



# VI HYUNDAI ULTRAMARATON BIESZCZADZKI - 26 KM

B4SPORT

**Wydarzenie:** Maraton Bieszczadzki 2018  
**Organizator:** Fundacja Bieg Rzeźnika  
**Data:** 2018-10-13  
**Miejsce:** Cisna  
**Dystans:** 26 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P2_Roztoki 12km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
1	<b>NOWOCIN Radosław</b>	<b>1214</b>		M20	1	00:55:59	<b>02:11:05.90</b>	<b>02:11:35.30</b>		5:02	11.9 (100%)
2	<b>STYCZEŃ Piotr</b>	<b>1192</b>	CKBABCIE/WOŹNIAKRUNNINGTEAM	M30	1	00:59:37	<b>02:17:14.75</b>	<b>02:17:44.10</b>	+00:06:08 (4.5%)	5:16	11.4 (95.8%)
3	<b>DUDZIK Łukasz</b>	<b>1291</b>	GÓRAL BIEGA	M30	2	01:03:15	<b>02:26:47.35</b>	<b>02:27:17.15</b>	+00:15:41 (10.7%)	5:38	10.6 (89.1%)
4	<b>ADAMCZYK Przemysław</b>	<b>1360</b>	ADIDAS RUNNERS WARSAW	M40	1	01:04:32	<b>02:27:38.20</b>	<b>02:28:08.20</b>	+00:16:32 (11.2%)	5:40	10.6 (89.1%)
5	<b>MOTYKA Kamil</b>	<b>1173</b>	JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ - KAMIL-BIEGA	M30	3	01:04:33	<b>02:29:38.00</b>	<b>02:30:08.90</b>	+00:18:33 (12.4%)	5:45	10.4 (87.4%)
6	<b>PIELECKI Bartłomiej</b>	<b>1371</b>		M30	4	01:02:45	<b>02:30:11.55</b>	<b>02:30:42.30</b>	+00:19:07 (12.7%)	5:46	10.4 (87.4%)
7	<b>ZIELAK Darek</b>	<b>1344</b>		M40	2	01:06:35	<b>02:36:04.85</b>	<b>02:36:37.15</b>	+00:25:01 (16.0%)	6:00	10 (84.0%)
8	<b>LEMAŃSKI Damian</b>	<b>1358</b>		M20	2	01:06:58	<b>02:37:49.10</b>	<b>02:38:20.75</b>	+00:26:45 (16.9%)	6:04	9.9 (83.2%)
9	<b>DELEKTA Dariusz</b>	<b>1326</b>	DELNOVA	M30	5	01:09:36	<b>02:39:32.20</b>	<b>02:40:04.35</b>	+00:28:29 (17.8%)	6:08	9.8 (82.4%)
10	<b>FLĄDRO Daniel</b>	<b>1341</b>		M40	3	01:07:21	<b>02:42:15.00</b>	<b>02:42:44.10</b>	+00:31:08 (19.1%)	6:14	9.6 (80.7%)
11	<b>RUPIŃSKI Krzysztof</b>	<b>1330</b>	TRAINING LAB	M20	3	01:10:46	<b>02:43:16.55</b>	<b>02:43:50.10</b>	+00:32:14 (19.7%)	6:16	9.6 (80.7%)
12	<b>DELEKTA Jan</b>	<b>1325</b>	DJ	M40	4	01:09:34	<b>02:43:31.00</b>	<b>02:44:03.85</b>	+00:32:28 (19.8%)	6:17	9.5 (79.8%)
13	<b>TELEGA Maciej</b>	<b>1230</b>		M20	4	01:11:42	<b>02:46:46.10</b>	<b>02:47:43.45</b>	+00:36:08 (21.5%)	6:24	9.4 (79.0%)
14	<b>JASTRZĄBEK Konrad</b>	<b>1123</b>	EVERRUN	M30	6	01:14:11	<b>02:49:38.80</b>	<b>02:50:12.00</b>	+00:38:36 (22.7%)	6:31	9.2 (77.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P2_Roztoki 12km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
15	<b>KOWALIK Ewelina</b>	<b>1225</b>	FIZJOBIEGACZE SZCZECIN	K20	1	01:10:41	<b>02:49:47.10</b>	<b>02:50:17.70</b>	+00:38:42 (22.7%)	6:31	9.2 (77.3%)
16	<b>RICHTER Marcin</b>	<b>1108</b>		M30	7	01:11:31	<b>02:50:18.15</b>	<b>02:50:59.40</b>	+00:39:24 (23.0%)	6:33	9.2 (77.3%)
17	<b>BEKAS Marcin</b>	<b>1375</b>	RUNONLINE.PL	M40	5	01:11:44	<b>02:52:06.05</b>	<b>02:52:36.80</b>	+00:41:01 (23.8%)	6:37	9.1 (76.5%)
18	<b>WĘGRZYN Radosław</b>	<b>1249</b>		M20	5	01:10:36	<b>02:53:01.25</b>	<b>02:54:03.35</b>	+00:42:28 (24.4%)	6:39	9 (75.6%)
19	<b>ADAMIAK Marcin</b>	<b>1117</b>	EVERRUN	M40	6	01:12:51	<b>02:54:06.70</b>	<b>02:54:39.60</b>	+00:43:04 (24.7%)	6:41	9 (75.6%)
20	<b>SZCZEPAŃSKI Marcin</b>	<b>1116</b>	EVERRUN	M40	7	01:14:11	<b>02:54:10.70</b>	<b>02:54:43.90</b>	+00:43:08 (24.7%)	6:41	9 (75.6%)
21	<b>KOPEĆ Arkadiusz</b>	<b>1335</b>	WOLBROM TEAM	M40	8	01:12:13	<b>02:54:58.00</b>	<b>02:55:30.40</b>	+00:43:55 (25.0%)	6:43	8.9 (74.8%)
22	<b>CZERCHAWSKI Janusz</b>	<b>1021</b>		M40	9	01:12:58	<b>02:56:25.75</b>	<b>02:57:05.55</b>	+00:45:30 (25.7%)	6:47	8.8 (73.9%)
23	<b>KOPEĆ Paweł</b>	<b>1287</b>	RZESZOWSKIE GAZELE I GEPARDY	M30	8	01:11:24	<b>02:56:40.40</b>	<b>02:57:12.35</b>	+00:45:37 (25.7%)	6:47	8.8 (73.9%)
24	<b>BURANDT Magdalena</b>	<b>1345</b>	DRUŻYNA WILKA/3 LIFE TEAM	K30	1	01:14:43	<b>02:59:34.85</b>	<b>03:00:13.60</b>	+00:48:38 (27.0%)	6:54	8.7 (73.1%)
25	<b>JASIŃSKI Michał</b>	<b>1156</b>		M30	9	01:13:33	<b>02:59:42.15</b>	<b>03:00:15.20</b>	+00:48:39 (27.0%)	6:54	8.7 (73.1%)
26	<b>KUCZKOWSKI Krzysztof</b>	<b>1161</b>	TRAINING LAB	M30	10	01:14:43	<b>02:59:43.15</b>	<b>03:00:18.30</b>	+00:48:43 (27.0%)	6:54	8.7 (73.1%)
27	<b>TOKARZ Adrian</b>	<b>1241</b>	DZIKIE MUSTANGI	M30	11	01:13:55	<b>03:01:53.85</b>	<b>03:02:48.35</b>	+00:51:13 (28.0%)	6:59	8.6 (72.3%)
28	<b>WOŹNIAK Grzegorz</b>	<b>1248</b>		M30	12	01:15:58	<b>03:02:48.15</b>	<b>03:03:26.20</b>	+00:51:50 (28.3%)	7:01	8.5 (71.4%)
29	<b>SURDACKI Mateusz</b>	<b>1054</b>		M30	13	01:15:16	<b>03:03:46.20</b>	<b>03:04:28.55</b>	+00:52:53 (28.7%)	7:04	8.5 (71.4%)
30	<b>KLAPPHOLZ Adriana</b>	<b>209</b>	BIEGIEM PRZEZ CHYBIE	K40	1	01:19:59	<b>03:05:11.15</b>	<b>03:05:43.10</b>	+00:54:07 (29.1%)	7:07	8.4 (70.6%)
31	<b>LISTOPAD Dariusz</b>	<b>1215</b>	NOVEMBEREER RUNNING TEAM	M40	10	01:12:05	<b>03:05:50.05</b>	<b>03:06:20.55</b>	+00:54:45 (29.4%)	7:08	8.4 (70.6%)
32	<b>KORCZYK Jakub</b>	<b>1197</b>		M30	14	01:17:34	<b>03:06:07.70</b>	<b>03:06:40.65</b>	+00:55:05 (29.5%)	7:09	8.4 (70.6%)
33	<b>WRĘCZYCKI Mirosław</b>	<b>1239</b>	CIDRY LOTAJOM	M50	1	01:20:08	<b>03:06:02.70</b>	<b>03:06:44.50</b>	+00:55:09 (29.5%)	7:09	8.4 (70.6%)
34	<b>JAGODZIŃSKI Robert</b>	<b>1092</b>	JAGODA TEAM	M40	11	01:20:00	<b>03:06:32.20</b>	<b>03:07:10.35</b>	+00:55:35 (29.7%)	7:10	8.4 (70.6%)
35	<b>POLIŃSKI Robert</b>	<b>1160</b>	TRAINING LAB	M30	15	01:21:36	<b>03:06:49.65</b>	<b>03:07:23.45</b>	+00:55:48 (29.8%)	7:11	8.3 (69.7%)
36	<b>GŁUSZKO Przemysław</b>	<b>1315</b>	SOLINA TEAM	M30	16	01:10:54	<b>03:07:28.50</b>	<b>03:07:59.25</b>	+00:56:23 (30.0%)	7:12	8.3 (69.7%)
37	<b>BERTINO Francesco</b>	<b>1245</b>	CAZZO CLUB RUNNING TEAM	M20	6	01:18:15	<b>03:08:09.80</b>	<b>03:08:40.55</b>	+00:57:05 (30.3%)	7:14	8.3 (69.7%)

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38	<b>STRAŚ Jarosław</b>	<b>1372</b>		M30	17	01:25:13	<b>03:08:05.20</b>	<b>03:08:52.45</b>	+00:57:17 (30.3%)	7:14	8.3 (69.7%)
39	<b>KAŻMIERCZAK Bartłomiej</b>	<b>1218</b>		M30	18	01:20:56	<b>03:09:50.05</b>	<b>03:10:23.85</b>	+00:58:48 (30.9%)	7:18	8.2 (68.9%)
40	<b>ZASINA Sebastian</b>	<b>1181</b>	RUBEZ AHL TEAM	M30	19	01:17:24	<b>03:11:51.60</b>	<b>03:12:23.75</b>	+01:00:48 (31.6%)	7:22	8.1 (68.1%)
41	<b>TARNOWSKI Mieczysław</b>	<b>1128</b>		M30	20	01:16:57	<b>03:12:08.35</b>	<b>03:12:39.90</b>	+01:01:04 (31.7%)	7:23	8.1 (68.1%)
