

VII HYUNDAI ULTRAMARATON BIESZCZADZKI - 26 KM

B4SPORT

Wydarzenie: Maraton Bieszczadzki 2019
Organizator: Fundacja Bieg Rzeźnika
Data: 2019-10-12
Miejsce: Cisna
Dystans: 26 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P2_Roztoki 12km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
1	TRACZ Łukasz	1400	WWW.TRENINGFIZJOTERAPIA.PL / SQUAREH	M30	1	01:06:44	02:26:12.55	02:26:12.95		5:37	10.7 (100%)
2	KUJAWSKI Bartosz	1202	GRUPETTO GORLICE	M20	1	01:06:24	02:28:08.35	02:28:10.05	+00:01:57 (1.3%)	5:41	10.5 (98.1%)
3	SUDACKI Sebastian	1373		M20	2	01:07:47	02:34:24.35	02:34:33.75	+00:08:20 (5.4%)	5:56	10.1 (94.4%)
4	ZYGMUNT Tomasz	1466		M20	3	01:08:24	02:34:31.50	02:34:34.00	+00:08:21 (5.4%)	5:56	10.1 (94.4%)
5	BOKACZ Piotr	1037		M20	4	01:08:56	02:38:49.05	02:38:59.55	+00:12:46 (8.0%)	6:06	9.8 (91.6%)
6	WILMONT Krzysztof	1423	CENTRUM SZKOLENIA MARYNARKI WOJENNEJ W USTCE	M30	2	01:12:45	02:39:43.30	02:39:54.70	+00:13:41 (8.6%)	6:08	9.8 (91.6%)
7	SNARSKI Bogdan	1347	ALBATROSY	M40	1	01:11:46	02:39:59.50	02:40:01.50	+00:13:48 (8.6%)	6:09	9.8 (91.6%)
8	WIĘCH Piotr	736		M30	3	01:11:46	02:40:35.20	02:40:39.45	+00:14:26 (9.0%)	6:10	9.7 (90.7%)
9	GIERULA Piotr	1116	OLD SCHOLL TRAIL RUNNING	M30	4	01:13:09	02:40:40.10	02:40:46.35	+00:14:33 (9.1%)	6:10	9.7 (90.7%)
10	WĘGLIŃSKI Mikołaj	1417		M30	5	01:09:33	02:40:53.05	02:41:09.60	+00:14:56 (9.3%)	6:11	9.7 (90.7%)
11	WEGLINSKI Sebastian	1416	MKB DREPTAK	M30	6	01:09:32	02:42:12.30	02:42:13.70	+00:16:00 (9.9%)	6:14	9.6 (89.7%)
12	BAZUŁKA Aleksandra	1019		K20	1	01:14:54	02:43:48.00	02:43:57.55	+00:17:44 (10.8%)	6:18	9.5 (88.8%)
13	CYTAWA Adrian	1068	ŁĘCZNA BIEGA	M20	5	01:11:44	02:46:01.90	02:46:08.10	+00:19:55 (12.0%)	6:23	9.4 (87.9%)
14	URBAŃCZYK Marcin	1405		M20	6	01:13:48	02:46:44.45	02:46:48.50	+00:20:35 (12.3%)	6:24	9.4 (87.9%)
15	MIKOŁAJCZYK Sandra	1252	SILESIA RUNNERS CLUB	K30	1	01:14:30	02:48:30.20	02:48:30.20	+00:22:17 (13.2%)	6:28	9.3 (86.9%)

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16	MAZURKIEWICZ Bartłomiej	1246	ZAPOROWY MARATON TEAM	M20	7	01:14:20	02:48:53.50	02:48:54.85	+00:22:41 (13.4%)	6:29	9.2 (86.0%)
17	CYRANKIEWICZ Patryk	1067	LUBELSKIBIEGACZ.PL TEAM	M20	8	01:12:58	02:49:32.15	02:49:34.55	+00:23:21 (13.8%)	6:31	9.2 (86.0%)
18	STEPANIUK Adam	1368	CHEŁM BIEGA/BIEGAMY DZISIAJ?	M40	2	01:16:45	02:49:38.35	02:49:49.15	+00:23:36 (13.9%)	6:31	9.2 (86.0%)
19	GLAB Krzysztof	1118	NGB KLOBUCK / VEGE RUNNERS	M50	1	01:13:03	02:50:37.80	02:50:40.70	+00:24:27 (14.3%)	6:33	9.1 (85.0%)
20	PRZYWARA Piotr	1314	MTU AERO ENGINES POLSKA	M30	7	01:15:13	02:51:13.55	02:51:15.95	+00:25:03 (14.6%)	6:35	9.1 (85.0%)
21	DUL Karolina	1090	FAMILY TEAM / ŚLĘZAK TEAM	K20	2	01:17:48	02:52:39.65	02:52:42.80	+00:26:29 (15.3%)	6:38	9 (84.1%)
22	ZABORNIAK Paweł	1449	KRESOWIANIE	M30	8	01:17:31	02:53:56.00	02:53:59.80	+00:27:46 (16.0%)	6:41	9 (84.1%)
23	STEC Tomasz	1364	DZIKITIM	M30	9	01:18:04	02:54:05.20	02:54:09.90	+00:27:56 (16.0%)	6:41	9 (84.1%)
24	BOROWSKI Roman	1041		M40	3	01:17:19	02:54:40.05	02:54:42.15	+00:28:29 (16.3%)	6:43	8.9 (83.2%)
25	BEKAS Marcin	1022	RUNONLINE.PL	M40	4	01:19:08	02:54:43.20	02:55:21.80	+00:29:08 (16.6%)	6:43	8.9 (83.2%)
26	MISZTAL Kamil	1255		M30	10	01:21:02	02:55:40.05	02:55:49.00	+00:29:36 (16.8%)	6:45	8.9 (83.2%)
27	PIETRAS Ryszard	1298	BIEGAM Z ABS	M40	5	01:16:51	02:56:05.75	02:56:18.05	+00:30:05 (17.1%)	6:46	8.9 (83.2%)
28	FRITZ Wojciech	1103	BIEG PO ZDRÓJ	M40	6	01:21:25	02:56:30.10	02:57:05.20	+00:30:52 (17.4%)	6:47	8.8 (82.2%)
29	GÓRECKI Rafał	1127		M40	7	01:19:45	02:59:54.90	02:59:57.40	+00:33:44 (18.7%)	6:55	8.7 (81.3%)
30	ZAJĄC Grzegorz	1451		M40	8	01:17:39	03:01:51.95	03:02:03.85	+00:35:50 (19.7%)	6:59	8.6 (80.4%)
31	WÓJCIK Agnieszka	1438	MKB DREPTAK	K30	2	01:20:42	03:02:00.85	03:02:05.50	+00:35:52 (19.7%)	7:00	8.6 (80.4%)
32	ŚLIWOWSKA Justyna	1391	KS STASZEWSKY	K20	3	01:20:15	03:02:08.45	03:02:13.45	+00:36:00 (19.8%)	7:00	8.6 (80.4%)
33	RUSZNICA Tomasz	1327		M30	11	01:19:58	03:04:37.80	03:04:41.10	+00:38:28 (20.8%)	7:06	8.4 (78.5%)
34	KULIGA Sławomir	1203	POSMAKUJ RUN TEAM	M30	12	01:20:19	03:05:46.50	03:05:51.55	+00:39:38 (21.3%)	7:08	8.4 (78.5%)
35	MOSIO Grzegorz	1257		M40	9	01:25:08	03:05:18.25	03:05:52.95	+00:39:40 (21.3%)	7:07	8.4 (78.5%)
36	ŁOBODOWSKI Marcin	1223	RACEFIGHTER GOSIR DĘBE WIELKIE	M30	13	01:17:23	03:06:32.35	03:06:38.30	+00:40:25 (21.7%)	7:10	8.4 (78.5%)
37	DZIEDZIC Krzysztof	1092		M40	10	01:21:59	03:06:42.65	03:06:49.65	+00:40:36 (21.7%)	7:10	8.4 (78.5%)
38	SZULTK Magdalena	1384	BAKALIEWSZUWARACH	K20	4	01:21:34	03:06:49.30	03:06:51.80	+00:40:38 (21.8%)	7:11	8.4 (78.5%)

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39	BAKALARZ Emil	1008	BAKALIE W SZUWARACH	M30	14	01:21:36	03:06:49.30	03:06:52.10	+00:40:39 (21.8%)	7:11	8.3 (77.6%)
40	MUCHA Łukasz	1262	DUSZPASTERSTWO AKADEMICKIE RADOM	M20	9	01:20:17	03:06:58.95	03:07:02.25	+00:40:49 (21.8%)	7:11	8.3 (77.6%)
41	SZYBKOWSKI Marcin	1386	DZIKITIM	M30	15	01:22:20	03:08:07.90	03:08:14.60	+00:42:01 (22.3%)	7:14	8.3 (77.6%)
42	DADEJ Grzegorz	1075	KS MASTERS JORDAN KRAKÓW	M40	11	01:20:28	03:08:36.45	03:08:49.05	+00:42:36 (22.6%)	7:15	8.3 (77.6%)
43	PIĄTEK Beata	1297	TRENINGFIZJOTERAPIA.PL/ULTRA ŁAŃCUT	K30	3	01:31:15	03:08:50.25	03:08:52.05	+00:42:39 (22.6%)	7:15	8.3 (77.6%)
44	POLKOWSKI Piotr	1307	RĄCZE RACICZKI	M30	16	01:26:11	03:09:08.75	03:09:19.10	+00:43:06 (22.8%)	7:16	8.2 (76.6%)
45	MACIEJEWSKI Daniel	1232	PRO-GRES	M30	17	01:21:58	03:09:19.95	03:09:26.75	+00:43:13 (22.8%)	7:16	8.2 (76.6%)
46	KOPEĆ Paweł	1178	RZESZOWSKIE GAZELE I GEPARTY	M30	18	01:23:22	03:09:43.65	03:09:59.50	+00:43:46 (23.0%)	7:17	8.2 (76.6%)
47	SZYBIAK Joanna	1385	AGONA W&M	K40	1	01:23:43	03:10:04.95	03:10:10.65	+00:43:57 (23.1%)	7:18	8.2 (76.6%)
48	JAKUBOWSKI Bartłomiej	1144		M30	19	01:24:19	03:09:51.45	03:10:11.45	+00:43:58 (23.1%)	7:18	8.2 (76.6%)
49	PODLEŚ Robert	1305		M50	2	01:24:08	03:10:25.30	03:10:28.00	+00:44:15 (23.2%)	7:19	8.2 (76.6%)
50	GARUS Łukasz	1110		M30	20	01:23:43	03:10:33.05	03:10:40.45	+00:44:27 (23.3%)	7:19	8.2 (76.6%)
51	FICEK Karolina	1098	CARPATIAN CHALLENGE	K30	4	01:26:37	03:11:31.80	03:11:36.20	+00:45:23 (23.7%)	7:22	8.1 (75.7%)
