
| 102 | MATAK PAWEŁ | 5154 | ŁASUCH | RADZYMIN | POL | SENIOR II M - 30 | 102 | M 250 | 00:00:03 | 01:29:23 | 03:24:26 | 05:19:32 | 06:48:04.40 | 06:48:04.40 | 9:04 | 6.6 |
| 103 | ROSŁON CEZARY | 5187 | | RADZYMIN | POL | SENIOR II M - 30 | 103 | M 251 | 00:00:28 | 01:29:13 | 03:24:26 | 05:19:33 | 06:48:05.25 | 06:48:05.25 | 9:04 | 6.6 |
| 104 | LICHOCKI MARCIN | 5043 | ŁĄCZY NAS PUSZCZA | BYDGOSZCZ | POL | SENIOR II M - 30 | 104 | M 254 | 00:00:27 | 01:29:20 | 03:27:20 | 05:14:25 | 06:48:35.55 | 06:48:35.55 | 9:04 | 6.6 |
| 105 | MAZAN WOJCIECH | 5309 | | WROCLAW | POL | SENIOR II M - 30 | 105 | M 258 | 00:02:41 | 01:34:37 | 03:29:27 | 05:17:44 | 06:49:32.00 | 06:49:32.00 | 9:06 | 6.6 |
| 106 | KONDRACKI JACEK | 5611 | KUNA W AGREŚCIE | LUBLINIEC | POL | SENIOR II M - 30 | 106 | M 267 | 00:00:38 | 01:31:07 | 03:23:11 | 05:16:13 | 06:51:25.75 | 06:51:25.75 | 9:08 | 6.6 |
| 107 | TOMCZYK RAFAŁ | 5262 | PODDĘBICKI KLUB BIEGACZA ZDYSZANI.PL | PODDĘBICE | POL | SENIOR II M - 30 | 107 | M 268 | 00:00:20 | 01:26:54 | 03:21:57 | 05:12:56 | 06:52:14.65 | 06:52:14.65 | 9:09 | 6.5 |
| 108 | GRZELIŃSKI MICHAŁ | 5249 | □□ | JAROCIN | POL | SENIOR II M - 30 | 108 | M 282 | 00:02:41 | 01:45:22 | 03:42:08 | 05:27:41 | 06:55:54.95 | 06:55:54.95 | 9:14 | 6.5 |
| 109 | NOWAK ANDRZEJ | 5539 | | ŻARY | POL | SENIOR II M - 30 | 109 | M 288 | 00:01:00 | 01:36:36 | 03:29:12 | 05:19:28 | 06:57:06.80 | 06:57:06.80 | 9:16 | 6.5 |
| 110 | DANKOWSKI BARTOSZ | 5029 | ENDORFINY WĄSOSZ | WĄSOSZ | POL | SENIOR II M - 30 | 110 | M 289 | 00:01:06 | 01:28:15 | 03:24:10 | 05:19:56 | 06:57:55.10 | 06:57:55.10 | 9:17 | 6.5 |
| 111 | BUGAJ ALAN | 5196 | | CZARNY BÓR | POL | SENIOR II M - 30 | 111 | M 293 | 00:01:04 | 01:33:12 | 03:31:42 | 05:29:18 | 06:59:55.35 | 06:59:55.35 | 9:19 | 6.4 |
| 112 | GADZAŁA BARTOSZ | 5006 | 5R061E-7R4MPK1 | NOWOGRÓD BOBRZAŃSKI | POL | SENIOR II M - 30 | 112 | M 294 | 00:01:30 | 01:28:14 | 03:24:56 | 05:27:23 | 07:00:07.05 | 07:00:07.05 | 9:20 | 6.4 |
| 113 | MUSIOLIK MARIUSZ | 5647 | | GORZYCE | POL | SENIOR II M - 30 | 113 | M 296 | 00:01:44 | 01:43:41 | 03:40:36 | 05:30:39 | 07:01:26.20 | 07:01:26.20 | 9:21 | 6.4 |
| 114 | KLIMEK RADOSŁAW | 5234 | BRAK | WODZISŁAW ŚLĄSKI | POL | SENIOR II M - 30 | 114 | M 297 | 00:00:50 | 01:33:15 | 03:30:54 | 05:25:35 | 07:01:42.60 | 07:01:42.60 | 9:22 | 6.4 |
| 115 | CHUDY KAMIL | 5413 | | POZNAŃ | POL | SENIOR II M - 30 | 115 | M 302 | 00:01:30 | 01:33:59 | 03:30:24 | 05:27:06 | 07:06:39.65 | 07:06:39.65 | 9:28 | 6.3 |
| 116 | BANASZCZAK DAWID | 5362 | | JAWORZYNA ŚLĄSKA | POL | SENIOR II M - 30 | 116 | M 307 | 00:01:31 | 01:31:10 | 03:18:02 | 05:40:31 | 07:08:01.75 | 07:08:01.75 | 9:30 | 6.3 |
| 117 | PIETRZAK KRZYSZTOF | 5018 | BIEGAMBOLUBIĘ - GORZÓW | GORZÓW WIELKOPOLSKI | POL | SENIOR II M - 30 | 117 | M 308 | 00:02:19 | 01:44:57 | 03:42:19 | 05:34:26 | 07:08:59.55 | 07:08:59.55 | 9:31 | 6.3 |
| 118 | DATA MAREK | 5646 | KUGUAR XTREME RUNNERS | KLETNO | POL | SENIOR II M - 30 | 118 | M 313 | 00:01:13 | 01:41:19 | 03:35:14 | 05:31:29 | 07:14:12.75 | 07:14:12.75 | 9:38 | 6.2 |
| 119 | SZALBOT MAREK | 5230 | PORANNY BESKID RUN | CISOWNICA | POL | SENIOR II M - 30 | 119 | M 315 | 00:01:41 | 01:30:38 | 03:24:32 | 05:33:05 | 07:14:37.00 | 07:14:37.00 | 9:39 | 6.2 |
| 120 | SIEPIELSKI DAMIAN | 5080 | SOLETANCHE POLSKA | NOWA WOLA | POL | SENIOR II M - 30 | 120 | M 321 | 00:00:11 | 01:30:09 | 03:32:55 | 05:31:10 | 07:17:43.15 | 07:17:43.15 | 9:43 | 6.2 |
| 121 | KAMIONKA ANDRZEJ | 5635 | 14 ZBOT/141BLP | SZCZECIN | POL | SENIOR II M - 30 | 121 | M 322 | 00:01:35 | 01:34:47 | 03:38:54 | 05:43:09 | 07:18:10.55 | 07:18:10.55 | 9:44 | 6.2 |

## ZŁOTY MARATON - 45 KM, Senior II M - 30 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0km | 10km | 22km | 33km | Netto | Brutto | min/km | km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 122 | GIEŁAŻYS TOMEK | 5148 | JAROSŁAW JAKIMOWICZ KATALIZATORY RUNNING TEAM | KRAKÓW | POL | SENIOR II M - 30 | 122 | M 324 | 00:02:35 | 01:41:06 | 03:40:43 | 05:47:53 | 07:19:06.40 | 07:19:06.40 | 9:45 | 6.1 |
| 123 | FRANKIEWICZ ŁUKASZ | 5145 | | SOSNOWIEC | POL | SENIOR II M - 30 | 123 | M 329 | 00:02:37 | 01:44:01 | 03:45:34 | 05:43:54 | 07:22:36.10 | 07:22:36.10 | 9:50 | 6.1 |
| 124 | KORBIK MIKOŁAJ | 5453 | | KOZIEGŁOWY | POL | SENIOR II M - 30 | 124 | M 330 | 00:02:17 | 01:41:12 | 03:41:41 | 05:42:56 | 07:23:15.75 | 07:23:15.75 | 9:51 | 6.1 |
| 125 | ZARZECZNY RADOSŁAW | 5003 | JUNIOR AMATOR SUPERSTAR | KRAKÓW | POL | SENIOR II M - 30 | 125 | M 333 | 00:01:11 | 01:45:54 | 03:50:26 | 05:43:53 | 07:25:00.30 | 07:25:00.30 | 9:53 | 6.1 |
| 126 | NIEMYT MICHAŁ | 5201 | 8A TEAM | KATOWICE | POL | SENIOR II M - 30 | 126 | M 341 | 00:01:42 | 01:40:55 | 03:36:13 | 05:58:06 | 07:27:35.00 | 07:27:35.00 | 9:56 | 6 |
| 127 | JUSKOWIAK MIKOŁAJ | 5149 | WKURW_TEAM | LESZNO | POL | SENIOR II M - 30 | 127 | M 344 | 00:02:18 | 01:45:29 | 03:53:19 | 05:51:09 | 07:30:04.75 | 07:30:04.75 | 10:00 | 6 |
| 128 | TYMOREK MACIEJ | 5398 | | WROCŁAW | POL | SENIOR II M - 30 | 128 | M 345 | 00:02:32 | 01:45:24 | 03:43:07 | 05:38:32 | 07:31:29.15 | 07:31:29.15 | 10:01 | 6 |
| 129 | OCHREMIAK JĘDRZEJ | 5125 | | WARSZAWA | POL | SENIOR II M - 30 | 129 | M 356 | 00:01:30 | 01:37:28 | 03:42:39 | 05:49:50 | 07:35:35.55 | 07:35:35.55 | 10:07 | 5.9 |
| 130 | GĄSIOR PAWEŁ | 5135 | ROZBIEGANY SUSZ | SUSZ | POL | SENIOR II M - 30 | 130 | M 357 | 00:01:44 | 01:43:50 | 03:46:12 | 05:49:19 | 07:35:36.40 | 07:35:36.40 | 10:07 | 5.9 |
| 131 | SZUMNY PAWEŁ | 5053 | | JÓZEFÓW | POL | SENIOR II M - 30 | 131 | M 363 | 00:01:38 | 01:36:24 | 03:42:45 | 05:54:46 | 07:42:39.20 | 07:42:39.20 | 10:16 | 5.8 |
| 132 | LECH MARCIN | 5039 | NOA | WROCŁAW | POL | SENIOR II M - 30 | 132 | M 375 | 00:01:51 | 01:43:55 | 03:56:23 | 06:04:06 | 07:51:15.75 | 07:51:15.75 | 10:28 | 5.7 |
| 133 | CHORĄŻY ŁUKASZ | 5336 | | DOBROSZYCE | POL | SENIOR II M - 30 | 133 | M 380 | 00:00:59 | 01:37:56 | 03:43:08 | 05:55:30 | 08:00:29.35 | 08:00:29.35 | 10:40 | 5.6 |
| 134 | ZACZYŃSKI MARIUSZ | 5052 | | LUBIN | POL | SENIOR II M - 30 | 134 | M 388 | 00:02:37 | | 03:50:36 | 06:17:23 | 08:09:00.50 | 08:09:00.50 | 10:52 | 5.5 |
| 135 | KAŁŁAUR KRZYSZTOF | 5358 | | WARSZAWA | POL | SENIOR II M - 30 | 135 | M 389 | 00:01:26 | 01:55:35 | 03:58:18 | 06:10:04 | 08:10:34.75 | 08:10:34.75 | 10:54 | 5.5 |
| 136 | KAMIŃSKI MAREK | 5418 | KLUB BIEGACZA STRZELIN | STRZELIN | POL | SENIOR II M - 30 | 136 | M 390 | 00:02:32 | 01:52:28 | 04:13:48 | 06:22:27 | 08:10:36.70 | 08:10:36.70 | 10:54 | 5.5 |
| 137 | SZYMAŃSKI KAMIL | 5322 | | CHORZÓW | POL | SENIOR II M - 30 | 137 | M 395 | 00:02:43 | 01:50:08 | 04:01:39 | 06:29:41 | 08:21:42.45 | 08:21:42.45 | 11:08 | 5.4 |
| 138 | MACULEWICZ NORBERT | 5596 | RYCERZE HARDCORU | SZCZECIN | POL | SENIOR II M - 30 | 138 | M 399 | 00:01:58 | 01:53:44 | 04:18:44 | 06:33:21 | 08:25:30.90 | 08:25:30.90 | 11:14 | 5.3 |
| 139 | PYZIO DOMINIK | 5481 | KAPRYZ | SIECHNICE | POL | SENIOR II M - 30 | 139 | M 410 | 00:01:12 | 01:58:10 | 04:37:26 | 07:24:55 | 09:58:38.05 | 09:58:38.05 | 13:18 | 4.5 |
| | KROGULECKI MICHAŁ | 5188 | | ZABRZE | POL | SENIOR II M - 30 | | | 00:00:05 DNF | 01:50:30 DNF | DNF | DNF | DNF | DNF | - | - |