42	<b>SIERPIŃSKI Mateusz</b>	<b>1151</b>	TRAINING LAB	M30	21	01:20:22	<b>03:11:44.90</b>	<b>03:12:40.40</b>	+01:01:05 (31.7%)	7:22	8.1 (68.1%)
43	<b>WOŁOSZYN Piotr</b>	<b>1278</b>		M30	22	01:20:04	<b>03:12:14.70</b>	<b>03:12:53.50</b>	+01:01:18 (31.8%)	7:23	8.1 (68.1%)
44	<b>MAKARSKI Krzysztof</b>	<b>1179</b>	JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ	M30	23	01:19:04	<b>03:12:28.90</b>	<b>03:13:00.25</b>	+01:01:24 (31.8%)	7:24	8.1 (68.1%)
45	<b>PRZYBYŁOWICZ Ramona</b>	<b>1135</b>		K30	2	01:20:23	<b>03:12:29.15</b>	<b>03:13:00.40</b>	+01:01:25 (31.8%)	7:24	8.1 (68.1%)
46	<b>ŚWIADER Jerzy</b>	<b>1083</b>		M40	12	01:18:37	<b>03:12:35.60</b>	<b>03:13:19.40</b>	+01:01:44 (31.9%)	7:24	8.1 (68.1%)
47	<b>GOŁASZEWSKA Karolina</b>	<b>1318</b>	WARSZTAT FORMY	K30	3	01:23:06	<b>03:13:09.55</b>	<b>03:13:54.50</b>	+01:02:19 (32.1%)	7:25	8.1 (68.1%)
48	<b>PRZYBYŁOWICZ Marek</b>	<b>1136</b>		M40	13	01:20:23	<b>03:13:31.95</b>	<b>03:14:03.05</b>	+01:02:27 (32.2%)	7:26	8.1 (68.1%)
49	<b>BAJOR Michał</b>	<b>1336</b>		M30	24	01:19:58	<b>03:13:51.05</b>	<b>03:14:40.35</b>	+01:03:05 (32.4%)	7:27	8 (67.2%)
50	<b>KRASUSKI Mirosław</b>	<b>1319</b>	1966	M50	2	01:19:42	<b>03:14:19.60</b>	<b>03:14:50.65</b>	+01:03:15 (32.5%)	7:28	8 (67.2%)
51	<b>KACZMAREK Mateusz</b>	<b>1058</b>	TEAM BARDZO	M20	7	01:17:16	<b>03:14:07.25</b>	<b>03:15:07.55</b>	+01:03:32 (32.6%)	7:27	8 (67.2%)
52	<b>MAŁKIEWICZ Michał</b>	<b>1299</b>	OSŻW MIŃSK MAZ./KS ZIELONO-CZARNI	M20	8	01:18:53	<b>03:14:48.35</b>	<b>03:15:18.60</b>	+01:03:43 (32.6%)	7:29	8 (67.2%)
53	<b>IZDEBSKI Paweł</b>	<b>1357</b>		M30	25	01:42:02	<b>03:15:20.20</b>	<b>03:15:52.80</b>	+01:04:17 (32.8%)	7:30	8 (67.2%)
54	<b>PECA Dariusz</b>	<b>1369</b>	BIAŁYBÓR TEAM	M30	26	01:19:03	<b>03:16:02.55</b>	<b>03:16:34.40</b>	+01:04:59 (33.1%)	7:32	8 (67.2%)
55	<b>MAZURKIEWICZ Bartłomiej</b>	<b>1176</b>	ZAPOROWY MARATON TEAM	M20	9	01:18:37	<b>03:16:02.85</b>	<b>03:16:42.85</b>	+01:05:07 (33.1%)	7:32	8 (67.2%)
56	<b>GĄSIENICA Jakub</b>	<b>1232</b>		M30	27	01:18:32	<b>03:16:13.00</b>	<b>03:16:53.55</b>	+01:05:18 (33.2%)	7:32	8 (67.2%)
57	<b>WOJTANOWSKA Karolina</b>	<b>1363</b>	DREAM CHASER TEAM	K20	2	01:20:32	<b>03:17:46.85</b>	<b>03:18:16.05</b>	+01:06:40 (33.6%)	7:36	7.9 (66.4%)
58	<b>SZCZEPANEK Sylwester</b>	<b>1276</b>	BOBOWSKA GRUPA BIEGOEA	M30	28	01:25:58	<b>03:17:57.05</b>	<b>03:19:02.35</b>	+01:07:27 (33.9%)	7:36	7.9 (66.4%)
59	<b>NOWAKOWSKI Wojciech</b>	<b>1237</b>		M30	29	01:23:21	<b>03:18:26.20</b>	<b>03:19:06.50</b>	+01:07:31 (33.9%)	7:37	7.9 (66.4%)
60	<b>WRÓBLEWSKI Adrian</b>	<b>1322</b>	3ATHLETE.PL	M30	30	01:23:26	<b>03:20:06.95</b>	<b>03:21:06.25</b>	+01:09:30 (34.6%)	7:41	7.8 (65.5%)

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61	<b>BANY Marek</b>	<b>1203</b>		M40	14	01:24:24	<b>03:20:42.65</b>	<b>03:21:22.40</b>	+01:09:47 (34.7%)	7:43	7.8 (65.5%)
62	<b>PRUSKI Zbigniew</b>	<b>1253</b>		M40	15	01:17:07	<b>03:21:06.50</b>	<b>03:21:40.60</b>	+01:10:05 (34.8%)	7:44	7.8 (65.5%)
63	<b>PINKOWSKI Dariusz</b>	<b>1043</b>	PKP LUBLINIEC , CALESTHENICA LUBLINIEC	M40	16	01:17:08	<b>03:21:06.50</b>	<b>03:21:40.90</b>	+01:10:05 (34.8%)	7:44	7.8 (65.5%)
64	<b>BARTOSIK Marek</b>	<b>1320</b>	BEAUTYSPORT.PL	M40	17	01:23:16	<b>03:21:08.90</b>	<b>03:21:42.60</b>	+01:10:07 (34.8%)	7:44	7.8 (65.5%)
65	<b>NOWAKOWSKI Arkadiusz</b>	<b>1097</b>	TRIATHLON SIEDLCE CLUB	M30	31	01:19:42	<b>03:21:11.45</b>	<b>03:21:43.40</b>	+01:10:08 (34.8%)	7:44	7.8 (65.5%)
66	<b>DĄBROWSKI Maciej</b>	<b>1275</b>		M30	32	01:33:30	<b>03:21:03.85</b>	<b>03:22:00.30</b>	+01:10:25 (34.9%)	7:44	7.8 (65.5%)
67	<b>PORĘBSKI Łukasz</b>	<b>226</b>	STOWARZYSZENIE PROSHARE CYCLING TEAM	M30	33	01:22:39	<b>03:20:54.70</b>	<b>03:22:03.25</b>	+01:10:27 (34.9%)	7:43	7.8 (65.5%)
68	<b>SZTUBA Robert</b>	<b>1368</b>		M30	34	01:20:45	<b>03:21:35.45</b>	<b>03:22:08.15</b>	+01:10:32 (34.9%)	7:45	7.7 (64.7%)
69	<b>ZIÓŁKOWSKI Krzysztof</b>	<b>1346</b>		M30	35	01:29:10	<b>03:22:03.80</b>	<b>03:23:00.90</b>	+01:11:25 (35.2%)	7:46	7.7 (64.7%)
70	<b>ŻEBRAKOWSKA Katarzyna</b>	<b>1323</b>	ULTRAMARATONPODKARPACKI.PL	K40	2	01:30:18	<b>03:22:31.45</b>	<b>03:23:07.70</b>	+01:11:32 (35.2%)	7:47	7.7 (64.7%)
71	<b>ZE BRAKOWSKI Grzegorz</b>	<b>1328</b>	WARSZTAT RUCHU KATARZYNA ŻEBRAKOWSKA	M40	18	01:30:18	<b>03:22:30.25</b>	<b>03:23:08.00</b>	+01:11:32 (35.2%)	7:47	7.7 (64.7%)
72	<b>PODBIELSKI Krystian</b>	<b>1187</b>	ROCHE RUNNERS	M40	19		<b>03:23:09.00</b>	<b>03:23:09.00</b>	+01:11:33 (35.2%)	7:48	7.7 (64.7%)
73	<b>SZADŁOWSKI Dariusz</b>	<b>1062</b>	DRIM TIM	M40	20	01:24:14	<b>03:22:44.50</b>	<b>03:23:36.35</b>	+01:12:01 (35.4%)	7:47	7.7 (64.7%)
74	<b>KRASOWSKI Łukasz</b>	<b>1050</b>		M30	36	01:24:20	<b>03:23:01.50</b>	<b>03:23:42.65</b>	+01:12:07 (35.4%)	7:48	7.7 (64.7%)
75	<b>PARTYKA Sebastian</b>	<b>1076</b>		M30	37	01:23:50	<b>03:23:43.75</b>	<b>03:24:16.70</b>	+01:12:41 (35.6%)	7:50	7.7 (64.7%)
76	<b>SZYBKOWSKI Marcin</b>	<b>1074</b>		M30	38	01:23:47	<b>03:24:03.80</b>	<b>03:24:37.30</b>	+01:13:02 (35.7%)	7:50	7.6 (63.9%)
77	<b>SADZIK Dariusz</b>	<b>1281</b>	GRUPALUKTRANS.PL	M30	39	01:29:20	<b>03:23:33.35</b>	<b>03:24:39.70</b>	+01:13:04 (35.7%)	7:49	7.7 (64.7%)
78	<b>SKRZESZEWSKI Henryk P.</b>	<b>1247</b>	FARTLEK GO	M40	21	01:23:40	<b>03:24:35.05</b>	<b>03:25:07.50</b>	+01:13:32 (35.8%)	7:52	7.6 (63.9%)
79	<b>IDZIOR Tomasz</b>	<b>1086</b>		M20	10	01:24:25	<b>03:24:46.15</b>	<b>03:25:34.20</b>	+01:13:58 (36.0%)	7:52	7.6 (63.9%)
80	<b>SZYBIAK Joanna</b>	<b>1236</b>		K40	3	01:23:50	<b>03:25:06.05</b>	<b>03:25:41.20</b>	+01:14:05 (36.0%)	7:53	7.6 (63.9%)
81	<b>FRIDRICH Marcin</b>	<b>1158</b>	TRAINING LAB	M20	11	01:21:37	<b>03:25:41.85</b>	<b>03:26:15.70</b>	+01:14:40 (36.2%)	7:54	7.6 (63.9%)
82	<b>MORAWIEC Daniel</b>	<b>1349</b>	BEAUTYSPORT.PL	M40	22	01:26:57	<b>03:26:14.40</b>	<b>03:26:49.40</b>	+01:15:14 (36.4%)	7:55	7.6 (63.9%)
83	<b>RAPACZ Marcin</b>	<b>1056</b>	FUNDACJA TYLKO BIESZCZADY	M50	3	01:23:47	<b>03:27:07.10</b>	<b>03:27:42.60</b>	+01:16:07 (36.6%)	7:57	7.5 (63.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P2_Roztoki 12km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
