

VI ZIMOWY MARATON BIESZCZADZKI 2020 - 23KM

B4SPORT
INTELEKTUALNE ZAWODY SPORTOWE

Wydarzenie: Zimowy Maraton Bieszczadzki 2020
Organizator: Fundacja Bieg Rzeźnika
Data: 2020-01-25
Miejsce: Cisna
Dystans: 23 km

B4SPORT
INTELEKTUALNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Za Skrzyżowaniem 6.5km	Brzeziniak 13.3km	Przed Skrzyżowaniem 19.4km	Kara/ bonifikata	Czas netto 23km	Czas brutto 23km	Różn	Tempo min/km	Tempo km/h
1	GAWLIK Sławek	1005	DYNAFIT TEAM POLAND	M30	1	00:25:32	00:53:51	01:19:39		01:33:23.10	01:33:23.85		4:03	14.8 (100%)
2	ŁAGUNA Kacper	1180		M30	2	00:25:38	00:54:29	01:21:13		01:35:15.55	01:35:23.90	+00:02:00 (2.1%)	4:08	14.5 (98.0%)
3	KANIA Michał	1004	ADIDAS RUNNERS WARSAW	M20	1	00:26:01	00:56:33	01:23:05		01:36:57.30	01:36:59.70	+00:03:35 (3.7%)	4:12	14.2 (95.9%)
4	KRUPA Paweł	1008	STALOWOWOLSKI KLUB BIEGACZA	M40	1	00:27:25	00:57:29	01:23:45		01:38:24.95	01:38:29.20	+00:05:05 (5.2%)	4:16	14 (94.6%)
5	TRACZ Łukasz	1320	WWW.TRENINGFIZJOTERAPIA/AQUAREH	M30	3	00:27:30	00:58:12	01:25:16		01:39:04.55	01:39:06.05	+00:05:42 (5.8%)	4:18	13.9 (93.9%)
6	WĄCHAŁA Łukasz	1336		M20	2	00:28:24	00:58:54	01:25:21		01:39:07.75	01:39:12.80	+00:05:48 (5.9%)	4:18	13.9 (93.9%)
7	TRACZ Paulina	1001	SALCOGARMINTEAM	K30	1	00:27:31	00:58:36	01:25:23		01:39:26.15	01:39:27.05	+00:06:03 (6.1%)	4:19	13.9 (93.9%)
8	CZERWIAK Mateusz	1052	KW KRAKÓW	M30	4	00:26:53	00:57:47	01:25:18		01:40:29.00	01:40:33.35	+00:07:09 (7.1%)	4:22	13.7 (92.6%)
9	PAWŁOWSKI Arkadiusz	1246	ROCK&RUN	M30	5	00:28:38	01:00:16	01:27:52		01:42:03.10	01:42:06.30	+00:08:42 (8.5%)	4:26	13.5 (91.2%)
10	KURYŁOWICZ Michał	1159		M40	2	00:27:16	00:58:29	01:26:50		01:42:21.75	01:42:26.30	+00:09:02 (8.8%)	4:27	13.5 (91.2%)
11	DUDZIK Łukasz	1006	GÓRAL BIEGA	M30	6	00:27:43	00:59:04	01:27:55		01:42:46.70	01:42:48.60	+00:09:24 (9.2%)	4:28	13.4 (90.5%)
12	SMOLIK Bartosz	1289	TURASZÓWKA	M20	3	00:28:42	01:00:40	01:29:35		01:44:36.35	01:44:38.65	+00:11:14 (10.7%)	4:32	13.2 (89.2%)
13	JAGIEŁKA Mateusz	1101	JERZYK TEAM	M20	4	00:28:30	01:00:24	01:29:22		01:45:08.65	01:45:22.50	+00:11:58 (11.4%)	4:34	13.1 (88.5%)
14	MIKOŁAJCZUK Grzegorz	1212	YULO RUN TEAM SIEDLCE	M40	3	00:28:58	01:00:27	01:29:50		01:45:33.95	01:45:38.90	+00:12:15 (11.6%)	4:35	13.1 (88.5%)
15	JARMOLIŃSKI Piotr	1002	MARCINŚWIERCTEAM	M40	4	00:29:08	01:01:31	01:30:36		01:45:56.70	01:45:58.60	+00:12:34 (11.9%)	4:36	13 (87.8%)
16	KOSTKA Janusz	1144	POSMAKUJ RUN TEAM	M50	1	00:28:39	01:01:42	01:31:18		01:46:35.35	01:46:39.10	+00:13:15 (12.4%)	4:38	12.9 (87.2%)
17	BRENDZOWSKI Adam	1035	SOLINA TEAM / RUNONLINE.PL TEAM	M30	7	00:29:27	01:02:19	01:31:33		01:46:51.45	01:46:59.00	+00:13:35 (12.7%)	4:38	12.9 (87.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Za	Przed	Kara/ bonifikata	Czas	Czas	Różn	Tempo min/km	Tempo km/h
						Skrzyżowaniem 6.5km	Brzeziniak 13.3km		Skrzyżowaniem 19.4km	netto 23km			
18	CELMER Piotr	1043	CTS TRIWAWA	M40	5	00:28:52	01:01:59	01:31:33	01:47:07.75	01:47:11.65	+00:13:47 (12.9%)	4:39	12.9 (87.2%)
19	PAPROCKA Urszula	1239	NOWA HUTA TEAM	K30	2	00:29:32	01:02:27	01:31:46	01:47:06.85	01:47:12.00	+00:13:48 (12.9%)	4:39	12.9 (87.2%)
20	BRYL Marcin	1038	ADIDAS RUNNERS WARSAW	M40	6	00:30:02	01:03:31	01:32:16	01:47:37.10	01:47:50.15	+00:14:26 (13.4%)	4:40	12.8 (86.5%)
21	SKOTNICZNY Michał	1285	EUROCLEAR RUNNING TEAM	M30	8	00:29:08	01:02:22	01:33:12	01:49:23.85	01:49:29.20	+00:16:05 (14.7%)	4:45	12.6 (85.1%)
22	WETHACZ Dariusz	1339	LOKOMOTIV MAJDAN	M30	9	00:29:44	01:02:49	01:34:07	01:50:10.35	01:50:16.35	+00:16:52 (15.3%)	4:47	12.5 (84.5%)
23	MATYSIAK Tomasz	1204	CTS	M40	7	00:28:54	01:03:41	01:34:38	01:50:17.70	01:50:21.65	+00:16:57 (15.4%)	4:47	12.5 (84.5%)
24	BIGAS Jakub	1022		M30	10	00:30:13	01:04:18	01:34:26	01:49:56.80	01:50:25.35	+00:17:01 (15.4%)	4:46	12.6 (85.1%)
25	WĘGLIŃSKI Mikołaj	1341		M30	11	00:28:41	01:01:31	01:32:07	01:50:13.30	01:50:45.65	+00:17:21 (15.7%)	4:47	12.5 (84.5%)
26	LECKI Mateusz	1170	TEAM BIEGOWY SZCZECINEK	M30	12	00:29:57	01:04:25	01:34:41	01:50:25.70	01:50:46.80	+00:17:22 (15.7%)	4:48	12.5 (84.5%)
27	DYMON Bartłomiej	1064	BIEGAJ-ZAPOBIEGAJ	M40	8	00:29:56	01:03:32	01:34:31	01:50:36.85	01:50:52.85	+00:17:29 (15.8%)	4:48	12.5 (84.5%)
28	BEM Jakub	1395	NH TEAM	M20	5	00:29:09	01:02:33	01:35:16	01:50:53.85	01:50:53.85	+00:17:30 (15.8%)	4:49	12.4 (83.8%)
29	KOWALCZYK Agnieszka	1003	DUKLANOWSKI TEAM	K30	3	00:29:48	01:04:24	01:35:14	01:50:54.40	01:50:55.90	+00:17:32 (15.8%)	4:49	12.4 (83.8%)
30	WAŁDOWSKI Dominik	1329	XRUNNERS	M40	9	00:30:04	01:03:45	01:34:49	01:51:20.85	01:51:42.95	+00:18:19 (16.4%)	4:50	12.4 (83.8%)
31	ZALEWSKI Bartłomiej	1359	BBL ZDUŃSKA WOLA	M40	10	00:31:44	01:05:58	01:36:15	01:51:55.40	01:52:01.50	+00:18:37 (16.6%)	4:51	12.3 (83.1%)
32	ZUBIK Michał	1368	LUBELSKA GRUPA TRIATHLONU	M40	11	00:31:01	01:05:53	01:36:20	01:52:03.00	01:52:33.75	+00:19:09 (17.0%)	4:52	12.3 (83.1%)
33	WIĘCH Piotr	1382		M30	13	00:30:14	01:05:06	01:36:16	01:52:26.10	01:52:44.40	+00:19:20 (17.2%)	4:53	12.3 (83.1%)
34	STEPANIUK Adam	1301	CHEŁM BIEGA	M40	12	00:31:04	01:05:58	01:36:38	01:52:33.55	01:52:52.75	+00:19:28 (17.3%)	4:53	12.3 (83.1%)
35	ŻMUDZIEJEWSKI Jakub	1369	WM TRISELF	M30	14	00:31:07	01:05:06	01:35:51	01:51:50.15	01:53:18.45	+00:19:54 (17.6%)	4:51	12.3 (83.1%)
36	ŚWIĄDER Mirosław	1313	INTEL RUNNERS/RUNPASSION.PL TEAM	M50	2	00:30:16	01:04:34	01:36:14	01:53:45.75	01:53:56.55	+00:20:32 (18.0%)	4:56	12.1 (81.8%)
37	ZIOBROWSKI Łukasz	1365		M40	13	00:30:20	01:04:39	01:36:45	01:55:21.00	01:55:26.85	+00:22:03 (19.1%)	5:00	12 (81.1%)
38	LATOSZEK Rafał	1168	CTS	M40	14	00:32:04	01:08:41	01:40:30	01:56:18.15	01:56:22.85	+00:22:59 (19.7%)	5:03	11.9 (80.4%)
39	SZCZOT Andrzej	1384		M40	15	00:31:39	01:07:45	01:39:40	01:56:46.70	01:56:56.65	+00:23:32 (20.1%)	5:04	11.8 (79.7%)
40	HEJNAR Jakub	1093		M30	15	00:33:15	01:06:50	01:38:27	01:55:03.60	01:57:00.30	+00:23:36 (20.2%)	5:00	12 (81.1%)
41	GÓRAK Grzegorz	1082	BIEGAM BO LUBIĘ WYZWANIA	M40	16	00:31:54	01:07:52	01:39:50	01:56:45.65	01:57:00.90	+00:23:37 (20.2%)	5:04	11.8 (79.7%)
42	ŁOBODOWSKI Marcin	1184	RACEFIGHTER GOSIR DĘBE WIELKIE	M30	16	00:30:23	01:06:31	01:39:52	01:57:40.45	01:57:40.45	+00:24:16 (20.6%)	5:06	11.7 (79.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Za	Przed	Kara/ bonifikata	Czas	Czas	Różn	Tempo min/km	Tempo km/h
