

# VII HYUNDAI ULTRAMARATON BIESZCZADZKI - 52 KM

B4SPORT

**Wydarzenie:** Maraton Bieszczadzki 2019  
**Organizator:** Fundacja Bieg Rzeźnika  
**Data:** 2019-10-12  
**Miejsce:** Cisna  
**Dystans:** 52 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

| Msc | Zawodnik                | Numer      | Klub                                  | Kategoria | Mkat | P2_Roztoki<br>12km | P3_Solinka<br>26km | P2_Roztoki<br>38km | Czas<br>netto<br>52km | Czas<br>brutto<br>52km | Różn                 | Tempo<br>min/km | Tempo<br>km/h   |
|-----|-------------------------|------------|---------------------------------------|-----------|------|--------------------|--------------------|--------------------|-----------------------|------------------------|----------------------|-----------------|-----------------|
| 1   | <b>KOCZWARA Tomasz</b>  | <b>257</b> |                                       | M40       | 1    | 00:49:16           | 02:00:09           | 03:04:41           | <b>04:21:05.10</b>    | <b>04:21:08.15</b>     |                      | 5:01            | 12<br>(100%)    |
| 2   | <b>MISIAK Bartosz</b>   | <b>255</b> | ALPIN SPORT HOKA ONE ONE TEAM         | M30       | 1    | 00:50:43           | 02:05:22           | 03:10:49           | <b>04:29:17.60</b>    | <b>04:29:19.20</b>     | +00:08:11<br>(3.0%)  | 5:10            | 11.6<br>(96.7%) |
| 3   | <b>FARON Robert</b>     | <b>253</b> | SALCO GARMIN TEAM                     | M40       | 2    | 00:50:02           | 02:05:07           | 03:13:48           | <b>04:41:25.75</b>    | <b>04:41:27.40</b>     | +00:20:19<br>(7.2%)  | 5:24            | 11.1<br>(92.5%) |
| 4   | <b>SZUMLIŃSKI Piotr</b> | <b>703</b> | ATTIQ TEAM                            | M30       | 2    | 00:49:58           | 02:06:53           | 03:18:37           | <b>04:45:31.85</b>    | <b>04:45:33.45</b>     | +00:24:25<br>(8.6%)  | 5:29            | 10.9<br>(90.8%) |
| 5   | <b>FLISIŃSKI Łukasz</b> | <b>355</b> |                                       | M30       | 3    | 00:49:58           | 02:07:38           | 03:23:08           | <b>04:51:00.65</b>    | <b>04:51:03.10</b>     | +00:29:54<br>(10.3%) | 5:35            | 10.7<br>(89.2%) |
| 6   | <b>KRUBA Marcin</b>     | <b>486</b> | JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ       | M30       | 4    | 00:51:05           | 02:11:28           | 03:24:56           | <b>04:52:14.75</b>    | <b>04:52:14.75</b>     | +00:31:06<br>(10.6%) | 5:37            | 10.7<br>(89.2%) |
| 7   | <b>KITA Michał</b>      | <b>452</b> | PĘDZĄCY W MIEJSCU                     | M40       | 3    | 00:51:58           | 02:10:21           | 03:24:43           | <b>04:52:58.90</b>    | <b>04:53:01.55</b>     | +00:31:53<br>(10.9%) | 5:38            | 10.6<br>(88.3%) |
| 8   | <b>ŻORNIAK Mateusz</b>  | <b>793</b> | MEGA FASON SIENIAWA / STAJNIA BALONA  | M30       | 5    | 00:50:20           | 02:06:05           | 03:19:54           | <b>04:53:05.75</b>    | <b>04:53:08.80</b>     | +00:32:00<br>(10.9%) | 5:38            | 10.6<br>(88.3%) |
| 9   | <b>ZDANOWSKI Łukasz</b> | <b>777</b> |                                       | M20       | 1    | 00:52:12           | 02:12:27           | 03:29:32           | <b>05:03:09.30</b>    | <b>05:03:40.10</b>     | +00:42:31<br>(14.0%) | 5:49            | 10.3<br>(85.8%) |
| 10  | <b>GIŻA Grzegorz</b>    | <b>367</b> |                                       | M30       | 6    | 01:00:28           | 02:25:00           | 03:40:10           | <b>05:04:20.65</b>    | <b>05:04:28.10</b>     | +00:43:19<br>(14.2%) | 5:51            | 10.3<br>(85.8%) |
| 11  | <b>KANTOR Martyna</b>   | <b>256</b> | BUFF TEAM POLAND                      | K30       | 1    | 00:52:39           | 02:12:55           | 03:28:43           | <b>05:06:01.00</b>    | <b>05:06:04.40</b>     | +00:44:56<br>(14.7%) | 5:53            | 10.2<br>(85.0%) |
| 12  | <b>KRZYSZTOŃ Marcin</b> | <b>490</b> |                                       | M30       | 7    | 00:53:05           | 02:14:16           | 03:33:11           | <b>05:07:14.65</b>    | <b>05:07:18.40</b>     | +00:46:10<br>(15.0%) | 5:54            | 10.2<br>(85.0%) |
| 13  | <b>SOKOŁOWSKI Marek</b> | <b>263</b> | ALPIN SPORT HOKA ONE ONE TEAM         | M50       | 1    | 00:53:08           | 02:15:03           | 03:35:33           | <b>05:08:52.90</b>    | <b>05:08:55.05</b>     | +00:47:46<br>(15.5%) | 5:56            | 10.1<br>(84.2%) |
| 14  | <b>KOREK Michał</b>     | <b>471</b> | HARPAGAN SOSNOWIEC/ MARCINIŚWIERCTEAM | M30       | 8    | 00:52:41           | 02:12:57           | 03:31:56           | <b>05:12:07.35</b>    | <b>05:12:09.95</b>     | +00:51:01<br>(16.3%) | 6:00            | 10<br>(83.3%)   |
| 15  | <b>BRZANA Maciej</b>    | <b>305</b> | FINISZ RYMANÓW                        | M30       | 9    | 00:54:38           | 02:17:30           | 03:36:53           | <b>05:15:54.00</b>    | <b>05:15:58.60</b>     | +00:54:50<br>(17.4%) | 6:04            | 9.9<br>(82.5%)  |

| Msc | Zawodnik            | Numer | Klub                        | Kategoria | Mkat | P2_Roztoki |          |          | Czas netto  | Czas brutto | Różn              | Tempo min/km | Tempo km/h  |
|-----|---------------------|-------|-----------------------------|-----------|------|------------|----------|----------|-------------|-------------|-------------------|--------------|-------------|
|     |                     |       |                             |           |      | 12km       | 26km     | 38km     | 52km        | 52km        |                   |              |             |
| 16  | WILK Katarzyna      | 254   |                             | K30       | 2    | 00:54:33   | 02:18:57 | 03:37:30 | 05:16:35.60 | 05:16:37.15 | +00:55:29 (17.5%) | 6:05         | 9.9 (82.5%) |
| 17  | BUJAŁA Michał       | 310   | DABEX-BOLT                  | M30       | 10   | 00:49:57   | 02:05:39 | 03:25:15 | 05:18:48.20 | 05:18:50.35 | +00:57:42 (18.1%) | 6:07         | 9.8 (81.7%) |
| 18  | SZAPORÓW Łukasz     | 688   | INFINITY-GYM                | M30       | 11   | 00:54:38   | 02:16:48 | 03:38:36 | 05:20:04.00 | 05:20:07.20 | +00:58:59 (18.4%) | 6:09         | 9.7 (80.8%) |
| 19  | FLĄDRO Daniel       | 354   |                             | M40       | 4    | 00:54:52   | 02:19:32 | 03:44:22 | 05:30:57.90 | 05:30:59.50 | +01:09:51 (21.1%) | 6:21         | 9.4 (78.3%) |
| 20  | IWAN Malgorzata     | 398   | MAJA TEAM                   | K30       | 3    | 00:58:18   | 02:26:14 | 03:49:40 | 05:32:48.00 | 05:33:13.50 | +01:12:05 (21.6%) | 6:24         | 9.4 (78.3%) |
| 21  | ZARODKIEWICZ Dawid  | 773   | NAPRZÓD MŁOCINY/ #TZD       | M30       | 12   | 00:53:08   | 02:18:06 | 03:44:36 | 05:35:52.45 | 05:35:56.15 | +01:14:48 (22.3%) | 6:27         | 9.3 (77.5%) |
| 22  | DUCKI Piotr         | 830   |                             | M30       | 13   | 00:59:16   | 02:28:19 | 03:54:37 | 05:35:32.80 | 05:35:59.75 | +01:14:51 (22.3%) | 6:27         | 9.3 (77.5%) |
| 23  | PSIUK Andrzej       | 633   | BIŁGORAJ BIEGA              | M30       | 14   | 00:55:40   | 02:21:57 | 03:50:47 | 05:36:54.75 | 05:36:57.95 | +01:15:49 (22.5%) | 6:28         | 9.3 (77.5%) |
| 24  | ZARZYŃSKI Artur     | 774   | MPK WYBIEGANIE              | M40       | 5    | 00:59:51   | 02:29:08 | 03:52:16 | 05:36:55.20 | 05:37:58.65 | +01:16:50 (22.7%) | 6:28         | 9.3 (77.5%) |
| 25  | KĄKOL Michał        | 442   | RACEFIGHTER GOSIR DĘBE WLK. | M30       | 15   | 01:00:52   | 02:32:15 | 03:57:57 | 05:39:41.40 | 05:39:45.85 | +01:18:37 (23.1%) | 6:31         | 9.2 (76.7%) |
| 26  | SIUDEK Robert       | 653   |                             | M30       | 16   | 01:00:49   | 02:32:30 | 03:58:16 | 05:41:04.85 | 05:41:10.05 | +01:20:01 (23.5%) | 6:33         | 9.1 (75.8%) |
| 27  | KURZAWSKI Tomasz    | 502   |                             | M30       | 17   | 01:00:05   | 02:26:57 | 03:54:54 | 05:41:25.90 | 05:41:44.60 | +01:20:36 (23.6%) | 6:33         | 9.1 (75.8%) |
