

VI ZIMOWY MARATON BIESZCZADZKI 2020 - 44KM

B4SPORT

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Zimowy Maraton Bieszczadzki 2020
Fundacja Bieg Rzeźnika
2020-01-25
Cisna
44 km

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Za		Przed		Kara/ bonifikata	Czas netto 44km	Czas brutto 44km	Różn	Tempo min/km	Tempo km/h
						Roztoki 18km	Skrzyżowaniem 27.6km	Brzeziniak 34.4km	Skrzyżowaniem 40.5km						
1	ZIEJEWSKI Grzegorz	552		M40	1	01:16:40	01:55:05	02:26:03	02:52:15		03:06:44.35	03:06:45.35		4:14	14.1 (100%)
2	ŻUCHOWSKI Daniel	3	MUAY RUNNING TEAM	M30	1	01:15:48	01:55:06	02:26:03	02:53:43		03:07:42.10	03:07:43.40	+00:00:58 (0.5%)	4:15	14.1 (100%)
3	KOT Rafał	562	MUAY RUNNING TEAM	M40	2	01:16:44	01:55:13	02:26:14	02:53:25		03:07:42.95	03:07:44.75	+00:00:59 (0.5%)	4:15	14.1 (100%)
4	ZIAJKA Karol	524	FINISZ RYMANÓW	M20	1	01:16:33	01:55:34	02:26:38	02:54:02		03:07:38.95	03:07:46.15	+00:01:00 (0.5%)	4:15	14.1 (100%)
5	KRUBA Marcin	5	JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ	M30	2	01:16:53	01:55:31	02:26:28	02:54:15		03:08:29.55	03:08:31.45	+00:01:46 (0.9%)	4:17	14 (99.3%)
6	SEDLAK Michał	391		M40	3	01:16:39	01:56:29	02:29:16	02:59:24		03:15:14.00	03:15:15.00	+00:08:29 (4.4%)	4:26	13.5 (95.7%)
7	SZWAJA Mateusz	7	OTK RZEŹNIK & T.S. AKS CHORZÓW	M20	2	01:16:35	01:56:17	02:31:09	03:02:08		03:17:08.60	03:17:10.00	+00:10:24 (5.3%)	4:28	13.4 (95.0%)
8	FLISIŃSKI Łukasz	101		M30	3	01:16:39	01:57:21	02:31:28	03:03:05		03:19:32.70	03:19:33.60	+00:12:48 (6.4%)	4:32	13.2 (93.6%)
9	SYCHOWICZ Daniel	432		M40	4	01:18:01	01:59:23	02:33:06	03:03:40		03:19:57.65	03:19:59.35	+00:13:14 (6.6%)	4:32	13.2 (93.6%)
10	KOBIERSKI Piotr	213	UKA ULTRAS RUNNERS	M40	5	01:20:43	02:02:17	02:37:07	03:08:19		03:25:26.55	03:25:32.00	+00:18:46 (9.1%)	4:40	12.8 (90.8%)
11	MARZEC Grzegorz	289	GMINA STRZELCE OPOLSKIE	M40	6	01:25:07	02:09:02	02:42:57	03:12:49		03:28:26.95	03:28:30.40	+00:21:45 (10.4%)	4:44	12.7 (90.1%)
12	KUDŁAK Paweł	250	PORANNY PATROL	M30	4	01:20:56	02:04:13	02:40:04	03:13:48		03:30:50.55	03:30:56.25	+00:24:10 (11.5%)	4:47	12.5 (88.7%)
13	BRZĄKAŁSKI Krzysiek	47	TEAM EAZYMUT.PL	M20	3	01:21:13	02:04:29	02:40:44	03:14:11		03:33:18.30	03:33:22.85	+00:26:37 (12.5%)	4:50	12.4 (87.9%)
14	STROIŃSKI Daniel	423		M30	5	01:25:11	02:09:33	02:46:35	03:20:05		03:37:04.85	03:37:07.05	+00:30:21 (14.0%)	4:56	12.2 (86.5%)
15	KUBASIK Łukasz	246		M30	6	01:30:23	02:15:50	02:51:50	03:22:25		03:37:26.00	03:37:37.10	+00:30:51 (14.2%)	4:56	12.1 (85.8%)
16	SZCZEPANIAK Witold	439		M40	7	01:28:06	02:12:49	02:48:34	03:21:43		03:38:47.10	03:38:49.30	+00:32:03 (14.7%)	4:58	12.1 (85.8%)
17	KRZEMIŃSKI Marcin	241	SPRINT GORZYCE	M40	8	01:27:35	02:12:58	02:48:40	03:21:10		03:38:35.85	03:38:50.90	+00:32:05 (14.7%)	4:58	12.1 (85.8%)
18	DYREK Michał	88	MOK MSZANA DOLNA	M30	7	01:26:31	02:12:38	02:49:12	03:22:27		03:40:04.55	03:40:09.65	+00:33:24 (15.2%)	5:00	12 (85.1%)
19	WILK Katarzyna	555		K30	1	01:27:06	02:13:18	02:51:11	03:23:59		03:41:52.05	03:41:54.70	+00:35:09 (15.8%)	5:02	11.9 (84.4%)
20	MORAWA Mateusz	308	LACHO TEAM	M40	9	01:22:33	02:08:24	02:44:23	03:21:27		03:41:36.45	03:41:56.25	+00:35:10 (15.9%)	5:02	11.9 (84.4%)
21	MEISSNER Paweł	297	TIGERS TEAM / REEBOKRUNCREWLDZ	M30	8	01:26:49	02:15:38	02:52:21	03:26:02		03:42:22.25	03:42:22.25	+00:35:36 (16.0%)	5:03	11.9 (84.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Za		Przed		Kara/ bonifikata	Czas netto 44km	Czas brutto 44km	Różn	Tempo min/km	Tempo km/h
						Roztoki 18km	Skrzyżowaniem 27.6km	Brzeziniak 34.4km	Skrzyżowaniem 40.5km						
22	DOMISZEWSKA Maria	2		K50	1	01:28:38	02:15:07	02:52:59	03:25:43		03:43:15.85	03:43:18.45	+00:36:33 (16.4%)	5:04	11.8 (83.7%)
23	PRUCNAL Zbigniew	365	JASIELSKIE PIORUNY	M40	10	01:34:06	02:18:52	02:54:45	03:27:33		03:44:49.05	03:45:14.00	+00:38:28 (17.1%)	5:06	11.7 (83.0%)
24	ŁĘCKI Piotr	273	BP RUNNING TEAM GLIWICE	M30	9	01:27:37	02:13:27	02:52:05	03:28:38		03:47:03.00	03:47:18.05	+00:40:32 (17.8%)	5:09	11.6 (82.3%)
25	TKACZEWSKI Piotr	456		M40	11	01:31:38	02:18:32	02:56:01	03:29:35		03:47:01.30	03:47:24.35	+00:40:39 (17.9%)	5:09	11.6 (82.3%)
26	DYREK Mateusz	89		M30	10	01:27:53	02:16:22	02:54:23	03:29:41		03:47:41.15	03:47:45.65	+00:41:00 (18.0%)	5:10	11.6 (82.3%)
27	SZAPAR Przemysław	6		M40	12	01:24:16	02:07:03	02:48:27	03:26:56		03:47:46.55	03:48:06.55	+00:41:21 (18.1%)	5:10	11.6 (82.3%)
28	FELUCH Krzysztof	95	JACEK BIEGA RUNNING TEAM	M40	13	01:30:37	02:16:23	02:54:56	03:30:28		03:47:57.35	03:48:15.50	+00:41:30 (18.2%)	5:10	11.6 (82.3%)
29	BAR Stanisław	21	GMINA STRZELCE OPOLSKIE	M40	14	01:26:19	02:13:16	02:51:46	03:27:46		03:48:17.80	03:48:22.15	+00:41:36 (18.2%)	5:11	11.6 (82.3%)
30	KONKEL Katarzyna	221	DECATHLON LUBLIN CZECHÓW / MAJA TEAM	K20	1	01:27:43	02:14:54	02:53:30	03:29:58		03:50:07.75	03:50:10.65	+00:43:25 (18.9%)	5:13	11.5 (81.6%)
31	URBANEK Patryk	469		M20	4	01:30:49	02:18:11	02:57:58	03:32:26		03:50:56.95	03:51:08.35	+00:44:23 (19.2%)	5:14	11.4 (80.9%)
32	MIELCZAREK Dawid	302	DAVID_STEP_BY_STEP / OBOZYGORSKIE.PLL	M30	11	01:28:41	02:16:39	02:58:06	03:33:41		03:51:10.40	03:51:16.50	+00:44:31 (19.2%)	5:15	11.4 (80.9%)
33	SMOLEŃ Janusz	405	FOXTEAM	M40	15	01:32:53	02:20:24	02:59:20	03:34:14		03:51:46.35	03:52:31.60	+00:45:46 (19.7%)	5:16	11.4 (80.9%)
34	JASŁOWSKA Justyna	1	SCOTT TEAM	K30	2	01:31:44	02:20:25	02:59:43	03:34:47		03:53:09.00	03:53:12.45	+00:46:27 (19.9%)	5:17	11.3 (80.1%)
35	KĄKOL Michał	195	RACEFIGHTER GOSIR DĘBE WIELKIE	M30	12	01:35:16	02:24:28	03:03:25	03:36:43		03:53:12.20	03:53:19.80	+00:46:34 (20.0%)	5:18	11.3 (80.1%)
36	GIERSZEWSKI Jarosław	125	ZĄŁOGA G	M40	16	01:29:16	02:19:01	02:59:49	03:35:47		03:54:20.95	03:54:23.45	+00:47:38 (20.3%)	5:19	11.3 (80.1%)
37	JUSZCZAK Marcin	176		M30	13	01:35:16	02:24:28	03:03:30	03:36:48		03:54:30.70	03:54:37.00	+00:47:51 (20.4%)	5:19	11.3 (80.1%)
38	BAJOREK Jan	19		M40	17	01:37:13	02:28:57	03:08:28	03:39:17		03:55:37.00	03:55:51.00	+00:49:05 (20.8%)	5:21	11.2 (79.4%)
39	ZIEBA Tomek	525	JACEKBIEGA RUNNING TEAM	M40	18	01:30:31	02:19:00	02:57:13	03:34:40		03:55:50.85	03:56:03.15	+00:49:17 (20.9%)	5:21	11.2 (79.4%)
40	JĘDZURA Daniel	168	BP RUNNING TEAM GLIWICE	M40	19	01:33:15	02:23:47	03:03:39	03:38:15		03:56:10.55	03:56:26.30	+00:49:40 (21.0%)	5:22	11.2 (79.4%)
41	ŻYWICKI Maciej	538	DROGA DO ULTRA	M30	14	01:33:25	02:21:49	03:01:42	03:37:36		03:56:03.15	03:56:54.35	+00:50:09 (21.2%)	5:21	11.2 (79.4%)
42	MATYSIAK Bartłomiej	294	JACEKBIEGA RUNNING TEAM	M40	20	01:29:10	02:19:48	03:02:10	03:38:36		03:56:57.80	03:57:09.65	+00:50:24 (21.3%)	5:23	11.1 (78.7%)
43	JOŃCZYK Rafał	169	JACEKBIEGA RUNNING TEAM	M40	21	01:33:15	02:21:34	03:01:30	03:37:24		03:56:49.45	03:57:45.30	+00:50:59 (21.5%)	5:22	11.1 (78.7%)
44	NIEZNAJSKI Adrian	325		M30	15	01:39:34	02:28:31	03:06:25	03:39:16		03:57:06.10	03:58:48.10	+00:52:02 (21.8%)	5:23	11.1 (78.7%)
45	STAŃKO Paweł	419	BIESY I CZORTY	M40	22	01:33:39	02:23:50	03:05:18	03:41:08		03:58:59.50	03:59:15.90	+00:52:30 (21.9%)	5:25	11 (78.0%)
46	PETRYNA Jagoda	8	NOA	K30	3	01:36:22	02:25:52	03:06:19	03:41:17		03:59:13.90	03:59:17.65	+00:52:32 (22.0%)	5:26	11 (78.0%)
47	PIASECZNY Marcin	355	RUN-G	M40	23	01:33:28	02:23:06	03:05:12	03:40:37		03:57:53.50	03:59:26.60	+00:52:41 (22.0%)	5:24	11.1 (78.7%)
48	BUŁAWA Filip	551	UKS KOMETA	M20	5	01:34:33	02:23:31	03:04:05	03:40:13		03:59:26.00	03:59:31.05	+00:52:45 (22.0%)	5:26	11 (78.0%)
49	KMAK Sławek	212		M40	24	01:30:35	02:19:19	02:59:31	03:37:34		03:59:29.50	03:59:33.40	+00:52:48 (22.0%)	5:26	11 (78.0%)
50	FLĄDRO Daniel	100		M40	25	01:30:24	02:20:36	03:02:36	03:40:28		03:59:34.45	03:59:36.85	+00:52:51 (22.1%)	5:26	11 (78.0%)

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						Roztoki 18km	Skrzyżowaniem 27.6km	Brzeziniak 34.4km	Skrzyżowaniem 40.5km						
51	DRABIŃSKI Mariusz	78	KB MCKIS JAWORZNO	M30	16	01:28:57	02:19:24	03:03:32	03:41:02		04:00:19.25	04:00:24.25	+00:53:38 (22.3%)	5:27	11 (78.0%)
52	WEREMKO Grzegorz	485	MULTIMEDIA RUNNERS PUŁAWY	M40	26	01:35:05		03:06:02			03:59:59.20	04:00:26.35	+00:53:41 (22.3%)	5:27	11 (78.0%)
53	FORREITER Oskar	104		M20	6	01:29:20	02:23:01	03:08:15	03:43:39		04:00:49.40	04:00:52.85	+00:54:07 (22.5%)	5:28	11 (78.0%)
54	ZIĘBA Sabina	529	FOREVER TEAM	K30	4	01:37:10	02:27:08	03:07:43	03:43:51		04:02:03.20	04:02:10.20	+00:55:24 (22.9%)	5:30	10.9 (77.3%)
55	PACHO Sylwester	342	PAPIKI	M40	27	01:36:39	02:28:19	03:10:08	03:47:53		04:06:22.95	04:06:31.05	+00:59:45 (24.2%)	5:35	10.7 (75.9%)
56	JANDZIŚ Wiesław	156	AKTYWNY DYNÓW	M40	28	01:36:35	02:29:45	03:10:37	03:48:17		04:06:12.65	04:06:40.95	+00:59:55 (24.3%)	5:35	10.7 (75.9%)
57	WIERZBICKI Tomasz	488		M40	29	01:36:06	02:30:03	03:10:48	03:46:22		04:05:39.35	04:06:42.85	+00:59:57 (24.3%)	5:34	10.7 (75.9%)
58	KOCOŃ Mariusz	559	10BLOG	M50	1	01:38:41	02:29:16	03:10:57	03:46:42		04:05:02.45	04:06:51.35	+01:00:06 (24.3%)	5:34	10.8 (76.6%)
59	KARPIŃSKI Tomasz	189		M40	30	01:36:43	02:27:48	03:09:07	03:47:12		04:07:15.65	04:07:25.05	+01:00:39 (24.5%)	5:37	10.7 (75.9%)
60	BARAN Bernard	23	OCR TEAM DĘBICA	M40	31	01:37:06	02:27:32	03:09:53	03:46:26		04:05:51.00	04:07:29.45	+01:00:44 (24.5%)	5:35	10.7 (75.9%)
