

ULTRA SGS 54KM

B4SPORT
INTELEGENTNE ZAWODY SPORTOWE



Wydarzenie: Supermaraton Gór Stołowych 2019
Organizator: Fundacja Maratony Górskie
Data: 2019-06-29
Miejsce: Karłów
Dystans: 54 km

B4SPORT
INTELEGENTNE ZAWODY SPORTOWE

Klasyfikacja: OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czechy 13.3km	Czechy 22.1km	Pasterka 32.8km	Parking 39.9km	Skaly 46.7km	Czas netto 53.6km	Czas brutto 53.6km	Różn	Tempo min/km	Tempo km/h
1	GORCZYCA Bartosz	8	GRUPALUKTRANS.PL	M-20	1	01:10:39	01:59:45	02:49:48	03:34:53	04:16:08	04:54:10.40	04:54:14.05		5:29	10.9 (100%)
2	WITEK Andrzej Władysław	575	140MINUT.PL / WROCŁAWSKIE ITEN	M-20	2	01:10:40	01:59:45	02:49:44	03:32:00	04:13:29	05:00:02.85	05:00:06.65	+00:05:52 (2.0%)	5:35	10.7 (98.2%)
3	JABŁOŃSKI Artur	1	DREAM RUN	M-30	1	01:10:51	02:03:47	03:04:34	03:54:55	04:37:53	05:21:11.85	05:21:14.30	+00:27:00 (8.4%)	5:59	10 (91.7%)
4	SMOLIS Ivo	319		M-30	2	01:14:55	02:10:01	03:05:20	03:56:01	04:41:58	05:26:50.60	05:27:01.80	+00:32:47 (10.0%)	6:05	9.8 (89.9%)
5	JABŁOŃSKI Tomasz	532		M-40	1	01:10:50	02:05:57	03:09:03	04:07:58	04:56:13	05:43:29.55	05:43:32.00	+00:49:17 (14.4%)	6:24	9.4 (86.2%)
6	MAJER Janusz	6		M-40	2	01:15:45	02:14:10	03:15:54	04:10:54	04:58:25	05:43:58.90	05:44:01.15	+00:49:47 (14.5%)	6:25	9.3 (85.3%)
7	GUTT Piotr	585		M-20	3	01:15:32	02:12:27	03:12:33	04:09:43	04:56:21	05:44:17.30	05:44:17.30	+00:50:03 (14.5%)	6:25	9.3 (85.3%)
8	KROSNY Sebastian	452	STS BIEGATON MIKOŁÓW	M-30	3	01:14:15	02:11:55	03:13:08	04:09:03	04:58:17	05:50:54.75	05:50:59.05	+00:56:45 (16.2%)	6:32	9.2 (84.4%)
9	STYCZEŃ Piotr	406	CK_BABCIE\WOŹNIAKRUNNINGTEAM	M-30	4	01:14:19	02:14:12	03:16:11	04:14:50	05:05:50	05:52:43.35	05:52:48.10	+00:58:34 (16.6%)	6:34	9.1 (83.5%)
10	GONCZARENKO Jarek	117		M-30	5	01:13:40	02:10:17	03:11:45	04:09:38	05:00:30	05:53:40.85	05:53:44.05	+00:59:30 (16.8%)	6:35	9.1 (83.5%)
11	LISAK Krzysztof	493	XS SPORT NUTRITION	M-30	6	01:16:09	02:15:22	03:18:50	04:20:58	05:11:05	06:02:17.30	06:02:20.50	+01:08:06 (18.8%)	6:45	8.9 (81.7%)
12	WINIARSKA Katarzyna	2	PRZEMYSKI KLUB BIEGACZA/HERCOG RUNNING TEAM	K-30	1	01:21:53	02:25:06	03:29:35	04:27:30	05:15:48	06:03:04.90	06:03:08.70	+01:08:54 (19.0%)	6:46	8.9 (81.7%)
13	SZAPORÓW Łukasz	285	INFINITY-GYM	M-30	7	01:18:44	02:18:15	03:22:53	04:22:43	05:13:42	06:03:45.25	06:03:51.20	+01:09:37 (19.1%)	6:47	8.8 (80.7%)
14	ŻYTO Maciej	96		M-40	3	01:22:24	02:25:11	03:31:47	04:28:02	05:18:19	06:07:26.20	06:07:33.35	+01:13:19 (19.9%)	6:51	8.8 (80.7%)
15	TOPOLSKI Marcin	244	CZŁOWIEK KTÓRY NIE BOI SIĘ CHUCKA NORRISA	M-40	4	01:21:28	02:24:28	03:28:37	04:27:31	05:16:04	06:08:35.90	06:08:43.20	+01:14:29 (20.2%)	6:52	8.7 (79.8%)
16	GÓRAL Grzegorz	472	HEJ HEJ GURALU!	M-30	8	01:20:23	02:24:25	03:31:18	04:34:03	05:24:04	06:09:24.30	06:09:26.90	+01:15:12 (20.4%)	6:53	8.7 (79.8%)
17	SKROBAŁA Dariusz	408		M-40	5	01:20:09	02:23:52	03:29:52	04:28:41	05:19:42	06:09:21.60	06:09:27.45	+01:15:13 (20.4%)	6:53	8.7 (79.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat						Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						Czechy 13.3km	Czechy 22.1km	Pasterka 32.8km	Parking 39.9km	Skaly 46.7km	53.6km	53.6km			
18	KORPALSKI Tomasz	240	BIEGAJ Z GŁOWA	M-30	9	01:21:32	02:25:14	03:29:02	04:29:07	05:20:55	06:11:09.75	06:11:16.30	+01:17:02 (20.7%)	6:55	8.7 (79.8%)
19	ŁUŻYŃSKI Tomasz	351	TT SZCZECIN	M-40	6	01:19:09	02:26:15	03:34:23	04:35:20	05:26:11	06:15:19.45	06:15:22.95	+01:21:08 (21.6%)	7:00	8.6 (78.9%)
20	STAŃCZAK Marcin	426	TKKF PŁOCK	M-40	7	01:24:51	02:32:19	03:40:30	04:40:06	05:29:22	06:16:11.15	06:16:15.85	+01:22:01 (21.8%)	7:01	8.5 (78.0%)
21	MYSZCZYSZYN Łukasz	233	KUDOWIANKA RUN	M-30	10	01:23:04	02:30:20	03:36:00	04:36:28	05:29:04	06:20:34.10	06:20:40.10	+01:26:26 (22.7%)	7:06	8.5 (78.0%)
22	MAJER Ewa	4		K-30	2	01:23:21	02:30:13	03:34:49	04:30:58	05:33:49	06:22:55.55	06:22:59.85	+01:28:45 (23.2%)	7:08	8.4 (77.1%)
23	KOSZYK Daniel	399	VISEGRAD MARATON RYTRO	M-30	11	01:22:02	02:26:47	03:37:49	04:40:05	05:32:10	06:23:52.15	06:23:54.60	+01:29:40 (23.4%)	7:09	8.4 (77.1%)
24	BĄK Jarek	382	ZABIEGANY WOŁOMIN	M-40	8	01:28:33	02:36:09	03:43:08	04:44:31	05:34:11	06:25:06.05	06:25:30.05	+01:31:16 (23.7%)	7:11	8.4 (77.1%)
25	NERS Maciek	57	KINGRUNNER	M-40	9	01:27:30	02:33:25	03:41:13	04:41:25	05:35:37	06:27:19.75	06:27:32.55	+01:33:18 (24.1%)	7:13	8.3 (76.1%)
26	MAGALSKI Tomasz	73	KB KAMIEŃ POMORSKI	M-30	12	01:23:32	02:30:54	03:38:38	04:41:34	05:39:29	06:30:55.15	06:31:33.20	+01:37:19 (24.9%)	7:17	8.2 (75.2%)
27	DĄBROWICZ Jakub	221		M-30	13	01:22:54	02:30:28	03:40:09	04:44:29	05:38:35	06:32:16.15	06:32:37.05	+01:38:23 (25.1%)	7:19	8.2 (75.2%)
28	SAJEWSKI Przemek	168	BIAŁOSTOCKA SEKTA BIEGACZT	M-40	10	01:22:01	02:31:15	03:43:21	04:48:05	05:40:37	06:32:47.45	06:32:51.75	+01:38:37 (25.1%)	7:19	8.2 (75.2%)
29	KUŚMIDER Jakub	539	PRZEMYSKI KLUB BIEGACZA	M-30	14	01:29:54	02:42:09	03:54:43	04:53:25	05:47:07	06:33:01.95	06:33:09.90	+01:38:55 (25.2%)	7:19	8.2 (75.2%)
30	KUŹNIAK Filip	62	KW KRAKÓW	M-40	11	01:20:18	02:25:15	03:36:26	04:42:18	05:38:40	06:33:42.00	06:33:46.45	+01:39:32 (25.3%)	7:20	8.2 (75.2%)
31	SZUBA Tomasz	528		M-20	4	01:26:30	02:39:18	03:51:25	04:55:18	05:46:41	06:36:07.30	06:36:13.85	+01:41:59 (25.7%)	7:23	8.1 (74.3%)
32	NIEZGÓDKA Tomasz	557	FAKTORINGEKSPERT.PL	M-40	12	01:25:44	02:36:06	03:47:55	04:54:59	05:47:25	06:37:02.95	06:37:08.05	+01:42:54 (25.9%)	7:24	8.1 (74.3%)
33	MAZURKIEWICZ Jerzy	91		M-30	15	01:22:28	02:31:07	03:42:27	04:48:33	05:46:48	06:38:18.40	06:38:25.35	+01:44:11 (26.2%)	7:25	8.1 (74.3%)
34	WOLUSZEWSKI Remigiusz	591		M-30	16	01:19:46	02:27:27	03:36:19	04:42:26	05:41:44	06:38:35.85	06:38:39.85	+01:44:25 (26.2%)	7:26	8.1 (74.3%)
35	BRZOZOWSKI Jacek	90		M-40	13	01:28:01	02:41:08	03:45:44	04:49:41	05:46:40	06:38:39.70	06:38:51.75	+01:44:37 (26.2%)	7:26	8.1 (74.3%)
36	KAPELAN Anna	433	FITNESS Z PASJA/ PKB	K-30	3	01:30:56	02:41:39	03:53:19	04:56:50	05:48:21	06:39:32.25	06:39:39.50	+01:45:25 (26.4%)	7:27	8 (73.4%)
37	PAWŁOWSKI Tomasz	126	TEAM PLESZEW	M-40	14	01:25:54	02:34:36	03:43:23	04:49:34	05:44:53	06:41:52.15	06:41:58.70	+01:47:44 (26.8%)	7:29	8 (73.4%)
38	KUBACZ Norbert	584	BIEGAM NATURALNIE	M-40	15	01:21:15	02:30:29	03:43:41	04:55:35	05:53:21	06:42:19.35	06:42:25.30	+01:48:11 (26.9%)	7:30	8 (73.4%)
39	WICHŁACZ Paweł	282	KB MANIAC POZNAŃ	M-30	17	01:26:23	02:35:01	03:48:16	04:53:15	05:51:13	06:43:16.95	06:43:33.50	+01:49:19 (27.1%)	7:31	8 (73.4%)
40	WALESKA Nico	32		M-20	5	01:27:15	02:37:25	03:46:48	04:52:18	05:49:26	06:43:47.45	06:43:52.75	+01:49:38 (27.1%)	7:31	8 (73.4%)
41	KOCIUBA Przemysław	293	TT SZCZECIN	M-30	18	01:24:52	02:34:49	03:46:56	04:52:56	05:48:25	06:45:33.00	06:45:56.25	+01:51:42 (27.5%)	7:33	7.9 (72.5%)
42	BADOWSKI Jerzy	10	TRI AMIGOS	M-40	16	01:28:45	02:37:49	03:47:51	04:50:50	05:50:25	06:46:04.30	06:46:14.30	+01:52:00 (27.6%)	7:34	7.9 (72.5%)

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						Czechy 13.3km	Czechy 22.1km	Pasterka 32.8km	Parking 39.9km	Skaly 46.7km	53.6km	53.6km			
43	PRZEBINDA Anna	522		K-20	1	01:28:11	02:39:24	03:54:34	05:00:15	05:55:00	06:47:11.75	06:47:11.75	+01:52:57 (27.7%)	7:35	7.9 (72.5%)
44	BARTOSZEWSKI Grzegorz	326	LITWIN TRIATHLON TEAM	M-40	17	01:25:39	02:35:24	03:47:38	04:55:45	05:51:16	06:48:17.45	06:49:05.90	+01:54:51 (28.1%)	7:37	7.9 (72.5%)
45	BUCZEK Bartłomiej	127		M-30	19	01:22:52	02:37:30	03:58:46	05:02:17	05:56:39	06:51:39.25	06:51:47.95	+01:57:33 (28.5%)	7:40	7.8 (71.6%)
46	KALINOWSKI Łukasz	83		M-30	20	01:26:54	02:38:39	03:49:39	04:58:00	05:54:43	06:52:45.65	06:52:56.80	+01:58:42 (28.7%)	7:42	7.8 (71.6%)
47	SZCZYRBOWSKI Michał	299	YOOBEE.PL	M-30	21	01:26:19	02:38:47	03:53:39	05:03:20	05:59:36	06:54:50.65	06:55:13.00	+02:00:58 (29.1%)	7:44	7.8 (71.6%)
48	JAKUBCZAK Karol	432	RUNEDA	M-30	22	01:26:24	02:39:05	03:54:47	05:05:26	06:00:07	06:55:11.25	06:55:16.35	+02:01:02 (29.1%)	7:44	7.7 (70.6%)
49	SOKOŁOWSKI Marcin	355		M-30	23	01:26:20	02:35:13	03:46:27	04:53:15	05:51:38	06:55:02.20	06:55:25.95	+02:01:11 (29.2%)	7:44	7.7 (70.6%)
50	BEDNARZ Sebastian	85	OTM.B	M-40	18	01:31:51	02:44:04	03:57:14	05:04:04	06:00:30	06:55:30.75	06:55:43.20	+02:01:29 (29.2%)	7:45	7.7 (70.6%)
51	MIODUSZEWSKI Mateusz	98	UKA	M-40	19	01:28:00	02:40:46	03:58:02	05:08:49	06:06:54	06:59:20.65	06:59:32.70	+02:05:18 (29.9%)	7:49	7.7 (70.6%)
52	MICHALSKI Piotr	201		M-30	24	01:29:56	02:40:44	03:56:01	05:05:26	06:03:22	07:00:32.50	07:00:41.70	+02:06:27 (30.1%)	7:50	7.6 (69.7%)
53	ZATOŃ Cezary	41	TRIACTIV RIDLEY	M-30	25	01:21:47	02:29:27	03:45:20	05:01:22	06:02:06	07:00:52.15	07:00:59.60	+02:06:45 (30.1%)	7:51	7.6 (69.7%)
54	NIERADA Marcin	218		M-30	26	01:34:48	02:47:34	04:00:43	05:09:16	06:06:40	07:00:42.45	07:01:06.45	+02:06:52 (30.1%)	7:50	7.6 (69.7%)
55	GRZEBIELUCH Łukasz	572		M-30	27	01:31:23	02:48:45	04:03:53	05:11:41	06:08:24	07:01:43.65	07:02:19.55	+02:08:05 (30.3%)	7:52	7.6 (69.7%)
56	DUDEK Krzysztof	121	STRZEGOMSKA DWUNASTKA	M-40	20	01:34:18	02:43:37	03:57:36	05:08:01	06:08:26	07:03:12.75	07:03:54.80	+02:09:40 (30.6%)	7:53	7.6 (69.7%)
57	BISOWSKI Mariusz	276		M-40	21	01:31:21	02:45:47	04:01:13	05:11:51	06:08:40	07:04:55.55	07:05:04.25	+02:10:50 (30.8%)	7:55	7.6 (69.7%)
58	KOWALSKI Andrzej	313		M-50	1	01:29:41	02:42:43	03:56:57	05:08:02	06:07:00	07:06:24.25	07:06:47.00	+02:12:32 (31.1%)	7:57	7.5 (68.8%)
59	KOWALCZYK Paweł	241	KĘCKIE HARPAGANY	M-40	22	01:27:37	02:40:59	03:56:35	05:06:40	06:07:08	07:06:49.65	07:06:51.30	+02:12:37 (31.1%)	7:57	7.5 (68.8%)