| 28  | WIDUCH Jarek        | 734   |                             | M30       | 18   | 01:00:58   | 02:31:09 | 03:58:04 | 05:44:19.40 | 05:44:24.35 | +01:23:16 (24.2%) | 6:37         | 9.1 (75.8%) |
| 29  | NOWAK Mirosław      | 586   |                             | M40       | 6    | 01:01:28   | 02:35:26 | 04:05:33 | 05:44:34.00 | 05:44:35.95 | +01:23:27 (24.2%) | 6:37         | 9.1 (75.8%) |
| 30  | KRZEMIŃSKI Marcin   | 489   | SPRINT GORZYCE              | M40       | 7    | 01:00:36   | 02:34:25 | 04:01:22 | 05:45:08.45 | 05:45:15.95 | +01:24:07 (24.4%) | 6:38         | 9 (75.0%)   |
| 31  | CZERCHAWSKI Janusz  | 326   |                             | M50       | 2    | 01:01:53   | 02:32:26 | 04:00:31 | 05:47:12.20 | 05:47:38.85 | +01:26:30 (24.9%) | 6:40         | 9 (75.0%)   |
| 32  | BRZAŁA Krzysztof    | 808   | TEAM EAZYMUT.PL             | M20       | 2    | 00:54:35   | 02:16:42 | 03:49:35 | 05:48:04.85 | 05:48:10.20 | +01:27:02 (25.0%) | 6:41         | 9 (75.0%)   |
| 33  | CZERWIŃSKI Michał   | 818   | OSP GOTARTOWICE             | M30       | 19   | 00:59:01   | 02:30:33 | 04:02:38 | 05:49:43.35 | 05:49:45.65 | +01:28:37 (25.3%) | 6:43         | 8.9 (74.2%) |
| 34  | KWAŚNIEWSKI Maciej  | 510   |                             | M30       | 20   | 01:00:07   | 02:35:18 | 04:04:12 | 05:49:01.90 | 05:49:58.05 | +01:28:49 (25.4%) | 6:42         | 8.9 (74.2%) |
| 35  | LATAK Michał        | 515   | JACEKBIEGA RUNNING TEAM     | M40       | 8    | 01:01:57   | 02:34:47 | 04:04:50 | 05:49:58.30 | 05:50:13.35 | +01:29:05 (25.4%) | 6:43         | 8.9 (74.2%) |
| 36  | KOWALSKI Aleksander | 805   |                             | M20       | 3    | 00:56:39   | 02:24:59 | 03:57:53 | 05:51:11.30 | 05:51:42.00 | +01:30:33 (25.8%) | 6:45         | 8.9 (74.2%) |
| 37  | ZAJĄC Filip         | 814   |                             | M40       | 9    | 00:58:28   | 02:29:02 | 04:00:29 | 05:54:54.10 | 05:54:56.85 | +01:33:48 (26.4%) | 6:49         | 8.8 (73.3%) |
| 38  | SZATANIK Zbigniew   | 689   |                             | M50       | 3    | 00:58:14   | 02:31:53 | 04:06:38 | 05:57:00.65 | 05:57:10.05 | +01:36:01 (26.9%) | 6:51         | 8.7 (72.5%) |

| Msc | Zawodnik                     | Numer      | Klub                           | Kategoria | Mkat | P2_Roztoki |          |          | Czas netto         | Czas brutto        | Różn              | Tempo min/km | Tempo km/h  |
|-----|------------------------------|------------|--------------------------------|-----------|------|------------|----------|----------|--------------------|--------------------|-------------------|--------------|-------------|
|     |                              |            |                                |           |      | 12km       | 26km     | 38km     | 52km               | 52km               |                   |              |             |
| 39  | <b>STRYCHARSKI Krystian</b>  | <b>680</b> | TRAILOWE BIEGI DUCHOWE TBD     | M30       | 21   | 00:59:56   | 02:37:06 | 04:11:16 | <b>05:57:25.35</b> | <b>05:57:28.40</b> | +01:36:20 (26.9%) | 6:52         | 8.7 (72.5%) |
| 40  | <b>JUSZCZAK Marcin</b>       | <b>423</b> | RACEFIGHTER GOSIR DĘBĘ WIELKIE | M30       | 22   | 01:00:52   | 02:32:17 | 04:03:01 | <b>05:57:38.80</b> | <b>05:57:43.40</b> | +01:36:35 (27.0%) | 6:52         | 8.7 (72.5%) |
| 41  | <b>STUPEŁKOWSKI Piotr</b>    | <b>802</b> |                                | M30       | 23   | 01:00:06   | 02:29:05 | 04:04:55 | <b>05:57:48.05</b> | <b>05:58:11.20</b> | +01:37:03 (27.1%) | 6:52         | 8.7 (72.5%) |
| 42  | <b>WOJCIECHOWSKA Maria</b>   | <b>748</b> | JACEKBIEGA RUNNING TEAM        | K30       | 4    | 01:01:44   | 02:37:27 | 04:09:18 | <b>05:58:10.55</b> | <b>05:58:24.95</b> | +01:37:16 (27.1%) | 6:53         | 8.7 (72.5%) |
| 43  | <b>WRÓBLEWSKI Jacek</b>      | <b>758</b> | MAZOVIA PROACTIVE              | M30       | 24   | 01:00:23   | 02:32:05 | 04:05:01 | <b>05:58:15.25</b> | <b>05:58:26.80</b> | +01:37:18 (27.1%) | 6:53         | 8.7 (72.5%) |
| 44  | <b>BARUD Piotr</b>           | <b>278</b> | FINISZ RYMANÓW                 | M30       | 25   | 01:01:46   | 02:34:47 | 04:04:57 | <b>05:59:03.10</b> | <b>05:59:18.00</b> | +01:38:09 (27.3%) | 6:54         | 8.7 (72.5%) |
| 45  | <b>WILK Antoni</b>           | <b>738</b> |                                | M40       | 10   | 01:01:00   | 02:34:10 | 04:14:18 | <b>06:01:42.45</b> | <b>06:01:46.75</b> | +01:40:38 (27.8%) | 6:57         | 8.6 (71.7%) |
| 46  | <b>JAROMIRSKA Elzbieta</b>   | <b>260</b> |                                | K30       | 5    | 01:01:05   | 02:39:03 | 04:14:02 | <b>06:03:17.20</b> | <b>06:03:48.75</b> | +01:42:40 (28.2%) | 6:59         | 8.6 (71.7%) |
| 47  | <b>KNOPEK Adam</b>           | <b>456</b> | BIEG PO ZDRÓJ                  | M30       | 26   | 01:01:38   | 02:34:47 | 04:07:57 | <b>06:03:46.95</b> | <b>06:04:02.95</b> | +01:42:54 (28.3%) | 6:59         | 8.6 (71.7%) |
| 48  | <b>JUREWICZ Kris</b>         | <b>422</b> | HARPAGAN SOSNOWIEC             | M40       | 11   | 01:00:50   | 02:33:52 | 04:08:55 | <b>06:05:17.35</b> | <b>06:05:20.00</b> | +01:44:11 (28.5%) | 7:01         | 8.5 (70.8%) |
| 49  | <b>KUŹMA Krzysztof</b>       | <b>508</b> | GRUPA BIEGACZY SKÓRZEC BIEGA   | M40       | 12   | 01:02:05   | 02:34:47 | 04:05:58 | <b>06:04:55.65</b> | <b>06:05:34.55</b> | +01:44:26 (28.6%) | 7:01         | 8.5 (70.8%) |
| 50  | <b>FIREK Adrian</b>          | <b>353</b> | HIT THE TRAIL TOMASZ KLISZ     | M30       | 27   | 01:02:42   | 02:39:00 | 04:10:24 | <b>06:05:28.65</b> | <b>06:05:39.45</b> | +01:44:31 (28.6%) | 7:01         | 8.5 (70.8%) |
| 51  | <b>ZALEWSKI Karol</b>        | <b>772</b> | RACEFIGHTER GOSIR DĘBE WIELKIE | M30       | 28   | 01:00:51   | 02:32:16 | 04:04:04 | <b>06:07:01.85</b> | <b>06:07:05.85</b> | +01:45:57 (28.9%) | 7:03         | 8.5 (70.8%) |
| 52  | <b>BISOWSKI Mariusz</b>      | <b>293</b> |                                | M40       | 13   | 01:01:00   | 02:36:06 | 04:12:27 | <b>06:07:07.25</b> | <b>06:07:19.40</b> | +01:46:11 (28.9%) | 7:03         | 8.5 (70.8%) |
| 53  | <b>GAWRON Marcin</b>         | <b>364</b> |                                | M30       | 29   | 00:56:56   | 02:26:58 | 04:05:06 | <b>06:08:08.40</b> | <b>06:08:20.95</b> | +01:47:12 (29.1%) | 7:04         | 8.5 (70.8%) |
| 54  | <b>SZPINDA Sebastian</b>     | <b>697</b> | BUT BIŁGORAJ ULTRA TRAIL       | M40       | 14   | 01:01:10   | 02:37:47 | 04:17:02 | <b>06:09:25.25</b> | <b>06:09:29.25</b> | +01:48:21 (29.3%) | 7:06         | 8.4 (70.0%) |
| 55  | <b>SZPUNAR Marek</b>         | <b>698</b> |                                | M40       | 15   | 01:02:57   | 02:36:57 | 04:12:56 | <b>06:10:45.60</b> | <b>06:11:48.05</b> | +01:50:39 (29.8%) | 7:07         | 8.4 (70.0%) |
| 56  | <b>GRYSZKO Artur</b>         | <b>385</b> |                                | M40       | 16   | 01:01:13   | 02:37:18 | 04:14:09 | <b>06:12:38.95</b> | <b>06:13:05.35</b> | +01:51:57 (30.0%) | 7:09         | 8.4 (70.0%) |
| 57  | <b>JASŁOWSKA Justyna</b>     | <b>262</b> | SCOTT TEAM                     | K30       | 6    | 00:59:53   | 02:37:55 | 04:21:34 | <b>06:13:02.45</b> | <b>06:13:07.35</b> | +01:51:59 (30.0%) | 7:10         | 8.4 (70.0%) |
| 58  | <b>SZAFRAŃSKA Aleksandra</b> | <b>687</b> | WKURW_TEAM                     | K20       | 1    | 01:07:00   | 02:45:57 | 04:20:22 | <b>06:13:18.70</b> | <b>06:13:50.85</b> | +01:52:42 (30.1%) | 7:10         | 8.4 (70.0%) |
| 59  | <b>JĘDRASZCZYK Mateusz</b>   | <b>70</b>  |                                | M30       | 30   | 01:02:38   | 02:37:04 | 04:10:21 | <b>06:16:30.05</b> | <b>06:16:35.45</b> | +01:55:27 (30.7%) | 7:14         | 8.3 (69.2%) |