61	RYCHTER Karol	549	THE RYCHTERS	M40	32	01:24:47	02:39:21	03:20:36	03:51:42		04:07:38.50	04:07:42.10	+01:00:56 (24.6%)	5:37	10.7 (75.9%)
62	BORYS Andrzej	556		M40	33	01:31:44	02:26:55	03:07:48	03:46:14		04:08:39.65	04:08:52.30	+01:02:06 (25.0%)	5:39	10.6 (75.2%)
63	POTONIEC Grzegorz	363	RODZENSTO	M30	17	01:29:20	02:20:07	03:06:04	03:47:00		04:08:48.00	04:09:10.85	+01:02:25 (25.1%)	5:39	10.6 (75.2%)
64	WADAS Grzegorz	474		M40	34	01:34:08	02:26:42	03:11:45	03:48:37		04:08:53.15	04:09:19.65	+01:02:34 (25.1%)	5:39	10.6 (75.2%)
65	KAJA Gracjan	557	BYDGOŚCIE	M40	35	01:35:24	02:27:14	03:11:19	03:50:30		04:09:39.55	04:10:06.55	+01:03:21 (25.3%)	5:40	10.6 (75.2%)
66	RUTA Jaromir	381	KLUB POD WISIENKĄ	M30	18	01:46:31	02:36:00	03:15:38	03:50:43		04:09:13.95	04:10:25.05	+01:03:39 (25.4%)	5:39	10.6 (75.2%)
67	STACHURSKI Arek	417		M30	19	01:39:55	02:32:23	03:14:19	03:49:16		04:08:29.05	04:10:41.35	+01:03:56 (25.5%)	5:38	10.6 (75.2%)
68	DONIEC Sebastian	76	MARCIN ŚWIERC TEAM	M40	36	01:34:39	02:27:23	03:14:55	03:52:15		04:10:38.40	04:11:03.55	+01:04:18 (25.6%)	5:41	10.5 (74.5%)
69	WOŹNIAK Łukasz	507	PORANNY PATROL	M40	37	01:40:15	02:34:43	03:19:30	03:52:53		04:09:37.70	04:11:04.60	+01:04:19 (25.6%)	5:40	10.6 (75.2%)
70	WOŹNIAK Dawid	508		M30	20	01:39:56	02:33:24	03:15:41	03:52:23		04:10:54.55	04:11:37.15	+01:04:51 (25.8%)	5:42	10.5 (74.5%)
71	PECIO Mariusz	353	SGSP	M40	38	01:33:12	02:23:03	03:14:01	03:51:33		04:11:59.45	04:12:09.70	+01:05:24 (25.9%)	5:43	10.5 (74.5%)
72	BIESZCZAD Mateusz	9	NOWY STYL GROUP RUNNING TEAM	M30	21	01:31:20	02:23:51	03:08:28	03:50:55		04:13:18.90	04:13:25.85	+01:06:40 (26.3%)	5:45	10.4 (73.8%)
73	DRAŃKO Piotr	79		M30	22	01:35:09	02:26:18	03:12:33	03:53:03		04:13:19.80	04:13:35.80	+01:06:50 (26.4%)	5:45	10.4 (73.8%)
74	DĄBROWSKI Tomasz	72	CARPATHIAN RUNNERS	M30	23	01:34:50	02:28:47	03:11:37	03:51:17		04:13:56.00	04:14:16.55	+01:07:31 (26.6%)	5:46	10.4 (73.8%)
75	MESJASZ Marek	298	BIEGAJĄCA KASTA MIEDZIOWEGO MIASTA	M30	24	01:40:48	02:35:36	03:19:02	03:55:23		04:13:54.55	04:14:42.75	+01:07:57 (26.7%)	5:46	10.4 (73.8%)
76	JASTRZĄB Piotr	163	DEKAN LESKO	M50	2	01:36:43	02:28:39	03:14:40	03:54:43		04:15:13.05	04:15:23.10	+01:08:37 (26.9%)	5:48	10.3 (73.0%)
77	FRYSIAK Artur	107	WIELUŃ ULTRA	M50	3	01:35:17	02:27:43	03:13:54	03:53:43		04:15:47.55	04:15:58.45	+01:09:13 (27.0%)	5:48	10.3 (73.0%)
78	MISZTAL Rafał	307	LOS PANTALONES ROJOS	M40	39	01:34:39	02:28:08	03:16:05	03:57:07		04:16:17.45	04:16:22.70	+01:09:37 (27.2%)	5:49	10.3 (73.0%)
79	KOLANO Agnieszka	217	WAY2CHAMP/KUŹNIA TRIATHLONU	K30	5	01:40:42	02:34:48	03:17:36	03:56:10		04:16:32.85	04:16:41.20	+01:09:55 (27.2%)	5:49	10.3 (73.0%)

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						Roztoki 18km	Skrzyżowaniem 27.6km	Brzeziniak 34.4km	Skrzyżowaniem 40.5km						
80	SIWAK Ryszard	398	TEAM RYŚ SKI	M40	40	01:41:36	02:35:16	03:19:22	03:55:44		04:15:43.40	04:17:07.15	+01:10:21 (27.4%)	5:48	10.3 (73.0%)
81	ŁĘCKA Agnieszka	272	JACEKBIEGA RUNNING TEAM	K30	6	01:36:58	02:29:34	03:16:14	03:56:47		04:17:17.90	04:17:30.60	+01:10:45 (27.5%)	5:50	10.3 (73.0%)
82	JÓŹWIAK Rafał	172	JACEKBIEGA RUNNING TEAM	M30	25	01:35:29	02:27:28	03:14:50	03:56:48		04:17:26.55	04:17:38.25	+01:10:52 (27.5%)	5:51	10.3 (73.0%)
83	PELA Dariusz	541	TMT TORUŃ	M30	26	01:42:55	02:38:34	03:21:09	03:57:39		04:17:07.85	04:18:03.35	+01:11:18 (27.6%)	5:50	10.3 (73.0%)
84	ASŁANOWICZ Marcin	17		M40	41	01:38:18	02:33:14	03:19:57	03:58:13		04:18:01.20	04:18:14.00	+01:11:28 (27.7%)	5:51	10.2 (72.3%)
85	PSIUCH Bartosz	367	WM TRISELF	M30	27	01:38:05	02:30:44	03:18:30	03:58:22		04:18:12.60	04:18:25.40	+01:11:40 (27.7%)	5:52	10.2 (72.3%)
86	KASKA-ŁOBODOWSKA Ewelina	191	RACE FIGHTER GOSIR DĘBE WIELKIE	K30	7	01:41:49	02:38:24	03:22:11	03:59:42		04:18:24.95	04:18:31.45	+01:11:46 (27.8%)	5:52	10.2 (72.3%)
87	KIERNICKI Łukasz	197	FUN&RUN	M30	28	01:37:17	02:30:55	03:18:54	03:58:24		04:18:48.45	04:18:58.50	+01:12:13 (27.9%)	5:52	10.2 (72.3%)
88	KANTOROWSKI Piotr	185		M30	29	01:37:06	02:31:17	03:19:16	03:59:08		04:18:44.15	04:19:06.05	+01:12:20 (27.9%)	5:52	10.2 (72.3%)
89	MAKSELON Anna	281		K40	1	01:43:32	02:39:24	03:22:17	04:00:18		04:19:13.50	04:19:48.55	+01:13:03 (28.1%)	5:53	10.2 (72.3%)
90	GARCZYŃSKI Darek	116		M40	42	01:36:38	02:28:03	03:14:56	03:57:01		04:19:43.30	04:20:00.50	+01:13:15 (28.2%)	5:54	10.2 (72.3%)
91	STANKIEWICZ Anna	418	DOGOŃ GRODZISK MAZOWIECKI	K30	8	01:44:00	02:38:20	03:21:58	03:59:59		04:19:52.75	04:20:07.25	+01:13:21 (28.2%)	5:54	10.2 (72.3%)
92	CHOWANIEC Sebastian	59	DOGOŃ GRODZISK MAZOWIECKI	M30	30	01:44:00	02:38:21	03:22:13	04:00:09		04:19:53.50	04:20:08.30	+01:13:22 (28.2%)	5:54	10.2 (72.3%)
93	GOTFRYD Adam	133		M40	43	01:47:23	02:42:38	03:25:26	04:01:57		04:20:05.60	04:20:31.70	+01:13:46 (28.3%)	5:54	10.2 (72.3%)
94	TERLECKI Krzysztof	455	CHEŁ BIEGA	M50	4	01:42:57	02:36:39	03:20:55	04:00:28		04:20:37.95	04:21:02.70	+01:14:17 (28.5%)	5:55	10.1 (71.6%)
95	CHILICKA Marta	55	RED LION CLUB	K30	9	01:42:51	02:37:46	03:22:27	04:01:16		04:20:56.90	04:21:05.00	+01:14:19 (28.5%)	5:55	10.1 (71.6%)
96	ROŹNIATA Iwona	378	SNG WILD DUCKS	K40	2	01:42:57	02:39:33	03:23:33	04:01:37		04:20:57.55	04:21:22.60	+01:14:37 (28.5%)	5:55	10.1 (71.6%)
97	STROIŃSKI Maciej	424		M30	31	01:43:28	02:37:13	03:20:03	03:59:18		04:21:14.35	04:22:09.25	+01:15:23 (28.8%)	5:56	10.1 (71.6%)
98	GĘSICH Kamil	123	KS ZIELONO - CZARNI	M30	32	01:35:12	02:29:38	03:16:38	04:00:38		04:21:44.50	04:22:25.35	+01:15:40 (28.8%)	5:56	10.1 (71.6%)
99	NEUFELD Marcin	319	INTEL RUNNERS / RUN-PASSION.PL	M40	44	01:33:37	02:27:16	03:16:42	04:01:23		04:22:44.65	04:22:53.90	+01:16:08 (29.0%)	5:58	10 (70.9%)
100	WOJTOWICZ Emil	503	PGE OBRÓT RUN	M40	45	01:48:58	02:42:31	03:25:46	04:03:31		04:22:38.70	04:23:26.40	+01:16:41 (29.1%)	5:58	10.1 (71.6%)
101	PANTOŁ Mirosław	343		M40	46	01:38:28	02:32:51	03:21:36	04:02:29		04:23:40.80	04:23:50.35	+01:17:05 (29.2%)	5:59	10 (70.9%)
102	OLEŚ Daniel	335		M30	33	01:37:10	02:36:04	03:21:48	04:03:00		04:24:52.75	04:25:01.55	+01:18:16 (29.5%)	6:01	10 (70.9%)
103	SERAFIN Robert	394		M40	47	01:39:45	02:33:49	03:20:52	04:03:53		04:25:00.30	04:25:07.70	+01:18:22 (29.6%)	6:01	10 (70.9%)
104	BEDNARSKA Katarzyna	29	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ/SIEBIEGA	K40	3	01:46:43	02:44:24	03:28:01	04:05:43		04:26:31.85	04:26:50.60	+01:20:05 (30.0%)	6:03	9.9 (70.2%)
105	ZAJĄC Grzegorz	518		M40	48	01:40:53	02:38:14	03:23:44	04:05:11		04:27:05.20	04:27:24.95	+01:20:39 (30.2%)	6:04	9.9 (70.2%)
106	PYRKOSZ Damian	369	AMBASADOR FESTIWALU BIEGÓW KRYNICA	M40	49	01:41:21	02:35:03	03:20:22	04:04:19		04:26:31.80	04:27:33.70	+01:20:48 (30.2%)	6:03	9.9 (70.2%)
107	JANERKA Marzka	157	DZIABNIĘCI	K40	4	01:45:15	02:41:01	03:26:06	04:06:17		04:27:45.60	04:27:51.60	+01:21:06 (30.3%)	6:05	9.9 (70.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Za		Przed		Kara/ bonifikata	Czas netto 44km	Czas brutto 44km	Różn	Tempo min/km	Tempo km/h
						Roztoki 18km	Skrzyżowaniem 27.6km	Brzeziniak 34.4km	Skrzyżowaniem 40.5km						
108	KIRILENKO Aneta	199		K40	5	01:41:09	02:38:13	03:26:19	04:06:55		04:27:25.60	04:27:55.70	+01:21:10 (30.3%)	6:04	9.9 (70.2%)
109	KIRILENKO Marcin	200		M40	50	01:41:09	02:38:14	03:26:19	04:06:59		04:27:27.95	04:27:57.90	+01:21:12 (30.3%)	6:04	9.9 (70.2%)
110	BARĆ Piotr	26	PLANETA NISKO	M50	5	01:41:36	02:36:12	03:22:39	04:05:30		04:27:33.75	04:27:59.75	+01:21:14 (30.3%)	6:04	9.9 (70.2%)
111	MAJEWICZ Grzegorz	277		M40	51	01:43:53	02:41:09	03:26:04	04:06:24		04:27:55.35	04:28:19.00	+01:21:33 (30.4%)	6:05	9.9 (70.2%)
112	JANIK Piotr	159		M40	52	01:46:43	02:40:03	03:26:20	04:07:03		04:27:37.20	04:28:43.70	+01:21:58 (30.5%)	6:04	9.9 (70.2%)
113	KRAUZE Tomasz	236	GB WROCŁAWSKIE MORSY	M50	6	01:45:44	02:42:30	03:27:31	04:08:03		04:27:51.60	04:28:50.15	+01:22:04 (30.5%)	6:05	9.9 (70.2%)
114	KALISZ Jakub	179		M30	34	01:45:21	02:41:00	03:29:58	04:09:11		04:28:22.15	04:28:50.55	+01:22:05 (30.5%)	6:05	9.8 (69.5%)
115	GRZYSZAK Rafał	139		M40	53	01:44:49	02:40:32	03:26:34	04:08:10		04:27:27.85	04:29:02.65	+01:22:17 (30.6%)	6:04	9.9 (70.2%)
116	PAŁKA Tomasz	545		M40	54	01:42:53	02:40:43	03:27:49	04:07:44		04:29:00.75	04:29:14.60	+01:22:29 (30.6%)	6:06	9.8 (69.5%)
117	BORUSZEWSKA Beata	44		K40	6	01:47:08	02:45:22	03:30:22	04:09:18		04:28:51.00	04:30:02.15	+01:23:16 (30.8%)	6:06	9.8 (69.5%)
118	BŁĘDOWSKI Mariusz	39	AAC FORD AUTO STYL WŁOCŁAWEK TEAM	M40	55	01:40:56	02:38:26	03:26:01	04:09:04		04:29:24.25	04:30:06.45	+01:23:21 (30.9%)	6:07	9.8 (69.5%)
119	OSZCZĘDA Wojciech	341	GMINA STRZELCE OPOLSKIE	M40	56	01:43:25	02:38:35	03:27:46	04:09:51		04:29:09.80	04:30:42.20	+01:23:56 (31.0%)	6:07	9.8 (69.5%)
120	KLAMUT Ryszard	203	KGB KORCZYNA	M60	1	01:46:58	02:41:17	03:27:10	04:08:52		04:30:53.55	04:31:01.75	+01:24:16 (31.1%)	6:09	9.7 (68.8%)
121	JUREK Przemysław	174	KS STASZEWCY	M40	57	01:43:58	02:40:22	03:25:28	04:08:41		04:31:02.55	04:31:27.25	+01:24:41 (31.2%)	6:09	9.7 (68.8%)
122	SUWEZDA Jacek	431	DZIKA CZEWA	M50	7	01:40:36	02:35:49	03:25:47	04:09:08		04:31:03.00	04:31:41.95	+01:24:56 (31.3%)	6:09	9.7 (68.8%)
123	LANGER Waldemar	258		M50	8	01:43:15	02:42:20	03:28:45	04:10:29		04:31:22.85	04:31:52.65	+01:25:07 (31.3%)	6:10	9.7 (68.8%)
