



# V DYCHA NA JELENI SKOK

B4SPORT

**Wydarzenie:** VIII FESTIWAL BIEGU RZEŹNIKA  
**Organizator:** Fundacja Bieg Rzeźnika  
**Data:** 2022-06-18  
**Miejsce:** Cisna  
**Dystans:** 11 km

**B4SPORT**  
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 11km	Czas brutto 11km	Różn	Tempo min/km	Tempo km/h
1	<b>GRĄDZIEL Dominik</b>	<b>4217</b>	ATTIQ TEAM	M30	1	<b>00:53:48.45</b>	<b>00:53:49.70</b>		4:53	12.3 (100%)
2	<b>LUŻNIAK Damian</b>	<b>4462</b>	SCI GÓRSCY ENTUZJAŚCI	M30	2	<b>00:57:15.50</b>	<b>00:57:17.10</b>	+00:03:27 (6.0%)	5:12	11.5 (93.5%)
3	<b>WRÓBEL Przemysław</b>	<b>4211</b>		M40	1	<b>00:57:28.65</b>	<b>00:57:29.60</b>	+00:03:39 (6.4%)	5:13	11.5 (93.5%)
4	<b>CABAJ Łukasz</b>	<b>4362</b>	HARPAGAN TARNOBRZEG	M30	3	<b>00:57:37.85</b>	<b>00:57:38.80</b>	+00:03:49 (6.6%)	5:14	11.5 (93.5%)
5	<b>JAKUBIK Marcin</b>	<b>4189</b>	MKS HALICZ PSG KROŚCIENKO	M30	4	<b>00:58:26.95</b>	<b>00:58:28.00</b>	+00:04:38 (7.9%)	5:18	11.3 (91.9%)
6	<b>MULARCZYK Paweł</b>	<b>4256</b>	GRUPA JURA'PL	M30	5	<b>00:58:26.75</b>	<b>00:58:28.30</b>	+00:04:38 (7.9%)	5:18	11.3 (91.9%)
7	<b>ZYGMUNT Tomasz</b>	<b>4254</b>	ULTRA WYJADACZE	M20	1	<b>00:59:55.80</b>	<b>00:59:58.25</b>	+00:06:08 (10.2%)	5:26	11 (89.4%)
8	<b>SKAWIŃSKI Tomasz</b>	<b>4201</b>	GOPR BIESZCZADY	M40	2	<b>01:00:29.80</b>	<b>01:00:31.20</b>	+00:06:41 (11.1%)	5:29	10.9 (88.6%)
9	<b>SABAT Sebastian</b>	<b>4461</b>		M20	2	<b>01:03:43.55</b>	<b>01:03:43.55</b>	+00:09:53 (15.5%)	5:47	10.4 (84.6%)
10	<b>KAPUSTA-SZYDŁAK Sylwia</b>	<b>4259</b>		K40	1	<b>01:03:48.10</b>	<b>01:03:50.10</b>	+00:10:00 (15.7%)	5:48	10.3 (83.7%)
11	<b>SZYBIAK Maciej</b>	<b>4323</b>	TEMPO 5 PRZEMYSŁ	M20	3	<b>01:05:25.95</b>	<b>01:05:26.70</b>	+00:11:37 (17.8%)	5:56	10.1 (82.1%)
12	<b>MLAŚ Ireneusz</b>	<b>4165</b>	IPA PRZEMYSŁ	M30	6	<b>01:05:37.50</b>	<b>01:05:39.35</b>	+00:11:49 (18.0%)	5:57	10.1 (82.1%)
13	<b>JAGNIĄTKOWSKI Jacek</b>	<b>4319</b>		M40	3	<b>01:05:37.50</b>	<b>01:05:39.40</b>	+00:11:49 (18.0%)	5:57	10.1 (82.1%)
14	<b>CHAJEC Michał</b>	<b>4102</b>		M30	7	<b>01:05:40.35</b>	<b>01:05:42.70</b>	+00:11:53 (18.1%)	5:58	10.1 (82.1%)
15	<b>BIGAS Jakub</b>	<b>4346</b>		M30	8	<b>01:06:12.15</b>	<b>01:06:19.50</b>	+00:12:29 (18.8%)	6:01	10 (81.3%)
16	<b>MIGDAL Michał</b>	<b>4466</b>	MARKOWI BIEGACZE	M30	9	<b>01:07:47.50</b>	<b>01:07:50.70</b>	+00:14:01 (20.7%)	6:09	9.7 (78.9%)
17	<b>SKOWROŃSKI Błażej</b>	<b>4115</b>	DZIK KOMANDO	M30	10	<b>01:08:20.55</b>	<b>01:08:26.05</b>	+00:14:36 (21.3%)	6:12	9.7 (78.9%)
18	<b>PIETRAS Ryszard</b>	<b>4478</b>	STAY INSANE/BIEGAM Z ABS	M50	1	<b>01:08:23.05</b>	<b>01:08:26.95</b>	+00:14:37 (21.4%)	6:13	9.7 (78.9%)
19	<b>KUSIAK Maciej</b>	<b>4200</b>		M20	4	<b>01:08:41.35</b>	<b>01:08:44.60</b>	+00:14:54 (21.7%)	6:14	9.6 (78.0%)
20	<b>BOLECHOWSKA Dominika</b>	<b>4482</b>	ALPIN SPORT	K40	2	<b>01:08:44.30</b>	<b>01:08:46.00</b>	+00:14:56 (21.7%)	6:14	9.6 (78.0%)
21	<b>PODOLAK Jakub</b>	<b>4027</b>	A TAK SOBIE BIEGAM	M20	5	<b>01:08:45.50</b>	<b>01:08:51.95</b>	+00:15:02 (21.8%)	6:15	9.6 (78.0%)
22	<b>KROPIWNICKI Marcin</b>	<b>4203</b>		M30	11	<b>01:08:55.65</b>	<b>01:09:02.70</b>	+00:15:13 (22.0%)	6:15	9.6 (78.0%)
23	<b>CAPINSKI Paweł</b>	<b>4231</b>	CROSSFIT RZESZÓW	M40	4	<b>01:09:20.00</b>	<b>01:09:22.35</b>	+00:15:32 (22.4%)	6:18	9.5 (77.2%)
24	<b>ZAWADZKI Marcin</b>	<b>4164</b>	SZCZWANY TRZMIEL TEAM	M30	12	<b>01:09:58.90</b>	<b>01:10:00.45</b>	+00:16:10 (23.1%)	6:21	9.4 (76.4%)
25	<b>BOBKO Michał</b>	<b>4272</b>		M20	6	<b>01:10:17.00</b>	<b>01:10:20.50</b>	+00:16:30 (23.5%)	6:23	9.4 (76.4%)
26	<b>CICHY Krzysztof</b>	<b>4198</b>	GÓRAL Z MAZUR RUNNING TEAM	M50	2	<b>01:10:16.15</b>	<b>01:10:22.95</b>	+00:16:33 (23.5%)	6:23	9.4 (76.4%)
27	<b>STACH Tomasz</b>	<b>4352</b>		M40	5	<b>01:10:38.45</b>	<b>01:10:41.50</b>	+00:16:51 (23.9%)	6:25	9.3 (75.6%)
28	<b>MASZKOWSKI Jakub</b>	<b>4294</b>	AZS UMCS LUBLIN	M20	7	<b>01:10:42.75</b>	<b>01:10:44.65</b>	+00:16:54 (23.9%)	6:25	9.3 (75.6%)
29	<b>ŚWIDZIŃSKI Tomasz</b>	<b>4370</b>	LOKOMOTIV MAJDAN	M40	6	<b>01:10:58.05</b>	<b>01:11:00.65</b>	+00:17:10 (24.2%)	6:27	9.3 (75.6%)

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30	<b>WETHACZ Mateusz</b>	<b>4290</b>		M30	13	<b>01:11:26.35</b>	<b>01:11:28.20</b>	+00:17:38 (24.7%)	6:29	9.2 (74.8%)
31	<b>LANGNER Tomasz</b>	<b>4301</b>	RKS HUWDU	M20	8	<b>01:11:16.45</b>	<b>01:11:34.40</b>	+00:17:44 (24.8%)	6:28	9.3 (75.6%)
32	<b>RUDY Przemysław</b>	<b>4426</b>	BEFIT24TEAM	M20	9	<b>01:11:36.70</b>	<b>01:11:42.85</b>	+00:17:53 (24.9%)	6:30	9.2 (74.8%)
33	<b>LAUKS Jan</b>	<b>4126</b>	DZIK KOMANDO	M20	10	<b>01:11:52.95</b>	<b>01:11:58.80</b>	+00:18:09 (25.2%)	6:32	9.2 (74.8%)
34	<b>WOŁK Mariusz</b>	<b>4460</b>	#ZALINIAMETYTEAM	M30	14	<b>01:11:56.30</b>	<b>01:11:59.05</b>	+00:18:09 (25.2%)	6:32	9.2 (74.8%)
35	<b>KORŻYK Marek</b>	<b>4344</b>		M40	7	<b>01:12:57.75</b>	<b>01:13:03.10</b>	+00:19:13 (26.3%)	6:37	9 (73.2%)
36	<b>PALOWSKA Joanna</b>	<b>4262</b>	GÓRAL Z MAZUR RUNNING TEAM	K30	1	<b>01:12:56.35</b>	<b>01:13:05.15</b>	+00:19:15 (26.3%)	6:37	9 (73.2%)
37	<b>PILIPCZUK Jakub</b>	<b>4295</b>		M20	11	<b>01:12:59.85</b>	<b>01:13:11.80</b>	+00:19:22 (26.5%)	6:38	9 (73.2%)
38	<b>SPYCHAŁA Jakub</b>	<b>4448</b>	NIE ZAPOMNIJ ODDYCHAĆ	M20	12	<b>01:13:20.80</b>	<b>01:13:23.00</b>	+00:19:33 (26.6%)	6:40	9 (73.2%)
39	<b>ZAJĄC Kamila</b>	<b>4282</b>	WKS SZRENIAWA NOWY WIŚNICZ	K20	1	<b>01:13:52.50</b>	<b>01:13:55.85</b>	+00:20:06 (27.2%)	6:42	8.9 (72.4%)
40	<b>SKÓRA Tomasz</b>	<b>4434</b>	GRUPA BIEGACZY SKÓRZEC BIEGA	M40	8	<b>01:13:53.40</b>	<b>01:13:56.45</b>	+00:20:06 (27.2%)	6:43	8.9 (72.4%)
41	<b>ZAJĄC Tomasz</b>	<b>4271</b>		M40	9	<b>01:15:04.55</b>	<b>01:15:08.65</b>	+00:21:18 (28.4%)	6:49	8.8 (71.5%)
42	<b>KOCZUR Kamila</b>	<b>4304</b>		K30	2	<b>01:15:10.00</b>	<b>01:15:17.65</b>	+00:21:27 (28.5%)	6:50	8.8 (71.5%)
43	<b>WOJNAROWSKA Weronika</b>	<b>4004</b>		K30	3	<b>01:15:46.55</b>	<b>01:15:50.55</b>	+00:22:00 (29.0%)	6:53	8.7 (70.7%)
44	<b>OKOŃSKI Wiesław</b>	<b>4372</b>		M60	1	<b>01:16:05.45</b>	<b>01:16:09.15</b>	+00:22:19 (29.3%)	6:55	8.7 (70.7%)
45	<b>ŚLĄSKI Bartosz</b>	<b>4361</b>	PRZEDWOJEWSKI TEAM	M30	15	<b>01:16:05.10</b>	<b>01:16:11.25</b>	+00:22:21 (29.3%)	6:55	8.7 (70.7%)