| 60  | <b>MAŁACHOWSKI Mariusz</b>   | <b>549</b> | RUNDOMSKO                      | M40       | 17   | 01:04:10   | 02:44:53 | 04:22:47 | <b>06:17:00.10</b> | <b>06:17:52.50</b> | +01:56:44 (30.9%) | 7:15         | 8.3 (69.2%) |
| 61  | <b>GRONIECKI Mikołaj</b>     | <b>380</b> |                                | M30       | 31   | 01:02:49   | 02:39:48 | 04:21:35 | <b>06:17:57.45</b> | <b>06:18:13.60</b> | +01:57:05 (31.0%) | 7:16         | 8.3 (69.2%) |

| Msc | Zawodnik              | Numer | Klub                                 | Kategoria | Mkat | P2_Roztoki<br>12km | P3_Solinka<br>26km | P2_Roztoki<br>38km | Czas          | Czas           | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|-----------------------|-------|--------------------------------------|-----------|------|--------------------|--------------------|--------------------|---------------|----------------|----------------------|-----------------|----------------|
|     |                       |       |                                      |           |      |                    |                    |                    | netto<br>52km | brutto<br>52km |                      |                 |                |
| 62  | WÓJCIK Krzysztof      | 756   | NIGHT RUNNERS ŚWILCZA                | M40       | 18   | 01:04:47           | 02:41:45           | 04:19:19           | 06:18:53.80   | 06:19:03.45    | +01:57:55<br>(31.1%) | 7:17            | 8.2<br>(68.3%) |
| 63  | TAUZ Andrzej          | 712   |                                      | M40       | 19   | 01:01:12           | 02:34:53           | 04:14:51           | 06:18:54.70   | 06:19:21.40    | +01:58:13<br>(31.2%) | 7:17            | 8.2<br>(68.3%) |
| 64  | JAGODZIŃSKI Robert    | 401   | JAGODA TEAM                          | M40       | 20   | 01:12:54           | 02:57:01           | 04:30:06           | 06:19:58.75   | 06:20:22.45    | +01:59:14<br>(31.3%) | 7:18            | 8.2<br>(68.3%) |
| 65  | ROCHOWIAK Zbysio      | 636   | BIEGAM BO LUBIE☺                     | M40       | 21   | 01:06:31           | 02:50:07           | 04:28:13           | 06:20:49.60   | 06:21:19.30    | +02:00:11<br>(31.5%) | 7:19            | 8.2<br>(68.3%) |
| 66  | ZIELAK Darek          | 779   |                                      | M40       | 22   | 00:56:56           | 02:36:04           | 04:16:41           | 06:22:01.55   | 06:22:16.55    | +02:01:08<br>(31.7%) | 7:20            | 8.2<br>(68.3%) |
| 67  | KAPŁOWSKI Jerzy       | 817   |                                      | M40       | 23   | 01:07:00           | 02:45:52           | 04:25:27           | 06:21:55.60   | 06:22:27.65    | +02:01:19<br>(31.7%) | 7:20            | 8.2<br>(68.3%) |
| 68  | WOJCIECHOWSKI Andrzej | 749   | KB MARATON TUREK                     | M40       | 24   | 01:08:09           | 02:50:13           | 04:28:19           | 06:22:01.95   | 06:22:28.40    | +02:01:20<br>(31.7%) | 7:20            | 8.2<br>(68.3%) |
| 69  | JÓŹWIAK Rafał         | 420   | JACEKBIEGA RUNNING TEAM              | M30       | 32   | 01:01:28           | 02:39:32           | 04:24:21           | 06:23:05.80   | 06:23:34.45    | +02:02:26<br>(31.9%) | 7:22            | 8.1<br>(67.5%) |
| 70  | NIECZ Michał          | 583   |                                      | M40       | 25   | 00:59:17           | 02:33:14           | 04:17:01           | 06:22:52.45   | 06:23:34.60    | +02:02:26<br>(31.9%) | 7:21            | 8.1<br>(67.5%) |
| 71  | ŻOŁNACZ Maciej        | 792   |                                      | M30       | 33   | 01:03:49           | 02:36:07           | 04:14:16           | 06:23:28.60   | 06:23:39.20    | +02:02:31<br>(31.9%) | 7:22            | 8.1<br>(67.5%) |
| 72  | JABŁOŃSKI Tomasz      | 399   |                                      | M40       | 26   | 01:04:32           | 02:50:24           | 04:31:15           | 06:23:33.50   | 06:23:40.55    | +02:02:32<br>(31.9%) | 7:22            | 8.1<br>(67.5%) |
| 73  | DZIADOWIEC Joanna     | 345   |                                      | K20       | 2    | 01:04:35           | 02:46:39           | 04:27:15           | 06:23:07.20   | 06:23:43.95    | +02:02:35<br>(31.9%) | 7:22            | 8.1<br>(67.5%) |
| 74  | DZIADOWIEC Łukasz     | 346   |                                      | M20       | 4    | 01:04:35           | 02:45:25           | 04:27:18           | 06:23:07.40   | 06:23:44.05    | +02:02:35<br>(31.9%) | 7:22            | 8.1<br>(67.5%) |
| 75  | DRAŃKO Piotr          | 337   |                                      | M30       | 34   | 01:00:59           | 02:37:21           | 04:21:07           | 06:23:19.10   | 06:23:47.35    | +02:02:39<br>(32.0%) | 7:22            | 8.1<br>(67.5%) |
| 76  | SZCZUDRAWA Dariusz    | 691   |                                      | M40       | 27   | 01:01:31           | 02:31:57           | 04:16:03           | 06:24:00.15   | 06:24:05.35    | +02:02:57<br>(32.0%) | 7:23            | 8.1<br>(67.5%) |
| 77  | PAJĄK Andrzej         | 598   | BIEGAM Z ABS                         | M40       | 28   | 01:05:01           | 02:45:28           | 04:27:19           | 06:25:00.55   | 06:25:10.20    | +02:04:02<br>(32.2%) | 7:24            | 8.1<br>(67.5%) |
| 78  | MAGDA Katarzyna       | 542   | RUN FOR FUN                          | K40       | 1    | 01:08:43           | 02:49:36           | 04:29:28           | 06:25:09.40   | 06:25:32.45    | +02:04:24<br>(32.3%) | 7:24            | 8.1<br>(67.5%) |
| 79  | MAJEWSKA Joanna       | 543   | PGE RUN OBRÓT                        | K40       | 2    | 01:01:08           | 02:46:00           | 04:29:42           | 06:25:27.85   | 06:25:35.70    | +02:04:27<br>(32.3%) | 7:24            | 8.1<br>(67.5%) |
| 80  | KUSZKA Michał         | 503   | STS BIEGATON MIKOŁÓW - SEKCJA GÓRSKA | M30       | 35   | 01:05:00           | 02:45:33           | 04:29:39           | 06:25:38.05   | 06:25:48.75    | +02:04:40<br>(32.3%) | 7:24            | 8.1<br>(67.5%) |
| 81  | PIASEK Piotr          | 614   | TRIUNLIMITED / ZHP OSTROŁĘKA         | M50       | 4    | 01:02:59           | 02:42:43           | 04:23:19           | 06:25:10.30   | 06:25:49.65    | +02:04:41<br>(32.3%) | 7:24            | 8.1<br>(67.5%) |
| 82  | DZIWOKI Marek         | 348   |                                      | M40       | 29   | 01:01:57           | 02:43:20           | 04:27:33           | 06:25:10.75   | 06:25:53.00    | +02:04:44<br>(32.3%) | 7:24            | 8.1<br>(67.5%) |
| 83  | WIECZOREK Agata       | 735   | TEBEG RUNNERS TEAM                   | K30       | 7    | 01:03:17           | 02:44:06           | 04:24:48           | 06:25:49.10   | 06:25:54.20    | +02:04:46<br>(32.3%) | 7:25            | 8.1<br>(67.5%) |
| 84  | MACHNICKI Rafał       | 540   |                                      | M30       | 36   | 01:01:32           | 02:41:07           | 04:21:39           | 06:26:08.35   | 06:26:13.75    | +02:05:05<br>(32.4%) | 7:25            | 8.1<br>(67.5%) |

| Msc | Zawodnik                                  | Numer      | Klub                           | Kategoria | Mkat | P2_Roztoki | P3_Solinka | P2_Roztoki | Czas netto         | Czas brutto        | Różn                 | Tempo min/km | Tempo km/h     |
|-----|---|------------|--------------------------------|-----------|------|------------|------------|------------|--------------------|--------------------|----------------------|--------------|----------------|
|     |   |            |                                |           |      | 12km       | 26km       | 38km       | 52km               | 52km               |                      |              |                |
| 85  | <b>ZIĘBA Tomek</b>                        | <b>785</b> | JACEKBIEGA RUNNING TEAM        | M40       | 30   | 01:01:45   | 02:43:35   | 04:27:00   | <b>06:26:30.05</b> | <b>06:26:43.85</b> | +02:05:35<br>(32.5%) | 7:25         | 8.1<br>(67.5%) |
