

# V HYUNDAI ULTRAMARATON BIESZCZADZKI

B4SPORT  
INTELLIGENTNE ZAWODY SPORTOWE

**Wydarzenie:** Maraton Bieszczadzki 2017  
**Organizator:** Fundacja Bieg Rzeźnika  
**Data:** 2017-10-07  
**Miejsce:** Cisna  
**Dystans:** 52 km

**B4SPORT**  
INTELLIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	P1_Roztoki 12km	P2_Solinka2 26km	P1_Roztoki 37.8km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
1	<b>GRZĄDZIEL Dominik</b>	<b>332</b>	ATTIQ	M30	1		00:49:18	01:59:42	03:06:14	<b>04:22:34.60</b>	<b>04:22:35.20</b>		5:02	11.9 (100%)
2	<b>FARON Robert</b>	<b>167</b>	SALCO GARMIN TEAM	M40	1		00:49:29	02:03:27	03:11:39	<b>04:32:01.10</b>	<b>04:32:01.70</b>	+00:09:26 (3.5%)	5:13	11.5 (96.6%)
3	<b>KOCZWARA Tomasz</b>	<b>436</b>		M40	2		00:47:52	02:00:29	03:10:10	<b>04:34:06.30</b>	<b>04:34:07.80</b>	+00:11:32 (4.2%)	5:16	11.4 (95.8%)
4	<b>UZNAŃSKI Piotr</b>	<b>383</b>	EUROCLEAR RUNNING TEAM	M30	2		00:49:16	02:03:24	03:15:40	<b>04:41:13.40</b>	<b>04:41:15.60</b>	+00:18:40 (6.6%)	5:24	11.1 (93.3%)
5	<b>SEDLAK Michał</b>	<b>38</b>	LUBIETOBIEGANIE	M40	3		00:50:04	02:03:46	03:13:47	<b>04:42:16.05</b>	<b>04:42:16.90</b>	+00:19:41 (7.0%)	5:25	11.1 (93.3%)
6	<b>HUZIOR Piotr</b>	<b>539</b>	ATTIQ/SALMING	M40	4		00:50:25	02:06:22	03:17:30	<b>04:44:17.05</b>	<b>04:44:18.10</b>	+00:21:42 (7.6%)	5:28	11 (92.4%)
7	<b>JENDRYCH Artur</b>	<b>515</b>	BIEGAJACY ŚWIDNIK	M20	1		00:50:49	02:08:09	03:19:20	<b>04:45:51.70</b>	<b>04:45:53.25</b>	+00:23:18 (8.2%)	5:29	10.9 (91.6%)
8	<b>ZDANOWSKI Łukasz</b>	<b>580</b>	SMRYKI	M20	2		00:50:45	02:08:40	03:24:33	<b>04:53:54.65</b>	<b>04:53:56.15</b>	+00:31:20 (10.7%)	5:39	10.6 (89.1%)
9	<b>TOKARZ Andrzej</b>	<b>538</b>	ANDRZEJTOKARZ.PL/VISEGRAD MARATON RYTRO	M30	3		00:49:27	02:08:12	03:28:33	<b>05:00:45.85</b>	<b>05:00:46.65</b>	+00:38:11 (12.7%)	5:47	10.4 (87.4%)
10	<b>BOROWCZYK Sebastian</b>	<b>574</b>	KB DĘBIEC	M20	3		00:49:39	02:06:41	03:26:52	<b>05:02:34.70</b>	<b>05:02:36.05</b>	+00:40:00 (13.2%)	5:49	10.3 (86.6%)
11	<b>KRZYSZTOŃ Marcin</b>	<b>50</b>	GMP LASY / KRAŚIK	M30	4	Nonkonformiści	00:52:27	02:14:33	03:30:37	<b>05:06:11.00</b>	<b>05:06:12.65</b>	+00:43:37 (14.2%)	5:53	10.2 (85.7%)
12	<b>KOT Rafał</b>	<b>32</b>	GÓRAL Z MAZUR // KB JURUND SZCZYTNO	M30	5	WARMIŃSKO-MAZURSKIE DZIKI	00:52:55	02:16:24	03:32:55	<b>05:07:04.10</b>	<b>05:07:06.55</b>	+00:44:31 (14.5%)	5:54	10.2 (85.7%)
13	<b>LITWIŃSKI Robert</b>	<b>509</b>	VEGERUNNERS	M30	6		00:59:06	02:24:21	03:39:11	<b>05:11:48.90</b>	<b>05:11:52.50</b>	+00:49:17 (15.8%)	5:59	10 (84.0%)
14	<b>KOPCEWICZ Tomasz</b>	<b>283</b>		M30	7		00:55:52	02:22:55	03:41:08	<b>05:14:46.45</b>	<b>05:14:52.00</b>	+00:52:16 (16.6%)	6:03	9.9 (83.2%)
15	<b>PAKUŁA Paweł</b>	<b>497</b>	MKS 'ŻAK' BIAŁA PODLASKA	M40	5		00:55:17	02:21:36	03:41:20	<b>05:16:24.20</b>	<b>05:16:26.05</b>	+00:53:50 (17.0%)	6:05	9.9 (83.2%)
16	<b>MIŚKIEWICZ Mariusz</b>	<b>624</b>		M30	8		00:50:03	02:08:12	03:31:58	<b>05:18:57.45</b>	<b>05:18:58.35</b>	+00:56:23 (17.7%)	6:08	9.8 (82.4%)
17	<b>GAWLIK Sławek</b>	<b>142</b>	MARCINŚWIERCTEAM	M30	9		00:53:39	02:20:02	03:41:45	<b>05:19:21.00</b>	<b>05:19:21.45</b>	+00:56:46 (17.8%)	6:08	9.8 (82.4%)
18	<b>KOSIERADZKI Łukasz</b>	<b>202</b>	MKS PGOŃ SIEDLCE	M20	4		00:52:04	02:14:35	03:35:43	<b>05:19:33.90</b>	<b>05:19:36.25</b>	+00:57:01 (17.8%)	6:08	9.8 (82.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	P1_Roztoki 12km	P2_Solinka2 26km	P1_Roztoki 37.8km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
19	SKÓRA Tomasz	199		M40	6		00:52:04	02:15:40	03:38:26	05:20:51.00	05:20:53.30	+00:58:18 (18.2%)	6:10	9.7 (81.5%)
20	WĘGIEL Marcin	367		M20	5		00:52:48	02:16:50	03:42:35	05:21:18.15	05:21:20.10	+00:58:44 (18.3%)	6:10	9.7 (81.5%)
21	ZAJĄC Jacek	363	NONKONFORMISTA	M40	7	Nonkonformiści	00:52:56	02:15:53	03:38:21	05:21:23.85	05:21:25.25	+00:58:50 (18.3%)	6:10	9.7 (81.5%)
22	RUBIKOWSKI Jacek	124		M20	6		00:52:49	02:15:27	03:37:32	05:22:35.30	05:22:36.70	+01:00:01 (18.6%)	6:12	9.7 (81.5%)
23	DUDZIK Robert	42	LIMANOVA HOTEL	M30	10		00:57:38	02:27:02	03:50:05	05:22:46.45	05:22:48.30	+01:00:13 (18.7%)	6:12	9.7 (81.5%)
24	PASIECZNY Robert	614	FARTLEK GO	M40	8	FARTLEK GO	00:53:47	02:17:25	03:42:52	05:24:52.45	05:24:53.00	+01:02:17 (19.2%)	6:14	9.6 (80.7%)
25	KĘPOWICZ Marcin	376	PASIEKA KEMPI	M40	9	Nonkonformiści	00:57:28	02:26:09	03:49:29	05:26:31.80	05:26:37.80	+01:04:02 (19.6%)	6:16	9.6 (80.7%)
26	JĘDRASZCZYK Mateusz	558		M20	7		00:55:51	02:25:51	03:52:37	05:34:42.35	05:34:43.55	+01:12:08 (21.6%)	6:26	9.3 (78.2%)
27	KOŁDER Tomasz	435	PAKO TEAM CIESZYN	M40	10		00:58:40	02:32:31	03:58:22	05:35:32.70	05:35:37.35	+01:13:02 (21.8%)	6:27	9.3 (78.2%)
28	DUCKI Piotr	413	OTK-RZEŹNIK	M30	11		00:58:38	02:29:33	03:54:35	05:36:08.05	05:36:12.40	+01:13:37 (21.9%)	6:27	9.3 (78.2%)
29	BAKALARZ Emil	545		M20	8		00:55:44	02:23:34	03:52:38	05:37:26.90	05:37:28.15	+01:14:52 (22.2%)	6:29	9.2 (77.3%)
30	FLOREK Seba	400	NORAFSPORT	M30	12		00:53:54	02:22:56	03:46:42	05:37:53.30	05:37:55.25	+01:15:20 (22.3%)	6:29	9.2 (77.3%)
31	BONDARA Sylwia 2		JACEK BIEGA RUNNING TEAM	K30	1		00:58:54	02:26:51	03:54:24	05:38:00.80	05:38:02.95	+01:15:27 (22.3%)	6:30	9.2 (77.3%)
32	MURAK Robert	29		M40	11		01:00:45	02:30:14	03:55:34	05:37:53.95	05:38:05.35	+01:15:30 (22.3%)	6:29	9.2 (77.3%)
33	OLEKSIŃSKI Dariusz	599		M30	13		00:59:52	02:31:49	03:59:43	05:43:23.60	05:43:24.45	+01:20:49 (23.5%)	6:36	9.1 (76.5%)
34	KUKUŁA Maciej	374		M20	9		01:00:39	02:34:25	03:59:11	05:47:15.05	05:47:27.55	+01:24:52 (24.4%)	6:40	9 (75.6%)
35	FILIPEK Paweł	451	BIEGUSIEM.PL	M30	14		01:01:21	02:33:03	03:58:03	05:47:21.65	05:47:27.60	+01:24:52 (24.4%)	6:40	9 (75.6%)
36	DOMISZEWSKA Maria	527		K50	1		00:57:39	02:27:51	03:57:54	05:48:11.85	05:48:13.05	+01:25:37 (24.6%)	6:41	9 (75.6%)
37	LEKKI Jerzy	361	BBRUNNERS	M40	12		01:01:58	02:31:38	03:58:35	05:48:04.50	05:48:21.65	+01:25:46 (24.6%)	6:41	9 (75.6%)
38	KIK Iwona	392	DANIEL WOSIK TERVEL TEAM/KW KRAKÓW	K30	2		00:56:10	02:29:53	04:00:26	05:51:34.70	05:51:35.80	+01:29:00 (25.3%)	6:45	8.9 (74.8%)
39	WIĘCH Piotr	597		M30	15		00:57:47	02:39:41	04:11:29	05:53:59.00	05:54:03.60	+01:31:28 (25.8%)	6:48	8.8 (73.9%)
40	MAZUREK Robert	251	LUBELSKIE STOWARZYSZENIE BIEGOWE / LUBELAKY	M40	13	Nonkonformiści	01:00:11	02:35:53	04:08:04	05:54:44.25	05:54:50.30	+01:32:15 (26.0%)	6:49	8.8 (73.9%)
41	ŁAGOŹNY Łukasz	215	EURO24 TEAM	M30	16		00:58:54	02:31:40	04:02:26	05:55:32.65	05:55:36.55	+01:33:01 (26.2%)	6:50	8.8 (73.9%)
42	ZALEWSKI Karol	305	MKB DREPTAK	M30	17	MKB Dreptak	01:03:51	02:37:34	04:08:26	05:55:28.65	05:55:39.80	+01:33:04 (26.2%)	6:50	8.8 (73.9%)
43	UBER Marcin	476	DECATHLON PRZYMORZE RUNNING TEAM	M20	10		00:59:38	02:33:54	04:07:56	05:57:32.45	05:57:38.85	+01:35:03 (26.6%)	6:52	8.7 (73.1%)
44	LUBAŃSKI Robert	408		M50	1		00:57:54	02:32:00	04:04:41	06:00:43.55	06:00:45.55	+01:38:10 (27.2%)	6:56	8.6 (72.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	P1_Roztoki 12km	P2_Solinka2 26km	P1_Roztoki 37.8km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
45	<b>MAKOWSKI Jerzy</b>	<b>320</b>		M50	2		01:04:38	02:41:28	04:12:13	<b>06:02:32.45</b>	<b>06:02:39.65</b>	+01:40:04 (27.6%)	6:58	8.6 (72.3%)
46	<b>GRONDYS Paweł</b>	<b>61</b>		M30	18		00:57:57	02:34:30	04:05:35	<b>06:03:53.15</b>	<b>06:03:54.85</b>	+01:41:19 (27.8%)	6:59	8.6 (72.3%)
47	<b>MACIĄGOWSKI Sławomir</b>	<b>313</b>		M30	19		01:02:47	02:38:08	04:11:18	<b>06:04:11.50</b>	<b>06:04:30.65</b>	+01:41:55 (28.0%)	7:00	8.6 (72.3%)
48	<b>PEPLAK Jarosław</b>	<b>623</b>		M30	20		01:00:00	02:36:37	04:13:36	<b>06:06:02.00</b>	<b>06:06:05.40</b>	+01:43:30 (28.3%)	7:02	8.5 (71.4%)
49	<b>KUCIEL Paweł</b>	<b>343</b>	KOPALNIA WAPIENIA CZATKOWICE	M20	11		01:00:15	02:39:20	04:17:36	<b>06:08:50.30</b>	<b>06:09:20.95</b>	+01:46:45 (28.9%)	7:05	8.5 (71.4%)
50	<b>STEMPKOWICZ Jacek</b>	<b>297</b>		M30	21		00:57:40	02:33:23	04:11:26	<b>06:09:38.45</b>	<b>06:09:50.40</b>	+01:47:15 (29.0%)	7:06	8.4 (70.6%)
51	<b>SZCZEPKOWSKI Bartek</b>	<b>427</b>	BZ WBK RUNNERS TEAM	M30	22		01:01:20	02:33:04	04:09:27	<b>06:09:58.70</b>	<b>06:10:04.55</b>	+01:47:29 (29.0%)	7:06	8.4 (70.6%)
52	<b>SUDER Grzegorz</b>	<b>619</b>		M30	23		01:05:38	02:45:55	04:17:51	<b>06:10:43.20</b>	<b>06:11:00.70</b>	+01:48:25 (29.2%)	7:07	8.4 (70.6%)
53	<b>ZMYSŁOWSKI Igor</b>	<b>576</b>		M20	12		01:02:08	02:38:03	04:17:51	<b>06:12:07.90</b>	<b>06:12:23.70</b>	+01:49:48 (29.5%)	7:09	8.4 (70.6%)
54	<b>PEŁCZYŃSKI Sławomir</b>	<b>488</b>	KB MARATOŃCZYK DĘBICA	M30	24		01:07:53	02:57:20	04:26:32	<b>06:12:02.65</b>	<b>06:12:32.35</b>	+01:49:57 (29.5%)	7:09	8.4 (70.6%)
55	<b>GARDZIEL Jerzy</b>	<b>386</b>	WW TEAM	M40	14		00:59:12	02:33:29	04:08:03	<b>06:12:33.05</b>	<b>06:12:39.45</b>	+01:50:04 (29.5%)	7:09	8.4 (70.6%)
56	<b>NOWAK Piotr</b>	<b>321</b>	BIESZCZADY	M40	15		01:09:16	02:48:33	04:21:07	<b>06:12:42.15</b>	<b>06:13:26.15</b>	+01:50:50 (29.7%)	7:10	8.4 (70.6%)
57	<b>STYPUŁKOWSKI Piotr</b>	<b>582</b>		M30	25		01:06:19	02:40:29	04:14:36	<b>06:13:40.60</b>	<b>06:13:58.40</b>	+01:51:23 (29.8%)	7:11	8.3 (69.7%)
58	<b>KRZYSZŁOWSKI Rafał</b>	<b>467</b>	GYMBOXCF OPOLE   PRZYJACIELE BIEGNAŁ PO BROWARA	M40	16		01:11:08	02:52:33	04:27:22	<b>06:16:44.60</b>	<b>06:17:08.00</b>	+01:54:32 (30.4%)	7:14	8.3 (69.7%)
59	<b>KUPIJAJ Marcin</b>	<b>528</b>	SOCIOS GÓRNIK	M20	13		01:02:42	02:42:49	04:21:40	<b>06:16:25.90</b>	<b>06:17:11.35</b>	+01:54:36 (30.4%)	7:14	8.3 (69.7%)
60	<b>DROBNY Sławomir</b>	<b>193</b>		M20	14		01:02:35	02:38:45	04:17:43	<b>06:16:56.45</b>	<b>06:17:34.40</b>	+01:54:59 (30.5%)	7:14	8.3 (69.7%)
61	<b>WALASEK Grzegorz</b>	<b>395</b>	BIEGUSIEM.PL	M40	17		00:53:33	02:18:06	03:43:49	<b>06:17:46.25</b>	<b>06:17:47.00</b>	+01:55:11 (30.5%)	7:15	8.3 (69.7%)
62	<b>CRYER Ben</b>	<b>536</b>		M20	15		01:11:35	02:53:58	04:23:32	<b>06:19:30.70</b>	<b>06:19:59.95</b>	+01:57:24 (30.9%)	7:17	8.2 (68.9%)
63	<b>FILIPEK Wojciech</b>	<b>563</b>	OPTIM TRAVEL ULTRA	M50	3		01:04:49		04:21:32	<b>06:20:16.25</b>	<b>06:20:40.85</b>	+01:58:05 (31.0%)	7:18	8.2 (68.9%)
64	<b>PAWĘZKA Mirosław</b>	<b>119</b>	STAY INSANE / BANDA GRUDNIA	M30	26	STAY INSANE	01:04:33	02:45:44	04:25:05	<b>06:21:00.00</b>	<b>06:21:09.35</b>	+01:58:34 (31.1%)	7:19	8.2 (68.9%)
65	<b>KUDŁAK Paweł</b>	<b>122</b>	PORANNY PATROL	M20	16		01:01:31	02:37:32	04:18:00	<b>06:21:43.85</b>	<b>06:21:53.20</b>	+01:59:18 (31.2%)	7:20	8.2 (68.9%)
66	<b>SERZYSKO Bartosz</b>	<b>311</b>	DELPHI RUNNING TEAM	M20	17		01:10:34	02:50:11	04:28:39	<b>06:21:36.35</b>	<b>06:21:55.95</b>	+01:59:20 (31.2%)	7:20	8.2 (68.9%)
67	<b>DEMBNY Tomasz</b>	<b>261</b>		M40	18		00:57:39	02:38:55	04:23:55	<b>06:22:13.60</b>	<b>06:22:16.75</b>	+01:59:41 (31.3%)	7:21	8.2 (68.9%)
68	<b>LEWANDOWSKA Marlena</b>	<b>378</b>	KM TRUCHCIK ŁUBIANKA	K40	1		01:04:40	02:52:43	04:29:42	<b>06:22:09.10</b>	<b>06:22:17.00</b>	+01:59:41 (31.3%)	7:20	8.2 (68.9%)
69	<b>ZYCH Zbigniew</b>	<b>350</b>	LUBELSKA GRUPA TRIATHLONU	M40	19	Nonkonformiści	01:03:57	02:48:22	04:27:38	<b>06:23:23.00</b>	<b>06:23:29.50</b>	+02:00:54 (31.5%)	7:22	8.1 (68.1%)