46	<b>PAJĄK Andrzej</b>	<b>4335</b>	STAY INSANE / BIEGAM Z ABS	M40	10	<b>01:16:10.60</b>	<b>01:16:17.05</b>	+00:22:27 (29.4%)	6:55	8.7 (70.7%)
47	<b>BIENIECKA Anna</b>	<b>4468</b>	RZEŹNIK NA RELAKSIE	K40	3	<b>01:16:28.05</b>	<b>01:16:30.70</b>	+00:22:41 (29.6%)	6:57	8.6 (69.9%)
48	<b>PODLEŚ Robert</b>	<b>4034</b>	COBI POLAND TEAM	M60	2	<b>01:17:18.80</b>	<b>01:17:21.40</b>	+00:23:31 (30.4%)	7:01	8.5 (69.1%)
49	<b>HOŁOWATY Renata</b>	<b>4444</b>		K30	4	<b>01:17:25.80</b>	<b>01:17:29.05</b>	+00:23:39 (30.5%)	7:02	8.5 (69.1%)
50	<b>KOMISARCZYK Anna</b>	<b>4413</b>		K30	5	<b>01:17:28.90</b>	<b>01:17:32.90</b>	+00:23:43 (30.6%)	7:02	8.5 (69.1%)
51	<b>BARTUŚ Monika</b>	<b>4317</b>		K20	2	<b>01:17:37.60</b>	<b>01:17:39.95</b>	+00:23:50 (30.7%)	7:03	8.5 (69.1%)
52	<b>DWORAK Bartłomiej</b>	<b>4357</b>		M30	16	<b>01:17:44.85</b>	<b>01:17:48.30</b>	+00:23:58 (30.8%)	7:04	8.5 (69.1%)
53	<b>ROŚCIŃSKI Franciszek</b>	<b>4312</b>		M50	3	<b>01:18:04.35</b>	<b>01:18:07.45</b>	+00:24:17 (31.1%)	7:05	8.5 (69.1%)
54	<b>DĄBKOWSKI Damian</b>	<b>4269</b>	HARDER CIECHANÓW	M30	17	<b>01:18:22.90</b>	<b>01:18:33.65</b>	+00:24:43 (31.5%)	7:07	8.4 (68.3%)
55	<b>KRYNICKI Jakub</b>	<b>4184</b>	GALICJA CISNA	M30	18	<b>01:18:44.60</b>	<b>01:18:46.75</b>	+00:24:57 (31.7%)	7:09	8.4 (68.3%)
56	<b>STACH Jacek</b>	<b>4342</b>		M40	11	<b>01:18:41.10</b>	<b>01:18:47.10</b>	+00:24:57 (31.7%)	7:09	8.4 (68.3%)
57	<b>MICAŁ Łukasz</b>	<b>4070</b>	ITMBW KRAKÓW	M20	13	<b>01:18:52.10</b>	<b>01:18:57.15</b>	+00:25:07 (31.8%)	7:10	8.4 (68.3%)
57	<b>BODZIOCH Agnieszka</b>	<b>4083</b>		K30	6	<b>01:18:51.30</b>	<b>01:18:57.15</b>	+00:25:07 (31.8%)	7:10	8.4 (68.3%)
59	<b>BORGOSZ Eryk</b>	<b>4389</b>	ŁAPIE SARNY	M20	14	<b>01:19:53.50</b>	<b>01:19:54.80</b>	+00:26:05 (32.6%)	7:15	8.3 (67.5%)
60	<b>OCHYRA Karolina</b>	<b>4366</b>		K20	3	<b>01:19:59.75</b>	<b>01:20:03.65</b>	+00:26:13 (32.8%)	7:16	8.3 (67.5%)
61	<b>KRYNICKI Bartosz</b>	<b>4244</b>	GALICJA CISNA	M20	15	<b>01:20:34.70</b>	<b>01:20:37.60</b>	+00:26:47 (33.2%)	7:19	8.2 (66.7%)
62	<b>SZATKOWSKI Michał</b>	<b>4275</b>		M20	16	<b>01:20:32.25</b>	<b>01:20:42.05</b>	+00:26:52 (33.3%)	7:19	8.2 (66.7%)
62	<b>ZIEMIŃSKI Szymon</b>	<b>4388</b>	ŁAPIE SARNY	M20	16	<b>01:20:40.15</b>	<b>01:20:42.05</b>	+00:26:52 (33.3%)	7:20	8.2 (66.7%)
64	<b>SWEENEY Keith</b>	<b>4273</b>		M30	19	<b>01:21:56.25</b>	<b>01:22:05.65</b>	+00:28:15 (34.4%)	7:26	8.1 (65.9%)
65	<b>PRUS Tomasz</b>	<b>4299</b>		M40	12	<b>01:22:09.35</b>	<b>01:22:23.35</b>	+00:28:33 (34.7%)	7:28	8 (65.0%)
66	<b>MICZEK Wiesław</b>	<b>4177</b>	NIEZRZESZONY	M60	3	<b>01:23:06.00</b>	<b>01:23:12.60</b>	+00:29:22 (35.3%)	7:33	7.9 (64.2%)
67	<b>RAK Alicja</b>	<b>4246</b>		K30	7	<b>01:22:59.00</b>	<b>01:23:13.00</b>	+00:29:23 (35.3%)	7:32	8 (65.0%)
68	<b>WNOROWSKA Magdalena</b>	<b>4315</b>		K40	4	<b>01:23:16.10</b>	<b>01:23:23.45</b>	+00:29:33 (35.5%)	7:34	7.9 (64.2%)
69	<b>CURZYDŁO Magdalena</b>	<b>4429</b>	SANOK BIEGA	K30	8	<b>01:23:37.15</b>	<b>01:23:40.55</b>	+00:29:50 (35.7%)	7:36	7.9 (64.2%)
69	<b>DROBOT Piotr</b>	<b>4487</b>		M50	4	<b>01:23:37.05</b>	<b>01:23:40.55</b>	+00:29:50 (35.7%)	7:36	7.9 (64.2%)
71	<b>CZERWIŃSKI Maciej</b>	<b>4136</b>		M20	18	<b>01:23:41.40</b>	<b>01:23:46.30</b>	+00:29:56 (35.7%)	7:36	7.9 (64.2%)
72	<b>PAŚNICKA Marta</b>	<b>4425</b>		K40	5	<b>01:23:40.50</b>	<b>01:23:48.50</b>	+00:29:58 (35.8%)	7:36	7.9 (64.2%)
73	<b>GRZELAK Anna</b>	<b>4099</b>	MARMUROWE DZIKI	K30	9	<b>01:23:48.90</b>	<b>01:23:53.80</b>	+00:30:04 (35.8%)	7:37	7.9 (64.2%)

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74	<b>GRZEGORY Marek</b>	<b>4440</b>	DECATHLON RUMIA	M30	20	<b>01:24:02.05</b>	<b>01:24:07.15</b>	+00:30:17 (36.0%)	7:38	7.9 (64.2%)
75	<b>BLOK Tomasz</b>	<b>4296</b>		M40	13	<b>01:25:28.35</b>	<b>01:25:37.25</b>	+00:31:47 (37.1%)	7:46	7.7 (62.6%)
76	<b>TABAKA Piotr</b>	<b>4276</b>		M30	21	<b>01:25:42.70</b>	<b>01:25:55.40</b>	+00:32:05 (37.4%)	7:47	7.7 (62.6%)
77	<b>GALAS Grzegorz</b>	<b>4080</b>	SCI GÓRSCY ENTUZJAŚCI	M40	14	<b>01:26:11.35</b>	<b>01:26:14.85</b>	+00:32:25 (37.6%)	7:50	7.7 (62.6%)
78	<b>UCHEREK Kacper</b>	<b>4261</b>		M20	19	<b>01:26:10.90</b>	<b>01:26:22.30</b>	+00:32:32 (37.7%)	7:50	7.7 (62.6%)
79	<b>LATUSEK Daniel</b>	<b>4286</b>		M30	22	<b>01:26:10.40</b>	<b>01:26:37.65</b>	+00:32:47 (37.9%)	7:50	7.7 (62.6%)
80	<b>PSZONAK Damian</b>	<b>4289</b>		M30	23	<b>01:26:26.15</b>	<b>01:26:41.00</b>	+00:32:51 (37.9%)	7:51	7.6 (61.8%)
81	<b>SKROBAŃSKA Laura</b>	<b>4122</b>	KANTOR RUNNING TEAM, SKROBKITEAM	K20	4	<b>01:26:40.25</b>	<b>01:26:45.25</b>	+00:32:55 (38.0%)	7:52	7.6 (61.8%)
82	<b>SKOWRONEK Dariusz</b>	<b>4053</b>	#BYLEDOMETRY	M50	5	<b>01:26:49.10</b>	<b>01:26:56.90</b>	+00:33:07 (38.1%)	7:53	7.6 (61.8%)
83	<b>STEBEL Piotr</b>	<b>4116</b>	PRZEWODNIK	M50	6	<b>01:26:57.25</b>	<b>01:27:00.80</b>	+00:33:11 (38.1%)	7:54	7.6 (61.8%)
84	<b>SKAWIŃSKA Justyna</b>	<b>4417</b>		K30	10	<b>01:26:49.70</b>	<b>01:27:05.80</b>	+00:33:16 (38.2%)	7:53	7.6 (61.8%)
85	<b>MAREK Paweł</b>	<b>4181</b>		M30	24	<b>01:27:01.35</b>	<b>01:27:13.00</b>	+00:33:23 (38.3%)	7:54	7.6 (61.8%)
86	<b>KLARECKI Adrian</b>	<b>4063</b>	ASTMA TEAM	M40	15	<b>01:27:11.45</b>	<b>01:27:16.95</b>	+00:33:27 (38.3%)	7:55	7.6 (61.8%)
87	<b>RUS Marta</b>	<b>4477</b>		K40	6	<b>01:27:23.30</b>	<b>01:27:36.35</b>	+00:33:46 (38.6%)	7:56	7.6 (61.8%)
88	<b>TROJNAR Daniel</b>	<b>4258</b>		M30	25	<b>01:27:36.75</b>	<b>01:27:50.85</b>	+00:34:01 (38.7%)	7:57	7.5 (61.0%)
89	<b>KALBARCZYK Wojciech</b>	<b>4447</b>	ADIDAS RANERS WARSAW	M30	26	<b>01:27:47.00</b>	<b>01:27:57.60</b>	+00:34:07 (38.8%)	7:58	7.5 (61.0%)
90	<b>KŁODZIŃSKA Barbara</b>	<b>4106</b>	ULTRAMĘKI	K50	1	<b>01:27:56.30</b>	<b>01:28:02.45</b>	+00:34:12 (38.9%)	7:59	7.5 (61.0%)
91	<b>GOLEC Janusz</b>	<b>4333</b>		M40	16	<b>01:28:00.95</b>	<b>01:28:14.50</b>	+00:34:24 (39.0%)	8:00	7.5 (61.0%)
92	<b>JANKOWSKI Michał</b>	<b>4459</b>	KOBYLICA	M40	17	<b>01:28:18.55</b>	<b>01:28:26.80</b>	+00:34:37 (39.1%)	8:01	7.5 (61.0%)
93	<b>LATUSEK Joanna</b>	<b>4285</b>		K30	11	<b>01:28:01.85</b>	<b>01:28:28.00</b>	+00:34:38 (39.2%)	8:00	7.5 (61.0%)