52	SĄSIADK Grzegorz	1333		M20	10	01:23:01	03:11:18.30	03:11:41.60	+00:45:28 (23.7%)	7:21	8.2 (76.6%)
53	TOKARZ Adrian	1396	DZIKIE MUSTANGI	M30	21	01:24:15	03:11:52.65	03:12:10.20	+00:45:57 (23.9%)	7:22	8.1 (75.7%)
54	KOLACHA Patryk	1171		M20	11	01:23:22	03:14:18.00	03:14:20.80	+00:48:07 (24.8%)	7:28	8 (74.8%)
55	CZECH Mateusz	1478	MAŁOSOLNI	M20	12	01:25:40	03:13:51.50	03:14:20.95	+00:48:08 (24.8%)	7:27	8 (74.8%)
56	MATERNA Roman	1240	SPAR POLSKA	M50	3	01:22:32	03:15:01.65	03:15:08.15	+00:48:55 (25.1%)	7:30	8 (74.8%)
57	GUZIK Łukasz	1134	GO APTIV!	M30	22	01:21:39	03:14:53.10	03:15:12.45	+00:48:59 (25.1%)	7:29	8 (74.8%)
58	STOPYRA Urszula	1370		K20	5	01:30:09	03:16:21.50	03:16:25.70	+00:50:12 (25.6%)	7:33	7.9 (73.8%)
59	SOBIERAJ Kamil	1351	WKURW_TEAM	M20	13	01:24:32	03:16:22.40	03:16:32.40	+00:50:19 (25.6%)	7:33	7.9 (73.8%)
60	KOMOSIŃSKI Łukasz	1175		M30	23	01:26:19	03:16:42.25	03:16:46.20	+00:50:33 (25.7%)	7:33	7.9 (73.8%)
61	PECIO Mariusz	1291	SGSP	M40	12	01:30:37	03:16:38.25	03:16:47.40	+00:50:34 (25.7%)	7:33	7.9 (73.8%)

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62	SOBCZYK Wioletta	1349	VELUX GNIEZNO	K40	2	01:28:46	03:16:29.25	03:16:48.30	+00:50:35 (25.7%)	7:33	7.9 (73.8%)
63	GŁUSZKO Przemysław	1121	SOLINA TEAM / RUNONLINE.PL TEAM	M30	24	01:23:08	03:17:10.10	03:17:11.60	+00:50:58 (25.9%)	7:35	7.9 (73.8%)
64	FURMAGA Przemyslaw	1104	POWER TRAINING	M40	13	01:26:54	03:19:07.90	03:19:10.20	+00:52:57 (26.6%)	7:39	7.8 (72.9%)
65	ORGAN Michał	1278		M30	25	01:23:32	03:19:22.15	03:19:29.15	+00:53:16 (26.7%)	7:40	7.8 (72.9%)
66	SIKORA Jacek	153		M30	26	01:28:05	03:19:22.75	03:19:30.05	+00:53:17 (26.7%)	7:40	7.8 (72.9%)
67	SZCZUREK Mateusz	1381	ANPOLEKO RUNNING TEAM	M30	27	01:35:52	03:19:13.00	03:19:45.55	+00:53:32 (26.8%)	7:39	7.8 (72.9%)
68	DRZAZGA Marta	1086	ORT ŁOMIANKI	K30	5	01:24:28	03:19:44.85	03:19:50.00	+00:53:37 (26.8%)	7:40	7.8 (72.9%)
69	LEKSY Robert	1213	TRAJLOWE BIEGI DUCHOWE	M40	14	01:31:18	03:19:39.45	03:20:14.40	+00:54:01 (27.0%)	7:40	7.8 (72.9%)
70	PIŁAT Jakub	1300	MULTIMEDIA RUNNERS PUŁAWY	M30	28	01:35:41	03:19:45.90	03:20:16.55	+00:54:03 (27.0%)	7:41	7.8 (72.9%)
71	TUCHOWSKI Janusz	1403		M40	15	01:23:28	03:20:36.45	03:20:56.30	+00:54:43 (27.2%)	7:42	7.8 (72.9%)
72	MACHTAŁOWICZ Szymon	1230		M30	29	01:29:00	03:20:55.75	03:21:04.90	+00:54:51 (27.3%)	7:43	7.8 (72.9%)
73	CHILICKA Marta	1057	RED LION CLUB	K30	6	01:31:19	03:21:18.95	03:21:25.50	+00:55:12 (27.4%)	7:44	7.7 (72.0%)
74	JACHIMOWSKI Jarosław	1142	POZYTYWNIIE ZABIEGANI SANOK	M30	30	01:25:37	03:21:58.45	03:22:00.35	+00:55:47 (27.6%)	7:46	7.7 (72.0%)
75	ŚLIWIŃSKI Andrzej	1390		M60	1	01:27:55	03:22:06.65	03:22:09.85	+00:55:56 (27.7%)	7:46	7.7 (72.0%)
76	LUBACZEWSKI Krzysztof	1220	ANPOLEKO RUNING TEAM	M20	14	01:27:03	03:21:59.70	03:22:32.40	+00:56:19 (27.8%)	7:46	7.7 (72.0%)
77	ZAWADZKI Piotr	1458		M30	31	01:28:43	03:22:27.55	03:22:35.45	+00:56:22 (27.8%)	7:47	7.7 (72.0%)
78	KANCLERZ-MAZURCZUK Monika	1159	CROSSFITTER BOX CHELM	K40	3	01:29:49	03:22:49.55	03:22:52.75	+00:56:39 (27.9%)	7:48	7.7 (72.0%)
79	KOBYLIŃSKI Mariusz	1170	SST LUBCZA/DZIKITIM	M30	32	01:28:50	03:23:01.25	03:23:08.50	+00:56:55 (28.0%)	7:48	7.7 (72.0%)
80	PAWLIK Robert	1289		M30	33	01:25:16	03:23:05.85	03:23:13.75	+00:57:00 (28.1%)	7:48	7.7 (72.0%)
81	NEMŚ Arkadiusz	1268	BBL STASZÓW/STARIS	M40	16	01:25:29	03:23:06.25	03:23:14.05	+00:57:01 (28.1%)	7:48	7.7 (72.0%)
82	BŁASZCZAK Jarosław	1033	GO APTIV!	M40	17	01:28:26	03:22:02.45	03:23:39.55	+00:57:26 (28.2%)	7:46	7.7 (72.0%)
83	LEWANDOWSKI Przemysław	1216	6*9=42	M30	34	01:24:39	03:23:48.05	03:23:50.15	+00:57:37 (28.3%)	7:50	7.7 (72.0%)
84	MOŻEJKO Dawid	1258	DZIK KOMANDO	M30	35	01:33:50	03:23:37.40	03:23:56.85	+00:57:43 (28.3%)	7:49	7.7 (72.0%)

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85	PRZYBYŁOWICZ Marek	1313		M40	18	01:30:11	03:24:33.05	03:24:35.10	+00:58:22 (28.5%)	7:52	7.6 (71.0%)
86	PRZYBYŁOWICZ Ramona	1003		K30	7	01:30:13	03:24:33.30	03:24:35.20	+00:58:22 (28.5%)	7:52	7.6 (71.0%)
87	ZYGMUNT Paweł	1465		M40	19	01:28:51	03:24:54.45	03:24:59.10	+00:58:46 (28.7%)	7:52	7.6 (71.0%)
88	LASOTA Arkadiusz	1209		M40	20	01:31:34	03:25:15.70	03:25:36.40	+00:59:23 (28.9%)	7:53	7.6 (71.0%)
89	MAREK Sławomir	1238		M30	36	01:28:46	03:25:27.50	03:25:45.70	+00:59:32 (28.9%)	7:54	7.6 (71.0%)
90	WIEWIÓRA Krzysztof	1421		M30	37	01:35:42	03:25:21.55	03:25:51.60	+00:59:38 (29.0%)	7:53	7.6 (71.0%)
91	BARDAN Michał	1015	ŻELAZO NIE KLĘKA	M30	38	01:29:40	03:26:07.15	03:26:20.85	+01:00:07 (29.1%)	7:55	7.6 (71.0%)
92	KRZYSZTOŃ Piotr	1198	GMP LASY-KRAŚNIK	M40	21	01:28:41	03:26:03.70	03:26:27.30	+01:00:14 (29.2%)	7:55	7.6 (71.0%)
93	HŁASKO Ania	1139		K20	6	01:35:16	03:26:16.80	03:26:32.65	+01:00:19 (29.2%)	7:56	7.6 (71.0%)
94	PESZEK Katarzyna	1293	DZIKIE GRUBASY SZATANA	K40	4	01:30:43	03:26:36.65	03:26:48.85	+01:00:35 (29.3%)	7:56	7.6 (71.0%)
95	MERESTA Konrad	1248		M30	39	01:30:32	03:27:35.30	03:27:47.50	+01:01:34 (29.6%)	7:59	7.5 (70.1%)
96	ZAWADZKI Grzegorz	1456	KLUB SPORTOWY PRESTIGE	M30	40	01:30:51	03:28:15.35	03:28:44.85	+01:02:31 (30.0%)	8:00	7.5 (70.1%)
97	ANUSZKIEWICZ Grzegorz	1482		M40	22	01:30:01	03:28:46.75	03:28:54.05	+01:02:41 (30.0%)	8:01	7.5 (70.1%)
98	SOBCZYŃSKI Paweł	1350	KSB	M30	41	01:31:26	03:28:52.95	03:29:29.80	+01:03:16 (30.2%)	8:02	7.5 (70.1%)
99	ŚWIERC Barbara	1001	BUFF FAMILY	K30	8	01:28:46	03:29:35.55	03:29:38.80	+01:03:25 (30.3%)	8:03	7.4 (69.2%)
100	BARAN Zenon	1013	RĄCZE RACICZKI	M50	4	01:36:47	03:29:01.50	03:29:40.40	+01:03:27 (30.3%)	8:02	7.5 (70.1%)
101	SZPOTON Monika	1383	ADIDAS RUNNERS	K30	9	01:30:44	03:30:14.70	03:30:22.80	+01:04:09 (30.5%)	8:05	7.4 (69.2%)
102	CHLIPAŁA Marek	1058		M20	15	01:30:08	03:30:36.50	03:30:45.95	+01:04:33 (30.6%)	8:06	7.4 (69.2%)
103	PURSKI Konrad	1318		M40	23	01:33:57	03:30:42.80	03:30:47.30	+01:04:34 (30.6%)	8:06	7.4 (69.2%)
104	WRĘCZYCKI Mirosław	1440		M50	5	01:32:22	03:30:30.50	03:30:49.30	+01:04:36 (30.6%)	8:05	7.4 (69.2%)
105	FRANKOWSKI Piotr	1101		M40	24	01:32:57	03:30:12.65	03:30:49.80	+01:04:36 (30.6%)	8:05	7.4 (69.2%)
106	WYCZÓŁKOWSKI Grzegorz	1444		M40	25	01:31:43	03:30:45.95	03:31:00.70	+01:04:47 (30.7%)	8:06	7.4 (69.2%)