| 86  | <b>KAPAON Andrzej</b>                     | <b>433</b> | CAZZO CLUB RUNNING TEAM        | M20       | 5    | 00:57:08   | 02:27:47   | 04:18:21   | <b>06:26:46.05</b> | <b>06:26:51.30</b> | +02:05:43<br>(32.5%) | 7:26         | 8.1<br>(67.5%) |
| 87  | <b>KAMIŃSKI Marek</b>                     | <b>430</b> |                                | M30       | 37   | 01:05:01   | 02:39:30   | 04:19:05   | <b>06:25:48.95</b> | <b>06:26:51.60</b> | +02:05:43<br>(32.5%) | 7:25         | 8.1<br>(67.5%) |
| 88  | <b>LINEK Michał</b>                       | <b>524</b> |                                | M40       | 31   | 01:08:00   | 02:53:40   | 04:30:00   | <b>06:26:38.75</b> | <b>06:26:52.65</b> | +02:05:44<br>(32.5%) | 7:26         | 8.1<br>(67.5%) |
| 89  | <b>SALACHNA -<br/>NOWAK<br/>Magdalena</b> | <b>649</b> | BIEGAM Z ABS                   | K40       | 3    | 01:05:01   | 02:46:00   | 04:27:19   | <b>06:27:10.80</b> | <b>06:27:20.50</b> | +02:06:12<br>(32.6%) | 7:26         | 8.1<br>(67.5%) |
| 90  | <b>KRUPA Grzegorz</b>                     | <b>488</b> | KB SOBÓTKA                     | M40       | 32   | 01:02:39   | 02:43:13   | 04:27:23   | <b>06:27:12.55</b> | <b>06:27:39.70</b> | +02:06:31<br>(32.6%) | 7:26         | 8.1<br>(67.5%) |
| 91  | <b>RUSIN Krzysztof</b>                    | <b>646</b> |                                | M40       | 33   | 01:03:53   | 02:44:55   | 04:26:42   | <b>06:27:07.50</b> | <b>06:27:42.70</b> | +02:06:34<br>(32.6%) | 7:26         | 8.1<br>(67.5%) |
| 92  | <b>MAŚLAK Radomił</b>                     | <b>550</b> | STARE BABICE BIEGAJĄ           | M40       | 34   | 01:01:05   | 02:41:29   | 04:27:35   | <b>06:31:01.55</b> | <b>06:31:14.55</b> | +02:10:06<br>(33.3%) | 7:31         | 8<br>(66.7%)   |
| 93  | <b>MISZTAL Rafał</b>                      | <b>567</b> | LOS PANTALONES ROJOS           | M40       | 35   | 01:03:57   | 02:47:03   | 04:33:14   | <b>06:30:58.45</b> | <b>06:31:34.00</b> | +02:10:25<br>(33.3%) | 7:31         | 8<br>(66.7%)   |
| 94  | <b>NIEGOWSKI<br/>Robert</b>               | <b>584</b> | STARE BABICE BIEGAJĄ           | M30       | 38   | 00:58:08   | 02:32:17   | 04:23:00   | <b>06:31:56.55</b> | <b>06:32:09.25</b> | +02:11:01<br>(33.4%) | 7:32         | 8<br>(66.7%)   |
| 95  | <b>KŁOŚ Artur</b>                         | <b>815</b> |                                | M30       | 39   | 01:06:03   | 02:42:27   | 04:24:11   | <b>06:31:52.85</b> | <b>06:32:12.65</b> | +02:11:04<br>(33.4%) | 7:32         | 8<br>(66.7%)   |
| 96  | <b>KIEŁTYKA<br/>Agnieszka</b>             | <b>449</b> |                                | K30       | 8    | 01:05:20   | 02:45:44   | 04:27:23   | <b>06:31:44.55</b> | <b>06:32:12.70</b> | +02:11:04<br>(33.4%) | 7:32         | 8<br>(66.7%)   |
| 97  | <b>DŁUGOŁĘCKI<br/>Konrad</b>              | <b>334</b> | BIEGOWA ŚWIDNICA               | M40       | 36   | 01:08:29   | 02:48:14   | 04:28:25   | <b>06:32:00.05</b> | <b>06:32:29.45</b> | +02:11:21<br>(33.5%) | 7:32         | 8<br>(66.7%)   |
| 98  | <b>KUTAJ Grzegorz</b>                     | <b>507</b> |                                | M40       | 37   | 01:07:06   | 02:47:17   | 04:33:03   | <b>06:33:22.15</b> | <b>06:34:28.75</b> | +02:13:20<br>(33.8%) | 7:33         | 7.9<br>(65.8%) |
| 99  | <b>SZYBIAK<br/>Waldemar</b>               | <b>704</b> | AGONA W&M                      | M50       | 5    | 01:07:28   | 02:47:11   | 04:32:04   | <b>06:34:34.30</b> | <b>06:34:51.45</b> | +02:13:43<br>(33.9%) | 7:35         | 7.9<br>(65.8%) |
| 100 | <b>GNIADK Tomasz</b>                      | <b>372</b> | DABEX-BOLT                     | M40       | 38   | 01:04:50   | 02:47:01   | 04:31:57   | <b>06:34:34.80</b> | <b>06:34:58.85</b> | +02:13:50<br>(33.9%) | 7:35         | 7.9<br>(65.8%) |
| 101 | <b>SŁOWIŃSKI<br/>Marcin</b>               | <b>663</b> | BIEGACZE SPECJALNEJ TROSKI     | M40       | 39   | 01:00:35   | 02:32:41   | 04:17:56   | <b>06:34:35.85</b> | <b>06:34:59.60</b> | +02:13:51<br>(33.9%) | 7:35         | 7.9<br>(65.8%) |
| 102 | <b>KASKA-<br/>ŁOBODOWSKA<br/>Ewelina</b>  | <b>439</b> | RACEFIGHTER GOSIR DĘBE WIELKIE | K30       | 9    | 01:04:10   | 02:48:21   | 04:35:08   | <b>06:35:03.15</b> | <b>06:35:08.65</b> | +02:14:00<br>(33.9%) | 7:35         | 7.9<br>(65.8%) |
| 103 | <b>SKÓRA Anastazja</b>                    | <b>659</b> | SOBAS TEAM                     | K20       | 3    | 01:05:20   | 02:47:57   | 04:31:07   | <b>06:35:20.05</b> | <b>06:35:41.30</b> | +02:14:33<br>(34.0%) | 7:36         | 7.9<br>(65.8%) |
| 104 | <b>WNUCZEK Lukasz</b>                     | <b>746</b> | BIEGAJĄCY ŚWIDNIK              | M30       | 40   | 01:03:18   | 02:45:22   | 04:35:06   | <b>06:36:03.95</b> | <b>06:36:26.30</b> | +02:15:18<br>(34.1%) | 7:37         | 7.9<br>(65.8%) |
| 105 | <b>UBYCH Mariusz</b>                      | <b>722</b> | FIZJO PLUS ACTIVE              | M30       | 41   | 01:06:08   | 02:52:34   | 04:35:47   | <b>06:36:35.30</b> | <b>06:37:12.05</b> | +02:16:03<br>(34.3%) | 7:37         | 7.9<br>(65.8%) |
| 106 | <b>WĘCŁAŚ Maciej</b>                      | <b>732</b> |                                | M40       | 40   | 01:04:43   | 02:44:16   | 04:27:40   | <b>06:37:11.20</b> | <b>06:37:24.20</b> | +02:16:16<br>(34.3%) | 7:38         | 7.9<br>(65.8%) |

| Msc | Zawodnik                       | Numer      | Klub                                 | Kategoria | Mkat | P2_Roztoki<br>12km | P3_Solinka<br>26km | P2_Roztoki<br>38km | Czas               |                    | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|--------------------------------|------------|--------------------------------------|-----------|------|--------------------|--------------------|--------------------|--------------------|--------------------|----------------------|-----------------|----------------|
|     |                                |            |                                      |           |      |                    |                    |                    | netto<br>52km      | brutto<br>52km     |                      |                 |                |
| 107 | <b>MIELNIK Grzegorz</b>        | <b>562</b> |                                      | M30       | 42   | 01:03:22           | 02:43:35           | 04:27:49           | <b>06:37:34.00</b> | <b>06:37:40.55</b> | +02:16:32<br>(34.3%) | 7:38            | 7.8<br>(65.0%) |
| 108 | <b>REAUD Julien</b>            | <b>635</b> | FRAPOL RAZEM!                        | M40       | 41   | 01:17:48           | 03:08:31           | 04:48:11           | <b>06:36:48.95</b> | <b>06:37:58.55</b> | +02:16:50<br>(34.4%) | 7:37            | 7.9<br>(65.8%) |
| 109 | <b>PELA Dariusz</b>            | <b>812</b> |                                      | M30       | 43   | 01:04:41           | 02:46:06           | 04:31:00           | <b>06:38:46.15</b> | <b>06:38:46.15</b> | +02:17:38<br>(34.5%) | 7:40            | 7.8<br>(65.0%) |
| 110 | <b>KAJA Gracjan</b>            | <b>428</b> | BYDGOŚCIE                            | M30       | 44   | 01:01:19           | 02:40:11           | 04:33:47           | <b>06:38:24.15</b> | <b>06:38:54.20</b> | +02:17:46<br>(34.5%) | 7:39            | 7.8<br>(65.0%) |
| 111 | <b>LENART-KŁOŚ Katarzyna</b>   | <b>518</b> |                                      | K30       | 10   | 01:09:38           | 02:57:03           | 04:38:08           | <b>06:38:35.90</b> | <b>06:38:55.65</b> | +02:17:47<br>(34.5%) | 7:39            | 7.8<br>(65.0%) |
| 112 | <b>BRZEZIŃSKI Andrzej</b>      | <b>306</b> | RYKOWISKO                            | M40       | 42   | 01:01:57           | 02:45:50           | 04:38:24           | <b>06:38:55.65</b> | <b>06:38:59.95</b> | +02:17:51<br>(34.6%) | 7:40            | 7.8<br>(65.0%) |
| 113 | <b>PODSTAWNY Rafał</b>         | <b>622</b> | HARPAGAN SOSNOWIEC                   | M30       | 45   | 01:04:55           | 02:45:34           | 04:32:02           | <b>06:38:52.65</b> | <b>06:39:00.20</b> | +02:17:52<br>(34.6%) | 7:40            | 7.8<br>(65.0%) |
