

V ZIMOWY MARATON BIESZCZADZKI 2019 - 44,6KM

B4SPORT

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Zimowy Maraton Bieszczadzki 2019
Fundacja Bieg Rzeźnika
2019-01-26
Cisna
44,6 km

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k 0.1km	Roztoki 18km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km	Kara/ bonifikata	Czas netto 44.6km	Czas brutto 44.6km	Różn	Tempo min/km	Tempo km/h
1	KOCZWARA Tomasz	3		M40	1	00:00:36	01:15:32	01:55:49	02:29:07	03:00:32		03:18:01.10	03:18:01.10		4:26	13.5 (100%)
2	KIDA Paweł	659		M20	1			02:02:47	02:36:28	03:10:27		03:28:10.35	03:28:10.35	+00:10:09 (4.9%)	4:40	12.9 (95.6%)
3	JENDRYCH Artur	701	BIEGAJACY ŚWIDNIK	M20	2	00:00:31	01:21:07	02:02:34	02:38:45	03:11:22		03:29:59.40	03:29:59.40	+00:11:58 (5.7%)	4:42	12.7 (94.1%)
4	KRUBA Marcin	614	JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ	M30	1	00:00:34	01:21:08	02:02:35	02:36:47	03:12:03		03:31:45.45	03:31:45.45	+00:13:44 (6.5%)	4:44	12.6 (93.3%)
5	CZYŻ Grzegorz	212	GRUPA AZOTY - AUTOMATYKA TARNÓW	M50	1	00:00:37	01:18:10	01:59:39	02:36:03	03:12:19		03:33:00.10	03:33:00.10	+00:14:59 (7.0%)	4:46	12.6 (93.3%)
6	TOMASIK Stanisław	641	GORLICKA GRUPA BIEGOWA	M30	2	00:01:08	01:22:36	02:06:04	02:42:02	03:15:23		03:33:08.15	03:33:08.15	+00:15:07 (7.1%)	4:46	12.6 (93.3%)
7	ŻUCHOWSKI Daniel	770	MUAY RUNNING TEAM	M30	3	00:00:25	01:21:07	02:03:48	02:40:21	03:15:13		03:34:16.90	03:34:16.90	+00:16:15 (7.6%)	4:48	12.5 (92.6%)
8	SZAPAR Przemysław	732	BIEGAMINA. SCARPA	M40	2	00:00:42	01:21:06	02:03:47	02:40:15	03:17:20		03:39:29.70	03:39:29.70	+00:21:28 (9.8%)	4:55	12.2 (90.4%)
9	PAWŁOWSKI Arkadiusz	526	ROCK&RUN	M30	4	00:00:36	01:23:12	02:06:59	02:43:43	03:20:13		03:39:52.90	03:39:52.90	+00:21:51 (9.9%)	4:55	12.2 (90.4%)
10	MORAWA Mateusz	754	LACHO TEAM	M40	3	00:00:42	01:26:59	02:13:07	02:48:42	03:23:22		03:42:49.30	03:42:49.30	+00:24:48 (11.1%)	4:59	12 (88.9%)
11	ZIAJKA Karol	739		M20	3	00:02:04	01:27:12	02:12:35	02:50:22	03:24:33		03:42:54.20	03:42:54.20	+00:24:53 (11.2%)	4:59	12 (88.9%)
12	BAŁATKA Krzysztof	389	AZS WSGK KUTNO	M30	5	00:00:29	01:26:09	02:10:55	02:46:15	03:22:59		03:43:43.25	03:43:43.25	+00:25:42 (11.5%)	5:00	12 (88.9%)
13	BARAN Wojtek	215	OKNOPLAST RUNNING TEAM	M30	6	00:00:30	01:22:13	02:07:30	02:45:56	03:24:13		03:46:05.50	03:46:05.50	+00:28:04 (12.4%)	5:04	11.8 (87.4%)
14	BIAŁOWĄS Tomasz	520	STAJNIA BALONA	M30	7	00:01:10	01:27:07	02:13:25	02:51:00	03:26:47		03:47:20.60	03:47:20.60	+00:29:19 (12.9%)	5:05	11.8 (87.4%)
15	KWIATKOWSKI Michael	56		M30	8	00:00:32	01:24:45	02:09:47	02:48:06	03:27:16		03:48:35.85	03:48:35.85	+00:30:34 (13.4%)	5:07	11.7 (86.7%)
16	WÓJCIK Jacek	449		M40	4	00:01:14	01:28:11	02:15:21	02:53:25	03:30:29		03:49:32.15	03:49:32.15	+00:31:31 (13.7%)	5:08	11.7 (86.7%)
17	PASIECZNY Robert	393	FARTLEK GO	M40	5	00:00:38	01:26:09	02:12:34	02:50:37	03:28:13	00:02:00	03:51:12.45	03:51:12.45	+00:33:11 (14.4%)	5:08	11.7 (86.7%)
18	ORŁOWSKI Andrzej	227	POTRENUJEMY?	M20	4	00:00:33	01:23:31	02:10:43	02:53:53	03:31:25		03:52:09.10	03:52:09.10	+00:34:08 (14.7%)	5:12	11.5 (85.2%)
19	TRYNIECKI Krzysztof	262		M40	6	00:01:32	01:56:59					03:54:48.10	03:54:48.10	+00:36:47 (15.7%)	5:15	11.4 (84.4%)
20	GOŚCINIEWICZ Paweł	343	ZIEMOWIT TEAM	M40	7	00:00:32	01:27:21	02:16:34	02:58:47	03:36:05		03:54:58.25	03:54:58.25	+00:36:57 (15.7%)	5:16	11.4 (84.4%)
21	ZYSKOWSKI Andrzej	524	GORDON MOTORYZACJA	M40	8	00:01:12	01:30:47	02:17:47	02:57:48	03:35:33		03:56:17.20	03:56:17.20	+00:38:16 (16.2%)	5:17	11.3 (83.7%)
22	KUDŁAK Paweł	567	PORANNY PATROL	M30	9	00:00:47	01:30:52	02:17:40	02:57:58	03:35:27		03:56:43.65	03:56:43.65	+00:38:42 (16.4%)	5:18	11.3 (83.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start					Kara/ bonifikata	Czas		Różn	Tempo min/km	Tempo km/h
						2k 0.1km	Roztoki 18km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km		netto 44.6km	brutto 44.6km			
23	MATYASZEK Waldemar	740		M40	9	00:00:50	01:27:21	02:15:22	02:56:14	03:35:33		03:56:49.45	03:56:49.45	+00:38:48 (16.4%)	5:18	11.3 (83.7%)
24	KOBIERSKI Piotr	14	UKA ULTRAS RUNNERS	M40	10	00:00:38	01:28:32	02:17:13	02:57:42	03:35:31		03:57:03.10	03:57:03.10	+00:39:02 (16.5%)	5:18	11.3 (83.7%)
25	SOKOŁOWSKI Marek	5	ALPIN SPORT TEAM	M50	2	00:00:34	01:27:55	02:16:20	02:58:19	03:37:01		03:58:43.50	03:58:43.50	+00:40:42 (17.1%)	5:21	11.2 (83.0%)
26	PIETRZYK Wojciech	365	LACHO TEAM	M40	11	00:00:43	01:27:15	02:13:44	02:54:45	03:36:34		03:59:15.90	03:59:15.90	+00:41:14 (17.2%)	5:21	11.2 (83.0%)
27	PABIAN Paweł	755	WALKABOUT TEAM	M30	10	00:01:23	01:28:39	02:17:33	02:59:17	03:37:21		03:59:17.40	03:59:17.40	+00:41:16 (17.2%)	5:21	11.2 (83.0%)
28	JASŁOWSKA Justyna	94	POSMAKUJ RUN TEAM	K30	1	00:00:54	01:31:42	02:20:47	03:00:35	03:38:00		03:59:19.90	03:59:19.90	+00:41:18 (17.3%)	5:21	11.2 (83.0%)
29	SZAPORÓW Łukasz	100	INFINITY-GYM	M30	11	00:00:34	01:26:28	02:15:53	02:58:10	03:38:32		04:01:13.75	04:01:13.75	+00:43:12 (17.9%)	5:24	11.1 (82.2%)
30	WAŻNY Stanisław	281	MEDIA LUBACZOWSKIE	M40	12	00:01:31	01:26:53	02:13:50	02:56:15	03:38:06		04:01:33.55	04:01:33.55	+00:43:32 (18.0%)	5:24	11.1 (82.2%)
31	NIEZGODA Marcin	381	KKB MOSIR KROSNO	M20	5	00:00:31	01:30:18	02:20:10	03:00:24	03:39:44		04:01:45.20	04:01:45.20	+00:43:44 (18.1%)	5:25	11.1 (82.2%)
32	STAŃKO Paweł	396	BIESY I CZORTY	M40	13	00:02:09	01:37:28	02:26:07	03:07:09	03:43:18		04:02:30.40	04:02:30.40	+00:44:29 (18.3%)	5:26	11 (81.5%)
33	MAKA Sławomir	493	STARGLASS TEAM OSTROŁĘKA	M50	3	00:00:40	01:31:18	02:20:08	03:01:04	03:40:44		04:03:41.60	04:03:41.60	+00:45:40 (18.7%)	5:27	11 (81.5%)
34	MARZEC Grzegorz	236	GMINA STRZELCE OPOLSKIE	M40	14	00:00:40	01:34:31	02:24:11	03:05:10	03:43:47		04:04:38.30	04:04:38.30	+00:46:37 (19.1%)	5:29	10.9 (80.7%)
35	BĘTKOWSKI Wojciech	263	BRYGADA BESKIDÓW	M50	4	00:00:32	01:30:46	02:21:50	03:04:57	03:43:55		04:05:16.40	04:05:16.40	+00:47:15 (19.3%)	5:29	10.9 (80.7%)
36	DYDIO Piotr	551	PID-MILL TEAM	M50	5	00:00:49	01:33:40	02:22:12	03:03:51	03:43:57		04:05:49.35	04:05:49.35	+00:47:48 (19.4%)	5:30	10.9 (80.7%)
37	KIMMER Jakub	238	BIEGING TEAM ZELÓW	M30	12	00:00:59	01:35:28	02:24:37	03:05:32	03:44:57		04:05:56.25	04:05:56.25	+00:47:55 (19.5%)	5:30	10.9 (80.7%)
38	LUBAŃSKI Robert	670		M50	6	00:01:16	01:33:16	02:23:09	03:05:00	03:44:39		04:07:10.40	04:07:10.40	+00:49:09 (19.9%)	5:32	10.8 (80.0%)
39	PIĘKOŚ Marek	736		M30	13	00:01:19	01:32:32	02:21:37	03:04:21	03:45:35		04:08:10.70	04:08:10.70	+00:50:09 (20.2%)	5:33	10.8 (80.0%)
40	KORAB Robert	78		M40	15	00:00:34	01:33:40	02:23:32	03:05:04	03:46:34		04:09:03.70	04:09:03.70	+00:51:02 (20.5%)	5:35	10.7 (79.3%)
41	MACKIEWICZ Roman	181	ŁÓDŹ RUNNING TEAM	M50	7	00:02:09	02:17:47					04:09:14.85	04:09:14.85	+00:51:13 (20.6%)	5:35	10.7 (79.3%)
42	GOŁĄB Marek	216	STAY INSANE	M30	14	00:00:42	01:34:10	02:25:56	03:09:48	03:48:47		04:10:06.90	04:10:06.90	+00:52:05 (20.8%)	5:36	10.7 (79.3%)
43	BRENDZOWSKI Adam	69	SOLINATEAM / RUNONLINETEAM	M30	15	00:00:58	01:33:10	02:22:57	03:06:28	03:48:41		04:11:01.55	04:11:01.55	+00:53:00 (21.1%)	5:37	10.7 (79.3%)
44	SZWAJA Mateusz	738	OTK RZEŹNIK/UKS KOMETA GLIWICE	M20	6	00:00:28	01:27:26	02:18:49	03:05:41	03:46:37		04:11:08.60	04:11:08.60	+00:53:07 (21.2%)	5:37	10.7 (79.3%)
45	CHODAKOWSKI Rafał	273	OSTROBIEC	M40	16	00:01:34	01:37:28	02:29:43	03:10:39	03:49:42		04:11:13.75	04:11:13.75	+00:53:12 (21.2%)	5:37	10.7 (79.3%)
46	ŚLĘCZKA Damian	193	BIOMEDYCYNĄ SP. Z O.O. RZESZÓW	M30	16	00:01:16	01:34:42	02:26:00	03:09:17	03:49:45		04:11:37.35	04:11:37.35	+00:53:36 (21.3%)	5:38	10.6 (78.5%)
47	LANGE Beata	513	BIŁGORAJ BIEGA	K40	1	00:01:14	01:35:54	02:26:34	03:09:21	03:49:45		04:11:58.40	04:11:58.40	+00:53:57 (21.4%)	5:38	10.6 (78.5%)
48	KALINOWSKI Łukasz	16		M30	17	00:00:49	01:36:49	02:28:08	03:10:43	03:50:20		04:12:03.25	04:12:03.25	+00:54:02 (21.4%)	5:39	10.6 (78.5%)
49	KLONOWSKI Jacek	264		M40	17	00:00:39	01:28:18	02:15:11	03:00:46	03:45:53		04:12:06.80	04:12:06.80	+00:54:05 (21.5%)	5:39	10.6 (78.5%)
50	TAJCHMAN Jarosław	686		M30	18	00:01:16	01:38:55	02:31:19	03:11:45	03:50:21		04:12:07.70	04:12:07.70	+00:54:06 (21.5%)	5:39	10.6 (78.5%)
51	RUDZKI Tomasz	182	RAJSPORT ACTIVE	M40	18	00:02:09	02:17:50					04:12:14.70	04:12:14.70	+00:54:13 (21.5%)	5:39	10.6 (78.5%)
52	DYREK Michał	653	MOK MSZANA DOLNA	M30	19	00:00:51	01:31:10	02:22:55	03:06:43	03:48:42		04:12:16.70	04:12:16.70	+00:54:15 (21.5%)	5:39	10.6 (78.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k	Roztoki	Split_Mateusz	Split_Kamyk	Split_Mateusz	Kara/ bonifikata	Czas	Czas	Różn	Tempo	Tempo
						0.1km	18km	26.5km	34.2km	40.7km		netto	brutto		min/km	km/h
53	MAZUREK Robert	485	LUBELSKIE STOWARZYSZENIE BIEGOWE / LUBELAKY	M40	19	00:00:41	01:34:10	02:25:55	03:09:48	03:49:44		04:14:05.85	04:14:05.85	+00:56:04 (22.1%)	5:41	10.5 (77.8%)
54	ZAGÓRNY Robert	368	MBM KAZIMIERÓW	M40	20	00:02:20	01:36:47	02:26:36	03:07:00	03:49:54		04:14:21.85	04:14:21.85	+00:56:20 (22.2%)	5:42	10.5 (77.8%)
55	DOMISZEWSKA Maria	2		K50	1	00:00:40	01:33:01	02:23:09	03:08:12	03:48:40	00:02:00	04:14:42.70	04:14:42.70	+00:56:41 (22.3%)	5:39	10.6 (78.5%)
56	PTASZYŃSKI Wojciech	543		M40	21	00:00:51	01:34:16	02:27:12	03:09:47	03:52:13		04:15:22.35	04:15:22.35	+00:57:21 (22.5%)	5:43	10.5 (77.8%)
57	ROHAN Łukasz	44	PRZEMYSKI KLUB BIEGACZA	M30	20	00:00:48	01:27:52	02:19:39	03:06:06	03:51:25		04:16:23.50	04:16:23.50	+00:58:22 (22.8%)	5:44	10.4 (77.0%)
58	BORYS Andrzej	553		M40	22	00:00:37	01:30:54	02:26:01	03:15:38	03:56:06		04:16:24.50	04:16:24.50	+00:58:23 (22.8%)	5:44	10.4 (77.0%)
59	FUS Maciej	148		M30	21	00:00:45	01:34:11	02:24:02	03:10:32	03:53:16		04:17:32.65	04:17:32.65	+00:59:31 (23.1%)	5:46	10.4 (77.0%)
60	DYREK Mateusz	566		M30	22	00:00:51	01:33:58	02:25:54	03:10:51	03:54:08		04:18:23.00	04:18:23.00	+01:00:21 (23.4%)	5:47	10.4 (77.0%)
61	BEREŚ Arkadiusz	741	STUDIO REBELL	M30	23	00:00:33	01:35:02	02:32:18	03:16:17	03:57:11		04:18:30.00	04:18:30.00	+01:00:28 (23.4%)	5:47	10.4 (77.0%)
62	KMAK Sławek	706	PAPIKI	M40	23	00:00:47	01:34:40	02:27:38	03:12:11	03:55:16		04:18:35.70	04:18:35.70	+01:00:34 (23.4%)	5:47	10.3 (76.3%)
63	GWIZDAK Justyna	577	WATER TEAM	K30	2	00:01:15	01:37:08	02:30:53	03:16:21	03:57:20		04:19:23.55	04:19:23.55	+01:01:22 (23.7%)	5:48	10.3 (76.3%)
64	DELEKTA Jan	260	DJ	M40	24	00:01:39	01:38:49	02:33:09	03:17:26			04:20:01.80	04:20:01.80	+01:02:00 (23.8%)	5:49	10.3 (76.3%)
65	WOLSKI Marcin	465	WOLSCY BROTHERS TRIATHLON TEAM	M30	24	00:00:45	01:37:29	02:28:08	03:12:26	03:56:27		04:20:06.80	04:20:06.80	+01:02:05 (23.9%)	5:49	10.3 (76.3%)
66	DELEKTA Dariusz	235	DELNOVA	M30	25	00:01:40	01:39:16	02:33:08	03:17:25			04:20:11.20	04:20:11.20	+01:02:10 (23.9%)	5:50	10.3 (76.3%)
67	ŁOSKOT Tomasz	562		M40	25	00:00:39	01:34:39	02:28:06	03:14:39	03:57:16		04:20:41.60	04:20:41.60	+01:02:40 (24.0%)	5:50	10.3 (76.3%)
68	FIGLEWICZ Piotr	572		M30	26	00:03:26	01:45:35	02:40:48	03:20:26			04:21:25.10	04:21:25.10	+01:03:24 (24.3%)	5:51	10.2 (75.6%)
69	ZUREK Paweł	15		M30	27	00:00:34	01:31:20	02:26:17	03:12:18	03:56:07		04:22:18.70	04:22:18.70	+01:04:17 (24.5%)	5:52	10.2 (75.6%)
70	ŁAKOMY Tomasz	45	DACZA TURYSTY I BIEGACZA ZAKOPANE	M30	28	00:00:57	01:37:24	02:29:26	03:15:25			04:23:05.55	04:23:05.55	+01:05:04 (24.7%)	5:53	10.2 (75.6%)
71	KRYM Katarzyna	719	HERZOG RUNNING TEAM	K40	2	00:01:30	01:42:30	02:35:48	03:18:38			04:23:26.25	04:23:26.25	+01:05:25 (24.8%)	5:54	10.2 (75.6%)
72	ŁUKASIK Michał	286	VELOBIKE SKLEP I SERWIS	M30	29	00:00:47	01:37:17	02:30:38	03:16:34			04:23:38.65	04:23:38.65	+01:05:37 (24.9%)	5:54	10.2 (75.6%)
73	JANECKA Artur	239	BIEGING TEAM ZELÓW	M30	30	00:02:07	01:37:01	02:29:05	03:15:20			04:24:40.05	04:24:40.05	+01:06:38 (25.2%)	5:56	10.1 (74.8%)
74	GAWRON Marcin	521	ROOKS TEAM / IDEO ACTIVE TEAM	M30	31	00:00:47	01:36:51	02:28:43	03:17:46			04:25:17.25	04:25:17.25	+01:07:16 (25.4%)	5:56	10.1 (74.8%)
75	WÓJCIK Krzysztof	114	NIGHT RUNNERS ŚWILCZA	M40	26	00:01:02	01:35:50	02:27:37	03:14:10			04:25:29.05	04:25:29.05	+01:07:27 (25.4%)	5:57	10.1 (74.8%)
76	FLĄDRO Daniel	274		M40	27	00:00:49	01:33:40	02:26:57	03:16:28			04:25:30.45	04:25:30.45	+01:07:29 (25.4%)	5:57	10.1 (74.8%)
77	POPIEL Andrzej	705	POPSMART.PL	M30	32	00:00:33	01:31:26	02:23:04	03:16:43			04:26:30.00	04:26:30.00	+01:08:28 (25.7%)	5:58	10 (74.1%)
78	GUZIK Łukasz	771		M30	33	00:01:25	01:41:45	02:35:49	03:19:06			04:26:34.30	04:26:34.30	+01:08:33 (25.7%)	5:58	10 (74.1%)
79	SOLAREWICZ Tomasz	585	LATAJĄCY CYRK MONTY PYTHONA	M40	28	00:01:52	01:37:29	02:29:09	03:16:25	04:03:16		04:27:39.10	04:27:39.10	+01:09:38 (26.0%)	6:00	10 (74.1%)
80	KOMISARCZYK Anna	537	WIECZORNE BIEGANIE W SZCZECINIE	K30	3	00:00:36	01:39:06	02:31:45	03:19:43	04:03:21		04:28:03.70	04:28:03.70	+01:10:02 (26.1%)	6:00	10 (74.1%)
81	WALASEK Grzegorz	342	BIEGUSIEM.PL	M40	29	00:01:01	01:34:43	02:29:52	03:19:50	04:02:54		04:28:38.65	04:28:38.65	+01:10:37 (26.3%)	6:01	10 (74.1%)