107	OŻÓG Paweł	597		M30	42	01:27:59	03:30:46.55	03:31:10.55	+01:04:57 (30.8%)	8:06	7.4 (69.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P2_Roztoki 12km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
108	LIANA Tomasz	1218		M20	16	01:29:52	03:31:17.60	03:31:44.15	+01:05:31 (30.9%)	8:07	7.4 (69.2%)
109	GÓRECKI Krzysztof	1128		M40	26	01:31:11	03:32:18.85	03:32:29.40	+01:06:16 (31.2%)	8:09	7.3 (68.2%)
110	LEWCZUK Norbert	1217	BIEGACZE POMAGACZE	M30	43	01:34:57	03:31:58.40	03:32:29.80	+01:06:16 (31.2%)	8:09	7.4 (69.2%)
111	KASINSKI Rafal	1160	FORMED	M40	27	01:31:08	03:32:23.55	03:32:57.85	+01:06:44 (31.3%)	8:10	7.3 (68.2%)
112	GOTFRYD Karol	1126	ANPOLEKO RUNNING TEAM	M20	17	01:35:56	03:32:52.15	03:33:25.75	+01:07:12 (31.5%)	8:11	7.3 (68.2%)
113	KONOWAŁEK Bartek	1176	ŁĘCZNA BIEGA/FIZJO-SPORT	M30	44	01:35:52	03:33:18.35	03:33:41.25	+01:07:28 (31.6%)	8:12	7.3 (68.2%)
114	BARSKI Łukasz	1017		M30	45	01:25:24	03:33:46.30	03:34:16.75	+01:08:03 (31.8%)	8:13	7.3 (68.2%)
115	HANUS Michał	391	BIEG PO ZDRÓJ JAWORZE	M40	28	01:36:02	03:33:43.50	03:34:17.20	+01:08:04 (31.8%)	8:13	7.3 (68.2%)
116	GOŁĘBIEWSKA Oliwia	1123		K20	7	01:32:26	03:34:04.95	03:34:20.20	+01:08:07 (31.8%)	8:14	7.3 (68.2%)
117	ŁOPATOWSKI Michał	1225	KANAPOWI PIWOSZE KRAKÓW	M30	46	01:42:28	03:34:26.80	03:34:41.90	+01:08:28 (31.9%)	8:14	7.3 (68.2%)
118	STUDZIŃSKI Rafał	1372	ANPOLEKO RUNNING TEAM	M20	18	01:35:51	03:34:16.30	03:34:48.85	+01:08:35 (31.9%)	8:14	7.3 (68.2%)
119	BERENT Alina	1023	NAZWA FIRMY	K30	10	01:28:55	03:34:45.85	03:34:51.15	+01:08:38 (31.9%)	8:15	7.3 (68.2%)
120	WINKLER Marcin	1424	GRALNIA	M40	29	01:38:41	03:34:20.40	03:34:51.25	+01:08:38 (31.9%)	8:14	7.3 (68.2%)
121	NAZIM Agnieszka	1267	SKAWINA BIEGA	K30	11	01:37:46	03:35:46.50	03:35:57.30	+01:09:44 (32.3%)	8:17	7.2 (67.3%)
122	SKROBEK Karolina	1343	VEGE RUNNERS	K30	12	01:32:53	03:35:51.80	03:36:09.90	+01:09:56 (32.4%)	8:18	7.2 (67.3%)
123	WASZKIEWICZ Mateusz	1413	MAŁOSOLNI	M30	47	01:28:38	03:35:41.95	03:36:10.75	+01:09:57 (32.4%)	8:17	7.2 (67.3%)
124	NOWICKA Katarzyna	1272		K20	8	01:35:48	03:36:34.45	03:37:00.80	+01:10:47 (32.6%)	8:19	7.2 (67.3%)
125	SZCZEPANEK Sylwester	1376		M30	48	01:35:40	03:37:12.60	03:37:15.90	+01:11:02 (32.7%)	8:21	7.2 (67.3%)
126	CHOJACKI Mikołaj	1480		M40	30	01:27:52	03:36:52.30	03:37:21.70	+01:11:08 (32.7%)	8:20	7.2 (67.3%)
127	BARAŃSKA Monika	1014		K50	1	01:39:15	03:36:41.40	03:37:26.75	+01:11:13 (32.8%)	8:20	7.2 (67.3%)
128	MACIOSZEK Katarzyna	1233	FLORKI	K30	13	01:37:21	03:37:24.25	03:37:35.45	+01:11:22 (32.8%)	8:21	7.2 (67.3%)
129	NIEDŹWIEDŹ Tomasz	1269		M30	49	01:32:10	03:38:21.25	03:38:28.05	+01:12:15 (33.1%)	8:23	7.1 (66.4%)
130	MACIOSZEK Krystyna	1234		K30	14	01:50:06	03:37:56.15	03:38:32.00	+01:12:19 (33.1%)	8:22	7.2 (67.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P2_Roztoki 12km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
131	ŻUK Marcin	1468		M40	31	01:37:33	03:38:24.40	03:38:37.40	+01:12:24 (33.1%)	8:24	7.1 (66.4%)
132	SZCZĘSNA Edyta	1380	CARBON OCR RACING TEAM	K30	15	01:35:31	03:38:30.65	03:38:54.95	+01:12:42 (33.2%)	8:24	7.1 (66.4%)
133	WÓJCIK Julian	1439	SZWLA STARGARD	M60	2	01:40:15	03:38:06.90	03:38:57.45	+01:12:44 (33.2%)	8:23	7.2 (67.3%)
134	SOCJUSZ Maciej	1356		M30	50	01:32:21	03:38:50.25	03:39:02.65	+01:12:49 (33.2%)	8:25	7.1 (66.4%)
135	ZAWROTNIAK Paweł	1459		M20	19	01:38:47	03:38:40.30	03:39:20.45	+01:13:07 (33.3%)	8:24	7.1 (66.4%)
136	ZAWROTNIAK Arkadiusz	1460		M20	20	01:38:47	03:38:40.00	03:39:20.60	+01:13:07 (33.3%)	8:24	7.1 (66.4%)
137	ISKRA Grzegorz	1141	KP PSP STRZYŻÓW	M30	51	01:37:38	03:39:25.05	03:39:35.10	+01:13:22 (33.4%)	8:26	7.1 (66.4%)
138	KUBICKI Franciszek	1200		M30	52	01:28:54	03:39:32.40	03:39:38.05	+01:13:25 (33.4%)	8:26	7.1 (66.4%)
139	KĘDZIOR Paweł	1164	MARATŃCZYK	M40	32	01:28:34	03:39:19.60	03:39:38.65	+01:13:25 (33.4%)	8:26	7.1 (66.4%)
140	KORCZYNSKI Piotr	1180	ADIDAS RUNNERS WARSAW	M50	6	01:37:29	03:39:35.95	03:39:48.40	+01:13:35 (33.5%)	8:26	7.1 (66.4%)
141	SKALSKI Jarosław	1338		M40	33	01:33:03	03:39:51.75	03:39:56.40	+01:13:43 (33.5%)	8:27	7.1 (66.4%)
142	KACZKOWSKI Jakub	1153	GO APTIV!	M20	21	01:23:15	03:40:15.60	03:40:27.70	+01:14:14 (33.7%)	8:28	7.1 (66.4%)
143	SOŁTYSIAK Marta	1357		K30	16	01:29:18	03:40:11.25	03:41:00.55	+01:14:47 (33.8%)	8:28	7.1 (66.4%)
144	FALKOWSKI Piotr	1500	KS PEGAZ PIASECZNO	M50	7	01:39:17	03:40:42.15	03:41:07.05	+01:14:54 (33.9%)	8:29	7.1 (66.4%)
145	WOJTOWICZ Daniel	1434		M40	34	01:35:23	03:41:06.30	03:41:17.50	+01:15:04 (33.9%)	8:30	7.1 (66.4%)
146	DYREK Adam	1091		M30	53	01:35:30	03:41:09.75	03:41:22.15	+01:15:09 (33.9%)	8:30	7.1 (66.4%)
147	OPAŁA Krzysztof	1277	TRAILOWE BIEGI DUCHOWE TBD	M40	35	01:39:27	03:41:59.00	03:42:34.65	+01:16:21 (34.3%)	8:32	7 (65.4%)
148	WALANUS Mariusz	1410	ATHLETE BOX	M40	36	01:30:10	03:42:35.95	03:42:44.10	+01:16:31 (34.4%)	8:33	7 (65.4%)
149	KOZŁOWSKI Maciej	1191	DZIKIE BOBRY	M30	54	01:33:59	03:42:44.05	03:42:55.75	+01:16:42 (34.4%)	8:34	7 (65.4%)
150	SKOWROŃSKI Maciej	1342		M40	37	01:32:29	03:43:05.85	03:43:20.30	+01:17:07 (34.5%)	8:34	7 (65.4%)
151	LESNIAK-POPIEL Marta	1214	POZYTYWNIIE ZABIEGAMI SANOK	K40	5	01:37:52	03:43:41.15	03:43:58.65	+01:17:45 (34.7%)	8:36	7 (65.4%)
152	DOMARADZKA-KASZUBOWICZ Wiktoria	1082	POZYTYWNIIE ZABIEGANI SANOK	K30	17	01:39:41	03:43:41.55	03:43:58.80	+01:17:45 (34.7%)	8:36	7 (65.4%)
153	UBYSZ Marek	1404	JACEKBIEGA RUNNING TEAM	M40	38	01:44:51	03:43:27.15	03:43:59.65	+01:17:46 (34.7%)	8:35	7 (65.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P2_Roztoki 12km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
154	DĄBROWSKI Mateusz	1078		M20	22	01:39:23	03:43:43.15	03:44:23.65	+01:18:10 (34.8%)	8:36	7 (65.4%)
155	CIOSEK Robert	1062	DOBREBOXY.PL	M40	39	01:40:47	03:44:40.80	03:44:53.60	+01:18:40 (35.0%)	8:38	6.9 (64.5%)
156	PSZENICZNA Joanna	1315	VEGE RUNNERS	K20	9	01:41:25	03:44:07.60	03:44:57.50	+01:18:44 (35.0%)	8:37	7 (65.4%)
157	BIENIARZ Sebastian	1026		M20	23	01:44:16	03:44:23.25	03:45:11.40	+01:18:58 (35.1%)	8:37	7 (65.4%)
158	STEFANIUK Marzena	1367		K30	18	01:38:07	03:45:02.30	03:45:12.00	+01:18:59 (35.1%)	8:39	6.9 (64.5%)
