

# VII HYUNDAI ULTRAMARATON BIESZCZADZKI - 17 KM

B4SPORT

**Event:** Maraton Bieszczadzki 2019  
**Organiser:** Fundacja Bieg Rzeźnika  
**Date:** 2019-10-12  
**Place:** Cisna  
**Distance:** 17 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Classification: All

Place	Participant	Number	Club	Category	MCat	Net time 17km	Czas brutto 17km	Gap	Pace min/km	Pace km/h
1	<b>KUBIAK Tomasz</b>	<b>1897</b>	LARYŻĘBATKA.COM	M30	1	<b>01:23:40.10</b>	<b>01:23:44.25</b>		4:55	12.2 (100%)
2	<b>CZYŻKOWSKI Paweł</b>	<b>1635</b>	MKB DREPTAK	M30	2	<b>01:30:07.85</b>	<b>01:30:09.70</b>	+00:06:25 (7.1%)	5:18	11.3 (92.6%)
3	<b>GIRZYŃSKI Damian</b>	<b>1900</b>	ALPIN SPORT	M30	3	<b>01:30:52.70</b>	<b>01:30:54.00</b>	+00:07:09 (7.9%)	5:20	11.2 (91.8%)
4	<b>SZMIST Szymon</b>	<b>1831</b>	KB ATHLETIC ZRĘCIN	M40	1	<b>01:32:44.15</b>	<b>01:32:46.60</b>	+00:09:02 (9.7%)	5:27	11 (90.2%)
5	<b>ADAMCZYK Martyna</b>	<b>1601</b>	ALPIN SPORT HOKA ONE ONE TEAM	K20	1	<b>01:34:50.35</b>	<b>01:34:52.40</b>	+00:11:08 (11.7%)	5:34	10.8 (88.5%)
6	<b>RACHWALSKI Tomasz</b>	<b>1785</b>		M40	2	<b>01:36:01.80</b>	<b>01:36:06.85</b>	+00:12:22 (12.9%)	5:38	10.6 (86.9%)
7	<b>IWAN Paweł</b>	<b>1887</b>	MAJA TEAM	M30	4	<b>01:36:38.05</b>	<b>01:37:03.75</b>	+00:13:19 (13.7%)	5:41	10.6 (86.9%)
8	<b>KOWALIK Marcin</b>	<b>1713</b>	PGE RUN OBRÓT	M30	5	<b>01:37:26.10</b>	<b>01:37:33.55</b>	+00:13:49 (14.2%)	5:43	10.5 (86.1%)
9	<b>ZAWADZKI Marcin</b>	<b>1902</b>	SZCZWANY TRZMIEL TEAM	M30	6	<b>01:37:50.55</b>	<b>01:38:01.65</b>	+00:14:17 (14.6%)	5:45	10.4 (85.2%)
10	<b>RAKSZAWA Krzysztof</b>	<b>1893</b>	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M40	3	<b>01:40:47.65</b>	<b>01:40:51.15</b>	+00:17:06 (17.0%)	5:55	10.1 (82.8%)
11	<b>KIPER Maciej</b>	<b>1700</b>	JAROSLAWSKI BIEGACZ	M40	4	<b>01:41:13.15</b>	<b>01:41:14.60</b>	+00:17:30 (17.3%)	5:57	10.1 (82.8%)
12	<b>BRÓG Wojciech</b>	<b>1602</b>		M40	5	<b>01:42:37.75</b>	<b>01:42:40.05</b>	+00:18:55 (18.4%)	6:02	9.9 (81.1%)
13	<b>NOWOMIEJSKI Marcin</b>	<b>1759</b>	BIEGACZ CEGŁÓW	M40	6	<b>01:44:10.90</b>	<b>01:44:16.60</b>	+00:20:32 (19.7%)	6:07	9.8 (80.3%)
14	<b>LIPA Tomasz</b>	<b>1734</b>	LW BOGDANKA S.A.	M30	7	<b>01:45:22.90</b>	<b>01:45:34.45</b>	+00:21:50 (20.7%)	6:11	9.7 (79.5%)
15	<b>SKWARA Dariusz</b>	<b>1808</b>	SKWARA TEAM	M30	8	<b>01:47:53.95</b>	<b>01:48:05.35</b>	+00:24:21 (22.5%)	6:20	9.5 (77.9%)
16	<b>RESZKA Marek</b>	<b>1878</b>		M30	9	<b>01:47:43.40</b>	<b>01:48:18.35</b>	+00:24:34 (22.7%)	6:20	9.5 (77.9%)

Place	Participant	Number	Club	Category	MCat	Net time 17km	Czas brutto 17km	Gap	Pace min/km	Pace km/h
17	<b>BISZCZAN Rafał</b>	<b>1613</b>	BIEGAMY DZISIAJ?/ CHEŁM BIEGA	M40	7	<b>01:48:38.65</b>	<b>01:48:38.65</b>	+00:24:54 (22.9%)	6:23	9.4 (77.0%)
18	<b>HADUCH Jerzy</b>	<b>1679</b>	SANOK I OKOLICE	M60	1	<b>01:48:34.80</b>	<b>01:48:41.65</b>	+00:24:57 (23.0%)	6:23	9.4 (77.0%)
19	<b>JUREWICZ Piort</b>	<b>1901</b>	HARPAGAN SOSNOWIEC	M18	1	<b>01:49:51.55</b>	<b>01:49:54.95</b>	+00:26:10 (23.8%)	6:27	9.3 (76.2%)
20	<b>SZCZOT Andrzej</b>	<b>1891</b>	KB SOBÓTKA	M40	8	<b>01:51:00.30</b>	<b>01:51:03.70</b>	+00:27:19 (24.6%)	6:31	9.2 (75.4%)
21	<b>SKWARA Marek</b>	<b>1809</b>	FUNDACJA SZANSA 21	M30	10	<b>01:51:44.70</b>	<b>01:51:56.45</b>	+00:28:12 (25.2%)	6:34	9.1 (74.6%)
22	<b>PRUSKI Zbigniew</b>	<b>1781</b>		M40	9	<b>01:55:30.75</b>	<b>01:56:31.50</b>	+00:32:47 (28.1%)	6:47	8.8 (72.1%)
23	<b>KORZONEK Karol</b>	<b>1710</b>	SPRINT GORZYCE	M30	11	<b>01:56:25.70</b>	<b>01:56:32.95</b>	+00:32:48 (28.2%)	6:50	8.8 (72.1%)
24	<b>KOZIARSKI Piotr</b>	<b>1715</b>	PO LINIE	M30	12	<b>01:55:34.30</b>	<b>01:56:34.20</b>	+00:32:49 (28.2%)	6:47	8.8 (72.1%)
25	<b>GRZEJSZCZYK Łukasz</b>	<b>1676</b>		M30	13	<b>01:57:14.40</b>	<b>01:58:17.75</b>	+00:34:33 (29.2%)	6:53	8.7 (71.3%)
26	<b>CHLEBIŃSKI Maciej</b>	<b>1623</b>	RZESZOWSKIE GAZELE I GEPARDY	M30	14	<b>01:57:37.95</b>	<b>01:58:18.20</b>	+00:34:33 (29.2%)	6:55	8.7 (71.3%)
27	<b>KARDASZ Marek</b>	<b>1698</b>	SOLINA TEAM	M40	10	<b>02:00:17.65</b>	<b>02:00:29.00</b>	+00:36:44 (30.5%)	7:04	8.5 (69.7%)
28	<b>ŁĘPA Marcin</b>	<b>1740</b>		M30	15	<b>02:01:12.45</b>	<b>02:01:20.40</b>	+00:37:36 (31.0%)	7:07	8.4 (68.9%)
29	<b>WOŹNIAK Janusz</b>	<b>1859</b>	PORMAT JEDLICZE BIEGA	M50	1	<b>02:01:19.55</b>	<b>02:01:28.75</b>	+00:37:44 (31.1%)	7:08	8.4 (68.9%)
30	<b>SZYBIAK Maciej</b>	<b>1834</b>	AGONA W&M	M18	2	<b>02:01:15.20</b>	<b>02:01:31.95</b>	+00:37:47 (31.1%)	7:07	8.4 (68.9%)
31	<b>ŁOPATOWSKI Tomasz</b>	<b>1741</b>	ZAKWAS RUNNING TEAM KRAKÓW	M30	16	<b>02:01:02.70</b>	<b>02:01:41.95</b>	+00:37:57 (31.2%)	7:07	8.4 (68.9%)
32	<b>PINKOWSKI Dariusz</b>	<b>1775</b>	KPP LUBLINIEC	M40	11	<b>02:00:04.25</b>	<b>02:02:30.65</b>	+00:38:46 (31.6%)	7:03	8.5 (69.7%)
33	<b>JÓŻWIK Michał</b>	<b>1877</b>		M20	1	<b>02:02:07.70</b>	<b>02:02:33.55</b>	+00:38:49 (31.7%)	7:11	8.4 (68.9%)
34	<b>KWIECIEŃ Paweł</b>	<b>1730</b>		M30	17	<b>02:02:11.00</b>	<b>02:03:08.35</b>	+00:39:24 (32.0%)	7:11	8.3 (68.0%)
35	<b>KURP Bartłomiej</b>	<b>1727</b>		M20	2	<b>02:02:36.30</b>	<b>02:03:25.70</b>	+00:39:41 (32.2%)	7:12	8.3 (68.0%)
36	<b>WARĘCKA Katarzyna</b>	<b>1844</b>		K20	2	<b>02:03:46.35</b>	<b>02:04:06.75</b>	+00:40:22 (32.5%)	7:16	8.2 (67.2%)
37	<b>FURS Teodor</b>	<b>1656</b>	PIERDZĄCE ZAJĄCE	M40	12	<b>02:03:46.65</b>	<b>02:04:07.15</b>	+00:40:22 (32.5%)	7:16	8.2 (67.2%)
38	<b>HOŁUB Wacław</b>	<b>1681</b>	JAROSŁAWSKI BIEGACZ	M50	2	<b>02:03:40.60</b>	<b>02:04:22.25</b>	+00:40:38 (32.7%)	7:16	8.2 (67.2%)
39	<b>SOCHA Aleksandra</b>	<b>1814</b>		K30	1	<b>02:03:56.65</b>	<b>02:04:32.65</b>	+00:40:48 (32.8%)	7:17	8.2 (67.2%)