70	<b>BIENIECKA Anna</b>	<b>1</b>	OTK RZEŹNIK	K30	3		01:00:32	02:42:55	04:24:36	<b>06:24:24.05</b>	<b>06:24:26.55</b>	+02:01:51 (31.7%)	7:23	8.1 (68.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	P1_Roztoki 12km	P2_Solinka2 26km	P1_Roztoki 37.8km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
71	<b>POROWSKI Waldek</b>	<b>424</b>	GRUBYBIEGA	M40	20		00:59:03	02:34:44	04:13:28	<b>06:25:17.45</b>	<b>06:25:48.10</b>	+02:03:12 (31.9%)	7:24	8.1 (68.1%)
72	<b>SZPAK Sławomir</b>	<b>172</b>		M40	21		00:59:35	02:41:02	04:22:56	<b>06:27:06.45</b>	<b>06:27:14.25</b>	+02:04:39 (32.2%)	7:26	8.1 (68.1%)
73	<b>GWIZDAK Justyna</b>	<b>608</b>	WKURW TEAM	K30	4		01:04:06	02:45:27	04:27:05	<b>06:26:50.35</b>	<b>06:27:25.10</b>	+02:04:49 (32.2%)	7:26	8.1 (68.1%)
74	<b>BEDRYJ Mateusz</b>	<b>454</b>	42 DO SZCZĘŚCIA	M20	18		01:03:59	02:42:51	04:25:51	<b>06:27:05.60</b>	<b>06:27:40.10</b>	+02:05:04 (32.3%)	7:26	8.1 (68.1%)
75	<b>KIEWISZ Adam</b>	<b>351</b>	S.S. DRUŻYNA WILKA	M30	27		01:03:52	02:43:32	04:26:55	<b>06:27:51.35</b>	<b>06:28:04.25</b>	+02:05:29 (32.3%)	7:27	8 (67.2%)
76	<b>KOZIEŁ Grzegorz</b>	<b>110</b>	SILESIA RUNNERS CLUB	M30	28	Silesia Runners Club	01:05:35	02:48:57	04:30:01	<b>06:28:03.55</b>	<b>06:28:11.55</b>	+02:05:36 (32.4%)	7:27	8 (67.2%)
77	<b>ZIĘTEK Mariusz</b>	<b>512</b>		M40	22		01:00:08	02:50:00	04:31:17	<b>06:29:59.75</b>	<b>06:30:03.05</b>	+02:07:27 (32.7%)	7:30	8 (67.2%)
78	<b>GRONAU Maciej</b>	<b>182</b>		M30	29		01:04:20	02:45:09	04:26:05	<b>06:30:22.00</b>	<b>06:30:28.80</b>	+02:07:53 (32.8%)	7:30	8 (67.2%)
79	<b>WIŚNIEWSKI Michał</b>	<b>534</b>	RODZINNY RELAX	M30	30		01:04:02	02:44:40	04:27:54	<b>06:30:43.20</b>	<b>06:30:55.80</b>	+02:08:20 (32.8%)	7:30	8 (67.2%)
80	<b>KURCZAB Justyna</b>	<b>170</b>		K20	1		01:07:16	02:54:52	04:37:10	<b>06:30:36.75</b>	<b>06:30:58.85</b>	+02:08:23 (32.8%)	7:30	8 (67.2%)
81	<b>KŁOPOTEK Patryk</b>	<b>155</b>	TEAM FORDON BYDGOSZCZ	M20	19		01:01:51	02:43:21	04:25:49	<b>06:31:22.75</b>	<b>06:31:34.15</b>	+02:08:58 (32.9%)	7:31	8 (67.2%)
82	<b>KUJAWSKI Marcin</b>	<b>154</b>	TEAM FORDON BYDGOSZCZ	M20	20		01:01:52	02:43:21	04:25:50	<b>06:31:23.05</b>	<b>06:31:34.35</b>	+02:08:59 (32.9%)	7:31	8 (67.2%)
83	<b>KRUPA Grzegorz</b>	<b>616</b>		M40	23		01:02:54	02:45:34	04:30:27	<b>06:31:35.00</b>	<b>06:31:39.90</b>	+02:09:04 (33.0%)	7:31	8 (67.2%)
84	<b>MATYJA Piotr</b>	<b>22</b>	MAKE HUMMUS NOT WAR	M30	31		01:06:07	02:54:54	04:38:51	<b>06:34:38.55</b>	<b>06:34:47.35</b>	+02:12:12 (33.5%)	7:35	7.9 (66.4%)
85	<b>ŁUKOMSKI Maciej</b>	<b>152</b>	GANG CHÓDEGO	M40	24		01:05:16	02:51:18	04:38:14	<b>06:34:27.00</b>	<b>06:34:49.40</b>	+02:12:14 (33.5%)	7:35	7.9 (66.4%)
86	<b>GRĘBOWIEC Mateusz</b>	<b>90</b>	TSA SANDOMIERZ	M30	32	TSA Sandomierz	01:03:57	02:48:28	04:29:34	<b>06:34:26.25</b>	<b>06:34:52.75</b>	+02:12:17 (33.5%)	7:35	7.9 (66.4%)
87	<b>JAREMA Maciek</b>	<b>403</b>	LOKOMOTIV MAJDAN	M30	33		01:03:46	02:43:34	04:31:29	<b>06:35:13.00</b>	<b>06:35:15.70</b>	+02:12:40 (33.6%)	7:36	7.9 (66.4%)
88	<b>MAĆKOWIAK Magda</b>	<b>64</b>		K20	2		01:06:48	02:54:59	04:37:44	<b>06:35:08.65</b>	<b>06:35:17.45</b>	+02:12:42 (33.6%)	7:35	7.9 (66.4%)
89	<b>ONISK Kamil</b>	<b>86</b>	MKB DREPTAK	M20	21	MKB Dreptak	01:03:33	02:39:12	04:27:02	<b>06:36:03.05</b>	<b>06:36:14.05</b>	+02:13:38 (33.7%)	7:36	7.9 (66.4%)
90	<b>KASEJA Maciej</b>	<b>523</b>	KB ERGO	M50	4		01:05:17	02:52:17	04:38:36	<b>06:36:30.05</b>	<b>06:36:42.35</b>	+02:14:07 (33.8%)	7:37	7.9 (66.4%)
91	<b>ŚLIWIŃSKI Andrzej</b>	<b>272</b>		M60	1		01:10:10	02:56:34	04:38:04	<b>06:37:05.25</b>	<b>06:37:14.20</b>	+02:14:39 (33.9%)	7:38	7.9 (66.4%)
92	<b>KWAŚNIEWSKI Mariusz</b>	<b>309</b>		M30	34		01:10:20	03:03:09	04:44:25	<b>06:37:52.60</b>	<b>06:37:58.55</b>	+02:15:23 (34.0%)	7:39	7.8 (65.5%)
93	<b>BASZAK Tomasz</b>	<b>546</b>	SIŁAOGRA.PL	M30	35		01:08:27	02:59:12	04:41:42	<b>06:38:01.95</b>	<b>06:38:06.25</b>	+02:15:31 (34.0%)	7:39	7.8 (65.5%)
94	<b>PORĘBA Eugeniusz</b>	<b>484</b>	MIECHÓW	M50	5		01:09:01	02:57:43	04:38:47	<b>06:38:28.20</b>	<b>06:38:38.25</b>	+02:16:03 (34.1%)	7:39	7.8 (65.5%)
95	<b>WÓR Sara</b>	<b>518</b>		K30	5		01:07:51	02:59:19	04:39:07	<b>06:38:46.00</b>	<b>06:39:19.50</b>	+02:16:44 (34.2%)	7:40	7.8 (65.5%)
96	<b>WODZIEN Andrzej</b>	<b>520</b>	ULTRAMARATONPODKARPACKI.PL/	M40	25		01:07:50	02:59:19	04:40:29	<b>06:39:05.95</b>	<b>06:39:40.10</b>	+02:17:04 (34.3%)	7:40	7.8 (65.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	P1_Roztoki 12km	P2_Solinka2 26km	P1_Roztoki 37.8km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
97	<b>LEKKI Magdalena</b>	<b>307</b>	BB RUNNERS	K20	3		01:12:24	03:01:29	04:41:22	<b>06:39:31.40</b>	<b>06:39:49.10</b>	+02:17:13 (34.3%)	7:41	7.8 (65.5%)
98	<b>KENSIK Rafał</b>	<b>588</b>	RUN PASJA	M30	36		01:12:25	02:57:59	04:37:01	<b>06:39:17.80</b>	<b>06:39:50.15</b>	+02:17:14 (34.3%)	7:40	7.8 (65.5%)
99	<b>MILEWSKI Mateusz</b>	<b>418</b>	WKURW_TEAM	M30	37		01:05:56	02:50:06	04:36:40	<b>06:40:13.10</b>	<b>06:40:23.40</b>	+02:17:48 (34.4%)	7:41	7.8 (65.5%)
100	<b>KUCZKOWSKI Jerzy</b>	<b>324</b>	KB OŻARÓW MAZOWIECKI BIEGA	M60	2		01:14:58	03:02:22	04:38:58	<b>06:40:14.35</b>	<b>06:40:28.10</b>	+02:17:52 (34.4%)	7:41	7.8 (65.5%)
101	<b>KOTŁOWSKI Marcin</b>	<b>463</b>	RUN FUN TEAM CHRÓŚCICE	M30	38		01:06:54	02:54:55	04:38:57	<b>06:40:02.90</b>	<b>06:40:35.30</b>	+02:18:00 (34.4%)	7:41	7.8 (65.5%)
102	<b>GOS Grzegorz</b>	<b>626</b>	KGW LESZNO WOLA	M40	26		01:02:55	02:38:10	04:24:56	<b>06:40:19.85</b>	<b>06:40:38.45</b>	+02:18:03 (34.5%)	7:41	7.8 (65.5%)
103	<b>BRZUSTOWICZ Marek</b>	<b>25</b>	KB GEOTERMIA UNIEJÓW	M60	3		01:04:43	02:53:21	04:38:07	<b>06:40:21.70</b>	<b>06:40:42.60</b>	+02:18:07 (34.5%)	7:41	7.8 (65.5%)
104	<b>EPA Karolina</b>	<b>371</b>	PZU SPORT TEAM	K20	4		01:04:34	02:53:02	04:38:24	<b>06:40:37.10</b>	<b>06:40:47.90</b>	+02:18:12 (34.5%)	7:42	7.8 (65.5%)
105	<b>TRACZ Jacek</b>	<b>326</b>		M40	27		01:03:17	02:48:10	04:38:29	<b>06:40:16.95</b>	<b>06:40:51.70</b>	+02:18:16 (34.5%)	7:41	7.8 (65.5%)
106	<b>SUJAK Mirosław</b>	<b>118</b>	MKB DREPTAK	M50	6	MKB Dreptak	01:07:41	02:52:27	04:36:40	<b>06:41:44.20</b>	<b>06:41:54.10</b>	+02:19:18 (34.7%)	7:43	7.8 (65.5%)
107	<b>SAMEREK Dariusz</b>	<b>525</b>	SPC / MARMEL	M30	39		01:04:40	02:52:43	04:41:43	<b>06:41:59.95</b>	<b>06:42:07.35</b>	+02:19:32 (34.7%)	7:43	7.8 (65.5%)
108	<b>MARSZAŁEK Andrzej</b>	<b>192</b>		M40	28		01:08:33	03:02:39	04:49:56	<b>06:42:27.40</b>	<b>06:42:38.55</b>	+02:20:03 (34.8%)	7:44	7.8 (65.5%)
109	<b>PAWLIKOWSKI Jacek</b>	<b>445</b>	POLAND BUSINESS RUN	M40	29		01:10:05	03:03:39	04:41:16	<b>06:44:05.00</b>	<b>06:44:15.00</b>	+02:21:39 (35.0%)	7:46	7.7 (64.7%)
110	<b>SOSNOWSKI Rafał</b>	<b>416</b>	CLIMB OR DIE	M30	40		01:12:23	02:55:08	04:44:40	<b>06:43:56.75</b>	<b>06:44:24.10</b>	+02:21:48 (35.1%)	7:46	7.7 (64.7%)
111	<b>GARCZYŃSKI Darek</b>	<b>12</b>		M40	30		01:11:55	03:04:58	04:47:14	<b>06:44:21.40</b>	<b>06:44:34.55</b>	+02:21:59 (35.1%)	7:46	7.7 (64.7%)
112	<b>PANEK Michał</b>	<b>289</b>		M20	22		01:07:14	02:48:05	04:36:00	<b>06:44:25.75</b>	<b>06:44:46.25</b>	+02:22:11 (35.1%)	7:46	7.7 (64.7%)
113	<b>ZGIET Radek</b>	<b>212</b>	CZART CZARTAJEW	M50	7		01:10:40	03:01:25	04:45:09	<b>06:44:51.65</b>	<b>06:45:17.05</b>	+02:22:41 (35.2%)	7:47	7.7 (64.7%)
114	<b>KWAŚNIEWSKI Rafał</b>	<b>390</b>		M30	41		01:04:15	02:58:08	04:45:04	<b>06:45:18.45</b>	<b>06:45:25.45</b>	+02:22:50 (35.2%)	7:47	7.7 (64.7%)
115	<b>PAJĄK Andrzej</b>	<b>239</b>	BIEGAM Z ABS	M40	31		01:09:14	03:00:57	04:45:18	<b>06:45:17.85</b>	<b>06:45:26.85</b>	+02:22:51 (35.2%)	7:47	7.7 (64.7%)
116	<b>SALACHNA-NOWAK Magdalena</b>	<b>236</b>	BIEGAM Z ABS	K40	2		01:09:13	03:00:57	04:45:12	<b>06:45:18.05</b>	<b>06:45:27.25</b>	+02:22:52 (35.2%)	7:47	7.7 (64.7%)
117	<b>BORSIAK Sebastian</b>	<b>93</b>	TATA ERYKA I NATANA	M30	42		01:03:33	02:44:09	04:36:20	<b>06:45:12.80</b>	<b>06:45:37.20</b>	+02:23:02 (35.3%)	7:47	7.7 (64.7%)
118	<b>SYDORUK Aleksander</b>	<b>347</b>	S.S. DRUŻYNA WILKA	M40	32		01:03:57	02:54:36	04:38:23	<b>06:46:17.55</b>	<b>06:46:24.80</b>	+02:23:49 (35.4%)	7:48	7.7 (64.7%)
119	<b>PILICHOWSKI Wojciech</b>	<b>355</b>	GRUPA SZALONYCH ROWERZYSTÓW	M40	33		01:07:36	02:59:58	04:40:09	<b>06:47:32.65</b>	<b>06:47:51.80</b>	+02:25:16 (35.6%)	7:50	7.7 (64.7%)
120	<b>REJF Tomasz</b>	<b>432</b>	RUDY AND TUNIEK	M40	34		01:05:47	02:55:08	04:42:26	<b>06:47:45.05</b>	<b>06:47:53.00</b>	+02:25:17 (35.6%)	7:50	7.7 (64.7%)
121	<b>KORDECKA Anna</b>	<b>592</b>		K30	6		01:09:43	03:03:30	04:48:26	<b>06:47:25.45</b>	<b>06:47:53.40</b>	+02:25:18 (35.6%)	7:50	7.7 (64.7%)
122	<b>MISIĄGIEWICZ Paweł</b>	<b>287</b>		M40	35		01:05:57	02:54:48	04:42:52	<b>06:47:24.85</b>	<b>06:47:54.15</b>	+02:25:18 (35.6%)	7:50	7.7 (64.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	P1_Roztoki 12km	P2_Solinka2 26km	P1_Roztoki 37.8km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
123	<b>SIEJA Sebastian</b>	<b>456</b>	6 BPD	M20	23		01:07:51	02:57:50	04:43:16	<b>06:47:52.60</b>	<b>06:48:05.00</b>	+02:25:29 (35.7%)	7:50	7.6 (63.9%)
124	<b>SKOWROŃSKI Rafał</b>	<b>443</b>	KROKODYLE KOLBUSZOWA	M30	43		01:09:50	02:57:43	04:46:38	<b>06:48:02.00</b>	<b>06:48:29.20</b>	+02:25:54 (35.7%)	7:50	7.6 (63.9%)
125	<b>GUZIK Łukasz</b>	<b>308</b>	DELPHI RUNNING TEAM	M30	44		01:08:32	02:50:08	04:42:30	<b>06:48:10.25</b>	<b>06:48:29.55</b>	+02:25:54 (35.7%)	7:50	7.6 (63.9%)
126	<b>NIERADA Marcin</b>	<b>315</b>		M30	45		01:10:36	03:03:30	04:49:37	<b>06:48:06.30</b>	<b>06:48:31.30</b>	+02:25:56 (35.7%)	7:50	7.6 (63.9%)
127	<b>MARCJONIAK Wojciech</b>	<b>448</b>		M40	36		01:12:39	03:04:26	04:44:01	<b>06:48:06.15</b>	<b>06:48:38.55</b>	+02:26:03 (35.7%)	7:50	7.6 (63.9%)
128	<b>WOŹNIAK Jacek</b>	<b>339</b>	PIXONET.PL	M40	37		01:08:48	02:58:49	04:47:44	<b>06:48:18.30</b>	<b>06:48:56.55</b>	+02:26:21 (35.8%)	7:51	7.6 (63.9%)
129	<b>DOŁŻYCKI Daniel</b>	<b>440</b>	RUDY AND TUNIEK	M40	38		01:05:46	02:55:07	04:46:01	<b>06:49:02.95</b>	<b>06:49:11.05</b>	+02:26:35 (35.8%)	7:51	7.6 (63.9%)
130	<b>LASKOWSKI Daniel</b>	<b>532</b>	RUN PASJA	M30	46		01:10:57	03:01:52	04:48:21	<b>06:49:17.75</b>	<b>06:49:50.75</b>	+02:27:15 (35.9%)	7:52	7.6 (63.9%)
131	<b>CHRZAN Daniel</b>	<b>511</b>	AA TARNÓW	M30	47		01:11:43	03:04:28	04:50:00	<b>06:49:20.20</b>	<b>06:49:51.05</b>	+02:27:15 (35.9%)	7:52	7.6 (63.9%)
132	<b>CHMIELEWSKI Michał</b>	<b>159</b>	DREAM TRI TEAM	M40	39		01:11:03	03:02:34	04:45:38	<b>06:49:34.20</b>	<b>06:49:56.60</b>	+02:27:21 (35.9%)	7:52	7.6 (63.9%)
133	<b>STĘPIEŃ Małgorzata</b>	<b>464</b>	POLAND BUSINESS RUN	K20	5		01:09:16	02:57:52	04:47:46	<b>06:50:11.30</b>	<b>06:50:18.45</b>	+02:27:43 (36.0%)	7:53	7.6 (63.9%)
134	<b>SKIBE Tomasz</b>	<b>125</b>	OPEL ACTIVE TEAM	M40	40		01:03:39	02:54:11	04:40:08	<b>06:51:05.30</b>	<b>06:51:07.90</b>	+02:28:32 (36.1%)	7:54	7.6 (63.9%)
135	<b>MAKARSKI Krzysztof</b>	<b>477</b>	JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ	M30	48		01:04:57	02:55:20	04:41:47	<b>06:51:12.70</b>	<b>06:51:19.80</b>	+02:28:44 (36.2%)	7:54	7.6 (63.9%)