## ZŁOTY MARATON - 45 KM, Masters K - 40

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0km | 10km | 22km | 33km | Netto | Brutto | min/km | km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | WOSZEK MARZENA | 5556 | WOSZKI | OPOLE | POL | MASTERS K - 40 | 1 | K 9 | 00:00:04 | 01:11:48 | 02:38:05 | 03:55:09 | 05:05:11.70 | 05:05:11.70 | 6:46 | 8.8 |
| 2 | DOMAŃ JOANNA | 5121 | FEHLAU RUN TEAM | KIEKRZ | POL | MASTERS K - 40 | 2 | K 12 | 00:00:51 | 01:20:54 | 02:51:49 | 04:10:29 | 05:22:31.20 | 05:22:31.20 | 7:10 | 8.4 |
| 3 | KURANT ELENA | 5501 | | KRAKÓW | POL | MASTERS K - 40 | 3 | K 22 | 00:00:14 | 01:22:05 | 02:55:03 | 04:19:16 | 05:41:06.40 | 05:41:06.40 | 7:34 | 7.9 |
| 4 | KLEPACKA-GANCARZ BARBARA | 5594 | RESHAPE RUNNERS | GLIWICE | POL | MASTERS K - 40 | 4 | K 27 | 00:00:08 | 01:23:34 | 03:04:07 | 04:32:33 | 05:53:43.20 | 05:53:43.20 | 7:51 | 7.6 |
| 5 | GRZEBIELUCH KASIA | 5688 | LEDWOZIPIA | RYBNIK | POL | MASTERS K - 40 | 5 | K 28 | 00:00:19 | 01:20:48 | 03:03:47 | 04:30:10 | 05:54:30.50 | 05:54:30.50 | 7:52 | 7.6 |
| 6 | BRUDNY AGNIESZKA | 5223 | PORANNY BESKID RUN | OCHABY WIELKIE | POL | MASTERS K - 40 | 6 | K 29 | 00:01:32 | 01:29:45 | 03:10:15 | 04:37:56 | 05:54:31.05 | 05:54:31.05 | 7:52 | 7.6 |
| 7 | WIZA ANNA | 5040 | | SWARZĘDZ | POL | MASTERS K - 40 | 7 | K 32 | 00:00:22 | 01:20:32 | 03:04:27 | 04:41:16 | 05:56:52.55 | 05:56:52.55 | 7:55 | 7.6 |
| 8 | KAJDAS GOSIA | 5227 | CROOS STRATEŃCÓW TEAM | SŁAWA | POL | MASTERS K - 40 | 8 | K 33 | 00:00:16 | 01:24:57 | 03:08:55 | 04:41:47 | 06:00:45.65 | 06:00:45.65 | 8:01 | 7.5 |
| 9 | BINIENDA AGNIESZKA | 5575 | KOBIETY WATAHY | ZABRZE | POL | MASTERS K - 40 | 9 | K 35 | 00:00:07 | 01:23:38 | 03:05:51 | 04:40:56 | 06:03:57.85 | 06:03:57.85 | 8:05 | 7.4 |
| 10 | SIELIWONIK ANITA | 5205 | | WARSZAWA | POL | MASTERS K - 40 | 10 | K 37 | 00:02:18 | 01:33:11 | 03:14:19 | 04:44:05 | 06:05:59.15 | 06:05:59.15 | 8:07 | 7.4 |
| 11 | OSTACH DARIA | 5425 | | OSTRÓW WIELKOPOLSKI | POL | MASTERS K - 40 | 11 | K 39 | 00:00:23 | 01:26:32 | 03:09:52 | 04:42:31 | 06:07:10.35 | 06:07:10.35 | 8:09 | 7.4 |
| 12 | RATAJCZAK DOROTA | 5671 | TRIO FORTIS | ZIELONA GÓRA | POL | MASTERS K - 40 | 12 | K 41 | 00:00:24 | 01:28:49 | 03:14:30 | 04:51:08 | 06:09:09.95 | 06:09:09.95 | 8:12 | 7.3 |
| 13 | TOKARZEWSKA KATARZYNA | 5541 | | DĄBRÓWKA | POL | MASTERS K - 40 | 13 | K 44 | 00:01:16 | 01:39:02 | 03:21:35 | 04:52:50 | 06:13:19.60 | 06:13:19.60 | 8:17 | 7.2 |
| 14 | KUSZTELSKA LUCYNA | 5654 | WLKP MOUNTAINS ULTRA | MOSINA | POL | MASTERS K - 40 | 14 | K 49 | 00:00:43 | 01:35:24 | 03:24:05 | 04:59:45 | 06:20:16.85 | 06:20:16.85 | 8:27 | 7.1 |
| 15 | STASZYŃSKA KAROLINA | 5108 | BIEGAJĄCE KREJZOLE | TULCE | POL | MASTERS K - 40 | 15 | K 50 | 00:00:35 | 01:27:24 | 03:17:00 | 04:55:56 | 06:22:20.45 | 06:22:20.45 | 8:29 | 7.1 |
| 16 | WALCZAK AGNIESZKA | 5245 | PKO BANK POLSKI | BOLESŁAW | POL | MASTERS K - 40 | 16 | K 51 | 00:00:57 | 01:31:56 | 03:17:22 | 04:58:47 | 06:24:45.50 | 06:24:45.50 | 8:33 | 7 |
| 17 | WOJCIECHOWSKA DOROTA | 5633 | | OLEŚNICA | POL | MASTERS K - 40 | 17 | K 54 | 00:00:44 | 01:27:05 | 03:17:24 | 04:55:50 | 06:26:02.80 | 06:26:02.80 | 8:34 | 7 |
| 18 | RZECZYCKA MAŁGORZATA | 5033 | | OPOLE | POL | MASTERS K - 40 | 18 | K 55 | 00:00:32 | 01:29:03 | 03:17:17 | 04:58:53 | 06:26:12.00 | 06:26:12.00 | 8:34 | 7 |
| 19 | KRZYŻYK AGNIESZKA | 5678 | TRIO FORTIS | ZIELONA GÓRA | POL | MASTERS K - 40 | 19 | K 58 | 00:00:24 | 01:27:31 | 03:18:30 | 04:59:55 | 06:31:06.75 | 06:31:06.75 | 8:41 | 6.9 |
| 20 | KAFKA EWELINA | 5176 | PORANNY BESKID RUN | SKOCZÓW | POL | MASTERS K - 40 | 20 | K 60 | 00:01:32 | 01:34:39 | 03:28:04 | 05:09:27 | 06:32:49.10 | 06:32:49.10 | 8:43 | 6.9 |
| 21 | DALECKA DOROTA | 5508 | | GDYNIA | POL | MASTERS K - 40 | 21 | K 61 | 00:02:00 | 01:42:23 | 03:33:41 | 05:07:02 | 06:33:49.05 | 06:33:49.05 | 8:45 | 6.9 |
| 22 | GIERSZEWSKA ANNA | 5017 | KB SZAMOTUŁY | SZAMOTUŁY | POL | MASTERS K - 40 | 22 | K 63 | 00:01:07 | 01:35:06 | 03:29:36 | 05:07:13 | 06:36:09.40 | 06:36:09.40 | 8:48 | 6.8 |
| 23 | LEONHARD GOSIA | 5198 | W POGONI ZA DUCHEM | DĄBROWA GÓRNICZA | POL | MASTERS K - 40 | 23 | K 68 | 00:01:55 | 01:43:06 | 03:34:40 | 05:20:56 | 06:47:17.75 | 06:47:17.75 | 9:03 | 6.6 |
| 24 | KRZESZEWSKA DOROTA | 5346 | | PIŁA | POL | MASTERS K - 40 | 24 | K 70 | 00:01:13 | 01:31:28 | 03:36:49 | 05:23:36 | 06:49:44.60 | 06:49:44.60 | 9:06 | 6.6 |
| 25 | MAZUR ANNA | 5015 | | GORZÓW WIELKOPOLSKI | POL | MASTERS K - 40 | 25 | K 71 | 00:02:19 | 01:41:08 | 03:39:01 | 05:28:03 | 06:51:54.45 | 06:51:54.45 | 9:09 | 6.6 |
| 26 | STROIŃSKA IWONA | 5209 | LESZ NO LIMITS RUNNERS | WILKOWICE | POL | MASTERS K - 40 | 26 | K 72 | 00:00:15 | 01:33:46 | 03:37:37 | 05:22:22 | 06:52:42.10 | 06:52:42.10 | 9:10 | 6.5 |
| 27 | LEWICKA MAGDALENA | 5208 | CAŁA OLEŚNICA BIEGA | DOBROSZYCE | POL | MASTERS K - 40 | 27 | K 75 | 00:00:23 | 01:35:05 | 03:32:26 | 05:25:00 | 06:53:33.55 | 06:53:33.55 | 9:11 | 6.5 |

## ZŁOTY MARATON - 45 KM, Masters K - 40 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0km | 10km | 22km | 33km | Netto | Brutto | min/km | km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 28 | GRACH ALEKSANDRA | 5292 | | PYSKOWICE | POL | MASTERS K - 40 | 28 | K 76 | 00:00:01 | 01:31:04 | 03:39:26 | 05:21:49 | 06:54:43.40 | 06:54:43.40 | 9:12 | 6.5 |
| 29 | ŁASOCHA KAMILA | 5592 | OWOCBIEGA TEAM | POZNAŃ | POL | MASTERS K - 40 | 29 | K 78 | 00:00:43 | 01:37:42 | 03:39:07 | 05:30:46 | 06:55:07.30 | 06:55:07.30 | 9:13 | 6.5 |
| 30 | KOWALIK DOROTA | 5184 | | RĘDZINY | POL | MASTERS K - 40 | 30 | K 79 | 00:01:36 | 01:42:04 | 03:42:33 | 05:24:18 | 06:56:07.75 | 06:56:07.75 | 9:14 | 6.5 |
| 31 | GARCZYŃSKA ANIA | 5232 | | KATOWICE | POL | MASTERS K - 40 | 31 | K 80 | 00:01:39 | 01:46:50 | 03:43:52 | 05:22:10 | 06:56:16.00 | 06:56:16.00 | 9:15 | 6.5 |
| 32 | DANKOWSKA EWELINA | 5119 | ENDORFINY WĄSOSZ | WĄSOSZ | POL | MASTERS K - 40 | 32 | K 81 | 00:01:04 | 01:35:00 | 03:30:53 | 05:19:54 | 06:57:04.15 | 06:57:04.15 | 9:16 | 6.5 |
| 33 | FIK - KIONA JOANNA | 5283 | KB SZAMOTUŁY | SZAMOTUŁY | POL | MASTERS K - 40 | 33 | K 83 | 00:01:06 | 01:29:26 | 03:26:31 | 05:28:04 | 06:57:31.65 | 06:57:31.65 | 9:16 | 6.5 |
| 34 | SZEPCZYŃSKA ANNA | 5329 | ŻARY RUUNERS TEAM | ŻARY | POL | MASTERS K - 40 | 34 | K 84 | 00:01:17 | 01:34:06 | 03:27:25 | 05:34:58 | 06:57:57.25 | 06:57:57.25 | 9:17 | 6.5 |
| 35 | JÓZEFCZYK JUSTYNA | 5087 | | POZNAŃ | POL | MASTERS K - 40 | 35 | K 85 | 00:02:07 | 01:46:48 | 03:44:32 | 05:34:45 | 07:00:35.80 | 07:00:35.80 | 9:20 | 6.4 |
| 36 | KUBIAK ANNA | 5157 | STRZEGOMSKA DWUNASTKA | STRZEGOM | POL | MASTERS K - 40 | 36 | K 86 | 00:01:42 | 01:45:30 | 03:44:53 | 05:32:03 | 07:01:04.60 | 07:01:04.60 | 9:21 | 6.4 |
| 37 | CZUBALA BEATA | 5247 | STRZEGOMSKA DWUNASTKA | ZIĘBICE | POL | MASTERS K - 40 | 37 | K 87 | 00:01:42 | 01:45:31 | 03:44:52 | 05:32:01 | 07:01:04.85 | 07:01:04.85 | 9:21 | 6.4 |
| 38 | HOLIK IWONA | 5570 | GGG | BIECZ | POL | MASTERS K - 40 | 38 | K 89 | 00:00:58 | 01:42:32 | 03:42:43 | 05:28:59 | 07:01:41.20 | 07:01:41.20 | 9:22 | 6.4 |
| 39 | KUCHCINSKA MONIKA | 5107 | | JUSZKOWO | POL | MASTERS K - 40 | 39 | K 90 | 00:00:51 | 01:33:35 | 03:34:34 | 05:27:14 | 07:01:59.60 | 07:01:59.60 | 9:22 | 6.4 |
| 40 | MOSKAL IZABELLA | 5528 | TKKF MPK POZNAŃ | SWARZĘDZ | POL | MASTERS K - 40 | 40 | K 91 | 00:01:19 | 01:40:26 | 03:43:43 | 05:31:00 | 07:02:21.75 | 07:02:21.75 | 9:23 | 6.4 |
| 41 | FELKEL EWA | 5685 | PIĄTKOWO NA BIEGOWO | POZNAŃ | POL | MASTERS K - 40 | 41 | K 94 | 00:02:08 | 01:46:47 | 03:44:32 | 05:34:32 | 07:04:18.70 | 07:04:18.70 | 9:25 | 6.4 |
| 42 | BERNAS-KUJAWIŃSKA MAGDALENA | 5623 | HRT | KALISZ | POL | MASTERS K - 40 | 42 | K 95 | 00:00:29 | 01:35:07 | 03:33:59 | 05:32:22 | 07:04:21.75 | 07:04:21.75 | 9:25 | 6.4 |
| 43 | RÓŻAK-RUKUSZEWICZ MAGDALENA | 5353 | DZIKIE GRUBASY SZATANA | WARSZAWA | POL | MASTERS K - 40 | 43 | K 96 | 00:00:51 | 01:40:31 | 03:40:46 | 05:33:47 | 07:06:57.05 | 07:06:57.05 | 9:29 | 6.3 |
| 44 | KLIMALA ANGELIKA | 5289 | CAŁA OLEŚNICA BIEGA | OLEŚNICA | POL | MASTERS K - 40 | 44 | K 97 | 00:00:24 | 01:37:04 | 03:43:16 | 05:34:01 | 07:07:21.90 | 07:07:21.90 | 9:29 | 6.3 |
| 45 | KOBIERECKA MONIKA | 5367 | | GRODZIEC | POL | MASTERS K - 40 | 45 | K 98 | 00:00:31 | 01:32:39 | 03:37:44 | 05:35:19 | 07:08:23.30 | 07:08:23.30 | 9:31 | 6.3 |
| 46 | JASKÓLSKA-PIETRZYK KINGA | 5155 | BIEGOWA KUŹNIA | BĘDZIN | POL | MASTERS K - 40 | 46 | K 100 | 00:02:20 | 01:45:05 | 03:47:13 | 05:44:52 | 07:09:15.20 | 07:09:15.20 | 9:32 | 6.3 |
| 47 | SZCZODRZYŃSKA KASIA | 5590 | | POZNAŃ | POL | MASTERS K - 40 | 47 | K 102 | 00:02:38 | 01:46:54 | 03:45:59 | 05:36:40 | 07:11:54.55 | 07:11:54.55 | 9:35 | 6.3 |
| 48 | BANASZEK URSZULA | 5469 | NIGHT RUNNERS WROCŁAW | WROCŁAW | POL | MASTERS K - 40 | 48 | K 103 | 00:01:58 | 01:49:47 | 03:49:32 | 05:38:11 | 07:12:01.80 | 07:12:01.80 | 9:36 | 6.2 |
| 49 | TERETYKA DOROTA | 5558 | | KAMIONKI | POL | MASTERS K - 40 | 49 | K 105 | 00:01:34 | 01:46:11 | 03:49:29 | 05:41:01 | 07:13:22.95 | 07:13:22.95 | 9:37 | 6.2 |
| 50 | SZYSZKO EWA | 5573 | MARKOWI BIEGACZE | MARKI | POL | MASTERS K - 40 | 50 | K 108 | 00:00:29 | 01:42:53 | 03:44:05 | 05:38:47 | 07:14:43.10 | 07:14:43.10 | 9:39 | 6.2 |
| 51 | KOCZOROWSKA ANNA | 5421 | TEAM ZABIEGANEDNI | RADIÓWEK | POL | MASTERS K - 40 | 51 | K 109 | 00:02:27 | 01:43:53 | 03:41:59 | 05:35:30 | 07:15:25.60 | 07:15:25.60 | 9:40 | 6.2 |
| 52 | POMIANOWSKA ANNA | 5599 | | WRONKI | POL | MASTERS K - 40 | 52 | K 113 | 00:01:58 | 01:45:22 | 03:51:31 | 05:44:49 | 07:18:46.85 | 07:18:46.85 | 9:45 | 6.2 |
| 53 | KOZAK EWA | 5129 | | DŁUGOŁĘKA | POL | MASTERS K - 40 | 53 | K 114 | 00:00:44 | 01:35:48 | 03:43:07 | 05:45:28 | 07:19:23.00 | 07:19:23.00 | 9:45 | 6.1 |
| 54 | KURBIEL SYLWIA | 5472 | SIEMIANOWICE I PRZYJACIELE BIEGAJĄ | SIEMIANOWICE ŚLĄSKIE | POL | MASTERS K - 40 | 54 | K 117 | 00:00:56 | 01:42:31 | 03:53:31 | 05:46:14 | 07:24:12.70 | 07:24:12.70 | 9:52 | 6.1 |
| 55 | HUDZIAK-OWCZAREK EWA | 5448 | DZIKI BRZEG DOLNY | BRZEG DOLNY | POL | MASTERS K - 40 | 55 | K 123 | 00:01:00 | 01:41:09 | 03:45:37 | 05:47:00 | 07:27:38.10 | 07:27:38.10 | 9:56 | 6 |
| 56 | GROMADZKA JUSTYNA | 5574 | KOBIETY WATAHA | BYTOM | POL | MASTERS K - 40 | 56 | K 124 | 00:00:08 | 01:42:41 | 03:51:50 | 05:50:10 | 07:28:25.60 | 07:28:25.60 | 9:57 | 6 |
| 57 | BEDNARCZYK MAGDALENA | 5225 | BIEGOWA KUŹNIA | BĘDZIN | POL | MASTERS K - 40 | 57 | K 125 | 00:02:18 | 01:52:10 | 03:59:57 | 05:54:44 | 07:28:26.15 | 07:28:26.15 | 9:57 | 6 |
| 58 | CZECH DOROTA | 5334 | ASICSFRONTRUNER POLAND | WROCŁAW | POL | MASTERS K - 40 | 58 | K 128 | 00:00:39 | 01:42:52 | 03:55:30 | 05:52:23 | 07:29:46.85 | 07:29:46.85 | 9:59 | 6 |
| 59 | BOŻKIEWICZ PATRYCJA | 5338 | PIEKIELNIE ZGRANI/ WWW.AZYLBIEGACZA.PL | GŁĘBOCKO | POL | MASTERS K - 40 | 59 | K 132 | 00:00:33 | 01:43:00 | 03:55:26 | 05:55:31 | 07:34:01.35 | 07:34:01.35 | 10:05 | 5.9 |
| 60 | SROKA LUCYNA | 5578 | | TRZEBOWNISKO | POL | MASTERS K - 40 | 60 | K 133 | 00:01:05 | 01:43:40 | 03:50:32 | 05:52:10 | 07:35:28.55 | 07:35:28.55 | 10:07 | 5.9 |
| 61 | TASZAREK EWA | 5487 | | ROKIETNICA | POL | MASTERS K - 40 | 61 | K 134 | 00:01:22 | 01:46:42 | 04:07:38 | 06:04:28 | 07:36:33.70 | 07:36:33.70 | 10:08 | 5.9 |
| 62 | JANKOWSKA BARBARA | 5642 | | POZNAŃ | POL | MASTERS K - 40 | 62 | K 136 | 00:01:16 | 02:00:22 | 04:25:17 | 06:10:07 | 07:37:03.00 | 07:37:03.00 | 10:09 | 5.9 |
| 63 | LACH AGNIESZKA | 5533 | | WROCŁAW | POL | MASTERS K - 40 | 63 | K 140 | 00:00:32 | 01:41:51 | 03:54:58 | 06:01:57 | 07:40:55.60 | 07:40:55.60 | 10:14 | 5.9 |
| 64 | CZARNOTA DOROTA | 5273 | WYBIEGAJ SIEBIE | LEGIONOWO | POL | MASTERS K - 40 | 64 | K 143 | 00:00:45 | 01:37:56 | 03:52:53 | 05:48:52 | 07:41:48.60 | 07:41:48.60 | 10:15 | 5.8 |
| 65 | ZIEMBIŃSKA-BUCZYŃSKA ALEKSANDRA | 5477 | COMPANIEROS ASFALT TEAM | GLIWICE | POL | MASTERS K - 40 | 65 | K 144 | 00:02:33 | 01:52:40 | 04:07:29 | 06:08:01 | 07:43:51.90 | 07:43:51.90 | 10:18 | 5.8 |
| 66 | LEKS-MASZKOWSKA RYSZARDA | 5343 | OBORYBENI | LUBNÓW | POL | MASTERS K - 40 | 66 | K 145 | 00:00:48 | 01:43:04 | 04:09:18 | 06:06:56 | 07:43:58.60 | 07:43:58.60 | 10:18 | 5.8 |
| 67 | GAWLE KATARZYNA | 5424 | MARATOŃCZYK DĘBICA | ŻYRAKÓW | POL | MASTERS K - 40 | 67 | K 146 | 00:00:09 | 01:41:45 | 04:01:40 | 06:03:58 | 07:45:57.20 | 07:45:57.20 | 10:21 | 5.8 |
| 68 | KOWALEWSKA ANNA | 5062 | | ŚWIDNICA | POL | MASTERS K - 40 | 68 | K 147 | 00:01:12 | 01:44:28 | 03:58:05 | 06:01:39 | 07:46:30.30 | 07:46:30.30 | 10:22 | 5.8 |
| 69 | JEDYNAK-DOROSZ IZABELA | 5467 | KB MANIAC POZNAŃ | TULCE | POL | MASTERS K - 40 | 69 | K 148 | 00:00:43 | 01:49:39 | 04:06:25 | 06:02:26 | 07:46:39.15 | 07:46:39.15 | 10:22 | 5.8 |
| 70 | GWORYS KATARZYNA | 5100 | ZRYW PARZYMIECHY | KLEŚNISKA | POL | MASTERS K - 40 | 70 | K 153 | 00:00:21 | 01:44:49 | 04:00:33 | 06:04:37 | 07:49:17.75 | 07:49:17.75 | 10:25 | 5.8 |
| 71 | GRUCHOT MAŁGORZATA | 5461 | WIECZORNE BIEGANIE W OPOLU | GOGOLIN | POL | MASTERS K - 40 | 71 | K 154 | 00:01:09 | 01:42:26 | 03:51:26 | 05:58:20 | 07:49:35.15 | 07:49:35.15 | 10:26 | 5.7 |
| 72 | PIETRZAK AGNIESZKA | 5275 | BIEGAJĄCE KREJZOLE | POZNAŃ | POL | MASTERS K - 40 | 72 | K 155 | 00:00:46 | 01:45:00 | 03:57:04 | 06:05:01 | 07:51:55.90 | 07:51:55.90 | 10:29 | 5.7 |
| 73 | AKKERMAN BERBER | 5405 | FRYSMAN | WOMMELS | NED | MASTERS K - 40 | 73 | K 156 | 00:00:42 | 01:42:22 | 03:54:43 | 06:05:48 | 07:53:13.90 | 07:53:13.90 | 10:30 | 5.7 |
| 74 | WYSMOLINSKA KAROLINA | 5471 | | BIERNATKI | POL | MASTERS K - 40 | 74 | K 157 | 00:01:15 | 01:47:19 | 04:09:32 | 06:13:25 | 07:53:54.85 | 07:53:54.85 | 10:31 | 5.7 |
| 75 | HAGEL JULITA | 5103 | | LUBIN | POL | MASTERS K - 40 | 75 | K 158 | 00:01:15 | 01:44:12 | 04:09:00 | | 07:54:51.00 | 07:54:51.00 | 10:33 | 5.7 |
| 76 | BĄCZEK AGATA | 5552 | | ZAWIERCIE | POL | MASTERS K - 40 | 76 | K 161 | 00:02:24 | 01:52:38 | 04:10:26 | 06:17:14 | 08:01:53.40 | 08:01:53.40 | 10:42 | 5.6 |
| 77 | KORYBUT-BARSKA ANNA | 5123 | | WROCŁAW | POL | MASTERS K - 40 | 77 | K 165 | 00:01:13 | 01:50:03 | 04:13:31 | 06:19:57 | 08:06:58.05 | 08:06:58.05 | 10:49 | 5.5 |