94	<b>CICHON Sabina</b>	<b>4441</b>		K30	12	<b>01:28:17.90</b>	<b>01:28:45.25</b>	+00:34:55 (39.4%)	8:01	7.5 (61.0%)
95	<b>PODOLAK Zbigniew</b>	<b>4206</b>		M60	4	<b>01:28:51.15</b>	<b>01:28:54.60</b>	+00:35:04 (39.5%)	8:04	7.4 (60.2%)
96	<b>TUCZAPSKI Artur</b>	<b>4349</b>	COMTAT	M60	5	<b>01:28:49.00</b>	<b>01:29:03.40</b>	+00:35:13 (39.6%)	8:04	7.4 (60.2%)
97	<b>PAJĄCZKOWSKI Tomasz</b>	<b>4465</b>		M40	18	<b>01:29:01.35</b>	<b>01:29:14.90</b>	+00:35:25 (39.7%)	8:05	7.4 (60.2%)
98	<b>ZIÓŁEK Błażej</b>	<b>4197</b>		M30	27	<b>01:29:12.00</b>	<b>01:29:19.25</b>	+00:35:29 (39.7%)	8:06	7.4 (60.2%)
99	<b>RATKOWSKI Sławomir</b>	<b>4474</b>		M40	19	<b>01:29:12.00</b>	<b>01:29:24.55</b>	+00:35:34 (39.8%)	8:06	7.4 (60.2%)
100	<b>ZIELIŃSKA Dorota</b>	<b>4188</b>		K20	5	<b>01:29:12.10</b>	<b>01:29:34.80</b>	+00:35:45 (39.9%)	8:06	7.4 (60.2%)
101	<b>WALASZEK Kamil</b>	<b>4212</b>		M30	28	<b>01:29:07.60</b>	<b>01:29:34.85</b>	+00:35:45 (39.9%)	8:06	7.4 (60.2%)
102	<b>LATUSEK Katarzyna</b>	<b>4332</b>		K20	6	<b>01:29:35.25</b>	<b>01:30:00.95</b>	+00:36:11 (40.2%)	8:08	7.4 (60.2%)
103	<b>DACYK Sylwester</b>	<b>4243</b>	SAINT-GOBAIN SQUAD	M40	20	<b>01:30:09.20</b>	<b>01:30:21.75</b>	+00:36:32 (40.4%)	8:11	7.3 (59.3%)
104	<b>BARAŃSKI Przemysław</b>	<b>4277</b>		M30	29	<b>01:30:36.95</b>	<b>01:30:52.90</b>	+00:37:03 (40.8%)	8:14	7.3 (59.3%)
105	<b>ANTKIEWICZ Natalia</b>	<b>4129</b>	TAJFUN KOLBUSZOWA	K20	7	<b>01:31:11.40</b>	<b>01:31:30.05</b>	+00:37:40 (41.2%)	8:17	7.2 (58.5%)
106	<b>PEHCIN Jakub</b>	<b>4236</b>		M30	30	<b>01:31:37.75</b>	<b>01:31:56.95</b>	+00:38:07 (41.5%)	8:19	7.2 (58.5%)
107	<b>LEWANDOWSKI Bernard</b>	<b>4418</b>		M20	20	<b>01:31:17.70</b>	<b>01:32:02.75</b>	+00:38:13 (41.5%)	8:17	7.2 (58.5%)
108	<b>OWSKI Filip</b>	<b>4341</b>	DKMS TEAM	M30	31	<b>01:32:10.40</b>	<b>01:32:16.25</b>	+00:38:26 (41.7%)	8:22	7.2 (58.5%)
109	<b>TYLIŃSKA Dagmara</b>	<b>4023</b>	SŁOŃCE JURY	K30	13	<b>01:32:23.75</b>	<b>01:32:43.40</b>	+00:38:53 (41.9%)	8:23	7.1 (57.7%)
110	<b>GARBATY Anna</b>	<b>4327</b>		K30	14	<b>01:32:31.45</b>	<b>01:32:45.35</b>	+00:38:55 (42.0%)	8:24	7.1 (57.7%)
111	<b>TWORZYDŁO Dominika</b>	<b>4314</b>	RĄCZY JELEŃ	K20	8	<b>01:33:03.05</b>	<b>01:33:08.90</b>	+00:39:19 (42.2%)	8:27	7.1 (57.7%)
112	<b>WILGA Ewa</b>	<b>4371</b>	JOZEFIŃSKA TEAM	K30	15	<b>01:32:35.80</b>	<b>01:33:09.75</b>	+00:39:20 (42.2%)	8:25	7.1 (57.7%)
113	<b>CIEPIELEWSKI Mateusz</b>	<b>4216</b>		M30	32	<b>01:32:45.40</b>	<b>01:33:13.25</b>	+00:39:23 (42.3%)	8:25	7.1 (57.7%)
114	<b>GŁĄB Paulina</b>	<b>4391</b>		K20	9	<b>01:33:09.50</b>	<b>01:33:24.50</b>	+00:39:34 (42.4%)	8:28	7.1 (57.7%)
115	<b>OCHEJ Joanna</b>	<b>4407</b>	APTENEO TEAM	K30	16	<b>01:33:32.70</b>	<b>01:33:52.90</b>	+00:40:03 (42.7%)	8:30	7.1 (57.7%)
116	<b>KRAKOWSKI Krzysztof</b>	<b>4324</b>		M20	21	<b>01:33:49.25</b>	<b>01:34:08.15</b>	+00:40:18 (42.8%)	8:31	7 (56.9%)
117	<b>SZCZUREK Aleksandra</b>	<b>4293</b>	KPU KROSNO	K20	10	<b>01:33:59.85</b>	<b>01:34:11.80</b>	+00:40:22 (42.9%)	8:32	7 (56.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 11km	Czas brutto 11km	Różn	Tempo min/km	Tempo km/h
118	ZIELIŃSKI Konrad	4421		M20	22	01:33:59.30	01:34:12.05	+00:40:22 (42.9%)	8:32	7 (56.9%)
119	LORENC-KAPALA Katarzyna	4270	AKS POLONIA WARSZAWA	K40	7	01:34:14.05	01:34:24.80	+00:40:35 (43.0%)	8:34	7 (56.9%)
120	SIUDAK Anna	4291		K40	8	01:34:27.25	01:34:42.70	+00:40:53 (43.2%)	8:35	7 (56.9%)
121	KOZAK Beata	4218		K40	9	01:35:14.85	01:35:40.10	+00:41:50 (43.7%)	8:39	6.9 (56.1%)
122	STĘPIEŃ-MŁOT Aneta	4428		K30	17	01:35:46.95	01:35:58.45	+00:42:08 (43.9%)	8:42	6.9 (56.1%)
123	GARCZAREK Krzysztof	4182		M60	6	01:35:52.00	01:36:03.35	+00:42:13 (44.0%)	8:42	6.9 (56.1%)
124	BOBYK Paweł	4455		M40	21	01:36:01.25	01:36:05.25	+00:42:15 (44.0%)	8:43	6.9 (56.1%)
125	SKLEPOWICZ Jacek	4042		M40	22	01:36:22.15	01:36:32.65	+00:42:42 (44.2%)	8:45	6.8 (55.3%)
126	ŁOŚ Feliks	4127	DZIK KOMANDO	M20	23	01:36:12.35	01:36:36.40	+00:42:46 (44.3%)	8:44	6.9 (56.1%)
127	SZAŁANKIEWICZ Dawid	4172		M20	24	01:36:08.20	01:36:45.35	+00:42:55 (44.4%)	8:44	6.9 (56.1%)
128	WYBRANIEC Wojciech	4464	SUSKA GRUPA BIEGOWA	M40	23	01:36:31.75	01:36:47.70	+00:42:58 (44.4%)	8:46	6.8 (55.3%)
129	BACHURSKA Ewa	4176	KB HARCOWNIK JELCZ-LASKOWICE	K40	10	01:36:45.10	01:36:49.50	+00:42:59 (44.4%)	8:47	6.8 (55.3%)
130	BOBER Marcin	4173		M20	25	01:36:23.50	01:37:00.10	+00:43:10 (44.5%)	8:45	6.8 (55.3%)
131	HŁADUŃSKI Jacek	4138		M30	33	01:36:56.95	01:37:05.60	+00:43:15 (44.6%)	8:48	6.8 (55.3%)
132	WALASZEK Karolina	4208		K30	18	01:36:39.85	01:37:08.00	+00:43:18 (44.6%)	8:47	6.8 (55.3%)
133	DUSZA Łukasz	4153		M30	34	01:36:43.80	01:37:08.90	+00:43:19 (44.6%)	8:47	6.8 (55.3%)
134	WIERZBICKA Katarzyna	4423		K30	19	01:37:02.40	01:37:09.75	+00:43:20 (44.6%)	8:49	6.8 (55.3%)
135	WIERZBICKA Ewa	4088		K50	2	01:37:03.00	01:37:10.05	+00:43:20 (44.6%)	8:49	6.8 (55.3%)
136	PALUCH Laura	4169		K20	11	01:36:34.80	01:37:11.60	+00:43:21 (44.6%)	8:46	6.8 (55.3%)
137	RODZIEWICZ Marta	4193		K30	20	01:36:47.20	01:37:11.70	+00:43:22 (44.6%)	8:47	6.8 (55.3%)
138	DACKO Oskar	4292	DANZEL TEAM	M30	35	01:36:51.85	01:37:18.55	+00:43:28 (44.7%)	8:48	6.8 (55.3%)
139	MICHALSKI Mateusz	4033	SŁOŃCA JURY	M20	26	01:37:13.80	01:37:26.80	+00:43:37 (44.8%)	8:50	6.8 (55.3%)
140	DOLEGACZ Ewa	4223		K40	11	01:37:28.65	01:37:47.75	+00:43:58 (45.0%)	8:51	6.8 (55.3%)
141	WAŁASIŃSKA Ewelina	4360		K20	12	01:37:29.00	01:37:48.80	+00:43:59 (45.0%)	8:51	6.8 (55.3%)
142	CUDNA-WILK Justyna	4005		K30	21	01:37:40.60	01:37:50.10	+00:44:00 (45.0%)	8:52	6.8 (55.3%)
143	WILK Marcin	4002		M40	24	01:37:41.00	01:37:50.40	+00:44:00 (45.0%)	8:52	6.8 (55.3%)
144	FIEDORCZUK Łukasz	4383	HDD WINNICZKI	M40	25	01:37:57.95	01:38:06.60	+00:44:16 (45.1%)	8:54	6.7 (54.5%)
145	SIARA Wojciech	4359		M40	26	01:37:45.20	01:38:10.80	+00:44:21 (45.2%)	8:53	6.8 (55.3%)
146	PASZKO Wojciech	4308		M40	27	01:38:05.65	01:38:14.75	+00:44:25 (45.2%)	8:55	6.7 (54.5%)
147	PAWELCZAK Iwona	4119		K30	22	01:38:23.85	01:38:31.90	+00:44:42 (45.4%)	8:56	6.7 (54.5%)
148	MARZEC Konrad	4158	ROZBIEGANE MICHAŁOWICE	M30	36	01:38:21.90	01:38:33.55	+00:44:43 (45.4%)	8:56	6.7 (54.5%)