84	<b>ŁUCJANEK Andrzej</b>	<b>1188</b>		M30	40		<b>03:27:50.00</b>	<b>03:27:50.00</b>	+01:16:14 (36.7%)	7:59	7.5 (63.0%)
85	<b>CZARNACKA Karolina</b>	<b>1126</b>		K30	4	01:30:34	<b>03:27:24.05</b>	<b>03:28:09.30</b>	+01:16:34 (36.8%)	7:58	7.5 (63.0%)
86	<b>GRECJA Jarek</b>	<b>1178</b>		M40	23	01:21:35	<b>03:28:08.95</b>	<b>03:28:49.35</b>	+01:17:14 (37.0%)	8:00	7.5 (63.0%)
87	<b>GUJSKI Marcin</b>	<b>1175</b>	TRIPAKA	M30	41	01:32:27	<b>03:28:17.90</b>	<b>03:28:55.35</b>	+01:17:20 (37.0%)	8:00	7.5 (63.0%)
88	<b>GRONCZEWSKI Artur</b>	<b>1211</b>	FMW RUNNERS	M40	24	01:21:01	<b>03:28:40.05</b>	<b>03:29:13.35</b>	+01:17:38 (37.1%)	8:01	7.5 (63.0%)
89	<b>MŁYNARCZYK Tatiana</b>	<b>1072</b>	HUSARIA RACE TEAM	K30	5	01:25:05	<b>03:29:12.00</b>	<b>03:29:53.25</b>	+01:18:17 (37.3%)	8:02	7.5 (63.0%)
90	<b>WICZKOWSKI Gabriel</b>	<b>1071</b>	ANWIL TEAM	M50	4	01:29:41	<b>03:32:03.70</b>	<b>03:32:51.85</b>	+01:21:16 (38.2%)	8:09	7.4 (62.2%)
91	<b>ŁASTOWIECKI Radosław</b>	<b>1250</b>	KS BARAKUDA MIŃSK MAZOWIECKI	M40	25	01:26:33	<b>03:32:33.45</b>	<b>03:33:19.65</b>	+01:21:44 (38.3%)	8:10	7.3 (61.3%)
92	<b>KRASOWSKI Mateusz</b>	<b>1052</b>		M30	42	01:24:28	<b>03:32:50.20</b>	<b>03:33:31.35</b>	+01:21:56 (38.4%)	8:11	7.3 (61.3%)
93	<b>PORZUCZEK Bartosz</b>	<b>1068</b>		M30	43	01:12:34	<b>03:33:05.40</b>	<b>03:33:51.15</b>	+01:22:15 (38.5%)	8:11	7.3 (61.3%)
94	<b>POKRYWKA Stefan</b>	<b>1366</b>		M60	1	01:28:14	<b>03:33:06.45</b>	<b>03:34:05.00</b>	+01:22:29 (38.5%)	8:11	7.3 (61.3%)
95	<b>DOŁŻYŃSKI Krzysztof</b>	<b>1147</b>	LATAJĄCE KLAPKI KUBOTA	M30	44	01:33:49	<b>03:33:26.45</b>	<b>03:34:18.05</b>	+01:22:42 (38.6%)	8:12	7.3 (61.3%)
96	<b>SZYBISTY Grzegorz</b>	<b>1207</b>	KROSNO GLASS RUNING TEAM	M40	26	01:27:08	<b>03:33:58.40</b>	<b>03:34:40.80</b>	+01:23:05 (38.7%)	8:13	7.3 (61.3%)
97	<b>HYDZIK Łukasz</b>	<b>1030</b>	LIDER SANOK	M40	27	01:27:07	<b>03:34:17.90</b>	<b>03:34:54.80</b>	+01:23:19 (38.8%)	8:14	7.3 (61.3%)
98	<b>RADOMIŃSKI Tomasz</b>	<b>1251</b>	KS BARAKUDA MIŃSK MAZOWIECKI	M40	28	01:26:34	<b>03:34:24.30</b>	<b>03:35:11.10</b>	+01:23:35 (38.8%)	8:14	7.3 (61.3%)
99	<b>JASTRZĄBEK Agnieszka</b>	<b>1111</b>	EVERRUN	K30	6	01:28:21	<b>03:34:29.45</b>	<b>03:35:13.40</b>	+01:23:38 (38.9%)	8:15	7.3 (61.3%)
100	<b>JABŁOŃSKI Karol</b>	<b>1297</b>	KS ZIELONO - CZARNI	M30	45		<b>03:35:15.00</b>	<b>03:35:15.00</b>	+01:23:39 (38.9%)	8:16	7.2 (60.5%)
101	<b>SKARŻYŃSKI Marek</b>	<b>1309</b>	TRIATHLON LUBLIN TEAM	M40	29	01:25:05	<b>03:34:46.80</b>	<b>03:35:32.35</b>	+01:23:57 (38.9%)	8:15	7.3 (61.3%)
102	<b>GRANDA Paweł</b>	<b>1378</b>	21 DAPLOT	M30	46	01:24:50	<b>03:34:47.00</b>	<b>03:35:33.15</b>	+01:23:57 (39.0%)	8:15	7.3 (61.3%)
103	<b>MATUSIK- SKALSKA Renata</b>	<b>1303</b>	ŻUKI W BŁOCIE	K40	4	01:29:05	<b>03:34:55.50</b>	<b>03:35:49.15</b>	+01:24:13 (39.0%)	8:16	7.3 (61.3%)
104	<b>SKALSKI Jarosław</b>	<b>1302</b>		M40	30	01:29:06	<b>03:34:56.05</b>	<b>03:35:49.45</b>	+01:24:14 (39.0%)	8:16	7.3 (61.3%)
105	<b>KOWALSKI Łukasz</b>	<b>1316</b>		M30	47	01:25:59	<b>03:35:50.45</b>	<b>03:36:31.35</b>	+01:24:56 (39.2%)	8:18	7.2 (60.5%)
106	<b>SKONECZNA Magdalena</b>	<b>1075</b>		K30	7	01:32:20	<b>03:36:11.35</b>	<b>03:37:13.05</b>	+01:25:37 (39.4%)	8:18	7.2 (60.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P2_Roztoki 12km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
107	<b>GRĘBOWSKI Sebastian</b>	<b>1098</b>	UKS START	M40	31	01:21:49	<b>03:36:38.75</b>	<b>03:37:18.55</b>	+01:25:43 (39.4%)	8:19	7.2 (60.5%)
108	<b>MURAWSKI Michał</b>	<b>1384</b>		M40	32	01:35:34	<b>03:36:27.25</b>	<b>03:37:25.20</b>	+01:25:49 (39.5%)	8:19	7.2 (60.5%)
109	<b>RYSIAWA Marek</b>	<b>1347</b>		M40	33	01:28:15	<b>03:36:48.00</b>	<b>03:37:26.40</b>	+01:25:51 (39.5%)	8:20	7.2 (60.5%)
110	<b>DULAK Anna</b>	<b>1342</b>	ROBDOR	K40	5	01:35:29	<b>03:37:03.10</b>	<b>03:37:41.25</b>	+01:26:05 (39.6%)	8:20	7.2 (60.5%)
111	<b>DUBIJ Albert</b>	<b>1024</b>	BIĄŁYSTOK BIEGA TEAM	M40	34	01:30:31	<b>03:36:51.65</b>	<b>03:37:41.40</b>	+01:26:06 (39.6%)	8:20	7.2 (60.5%)
112	<b>URBAŚ Paweł</b>	<b>1066</b>		M40	35	01:30:35	<b>03:36:55.10</b>	<b>03:37:42.05</b>	+01:26:06 (39.6%)	8:20	7.2 (60.5%)
113	<b>SKOWERA Edward</b>	<b>1129</b>	PĘDZIWIATR BIAŁYSTOK	M60	2	01:30:28	<b>03:36:56.25</b>	<b>03:37:44.25</b>	+01:26:08 (39.6%)	8:20	7.2 (60.5%)
114	<b>ZIĘBA Tomasz</b>	<b>1332</b>	JACEKBIEGA RUNNING TEAM	M40	36	01:25:50	<b>03:37:18.90</b>	<b>03:38:02.35</b>	+01:26:27 (39.6%)	8:21	7.2 (60.5%)
115	<b>RADYK Jakub</b>	<b>1269</b>	PRZEMYSKI KLUB BIEGACZA	M30	48	01:24:29	<b>03:37:45.95</b>	<b>03:38:28.45</b>	+01:26:53 (39.8%)	8:22	7.2 (60.5%)
116	<b>LEGUTKO Piotr</b>	<b>1166</b>		M30	49	01:30:34	<b>03:37:56.45</b>	<b>03:38:37.75</b>	+01:27:02 (39.8%)	8:22	7.2 (60.5%)
117	<b>KĘDZIOŁKA Łukasz</b>	<b>1367</b>		M20	12	01:31:11	<b>03:37:54.90</b>	<b>03:38:47.80</b>	+01:27:12 (39.9%)	8:22	7.2 (60.5%)
118	<b>KURZYŃSKI Michał</b>	<b>1049</b>	EFEKT GOMBAO	M30	50	01:21:20	<b>03:38:29.50</b>	<b>03:39:03.10</b>	+01:27:27 (39.9%)	8:24	7.1 (59.7%)
119	<b>FURMAGA Przemysław</b>	<b>1018</b>	POWER TRAINING	M30	51	01:28:00	<b>03:38:31.00</b>	<b>03:39:19.90</b>	+01:27:44 (40.0%)	8:24	7.1 (59.7%)
120	<b>SPRAWKA Marta</b>	<b>1259</b>	CAZZO CLUB RUNNING TEAM	K20	3	01:33:43	<b>03:38:37.90</b>	<b>03:39:20.00</b>	+01:27:44 (40.0%)	8:24	7.1 (59.7%)
121	<b>ŻYCHOWICZ Rafał</b>	<b>1198</b>	ALD RUNNING TEAM	M30	52	01:30:08	<b>03:39:25.10</b>	<b>03:40:11.25</b>	+01:28:35 (40.2%)	8:26	7.1 (59.7%)
122	<b>ŻARNICKI Kamil</b>	<b>1061</b>	STAY INSANE / CROSSFIT Z16	M30	53	01:30:56	<b>03:40:14.85</b>	<b>03:40:56.90</b>	+01:29:21 (40.4%)	8:28	7.1 (59.7%)
123	<b>TUSZYŃSKA Karolina</b>	<b>1038</b>	KS RYGLICE	K30	8	01:31:41	<b>03:40:46.50</b>	<b>03:41:23.95</b>	+01:29:48 (40.6%)	8:29	7.1 (59.7%)
124	<b>MATOSZKA Arkadiusz</b>	<b>1163</b>	TRAINING LAB	M30	54	01:26:48	<b>03:42:05.35</b>	<b>03:42:39.45</b>	+01:31:04 (40.9%)	8:32	7 (58.8%)
125	<b>STYCZEŃ Ewelina</b>	<b>1152</b>	CKBABCIE/WOŹNIAKRUNNINGTEAM	K30	9	01:34:53	<b>03:42:00.75</b>	<b>03:42:47.70</b>	+01:31:12 (40.9%)	8:32	7 (58.8%)