82	JASTRZĄB Piotr	246	DEKAN LESKO	M50	8	00:00:42	01:38:39	02:34:26	03:23:19	04:06:52		04:28:54.65	04:28:54.65	+01:10:53 (26.4%)	6:01	10 (74.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start	2k	Roztoki	Split_Mateusz	Split_Kamyk	Split_Mateusz	Kara/	Czas	Czas	Różn	Tempo	Tempo
						0.1km	18km	26.5km	34.2km	40.7km	bonifikata	netto	brutto	min/km			
83	KLIMEK Mateusz	199		M30	34	00:00:48	01:36:01	02:30:20	03:19:01	04:03:20			04:29:28.00	04:29:28.00	+01:11:26 (26.5%)	6:02	9.9 (73.3%)
84	POTRZESZCZ Tomasz	584	LKB RUDNIK	M40	30	00:02:19	01:37:30	02:32:18	03:18:55	04:03:55			04:29:54.60	04:29:54.60	+01:11:53 (26.6%)	6:03	9.9 (73.3%)
85	POTRZESZCZ Grzegorz	21		M40	31	00:02:20	01:37:54	02:32:12	03:19:19	04:03:55			04:29:54.85	04:29:54.85	+01:11:53 (26.6%)	6:03	9.9 (73.3%)
86	KRAWCZAK Paulina	144	BIEGUSIEM.PL	K30	4	00:01:01	01:37:47	02:33:43	03:24:21	04:07:04			04:30:28.50	04:30:28.50	+01:12:27 (26.8%)	6:03	9.9 (73.3%)
87	SZPINDA Sebastian	460	BUT BIŁGORAJ ULTRA TRAIL	M40	32	00:00:43	01:36:00	02:29:44	03:19:25	04:05:44			04:31:54.80	04:31:54.80	+01:13:53 (27.2%)	6:05	9.8 (72.6%)
88	KOSTKA Janusz	637	POSMAKUJ RUN TEAM	M50	9	00:00:55	01:31:46	02:25:06	03:16:08	04:02:53			04:32:19.65	04:32:19.65	+01:14:18 (27.3%)	6:06	9.8 (72.6%)
89	BIESZCZAD Mateusz	295	NOWY STYL GROUP RUNNING TEAM	M30	35	00:02:23	01:41:29	02:34:30	03:19:45	04:04:59			04:32:20.70	04:32:20.70	+01:14:19 (27.3%)	6:06	9.8 (72.6%)
90	KUSTROŃ Adam	629	PULEX	M50	10	00:02:14	01:38:48	02:29:13	03:19:41	04:05:13			04:32:28.55	04:32:28.55	+01:14:27 (27.3%)	6:06	9.8 (72.6%)
91	DĄBROWICZ Jakub	548		M30	36	00:00:44	01:40:49	02:37:16	03:23:49	04:07:52			04:32:48.05	04:32:48.05	+01:14:46 (27.4%)	6:06	9.8 (72.6%)
92	KOŁACKA Martyna	176		K30	5	00:00:48	01:39:35	02:34:15	03:24:14	04:09:15			04:33:40.30	04:33:40.30	+01:15:39 (27.6%)	6:08	9.8 (72.6%)
93	LONC Tomasz	446	M&T WYJADACZE PARÓWKÓW	M40	33	00:00:43	01:36:25	02:32:58	03:19:07	04:08:42			04:34:10.65	04:34:10.65	+01:16:09 (27.8%)	6:08	9.8 (72.6%)
94	REJ Mirosław	445	M&T WYJADACZE PARÓWKÓW	M30	37	00:00:41	01:36:22	02:27:30	03:18:22	04:08:39			04:35:02.50	04:35:02.50	+01:17:01 (28.0%)	6:10	9.7 (71.9%)
95	SMOLEN Janusz	415		M40	34	00:01:55	01:42:40	02:36:35	03:26:21	04:10:33			04:35:28.70	04:35:28.70	+01:17:27 (28.1%)	6:10	9.7 (71.9%)
96	BAĆMAGA Grzegorz	698	BIEGIEM RADOM	M50	11	00:00:39	01:42:25	02:39:48	03:28:10	04:12:12			04:36:48.70	04:36:48.70	+01:18:47 (28.5%)	6:12	9.7 (71.9%)
97	STACHURSKI Piotr	673		M30	38	00:00:37	01:33:06	02:29:51	03:22:18	04:11:44			04:37:30.50	04:37:30.50	+01:19:29 (28.6%)	6:13	9.6 (71.1%)
98	GRABIEC Marcin	627		M30	39	00:02:11	01:36:52	02:31:30	03:20:12	04:09:42			04:37:33.20	04:37:33.20	+01:19:32 (28.7%)	6:13	9.6 (71.1%)
99	SARKA Bartłomiej	86		M30	40	00:01:39	01:44:40	02:43:27	03:31:11	04:13:44			04:37:34.75	04:37:34.75	+01:19:33 (28.7%)	6:13	9.6 (71.1%)
100	TKACZEWSKI Piotr	224	MIECHÓW	M40	35	00:01:35	01:47:10	02:45:27	03:32:03	04:14:26			04:37:37.25	04:37:37.25	+01:19:36 (28.7%)	6:13	9.6 (71.1%)
101	CIĘŻKOWSKI Sławomir	153		M40	36	00:01:31	01:41:58	02:42:36	03:31:28	04:14:04			04:37:38.35	04:37:38.35	+01:19:37 (28.7%)	6:13	9.6 (71.1%)
102	SIWCZUK Aleksandra	302		K30	6	00:01:20	01:44:55	02:41:52	03:29:45	04:14:07			04:37:51.05	04:37:51.05	+01:19:49 (28.7%)	6:13	9.6 (71.1%)
103	AGRES Paweł	217	KW KOTŁOWNIA	M30	41	00:01:03	01:41:21	02:36:59	03:30:27	04:15:01			04:38:06.55	04:38:06.55	+01:20:05 (28.8%)	6:14	9.6 (71.1%)
104	GUDOWSKI Krystian	623		M30	42	00:01:48	01:50:46	02:45:16	03:32:20	04:15:28			04:38:08.90	04:38:08.90	+01:20:07 (28.8%)	6:14	9.6 (71.1%)
105	OCHYRA Konrad	488		M20	7	00:01:27	01:40:09	02:39:00	03:31:40	04:15:40			04:38:10.90	04:38:10.90	+01:20:09 (28.8%)	6:14	9.6 (71.1%)
106	GAWROŃSKI Kamil	542	BIEGING TEAM ZELÓW	M20	8	00:02:13	01:47:18	02:46:56	03:31:53	04:15:39			04:39:04.30	04:39:04.30	+01:21:03 (29.0%)	6:15	9.6 (71.1%)
107	PIASECZNY Marcin	534	RUN-G	M40	37	00:01:03	01:39:36	02:39:34	03:30:37	04:15:24			04:39:45.05	04:39:45.05	+01:21:43 (29.2%)	6:16	9.6 (71.1%)
108	GRĘBOWIEC Mateusz	282	TSA SANDOMIERZ	M30	43	00:01:45	01:41:11	02:36:40	03:29:27	04:15:29			04:40:53.40	04:40:53.40	+01:22:52 (29.5%)	6:17	9.5 (70.4%)
109	NALAZEK Marcin	67	PIASECZNO RUNING	M30	44	00:02:00	01:42:01	02:39:00	03:29:14	04:15:24			04:41:25.25	04:41:25.25	+01:23:24 (29.6%)	6:18	9.5 (70.4%)
110	ZAJĄC Józef	180	JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ	M40	38	00:01:36	01:46:24	02:44:31	03:33:46	04:18:24			04:41:42.00	04:41:42.00	+01:23:40 (29.7%)	6:18	9.5 (70.4%)
111	FELUCH Krzysztof	722	ORA WARSZAWA	M40	39	00:01:08	01:46:13	02:46:39	03:37:05	04:19:41			04:42:13.85	04:42:13.85	+01:24:12 (29.8%)	6:19	9.5 (70.4%)
112	JENERALSKI Miłosz	495	FREE PALESTINE	M40	40	00:01:32	01:38:04	02:35:50	03:25:53	04:15:25			04:42:27.05	04:42:27.05	+01:24:25 (29.9%)	6:19	9.5 (70.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k	Roztoki	Split_Mateusz	Split_Kamyk	Split_Mateusz	Kara/ bonifikata	Czas	Czas	Różn	Tempo	Tempo
						0.1km	18km	26.5km	34.2km	40.7km		netto	brutto		min/km	km/h
113	KUTNIK Mirosław	727	KB BIAŁA BIEGA	M40	41	00:03:09	01:45:10	02:44:58	03:32:58	04:17:29		04:42:37.20	04:42:37.20	+01:24:36 (29.9%)	6:20	9.5 (70.4%)
114	KARPIŃSKI Tomasz	128		M40	42	00:00:46	01:42:39	02:40:54	03:30:23	04:16:16		04:43:04.55	04:43:04.55	+01:25:03 (30.0%)	6:20	9.5 (70.4%)
115	PANTOŁ Mirosław	149		M40	43	00:00:46	01:40:22	02:38:54	03:30:27	04:16:17		04:43:05.05	04:43:05.05	+01:25:03 (30.0%)	6:20	9.5 (70.4%)
116	BARAN Mateusz	283	GORLICKA GRUPA BIEGOWA	M30	45	00:01:55	01:49:04	02:48:40	03:37:19	04:20:50		04:43:30.00	04:43:30.00	+01:25:28 (30.2%)	6:21	9.4 (69.6%)
117	GAWLEWICZ Krystyna	470	GAWĘŁKI TEAM	K30	7	00:01:45	01:45:01	02:42:59	03:33:38	04:19:04		04:43:32.25	04:43:32.25	+01:25:31 (30.2%)	6:21	9.4 (69.6%)
118	WIERNASZ Grzegorz	234	KARCHER SUCHODÓŁ	M40	44	00:01:07	01:46:21	02:44:03	03:31:47	04:18:00		04:44:08.90	04:44:08.90	+01:26:07 (30.3%)	6:22	9.4 (69.6%)
119	MYŚLIWIEC Robert	522	WILD & FREE	M30	46	00:02:16	01:44:23	02:43:22	03:32:44	04:18:57		04:44:13.65	04:44:13.65	+01:26:12 (30.3%)	6:22	9.4 (69.6%)
120	DUC-SYPOSZ Aureliusz	420		M40	45	00:02:21	01:51:17	02:48:48	03:37:50	04:21:31		04:45:27.45	04:45:27.45	+01:27:26 (30.6%)	6:24	9.4 (69.6%)
121	BONDARA Sylwia 1	1	JACEKBIEGA RUNNING TEAM	K30	8	00:00:39	01:41:39	02:42:26	03:32:20	04:19:36		04:45:53.30	04:45:53.30	+01:27:52 (30.7%)	6:24	9.4 (69.6%)
122	POTONIEC Grzegorz	117	RODZEŃSTWO	M30	47	00:01:14	01:40:06	02:42:42	03:38:13	04:21:04		04:46:17.75	04:46:17.75	+01:28:16 (30.8%)	6:25	9.3 (68.9%)
123	WĘCŁAŚ Maciej	289	---	M40	46	00:02:23	01:48:21	02:47:42	03:38:50	04:22:37		04:46:42.25	04:46:42.25	+01:28:41 (30.9%)	6:25	9.3 (68.9%)
124	JÓZWIAK Rafał	68		M30	48	00:02:04	01:47:05	02:43:53	03:37:44	04:22:05		04:47:19.65	04:47:19.65	+01:29:18 (31.1%)	6:26	9.3 (68.9%)
125	GAWORECKI Tomasz	47	POZYTYWNE ZABIEGANI SANOK	M30	49	00:02:49	01:53:18	02:51:10	03:40:33	04:23:16		04:47:48.65	04:47:48.65	+01:29:47 (31.2%)	6:27	9.3 (68.9%)
126	GAWLEWICZ Tomasz	471	GAWĘŁKI TEAM	M40	47	00:01:46	01:45:00	02:43:00	03:33:39	04:20:22		04:47:51.30	04:47:51.30	+01:29:50 (31.2%)	6:27	9.3 (68.9%)
127	WNUK Norbert	174	PRZEMYSKI KLUB BIEGACZA	M30	50	00:02:25	01:44:43	02:46:03	03:38:43	04:23:01		04:47:53.00	04:47:53.00	+01:29:51 (31.2%)	6:27	9.3 (68.9%)
128	WŁOCH Sławomir	241		M40	48	00:01:07	01:46:18	02:44:08	03:35:38	04:22:24		04:48:05.75	04:48:05.75	+01:30:04 (31.3%)	6:27	9.3 (68.9%)
129	KRENZEL Regina	734		K30	9	00:00:45	01:48:30	02:47:01	03:37:14	04:22:55		04:48:35.95	04:48:35.95	+01:30:34 (31.4%)	6:28	9.3 (68.9%)
130	WETHACZ Dariusz	763		M30	51	00:01:43	01:49:45	02:51:34	03:42:19	04:24:50		04:49:00.50	04:49:00.50	+01:30:59 (31.5%)	6:28	9.3 (68.9%)
131	DZIRBA Tomasz	332		M30	52	00:01:21	01:52:35	02:49:26	03:38:56	04:23:47		04:49:27.95	04:49:27.95	+01:31:26 (31.6%)	6:29	9.2 (68.1%)
132	MENDYKA Łukasz	171	KB AKTYWNI ŚRODA WLKP.	M30	53	00:03:00	01:44:46	02:41:44	03:34:03	04:22:13		04:49:28.25	04:49:28.25	+01:31:27 (31.6%)	6:29	9.2 (68.1%)
133	CHRUŚCIEL Michał	354	FARTLEK GO	M30	54	00:01:34	01:43:25	02:43:54	03:36:15	04:23:15		04:49:29.80	04:49:29.80	+01:31:28 (31.6%)	6:29	9.2 (68.1%)
134	WAŁACH-BIŚTA Zuzanna	458		K30	10	00:01:25	01:51:47	02:48:18	03:40:04	04:23:58		04:49:30.20	04:49:30.20	+01:31:29 (31.6%)	6:29	9.2 (68.1%)
135	TROJNAR Damian	661	KS JANUSZE	M30	55	00:01:32	01:45:37	02:44:42	03:38:58	04:24:33		04:49:30.75	04:49:30.75	+01:31:29 (31.6%)	6:29	9.2 (68.1%)
136	JABŁOŃSKI Tomasz	307	INŻYNIERIA BIEGANIA TEAM	M40	49	00:00:42	01:44:03	02:46:54	03:40:36	04:24:05		04:49:31.40	04:49:31.40	+01:31:30 (31.6%)	6:29	9.2 (68.1%)
137	KOSIN Paweł	75	KLUB BIEGAJĄCYCH LEŚNIKÓW	M30	56	00:01:11	01:49:03	02:46:51	03:37:15	04:24:20		04:49:32.50	04:49:32.50	+01:31:31 (31.6%)	6:29	9.2 (68.1%)
138	MACHNICKI Rafał	285		M30	57	00:00:45	01:44:45	02:42:32	03:35:50	04:22:39		04:50:20.85	04:50:20.85	+01:32:19 (31.8%)	6:30	9.2 (68.1%)
139	JASNOWSKI Michał	675		M30	58	00:01:02	01:44:38	02:43:24	03:37:42	04:24:39		04:50:31.70	04:50:31.70	+01:32:30 (31.8%)	6:30	9.2 (68.1%)
140	KOWALCZYK Aleksander	559		M30	59	00:03:02	01:47:44	02:47:20	03:41:28	04:26:05		04:50:38.45	04:50:38.45	+01:32:37 (31.9%)	6:30	9.2 (68.1%)
141	MAJEWICZ Grzegorz	336		M40	50	00:01:37	01:52:06	02:51:59	03:42:00	04:26:24		04:50:39.60	04:50:39.60	+01:32:38 (31.9%)	6:31	9.2 (68.1%)
142	TUCZAPSKI Artur	721	COMBAT	M60	1	00:01:37	01:47:48	02:46:37	03:38:37	04:24:41		04:51:29.90	04:51:29.90	+01:33:28 (32.1%)	6:32	9.2 (68.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k	Roztoki	Split_Mateusz	Split_Kamyk	Split_Mateusz	Kara/ bonifikata	Czas	Czas	Różn	Tempo	Tempo
						0.1km	18km	26.5km	34.2km	40.7km		netto	brutto		min/km	km/h
143	CZECH Mateusz	610	NOWOSOLSCY BIMBROWNICY	M20	9	00:01:57	01:49:40	02:47:13	03:37:24	04:23:57		04:51:30.00	04:51:30.00	+01:33:28 (32.1%)	6:32	9.2 (68.1%)
144	KARUŚ Waldemar	720	14 DAS IM. GEN.BRYG.WACŁAWA WIECZORKIEWICZA	M40	51	00:01:49	01:50:25	02:48:49	03:40:46	04:25:58		04:51:48.10	04:51:48.10	+01:33:47 (32.1%)	6:32	9.2 (68.1%)
145	PODPŁOMYK Andrzej	452	SPORTCZESNA	M40	52	00:01:20	01:41:29	02:43:56	03:37:58	04:25:35		04:52:07.55	04:52:07.55	+01:34:06 (32.2%)	6:32	9.2 (68.1%)
146	SIKORA-KOŁODZIEJ Irmína	601	BIESY I CZORTY	K30	11	00:02:22	01:55:07	02:56:34	03:49:06	04:29:58		04:52:11.40	04:52:11.40	+01:34:10 (32.2%)	6:33	9.2 (68.1%)
147	KULIBERDA Tomasz	501	TEATR O.DE.LA	M40	53	00:02:06	01:52:56	02:52:07	03:39:23	04:25:58		04:52:24.65	04:52:24.65	+01:34:23 (32.3%)	6:33	9.2 (68.1%)
148	PĄNTAK Sławomir	337	21DAPLOT JAROSŁAW	M40	54	00:01:49	01:50:26	02:48:32	03:40:44	04:26:14		04:52:28.80	04:52:28.80	+01:34:27 (32.3%)	6:33	9.1 (67.4%)
149	ROGAŁA Grzegorz	136		M40	55	00:00:54	01:41:40	02:41:00	03:32:30	04:25:09		04:53:28.90	04:53:28.90	+01:35:27 (32.5%)	6:34	9.1 (67.4%)
150	KLAMUT Ryszard	333	JABŁONICA POLSKA	M60	2	00:00:54	01:49:29	02:47:09	03:39:18	04:26:32		04:54:55.70	04:54:55.70	+01:36:54 (32.9%)	6:36	9.1 (67.4%)
151	NOWACZYK Igor	363		M40	56	00:03:27	01:48:22	02:47:58	03:41:09	04:27:06		04:54:57.20	04:54:57.20	+01:36:56 (32.9%)	6:36	9.1 (67.4%)
152	OLEWICZ Piotr	540	GMINA STRZELCE OP	M40	57	00:00:41	01:43:48	02:44:04	03:41:48	04:28:15		04:54:59.35	04:54:59.35	+01:36:58 (32.9%)	6:36	9.1 (67.4%)
153	JĘDZURA Daniel	22	NIGHT RUNNERS GLIWICE	M30	60	00:02:53	01:47:48	02:48:37	03:40:58	04:27:27		04:55:09.30	04:55:09.30	+01:37:08 (32.9%)	6:37	9.1 (67.4%)
154	MIKOŁAJCZYK Lukasz	557		M30	61	00:01:01	01:48:40	02:47:13	03:40:51	04:27:36		04:55:30.80	04:55:30.80	+01:37:29 (33.0%)	6:37	9.1 (67.4%)
155	SIEMIĘNCZUK Robert	654		M40	58	00:01:57	01:52:22	02:52:08	03:44:03	04:29:21		04:55:31.15	04:55:31.15	+01:37:30 (33.0%)	6:37	9.1 (67.4%)
156	ŚLIWIŃSKI Andrzej	421		M60	3	00:01:04	01:55:00	02:55:43	03:47:44	04:31:42		04:55:50.45	04:55:50.45	+01:37:49 (33.1%)	6:37	9 (66.7%)
157	BORUSZEWSKA Beata	375		K40	3	00:02:30	01:46:54	02:47:14	03:38:05	04:27:13		04:55:56.50	04:55:56.50	+01:37:55 (33.1%)	6:38	9 (66.7%)
158	GARNCARZ Paweł	742		M40	59	00:03:29	01:50:29	02:49:16	03:42:49	04:29:17		04:55:58.65	04:55:58.65	+01:37:57 (33.1%)	6:38	9 (66.7%)
159	SZYK Artur	531	JAROSŁAWSKA GRUPA BIEGOWA 'SOKÓŁ'	M40	60	00:01:36	01:44:46	02:47:16	03:41:29	04:28:14		04:56:00.50	04:56:00.50	+01:37:59 (33.1%)	6:38	9 (66.7%)
160	JANIK Michał	597	POSZŁA CZOŁGIEM	M40	61	00:01:04	01:38:47	02:38:31	03:38:09	04:27:24		04:56:13.50	04:56:13.50	+01:38:12 (33.2%)	6:38	9 (66.7%)
161	DUDEK Michał	764		M40	62	00:02:06	01:50:22	02:51:00	03:43:41	04:29:28		04:56:24.45	04:56:24.45	+01:38:23 (33.2%)	6:38	9 (66.7%)
162	JURCZAK Roman	200		M60	4	00:00:31	01:46:02	02:47:12	03:45:47	04:31:45		04:56:47.60	04:56:47.60	+01:38:46 (33.3%)	6:39	9 (66.7%)
163	SIKORA Jacek	582	WATER TEAM	M40	63	00:01:15	01:43:45	02:44:09	03:38:01	04:26:37		04:56:48.35	04:56:48.35	+01:38:47 (33.3%)	6:39	9 (66.7%)