149	NOWAKOWSKI Wiesław	4108	BIEGAM BO LUBIEŃ	M60	7	01:38:33.45	01:38:37.10	+00:44:47 (45.4%)	8:57	6.7 (54.5%)
150	STROMECKI Marcin	4148	BIAŁOŁĘCKA FABRYKA MOCY	M30	37	01:38:01.85	01:38:39.85	+00:44:50 (45.4%)	8:54	6.7 (54.5%)
151	DREZNER Miłosz	4016		M30	38	01:38:29.00	01:38:41.15	+00:44:51 (45.5%)	8:57	6.7 (54.5%)
152	FOLTA Anita	4328		K50	3	01:38:44.40	01:38:48.70	+00:44:59 (45.5%)	8:58	6.7 (54.5%)
153	FOLTA Jan	4329		M50	7	01:38:44.30	01:38:48.90	+00:44:59 (45.5%)	8:58	6.7 (54.5%)
154	IKANOWICZ Agata	4190		K20	13	01:38:48.85	01:39:11.65	+00:45:21 (45.7%)	8:58	6.7 (54.5%)
155	MILCZAREK Aneta	4485	KUTNO BIEGA	K40	12	01:39:05.50	01:39:22.85	+00:45:33 (45.8%)	9:00	6.7 (54.5%)
156	CUDNA-GRUSZECKA Edyta	4446		K40	13	01:39:26.80	01:39:36.90	+00:45:47 (46.0%)	9:02	6.6 (53.7%)
157	KOWALIŃSKA Małgorzata	4159		K20	14	01:39:28.85	01:39:38.45	+00:45:48 (46.0%)	9:02	6.6 (53.7%)
158	GRUSZECKI Kamil	4445		M40	28	01:39:29.25	01:39:38.55	+00:45:48 (46.0%)	9:02	6.6 (53.7%)
159	OLSZEWSKA Katarzyna	4114	DZIK KOMANDO	K20	15	01:39:18.90	01:39:40.05	+00:45:50 (46.0%)	9:01	6.6 (53.7%)
160	KARLIŃSKA Małgorzata	4113	DZIK KOMANDO	K20	16	01:39:23.70	01:39:44.05	+00:45:54 (46.0%)	9:02	6.6 (53.7%)
161	MAZUR Maria	4414		K30	23	01:39:44.95	01:39:44.95	+00:45:55 (46.0%)	9:04	6.6 (53.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 11km	Czas brutto 11km	Różn	Tempo min/km	Tempo km/h
162	<b>SIKORA Grzegorz</b>	<b>4415</b>		M30	39	<b>01:39:13.15</b>	<b>01:39:45.10</b>	+00:45:55 (46.0%)	9:01	6.7 (54.5%)
163	<b>SZERMENT Magdalena</b>	<b>4340</b>	MAZURTEAM	K40	14	<b>01:39:37.70</b>	<b>01:39:50.65</b>	+00:46:00 (46.1%)	9:03	6.6 (53.7%)
164	<b>KLUZ Robert</b>	<b>4001</b>		M50	8	<b>01:39:41.20</b>	<b>01:39:56.10</b>	+00:46:06 (46.1%)	9:03	6.6 (53.7%)
165	<b>NIECKARZ Renata</b>	<b>4118</b>		K40	15	<b>01:39:47.90</b>	<b>01:40:06.35</b>	+00:46:16 (46.2%)	9:04	6.6 (53.7%)
166	<b>KARSKI Tomasz</b>	<b>4411</b>		M30	40	<b>01:39:59.20</b>	<b>01:40:11.15</b>	+00:46:21 (46.3%)	9:05	6.6 (53.7%)
167	<b>WARYSZAK Joanna</b>	<b>4121</b>	DZIK KOMANDO	K30	24	<b>01:40:07.55</b>	<b>01:40:28.25</b>	+00:46:38 (46.4%)	9:06	6.6 (53.7%)
168	<b>STASZCZYK Anna</b>	<b>4263</b>		K30	25	<b>01:40:25.10</b>	<b>01:41:05.60</b>	+00:47:15 (46.8%)	9:07	6.6 (53.7%)
169	<b>STASZCZYK Michał</b>	<b>4265</b>	PASZCZAKI	M30	41	<b>01:40:25.60</b>	<b>01:41:05.70</b>	+00:47:16 (46.8%)	9:07	6.6 (53.7%)
170	<b>FIGEL Małgorzata</b>	<b>4402</b>	MIKITEAM	K20	17	<b>01:40:34.70</b>	<b>01:41:06.30</b>	+00:47:16 (46.8%)	9:08	6.6 (53.7%)
171	<b>SKASZEWSKA Dominika</b>	<b>4191</b>		K30	26	<b>01:40:44.85</b>	<b>01:41:08.75</b>	+00:47:19 (46.8%)	9:09	6.6 (53.7%)
172	<b>KLISOWSKI Karol</b>	<b>4048</b>		M20	27	<b>01:41:14.05</b>	<b>01:41:27.70</b>	+00:47:38 (46.9%)	9:12	6.5 (52.8%)
173	<b>BECHTA Katarzyna</b>	<b>4416</b>	BRACTWO BIEGOWE BGK	K20	18	<b>01:40:50.85</b>	<b>01:41:30.60</b>	+00:47:40 (47.0%)	9:10	6.5 (52.8%)
174	<b>KOŁOTUSZA Młgorzata</b>	<b>4094</b>	ZASAPANI HYDRO	K40	16	<b>01:41:45.10</b>	<b>01:41:49.70</b>	+00:48:00 (47.1%)	9:15	6.5 (52.8%)
175	<b>PARAFINIUK Sylwia</b>	<b>4387</b>		K20	19	<b>01:41:12.35</b>	<b>01:41:52.15</b>	+00:48:02 (47.2%)	9:12	6.5 (52.8%)
176	<b>RORAT Artur</b>	<b>4139</b>	CHEŁM BIEGA	M30	42	<b>01:41:45.20</b>	<b>01:41:53.25</b>	+00:48:03 (47.2%)	9:15	6.5 (52.8%)
177	<b>UCHEREK Kinga</b>	<b>4098</b>		K40	17	<b>01:42:00.35</b>	<b>01:42:11.80</b>	+00:48:22 (47.3%)	9:16	6.5 (52.8%)
178	<b>KANIEWSKI Michał</b>	<b>4245</b>		M40	29	<b>01:41:48.15</b>	<b>01:42:14.55</b>	+00:48:24 (47.4%)	9:15	6.5 (52.8%)
179	<b>CZARNECKA Malgorzata</b>	<b>4311</b>		K30	27	<b>01:42:17.70</b>	<b>01:42:34.55</b>	+00:48:44 (47.5%)	9:17	6.5 (52.8%)
180	<b>JANIAK Leszek</b>	<b>4157</b>	KUTNO BIEGA	M30	43	<b>01:42:15.15</b>	<b>01:42:34.75</b>	+00:48:45 (47.5%)	9:17	6.5 (52.8%)
181	<b>FRYSIAK Barbara</b>	<b>4017</b>	WIELUŃ	K50	4	<b>01:43:01.25</b>	<b>01:43:08.00</b>	+00:49:18 (47.8%)	9:21	6.4 (52.0%)
182	<b>SIARA Agnieszka</b>	<b>4358</b>		K30	28	<b>01:42:52.05</b>	<b>01:43:17.05</b>	+00:49:27 (47.9%)	9:21	6.4 (52.0%)
183	<b>TOMALA Barbara</b>	<b>4373</b>		K20	20	<b>01:42:42.90</b>	<b>01:43:21.45</b>	+00:49:31 (47.9%)	9:20	6.4 (52.0%)
184	<b>KWOLEK Wojciech</b>	<b>4283</b>		M30	44	<b>01:43:11.60</b>	<b>01:43:27.85</b>	+00:49:38 (48.0%)	9:22	6.4 (52.0%)
185	<b>BARAŃSKA Anna</b>	<b>4278</b>		K30	29	<b>01:43:17.95</b>	<b>01:43:33.05</b>	+00:49:43 (48.0%)	9:23	6.4 (52.0%)
186	<b>SZYMANEK Beata</b>	<b>4408</b>	APTENEO RUNNING TEAM	K40	18	<b>01:43:23.25</b>	<b>01:43:44.45</b>	+00:49:54 (48.1%)	9:23	6.4 (52.0%)
187	<b>BIELAK Paweł</b>	<b>4110</b>	EXC MOBILE	M30	45	<b>01:43:34.85</b>	<b>01:43:49.65</b>	+00:49:59 (48.2%)	9:24	6.4 (52.0%)
188	<b>KETNER Joanna</b>	<b>4385</b>		K20	21	<b>01:43:42.50</b>	<b>01:43:50.50</b>	+00:50:00 (48.2%)	9:25	6.4 (52.0%)
189	<b>MORADEWICZ-PASZKO Ewa</b>	<b>4310</b>		K30	30	<b>01:44:01.25</b>	<b>01:44:11.15</b>	+00:50:21 (48.3%)	9:27	6.3 (51.2%)
190	<b>BRYL Magdalena</b>	<b>4486</b>	KUTNO BIEGA	K30	31	<b>01:43:56.70</b>	<b>01:44:13.30</b>	+00:50:23 (48.4%)	9:26	6.4 (52.0%)
191	<b>BORKOWSKI Arkadiusz</b>	<b>4096</b>		M30	46	<b>01:43:58.05</b>	<b>01:44:14.80</b>	+00:50:25 (48.4%)	9:27	6.3 (51.2%)
192	<b>PODLASIN Agnieszka</b>	<b>4384</b>	KUTNO BIEGA	K30	32	<b>01:44:04.55</b>	<b>01:44:20.15</b>	+00:50:30 (48.4%)	9:27	6.3 (51.2%)
193	<b>OPALIŃSKI Paweł</b>	<b>4229</b>		M40	30	<b>01:43:54.80</b>	<b>01:44:22.10</b>	+00:50:32 (48.4%)	9:26	6.4 (52.0%)
193	<b>OPALIŃSKA Agnieszka</b>	<b>4380</b>		K40	19	<b>01:43:55.05</b>	<b>01:44:22.10</b>	+00:50:32 (48.4%)	9:26	6.4 (52.0%)
195	<b>BALICKA Magdalena</b>	<b>4194</b>	BIEGACZ NOWOSOLNA	K20	22	<b>01:43:59.25</b>	<b>01:44:23.10</b>	+00:50:33 (48.4%)	9:27	6.3 (51.2%)
196	<b>SZULCZEWSKI Wojciech</b>	<b>4195</b>	BIEGACZ NOWOSOLNA	M30	47	<b>01:43:59.50</b>	<b>01:44:23.20</b>	+00:50:33 (48.4%)	9:27	6.3 (51.2%)
197	<b>GÓRNY Kamila</b>	<b>4019</b>	SŁOŃCA JURY	K40	20	<b>01:44:08.80</b>	<b>01:44:29.30</b>	+00:50:39 (48.5%)	9:28	6.3 (51.2%)
198	<b>KACZMAREK Sandra</b>	<b>4253</b>	KACZORKI	K30	33	<b>01:44:12.20</b>	<b>01:44:35.60</b>	+00:50:45 (48.5%)	9:28	6.3 (51.2%)