159	SKIBIŃSKI Mariusz	1339		M40	40	01:37:29	03:45:11.20	03:45:23.10	+01:19:10 (35.1%)	8:39	6.9 (64.5%)
160	WOJCIECHOWSKA-HRYCYK Agata	1430		K50	2	01:35:05	03:45:52.40	03:46:14.85	+01:20:01 (35.4%)	8:41	6.9 (64.5%)
161	BIENIAS Paulina	1028		K20	10	01:40:39	03:46:38.45	03:46:54.30	+01:20:41 (35.6%)	8:43	6.9 (64.5%)
162	MATUSIK-SKALSKA Renata	1243	ŻUKI W BŁOCIE	K40	6	01:38:59	03:46:59.55	03:47:04.10	+01:20:51 (35.6%)	8:43	6.9 (64.5%)
163	GUT Marcin	1133		M30	55	01:38:45	03:47:09.50	03:47:33.90	+01:21:20 (35.7%)	8:44	6.9 (64.5%)
164	ŁOKIETEK Michał	1224	MAŁOSOLNI	M30	56	01:42:57	03:47:09.30	03:47:39.40	+01:21:26 (35.8%)	8:44	6.9 (64.5%)
165	SZMYTKOWSKI Krzysztof	1382	MIA SAN MIA	M40	41	01:37:25	03:47:44.00	03:48:02.50	+01:21:49 (35.9%)	8:45	6.9 (64.5%)
166	WIERZBICKA Joanna	175		K40	7	01:38:03	03:48:06.15	03:48:13.35	+01:22:00 (35.9%)	8:46	6.8 (63.6%)
167	MAŁEK Wojciech	1472		M40	42	01:38:54	03:48:32.30	03:48:40.10	+01:22:27 (36.1%)	8:47	6.8 (63.6%)
168	GAJEWSKI Sebastian	1107	STARGARD JA SIĘ NIE ŚCIGAM	M30	57	01:44:03	03:48:31.05	03:48:53.55	+01:22:40 (36.1%)	8:47	6.8 (63.6%)
169	PELA Olga	1292	SKY-TRANS	K30	19	01:43:09	03:48:40.95	03:48:55.70	+01:22:42 (36.1%)	8:47	6.8 (63.6%)
170	ROBERT Skobel	1325	SZAKAL BIEGA	M40	43	01:40:57	03:48:45.55	03:48:57.65	+01:22:44 (36.1%)	8:47	6.8 (63.6%)
171	WIECZOREK Patryk	1419		M20	24	01:24:40	03:49:25.35	03:49:25.35	+01:23:12 (36.3%)	8:49	6.8 (63.6%)
172	ZABŁOTNY Kamil	1448	SPIZGANI NA KŁEPE	M20	25	01:33:51	03:49:17.70	03:49:28.85	+01:23:15 (36.3%)	8:49	6.8 (63.6%)
173	SOBCZAK Zbigniew	1348	MAZURSKI WILK	M30	58	01:36:48	03:49:36.95	03:49:44.50	+01:23:31 (36.4%)	8:49	6.8 (63.6%)
174	KOŁODZIEJCZYK Marta	1173	ŁĘCZNA BIEGA	K40	8	01:39:43	03:51:13.10	03:51:36.90	+01:25:23 (36.9%)	8:53	6.7 (62.6%)
175	KOŁODZIEJCZYK Maciej	1174	FIZJO-SPORT	M40	44	01:39:49	03:51:13.15	03:51:37.15	+01:25:24 (36.9%)	8:53	6.7 (62.6%)
176	JAKUBOWSKA Małgorzata	1143		K30	20	01:41:11	03:51:28.90	03:51:50.10	+01:25:37 (36.9%)	8:54	6.7 (62.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P2_Roztoki 12km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
177	DUDA Justyna	1088		K30	21	01:47:44	03:51:46.95	03:52:01.75	+01:25:48 (37.0%)	8:54	6.7 (62.6%)
178	BLACHA Jarosław	1032		M30	59	01:36:53	03:52:11.45	03:52:26.65	+01:26:13 (37.1%)	8:55	6.7 (62.6%)
179	RDZANEK Damian	1323		M30	60	01:38:45	03:52:06.55	03:52:40.75	+01:26:27 (37.2%)	8:55	6.7 (62.6%)
180	ADACH Dariusz	1004	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	M40	45	01:40:34	03:52:34.40	03:52:44.70	+01:26:31 (37.2%)	8:56	6.7 (62.6%)
181	BARAN Paulina	1012	RĄCZE RACICZKI	K20	11	01:43:03	03:52:35.55	03:52:45.60	+01:26:32 (37.2%)	8:56	6.7 (62.6%)
182	ŁUSZCZYC Anna	1229	WKURW_TEAM	K30	22	01:45:50	03:52:23.50	03:52:49.10	+01:26:36 (37.2%)	8:56	6.7 (62.6%)
183	RYBAŁTOWSKI Jakub	1328	TARCHOŚFIRY	M20	26	01:41:42	03:52:50.70	03:53:16.05	+01:27:03 (37.3%)	8:57	6.7 (62.6%)
184	CZARNECKI Piotr	1071		M30	61	01:40:25	03:52:49.85	03:53:16.10	+01:27:03 (37.3%)	8:57	6.7 (62.6%)
185	SKRUTEK Adam	1344		M30	62	01:40:50	03:53:06.05	03:53:19.70	+01:27:06 (37.3%)	8:57	6.7 (62.6%)
186	DUDKO Mikalai	1089	JACEKBIEGA RUNNING TEAM	M30	63	01:43:09	03:54:29.70	03:54:45.85	+01:28:32 (37.7%)	9:01	6.7 (62.6%)
187	KLAWIKOWSKI Mateusz	1165	JACEKBIEGA RUNNING TEAM	M20	27	01:37:18	03:54:12.95	03:54:47.90	+01:28:34 (37.7%)	9:00	6.7 (62.6%)
188	DANKIEWICZ Henryk	1076	BIEGAMY DLA ZDROWIA	M50	8	01:39:40	03:54:36.95	03:54:59.95	+01:28:47 (37.8%)	9:01	6.6 (61.7%)
189	POZDRAWIAM Mariusz	1309	BIEGAMY DLA ZDROWIA	M60	3	01:39:43	03:54:36.65	03:55:00.35	+01:28:47 (37.8%)	9:01	6.6 (61.7%)
190	BIEGAJ Jacek	1024	BIEGAM Z ABS	M40	46	01:41:42	03:54:49.65	03:55:01.35	+01:28:48 (37.8%)	9:01	6.6 (61.7%)
191	TRĄBCZYŃSKA Marta	1401		K30	23	01:39:33	03:54:39.50	03:55:13.90	+01:29:00 (37.8%)	9:01	6.6 (61.7%)
192	KIDA Andrzej	445	LOS TREPOS COMPANIEROS	M40	47	01:44:46	03:55:52.40	03:55:57.65	+01:29:44 (38.0%)	9:04	6.6 (61.7%)
193	WIŚNIEWSKI Rafał	1427		M30	64	01:38:42	03:55:47.40	03:56:12.35	+01:29:59 (38.1%)	9:04	6.6 (61.7%)
194	HRYSZKO Robert	1140	POZYTYWNIIE ZABIEGANI SANOK	M50	9	01:36:09	03:56:46.20	03:57:00.05	+01:30:47 (38.3%)	9:06	6.6 (61.7%)
195	KOSTRUBIEC Tomasz	1186		M40	48	01:36:37	03:56:51.55	03:57:13.15	+01:31:00 (38.4%)	9:06	6.6 (61.7%)
196	GWOŹDZIOWSKI Marcin	1135		M40	49	01:40:43	03:57:22.15	03:57:37.20	+01:31:24 (38.5%)	9:07	6.6 (61.7%)
197	WAŁĘGA Monika	1411		K30	24	01:45:08	03:58:03.55	03:58:14.75	+01:32:01 (38.6%)	9:09	6.6 (61.7%)
198	KOBIAŁKA Irek	1169		M40	50	01:45:43	03:58:02.15	03:58:15.05	+01:32:02 (38.6%)	9:09	6.6 (61.7%)
199	BRENKUS Piotr	1043	BIEG PO ZDRÓJ	M30	65	01:47:59	03:57:42.80	03:58:17.55	+01:32:04 (38.6%)	9:08	6.6 (61.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P2_Roztoki 12km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
200	DERCZYŃSKI Marcin	1483		M50	10	01:44:36	03:57:36.40	03:58:21.20	+01:32:08 (38.7%)	9:08	6.6 (61.7%)
201	LUSIO Marcin	1222		M40	51	01:48:00	03:57:53.00	03:58:26.80	+01:32:13 (38.7%)	9:08	6.6 (61.7%)
202	SZYMCZAK Zbigniew	1388	BIEGAB BO LUBIĘ ZĄBKI TEAM	M50	11	01:42:14	03:58:18.35	03:59:00.75	+01:32:47 (38.8%)	9:09	6.5 (60.7%)
203	WŁODYKA Sławomir	1429	PGE RUN OBRÓT	M30	66	01:42:13	03:58:25.30	03:59:06.40	+01:32:53 (38.8%)	9:10	6.5 (60.7%)
204	HERMANOWICZ Aneta	1138	PZU SPORT TEAM	K30	25	01:44:08	03:59:02.45	03:59:11.15	+01:32:58 (38.9%)	9:11	6.5 (60.7%)
205	BURY Marek	1053		M40	52	01:47:31	03:59:26.10	03:59:42.75	+01:33:29 (39.0%)	9:12	6.5 (60.7%)
206	BRZEZIŃSKI Sergiusz	1048	DUSZA DRZEWA	M40	53	01:40:26	03:59:52.20	04:00:25.65	+01:34:12 (39.2%)	9:13	6.5 (60.7%)
207	BRZEZIŃSKA Agnieszka	1046	DUSZA DRZEWA	K40	9	01:40:26	03:59:51.85	04:00:25.85	+01:34:12 (39.2%)	9:13	6.5 (60.7%)
208	WRÓBLEWSKA Weronika	1442	BIEGUSIEM.PL	K30	26	01:43:32	04:00:25.25	04:00:29.20	+01:34:16 (39.2%)	9:14	6.5 (60.7%)
209	CZEKALSKI Mariusz	1073	608129873	M40	54	01:46:49	03:59:50.05	04:00:32.15	+01:34:19 (39.2%)	9:13	6.5 (60.7%)
210	TOMCZAK Zbigniew	1399	ALTOM GNIEZNO	M60	4	01:49:42	03:59:08.90	04:00:39.20	+01:34:26 (39.2%)	9:11	6.5 (60.7%)