164	WIERZBICKI Tomasz	353		M40	64	00:02:06	01:50:45	02:49:56	03:42:48	04:30:04		04:56:48.60	04:56:48.60	+01:38:47 (33.3%)	6:39	9 (66.7%)
165	PAWLIKOWSKI Bogusław	498	DZIKIE ŻYCIE RUN TEAM	M50	12	00:02:17	01:43:19	02:46:12	03:45:36	04:31:02		04:56:57.50	04:56:57.50	+01:38:56 (33.3%)	6:39	9 (66.7%)
166	BARAN Zbigniew	208	(OB)LEŚNI BIEGACZE	M30	62	00:02:27	01:54:29	02:56:56	03:45:44	04:31:34		04:57:00.50	04:57:00.50	+01:38:59 (33.3%)	6:39	9 (66.7%)
167	MARCELA Marcin	46	FAT MAMA'S SPORT CLUB	M40	65	00:01:07	01:50:24	02:54:16	03:45:20	04:31:01		04:57:03.20	04:57:03.20	+01:39:02 (33.3%)	6:39	9 (66.7%)
168	KOCOT Sebastian	159		M40	66	00:02:17	01:45:53	02:46:13	03:46:01	04:31:44		04:57:03.75	04:57:03.75	+01:39:02 (33.3%)	6:39	9 (66.7%)
169	CZAPŁA Arkadiusz	382		M40	67	00:01:06	01:49:12	02:54:17	03:45:26	04:31:02		04:57:05.90	04:57:05.90	+01:39:04 (33.3%)	6:39	9 (66.7%)
170	DZIEWA Przemysław	514	SUPERIOR INDUSTRIES	M40	68	00:01:58	01:55:08	02:55:26	03:48:38	04:33:37		04:57:06.70	04:57:06.70	+01:39:05 (33.4%)	6:39	9 (66.7%)
171	KOT Krzysztof	550	MPK - RZESZÓW	M40	69	00:00:59	01:44:56	02:47:10	03:43:52	04:31:11		04:57:12.65	04:57:12.65	+01:39:11 (33.4%)	6:39	9 (66.7%)
172	ROGAŁA Krystian	663	MTS HAMER	M30	63	00:01:04	01:48:55	02:50:15	03:44:48	04:32:14		04:57:41.95	04:57:41.95	+01:39:40 (33.5%)	6:40	9 (66.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k	Roztoki	Split_Mateusz	Split_Kamyk	Split_Mateusz	Kara/ bonifikata	Czas	Czas	Różn	Tempo	Tempo
						0.1km	18km	26.5km	34.2km	40.7km		netto 44.6km	brutto 44.6km		min/km	km/h
173	DUCKI Piotr	762		M30	64	00:02:08	01:53:37	02:58:11	03:46:23	04:32:39		04:58:32.45	04:58:32.45	+01:40:31 (33.7%)	6:41	9 (66.7%)
174	POREBA Eugeniusz	695		M50	13	00:01:26	01:56:19	02:54:09	03:45:29	04:33:01		04:58:38.30	04:58:38.30	+01:40:37 (33.7%)	6:41	9 (66.7%)
175	MARUKIEWICZ Marek	628	BIEGAMDLAZDROWIA.PL	M30	65	00:02:44	01:48:34	02:51:41	03:48:53	04:33:38		04:58:39.00	04:58:39.00	+01:40:37 (33.7%)	6:41	9 (66.7%)
176	CZARNECKI Piotr	335	TARCHOŚFIRY	M30	66	00:01:26	01:50:35	02:53:08	03:47:00	04:34:24		04:58:48.45	04:58:48.45	+01:40:47 (33.7%)	6:41	9 (66.7%)
177	KALBARCZYK Wojciech	602	ADIDAS RUNNERS WARSAW	M30	67	00:01:43	01:49:31	02:52:14	03:46:04	04:32:28		04:59:30.10	04:59:30.10	+01:41:29 (33.9%)	6:42	8.9 (65.9%)
178	RECZEK Sebastian	724	KS ZIELONO-CZARNI	M30	68	00:02:05	01:49:21	02:48:08	03:43:44	04:35:03		04:59:30.30	04:59:30.30	+01:41:29 (33.9%)	6:42	8.9 (65.9%)
179	KOWALCZYK Mariusz	632	WOLFPACK	M40	70	00:03:48	01:55:24	02:55:32	03:46:08	04:34:15		04:59:57.30	04:59:57.30	+01:41:56 (34.0%)	6:43	8.9 (65.9%)
180	KONDZIOŁA Krzysztof	544	STAY INSANE / PERFECT RUNNER LUBLIN	M30	69	00:01:25	01:53:48	03:00:02	03:51:17	04:36:47		04:59:58.35	04:59:58.35	+01:41:57 (34.0%)	6:43	8.9 (65.9%)
181	PERENC Michał	110	HUSARIA RACE TEAM	M20	10	00:00:53	01:46:35	02:50:35	03:45:30	04:33:54		05:01:49.10	05:01:49.10	+01:43:48 (34.4%)	6:46	8.9 (65.9%)
182	BURANDT Magdalena	423	3LIFE TEAM	K30	12	00:01:48	01:50:36	02:53:07	03:47:47	04:35:41		05:01:55.95	05:01:55.95	+01:43:54 (34.4%)	6:46	8.9 (65.9%)
183	JAKUBOWSKI Jakub	505	NASTUKOŁKI	M30	70	00:01:40	01:55:37	02:59:10	03:51:14	04:36:44		05:01:56.80	05:01:56.80	+01:43:55 (34.4%)	6:46	8.9 (65.9%)
184	KIEŁTYKA Agnieszka	284		K30	13	00:00:48	01:54:53	02:56:06	03:50:02	04:37:49		05:03:01.60	05:03:01.60	+01:45:00 (34.7%)	6:47	8.8 (65.2%)
185	RUTA Mikołaj	687		M40	71	00:01:45	01:55:39	02:55:59	03:49:31	04:37:48		05:03:03.95	05:03:03.95	+01:45:02 (34.7%)	6:47	8.8 (65.2%)
186	KALTENBERG Janusz	192		M50	14	00:02:47	01:55:00	02:53:45	03:43:47	04:33:24		05:03:05.30	05:03:05.30	+01:45:04 (34.7%)	6:47	8.8 (65.2%)
187	KRAUZE Tomasz	621	GB WROCŁAWSKIE MORSY	M50	15	00:01:52	01:59:20	03:02:04	03:53:55	04:39:00		05:04:03.25	05:04:03.25	+01:46:02 (34.9%)	6:49	8.8 (65.2%)
188	CURZYDŁO Bogdan	469	POZYTYWNE ZABIEGANI SANOK	M40	72	00:01:48	01:51:00	02:54:20	03:48:24	04:37:08		05:05:07.60	05:05:07.60	+01:47:06 (35.1%)	6:50	8.8 (65.2%)
189	SZYSZŁO Tomasz	53	POZYTYWNE ZABIEGANI SANOK / RUN ENERGY CLUB	M30	71	00:01:47	01:52:08	02:51:13	03:48:24	04:37:09		05:05:07.95	05:05:07.95	+01:47:06 (35.1%)	6:50	8.8 (65.2%)
189	PAJESTKA Wojciech	39	POZYTYWNE ZABIEGANI SANOK/AZS PWSZ	M40	73	00:01:48	01:51:12	02:48:41	03:48:26	04:37:08		05:05:07.95	05:05:07.95	+01:47:06 (35.1%)	6:50	8.8 (65.2%)
191	CHORZĘPA Mariusz	408	TSA-SANDOMIERZ	M40	74	00:01:55	01:50:30	02:51:15	03:46:18	04:38:32		05:05:08.80	05:05:08.80	+01:47:07 (35.1%)	6:50	8.8 (65.2%)
192	KRÓLAK Sebastian	594		M30	72	00:02:58	01:49:13	02:51:03	03:46:27	04:35:44		05:05:11.00	05:05:11.00	+01:47:09 (35.1%)	6:50	8.8 (65.2%)
193	ROŹNIATA Iwona	638	KS GŁÓWNO W BIEGU	K40	4	00:00:56	01:54:05	02:58:07	03:50:37	04:38:39		05:05:14.50	05:05:14.50	+01:47:13 (35.1%)	6:50	8.8 (65.2%)
194	WŁODEK Mateusz	184		M30	73	00:02:49	01:56:56	02:57:19	03:51:08	04:39:26		05:05:16.55	05:05:16.55	+01:47:15 (35.1%)	6:50	8.8 (65.2%)
195	MUCHA Grzegorz	744		M40	75	00:00:52	01:38:08	02:37:45	03:41:53	04:38:56		05:05:16.70	05:05:16.70	+01:47:15 (35.1%)	6:50	8.8 (65.2%)
196	KULIGA Sławomir	650	POSMAKUJ RUN TEAM	M30	74	00:00:55	01:39:13	02:46:21	03:44:05	04:34:23		05:05:17.45	05:05:17.45	+01:47:16 (35.1%)	6:50	8.8 (65.2%)
197	NIERADA Marcin	43		M30	75	00:01:04	01:44:13	02:46:06	03:42:50	04:34:33		05:05:18.30	05:05:18.30	+01:47:17 (35.1%)	6:50	8.8 (65.2%)
198	NIEGOWSKI Tomasz	580		M20	11	00:02:06	01:59:21	03:05:57	03:57:10	04:40:39		05:05:19.30	05:05:19.30	+01:47:18 (35.1%)	6:50	8.8 (65.2%)
199	DARCHUK Oleksandr	386		M40	76	00:01:06	01:47:40	02:53:10	03:48:35	04:36:57		05:05:20.60	05:05:20.60	+01:47:19 (35.1%)	6:50	8.8 (65.2%)
200	PIETROŃ Błażej	689		M20	12	00:01:15	01:47:18	02:53:02	03:50:31	04:39:18		05:05:21.25	05:05:21.25	+01:47:20 (35.2%)	6:50	8.8 (65.2%)
201	SADY Sebastian	178		M40	77	00:02:16	01:50:48	02:52:13	03:49:14	04:39:15		05:06:23.00	05:06:23.00	+01:48:21 (35.4%)	6:52	8.7 (64.4%)
202	ADAMCZAK Michał	454	BIEGAJ BEZ KOŃCA	M30	76	00:02:29	01:52:25	02:53:29	03:49:07	04:40:47		05:06:25.75	05:06:25.75	+01:48:24 (35.4%)	6:52	8.7 (64.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k	Roztoki	Split_Mateusz	Split_Kamyk	Split_Mateusz	Kara/ bonifikata	Czas	Czas	Różn	Tempo min/km	Tempo km/h
						0.1km	18km	26.5km	34.2km	40.7km		netto 44.6km	brutto 44.6km			
203	KADZIK Marcin	583	KTT	M20	13	00:03:20	01:55:09	02:57:43	03:50:44	04:37:11		05:06:26.65	05:06:26.65	+01:48:25 (35.4%)	6:52	8.7 (64.4%)
204	SWOBODA Jarosław	41	NIGHT RUNNERS GLIWICE	M40	78	00:03:12	01:55:21	02:58:26	03:53:21	04:41:44		05:06:45.90	05:06:45.90	+01:48:44 (35.4%)	6:52	8.7 (64.4%)
205	BIESIEKIERSKI Krzysztof	362	DRUŻYNA WILKA	M40	79	00:02:57	01:49:40	02:53:37	03:47:27	03:51:16		05:07:55.15	05:07:55.15	+01:49:54 (35.7%)	6:54	8.7 (64.4%)
206	MĘDRYGAŁ Piotr	401	GJ GOPR	M30	77	00:03:22	01:52:43	02:50:04	03:47:13	04:39:12		05:08:28.65	05:08:28.65	+01:50:27 (35.8%)	6:54	8.7 (64.4%)
207	SZYMAŁA Marcin	223	KLUCZBORSKA GRUPA BIEGOWA	M40	80	00:00:54	01:44:21	02:46:08	03:50:44	04:40:56		05:08:30.60	05:08:30.60	+01:50:29 (35.8%)	6:55	8.7 (64.4%)
208	BRZozowski Łukasz	315	STEFAN TEAM	M30	78	00:01:48	01:51:47	02:55:16	03:53:09	04:40:44		05:08:35.65	05:08:35.65	+01:50:34 (35.8%)	6:55	8.7 (64.4%)
209	KSYTA Martyna	486	X-MEN	K20	1	00:03:02	02:01:57	03:06:52	03:58:22	04:42:52		05:08:37.30	05:08:37.30	+01:50:36 (35.8%)	6:55	8.7 (64.4%)
210	SULEWSKI Maciej	448		M40	81	00:02:04	01:54:02	02:54:48	03:50:24	04:40:09		05:08:57.90	05:08:57.90	+01:50:56 (35.9%)	6:55	8.7 (64.4%)
211	PELA Dariusz	535	TMT TORUŃ	M30	79	00:01:04	01:49:41	02:50:19	03:51:03	04:40:36		05:10:30.50	05:10:30.50	+01:52:29 (36.2%)	6:57	8.6 (63.7%)
212	OLCZAK Marta	266	SZWLA	K40	5	00:01:36	01:53:14	02:54:50	03:53:00	04:41:48		05:10:33.25	05:10:33.25	+01:52:32 (36.2%)	6:57	8.6 (63.7%)
213	SIENKIEL Dominik	607		M20	14	00:01:44	01:55:05	03:05:26	03:59:12	04:43:20		05:10:34.00	05:10:34.00	+01:52:32 (36.2%)	6:57	8.6 (63.7%)
214	DZIERŁĘGA Piotr	255	PILZNO	M30	80	00:02:40	01:46:52	02:51:15	03:48:48	04:40:06		05:10:35.30	05:10:35.30	+01:52:34 (36.2%)	6:57	8.6 (63.7%)
215	GRZYWACZ Wojciech	447	FARTLEK GO	M50	16	00:01:37	01:52:49	02:59:21	03:54:03	04:42:05		05:10:37.55	05:10:37.55	+01:52:36 (36.3%)	6:57	8.6 (63.7%)
216	PRÜFER Paweł	422		M40	82	00:02:45	01:51:48	02:51:28	03:47:03	04:38:58		05:10:40.50	05:10:40.50	+01:52:39 (36.3%)	6:57	8.6 (63.7%)
217	ŁĘCKI Piotr	32	NIGHT RUNNERS GLIWICE	M30	81	00:02:54	01:54:20	02:55:41	03:53:21	04:41:44		05:11:17.10	05:11:17.10	+01:53:16 (36.4%)	6:58	8.6 (63.7%)
218	WISZ Piotr	261		M20	15	00:03:00	01:55:50	03:04:35	04:00:26	04:45:03		05:11:19.00	05:11:19.00	+01:53:17 (36.4%)	6:58	8.6 (63.7%)
219	PASTUŁA Łukasz	10		M30	82	00:00:55	01:44:27	02:47:15	03:45:50	04:42:04		05:11:19.05	05:11:19.05	+01:53:17 (36.4%)	6:58	8.6 (63.7%)
220	PIWOŃSKI Adam	405		M30	83	00:02:29	01:54:26	02:56:58	03:53:10	04:42:21		05:11:19.35	05:11:19.35	+01:53:18 (36.4%)	6:58	8.6 (63.7%)
220	KUKUCZKA Dominik	622	KUKUCZKA	M20	16		01:50:24	04:40:43				05:11:19.35	05:11:19.35	+01:53:18 (36.4%)	6:58	8.6 (63.7%)
222	ŚWIEŻAWSKA-AMBROZIAK Katarzyna	388	KUTNO BIEGA	K40	6	00:01:39	01:57:06	03:02:30	03:56:16	04:42:51		05:11:21.40	05:11:21.40	+01:53:20 (36.4%)	6:58	8.6 (63.7%)
223	MÍSKÓW Marcin	308		M30	84	00:01:29	01:54:52	02:59:06	03:57:14	04:43:30		05:11:23.35	05:11:23.35	+01:53:22 (36.4%)	6:58	8.6 (63.7%)
224	DOMINIK Mariusz	248		M40	83	00:01:27	01:54:54	02:57:21	03:57:43	04:44:13		05:11:29.30	05:11:29.30	+01:53:28 (36.4%)	6:59	8.6 (63.7%)
225	KIRILENKO Aneta	482		K40	7	00:00:50	01:48:20	02:54:23	03:55:35	04:43:34		05:11:32.90	05:11:32.90	+01:53:31 (36.4%)	6:59	8.6 (63.7%)
226	SIEMIĄTKOWSKA Katarzyna	455		K30	14	00:02:08	01:55:45	02:58:02	03:55:38	04:43:29		05:11:39.40	05:11:39.40	+01:53:38 (36.5%)	6:59	8.6 (63.7%)
227	KIRILENKO Marcin	481		M40	84	00:00:49	01:48:20	02:54:23	03:55:36	04:43:34		05:11:39.60	05:11:39.60	+01:53:38 (36.5%)	6:59	8.6 (63.7%)
228	KOŚCIAK Jan	210	DZIKIE MUSTANGI	M40	85	00:01:44	01:55:19	03:01:26	03:56:49	04:44:07		05:11:40.80	05:11:40.80	+01:53:39 (36.5%)	6:59	8.6 (63.7%)
229	WITEK Kamil	558	HUSARIA RACE TEAM	M20	17	00:01:44	01:55:17	03:01:29	03:56:52	04:44:12		05:11:42.50	05:11:42.50	+01:53:41 (36.5%)	6:59	8.6 (63.7%)
230	DEMBNY Tomasz	718		M40	86	00:00:54	01:43:10	02:58:42	03:56:22	04:45:48		05:11:43.70	05:11:43.70	+01:53:42 (36.5%)	6:59	8.6 (63.7%)
231	BURBLIS Łukasz	539	BIEGING TEAM ZELÓW	M30	85	00:02:13	01:50:46	02:54:11	03:50:23	04:40:39		05:12:29.60	05:12:29.60	+01:54:28 (36.6%)	7:00	8.6 (63.7%)
232	KONOPKA Bartosz	682	TRÓJKA/ZWIEDZANIE PRZEZ BIEGANIE	M40	87	00:00:50	01:50:30	02:55:12	03:56:36	04:43:52		05:12:53.10	05:12:53.10	+01:54:52 (36.7%)	7:00	8.6 (63.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start					Kara/ bonifikata	Czas		Różn	Tempo min/km	Tempo km/h
						2k 0.1km	Roztoki 18km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km		netto 44.6km	brutto 44.6km			
233	BŁAJSZCZAK Karol	395	TSA	M40	88	00:01:55	01:53:03	02:55:22	03:50:51	04:43:49		05:13:17.75	05:13:17.75	+01:55:16 (36.8%)	7:01	8.5 (63.0%)
234	STEFANIAK Maciej	690	GRUNWALD TEAM POZNAŃ	M30	86	00:01:14	02:01:40	03:11:57	04:04:57	04:49:20		05:14:00.85	05:14:00.85	+01:55:59 (36.9%)	7:02	8.5 (63.0%)
235	DALKA Paweł	391	BIEGŃĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ	M40	89	00:01:37	01:51:15	02:54:51	03:53:50	04:45:44		05:14:32.45	05:14:32.45	+01:56:31 (37.0%)	7:03	8.5 (63.0%)
236	FALKOWSKI Piotr	777	KS PEGAZ PIASECZNO	M50	17	00:02:30	01:55:58	03:01:22	03:59:30	04:48:12		05:14:54.25	05:14:54.25	+01:56:53 (37.1%)	7:03	8.5 (63.0%)
237	SZMUC Jacek	177		M40	90	00:01:20	01:52:03	02:59:26	03:59:49	04:47:55		05:14:54.95	05:14:54.95	+01:56:53 (37.1%)	7:03	8.5 (63.0%)
238	KALISZ Karolina	564	WKURW_TEAM	K20	2	00:02:04	01:56:29	03:06:10	04:01:06	04:48:15		05:15:00.05	05:15:00.05	+01:56:58 (37.1%)	7:03	8.5 (63.0%)
239	ADAMCZAK Barbara	568	SMPZ 'TRAVOIS'	K30	15	00:01:11	01:54:39	03:00:56	04:03:23	04:49:30		05:15:02.40	05:15:02.40	+01:57:01 (37.1%)	7:03	8.5 (63.0%)
240	FORJASZ Przemysław	97		M30	87	00:01:10	01:52:54	03:11:12	04:03:55	04:49:29		05:15:03.65	05:15:03.65	+01:57:02 (37.1%)	7:03	8.5 (63.0%)
241	MAJCHROWSKI Jacek	87	CKB TARNOBRZEG	M40	91	00:00:58	01:51:48	02:55:53	03:57:50	04:47:58		05:15:06.90	05:15:06.90	+01:57:05 (37.2%)	7:03	8.5 (63.0%)
242	BUSZ Jacek	146		M30	88	00:01:14	01:51:46	02:53:22	03:50:43	04:45:46		05:15:45.35	05:15:45.35	+01:57:44 (37.3%)	7:04	8.5 (63.0%)
243	KOCHANIEC Waldemar	243	TKKF SOKÓŁ GŁOGÓW MAŁOPOLSKI	M40	92	00:03:14	01:57:09	03:03:46	04:02:41	04:50:36		05:16:22.40	05:16:22.40	+01:58:21 (37.4%)	7:05	8.5 (63.0%)
244	SZOT Iwona	438	WW TEAM	K40	8	00:02:54	01:59:28	03:01:14	04:03:21	04:50:33		05:17:15.70	05:17:15.70	+01:59:14 (37.6%)	7:06	8.4 (62.2%)
245	MIROŚLAW Albert	442	WW TEAM	M40	93	00:02:54	01:59:15	03:01:15	04:03:25	04:50:32		05:17:16.00	05:17:16.00	+01:59:14 (37.6%)	7:06	8.4 (62.2%)
