

ZŁOTY MARATON - 45 KM

Organiser: Fundacja MARATONY GÓRSKIE
 Date: 2020-07-16
 Place: Łądek-Zdrój
 Distance: 45 km
 Klasyfikacja wg czasów netto.

ZŁOTY MARATON - 45 KM, OPEN

POS	Name and surname	No.	Club	City	NAT	Cat.	M.	F/M	10km	22km	33km	Netto	min/km	km/h
1	KOZIÓŁ DAMIAN	5489	MARCINSWIERCTEAM	ZŁOTY STOK	POL	SENIOR II M - 30	1	M 1	01:01:31	02:07:41	03:02:18	03:55:58.30	5:14	11.4
2	ZUCHOWSKI DANIEL	5523	MUAY RUNNING TEAM	KRAKÓW	POL	SENIOR II M - 30	2	M 2	01:01:23	02:07:30	03:03:55	03:56:01.05	5:14	11.4
3	SZUMLIŃSKI PIOTR	5503	ATTIQ TEAM	KRAKÓW	POL	SENIOR II M - 30	3	M 3	01:01:14	02:08:37	03:04:46	03:56:03.80	5:14	11.4
4	CHLUPĄC DOMINIK	5466	SPORTOBCHOD.CZ	BRNO	CZE	SENIOR I M - 20	1	M 4	01:00:40	02:07:59	03:04:15	04:01:11.80	5:21	11.2
5	SOBCZAK DANIEL	5190	KB SOBÓTKA	OPOLE	POL	SENIOR II M - 30	4	M 5	01:01:51	02:14:12	03:12:11	04:08:12.30	5:30	10.9
6	BIAŁOWAŚ TOMASZ	5480	STAJNIA BALONA	RZESZÓW	POL	SENIOR II M - 30	5	M 6	01:01:57	02:10:23	03:09:33	04:08:50.20	5:31	10.9
7	CHYB RADOSŁAW	5435	RUN-PASSION.PL TEAM	GDYNIA	POL	MASTERS M - 40	1	M 7	01:02:06	02:12:10	03:15:04	04:14:09.05	5:38	10.6
8	ŚWIDA ADAM	5181	MFINANSE	WROCŁAW	POL	SENIOR II M - 30	6	M 8	01:04:56	02:15:11	03:19:34	04:17:41.25	5:43	10.5
9	FIRLET DANIEL	5469	HOSNET SKW IZERY BOGATYNIA	BOGATYNIA	FRA	MASTERS M - 40	2	M 9	01:04:14	02:17:35	03:20:23	04:18:54.95	5:45	10.4
10	JUREK MICHAŁ	5007		WROCŁAW	POL	SENIOR II M - 30	7	M 10	01:05:11	02:17:31	03:20:52	04:19:29.20	5:45	10.4
11	TERZONI CHRISTIAN	5164	PANDA TEAM	CASTELNOVO NE MONTI	ITA	SENIOR II M - 30	8	M 11	01:03:03	02:15:11	03:17:49	04:21:11.70	5:48	10.3
12	DEMBSKI PAWEŁ	5188	PRZEDWOJEWSKI MOUNTAIN TEAM	SKÓRZEWO	POL	SENIOR II M - 30	9	M 12	01:05:43	02:18:49	03:21:25	04:21:24.30	5:48	10.3
13	MÜLLER CHRISTOPH	5375	ZEULENRODA PRESSTECHNIK	ZEULENRODA-TRIEBES	GER	SENIOR II M - 30	10	M 13	01:01:14	02:16:19	03:19:17	04:22:06.95	5:49	10.3
14	BRYSZ MICHAŁ	5212	SBG PODBIEG	KRAKÓW	POL	SENIOR II M - 30	11	M 14	01:05:08	02:18:47	03:20:48	04:22:30.20	5:50	10.3
15	FLISIŃSKI ŁUKASZ	5383	SOSNOWIEC	SOSNOWIEC	POL	SENIOR II M - 30	12	M 15	00:59:48	02:27:51	03:24:21	04:23:52.10	5:51	10.2
16	JAGIELSKI ŁUKASZ	5404	LESZNO LIMITS RUNNERS	LESZNO	POL	SENIOR II M - 30	13	M 16	01:03:17	02:17:17	03:26:26	04:31:25.15	6:01	9.9
17	GOMOŁYSEK KINGA	5433	KARKONOSZ RUNNING TEAM	WROCŁAW	POL	SENIOR II K - 30	1	K 1	01:09:16	02:28:10	03:31:58	04:33:02.15	6:04	9.9
18	GRONDYS PAWEŁ	5429		WROCŁAW	POL	MASTERS M - 40	3	M 17	01:06:56	02:21:40	03:27:18	04:33:10.35	6:04	9.9
19	GRUCEL SŁAWOMIR	5513	SOSNOWIEC	SOSNOWIEC	POL	SENIOR II M - 30	14	M 18	01:10:24	02:27:13	03:32:09	04:34:49.10	6:06	9.8
20	BRZAŁAŁSKI KRZYSIEK	5034	EAZYMUT.PL	PŁOCK	POL	SENIOR I M - 20	2	M 19	01:05:54	02:22:07	03:30:28	04:34:52.35	6:06	9.8
21	BANIAK MARCIN	5366	G.O.A.T. TEAM MICHAŁOWICE/MŁYN TRAIL MICHAŁOWICE	MICHAŁOWICE	POL	MASTERS M - 40	4	M 20	01:05:37	02:23:08	03:31:53	04:40:07.30	6:13	9.6
22	HŹY PIOTR	5006	BONNIE & CLYDE	TARNOWIEC	POL	MASTERS M - 40	5	M 21	01:13:15	02:35:03	03:40:37	04:43:08.95	6:17	9.5
23	LASEK JAKUB	5310	KW OPOLE	OPOLE	POL	SENIOR II M - 30	15	M 22	01:09:21	02:26:12	03:36:37	04:43:59.25	6:18	9.5
24	MATYSIAK BARTŁOMIEJ	5427	WILD ULTRA WARRIORS	CZACHÓWEK	POL	MASTERS M - 40	6	M 23	01:08:54	02:28:58	03:40:32	04:44:11.60	6:18	9.5
25	MAŁEK TOMASZ	5483		GAWORZYCE	POL	SENIOR I M - 20	3	M 24	01:09:32	02:28:05	03:38:13	04:44:54.70	6:19	9.5
26	PROMIRSKI NORBERT	5498		WROCŁAW	POL	MASTERS M - 40	7	M 25	01:08:58	02:25:41	03:36:17	04:45:03.00	6:20	9.5
27	JURASZEK ANDRZEJ	5295	METHEORA SPORT TEAM	USTRÓŃ	POL	SENIOR I M - 20	4	M 26	01:07:28	02:26:19	03:38:36	04:46:30.35	6:22	9.4
28	SZAFRAŃSKI JAN	5511	PANTHERS WROCŁAW	WROCŁAW	POL	SENIOR II M - 30	16	M 27	01:13:13	02:33:22	03:41:17	04:48:10.35	6:24	9.4
29	HERCHEL ARKADIUSZ	5172		GRODKÓW	POL	MASTERS M - 40	8	M 28	01:14:28	02:33:46	03:41:51	04:51:32.05	6:28	9.3
30	MARKIEWICZ AGNIESZKA	5041	PRORUNNING PROMOTION	ŁOSICE	POL	SENIOR II K - 30	2	K 2	01:15:22	02:39:29	03:47:51	04:51:57.00	6:29	9.2
31	CHAJDAS MATEUSZ	5189	INŻYNIERIA BIEGANIA	KATOWICE	POL	SENIOR I M - 20	5	M 29	01:14:19	02:34:15	03:44:05	04:52:28.85	6:29	9.2
32	CHMIEŁOWIEC DANIEL	5051	GORLIĆKA GRUPA BIEGOWA	SZYMBARK	POL	SENIOR II M - 30	17	M 30	01:11:03	02:33:57	03:47:03	04:53:21.60	6:31	9.2
33	SIUDEK ROBERT	5516	MARCIN ŚWIERC TEAM	KRAKÓW	POL	SENIOR II M - 30	18	M 31	01:13:57	02:35:05	03:47:37	04:53:48.55	6:31	9.2
34	KLIMA DARIUSZ	5391		SIEMIENOWICE ŚLĄSKIE	POL	SENIOR II M - 30	19	M 32	01:12:26	02:35:32	03:48:32	04:55:24.40	6:33	9.1
35	DAŃBROWSKI MARIUSZ	5430		WROCŁAW	POL	WETERAN I M - 50	1	M 33	01:12:16	02:35:48	03:49:19	04:55:32.70	6:34	9.1
36	GORCZYŃSKI NORBERT	5037	KUDOWIANKA RUN	KUDOWA ZDRÓJ	POL	SENIOR I M - 20	6	M 34	01:11:15	02:34:27	03:53:42	04:59:51.25	6:39	9
37	KOZANECKI PRZEMYSŁAW	5089	WYBIEGAĆ MARZENIA TEAM	SŁUBICE	POL	SENIOR I M - 20	7	M 35	01:18:18	02:39:37	03:51:40	04:59:58.55	6:39	9
38	MALINOWSKI DAWID	5505		OLEŚNICA	POL	SENIOR I M - 20	8	M 36	01:16:25	02:41:56	03:53:55	05:00:13.65	6:40	9
39	RINK JAN	5138		BOLKÓW	POL	MASTERS M - 40	9	M 37	01:15:07	02:38:27	03:52:33	05:00:32.60	6:40	9
40	WIERBICKI KRYSZTIAN	5287		PSZÓW	POL	MASTERS M - 40	10	M 38	01:20:12	02:50:10	04:01:53	05:03:04.25	6:44	8.9
41	KĘPSKI ROBERT	5187		WROCŁAW	POL	MASTERS M - 40	11	M 39	01:21:28	02:47:23	03:57:53	05:04:00.70	6:45	8.9
42	LACH SEBASTIAN	5372		GRODKÓW	POL	MASTERS M - 40	12	M 40	01:19:51	02:47:23	03:57:53	05:05:04.40	6:46	8.9
43	POPIEL ANDRZEJ	5106	POPSMART.PL	KRAKÓW	POL	SENIOR II M - 30	20	M 41	01:13:55	02:39:35	03:55:04	05:05:50.75	6:47	8.8
44	JANKOWSKI SEBASTIAN	5477	WIELISZEW HERON TEAM	WIELISZEW	POL	MASTERS M - 40	13	M 42	01:18:11	02:43:51	03:56:56	05:06:10.55	6:48	8.8