						Skrzyżowaniem 6.5km	Brzeziniak 13.3km		Skrzyżowaniem 19.4km	netto 23km			
43	GROMALA Danuta	1085	KW KRAKÓW	K20	1	00:30:52	01:06:46	01:40:06	01:58:07.25	01:58:11.30	+00:24:47 (21.0%)	5:08	11.7 (79.1%)
44	GARDZIEL Jerzy	1396		M40	17	00:32:58	01:09:55	01:41:49	01:58:05.90	01:58:19.45	+00:24:55 (21.1%)	5:08	11.7 (79.1%)
45	ZALEWSKA Anna	1358	BBL ZDUŃSKA WOLA	K40	1	00:32:17	01:08:43	01:41:50	01:58:35.35	01:58:41.75	+00:25:17 (21.3%)	5:09	11.6 (78.4%)
46	SIEMIĄTKOWSKA Katarzyna	1280	RADOSNE GRZYBKI	K30	4	00:32:47	01:09:15	01:42:12	01:58:50.10	01:59:31.50	+00:26:07 (21.9%)	5:10	11.6 (78.4%)
47	KARDASZ Marek	1118	SOLINA TEAM	M40	18	00:32:46	01:10:29	01:43:17	01:59:33.05	01:59:41.90	+00:26:18 (22.0%)	5:11	11.5 (77.7%)
48	KRUPA Grzegorz	1383	KB SOBÓTKA	M40	19	00:31:40	01:08:08	01:42:24	02:00:13.65	02:00:23.60	+00:26:59 (22.4%)	5:13	11.5 (77.7%)
49	WOŹNICZKA Jolanta	1353	SBRT WARSZAWA	K40	2	00:31:33	01:08:06	01:41:39	02:00:31.85	02:00:31.85	+00:27:08 (22.5%)	5:14	11.5 (77.7%)
50	PRÜFER Paweł	1263		M40	20	00:31:47	01:10:34	01:41:49	01:59:58.45	02:00:38.40	+00:27:14 (22.6%)	5:13	11.5 (77.7%)
51	ŁASTOWIECKI Radosław	1181	KS BARAKUDA MIŃSK MAZOWIECKI	M40	21	00:34:18	01:12:41	01:44:29	02:00:21.65	02:01:04.15	+00:27:40 (22.9%)	5:14	11.5 (77.7%)
52	SAŁEK Mateusz	1276	ADIDAS RUNNERS WARSAW	M20	6	00:34:23	01:12:16	01:45:05	02:01:34.10	02:01:47.65	+00:28:23 (23.3%)	5:17	11.4 (77.0%)
53	BOJDO Kamil	1028	STOP ZWOLNIENIOM Z WFU	M20	7	00:33:20	01:11:11	01:43:47	02:00:57.25	02:02:02.50	+00:28:38 (23.5%)	5:15	11.4 (77.0%)
54	ŚLIWIŃSKI Andrzej	1311		M60	1	00:33:00	01:11:34	01:45:04	02:02:07.90	02:02:13.65	+00:28:49 (23.6%)	5:18	11.3 (76.4%)
55	PIĄTEK Beata	1253	WWW.TRENINGFIZJOTERAPIA.PL/ULTRAŁAŃCUT	K30	5	00:33:29	01:11:38	01:45:18	02:02:11.50	02:02:15.05	+00:28:51 (23.6%)	5:18	11.3 (76.4%)
56	GRZENIA Małgorzata	1088	CENTRUM MEDYCZNE ORTO-OPTYMIST LUBLIN	K50	1	00:33:49	01:11:25	01:44:42	02:02:01.85	02:02:30.20	+00:29:06 (23.8%)	5:18	11.3 (76.4%)
57	RAJS Michał	1270		M30	17	00:32:41	01:10:40	01:43:35	02:01:50.95	02:03:02.45	+00:29:38 (24.1%)	5:17	11.3 (76.4%)
58	WOŁOSZYN Artur	1352		M30	18	00:35:07	01:12:51	01:46:15	02:03:13.50	02:03:22.30	+00:29:58 (24.3%)	5:21	11.2 (75.7%)
59	KALBARCZYK Wojciech	1113	ADIDAS RUNNERS WARSAW	M30	19	00:34:22	01:12:14	01:45:50	02:03:12.70	02:03:27.20	+00:30:03 (24.3%)	5:21	11.2 (75.7%)
60	CIEPIELA Patryk	1047	NOWA HUTA TEAM	M30	20	00:36:37	01:15:19	01:46:41	02:02:58.15	02:03:59.00	+00:30:35 (24.7%)	5:20	11.2 (75.7%)
61	PAWLIK Robert	1244		M40	22	00:33:53	01:11:43	01:45:46	02:04:20.10	02:04:33.35	+00:31:09 (25.0%)	5:24	11.1 (75.0%)
62	BIENIECKA Anna	1400		K40	3	00:33:26	01:12:09	01:46:39	02:05:13.60	02:05:18.90	+00:31:55 (25.5%)	5:26	11 (74.3%)
63	SOLAREWICZ Tomasz	1293		M40	23	00:34:24	01:14:19	01:47:27	02:04:46.55	02:05:30.10	+00:32:06 (25.6%)	5:25	11.1 (75.0%)
64	OSZYWA Damian	1231	DAMCZI RUN	M30	21	00:34:20	01:13:36	01:47:18	02:05:16.65	02:05:38.95	+00:32:15 (25.7%)	5:26	11 (74.3%)
65	GAŚECKI Daniel	1386	AKTYWNY DYNÓW	M40	24	00:35:04	01:14:21	01:47:37	02:05:15.40	02:05:42.80	+00:32:18 (25.7%)	5:26	11 (74.3%)
66	ORGAN Michał	1374		M30	22	00:33:41	01:11:25	01:46:45	02:05:13.95	02:06:01.85	+00:32:38 (25.9%)	5:26	11 (74.3%)
67	KORNOBIS Monika	1142	GO APTIV!	K20	2	00:31:03	01:12:26	01:47:50	02:06:18.30	02:06:22.80	+00:32:58 (26.1%)	5:29	10.9 (73.6%)

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						Skrzyżowaniem 6.5km	Brzeziniak 13.3km		Skrzyżowaniem 19.4km	netto 23km			
68	JAGIEŁKA Krzysztof	1100	JERZYK TEAM	M50	3	00:34:56	01:14:47	01:48:05	02:05:56.50	02:06:28.40	+00:33:04 (26.2%)	5:28	11 (74.3%)
69	BORYCKI Artur	1033	TGR	M40	25	00:36:44	01:15:01	01:47:21	02:05:03.40	02:07:07.60	+00:33:43 (26.5%)	5:26	11 (74.3%)
70	TATARA Mateusz	1317	RUN-G	M30	23	00:32:27	01:09:22	01:45:20	02:05:42.60	02:07:53.25	+00:34:29 (27.0%)	5:27	11 (74.3%)
71	HENKELMANN Daniel	1094	VEGE RUNNERS	M40	26	00:35:49	01:15:14	01:48:56	02:06:04.20	02:08:06.45	+00:34:42 (27.1%)	5:28	10.9 (73.6%)
72	KOŁODZIEJSKA Marta	1134		K30	6	00:32:57	01:13:01	01:49:34	02:08:05.85	02:08:15.60	+00:34:51 (27.2%)	5:34	10.8 (73.0%)
73	BASIAK Michał	1016		M20	8	00:35:14	01:15:37	01:50:27	02:07:53.45	02:08:24.15	+00:35:00 (27.3%)	5:33	10.8 (73.0%)
74	POGORZELSKI Mariusz	1376		M40	27	00:35:10	01:15:33	01:50:31	02:08:40.60	02:09:11.90	+00:35:48 (27.7%)	5:35	10.7 (72.3%)
75	ISKRA Grzegorz	1390	KP PSP STRZYŻÓW	M30	24	00:35:02	01:15:00	01:50:29	02:08:57.40	02:09:57.15	+00:36:33 (28.1%)	5:36	10.7 (72.3%)
76	CZARTORYSKA Sylwia	1050	NASTĘPNY KROK	K40	4	00:37:15	01:17:23	01:51:32	02:09:46.45	02:10:09.90	+00:36:46 (28.2%)	5:38	10.6 (71.6%)
77	SZNAJDER Jarosław	1306		M50	4	00:33:40	01:15:02	01:51:58	02:10:33.15	02:10:52.10	+00:37:28 (28.6%)	5:40	10.6 (71.6%)
78	DWERNICKI Wiktor	1062		M30	25	00:34:01	01:15:29	01:51:21	02:10:25.65	02:10:59.85	+00:37:36 (28.7%)	5:40	10.6 (71.6%)
79	WARĘCKA Katarzyna	1007	PIERDZĄCE ZAJĄCE	K20	3	00:34:38	01:14:50	01:51:51	02:11:13.05	02:11:22.05	+00:37:58 (28.9%)	5:42	10.5 (70.9%)
80	MATUSZ Tadeusz	1201		M40	28	00:36:33	01:16:10	01:51:53	02:11:02.65	02:11:34.55	+00:38:10 (29.0%)	5:41	10.5 (70.9%)
81	RÓLKA Mariola	1274	BP RUNNING TEAM	K40	5	00:38:58	01:19:50	01:53:54	02:10:48.40	02:11:37.60	+00:38:13 (29.0%)	5:41	10.6 (71.6%)
82	SIEŃKO Łukasz	1281		M30	26	00:35:29	01:15:13	01:51:37	02:11:15.15	02:11:45.25	+00:38:21 (29.1%)	5:42	10.5 (70.9%)
83	GARUS Łukasz	1075		M30	27	00:35:08	01:15:03	01:52:18	02:11:22.65	02:11:54.25	+00:38:30 (29.2%)	5:42	10.5 (70.9%)
84	SŁABOŃ Mariusz	1287	KIWK-A BIEGA	M40	29	00:35:40	01:17:05	01:53:03	02:11:33.65	02:11:55.65	+00:38:31 (29.2%)	5:43	10.5 (70.9%)
85	LIANA Tomasz	1174		M20	9	00:37:49	01:17:39	01:52:43	02:10:44.15	02:12:06.85	+00:38:43 (29.3%)	5:41	10.6 (71.6%)
86	KOCHANIEC-MATUSZAK Karolina	1132		K30	7	00:35:46	01:16:02	01:52:52	02:11:47.75	02:12:16.90	+00:38:53 (29.4%)	5:43	10.5 (70.9%)
87	DROZDOWICZ Michał	1057		M40	30	00:34:34	01:14:49	01:52:47	02:12:18.85	02:12:36.20	+00:39:12 (29.6%)	5:45	10.4 (70.3%)
88	DRAŻEK Sławomir	1378		M40	31	00:36:55	01:17:52	01:54:03	02:12:51.55	02:13:02.40	+00:39:38 (29.8%)	5:46	10.4 (70.3%)