| 114 | <b>KOBAK Marcin</b>            | <b>457</b> |                                      | M40       | 43   | 01:10:24           | 03:00:22           | 04:42:04           | <b>06:38:55.15</b> | <b>06:39:03.75</b> | +02:17:55<br>(34.6%) | 7:40            | 7.8<br>(65.0%) |
| 115 | <b>JOŃCZYK Rafał</b>           | <b>419</b> | JACEK BIEGA RUNNING TEAM             | M40       | 44   | 01:04:25           | 02:47:14           | 04:35:03           | <b>06:39:25.70</b> | <b>06:39:43.30</b> | +02:18:35<br>(34.7%) | 7:40            | 7.8<br>(65.0%) |
| 116 | <b>KOPACZEWSKI Tomasz</b>      | <b>466</b> |                                      | M50       | 6    | 01:08:30           | 02:55:00           | 04:37:43           | <b>06:39:27.40</b> | <b>06:40:02.15</b> | +02:18:54<br>(34.7%) | 7:40            | 7.8<br>(65.0%) |
| 117 | <b>SOKÓŁ Magdalena</b>         | <b>666</b> | EYEE POLSKA                          | K40       | 4    | 01:11:01           | 03:00:55           | 04:47:01           | <b>06:40:05.35</b> | <b>06:40:13.95</b> | +02:19:05<br>(34.8%) | 7:41            | 7.8<br>(65.0%) |
| 118 | <b>TUSZYŃSKI Zygmunt</b>       | <b>717</b> | PGE RUN OBRÓT                        | M30       | 46   | 01:06:12           | 02:46:33           | 04:35:36           | <b>06:39:50.10</b> | <b>06:40:20.60</b> | +02:19:12<br>(34.8%) | 7:41            | 7.8<br>(65.0%) |
| 119 | <b>NAGIEL Andrzej</b>          | <b>575</b> | ZABIEGANI CZĘSTOCHOWA                | M40       | 45   | 01:00:05           | 02:38:12           | 04:27:30           | <b>06:40:26.00</b> | <b>06:40:32.80</b> | +02:19:24<br>(34.8%) | 7:42            | 7.8<br>(65.0%) |
| 120 | <b>SZUBERT Marcin</b>          | <b>700</b> | KOŁOBRZEG BIEGA                      | M40       | 46   | 01:10:07           | 02:56:08           | 04:35:18           | <b>06:40:17.70</b> | <b>06:40:45.35</b> | +02:19:37<br>(34.8%) | 7:41            | 7.8<br>(65.0%) |
| 121 | <b>JURCZAK Roman</b>           | <b>801</b> | RZESZOWSKIE GAZELE I GEPARDY         | M60       | 1    | 01:05:22           | 02:51:32           | 04:37:15           | <b>06:41:19.65</b> | <b>06:41:24.25</b> | +02:20:16<br>(34.9%) | 7:43            | 7.8<br>(65.0%) |
| 122 | <b>BEDRYJ Mateusz</b>          | <b>282</b> | 42 DO SZCZĘŚCIA                      | M20       | 6    | 01:04:18           | 02:43:30           | 04:28:31           | <b>06:41:19.80</b> | <b>06:41:33.95</b> | +02:20:25<br>(35.0%) | 7:43            | 7.8<br>(65.0%) |
| 123 | <b>SUWEZDA Jacek</b>           | <b>685</b> |                                      | M50       | 7    | 04:35:12           |                    |                    | <b>06:41:45.40</b> | <b>06:41:45.40</b> | +02:20:37<br>(35.0%) | 7:43            | 7.8<br>(65.0%) |
| 124 | <b>PARACKI Tomasz</b>          | <b>606</b> | F3TEAM                               | M20       | 7    | 01:04:36           | 02:42:54           | 04:33:22           | <b>06:41:41.25</b> | <b>06:42:09.00</b> | +02:21:00<br>(35.1%) | 7:43            | 7.8<br>(65.0%) |
| 125 | <b>PAJESTKA Wojciech</b>       | <b>599</b> | POZYTYWNIIE ZABIEGANI SANOK/AZS PWSZ | M40       | 47   | 01:07:40           | 02:51:40           | 04:37:13           | <b>06:42:18.25</b> | <b>06:42:28.70</b> | +02:21:20<br>(35.1%) | 7:44            | 7.8<br>(65.0%) |
| 126 | <b>GUDOWSKI Krystian</b>       | <b>388</b> | GOODRUN                              | M30       | 47   | 01:07:39           | 02:51:29           | 04:35:42           | <b>06:42:18.60</b> | <b>06:42:28.90</b> | +02:21:20<br>(35.1%) | 7:44            | 7.8<br>(65.0%) |
| 127 | <b>BUDZICH Wojciech</b>        | <b>309</b> | TKKF PROMYK CIECHANÓW                | M40       | 48   | 01:04:53           | 02:43:08           | 04:31:13           | <b>06:42:19.80</b> | <b>06:42:43.55</b> | +02:21:35<br>(35.2%) | 7:44            | 7.8<br>(65.0%) |
| 128 | <b>SOBCZAK Robert</b>          | <b>664</b> | WIERZĘ W JEZUSA                      | M30       | 48   | 01:04:39           | 02:47:12           | 04:31:22           | <b>06:42:25.35</b> | <b>06:42:44.35</b> | +02:21:36<br>(35.2%) | 7:44            | 7.8<br>(65.0%) |
| 129 | <b>CZEKALSKA Dorota Korzep</b> | <b>325</b> | BIEGAM BO LUBIĘ OSTROŁĘKA            | K40       | 5    | 01:02:14           | 02:50:22           | 04:43:25           | <b>06:44:32.25</b> | <b>06:44:38.45</b> | +02:23:30<br>(35.5%) | 7:46            | 7.7<br>(64.2%) |

| Msc | Zawodnik                      | Numer      | Klub                                | Kategoria | Mkat | P2_Roztoki |                 |          | Czas netto         | Czas brutto        | Różn              | Tempo min/km | Tempo km/h  |
|-----|-------------------------------|------------|-------------------------------------|-----------|------|------------|-----------------|----------|--------------------|--------------------|-------------------|--------------|-------------|
|     |                               |            |                                     |           |      | 12km       | P3_Solinka 26km | 38km     | 52km               | 52km               |                   |              |             |
| 130 | <b>SZLACHTOWSKI Łukasz</b>    | <b>692</b> |                                     | M20       | 8    | 01:00:21   | 02:39:43        | 04:25:39 | <b>06:45:26.75</b> | <b>06:45:50.50</b> | +02:24:42 (35.7%) | 7:47         | 7.7 (64.2%) |
| 131 | <b>KROCZYŃSKI Sławomir</b>    | <b>485</b> | KB WYGAN                            | M50       | 8    | 01:05:18   | 02:49:46        | 04:41:46 | <b>06:45:53.90</b> | <b>06:46:25.85</b> | +02:25:17 (35.7%) | 7:48         | 7.7 (64.2%) |
| 132 | <b>JĘDRKOWIAK Piotr</b>       | <b>415</b> |                                     | M30       | 49   | 01:03:48   | 02:42:54        | 04:33:35 | <b>06:46:21.40</b> | <b>06:46:49.55</b> | +02:25:41 (35.8%) | 7:48         | 7.7 (64.2%) |
| 133 | <b>SIWIEC Stanisław</b>       | <b>655</b> |                                     | M60       | 2    | 01:05:04   | 02:51:32        | 04:37:15 | <b>06:47:09.20</b> | <b>06:47:12.75</b> | +02:26:04 (35.9%) | 7:49         | 7.7 (64.2%) |
| 134 | <b>KACHNIARZ Magdalena</b>    | <b>424</b> |                                     | K30       | 11   | 01:05:26   | 02:51:35        | 04:40:57 | <b>06:46:58.45</b> | <b>06:47:20.50</b> | +02:26:12 (35.9%) | 7:49         | 7.7 (64.2%) |
| 135 | <b>TAMBORSKA Agata</b>        | <b>711</b> | DZIK KOMANDO                        | K30       | 12   | 01:05:37   | 02:49:50        | 04:46:57 | <b>06:47:04.00</b> | <b>06:47:54.50</b> | +02:26:46 (36.0%) | 7:49         | 7.7 (64.2%) |
| 136 | <b>ROGALA Grzegorz</b>        | <b>638</b> |                                     | M40       | 49   | 01:04:48   | 02:43:41        | 04:37:13 | <b>06:48:24.75</b> | <b>06:48:33.05</b> | +02:27:24 (36.1%) | 7:51         | 7.6 (63.3%) |
| 137 | <b>KONDZIOŁA Krzysztof</b>    | <b>463</b> | STAY INSANE / PERFECT RUNNER LUBLIN | M30       | 50   | 01:06:27   | 02:58:59        | 04:47:02 | <b>06:48:54.00</b> | <b>06:49:10.75</b> | +02:28:02 (36.2%) | 7:51         | 7.6 (63.3%) |
| 138 | <b>GRZANECKA Mirosława</b>    | <b>386</b> |                                     | K40       | 6    | 01:11:13   | 03:00:05        | 04:43:57 | <b>06:48:45.30</b> | <b>06:49:41.70</b> | +02:28:33 (36.3%) | 7:51         | 7.6 (63.3%) |
| 139 | <b>JAROSZ Dominika</b>        | <b>408</b> |                                     | K20       | 4    | 01:08:14   | 02:59:09        | 04:45:19 | <b>06:50:47.70</b> | <b>06:51:09.75</b> | +02:30:01 (36.5%) | 7:53         | 7.6 (63.3%) |
| 140 | <b>RADYK Jakub</b>            | <b>634</b> | PRZEMYSKI KLUB BIEGACZA             | M30       | 51   | 01:06:51   | 02:52:07        | 04:43:41 | <b>06:51:01.90</b> | <b>06:51:21.50</b> | +02:30:13 (36.5%) | 7:54         | 7.6 (63.3%) |