## ZŁOTY MARATON - 45 KM, Masters K - 40 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0km | 10km | 22km | 33km | Netto | Brutto | min/km | km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 78 | SZCZEPANIAK MARTA | 5207 | | WROCŁAW | POL | MASTERS K - 40 | 78 | K 166 | 00:01:13 | 01:50:06 | 04:13:31 | 06:19:57 | 08:07:14.35 | 08:07:14.35 | 10:49 | 5.5 |
| 79 | JANKOWIAK KASIA | 5401 | ORANGE POLSKA | PUSZCZYKOWO | POL | MASTERS K - 40 | 79 | K 167 | 00:01:35 | 01:47:58 | 04:08:36 | 06:10:40 | 08:08:09.65 | 08:08:09.65 | 10:50 | 5.5 |
| 80 | MROZIŃSKA RENATA | 5378 | | ALEKSNADRÓW ŁÓDZKI | POL | MASTERS K - 40 | 80 | K 169 | 00:01:03 | 01:49:45 | 04:16:38 | 06:24:33 | 08:08:29.90 | 08:08:29.90 | 10:51 | 5.5 |
| 81 | GRABOWIECKA MARTA | 5134 | NULL | ZIELONA GÓRA | POL | MASTERS K - 40 | 81 | K 170 | 00:02:10 | 01:53:49 | 04:20:50 | 06:30:07 | 08:09:53.90 | 08:09:53.90 | 10:53 | 5.5 |
| 82 | BARTKIEWICZ HALINA | 5064 | | ZIELONA GÓRA | POL | MASTERS K - 40 | 82 | K 172 | 00:02:12 | 01:53:48 | 04:22:12 | 06:30:10 | 08:09:55.95 | 08:09:55.95 | 10:53 | 5.5 |
| 83 | KUŹNIAK JUSTYNA | 5022 | KB SZAMOTUŁY | SZAMOTUŁY | POL | MASTERS K - 40 | 83 | K 179 | 00:01:08 | 01:55:10 | 04:19:40 | 06:28:11 | 08:23:15.60 | 08:23:15.60 | 11:11 | 5.4 |
| 84 | KUNA KASIA | 5563 | BIEGOWA KUŹNIA | DĄBROWA GÓRNICZA | POL | MASTERS K - 40 | 84 | K 180 | 00:02:23 | 01:59:53 | 04:33:14 | 06:38:08 | 08:24:29.70 | 08:24:29.70 | 11:12 | 5.4 |
| 85 | LEWANDOWSKA EWA | 5561 | | TARNOWSKIE GÓRY | POL | MASTERS K - 40 | 85 | K 181 | 00:02:34 | 02:00:27 | 04:27:37 | 06:36:01 | 08:25:00.25 | 08:25:00.25 | 11:13 | 5.3 |
| 86 | ŁUSIAK EWA | 5280 | KNEIPPTEAM | GŁOWNO | POL | MASTERS K - 40 | 86 | K 183 | 00:02:16 | 01:53:57 | 04:18:11 | 06:29:38 | 08:31:09.85 | 08:31:09.85 | 11:21 | 5.3 |
| 87 | ROSIŃSKA AGNIESZKA | 5028 | ŚWIERCZEWO RUN/ #BIEGIEMWLAS | POZNAŃ | POL | MASTERS K - 40 | 87 | K 185 | 00:02:15 | 01:58:27 | 04:30:50 | 06:41:58 | 08:37:06.35 | 08:37:06.35 | 11:29 | 5.2 |
| 88 | DRAJERCZAK MARLENA | 5172 | MUAY RUNING TEAM | POZNAŃ | POL | MASTERS K - 40 | 88 | K 186 | 00:02:16 | 01:57:41 | 04:30:47 | 06:42:01 | 08:37:06.60 | 08:37:06.60 | 11:29 | 5.2 |
| 89 | PAKUŁA MARTA | 5233 | | GŁOWNO | POL | MASTERS K - 40 | 89 | K 187 | 00:00:36 | 01:49:43 | 04:29:19 | 06:48:07 | 08:47:03.55 | 08:47:03.55 | 11:42 | 5.1 |
| 90 | WIŚNIEWSKA DOROTA | 5337 | METAL CHERRY | ALEKSANDRÓW KUJAWSKI | POL | MASTERS K - 40 | 90 | K 189 | 00:01:14 | 02:09:53 | 04:43:53 | 06:55:18 | 08:49:23.65 | 08:49:23.65 | 11:45 | 5.1 |
| 91 | NOSKOWIAK-BAJNO ALICJA | 5118 | | BORÓWNO | POL | MASTERS K - 40 | 91 | K 190 | 00:01:53 | 02:02:20 | 04:43:06 | 07:07:22 | 08:50:41.45 | 08:50:41.45 | 11:47 | 5.1 |
| 92 | GOŹDZICKA IWONA | 5141 | ZIELONA GÓRO ZACZNIJ BIEGAĆ | ZIELONA GÓRA | POL | MASTERS K - 40 | 92 | K 191 | 00:02:11 | 01:57:11 | 04:35:24 | 06:59:27 | 08:54:48.15 | 08:54:48.15 | 11:53 | 5 |
| 93 | BŁASZKIEWICZ MARZENA | 5091 | CHOŁE KŁÓLIKI | BORÓWNO | POL | MASTERS K - 40 | 93 | K 195 | 00:01:54 | 02:11:44 | 04:56:16 | 07:12:56 | 09:06:57.30 | 09:06:57.30 | 12:09 | 4.9 |
| 94 | DZIĘCIELSKA AGNIESZKA | 5016 | | POZNAŃ | POL | MASTERS K - 40 | 94 | K 196 | 00:02:17 | 02:09:04 | 04:50:44 | 07:08:54 | 09:08:00.20 | 09:08:00.20 | 12:10 | 4.9 |
| 95 | SCHICKENDANTZ LISELORE | 5579 | FRYSMAN | LEMMER | NED | MASTERS K - 40 | 95 | K 199 | 00:00:41 | 02:15:40 | 05:09:47 | 07:31:28 | 09:38:18.25 | 09:38:18.25 | 12:51 | 4.7 |
| 96 | LEWANDOWSKA-JACKOWSKA KATARZYNA | 5290 | NIGHT RUNNERS PYSKOWICE | PYSKOWICE | POL | MASTERS K - 40 | 96 | K 200 | 00:00:54 | 02:12:08 | 05:30:16 | 07:56:59 | 09:57:45.95 | 09:57:45.95 | 13:17 | 4.5 |
| | DADAŚ ELŻBIETA | 5088 | BP RUNNING TEAM GLIWICE | GLIWICE | POL | MASTERS K - 40 | | | 00:02:24 DNF | 02:20:16 DNF | DNF | DNF | DNF | DNF | - | - |
| | WALCZAK AGNIESZKA | 5099 | | WROCŁAW | POL | MASTERS K - 40 | | | 00:02:38 DNF | DNF | DNF | DNF | DNF | DNF | - | - |

## ZŁOTY MARATON - 45 KM, Masters M - 40

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0km | 10km | 22km | 33km | Netto | Brutto | min/km | km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | KASZUBA MICHAŁ | 5668 | GRUPA NOMAX | PIEKARY ŚLĄSKIE | POL | MASTERS M - 40 | 1 | M 2 | 00:00:05 | 00:57:32 | 02:04:19 | 02:58:21 | 03:53:51.05 | 03:53:51.05 | 5:11 | 11.5 |
| 2 | WILK MACIEJ | 5584 | RAMBO 3 | BYTOM | POL | MASTERS M - 40 | 2 | M 3 | 00:00:02 | 00:54:43 | 02:00:20 | 03:00:39 | 03:58:39.00 | 03:58:39.00 | 5:18 | 11.3 |
| 3 | MIELEWCZYK TOMASZ | 5139 | VERGE RUNNING TEAM | JELENIA GÓRA | POL | MASTERS M - 40 | 3 | M 8 | 00:00:06 | 01:02:39 | 02:18:08 | 03:24:57 | 04:32:10.35 | 04:32:10.35 | 6:02 | 9.9 |
| 4 | FISZER SEBASTIAN | 5162 | | OPOROWO | POL | MASTERS M - 40 | 4 | M 11 | 00:00:28 | 01:02:39 | 02:19:15 | 03:31:30 | 04:38:55.35 | 04:38:55.35 | 6:11 | 9.7 |
| 5 | KUPCZYK SLAWOMIR | 5555 | | POLKOWICE | POL | MASTERS M - 40 | 5 | M 12 | 00:00:36 | 01:03:54 | 02:20:43 | 03:33:38 | 04:43:00.15 | 04:43:00.15 | 6:17 | 9.5 |
| 6 | BIAŁOBŁOCKI MARCIN | 5660 | | WROCŁAW | POL | MASTERS M - 40 | 6 | M 13 | 00:00:21 | 01:03:22 | 02:18:03 | 03:32:06 | 04:43:24.00 | 04:43:24.00 | 6:17 | 9.5 |
| 7 | KRAJKA JAROSLAW | 5241 | AZS UMCS BIEGA | LUBLIN | POL | MASTERS M - 40 | 7 | M 17 | 00:00:07 | 01:09:47 | 02:32:34 | 03:42:36 | 04:48:48.60 | 04:48:48.60 | 6:25 | 9.3 |
| 8 | GAWROŃSKI PAWEŁ | 5637 | | OSTRÓW WIELKOPOLSKI | POL | MASTERS M - 40 | 8 | M 21 | 00:01:21 | 01:14:40 | 02:36:26 | 03:53:14 | 04:53:32.10 | 04:53:32.10 | 6:31 | 9.2 |
| 9 | WINIARCZYK KRZYSZTOF | 5185 | | ŚWIEBODZICE | POL | MASTERS M - 40 | 9 | M 24 | 00:00:46 | 01:08:55 | 02:29:28 | 03:46:19 | 04:55:19.25 | 04:55:19.25 | 6:33 | 9.1 |
| 10 | SPYCHALSKI ADAM | 5199 | | RUDA ŚLĄSKA | POL | MASTERS M - 40 | 10 | M 25 | 00:00:37 | 01:07:44 | 02:31:36 | 03:46:58 | 04:56:03.35 | 04:56:03.35 | 6:34 | 9.1 |
| 11 | LUZAR RAFAL | 5180 | | OPOLE | POL | MASTERS M - 40 | 11 | M 27 | 00:00:29 | 01:11:03 | 02:31:57 | 03:47:29 | 04:57:30.35 | 04:57:30.35 | 6:36 | 9.1 |
| 12 | WEŁNIAK PRZEMYSŁAW | 5023 | MOGILNO TEAM | ZALASEWO | POL | MASTERS M - 40 | 12 | M 30 | 00:00:18 | 01:11:15 | 02:34:33 | 03:49:52 | 05:01:37.05 | 05:01:37.05 | 6:42 | 9 |
| 13 | ANDRZEJEWSKI TOMASZ | 5585 | MOGILNO TEAM | ZALASEWO | POL | MASTERS M - 40 | 13 | M 31 | 00:00:45 | 01:11:09 | 02:32:41 | 03:52:44 | 05:01:55.70 | 05:01:55.70 | 6:42 | 8.9 |
| 14 | MICHAŁOWSKI MARCIN | 5212 | MARCINSWIERCTEAM | ŚWIĘTOSZÓW | POL | MASTERS M - 40 | 14 | M 41 | 00:00:10 | 01:11:52 | 02:39:13 | 04:01:22 | 05:11:32.80 | 05:11:32.80 | 6:55 | 8.7 |
| 15 | HOŁOWACZ ANDRZEJ | 5610 | | ŚWIEBODZICE | POL | MASTERS M - 40 | 15 | M 43 | 00:00:47 | 01:08:55 | 02:31:36 | 03:55:05 | 05:14:43.65 | 05:14:43.65 | 6:59 | 8.6 |
| 16 | CITUK GRZEGORZ | 5339 | 42K PRO TEAM | TYCHY | POL | MASTERS M - 40 | 16 | M 46 | 00:00:04 | 01:11:02 | 02:37:26 | 04:01:06 | 05:17:22.00 | 05:17:22.00 | 7:03 | 8.5 |
| 17 | WOSZEK TOMASZ | 5557 | WOSZKI | OPOLE | POL | MASTERS M - 40 | 17 | M 48 | 00:00:04 | 01:11:52 | 02:39:22 | 04:02:17 | 05:17:36.60 | 05:17:36.60 | 7:03 | 8.5 |
| 18 | BANASIAK MARCIN | 5335 | FUJITSU RUNNING TEAM | ŁÓDŹ | POL | MASTERS M - 40 | 18 | M 49 | 00:01:03 | 01:20:02 | 02:44:19 | 04:00:42 | 05:19:30.70 | 05:19:30.70 | 7:06 | 8.5 |
| 19 | FELUCH KRZYSZTOF | 5645 | JACEK BIEGA RUNNING TEAM | WARSZAWA | POL | MASTERS M - 40 | 19 | M 50 | 00:00:37 | 01:16:39 | 02:44:40 | 04:04:33 | 05:19:42.00 | 05:19:42.00 | 7:06 | 8.4 |
| 20 | KRUPA NORBERT | 5454 | 1 METR PRZED KOŃCEM ŚWIATA | ZĄBKOWICE ŚLĄSKIE | POL | MASTERS M - 40 | 20 | M 51 | 00:02:07 | 01:12:11 | 02:39:26 | 04:02:49 | 05:21:27.45 | 05:21:27.45 | 7:08 | 8.4 |
| 21 | OLEJNICZAK PIOTR | 5031 | LESZNO LIMITS RUNNERS | LESZNO | POL | MASTERS M - 40 | 21 | M 54 | 00:01:08 | 01:14:55 | 02:44:19 | 04:08:32 | 05:23:30.10 | 05:23:30.10 | 7:11 | 8.3 |
| 22 | JUSZKO KRZYSZTOF | 5355 | | WARSZAWA | POL | MASTERS M - 40 | 22 | M 56 | 00:00:26 | 01:18:07 | 02:50:14 | 04:10:33 | 05:24:28.15 | 05:24:28.15 | 7:12 | 8.3 |

