



**Wydarzenie:** Maraton Bieszczadzki 2018  
**Organizator:** Fundacja Bieg Rzeźnika  
**Data:** 2018-10-13  
**Miejsce:** Cisna  
**Dystans:** 52 km

## VI HYUNDAJ ULTRAMARATON BIESZCZADZKI - 52 KM

B4SPORT  
INTELIGENTNE ZAWODY SPORTOWE

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Klasyfikacja: Wszyscy

| Msc | Zawodnik                     | Numer      | Klub                            | Kategoria | Mkat | P2_Roztoki<br>12km | P3_Solinka<br>26km | P2_Roztoki<br>38km | Czas<br>netto<br>52km | Czas<br>brutto<br>52km | Różn                 | Tempo<br>min/km | Tempo<br>km/h   |
|-----|------------------------------|------------|---------------------------------|-----------|------|--------------------|--------------------|--------------------|-----------------------|------------------------|----------------------|-----------------|-----------------|
| 1   | <b>POPOV Serhii</b>          | <b>744</b> | SALOMON RC UKRAINE              | M30       | 1    | 00:47:58           | 02:01:12           | 03:02:36           | <b>04:25:44.70</b>    | <b>04:25:46.45</b>     |                      | 5:06            | 11.7<br>(100%)  |
| 2   | <b>FARON Robert</b>          | <b>204</b> | SALCO GARMIN TEAM               | M40       | 1    | 00:48:57           | 02:01:48           | 03:05:20           | <b>04:28:49.00</b>    | <b>04:28:49.40</b>     | +00:03:02<br>(1.1%)  | 5:10            | 11.6<br>(99.1%) |
| 3   | <b>KOCZWARA Tomasz</b>       | <b>210</b> |                                 | M40       | 2    | 00:47:55           | 02:01:58           | 03:08:12           | <b>04:38:51.00</b>    | <b>04:38:55.45</b>     | +00:13:09<br>(4.7%)  | 5:21            | 11.2<br>(95.7%) |
| 4   | <b>MIŚKIEWICZ Mariusz</b>    | <b>215</b> | BIEGIEM PRZEZ CHYBIE            | M30       | 2    | 00:50:04           | 02:05:18           | 03:14:55           | <b>04:48:02.30</b>    | <b>04:48:03.85</b>     | +00:22:17<br>(7.7%)  | 5:32            | 10.8<br>(92.3%) |
| 5   | <b>DYBEK Paweł</b>           | <b>205</b> | SALOMON SUUNTO TEAM             | M40       | 3    | 00:48:51           | 02:05:24           | 03:15:32           | <b>04:48:19.75</b>    | <b>04:48:21.00</b>     | +00:22:34<br>(7.8%)  | 5:32            | 10.8<br>(92.3%) |
| 6   | <b>SOBCZAK Henryk</b>        | <b>751</b> | SOBCZAK HENIO TEAM              | M30       | 3    | 00:56:21           | 02:13:44           | 03:24:05           | <b>04:52:11.85</b>    | <b>04:52:16.80</b>     | +00:26:30<br>(9.1%)  | 5:37            | 10.7<br>(91.5%) |
| 7   | <b>WŁODARKIEWICZ Dominik</b> | <b>213</b> | DYNAFIT POLSKA                  | M40       | 4    | 00:51:27           | 02:10:36           | 03:23:43           | <b>04:59:09.50</b>    | <b>04:59:11.70</b>     | +00:33:25<br>(11.2%) | 5:45            | 10.4<br>(88.9%) |
| 8   | <b>DEMBSKI Paweł</b>         | <b>269</b> | SKLEPBIEGACZA.PL                | M30       | 4    | 00:54:47           | 02:18:13           | 03:29:24           | <b>05:02:40.90</b>    | <b>05:02:43.15</b>     | +00:36:56<br>(12.2%) | 5:49            | 10.3<br>(88.0%) |
| 9   | <b>KRUBA Marcin</b>          | <b>618</b> | JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ | M30       | 5    | 00:49:33           | 02:06:33           | 03:22:47           | <b>05:03:59.05</b>    | <b>05:04:00.95</b>     | +00:38:14<br>(12.6%) | 5:50            | 10.3<br>(88.0%) |
| 10  | <b>KĘPOWICZ Marcin</b>       | <b>659</b> | PASIEKA KEMPI                   | M40       | 5    | 00:55:46           | 02:19:37           | 03:32:09           | <b>05:06:11.95</b>    | <b>05:06:14.15</b>     | +00:40:27<br>(13.2%) | 5:53            | 10.2<br>(87.2%) |
| 11  | <b>PLOCH Jakub</b>           | <b>475</b> | NIGHT RUNNERS GLIWICE           | M20       | 1    | 00:51:36           | 02:14:24           | 03:29:33           | <b>05:06:39.05</b>    | <b>05:06:40.45</b>     | +00:40:54<br>(13.3%) | 5:53            | 10.2<br>(87.2%) |
| 12  | <b>ŁĄCZAK Magdalena</b>      | <b>712</b> | SALOMON SUUNTO TEAM             | K40       | 1    | 00:53:36           | 02:17:54           | 03:33:25           | <b>05:08:15.60</b>    | <b>05:08:17.35</b>     | +00:42:30<br>(13.8%) | 5:55            | 10.1<br>(86.3%) |
| 13  | <b>AUGUSTYŃSKI Sylwester</b> | <b>250</b> | LACHO TEAM                      | M30       | 6    | 00:50:35           | 02:13:10           | 03:28:39           | <b>05:11:25.20</b>    | <b>05:11:30.35</b>     | +00:45:43<br>(14.7%) | 5:59            | 10<br>(85.5%)   |
| 14  | <b>KUJAWSKI Bartosz</b>      | <b>739</b> | GRUPETTO GORLICE                | M20       | 2    | 00:58:18           | 02:21:03           | 03:33:17           | <b>05:14:01.90</b>    | <b>05:14:07.90</b>     | +00:48:21<br>(15.4%) | 6:02            | 9.9<br>(84.6%)  |
| 15  | <b>ZAJĄC Robert</b>          | <b>568</b> | ORANGE POLSKA                   | M40       | 6    | 00:52:56           | 02:15:12           | 03:29:55           | <b>05:14:12.10</b>    | <b>05:14:13.25</b>     | +00:48:26<br>(15.4%) | 6:02            | 9.9<br>(84.6%)  |
| 16  | <b>MYCA Paweł</b>            | <b>656</b> | WOLBROM TEAM                    | M40       | 7    | 00:53:31           | 02:17:32           | 03:35:45           | <b>05:18:39.55</b>    | <b>05:18:55.60</b>     | +00:53:09<br>(16.7%) | 6:07            | 9.8<br>(83.8%)  |

| Msc | Zawodnik                     | Numer      | Klub                                     | Kategoria | Mkat | P2_Roztoki |                 |                 | Czas               |                    | Różn              | Tempo min/km | Tempo km/h  |
|-----|------------------------------|------------|--|-----------|------|------------|-----------------|-----------------|--------------------|--------------------|-------------------|--------------|-------------|
|     |                              |            |  |           |      | 12km       | P3_Solinka 26km | P2_Roztoki 38km | netto 52km         | brutto 52km        |                   |              |             |
| 17  | <b>SZAPORÓW Łukasz</b>       | <b>232</b> | SRTG PROSZOWICE                          | M30       | 7    | 00:56:49   | 02:21:06        | 03:37:08        | <b>05:19:08.55</b> | <b>05:19:10.50</b> | +00:53:24 (16.7%) | 6:08         | 9.8 (83.8%) |
| 18  | <b>GIŻA Grzegorz</b>         | <b>622</b> |  | M30       | 8    | 00:58:39   | 02:28:18        | 03:43:53        | <b>05:20:15.35</b> | <b>05:20:19.05</b> | +00:54:32 (17.0%) | 6:09         | 9.7 (82.9%) |
| 19  | <b>MIKA Tomasz</b>           | <b>443</b> | LABOSPORT TEAM                           | M30       | 9    | 00:58:53   | 02:29:52        | 03:46:15        | <b>05:22:45.75</b> | <b>05:22:48.25</b> | +00:57:01 (17.7%) | 6:12         | 9.7 (82.9%) |
| 20  | <b>PYZIK Krzysztof</b>       | <b>563</b> | VEGESLONIK TEAM / FIZJOBIEGACZE SZCZECIN | M30       | 10   | 00:56:30   | 02:19:54        | 03:39:46        | <b>05:31:55.20</b> | <b>05:31:59.60</b> | +01:06:13 (19.9%) | 6:22         | 9.4 (80.3%) |
| 21  | <b>MAKA Sławomir</b>         | <b>543</b> | STARGLASS TEAM OSTROŁĘKA                 | M50       | 1    | 00:53:27   | 02:17:45        | 03:37:30        | <b>05:35:01.25</b> | <b>05:35:06.00</b> | +01:09:19 (20.7%) | 6:26         | 9.3 (79.5%) |
| 22  | <b>ŻORNIAK Mateusz</b>       | <b>556</b> | MEGA FASON SIENIAWA                      | M20       | 3    | 00:54:31   | 02:22:25        | 03:42:24        | <b>05:36:05.15</b> | <b>05:36:10.10</b> | +01:10:23 (20.9%) | 6:27         | 9.3 (79.5%) |
| 23  | <b>GOMOŁYSEK Kinga</b>       | <b>208</b> | MATNER RUNNING TEAM                      | K30       | 1    | 00:56:11   | 02:24:38        | 03:46:20        | <b>05:36:54.30</b> | <b>05:36:57.15</b> | +01:11:10 (21.1%) | 6:28         | 9.3 (79.5%) |
| 24  | <b>CEBERAK Bartosz</b>       | <b>206</b> |  | M30       | 11   | 00:50:32   | 02:10:35        | 03:37:57        | <b>05:37:20.70</b> | <b>05:37:23.50</b> | +01:11:37 (21.2%) | 6:29         | 9.2 (78.6%) |
| 25  | <b>DYBIŻBAŃSKI Wojciech</b>  | <b>633</b> | CITY TRAIL TEAM                          | M30       | 12   | 00:56:28   | 02:18:43        | 03:33:03        | <b>05:40:17.65</b> | <b>05:40:21.05</b> | +01:14:34 (21.9%) | 6:32         | 9.2 (78.6%) |
| 26  | <b>BIEŃ Przemysław</b>       | <b>244</b> | KS RYGLICE                               | M30       | 13   | 00:52:53   | 02:15:59        | 03:40:59        | <b>05:41:01.25</b> | <b>05:41:04.80</b> | +01:15:18 (22.1%) | 6:33         | 9.1 (77.8%) |
| 27  | <b>BAKALARZ Emil</b>         | <b>648</b> | PGS SOFTWARE TEAM                        | M20       | 4    | 00:54:49   | 02:24:41        | 03:52:49        | <b>05:42:31.75</b> | <b>05:42:33.50</b> | +01:16:47 (22.4%) | 6:35         | 9.1 (77.8%) |
| 28  | <b>ZWIERZCHOWSKI Andrzej</b> | <b>752</b> | TSC                                      | M30       | 14   | 00:53:22   | 02:19:56        | 03:45:23        | <b>05:45:37.85</b> | <b>05:45:44.95</b> | +01:19:58 (23.1%) | 6:38         | 9 (76.9%)   |
| 29  | <b>KRZYSZTOŃ Marcin</b>      | <b>611</b> | GMP LASY KRAŚNIK A                       | M30       | 15   | 00:53:27   | 02:14:44        | 03:36:03        | <b>05:52:20.65</b> | <b>05:52:24.35</b> | +01:26:37 (24.6%) | 6:46         | 8.9 (76.1%) |
| 30  | <b>MYSZCZYSZYN Łukasz</b>    | <b>227</b> | KUDOWA BIEGA                             | M30       | 16   | 00:58:31   | 02:28:17        | 03:53:04        | <b>05:52:42.20</b> | <b>05:52:47.65</b> | +01:27:01 (24.7%) | 6:46         | 8.8 (75.2%) |
| 31  | <b>FILIPEK Paweł</b>         | <b>606</b> | BIEGUSIEM.PL                             | M30       | 17   | 01:00:24   | 02:35:43        | 04:04:11        | <b>05:54:40.65</b> | <b>05:54:43.60</b> | +01:28:57 (25.1%) | 6:49         | 8.8 (75.2%) |
| 32  | <b>DYŚ Paweł</b>             | <b>425</b> | STAY INSANE                              | M30       | 18   | 00:57:45   | 02:29:17        | 03:57:59        | <b>05:54:56.00</b> | <b>05:54:57.65</b> | +01:29:11 (25.1%) | 6:49         | 8.8 (75.2%) |
| 33  | <b>KOZAK Krzysztof</b>       | <b>528</b> | SPEED FEET '16                           | M20       | 5    | 00:59:35   | 02:31:37        | 03:59:59        | <b>05:55:26.70</b> | <b>05:55:47.25</b> | +01:30:00 (25.3%) | 6:50         | 8.8 (75.2%) |
| 34  | <b>MICHALSKI Marcin</b>      | <b>327</b> | FUNFLY                                   | M30       | 19   | 01:02:29   | 02:38:13        | 04:03:42        | <b>05:58:54.85</b> | <b>05:59:02.85</b> | +01:33:16 (26.0%) | 6:54         | 8.7 (74.4%) |
| 35  | <b>JAROMIRSKA Elzbieta</b>   | <b>263</b> | NESKALATZAILEAK                          | K30       | 2    | 01:05:02   | 02:44:10        | 04:13:41        | <b>06:00:58.65</b> | <b>06:01:42.90</b> | +01:35:56 (26.5%) | 6:56         | 8.6 (73.5%) |
| 36  | <b>MAZUREK Robert</b>        | <b>252</b> | LSB / LUBELAKY                           | M40       | 8    | 00:59:33   | 02:38:02        | 04:08:57        | <b>06:02:35.55</b> | <b>06:02:37.60</b> | +01:36:51 (26.7%) | 6:58         | 8.6 (73.5%) |
| 37  | <b>ZYCH Zbigniew</b>         | <b>557</b> | TRIATHLON LUBLIN TEAM                    | M40       | 9    | 01:01:31   | 02:38:43        | 04:08:59        | <b>06:02:35.60</b> | <b>06:02:37.90</b> | +01:36:51 (26.7%) | 6:58         | 8.6 (73.5%) |
| 38  | <b>SIKOŃCZYK Miłosz</b>      | <b>235</b> |  | M20       | 6    | 00:59:00   | 02:30:37        | 03:55:16        | <b>06:02:58.70</b> | <b>06:03:03.55</b> | +01:37:17 (26.8%) | 6:58         | 8.6 (73.5%) |
| 39  | <b>GOŁĄB Marek</b>           | <b>423</b> | KW KOTŁOWNIA                             | M30       | 20   | 00:57:52   | 02:30:37        | 04:00:14        | <b>06:03:29.90</b> | <b>06:03:33.15</b> | +01:37:46 (26.9%) | 6:59         | 8.6 (73.5%) |
| 40  | <b>GALA Damian</b>           | <b>696</b> |  | M30       | 21   | 00:59:15   | 02:30:02        | 03:59:50        | <b>06:05:11.10</b> | <b>06:05:14.20</b> | +01:39:27 (27.2%) | 7:01         | 8.5 (72.6%) |
| 41  | <b>KWAŚNIEWSKI Maciej</b>    | <b>448</b> |  | M30       | 22   | 00:59:54   | 02:37:38        | 04:03:10        | <b>06:06:28.60</b> | <b>06:07:08.10</b> | +01:41:21 (27.6%) | 7:02         | 8.5 (72.6%) |

| Msc | Zawodnik                    | Numer      | Klub                              | Kategoria | Mkat | P2_Roztoki |                 |                 | Czas netto         | Czas brutto        | Różn              | Tempo min/km | Tempo km/h  |
|-----|-----------------------------|------------|-----------------------------------|-----------|------|------------|-----------------|-----------------|--------------------|--------------------|-------------------|--------------|-------------|
|     |                             |            |                                   |           |      | 12km       | P3_Solinka 26km | P2_Roztoki 38km | 52km               | 52km               |                   |              |             |
| 42  | <b>KAŁWA Leszek</b>         | <b>283</b> | WOLBROM TEAM                      | M30       | 23   | 00:58:20   | 02:35:01        | 04:06:06        | <b>06:06:51.10</b> | <b>06:07:09.10</b> | +01:41:22 (27.6%) | 7:03         | 8.5 (72.6%) |
| 43  | <b>KOZA Jan</b>             | <b>649</b> | LOKOMOTIV MAJDAN/ GOPR BIESZCZADY | M20       | 7    | 00:57:55   | 02:31:25        | 04:05:34        | <b>06:07:18.35</b> | <b>06:07:21.00</b> | +01:41:34 (27.7%) | 7:03         | 8.5 (72.6%) |
| 44  | <b>WOŹNIAK Radosław</b>     | <b>644</b> | SKAWINA BIEGA                     | M30       | 24   | 00:57:37   | 02:32:25        | 04:05:44        | <b>06:07:40.65</b> | <b>06:07:50.60</b> | +01:42:04 (27.7%) | 7:04         | 8.5 (72.6%) |
| 45  | <b>GAWLEWICZ Krystyna</b>   | <b>663</b> | GAWELKI TEAM                      | K30       | 3    | 01:02:19   | 02:40:55        | 04:13:12        | <b>06:07:03.40</b> | <b>06:07:57.80</b> | +01:42:11 (27.8%) | 7:03         | 8.5 (72.6%) |
| 46  | <b>SZCZOT Andrzej</b>       | <b>766</b> | KB SOBÓTKA                        | M40       | 10   | 00:59:32   | 02:40:13        | 04:13:28        | <b>06:08:20.00</b> | <b>06:08:27.70</b> | +01:42:41 (27.9%) | 7:05         | 8.5 (72.6%) |
| 47  | <b>WITEK Łukasz</b>         | <b>405</b> | BIEG PO ZDRÓJ                     | M40       | 11   | 01:07:01   | 02:46:42        | 04:14:46        | <b>06:07:57.05</b> | <b>06:08:50.15</b> | +01:43:03 (27.9%) | 7:04         | 8.5 (72.6%) |
| 48  | <b>LINEK Michał</b>         | <b>670</b> | PROSPERO ML TEAM                  | M40       | 12   | 01:03:09   | 02:43:49        | 04:13:09        | <b>06:09:56.25</b> | <b>06:10:05.90</b> | +01:44:19 (28.2%) | 7:06         | 8.4 (71.8%) |
| 49  | <b>POTRZESZCZ Tomasz</b>    | <b>333</b> |                                   | M40       | 13   | 01:03:21   | 02:40:15        | 04:12:33        | <b>06:09:45.90</b> | <b>06:10:55.05</b> | +01:45:08 (28.3%) | 7:06         | 8.4 (71.8%) |
| 50  | <b>POTRZESZCZ Grzegorz</b>  | <b>309</b> |                                   | M40       | 14   | 01:02:46   | 02:40:17        | 04:12:33        | <b>06:09:45.95</b> | <b>06:10:55.45</b> | +01:45:09 (28.3%) | 7:06         | 8.4 (71.8%) |
| 51  | <b>GRONAU Maciej</b>        | <b>385</b> |                                   | M30       | 25   | 01:05:43   | 02:46:09        | 04:12:45        | <b>06:12:28.75</b> | <b>06:12:32.45</b> | +01:46:46 (28.7%) | 7:09         | 8.4 (71.8%) |
| 52  | <b>RYBAK Przemysław</b>     | <b>605</b> | PRZE(W)AGA                        | M30       | 26   | 01:07:07   | 02:41:55        | 04:13:11        | <b>06:16:11.90</b> | <b>06:16:42.85</b> | +01:50:56 (29.4%) | 7:14         | 8.3 (70.9%) |
| 53  | <b>WIĘCH Piotr</b>          | <b>705</b> |                                   | M30       | 27   | 00:58:59   | 02:29:26        | 04:02:01        | <b>06:16:52.90</b> | <b>06:17:10.90</b> | +01:51:24 (29.5%) | 7:14         | 8.3 (70.9%) |
| 54  | <b>WESOŁEK Marek</b>        | <b>627</b> | PRO-RUN WROCŁAW                   | M30       | 28   | 01:06:04   | 02:45:55        | 04:15:07        | <b>06:17:21.30</b> | <b>06:17:39.40</b> | +01:51:52 (29.6%) | 7:15         | 8.3 (70.9%) |
| 55  | <b>WRÓBLEWSKI Jacek</b>     | <b>529</b> | MAZOVIAPROACTIV                   | M30       | 29   | 00:57:49   | 02:29:16        | 04:06:09        | <b>06:18:51.95</b> | <b>06:18:54.30</b> | +01:53:07 (29.9%) | 7:17         | 8.2 (70.1%) |
| 56  | <b>VISENTIN Eric</b>        | <b>666</b> | NOA                               | M40       | 15   | 01:02:23   | 02:45:11        | 04:15:04        | <b>06:18:52.40</b> | <b>06:19:07.15</b> | +01:53:20 (29.9%) | 7:17         | 8.2 (70.1%) |
| 57  | <b>STYPUŁKOWSKI Piotr</b>   | <b>625</b> |                                   | M30       | 30   | 01:04:44   | 02:38:16        | 04:09:07        | <b>06:19:20.15</b> | <b>06:19:39.50</b> | +01:53:53 (30.0%) | 7:17         | 8.2 (70.1%) |
| 58  | <b>FAJFER Jakub</b>         | <b>695</b> |                                   | M30       | 31   | 01:07:09   | 02:46:15        | 04:19:19        | <b>06:19:21.95</b> | <b>06:19:50.75</b> | +01:54:04 (30.0%) | 7:17         | 8.2 (70.1%) |
| 59  | <b>PASUTO Grzegorz</b>      | <b>725</b> |                                   | M30       | 32   | 01:07:10   | 02:49:51        | 04:23:19        | <b>06:20:37.85</b> | <b>06:21:00.90</b> | +01:55:14 (30.2%) | 7:19         | 8.2 (70.1%) |
| 60  | <b>ŚWISTUŃ Eugeniusz</b>    | <b>371</b> | ANTONTEAM                         | M20       | 8    | 01:07:27   | 02:47:46        | 04:18:40        | <b>06:22:16.20</b> | <b>06:22:45.95</b> | +01:56:59 (30.6%) | 7:21         | 8.2 (70.1%) |
| 61  | <b>FRANCKOWSKA Marta</b>    | <b>452</b> | WKURW_TEAM                        | K20       | 1    | 01:06:50   | 02:52:46        | 04:26:57        | <b>06:23:46.10</b> | <b>06:23:51.35</b> | +01:58:04 (30.8%) | 7:22         | 8.1 (69.2%) |
| 62  | <b>BANASZYNSKI Damian</b>   | <b>493</b> |                                   | M30       | 33   | 00:58:21   | 02:35:23        | 04:13:16        | <b>06:24:26.70</b> | <b>06:24:30.60</b> | +01:58:44 (30.9%) | 7:23         | 8.1 (69.2%) |
| 63  | <b>DULAK Robert</b>         | <b>698</b> | ROBDOR                            | M40       | 16   | 01:03:00   | 02:42:13        | 04:18:59        | <b>06:24:23.15</b> | <b>06:24:36.20</b> | +01:58:49 (30.9%) | 7:23         | 8.1 (69.2%) |
| 64  | <b>KRUPA Grzegorz</b>       | <b>753</b> | KB SOBÓTKA                        | M40       | 17   | 00:59:37   | 02:41:09        | 04:22:01        | <b>06:24:37.90</b> | <b>06:24:44.80</b> | +01:58:58 (30.9%) | 7:23         | 8.1 (69.2%) |
| 65  | <b>SZYBIAK Waldemar</b>     | <b>584</b> |                                   | M50       | 2    | 01:07:00   | 02:47:25        | 04:21:27        | <b>06:24:41.80</b> | <b>06:24:49.25</b> | +01:59:02 (30.9%) | 7:23         | 8.1 (69.2%) |
| 66  | <b>GRYNAGIEL Przemysław</b> | <b>325</b> |                                   | M30       | 34   | 01:02:54   | 02:34:33        | 04:16:13        | <b>06:25:24.55</b> | <b>06:25:49.45</b> | +02:00:03 (31.1%) | 7:24         | 8.1 (69.2%) |