89	ZIĘCINA Sylwia	1362	ATLANTIC	K30	8	00:36:22	01:15:18	01:51:54	02:11:24.00	02:13:35.95	+00:40:12 (30.1%)	5:42	10.5 (70.9%)
90	BARTOSIEWICZ Adam	1014	OCR POLSKA	M40	32	00:37:02	01:18:32	01:54:12	02:13:18.55	02:13:40.80	+00:40:16 (30.1%)	5:47	10.4 (70.3%)
91	HALUCH Lukasz	1092	POKER TO NIE HAZARD	M30	28	00:37:40	01:18:44	01:53:50	02:12:22.25	02:13:46.00	+00:40:22 (30.2%)	5:45	10.4 (70.3%)
92	TRZCIELIŃSKI Roman	1322	PSY WARSZAWA	M60	2	00:35:30	01:17:39	01:53:45	02:13:29.05	02:13:57.00	+00:40:33 (30.3%)	5:48	10.3 (69.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Za	Przed	Kara/ bonifikata	Czas	Czas	Różn	Tempo min/km	Tempo km/h
						Skrzyżowaniem 6.5km	Brzeziniak 13.3km		Skrzyżowaniem 19.4km	netto 23km			
93	GACEK Michał	1073		M30	29	00:36:02	01:14:19	01:51:38	02:13:06.45	02:14:04.05	+00:40:40 (30.3%)	5:47	10.4 (70.3%)
94	FEDAN Łukasz	1070		M30	30	00:35:27	01:16:51	01:53:18	02:13:31.30	02:14:14.90	+00:40:51 (30.4%)	5:48	10.3 (69.6%)
95	WITKOWSKI Witold	1348		M40	33	00:35:56	01:18:45	01:53:55	02:13:47.70	02:15:02.75	+00:41:38 (30.8%)	5:49	10.3 (69.6%)
96	WYSKIEL Dominik	1356	AKTYWNY DYNOW	M30	31	00:36:06	01:18:47	01:55:22	02:14:52.30	02:15:22.55	+00:41:58 (31.0%)	5:51	10.2 (68.9%)
97	RUSZCZYK Marek	1275		M40	34	00:35:12	01:16:52	01:54:46	02:14:38.05	02:15:24.35	+00:42:00 (31.0%)	5:51	10.3 (69.6%)
98	SKUBISZ Aleksandra	1286	AKTYWNY DYNÓW	K20	4	00:35:39	01:18:49	01:55:51	02:15:18.75	02:15:48.40	+00:42:24 (31.2%)	5:53	10.2 (68.9%)
99	MUCHA Łukasz	1216	DUSZPASTERSTWO AKADEMICKIE RADOM	M20	10	00:35:07	01:15:28	01:54:20	02:15:13.25	02:15:49.15	+00:42:25 (31.2%)	5:52	10.2 (68.9%)
100	MAKA Wojciech	1209	TRIWAWA	M40	35	00:37:41	01:19:11	01:57:06	02:15:05.40	02:15:50.15	+00:42:26 (31.2%)	5:52	10.2 (68.9%)
101	MOSKWA Monika	1214		K20	5	00:37:15	01:19:09	01:55:41	02:15:30.10	02:16:29.90	+00:43:06 (31.6%)	5:53	10.2 (68.9%)
102	PLUTA Sebastian	1256	DZKIE MUSTANGI	M40	36	00:36:52	01:17:30	01:54:40	02:14:55.50	02:16:43.80	+00:43:19 (31.7%)	5:51	10.2 (68.9%)
103	POSPIECH Michał	1260		M30	32	00:37:29	01:18:55	01:56:36	02:15:22.75	02:17:06.05	+00:43:42 (31.9%)	5:53	10.2 (68.9%)
104	KITOWSKA Anna	1126	PERFECT RUNNER TEAM	K40	6	00:35:43	01:17:45	01:55:46	02:16:27.35	02:17:33.85	+00:44:10 (32.1%)	5:55	10.1 (68.2%)
105	ILAVSKY Igor	1097		M40	37	00:36:13	01:17:11	01:56:16	02:17:29.10	02:17:53.05	+00:44:29 (32.3%)	5:58	10 (67.6%)
106	PRUSZKOWSKI Mariusz	1264	CHEŁM BIEGA/CROSSFITTER BOX CHEŁM	M40	38	00:36:32	01:19:47	01:58:04	02:17:46.75	02:18:19.35	+00:44:55 (32.5%)	5:59	10 (67.6%)
107	RADZIKOWSKI Krzysztof	1269		M40	39	00:35:59	01:17:56	01:52:43	02:10:51.60	02:18:27.60	+00:45:03 (32.5%)	5:41	10.5 (70.9%)
108	SOBCZAK Zbigniew	1290	MAZURSKI WILK	M30	33	00:38:41	01:20:05	01:57:37	02:17:03.40	02:18:27.75	+00:45:03 (32.5%)	5:57	10.1 (68.2%)
109	ŚCIBOR Adrian	1309		M30	34	00:40:24	01:21:05	01:57:20	02:16:17.40	02:18:32.55	+00:45:08 (32.6%)	5:55	10.1 (68.2%)
110	GALEWSKI Jacek	1074	DRUŻYNA TVN	M40	40	00:39:29	01:22:27	01:58:49	02:17:15.85	02:18:44.70	+00:45:20 (32.7%)	5:58	10.1 (68.2%)
111	NOWAKOWSKI Wiesław	1226	-	M60	3	00:36:28	01:21:01	01:59:23	02:18:37.55	02:18:47.55	+00:45:23 (32.7%)	6:01	10 (67.6%)
112	RADOMIŃSKI Tomasz	1267	KS BARAKUDA MIŃSK MAZOWIECKI	M40	41	00:36:21	01:21:26	01:59:29	02:18:10.50	02:18:52.80	+00:45:28 (32.7%)	6:00	10 (67.6%)
113	WILAMOWSKI Daniel	1344		M20	11	00:35:29	01:19:55	01:57:38	02:17:49.60	02:19:18.00	+00:45:54 (33.0%)	5:59	10 (67.6%)
114	KOPEĆ Marta	1138	NOWA HUTA TEAM	K20	6	00:37:28	01:20:12	01:58:46	02:18:32.70	02:19:33.35	+00:46:09 (33.1%)	6:01	10 (67.6%)
115	MAZANEK Michał	1205		M20	12	00:36:53	01:19:15	01:57:49	02:18:13.80	02:19:41.40	+00:46:17 (33.1%)	6:00	10 (67.6%)
116	BIENIAS-OWCZARCZYK Paulina	1021		K20	7	00:36:49	01:20:00	01:59:22	02:19:36.70	02:20:11.45	+00:46:47 (33.4%)	6:04	9.9 (66.9%)
117	RAPACZ Marcin	1271	FUNDACJA TYLKO BIESZCZADY	M50	5	00:39:11	01:22:30	02:00:09	02:20:05.85	02:20:33.15	+00:47:09 (33.5%)	6:05	9.9 (66.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Za		Przed		Kara/ bonifikata	Czas netto 23km	Czas brutto 23km	Różn	Tempo min/km	Tempo km/h
						Skrzyżowaniem 6.5km	Brzeziniak 13.3km	Skrzyżowaniem 19.4km							
118	MATUSZAK Jakub	1202	NOWOCZESNYSPORT.PL	M30	35	00:38:10	01:20:50	01:59:43			02:19:23.70	02:20:33.55	+00:47:09 (33.6%)	6:03	9.9 (66.9%)
119	TOMASZEWSKI Marcin	1381		M40	42	00:38:15	01:19:38	01:58:14			02:19:20.80	02:20:45.05	+00:47:21 (33.6%)	6:03	9.9 (66.9%)
120	ROZMIAREK Sebastian	1273		M20	13	00:35:03	01:14:35	01:54:55			02:19:43.50	02:21:37.15	+00:48:13 (34.1%)	6:04	9.9 (66.9%)
121	STRZESAK Patrycja	1303		K30	9	00:38:42	01:23:53	02:01:56			02:21:46.80	02:22:33.70	+00:49:09 (34.5%)	6:09	9.7 (65.5%)
122	PIASECZNA Liliana	1370	RUN-G	K30	10	00:39:34	01:20:53	01:58:41			02:20:29.15	02:22:39.90	+00:49:16 (34.5%)	6:06	9.8 (66.2%)
123	KORNAGA Kamil	1140	KS RUDNIANKA RUDNA WIELKA	M20	14	00:36:45	01:19:35	02:00:17			02:22:08.90	02:23:44.15	+00:50:20 (35.0%)	6:10	9.7 (65.5%)
124	WILK Mariusz	1346	DUSZPASTERSTWO AKADEMICKIE RADOM	M40	43	00:35:58	01:18:31	01:59:11			02:23:11.35	02:23:47.25	+00:50:23 (35.0%)	6:13	9.6 (64.9%)
125	ŁABUZ Paweł	1177	OVB ALLFINANZ R. CHUDZIAK-MAZUR	M40	44	00:40:09	01:24:32	02:02:21			02:23:06.40	02:24:13.65	+00:50:49 (35.2%)	6:13	9.6 (64.9%)
126	DOBEK Halina	1389		K40	7	00:40:02	01:25:11	02:04:45			02:24:32.95	02:24:49.45	+00:51:25 (35.5%)	6:17	9.5 (64.2%)
127	RADWAN Andrzej	1394	NH TEAM	M50	6	00:39:59	01:24:16	02:02:51			02:24:00.85	02:25:03.35	+00:51:39 (35.6%)	6:15	9.6 (64.9%)
128	NOWAK Piotr	1224		M30	36	00:39:40	01:23:37	02:03:13			02:23:21.90	02:25:14.50	+00:51:50 (35.7%)	6:14	9.6 (64.9%)
129	ZUBA Rafał	1367	BLACK RIVER	M20	15	00:38:46	01:24:39	02:02:48			02:24:04.65	02:25:26.20	+00:52:02 (35.8%)	6:15	9.6 (64.9%)
130	MACH Aleksander	1187	ATLANTIC	M50	7	00:41:34	01:27:10	02:03:10			02:23:39.65	02:25:51.95	+00:52:28 (36.0%)	6:14	9.6 (64.9%)
131	CHLIPAŁA Marek	1045		M30	37	00:36:08	01:20:35	02:02:34			02:25:44.70	02:25:56.40	+00:52:32 (36.0%)	6:20	9.5 (64.2%)
132	GIERZ Bartłomiej	1079	GO APTIV!	M30	38	00:30:49	01:12:45	01:47:49	00:20:00		02:26:17.00	02:26:22.00	+00:52:58 (36.2%)	5:29	10.9 (73.6%)