136	<b>GRZĘDZICKI Michał</b>	<b>77</b>	BROTHERS G TEAM	M40	41		01:07:17	02:58:05	04:54:10	<b>06:51:31.60</b>	<b>06:51:45.60</b>	+02:29:10 (36.2%)	7:54	7.6 (63.9%)
137	<b>FIDELUS Joanna</b>	<b>304</b>	BKB VICTORIA BRZESKO	K30	7		01:10:13	03:03:29	04:50:26	<b>06:51:59.30</b>	<b>06:52:27.45</b>	+02:29:52 (36.3%)	7:55	7.6 (63.9%)
138	<b>DOMINIAK Michał</b>	<b>141</b>	KB OŻARÓW MAZOWIECKI BIEGA	M30	49		01:12:55	03:02:39	04:48:11	<b>06:52:30.90</b>	<b>06:52:54.10</b>	+02:30:18 (36.4%)	7:55	7.6 (63.9%)
139	<b>WOJTKOWIAK Maciej</b>	<b>414</b>	WKURW_TEAM	M40	42		01:06:56	02:50:39	04:48:41	<b>06:52:46.80</b>	<b>06:53:06.55</b>	+02:30:31 (36.4%)	7:56	7.6 (63.9%)
140	<b>KUCZKOWSKI Ryszard</b>	<b>300</b>	SS DRUŻYNA WILKA	M50	8		01:10:11	02:56:18	04:39:46	<b>06:53:46.25</b>	<b>06:53:59.85</b>	+02:31:24 (36.6%)	7:57	7.5 (63.0%)
140	<b>GRYGIEL Rafał</b>	<b>522</b>		M20	24		01:07:45	02:52:39	04:41:34	<b>06:53:34.85</b>	<b>06:53:59.85</b>	+02:31:24 (36.6%)	7:57	7.5 (63.0%)
142	<b>PITAS Andrzej</b>	<b>607</b>	ZAPIERDALACZE	M40	43		01:09:17	02:55:52	04:45:51	<b>06:55:30.60</b>	<b>06:55:33.55</b>	+02:32:58 (36.8%)	7:59	7.5 (63.0%)
143	<b>KUKLA Marcin</b>	<b>230</b>	RYSIK RUNNERS	M40	44		01:01:21	02:49:07	04:38:26	<b>06:55:41.65</b>	<b>06:55:47.65</b>	+02:33:12 (36.8%)	7:59	7.5 (63.0%)
144	<b>ZAWADZKI Kordian</b>	<b>207</b>		M20	25		01:08:07	02:51:14	04:36:37	<b>06:56:16.65</b>	<b>06:56:18.95</b>	+02:33:43 (36.9%)	8:00	7.5 (63.0%)
145	<b>PACHO Sylwester</b>	<b>621</b>	PAPIKI	M40	45		01:08:40	03:04:43	04:50:11	<b>06:56:23.00</b>	<b>06:56:24.05</b>	+02:33:48 (36.9%)	8:00	7.5 (63.0%)
146	<b>SEKUŁA Mirek</b>	<b>622</b>		M40	46		01:08:59	03:04:50	04:50:10	<b>06:56:24.40</b>	<b>06:56:26.10</b>	+02:33:50 (36.9%)	8:00	7.5 (63.0%)
147	<b>KMAK Sławek</b>	<b>620</b>	PAPIKI	M40	47		01:08:53	03:03:53	04:50:11	<b>06:56:25.35</b>	<b>06:56:27.15</b>	+02:33:51 (36.9%)	8:00	7.5 (63.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	P1_Roztoki 12km	P2_Solinka2 26km	P1_Roztoki 37.8km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
148	<b>PIETRZYK Tomasz</b>	<b>506</b>		M40	48		01:07:37	02:57:45	04:48:04	<b>06:56:42.95</b>	<b>06:56:58.25</b>	+02:34:23 (37.0%)	8:00	7.5 (63.0%)
149	<b>MORAWIEC Daniel</b>	<b>489</b>		M40	49		01:10:33		05:03:10	<b>06:56:44.65</b>	<b>06:57:05.25</b>	+02:34:30 (37.0%)	8:00	7.5 (63.0%)
150	<b>GRZYBOWSKI Tomasz</b>	<b>203</b>		M40	50		01:08:33	03:02:39	04:49:56	<b>06:57:43.40</b>	<b>06:57:54.70</b>	+02:35:19 (37.2%)	8:01	7.5 (63.0%)
151	<b>SOKALSKI Grzegorz</b>	<b>650</b>	HYUNDAI I RUNNING TEAM	M40	51		01:07:03	02:57:55	04:45:59	<b>06:57:42.70</b>	<b>06:58:03.75</b>	+02:35:28 (37.2%)	8:01	7.5 (63.0%)
152	<b>PIĄTEK Beata</b>	<b>314</b>		K30	8		01:16:54	03:14:34	04:59:10	<b>06:58:22.60</b>	<b>06:58:38.20</b>	+02:36:03 (37.3%)	8:02	7.5 (63.0%)
153	<b>ŚWIĆ Miłosz</b>	<b>329</b>	DZIK KOMANDO	M20	26	Dzik Komando	01:12:02	03:00:56	04:46:04	<b>06:58:16.45</b>	<b>06:58:40.65</b>	+02:36:05 (37.3%)	8:02	7.5 (63.0%)
154	<b>SZYBIAK Waldemar</b>	<b>143</b>	AGONA W&M	M50	9		01:07:31	03:00:01	04:51:40	<b>06:58:45.80</b>	<b>06:58:51.60</b>	+02:36:16 (37.3%)	8:03	7.5 (63.0%)
155	<b>ŚMIECHOWICZ Filip</b>	<b>406</b>		M40	52	STAY INSANE	01:07:35	02:57:16	04:48:01	<b>06:58:34.05</b>	<b>06:58:57.35</b>	+02:36:22 (37.3%)	8:02	7.5 (63.0%)
156	<b>NOWAK Agata</b>	<b>500</b>		K20	6		01:08:17	02:58:00	04:45:50	<b>06:59:25.35</b>	<b>06:59:38.35</b>	+02:37:03 (37.4%)	8:03	7.4 (62.2%)
157	<b>KONIECZNY Mariusz</b>	<b>127</b>	AGONA W&M	M50	10		01:07:30	03:00:00	04:51:39	<b>06:59:32.80</b>	<b>06:59:38.80</b>	+02:37:03 (37.4%)	8:04	7.4 (62.2%)
158	<b>PTASZYŃSKI Wojciech</b>	<b>260</b>	SPEED FEET '16	M50	11		01:04:44	03:03:26	04:52:41	<b>06:59:45.70</b>	<b>06:59:49.40</b>	+02:37:14 (37.5%)	8:04	7.4 (62.2%)
159	<b>BAK Adam</b>	<b>359</b>	KKL KIELCE	M50	12		01:11:36	03:03:54	04:56:27	<b>07:00:19.35</b>	<b>07:00:22.15</b>	+02:37:46 (37.5%)	8:05	7.4 (62.2%)
160	<b>KRASOŃ Mariusz</b>	<b>91</b>	TSA SANDOMIERZ	M40	53	TSA Sandomierz	01:06:01	02:52:45	04:49:52	<b>07:00:22.70</b>	<b>07:00:50.60</b>	+02:38:15 (37.6%)	8:05	7.4 (62.2%)
161	<b>SEGIET Paweł</b>	<b>111</b>	SILESIA RUNNERS CLUBIE	M30	50	Silesia Runners Club	01:09:31	03:02:22	04:52:48	<b>07:00:44.45</b>	<b>07:00:52.70</b>	+02:38:17 (37.6%)	8:05	7.4 (62.2%)
162	<b>LASKO Łukasz</b>	<b>87</b>		M30	51		01:10:00	03:03:26	04:51:14	<b>07:00:48.30</b>	<b>07:01:12.70</b>	+02:38:37 (37.7%)	8:05	7.4 (62.2%)
163	<b>KIJĄŃSKA BEDNARZ Marta</b>	<b>474</b>		K30	9		01:05:04	02:54:33	04:45:56	<b>07:01:38.10</b>	<b>07:01:44.80</b>	+02:39:09 (37.7%)	8:06	7.4 (62.2%)
164	<b>KOZARSKI Krzysztof</b>	<b>228</b>	RK LEGAL TEAM	M30	52		01:06:20	02:57:52	04:48:10	<b>07:01:55.95</b>	<b>07:02:01.50</b>	+02:39:26 (37.8%)	8:06	7.4 (62.2%)
165	<b>TERLECKI Krzysztof</b>	<b>490</b>	CHEŁM BIEGA	M50	13		01:06:28	02:59:00	04:53:04	<b>07:02:03.35</b>	<b>07:02:27.65</b>	+02:39:52 (37.8%)	8:06	7.4 (62.2%)
166	<b>KOKOSZKA Wojciech</b>	<b>459</b>	SLOW JOGGING SIEDLCE	M40	54		01:11:17	03:09:47	04:59:00	<b>07:02:48.95</b>	<b>07:03:12.15</b>	+02:40:36 (38.0%)	8:07	7.4 (62.2%)
167	<b>ŁUKASIK Michał</b>	<b>266</b>	RUN-BIKE.PL TEAM BUSKO-ZDRÓJ	M30	53		01:07:23	03:03:13	04:57:56	<b>07:02:58.45</b>	<b>07:03:12.85</b>	+02:40:37 (38.0%)	8:08	7.4 (62.2%)
168	<b>TUROSZ Zbigniew</b>	<b>312</b>		M50	14		01:05:47	02:51:50	04:48:24	<b>07:03:08.75</b>	<b>07:03:14.20</b>	+02:40:39 (38.0%)	8:08	7.4 (62.2%)
169	<b>GRABIŃSKI Waldemar</b>	<b>33</b>	ROGOZIŃSKI KLUB BIEGACZA	M40	55		01:10:10	03:05:07	04:54:14	<b>07:02:51.45</b>	<b>07:03:17.70</b>	+02:40:42 (38.0%)	8:07	7.4 (62.2%)
170	<b>PEŻYŃSKI Piotr</b>	<b>109</b>		M30	54		01:09:36	02:55:39	04:48:58	<b>07:03:12.85</b>	<b>07:03:19.65</b>	+02:40:44 (38.0%)	8:08	7.4 (62.2%)
171	<b>CHRUŚCIEL Michał</b>	<b>89</b>	FARTLEK GO	M30	55	FARTLEK GO	01:09:22	02:57:17	04:50:01	<b>07:03:12.65</b>	<b>07:03:24.75</b>	+02:40:49 (38.0%)	8:08	7.4 (62.2%)
172	<b>KRZEMIŃSKI Bartosz</b>	<b>132</b>	RUN PASJA	M30	56		01:12:27	03:00:33	04:57:49	<b>07:02:58.85</b>	<b>07:03:30.65</b>	+02:40:55 (38.0%)	8:08	7.4 (62.2%)
173	<b>SMOLIŃSKI Paweł</b>	<b>52</b>	SMASHING PAPKINS / ZAPOROWY MARATON TEAM	M30	57		01:06:18	03:05:35	05:00:40	<b>07:03:27.50</b>	<b>07:03:31.95</b>	+02:40:56 (38.0%)	8:08	7.4 (62.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	P1_Roztoki 12km	P2_Solinka2 26km	P1_Roztoki 37.8km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
173	<b>CZWERENKO Wojciech</b>	<b>58</b>	ZAPOROWY MARATON TEAM	M30	57		01:06:18	03:05:34	05:00:39	<b>07:03:27.80</b>	<b>07:03:31.95</b>	+02:40:56 (38.0%)	8:08	7.4 (62.2%)
175	<b>PLAZA Radosław</b>	<b>457</b>	DREAM RUN	M30	59		01:12:39	03:14:25	05:01:07	<b>07:03:01.35</b>	<b>07:03:33.30</b>	+02:40:58 (38.0%)	8:08	7.4 (62.2%)
176	<b>NOWAK Piotr</b>	<b>284</b>		M30	60		01:03:57	02:46:44	04:50:17	<b>07:03:25.40</b>	<b>07:03:35.25</b>	+02:41:00 (38.0%)	8:08	7.4 (62.2%)
177	<b>MAKAROWSKI Wiesław</b>	<b>507</b>		M50	15		01:00:26	02:50:34	04:43:52	<b>07:04:07.85</b>	<b>07:04:12.85</b>	+02:41:37 (38.1%)	8:09	7.4 (62.2%)
178	<b>KURZEŁOWSKI Damian</b>	<b>80</b>	BIEGNĘ DLA BARTKA!!!	M40	56		01:09:15	02:59:09	04:47:08	<b>07:03:48.80</b>	<b>07:04:23.45</b>	+02:41:48 (38.1%)	8:09	7.4 (62.2%)
179	<b>JADESZKO Michał</b>	<b>240</b>	WYŻSZA SZKOŁA POLICJI W SZCZYTNIĘ	M20	27	WARMIŃSKO- MAZURSKIE DZIKI	01:11:12	03:06:39	05:05:44	<b>07:03:50.70</b>	<b>07:04:24.70</b>	+02:41:49 (38.1%)	8:09	7.4 (62.2%)
180	<b>MIKOWSKI Artur</b>	<b>334</b>	ALNOR	M40	57		01:05:56	03:01:14	04:56:56	<b>07:04:12.40</b>	<b>07:04:30.40</b>	+02:41:55 (38.1%)	8:09	7.4 (62.2%)
181	<b>KOCHANIEC Waldemar</b>	<b>117</b>	FUNDACJA CENTRUM ANIMACJI SPOŁECZNEJ	M40	58		01:14:51	03:12:21	04:59:23	<b>07:05:40.25</b>	<b>07:06:22.60</b>	+02:43:47 (38.4%)	8:11	7.3 (61.3%)
182	<b>GALEWSKI Jacek</b>	<b>611</b>		M30	61		01:11:59	03:10:06	05:00:04	<b>07:05:52.55</b>	<b>07:06:25.85</b>	+02:43:50 (38.4%)	8:11	7.3 (61.3%)
183	<b>PALLACH Lech</b>	<b>422</b>	BIEGAMYRAZEM.PL	M30	62		01:14:30	03:14:39	05:09:05	<b>07:08:31.45</b>	<b>07:08:50.00</b>	+02:46:14 (38.8%)	8:14	7.3 (61.3%)
184	<b>KĄDZIELAWA Marcin</b>	<b>47</b>		M20	28		01:14:56	03:17:06	05:03:10	<b>07:08:21.85</b>	<b>07:09:01.60</b>	+02:46:26 (38.8%)	8:14	7.3 (61.3%)
185	<b>SZCZEPANEK Piotr</b>	<b>375</b>		M40	59	WARMIŃSKO- MAZURSKIE DZIKI	01:09:15	02:59:08	04:59:33	<b>07:08:39.10</b>	<b>07:09:13.80</b>	+02:46:38 (38.8%)	8:14	7.3 (61.3%)
186	<b>MARSZAŁEK Sebastian</b>	<b>341</b>	BIGYELLOWFOOT ADVENTURE TEAM	M20	29	BIGYELLOWFOOT ADVENTURE TEAM	01:06:20	03:02:35	04:58:26	<b>07:09:09.95</b>	<b>07:09:22.25</b>	+02:46:47 (38.8%)	8:15	7.3 (61.3%)
187	<b>WOROBIEC Józef</b>	<b>571</b>	UMKS NADIR JĘDRZEJÓW	M60	4		01:12:39	03:05:52	04:55:04	<b>07:10:09.15</b>	<b>07:10:17.95</b>	+02:47:42 (39.0%)	8:16	7.3 (61.3%)
188	<b>SIKORA Anna</b>	<b>502</b>	WOLF TEAM	K40	3		01:14:21	03:16:12	05:04:12	<b>07:10:13.50</b>	<b>07:10:20.35</b>	+02:47:45 (39.0%)	8:16	7.3 (61.3%)
189	<b>BŁACHEWICZ Krzysztof</b>	<b>292</b>		M40	60		01:09:51	03:02:30	04:57:15	<b>07:10:13.15</b>	<b>07:10:21.45</b>	+02:47:46 (39.0%)	8:16	7.3 (61.3%)
190	<b>WĄSOWSKI Krzysztof</b>	<b>165</b>	WĄSKI TEAM	M50	16		01:08:35	03:05:42	05:00:44	<b>07:10:34.30</b>	<b>07:10:43.90</b>	+02:48:08 (39.0%)	8:16	7.2 (60.5%)
191	<b>MIEZIANKO Krzysztof</b>	<b>501</b>		M30	63		01:15:50	03:16:02	05:03:51	<b>07:10:44.40</b>	<b>07:10:49.15</b>	+02:48:13 (39.0%)	8:17	7.2 (60.5%)
192	<b>BUŁA Robert</b>	<b>280</b>	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M20	30		01:10:40	03:05:34	05:04:46	<b>07:10:36.15</b>	<b>07:10:50.95</b>	+02:48:15 (39.1%)	8:16	7.2 (60.5%)
193	<b>SZABLAN Wioletta</b>	<b>219</b>	JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ	K30	10		01:09:01	03:08:01	05:03:50	<b>07:11:11.15</b>	<b>07:11:17.75</b>	+02:48:42 (39.1%)	8:17	7.2 (60.5%)
194	<b>WOŁOSZYŃ Czesław</b>	<b>602</b>	PIZUNY ROZTOCZE WSCHODNIE	M50	17		01:17:54	03:16:33	05:05:07	<b>07:11:33.40</b>	<b>07:11:36.85</b>	+02:49:01 (39.2%)	8:17	7.2 (60.5%)
195	<b>SOFUŁ Tomasz</b>	<b>153</b>		M40	61		01:11:09	03:06:46	04:57:47	<b>07:11:29.55</b>	<b>07:11:56.80</b>	+02:49:21 (39.2%)	8:17	7.2 (60.5%)
196	<b>ZIELIŃSKI Karol</b>	<b>554</b>	WKURW_TEAM	M30	64		01:16:20	03:12:41	04:57:55	<b>07:11:17.90</b>	<b>07:12:00.70</b>	+02:49:25 (39.2%)	8:17	7.2 (60.5%)
197	<b>JEDLIŃSKI Bartosz</b>	<b>214</b>	MARATOŃCZYK DĘBICA	M40	62		01:09:50	03:11:23	05:06:23	<b>07:11:45.35</b>	<b>07:12:04.80</b>	+02:49:29 (39.2%)	8:18	7.2 (60.5%)
198	<b>APANOWICZ Angelika</b>	<b>349</b>	EKOBIEGI BBL POLONEZ WARSZAWA	K40	4		01:11:53	03:10:08	05:05:42	<b>07:11:30.10</b>	<b>07:12:08.85</b>	+02:49:33 (39.2%)	8:17	7.2 (60.5%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	P1_Roztoki 12km	P2_Solinka2 26km	P1_Roztoki 37.8km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
199	<b>RYBAK Wojciech</b>	<b>446</b>	GOPR BIESZCZADY	M40	63		01:09:43	03:04:01	04:58:58	<b>07:14:01.35</b>	<b>07:14:06.95</b>	+02:51:31 (39.5%)	8:20	7.2 (60.5%)