60	ZIĘTERSKI Robert	524	EBIEGI.PL	M-40	23	01:30:00	02:44:16	04:04:30	05:16:37	06:13:02	07:07:18.15	07:07:31.80	+02:13:17 (31.2%)	7:58	7.5 (68.8%)
61	FUDAŁEJ Piotr	552	TG SOKÓŁ ZAKOPANE	M-40	24	01:26:16	02:40:00	03:55:41	05:05:30	06:07:01	07:07:51.65	07:07:53.20	+02:13:39 (31.2%)	7:58	7.5 (68.8%)
62	WALCZAK Patryk	111	XRUNNERS	M-30	28	01:29:58	02:50:36	04:04:00	05:19:08	06:14:19	07:08:09.20	07:08:11.00	+02:13:56 (31.3%)	7:59	7.5 (68.8%)
63	ORZECZOWSKI Damian	291	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ	M-30	29	01:36:15	02:52:22	04:05:38	05:13:43	06:10:31	07:08:05.90	07:08:23.15	+02:14:09 (31.3%)	7:59	7.5 (68.8%)
64	KACZMAREK Szymon	160	PODROZEJOZINA.PL	M-30	30	01:39:19	02:54:07	04:06:48	05:13:33	06:11:06	07:08:09.40	07:08:43.05	+02:14:29 (31.4%)	7:59	7.5 (68.8%)
65	DOROSZ Marek	527	KB MANIAC	M-50	2	01:35:45	02:52:05	04:05:32	05:13:30	06:11:41	07:08:41.50	07:08:51.10	+02:14:37 (31.4%)	7:59	7.5 (68.8%)
66	SIKORA Michał	75		M-40	25	01:29:05	02:44:54	04:04:28	05:19:33	06:21:07	07:11:54.15	07:12:07.15	+02:17:53 (31.9%)	8:03	7.4 (67.9%)
67	FUTYMA Daniel	456		M-40	26	01:33:43	02:48:21	04:04:03	05:14:11	06:12:45	07:12:48.30	07:13:07.45	+02:18:53 (32.1%)	8:04	7.4 (67.9%)

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						Czechy 13.3km	Czechy 22.1km	Pasterka 32.8km	Parking 39.9km	Skaly 46.7km	53.6km	53.6km			
68	KOSSOWICZ Krzysztof	359	TATA BIEGA	M-40	27	01:33:47	02:48:05	04:04:05	05:14:18	06:13:52	07:13:11.60	07:13:25.70	+02:19:11 (32.1%)	8:04	7.4 (67.9%)
69	MACULEWICZ Mateusz	192	MULTIPOWER POLSKA TEAM	M-40	28	01:20:32	02:30:43	03:43:11	05:02:28	06:08:01	07:13:58.70	07:14:02.80	+02:19:48 (32.2%)	8:05	7.4 (67.9%)
70	MADOŃ Rafał	131		M-30	31	01:28:50	02:43:23	04:01:49	05:10:20	06:11:36	07:14:05.65	07:14:14.80	+02:20:00 (32.2%)	8:05	7.4 (67.9%)
71	GAJLUSZ Dawid	123	BIEGIEM PO MARZENIA TEAM	M-30	32	01:26:10	02:42:32	03:56:13	05:08:01	06:12:20	07:14:14.30	07:14:27.60	+02:20:13 (32.3%)	8:06	7.4 (67.9%)
72	ROPELEWSKI Tomek	66	ZGRUPKA TEAM	M-20	6	01:25:48	02:41:21	04:00:54	05:13:02	06:14:22	07:15:04.00	07:15:14.35	+02:21:00 (32.4%)	8:07	7.4 (67.9%)
73	KRYM Katarzyna	93	NIGHT RUNNERS WROCŁAW	K-40	1	01:35:46	02:57:08	04:16:46	05:22:43	06:18:50	07:15:33.55	07:15:41.00	+02:21:26 (32.5%)	8:07	7.4 (67.9%)
74	KULESZA Artur	132	BESKIDZKA 160	M-50	3	01:30:04	02:39:31	03:53:14	05:08:14	06:12:31	07:18:07.80	07:18:13.65	+02:23:59 (32.9%)	8:10	7.3 (67.0%)
75	WÓJCIK Małgorzata	169		K-40	2	01:35:20	02:54:02	04:15:26	05:27:02	06:24:50	07:19:54.90	07:20:01.45	+02:25:47 (33.1%)	8:12	7.3 (67.0%)
76	GRODZKI Tomasz	366	ULTRAS Z NAD MORZA	M-40	29	01:40:57	02:52:46	04:06:31	05:14:44	06:16:19	07:19:23.15	07:20:03.70	+02:25:49 (33.1%)	8:11	7.3 (67.0%)
77	ZYDRONŃ Tymoteusz	136		M-40	30	01:38:03	02:57:09	04:15:26	05:27:36	06:25:59	07:20:30.05	07:20:40.90	+02:26:26 (33.2%)	8:13	7.3 (67.0%)
78	WIKTOROWICZ Tomasz	340		M-40	31	01:27:23	02:42:25	04:00:47	05:16:55	06:20:21	07:21:00.50	07:21:12.65	+02:26:58 (33.3%)	8:13	7.3 (67.0%)
79	KRÓL Marcin	592	OŚ RACING TEAM	M-40	32	01:33:42	02:45:42	04:04:55	05:21:13	06:22:17	07:21:07.00	07:21:19.05	+02:27:05 (33.3%)	8:13	7.3 (67.0%)
80	JUKIEL Tomasz	439	BORNHOLM RUNNERS	M-30	33	01:31:39	02:48:18	04:07:25	05:22:04	06:23:00	07:20:56.00	07:21:21.25	+02:27:07 (33.3%)	8:13	7.3 (67.0%)
81	MAJEWSKA Joanna	462	RUN PGE OBRÓT	K-40	3	01:37:08	02:57:34	04:16:49	05:28:53	06:24:04	07:21:24.60	07:21:27.65	+02:27:13 (33.3%)	8:14	7.3 (67.0%)
82	WOJCIECHOWICZ Jacek	14	WWW.STUDIOTANCAPASJA.PL	M-40	33	01:28:08	02:46:14	04:05:47	05:20:19	06:23:19	07:21:29.50	07:21:34.10	+02:27:20 (33.4%)	8:14	7.3 (67.0%)
83	WOŁCZEK Przemysław	51	GRUPA BIEGOWA 'BEZ GRANIC'	M-40	34	01:32:36	02:44:29	04:01:41	05:17:15	06:22:18	07:23:41.75	07:24:06.95	+02:29:52 (33.7%)	8:16	7.2 (66.1%)
84	PUCEK-MIODUSZEWSKA Ola	86	KINGRUNNER	K-40	4	01:36:54	02:54:36	04:11:09	05:22:34	06:23:09	07:24:36.50	07:24:49.15	+02:30:35 (33.9%)	8:17	7.2 (66.1%)
85	KOPACZEWSKI Tomasz	374		M-50	4	01:40:28	02:59:51	04:17:09	05:27:26	06:24:10	07:26:20.45	07:26:43.05	+02:32:29 (34.1%)	8:19	7.2 (66.1%)
86	TUSZYŃSKI Zygmunt	431	PGE RUN OBRÓT	M-30	34	01:31:58	02:53:17	04:14:57	05:29:28	06:30:00	07:26:43.00	07:26:46.65	+02:32:32 (34.1%)	8:20	7.2 (66.1%)
87	ROSZYK Przemek	31	CZERWONAK BIEGA	M-40	35	01:28:07	02:42:36	04:03:58	05:19:45	06:25:02	07:26:45.05	07:26:51.30	+02:32:37 (34.2%)	8:20	7.2 (66.1%)
88	ZAŁUSTOWICZ Maciej	35	BIEGIEM PO MARZENIA TEAM	M-30	35	01:33:26	02:54:14	04:14:17	05:29:42	06:29:52	07:26:43.65	07:26:57.25	+02:32:43 (34.2%)	8:20	7.2 (66.1%)
89	STROBIN Filip	384		M-30	36	01:42:22	02:56:42	04:13:43	05:25:41	06:27:17	07:26:38.55	07:27:20.00	+02:33:05 (34.2%)	8:19	7.2 (66.1%)
90	HUMERSKI Piotr	246		M-30	37	01:31:39	02:52:04	04:08:16	05:21:44	06:24:44	07:27:57.45	07:28:42.05	+02:34:28 (34.4%)	8:21	7.2 (66.1%)
91	HAMROL Piotr	220		M-40	36	01:33:46	02:55:17	04:12:57	05:25:29	06:28:37	07:28:40.30	07:29:11.30	+02:34:57 (34.5%)	8:22	7.2 (66.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat						Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						Czechy 13.3km	Czechy 22.1km	Pasterka 32.8km	Parking 39.9km	Skaly 46.7km	53.6km	53.6km			
92	POTOCKI Michał	275		M-30	38	01:40:23	03:00:15	04:23:22	05:34:02	06:31:07	07:29:02.00	07:29:31.65	+02:35:17 (34.5%)	8:22	7.2 (66.1%)
93	STĘŻYCKI Mariusz	536	ŻARY RUNNERS TEAM	M-40	37	01:32:14	02:52:28	04:12:27	05:26:27	06:30:12	07:28:47.95	07:29:39.60	+02:35:25 (34.6%)	8:22	7.2 (66.1%)
94	BALWIERCZAK Piotr	140	HERCOG RUNNING TEAM	M-20	7	01:28:01	02:52:18	04:10:26	05:22:46	06:24:15	07:29:58.75	07:30:05.60	+02:35:51 (34.6%)	8:23	7.1 (65.1%)
95	KOWALIK Marcin	525	RUN PGE OBRÓT	M-30	39	01:31:50	02:50:58	04:14:53	05:29:11	06:29:53	07:30:04.15	07:30:07.35	+02:35:53 (34.6%)	8:23	7.1 (65.1%)
96	KUCA Szymon	468	OLAWS ZŁOTORYJA	M-30	40	01:35:19	02:55:17	04:15:24	05:26:26	06:28:52	07:31:28.20	07:31:33.85	+02:37:19 (34.8%)	8:25	7.1 (65.1%)
97	KAPA Tomasz	324	#CZELADZBIEGA	M-30	41	01:31:10	02:44:35	03:58:23	05:20:41	06:22:42	07:30:56.95	07:31:44.55	+02:37:30 (34.9%)	8:24	7.1 (65.1%)
98	PRZYDRÓŻNY Konrad	264		M-20	8	01:38:13	02:55:25	04:15:45	05:26:25	06:28:39	07:31:47.55	07:32:32.00	+02:38:17 (35.0%)	8:25	7.1 (65.1%)
99	SZYMAŃSKA Brygida	273	STRZEGOMSKA DWUNASTKA	K-20	2	01:41:22	03:00:20	04:15:55	05:30:05	06:29:48	07:32:19.25	07:33:02.20	+02:38:48 (35.1%)	8:26	7.1 (65.1%)
100	KANIA Marian	573	LEDWOZIPIA	M-40	38	01:40:05	03:00:18	04:18:27	05:32:45	06:33:53	07:33:18.85	07:33:54.35	+02:39:40 (35.2%)	8:27	7.1 (65.1%)
101	ZIMNY Tomasz	307		M-60	1	01:38:24	02:59:29	04:17:53	05:32:25	06:32:07	07:33:51.10	07:34:09.25	+02:39:55 (35.2%)	8:28	7.1 (65.1%)
102	PIETRZYK Dariusz	348	BIEGAJĄCY ŚWIDNIK	M-40	39	01:41:39	03:00:46	04:18:12	05:32:51	06:33:21	07:33:23.95	07:34:38.90	+02:40:24 (35.3%)	8:27	7.1 (65.1%)
103	KUCIAK Bartosz	296		M-30	42	01:31:13	02:50:47	04:14:35	05:33:14	06:34:35	07:34:58.25	07:35:09.70	+02:40:55 (35.4%)	8:29	7.1 (65.1%)
104	SZCZEPANIK Robert	162		M-40	40	01:31:57	02:53:28	04:12:00	05:33:52	06:34:26	07:35:32.65	07:35:44.20	+02:41:30 (35.4%)	8:29	7.1 (65.1%)
105	URBANCZYK Radek	511		M-40	41	01:40:19	03:05:52	04:24:53	05:35:02	06:36:27	07:37:08.25	07:37:40.20	+02:43:26 (35.7%)	8:31	7 (64.2%)
106	WANŻEWICZ- UZNAŃSKA Agnieszka	579	KS RUNSKI	K-40	5	01:36:05	02:48:38	04:11:14	05:28:34	06:32:13	07:37:10.10	07:37:41.30	+02:43:27 (35.7%)	8:31	7 (64.2%)
107	LEWANDOWSKI Łukasz	267		M-30	43	01:33:58	02:54:28	04:16:28	05:30:34	06:32:39	07:37:33.90	07:37:46.10	+02:43:32 (35.7%)	8:32	7 (64.2%)
108	CHLASTA Jacek	368		M-30	44	01:38:44	02:56:27	04:13:09	05:28:55	06:34:06	07:37:24.95	07:38:09.10	+02:43:55 (35.8%)	8:32	7 (64.2%)
109	RUSZCZEWSKI Andrzej	110	VEGE RUNNERS	M-30	45	01:34:39	02:57:24	04:11:32	05:30:26	06:35:49	07:38:54.05	07:39:13.75	+02:44:59 (35.9%)	8:33	7 (64.2%)
110	SUDER Piotr	345		M-40	42	01:38:14	02:58:21	04:20:31	05:34:45	06:41:14	07:38:58.95	07:39:41.25	+02:45:27 (36.0%)	8:33	7 (64.2%)
111	KAŁUŻA Arkadiusz	40	INZYNIERIA BIEGANIA	M-40	43	01:38:42	03:01:55	04:21:34	05:36:15	06:40:56	07:40:33.60	07:40:46.45	+02:46:32 (36.1%)	8:35	7 (64.2%)
112	FILUT Łukasz	521		M-30	46	01:33:44	02:53:17	04:14:20	05:32:54	06:36:48	07:40:48.70	07:40:54.00	+02:46:39 (36.2%)	8:35	7 (64.2%)
113	KÓŁKIEWICZ Jakub	568	DOGOŃ GRODZISK MAZOWIECKI	M-30	47	01:25:39	02:31:06	03:39:43	04:57:36	06:11:56	07:40:56.45	07:41:10.70	+02:46:56 (36.2%)	8:35	7 (64.2%)
114	JELSKI Dariusz	109	BIAŁOSTOCKA SEKTA BIEGACZY	M-40	44	01:44:34	03:08:02	04:27:13	05:41:46	06:44:04	07:41:48.90	07:42:25.15	+02:48:11 (36.4%)	8:36	7 (64.2%)
115	RUTA Paweł	213	PETARDA BONCZYKA	M-40	45	01:42:26	03:01:50	04:20:32	05:33:39	06:37:58	07:43:06.00	07:43:34.45	+02:49:20 (36.5%)	8:38	6.9 (63.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat						Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						Czechy 13.3km	Czechy 22.1km	Pasterka 32.8km	Parking 39.9km	Skaly 46.7km	53.6km	53.6km			
116	MAJ Sławomir	488	BIEGAJĄCY ŚWIDNIK	M-40	46	01:34:43	02:52:11	04:13:24	05:33:54	06:43:56	07:43:47.10	07:44:13.60	+02:49:59 (36.6%)	8:39	6.9 (63.3%)
117	SZPINDA Sebastian	530	BUT BIŁGORAJ ULTRA TRAIL	M-40	47	01:32:40	02:43:42	04:01:49	05:25:37	06:39:02	07:44:49.95	07:45:12.55	+02:50:58 (36.8%)	8:40	6.9 (63.3%)
118	JACHYMSKI Krzysztof	138	VEGE RUNNERS	M-30	48	01:30:56	02:48:41	04:08:51	05:29:34	06:37:10	07:45:21.25	07:45:43.60	+02:51:29 (36.8%)	8:40	6.9 (63.3%)
119	WOŁOSZYN Konrad	200	ADRENALINA TEAM	M-40	48	01:26:09	02:39:49	04:05:10	05:27:04	06:41:59	07:46:50.85	07:46:56.50	+02:52:42 (37.0%)	8:42	6.9 (63.3%)
