

ULTRAJANOSIK 10 KM LEDWO DYCHA

B4SPORT

Wydarzenie: ULTRAJANOSIK 2019
Organizator: Fundacja Na Ratunek
Data: 2019-09-01
Miejsce: Zespół Rekreacyjny Polana Sosny - Niedzica
Dystans: 10 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	GABRYŚ Rafał	155	KAWIK RUNNING TEAM	Senior Mężczyzn	1	00:15:33	00:37:49.85	00:37:49.85		3:46	15.9 (100%)
2	GAWLIK Sławek	29		Senior Mężczyzn	2	00:15:49	00:38:19.85	00:38:19.85	+00:00:30 (1.3%)	3:49	15.7 (98.7%)
3	TOKARCZYK Piotr	108	BRYGADA BESKIDÓW	Senior Mężczyzn	3	00:16:45	00:38:26.10	00:38:26.10	+00:00:36 (1.6%)	3:50	15.6 (98.1%)
4	SZMIST Szymon	105	KB.ATHLETIC ZRĘCIN	Master Mężczyzn	1	00:16:18	00:39:24.50	00:39:24.50	+00:01:34 (4.0%)	3:56	15.2 (95.6%)
5	TARGOSZ Michał	107	FISI COMPRESSPORT NB TEAM	Master Mężczyzn	2	00:16:21	00:39:34.30	00:39:34.30	+00:01:44 (4.4%)	3:57	15.2 (95.6%)
6	KRZYSTYNIAK Robert	129	GORĄCY POTOK	Master Mężczyzn	3	00:16:23	00:39:42.90	00:39:42.90	+00:01:53 (4.7%)	3:58	15.1 (95.0%)
7	FIJAK Jan	125	BIO-NOVA TEAM	Weteran Mężczyzn	1	00:16:19	00:39:52.20	00:39:52.20	+00:02:02 (5.1%)	3:59	15.1 (95.0%)
8	DUDZIK Łukasz	21	GÓRAL BIEGA	Senior Mężczyzn	4	00:16:38	00:40:24.80	00:40:24.80	+00:02:34 (6.4%)	4:02	14.9 (93.7%)
9	CZAPLIŃSKI Jacek	17	TAGER SPORT	Master Mężczyzn	4	00:17:20	00:41:25.90	00:41:25.90	+00:03:36 (8.7%)	4:08	14.5 (91.2%)
10	ZALEWSKI Karol	149	JATRENUJE	Master Mężczyzn	5	00:17:20	00:41:54.70	00:41:54.70	+00:04:04 (9.7%)	4:11	14.3 (89.9%)
11	ZYGMUNT Tomasz	122		Senior Mężczyzn	5	00:17:11	00:41:56.80	00:41:56.80	+00:04:06 (9.8%)	4:11	14.3 (89.9%)
12	ADAMCZYK Martyna	2		Senior Kobiet	1	00:17:20	00:42:11.50	00:42:11.50	+00:04:21 (10.3%)	4:13	14.2 (89.3%)
13	MALEC Łukasz	59		Senior Mężczyzn	6	00:15:48	00:42:34.40	00:42:34.40	+00:04:44 (11.1%)	4:15	14.1 (88.7%)
14	TYNUS Grzegorz	148	ELTYN	Master Mężczyzn	6	00:17:17	00:42:46.65	00:42:46.65	+00:04:56 (11.6%)	4:16	14 (88.1%)
15	ROSIEK Daniel	85	ESKADRA KRAKÓW	Senior Mężczyzn	7	00:17:29	00:43:00.60	00:43:00.60	+00:05:10 (12.0%)	4:18	14 (88.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
16	NADKAŃSKI Marek	67	MOK MSZANA DOLNA	Weteran Mężczyzn	2	00:18:46	00:44:55.00	00:44:55.00	+00:07:05 (15.8%)	4:29	13.4 (84.3%)
17	SIVULKA Martin	94	MARAS TEAM	Master Mężczyzn	7	00:19:27	00:45:57.20	00:45:57.20	+00:08:07 (17.7%)	4:35	13.1 (82.4%)