200	<b>KALINOWSKI Łukasz</b>	<b>60</b>		M30	65		01:10:07	03:03:32	05:01:55	<b>07:13:59.25</b>	<b>07:14:29.35</b>	+02:51:54 (39.6%)	8:20	7.2 (60.5%)
201	<b>GESLER Łukasz</b>	<b>83</b>	BIESY	M30	66		01:09:58	03:03:26	04:51:35	<b>07:14:10.60</b>	<b>07:14:34.50</b>	+02:51:59 (39.6%)	8:20	7.2 (60.5%)
202	<b>DYMEK Mateusz</b>	<b>575</b>		M30	67		01:12:30	03:12:37	05:06:39	<b>07:15:03.10</b>	<b>07:15:16.80</b>	+02:52:41 (39.7%)	8:21	7.2 (60.5%)
203	<b>JACHYM Arkadiusz</b>	<b>267</b>	SOCIOS GÓRNIK	M30	68		01:07:07	02:56:35	04:53:40	<b>07:15:43.60</b>	<b>07:16:30.05</b>	+02:53:54 (39.8%)	8:22	7.2 (60.5%)
204	<b>FIJAŁKOWSKI Radosław</b>	<b>186</b>	CROSSFIT GCW WARSZAWA	M40	64		01:09:08	03:02:56	05:01:13	<b>07:16:42.55</b>	<b>07:17:11.25</b>	+02:54:36 (39.9%)	8:23	7.1 (59.7%)
205	<b>SEMCZUK Michał</b>	<b>492</b>		M20	31		01:09:09	03:03:00	05:01:13	<b>07:16:49.45</b>	<b>07:17:18.10</b>	+02:54:42 (40.0%)	8:24	7.1 (59.7%)
206	<b>JADACH Grzegorz</b>	<b>27</b>		M30	69		01:08:58	03:01:57	05:01:02	<b>07:16:58.00</b>	<b>07:17:25.20</b>	+02:54:50 (40.0%)	8:24	7.1 (59.7%)
207	<b>PIĘKOŚ Kamil</b>	<b>519</b>	KB MARATOŃCZYK DĘBICA	M30	70		01:08:17	03:05:56	05:04:36	<b>07:17:34.15</b>	<b>07:17:39.10</b>	+02:55:03 (40.0%)	8:24	7.1 (59.7%)
208	<b>MALEC Mariusz</b>	<b>128</b>	STARGARDZKI KLUB MORSÓW MIEDWIANIE	M40	65		01:13:56	03:10:21	05:06:04	<b>07:17:34.25</b>	<b>07:18:07.60</b>	+02:55:32 (40.1%)	8:24	7.1 (59.7%)
209	<b>RZECZKOWSKI Maciej</b>	<b>201</b>	WARSZAWSKI KLUB GÓRSKI	M40	66		01:07:19	02:56:19	04:54:21	<b>07:18:00.40</b>	<b>07:18:16.60</b>	+02:55:41 (40.1%)	8:25	7.1 (59.7%)
210	<b>POPIOŁEK Jacek</b>	<b>415</b>		M30	71		01:08:03	03:00:01	04:55:29	<b>07:18:17.50</b>	<b>07:18:20.90</b>	+02:55:45 (40.1%)	8:25	7.1 (59.7%)
211	<b>WALASZKOWSKA Dominika</b>	<b>21</b>	BIESY	K30	11		01:12:35	03:16:04	05:11:14	<b>07:17:58.80</b>	<b>07:18:22.30</b>	+02:55:47 (40.1%)	8:25	7.1 (59.7%)
212	<b>NECZAJ-RACZYŃSKA Anna</b>	<b>206</b>		K30	12		01:10:20	03:06:32	05:07:59	<b>07:18:12.40</b>	<b>07:18:23.40</b>	+02:55:48 (40.1%)	8:25	7.1 (59.7%)
213	<b>SĘK Michał</b>	<b>204</b>	TIME4RUNNING	M20	32		01:13:38	03:14:35	05:08:16	<b>07:17:43.50</b>	<b>07:18:24.55</b>	+02:55:49 (40.1%)	8:25	7.1 (59.7%)
214	<b>DEINIUK Roman</b>	<b>428</b>		M20	33		01:08:53	03:07:53	05:10:04	<b>07:18:33.20</b>	<b>07:18:51.25</b>	+02:56:16 (40.2%)	8:26	7.1 (59.7%)
215	<b>GRZĘDZICKI Rafał</b>	<b>466</b>	BROTHERS G TEAM	M30	72		01:07:19	02:58:10	04:55:17	<b>07:18:54.80</b>	<b>07:19:09.10</b>	+02:56:33 (40.2%)	8:26	7.1 (59.7%)
216	<b>KAPICA Dominik</b>	<b>319</b>		M20	34		01:08:23	03:06:53	05:03:02	<b>07:19:32.30</b>	<b>07:19:51.70</b>	+02:57:16 (40.3%)	8:27	7.1 (59.7%)
217	<b>KIESIO Przemysław</b>	<b>328</b>	BIEGAM NA TARCHOMINIE	M30	73		01:12:40	03:14:24	05:07:34	<b>07:19:21.90</b>	<b>07:19:53.55</b>	+02:57:18 (40.3%)	8:26	7.1 (59.7%)
218	<b>BOROWSKI Tomasz</b>	<b>553</b>		M50	18		01:05:50	03:01:12	05:01:06	<b>07:19:59.20</b>	<b>07:20:12.20</b>	+02:57:37 (40.3%)	8:27	7.1 (59.7%)
219	<b>DZWONKOWSKI Andrzej</b>	<b>475</b>		M30	74		01:11:57	03:11:43	05:06:07	<b>07:20:13.85</b>	<b>07:20:41.75</b>	+02:58:06 (40.4%)	8:27	7.1 (59.7%)
220	<b>PAUSZEK Roman</b>	<b>586</b>	LUCKY TEAM	M50	19		01:11:10	03:11:19	05:03:58	<b>07:20:29.05</b>	<b>07:20:56.45</b>	+02:58:21 (40.4%)	8:28	7.1 (59.7%)
221	<b>PASTUSZKA Piotr</b>	<b>318</b>		M50	20		01:04:05	03:00:10	05:03:16	<b>07:21:16.20</b>	<b>07:21:20.05</b>	+02:58:44 (40.5%)	8:29	7.1 (59.7%)
222	<b>MILKOWSKA Justyna</b>	<b>264</b>	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	K30	13		01:11:55	03:14:15	05:06:20	<b>07:21:19.75</b>	<b>07:21:30.20</b>	+02:58:55 (40.5%)	8:29	7.1 (59.7%)
223	<b>MILKOWSKI Rafał</b>	<b>263</b>	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M30	75		01:11:55	03:14:15	05:06:19	<b>07:21:19.90</b>	<b>07:21:30.35</b>	+02:58:55 (40.5%)	8:29	7.1 (59.7%)
224	<b>OKÓLSKA Sylwia</b>	<b>362</b>	TIME4RUNNING	K30	14		01:13:39	03:14:36	05:08:17	<b>07:20:56.30</b>	<b>07:21:36.30</b>	+02:59:01 (40.5%)	8:28	7.1 (59.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	P1_Roztoki 12km	P2_Solinka2 26km	P1_Roztoki 37.8km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
225	<b>SZOT Iwona</b>	<b>316</b>	WW TEAM	K40	5		01:11:22	03:15:12	05:07:32	<b>07:21:41.50</b>	<b>07:21:50.30</b>	+02:59:15 (40.6%)	8:29	7.1 (59.7%)
226	<b>BOŁTUĆ Piotr</b>	<b>282</b>		M40	67		01:07:34	03:00:59	05:04:12	<b>07:21:46.85</b>	<b>07:22:08.10</b>	+02:59:32 (40.6%)	8:29	7.1 (59.7%)
227	<b>BOGUSZ Bartosz</b>	<b>113</b>		M40	68		01:08:32	03:07:23	05:05:24	<b>07:22:01.85</b>	<b>07:22:16.00</b>	+02:59:40 (40.6%)	8:30	7.1 (59.7%)
228	<b>MATEJAK Filip</b>	<b>174</b>	CUBIC INCH	M20	35		01:16:06	03:13:06	05:11:02	<b>07:22:12.00</b>	<b>07:22:42.70</b>	+03:00:07 (40.7%)	8:30	7.1 (59.7%)
229	<b>MAZUR Sebastian</b>	<b>82</b>		M40	69		01:16:24	03:18:49	05:13:10	<b>07:24:09.45</b>	<b>07:24:29.25</b>	+03:01:54 (40.9%)	8:32	7 (58.8%)
230	<b>KAMIŃSKA Jolanta</b>	<b>291</b>		K30	15		01:12:04	03:05:11	04:57:34	<b>07:24:11.95</b>	<b>07:24:40.75</b>	+03:02:05 (40.9%)	8:32	7 (58.8%)
231	<b>HENDZEL Krzysztof</b>	<b>430</b>		M30	76		01:08:22	02:58:24	05:04:29	<b>07:25:51.40</b>	<b>07:26:02.30</b>	+03:03:27 (41.1%)	8:34	7 (58.8%)
232	<b>WASIELEWSKI Włodzimierz</b>	<b>35</b>	KS ZDZIESZOWICE - BIKETEAM	M40	70		01:12:22	03:14:56	05:13:23	<b>07:26:21.40</b>	<b>07:26:35.70</b>	+03:04:00 (41.2%)	8:35	7 (58.8%)
233	<b>KALINOWSKI Adam</b>	<b>150</b>		M40	71		01:06:56	02:59:21	05:01:26	<b>07:26:39.85</b>	<b>07:26:45.20</b>	+03:04:10 (41.2%)	8:35	7 (58.8%)
234	<b>MARINO Bastien</b>	<b>450</b>		M20	36		01:03:34	02:54:03	05:00:19	<b>07:27:08.40</b>	<b>07:27:14.15</b>	+03:04:38 (41.3%)	8:35	7 (58.8%)
235	<b>MAĆKOWSKI Łukasz</b>	<b>503</b>	BRIDGESTONE - WORLDWIDE OLYMPIC PARTNER	M30	77		01:10:45	03:13:40	05:13:51	<b>07:27:20.45</b>	<b>07:27:33.45</b>	+03:04:58 (41.3%)	8:36	7 (58.8%)
236	<b>DZIENISZEWSKI Tomasz</b>	<b>377</b>		M40	72		01:08:38	03:06:34	05:04:26	<b>07:27:34.10</b>	<b>07:27:39.30</b>	+03:05:04 (41.3%)	8:36	7 (58.8%)
237	<b>MACIĄG Michał</b>	<b>465</b>	BIEGUSIEM.PL	M30	78					<b>07:27:42.90</b>	<b>07:27:42.90</b>	+03:05:07 (41.3%)	8:36	7 (58.8%)
238	<b>KĘPKA Robert</b>	<b>178</b>	BIEGUSIEM.PL	M30	79		01:08:06			<b>07:27:43.05</b>	<b>07:27:43.05</b>	+03:05:07 (41.3%)	8:36	7 (58.8%)
239	<b>MYŚLIŃSKA Anna</b>	<b>346</b>	EKOBIEGI I BBL POLONEZ	K40	6		01:13:46	03:17:47	05:16:03	<b>07:27:04.20</b>	<b>07:27:43.35</b>	+03:05:08 (41.4%)	8:35	7 (58.8%)
240	<b>MAJCHROWSKI Jacek</b>	<b>417</b>	CKB TARNOBRZEG	M40	73		01:09:46	03:10:05	05:13:47	<b>07:27:37.75</b>	<b>07:27:44.30</b>	+03:05:09 (41.4%)	8:36	7 (58.8%)
241	<b>CISZYŃSKI Marek</b>	<b>373</b>	START KATOWICE	M50	21		01:19:11	03:28:05	05:13:03	<b>07:27:20.20</b>	<b>07:27:45.05</b>	+03:05:09 (41.4%)	8:36	7 (58.8%)
242	<b>LUTEREK Michał</b>	<b>510</b>		M30	80		01:11:07	03:11:39	05:11:19	<b>07:27:38.70</b>	<b>07:27:53.50</b>	+03:05:18 (41.4%)	8:36	7 (58.8%)
243	<b>BANASIEWICZ Paweł</b>	<b>99</b>	POZYTYWNE ZABIEGANI SANOK	M30	81		01:11:36	03:15:51	05:12:16	<b>07:27:54.70</b>	<b>07:28:10.70</b>	+03:05:35 (41.4%)	8:36	7 (58.8%)
244	<b>MAJEWSKA Kinga</b>	<b>218</b>		K30	16		01:12:55	03:16:12	05:13:20	<b>07:28:04.70</b>	<b>07:28:23.00</b>	+03:05:47 (41.4%)	8:37	7 (58.8%)
245	<b>TUCHOŁKA Marta</b>	<b>365</b>	POCO LOCO ADVENTURE TEAM	K30	17		01:14:52	03:17:18	05:12:36	<b>07:27:57.30</b>	<b>07:28:23.40</b>	+03:05:48 (41.4%)	8:36	7 (58.8%)
246	<b>STECH Joanna</b>	<b>360</b>		K50	2		01:07:39	03:09:18	05:08:01	<b>07:28:49.75</b>	<b>07:29:01.50</b>	+03:06:26 (41.5%)	8:37	7 (58.8%)
247	<b>NOWAK Marcin</b>	<b>353</b>		M30	82		01:03:02	02:59:38	05:15:00	<b>07:29:15.55</b>	<b>07:29:45.30</b>	+03:07:10 (41.6%)	8:38	6.9 (58.0%)
248	<b>ZACKIEWICZ Paulina</b>	<b>542</b>	BIGYELLOWFOOT ADVENTURE TEAM	K20	7	BIGYELLOWFOOT ADVENTURE TEAM	01:11:21	03:14:33	05:12:07	<b>07:29:53.10</b>	<b>07:30:05.35</b>	+03:07:30 (41.7%)	8:39	6.9 (58.0%)
249	<b>PARWA Michał</b>	<b>330</b>	N.P.M. TEAM	M30	83		01:14:38	03:22:31	05:18:48	<b>07:29:56.05</b>	<b>07:30:16.80</b>	+03:07:41 (41.7%)	8:39	6.9 (58.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	P1_Roztoki 12km	P2_Solinka2 26km	P1_Roztoki 37.8km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
250	JASTRZĄB Ewa	385		K30	18		01:11:54	03:11:34	05:10:52	<b>07:29:54.00</b>	<b>07:30:19.35</b>	+03:07:44 (41.7%)	8:39	6.9 (58.0%)
251	DURKIEWICZ Tomasz	30	DOM KULTURY JOGI	M40	74		01:17:12	03:21:26	05:15:33	<b>07:30:03.20</b>	<b>07:30:19.80</b>	+03:07:44 (41.7%)	8:39	6.9 (58.0%)
252	MAŁEK Rafał	168	INVICTUS 3CITY	M20	37		01:06:56	03:01:24	05:03:31	<b>07:30:20.30</b>	<b>07:30:29.80</b>	+03:07:54 (41.7%)	8:39	6.9 (58.0%)
253	BOCHENEK Paweł	175		M30	84		01:16:20	03:19:00	05:17:36	<b>07:30:59.65</b>	<b>07:31:42.35</b>	+03:09:07 (41.9%)	8:40	6.9 (58.0%)
254	PODOLSKI Marek	421	BIEGAMYRAZEM.PL	M30	85		01:14:12	03:16:50	05:15:57	<b>07:32:04.05</b>	<b>07:32:22.10</b>	+03:09:46 (42.0%)	8:41	6.9 (58.0%)
255	WITEK Bogusław	603	NA TARNÓW	M40	75		01:13:42	03:19:07	05:13:40	<b>07:31:59.20</b>	<b>07:32:30.15</b>	+03:09:54 (42.0%)	8:41	6.9 (58.0%)
256	RORAT Artur	10	CHEŁM	M20	38	STAY INSANE	01:12:32	03:14:57	05:16:17	<b>07:32:11.30</b>	<b>07:32:35.20</b>	+03:10:00 (42.0%)	8:41	6.9 (58.0%)
257	KOWALEWSKI Krzysztof	584		M30	86		01:08:06	03:11:25	05:12:16	<b>07:32:21.60</b>	<b>07:32:50.25</b>	+03:10:15 (42.0%)	8:41	6.9 (58.0%)
258	KAMIŃSKI Michał	288		M30	87		01:11:27	03:07:57	05:12:14	<b>07:32:25.90</b>	<b>07:32:54.90</b>	+03:10:19 (42.0%)	8:42	6.9 (58.0%)
259	PEKAŁA Aleksandra	133	RUN PASJA	K30	19		01:12:04	03:12:16	05:11:05	<b>07:33:04.75</b>	<b>07:33:36.80</b>	+03:11:01 (42.1%)	8:42	6.9 (58.0%)
260	RYBAK Paweł	499		M30	88		01:17:03	03:20:38	05:12:27	<b>07:33:31.50</b>	<b>07:33:43.35</b>	+03:11:08 (42.1%)	8:43	6.9 (58.0%)
261	WLAZEŁ Konrad	483		M40	76		01:15:56	03:15:46	05:19:05	<b>07:33:30.65</b>	<b>07:34:06.40</b>	+03:11:31 (42.2%)	8:43	6.9 (58.0%)
262	STARZYŃSKI Stefan	342	PERFECT RUNNER LUBLIN	M40	77		01:16:18	03:23:04	05:22:23	<b>07:34:13.50</b>	<b>07:34:36.75</b>	+03:12:01 (42.2%)	8:44	6.9 (58.0%)
263	ŻYRA Grzegorz	106		M40	78		01:16:20	03:23:44	05:21:34	<b>07:34:57.15</b>	<b>07:35:26.70</b>	+03:12:51 (42.3%)	8:44	6.9 (58.0%)
264	SUDER Michał	556		M30	89		01:16:21	03:23:47	05:21:38	<b>07:35:10.15</b>	<b>07:35:40.00</b>	+03:13:04 (42.4%)	8:45	6.9 (58.0%)
265	BORDAS Stephane	544	OTK RZEŹNIK	M40	79		01:15:17	03:13:14	05:16:11	<b>07:35:55.60</b>	<b>07:36:35.45</b>	+03:14:00 (42.5%)	8:46	6.8 (57.1%)
266	LENGIEWICZ Jakub	543	OTK RZEŹNIK	M40	80		01:15:17	03:13:14	05:16:11	<b>07:35:56.05</b>	<b>07:36:35.50</b>	+03:14:00 (42.5%)	8:46	6.8 (57.1%)
267	KRYM Katarzyna	369	NIGHT RUNNERS WROCŁAW/MATNER RUNNING TEAM	K40	7		01:12:42	03:19:14	05:16:39	<b>07:36:18.25</b>	<b>07:36:57.45</b>	+03:14:22 (42.5%)	8:46	6.8 (57.1%)
268	PRZYCHODZEŃ Paweł	471		M30	90		01:11:59	03:15:59	05:12:18	<b>07:36:41.10</b>	<b>07:36:57.95</b>	+03:14:22 (42.5%)	8:46	6.8 (57.1%)