124	CHOŁKA Michał	58		M30	35	01:44:54	02:39:29	03:28:25	04:10:02		04:31:45.10	04:32:26.55	+01:25:41 (31.5%)	6:10	9.7 (68.8%)
125	KOLACHA Patryk	216	STUDIO GTS	M20	7	01:39:06	02:35:08	03:25:24	04:08:58		04:32:37.80	04:32:49.30	+01:26:03 (31.5%)	6:11	9.7 (68.8%)
126	GAŚSIOR Kamil	122	UNDEFEATED RUNNING TEAM	M30	36	01:33:49	02:29:21	03:30:38	04:13:04		04:32:47.15	04:33:18.50	+01:26:33 (31.7%)	6:11	9.7 (68.8%)
127	KALTENBERG Janusz	180		M50	9	01:52:07	02:47:52	03:30:49	04:12:00		04:32:28.15	04:33:21.30	+01:26:35 (31.7%)	6:11	9.7 (68.8%)
128	WALKOWSKI Tomasz	477	JACEKBIEGA RUNNING TEAM	M50	10	01:43:31	02:42:48	03:32:18	04:13:07		04:33:03.10	04:34:28.40	+01:27:43 (32.0%)	6:12	9.7 (68.8%)
129	NICGORSKI Piotr	320		M40	58	01:45:40	02:39:16	03:26:13	04:12:22		04:32:26.20	04:34:37.10	+01:27:51 (32.0%)	6:11	9.7 (68.8%)
130	SKORUPKA Leszek	400	M3 SIEDLCE	M40	59	01:45:43	02:41:30	03:31:34	04:11:20		04:33:39.40	04:34:41.50	+01:27:56 (32.0%)	6:13	9.6 (68.1%)
131	SZPOTON Monika	444	ADIDAS RUNNERS WARSAW	K30	10	01:46:32	02:44:21	03:32:55	04:13:44		04:34:20.65	04:35:07.95	+01:28:22 (32.1%)	6:14	9.6 (68.1%)
132	OLSZEWSKI Jakub	337	MAFIA TEAM LUBLINIEC	M30	37	01:43:06	02:42:06	03:32:02	04:13:40		04:35:13.70	04:35:50.60	+01:29:05 (32.3%)	6:15	9.6 (68.1%)
133	KOSIN Paweł	544	WKURW_TEAM	M40	60	01:45:38	02:43:27	03:28:04	04:10:52		04:35:44.35	04:36:03.00	+01:29:17 (32.3%)	6:16	9.6 (68.1%)
134	SKUBIS Wojciech	402	SKUBIS ŻĄDZI	M40	61	01:41:26	02:37:12	03:25:02	04:10:20		04:34:38.55	04:36:42.25	+01:29:56 (32.5%)	6:14	9.6 (68.1%)
135	ŚWIERCZEWSKI Marcin	450		M20	8	01:40:48	02:36:30	03:33:01	04:17:06		04:36:51.40	04:37:02.20	+01:30:16 (32.6%)	6:17	9.5 (67.4%)
136	GÓRNY Robert	135	JUMP_IN_THE_FIRE	M40	62	01:45:25	02:43:50	03:33:00	04:16:02		04:37:18.55	04:37:31.95	+01:30:46 (32.7%)	6:18	9.5 (67.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Za		Przed		Kara/ bonifikata	Czas netto 44km	Czas brutto 44km	Różn	Tempo min/km	Tempo km/h
						Roztoki 18km	Skrzyżowaniem 27.6km	Brzeziniak 34.4km	Skrzyżowaniem 40.5km						
137	GODLEWSKA Marta	129	FITSMILE	K30	11	01:50:47	02:47:54	03:34:20	04:15:53		04:36:16.65	04:37:40.30	+01:30:54 (32.7%)	6:16	9.6 (68.1%)
138	KUŚ Jan	255		M20	9	01:52:16	02:48:10	03:35:43	04:15:33		04:35:47.80	04:37:51.65	+01:31:06 (32.8%)	6:16	9.6 (68.1%)
139	SADY Sebastian	388	OBY2	M40	63	01:48:42	02:47:06	03:36:58	04:17:20		04:37:00.95	04:38:03.85	+01:31:18 (32.8%)	6:17	9.5 (67.4%)
140	URACZ Łukasz	468	HARPAGAN SOSNOWIEC	M40	64	01:49:12	02:50:14	03:37:43	04:17:17		04:37:49.05	04:39:00.75	+01:32:15 (33.1%)	6:18	9.5 (67.4%)
141	ŚWIGOŃSKI Piotr	451		M30	38	01:41:05	02:39:40	03:34:36	04:17:10		04:38:35.65	04:39:10.75	+01:32:25 (33.1%)	6:19	9.5 (67.4%)
142	CZAJA Alicja	64	RODZENSTWO	K40	7	01:42:58	02:40:47	03:33:38	04:17:12		04:39:37.85	04:39:59.65	+01:33:14 (33.3%)	6:21	9.4 (66.7%)
143	FILIPEK Przemysław	98	KB MCKIS JAWORZNO	M40	65	01:44:39	02:43:44	03:34:34	04:18:02		04:39:49.60	04:40:28.75	+01:33:43 (33.4%)	6:21	9.4 (66.7%)
144	DUPLA Konrad	86		M40	66	01:52:43	02:49:50	03:38:30	04:19:45		04:40:18.05	04:40:51.70	+01:34:06 (33.5%)	6:22	9.4 (66.7%)
145	WIÓREK Maciej	497	TEAM BIEGOWY SZCZECINEK	M30	39	01:44:29	02:39:58	03:34:34	04:17:30		04:41:05.55	04:41:41.15	+01:34:55 (33.7%)	6:23	9.4 (66.7%)
146	DORDZIK Katarzyna	77		K30	12	01:47:29	02:45:50	03:37:19	04:20:56		04:41:37.30	04:41:48.30	+01:35:02 (33.7%)	6:24	9.4 (66.7%)
147	BARDAN Michał	27	ŻELAZO NIE KLĘKA	M30	40	01:43:31	02:42:48	03:34:02	04:19:39		04:40:29.45	04:41:54.60	+01:35:09 (33.8%)	6:22	9.4 (66.7%)
148	JURCZAK Roman	173	GEPARDY I GAZELE RZESZÓW	M60	2	01:39:05	02:37:06	03:27:30	04:17:14		04:42:02.60	04:42:06.70	+01:35:21 (33.8%)	6:24	9.4 (66.7%)
149	TOMAS Dariusz	462	TRIATHLON JAROSŁAW	M50	11	01:52:21	02:50:59	03:38:01	04:19:15		04:41:15.75	04:42:08.35	+01:35:23 (33.8%)	6:23	9.4 (66.7%)
150	BARTKOWIAK Rafał	28	ORTIMED RUNNERS TEAM	M40	67	01:47:35	02:50:09	03:40:51	04:21:14		04:41:22.55	04:42:08.45	+01:35:23 (33.8%)	6:23	9.4 (66.7%)
151	PAWELEC Piotr	351		M50	12	01:39:04	02:39:13	03:39:54	04:20:47		04:41:51.40	04:42:16.75	+01:35:31 (33.8%)	6:24	9.4 (66.7%)
152	MICHALIK Michał	300	NOWA HUTA TEAM	M20	10	01:47:55	02:44:37	03:39:40	04:21:04		04:41:36.30	04:42:36.80	+01:35:51 (33.9%)	6:24	9.4 (66.7%)
153	KANCLERZ-MAZURCZUK Monika	182	CROSSFITTER BOX CHEŁM	K40	8	01:50:32	02:50:28	03:39:46	04:19:41		04:42:01.70	04:42:38.65	+01:35:53 (33.9%)	6:24	9.4 (66.7%)
154	BIERNAT Agnieszka	35	KOSMICZNE MUMINKI	K20	2	01:43:48	02:43:31	03:36:02	04:18:45		04:42:26.25	04:42:44.15	+01:35:58 (33.9%)	6:25	9.3 (66.0%)
155	SACHANBINSKI Olek	387	LABOSPORT POLSKA	M50	13	01:45:44	02:44:25	03:36:38	04:19:01		04:41:31.00	04:42:46.05	+01:36:00 (34.0%)	6:23	9.4 (66.7%)
156	GAWRON Tomasz	120		M30	41	01:47:52	02:47:23	03:39:22	04:22:19		04:41:38.05	04:42:53.45	+01:36:08 (34.0%)	6:24	9.4 (66.7%)
157	TUTAJ Krzysztof	467		M50	14	01:55:54	02:56:13	03:42:06	04:21:46		04:42:00.85	04:43:00.05	+01:36:14 (34.0%)	6:24	9.4 (66.7%)
158	MICHALAK Katarzyna	299	ORANGE POLSKA	K40	9	01:52:07	02:51:43	03:39:24	04:21:20		04:42:57.25	04:43:18.35	+01:36:33 (34.1%)	6:25	9.3 (66.0%)
159	RADWAŃSKA Justyna	371		K30	13	01:49:02	02:46:04	03:38:16	04:20:01		04:42:01.00	04:43:20.50	+01:36:35 (34.1%)	6:24	9.4 (66.7%)
160	CHLUPKA Krzysztof	56		M30	42	01:45:59	02:47:15	03:42:25	04:22:17		04:42:27.20	04:43:31.25	+01:36:45 (34.1%)	6:25	9.3 (66.0%)
161	WAŻNY Andrzej	483	TYNEXPOL	M40	68	01:54:42	02:51:27	03:37:59	04:20:02		04:41:40.65	04:43:48.65	+01:37:03 (34.2%)	6:24	9.4 (66.7%)
162	ĆWIAKAŁA Halina	69	ATHLETIC ZRĘCIN	K40	10	01:47:44	02:47:28	03:40:30	04:23:05		04:44:03.30	04:44:10.50	+01:37:25 (34.3%)	6:27	9.3 (66.0%)
163	KOZŁOWSKI Tomasz	233	PIASECZNO RUNNING	M60	3	01:48:46	02:47:47	03:38:14	04:21:36		04:45:01.75	04:45:38.35	+01:38:53 (34.6%)	6:28	9.3 (66.0%)
164	BIGAJCZYK Bartosz	37		M30	43	01:47:25	02:45:15	03:37:47	04:20:18		04:44:14.95	04:45:54.85	+01:39:09 (34.7%)	6:27	9.3 (66.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Za		Przed		Kara/ bonifikata	Czas netto 44km	Czas brutto 44km	Różn	Tempo min/km	Tempo km/h
						Roztoki 18km	Skrzyżowaniem 27.6km	Brzeziniak 34.4km	Skrzyżowaniem 40.5km						
165	GARNCARZ Paweł	118		M40	69	01:43:20	02:42:06	03:38:01	04:22:29		04:45:17.15	04:45:56.10	+01:39:10 (34.7%)	6:29	9.3 (66.0%)
166	BIEL Sebastian	32	BIEGANIE SZYDERCÓW	M30	44	01:49:48	02:55:08	03:46:53	04:25:55		04:45:12.65	04:46:16.75	+01:39:31 (34.8%)	6:28	9.3 (66.0%)
167	POREBA Eugeniusz	362	MIECHÓW	M50	15	01:47:19	02:47:28	03:39:26	04:22:43		04:46:10.15	04:46:32.95	+01:39:47 (34.8%)	6:30	9.2 (65.2%)
168	TOKARZ Krzysztof	460	SSW TEAM KROŚNICE	M30	45	01:44:41	02:48:40	03:45:09	04:24:26		04:46:15.30	04:46:34.05	+01:39:48 (34.8%)	6:30	9.2 (65.2%)
169	FALKOWSKI Piotr	550	KS PEGAZ PIASECZNO	M50	16	01:47:45	02:48:42	03:44:11	04:25:02		04:45:00.10	04:46:44.10	+01:39:58 (34.9%)	6:28	9.3 (66.0%)
170	STEPANIAK Grzegorz	421	SWOBODA	M40	70	01:49:33	02:50:03	03:43:29	04:23:53		04:45:01.70	04:47:14.35	+01:40:29 (35.0%)	6:28	9.3 (66.0%)
171	WOLANIN Tomasz	504		M40	71	01:45:13	02:44:27	03:39:23	04:23:54		04:47:11.65	04:47:45.85	+01:41:00 (35.1%)	6:31	9.2 (65.2%)
172	GIERSZEWSKI Czarek	124	ZAŁOGA G	M50	17	01:51:27	02:50:48	03:42:09	04:25:55		04:47:42.20	04:47:58.10	+01:41:12 (35.1%)	6:32	9.2 (65.2%)
173	MASŁOŃ Stanisław	290	DĘBNO	M30	46	01:43:44	02:42:04	03:40:10	04:22:54		04:47:47.00	04:48:51.40	+01:42:06 (35.3%)	6:32	9.2 (65.2%)
174	JASNOWSKI Michał	162		M40	72	01:45:56	02:47:24	03:41:45	04:25:04		04:48:25.20	04:48:55.25	+01:42:09 (35.4%)	6:33	9.2 (65.2%)
175	BOGDAŃSKA Katarzyna	40	SMASHING PĄPKINS	K20	3	01:46:37	02:47:29	03:41:45	04:26:07		04:48:25.85	04:48:56.65	+01:42:11 (35.4%)	6:33	9.2 (65.2%)
176	KWIECIŃSKA Małgorzata	257	BRAVEHEARTS LEGIONOWO	K30	14	01:52:45	02:52:33	03:44:43	04:27:54		04:47:48.50	04:49:06.95	+01:42:21 (35.4%)	6:32	9.2 (65.2%)
177	KAZIMIERZ Rafał	194	NOA	M30	47	01:45:57	02:47:37	03:39:24	04:24:59		04:48:46.10	04:49:11.95	+01:42:26 (35.4%)	6:33	9.1 (64.5%)
178	FRĄCKOWIAK Ewelina	105	AMAT*ORKA	K40	11	01:52:50	02:52:59	03:45:47	04:27:15		04:48:02.10	04:49:12.95	+01:42:27 (35.4%)	6:32	9.2 (65.2%)
179	FURTEK Iwona	108		K30	15	01:47:14	02:50:49	03:45:13	04:26:42		04:49:06.95	04:49:26.15	+01:42:40 (35.5%)	6:34	9.1 (64.5%)
180	GARBOWSKA Monika	114	COMPAÑEROS ASFALT TEAM	K40	12	01:52:52	02:55:28	03:48:30	04:28:02		04:47:59.55	04:49:33.15	+01:42:47 (35.5%)	6:32	9.2 (65.2%)
181	RYKOWSKI Grzegorz	386	DARK SIDE	M40	73	01:46:53	02:48:56	03:49:51	04:29:23		04:49:28.90	04:49:36.95	+01:42:51 (35.5%)	6:34	9.1 (64.5%)
182	WILK Paweł	494		M40	74	01:54:32	02:57:08	03:48:55	04:28:57		04:49:31.55	04:49:56.40	+01:43:11 (35.6%)	6:34	9.1 (64.5%)
183	GORCZYŃSKI Wojciech	131	AIRBUS	M30	48	01:52:07	02:53:42	03:45:13	04:27:29		04:47:38.10	04:49:59.15	+01:43:13 (35.6%)	6:32	9.2 (65.2%)
184	POREMSKI Leszek	361		M50	18	01:48:26	02:48:59	03:43:48	04:27:03		04:50:01.15	04:50:38.55	+01:43:53 (35.7%)	6:35	9.1 (64.5%)
185	KANTOROWSKI Marcin	184		M40	75	01:52:11	02:54:30	03:44:47	04:27:53		04:49:07.00	04:50:39.80	+01:43:54 (35.7%)	6:34	9.1 (64.5%)
186	ROGACZEWSKI Kamil	375		M20	11	01:55:01	02:57:16	03:50:56	04:30:23		04:49:01.55	04:50:40.20	+01:43:54 (35.7%)	6:34	9.1 (64.5%)