211	JAKUBOWSKI Daniel	1145	CENTRUM ANIMACJI SPOŁECZNEJ CARITAS	M40	55	01:39:01	04:00:15.10	04:00:40.85	+01:34:27 (39.2%)	9:14	6.5 (60.7%)
212	MACKO Mariusz	1235	MORSY OSTROŁĘKA	M40	56	01:44:09	04:00:36.30	04:01:16.20	+01:35:03 (39.4%)	9:15	6.5 (60.7%)
213	ZIĘBA Bogumił	1463	INOVATICA	M40	57	01:41:12	04:01:03.95	04:01:20.90	+01:35:07 (39.4%)	9:16	6.5 (60.7%)
214	WACŁAWEK Marta	1409	POWER TRAINING	K30	27	01:46:31	04:01:16.75	04:01:23.05	+01:35:10 (39.4%)	9:16	6.5 (60.7%)
215	BASIAK Michał	1018	HARDCOROWE WYCHYLYLYBYMY	M20	28	01:38:13	04:01:33.65	04:01:49.60	+01:35:36 (39.5%)	9:17	6.5 (60.7%)
216	TALIK Monika	1393	ML TEAM	K40	10	01:48:08	04:01:40.00	04:01:50.65	+01:35:37 (39.5%)	9:17	6.5 (60.7%)
217	WANDAS Grzegorz	1477		M40	58	01:40:48	04:01:47.15	04:01:55.65	+01:35:42 (39.6%)	9:17	6.5 (60.7%)
218	KOWALSKI Mateusz	1189		M20	29	01:40:15	04:01:20.65	04:01:59.65	+01:35:46 (39.6%)	9:16	6.5 (60.7%)
219	WIŚNIEWSKA Iwona	1425	BIEGACZE SPECJALNEJ TROSKI	K30	28	01:44:11	04:02:00.70	04:02:13.10	+01:36:00 (39.6%)	9:18	6.4 (59.8%)
220	GAUDEN Piotr	1112	SPC/KM UMK TORUŃ	M40	59	01:46:19	04:03:06.00	04:03:26.55	+01:37:13 (39.9%)	9:21	6.4 (59.8%)
221	TOMASZEWSKI Marek	1398		M30	67	01:44:05	04:03:20.85	04:04:05.75	+01:37:52 (40.1%)	9:21	6.4 (59.8%)
222	GOLAS Marcin	1122	EXILE	M40	60	01:43:47	04:03:39.50	04:04:16.95	+01:38:04 (40.1%)	9:22	6.4 (59.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P2_Roztoki 12km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
223	KOSEL Iwona	1181		K40	11	01:52:13	04:03:44.50	04:04:31.35	+01:38:18 (40.2%)	9:22	6.4 (59.8%)
224	ŚCIESZKA Mateusz	1389		M30	68	01:50:11	04:04:15.65	04:04:38.35	+01:38:25 (40.2%)	9:23	6.4 (59.8%)
225	SZCZEPANIAK Robert	1377	WKURW_TEAM	M20	30	01:55:19	04:04:55.75	04:05:26.75	+01:39:13 (40.4%)	9:25	6.4 (59.8%)
226	WÓJCIK Magdalena	1436		K30	29	01:44:39	04:05:42.75	04:05:52.00	+01:39:39 (40.5%)	9:27	6.3 (58.9%)
227	CIOSEK Małgorzata	1063		K40	12	01:46:30	04:05:59.10	04:06:12.65	+01:39:59 (40.6%)	9:27	6.3 (58.9%)
228	KAWALEC Anna	1162		K30	30	01:55:40	04:06:40.50	04:06:48.85	+01:40:35 (40.8%)	9:29	6.3 (58.9%)
229	JASTRZEMBSKI Piotr	411		M40	61	01:43:39	04:06:19.60	04:07:03.30	+01:40:50 (40.8%)	9:28	6.3 (58.9%)
230	KUŹMA Dorota	1206	GRUPA BIEGACZY SKÓRZEC BIEGA	K40	13	01:45:10	04:06:49.50	04:07:05.05	+01:40:52 (40.8%)	9:29	6.3 (58.9%)
231	MAJSZCZYK Paulina	1236	HARDCOROWE WYCHYLYLYBYMY	K30	31	01:48:21	04:06:49.50	04:07:05.15	+01:40:52 (40.8%)	9:29	6.3 (58.9%)
232	MIEDZINSKI Piotr	1250	MSD RUNNING CLUB	M50	12	01:41:00	04:07:02.80	04:07:10.40	+01:40:57 (40.8%)	9:30	6.3 (58.9%)
233	SIONKOWSKI Maciej	1337	CROSSFITTER BOX CHEŁM	M40	62	01:44:54	04:07:52.55	04:07:57.40	+01:41:44 (41.0%)	9:32	6.3 (58.9%)
234	DUDEK Kamila	1479	POWER TRAINING	K30	32	01:51:45	04:07:38.45	04:08:33.45	+01:42:20 (41.2%)	9:31	6.3 (58.9%)
235	PODEDWORNY Artur	1303		M40	63	01:49:19	04:08:13.25	04:08:40.75	+01:42:27 (41.2%)	9:32	6.3 (58.9%)
236	GAWRYSZEWSKI Michał	1113		M40	64	01:46:27	04:08:46.70	04:09:13.15	+01:43:00 (41.3%)	9:34	6.3 (58.9%)
237	NOWAK Piotr	1271		M30	69	01:40:25	04:09:00.25	04:09:27.25	+01:43:14 (41.4%)	9:34	6.3 (58.9%)
238	PLEŚNIAR-KOZŁOWSKA Agata	1302		K40	14	01:45:38	04:09:21.30	04:09:40.95	+01:43:28 (41.4%)	9:35	6.3 (58.9%)
239	STANEK Krzysztof	1359		M40	65	01:45:35	04:09:47.15	04:10:24.50	+01:44:11 (41.6%)	9:36	6.2 (57.9%)
240	BUK Kamil	1052		M30	70	01:50:24	04:10:10.35	04:10:55.70	+01:44:42 (41.7%)	9:37	6.2 (57.9%)
241	BREWCAK Maciej	1044		M30	71	01:50:34	04:10:10.00	04:10:55.75	+01:44:42 (41.7%)	9:37	6.2 (57.9%)
242	MANDZIUK Mateusz	1237	KROSSKI REMSPORT / TOMASZÓW LUBELSKI	M20	31	01:41:38	04:11:13.70	04:11:30.25	+01:45:17 (41.9%)	9:39	6.2 (57.9%)
243	KUCZBORSKI Jarosław	1201	HARPAGAN SOSNOWIEC	M40	66	01:39:06	04:11:03.70	04:11:33.90	+01:45:20 (41.9%)	9:39	6.2 (57.9%)
243	KRAIŃSKI Piotr	1042		M40	66	01:48:11	04:11:25.10	04:11:33.90	+01:45:20 (41.9%)	9:40	6.2 (57.9%)
245	HAŁASA Piotr	1136		M40	68	01:41:55	04:11:30.60	04:11:47.20	+01:45:34 (41.9%)	9:40	6.2 (57.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P2_Roztoki 12km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
246	OPALIŃSKI Tomasz	1276	DRUŻYNA WILKA	M50	13	01:51:26	04:11:44.40	04:12:02.95	+01:45:50 (42.0%)	9:40	6.2 (57.9%)
247	KACZMARCZYK Mariusz	1154	REXER	M50	14	01:51:32	04:10:52.55	04:12:03.15	+01:45:50 (42.0%)	9:38	6.2 (57.9%)
248	TUCHOWSKA Anna	1402		K30	33	01:47:53	04:11:40.85	04:12:09.35	+01:45:56 (42.0%)	9:40	6.2 (57.9%)
249	WYSZYŃSKI Artur	1474	USKI	M30	72	01:47:39	04:11:40.45	04:12:09.70	+01:45:56 (42.0%)	9:40	6.2 (57.9%)
250	SAJ Sławomir	1331	TRI UNLIMITED	M50	15	01:44:58	04:12:35.55	04:12:55.50	+01:46:42 (42.2%)	9:42	6.2 (57.9%)
251	SOBULSKI Karol	1355	SB SOBOLE	M40	69	01:52:20	04:13:17.85	04:13:30.75	+01:47:17 (42.3%)	9:44	6.2 (57.9%)
252	SZCZEŚNIAK Agnieszka	1379	SB SOBOLE	K40	15	01:52:07	04:13:17.95	04:13:30.95	+01:47:18 (42.3%)	9:44	6.2 (57.9%)
253	JAROCKA Małgorzata	1147	STALOWOWOLSKI KLUB BIEGACZA	K40	16	01:54:19	04:12:53.10	04:13:39.85	+01:47:26 (42.4%)	9:43	6.2 (57.9%)
254	GORECKA Aleksandra	1125	BIEGUSIEM.PL	K20	12	01:46:37	04:13:37.15	04:13:55.15	+01:47:42 (42.4%)	9:45	6.2 (57.9%)
255	CEGLARZ Jacek	1056	BLAZE RUNNERS	M30	73	01:49:51	04:14:31.15	04:15:16.00	+01:49:03 (42.7%)	9:47	6.1 (57.0%)
256	BRZozowska Paulina	1049	BIKE EQUIPA SANDOMIERZ	K30	34	01:56:33	04:15:30.80	04:15:44.75	+01:49:31 (42.8%)	9:49	6.1 (57.0%)
257	KRZEMIŃSKA Agata	1196	BIKE EQUIPA SANDOMIERZ	K50	3	01:56:32	04:15:33.60	04:15:47.85	+01:49:34 (42.8%)	9:49	6.1 (57.0%)
258	BAGIŃSKI Arkadiusz	1007	TVN MEDIA	M30	74	01:54:01	04:15:01.45	04:15:48.75	+01:49:35 (42.8%)	9:48	6.1 (57.0%)
259	NOWICKI Jarosław	1273		M40	70	01:44:45	04:15:22.75	04:15:56.15	+01:49:43 (42.9%)	9:49	6.1 (57.0%)
260	JĘDREJ Emilia	1149		K40	17	01:50:15	04:15:56.25	04:16:10.45	+01:49:57 (42.9%)	9:50	6.1 (57.0%)
261	SOBCZAK Justyna	1475	KB WYSZKÓW	K30	35	01:51:56	04:15:29.45	04:16:15.15	+01:50:02 (42.9%)	9:49	6.1 (57.0%)
262	SOBCZAK Daniel	1476	KB WYSZKÓW	M30	75	01:51:48	04:15:28.80	04:16:15.35	+01:50:02 (42.9%)	9:49	6.1 (57.0%)
263	BEDNARCZYK Dariusz	1021	OSP ŚWIDNIK DUŻY	M30	76		04:16:48.00	04:16:48.00	+01:50:35 (43.1%)	9:52	6.1 (57.0%)