246	PARWA Michał	83	@BIEGIEMNAROWER	M30	89	00:00:50	01:51:05	03:00:57	04:02:07	04:50:58		05:17:17.00	05:17:17.00	+01:59:15 (37.6%)	7:06	8.4 (62.2%)
247	KŁOSOK Adam	13	INŻYNIERIA BIEGANIA	M40	94	00:00:46	01:52:46	03:09:00	04:07:57	04:51:29		05:17:18.45	05:17:18.45	+01:59:17 (37.6%)	7:06	8.4 (62.2%)
248	GIERULA Piotr	137	GREINPLAST RZESZÓW	M30	90	00:01:12	01:54:54	03:11:21	04:03:54	04:50:29		05:17:19.60	05:17:19.60	+01:59:18 (37.6%)	7:06	8.4 (62.2%)
249	NIEDZIELA Marcin	292	FAT MAMA'S SPORT CLUB	M40	95	00:01:06	01:58:34	03:02:29	04:01:05	04:50:29		05:18:02.40	05:18:02.40	+02:00:01 (37.7%)	7:07	8.4 (62.2%)
250	JAMA Rafał	525	WATER TEAM	M40	96	00:01:16	01:52:49	02:55:46	03:58:44	04:49:37		05:18:13.00	05:18:13.00	+02:00:11 (37.8%)	7:08	8.4 (62.2%)
251	BERNAŚ Dariusz	569	BUT BIŁGORAJ ULTRA TRAIL	M40	97	00:01:25	01:54:58	02:59:14	03:59:48	04:50:28		05:18:59.85	05:18:59.85	+02:00:58 (37.9%)	7:09	8.4 (62.2%)
252	DUDEK Łukasz	392		M30	91	00:02:07	01:55:01	03:02:48	04:03:59	04:52:42		05:19:10.20	05:19:10.20	+02:01:09 (38.0%)	7:09	8.4 (62.2%)
253	BUTRYN Wojciech	272		M40	98	00:01:00	01:55:50	03:02:12	04:02:05	04:50:42		05:19:11.40	05:19:11.40	+02:01:10 (38.0%)	7:09	8.4 (62.2%)
254	LIK Marek	161	CHEŁM BIEGA	M50	18	00:01:16	01:55:39	02:59:47	04:03:10	04:52:34		05:19:32.25	05:19:32.25	+02:01:31 (38.0%)	7:09	8.4 (62.2%)
255	MOSTOWSKA Magdalena	752	WARSAW MASTERS TEAM	K40	9	00:01:00	01:48:44	02:50:21	03:47:25	04:45:10		05:19:46.15	05:19:46.15	+02:01:45 (38.1%)	7:10	8.4 (62.2%)
256	STEMPKOWICZ Jacek	325		M40	99	00:01:55	01:45:37	02:54:43	03:56:12	04:48:52		05:19:55.05	05:19:55.05	+02:01:53 (38.1%)	7:10	8.4 (62.2%)
257	AMBROZIAK Rafał	347	KONIUCHY OCR	M40	100	00:01:39	01:57:05	03:02:29	03:58:20	04:50:29		05:19:58.20	05:19:58.20	+02:01:57 (38.1%)	7:10	8.4 (62.2%)
258	KIERNICKI Łukasz	140	FUN&RUN	M30	92	00:03:22	01:58:20	03:03:12	04:03:20	04:52:36		05:20:00.50	05:20:00.50	+02:01:59 (38.1%)	7:10	8.4 (62.2%)
259	KRZAK Szymon	728	BIS AGH	M20	18	00:02:55	01:51:18	02:58:06	04:06:33	04:52:42		05:20:02.15	05:20:02.15	+02:02:01 (38.1%)	7:10	8.4 (62.2%)
260	DRAUS Borys	398		M30	93	00:01:42	01:59:21	03:09:45	04:02:30	04:51:32		05:20:02.95	05:20:02.95	+02:02:01 (38.1%)	7:10	8.4 (62.2%)
261	JAKUBAS Paweł	370	WPJ TEAM	M40	101	00:01:14	01:54:49	03:01:40	03:59:51	04:52:38		05:20:30.65	05:20:30.65	+02:02:29 (38.2%)	7:11	8.3 (61.5%)
262	CISZYŃSKI Marek	42	START KATOWICE	M50	19	00:03:12	02:03:51	03:12:25	04:05:48	04:54:11		05:20:57.50	05:20:57.50	+02:02:56 (38.3%)	7:11	8.3 (61.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k	Roztoki	Split_Mateusz	Split_Kamyk	Split_Mateusz	Kara/ bonifikata	Czas	Czas	Różn	Tempo	Tempo
						0.1km	18km	26.5km	34.2km	40.7km		netto	brutto		min/km	km/h
263	ZIMAK Sebastian	124	SANOK RUBBER RUNNING	M30	94	00:01:39	01:53:06	03:00:43	04:02:09	04:52:24		05:21:33.45	05:21:33.45	+02:03:32 (38.4%)	7:12	8.3 (61.5%)
264	JAROSZ JARSZEWSKI Mateusz	320		M30	95	00:02:05	01:52:27	02:58:14	03:55:08	04:50:40		05:22:23.40	05:22:23.40	+02:04:22 (38.6%)	7:13	8.3 (61.5%)
265	SERAFIN Robert	660		M40	102	00:03:12	02:00:56	03:03:31	04:00:02	04:53:27		05:23:34.40	05:23:34.40	+02:05:33 (38.8%)	7:15	8.3 (61.5%)
266	PACHO Sylwester	708		M40	103	00:02:02	01:59:42	03:08:32	04:02:23	04:53:28		05:23:34.50	05:23:34.50	+02:05:33 (38.8%)	7:15	8.3 (61.5%)
267	TYMOSZUK Michał	691	KB BIAŁA BIEGA	M40	104	00:03:08	02:01:24	03:09:59	04:09:40	04:57:20		05:23:36.35	05:23:36.35	+02:05:35 (38.8%)	7:15	8.3 (61.5%)
268	ŁUKASIAK Adam	152	ADAM ŁUKASIAK	M30	96	00:01:31	01:52:36	03:05:31	04:08:31	04:55:15		05:23:37.65	05:23:37.65	+02:05:36 (38.8%)	7:15	8.3 (61.5%)
269	FOGEL Ewa	257	PTG SOKÓŁ ŚWIAT PRACY	K40	10	00:01:31	01:57:32	03:03:25	04:03:42	04:54:20		05:23:38.55	05:23:38.55	+02:05:37 (38.8%)	7:15	8.3 (61.5%)
270	SOBIECH Marcin	373	GO GARWOLIN:D	M30	97	00:02:49	01:54:36	03:02:49	04:03:29	04:53:09		05:25:29.25	05:25:29.25	+02:07:28 (39.2%)	7:17	8.2 (60.7%)
271	KOCZUR Jakub	429	NOWA HUTA TEAM	M30	98	00:02:29	01:54:39	03:00:32	04:04:19	04:55:01		05:26:18.30	05:26:18.30	+02:08:17 (39.3%)	7:18	8.2 (60.7%)
272	KARAŚ Łukasz	725	EKIPA Z TARNOWA	M30	99	00:03:07	01:55:02	03:04:11	04:02:26	04:56:06		05:26:31.85	05:26:31.85	+02:08:30 (39.4%)	7:19	8.2 (60.7%)
273	SUMARA Wojciech	357	NIEZRZESZONY	M40	105			03:03:53	04:05:08	04:56:07		05:26:35.20	05:26:35.20	+02:08:34 (39.4%)	7:19	8.2 (60.7%)
274	CISKI Piotr	170		M40	106	00:02:20	01:54:51	03:03:55	04:03:51	04:57:20		05:26:35.70	05:26:35.70	+02:08:34 (39.4%)	7:19	8.2 (60.7%)
275	CZAJA Alicja	160	RODZEŃSTWO	K40	11	00:01:15	01:53:06	03:00:38	04:02:57	04:53:06		05:26:36.25	05:26:36.25	+02:08:35 (39.4%)	7:19	8.2 (60.7%)
276	WOŹNIAK Łukasz	379	PORANNY PATROL	M30	100	00:03:14	01:58:04	03:09:38	04:07:04	04:56:36		05:26:37.05	05:26:37.05	+02:08:35 (39.4%)	7:19	8.2 (60.7%)
277	GRANDA Paweł	412	12 DAPLOT JAROSŁAW	M30	101	00:01:49	01:55:54	03:05:42	04:05:42	04:57:28		05:26:39.80	05:26:39.80	+02:08:38 (39.4%)	7:19	8.2 (60.7%)
278	TUROSZ Zbigniew	147		M60	5	00:01:22	01:55:22	03:02:51	04:01:18	04:54:30		05:26:40.40	05:26:40.40	+02:08:39 (39.4%)	7:19	8.2 (60.7%)
279	PIOTROWICZ Małgorzata	102	INFINITY GYM	K30	16	00:01:48	01:58:03	03:05:51	04:06:12	04:55:19		05:26:43.60	05:26:43.60	+02:08:42 (39.4%)	7:19	8.2 (60.7%)
280	JEDLIŃSKI Bartosz	60	MARATOŃCZYK DĘBICA	M40	107	00:00:36	01:56:07	03:07:56	04:05:32	04:56:36		05:27:22.90	05:27:22.90	+02:09:21 (39.5%)	7:20	8.2 (60.7%)
281	SUWEZDA Jacek	380		M50	20	00:02:30	01:57:39	03:05:50	04:04:31	04:56:06		05:27:28.80	05:27:28.80	+02:09:27 (39.5%)	7:20	8.2 (60.7%)
282	KOSMĘDA Piotr Michał	195		M40	108	00:01:02	02:00:23	03:14:38	04:13:34	05:02:36		05:27:30.90	05:27:30.90	+02:09:29 (39.5%)	7:20	8.2 (60.7%)
283	ADAMCZYK Jan	692	GORLICKA GRUPA BIEGOWA	M60	6	00:02:00	01:55:06	03:01:56	04:03:46	04:57:23		05:28:37.00	05:28:37.00	+02:10:35 (39.7%)	7:22	8.1 (60.0%)
284	BAŁCHAN Krzysztof	77	CPR RZESZÓW	M30	102	00:01:40	01:47:47	02:53:43	03:55:30	04:54:05		05:28:38.80	05:28:38.80	+02:10:37 (39.7%)	7:22	8.1 (60.0%)
285	STRZAŁKA Dominik	608		M30	103	00:01:44	01:55:45	03:06:09	04:04:40	04:56:07		05:28:43.30	05:28:43.30	+02:10:42 (39.8%)	7:22	8.1 (60.0%)
286	SKRZYPEK Mateusz	606		M20	19	00:01:44	01:56:36	03:06:19	04:03:18	04:56:08		05:28:43.45	05:28:43.45	+02:10:42 (39.8%)	7:22	8.1 (60.0%)
287	POREMSKI Leszek	183		M50	21	00:03:14	02:01:32	03:10:35	04:12:13	05:00:24		05:29:10.05	05:29:10.05	+02:11:08 (39.8%)	7:22	8.1 (60.0%)
288	HAJDO Robert	319		M40	109	00:02:32	02:00:05	03:04:37	04:08:52	04:59:39		05:29:15.55	05:29:15.55	+02:11:14 (39.9%)	7:22	8.1 (60.0%)
289	OSZCZĘDA Krzysztof	443	ZARAZIĆ PASJĄ	M40	110	00:01:34	02:01:18	03:08:18	04:10:09	05:00:36		05:29:16.95	05:29:16.95	+02:11:15 (39.9%)	7:22	8.1 (60.0%)
290	LUTEREK Michał	688		M30	104	00:03:38	02:00:06	03:12:34	04:07:45	04:58:57		05:29:33.50	05:29:33.50	+02:11:32 (39.9%)	7:23	8.1 (60.0%)
291	KOZŁOWSKI Tomasz	197	PIASECZNO RUNNING	M60	7	00:02:33	02:04:32	03:13:06	04:11:52	05:01:58		05:31:12.25	05:31:12.25	+02:13:11 (40.2%)	7:25	8.1 (60.0%)
292	GOŹDZIENIAK Sobiesław	229	KW KOTŁOWNIA	M30	105	00:01:03	01:53:12	03:03:19	04:07:11	04:59:14		05:31:14.70	05:31:14.70	+02:13:13 (40.2%)	7:25	8.1 (60.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k	Roztoki	Split_Mateusz	Split_Kamyk	Split_Mateusz	Kara/ bonifikata	Czas	Czas	Różn	Tempo	Tempo
						0.1km	18km	26.5km	34.2km	40.7km		netto	brutto		min/km	km/h
293	ANDRZEJEWSKI Piotr	624	RRT	M30	106	00:03:25	01:59:55	03:06:06	04:04:29	05:00:11		05:31:15.80	05:31:15.80	+02:13:14 (40.2%)	7:25	8.1 (60.0%)
294	ZIÓŁKOWSKI Krzysztof	402	JA I ONA	M30	107	00:03:29	02:04:19	03:12:15	04:10:08	05:01:56		05:31:16.70	05:31:16.70	+02:13:15 (40.2%)	7:25	8.1 (60.0%)
295	LEŚNIAK Dariusz	11		M50	22	00:00:46	01:56:34	03:09:02	04:11:46	05:02:30		05:31:45.40	05:31:45.40	+02:13:44 (40.3%)	7:26	8.1 (60.0%)
296	STĘPIEŃ Wojciech	74	JM RUNNING TEAM	M40	111	00:03:19	02:02:22	03:12:43	04:14:37	05:03:55		05:31:52.15	05:31:52.15	+02:13:51 (40.3%)	7:26	8.1 (60.0%)
297	IDZIOR Tomasz	424		M20	20	00:01:08	01:55:00	03:05:59	04:11:35	05:02:00		05:32:01.85	05:32:01.85	+02:14:00 (40.4%)	7:26	8.1 (60.0%)
298	ROJEK Maciej	693		M30	108	00:01:08	01:55:00	03:05:58	04:11:31	05:02:01		05:32:02.80	05:32:02.80	+02:14:01 (40.4%)	7:26	8.1 (60.0%)
299	DADAŚ Janusz	27	NIGHT RUNNERS GLIWICE	M40	112	00:02:58	02:03:00	03:16:54	04:18:09	05:04:48		05:32:09.10	05:32:09.10	+02:14:08 (40.4%)	7:26	8.1 (60.0%)
300	WIERZBICKA Joanna	352		K40	12	00:02:05	01:57:52	03:10:18	04:09:37	05:01:53		05:33:03.35	05:33:03.35	+02:15:02 (40.5%)	7:28	8 (59.3%)
301	BERNAŚ Dariusz	82	BSCZADY	M30	109	00:01:32	02:02:16	03:12:04	04:11:49	05:04:13		05:33:48.80	05:33:48.80	+02:15:47 (40.7%)	7:29	8 (59.3%)
302	CICHORACKI Patryk	230	NIGHT RUNNERS	M30	110	00:02:41	01:56:01	03:03:03	04:08:44	05:02:08		05:33:52.75	05:33:52.75	+02:15:51 (40.7%)	7:29	8 (59.3%)
303	DUKATA Grzegorz	697	MGW	M40	113	00:01:01	02:06:51	03:19:42	04:19:40	05:06:56		05:34:36.15	05:34:36.15	+02:16:35 (40.8%)	7:30	8 (59.3%)
304	BOBER Anna	265		K30	17	00:01:34	02:05:48	03:19:09	04:19:09	05:06:21		05:34:40.85	05:34:40.85	+02:16:39 (40.8%)	7:30	8 (59.3%)
305	BĘBEN Robert	613	OSTROBIEC	M40	114	00:01:35	02:07:16	03:19:07	04:19:10	05:06:10		05:34:41.45	05:34:41.45	+02:16:40 (40.8%)	7:30	8 (59.3%)
306	STOPA Agata	570	SP NR 3 RZESZÓW	K40	13	00:02:09	01:58:03	03:10:18	04:19:22	05:06:48		05:35:30.70	05:35:30.70	+02:17:29 (41.0%)	7:31	8 (59.3%)
307	JAKUSZEWSKI Paweł	323		M30	111	00:02:39	02:04:55	03:11:54	04:13:42	05:06:36		05:36:17.40	05:36:17.40	+02:18:16 (41.1%)	7:32	8 (59.3%)
308	ZAJĄC Wojciech	617	DŁUGOUCHY	M30	112	00:02:22	02:03:09	03:19:11	04:17:27	05:07:40		05:36:28.75	05:36:28.75	+02:18:27 (41.1%)	7:32	8 (59.3%)
309	WRÓBEL Stanisław	518	AZS UMED ŁÓDŹ - RUNNING TEAM	M20	21	00:03:00	01:55:38	03:05:58	04:15:27	05:07:17		05:36:34.25	05:36:34.25	+02:18:33 (41.2%)	7:32	8 (59.3%)
310	KRÓL Konrad	306		M20	22	00:03:00	01:55:39	03:06:00	04:15:28	05:07:17		05:36:54.75	05:36:54.75	+02:18:53 (41.2%)	7:33	7.9 (58.5%)
311	GÓRALCZYK Stanisław	750	BUNGEE JUMPING 'MARIO'	M50	23	00:02:27	02:00:25	03:16:16	04:21:02	05:10:15		05:37:51.30	05:37:51.30	+02:19:50 (41.4%)	7:34	7.9 (58.5%)
312	JANOWSKI Bogdan	768		M50	24	00:02:27	01:57:49	03:06:42	04:12:47	05:04:29		05:38:18.20	05:38:18.20	+02:20:17 (41.5%)	7:35	7.9 (58.5%)
313	BERDYCHOWSKI Krzysztof	765	FESTIWAL BIEGOWY	M50	25	00:02:29	01:57:55	03:06:41	04:12:43	05:05:11		05:38:18.30	05:38:18.30	+02:20:17 (41.5%)	7:35	7.9 (58.5%)
314	KUŚ Sławomir	369		M30	113	00:01:13	01:52:06	03:08:40	04:13:56	05:06:15		05:38:19.10	05:38:19.10	+02:20:18 (41.5%)	7:35	7.9 (58.5%)
315	NOWAKOWSKI Wiesław	425	-	M60	8	00:02:48	02:01:06	03:10:04	04:12:18	05:06:37		05:38:20.70	05:38:20.70	+02:20:19 (41.5%)	7:35	7.9 (58.5%)
316	GWIZDAK Bartosz	652	PIJEBIMBERNONSTOP	M30	114	00:01:15	01:56:32	03:08:39	04:13:55	05:07:43		05:38:24.35	05:38:24.35	+02:20:23 (41.5%)	7:35	7.9 (58.5%)
317	BARADZIEJ Bartłomiej	515	TERMINAL LOGISTYCZNY PROMONT	M30	115	00:01:06	01:57:44	03:07:30	04:13:00	05:08:41		05:40:42.40	05:40:42.40	+02:22:41 (41.9%)	7:38	7.9 (58.5%)
318	SZALACHA Katarzyna	576		K30	18	00:02:37	02:04:29	03:14:26	04:20:32	05:10:48		05:40:49.25	05:40:49.25	+02:22:48 (41.9%)	7:38	7.9 (58.5%)
319	BLACHA Jarosław	517		M30	116	00:01:27	02:00:21	03:09:58	04:12:14	05:08:07		05:40:54.15	05:40:54.15	+02:22:53 (41.9%)	7:38	7.8 (57.8%)
320	ZWOLAK Grzegorz	328		M30	117	00:02:39	02:04:40	03:16:36	04:20:10	05:10:31		05:41:32.85	05:41:32.85	+02:23:31 (42.0%)	7:39	7.8 (57.8%)
321	PIEKARSKI Wojciech	221	RAP AUGUSTÓW	M40	115	00:02:25	02:05:33	03:17:49	04:22:01	05:11:36		05:41:41.25	05:41:41.25	+02:23:40 (42.0%)	7:39	7.8 (57.8%)
322	BIEL Łukasz	376		M30	118	00:02:46	02:07:18	03:27:21	04:24:12	05:13:09		05:41:41.40	05:41:41.40	+02:23:40 (42.0%)	7:39	7.8 (57.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start 2k		Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km	Kara/ bonifikata	Czas		Różn	Tempo min/km	Tempo km/h
						0.1km	18km					netto 44.6km	brutto 44.6km			
323	DUDZIŃSKI Piotr	355		M30	119	00:01:12	01:54:54	03:11:42	04:21:08	05:11:17		05:41:43.15	05:41:43.15	+02:23:42 (42.1%)	7:39	7.8 (57.8%)
324	KARKUT Michał	162	FUN&RUN	M30	120	00:02:38	01:58:55	03:11:38	04:21:07	05:11:20		05:41:43.90	05:41:43.90	+02:23:42 (42.1%)	7:39	7.8 (57.8%)
325	WAWRZAK Ryszard	48	NIGHT RUNNERS GLIWICE	M40	116	00:03:08	02:03:46	03:16:56	04:18:34	05:11:19		05:41:55.60	05:41:55.60	+02:23:54 (42.1%)	7:39	7.8 (57.8%)
326	FRAĆ Dariusz	37	NIGHT RUNNERS GLIWICE	M40	117	00:03:08	02:03:42	03:16:45	04:20:05	05:12:24		05:41:55.80	05:41:55.80	+02:23:54 (42.1%)	7:39	7.8 (57.8%)
327	BOROWSKI Igor	431	MAKONDO TEAM	M30	121	00:01:13	01:57:29	03:10:24	04:16:52	05:12:06		05:43:00.70	05:43:00.70	+02:24:59 (42.3%)	7:41	7.8 (57.8%)