187	PAŚNICKA Marta	348		K40	13	01:52:13	02:54:30	03:46:44	04:28:14		04:49:15.55	04:50:45.30	+01:43:59 (35.8%)	6:34	9.1 (64.5%)
188	GÓRE CZNY Rafał	134		M40	76	01:46:33	02:51:12	03:49:41	04:30:12		04:50:20.00	04:50:48.05	+01:44:02 (35.8%)	6:35	9.1 (64.5%)
189	LEŚNIAK Dariusz	261		M50	19	01:49:08	02:52:30	03:45:39	04:27:51		04:50:18.45	04:50:58.50	+01:44:13 (35.8%)	6:35	9.1 (64.5%)
190	KOŁODZIEJCZYK Maciej	220	FIZJO-SPORT	M40	77	01:47:44	02:48:01	03:40:38	04:25:39		04:50:11.30	04:51:02.25	+01:44:16 (35.8%)	6:35	9.1 (64.5%)
191	SOWA-OKRASA Sylwia	412	DOGOŃ GRODZISK MAZOWIECKI	K40	14	01:53:07	02:56:46	03:49:14	04:30:11		04:50:44.80	04:51:11.65	+01:44:26 (35.9%)	6:36	9.1 (64.5%)
192	MACKO Mariusz	276	MORSY OSTROŁĘKA	M40	78	01:47:26	02:48:55	03:49:50	04:30:38		04:51:06.40	04:51:14.75	+01:44:29 (35.9%)	6:36	9.1 (64.5%)
193	RADYK Jakub	372	PRZEMYSKI KLUB BIEGACZA	M30	49	01:49:48	02:54:24	03:44:45	04:28:03		04:49:46.25	04:51:16.30	+01:44:30 (35.9%)	6:35	9.1 (64.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Za		Przed		Kara/ bonifikata	Czas netto 44km	Czas brutto 44km	Różn	Tempo min/km	Tempo km/h
						Roztoki 18km	Skrzyżowaniem 27.6km	Brzeziniak 34.4km	Skrzyżowaniem 40.5km						
194	KUCHARSKI Paweł	248	PLANETA NISKO	M40	79	01:44:42	02:53:48	03:46:52	04:30:22		04:50:52.50	04:51:19.50	+01:44:34 (35.9%)	6:36	9.1 (64.5%)
195	MAKUCH Marcin	283		M30	50	01:47:45	02:49:05	03:45:41	04:28:10		04:50:17.75	04:51:23.95	+01:44:38 (35.9%)	6:35	9.1 (64.5%)
196	KLUBA Magdalena	206	FALSTART RUDNIKI	K20	4	01:53:08	02:54:35	03:46:12	04:28:53		04:50:46.25	04:51:33.95	+01:44:48 (35.9%)	6:36	9.1 (64.5%)
197	WŁOCH Mariusz	540	5 BSP	M20	12	01:47:30	02:46:44	03:39:18	04:27:21		04:50:44.30	04:52:00.80	+01:45:15 (36.0%)	6:36	9.1 (64.5%)
198	HOŁÓWKA Sławomir	149		M40	80	01:46:09	02:50:55	03:40:52	04:27:32		04:52:08.00	04:52:28.05	+01:45:42 (36.1%)	6:38	9 (63.8%)
199	BOROWIECKI Łukasz	43		M30	51	01:51:23	02:52:21	03:43:25	04:28:17		04:51:12.35	04:52:33.20	+01:45:47 (36.2%)	6:37	9.1 (64.5%)
200	GRANDA Paweł	137	21 DAPLOT	M30	52	01:52:51	02:54:13	03:46:33	04:29:45		04:51:35.30	04:52:34.50	+01:45:49 (36.2%)	6:37	9.1 (64.5%)
201	SOWIŃSKI Kamil	413		M30	53	01:50:12	02:53:21	03:47:20	04:30:07		04:51:34.10	04:52:36.15	+01:45:50 (36.2%)	6:37	9.1 (64.5%)
202	GWIZDAK Bartosz	141	PIJEBIMBERNONSTOP	M30	54	01:43:47	02:48:02	03:43:12	04:28:37		04:51:42.65	04:52:46.45	+01:46:01 (36.2%)	6:37	9 (63.8%)
203	PAŃTAK Sławomir	344	21DAPLOT JAROSŁAW	M40	81	01:52:57	02:54:13	03:46:30	04:29:44		04:51:57.90	04:52:58.05	+01:46:12 (36.3%)	6:38	9 (63.8%)
204	KARUŚ Waldemar	190	14 DAS JAROSŁAW IM.GEN. BRYG. WACŁAWA WIECZORKIEWICZA	M40	82	01:52:56	02:54:20	03:46:31	04:29:45		04:51:59.05	04:52:59.40	+01:46:14 (36.3%)	6:38	9 (63.8%)
205	ŻUREK Andrzej	537		M40	83	01:52:44	02:55:27	03:47:20	04:28:37		04:50:54.65	04:53:04.50	+01:46:19 (36.3%)	6:36	9.1 (64.5%)
206	JEDLIŃSKI Bartosz	165	MARATOŃCZYK DĘBICA	M40	84	01:51:50	02:58:13	03:50:37	04:32:22		04:52:43.05	04:53:09.90	+01:46:24 (36.3%)	6:39	9 (63.8%)
207	RENKIEL Tomasz	543		M40	85	01:49:05	02:54:33	03:48:33	04:29:58		04:52:18.55	04:53:50.55	+01:47:05 (36.4%)	6:38	9 (63.8%)
208	STĘPIEŃ Wojciech	422	COMPAÑEROS ASFALT TEAM	M40	86	01:49:05	02:54:35	03:48:33	04:29:58		04:52:22.90	04:53:55.85	+01:47:10 (36.5%)	6:38	9 (63.8%)
209	LIK Marek	265	CHEŁM BIEGA	M50	20	01:52:03	02:51:05	03:43:24	04:28:17		04:53:24.95	04:53:57.30	+01:47:11 (36.5%)	6:40	9 (63.8%)
210	OLEJNIK Krzysztof	333	ROZBIEGAMY NOWY DWÓR	M50	21	02:03:41	03:04:39	03:51:43	04:31:24		04:52:02.30	04:54:01.90	+01:47:16 (36.5%)	6:38	9 (63.8%)
211	DUDEK Łukasz	84		M30	55	01:41:04	02:45:56	03:46:09	04:30:38		04:53:36.70	04:54:14.10	+01:47:28 (36.5%)	6:40	9 (63.8%)
212	TOMCZYK Grzegorz	463	AIRBUS	M20	13	01:49:17	02:48:13	03:44:15	04:29:07		04:52:35.50	04:54:56.05	+01:48:10 (36.7%)	6:39	9 (63.8%)
213	WINIARSKI Krystian	496	WSD RZESZÓW	M30	56	01:46:14	02:47:01	03:42:36	04:29:25		04:53:42.55	04:55:03.70	+01:48:18 (36.7%)	6:40	9 (63.8%)
214	GRYZ Jacek	138	BRAVEHEARTS LEGIONOWO	M40	87	01:48:42	02:52:31	03:42:08	04:28:15		04:54:38.90	04:55:57.20	+01:49:11 (36.9%)	6:41	9 (63.8%)
215	FLOREK Tomasz	102	BIEGANIE SZYDERCÓW	M40	88	01:49:55	02:55:07	03:46:21	04:31:52		04:54:58.75	04:56:02.20	+01:49:16 (36.9%)	6:42	8.9 (63.1%)
216	KOSZOREK Marek	228		M40	89	01:47:42	02:53:25	03:50:09	04:32:42		04:56:15.25	04:56:26.95	+01:49:41 (37.0%)	6:43	8.9 (63.1%)
217	KRUKAR Adam	548	FINISZ RYMANÓW	M40	90	01:50:40	02:54:32	03:49:02	04:33:29		04:55:23.60	04:56:40.30	+01:49:54 (37.0%)	6:42	8.9 (63.1%)
218	PASZKIEL Artur	347		M50	22	01:53:21	02:55:27	03:49:51	04:33:06		04:55:23.45	04:56:44.40	+01:49:59 (37.1%)	6:42	8.9 (63.1%)
219	HAŁACZKIEWICZ Adam	144	EXTREMEWOLF	M40	91	01:57:26	02:55:09	03:48:52	04:34:31		04:55:45.05	04:56:47.25	+01:50:01 (37.1%)	6:43	8.9 (63.1%)
220	KRASOWSKI Mateusz	235	PROSWIM	M30	57	01:48:08	02:53:01	03:49:09	04:33:41		04:56:37.50	04:56:57.05	+01:50:11 (37.1%)	6:44	8.9 (63.1%)
221	KRASOWSKI Łukasz	234	PROSWIM	M30	58	01:48:09	02:53:02	03:49:02	04:33:23		04:56:39.10	04:56:58.15	+01:50:12 (37.1%)	6:44	8.9 (63.1%)
222	BOKŁAK Mariusz	42	KLUB BIEGACZA FARTLEK	M40	92	01:46:41	02:55:48	03:50:35	04:34:55		04:56:19.50	04:56:59.65	+01:50:14 (37.1%)	6:44	8.9 (63.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Za		Przed		Kara/ bonifikata	Czas netto 44km	Czas brutto 44km	Różn	Tempo min/km	Tempo km/h
						Roztoki 18km	Skrzyżowaniem 27.6km	Brzeziniak 34.4km	Skrzyżowaniem 40.5km						
223	ŻEBROWSKA Jolanta	536	POTRNUJEMY?, CHEMIK NOXY PUŁAWY	K50	2	01:49:17	02:56:14	03:52:43	04:36:26		04:56:52.50	04:57:20.10	+01:50:34 (37.2%)	6:44	8.9 (63.1%)
224	URBANEK Dariusz	470	OBY PRZED LIMITEM	M40	93	01:48:48	02:53:56	03:49:59	04:34:45		04:55:50.60	04:57:24.65	+01:50:39 (37.2%)	6:43	8.9 (63.1%)
225	KOWALCZYK Mariusz	230	WOLFPACK	M40	94	01:50:24	02:53:20	03:43:12	04:28:51		04:55:06.15	04:57:36.80	+01:50:51 (37.2%)	6:42	8.9 (63.1%)
226	KAMIŃSKI Bartosz	181		M40	95	01:59:36	03:03:36	03:51:50	04:35:09		04:56:40.40	04:57:41.70	+01:50:56 (37.3%)	6:44	8.9 (63.1%)
227	KLOCEK Konrad	205		M30	59	01:51:59	02:51:45	03:51:08	04:34:07		04:57:22.70	04:57:52.20	+01:51:06 (37.3%)	6:45	8.9 (63.1%)
228	PODPŁOMYK Andrzej	360	SPORTCZESNA	M40	96	01:41:13	02:42:07	03:31:59	04:23:27		04:57:33.00	04:58:09.60	+01:51:24 (37.4%)	6:45	8.9 (63.1%)
229	SUŁKOWSKI Maciej	429	TRIATHLON JAROSŁAW	M40	97	01:52:22	02:50:11	03:47:25	04:34:57		04:57:43.85	04:58:35.65	+01:51:50 (37.5%)	6:46	8.9 (63.1%)
230	ŻARCZYŃSKI Mariusz	535	3:33 TEAM	M50	23	01:58:04	03:00:40	03:50:21	04:35:37		04:58:00.15	04:58:46.50	+01:52:01 (37.5%)	6:46	8.9 (63.1%)
231	SIEMIĘNCZUK Robert	395		M50	24	01:58:04	03:00:40	03:53:15	04:34:59		04:58:00.45	04:58:47.10	+01:52:01 (37.5%)	6:46	8.9 (63.1%)
232	BEHRENDT Bartek	554		M50	25	02:02:32	03:07:35	03:55:43	04:36:55		04:57:43.75	04:59:21.05	+01:52:35 (37.6%)	6:46	8.9 (63.1%)
233	SZUBARTOWSKI Paweł	445	BEŁŻYCE I OKOLICE BIEGAJĄ	M20	14	01:49:12	02:56:12	03:54:03	04:36:38		04:59:06.40	04:59:34.00	+01:52:48 (37.7%)	6:47	8.8 (62.4%)
234	GARBARCZYK Daniel	113	1 BATALION KAWALERII POWIETRZNEJ	M20	15	01:55:00	02:57:14	03:50:41	04:34:32		04:58:00.55	04:59:39.80	+01:52:54 (37.7%)	6:46	8.9 (63.1%)
235	TOCZEWSKA Anna	457	JACEKBIEGA RUNNING TEAM	K50	3	01:55:16	02:58:39	03:54:05	04:36:48		04:59:02.20	04:59:58.05	+01:53:12 (37.7%)	6:47	8.8 (62.4%)
236	LEWCZUK Norbert	264	BIEGACZE POMAGACZE	M30	60	01:46:10	02:50:19	03:48:41	04:34:13		04:58:16.85	04:59:59.75	+01:53:14 (37.7%)	6:46	8.9 (63.1%)
237	KOCHANIEC Waldemar	214	TKKF SOKÓŁ GŁOGÓW MAŁOPOLSKI	M50	26	01:46:51	02:51:18	03:51:05	04:36:14		04:59:00.40	05:00:08.40	+01:53:23 (37.8%)	6:47	8.8 (62.4%)
238	LASEK Joanna	259		K30	16	01:48:21	02:54:23	03:51:28	04:37:23		05:00:15.30	05:00:29.50	+01:53:44 (37.8%)	6:49	8.8 (62.4%)
239	JAMA Rafał	155	WATER TEAM	M40	98	01:48:05	02:55:38	03:52:10	04:37:03		04:59:50.65	05:00:54.45	+01:54:09 (37.9%)	6:48	8.8 (62.4%)
240	FEDAK Bohdan	93		M40	99	01:53:01	03:00:27	03:58:04	04:40:08		04:59:44.70	05:00:56.10	+01:54:10 (37.9%)	6:48	8.8 (62.4%)
240	KRAWCZYK Jan	237	KLUB POD WISIENKĄ	M30	61	01:53:02	03:00:27	03:58:12	04:40:08		04:59:44.20	05:00:56.10	+01:54:10 (37.9%)	6:48	8.8 (62.4%)
242	PISKORZ Ireneusz	359		M30	62	01:42:46	02:48:48	03:45:08	04:34:12		05:01:19.10	05:01:40.30	+01:54:54 (38.1%)	6:50	8.8 (62.4%)
243	GAWROŃSKI Hubert	121	HUGO	M40	100	01:53:33	02:54:29	03:49:32	04:35:37		05:00:57.45	05:02:11.05	+01:55:25 (38.2%)	6:50	8.8 (62.4%)
244	DŁUGOSZ-SAWICKA Marta	74	ON THE MOVE	K30	17	01:52:53	03:03:39	04:02:23	04:41:47		05:01:01.75	05:02:22.50	+01:55:37 (38.2%)	6:50	8.8 (62.4%)
244	MROTEK Katarzyna	312	ON THE MOVE	K30	17	01:52:53	03:03:43	04:02:21	04:41:48		05:01:02.25	05:02:22.50	+01:55:37 (38.2%)	6:50	8.8 (62.4%)
246	PESZEK Bogdan	354	ULTRA PRZESILENIE	M40	101	01:57:02	03:02:38	03:54:37	04:38:52		05:02:11.50	05:02:40.10	+01:55:54 (38.3%)	6:52	8.7 (61.7%)
247	PIEKARSKI Wojciech	357		M50	27	01:55:57	03:00:27	03:57:01	04:39:53		05:01:42.00	05:02:44.80	+01:55:59 (38.3%)	6:51	8.8 (62.4%)
248	KARKUT Michał	188	FUN&RUN	M30	63	01:56:30	03:03:33	03:59:59	04:41:58		05:02:43.80	05:02:55.35	+01:56:10 (38.3%)	6:52	8.7 (61.7%)
249	STELMACH Dariusz	420	BIEGANIE SZYDERCÓW	M30	64	01:49:52	02:57:00	03:56:18	04:41:44		05:02:11.15	05:03:15.50	+01:56:30 (38.4%)	6:52	8.7 (61.7%)