133	WOJCIECHOWSKI Krzysztof	1350	ULTRA ŁAŃCUT	M40	45	00:37:48	01:21:31	02:04:34			02:26:14.70	02:26:25.20	+00:53:01 (36.2%)	6:21	9.4 (63.5%)
134	GOLBIAK Wojciech	1080		M40	46	00:38:47	01:22:16	02:04:05			02:25:48.15	02:26:27.40	+00:53:03 (36.2%)	6:20	9.5 (64.2%)
135	CHLEBIŃSKI Maciej	1044	RZESZOWSKIE GAZELE I GEPARDY	M30	39	00:38:18	01:21:42	02:02:56			02:25:16.70	02:27:02.55	+00:53:38 (36.5%)	6:19	9.5 (64.2%)
136	JURYŚ Sławomir	1112	JSYSTEM	M40	47	00:40:42	01:27:59	02:06:09			02:26:09.85	02:27:22.75	+00:53:58 (36.6%)	6:21	9.4 (63.5%)
137	BOJDA Paweł	1027		M30	40	00:35:50	01:23:19	02:04:59			02:28:18.75	02:28:24.30	+00:55:00 (37.1%)	6:26	9.3 (62.8%)
138	HABRAT Dorota	1090	HABRAT TEAM	K40	8	00:38:02	01:23:54	02:05:30			02:27:22.65	02:28:33.80	+00:55:09 (37.1%)	6:24	9.4 (63.5%)
139	ŚWIGOŃ Aneta	1315		K30	11	00:41:38	01:26:23	02:05:26			02:26:53.75	02:28:40.55	+00:55:16 (37.2%)	6:23	9.4 (63.5%)
140	ZAMORSKI Zbigniew	1360	BIEGIEM RADOM	M40	48	00:40:47	01:27:41	02:07:09			02:26:33.15	02:28:46.35	+00:55:22 (37.2%)	6:22	9.4 (63.5%)
141	BIEDROŃ Artur	1020	EP-HEART-TEAM	M40	49	00:40:49	01:27:40	02:07:10			02:26:34.45	02:28:48.15	+00:55:24 (37.2%)	6:22	9.4 (63.5%)
142	KONIEC Mariusz	1137	BONFIRE BONANZA	M30	41	00:39:36	01:23:20	02:05:10			02:27:32.45	02:29:34.00	+00:56:10 (37.6%)	6:24	9.4 (63.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Za	Przed	Kara/ bonifikata	Czas netto 23km	Czas brutto 23km	Różn	Tempo min/km	Tempo km/h	
						Skrzyżowaniem 6.5km	Brzeziniak 13.3km							Skrzyżowaniem 19.4km
143	ŁAWROWSKI Adolf	1373		M60	4	00:37:57	01:23:18	02:03:49	02:29:25.30	02:30:06.75	+00:56:42 (37.8%)	6:29	9.2 (62.2%)	
144	JAKUBOWSKI Wiesław	1104	ATP AUGUSTÓW	M50	8	00:40:03	01:27:04	02:07:22	02:29:25.30	02:30:28.75	+00:57:04 (37.9%)	6:29	9.2 (62.2%)	
145	JAKUBOWSKA Anna	1103	ATP AUGUSTÓW	K50	2	00:40:05	01:27:05	02:07:22	02:29:28.35	02:30:30.40	+00:57:06 (37.9%)	6:29	9.2 (62.2%)	
146	WAŁDOWSKA Anna	1328	XRUNNERS	K30	12	00:40:03	01:25:53	02:07:51	02:30:10.85	02:30:34.55	+00:57:10 (38.0%)	6:31	9.2 (62.2%)	
147	TOKARZ Marcin	1393		M50	9	00:39:54	01:29:39	02:10:02	02:30:41.25	02:31:06.80	+00:57:42 (38.2%)	6:33	9.2 (62.2%)	
148	GRZYBOWSKI Artur	1089	BONFIRE BONANZA	M30	42	00:37:24	01:23:23	02:05:34	02:29:11.40	02:31:11.75	+00:57:47 (38.2%)	6:29	9.3 (62.8%)	
149	SZADKOWSKI Paweł	1385	NIGHT RUNNERS GLIWICE	M30	43	00:40:34	01:29:34	02:09:24	02:29:36.15	02:31:14.00	+00:57:50 (38.2%)	6:30	9.2 (62.2%)	
150	SKELTON Sarah	1379	VEGE RUNNERS	K30	13	00:37:29	01:31:29	02:11:55	02:31:12.35	02:31:54.05	+00:58:30 (38.5%)	6:34	9.1 (61.5%)	
151	LUBAŃSKA Alicja	1175	SSW TEAM KROŚNICE	K50	3	00:38:42	01:26:06	02:08:43	02:31:48.65	02:32:05.25	+00:58:41 (38.6%)	6:36	9.1 (61.5%)	
152	KUSTRON Adam	1161	PULEX	M50	10	00:38:03	01:20:36	02:02:54	02:30:26.50	02:32:07.00	+00:58:43 (38.6%)	6:32	9.2 (62.2%)	
153	KOWALCZYK Monika	1147		K40	9	00:38:03	01:20:36	02:02:54	02:30:27.20	02:32:07.35	+00:58:43 (38.6%)	6:32	9.2 (62.2%)	
154	HABRAT Maciej	1091	HABRAT TEAM	M40	50	00:38:19	01:26:24	02:08:32	02:31:15.65	02:32:28.10	+00:59:04 (38.7%)	6:34	9.1 (61.5%)	
155	MACIEJEWSKI Karol	1188		M30	44	00:39:47	01:24:05	02:05:17	02:31:08.40	02:32:43.85	+00:59:20 (38.8%)	6:34	9.1 (61.5%)	
156	KOLASA Anna	1133		K30	14	00:41:20	01:27:57	02:09:08	02:31:18.55	02:32:54.40	+00:59:30 (38.9%)	6:34	9.1 (61.5%)	
157	DEMSKI Arkadiusz	1056		M30	45	00:42:09	01:29:56	02:09:31	02:30:48.75	02:32:55.50	+00:59:31 (38.9%)	6:33	9.2 (62.2%)	
158	DEMKA Joanna	1055		K20	8	00:42:08	01:29:57	02:09:32	02:30:49.85	02:32:56.40	+00:59:32 (38.9%)	6:33	9.1 (61.5%)	
159	WEBER Agata	1337	JACEKBIEGA RUNNING TEAM	K40	10	00:40:14	01:29:09	02:10:19	02:31:36.25	02:33:01.30	+00:59:37 (39.0%)	6:35	9.1 (61.5%)	
160	ORZECHOWSKI Marek	1229	TAK LUBIĘ SANDOMIERZ	M50	11	00:40:10	01:27:35	02:09:45	02:32:56.70	02:33:21.15	+00:59:57 (39.1%)	6:39	9 (60.8%)	
161	PASEK Wojciech	1241	WOJSKO POLSKIE	M30	46	00:38:22	01:24:53	02:06:34	02:31:05.20	02:33:27.60	+01:00:03 (39.1%)	6:34	9.1 (61.5%)	
162	KĘPISTY Marek	1123	COPYNET	M40	51	00:35:33	01:17:20	01:54:09	00:20:00	02:33:03.00	02:33:37.00	+01:00:13 (39.2%)	5:47	10.4 (70.3%)
163	KAWALEC Anna	1120		K30	15	00:40:29	01:32:28	02:13:55	02:34:23.40	02:34:55.90	+01:01:32 (39.7%)	6:42	8.9 (60.1%)	
164	PORĘBSKA Dorota	1259	NOWA HUTA TEAM	K40	11	00:40:41	01:31:07	02:12:24	02:34:01.40	02:35:03.00	+01:01:39 (39.8%)	6:41	9 (60.8%)	
165	LASKA Anna	1166	OCR TEAM DĘBICA	K40	12	00:40:35	01:28:05	02:10:24	02:33:28.95	02:35:07.35	+01:01:43 (39.8%)	6:40	9 (60.8%)	
166	ŁAGOŃSKI Maciej	1179	JELENIA PLAST SPORT TEAM	M40	52	00:41:24	01:31:27	02:11:47	02:33:43.35	02:35:10.05	+01:01:46 (39.8%)	6:41	9 (60.8%)	
167	ŁAGOŃSKA Monika	1178	JELENIA PLAST SPORT TEAM	K40	13	00:41:26	01:31:27	02:11:49	02:33:43.50	02:35:10.40	+01:01:46 (39.8%)	6:41	9 (60.8%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Za	Przed	Kara/ bonifikata	Czas netto 23km	Czas brutto 23km	Różn	Tempo min/km	Tempo km/h
						Skrzyżowaniem 6.5km	Brzeziniak 13.3km						
168	PEKALA Jarek	1252		M50	12	00:40:27	01:29:16	02:12:21	02:33:39.70	02:35:27.60	+01:02:03 (39.9%)	6:40	9 (60.8%)
169	SZTANDERA Grzegorz	1307		M30	47	00:42:47	01:31:30	02:14:05	02:34:29.90	02:35:34.45	+01:02:10 (40.0%)	6:43	8.9 (60.1%)
170	GRAD-KOWALCZYK Barbara	1083		K30	16	00:42:45	01:31:59	02:12:22	02:33:52.80	02:35:39.80	+01:02:15 (40.0%)	6:41	9 (60.8%)
171	KOWALCZYK Piotr	1146		M40	53	00:42:44	01:31:55	02:12:19	02:33:52.00	02:35:40.00	+01:02:16 (40.0%)	6:41	9 (60.8%)
172	WOŻNY Łukasz	1354		M30	48	00:43:32	01:32:58	02:12:01	02:34:32.40	02:35:41.65	+01:02:17 (40.0%)	6:43	8.9 (60.1%)
173	KĘDZIOR Michał	1122	DRUŻYNA SZPIKU	M30	49	00:46:16	01:32:58	02:12:01	02:34:35.20	02:35:44.20	+01:02:20 (40.0%)	6:43	8.9 (60.1%)
174	BUGAŁA Robert	1041	SOLID HOUSE	M50	13	00:40:18	01:31:38	02:12:47	02:35:38.05	02:36:09.05	+01:02:45 (40.2%)	6:46	8.9 (60.1%)
175	BIGAS Grzegorz	1023		M30	50	00:39:54	01:27:55	02:11:20	02:35:49.25	02:36:19.05	+01:02:55 (40.3%)	6:46	8.9 (60.1%)
176	SASAL Monika	1278	FUNDACJA TYLKO BIESZCZADY	K40	14	00:39:16	01:26:19	02:12:00	02:35:58.75	02:36:24.85	+01:03:01 (40.3%)	6:46	8.8 (59.5%)
177	DZIUBAŁA Radek	1066	JERZYK TEAM	M50	14	00:41:19	01:30:49	02:13:49	02:36:09.25	02:36:41.55	+01:03:17 (40.4%)	6:47	8.8 (59.5%)