| Msc | Zawodnik                     | Numer      | Klub   | Kategoria | Mkat | P2_Roztoki |                    |                    | Czas netto<br>52km | Czas brutto<br>52km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|------------------------------|------------|--|-----------|------|------------|--------------------|--------------------|--------------------|---------------------|----------------------|-----------------|----------------|
|     |                              |            |  |           |      | 12km       | P3_Solinka<br>26km | P2_Roztoki<br>38km |                    |                     |                      |                 |                |
| 67  | <b>PORĘBA Marek</b>          | <b>403</b> |  | M30       | 35   | 01:06:37   | 02:47:32           | 04:21:07           | <b>06:25:41.50</b> | <b>06:25:55.50</b>  | +02:00:09<br>(31.1%) | 7:25            | 8.1<br>(69.2%) |
| 68  | <b>KNOPEK Adam</b>           | <b>406</b> | STOWARZYSZENIE BIEG PO ZDRÓJ                       | M30       | 36   | 01:07:01   | 02:46:40           | 04:22:53           | <b>06:26:11.40</b> | <b>06:27:05.05</b>  | +02:01:18<br>(31.3%) | 7:25            | 8.1<br>(69.2%) |
| 69  | <b>JANGAS Andrzej</b>        | <b>260</b> | NADLEŚNICTWO KALISZ                                | M50       | 3    | 01:05:31   | 02:58:17           | 04:29:08           | <b>06:26:32.45</b> | <b>06:27:05.85</b>  | +02:01:19<br>(31.3%) | 7:26            | 8.1<br>(69.2%) |
| 70  | <b>JURCZAK Roman</b>         | <b>540</b> |  | M60       | 1    | 01:04:47   | 02:55:13           | 04:28:32           | <b>06:28:45.20</b> | <b>06:28:47.20</b>  | +02:03:00<br>(31.6%) | 7:28            | 8<br>(68.4%)   |
| 71  | <b>JUKIEL Tomasz</b>         | <b>505</b> | BORNHOLMRUNERS                                     | M30       | 37   | 04:21:16   |                    |                    | <b>06:29:07.95</b> | <b>06:29:07.95</b>  | +02:03:21<br>(31.7%) | 7:28            | 8<br>(68.4%)   |
| 72  | <b>KONDZIELNIK Magdalena</b> | <b>293</b> |  | K40       | 2    | 01:05:48   | 02:55:20           | 04:30:48           | <b>06:29:33.70</b> | <b>06:29:38.15</b>  | +02:03:51<br>(31.8%) | 7:29            | 8<br>(68.4%)   |
| 73  | <b>JAMRÓZ Łukasz</b>         | <b>647</b> | AUUUUU   | M40       | 18   | 01:03:30   | 02:40:12           | 04:21:04           | <b>06:29:49.70</b> | <b>06:30:01.45</b>  | +02:04:15<br>(31.9%) | 7:29            | 8<br>(68.4%)   |
| 74  | <b>OLEJNIK Tomasz</b>        | <b>331</b> |  | M40       | 19   | 01:09:41   | 02:56:19           | 04:30:55           | <b>06:30:02.75</b> | <b>06:30:17.85</b>  | +02:04:31<br>(31.9%) | 7:30            | 8<br>(68.4%)   |
| 75  | <b>MAŁACHOWSKI Mariusz</b>   | <b>349</b> | KBKS BIEGACZE W RADOMSKU                           | M40       | 20   | 01:07:28   | 02:50:18           | 04:23:33           | <b>06:29:55.80</b> | <b>06:30:18.00</b>  | +02:04:31<br>(31.9%) | 7:29            | 8<br>(68.4%)   |
| 76  | <b>BOBROWSKI Jan</b>         | <b>490</b> |  | M50       | 4    | 01:04:20   | 02:45:29           | 04:23:43           | <b>06:30:52.30</b> | <b>06:30:58.35</b>  | +02:05:11<br>(32.0%) | 7:31            | 8<br>(68.4%)   |
| 77  | <b>MIROSŁAW Albert</b>       | <b>369</b> | WW TEAM  | M40       | 21   | 01:06:30   | 02:51:59           | 04:24:59           | <b>06:30:55.45</b> | <b>06:31:55.45</b>  | +02:06:09<br>(32.2%) | 7:31            | 8<br>(68.4%)   |
| 78  | <b>SZOT Iwona</b>            | <b>370</b> | WW TEAM  | K40       | 3    | 01:06:31   | 02:51:57           | 04:24:59           | <b>06:30:54.65</b> | <b>06:31:55.65</b>  | +02:06:09<br>(32.2%) | 7:31            | 8<br>(68.4%)   |
| 79  | <b>ŚWIĆ Miłosz</b>           | <b>518</b> | DZIK KOMANDO                                       | M30       | 38   | 01:06:56   | 02:46:04           | 04:24:48           | <b>06:31:44.00</b> | <b>06:32:40.95</b>  | +02:06:54<br>(32.3%) | 7:32            | 8<br>(68.4%)   |
| 80  | <b>RING Rafał</b>            | <b>474</b> |  | M40       | 22   | 01:06:53   | 02:48:44           | 04:30:14           | <b>06:34:18.85</b> | <b>06:34:30.20</b>  | +02:08:43<br>(32.6%) | 7:34            | 7.9<br>(67.5%) |
| 81  | <b>KACHNIARZ Magdalena</b>   | <b>356</b> |  | K30       | 4    | 01:04:45   | 02:50:41           | 04:28:44           | <b>06:35:34.00</b> | <b>06:35:50.40</b>  | +02:10:03<br>(32.9%) | 7:36            | 7.9<br>(67.5%) |
| 82  | <b>GAWRON Marcin</b>         | <b>654</b> |  | M30       | 39   | 01:03:24   | 02:46:31           | 04:26:49           | <b>06:36:21.90</b> | <b>06:36:35.55</b>  | +02:10:49<br>(33.0%) | 7:37            | 7.9<br>(67.5%) |
| 83  | <b>NAZIMEK Maciej</b>        | <b>503</b> | R7   | M30       | 40   | 01:02:21   | 02:41:49           | 04:23:09           | <b>06:36:16.80</b> | <b>06:36:39.20</b>  | +02:10:52<br>(33.0%) | 7:37            | 7.9<br>(67.5%) |
| 84  | <b>KRUK Tomasz</b>           | <b>253</b> | DLA BOGUSI   | M40       | 23   | 01:04:55   | 02:43:51           | 04:21:50           | <b>06:38:49.25</b> | <b>06:39:49.25</b>  | +02:14:02<br>(33.5%) | 7:40            | 7.8<br>(66.7%) |
| 85  | <b>KARUŚ Waldemar</b>        | <b>489</b> | 14DAS JAROSŁAW IM.GEN.BRYG.WACŁAWA WIECZORKIEWICZA | M40       | 24   | 01:02:50   | 02:49:53           | 04:29:25           | <b>06:40:39.85</b> | <b>06:41:00.40</b>  | +02:15:13<br>(33.7%) | 7:42            | 7.8<br>(66.7%) |
| 86  | <b>ORLEWSKA Danuta</b>       | <b>628</b> | WARSZTAT RUCHU KATARZYNA ŻEBRAKOWSKA               | K40       | 4    | 01:03:00   | 02:47:23           | 04:28:14           | <b>06:41:17.75</b> | <b>06:41:33.55</b>  | +02:15:47<br>(33.8%) | 7:43            | 7.8<br>(66.7%) |
| 87  | <b>SZMECHTIG-GAUDEN Ewa</b>  | <b>668</b> | PODGÓRZ TORUŃ                                      | K40       | 5    | 01:07:32   | 02:50:39           | 04:28:06           | <b>06:41:01.70</b> | <b>06:41:34.30</b>  | +02:15:47<br>(33.8%) | 7:42            | 7.8<br>(66.7%) |
| 88  | <b>PEPLAK Jarosław</b>       | <b>749</b> | GAMENESS KONSTANCIN                                | M40       | 25   | 00:59:54   | 02:46:06           | 04:31:51           | <b>06:41:32.00</b> | <b>06:41:44.60</b>  | +02:15:58<br>(33.8%) | 7:43            | 7.8<br>(66.7%) |
| 89  | <b>AZAREWICZ Grzegorz</b>    | <b>526</b> |  | M40       | 26   | 01:02:17   | 02:41:27           | 04:20:09           | <b>06:41:32.50</b> | <b>06:41:47.85</b>  | +02:16:01<br>(33.9%) | 7:43            | 7.8<br>(66.7%) |
| 90  | <b>KALECINSKI Piotr</b>      | <b>612</b> |  | M30       | 41   | 01:09:22   | 02:57:38           | 04:35:58           | <b>06:41:43.20</b> | <b>06:41:54.95</b>  | +02:16:08<br>(33.9%) | 7:43            | 7.8<br>(66.7%) |
| 91  | <b>BEREZOWSKI Oskar</b>      | <b>665</b> | NAPIERAJ.PL  | M40       | 27   | 01:04:05   | 02:46:36           | 04:29:48           | <b>06:42:05.10</b> | <b>06:42:18.50</b>  | +02:16:32<br>(33.9%) | 7:43            | 7.8<br>(66.7%) |

| Msc | Zawodnik                     | Numer      | Klub                                 | Kategoria | Mkat | P2_Roztoki |                 |                 | Czas netto         | Czas brutto        | Różn              | Tempo min/km | Tempo km/h  |
|-----|------------------------------|------------|--------------------------------------|-----------|------|------------|-----------------|-----------------|--------------------|--------------------|-------------------|--------------|-------------|
|     |                              |            |                                      |           |      | 12km       | P3_Solinka 26km | P2_Roztoki 38km | 52km               | 52km               |                   |              |             |
| 92  | <b>WOŁOSZYŃ Ryszard</b>      | <b>734</b> | PIZUNY ROZTOCZE WSCHODNIE            | M50       | 5    | 01:10:47   | 02:56:41        | 04:34:37        | <b>06:41:54.15</b> | <b>06:42:27.90</b> | +02:16:41 (34.0%) | 7:43         | 7.8 (66.7%) |
| 93  | <b>GUT Mateusz</b>           | <b>587</b> | LEGIA RUN CLUB WARSZAWA              | M30       | 42   | 01:05:19   | 02:51:05        | 04:31:02        | <b>06:42:23.25</b> | <b>06:43:03.25</b> | +02:17:16 (34.1%) | 7:44         | 7.8 (66.7%) |
| 94  | <b>KRAWCZYK Łukasz</b>       | <b>305</b> | BUDAGO.PL                            | M30       | 43   | 01:09:19   | 02:53:30        | 04:29:18        | <b>06:43:53.10</b> | <b>06:44:15.60</b> | +02:18:29 (34.3%) | 7:46         | 7.7 (65.8%) |
| 95  | <b>RAJNER Krzysztof</b>      | <b>681</b> | ULTRA KOSZALIN                       | M30       | 44   | 01:04:21   | 02:48:24        | 04:30:15        | <b>06:44:18.70</b> | <b>06:44:31.00</b> | +02:18:44 (34.3%) | 7:46         | 7.7 (65.8%) |
| 96  | <b>MIELNICZUK Mirosław</b>   | <b>601</b> |                                      | M40       | 28   | 00:59:45   | 02:35:49        | 04:19:14        | <b>06:44:33.75</b> | <b>06:44:45.10</b> | +02:18:58 (34.3%) | 7:46         | 7.7 (65.8%) |
| 97  | <b>TAMBORSKA Agata</b>       | <b>673</b> | DZIK KOMANDO                         | K30       | 5    | 01:06:55   | 02:45:06        | 04:24:38        | <b>06:44:01.05</b> | <b>06:44:58.50</b> | +02:19:12 (34.4%) | 7:46         | 7.7 (65.8%) |
| 98  | <b>BRZUSTOWICZ Marek</b>     | <b>422</b> | KB GEOTERMIA UNIEJÓW                 | M60       | 2    | 01:05:13   | 02:51:41        | 04:34:45        | <b>06:44:22.40</b> | <b>06:45:01.50</b> | +02:19:15 (34.4%) | 7:46         | 7.7 (65.8%) |
| 99  | <b>WOJCIECHOWSKI Norbert</b> | <b>674</b> | ALTOM GNIEZNO                        | M30       | 45   | 00:58:42   | 02:28:59        | 04:13:20        | <b>06:46:01.95</b> | <b>06:46:21.70</b> | +02:20:35 (34.6%) | 7:48         | 7.7 (65.8%) |
| 100 | <b>SALWA Krzysztof</b>       | <b>655</b> | SALCLAN-TEAM                         | M40       | 29   | 01:04:11   | 02:50:58        | 04:33:09        | <b>06:48:09.65</b> | <b>06:48:11.55</b> | +02:22:25 (34.9%) | 7:50         | 7.6 (65.0%) |
| 101 | <b>PAWLUCZUK Tomek</b>       | <b>442</b> |                                      | M40       | 30   | 01:08:56   | 02:53:18        | 04:36:53        | <b>06:49:20.85</b> | <b>06:49:29.20</b> | +02:23:42 (35.1%) | 7:52         | 7.6 (65.0%) |
| 102 | <b>PAŃTAK Sławomir</b>       | <b>228</b> | 21DAPLOT JAROSŁAW                    | M40       | 31   | 01:11:23   | 03:00:52        | 04:48:54        | <b>06:50:05.80</b> | <b>06:50:32.95</b> | +02:24:46 (35.3%) | 7:53         | 7.6 (65.0%) |
| 103 | <b>WOJCIESZEK Andrzej</b>    | <b>398</b> | APTEKA GEMINI TEAM                   | M30       | 46   | 01:02:50   | 02:42:55        | 04:24:57        | <b>06:50:29.15</b> | <b>06:50:37.50</b> | +02:24:51 (35.3%) | 7:53         | 7.6 (65.0%) |
| 104 | <b>ODOLIŃSKI Jacek</b>       | <b>560</b> | PSZCZÓŁKOWSKI TEAM                   | M50       | 6    | 01:12:01   | 03:02:18        | 04:41:02        | <b>06:50:11.65</b> | <b>06:50:39.10</b> | +02:24:52 (35.3%) | 7:53         | 7.6 (65.0%) |
| 105 | <b>KRAWCZYK Marcin</b>       | <b>748</b> | SOMSIEDZI                            | M40       | 32   | 01:05:50   | 02:48:42        | 04:31:51        | <b>06:50:30.65</b> | <b>06:50:43.45</b> | +02:24:57 (35.3%) | 7:53         | 7.6 (65.0%) |
| 106 | <b>KOŁACKA Martyna</b>       | <b>473</b> | GO APTIV!                            | K20       | 2    | 01:09:22   | 02:57:24        | 04:41:26        | <b>06:50:03.30</b> | <b>06:50:46.00</b> | +02:24:59 (35.3%) | 7:53         | 7.6 (65.0%) |
| 107 | <b>GRZYWACZ Wojciech</b>     | <b>530</b> | FARTLEK GO                           | M50       | 7    | 01:05:45   | 02:55:18        | 04:39:52        | <b>06:51:19.10</b> | <b>06:51:26.00</b> | +02:25:39 (35.4%) | 7:54         | 7.6 (65.0%) |
| 108 | <b>KUCHARSKI Paweł</b>       | <b>754</b> | PLANETA NISKO                        | M30       | 47   | 01:00:00   | 02:48:43        | 04:38:07        | <b>06:51:18.55</b> | <b>06:51:32.25</b> | +02:25:45 (35.4%) | 7:54         | 7.6 (65.0%) |
| 109 | <b>CHORZĘPA Mariusz</b>      | <b>223</b> | TSA SANDOMIERZ                       | M40       | 33   | 01:04:11   | 02:49:40        | 04:39:46        | <b>06:52:09.30</b> | <b>06:52:19.85</b> | +02:26:33 (35.5%) | 7:55         | 7.6 (65.0%) |
| 110 | <b>KONIECZNY Mariusz</b>     | <b>583</b> |                                      | M50       | 8    | 01:07:03   | 02:54:18        | 04:38:40        | <b>06:52:31.80</b> | <b>06:52:38.40</b> | +02:26:51 (35.6%) | 7:56         | 7.6 (65.0%) |
| 111 | <b>WIERZBICKI Tomasz</b>     | <b>471</b> |                                      | M30       | 48   | 01:06:24   | 02:53:44        | 04:38:56        | <b>06:52:24.20</b> | <b>06:53:14.00</b> | +02:27:27 (35.7%) | 7:55         | 7.6 (65.0%) |
| 112 | <b>MELLER Joanna</b>         | <b>437</b> | SS DRUŻYNA WILKA / SKAZANI NA SUKCES | K30       | 6    | 01:11:56   | 02:59:27        | 04:39:53        | <b>06:53:44.55</b> | <b>06:54:21.60</b> | +02:28:35 (35.9%) | 7:57         | 7.5 (64.1%) |
| 113 | <b>BŁAJSZCZAK Karol</b>      | <b>222</b> | TSA SANDOMIERZ                       | M40       | 34   | 01:04:09   | 02:49:43        | 04:47:38        | <b>06:54:49.45</b> | <b>06:55:00.50</b> | +02:29:14 (36.0%) | 7:58         | 7.5 (64.1%) |
| 114 | <b>KRZEMIŃSKI Bartosz</b>    | <b>692</b> | WKURW_TEAM                           | M30       | 49   | 01:05:05   | 02:47:31        | 04:34:11        | <b>06:54:32.25</b> | <b>06:55:01.50</b> | +02:29:15 (36.0%) | 7:58         | 7.5 (64.1%) |
| 115 | <b>OBARA Michał</b>          | <b>642</b> | BIEGŃĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ      | M30       | 50   | 01:06:52   | 02:55:25        | 04:42:03        | <b>06:55:16.20</b> | <b>06:55:18.75</b> | +02:29:32 (36.0%) | 7:59         | 7.5 (64.1%) |
| 116 | <b>BOROWSKI Roman</b>        | <b>599</b> | POZYTYWNIIE ZABIEGANI SANOK          | M40       | 35   | 01:01:30   | 02:43:53        | 04:29:04        | <b>06:55:40.35</b> | <b>06:55:41.70</b> | +02:29:55 (36.1%) | 7:59         | 7.5 (64.1%) |