126	<b>MAJEWSKI Sebastian</b>	<b>1212</b>	ODROBINĘ BLIŻEJ NIEBA - MAJKI RUNNER	M30	55	01:22:57	<b>03:42:12.95</b>	<b>03:42:56.30</b>	+01:31:21 (41.0%)	8:32	7 (58.8%)
127	<b>RZEPNIEWSKA Agata</b>	<b>1262</b>		K30	10	01:36:13	<b>03:42:05.25</b>	<b>03:43:02.10</b>	+01:31:26 (41.0%)	8:32	7 (58.8%)
128	<b>KOZAK Filip</b>	<b>1165</b>		M40	37	01:24:21	<b>03:42:40.35</b>	<b>03:43:16.30</b>	+01:31:41 (41.1%)	8:33	7 (58.8%)
129	<b>BITNER Krystian</b>	<b>1172</b>		M30	56	01:24:20	<b>03:42:41.10</b>	<b>03:43:16.45</b>	+01:31:41 (41.1%)	8:33	7 (58.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P2_Roztoki 12km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
130	<b>KOSEK Dariusz</b>	<b>1268</b>	1966	M50	5	01:25:50	<b>03:43:09.95</b>	<b>03:44:03.95</b>	+01:32:28 (41.3%)	8:34	7 (58.8%)
131	<b>DYLEWSKI Paweł</b>	<b>1317</b>	FIZJO-SPORT/ ŁĘCZNA BIEGA	M40	38	01:32:14	<b>03:43:12.70</b>	<b>03:44:09.45</b>	+01:32:34 (41.3%)	8:35	7 (58.8%)
132	<b>GAJOS Anna</b>	<b>1256</b>	LUBELSKIE STOWARZYSZENIE BIEGOWE	K40	6	01:30:57	<b>03:43:50.20</b>	<b>03:44:35.95</b>	+01:33:00 (41.4%)	8:36	7 (58.8%)
133	<b>LACH Agnieszka</b>	<b>1379</b>	AUUUUU	K40	7	01:34:23	<b>03:43:56.45</b>	<b>03:44:59.60</b>	+01:33:24 (41.5%)	8:36	7 (58.8%)
134	<b>ZIELIŃSKA Iwona</b>	<b>1118</b>	WKB MARATOŃCZYK WŁOCŁAWEK	K50	1	01:31:17	<b>03:43:59.85</b>	<b>03:45:03.75</b>	+01:33:28 (41.5%)	8:36	7 (58.8%)
135	<b>DUTKIEWICZ Iwona</b>	<b>1290</b>		K40	8	01:34:33	<b>03:44:31.50</b>	<b>03:45:23.20</b>	+01:33:47 (41.6%)	8:38	6.9 (58.0%)
136	<b>KRZYSZTOŃ Piotr</b>	<b>444</b>	GMP LASY KRAŚNIK	M30	57	01:26:52	<b>03:44:35.80</b>	<b>03:45:35.05</b>	+01:33:59 (41.7%)	8:38	6.9 (58.0%)
137	<b>WIŚNIEWSKA Bożena</b>	<b>1180</b>		K40	9	01:36:17	<b>03:45:40.15</b>	<b>03:46:23.10</b>	+01:34:47 (41.9%)	8:40	6.9 (58.0%)
138	<b>MAŁEK Daren</b>	<b>1205</b>		M20	13	01:29:38	<b>03:45:55.10</b>	<b>03:46:34.40</b>	+01:34:59 (41.9%)	8:41	6.9 (58.0%)
139	<b>SZCZUKA Krzysztof</b>	<b>1258</b>	_____SEVEN SUMMITS	M30	58	01:36:09	<b>03:45:49.45</b>	<b>03:46:40.20</b>	+01:35:04 (41.9%)	8:41	6.9 (58.0%)
140	<b>RZEPKOWSKA Mirosława</b>	<b>1289</b>		K30	11	01:32:42	<b>03:46:26.10</b>	<b>03:47:15.85</b>	+01:35:40 (42.1%)	8:42	6.9 (58.0%)
141	<b>FRANUSIAK Marek</b>	<b>1310</b>		M20	14	01:40:04	<b>03:47:26.25</b>	<b>03:47:26.25</b>	+01:35:50 (42.1%)	8:44	6.9 (58.0%)
142	<b>MACIOSZEK Katarzyna</b>	<b>1170</b>	FLORKI	K30	12	01:36:17	<b>03:46:30.40</b>	<b>03:47:31.80</b>	+01:35:56 (42.2%)	8:42	6.9 (58.0%)
143	<b>WARZYCHA Dawid</b>	<b>1013</b>	PKP INTERCITY	M20	15	01:30:35	<b>03:46:45.10</b>	<b>03:47:38.05</b>	+01:36:02 (42.2%)	8:43	6.9 (58.0%)
144	<b>MAJCHRZAK Joanna</b>	<b>1162</b>	TRAINING LAB	K30	13	01:29:40	<b>03:47:31.55</b>	<b>03:48:06.90</b>	+01:36:31 (42.3%)	8:45	6.9 (58.0%)
145	<b>PASZKO Stanisław</b>	<b>1270</b>	BSK MIÓD KOZACKI BILGORAJ	M60	3	01:36:09	<b>03:47:20.40</b>	<b>03:48:12.85</b>	+01:36:37 (42.3%)	8:44	6.9 (58.0%)
146	<b>GRALA-MAKA Wiesława</b>	<b>1208</b>	STARGLOSS TEAM OSTROŁĘKA	K40	10	01:35:19	<b>03:47:30.10</b>	<b>03:48:15.00</b>	+01:36:39 (42.3%)	8:45	6.9 (58.0%)
147	<b>ŻEBRAKOWSKI Marek</b>	<b>1374</b>	WARSZTAT RUCHU KATARZYNA ŻEBRAKOWSKA	M50	6	01:37:31	<b>03:47:58.85</b>	<b>03:48:35.70</b>	+01:37:00 (42.4%)	8:46	6.8 (57.1%)
148	<b>SZUBERT Agnieszka</b>	<b>1131</b>	KOŁOBRZEG BIEGA	K30	14	01:36:24	<b>03:47:58.90</b>	<b>03:48:43.60</b>	+01:37:08 (42.5%)	8:46	6.8 (57.1%)
149	<b>KLOCEK Konrad</b>	<b>1337</b>		M30	59	01:28:57	<b>03:47:59.15</b>	<b>03:48:59.55</b>	+01:37:24 (42.5%)	8:46	6.8 (57.1%)
150	<b>JABŁOŃSKA Dorota</b>	<b>1191</b>	OUTDOOR TRAINING	K20	4	01:37:46	<b>03:48:23.20</b>	<b>03:49:03.75</b>	+01:37:28 (42.6%)	8:47	6.8 (57.1%)
151	<b>BERNACKI Kamil</b>	<b>1100</b>	OSTROBIEC	M40	39	01:40:18	<b>03:48:23.75</b>	<b>03:49:14.50</b>	+01:37:39 (42.6%)	8:47	6.8 (57.1%)
152	<b>FRANKOWSKI Piotr</b>	<b>1002</b>		M40	40	01:30:19	<b>03:48:31.30</b>	<b>03:49:19.75</b>	+01:37:44 (42.6%)	8:47	6.8 (57.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P2_Roztoki 12km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
153	<b>BAGIŃSKI Paweł</b>	<b>1079</b>		M40	41	01:34:57	<b>03:48:33.25</b>	<b>03:49:20.35</b>	+01:37:45 (42.6%)	8:47	6.8 (57.1%)
154	<b>ORZOŁ Jacek</b>	<b>280</b>	KB LENIWIEC ZĄBKI	M30	60	01:30:42	<b>03:49:03.90</b>	<b>03:49:42.40</b>	+01:38:07 (42.7%)	8:48	6.8 (57.1%)
155	<b>WARZYCHA Krzysztof</b>	<b>1012</b>		M50	7	01:31:07	<b>03:48:56.00</b>	<b>03:49:47.55</b>	+01:38:12 (42.7%)	8:48	6.8 (57.1%)
156	<b>ŻELEŚKIEWICZ Arkadiusz</b>	<b>1096</b>	KB GEOTERMIA UNIEJÓW	M30	61	01:27:49	<b>03:49:27.80</b>	<b>03:50:06.05</b>	+01:38:30 (42.8%)	8:49	6.8 (57.1%)
157	<b>TUREK Michał</b>	<b>1174</b>	ROCHE RUNNERS	M30	62	01:34:08	<b>03:49:48.70</b>	<b>03:50:23.70</b>	+01:38:48 (42.9%)	8:50	6.8 (57.1%)
158	<b>SEREDA Joanna</b>	<b>1145</b>	ADIDAS RUNNERS WARSAW	K20	5	01:35:09	<b>03:49:50.70</b>	<b>03:50:28.00</b>	+01:38:52 (42.9%)	8:50	6.8 (57.1%)
159	<b>GALUS Jacek</b>	<b>1020</b>		M40	42	01:38:49	<b>03:49:43.20</b>	<b>03:50:37.40</b>	+01:39:02 (42.9%)	8:50	6.8 (57.1%)
160	<b>GŁUSZKO Justyna</b>	<b>1314</b>	SOLINA TEAM	K30	15	01:34:57	<b>03:50:06.40</b>	<b>03:50:37.75</b>	+01:39:02 (42.9%)	8:51	6.8 (57.1%)
161	<b>WAŚ Marek</b>	<b>1377</b>	MARIAN BIEGA	M40	43	01:36:24	<b>03:50:50.55</b>	<b>03:51:25.35</b>	+01:39:50 (43.1%)	8:52	6.8 (57.1%)
162	<b>ZDROJEWSKA Magdalena</b>	<b>1228</b>		K40	11	01:43:44	<b>03:50:51.10</b>	<b>03:51:43.05</b>	+01:40:07 (43.2%)	8:52	6.8 (57.1%)
163	<b>SZTUBA Roman</b>	<b>1370</b>	BIĄŁYBÓR TEAM	M30	63	01:36:51	<b>03:51:23.65</b>	<b>03:51:57.15</b>	+01:40:21 (43.3%)	8:54	6.7 (56.3%)
164	<b>MAJEWSKI Marek</b>	<b>1154</b>	TRAINING LAB	M30	64	01:29:41	<b>03:51:54.05</b>	<b>03:52:28.45</b>	+01:40:53 (43.4%)	8:55	6.7 (56.3%)
165	<b>WAŁACHOWSKA Urszula</b>	<b>1095</b>	SOLINATEAM	K30	16	01:33:40	<b>03:51:58.65</b>	<b>03:52:29.90</b>	+01:40:54 (43.4%)	8:55	6.7 (56.3%)
166	<b>JANKOWSKI Łukasz</b>	<b>1261</b>		M30	65	01:36:16	<b>03:52:23.55</b>	<b>03:53:14.60</b>	+01:41:39 (43.6%)	8:56	6.7 (56.3%)
167	<b>DZIEDZINA Tomasz</b>	<b>1361</b>	MUAY RUNNING TEAM	M40	44	01:32:23	<b>03:52:56.85</b>	<b>03:53:33.25</b>	+01:41:57 (43.7%)	8:57	6.7 (56.3%)