| 141 | <b>KIEŁBASZEWSKI Jarosław</b> | <b>448</b> | RKB HAJNÓWKA                        | M50       | 9    | 01:08:52   | 02:58:01        | 04:43:25 | <b>06:51:45.80</b> | <b>06:51:50.55</b> | +02:30:42 (36.6%) | 7:55         | 7.6 (63.3%) |
| 142 | <b>MESJASZ Marek</b>          | <b>558</b> | BIEGAJĄCA KASTA MIEDZIOWEGO MIASTA  | M30       | 52   | 01:04:35   | 02:53:10        | 04:46:14 | <b>06:51:31.85</b> | <b>06:51:59.55</b> | +02:30:51 (36.6%) | 7:54         | 7.6 (63.3%) |
| 143 | <b>KOPACZ Piotr</b>           | <b>465</b> | PERFEX                              | M40       | 50   | 01:05:05   | 02:50:00        | 04:42:04 | <b>06:52:05.40</b> | <b>06:52:44.15</b> | +02:31:36 (36.7%) | 7:55         | 7.6 (63.3%) |
| 144 | <b>WIŚNIEWSKI Sławomir</b>    | <b>740</b> | LBL BIŁGORAJ                        | M40       | 51   | 01:11:44   | 03:04:33        | 04:50:23 | <b>06:52:30.70</b> | <b>06:53:01.95</b> | +02:31:53 (36.8%) | 7:55         | 7.6 (63.3%) |
| 145 | <b>DZIÓB Romuald</b>          | <b>347</b> | CRACOVIA WIELICZKA                  | M40       | 52   | 01:01:08   | 02:36:50        | 04:30:57 | <b>06:53:13.00</b> | <b>06:53:25.25</b> | +02:32:17 (36.8%) | 7:56         | 7.6 (63.3%) |
| 146 | <b>SULIMA Grzegorz</b>        | <b>682</b> | GRUPA BIEGOWA 'BEZ GRANIC'          | M50       | 10   | 01:07:08   | 02:50:20        | 04:41:48 | <b>06:54:07.55</b> | <b>06:54:26.30</b> | +02:33:18 (37.0%) | 7:57         | 7.5 (62.5%) |
| 147 | <b>WOŁOSZYN Ryszard</b>       | <b>807</b> |                                     | M50       | 11   | 01:12:38   | 03:01:23        | 04:48:28 | <b>06:54:42.40</b> | <b>06:54:52.35</b> | +02:33:44 (37.1%) | 7:58         | 7.5 (62.5%) |
| 148 | <b>MELLER Joanna</b>          | <b>556</b> | DRUŻYNA WILKA                       | K40       | 7    | 01:14:34   | 03:05:32        | 04:55:31 | <b>06:54:54.45</b> | <b>06:55:26.60</b> | +02:34:18 (37.1%) | 7:58         | 7.5 (62.5%) |
| 149 | <b>KAWALEC Krystian</b>       | <b>441</b> | #MARCINSWIERCTEAM                   | M40       | 53   | 01:06:22   | 02:54:18        | 04:48:09 | <b>06:55:13.20</b> | <b>06:55:30.05</b> | +02:34:21 (37.2%) | 7:59         | 7.5 (62.5%) |
| 150 | <b>CZAJA Alicja</b>           | <b>321</b> | RODZEŃSTWO                          | K40       | 8    | 01:05:53   | 02:52:56        | 04:47:21 | <b>06:55:26.50</b> | <b>06:55:39.35</b> | +02:34:31 (37.2%) | 7:59         | 7.5 (62.5%) |
| 151 | <b>TWARÓG Zbigniew</b>        | <b>718</b> | GRUPA BIEGOWA 'BEZ GRANIC'          | M60       | 3    | 01:07:59   | 02:48:48        | 04:37:44 | <b>06:55:24.70</b> | <b>06:55:44.00</b> | +02:34:35 (37.2%) | 7:59         | 7.5 (62.5%) |
| 152 | <b>KUBERA Dawid</b>           | <b>492</b> | ALWAYSINMOTION.PL                   | M30       | 53   | 01:08:31   | 02:57:20        | 04:47:45 | <b>06:55:07.20</b> | <b>06:55:46.10</b> | +02:34:37 (37.2%) | 7:59         | 7.5 (62.5%) |

| Msc | Zawodnik                      | Numer      | Klub                                      | Kategoria | Mkat | P2_Roztoki<br>12km | P3_Solinka<br>26km | P2_Roztoki<br>38km | Czas<br>netto<br>52km | Czas<br>brutto<br>52km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|-------------------------------|------------|---|-----------|------|--------------------|--------------------|--------------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 153 | <b>URBANEK Małgorzata</b>     | <b>806</b> |   | K40       | 9    | 01:12:38           | 03:02:30           | 04:48:26           | <b>06:55:42.35</b>    | <b>06:55:52.20</b>     | +02:34:44<br>(37.2%) | 7:59            | 7.5<br>(62.5%) |
| 154 | <b>KARUŚ Waldemar</b>         | <b>438</b> | 14DAS IM.GEN.BRYG.WACŁAWA WIECZORKIEWICZA | M40       | 54   | 01:12:46           | 03:04:49           | 04:54:24           | <b>06:55:40.25</b>    | <b>06:56:03.35</b>     | +02:34:55<br>(37.2%) | 7:59            | 7.5<br>(62.5%) |
| 155 | <b>KURCZAB Justyna</b>        | <b>501</b> |   | K30       | 13   | 01:11:21           | 03:05:58           | 04:57:43           | <b>06:55:05.55</b>    | <b>06:56:03.85</b>     | +02:34:55<br>(37.2%) | 7:58            | 7.5<br>(62.5%) |
| 156 | <b>ZAWADZKI Piotr</b>         | <b>776</b> | RYKOWISKO                                 | M30       | 54   | 01:10:38           | 03:02:47           | 04:51:57           | <b>06:56:00.80</b>    | <b>06:56:04.55</b>     | +02:34:56<br>(37.2%) | 8:00            | 7.5<br>(62.5%) |
| 157 | <b>MIETŁA Mateusz</b>         | <b>563</b> | KSS JPII                                  | M40       | 55   | 01:12:24           | 02:59:20           | 04:47:40           | <b>06:55:34.70</b>    | <b>06:56:12.80</b>     | +02:35:04<br>(37.3%) | 7:59            | 7.5<br>(62.5%) |
| 158 | <b>POLAK Jacek</b>            | <b>623</b> | BIOTON                                    | M30       | 55   | 01:08:38           | 02:50:28           | 04:36:33           | <b>06:55:23.10</b>    | <b>06:56:29.80</b>     | +02:35:21<br>(37.3%) | 7:59            | 7.5<br>(62.5%) |
| 159 | <b>MELLER Wojciech</b>        | <b>557</b> | DRUŻYNA WILKA                             | M40       | 56   | 01:12:38           | 03:05:32           | 04:55:24           | <b>06:55:58.00</b>    | <b>06:56:30.75</b>     | +02:35:22<br>(37.3%) | 7:59            | 7.5<br>(62.5%) |
| 160 | <b>GRANDA Paweł</b>           | <b>378</b> | 21 DAPLOT JAROSŁAW                        | M30       | 56   | 01:12:46           | 03:04:51           | 04:54:38           | <b>06:56:11.80</b>    | <b>06:56:35.40</b>     | +02:35:27<br>(37.3%) | 8:00            | 7.5<br>(62.5%) |
| 161 | <b>URBANEK Patryk</b>         | <b>723</b> |   | M20       | 9    | 01:05:42           | 02:45:34           | 04:36:35           | <b>06:56:46.50</b>    | <b>06:56:52.80</b>     | +02:35:44<br>(37.4%) | 8:00            | 7.5<br>(62.5%) |
| 162 | <b>TERLECKI Krzysztof</b>     | <b>713</b> | CHEŁM BIEGA                               | M50       | 12   | 01:07:23           | 02:57:47           | 04:46:10           | <b>06:56:41.15</b>    | <b>06:57:18.25</b>     | +02:36:10<br>(37.4%) | 8:00            | 7.5<br>(62.5%) |
| 163 | <b>GNIADK Gosia</b>           | <b>371</b> | DABEX-BOLT                                | K40       | 10   | 01:08:53           | 02:59:59           | 04:50:20           | <b>06:57:22.10</b>    | <b>06:57:45.70</b>     | +02:36:37<br>(37.5%) | 8:01            | 7.5<br>(62.5%) |
| 164 | <b>PRELICH Tomasz</b>         | <b>627</b> | DABEX-BOLT                                | M30       | 57   | 01:08:53           | 02:59:56           | 04:50:20           | <b>06:57:22.30</b>    | <b>06:57:45.95</b>     | +02:36:37<br>(37.5%) | 8:01            | 7.5<br>(62.5%) |
| 165 | <b>ŁĄCZKA Adam</b>            | <b>534</b> | MOCNO W PRAWO                             | M20       | 10   | 01:06:06           | 02:58:55           | 04:49:14           | <b>06:57:22.30</b>    | <b>06:57:56.45</b>     | +02:36:48<br>(37.5%) | 8:01            | 7.5<br>(62.5%) |
| 166 | <b>PĄNTAK Sławomir</b>        | <b>604</b> | 21DAPLOT JAROSŁAW                         | M40       | 57   | 01:12:45           | 03:04:52           | 04:55:50           | <b>06:58:13.45</b>    | <b>06:58:36.85</b>     | +02:37:28<br>(37.6%) | 8:02            | 7.5<br>(62.5%) |
| 167 | <b>GRYNFELDER Rafał</b>       | <b>384</b> | SKYWALKPROJECT.PL                         | M40       | 58   | 01:05:03           | 02:51:27           | 04:44:39           | <b>06:58:36.85</b>    | <b>06:58:41.90</b>     | +02:37:33<br>(37.6%) | 8:03            | 7.5<br>(62.5%) |
| 168 | <b>ŚWIĆ Miłosz</b>            | <b>706</b> | DZIK KOMANDO                              | M30       | 58   | 01:05:39           | 02:55:37           | 04:52:45           | <b>06:58:23.05</b>    | <b>06:59:13.70</b>     | +02:38:05<br>(37.7%) | 8:02            | 7.5<br>(62.5%) |