| Msc | Zawodnik                   | Numer      | Klub                                 | Kategoria | Mkat | P2_Roztoki |                 |                 | Czas               |                    | Różn              | Tempo min/km | Tempo km/h  |
|-----|----------------------------|------------|--------------------------------------|-----------|------|------------|-----------------|-----------------|--------------------|--------------------|-------------------|--------------|-------------|
|     |                            |            |                                      |           |      | 12km       | P3_Solinka 26km | P2_Roztoki 38km | netto 52km         | brutto 52km        |                   |              |             |
| 116 | <b>DROBOT Piotr</b>        | <b>24</b>  | POZYTYWNIIE ZABIEGAMI SANOK          | M40       | 36   | 01:13:03   | 03:06:46        | 04:41:48        | <b>06:54:47.50</b> | <b>06:55:41.70</b> | +02:29:55 (36.1%) | 7:58         | 7.5 (64.1%) |
| 118 | <b>SOSNOWSKA Agnieszka</b> | <b>604</b> | PRZE(W)AGA                           | K30       | 7    | 01:07:06   | 02:58:15        | 04:42:38        | <b>06:55:13.35</b> | <b>06:55:44.50</b> | +02:29:58 (36.1%) | 7:59         | 7.5 (64.1%) |
| 119 | <b>KOSOWICZ Krzysztof</b>  | <b>317</b> |                                      | M40       | 37   | 01:01:54   | 02:41:08        | 04:32:57        | <b>06:55:25.55</b> | <b>06:55:55.40</b> | +02:30:08 (36.1%) | 7:59         | 7.5 (64.1%) |
| 120 | <b>ASŁANOWICZ Marcin</b>   | <b>238</b> |                                      | M40       | 38   | 01:05:44   | 02:53:34        | 04:35:29        | <b>06:55:40.25</b> | <b>06:56:15.20</b> | +02:30:28 (36.2%) | 7:59         | 7.5 (64.1%) |
| 121 | <b>GESSLER Łukasz</b>      | <b>338</b> | BIESY                                | M30       | 51   | 01:11:15   | 03:03:54        | 04:47:15        | <b>06:55:44.00</b> | <b>06:56:19.00</b> | +02:30:32 (36.2%) | 7:59         | 7.5 (64.1%) |
| 122 | <b>WIŚNIEWSKI Michał</b>   | <b>485</b> | INVICTA POWER TEAM                   | M40       | 39   | 01:14:56   | 03:04:43        | 04:47:46        | <b>06:56:35.05</b> | <b>06:56:42.50</b> | +02:30:56 (36.2%) | 8:00         | 7.5 (64.1%) |
| 123 | <b>RASZKOWSKI Piotr</b>    | <b>307</b> |                                      | M30       | 52   | 01:14:46   | 03:08:32        | 04:47:33        | <b>06:56:29.75</b> | <b>06:56:44.25</b> | +02:30:57 (36.2%) | 8:00         | 7.5 (64.1%) |
| 124 | <b>WOŁOSZYN Czesław</b>    | <b>735</b> |                                      | M50       | 9    | 01:10:55   | 02:56:47        | 04:35:59        | <b>06:56:18.25</b> | <b>06:56:47.10</b> | +02:31:00 (36.2%) | 8:00         | 7.5 (64.1%) |
| 125 | <b>WARĘCKA Kasia</b>       | <b>319</b> |                                      | K20       | 3    | 01:08:18   | 03:02:23        | 04:46:38        | <b>06:56:41.00</b> | <b>06:56:49.65</b> | +02:31:03 (36.2%) | 8:00         | 7.5 (64.1%) |
| 126 | <b>KAŹMIERCZAK Michał</b>  | <b>738</b> | DZIKIE ŻYCIE RUN TEAM                | M30       | 53   | 01:04:49   | 02:47:05        | 04:30:46        | <b>06:56:28.45</b> | <b>06:56:54.00</b> | +02:31:07 (36.2%) | 8:00         | 7.5 (64.1%) |
| 127 | <b>BIESZKE Artur</b>       | <b>245</b> | BEZTLENOWI MALBORK                   | M30       | 54   | 01:10:12   | 02:57:37        | 04:49:32        | <b>06:56:57.15</b> | <b>06:57:16.60</b> | +02:31:30 (36.3%) | 8:01         | 7.5 (64.1%) |
| 128 | <b>SULEWSKI Maciej</b>     | <b>602</b> | BIEGAM BO LUBIĘ OSTROŁĘKA            | M40       | 40   | 01:03:52   | 02:45:07        | 04:40:43        | <b>06:57:09.85</b> | <b>06:57:28.45</b> | +02:31:42 (36.3%) | 8:01         | 7.5 (64.1%) |
| 129 | <b>KWIATKOWSKI Kajetan</b> | <b>718</b> | PIĘKNI I BESTIE                      | M30       | 55   | 01:11:16   | 02:54:41        | 04:35:11        | <b>06:57:32.70</b> | <b>06:58:09.25</b> | +02:32:22 (36.4%) | 8:01         | 7.5 (64.1%) |
| 130 | <b>ZIEMIŃSKI Maciej</b>    | <b>380</b> | GARDENFLORA MTB TEAM                 | M20       | 9    | 01:04:46   | 02:47:18        | 04:41:00        | <b>06:57:52.60</b> | <b>06:58:15.10</b> | +02:32:28 (36.5%) | 8:02         | 7.5 (64.1%) |
| 131 | <b>KAWALEC Krystian</b>    | <b>603</b> |                                      | M40       | 41   | 01:07:20   | 02:57:50        | 04:46:01        | <b>06:57:43.65</b> | <b>06:58:15.50</b> | +02:32:29 (36.5%) | 8:02         | 7.5 (64.1%) |
| 132 | <b>MISZTA Barbara</b>      | <b>492</b> | BIEGAM BO LUBIĘ ZĄBKI TEAM           | K40       | 6    | 01:09:57   | 03:01:10        | 04:47:39        | <b>06:58:28.00</b> | <b>06:58:34.80</b> | +02:32:48 (36.5%) | 8:02         | 7.5 (64.1%) |
| 133 | <b>GRONIECKI Mikołaj</b>   | <b>651</b> |                                      | M30       | 56   | 01:06:30   | 02:54:04        | 04:46:25        | <b>06:57:52.75</b> | <b>06:58:34.90</b> | +02:32:48 (36.5%) | 8:02         | 7.5 (64.1%) |
| 134 | <b>KUKLA Marcin</b>        | <b>546</b> | RYSIK RUNNERS                        | M40       | 42   | 01:05:12   | 02:52:47        | 04:37:03        | <b>06:58:16.30</b> | <b>06:58:41.45</b> | +02:32:55 (36.5%) | 8:02         | 7.5 (64.1%) |
| 135 | <b>LATOS Marcin</b>        | <b>615</b> |                                      | M40       | 43   | 01:05:30   | 02:51:27        | 04:32:28        | <b>06:58:04.55</b> | <b>06:59:03.20</b> | +02:33:16 (36.6%) | 8:02         | 7.5 (64.1%) |
| 136 | <b>ŚLIWIŃSKI Andrzej</b>   | <b>408</b> |                                      | M60       | 3    | 01:06:08   | 02:59:44        | 04:44:56        | <b>06:59:02.60</b> | <b>06:59:21.60</b> | +02:33:35 (36.6%) | 8:03         | 7.4 (63.2%) |
| 137 | <b>MELLER Wojciech</b>     | <b>436</b> | SS DRUŻYNA WILKA / SKAZANI NA SUKCES | M40       | 44   | 01:11:54   | 02:59:27        | 04:39:53        | <b>06:59:11.85</b> | <b>06:59:48.90</b> | +02:34:02 (36.7%) | 8:03         | 7.4 (63.2%) |
| 138 | <b>KAŃDUŁA Klaudia</b>     | <b>265</b> | NEST TEAM                            | K30       | 8    | 01:10:07   | 03:03:30        | 04:49:13        | <b>06:59:14.65</b> | <b>06:59:58.75</b> | +02:34:12 (36.7%) | 8:03         | 7.4 (63.2%) |
| 139 | <b>GRYNFELDER Rafał</b>    | <b>308</b> | SKYWALKPROJECT.PL                    | M40       | 45   | 01:05:10   | 02:52:44        | 04:43:03        | <b>07:00:25.20</b> | <b>07:00:35.75</b> | +02:34:49 (36.8%) | 8:05         | 7.4 (63.2%) |
| 140 | <b>CZERWIEC Andrzej</b>    | <b>541</b> |                                      | M30       | 57   | 01:00:10   | 02:41:34        | 04:40:52        | <b>07:00:56.85</b> | <b>07:01:18.10</b> | +02:35:31 (36.9%) | 8:05         | 7.4 (63.2%) |
| 141 | <b>WAWRZAK Ryszard</b>     | <b>480</b> | NIGHT RUNNERS GLIWICE                | M40       | 46   | 01:01:08   | 02:42:14        | 04:28:46        | <b>07:00:52.30</b> | <b>07:01:19.25</b> | +02:35:32 (36.9%) | 8:05         | 7.4 (63.2%) |

| Msc | Zawodnik                      | Numer       | Klub                                | Kategoria | Mkat | P2_Roztoki |                 |                 | Czas netto 52km    | Czas brutto 52km   | Różn              | Tempo min/km | Tempo km/h  |
|-----|-------------------------------|-------------|-------------------------------------|-----------|------|------------|-----------------|-----------------|--------------------|--------------------|-------------------|--------------|-------------|
|     |                               |             |                                     |           |      | 12km       | P3_Solinka 26km | P2_Roztoki 38km |                    |                    |                   |              |             |
| 142 | <b>KRUCZYK Damian</b>         | <b>521</b>  | PSM                                 | M20       | 10   | 01:00:22   | 02:39:36        | 04:37:08        | <b>07:01:19.75</b> | <b>07:01:29.80</b> | +02:35:43 (36.9%) | 8:06         | 7.4 (63.2%) |
| 143 | <b>KĄDUŁA Grzegorz</b>        | <b>266</b>  | NEST TEAM                           | M30       | 58   | 01:10:07   | 03:03:29        | 04:51:01        | <b>07:01:02.00</b> | <b>07:01:46.15</b> | +02:35:59 (37.0%) | 8:05         | 7.4 (63.2%) |
| 144 | <b>PĘKAŁA Aleksandra</b>      | <b>689</b>  | WKURW_TEAM                          | K30       | 9    | 01:09:33   | 03:02:17        | 04:51:18        | <b>07:01:17.65</b> | <b>07:01:47.80</b> | +02:36:01 (37.0%) | 8:06         | 7.4 (63.2%) |
| 145 | <b>MADEJCZYK Sebastian</b>    | <b>1306</b> | TUCHÓW                              | M40       | 47   | 01:05:31   | 02:48:58        | 04:34:28        | <b>07:01:41.15</b> | <b>07:02:02.20</b> | +02:36:15 (37.0%) | 8:06         | 7.4 (63.2%) |
| 145 | <b>GOLON Marlena</b>          | <b>482</b>  | RUN PASJA                           | K40       | 7    | 01:09:32   | 03:03:08        | 04:52:37        | <b>07:01:31.55</b> | <b>07:02:02.20</b> | +02:36:15 (37.0%) | 8:06         | 7.4 (63.2%) |
| 147 | <b>PALCZAK Rafał</b>          | <b>562</b>  | BRAK                                | M40       | 48   | 01:07:20   | 02:54:43        | 04:39:07        | <b>07:02:09.95</b> | <b>07:02:18.55</b> | +02:36:32 (37.1%) | 8:07         | 7.4 (63.2%) |
| 148 | <b>ŻOŁNACZ Maciej</b>         | <b>565</b>  |                                     | M30       | 59   | 01:02:38   | 02:42:09        | 04:31:36        | <b>07:02:49.85</b> | <b>07:03:14.05</b> | +02:37:27 (37.2%) | 8:07         | 7.4 (63.2%) |
| 149 | <b>ROKITA Andrzej</b>         | <b>300</b>  |                                     | M50       | 10   | 01:03:57   | 02:58:17        | 04:45:48        | <b>07:03:10.75</b> | <b>07:03:24.45</b> | +02:37:38 (37.2%) | 8:08         | 7.4 (63.2%) |
| 150 | <b>KRUPA Jan</b>              | <b>501</b>  |                                     | M30       | 60   | 01:12:54   | 03:17:10        | 05:05:41        | <b>07:02:59.70</b> | <b>07:03:41.65</b> | +02:37:55 (37.3%) | 8:08         | 7.4 (63.2%) |
| 151 | <b>KRÓLIKOWSKI Igor</b>       | <b>446</b>  | RABBITS                             | M30       | 61   | 01:10:53   | 02:57:56        | 04:45:50        | <b>07:03:36.25</b> | <b>07:03:53.15</b> | +02:38:06 (37.3%) | 8:08         | 7.4 (63.2%) |
| 152 | <b>KRÓLAK Krystian</b>        | <b>299</b>  | #TEAMKRÓLAK                         | M20       | 11   | 01:13:10   | 03:09:50        | 04:54:07        | <b>07:03:18.35</b> | <b>07:03:56.80</b> | +02:38:10 (37.3%) | 8:08         | 7.4 (63.2%) |
| 153 | <b>SOLAREWICZ Tomasz</b>      | <b>461</b>  | LATAJĄCY CYRK MONTY PYTHONA         | M30       | 62   | 01:02:34   | 02:43:43        | 04:39:36        | <b>07:04:58.15</b> | <b>07:05:07.15</b> | +02:39:20 (37.5%) | 8:10         | 7.3 (62.4%) |
| 154 | <b>DOBIES Agnieszka</b>       | <b>360</b>  | KW LUBLIN                           | K30       | 10   | 01:09:44   | 03:01:44        | 04:50:48        | <b>07:06:32.70</b> | <b>07:07:02.85</b> | +02:41:16 (37.8%) | 8:12         | 7.3 (62.4%) |
| 155 | <b>MATEJUK Arkadiusz</b>      | <b>239</b>  | BEZTLENOWI MALBORK                  | M30       | 63   | 01:10:12   | 02:58:57        | 04:49:32        | <b>07:06:46.80</b> | <b>07:07:06.60</b> | +02:41:20 (37.8%) | 8:12         | 7.3 (62.4%) |
| 156 | <b>TURLEJ Dariusz</b>         | <b>720</b>  | KONDYCJA                            | M60       | 4    | 01:18:55   | 03:17:40        | 05:04:44        | <b>07:07:04.10</b> | <b>07:07:40.15</b> | +02:41:53 (37.9%) | 8:12         | 7.3 (62.4%) |
| 157 | <b>RZEPNIEWSKI Łukasz</b>     | <b>619</b>  | WKURW_TEAM                          | M30       | 64   | 01:07:00   | 02:57:54        | 04:44:00        | <b>07:07:15.25</b> | <b>07:08:01.70</b> | +02:42:15 (37.9%) | 8:12         | 7.3 (62.4%) |
| 158 | <b>WRÓBEL Aleksandra</b>      | <b>488</b>  | DIRTY SPARROWS                      | K20       | 4    | 01:03:52   | 02:54:23        | 04:44:43        | <b>07:08:02.80</b> | <b>07:08:07.40</b> | +02:42:20 (37.9%) | 8:13         | 7.3 (62.4%) |
| 159 | <b>KONDZIOŁA Krzysztof</b>    | <b>311</b>  | PERFECT RUNNER LUBLIN / STAY INSANE | M30       | 65   | 01:13:12   | 03:10:01        | 04:56:46        | <b>07:07:45.00</b> | <b>07:08:13.80</b> | +02:42:27 (37.9%) | 8:13         | 7.3 (62.4%) |
| 160 | <b>MUSIAŁ Szymon</b>          | <b>379</b>  | GARDENFLORA MTB TEAM                | M30       | 66   | 01:04:46   | 02:47:18        | 04:41:57        | <b>07:09:56.15</b> | <b>07:10:19.60</b> | +02:44:33 (38.2%) | 8:16         | 7.3 (62.4%) |
| 161 | <b>KIJAŃSKA BEDNARZ Marta</b> | <b>229</b>  |                                     | K40       | 8    | 01:06:25   | 02:56:55        | 04:47:28        | <b>07:10:49.70</b> | <b>07:10:55.95</b> | +02:45:09 (38.3%) | 8:17         | 7.2 (61.5%) |
| 162 | <b>WNUK Tomasz</b>            | <b>424</b>  | NAPRZÓD MŁOCINY                     | M30       | 67   | 01:02:29   | 02:52:28        | 04:46:44        | <b>07:11:56.25</b> | <b>07:12:12.70</b> | +02:46:26 (38.5%) | 8:18         | 7.2 (61.5%) |
| 163 | <b>KOWALCZYK Marek</b>        | <b>469</b>  |                                     | M40       | 49   | 01:07:40   | 02:57:24        | 04:43:49        | <b>07:11:56.95</b> | <b>07:12:19.20</b> | +02:46:32 (38.5%) | 8:18         | 7.2 (61.5%) |
| 164 | <b>SOFUŁ Tomasz</b>           | <b>340</b>  |                                     | M40       | 50   | 01:02:12   | 02:46:25        | 04:33:10        | <b>07:12:11.15</b> | <b>07:12:23.25</b> | +02:46:36 (38.5%) | 8:18         | 7.2 (61.5%) |
| 165 | <b>FALKOWSKI Piotr</b>        | <b>767</b>  | KS PEGAZ PIASECZNO                  | M40       | 51   | 01:07:10   | 02:59:37        | 04:53:07        | <b>07:11:51.85</b> | <b>07:12:24.65</b> | +02:46:38 (38.5%) | 8:18         | 7.2 (61.5%) |
| 166 | <b>SMOLEN Janusz</b>          | <b>462</b>  |                                     | M40       | 52   | 01:02:33   | 02:48:14        | 04:39:36        | <b>07:12:16.55</b> | <b>07:12:28.10</b> | +02:46:41 (38.5%) | 8:18         | 7.2 (61.5%) |