Place	Participant	Number	Club	Category	MCat	Net time 17km	Czas brutto 17km	Gap	Pace min/km	Pace km/h
40	<b>GRYCZKA Andrzej</b>	<b>1675</b>		M30	18	<b>02:03:54.20</b>	<b>02:04:52.35</b>	+00:41:08 (32.9%)	7:17	8.2 (67.2%)
41	<b>FILIPEK Dominik</b>	<b>1654</b>		M20	3	<b>02:05:10.05</b>	<b>02:05:27.10</b>	+00:41:42 (33.3%)	7:21	8.1 (66.4%)
42	<b>RORAT Artur</b>	<b>1787</b>	CHEŁM BIEGA	M20	4	<b>02:06:01.40</b>	<b>02:06:36.00</b>	+00:42:51 (33.9%)	7:24	8.1 (66.4%)
43	<b>ZYBERT Mateusz</b>	<b>1869</b>	DABEX-BOLT	M30	19	<b>02:06:33.40</b>	<b>02:06:59.40</b>	+00:43:15 (34.1%)	7:26	8.1 (66.4%)
44	<b>WĄDRZYK Dariusz</b>	<b>1845</b>		M30	20	<b>02:06:22.95</b>	<b>02:07:19.25</b>	+00:43:35 (34.2%)	7:26	8.1 (66.4%)
45	<b>WRÓBEL Bartłomiej</b>	<b>1884</b>		M40	13	<b>02:07:23.45</b>	<b>02:07:23.45</b>	+00:43:39 (34.3%)	7:29	8 (65.6%)
46	<b>TOTKO Piotr</b>	<b>1839</b>		M30	21	<b>02:07:13.00</b>	<b>02:07:38.10</b>	+00:43:53 (34.4%)	7:29	8 (65.6%)
47	<b>ŁABUZ Paweł</b>	<b>1738</b>	PAVLO TEAM	M40	14	<b>02:08:17.50</b>	<b>02:08:45.80</b>	+00:45:01 (35.0%)	7:32	8 (65.6%)
48	<b>ŁUSZCZYC Krzysztof</b>	<b>1742</b>	WKURW_TEAM	M30	22	<b>02:08:11.65</b>	<b>02:09:06.45</b>	+00:45:22 (35.1%)	7:32	8 (65.6%)
49	<b>FLASKA Zdenek</b>	<b>1905</b>		M40	15	<b>02:08:28.25</b>	<b>02:09:16.45</b>	+00:45:32 (35.2%)	7:33	7.9 (64.8%)
50	<b>BANASIAK Marcin</b>	<b>1607</b>	DKB (DEKABRYŚCI)	M40	16	<b>02:09:00.40</b>	<b>02:09:17.00</b>	+00:45:32 (35.2%)	7:35	7.9 (64.8%)
51	<b>JANKOWSKI Michał</b>	<b>1687</b>		M40	17	<b>02:10:01.95</b>	<b>02:10:07.50</b>	+00:46:23 (35.6%)	7:38	7.8 (63.9%)
52	<b>WYCISŁOWSKI Krzysztof</b>	<b>1876</b>		M60	2	<b>02:09:48.05</b>	<b>02:10:08.95</b>	+00:46:24 (35.7%)	7:38	7.9 (64.8%)
53	<b>KRUSZYŃSKI Tomasz</b>	<b>1721</b>	CROSSFITTER BOX CHEŁM	M40	18	<b>02:09:30.90</b>	<b>02:10:37.20</b>	+00:46:52 (35.9%)	7:37	7.9 (64.8%)
54	<b>STEFAŃSKI Robert</b>	<b>1820</b>		M40	19	<b>02:10:19.60</b>	<b>02:10:52.05</b>	+00:47:07 (36.0%)	7:40	7.8 (63.9%)
55	<b>GRABARCZYK Ilona</b>	<b>1671</b>		K30	2	<b>02:10:57.65</b>	<b>02:11:09.30</b>	+00:47:25 (36.2%)	7:42	7.8 (63.9%)
56	<b>HREBENIUK Gabriel</b>	<b>1682</b>	MAŁOSOLNI	M20	5	<b>02:10:50.95</b>	<b>02:11:10.30</b>	+00:47:26 (36.2%)	7:41	7.8 (63.9%)
57	<b>SOLIŃSKA Magdalena</b>	<b>1816</b>		K30	3	<b>02:10:40.70</b>	<b>02:11:17.20</b>	+00:47:32 (36.2%)	7:41	7.8 (63.9%)
58	<b>KUSTRA Marek</b>	<b>1728</b>	BSMT GYM	M30	23	<b>02:10:17.00</b>	<b>02:11:33.40</b>	+00:47:49 (36.3%)	7:39	7.8 (63.9%)
59	<b>STACHOWSKI Jakub</b>	<b>1818</b>	NIE WIEM, NIE INTERESUJE MNIE TO	M20	6	<b>02:10:48.15</b>	<b>02:11:38.25</b>	+00:47:54 (36.4%)	7:41	7.8 (63.9%)
60	<b>CYRULIK Justyna</b>	<b>1627</b>	KW SAKWA	K20	3	<b>02:11:26.30</b>	<b>02:11:41.30</b>	+00:47:57 (36.4%)	7:43	7.8 (63.9%)
61	<b>DUDZIAK Dariusz</b>	<b>1646</b>	CROSSFITER BOX CHEŁM	M40	20	<b>02:10:55.85</b>	<b>02:12:01.85</b>	+00:48:17 (36.6%)	7:42	7.8 (63.9%)
62	<b>MATŁOSZ Jolanta</b>	<b>1752</b>	BRAK	K30	4	<b>02:11:51.75</b>	<b>02:12:04.60</b>	+00:48:20 (36.6%)	7:45	7.7 (63.1%)