120	WOJCIECHOWSKI Andrzej	44	KB MARATON TUREK	M-40	49	01:42:11	03:05:40	04:25:33	05:38:18	06:38:18	07:46:48.80	07:47:00.45	+02:52:46 (37.0%)	8:42	6.9 (63.3%)
121	GIERSZEWSKI Jarosław	423	ZAŁOGA G	M-40	50	01:41:16	03:05:07	04:23:06	05:39:34	06:44:23	07:46:54.10	07:47:17.65	+02:53:03 (37.0%)	8:42	6.9 (63.3%)
122	RYBARCZYK Kamil	37		M-30	49	01:38:40	03:00:17	04:25:33	05:43:57	06:46:49	07:48:08.20	07:48:26.50	+02:54:12 (37.2%)	8:44	6.9 (63.3%)
123	PĘCZEK Dariusz	295	ZABIEGANI CZĘSTOCHOWA	M-40	51	01:33:45	02:54:15	04:21:42	05:40:25	06:44:49	07:48:46.70	07:48:53.65	+02:54:39 (37.2%)	8:44	6.9 (63.3%)
124	NOWICKI Zbigniew	42	TRI AMIGOS	M-40	52	01:36:47	03:02:22	04:25:37	05:42:03	06:46:34	07:49:13.40	07:49:23.30	+02:55:09 (37.3%)	8:45	6.9 (63.3%)
125	SŁONAWSKI Łukasz	387	PEGAZ	M-30	50	01:46:45	03:18:03	04:35:42	05:48:11	06:48:42	07:48:59.55	07:49:53.80	+02:55:39 (37.4%)	8:44	6.9 (63.3%)
126	MAKOLA Marek	302	NA SZCZYCIE GÓRY	M-30	51	01:47:10	03:09:47	04:31:47	05:45:45		07:49:12.25	07:49:55.40	+02:55:41 (37.4%)	8:45	6.9 (63.3%)
127	RODAK Zbigniew	322	GRUPA BIEGOWA 'BEZ GRANIC'	M-30	52	01:32:47	02:56:06	04:21:19	05:39:57	06:47:41	07:50:11.60	07:50:36.35	+02:56:22 (37.5%)	8:46	6.8 (62.4%)
128	GAŚIOROWSKI Olek	569	DRUŻYNA SZPIKU	M-40	53	01:39:08	03:08:10	04:29:58	05:50:08	06:51:44	07:50:32.30	07:50:47.90	+02:56:33 (37.5%)	8:46	6.8 (62.4%)
129	MATWIEJCZYK Gabriel	453	NO SAM NIE WIEM	M-30	53	01:35:31	03:01:53	04:31:43	05:48:55	06:51:42	07:51:23.05	07:51:31.20	+02:57:17 (37.6%)	8:47	6.8 (62.4%)
130	MARCZAK Krzysztof	466	STARE BABICE BIEGAJĄ	M-20	9	01:36:58	02:57:22	04:21:25	05:38:11	06:44:39	07:51:05.25	07:51:31.65	+02:57:17 (37.6%)	8:47	6.8 (62.4%)
131	DURA Przemysław	243	DOBCZYCKI KLUB BIEGACZA	M-30	54	01:37:49	02:59:32	04:22:53	05:42:01	06:48:19	07:51:35.85	07:51:49.95	+02:57:35 (37.6%)	8:47	6.8 (62.4%)
132	ANUSZ Adam	154	ŻARÓW BIEGA	M-30	55	01:32:24	02:45:12	04:07:48	05:32:15	06:41:30	07:51:35.10	07:52:06.25	+02:57:52 (37.7%)	8:47	6.8 (62.4%)
133	GUCWA Mirosław	195	TYMCZASEM.IN	M-40	54	01:41:30	03:07:12	04:30:27	05:46:56	06:49:38	07:51:54.85	07:52:23.10	+02:58:09 (37.7%)	8:48	6.8 (62.4%)
134	VONDRÁČKOVÁ Marketa	389	NORSKÁ MÓDA PEC POD SNĚŽKOU	K-40	6	01:37:04	03:03:33	04:27:44	05:46:38	06:48:48	07:52:11.80	07:52:30.90	+02:58:16 (37.7%)	8:48	6.8 (62.4%)
135	JAMROZIAK Grzegorz	116	KB KAMIEŃ POMORSKI	M-30	56	01:35:20	02:55:45	04:17:45	05:36:09	06:41:39	07:52:16.40	07:52:55.55	+02:58:41 (37.8%)	8:48	6.8 (62.4%)
136	SIELECKI Szymon	122		M-40	55	01:40:01	03:03:27	04:28:04	05:48:33	06:53:39	07:53:03.25	07:53:21.55	+02:59:07 (37.8%)	8:49	6.8 (62.4%)
137	ZIELIŃSKA Iwona	147		K-40	7	01:41:27	03:09:53	04:32:23	05:47:23	06:49:57	07:54:12.60	07:54:38.25	+03:00:24 (38.0%)	8:50	6.8 (62.4%)
138	PANEK Krzysztof	547		M-40	56	01:40:02	03:01:37	04:22:27	05:42:54	06:52:18	07:54:13.15	07:54:48.60	+03:00:34 (38.0%)	8:50	6.8 (62.4%)
139	DŁUŻNIEWSKI Jacek	362	ULTRASFCB	M-40	57	01:38:23	03:07:43	04:35:24	05:55:32	06:58:15	07:55:35.30	07:55:49.50	+03:01:35 (38.2%)	8:52	6.8 (62.4%)
140	KOŁODZIEJ Andrzej	360	TRIWAWA	M-30	57	01:38:40	03:01:00	04:26:13	05:45:46	06:52:34	07:56:39.05	07:56:47.55	+03:02:33 (38.3%)	8:53	6.7 (61.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat						Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						Czechy 13.3km	Czechy 22.1km	Pasterka 32.8km	Parking 39.9km	Skaly 46.7km	53.6km	53.6km			
141	RÓŻYC Norbert	310		M-30	58	01:43:13	03:10:25	04:36:54	05:51:09	06:54:35	07:56:44.80	07:57:06.65	+03:02:52 (38.3%)	8:53	6.7 (61.5%)
142	TKACZ Jarek	245		M-40	58	01:40:16	03:07:38	04:31:40	05:53:51	06:57:06	07:57:26.85	07:57:34.95	+03:03:20 (38.4%)	8:54	6.7 (61.5%)
143	MILEWSKI Mateusz	250	BĘDZIE DOBRZE ALBO NIEDOBRZE	M-30	59	01:36:43	02:57:17	04:22:11	05:43:55	06:52:28	07:57:39.20	07:57:49.00	+03:03:34 (38.4%)	8:54	6.7 (61.5%)
144	REDLER Paweł	480		M-40	59	01:46:32	03:10:40	04:31:54	05:47:44	06:52:07	07:56:59.75	07:57:49.85	+03:03:35 (38.4%)	8:53	6.7 (61.5%)
145	DORNIAK Jarosław	335	PZU SPORT TEAM	M-40	60	01:37:33	03:00:36	04:23:25	05:43:50	06:55:16	07:58:02.60	07:58:15.35	+03:04:01 (38.5%)	8:55	6.7 (61.5%)
146	CZELEJ Rafał	287	BIEGAJĄCY ŚWIDNIK	M-30	60	01:38:14	02:59:52	04:27:16	05:44:17	06:52:47	07:58:48.70	07:59:16.05	+03:05:02 (38.6%)	8:55	6.7 (61.5%)
147	WELTER Przemysław	518		M-30	61	01:31:02	02:53:57	04:19:33	05:44:28	06:54:50	07:59:49.85	08:00:09.70	+03:05:55 (38.7%)	8:57	6.7 (61.5%)
148	DUDA Bartosz	71	FIZJOBIEGACZE SZCZECIN	M-40	61	01:40:06	03:03:59	04:27:46	05:48:48	06:52:52	07:59:54.05	08:00:12.55	+03:05:58 (38.7%)	8:57	6.7 (61.5%)
149	MUCHA Piotr	13	FIZJOBIEGACZE SZCZECIN	M-40	62	01:40:12	03:03:59	04:27:47	05:48:50	06:52:47	07:59:55.15	08:00:13.15	+03:05:59 (38.7%)	8:57	6.7 (61.5%)
150	STANISŁAWSKI Karol	148	RUNNER.PL	M-30	62	01:26:09	02:43:23	04:09:10	05:33:13	06:52:31	08:00:04.20	08:00:13.95	+03:05:59 (38.7%)	8:57	6.7 (61.5%)
151	GRZEJDA Marcin	392	BLT	M-40	63	01:42:36	03:05:30	04:27:35	05:44:33	06:54:24	07:59:23.15	08:00:21.80	+03:06:07 (38.7%)	8:56	6.7 (61.5%)
152	MAJ Marek	409		M-30	63	01:42:23	03:06:14	04:33:00	05:55:32	06:58:52	07:59:56.25	08:00:45.70	+03:06:31 (38.8%)	8:57	6.7 (61.5%)
153	BALCERZAK Tomasz	558		M-40	64	01:39:11	03:12:06	04:35:18	06:00:31	07:05:02	08:00:32.30	08:00:46.80	+03:06:32 (38.8%)	8:57	6.7 (61.5%)
154	PILARSKI Kordian	332	WIELUŃ BIEGA	M-20	10	01:26:18	02:35:28	03:52:46	05:25:51	07:03:31	08:01:22.45	08:01:30.55	+03:07:16 (38.9%)	8:58	6.7 (61.5%)
155	OLBERT Ireneusz	566	PCC ULTRA RUNNERS	M-40	65	01:35:13	02:58:01	04:28:08	05:48:37	06:57:57	08:03:03.00	08:03:22.40	+03:09:08 (39.1%)	9:00	6.7 (61.5%)
156	BOCHNAK Paweł	172		M-30	64	01:42:43	03:03:58	04:26:16	05:48:23	06:55:46	08:03:30.45	08:04:06.80	+03:09:52 (39.2%)	9:01	6.7 (61.5%)
157	STAROŃ Tomasz	52		M-40	66	01:39:11	03:13:14	04:39:05	05:54:29	07:01:24	08:04:33.85	08:04:49.05	+03:10:35 (39.3%)	9:02	6.6 (60.6%)
158	KONOPIŃSKI Tomasz	526	MEDIASYSTEM BYDGOSZCZ	M-40	67	01:33:43	02:55:38	04:16:19	05:39:55	06:49:14	08:04:18.60	08:04:56.35	+03:10:42 (39.3%)	9:02	6.6 (60.6%)
159	KŁOSIEWICZ Wojciech	67	ZKM ELBLĄG	M-40	68	01:30:01	02:48:58	04:15:57	05:40:07	06:50:57	08:05:15.15	08:05:21.90	+03:11:07 (39.4%)	9:03	6.6 (60.6%)
160	SITEK Andrzej	582	NOA	M-40	69	01:34:34	02:55:45	04:19:58	05:35:30	06:45:59	08:05:13.05	08:05:23.25	+03:11:09 (39.4%)	9:03	6.6 (60.6%)
161	ANDRZEJEWSKA Anna	369		K-40	8	01:46:38	03:15:58	04:37:37	05:52:17	06:59:18	08:05:53.35	08:06:01.45	+03:11:47 (39.5%)	9:03	6.6 (60.6%)
162	BAWIEC Marek	239		M-40	70	01:42:59	03:04:12	04:30:56	05:52:23		08:05:34.15	08:06:01.80	+03:11:47 (39.5%)	9:03	6.6 (60.6%)
163	MARCINIAK Maciej	517		M-40	71	01:36:10	02:56:17	04:23:24	05:49:55	07:00:55	08:05:27.70	08:06:03.80	+03:11:49 (39.5%)	9:03	6.6 (60.6%)
164	RYNIEWICZ Bartłomiej	167	#DREAMTEAM	M-30	65	01:40:27	03:02:02	04:28:27	05:50:00	06:58:53	08:07:23.50	08:08:08.65	+03:13:54 (39.7%)	9:05	6.6 (60.6%)
165	ODOLIŃSKI Jacek	113	PSZCZÓŁKOWSKI TEAM	M-50	5	01:42:45	03:10:10	04:35:00	05:54:27	07:01:11	08:08:26.60	08:08:31.65	+03:14:17 (39.8%)	9:06	6.6 (60.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat						Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						Czechy 13.3km	Czechy 22.1km	Pasterka 32.8km	Parking 39.9km	Skaly 46.7km	53.6km	53.6km			
166	ŁODZIANA Dorota	337	PSZCZÓŁKOWSKI TEAM	K-30	4	01:42:44	03:10:10	04:35:19	05:54:38	07:01:17	08:08:26.65	08:08:31.80	+03:14:17 (39.8%)	9:06	6.6 (60.6%)
167	JARUS Andrzej	417		M-40	72	01:37:07	02:59:40	04:28:41	05:54:06	07:00:56	08:07:52.95	08:08:32.95	+03:14:18 (39.8%)	9:06	6.6 (60.6%)
168	MARECKI Grzegorz	570	'KRAPKOWICE BIEGA'	M-40	73	01:34:06	02:59:44	04:32:02	05:51:15	07:03:09	08:08:43.90	08:08:50.60	+03:14:36 (39.8%)	9:07	6.6 (60.6%)
169	PACIA Sebastian	394		M-40	74	01:42:44	03:10:28	04:47:27	05:59:40		08:10:12.45	08:10:51.85	+03:16:37 (40.1%)	9:08	6.6 (60.6%)
170	CZOSTKÓW Wioleta	508		K-20	3	01:42:34	03:11:23	04:40:00	05:59:42	07:05:19	08:10:38.50	08:11:10.40	+03:16:56 (40.1%)	9:09	6.6 (60.6%)
171	KICIŃSKA Zuzanna	325		K-30	5	01:42:03	03:11:07	04:38:27	06:00:31	07:08:06	08:11:38.75	08:11:50.50	+03:17:36 (40.2%)	9:10	6.5 (59.6%)
172	SKRZEK Marcin	346	PRO-RUN WROCŁAW	M-30	66	01:43:35	03:13:30	04:36:28	05:59:06	07:04:22	08:11:41.55	08:12:23.85	+03:18:09 (40.2%)	9:10	6.5 (59.6%)
173	OKSIĘDZKI Tomasz Jan Oksiedzki	194	DELOITTE ADVENTURE TEAM	M-30	67	01:40:19	03:06:44	04:34:22	05:55:13	07:05:48	08:12:19.65	08:12:28.95	+03:18:14 (40.3%)	9:11	6.5 (59.6%)
174	TONDER Filip	120	TEAM A.F.A.M.	M-30	68	01:37:22	03:02:51	04:31:53	05:50:34	07:02:36	08:12:34.05	08:12:46.85	+03:18:32 (40.3%)	9:11	6.5 (59.6%)
175	FURTAK Krzysztof	204	KTOŚ MUSI BYĆ OSTATNI	M-50	6	01:41:24	03:07:57	04:36:27	05:57:48	07:05:37	08:11:52.30	08:12:49.95	+03:18:35 (40.3%)	9:10	6.5 (59.6%)
176	OSZCZĘDA Krzysztof	63	ZARAZIĆ PASJĄ	M-40	75	01:42:34	03:06:43	04:39:13	06:00:00	07:07:53	08:12:12.80	08:12:57.25	+03:18:43 (40.3%)	9:10	6.5 (59.6%)
177	ROŚLIICKI Jarosław	216	UBEZPIECZENIA DLA AKTYWNYCH	M-30	69	01:34:11	02:55:26	04:28:57	05:54:28	07:05:10	08:13:24.30	08:13:29.95	+03:19:15 (40.4%)	9:12	6.5 (59.6%)
178	PAŁUSZNA Anna	550	HARPAGAN SOSNOWIEC	K-30	6	01:54:41	03:26:40	04:51:24	06:06:03	07:11:52	08:12:44.10	08:13:30.55	+03:19:16 (40.4%)	9:11	6.5 (59.6%)
179	PODLEŚ Robert	193	COBI POLAND TEAM	M-50	7	01:36:56	03:03:28	04:38:12	06:00:13	07:10:47	08:13:40.70	08:13:43.90	+03:19:29 (40.4%)	9:12	6.5 (59.6%)
180	MIGDAŁ Adrian	574		M-40	76	01:42:34	03:10:20	04:36:29	05:59:18	07:05:46	08:13:12.55	08:14:04.65	+03:19:50 (40.4%)	9:12	6.5 (59.6%)