269	GUT Przemysław	470	JACEKBIEGA RUNNING TEAM	M30	91		01:11:40	03:15:49	05:12:37	<b>07:36:41.65</b>	<b>07:36:58.25</b>	+03:14:23 (42.5%)	8:46	6.8 (57.1%)
270	OLSCHIMKE-MARUROWICZ Barbara	103	NIGHT RUNNERS ŚLĄSK	K40	8		01:17:58	03:26:40	05:17:53	<b>07:36:31.40</b>	<b>07:37:06.20</b>	+03:14:31 (42.6%)	8:46	6.8 (57.1%)
271	KŁOSIŃSKI Rafał	121	MKB DREPTAK	M40	81	MKB Dreptak	01:07:20	02:53:16	04:59:17	<b>07:37:08.95</b>	<b>07:37:19.75</b>	+03:14:44 (42.6%)	8:47	6.8 (57.1%)
272	WICZUK Michał	146	MKB DREPTAK	M30	92	MKB Dreptak	01:07:19	03:01:10	05:02:41	<b>07:37:08.95</b>	<b>07:37:19.95</b>	+03:14:44 (42.6%)	8:47	6.8 (57.1%)
273	KONDRAK Jan	595	LUBELSKA FEDERACJA BARDÓW	M50	22		01:15:21	03:19:24	05:21:41	<b>07:37:13.70</b>	<b>07:37:22.40</b>	+03:14:47 (42.6%)	8:47	6.8 (57.1%)
274	OLĘDZKA Emilia	84	REMBERTÓW TEAM	K40	9		01:11:03	03:16:26	05:17:52	<b>07:36:52.30</b>	<b>07:37:24.55</b>	+03:14:49 (42.6%)	8:47	6.8 (57.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	P1_Roztoki 12km	P2_Solinka2 26km	P1_Roztoki 37.8km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
275	<b>KUROPATWIŃSKI Tomasz</b>	<b>469</b>		M30	93		01:11:03	03:16:24	05:17:49	<b>07:36:52.65</b>	<b>07:37:24.65</b>	+03:14:49 (42.6%)	8:47	6.8 (57.1%)
276	<b>GMAJ Daniel</b>	<b>393</b>		M30	94		01:12:08	03:14:13	05:14:08	<b>07:37:24.15</b>	<b>07:37:42.75</b>	+03:15:07 (42.6%)	8:47	6.8 (57.1%)
277	<b>KRASZKIEWICZ Aleksander</b>	<b>559</b>	NASNIEDOGONIAT	M30	95		01:11:36	03:11:21	05:15:50	<b>07:37:23.85</b>	<b>07:38:06.65</b>	+03:15:31 (42.7%)	8:47	6.8 (57.1%)
278	<b>ZAJĄC Józek</b>	<b>293</b>	JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ	M40	82		01:11:40	03:08:01	05:17:42	<b>07:38:03.55</b>	<b>07:38:11.45</b>	+03:15:36 (42.7%)	8:48	6.8 (57.1%)
279	<b>PREISNER Remigiusz</b>	<b>587</b>		M30	96		01:04:12	02:59:44	05:07:58	<b>07:39:00.65</b>	<b>07:39:30.40</b>	+03:16:55 (42.9%)	8:49	6.8 (57.1%)
280	<b>JANAS Marian</b>	<b>485</b>		M60	5		01:15:13	03:19:56	05:22:05	<b>07:39:30.70</b>	<b>07:39:30.70</b>	+03:16:55 (42.9%)	8:50	6.8 (57.1%)
281	<b>DRWIĘGA Maciej</b>	<b>189</b>	POZYTYWNIIE ZABIEGANI SANOK	M40	83		01:11:44	03:19:03	05:19:23	<b>07:39:26.25</b>	<b>07:39:42.70</b>	+03:17:07 (42.9%)	8:50	6.8 (57.1%)
281	<b>DROBOT Piotr</b>	<b>196</b>	POZYTYWNIIE ZABIEGANI SANOK	M40	83		01:10:37	03:15:13	05:13:35	<b>07:39:26.90</b>	<b>07:39:42.70</b>	+03:17:07 (42.9%)	8:50	6.8 (57.1%)
283	<b>DRWIĘGA Beata</b>	<b>145</b>	POZYTYWNIIE ZABIEGANI SANOK	K40	10		01:10:37	03:15:13	05:13:36	<b>07:39:27.30</b>	<b>07:39:42.85</b>	+03:17:07 (42.9%)	8:50	6.8 (57.1%)
283	<b>NIEMIEC-DRWIĘGA Bernadeta</b>	<b>188</b>	POZYTYWNIIE ZABIEGANI SANOK	K40	10		01:11:45	03:19:03	05:19:24	<b>07:39:27.00</b>	<b>07:39:42.85</b>	+03:17:07 (42.9%)	8:50	6.8 (57.1%)
285	<b>GAWRYSIAK Mariusz</b>	<b>70</b>		M50	23		01:06:41	03:02:12	05:04:13	<b>07:39:29.35</b>	<b>07:39:49.95</b>	+03:17:14 (42.9%)	8:50	6.8 (57.1%)
286	<b>WÓJCIK Julian</b>	<b>605</b>	SZWALA STAROGARD	M60	6		01:23:58	03:29:51	05:24:06	<b>07:39:34.05</b>	<b>07:40:12.15</b>	+03:17:36 (42.9%)	8:50	6.8 (57.1%)
287	<b>JOP Marta</b>	<b>229</b>	JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ	K30	20		01:15:36	03:20:27	05:17:40	<b>07:40:13.25</b>	<b>07:40:20.60</b>	+03:17:45 (43.0%)	8:51	6.8 (57.1%)
288	<b>PAUSZEK Marlena</b>	<b>585</b>	LUCKY TEAM	K40	12		01:18:03	03:25:51	05:25:32	<b>07:40:01.50</b>	<b>07:40:28.45</b>	+03:17:53 (43.0%)	8:50	6.8 (57.1%)
289	<b>JASKULSKI Karol</b>	<b>596</b>	SPC/MARMEC	M30	97		01:10:32	03:13:04	05:17:30	<b>07:39:01.30</b>	<b>07:40:31.10</b>	+03:17:55 (43.0%)	8:49	6.8 (57.1%)
290	<b>POTERA Maciej</b>	<b>190</b>		M30	98		01:17:45	03:21:56	05:15:00	<b>07:40:23.35</b>	<b>07:40:39.05</b>	+03:18:03 (43.0%)	8:51	6.8 (57.1%)
291	<b>ŁAMPIKA Kinga</b>	<b>389</b>	NIGHT RUNNERS WROCŁAW	K30	21		01:12:42	03:19:13	05:16:39	<b>07:40:13.15</b>	<b>07:40:52.50</b>	+03:18:17 (43.0%)	8:51	6.8 (57.1%)
292	<b>SKOMRA Krzysztof</b>	<b>495</b>	T-MOBILE RUNNING TEAM	M30	99		01:16:36	03:16:37	05:16:44	<b>07:40:19.95</b>	<b>07:41:05.70</b>	+03:18:30 (43.1%)	8:51	6.8 (57.1%)
293	<b>MAŁKIEWICZ Dariusz</b>	<b>11</b>		M40	85		01:10:56	03:14:14	05:16:51	<b>07:40:54.70</b>	<b>07:41:08.90</b>	+03:18:33 (43.1%)	8:51	6.8 (57.1%)
294	<b>ŁACHACZ Robert</b>	<b>44</b>		M30	100	WARMIŃSKO-MAZURSKIE DZIKI	01:11:11	03:11:35	05:12:37	<b>07:40:34.85</b>	<b>07:41:09.40</b>	+03:18:34 (43.1%)	8:51	6.8 (57.1%)
295	<b>KUCHAREWICZ Przemysław</b>	<b>151</b>	LOTNA GRUPA ZOŚKA	M40	86		01:11:08	03:09:56	05:18:58	<b>07:41:10.90</b>	<b>07:41:13.50</b>	+03:18:38 (43.1%)	8:52	6.8 (57.1%)
296	<b>RÓŻOWICZ Eliza</b>	<b>335</b>	SPARTANIE DZIECIOM	K30	22		01:15:01	03:17:02	05:17:12	<b>07:41:30.80</b>	<b>07:42:07.10</b>	+03:19:31 (43.2%)	8:52	6.8 (57.1%)
297	<b>GWIZDAK Bartosz</b>	<b>364</b>	WATER TEAM	M30	101		01:07:09	03:10:08	05:18:44	<b>07:41:31.85</b>	<b>07:42:07.15</b>	+03:19:31 (43.2%)	8:52	6.8 (57.1%)
298	<b>SULIKOWSKI Rafał</b>	<b>123</b>		M20	39		01:09:58	03:07:30	05:11:20	<b>07:41:31.50</b>	<b>07:42:07.35</b>	+03:19:32 (43.2%)	8:52	6.8 (57.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	P1_Roztoki 12km	P2_Solinka2 26km	P1_Roztoki 37.8km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
299	<b>STRUK Jacek</b>	<b>540</b>		M30	102		01:09:23	03:06:49	05:14:10	<b>07:42:12.95</b>	<b>07:42:12.95</b>	+03:19:37 (43.2%)	8:53	6.8 (57.1%)
300	<b>STEFANIAK Marcin</b>	<b>183</b>	SZAKALRUNNERS	M30	103		01:15:08	03:20:47	05:24:18	<b>07:42:31.80</b>	<b>07:42:56.70</b>	+03:20:21 (43.3%)	8:53	6.7 (56.3%)
301	<b>WOŁOSZYŃ Ryszard</b>	<b>601</b>	PIZUNY ROZTOCZE WSCHODNIE	M50	24		01:12:32	03:21:10	05:25:31	<b>07:43:11.50</b>	<b>07:43:14.65</b>	+03:20:39 (43.3%)	8:54	6.7 (56.3%)
302	<b>KUŹMA Tomasz</b>	<b>299</b>	BART TEMPESTA TRAINING TEAM	M20	40		01:04:26	02:57:10	04:54:07	<b>07:43:39.70</b>	<b>07:43:56.70</b>	+03:21:21 (43.4%)	8:54	6.7 (56.3%)
303	<b>GARGAS-MARUT Małgorzata</b>	<b>278</b>	PZU SPORT TEAM	K40	13		01:13:36	03:23:57	05:29:22	<b>07:43:58.35</b>	<b>07:44:33.45</b>	+03:21:58 (43.5%)	8:55	6.7 (56.3%)
304	<b>PAŃTAK Sławomir</b>	<b>331</b>	21DAPLOT JAROSŁAW	M40	87		01:11:53	03:17:32	05:21:04	<b>07:44:00.70</b>	<b>07:44:38.95</b>	+03:22:03 (43.5%)	8:55	6.7 (56.3%)
305	<b>GRANDA Paweł</b>	<b>612</b>	21 DAPLOT	M30	104		01:11:53	03:17:39	05:21:10	<b>07:44:00.85</b>	<b>07:44:39.40</b>	+03:22:04 (43.5%)	8:55	6.7 (56.3%)
306	<b>KONDZIOŁA Krzysztof</b>	<b>13</b>	PERFECT RUNNER LUBLIN	M30	105		01:23:02	03:35:46	05:33:54	<b>07:44:32.95</b>	<b>07:44:53.10</b>	+03:22:17 (43.5%)	8:56	6.7 (56.3%)
307	<b>GRZEŚKIEWICZ Tomasz</b>	<b>514</b>	ODPOCZYWAMWBIEGU.PL	M30	106		01:09:40	03:11:57	05:13:24	<b>07:44:58.50</b>	<b>07:45:05.30</b>	+03:22:30 (43.5%)	8:56	6.7 (56.3%)
308	<b>KUŹMICZ Wojciech</b>	<b>455</b>		M30	107		01:11:44	03:20:28	05:39:48	<b>07:46:34.15</b>	<b>07:46:49.25</b>	+03:24:14 (43.8%)	8:58	6.7 (56.3%)
309	<b>MIELCZAREK Krystian</b>	<b>181</b>		M30	108		01:12:47	03:16:47	05:12:12	<b>07:46:40.60</b>	<b>07:47:14.10</b>	+03:24:38 (43.8%)	8:58	6.7 (56.3%)
310	<b>LIS Marek</b>	<b>96</b>		M40	88		01:24:21	03:35:51	05:34:26	<b>07:47:09.60</b>	<b>07:47:55.35</b>	+03:25:20 (43.9%)	8:59	6.7 (56.3%)
311	<b>CEGIEŁKO Paweł</b>	<b>160</b>		M40	89		01:11:20	03:12:27	05:21:33	<b>07:48:27.35</b>	<b>07:48:50.05</b>	+03:26:14 (44.0%)	9:00	6.7 (56.3%)
312	<b>NIESPODZIANA Ania</b>	<b>34</b>	ROGOZIŃSKI KLUB BIEGACZA	K30	23		01:11:16	03:16:22	05:25:48	<b>07:48:24.65</b>	<b>07:48:50.70</b>	+03:26:15 (44.0%)	9:00	6.7 (56.3%)
313	<b>KALANDYK Agnieszka</b>	<b>195</b>	KB OŻARÓW MAZOWIECKI BIEGA	K40	14		01:12:56	03:20:31	05:21:15	<b>07:49:04.00</b>	<b>07:49:26.65</b>	+03:26:51 (44.1%)	9:01	6.7 (56.3%)
314	<b>KOTOWSKI Marek</b>	<b>185</b>		M30	109		01:15:18	03:23:02	05:25:39	<b>07:49:16.05</b>	<b>07:49:37.90</b>	+03:27:02 (44.1%)	9:01	6.6 (55.5%)
315	<b>CEGLARZ Jacek</b>	<b>526</b>	JACEK I RADEK	M30	110		01:18:19	03:25:48	05:27:22	<b>07:49:57.50</b>	<b>07:50:24.30</b>	+03:27:49 (44.2%)	9:02	6.6 (55.5%)
316	<b>WIERZUCH Radosław</b>	<b>613</b>	JACEK I RADEK	M30	111		01:18:18	03:25:47	05:27:21	<b>07:49:57.45</b>	<b>07:50:24.60</b>	+03:27:49 (44.2%)	9:02	6.6 (55.5%)
317	<b>KRÓL Mieczysław</b>	<b>569</b>	ULTRATATA	M30	112		01:21:37	03:27:15	05:33:01	<b>07:49:59.60</b>	<b>07:50:26.20</b>	+03:27:51 (44.2%)	9:02	6.6 (55.5%)
318	<b>ŚLEZIAK Tomek</b>	<b>276</b>		M30	113		01:21:37	03:29:21	05:25:49	<b>07:50:07.45</b>	<b>07:50:32.85</b>	+03:27:57 (44.2%)	9:02	6.6 (55.5%)
319	<b>BANASZAK Monika</b>	<b>531</b>	RUN PASJA	K30	24		01:10:57	03:13:15	05:20:30	<b>07:50:05.50</b>	<b>07:50:38.30</b>	+03:28:03 (44.2%)	9:02	6.6 (55.5%)
320	<b>CHWISTEK Katarzyna</b>	<b>51</b>		K30	25		01:14:52	03:22:28	05:29:31	<b>07:51:01.15</b>	<b>07:51:41.30</b>	+03:29:06 (44.3%)	9:03	6.6 (55.5%)
321	<b>BROZYŃIAK Grzegorz</b>	<b>274</b>		M40	90		01:15:02	03:24:04	05:26:46	<b>07:51:12.45</b>	<b>07:51:49.60</b>	+03:29:14 (44.3%)	9:03	6.6 (55.5%)
322	<b>KULCZYŃSKI Rafał</b>	<b>496</b>		M30	114		01:10:59	03:13:45	05:29:42	<b>07:52:17.25</b>	<b>07:52:32.05</b>	+03:29:56 (44.4%)	9:04	6.6 (55.5%)
323	<b>CZARNIK Stanisław</b>	<b>594</b>	MIECHOWICKA GRUPA BIEGOWA	M30	115		01:09:36	03:09:16	05:14:55	<b>07:52:55.30</b>	<b>07:53:39.05</b>	+03:31:03 (44.6%)	9:05	6.6 (55.5%)
324	<b>BARTOCHA Mateusz</b>	<b>28</b>	O CO BIEGA W KALETACH	M20	41		01:11:21	03:14:04	05:20:43	<b>07:53:03.95</b>	<b>07:53:39.30</b>	+03:31:04 (44.6%)	9:05	6.6 (55.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	P1_Roztoki 12km	P2_Solinka2 26km	P1_Roztoki 37.8km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
325	<b>GAWRON Tomasz</b>	<b>225</b>		M30	116		01:08:55	03:10:32	05:24:41	<b>07:54:43.40</b>	<b>07:55:03.80</b>	+03:32:28 (44.7%)	9:07	6.6 (55.5%)
326	<b>LITKA Andrzej</b>	<b>270</b>	W KÓŁKO BIEGAMY	M40	91		01:18:56	03:27:36	05:27:55	<b>07:54:12.35</b>	<b>07:55:52.50</b>	+03:33:17 (44.8%)	9:07	6.6 (55.5%)
327	<b>MARCINIAK Andrzej</b>	<b>273</b>	W KÓŁKO BIEGAMY	M40	92		01:18:57	03:27:38	05:27:57	<b>07:54:14.60</b>	<b>07:55:52.90</b>	+03:33:17 (44.8%)	9:07	6.6 (55.5%)
328	<b>KWAPIEŃ Karolina</b>	<b>504</b>	VEGE RUNNERS	K20	8		01:13:46	03:20:10	05:28:23	<b>07:55:24.95</b>	<b>07:55:58.85</b>	+03:33:23 (44.8%)	9:08	6.6 (55.5%)
329	<b>SZYMKIEWICZ Robert</b>	<b>494</b>		M40	93		01:08:16	03:07:43	05:12:04	<b>07:55:58.80</b>	<b>07:56:36.75</b>	+03:34:01 (44.9%)	9:09	6.6 (55.5%)
330	<b>BUGAŁA Robert</b>	<b>411</b>	SOLID HOUSE LUBLIN	M40	94		01:20:09	03:35:29	05:39:53	<b>07:56:49.95</b>	<b>07:57:13.75</b>	+03:34:38 (45.0%)	9:10	6.5 (54.6%)
331	<b>BAK Andrzej</b>	<b>524</b>	SPC	M40	95		01:29:38	03:40:30	05:36:54	<b>07:56:31.75</b>	<b>07:57:16.35</b>	+03:34:41 (45.0%)	9:09	6.5 (54.6%)
332	<b>ZMOREK -PACAK Katarzyna</b>	<b>158</b>		K20	9		01:08:40	03:16:39	05:22:59	<b>07:56:47.00</b>	<b>07:57:29.60</b>	+03:34:54 (45.0%)	9:10	6.5 (54.6%)
333	<b>TONDYS Piotr</b>	<b>253</b>	TIGERS TEAM	M40	96		01:18:39	03:37:12	05:37:59	<b>07:57:17.45</b>	<b>07:57:40.10</b>	+03:35:04 (45.0%)	9:10	6.5 (54.6%)