328	PAWELEC Piotr	612		M50	26	00:02:34	01:58:25	03:17:36	04:25:56	05:16:02		05:43:02.45	05:43:02.45	+02:25:01 (42.3%)	7:41	7.8 (57.8%)
329	PARCHOMIUK Andrzej	138	NIEZRZESZONY	M50	27	00:02:23	02:07:25	03:16:17		05:07:41		05:43:54.90	05:43:54.90	+02:25:53 (42.4%)	7:42	7.8 (57.8%)
330	STEC Iwona	237		K20	3	00:02:23	02:04:57	03:15:10	04:17:55	05:10:15		05:44:15.10	05:44:15.10	+02:26:14 (42.5%)	7:43	7.8 (57.8%)
331	NOWICKI Artur	435	SPORTCZESNA	M50	28	00:01:20	01:56:47	03:16:04	04:24:07	05:16:00		05:44:35.10	05:44:35.10	+02:26:34 (42.5%)	7:43	7.8 (57.8%)
331	KOZIEŁ Tadeusz	450	SZCZĘSIARZ BIEGA	M20	23	00:01:10	01:55:03	03:11:48	04:18:30	05:13:03		05:44:35.10	05:44:35.10	+02:26:34 (42.5%)	7:43	7.8 (57.8%)
333	BARANOWSKI Krzysztof	351	KUTNO BIEGA	M50	29	00:01:39	02:03:21	03:17:48	04:23:56	05:15:44		05:44:41.50	05:44:41.50	+02:26:40 (42.6%)	7:43	7.8 (57.8%)
334	STODULSKI Krzysztof	348	KUTNO BIEGA	M40	118	00:01:40	02:03:23	03:17:46	04:25:46	05:15:45		05:44:41.80	05:44:41.80	+02:26:40 (42.6%)	7:43	7.8 (57.8%)
335	KARAŚ Sylwia	461		K20	4	00:00:57	01:59:29	03:14:37	04:21:10	05:12:44		05:44:42.55	05:44:42.55	+02:26:41 (42.6%)	7:43	7.8 (57.8%)
335	SZABŁOWSKA Iwona	731	STRASZYN ULTRA TEAM	K30	19		01:35:35	03:23:48	04:27:23	05:16:10		05:44:42.55	05:44:42.55	+02:26:41 (42.6%)	7:43	7.8 (57.8%)
337	RÓŻYCKI Ryszard	772		M60	9	00:02:35	02:06:32	03:15:36	04:22:15	05:15:37		05:44:43.15	05:44:43.15	+02:26:42 (42.6%)	7:43	7.8 (57.8%)
338	JĘDRZEJCZYK Tomasz	512	CHYBA NIE DAM RADY	M40	119	00:02:07	02:04:50	03:18:41	04:22:08	05:13:16		05:44:45.00	05:44:45.00	+02:26:43 (42.6%)	7:43	7.8 (57.8%)
339	AMBICKI Miłosz	635	WKURW_TEAM	M30	122	00:02:31	02:04:22	03:21:07	04:25:54	05:16:41		05:45:16.70	05:45:16.70	+02:27:15 (42.6%)	7:44	7.8 (57.8%)
340	TOKARZ Marcin	434		M40	120	00:00:53	02:04:31	03:22:38	04:23:28	05:13:07		05:45:25.40	05:45:25.40	+02:27:24 (42.7%)	7:44	7.7 (57.0%)
341	MAJTYKA Tomasz	167	LOS TREPOS COMPANIEROS	M40	121	00:02:37	02:06:09	03:18:45	04:26:16	05:17:18		05:45:28.65	05:45:28.65	+02:27:27 (42.7%)	7:44	7.7 (57.0%)
342	GŁÓWKA Alfred	634	KARCZMA U FREDA	M50	30	00:01:27	01:58:46	03:16:14	04:23:36	05:14:29		05:46:12.35	05:46:12.35	+02:28:11 (42.8%)	7:45	7.7 (57.0%)
343	MYŚLIŃSKA Anna	639	EKOBIEGI	K40	14	00:01:28	02:05:13	03:17:30	04:20:51	05:15:06		05:46:35.90	05:46:35.90	+02:28:34 (42.9%)	7:46	7.7 (57.0%)
344	RYCERSKI Rafał	678		M30	123	00:01:36	02:04:29	03:20:56	04:28:03	05:17:32		05:46:36.80	05:46:36.80	+02:28:35 (42.9%)	7:46	7.7 (57.0%)
345	GWIŹDŹ Grzegorz	590		M30	124	00:01:10	01:52:54	03:11:20	04:21:08	05:14:32		05:46:39.85	05:46:39.85	+02:28:38 (42.9%)	7:46	7.7 (57.0%)
346	LATO-KSIAŻEK Karolina	459	LUBLIN BIEGA	K30	20	00:03:02	02:15:49	03:27:48	04:26:20	05:18:20		05:46:41.55	05:46:41.55	+02:28:40 (42.9%)	7:46	7.7 (57.0%)
347	KRĘŻAŁEK Marcin	497		M20	24	00:01:18	01:52:21	03:03:03	04:15:31	05:14:43		05:46:42.00	05:46:42.00	+02:28:40 (42.9%)	7:46	7.7 (57.0%)
348	SOBCZAK Henryk	523	S.H.T I UKS GIMPEL NOWY TARG	M30	125	00:00:30	02:04:36	03:25:37	04:31:22	05:21:54		05:46:45.55	05:46:45.55	+02:28:44 (42.9%)	7:46	7.7 (57.0%)
349	ZNAMIEC Marcin	563	IPA PAŁAC MOSTOWSKICH KSP	M40	122	00:03:36	02:08:48	03:23:26	04:27:12	05:18:57		05:47:15.60	05:47:15.60	+02:29:14 (43.0%)	7:47	7.7 (57.0%)
350	DYSZKIEWICZ Tomasz	436	KUTNO BIEGA	M30	126	00:01:41	02:03:23	03:17:47	04:24:06	05:15:50		05:47:53.00	05:47:53.00	+02:29:51 (43.1%)	7:48	7.7 (57.0%)
351	BELKOT Arkadiusz	703		M40	123	00:01:46	02:03:43	03:17:33	04:21:11	05:13:07		05:48:04.25	05:48:04.25	+02:30:03 (43.1%)	7:48	7.7 (57.0%)
352	PATRYK Jacek	527		M40	124	00:01:46	02:03:47	03:17:35	04:21:13	05:13:08		05:48:04.55	05:48:04.55	+02:30:03 (43.1%)	7:48	7.7 (57.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k	Roztoki	Split_Mateusz	Split_Kamyk	Split_Mateusz	Kara/ bonifikata	Czas	Czas	Różn	Tempo	Tempo
						0.1km	18km	26.5km	34.2km	40.7km		netto	brutto		min/km	km/h
353	ŻMUDZIEJEWSKI Jakub	587	WM TRISELF	M30	127	00:03:01	02:00:34	03:11:23	04:20:57	05:12:54		05:48:14.00	05:48:14.00	+02:30:12 (43.1%)	7:48	7.7 (57.0%)
354	PARTYKA Michał	30		M30	128	00:03:01	02:00:34	03:11:25	04:20:57	05:12:55		05:48:14.10	05:48:14.10	+02:30:13 (43.1%)	7:48	7.7 (57.0%)
355	MISZOGRAJ Tomasz	480		M30	129	00:03:01	02:00:33	03:11:24	04:20:55	05:12:53		05:48:14.15	05:48:14.15	+02:30:13 (43.1%)	7:48	7.7 (57.0%)
356	KAJA Robert	466	WIELUŃ BIEGA	M50	31	00:02:03	02:01:16	03:16:08	04:20:37	05:16:13		05:48:20.60	05:48:20.60	+02:30:19 (43.2%)	7:48	7.7 (57.0%)
357	ŻEBROWSKA Jolanta	702	POTRENUJEMY?	K50	2	00:00:46	02:05:35	03:21:53	04:23:39	05:15:13		05:48:29.00	05:48:29.00	+02:30:27 (43.2%)	7:48	7.7 (57.0%)
358	OŻANA Bartosz	489	NIGHT RUNNERS	M20	25	00:03:00	02:07:57	03:18:40	04:23:29	05:14:34		05:48:31.25	05:48:31.25	+02:30:30 (43.2%)	7:48	7.7 (57.0%)
359	WRÓBEL Dariusz	287	TEAM ZABIEGANEDNI	M40	125	00:02:01	02:05:26	03:25:16	04:27:34	05:18:35		05:48:32.65	05:48:32.65	+02:30:31 (43.2%)	7:48	7.7 (57.0%)
360	GRUCA Ryszard	707		M50	32	00:02:03	01:59:43	03:08:34	04:25:59	05:18:19		05:48:34.40	05:48:34.40	+02:30:33 (43.2%)	7:48	7.7 (57.0%)
361	BIEL Tomasz	552		M40	126	00:02:45	02:07:18	03:27:20	04:27:12	05:19:49		05:48:34.95	05:48:34.95	+02:30:33 (43.2%)	7:48	7.7 (57.0%)
362	DOŁĘGA Anna	625	ZABIEGANA MAMA	K40	15	00:01:45	02:08:59	03:25:23	04:27:14	05:19:02		05:50:12.70	05:50:12.70	+02:32:11 (43.5%)	7:51	7.6 (56.3%)
363	RYGLEWICZ Tomasz	427	NIGHT RUNNERS	M30	130	00:01:57	02:02:46	03:15:44	04:23:39	05:18:11		05:50:48.25	05:50:48.25	+02:32:47 (43.6%)	7:51	7.6 (56.3%)
364	STOPA Marcin	571	WWW.RUNRZESZOW.PL	M40	127	00:02:08	01:54:40	03:05:51	04:19:23	05:16:53		05:51:03.70	05:51:03.70	+02:33:02 (43.6%)	7:52	7.6 (56.3%)
365	ZAKRZEWSKI Marek	683	EKOBIEGI	M40	128	00:01:25	02:05:14	03:15:57	04:20:52	05:17:55		05:51:04.95	05:51:04.95	+02:33:03 (43.6%)	7:52	7.6 (56.3%)
366	JANICKI Tomasz	222	21DAPLOT	M30	131	00:02:31	02:06:34	03:19:22	04:25:03	05:18:15		05:51:05.85	05:51:05.85	+02:33:04 (43.6%)	7:52	7.6 (56.3%)
367	PILECKI Adam	680	STALOWE DZIKI	M20	26	00:01:38	01:59:54	03:12:40	04:25:02	05:18:16		05:51:09.70	05:51:09.70	+02:33:08 (43.6%)	7:52	7.6 (56.3%)
368	SADEJ Marcin	89	STALOWE DZIKI	M30	132	00:01:39	01:59:51	03:12:42	04:25:02	05:18:17		05:51:09.80	05:51:09.80	+02:33:08 (43.6%)	7:52	7.6 (56.3%)
369	SAKOWSKA Aneta	92	MARATONKA GRAJEWO	K40	16	00:01:43	02:14:51	03:27:50	04:27:07	05:22:32		05:51:13.50	05:51:13.50	+02:33:12 (43.6%)	7:52	7.6 (56.3%)
369	DZIUMAK Jakub	487		M20	27	00:01:35	02:05:37	03:19:48	04:24:45	05:22:36		05:51:13.50	05:51:13.50	+02:33:12 (43.6%)	7:52	7.6 (56.3%)
371	NAZIMEK Lilianna	173	SUO TEMPORE	K40	17	00:01:36	02:08:11	03:22:13	04:28:33	05:22:32		05:51:24.55	05:51:24.55	+02:33:23 (43.7%)	7:52	7.6 (56.3%)
372	TOKARSKI Rafał	626		M40	129	00:02:18	01:58:24	03:14:23	04:23:42	05:18:01		05:52:37.45	05:52:37.45	+02:34:36 (43.8%)	7:54	7.6 (56.3%)
373	PAŚNIK Paweł	598	AKB CRACOVIA	M40	130	00:03:09	02:05:20	03:20:25	04:27:50	05:21:10		05:53:07.00	05:53:07.00	+02:35:05 (43.9%)	7:55	7.6 (56.3%)
374	DOMAGAŁA Jerzy	294		M50	33	00:03:23	02:11:33	03:23:58	04:26:04	05:22:29		05:54:41.50	05:54:41.50	+02:36:40 (44.2%)	7:57	7.5 (55.6%)
375	KOBYLIŃSKI Mariusz	79	SST LUBCZA	M30	133	00:01:39	01:59:59	03:12:54	04:25:01	05:21:30		05:56:12.15	05:56:12.15	+02:38:11 (44.4%)	7:59	7.5 (55.6%)
376	KOPEĆ Rafał	759		M20	28	00:01:30	02:02:46	03:20:32	04:24:42	05:24:31		05:56:13.40	05:56:13.40	+02:38:12 (44.4%)	7:59	7.5 (55.6%)
377	SZACHEWICZ Sławomir	554	JEŻOZWIERZE GROUP	M40	131	00:02:59	02:05:16	03:19:14	04:30:28	05:24:28		05:56:14.20	05:56:14.20	+02:38:13 (44.4%)	7:59	7.5 (55.6%)
378	JĘDRZEJOWSKA-DEC Anna	766		K40	18	00:02:43	02:06:08	03:21:09	04:30:21	05:24:44		05:56:17.55	05:56:17.55	+02:38:16 (44.4%)	7:59	7.5 (55.6%)
379	MĄCZKA Bronisław	767		M60	10	00:02:43	02:06:06	03:21:10	04:30:21	05:24:45		05:56:17.65	05:56:17.65	+02:38:16 (44.4%)	7:59	7.5 (55.6%)
380	FRĄCZEK Maciej	726		M40	132		02:16:42	03:29:50	04:35:31	05:27:55		05:56:28.75	05:56:28.75	+02:38:27 (44.5%)	7:59	7.5 (55.6%)
381	SKOWRON Radosław	364		M40	133	00:05:01	02:16:40	03:29:48	04:35:16	05:27:56		05:56:29.30	05:56:29.30	+02:38:28 (44.5%)	7:59	7.5 (55.6%)
382	BARAN Bernard	665	OCR TEAM DĘBICA	M40	134	00:02:14	02:13:06	03:28:23	04:34:25	05:26:13		05:56:33.85	05:56:33.85	+02:38:32 (44.5%)	7:59	7.5 (55.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k	Roztoki	Split_Mateusz	Split_Kamyk	Split_Mateusz	Kara/ bonifkata	Czas	Czas	Różn	Tempo min/km	Tempo km/h
						0.1km	18km	26.5km	34.2km	40.7km		netto 44.6km	brutto 44.6km			
383	ZIELONKA Mariusz	245		M40	135	00:03:19	02:15:16	03:26:34	04:32:02	05:26:52		05:57:26.95	05:57:26.95	+02:39:25 (44.6%)	8:00	7.5 (55.6%)
384	WÓJCIK Julian	233	SZWLA STARGARD	M60	11	00:01:50	02:13:36	03:28:05	04:31:10	05:27:28		05:57:28.30	05:57:28.30	+02:39:27 (44.6%)	8:00	7.5 (55.6%)
384	CHYLAŁ Jakub	189	AERODYNAMIKA SŁOIKA PO OGÓRKACH	M20	29	00:03:11	02:08:04	03:27:18	04:30:51	05:26:24		05:57:28.30	05:57:28.30	+02:39:27 (44.6%)	8:00	7.5 (55.6%)
386	MYGA Michał	310	HEARTLESS	M30	134	00:03:22	02:11:51	03:22:34	04:36:18	05:28:49		05:57:29.40	05:57:29.40	+02:39:28 (44.6%)	8:00	7.5 (55.6%)
387	MYGA Anna	311	HEARTESS	K30	21	00:03:22	02:11:48	03:22:45	04:36:18	05:28:50		05:57:30.15	05:57:30.15	+02:39:29 (44.6%)	8:00	7.5 (55.6%)
388	PIĄTEK Rafał	123	BEFIT24TEAM	M30	135	00:02:36	02:01:27	03:17:30	04:27:02	05:26:46		05:57:30.80	05:57:30.80	+02:39:29 (44.6%)	8:00	7.5 (55.6%)
389	KWAPIEŃ Karolina	605	VEGE RUNNERS	K30	22	00:02:21	02:06:39	03:23:59	04:31:53	05:25:58		05:58:22.90	05:58:22.90	+02:40:21 (44.7%)	8:02	7.5 (55.6%)
390	BEDRYJ Mateusz	604	42 DO SZCZĘŚCIA	M20	30	00:02:21	02:06:39	03:24:00	04:31:53	05:25:59		05:58:23.65	05:58:23.65	+02:40:22 (44.7%)	8:02	7.5 (55.6%)
391	FLOREK Michał	735	JW 6968	M30	136	00:02:42	02:20:47	03:35:09	04:35:28	05:26:44		05:58:26.20	05:58:26.20	+02:40:25 (44.8%)	8:02	7.5 (55.6%)
392	WYSOKIŃSKI Jerzy	753	KLUB BIEGACZA BIAŁA BIEGA/ORANGE POLSKA	M50	34	00:03:11	02:17:55	03:31:06	04:32:57	05:27:17		05:58:26.60	05:58:26.60	+02:40:25 (44.8%)	8:02	7.5 (55.6%)
393	SWOROWSKA Izabela	463	WOLSZTYŃSKI KLUB BIEGOWY	K40	19	00:01:55	02:14:50	03:31:23	04:32:56	05:27:51		05:58:28.30	05:58:28.30	+02:40:27 (44.8%)	8:02	7.5 (55.6%)
394	SWOROWSKI Maciej	464	WOLSZTYŃSKI KLUB BIEGOWY	M40	136	00:01:54	02:14:48	03:31:25	04:32:56	05:27:52		05:58:28.60	05:58:28.60	+02:40:27 (44.8%)	8:02	7.5 (55.6%)
395	JĘDRZEJCZYK Konrad	399		M20	31	00:01:42	02:01:33	03:24:15	04:40:28	05:29:57		05:58:28.95	05:58:28.95	+02:40:27 (44.8%)	8:02	7.5 (55.6%)
396	BLASZKE Beata	329	NIGHT RUNNERS GLIWICE	K40	20	00:02:57	02:07:23	03:26:57	04:39:24	05:29:39		05:58:29.65	05:58:29.65	+02:40:28 (44.8%)	8:02	7.5 (55.6%)
397	PISIGNAS Mariusz	400	NIGHT RUNNERS GLIWICE	M40	137	00:02:59	02:09:10	03:26:59	04:39:25	05:29:38		05:58:30.80	05:58:30.80	+02:40:29 (44.8%)	8:02	7.5 (55.6%)
398	MŁODZIK Dariusz	592	HUSARIA RACE TEAM	M30	137	00:03:08	01:58:27	03:08:13	04:25:14	05:22:41		05:58:36.00	05:58:36.00	+02:40:34 (44.8%)	8:02	7.5 (55.6%)
399	TOCZEWSKA Anna	751	JACEKBIEGA RUNNING TEAM	K50	3	00:02:23	02:08:55	03:24:01	04:29:16	05:27:23		05:59:03.75	05:59:03.75	+02:41:02 (44.9%)	8:03	7.5 (55.6%)
400	RAMOTOWSKI Marcin	93	GERLACH SMUGGLERS	M40	138	00:01:10	02:03:59	03:23:29	04:33:11	05:27:26		05:59:07.95	05:59:07.95	+02:41:06 (44.9%)	8:03	7.5 (55.6%)
401	POLAŃSKI Paweł	749	#KASZANIENAMOKA	M30	138	00:03:07	02:12:23	03:27:54	04:31:32	05:25:16		05:59:08.75	05:59:08.75	+02:41:07 (44.9%)	8:03	7.5 (55.6%)
402	PIASNY Paweł	746		M40	139	00:01:01	02:06:52	03:24:49	04:33:08	05:28:03		05:59:13.90	05:59:13.90	+02:41:12 (44.9%)	8:03	7.4 (54.8%)
403	KOWALSKI Maciej	268	MORSY OŚNO LUBUSKIE	M40	140	00:01:54	02:02:50	03:20:58	04:31:48	05:29:26		06:00:23.80	06:00:23.80	+02:42:22 (45.1%)	8:04	7.4 (54.8%)
404	ROŻNIATA Andrzej	640	KS GŁÓWNO W BIEGU	M40	141	00:00:56	01:59:14	03:15:11	04:26:56	05:27:27		06:00:32.50	06:00:32.50	+02:42:31 (45.1%)	8:05	7.4 (54.8%)
405	KISIŃSKI Jarosław	589	COMP S.A. / NOVITUS	M40	142	00:01:08	02:04:26	03:16:40	04:24:50	05:30:12		06:00:32.55	06:00:32.55	+02:42:31 (45.1%)	8:05	7.4 (54.8%)
406	GŁOWACKI Andrzej	468	DOWÓDZTWO WOJSK OBRONY TERYTORIALNEJ	M40	143	00:01:03	01:58:31	03:18:09	04:29:06	05:26:03		06:00:38.60	06:00:38.60	+02:42:37 (45.1%)	8:05	7.4 (54.8%)
407	ŁÓJ-KONIECZNA Edyta	96	INFINITY GYM	K40	21	00:01:50	02:11:31	03:24:56	04:31:27	05:27:28		06:00:40.35	06:00:40.35	+02:42:39 (45.1%)	8:05	7.4 (54.8%)
408	JEZIORNY Ryszard	414	WIELUŃ BIEGA	M50	35	00:02:04	02:08:37	03:26:04	04:32:03	05:26:35		06:00:41.85	06:00:41.85	+02:42:40 (45.1%)	8:05	7.4 (54.8%)
409	RYBAK Wojciech	595	GOPR BIESZCZADY	M40	144		02:06:46	03:20:55	04:35:43	05:31:47		06:00:46.40	06:00:46.40	+02:42:45 (45.1%)	8:05	7.4 (54.8%)
410	CHUDA Aneta	301		K30	23	00:01:04	02:16:14	03:33:25	04:35:20	05:30:31		06:00:49.75	06:00:49.75	+02:42:48 (45.1%)	8:05	7.4 (54.8%)