178	PLUTA Marta	1257	DZIKIE MUSTANGI	K40	15	00:42:05	01:30:21	02:12:49	02:35:03.25	02:36:52.75	+01:03:28 (40.5%)	6:44	8.9 (60.1%)
179	PALCZEWSKA Milena	1237	JACEKBIEGA RUNNING TEAM	K30	17	00:39:10	01:28:06	02:11:36	02:35:48.15	02:37:13.45	+01:03:49 (40.6%)	6:46	8.9 (60.1%)
180	ŚLĄCZKA Arkadiusz	1310	FINISZ RYMANÓW	M30	51	00:38:40	01:31:06	02:14:27	02:36:05.35	02:37:24.50	+01:04:00 (40.7%)	6:47	8.8 (59.5%)
181	KISZA-GRYNIENKO Anna	1125		K30	18	00:40:40	01:35:00	02:15:57	02:35:57.15	02:37:33.05	+01:04:09 (40.7%)	6:46	8.8 (59.5%)
182	GRYNIENKO Paweł	1087		M30	52	00:40:40	01:34:59	02:15:56	02:35:58.05	02:37:34.10	+01:04:10 (40.7%)	6:46	8.8 (59.5%)
183	GREGOROWICZ Dariusz	1084		M50	15	00:43:16	01:31:38	02:15:20	02:36:22.30	02:37:36.25	+01:04:12 (40.7%)	6:47	8.8 (59.5%)
184	ŁATKOWSKA Monika	1182	GRUPA BIEGOWA CHTMO	K40	16	00:44:00	01:33:17	02:16:19	02:37:15.75	02:37:43.55	+01:04:19 (40.8%)	6:50	8.8 (59.5%)
185	BRUDEREK Anna	1037	RUNNERS TEAM JABŁONNA	K40	17	00:43:58	01:32:49	02:16:18	02:37:15.00	02:37:43.75	+01:04:19 (40.8%)	6:50	8.8 (59.5%)
186	ŁATKOWSKI Łukasz	1183	GRUPA BIEGOWA CHTMO	M40	54	00:43:58	01:33:31	02:16:18	02:37:15.10	02:37:44.25	+01:04:20 (40.8%)	6:50	8.8 (59.5%)
187	URBANEK Sylwester	1324		M40	55	00:42:04	01:29:38	02:14:40	02:36:07.15	02:37:48.65	+01:04:24 (40.8%)	6:47	8.8 (59.5%)
188	SAWULSKI Bartosz	1279	ROK	M30	53	00:42:23	01:31:07	02:14:45	02:35:56.90	02:37:52.45	+01:04:28 (40.8%)	6:46	8.8 (59.5%)
189	CIUPA Wojciech	1049	MULTIMEDIA RUNNERS PUŁAWY	M40	56	00:43:54	01:33:49	02:15:25	02:35:50.05	02:38:13.15	+01:04:49 (41.0%)	6:46	8.9 (60.1%)
190	KUS Sławomir	1160		M40	57	00:43:48	01:31:40	02:14:12	02:36:07.05	02:38:22.40	+01:04:58 (41.0%)	6:47	8.8 (59.5%)
191	DZIURUŃ Paweł	1067		M30	54	00:43:47	01:31:40	02:14:13	02:36:09.85	02:38:25.80	+01:05:01 (41.0%)	6:47	8.8 (59.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Za	Przed	Kara/ bonifikata	Czas netto 23km	Czas brutto 23km	Różn	Tempo min/km	Tempo km/h	
						Skrzyżowaniem 6.5km	Brzeziniak 13.3km							Skrzyżowaniem 19.4km
192	SZEPIELAK Dawid	1305	BIEGANIE SZYDERCÓW	M30	55	00:41:40	01:30:33	02:14:53	02:37:24.45	02:38:27.95	+01:05:04 (41.1%)	6:50	8.8 (59.5%)	
193	KŁODZIŃSKI Klaudiusz	1129	ULTRAMĘKI	M40	58	00:41:16	01:36:19	02:17:35	02:37:33.45	02:38:38.00	+01:05:14 (41.1%)	6:51	8.8 (59.5%)	
194	MAJEWICZ Damian	1190		M30	56	00:42:50	01:29:45	02:10:48	02:36:52.90	02:39:14.75	+01:05:50 (41.4%)	6:49	8.8 (59.5%)	
195	SOBURA Magdalena	1292	WOŹNIAK RUNNING TEAM	K40	18	00:43:17	01:32:34	02:16:48	02:38:07.75	02:39:16.70	+01:05:52 (41.4%)	6:52	8.7 (58.8%)	
196	ŁUSZCZYC Anna	1186		K30	19	00:44:33	01:35:13	02:16:03	02:38:11.75	02:39:19.75	+01:05:55 (41.4%)	6:52	8.7 (58.8%)	
197	KRYSIAK Krzysztof	1152	TRIWAWA	M50	16	00:41:52	01:30:49	02:14:55	02:38:48.25	02:39:33.80	+01:06:09 (41.5%)	6:54	8.7 (58.8%)	
198	DZIAMENTSYEVA Vijaleta	1065	JACEKBIEGA RUNNING TEAM	K30	20	00:38:47	01:28:18	02:14:06	02:39:23.85	02:39:36.15	+01:06:12 (41.5%)	6:55	8.7 (58.8%)	
199	PAWLIK Anna	1243	STARIS STASZÓW	K30	21	00:41:44	01:32:45	02:17:32	02:40:14.20	02:40:28.35	+01:07:04 (41.8%)	6:58	8.6 (58.1%)	
200	KASPROWICZ Piotr	1119	FUN&RUN	M40	59	00:43:21	01:34:16	02:18:50	02:39:36.80	02:40:28.90	+01:07:05 (41.8%)	6:56	8.6 (58.1%)	
201	JODŁOWSKI Andrzej	1110	FUN&RUN	M40	60	00:43:20	01:34:16	02:18:52	02:39:39.10	02:40:31.65	+01:07:07 (41.8%)	6:56	8.6 (58.1%)	
202	GAWLE Mirosław	1076	MARATOŃCZYK DĘBICA	M40	61	00:41:53	01:33:30	02:15:50	02:39:11.10	02:40:37.45	+01:07:13 (41.9%)	6:55	8.7 (58.8%)	
203	TOTKO Piotr	1319	MARATOŃCZYK DĘBICA	M30	57	00:41:54	01:33:32	02:16:07	02:39:10.15	02:40:37.75	+01:07:13 (41.9%)	6:55	8.7 (58.8%)	
204	KUROWSKA Monika	1158	ATLANTIC	K30	22	00:36:54	01:18:32	01:57:32	00:20:00	02:38:33.00	02:40:44.00	+01:07:20 (41.9%)	6:01	10 (67.6%)
205	BEDNARSKA Joanna	1018	BIEGNĘ ŻEBY BARTEK MÓGŁ BIEGAĆ	K40	19	00:43:15	01:32:33	02:17:29	02:39:56.80	02:41:06.20	+01:07:42 (42.0%)	6:57	8.6 (58.1%)	
206	NIEMIEC Grzegorz	1222	GRUPA BIEGOWA ZARSZYN	M40	62	00:42:35	01:38:51	02:19:11	02:39:55.05	02:41:28.85	+01:08:05 (42.2%)	6:57	8.6 (58.1%)	
207	KOMANSKI Rafał	1135	ZARSZYŃSKA GRUPA BIEGOWA	M40	63	00:42:36	01:39:14	02:19:10	02:39:56.95	02:41:30.05	+01:08:06 (42.2%)	6:57	8.6 (58.1%)	
208	MAŁEK Wojciech	1195	GRUPA BIEGOWA ZARSZYN	M40	64	00:42:37	01:38:52	02:19:13	02:39:59.50	02:41:31.80	+01:08:07 (42.2%)	6:57	8.6 (58.1%)	
209	LEWANDOWSKI Janusz	1173	BIEGAM DLA KUBY I HANI	M30	58	00:35:08	01:11:40	01:43:09	00:40:00	02:40:00.00	02:42:11.00	+01:08:47 (42.4%)	5:13	11.5 (77.7%)
210	BECHTA Damian	1017	ADIDAS RUNNERS WARSAW	M20	16	00:40:34	01:36:27	02:18:24	02:41:05.60	02:42:20.05	+01:08:56 (42.5%)	7:00	8.6 (58.1%)	
211	STARZECKA Joanna	1297		K40	20	00:44:23	01:33:58	02:17:42	02:41:40.00	02:42:33.05	+01:09:09 (42.5%)	7:01	8.5 (57.4%)	
212	POLANOWSKI Paweł	1258	EAGELS OF GALAXY	M50	17	00:41:58	01:29:52	02:16:07	02:40:47.05	02:42:37.60	+01:09:13 (42.6%)	6:59	8.6 (58.1%)	
213	PIOTROWSKA Anna	1255	SPARTANIE DZIECIOM	K50	4	00:41:02	01:32:42	02:19:36	02:41:26.85	02:42:44.50	+01:09:20 (42.6%)	7:01	8.5 (57.4%)	
214	POŹNIAK-STYCZYŃSKA Maja	1261	DDC	K30	23	00:40:15	01:31:13	02:16:34	02:40:47.50	02:42:52.15	+01:09:28 (42.7%)	6:59	8.6 (58.1%)	
215	GRUCHAŁA Robert	1086	PADŁ NA RYJ TEAM	M40	65	00:46:29	01:41:53	02:23:55	02:42:17.85	02:43:12.80	+01:09:48 (42.8%)	7:03	8.5 (57.4%)	
216	MARCINEK Marta	1197	DROGA DO ULTRA	K30	24	00:40:34	01:35:27	02:18:48	02:42:31.10	02:43:21.05	+01:09:57 (42.8%)	7:04	8.5 (57.4%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Za	Przed	Kara/ bonifikata	Czas	Czas	Różn	Tempo min/km	Tempo km/h	
						Skrzyżowaniem 6.5km	Brzeziniak 13.3km		Skrzyżowaniem 19.4km	netto 23km				brutto 23km
217	SOBOLEWSKA Aleksandra	1291		K30	25	00:42:38	01:32:15	02:18:27		02:42:51.25	02:43:24.40	+01:10:00 (42.8%)	7:04	8.5 (57.4%)
218	CZYŻYKIEWICZ Piotr	1053	GORLICKA GRUPA BIEGOWA	M50	18	00:41:58	01:34:05	02:19:19		02:43:50.80	02:44:08.20	+01:10:44 (43.1%)	7:07	8.4 (56.8%)
219	POKRYWKA Stefan	1380		M60	5	00:40:15	01:30:22	02:18:21		02:44:08.25	02:44:11.15	+01:10:47 (43.1%)	7:08	8.4 (56.8%)
220	KITOWSKI Bartosz	1127	GŁOGOVIĄ 1925 GŁOGÓW MAŁOPOLSKI	M40	66	00:41:55	01:31:46	02:19:18		02:43:34.60	02:44:41.70	+01:11:17 (43.3%)	7:06	8.4 (56.8%)