181	CHUDY Tobiasz	151	R-TEAM	M-30	70	01:40:33	03:00:37	04:29:09	05:51:33	07:04:32	08:13:22.65	08:14:16.30	+03:20:02 (40.5%)	9:12	6.5 (59.6%)
182	SZYGENDA Maciej	286		M-40	77	01:33:15	02:48:59	04:22:09	05:58:10	07:14:27	08:15:26.30	08:15:28.40	+03:21:14 (40.6%)	9:14	6.5 (59.6%)
183	KUBECZAK Debora	495	KROTOSZYŃSKA GRUPA BIEGOWA	K-20	4	01:46:43	03:16:55	04:44:07	06:04:49	07:11:06	08:15:46.00	08:16:11.65	+03:21:57 (40.7%)	9:14	6.5 (59.6%)
184	GROBELNY Rafał	318	WIELUŃ BIEGA	M-30	71	01:44:59	03:15:54	04:45:32	06:08:27	07:13:35	08:17:00.10	08:17:10.35	+03:22:56 (40.8%)	9:16	6.5 (59.6%)
185	NOWAK Jakub	415	DREAM RUN	M-40	78	01:37:28	03:03:51	04:36:50	05:57:59	07:09:36	08:17:42.70	08:17:57.20	+03:23:43 (40.9%)	9:17	6.5 (59.6%)
186	JACHYMSKI Jacek	263	AKG ŁÓDŹ	M-60	2	01:44:24	03:09:06	04:37:16	05:58:52		08:18:09.25	08:18:33.70	+03:24:19 (41.0%)	9:17	6.5 (59.6%)
187	OLSCHIMKE-MARMUROWICZ Barbara	161	KOLOROWA DRUŻYNANESSI	K-40	9	01:46:10	03:20:45	04:47:48	06:07:26	07:12:59	08:18:17.80	08:18:34.45	+03:24:20 (41.0%)	9:17	6.5 (59.6%)
188	MUSIAŁ Szymon	580		M-30	72	01:36:47	02:56:15	04:21:50	05:52:09	07:06:04	08:21:34.45	08:22:02.20	+03:27:48 (41.4%)	9:21	6.4 (58.7%)
189	LORANC Paweł	333		M-40	79	01:44:11	03:12:29	04:42:47	06:05:14		08:21:23.30	08:22:03.00	+03:27:48 (41.4%)	9:21	6.4 (58.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat						Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						Czechy 13.3km	Czechy 22.1km	Pasterka 32.8km	Parking 39.9km	Skaly 46.7km	53.6km	53.6km			
190	MYSZKOWSKI Paweł	249	BIAŁOSTOCKA SEKTA BIEGACZY	M-40	80	01:42:53	03:11:30	04:41:38	06:04:43	07:14:38	08:21:47.75	08:22:20.70	+03:28:06 (41.4%)	9:21	6.4 (58.7%)
191	HALADYN Łukasz	260		M-40	81	01:38:01	02:57:05	04:27:04	05:56:37	07:10:23	08:22:49.05	08:23:32.60	+03:29:18 (41.6%)	9:22	6.4 (58.7%)
192	KOSIN Paweł	309	KLUB BIEGAJĄCYCH LEŚNIKÓW	M-30	73	01:50:10	03:13:58	04:38:21	06:04:05	07:11:09	08:23:17.30	08:23:41.75	+03:29:27 (41.6%)	9:23	6.4 (58.7%)
193	ZAJKOWSKI Paweł	434		M-40	82	01:42:34	03:20:15	04:50:45	06:18:22	07:24:24	08:23:56.40	08:24:26.20	+03:30:12 (41.7%)	9:24	6.4 (58.7%)
194	PASECKA Sylwia	554	INŻYNIERIA BIEGANIA TEAM	K-40	10	01:44:58	03:14:05	04:45:57	06:09:21		08:23:54.90	08:24:37.05	+03:30:23 (41.7%)	9:24	6.4 (58.7%)
195	CZARNIK Jędrzej	429		M-20	11	01:40:33	03:10:46	04:47:00	06:14:05	07:21:00	08:24:16.00	08:24:46.75	+03:30:32 (41.7%)	9:24	6.4 (58.7%)
196	BARAŃSKI Piotr	64		M-30	74	01:42:05	03:16:23	04:46:29	06:06:26	07:20:14	08:24:24.00	08:24:50.50	+03:30:36 (41.7%)	9:24	6.4 (58.7%)
197	MURASZKIEWICZ Konrad	279		M-30	75	01:40:43	03:11:06	04:38:30	06:03:28	07:13:18	08:25:19.20	08:25:31.55	+03:31:17 (41.8%)	9:25	6.4 (58.7%)
198	DYMIŃSKI Marcin	139	BÓBR TŁUSZCZ	M-40	83	01:46:21	03:21:38	04:51:30	06:15:16	07:20:56	08:25:22.90	08:25:52.25	+03:31:38 (41.8%)	9:25	6.4 (58.7%)
199	DANIELIK-SŁODKOWSKA Sylwia	77	TRI AKTYWNY PIOTRKÓW	K-40	11	01:46:37	03:17:05	04:44:35	06:10:05	07:14:15	08:25:26.30	08:26:03.25	+03:31:49 (41.9%)	9:25	6.4 (58.7%)
200	MACKIEWICZ Artur	17	DŁUGOBIEGANIE	M-40	84	01:37:21	03:10:23	04:41:07	06:06:30	07:22:12	08:26:08.40	08:26:17.25	+03:32:03 (41.9%)	9:26	6.4 (58.7%)
201	DOBROŚ Tomasz	21		M-40	85	01:49:34	03:20:21	04:46:51	06:07:45	07:17:10	08:25:56.40	08:26:38.00	+03:32:23 (41.9%)	9:26	6.4 (58.7%)
202	PARZONKA Paweł	410	KS LENIWIEC	M-40	86	01:41:55	03:17:07	04:43:19	06:07:57		08:25:55.05	08:26:50.20	+03:32:36 (41.9%)	9:26	6.4 (58.7%)
203	KORBUT Radosław	208	CROSSFIT MGW	M-30	76	01:42:36	03:13:40	04:46:11	06:10:04		08:26:20.15	08:26:55.90	+03:32:41 (42.0%)	9:26	6.4 (58.7%)
204	MIELCZAREK Jakub	455	9ŁBOT	M-40	87	01:38:16	03:09:21	04:43:26	06:09:32		08:27:07.25	08:27:36.45	+03:33:22 (42.0%)	9:27	6.3 (57.8%)
205	KAPUŚCIK Jakub	363		M-20	12	01:49:06	03:17:01	04:44:13	06:08:29		08:27:09.15	08:27:37.50	+03:33:23 (42.0%)	9:27	6.3 (57.8%)
206	DŁUGOŁĘCKI Konrad	206	BIEGOWA ŚWIDNICA	M-40	88	01:46:57	03:22:14	04:49:39	06:10:58	07:24:31	08:27:21.55	08:27:40.95	+03:33:26 (42.0%)	9:27	6.3 (57.8%)
207	CHORAŻYCZEWSKI Michał	398	OBORNICKI KLUB LEKKOATLETYCZNY	M-30	77	01:43:03	03:15:33	04:44:13	06:09:49		08:27:40.85	08:28:14.90	+03:34:00 (42.1%)	9:28	6.3 (57.8%)
208	HOŁY Leszek	278	#CZELADZBIEGA	M-40	89	01:52:09	03:26:38	04:52:10	06:10:57	07:20:26	08:27:55.50	08:28:45.15	+03:34:31 (42.2%)	9:28	6.3 (57.8%)
209	KILIŃSKI Jacek	501	ELITE-SPORTS	M-50	8	01:34:26	03:00:02	04:33:08	06:00:46	07:16:57	08:30:07.80	08:30:12.60	+03:35:58 (42.3%)	9:31	6.3 (57.8%)
210	GRZEGORCZYK Bartek	535	DŁUGA ŚCIEŻKA	M-40	90	01:37:15	03:03:17	04:32:12	06:04:48	07:20:31	08:30:07.05	08:30:22.25	+03:36:08 (42.3%)	9:31	6.3 (57.8%)
211	PIETRASIAK Daniel	150		M-20	13	01:49:15	03:22:48	04:52:38	06:20:30	07:25:49	08:30:24.40	08:30:53.30	+03:36:39 (42.4%)	9:31	6.3 (57.8%)
212	ZASADA Tomasz	545		M-40	91	01:47:05	03:14:14	04:45:05	06:08:04	07:17:02	08:30:26.20	08:31:06.40	+03:36:52 (42.4%)	9:31	6.3 (57.8%)
213	HALADYN Małgorzata	448		K-30	7	01:47:07	03:15:18	04:47:34	06:09:43	07:22:01	08:30:45.00	08:31:34.05	+03:37:20 (42.5%)	9:31	6.3 (57.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat						Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						Czechy 13.3km	Czechy 22.1km	Pasterka 32.8km	Parking 39.9km	Skaly 46.7km	53.6km	53.6km			
214	KURZAWIAK Grzegorz	265		M-30	78	01:41:15	03:08:28	04:36:26	05:59:39	07:15:46	08:31:19.70	08:31:53.45	+03:37:39 (42.5%)	9:32	6.3 (57.8%)
215	KOMORKIEWICZ Karol	477	RUNEDA/FINASTRA	M-30	79	01:41:16	03:07:14	04:34:49	06:05:37	07:20:17	08:31:52.70	08:32:06.60	+03:37:52 (42.5%)	9:33	6.3 (57.8%)
216	NOWAK Krzysztof	555		M-40	92	01:36:41	03:07:25	04:42:24	06:10:11	07:21:10	08:32:37.50	08:32:46.50	+03:38:32 (42.6%)	9:33	6.3 (57.8%)
217	LOMPART Agnieszka	404	BIEGOWA ŚWIDNICA	K-40	12	01:47:20	03:22:13	04:49:44	06:13:02	07:23:27	08:32:27.65	08:32:47.95	+03:38:33 (42.6%)	9:33	6.3 (57.8%)
218	MARGAS Grzegorz	26	MEERCATEAM	M-40	93	01:57:09	03:30:44	04:59:54	06:20:03	07:26:08	08:32:55.95	08:33:58.50	+03:39:44 (42.8%)	9:34	6.3 (57.8%)
219	HASIŃSKA Aleksandra	485		K-40	13	01:49:49	03:26:37	04:57:00	06:20:49	07:28:59	08:34:04.05	08:34:38.85	+03:40:24 (42.8%)	9:35	6.3 (57.8%)
220	STACHURSKI Daniel	84	KOBYŁKI	M-40	94	01:49:32	03:30:00	04:57:19	06:19:31	07:27:10	08:34:16.25	08:34:41.20	+03:40:27 (42.8%)	9:35	6.3 (57.8%)
221	PRASOŁ Zbigniew	300	SAINT-GOBAIN SQUAD	M-40	95	01:42:48	03:20:23	04:50:09	06:18:38	07:28:05	08:34:49.70	08:35:13.70	+03:40:59 (42.9%)	9:36	6.2 (56.9%)
222	LUBOWIECKI Konrad	478	BIEGAJĄCY ŚWIDNIK	M-30	80	01:39:44	03:05:52	04:40:09	06:04:26	07:22:44	08:35:46.80	08:36:12.80	+03:41:58 (43.0%)	9:37	6.2 (56.9%)
223	WIŚNIEWSKI Marek	500	ZMASAKROWANI	M-40	96	01:44:06	03:16:49	04:47:46	06:18:29	07:26:08	08:35:42.85	08:36:15.45	+03:42:01 (43.0%)	9:37	6.2 (56.9%)
224	IZYDORSKI Marcin	347		M-30	81	01:43:37	03:11:45	04:45:58	06:11:03	07:24:44	08:35:38.25	08:36:18.80	+03:42:04 (43.0%)	9:37	6.2 (56.9%)
225	FRYBEL Damian	306	WOLSZTYŃSKA AKADEMIA BEGOWA	M-40	97	01:45:05	03:17:41	04:48:06	06:14:26	07:27:31	08:36:22.35	08:36:45.10	+03:42:31 (43.1%)	9:38	6.2 (56.9%)
226	ANTOLAK Roland	373		M-30	82	01:39:10	03:10:25	04:36:52	06:08:27	07:24:58	08:36:33.10	08:36:54.70	+03:42:40 (43.1%)	9:38	6.2 (56.9%)
227	TYCZYŃSKI Sławomir	94	FILGROSOIL	M-40	98	01:52:42	03:31:37	04:55:57	06:22:38	07:31:04	08:36:31.30	08:37:12.30	+03:42:58 (43.1%)	9:38	6.2 (56.9%)
228	KOŚCIELNIAK Wioletta	430	TIGERS PRUDNIK/RUNNERS TEAM NYSA	K-30	8	01:44:44	03:12:57	04:41:30	06:05:53		08:36:58.55	08:37:47.75	+03:43:33 (43.2%)	9:38	6.2 (56.9%)
229	NOWAK Michał	104	DRUŻYNA SZPIKU	M-30	83	01:41:43	03:13:29	04:51:21	06:16:21	07:28:21	08:37:38.80	08:37:52.10	+03:43:38 (43.2%)	9:39	6.2 (56.9%)
230	POKRYWKA Arkadiusz	43	4FITER	M-40	99	01:44:21	03:11:26	04:37:41	06:05:03	07:16:20	08:37:35.40	08:38:25.25	+03:44:11 (43.2%)	9:39	6.2 (56.9%)
231	HICKIEWICZ Ludwik	183	BB RUNNERS	M-40	100	01:43:20	03:12:30	04:41:09	06:11:38	07:24:30	08:38:22.05	08:38:35.65	+03:44:21 (43.3%)	9:40	6.2 (56.9%)
232	JUSZCZAK Michał	393	WRODZINIESIŁA	M-30	84	01:51:42	03:28:14	04:56:21	06:22:23	07:31:43	08:37:52.25	08:39:01.80	+03:44:47 (43.3%)	9:39	6.2 (56.9%)
233	ZAGAŁA Piotr	371	WWW.MOJEMIASTO.SWIDNICA.PL	M-50	9	01:51:22	03:29:13	04:58:39	06:27:43	07:32:41	08:39:08.45	08:39:30.20	+03:45:16 (43.4%)	9:41	6.2 (56.9%)
234	GÓRECKI Bartłomiej	388	TRIWAWA	M-40	101	01:47:09	03:21:38	04:48:27	06:14:06	07:26:39	08:39:03.70	08:39:44.95	+03:45:30 (43.4%)	9:41	6.2 (56.9%)
235	JUCHA Jacek	540		M-40	102	01:55:21	03:29:59	05:04:48	06:23:46	07:31:25	08:39:37.85	08:39:52.65	+03:45:38 (43.4%)	9:41	6.2 (56.9%)
236	SALIŃSKI Bartosz	563	WKURW_TEAM	M-30	85	01:53:18	03:27:55	04:58:46	06:22:50		08:38:47.80	08:39:54.05	+03:45:40 (43.4%)	9:40	6.2 (56.9%)
237	GŁĄB Szymon	506		M-40	103	01:42:48	03:06:33	04:38:21	06:07:19	07:30:43	08:39:27.10	08:40:08.70	+03:45:54 (43.4%)	9:41	6.2 (56.9%)
238	GÓRNY Robert	27		M-40	104	01:44:40	03:16:10	04:51:49	06:19:45	07:31:10	08:40:02.15	08:40:20.00	+03:46:05 (43.5%)	9:42	6.2 (56.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat						Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						Czechy 13.3km	Czechy 22.1km	Pasterka 32.8km	Parking 39.9km	Skaly 46.7km	53.6km	53.6km			
239	ŠAMPALÍK Josef	489	PRASOPSI	M-40	105	01:43:20	03:19:41	04:52:51	06:24:56	07:36:36	08:41:06.95	08:41:27.70	+03:47:13 (43.6%)	9:43	6.2 (56.9%)
240	MAĆKOWSKI Mateusz	435	NATURAL BORN COFFEE LOVERS	M-40	106	01:46:33	03:20:15	04:48:24	06:16:29	07:34:56	08:41:15.60	08:41:43.85	+03:47:29 (43.6%)	9:43	6.2 (56.9%)