264	AMBO Rafal	1006	R.AMBO DRUGA CREW	M20	32	01:45:31	04:17:27.85	04:17:48.30	+01:51:35 (43.3%)	9:54	6.1 (57.0%)
265	PROCHOWSKA Beata	1310		K40	18	01:45:33	04:17:28.50	04:17:48.75	+01:51:35 (43.3%)	9:54	6.1 (57.0%)
266	ŁUCZAK Janusz	1226		M50	16	01:48:42	04:17:52.55	04:18:21.05	+01:52:08 (43.4%)	9:55	6 (56.1%)
267	TENDAJ Daniel	1395		M50	17	01:52:24	04:17:56.30	04:18:44.70	+01:52:31 (43.5%)	9:55	6 (56.1%)
268	BOCEK Sławomir	1034	WATAHA	M40	71	01:46:09	04:19:23.50	04:19:40.80	+01:53:27 (43.7%)	9:58	6 (56.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P2_Roztoki 12km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
269	BORCZ Marcin	1471	WATAHA	M30	77	01:46:09	04:19:22.80	04:19:41.40	+01:53:28 (43.7%)	9:58	6 (56.1%)
270	KSIĄŻEK-WOŁYNIEC Magdalena	1199		K30	36	01:56:38	04:19:28.30	04:19:42.00	+01:53:29 (43.7%)	9:58	6 (56.1%)
271	SOSZYŃSKA Gosia	1358	CZŁAPACZE	K50	4	01:52:51	04:19:08.35	04:19:47.05	+01:53:34 (43.7%)	9:58	6 (56.1%)
272	KASKA Krzysztof	1161		M50	18	01:46:19	04:20:34.15	04:20:55.30	+01:54:42 (44.0%)	10:01	6 (56.1%)
273	PAWLAK Ewa	1288	EWARMED/ STREETRURNROM/VEGERUNNERS	K40	19	01:58:41	04:20:26.55	04:20:57.55	+01:54:44 (44.0%)	10:01	6 (56.1%)
274	KOSNOWSKI Andrzej	1183		M20	33	01:42:31	04:20:30.35	04:21:02.20	+01:54:49 (44.0%)	10:01	6 (56.1%)
275	ŚWIĘCH Adam	1392		M40	72	01:51:56	04:20:17.85	04:21:08.25	+01:54:55 (44.0%)	10:00	6 (56.1%)
276	GÓRSKI Tomasz	1130	MATKA BIEGNIE Z TYŁU	M40	73	01:48:22	04:20:38.15	04:21:10.40	+01:54:57 (44.0%)	10:01	6 (56.1%)
277	GÓRSKI Łukasz	1129	MATKA BIEGNIE Z TYŁU	M30	78	01:48:22	04:20:37.60	04:21:10.45	+01:54:57 (44.0%)	10:01	6 (56.1%)
278	KORDYS Krzysztof	470	ZABIERZOW BIEGA	M30	79	01:47:48	04:20:38.35	04:21:19.90	+01:55:06 (44.0%)	10:01	6 (56.1%)
279	SAWICKI Piotr	1332	POWER TRAINING	M30	80	01:52:37	04:21:44.70	04:21:48.00	+01:55:35 (44.1%)	10:04	6 (56.1%)
280	CZAJKOWSKI Tomasz	1069		M40	74	01:49:20	04:21:43.25	04:22:02.10	+01:55:49 (44.2%)	10:04	6 (56.1%)
281	RADYK Joanna	1320	PRZEMYSKI KLUB BIEGACZA	K30	37	01:53:38	04:22:11.45	04:22:17.95	+01:56:05 (44.3%)	10:05	6 (56.1%)
282	KAŁOWSKI Irek	1156		M40	75	01:46:26	04:21:56.10	04:22:18.30	+01:56:05 (44.3%)	10:04	6 (56.1%)
283	ZIELAK Aldona	1462		K40	20	01:54:23	04:22:02.45	04:22:35.60	+01:56:22 (44.3%)	10:04	6 (56.1%)
284	PODLASIŃSKI Wojciech	1304	WKURW_TEAM	M30	81	01:49:22	04:22:15.60	04:22:36.80	+01:56:23 (44.3%)	10:05	5.9 (55.1%)
285	BILCZEWSKA Basia	1030		K30	38	01:58:33	04:22:20.20	04:22:49.75	+01:56:36 (44.4%)	10:05	5.9 (55.1%)
286	OSIECKA-POLLER Aleksandra	1279	TRAINIG LAB	K30	39	02:02:49	04:22:24.30	04:23:02.60	+01:56:49 (44.4%)	10:05	5.9 (55.1%)
287	URBAŃSKA Paulina	1406		K30	40	02:02:50	04:22:24.55	04:23:02.95	+01:56:50 (44.4%)	10:05	5.9 (55.1%)
288	WITOWSKA Aleksandra	1428	DELOITTE ADVENTURE TEAM	K20	13	01:52:37	04:23:09.45	04:23:15.95	+01:57:03 (44.5%)	10:07	5.9 (55.1%)
289	FOLTA Katarzyna	1099		K20	14	01:54:04	04:22:53.50	04:23:17.10	+01:57:04 (44.5%)	10:06	5.9 (55.1%)
290	KOTULA Klaudia	1187		K20	15	01:54:14	04:22:54.80	04:23:17.95	+01:57:05 (44.5%)	10:06	5.9 (55.1%)
291	ZIĄBKA Jakub	1461	BOAT CITY TEAM	M30	82	01:44:44	04:22:27.75	04:23:18.60	+01:57:05 (44.5%)	10:05	5.9 (55.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P2_Roztoki 12km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
292	BUTKIEWICZ Mateusz	1055	MAŁOSOLNI	M20	34	01:56:03	04:23:01.65	04:23:20.05	+01:57:07 (44.5%)	10:07	5.9 (55.1%)
293	DRZAZGA Katarzyna	1084		K30	41	01:55:43	04:23:06.20	04:23:32.30	+01:57:19 (44.5%)	10:07	5.9 (55.1%)
294	DRZAZGA Tomasz	1085		M30	83	01:55:44	04:23:05.45	04:23:32.40	+01:57:19 (44.5%)	10:07	5.9 (55.1%)
295	POLAŃSKA Agnieszka	1306		K30	42	01:51:10	04:23:27.25	04:24:01.65	+01:57:48 (44.6%)	10:07	5.9 (55.1%)
296	WOJTASIK Joanna	1432		K30	43	01:52:12	04:24:01.35	04:24:45.35	+01:58:32 (44.8%)	10:09	5.9 (55.1%)
297	WOJTASIK Adam	1433		M30	84	01:52:15	04:24:00.50	04:24:45.40	+01:58:32 (44.8%)	10:09	5.9 (55.1%)
298	MIERCZYK Agnieszka	1251		K30	44	01:57:23	04:25:06.80	04:25:37.80	+01:59:24 (45.0%)	10:11	5.9 (55.1%)
299	KUKLA Elzbieta	1725	PWC RUNNING TEAM	K50	5	01:57:14	04:26:03.25	04:26:23.85	+02:00:10 (45.1%)	10:13	5.9 (55.1%)
300	ZAWADZKA Agnieszka	1455	KLUB SPORTOWY PRESTIGE	K30	45	01:56:48	04:26:01.80	04:26:30.60	+02:00:17 (45.1%)	10:13	5.9 (55.1%)
301	MEBENGA Joanna	1247	BOAT CITY TEAM	K30	46	01:44:46	04:25:43.10	04:26:34.05	+02:00:21 (45.1%)	10:13	5.9 (55.1%)
302	KOŃKA Mariusz	1177		M40	76	01:52:58	04:26:21.55	04:26:39.10	+02:00:26 (45.2%)	10:14	5.9 (55.1%)
303	BOROWSKI Piotr	1040		M30	85	01:52:21	04:26:15.20	04:27:07.55	+02:00:54 (45.3%)	10:14	5.9 (55.1%)
304	KORAB Grzegorz	1179		M40	77	01:51:55	04:26:21.75	04:27:13.80	+02:01:00 (45.3%)	10:14	5.9 (55.1%)
305	MIŁOŃ Mariusz	1254		M30	86	01:49:35	04:27:06.90	04:27:31.25	+02:01:18 (45.3%)	10:16	5.8 (54.2%)
306	MIŁOŃ Aleksandra	1253		K20	16	01:50:03	04:27:07.55	04:27:31.35	+02:01:18 (45.3%)	10:16	5.8 (54.2%)
307	BITNER Krystian	1031		M30	87	01:52:30	04:27:47.80	04:28:00.70	+02:01:47 (45.4%)	10:18	5.8 (54.2%)
308	GOLEŃ Justyna	1665	MONKEYS'TEAM	K30	47	01:56:45	04:27:58.10	04:28:40.75	+02:02:27 (45.6%)	10:18	5.8 (54.2%)
309	BINEK Katarzyna	1481	NIGHT RUNNERS	K30	48	01:58:33	04:28:24.15	04:28:49.65	+02:02:36 (45.6%)	10:19	5.8 (54.2%)
310	STAŃCZYK Mateusz	1361		M30	88	01:53:34	04:28:06.65	04:28:51.35	+02:02:38 (45.6%)	10:18	5.8 (54.2%)
311	STASZCZUK Jarosław	1363	WATAHA	M40	78	02:00:37	04:28:18.90	04:28:58.50	+02:02:45 (45.6%)	10:19	5.8 (54.2%)
312	SZYMCZAK Wojciech	1387	MOCNO W PRAWO TEAM	M40	79	01:59:20	04:29:06.10	04:29:27.90	+02:03:14 (45.7%)	10:21	5.8 (54.2%)
313	KOWALEWSKA Kinga	1470		K30	49	01:59:22	04:29:06.35	04:29:28.75	+02:03:15 (45.7%)	10:21	5.8 (54.2%)
314	SADŁOWSKA Magda	1330	BIEGACZE SPECJALNEJ TROSKI	K30	50	01:57:40	04:30:46.50	04:31:00.20	+02:04:47 (46.0%)	10:24	5.8 (54.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P2_Roztoki 12km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
315	SIKORSKA Agnieszka	1336		K30	51	02:02:40	04:30:22.70	04:31:01.40	+02:04:48 (46.1%)	10:23	5.8 (54.2%)