| Msc | Zawodnik                     | Numer      | Klub                     | Kategoria | Mkat | P2_Roztoki |                 |                 | Czas netto         | Czas brutto        | Różn              | Tempo min/km | Tempo km/h  |
|-----|------------------------------|------------|--------------------------|-----------|------|------------|-----------------|-----------------|--------------------|--------------------|-------------------|--------------|-------------|
|     |                              |            |                          |           |      | 12km       | P3_Solinka 26km | P2_Roztoki 38km | 52km               | 52km               |                   |              |             |
| 167 | <b>SŁOTWIŃSKI Adam</b>       | <b>538</b> |                          | M30       | 68   | 01:08:37   | 02:54:35        | 04:44:28        | <b>07:13:25.90</b> | <b>07:13:32.65</b> | +02:47:46 (38.7%) | 8:20         | 7.2 (61.5%) |
| 168 | <b>NIEMCZEWSKI Borys</b>     | <b>732</b> | TIME BANDIT              | M40       | 53   | 01:03:53   | 02:55:00        | 04:53:34        | <b>07:13:38.25</b> | <b>07:14:09.20</b> | +02:48:22 (38.8%) | 8:20         | 7.2 (61.5%) |
| 169 | <b>ŁODZIANA Dorota</b>       | <b>547</b> | PSZCZÓŁKOWSKI TEAM       | K30       | 11   | 01:12:07   | 03:07:55        | 04:56:44        | <b>07:14:17.30</b> | <b>07:14:45.00</b> | +02:48:58 (38.9%) | 8:21         | 7.2 (61.5%) |
| 170 | <b>PYRĆ Krzysztof</b>        | <b>428</b> | JJ TEAM                  | M30       | 69   | 01:11:36   | 03:02:40        | 04:50:20        | <b>07:14:06.60</b> | <b>07:14:51.20</b> | +02:49:04 (38.9%) | 8:20         | 7.2 (61.5%) |
| 171 | <b>KRZYŻOSTANEK Jarosław</b> | <b>544</b> | 'GROM' SOKOLNIKI         | M40       | 54   | 01:12:43   | 03:09:54        | 05:04:27        | <b>07:14:13.90</b> | <b>07:15:13.35</b> | +02:49:26 (38.9%) | 8:21         | 7.2 (61.5%) |
| 172 | <b>BĘBEN Robert</b>          | <b>750</b> | OSTROBIEC                | M40       | 55   | 01:14:42   | 03:19:18        | 05:10:08        | <b>07:14:39.70</b> | <b>07:15:30.40</b> | +02:49:43 (39.0%) | 8:21         | 7.2 (61.5%) |
| 173 | <b>TRZASKALIK Szymon</b>     | <b>372</b> | KLUB SPORTOWY M.E.T.A.   | M20       | 12   | 01:17:12   | 03:15:10        | 04:53:48        | <b>07:14:26.70</b> | <b>07:15:34.85</b> | +02:49:48 (39.0%) | 8:21         | 7.2 (61.5%) |
| 174 | <b>KUŁAKOWSKI Piotr</b>      | <b>261</b> | CZŁAPACZE                | M60       | 5    | 01:15:37   | 03:13:58        | 05:03:48        | <b>07:14:36.35</b> | <b>07:15:39.10</b> | +02:49:52 (39.0%) | 8:21         | 7.2 (61.5%) |
| 175 | <b>KALISZ Karolina</b>       | <b>687</b> | WKURW_TEAM               | K20       | 5    | 01:11:25   | 03:04:40        | 04:55:01        | <b>07:14:49.40</b> | <b>07:15:44.25</b> | +02:49:57 (39.0%) | 8:21         | 7.2 (61.5%) |
| 176 | <b>GROCHÓLSKI Paweł</b>      | <b>536</b> |                          | M30       | 70   | 01:14:32   | 03:05:18        | 04:50:46        | <b>07:14:44.30</b> | <b>07:15:46.75</b> | +02:50:00 (39.0%) | 8:21         | 7.2 (61.5%) |
| 177 | <b>SZWAT Piotr</b>           | <b>347</b> | POPCIU TEAM              | M30       | 71   | 01:07:29   | 03:14:23        | 05:10:33        | <b>07:15:29.45</b> | <b>07:16:12.20</b> | +02:50:25 (39.1%) | 8:22         | 7.2 (61.5%) |
| 178 | <b>WIERZBICKA Joanna</b>     | <b>470</b> |                          | K30       | 12   | 01:08:00   | 03:05:51        | 04:56:46        | <b>07:16:01.10</b> | <b>07:16:49.90</b> | +02:51:03 (39.2%) | 8:23         | 7.2 (61.5%) |
| 179 | <b>KOPER Wiktor</b>          | <b>690</b> |                          | M20       | 13   | 01:05:01   | 02:51:56        | 04:47:03        | <b>07:16:55.00</b> | <b>07:17:47.15</b> | +02:52:00 (39.3%) | 8:24         | 7.1 (60.7%) |
| 180 | <b>BUMBUL Leszek</b>         | <b>525</b> |                          | M30       | 72   | 01:11:18   | 03:04:46        | 04:49:12        | <b>07:16:58.00</b> | <b>07:17:48.50</b> | +02:52:02 (39.3%) | 8:24         | 7.1 (60.7%) |
| 181 | <b>KORDOWICZ Łukasz</b>      | <b>514</b> | BUT BIŁGORAJ ULTRA TRAIL | M30       | 73   | 01:05:53   | 02:55:29        | 04:47:53        | <b>07:17:42.10</b> | <b>07:17:48.85</b> | +02:52:02 (39.3%) | 8:25         | 7.1 (60.7%) |
| 181 | <b>TUROSZ Zbigniew</b>       | <b>515</b> |                          | M50       | 11   | 01:05:55   | 02:57:48        | 04:49:34        | <b>07:17:41.75</b> | <b>07:17:48.85</b> | +02:52:02 (39.3%) | 8:25         | 7.1 (60.7%) |
| 183 | <b>NOWICKI Marek</b>         | <b>267</b> | PORANNI BIEGACZE         | M40       | 56   | 01:10:44   | 03:05:32        | 04:59:40        | <b>07:17:36.35</b> | <b>07:17:54.30</b> | +02:52:07 (39.3%) | 8:24         | 7.1 (60.7%) |
| 184 | <b>MAŁECKA Anna</b>          | <b>730</b> | MAŁE CYCKI               | K40       | 9    | 01:09:33   | 03:04:22        | 04:54:52        | <b>07:17:46.35</b> | <b>07:17:55.40</b> | +02:52:08 (39.3%) | 8:25         | 7.1 (60.7%) |
| 185 | <b>MAŁECKI Tomasz</b>        | <b>731</b> | MAŁE CYCKI               | M40       | 57   | 01:09:34   | 03:04:32        | 04:54:57        | <b>07:17:46.70</b> | <b>07:17:56.10</b> | +02:52:09 (39.3%) | 8:25         | 7.1 (60.7%) |
| 186 | <b>ZIEMKIEWICZ Jarek</b>     | <b>413</b> | UKS RUNNING TEAM         | M40       | 58   | 01:05:11   | 02:49:37        | 04:40:11        | <b>07:17:26.50</b> | <b>07:18:05.70</b> | +02:52:19 (39.3%) | 8:24         | 7.1 (60.7%) |
| 187 | <b>KULIK Grzegorz</b>        | <b>315</b> | BEZTLENOWI MALBORK       | M30       | 74   | 01:09:21   | 02:59:08        | 04:52:57        | <b>07:18:06.95</b> | <b>07:18:19.75</b> | +02:52:33 (39.4%) | 8:25         | 7.1 (60.7%) |
| 188 | <b>KRZAK Szymon</b>          | <b>621</b> |                          | M20       | 14   | 01:05:28   | 02:54:59        | 04:45:46        | <b>07:18:21.10</b> | <b>07:18:45.00</b> | +02:52:58 (39.4%) | 8:25         | 7.1 (60.7%) |
| 189 | <b>PIERZCHALSKA Julia</b>    | <b>458</b> | ABOVE 2000               | K30       | 13   | 01:12:09   | 03:05:50        | 04:56:21        | <b>07:18:22.65</b> | <b>07:18:47.15</b> | +02:53:00 (39.4%) | 8:25         | 7.1 (60.7%) |
| 190 | <b>LASZCZYK Nadya</b>        | <b>491</b> |                          | K30       | 14   | 01:14:33   | 03:16:07        | 05:06:25        | <b>07:18:03.00</b> | <b>07:18:49.90</b> | +02:53:03 (39.4%) | 8:25         | 7.1 (60.7%) |
| 191 | <b>STRZELECKI Dawid</b>      | <b>571</b> | TEAM SPIRIT              | M30       | 75   | 01:07:13   | 02:53:40        | 04:43:43        | <b>07:18:52.20</b> | <b>07:19:18.30</b> | +02:53:31 (39.5%) | 8:26         | 7.1 (60.7%) |



| Msc | Zawodnik                     | Numer      | Klub                         | Kategoria | Mkat | P2_Roztoki |                 |                 | Czas               |                    | Różn              | Tempo min/km | Tempo km/h  |
|-----|------------------------------|------------|------------------------------|-----------|------|------------|-----------------|-----------------|--------------------|--------------------|-------------------|--------------|-------------|
|     |                              |            |                              |           |      | 12km       | P3_Solinka 26km | P2_Roztoki 38km | netto 52km         | brutto 52km        |                   |              |             |
| 192 | <b>SZAFRAŃSKA Aleksandra</b> | <b>345</b> | ROZBIEGANY PIASTÓW           | K20       | 6    | 01:07:49   | 03:03:03        | 05:04:40        | <b>07:18:15.95</b> | <b>07:19:19.60</b> | +02:53:33 (39.5%) | 8:25         | 7.1 (60.7%) |
| 193 | <b>MAJEWICZ Grzegorz</b>     | <b>326</b> |                              | M40       | 59   | 01:11:27   | 03:03:18        | 04:51:19        | <b>07:19:05.45</b> | <b>07:19:25.10</b> | +02:53:38 (39.5%) | 8:26         | 7.1 (60.7%) |
| 194 | <b>KIEWISZ Adam</b>          | <b>685</b> | SĄ WOLNIEJSI                 | M30       | 76   | 01:04:34   | 02:54:19        | 04:53:32        | <b>07:18:49.25</b> | <b>07:19:26.75</b> | +02:53:40 (39.5%) | 8:26         | 7.1 (60.7%) |
| 195 | <b>WITFER Jacek</b>          | <b>533</b> | BIGYELLOWFOOT ADVENTURE TEAM | M40       | 60   | 01:14:43   | 03:05:51        | 04:54:12        | <b>07:20:45.50</b> | <b>07:21:22.25</b> | +02:55:35 (39.8%) | 8:28         | 7.1 (60.7%) |
| 196 | <b>ŁUKOMSKI Maciej</b>       | <b>610</b> | GANG CHÓDEGO                 | M40       | 61   | 01:06:14   | 03:01:10        | 04:54:29        | <b>07:21:07.25</b> | <b>07:21:47.75</b> | +02:56:01 (39.8%) | 8:28         | 7.1 (60.7%) |
| 197 | <b>BIADASIEWICZ Andrzej</b>  | <b>623</b> | CIDRY LOTAJOM                | M50       | 12   | 01:13:14   | 03:07:25        | 04:56:35        | <b>07:21:03.75</b> | <b>07:22:02.55</b> | +02:56:16 (39.9%) | 8:28         | 7.1 (60.7%) |
| 198 | <b>WOJCIECHOWSKI Tomasz</b>  | <b>650</b> | RUNNING FROGS                | M30       | 77   | 01:03:05   | 02:51:13        | 04:45:23        | <b>07:21:43.50</b> | <b>07:22:25.35</b> | +02:56:38 (39.9%) | 8:29         | 7.1 (60.7%) |
| 199 | <b>BAŁĘKOWSKI Krzysztof</b>  | <b>600</b> | KASZTANIAKI TEAM             | M20       | 15   | 01:08:36   | 02:56:41        | 04:55:11        | <b>07:22:02.95</b> | <b>07:23:05.60</b> | +02:57:19 (40.0%) | 8:30         | 7.1 (60.7%) |
| 200 | <b>LASKOWSKI Daniel</b>      | <b>576</b> | RUN PASJA                    | M30       | 78   | 01:09:46   | 03:06:22        | 04:56:44        | <b>07:22:46.35</b> | <b>07:23:18.80</b> | +02:57:32 (40.0%) | 8:30         | 7 (59.8%)   |
| 201 | <b>KASINSKI Rafal</b>        | <b>400</b> |                              | M40       | 62   | 01:11:23   | 03:10:12        | 05:10:11        | <b>07:22:28.60</b> | <b>07:23:21.15</b> | +02:57:34 (40.1%) | 8:30         | 7.1 (60.7%) |
| 202 | <b>FRITZ Wojciech</b>        | <b>539</b> | BIEG PO ZDRÓJ JAWORZE        | M40       | 63   | 01:11:22   | 03:03:46        | 04:58:46        | <b>07:22:27.05</b> | <b>07:23:21.25</b> | +02:57:34 (40.1%) | 8:30         | 7.1 (60.7%) |
| 203 | <b>GONCERZEWICZ Anna</b>     | <b>566</b> | STARE BABICE BIEGAJĄ         | K30       | 15   | 01:12:18   | 03:14:25        | 05:03:53        | <b>07:22:50.50</b> | <b>07:23:41.05</b> | +02:57:54 (40.1%) | 8:30         | 7 (59.8%)   |
| 204 | <b>SZADKOWSKI Jacek</b>      | <b>641</b> | LOBO RACING                  | M40       | 64   | 01:17:04   | 03:11:01        | 04:54:50        | <b>07:23:38.25</b> | <b>07:23:43.85</b> | +02:57:57 (40.1%) | 8:31         | 7 (59.8%)   |
| 205 | <b>CHOJNACKA Marta</b>       | <b>512</b> |                              | K30       | 16   | 01:16:59   | 03:19:58        | 05:13:02        | <b>07:24:00.75</b> | <b>07:24:07.85</b> | +02:58:21 (40.2%) | 8:32         | 7 (59.8%)   |
| 206 | <b>KIRILENKO Aneta</b>       | <b>722</b> |                              | K40       | 10   | 01:04:03   | 03:06:28        | 04:59:29        | <b>07:24:04.00</b> | <b>07:24:11.50</b> | +02:58:25 (40.2%) | 8:32         | 7 (59.8%)   |
| 207 | <b>KIRILENKO Marcin</b>      | <b>723</b> |                              | M40       | 65   | 01:04:01   | 03:06:22        | 04:59:29        | <b>07:24:03.55</b> | <b>07:24:12.00</b> | +02:58:25 (40.2%) | 8:32         | 7 (59.8%)   |
| 208 | <b>TOPOROWSKI Mariusz</b>    | <b>399</b> |                              | M30       | 79   | 01:12:15   | 03:02:40        | 04:55:16        | <b>07:23:40.70</b> | <b>07:24:32.20</b> | +02:58:45 (40.2%) | 8:31         | 7 (59.8%)   |
| 209 | <b>JANICKI Tomasz</b>        | <b>418</b> | 21DAPLOT JAROSŁAW            | M30       | 80   | 01:07:59   | 02:54:04        | 04:45:35        | <b>07:24:33.00</b> | <b>07:24:59.85</b> | +02:59:13 (40.3%) | 8:32         | 7 (59.8%)   |
| 210 | <b>FISZER Jakub</b>          | <b>658</b> | #TEAMDKMS                    | M40       | 66   | 01:09:57   | 03:13:56        | 04:59:22        | <b>07:24:35.45</b> | <b>07:25:01.20</b> | +02:59:14 (40.3%) | 8:33         | 7 (59.8%)   |
| 211 | <b>KIEŁBASA Sylwia</b>       | <b>727</b> | WKURW_TEAM                   | K30       | 17   | 01:16:05   | 03:18:02        | 05:10:33        | <b>07:25:03.45</b> | <b>07:25:33.05</b> | +02:59:46 (40.3%) | 8:33         | 7 (59.8%)   |
| 212 | <b>WYSOCKI Tomasz</b>        | <b>719</b> | OCHAJORUN & FRIEND           | M40       | 67   | 01:09:22   | 03:06:58        | 04:57:27        | <b>07:24:39.90</b> | <b>07:25:37.60</b> | +02:59:51 (40.4%) | 8:33         | 7 (59.8%)   |
| 213 | <b>FIRAZA Tomasz</b>         | <b>582</b> | FUJITSU RUNNING TEAM ŁÓDŹ    | M30       | 81   | 01:02:10   | 02:46:31        | 04:48:30        | <b>07:25:20.30</b> | <b>07:25:44.20</b> | +02:59:57 (40.4%) | 8:33         | 7 (59.8%)   |
| 214 | <b>KOTKOWSKI Arthur</b>      | <b>388</b> |                              | M20       | 16   | 01:13:11   | 03:09:51        | 05:00:34        | <b>07:25:19.05</b> | <b>07:25:57.95</b> | +03:00:11 (40.4%) | 8:33         | 7 (59.8%)   |
| 215 | <b>TWARDOWSKI Tomasz</b>     | <b>645</b> |                              | M30       | 82   | 01:09:19   | 03:00:58        | 04:55:51        | <b>07:25:55.75</b> | <b>07:26:21.85</b> | +03:00:35 (40.5%) | 8:34         | 7 (59.8%)   |
| 216 | <b>ROSIŃSKI Zbigniew</b>     | <b>733</b> | WKB META WBUNIEC             | M50       | 13   | 01:20:37   | 03:27:27        | 05:10:45        | <b>07:27:17.40</b> | <b>07:27:46.70</b> | +03:02:00 (40.6%) | 8:36         | 7 (59.8%)   |

| Msc | Zawodnik                         | Numer       | Klub  | Kategoria | Mkat | P2_Roztoki |                 |                 | Czas netto         | Czas brutto        | Różn              | Tempo min/km | Tempo km/h  |
|-----|----------------------------------|-------------|---|-----------|------|------------|-----------------|-----------------|--------------------|--------------------|-------------------|--------------|-------------|
|     |                                  |             |   |           |      | 12km       | P3_Solinka 26km | P2_Roztoki 38km | 52km               | 52km               |                   |              |             |
| 217 | <b>ZWIEWKA Sebastian</b>         | <b>419</b>  | BUSHIDO BYDGOSZCZ                                       | M40       | 68   | 01:02:24   | 02:51:39        | 04:46:56        | <b>07:28:03.40</b> | <b>07:28:09.75</b> | +03:02:23 (40.7%) | 8:36         | 7 (59.8%)   |
| 218 | <b>BIEL Tomasz</b>               | <b>596</b>  |   | M30       | 83   | 01:09:56   | 03:05:35        | 05:05:31        | <b>07:27:48.25</b> | <b>07:28:21.95</b> | +03:02:35 (40.7%) | 8:36         | 7 (59.8%)   |
| 219 | <b>STĘPIEŃ Magdalena</b>         | <b>298</b>  | GRODZISKIKLUB BIEGACZA                                  | K30       | 18   | 01:15:44   | 03:16:59        | 05:09:22        | <b>07:28:12.15</b> | <b>07:28:24.20</b> | +03:02:37 (40.7%) | 8:37         | 7 (59.8%)   |
| 220 | <b>GIERULA Piotr</b>             | <b>290</b>  |   | M30       | 84   | 01:05:30   | 03:00:41        | 05:07:35        | <b>07:28:45.05</b> | <b>07:29:03.90</b> | +03:03:17 (40.8%) | 8:37         | 7 (59.8%)   |
| 221 | <b>DRAUS Borys</b>               | <b>281</b>  |   | M30       | 85   | 01:14:48   | 03:13:15        | 04:54:06        | <b>07:28:06.00</b> | <b>07:29:07.85</b> | +03:03:21 (40.8%) | 8:37         | 7 (59.8%)   |
| 222 | <b>SZARY Marek</b>               | <b>316</b>  | TURBO ŻUŁWIE/3 PODKARPACKA BRYGADA OBRONY TERYTORIALNEJ | M30       | 86   | 01:05:49   | 03:00:17        | 05:03:10        | <b>07:28:53.40</b> | <b>07:29:12.15</b> | +03:03:25 (40.8%) | 8:37         | 7 (59.8%)   |
| 223 | <b>WEREMJEWICZ Marcin Wiktor</b> | <b>389</b>  | RUNSOFUN  | M40       | 69   | 01:07:50   | 02:59:45        | 04:50:28        | <b>07:29:20.55</b> | <b>07:29:28.45</b> | +03:03:42 (40.9%) | 8:38         | 6.9 (59.0%) |
| 224 | <b>KUBISZ Dorota</b>             | <b>745</b>  | WKB META WBUNIEC  | K40       | 11   | 01:13:57   | 03:11:26        | 05:04:36        | <b>07:29:45.20</b> | <b>07:30:15.30</b> | +03:04:28 (41.0%) | 8:38         | 6.9 (59.0%) |
| 225 | <b>KUBISZ Tomasz</b>             | <b>743</b>  |   | M40       | 70   | 01:12:31   | 03:10:29        | 05:04:36        | <b>07:29:47.60</b> | <b>07:30:15.50</b> | +03:04:29 (41.0%) | 8:39         | 6.9 (59.0%) |
| 226 | <b>AGRES Paweł</b>               | <b>440</b>  | KW KOTŁOWNIA  | M30       | 87   | 01:07:58   | 02:57:53        | 04:53:08        | <b>07:30:11.10</b> | <b>07:30:16.65</b> | +03:04:30 (41.0%) | 8:39         | 6.9 (59.0%) |
| 227 | <b>STPICZYŃSKI Marcin</b>        | <b>254</b>  |   | M30       | 88   | 01:13:42   | 03:12:28        | 05:03:17        | <b>07:30:40.35</b> | <b>07:31:01.95</b> | +03:05:15 (41.1%) | 8:40         | 6.9 (59.0%) |
| 228 | <b>GWIŹDŹ Grzegorz</b>           | <b>592</b>  |   | M30       | 89   | 01:05:32   | 03:00:43        | 05:09:37        | <b>07:30:53.10</b> | <b>07:31:10.30</b> | +03:05:23 (41.1%) | 8:40         | 6.9 (59.0%) |
| 229 | <b>HERMAN Krystiana</b>          | <b>629</b>  |   | K40       | 12   | 01:10:27   | 03:13:57        | 05:06:26        | <b>07:30:28.25</b> | <b>07:31:15.00</b> | +03:05:28 (41.1%) | 8:39         | 6.9 (59.0%) |
| 230 | <b>KAŹMIERCZYK Andrzej</b>       | <b>330</b>  | FOJADOR   | M40       | 71   | 01:13:25   | 03:08:50        | 05:03:38        | <b>07:31:17.50</b> | <b>07:31:30.70</b> | +03:05:44 (41.1%) | 8:40         | 6.9 (59.0%) |
| 231 | <b>GARCZYŃSKA Anna</b>           | <b>1023</b> |   | K40       | 13   | 01:16:39   | 03:14:20        | 05:02:37        | <b>07:30:59.00</b> | <b>07:31:31.85</b> | +03:05:45 (41.1%) | 8:40         | 6.9 (59.0%) |
| 232 | <b>GAWLEWICZ Tomasz</b>          | <b>664</b>  | GAWELKI TEAM  | M40       | 72   | 01:02:16   | 02:41:05        | 04:25:08        | <b>07:30:57.95</b> | <b>07:31:52.75</b> | +03:06:06 (41.2%) | 8:40         | 6.9 (59.0%) |
| 233 | <b>IZDEBSKI Mariusz</b>          | <b>561</b>  | OSV TEAM  | M40       | 73   | 01:08:39   | 02:59:15        | 04:55:07        | <b>07:31:43.05</b> | <b>07:32:01.90</b> | +03:06:15 (41.2%) | 8:41         | 6.9 (59.0%) |
| 234 | <b>ROLLA Dorian</b>              | <b>507</b>  |   | M40       | 74   | 01:10:28   | 02:58:08        | 04:51:01        | <b>07:32:09.70</b> | <b>07:32:20.45</b> | +03:06:34 (41.2%) | 8:41         | 6.9 (59.0%) |
| 235 | <b>RESZKA Marek</b>              | <b>537</b>  | NOVEMBEREER RUNNING TEAM                                | M30       | 90   | 01:11:24   | 03:04:39        | 04:55:02        | <b>07:32:04.25</b> | <b>07:32:59.75</b> | +03:07:13 (41.3%) | 8:41         | 6.9 (59.0%) |
| 236 | <b>BOBER Anna</b>                | <b>586</b>  | OSTROBIEC   | K30       | 19   | 01:14:44   | 03:19:20        | 05:11:07        | <b>07:32:26.35</b> | <b>07:33:15.80</b> | +03:07:29 (41.4%) | 8:42         | 6.9 (59.0%) |
| 237 | <b>MATUSIAK Arkadiusz</b>        | <b>289</b>  |   | M40       | 75   | 01:13:25   | 03:16:28        | 05:07:30        | <b>07:33:53.60</b> | <b>07:34:30.85</b> | +03:08:44 (41.5%) | 8:43         | 6.9 (59.0%) |
| 238 | <b>SÓJKA Sebastian</b>           | <b>680</b>  | NIGHT RUNNERS ZABRZE                                    | M40       | 76   | 01:03:08   | 02:59:00        | 04:59:12        | <b>07:34:33.20</b> | <b>07:34:54.35</b> | +03:09:07 (41.6%) | 8:44         | 6.9 (59.0%) |
| 239 | <b>JANASZ Rafał</b>              | <b>593</b>  |   | M30       | 91   | 01:12:09   | 03:13:21        | 05:07:31        | <b>07:34:43.20</b> | <b>07:34:59.55</b> | +03:09:13 (41.6%) | 8:44         | 6.9 (59.0%) |
| 240 | <b>PASTERNAK Justyna</b>         | <b>594</b>  | Z BIEGANIEM MI DO TWARZY                                | K30       | 20   | 01:12:10   | 03:13:21        | 05:07:31        | <b>07:34:43.60</b> | <b>07:34:59.85</b> | +03:09:13 (41.6%) | 8:44         | 6.9 (59.0%) |
| 241 | <b>GUDOWSKI Krystian</b>         | <b>509</b>  | GOODRUN   | M30       | 92   | 01:11:55   | 03:10:47        | 05:00:15        | <b>07:34:43.25</b> | <b>07:35:38.40</b> | +03:09:51 (41.7%) | 8:44         | 6.9 (59.0%) |