221	NAKONIECZNY Jacek	1391	SII RUNNING TEAM	M30	59	00:42:48	01:39:15	02:22:24		02:44:09.95	02:45:22.55	+01:11:58 (43.5%)	7:08	8.4 (56.8%)
222	STACHURA Beata	1296	ATLANTIC	K40	21	00:36:53	01:18:38	02:00:49	00:20:00	02:43:39.00	02:45:51.00	+01:12:27 (43.7%)	6:14	9.6 (64.9%)
223	BURACZYŃSKA Sandra	1387	DAWCY ZDROWIA	K20	9	00:39:52	01:31:02	02:18:24		02:45:03.50	02:45:52.10	+01:12:28 (43.7%)	7:10	8.4 (56.8%)
224	LASZCZYK Anna	1167		K30	26	00:38:37	01:36:24	02:22:08		02:45:28.15	02:45:59.05	+01:12:35 (43.7%)	7:11	8.3 (56.1%)
225	KOSOWSKI Tomasz	1143	STARE TRAMPY	M40	67	00:45:27	01:38:41	02:21:57		02:44:39.85	02:46:21.35	+01:12:57 (43.9%)	7:09	8.4 (56.8%)
226	MARUT Kaśka	1198	BP RUNNING TEAM GLIWICE	K40	22	00:44:04	01:38:10	02:22:14		02:45:49.85	02:46:40.00	+01:13:16 (44.0%)	7:12	8.3 (56.1%)
227	ZIÓŁKOWSKA Bożena	1366	BIEGUNY WALBA	K40	23	00:41:44	01:34:40	02:23:14		02:46:46.75	02:47:59.65	+01:14:35 (44.4%)	7:15	8.3 (56.1%)
228	WALKOWSKA Justyna	1327	JACEKBIEGA RUNNING TEAM	K40	24	00:43:18	01:38:15	02:23:13		02:46:51.90	02:48:17.35	+01:14:53 (44.5%)	7:15	8.3 (56.1%)
229	PĘKALA Anna	1251	NIGHT RUNNERS ZABRZE	K40	25	00:43:57	01:35:32	02:21:46		02:46:52.55	02:48:40.15	+01:15:16 (44.6%)	7:15	8.3 (56.1%)
230	FUS Jacek	1072		M60	6	00:40:52	01:33:54	02:22:28		02:48:31.70	02:48:42.55	+01:15:18 (44.6%)	7:19	8.2 (55.4%)
231	KOWALCZYK Anna	1148	DOGOŃ GRODZISK MAZOWIECKI	K40	26	00:42:58	01:36:50	02:23:47		02:48:05.75	02:48:52.35	+01:15:28 (44.7%)	7:18	8.2 (55.4%)
232	BOZA Beata	1034	PADŁ NA RYJ TEAM	K40	27	00:46:27	01:41:53	02:26:23		02:48:26.90	02:49:22.10	+01:15:58 (44.9%)	7:19	8.2 (55.4%)
233	PSZCZOŁA Maciej	1265		M30	60	00:40:25	01:32:08	02:23:51		02:47:46.55	02:49:23.65	+01:15:59 (44.9%)	7:17	8.2 (55.4%)
234	MERESTA Konrad	1211	LW BOGDANKA	M30	61	00:48:03	01:43:51	02:26:33		02:48:22.80	02:49:28.10	+01:16:04 (44.9%)	7:19	8.2 (55.4%)
235	PERŁOWSKA-ŁOŚ Justyna	1248		K30	27	00:45:43	01:38:18	02:25:26		02:48:18.85	02:50:25.95	+01:17:02 (45.2%)	7:19	8.2 (55.4%)
236	RODZEŃ Katarzyna	1272		K30	28	00:43:34	01:37:19	02:24:30		02:50:06.85	02:50:55.60	+01:17:31 (45.4%)	7:23	8.1 (54.7%)
237	TRUSZCZYŃSKA Joanna	1321		K50	5	00:46:33	01:41:53	02:26:39		02:50:43.15	02:51:36.80	+01:18:12 (45.6%)	7:25	8.1 (54.7%)
238	ŁUSZCZYC Krzysztof	1185		M30	62	00:46:23	01:42:15	02:28:03		02:50:56.25	02:52:04.70	+01:18:40 (45.7%)	7:25	8.1 (54.7%)
239	DUDA Iwona	1059	LUBELSKA GRUPA TRIATHLONU	K30	29	00:45:21	01:41:38	02:26:45		02:50:18.20	02:52:13.85	+01:18:50 (45.8%)	7:24	8.1 (54.7%)
240	DUDA Rafał	1060	LUBELSKA GRUPA TRIATHLONU	M30	63	00:45:22	01:41:36	02:26:45		02:50:17.60	02:52:14.10	+01:18:50 (45.8%)	7:24	8.1 (54.7%)
241	DUMA Konrad	1061		M20	17	00:47:15	01:40:46	02:27:25		02:51:34.85	02:53:29.75	+01:20:05 (46.2%)	7:27	8 (54.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Za	Przed	Kara/ bonifikata	Czas	Czas	Różn	Tempo min/km	Tempo km/h	
						Skrzyżowaniem 6.5km	Brzeziniak 13.3km		Skrzyżowaniem 19.4km	netto 23km				brutto 23km
242	BOROWSKI Robert	1032		M30	64	00:41:24	01:40:13	02:27:15		02:52:58.75	02:53:36.15	+01:20:12 (46.2%)	7:31	8 (54.1%)
243	CZECHOWSKA Izabela	1051	WW TEAM	K40	28	00:42:02	01:39:19	02:27:14		02:53:14.65	02:53:43.55	+01:20:19 (46.2%)	7:31	8 (54.1%)
244	MASZKOWSKA Anna	1199		K40	29	00:46:01	01:46:14	02:31:12		02:52:10.00	02:54:18.80	+01:20:54 (46.4%)	7:29	8 (54.1%)
245	BOROŃ Krzysztof	1031		M40	68	00:45:25	01:37:55	02:26:11		02:53:04.55	02:54:47.00	+01:21:23 (46.6%)	7:31	8 (54.1%)
246	PENCONEK Agata	1247		K30	30	00:45:53	01:42:10	02:28:15		02:52:59.05	02:54:57.90	+01:21:34 (46.6%)	7:31	8 (54.1%)
247	MAŁACHOWSKI Sebastian	1194		M40	69	00:37:45	01:28:29	02:12:28	00:20:00	02:54:54.00	02:55:02.00	+01:21:38 (46.6%)	6:44	8.9 (60.1%)
248	WAŁĘGA Monika	1330		K30	31	00:44:28	01:41:59	02:30:08		02:54:46.35	02:55:22.05	+01:21:58 (46.7%)	7:35	7.9 (53.4%)
249	KOBIĄŁKA Irek	1130		M40	70	00:44:35	01:41:59	02:30:11		02:54:50.50	02:55:23.65	+01:21:59 (46.7%)	7:36	7.9 (53.4%)
250	ŚWIĘCH Adam	1314		M40	71	00:45:40	01:42:32	02:29:22		02:53:59.15	02:56:04.85	+01:22:41 (47.0%)	7:33	7.9 (53.4%)
251	KORAB Grzegorz	1139		M40	72	00:45:44	01:42:34	02:29:23		02:54:00.55	02:56:06.30	+01:22:42 (47.0%)	7:33	7.9 (53.4%)
252	MAJSZCZYK Paulina	1193	HARDCOROWE WYCHYLYLYBYMY	K30	32	00:40:36	01:32:17	02:26:22		02:55:47.10	02:56:19.30	+01:22:55 (47.0%)	7:38	7.9 (53.4%)
253	RAK Cezary	1377		M30	65	00:39:41	01:32:17	02:26:24		02:55:49.35	02:56:20.15	+01:22:56 (47.0%)	7:38	7.8 (52.7%)
254	NOWACKI Roman	1223		M40	73	00:42:22	01:42:53	02:28:44		02:54:39.30	02:56:50.70	+01:23:26 (47.2%)	7:35	7.9 (53.4%)
255	MUJTA Ewelina	1217		K30	33	00:42:23	01:42:53	02:28:46		02:54:38.20	02:56:50.85	+01:23:27 (47.2%)	7:35	7.9 (53.4%)
256	UNIOWSKI Tomasz	1323	ĆMY BAROWE	M30	66	00:48:04	01:44:01	02:31:14		02:56:34.35	02:57:40.25	+01:24:16 (47.4%)	7:40	7.8 (52.7%)
257	SOSZYŃSKA Gosia	1295	CZŁAPACZE	K50	6	00:46:59	01:40:09	02:30:10		02:55:55.15	02:58:12.35	+01:24:48 (47.6%)	7:38	7.8 (52.7%)
258	MASZKOWSKI Rafał	1200		M40	74	00:46:02	01:46:16	02:31:54		02:57:28.20	02:59:36.70	+01:26:12 (48.0%)	7:42	7.8 (52.7%)
259	TOKARZ Adrian	1318	DZIKIE MUSTANGI	M30	67	00:46:31	01:42:49	02:33:40		02:58:02.90	02:59:51.75	+01:26:27 (48.1%)	7:44	7.8 (52.7%)
260	MĄDRO Mateusz	1208	DZIKIE MUSTANGI	M30	68	00:46:37	01:43:12	02:33:32		02:57:55.15	02:59:52.50	+01:26:28 (48.1%)	7:44	7.8 (52.7%)
261	KAPUSTA Zuzanna	1116	DZIKIE MUSTANGI	K40	30	00:46:27	01:42:49	02:33:36		02:57:59.60	02:59:52.60	+01:26:28 (48.1%)	7:44	7.8 (52.7%)
261	NOWAK Wioletta	1225	DZIKIE MUSTANGI	K30	34	00:46:33	01:45:41	02:33:42		02:58:02.95	02:59:52.60	+01:26:28 (48.1%)	7:44	7.8 (52.7%)
263	LAMPART Marta	1165	DZIKIE MUSTANGI	K30	35	00:46:31	01:45:36	02:33:43		02:58:00.90	02:59:54.20	+01:26:30 (48.1%)	7:44	7.8 (52.7%)
264	MAZUR Mariola	1206	DZIKIE MUSTANGI	K30	36	00:46:41	01:42:49	02:33:36		02:58:01.25	02:59:55.05	+01:26:31 (48.1%)	7:44	7.8 (52.7%)
265	KROCZEK Liliana	1149	BPRT GLIWICE	K40	31	00:46:25	01:44:29	02:32:16		02:59:09.85	02:59:58.75	+01:26:34 (48.1%)	7:47	7.7 (52.0%)
266	LAMPART Dorota	1164	DZIKIE MUSTANGI	K30	37	00:46:34	01:45:38	02:33:46		02:58:14.05	03:00:04.00	+01:26:40 (48.1%)	7:45	7.7 (52.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Za	Przed	Kara/ bonifikata	Czas netto 23km	Czas brutto 23km	Różn	Tempo min/km	Tempo km/h	