250	KOCZUR Kamila	215		K30	19	02:00:05	03:06:23	03:59:26	04:41:20		05:01:54.80	05:03:27.40	+01:56:42 (38.5%)	6:51	8.7 (61.7%)
251	GARCZYŃSKA Ania	117		K40	15	01:55:08	02:59:59	03:54:12	04:39:44		05:02:40.50	05:03:40.95	+01:56:55 (38.5%)	6:52	8.7 (61.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Za		Przed		Kara/ bonifikata	Czas netto 44km	Czas brutto 44km	Różn	Tempo min/km	Tempo km/h
						Roztoki 18km	Skrzyżowaniem 27.6km	Brzeziniak 34.4km	Skrzyżowaniem 40.5km						
252	SYDOR Piotr	433		M30	65	01:52:46	03:04:48	04:03:51	04:43:31		05:03:09.40	05:03:50.00	+01:57:04 (38.5%)	6:53	8.7 (61.7%)
253	BILSKI Marek	38	VEGEDOG	M40	102	01:52:17	02:56:33	03:53:44	04:38:39		05:03:33.60	05:04:11.95	+01:57:26 (38.6%)	6:53	8.7 (61.7%)
254	SROKA Krzysztof	414		M40	103	01:54:55	02:56:20	03:53:09	04:39:32		05:01:58.95	05:04:17.95	+01:57:32 (38.6%)	6:51	8.7 (61.7%)
255	MROTEK Michał	313	ATG - QUAPRO	M40	104	01:52:54	03:03:43	04:02:32	04:42:04		05:04:01.95	05:05:22.10	+01:58:36 (38.8%)	6:54	8.7 (61.7%)
256	MOSTOWSKA Joanna	311		K30	20	01:52:53	02:57:48	03:55:29	04:41:09		05:04:44.10	05:06:26.85	+01:59:41 (39.1%)	6:55	8.7 (61.7%)
256	APOLLO Michał	15	KMW ZAKOPANE	M30	66	01:52:23	02:57:47	03:55:27	04:41:09		05:04:43.75	05:06:26.85	+01:59:41 (39.1%)	6:55	8.7 (61.7%)
258	BRUSIŁO Bartosz	45	MAMY RUSZAMY	M30	67	01:54:49	03:05:29	04:00:09	04:41:38		05:05:13.80	05:06:36.35	+01:59:51 (39.1%)	6:56	8.6 (61.0%)
259	WARZYCHA Krzysztof	481	MAXEL	M50	28	01:59:32	03:05:25	03:58:11	04:43:21		05:05:46.90	05:06:45.20	+01:59:59 (39.1%)	6:56	8.6 (61.0%)
260	WARZYCHA Dawid	480	PKP INTERCITY	M20	16	01:59:35	03:05:28	03:58:11	04:43:22		05:05:47.45	05:06:45.55	+02:00:00 (39.1%)	6:56	8.6 (61.0%)
261	ZMYJ Danuta	532	LACHO TEAM	K40	16	01:56:06	03:02:28	04:02:38	04:43:52		05:07:06.05	05:07:26.30	+02:00:40 (39.3%)	6:58	8.6 (61.0%)
262	WACH Zdzisław	472		M60	4	01:56:11	03:00:27	03:57:00	04:42:47		05:06:23.30	05:07:26.45	+02:00:41 (39.3%)	6:57	8.6 (61.0%)
263	KUCIA Łukasz	249	BIEGACZE TUREK	M30	68	01:58:47	03:06:44	04:06:08	04:47:57		05:05:54.60	05:07:41.20	+02:00:55 (39.3%)	6:57	8.6 (61.0%)
264	KANDEFER Beata	183	KB „ATHLETIC”ZRĘCIN	K40	17	01:50:03	02:53:28	03:59:41	04:43:27		05:08:04.20	05:08:10.60	+02:01:25 (39.4%)	7:00	8.6 (61.0%)
265	BIESZCZAD Ilona	36	KB ATHLETIC ZRĘCIN	K30	21	01:50:06	02:53:42	03:54:37	04:43:35		05:08:04.55	05:08:11.10	+02:01:25 (39.4%)	7:00	8.6 (61.0%)
266	ZIELIŃSKI Łukasz	527	J&Ł	M40	105	02:01:44	03:07:06	03:58:18	04:44:34		05:08:16.65	05:08:59.40	+02:02:14 (39.6%)	7:00	8.6 (61.0%)
267	PATRZYK Jacek	349	J&Ł	M40	106	02:01:25	03:07:05	03:59:09	04:44:33		05:08:17.90	05:09:01.00	+02:02:15 (39.6%)	7:00	8.6 (61.0%)
268	WOLF Weronika	505	3PBOT POZYTYWNIIE ZABIEGANI SANOK	K40	18	02:02:19	03:12:32	04:02:02	04:46:00		05:07:58.00	05:09:25.40	+02:02:40 (39.6%)	6:59	8.6 (61.0%)
269	HETMAN Maciej	148	KONKURS BIEGAMBOLUBIĘ	M30	69	01:55:05	03:01:50	04:01:11	04:45:59		05:07:22.70	05:09:27.80	+02:02:42 (39.7%)	6:59	8.6 (61.0%)
270	MAJTYKA Tomasz	279	LOS TREPOS COMPANIEROS	M50	29	02:01:48	03:08:44	04:07:16	04:48:16		05:08:12.50	05:09:39.85	+02:02:54 (39.7%)	7:00	8.6 (61.0%)
271	SYGIET Andrzej	434		M40	107	01:54:04	03:04:55	04:03:51	04:47:27		05:09:18.70	05:09:58.40	+02:03:13 (39.8%)	7:01	8.5 (60.3%)
272	SAWICKI Robert	390	BEE RUNS WITH RUN4FUN WARYJOTY TEAM	M40	108	01:57:05	03:07:22	04:03:21	04:47:26		05:08:18.60	05:10:11.30	+02:03:25 (39.8%)	7:00	8.6 (61.0%)
273	KOŁODZIEJ Jacek	219	COMPANEROS ASFALT TEAM	M40	109	01:52:51	02:58:30	03:54:35	04:42:28		05:08:46.30	05:10:20.40	+02:03:35 (39.8%)	7:01	8.6 (61.0%)
274	MALETA Marcin	285	LPP TEAM	M30	70	01:56:29	03:05:40	03:59:50	04:47:02		05:09:57.30	05:10:21.90	+02:03:36 (39.8%)	7:02	8.5 (60.3%)
275	SIENNICA Joanna	396	ŚWIDNICKA GRUPA BIEGOWA	K40	19	01:54:53	03:02:56	04:01:10	04:46:14		05:09:36.15	05:10:26.85	+02:03:41 (39.8%)	7:02	8.5 (60.3%)
276	ZŁOTNICKA Olga	530	ŚWIDNICKA GRUPA BIEGOWA	K40	20	01:54:54	03:02:58	04:02:12	04:46:16		05:09:36.45	05:10:27.10	+02:03:41 (39.8%)	7:02	8.5 (60.3%)
277	BRYŚ Rafał	46	ŚWIDNICKA GRUPA BIEGOWA	M40	110	01:54:54	03:02:57	04:02:19	04:46:16		05:09:37.80	05:10:29.05	+02:03:43 (39.9%)	7:02	8.5 (60.3%)
278	BIENKOWSKI Stanisław	33	WODNIAK	M40	111	01:58:22	03:04:37	03:59:45	04:44:17		05:10:27.05	05:10:51.60	+02:04:06 (39.9%)	7:03	8.5 (60.3%)
279	BAJUR Barbara	20		K30	22	02:01:43	03:04:53	03:58:22	04:46:05		05:09:26.30	05:10:54.85	+02:04:09 (39.9%)	7:01	8.5 (60.3%)
280	KŁOSEK Jacek	209	INSTAL-TECH TEAM	M30	71	02:03:16	03:09:53	04:03:54	04:47:23		05:09:34.50	05:10:58.20	+02:04:12 (39.9%)	7:02	8.5 (60.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Za		Przed		Kara/ bonifikata	Czas netto 44km	Czas brutto 44km	Różn	Tempo min/km	Tempo km/h
						Roztoki 18km	Skrzyżowaniem 27.6km	Brzeziniak 34.4km	Skrzyżowaniem 40.5km						
281	RYCHLIK Zbigniew	385	MIŁOŚĆ JEST CIERPLIWA	M50	30	01:52:25	02:59:32	04:01:57	04:47:57		05:09:37.35	05:11:00.50	+02:04:15 (40.0%)	7:02	8.5 (60.3%)
282	KARCZ Anna	187	PIES TO BIEGAŁ	K20	5	02:00:02	03:10:35	04:04:38	04:48:49		05:11:08.00	05:11:29.20	+02:04:43 (40.0%)	7:04	8.5 (60.3%)
283	ANTOSZ Mateusz	14	ŚMIGAJĄCEZIOME CZKI	M20	17	01:54:22	03:04:35	04:02:47	04:46:01		05:09:30.25	05:11:32.35	+02:04:47 (40.1%)	7:02	8.5 (60.3%)
284	TEPER Bartosz	454	ŚMIGAJĄCEZIOME CZKI	M20	18	01:54:22	03:04:36	04:02:48	04:46:03		05:09:33.20	05:11:34.45	+02:04:49 (40.1%)	7:02	8.5 (60.3%)
285	PAPROCKA Kamila	553		K20	6	01:54:42	03:07:34	04:03:36	04:48:05		05:10:15.95	05:12:23.95	+02:05:38 (40.2%)	7:03	8.5 (60.3%)
286	MATERNIA Karolina	291		K30	23	01:59:53	03:08:09	04:04:16	04:48:16		05:11:02.80	05:12:29.00	+02:05:43 (40.2%)	7:04	8.5 (60.3%)
287	DERLAGA Wojciech	73		M30	72	01:55:57	03:03:36	04:04:28	04:48:28		05:11:30.90	05:12:29.75	+02:05:44 (40.2%)	7:04	8.5 (60.3%)
288	WANDZEL Tomasz	478		M40	112	01:57:06	03:05:36	04:08:27	04:48:29		05:11:00.40	05:12:30.45	+02:05:45 (40.2%)	7:04	8.5 (60.3%)
289	NIEDŹWIEDŹ Tomasz	322		M40	113	01:52:16	03:01:12	03:58:54	04:48:24		05:12:48.40	05:12:56.60	+02:06:11 (40.3%)	7:06	8.4 (59.6%)
290	DYREK Marcin	90		M30	73	01:55:07	03:06:46	04:04:23	04:48:57		05:12:57.45	05:13:14.25	+02:06:28 (40.4%)	7:06	8.4 (59.6%)
291	OKON Michal	331	SPORT PASJE - MICHAL OKON	M40	114	02:03:55	03:23:51	04:12:37	04:51:38		05:12:28.00	05:14:36.90	+02:07:51 (40.6%)	7:06	8.4 (59.6%)
292	SZALACHA Katarzyna	437		K30	24	01:57:39	03:04:27	04:03:06	04:48:17		05:13:14.25	05:14:40.75	+02:07:55 (40.7%)	7:07	8.4 (59.6%)
293	WRÓBEL Sebastian	512	APTEKA GEMINI TEAM	M40	115	02:01:13	03:11:01	04:03:18	04:48:48		05:13:10.50	05:14:42.70	+02:07:57 (40.7%)	7:07	8.4 (59.6%)
293	WEREMJEWICZ Marcin Wiktor	484	SZAPAR RUN & EXPEDITION	M40	115	01:57:30	03:01:58	04:00:23	04:47:21		05:12:26.30	05:14:42.70	+02:07:57 (40.7%)	7:06	8.4 (59.6%)
295	WOJCIESZEK Andrzej	502	GEMINI POLSKA TEAM	M40	117	01:44:09	02:50:34	03:51:17	04:44:45		05:14:23.85	05:14:43.20	+02:07:57 (40.7%)	7:08	8.4 (59.6%)
296	WACŁAWIK Jan	473		M40	118	01:58:41	03:06:39	04:06:07	04:48:26		05:13:17.70	05:15:08.75	+02:08:23 (40.7%)	7:07	8.4 (59.6%)
297	MYGA Michał	315	HEARTLESS	M30	74	02:04:15	03:14:11	04:09:13	04:53:05		05:13:19.15	05:15:14.05	+02:08:28 (40.8%)	7:07	8.4 (59.6%)
298	MYGA Anna	316	HEARTLESS	K30	25	02:04:15	03:14:11	04:05:48	04:53:06		05:13:24.25	05:15:19.10	+02:08:33 (40.8%)	7:07	8.4 (59.6%)
299	DZIEWA Przemysław	92	ATS WHEELS	M40	119	01:55:42	02:58:28	03:55:39	04:45:02		05:13:57.60	05:15:28.45	+02:08:43 (40.8%)	7:08	8.4 (59.6%)
300	KRUPA Jacek	239	ATS WHEELS	M40	120	01:55:45	02:58:26	03:55:37	04:45:01		05:13:57.60	05:15:28.85	+02:08:43 (40.8%)	7:08	8.4 (59.6%)
301	BARAŃSKI Michał	25		M50	31	01:59:51	03:06:40	04:05:34	04:51:11		05:15:26.60	05:15:44.75	+02:08:59 (40.9%)	7:10	8.4 (59.6%)
302	MALINOWSKI Marcin	286		M40	121	01:55:52	03:03:30	04:02:50	04:50:33		05:14:42.70	05:15:52.25	+02:09:06 (40.9%)	7:09	8.4 (59.6%)
303	PAUL Violetta	350	BPRT	K40	21	02:04:09	03:11:15	04:07:52	04:51:59		05:15:30.50	05:16:20.50	+02:09:35 (41.0%)	7:10	8.4 (59.6%)
304	SEKUŁA Mirek	392	INFINITY RUNNER'S TEAM GRYBÓW	M40	122	01:53:21	03:06:48	04:11:24	04:56:04		05:18:22.10	05:18:31.05	+02:11:45 (41.4%)	7:14	8.3 (58.9%)
305	GWOŹDZIOWSKI Marcin	142		M40	123	01:57:26	03:12:19	04:08:54	04:53:30		05:18:41.95	05:19:09.25	+02:12:23 (41.5%)	7:14	8.3 (58.9%)
306	LISAK Krzysztof	269		M30	75	01:41:26	02:40:02	04:29:14	05:01:39		05:19:06.05	05:19:29.50	+02:12:44 (41.5%)	7:15	8.3 (58.9%)
307	CZENCZEK Krystian	67		M40	124	01:55:14	03:07:31	04:03:32	04:51:20		05:17:22.55	05:19:33.75	+02:12:48 (41.6%)	7:12	8.3 (58.9%)
308	ROSIK Robert	377	LUMBERJACKS	M30	76	01:53:57	03:03:26	04:03:41	04:51:23		05:19:07.75	05:20:02.45	+02:13:17 (41.6%)	7:15	8.3 (58.9%)
309	KOPISZKA Tomasz	223	STOWARZYSZENIE KULTURY FIZYCZNEJ KLUB PIŁKARSKI HUBERTUS	M40	125	01:54:23	03:03:27	04:03:58	04:51:20		05:19:10.35	05:20:05.25	+02:13:19 (41.7%)	7:15	8.3 (58.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Za			Przed		Kara/ bonifikata	Czas netto 44km	Czas brutto 44km	Różn	Tempo min/km	Tempo km/h
						Roztoki 18km	Skrzyżowaniem 27.6km	Brzeziniak 34.4km	Skrzyżowaniem 40.5km							