## ZŁOTY MARATON - 45 KM, Masters M - 40 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0km | 10km | 22km | 33km | Netto | Brutto | min/km | km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 23 | BURDA MACIEJ | 5110 | MARATOŃCZYK POZNAŃ | POZNAŃ | POL | MASTERS M - 40 | 23 | M 57 | 00:00:19 | 01:14:40 | 02:46:04 | 04:07:25 | 05:24:50.90 | 05:24:50.90 | 7:13 | 8.3 |
| 24 | ŻOŁDAK PRZEMYSŁAW | 5459 | #BIEGIEMWLAS / PNB | POZNAŃ | POL | MASTERS M - 40 | 24 | M 59 | 00:00:25 | 01:17:03 | 02:44:24 | 04:14:23 | 05:27:27.85 | 05:27:27.85 | 7:16 | 8.2 |
| 25 | WUJDA MIROSŁAW | 5255 | ERNI RULEZ | DĘBNO | POL | MASTERS M - 40 | 25 | M 64 | 00:00:35 | 01:20:10 | 02:54:44 | 04:15:59 | 05:30:00.90 | 05:30:00.90 | 7:20 | 8.2 |
| 26 | LESNIAK TOMASZ | 5581 | | DUBLIN | IRL | MASTERS M - 40 | 26 | M 66 | 00:00:12 | 01:11:14 | 02:37:44 | 04:10:19 | 05:31:21.90 | 05:31:21.90 | 7:21 | 8.1 |
| 27 | KACZOR PIOTR | 5644 | SAMOTNY WILK Z KOTOWIC | KOTOWICE | POL | MASTERS M - 40 | 27 | M 69 | 00:00:30 | 01:20:13 | 02:50:59 | 04:15:26 | 05:32:33.65 | 05:32:33.65 | 7:23 | 8.1 |
| 28 | KARPOWICZ RAFAL | 5586 | | WROCLAW | POL | MASTERS M - 40 | 28 | M 70 | 00:00:13 | 01:11:02 | 02:39:43 | 04:16:51 | 05:34:01.70 | 05:34:01.70 | 7:25 | 8.1 |
| 29 | WOŹNIAK PAWEŁ | 5089 | KLEP | WROCŁAW | POL | MASTERS M - 40 | 29 | M 71 | 00:00:21 | 01:11:34 | 02:40:55 | 04:09:27 | 05:35:09.35 | 05:35:09.35 | 7:26 | 8.1 |
| 30 | KULAS ŁUKASZ | 5606 | ZAWSZE SOLO | BIERUŃ | POL | MASTERS M - 40 | 30 | M 74 | 00:00:34 | 01:18:25 | 02:52:45 | 04:17:07 | 05:35:58.35 | 05:35:58.35 | 7:27 | 8 |
| 31 | BODZIOCH GRZEGORZ | 5095 | GORLICKA GRUPA BIEGOWA | GORLICE | POL | MASTERS M - 40 | 31 | M 78 | 00:00:56 | 01:25:38 | 02:59:22 | 04:22:39 | 05:37:11.25 | 05:37:11.25 | 7:29 | 8 |
| 32 | NIEDŹWIEDŹ TOMASZ | 5551 | SOBASTEAM | ŚWIDNIK | POL | MASTERS M - 40 | 32 | M 80 | 00:00:13 | 01:15:13 | 02:45:25 | 04:15:51 | 05:37:39.15 | 05:37:39.15 | 7:30 | 8 |
| 33 | PRĘGOWSKI MICHAŁ | 5271 | STARE BABICE BIEGAJĄ / VEGE RUNNERS | KLAUDYN | POL | MASTERS M - 40 | 33 | M 83 | 00:00:21 | 01:17:08 | 02:53:08 | 04:22:10 | 05:38:32.50 | 05:38:32.50 | 7:31 | 8 |
| 34 | KOBYLECKI BARTOSZ | 5536 | | WROCLAW | POL | MASTERS M - 40 | 34 | M 85 | 00:02:32 | 01:23:35 | 02:55:15 | 04:22:31 | 05:39:34.25 | 05:39:34.25 | 7:32 | 8 |
| 35 | JAKUBOWSKI ZBYSZEK | 5058 | | ŚWIERCZÓW | POL | MASTERS M - 40 | 35 | M 87 | 00:00:38 | 01:18:09 | 02:51:41 | 04:19:50 | 05:40:33.75 | 05:40:33.75 | 7:34 | 7.9 |
| 36 | KURZAWIAK GRZEGORZ | 5439 | KUDOWIANKA RUN | KARŁÓW | POL | MASTERS M - 40 | 36 | M 91 | 00:00:03 | 01:15:44 | 02:48:31 | 04:19:10 | 05:42:03.40 | 05:42:03.40 | 7:36 | 7.9 |
| 37 | MARKOWSKI ŁUKASZ | 5170 | | ŚMIGIEL | POL | MASTERS M - 40 | 37 | M 94 | 00:00:35 | 01:11:07 | 02:41:40 | 04:16:06 | 05:43:14.75 | 05:43:14.75 | 7:37 | 7.9 |
| 38 | RODZIEWICZ ZBIGNIEW | 5494 | CAŁA OLEŚNICA BIEGA | OLEŚNICA | POL | MASTERS M - 40 | 38 | M 97 | 00:00:13 | 01:13:36 | 02:45:26 | 04:18:28 | 05:43:34.70 | 05:43:34.70 | 7:38 | 7.9 |
| 39 | ŚLIWKA ARKADIUSZ | 5243 | OLZA CIESZYN | LESZNA GÓRNA | POL | MASTERS M - 40 | 39 | M 103 | 00:01:29 | 01:22:08 | 02:53:37 | 04:25:40 | 05:46:48.90 | 05:46:48.90 | 7:42 | 7.8 |
| 40 | LIDTKE MARCIN | 5537 | ŻARY RUNNERS TEAM | ŻARY | POL | MASTERS M - 40 | 40 | M 109 | 00:00:30 | 01:11:01 | 02:43:03 | 04:29:06 | 05:47:58.70 | 05:47:58.70 | 7:43 | 7.8 |
| 41 | GARSTKA ZBIGNIEW | 5614 | | WRONKI | POL | MASTERS M - 40 | 41 | M 112 | 00:00:10 | 01:16:56 | 03:00:08 | 04:32:48 | 05:49:43.95 | 05:49:43.95 | 7:46 | 7.7 |
| 42 | KINSNER ZENON | 5079 | MOCNA GRUPA CEZARA | WROCŁAW | POL | MASTERS M - 40 | 42 | M 119 | 00:01:19 | 01:20:20 | 02:52:19 | 04:22:03 | 05:53:12.00 | 05:53:12.00 | 7:50 | 7.6 |
| 43 | KOWALSKI GRZEGORZ | 5093 | W POGONI ZA DUCHEM | DĄBROWA GÓRNICZA | POL | MASTERS M - 40 | 43 | M 120 | 00:01:54 | 01:23:52 | 02:52:38 | 04:20:23 | 05:53:20.45 | 05:53:20.45 | 7:51 | 7.6 |
| 44 | WOJCIECHOWSKI ARKADIUSZ | 5502 | KTÓRĘDYNADMORSKIEOKO | KONIN | POL | MASTERS M - 40 | 44 | M 121 | 00:00:58 | 01:28:07 | 03:08:00 | 04:37:10 | 05:54:51.95 | 05:54:51.95 | 7:53 | 7.6 |
| 45 | SZYMAŃSKI MICHAŁ | 5195 | TGV CLUB | KOŚCIAN | POL | MASTERS M - 40 | 45 | M 124 | 00:00:33 | 01:20:55 | 02:55:40 | 04:28:12 | 05:55:19.25 | 05:55:19.25 | 7:53 | 7.6 |
| 46 | STILLER IRENEUSZ | 5254 | LIBER POLAND TEAM | ZABRZE | POL | MASTERS M - 40 | 46 | M 125 | 00:01:20 | 01:30:29 | 03:07:59 | 04:41:02 | 05:55:30.65 | 05:55:30.65 | 7:54 | 7.6 |
| 47 | ZWOLIŃSKI MARIUSZ | 5597 | | WARSZAWA | POL | MASTERS M - 40 | 47 | M 129 | 00:01:24 | 01:20:53 | 02:56:37 | 04:29:30 | 05:56:38.90 | 05:56:38.90 | 7:55 | 7.6 |
| 48 | WIZA TOMASZ | 5190 | | POZNAŃ | POL | MASTERS M - 40 | 48 | M 130 | 00:00:23 | 01:20:31 | 03:04:25 | 04:41:16 | 05:56:52.65 | 05:56:52.65 | 7:55 | 7.6 |
| 49 | SZYPULSKI DARIUSZ | 5168 | SKS CHMIELOWICE | OPOLE | POL | MASTERS M - 40 | 49 | M 131 | 00:01:36 | 01:24:31 | 03:03:17 | 04:37:12 | 05:57:43.05 | 05:57:43.05 | 7:56 | 7.5 |
| 50 | SROKA MARCIN | 5224 | ST RUNNERS | PLEWISKA | POL | MASTERS M - 40 | 50 | M 134 | 00:00:40 | 01:21:03 | 02:58:51 | 04:38:19 | 05:58:32.50 | 05:58:32.50 | 7:58 | 7.5 |
| 51 | KUTERA ROBERT | 5450 | NOA | WROCŁAW | POL | MASTERS M - 40 | 51 | M 135 | 00:01:56 | 01:33:14 | 03:12:08 | 04:41:20 | 05:58:33.55 | 05:58:33.55 | 7:58 | 7.5 |
| 52 | SIROČÁK PETR | 5519 | TŘI KŘIŽKY OSTRAVA | OSTRAVA | CZE | MASTERS M - 40 | 52 | M 137 | 00:01:09 | 01:18:38 | 02:54:01 | 04:37:32 | 05:59:08.90 | 05:59:08.90 | 7:58 | 7.5 |
| 53 | CIEŚLIK PAWEŁ | 5568 | CHATEAU CHALIN | POZNAŃ | POL | MASTERS M - 40 | 53 | M 139 | 00:02:06 | 01:29:36 | 03:04:08 | 04:39:15 | 05:59:25.70 | 05:59:25.70 | 7:59 | 7.5 |
| 54 | TALAREK ROBERT | 5484 | TELERANEK | SZCZECIN | POL | MASTERS M - 40 | 54 | M 140 | 00:00:44 | 01:24:45 | 03:06:53 | 04:38:26 | 06:00:37.95 | 06:00:37.95 | 8:00 | 7.5 |
| 55 | HACZ PAWEŁ | 5603 | | KROSNO | POL | MASTERS M - 40 | 55 | M 144 | 00:00:09 | 01:18:37 | 02:55:36 | 04:34:57 | 06:02:51.20 | 06:02:51.20 | 8:03 | 7.4 |
| 56 | STOLIŃSKI PRZEMEK | 5569 | | OZORKÓW | POL | MASTERS M - 40 | 56 | M 145 | 00:00:18 | 01:14:41 | 02:52:22 | 04:39:10 | 06:03:08.10 | 06:03:08.10 | 8:04 | 7.4 |
| 57 | UPTAS TOMASZ | 5019 | CROSS STRACEŃCÓW TEAM | GŁOGÓW | POL | MASTERS M - 40 | 57 | M 148 | 00:00:53 | 01:20:32 | 02:57:03 | 04:37:58 | 06:04:48.65 | 06:04:48.65 | 8:06 | 7.4 |
| 58 | KAWECKI MAREK | 5182 | DRUŻYNA KONOPIELKI | NIEWODNICA NARGILEWSKA KOLONIA | POL | MASTERS M - 40 | 58 | M 151 | 00:00:45 | 01:15:45 | 02:58:14 | 04:41:49 | 06:05:30.55 | 06:05:30.55 | 8:07 | 7.4 |
| 59 | ASŁANOWICZ MARCIN | 5587 | ŻÓRAWSKI TEAM | WARSZAWA | POL | MASTERS M - 40 | 59 | M 153 | 00:00:16 | 01:22:04 | 03:06:33 | 04:41:06 | 06:07:47.90 | 06:07:47.90 | 8:10 | 7.3 |
| 60 | PAJESTKA WOJTEK | 5547 | GÓRAL Z MAZUR RUNNING TEAM | SANOK | POL | MASTERS M - 40 | 60 | M 156 | 00:01:28 | 01:28:09 | 03:09:55 | 04:45:59 | 06:09:43.50 | 06:09:43.50 | 8:12 | 7.3 |
| 61 | KLAMA MACIEJ | 5021 | KKM | KALISZ | POL | MASTERS M - 40 | 61 | M 164 | 00:02:26 | 01:37:59 | 03:23:23 | 04:54:10 | 06:13:36.90 | 06:13:36.90 | 8:18 | 7.2 |
| 62 | ODIJA LESZEK | 5652 | | WIRY | POL | MASTERS M - 40 | 62 | M 167 | 00:00:51 | 01:29:18 | 03:13:37 | 04:45:55 | 06:14:33.25 | 06:14:33.25 | 8:19 | 7.2 |
| 63 | STANKIEWICZ KRZYSZTOF | 5214 | KÓRNIK | KÓRNIK | POL | MASTERS M - 40 | 63 | M 171 | 00:01:37 | 01:36:44 | 03:22:03 | 04:54:57 | 06:15:49.80 | 06:15:49.80 | 8:21 | 7.2 |
| 64 | ROSZYK TOMASZ | 5235 | TKKF MPK POZNAŃ | POZNAŃ | POL | MASTERS M - 40 | 64 | M 183 | 00:01:19 | 01:36:46 | 03:24:48 | 05:01:49 | 06:21:31.40 | 06:21:31.40 | 8:28 | 7.1 |
| 65 | KRENN PETER | 5388 | DIE KOCHANILES | RORSCHACHERBERG | SUI | MASTERS M - 40 | 65 | M 185 | 00:00:01 | | 03:18:02 | 04:58:52 | 06:22:16.30 | 06:22:16.30 | 8:29 | 7.1 |
| 66 | POPŁAWSKI PIOTR | 5625 | PGB SPORTOWA PACZKA | ŁOSICE | POL | MASTERS M - 40 | 66 | M 186 | 00:00:06 | 01:28:27 | 03:22:04 | 05:00:16 | 06:22:59.75 | 06:22:59.75 | 8:30 | 7 |
| 67 | SYREK RAFAŁ | 5098 | | DUSZNIKI ZDRÓJ | POL | MASTERS M - 40 | 67 | M 187 | 00:02:43 | 01:23:52 | 03:02:28 | 04:52:01 | 06:23:22.80 | 06:23:22.80 | 8:31 | 7 |
| 68 | ZUBRZAK JACEK | 5409 | | ŁÓDZ | POL | MASTERS M - 40 | 68 | M 190 | 00:02:16 | 01:36:32 | 03:23:37 | 05:00:22 | 06:24:05.55 | 06:24:05.55 | 8:32 | 7 |
| 69 | MATUSZCZYK MAREK | 5032 | RYBNICKA GRUPA BIEGOWA | RYBNIK | POL | MASTERS M - 40 | 69 | M 191 | 00:02:25 | 01:41:57 | 03:29:13 | 04:53:33 | 06:24:38.00 | 06:24:38.00 | 8:32 | 7 |
| 70 | PILONIS PAWEŁ | 5456 | BIEGOSTACJA | ZIELONA GÓRA | POL | MASTERS M - 40 | 70 | M 196 | 00:01:40 | 01:28:06 | 03:08:20 | 04:54:33 | 06:26:02.90 | 06:26:02.90 | 8:34 | 7 |
| 71 | BOCIĄGA PAWEŁ | 5559 | RODZINNA GRUPA ROWEROWA Z MIASTA ŁODZI | ŁÓDŹ | POL | MASTERS M - 40 | 71 | M 200 | 00:02:08 | 01:36:30 | 03:20:57 | 05:02:23 | 06:27:19.85 | 06:27:19.85 | 8:36 | 7 |
| 72 | KODZIS LESŁAW | 5403 | | SIEDLCE | POL | MASTERS M - 40 | 72 | M 202 | 00:02:00 | 01:41:28 | 03:26:43 | 05:06:39 | 06:29:14.50 | 06:29:14.50 | 8:38 | 6.9 |
| 73 | SITEK PIOTR | 5486 | | GORZÓW WLKP. | POL | MASTERS M - 40 | 73 | M 204 | 00:00:13 | 01:20:03 | 03:10:30 | 04:56:32 | 06:29:26.40 | 06:29:26.40 | 8:39 | 6.9 |