199	<b>OGOZEJA Cezary</b>	<b>4381</b>		M30	48	<b>01:44:37.50</b>	<b>01:44:58.70</b>	+00:51:09 (48.7%)	9:30	6.3 (51.2%)
200	<b>GRUSZECKA Olga</b>	<b>4412</b>	TRITON KONIN	K20	23	<b>01:44:51.65</b>	<b>01:45:20.80</b>	+00:51:31 (48.9%)	9:31	6.3 (51.2%)
201	<b>DUDEK Marcin</b>	<b>4363</b>	LEŚNA BIEGUNKA	M40	31	<b>01:45:02.90</b>	<b>01:45:21.35</b>	+00:51:31 (48.9%)	9:32	6.3 (51.2%)
202	<b>KĘDZIOR Katarzyna</b>	<b>4367</b>	LEŚNA BIEGUNKA	K40	21	<b>01:45:02.10</b>	<b>01:45:21.60</b>	+00:51:31 (48.9%)	9:32	6.3 (51.2%)
203	<b>WITCZAK Anna</b>	<b>4007</b>	IRONTEAM3CITY	K40	22	<b>01:45:17.90</b>	<b>01:45:22.50</b>	+00:51:32 (48.9%)	9:34	6.3 (51.2%)
204	<b>GANCARZ Barbara</b>	<b>4288</b>		K30	34	<b>01:45:13.25</b>	<b>01:45:30.60</b>	+00:51:40 (49.0%)	9:33	6.3 (51.2%)
205	<b>KOZIEŁ Krzysztof</b>	<b>4125</b>	EXC MOBILE	M40	32	<b>01:45:31.05</b>	<b>01:45:48.50</b>	+00:51:58 (49.1%)	9:35	6.3 (51.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Różn	Tempo min/km	Tempo km/h
						netto 11km	brutto 11km			
206	LARWA Paweł	4318		M30	49	01:45:49.10	01:46:38.35	+00:52:48 (49.5%)	9:37	6.2 (50.4%)
207	SURDEL Aleksandra	4431		K40	23	01:46:46.65	01:46:53.10	+00:53:03 (49.6%)	9:42	6.2 (50.4%)
208	SIEJA Piotr	4247		M40	33	01:46:38.30	01:46:59.75	+00:53:10 (49.7%)	9:41	6.2 (50.4%)
209	JAKUBOWSKA Dagmara	4142		K40	24	01:46:34.00	01:47:07.35	+00:53:17 (49.8%)	9:41	6.2 (50.4%)
210	SZULĘCKI Andrzej	4109	EXC MOBILE	M40	34	01:47:51.85	01:48:08.20	+00:54:18 (50.2%)	9:48	6.1 (49.6%)
211	ZIELIŃSKI Paweł	4242		M60	8	01:47:45.30	01:48:22.15	+00:54:32 (50.3%)	9:47	6.1 (49.6%)
212	WOLSKI Marcin	4135		M30	50	01:47:39.40	01:48:28.55	+00:54:38 (50.4%)	9:47	6.1 (49.6%)
213	KUSIAK Anna	4204		K20	24	01:48:19.35	01:48:32.20	+00:54:42 (50.4%)	9:50	6.1 (49.6%)
214	CEBRAT Tomasz	4378	BROOKLYN GHETTO BOXING TEAM	M40	35	01:48:41.20	01:48:46.40	+00:54:56 (50.5%)	9:52	6.1 (49.6%)
215	SLIWINSKA Katarzyna	4241		K40	25	01:48:47.10	01:49:08.40	+00:55:18 (50.7%)	9:53	6.1 (49.6%)
216	KACZMARCZYK Ryszard	4078		M20	28	01:48:59.30	01:49:10.40	+00:55:20 (50.7%)	9:54	6.1 (49.6%)
217	JASEWICZ Wojciech	4267		M30	51	01:48:57.35	01:49:13.90	+00:55:24 (50.7%)	9:54	6.1 (49.6%)
218	RADYK Aleksandra	4303	PRZEMYSKI KLUB BIEGACZA	K20	25	01:49:05.35	01:49:20.80	+00:55:31 (50.8%)	9:55	6.1 (49.6%)
219	SŁOMCZEWSKA-ROGE Zuzanna	4009		K30	35	01:49:08.60	01:49:31.65	+00:55:41 (50.9%)	9:55	6 (48.8%)
220	RECZEK Sebatan	4396	KS ZIELONO CZARNI	M40	36	01:49:28.95	01:49:42.85	+00:55:53 (50.9%)	9:57	6 (48.8%)
221	GRUDZIŃSKA Agnieszka	4377		K40	26	01:49:29.55	01:49:43.10	+00:55:53 (50.9%)	9:57	6 (48.8%)
222	BUŁKA Piotr	4406		M40	37	01:49:35.90	01:49:54.00	+00:56:04 (51.0%)	9:57	6 (48.8%)
223	KARWACKA Joanna	4405		K40	27	01:49:35.65	01:49:54.05	+00:56:04 (51.0%)	9:57	6 (48.8%)
224	JAWORSKA Magdalena	4427	ŁÓDŹ KOCHA SPORT	K20	26	01:50:12.95	01:50:22.45	+00:56:32 (51.2%)	10:01	6 (48.8%)
225	BIENIARZ Iлона	4228		K30	36	01:50:03.15	01:50:23.95	+00:56:34 (51.2%)	10:00	6 (48.8%)
226	KAMIŃSKI Tomasz	4233		M40	38	01:50:13.50	01:50:40.45	+00:56:50 (51.4%)	10:01	6 (48.8%)
227	KRZYŻANOWSKI Tomasz	4185	BOBO TEAM	M40	39	01:50:35.20	01:50:45.45	+00:56:55 (51.4%)	10:03	6 (48.8%)
228	KUSIAK Joanna	4471		K20	27	01:50:34.00	01:50:46.70	+00:56:57 (51.4%)	10:03	6 (48.8%)
229	BERGMANN Ewa	4398		K40	28	01:50:40.70	01:50:46.85	+00:56:57 (51.4%)	10:03	6 (48.8%)
230	KUZHDEBA Bozhena	4162		K20	28	01:50:11.20	01:50:50.25	+00:57:00 (51.4%)	10:01	6 (48.8%)
231	URBAŃSKI Olaf	4430		M20	29	01:50:27.45	01:50:51.45	+00:57:01 (51.4%)	10:02	6 (48.8%)
232	ANGOWSKI Marcin	4167		M40	40	01:50:29.90	01:50:54.50	+00:57:04 (51.5%)	10:02	6 (48.8%)
233	JAGODA Adam	4107	FUCHS OIL TEAM	M50	9	01:50:17.45	01:50:57.45	+00:57:07 (51.5%)	10:01	6 (48.8%)
234	JAGODA Mateusz	4151	FUCHS OIL TEAM	M20	30	01:50:18.20	01:50:57.85	+00:57:08 (51.5%)	10:01	6 (48.8%)
235	WRÓBEL Barbara	4439	CISNA GÓRĄ	K50	5	01:50:57.95	01:51:00.80	+00:57:11 (51.5%)	10:05	5.9 (48.0%)
236	WRÓBEL Bartłomiej	4438	CISNA GÓRĄ	M40	41	01:50:58.70	01:51:01.05	+00:57:11 (51.5%)	10:05	5.9 (48.0%)
237	CIŻYŃSKA Katarzyna	4101		K20	29	01:50:34.60	01:51:16.20	+00:57:26 (51.6%)	10:03	6 (48.8%)
238	LESZCZYŃSKA Kinga	4320	TEAM TWEETY	K30	37	01:50:57.75	01:51:19.55	+00:57:29 (51.6%)	10:05	5.9 (48.0%)
239	SABITOV Nadia	4024		K20	30	01:51:45.05	01:51:52.60	+00:58:02 (51.9%)	10:09	5.9 (48.0%)
240	GRABARZ Artur	4300		M20	31	01:51:46.95	01:51:54.75	+00:58:05 (51.9%)	10:09	5.9 (48.0%)
241	KOZIOŁ Mateusz	4463		M20	32	01:51:20.65	01:51:55.25	+00:58:05 (51.9%)	10:07	5.9 (48.0%)
242	RABCZEWSKA Elżbieta	4154		K50	6	01:51:46.85	01:52:03.40	+00:58:13 (52.0%)	10:09	5.9 (48.0%)
243	HINC Stanisław	4309		M40	42	01:51:46.45	01:52:14.60	+00:58:24 (52.0%)	10:09	5.9 (48.0%)
244	HINC Aldona	4368		K30	38	01:51:46.35	01:52:14.70	+00:58:25 (52.0%)	10:09	5.9 (48.0%)
245	CIEPIELEWSKA Patrycja	4215		K20	31	01:51:57.25	01:52:25.60	+00:58:35 (52.1%)	10:10	5.9 (48.0%)
246	SKÓRSKA-BOBER Katarzyna	4174		K20	32	01:52:17.00	01:52:52.60	+00:59:02 (52.3%)	10:12	5.9 (48.0%)
247	CHILIŃSKA Edyta	4214		K30	39	01:52:31.25	01:52:53.30	+00:59:03 (52.3%)	10:13	5.9 (48.0%)
248	WNUK Małgorzata	4390		K30	40	01:52:22.05	01:53:00.30	+00:59:10 (52.4%)	10:12	5.9 (48.0%)
249	KRAKOWSKI Darek	4325	NADAKTYWNI	M50	10	01:52:47.00	01:53:05.20	+00:59:15 (52.4%)	10:15	5.9 (48.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Różn	Tempo min/km	Tempo km/h
						netto 11km	brutto 11km			
249	<b>DRAGAN-PUSTELAK Aneta</b>	<b>4354</b>		K40	29	<b>01:52:42.85</b>	<b>01:53:05.20</b>	+00:59:15 (52.4%)	10:14	5.9 (48.0%)
251	<b>KNAP Elżbieta</b>	<b>4155</b>		K50	7	<b>01:52:57.70</b>	<b>01:53:12.90</b>	+00:59:23 (52.5%)	10:16	5.8 (47.2%)
252	<b>SOWA Mateusz</b>	<b>4227</b>	RZUŁTE MORDY	M20	33	<b>01:52:18.90</b>	<b>01:53:15.20</b>	+00:59:25 (52.5%)	10:12	5.9 (48.0%)
253	<b>DUL Marcin</b>	<b>4010</b>		M30	52	<b>01:53:19.70</b>	<b>01:53:25.35</b>	+00:59:35 (52.5%)	10:18	5.8 (47.2%)
254	<b>DUL Katarzyna</b>	<b>4011</b>		K30	41	<b>01:53:19.10</b>	<b>01:53:25.55</b>	+00:59:35 (52.5%)	10:18	5.8 (47.2%)
255	<b>GÓRAJ Marta</b>	<b>4419</b>	YOLO ,)	K40	30	<b>01:52:59.65</b>	<b>01:53:32.15</b>	+00:59:42 (52.6%)	10:16	5.8 (47.2%)