316	WACHOWSKI Piotr	1408		M40	80	02:01:46	04:31:04.35	04:31:24.05	+02:05:11 (46.1%)	10:25	5.8 (54.2%)
317	BOREK Paweł	1038		M20	35	01:52:53	04:31:16.85	04:31:37.25	+02:05:24 (46.2%)	10:26	5.8 (54.2%)
318	RĄCZKA Mateusz	1322		M30	89	01:50:04	04:31:15.65	04:31:42.40	+02:05:29 (46.2%)	10:26	5.8 (54.2%)
319	SZANIAWA Marcin	1375	OSTROBIEC	M40	81	02:01:18	04:31:29.25	04:31:46.05	+02:05:33 (46.2%)	10:26	5.7 (53.3%)
320	GRANDE Piotr	1131	DRUNK WARRIORS	M30	90	02:01:47	04:31:09.60	04:31:51.15	+02:05:38 (46.2%)	10:25	5.8 (54.2%)
321	STASIŃSKI Paweł	1362	SOKÓLSKA GRUPA BIEGOWA	M30	91	01:44:18	04:31:13.75	04:31:55.10	+02:05:42 (46.2%)	10:25	5.8 (54.2%)
322	HANASIEWICZ Paweł	1137		M20	36	01:53:12	04:31:36.40	04:31:57.15	+02:05:44 (46.2%)	10:26	5.7 (53.3%)
323	STAŃCZUK Wojciech	1360	GRUPA BIEGOWA CHTMO	M40	82	01:55:04	04:31:36.35	04:32:10.65	+02:05:57 (46.3%)	10:26	5.7 (53.3%)
324	KAMIONOWSKI Mariusz-Jacek	1158	MORSY OSTROŁĘKA	M50	19	01:53:45	04:31:41.90	04:32:21.40	+02:06:08 (46.3%)	10:27	5.7 (53.3%)
325	BĄK Bogdan	1020		M40	83	01:58:12	04:32:46.55	04:33:21.30	+02:07:08 (46.5%)	10:29	5.7 (53.3%)
326	NOLL-ZAURSKA Małgorzata	1270		K40	21	02:00:17	04:34:10.60	04:35:01.00	+02:08:48 (46.8%)	10:32	5.7 (53.3%)
327	ZAURSKI Paweł	1454	TRIUNLIMITED	M40	84	02:00:15	04:34:10.90	04:35:01.10	+02:08:48 (46.8%)	10:32	5.7 (53.3%)
328	MORAWSKA Anna	1256		K60	1	01:59:28	04:35:12.85	04:35:22.60	+02:09:09 (46.9%)	10:35	5.7 (53.3%)
329	JUSZCZYK Małgorzata	1152		K40	22	01:58:25	04:34:46.80	04:35:23.25	+02:09:10 (46.9%)	10:34	5.7 (53.3%)
330	FURMAN Agnieszka	1105	OCHAJORUN & FRIENDS	K30	52	02:03:40	04:34:43.70	04:35:27.00	+02:09:14 (46.9%)	10:34	5.7 (53.3%)
331	ADAMIAK Rafał	1005		M30	92	01:54:42	04:35:17.60	04:35:50.15	+02:09:37 (47.0%)	10:35	5.7 (53.3%)
332	MUCHA Jarek	1261	X	M50	20	01:51:00	04:36:14.05	04:36:28.95	+02:10:16 (47.1%)	10:37	5.6 (52.3%)
333	NASTAZIAK Andrzej	1266		M50	21	01:52:37	04:36:27.35	04:37:07.90	+02:10:54 (47.2%)	10:37	5.6 (52.3%)
334	MACHTAŁOWICZ Beata	1231		K30	53	02:01:10	04:37:07.45	04:37:27.70	+02:11:14 (47.3%)	10:39	5.6 (52.3%)
335	MATUSIAK Anna	1242		K50	6	01:59:46	04:37:34.25	04:37:39.70	+02:11:26 (47.3%)	10:40	5.6 (52.3%)
336	KRONIŁOW Piotr	1499		M40	85	02:01:30	04:36:53.85	04:37:42.45	+02:11:29 (47.3%)	10:39	5.6 (52.3%)
337	KOSNO Weronika	1182	NIGHT RUNNERS POZNAŃ	K30	54	02:01:06	04:38:02.35	04:38:30.15	+02:12:17 (47.5%)	10:41	5.6 (52.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P2_Roztoki 12km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
338	TOMAKA Agnieszka	1397		K30	55	01:59:51	04:39:20.75	04:39:28.95	+02:13:16 (47.7%)	10:44	5.6 (52.3%)
339	CHRÓŚCIAK Paweł	1060		M30	93	01:57:05	04:39:03.60	04:39:35.95	+02:13:23 (47.7%)	10:43	5.6 (52.3%)
340	WARCHOCKA Ewelina	1412		K30	56	01:59:02	04:39:14.20	04:39:57.80	+02:13:44 (47.8%)	10:44	5.6 (52.3%)
341	WICZKOWSKA Jolanta	1418		K40	23	02:00:09	04:40:40.70	04:40:50.00	+02:14:37 (47.9%)	10:47	5.6 (52.3%)
342	WRÓBLEWSKI Borys	1443		M30	94	01:51:57	04:40:02.20	04:40:51.80	+02:14:38 (47.9%)	10:46	5.6 (52.3%)
343	PYDYN Regina	1319		K50	7	01:59:45	04:40:19.95	04:40:59.85	+02:14:46 (48.0%)	10:46	5.6 (52.3%)
344	WILK Rafał	1422	SEKCJA PIASKI	M40	86	02:01:33	04:40:42.80	04:41:08.90	+02:14:55 (48.0%)	10:47	5.6 (52.3%)
345	PULKOWSKI Dariusz	1317	OSTRÓDA RUNNERS	M50	22	02:04:17	04:40:33.60	04:41:17.45	+02:15:04 (48.0%)	10:47	5.6 (52.3%)
346	MULKA Urszula	1263		K30	57	02:08:58	04:40:54.70	04:41:18.20	+02:15:05 (48.0%)	10:48	5.6 (52.3%)
347	GĘBICKA Agata	1115	STARGARD JA SIĘ NIE ŚCIGAM	K30	58	02:01:16	04:43:28.35	04:43:52.90	+02:17:39 (48.5%)	10:54	5.5 (51.4%)
348	WROŃSKI Julian	1441	HIAB SPORTS TEAM	M30	95	02:01:10	04:43:29.10	04:43:54.00	+02:17:41 (48.5%)	10:54	5.5 (51.4%)
349	STEFANIUK Agnieszka	1366	STARGARD JA SIE NIE ŚCIGAM	K30	59	02:01:08	04:43:30.30	04:43:54.35	+02:17:41 (48.5%)	10:54	5.5 (51.4%)
350	BRODECKI Adam	1045	WATAHAŁĄCZY NAS BIEGANIE	M20	37	01:58:33	04:43:19.55	04:43:57.65	+02:17:44 (48.5%)	10:53	5.5 (51.4%)
351	FREJ Marcin	1102	ZABIEGANI.TV	M30	96	02:07:12	04:43:43.25	04:44:02.70	+02:17:49 (48.5%)	10:54	5.5 (51.4%)
352	KŁOPOTOWSKA SOSNA Kaśka	1168	UNLIMITED TRIATHLON TEAM	K50	8	02:05:11	04:43:53.20	04:44:07.05	+02:17:54 (48.5%)	10:55	5.5 (51.4%)
353	SŁUPIŃSKA Ewa	1346		K30	60	02:05:20	04:43:52.75	04:44:07.20	+02:17:54 (48.5%)	10:55	5.5 (51.4%)
354	SKOWROŃSKA Agnieszka	1340		K40	24	02:03:19	04:44:26.15	04:44:46.55	+02:18:33 (48.7%)	10:56	5.5 (51.4%)
355	SKOWROŃSKA Milena	1341	JACEKBIEGA RUNNING TEAM	K30	61	02:06:25	04:44:40.10	04:45:08.00	+02:18:55 (48.7%)	10:56	5.5 (51.4%)
356	DZIEDZIC Joanna	1093		K30	62	02:05:53	04:44:50.40	04:45:27.55	+02:19:14 (48.8%)	10:57	5.5 (51.4%)
357	ZAKRZEWSKI Piotr	1452		M30	97	01:55:14	04:45:14.35	04:45:44.45	+02:19:31 (48.8%)	10:58	5.5 (51.4%)
358	WIŚNIEWSKA Katarzyna	1426	WIŚNIA TEAM	K40	25	02:04:18	04:46:53.70	04:47:04.05	+02:20:51 (49.1%)	11:02	5.4 (50.5%)
359	PAWLIK Anna	1290	OSTRÓDA RUNNERS	K40	26	02:04:02	04:47:15.85	04:48:00.10	+02:21:47 (49.2%)	11:02	5.4 (50.5%)
360	WEBER Agata	1415	JACEKBIEGA RUNNING TEAM	K40	27	02:09:47	04:48:03.05	04:48:31.05	+02:22:18 (49.3%)	11:04	5.4 (50.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P2_Roztoki 12km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
361	KOŁACIŃSKA Ewelina	1172	LEŚNE SZYCHY	K40	28	02:04:56	04:48:29.35	04:49:20.60	+02:23:07 (49.5%)	11:05	5.4 (50.5%)
362	STECYK Natalia	1365	TRAILOWE BIEGI DUCHOWE TBD	K30	63	01:56:48	04:49:08.05	04:49:43.05	+02:23:30 (49.5%)	11:07	5.4 (50.5%)
363	SERKIES Magdalena	1334	BOAT CITY TEAM	K30	64	02:04:36	04:49:56.60	04:50:28.55	+02:24:15 (49.7%)	11:09	5.4 (50.5%)
364	STOKOWSKI Maciej	1369	BOAT CITY TEAM	M30	98	02:04:38	04:49:57.15	04:50:28.85	+02:24:15 (49.7%)	11:09	5.4 (50.5%)
365	POSIM Tomasz	1308		M30	99	01:52:20	04:50:12.35	04:50:37.35	+02:24:24 (49.7%)	11:09	5.4 (50.5%)
366	SZCZEPOCKI Andrzej	1378	NIEPOŁOMICE BIEGAJĄ	M40	87	01:59:18	04:51:11.00	04:51:11.00	+02:24:58 (49.8%)	11:11	5.4 (50.5%)
367	ZAWADZKI Piotr	1457		M30	100	02:02:10	04:51:09.10	04:51:58.60	+02:25:45 (49.9%)	11:11	5.4 (50.5%)
368	KĄCKI Piotr	1163		M50	23	01:52:25	04:52:41.05	04:52:50.30	+02:26:37 (50.1%)	11:15	5.3 (49.5%)