310	TUROSZ Zbigniew	466		M60	5	01:55:08	03:03:56	04:04:43	04:53:55			05:19:49.70	05:20:22.65	+02:13:37 (41.7%)	7:16	8.3 (58.9%)
311	KRZYŻEWSKI Roger	243		M30	77	01:56:44	03:06:31	04:05:55	04:53:57			05:19:50.85	05:20:24.50	+02:13:39 (41.7%)	7:16	8.3 (58.9%)
312	LORISZ Damian	270	BPRT GLIWICE, OPP KATOWICE	M30	78	01:57:59	03:12:01	04:09:44	04:56:10			05:19:41.55	05:20:31.20	+02:13:45 (41.7%)	7:15	8.3 (58.9%)
313	HEBDA-OLSZÓWKA Aleksandra	146	BP RUNNING TEAM GLIWICE	K30	26	01:57:59	03:12:03	04:09:41	04:56:06			05:19:41.95	05:20:32.10	+02:13:46 (41.7%)	7:15	8.3 (58.9%)
314	GAŁEK Grzegorz	112		M40	126	01:59:53	03:08:09	04:05:33	04:54:20			05:20:07.15	05:21:33.60	+02:14:48 (41.9%)	7:16	8.2 (58.2%)
315	WALECZEK Sławomir	476		M40	127	01:52:57	03:04:52	04:08:06	04:55:21			05:21:23.60	05:22:04.45	+02:15:19 (42.0%)	7:18	8.2 (58.2%)
316	MAJKOWSKI Marcin	278		M40	128	01:55:31	03:05:38	04:04:17	04:54:45			05:20:43.90	05:22:07.00	+02:15:21 (42.0%)	7:17	8.2 (58.2%)
317	WALAC Jacek	475	DOGOŃ GRODZISK MAZOWIECKI	M30	79	01:58:52	03:09:26	04:05:20	04:55:14			05:21:40.50	05:22:09.55	+02:15:24 (42.0%)	7:18	8.2 (58.2%)
318	LATO-KSIĄŻEK Karolina	260	LUBLIN BIEGA	K30	27	02:09:22	03:21:42	04:17:06	04:59:22			05:21:12.45	05:22:22.15	+02:15:36 (42.1%)	7:18	8.2 (58.2%)
319	KSIĄŻEK Dawid	244	LUBLIN BIEGA	M30	80	02:09:24	03:21:44	04:17:08	04:59:25			05:21:13.65	05:22:22.60	+02:15:37 (42.1%)	7:18	8.2 (58.2%)
320	SMOCZYK Wojciech	404	SSW TEAM KROŚNICE	M20	19	01:55:09	03:09:39	04:07:49	04:56:42			05:22:40.70	05:22:59.15	+02:16:13 (42.2%)	7:20	8.2 (58.2%)
321	JEZIERSKI Jakub	166	ORANGE POLSKA	M40	129	01:59:23	03:10:02	04:10:19	04:56:40			05:21:46.85	05:23:56.85	+02:17:11 (42.3%)	7:18	8.2 (58.2%)
322	KIN Rafał	198	AZS PWSZ KROSNO	M40	130	02:04:12	03:12:45	04:10:32	04:57:15			05:23:10.65	05:24:10.10	+02:17:24 (42.4%)	7:20	8.2 (58.2%)
323	JUROSZEK Józef	175		M40	131	01:46:42	02:49:05	03:42:55	04:22:58	00:40:00		05:23:33.00	05:24:12.00	+02:17:26 (42.4%)	6:26	9.3 (66.0%)
324	PAROL Paweł	345		M40	132	01:53:21	03:01:09	04:09:05	04:57:12			05:22:38.35	05:24:13.90	+02:17:28 (42.4%)	7:19	8.2 (58.2%)
325	JARZEMBOWSKI Tomasz	160	WLKP MOUNTAINS ULTRA	M40	133	02:03:25	03:13:20	04:11:13	05:00:04			05:24:05.65	05:24:21.10	+02:17:35 (42.4%)	7:21	8.1 (57.4%)
326	DUCH Emil	81	JB WARSAW	M30	81	02:02:36	03:13:49	04:09:52	04:57:17			05:22:31.55	05:24:28.00	+02:17:42 (42.4%)	7:19	8.2 (58.2%)
327	SOBCZAK Mikołaj	409	WLKP ULTRA MOUNTAINS	M40	134	02:03:27	03:13:23	04:11:15	05:00:09			05:24:12.85	05:24:28.25	+02:17:42 (42.4%)	7:22	8.1 (57.4%)
328	KOTOWSKI Andrzej	229		M50	32	01:53:02	03:04:50	04:08:50	04:56:49			05:23:48.35	05:24:29.55	+02:17:44 (42.4%)	7:21	8.2 (58.2%)
329	FRĄC Dariusz	106	NIGHT RUNNERS GLIWICE	M40	135	02:00:45	03:09:23	04:09:17	04:57:48			05:24:45.20	05:25:51.05	+02:19:05 (42.7%)	7:22	8.1 (57.4%)
330	KLAWIKOWSKI Mateusz	204	JACEKBIEGA RUNNIG TEAM	M20	20	01:55:57	03:05:10	04:04:30	04:55:14			05:25:57.25	05:26:11.25	+02:19:25 (42.7%)	7:24	8.1 (57.4%)
331	JAKUBOWSKA Renata	154		K60	1	02:03:03	03:14:14	04:13:32	05:00:33			05:25:15.70	05:26:13.75	+02:19:28 (42.8%)	7:23	8.1 (57.4%)
332	NAZIMEK Lilianna	318	SUO TEMPORE	K40	22	01:59:36	03:11:12	04:10:58	04:59:24			05:25:08.30	05:26:28.75	+02:19:43 (42.8%)	7:23	8.1 (57.4%)
333	TUCHOWSKI Janusz	465		M40	136	01:50:54	03:02:34	04:09:10	04:59:47			05:26:19.90	05:27:02.65	+02:20:17 (42.9%)	7:25	8.1 (57.4%)
334	SURDAKCI Mateusz	430		M30	82	01:55:20	03:08:23	04:07:27	04:52:38			05:25:14.30	05:27:12.65	+02:20:27 (42.9%)	7:23	8.1 (57.4%)
335	ROŻNIATA Andrzej	379	SNG WILD DUCKS	M40	137	01:55:56	03:09:13	04:12:40	05:02:03			05:27:17.95	05:27:44.15	+02:20:58 (43.0%)	7:26	8.1 (57.4%)
336	KŁOSOK Adam	210	INŻYNIERIA BIEGANIA	M40	138	01:54:51	03:08:07	04:10:33	05:03:11			05:27:59.35	05:28:40.15	+02:21:54 (43.2%)	7:27	8 (56.7%)
337	MAKSELON Maciej	280	TORPEDO SZCZECINEK	M30	83	01:54:58	03:08:13	04:06:53	05:03:16			05:28:05.10	05:28:40.70	+02:21:55 (43.2%)	7:27	8 (56.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Za		Przed		Kara/ bonifikata	Czas netto 44km	Czas brutto 44km	Różn	Tempo min/km	Tempo km/h
						Roztoki 18km	Skrzyżowaniem 27.6km	Brzeziniak 34.4km	Skrzyżowaniem 40.5km						
338	SALIŃSKI Bartosz	389	WKURW_TEAM	M30	84	01:57:27	03:13:03	04:16:09	05:03:46		05:28:47.35	05:29:03.25	+02:22:17 (43.2%)	7:28	8 (56.7%)
339	LIK Michał	266		M30	85	01:55:01	03:03:03	04:00:18	04:57:54		05:27:21.95	05:29:24.55	+02:22:39 (43.3%)	7:26	8.1 (57.4%)
340	KRZEPKOWSKI Radosław	242	ADIDAS RUNNERS WARSAW	M40	139	02:01:41	03:13:57	04:16:31	05:03:59		05:27:48.30	05:29:25.85	+02:22:40 (43.3%)	7:27	8.1 (57.4%)
341	JEZIORNY Ryszard	167	WIELUŃ BIEGA	M50	33	02:04:52	03:18:59	04:21:54	05:06:49		05:28:37.60	05:29:33.70	+02:22:48 (43.3%)	7:28	8 (56.7%)
342	KUŁAKOWSKI Piotr	251	CZŁAPACZE	M60	6	02:09:10	03:20:40	04:19:03	05:05:46		05:28:18.20	05:30:37.20	+02:23:51 (43.5%)	7:27	8 (56.7%)
343	RĘKOSIEWICZ- TOKARZ Monika	373	TKKF SOKÓŁ	K40	23	02:07:13	03:17:50	04:16:30	05:05:20		05:29:55.40	05:31:03.40	+02:24:18 (43.6%)	7:29	8 (56.7%)
344	JOZEFIAK Marta	170	1992	K20	7	02:00:30	03:15:54	04:13:55	05:02:58		05:29:36.65	05:31:22.20	+02:24:36 (43.6%)	7:29	8 (56.7%)
345	ZWAAN Johan	534	LOS AFRICANOS	M30	86	02:00:14	03:15:56	04:13:55	05:03:01		05:29:41.55	05:31:26.60	+02:24:41 (43.7%)	7:29	8 (56.7%)
346	KUSZTAL Justyna	254	ESKADRA KRAKÓW	K40	24	02:02:12	03:10:10	04:14:38	05:05:30		05:31:06.20	05:31:30.15	+02:24:44 (43.7%)	7:31	8 (56.7%)
347	BĘŁKOT Arkadiusz	30		M40	140	02:01:52	03:09:50	04:14:18	05:05:10		05:30:47.30	05:31:30.30	+02:24:44 (43.7%)	7:31	8 (56.7%)
348	ZAJĄC Marzena	520		K40	25	02:01:15	03:12:00	04:14:54	05:06:10		05:32:21.20	05:32:41.65	+02:25:56 (43.9%)	7:33	7.9 (56.0%)
349	WILECZEK Antoni	489		M30	87	02:09:12	03:17:32	04:15:33	05:05:51		05:30:25.20	05:32:42.75	+02:25:57 (43.9%)	7:30	8 (56.7%)
350	ROCH Kamil	374	WAT	M20	21	01:52:48	03:05:35	04:10:21	05:02:59		05:32:38.10	05:33:03.55	+02:26:18 (43.9%)	7:33	7.9 (56.0%)
351	CZUBA Michał	68		M30	88	02:05:15	03:19:36	04:20:22	05:08:53		05:32:52.05	05:33:27.10	+02:26:41 (44.0%)	7:33	7.9 (56.0%)
352	OLEKSAK Grzegorz	334		M30	89	01:55:26	03:08:47	04:19:12	05:09:07		05:33:13.90	05:33:46.90	+02:27:01 (44.0%)	7:34	7.9 (56.0%)
353	BURY Marek	51		M50	34	02:05:15	03:14:17	04:17:56	05:07:58		05:32:40.20	05:33:52.80	+02:27:07 (44.1%)	7:33	7.9 (56.0%)
354	PYZEL Agnieszka	370	KS PEGAZ	K50	4	02:13:05	03:23:50	04:22:33	05:10:13		05:32:12.35	05:33:54.75	+02:27:09 (44.1%)	7:33	7.9 (56.0%)
355	DZIERGAS Teresa	91	IPA PAŁAC MOSTOWSKICH KSP	K30	28	02:06:49	03:18:59	04:15:43	05:06:44		05:31:50.70	05:33:58.90	+02:27:13 (44.1%)	7:32	8 (56.7%)
356	MIKOŁAJCZYK Mariusz	304	IPA PAŁAC MOSTOWSKICH KSP	M40	141	02:06:46	03:18:56	04:15:44	05:06:42		05:31:48.55	05:33:59.05	+02:27:13 (44.1%)	7:32	8 (56.7%)
357	ZAJĄC Paweł	521	CROSS HEROES - OGIEŃ!	M30	90	01:58:02	03:14:24	04:22:30	05:10:59		05:33:53.80	05:34:38.30	+02:27:52 (44.2%)	7:35	7.9 (56.0%)
358	CICHORACKI Patryk	61	INTO THE WILD	M30	91	01:56:57	03:06:20	04:11:49	05:05:49		05:34:23.30	05:34:54.50	+02:28:09 (44.2%)	7:35	7.9 (56.0%)
359	ZIELONKA Mariusz	528	CENTRUM SZKOLENIA WOJSK ŁĄDOWYCH POZNAŃ	M50	35	02:12:04	03:23:04	04:18:52	05:08:25		05:33:51.50	05:35:44.10	+02:28:58 (44.4%)	7:35	7.9 (56.0%)
360	KAJA Robert	178	WIELUN BIEGA	M50	36	02:04:52	03:19:14	04:20:02	05:09:21		05:34:50.80	05:35:47.65	+02:29:02 (44.4%)	7:36	7.9 (56.0%)
361	ZAJĄC Łukasz	519	KOMPARIO TEAM	M30	92	01:55:21	03:12:53	04:18:34	05:08:20		05:35:43.20	05:35:56.90	+02:29:11 (44.4%)	7:37	7.9 (56.0%)
362	KLUS Piotr	207	PIĘKNE I BRODACZE	M30	93	01:58:29	03:09:46	04:12:25	05:04:45		05:33:59.00	05:36:13.10	+02:29:27 (44.5%)	7:35	7.9 (56.0%)
363	MISZCZYK Marcin	306		M40	142	02:06:23	03:17:15	04:18:02	05:07:41		05:34:22.50	05:36:25.90	+02:29:40 (44.5%)	7:35	7.9 (56.0%)
364	DYLEWSKI Paweł	87	FIZJO-SPORT	M40	143	02:03:04	03:12:18	04:16:37	05:09:28		05:35:53.15	05:36:43.90	+02:29:58 (44.5%)	7:38	7.9 (56.0%)
365	PRZYGODA Michał	366		M30	94	01:57:40	03:09:39	04:11:17	05:05:58		05:36:12.45	05:36:53.90	+02:30:08 (44.6%)	7:38	7.9 (56.0%)
366	KIDA Andrzej	4	LOS TREPOS COMPANIEROS	M40	144	02:06:09	03:14:19	04:13:29	05:06:37		05:35:39.25	05:37:07.45	+02:30:22 (44.6%)	7:37	7.9 (56.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Za		Przed		Kara/ bonifikata	Czas netto 44km	Czas brutto 44km	Różn	Tempo min/km	Tempo km/h
						Roztoki 18km	Skrzyżowaniem 27.6km	Brzeziniak 34.4km	Skrzyżowaniem 40.5km						
367	ZAKRZEWSKI Szymon	522		M30	95	01:56:07	03:06:25	04:15:14	05:12:51		05:37:09.10	05:37:28.85	+02:30:43 (44.7%)	7:39	7.8 (55.3%)
368	MICHALSKA Klementyna	301		K30	29	02:10:40	03:25:44	04:24:01	05:13:47		05:37:18.70	05:38:16.65	+02:31:31 (44.8%)	7:39	7.8 (55.3%)
369	KOSZAŁKA Marcin	226	FUN&RUN!	M20	22	02:03:59	03:09:56	04:14:39	05:12:34		05:37:34.00	05:38:27.10	+02:31:41 (44.8%)	7:40	7.8 (55.3%)
370	BAR Aleksandra	22	GMINA STRZELCE OPOLSKIE	K40	26	02:03:24	03:21:23	04:24:46	05:13:07		05:36:58.80	05:38:30.60	+02:31:45 (44.8%)	7:39	7.8 (55.3%)
371	NITSCH Tomasz	326	UNTS	M40	145	02:12:06	03:28:34	04:33:14	05:17:42		05:37:40.70	05:39:24.85	+02:32:39 (45.0%)	7:40	7.8 (55.3%)
372	WĘDRYCHOWICZ Grzegorz	486	RUN4FUN WARYJOTY TEAM	M40	146	01:57:05	03:13:05	04:16:46	05:09:19		05:37:59.10	05:39:51.90	+02:33:06 (45.0%)	7:40	7.8 (55.3%)