Place	Participant	Number	Club	Category	MCat	Net time 17km	Czas brutto 17km	Gap	Pace min/km	Pace km/h
63	SITEK Arkadiusz	1801		M40	21	02:11:25.15	02:12:23.00	+00:48:38 (36.7%)	7:43	7.8 (63.9%)
64	PASZKO Wojciech	1767		M30	24	02:12:22.90	02:13:27.70	+00:49:43 (37.3%)	7:47	7.7 (63.1%)
65	MALINOWSKI Wojciech	1745		M30	25	02:12:44.50	02:13:44.80	+00:50:00 (37.4%)	7:48	7.7 (63.1%)
66	POKRZYWKA Stefan	1888		M60	3	02:13:24.25	02:14:33.45	+00:50:49 (37.8%)	7:50	7.6 (62.3%)
67	PABIAN Arkadiusz	1762		M30	26	02:13:42.25	02:14:43.25	+00:50:59 (37.8%)	7:51	7.6 (62.3%)
68	KOZAK Kamil	1714		M20	7	02:16:20.10	02:16:37.55	+00:52:53 (38.7%)	8:01	7.5 (61.5%)
69	PIETRUSZEWSKI Bartłomiej	1874		M40	22	02:16:16.20	02:16:54.45	+00:53:10 (38.8%)	8:00	7.5 (61.5%)
70	KRZYŻANOWSKI-ZAJĄC Tomasz	1722	DKB (DEKABRYŚCI)	M40	23	02:15:57.45	02:16:55.00	+00:53:10 (38.8%)	7:59	7.5 (61.5%)
71	WIDMOWSKA-MACIEJEWSKA Joanna	1894		K30	5	02:16:09.10	02:16:59.30	+00:53:15 (38.9%)	8:00	7.5 (61.5%)
72	KLIMKOWSKI Mateusz	1702		M30	27	02:16:07.00	02:17:04.25	+00:53:20 (38.9%)	8:00	7.5 (61.5%)
73	SASAL Monika	1797	FUNDACJA TYLKO BIESZCZADY	K40	1	02:16:03.60	02:17:05.45	+00:53:21 (38.9%)	8:00	7.5 (61.5%)
74	SOBÓTKO Judyta	1812		K20	4	02:16:57.95	02:17:26.80	+00:53:42 (39.1%)	8:03	7.4 (60.7%)
75	TADROWSKI Tomasz	1835		M40	24	02:16:42.25	02:17:31.90	+00:53:47 (39.1%)	8:02	7.5 (61.5%)
76	KUBALA Alicja	1724		K40	2	02:17:09.30	02:18:04.90	+00:54:20 (39.4%)	8:04	7.4 (60.7%)
77	BARTYŃSKI Wojciech	1610	PGE RUN OBRÓT	M40	25	02:17:35.10	02:18:07.25	+00:54:23 (39.4%)	8:05	7.4 (60.7%)
78	DRAŻEK Sławomir	1645		M40	26	02:18:05.45	02:18:12.55	+00:54:28 (39.4%)	8:07	7.4 (60.7%)
79	ZAJĄC Marzena	1863		K40	3	02:18:30.95	02:18:49.65	+00:55:05 (39.7%)	8:08	7.4 (60.7%)
80	PERLAN Robert	1771	DYSTANS LESZNO	M40	27	02:18:41.70	02:18:51.95	+00:55:07 (39.7%)	8:09	7.4 (60.7%)
81	TOMAKA Bartłomiej	1838	TOMALE TEAM	M30	28	02:17:50.85	02:18:53.40	+00:55:09 (39.7%)	8:06	7.4 (60.7%)
82	ELMIŚ Krzysztof	1651	TAKŻE TEGO	M30	29	02:18:31.55	02:19:31.25	+00:55:47 (40.0%)	8:08	7.4 (60.7%)
83	LEŃ Jakub	1731		M30	30	02:18:58.40	02:20:08.20	+00:56:23 (40.2%)	8:10	7.3 (59.8%)
84	PUZIO Wiesław	1783		M50	3	02:20:04.85	02:21:15.00	+00:57:30 (40.7%)	8:14	7.3 (59.8%)
85	STASZAK Marcin	1819	WITKOWO BIEGA	M40	28	02:20:36.65	02:21:34.95	+00:57:50 (40.9%)	8:16	7.3 (59.8%)

Place	Participant	Number	Club	Category	MCat	Net time 17km	Czas brutto 17km	Gap	Pace min/km	Pace km/h
86	KOZIOŁ Przemysław	1892		M20	8	02:21:17.15	02:21:42.75	+00:57:58 (40.9%)	8:18	7.2 (59.0%)
87	PANEK Piotr	1766	DZIKIE MUSTANGI	M40	29	02:21:17.65	02:21:42.80	+00:57:58 (40.9%)	8:18	7.2 (59.0%)
88	SZABAT Katarzyna	1825		K20	5	02:20:32.75	02:21:48.95	+00:58:04 (41.0%)	8:16	7.3 (59.8%)
89	DOBOSZ Piotr	1642	WŚCIEKŁE PIĘŚCI WĘŻA	M30	31	02:20:38.95	02:21:53.10	+00:58:08 (41.0%)	8:16	7.3 (59.8%)
90	DVORSCAK Milan	1904		M50	4	02:21:09.30	02:21:57.35	+00:58:13 (41.0%)	8:18	7.2 (59.0%)
91	SZMIST Jadwiga	1832	KB ATHLETIC ZRĘCIN	K30	6	02:21:35.45	02:22:10.85	+00:58:26 (41.1%)	8:19	7.2 (59.0%)
92	WINIARSKA-BISZCZAN Anna	1850	BIEGAMY DZISIAJ?/CHEŁM BIEGA	K40	4	02:21:08.35	02:22:13.75	+00:58:29 (41.1%)	8:18	7.2 (59.0%)
93	MASZKOWSKI Rafał	1751		M40	30	02:21:17.20	02:22:36.50	+00:58:52 (41.3%)	8:18	7.2 (59.0%)
94	RUSIN Łukasz	1789	CHEŁM	M30	32	02:22:10.55	02:22:48.20	+00:59:03 (41.4%)	8:21	7.2 (59.0%)
95	KUŹNIAK Martyna	1729		K40	5	02:23:21.35	02:23:55.10	+01:00:10 (41.8%)	8:26	7.1 (58.2%)
96	APANOWICZ Angelika	1886	EKO BIEGI	K40	6	02:23:06.60	02:23:58.65	+01:00:14 (41.8%)	8:25	7.1 (58.2%)
97	SKUPIEŃ Iza	1807	ALBATROSY	K30	7	02:22:53.10	02:24:05.25	+01:00:21 (41.9%)	8:24	7.1 (58.2%)
98	SOCHA Justyna	1813		K20	6	02:23:30.55	02:24:06.25	+01:00:22 (41.9%)	8:26	7.1 (58.2%)
99	WÓJCIK Sylwia	1861	NIE WIEM, NIE INTERESUJE MNIE TO	K20	7	02:23:58.80	02:24:48.60	+01:01:04 (42.2%)	8:28	7.1 (58.2%)
100	KOSIOROWSKA Edyta	1895		K20	8	02:24:16.65	02:24:49.90	+01:01:05 (42.2%)	8:29	7.1 (58.2%)
101	CZAPLA Piotr	1630	STUDIO GTS KATOWICE	M30	33	02:23:49.00	02:24:50.35	+01:01:06 (42.2%)	8:27	7.1 (58.2%)
102	RYBIŃSKA Anna	1791		K30	8	02:23:59.40	02:25:18.25	+01:01:34 (42.4%)	8:28	7.1 (58.2%)
103	GWÓZDŹ Katarzyna	1678		K30	9	02:24:49.10	02:25:19.80	+01:01:35 (42.4%)	8:31	7 (57.4%)
104	KOTŁOWSKI Rafał	1712	EVENT STUDIO	M40	31	02:26:07.15	02:26:55.10	+01:03:10 (43.0%)	8:35	7 (57.4%)
105	ŻMIJEWSKA Dominika	1870		K30	10	02:25:58.80	02:27:12.25	+01:03:28 (43.1%)	8:35	7 (57.4%)
106	SKOWROŃSKI Dominik	1803		M30	34	02:25:52.75	02:27:15.10	+01:03:30 (43.1%)	8:34	7 (57.4%)
107	PSYKAŁA Katarzyna	1782	PGE RUN OBRÓT	K40	7	02:26:44.30	02:27:15.85	+01:03:31 (43.1%)	8:37	7 (57.4%)
108	FAFARA Agnieszka	1653		K40	8	02:25:56.85	02:27:20.10	+01:03:35 (43.2%)	8:35	7 (57.4%)