| Msc | Zawodnik                         | Numer      | Klub                                 | Kategoria | Mkat | P2_Roztoki |                 |                 | Czas netto 52km    | Czas brutto 52km   | Różn              | Tempo min/km | Tempo km/h  |
|-----|----------------------------------|------------|--------------------------------------|-----------|------|------------|-----------------|-----------------|--------------------|--------------------|-------------------|--------------|-------------|
|     |                                  |            |                                      |           |      | 12km       | P3_Solinka 26km | P2_Roztoki 38km |                    |                    |                   |              |             |
| 242 | <b>PAJESTKA Wojciech</b>         | <b>310</b> | POZYTYWNIIE ZABIEGANI SANOK/AZS PWSZ | M40       | 77   | 01:11:53   | 03:10:47        | 04:59:58        | <b>07:34:43.15</b> | <b>07:35:38.65</b> | +03:09:52 (41.7%) | 8:44         | 6.9 (59.0%) |
| 243 | <b>WIŚNIEWSKI Sławomir</b>       | <b>652</b> | MARWIN BIŁGORAJ                      | M40       | 78   | 05:15:25   |                 |                 | <b>07:36:17.70</b> | <b>07:36:17.70</b> | +03:10:31 (41.8%) | 8:46         | 6.8 (58.1%) |
| 244 | <b>TRZEŻWIŃSKA Anna</b>          | <b>614</b> |                                      | K40       | 14   | 01:18:06   | 03:21:31        | 05:14:25        | <b>07:35:18.10</b> | <b>07:36:17.80</b> | +03:10:31 (41.8%) | 8:45         | 6.9 (59.0%) |
| 245 | <b>PIWOWARSKI Robert</b>         | <b>534</b> | JASNA STRONA MOCY                    | M40       | 79   | 01:22:23   | 03:24:38        | 05:20:44        | <b>07:35:32.70</b> | <b>07:36:18.05</b> | +03:10:31 (41.8%) | 8:45         | 6.8 (58.1%) |
| 246 | <b>BUŁKOWSKI Waldemar</b>        | <b>391</b> |                                      | M50       | 14   | 01:11:52   | 03:13:37        | 05:09:44        | <b>07:35:30.75</b> | <b>07:36:21.30</b> | +03:10:34 (41.8%) | 8:45         | 6.8 (58.1%) |
| 247 | <b>GRZYWIŃSKI Bartosz</b>        | <b>377</b> |                                      | M30       | 93   | 01:12:58   | 03:12:56        | 05:06:39        | <b>07:35:55.15</b> | <b>07:36:31.00</b> | +03:10:44 (41.8%) | 8:46         | 6.8 (58.1%) |
| 248 | <b>PIETRZAK Mariusz</b>          | <b>519</b> |                                      | M40       | 80   | 01:11:22   | 03:13:39        | 05:08:11        | <b>07:36:15.25</b> | <b>07:36:58.75</b> | +03:11:12 (41.8%) | 8:46         | 6.8 (58.1%) |
| 249 | <b>ZYGRY-WIŚNIEWSKA Karolina</b> | <b>484</b> | APTEKA GEMINI TEAM                   | K30       | 21   | 01:14:19   | 03:14:38        | 05:07:05        | <b>07:36:23.20</b> | <b>07:37:08.60</b> | +03:11:22 (41.9%) | 8:46         | 6.8 (58.1%) |
| 250 | <b>KUCIŃSKI Tomasz</b>           | <b>729</b> |                                      | M40       | 81   | 01:11:20   | 03:20:17        | 05:18:21        | <b>07:36:40.95</b> | <b>07:37:48.90</b> | +03:12:02 (41.9%) | 8:46         | 6.8 (58.1%) |
| 251 | <b>KAZIMIERZ Rafał</b>           | <b>678</b> | NOA                                  | M30       | 94   | 01:03:29   | 02:59:57        | 05:00:38        | <b>07:37:35.30</b> | <b>07:37:49.85</b> | +03:12:03 (41.9%) | 8:47         | 6.8 (58.1%) |
| 252 | <b>TYSZEWICZ-OBARA Anna</b>      | <b>643</b> |                                      | K30       | 22   | 01:08:01   | 03:04:00        | 05:08:48        | <b>07:37:44.45</b> | <b>07:37:59.70</b> | +03:12:13 (42.0%) | 8:48         | 6.8 (58.1%) |
| 253 | <b>PORĘBSKI Zbigniew</b>         | <b>320</b> | QUATTRO                              | M50       | 15   | 01:15:18   | 03:11:05        | 05:08:25        | <b>07:37:33.75</b> | <b>07:37:59.85</b> | +03:12:13 (42.0%) | 8:47         | 6.8 (58.1%) |
| 254 | <b>PIOTROWSKI Tomasz</b>         | <b>367</b> | GREMBSKI TRIATHLON                   | M30       | 95   | 01:02:30   | 02:54:48        | 04:50:23        | <b>07:38:11.10</b> | <b>07:38:30.75</b> | +03:12:44 (42.0%) | 8:48         | 6.8 (58.1%) |
| 255 | <b>KAJUT Sylwester</b>           | <b>694</b> | AKTYWNI KOCIEWIACY                   | M30       | 96   | 01:11:51   | 03:08:20        | 05:12:32        | <b>07:38:18.65</b> | <b>07:38:42.15</b> | +03:12:55 (42.1%) | 8:48         | 6.8 (58.1%) |
| 256 | <b>DUDZIAK Tomasz</b>            | <b>500</b> | MARSS FILTRY RUNNERS CLUB            | M30       | 97   | 01:15:36   | 03:15:49        | 05:09:57        | <b>07:39:06.55</b> | <b>07:40:13.05</b> | +03:14:26 (42.3%) | 8:49         | 6.8 (58.1%) |
| 257 | <b>KOPANIA Kamil</b>             | <b>575</b> | K.S TĘCZA                            | M20       | 17   | 01:15:35   | 03:15:50        | 05:09:57        | <b>07:39:06.30</b> | <b>07:40:13.20</b> | +03:14:26 (42.3%) | 8:49         | 6.8 (58.1%) |
| 257 | <b>GALEK Adam</b>                | <b>551</b> | FUN CLUB KS TĘCZA                    | M30       | 98   | 01:15:36   | 03:15:50        | 05:09:59        | <b>07:39:06.50</b> | <b>07:40:13.20</b> | +03:14:26 (42.3%) | 8:49         | 6.8 (58.1%) |
| 259 | <b>DUBAS Arkadiusz</b>           | <b>304</b> |                                      | M50       | 16   | 01:15:01   | 03:19:03        | 05:16:43        | <b>07:39:34.80</b> | <b>07:40:15.35</b> | +03:14:28 (42.3%) | 8:50         | 6.8 (58.1%) |
| 260 | <b>KORYCKI Arkadiusz</b>         | <b>481</b> | PKO BANK POLSKI                      | M40       | 82   | 01:07:32   | 03:03:59        | 04:57:35        | <b>07:40:09.50</b> | <b>07:40:38.50</b> | +03:14:52 (42.3%) | 8:50         | 6.8 (58.1%) |
| 261 | <b>NYCZ Sławomir</b>             | <b>574</b> |                                      | M30       | 99   | 01:09:31   | 03:02:58        | 05:10:23        | <b>07:41:12.70</b> | <b>07:41:44.30</b> | +03:15:57 (42.4%) | 8:52         | 6.8 (58.1%) |
| 262 | <b>PILZ Paulina</b>              | <b>524</b> |                                      | K30       | 23   | 01:18:04   | 03:26:43        | 05:22:11        | <b>07:40:55.15</b> | <b>07:41:47.10</b> | +03:16:00 (42.4%) | 8:51         | 6.8 (58.1%) |
| 263 | <b>PIETRUSZKA Mariusz</b>        | <b>572</b> |                                      | M30       | 100  | 01:06:06   | 03:03:27        | 05:07:19        | <b>07:41:51.55</b> | <b>07:42:17.70</b> | +03:16:31 (42.5%) | 8:52         | 6.8 (58.1%) |
| 264 | <b>WOJCIECHOWSKI Maciej</b>      | <b>607</b> | WKURW_TEAM                           | M30       | 101  | 01:03:51   | 02:54:26        | 04:59:07        | <b>07:42:21.90</b> | <b>07:42:25.80</b> | +03:16:39 (42.5%) | 8:53         | 6.7 (57.3%) |
| 265 | <b>SUWEZDA Jacek</b>             | <b>726</b> |                                      | M50       | 17   | 01:10:40   | 03:03:13        | 05:02:37        | <b>07:41:49.25</b> | <b>07:42:47.20</b> | +03:17:00 (42.6%) | 8:52         | 6.8 (58.1%) |
| 266 | <b>HALADYN Małgorzata</b>        | <b>741</b> |                                      | K30       | 24   | 01:12:44   | 03:10:42        | 05:12:01        | <b>07:41:52.35</b> | <b>07:42:52.20</b> | +03:17:05 (42.6%) | 8:52         | 6.8 (58.1%) |

| Msc | Zawodnik                         | Numer      | Klub  | Kategoria | Mkat | P2_Roztoki<br>12km | P3_Solinka<br>26km | P2_Roztoki<br>38km | Czas<br>netto<br>52km | Czas<br>brutto<br>52km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|----------------------------------|------------|---|-----------|------|--------------------|--------------------|--------------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 267 | <b>SZUBERT Marcin</b>            | <b>459</b> | KOŁOBRZEG BIEGA                               | M40       | 83   | 01:11:40           | 02:59:44           | 04:54:18           | <b>07:41:51.35</b>    | <b>07:42:55.40</b>     | +03:17:08<br>(42.6%) | 8:52            | 6.8<br>(58.1%) |
| 268 | <b>JĘDRZEJCZYK<br/>Agnieszka</b> | <b>314</b> |   | K40       | 15   | 01:12:11           | 03:16:34           | 05:18:47           | <b>07:43:02.65</b>    | <b>07:43:37.25</b>     | +03:17:50<br>(42.7%) | 8:54            | 6.7<br>(57.3%) |
| 269 | <b>DOMARADZKA<br/>Violetta</b>   | <b>769</b> | RUN VEGAN TEAM                                | K40       | 16   | 01:08:31           | 03:13:07           | 05:11:44           | <b>07:43:05.25</b>    | <b>07:43:47.90</b>     | +03:18:01<br>(42.7%) | 8:54            | 6.7<br>(57.3%) |
| 270 | <b>MORUS Tomasz</b>              | <b>676</b> | MARATON LEŚNY KWIDZYN                         | M40       | 84   | 01:06:31           | 03:01:58           | 05:04:20           | <b>07:43:50.90</b>    | <b>07:44:01.80</b>     | +03:18:15<br>(42.7%) | 8:55            | 6.7<br>(57.3%) |
| 271 | <b>PEKAL Artur</b>               | <b>677</b> | MARATON LEŚNY KWIDZYN                         | M40       | 85   | 01:06:33           | 03:03:11           | 05:05:31           | <b>07:43:51.70</b>    | <b>07:44:01.85</b>     | +03:18:15<br>(42.7%) | 8:55            | 6.7<br>(57.3%) |
| 272 | <b>CEBRAT Ewa</b>                | <b>449</b> | POZYTYWNIIE ZABIEGANI SANOK                   | K40       | 17   | 01:11:27           | 03:21:45           | 05:15:37           | <b>07:43:14.05</b>    | <b>07:44:10.80</b>     | +03:18:24<br>(42.7%) | 8:54            | 6.7<br>(57.3%) |
| 273 | <b>GAWORECKI<br/>Tomasz</b>      | <b>277</b> | RUN ENERGY CLUB / POZYTYWNIIE ZABIEGANI SANOK | M30       | 102  | 01:12:02           | 03:20:17           | 05:15:02           | <b>07:43:13.65</b>    | <b>07:44:11.00</b>     | +03:18:24<br>(42.7%) | 8:54            | 6.7<br>(57.3%) |
| 274 | <b>LEŚNIAK-POPIEL<br/>Marta</b>  | <b>454</b> | POZYTYWNIIE ZABIEGANIA SANOK/RUN ENERGY CLUB  | K40       | 18   | 01:11:26           | 03:21:41           | 05:16:55           | <b>07:43:14.40</b>    | <b>07:44:11.10</b>     | +03:18:24<br>(42.7%) | 8:54            | 6.7<br>(57.3%) |
| 275 | <b>DRWIĘGA Beata</b>             | <b>589</b> | POZYTYWNIIE ZABIEGANI SANOK                   | K40       | 19   | 01:14:41           | 03:20:40           | 05:14:18           | <b>07:43:16.70</b>    | <b>07:44:11.50</b>     | +03:18:25<br>(42.7%) | 8:54            | 6.7<br>(57.3%) |
| 276 | <b>MODZELEWSKI<br/>Wiesław</b>   | <b>542</b> | STARGLASSTEAM                                 | M50       | 18   | 01:09:44           | 03:06:41           | 05:04:51           | <b>07:43:55.80</b>    | <b>07:44:13.60</b>     | +03:18:27<br>(42.7%) | 8:55            | 6.7<br>(57.3%) |
| 277 | <b>MODZELEWSKI<br/>Krzysztof</b> | <b>378</b> | STARGLASS TEAM                                | M50       | 19   | 01:09:44           | 03:06:42           | 05:04:50           | <b>07:43:57.15</b>    | <b>07:44:13.90</b>     | +03:18:27<br>(42.7%) | 8:55            | 6.7<br>(57.3%) |
| 278 | <b>GMAJ Daniel</b>               | <b>555</b> | GRÓJEC TEAM :)                                | M30       | 103  | 01:15:36           | 03:17:57           | 05:09:47           | <b>07:43:38.75</b>    | <b>07:44:30.70</b>     | +03:18:44<br>(42.8%) | 8:54            | 6.7<br>(57.3%) |
| 279 | <b>KROK Jacek</b>                | <b>638</b> |   | M40       | 86   | 01:08:21           | 03:04:50           | 05:13:51           | <b>07:44:09.50</b>    | <b>07:44:35.45</b>     | +03:18:49<br>(42.8%) | 8:55            | 6.7<br>(57.3%) |
| 280 | <b>ULATOWSKI<br/>Andrzej</b>     | <b>291</b> |   | M40       | 87   | 01:07:30           | 03:04:45           | 05:07:12           | <b>07:45:14.95</b>    | <b>07:45:23.95</b>     | +03:19:37<br>(42.9%) | 8:56            | 6.7<br>(57.3%) |
| 281 | <b>BŁASZCZAK<br/>Jarosław</b>    | <b>742</b> | GO APTIV!                                     | M40       | 88   | 01:09:21           | 03:04:00           | 05:14:37           | <b>07:44:58.95</b>    | <b>07:45:42.80</b>     | +03:19:56<br>(42.9%) | 8:56            | 6.7<br>(57.3%) |
| 282 | <b>ADAMCZYK Artur</b>            | <b>517</b> |   | M20       | 18   | 01:13:08           | 03:10:34           | 05:15:23           | <b>07:45:35.10</b>    | <b>07:45:49.90</b>     | +03:20:03<br>(42.9%) | 8:57            | 6.7<br>(57.3%) |
| 283 | <b>WIS Modesta</b>               | <b>516</b> |   | K20       | 7    | 01:13:32           | 03:10:32           | 05:15:09           | <b>07:45:35.05</b>    | <b>07:45:50.10</b>     | +03:20:03<br>(42.9%) | 8:57            | 6.7<br>(57.3%) |
| 284 | <b>PAWLAK Maciej</b>             | <b>653</b> |   | M30       | 104  | 01:09:38           | 03:11:32           | 05:12:39           | <b>07:45:58.75</b>    | <b>07:46:26.75</b>     | +03:20:40<br>(43.0%) | 8:57            | 6.7<br>(57.3%) |
| 285 | <b>GRZYWIŃSKI<br/>Wojtek</b>     | <b>411</b> |   | M30       | 105  | 01:13:04           | 03:15:20           | 05:16:07           | <b>07:45:58.40</b>    | <b>07:46:32.45</b>     | +03:20:46<br>(43.0%) | 8:57            | 6.7<br>(57.3%) |
| 286 | <b>MARCZEWSKI<br/>Maciej</b>     | <b>374</b> |   | M20       | 19   | 01:12:11           | 03:11:53           | 05:16:25           | <b>07:45:45.30</b>    | <b>07:46:45.50</b>     | +03:20:59<br>(43.1%) | 8:57            | 6.7<br>(57.3%) |
| 287 | <b>SŁABOŃ Mariusz</b>            | <b>257</b> | KIWK-A BIEGA                                  | M40       | 89   | 01:07:15           | 03:05:59           | 05:09:33           | <b>07:46:21.35</b>    | <b>07:47:07.90</b>     | +03:21:21<br>(43.1%) | 8:58            | 6.7<br>(57.3%) |
| 288 | <b>BIAŁCZAK<br/>Tomasz</b>       | <b>407</b> |   | M40       | 90   | 01:11:40           | 03:16:40           | 05:11:24           | <b>07:46:44.05</b>    | <b>07:47:11.70</b>     | +03:21:25<br>(43.1%) | 8:58            | 6.7<br>(57.3%) |
| 289 | <b>ARMACIŃSKI<br/>Filip</b>      | <b>706</b> |   | M20       | 20   | 01:12:22           | 03:13:13           | 05:13:07           | <b>07:46:50.45</b>    | <b>07:47:27.80</b>     | +03:21:41<br>(43.1%) | 8:58            | 6.7<br>(57.3%) |
| 290 | <b>SZMYD Kamil</b>               | <b>707</b> |   | M20       | 21   | 01:12:22           | 03:13:14           | 05:13:05           | <b>07:46:51.60</b>    | <b>07:47:28.05</b>     | +03:21:41<br>(43.1%) | 8:58            | 6.7<br>(57.3%) |
| 291 | <b>KLUZA-HOWIL<br/>Lila</b>      | <b>336</b> | WWW.BIEGOWEKAIZEN.PL                          | K40       | 20   | 01:18:51           | 03:24:08           | 05:22:05           | <b>07:46:27.80</b>    | <b>07:47:28.40</b>     | +03:21:41<br>(43.1%) | 8:58            | 6.7<br>(57.3%) |