373	ZBICIAK Grzegorz	523	ŁĘCZNA BIEGA	M40	147	02:09:40	03:24:48	04:24:42	05:14:23		05:40:02.10	05:40:53.35	+02:34:08 (45.2%)	7:43	7.8 (55.3%)
374	GŁÓWKA Alfred	126	KARCZMA U FREDA	M50	37	02:02:31	03:19:03	04:24:42	05:15:37		05:40:20.15	05:41:05.25	+02:34:19 (45.2%)	7:44	7.8 (55.3%)
375	MARKIEWICZ Rafal	287		M40	148	02:03:56	03:23:51	04:26:33	05:15:21		05:39:11.45	05:41:21.45	+02:34:36 (45.3%)	7:42	7.8 (55.3%)
376	RYBAK Łukasz	383		M40	149	01:58:01	03:14:26	04:22:33	05:13:38		05:40:41.70	05:41:24.35	+02:34:39 (45.3%)	7:44	7.7 (54.6%)
377	KISIŃSKI Jarosław	202	VISEGRAD MARATON RYTRO	M40	150	01:59:58	03:12:49	04:17:44	05:14:02		05:41:53.30	05:42:44.05	+02:35:58 (45.5%)	7:46	7.7 (54.6%)
378	KISIŃSKA Irena	201	VISEGRAD MARATON RYTRO	K50	5	02:00:01	03:12:52	04:17:46	05:14:29		05:42:01.30	05:42:51.75	+02:36:06 (45.5%)	7:46	7.7 (54.6%)
379	HALMANN Mirosław	143	PGB SPORTOWA PACZKA	M30	96	02:04:36	03:19:18	04:30:51	05:17:24		05:43:50.75	05:44:02.35	+02:37:17 (45.7%)	7:48	7.7 (54.6%)
380	ADAMSKA Agnieszka	11	AKTYWNY OSTRZESZÓW: KS STASZEWSKY	K40	27	02:01:27	03:19:21	04:35:33	05:22:22		05:43:25.10	05:44:12.60	+02:37:27 (45.7%)	7:48	7.7 (54.6%)
381	BEDNARCZYK Dariusz	542		M40	151	01:57:11	03:07:23	04:18:31	05:10:16		05:43:23.35	05:44:21.95	+02:37:36 (45.8%)	7:48	7.7 (54.6%)
382	JADESZKO Michał	153		M20	23	02:05:42	03:21:09	04:25:56	05:15:56		05:42:34.00	05:44:41.10	+02:37:55 (45.8%)	7:47	7.7 (54.6%)
383	ŁACHACZ Robert	271		M40	152	02:05:37	03:21:13	04:24:38	05:15:57		05:42:34.85	05:44:41.40	+02:37:56 (45.8%)	7:47	7.7 (54.6%)
384	KOSECKA Justyna	224	ORTIMED RUNNERS TEAM	K40	28	02:16:05	03:31:49	04:28:02	05:17:56		05:44:04.30	05:44:49.20	+02:38:03 (45.8%)	7:49	7.7 (54.6%)
385	ARENT-STEFANSKA Jolanta	16		K40	29	02:11:09	03:23:07	04:25:33	05:17:11		05:44:11.10	05:44:55.25	+02:38:09 (45.9%)	7:49	7.7 (54.6%)
386	TRETER Sebastian	464		M20	24	02:01:02	03:16:40	04:20:44	05:13:01		05:43:01.65	05:45:21.95	+02:38:36 (45.9%)	7:47	7.7 (54.6%)
387	JÓZEFIAK Jakub	171	BOKONIONI	M50	38	02:08:08	03:28:14	04:29:11	05:19:25		05:43:49.15	05:45:34.05	+02:38:48 (46.0%)	7:48	7.7 (54.6%)
388	BARANOWSKI Łukasz	24		M30	97	02:04:19	03:18:07	04:25:13	05:15:09		05:44:14.90	05:45:35.55	+02:38:50 (46.0%)	7:49	7.7 (54.6%)
389	WILK Wiktoria	492	WILKI	K30	30	02:09:28	03:26:28	04:30:36	05:19:49		05:44:11.25	05:45:42.85	+02:38:57 (46.0%)	7:49	7.7 (54.6%)
390	WILK Krzysztof	493	WILKI :)	M30	98	02:09:28	03:26:31	04:30:36	05:19:49		05:44:13.85	05:45:45.20	+02:38:59 (46.0%)	7:49	7.7 (54.6%)
391	SUCHOWIECKA Sabina	427		K20	8	02:05:27	03:22:28	04:24:47	05:14:31		05:45:14.00	05:45:59.65	+02:39:14 (46.0%)	7:50	7.6 (53.9%)
392	ZIELINSKI Grzegorz	526		M40	153	02:01:22	03:19:21	04:35:35	05:22:23		05:45:14.05	05:46:01.25	+02:39:15 (46.0%)	7:50	7.6 (53.9%)
393	DUCZMAL Wojciech	82		M40	154	02:04:23	03:19:01	04:19:36	05:14:04		05:44:07.70	05:46:11.90	+02:39:26 (46.1%)	7:49	7.7 (54.6%)
394	NIEZNAŁSKA Ewelina	324		K30	31	02:09:03	03:22:34	04:25:15	05:17:39		05:45:40.05	05:47:21.00	+02:40:35 (46.2%)	7:51	7.6 (53.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Za		Przed		Kara/ bonifikata	Czas netto 44km	Czas brutto 44km	Różn	Tempo min/km	Tempo km/h
						Roztoki 18km	Skrzyżowaniem 27.6km	Brzeziniak 34.4km	Skrzyżowaniem 40.5km						
395	FERTACZ Szymon	96		M30	99	02:09:04	03:22:32	04:25:31	05:19:29		05:45:42.70	05:47:23.55	+02:40:38 (46.2%)	7:51	7.6 (53.9%)
396	PUZIO Waldemar	368	MARATOŃCZYK DĘBICA	M60	7	02:07:43	03:27:40	04:30:34	05:21:01		05:46:44.65	05:48:10.85	+02:41:25 (46.4%)	7:52	7.6 (53.9%)
397	LEWANDOWSKI Paweł	263		M30	100	02:11:53	03:26:44	04:33:31	05:22:06		05:47:07.35	05:48:40.25	+02:41:54 (46.4%)	7:53	7.6 (53.9%)
398	LEWANDOWSKA Olga	262		K30	32	02:11:54	03:26:44	04:33:34	05:22:07		05:47:27.15	05:48:59.35	+02:42:14 (46.5%)	7:53	7.6 (53.9%)
399	KOWALEWSKA Dorota	231	SPARTANIE DZIECIOM	K50	6	02:15:09	03:29:48	04:31:44	05:20:50		05:48:31.40	05:50:13.10	+02:43:27 (46.7%)	7:55	7.6 (53.9%)
400	PARYSZ Anna	346	STARE BABICE BIEGAJĄ	K50	7	02:11:08	03:27:27	04:32:00	05:23:41		05:50:34.60	05:51:33.25	+02:44:47 (46.9%)	7:58	7.5 (53.2%)
401	BAC Żaneta	18	JACEKBIEGA TRAINERS TEAM	K30	33	01:56:01	03:08:44	04:11:09	05:16:20		05:51:46.55	05:51:50.05	+02:45:04 (46.9%)	7:59	7.5 (53.2%)
402	GÓRZYŃSKI Piotr	136		M40	155	02:01:01	03:24:55	04:29:43	05:23:54		05:52:19.25	05:52:39.95	+02:45:54 (47.0%)	8:00	7.5 (53.2%)
403	KUBASIEWICZ Paweł	245		M50	39	01:59:47	03:24:54	04:31:18	05:23:55		05:52:20.05	05:52:40.20	+02:45:54 (47.0%)	8:00	7.5 (53.2%)
404	KOSEWSKA Monika	225	BRAVEHEARTS LEGIONOWO	K40	30	02:08:34	03:27:43	04:32:51	05:21:57		05:51:26.60	05:52:44.70	+02:45:59 (47.1%)	7:59	7.5 (53.2%)
405	RYBICKI Tomasz	384	BRAVEHEARTS LEGIONOWO	M40	156	02:04:46	03:27:44	04:28:37	05:21:57		05:51:28.05	05:52:45.40	+02:46:00 (47.1%)	7:59	7.5 (53.2%)
406	SZEWCZYK Artur	441	DOKĄD TAK CIĄGLE BIEGNĘ?	M40	157	02:08:46	03:26:52	04:26:58	05:22:13		05:51:29.50	05:52:49.80	+02:46:04 (47.1%)	7:59	7.5 (53.2%)
407	STUSIŃSKI Mariusz	426		M40	158	02:12:07	03:28:25	04:33:14	05:24:50		05:51:09.80	05:52:53.00	+02:46:07 (47.1%)	7:58	7.5 (53.2%)
408	CHRUŚCIEL Dorota	60		K50	8	02:13:25	03:29:29	04:37:58	05:27:04		05:51:55.70	05:53:15.40	+02:46:30 (47.1%)	7:59	7.5 (53.2%)
409	BOHDZIEWICZ Izabela	41	WKURW_TEAM	K30	34	02:08:17	03:21:35	04:29:51	05:23:12		05:52:07.30	05:53:47.45	+02:47:02 (47.2%)	8:00	7.5 (53.2%)
410	GALUS Jacek	111		M40	159	02:13:50	03:30:52	04:36:23	05:28:23		05:53:32.75	05:54:05.45	+02:47:20 (47.3%)	8:02	7.5 (53.2%)
411	GARCARZ Monika	115		K40	31	02:11:58	03:29:23	04:33:12	05:28:43		05:55:11.70	05:55:25.85	+02:48:40 (47.5%)	8:04	7.4 (52.5%)
412	DRABIK Jacek	558		M50	40	02:04:09	03:23:34	04:33:14	05:28:00		05:55:07.45	05:55:36.90	+02:48:51 (47.5%)	8:04	7.4 (52.5%)
413	WOŁODKO Michał	506	FORM FITNESS	M30	101	01:55:42	03:14:20	04:37:20	05:31:22		05:55:39.50	05:57:54.00	+02:51:08 (47.8%)	8:05	7.4 (52.5%)
414	GESING Jacek	539	5 BSP	M20	25	02:06:36	03:28:46	04:35:25	05:28:40		05:57:00.05	05:58:17.25	+02:51:31 (47.9%)	8:06	7.4 (52.5%)
415	NIEMCZAK Basia	323	IPA PAŁAC MOSTOWSKICH KSP	K30	35	02:13:05	03:31:43	04:36:18	05:28:46		05:56:22.25	05:58:29.95	+02:51:44 (47.9%)	8:05	7.4 (52.5%)
416	MOREK Krzysztof	310		M50	41	02:08:15	03:28:45	04:34:51	05:29:21		05:59:10.00	05:59:19.60	+02:52:34 (48.0%)	8:09	7.4 (52.5%)
417	WYSOKIŃSKI Jerzy	516	ORANGE POLSKA	M50	42	02:14:51	03:32:34	04:48:48	05:37:09		05:57:23.15	05:59:25.55	+02:52:40 (48.0%)	8:07	7.4 (52.5%)
418	WITCZAK Paweł	499	WIELUŃ BIEGA	M40	160	02:08:46	03:29:05	04:33:10	05:31:26		05:59:09.55	06:00:06.55	+02:53:21 (48.1%)	8:09	7.4 (52.5%)
419	TOMAKA Agnieszka	461		K40	32	02:04:16	03:18:49	04:29:56	05:29:27		05:59:50.55	06:00:46.95	+02:54:01 (48.2%)	8:10	7.3 (51.8%)
420	SKAŁA Sabina	399	THE FORT	K40	33	02:11:49	03:25:58	04:31:07	05:29:28		06:00:03.30	06:00:59.05	+02:54:13 (48.3%)	8:11	7.3 (51.8%)
421	GAJDA Jacek	110		M40	161	02:08:56	03:23:09	04:33:22	05:28:48		05:59:45.60	06:01:01.65	+02:54:16 (48.3%)	8:10	7.3 (51.8%)
422	KWIECIEŃ Zbigniew	256	FAUDANA	M60	8	02:14:59	03:32:20	04:39:10	05:35:12		06:01:24.70	06:02:48.20	+02:56:02 (48.5%)	8:12	7.3 (51.8%)
423	ORMAN Kamil	339		M30	102	02:05:43	03:25:25	04:35:29	05:31:10		06:02:23.00	06:03:01.40	+02:56:16 (48.6%)	8:14	7.3 (51.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Za		Przed		Kara/ bonifikata	Czas netto 44km	Czas brutto 44km	Różn	Tempo min/km	Tempo km/h
						Roztoki 18km	Skrzyżowaniem 27.6km	Brzeziniak 34.4km	Skrzyżowaniem 40.5km						
424	ADAMSKI Bartłomiej	12		M40	162	02:09:00	03:29:48	04:40:22	05:35:18		06:02:01.55	06:03:40.65	+02:56:55 (48.6%)	8:13	7.3 (51.8%)
425	ZACHARZYŃSKA Katarzyna	517	ORANGE POLSKA	K30	36	02:14:49	03:32:34	04:45:45	05:37:10		06:02:50.75	06:04:52.20	+02:58:06 (48.8%)	8:14	7.3 (51.8%)
426	IBRAHIM Shadi	150		M30	103	02:11:54	03:26:50	04:33:32	05:31:30		06:03:48.25	06:05:21.70	+02:58:36 (48.9%)	8:16	7.3 (51.8%)
427	KOLASA Andrzej	218	KLUB J.SŁOWACKIEGO	M60	9	02:06:13	03:24:41	04:48:12	05:40:21		06:06:01.30	06:06:40.55	+02:59:55 (49.1%)	8:19	7.2 (51.1%)
428	FORMA Bartosz	103		M30	104	02:05:01	03:31:53	04:44:11	05:38:46		06:05:14.90	06:06:52.00	+03:00:06 (49.1%)	8:18	7.2 (51.1%)
429	BUJAKOWSKI Patryk	49		M40	163	02:06:49	03:32:12	04:44:13	05:38:51		06:05:25.15	06:07:00.10	+03:00:14 (49.1%)	8:18	7.2 (51.1%)
430	KAWA Barbara	192	MARATOŃCZYK DĘBICA	K30	37	02:16:30	03:41:36	04:47:40	05:40:24		06:05:59.75	06:07:25.20	+03:00:39 (49.2%)	8:19	7.2 (51.1%)
431	DOBROWOLSKA Grażyna	75	MARATONCZYK DĘBICA	K40	34	02:16:03	03:41:34	04:47:40	05:40:09		06:05:58.50	06:07:25.50	+03:00:40 (49.2%)	8:19	7.2 (51.1%)
432	WRZOSEK Justyna	513	TSA SANDOMIERZ	K30	38	02:12:11	03:31:42	04:48:05	05:42:42		06:07:15.10	06:08:03.55	+03:01:18 (49.3%)	8:20	7.2 (51.1%)
433	PAWELEC Justyna	352	TSA SANDOMIERZ	K30	39	02:12:11	03:31:43	04:47:59	05:42:42		06:07:15.40	06:08:04.15	+03:01:18 (49.3%)	8:20	7.2 (51.1%)
434	JASIŃSKI Bartłomiej	161		M30	105	02:08:00	03:20:59	04:30:02	05:32:17		06:05:49.70	06:08:05.65	+03:01:20 (49.3%)	8:18	7.2 (51.1%)
435	KUC Małgorzata	247		K40	35	02:06:50	03:26:34	04:40:24	05:37:37		06:08:59.10	06:10:24.95	+03:03:39 (49.6%)	8:23	7.2 (51.1%)