Place	Participant	Number	Club	Category	MCat	Net time 17km	Czas brutto 17km	Gap	Pace min/km	Pace km/h
109	<b>KRÓLIK Rafał</b>	<b>1720</b>	OSM PIĄTNICA	M30	35	<b>02:27:52.75</b>	<b>02:28:28.85</b>	+01:04:44 (43.6%)	8:41	6.9 (56.6%)
110	<b>RUDNICKI Piotr</b>	<b>1788</b>		M30	36	<b>02:27:23.05</b>	<b>02:28:37.50</b>	+01:04:53 (43.7%)	8:40	6.9 (56.6%)
111	<b>SKRUTEK Jan</b>	<b>1806</b>	GOPR BIESZCZADY STAN POZA SŁUŻBOWY	M60	4	<b>02:28:11.85</b>	<b>02:29:21.45</b>	+01:05:37 (43.9%)	8:43	6.9 (56.6%)
112	<b>GAWLE Mirosław</b>	<b>1661</b>		M40	32	<b>02:29:26.95</b>	<b>02:29:51.60</b>	+01:06:07 (44.1%)	8:47	6.8 (55.7%)
113	<b>GAWLE Katarzyna</b>	<b>1662</b>		K40	9	<b>02:29:27.00</b>	<b>02:29:51.65</b>	+01:06:07 (44.1%)	8:47	6.8 (55.7%)
114	<b>PODGAJNY Zbyszek</b>	<b>1777</b>		M40	33	<b>02:29:49.55</b>	<b>02:30:34.40</b>	+01:06:50 (44.4%)	8:48	6.8 (55.7%)
115	<b>GANCARSKI Marcin</b>	<b>1659</b>	NOWY STYL GROUP RUNNING TEAM	M30	37	<b>02:30:46.25</b>	<b>02:30:51.60</b>	+01:07:07 (44.5%)	8:52	6.8 (55.7%)
116	<b>POLANOWSKI Paweł</b>	<b>1779</b>	EAGELS OF GALAXY & BIEGAMY Z TRENEREM OLKIEM	M50	5	<b>02:29:46.25</b>	<b>02:31:07.75</b>	+01:07:23 (44.6%)	8:48	6.8 (55.7%)
117	<b>WĘGLINSKA Joanna</b>	<b>1846</b>	MKB DREPTAK	K40	10	<b>02:31:15.95</b>	<b>02:31:37.10</b>	+01:07:52 (44.8%)	8:53	6.7 (54.9%)
118	<b>WOŹNIAK Lidia</b>	<b>1860</b>	PORMAT JEDLICZE BIEGA	K50	1	<b>02:32:00.15</b>	<b>02:32:09.65</b>	+01:08:25 (45.0%)	8:56	6.7 (54.9%)
119	<b>OSTROWSKI Paweł</b>	<b>1873</b>		M30	38	<b>02:31:44.40</b>	<b>02:32:17.00</b>	+01:08:32 (45.0%)	8:55	6.7 (54.9%)
120	<b>MASZKOWSKA Anna</b>	<b>1750</b>		K40	11	<b>02:31:04.85</b>	<b>02:32:24.55</b>	+01:08:40 (45.1%)	8:53	6.8 (55.7%)
121	<b>GAŁASZKIEWICZ Grzegorz</b>	<b>1903</b>		M40	34	<b>02:31:30.90</b>	<b>02:32:34.65</b>	+01:08:50 (45.1%)	8:54	6.7 (54.9%)
122	<b>SKROCKA Monika</b>	<b>1805</b>		K30	11	<b>02:32:20.15</b>	<b>02:32:51.15</b>	+01:09:06 (45.2%)	8:57	6.7 (54.9%)
123	<b>SZCZERBICKI Michał</b>	<b>1828</b>		M40	35	<b>02:33:17.00</b>	<b>02:33:49.25</b>	+01:10:05 (45.6%)	9:01	6.7 (54.9%)
124	<b>MAROŃ Marta</b>	<b>1748</b>		K30	12	<b>02:33:31.30</b>	<b>02:33:51.20</b>	+01:10:06 (45.6%)	9:01	6.6 (54.1%)
125	<b>CICHECKI Michał</b>	<b>1626</b>	DKB (DEKABRYŚCI)	M40	36	<b>02:32:52.85</b>	<b>02:33:51.95</b>	+01:10:07 (45.6%)	8:59	6.7 (54.9%)
126	<b>ZASŁAWSKA Katarzyna</b>	<b>1866</b>	ZAKOCHAJ SIĘ W BIEGANIU	K50	2	<b>02:33:12.75</b>	<b>02:34:12.75</b>	+01:10:28 (45.7%)	9:00	6.7 (54.9%)
127	<b>WIŚNIEWSKA Małgorzata</b>	<b>1852</b>		K40	12	<b>02:34:07.35</b>	<b>02:34:38.10</b>	+01:10:53 (45.8%)	9:04	6.6 (54.1%)
128	<b>JARMUDA Justyna</b>	<b>1689</b>	JARMUDKA TEAM	K30	13	<b>02:35:10.95</b>	<b>02:35:32.30</b>	+01:11:48 (46.2%)	9:07	6.6 (54.1%)
129	<b>JABŁONKA Radosław</b>	<b>1685</b>	DZIADY OCR	M40	37	<b>02:34:52.70</b>	<b>02:35:38.65</b>	+01:11:54 (46.2%)	9:06	6.6 (54.1%)
129	<b>BARANOWSKI Łukasz</b>	<b>1608</b>		M30	39	<b>02:34:52.60</b>	<b>02:35:38.65</b>	+01:11:54 (46.2%)	9:06	6.6 (54.1%)
131	<b>ZARZYŃSKA Monika</b>	<b>1865</b>		K40	13	<b>02:35:05.55</b>	<b>02:36:21.90</b>	+01:12:37 (46.4%)	9:07	6.6 (54.1%)