18	FORTUNA Marcin	24	ŚWISZCZĄCY ŁAŃCUCH	Master Mężczyzn	8	00:19:31	00:47:49.40	00:47:49.40	+00:09:59 (20.9%)	4:46	12.5 (78.6%)
19	PACHURA Kinga	152	ULTRAMARATON BABIA GÓRA	Master Kobiet	1	00:20:00	00:48:08.65	00:48:08.65	+00:10:18 (21.4%)	4:48	12.5 (78.6%)
20	KOSIŃSKI Krzysztof	50	04.06.1905	Master Mężczyzn	9	00:19:58	00:48:42.05	00:48:42.05	+00:10:52 (22.3%)	4:52	12.3 (77.4%)
21	PATRO Bartłomiej	73		Senior Mężczyzn	8	00:20:43	00:48:54.30	00:48:54.30	+00:11:04 (22.6%)	4:53	12.3 (77.4%)
22	PAŁKA Justyna	71	LKS "KŁOS" OLKUSZ	Senior Kobiet	2	00:20:08	00:48:58.80	00:48:58.80	+00:11:08 (22.8%)	4:53	12.3 (77.4%)
23	ARENDARCZYK Rafał	3		Senior Mężczyzn	9		00:49:31.00	00:49:31.00	+00:11:41 (23.6%)	4:57	12.1 (76.1%)
24	SMOROŃ Barbara	96	ZAKŁAD REMONTOWO BUDOWLANY	Master Kobiet	2	00:20:47	00:49:31.20	00:49:31.20	+00:11:41 (23.6%)	4:57	12.1 (76.1%)
25	RZEMIŃSKA Kinga	89		Senior Kobiet	3	00:21:01	00:49:51.05	00:49:51.05	+00:12:01 (24.1%)	4:59	12 (75.5%)
26	MYŚLIWIEC Robert	136	WILD & FREE	Master Mężczyzn	10	00:21:09	00:49:54.60	00:49:54.60	+00:12:04 (24.2%)	4:59	12 (75.5%)
27	PARZONKA Michał	72	ŚWISZCZĄCY ŁAŃCUCH	Senior Mężczyzn	10	00:20:34	00:50:06.80	00:50:06.80	+00:12:16 (24.5%)	5:00	12 (75.5%)
28	RZEMIŃSKI Jacek	90		Master Mężczyzn	11	00:20:59	00:50:11.40	00:50:11.40	+00:12:21 (24.6%)	5:01	12 (75.5%)
29	GAJOWSKI Dariusz	28		Master Mężczyzn	12	00:21:14	00:50:19.45	00:50:19.45	+00:12:29 (24.8%)	5:01	11.9 (74.8%)
30	KRAKOVA Lucia	128	ZAMAGURSKÍ BEŽCI	Senior Kobiet	4	00:21:05	00:50:28.45	00:50:28.45	+00:12:38 (25.0%)	5:02	11.9 (74.8%)
31	JAGLARZ Jarosław	36	VELLOP	Weteran Mężczyzn	3	00:20:34	00:50:29.25	00:50:29.25	+00:12:39 (25.1%)	5:02	11.9 (74.8%)
32	ZAPOŁOCH Bożena	117	BIESZCZADZKI ODDZIAŁ STRAŻY GRANICZNEJ	Master Kobiet	3	00:21:29	00:50:30.25	00:50:30.25	+00:12:40 (25.1%)	5:03	11.9 (74.8%)
33	KONOPKA Krystian	49	FUNDACJANARATUNEK	Master Mężczyzn	13	00:20:46	00:50:45.80	00:50:45.80	+00:12:55 (25.5%)	5:04	11.8 (74.2%)
34	ZAWADZKI Damian	157	ACTIVE MALBORK	Senior Mężczyzn	11	00:20:36	00:50:57.90	00:50:57.90	+00:13:08 (25.8%)	5:05	11.8 (74.2%)
35	SADOWSKA-KLASA Alicja	92		Senior Kobiet	5	00:20:50	00:51:08.00	00:51:08.00	+00:13:18 (26.0%)	5:06	11.7 (73.6%)