						Skrzyżowaniem 6.5km	Brzeziniak 13.3km							Skrzyżowaniem 19.4km
267	PANEK Piotr	1238	DZIKIE MUSTANGI	M40	75	00:46:33	01:42:46	02:33:47	02:58:14.45	03:00:04.55	+01:26:40 (48.1%)	7:44	7.7 (52.0%)	
268	BLAZOWSKI Wojciech	1024		M40	76	00:46:41	01:41:07	02:32:33	02:59:44.20	03:00:18.45	+01:26:54 (48.2%)	7:48	7.7 (52.0%)	
269	ZIMEK Dominika	1363		K30	38	00:46:35	01:44:06	02:32:35	02:59:52.55	03:00:26.60	+01:27:02 (48.2%)	7:49	7.7 (52.0%)	
270	MAĆKOWIAK- RYDZYŃSKA Anna	1189		K40	32	00:42:48	01:43:27	02:31:50	02:59:24.15	03:00:38.30	+01:27:14 (48.3%)	7:48	7.7 (52.0%)	
271	FOLTA Jan	1071	GRUPA BIEGOWA ZARSZYN	M50	19	00:42:43	01:38:16	02:29:12	02:59:52.90	03:01:27.55	+01:28:03 (48.5%)	7:49	7.7 (52.0%)	
272	ŚWISTAK Mateusz	1316		M30	69	00:43:41	01:44:07	02:29:20	03:00:22.10	03:01:34.40	+01:28:10 (48.6%)	7:50	7.7 (52.0%)	
273	ZAWADZKI Piotr	1361		M30	70	00:45:37	01:46:52	02:34:49	02:59:59.25	03:01:56.45	+01:28:32 (48.7%)	7:49	7.7 (52.0%)	
274	SIKORSKA Agnieszka	1282		K30	39	00:47:44	01:46:20	02:34:30	03:00:00.40	03:02:17.70	+01:28:53 (48.8%)	7:49	7.7 (52.0%)	
275	ŚWISTAK Karolina	1304		K40	33	00:43:35	01:44:08	02:29:20	03:01:15.90	03:02:27.80	+01:29:03 (48.8%)	7:52	7.6 (51.4%)	
276	KUTKOWSKI Jan	1162	DUSZPASTERSTWO AKADEMICKIE RADOM	M30	71	00:43:32	01:39:43	02:33:30	03:03:16.70	03:03:54.85	+01:30:31 (49.2%)	7:58	7.5 (50.7%)	
277	PROKOPOWICZ Anna	1262		K30	40	00:47:00	01:43:07	02:34:39	03:02:20.80	03:04:10.30	+01:30:46 (49.3%)	7:55	7.6 (51.4%)	
278	WARAS Barbara	1334		K30	41	00:44:38	01:39:33	02:33:50	03:03:34.95	03:05:06.10	+01:31:42 (49.5%)	7:58	7.5 (50.7%)	
279	SKOREK MASZOTA Weronika	1283	PADŁ NA RYJ TEAM	K40	34	00:49:24	01:48:37	02:39:15	03:04:48.10	03:05:42.40	+01:32:18 (49.7%)	8:02	7.5 (50.7%)	
280	JASIŃSKA Natalia	1105	EXTREMEWOLF	K30	42	00:50:49	01:49:08	02:38:34	03:05:34.55	03:06:35.55	+01:33:11 (49.9%)	8:04	7.4 (50.0%)	
281	WIERCHOŁA Joanna	1343		K60	1	00:46:39	01:49:15	02:39:16	03:06:22.20	03:07:09.30	+01:33:45 (50.1%)	8:06	7.4 (50.0%)	
282	POL Rob	1371	NOĆNE WOŁKI	M40	77	00:45:38	01:37:53	02:23:14	00:20:00	03:07:12.00	03:08:02.00	+01:34:38 (50.3%)	7:16	8.3 (56.1%)
283	KLIMCZAK Paweł	1128		M40	78	00:47:22	01:42:51	02:37:15	03:06:09.95	03:08:26.70	+01:35:02 (50.4%)	8:05	7.4 (50.0%)	
284	KULPAN Agata	1157		K30	43	00:47:19	01:42:51	02:37:14	03:06:10.70	03:08:27.30	+01:35:03 (50.4%)	8:05	7.4 (50.0%)	
285	KORNIŁOW Piotr	1141		M50	20	00:47:59	01:47:14	02:39:49	03:06:43.15	03:08:46.70	+01:35:22 (50.5%)	8:07	7.4 (50.0%)	
286	KIELIŃSKA Kamila	1124		K30	44	00:49:20	01:51:34	02:42:28	03:08:49.75	03:09:00.95	+01:35:37 (50.6%)	8:12	7.3 (49.3%)	
287	BALON Marcin	1011	B&B RUNNERS	M40	79	00:49:02	01:50:53	02:41:31	03:08:44.20	03:10:04.95	+01:36:41 (50.9%)	8:12	7.3 (49.3%)	
288	BIDNIK Jakub	1019	B&B RUNNERS	M40	80	00:48:59	01:50:53	02:41:28	03:08:43.90	03:10:05.70	+01:36:41 (50.9%)	8:12	7.3 (49.3%)	
289	GORAJEK Michał	1081	ALA&LILA	M40	81	00:46:43	01:49:59	02:39:35	03:08:23.75	03:10:20.15	+01:36:56 (50.9%)	8:11	7.3 (49.3%)	
290	WINIARCZYK Łukasz	1347	KLUB#SMARTRUN	M40	82	00:46:47	01:50:01	02:39:37	03:08:41.50	03:10:36.95	+01:37:13 (51.0%)	8:12	7.3 (49.3%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Za	Przed	Kara/ bonifikata	Czas	Czas	Różn	Tempo min/km	Tempo km/h	
						Skrzyżowaniem 6.5km	Brzeziniak 13.3km		Skrzyżowaniem 19.4km	netto 23km				brutto 23km
291	KULITA Ela	1156	TAK LUBIE SANDOMIERZ	K40	35	00:45:54	01:43:06	02:43:48	03:10:24.65	03:10:48.65	+01:37:24 (51.1%)	8:16	7.2 (48.6%)	
292	MATUSZCZYK Adrian	1203		M40	83	00:45:03	01:50:30	02:40:53	03:11:16.65	03:11:53.95	+01:38:30 (51.3%)	8:18	7.2 (48.6%)	
293	KRYSIAK Jakub	1151	TRIWAWA	M20	18	00:42:43	01:45:46	02:43:46	03:11:57.35	03:12:42.10	+01:39:18 (51.5%)	8:20	7.2 (48.6%)	
294	ŚPIEWAK Karolina	1312	WIECZORNE BIEGANIE W SZCZECINIE	K30	45	00:50:51	01:52:39	02:43:33	03:12:08.50	03:13:10.10	+01:39:46 (51.6%)	8:21	7.2 (48.6%)	
295	ADAMCZAK Wiesław	1009	BIEGAJ BEZ KOŃCA	M60	7	00:49:08	01:51:57	02:41:35	03:12:23.10	03:13:33.25	+01:40:09 (51.7%)	8:21	7.2 (48.6%)	
296	JABŁOŃSKI Karol	1099	KS ZIELONO - CZARNI	M30	72	00:46:08	01:59:16	02:45:57	03:14:00.50	03:14:41.30	+01:41:17 (52.0%)	8:26	7.1 (48.0%)	
297	WĘGLIŃSKA Joanna	1340	MKB DREPTAK	K40	36	00:46:43	01:58:12	02:46:12	03:14:02.65	03:14:44.25	+01:41:20 (52.0%)	8:26	7.1 (48.0%)	
298	WĘGLIŃSKI Sebuś	1342	MKB DREPTAK	M30	73	00:46:42	01:59:14	02:45:55	03:14:03.25	03:14:44.95	+01:41:21 (52.0%)	8:26	7.1 (48.0%)	
299	KRYSZTOFIAK Dawid	1153		M20	19	00:49:31	01:43:34	02:54:58	03:13:24.50	03:14:46.30	+01:41:22 (52.0%)	8:24	7.1 (48.0%)	
300	KAMIONOWSKI Mariusz-Jacek	1115	MORSY OSTROŁĘKA	M50	21	00:52:08	02:00:53	02:49:42	03:13:15.70	03:14:49.30	+01:41:25 (52.1%)	8:24	7.1 (48.0%)	
301	PAWŁOWSKA-LIS Maria	1245	MARUSIABIEGAPL	K40	37	00:52:08	01:57:06	02:47:00	03:13:16.20	03:14:49.95	+01:41:26 (52.1%)	8:24	7.1 (48.0%)	
302	CUBER Aneta	1392		K20	10	00:47:02	01:50:10	02:44:47	03:14:41.15	03:15:07.30	+01:41:43 (52.1%)	8:27	7.1 (48.0%)	
303	DĄBRÓWKA Radosław	1054	FUNDACJA LATARNIA	M30	74	00:49:07	01:40:57	02:27:06	00:20:00	03:14:20.00	03:15:30.00	+01:42:06 (52.2%)	7:34	7.9 (53.4%)
304	GENDERA Narcyz	1077		M30	75	00:52:03	01:50:42	02:44:54		03:13:49.20	03:15:33.05	+01:42:09 (52.2%)	8:25	7.1 (48.0%)
305	PACUŁA Krzysztof	1236		M30	76	00:46:11	01:58:07	02:47:36		03:14:58.70	03:15:36.75	+01:42:12 (52.3%)	8:28	7.1 (48.0%)
306	JEZIOREK Jozi	1108		M40	84	00:50:16	01:49:08	02:41:44		03:14:16.80	03:15:56.35	+01:42:32 (52.3%)	8:26	7.1 (48.0%)
307	SOŁTYS Teresa	1294	WKURW_TEAM	K30	46	00:46:27	01:49:13	02:42:08		03:14:21.50	03:16:13.30	+01:42:49 (52.4%)	8:27	7.1 (48.0%)
308	SZYMANOWSKA Monika	1308		K40	38	00:49:19	01:52:30	02:47:04		03:16:18.40	03:16:18.40	+01:42:54 (52.4%)	8:32	7 (47.3%)
309	FAFARA Agnieszka	1069		K40	39	00:53:16	01:56:14	02:49:32		03:14:14.35	03:16:20.65	+01:42:56 (52.4%)	8:26	7.1 (48.0%)
310	PIECH Adam	1254	PORANNY PATROL	M40	85	00:49:20	01:56:00	02:47:26		03:14:30.80	03:16:22.90	+01:42:59 (52.4%)	8:27	7.1 (48.0%)
311	BASAK Justyna	1015	WKURW_TEAM	K30	47	00:46:32	01:49:14	02:42:08		03:14:37.40	03:16:28.95	+01:43:05 (52.5%)	8:27	7.1 (48.0%)