## ZŁOTY MARATON - 45 KM, Masters M - 40 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0km | 10km | 22km | 33km | Netto | Brutto | min/km | km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 74 | KACZOR MARCIN | 5385 | ADJ | ŚWIĘCIECHOWA | POL | MASTERS M - 40 | 74 | M 205 | 00:01:39 | 01:28:21 | 03:12:48 | 04:59:28 | 06:29:41.40 | 06:29:41.40 | 8:39 | 6.9 |
| 75 | STACHAK KRZYSZTOF | 5090 | MIRAZ RACE TEAM | ŚWIĘTOCHŁOWICE | POL | MASTERS M - 40 | 75 | M 206 | 00:00:25 | 01:33:09 | 03:26:35 | 05:03:25 | 06:30:14.90 | 06:30:14.90 | 8:40 | 6.9 |
| 76 | RUKUSZEWICZ WAWRZYNIEC | 5364 | DZIKIE GRUBASY SZATANA | WARSZAWA | POL | MASTERS M - 40 | 76 | M 207 | 00:00:53 | 01:23:44 | 03:09:05 | 04:55:13 | 06:30:34.55 | 06:30:34.55 | 8:40 | 6.9 |
| 77 | GAWROŃSKI ROMAN | 5025 | | WRZEŚNIA | POL | MASTERS M - 40 | 77 | M 208 | 00:01:04 | 01:31:07 | 03:15:25 | 05:02:41 | 06:31:29.45 | 06:31:29.45 | 8:41 | 6.9 |
| 78 | ZIELONKA WITOLD | 5295 | MARATOŃCZYK POZNAŃ | POZNAŃ | POL | MASTERS M - 40 | 78 | M 209 | 00:00:40 | 01:26:31 | 03:20:48 | 05:07:33 | 06:32:15.00 | 06:32:15.00 | 8:43 | 6.9 |
| 79 | ZIAJA WOJCIECH | 5548 | JAWORZNO RUNNERS | JAWORZNO | POL | MASTERS M - 40 | 79 | M 211 | 00:00:19 | 01:23:04 | 03:11:00 | 05:09:28 | 06:32:48.00 | 06:32:48.00 | 8:43 | 6.9 |
| 80 | KĘDZIOR JAREK | 5462 | PORANNY BESKID RUN | RUDNIK | POL | MASTERS M - 40 | 80 | M 212 | 00:01:40 | 01:36:38 | 03:28:07 | 05:06:03 | 06:32:49.05 | 06:32:49.05 | 8:43 | 6.9 |
| 81 | MUSIALSKI TOMASZ | 5400 | TKM KANCELARIA | TYCHY | POL | MASTERS M - 40 | 81 | M 214 | 00:00:13 | 01:23:59 | 03:16:05 | 05:00:00 | 06:33:21.05 | 06:33:21.05 | 8:44 | 6.9 |
| 82 | DOMAŃ LESZEK | 5122 | FEHLAU RUN TEAM | KIEKRZ | POL | MASTERS M - 40 | 82 | M 215 | 00:00:55 | 01:27:06 | 03:15:47 | 05:02:39 | 06:33:32.20 | 06:33:32.20 | 8:44 | 6.9 |
| 83 | STACHOWIAK MAREK | 5047 | ROKIETNICA BIEGA | ROKIETNICA | POL | MASTERS M - 40 | 82 | M 215 | 00:00:40 | 01:22:53 | 03:11:13 | 05:02:39 | 06:33:32.20 | 06:33:32.20 | 8:44 | 6.9 |
| 84 | SZYDŁOWSKI ROBERT | 5640 | | KAMIENIEC ZĄBKOWICKI | POL | MASTERS M - 40 | 84 | M 217 | 00:00:50 | 01:33:23 | 03:17:14 | 05:09:02 | 06:33:58.50 | 06:33:58.50 | 8:45 | 6.9 |
| 85 | KOGUT MACIEJ | 5641 | | DUSZNIKI ZDROJ | POL | MASTERS M - 40 | 85 | M 218 | 00:01:43 | 01:19:04 | 02:56:30 | 05:03:57 | 06:34:18.80 | 06:34:18.80 | 8:45 | 6.8 |
| 86 | MATYSIAK MACIEJ | 5274 | OSH | POZNAŃ | POL | MASTERS M - 40 | 86 | M 219 | 00:01:51 | 01:33:10 | 03:21:10 | 05:03:19 | 06:34:24.75 | 06:34:24.75 | 8:45 | 6.8 |
| 87 | WERESZCZYŃSKI TOMASZ | 5270 | SZWAGRY TEAM | PŁOCK | POL | MASTERS M - 40 | 87 | M 220 | 00:00:58 | 01:37:04 | 03:24:35 | 05:09:37 | 06:34:29.80 | 06:34:29.80 | 8:45 | 6.8 |
| 88 | WOLNY KRZYSZTOF | 5687 | ULTRA KREW | ZABRZE | POL | MASTERS M - 40 | 88 | M 223 | 00:00:14 | 01:23:29 | 03:16:29 | 05:01:42 | 06:35:36.60 | 06:35:36.60 | 8:47 | 6.8 |
| 89 | TARNOWSKI BARTOSZ | 5419 | | ŁÓDŹ | POL | MASTERS M - 40 | 89 | M 224 | 00:01:14 | 01:34:11 | 03:18:32 | 05:01:11 | 06:36:26.50 | 06:36:26.50 | 8:48 | 6.8 |
| 90 | NIKODEM KLAUDIUSZ | 5115 | CZAJKERSI | NOWA RUDA | POL | MASTERS M - 40 | 90 | M 225 | 00:01:31 | 01:32:13 | 03:17:27 | 05:02:22 | 06:36:39.85 | 06:36:39.85 | 8:48 | 6.8 |
| 91 | KORBUS PIOTR | 5226 | PORANNY BESKID RUN | GOLESZOW | POL | MASTERS M - 40 | 91 | M 230 | 00:01:37 | 01:30:37 | 03:24:32 | 05:05:27 | 06:39:08.55 | 06:39:08.55 | 8:52 | 6.8 |
| 92 | MAGIERA PRZEMYSŁAW | 5345 | NOWOSOLSKA GRUPA BIEGOWA | GŁOGÓW | POL | MASTERS M - 40 | 92 | M 231 | 00:01:02 | 01:22:39 | 03:10:29 | 05:03:44 | 06:40:09.95 | 06:40:09.95 | 8:53 | 6.7 |
| 93 | ŚMIGIELSKI ARKADIUSZ | 5038 | | GDYNIA | POL | MASTERS M - 40 | 93 | M 232 | 00:02:04 | 01:29:31 | 03:08:04 | 05:03:46 | 06:40:23.90 | 06:40:23.90 | 8:53 | 6.7 |
| 94 | KURCZEK TOMASZ | 5452 | RUN FORREST RUN! | GLIWICE | POL | MASTERS M - 40 | 94 | M 233 | 00:02:20 | 01:36:39 | 03:22:54 | 05:13:21 | 06:40:33.35 | 06:40:33.35 | 8:54 | 6.7 |
| 95 | MOKRZYŃSKI MARCIN | 5546 | TEAM KURORT LĄDEK ZDRÓJ | OŁDRZYCHOWICE KŁODZKIE | POL | MASTERS M - 40 | 95 | M 236 | 00:02:07 | 01:42:26 | 03:40:24 | 05:17:54 | 06:41:53.75 | 06:41:53.75 | 8:55 | 6.7 |
| 96 | OLEJNIK MARCIN | 5576 | | ŻERNIKI WROCŁAWSKIE | POL | MASTERS M - 40 | 96 | M 239 | 00:02:28 | 01:44:04 | 03:33:46 | 05:18:26 | 06:43:26.95 | 06:43:26.95 | 8:57 | 6.7 |
| 97 | TOKARCZYK TOMASZ | 5531 | DRUŻYNA SZPIKU | KALISZ | POL | MASTERS M - 40 | 97 | M 240 | 00:01:17 | 01:26:43 | 03:12:09 | 05:05:57 | 06:44:14.35 | 06:44:14.35 | 8:58 | 6.7 |
| 98 | GRZYB JACEK | 5613 | BIEGOWA KUŹNIA | BĘDZIN | POL | MASTERS M - 40 | 98 | M 242 | 00:02:19 | 01:45:03 | 03:39:58 | 05:18:50 | 06:45:10.15 | 06:45:10.15 | 9:00 | 6.7 |
| 99 | BEDNARCZYK PAWEŁ | 5393 | PZU SPORT TEAM | BABKI | POL | MASTERS M - 40 | 99 | M 243 | 00:02:03 | 01:35:49 | 03:21:35 | 05:14:28 | 06:45:38.70 | 06:45:38.70 | 9:00 | 6.7 |
| 100 | OGÓRKIEWICZ MICHAŁ | 5131 | | ŁĘCZYCA | POL | MASTERS M - 40 | 100 | M 246 | 00:01:56 | 01:31:11 | 03:20:59 | 05:16:03 | 06:46:28.85 | 06:46:28.85 | 9:01 | 6.6 |
| 101 | STROMIDŁO SEBASTIAN | 5163 | KB AKTYWNI KRZYŻ WLKP | PIŁA | POL | MASTERS M - 40 | 101 | M 252 | 00:00:16 | 01:18:12 | 03:01:48 | 04:55:56 | 06:48:14.40 | 06:48:14.40 | 9:04 | 6.6 |
| 102 | BOROWIAK LUKASZ | 5217 | #BIEGAJLESZNO | LESZNO | POL | MASTERS M - 40 | 102 | M 253 | 00:00:17 | 01:25:17 | 03:16:59 | 05:04:49 | 06:48:17.45 | 06:48:17.45 | 9:04 | 6.6 |
| 103 | JANULEWICZ WOJCIECH | 5629 | BIEGNĄC OD ŚWIATEŁ | ŁAGIEWNIKI | POL | MASTERS M - 40 | 103 | M 255 | 00:01:42 | 01:43:07 | 03:37:10 | 05:23:50 | 06:48:46.25 | 06:48:46.25 | 9:05 | 6.6 |
| 104 | RELEWICZ MACIEJ | 5545 | WOLNE SLIMAKI | POZNAN | POL | MASTERS M - 40 | 104 | M 256 | 00:00:18 | 01:29:17 | 03:25:10 | 05:12:52 | 06:49:13.90 | 06:49:13.90 | 9:05 | 6.6 |
| 105 | PIEKARSKI ANDRZEJ | 5679 | 140 MINUT | GRODZISK MAZOWIECKI | POL | MASTERS M - 40 | 105 | M 261 | 00:01:49 | 01:40:57 | 03:34:07 | 05:16:32 | 06:50:25.30 | 06:50:25.30 | 9:07 | 6.6 |
| 106 | ŚWIDER ZBIGNIEW | 5044 | PORANNY BESKID RUN | SKOCZÓW | POL | MASTERS M - 40 | 106 | M 262 | 00:01:28 | 01:29:16 | 03:15:19 | 05:06:05 | 06:50:43.20 | 06:50:43.20 | 9:07 | 6.6 |
| 107 | PATROŃSKI PAWEŁ | 5670 | | WROCŁAW | POL | MASTERS M - 40 | 107 | M 264 | 00:01:50 | 01:40:07 | 03:33:21 | 05:19:52 | 06:51:01.05 | 06:51:01.05 | 9:08 | 6.6 |
| 108 | CHROSTEK ADAM | 5151 | | KATOWICE | POL | MASTERS M - 40 | 108 | M 265 | 00:01:56 | 01:40:32 | 03:31:03 | 05:20:24 | 06:51:20.55 | 06:51:20.55 | 9:08 | 6.6 |
| 109 | BUTRYN WOJCIECH | 5002 | | KRAKÓW | POL | MASTERS M - 40 | 109 | M 266 | 00:00:22 | 01:29:21 | 03:20:20 | 05:12:16 | 06:51:24.15 | 06:51:24.15 | 9:08 | 6.6 |
| 110 | KWIECIEŃ ROBERT | 5361 | | KIELCE | POL | MASTERS M - 40 | 110 | M 269 | 00:01:31 | 01:40:40 | 03:30:12 | 05:20:38 | 06:52:27.05 | 06:52:27.05 | 9:09 | 6.5 |
| 111 | SKOCZEK SEBASTIAN | 5522 | | GRUSZCZYN | POL | MASTERS M - 40 | 111 | M 271 | 00:01:13 | 01:36:31 | 03:28:34 | 05:21:05 | 06:52:36.90 | 06:52:36.90 | 9:10 | 6.5 |
| 112 | STROIŃSKI WOJCIECH | 5210 | LESZ NO LIMITS RUNNERS | WILKOWICE | POL | MASTERS M - 40 | 112 | M 272 | 00:00:15 | 01:33:44 | 03:37:23 | 05:22:27 | 06:52:42.05 | 06:52:42.05 | 9:10 | 6.5 |
| 113 | ZYCHOWICZ ZBIGNIEW | 5077 | SBRT WROCŁAW | SIECHNICE | POL | MASTERS M - 40 | 113 | M 273 | 00:01:02 | 01:43:14 | 03:36:17 | 05:25:02 | 06:53:15.35 | 06:53:15.35 | 9:11 | 6.5 |
| 114 | WAWRZYNIAK ROBERT | 5480 | #BIEGIEMWLAS | POZNAŃ | POL | MASTERS M - 40 | 114 | M 275 | 00:01:58 | 01:42:00 | 03:34:35 | 05:20:11 | 06:53:33.15 | 06:53:33.15 | 9:11 | 6.5 |
| 115 | WUJEK MARCIN | 5675 | DZIKA KUNA GOSTYŃ | GOSTYŃ | POL | MASTERS M - 40 | 115 | M 276 | 00:00:42 | 01:26:42 | 03:22:09 | 05:21:29 | 06:53:34.30 | 06:53:34.30 | 9:11 | 6.5 |
| 116 | PIETRYKOWSKI NORBERT | 5282 | VITALABO | BYDGOSZCZ`C` | POL | MASTERS M - 40 | 116 | M 277 | 00:00:12 | 01:33:07 | 03:31:52 | 05:19:46 | 06:54:08.45 | 06:54:08.45 | 9:12 | 6.5 |
| 117 | KAŹMIERCZAK PIOTR | 5147 | NARAMOWICE BIEGAJĄ/BIEGIEMWLAS# | POZNAŃ | POL | MASTERS M - 40 | 117 | M 278 | 00:02:03 | 01:36:23 | 03:20:47 | 05:14:32 | 06:54:30.85 | 06:54:30.85 | 9:12 | 6.5 |
| 118 | SZCZESNIAK MARIUSZ | 5059 | LONE WOLF | SZCZECIN | POL | MASTERS M - 40 | 118 | M 279 | 00:01:57 | 01:41:15 | 03:38:40 | 05:29:37 | 06:54:58.65 | 06:54:58.65 | 9:13 | 6.5 |
| 119 | POLAŃSKI BARTOSZ | 5543 | | WROCŁAW | POL | MASTERS M - 40 | 119 | M 280 | 00:01:31 | 01:26:28 | 03:18:17 | 05:23:02 | 06:55:43.10 | 06:55:43.10 | 9:14 | 6.5 |
| 120 | PLASZCZAK JAROSŁAW | 5340 | | TULCE | POL | MASTERS M - 40 | 120 | M 281 | 00:00:37 | 01:32:08 | 03:25:59 | 05:15:45 | 06:55:48.50 | 06:55:48.50 | 9:14 | 6.5 |
| 121 | ORLIKOWSKI JACEK | 5410 | | POZNAŃ | POL | MASTERS M - 40 | 121 | M 283 | 00:01:25 | 01:41:10 | 03:33:52 | 05:19:45 | 06:55:58.75 | 06:55:58.75 | 9:14 | 6.5 |
| 122 | GOŁUCH ARKADIUSZ | 5638 | STRZEGOMSKA DWUNASTKA | ŁAGIEWNIKI | POL | MASTERS M - 40 | 122 | M 284 | 00:01:45 | 01:43:15 | 03:37:16 | 05:25:03 | 06:56:02.30 | 06:56:02.30 | 9:14 | 6.5 |
| 123 | PIETRUSIAK KRZYSZTOF | 5368 | ZA_LINIĄ_METY | PALĘDZIE | POL | MASTERS M - 40 | 123 | M 285 | 00:02:27 | 01:43:59 | 03:37:55 | 05:22:41 | 06:56:46.70 | 06:56:46.70 | 9:15 | 6.5 |
| 124 | DZIERŻANOWSKI ŁUKASZ | 5463 | | ŻELAZNA | POL | MASTERS M - 40 | 124 | M 286 | 00:00:01 | 01:23:39 | 03:16:04 | 05:17:41 | 06:56:51.55 | 06:56:51.55 | 9:15 | 6.5 |