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							cat.								
45	SPYCHALSKI ADAM	5313		RUDA ŚLĄSKA	POL	MASTERS M - 40	14	M 43	01:10:14	02:37:18	03:50:30	05:06:28.30	6:48	8.8	
46	WANIOWSKI JAN JAKUB	5403		KRAPKOWICE	POL	SENIOR II M - 30	21	M 44	01:15:09	02:38:45	03:53:02	05:07:16.40	6:49	8.8	
47	MATUŚKA FILIP	5303	THERMO FISHER RUNNING TEAM	SOKOLNICE	CZE	MASTERS M - 40	15	M 45	01:11:30	02:36:41	03:55:01	05:09:32.20	6:52	8.7	
48	JĘDZURA DANIEL	5349	BP RUNNING TEAM GLIWICE	GLIWICE	POL	MASTERS M - 40	16	M 46	01:17:10	02:42:54	03:58:49	05:09:42.40	6:52	8.7	
49	PAWŁOWSKI TOMASZ	5203		DOBRZYCA	POL	MASTERS M - 40	17	M 47	01:16:31	02:37:57	03:50:08	05:11:02.05	6:54	8.7	
50	SOSNOWSKI ROMAN	5119	LACHO TEAM	KRAKÓW	POL	WETERAN I M - 50	2	M 48	01:23:39	02:53:02	04:06:29	05:12:03.70	6:56	8.7	
51	ŻURAWSKI SŁAWOMIR	5002	PGBSPORTOWAPACZKA	WARSZAWA	POL	MASTERS M - 40	18	M 49	01:16:59	02:41:50	03:57:58	05:12:18.10	6:56	8.6	
52	SOBOLEWSKI DARIUSZ	5444	BOREL MARATHON TEAM	KOŻUCHÓW	POL	SENIOR II M - 30	22	M 50	01:25:13			05:12:58.30	6:57	8.6	
53	BERG ALEKSANDER	5179		KŁODZKO	POL	SENIOR II M - 30	23	M 51	01:13:07	02:37:54	03:56:34	05:13:20.30	6:57	8.6	
54	JAKUBOWSKI MARCIN	5005	GRUNWALD TEAM POZNAŃ	GOLINA WIELKA	POL	SENIOR II M - 30	24	M 52	01:25:05	02:50:26	04:03:45	05:13:48.45	6:58	8.6	
55	SUSMANEK JOANNA	5358	EY RUN4FUN	WROCŁAW	POL	SENIOR II K - 30	3	K 3	01:23:52	02:55:56	04:09:15	05:14:32.55	6:59	8.6	
56	HOŁOWACZ ANDRZEJ	5345		ŚWIEBODZICE	POL	MASTERS M - 40	19	M 53	01:16:38	02:48:06	04:03:02	05:16:13.80	7:01	8.5	
57	WOŁOSZ KACPER	5382	BLUE RUNNER	BOLESŁAWIEC	POL	SENIOR II M - 30	25	M 54	01:19:04	02:44:33	04:01:05	05:18:37.90	7:04	8.5	
58	POPRAWSKI PAWEŁ	5517		POZNAŃ	POL	SENIOR II M - 30	26	M 55	01:17:49	02:42:25	03:55:58	05:19:14.20	7:05	8.5	
59	TOKARCZYK MARCIN	5057	ATHLETICS NYSA	NYSA	POL	MASTERS M - 40	20	M 56	01:16:22	02:47:10	04:05:42	05:20:18.25	7:07	8.4	
60	ADAM PIOTR	5416	WROCŁAW MARATHON TEAM	ŻERNIKI WROCŁAWSKIE	POL	MASTERS M - 40	21	M 57	01:19:07	02:49:24	04:08:47	05:22:12.45	7:09	8.4	
61	MOŁODECKI PAWEŁ	5462		OSTRÓW WIELKOPOLSKI	POL	MASTERS M - 40	22	M 58	01:19:30	02:50:37	04:04:30	05:23:20.95	7:11	8.4	
62	WŁODARCZYK JAROSŁAW	5431	ZORKA JELONKI RUNNING TEAM	JELEŃ GÓRA	POL	MASTERS M - 40	23	M 59	01:12:30	02:41:12	04:01:49	05:23:36.85	7:11	8.3	
63	WUJDA MIROSLAW	5183	ERNI RULEZ	DĘBNO	POL	MASTERS M - 40	24	M 60	01:28:21	03:04:01	04:19:17	05:24:06.60	7:12	8.3	
64	SANCHIS DAVY	5425	TOUT CHAILLES COURT	CHAUMONT-SUR-LOIRE	FRA	MASTERS M - 40	25	M 61	01:20:08	02:51:07	04:13:27	05:24:18.20	7:12	8.3	
65	BARANOWSKI JACEK	5496	JACEKBIEGA RUNNING TEAM	WARSZAWA	POL	MASTERS M - 40	26	M 62	01:23:37	02:53:25	04:13:04	05:26:14.90	7:15	8.3	
66	CZAJKOWSKI KRZYSZTOF	5159	KOŁO BIEGA	POWIERCIE KOLONIA	POL	MASTERS M - 40	27	M 63	01:17:19	02:45:20	04:07:14	05:27:14.15	7:16	8.3	
67	KLISZCZ MICHAŁ	5325	IZBICKO W BIEGU	OTMICE	POL	SENIOR I M - 20	9	M 64	01:26:18	03:01:57	04:19:54	05:30:47.20	7:21	8.2	
68	BURZEC TOMASZ	5438	HFB	WROCŁAW	POL	MASTERS M - 40	28	M 65	01:17:55	02:51:32	04:11:10	05:31:19.80	7:21	8.1	
69	ZDZIECHOWICZ NATALIA	5012	AZS UJ	KRAKÓW	POL	SENIOR I K - 20	1	K 4	01:23:56	02:50:17	04:10:53	05:31:24.35	7:21	8.1	
70	NOWAK MARCIN	5474	KRAKOWIAK ULTRA TEAM	MOSINA	POL	SENIOR II M - 30	27	M 66	01:19:00	02:52:33	04:17:35	05:31:42.25	7:22	8.1	
71	CHUDY PIOTR	5224	KLIMA-ELEKTRO.PL	BIADACZ	POL	MASTERS M - 40	29	M 67	01:25:08	02:55:21	04:14:54	05:33:16.30	7:24	8.1	
72	STROF MARCIN	5274	EKO-OKNA RUNNERS	SYRYNIA	POL	SENIOR II M - 30	28	M 68	01:20:21	02:50:21	04:11:39	05:34:11.20	7:25	8.1	
73	LEWANDOWSKI WOJCIECH	5456		WROCŁAW	POL	MASTERS M - 40	30	M 69	01:19:06	02:53:40	04:16:24	05:34:43.10	7:26	8.1	
74	FERENC-SZMUC EDYTA	5282	KUDOWIANKA RUN	LEWIN KŁODZKI	POL	SENIOR II K - 30	4	K 5	01:25:36	02:56:41	04:16:41	05:35:02.50	7:26	8.1	
75	CICHOŃ MAGDALENA	5458		OPOLE	POL	MASTERS K - 40	1	K 6	01:29:46	03:05:04	04:22:09	05:35:11.85	7:26	8.1	
76	LASOCKI MARCIN	5103	12TRI.PL / TEAM ZABIEGANEDNI	WARSZAWA	POL	MASTERS M - 40	31	M 70	01:16:44	02:47:02	04:11:20	05:35:46.65	7:27	8	
77	GRUSZKA JANUSZ	5450	KITA TEAM	BRZEZINKI	POL	SENIOR II M - 30	29	M 71	01:19:21	02:51:38	04:14:29	05:36:26.15	7:28	8	
78	BABIARZ JACEK	5451	KITA TEAM	KLUCZBORK	POL	SENIOR II M - 30	30	M 72	01:19:33	02:51:49	04:15:11	05:36:37.95	7:28	8	
79	ZAWADA MATEUSZ	5269	ZARAŻENI BÓLEM	WARSZAWA	POL	SENIOR I M - 20	10	M 73	01:28:22	02:57:51	04:20:34	05:37:03.40	7:29	8	
80	WASIAKOWSKI NORBERT	5290	ORANGE POLSKA	POBIEDZISKA	POL	MASTERS M - 40	32	M 74	01:21:41	02:48:38	04:08:11	05:37:35.60	7:30	8	
81	BOROWIEC BARTOSZ	5247	PRO-RUN WROCŁAW	WROCŁAW	POL	SENIOR II M - 30	31	M 75	01:19:22	02:51:56	04:14:23	05:39:02.40	7:32	8	
82	ZYCH KATARZYNA	5003	BONNIE & CLYDE	TARNÓW	POL	MASTERS K - 40	2	K 7	01:24:04	03:01:39	04:22:02	05:41:14.55	7:34	7.9	
83	MAŚLAK RADOMIŁ	5413	STARE BABICE BIEGAJĄ	KWIRYNÓW	POL	MASTERS M - 40	33	M 76	01:23:48	03:00:26	04:21:57	05:41:48.00	7:35	7.9	
84	MAZIK WOJCIECH	5512		POZNAŃ	POL	SENIOR I M - 20	11	M 77	01:21:51	02:49:59	04:14:08	05:42:10.65	7:36	7.9	
85	BIEL SŁAWOMIR	5196		TYCHY	POL	SENIOR II M - 30	32	M 78	01:20:50	02:57:41	04:22:31	05:43:08.20	7:37	7.9	
86	RŹYĆKA LUKAŚ	5519	RUNSPORT TEAM	JAVORNICE	CZE	SENIOR II M - 30	33	M 79	01:25:45	02:59:39	04:18:13	05:43:23.00	7:37	7.9	
87	STRAUCHOLD ANNA	5169	PRO RUN WROCŁAW	KAMIENIEC WROCŁAWSKI	POL	MASTERS K - 40	3	K 8	01:26:42	03:03:08	04:26:29	05:44:03.00	7:38	7.8	
88	MAZUREK ARTUR	5389	GMINA LUDZI Z PASJĄ	CZARNY BÓR	POL	WETERAN I M - 50	3	M 80	01:25:48	02:59:48	04:22:25	05:44:05.55	7:38	7.8	
89	ŚMIECHOWSKI MICHAŁ	5514	PANTHERS WROCŁAW	WROCŁAW	POL	SENIOR II M - 30	34	M 81	01:13:59	02:43:48	04:16:59	05:45:05.70	7:40	7.8	
90	CHOJECKI PAWEŁ	5398	ZBUCKI RUCH	ZBUCZYŃ	POL	MASTERS M - 40	34	M 82	01:22:34	03:00:43	04:23:34	05:45:47.30	7:41	7.8	
91	NOWAK PAWEŁ	5525		KALISZ	POL	WETERAN II M - 60	1	M 83	01:27:04	03:07:17	04:30:37	05:46:41.15	7:42	7.8	
92	LAMEK ANDRZEJ	5321	AKTYWNY OSTRZESZÓW	OSTRZESZÓW	POL	WETERAN I M - 50	4	M 84	01:25:13	03:03:55	04:27:46	05:47:13.95	7:42	7.8	
93	BRUDEREK TOMASZ	5333	PRIMUM CURRERE	JABŁONNA	POL	MASTERS M - 40	35	M 85	01:25:18	03:04:29	04:27:31	05:47:15.00	7:43	7.8	
94	SKWAREK MARCIN	5340	SMASHING PAPKINS	WARSZAWA	POL	SENIOR II M - 30	35	M 86	01:22:31	02:59:29	04:25:10	05:47:16.75	7:43	7.8	
95	KUĆ JAROSŁAW	5050	LACHO TEAM	KRAKÓW	POL	WETERAN I M - 50	5	M 87	01:23:29	02:56:19	04:24:00	05:47:54.60	7:43	7.8	
96	CZARNECKI ZBIGNIEW	5415	STARE BABICE BIEGAJĄ	WARSZAWA	POL	WETERAN I M - 50	6	M 88	01:24:22	03:02:23	04:26:29	05:48:12.00	7:44	7.8	
97	WANDEL PIOTR	5105	PRO-RUN	WROCŁAW	POL	MASTERS M - 40	36	M 89	01:26:31	03:03:00	04:27:01	05:49:18.20	7:45	7.7	
98	ŻEBROWSKI JULIUSZ	5262	BORN TO RUN	SUCHY LAS	POL	SENIOR I M - 20	12	M 90	01:23:51	02:58:48	04:31:55	05:49:23.50	7:45	7.7	
99	GAŁECKI ROBERT	5437	HFB	KIEŁCZÓW	POL	SENIOR II M - 30	36	M 91	01:17:44	02:51:22	04:23:27	05:50:34.95	7:47	7.7	
100	WOJCIECHOWSKI DARIUSZ	5468	KRAKOWIAK ULTRA TEAM	KROSNO	POL	MASTERS M - 40	37	M 92	01:24:53	03:00:25	04:28:26	05:50:51.30	7:47	7.7	