168	<b>GMAJ Karolina</b>	<b>1578</b>		K30	17	01:33:39	<b>03:52:51.05</b>	<b>03:53:35.55</b>	+01:42:00 (43.7%)	8:57	6.7 (56.3%)
169	<b>TROĆ Maria</b>	<b>1308</b>	SKAWINA BIEGA	K20	6	01:30:06	<b>03:53:19.20</b>	<b>03:53:55.45</b>	+01:42:20 (43.7%)	8:58	6.7 (56.3%)
170	<b>BARDAN Michał</b>	<b>1199</b>	ALD RUNNING TEAM	M30	66	01:29:47	<b>03:53:17.45</b>	<b>03:54:03.30</b>	+01:42:28 (43.8%)	8:58	6.7 (56.3%)
171	<b>BABINSKA Inga</b>	<b>1104</b>		K40	12	01:35:41	<b>03:54:15.90</b>	<b>03:54:55.35</b>	+01:43:20 (44.0%)	9:00	6.7 (56.3%)
172	<b>KOŁACZ Piotr</b>	<b>1194</b>		M40	45	01:37:28	<b>03:55:04.40</b>	<b>03:55:41.30</b>	+01:44:06 (44.2%)	9:02	6.6 (55.5%)
173	<b>BALCEWICZ Alfred</b>	<b>1204</b>		M20	16	01:36:00	<b>03:54:49.90</b>	<b>03:55:45.80</b>	+01:44:10 (44.2%)	9:01	6.6 (55.5%)
174	<b>NIEDBAŁ Maja</b>	<b>1141</b>		K20	7	01:33:32	<b>03:55:25.35</b>	<b>03:56:03.55</b>	+01:44:28 (44.3%)	9:03	6.6 (55.5%)
175	<b>NIEDBAŁ Magdalena</b>	<b>1142</b>		K20	8	01:33:31	<b>03:55:25.80</b>	<b>03:56:04.50</b>	+01:44:29 (44.3%)	9:03	6.6 (55.5%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P2_Roztoki 12km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
176	<b>KACZMARSKI Wojciech</b>	<b>1182</b>	ROCHE RUNNERS	M50	8	01:34:04	<b>03:55:30.65</b>	<b>03:56:06.40</b>	+01:44:31 (44.3%)	9:03	6.6 (55.5%)
177	<b>SIDOR Jerzy</b>	<b>1364</b>		M60	4	01:34:53	<b>03:55:36.30</b>	<b>03:56:17.75</b>	+01:44:42 (44.3%)	9:03	6.6 (55.5%)
178	<b>JAGODZIŃSKA Aleksandra</b>	<b>1091</b>	JAGODA TEAM	K40	13	01:40:23	<b>03:55:53.80</b>	<b>03:56:33.10</b>	+01:44:57 (44.4%)	9:04	6.6 (55.5%)
179	<b>CIUPA Tomasz</b>	<b>1305</b>	LUBIĘ BIEGAĆ LENIWIE LBL	M40	46	01:39:30	<b>03:55:55.90</b>	<b>03:56:48.50</b>	+01:45:13 (44.4%)	9:04	6.6 (55.5%)
180	<b>GRANDE Piotr</b>	<b>1150</b>	BIGYELLOWFOOD ADVENTURE TEAM	M30	67	01:33:53	<b>03:56:04.35</b>	<b>03:56:55.10</b>	+01:45:19 (44.5%)	9:04	6.6 (55.5%)
181	<b>PELCZAR Jakub</b>	<b>1234</b>		M30	68	01:36:16	<b>03:57:10.40</b>	<b>03:57:49.00</b>	+01:46:13 (44.7%)	9:07	6.6 (55.5%)
182	<b>MAZGAJ Michał</b>	<b>1327</b>	NOA	M30	69	01:33:41	<b>03:57:05.50</b>	<b>03:57:50.90</b>	+01:46:15 (44.7%)	9:07	6.6 (55.5%)
183	<b>KOWALEWSKI Kasper</b>	<b>1348</b>		M20	17	01:29:45	<b>03:57:36.95</b>	<b>03:58:16.55</b>	+01:46:41 (44.8%)	9:08	6.6 (55.5%)
184	<b>BENTKOWSKA Magdalena</b>	<b>1257</b>	WKURW_TEAM	K30	18	01:32:30	<b>03:57:37.60</b>	<b>03:58:16.65</b>	+01:46:41 (44.8%)	9:08	6.6 (55.5%)
185	<b>MAŃKOWSKI Wojciech</b>	<b>1352</b>	TRAINING LAB	M30	70	01:37:25	<b>03:59:05.10</b>	<b>03:59:40.10</b>	+01:48:04 (45.1%)	9:11	6.5 (54.6%)
186	<b>SZYMAŃSKI Mariusz</b>	<b>1119</b>	MKB DREPTAK	M40	47	01:38:10	<b>03:58:54.25</b>	<b>03:59:43.10</b>	+01:48:07 (45.1%)	9:11	6.5 (54.6%)
187	<b>GUDZ Beata</b>	<b>1373</b>	INŻYNIERIA BIEGANIA	K30	19	01:43:33	<b>03:59:04.40</b>	<b>03:59:54.85</b>	+01:48:19 (45.2%)	9:11	6.5 (54.6%)
188	<b>GÓRA Zbigniew</b>	<b>1124</b>	WADOWICE	M40	48	01:35:21	<b>03:59:22.10</b>	<b>03:59:55.15</b>	+01:48:19 (45.2%)	9:12	6.5 (54.6%)
189	<b>GOCYLA Dariusz</b>	<b>1034</b>	1966	M50	9	01:35:45	<b>03:59:26.05</b>	<b>04:00:20.05</b>	+01:48:44 (45.2%)	9:12	6.5 (54.6%)
190	<b>DOŁHUN Adam</b>	<b>1354</b>	RUN PASJA BYDGOSZCX	M30	71	01:35:35	<b>03:59:59.75</b>	<b>04:00:53.20</b>	+01:49:17 (45.4%)	9:13	6.5 (54.6%)
191	<b>PERUZYŃSKA-ZYCH Ilona</b>	<b>1113</b>		K40	14	01:39:42	<b>04:00:18.00</b>	<b>04:01:03.80</b>	+01:49:28 (45.4%)	9:14	6.5 (54.6%)
192	<b>JASIŃSKI Mikołaj</b>	<b>1333</b>	UKA WARSZAWA	M50	10	01:35:40	<b>04:00:26.45</b>	<b>04:01:07.00</b>	+01:49:31 (45.4%)	9:14	6.5 (54.6%)
193	<b>SASAL Monika</b>	<b>1055</b>	FUNDACJA TYLKO BIESZCZADY	K30	20	01:40:29	<b>04:00:35.25</b>	<b>04:01:11.70</b>	+01:49:36 (45.4%)	9:15	6.5 (54.6%)
194	<b>MARCINEK Wojciech</b>	<b>1210</b>	WARSZTAT RUCHU KATARZYNA ŻEBRAKOWSKA	M40	49	01:39:02	<b>04:00:58.30</b>	<b>04:01:36.05</b>	+01:50:00 (45.5%)	9:16	6.5 (54.6%)
195	<b>PORSCH Arkadiusz</b>	<b>1298</b>		M40	50	01:44:12	<b>04:01:30.25</b>	<b>04:02:27.90</b>	+01:50:52 (45.7%)	9:17	6.5 (54.6%)
196	<b>WINCZURA Leszek</b>	<b>1355</b>		M40	51	01:36:16	<b>04:01:49.10</b>	<b>04:02:45.65</b>	+01:51:10 (45.8%)	9:18	6.5 (54.6%)
197	<b>ŻYŁKA Ireneusz</b>	<b>1105</b>	BIEGACZ	M40	52	01:36:26	<b>04:02:12.20</b>	<b>04:02:58.10</b>	+01:51:22 (45.8%)	9:18	6.4 (53.8%)
198	<b>PIĄTEK Dawid</b>	<b>1159</b>	TRAINING LAB	M30	72	01:27:27	<b>04:03:02.15</b>	<b>04:03:37.05</b>	+01:52:01 (46.0%)	9:20	6.4 (53.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P2_Roztoki 12km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
199	<b>DROSZCZ Krzysztof</b>	<b>1307</b>	BIGYELLOWFOOT ADVENTURE TEAM	M30	73	01:35:22	<b>04:02:48.45</b>	<b>04:03:37.85</b>	+01:52:02 (46.0%)	9:20	6.4 (53.8%)
200	<b>WĘGLIŃSKI Sebastian</b>	<b>1265</b>	MKB DREPTAK	M30	74	01:38:49	<b>04:04:16.80</b>	<b>04:05:06.40</b>	+01:53:31 (46.3%)	9:23	6.4 (53.8%)
201	<b>WĘGLIŃSKA Joanna</b>	<b>1264</b>	MKB DREPTAK	K30	21	01:38:55	<b>04:04:22.90</b>	<b>04:05:06.80</b>	+01:53:31 (46.3%)	9:23	6.4 (53.8%)
202	<b>ZEMŁA Piotr</b>	<b>1053</b>		M40	53	01:38:21	<b>04:05:14.60</b>	<b>04:05:57.95</b>	+01:54:22 (46.5%)	9:25	6.4 (53.8%)
203	<b>PASIECZNA Małgorzata</b>	<b>1059</b>	FARTLEK GO	K30	22	01:40:35	<b>04:05:44.45</b>	<b>04:06:16.10</b>	+01:54:40 (46.6%)	9:27	6.3 (52.9%)
204	<b>DOMARADZKA-KASZUBOWICZ Wiktoria</b>	<b>1120</b>	POZYTYWNIIE ZABIEGANI SANOK	K30	23	01:45:19	<b>04:05:29.25</b>	<b>04:06:29.05</b>	+01:54:53 (46.6%)	9:26	6.4 (53.8%)
205	<b>WICZKOWSKI Dawid</b>	<b>1084</b>		M20	18	01:33:47	<b>04:06:31.10</b>	<b>04:07:17.75</b>	+01:55:42 (46.8%)	9:28	6.3 (52.9%)
206	<b>BUCIORA Paweł</b>	<b>1343</b>		M30	75	01:34:36	<b>04:06:41.25</b>	<b>04:07:19.50</b>	+01:55:44 (46.8%)	9:29	6.3 (52.9%)
207	<b>SZCZEPANIK Marek</b>	<b>1240</b>	NATURECALLING.PL	M30	76	01:36:34	<b>04:06:18.35</b>	<b>04:07:19.80</b>	+01:55:44 (46.8%)	9:28	6.3 (52.9%)
208	<b>ZYDEK Katarzyna</b>	<b>1229</b>	DZIK KOMANDO	K20	9	01:32:32	<b>04:07:56.25</b>	<b>04:08:38.50</b>	+01:57:03 (47.1%)	9:32	6.3 (52.9%)
208	<b>JAGODZIŃSKI Hubert</b>	<b>1381</b>	DZIK COMANDO	M20	19	01:32:35	<b>04:07:58.15</b>	<b>04:08:38.50</b>	+01:57:03 (47.1%)	9:32	6.3 (52.9%)