| Msc | Zawodnik                   | Numer      | Klub                          | Kategoria | Mkat | P2_Roztoki<br>12km | P3_Solinka<br>26km | P2_Roztoki<br>38km | Czas<br>netto<br>52km | Czas<br>brutto<br>52km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|----------------------------|------------|-------------------------------|-----------|------|--------------------|--------------------|--------------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 292 | <b>HOWIL Waldemar</b>      | <b>335</b> | WWW.BIEGOWEKAIZEN.PL          | M40       | 91   | 01:11:00           | 03:03:44           | 05:02:08           | <b>07:46:28.70</b>    | <b>07:47:29.00</b>     | +03:21:42<br>(43.1%) | 8:58            | 6.7<br>(57.3%) |
| 293 | <b>MARYJOSZ Adrian</b>     | <b>220</b> |                               | M40       | 92   | 01:07:48           | 03:05:20           | 05:03:22           | <b>07:46:56.30</b>    | <b>07:47:35.80</b>     | +03:21:49<br>(43.2%) | 8:58            | 6.7<br>(57.3%) |
| 294 | <b>GRADEK Dariusz</b>      | <b>640</b> |                               | M40       | 93   | 01:15:29           | 03:13:29           | 05:06:03           | <b>07:47:25.00</b>    | <b>07:48:00.50</b>     | +03:22:14<br>(43.2%) | 8:59            | 6.7<br>(57.3%) |
| 295 | <b>CHODACKA Renata</b>     | <b>545</b> |                               | K30       | 25   | 01:20:08           | 03:28:50           | 05:27:37           | <b>07:47:47.35</b>    | <b>07:48:44.60</b>     | +03:22:58<br>(43.3%) | 8:59            | 6.7<br>(57.3%) |
| 296 | <b>TOURDANOV Ingrid</b>    | <b>639</b> |                               | K20       | 8    | 01:15:08           | 03:19:28           | 05:17:24           | <b>07:47:59.40</b>    | <b>07:49:03.70</b>     | +03:23:17<br>(43.3%) | 8:59            | 6.7<br>(57.3%) |
| 297 | <b>GARCZYŃSKI Darek</b>    | <b>240</b> |                               | M40       | 94   | 00:59:53           | 02:37:58           | 04:44:06           | <b>07:49:22.65</b>    | <b>07:49:53.30</b>     | +03:24:06<br>(43.4%) | 9:01            | 6.6<br>(56.4%) |
| 298 | <b>TUCZAPSKI Artur</b>     | <b>590</b> |                               | M60       | 6    | 01:16:58           | 03:19:30           | 05:21:05           | <b>07:49:20.20</b>    | <b>07:50:10.15</b>     | +03:24:23<br>(43.5%) | 9:01            | 6.6<br>(56.4%) |
| 299 | <b>BALIŃSKA Maria</b>      | <b>591</b> |                               | K40       | 21   | 01:16:57           | 03:19:28           | 05:21:04           | <b>07:49:20.35</b>    | <b>07:50:10.40</b>     | +03:24:23<br>(43.5%) | 9:01            | 6.6<br>(56.4%) |
| 300 | <b>PEŁSZYŃSKI Mariusz</b>  | <b>494</b> | 15 BZ                         | M40       | 95   | 01:12:59           | 03:18:19           | 05:20:58           | <b>07:50:31.25</b>    | <b>07:50:40.60</b>     | +03:24:54<br>(43.5%) | 9:02            | 6.6<br>(56.4%) |
| 301 | <b>KARWOWSKI Maciej</b>    | <b>415</b> |                               | M40       | 96   | 01:15:09           | 03:23:14           | 05:21:04           | <b>07:51:54.65</b>    | <b>07:52:19.65</b>     | +03:26:33<br>(43.7%) | 9:04            | 6.6<br>(56.4%) |
| 302 | <b>PIĘTA Marlena</b>       | <b>395</b> | OSTROBIEC                     | K30       | 26   | 01:15:53           | 03:25:44           | 05:23:46           | <b>07:51:34.60</b>    | <b>07:52:25.00</b>     | +03:26:38<br>(43.7%) | 9:04            | 6.6<br>(56.4%) |
| 303 | <b>STASIEWICZ Jacek</b>    | <b>624</b> |                               | M40       | 97   | 01:12:30           | 03:07:04           | 05:11:11           | <b>07:52:34.15</b>    | <b>07:53:07.85</b>     | +03:27:21<br>(43.8%) | 9:05            | 6.6<br>(56.4%) |
| 304 | <b>KOPER Jacek</b>         | <b>691</b> |                               | M40       | 98   | 01:05:59           | 02:56:15           | 04:58:44           | <b>07:52:45.90</b>    | <b>07:53:38.45</b>     | +03:27:52<br>(43.9%) | 9:05            | 6.6<br>(56.4%) |
| 305 | <b>KĘPKA Andrzej</b>       | <b>617</b> | PRZEWORSKA GRUPA BIEGOWA      | M50       | 20   | 01:14:28           | 03:16:50           | 05:13:27           | <b>07:53:58.75</b>    | <b>07:54:38.85</b>     | +03:28:52<br>(44.0%) | 9:06            | 6.6<br>(56.4%) |
| 306 | <b>RENKIEL Tomasz</b>      | <b>312</b> |                               | M40       | 99   | 01:11:16           | 03:20:28           | 05:20:18           | <b>07:53:57.05</b>    | <b>07:54:44.50</b>     | +03:28:58<br>(44.0%) | 9:06            | 6.6<br>(56.4%) |
| 307 | <b>SWOBODA Jarosław</b>    | <b>684</b> | COMPAÑEROS TEAM/ ENERGY SQUAD | M40       | 100  | 01:12:15           | 03:17:19           | 05:18:26           | <b>07:54:24.25</b>    | <b>07:54:44.55</b>     | +03:28:58<br>(44.0%) | 9:07            | 6.6<br>(56.4%) |
| 308 | <b>BUCZYŃSKI Radosław</b>  | <b>717</b> | NIGHT RUNNERS GLIWICE         | M30       | 106  | 01:08:45           | 03:04:40           | 05:20:25           | <b>07:53:58.95</b>    | <b>07:54:44.75</b>     | +03:28:58<br>(44.0%) | 9:06            | 6.6<br>(56.4%) |
| 309 | <b>KŁOSOWICZ Monika</b>    | <b>675</b> | DECATHLON MAGNOLIA            | K20       | 9    | 01:14:05           | 03:17:44           | 05:21:47           | <b>07:54:03.80</b>    | <b>07:55:08.70</b>     | +03:29:22<br>(44.1%) | 9:07            | 6.6<br>(56.4%) |
| 310 | <b>STACH Dariusz</b>       | <b>553</b> | OSP KOSMOLÓW                  | M30       | 107  | 01:17:41           | 03:19:07           | 05:25:11           | <b>07:55:06.00</b>    | <b>07:56:04.45</b>     | +03:30:18<br>(44.2%) | 9:08            | 6.6<br>(56.4%) |
| 311 | <b>WIĄCEK Krzysztof</b>    | <b>420</b> | POWIELARNIA MADAS             | M50       | 21   | 01:06:17           | 03:08:33           | 05:16:26           | <b>07:56:01.55</b>    | <b>07:56:18.30</b>     | +03:30:31<br>(44.2%) | 9:09            | 6.6<br>(56.4%) |
| 312 | <b>INGLANT Zbigniew</b>    | <b>294</b> | RUN LOG COM                   | M50       | 22   | 01:13:22           | 03:16:12           | 05:21:50           | <b>07:55:34.85</b>    | <b>07:56:27.50</b>     | +03:30:41<br>(44.2%) | 9:08            | 6.6<br>(56.4%) |
| 313 | <b>BIEL Łukasz</b>         | <b>597</b> |                               | M30       | 108  | 01:09:56           | 03:05:35           | 05:19:40           | <b>07:56:25.70</b>    | <b>07:56:59.15</b>     | +03:31:12<br>(44.3%) | 9:09            | 6.5<br>(55.6%) |
| 314 | <b>SETKOWICZ Jacek</b>     | <b>439</b> |                               | M30       | 109  | 01:15:39           | 03:20:13           | 05:21:18           | <b>07:56:53.25</b>    | <b>07:57:20.00</b>     | +03:31:33<br>(44.3%) | 9:10            | 6.5<br>(55.6%) |
| 315 | <b>GRUDZIEŃ Anna</b>       | <b>569</b> | STAY INSANE/BANDA GRUDNIA     | K30       | 27   | 01:25:57           | 03:33:07           | 05:30:34           | <b>07:57:43.50</b>    | <b>07:58:13.60</b>     | +03:32:27<br>(44.4%) | 9:11            | 6.5<br>(55.6%) |
| 316 | <b>GOGÓŁ-IŻOWSKA Edyta</b> | <b>580</b> | SMASHING PĄPKINS              | K30       | 28   | 01:13:52           | 03:22:43           | 05:26:37           | <b>07:58:17.85</b>    | <b>07:58:46.95</b>     | +03:33:00<br>(44.5%) | 9:11            | 6.5<br>(55.6%) |

| Msc | Zawodnik                      | Numer      | Klub                      | Kategoria | Mkat | P2_Roztoki |                 |                 | Czas netto 52km    | Czas brutto 52km   | Różn              | Tempo min/km | Tempo km/h  |
|-----|-------------------------------|------------|---------------------------|-----------|------|------------|-----------------|-----------------|--------------------|--------------------|-------------------|--------------|-------------|
|     |                               |            |                           |           |      | 12km       | P3_Solinka 26km | P2_Roztoki 38km |                    |                    |                   |              |             |
| 317 | <b>RESZYTYŁO Grzegorz</b>     | <b>736</b> |                           | M40       | 101  | 01:18:02   | 03:23:40        | 05:18:15        | <b>07:58:07.05</b> | <b>07:58:54.20</b> | +03:33:07 (44.5%) | 9:11         | 6.5 (55.6%) |
| 318 | <b>SOPEL Wiesław</b>          | <b>613</b> | AKADEMIA SPORTU LUBACZÓW  | M50       | 23   | 01:12:53   | 03:20:41        | 05:24:59        | <b>07:57:53.35</b> | <b>07:58:59.65</b> | +03:33:13 (44.5%) | 9:11         | 6.5 (55.6%) |
| 319 | <b>CHWALISZEWSKI Jarosław</b> | <b>713</b> | NIGHT RUNNERS GLIWICE     | M40       | 102  | 01:13:07   | 03:21:04        | 05:26:41        | <b>07:59:25.90</b> | <b>08:00:13.65</b> | +03:34:27 (44.7%) | 9:13         | 6.5 (55.6%) |
| 320 | <b>SCHAUER Bartłomiej</b>     | <b>495</b> |                           | M40       | 103  | 01:11:28   | 03:08:30        | 05:10:27        | <b>07:59:33.30</b> | <b>08:00:18.40</b> | +03:34:31 (44.7%) | 9:13         | 6.5 (55.6%) |
| 321 | <b>KOŁAKOWSKI Przemek</b>     | <b>630</b> |                           | M30       | 110  | 01:12:40   | 03:20:21        | 05:25:10        | <b>08:00:48.10</b> | <b>08:01:39.55</b> | +03:35:53 (44.8%) | 9:14         | 6.5 (55.6%) |
| 322 | <b>KANTOR Darek</b>           | <b>243</b> | LUBELSKIBIEGACZ.PL TEAM   | M50       | 24   | 01:12:41   | 03:20:23        | 05:25:13        | <b>08:00:49.20</b> | <b>08:01:40.05</b> | +03:35:53 (44.8%) | 9:14         | 6.5 (55.6%) |
| 323 | <b>KOLASA Andrzej</b>         | <b>237</b> | KLUB J.SŁOWACKIEGO        | M60       | 7    | 01:10:39   | 03:21:25        | 05:24:52        | <b>08:01:57.10</b> | <b>08:02:01.15</b> | +03:36:14 (44.9%) | 9:16         | 6.5 (55.6%) |
| 324 | <b>US Marek</b>               | <b>724</b> |                           | M40       | 104  | 01:23:05   | 03:23:19        | 05:12:17        | <b>08:00:52.95</b> | <b>08:02:03.65</b> | +03:36:17 (44.9%) | 9:14         | 6.5 (55.6%) |
| 325 | <b>BIELEŃ Agnieszka</b>       | <b>737</b> | MUAY RUNNING TEAM         | K30       | 29   | 01:20:50   | 03:36:07        | 05:36:57        | <b>08:01:44.30</b> | <b>08:02:04.25</b> | +03:36:17 (44.9%) | 9:15         | 6.5 (55.6%) |
| 326 | <b>PIWOŃSKI Adam</b>          | <b>323</b> | KS PEGAZ                  | M20       | 22   | 01:15:09   | 03:17:08        | 05:14:44        | <b>08:01:31.70</b> | <b>08:02:04.30</b> | +03:36:17 (44.9%) | 9:15         | 6.5 (55.6%) |
| 327 | <b>KAMIŃSKI Krystian</b>      | <b>268</b> | RADUNIA NIESTĘPOWO        | M30       | 111  | 01:11:16   | 03:18:51        | 05:34:31        | <b>08:03:22.35</b> | <b>08:04:05.00</b> | +03:38:18 (45.1%) | 9:17         | 6.5 (55.6%) |
| 328 | <b>KOWALSKI Aleksander</b>    | <b>410</b> | BIEG PO ZDROJ             | M40       | 105  | 01:11:27   | 03:13:23        | 05:16:34        | <b>08:05:07.95</b> | <b>08:06:01.40</b> | +03:40:14 (45.3%) | 9:19         | 6.4 (54.7%) |
| 329 | <b>ZIELIŃSKI Jacek</b>        | <b>224</b> | ROZBIEGANY PIASTÓW        | M40       | 106  | 01:16:29   | 03:18:34        | 05:17:00        | <b>08:05:32.95</b> | <b>08:06:04.95</b> | +03:40:18 (45.3%) | 9:20         | 6.4 (54.7%) |
| 330 | <b>ZIELIŃSKA Beata</b>        | <b>225</b> | ROZBIEGANY PIASTÓW        | K30       | 30   | 01:17:06   | 03:19:29        | 05:17:58        | <b>08:05:32.55</b> | <b>08:06:05.00</b> | +03:40:18 (45.3%) | 9:20         | 6.4 (54.7%) |
| 331 | <b>TROJANOWSKI Krzysztof</b>  | <b>710</b> | VELO ĆMIŁÓW               | M40       | 107  | 01:11:50   | 03:13:51        | 05:24:00        | <b>08:06:33.20</b> | <b>08:07:40.75</b> | +03:41:54 (45.5%) | 9:21         | 6.4 (54.7%) |
| 332 | <b>CIUK Piotr</b>             | <b>478</b> | YULO RUN TEAM SIEDLCE     | M40       | 108  | 01:23:41   | 03:34:56        | 05:34:18        | <b>08:07:36.85</b> | <b>08:08:15.60</b> | +03:42:29 (45.6%) | 9:22         | 6.4 (54.7%) |
| 332 | <b>ZDULSKI Bartosz</b>        | <b>358</b> | W4 GREEN TEAM             | M40       | 109  | 01:25:41   | 03:35:03        | 05:34:43        | <b>08:07:36.10</b> | <b>08:08:15.60</b> | +03:42:29 (45.6%) | 9:22         | 6.4 (54.7%) |
| 334 | <b>SERAFIN Robert</b>         | <b>700</b> |                           | M40       | 110  | 01:07:45   | 03:03:55        | 05:10:10        | <b>08:08:44.80</b> | <b>08:08:58.95</b> | +03:43:12 (45.6%) | 9:23         | 6.4 (54.7%) |
| 335 | <b>WÓJCIK Michał</b>          | <b>682</b> | FORREST GUMP RUNNING TEAM | M30       | 112  | 01:21:35   | 03:23:17        | 05:22:30        | <b>08:09:31.70</b> | <b>08:10:01.55</b> | +03:44:15 (45.8%) | 9:24         | 6.4 (54.7%) |
| 336 | <b>PIKAŁA Karol</b>           | <b>230</b> | BEZTLENOWI MALBORK        | M30       | 113  | 01:09:14   | 02:57:38        | 05:10:02        | <b>08:10:59.80</b> | <b>08:11:18.10</b> | +03:45:31 (45.9%) | 9:26         | 6.4 (54.7%) |
| 337 | <b>JANKOWICZ Artur</b>        | <b>256</b> | BEZTLENOWI MALBORK        | M30       | 114  | 01:12:50   | 03:22:08        | 05:28:30        | <b>08:11:25.30</b> | <b>08:11:55.50</b> | +03:46:09 (46.0%) | 9:27         | 6.3 (53.8%) |
| 338 | <b>ZGLIŃSKI Bartłomiej</b>    | <b>679</b> | WKURW_TEAM                | M30       | 115  | 01:17:20   | 03:40:38        | 05:37:12        | <b>08:12:11.00</b> | <b>08:12:16.60</b> | +03:46:30 (46.0%) | 9:27         | 6.3 (53.8%) |
| 339 | <b>CHILIŃSKI Karol</b>        | <b>634</b> |                           | M30       | 116  | 01:08:41   | 03:12:40        | 05:20:21        | <b>08:12:00.25</b> | <b>08:12:19.35</b> | +03:46:32 (46.0%) | 9:27         | 6.3 (53.8%) |
| 340 | <b>PARYS Michał</b>           | <b>711</b> |                           | M30       | 117  | 01:08:40   | 03:18:05        | 05:34:12        | <b>08:12:31.60</b> | <b>08:12:48.30</b> | +03:47:01 (46.1%) | 9:28         | 6.3 (53.8%) |
| 341 | <b>DZIEDZIC Krzysztof</b>     | <b>233</b> |                           | M40       | 111  | 01:23:51   | 03:31:34        | 05:35:06        | <b>08:12:16.90</b> | <b>08:13:05.30</b> | +03:47:18 (46.1%) | 9:28         | 6.3 (53.8%) |

| Msc | Zawodnik                        | Numer      | Klub                                | Kategoria | Mkat | P2_Roztoki<br>12km | P3_Solinka<br>26km | P2_Roztoki<br>38km | Czas               |                    | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|---------------------------------|------------|-------------------------------------|-----------|------|--------------------|--------------------|--------------------|--------------------|--------------------|----------------------|-----------------|----------------|
|     |                                 |            |                                     |           |      |                    |                    |                    | netto<br>52km      | brutto<br>52km     |                      |                 |                |
| 342 | <b>DZIEDZIC Joanna</b>          | <b>234</b> |                                     | K30       | 31   | 01:22:49           | 03:31:37           | 05:35:11           | <b>08:12:18.60</b> | <b>08:13:05.45</b> | +03:47:19<br>(46.1%) | 9:28            | 6.3<br>(53.8%) |
| 343 | <b>POTERA Krystyna</b>          | <b>716</b> | FRYTKÓW!!!!                         | K30       | 32   | 01:18:33           | 03:34:19           | 05:35:36           | <b>08:13:01.25</b> | <b>08:13:17.40</b> | +03:47:30<br>(46.1%) | 9:28            | 6.3<br>(53.8%) |
| 344 | <b>DAWIDOWSKI Michał</b>        | <b>368</b> | ENDORFINA NOWOGARD                  | M40       | 112  | 01:11:40           | 03:13:53           | 05:19:17           | <b>08:13:38.00</b> | <b>08:13:46.00</b> | +03:47:59<br>(46.2%) | 9:29            | 6.3<br>(53.8%) |
| 345 | <b>TRZCIŃSKI Sebastian</b>      | <b>301</b> | PEŁZACZ NIZINNY                     | M40       | 113  | 01:06:15           | 03:12:01           | 05:18:24           | <b>08:13:27.35</b> | <b>08:14:08.15</b> | +03:48:21<br>(46.2%) | 9:29            | 6.3<br>(53.8%) |
| 345 | <b>MAŁKIEWICZ Dariusz</b>       | <b>218</b> | PGB SPORTOWA PACZKA                 | M40       | 114  | 01:09:26           | 03:16:08           | 05:29:07           | <b>08:13:34.45</b> | <b>08:14:08.15</b> | +03:48:21<br>(46.2%) | 9:29            | 6.3<br>(53.8%) |
| 347 | <b>WITKOWSKA Beata</b>          | <b>714</b> |                                     | K30       | 33   | 01:18:10           | 03:28:12           | 05:30:31           | <b>08:13:46.65</b> | <b>08:14:31.50</b> | +03:48:45<br>(46.3%) | 9:29            | 6.3<br>(53.8%) |
| 348 | <b>MATOGA Lucyna</b>            | <b>693</b> |                                     | K50       | 1    | 01:20:32           | 03:32:15           | 05:38:37           | <b>08:14:09.10</b> | <b>08:14:48.75</b> | +03:49:02<br>(46.3%) | 9:30            | 6.3<br>(53.8%) |
| 349 | <b>BURY Marek</b>               | <b>306</b> |                                     | M40       | 115  | 01:15:14           | 03:20:52           | 05:33:17           | <b>08:14:26.65</b> | <b>08:14:49.20</b> | +03:49:02<br>(46.3%) | 9:30            | 6.3<br>(53.8%) |
| 350 | <b>GŁUCHOWSKI Przemysław</b>    | <b>502</b> | TTT ELBLĄG                          | M50       | 25   | 01:13:09           | 03:17:15           | 05:22:02           | <b>08:14:52.60</b> | <b>08:15:33.65</b> | +03:49:47<br>(46.4%) | 9:31            | 6.3<br>(53.8%) |
| 351 | <b>GŁUCHOWSKI Jędrzej</b>       | <b>598</b> | TTT ELBLĄG                          | M20       | 23   | 01:12:55           | 03:18:13           | 05:22:13           | <b>08:15:05.65</b> | <b>08:15:47.10</b> | +03:50:00<br>(46.4%) | 9:31            | 6.3<br>(53.8%) |
| 352 | <b>RUDNICKI Marek</b>           | <b>464</b> |                                     | M30       | 118  | 01:15:13           | 03:17:57           | 05:27:43           | <b>08:15:44.40</b> | <b>08:16:26.20</b> | +03:50:39<br>(46.5%) | 9:32            | 6.3<br>(53.8%) |
| 353 | <b>MAŚLAK Radosław</b>          | <b>708</b> | BIEGAMYRAZEM.PL                     | M50       | 26   | 01:13:31           | 03:23:18           | 05:35:03           | <b>08:16:24.80</b> | <b>08:17:00.10</b> | +03:51:13<br>(46.5%) | 9:32            | 6.3<br>(53.8%) |
| 354 | <b>HANDERMANDER Agnieszka</b>   | <b>430</b> |                                     | K30       | 34   | 01:19:02           | 03:36:25           | 05:40:37           | <b>08:16:15.45</b> | <b>08:17:03.70</b> | +03:51:17<br>(46.5%) | 9:32            | 6.3<br>(53.8%) |
| 355 | <b>FIJAŁKOWSKI Radosław</b>     | <b>660</b> | CROSSFIT GCW                        | M40       | 116  | 01:16:40           | 03:21:59           | 05:29:21           | <b>08:17:08.30</b> | <b>08:17:19.75</b> | +03:51:33<br>(46.6%) | 9:33            | 6.3<br>(53.8%) |
| 356 | <b>SIERADZKI Rafał</b>          | <b>667</b> | GCW                                 | M40       | 117  | 01:16:42           | 03:22:37           | 05:29:17           | <b>08:17:11.30</b> | <b>08:17:21.15</b> | +03:51:34<br>(46.6%) | 9:33            | 6.3<br>(53.8%) |
| 357 | <b>URBANOWICZ Rafał</b>         | <b>672</b> | OZNAKUJBIURO.PL                     | M30       | 119  | 01:16:42           | 03:25:11           | 05:29:24           | <b>08:17:10.95</b> | <b>08:17:21.45</b> | +03:51:35<br>(46.6%) | 9:33            | 6.3<br>(53.8%) |
| 358 | <b>GRAU Joanna</b>              | <b>770</b> | KWIDZYN BIEGA                       | K40       | 22   | 01:29:37           | 03:43:09           | 05:47:48           | <b>08:17:30.35</b> | <b>08:17:35.70</b> | +03:51:49<br>(46.6%) | 9:34            | 6.3<br>(53.8%) |
| 359 | <b>STOBIŃSKI Piotr</b>          | <b>341</b> | RUNEDA                              | M20       | 24   | 01:10:28           | 03:13:10           | 05:25:44           | <b>08:17:39.25</b> | <b>08:18:25.25</b> | +03:52:38<br>(46.7%) | 9:34            | 6.3<br>(53.8%) |
| 360 | <b>JAROMIRSKA-LEWIŃSKA Maja</b> | <b>354</b> | RUNEDA                              | K30       | 35   | 01:10:35           | 03:16:13           | 05:28:14           | <b>08:17:39.65</b> | <b>08:18:25.40</b> | +03:52:38<br>(46.7%) | 9:34            | 6.3<br>(53.8%) |
| 361 | <b>STRUSIŃSKA Katarzyna</b>     | <b>511</b> | MIŃSKA GRUPA ROWEROWA               | K30       | 36   | 01:15:58           | 03:27:04           | 05:34:14           | <b>08:18:17.05</b> | <b>08:18:33.30</b> | +03:52:46<br>(46.7%) | 9:34            | 6.3<br>(53.8%) |
| 362 | <b>PIETRZYKOWSKI Artur</b>      | <b>217</b> |                                     | M40       | 118  | 01:19:38           | 03:32:06           | 05:41:21           | <b>08:18:41.90</b> | <b>08:18:41.90</b> | +03:52:55<br>(46.7%) | 9:35            | 6.3<br>(53.8%) |
| 363 | <b>PIETRZYKOWSKA Monika</b>     | <b>216</b> |                                     | K40       | 23   | 01:19:47           | 03:32:23           | 05:42:03           | <b>08:18:36.15</b> | <b>08:18:42.00</b> | +03:52:55<br>(46.7%) | 9:35            | 6.3<br>(53.8%) |
| 364 | <b>PIOTROWSKI Grzegorz</b>      | <b>472</b> | BIEGOWA ŚWIDNICA / ŻELAZNA ŚWIDNICA | M30       | 120  | 01:14:23           | 03:20:14           | 05:35:07           | <b>08:18:36.60</b> | <b>08:18:44.15</b> | +03:52:57<br>(46.7%) | 9:35            | 6.3<br>(53.8%) |
| 364 | <b>BANAŚ Radosław</b>           | <b>409</b> |                                     | M30       | 121  | 01:14:21           | 03:19:37           | 05:36:56           | <b>08:18:34.30</b> | <b>08:18:44.15</b> | +03:52:57<br>(46.7%) | 9:35            | 6.3<br>(53.8%) |
| 366 | <b>GRZYB Sławomir</b>           | <b>465</b> | WKB PIAST WROCŁAW                   | M30       | 122  | 01:14:16           | 03:20:20           | 05:37:00           | <b>08:18:44.35</b> | <b>08:18:44.35</b> | +03:52:57<br>(46.7%) | 9:35            | 6.3<br>(53.8%) |