241	ŻOŁNIEROWICZ Hubert	156	BIEGAM BO LUBIĘ ZĄBKI TEAM	M-40	107	01:39:23	03:09:39	04:38:34	06:04:41	07:23:02	08:42:00.35	08:42:32.35	+03:48:18 (43.7%)	9:44	6.2 (56.9%)
242	GAMROT Filip	520	BEFIT24TEAM	M-20	14	01:45:30	03:18:31	04:49:56	06:14:16	07:31:56	08:43:32.55	08:44:01.00	+03:49:46 (43.9%)	9:46	6.1 (56.0%)
243	FISZER Paweł	414		M-40	108	02:04:44	03:45:40	05:17:13	06:33:54	07:38:23	08:43:27.30	08:44:04.75	+03:49:50 (43.9%)	9:45	6.1 (56.0%)
244	STEC Adam	22		M-30	86	01:46:50	03:18:19	04:50:21	06:14:37	07:31:39	08:44:25.95	08:45:12.45	+03:50:58 (44.0%)	9:47	6.1 (56.0%)
245	KORYTEK Piotr	203	WITKOWO BIEGA	M-40	109	02:03:22	03:41:52	05:07:29	06:28:43	07:36:29	08:44:18.75	08:45:13.05	+03:50:59 (44.0%)	9:46	6.1 (56.0%)
246	KOBYLKA Marek	48	SUPERMARATON KALISZ	M-50	10	01:46:47	03:26:35	04:56:32	06:21:18	07:34:25	08:45:00.30	08:45:21.40	+03:51:07 (44.0%)	9:47	6.1 (56.0%)
247	CIEŚLA Grzegorz	541		M-20	15	01:53:35	03:28:18	05:08:54	06:27:58		08:45:24.55	08:46:20.70	+03:52:06 (44.1%)	9:48	6.1 (56.0%)
248	KOZIELEWSKI Antoni	546		M-40	110	01:43:48	03:14:19	04:46:49	06:18:40	07:30:27	08:46:03.95	08:46:39.45	+03:52:25 (44.1%)	9:48	6.1 (56.0%)
249	FOGIEL-PAWŁOWSKA Agnieszka	170		K-40	14	01:52:48	03:26:08	04:59:20	06:28:00	07:38:39	08:46:14.65	08:47:06.05	+03:52:52 (44.2%)	9:49	6.1 (56.0%)
250	PETA Iwona	301		K-40	15	01:54:02	03:27:23	05:02:33	06:27:03	07:36:26	08:46:47.90	08:47:37.65	+03:53:23 (44.2%)	9:49	6.1 (56.0%)
251	SIENNICA Joanna	212	ŚWIDNICKA GRUPA BIEGOWA	K-40	16	01:51:35	03:27:31	04:59:04	06:24:38		08:47:24.25	08:47:44.00	+03:53:29 (44.2%)	9:50	6.1 (56.0%)
252	ZŁOTNICKA Olga	211	ŚWIDNICKA GRUPA BIEGOWA	K-40	17	01:51:35	03:27:30	04:59:31	06:24:38	07:35:12	08:47:23.75	08:47:44.20	+03:53:30 (44.2%)	9:50	6.1 (56.0%)
253	BRYŚ Rafał	460	ŚWIDNICKA GRUPA BIEGOWA	M-40	111	01:51:26	03:27:38	04:59:37	06:24:44		08:47:24.50	08:47:44.80	+03:53:30 (44.2%)	9:50	6.1 (56.0%)
254	SADOWSKI Tomasz	224		M-40	112	01:49:53	03:23:05	04:51:46	06:22:43	07:39:04	08:48:19.20	08:49:06.80	+03:54:52 (44.4%)	9:51	6.1 (56.0%)
255	CZERNIAK Tobiasz	449		M-30	87	01:35:20	03:08:24	04:47:54	06:21:17	07:33:48	08:49:50.65	08:50:10.65	+03:55:56 (44.5%)	9:53	6.1 (56.0%)
256	OJCIEC Sebastian	509		M-30	88	01:43:35	03:24:11	04:59:23	06:28:11	07:34:57	08:49:47.25	08:50:10.95	+03:55:56 (44.5%)	9:53	6.1 (56.0%)
257	MOLSKA Małgorzata	20	OSP KŁODAWA	K-50	1	02:39:59					08:49:14.55	08:50:17.75	+03:56:03 (44.5%)	9:52	6.1 (56.0%)
258	WIRKUS Piotr	74	BIGYELLOWFOOT ADVENTRUE TEAM	M-30	89	01:47:45	03:16:19	04:47:34	06:22:35	07:41:09	08:50:54.95	08:51:47.25	+03:57:33 (44.7%)	9:54	6.1 (56.0%)
259	KACZOR Łukasz	467	WILD BUCHAYS	M-30	90	01:53:09	03:29:09	05:05:55	06:29:48	07:41:01	08:51:45.20	08:52:23.95	+03:58:09 (44.7%)	9:55	6 (55.0%)
260	BYRSKI Henryk	424		M-40	113	01:54:50	03:31:37	05:05:51	06:29:48	07:41:41	08:51:43.90	08:52:24.40	+03:58:10 (44.7%)	9:55	6 (55.0%)
261	GADOMSKI Radosław	338	PKO BANK POLSKI	M-30	91	01:46:24	03:15:13	04:51:20	06:20:52	07:40:38	08:51:29.05	08:52:25.15	+03:58:11 (44.7%)	9:54	6.1 (56.0%)
262	DĄBROWSKI Jarosław	459	CB163	M-30	92	01:58:39	03:46:11	05:13:52	06:35:06	07:51:22	08:51:23.95	08:52:25.65	+03:58:11 (44.7%)	9:54	6.1 (56.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat						Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						Czechy 13.3km	Czechy 22.1km	Pasterka 32.8km	Parking 39.9km	Skaly 46.7km	53.6km	53.6km			
263	NOWACZYK Marek	577	SŁYNNI KENIJCZYCY	M-40	114	02:00:52	03:34:28	05:00:31	06:25:13	07:34:55	08:51:43.90	08:52:46.25	+03:58:32 (44.8%)	9:55	6 (55.0%)
264	SERAFIN Jacek	251	ADDICT.PL	M-50	11	01:44:27	03:17:17	04:58:05	06:30:49	07:47:23	08:52:12.60	08:52:47.15	+03:58:33 (44.8%)	9:55	6 (55.0%)
265	MIERZEJEWSKI Robert	588	CENTRUM SZKOLENIA WOJSK LĄDOWYCH, POZNAŃ	M-40	115	01:58:14	03:30:54	05:07:21	06:31:45	07:48:51	08:51:43.45	08:52:47.25	+03:58:33 (44.8%)	9:55	6 (55.0%)
266	NOWICKI Andrzej	79		M-50	12	01:46:17	03:24:19	05:01:20	06:27:08	07:41:54	08:52:30.45	08:52:48.20	+03:58:34 (44.8%)	9:56	6 (55.0%)
267	GRUPIŃSKI Grzegorz	413	LAUFER GOLENHOFEN	M-40	116	01:47:29	03:23:36	04:52:11	06:33:27	07:51:27	08:52:35.10	08:53:02.45	+03:58:48 (44.8%)	9:56	6 (55.0%)
268	PAWLICKI Karol	320	MKS SIECHNICE	M-30	93	02:01:02	03:35:56	05:07:13	06:29:20	07:39:51	08:52:14.45	08:53:05.05	+03:58:51 (44.8%)	9:55	6 (55.0%)
269	BALICKI Marcin	81		M-40	117	01:55:28	03:22:22	04:52:09	06:20:52	07:38:18	08:52:22.00	08:53:17.85	+03:59:03 (44.8%)	9:55	6 (55.0%)
270	BIECHOŃSKI Jarosław	49		M-40	118	01:55:00	03:30:54	05:07:13	06:31:33	07:48:54	08:54:52.35	08:55:56.15	+04:01:42 (45.1%)	9:58	6 (55.0%)
271	GIERSZEWSKI Czarek	441	ZĄŁOGA G	M-50	13	01:46:42	03:22:15	04:55:50	06:29:32	07:47:03	08:55:42.55	08:56:07.15	+04:01:53 (45.1%)	9:59	6 (55.0%)
272	MAŁKOWSKI Bogdan	303	SPARTANIE DZIECIOM	M-50	14	01:49:02	03:30:15	05:02:45	06:32:01	07:44:32	08:55:01.65	08:56:07.50	+04:01:53 (45.1%)	9:58	6 (55.0%)
273	KARPACZ Katarzyna	53	BIAŁOSTOCKA SEKTA BIEGACZY	K-50	2	01:46:52	03:22:30	04:54:33	06:21:53	07:34:06	08:55:43.15	08:56:17.05	+04:02:03 (45.1%)	9:59	6 (55.0%)
274	JACHYMSKI Ignacy	198	AKG ŁÓDŹ	M-20	16	01:52:15	03:25:24	05:03:10	06:32:29	07:45:42	08:55:55.75	08:56:29.40	+04:02:15 (45.2%)	9:59	6 (55.0%)
275	ZAWADZKI Przemek	358		M-30	94	01:49:09	03:27:57	05:01:02	06:32:03	07:46:33	08:56:00.55	08:56:30.95	+04:02:16 (45.2%)	10:00	6 (55.0%)
276	BŁACHNO Marcin	189		M-40	119	01:48:07	03:25:33	04:55:22	06:30:08	07:44:35	08:56:41.55	08:57:34.10	+04:03:20 (45.3%)	10:00	6 (55.0%)
277	GNOT Katarzyna	576		K-40	18	01:51:17	03:30:15	05:02:48	06:34:12	07:47:43	08:57:07.00	08:58:12.45	+04:03:58 (45.3%)	10:01	6 (55.0%)
278	LUDKOWSKI Mariusz	442	CUKRZYCA&SPORT	M-40	120	01:47:13	03:27:48	05:02:29	06:26:20	07:44:46	08:57:40.95	08:58:14.30	+04:04:00 (45.3%)	10:01	6 (55.0%)
279	PAJOR Krzysztof	128	KB-SPOKO	M-40	121	01:42:40	03:19:49	04:55:03	06:25:43	07:39:25	08:57:58.05	08:58:16.90	+04:04:02 (45.3%)	10:02	6 (55.0%)
280	KURDEJ Krzysztof	445		M-50	15	01:48:41	03:27:49	05:02:33	06:26:34	07:44:48	08:58:39.95	08:59:13.30	+04:04:59 (45.4%)	10:02	6 (55.0%)
281	KRYSIAK Tomasz	58	WIECZORNE BIEGANIE W SZCZECINIE	M-30	95	01:38:37	03:21:08	04:59:40	06:35:33	07:52:01	08:59:29.80	08:59:39.15	+04:05:25 (45.5%)	10:03	6 (55.0%)
282	GOLEC Ireneusz	191	VEGE RUNNERS	M-30	96	01:46:45	03:28:59	05:08:12	06:38:35	07:51:12	09:01:20.90	09:01:39.25	+04:07:25 (45.7%)	10:05	5.9 (54.1%)
283	CWOJDZIŃSKI Michał	142		M-40	122	01:47:28	03:28:44	05:03:25	06:35:35	07:48:38	09:02:48.60	09:03:19.90	+04:09:05 (45.8%)	10:07	5.9 (54.1%)
284	ROSZCZYN Dawid	463	CB163	M-30	97	01:58:38	03:46:10	05:13:54	06:35:05	07:51:30	09:02:21.05	09:03:23.45	+04:09:09 (45.9%)	10:07	5.9 (54.1%)
285	SPRAWKA Marcin	304		M-30	98	01:58:52	03:34:55	05:06:15	06:31:55	07:52:51	09:02:38.85	09:03:39.05	+04:09:25 (45.9%)	10:07	5.9 (54.1%)
286	BISKUP Rafał	166	RUN DZIADU RUN	M-50	16	01:47:46	03:32:34	05:12:48	06:43:40	07:57:23	09:03:59.15	09:04:10.60	+04:09:56 (45.9%)	10:08	5.9 (54.1%)
287	BEDNARCZYK Bogusław	230	PRO-RUM WROCŁAW	M-50	17	01:53:32	03:39:11	05:14:30	06:49:44	08:00:06	09:04:46.55	09:05:25.05	+04:11:11 (46.1%)	10:09	5.9 (54.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat						Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						Czechy 13.3km	Czechy 22.1km	Pasterka 32.8km	Parking 39.9km	Skaly 46.7km	53.6km	53.6km			
288	SMOLARKIEWICZ Dawid	330	WIELUŃ BIEGA	M-30	99	01:41:02	03:14:32	04:49:12	06:26:20	07:48:44	09:05:14.65	09:05:26.40	+04:11:12 (46.1%)	10:10	5.9 (54.1%)
289	SMOLARKIEWICZ Daria	329	WIELUŃ BIEGA	K-20	5	01:41:05	03:14:33	04:49:17	06:26:46	07:48:43	09:05:16.00	09:05:26.90	+04:11:12 (46.1%)	10:10	5.9 (54.1%)
290	GORGOL Tomasz	226	LP500	M-40	123	01:47:04	03:26:04	05:00:48	06:30:12	07:51:51	09:05:30.25	09:05:41.60	+04:11:27 (46.1%)	10:10	5.9 (54.1%)
291	MICHALIK Joanna	350		K-30	9	01:42:44	03:18:12	04:58:30	06:26:03	07:40:32	09:06:21.15	09:06:25.10	+04:12:11 (46.2%)	10:11	5.9 (54.1%)
292	PALACZ Wioletta	259		K-40	19	01:43:11	03:18:14	04:58:35	06:26:06	07:40:36	09:06:24.60	09:06:28.15	+04:12:14 (46.2%)	10:11	5.9 (54.1%)
293	BABIRECKI Krzysztof	443	FU FU FU TEAM	M-40	124	01:40:06	03:10:54	04:46:36	06:25:57	07:45:44	09:07:02.30	09:07:27.50	+04:13:13 (46.3%)	10:12	5.9 (54.1%)
294	JANKOWSKI Marcin	418	FUFUFU TEAM	M-30	100	01:39:55	03:10:42	04:43:59	06:24:36	07:45:23	09:07:04.70	09:07:29.30	+04:13:15 (46.3%)	10:12	5.9 (54.1%)
295	MACIASZCZYK Magdalena	458		K-40	20	01:58:44	03:42:31	05:20:01	06:48:43	07:59:45	09:07:15.70	09:07:54.45	+04:13:40 (46.3%)	10:12	5.9 (54.1%)
296	SZYMCZAK Tomasz	328	PRATT & WHITNEY KALISZ	M-40	125	01:55:18	03:42:07	05:18:43	06:49:47		09:07:36.40	09:08:12.45	+04:13:58 (46.3%)	10:12	5.9 (54.1%)
297	GRZYWIŃSKI Bartosz	59		M-30	101	01:48:14	03:29:53	05:04:06	06:34:31	07:55:43	09:08:38.45	09:09:27.20	+04:15:13 (46.4%)	10:14	5.9 (54.1%)
298	KRĘŻOŁEK Lucyna	397		K-40	21	01:53:38	03:33:06	05:09:12	06:39:15	07:59:56	09:08:51.95	09:09:44.45	+04:15:30 (46.5%)	10:14	5.9 (54.1%)
299	WIŚNIEWSKI Jacek	483		M-40	126	01:44:12	03:22:01	05:01:33	06:35:59	07:51:04	09:11:03.45	09:11:38.75	+04:17:24 (46.7%)	10:16	5.8 (53.2%)
300	HOŁOWNIA Tomasz	353	GRUPA BIEGOWA 'BEZ GRANIC'	M-30	102	01:42:14	03:03:34	04:31:14	06:18:28	07:58:54	09:11:15.80	09:11:41.90	+04:17:27 (46.7%)	10:17	5.8 (53.2%)
301	MISIAK Artur	143		M-50	18	01:56:18	03:32:08	05:14:29	06:41:33	07:58:04	09:11:35.25	09:12:20.35	+04:18:06 (46.7%)	10:17	5.8 (53.2%)
302	CZERNIAK Ania	196	VEGE RUNNERS	K-20	6	02:00:48	03:41:39	05:16:24	06:42:07	07:54:21	09:12:12.75	09:13:13.75	+04:18:59 (46.8%)	10:18	5.8 (53.2%)