210	<b>KACZMAREK Łukasz</b>	<b>1350</b>	DZIK KOMANDO	M30	77	01:32:33	<b>04:07:56.95</b>	<b>04:08:38.70</b>	+01:57:03 (47.1%)	9:32	6.3 (52.9%)
211	<b>BOGDAŃSKI Bartosz</b>	<b>1185</b>	DZIK KOMANDO	M30	78	01:32:33	<b>04:07:58.00</b>	<b>04:08:38.90</b>	+01:57:03 (47.1%)	9:32	6.3 (52.9%)
212	<b>JANUSZKIEWICZ Wojciech</b>	<b>1031</b>		M40	54	01:37:24	<b>04:07:50.85</b>	<b>04:08:41.15</b>	+01:57:05 (47.1%)	9:31	6.3 (52.9%)
213	<b>KOZIŃSKA Agata</b>	<b>1242</b>	RUN PASJA	K20	10	01:40:12	<b>04:07:55.55</b>	<b>04:08:47.90</b>	+01:57:12 (47.1%)	9:32	6.3 (52.9%)
214	<b>PRZYBYLSKI Marcin</b>	<b>1220</b>		M40	55	01:42:34	<b>04:08:10.45</b>	<b>04:08:55.35</b>	+01:57:20 (47.1%)	9:32	6.3 (52.9%)
215	<b>FILIPIAK Magdalena</b>	<b>1223</b>	OSP TARGOWO	K40	15	01:41:47	<b>04:08:11.45</b>	<b>04:09:08.80</b>	+01:57:33 (47.2%)	9:32	6.3 (52.9%)
216	<b>KAZEK Sylwia</b>	<b>1255</b>		K30	24	01:37:19	<b>04:08:33.15</b>	<b>04:09:12.95</b>	+01:57:37 (47.2%)	9:33	6.3 (52.9%)
217	<b>LULA Radosław</b>	<b>1078</b>		M40	56	01:34:55	<b>04:08:39.85</b>	<b>04:09:27.40</b>	+01:57:52 (47.3%)	9:33	6.3 (52.9%)
218	<b>LUBAŃSKA Alicja</b>	<b>1267</b>	ZS BUKOWICE	K50	2	01:35:15	<b>04:09:23.85</b>	<b>04:10:00.40</b>	+01:58:25 (47.4%)	9:35	6.3 (52.9%)
219	<b>KĄCKI Piotr</b>	<b>1032</b>		M50	11	01:39:59	<b>04:09:38.90</b>	<b>04:10:23.70</b>	+01:58:48 (47.4%)	9:36	6.2 (52.1%)
220	<b>GRUSZKA Karol</b>	<b>1153</b>	TRAINING LAB	M30	79	01:39:56	<b>04:09:50.45</b>	<b>04:10:26.40</b>	+01:58:51 (47.5%)	9:36	6.2 (52.1%)
221	<b>KULEC Anna</b>	<b>1252</b>		K20	11	01:35:17	<b>04:09:27.65</b>	<b>04:10:29.45</b>	+01:58:54 (47.5%)	9:35	6.3 (52.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P2_Roztoki 12km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
222	<b>KAŁUŻNY Andrzej</b>	<b>1037</b>		M40	57	01:35:57	<b>04:09:47.05</b>	<b>04:10:34.45</b>	+01:58:59 (47.5%)	9:36	6.2 (52.1%)
223	<b>WACŁAWEK Marta</b>	<b>1284</b>	POWER TRAINING	K30	25	01:45:10	<b>04:09:43.10</b>	<b>04:10:35.25</b>	+01:58:59 (47.5%)	9:36	6.2 (52.1%)
224	<b>SOSZYŃSKA Małgorzata</b>	<b>1304</b>	1962	K50	3	01:45:48	<b>04:10:01.60</b>	<b>04:10:51.40</b>	+01:59:16 (47.5%)	9:37	6.2 (52.1%)
225	<b>FILIPIAK Grzegorz</b>	<b>1224</b>	OSP TARGOWO	M40	58	01:38:42	<b>04:10:17.25</b>	<b>04:11:14.65</b>	+01:59:39 (47.6%)	9:37	6.2 (52.1%)
226	<b>MAZAN Przemysław</b>	<b>1266</b>		M40	59	01:43:18	<b>04:10:30.30</b>	<b>04:11:30.40</b>	+01:59:55 (47.7%)	9:38	6.2 (52.1%)
227	<b>RUBAJ Adam</b>	<b>1376</b>	KWIDZYN BIEGA	M40	60	01:36:26	<b>04:11:11.65</b>	<b>04:11:49.15</b>	+02:00:13 (47.7%)	9:39	6.2 (52.1%)
228	<b>MAJSTEREK Paweł</b>	<b>1283</b>		M30	80	01:43:22	<b>04:11:00.40</b>	<b>04:11:59.70</b>	+02:00:24 (47.8%)	9:39	6.2 (52.1%)
229	<b>RUPIŃSKI Maciej</b>	<b>1331</b>		M50	12	01:35:59	<b>04:11:29.85</b>	<b>04:12:22.80</b>	+02:00:47 (47.9%)	9:40	6.2 (52.1%)
230	<b>LIS Arkadiusz</b>	<b>1273</b>	NOGIZETRE	M30	81	01:52:04	<b>04:11:32.70</b>	<b>04:12:33.60</b>	+02:00:58 (47.9%)	9:40	6.2 (52.1%)
231	<b>KRZYŻEWSKI Roger</b>	<b>1103</b>		M30	82	01:38:54	<b>04:13:17.70</b>	<b>04:13:56.80</b>	+02:02:21 (48.2%)	9:44	6.2 (52.1%)
232	<b>MAJDA Dominika</b>	<b>1121</b>	PGB SPOROWA PACZKA BIEGOWA	K20	12	01:40:32	<b>04:14:08.65</b>	<b>04:14:08.65</b>	+02:02:33 (48.2%)	9:46	6.1 (51.3%)
233	<b>SOBOLEWSKI Grzegorz</b>	<b>1144</b>	MASAKRA KLUB SPORTOWY	M30	83	01:44:05	<b>04:13:36.35</b>	<b>04:14:43.25</b>	+02:03:07 (48.3%)	9:45	6.2 (52.1%)
234	<b>ARGIER Łukasz</b>	<b>1621</b>		M30	84	01:44:16	<b>04:14:59.20</b>	<b>04:16:11.40</b>	+02:04:36 (48.6%)	9:48	6.1 (51.3%)
235	<b>PIĘTA Łukasz</b>	<b>1243</b>		M40	61	01:44:58	<b>04:15:43.40</b>	<b>04:16:22.90</b>	+02:04:47 (48.7%)	9:50	6.1 (51.3%)
236	<b>SIUDA Anna</b>	<b>1073</b>	NAMEDYCYNE SKLEP24 GMBH JP	K20	13	01:44:53	<b>04:15:22.70</b>	<b>04:16:23.30</b>	+02:04:48 (48.7%)	9:49	6.1 (51.3%)
237	<b>JURCZAK Robert</b>	<b>1334</b>		M40	62	01:39:48	<b>04:15:39.85</b>	<b>04:16:28.95</b>	+02:04:53 (48.7%)	9:49	6.1 (51.3%)
238	<b>JĘDRZEJEWSKA Agnieszka</b>	<b>1026</b>	JAKOŚTOBĘDZIE	K30	26	01:44:29	<b>04:15:41.80</b>	<b>04:16:31.90</b>	+02:04:56 (48.7%)	9:50	6.1 (51.3%)
239	<b>HORODYSKI Maciej</b>	<b>1222</b>	WKB MARATOŃCZYK	M60	5	01:38:50	<b>04:15:55.85</b>	<b>04:16:43.30</b>	+02:05:08 (48.7%)	9:50	6.1 (51.3%)
240	<b>ORLEWSKI Piotr</b>	<b>1226</b>	WARSZTAT RUCHU KATARZYNA ŻEBRAKOWSKA	M50	13	01:40:07	<b>04:16:07.25</b>	<b>04:16:45.15</b>	+02:05:09 (48.7%)	9:51	6.1 (51.3%)
241	<b>KRUCZEK Robert</b>	<b>1221</b>	WARSZTAT RUCHU KATARZYNA ŻEBRAKOWSKA	M50	14	01:41:01	<b>04:16:07.90</b>	<b>04:16:45.25</b>	+02:05:09 (48.7%)	9:51	6.1 (51.3%)
242	<b>KŁOPOT Grzegorz</b>	<b>1048</b>	AKMB PĘDZIWIATR GLIWICE	M30	85	01:36:04	<b>04:15:45.60</b>	<b>04:16:46.80</b>	+02:05:11 (48.8%)	9:50	6.1 (51.3%)
243	<b>PECYNA Dariusz</b>	<b>1246</b>	METAL HEART	M40	63	01:49:51	<b>04:16:08.25</b>	<b>04:17:03.15</b>	+02:05:27 (48.8%)	9:51	6.1 (51.3%)
244	<b>PAJĄK Krzysztof</b>	<b>1140</b>	SPORTIVA GLIWICE	M50	15	01:39:40	<b>04:16:34.20</b>	<b>04:17:08.80</b>	+02:05:33 (48.8%)	9:52	6.1 (51.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P2_Roztoki 12km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
245	<b>DOMARADZKA Ewa</b>	<b>1005</b>		K40	16	01:48:49	<b>04:16:31.05</b>	<b>04:17:23.65</b>	+02:05:48 (48.9%)	9:51	6.1 (51.3%)
246	<b>GOSZCZYŃSKI Piotr</b>	<b>1359</b>		M40	64	01:40:29	<b>04:16:41.05</b>	<b>04:17:49.10</b>	+02:06:13 (49.0%)	9:52	6.1 (51.3%)
247	<b>CIEZYNSKI Eryk</b>	<b>1046</b>	EMAK	M40	65	01:34:57	<b>04:17:11.00</b>	<b>04:18:02.60</b>	+02:06:27 (49.0%)	9:53	6.1 (51.3%)
248	<b>GONET Radosław</b>	<b>1200</b>	GONET TEAM	M40	66	01:36:31	<b>04:17:52.65</b>	<b>04:18:34.90</b>	+02:06:59 (49.1%)	9:55	6 (50.4%)
248	<b>GONET Grzegorz</b>	<b>1202</b>	GONETTEAM	M40	67	01:36:46	<b>04:17:51.85</b>	<b>04:18:34.90</b>	+02:06:59 (49.1%)	9:55	6.1 (51.3%)
250	<b>BALCER Marcin</b>	<b>1190</b>		M30	86	01:50:55	<b>04:17:24.40</b>	<b>04:18:38.00</b>	+02:07:02 (49.1%)	9:54	6.1 (51.3%)
251	<b>MIELNICZEK Ewa</b>	<b>1285</b>		K40	17	01:47:32	<b>04:18:00.20</b>	<b>04:18:38.90</b>	+02:07:03 (49.1%)	9:55	6 (50.4%)
252	<b>MIŁOSZ Bartłomiej</b>	<b>1093</b>	KASZANKI	M50	16	01:41:55	<b>04:17:42.30</b>	<b>04:18:40.40</b>	+02:07:05 (49.1%)	9:54	6.1 (51.3%)