411	STACHYRA Bartłomiej	313		M20	32	00:02:20	02:06:53	03:20:35	04:30:00	05:28:32		06:01:00.25	06:01:00.25	+02:42:59 (45.1%)	8:05	7.4 (54.8%)
412	CHLEBIŃSKI Maciej	615	RZESZOWSKIE GAZELE I GEPARDY	M30	139	00:02:55	02:02:48	03:17:45	04:31:06	05:29:32		06:01:32.55	06:01:32.55	+02:43:31 (45.2%)	8:06	7.4 (54.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k		Roztoki	Split_Mateusz	Split_Kamyk	Split_Mateusz	Kara/ bonifikata	Czas		Różn	Tempo min/km	Tempo km/h
						0.1km	18km						44.6km	44.6km			
413	WOJTOWICZ Daniel	444	NAUKA BIEGA	M40	145	00:00:52	02:04:32	03:22:52	04:32:50	05:29:40			06:01:35.95	06:01:35.95	+02:43:34 (45.2%)	8:06	7.4 (54.8%)
414	KOWALSKA Justyna	267	MORSY OŚNO LUBUSKIE	K40	22	00:01:54	02:03:31	03:20:57	04:31:49	05:29:33			06:01:51.25	06:01:51.25	+02:43:50 (45.3%)	8:06	7.4 (54.8%)
415	BUKAŁA Tomasz	254		M30	140	00:02:12	01:57:15	03:13:08	04:35:39	05:31:44			06:01:55.65	06:01:55.65	+02:43:54 (45.3%)	8:06	7.4 (54.8%)
416	CZUBA Michał	251		M30	141	00:01:06	02:08:08	03:26:32	04:35:50	05:33:25			06:02:26.35	06:02:26.35	+02:44:25 (45.4%)	8:07	7.4 (54.8%)
417	CIESZKO Marek	317	KW WARSZAWA	M30	142	00:04:48	02:18:18	03:38:07	04:38:50	05:34:30			06:03:34.80	06:03:34.80	+02:45:33 (45.5%)	8:09	7.4 (54.8%)
418	LEŚNIAK-POPIEL Marta	345	POZYTYWNE ZABIEGANI SANOK	K40	23	00:02:40	02:12:29	03:30:21	04:37:34	05:32:44			06:04:01.80	06:04:01.80	+02:46:00 (45.6%)	8:09	7.4 (54.8%)
418	WAJCOWICZ Witold	150	POZYTYWNE ZABIEGANI SANOK	M40	146	00:01:47	02:12:20	03:30:21	04:37:32	05:32:44			06:04:01.80	06:04:01.80	+02:46:00 (45.6%)	8:09	7.4 (54.8%)
420	KISIŃSKA Irena	588	VISEGRAD MARATON RYTRO	K40	24	00:01:08	02:04:27	03:16:44	04:24:54	05:30:13			06:04:14.65	06:04:14.65	+02:46:13 (45.6%)	8:10	7.3 (54.1%)
421	WIŚNIEWSKI Dominik	647		M30	143	00:01:19	01:59:25	03:15:13	04:30:47	05:30:43			06:04:18.10	06:04:18.10	+02:46:17 (45.6%)	8:10	7.3 (54.1%)
422	WIENER Marcin	456		M40	147	00:03:29	02:11:03	03:26:28	04:34:11	05:29:41			06:04:25.65	06:04:25.65	+02:46:24 (45.7%)	8:10	7.3 (54.1%)
423	BURZYŃSKI Tomasz	545	-	M40	148	00:01:23	02:02:54	03:26:44	04:35:04	05:31:36			06:04:34.25	06:04:34.25	+02:46:33 (45.7%)	8:10	7.3 (54.1%)
424	MIERZYŃSKI Rafał	172	BIEGING TEAM ZELÓW	M30	144	00:02:12	02:06:36	03:28:48	04:40:51	05:33:04			06:04:38.35	06:04:38.35	+02:46:37 (45.7%)	8:10	7.3 (54.1%)
425	NIEMCZAK Barbara	616	IPA PAŁAC MOSTOWSKICH	K30	24	00:02:02	02:09:33	03:27:34	04:38:12	05:32:09			06:04:41.40	06:04:41.40	+02:46:40 (45.7%)	8:10	7.3 (54.1%)
426	BOCHENEK Michał	101	INFINITY GYM	M30	145	00:01:48	02:07:12	03:28:20	04:35:50	05:34:09			06:04:52.35	06:04:52.35	+02:46:51 (45.7%)	8:10	7.3 (54.1%)
427	MAŁKIEWICZ Dariusz	437	PGB SPORTOWA PACZKA	M40	149	00:02:00	02:08:56	03:28:42	04:36:11	05:33:43			06:04:55.05	06:04:55.05	+02:46:53 (45.7%)	8:10	7.3 (54.1%)
428	FOGEL Janusz	256	PTG SOKÓŁ ŚWIAT PRACY	M40	150	00:02:15	02:12:22	03:29:12	04:38:03	05:34:04			06:04:58.55	06:04:58.55	+02:46:57 (45.7%)	8:10	7.3 (54.1%)
429	GAŚSIOROWSKI Maciej	555		M40	151	00:04:47	02:21:33	03:41:21	04:43:33	05:36:35			06:05:04.15	06:05:04.15	+02:47:03 (45.8%)	8:11	7.3 (54.1%)
430	JAKUBOWSKI Daniel	242	CENTRUM ANIMACJI SPOŁECZNEJ CARITAS	M40	152	00:03:15	02:12:09	03:35:26	04:46:14	05:37:33			06:05:17.00	06:05:17.00	+02:47:15 (45.8%)	8:11	7.3 (54.1%)
431	OLEKSAK Grzegorz	630		M30	146	00:03:12	02:14:55	03:30:08	04:34:33	05:31:21			06:06:29.60	06:06:29.60	+02:48:28 (46.0%)	8:13	7.3 (54.1%)
432	KOPER Jacek	756		M40	153	00:03:04	02:07:22	03:21:52	04:29:21	05:30:59			06:06:49.40	06:06:49.40	+02:48:48 (46.0%)	8:13	7.3 (54.1%)
433	STONOGA Tomasz	679	KITE&RUN FAN	M40	154	00:01:42	02:14:35	03:32:52	04:36:07	05:33:23			06:06:51.30	06:06:51.30	+02:48:50 (46.0%)	8:13	7.3 (54.1%)
434	KOPROWICZ Ewelina	322	JAROSŁAWSKA GRUPA BIEGOWA	K30	25	00:02:03	02:12:06	03:31:47	04:41:28	05:36:18			06:06:51.80	06:06:51.80	+02:48:50 (46.0%)	8:13	7.3 (54.1%)
435	BEDNARCZYK Jakub	249	MATE MOUNTAINS	M30	147	00:02:21	02:04:35	03:27:42	04:49:34	05:39:49			06:06:57.10	06:06:57.10	+02:48:56 (46.0%)	8:13	7.3 (54.1%)
436	GRZEGÓRZEK Anna	667	PTG SOKÓŁ ŚWIAT PRACY	K40	25	00:03:10	02:13:11	03:34:08	04:46:59	05:38:26			06:06:58.00	06:06:58.00	+02:48:56 (46.0%)	8:13	7.3 (54.1%)
437	ADAMCZEWSKI Jakub	231	NIGHT RUNNERS / NBR TEAM	M30	148	00:02:52	02:09:22	03:28:20	04:41:11	05:35:58			06:07:00.65	06:07:00.65	+02:48:59 (46.0%)	8:13	7.3 (54.1%)
438	CWOJDZIŃSKI Piotr	228	NIGHT RUNNERS POZNAŃ	M40	155	00:02:53	02:09:22	03:28:21	04:41:12	05:36:08			06:07:01.85	06:07:01.85	+02:49:00 (46.0%)	8:13	7.3 (54.1%)
439	KWIECIEŃ Krzysztof	668	4K TEAM TARNÓW	M40	156	00:03:10	02:13:11	03:34:08	04:46:59	05:38:26			06:07:03.30	06:07:03.30	+02:49:02 (46.1%)	8:13	7.3 (54.1%)
440	KWIATKOWSKI Kajetan	684	KUCE Z BRONKSU	M30	149	00:02:51	02:10:39	03:32:12	04:46:26	05:38:35			06:07:09.50	06:07:09.50	+02:49:08 (46.1%)	8:13	7.3 (54.1%)
440	MILEWICZ Marek	704	KUCE Z BRONKSU	M30	149	00:02:52	02:10:39	03:32:11	04:46:26	05:38:33			06:07:09.50	06:07:09.50	+02:49:08 (46.1%)	8:13	7.3 (54.1%)
442	WITKOWSKA Beata	156		K30	26	00:03:07	02:16:00	03:38:03	04:44:00	05:37:45			06:07:26.65	06:07:26.65	+02:49:25 (46.1%)	8:14	7.3 (54.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k	Roztoki	Split_Mateusz	Split_Kamyk	Split_Mateusz	Kara/ bonifikata	Czas	Czas	Różn	Tempo min/km	Tempo km/h
						0.1km	18km	26.5km	34.2km	40.7km		netto 44.6km	brutto 44.6km			
443	KOWALCZYK Daniel	500	EXTREME TRAUMA TEAM	M30	151	00:02:54	02:04:42	03:28:33	04:38:51	05:35:31		06:07:29.05	06:07:29.05	+02:49:27 (46.1%)	8:14	7.3 (54.1%)
444	KOCZUR Kamila	504		K30	27	00:01:35	02:15:41	03:35:22	04:41:33	05:35:04	00:02:00	06:07:29.30	06:07:29.30	+02:49:28 (46.1%)	8:11	7.3 (54.1%)
445	BURY Marek	103		M40	157	00:02:19	02:11:15	03:35:23	04:44:49	05:38:30		06:07:29.75	06:07:29.75	+02:49:28 (46.1%)	8:14	7.3 (54.1%)
446	RENKIEL Tomasz	758		M40	158	00:03:17	02:03:36	03:29:57	04:41:36	05:37:34		06:07:31.40	06:07:31.40	+02:49:30 (46.1%)	8:14	7.3 (54.1%)
447	JANIK Janusz	91	NIGHT RUNNERS GLIWICE	M40	159	00:03:18	02:03:36	03:29:56	04:41:35	05:37:35		06:07:31.70	06:07:31.70	+02:49:30 (46.1%)	8:14	7.3 (54.1%)
448	WARZYCHA Krzysztof	121	OSK MAXEL	M50	36	00:01:44	02:11:08	03:32:33	04:37:08	05:35:57		06:07:33.10	06:07:33.10	+02:49:32 (46.1%)	8:14	7.3 (54.1%)
449	BAK Agata	125	BUSHIDO CENTRUM	K30	28	00:01:23	02:22:19	03:48:02	04:46:12	05:38:31		06:07:42.25	06:07:42.25	+02:49:41 (46.1%)	8:14	7.3 (54.1%)
450	KORBA Michał	214		M40	160	00:01:25	02:21:54	03:48:01	04:46:12	05:38:30		06:07:43.75	06:07:43.75	+02:49:42 (46.2%)	8:14	7.3 (54.1%)
451	WARZYCHA Dawid	122	PKP INTERCITY	M20	33	00:01:44	02:11:13	03:32:32	04:37:08	05:35:55		06:08:36.80	06:08:36.80	+02:50:35 (46.3%)	8:15	7.3 (54.1%)
452	CHWALISZEWSKI Jarosław	108	NIGHT RUNNERS GLIWICE	M40	161	00:03:17	02:04:40	03:28:10	04:41:34	05:38:05		06:08:39.40	06:08:39.40	+02:50:38 (46.3%)	8:15	7.3 (54.1%)
453	RUSINEK Witosław	696	SHOOTIT	M30	152	00:02:25	02:05:18	03:28:01	04:35:43	05:36:24		06:09:52.50	06:09:52.50	+02:51:51 (46.5%)	8:17	7.2 (53.3%)
454	CĘCELEWSKI Jarosław	510		M40	162	00:03:18	02:21:22	03:33:58	04:41:53	05:37:32		06:10:06.60	06:10:06.60	+02:52:05 (46.5%)	8:17	7.2 (53.3%)
455	KĘPKA Andrzej	374	PRZEWORSKA GRUPA BIEGOWA	M50	37	00:02:02	02:12:15	03:31:59	04:41:32	05:37:37		06:10:13.30	06:10:13.30	+02:52:12 (46.5%)	8:18	7.2 (53.3%)
456	PIGAN Anna	360	B B L - JAROSŁAW	K40	26	00:02:02	02:12:18	03:32:06	04:41:32	05:37:46		06:10:25.25	06:10:25.25	+02:52:24 (46.5%)	8:18	7.2 (53.3%)
457	PIGAN Wiesław	361	B B L-JAROSŁAW	M40	163	00:02:01	02:12:21	03:32:05	04:41:28	05:38:49		06:10:25.80	06:10:25.80	+02:52:24 (46.5%)	8:18	7.2 (53.3%)
458	IRZYK Robert	676		M30	153	00:01:58	02:05:32	03:26:34	04:36:27	05:36:34		06:10:28.45	06:10:28.45	+02:52:27 (46.6%)	8:18	7.2 (53.3%)
459	ZIAJA Adam	672		M30	154	00:01:58		03:26:02	04:36:26	05:36:39		06:10:36.00	06:10:36.00	+02:52:34 (46.6%)	8:18	7.2 (53.3%)
460	KOŁODZIEJ Jacek	84	NIGHT RUNNERS GLIWICE	M40	164	00:03:17	02:04:56	03:30:00	04:41:34	05:38:22		06:11:22.55	06:11:22.55	+02:53:21 (46.7%)	8:19	7.2 (53.3%)
461	KAMIENIARZ Maria	387		K30	29	00:03:21	02:10:40	03:34:04	04:46:03	05:39:22		06:11:23.45	06:11:23.45	+02:53:22 (46.7%)	8:19	7.2 (53.3%)
462	ROSPOND Piotr	157	TKKF MPK POZNAŃ	M50	38	00:02:28	02:14:12	03:35:29	04:43:16	05:39:48		06:12:08.00	06:12:08.00	+02:54:06 (46.8%)	8:20	7.2 (53.3%)
463	TREPKA Agnieszka	163		K30	30	00:01:30	02:12:26	03:42:45	04:49:01	05:41:29		06:12:13.20	06:12:13.20	+02:54:12 (46.8%)	8:20	7.2 (53.3%)
464	LITWINEK Marek	209	WKURW_TEAM	M30	155	00:02:47	02:10:37	03:31:43	04:48:28	05:42:48		06:12:15.25	06:12:15.25	+02:54:14 (46.8%)	8:20	7.2 (53.3%)
465	ZIELIŃSKI Rafał	428		M40	165	00:01:01	02:12:53	03:37:38	04:50:27	05:41:40		06:12:51.20	06:12:51.20	+02:54:50 (46.9%)	8:21	7.2 (53.3%)
466	PAUL Viola	23	NIGHT RUNNERS GLIWICE	K40	27	00:03:16	02:16:25	03:37:47	04:44:01	05:40:06		06:13:06.80	06:13:06.80	+02:55:05 (46.9%)	8:21	7.2 (53.3%)
467	PAWLETA Michał	24	NIGHT RUNNERS GLIWICE	M40	166	00:03:16	02:16:27	03:37:47	04:44:01	05:40:11		06:13:08.75	06:13:08.75	+02:55:07 (46.9%)	8:21	7.2 (53.3%)
468	HALIŻAK Norbert	474	WIELUŃ BIEGA	M40	167	00:02:04	02:19:52	03:35:07	04:42:03	05:40:33		06:13:12.40	06:13:12.40	+02:55:11 (46.9%)	8:22	7.2 (53.3%)
469	STACH Dariusz	709	KOSMOLÓW TEAM	M30	156	00:02:21	02:09:14	03:35:31	04:45:56	05:40:21		06:13:13.15	06:13:13.15	+02:55:12 (46.9%)	8:22	7.2 (53.3%)
470	KOSZAŁKA Marcin	385		M20	34	00:02:38	02:14:20	03:35:24	04:44:43	05:40:10		06:13:21.50	06:13:21.50	+02:55:20 (47.0%)	8:22	7.2 (53.3%)
471	HOROWSKI Tomasz	25	RUNHOGS TYCHY	M40	168	00:01:38	02:10:47	03:27:41	04:40:55	05:38:58		06:13:34.80	06:13:34.80	+02:55:33 (47.0%)	8:22	7.2 (53.3%)
472	WOŁOSOWICZ Natalia	499		K40	28	00:02:36	02:11:46	03:27:53	04:38:13	05:38:13		06:13:39.75	06:13:39.75	+02:55:38 (47.0%)	8:22	7.2 (53.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k	Roztoki	Split_Mateusz	Split_Kamyk	Split_Mateusz	Kara/ bonifikata	Czas	Czas	Różn	Tempo	Tempo
						0.1km	18km	26.5km	34.2km	40.7km		netto 44.6km	brutto 44.6km		min/km	km/h
473	CHODOROWSKI Arkadiusz	519	IPA PAŁAC MOSTOSKICH KOMENDA STOLECZNA POLICJI	M30	157	00:03:39	02:20:07	03:42:38	04:46:32	05:43:24		06:13:59.50	06:13:59.50	+02:55:58 (47.1%)	8:23	7.2 (53.3%)
474	BAJOREK Jan	699		M40	169	00:00:56	01:53:28	03:20:21	04:56:08	05:46:40		06:14:00.50	06:14:00.50	+02:55:59 (47.1%)	8:23	7.2 (53.3%)
475	PAROL Paweł	349	-	M40	170	00:01:31	02:07:09	03:31:40	04:44:12	05:40:28		06:14:09.25	06:14:09.25	+02:56:08 (47.1%)	8:23	7.2 (53.3%)
476	DYBKA Rafał	244	PTG SOKÓŁ ŚWIAT PRACY TARNÓW	M40	171	00:01:34	02:03:44	03:29:13	04:40:16	05:38:32		06:14:36.20	06:14:36.20	+02:56:35 (47.1%)	8:23	7.1 (52.6%)
477	ZBICIAK Grzegorz	384	ŁĘCZNA BIEGA	M40	172	00:02:20	02:16:23	03:37:08	04:50:31	05:43:16		06:15:09.90	06:15:09.90	+02:57:08 (47.2%)	8:24	7.1 (52.6%)
478	GOSZCZYNSKI Piotrek	733		M40	173	00:02:30	02:13:26	03:33:44	04:45:30	05:43:00		06:15:14.20	06:15:14.20	+02:57:13 (47.2%)	8:24	7.1 (52.6%)
479	MAZURKIEWICZ Jolanta	490	BYCHAWA RUNNER'S/NAJWIĘKSZA ARMIA ŚWIATA	K30	31	00:01:49	02:18:17	03:38:54	04:52:45	05:44:46		06:15:29.25	06:15:29.25	+02:57:28 (47.3%)	8:25	7.1 (52.6%)
480	DRABIK Jacek	115		M50	39	00:01:15	02:09:03	03:30:08	04:43:23	05:42:02		06:15:40.90	06:15:40.90	+02:57:39 (47.3%)	8:25	7.1 (52.6%)
481	KRÓL Michał	648		M30	158	00:03:38	02:20:10	03:42:40	04:46:35	05:43:25		06:15:42.55	06:15:42.55	+02:57:41 (47.3%)	8:25	7.1 (52.6%)
482	CEBRAT Ewa	132	POZYTYWNE ZABIEGANI SANOK	K40	29	00:02:40	02:14:32	03:40:15	04:51:21	05:45:50		06:17:05.30	06:17:05.30	+02:59:04 (47.5%)	8:27	7.1 (52.6%)
483	SZPINDA Marta	409	BIŁGORAJ ULTRA TRAIL	K40	30	00:01:26	02:12:38	03:32:22	04:51:18	05:46:39		06:17:06.80	06:17:06.80	+02:59:05 (47.5%)	8:27	7.1 (52.6%)
484	HANDERMANDER Agnieszka	394		K30	32	00:01:49	02:13:39	03:34:01	04:46:57	05:45:56		06:17:09.05	06:17:09.05	+02:59:07 (47.5%)	8:27	7.1 (52.6%)
485	PARYSZ Anna	646	STARE BABICE BIEGAJĄ	K50	4	00:01:56	02:20:12	03:39:02	04:45:41	05:43:36		06:17:48.50	06:17:48.50	+02:59:47 (47.6%)	8:28	7.1 (52.6%)
486	SŁOWIKOWSKI Dariusz	529	WKURW_TEAM	M30	159	00:03:19	02:10:08	03:37:22	04:49:34	05:44:53		06:18:02.65	06:18:02.65	+03:00:01 (47.6%)	8:28	7.1 (52.6%)
487	STAŃCZYK Łukasz	532	WKURW_TEAM	M30	160	00:03:19	02:10:09	03:37:22	04:49:34	05:44:52		06:18:02.90	06:18:02.90	+03:00:01 (47.6%)	8:28	7.1 (52.6%)
488	GALUS Jacek	225		M40	174	00:01:55	02:20:20	03:39:55	04:52:12	05:47:00		06:18:21.55	06:18:21.55	+03:00:20 (47.7%)	8:28	7.1 (52.6%)
489	PABIJAŃCZYK Damian	478		M30	161	00:02:59	02:13:47	03:35:21	04:48:17	05:43:45		06:18:25.05	06:18:25.05	+03:00:23 (47.7%)	8:29	7.1 (52.6%)
490	OPALIŃSKI Tomasz	358		M50	40	00:02:12	02:06:03	03:25:45	04:51:13	05:48:32		06:18:52.10	06:18:52.10	+03:00:51 (47.7%)	8:29	7.1 (52.6%)