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POS	Name and surname	No.	Club	City	NAT	Cat.	M.	F/M	10km	22km	33km	Netto	min/km	km/h	
							cat.								
101	PARANDYK KRYSZTIAN	5417		STARA WIEŚ	POL	SENIOR II M - 30	37	M 93	01:25:33	03:06:33	04:31:05	05:51:10.70	7:48	7.7	
102	KOWALCZYK ADAM	5518		MIKOŁÓW	POL	MASTERS M - 40	38	M 94	01:28:19	03:07:40	04:32:04	05:52:18.80	7:49	7.7	
103	RÓLKA MARIOLA	5471	BRACIA PIETRZAK RUNNING TEAM	GLIWICE	POL	MASTERS K - 40	4	K 9	01:27:57	03:09:25	04:36:38	05:52:43.75	7:50	7.7	
104	MICHAŁ LUBIAN	5371	CSIOZ	GARWOLIN	POL	MASTERS M - 40	39	M 95	01:25:55	03:04:14	04:27:47	05:53:37.15	7:51	7.6	
105	POCIEJOWSKI FRYDERYK	5099		WROCŁAW	POL	SENIOR II M - 30	38	M 96	01:22:28	02:59:15	04:25:52	05:53:38.65	7:51	7.6	
106	PIKOS PATRYK	5083		POLSKA NOWA WIEŚ	POL	SENIOR II M - 30	39	M 97	01:19:04	02:52:31	04:25:06	05:54:25.75	7:52	7.6	
107	WANSKI MICHAŁ	5347		FRECHEN	POL	MASTERS M - 40	40	M 98	01:28:34	03:02:51	04:28:21	05:54:29.95	7:52	7.6	
108	GWOZDECKI TOMASZ	5125	ZWYCZUCIEMSKAU.PL	WROCŁAW	POL	SENIOR II M - 30	40	M 99	01:21:59	03:01:59	04:31:05	05:54:35.60	7:52	7.6	
109	SNARSKI PIOTR	5394	ADIDAS RUNNERS WARSAW	WARSZAWA	POL	SENIOR II M - 30	41	M 100	01:27:19	03:05:36	04:34:31	05:54:39.75	7:52	7.6	
110	BIAŁEK MIROSLAW	5168	WRONIECKI KLUB BIEGACZA - PANDA TEAM	WRONKI	POL	SENIOR II M - 30	42	M 101	01:28:59	03:10:16	04:37:05	05:55:01.20	7:53	7.6	
111	MŁYNARCZYK KRZYSZTOF	5428		WARSZAWA	POL	MASTERS M - 40	41	M 102	01:30:10	03:12:26	04:35:33	05:56:39.00	7:55	7.6	
112	BEDNARZ MARTA	5385	ADIDAS WARSAW RUNNERS	WARSZAWA	POL	SENIOR II K - 30	5	K 10	01:27:37	03:10:21	04:35:56	05:57:30.85	7:56	7.6	
113	PUDELKO ROMAN	5419		CHRÓŚCINA	POL	SENIOR II M - 30	43	M 103	01:30:11	03:13:02	04:39:26	05:57:43.65	7:56	7.5	
114	ABRAMOWICZ AGATA	5304		BRZEG DOLNY	POL	SENIOR I K - 20	2	K 11	01:26:13	03:07:25	04:35:30	05:57:49.55	7:57	7.5	
115	ZERZUT JAROSŁAW	5045	ŚRUNDUNIA SZCZECIN	SZCZECIN	POL	WETERAN I M - 50	7	M 104	01:31:38	03:07:24	04:35:15	05:58:35.45	7:58	7.5	
116	BARANSKI PAWEŁ	5354	WIECHLICE RUN	SZPROTAWA	POL	SENIOR II M - 30	44	M 105	01:27:28	03:03:26	04:34:51	05:59:13.00	7:58	7.5	
117	WRÓBLEWSKI RADOSŁAW	5243	VELUX	GNIEZNO	POL	SENIOR II M - 30	45	M 106	01:35:08	03:15:11	04:37:10	05:59:55.25	7:59	7.5	
118	KARCZEWSKI ANDRZEJ	5363		SZCZECINEK	POL	SENIOR II M - 30	46	M 107				06:00:00.00	8:00	7.5	
119	CZERWIŃSKI ŁUKASZ	5066	RAFFLES EUROPEJSKI WARSAW	MIŃSK MAZOWIECKI	POL	MASTERS M - 40	42	M 108	01:22:00	02:55:55	04:33:26	06:00:31.80	8:00	7.5	
120	HORDEY YAROSLAV	5461	SPRINTERPRĄDY	WINÓW	UKR	MASTERS M - 40	43	M 109	01:17:30	02:45:34	04:45:13	06:01:00.50	8:01	7.5	
121	JARNOT KONRAD	5194	BIEGAM W KATO ;)	KATOWICE	POL	SENIOR II M - 30	47	M 110	01:35:53	03:13:40	04:39:33	06:01:14.30	8:01	7.5	
122	PASZKIEWICZ JÓZEF	5390	MUROWANA GOŚLINA	MUROWANA GOŚLINA	POL	SENIOR II M - 30	48	M 111	01:28:38	03:04:09	04:32:57	06:01:24.35	8:01	7.5	
123	STYK MAREK	5205		ZIELONA GÓRA	POL	SENIOR II M - 30	49	M 112	01:30:46	03:03:59	04:33:13	06:01:29.45	8:02	7.5	
124	WOŹNIAK PAWEŁ	5217	KLEP	WROCŁAW	POL	MASTERS M - 40	44	M 113	01:20:09	03:01:17	04:29:52	06:01:42.65	8:02	7.5	
125	KIŃCZYK TOMASZ	5488	TERMY JAKUBA	OŁAWA	POL	MASTERS M - 40	45	M 114	01:35:08	03:16:02	04:43:29	06:01:48.65	8:02	7.5	
126	STASIAK WŁODZIMIERZ STASIAK	5040	PRO-RUN WROCŁAW	WROCŁAW	POL	SENIOR II M - 30	50	M 115	01:26:22	03:07:00	04:37:31	06:01:58.15	8:02	7.5	
127	LEJA WOJCIECH	5232	LEJOWIE	ŚLĘZA	POL	SENIOR I M - 20	13	M 116	01:23:05	03:00:26	04:32:24	06:02:04.05	8:02	7.5	
128	BIŃCZARSKI PATRYK	5060		WŁOCŁAWEK	POL	SENIOR II M - 30	51	M 117	01:28:47	03:11:50	04:41:22	06:02:22.10	8:03	7.5	
129	HŁASKO ANIA	5284		JÓZEFÓW	POL	SENIOR I K - 20	3	K 12	01:29:13	03:08:24	04:39:01	06:05:21.70	8:07	7.4	
130	RUDNICKI KRZYSZTOF	5343		KIETRZ	POL	SENIOR II M - 30	52	M 118	01:30:13	03:14:31	04:42:19	06:05:38.10	8:07	7.4	
131	CEBULA GRZEGORZ	5457		IWINY	POL	WETERAN I M - 50	8	M 119	01:22:42	03:07:37	04:38:48	06:06:49.05	8:09	7.4	
132	KIEŁCZYŃSKI RAJMUND	5023	OVER 40 TEAM	LUBIN	POL	MASTERS M - 40	46	M 120	01:35:36	03:22:51	04:50:02	06:07:19.85	8:09	7.4	
133	WARZECHA TERESA	5367	RUNNERS TEAM NYSA	WILAMOWA	POL	WETERAN K - 50	1	K 13	01:33:39	03:15:28	04:44:20	06:07:58.20	8:10	7.3	
134	POPŁAWSKI PIOTR	5432	PGB SPORTOWA PACZKA	ŁOSICE	POL	SENIOR II M - 30	53	M 121	01:34:27	03:24:10	04:50:24	06:09:18.35	8:12	7.3	
135	ANTOSIAK TOMASZ	5501	TMTEAM	WROCŁAW	POL	SENIOR II M - 30	54	M 122	01:26:41	03:12:26	04:43:33	06:09:52.35	8:13	7.3	
136	ŚLIWKA ARKADIUSZ	5182	OLZA CIESZYN	DZIĘGIELÓW	POL	MASTERS M - 40	47	M 123	01:27:22	03:10:40	04:41:48	06:09:57.30	8:13	7.3	
137	OSMOLAK AGNIESZKA	5210	PRO-RUN WROCŁAW	WROCŁAW	POL	SENIOR II K - 30	6	K 14	01:33:46	03:17:17	04:46:04	06:10:17.85	8:13	7.3	
138	BIELECKI ROBERT	5027	KEEN ON RUNNING	BIAŁA PODLASKA	POL	WETERAN I M - 50	9	M 124	01:33:00	03:13:34	04:44:32	06:11:25.25	8:15	7.3	
139	GONCERZEWICZ ANNA	5350	BASSET ROLLING TEAM/STARE BABICE BIEGAJA	KWIRYNÓW	POL	SENIOR II K - 30	7	K 15	01:40:19	03:23:40	04:47:54	06:11:26.50	8:15	7.3	
140	SKOKOWSKI JACEK	5047	ŚRUNDUNIA SZCZECIN	SZCZECIN	POL	WETERAN I M - 50	10	M 125	01:33:44	03:19:21	04:50:33	06:11:33.15	8:15	7.3	
141	WIATER TOMASZ	5042		CHORZÓW	POL	MASTERS M - 40	48	M 126	01:19:53	02:52:25	04:35:12	06:12:08.65	8:16	7.3	
142	DRAGANEK EWELINA	5202		WROCŁAW	POL	SENIOR II K - 30	8	K 16	01:30:35	03:13:54	04:45:07	06:12:46.00	8:17	7.2	
143	GORALEWSKI MATEUSZ	5162		ZABORÓW	POL	SENIOR II M - 30	55	M 127				06:13:12.00	8:17	7.2	
144	WIERZBICKI DANIEL	5241	EBIEGI.PL	KŁODZKO	POL	SENIOR II M - 30	56	M 128	01:37:30	03:27:38	04:56:36	06:13:17.40	8:17	7.2	
145	WIERZBICKA BEATA	5240	EBIEGI.PL	KŁODZKO	POL	SENIOR II K - 30	9	K 17	01:37:39	03:27:47	04:56:45	06:13:21.35	8:17	7.2	
146	WERNO BARTŁOMIEJ	5271		RAWICZ	POL	SENIOR II M - 30	57	M 129	01:26:35	03:02:35	04:34:33	06:13:44.55	8:18	7.2	
147	STELMACH KRZYSZTOF	5206		WIELUŃ	POL	MASTERS M - 40	49	M 130	01:32:20	03:13:57	04:45:17	06:15:41.85	8:20	7.2	
148	TURLEJ DARIUSZ	5211	KONDYCJA	WARSZAWA	POL	WETERAN II M - 60	2	M 131	01:38:08	03:23:37	04:52:01	06:16:51.35	8:22	7.2	
149	BODZIOCH GRZEGORZ	5011	GORLIICKA GRUPA BIEGOWA	GORLICE	POL	MASTERS M - 40	50	M 132	01:38:55	03:22:04	04:51:52	06:17:01.80	8:22	7.2	
150	ZŁOTNICKA OLGA	5118		ŚWIDNICA	POL	MASTERS K - 40	5	K 18	01:37:04	03:25:05	04:55:11	06:18:15.75	8:24	7.1	
151	SKURZYŃSKI MARIUSZ	5075		WODZISŁAW ŚLĄSKI	POL	MASTERS M - 40	51	M 133	01:30:19	03:18:02	04:51:52	06:18:16.25	8:24	7.1	
152	KOWALCZYK RAFAŁ	5351	ASICS FRONTRUNNER POLAND	WARSZAWA	POL	SENIOR I M - 20	14	M 134	01:29:37	03:12:21	04:45:19	06:18:25.15	8:24	7.1	
153	SIENNICA JOANNA	5097		ŚWIDNICA	POL	MASTERS K - 40	6	K 19	01:37:16	03:25:15	04:55:23	06:18:25.80	8:24	7.1	
154	FRONCZKOWSKA BARBARA	5281		ŁÓDŹ	POL	SENIOR II K - 30	10	K 20	01:38:23	03:25:09	04:55:14	06:19:38.20	8:26	7.1	

ZŁOTY MARATON - 45 KM, OPEN c.d.