303	FRANKIEWICZ Jakub	186		M-40	127	01:46:26	03:23:12	04:52:23	06:33:13	07:55:56	09:12:44.90	09:13:38.55	+04:19:24 (46.9%)	10:18	5.8 (53.2%)
304	GÓRECKI Rafał	556		M-40	128	02:04:03	03:45:23	05:20:51	06:50:04	08:02:06	09:12:39.65	09:13:46.90	+04:19:32 (46.9%)	10:18	5.8 (53.2%)
305	SMOLUCH Ryszard	101		M-40	129	01:58:57	03:35:23	05:12:49	06:40:17	07:54:50	09:13:36.10	09:14:05.10	+04:19:51 (46.9%)	10:19	5.8 (53.2%)
306	GRZYWIŃSKI Wojtek	72		M-30	103	01:51:14	03:29:51	05:08:35	06:38:12	07:57:57	09:14:24.60	09:15:13.95	+04:20:59 (47.0%)	10:20	5.8 (53.2%)
307	KARBOWSKI Jarosław	470	KS LENIWIEC	M-40	130	01:49:07	03:19:56	05:00:55	06:33:07	07:56:22	09:15:08.80	09:16:02.75	+04:21:48 (47.1%)	10:21	5.8 (53.2%)
308	OSTACH Daria	564	ANTONÓWKI	K-40	22	02:00:15	03:49:42	05:27:00	06:51:04	08:03:50	09:15:57.95	09:16:30.90	+04:22:16 (47.1%)	10:22	5.8 (53.2%)
309	SPŁAWSKI Michał	157	MSERWIS.PL	M-30	104	01:43:10	03:16:07	04:56:26	06:40:42	08:01:40	09:16:25.85	09:16:31.80	+04:22:17 (47.1%)	10:22	5.8 (53.2%)
310	WÓŁKIEWICZ Dorota	130	KS STASZEWSCY	K-40	23	01:58:34	03:40:08	05:16:16	06:50:32	08:04:45	09:17:56.70	09:18:31.25	+04:24:17 (47.3%)	10:24	5.8 (53.2%)
311	WÓŁKIEWICZ Paweł	144	KS STASZEWSCY	M-40	131	01:58:07	03:40:07	05:16:05	06:47:10	08:04:09	09:17:56.15	09:18:31.65	+04:24:17 (47.3%)	10:24	5.8 (53.2%)
312	PYŻANOWSKI Mariusz	92		M-30	105	01:54:22	03:36:29	05:15:06	06:52:00	08:05:18	09:18:45.15	09:19:32.65	+04:25:18 (47.4%)	10:25	5.8 (53.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat						Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						Czechy 13.3km	Czechy 22.1km	Pasterka 32.8km	Parking 39.9km	Skaly 46.7km	53.6km	53.6km			
313	POBŁOCKI Jan	225	GRUPATRÓJMIASTO/ SPARTANIEDZIECIOM	M-60	3	02:04:05	03:45:23	05:23:14	06:49:41		09:18:50.05	09:19:56.85	+04:25:42 (47.5%)	10:25	5.8 (53.2%)
314	PŁYWACZYK Maciej	257	TEAM PLESZEW	M-50	19	01:50:17	03:37:37	05:11:52	06:43:56	08:00:30	09:20:25.00	09:20:33.70	+04:26:19 (47.5%)	10:27	5.7 (52.3%)
315	MIREK Waldemar	402	EASYRUN	M-50	20	01:46:56	03:28:18	05:10:12	06:42:21	08:04:29	09:21:08.20	09:21:30.95	+04:27:16 (47.6%)	10:28	5.7 (52.3%)
316	KRÓL-PIDANTY Marzena	180	STRZEGOM	K-40	24	01:58:35	03:43:46	05:19:44	06:50:24	08:04:05	09:20:48.75	09:21:32.75	+04:27:18 (47.6%)	10:27	5.7 (52.3%)
317	SKRZYPCZAK Radosław	323	ROUNDSPACE.PL	M-40	132	01:44:18	03:20:23	05:09:31	06:58:57	08:13:16	09:21:19.90	09:21:51.60	+04:27:37 (47.6%)	10:28	5.7 (52.3%)
318	MŁYNARCZYK Krzysztof	298		M-40	133	01:48:56	03:23:39	04:59:19	06:42:31	08:02:50	09:21:56.00	09:21:56.00	+04:27:41 (47.6%)	10:29	5.7 (52.3%)
319	PAWLICKI Tomasz	202	VEGE RUNNERS	M-30	106	01:58:55	03:42:24	05:15:37	06:48:58	08:02:56	09:21:53.75	09:22:12.85	+04:27:58 (47.7%)	10:28	5.7 (52.3%)
320	GĄSOWSKA Renata	34	DREAM RUN / VELO ŁOSIE NA SZOSIE	K-40	25	02:11:53	03:56:15	05:33:55	07:01:17	08:12:44	09:22:50.95	09:22:58.55	+04:28:44 (47.7%)	10:30	5.7 (52.3%)
321	BULIKOWSKI Tomasz	403		M-40	134	01:52:17	03:26:08	05:03:10	06:38:20	07:58:39	09:22:22.05	09:22:59.30	+04:28:45 (47.7%)	10:29	5.7 (52.3%)
322	DZIERŻEŃSKA Monika	231	AKADEMIA BIEGOWA GDYNIA, KIELPINO I KARTUZY	K-40	26	01:58:30	03:44:33	05:22:53	06:57:51	08:14:17	09:23:09.95	09:23:38.20	+04:29:24 (47.8%)	10:30	5.7 (52.3%)
323	ZIELIŃSKI Tomasz	312	TETRYCY SCHRODINGERA	M-40	135	01:58:21	03:37:30	05:14:37	06:46:45	08:05:15	09:24:43.25	09:25:42.75	+04:31:28 (48.0%)	10:32	5.7 (52.3%)
324	ŻYGIĘŁO Monika	18	CHOSZCZEŃSKA 10	K-40	27	02:08:00	03:53:21	05:25:46	06:56:58	08:11:09	09:24:46.60	09:25:47.10	+04:31:33 (48.0%)	10:32	5.7 (52.3%)
325	MIZERA Joanna	119	SUTTON RUNNERS	K-30	10	01:51:39	03:35:57	05:17:25	06:48:57	08:08:47	09:26:19.25	09:26:32.90	+04:32:18 (48.1%)	10:33	5.7 (52.3%)
326	SKOKOWSKI Tomasz	108	SUTTON RUNNERS	M-30	107	01:51:29	03:35:50	05:15:34	06:48:36	08:08:15	09:26:16.75	09:26:34.00	+04:32:19 (48.1%)	10:33	5.7 (52.3%)
327	WALUŚKIEWICZ Artur	133	BOANERGES	M-50	21	01:52:39	03:33:53	05:11:02	06:51:06	08:07:03	09:26:32.60	09:27:36.05	+04:33:22 (48.2%)	10:34	5.7 (52.3%)
328	ZIONTECKA Gosia	391	BLT	K-40	28	01:57:32	03:47:45	05:20:53	06:52:37	08:11:02	09:27:09.20	09:28:08.65	+04:33:54 (48.2%)	10:34	5.7 (52.3%)
329	WITKO-BŁASZCZYK Sebastian	316		M-30	108	02:04:14	03:44:07	05:22:16	06:53:39	08:09:12	09:29:10.75	09:29:10.75	+04:34:56 (48.3%)	10:37	5.7 (52.3%)
330	BUGAJNY Damian	54	SUPERMARATON KALISZ	M-40	136	01:47:57	03:30:02	05:10:39	06:44:22	08:04:44	09:29:26.75	09:29:47.40	+04:35:33 (48.4%)	10:37	5.6 (51.4%)
331	BRYNIARSKI Bartosz	269		M-40	137	01:47:07	03:29:41	05:15:54	06:49:40	08:08:24	09:29:03.50	09:30:07.25	+04:35:53 (48.4%)	10:37	5.7 (52.3%)
332	CHOJNACKI Mariusz	581		M-40	138	02:04:12	03:57:08	05:34:25	07:05:19		09:29:22.95	09:30:08.70	+04:35:54 (48.4%)	10:37	5.6 (51.4%)
333	JEŻEWSKI Adam	61	ETISOFT RUNNING TEAM, VIRTUAL RUNNER CLUB	M-40	139	02:05:44	03:53:21	05:31:58	07:02:03		09:29:54.95	09:30:21.45	+04:36:07 (48.4%)	10:37	5.6 (51.4%)
334	SARBINOWSKI Waldemar	481	MACHTRONIC	M-20	17	01:51:56	03:12:07	05:02:52	06:52:49	08:14:19	09:30:29.90	09:30:29.90	+04:36:15 (48.4%)	10:38	5.6 (51.4%)
335	NIEDZIELA Krzysztof	199	GOSTYŃ	M-40	140	01:43:53	03:32:27	05:14:31	06:52:41	08:15:43	09:30:05.75	09:30:32.55	+04:36:18 (48.4%)	10:38	5.6 (51.4%)
336	GRABOWSKA Dagmara	486	STRASZYN BIEGA	K-30	11	02:01:48	03:49:54	05:26:39	06:57:11	08:11:33	09:30:19.80	09:30:46.60	+04:36:32 (48.5%)	10:38	5.6 (51.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat						Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						Czechy 13.3km	Czechy 22.1km	Pasterka 32.8km	Parking 39.9km	Skaly 46.7km	53.6km	53.6km			
337	GRABOWICZ Paweł	356		M-40	141	01:53:33	03:36:54	05:19:26	07:01:27	08:21:31	09:30:18.70	09:31:06.25	+04:36:52 (48.5%)	10:38	5.6 (51.4%)
338	KAMINSKI Krystian	343	STOWARZYSZENIE WSI NIESTĘPOWO	M-40	142	01:52:40	03:40:08	05:23:10	06:56:44	08:16:03	09:31:22.10	09:31:43.70	+04:37:29 (48.5%)	10:39	5.6 (51.4%)
339	JAKUBIAK Anna	159	RAZ SZCZECIN	K-50	3	01:51:48	03:45:42	05:26:16	06:58:13	08:13:18	09:31:22.80	09:31:48.20	+04:37:34 (48.5%)	10:39	5.6 (51.4%)
340	MARUROWICZ Krystian	163	KOLOROWA DRUŻYNA NESSI	M-40	143	01:53:51	03:40:22	05:29:14	07:03:05	08:18:21	09:31:33.15	09:31:49.30	+04:37:35 (48.5%)	10:39	5.6 (51.4%)
341	KOWALEWSKI Grzegorz	158		M-50	22	01:49:58	03:23:31	05:01:13	06:42:01	08:05:09	09:31:05.55	09:31:51.45	+04:37:37 (48.5%)	10:39	5.6 (51.4%)
342	PALKOWSKA Agata	219		K-40	29	02:04:32	03:54:03	05:38:11	07:03:43	08:16:02	09:31:22.10	09:31:52.65	+04:37:38 (48.5%)	10:39	5.6 (51.4%)
343	STANIOS Kamil	331		M-30	109	01:53:31	03:41:29	05:26:47	07:01:55	08:17:16	09:32:07.95	09:32:29.05	+04:38:15 (48.6%)	10:40	5.6 (51.4%)
344	RADAJEWSKI Arkadiusz	502	CROSS KRAPKOWICE	M-40	144	01:47:18	03:31:48	05:13:41	06:55:37	08:17:10	09:33:01.15	09:33:21.30	+04:39:07 (48.7%)	10:41	5.6 (51.4%)
345	SPYCHAŁA Paweł	89		M-50	23	01:53:04	03:39:57	05:18:06	06:59:12	08:14:09	09:33:10.60	09:33:27.75	+04:39:13 (48.7%)	10:41	5.6 (51.4%)
346	SZYMCZYSZYN Tomasz	503		M-30	110	02:04:35	03:46:21	05:33:57	07:04:29	08:16:13	09:32:58.00	09:33:31.90	+04:39:17 (48.7%)	10:41	5.6 (51.4%)
347	WITKOWSKI Marek	107		M-40	145	02:04:04	03:50:17	05:32:35	07:04:53	08:18:32	09:33:04.25	09:34:07.20	+04:39:53 (48.8%)	10:41	5.6 (51.4%)
348	KĄDZIÓŁKA Łukasz	400	K2	M-20	18	01:50:17	03:48:09	05:29:54	07:04:13	08:22:21	09:34:22.80	09:35:14.75	+04:41:00 (48.9%)	10:42	5.6 (51.4%)
349	WÓJCIK Adrian	252	NIE MAM POMYSŁU	M-30	111	01:52:24	03:41:01	05:20:27	06:55:17	08:19:46	09:34:58.20	09:35:21.15	+04:41:07 (48.9%)	10:43	5.6 (51.4%)
350	HAREMZA Kinga	185	NIGHT RUNNERS	K-40	30	02:00:39	03:56:27	05:42:37	07:13:17	08:25:49	09:35:11.65	09:35:27.05	+04:41:13 (48.9%)	10:43	5.6 (51.4%)
351	KĄDZIÓŁKA Jan	401	NIGHT RUNNERS GLIWICE	M-50	24	01:51:44	03:48:09	05:29:51	07:04:29	08:21:53	09:35:31.60	09:36:22.60	+04:42:08 (49.0%)	10:44	5.6 (51.4%)
352	KOŁBUC Rafał	428		M-20	19	01:51:55	03:36:04	05:17:32	06:53:16	08:21:39	09:37:19.60	09:37:49.50	+04:43:35 (49.1%)	10:46	5.6 (51.4%)
353	ZAWISKI Tomasz	475		M-40	146	01:54:14	03:32:27	05:15:46	06:54:54	08:22:06	09:36:52.85	09:37:50.95	+04:43:36 (49.1%)	10:45	5.6 (51.4%)
354	FRESZEL Krzysztof	383	BOERNEROWO BIEGA	M-40	147	01:47:17	03:16:53	05:16:18	07:01:29	08:18:59	09:37:13.15	09:38:12.65	+04:43:58 (49.1%)	10:46	5.6 (51.4%)
355	RESPONDEK Dariusz	327		M-40	148	01:57:46	03:44:04	05:20:19	06:57:46	08:20:54	09:38:13.80	09:38:48.60	+04:44:34 (49.2%)	10:47	5.6 (51.4%)
356	CECUŁA Andrzej	289		M-20	20	01:50:37	03:42:33	05:19:59	06:57:54	08:22:10	09:38:49.05	09:38:53.90	+04:44:39 (49.2%)	10:47	5.6 (51.4%)
357	STEFANOWSKI Marcin	155	ŻARÓW BIEGA	M-40	149	01:41:34	03:28:13	05:09:02	06:51:04	08:12:17	09:38:39.55	09:39:09.20	+04:44:55 (49.2%)	10:47	5.6 (51.4%)
358	KOŁEK Jacek	553		M-30	112	03:56:59		05:31:14	07:03:29	08:19:03	09:38:24.00	09:39:22.35	+04:45:08 (49.2%)	10:47	5.6 (51.4%)
359	BRUSS Krzysztof	188	DRUŻYNA SZPIKU	M-40	150	01:50:04	03:28:47	05:13:05	06:53:21		09:38:52.65	09:39:28.25	+04:45:14 (49.2%)	10:48	5.6 (51.4%)
360	GRZESIAK Rafał	258		M-40	151	01:51:00	03:42:33	05:20:47	06:58:51	08:22:17	09:40:18.40	09:40:22.95	+04:46:08 (49.3%)	10:49	5.5 (50.5%)
361	LELONTKO Marcin	375	#CISNIJWIEPRZA	M-30	113	01:54:12	03:45:32	05:22:24	07:01:04	08:23:20	09:41:19.55	09:41:57.65	+04:47:43 (49.4%)	10:50	5.5 (50.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat						Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						Czechy 13.3km	Czechy 22.1km	Pasterka 32.8km	Parking 39.9km	Skaly 46.7km	53.6km	53.6km			