36	GOLBIAK Wojciech	31		Master Mężczyzn	14	00:21:38	00:51:22.00	00:51:22.00	+00:13:32 (26.4%)	5:08	11.7 (73.6%)
37	ZDUNEK Michał	130	WKURW_TEAM	Master Mężczyzn	15	00:21:24	00:51:27.35	00:51:27.35	+00:13:37 (26.5%)	5:08	11.7 (73.6%)
38	ZMUDA Lukasz	120		Senior Mężczyzn	12	00:22:41	00:51:29.30	00:51:29.30	+00:13:39 (26.5%)	5:08	11.7 (73.6%)

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39	JACHERA Elżbieta	35	WINNICA SPISZ	Master Kobiet	4	00:21:52	00:52:12.30	00:52:12.30	+00:14:22 (27.5%)	5:13	11.5 (72.3%)
40	JASIŃSKA-KIEŁEK Marta	40		Master Kobiet	5	00:21:46	00:53:11.15	00:53:11.15	+00:15:21 (28.9%)	5:19	11.3 (71.1%)
41	PAZEROVÁ Katarína	78	RAMAGU, O.Z.	Senior Kobiet	6	00:21:36	00:53:29.20	00:53:29.20	+00:15:39 (29.3%)	5:20	11.2 (70.4%)
42	PIETRZAK Michał	81	BLOKUS	Master Mężczyzn	16	00:23:15	00:54:18.70	00:54:18.70	+00:16:28 (30.3%)	5:25	11 (69.2%)
43	PRĘDKIEWICZ Katarzyna	84	NIBYBIEGACZ :)	Senior Kobiet	7	00:22:45	00:54:51.45	00:54:51.45	+00:17:01 (31.0%)	5:29	10.9 (68.6%)
44	JAGODZIŃSKI Hubert	37	DZIK KOMANDO	Senior Mężczyzn	13		00:55:27.00	00:55:27.00	+00:17:37 (31.8%)	5:32	10.8 (67.9%)
45	STANEK Krzysztof	98		Master Mężczyzn	17	00:23:49	00:55:31.70	00:55:31.70	+00:17:41 (31.9%)	5:33	10.8 (67.9%)
46	KWIATKOWSKA Katarzyna	135	TSA SANDOMIERZ	Master Kobiet	6	00:22:52	00:55:33.80	00:55:33.80	+00:17:43 (31.9%)	5:33	10.8 (67.9%)
47	JACHERA Andrzej	147		Master Mężczyzn	18	00:24:01	00:55:44.65	00:55:44.65	+00:17:54 (32.1%)	5:34	10.8 (67.9%)
48	ZELENÁK Kamil	119	AUTOSERVIS ERIKA	Master Mężczyzn	19	00:23:42	00:56:39.55	00:56:39.55	+00:18:49 (33.2%)	5:39	10.6 (66.7%)
49	STEFANOWSKI Mariusz	100		Weteran Mężczyzn	4	00:23:56	00:57:20.30	00:57:20.30	+00:19:30 (34.0%)	5:44	10.5 (66.0%)
50	PACEK Katarzyna	70		Master Kobiet	7	00:24:52	00:57:31.35	00:57:31.35	+00:19:41 (34.2%)	5:45	10.4 (65.4%)
51	MACINA Dariusz	57		Weteran Mężczyzn	5	00:23:54	00:57:36.85	00:57:36.85	+00:19:47 (34.3%)	5:45	10.4 (65.4%)
52	DYMEL Małgorzata	22	CYKU PYKU RGB	Senior Kobiet	8	00:25:27	00:58:03.55	00:58:03.55	+00:20:13 (34.8%)	5:48	10.3 (64.8%)
53	KWIATKOWSKI Krzysztof	55	CYKU PYKU RGB	Senior Mężczyzn	14	00:25:27	00:58:03.65	00:58:03.65	+00:20:13 (34.8%)	5:48	10.3 (64.8%)
54	JURAS Ewa	43	DW KINGA	Senior Kobiet	9	00:23:57	00:58:12.80	00:58:12.80	+00:20:22 (35.0%)	5:49	10.3 (64.8%)