| Msc | Zawodnik                      | Numer      | Klub                        | Kategoria | Mkat | P2_Roztoki<br>12km | P3_Solinka<br>26km | P2_Roztoki<br>38km | Czas               |                    | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|-------------------------------|------------|-----------------------------|-----------|------|--------------------|--------------------|--------------------|--------------------|--------------------|----------------------|-----------------|----------------|
|     |                               |            |                             |           |      |                    |                    |                    | netto<br>52km      | brutto<br>52km     |                      |                 |                |
| 367 | <b>ŁAŻNIAK Agata</b>          | <b>18</b>  | CARDIORUNNERS               | K30       | 37   | 01:17:22           | 03:32:25           | 05:40:04           | <b>08:18:29.65</b> | <b>08:19:08.05</b> | +03:53:21<br>(46.8%) | 9:35            | 6.3<br>(53.8%) |
| 368 | <b>JĘDRZEJCZYK Konrad</b>     | <b>282</b> |                             | M20       | 25   | 01:14:46           | 03:13:13           | 05:28:36           | <b>08:18:15.50</b> | <b>08:19:17.70</b> | +03:53:31<br>(46.8%) | 9:34            | 6.3<br>(53.8%) |
| 369 | <b>WODYŃSKI Jacek</b>         | <b>457</b> | EQUIDO                      | M50       | 27   | 01:17:17           | 03:33:15           | 05:40:34           | <b>08:19:24.25</b> | <b>08:19:34.80</b> | +03:53:48<br>(46.8%) | 9:36            | 6.2<br>(53.0%) |
| 370 | <b>ŻALIŃSKI Zbigniew</b>      | <b>292</b> | JAWORZNO RUNNERS            | M50       | 28   | 01:17:02           | 03:24:50           | 05:32:12           | <b>08:20:37.05</b> | <b>08:21:11.55</b> | +03:55:25<br>(47.0%) | 9:37            | 6.2<br>(53.0%) |
| 371 | <b>WRÓBEL Sebastian</b>       | <b>396</b> | APTEKA GEMINI TEAM          | M40       | 119  | 01:18:16           | 03:24:38           | 05:26:49           | <b>08:21:36.00</b> | <b>08:21:44.30</b> | +03:55:57<br>(47.0%) | 9:38            | 6.2<br>(53.0%) |
| 372 | <b>LUSIO Marcin</b>           | <b>402</b> |                             | M40       | 120  | 01:13:34           | 03:16:33           | 05:28:02           | <b>08:20:49.75</b> | <b>08:21:44.45</b> | +03:55:58<br>(47.0%) | 9:37            | 6.2<br>(53.0%) |
| 373 | <b>STASIEWICZ Krzysztof</b>   | <b>646</b> |                             | M60       | 8    | 01:16:56           | 03:20:34           | 05:23:03           | <b>08:21:13.65</b> | <b>08:21:54.40</b> | +03:56:07<br>(47.0%) | 9:38            | 6.2<br>(53.0%) |
| 374 | <b>DĄBROWSKI Michał</b>       | <b>626</b> |                             | M40       | 121  | 01:15:53           | 03:19:28           | 05:32:25           | <b>08:20:54.00</b> | <b>08:22:04.15</b> | +03:56:17<br>(47.1%) | 9:37            | 6.2<br>(53.0%) |
| 375 | <b>ŻUKIEWICZ Konrad</b>       | <b>435</b> | STREFA PIĘKNA LUBLIN        | M40       | 122  | 01:17:47           | 03:32:16           | 05:55:27           | <b>08:21:37.00</b> | <b>08:22:30.45</b> | +03:56:44<br>(47.1%) | 9:38            | 6.2<br>(53.0%) |
| 376 | <b>BANASZAK Monika</b>        | <b>577</b> | RUN PASJA                   | K30       | 38   | 01:11:31           | 03:20:04           | 05:38:37           | <b>08:22:42.70</b> | <b>08:23:14.85</b> | +03:57:28<br>(47.2%) | 9:40            | 6.2<br>(53.0%) |
| 377 | <b>BARTKOWIAK Michał</b>      | <b>499</b> |                             | M20       | 26   | 01:13:37           | 03:14:14           | 05:25:05           | <b>08:22:35.30</b> | <b>08:23:35.65</b> | +03:57:49<br>(47.2%) | 9:39            | 6.2<br>(53.0%) |
| 378 | <b>MARIANOWSKI Krzysztof</b>  | <b>740</b> | KWIDZYN BIEGA               | M40       | 123  | 01:29:37           | 03:43:08           | 05:49:51           | <b>08:23:32.70</b> | <b>08:23:38.85</b> | +03:57:52<br>(47.2%) | 9:41            | 6.2<br>(53.0%) |
| 379 | <b>WOJNAR Sylwester</b>       | <b>438</b> | MUKS JEDLICZE PODKARPACIE   | M40       | 124  | 01:14:58           | 03:25:18           | 05:37:18           | <b>08:23:10.55</b> | <b>08:24:04.75</b> | +03:58:18<br>(47.3%) | 9:40            | 6.2<br>(53.0%) |
| 380 | <b>KOWALEWSKA Izabela</b>     | <b>348</b> | PIASECZNO RUNNING           | K30       | 39   | 01:23:17           | 03:40:07           | 05:41:08           | <b>08:23:51.95</b> | <b>08:24:23.40</b> | +03:58:36<br>(47.3%) | 9:41            | 6.2<br>(53.0%) |
| 381 | <b>ZIENKIEWICZ Agata</b>      | <b>286</b> | PIASECZNO RUNNING           | K30       | 40   | 01:22:26           | 03:36:41           | 05:41:10           | <b>08:23:55.05</b> | <b>08:24:26.60</b> | +03:58:40<br>(47.3%) | 9:41            | 6.2<br>(53.0%) |
| 382 | <b>BARCZYK Agnieszka</b>      | <b>697</b> | BARCZYK WOLBROM             | K40       | 24   | 01:19:52           | 03:35:28           | 05:45:21           | <b>08:23:46.10</b> | <b>08:24:49.30</b> | +03:59:02<br>(47.4%) | 9:41            | 6.2<br>(53.0%) |
| 383 | <b>WICIAK Ziemowit</b>        | <b>636</b> | AKTYWNI KOCIEWIACY          | M40       | 125  | 01:17:40           | 03:32:22           | 05:43:58           | <b>08:24:29.55</b> | <b>08:24:53.00</b> | +03:59:06<br>(47.4%) | 9:42            | 6.2<br>(53.0%) |
| 384 | <b>JAROSZ-PIWOŃSKA Aldona</b> | <b>271</b> | KS PEGAZ                    | K30       | 41   | 01:19:16           | 03:36:38           | 05:41:08           | <b>08:24:23.95</b> | <b>08:24:55.95</b> | +03:59:09<br>(47.4%) | 9:41            | 6.2<br>(53.0%) |
| 385 | <b>ŻAK Oliwia</b>             | <b>270</b> | PIASECZNO RUNNING           | K30       | 42   | 01:19:16           | 03:36:40           | 05:41:06           | <b>08:24:23.35</b> | <b>08:24:56.15</b> | +03:59:09<br>(47.4%) | 9:42            | 6.2<br>(53.0%) |
| 386 | <b>KARKOSZ Aurelia</b>        | <b>303</b> |                             | K30       | 43   | 01:12:57           | 03:17:14           | 05:26:36           | <b>08:24:55.55</b> | <b>08:25:59.05</b> | +04:00:12<br>(47.5%) | 9:42            | 6.2<br>(53.0%) |
| 387 | <b>WÓJTOWICZ Paweł</b>        | <b>662</b> |                             | M40       | 126  | 01:13:22           | 03:15:54           | 05:40:29           | <b>08:24:51.40</b> | <b>08:26:09.50</b> | +04:00:23<br>(47.5%) | 9:42            | 6.2<br>(53.0%) |
| 388 | <b>KUGLARZ Szymon</b>         | <b>264</b> | MOTOINTEGRATOR RUNNING TEAM | M40       | 127  | 01:12:46           | 03:19:36           | 05:39:27           | <b>08:25:58.45</b> | <b>08:26:30.30</b> | +04:00:43<br>(47.5%) | 9:43            | 6.2<br>(53.0%) |
| 389 | <b>GOLI Leszek</b>            | <b>414</b> | BUDIMEX                     | M40       | 128  | 01:15:11           | 03:23:15           | 05:37:07           | <b>08:26:38.90</b> | <b>08:27:03.70</b> | +04:01:17<br>(47.6%) | 9:44            | 6.2<br>(53.0%) |
| 390 | <b>HAMPEL Wojciech</b>        | <b>432</b> |                             | M20       | 27   | 01:11:56           | 03:34:26           | 05:41:28           | <b>08:27:18.50</b> | <b>08:27:52.70</b> | +04:02:06<br>(47.7%) | 9:45            | 6.2<br>(53.0%) |
| 391 | <b>KOSTRZEWA Mariusz</b>      | <b>548</b> | KS 'ALASKA'                 | M30       | 123  | 01:08:15           | 03:14:18           | 05:37:33           | <b>08:27:54.10</b> | <b>08:28:20.60</b> | +04:02:34<br>(47.7%) | 9:46            | 6.1<br>(52.1%) |



| Msc | Zawodnik                    | Numer      | Klub                        | Kategoria | Mkat | P2_Roztoki |                 |                 | Czas netto         | Czas brutto        | Różn              | Tempo min/km | Tempo km/h  |
|-----|-----------------------------|------------|-----------------------------|-----------|------|------------|-----------------|-----------------|--------------------|--------------------|-------------------|--------------|-------------|
|     |                             |            |                             |           |      | 12km       | P3_Solinka 26km | P2_Roztoki 38km | 52km               | 52km               |                   |              |             |
| 392 | <b>KADECKI Marek</b>        | <b>466</b> |                             | M40       | 129  | 01:15:31   | 03:32:32        | 05:46:25        | <b>08:28:23.65</b> | <b>08:28:48.65</b> | +04:03:02 (47.8%) | 9:46         | 6.1 (52.1%) |
| 393 | <b>TELEC Sławek</b>         | <b>255</b> | NIEPOŁOMICE BIEGAJĄ         | M40       | 130  | 01:20:18   | 03:36:20        | 05:49:39        | <b>08:30:33.75</b> | <b>08:31:35.25</b> | +04:05:48 (48.0%) | 9:49         | 6.1 (52.1%) |
| 394 | <b>CZARNIK Stanisław</b>    | <b>721</b> |                             | M30       | 124  | 01:20:26   | 03:41:58        | 05:48:26        | <b>08:30:38.05</b> | <b>08:31:37.50</b> | +04:05:51 (48.1%) | 9:49         | 6.1 (52.1%) |
| 395 | <b>SZCZEPAŃSKI Wacław</b>   | <b>661</b> |                             | M30       | 125  | 01:16:54   | 03:37:09        | 05:53:20        | <b>08:30:50.05</b> | <b>08:31:37.60</b> | +04:05:51 (48.1%) | 9:49         | 6.1 (52.1%) |
| 396 | <b>IGNACZEWSKA Maja</b>     | <b>463</b> |                             | K30       | 44   | 01:19:02   | 03:39:39        | 05:41:15        | <b>08:31:46.30</b> | <b>08:32:00.50</b> | +04:06:14 (48.1%) | 9:50         | 6.1 (52.1%) |
| 397 | <b>TONDYS Piotr</b>         | <b>296</b> | TIGERS TEAM                 | M40       | 131  | 01:12:56   | 03:34:14        | 05:35:44        | <b>08:32:06.40</b> | <b>08:32:15.65</b> | +04:06:29 (48.1%) | 9:50         | 6.1 (52.1%) |
| 398 | <b>DAWID Mirosław</b>       | <b>332</b> |                             | M50       | 29   | 01:13:57   | 03:28:35        | 05:40:33        | <b>08:32:22.25</b> | <b>08:32:26.90</b> | +04:06:40 (48.1%) | 9:51         | 6.1 (52.1%) |
| 399 | <b>LIBUCKI Andrzej</b>      | <b>441</b> |                             | M40       | 132  | 01:12:07   | 03:12:45        | 05:27:04        | <b>08:33:03.80</b> | <b>08:33:16.15</b> | +04:07:29 (48.2%) | 9:52         | 6.1 (52.1%) |
| 400 | <b>GRZESZCZAK Adam</b>      | <b>683</b> | BIEGAMYRAZEM.PL             | M40       | 133  | 01:13:33   | 03:25:16        | 05:40:55        | <b>08:33:18.90</b> | <b>08:33:54.50</b> | +04:08:08 (48.3%) | 9:52         | 6.1 (52.1%) |
| 401 | <b>KALICKI Irek</b>         | <b>558</b> | CROSSFIT GCW                | M40       | 134  | 01:16:47   | 03:27:27        | 05:46:16        | <b>08:33:52.30</b> | <b>08:34:31.80</b> | +04:08:45 (48.3%) | 9:52         | 6.1 (52.1%) |
| 402 | <b>ZIELIŃSKI Radosław</b>   | <b>567</b> | STARE BABICE BIEGAJĄ        | M40       | 135  | 01:20:42   | 03:42:19        | 05:48:18        | <b>08:34:52.55</b> | <b>08:35:43.20</b> | +04:09:56 (48.5%) | 9:54         | 6.1 (52.1%) |
| 403 | <b>KWIECIEŃ Krzysztof</b>   | <b>578</b> |                             | M40       | 136  | 01:18:09   | 03:37:16        | 05:49:13        | <b>08:35:57.30</b> | <b>08:36:33.45</b> | +04:10:47 (48.5%) | 9:55         | 6 (51.3%)   |
| 404 | <b>PUSZ Janusz</b>          | <b>531</b> |                             | M30       | 126  | 01:19:57   | 03:30:43        | 05:43:16        | <b>08:35:30.35</b> | <b>08:36:37.70</b> | +04:10:51 (48.6%) | 9:54         | 6.1 (52.1%) |
| 405 | <b>JAKUBOWSKI Daniel</b>    | <b>426</b> | CENTRUM ANIMACJI SPOŁECZNEJ | M40       | 137  | 01:20:15   | 03:24:10        | 05:39:39        | <b>08:35:52.30</b> | <b>08:36:46.50</b> | +04:11:00 (48.6%) | 9:55         | 6 (51.3%)   |
| 406 | <b>KINDELA Michał</b>       | <b>450</b> | RAZEM TRENUJEMY SPORT       | M30       | 127  | 01:29:27   | 03:44:06        | 05:54:24        | <b>08:36:49.00</b> | <b>08:37:48.55</b> | +04:12:02 (48.7%) | 9:56         | 6 (51.3%)   |
| 407 | <b>ZACHEJA Jacek</b>        | <b>394</b> |                             | M40       | 138  | 01:11:26   | 03:15:33        | 05:40:59        | <b>08:37:06.50</b> | <b>08:37:57.95</b> | +04:12:11 (48.7%) | 9:56         | 6 (51.3%)   |
| 408 | <b>JAGIELSKA Magdalena</b>  | <b>702</b> | NGB KŁOBUCK                 | K30       | 45   | 01:22:37   | 03:42:47        | 05:54:15        | <b>08:38:48.20</b> | <b>08:39:25.95</b> | +04:13:39 (48.8%) | 9:58         | 6 (51.3%)   |
| 409 | <b>WÓJCIK Julian</b>        | <b>554</b> | SZWLA STARGARD              | M60       | 9    | 01:21:47   | 03:35:44        | 05:47:50        | <b>08:39:48.25</b> | <b>08:40:43.25</b> | +04:14:56 (49.0%) | 9:59         | 6 (51.3%)   |
| 410 | <b>WNOROWSKA Magdalena</b>  | <b>231</b> |                             | K40       | 25   | 01:22:09   | 03:41:03        | 05:50:30        | <b>08:41:18.30</b> | <b>08:42:14.20</b> | +04:16:27 (49.1%) | 10:01        | 6 (51.3%)   |
| 411 | <b>LUTEREK Michał</b>       | <b>324</b> |                             | M30       | 128  | 01:21:09   | 03:40:01        | 05:49:40        | <b>08:41:27.40</b> | <b>08:42:23.80</b> | +04:16:37 (49.1%) | 10:01        | 6 (51.3%)   |
| 412 | <b>BARCZEWSKA Agnieszka</b> | <b>704</b> | FC MI SIĘ NIE CHCE          | K30       | 46   | 01:17:02   | 03:36:00        | 05:47:26        | <b>08:42:40.50</b> | <b>08:43:09.35</b> | +04:17:22 (49.2%) | 10:03        | 6 (51.3%)   |
| 413 | <b>OKLEJ Agata</b>          | <b>747</b> | KOREK TEAM                  | K30       | 47   | 01:25:41   | 03:43:21        | 05:56:55        | <b>08:43:42.90</b> | <b>08:44:16.10</b> | +04:18:29 (49.3%) | 10:04        | 6 (51.3%)   |
| 414 | <b>KOPCZYŃSKI Maciej</b>    | <b>236</b> |                             | M30       | 129  | 01:14:49   | 03:33:04        | 05:55:13        | <b>08:44:52.55</b> | <b>08:44:56.35</b> | +04:19:09 (49.4%) | 10:05        | 5.9 (50.4%) |
| 415 | <b>STOPA Tomasz</b>         | <b>595</b> | BASAJAUN                    | M40       | 139  | 01:21:01   | 03:37:30        | 05:55:01        | <b>08:46:10.65</b> | <b>08:46:30.10</b> | +04:20:43 (49.5%) | 10:07        | 5.9 (50.4%) |
| 416 | <b>JURCZAK Daniel</b>       | <b>746</b> | MKB DREPTAK                 | M40       | 140  | 01:17:47   | 03:32:17        | 05:46:35        | <b>08:46:40.05</b> | <b>08:46:48.70</b> | +04:21:02 (49.6%) | 10:07        | 5.9 (50.4%) |