362	WALKOWIAK Jacek	561	BOHAR PALETY RUNNERS	M-40	152	01:44:51	03:28:37	05:15:29	06:50:43	08:19:17	09:41:43.10	09:41:59.00	+04:47:44 (49.4%)	10:51	5.5 (50.5%)
363	PIĄTEK Tomasz	416		M-40	153	01:54:07	03:37:21	05:20:46	07:04:22	08:28:26	09:42:10.70	09:42:49.05	+04:48:35 (49.5%)	10:51	5.5 (50.5%)
364	SZADURSKA Agnieszka	253		K-40	31	02:03:16	03:51:04	05:36:07	07:11:19	08:27:08	09:42:02.05	09:42:50.30	+04:48:36 (49.5%)	10:51	5.5 (50.5%)
365	ZAJDEL Karolina	504	WILD DOGS TEAM	K-20	7	02:04:27	03:47:27	05:22:25	06:54:48	08:19:27	09:41:59.40	09:42:51.85	+04:48:37 (49.5%)	10:51	5.5 (50.5%)
366	BAGIŃSKI Jakub	505	WILD DOGS TEAM	M-30	114	02:04:27	03:47:27	05:21:32	06:54:45		09:42:00.10	09:42:52.10	+04:48:38 (49.5%)	10:51	5.5 (50.5%)
367	CZECHOWSKI Konrad	497		M-30	115	02:00:33	03:53:18	05:41:38	07:09:14	08:28:32	09:42:18.30	09:42:52.70	+04:48:38 (49.5%)	10:51	5.5 (50.5%)
368	ZAWISZA Joanna	311	VEGE RUNNERS	K-40	32	02:00:05	03:47:52	05:30:54	07:08:36	08:27:05	09:41:51.10	09:42:53.60	+04:48:39 (49.5%)	10:51	5.5 (50.5%)
369	WRONKA Artur	474	RADZYMIN RUN TEAM	M-40	154	01:59:08	03:48:58	05:26:18	07:05:26	08:27:29	09:42:25.05	09:42:55.80	+04:48:41 (49.5%)	10:51	5.5 (50.5%)
370	WITKOWSKA Maria	129	KLUB KRÓLIKA STEFANA	K-60	1	02:12:26	03:59:15	05:39:01	07:13:17	08:26:49	09:42:17.40	09:42:58.80	+04:48:44 (49.5%)	10:51	5.5 (50.5%)
371	KOŁACZ Arkadiusz	451	WRROCLAW MARATHON TEAM	M-50	25	01:52:14	03:30:45	05:11:44	07:00:59	08:25:19	09:42:36.30	09:43:31.65	+04:49:17 (49.6%)	10:52	5.5 (50.5%)
372	WILK Magdalena	543	TEAM ZABIEGANEDNI	K-40	33	01:49:17	03:43:21	05:27:16	07:06:35	08:27:20	09:43:11.40	09:43:32.85	+04:49:18 (49.6%)	10:52	5.5 (50.5%)
373	DĄBROWSKI Michał	288	TEAM ZABIEGANEDNI	M-40	155	01:50:52	03:42:48	05:26:27	07:03:55	08:25:22	09:42:24.95	09:43:33.45	+04:49:19 (49.6%)	10:51	5.5 (50.5%)
374	LASKUS Paweł	510		M-40	156	01:59:04	03:48:56	05:26:21	07:05:27	08:26:04	09:43:06.00	09:43:38.85	+04:49:24 (49.6%)	10:52	5.5 (50.5%)
375	OBLINSKI Krzysztof	484		M-30	116			05:28:36	06:59:58	08:21:08	09:44:40.60	09:44:40.60	+04:50:26 (49.7%)	10:54	5.5 (50.5%)
376	JANKOWSKA Marzena	419	FUFUFU TEAM	K-40	34	02:03:42	03:51:08	05:36:46	07:09:17	08:26:24	09:45:18.40	09:45:41.55	+04:51:27 (49.8%)	10:55	5.5 (50.5%)
377	POLITYLO-ALUWIHARE Agnieszka	229		K-40	35	01:53:25	03:35:18	05:19:09	06:59:13	08:22:33	09:45:38.80	09:45:54.50	+04:51:40 (49.8%)	10:55	5.5 (50.5%)
378	BOGACZYK Piotr	571		M-20	21	01:57:52	03:38:14	05:20:15	07:00:29	08:26:58	09:44:15.45	09:46:11.45	+04:51:57 (49.8%)	10:54	5.5 (50.5%)
379	ŁAGOWSKI Hubert	210		M-30	117	01:59:05	03:38:49	05:21:24	07:01:43	08:25:55	09:45:37.05	09:46:26.60	+04:52:12 (49.8%)	10:55	5.5 (50.5%)
380	FILIPIAK Sebastian	97	LZS LIPA	M-40	157	01:50:55	03:40:10	05:24:47	07:01:02	08:21:27	09:45:31.65	09:46:29.30	+04:52:15 (49.8%)	10:55	5.5 (50.5%)
381	MUSIAL Radosław	19		M-40	158	02:02:53	03:42:05	05:27:58	07:08:30		09:47:27.90	09:48:11.35	+04:53:57 (50.0%)	10:57	5.5 (50.5%)
382	JOŃCZYK Marcin	438		M-40	159	01:57:22	03:48:03	05:35:37	07:04:20	08:28:20	09:47:35.15	09:48:16.30	+04:54:02 (50.0%)	10:57	5.5 (50.5%)
383	HATALSKI Wojciech	118		M-30	118	02:02:51	03:36:59	05:19:22	06:54:47	08:27:47	09:47:38.70	09:48:24.90	+04:54:10 (50.0%)	10:57	5.5 (50.5%)
384	JOŃCZYK Bartłomiej	473		M-30	119	01:57:24	03:48:03	05:35:37	07:08:34	08:27:49	09:47:51.95	09:48:32.75	+04:54:18 (50.0%)	10:58	5.5 (50.5%)
385	OSIKOWSKA Monika	386	HRMAX ŻORY	K-30	12	02:04:38	04:04:32	05:44:45	07:19:12	08:33:34	09:49:32.65	09:50:32.70	+04:56:18 (50.2%)	10:59	5.5 (50.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat						Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						Czechy 13.3km	Czechy 22.1km	Pasterka 32.8km	Parking 39.9km	Skaly 46.7km	53.6km	53.6km			
386	GRZENKOWICZ Jacek	235	WYMIATACZE	M-50	26	02:03:49	03:57:10	05:34:17	07:10:11	08:28:33	09:50:26.00	09:51:10.90	+04:56:56 (50.2%)	11:00	5.4 (49.5%)
387	DĄBROWSKI Artur	390		M-30	120	02:01:29	03:57:06	05:35:34	07:12:58	08:30:43	09:51:30.05	09:51:49.75	+04:57:35 (50.3%)	11:02	5.4 (49.5%)
388	PRUSIEWICZ Beata	531	ANTONÓWKI	K-50	4	02:00:25	03:49:44	05:31:24	07:13:42	08:31:50	09:51:25.60	09:51:59.75	+04:57:45 (50.3%)	11:02	5.4 (49.5%)
389	OSSOWSKI Arkadiusz	542	RUNEDA	M-40	160	02:03:54	03:57:11	05:34:22	07:13:36	08:34:43	09:51:38.35	09:52:25.00	+04:58:10 (50.3%)	11:02	5.4 (49.5%)
390	WISTUBA Wiesława	385	HRMAXŻORY	K-40	36	02:04:38	04:04:33	05:44:51	07:20:54	08:33:55	09:52:37.45	09:53:36.80	+04:59:22 (50.4%)	11:03	5.4 (49.5%)
391	FIJAŁKOWSKI Wojciech	223	MONAR GRACZE	M-50	27	02:03:40	03:50:21	05:35:18	07:13:44	08:36:25	09:52:36.45	09:53:38.65	+04:59:24 (50.4%)	11:03	5.4 (49.5%)
392	MAŁKIEWICZ Dariusz	342	PGB SPORTOWA PACZKA	M-40	161	01:49:15	03:40:21	05:36:44	07:17:15	08:39:25	09:53:23.15	09:53:40.20	+04:59:26 (50.4%)	11:04	5.4 (49.5%)
393	CZAPIGA Robert	7	ZAWSZE Z GŁOWĄ	M-40	162	02:00:09	03:47:58	05:30:57	07:08:39	08:30:50	09:53:02.85	09:54:00.20	+04:59:46 (50.5%)	11:03	5.4 (49.5%)
394	RZESZOT Łukasz	254	BIEGAM ŻEBY BARTEK MÓGŁ BIEGAĆ	M-30	121	01:53:07	03:51:01	05:44:05	07:20:38	08:41:56	09:53:45.35	09:54:02.20	+04:59:48 (50.5%)	11:04	5.4 (49.5%)
395	KOŚCIELNIAK Marek	537	MUAY RUNNING TEAM	M-40	163	02:12:53	04:05:12	05:41:53	07:17:36	08:39:56	09:54:34.50	09:54:50.50	+05:00:36 (50.5%)	11:05	5.4 (49.5%)
396	DRAJERCZAK Marlena	538	MUAY RUNNING TEAM	K-40	37	02:14:22	04:05:06	05:42:43	07:19:50	08:43:19	09:54:32.70	09:54:50.70	+05:00:36 (50.5%)	11:05	5.4 (49.5%)
397	SKORUPSKA Julia	100		K-40	38	01:58:17	03:49:15	05:29:54	07:14:24	08:36:02	09:54:22.45	09:54:51.65	+05:00:37 (50.5%)	11:05	5.4 (49.5%)
398	BIAŁA Małgorzata	23		K-30	13	02:01:45	03:47:07	05:32:10	07:14:30	08:32:12	09:54:41.50	09:55:00.30	+05:00:46 (50.5%)	11:05	5.4 (49.5%)
399	SZYNKLEWSKI Maciej	450	QUAY POZNAŃ	M-50	28	02:05:08	03:54:03	05:42:59	07:20:50	08:38:36	09:54:01.65	09:55:03.85	+05:00:49 (50.6%)	11:04	5.4 (49.5%)
400	TURCZYŃSKA Monika	314	LECZO TEAM	K-40	39	02:04:22	03:55:43	05:45:11	07:21:08	08:39:02	09:54:38.30	09:55:20.65	+05:01:06 (50.6%)	11:05	5.4 (49.5%)
401	SZUMLAS Marcin	28	#SZUMITEAM	M-30	122	02:04:15	03:56:34	05:37:05	07:13:34	08:34:27	09:54:40.75	09:55:27.10	+05:01:13 (50.6%)	11:05	5.4 (49.5%)
402	LOBA Damian	562	ŚWIERCZEWO RUN	M-50	29	02:13:24	04:05:08	05:42:50	07:19:52	08:39:14	09:55:53.05	09:56:10.30	+05:01:56 (50.6%)	11:07	5.4 (49.5%)
403	GLINA-KRAWCZYK Małgorzata	153	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	K-40	40	02:05:04	03:54:34	05:40:43	07:14:09	08:35:12	09:55:06.95	09:56:11.60	+05:01:57 (50.6%)	11:06	5.4 (49.5%)
404	DAWIDOWICZ Aleksander	315	ALEX TEAM	M-40	164	02:06:29	03:57:13	05:47:56	07:27:28	08:37:58	09:56:20.25	09:56:20.25	+05:02:06 (50.7%)	11:07	5.4 (49.5%)
405	WILKOWSKI Krzysztof	165	FOR-REST-RUN KOSZALIN	M-40	165	01:58:19	03:39:22	05:23:41	07:03:08	08:34:08	09:55:28.40	09:56:23.05	+05:02:09 (50.7%)	11:06	5.4 (49.5%)
406	DĄBROWSKA Iza	589	GRUNWALD TEAM POZNAŃ	K-40	41	02:14:21	04:05:06	05:42:44	07:19:48	08:43:24	09:56:38.50	09:56:56.65	+05:02:42 (50.7%)	11:07	5.4 (49.5%)
407	PLEWA Tomasz	236		M-40	166	01:42:37	03:24:09	05:12:33	07:05:03	08:38:11	09:57:05.70	09:57:34.75	+05:03:20 (50.8%)	11:08	5.4 (49.5%)
408	KRAJEWSKI Przemysław	336	LECZO TEAM	M-40	167	02:04:20	03:55:41	05:45:21	07:21:57	08:39:08	09:57:27.85	09:58:11.10	+05:03:57 (50.8%)	11:08	5.4 (49.5%)
409	KAROLCZAK Piotr	5		M-30	123	01:40:16	03:13:23	04:52:01	06:48:29	08:04:11	09:59:11.85	09:59:31.60	+05:05:17 (50.9%)	11:10	5.4 (49.5%)
410	JUSKOWIAK Alina	519	GRUNWALD TEAM POZNAŃ	K-30	14	02:03:41	04:02:22	05:42:19	07:25:18	08:42:49	09:59:17.45	09:59:55.30	+05:05:41 (51.0%)	11:10	5.4 (49.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat						Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						Czechy 13.3km	Czechy 22.1km	Pasterka 32.8km	Parking 39.9km	Skaly 46.7km	53.6km	53.6km			
411	GRABIŃSKI Wojciech	551	DRUŻYNA GRUNWALD TEAM POZNAŃ	M-20	22	02:03:43	04:02:24	05:42:18	07:25:19	08:42:55	09:59:19.00	09:59:55.95	+05:05:41 (51.0%)	11:10	5.4 (49.5%)
412	KAŁWIŃSKI Adam	446	RUN HARD SYSTEM TEAM	M-40	168	01:47:03	03:49:09	05:45:35	07:27:52	08:45:24	10:00:11.80	10:00:33.65	+05:06:19 (51.0%)	11:11	5.4 (49.5%)
413	KRZTOŃ Krzysztof	205		M-20	23	01:58:39	03:47:18	05:31:41	07:13:30	08:39:44	09:59:43.50	10:00:38.20	+05:06:24 (51.0%)	11:11	5.4 (49.5%)
414	KADŁUBOWSKI Piotr	197	KOTWICA BRZEG	M-40	169	01:57:24	03:49:54	05:43:39	07:22:02	08:52:03	10:01:55.70	10:02:54.55	+05:08:40 (51.2%)	11:13	5.3 (48.6%)
415	GÓRNIAK Łukasz	357		M-40	170	02:03:34	03:58:09	05:44:20	07:27:12	08:45:07	10:06:34.65	10:07:15.65	+05:13:01 (51.5%)	11:18	5.3 (48.6%)
416	DZIKOŃ Małgorzata	255	BIAŁOSTOCKA SEKTA BIEGACZY	K-30	15	02:07:07	03:59:39	05:43:23	07:26:06	08:45:15	10:07:16.50	10:07:51.25	+05:13:37 (51.6%)	11:19	5.3 (48.6%)
417	SYPNIEWSKA Hanna	227	SPARTANIEDZIECIOM	K-60	2	02:15:10	04:23:05	06:03:15	07:37:29	08:51:34	10:06:55.40	10:07:52.55	+05:13:38 (51.6%)	11:19	5.3 (48.6%)
418	ŁUŻYŃSKA Katarzyna	352		K-40	42	02:13:00	03:59:34	05:45:26	07:22:57	08:44:54	10:08:20.90	10:09:19.40	+05:15:05 (51.7%)	11:20	5.3 (48.6%)
419	SZUMNY Paweł	247		M-30	124	01:59:01	03:48:11	05:41:23	07:22:58	08:48:17	10:08:27.15	10:09:21.55	+05:15:07 (51.7%)	11:21	5.3 (48.6%)
420	WOJDASZKA Katarzyna	376		K-30	16	02:06:24	04:04:47	05:51:19	07:31:40	08:53:17	10:10:57.50	10:11:37.10	+05:17:23 (51.9%)	11:23	5.3 (48.6%)
421	SŁAPEK Maria	578		K-40	43	02:03:19	04:04:27	05:50:54	07:28:21	08:53:04	10:11:54.20	10:12:10.00	+05:17:55 (51.9%)	11:24	5.3 (48.6%)