334	<b>FOLTA Katarzyna</b>	<b>402</b>	ZABIEGANI MIELEC / ULTRAMARATON MAGURSKI	K20	10		01:19:34	03:32:18	05:32:27	<b>07:57:10.95</b>	<b>07:57:45.10</b>	+03:35:09 (45.0%)	9:10	6.5 (54.6%)
335	<b>PRZYWARA Dominika</b>	<b>401</b>	WWF UR / ZABIEGANI MIELEC	K20	11		01:19:33	03:32:19	05:32:26	<b>07:57:10.30</b>	<b>07:57:45.35</b>	+03:35:10 (45.0%)	9:10	6.5 (54.6%)
336	<b>DĄBROWSKA Katarzyna</b>	<b>238</b>	HUTNIK WARSZAWA	K20	12		01:15:07	03:23:06	05:33:08	<b>07:57:04.20</b>	<b>07:57:47.65</b>	+03:35:12 (45.0%)	9:10	6.5 (54.6%)
337	<b>WOLSKI Piotr</b>	<b>566</b>	AKG ŁÓDŹ	M50	25		01:23:33	03:34:18	05:41:39	<b>07:58:08.70</b>	<b>07:58:13.80</b>	+03:35:38 (45.1%)	9:11	6.5 (54.6%)
338	<b>ROŚKIEWICZ Jerzy</b>	<b>298</b>	WSZYSTKO PRZED NAMI	M20	42		01:17:28	03:36:13	05:37:43	<b>07:57:54.60</b>	<b>07:58:26.40</b>	+03:35:51 (45.1%)	9:11	6.5 (54.6%)
338	<b>RAPANICZ Katarzyna</b>	<b>391</b>	WSZYSTKO PRZED NAMI	K30	26		01:17:28	03:36:13	05:37:42	<b>07:57:54.50</b>	<b>07:58:26.40</b>	+03:35:51 (45.1%)	9:11	6.5 (54.6%)
340	<b>POSPIECH Michał</b>	<b>482</b>	PDS	M20	43		01:21:14	03:36:13	05:43:25	<b>07:58:25.75</b>	<b>07:58:55.95</b>	+03:36:20 (45.2%)	9:12	6.5 (54.6%)
341	<b>KUŁAKOWSKI Piotr</b>	<b>226</b>	CZŁAPACZE	M60	7		01:16:04	03:28:43	05:38:11	<b>07:58:59.00</b>	<b>07:59:16.45</b>	+03:36:41 (45.2%)	9:12	6.5 (54.6%)
342	<b>KORBUT Radosław</b>	<b>223</b>	KONIUCHY	M30	117		01:15:07	03:23:06	05:33:07	<b>07:58:56.30</b>	<b>07:59:39.45</b>	+03:37:04 (45.3%)	9:12	6.5 (54.6%)
343	<b>BURZYŃSKI Tomasz</b>	<b>338</b>		M40	97		01:13:06	03:21:47	05:29:34	<b>07:59:34.70</b>	<b>07:59:47.00</b>	+03:37:11 (45.3%)	9:13	6.5 (54.6%)
344	<b>MIKLÓS Verseghe-Nagy</b>	<b>49</b>		M50	26		01:15:05	03:31:32	05:39:07	<b>07:59:14.30</b>	<b>07:59:58.30</b>	+03:37:23 (45.3%)	9:12	6.5 (54.6%)
345	<b>BERNAŚ Dariusz</b>	<b>581</b>	BSCZADY	M30	118		01:26:38	03:41:01	05:41:36	<b>08:00:00.60</b>	<b>08:00:44.85</b>	+03:38:09 (45.4%)	9:13	6.5 (54.6%)
346	<b>MIKSA Sławomir</b>	<b>407</b>		M40	98		01:26:07	03:44:08	05:52:18	<b>08:00:22.05</b>	<b>08:00:47.25</b>	+03:38:12 (45.4%)	9:14	6.5 (54.6%)
347	<b>ROSZKOWSKA Julita</b>	<b>397</b>		K30	27		01:26:13	03:44:04	05:52:14	<b>08:00:17.60</b>	<b>08:00:47.35</b>	+03:38:12 (45.4%)	9:14	6.5 (54.6%)
348	<b>LEŚNIEWSKI Mariusz</b>	<b>79</b>	ARPAGAN	M40	99		01:23:15	03:39:09	05:42:24	<b>08:00:11.70</b>	<b>08:00:53.00</b>	+03:38:17 (45.4%)	9:14	6.5 (54.6%)
349	<b>SZARYŃSKI Tomasz</b>	<b>69</b>	SZARYTEAM	M30	119		01:23:14	03:39:11	05:42:25	<b>08:00:12.45</b>	<b>08:00:53.20</b>	+03:38:18 (45.4%)	9:14	6.5 (54.6%)
350	<b>CIECIELĄG Piotr</b>	<b>562</b>		M40	100		01:12:21	03:19:53	05:33:53	<b>08:00:36.15</b>	<b>08:00:56.15</b>	+03:38:20 (45.4%)	9:14	6.5 (54.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	P1_Roztoki 12km	P2_Solinka2 26km	P1_Roztoki 37.8km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
351	<b>ŚWIERCZYŃSKI Tomasz</b>	<b>114</b>		M40	101		01:12:53	03:20:45	05:30:57	<b>08:02:51.40</b>	<b>08:03:06.10</b>	+03:40:30 (45.6%)	9:17	6.5 (54.6%)
352	<b>BARTOSZEK Krzysztof</b>	<b>184</b>	MRÓWKA JAROSŁAW	M40	102		01:14:41	03:25:49	05:33:31	<b>08:03:21.40</b>	<b>08:03:29.30</b>	+03:40:54 (45.7%)	9:17	6.5 (54.6%)
352	<b>WASYLISZYN Bernadetta</b>	<b>221</b>	JAROSŁAWSKA GRUPA BIEGOWA 'SOKÓL'	K30	28		01:14:39	03:25:38	05:33:30	<b>08:03:21.20</b>	<b>08:03:29.30</b>	+03:40:54 (45.7%)	9:17	6.5 (54.6%)
354	<b>MIREK Waldermar</b>	<b>604</b>	CZE-M!	M50	27		01:17:01	03:31:15	05:37:28	<b>08:03:55.00</b>	<b>08:04:01.60</b>	+03:41:26 (45.7%)	9:18	6.4 (53.8%)
355	<b>GŁUSZYK Joanna</b>	<b>135</b>	FIZJOBIEGACZE SZCZECIN	K40	15		01:15:15	03:28:50	05:34:00	<b>08:04:11.15</b>	<b>08:04:44.50</b>	+03:42:09 (45.8%)	9:18	6.4 (53.8%)
356	<b>ROGOZIŃSKA Monika</b>	<b>277</b>	SS DRUŻYNA WILKA	K30	29		01:16:22	03:26:05	05:37:53	<b>08:05:22.25</b>	<b>08:05:35.35</b>	+03:43:00 (45.9%)	9:20	6.4 (53.8%)
357	<b>PIECH Krzysztof</b>	<b>513</b>	ACADEMIA GORILA	M40	103		01:16:58	03:16:09	05:25:41	<b>08:05:49.75</b>	<b>08:06:10.25</b>	+03:43:35 (46.0%)	9:20	6.4 (53.8%)
358	<b>PALEJ Piotr</b>	<b>156</b>		M30	120		01:09:17	03:26:44	05:39:40	<b>08:06:23.00</b>	<b>08:06:29.90</b>	+03:43:54 (46.0%)	9:21	6.4 (53.8%)
359	<b>RĄCZKA Rafał</b>	<b>568</b>	SLOW MOTION	M30	121		01:11:51	03:15:07	05:26:37	<b>08:06:45.30</b>	<b>08:06:53.40</b>	+03:44:18 (46.1%)	9:21	6.4 (53.8%)
360	<b>POŚPIECH Herbert</b>	<b>76</b>		M30	122		01:11:42	03:18:30	05:29:29	<b>08:06:44.50</b>	<b>08:06:56.10</b>	+03:44:20 (46.1%)	9:21	6.4 (53.8%)
361	<b>SIENIAWSKI Daniel</b>	<b>325</b>	KW LUBLIN	M30	123		01:10:04	03:21:28	05:31:53	<b>08:06:37.05</b>	<b>08:06:59.50</b>	+03:44:24 (46.1%)	9:21	6.4 (53.8%)
362	<b>SIWIEC Tomasz</b>	<b>16</b>		M30	124		01:15:48	03:28:57	05:36:38	<b>08:06:42.70</b>	<b>08:07:18.10</b>	+03:44:42 (46.1%)	9:21	6.4 (53.8%)
363	<b>POPŁAWSKA Katarzyna</b>	<b>139</b>	CZARNE OWCE HIPOLITÓW	K40	16		01:17:24	03:33:30	05:40:50	<b>08:07:08.35</b>	<b>08:07:27.15</b>	+03:44:51 (46.1%)	9:22	6.4 (53.8%)
364	<b>CRYER Ula</b>	<b>535</b>		K30	30		01:16:34	03:28:31	05:40:37	<b>08:06:59.00</b>	<b>08:07:28.90</b>	+03:44:53 (46.1%)	9:21	6.4 (53.8%)
365	<b>BANDER-PASZEK Katarzyna</b>	<b>516</b>		K30	31		01:15:52	03:29:16	05:38:32	<b>08:07:36.85</b>	<b>08:07:54.10</b>	+03:45:18 (46.2%)	9:22	6.4 (53.8%)
366	<b>PACIA Sebastian</b>	<b>460</b>		M30	125		01:11:26	03:20:29	05:39:47	<b>08:08:15.25</b>	<b>08:08:30.55</b>	+03:45:55 (46.2%)	9:23	6.4 (53.8%)
367	<b>WOŹNIAK Anna</b>	<b>589</b>	RUN PASJA	K30	32		01:18:22	03:26:42	05:35:48	<b>08:07:57.85</b>	<b>08:08:30.75</b>	+03:45:55 (46.2%)	9:23	6.4 (53.8%)
368	<b>APANASIEWICZ Bartosz</b>	<b>447</b>	RUN PASJA	M30	126		01:18:23	03:26:42	05:35:49	<b>08:07:58.45</b>	<b>08:08:30.85</b>	+03:45:55 (46.2%)	9:23	6.4 (53.8%)
369	<b>JEŻOWSKI Jacek</b>	<b>530</b>		M40	104		01:16:08	03:16:02	05:13:51	<b>08:08:27.10</b>	<b>08:08:43.10</b>	+03:46:07 (46.3%)	9:23	6.4 (53.8%)
370	<b>ZEGARSKI Arkadiusz</b>	<b>217</b>		M40	105		01:14:20	03:26:32	05:35:47	<b>08:08:27.40</b>	<b>08:08:46.00</b>	+03:46:10 (46.3%)	9:23	6.4 (53.8%)
371	<b>NOWAKOWSKI Bartosz</b>	<b>478</b>	CHODZIMISIE	M40	106		01:10:31	03:23:38	05:35:30	<b>08:08:48.00</b>	<b>08:09:10.35</b>	+03:46:35 (46.3%)	9:24	6.4 (53.8%)
372	<b>AMBICKI Miłosz</b>	<b>480</b>	WKURW_TEAM	M20	44		01:27:32	03:44:14	05:48:51	<b>08:09:18.85</b>	<b>08:09:32.85</b>	+03:46:57 (46.4%)	9:24	6.4 (53.8%)
373	<b>WOJTAKOWSKA Joanna</b>	<b>197</b>	TIME4RUNNING	K40	17		01:18:52	03:43:33	05:45:12	<b>08:09:14.35</b>	<b>08:09:54.80</b>	+03:47:19 (46.4%)	9:24	6.4 (53.8%)
374	<b>DREWUSZEWSKI Maciej</b>	<b>429</b>	4M	M30	127		01:15:23	03:24:51	05:39:54	<b>08:09:29.60</b>	<b>08:09:57.95</b>	+03:47:22 (46.4%)	9:24	6.4 (53.8%)
375	<b>LUDWIG Marcin</b>	<b>468</b>	4M	M30	128		01:15:24	03:24:50	05:39:56	<b>08:09:30.25</b>	<b>08:09:58.20</b>	+03:47:23 (46.4%)	9:24	6.4 (53.8%)
376	<b>DONIEC Sebastian</b>	<b>180</b>	WWW.ADWOKATDONIEC.PL	M30	129		01:12:01	03:33:22	05:39:31	<b>08:09:40.80</b>	<b>08:10:03.25</b>	+03:47:28 (46.4%)	9:25	6.4 (53.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	P1_Roztoki 12km	P2_Solinka2 26km	P1_Roztoki 37.8km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
377	<b>MAJKOWSKI Marcin</b>	<b>452</b>		M40	107		01:15:32	03:27:35	05:36:47	<b>08:09:36.05</b>	<b>08:10:14.65</b>	+03:47:39 (46.4%)	9:24	6.4 (53.8%)
378	<b>BOROWIECKI Piotr</b>	<b>55</b>	APIWAST KRAKÓW	M50	28		01:21:22	03:45:33	05:41:49	<b>08:09:41.25</b>	<b>08:10:26.75</b>	+03:47:51 (46.5%)	9:25	6.4 (53.8%)
379	<b>NIEDZIELA Marcin</b>	<b>234</b>		M40	108		01:12:20	03:17:22	05:31:03	<b>08:10:35.95</b>	<b>08:10:51.25</b>	+03:48:16 (46.5%)	9:26	6.4 (53.8%)
380	<b>MARCELA Marcin</b>	<b>241</b>	FAT MAMA'S SPORT CLUB	M40	109		01:12:20	03:17:18	05:31:05	<b>08:10:36.00</b>	<b>08:10:51.40</b>	+03:48:16 (46.5%)	9:26	6.4 (53.8%)
381	<b>PASZEK Tomasz</b>	<b>517</b>		M30	130		01:15:48	03:29:17	05:38:32	<b>08:11:17.95</b>	<b>08:11:35.40</b>	+03:49:00 (46.6%)	9:26	6.4 (53.8%)
382	<b>ZWOLIŃSKI Mariusz</b>	<b>45</b>		M30	131		01:14:48	03:16:31	05:28:25	<b>08:11:59.10</b>	<b>08:12:11.40</b>	+03:49:36 (46.6%)	9:27	6.3 (52.9%)
383	<b>PARYS Michał</b>	<b>250</b>		M30	132		01:15:35	03:22:19	05:44:03	<b>08:12:36.25</b>	<b>08:12:41.10</b>	+03:50:05 (46.7%)	9:28	6.3 (52.9%)
384	<b>BŁAJSZCZAK Karol</b>	<b>94</b>	TSA SANDOMIERZ	M40	110	TSA Sandomierz	01:15:26	03:25:08	05:37:10	<b>08:12:17.60</b>	<b>08:12:45.75</b>	+03:50:10 (46.7%)	9:28	6.3 (52.9%)
385	<b>BOBER Jakub</b>	<b>618</b>	PDSLESZNO	M20	45		01:21:14	03:36:13	05:43:25	<b>08:13:22.25</b>	<b>08:13:52.30</b>	+03:51:17 (46.8%)	9:29	6.3 (52.9%)
386	<b>KANIEWSKI Wojciech</b>	<b>598</b>		M40	111		01:13:27	03:34:02	05:48:07	<b>08:14:09.60</b>	<b>08:14:35.60</b>	+03:52:00 (46.9%)	9:30	6.3 (52.9%)
387	<b>SZCZEPANEK Monika</b>	<b>248</b>		K40	18	STAY INSANE	01:17:49	03:40:00	05:48:00	<b>08:14:38.90</b>	<b>08:14:48.00</b>	+03:52:12 (46.9%)	9:30	6.3 (52.9%)
388	<b>ADAMCZYK Aneta</b>	<b>609</b>		K40	19		01:15:51	03:24:32	05:31:15	<b>08:14:36.00</b>	<b>08:14:57.70</b>	+03:52:22 (46.9%)	9:30	6.3 (52.9%)
389	<b>SZOŁTYSEK Wojciech</b>	<b>232</b>	OCHAJORUN@FRIENDS	M40	112		01:13:31	03:32:54	05:48:32	<b>08:14:22.15</b>	<b>08:14:59.60</b>	+03:52:24 (47.0%)	9:30	6.3 (52.9%)
390	<b>OLEWNIK Łukasz</b>	<b>296</b>	AGB TORFY	M30	133		01:24:36	03:41:42	05:45:35	<b>08:15:18.30</b>	<b>08:15:40.40</b>	+03:53:05 (47.0%)	9:31	6.3 (52.9%)
391	<b>WRÓBEL Mateusz</b>	<b>521</b>		M20	46		01:09:33	03:20:23	05:32:01	<b>08:15:59.20</b>	<b>08:16:02.95</b>	+03:53:27 (47.1%)	9:32	6.3 (52.9%)
392	<b>WÓJCIAK Wojciech</b>	<b>541</b>	SPICHLERZ UHERCE	M40	113		01:09:32	03:20:22	05:32:01	<b>08:15:59.10</b>	<b>08:16:03.20</b>	+03:53:28 (47.1%)	9:32	6.3 (52.9%)
393	<b>CHORZĘPA Mariusz</b>	<b>95</b>	TSA SANDOMIERZ	M40	114	TSA Sandomierz	01:15:26	03:25:08	05:37:13	<b>08:15:57.55</b>	<b>08:16:25.40</b>	+03:53:50 (47.1%)	9:32	6.3 (52.9%)
394	<b>NIZIOŁEK Mateusz</b>	<b>336</b>		M20	47		01:11:20	03:31:18	05:44:14	<b>08:17:15.95</b>	<b>08:17:18.75</b>	+03:54:43 (47.2%)	9:33	6.3 (52.9%)
395	<b>PRUSZKOWSKI Mariusz</b>	<b>15</b>	CHEŁM BIEGA ULTRA	M40	115		01:20:19	03:25:37	05:38:21	<b>08:16:56.75</b>	<b>08:17:20.10</b>	+03:54:44 (47.2%)	9:33	6.3 (52.9%)
396	<b>JAKUBOWSKI Daniel</b>	<b>115</b>	FUNDACJA CENTRUM ANIMACJI SPOŁECZNEJ	M40	116		01:14:52	03:24:46	05:35:06	<b>08:16:45.05</b>	<b>08:17:26.90</b>	+03:54:51 (47.2%)	9:33	6.3 (52.9%)
397	<b>KUBALA Sylwester</b>	<b>144</b>		M40	117		01:14:25	03:24:01	05:42:26	<b>08:17:08.25</b>	<b>08:17:29.65</b>	+03:54:54 (47.2%)	9:33	6.3 (52.9%)
398	<b>PYTA Krzysztof</b>	<b>627</b>		M Open	1		01:14:03	03:28:22	05:39:50	<b>08:17:20.75</b>	<b>08:17:35.70</b>	+03:55:00 (47.2%)	9:33	6.3 (52.9%)
399	<b>ŻMUDKA Bartłomiej</b>	<b>591</b>		M30	134		01:14:54	03:32:55	05:48:36	<b>08:17:01.45</b>	<b>08:17:37.60</b>	+03:55:02 (47.2%)	9:33	6.3 (52.9%)
400	<b>BOROWIECKI Łukasz</b>	<b>54</b>		M20	48		01:21:34	03:45:58	05:44:18	<b>08:16:53.40</b>	<b>08:17:39.30</b>	+03:55:04 (47.2%)	9:33	6.3 (52.9%)