55	PIASTA Żaneta	79		Senior Kobiet	10	00:24:43	00:59:00.70	00:59:00.70	+00:21:10 (35.9%)	5:54	10.2 (64.2%)
56	MAŁOLEPSZA Aleksandra	61		Senior Kobiet	11	00:26:07	00:59:25.15	00:59:25.15	+00:21:35 (36.3%)	5:56	10.1 (63.5%)
57	PATRO Monika	74	LBL LUBIĘ BIEGAĆ LENIWIE	Master Kobiet	8	00:24:06	00:59:32.80	00:59:32.80	+00:21:42 (36.5%)	5:57	10.1 (63.5%)
58	JAMIŃSKI Paweł	153		Senior Mężczyzn	15	00:24:06	00:59:33.20	00:59:33.20	+00:21:43 (36.5%)	5:57	10.1 (63.5%)
59	FRAŤCZAK Jakub	25		Senior Mężczyzn	16	00:24:49	00:59:38.50	00:59:38.50	+00:21:48 (36.6%)	5:57	10.1 (63.5%)
60	KRYSTOSIK Agata	52		Senior Kobiet	12	00:25:07	00:59:44.30	00:59:44.30	+00:21:54 (36.7%)	5:58	10 (62.9%)
61	PAZERA Jozef	77	RAMAGU, O.Z.	Senior Mężczyzn	17	00:24:35	01:00:03.70	01:00:03.70	+00:22:13 (37.0%)	6:00	10 (62.9%)

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62	KŁODZIŃSKA Barbara	47	ULTRAMĘKI	Weteran Kobiet	1	00:24:39	01:00:39.60	01:00:39.60	+00:22:49 (37.6%)	6:03	9.9 (62.3%)
63	SZMIST Jadwiga	104	KB.ATHLETIC ZRĘCIN	Master Kobiet	9	00:25:31	01:00:55.35	01:00:55.35	+00:23:05 (37.9%)	6:05	9.8 (61.6%)
64	CZAJKA Agata	16	WSL	Senior Kobiet	13	00:24:33	01:01:01.10	01:01:01.10	+00:23:11 (38.0%)	6:06	9.8 (61.6%)
65	MICHALIK Krzysztof	64		Senior Mężczyzn	18	00:24:13	01:01:01.45	01:01:01.45	+00:23:11 (38.0%)	6:06	9.8 (61.6%)
66	ZĄZEL Wiesław	118		Senior Mężczyzn	19	00:23:58	01:01:02.40	01:01:02.40	+00:23:12 (38.0%)	6:06	9.8 (61.6%)
67	BOROWSKA Monika	11	ATOMÓWKI	Senior Kobiet	14	00:25:13	01:01:24.30	01:01:24.30	+00:23:34 (38.4%)	6:08	9.8 (61.6%)
68	FORTUNA Agata	126	ŚWISZCZĄCY ŁAŃCUCH	Senior Kobiet	15	00:25:53	01:01:39.85	01:01:39.85	+00:23:50 (38.7%)	6:09	9.7 (61.0%)
69	BISOWSKA Katarzyna	9	KOZY W UCHU	Master Kobiet	10	00:26:21	01:02:07.45	01:02:07.45	+00:24:17 (39.1%)	6:12	9.7 (61.0%)
70	MICHAŁEK Jarosław	151		Weteran Mężczyzn	6	00:24:46	01:02:30.90	01:02:30.90	+00:24:41 (39.5%)	6:15	9.6 (60.4%)
71	BOROWSKA Anna	12		Senior Kobiet	16	00:25:56	01:02:40.25	01:02:40.25	+00:24:50 (39.6%)	6:16	9.6 (60.4%)
72	PISZCZYŃSKA Izabela	82		Master Kobiet	11	00:24:52	01:02:48.30	01:02:48.30	+00:24:58 (39.8%)	6:16	9.6 (60.4%)
73	KACZMAREK Mariusz	150	SIEPRAWSKA PIĄTKA	Senior Mężczyzn	20	00:26:43	01:03:01.80	01:03:01.80	+00:25:11 (40.0%)	6:18	9.5 (59.7%)