Place	Participant	Number	Club	Category	MCat	Net time 17km	Czas brutto 17km	Gap	Pace min/km	Pace km/h
132	GUTOWSKA Ewelina	1677		K30	14	02:35:14.05	02:36:26.95	+01:12:42 (46.5%)	9:07	6.6 (54.1%)
133	CZERNIK Piotr	1634		M40	38	02:35:15.10	02:36:27.65	+01:12:43 (46.5%)	9:07	6.6 (54.1%)
134	PAWEŁCZUK Katarzyna	1768		K30	15	02:35:25.20	02:36:32.35	+01:12:48 (46.5%)	9:08	6.6 (54.1%)
135	RYŻYŃSKA Agnieszka	1792	CHEŁM BIEGA	K40	14	02:35:22.45	02:36:41.00	+01:12:56 (46.6%)	9:08	6.6 (54.1%)
136	HOLUB Agata	1680	JAROSŁAWSKI BIEGACZ	K50	3	02:36:29.65	02:37:12.10	+01:13:27 (46.7%)	9:12	6.5 (53.3%)
137	GÓRECKA Katarzyna	1667	LKS OLYMP BŁONIE	K40	15	02:37:34.40	02:37:45.80	+01:14:01 (46.9%)	9:16	6.5 (53.3%)
138	LEPIARZ Beata	1732		K40	16	02:36:41.65	02:37:52.05	+01:14:07 (47.0%)	9:13	6.5 (53.3%)
139	DĘGA Lidia	1641		K30	16	02:37:19.70	02:37:52.15	+01:14:07 (47.0%)	9:15	6.5 (53.3%)
140	PENCONEK Agata	1770		K30	17	02:36:41.30	02:38:03.65	+01:14:19 (47.0%)	9:13	6.5 (53.3%)
141	JARMUDA Marcin	1690	JARMUDKA TEAM	M40	39	02:38:05.75	02:38:27.50	+01:14:43 (47.2%)	9:18	6.5 (53.3%)
142	PANCZENKO Kamil	1765	WKURW_TEAM	M20	9	02:37:43.15	02:38:35.20	+01:14:50 (47.2%)	9:16	6.5 (53.3%)
143	BAK Magdalena	1612		K20	9	02:37:29.25	02:38:35.55	+01:14:51 (47.2%)	9:15	6.5 (53.3%)
144	MAŁOWIEJSKA Alicja	1746		K30	18	02:38:00.20	02:38:58.80	+01:15:14 (47.3%)	9:17	6.5 (53.3%)
145	FOLTA Jan	1655	ORKIESTRA DĘTA 'LUTNIA' BAS	M50	6	02:38:56.20	02:38:58.95	+01:15:14 (47.3%)	9:20	6.4 (52.5%)
146	DONIEC Katarzyna	1644		K40	17	02:38:40.20	02:39:02.30	+01:15:18 (47.3%)	9:20	6.4 (52.5%)
147	RODZEŃ Katarzyna	1786	BKMM	K30	19	02:38:13.00	02:39:03.70	+01:15:19 (47.4%)	9:18	6.4 (52.5%)
148	KROLIK Roman	1719		M40	40	02:38:33.30	02:39:17.85	+01:15:33 (47.4%)	9:19	6.4 (52.5%)
149	GOZDECKA Marzena	1666	CROSSFITTER BOX CHELM	K30	20	02:38:26.60	02:39:31.20	+01:15:46 (47.5%)	9:19	6.4 (52.5%)
150	PAWLAK Wojciech	1769		M40	41	02:38:57.60	02:40:16.95	+01:16:32 (47.8%)	9:21	6.4 (52.5%)
151	SAGANOWSKI Adam	1795	AZS GDAŃSK	M40	42	02:38:57.30	02:40:17.25	+01:16:33 (47.8%)	9:21	6.4 (52.5%)
152	KLUZ Wojciech	1706		M40	43	02:39:30.25	02:40:43.30	+01:16:59 (47.9%)	9:22	6.4 (52.5%)
153	KLUZ Marta	1705		K40	18	02:39:30.60	02:40:43.45	+01:16:59 (47.9%)	9:23	6.4 (52.5%)
154	SUŁEK Cezary	1824		M50	7	02:39:45.75	02:40:53.15	+01:17:08 (48.0%)	9:23	6.4 (52.5%)

Place	Participant	Number	Club	Category	MCat	Net time 17km	Czas brutto 17km	Gap	Pace min/km	Pace km/h
155	KOŁTUNICKI Krzysztof	1889		M40	44	02:39:48.65	02:40:54.30	+01:17:10 (48.0%)	9:24	6.4 (52.5%)
156	SZELAĞ Iwona	1829		K30	21	02:40:16.35	02:41:17.45	+01:17:33 (48.1%)	9:25	6.4 (52.5%)
157	SIPIERA Tomasz	1800		M40	45	02:40:16.30	02:41:17.55	+01:17:33 (48.1%)	9:25	6.4 (52.5%)
158	ENGEL-ABULEWICZ Elżbieta	1652	TRENING STUDIO 17	K50	4	02:40:27.65	02:41:33.95	+01:17:49 (48.2%)	9:26	6.4 (52.5%)
159	ADAMCZAK Wiesław	1604	BIEGAJ BEZ KOŃCA	M50	8	02:41:21.15	02:41:54.90	+01:18:10 (48.3%)	9:29	6.3 (51.6%)
160	DZIAMENTSJEVA Vijaleta	1648	JACEKBIEGA RUNNING TEAM	K20	10	02:41:48.80	02:42:16.10	+01:18:31 (48.4%)	9:31	6.3 (51.6%)
161	WOŁYNIEC Paweł	1856	BIEGACZE SPECJALNEJ TROSKI	M30	40	02:41:56.30	02:42:20.50	+01:18:36 (48.4%)	9:31	6.3 (51.6%)
162	MAZUR-RUDNICKA Marlena	1753		K30	22	02:41:32.40	02:42:46.25	+01:19:02 (48.6%)	9:30	6.3 (51.6%)
163	KASZUBA Ryszard	1699	KLUB SPORTOWY PRESTIGE	M60	5	02:42:49.50	02:42:51.95	+01:19:07 (48.6%)	9:34	6.3 (51.6%)
164	NAPIÓRKOWSKI Michał	1756	BOAT CITY TEAM	M40	46	02:43:26.40	02:43:31.00	+01:19:46 (48.8%)	9:36	6.2 (50.8%)
165	DZIURZYŃSKA Ulka	1649		K40	19	02:44:13.10	02:44:28.85	+01:20:44 (49.1%)	9:39	6.2 (50.8%)
166	PEKALSKA Anna	1773		K40	20	02:43:48.90	02:44:41.95	+01:20:57 (49.2%)	9:38	6.2 (50.8%)
167	GAPINSKA Dorota	1660		K30	23	02:43:59.45	02:45:13.20	+01:21:28 (49.3%)	9:38	6.2 (50.8%)
168	PALUCH Marzena	1764	VAN BERDE	K40	21	02:45:58.35	02:46:18.95	+01:22:34 (49.7%)	9:45	6.1 (50.0%)
169	BOGUCKA Martyna	1616	JACEKBIEGA RUNNING TEAM	K40	22	02:45:44.95	02:46:23.35	+01:22:39 (49.7%)	9:45	6.2 (50.8%)
170	KOZIOŁ Natalia	1716		K30	24	02:45:13.60	02:46:23.75	+01:22:39 (49.7%)	9:43	6.2 (50.8%)
171	UNIOWSKI Tomasz	1842	ĆMY BAROWE	M30	41	02:45:59.75	02:46:42.70	+01:22:58 (49.8%)	9:45	6.1 (50.0%)
172	GROCHOWSKI Karol	1673	ĆMY BAROWE	M30	42	02:46:23.90	02:47:05.75	+01:23:21 (49.9%)	9:47	6.1 (50.0%)
173	WOŹNIAK Marcin	1858		M30	43	02:47:02.70	02:48:22.90	+01:24:38 (50.3%)	9:49	6.1 (50.0%)
174	RYŻYŃSKI Tomasz	1793	CHEŁM BIEGA	M40	47	02:47:10.40	02:48:29.45	+01:24:45 (50.3%)	9:50	6.1 (50.0%)
175	BLICHARZ Agata	1614	CHEŁM BIEGA	K40	23	02:47:18.15	02:48:36.80	+01:24:52 (50.3%)	9:50	6.1 (50.0%)
176	KIPER Elżbieta	1701	JAROSŁAWSKI BIEGACZ	K30	25	02:48:31.50	02:49:13.75	+01:25:29 (50.5%)	9:54	6.1 (50.0%)
177	BALCER Marcin	1009		M30	44	02:48:47.80	02:50:02.05	+01:26:17 (50.8%)	9:55	6 (49.2%)