401	<b>PIECHOTA Daniel</b>	<b>438</b>	DROGA W GÓRY	M30	135		01:15:00	03:31:05	05:27:27	<b>08:16:58.95</b>	<b>08:17:40.45</b>	+03:55:05 (47.2%)	9:33	6.3 (52.9%)
402	<b>HETMANOWSKI Jędrzej</b>	<b>437</b>	ULTRA PMI	M40	118		01:15:00	03:31:05	05:39:00	<b>08:16:59.60</b>	<b>08:17:40.65</b>	+03:55:05 (47.2%)	9:33	6.3 (52.9%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	P1_Roztoki 12km	P2_Solinka2 26km	P1_Roztoki 37.8km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
403	<b>WYSOCKI Tomasz</b>	<b>279</b>	OCHAJORUN & FRIENDS	M40	119		01:14:51	03:32:55	05:48:33	<b>08:17:05.25</b>	<b>08:17:42.80</b>	+03:55:07 (47.2%)	9:33	6.3 (52.9%)
404	<b>ZYGO Grzegorz</b>	<b>412</b>	BEŁŻYCE I OKOLICE BIEGAJĄ	M40	120	Bełżyce i okolice biegają	01:24:38	03:53:27	05:53:15	<b>08:17:27.45</b>	<b>08:17:52.65</b>	+03:55:17 (47.3%)	9:33	6.3 (52.9%)
405	<b>MATYJEWICZ Luiza</b>	<b>310</b>		K40	20		01:16:41	03:31:54	05:39:20	<b>08:17:41.60</b>	<b>08:18:07.40</b>	+03:55:32 (47.3%)	9:34	6.3 (52.9%)
406	<b>STANEK Marzena</b>	<b>345</b>	WKURW_TEAM	K30	33		01:24:46	03:46:55	05:49:16	<b>08:18:07.75</b>	<b>08:18:48.15</b>	+03:56:12 (47.4%)	9:34	6.3 (52.9%)
407	<b>KACZOROWSKI Przemek</b>	<b>572</b>		M40	121		01:16:01	03:40:49	05:46:03	<b>08:18:31.50</b>	<b>08:19:04.35</b>	+03:56:29 (47.4%)	9:35	6.3 (52.9%)
408	<b>LEHMANN Karolina</b>	<b>381</b>	WKURW_TEAM	K30	34		01:24:48	03:46:56	05:49:13	<b>08:18:43.70</b>	<b>08:19:23.65</b>	+03:56:48 (47.4%)	9:35	6.3 (52.9%)
409	<b>CHUDECKI Andrzej</b>	<b>244</b>		M30	136		01:15:44	03:28:23	05:40:12	<b>08:20:23.75</b>	<b>08:20:33.45</b>	+03:57:58 (47.5%)	9:37	6.2 (52.1%)
410	<b>NALEWAJKO Joanna</b>	<b>254</b>	BEŁŻYCE I OKOLICE BIEGAJĄ	K30	35	Bełżyce i okolice biegają	01:19:32	03:35:32	05:43:23	<b>08:20:19.00</b>	<b>08:20:44.20</b>	+03:58:09 (47.6%)	9:37	6.2 (52.1%)
411	<b>ZARĘBA Jolanta</b>	<b>399</b>	RZESZOWSKIE GAZELE I GEPARDY	K50	3		01:12:18	03:30:28	05:37:01	<b>08:21:21.05</b>	<b>08:21:30.05</b>	+03:58:54 (47.6%)	9:38	6.2 (52.1%)
412	<b>BIELECKI Filip</b>	<b>247</b>		M30	137		05:49:47			<b>08:21:32.20</b>	<b>08:21:32.20</b>	+03:58:57 (47.6%)	9:38	6.2 (52.1%)
413	<b>SZYMANOWSKI Tomek</b>	<b>246</b>		M30	138		05:49:33			<b>08:21:32.25</b>	<b>08:21:32.25</b>	+03:58:57 (47.6%)	9:38	6.2 (52.1%)
414	<b>SIKORA Sławomir</b>	<b>303</b>	SRTG#TARNÓW	M30	139		01:15:13	03:27:02	05:41:02	<b>08:21:45.45</b>	<b>08:22:07.15</b>	+03:59:31 (47.7%)	9:38	6.2 (52.1%)
415	<b>SIKORA Tomasz</b>	<b>98</b>		M30	140		01:15:14	03:27:03	05:41:05	<b>08:21:46.00</b>	<b>08:22:07.70</b>	+03:59:32 (47.7%)	9:38	6.2 (52.1%)
416	<b>ONAK Iza</b>	<b>235</b>	OCHAJORUN & FRIENDS	K40	21		01:25:08	03:44:08	05:48:35	<b>08:22:33.80</b>	<b>08:23:09.65</b>	+04:00:34 (47.8%)	9:39	6.2 (52.1%)
417	<b>CHWAJA Michał</b>	<b>529</b>	KUŹNIA TRIATHLONU	M30	141		01:12:25	03:27:52	05:40:22	<b>08:23:28.90</b>	<b>08:23:37.55</b>	+04:01:02 (47.9%)	9:40	6.2 (52.1%)
418	<b>MATYJA Rafał</b>	<b>426</b>	LESZNOLIMITS RUNNERS	M20	49		01:17:27	03:30:04	05:40:00	<b>08:23:14.05</b>	<b>08:23:40.15</b>	+04:01:04 (47.9%)	9:40	6.2 (52.1%)
419	<b>KUPCZYK Rafał</b>	<b>409</b>	ROZBIEGANY RAWICZ	M30	142		01:32:22	04:21:33	06:00:30	<b>08:23:21.30</b>	<b>08:23:41.65</b>	+04:01:06 (47.9%)	9:40	6.2 (52.1%)
420	<b>SIKORSKA Agnieszka</b>	<b>26</b>		K40	22		01:20:02	03:41:44	05:49:45	<b>08:23:43.10</b>	<b>08:24:22.25</b>	+04:01:47 (47.9%)	9:41	6.2 (52.1%)
421	<b>JACHYMSKI Ignacy</b>	<b>449</b>	AKG ŁÓDŹ	M20	50		01:21:29	03:37:08	05:43:39	<b>08:23:49.75</b>	<b>08:24:31.40</b>	+04:01:56 (48.0%)	9:41	6.2 (52.1%)
422	<b>SMOLEŃSKI Michał</b>	<b>245</b>	ORUN.PL	M30	143		01:17:54	03:46:05	05:52:44	<b>08:24:20.55</b>	<b>08:24:32.25</b>	+04:01:57 (48.0%)	9:41	6.2 (52.1%)
423	<b>ZBIKOWSKA-JUSIS Katarzyna</b>	<b>209</b>	WWW.BIEGACZKI.PL / KB 'ARTURÓWEK' ŁÓDŹ	K30	36		01:17:54	03:46:05	05:52:44	<b>08:24:20.65</b>	<b>08:24:32.60</b>	+04:01:57 (48.0%)	9:41	6.2 (52.1%)
424	<b>BOROWIEC Arkadiusz</b>	<b>14</b>	CHEŁM BIEGA/BRACIA.B	M40	122		01:20:18	03:31:30	05:49:34	<b>08:25:55.00</b>	<b>08:26:18.40</b>	+04:03:43 (48.1%)	9:43	6.2 (52.1%)
425	<b>JEREMICZ Marcin</b>	<b>148</b>	SZTAFETA NADZIEI	M30	144		01:16:30	03:29:56	05:33:47	<b>08:26:24.30</b>	<b>08:26:45.20</b>	+04:04:10 (48.2%)	9:44	6.2 (52.1%)
426	<b>ŚLIWIŃSKI Paweł</b>	<b>565</b>	SZATAN	M30	145		01:17:30	03:31:54	05:40:33	<b>08:26:34.20</b>	<b>08:26:58.30</b>	+04:04:23 (48.2%)	9:44	6.2 (52.1%)
427	<b>KRÓL Paweł</b>	<b>205</b>		M40	123		01:19:14	03:37:17	05:48:09	<b>08:26:34.25</b>	<b>08:27:00.70</b>	+04:04:25 (48.2%)	9:44	6.2 (52.1%)
428	<b>CZUBA Adam</b>	<b>163</b>	KM TRUCHCIK ŁUBIANKA	M40	124		01:25:41	03:41:36	05:55:23	<b>08:27:03.80</b>	<b>08:27:14.15</b>	+04:04:38 (48.2%)	9:45	6.2 (52.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	P1_Roztoki 12km	P2_Solinka2 26km	P1_Roztoki 37.8km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
429	<b>SZYMCZAK</b> Miroslaw	<b>573</b>	SPARTANIE DZIECIOM	M40	125		01:16:30	03:40:16	05:49:13	<b>08:29:34.85</b>	<b>08:29:57.00</b>	+04:07:21 (48.5%)	9:47	6.1 (51.3%)
430	<b>WIETECZA</b> Paweł	<b>625</b>		M30	146		01:17:42	03:30:17	05:48:01	<b>08:30:51.25</b>	<b>08:30:59.45</b>	+04:08:24 (48.6%)	9:49	6.1 (51.3%)
431	<b>JAKUBECKI</b> Michał	<b>333</b>		M20	51		01:20:51	03:53:02	05:54:13	<b>08:30:23.40</b>	<b>08:31:02.45</b>	+04:08:27 (48.6%)	9:48	6.1 (51.3%)
432	<b>KAWALEC</b> Bernard	<b>557</b>		M30	147		01:17:23	03:37:09	05:46:57	<b>08:31:17.90</b>	<b>08:31:23.90</b>	+04:08:48 (48.7%)	9:49	6.1 (51.3%)
433	<b>WAWRZOS</b> Marek	<b>370</b>	MKB EKOSFERA	M30	148		01:16:01	03:36:12	05:46:32	<b>08:31:18.70</b>	<b>08:32:00.05</b>	+04:09:24 (48.7%)	9:49	6.1 (51.3%)
434	<b>KOLASA</b> Andrzej	<b>17</b>	KLUB J.SŁOWACKIEGO	M60	8		01:14:54	03:34:48	05:43:37	<b>08:33:00.70</b>	<b>08:33:02.35</b>	+04:10:27 (48.8%)	9:51	6.1 (51.3%)
435	<b>CORREIA</b> Andre	<b>366</b>		M20	52		01:15:25	03:31:03	05:51:14	<b>08:33:53.80</b>	<b>08:33:53.80</b>	+04:11:18 (48.9%)	9:52	6.1 (51.3%)
436	<b>NIZIOŁEK</b> Marek	<b>560</b>	ZADYSZKA OŚWIĘCIM	M40	126		01:24:31	03:53:30	05:54:16	<b>08:33:19.40</b>	<b>08:33:54.15</b>	+04:11:18 (48.9%)	9:52	6.1 (51.3%)
437	<b>NIZIOLEK</b> Gabriela	<b>561</b>	ZADYSZKA OŚWIĘCIM	K40	23		01:24:30	03:53:28	05:54:12	<b>08:33:19.15</b>	<b>08:33:54.35</b>	+04:11:19 (48.9%)	9:52	6.1 (51.3%)
438	<b>WÓJTOWICZ</b> Paweł	<b>508</b>		M40	127		01:15:54	03:37:02	05:53:03	<b>08:34:12.65</b>	<b>08:34:31.20</b>	+04:11:56 (49.0%)	9:53	6.1 (51.3%)
439	<b>MIKOŁAJCZYK</b> Jarosław	<b>404</b>		M30	149		01:23:43	03:43:56	05:53:24	<b>08:33:47.85</b>	<b>08:34:34.60</b>	+04:11:59 (49.0%)	9:52	6.1 (51.3%)
440	<b>JAKUBOWSKI</b> Wojciech	<b>578</b>	KB GEOTERMIA UNIEJÓW	M40	128		01:18:50	03:43:11	05:51:22	<b>08:33:59.65</b>	<b>08:34:36.70</b>	+04:12:01 (49.0%)	9:53	6.1 (51.3%)
441	<b>DUDA</b> Leszek	<b>216</b>	SBD ENERGETYK RYBNIK	M30	150		01:17:12	03:42:08	05:54:13	<b>08:34:05.90</b>	<b>08:34:42.70</b>	+04:12:07 (49.0%)	9:53	6.1 (51.3%)
442	<b>MAKAREWICZ</b> Wiktor	<b>85</b>		M30	151		01:16:03	03:26:10	05:37:33	<b>08:34:39.75</b>	<b>08:34:44.65</b>	+04:12:09 (49.0%)	9:53	6.1 (51.3%)
443	<b>LITWINEK</b> Marek	<b>398</b>	WW TEAM	M30	152		01:16:25	03:32:14	05:50:57	<b>08:35:10.85</b>	<b>08:35:48.45</b>	+04:13:13 (49.1%)	9:54	6.1 (51.3%)
444	<b>POREBSKI</b> Zbigniew	<b>294</b>	QUATTRO	M50	29		01:21:09	03:39:25	05:54:27	<b>08:35:55.10</b>	<b>08:36:03.70</b>	+04:13:28 (49.1%)	9:55	6 (50.4%)
445	<b>BURY</b> Marek	<b>162</b>		M40	129		01:18:11	03:36:08	05:50:24	<b>08:36:17.75</b>	<b>08:36:44.20</b>	+04:14:09 (49.2%)	9:55	6 (50.4%)
446	<b>SWOBODA</b> Jarosław	<b>65</b>	NIGHT RUNNERS GLIWICE	M40	130		01:17:35	03:42:30	05:54:36	<b>08:36:33.35</b>	<b>08:36:47.45</b>	+04:14:12 (49.2%)	9:56	6 (50.4%)
446	<b>BZOWSKA</b> Aleksandra	<b>481</b>	NIGHT RUNNERS GLIWICE	K30	37		01:17:37	03:42:30	05:54:18	<b>08:36:33.15</b>	<b>08:36:47.45</b>	+04:14:12 (49.2%)	9:56	6 (50.4%)
448	<b>TKACZYK</b> Przemysław	<b>31</b>	SKLEP BIEGACZA LUBLIN TEAM	M40	131		01:16:09	03:35:52	05:50:18	<b>08:37:34.45</b>	<b>08:37:52.20</b>	+04:15:17 (49.3%)	9:57	6 (50.4%)
449	<b>WIERZBICKI</b> Michał	<b>20</b>	STOWARZYSZENIE MORSY SWARZĘDZ	M40	132		01:12:38	03:32:50	05:51:44	<b>08:38:04.65</b>	<b>08:38:08.70</b>	+04:15:33 (49.3%)	9:57	6 (50.4%)
450	<b>SOSZYŃSKA</b> Gosia	<b>615</b>	CZŁAPACZE	K50	4		01:25:52	03:48:12	05:57:52	<b>08:38:20.30</b>	<b>08:38:37.85</b>	+04:16:02 (49.4%)	9:58	6 (50.4%)
451	<b>PIEKARSKI</b> Andrzej	<b>425</b>		M30	153		01:18:15	03:38:32	05:53:24	<b>08:38:38.85</b>	<b>08:38:50.85</b>	+04:16:15 (49.4%)	9:58	6 (50.4%)
452	<b>KOPCZYŃSKI</b> Maciej	<b>53</b>	SZALONY IWAN	M30	154		01:19:39	03:41:13	05:49:35	<b>08:38:36.65</b>	<b>08:39:13.15</b>	+04:16:37 (49.4%)	9:58	6 (50.4%)
453	<b>WALENTOWSKI</b> Maciej	<b>40</b>	#2H2S	M30	155		01:19:24	03:42:29	06:01:53	<b>08:39:28.75</b>	<b>08:39:48.90</b>	+04:17:13 (49.5%)	9:59	6 (50.4%)
454	<b>WOJTOWICZ</b> Daniel	<b>130</b>		M40	133		01:17:09	03:32:52	05:50:25	<b>08:41:15.90</b>	<b>08:41:37.50</b>	+04:19:02 (49.7%)	10:01	6 (50.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	P1_Roztoki 12km	P2_Solinka2 26km	P1_Roztoki 37.8km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
455	<b>RURKA Grzegorz</b>	<b>372</b>	SAMBIEGAM	M50	30		01:24:40	03:46:04	05:54:26	<b>08:41:20.15</b>	<b>08:42:04.80</b>	+04:19:29 (49.7%)	10:01	6 (50.4%)
456	<b>CZORNAK Wojciech</b>	<b>431</b>		M50	31		01:22:13	03:50:32	05:56:17	<b>08:41:34.15</b>	<b>08:42:11.25</b>	+04:19:36 (49.7%)	10:01	6 (50.4%)
457	<b>PUZIO Hubert</b>	<b>590</b>		M30	156		01:10:09	03:23:55	05:51:09	<b>08:41:43.75</b>	<b>08:42:19.05</b>	+04:19:43 (49.7%)	10:02	6 (50.4%)
458	<b>CHODOROWSKI Arkadiusz</b>	<b>68</b>		M30	157		01:25:54	03:49:16	05:56:51	<b>08:43:01.90</b>	<b>08:43:19.35</b>	+04:20:44 (49.8%)	10:03	6 (50.4%)
459	<b>GODLEWSKI Paweł</b>	<b>583</b>		M40	134		01:17:50	03:44:17	05:54:54	<b>08:43:33.45</b>	<b>08:43:52.00</b>	+04:21:16 (49.9%)	10:04	6 (50.4%)
460	<b>ŻELAZNY Judyta</b>	<b>486</b>	MRÓWKA JAROSŁAW	K40	24		01:15:37	03:35:53	05:52:33	<b>08:43:50.00</b>	<b>08:43:57.70</b>	+04:21:22 (49.9%)	10:04	6 (50.4%)
461	<b>FURMAN Agnieszka</b>	<b>243</b>	OCHAJORUN&FRIENDS	K30	38		01:25:08	03:44:08	05:51:56	<b>08:43:22.70</b>	<b>08:43:58.75</b>	+04:21:23 (49.9%)	10:03	6 (50.4%)
462	<b>KOŁACZ Piotr</b>	<b>227</b>		M40	135		01:17:17	03:33:39	05:49:06	<b>08:43:31.05</b>	<b>08:44:07.80</b>	+04:21:32 (49.9%)	10:04	6 (50.4%)
463	<b>KAŃDUŁA Klaudia</b>	<b>104</b>	SZAKAL RUNNERS	K30	39		01:22:11	03:56:44	06:04:54	<b>08:43:45.10</b>	<b>08:44:09.50</b>	+04:21:34 (49.9%)	10:04	6 (50.4%)
464	<b>KOPYŚĆ Jarosław</b>	<b>479</b>		M40	136		01:21:49	03:39:31	05:52:08	<b>08:45:15.15</b>	<b>08:45:44.95</b>	+04:23:09 (50.1%)	10:06	5.9 (49.6%)
465	<b>PIETRANIK Paweł</b>	<b>57</b>	ALBATROSY	M30	158		01:20:27	03:41:27	05:54:07	<b>08:46:02.65</b>	<b>08:46:39.85</b>	+04:24:04 (50.1%)	10:06	5.9 (49.6%)
466	<b>OGRODOWICZ Jacek</b>	<b>171</b>	ALE ... O CO BIEGA?	M50	32		01:18:56	03:32:40	05:48:54	<b>08:47:35.45</b>	<b>08:48:00.80</b>	+04:25:25 (50.3%)	10:08	5.9 (49.6%)