491	SZADKOWSKI Paweł	26	NIGHT RUNNERS GLIWICE	M30	162	00:03:11	02:09:33	03:33:59	04:47:42	05:45:42		06:18:54.00	06:18:54.00	+03:00:52 (47.7%)	8:29	7.1 (52.6%)
492	PAWŁOWSKA Ełżbieta	298	NOWY STYL RUNNING TEAM	K30	33	00:02:48	02:18:22	03:41:07	04:49:00	05:45:09		06:18:55.55	06:18:55.55	+03:00:54 (47.7%)	8:29	7.1 (52.6%)
493	BIESZCZAD Ilona	296		K30	34	00:02:47	02:18:17	03:41:01	04:49:00	05:45:09		06:18:55.80	06:18:55.80	+03:00:54 (47.7%)	8:29	7.1 (52.6%)
494	WŁODARSKA Magdalena	203		K40	31	00:02:12	02:19:11	03:35:28	04:50:51	05:48:48		06:18:58.90	06:18:58.90	+03:00:57 (47.7%)	8:29	7.1 (52.6%)
495	JĘDRUSZCZAK Robert	113	CZTERDZIEŚCI LAT MINĘŁO JAK JEDEN DZIEŃ	M40	175	00:02:13	02:08:58	03:31:44	04:45:25	05:44:52		06:19:45.15	06:19:45.15	+03:01:44 (47.9%)	8:30	7 (51.9%)
496	KULA Robert	126		M40	176	00:01:30	01:59:44	03:31:41	04:55:36	05:51:57		06:19:49.00	06:19:49.00	+03:01:47 (47.9%)	8:30	7 (51.9%)
497	MICHOŃ Kamil	593	BIEGAMWARTAROWIE	M40	177	00:01:32	02:07:35	03:32:15	04:51:16	05:48:24		06:21:12.60	06:21:12.60	+03:03:11 (48.1%)	8:32	7 (51.9%)
498	SIKORA Tomasz	453	RACE BROTHERS	M30	163	00:01:33	02:07:48	03:32:16	04:51:36	05:48:25		06:21:12.75	06:21:12.75	+03:03:11 (48.1%)	8:32	7 (51.9%)
499	STEPANCZENKO Rafał	112	BIĄŁYSTOK BIEGA TEAM	M30	164	00:01:46	02:14:42	03:37:06	04:47:00	05:50:57		06:21:29.35	06:21:29.35	+03:03:28 (48.1%)	8:33	7 (51.9%)
500	KUCA Roman	711		M50	41	00:01:58	02:15:45	03:34:01	04:45:24	05:46:35		06:23:13.60	06:23:13.60	+03:05:12 (48.3%)	8:35	7 (51.9%)
501	SAMOSIEJ Jakub	473	JUMP&FLY, KABATY	M40	178	00:01:47	02:09:46	03:38:57	04:48:53	05:47:03		06:23:58.75	06:23:58.75	+03:05:57 (48.4%)	8:36	7 (51.9%)
502	SZCZYRBA Robert	631	LECYMY DURŚ	M30	165	00:03:07	02:12:07	03:37:02	04:48:49	05:48:30		06:24:02.30	06:24:02.30	+03:06:01 (48.4%)	8:36	7 (51.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k	Roztoki	Split_Mateusz	Split_Kamyk	Split_Mateusz	Kara/ bonifikata	Czas	Czas	Różn	Tempo	Tempo
						0.1km	18km	26.5km	34.2km	40.7km		netto	brutto		min/km	km/h
503	KŁOSOWICZ Monika	671		K20	5	00:02:26	02:18:28	03:43:20	04:55:21	05:52:17		06:24:08.00	06:24:08.00	+03:06:06 (48.5%)	8:36	7 (51.9%)
504	SIKORSKA Agnieszka	649	EKOBIEGI	K40	32	00:01:29	02:23:06	03:45:36	04:54:19	05:51:41		06:24:19.75	06:24:19.75	+03:06:18 (48.5%)	8:37	7 (51.9%)
505	MARKIEWICZ Rafał	316		M40	179	00:02:13	02:17:22	03:40:13	04:55:08	05:52:38		06:24:23.95	06:24:23.95	+03:06:22 (48.5%)	8:37	7 (51.9%)
506	ZAWADZKI Bartłomiej	643		M30	166		02:12:09	03:37:04		05:48:30		06:24:28.00	06:24:28.00	+03:06:26 (48.5%)	8:37	7 (51.9%)
507	CHMIELARZ Dariusz	277		M40	180	00:02:05	02:09:02	03:25:56	04:41:36	05:46:26		06:24:46.35	06:24:46.35	+03:06:45 (48.5%)	8:37	7 (51.9%)
508	KUŁAKOWSKI Piotr	169	CZŁAPACZE	M60	12	00:03:32	02:21:57	03:43:18	04:55:47	05:52:34		06:25:02.95	06:25:02.95	+03:07:01 (48.6%)	8:37	7 (51.9%)
509	ŁANIEWSKI Łukasz	509	PSZCZÓŁKOWSKI TEAM	M30	167	00:02:06	02:11:58	03:40:54	04:46:17	05:51:19		06:26:23.35	06:26:23.35	+03:08:22 (48.8%)	8:39	6.9 (51.1%)
510	WRÓBEL Dominik	321	AZS PWSZ KROSNO	M40	181	00:03:05	02:18:44	03:35:57	04:46:13	05:49:26		06:26:43.85	06:26:43.85	+03:08:42 (48.8%)	8:40	6.9 (51.1%)
511	KRAWCZAK Kamil	120	BIEGUSIEM.PL	M30	168	00:02:35	02:17:38	03:39:00	04:53:36	05:52:36		06:26:55.45	06:26:55.45	+03:08:54 (48.8%)	8:40	6.9 (51.1%)
512	LUC Adam	326	BIEGUSIEM.PL	M40	182	00:02:37	02:17:39	03:39:01	04:53:36	05:52:37		06:26:55.80	06:26:55.80	+03:08:54 (48.8%)	8:40	6.9 (51.1%)
513	GARNCARZ Adam	743		M20	35	00:03:31	02:15:07	03:42:47	04:56:31	05:51:23		06:26:57.10	06:26:57.10	+03:08:56 (48.8%)	8:40	6.9 (51.1%)
514	RADYK Jakub	410	PRZEMYSKI KLUB BIEGACZA	M30	169	00:03:10	02:05:45	03:29:37	04:47:34	05:46:20		06:26:58.90	06:26:58.90	+03:08:57 (48.8%)	8:40	6.9 (51.1%)
515	BUJAKOWSKI Patryk	406		M40	183	00:03:01	02:22:33	03:49:34	04:53:39	05:53:22		06:27:00.95	06:27:00.95	+03:08:59 (48.8%)	8:40	6.9 (51.1%)
516	KOTOMSKA Renata	511		K40	33	00:03:18	02:22:51	03:42:26	04:51:25	05:52:14		06:27:01.95	06:27:01.95	+03:09:00 (48.8%)	8:40	6.9 (51.1%)
517	TUSZYŃSKA Katarzyna	645	ESKADRA KRAKÓW	K40	34	00:01:37	02:17:08	03:44:23	04:58:48	05:56:27		06:27:02.80	06:27:02.80	+03:09:01 (48.8%)	8:40	6.9 (51.1%)
518	KOZAK Marcin	107	SAINT-GOBAIN SQUAD	M40	184	00:02:21	02:04:36	03:27:43	04:49:37	05:46:10		06:27:59.90	06:27:59.90	+03:09:58 (49.0%)	8:41	6.9 (51.1%)
519	KULDANEK Marcin	204	DOGOŃ GRODZISK MAZOWIECKI	M40	185	00:02:13	02:15:20	03:41:06	04:54:47	05:52:00		06:28:01.20	06:28:01.20	+03:10:00 (49.0%)	8:41	6.9 (51.1%)
520	FAJNAS Katarzyna	190	DOGOŃ GRODZISK MAZOWIECKI / DANFOSS	K40	35	00:02:13	02:15:27	03:41:05	04:54:48	05:52:00		06:28:01.40	06:28:01.40	+03:10:00 (49.0%)	8:41	6.9 (51.1%)
521	SIEDLACZEK Zbigniew	104		M60	13	00:02:47	02:13:49	03:38:20	04:53:40	05:52:31		06:28:45.25	06:28:45.25	+03:10:44 (49.1%)	8:42	6.9 (51.1%)
522	ZIELIŃSKI Damian	378	NOVA	M30	170	00:02:49	02:06:51	03:35:45	04:55:19	05:53:09		06:28:53.60	06:28:53.60	+03:10:52 (49.1%)	8:43	6.9 (51.1%)
523	SEREMET Bożena	205	BBL KRAKÓW	K50	5	00:03:11	02:17:39	03:38:39	04:59:26	05:57:02		06:29:11.30	06:29:11.30	+03:11:10 (49.1%)	8:43	6.9 (51.1%)
524	DUBYNA Mariia	506	MIA	K30	35	00:02:29	02:26:02	03:51:22	05:04:54	05:57:34		06:29:24.90	06:29:24.90	+03:11:23 (49.1%)	8:43	6.9 (51.1%)
525	KUSZTAL Justyna	644	KS ESKADRA KRAKÓW	K40	36	00:01:38	02:17:31	03:44:26	04:58:54	05:57:22		06:29:29.35	06:29:29.35	+03:11:28 (49.2%)	8:43	6.9 (51.1%)
526	WILK Andreas	127		M40	186	00:01:38	02:17:44	03:44:27	04:58:52	05:57:24		06:29:31.10	06:29:31.10	+03:11:30 (49.2%)	8:44	6.9 (51.1%)
527	KUREK Mariusz	496	MARATOŃCZYK DĘBICA	M40	187	00:01:45	02:12:33	03:37:19	04:52:09	05:53:19		06:29:34.00	06:29:34.00	+03:11:32 (49.2%)	8:44	6.9 (51.1%)
528	KUREK Michał	507		M30	171	00:01:45	02:12:34	03:37:19	04:52:10	05:53:20		06:29:37.35	06:29:37.35	+03:11:36 (49.2%)	8:44	6.9 (51.1%)
529	SAMBORSKA Weronika	62	NOWY STYL GROUP RUNNING TEAM	K30	36	00:02:40	02:23:04	03:49:05	04:59:07	05:58:18		06:30:59.35	06:30:59.35	+03:12:58 (49.4%)	8:45	6.8 (50.4%)
530	RÓŻYCKA Dorota	1170	NOWY STYL GROUP RUNNING TEAM	K30	37	00:02:40	02:23:04	03:49:04	04:59:06	05:58:03		06:30:59.50	06:30:59.50	+03:12:58 (49.4%)	8:45	6.8 (50.4%)
531	SANECKI Robert	165	SPRINT GORZYCE	M40	188	00:01:37	02:12:13	03:39:06	04:59:03	05:59:37		06:32:04.55	06:32:04.55	+03:14:03 (49.5%)	8:47	6.8 (50.4%)
532	SŁONIEWSKI Rafał	669	RMF4RT OCR	M30	172	00:01:26	02:16:04	03:44:34	05:01:29	06:00:07		06:32:25.05	06:32:25.05	+03:14:23 (49.5%)	8:47	6.8 (50.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k	Roztoki	Split_Mateusz	Split_Kamyk	Split_Mateusz	Kara/ bonifikata	Czas	Czas	Różn	Tempo	Tempo
						0.1km	18km	26.5km	34.2km	40.7km		netto	brutto		min/km	km/h
533	KRZAK Dominika	730		K30	38	00:02:22	02:24:05	03:43:25	05:03:14	06:00:18		06:32:37.60	06:32:37.60	+03:14:36 (49.6%)	8:48	6.8 (50.4%)
534	JĘDRZEJCZYK Robert	677	CHYBA NIE DAM RADY	M40	189	00:02:09	02:18:06	03:41:56	04:53:50	05:59:14		06:32:56.15	06:32:56.15	+03:14:55 (49.6%)	8:48	6.8 (50.4%)
535	PYZEL Agnieszka	57	KS PEGAZ	K50	6	00:02:32	02:18:39	03:48:02	05:05:13	06:03:53		06:33:01.15	06:33:01.15	+03:15:00 (49.6%)	8:48	6.8 (50.4%)
536	SZEWCZYK Katarzyna	586	MONKEYS' TEAM	K40	37	00:02:15	02:20:26	03:44:27	05:00:50	05:58:16		06:33:02.55	06:33:02.55	+03:15:01 (49.6%)	8:48	6.8 (50.4%)
537	MIKA Damian	151	EKO-OKNA RUNNERS	M50	42	00:02:45	02:21:47	03:43:21	04:58:52	05:57:38		06:33:05.90	06:33:05.90	+03:15:04 (49.6%)	8:48	6.8 (50.4%)
538	SZUMNA Aleksandra	600	MONKEYS' TEAM	K30	39	00:02:15	02:20:27	03:44:28	05:00:49	05:58:17		06:33:12.35	06:33:12.35	+03:15:11 (49.6%)	8:48	6.8 (50.4%)
539	SIKORA Sławomir	457	RACEBROTHERS	M40	190	00:01:33	02:07:52	03:31:22	04:51:39	05:54:42		06:34:58.40	06:34:58.40	+03:16:57 (49.9%)	8:51	6.8 (50.4%)
540	KOWALICKI Marcin	502	BIEGAM BO MOGĘ	M20	36			03:40:32	04:56:29	05:56:04		06:35:08.00	06:35:08.00	+03:17:06 (49.9%)	8:51	6.8 (50.4%)
541	JARZEMBOWSKI Tomasz	419	WYBIEGANI TEAM	M30	173	00:01:14	02:30:37	03:57:13	05:00:18	06:00:30		06:36:37.20	06:36:37.20	+03:18:36 (50.1%)	8:53	6.7 (49.6%)
542	SOBCZAK Mikołaj	371	WYBIEGANI TEAM	M40	191	00:01:14	02:30:48	03:57:12	05:00:19	06:00:32		06:36:37.60	06:36:37.60	+03:18:36 (50.1%)	8:53	6.7 (49.6%)
543	GOLUBA Krzysztof	305		M40	192	00:01:17	02:13:17	03:39:18	04:51:56	05:59:07		06:36:47.70	06:36:47.70	+03:18:46 (50.1%)	8:53	6.7 (49.6%)
544	ZGÓRSKI Grzegorz	769	NIGHT RUNNERS GLIWICE	M40	193	00:03:02	02:14:08	03:46:26	05:03:10	06:07:15		06:37:15.90	06:37:15.90	+03:19:14 (50.2%)	8:54	6.7 (49.6%)
545	NAMIOTA Marek	73		M60	14	00:00:59	02:14:15	03:41:09	05:01:59	06:01:12		06:37:32.95	06:37:32.95	+03:19:31 (50.2%)	8:54	6.7 (49.6%)
546	STANISŁAWSKI Tomasz	142	KLUB BIEGACZA RTV EURO AGD	M40	194	00:01:50	02:24:07	03:46:56	04:59:09	05:59:38		06:37:34.90	06:37:34.90	+03:19:33 (50.2%)	8:54	6.7 (49.6%)
547	KŁOPOTOWSKA SOSNA Kaska	516	UNLIMITED TRIATHLON TEAM	K50	7	00:01:01	02:34:10	03:57:03	05:04:26	06:03:49		06:38:04.25	06:38:04.25	+03:20:03 (50.3%)	8:55	6.7 (49.6%)
548	MISZCZYK Marcin	417		M40	195	00:02:25	02:35:00	03:57:03	05:04:24	06:03:49		06:39:15.80	06:39:15.80	+03:21:14 (50.4%)	8:57	6.7 (49.6%)
549	ZIELONKA Bogumił	530	PKB ENDORFINA	M40	196	00:03:18	02:21:51	03:52:46	05:06:29	06:05:43		06:39:52.40	06:39:52.40	+03:21:51 (50.5%)	8:57	6.7 (49.6%)
550	BIERNAT Agnieszka	745	KOSMICZNE MUMINKI	K20	6	00:01:19	02:19:14	03:42:36	04:56:57	06:00:59		06:41:06.05	06:41:06.05	+03:23:04 (50.6%)	8:59	6.7 (49.6%)
551	PRZYBYLSKI Mariusz	383	PGB SPORTOWA PACZKA	M40	197	00:02:02	02:15:59	03:35:58	04:57:24	06:00:53		06:41:12.00	06:41:12.00	+03:23:10 (50.6%)	8:59	6.7 (49.6%)
552	PRYSZCZ Mirosław	50		M40	198	00:02:59	02:14:09	03:46:24	05:03:11	06:07:14		06:42:09.15	06:42:09.15	+03:24:08 (50.8%)	9:01	6.7 (49.6%)
553	WILECZEK Antoni	618		M30	174	00:02:22	02:20:11	03:52:56	05:04:53	06:05:40		06:42:10.30	06:42:10.30	+03:24:09 (50.8%)	9:01	6.7 (49.6%)
554	CHODAKOWSKI Kacper	275	OSTROBIEC	M20	37		02:33:20	04:04:49	05:12:50	06:09:34		06:42:11.75	06:42:11.75	+03:24:10 (50.8%)	9:01	6.7 (49.6%)
555	KRZYŻEWSKI Roger	61		M30	175	00:03:30	02:18:16	03:41:38	04:50:44	05:57:09		06:42:14.35	06:42:14.35	+03:24:13 (50.8%)	9:01	6.7 (49.6%)
556	BAŁA Bożena	81		K30	40	00:00:58	02:14:13	03:41:17	05:05:17	06:05:18		06:42:14.55	06:42:14.55	+03:24:13 (50.8%)	9:01	6.7 (49.6%)
557	NAMIOTA Urszula	72	1960	K50	8	00:00:51	02:13:28	03:41:19	05:05:17	06:05:19		06:42:15.20	06:42:15.20	+03:24:14 (50.8%)	9:01	6.7 (49.6%)
558	JAROSZ-PIWOŃSKA Aldona	65	KS PEGAZ	K40	38	00:02:22	02:25:46	03:53:22	05:09:47	06:08:33		06:42:29.80	06:42:29.80	+03:24:28 (50.8%)	9:01	6.6 (48.9%)
559	KOWALEWSKA Izabela	475	PIASECZNO RUNNING	K30	41	00:02:22	02:25:46	03:53:20	05:09:42	06:08:35		06:42:29.95	06:42:29.95	+03:24:28 (50.8%)	9:01	6.6 (48.9%)
560	ŻAK Oliwia	66	PIASECZNO RUNNING	K30	42	00:02:21	02:25:47	03:53:23	05:09:42	06:08:34		06:42:30.10	06:42:30.10	+03:24:29 (50.8%)	9:01	6.6 (48.9%)
561	PECIO Kamil	748	PIASECZNO RUNNING	M30	176	00:02:22	02:25:46	03:53:21	05:10:04	06:08:36		06:42:30.30	06:42:30.30	+03:24:29 (50.8%)	9:01	6.6 (48.9%)
562	LEWANDOWSKI Paweł	538	SANDOMINGOTEAM	M30	177	00:02:55	02:21:31	03:49:07	05:08:43	06:09:10		06:44:47.10	06:44:47.10	+03:26:46 (51.1%)	9:04	6.6 (48.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k	Roztoki	Split_Mateusz	Split_Kamyk	Split_Mateusz	Kara/ bonifikata	Czas	Czas	Różn	Tempo	Tempo
						0.1km	18km	26.5km	34.2km	40.7km		netto	brutto		min/km	km/h
563	LEWANDOWSKA Olga	541		K30	43	00:02:56	02:21:34	03:49:11	05:08:44	06:09:13		06:44:47.20	06:44:47.20	+03:26:46 (51.1%)	9:04	6.6 (48.9%)
564	MARONDEL Katarzyna	619	FESTIWAL BIEGOWY	K30	44	00:02:10	02:24:52	03:48:25	05:03:06	06:09:07		06:44:55.05	06:44:55.05	+03:26:53 (51.1%)	9:04	6.6 (48.9%)
565	KAZANOWSKI Marcin	620	OFIARY KAMIENICA	M40	199	00:02:10	02:24:53	03:48:27	05:03:08	06:09:09		06:45:07.70	06:45:07.70	+03:27:06 (51.1%)	9:05	6.6 (48.9%)
566	STACHYRA Andrzej	312	LSB	M50	43	00:02:20	02:00:20	03:23:56	04:57:55	06:08:59		06:46:40.95	06:46:40.95	+03:28:39 (51.3%)	9:07	6.6 (48.9%)
567	PORĘBSKA Dorota	338	NOWA HUTA TEAM	K40	39	00:02:28	02:18:24	03:49:14	05:16:32	06:13:29		06:46:41.10	06:46:41.10	+03:28:40 (51.3%)	9:07	6.6 (48.9%)
568	CYGAN Lukasz	202	KLUB SPORTOWY HAJIME	M30	178	00:01:11	02:15:45	03:44:23	04:57:12	06:05:36		06:47:27.90	06:47:27.90	+03:29:26 (51.4%)	9:08	6.6 (48.9%)
569	ROMAN Paweł	546	KS BARAKUDA MIŃSK MAZOWIECKI	M40	200	00:03:20	02:17:40	03:50:01	05:13:50	06:12:52		06:47:59.15	06:47:59.15	+03:29:58 (51.5%)	9:08	6.6 (48.9%)
570	RYSIAWA Marek	547	BEZ	M40	201	00:03:20	02:17:49	03:49:57	05:13:53	06:13:04		06:47:59.20	06:47:59.20	+03:29:58 (51.5%)	9:08	6.6 (48.9%)
571	KUCIŃSKI Tomasz	403	MKB DREPTAK	M40	202	00:03:22	02:17:46	03:49:59	05:13:56	06:13:05		06:48:01.70	06:48:01.70	+03:30:00 (51.5%)	9:08	6.6 (48.9%)
572	DYSZKIEWICZ Grzegorz	390	KUTNO BIEGA	M30	179	00:01:40	02:18:25	03:50:48	05:23:08	06:19:08		06:49:08.80	06:49:08.80	+03:31:07 (51.6%)	9:10	6.5 (48.1%)