| Msc | Zawodnik                            | Numer | Klub                        | Kategoria | Mkat | P2_Roztoki<br>12km | P3_Solinka<br>26km | P2_Roztoki<br>38km | Czas               |                    | Tempo<br>min/km      | Tempo<br>km/h |                |
|-----|-------------------------------------|-------|-----------------------------|-----------|------|--------------------|--------------------|--------------------|--------------------|--------------------|----------------------|---------------|----------------|
|     |                                     |       |                             |           |      |                    |                    |                    | netto<br>52km      | brutto<br>52km     |                      |               | Różn           |
| 417 | SUŁEK Cezary                        | 221   |                             | M50       | 30   | 01:24:19           | 03:45:48           | 05:49:46           | <b>08:46:03.80</b> | <b>08:46:59.20</b> | +04:21:12<br>(49.6%) | 10:07         | 5.9<br>(50.4%) |
| 418 | CHODOROWSKI<br>Arkadiusz            | 496   | IPA PAŁAC MOSTOSKICH        | M30       | 130  | 01:23:16           | 03:45:43           | 05:49:22           | <b>08:46:04.65</b> | <b>08:47:14.75</b> | +04:21:28<br>(49.6%) | 10:07         | 5.9<br>(50.4%) |
| 419 | WIATER<br>Katarzyna                 | 383   |                             | K40       | 26   | 01:21:14           | 03:47:15           | 05:55:19           | <b>08:46:28.45</b> | <b>08:47:18.20</b> | +04:21:31<br>(49.6%) | 10:07         | 5.9<br>(50.4%) |
| 420 | JANOTA-<br>PALUSINSKA<br>Małgorzata | 384   |                             | K40       | 27   | 01:21:12           | 03:47:14           | 05:55:19           | <b>08:46:28.55</b> | <b>08:47:18.50</b> | +04:21:32<br>(49.6%) | 10:07         | 5.9<br>(50.4%) |
| 421 | TYMOSZUK<br>Michał                  | 434   | KB BIAŁA BIEGA              | M40       | 141  | 01:17:48           | 03:32:25           | 05:56:41           | <b>08:46:32.80</b> | <b>08:47:26.40</b> | +04:21:39<br>(49.6%) | 10:07         | 5.9<br>(50.4%) |
| 422 | PAUL Viola                          | 285   | NIGHT RUNNERS GLIWICE       | K40       | 28   | 01:14:45           | 03:34:13           | 05:53:15           | <b>08:49:39.75</b> | <b>08:50:27.80</b> | +04:24:41<br>(49.9%) | 10:11         | 5.9<br>(50.4%) |
| 423 | PAWLETA Michał                      | 510   | NIGHT RUNNERS GLIWICE       | M40       | 142  | 01:14:49           | 03:34:15           | 05:53:16           | <b>08:49:41.90</b> | <b>08:50:29.15</b> | +04:24:42<br>(49.9%) | 10:11         | 5.9<br>(50.4%) |
| 424 | KONARSKI<br>Maciej                  | 552   | MIELONY CHRUPEK             | M30       | 131  | 01:11:16           | 03:16:24           | 05:42:30           | <b>08:51:53.45</b> | <b>08:52:09.25</b> | +04:26:22<br>(50.1%) | 10:13         | 5.9<br>(50.4%) |
| 425 | ŁEMPICKA<br>Małgorzata              | 535   | PIASECZNO RUNNING           | K30       | 48   | 01:23:17           | 03:41:47           | 05:53:10           | <b>08:52:20.30</b> | <b>08:52:51.45</b> | +04:27:05<br>(50.1%) | 10:14         | 5.9<br>(50.4%) |
| 426 | PYTA Krzysiek                       | 715   | CIECIERZYCA WELNOWIEC       | M40       | 143  | 01:15:46           | 03:33:00           | 05:50:24           | <b>08:52:47.20</b> | <b>08:53:20.75</b> | +04:27:34<br>(50.2%) | 10:14         | 5.9<br>(50.4%) |
| 427 | TELEGUJ Michał                      | 497   | TEZA BHP OPOLE              | M30       | 132  | 01:19:06           | 03:39:49           | 05:49:38           | <b>08:52:21.20</b> | <b>08:53:26.55</b> | +04:27:40<br>(50.2%) | 10:14         | 5.9<br>(50.4%) |
| 428 | BŁĘDKOWSKA<br>Katarzyna             | 421   |                             | K30       | 49   | 01:19:07           | 03:41:36           | 05:55:41           | <b>08:52:21.50</b> | <b>08:53:26.85</b> | +04:27:40<br>(50.2%) | 10:14         | 5.9<br>(50.4%) |
| 429 | KUBALA<br>Sylwester                 | 251   |                             | M40       | 144  | 01:10:50           | 03:19:47           | 05:39:09           | <b>08:53:18.80</b> | <b>08:53:28.70</b> | +04:27:42<br>(50.2%) | 10:15         | 5.9<br>(50.4%) |
| 430 | DĄBROWSKI Filip                     | 417   | DUUST.CO                    | M30       | 133  | 01:15:34           | 03:21:01           | 05:49:47           | <b>08:52:32.60</b> | <b>08:53:31.05</b> | +04:27:44<br>(50.2%) | 10:14         | 5.9<br>(50.4%) |
| 431 | KORNIŁOW Piotr                      | 757   |                             | M40       | 145  | 01:29:18           | 03:50:58           | 06:03:58           | <b>08:53:29.95</b> | <b>08:53:41.50</b> | +04:27:55<br>(50.2%) | 10:15         | 5.8<br>(49.6%) |
| 432 | FRUCZ Jacek                         | 392   | 1968                        | M50       | 31   | 01:19:41           | 03:37:17           | 05:50:43           | <b>08:53:50.80</b> | <b>08:54:36.80</b> | +04:28:50<br>(50.3%) | 10:15         | 5.8<br>(49.6%) |
| 433 | SKALA Sabina                        | 504   | THE FORT GYM                | K40       | 29   | 01:19:33           | 03:40:45           | 05:56:37           | <b>08:54:56.75</b> | <b>08:55:18.35</b> | +04:29:31<br>(50.4%) | 10:17         | 5.8<br>(49.6%) |
| 434 | WIDOMSKA-<br>MACIEJEWSKA<br>Joanna  | 564   | WKURW_TEAM                  | K30       | 50   | 01:11:33           | 03:41:52           | 05:56:59           | <b>08:55:02.10</b> | <b>08:55:56.30</b> | +04:30:09<br>(50.4%) | 10:17         | 5.8<br>(49.6%) |
| 435 | FIDALI Beata                        | 357   | KLUB PODRÓŻNIKÓW ŚRÓDZIEMIE | K30       | 51   | 01:17:42           | 03:34:55           | 05:51:27           | <b>08:55:05.40</b> | <b>08:56:06.40</b> | +04:30:19<br>(50.4%) | 10:17         | 5.8<br>(49.6%) |
| 436 | DĄBROWSKI<br>Ireneusz               | 366   | RAJSPOORT ACTIVE            | M40       | 146  | 01:19:08           | 03:41:07           | 05:49:33           | <b>08:55:01.60</b> | <b>08:56:06.95</b> | +04:30:20<br>(50.4%) | 10:17         | 5.8<br>(49.6%) |
| 437 | BOCHENEK<br>Janusz                  | 588   | WKURW-TEAM                  | M60       | 10   | 01:17:21           | 03:40:39           | 06:04:40           | <b>08:57:46.80</b> | <b>08:57:51.75</b> | +04:32:05<br>(50.6%) | 10:20         | 5.8<br>(49.6%) |
| 438 | MAŚLAK Piotr                        | 353   | PROSECCO TEAM               | M20       | 28   | 01:36:28           | 04:03:47           | 06:04:42           | <b>08:58:06.05</b> | <b>08:58:09.50</b> | +04:32:23<br>(50.6%) | 10:20         | 5.8<br>(49.6%) |
| 439 | SIKORSKA<br>Mariola                 | 581   |                             | K40       | 30   | 01:23:54           | 04:09:55           | 06:27:24           | <b>08:57:51.40</b> | <b>08:58:27.55</b> | +04:32:41<br>(50.6%) | 10:20         | 5.8<br>(49.6%) |
| 440 | KACZKIEWICZ<br>Damian               | 479   | NIGHT RUNNERS GLIWICE       | M40       | 147  | 01:15:19           | 03:34:12           | 05:57:06           | <b>08:57:41.95</b> | <b>08:58:31.15</b> | +04:32:44<br>(50.6%) | 10:20         | 5.8<br>(49.6%) |

| Msc                                       | Zawodnik                   | Numer | Klub                  | Kategoria | Mkat | P2_Roztoki<br>12km | P3_Solinka<br>26km | P2_Roztoki<br>38km | Czas<br>netto<br>52km | Czas<br>brutto<br>52km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|---|----------------------------|-------|-----------------------|-----------|------|--------------------|--------------------|--------------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 441                                       | KŁOPOTOWSKA<br>SOSNA Kaśka | 709   |                       | K50       | 2    | 01:21:00           | 03:53:41           | 06:03:20           | 08:58:25.85           | 08:59:00.60            | +04:33:14<br>(50.7%) | 10:21           | 5.8<br>(49.6%) |
| 442                                       | SPALIŃSKA<br>Kamila        | 523   | SPARTANIE DZIECIOM    | K40       | 31   | 01:22:02           | 03:41:56           | 06:10:27           | 08:58:42.20           | 08:59:07.95            | +04:33:21<br>(50.7%) | 10:21           | 5.8<br>(49.6%) |
| <b>Przekroczony limit czasu: 09:00:00</b> |                            |       |                       |           |      |                    |                    |                    |                       |                        |                      |                 |                |
| 443                                       | MORAWSKA<br>Anna           | 273   |                       | K60       | 1    | 01:24:28           | 03:52:49           | 06:19:42           | 08:59:31.70           | 09:00:07.85            | +04:34:21<br>(50.8%) | 10:22           | 5.8<br>(49.6%) |
| 444                                       | GRAJEWSKI Artur            | 1634  |                       | M30       | 134  | 01:22:02           | 03:41:56           | 06:10:25           | 09:01:38.90           | 09:02:05.45            | +04:36:19<br>(51.0%) | 10:24           | 5.8<br>(49.6%) |
| 445                                       | KOZIARSKI<br>Maciej        | 334   | DRUŻYNA SZPIKU        | M30       | 135  | 01:12:28           | 03:38:56           | 05:56:58           | 09:02:39.90           | 09:02:45.60            | +04:36:59<br>(51.0%) | 10:26           | 5.7<br>(48.7%) |
| 446                                       | MATYSEK<br>Ireneusz        | 362   | SAMOTNY WILK          | M60       | 11   | 01:21:09           | 03:35:52           | 05:56:52           | 09:03:13.45           | 09:03:59.40            | +04:38:12<br>(51.1%) | 10:26           | 5.7<br>(48.7%) |
| 447                                       | ŁOKAS Andrzej              | 284   |                       | M50       | 32   | 01:23:06           | 03:47:36           | 06:01:47           | 09:10:20.50           | 09:11:22.00            | +04:45:35<br>(51.8%) | 10:35           | 5.7<br>(48.7%) |
| 448                                       | MAJONEK Artur              | 559   |                       | M30       | 136  | 01:16:46           | 03:40:34           | 05:57:02           | 09:12:22.95           | 09:13:02.95            | +04:47:16<br>(51.9%) | 10:37           | 5.6<br>(47.9%) |
| 449                                       | GOŁĄB Michał               | 274   | ŻEGLARZ MORSKI        | M40       | 148  | 01:20:17           | 03:39:03           | 06:11:24           | 09:28:40.10           | 09:28:55.25            | +05:03:08<br>(53.3%) | 10:56           | 5.5<br>(47.0%) |
| 450                                       | KRUSZEWSKA<br>Emilia       | 467   |                       | K30       | 52   | 01:18:24           | 03:56:06           | 06:29:35           | 09:31:23.00           | 09:31:26.40            | +05:05:39<br>(53.5%) | 10:59           | 5.5<br>(47.0%) |
| 451                                       | WÓJCIK-PYRĆ<br>Katarzyna   | 429   | JJ TEAM               | K30       | 53   | 01:19:58           | 03:49:53           | 06:25:01           | 09:34:52.95           | 09:35:38.25            | +05:09:51<br>(53.8%) | 11:03           | 5.4<br>(46.2%) |
| 452                                       | SKALSKI<br>Grzegorz        | 550   |                       | M40       | 149  | 01:18:16           | 03:46:41           | 06:16:24           | 09:35:09.00           | 09:35:58.60            | +05:10:12<br>(53.9%) | 11:03           | 5.4<br>(46.2%) |
| 453                                       | JANIK Janusz               | 329   | NIGHT RUNNERS GLIWICE | M40       | 150  | 01:11:18           | 03:29:49           | 05:57:46           | 09:39:13.00           | 09:40:00.25            | +05:14:13<br>(54.2%) | 11:08           | 5.4<br>(46.2%) |
| 454                                       | KOŁODZIEJ Jacek            | 321   | NIGHT RUNNERS GLIWICE | M40       | 151  | 01:13:08           | 03:29:50           | 05:57:45           | 09:39:14.55           | 09:40:01.00            | +05:14:14<br>(54.2%) | 11:08           | 5.4<br>(46.2%) |
| 455                                       | FLIS Piotr                 | 272   | DANIEL'S TEAM         | M40       | 152  | 01:14:17           | 03:30:55           | 06:04:31           | 10:03:56.80           | 10:04:03.90            | +05:38:17<br>(56.0%) | 11:36           | 5.2<br>(44.4%) |
|   | SZULC Tomasz               | 247   |                       | M50       |      | 01:26:20<br>DNF    | 04:01:15<br>DNF    | DNF                | DNF                   | DNF                    | -                    | -               | -<br>(0.0%)    |
|   | HIRSZ Dorota               | 246   |                       | K40       |      | 01:26:19<br>DNF    | 04:01:14<br>DNF    | DNF                | DNF                   | DNF                    | -                    | -               | -<br>(0.0%)    |
|   | JAREMA Maciej              | 427   |                       | M30       |      | 01:07:29<br>DNF    | 02:49:25<br>DNF    | 04:33:24<br>DNF    | DNF                   | DNF                    | -                    | -               | -<br>(0.0%)    |
|   | SERZYSKO<br>Bartosz        | 40    | GO APTIV!             | M30       |      | 01:09:34<br>DNF    | 02:57:30<br>DNF    | 05:28:35<br>DNF    | DNF                   | DNF                    | -                    | -               | -<br>(0.0%)    |
|   | TALIK Monika               | 671   | PROSPERO MLTEAM       | K40       |      | 01:17:31<br>DNF    | 03:30:35<br>DNF    | 05:44:40<br>DNF    | DNF                   | DNF                    | -                    | -               | -<br>(0.0%)    |
|   | NOWICKI<br>Jarosław        | 258   |                       | M40       |      | 01:11:38<br>DNF    | 03:16:02<br>DNF    | 05:45:54<br>DNF    | DNF                   | DNF                    | -                    | -               | -<br>(0.0%)    |
|   | BARTOCHA<br>Mateusz        | 202   | O CO BIEGA W KALETACH | M20       |      | 01:15:05<br>DNF    | 03:26:53<br>DNF    | 06:00:01<br>DNF    | DNF                   | DNF                    | -                    | -               | -<br>(0.0%)    |
|   | KOMOROWSKI<br>Bogusław     | 620   |                       | M40       |      | 01:09:30<br>DNF    | 03:14:09<br>DNF    | 06:00:41<br>DNF    | DNF                   | DNF                    | -                    | -               | -<br>(0.0%)    |
|   | WALKOWSKI<br>Tomasz        | 585   |                       | M50       |      | 01:13:12<br>DNF    | 03:23:41<br>DNF    | 06:06:15<br>DNF    | DNF                   | DNF                    | -                    | -               | -<br>(0.0%)    |
|   | PIWOWSKA<br>Magda          | 506   |                       | K30       |      | 01:18:09<br>DNF    | 03:40:26<br>DNF    | 06:11:40<br>DNF    | DNF                   | DNF                    | -                    | -               | -<br>(0.0%)    |

| Msc | Zawodnik                               | Numer      | Klub                    | Kategoria | Mkat | P2_Roztoki<br>12km | P3_Solinka<br>26km | P2_Roztoki<br>38km | Czas<br>netto<br>52km | Czas<br>brutto<br>52km | Różn | Tempo<br>min/km | Tempo<br>km/h |
|-----|--|------------|-------------------------|-----------|------|--------------------|--------------------|--------------------|-----------------------|------------------------|------|-----------------|---------------|
|     | <b>NIEZGODA Miłosława</b>              | <b>699</b> |                         | K30       |      | 01:19:56<br>DNF    | 03:27:31<br>DNF    | 06:21:26<br>DNF    | <b>DNF</b>            | <b>DNF</b>             | -    | -               | (0.0%)        |
|     | <b>ZIELIŃSKI Tomasz</b>                | <b>375</b> | TETRYCY SCHRODINGERA    | M40       |      | 01:17:13<br>DNF    | 03:46:39<br>DNF    | 06:26:06<br>DNF    | <b>DNF</b>            | <b>DNF</b>             | -    | -               | (0.0%)        |
|     | <b>BEHRENDT Bartosz</b>                | <b>728</b> | NIGHT RUNNERS           | M50       |      | 01:14:51<br>DNF    | 03:50:55<br>DNF    | 06:28:52<br>DNF    | <b>DNF</b>            | <b>DNF</b>             | -    | -               | (0.0%)        |
|     | <b>WILK Rafał</b>                      | <b>343</b> | SEKCJA PIASKI           | M40       |      | 01:26:43<br>DNF    | 03:54:42<br>DNF    | 06:30:03<br>DNF    | <b>DNF</b>            | <b>DNF</b>             | -    | -               | (0.0%)        |
|     | <b>ADAMCZYK Tomasz</b>                 | <b>339</b> | KW WARSZAWA             | M40       |      | 00:58:24<br>DNF    | 02:28:52<br>DNF    | DNF                | <b>DNF</b>            | <b>DNF</b>             | -    | -               | (0.0%)        |
|     | <b>DUDZIŃSKI Piotr</b>                 | <b>637</b> |                         | M30       |      | 01:05:30<br>DNF    | 03:08:28<br>DNF    | DNF                | <b>DNF</b>            | <b>DNF</b>             | -    | -               | (0.0%)        |
|     | <b>PARTYKA Andrzej</b>                 | <b>701</b> |                         | M30       |      | 01:21:35<br>DNF    | 03:17:57<br>DNF    | DNF                | <b>DNF</b>            | <b>DNF</b>             | -    | -               | (0.0%)        |
|     | <b>BONOWICZ Jakub</b>                  | <b>390</b> |                         | M30       |      | DNF                | 03:29:40<br>DNF    | DNF                | <b>DNF</b>            | <b>DNF</b>             | -    | -               | (0.0%)        |
|     | <b>KWIATKOWSKI Rafał</b>               | <b>431</b> |                         | M30       |      | 01:11:56<br>DNF    | 03:34:30<br>DNF    | DNF                | <b>DNF</b>            | <b>DNF</b>             | -    | -               | (0.0%)        |
|     | <b>WILIMSKI Tomasz</b>                 | <b>344</b> | NIGHT RUNNERS GLIWICE   | M40       |      | 01:21:09<br>DNF    | 03:45:41<br>DNF    | DNF                | <b>DNF</b>            | <b>DNF</b>             | -    | -               | (0.0%)        |
|     | <b>STEPANCZENKO Rafał</b>              | <b>241</b> | BIAŁYSTOK BIEGA TEAM    | M30       |      | 01:19:53<br>DNF    | 03:48:20<br>DNF    | DNF                | <b>DNF</b>            | <b>DNF</b>             | -    | -               | (0.0%)        |
|     | <b>ZERA Romuald</b>                    | <b>259</b> |                         | M60       |      | 01:28:25<br>DNF    | 03:55:40<br>DNF    | DNF                | <b>DNF</b>            | <b>DNF</b>             | -    | -               | (0.0%)        |
|     | <b>KONKIEWICZ Katarzyna</b>            | <b>297</b> | GRODZISKI KLUB BIEGACZA | K40       |      | 01:28:40<br>DNF    | 04:06:35<br>DNF    | DNF                | <b>DNF</b>            | <b>DNF</b>             | -    | -               | (0.0%)        |
|     | <b>SPALIŃSKA-PIETRULIŃSKA Wiktoria</b> | <b>522</b> | SPARTANIE DZIECIOM      | K30       |      | 01:26:15<br>DNF    | 04:07:57<br>DNF    | DNF                | <b>DNF</b>            | <b>DNF</b>             | -    | -               | (0.0%)        |
|     | <b>DROZDOWSKI Wojciech</b>             | <b>632</b> |                         | M30       |      | 01:13:36<br>DNF    | 04:18:22<br>DNF    | DNF                | <b>DNF</b>            | <b>DNF</b>             | -    | -               | (0.0%)        |
|     | <b>WÓR Sara</b>                        | <b>686</b> | WKURW_TEAM              | K30       |      | 01:10:13<br>DNF    | DNF                | DNF                | <b>DNF</b>            | <b>DNF</b>             | -    | -               | (0.0%)        |
|     | <b>ZWOLIŃSKI Łukasz</b>                | <b>498</b> |                         | M30       |      | 02:09:49<br>DNF    | DNF                | DNF                | <b>DNF</b>            | <b>DNF</b>             | -    | -               | (0.0%)        |

Znaleziono 482 wynik(ów)