74	SADOWIŃSKA Adriana	91	NOWA HUTA TEAM/WKURW_TEAM	Weteran Kobiet	2	00:25:17	01:03:35.00	01:03:35.00	+00:25:45 (40.5%)	6:21	9.4 (59.1%)
75	GOLBIAK Hubert	30		Senior Mężczyzn	21	00:24:51	01:03:36.80	01:03:36.80	+00:25:46 (40.5%)	6:21	9.4 (59.1%)
76	RAFAŁ Eliza	134		Master Kobiet	12	00:25:51	01:04:03.90	01:04:03.90	+00:26:14 (40.9%)	6:24	9.4 (59.1%)
77	KAMIŃSKA Agnieszka	44		Senior Kobiet	17	00:26:12	01:04:20.10	01:04:20.10	+00:26:30 (41.2%)	6:26	9.3 (58.5%)
78	KRÓL Edyta	170		Senior Kobiet	18	00:26:51	01:04:27.40	01:04:27.40	+00:26:37 (41.3%)	6:26	9.3 (58.5%)
79	HARATYK Roksana	34	DZIKIE MUSTANGI	Senior Kobiet	19	00:26:40	01:04:54.25	01:04:54.25	+00:27:04 (41.7%)	6:29	9.2 (57.9%)
80	FERFECKI Paweł	23	KKNW	Master Mężczyzn	20	00:26:40	01:04:54.40	01:04:54.40	+00:27:04 (41.7%)	6:29	9.2 (57.9%)
81	ULATOWSKA Daria	110	CELEBRYTKI	Master Kobiet	13	00:26:09	01:05:05.65	01:05:05.65	+00:27:15 (41.9%)	6:30	9.2 (57.9%)
82	WIERCHOLA Joanna	114		Dinozaur Kobiet	1	00:27:11	01:05:09.35	01:05:09.35	+00:27:19 (41.9%)	6:30	9.2 (57.9%)
83	RZADKOSZ Mateusz	88		Master Mężczyzn	21	00:25:36	01:05:21.85	01:05:21.85	+00:27:32 (42.1%)	6:32	9.2 (57.9%)
84	PODYMNIAK Leszek	133		Weteran Mężczyzn	7	00:28:11	01:05:26.10	01:05:26.10	+00:27:36 (42.2%)	6:32	9.2 (57.9%)

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85	PAWIAK-KUCHAREWICZ Gabriela	154	POCIĄG DO BIEGANIA	Master Kobiet	14	00:26:46	01:05:37.40	01:05:37.40	+00:27:47 (42.4%)	6:33	9.1 (57.2%)
86	PIĄTKOWSKA Hanna	80	COKE RUNNERS	Master Kobiet	15	00:27:03	01:05:38.60	01:05:38.60	+00:27:48 (42.4%)	6:33	9.1 (57.2%)
87	SZEWczyk Bożena	103		Weteran Kobiet	3	00:27:02	01:05:39.10	01:05:39.10	+00:27:49 (42.4%)	6:33	9.1 (57.2%)
88	WITCZAK Szymon	115		Master Mężczyzn	22	00:28:22	01:05:54.00	01:05:54.00	+00:28:04 (42.6%)	6:35	9.1 (57.2%)
89	BURCZYŃSKA Beata	15	ROSSMANN	Master Kobiet	16	00:28:18	01:05:59.70	01:05:59.70	+00:28:09 (42.7%)	6:35	9.1 (57.2%)
90	GADZINOWSKI Ignacy	27		Dinozaur Mężczyzn	1	00:26:12	01:06:08.90	01:06:08.90	+00:28:19 (42.8%)	6:36	9.1 (57.2%)
91	NOWAKOWSKA Manta	137		Master Kobiet	17	00:27:06	01:06:14.75	01:06:14.75	+00:28:24 (42.9%)	6:37	9.1 (57.2%)
92	CHORABIK Armand	139	ZABIEGANI MIELEC	Senior Mężczyzn	22	00:27:05	01:06:22.35	01:06:22.35	+00:28:32 (43.0%)	6:38	9 (56.6%)