422	WYSOCKA-BABST Ewelina	565		K-40	44	02:11:53	04:04:27	05:50:51	07:30:37	08:53:00	10:14:05.05	10:14:20.05	+05:20:06 (52.1%)	11:27	5.2 (47.7%)
423	WACHOWIAK Agata	365		K-50	5	02:15:16	04:10:55	06:02:06	07:37:55	08:53:09	10:13:51.35	10:14:49.65	+05:20:35 (52.1%)	11:27	5.2 (47.7%)
424	GAIK Maciej	412	ZTZ BIEGNIJ BRACIE	M-40	171	01:41:57	03:22:23	05:14:06	07:10:22	08:50:15	10:15:49.50	10:15:59.15	+05:21:45 (52.2%)	11:29	5.2 (47.7%)
425	KORNAŚ Marcin	9	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	M-40	172	02:09:52	04:01:51	05:47:10	07:26:25	08:49:58	10:14:58.30	10:16:03.65	+05:21:49 (52.2%)	11:28	5.2 (47.7%)
426	SAJDAK Dominika	544		K-30	17	02:07:15	04:01:25	05:48:37	07:30:47	08:57:33	10:18:19.90	10:18:46.65	+05:24:32 (52.4%)	11:32	5.2 (47.7%)
427	PUSTELNIK Ewa	344	HRMAX	K-40	45	02:11:01	04:15:44	05:58:45	07:36:37	08:58:16	10:18:12.60	10:19:11.45	+05:24:57 (52.5%)	11:32	5.2 (47.7%)
428	SIEMIERNIK Dariusz	533	TYMO	M-40	173	01:58:25	04:00:25	05:51:31	07:27:23	08:51:01	10:20:13.70	10:20:21.90	+05:26:07 (52.6%)	11:34	5.2 (47.7%)
429	ZYWAR Michał Zywar	256		M-30	125	01:47:56	03:32:00	05:16:46	07:13:35	08:45:24	10:20:51.85	10:21:35.30	+05:27:21 (52.7%)	11:35	5.2 (47.7%)
430	ZIEMKOWSKA Monika	112		K-40	46	02:17:01	04:11:31	06:01:54	07:41:13		10:24:18.20	10:24:41.25	+05:30:27 (52.9%)	11:38	5.2 (47.7%)
431	ŻOŁNIEROWICZ Joanna	115	BIEGAM BO LUBIĘ ZĄBKI TEAM	K-30	18	02:10:23	04:08:01	05:53:43	07:38:02		10:27:01.75	10:27:33.55	+05:33:19 (53.1%)	11:41	5.1 (46.8%)
432	MORAWSKA Karolina	87	BIEGAM BO LUBIĘ ZĄBKI TEAM	K-30	19	02:10:24	04:08:02	05:53:47	07:38:06		10:27:01.95	10:27:33.65	+05:33:19 (53.1%)	11:41	5.1 (46.8%)
433	HOFFMANN Grzegorz	11		M-40	174	02:09:21	04:00:42	05:49:01	07:27:21	08:53:10	10:26:43.65	10:27:37.10	+05:33:23 (53.1%)	11:41	5.1 (46.8%)
Przekroczony limit czasu: 10:30:00															
LIM	GĄCIARSKI Krystian	16	FIZJOBIEGACZE SZCZECIN	M-20		02:25:21	04:23:00	06:08:34	07:47:08		10:54:05.95	10:55:15.00		0:00	4.9 (45.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat						Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						13.3km	Czechy 22.1km	Pasterka 32.8km	Parking 39.9km	Skaly 46.7km	53.6km	53.6km			
	PIOTROWICZ Sławomir	261	DEAF RUUNES		M-30	02:04:53 DNF	03:58:26 DNF	05:42:27 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	STANISŁAWSKI Piotr	137			M-40	02:12:46 DNF	04:14:17 DNF	06:06:30 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	GŁUSZCZAK Jerzy	270			M-60	02:06:00 DNF	04:11:20 DNF	06:07:12 DNF	07:55:49 DNF	DNF	DNF	DNF	-	-	(0.0%)
	IWANICKI Michał	457	ACCELERATING POLAND		M-30	01:38:01 DNF	02:52:37 DNF	04:12:50 DNF	05:41:38 DNF	DNF	DNF	DNF	-	-	(0.0%)
	LEWKOWSKI Aleksander	427			M-30	01:51:37 DNF	03:36:33 DNF	05:18:44 DNF	07:12:12 DNF	DNF	DNF	DNF	-	-	(0.0%)
	KALITA Tomasz	534	BIAŁOSTOCKA SEKTA BIEGACZY		M-50	02:04:23 DNF	03:59:36 DNF	05:42:34 DNF	07:22:38 DNF	DNF	DNF	DNF	-	-	(0.0%)
	KIERZKOWSKI Marcin	308	BIAŁOSTOCKA SEKTA BIEGACZY		M-40	02:04:22 DNF	03:59:37 DNF	05:42:35 DNF	07:25:23 DNF	DNF	DNF	DNF	-	-	(0.0%)
	MLECZEK Tadeusz	317			M-60	02:05:38 DNF	03:56:24 DNF	05:46:58 DNF	07:32:07 DNF	DNF	DNF	DNF	-	-	(0.0%)
	ZADROŻNY Szymon	15	WATAHA WAŁCZ		M-40	02:04:09 DNF	03:58:12 DNF	05:44:51 DNF	07:37:01 DNF	DNF	DNF	DNF	-	-	(0.0%)
	RUTKOWSKA Anna	68	WATAHA WAŁCZ		K-50	02:04:16 DNF	03:58:17 DNF	05:44:47 DNF	07:37:09 DNF	DNF	DNF	DNF	-	-	(0.0%)
	OKRÓJ Dawid	238			M-30	02:05:16 DNF	03:58:28 DNF	05:42:34 DNF	07:38:06 DNF	DNF	DNF	DNF	-	-	(0.0%)
	KUDEŁKA Janusz	321			M-50	02:02:07 DNF	04:05:30 DNF	05:50:18 DNF	07:38:42 DNF	DNF	DNF	DNF	-	-	(0.0%)
	MAZURKIEWICZ Michał	274	KOMPANIA LEŚNA		M-40	01:59:10 DNF	03:55:46 DNF	05:51:10 DNF	07:42:11 DNF	DNF	DNF	DNF	-	-	(0.0%)
	SCHABEK Łukasz	266	#CZELADZBIEGA		M-20	02:12:57 DNF	04:08:59 DNF	05:57:51 DNF	07:43:54 DNF	DNF	DNF	DNF	-	-	(0.0%)
	MAJCHRZYK Dorota	234	#CZELADZBIEGA		K-40	02:12:57 DNF	04:08:59 DNF	05:57:52 DNF	07:43:58 DNF	DNF	DNF	DNF	-	-	(0.0%)
	CHOLEWICKA Ewelina	377			K-30	02:12:32 DNF	04:08:26 DNF	05:59:32 DNF	07:47:09 DNF	DNF	DNF	DNF	-	-	(0.0%)
	LIBUCKI Andrzej	103			M-40	01:56:59 DNF	03:50:01 DNF	05:41:12 DNF	07:47:54 DNF	DNF	DNF	DNF	-	-	(0.0%)
	WIŚNIEWSKA Barbara	50	HUSARIA RACE TEAM		K-30	02:12:21 DNF	04:10:43 DNF	06:07:57 DNF	07:52:37 DNF	DNF	DNF	DNF	-	-	(0.0%)
	TOKARZEWSKI Dariusz	277			M-40	02:03:23 DNF	03:57:51 DNF	05:54:31 DNF	07:54:52 DNF	DNF	DNF	DNF	-	-	(0.0%)
	GRAMACKI Szymon	80	PROJEKT BRACIA		M-20	01:16:06 DNF	02:16:09 DNF	03:29:08 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	LIZAKOWSKI Piotr	454	NYHA IV SZCZECIN		M-40	01:38:00 DNF	03:00:48 DNF	04:28:34 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	PIOTROWSKI Krzysztof	46	LEGNICKIE MORSY		M-30	01:44:29 DNF	03:11:05 DNF	04:38:43 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	KUŹMICZ Wojciech	425			M-30	DNF	DNF	04:55:12 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	PIETROWSKI Mariusz	82			M-50	01:40:06 DNF	03:05:14 DNF	04:56:02 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	SULIK Agnieszka	145	WARSAW MASTERS TEAM		K-30	01:28:59 DNF	02:55:20 DNF	05:20:10 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czechy	Czechy	Pasterka	Parking	Skaly	Czas netto	Czas brutto	Różn	Tempo	Tempo
						13.3km	22.1km	32.8km	39.9km	46.7km	53.6km	53.6km		min/km	km/h
	KĘDZIORA Tomasz	60	POBIEDZISKA RUNNING TEAM	M-40		01:43:34 DNF	03:38:28 DNF	05:22:51 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	SZARLIK Przemysław	411		M-40		01:54:54 DNF	03:53:33 DNF	05:42:58 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	ŁUGOWSKI Karol	69		M-30		01:54:40 DNF	03:46:09 DNF	05:54:33 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	CIEŚLAWSKI Jan	105		M-40		01:57:51 DNF	03:46:54 DNF	05:54:39 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	ORŁOWSKI Daniel	184	BESTWHISKYMARKET.COM	M-40		02:11:56 DNF	04:04:14 DNF	05:56:17 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	BARTKOWIAK Michał	479		M-20		02:12:54 DNF	04:07:43 DNF	05:59:41 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	BALKIEWICZ Henryk	496	LEGNICA	M-50		02:05:18 DNF	04:04:42 DNF	06:01:36 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	FALKOWSKA Sandra	281	MOTIV HOME TEAM	K-30		02:01:32 DNF	03:55:40 DNF	06:06:28 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	DURA Piotr	178	PKB ENDORFINA	M-50		02:12:32 DNF	04:13:20 DNF	06:10:33 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	DANIELAK Radosław	440	HOTEL 'AMAZONKA' TEAM	M-40		02:13:14 DNF	04:19:28 DNF	06:10:39 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	NOWICKI Jarosław	396		M-40		01:56:21 DNF	04:01:22 DNF	06:10:41 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	ZAJĄC Andrzej	38	DRUŻYNA SZPIKU	M-30		02:15:11 DNF	04:21:26 DNF	06:11:45 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	SRADOMSKA Barbara	370	HRMAX ŻORY	K-40		02:11:04 DNF	04:15:43 DNF	06:11:59 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	MACURA Ewa	339	HRMAX ZORY	K-50		02:04:39 DNF	04:15:43 DNF	06:12:07 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	GRĘZEL-GAWRON Jolanta	171		K-40		02:18:31 DNF	04:18:43 DNF	06:16:20 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	GAWRON Bartłomiej	175		M-40		02:18:29 DNF	04:18:56 DNF	06:16:26 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	RZEPKA Remigiusz	177	GREENBUD	M-40		02:31:28 DNF	03:49:14 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	WRZOSEK Patryk	24	#CZELADZBIEGA	M-30		01:57:14 DNF	04:00:04 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	OLECHNOWICZ Maciej	95		M-30		02:11:44 DNF	04:18:19 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	ANTOSZ Monika	507		K-40		02:22:40 DNF	04:22:35 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	JURGIEL-ŻYŁA Przemysław	516		M-30		02:13:27 DNF	04:23:13 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	WRZOSEK Karolina	12	#CZELADZBIEGA	K-30		02:19:03 DNF	04:24:40 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	PODSIADŁY Robert	271	CHATA BIEGACZA K34	M-60		02:15:46 DNF	04:30:25 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	SZCZERBIAK Marcin	102	DRUŻYNA BSS	M-40		02:19:37 DNF	04:31:28 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	CHOLEWIŃSKA Longina	99	HERNIK TEAM	K-50		02:27:06 DNF	04:37:52 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czechy 13.3km	Czechy 22.1km	Pasterka 32.8km	Parking 39.9km	Skaly 46.7km	Czas netto 53.6km	Czas brutto 53.6km	Różn	Tempo min/km	Tempo km/h
	LUDKOWSKA Urszula	444		K-40		01:57:42 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	ORDZIEJEWSKI Dominik	36		M-30		02:10:56 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	ZIELINSKI Damian	176		M-30		02:10:58 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	ZAWADZKA Beata	30	AGB TORFY	K-40		02:19:23 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	MOSZCZYŃSKA-GAPIŃSKA Anna	78		K-50		02:23:08 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	SIKORSKA Mariola	70		K-40		02:32:08 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	MAŚLANIK Piotr	292	WIECZORNE BIEGANIE W SZCZECINIE	M-40		02:32:18 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	ZAJĄC Krzysztof	146	DRUŻYNA SZPIKU/WKURW_TEAM/BEZULTRADZIKI	M-40		02:40:00 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	RĘKAWEK Izabela	207		K-40		02:43:43 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	ZIELIŃSKA Sabina	65	#DREAMTEAM	K-40		DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	RZEPKA Alicja	305	GREENBUD	K-20		DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 495 wynik(ów)