POS	Name and surname	No.	Club	City	NAT	Cat.	M.	F/M	10km	22km	33km	Netto	min/km	km/h
							cat.							
155	PARFIENIUK MICHAŁ	5348	BIAŁYSTOK BIEGA TEAM	OGRODNICZKI	POL	SENIOR I M - 20	15	M 135	01:36:56	03:26:50	05:00:09	06:20:03.50	8:26	7.1
156	DOBEK TOMASZ	5297	BIEGAMPŁOCK TEAM	PŁOCK	POL	MASTERS M - 40	52	M 136	01:34:43	03:16:37	04:47:25	06:20:30.75	8:27	7.1
157	ZEHALUK PAWEŁ	5280		POZNAŃ	POL	SENIOR I M - 20	16	M 137	02:04:53	03:38:06	04:59:30	06:21:20.05	8:28	7.1
158	GŁUSZKO KRZYSZTOF	5215	MIRA TEAM	GÓRA	POL	WETERAN II M - 60	3	M 138	01:31:10	03:14:01	04:53:11	06:22:13.35	8:29	7.1
159	ROSIECKI MARCIN	5267		BYKÓW	POL	MASTERS M - 40	53	M 139	01:26:53	03:09:55	04:46:13	06:22:37.45	8:30	7.1
160	GŁOWACKI KRZYSZTOF	5126		ŁÓDŹ	POL	SENIOR II M - 30	58	M 140	01:23:52	03:10:03	04:52:29	06:24:02.35	8:32	7
161	GINTER GRZEGORZ	5436	AZS COLLEGIUM MEDICUM UJ	KRAKÓW	POL	SENIOR II M - 30	59	M 141	01:37:04	03:24:42	04:55:25	06:24:22.15	8:32	7
162	ŁOAZA KRZYSZTOF	5065	NIGHT RUNNERS PYSKOWICE	PYSKOWICE	POL	MASTERS M - 40	54	M 142	01:42:15	03:21:42	04:56:57	06:24:39.35	8:32	7
163	GOŁUCCI PRZEMYSŁAW	5218		WROCŁAW	POL	MASTERS M - 40	55	M 143	01:35:11	03:17:01	04:50:52	06:24:43.80	8:32	7
164	GÓRECKA MILENA	5165	PANDA TEAM	WRONKI	POL	SENIOR II K - 30	11	K 21	01:44:34	03:36:13	05:07:07	06:25:06.85	8:33	7
165	KISIEL KRZYSZTOF	5081	CYKLO KWIDZYN	KWIDZYN	POL	MASTERS M - 40	56	M 144	01:36:22	03:22:37	04:59:11	06:25:25.15	8:33	7
166	KWIATKOWSKI TOMASZ	5275	KWIDZYN BIEGA	KWIDZYN	POL	SENIOR II M - 30	60	M 145	01:37:41	03:25:52	04:56:32	06:26:02.35	8:34	7
167	BATURO ARTUR	5226	MARCINOWICE TEAM	MARCINOWICE	POL	MASTERS M - 40	57	M 146	01:28:19	03:17:15	04:52:26	06:26:06.00	8:34	7
168	JAWORSKI ŁUKASZ	5249		WARSZAWA	POL	MASTERS M - 40	58	M 147	01:37:49	03:20:34	04:57:19	06:26:29.60	8:35	7
169	CHĘCIŃSKI ŁUKASZ	5121		ALEKSANDRIA II	POL	MASTERS M - 40	59	M 148	01:34:13	03:15:22	04:53:14	06:26:43.10	8:35	7
170	MARCINIAK RAFAŁ	5410		GLIWICE	POL	SENIOR II M - 30	61	M 149	01:33:30	03:22:51	04:58:37	06:26:50.50	8:35	7
171	GMAJ DANIEL	5128	1983	GRÓJEC	POL	SENIOR II M - 30	62	M 150	01:39:07	03:23:19	04:55:00	06:27:22.25	8:36	7
172	JANISZEWSKI DOMINIK	5061		JASTRZĘBIE-ZDRÓJ	POL	SENIOR II M - 30	63	M 151	01:37:31	03:22:55	05:01:09	06:27:34.05	8:36	7
173	KUJAWSKA AGNIESZKA	5098		SUCHEDNIÓW	POL	MASTERS K - 40	7	K 22	01:36:03	03:26:37	04:58:18	06:27:34.65	8:36	7
174	HENECZKOWSKA ANNA	5263	BORN TO RUN	KAMIONKI	POL	SENIOR I K - 20	4	K 23	01:26:26	03:08:21	04:51:26	06:28:11.15	8:37	7
175	KŁODA DARIUSZ	5018	DRUŻYNA SZPIKU	CZAPURY	POL	MASTERS M - 40	60	M 152	01:37:52	03:23:59	05:00:26	06:29:06.20	8:38	6.9
176	PTASZYŃSKI KRZYSZTOF	5131		KOŚCIAN	POL	SENIOR I M - 20	17	M 153	01:38:31	03:27:53	05:02:29	06:29:43.25	8:39	6.9
177	SAJEWICZ GRZEGORZ	5320		WROCŁAW	POL	SENIOR II M - 30	64	M 154	01:48:48	03:32:53	05:02:38	06:29:48.90	8:39	6.9
178	KRUCZEK MIROSŁAW	5086	KW OPOLE	LEWIN BRZESKI	POL	WETERAN I M - 50	11	M 155	01:31:56	03:18:34	04:50:33	06:30:31.05	8:40	6.9
179	KŁOSEK JACEK	5502	INSTAL-TECH TEAM	RACIBÓRZ	POL	SENIOR II M - 30	65	M 156	01:40:10	03:26:28	04:58:37	06:30:44.70	8:41	6.9
180	ILKÓW MARCIN	5307	NSK RUNS	GŁUSZYCA	POL	MASTERS M - 40	61	M 157	01:27:12	03:10:44	04:51:38	06:30:47.05	8:41	6.9
181	BOROWSKI TOMASZ	5423	HAMER	MIASTKO	POL	WETERAN I M - 50	12	M 158	01:31:23	03:25:31	05:07:12	06:31:38.25	8:42	6.9
182	PSZENICZNA JOANNA	5013	VEGE RUNNERS	WARSZAWA	POL	SENIOR II K - 30	12	K 24	01:39:34	03:32:22	05:03:52	06:31:53.55	8:42	6.9
183	DZIUBEK MONIKA	5236	W POGONI ZA DUCHEM	DĄBROWA GÓNICZA	POL	MASTERS K - 40	8	K 25	01:40:17	03:31:34	05:07:05	06:32:28.05	8:43	6.9
184	KÓZKA PRZEMO	5335	BIEGAM, BO NIE LUBIĘ	SKÓRZEWO	POL	MASTERS M - 40	62	M 159	01:27:35	03:16:17	04:57:09	06:33:10.80	8:44	6.9
185	KUŻEL ADRIAN	5147	LATAJACE GRZYFY	NOWE MIASTECZKO	POL	MASTERS M - 40	63	M 160	01:38:18	03:31:45	05:04:58	06:33:12.40	8:44	6.9
186	CHYLIŃSKI SŁAWOMIR	5149	KASTA Z MAŁEGO MIASTA	NOWE MIASTECZKO	POL	MASTERS M - 40	64	M 161	01:38:20	03:31:54	05:05:08	06:33:20.30	8:44	6.9
187	TWARDOWSKI KRZYSZTOF	5222	AMATOR	WROCŁAW	POL	WETERAN I M - 50	13	M 162	01:35:51	03:27:02	05:04:49	06:33:27.90	8:44	6.9
188	ŚWIATOWIEC ANNA	5062		KRAKÓW	POL	MASTERS K - 40	9	K 26	01:41:50	03:32:07	05:05:50	06:34:30.60	8:46	6.8
189	OLSZEWSKI MICHAŁ	5293		POLKOWICE	POL	MASTERS M - 40	65	M 163	01:36:19	03:26:05	05:00:05	06:34:48.30	8:46	6.8
190	GIEL JAROSŁAW	5096	NKB CHYŻY	NOWY TOMYŚL	POL	SENIOR II M - 30	66	M 164	01:38:33	03:30:49	05:09:09	06:35:13.70	8:46	6.8
191	NOWAK KRYSZTIAN	5184	NKB CHYŻY NOWY TOMYŚL	KUŚLIN	POL	SENIOR I M - 20	18	M 165	01:46:30	03:37:37	05:10:33	06:35:24.15	8:47	6.8
192	ZAŁUSKI PIOTR	5238	PECNA TEAM	PECNA	POL	MASTERS M - 40	66	M 166	01:39:13	03:27:03	05:11:16	06:35:30.35	8:47	6.8
193	WIERZCHOŃ MICHAŁ	5033		ŁÓDŹ	POL	MASTERS M - 40	67	M 167	01:32:58	03:22:55	05:03:15	06:35:37.15	8:47	6.8
194	KIERSKI JAN	5186	AZS POLITECHNIKA WARSZAWSKA	PSZCZYNA	POL	SENIOR I M - 20	19	M 168	01:34:58	03:25:35	05:05:05	06:35:54.85	8:47	6.8
195	SZKÓDLIŃSKI BARTOSZ	5025	ODDYCHAJSWOBODNIE.PL	POZNAŃ	POL	MASTERS M - 40	68	M 169	01:40:13	03:29:15	05:07:09	06:36:20.45	8:48	6.8
196	SZYMANIK PAWEŁ	5309	REEBOK RUN CREW	WARSZAWA	POL	MASTERS M - 40	69	M 170	01:59:11	03:43:45	05:10:28	06:36:35.30	8:48	6.8
197	LASZEWSKI MATEUSZ	5123	ZAYAVA	DUSZNIKI ZDRÓJ	POL	SENIOR I M - 20	20	M 171	01:39:17	03:29:57	04:59:44	06:36:47.50	8:49	6.8
198	SZYNDLAREWICZ TOMASZ	5277	VOLVO POLSKA	DOBRYKOWICE	POL	MASTERS M - 40	70	M 172	01:32:18	03:25:03	05:04:35	06:36:59.60	8:49	6.8
199	OLESIŃSKA MARTYNA	5506	W POGONI ZA DUCHEM	DĄBROWA GÓRNICZA	POL	SENIOR II K - 30	13	K 27	01:40:08	03:31:31	05:09:34	06:39:00.05	8:52	6.8
200	LEŚNIAK MARCIN	5137	ZARAŻENI BÓLEM	SULEJÓWEK	POL	SENIOR II M - 30	67	M 173	01:35:55	03:29:48	05:06:18	06:39:01.60	8:52	6.8
201	KARDAS PIOTR	5155		GÓRA	POL	MASTERS M - 40	71	M 174	01:37:24	03:23:37	05:05:46	06:40:24.40	8:53	6.7
202	KOLAJ EWELINA	5515		WARSZAWA	POL	SENIOR II K - 30	14	K 28	01:44:02	03:40:22	05:15:43	06:40:26.55	8:53	6.7
203	ZALEWSKA AGATA	5379	KLUB BIEGACZA BOLESŁAWIEC	RACIBOROWICE DOLNE	POL	SENIOR II K - 30	15	K 29	01:40:46	03:33:02	05:08:27	06:40:29.70	8:54	6.7
204	ZMYSŁOWSKI PIOTR	5276	KKM MXTECH CYKLOTEAM	KWIDZYN	POL	SENIOR II M - 30	68	M 175	01:34:50	03:22:37	05:02:39	06:40:30.15	8:54	6.7
205	STANISZ MARCIN	5216	NIGHT RUNNERS PYSKOWICE	PYSKOWICE	POL	SENIOR II M - 30	69	M 176	01:42:06	03:21:33	05:04:08	06:40:35.05	8:54	6.7
206	GRĘBOWICZ ANDRZEJ	5476	KB HARCOWNIK JELCZ-LASKOWICE	JANIKÓW	POL	MASTERS M - 40	72	M 177	01:36:07	03:28:57	05:10:38	06:40:43.85	8:54	6.7
207	SZAWARA-ZIÓŁKOWSKA EWELINA	5448	KB HARCOWNIK JELCZ-LASKOWICE	JELCZ-LASKOWICE	POL	SENIOR II K - 30	16	K 30	01:36:10	03:29:02	05:10:44	06:40:49.65	8:54	6.7
208	SKRZYPCZAK HANNA	5090	BROWAR FORTUNA	MIOSŁAW	POL	WETERAN K - 50	2	K 31	01:38:33	03:36:05	05:10:25	06:40:54.30	8:54	6.7
209	KORBANEK EMILIA	5508	GRUNWALD TEAM POZNAŃ	POZNAŃ	POL	MASTERS K - 40	10	K 32	01:44:50	03:42:22	05:14:54	06:41:34.45	8:55	6.7
210	KOSIOROWSKI LESZEK	5485	BIEG PIASTÓW TEAM	JELEŃ GÓRA	POL	WETERAN I M - 50	14	M 178	01:37:23	03:37:19	05:12:04	06:41:52.55	8:55	6.7

ZŁOTY MARATON - 45 KM, OPEN c.d.