## ZŁOTY MARATON - 45 KM, Masters M - 40 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0km | 10km | 22km | 33km | Netto | Brutto | min/km | km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 125 | SZABAT DANIEL | 5293 | | WROCŁAW | POL | MASTERS M - 40 | 125 | M 287 | 00:01:22 | 01:33:47 | 03:20:59 | 05:04:25 | 06:56:59.10 | 06:56:59.10 | 9:15 | 6.5 |
| 126 | GRZEGORCZYK KRZYSZTOF | 5320 | | ŻARY | POL | MASTERS M - 40 | 126 | M 290 | 00:01:18 | 01:33:49 | 03:31:29 | 05:29:08 | 06:57:57.05 | 06:57:57.05 | 9:17 | 6.5 |
| 127 | DERBICH MARIUSZ | 5351 | KOWALEW RUNERS | KOWALEW | POL | MASTERS M - 40 | 127 | M 291 | 00:01:57 | 01:37:57 | 03:35:51 | 05:27:47 | 06:58:02.05 | 06:58:02.05 | 9:17 | 6.5 |
| 128 | DĄBROWSKI KAMIL | 5429 | | KIELCE | POL | MASTERS M - 40 | 128 | M 298 | 00:00:55 | 01:36:27 | 03:34:06 | 05:21:51 | 07:03:11.70 | 07:03:11.70 | 9:24 | 6.4 |
| 129 | SPYRA ADAM | 5319 | ŻARY RUNNERS TEAM | LIPINKI ŁUŻYCKIE | POL | MASTERS M - 40 | 129 | M 299 | 00:01:18 | 01:35:47 | 03:34:12 | 05:26:58 | 07:04:11.70 | 07:04:11.70 | 9:25 | 6.4 |
| 130 | KRYSIAK ŁUKASZ | 5109 | PIĄTKOWO NA BIEGOWO | POZNAŃ | POL | MASTERS M - 40 | 130 | M 300 | 00:02:09 | 01:43:23 | 03:41:54 | 05:37:24 | 07:04:20.25 | 07:04:20.25 | 9:25 | 6.4 |
| 131 | MATYSIAK KAROL | 5277 | OSH/ GALAXYOG.CO | POZNAŃ | POL | MASTERS M - 40 | 131 | M 301 | 00:01:52 | 01:36:42 | 03:31:48 | 05:30:31 | 07:04:44.15 | 07:04:44.15 | 9:26 | 6.4 |
| 132 | CZYŻAK BLAŻEJ | 5661 | GLADIATOR | MROWINO | POL | MASTERS M - 40 | 132 | M 303 | 00:01:55 | 01:40:36 | 03:36:32 | 05:31:31 | 07:07:00.35 | 07:07:00.35 | 9:29 | 6.3 |
| 133 | JAKUBOWSKI PRZEMYSŁAW | 5171 | | WIDZISZEWO | POL | MASTERS M - 40 | 133 | M 309 | 00:01:06 | 01:37:08 | 03:48:04 | 05:38:23 | 07:13:12.00 | 07:13:12.00 | 9:37 | 6.2 |
| 134 | KOWAL IRENEUSZ | 5072 | | LESZNO | POL | MASTERS M - 40 | 134 | M 316 | 00:00:15 | 01:33:16 | 03:41:22 | 05:40:31 | 07:14:41.30 | 07:14:41.30 | 9:39 | 6.2 |
| 135 | KOCZOROWSKI MARCIN | 5420 | TEAM ZABIEGANEDNI | RADIÓWEK | POL | MASTERS M - 40 | 135 | M 318 | 00:02:28 | 01:43:54 | 03:41:58 | 05:35:29 | 07:15:25.65 | 07:15:25.65 | 9:40 | 6.2 |
| 136 | FILUT TOMASZ | 5503 | | POZNAŃ | POL | MASTERS M - 40 | 136 | M 319 | 00:02:14 | 01:37:26 | 03:43:53 | 05:40:50 | 07:16:06.45 | 07:16:06.45 | 9:41 | 6.2 |
| 137 | KOZAK BARTOSZ | 5128 | KOZAKI | DŁUGOŁĘKA | POL | MASTERS M - 40 | 137 | M 323 | 00:00:47 | 01:35:09 | 03:35:44 | 05:48:18 | 07:18:47.20 | 07:18:47.20 | 9:45 | 6.2 |
| 138 | PODBIELSKI KRYSTIAN | 5680 | OSPRO OCR TEAM | WARSZAWA | POL | MASTERS M - 40 | 138 | M 325 | 00:02:39 | 01:41:29 | 03:41:00 | 05:47:05 | 07:19:35.20 | 07:19:35.20 | 9:46 | 6.1 |
| 139 | PACIULON KRZYSZTOF | 5549 | | KARWIANY | POL | MASTERS M - 40 | 139 | M 328 | 00:02:01 | 01:36:33 | 03:39:54 | 05:44:16 | 07:22:27.75 | 07:22:27.75 | 9:49 | 6.1 |
| 140 | SYNOWIEC GRZEGORZ | 5648 | | WROCŁAW | POL | MASTERS M - 40 | 140 | M 331 | 00:01:22 | 01:40:30 | 03:40:35 | 05:40:58 | 07:24:11.20 | 07:24:11.20 | 9:52 | 6.1 |
| 141 | DOMAŃSKI PIOTR | 5166 | RUN DE GIRARD | MIĘDZYBORÓW | POL | MASTERS M - 40 | 141 | M 332 | 00:00:16 | 01:43:11 | 03:52:23 | 05:54:37 | 07:24:29.65 | 07:24:29.65 | 9:52 | 6.1 |
| 142 | GRYGIER TOMASZ | 5530 | | OSIECZNA | POL | MASTERS M - 40 | 142 | M 334 | 00:00:28 | 01:28:03 | 03:26:35 | 05:44:15 | 07:25:04.30 | 07:25:04.30 | 9:53 | 6.1 |
| 143 | LISIECKI PRZEMYSLAW | 5542 | | ZAROW | POL | MASTERS M - 40 | 143 | M 338 | 00:01:38 | 01:31:08 | 03:24:51 | 05:47:53 | 07:27:11.15 | 07:27:11.15 | 9:56 | 6 |
| 144 | WŁODARCZYK PAWEŁ | 5063 | KB ODRA OPOLE | OPOLE | POL | MASTERS M - 40 | 144 | M 339 | 00:01:45 | 01:37:05 | 03:30:09 | 05:41:22 | 07:27:12.80 | 07:27:12.80 | 9:56 | 6 |
| 145 | DUDEK MARIUSZ | 5455 | | GOSTYŃ | POL | MASTERS M - 40 | 145 | M 340 | 00:00:01 | 01:33:24 | 03:38:58 | 05:46:09 | 07:27:33.45 | 07:27:33.45 | 9:56 | 6 |
| 146 | ADAMCZYK GRZEGORZ | 5374 | OŁAWSKA GRUPA BIEGOWA / TIM.PL | OŁAWA | POL | MASTERS M - 40 | 146 | M 342 | 00:01:29 | 01:40:29 | 03:48:30 | 05:51:54 | 07:27:55.85 | 07:27:55.85 | 9:57 | 6 |
| 147 | BRZÓZKA NORBERT | 5612 | POGORIA BIEGA | DĄBROWA GÓRNICZA | POL | MASTERS M - 40 | 147 | M 343 | 00:02:19 | 01:52:11 | 03:59:58 | 05:54:44 | 07:28:26.30 | 07:28:26.30 | 9:57 | 6 |
| 148 | ŁOJEWSKI MARIUSZ | 5011 | 1 BRYGADA LOGISTYCZNA | SOLEC KUJAWSKI | POL | MASTERS M - 40 | 148 | M 346 | 00:00:28 | 01:36:21 | 03:40:48 | 05:49:10 | 07:31:44.90 | 07:31:44.90 | 10:02 | 6 |
| 149 | WOŹNY KRZYSZTOF | 5636 | SPORTOWY KAŹMIERZ | KAŹMIERZ | POL | MASTERS M - 40 | 149 | M 347 | 00:01:50 | 01:42:05 | 03:38:01 | 05:43:02 | 07:32:37.40 | 07:32:37.40 | 10:03 | 6 |
| 150 | ZEIDLER ALEKSANDER | 5562 | MIRAZRACETEAM | ZABRZE | POL | MASTERS M - 40 | 150 | M 348 | 00:00:26 | 01:36:29 | 03:39:05 | 05:49:06 | 07:33:22.20 | 07:33:22.20 | 10:04 | 6 |
| 151 | HALESZCZUK TOMASZ | 5261 | PRO-RUN WROCŁAW | WROCŁAW | POL | MASTERS M - 40 | 151 | M 349 | 00:02:15 | 01:52:32 | 03:56:05 | 05:56:53 | 07:33:50.65 | 07:33:50.65 | 10:05 | 5.9 |
| 152 | BOŻKIEWICZ JACEK | 5341 | | MUROWANA GOŚLINA | POL | MASTERS M - 40 | 152 | M 350 | 00:00:34 | 01:43:01 | 03:55:23 | 05:55:19 | 07:34:01.10 | 07:34:01.10 | 10:05 | 5.9 |
| 153 | SIBIELAK TOMASZ | 5164 | BIEGOWA KUŹNIA | BĘDZIN | POL | MASTERS M - 40 | 153 | M 351 | 00:02:19 | 01:44:03 | 03:51:49 | 05:49:08 | 07:34:35.40 | 07:34:35.40 | 10:06 | 5.9 |
| 154 | LISOWSKI MACIEJ | 5332 | DESTYLATOR RUNNING TEAM | KIEŁCZÓW | POL | MASTERS M - 40 | 154 | M 352 | 00:02:22 | 01:41:46 | 03:39:02 | 06:00:50 | 07:34:38.55 | 07:34:38.55 | 10:06 | 5.9 |
| 155 | BAJER KAROL | 5266 | | LESZNO | POL | MASTERS M - 40 | 155 | M 353 | 00:02:37 | 01:44:58 | 03:54:15 | 05:55:08 | 07:35:11.35 | 07:35:11.35 | 10:06 | 5.9 |
| 156 | ŚLUSAREK GRZEGORZ | 5387 | | GOŁUSKI | POL | MASTERS M - 40 | 156 | M 355 | 00:01:31 | 01:48:56 | 03:56:45 | 05:58:22 | 07:35:35.00 | 07:35:35.00 | 10:07 | 5.9 |
| 157 | BEREZIUK MICHAŁ | 5588 | | DZIEWIĘTLICE | POL | MASTERS M - 40 | 157 | M 358 | 00:02:40 | 01:38:03 | 03:30:45 | 05:45:00 | 07:35:53.55 | 07:35:53.55 | 10:07 | 5.9 |
| 158 | BUGAJNY DAMIAN | 5394 | SUPERMARATON KALISZ | KALISZ | POL | MASTERS M - 40 | 158 | M 361 | 00:01:44 | 01:37:18 | 03:37:21 | 05:51:37 | 07:37:04.15 | 07:37:04.15 | 10:09 | 5.9 |
| 159 | SAVVA XENOPHON | 5665 | DRO.ME.A | POZNAN | POL | MASTERS M - 40 | 159 | M 366 | 00:02:30 | 01:48:01 | 04:08:23 | 06:02:43 | 07:44:11.90 | 07:44:11.90 | 10:18 | 5.8 |
| 160 | GAWLE MIROSŁAW | 5423 | MARATOŃCZYK DĘBICA | ZAWIERZBIE | POL | MASTERS M - 40 | 160 | M 367 | 00:00:09 | 01:41:45 | 04:01:39 | 06:04:00 | 07:45:57.30 | 07:45:57.30 | 10:21 | 5.8 |
| 161 | JACHYMEK ROBERT | 5619 | TEAM ZABIEGANEDNI | WARSZAWA | POL | MASTERS M - 40 | 161 | M 368 | 00:02:29 | 01:43:52 | 03:40:32 | 05:45:59 | 07:46:37.75 | 07:46:37.75 | 10:22 | 5.8 |
| 162 | GWORYS KRZYSZTOF | 5102 | ZRYW PARZYMIECHY | KLEŚNISKA | POL | MASTERS M - 40 | 162 | M 372 | 00:00:22 | 01:44:49 | 04:00:32 | 06:04:38 | 07:49:17.85 | 07:49:17.85 | 10:25 | 5.8 |
| 163 | KOCHAN PIOTR | 5159 | KOCHANY TEAM | KOBYŁKA | POL | MASTERS M - 40 | 163 | M 374 | 00:02:27 | 01:57:09 | 04:03:36 | 06:02:46 | 07:51:00.35 | 07:51:00.35 | 10:28 | 5.7 |
| 164 | SAMOLAK ŁUKASZ | 5213 | | LĄDEK ZDRÓJ | POL | MASTERS M - 40 | 164 | M 377 | 00:02:46 | 01:41:05 | 03:51:09 | 06:01:26 | 07:54:27.00 | 07:54:27.00 | 10:32 | 5.7 |
| 165 | KOTWICA ANDRZEJ | 5086 | SMOLECKA ZADYSZKA | SMOLEC | POL | MASTERS M - 40 | 165 | M 381 | 00:01:32 | 01:36:25 | 03:35:15 | 06:07:28 | 08:01:59.05 | 08:01:59.05 | 10:42 | 5.6 |
| 166 | PYTEL ROMAN | 5143 | IZBICKO W BIEGU | OTMICE | POL | MASTERS M - 40 | 166 | M 382 | 00:01:37 | 01:52:24 | 04:12:08 | 06:21:58 | 08:02:38.40 | 08:02:38.40 | 10:43 | 5.6 |
| 167 | ZGÓRSKI MACIEJ | 5057 | WKURW_TEAM | BYDGOSZCZ | POL | MASTERS M - 40 | 167 | M 383 | 00:01:40 | 01:50:40 | 04:12:11 | 06:18:54 | 08:02:42.40 | 08:02:42.40 | 10:43 | 5.6 |
| 168 | POPCZYK PIOTR | 5065 | ZATYRANI GRATISOWNIA.PL GMINA PILCHOWICE | ŻERNICA | AFG | MASTERS M - 40 | 168 | M 385 | 00:02:38 | 01:55:46 | 04:16:44 | 06:21:31 | 08:05:04.50 | 08:05:04.50 | 10:46 | 5.6 |
| 169 | MROZIŃSKI ALBERT | 5377 | | ALEKSNADRÓW ŁÓDZKI | POL | MASTERS M - 40 | 169 | M 387 | 00:01:04 | 01:44:10 | 04:16:37 | 06:24:34 | 08:08:29.85 | 08:08:29.85 | 10:51 | 5.5 |
| 170 | WALKOWIAK MAREK | 5264 | PECNA TEAM | PECNA | POL | MASTERS M - 40 | 170 | M 392 | 00:00:44 | 01:42:29 | 04:04:30 | 06:17:39 | 08:12:54.35 | 08:12:54.35 | 10:57 | 5.5 |
| 171 | RUBINOWSKI JAREK | 5304 | | STARGARD | POL | MASTERS M - 40 | 171 | M 393 | 00:01:18 | 01:55:33 | 04:20:43 | 06:29:20 | 08:13:12.10 | 08:13:12.10 | 10:57 | 5.5 |
| 172 | KONIECZNY JACEK | 5326 | NIGHT RUNNERS PYSKOWICE | PYSKOWICE | POL | MASTERS M - 40 | 172 | M 394 | 00:00:48 | 01:55:47 | 04:10:26 | 06:18:46 | 08:14:12.50 | 08:14:12.50 | 10:58 | 5.5 |
| 173 | CHOJNACKI JAKUB | 5383 | | POZNAŃ | POL | MASTERS M - 40 | 173 | M 401 | 00:02:25 | 01:44:56 | 04:11:25 | 06:31:52 | 08:31:51.05 | 08:31:51.05 | 11:22 | 5.3 |
| 174 | SZWEJK KRZYSZTOF | 5384 | STARE DZIADY | POZNAŃ | POL | MASTERS M - 40 | 174 | M 402 | 00:02:26 | 01:44:57 | 04:11:25 | 06:31:51 | 08:31:51.75 | 08:31:51.75 | 11:22 | 5.3 |
| 175 | KUCHARCZYK MARCIN | 5370 | 3:33 TEAM | POZNAŃ | POL | MASTERS M - 40 | 175 | M 403 | 00:02:27 | 01:46:03 | 04:20:42 | 06:42:13 | 08:34:43.65 | 08:34:43.65 | 11:26 | 5.2 |
| 176 | SARNOWSKI MACIEJ | 5067 | TKKF MPK POZNAŃ | POZNAŃ | POL | MASTERS M - 40 | 176 | M 404 | 00:01:27 | 01:57:10 | 04:29:19 | 06:45:32 | 08:39:51.95 | 08:39:51.95 | 11:33 | 5.2 |
| | WALCZAK GRZEGORZ | 5310 | BIEGAJĄCE KREJZOLE | POZNAŃ | POL | MASTERS M - 40 | | | 00:00:45 | 01:43:36 | 05:51:58 | 09:25:57 | DNF | DNF | - | - |
| | | | | | | | | | DNF | DNF | DNF | DNF | | | | |