256	<b>LITKE Andżelika</b>	<b>4457</b>	EAZYMUT.PL	K20	33	<b>01:52:54.45</b>	<b>01:53:33.30</b>	+00:59:43 (52.6%)	10:15	5.8 (47.2%)
257	<b>FRANKOWSKA Joanna</b>	<b>4469</b>	SKITUROWE BIESZCZADY	K40	31	<b>01:53:23.65</b>	<b>01:53:34.40</b>	+00:59:44 (52.6%)	10:18	5.8 (47.2%)
258	<b>BAK - SPALIŃSKA Magdalena</b>	<b>4239</b>		K30	42	<b>01:53:19.35</b>	<b>01:53:38.55</b>	+00:59:48 (52.6%)	10:18	5.8 (47.2%)
259	<b>KOWALIKOWSKI Dariusz</b>	<b>4298</b>		M50	11	<b>01:53:03.00</b>	<b>01:53:47.25</b>	+00:59:57 (52.7%)	10:16	5.8 (47.2%)
260	<b>LIPIŃSKI Łukasz</b>	<b>4222</b>	AKADEMIA SPORTU MEDYK	M30	53	<b>01:53:48.00</b>	<b>01:54:10.65</b>	+01:00:20 (52.9%)	10:20	5.8 (47.2%)
261	<b>BORTNOWSKA-WIENCEK Matylda</b>	<b>4146</b>		K30	43	<b>01:53:42.20</b>	<b>01:54:12.70</b>	+01:00:23 (52.9%)	10:20	5.8 (47.2%)
262	<b>KUMOREK Anna</b>	<b>4470</b>		K30	44	<b>01:53:48.70</b>	<b>01:54:15.80</b>	+01:00:26 (52.9%)	10:20	5.8 (47.2%)
263	<b>KUMOREK Krzysztof</b>	<b>4472</b>		M40	43	<b>01:53:49.95</b>	<b>01:54:15.85</b>	+01:00:26 (52.9%)	10:20	5.8 (47.2%)
264	<b>DĄBROWSKA-ŚWIDER Danuta</b>	<b>4355</b>		K50	8	<b>01:53:57.35</b>	<b>01:54:21.65</b>	+01:00:31 (52.9%)	10:21	5.8 (47.2%)
265	<b>FRĄCKIEL Anna</b>	<b>4183</b>		K30	45	<b>01:54:18.70</b>	<b>01:54:27.30</b>	+01:00:37 (53.0%)	10:23	5.8 (47.2%)
266	<b>BEŚKA Jacek</b>	<b>4484</b>		M50	12	<b>01:54:01.10</b>	<b>01:54:42.55</b>	+01:00:52 (53.1%)	10:21	5.8 (47.2%)
267	<b>KOZACZKIEWICZ Aneta</b>	<b>4351</b>		K40	32	<b>01:54:16.55</b>	<b>01:54:52.55</b>	+01:01:02 (53.1%)	10:23	5.8 (47.2%)
268	<b>PASIEKA Krzysztof</b>	<b>4305</b>		M30	54	<b>01:54:57.15</b>	<b>01:55:02.15</b>	+01:01:12 (53.2%)	10:27	5.7 (46.3%)
269	<b>RABCZEWSKI Kacper</b>	<b>4219</b>		M20	34	<b>01:54:47.75</b>	<b>01:55:03.35</b>	+01:01:13 (53.2%)	10:26	5.7 (46.3%)
270	<b>JABŁOŃSKI Paweł</b>	<b>4081</b>		M30	55	<b>01:54:23.85</b>	<b>01:55:06.40</b>	+01:01:16 (53.2%)	10:23	5.8 (47.2%)
271	<b>WRÓBEL Barbara</b>	<b>4437</b>	CISNA GÓRĄ	K20	34	<b>01:55:33.75</b>	<b>01:55:36.35</b>	+01:01:46 (53.4%)	10:30	5.7 (46.3%)
272	<b>SAMBORSKA-SWEENEY Sylwia</b>	<b>4274</b>		K40	33	<b>01:55:34.75</b>	<b>01:55:42.55</b>	+01:01:52 (53.5%)	10:30	5.7 (46.3%)
273	<b>MANDRA Adriana</b>	<b>4345</b>		K40	34	<b>01:55:29.25</b>	<b>01:55:42.70</b>	+01:01:53 (53.5%)	10:29	5.7 (46.3%)
274	<b>ZIÓLEK Teresa</b>	<b>4481</b>	STAY INSANE	K60	1	<b>01:55:56.20</b>	<b>01:56:17.35</b>	+01:02:27 (53.7%)	10:32	5.7 (46.3%)
275	<b>CZAPLA Andrzej</b>	<b>4071</b>		M60	9	<b>01:56:06.45</b>	<b>01:56:17.55</b>	+01:02:27 (53.7%)	10:33	5.7 (46.3%)
276	<b>RAJCA Anna</b>	<b>4337</b>	BŁĘKITNA XVII	K40	35	<b>01:56:12.15</b>	<b>01:56:32.35</b>	+01:02:42 (53.8%)	10:33	5.7 (46.3%)
276	<b>MIZIA Marta</b>	<b>4338</b>	KIZIE MIZIE	K40	35	<b>01:56:12.75</b>	<b>01:56:32.35</b>	+01:02:42 (53.8%)	10:33	5.7 (46.3%)
278	<b>NOWAK Karol</b>	<b>4483</b>	WOŁÓW BIEGA	M60	10	<b>01:55:56.25</b>	<b>01:56:37.25</b>	+01:02:47 (53.8%)	10:32	5.7 (46.3%)
279	<b>GAJDECKA Adriana</b>	<b>4280</b>		K40	37	<b>01:57:02.70</b>	<b>01:57:20.15</b>	+01:03:30 (54.1%)	10:38	5.6 (45.5%)
280	<b>GAJDECKI Tomek</b>	<b>4279</b>	ACCENTURE	M40	44	<b>01:57:03.30</b>	<b>01:57:20.35</b>	+01:03:30 (54.1%)	10:38	5.6 (45.5%)
281	<b>KORAB Grzegorz</b>	<b>4334</b>		M40	45	<b>01:56:39.15</b>	<b>01:57:26.90</b>	+01:03:37 (54.2%)	10:36	5.7 (46.3%)
282	<b>HENSOLDT Arletta</b>	<b>4255</b>		K30	46	<b>01:57:33.50</b>	<b>01:57:33.50</b>	+01:03:43 (54.2%)	10:41	5.6 (45.5%)
283	<b>WOJCIECHOWSKA Weronika</b>	<b>4453</b>		K30	47	<b>01:57:27.90</b>	<b>01:57:45.10</b>	+01:03:55 (54.3%)	10:40	5.6 (45.5%)
283	<b>PÓLTORNIAK Natalia</b>	<b>4454</b>		K30	47	<b>01:57:27.20</b>	<b>01:57:45.10</b>	+01:03:55 (54.3%)	10:40	5.6 (45.5%)
285	<b>ZAJĄC Anna</b>	<b>4040</b>		K40	38	<b>01:57:02.65</b>	<b>01:57:48.85</b>	+01:03:59 (54.3%)	10:38	5.6 (45.5%)
286	<b>ZAJĄC Mateusz</b>	<b>4039</b>		M40	46	<b>01:57:06.40</b>	<b>01:57:52.50</b>	+01:04:02 (54.3%)	10:38	5.6 (45.5%)
287	<b>RZEPA Andrzej</b>	<b>4394</b>	JÓZEFIŃSKA TEAM	M40	47	<b>01:57:22.55</b>	<b>01:57:57.20</b>	+01:04:07 (54.4%)	10:40	5.6 (45.5%)
288	<b>ADAMCZYK-PASIEKA Małgorzata</b>	<b>4306</b>		K30	49	<b>01:57:58.10</b>	<b>01:58:03.30</b>	+01:04:13 (54.4%)	10:43	5.6 (45.5%)
289	<b>MAJDYŚ Wojciech</b>	<b>4240</b>		M40	48	<b>01:57:37.10</b>	<b>01:58:05.55</b>	+01:04:15 (54.4%)	10:41	5.6 (45.5%)
290	<b>JAGODA Małgorzata</b>	<b>4134</b>	FUCHS OIL TEAM	K20	35	<b>01:57:44.45</b>	<b>01:58:24.25</b>	+01:04:34 (54.5%)	10:42	5.6 (45.5%)
291	<b>LACHCIK Małgorzata</b>	<b>4266</b>		K30	50	<b>01:58:16.55</b>	<b>01:58:33.70</b>	+01:04:44 (54.6%)	10:45	5.6 (45.5%)
292	<b>WALISZEWSKA-PLEWA Izabela</b>	<b>4035</b>		K40	39	<b>01:58:25.90</b>	<b>01:58:44.40</b>	+01:04:54 (54.7%)	10:45	5.6 (45.5%)
293	<b>KUŚ Mariusz</b>	<b>4123</b>	EXC MOBILE	M30	56	<b>01:59:37.70</b>	<b>01:59:56.10</b>	+01:06:06 (55.1%)	10:52	5.5 (44.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 11km	Czas brutto 11km	Różn	Tempo min/km	Tempo km/h
294	WOSIK Kamil	4120	EXC MOBILE	M30	57	01:59:38.35	01:59:56.40	+01:06:06 (55.1%)	10:52	5.5 (44.7%)
295	OBIDZIŃSKA Katarzyna	4104		K40	40	01:59:26.95	02:00:14.05	+01:06:24 (55.2%)	10:51	5.5 (44.7%)
296	POBUDKIEWICZ Marta	4086	CAMEL BYDGOSZCZ	K30	51	02:00:08.15	02:00:14.90	+01:06:25 (55.2%)	10:55	5.5 (44.7%)
297	POBUDKIEWICZ Seweryn	4085	CAMEL BYDGOSZCZ	M40	49	02:00:08.85	02:00:15.00	+01:06:25 (55.2%)	10:55	5.5 (44.7%)
298	KACZOR Paweł	4103		M30	58	01:59:28.40	02:00:15.50	+01:06:25 (55.2%)	10:51	5.5 (44.7%)
299	CZAŁPIŃSKA Joanna	4467		K40	41	01:59:48.20	02:00:21.30	+01:06:31 (55.3%)	10:53	5.5 (44.7%)
300	PASTUSZAK Grzegorz	4353		M50	13	02:00:46.30	02:00:53.20	+01:07:03 (55.5%)	10:58	5.5 (44.7%)
301	MAZURKÓW Marian	4330		M60	11	02:00:46.60	02:00:53.50	+01:07:03 (55.5%)	10:58	5.5 (44.7%)
302	RAJCZAK Monika	4376		K30	52	02:00:39.70	02:01:05.70	+01:07:16 (55.5%)	10:58	5.5 (44.7%)
303	SZCZERBICKA Katarzyna	4163		K40	42	02:01:13.60	02:01:17.90	+01:07:28 (55.6%)	11:01	5.4 (43.9%)
304	GOLDA Edyta	4178		K40	43	02:01:13.95	02:01:18.05	+01:07:28 (55.6%)	11:01	5.4 (43.9%)
305	LEWANDOWSKA Anna	4343	UBEZPIECZENIA - KUP NAJLEPSZE	K30	53	02:01:19.40	02:01:25.05	+01:07:35 (55.7%)	11:01	5.4 (43.9%)