436	KICWAK Krzysztof	196	WILCZY DUCH	M30	106	01:58:14	03:03:26	04:05:49	04:55:56	00:40:00	06:08:29.00	06:10:40.00	+03:03:54 (49.6%)	7:27	8 (56.7%)
437	GŁUCHOWSKA Natalia	127		K20	9	02:07:49	03:31:29	04:39:32	05:41:19		06:11:05.25	06:11:41.45	+03:04:56 (49.8%)	8:26	7.1 (50.4%)
438	SIKORSKA Agnieszka	397	EKOBIEGI WARSZAWA	K40	36	02:18:49	03:36:14	04:47:37	05:41:40		06:11:11.90	06:12:48.05	+03:06:02 (49.9%)	8:26	7.1 (50.4%)
439	URBANOWICZ Łukasz	471		M40	164	02:09:25	03:31:28	04:42:01	05:39:12		06:12:56.60	06:12:56.60	+03:06:11 (49.9%)	8:28	7.1 (50.4%)
440	TOKARSKA Bożena	458	#ADAMCZERWIŃSKITEAM	K40	37	02:10:43	03:34:43	04:51:22	05:42:07		06:12:17.25	06:13:13.75	+03:06:28 (50.0%)	8:27	7.1 (50.4%)
441	CAPINSKA Anna	53		K40	38	02:10:54	03:34:40	04:51:23	05:42:16		06:12:17.70	06:13:14.70	+03:06:29 (50.0%)	8:27	7.1 (50.4%)
442	TOKARSKI Rafał	459		M40	165	02:10:43	03:34:43	04:51:23	05:42:08		06:12:20.70	06:13:18.95	+03:06:33 (50.0%)	8:27	7.1 (50.4%)
443	WYDRO Rafał	514	FUN&RUN	M40	166	02:16:04	03:45:06	04:58:03	05:47:35		06:13:18.40	06:14:11.50	+03:07:26 (50.1%)	8:29	7.1 (50.4%)
443	SZPAKOWSKI Andrzej	442	FUN&RUN	M40	166	02:13:18	03:37:24	04:58:04	05:47:31		06:13:20.00	06:14:11.50	+03:07:26 (50.1%)	8:29	7.1 (50.4%)
443	WYDRO Agata	515	FUN & RUN	K40	39	02:13:20	03:37:23	04:58:02	05:47:30		06:13:18.95	06:14:11.50	+03:07:26 (50.1%)	8:29	7.1 (50.4%)
446	ORNACKA Magdalena	340		K30	40	02:16:34	03:43:17	04:53:13	05:46:37		06:15:34.25	06:15:49.65	+03:09:04 (50.3%)	8:32	7 (49.6%)
447	SZEWczyk Katarzyna	440	MONKEYS' TEAM	K40	40	02:21:18	03:45:44	04:53:02	05:46:19		06:15:16.35	06:16:29.90	+03:09:44 (50.4%)	8:31	7 (49.6%)
448	SZUMNA Aleksandra	447	MONKEYS' TEAM	K30	41	02:21:18	03:45:44	04:53:02	05:46:20		06:15:17.35	06:16:30.60	+03:09:45 (50.4%)	8:31	7 (49.6%)
449	WARDA Agnieszka	479		K30	42	02:23:09	03:45:52	04:56:02	05:48:41		06:16:48.40	06:17:31.95	+03:10:46 (50.5%)	8:33	7 (49.6%)
450	MALEC Basia	284		K50	9	02:23:00	03:45:50	04:56:02	05:48:41		06:16:53.05	06:17:36.95	+03:10:51 (50.5%)	8:33	7 (49.6%)
451	DANIŁ Monika	71		K40	41	02:16:30	03:44:47	04:57:18	05:47:59		06:16:46.20	06:18:02.30	+03:11:16 (50.6%)	8:33	7 (49.6%)
452	CHODOROWSKI Arkadiusz	57	IPA PAŁAC MOSTOWSKICH KSP	M40	168	02:19:06	03:41:10	04:45:42	05:42:24		06:16:57.25	06:19:09.95	+03:12:24 (50.7%)	8:34	7 (49.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Za		Przed		Kara/ bonifikata	Czas netto 44km	Czas brutto 44km	Różn	Tempo min/km	Tempo km/h
						Roztoki 18km	Skrzyżowaniem 27.6km	Brzeziniak 34.4km	Skrzyżowaniem 40.5km						
453	ZNAMIEC Marcin	533	IPA PAŁAC MOSTOWSKICH KSP	M40	169	02:19:12	03:40:52	04:45:46	05:42:28		06:17:04.65	06:19:12.35	+03:12:27 (50.8%)	8:34	7 (49.6%)
454	KRÓL Michał	238	IPA PAŁAC MOSTOWSKICH KSP	M30	107	02:19:09	03:40:51	04:47:12	05:43:03		06:17:04.60	06:19:14.15	+03:12:28 (50.8%)	8:34	7 (49.6%)
455	WÓJCIK Monika	511		K40	42	02:13:58	03:40:34	04:59:47	05:52:39		06:19:12.70	06:19:20.45	+03:12:35 (50.8%)	8:37	7 (49.6%)
456	WILIMSKI Tomasz	490	NIGHT RUNNERS GLIWICE	M40	170	02:14:39	03:38:00	04:55:38	05:52:46		06:18:40.85	06:19:47.35	+03:13:02 (50.8%)	8:36	7 (49.6%)
457	FIDALI Beata	97	KLUB PODRÓŻNIKÓW ŚRÓDZIEMIE	K30	43	02:19:31	03:42:16	04:51:02	05:46:36		06:18:37.75	06:20:02.90	+03:13:17 (50.9%)	8:36	7 (49.6%)
458	ZMYJ Mariusz	531	#ADAMCZERWIŃSKITEAM	M50	43	02:07:17	03:27:51	04:43:49	05:42:09		06:20:15.50	06:20:37.10	+03:13:51 (50.9%)	8:38	6.9 (48.9%)
459	KARBOWSKA Beata	186		K40	43	02:14:44	03:40:28	04:59:44	05:53:05		06:21:48.35	06:21:55.90	+03:15:10 (51.1%)	8:40	6.9 (48.9%)
460	SZCZEPANIAK Agnieszka	438		K40	44	02:16:32	03:44:48	04:57:20	05:52:15		06:23:07.55	06:24:22.75	+03:17:37 (51.4%)	8:42	6.9 (48.9%)
461	MATYSEK Ireneusz	293	KOMANDOS WAŁECKI	M60	10	02:04:46	03:18:36	04:25:40	05:15:37	00:40:00	06:25:05.00	06:25:58.00	+03:19:12 (51.6%)	7:50	7.7 (54.6%)
462	MIKOWSKI Grzegorz	305	NIEZRZESZONY	M40	171	02:16:17	03:39:37	04:58:27	05:54:01		06:24:17.60	06:26:12.30	+03:19:26 (51.6%)	8:44	6.9 (48.9%)
463	KŁOPOTOWSKA-SOSNA Katarzyna	208	UNLIMITED TRIATHLON TEAM	K50	10	02:18:43	03:40:37	04:59:39	05:55:03		06:26:30.30	06:26:39.10	+03:19:53 (51.7%)	8:47	6.8 (48.2%)
464	DUDEK Dominik	83		M40	172	02:29:05	03:53:21	05:02:20	06:00:13		06:28:27.10	06:28:46.60	+03:22:01 (52.0%)	8:49	6.8 (48.2%)
465	SYGUŁA Katarzyna	435	WKURW_TEAM	K40	45	02:19:33	03:39:35	04:59:01	05:59:40		06:27:24.90	06:28:53.85	+03:22:08 (52.0%)	8:48	6.8 (48.2%)
466	KACZKIEWICZ Damian	177	NIGHT RUNNERS GLIWICE	M40	173	02:09:29	03:37:59	04:55:43	05:58:52		06:28:30.00	06:29:37.20	+03:22:51 (52.1%)	8:49	6.8 (48.2%)
467	OKSIEJUK-WASILEWSKA Anna	332		K40	46	02:26:52	03:46:54	05:05:15	06:01:35		06:30:57.10	06:32:55.75	+03:26:10 (52.5%)	8:53	6.8 (48.2%)
468	WASILEWSKI Grzegorz	482	ACCENTURE RUNNERS CLUB	M40	174	02:26:53	03:46:56	05:05:15	06:01:35		06:30:59.65	06:32:58.00	+03:26:12 (52.5%)	8:53	6.8 (48.2%)
469	WINIARSKA Izabela	495	EKOBIEGI	K40	47	02:18:56	03:54:42	05:10:16	06:03:31		06:31:48.45	06:33:25.85	+03:26:40 (52.5%)	8:54	6.7 (47.5%)
470	JAWORSKI Piotr	164	EKOBIEGI	M40	175	02:18:55	03:54:43	05:10:14	06:03:31		06:31:49.90	06:33:27.45	+03:26:42 (52.5%)	8:54	6.7 (47.5%)
471	ROPEL Mirosław	376	KIS TRANSPORT	M60	11	02:14:23	03:39:12	04:58:38	06:00:46		06:34:31.40	06:34:42.50	+03:27:57 (52.7%)	8:57	6.7 (47.5%)
472	ADAMCZYK Wojciech	10	WEST COAST RUNNERS CYPRUS	M50	44	02:17:11	03:43:14	05:08:44	06:06:57		06:37:07.90	06:38:36.75	+03:31:51 (53.1%)	9:01	6.6 (46.8%)
473	ANDRZEJEWSKI Maciej	13		M30	108	02:19:57	03:46:32	05:04:59	06:08:19		06:39:30.65	06:41:07.15	+03:34:21 (53.4%)	9:04	6.6 (46.8%)
474	GŁUSZCZAK Jerzy	128		M60	12	02:26:08	03:52:14	05:04:46	06:05:53		06:39:39.55	06:41:09.00	+03:34:23 (53.4%)	9:05	6.6 (46.8%)
475	OBARSKI Norbert	329		M50	45	02:18:03	03:48:04	05:04:26	06:05:24		06:39:26.85	06:41:24.45	+03:34:39 (53.5%)	9:04	6.6 (46.8%)
476	MARONDEL Katarzyna	288	FESTIWAL BIEGOWY	K30	44	02:28:32	03:52:49	05:08:51	06:10:43		06:41:34.55	06:42:48.10	+03:36:02 (53.6%)	9:07	6.6 (46.8%)
477	KAZANOWSKI Marcin	193	OFIARY KAMIEŃCA	M40	176	02:28:32	03:52:39	05:08:54	06:10:45		06:41:35.10	06:42:49.85	+03:36:04 (53.6%)	9:07	6.6 (46.8%)
478	JEDLIŃSKA Izabela	547	MARATOŃCZYK DĘBICA	K40	48	02:23:44	03:48:20	05:02:06	06:08:54		06:41:10.50	06:43:25.85	+03:36:40 (53.7%)	9:07	6.6 (46.8%)
479	ŁUCHNIAK Kuba	274	DROGA DO ULTRA	M20	26	02:05:47	03:34:49	05:11:00	06:17:11		06:52:31.35	06:53:21.00	+03:46:35 (54.8%)	9:22	6.4 (45.4%)
480	CYMBORSKA Jolanta	63	WARSAW RUN CLUB	K30	45	02:19:19	03:58:59	05:29:02	06:24:17		06:52:53.80	06:54:09.50	+03:47:24 (54.9%)	9:23	6.4 (45.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Za		Przed		Kara/ bonifikata	Czas netto 44km	Czas brutto 44km	Różn	Tempo min/km	Tempo km/h
						Roztoki 18km	Skrzyżowaniem 27.6km	Brzeziniak 34.4km	Skrzyżowaniem 40.5km						
481	SOBOTKA Monika	411	WARSAW RUN CLUB	K40	49	02:19:21	03:58:59	05:29:03	06:24:17		06:52:55.15	06:54:11.35	+03:47:26 (54.9%)	9:23	6.4 (45.4%)
482	OLSZAK Zenon	336		M50	46	02:19:18	03:58:59	05:29:02	06:24:15		06:52:54.00	06:54:12.10	+03:47:26 (54.9%)	9:23	6.4 (45.4%)
483	BIERNACKI Tomasz	34	FREE HUNTERS POLAND & ADVENTURE SEEKERS	M50	47	02:31:06	03:54:47	05:10:41	06:18:16		06:54:19.90	06:56:07.80	+03:49:22 (55.1%)	9:25	6.4 (45.4%)
484	SZUKALSKI Maciej	446		M20	27	02:05:31	03:34:44	05:11:08	06:17:06		06:59:32.50	07:00:25.30	+03:53:39 (55.6%)	9:32	6.3 (44.7%)
485	FEDOR Alicja	94	FITSMILE	K30	46	02:38:31	04:03:15	05:23:56	06:23:57		07:03:04.35	07:04:27.85	+03:57:42 (56.0%)	9:36	6.2 (44.0%)
486	OKARMA Wojtek	330	BESKID.TV	M30	109	02:31:53	03:58:53	05:22:15	06:31:02		07:09:39.25	07:11:22.90	+04:04:37 (56.7%)	9:45	6.1 (43.3%)
487	WOŹNIAK Michał	509		M40	177	02:43:35	04:03:14	05:39:49	06:43:21		07:16:33.90	07:18:47.20	+04:12:01 (57.4%)	9:55	6 (42.6%)
487	WOŹNIAK Sylwia	510		K30	47	02:43:34	04:03:15	05:39:44	06:43:22		07:16:34.70	07:18:47.20	+04:12:01 (57.4%)	9:55	6 (42.6%)
489	CHABROS Jacek	54	ETREMEWOLF	M50	48	02:34:31	04:00:20	05:42:18	06:48:19		07:21:30.50	07:22:30.30	+04:15:44 (57.8%)	10:02	6 (42.6%)
489	ŚWISZCZ Sylwia	452	EXTREME WOLF	K30	48	02:34:33	04:01:35	05:42:13	06:48:19		07:21:30.85	07:22:30.30	+04:15:44 (57.8%)	10:02	6 (42.6%)
491	SZYMANIAK Paweł	449	DANFOSS / GRODZISK	M40	178	02:25:33	03:54:06	05:52:55	07:04:28		07:42:01.50	07:43:54.70	+04:37:09 (59.7%)	10:30	5.7 (40.4%)
491	KURKUS Aleksander	253	DOGOŃ GRODZISK MAZOWIECKI	M40	178	02:18:43	03:31:26	05:52:52	07:04:26		07:42:00.70	07:43:54.70	+04:37:09 (59.7%)	10:30	5.7 (40.4%)
493	ŁYSUNIAK- STRAUCH Aleksandra	275	DOGOŃ GRODZISK MAZOWIECKI	K30	49	02:25:33	03:54:08	05:53:39	07:04:28		07:42:01.10	07:43:54.80	+04:37:09 (59.7%)	10:30	5.7 (40.4%)
494	DUNIEC Małgorzata	85	DOGOŃ GRODZISK MAZOWIECKI	K30	50	02:25:30	03:54:02	05:52:50	07:04:26		07:42:01.20	07:43:54.85	+04:37:09 (59.7%)	10:30	5.7 (40.4%)
495	FUS Maciej	109		M30	110										(0.0%)
	SUDACKI Sebastian	428		M20		01:19:53 DNF	02:04:40 DNF	03:01:16 DNF	DNF		DNF	DNF		-	- (0.0%)
	LATUSEK Wioletta	560		K30		02:57:30 DNF	DNF	DNF	DNF		DNF	DNF		-	- (0.0%)
	ZIELIŃSKA Ewelina	561		K30		02:57:32 DNF	DNF	DNF	DNF		DNF	DNF		-	- (0.0%)
	LECKI Seweryn	546	TEAM BIEGOWY SZCZECINEK	M30		DNF	DNF	DNF	DNF		DNF	DNF		-	- (0.0%)

Znaleziono 499 wynik(ów)