## ZŁOTY MARATON - 45 KM, Masters M - 40 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0km | 10km | 22km | 33km | Netto | Brutto | min/km | km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | GOŁĘBIEWSKI SEBASTIAN | 5386 | EBIEGI.PL | KŁODZKO | POL | MASTERS M - 40 | | | 00:02:36<br>DNF | 01:45:08<br>DNF | 04:23:31<br>DNF | DNF | DNF | DNF | - | - |

## ZŁOTY MARATON - 45 KM, Weteran K - 50

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0km | 10km | 22km | 33km | Netto | Brutto | min/km | km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | REDMANN EDYTA | 5417 | | BYDGOSZCZ | POL | WETERAN K - 50 | 1 | K 26 | 00:01:12 | 01:23:31 | 02:59:57 | 04:27:49 | 05:47:43.15 | 05:47:43.15 | 7:43 | 7.8 |
| 2 | GŁOWACKA RENATA | 5189 | ULTRA PIOTRKÓW | PIOTRKÓW TRYBUNALSKI | POL | WETERAN K - 50 | 2 | K 62 | 00:00:41 | 01:29:02 | 03:20:32 | 05:06:49 | 06:34:28.75 | 06:34:28.75 | 8:45 | 6.8 |
| 3 | OLEJNIK ILONA | 5441 | ZGZB | ZIELONA GÓRA | POL | WETERAN K - 50 | 3 | K 101 | 00:02:12 | 01:51:31 | 03:52:03 | 05:36:49 | 07:09:43.40 | 07:09:43.40 | 9:32 | 6.3 |
| 4 | ZARANEK BARBARA | 5105 | KĘSY TEAM | KOWANÓWKO | POL | WETERAN K - 50 | 4 | K 135 | 00:02:35 | 01:54:18 | 04:05:07 | 05:58:31 | 07:36:56.85 | 07:36:56.85 | 10:09 | 5.9 |
| 5 | KĘDZIA EDYTA | 5296 | | GDAŃSK | POL | WETERAN K - 50 | 5 | K 137 | 00:02:17 | 01:55:45 | 04:10:56 | 06:01:19 | 07:37:09.35 | 07:37:09.35 | 10:09 | 5.9 |
| 6 | GAJEWSKA MAGDALENA | 5649 | | ŁÓDŹ | POL | WETERAN K - 50 | 6 | K 142 | 00:01:47 | 01:53:14 | 04:07:29 | 06:06:34 | 07:41:46.60 | 07:41:46.60 | 10:15 | 5.8 |
| 7 | BURGHARDT RENATA | 5395 | KB HERMES | GRYFINO | POL | WETERAN K - 50 | 7 | K 164 | 00:02:21 | 01:54:20 | 04:11:48 | 06:20:56 | 08:06:47.95 | 08:06:47.95 | 10:49 | 5.5 |
| 8 | KAMIŃSKA BEATA | 5073 | | SIEMIANOWICE ŚLĄSKIE | POL | WETERAN K - 50 | 8 | K 175 | 00:01:12 | 01:46:45 | 04:09:40 | 06:34:24 | 08:17:50.90 | 08:17:50.90 | 11:03 | 5.4 |
| 9 | JÓZEFIAK MAGDALENA | 5298 | ASSECO ACTIVE TEAM | OSIELSKO | POL | WETERAN K - 50 | 9 | K 178 | 00:01:23 | 01:55:34 | 04:21:33 | 06:30:06 | 08:21:53.15 | 08:21:53.15 | 11:09 | 5.4 |
| 10 | CUPIAŁ MARIOLA | 5284 | W POGONI ZA DUCHEM | SOSNOWIEC | POL | WETERAN K - 50 | 10 | K 184 | 00:01:57 | 02:06:05 | 04:40:33 | 06:44:38 | 08:35:56.50 | 08:35:56.50 | 11:27 | 5.2 |
| 11 | GIZELSKA AGNIESZKA | 5589 | PIĄTKOWO NA BIEGOWO | POZNAŃ | POL | WETERAN K - 50 | 11 | K 197 | 00:02:13 | 02:12:32 | 05:01:52 | 07:25:57 | 09:24:33.60 | 09:24:33.60 | 12:32 | 4.8 |
| 12 | STAJER MAŁGORZATA | 5598 | | LESZNO | POL | WETERAN K - 50 | 12 | K 198 | 00:02:13 | 02:14:02 | 05:03:08 | 07:25:58 | 09:24:34.10 | 09:24:34.10 | 12:32 | 4.8 |
| | GARCZEWSKA-PASZKO JOANNA | 5024 | | WARSZAWA | POL | WETERAN K - 50 | | | 00:01:36<br>DNF | 01:55:35<br>DNF | 05:11:33<br>DNF | DNF | DNF | DNF | - | - |

## ZŁOTY MARATON - 45 KM, Weteran I M - 50

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0km | 10km | 22km | 33km | Netto | Brutto | min/km | km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | BRZOZA ADAM | 5449 | NG POLAND | ZAKOPANE | POL | WETERAN I M - 50 | 1 | M 15 | 00:00:06 | 01:08:26 | 02:28:05 | 03:37:33 | 04:44:09.60 | 04:44:09.60 | 6:18 | 9.5 |
| 2 | GREIVELDINGER GILLES | 5622 | FEHLAU RUN TEAM | KORNIK | POL | WETERAN I M - 50 | 2 | M 16 | 00:00:14 | 01:04:50 | 02:25:12 | 03:41:31 | 04:45:33.35 | 04:45:33.35 | 6:20 | 9.5 |
| 3 | WALASIK JAROSŁAW | 5054 | 42K PRO TEAM | JAWORZNO | POL | WETERAN I M - 50 | 3 | M 23 | 00:00:04 | 01:07:10 | 02:30:05 | 03:45:03 | 04:54:22.45 | 04:54:22.45 | 6:32 | 9.2 |
| 4 | GAWLIK TOMASZ | 5521 | | PSZCZYNA | POL | WETERAN I M - 50 | 4 | M 39 | 00:00:55 | 01:13:03 | 02:43:28 | 04:00:56 | 05:11:04.75 | 05:11:04.75 | 6:54 | 8.7 |
| 5 | BROK JACEK | 5096 | | PLEWISKA | POL | WETERAN I M - 50 | 5 | M 61 | 00:00:36 | 01:17:01 | 02:46:19 | 04:10:27 | 05:28:58.15 | 05:28:58.15 | 7:18 | 8.2 |
| 6 | BANDUROWSKI ANDRZEJ | 5366 | KB SPOCENI NOWA SÓL | NOWA SÓL | POL | WETERAN I M - 50 | 6 | M 68 | 00:00:30 | 01:20:00 | 02:50:15 | 04:15:25 | 05:32:33.10 | 05:32:33.10 | 7:23 | 8.1 |
| 7 | ZGRAJ LESZEK | 5659 | STS BIEGATON | MIKOŁÓW | POL | WETERAN I M - 50 | 7 | M 76 | 00:00:19 | 01:18:23 | 02:53:07 | 04:18:47 | 05:36:03.40 | 05:36:03.40 | 7:28 | 8 |
| 8 | KĘDZIA DOMINIK | 5553 | | CZEMPIŃ | POL | WETERAN I M - 50 | 8 | M 102 | 00:00:54 | 01:17:02 | 02:50:28 | 04:21:09 | 05:46:33.95 | 05:46:33.95 | 7:42 | 7.8 |
| 9 | BIELECKI ROBERT | 5582 | KEEN ON RUNNING | BIAŁA PODLASKA | POL | WETERAN I M - 50 | 9 | M 110 | 00:00:05 | 01:18:57 | 02:57:48 | 04:27:53 | 05:49:00.95 | 05:49:00.95 | 7:45 | 7.7 |
| 10 | SIEWKO PIOTR | 5269 | SZWAGRY TEAM | DĘBOWIEC | POL | WETERAN I M - 50 | 10 | M 111 | 00:00:58 | 01:18:08 | 02:53:59 | 04:27:10 | 05:49:20.55 | 05:49:20.55 | 7:45 | 7.7 |
| 11 | BORDYCH JACEK | 5674 | BOREL MARATHON TEAM | KOŻUCHÓW | POL | WETERAN I M - 50 | 11 | M 122 | 00:01:29 | 01:23:07 | 03:01:58 | 04:32:15 | 05:54:53.25 | 05:54:53.25 | 7:53 | 7.6 |
| 12 | KOBYŁKA MAREK | 5392 | SUPERMARATON KALISZ | KALISZ | POL | WETERAN I M - 50 | 12 | M 133 | 00:01:49 | 01:25:37 | 03:03:32 | 04:33:47 | 05:58:29.55 | 05:58:29.55 | 7:57 | 7.5 |
| 13 | GROCHOLEWSKI WLODZIMIERZ | 5402 | MOTOR LUBON TEAM | POZNAN | POL | WETERAN I M - 50 | 13 | M 143 | 00:02:00 | 01:28:20 | 03:02:33 | 04:36:55 | 06:01:59.45 | 06:01:59.45 | 8:02 | 7.5 |
| 14 | MAŁYSZKA KRZYSZTOF | 5126 | KRIS TRANS MAŁYSZKA | POZNAŃ | POL | WETERAN I M - 50 | 14 | M 150 | 00:00:07 | 01:17:54 | 02:58:51 | 04:32:29 | 06:04:56.45 | 06:04:56.45 | 8:06 | 7.4 |
| 15 | RADECKI WOJCIECH | 5495 | NIEPOŁOMICE BIEGAJĄ | WIELICZKA | POL | WETERAN I M - 50 | 15 | M 161 | 00:00:53 | 01:33:23 | 03:16:41 | 04:46:29 | 06:11:32.30 | 06:11:32.30 | 8:15 | 7.3 |
| 16 | WYRZYKOWSKI ANDRZEJ | 5311 | GRUPA BIEGOWA 65 | GDAŃSK | POL | WETERAN I M - 50 | 16 | M 162 | 00:01:21 | 01:32:01 | 03:13:55 | 04:51:54 | 06:13:19.95 | 06:13:19.95 | 8:17 | 7.2 |
| 17 | SMIERZCHAŁA ADAM | 5517 | | MOSINA | POL | WETERAN I M - 50 | 17 | M 174 | 00:00:49 | 01:29:37 | 03:16:09 | 04:54:33 | 06:16:55.20 | 06:16:55.20 | 8:22 | 7.2 |
| 18 | FEODORÓW WOJCIECH | 5667 | RESHAPE RUNNERS | ZABRZE | POL | WETERAN I M - 50 | 18 | M 175 | 00:00:15 | 01:20:49 | 03:05:46 | 04:44:56 | 06:17:30.35 | 06:17:30.35 | 8:23 | 7.2 |
| 19 | LASKOWSKI KRZYSZTOF | 5344 | | OSTRÓW WLKP. | POL | WETERAN I M - 50 | 19 | M 180 | 00:00:52 | 01:26:37 | 03:13:16 | 04:50:24 | 06:20:46.60 | 06:20:46.60 | 8:27 | 7.1 |
| 20 | KUBISIAK DARIUSZ | 5605 | | OSTRÓW WLKP. | POL | WETERAN I M - 50 | 20 | M 181 | 00:02:47 | 01:37:20 | 03:22:26 | 04:57:41 | 06:21:17.65 | 06:21:17.65 | 8:28 | 7.1 |
| 21 | RZECZYCKI DARIUSZ | 5034 | | OPOLE | POL | WETERAN I M - 50 | 21 | M 197 | 00:00:32 | 01:29:04 | 03:17:14 | 04:58:54 | 06:26:11.55 | 06:26:11.55 | 8:34 | 7 |
| 22 | BIK ANDRZEJ | 5165 | | ZABRZE | POL | WETERAN I M - 50 | 22 | M 198 | 00:01:05 | 01:31:09 | 03:14:44 | 04:56:29 | 06:26:20.75 | 06:26:20.75 | 8:35 | 7 |
| 23 | SZARADOWSKI PIOTR | 5101 | 140 MINUT | ŚWIDNICA | POL | WETERAN I M - 50 | 23 | M 203 | 00:01:16 | 01:29:10 | 03:24:36 | 05:04:30 | 06:29:24.85 | 06:29:24.85 | 8:39 | 6.9 |
| 24 | KALISZEWSKI ADAM | 5626 | MPK POZNAŃ | POZNAŃ | POL | WETERAN I M - 50 | 24 | M 238 | 00:01:20 | 01:38:05 | 03:28:18 | 05:10:07 | 06:42:33.80 | 06:42:33.80 | 8:56 | 6.7 |
| 25 | SPÓLNY ROBERT | 5669 | | GRÓJEC | POL | WETERAN I M - 50 | 25 | M 257 | 00:00:46 | 01:33:29 | 03:32:27 | 05:20:19 | 06:49:22.95 | 06:49:22.95 | 9:05 | 6.6 |
| 26 | RUCIŃSKI ADAM | 5178 | | WARSZAWA | POL | WETERAN I M - 50 | 26 | M 259 | 00:02:09 | 01:43:42 | 03:35:52 | 05:17:14 | 06:49:32.60 | 06:49:32.60 | 9:06 | 6.6 |
| 27 | KLABIK MACIEJ | 5498 | EL RAPIDO | WROCŁAW | POL | WETERAN I M - 50 | 27 | M 263 | 00:01:00 | 01:33:59 | 03:29:38 | 05:19:04 | 06:50:47.80 | 06:50:47.80 | 9:07 | 6.6 |
| 28 | POJDA GRZEGORZ | 5133 | RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM | RYBNIK | POL | WETERAN I M - 50 | 28 | M 270 | 00:02:25 | 01:37:11 | 03:31:35 | 05:29:49 | 06:52:36.55 | 06:52:36.55 | 9:10 | 6.5 |