466	<b>ŁOKAS Andrzej</b>	<b>275</b>		M40	137		01:23:05	03:42:56	05:53:37	<b>08:47:20.60</b>	<b>08:48:00.80</b>	+04:25:25 (50.3%)	10:08	5.9 (49.6%)
468	<b>WRÓBEL Kamila</b>	<b>487</b>	PARKRUN RZESZÓW	K20	13		01:20:02	03:48:20	05:55:29	<b>08:49:22.20</b>	<b>08:49:56.75</b>	+04:27:21 (50.5%)	10:10	5.9 (49.6%)
469	<b>ZAJĄC Anna</b>	<b>348</b>		K30	40		01:24:10	03:50:47	05:59:35	<b>08:50:35.30</b>	<b>08:51:03.90</b>	+04:28:28 (50.6%)	10:12	5.9 (49.6%)
470	<b>KNAPIK Ilona</b>	<b>472</b>		K40	25		01:15:42	03:37:39	05:51:08	<b>08:52:13.75</b>	<b>08:52:35.45</b>	+04:30:00 (50.7%)	10:14	5.9 (49.6%)
471	<b>LISOWSKA Kamila</b>	<b>210</b>	SZPITAL MIEJSKI W ZABRZU	K30	41		01:21:56	03:52:53	06:11:21	<b>08:53:15.25</b>	<b>08:53:18.80</b>	+04:30:43 (50.8%)	10:15	5.9 (49.6%)
472	<b>PAPE Martin</b>	<b>220</b>	WITC	M40	138		01:16:50	03:31:55	05:55:36	<b>08:52:50.45</b>	<b>08:53:21.30</b>	+04:30:46 (50.8%)	10:14	5.9 (49.6%)
473	<b>WOLF Weronika</b>	<b>262</b>	TKKF KOSZALIN	K40	26		01:29:11	04:02:05	06:05:15	<b>08:53:00.50</b>	<b>08:53:26.15</b>	+04:30:50 (50.8%)	10:15	5.9 (49.6%)
474	<b>KOZIOŁ Łukasz</b>	<b>265</b>		M20	53		01:20:04	03:37:52	05:55:52	<b>08:53:26.50</b>	<b>08:54:02.35</b>	+04:31:27 (50.8%)	10:15	5.8 (48.7%)
475	<b>RACZYŃSKI Bogusz</b>	<b>257</b>	TIGERS TEAM	M30	159		01:19:26	03:42:48	05:54:56	<b>08:53:57.25</b>	<b>08:54:19.90</b>	+04:31:44 (50.9%)	10:16	5.8 (48.7%)
476	<b>DOMINIAK Katarzyna</b>	<b>555</b>	TIGERS TEAM	K30	42		01:19:26	03:42:48	05:54:44	<b>08:53:57.30</b>	<b>08:54:20.00</b>	+04:31:44 (50.9%)	10:16	5.8 (48.7%)
477	<b>BŁASIŃSKA Żaneta</b>	<b>258</b>		K40	27		01:29:46	04:00:47	06:13:46	<b>08:53:44.40</b>	<b>08:54:26.40</b>	+04:31:51 (50.9%)	10:15	5.8 (48.7%)
478	<b>BAŁAGA Marcin</b>	<b>176</b>	KTO DOGONI PSA?	M40	139		01:23:01	03:48:36	06:00:56	<b>08:54:19.00</b>	<b>08:54:53.50</b>	+04:32:18 (50.9%)	10:16	5.8 (48.7%)
479	<b>KRZEMIEN Joanna</b>	<b>137</b>	6.KILOMETR	K30	43		01:21:24	03:52:50	06:08:38	<b>08:54:20.65</b>	<b>08:54:58.60</b>	+04:32:23 (50.9%)	10:16	5.8 (48.7%)
480	<b>KUCZEK Katarzyna</b>	<b>100</b>	PGB SPORTOWA PACZKA	K40	28		01:23:24	04:01:07	06:12:36	<b>08:54:54.35</b>	<b>08:55:35.25</b>	+04:33:00 (51.0%)	10:17	5.8 (48.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	P1_Roztoki 12km	P2_Solinka2 26km	P1_Roztoki 37.8km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
481	<b>MAKOS Adam</b>	<b>101</b>	PGB SPORTOWA PACZKA	M40	140		01:24:16	04:01:06	05:58:21	<b>08:54:54.00</b>	<b>08:55:35.35</b>	+04:33:00 (51.0%)	10:17	5.8 (48.7%)
482	<b>SIEDLACZEK Zbigniew</b>	<b>231</b>	SKLEP BIEGACZA LUBLIN TEAM	M60	9		01:26:38	03:47:14	05:54:39	<b>08:55:56.45</b>	<b>08:56:32.60</b>	+04:33:57 (51.1%)	10:18	5.8 (48.7%)
483	<b>CHILIŃSKI Karol</b>	<b>382</b>		M30	160		01:10:41	03:30:33	06:05:19	<b>08:57:19.25</b>	<b>08:57:37.60</b>	+04:35:02 (51.2%)	10:19	5.8 (48.7%)
484	<b>MORAWSKA Anna</b>	<b>43</b>		K60	1		01:26:48	03:50:58	06:05:13	<b>08:57:56.00</b>	<b>08:58:19.20</b>	+04:35:44 (51.2%)	10:20	5.8 (48.7%)
485	<b>MACA Damian</b>	<b>72</b>	MACARUNTEAM	M20	54		01:27:54	03:57:09	06:04:53	<b>08:58:18.25</b>	<b>08:58:48.60</b>	+04:36:13 (51.3%)	10:21	5.8 (48.7%)
486	<b>SKALAK Jakub</b>	<b>505</b>	WILD PIGS   KW SAKWA	M20	55		01:32:50	04:02:34	06:00:41	<b>08:58:38.20</b>	<b>08:58:58.30</b>	+04:36:23 (51.3%)	10:21	5.8 (48.7%)
487	<b>ZBYSŁAW Beata</b>	<b>213</b>	ORKA IŁAWA	K50	5		01:23:52	03:52:20	06:00:41	<b>08:59:18.20</b>	<b>08:59:54.80</b>	+04:37:19 (51.4%)	10:22	5.8 (48.7%)
488	<b>KULIBERDA Sylwia</b>	<b>352</b>		K40	29		01:24:23	03:54:53	06:04:39	<b>08:59:53.55</b>	<b>09:00:27.05</b>	+04:37:51 (51.4%)	10:22	5.8 (48.7%)
489	<b>KULIBERDA Tomasz</b>	<b>179</b>	TEATR O.DE.LA	M40	141		01:24:30	03:54:52	06:04:31	<b>08:59:53.60</b>	<b>09:00:27.75</b>	+04:37:52 (51.4%)	10:22	5.8 (48.7%)
490	<b>PRYCIŃSKA Wiesława</b>	<b>105</b>	CAFE SZKOLNA 16	K40	30		01:20:31	03:50:42	06:05:09	<b>09:00:50.40</b>	<b>09:01:03.80</b>	+04:38:28 (51.5%)	10:24	5.8 (48.7%)
491	<b>CHYLIŃSKA Agnieszka</b>	<b>537</b>	CHODZIMISIE	K30	44		01:24:38	03:52:50	06:05:42	<b>09:01:41.60</b>	<b>09:02:03.40</b>	+04:39:28 (51.6%)	10:25	5.8 (48.7%)
492	<b>WOLNY Maciej</b>	<b>473</b>	CHODZIMISIE	M40	142		01:24:38	03:52:48	06:06:20	<b>09:01:42.20</b>	<b>09:02:03.70</b>	+04:39:28 (51.6%)	10:25	5.8 (48.7%)
493	<b>ANGOWSKI Marcin</b>	<b>242</b>		M30	161		01:30:10	04:05:57	06:12:48	<b>09:01:36.00</b>	<b>09:02:08.85</b>	+04:39:33 (51.6%)	10:24	5.8 (48.7%)
494	<b>RUDZKI Tomasz</b>	<b>88</b>	RAJSPOORT ACTIVE	M40	143		01:16:57	03:53:43	06:06:19	<b>09:03:17.50</b>	<b>09:03:31.75</b>	+04:40:56 (51.7%)	10:26	5.7 (47.9%)
495	<b>GÓRAJ Marta</b>	<b>48</b>	YOLO :)	K40	31		01:23:49	03:55:59	06:05:24	<b>09:04:58.45</b>	<b>09:05:34.50</b>	+04:42:59 (51.9%)	10:28	5.7 (47.9%)
495	<b>GÓRAJ Maciej</b>	<b>56</b>	YOLO :)	M40	144		01:23:48	03:55:59	06:05:25	<b>09:04:58.05</b>	<b>09:05:34.50</b>	+04:42:59 (51.9%)	10:28	5.7 (47.9%)
497	<b>WRÓBEL Dominik</b>	<b>198</b>	AZS PWSZ KROSNO	M40	145		01:20:08	03:44:24	06:04:32	<b>09:04:58.60</b>	<b>09:05:41.00</b>	+04:43:05 (51.9%)	10:28	5.7 (47.9%)
498	<b>PRYCIŃSKI Krzysztof</b>	<b>271</b>	CAFE SZKOLNA 16	M40	146		01:20:32	03:50:43	06:05:07	<b>09:08:31.15</b>	<b>09:08:44.55</b>	+04:46:09 (52.1%)	10:32	5.7 (47.9%)
499	<b>SZELER Joanna</b>	<b>405</b>	BIEGAJĄCA Z PSAMI	K40	32		01:24:13	04:02:21	06:05:44	<b>09:11:20.05</b>	<b>09:11:49.95</b>	+04:49:14 (52.4%)	10:36	5.7 (47.9%)
500	<b>OKLEJ Agata</b>	<b>600</b>		K30	45		01:23:57	04:02:17	06:09:56	<b>09:12:04.20</b>	<b>09:12:15.00</b>	+04:49:39 (52.5%)	10:37	5.7 (47.9%)
501	<b>ZGIET Michał</b>	<b>356</b>	TEATR W REMIZIE	M50	33	Bełżyce i okolice biegają	01:24:37	03:53:27	06:09:57	<b>09:15:13.55</b>	<b>09:15:38.75</b>	+04:53:03 (52.7%)	10:40	5.6 (47.1%)
502	<b>STAWSKA Anna</b>	<b>551</b>	WKURW_TEAM	K30	46		01:23:50	04:02:19	06:10:20	<b>09:21:05.70</b>	<b>09:21:37.50</b>	+04:59:02 (53.2%)	10:47	5.6 (47.1%)
503	<b>BORUSZEWSKA Magdalena</b>	<b>302</b>	KOŁO BIEGA	K30	47		01:19:41	03:54:30	06:10:52	<b>09:22:42.25</b>	<b>09:23:22.00</b>	+05:00:46 (53.4%)	10:49	5.5 (46.2%)
504	<b>NAMYŚLAK Radosław</b>	<b>301</b>	KOŁO BIEGA	M40	147		01:19:42	03:54:31	06:10:49	<b>09:22:42.65</b>	<b>09:23:22.30</b>	+05:00:47 (53.4%)	10:49	5.5 (46.2%)
505	<b>NAPIÓRKOWSKI Cyprian</b>	<b>74</b>		M20	56		01:27:54	03:57:16	06:09:47	<b>09:26:18.50</b>	<b>09:26:48.85</b>	+05:04:13 (53.7%)	10:53	5.5 (46.2%)
506	<b>KUŚNIERKIEWICZ Tomasz</b>	<b>593</b>		M50	34		01:25:05	03:46:15	06:12:35	<b>09:31:07.90</b>	<b>09:31:51.90</b>	+05:09:16 (54.1%)	10:58	5.5 (46.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	P1_Roztoki 12km	P2_Solinka2 26km	P1_Roztoki 37.8km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
507	<b>PACAK Patrycja</b>	<b>564</b>		K20	14		01:23:03	03:57:12	06:13:12	<b>10:07:48.25</b>	<b>10:08:31.70</b>	+05:45:56 (56.8%)	11:41	5.1 (42.9%)
	<b>ŻOŁNACZ Maciej</b>	<b>285</b>		M30			01:02:47 DNF	02:38:09 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>BUDKIEWICZ Łukasz</b>	<b>255</b>	JACEKBIEGA RUNNING TEAM	M30			01:19:35 DNF	03:42:31 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>SOBCZAK Maciej</b>	<b>491</b>	RAZEM TRENUJEMY SPORT	M30			01:25:03 DNF	03:55:53 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>BARYZA Robert</b>	<b>259</b>		M40			01:29:59 DNF	04:01:02 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>KACPERSKI Błażej</b>	<b>384</b>	KADA BŁAŻEJ KACPERSKI	M30			01:26:22 DNF	04:02:18 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>KLOREK Anna</b>	<b>116</b>	SZAKAL RUNNERS	K30			01:22:15 DNF	04:02:43 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>FIDALI Beata</b>	<b>164</b>	KLUB PODRÓŻNIKÓW ŚRÓDZIEMIE	K30			01:32:01 DNF	04:03:03 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>PTASZYŃSKA Anna</b>	<b>252</b>	SPEED FEET '16	K40			01:26:46 DNF	04:03:12 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>KARNIŁA Piotr</b>	<b>606</b>	GARMIN POLSKA	M40			01:30:36 DNF	04:03:32 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>BUDA Marzena</b>	<b>550</b>	WKURW_TEAM	K20			01:33:02 DNF	04:04:09 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>GANCARSKI Marcin</b>	<b>97</b>	NOWY STYL GROUP RUNNING TEAM	M30			01:35:00 DNF	04:04:24 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>JANICKI Paweł</b>	<b>441</b>		M30			01:25:40 DNF	04:05:59 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>WALKOWSKI Tomasz</b>	<b>419</b>		M50			01:25:39 DNF	04:06:05 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>WALKOWSKA Justyna</b>	<b>420</b>	JACEK BIEGA	K40			01:25:39 DNF	04:06:06 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>NOWOSIELSKA Agnieszka</b>	<b>462</b>	MKB DREPTAK	K30		MKB Dreptak	01:28:05 DNF	04:12:59 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>JURCZAK Daniel</b>	<b>461</b>	MKB DREPTAK	M40		MKB Dreptak	01:28:05 DNF	04:12:59 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>JATA Marta</b>	<b>46</b>	WW TEAM	K30			01:29:26 DNF	04:13:03 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>ŁEMPICKA-GROMEK Joanna</b>	<b>157</b>		K30			01:29:50 DNF	04:13:52 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>WÓJCIK Robert</b>	<b>169</b>		M40			01:29:49 DNF	04:14:01 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>WRÓBLEWSKA-GAWEŁ Agnieszka</b>	<b>577</b>		K40			01:28:45 DNF	04:14:14 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>RADECKI Dariusz</b>	<b>458</b>		M30			01:25:40 DNF	04:15:55 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>DAWID Mirosław</b>	<b>161</b>		M50			01:32:05 DNF	04:16:40 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>DAWID Honorata</b>	<b>281</b>		K40			01:32:05 DNF	04:16:41 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>KLIŚ Tomasz</b>	<b>617</b>					01:39:46 DNF	04:23:12 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>LITWIN Tomasz</b>	<b>387</b>		M40			01:39:47 DNF	04:23:13 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	P1_Roztoki 12km	P2_Solinka2 26km	P1_Roztoki 37.8km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
	<b>ZERA Romuald</b>	<b>191</b>		M50			01:30:49 DNF	04:25:09 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>WÓJTOWICZ Paweł</b>	<b>131</b>	LUBLIN BIEGA	M30			01:26:21 DNF	04:34:21 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>SZALKOWSKA Dominika</b>	<b>410</b>	ROZBIEGANY RAWICZ	K30			01:32:26 DNF	04:35:17 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>SŁOMIAN Marcelina</b>	<b>567</b>		K20			01:08:16 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>RESZKA Marek</b>	<b>24</b>		M30		STAY INSANE	01:10:36 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>POPŁAWSKI Arkadiusz</b>	<b>140</b>	CZARNE OWCE HIPOLITÓW	M40			01:17:24 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>OLEJNIK Marcin</b>	<b>269</b>	12TRI	M30			01:26:21 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>ŁĄCKA Ilona</b>	<b>337</b>	BIAŁOŁĘKA JEST KOBIETĄ	K40			01:27:42 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)

Znaleziono 540 wynik(ów)