312	PUZIO Anna	1266	MARATOŃCZYK DĘBICA	K60	2	00:50:24	01:54:20	02:47:00		03:15:03.95	03:16:31.75	+01:43:07 (52.5%)	8:28	7.1 (48.0%)
313	WĄSOWSKA Jagoda	1441	PEGAZ	K50	7	00:52:14	02:03:08	02:52:13		03:14:53.40	03:16:37.25	+01:43:13 (52.5%)	8:28	7.1 (48.0%)
314	MAMCZYŃSKA Grażyna	1196		K50	8	00:54:18	01:57:04	02:47:38		03:16:48.60	03:17:58.50	+01:44:34 (52.8%)	8:33	7 (47.3%)
315	KULESZYŃSKI Jacek	1155	PENTATHLON SZCZECINEK	M30	77	00:43:45	01:50:21	02:43:33		03:17:57.70	03:18:34.00	+01:45:10 (53.0%)	8:36	7 (47.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Za	Przed	Kara/ bonifikata	Czas	Czas	Różn	Tempo min/km	Tempo km/h
						Skrzyżowaniem 6.5km	Brzeziniak 13.3km		Skrzyżowaniem 19.4km	netto 23km			
316	MYŚLIŃSKI Tomasz	1218	BIEGUSIEM.PL	M40	86	00:47:22	01:49:52	02:47:32	03:18:04.20	03:18:41.95	+01:45:18 (53.0%)	8:36	7 (47.3%)
317	PABIAŃCZYK Małgorzata	1235		K40	40	00:48:22	01:49:38	02:46:55	03:17:58.15	03:19:44.85	+01:46:21 (53.2%)	8:36	7 (47.3%)
318	KALINOWSKI Janusz	1114		M60	8	00:53:19	01:56:13	02:49:38	03:19:53.30	03:21:58.00	+01:48:34 (53.8%)	8:41	6.9 (46.6%)
319	LAZAROWICZ Piotr	1169	WKURW_TEAM	M40	87	00:53:05	02:04:05	02:54:46	03:21:27.50	03:22:39.80	+01:49:15 (53.9%)	8:45	6.9 (46.6%)
320	WELOŃCZYK Bartosz	1338	ZUCHWAŁY ZAJĄC	M30	78	00:47:30	02:07:51	02:55:04	03:21:55.45	03:22:52.15	+01:49:28 (54.0%)	8:46	6.8 (45.9%)
321	JAWORSKA Agnieszka	1107		K40	41	00:52:56	02:04:00	02:56:26	03:24:07.70	03:24:40.85	+01:51:17 (54.4%)	8:52	6.8 (45.9%)
322	WÓJCIK Łukasz	1355	SII RUNNING TEAM	M30	79	00:50:52	01:51:10	02:48:02	03:23:55.30	03:25:08.95	+01:51:45 (54.5%)	8:51	6.8 (45.9%)
323	KOT Wiktoria	1145		K20	11	00:52:07	01:54:29	02:51:42	03:24:26.95	03:25:48.20	+01:52:24 (54.6%)	8:53	6.7 (45.3%)
324	WYSOKIŃSKI Tomasz	1357	BONFIRE BONANZA	M30	80	00:49:59	02:00:04	02:52:59	03:24:29.55	03:26:30.25	+01:53:06 (54.8%)	8:53	6.7 (45.3%)
325	BOREK Sabina	1029	BONFIRE BONANZA	K20	12	00:50:01	02:00:04	02:53:07	03:24:30.20	03:26:30.75	+01:53:06 (54.8%)	8:53	6.7 (45.3%)
326	WASILEWSKA Małgorzata	1335		K30	48	00:53:36	01:57:48	02:53:31	03:25:02.95	03:26:44.70	+01:53:20 (54.8%)	8:54	6.7 (45.3%)
327	JEŻEWSKA Angelika	1109		K30	49	00:53:36	01:57:47	02:53:31	03:25:04.40	03:26:45.45	+01:53:21 (54.8%)	8:54	6.7 (45.3%)
328	NASARZEWSKA Joanna	1221	WEST COAST RUNNERS CYPRUS	K40	42	00:48:34	02:05:06	02:58:16	03:25:45.30	03:27:14.45	+01:53:50 (54.9%)	8:56	6.7 (45.3%)
329	LEN Mariusz	1171		M50	22	02:54:14			03:27:57.45	03:27:57.45	+01:54:33 (55.1%)	9:02	6.6 (44.6%)
330	URBANIĄK Agnieszka	1325		K40	43	00:53:49	01:59:12	02:56:31	03:26:48.55	03:28:51.80	+01:55:27 (55.3%)	8:59	6.7 (45.3%)
331	ZIOBRO-MYŚLIWIEC Anna	1364	FUN&RUN	K40	44	00:49:07	02:00:14	02:56:04	03:29:01.15	03:29:55.45	+01:56:31 (55.5%)	9:05	6.6 (44.6%)
332	MYŚLIWIEC Wojciech	1219	FUN&RUN	M40	88	00:49:08	02:00:15	02:56:05	03:29:02.20	03:29:55.85	+01:56:32 (55.5%)	9:05	6.6 (44.6%)
333	SKORUPKA Anna	1284		K40	45	00:55:34	01:59:37	02:59:26	03:29:58.50	03:31:01.30	+01:57:37 (55.7%)	9:07	6.6 (44.6%)
334	WISZNIEWSKI Karol	1388	AKS POLONIA WARSZAWA	M30	81	00:42:00	02:15:04	03:03:50	03:29:46.60	03:31:04.30	+01:57:40 (55.8%)	9:07	6.6 (44.6%)
335	JABŁONKA Radosław	1098	DZIADY OCR	M40	89	00:42:44	02:15:00	03:03:49	03:29:54.80	03:31:12.80	+01:57:48 (55.8%)	9:07	6.6 (44.6%)
336	PASZKIEL Alicja	1242		K20	13	00:49:26	01:44:11	02:55:11	03:31:03.40	03:32:25.50	+01:59:01 (56.0%)	9:10	6.5 (43.9%)
337	MAKOSA Konrad	1210		M40	90	00:51:59	02:07:21	03:01:33	03:31:16.45	03:32:54.55	+01:59:30 (56.1%)	9:11	6.5 (43.9%)
338	OBARSKA Małgorzata	328		K50	9	00:54:42	02:04:23	03:00:44	03:31:49.50	03:33:47.10	+02:00:23 (56.3%)	9:12	6.5 (43.9%)
339	DZIURZYŃSKA Ulka	1068	GOODCOACHTEAM	K40	46	00:53:49	02:10:05	03:04:58	03:31:38.80	03:33:53.05	+02:00:29 (56.3%)	9:12	6.5 (43.9%)
340	OŻÓG Dorota	1232		K40	47	00:54:00	02:05:25	03:02:28	03:33:09.90	03:34:26.25	+02:01:02 (56.4%)	9:16	6.5 (43.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Za	Przed	Kara/ bonifikata	Czas netto 23km	Czas brutto 23km	Różn	Tempo min/km	Tempo km/h	
						Skrzyżowaniem 6.5km	Brzeziniak 13.3km							Skrzyżowaniem 19.4km
341	ZDROJEWSKI Andrzej	1375	ADIDAS RUNNERS WARSAW	M40	91	00:52:27	02:15:21	03:09:01		03:33:15.50	03:34:31.05	+02:01:07 (56.5%)	9:16	6.5 (43.9%)
342	OŻÓG Iwona	1233		K40	48	00:54:03	02:05:26	03:02:52		03:33:23.30	03:34:39.60	+02:01:15 (56.5%)	9:16	6.5 (43.9%)
343	MAJEWSKA Sonia	1192		K20	14	00:52:05	01:50:41	02:45:30	00:20:00	03:35:02.00	03:36:46.00	+02:03:22 (56.9%)	8:28	7.1 (48.0%)
344	BAREŁA Andrzej	1013	FIFARAFa	M40	92	00:52:58	02:02:06	03:03:10		03:36:02.70	03:37:07.80	+02:03:43 (57.0%)	9:23	6.4 (43.2%)
345	JASIUL Mariola	1106		K40	49	00:56:11	02:04:49	03:04:09		03:35:55.75	03:37:29.50	+02:04:05 (57.1%)	9:23	6.4 (43.2%)
346	PARADOWSKI Paweł	1240		M50	23	00:53:33	02:09:24	03:09:55		03:41:42.50	03:42:26.85	+02:09:03 (58.0%)	9:38	6.2 (41.9%)
347	BURZ Jowita	1042		K40	50	00:53:35	02:09:25	03:09:57		03:41:53.60	03:42:37.25	+02:09:13 (58.0%)	9:38	6.2 (41.9%)
348	STRASSBERGER Katarzyna	1302		K50	10	00:59:00	02:14:44	03:09:10		03:42:43.80	03:44:05.70	+02:10:41 (58.3%)	9:41	6.2 (41.9%)
349	PĘDOWSKA Bożena	1249		K50	11	00:58:59	02:14:58	03:08:54		03:42:43.80	03:44:06.35	+02:10:42 (58.3%)	9:41	6.2 (41.9%)
350	PĘDOWSKI Wojciech	1250		M50	24	00:58:04	02:14:47	03:09:36		03:42:44.90	03:44:07.70	+02:10:43 (58.3%)	9:41	6.2 (41.9%)
351	BRODECKI Adam	1036	WATAHA ŁĄCZY NAS BIEGANIE	M20	20	00:53:23	02:15:01	03:12:34		03:43:46.80	03:46:01.85	+02:12:38 (58.7%)	9:43	6.2 (41.9%)
352	GRABOWSKA Anna	1372	„ MARATOŃCZYK” DĘBICA	K50	12	00:55:32	02:16:10	03:19:15		03:53:37.25	03:54:38.45	+02:21:14 (60.2%)	10:09	5.9 (39.9%)
353	SAMEK Artur	1277		M40	93					03:58:35.00	03:58:35.00	+02:25:11 (60.9%)	10:22	5.8 (39.2%)
354	BORKOWSKA Ewa	1030	WKURW-TEAM	K60	3	01:00:05	02:18:09	03:26:09		04:01:20.15	04:02:52.65	+02:29:28 (61.5%)	10:29	5.7 (38.5%)
355	GENDERA Ewa	1078	NIGHT RUNNERS	K40	51	01:01:08	02:31:15	03:32:48		04:06:55.35	04:08:20.65	+02:34:56 (62.4%)	10:44	5.6 (37.8%)
356	WANDEL Agnieszka	1332	FACE NORDIC WALKING TEAM	K40	52	01:01:09	02:31:15	03:32:48		04:06:57.60	04:08:22.15	+02:34:58 (62.4%)	10:44	5.6 (37.8%)

Znaleziono 356 wynik(ów)