306	NOWAK Karol	4105		M30	59	02:01:15.60	02:01:26.15	+01:07:36 (55.7%)	11:01	5.4 (43.9%)
307	TYSZKA Sylwia	4449		K40	44	02:00:56.30	02:01:26.75	+01:07:37 (55.7%)	10:59	5.5 (44.7%)
308	WÓJTOWICZ Agata	4144		K30	54	02:01:03.25	02:01:36.95	+01:07:47 (55.7%)	11:00	5.5 (44.7%)
309	MROCZKA Kinga	4284		K40	45	02:01:20.85	02:01:50.25	+01:08:00 (55.8%)	11:01	5.4 (43.9%)
310	DUDKIEWICZ Anna	4321	EKO-OKNA RUNNERS	K40	46	02:01:39.25	02:02:04.05	+01:08:14 (55.9%)	11:03	5.4 (43.9%)
311	LITAK Grzegorz	4480		M50	14	02:02:19.95	02:03:00.65	+01:09:10 (56.2%)	11:07	5.4 (43.9%)
312	PIETRZYK Marzena	4058		K40	47	02:02:33.55	02:03:02.45	+01:09:12 (56.3%)	11:08	5.4 (43.9%)
313	SZCZYGIELSKA Patrycja	4166		K30	55	02:03:20.95	02:03:41.15	+01:09:51 (56.5%)	11:12	5.4 (43.9%)
314	BRÓDKA Natalia	4038		K30	56	02:03:17.85	02:03:43.00	+01:09:53 (56.5%)	11:12	5.4 (43.9%)
315	KASTELIK Dariusz	4030	SPRINTEX TEAM	M40	50	02:03:33.30	02:03:47.90	+01:09:58 (56.5%)	11:13	5.3 (43.1%)
316	JAMKA Wiesław	4020	SKAWINA BIEGA	M60	12	02:03:33.70	02:03:48.00	+01:09:58 (56.5%)	11:13	5.3 (43.1%)
317	KULA Milena	4160		K30	57	02:04:08.70	02:04:34.50	+01:10:44 (56.8%)	11:17	5.3 (43.1%)
318	TRZCIŃSKA-LITWORA Sylwia	4281		K40	48	02:04:38.30	02:05:08.60	+01:11:18 (57.0%)	11:19	5.3 (43.1%)
319	KRÓL Maciej	4091	WIRAN TEAM	M40	51	02:05:14.45	02:05:41.25	+01:11:51 (57.2%)	11:23	5.3 (43.1%)
319	KRÓL Pola	4092	WIRAN TEAM	K20	36	02:05:16.25	02:05:41.25	+01:11:51 (57.2%)	11:23	5.3 (43.1%)
321	ŚWIĘCH Marlena	4238		K30	58	02:05:56.00	02:06:30.35	+01:12:40 (57.4%)	11:26	5.2 (42.3%)
322	ŚWIĘCH Konrad	4213		M30	60	02:05:57.10	02:06:30.50	+01:12:40 (57.5%)	11:27	5.2 (42.3%)
323	GAJEWSKA Klaudia	4067		K20	37	02:06:04.75	02:06:35.35	+01:12:45 (57.5%)	11:27	5.2 (42.3%)
324	CIENKOSZ Krzysztof	4473		M40	52	02:06:32.10	02:06:59.65	+01:13:09 (57.6%)	11:30	5.2 (42.3%)
325	WALASEK Przemysław	4205		M30	61	02:06:23.70	02:07:00.50	+01:13:10 (57.6%)	11:29	5.2 (42.3%)
326	SIEROTNIK Zuzanna	4143		K30	59	02:06:49.55	02:07:21.05	+01:13:31 (57.7%)	11:31	5.2 (42.3%)
327	SOWA Paweł	4186	RZUŁTE MORDY	M50	15	02:06:32.50	02:07:28.80	+01:13:39 (57.8%)	11:30	5.2 (42.3%)
328	SAMBORSKA-BLOK Dominika	4297		K30	60	02:07:28.35	02:07:37.30	+01:13:47 (57.8%)	11:35	5.2 (42.3%)
329	MERMER Beata	4037	SŁOŃCA JURY	K20	38	02:07:29.80	02:08:05.20	+01:14:15 (58.0%)	11:35	5.2 (42.3%)
330	PĘKALSKA Anna	4424		K50	9	02:07:33.95	02:08:06.45	+01:14:16 (58.0%)	11:35	5.2 (42.3%)
331	MAŃKA Paulina	4252		K40	49	02:07:55.95	02:08:36.65	+01:14:46 (58.1%)	11:37	5.2 (42.3%)
332	PAJĄK Anna	4336		K40	50	02:07:55.75	02:08:36.95	+01:14:47 (58.1%)	11:37	5.2 (42.3%)
333	CHOJNACKA Alina	4420		K40	51	02:08:41.75	02:09:04.40	+01:15:14 (58.3%)	11:41	5.1 (41.5%)
334	KOGUT Katarzyna	4018	SII RUNNING TEAM	K30	61	02:08:43.75	02:09:27.20	+01:15:37 (58.4%)	11:42	5.1 (41.5%)
335	RAK Michał	4257	SII RUNNING TEAM	M20	35	02:09:33.35	02:10:18.70	+01:16:29 (58.7%)	11:46	5.1 (41.5%)
336	OLSZEWSKA Ewa	4232	BS ŁĘCZNA	K30	62	02:09:49.55	02:10:25.15	+01:16:35 (58.7%)	11:48	5.1 (41.5%)
337	PIECHOWSKA Magda	4029	FABRYKA DZIKA	K30	63	02:08:28.25	02:10:26.10	+01:16:36 (58.7%)	11:40	5.1 (41.5%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 11km	Czas brutto 11km	Różn	Tempo min/km	Tempo km/h
338	<b>IGNASZAK Marek</b>	<b>4369</b>		M60	13	<b>02:10:29.25</b>	<b>02:11:01.40</b>	+01:17:11 (58.9%)	11:51	5.1 (41.5%)
339	<b>SŁOWIK Katarzyna</b>	<b>4458</b>		K40	52	<b>02:14:12.65</b>	<b>02:14:22.65</b>	+01:20:32 (59.9%)	12:12	4.9 (39.8%)
340	<b>TRZYNA Paula</b>	<b>4202</b>		K30	64	<b>02:14:13.20</b>	<b>02:14:27.90</b>	+01:20:38 (60.0%)	12:12	4.9 (39.8%)
341	<b>MALCHER Barbara</b>	<b>4187</b>	GRUPA JURA'PL	K30	65	<b>02:14:00.35</b>	<b>02:14:45.10</b>	+01:20:55 (60.1%)	12:10	4.9 (39.8%)
342	<b>PIASKOWSKA Ania</b>	<b>4073</b>	PIASKITEAM	K40	53	<b>02:15:24.75</b>	<b>02:15:34.05</b>	+01:21:44 (60.3%)	12:18	4.9 (39.8%)
343	<b>WOROSZYŁO Agnieszka</b>	<b>4442</b>		K20	39	<b>02:15:25.70</b>	<b>02:16:03.45</b>	+01:22:13 (60.4%)	12:18	4.9 (39.8%)
344	<b>KUBASIEWICZ Patrycja</b>	<b>4443</b>		K20	40	<b>02:15:39.40</b>	<b>02:16:17.95</b>	+01:22:28 (60.5%)	12:19	4.9 (39.8%)
345	<b>KILJAN Anna</b>	<b>4069</b>		K30	66	<b>02:16:29.30</b>	<b>02:16:39.70</b>	+01:22:50 (60.6%)	12:24	4.8 (39.0%)
346	<b>DOBROWOLSKI Jacek</b>	<b>4422</b>		M30	62	<b>02:18:00.55</b>	<b>02:18:31.85</b>	+01:24:42 (61.1%)	12:32	4.8 (39.0%)
347	<b>KOZŁOWSKA Jagoda</b>	<b>4436</b>		K30	67	<b>02:18:04.30</b>	<b>02:18:35.90</b>	+01:24:46 (61.2%)	12:33	4.8 (39.0%)
348	<b>MARCINIAK Barbara</b>	<b>4313</b>	RANDOMNO BIEGA	K40	54	<b>02:18:12.70</b>	<b>02:18:42.70</b>	+01:24:53 (61.2%)	12:33	4.8 (39.0%)
349	<b>DOBROWOLSKA Karolina</b>	<b>4112</b>		K40	55	<b>02:18:30.60</b>	<b>02:18:52.50</b>	+01:25:02 (61.2%)	12:35	4.8 (39.0%)
350	<b>GOSKA Dariusz</b>	<b>4097</b>	CAMEL BYDGOSZCZ	M50	16	<b>02:19:11.55</b>	<b>02:19:18.05</b>	+01:25:28 (61.4%)	12:39	4.7 (38.2%)
351	<b>TOMASZEK Michał</b>	<b>4322</b>		M60	14	<b>02:19:15.20</b>	<b>02:20:05.70</b>	+01:26:16 (61.6%)	12:39	4.7 (38.2%)
352	<b>KOŁACZYŃSKA Magdalena</b>	<b>4268</b>	PIEROGI ATTAKE	K20	41	<b>02:17:55.35</b>	<b>02:21:06.25</b>	+01:27:16 (61.9%)	12:32	4.8 (39.0%)
353	<b>BLADY Bogdan</b>	<b>4395</b>		M50	17	<b>02:22:52.15</b>	<b>02:23:36.10</b>	+01:29:46 (62.5%)	12:59	4.6 (37.4%)
354	<b>LEWANDOWSKI Maciej</b>	<b>4199</b>		M50	18	<b>02:22:53.25</b>	<b>02:23:37.05</b>	+01:29:47 (62.5%)	12:59	4.6 (37.4%)
355	<b>URBAŃSKA Sylwia</b>	<b>4132</b>		K40	56	<b>02:23:41.95</b>	<b>02:24:15.60</b>	+01:30:25 (62.7%)	13:03	4.6 (37.4%)
356	<b>OLSZEWSKI Michał</b>	<b>4131</b>		M40	53	<b>02:23:42.55</b>	<b>02:24:15.95</b>	+01:30:26 (62.7%)	13:03	4.6 (37.4%)
357	<b>BUTRYN Agnieszka</b>	<b>4140</b>		K50	10	<b>02:26:50.05</b>	<b>02:27:19.85</b>	+01:33:30 (63.5%)	13:20	4.5 (36.6%)
358	<b>STECZKO Ania</b>	<b>4400</b>		K40	57	<b>02:26:38.05</b>	<b>02:27:20.30</b>	+01:33:30 (63.5%)	13:19	4.5 (36.6%)
359	<b>BIEGESZ Agnieszka</b>	<b>4149</b>		K40	58	<b>02:26:56.95</b>	<b>02:27:20.65</b>	+01:33:30 (63.5%)	13:21	4.5 (36.6%)
360	<b>WEINER Aleksandra</b>	<b>4220</b>	VIKING	K40	59	<b>02:26:38.75</b>	<b>02:27:20.75</b>	+01:33:31 (63.5%)	13:19	4.5 (36.6%)