253	<b>PIWOWARSKI Bartosz</b>	<b>1077</b>		M30	87	01:42:36	<b>04:18:33.00</b>	<b>04:19:12.90</b>	+02:07:37 (49.2%)	9:56	6 (50.4%)
254	<b>WRÓBLEWSKA Dorota</b>	<b>1051</b>	BZG	K50	4	01:46:26	<b>04:18:13.60</b>	<b>04:19:14.00</b>	+02:07:38 (49.2%)	9:55	6 (50.4%)
255	<b>KRÓLIKOWSKA Emilia</b>	<b>1339</b>		K30	27	01:48:27	<b>04:18:12.30</b>	<b>04:19:17.70</b>	+02:07:42 (49.3%)	9:55	6 (50.4%)
255	<b>LESZCZYŃSKA Kamila</b>	<b>1340</b>		K20	14	01:48:28	<b>04:18:12.50</b>	<b>04:19:17.70</b>	+02:07:42 (49.3%)	9:55	6 (50.4%)
257	<b>KURKOWIAK Krzysztof</b>	<b>1109</b>	WKURW_TEAM	M30	88	01:43:35	<b>04:18:44.95</b>	<b>04:19:22.70</b>	+02:07:47 (49.3%)	9:57	6 (50.4%)
258	<b>PŁATEK Katarzyna</b>	<b>1112</b>	WKURW_TEAM	K30	28	01:43:35	<b>04:18:45.80</b>	<b>04:19:22.95</b>	+02:07:47 (49.3%)	9:57	6 (50.4%)
259	<b>KOŁACZ Liliana</b>	<b>1311</b>		K30	29	01:42:34	<b>04:19:08.15</b>	<b>04:19:45.20</b>	+02:08:09 (49.3%)	9:58	6 (50.4%)
260	<b>KOŁACZ Tomasz</b>	<b>1312</b>		M30	89	01:42:37	<b>04:19:07.80</b>	<b>04:19:45.35</b>	+02:08:10 (49.3%)	9:58	6 (50.4%)
261	<b>ZIELAK Aldona</b>	<b>1383</b>		K40	18	01:43:33	<b>04:19:27.20</b>	<b>04:20:15.80</b>	+02:08:40 (49.4%)	9:58	6 (50.4%)
262	<b>KĘDRA Agnieszka</b>	<b>1025</b>	PODKARPACKA SZKOŁA KRAV MAGA	K20	15	01:42:28	<b>04:19:37.80</b>	<b>04:20:33.00</b>	+02:08:57 (49.5%)	9:59	6 (50.4%)
263	<b>LATAŁA Andrzej</b>	<b>1294</b>	BIEGAJĄCY ŚWIDNIK	M40	68	01:40:01	<b>04:19:36.20</b>	<b>04:20:34.75</b>	+02:08:59 (49.5%)	9:59	6 (50.4%)
264	<b>SUGIER Tomasz</b>	<b>1365</b>	WKURW_TEAM	M30	90	01:42:10	<b>04:21:53.90</b>	<b>04:22:38.55</b>	+02:11:03 (49.9%)	10:04	6 (50.4%)
265	<b>GANCARSKI Marcin</b>	<b>1235</b>	NOWY STYL GROUP RUNNING TEAM	M30	91	01:46:54	<b>04:24:20.80</b>	<b>04:25:09.95</b>	+02:13:34 (50.4%)	10:10	5.9 (49.6%)
266	<b>MATUSIAK Anna</b>	<b>1035</b>		K50	5	01:45:14	<b>04:24:43.25</b>	<b>04:25:21.50</b>	+02:13:46 (50.4%)	10:10	5.9 (49.6%)
267	<b>LATOS Joanna</b>	<b>1099</b>		K40	19	01:48:57	<b>04:25:16.85</b>	<b>04:26:05.20</b>	+02:14:29 (50.5%)	10:12	5.9 (49.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P2_Roztoki 12km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
268	<b>KAWKA Paweł</b>	<b>1329</b>		M30	92	01:41:57	<b>04:25:20.40</b>	<b>04:26:28.75</b>	+02:14:53 (50.6%)	10:12	5.9 (49.6%)
269	<b>ADAMSKI Bartłomiej</b>	<b>1148</b>		M40	69	01:45:20	<b>04:29:06.40</b>	<b>04:29:41.85</b>	+02:18:06 (51.2%)	10:21	5.8 (48.7%)
270	<b>URBANOWICZ Łukasz</b>	<b>1149</b>		M40	70	01:45:19	<b>04:29:09.60</b>	<b>04:29:45.85</b>	+02:18:10 (51.2%)	10:21	5.8 (48.7%)
271	<b>KOTOMSKA Renata</b>	<b>460</b>	FIGLARZE	K40	20	01:39:07	<b>04:29:08.25</b>	<b>04:29:49.40</b>	+02:18:14 (51.2%)	10:21	5.8 (48.7%)
272	<b>BRATKO-SETKOWICZ Alina</b>	<b>1107</b>		K30	30	01:50:23	<b>04:28:53.25</b>	<b>04:29:50.00</b>	+02:18:14 (51.2%)	10:20	5.8 (48.7%)
273	<b>CĘCELEWSKI Jarosław</b>	<b>456</b>	FIGLARZE	M40	71	01:41:46	<b>04:29:09.20</b>	<b>04:29:50.05</b>	+02:18:14 (51.2%)	10:21	5.8 (48.7%)
274	<b>BEDNAREK Grażyna</b>	<b>1206</b>	RUN PASJA	K40	21	01:51:45	<b>04:29:13.80</b>	<b>04:30:07.80</b>	+02:18:32 (51.3%)	10:21	5.8 (48.7%)
275	<b>HYZIAK Jakub</b>	<b>1216</b>	FHU HYZIAK	M40	72	01:49:47	<b>04:29:17.95</b>	<b>04:30:13.45</b>	+02:18:38 (51.3%)	10:21	5.8 (48.7%)
276	<b>HYZIAK Joanna</b>	<b>1217</b>	FHU HYZIAK	K40	22	01:49:47	<b>04:29:16.55</b>	<b>04:30:13.60</b>	+02:18:38 (51.3%)	10:21	5.8 (48.7%)
277	<b>WALOSZEK Marcin</b>	<b>1069</b>	DZIKIE MUSTANGI	M30	93	01:32:14	<b>04:31:54.50</b>	<b>04:32:51.05</b>	+02:21:15 (51.8%)	10:27	5.7 (47.9%)
278	<b>FOTYGA Agnieszka</b>	<b>1122</b>	OSTROBIEC	K40	23	01:47:31	<b>04:32:11.20</b>	<b>04:33:04.35</b>	+02:21:29 (51.8%)	10:28	5.7 (47.9%)
279	<b>SAWCZUK Marek</b>	<b>1164</b>	GONET TEAM	M40	73	01:48:25	<b>04:32:46.45</b>	<b>04:33:29.45</b>	+02:21:54 (51.9%)	10:29	5.7 (47.9%)
280	<b>STACHOWICZ Marcin</b>	<b>1110</b>	5F TEAM	M30	94	01:42:30	<b>04:32:49.25</b>	<b>04:33:45.05</b>	+02:22:09 (51.9%)	10:29	5.7 (47.9%)
281	<b>PAWLIK Katarzyna</b>	<b>1115</b>	5F TEAM	K30	31	01:42:30	<b>04:32:50.35</b>	<b>04:33:45.45</b>	+02:22:10 (51.9%)	10:29	5.7 (47.9%)
282	<b>KIJOWSKI Tomasz</b>	<b>1155</b>	FOJADOR	M50	17	01:41:44	<b>04:33:31.30</b>	<b>04:34:32.60</b>	+02:22:57 (52.1%)	10:31	5.7 (47.9%)
283	<b>JAMRÓZ Robert</b>	<b>1085</b>	JAMERKI	M40	74	01:36:09	<b>04:36:00.10</b>	<b>04:37:06.95</b>	+02:25:31 (52.5%)	10:36	5.7 (47.9%)
284	<b>ORZECHOWSKA Karolina</b>	<b>1186</b>	BIEGNĘ, ŻEBY BARTEK MÓGL BIEGAĆ	K30	32	01:49:21	<b>04:37:00.25</b>	<b>04:37:52.10</b>	+02:26:16 (52.6%)	10:39	5.6 (47.1%)
285	<b>CEBRAT Tomasz</b>	<b>1274</b>		M40	75	01:49:41	<b>04:37:07.85</b>	<b>04:38:01.85</b>	+02:26:26 (52.7%)	10:39	5.6 (47.1%)
286	<b>LESZCZYŃSKA Małgorzata</b>	<b>1196</b>		K40	24	01:52:11	<b>04:38:28.95</b>	<b>04:39:12.90</b>	+02:27:37 (52.9%)	10:42	5.6 (47.1%)
287	<b>WÓJCIK Justyna</b>	<b>1321</b>	WKURW_TEAM	K30	33	01:38:43	<b>04:38:27.35</b>	<b>04:39:13.55</b>	+02:27:38 (52.9%)	10:42	5.6 (47.1%)
288	<b>CEGLARSKI Jacek</b>	<b>1324</b>	WKURW_TEAM	M40	76	01:38:43	<b>04:38:28.25</b>	<b>04:39:13.65</b>	+02:27:38 (52.9%)	10:42	5.6 (47.1%)
289	<b>KIJEWICZ Michał</b>	<b>1272</b>		M30	95	01:52:39	<b>04:38:15.05</b>	<b>04:39:13.75</b>	+02:27:38 (52.9%)	10:42	5.6 (47.1%)
290	<b>GŁOWACKI Zdzisław</b>	<b>1382</b>		M60	6	01:48:08	<b>04:38:15.20</b>	<b>04:39:14.35</b>	+02:27:39 (52.9%)	10:42	5.6 (47.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P2_Roztoki 12km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
291	<b>PIEKARZ Paweł</b>	<b>1195</b>		M30	96	01:38:47	<b>04:39:02.50</b>	<b>04:40:05.65</b>	+02:28:30 (53.0%)	10:43	5.6 (47.1%)
292	<b>SKOWROŃSKA Agnieszka</b>	<b>1044</b>		K40	25	01:55:42	<b>04:40:12.30</b>	<b>04:41:03.00</b>	+02:29:27 (53.2%)	10:46	5.6 (47.1%)
293	<b>BRZEZIŃSKA Teresa</b>	<b>455</b>	NIGHT RUNNERS GLIWICE	K40	26	01:52:04	<b>04:40:30.65</b>	<b>04:41:23.80</b>	+02:29:48 (53.2%)	10:47	5.6 (47.1%)
294	<b>TYMBOROWSKA - WIEDRO Gosia</b>	<b>1286</b>	WKURW_TEAM /WOZNIAK RUNNING TEAM /BIEGNĘ ŻEBY BARTEK MÓGŁBIEGAĆ	K40	27	01:44:35	<b>04:40:36.10</b>	<b>04:41:27.20</b>	+02:29:51 (53.2%)	10:47	5.6 (47.1%)