POS	Name and surname	No.	Club	City	NAT	Cat.	M.	F/M	10km	22km	33km	Netto	min/km	km/h
							cat.							
211	KOPYTEK GRZEGORZ	5048		MUROWANA GOŚLINA	POL	MASTERS M - 40	73	M 179	01:40:28	03:31:29	05:09:08	06:42:04.20	8:56	6.7
212	PORCZYK ZBIGNIEW	5478	POWER TRAINING	WARSZAWA	POL	SENIOR II M - 30	70	M 180	01:21:53	03:57:40	05:23:35	06:42:44.50	8:57	6.7
213	PTAK JAREK	5397		KĘDZIERZYN-KOŹLE	POL	MASTERS M - 40	74	M 181	01:37:12	03:29:17	05:08:49	06:42:52.40	8:57	6.7
214	CZUBA MICHAŁ	5490		LIGOTA ZAMECKA	POL	SENIOR II M - 30	71	M 182	01:38:36	03:33:40	05:09:45	06:42:56.75	8:57	6.7
215	PEKAŁA KAMILA	5336	WKURW TEAM	POZNAŃ	POL	SENIOR I K - 20	5	K 33	01:45:14	03:38:43	05:13:32	06:43:04.10	8:57	6.7
216	KOPIEC IZABELA	5305	INTER ROPE TEAM	SKRZYSZÓW	POL	SENIOR II K - 30	17	K 34	01:37:01	03:36:28	05:16:21	06:43:22.15	8:57	6.7
217	KRAKOWIAK RAFAŁ	5467	KRAKOWIAK ULTRA TEAM	KROSNO	POL	SENIOR II M - 30	72	M 183	01:18:37	04:05:56	05:30:04	06:44:40.00	8:59	6.7
218	PAWLUK ANNA	5376		BRZEG	POL	SENIOR II K - 30	18	K 35	01:40:37	03:40:59	05:15:26	06:44:53.45	8:59	6.7
219	SZELA ŁUKASZ	5163	BIEGAJĄCA KASTA MIEDZIOWEGO MIASTA	LUBIN	POL	SENIOR II M - 30	73	M 184	01:43:41	03:38:40	05:13:12	06:44:53.80	8:59	6.7
220	ROSZYK MAGDALENA	5043	DRUŻYNA SZPIKU	POZNAŃ	POL	MASTERS K - 40	11	K 36	01:48:56	03:42:19	05:18:56	06:44:58.60	8:59	6.7
221	PIJANKA MARIUSZ	5132		OPOLE	POL	MASTERS M - 40	75	M 185	01:45:10	03:38:45	05:16:22	06:45:01.70	9:00	6.7
222	JASAK MICHAŁ	5449	ROYAL RUNNERS TEAM	GRYFINO	POL	SENIOR II M - 30	74	M 185	01:36:16	03:34:23	05:18:43	06:45:01.70	9:00	6.7
223	ZĄŁUSKI DOMINIK	5239	PECNA TEAM	PECNA	POL	SENIOR I M - 20	21	M 187	01:38:43	03:26:54	05:08:56	06:45:09.00	9:00	6.7
224	NOWAKOWSKI WIESŁAW	5250	-	PRZEMYŚL	POL	WETERAN II M - 60	4	M 188		03:29:52	05:10:22	06:45:20.40	9:00	6.7
225	GRZYB KRZYSZTOF	5360		POZNAŃ	POL	MASTERS M - 40	76	M 189	01:44:55	03:35:24	05:14:16	06:45:41.05	9:00	6.7
226	SARNOWSKA KAROLINA	5266	PRORUNNING PROMOTION	WARSZAWA	POL	MASTERS K - 40	12	K 37	01:39:08	03:33:38	05:17:33	06:46:27.50	9:01	6.6
227	KAROLCZAK TOMASZ	5270	KILIŃSKIEGO TEAM	BOJANOWO	POL	MASTERS M - 40	77	M 190	01:36:34	03:30:20	05:12:49	06:46:53.95	9:02	6.6
228	FRAŃSKI ŁUKASZ	5019	NKB CHYŻY NOWY TOMYŚL	NOWY TOMYŚL	POL	MASTERS M - 40	78	M 191	01:46:37	03:43:44	05:20:28	06:47:02.10	9:02	6.6
229	WAŚCIŃSKI ROMAN	5361	PĘDZI - PARA	GOŁĄSZYN	POL	WETERAN I M - 50	15	M 192	01:36:33	03:30:41	05:13:08	06:47:12.80	9:02	6.6
230	BADOWSKI SEBASTIAN	5145	SEBASTIAN BADOWSKI	ZAWONIA	POL	MASTERS M - 40	79	M 193	01:39:57	03:36:00	05:14:21	06:48:05.85	9:04	6.6
231	KUCZYŃSKI SZYMON	5409		ZAWONIA	POL	MASTERS M - 40	80	M 194	01:40:08	03:36:10	05:14:33	06:48:07.40	9:04	6.6
232	MOSKAŁ IZABELLA	5154	TKKF MPK POZNAŃ	POZNAŃ	POL	MASTERS K - 40	13	K 38	01:39:20	03:36:37	05:16:41	06:48:48.70	9:05	6.6
233	OLIŃSKI PAWEŁ	5016	KIBOLE W BIEGU	POZNAŃ	POL	SENIOR II M - 30	75	M 195	01:38:17	03:29:08	05:10:28	06:49:29.40	9:06	6.6
234	KOPIEC ARKADIUSZ	5306		SKRZYSZÓW	POL	MASTERS M - 40	81	M 196	01:36:51	03:36:37	05:16:20	06:49:46.80	9:06	6.6
235	ŁAZAROWICZ KRZYSZTOF	5079		PACZKÓW	POL	SENIOR II M - 30	76	M 197	01:45:34	03:42:09	05:18:02	06:50:28.20	9:07	6.6
236	KOSZAŁKA MARCIN	5302		KRAKÓW	POL	SENIOR I M - 20	22	M 198	01:40:54	03:34:01	05:16:12	06:50:31.75	9:07	6.6
237	SKRZYPIŃSKI ARKADIUSZ	5294	PSI PATROL	LESZNO	POL	MASTERS M - 40	82	M 199	01:39:31	03:40:25	05:20:15	06:50:37.15	9:07	6.6
238	HAPUNOWICZ TOMASZ	5400	ZBUCKI RUCH	ZBUCZYN	POL	MASTERS M - 40	83	M 200	01:23:08	03:03:32	05:03:18	06:50:44.95	9:07	6.6
239	KALISZEWSKI ADAM	5268	MPK POZNAŃ	POZNAŃ	POL	WETERAN I M - 50	16	M 201	01:41:50	03:39:08	05:19:11	06:51:19.80	9:08	6.6
240	KARBOWSKI JAROSŁAW	5108		SYCÓW	POL	MASTERS M - 40	84	M 202	01:30:56	03:26:33	05:10:30	06:51:43.25	9:08	6.6
241	KOZICZAK KATARZYNA	5377		WROCLAW	POL	SENIOR II K - 30	19	K 39	01:49:56	03:43:32	05:22:30	06:52:56.90	9:10	6.5
242	ŚWIĘTONIOWSKA JUSTYNA	5017	SPARTAN TRAINING GROUP RZESZÓW	RZESZÓW	POL	SENIOR II K - 30	20	K 40	01:48:53	03:43:18	05:21:01	06:52:57.75	9:10	6.5
243	KURZACZ ORFEUSZ	5199	4 RUN TEAM PIŁA	PIŁA	POL	MASTERS M - 40	85	M 203	01:38:12	03:33:43	05:16:17	06:52:59.95	9:10	6.5
244	BRUSS KRZYSZTOF	5233	DRUŻYNA SZPIKU	ZALASEWO	POL	MASTERS M - 40	86	M 204	01:39:54	03:36:08	05:19:59	06:53:42.55	9:11	6.5
245	NOZDRYŃ-PLOTNICKI BOLESŁAW	5330		KIETRZ	POL	MASTERS M - 40	87	M 205	01:42:05	03:43:32	05:22:36	06:54:15.25	9:12	6.5
246	STACHURA DAMIAN	5455		LUBIN	POL	SENIOR II M - 30	77	M 206	01:07:08	04:11:51	05:30:40	06:54:57.70	9:13	6.5
247	OSTROUCH TYMON	5049	PARKRUN	GORZÓW WLKP	POL	SENIOR II M - 30	78	M 207	01:29:28	03:07:38	05:30:44	06:55:12.20	9:13	6.5
248	ŻELAZOWSKA OLA	5246	PRO-RUN WROCLAW	WROCLAW	POL	SENIOR II K - 30	21	K 41	01:43:05	03:39:02	05:15:05	06:55:48.45	9:14	6.5
249	LACHOWICZ MARTA	5109	NIGHT RUNNERS WROCLAW	WROCLAW	POL	SENIOR II K - 30	22	K 42	01:40:18	03:35:11	05:19:42	06:56:04.10	9:14	6.5
250	LECKI SEWERYN	5370	TEAM BIEGOWY SZCZECINEK	SZCZECINEK	POL	SENIOR II M - 30	79	M 208	01:33:30	03:31:55	05:18:20	06:56:28.05	9:15	6.5
251	MISTUR SZYMON	5030		PRZYBYSZEWO	POL	SENIOR II M - 30	80	M 209	01:39:33	03:33:52	05:15:51	06:56:38.40	9:15	6.5
252	SMUGA ŁUKASZ	5318	SZEREGOWY BIEGACZ	WARSZAWA	POL	SENIOR II M - 30	81	M 210	01:47:44	03:42:08	05:25:56	06:56:43.20	9:15	6.5
253	KRZYŻIŃSKA SYLWIA	5481	DOGOŃ GRODZISK MAZOWIECKI	GRODZISK MAZOWIECKI	POL	MASTERS K - 40	14	K 43	01:45:30	03:49:42	05:29:49	06:57:03.85	9:16	6.5
254	SUCHANEK ALEKSANDRA	5214	NIGHT RUNNERS PYSKOWICE	PYSKOWICE	POL	SENIOR II K - 30	23	K 44	01:52:32	03:46:32	05:28:40	06:57:15.55	9:16	6.5
255	LIBERACKA-KOPYTEK EWA	5046		MUROWANA GOŚLINA	POL	MASTERS K - 40	15	K 45	01:40:16	03:31:17	05:17:11	06:57:29.00	9:16	6.5
256	LIPIŃSKI OSKAR	5192		WARSZAWA	POL	SENIOR II M - 30	82	M 211	01:49:50	03:36:54	05:19:22	06:57:43.55	9:16	6.5
257	SAJEWICZ PIOTR	5300	TURBINA BAŁAKOWO	WROCLAW	POL	SENIOR II M - 30	83	M 212	01:42:54	03:40:28	05:25:57	06:58:03.05	9:17	6.5
258	ROLIŃSKI RADOSŁAW	5258		OLEŚNICA	POL	MASTERS M - 40	88	M 213	01:39:13	03:38:36	05:21:22	06:58:24.00	9:17	6.5
259	WIECZOREK ELŻBIETA	5178	POMIDOROWA ALTERNATYWA	WAŁBRZYCH	POL	MASTERS K - 40	16	K 46	01:46:23	03:43:49	05:31:10	06:58:46.25	9:18	6.4
260	ZYGNER SŁAWOMIR	5069	R-TEAM RYDZYNA	RYDZYNA	POL	MASTERS M - 40	89	M 214	01:34:25	03:28:49	05:17:04	06:58:52.40	9:18	6.4
261	LEONARSKA MAŁGORZATA	5291	ZDEZORIENTOWANI	WARSZAWA	POL	SENIOR II K - 30	24	K 47	01:47:54	03:42:35	05:26:35	07:00:06.50	9:20	6.4
262	ŻELAZNY AGNIESZKA	5032	GORLIICKA GRUPA BIEGOWA	GORLICE	POL	MASTERS K - 40	17	K 48	01:38:12	03:35:55	05:22:11	07:00:22.45	9:20	6.4
263	GRESER ARTUR	5143	ORGANIC RACE TEAM	BOGUCIN	POL	MASTERS M - 40	90	M 215	01:37:41	03:30:18	05:16:55	07:00:57.25	9:21	6.4
264	BURA TOMASZ	5107		KRZYCKO WIELKIE	POL	SENIOR II M - 30	84	M 216	01:38:20	03:30:17	05:21:45	07:01:19.30	9:21	6.4
265	WIŚNIEWSKI GRZEGORZ	5434		ROKIETNICA	POL	MASTERS M - 40	91	M 217	01:29:15	03:17:54	05:00:58	07:01:26.40	9:21	6.4

ZŁOTY MARATON - 45 KM, OPEN c.d.

POS	Name and surname	No.	Club	City	NAT	Cat.	M.	F/M	10km	22km	33km	Netto	min/km	km/h
							cat.							
266	WRZEŚNIAK ADAM	5464	DZIKI Z PSIEGO POLA	WROCŁAW	POL	MASTERS M - 40	92	M 218	01:33:31	03:30:38	05:16:56	07:01:34.25	9:22	6.4
267	SZCZEPANKIEWICZ MARCIN	5301	PCC ULTRA RUNNERS	WROCŁAW	POL	SENIOR II M - 30	85	M 219	01:33:40	03:30:47	05:16:14	07:01:45.35	9:22	6.4
268	GONET MAREK	5053	MB BIURO RACHUNKOWE SERWIS OPOLE	OTMICE	POL	WETERAN I M - 50	17	M 220	01:36:43	03:34:56	05:17:42	07:02:11.50	9:22	6.4
269	STRONIKOWSKI WOJCIECH	5524	MUAY RUNNING TEAM	STEBLÓW	POL	SENIOR II M - 30	86	M 221	01:49:40	03:40:50	05:20:18	07:02:32.15	9:23	6.4
270	WALAC JACEK	5479	DOGOŃ GRODZISK MAZOWIECKI	GRODZISK MAZOWIECKI	POL	SENIOR II M - 30	87	M 222	01:45:20	03:42:49	05:29:38	07:04:23.70	9:25	6.4
271	FLORCZAK MONIKA	5024	RB ACTIVE	WROCŁAW	POL	SENIOR II K - 30	25	K 49	01:46:38	03:44:46	05:29:28	07:04:52.45	9:26	6.4
272	IHNATOWICZ ŁUKASZ	5414		GLIWICE	POL	SENIOR II M - 30	88	M 223	01:34:00	03:33:42	05:22:31	07:05:09.25	9:26	6.4
273	PABIJAŃCZYK DAMIAN	5396		WROCŁAW	POL	SENIOR II M - 30	89	M 224	01:39:13	03:41:22	05:23:21	07:06:03.75	9:28	6.3
274	KWAŚNIOK RAFAŁ	5020	NIGHT RUNNERS PYSKOWICE	TOSZEK	POL	SENIOR II M - 30	90	M 225	01:52:02	03:46:02	05:34:22	07:06:49.45	9:29	6.3
275	SZCZEPANIAK GRZEGORZ	5443	BOŚ	WARSZAWA	POL	WETERAN I M - 50	18	M 226	01:45:56	03:42:01	05:28:54	07:07:58.15	9:30	6.3
276	RZEPKA ALEKSANDRA	5344	WKURW_TEAM	WARSZAWA	POL	SENIOR I K - 20	6	K 50	01:45:42	03:44:53	05:34:51	07:09:13.60	9:32	6.3
277	ZIELIŃSKA MIRONA	5113		WROCŁAW	POL	MASTERS K - 40	18	K 51	01:53:40	03:51:45	05:31:05	07:09:28.05	9:32	6.3
278	SITAREK GRZEGORZ	5527		STAROGARD GDAŃSKI	POL	MASTERS M - 40	93	M 227	01:34:56	03:40:57	05:20:54	07:09:53.35	9:33	6.3
279	SZELA TOMASZ	5235	KKSW LUBIN TAE-KWON DO	LUBIN	POL	SENIOR II M - 30	91	M 228	01:43:53	03:42:04	05:33:48	07:11:03.30	9:34	6.3
280	SZEWICZYK MARIUSZ	5228		KRAKÓW	POL	MASTERS M - 40	94	M 229	01:57:12	04:00:42	05:37:06	07:11:14.45	9:35	6.3
281	PAWLIK JOANNA	5094	KS PRETORIUM POZNAŃ	POZNAŃ	POL	SENIOR II K - 30	26	K 52	01:51:19	03:53:20	05:38:10	07:11:25.35	9:35	6.3
282	WÓJCIAK ŁUKASZ	5039	UMAWIANIENABIEGANIETEAM	WROCŁAW	POL	SENIOR II M - 30	92	M 230	01:39:13	03:45:52	05:36:44	07:11:31.70	9:35	6.3
283	WIJAS MARIUSZ	5251		KRAKÓW	POL	MASTERS M - 40	95	M 231	01:49:37	03:49:13	05:37:06	07:11:52.25	9:35	6.3
284	HALESZCZUK TOMASZ	5442	PRO-RUN WROCŁAW	WROCŁAW	POL	MASTERS M - 40	96	M 232	01:41:12	03:40:07	05:27:45	07:12:32.20	9:36	6.2
285	DUKAŁA ARKADIUSZ	5418	NATIONALE-NEDERLANDEN TEAM	WARSZAWA- ZALESIE GÓRNE	POL	MASTERS M - 40	97	M 233	01:47:11	03:47:41	05:33:30	07:12:32.90	9:36	6.2
286	BORUTA-KOŁODZIEJ EMILIA	5441	PRO-RUN WROCŁAW	WROCŁAW	POL	SENIOR II K - 30	27	K 53	01:41:22	03:40:08	05:27:48	07:12:40.80	9:36	6.2
287	URBANIK RADEK	5475		WIERZBNA	POL	MASTERS M - 40	98	M 234	01:36:08	03:41:32	05:36:56	07:12:45.95	9:37	6.2
288	URBANIK ZUZANNA	5446		WIERZBNA	POL	MASTERS K - 40	19	K 54	01:36:19	03:41:48	05:37:07	07:12:56.75	9:37	6.2
289	NIŻEWSKI PAWEŁ	5465	KRAKOWIAK ULTRA TEAM	CZAPURY	POL	MASTERS M - 40	99	M 235	01:35:04	03:45:33	05:31:15	07:12:59.55	9:37	6.2
290	PRZYŁUDZKI JANUSZ	5365		MIKOŁÓW	POL	WETERAN II M - 60	5	M 236	01:51:21	03:53:50	05:35:20	07:13:34.95	9:38	6.2
291	HAAS PRZEMYSŁAW	5008	BACKPACKING OKAPI TEAM	WROCŁAW	POL	SENIOR II M - 30	93	M 237	01:57:23	03:55:19	05:36:53	07:13:56.85	9:38	6.2
292	KOBLAŃSKI TOMASZ	5133	FITNESS PIEKARY LEGNICA	LEGNICA	POL	SENIOR II M - 30	94	M 238	01:38:44	03:30:35	05:14:05	07:14:22.60	9:39	6.2
293	STRZYŻEWSKI PAWEŁ	5193		WARSZAWA	POL	MASTERS M - 40	100	M 239	01:45:17	03:48:21	05:33:30	07:14:54.25	9:39	6.2
294	BOROWICZ MARCIN	5392	QUAY POZNAŃ	POZNAŃ	POL	MASTERS M - 40	101	M 240	01:47:24	03:50:52	05:40:34	07:15:25.30	9:40	6.2
295	YÜCE GÖKHAN	5153	VELESBITOS	SIEMIANOWICE ŚLĄSKIE	POL	SENIOR II M - 30	95	M 241	01:55:16	03:53:33	05:41:24	07:15:31.55	9:40	6.2
296	BOROWICZ PAULINA	5393	QUAY POZNAŃ	POZNAŃ	POL	MASTERS K - 40	20	K 55	01:47:34	03:51:02	05:40:45	07:15:34.15	9:40	6.2
297	PLEWA PIOTR	5257	4 RUN TEAM PIŁA	PIŁA	POL	MASTERS M - 40	102	M 242	01:44:04	03:42:11	05:32:18	07:16:03.35	9:41	6.2
298	WÓJCIK KAMILA	5510	LACHO TEAM	KRAKÓW	POL	MASTERS K - 40	21	K 56	01:54:17	04:07:16	05:49:25	07:16:15.00	9:41	6.2
299	MORAWA MATEUSZ	5484	LACHO TEAM	RADZISZÓW	POL	MASTERS M - 40	103	M 243	01:54:11	04:07:10	05:49:16	07:16:21.45	9:41	6.2
300	CZECH DOROTA	5104	PRO-RUN WROCŁAW	KIEŁCZÓW	POL	MASTERS K - 40	22	K 57	01:47:29	03:51:56	05:39:11	07:16:59.25	9:42	6.2
301	TOKARCZYK TOMASZ	5115	DRUŻYNA SZPIKU	KALISZ	POL	MASTERS M - 40	104	M 244	01:42:48	03:41:04	05:31:06	07:17:26.40	9:43	6.2
302	POGORZELSKA ALINA	5223	DB LESZCZYNY	CZERWIONKA-LESZCZYNY	POL	WETERAN K - 50	3	K 58	01:56:38	04:05:32	05:50:23	07:17:27.70	9:43	6.2
303	HENECZKOWSKI ŁUKASZ	5213	BORN TO RUN	POZNAŃ	POL	MASTERS M - 40	105	M 245	01:37:21	03:41:52	05:35:52	07:18:28.30	9:44	6.2
304	MARMUROWICZ KRYSZTOF	5055	KOLOROWA DRUŻYNA NESSI	KATOWICE	POL	MASTERS M - 40	106	M 246	01:35:57	03:39:10	05:33:16	07:18:31.00	9:44	6.2
305	SADOWSKI MAREK	5497	MUKS SZOK BOJANOWO	GÓRA	POL	WETERAN I M - 50	19	M 247	01:31:00	03:17:27	05:35:15	07:18:42.80	9:44	6.2
306	HRYCIUK KATARZYNA	5122	EKOBIEGI	WARSZAWA	POL	MASTERS K - 40	23	K 59	01:49:02	03:51:40	05:39:11	07:18:47.50	9:45	6.2
307	BEDNARSKI KRZYSZTOF	5408	KLUCZBORSKA GRUPA BIEGOWA	KLUCZBORK	POL	SENIOR I M - 20	23	M 248	01:46:50	04:06:58	05:44:04	07:19:17.75	9:45	6.1
308	SZYSZKA MAREK	5244	STS BIEGATON MIKOŁÓW	MIKOŁÓW	POL	SENIOR II M - 30	96	M 249	01:52:00	03:54:39	05:37:37	07:19:41.90	9:46	6.1
309	ILKIEWICZ MICHAŁ	5352	AMCIU	STARE BABICE	POL	MASTERS M - 40	107	M 250	01:48:22	03:58:49	05:45:22	07:19:46.10	9:46	6.1
310	ŁASKAWSKA JUSTYNA	5504		WARSZAWA	POL	MASTERS K - 40	24	K 60	01:39:23	03:44:05	05:32:11	07:20:03.25	9:46	6.1
311	LEWANDOWSKI MARIUSZ	5265	KKM MXTECH CYKLOTEAM	KWIDZYN	POL	MASTERS M - 40	108	M 251	01:50:27	04:01:21	05:43:20	07:20:54.35	9:47	6.1
312	POCIĘGIEL MICHAŁ	5426	SKAWINA BIEGA	RADZISZÓW	POL	SENIOR II M - 30	97	M 252	01:47:48	03:58:12	05:43:31	07:21:07.05	9:48	6.1
313	POŹNIAK MARCIN	5380	NIGHT RUNNERS PYSKOWICE	PYSKOWICE	POL	SENIOR II M - 30	98	M 253	01:45:16	03:46:19	05:39:36	07:21:07.60	9:48	6.1
314	JAWORSKA KATARZYNA	5248		WARSZAWA	POL	MASTERS K - 40	25	K 61	01:49:24	04:00:06	05:45:53	07:21:18.75	9:48	6.1
315	KRUSZEWSKI JACEK	5117	MARKOWI BIEGACZE	MARKI	POL	MASTERS M - 40	109	M 254	01:45:10	03:47:20	05:37:44	07:21:19.45	9:48	6.1
316	SIKORSKI GRZEGORZ	5197		BORYSLAWICE ZAMKOWE	POL	MASTERS M - 40	110	M 255	01:41:44	03:41:20	05:34:53	07:22:04.60	9:49	6.1
317	MARCINKOWSKA ANITA	5259		LUBOŃ	POL	SENIOR II K - 30	28	K 62	01:45:42	03:51:41	05:34:06	07:22:32.00	9:50	6.1
318	WYRĄBKIEWICZ JANUSZ	5459	NO LIMITS	CIECHOCINEK	POL	WETERAN II M - 60	6	M 256	01:42:05	03:37:33	05:23:21	07:22:56.20	9:50	6.1
319	KUCHARSKI JAKUB	5201	JKU1979	GRUSZCZYN	POL	MASTERS M - 40	111	M 257	01:56:38	03:56:33	05:42:42	07:23:15.05	9:51	6.1
320	SOSNOWKA BARTOSZ	5342	KLUB SOSNOWY	DZIAŁDOWO	POL	SENIOR II M - 30	99	M 258	01:50:03	03:51:57	05:44:36	07:23:17.00	9:51	6.1