Place	Participant	Number	Club	Category	MCat	Net time 17km	Czas brutto 17km	Gap	Pace min/km	Pace km/h
178	<b>DALKE Jowita</b>	<b>1637</b>	ZABIEGANE DWIE	K30	26	<b>02:49:11.60</b>	<b>02:50:04.05</b>	+01:26:19 (50.8%)	9:57	6 (49.2%)
179	<b>WIŚNIEWSKA Kornelia</b>	<b>1851</b>	ZABIEGANE DWIE	K40	24	<b>02:49:11.35</b>	<b>02:50:04.20</b>	+01:26:19 (50.8%)	9:57	6 (49.2%)
180	<b>KALINOWSKI Krzysztof</b>	<b>1696</b>		M30	45	<b>02:49:39.05</b>	<b>02:50:18.55</b>	+01:26:34 (50.8%)	9:58	6 (49.2%)
181	<b>PIOTROWSKA Marta</b>	<b>1776</b>		K20	11	<b>02:49:38.85</b>	<b>02:50:18.65</b>	+01:26:34 (50.8%)	9:58	6 (49.2%)
182	<b>HRYSZKO Anna</b>	<b>1683</b>	CROSSFITTER BOX	K30	27	<b>02:49:24.60</b>	<b>02:50:28.75</b>	+01:26:44 (50.9%)	9:57	6 (49.2%)
183	<b>WROŃSKA Sandra</b>	<b>1862</b>	STARGARD. JA SIĘ NIE ŚCIGAM	K20	12	<b>02:49:41.05</b>	<b>02:50:44.40</b>	+01:27:00 (51.0%)	9:58	6 (49.2%)
184	<b>KSIĘŻAK Jolanta</b>	<b>1723</b>		K40	25	<b>02:50:09.75</b>	<b>02:50:50.50</b>	+01:27:06 (51.0%)	10:00	6 (49.2%)
185	<b>ŻYREK Jarosław</b>	<b>1872</b>		M30	46	<b>02:50:52.20</b>	<b>02:52:13.00</b>	+01:28:28 (51.4%)	10:03	6 (49.2%)
186	<b>OSTAPIŃSKI Jacek</b>	<b>1890</b>		M30	47	<b>02:52:02.15</b>	<b>02:52:38.05</b>	+01:28:53 (51.5%)	10:07	5.9 (48.4%)
187	<b>TROJAK Agnieszka</b>	<b>1840</b>	RAJSPOORT ACTIVE	K30	28	<b>02:52:39.30</b>	<b>02:52:41.45</b>	+01:28:57 (51.5%)	10:09	5.9 (48.4%)
188	<b>LISOWSKA Izabela</b>	<b>1735</b>		K40	26	<b>02:52:07.95</b>	<b>02:52:58.80</b>	+01:29:14 (51.6%)	10:07	5.9 (48.4%)
189	<b>ZAURSKI Marcin</b>	<b>1885</b>		M60	6	<b>02:52:32.40</b>	<b>02:53:07.05</b>	+01:29:22 (51.6%)	10:09	5.9 (48.4%)
190	<b>GAJEWSKI Paweł</b>	<b>1658</b>	LAFIRYNDY I GAMONIE	M50	9	<b>02:52:06.95</b>	<b>02:53:24.75</b>	+01:29:40 (51.7%)	10:07	5.9 (48.4%)
191	<b>LEŚNIEWSKI Tomek</b>	<b>1733</b>	LAFIRYNDY I GAMONIE	M40	48	<b>02:52:07.75</b>	<b>02:53:25.40</b>	+01:29:41 (51.7%)	10:07	5.9 (48.4%)
192	<b>GRANOS Sławomir</b>	<b>1672</b>	LAFIRYNDY I GAMONIE	M40	49	<b>02:52:08.60</b>	<b>02:53:25.75</b>	+01:29:41 (51.7%)	10:07	5.9 (48.4%)
193	<b>FURMAN Michał</b>	<b>1106</b>	OCHAJORUN & FRIENDS	M30	48	<b>02:52:52.20</b>	<b>02:53:45.75</b>	+01:30:01 (51.8%)	10:10	5.9 (48.4%)
194	<b>ZIEMBA Paulina</b>	<b>1867</b>		K30	29	<b>02:54:17.95</b>	<b>02:54:21.00</b>	+01:30:36 (52.0%)	10:15	5.9 (48.4%)
195	<b>OSTASZEWSKI Marcin</b>	<b>1883</b>	PACIAK.PL	M30	49	<b>02:54:37.60</b>	<b>02:55:31.65</b>	+01:31:47 (52.3%)	10:16	5.8 (47.5%)
196	<b>DOBOSZ Aneta</b>	<b>1643</b>	WŚCIEKŁE PIĘŚCI WĘŻA	K30	30	<b>02:55:42.60</b>	<b>02:56:57.30</b>	+01:33:13 (52.7%)	10:20	5.8 (47.5%)
197	<b>PIECH Adam</b>	<b>1774</b>	PORANNY PATROL	M40	50	<b>02:56:15.45</b>	<b>02:57:36.95</b>	+01:33:52 (52.9%)	10:22	5.8 (47.5%)
198	<b>GÓRKA Bogusław</b>	<b>1668</b>		M40	51	<b>02:58:16.45</b>	<b>02:58:45.35</b>	+01:35:01 (53.2%)	10:29	5.7 (46.7%)
199	<b>LUBAS Grzegorz</b>	<b>1737</b>	LEŚNI OLIMPIJCZYCY	M40	52	<b>02:57:30.20</b>	<b>02:58:53.15</b>	+01:35:08 (53.2%)	10:26	5.7 (46.7%)
200	<b>SMACZYŃSKI Artur</b>	<b>1810</b>		M40	53	<b>02:57:30.75</b>	<b>02:58:53.40</b>	+01:35:09 (53.2%)	10:26	5.7 (46.7%)