| 169 | <b>RUKUSZEWICZ Wawrzyniec</b> | <b>644</b> | DZIKIE GRUBASY SZATANA                    | M30       | 59   | 01:11:21           | 03:00:36           | 04:54:04           | <b>06:58:14.55</b>    | <b>06:59:26.85</b>     | +02:38:18<br>(37.7%) | 8:02            | 7.5<br>(62.5%) |
| 170 | <b>MAKOWSKI Łukasz</b>        | <b>545</b> |   | M40       | 59   | 01:14:53           | 02:59:23           | 04:47:42           | <b>07:00:02.30</b>    | <b>07:00:40.70</b>     | +02:39:32<br>(37.9%) | 8:04            | 7.4<br>(61.7%) |
| 171 | <b>FOLTA Sławomir</b>         | <b>357</b> | ORANGE POLSKA                             | M50       | 13   | 01:07:02           | 02:59:02           | 04:53:33           | <b>07:01:20.10</b>    | <b>07:01:56.05</b>     | +02:40:47<br>(38.1%) | 8:06            | 7.4<br>(61.7%) |
| 172 | <b>GALEWSKI Jacek</b>         | <b>360</b> | DRUŻYNA TVN                               | M30       | 60   | 01:11:37           | 03:05:57           | 04:58:12           | <b>07:00:55.15</b>    | <b>07:01:56.85</b>     | +02:40:48<br>(38.1%) | 8:05            | 7.4<br>(61.7%) |
| 173 | <b>CHOJNACKA Marta</b>        | <b>316</b> |   | K30       | 14   | 01:13:52           | 03:07:41           | 04:56:45           | <b>07:01:44.20</b>    | <b>07:02:03.55</b>     | +02:40:55<br>(38.1%) | 8:06            | 7.4<br>(61.7%) |
| 174 | <b>DRAUS Borys</b>            | <b>338</b> |   | M30       | 61   | 01:12:17           | 03:07:20           | 05:00:57           | <b>07:01:22.80</b>    | <b>07:02:41.15</b>     | +02:41:33<br>(38.2%) | 8:06            | 7.4<br>(61.7%) |
| 175 | <b>KULCZYŃSKI Mariusz</b>     | <b>498</b> | SCHABOWY RUNNERS                          | M30       | 62   | 01:08:01           | 02:51:32           | 04:37:18           | <b>07:02:14.45</b>    | <b>07:03:12.60</b>     | +02:42:04<br>(38.3%) | 8:07            | 7.4<br>(61.7%) |



| Msc | Zawodnik                         | Numer      | Klub  | Kategoria | Mkat | P2_Roztoki<br>12km | P3_Solinka<br>26km | P2_Roztoki<br>38km | Czas               | Czas               | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|----------------------------------|------------|---|-----------|------|--------------------|--------------------|--------------------|--------------------|--------------------|----------------------|-----------------|----------------|
|     |                                  |            |   |           |      |                    |                    |                    | netto<br>52km      | brutto<br>52km     |                      |                 |                |
| 176 | <b>PRĘDKI Jerzy</b>              | <b>628</b> | WYBIEGAMY W PRZYSZŁOŚĆ                      | M40       | 60   | 01:13:37           | 03:03:46           | 04:55:15           | <b>07:02:41.60</b> | <b>07:03:18.65</b> | +02:42:10<br>(38.3%) | 8:07            | 7.4<br>(61.7%) |
| 177 | <b>KACPERSKI Olaf</b>            | <b>425</b> |   | M40       | 61   | 01:08:42           | 03:00:10           | 04:51:37           | <b>07:02:49.30</b> | <b>07:03:25.80</b> | +02:42:17<br>(38.3%) | 8:07            | 7.4<br>(61.7%) |
| 178 | <b>SZUBRYCHT Bartosz</b>         | <b>702</b> | SEKCJA BIEGOWA GRUPY PIWNEJ                 | M30       | 63   | 01:12:13           | 03:06:17           | 04:57:48           | <b>07:02:25.25</b> | <b>07:03:34.20</b> | +02:42:26<br>(38.3%) | 8:07            | 7.4<br>(61.7%) |
| 179 | <b>GOŚCIŃSKI Sławomir</b>        | <b>375</b> |   | M30       | 64   | 01:09:48           | 02:59:25           | 04:59:04           | <b>07:03:03.25</b> | <b>07:03:37.25</b> | +02:42:29<br>(38.4%) | 8:08            | 7.4<br>(61.7%) |
| 180 | <b>BIELOV Yuriy</b>              | <b>831</b> |   | M20       | 11   | 01:08:52           | 02:48:22           | 04:41:33           | <b>07:03:46.55</b> | <b>07:04:41.35</b> | +02:43:33<br>(38.5%) | 8:08            | 7.4<br>(61.7%) |
| 181 | <b>JEDLIŃSKI Bartosz</b>         | <b>414</b> | MARATOŃCZYK DĘBICA                          | M40       | 62   | 01:11:47           | 03:11:11           | 05:05:56           | <b>07:03:50.95</b> | <b>07:04:47.35</b> | +02:43:39<br>(38.5%) | 8:09            | 7.4<br>(61.7%) |
| 182 | <b>KOPEĆ Arkadiusz</b>           | <b>467</b> | WOLBROM TEAM                                | M40       | 63   | 01:00:15           | 02:45:25           | 04:48:15           | <b>07:05:15.75</b> | <b>07:05:22.70</b> | +02:44:14<br>(38.6%) | 8:10            | 7.3<br>(60.8%) |
| 183 | <b>BORUSZEWSKA Beata</b>         | <b>301</b> |   | K40       | 11   | 01:03:21           | 02:59:42           | 04:57:02           | <b>07:06:41.70</b> | <b>07:06:48.35</b> | +02:45:40<br>(38.8%) | 8:12            | 7.3<br>(60.8%) |
| 184 | <b>PALUCH Andrzej</b>            | <b>601</b> |   | M40       | 64   | 01:03:01           | 02:53:23           | 04:53:07           | <b>07:06:57.70</b> | <b>07:07:17.75</b> | +02:46:09<br>(38.9%) | 8:12            | 7.3<br>(60.8%) |
| 185 | <b>ROSPOND Piotr</b>             | <b>640</b> | TKKF MPK POZNAŃ                             | M50       | 14   | 01:10:21           | 03:04:37           | 04:55:28           | <b>07:07:14.35</b> | <b>07:07:28.80</b> | +02:46:20<br>(38.9%) | 8:12            | 7.3<br>(60.8%) |
| 186 | <b>JĘKAŁSKI Tomasz</b>           | <b>418</b> | TIM   | M40       | 65   | 01:08:29           | 03:01:07           | 04:55:03           | <b>07:08:59.60</b> | <b>07:09:26.30</b> | +02:48:18<br>(39.2%) | 8:15            | 7.3<br>(60.8%) |
| 187 | <b>KUBISZYN Sebastian</b>        | <b>493</b> |   | M20       | 12   | 01:09:49           | 02:59:05           | 04:57:17           | <b>07:09:20.40</b> | <b>07:09:27.35</b> | +02:48:19<br>(39.2%) | 8:15            | 7.3<br>(60.8%) |
| 188 | <b>NEPELSKI Krzysztof</b>        | <b>582</b> | DZIKI Z PODKARPACIA NA EMIGRACJI W LUBLINIE | M30       | 65   | 01:09:48           | 02:59:05           | 04:57:17           | <b>07:09:20.65</b> | <b>07:09:27.45</b> | +02:48:19<br>(39.2%) | 8:15            | 7.3<br>(60.8%) |
| 189 | <b>ŁABĘDZKI Mariusz</b>          | <b>533</b> | STARGARD. JA SIĘ NIE ŚCIGAM                 | M40       | 66   | 01:15:08           | 03:09:49           | 05:00:47           | <b>07:08:33.10</b> | <b>07:09:36.45</b> | +02:48:28<br>(39.2%) | 8:14            | 7.3<br>(60.8%) |
| 190 | <b>WOŁOSZYN Czesław</b>          | <b>809</b> |   | M50       | 15   | 01:15:03           | 03:04:58           | 04:56:51           | <b>07:09:46.75</b> | <b>07:09:56.40</b> | +02:48:48<br>(39.3%) | 8:15            | 7.3<br>(60.8%) |
| 191 | <b>ZIELIŃSKA Iwona</b>           | <b>781</b> | WKB MARATOŃCZYK WŁOCŁAWEK                   | K50       | 1    | 01:09:28           | 02:58:59           | 04:53:46           | <b>07:10:02.85</b> | <b>07:10:33.85</b> | +02:49:25<br>(39.4%) | 8:16            | 7.3<br>(60.8%) |
| 192 | <b>KACZOR Waldemar</b>           | <b>829</b> |   | M40       | 67   | 01:04:26           | 02:50:53           | 04:51:30           | <b>07:09:53.55</b> | <b>07:10:34.30</b> | +02:49:26<br>(39.4%) | 8:16            | 7.3<br>(60.8%) |
| 193 | <b>LEWANDOWSKA-KRAKOWIAK Ewa</b> | <b>522</b> | STARGARD JA SIĘ NIE ŚCIGAM                  | K20       | 5    | 01:13:25           | 03:11:28           | 05:04:25           | <b>07:09:45.60</b> | <b>07:10:49.25</b> | +02:49:41<br>(39.4%) | 8:15            | 7.3<br>(60.8%) |
| 194 | <b>JÓŹWIAK Artur</b>             | <b>421</b> | MOGILNO TEAM                                | M40       | 68   | 01:04:58           | 02:55:14           | 04:53:04           | <b>07:11:00.60</b> | <b>07:11:25.85</b> | +02:50:17<br>(39.5%) | 8:17            | 7.2<br>(60.0%) |
| 195 | <b>BERNAŚ Dariusz</b>            | <b>284</b> | BUT BIŁGORAJ ULTRA TRAIL                    | M40       | 69   | 01:11:44           | 03:08:15           | 05:06:17           | <b>07:13:30.25</b> | <b>07:14:00.25</b> | +02:52:52<br>(39.8%) | 8:20            | 7.2<br>(60.0%) |