ZŁOTY MARATON - 45 KM, OPEN c.d.

POS	Name and surname	No.	Club	City	NAT	Cat.	M.	F/M	10km	22km	33km	Netto	min/km	km/h
							cat.							
321	DĄBROWSKI ARTUR	5285		ŁÓDŹ	POL	SENIOR II M - 30	100	M 259	01:39:23	03:44:38	05:38:18	07:23:53.00	9:51	6.1
322	ZIELINSKI GRZEGORZ	5308		WARSZAWA	POL	MASTERS M - 40	112	M 260	01:57:03	03:59:57	05:52:27	07:25:37.10	9:54	6.1
323	ADAMSKA AGNIESZKA	5319	AKTYWNY OSTRZESZÓW	WROCŁAW	POL	MASTERS K - 40	26	K 63	01:57:12	04:00:04	05:52:00	07:25:46.45	9:54	6.1
324	TWARDY DARIUSZ	5077		LESZNO	POL	WETERAN I M - 50	20	M 261	01:37:48	04:04:27	05:46:41	07:25:52.95	9:54	6.1
325	NOWAK KORNEL	5078		LESZNO	POL	MASTERS M - 40	113	M 262	01:37:59	04:04:38	05:46:52	07:26:03.85	9:54	6.1
326	WIENER MARCIN	5387	JESUS SAVES	KATOWICE	POL	MASTERS M - 40	114	M 263	01:43:20	03:55:46	05:50:47	07:26:08.75	9:54	6.1
327	NOWAK MACIEJ	5029		KAZMIERZ	POL	SENIOR II M - 30	101	M 264	01:44:51	03:57:06	05:48:21	07:27:04.60	9:56	6
328	MAGDA PIOTR	5026	NIGHT RUNNERS PYSKOWICE	PYSKOWICE	POL	MASTERS M - 40	115	M 265	01:45:38	03:48:02	05:44:08	07:28:36.45	9:58	6
329	DWORNIK MAŁGORZATA	5010	WARCZĄCE SZPRYCHY	KRAKÓW	POL	SENIOR II K - 30	29	K 64	01:48:54	03:47:38	05:37:19	07:28:45.25	9:58	6
330	PIECUCH MAŁGORZATA	5031		PRZEWORSK	POL	WETERAN K - 50	4	K 65	01:53:14	04:01:27	05:52:00	07:28:57.05	9:58	6
331	ŁATKOWSKI ŁUKASZ	5331	GRUPA BIEGOWA CHTMO	CHOTOMÓW	POL	MASTERS M - 40	116	M 266	01:51:42	03:57:17	05:52:27	07:30:07.70	10:00	6
332	PIĄTEK WALDEMAR	5311		KALISZ	POL	MASTERS M - 40	117	M 267	01:44:12	03:52:27	05:43:55	07:30:12.45	10:00	6
333	ŁATKOWSKA MONIKA	5288	GRUPA BIEGOWA CHTMO	CHOTOMÓW	POL	MASTERS K - 40	27	K 66	01:51:38	03:58:24	05:52:31	07:30:13.60	10:00	6
334	KAPELSKA-KOBLAŃSKA MILENA	5134	MATNER RUNNING TEAM	LEGNICA	POL	MASTERS K - 40	28	K 67	01:50:24	03:50:49	05:47:45	07:31:07.75	10:01	6
335	SIWIASZCZYK TOMASZ	5091		POZNAŃ	POL	MASTERS M - 40	118	M 268	01:46:41	03:55:46	05:50:05	07:31:18.65	10:01	6
336	JAWORSKA MAGDALENA	5088	GB WIELKOPOLSCY BIEGACZE/TEAM KGB	POZNAŃ	POL	MASTERS K - 40	29	K 68	01:46:50	03:55:54	05:50:13	07:31:23.50	10:01	6
337	SĄDEL KRZYSZTOF	5191		SZCZECIN	POL	WETERAN I M - 50	21	M 269	01:49:29	03:57:07	05:52:34	07:32:15.95	10:03	6
338	SZYSZKO EWA	5085	MARKOWI BIEGACZE	MARKI	POL	MASTERS K - 40	30	K 69	01:54:07	04:05:04	05:59:10	07:32:36.50	10:03	6
339	LACH AGNIESZKA	5326		WROCŁAW	POL	MASTERS K - 40	31	K 70	01:44:55	03:51:13	05:49:14	07:32:37.25	10:03	6
340	WILK MAGDALENA	5445	ULTRAPOŚLADACH/TEAM ZABIEGANEDNI	WARSZAWA	POL	MASTERS K - 40	32	K 71	01:43:55	03:53:11	05:54:17	07:33:02.00	10:04	6
341	KAMINSKA MAGDALENA	5152		MAŁE RUDY	POL	SENIOR II K - 30	30	K 72	01:50:04	04:02:08	05:53:10	07:33:26.45	10:04	6
342	SURDACKI JERZY	5021	DRUŻYNA SZPIKU	GRYFINO	POL	MASTERS M - 40	119	M 270	01:40:10	03:45:03	05:39:13	07:33:49.30	10:05	5.9
343	GRECH-BARAN MARTA	5402		WARSZAWA	POL	SENIOR II K - 30	31	K 73	01:50:18	04:01:42	05:50:25	07:34:19.40	10:05	5.9
344	BARAN JAKUB	5401	LEMIESZ TEAM	WARSZAWA	POL	SENIOR II M - 30	102	M 271	01:50:19	04:01:51	05:50:28	07:34:26.05	10:05	5.9
345	KURKUS ALEKSANDER	5486	DOGOŃ GRODZISK MAZOWIECKI	WARSZAWA	POL	MASTERS M - 40	120	M 272	01:45:07	03:50:37	05:44:56	07:34:28.70	10:05	5.9
346	CZACHOWSKI MICHAŁ	5447	ŻWAWIE ŻÓŁWIE	WARSAW	POL	WETERAN I M - 50	22	M 273	01:53:35	04:03:00	05:56:43	07:34:31.70	10:06	5.9
347	CZARNY ANNA	5227		GDAŃSK	POL	MASTERS K - 40	33	K 74	01:56:45	04:06:19	05:56:17	07:35:19.30	10:07	5.9
348	BANAŚ MARCIN	5368	WIECZORNE BIEGANIE W SZCZECINIE	SZCZECIN	POL	MASTERS M - 40	121	M 274	01:48:54	03:59:47	05:58:49	07:35:26.05	10:07	5.9
349	BAIER-JASTRZĄBEK MARTA	5076	OBORNICKI KLUB LEEKOATLETYCZNY	ROŻNOWO	POL	MASTERS K - 40	34	K 75	01:57:20	04:02:10	05:58:35	07:35:28.40	10:07	5.9
350	NIEDŹWIECKA KASIA	5492	EKOBIEGI	WARSZAWA	POL	WETERAN K - 50	5	K 76	01:52:13	04:08:39	06:00:13	07:37:29.55	10:09	5.9
351	CHORAŻYJCZEWSKI MICHAŁ	5135	OBORNICKI KLUB LEKKOATLETYCZNY	OBORNIKI	POL	SENIOR II M - 30	103	M 275	01:56:51	04:01:49	05:57:56	07:37:36.70	10:10	5.9
352	RUNOWICZ MAGDALENA	5056		KŁODZKO	POL	MASTERS K - 40	35	K 77	01:52:34	03:56:38	05:44:38	07:37:37.35	10:10	5.9
353	LEWICKA MAGDALENA	5095	OBORNICKI KLUB LEEKOATLETYCZNY	OBORNIKI	POL	SENIOR II K - 30	32	K 78	01:57:02	04:02:01	05:58:07	07:37:43.35	10:10	5.9
354	IWACHÓW SŁAWOMIR	5080	KKM / MXTECH KWIDZYN	KWIDZYN	POL	MASTERS M - 40	122	M 276	01:50:19	04:01:04	05:49:19	07:39:15.10	10:12	5.9
355	KONDRAKIEWICZ RAFAŁ	5312		MIŁOSZYCE	POL	MASTERS M - 40	123	M 277	01:52:38	04:00:48	05:53:36	07:39:32.20	10:12	5.9
356	GIENTKOWSKI SŁAWOMIR	5317		WROCŁAW	POL	MASTERS M - 40	124	M 278	01:40:07	03:52:25	05:49:28	07:39:54.80	10:13	5.9
357	WOJTAS RYSZARD	5175		WĄGROWIEC	POL	WETERAN I M - 50	23	M 279	01:48:38	04:01:27	06:06:48	07:39:56.80	10:13	5.9
358	STAWCZYK SZCZEPAN	5111	BIEGACZE W RADOMSKU	RADOMSKO	POL	WETERAN II M - 60	7	M 280	01:52:48	04:03:51	06:01:57	07:40:29.75	10:14	5.9
359	TATYS ŁUKASZ	5207		WROCŁAW	POL	SENIOR II M - 30	104	M 281	02:11:41	04:27:05	06:06:24	07:40:59.40	10:14	5.9
360	JĘDRZAK PRZEMYSŁAW	5272	WYBIEGANI TEAM	POZNAŃ	POL	MASTERS M - 40	125	M 282	01:43:45	03:46:11	05:43:22	07:41:00.40	10:14	5.9
361	GRĘZEL-GAWRON JOLANTA	5329	J.G JOLANTA GRĘZEL-GAWRON	POLSKA NOWA WIEŚ	POL	MASTERS K - 40	36	K 79	01:51:43	04:06:31	05:56:52	07:42:23.15	10:16	5.8
362	WÓDKIEWICZ MACIEJ	5070	WLKP MOUNTAINS ULTRA RUNNERS TEAM	TULCE	POL	MASTERS M - 40	126	M 283	01:50:40	03:59:40	05:58:50	07:43:35.60	10:18	5.8
363	MAKOWSKI DARIUSZ	5139	KM TEAM	CHOJNA	POL	WETERAN I M - 50	24	M 284	01:54:03	04:02:23	05:56:09	07:44:00.90	10:18	5.8
364	ROSZYK TOMASZ	5038	TKKF MPK POZNAŃ	POZNAŃ	POL	MASTERS M - 40	127	M 285	01:49:13	04:02:03	06:07:01	07:44:42.70	10:19	5.8
365	KAMIŃSKI ŁUKASZ	5151		MAŁE RUDY	POL	SENIOR II M - 30	105	M 286	01:50:18	04:01:54	06:01:32	07:44:54.20	10:19	5.8
366	ŁUCZKÓW ANDRZEJ	5173		DARŁOWO	POL	WETERAN I M - 50	25	M 287	01:51:36	03:57:40	06:01:08	07:45:00.10	10:20	5.8
367	JANOWSKA ULA	5093		GRUDZIĄDZ	POL	MASTERS K - 40	37	K 80	01:48:36	03:58:00	05:41:39	07:45:15.10	10:20	5.8
368	BORC MARZANNA	5120	AKADEMIA BIEGANIA GRUDZIĄDZ.	GRUDZIĄDZ	POL	WETERAN K - 50	6	K 81	01:48:46	03:58:11	05:41:49	07:45:24.55	10:20	5.8
369	ZAPIÓR MAREK	5493	ZET	BYTOM	POL	WETERAN I M - 50	26	M 288	01:54:53	04:12:16	06:06:38	07:46:48.15	10:22	5.8
370	KNOBLOCH TOMASZ	5364	THE PINDOLS	WARSZAWA	POL	MASTERS M - 40	128	M 289	01:46:13	03:49:23	05:40:45	07:46:59.50	10:22	5.8
371	IGNASZEWSKI MICHAŁ	5009	DRUŻYNA SZPIKU	RADZYNY	POL	SENIOR II M - 30	106	M 290	01:48:26	04:01:13	06:06:14	07:48:12.10	10:24	5.8
372	IGNASZEWSKA MARTA	5015	DRUŻYNA SZPIKU	RADZYNY	POL	MASTERS K - 40	38	K 82	01:48:43	04:01:33	06:06:25	07:48:31.60	10:24	5.8
373	HANGIEL URSZULA	5399	ŻWAWIE ŻÓŁWIE	WARSAW	POL	SENIOR II K - 30	33	K 83	02:02:52	04:22:14	06:11:13	07:49:49.90	10:26	5.7