## ZŁOTY MARATON - 45 KM, Weteran I M - 50  c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0km | 10km | 22km | 33km | Netto | Brutto | min/km | km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 29 | ROLIŃSKI RADOSŁAW | 5643 | | OLEŚNICA | POL | WETERAN I M - 50 | 29 | M 295 | 00:01:33 | 01:43:46 | 03:43:56 | 05:30:44 | 07:00:49.85 | 07:00:49.85 | 9:21 | 6.4 |
| 30 | LEWARDOWSKI KONRAD | 5689 | KTB KUNY | POZNAŃ | POL | WETERAN I M - 50 | 30 | M 305 | 00:01:38 | 01:45:02 | 03:40:31 | 05:30:11 | 07:07:29.65 | 07:07:29.65 | 9:29 | 6.3 |
| 31 | BUSZTA ROBERT | 5060 | | WARSZAWA | POL | WETERAN I M - 50 | 31 | M 310 | 00:05:03 | 01:44:37 | 03:45:40 | 05:46:28 | 07:13:23.25 | 07:13:23.25 | 9:37 | 6.2 |
| 32 | BUDZIŃSKI KRZYSZTOF | 5662 | STOWARZYSZENIE SPORTOWE FENIKS PRZY ELEKTROWNI OPOLE | OPOLE | POL | WETERAN I M - 50 | 32 | M 311 | 00:01:11 | 01:42:23 | 03:46:36 | 05:43:25 | 07:13:32.80 | 07:13:32.80 | 9:38 | 6.2 |
| 33 | DATA DARIUSZ | 5027 | KUGUAR XTREME RUNNERS | KLETNO | POL | WETERAN I M - 50 | 33 | M 314 | 00:01:12 | 01:41:18 | 03:36:27 | 05:31:28 | 07:14:13.15 | 07:14:13.15 | 9:38 | 6.2 |
| 34 | WIĘCKOWSKI TOMASZ | 5373 | ORANGE POLSKA | OBORNIKI ŚLĄSKIE | POL | WETERAN I M - 50 | 34 | M 317 | 00:00:50 | 01:43:05 | 04:09:18 | 05:44:34 | 07:15:11.45 | 07:15:11.45 | 9:40 | 6.2 |
| 35 | KĄDZIOŁKA JAN | 5414 | K2 | GLIWICE | POL | WETERAN I M - 50 | 35 | M 320 | 00:01:46 | 01:42:35 | 03:46:09 | 05:45:55 | 07:16:58.60 | 07:16:58.60 | 9:42 | 6.2 |
| 36 | SZYMCZAK TOMASZ | 5204 | PRATT & WHITNEY KALISZ | KALISZ | POL | WETERAN I M - 50 | 36 | M 326 | 00:00:49 | 01:39:32 | 03:46:13 | 05:42:12 | 07:19:53.75 | 07:19:53.75 | 9:46 | 6.1 |
| 37 | SZYSZKOWSKI WŁODZIMIERZ | 5550 | DUKE NUKEM PRINCE OF WARSAW | WARSZAWA | POL | WETERAN I M - 50 | 37 | M 336 | 00:00:55 | 01:36:20 | 03:41:10 | 05:36:31 | 07:26:02.95 | 07:26:02.95 | 9:54 | 6.1 |
| 38 | SZOPA GRZEGORZ | 5183 | | ZAWIERCIE | POL | WETERAN I M - 50 | 38 | M 337 | 00:00:30 | 01:37:29 | 03:46:05 | 05:47:03 | 07:27:06.85 | 07:27:06.85 | 9:56 | 6 |
| 39 | OLECH WITOLD | 5572 | | STRAŻÓW | POL | WETERAN I M - 50 | 39 | M 354 | 00:01:05 | 01:43:39 | 03:50:34 | 05:52:13 | 07:35:28.30 | 07:35:28.30 | 10:07 | 5.9 |
| 40 | JOŃCZYK JERZY | 5248 | TUP TUP | LĄDEK ZDRÓJ | POL | WETERAN I M - 50 | 40 | M 359 | 00:01:34 | 01:44:15 | 03:57:18 | 05:59:35 | 07:36:18.60 | 07:36:18.60 | 10:08 | 5.9 |
| 41 | GAJEWSKI PAWEŁ | 5663 | BEAUTY SPORT | ŁÓDŹ | POL | WETERAN I M - 50 | 41 | M 362 | 00:01:47 | 01:53:01 | 04:14:59 | 06:06:34 | 07:41:46.25 | 07:41:46.25 | 10:15 | 5.8 |
| 42 | CZAJKA PIOTR | 5279 | CZAJKI | WARSZAWA | POL | WETERAN I M - 50 | 42 | M 364 | 00:02:01 | 01:45:20 | 03:59:46 | 05:58:23 | 07:42:44.70 | 07:42:44.70 | 10:16 | 5.8 |
| 43 | OCHLIŃSKI TOMASZ | 5287 | JARACZEWO BIEGA | JARACZEWO | POL | WETERAN I M - 50 | 43 | M 365 | 00:00:01 | | 03:45:27 | 05:54:35 | 07:42:49.85 | 07:42:49.85 | 10:17 | 5.8 |
| 44 | KANIOWSKI WOJCIECH | 5583 | | CZESTOCHOWA | POL | WETERAN I M - 50 | 44 | M 369 | 00:01:03 | 01:41:27 | 04:01:09 | 06:11:40 | 07:46:41.10 | 07:46:41.10 | 10:22 | 5.8 |
| 45 | CHŁĄDZYŃSKI PIOTR | 5323 | | WROCŁAW | POL | WETERAN I M - 50 | 45 | M 370 | 00:02:18 | 01:43:43 | 03:46:06 | 05:51:05 | 07:48:27.90 | 07:48:27.90 | 10:24 | 5.8 |
| 46 | HELIŃSKI JACEK | 5307 | DZIKIE ŻYCIE RUN TEAM | KROSNO | POL | WETERAN I M - 50 | 46 | M 371 | 00:00:35 | 01:35:37 | 03:55:02 | 06:11:41 | 07:49:12.10 | 07:49:12.10 | 10:25 | 5.8 |
| 47 | BEDNARSKI KRZYSZTOF | 5658 | KLUCZBORSKA GRUPA BIEGOWA | KLUCZBORK | POL | WETERAN I M - 50 | 47 | M 373 | 00:01:07 | 01:43:48 | 03:55:44 | 06:04:50 | 07:50:51.90 | 07:50:51.90 | 10:27 | 5.7 |
| 48 | KARDAS PIOTR | 5240 | | GÓRA | POL | WETERAN I M - 50 | 48 | M 376 | 00:01:23 | 01:39:34 | 03:46:53 | 06:07:04 | 07:54:19.15 | 07:54:19.15 | 10:32 | 5.7 |
| 49 | BĄK BOGDAN | 5443 | | DĘBNO | POL | WETERAN I M - 50 | 49 | M 378 | 00:01:54 | 01:41:11 | 03:50:29 | 06:01:31 | 07:55:15.80 | 07:55:15.80 | 10:33 | 5.7 |
| 50 | DEMCZAR JACEK | 5112 | | TRZCIANKA | POL | WETERAN I M - 50 | 50 | M 379 | 00:01:59 | 01:49:57 | 04:09:46 | 06:16:24 | 08:00:14.05 | 08:00:14.05 | 10:40 | 5.6 |
| 51 | MAKOWSKI DARIUSZ | 5216 | KM TEAM | CHOJNA | POL | WETERAN I M - 50 | 51 | M 386 | 00:02:21 | 01:54:20 | 04:11:49 | 06:21:59 | 08:06:57.20 | 08:06:57.20 | 10:49 | 5.5 |
| 52 | JÓZEFIAK GRZEGORZ | 5297 | | OSIELSKO | POL | WETERAN I M - 50 | 52 | M 396 | 00:01:23 | 01:55:29 | 04:20:30 | 06:30:10 | 08:21:53.25 | 08:21:53.25 | 11:09 | 5.4 |
| 53 | KOTLIŃSKI TOMASZ | 5030 | KB SZAMOTUŁY | OBRZYCKO | POL | WETERAN I M - 50 | 53 | M 397 | 00:01:11 | 01:55:11 | 04:19:36 | 06:27:57 | 08:23:15.20 | 08:23:15.20 | 11:11 | 5.4 |
| 54 | LUTOMSKI DARIUSZ | 5427 | | MAGDALENKA | POL | WETERAN I M - 50 | 54 | M 405 | 00:01:33 | 01:58:06 | 04:32:11 | 06:54:32 | 08:44:10.80 | 08:44:10.80 | 11:38 | 5.2 |
| 55 | NOWAK PIOTR | 5524 | | MIŃSK MAZOWIECKI | POL | WETERAN I M - 50 | 55 | M 407 | 00:00:01 | | 04:25:01 | | 08:53:03.00 | 08:53:03.00 | 11:50 | 5.1 |
| 56 | DENKOWSKI WOJCIECH | 5169 | BP RUNNING TEAM GLIWICE | GLIWICE | POL | WETERAN I M - 50 | 56 | M 408 | 00:02:23 | 02:20:15 | 04:57:21 | 07:19:43 | 08:57:27.45 | 08:57:27.45 | 11:56 | 5 |
| 57 | PROCHOŃ KRZYSZTOF | 5231 | | KATOWICE | POL | WETERAN I M - 50 | 57 | M 409 | 00:00:40 | 02:19:41 | 05:16:15 | | 09:39:11.00 | 09:39:11.00 | 12:52 | 4.7 |
| | POKORNY TOMASZ | 5256 | | WROCLAW | POL | WETERAN I M - 50 | | | 00:01:34 DNF | 01:59:47 DNF | 04:51:04 DNF | DNF | DNF | DNF | - | - |
| | NOWICKI JAROSŁAW | 5442 | | CZECHÓW | POL | WETERAN I M - 50 | | | 00:01:54 DNF | 02:14:45 DNF | DNF | DNF | DNF | DNF | - | - |
| | GRYGORUK CEZARY | 5360 | | SZCZECIN | POL | WETERAN I M - 50 | | | 00:00:05 DNF | DNF | DNF | DNF | DNF | DNF | - | - |

## ZŁOTY MARATON - 45 KM, Weteran II K - 60

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0km | 10km | 22km | 33km | Netto | Brutto | min/km | km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | WARZECHA TERESA | 5618 | RUNNERS TEAM NYSA | PACZKÓW | POL | WETERAN II K - 60 | 1 | K 34 | 00:00:37 | 01:23:28 | 03:04:08 | 04:38:05 | 06:03:31.65 | 06:03:31.65 | 8:04 | 7.4 |
| 2 | MORAWSKA ANNA | 5084 | | WARSZAWA | POL | WETERAN II K - 60 | 2 | K 122 | 00:01:41 | 01:46:00 | 03:56:17 | 05:47:38 | 07:27:16.95 | 07:27:16.95 | 9:56 | 6 |
| 3 | PIECUCH MAŁGORZATA | 5013 | | PRZEWORSK | POL | WETERAN II K - 60 | 3 | K 160 | 00:02:14 | 01:52:17 | 04:11:30 | 06:20:05 | 08:00:59.95 | 08:00:59.95 | 10:41 | 5.6 |
| 4 | KOŁDA HALINA | 5294 | BORKOWSKI TEAM /PCH_RUN | CHODZIEŻ | POL | WETERAN II K - 60 | 4 | K 174 | 00:01:15 | 01:55:32 | 04:21:18 | 06:29:25 | 08:13:12.00 | 08:13:12.00 | 10:57 | 5.5 |

## ZŁOTY MARATON - 45 KM, Weteran II M - 60

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0km | 10km | 22km | 33km | Netto | Brutto | min/km | km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | ZIMNY TOMASZ | 5483 | FARTY PUSZCZY | SZCZECIN | POL | WETERAN II M - 60 | 1 | M 126 | 00:00:05 | 01:23:03 | 03:05:41 | 04:36:39 | 05:55:41.40 | 05:55:41.40 | 7:54 | 7.6 |
| 2 | LIPIŃSKI KRZYSZTOF | 5475 | KB MANIAC POZNAŃ | KOZIEGŁOWY | POL | WETERAN II M - 60 | 2 | M 244 | 00:00:38 | 01:36:35 | 03:32:20 | 05:17:21 | 06:46:00.25 | 06:46:00.25 | 9:01 | 6.7 |

## ZŁOTY MARATON - 45 KM, Weteran II M - 60 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0km | 10km | 22km | 33km | Netto | Brutto | min/km | km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 3 | NAPIERAŁA ANDRZEJ | 5664 | MTS DRUŻYNA SZPIKU KGHM | GOSTYŃ | POL | WETERAN II M - 60 | 3 | M 274 | 00:03:02 | 01:40:13 | 03:31:53 | 05:24:07 | 06:53:21.90 | 06:53:21.90 | 9:11 | 6.5 |
| 4 | FURTAK KRZYSZTOF | 5677 | KTOŚ MUSI BYĆ OSTATNI | LUBIN | POL | WETERAN II M - 60 | 4 | M 304 | 00:02:07 | 01:33:24 | 03:34:23 | 05:28:01 | 07:07:20.50 | 07:07:20.50 | 9:29 | 6.3 |
| 5 | ŁOŚ KRZYSZTOF | 5007 | SBRT/BIEGUNI2022 | ŁOMIANKI DOLNE | POL | WETERAN II M - 60 | 5 | M 327 | 00:01:11 | 01:52:10 | 04:02:25 | 05:50:21 | 07:21:50.35 | 07:21:50.35 | 9:49 | 6.1 |
| 6 | TALAR ZENON | 5036 | KĘSY TEAM | DĄBRÓWKA LEŚNA | POL | WETERAN II M - 60 | 6 | M 360 | 00:02:35 | 01:54:17 | 04:04:46 | 05:58:39 | 07:36:57.10 | 07:36:57.10 | 10:09 | 5.9 |
| 7 | KEGEL ZBIGNIEW | 5684 | PIĄTKOWO NA BIEGOWO | POZNAŃ | POL | WETERAN II M - 60 | 7 | M 391 | 00:02:04 | 01:55:44 | 04:18:44 | 06:23:39 | 08:11:41.90 | 08:11:41.90 | 10:55 | 5.5 |
| 8 | POŁEĆ GRZEGORZ | 5305 |  | PRZYGOŃ | POL | WETERAN II M - 60 | 8 | M 398 | 00:00:35 | 01:57:06 | 04:26:29 | 06:33:36 | 08:25:06.55 | 08:25:06.55 | 11:13 | 5.3 |
| 9 | KROMER LUDWIK | 5026 |  | GDAŃSK | POL | WETERAN II M - 60 | 9 | M 400 | 00:00:12 | 01:49:55 | 04:18:48 | 06:37:36 | 08:26:44.50 | 08:26:44.50 | 11:15 | 5.3 |
| 10 | MUCHA-KRUCZYŃSKI WACŁAW | 5621 | MUKK ENPI | OSTRZESZÓW | POL | WETERAN II M - 60 | 10 | M 406 | 00:02:42 | 01:57:25 | 04:28:08 | 06:56:51 | 08:50:36.25 | 08:50:36.25 | 11:47 | 5.1 |