369	KRAWCZYK Jakub	1194	42 DO SZCZĘŚCIA	M20	38	01:54:05	04:52:28.70	04:53:04.35	+02:26:51 (50.1%)	11:14	5.3 (49.5%)
370	GIL Wojciech	1117	WARSZAWA	M40	88	01:53:09	04:53:08.85	04:53:47.75	+02:27:34 (50.2%)	11:16	5.3 (49.5%)
371	WALKOWSKA Justyna	1469	JACEKBIEGA RUNNING TEAM	K40	29	02:05:24	04:53:29.85	04:53:57.20	+02:27:44 (50.3%)	11:17	5.3 (49.5%)
372	BURAK Ewelina	1622		K30	65	02:00:51	04:54:13.50	04:54:56.25	+02:28:43 (50.4%)	11:19	5.3 (49.5%)
373	SZEWCZYK Katarzyna	1830	MONKEYS' TEAM	K40	30	02:00:49	04:54:13.90	04:54:56.65	+02:28:43 (50.4%)	11:19	5.3 (49.5%)
374	LEDER Michał	1211	RETKINIA RUN	M40	89	01:54:07	04:55:17.95	04:55:32.15	+02:29:19 (50.5%)	11:21	5.3 (49.5%)
375	BIENIARZ Andrzej	1025		M40	90	02:07:35	04:54:49.45	04:55:36.75	+02:29:23 (50.5%)	11:20	5.3 (49.5%)
376	BIENIARZ Agata	1027		K50	9	02:07:35	04:54:49.15	04:55:36.90	+02:29:23 (50.5%)	11:20	5.3 (49.5%)
377	MILER Lidia	564	ZABIERZÓW BIEGA	K30	66	02:09:02	04:55:00.70	04:55:43.95	+02:29:31 (50.6%)	11:20	5.3 (49.5%)
378	WOŹNIAK Aleksandra	1435		K30	67	02:07:49	04:55:29.05	04:55:44.00	+02:29:31 (50.6%)	11:21	5.3 (49.5%)
379	WYSMOLIŃSKA Barbara	1446		K40	31	02:08:59	04:55:31.80	04:55:48.35	+02:29:35 (50.6%)	11:22	5.3 (49.5%)
380	WYSMOLIŃSKI Piotr	1447		M40	91	02:08:59	04:55:33.05	04:55:48.85	+02:29:35 (50.6%)	11:22	5.3 (49.5%)
381	LITWIN Tomasz	1219		M40	92	02:17:09	04:55:09.15	04:55:49.15	+02:29:36 (50.6%)	11:21	5.3 (49.5%)
382	RZECZKOWSKI Maciej	1329		M50	24	02:13:17	04:55:30.85	04:56:12.70	+02:29:59 (50.6%)	11:21	5.3 (49.5%)
383	CZOSTEK Joanna	1074	WKURW_TEAM	K50	10	02:06:26	04:56:00.95	04:56:17.65	+02:30:04 (50.7%)	11:23	5.3 (49.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P2_Roztoki 12km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
384	KUŚMIERSKI Krzysztof	1204		M50	25	02:13:43	04:56:17.50	04:56:59.15	+02:30:46 (50.8%)	11:23	5.3 (49.5%)
Przekroczony limit czasu: 05:00:00											
385	GAJOCHA Olga	1108	HARPAGAN SOSNOWIEC	K30	68	02:09:33	04:59:29.25	05:00:00.10	+02:33:47 (51.3%)	11:31	5.2 (48.6%)
386	MRUCZYŃSKA-PIETRUCZANIS Katarzyna	1260	WKURW_TEAM	K40	32	02:16:33	04:59:31.15	05:00:00.25	+02:33:47 (51.3%)	11:31	5.2 (48.6%)
387	PAWEŁAS Marta	1285		K30	69	02:01:15	05:00:17.55	05:00:30.60	+02:34:17 (51.3%)	11:32	5.2 (48.6%)
388	DĄBROWSKA Edyta	1077		K30	70	01:52:36	05:00:13.15	05:00:54.95	+02:34:42 (51.4%)	11:32	5.2 (48.6%)
389	ZALEWSKA Adrianna	1453	TRI UNLIMITED ZHP OSTROŁĘKA	K20	17	02:05:58	05:01:21.35	05:01:50.80	+02:35:37 (51.6%)	11:35	5.2 (48.6%)
390	KLIMCZAK Urszula	1166		K20	18	02:05:59	05:01:48.40	05:02:16.80	+02:36:03 (51.6%)	11:36	5.2 (48.6%)
391	MYŚLIŃSKI Tomasz	1264	BIEGUSIEM.PL	M40	93	02:03:49	05:04:03.00	05:04:27.55	+02:38:14 (52.0%)	11:41	5.1 (47.7%)
392	GŁOWACKA Aleksandra	1119	MŁODY VS STARY	K40	33	02:15:45	05:04:22.20	05:04:39.60	+02:38:26 (52.0%)	11:42	5.1 (47.7%)
393	GŁOWACKI Andrzej	1120	DOWÓDZTWO WOJSK OBRONY TERYTPRIALNEJ	M40	94	02:15:47	05:04:22.15	05:04:39.95	+02:38:27 (52.0%)	11:42	5.1 (47.7%)
394	KUTKOWSKI Jan	1205	HYUNDAI RADOM	M30	101	01:58:41	05:05:44.95	05:06:09.95	+02:39:57 (52.2%)	11:45	5.1 (47.7%)
395	DĄBROWSKI Adrian	1079	POWER TRAINING	M20	39	02:10:29	05:10:27.30	05:10:31.35	+02:44:18 (52.9%)	11:56	5 (46.7%)
396	CHROMIK Krzysztof	1059		M30	102	01:59:28	05:11:52.70	05:12:15.00	+02:46:02 (53.2%)	11:59	5 (46.7%)
397	KOSTARSKI Patryk	1185		M40	95	02:17:03	05:14:03.90	05:14:40.65	+02:48:27 (53.5%)	12:04	5 (46.7%)
397	KOSTARSKA Bożena	1184		K40	34	02:17:04	05:14:03.60	05:14:40.65	+02:48:27 (53.5%)	12:04	5 (46.7%)
399	SIARA Marcin	1335	WITKOWO BIEGA	M30	103	02:09:27	05:15:42.40	05:16:02.10	+02:49:49 (53.7%)	12:08	4.9 (45.8%)
400	GĄSIOREK Kamila	1114		K30	71	02:07:15	05:16:26.15	05:16:44.95	+02:50:32 (53.8%)	12:10	4.9 (45.8%)
401	PĘKALA Anna	1296		K40	35	02:18:09	05:19:19.25	05:19:37.95	+02:53:25 (54.3%)	12:16	4.9 (45.8%)
402	PROKOPOWICZ Anna	1311		K30	72	02:18:11	05:19:20.05	05:19:38.45	+02:53:25 (54.3%)	12:16	4.9 (45.8%)
403	PĘDOWSKI Wojciech	1295	1964	M50	26	02:16:59	05:20:14.70	05:21:05.20	+02:54:52 (54.5%)	12:19	4.9 (45.8%)
404	WYDERKA Bartosz	1445		M50	27	02:16:56	05:20:15.50	05:21:05.30	+02:54:52 (54.5%)	12:19	4.9 (45.8%)
405	STRASSBERGER Katarzyna	1371	EXTREMALNE OTK NA RELAKSIE	K50	11	02:16:56	05:20:16.35	05:21:05.35	+02:54:52 (54.5%)	12:19	4.9 (45.8%)
406	PĘDOWSKA Bożena	1294	INDYWIDUALNIE	K50	12	02:16:57	05:20:15.45	05:21:05.50	+02:54:52 (54.5%)	12:19	4.9 (45.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P2_Roztoki 12km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
407	BURZ Jowita	1054	WKURW_TEAM	K40	36	02:11:58	05:22:36.30	05:23:08.00	+02:56:55 (54.8%)	12:24	4.8 (44.9%)
408	PARADOWSKI Paweł	1283	WKURW_TEAM	M50	28	02:11:51	05:22:36.95	05:23:08.05	+02:56:55 (54.8%)	12:24	4.8 (44.9%)
409	BALCEWICZ Alfred	1010		M20	40	02:09:49	05:26:37.60	05:27:21.85	+03:01:08 (55.3%)	12:33	4.8 (44.9%)
410	ŻALIŃSKA Teresa	1467	JAWORZNO RUNNERS	K50	13	02:09:24	05:28:32.45	05:28:55.95	+03:02:43 (55.5%)	12:38	4.7 (43.9%)
411	KWIATKOWSKA Alicja	1207	MAŁE LWY	K30	73	02:17:40	05:28:48.65	05:29:26.30	+03:03:13 (55.6%)	12:38	4.7 (43.9%)
412	OŻÓG Dorota	1281		K40	37	02:26:46	05:52:37.65	05:53:13.95	+03:27:01 (58.6%)	13:33	4.4 (41.1%)
413	OŻÓG Iwona	1280		K40	38	02:26:46	05:52:38.55	05:53:15.15	+03:27:02 (58.6%)	13:33	4.4 (41.1%)
414	DOMARADZKA Małgorzata	1081		K40	39	02:26:33	05:54:58.95	05:55:05.25	+03:28:52 (58.8%)	13:39	4.4 (41.1%)
415	BORKOWSKA Ewa	1039	WKURW-TEAM	K60	2	02:38:19	06:15:12.20	06:15:49.85	+03:49:36 (61.1%)	14:25	4.2 (39.3%)
416	GOŁĘBSKA Jolanta	1124		K40	40	02:27:15	06:40:38.20	06:40:44.10	+04:14:31 (63.5%)	15:24	3.9 (36.4%)
417	KLIŚ Tomasz	1167		M30	104	02:38:31	07:21:31.45	07:22:11.75	+04:55:58 (66.9%)	16:58	3.5 (32.7%)
418	REY Andrzej	1324		M40	96	02:48:46	07:21:29.80	07:22:17.65	+04:56:04 (66.9%)	16:58	3.5 (32.7%)
419	MATUSZEWSKI Szymon	1245		M30	105	01:47:59			+00:41:14	8:59	6.7 (62.6%)
	RAPACZ Marcin	1321	FUNDACJA TYLKO BIESZCZADY	M50		01:40:18 DNF	DNF	DNF		-	- (0.0%)
	BOGATKIEWICZ Maciej	1036	FLORKI	M30		02:25:05 DNF	DNF	DNF		-	- (0.0%)
	KOZUBAŁA Paweł	1192	ŻÓŁW ULTRAS TEAM	M30		02:53:49 DNF	DNF	DNF		-	- (0.0%)

Znaleziono 422 wynik(ów)