360	<b>BANAŚ Katarzyna</b>	<b>4221</b>		K40	59	<b>02:26:38.70</b>	<b>02:27:20.75</b>	+01:33:31 (63.5%)	13:19	4.5 (36.6%)
362	<b>RAK Dorota</b>	<b>4013</b>		K60	2	<b>02:29:28.65</b>	<b>02:30:12.90</b>	+01:36:23 (64.2%)	13:35	4.4 (35.8%)
363	<b>NEĆKA Alicja</b>	<b>4015</b>	SŁOŃCA JURY	K20	42	<b>02:30:44.15</b>	<b>02:31:15.25</b>	+01:37:25 (64.4%)	13:42	4.4 (35.8%)
364	<b>URBANIEC Stanisław</b>	<b>4450</b>		M20	36	<b>02:30:41.00</b>	<b>02:31:15.40</b>	+01:37:25 (64.4%)	13:41	4.4 (35.8%)
365	<b>WERYHO Maja</b>	<b>4339</b>		K40	61	<b>02:31:33.40</b>	<b>02:31:58.80</b>	+01:38:09 (64.6%)	13:46	4.4 (35.8%)
366	<b>SKWAREK Zofia</b>	<b>4476</b>	AKTYWNI NA SERJO	K60	3	<b>02:31:48.15</b>	<b>02:32:09.45</b>	+01:38:19 (64.6%)	13:48	4.3 (35.0%)
367	<b>MAJCHRZAK Lidia</b>	<b>4006</b>	FIBOO TEAM	K30	68	<b>02:31:50.20</b>	<b>02:32:12.75</b>	+01:38:23 (64.6%)	13:48	4.3 (35.0%)
368	<b>KACZMAREK Anna</b>	<b>4075</b>	TRITON KONIN	K40	62	<b>02:32:20.90</b>	<b>02:32:51.10</b>	+01:39:01 (64.8%)	13:50	4.3 (35.0%)
369	<b>NOWICZ Konrad</b>	<b>4382</b>	TRITON KONIN	M30	63	<b>02:32:20.35</b>	<b>02:32:52.20</b>	+01:39:02 (64.8%)	13:50	4.3 (35.0%)
370	<b>KACZMAREK Jarosław</b>	<b>4392</b>	TRITON KONIN	M40	54	<b>02:32:24.25</b>	<b>02:32:52.90</b>	+01:39:03 (64.8%)	13:51	4.3 (35.0%)
371	<b>ZIELIŃSKA-GOLIK Izabela</b>	<b>4150</b>		K40	63	<b>02:33:46.00</b>	<b>02:33:46.00</b>	+01:39:56 (65.0%)	13:58	4.3 (35.0%)
372	<b>MAKOWSKA Joanna</b>	<b>4379</b>		K40	64	<b>02:33:23.35</b>	<b>02:33:47.40</b>	+01:39:57 (65.0%)	13:56	4.3 (35.0%)
373	<b>WILCZYŃSKA Joanna</b>	<b>4386</b>		K30	69	<b>02:33:32.40</b>	<b>02:34:15.40</b>	+01:40:25 (65.1%)	13:57	4.3 (35.0%)
374	<b>SZCZEPANIAK Kasia</b>	<b>4111</b>		K30	70	<b>02:33:33.05</b>	<b>02:34:15.65</b>	+01:40:25 (65.1%)	13:57	4.3 (35.0%)
375	<b>DĄBROWSKA Anna</b>	<b>4479</b>	MJK	K50	11	<b>02:33:32.90</b>	<b>02:34:16.35</b>	+01:40:26 (65.1%)	13:57	4.3 (35.0%)
376	<b>STRZECHOWSKI Dariusz</b>	<b>4393</b>	RAJSPORT ACTIVE	M40	55	<b>02:33:35.40</b>	<b>02:34:17.40</b>	+01:40:27 (65.1%)	13:57	4.3 (35.0%)
377	<b>SKLEPOWICZ Stanisław</b>	<b>4350</b>		M20	37	<b>02:34:18.60</b>	<b>02:34:28.70</b>	+01:40:39 (65.2%)	14:01	4.3 (35.0%)
378	<b>DITTMAJER-SKLEPOWICZ Izabela</b>	<b>4043</b>		K40	65	<b>02:34:23.60</b>	<b>02:34:35.30</b>	+01:40:45 (65.2%)	14:02	4.3 (35.0%)
379	<b>MICHALIK Wiktoria</b>	<b>4032</b>	SŁOŃCA JURY	K20	43	<b>02:34:08.10</b>	<b>02:34:43.90</b>	+01:40:54 (65.2%)	14:00	4.3 (35.0%)
380	<b>WARDZIŃSKA Agnieszka</b>	<b>4095</b>		K20	44	<b>02:34:09.85</b>	<b>02:34:49.15</b>	+01:40:59 (65.2%)	14:00	4.3 (35.0%)
381	<b>KLIMEK Sonia</b>	<b>4047</b>		K20	45	<b>02:34:40.00</b>	<b>02:35:15.90</b>	+01:41:26 (65.3%)	14:03	4.3 (35.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 11km	Czas brutto 11km	Różn	Tempo min/km	Tempo km/h
382	<b>GARDOCKA-KACZMARCZYK Milena</b>	<b>4046</b>		K40	66	<b>02:36:23.35</b>	<b>02:36:35.15</b>	+01:42:45 (65.6%)	14:13	4.2 (34.1%)
383	<b>BLANK Grzegorz</b>	<b>4055</b>		M50	19	<b>02:36:23.15</b>	<b>02:36:35.40</b>	+01:42:45 (65.6%)	14:13	4.2 (34.1%)
384	<b>NAPIERAŁA Marzena</b>	<b>4036</b>		K30	71	<b>02:37:23.10</b>	<b>02:37:23.10</b>	+01:43:33 (65.8%)	14:18	4.2 (34.1%)
385	<b>GRUBE Bartosz</b>	<b>4410</b>	SUT - STRASZYN ULTRA TEAM	M30	64	<b>02:37:22.40</b>	<b>02:37:52.50</b>	+01:44:02 (65.9%)	14:18	4.2 (34.1%)
386	<b>KUCZMENDA Katarzyna</b>	<b>4356</b>		K40	67	<b>02:37:37.40</b>	<b>02:38:00.20</b>	+01:44:10 (65.9%)	14:19	4.2 (34.1%)
387	<b>SZEWCZYK Anna</b>	<b>4093</b>		K40	68	<b>02:38:06.50</b>	<b>02:38:23.80</b>	+01:44:34 (66.0%)	14:22	4.2 (34.1%)
388	<b>PARLIŃSKA Aleksandra</b>	<b>4192</b>		K40	69	<b>02:38:50.85</b>	<b>02:39:30.60</b>	+01:45:40 (66.3%)	14:26	4.2 (34.1%)
389	<b>RADYK Jakub</b>	<b>4432</b>	PRZEMYSKI KLUB BIEGACZA	M30	65	<b>02:39:45.85</b>	<b>02:40:23.30</b>	+01:46:33 (66.4%)	14:31	4.1 (33.3%)
390	<b>RADYK Anna</b>	<b>4302</b>	PRZEMYSKI KLUB BIEGACZA	K20	46	<b>02:39:44.50</b>	<b>02:40:23.50</b>	+01:46:33 (66.4%)	14:31	4.1 (33.3%)
391	<b>RADYK Joanna</b>	<b>4433</b>	PRZEMYSKI KLUB BIEGACZA	K40	70	<b>02:39:46.25</b>	<b>02:40:24.35</b>	+01:46:34 (66.4%)	14:31	4.1 (33.3%)
392	<b>SKÓRA Aldona</b>	<b>4435</b>	GRUPA BIEGACZY SKÓRZEC BIEGA	K40	71	<b>02:41:42.55</b>	<b>02:42:04.10</b>	+01:48:14 (66.8%)	14:42	4.1 (33.3%)
393	<b>STELMACH Jerzy</b>	<b>4225</b>	LEŻACZE ŁĄKOWI	M50	20	<b>02:42:50.95</b>	<b>02:42:59.55</b>	+01:49:09 (67.0%)	14:48	4.1 (33.3%)
394	<b>STELMACH Małgorzata</b>	<b>4224</b>	LEŻACZE ŁĄKOWI	K50	12	<b>02:42:51.40</b>	<b>02:42:59.85</b>	+01:49:10 (67.0%)	14:48	4.1 (33.3%)
395	<b>MIECHOWICZ Tomasz</b>	<b>4152</b>	LEŻACZE ŁĄKOWI	M50	21	<b>02:42:51.60</b>	<b>02:42:59.95</b>	+01:49:10 (67.0%)	14:48	4.1 (33.3%)
396	<b>KASZTELAN Agata</b>	<b>4026</b>	SŁOŃCA JURY	K40	72	<b>02:48:30.90</b>	<b>02:49:08.40</b>	+01:55:18 (68.2%)	15:19	3.9 (31.7%)
397	<b>BIELECKA Ewa</b>	<b>4028</b>	SŁOŃCA JURY	K40	73	<b>02:48:35.30</b>	<b>02:49:08.50</b>	+01:55:18 (68.2%)	15:19	3.9 (31.7%)
398	<b>MICHALIK Agnieszka</b>	<b>4025</b>	SŁOŃCA JURY	K40	74	<b>02:48:30.75</b>	<b>02:49:08.70</b>	+01:55:19 (68.2%)	15:19	3.9 (31.7%)
399	<b>REDMER Krzysztof</b>	<b>4052</b>		M20	38	<b>02:54:59.80</b>	<b>02:55:28.90</b>	+02:01:39 (69.3%)	15:54	3.8 (30.9%)
400	<b>REDMER Bartłomiej</b>	<b>4051</b>		M20	39	<b>02:55:42.35</b>	<b>02:56:11.70</b>	+02:02:22 (69.4%)	15:58	3.8 (30.9%)
401	<b>KOJRUK Emilia</b>	<b>4050</b>		K20	47	<b>02:55:43.55</b>	<b>02:56:11.90</b>	+02:02:22 (69.5%)	15:58	3.8 (30.9%)
402	<b>CZARNOCKA Małgorzata</b>	<b>4022</b>	GRUPA BIEGACZY SKÓRZEC BIEGA	K40	75	<b>02:57:52.85</b>	<b>02:58:15.20</b>	+02:04:25 (69.8%)	16:10	3.7 (30.1%)
<b>Przekroczony limit czasu: 03:00:00</b>										
403	<b>KAWECKA Aneta</b>	<b>4087</b>	SŁOŃCA JURY	K40	76	<b>02:59:45.80</b>	<b>03:00:19.15</b>	+02:06:29 (70.1%)	16:20	3.7 (30.1%)
403	<b>URBANIEC Marta</b>	<b>4451</b>		K40	76	<b>02:59:44.85</b>	<b>03:00:19.15</b>	+02:06:29 (70.1%)	16:20	3.7 (30.1%)
405	<b>ŃECKA Ewa</b>	<b>4014</b>	SŁOŃCA JURY	K40	78	<b>02:59:45.40</b>	<b>03:00:19.20</b>	+02:06:29 (70.1%)	16:20	3.7 (30.1%)

Znaleziono 405 wynik(ów)