Place	Participant	Number	Club	Category	MCat	Net time 17km	Czas brutto 17km	Gap	Pace min/km	Pace km/h
201	<b>BORAWSKA Emilia</b>	<b>1617</b>	NEGAP	K30	31	<b>02:58:02.05</b>	<b>02:58:53.85</b>	+01:35:09 (53.2%)	10:28	5.7 (46.7%)
202	<b>KACZMARCZYK Paweł</b>	<b>1695</b>	NEGAP	M40	54	<b>02:58:02.60</b>	<b>02:58:54.15</b>	+01:35:09 (53.2%)	10:28	5.7 (46.7%)
203	<b>GÓRKA Jolanta</b>	<b>1669</b>		K40	27	<b>02:58:36.60</b>	<b>02:59:05.40</b>	+01:35:21 (53.2%)	10:30	5.7 (46.7%)
204	<b>OLSZANKA Anna</b>	<b>1760</b>	OTWOCK BIEGA	K40	28	<b>02:58:35.20</b>	<b>02:59:13.65</b>	+01:35:29 (53.3%)	10:30	5.7 (46.7%)
205	<b>JEZIOREK Jozi</b>	<b>1693</b>		M40	55	<b>03:00:13.95</b>	<b>03:00:54.95</b>	+01:37:10 (53.7%)	10:36	5.7 (46.7%)
206	<b>SERAFIN Monika</b>	<b>1798</b>		K40	29	<b>03:00:50.40</b>	<b>03:01:16.25</b>	+01:37:32 (53.8%)	10:38	5.6 (45.9%)
207	<b>CZAPLA Mariola</b>	<b>1629</b>	STUDIO GTS KATOWICE	K30	32	<b>03:00:54.30</b>	<b>03:01:55.20</b>	+01:38:10 (54.0%)	10:38	5.6 (45.9%)
208	<b>JAROSZ Agnieszka</b>	<b>1692</b>	TRENINGI PERSONALNE TOBIASZ WITEK	K40	30	<b>03:00:55.40</b>	<b>03:01:56.00</b>	+01:38:11 (54.0%)	10:38	5.6 (45.9%)
209	<b>NIZIK Magdalena</b>	<b>1757</b>	VEGEDOG	K40	31	<b>03:00:11.35</b>	<b>03:02:31.30</b>	+01:38:47 (54.1%)	10:36	5.7 (46.7%)
210	<b>SZCZERBICKA Katarzyna</b>	<b>1827</b>		K30	33	<b>03:02:13.30</b>	<b>03:02:45.75</b>	+01:39:01 (54.2%)	10:43	5.6 (45.9%)
211	<b>ŁYŻWA Paweł</b>	<b>539</b>	WKURW_TEAM	M40	56	<b>03:02:47.70</b>	<b>03:03:37.00</b>	+01:39:52 (54.4%)	10:45	5.6 (45.9%)
212	<b>HEJMAN Maciej</b>	<b>1898</b>	WKURW TEAM	M40	57	<b>03:02:47.20</b>	<b>03:03:37.25</b>	+01:39:53 (54.4%)	10:45	5.6 (45.9%)
213	<b>JANICKA Aleksandra</b>	<b>1686</b>		K30	34	<b>03:03:35.35</b>	<b>03:03:39.35</b>	+01:39:55 (54.4%)	10:47	5.6 (45.9%)
214	<b>MARCIN Misiek</b>	<b>1899</b>	WKURW TEAM	M50	10	<b>03:02:53.35</b>	<b>03:03:44.75</b>	+01:40:00 (54.4%)	10:45	5.6 (45.9%)
215	<b>BAŁAGA Marcin</b>	<b>1606</b>		M40	58	<b>03:02:34.15</b>	<b>03:03:46.90</b>	+01:40:02 (54.4%)	10:44	5.6 (45.9%)
216	<b>KOCHAN Grzegorz</b>	<b>1707</b>		M30	50	<b>03:02:34.35</b>	<b>03:03:46.95</b>	+01:40:02 (54.4%)	10:44	5.6 (45.9%)
217	<b>PÓŁTORNIAK Daniel</b>	<b>1780</b>		M30	51	<b>03:02:33.75</b>	<b>03:03:47.10</b>	+01:40:02 (54.4%)	10:44	5.6 (45.9%)
218	<b>KULCZYCKI Łukasz</b>	<b>1726</b>	ATLAS RUNNING TEAM	M30	52	<b>03:03:23.00</b>	<b>03:04:34.40</b>	+01:40:50 (54.6%)	10:47	5.6 (45.9%)
219	<b>BARYGA Mateusz</b>	<b>1611</b>		M30	53	<b>03:03:23.45</b>	<b>03:04:34.65</b>	+01:40:50 (54.6%)	10:47	5.6 (45.9%)
220	<b>WILK Izabela</b>	<b>1847</b>	SEKCJA-PIASKI	K40	32	<b>03:03:53.10</b>	<b>03:04:59.25</b>	+01:41:15 (54.7%)	10:49	5.5 (45.1%)
221	<b>BAKA Marcin</b>	<b>1605</b>	GTS	M50	11	<b>03:05:19.65</b>	<b>03:06:37.10</b>	+01:42:52 (55.1%)	10:54	5.5 (45.1%)
222	<b>GMITER Agnieszka</b>	<b>1664</b>	GTS	K40	33	<b>03:05:19.95</b>	<b>03:06:37.20</b>	+01:42:52 (55.1%)	10:54	5.5 (45.1%)
223	<b>MARTOWICZ Justyna</b>	<b>1749</b>		K20	13	<b>03:06:34.05</b>	<b>03:06:39.95</b>	+01:42:55 (55.1%)	10:58	5.5 (45.1%)

Place	Participant	Number	Club	Category	MCat	Net time 17km	Czas brutto 17km	Gap	Pace min/km	Pace km/h
224	<b>SULEWSKA Kasia</b>	<b>1823</b>	BIEGAM BO LUBIĘ OSTROŁĘKA	K40	34	<b>03:06:03.60</b>	<b>03:06:51.55</b>	+01:43:07 (55.2%)	10:56	5.5 (45.1%)
225	<b>ŁAPIAK Magdalena</b>	<b>1739</b>		K30	35	<b>03:07:15.50</b>	<b>03:07:35.30</b>	+01:43:51 (55.4%)	11:00	5.4 (44.3%)
226	<b>ZADROŻNA Ania</b>	<b>1450</b>		K40	35	<b>03:06:53.35</b>	<b>03:07:36.90</b>	+01:43:52 (55.4%)	10:59	5.5 (45.1%)
227	<b>DADAŚ Elżbieta</b>	<b>1636</b>	NIGHT RUNNERS GLIWICE	K40	36	<b>03:07:08.35</b>	<b>03:07:37.15</b>	+01:43:52 (55.4%)	11:00	5.5 (45.1%)
228	<b>KOSTULSKA Olga</b>	<b>1711</b>		K30	36	<b>03:07:14.45</b>	<b>03:08:30.65</b>	+01:44:46 (55.6%)	11:00	5.4 (44.3%)
229	<b>KONATOWSKA Joanna</b>	<b>1896</b>		K40	37	<b>03:09:19.75</b>	<b>03:09:23.75</b>	+01:45:39 (55.8%)	11:08	5.4 (44.3%)
230	<b>CZASAK Grzegorz</b>	<b>1632</b>	WITKOWO BIEGA	M40	59	<b>03:09:47.30</b>	<b>03:10:32.00</b>	+01:46:47 (56.1%)	11:09	5.4 (44.3%)
231	<b>CZAPLA Andrzej</b>	<b>1628</b>		M60	7	<b>03:09:39.30</b>	<b>03:10:54.35</b>	+01:47:10 (56.1%)	11:09	5.4 (44.3%)
232	<b>WILKOS Marcin</b>	<b>1849</b>		M40	60	<b>03:10:58.35</b>	<b>03:12:11.10</b>	+01:48:26 (56.4%)	11:14	5.3 (43.4%)
233	<b>WILKOS Edyta</b>	<b>1848</b>		K30	37	<b>03:10:57.55</b>	<b>03:12:11.45</b>	+01:48:27 (56.4%)	11:14	5.3 (43.4%)
234	<b>DASZUK Dariusz</b>	<b>1638</b>		M40	61	<b>03:10:57.65</b>	<b>03:12:11.85</b>	+01:48:27 (56.4%)	11:13	5.3 (43.4%)
235	<b>APANASIEWICZ Bartosz</b>	<b>1882</b>		M40	62	<b>03:11:20.95</b>	<b>03:12:25.85</b>	+01:48:41 (56.5%)	11:15	5.3 (43.4%)
236	<b>SZYMAŃSKA Anna</b>	<b>1881</b>		K40	38	<b>03:11:21.45</b>	<b>03:12:26.15</b>	+01:48:41 (56.5%)	11:15	5.3 (43.4%)
237	<b>KLINIKOWSKI Jacek</b>	<b>1703</b>	KOCHAM ŻYCIE I...	M50	12	<b>03:11:34.95</b>	<b>03:12:40.15</b>	+01:48:55 (56.5%)	11:16	5.3 (43.4%)
238	<b>POGORZELSKA Bogusia</b>	<b>1778</b>		K40	39	<b>03:11:36.10</b>	<b>03:12:40.20</b>	+01:48:55 (56.5%)	11:16	5.3 (43.4%)
239	<b>MIKSZA Kaol</b>	<b>1754</b>	CROSSFITTER BOX CHELM	M50	13	<b>03:14:01.65</b>	<b>03:14:32.95</b>	+01:50:48 (57.0%)	11:24	5.3 (43.4%)
240	<b>MIKSZA Aneta</b>	<b>1755</b>		K40	40	<b>03:14:01.80</b>	<b>03:14:33.05</b>	+01:50:48 (57.0%)	11:24	5.3 (43.4%)
241	<b>SZPREJDA Paulina</b>	<b>1833</b>		K30	38	<b>03:14:13.35</b>	<b>03:15:13.95</b>	+01:51:29 (57.1%)	11:25	5.3 (43.4%)
242	<b>ZALEWSKA-NOLL Katarzyna</b>	<b>1864</b>	TRIUNLIMIED	K40	41	<b>03:16:39.50</b>	<b>03:17:13.85</b>	+01:53:29 (57.5%)	11:34	5.2 (42.6%)
243	<b>DAWIDCZYK-ZAURSKA Ewa</b>	<b>1640</b>	TRIUNLIMITED	K40	42	<b>03:16:43.80</b>	<b>03:17:18.70</b>	+01:53:34 (57.6%)	11:34	5.2 (42.6%)
244	<b>PYKA Grzegorz</b>	<b>1784</b>		M30	54	<b>03:16:03.55</b>	<b>03:17:18.85</b>	+01:53:34 (57.6%)	11:31	5.2 (42.6%)
245	<b>CHMIEL Daria</b>	<b>1624</b>		K40	43	<b>03:18:26.30</b>	<b>03:18:49.05</b>	+01:55:04 (57.9%)	11:40	5.1 (41.8%)
246	<b>KALINOWSKI Janusz</b>	<b>1697</b>		M60	8	<b>03:19:41.30</b>	<b>03:21:04.45</b>	+01:57:20 (58.4%)	11:44	5.1 (41.8%)