92	PRZYWARA Dominika	138	ZABIEGANI MIELEC	Senior Kobiet	20	00:27:06	01:06:22.35	01:06:22.35	+00:28:32 (43.0%)	6:38	9 (56.6%)
94	BENEDIKOVA Zuzana	6	ZAMAGUSKÝ BEŽCI	Senior Kobiet	21	00:26:36	01:06:27.85	01:06:27.85	+00:28:38 (43.1%)	6:38	9 (56.6%)
95	JANIK Agnieszka	38	BRAK	Master Kobiet	18	00:27:22	01:06:56.10	01:06:56.10	+00:29:06 (43.5%)	6:41	9 (56.6%)
96	TOMASKOVIC Milan	158	ZDZIAR	Weteran Mężczyzn	8	00:27:47	01:07:07.10	01:07:07.10	+00:29:17 (43.6%)	6:42	8.9 (56.0%)
97	DERMAŃSKA Marta	19		Senior Kobiet	22	00:27:23	01:08:02.70	01:08:02.70	+00:30:12 (44.4%)	6:48	8.8 (55.3%)
98	ZABORSKA-JOZEFIK Izabela	116	POWER TRAINING	Weteran Kobiet	4	00:27:16	01:08:28.00	01:08:28.00	+00:30:38 (44.7%)	6:50	8.8 (55.3%)
99	BALON Marcin	4		Weteran Mężczyzn	9	00:28:06	01:08:31.90	01:08:31.90	+00:30:42 (44.8%)	6:51	8.8 (55.3%)
100	STANCLIK Karolina	97		Senior Kobiet	23	00:30:14	01:08:59.95	01:08:59.95	+00:31:10 (45.2%)	6:53	8.7 (54.7%)
101	PLASKOTA Frederic	83	IBM FRANCE PARIS	Master Mężczyzn	23	00:30:14	01:09:00.10	01:09:00.10	+00:31:10 (45.2%)	6:54	8.7 (54.7%)
102	SAJAK Agnieszka	93	DW KINGA	Senior Kobiet	24	00:27:25	01:09:04.90	01:09:04.90	+00:31:15 (45.2%)	6:54	8.7 (54.7%)
103	KIELUR Sylwia	45	MALIKI	Master Kobiet	19	00:26:24	01:09:49.10	01:09:49.10	+00:31:59 (45.8%)	6:58	8.6 (54.1%)
104	DADAŚ Elżbieta	18	NIGHT RUNNERS GLIWICE	Master Kobiet	20	00:29:28	01:11:14.45	01:11:14.45	+00:33:24 (46.9%)	7:07	8.4 (52.8%)
105	BUDZOWSKI Maciej	14		Master Mężczyzn	24	00:30:48	01:12:30.90	01:12:30.90	+00:34:41 (47.8%)	7:15	8.3 (52.2%)
106	STARAKIEWICZ Szymon	99		Senior Mężczyzn	23	00:30:49	01:12:31.60	01:12:31.60	+00:34:41 (47.8%)	7:15	8.3 (52.2%)
107	KLEMOVÁ Tinka	46	AUTOSERVIS ERIKA	Master Kobiet	21	00:29:11	01:13:32.90	01:13:32.90	+00:35:43 (48.6%)	7:21	8.2 (51.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
108	MALEC Marta	60		Master Kobiet	22	00:29:47	01:13:45.90	01:13:45.90	+00:35:56 (48.7%)	7:22	8.1 (50.9%)
109	PAWŁOWSKA Karolina	75		Senior Kobiet	25	00:30:00	01:14:37.50	01:14:37.50	+00:36:47 (49.3%)	7:27	8 (50.3%)
110	KRAJEWSKI Michał	156	WSL	Senior Mężczyzn	24	00:30:00	01:14:38.10	01:14:38.10	+00:36:48 (49.3%)	7:27	8 (50.3%)