295	<b>ZIOBER Barbara</b>	<b>1380</b>	SNG WILD DUCKS	K20	16	01:54:52	<b>04:40:59.35</b>	<b>04:41:54.05</b>	+02:30:18 (53.3%)	10:48	5.6 (47.1%)
296	<b>KOŁTUNICKI Krzysztof</b>	<b>1003</b>	GORCE ULTRA TRAIL	M40	77	01:54:41	<b>04:41:35.25</b>	<b>04:42:39.50</b>	+02:31:04 (53.4%)	10:49	5.5 (46.2%)
297	<b>WICZKOWSKA Jolanta</b>	<b>1070</b>		K40	28	01:52:44	<b>04:43:00.25</b>	<b>04:43:47.85</b>	+02:32:12 (53.6%)	10:53	5.5 (46.2%)
298	<b>WITCZAK Ola</b>	<b>1087</b>	GKS FABIANKI	K40	29	01:49:19	<b>04:42:44.40</b>	<b>04:43:47.95</b>	+02:32:12 (53.6%)	10:52	5.5 (46.2%)
299	<b>DĄBROWSKA Edyta</b>	<b>1209</b>		K30	34	01:53:48	<b>04:45:33.70</b>	<b>04:46:26.30</b>	+02:34:51 (54.1%)	10:59	5.5 (46.2%)
300	<b>CZOSTEK Joanna</b>	<b>1260</b>	WKURW_TEAM	K50	6	01:54:38	<b>04:47:05.35</b>	<b>04:47:53.70</b>	+02:36:18 (54.3%)	11:02	5.4 (45.4%)
301	<b>TATARATA Paweł</b>	<b>1157</b>	TRAINING LAB	M30	97	01:44:48	<b>04:47:52.10</b>	<b>04:48:28.10</b>	+02:36:52 (54.4%)	11:04	5.4 (45.4%)
302	<b>PECYNA Katarzyna</b>	<b>1356</b>	PSZCZYNA BIEGA	K30	35	01:56:32	<b>04:48:46.10</b>	<b>04:49:42.00</b>	+02:38:06 (54.6%)	11:06	5.4 (45.4%)
303	<b>GÓRKA Aleksandra</b>	<b>1201</b>		K30	36	01:54:25	<b>04:49:20.60</b>	<b>04:50:04.25</b>	+02:38:28 (54.6%)	11:07	5.4 (45.4%)
304	<b>ZATOŃ Bożena</b>	<b>1362</b>		K30	37	01:55:15	<b>04:49:46.35</b>	<b>04:50:40.20</b>	+02:39:04 (54.7%)	11:08	5.4 (45.4%)
305	<b>OSIKOWSKA Aleksandra</b>	<b>1282</b>	POWER TRAINING	K30	38	01:56:13	<b>04:51:17.95</b>	<b>04:52:09.00</b>	+02:40:33 (55.0%)	11:12	5.4 (45.4%)
306	<b>JAKUBCZYK - LATAŁA Agnieszka</b>	<b>1295</b>	BIEGAJĄCY ŚWIDNIK	K40	30	01:52:01	<b>04:51:36.85</b>	<b>04:52:35.50</b>	+02:41:00 (55.0%)	11:12	5.3 (44.5%)
307	<b>KANIA Krystyna</b>	<b>1106</b>		K60	1	01:48:35	<b>04:51:59.70</b>	<b>04:52:55.30</b>	+02:41:20 (55.1%)	11:13	5.3 (44.5%)
307	<b>SOBOLEWSKI Jarosław</b>	<b>1263</b>	VEGE RUNNERS	M40	78	01:50:24	<b>04:51:51.10</b>	<b>04:52:55.30</b>	+02:41:20 (55.1%)	11:13	5.3 (44.5%)
309	<b>PRZECH-FUS Agnieszka</b>	<b>1047</b>	WW TEAM	K50	7	01:51:50	<b>04:52:36.40</b>	<b>04:53:34.50</b>	+02:41:59 (55.2%)	11:15	5.3 (44.5%)
310	<b>CELI Piotr</b>	<b>1288</b>	KASZTANIAKI TEAM	M30	98	01:53:01	<b>04:54:19.25</b>	<b>04:55:25.75</b>	+02:43:50 (55.5%)	11:19	5.3 (44.5%)
311	<b>KNAPIK Ilona</b>	<b>1353</b>		K40	31	01:55:10	<b>04:54:25.80</b>	<b>04:55:26.30</b>	+02:43:51 (55.5%)	11:19	5.3 (44.5%)
312	<b>SAMEK Artur</b>	<b>1244</b>		M40	79	01:53:28	<b>04:56:50.65</b>	<b>04:57:27.40</b>	+02:45:52 (55.8%)	11:25	5.3 (44.5%)

Przekroczony limit czasu: 05:00:00

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P2_Roztoki 12km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
313	<b>FIREK Grażyna</b>	<b>1300</b>	RGB CYKU PYKU	K40	32	01:59:17	<b>04:59:17.40</b>	<b>05:00:02.60</b>	+02:48:27 (56.1%)	11:30	5.2 (43.7%)
313	<b>MATUSZEWSKI Arkadiusz</b>	<b>1301</b>		M40	80	01:59:18	<b>04:59:17.90</b>	<b>05:00:02.60</b>	+02:48:27 (56.1%)	11:30	5.2 (43.7%)
315	<b>GOLON Leszek</b>	<b>1139</b>	KRAV MAGA	M30	99	01:41:31	<b>04:59:30.65</b>	<b>05:00:37.60</b>	+02:49:02 (56.2%)	11:31	5.2 (43.7%)
316	<b>JEZIOREK Jozi</b>	<b>1171</b>		M40	81	02:10:39	<b>05:00:59.80</b>	<b>05:02:04.50</b>	+02:50:29 (56.4%)	11:34	5.2 (43.7%)
317	<b>SWATEK Mateusz</b>	<b>1137</b>		M20	20	01:47:31	<b>05:01:28.90</b>	<b>05:02:11.95</b>	+02:50:36 (56.5%)	11:35	5.2 (43.7%)
318	<b>GRONOWSKA Małgorzata</b>	<b>1338</b>	RGB CYKU PYKU	K40	33	01:54:25	<b>05:02:34.60</b>	<b>05:03:18.80</b>	+02:51:43 (56.6%)	11:38	5.2 (43.7%)
319	<b>BOGATKIEWICZ Maciej</b>	<b>1167</b>	FLORKI	M20	21	02:01:52	<b>05:03:02.30</b>	<b>05:04:02.85</b>	+02:52:27 (56.7%)	11:39	5.1 (42.9%)
320	<b>MACIOSZEK Krystyna</b>	<b>1168</b>	FLORKI	K30	39	02:02:23	<b>05:03:12.75</b>	<b>05:04:15.15</b>	+02:52:39 (56.8%)	11:39	5.1 (42.9%)
321	<b>MACIOSZEK Ania</b>	<b>1169</b>	FLORKI	K20	17	02:02:24	<b>05:03:13.20</b>	<b>05:04:16.25</b>	+02:52:40 (56.8%)	11:39	5.1 (42.9%)
322	<b>FURMAN Agnieszka</b>	<b>1146</b>	OCHAJORUN & FRIENDS	K30	40	02:02:48	<b>05:05:47.85</b>	<b>05:06:50.45</b>	+02:55:15 (57.1%)	11:45	5.1 (42.9%)
323	<b>FURMAN Michał</b>	<b>1193</b>	OCHAJORUN & FRIENDS	M30	100	02:02:48	<b>05:05:52.80</b>	<b>05:06:55.40</b>	+02:55:20 (57.1%)	11:45	5.1 (42.9%)
324	<b>KWIATKOWSKA Alicja</b>	<b>1127</b>	MAŁE LWY	K30	41	02:05:54	<b>05:06:05.75</b>	<b>05:06:56.20</b>	+02:55:20 (57.1%)	11:46	5.1 (42.9%)
325	<b>SAMOJLIK Daniel</b>	<b>1130</b>	PĘDZIWIATR BIAŁYSTOK	M30	101	01:49:04	<b>05:07:17.45</b>	<b>05:08:05.70</b>	+02:56:30 (57.3%)	11:49	5.1 (42.9%)
326	<b>PRZYBYLSKA Magdalena</b>	<b>1219</b>		K30	42	02:06:28	<b>05:08:36.60</b>	<b>05:09:21.10</b>	+02:57:45 (57.5%)	11:52	5.1 (42.9%)
327	<b>WĄSOWSKA Jagoda</b>	<b>1400</b>		K50	8	02:03:30	<b>05:08:49.95</b>	<b>05:09:53.85</b>	+02:58:18 (57.5%)	11:52	5.1 (42.9%)
328	<b>DAWID Honorata</b>	<b>1065</b>		K40	34	02:02:59	<b>05:10:14.90</b>	<b>05:10:49.50</b>	+02:59:14 (57.7%)	11:55	5 (42.0%)
329	<b>RZECZKOWSKI Maciej</b>	<b>1064</b>	WARSZAWSKI KLUB GÓRSKI	M50	18	02:04:36	<b>05:10:38.75</b>	<b>05:11:44.65</b>	+03:00:09 (57.8%)	11:56	5 (42.0%)
330	<b>KUŚMIERSKI Krzysztof</b>	<b>1067</b>	WARSZAWSKI KLUB GÓRSKI	M40	82	02:05:09	<b>05:10:38.85</b>	<b>05:11:45.05</b>	+03:00:09 (57.8%)	11:56	5 (42.0%)
331	<b>KARPIŃSKA Nina</b>	<b>1296</b>		K30	43	02:02:50	<b>05:29:12.05</b>	<b>05:30:14.35</b>	+03:18:39 (60.2%)	12:39	4.7 (39.5%)
332	<b>JÓŻWIK Artur</b>	<b>1063</b>	BIEGAM, BO BIEGAM.	M40	83	02:14:06	<b>05:29:39.35</b>	<b>05:30:38.90</b>	+03:19:03 (60.2%)	12:40	4.7 (39.5%)
333	<b>KOLAKOWSKA Anna</b>	<b>1101</b>	NIGHT RUNNERS GLIWICE	K40	35	02:22:21	<b>06:11:36.90</b>	<b>06:12:39.25</b>	+04:01:03 (64.7%)	14:17	4.2 (35.3%)
334	<b>FU Zhigang</b>	<b>1001</b>		M60	7		<b>06:27:29.55</b>	<b>06:27:29.55</b>	+04:15:54 (66.0%)	14:54	4 (33.6%)
335	<b>RUPIŃSKA Maria</b>	<b>1351</b>		K20	18		<b>06:56:29.55</b>	<b>06:56:29.55</b>	+04:44:54 (68.4%)	16:01	3.7 (31.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P2_Roztoki 12km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
	<b>MARCOL Mateusz</b>	<b>1007</b>			M20	01:48:19 DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 336 wynik(ów)