ZŁOTY MARATON - 45 KM, OPEN c.d.

POS	Name and surname	No.	Club	City	NAT	Cat.	M.	F/M	10km	22km	33km	Netto	min/km	km/h
374	GMAJ KAROLINA	5127		GRÓJEC	POL	MASTERS K - 40	39	K 84	01:51:34	04:09:36	06:04:15	07:49:57.90	10:26	5.7
375	SZYMAŃSKA DOMINIKA	5334	POMYKACZE	KATOWICE	POL	SENIOR I K - 20	7	K 85	01:53:33	04:11:27	06:04:03	07:50:45.80	10:27	5.7
376	PAWLIK-NIEDZIELA SANDRA	5195	BIEGOWA KUŹNIA	SOSNOWIEC	POL	SENIOR II K - 30	34	K 86	01:53:43	04:11:39	06:04:13	07:50:56.05	10:27	5.7
377	KUŁAKOWSKI PIOTR	5359	CZŁAPACZE	KONSTANCIN-JEZIORNA	POL	WETERAN II M - 60	8	M 291	01:58:39	04:22:38	06:09:44	07:51:09.90	10:28	5.7
378	SKIBICKA DOROTA	5355	PZU SPORT TEAM	WARSZAWA	POL	MASTERS K - 40	40	K 87	01:52:03	04:09:34	06:08:34	07:51:13.55	10:28	5.7
379	GAJDA GRZEGORZ	5470		RYBNIK	POL	SENIOR II M - 30	107	M 292	01:51:58	04:04:17	06:09:14	07:53:07.10	10:30	5.7
380	GAJEWSKA AGNIESZKA	5035	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	RYBNIK	POL	MASTERS K - 40	41	K 88	01:52:06	04:04:25	06:09:21	07:53:14.20	10:31	5.7
381	KOWALSKA MAŁGORZATA	5296		JELCZ-LASKOWICE	POL	MASTERS K - 40	42	K 89	02:06:16	04:20:00	06:09:25	07:54:05.35	10:32	5.7
382	GRĘBOWICZ AGNIESZKA	5234		JANIKÓW	POL	SENIOR II K - 30	35	K 90	02:06:26	04:20:10	06:09:35	07:54:15.35	10:32	5.7
383	FOLARON RAFAŁ	5509		DOBRYKOWICE	POL	SENIOR II M - 30	108	M 293	01:43:45	03:49:42	06:02:11	07:54:31.40	10:32	5.7
384	LUPA MIROŚLAW	5074		ŚCINAWA	POL	WETERAN I M - 50	27	M 294	01:43:30	03:58:00	05:55:44	07:55:08.15	10:33	5.7
385	LEWANDOWSKI KRZYSZTOF	5454		ŁÓDŹ	POL	WETERAN I M - 50	28	M 295	01:50:21	04:18:15	06:16:43	07:55:12.25	10:33	5.7
386	PYTLARCIK PIOTR	5204	KLUB BIEGACZA WARTA	PAJĘCZNO	POL	MASTERS M - 40	129	M 296	01:55:32	04:09:14	06:05:14	07:55:14.50	10:33	5.7
387	GŁĄBICA JUSTYNA	5231		KAMIENIEC WR.	POL	MASTERS K - 40	43	K 91	01:48:57	04:20:49	06:26:31	07:56:18.80	10:35	5.7
388	WAŚCIŃSKA EDYTA	5362	PĘDZI - PARA	GOŁĄSZYN	POL	WETERAN K - 50	7	K 92	01:58:59	04:14:11	06:07:57	07:57:05.55	10:36	5.7
389	BAGIŃSKA PAULINA	5374		RYDZYNA	POL	MASTERS K - 40	44	K 93	01:36:59	03:48:17	05:54:59	07:57:12.30	10:36	5.7
390	POMIANOWSKA ANNA	5386		WRONKI	POL	MASTERS K - 40	45	K 94	01:58:22	04:14:31	06:12:12	07:59:09.55	10:38	5.6
391	MALINOWSKI KONRAD	5339		GRODZISK MAZOWIECKI	POL	SENIOR II M - 30	109	M 297	01:49:49	03:57:06	05:58:40	07:59:25.25	10:39	5.6
392	STOLPE MACIEJ	5439	MPKPOZNAN	LUBOŃ	POL	WETERAN I M - 50	29	M 298	01:47:44	04:04:07	06:05:08	07:59:39.05	10:39	5.6
393	MAJCHRZAK MONIKA	5044	WKURW_TEAM	POZNAŃ	POL	MASTERS K - 40	46	K 95	01:59:46	04:19:09	06:14:51	08:01:23.90	10:41	5.6
394	WIELICZKO DAGMARA	5064		WROCŁAW	POL	SENIOR II K - 30	36	K 96	01:56:51	04:14:13	06:21:37	08:04:23.10	10:45	5.6
395	BEDNARSKI KRZYSZTOF	5406	KLUCZBORSKA GRUPA BIEGOWA	KLUCZBORK	POL	WETERAN I M - 50	30	M 299	01:47:00	04:10:42	06:10:23	08:04:23.70	10:45	5.6
396	WIELICZKO RAFAŁ	5063		WROCŁAW	POL	SENIOR II M - 30	110	M 300	01:56:57	04:14:22	06:21:46	08:04:32.00	10:46	5.6
397	KALINOWSKA KATARZYNA	5463		SIERADZ	POL	SENIOR II K - 30	37	K 97	01:53:34	04:09:59	06:13:08	08:06:01.65	10:48	5.6
398	JABŁOŃSKI KAZIMIERZ	5460	SPRINTER PRĄDY	PRĄDY	POL	WETERAN II M - 60	9	M 301	01:54:16	04:14:30	06:13:26	08:06:44.10	10:48	5.5
399	RZYWUCKA JOLANTA	5198	4 RUN TEAM PIŁA	PIŁA	POL	MASTERS K - 40	47	K 98	02:09:47	04:24:04	06:18:21	08:06:55.10	10:49	5.5
400	BĘBAS PAWEŁ	5286		WROCŁAW	POL	MASTERS M - 40	130	M 302	01:56:01	04:12:19	06:14:04	08:06:55.40	10:49	5.5
401	GUZIK TOMASZ	5255		ZAWIERCIE	POL	SENIOR II M - 30	111	M 303	01:46:36	04:02:23	06:07:22	08:07:41.30	10:50	5.5
402	ZAWIS MAREK	5112		PYSKOWICE	POL	WETERAN I M - 50	31	M 304	01:50:36	04:08:14	06:03:17	08:08:53.85	10:51	5.5
403	ŁACHAN PATRYK	5100	WKURW_TEAM	WROCŁAW	POL	MASTERS M - 40	131	M 305	01:56:01	04:22:02	06:26:10	08:13:13.20	10:57	5.5
404	TOMANEK BARTOSZ	5507	SSW PRAGMATIC SOLUTIONS	WARSZAWA	POL	SENIOR II M - 30	112	M 306	01:34:27	03:40:36	06:00:40	08:13:14.50	10:57	5.5
405	CHUDZIK RADOSŁAW	5453		ŁÓDŹ	POL	MASTERS M - 40	132	M 307	01:33:52	04:20:37	06:10:19	08:13:23.20	10:57	5.5
406	KRAJEWSKA-KŁODA KATARZYNA	5058	DRUŻYNA SZPIKU	CZAPURY	POL	MASTERS K - 40	48	K 99	02:11:42	04:40:00	06:38:03	08:14:39.05	10:59	5.5
407	BARANIAK BEATA	5176	DRUŻYNA SZPIKU	DASZEWICE	POL	MASTERS K - 40	49	K 100	02:11:52	04:40:07	06:38:15	08:14:49.25	10:59	5.5
408	DOMAGAŁA TOMASZ	5245	DOMAGAŁA	DZIERŻONIÓW	POL	SENIOR II M - 30	113	M 308	02:03:16	04:21:51	06:26:18	08:16:27.10	11:01	5.4
409	ZASŁAWSKA KATARZYNA	5494	ZAKOCHAJ SIĘ W BIEGANIU	WROCŁAW	POL	WETERAN K - 50	8	K 101	01:50:36	04:10:42	06:17:54	08:16:33.55	11:02	5.4
410	TRZECIAK EWELINA	5283		LEGNICA	POL	MASTERS K - 40	50	K 102	02:00:02	04:31:53	06:34:23	08:16:34.85	11:02	5.4
411	MAŁGORZATA MODELSKA	5338		KRAKÓW	POL	SENIOR II K - 30	38	K 103	02:06:14	04:27:35	06:29:35	08:16:56.35	11:02	5.4
412	FOJCIK KATARZYNA	5254	PIERUNSKIE CANGÓRY	PSZÓW (GMINA: PSZÓW)	POL	SENIOR I K - 20	8	K 104	01:51:25	04:15:04	06:18:54	08:17:22.05	11:03	5.4
413	POPLAWSKI KRZYSIEK	5022	DEPARTAMENT BIEGÓW GÓRSKICH	WARSZAWA	POL	MASTERS M - 40	133	M 309	01:59:42	04:29:32	06:33:50	08:17:47.50	11:03	5.4
414	BĘDZIŃSKA JOLANTA	5279		POZNAŃ	POL	MASTERS K - 40	51	K 105	02:06:16	04:35:04	06:32:19	08:18:10.95	11:04	5.4
415	PIETRUSIAK AGNIESZKA	5278		PAŁĘDZIE	POL	SENIOR II K - 30	39	K 106	02:06:25	04:35:13	06:32:27	08:18:22.05	11:04	5.4
416	KUKLA-KOWALSKA ALICJA	5114		LUSÓWKO	POL	MASTERS K - 40	52	K 107	01:58:52	04:23:39	06:28:27	08:18:34.65	11:04	5.4
417	STAWSKA-KISIAŁA NATALIA	5220	LACHO TEAM	KRAKÓW	POL	SENIOR II K - 30	40	K 108	02:16:41	04:40:35	06:36:16	08:18:47.85	11:05	5.4
418	SOBAŃSKA PAULINA	5124	TARNOWO PODGÓRNE BIEGA	TARNOWO PODGÓRNE	POL	SENIOR II K - 30	41	K 109	02:06:17	04:31:58	06:32:58	08:20:05.25	11:06	5.4
419	GRZESIAK RAFAŁ	5142	EMERYT	GŁOGÓW	POL	MASTERS M - 40	134	M 310	01:37:09	04:23:57	06:16:21	08:20:06.35	11:06	5.4
420	ZIELIŃSKA CZERBNIK IZABELA	5200	TARNOWO PODGÓRNE BIEGA	SKORZEWO	POL	MASTERS K - 40	53	K 110	02:06:27	04:32:07	06:33:07	08:20:14.10	11:06	5.4
421	SZULC JOANNA	5082	WYBIEGANIA MPK	WARSZAWA	POL	MASTERS K - 40	54	K 111	02:05:04	04:33:26	06:34:53	08:24:36.40	11:12	5.4
422	SKROBEK MARCIN	5292		WROCŁAW	POL	SENIOR II M - 30	114	M 311	01:59:38	04:15:25	06:18:59	08:24:44.05	11:12	5.3
423	MURCZYŃSKA-PIETRUCZANIS KATARZYNA	5071	WKURW_TEAM / AKTYWNI WĘGRÓW	WĘGRÓW	POL	MASTERS K - 40	55	K 112	02:03:47	04:29:56	06:31:54	08:25:26.60	11:13	5.3
424	LATOS JOANNA	5180		ZIELONA GÓRA	POL	MASTERS K - 40	56	K 113	02:11:24	04:37:40	06:37:28	08:25:41.60	11:14	5.3
425	KIELCZYŃSKA KATARZYNA	5036	OVER 40 TEAM	LUBIN	POL	MASTERS K - 40	57	K 114	01:55:48	04:29:51	06:36:42	08:25:43.60	11:14	5.3
426	BĄCZYK ADAM	5421	MONIAGYM	SZCZECIN	POL	MASTERS M - 40	135	M 312	02:00:02	04:18:36	06:24:59	08:25:46.15	11:14	5.3
427	ROMAN EWELINA	5161	MONIA GYM	SZCZECIN	POL	SENIOR II K - 30	42	K 115	02:00:03	04:18:40	06:24:59	08:25:47.15	11:14	5.3
428	BĄCZYK MONIKA	5160	MONIA GYM	SZCZECIN	POL	MASTERS K - 40	58	K 116	02:00:04	04:18:41	06:25:03	08:25:47.60	11:14	5.3