111	JASTRZĘBSKI Krzysztof	41		Master Mężczyzn	25	00:30:27	01:15:00.50	01:15:00.50	+00:37:10 (49.6%)	7:30	8 (50.3%)
112	FRONK Sandra	26		Senior Kobiet	26	00:30:29	01:15:01.00	01:15:01.00	+00:37:11 (49.6%)	7:30	8 (50.3%)
113	MARKIEWICZ Aneta	62		Senior Kobiet	27	00:30:04	01:15:19.15	01:15:19.15	+00:37:29 (49.8%)	7:31	8 (50.3%)
114	RYCERSKA Magdalena	87		Master Kobiet	23	00:30:03	01:15:19.25	01:15:19.25	+00:37:29 (49.8%)	7:31	8 (50.3%)
115	WRONKOWSKA Katarzyna	145		Master Kobiet	24	00:30:40	01:16:04.35	01:16:04.35	+00:38:14 (50.3%)	7:36	7.9 (49.7%)
116	ŁĘŻNIAK Arkadiusz	56		Weteran Mężczyzn	10	00:31:11	01:17:49.60	01:17:49.60	+00:39:59 (51.4%)	7:46	7.7 (48.4%)
117	ZOCHNIAK Anna	121		Weteran Kobiet	5	00:30:58	01:18:12.10	01:18:12.10	+00:40:22 (51.6%)	7:49	7.7 (48.4%)
118	KOTARBA Katarzyna	127	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ	Master Kobiet	25	00:33:20	01:19:27.25	01:19:27.25	+00:41:37 (52.4%)	7:56	7.6 (47.8%)
119	RUTKOWSKA Olga	86		Senior Kobiet	28	00:32:53	01:21:01.30	01:21:01.30	+00:43:11 (53.3%)	8:06	7.4 (46.5%)
120	GĄGALSKI Łukasz	143	BIKE FUN LEGIONOWO	Master Mężczyzn	26	00:32:24	01:21:29.55	01:21:29.55	+00:43:39 (53.6%)	8:08	7.4 (46.5%)
121	OPARA Maja	141	BRAVEHEARTS LEGIONOWO	Master Kobiet	26	00:32:23	01:21:29.85	01:21:29.85	+00:43:40 (53.6%)	8:08	7.4 (46.5%)
122	KOŚCIELSKI Mateusz	142	BRAVEHEARTS LEGIONOWO	Master Mężczyzn	27	00:32:23	01:21:30.00	01:21:30.00	+00:43:40 (53.6%)	8:09	7.4 (46.5%)
123	DUCZMALEWSKA Anna	140	BRAVEHEARTS LEGIONOWO	Master Kobiet	27	00:32:24	01:21:30.15	01:21:30.15	+00:43:40 (53.6%)	8:09	7.4 (46.5%)
124	SOSNOWSKA Justyna	144	POWER TRAINING	Senior Kobiet	29	00:32:48	01:27:10.45	01:27:10.45	+00:49:20 (56.6%)	8:43	6.9 (43.4%)
124	NOGAŃSKI Paweł	146	POWER TRAINING	Senior Mężczyzn	25	00:32:48	01:27:10.45	01:27:10.45	+00:49:20 (56.6%)	8:43	6.9 (43.4%)
126	BĄCZEK Krzysztof	5	GRUPA JURA'PL	Master Mężczyzn	28	00:34:23	01:28:06.00	01:28:06.00	+00:50:16 (57.1%)	8:48	6.8 (42.8%)
127	DĘBOWSKI Daniel	20	COKE RUNNERS	Master Mężczyzn	29	00:34:18	01:28:10.05	01:28:10.05	+00:50:20 (57.1%)	8:49	6.8 (42.8%)
128	ŚRUBARSKA Agata	132		Weteran Kobiet	6	00:44:49	01:48:47.60	01:48:47.60	+01:10:57 (65.2%)	10:52	5.5 (34.6%)
129	MARCINIEC Łukasz	131		Weteran Mężczyzn	11	00:44:48	01:48:48.35	01:48:48.35	+01:10:58 (65.2%)	10:52	5.5 (34.6%)