Place	Participant	Number	Club	Category	MCat	Net time 17km	Czas brutto 17km	Gap	Pace min/km	Pace km/h
247	<b>ŻOŁNA Jakub</b>	<b>1871</b>	FULFILL DREAMS TEAM PSZCZYNA	M20	10	<b>03:22:39.40</b>	<b>03:23:43.45</b>	+01:59:59 (58.9%)	11:55	5 (41.0%)
248	<b>BUFF Tomasz</b>	<b>1620</b>		M40	63	<b>03:23:41.35</b>	<b>03:24:07.15</b>	+02:00:22 (59.0%)	11:58	5 (41.0%)
249	<b>JAREMEK Izabela</b>	<b>1868</b>		K30	39	<b>03:25:26.90</b>	<b>03:26:13.75</b>	+02:02:29 (59.4%)	12:05	5 (41.0%)
250	<b>JAREMEK Wojtek</b>	<b>1688</b>		M30	55	<b>03:25:27.50</b>	<b>03:26:14.00</b>	+02:02:29 (59.4%)	12:05	5 (41.0%)
251	<b>DULIK-KOPERA Paulina</b>	<b>1647</b>		K30	40	<b>03:25:56.65</b>	<b>03:26:37.05</b>	+02:02:52 (59.5%)	12:06	5 (41.0%)
252	<b>KOPERA Bartosz</b>	<b>1708</b>		M40	64	<b>03:25:56.55</b>	<b>03:26:37.35</b>	+02:02:53 (59.5%)	12:06	5 (41.0%)
253	<b>KLIŚ Dominika</b>	<b>1704</b>		K30	41	<b>03:25:57.45</b>	<b>03:26:37.45</b>	+02:02:53 (59.5%)	12:06	5 (41.0%)
254	<b>WYWROT Sławomir</b>	<b>1875</b>		M20	11	<b>03:29:54.90</b>	<b>03:30:00.90</b>	+02:06:16 (60.1%)	12:20	4.9 (40.2%)
255	<b>SKOWROŃSKA Olga</b>	<b>1802</b>		K30	42	<b>03:35:08.45</b>	<b>03:36:30.60</b>	+02:12:46 (61.3%)	12:39	4.7 (38.5%)
256	<b>SAJNÓG Marek</b>	<b>1796</b>	PANDA & KULECZKA	M40	65	<b>03:38:22.75</b>	<b>03:39:30.50</b>	+02:15:46 (61.9%)	12:50	4.7 (38.5%)
257	<b>IWANECKA Sylwia</b>	<b>1684</b>	PANDA&KULECZKA	K40	44	<b>03:38:23.15</b>	<b>03:39:30.60</b>	+02:15:46 (61.9%)	12:50	4.7 (38.5%)
258	<b>GAJEWSKA Angelika</b>	<b>1657</b>	STARGARD JA SIĘ NIE ŚCIGAM	K30	43	<b>03:39:59.10</b>	<b>03:41:02.95</b>	+02:17:18 (62.1%)	12:56	4.6 (37.7%)
259	<b>WOJEWODA-ŁABĘDZKA Magdalena</b>	<b>1855</b>	STARGARD JA SIĘ NIE ŚCIGAM	K40	45	<b>03:39:58.85</b>	<b>03:41:03.20</b>	+02:17:18 (62.1%)	12:56	4.6 (37.7%)
260	<b>CZARNECKA Marta</b>	<b>1631</b>		K30	44	<b>03:42:40.90</b>	<b>03:43:27.20</b>	+02:19:42 (62.5%)	13:05	4.6 (37.7%)
261	<b>ZAJĄC Klaudia</b>	<b>1880</b>		K30	45	<b>03:44:55.60</b>	<b>03:46:12.30</b>	+02:22:28 (63.0%)	13:13	4.5 (36.9%)
262	<b>SZCZEPANEK Ewelina</b>	<b>1826</b>	POTRENUJEMY?	K30	46	<b>03:48:04.50</b>	<b>03:49:10.00</b>	+02:25:25 (63.5%)	13:25	4.5 (36.9%)
263	<b>WOSK Jacek</b>	<b>1857</b>	LOST IN SPORT/B S W	M50	14	<b>03:48:04.90</b>	<b>03:49:10.70</b>	+02:25:26 (63.5%)	13:25	4.5 (36.9%)
264	<b>BARCZAK Sylwia</b>	<b>1609</b>	STAY INSANE / PERFECT RUNNER LUBLIN	K30	47	<b>03:51:45.85</b>	<b>03:53:07.45</b>	+02:29:23 (64.1%)	13:38	4.4 (36.1%)
265	<b>KRAWCZYK Klaudia</b>	<b>1718</b>		K20	14	<b>03:51:54.60</b>	<b>03:53:10.20</b>	+02:29:25 (64.1%)	13:38	4.4 (36.1%)
266	<b>NOWIŃSKA Agata</b>	<b>1879</b>		K30	48	<b>03:52:21.35</b>	<b>03:53:37.40</b>	+02:29:53 (64.2%)	13:40	4.4 (36.1%)
267	<b>GRUBE Bartosz</b>	<b>1674</b>	BIGYELLOWFOOT ADVENTURE TEAM / DRUNK WARRIORS	M30	56	<b>03:52:29.85</b>	<b>03:53:38.70</b>	+02:29:54 (64.2%)	13:40	4.4 (36.1%)
268	<b>EBERT Agata</b>	<b>1650</b>		K50	5	<b>03:54:02.30</b>	<b>03:55:13.70</b>	+02:31:29 (64.4%)	13:46	4.4 (36.1%)
269	- -	<b>1694</b>		K30	49	<b>03:56:40.60</b>	<b>03:57:15.80</b>	+02:33:31 (64.7%)	13:55	4.3 (35.2%)

Place	Participant	Number	Club	Category	MCat	Net time 17km	Czas brutto 17km	Gap	Pace min/km	Pace km/h
270	<b>KORCZYŃSKA - MADEJ Ewa</b>	<b>1709</b>		K30	50	<b>03:58:06.25</b>	<b>03:58:39.65</b>	+02:34:55 (64.9%)	14:00	4.3 (35.2%)
271	<b>MADEJ Hubert</b>	<b>1744</b>		M30	57	<b>03:58:07.40</b>	<b>03:58:40.45</b>	+02:34:56 (64.9%)	14:00	4.3 (35.2%)
<b>Przekroczony limit czasu: 04:00:00</b>										
272	<b>OPAŁA Beata</b>	<b>1761</b>	TRAILOWE BIEGI DUCHOWE TBD	K30	51	<b>05:38:46.55</b>	<b>05:38:46.55</b>	+04:15:02 (75.3%)	19:55	3 (24.6%)
	<b>GAWRON Gabriela</b>	<b>1663</b>	ROOKSTEAM	K30		<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>MÓL Ewa</b>	<b>1259</b>		K40		<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Total 274 results.