ZŁOTY MARATON - 45 KM, OPEN c.d.

POS	Name and surname	No.	Club	City	NAT	Cat.	M.	F/M	10km	22km	33km	Netto	min/km	km/h
							cat.							
429	RYCHŁOWSKI RYSZARD	5054		PIŁA	POL	MASTERS M - 40	136	M 313	01:54:34	04:23:45	06:32:06	08:26:30.65	11:15	5.3
430	GŁĄBICA ADAM	5230		KAMIENIEC WR.	POL	WETERAN I M - 50	32	M 314	01:53:01	04:21:00	06:26:20	08:27:09.10	11:16	5.3
431	ADAMIAK MARTA	5526		ZŁOTY STOK	POL	SENIOR II K - 30	43	K 117	01:56:35	04:23:52	06:33:33	08:28:29.55	11:18	5.3
432	LEWANDOWSKA EWA	5110		TARNOWSKIE GÓRY	POL	MASTERS K - 40	59	K 118	02:01:46	04:19:22	06:26:44	08:32:11.45	11:22	5.3
433	KATA ALEKSANDRA	5299		MIRKÓW	POL	SENIOR II K - 30	44	K 119	02:02:10	04:25:30	06:23:42	08:33:13.95	11:24	5.3
434	BIELECKA IWONA	5072	PRO-RUN WROCLAW	WROCLAW	POL	SENIOR II K - 30	45	K 120	02:02:20	04:25:40	06:24:43	08:33:23.80	11:24	5.3
435	SOKOŁOWSKI ARTUR	5324	TEAM ZABIEGANEDNI	OTWOCK	POL	MASTERS M - 40	137	M 315	01:52:35	04:21:30	06:34:06	08:35:27.20	11:27	5.2
436	BARZAK JUSTYNA	5256		STRZELIN	POL	SENIOR II K - 30	46	K 121	01:58:24	04:40:35	06:52:36	08:40:55.55	11:34	5.2
437	GÓRNA ALDONA	5101		ŻÓŁWICE W BIEGU	POL	MASTERS K - 40	60	K 122	02:00:37	04:38:53	06:42:51	08:43:34.30	11:38	5.2
438	LANGE HANNA	5102		ŻÓŁWICE W BIEGU	POL	MASTERS K - 40	61	K 123	02:00:47	04:39:05	06:43:00	08:43:45.45	11:38	5.2
439	SIWEK JAREK	5144		SZCZECIN	POL	MASTERS M - 40	138	M 316	02:16:44	04:51:52	06:55:41	08:44:48.30	11:39	5.1
440	FRANKENBERG MAŁGORZATA	5482	BIEGACZ NOWOSOLNA	ŁÓDŹ	POL	WETERAN II K - 60	1	K 124	02:14:49	04:55:14	07:04:30	08:45:31.70	11:40	5.1
441	JASIŃSKI PAWEŁ	5341	ZMASAKROWANI	WILCZYN	POL	MASTERS M - 40	139	M 317	02:01:44	04:23:35	06:34:11	08:46:12.75	11:41	5.1
442	TARASZEWSKA PAULINA	5129		WARSZAWA	POL	SENIOR II K - 30	47	K 125	01:59:35	04:29:25	06:33:42	08:46:15.15	11:41	5.1
443	WÓJCIK ŁUKASZ	5225	CYTRYNOWE CURRY???	LUBLIN	POL	SENIOR II M - 30	115	M 318	01:59:02	04:35:56	06:43:04	08:49:27.85	11:45	5.1
444	SZYLIŃSKI JAKUB	5140		WARSZAWA	POL	WETERAN I M - 50	33	M 319	02:16:57	04:52:09	06:55:53	08:55:22.65	11:53	5
445	KOZŁOWSKA JOANNA	5356		STAROGARD GDAŃSKI	POL	WETERAN K - 50	9	K 126	02:09:31	04:30:32	06:31:15	08:56:35.35	11:55	5
446	KAMIŃSKI MAREK	5337	STRZELIŃSKI KLUB BIEGACZA	STRZELIN	POL	SENIOR II M - 30	116	M 320	01:58:10	04:40:26	06:56:16	09:07:15.60	12:09	4.9
447	PLASZCZYK BARTŁOMIEJ	5491	4 RBLOG	GŁOGÓW	POL	SENIOR II M - 30	117	M 321	02:00:09	04:46:40	07:00:53	09:10:47.55	12:14	4.9
448	REGUŁSKA ANETA	5059	DRUŻYNA SZPIKU	WROCLAW	POL	SENIOR II K - 30	48	K 127	02:24:28	05:07:28	07:22:19	09:28:50.30	12:38	4.7
449	RAJZAKOWSKA ANNA	5253		ŁĄDEK-ZDRÓJ	POL	WETERAN K - 50	10	K 128	02:24:38	05:07:40	07:22:31	09:30:18.60	12:40	4.7
450	MOSKWA MARTYNA	5209	MASZ PRZEBIEGANE	SZCZECIN	POL	SENIOR I K - 20	9	K 129	02:17:07	05:03:24	07:17:02	09:34:40.70	12:46	4.7
451	WIETRZYŃSKA AGNIESZKA	5208	MASZ PRZEBIEGANE	PYRZYCE	POL	SENIOR II K - 30	49	K 130	02:17:17	05:03:33	07:17:11	09:34:51.75	12:46	4.7
452	WOŁCZEK MAŁGORZATA	5157		SULECHÓW	POL	SENIOR II K - 30	50	K 131	02:30:59	05:22:58	07:46:43	09:40:56.75	12:54	4.6
453	WAŁECKA AGNIESZKA	5381	3W	SULECHÓW	POL	MASTERS K - 40	62	K 132	02:31:09	05:23:07	07:46:47	09:41:03.45	12:54	4.6
454	WARA-WĄSOWSKI MACIEJ	5156		ŁÓDŹ	POL	WETERAN I M - 50	34	M 322	02:31:19	05:23:17	07:46:53	09:41:09.30	12:54	4.6
455	JAWORSKA-NIZIOŁ MAGDALENA	5136		GRUDZIĄDZ	POL	SENIOR II K - 30	51	K 133	02:18:38	05:52:02	07:48:03	09:45:52.70	13:01	4.6
456	MIŚKIEWICZ WOJCIECH	5412		ZGIERZ	POL	SENIOR II M - 30	118	M 323	02:12:44	05:07:48	07:29:58	09:48:34.85	13:04	4.6
457	FORMELA JUSTYNA	5411		OSTRÓW WLKP	POL	MASTERS K - 40	63	K 134	02:12:51	05:07:55	07:29:51	09:48:39.95	13:04	4.6
458	LESZCZYŃSKA-DOMINIAK ELŻBIETA	5473	LASY WAWERSKIE	WARSZAWA	POL	WETERAN II K - 60	2	K 135	02:16:36	05:02:18	07:35:39	10:03:39.35	13:24	4.5
459	MAKAREWICZ SYLWIA	5520		MIKOŁÓW	POL	MASTERS K - 40	64	K 136	02:14:19	04:56:33	07:26:12	10:09:58.70	13:33	4.4
460	MALONG ALEKSANDER	5499	KLUCZBORSKA GRUPA BIEGOWA	KLUCZBORK	POL	WETERAN I M - 50	35	M 324	02:49:24	05:53:04	08:11:14	10:57:19.05	14:36	4.1
461	PAWŁOWSKA DANUTA	5369		OTRĘBUSY	POL	MASTERS K - 40	65	K 137	02:41:15	05:52:22	08:33:57	11:36:25.10	15:28	3.9
DQ	NIEZGÓDKA TOMASZ	5521	ZAŁOGA GÓRSKA	WROCLAW	POL	WETERAN I M - 50	DQ	DQ	01:12:35	DQ	DQ	02:09:20.90	0:00	20.9
DQ	MORAWSKI FILIP	5264	MARCINSWIERCTEAM	PUSZCZYKOWO	POL	MASTERS M - 40	DQ	DQ	01:16:50	DQ	DQ	02:11:21.50	0:00	20.6
DQ	ŁĘCKI PIOTR	5487	BP RUNNING TEAM GLIWICE	GLIWICE	POL	SENIOR II M - 30	DQ	DQ	01:18:21	DQ	DQ	02:14:00.10	0:00	20.1
DQ	JURCZAK ROMAN	5522	GEPARDY I GAZELE RZESZÓW	RZESZÓW	POL	WETERAN II M - 60	DQ	DQ	01:20:59	DQ	DQ	02:23:15.40	0:00	18.8
DQ	GORZELANY RAFAŁ	5346		RAWICZ	POL	SENIOR II M - 30	DQ	DQ	01:23:11	DQ	DQ	02:30:37.10	0:00	17.9
	MAJEWSKI ARTUR	5177	DIRETA GNIEZNO	GNIEZNO	POL	MASTERS M - 40			01:23:26	DNF	03:29:58	DNF	-	-
	KIEDOWSKI ARTUR	5424		WROCLAW	POL	MASTERS M - 40			01:28:24	DNF	03:28:08	DNF	-	-
	PACZOS ANDRZEJ	5384		PIECHOWICE	POL	SENIOR I M - 20			01:16:17	03:11:36	DNF	DNF	-	-
	SITEK ARKADIUSZ	5452	AKTYWNI WĘGRÓW	WĘGRÓW	POL	MASTERS M - 40			01:31:08	03:19:24	DNF	DNF	-	-
	SMUSZ GRZEGORZ	5314		STRONIE SLASKIE	POL	MASTERS M - 40			01:39:26	03:59:07	DNF	DNF	-	-
	KUBICKI PIOTR	5237	KOŚCIAN TEAM	KOŚCIAN	POL	SENIOR II M - 30			01:55:41	04:32:51	DNF	DNF	-	-
	FEDOROWICZ EMIL	5092	ULTRINO AMATEUR	OPOLE LUBELSKIE	POL	SENIOR I M - 20			02:23:20	05:20:40	DNF	DNF	-	-

ZŁOTY MARATON - 45 KM, OPEN c.d.

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	10km	22km	33km	Netto	min/km	km/h
	LUZAR RAFAL	5353		OPOLE	POL	MASTERS M - 40			01:17:04 DNF	DNF	DNF	DNF	-	-
	MALECKA-LEŃ PATRYCJA	5440	STAJNIA BALONA	RZESZÓW	POL	SENIOR II K - 30			01:20:59 DNF	DNF	DNF	DNF	-	-