573	SOKOLOWSKI Artur	36		M50	44	00:02:36	02:25:52	03:49:00	05:08:03	06:10:50		06:51:17.00	06:51:17.00	+03:33:15 (51.9%)	9:13	6.5 (48.1%)
574	MATYSEK Ireneusz	761		M60	15	00:02:45	02:28:46	03:56:24	05:12:07	06:13:41		06:51:45.50	06:51:45.50	+03:33:44 (51.9%)	9:13	6.5 (48.1%)
575	SOLICH Patryk	35	NIGHT RUNNERS GLIWICE	M30	180	00:03:16	02:29:00	03:53:26	05:21:35	06:19:18		06:52:41.90	06:52:41.90	+03:34:40 (52.0%)	9:15	6.5 (48.1%)
576	KULIK Katarzyna	99	NIGHT RUNNERS GLIWICE	K30	45	00:03:17	02:24:39	03:53:25	05:21:34	06:19:17		06:52:41.95	06:52:41.95	+03:34:40 (52.0%)	9:15	6.5 (48.1%)
577	KUREK Stanisław	327		M40	203	00:03:30	02:23:27	03:50:25	05:09:22	06:16:04		06:53:35.60	06:53:35.60	+03:35:34 (52.1%)	9:16	6.5 (48.1%)
578	KORZENIOWSKA Joanna	129	UMCS BIEGA	K30	46	00:02:52	02:34:27	04:02:22	05:20:38	06:19:58		06:54:02.90	06:54:02.90	+03:36:01 (52.2%)	9:16	6.5 (48.1%)
579	KOWALIK Anna	130	UMCS BIEGA	K30	47	00:02:52	02:34:30	04:02:24	05:20:39	06:20:00		06:54:04.30	06:54:04.30	+03:36:03 (52.2%)	9:17	6.5 (48.1%)
580	JANOTA Marcin	413	CREADIS	M30	181	00:01:33	02:19:50	03:53:38	05:11:48	06:14:22		06:54:04.45	06:54:04.45	+03:36:03 (52.2%)	9:17	6.5 (48.1%)
581	CEBULA Paweł	418	CREADIS	M30	182	00:01:33	02:19:45	03:53:24	05:11:47	06:14:22		06:54:05.05	06:54:05.05	+03:36:03 (52.2%)	9:17	6.5 (48.1%)
582	TUTAK Daniel	737	FURIOSI POLANKA	M40	204	00:02:51	02:30:09	03:57:08	05:14:40	06:17:50		06:54:06.35	06:54:06.35	+03:36:05 (52.2%)	9:17	6.5 (48.1%)
583	OBARSKI Norbert	220		M50	45	00:02:58	02:32:54	03:56:20	05:16:18	06:20:06		06:54:12.15	06:54:12.15	+03:36:11 (52.2%)	9:17	6.5 (48.1%)
584	BĘDŹKOWSKI Marek	479	MORSY OSTROŁĘKA	M50	46	00:02:20	02:45:34	04:11:11	05:20:54	06:20:16		06:55:11.80	06:55:11.80	+03:37:10 (52.3%)	9:18	6.4 (47.4%)
585	BARTO Sylwia	528		K40	40	00:02:31	02:33:12	04:05:24	05:19:26	06:22:03		06:55:12.45	06:55:12.45	+03:37:11 (52.3%)	9:18	6.4 (47.4%)
586	DYGOŃ Małgorzata	33		K40	41	00:03:09	02:37:02	06:23:33				06:55:13.25	06:55:13.25	+03:37:12 (52.3%)	9:18	6.4 (47.4%)
587	KALICKI Irek	713	GCW ACADEMY	M40	205	00:01:47	02:25:00	06:19:51				06:55:24.40	06:55:24.40	+03:37:23 (52.3%)	9:18	6.4 (47.4%)
588	BILSKI Piotr	561	TECZA	M30	183	00:02:16	02:21:15	03:50:40	05:12:21	06:15:48		06:55:54.50	06:55:54.50	+03:37:53 (52.4%)	9:19	6.4 (47.4%)
589	GALIŃSKI Kamil	578	ABY DO METY	M30	184	00:02:59	02:08:36	03:41:52	05:08:42	06:13:26		06:55:56.10	06:55:56.10	+03:37:55 (52.4%)	9:19	6.4 (47.4%)
590	MORAWSKA Anna	218		K60	1	00:01:17	02:34:00	06:20:21				06:56:07.35	06:56:07.35	+03:38:06 (52.4%)	9:19	6.4 (47.4%)
591	WALCZYŃSKA Karolina	29	RUNHOGS TYCHY	K30	48	00:01:38	02:29:36	04:04:41	05:23:29	06:20:33		06:56:23.55	06:56:23.55	+03:38:22 (52.4%)	9:20	6.4 (47.4%)
592	HEBDA-OLSZÓWKA Aleksandra	51	NIGHT RUNNERS GLIWICE	K30	49	00:03:08	02:37:48	04:02:56	05:26:31	06:23:55		06:56:44.35	06:56:44.35	+03:38:43 (52.5%)	9:20	6.4 (47.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k	Roztoki	Split_Mateusz	Split_Kamyk	Split_Mateusz	Kara/ bonifikata	Czas	Czas	Różn	Tempo	Tempo
						0.1km	18km	26.5km	34.2km	40.7km		netto 44.6km	brutto 44.6km		min/km	km/h
593	TYRANKIEWICZ Kamila	472	JUMP&FLY, KABATY	K40	42	00:01:46	02:30:23	04:06:15	05:22:17	06:22:36		06:58:55.35	06:58:55.35	+03:40:54 (52.7%)	9:23	6.4 (47.4%)
594	BAĆMAGA Jan	666	JPII - MAZOWSZANY	M40	206	00:01:46	02:21:41	03:50:44	05:14:52	06:20:22		07:00:44.50	07:00:44.50	+03:42:43 (52.9%)	9:26	6.4 (47.4%)
595	KOSIERKIEWICZ Grzegorz	760		M40	207	00:01:27	02:32:48	04:06:02	05:14:58	06:22:10		07:00:59.65	07:00:59.65	+03:42:58 (53.0%)	9:26	6.4 (47.4%)
596	BOGUCKA Martyna	145	JACEKBIEGA RUNNING TEAM	K40	43	00:03:05	02:38:12	04:03:26	05:19:40	06:23:44		07:01:27.60	07:01:27.60	+03:43:26 (53.0%)	9:26	6.3 (46.7%)
597	MAJCHROWICZ Marzenna	252		K40	44	00:03:18	02:30:36	06:24:24				07:01:30.00	07:01:30.00	+03:43:28 (53.0%)	9:27	6.3 (46.7%)
598	SZYMAŃSKA Jolanta	59		K30	50	00:01:44	02:19:28	03:48:38	05:12:30	06:17:43		07:02:16.20	07:02:16.20	+03:44:15 (53.1%)	9:28	6.3 (46.7%)
599	BARWINEK Robert	503	BIEGNĘ ŻEBY BARTEK MÓGL BIEGAĆ	M30	185	00:01:45	02:18:54	03:48:38	05:12:52	06:17:44		07:02:18.75	07:02:18.75	+03:44:17 (53.1%)	9:28	6.3 (46.7%)
600	WILIMSKI Tomasz	34	NIGHT RUNNERS	M40	208	00:03:16	02:30:08	03:53:42	05:21:37	06:25:26		07:02:19.80	07:02:19.80	+03:44:18 (53.1%)	9:28	6.3 (46.7%)
601	KRĘCISZ Zbigniew	139	AMATOR	M60	16	00:01:20	02:24:16	03:55:18	05:19:58	06:24:44		07:02:59.30	07:02:59.30	+03:44:58 (53.2%)	9:29	6.3 (46.7%)
602	DWORAK Adam	658	TAJFUN	M40	209	00:02:05	02:18:27	03:54:00	05:20:06	06:26:30		07:03:00.50	07:03:00.50	+03:44:59 (53.2%)	9:29	6.3 (46.7%)
603	URBANOWICZ Łukasz	339		M40	210	00:02:25	02:36:36	06:25:23				07:03:34.75	07:03:34.75	+03:45:33 (53.3%)	9:29	6.3 (46.7%)
604	ADAMSKI Bartłomiej	366		M40	211	00:02:26	02:37:28	04:10:26	05:24:58	06:25:22		07:03:41.00	07:03:41.00	+03:45:39 (53.3%)	9:29	6.3 (46.7%)
605	ZAWADZKA Magdalena	143	AKS POLONIA WARSZAWA/TEAM ZABIEGANE DNI	K30	51	00:02:31	02:30:49	04:02:29	05:20:34	06:27:54		07:03:53.45	07:03:53.45	+03:45:52 (53.3%)	9:30	6.3 (46.7%)
606	ZABŁOTNY Karol	304	TARCHOŚFIRY	M30	186	00:01:26	02:12:30	03:41:17	05:01:27	06:13:09		07:05:05.05	07:05:05.05	+03:47:03 (53.4%)	9:31	6.3 (46.7%)
607	PANENKA Małgorzata	63	NIGHT RUNNERS GLIWICE	K40	45	00:03:05	02:38:13	04:03:29	05:26:46	06:27:44		07:05:11.90	07:05:11.90	+03:47:10 (53.4%)	9:31	6.3 (46.7%)
608	FREJ Marcin	90	ZABIEGANI.TV	M30	187	00:01:21	02:37:20	04:05:09	05:17:28	06:23:43		07:05:52.40	07:05:52.40	+03:47:51 (53.5%)	9:32	6.3 (46.7%)
609	GLINA-KRAWCZYK Małgorzata	439	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	K40	46	00:02:57	02:29:11	04:03:09	05:23:14	06:30:12		07:06:36.25	07:06:36.25	+03:48:35 (53.6%)	9:33	6.3 (46.7%)
610	KONOPACKI Krzysztof	451	ABY DO METY	M40	212	00:02:57	02:29:08	04:03:13	05:23:22	06:30:16		07:06:36.65	07:06:36.65	+03:48:35 (53.6%)	9:33	6.3 (46.7%)
611	ŁOPOKA Przemysław	757	ABY DO METY	M20	38	00:02:59	02:29:17	04:03:13	05:23:14	06:30:18		07:06:37.10	07:06:37.10	+03:48:36 (53.6%)	9:33	6.3 (46.7%)
612	MAZUR Ewelina	116	BIEGAJ Z TRENERAMI	K40	47	00:03:10	02:37:55	06:29:10				07:07:11.20	07:07:11.20	+03:49:10 (53.6%)	9:34	6.3 (46.7%)
613	MAJONEK Artur	714	FITMAJON	M30	188	00:01:47	02:25:00	06:26:11				07:07:12.40	07:07:12.40	+03:49:11 (53.6%)	9:34	6.3 (46.7%)
614	KACZKIEWICZ Damian	270	NIGHT RUNNERS GLIWICE	M40	213	00:02:51	02:38:14	04:02:57	05:23:32	06:29:09		07:07:14.60	07:07:14.60	+03:49:13 (53.7%)	9:34	6.3 (46.7%)
615	MAJCHROWICZ Andrzej	250		M40	214	00:03:18	02:30:51	06:28:32				07:09:28.60	07:09:28.60	+03:51:27 (53.9%)	9:37	6.2 (45.9%)
616	DUNIEC Małgorzata	206	DOGOŃ GRODZISK MAZOWIECKI	K30	52	00:02:03	02:30:09	06:32:03				07:11:22.75	07:11:22.75	+03:53:21 (54.1%)	9:40	6.2 (45.9%)
617	ŁYSUNIAK-STRAUCH Aleksandra	207	DOGOŃ GRODZISK MAZOWIECKI	K30	53	00:02:03	02:30:11	06:32:03				07:11:22.80	07:11:22.80	+03:53:21 (54.1%)	9:40	6.2 (45.9%)
618	KURKUS Aleksander	259	DOGOŃ GRODZISK MAZOWIECKI / ADIDAS RUNNERS WARSAW	M40	215	00:02:03	02:30:11	06:32:03				07:11:23.10	07:11:23.10	+03:53:22 (54.1%)	9:40	6.2 (45.9%)
619	SUBIRATS Cristian	508		M30	189	00:02:34	02:34:27	04:10:23	05:23:45	06:32:32		07:12:43.15	07:12:43.15	+03:54:42 (54.2%)	9:42	6.2 (45.9%)
620	GIENIECZKO Marcin	723		M40	216	00:02:31	02:37:26	04:07:19	05:25:22	06:34:04		07:12:47.50	07:12:47.50	+03:54:46 (54.2%)	9:42	6.2 (45.9%)
621	PAWŁOWSKI Piotr	491	PRZEMYŚL BEARS	M30	190	00:02:29	02:26:40	03:53:50	05:31:23	06:34:05		07:13:48.60	07:13:48.60	+03:55:47 (54.4%)	9:43	6.2 (45.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start					Kara/ bonifikata	Czas		Tempo min/km	Tempo km/h	
						2k 0.1km	Roztoki 18km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km		netto 44.6km	brutto 44.6km			Różn
622	GALANTY Agnieszka	492		K40	48	00:02:29	02:26:39	03:53:44	05:31:23	06:34:05		07:13:48.90	07:13:48.90	+03:55:47 (54.4%)	9:43	6.2 (45.9%)
623	URBAŃCZYK Marcin	28	PERSONALTRIATHLON/TRINERGY	M30	191	00:02:55	02:34:52	04:07:40	05:32:29	06:40:25		07:14:56.30	07:14:56.30	+03:56:55 (54.5%)	9:45	6.2 (45.9%)
624	CEBRAT Tomasz	133	POZYTYWNE ZABIEGANI SANOK	M40	217	00:02:41	02:32:55	04:08:24	05:30:04	06:36:37		07:16:12.75	07:16:12.75	+03:58:11 (54.6%)	9:46	6.1 (45.2%)
625	JABŁOŃSKI Kazimierz	657		M60	17	00:02:11	02:36:27	04:02:43	05:23:09	06:35:11		07:16:22.85	07:16:22.85	+03:58:21 (54.6%)	9:47	6.1 (45.2%)
626	SZEWC Marian	240		M60	18	00:01:27	02:31:09	03:56:28	05:22:12	06:33:18		07:17:19.45	07:17:19.45	+03:59:18 (54.7%)	9:48	6.1 (45.2%)
627	WÓJTOWICZ Paweł	131	LUBLIN BIEGA	M40	218	00:02:53	02:37:37	04:09:10	05:31:52	06:39:31		07:17:30.75	07:17:30.75	+03:59:29 (54.7%)	9:48	6.1 (45.2%)
628	GÓRE CZNY Kamila	300		K40	49	00:02:30	02:33:49	04:05:26	05:28:12	06:40:25		07:22:23.50	07:22:23.50	+04:04:22 (55.2%)	9:55	6 (44.4%)
629	STASZEL ŁATAS Tomasz	477	HUSARIA RECE TEAM	M30	192	00:02:34	02:31:33	04:10:12	05:41:17	06:43:17		07:22:50.35	07:22:50.35	+04:04:49 (55.3%)	9:55	6 (44.4%)
630	WÓJTOWICZ Iwona	232	HUSARIA RACE TEAM	K40	50	00:02:33	02:31:43	04:10:12	05:41:18	06:43:17		07:22:50.70	07:22:50.70	+04:04:49 (55.3%)	9:55	6 (44.4%)
631	POPIOŁEK Jacek	95	BIEGYSIEM.PL/LOSTINSPO	M30	193	00:03:04	02:33:39	04:03:15	05:21:39	06:33:33		07:23:49.70	07:23:49.70	+04:05:48 (55.4%)	9:57	6 (44.4%)
632	WĄSIK Kornelia	662	BIEGUSIEM.PL	K20	7	00:03:04	02:33:42	04:03:24	05:21:39	06:33:37		07:23:50.75	07:23:50.75	+04:05:49 (55.4%)	9:57	6 (44.4%)
633	OKARMA Wojtek	279	WWW.VIRTUTIMILITARI.PL	M30	194	00:02:51	02:32:41	04:03:46	05:29:07	06:46:51		07:26:08.15	07:26:08.15	+04:08:07 (55.6%)	10:00	6 (44.4%)
634	HRYSZKO Robert	747	POZYTYWNE ZABIEGANI SANOK	M50	47	00:02:40	02:34:18	04:19:00	05:45:38	06:46:52		07:26:24.95	07:26:24.95	+04:08:23 (55.6%)	10:00	6 (44.4%)
635	WOLF Weronika	303	3 PODKARPACKA BRYGADA OBRONY TERYTORIALNEJ	K40	51	00:02:41	02:34:18	04:18:59	05:45:38	06:46:51		07:26:25.15	07:26:25.15	+04:08:24 (55.6%)	10:00	6 (44.4%)
636	CZYRNIA Andrzej	681	RAJSPO	M30	195	00:01:44	02:31:50	04:03:59	05:26:34	06:42:34		07:27:08.15	07:27:08.15	+04:09:07 (55.7%)	10:01	6 (44.4%)
637	MALEC Basia	19		K50	9	00:01:56	02:35:55	04:11:09	05:46:37	06:51:04		07:29:46.15	07:29:46.15	+04:11:45 (56.0%)	10:05	5.9 (43.7%)
638	GŁUSZCZAK Jerzy	194		M60	19	00:04:18	02:32:19	04:08:20	05:35:41	06:48:46		07:34:00.60	07:34:00.60	+04:15:59 (56.4%)	10:10	5.9 (43.7%)
639	MAZIEC Dariusz	188	NKB CHYŻY NOWY TOMYŚL /WRESTLING CROSS GYM NOWY TOMYŚL	M30	196	00:03:16	02:53:12	04:23:32	05:41:14	06:55:03		07:38:09.30	07:38:09.30	+04:20:08 (56.8%)	10:16	5.8 (43.0%)
640	KRUSZEWSKA Emilia	674		K30	54	00:00:46	02:39:54	04:20:40		06:55:06		07:38:11.55	07:38:11.55	+04:20:10 (56.8%)	10:16	5.8 (43.0%)
641	SKRZYPSKA Iwona	331		K40	52	00:02:13	02:35:01	04:18:17	05:48:10	06:57:39		07:38:12.45	07:38:12.45	+04:20:11 (56.8%)	10:16	5.8 (43.0%)
642	JÓZEFOWSKI Karol	226		M20	39	00:03:16	02:19:13	03:51:24	05:41:16	06:55:04		07:38:14.15	07:38:14.15	+04:20:13 (56.8%)	10:16	5.8 (43.0%)
643	WĄSOWICZ Magdalena	560	HUSARIA RACE TEAM	K20	8	00:01:43	02:34:31	04:19:19	05:53:20	07:05:20		07:48:17.90	07:48:17.90	+04:30:16 (57.7%)	10:29	5.7 (42.2%)
644	JANICKI Patryk	288	PORANNY PATROL	M30	197	00:03:15	02:49:40	04:35:23	06:06:02	07:07:19		07:48:55.25	07:48:55.25	+04:30:54 (57.8%)	10:30	5.7 (42.2%)
645	PIECH Adam	71	PORANNY PATROL	M40	219	00:03:15	02:49:44	04:35:24	06:02:35	07:07:19		07:48:55.40	07:48:55.40	+04:30:54 (57.8%)	10:30	5.7 (42.2%)
646	MARUT Kaśka	31	NIGHT RUNNERS GLIWICE	K40	53	00:03:09	02:37:10	04:02:10	06:04:05	07:12:34		07:57:44.25	07:57:44.25	+04:39:43 (58.6%)	10:42	5.6 (41.5%)
647	BAJAK Mirosław	119		M40	220	00:01:34	02:51:40	04:37:06	06:07:21	07:26:12		08:02:30.95	08:02:30.95	+04:44:29 (59.0%)	10:49	5.5 (40.7%)
	TYLKA Przemysław	278		M40		00:02:07 DNF	02:44:18 DNF	DNF	DNF	DNF		DNF	DNF	-	-	- (0.0%)
	OBARSKA Małgorzata	219		K50		00:02:58 DNF	02:57:38 DNF	DNF	DNF	DNF		DNF	DNF	-	-	- (0.0%)
	KARWAN Barbara	633	PLACETOTRI	K30		00:00:52 DNF	02:04:33 DNF	03:22:48 DNF	DNF	DNF		DNF	DNF	-	-	- (0.0%)
	DUDA Paweł	106		M30		DNF	DNF	03:50:46 DNF	DNF	DNF		DNF	DNF	-	-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k 0.1km	Roztoki 18km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km	Kara/ bonifikata	Czas netto 44.6km	Czas brutto 44.6km	Różn	Tempo min/km	Tempo km/h
	UNIEJEWSKI Tomasz	573	UMBA	M40		00:01:17 DNF	02:03:02 DNF	DNF	DNF	DNF		DNF	DNF	-	-	(0.0%)
	PACANOWSKI Łukasz	247	PARA-NIE-DO-PARY	M30		00:02:17 DNF	02:25:14 DNF	DNF	DNF	DNF		DNF	DNF	-	-	(0.0%)
	MAŚLANKA Ireneusz	64	NIGHT RUNNERS GLIWICE	M50		00:03:40 DNF	02:59:48 DNF	DNF	DNF	DNF		DNF	DNF	-	-	(0.0%)
	SZELER Joanna	20	SILESIA MARATHON TEAM / BIEGAJACA Z PSAMI	K40		00:02:40 DNF	03:24:30 DNF	DNF	DNF	DNF		DNF	DNF	-	-	(0.0%)
	KLISZ Aga	18		K30		00:01:56 DNF	DNF	DNF	DNF	DNF		DNF	DNF	-	-	(0.0%)

Znaleziono 656 wynik(ów)