| 196 | <b>ZUBOWSKI Piotr</b>            | <b>786</b> |   | M40       | 70   | 01:18:20           | 03:17:35           | 05:03:41           | <b>07:12:49.40</b> | <b>07:14:01.75</b> | +02:52:53<br>(39.8%) | 8:19            | 7.2<br>(60.0%) |
| 197 | <b>KUŚ Gabriela</b>              | <b>505</b> | KB MCKIS JAWORZNO                           | K40       | 12   | 01:15:07           | 03:10:55           | 05:04:11           | <b>07:13:00.30</b> | <b>07:14:07.10</b> | +02:52:58<br>(39.8%) | 8:19            | 7.2<br>(60.0%) |
| 198 | <b>KORYTEK Piotr</b>             | <b>474</b> | WITKOWO BIEGA                               | M40       | 71   | 01:11:37           | 03:06:17           | 05:06:19           | <b>07:13:25.20</b> | <b>07:14:09.90</b> | +02:53:01<br>(39.9%) | 8:20            | 7.2<br>(60.0%) |

| Msc | Zawodnik             | Numer | Klub                       | Kategoria | Mkat | P2_Roztoki |                    |          | Czas netto         | Czas brutto        | Różn                 | Tempo min/km | Tempo km/h     |
|-----|----------------------|-------|----------------------------|-----------|------|------------|--------------------|----------|--------------------|--------------------|----------------------|--------------|----------------|
|     |                      |       |                            |           |      | 12km       | P3_Solinka<br>26km | 38km     | 52km               | 52km               |                      |              |                |
| 199 | SUŁKOWSKA Lidia      | 683   |                            | K30       | 15   | 01:16:30   | 03:20:08           | 05:09:29 | <b>07:13:54.80</b> | <b>07:14:54.30</b> | +02:53:46<br>(40.0%) | 8:20         | 7.2<br>(60.0%) |
| 200 | LENKIEWICZ Artur     | 519   |                            | M30       | 66   | 01:02:44   | 02:54:13           | 04:57:33 | <b>07:14:47.10</b> | <b>07:15:11.05</b> | +02:54:02<br>(40.0%) | 8:21         | 7.2<br>(60.0%) |
| 201 | JĘDRZEJCZYK Konrad   | 417   |                            | M20       | 13   | 01:12:17   | 03:06:44           | 05:02:01 | <b>07:14:02.85</b> | <b>07:15:20.65</b> | +02:54:12<br>(40.0%) | 8:20         | 7.2<br>(60.0%) |
| 202 | BOHDANOWICZ Krystian | 299   | WKURW_TEAM                 | M30       | 67   | 01:06:49   | 03:00:46           | 04:56:29 | <b>07:15:09.45</b> | <b>07:15:28.55</b> | +02:54:20<br>(40.0%) | 8:22         | 7.2<br>(60.0%) |
| 203 | SZCZEPANIAK Angelika | 690   | WKURW_TEAM                 | K30       | 16   | 01:06:50   | 03:00:46           | 04:56:32 | <b>07:15:09.70</b> | <b>07:15:28.70</b> | +02:54:20<br>(40.0%) | 8:22         | 7.2<br>(60.0%) |
| 204 | GŁOWACKI Krzysztof   | 370   | WKURW_TEAM                 | M30       | 68   | 01:06:48   | 03:00:44           | 04:56:32 | <b>07:15:11.15</b> | <b>07:15:29.35</b> | +02:54:21<br>(40.0%) | 8:22         | 7.2<br>(60.0%) |
| 205 | KŁOSOK Adam          | 453   | INŻYNIERIA BIEGANIA TEAM   | M40       | 72   | 01:04:33   | 02:56:37           | 04:53:32 | <b>07:16:01.95</b> | <b>07:16:08.80</b> | +02:55:00<br>(40.1%) | 8:23         | 7.2<br>(60.0%) |
| 206 | GIBAŁA Marcin        | 365   | FUNDACJA AUXILIUM          | M40       | 73   | 01:10:15   | 03:02:26           | 05:04:51 | <b>07:16:39.95</b> | <b>07:16:52.60</b> | +02:55:44<br>(40.2%) | 8:23         | 7.1<br>(59.2%) |
| 207 | KUKLA Marcin         | 496   | RYSIK RUNNERS              | M50       | 16   | 01:07:51   | 03:04:30           | 05:01:36 | <b>07:16:49.80</b> | <b>07:17:11.90</b> | +02:56:03<br>(40.3%) | 8:24         | 7.1<br>(59.2%) |
| 208 | SULIK Agnieszka      | 681   | WARSAW MASTERS TEAM        | K30       | 17   | 01:00:00   | 02:39:20           | 04:21:53 | <b>07:17:24.10</b> | <b>07:17:34.35</b> | +02:56:26<br>(40.3%) | 8:24         | 7.1<br>(59.2%) |
| 209 | KANDEFER Beata       | 431   | KB ATHLETIC ZRĘCIN         | K40       | 13   | 01:02:26   | 02:48:12           | 04:53:25 | <b>07:17:45.35</b> | <b>07:17:47.95</b> | +02:56:39<br>(40.4%) | 8:25         | 7.1<br>(59.2%) |
| 210 | MOJEK Michał         | 570   | BIEGACZE SPECJALNEJ TROSKI | M30       | 69   | 01:09:46   | 03:01:10           | 05:01:16 | <b>07:17:52.35</b> | <b>07:18:17.65</b> | +02:57:09<br>(40.4%) | 8:25         | 7.1<br>(59.2%) |
| 211 | SŁABOŃ Mariusz       | 661   | KIWK-A BIEGA               | M40       | 74   | 01:06:34   | 03:02:47           | 05:01:29 | <b>07:18:15.30</b> | <b>07:18:25.85</b> | +02:57:17<br>(40.4%) | 8:25         | 7.1<br>(59.2%) |
| 212 | WRÓBEL Stanisław     | 757   | WKURW_TEAM                 | M20       | 14   | 01:01:31   | 02:41:18           | 04:34:02 | <b>07:20:09.55</b> | <b>07:20:24.60</b> | +02:59:16<br>(40.7%) | 8:27         | 7.1<br>(59.2%) |
| 213 | GRONCZEWSKI Artur    | 379   | FMW RUNNERS                | M40       | 75   | 01:10:19   | 03:04:21           | 04:58:51 | <b>07:20:13.55</b> | <b>07:20:28.00</b> | +02:59:19<br>(40.7%) | 8:27         | 7.1<br>(59.2%) |
| 214 | MROZEK Grzegorz      | 571   |                            | M40       | 76   | 01:09:50   | 03:00:50           | 05:04:36 | <b>07:20:20.50</b> | <b>07:21:02.50</b> | +02:59:54<br>(40.8%) | 8:28         | 7.1<br>(59.2%) |
| 215 | TUROSZ Zbigniew      | 716   |                            | M60       | 4    | 01:08:02   | 03:00:47           | 04:57:54 | <b>07:21:35.40</b> | <b>07:21:50.75</b> | +03:00:42<br>(40.9%) | 8:29         | 7.1<br>(59.2%) |
| 216 | KRUPA Grzegorz       | 487   | ANWIL TEAM                 | M40       | 77   | 01:09:29   | 02:58:56           | 04:52:28 | <b>07:21:46.85</b> | <b>07:22:17.50</b> | +03:01:09<br>(41.0%) | 8:29         | 7.1<br>(59.2%) |
| 217 | KARPACZ Katarzyna    | 437   |                            | K50       | 2    | 01:06:49   | 03:02:40           | 05:02:42 | <b>07:23:08.35</b> | <b>07:23:17.05</b> | +03:02:08<br>(41.1%) | 8:31         | 7<br>(58.3%)   |
| 218 | KOWALCZYK Grzegorz   | 478   | NIE                        | M40       | 78   | 01:16:37   | 03:07:15           | 05:05:40 | <b>07:22:21.00</b> | <b>07:23:17.95</b> | +03:02:09<br>(41.1%) | 8:30         | 7.1<br>(59.2%) |
| 219 | BĘBENISTA Błażej     | 286   |                            | M30       | 70   | 01:13:13   | 03:03:54           | 05:02:46 | <b>07:22:43.70</b> | <b>07:23:21.45</b> | +03:02:13<br>(41.1%) | 8:30         | 7<br>(58.3%)   |
| 220 | WASIEWICZ Adam       | 729   | TRENERBIEGANIA.PL          | M30       | 71   | 01:14:27   | 03:10:44           | 05:12:01 | <b>07:22:57.15</b> | <b>07:23:35.80</b> | +03:02:27<br>(41.1%) | 8:31         | 7<br>(58.3%)   |
| 221 | WASIEWICZ Jolanta    | 730   | MEE                        | K30       | 18   | 01:14:31   | 03:10:58           | 05:12:02 | <b>07:22:57.45</b> | <b>07:23:35.85</b> | +03:02:27<br>(41.1%) | 8:31         | 7<br>(58.3%)   |

| Msc | Zawodnik                        | Numer      | Klub                                    | Kategoria | Mkat | P2_Roztoki<br>12km | P3_Solinka<br>26km | P2_Roztoki<br>38km | Czas<br>netto<br>52km | Czas<br>brutto<br>52km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|---------------------------------|------------|---|-----------|------|--------------------|--------------------|--------------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 222 | <b>WŁODARCZYK Łukasz</b>        | <b>745</b> |   | M40       | 79   | 01:10:09           | 03:00:53           | 05:05:23           | <b>07:23:12.15</b>    | <b>07:23:38.25</b>     | +03:02:30<br>(41.1%) | 8:31            | 7<br>(58.3%)   |
| 223 | <b>WITOWSKI Łukasz</b>          | <b>744</b> |   | M30       | 72   | 01:12:06           | 03:07:14           | 05:08:52           | <b>07:23:07.60</b>    | <b>07:23:38.85</b>     | +03:02:30<br>(41.1%) | 8:31            | 7<br>(58.3%)   |
| 224 | <b>DUKATA Grzegorz</b>          | <b>341</b> | MGGW                                    | M40       | 80   | 01:13:06           | 03:09:53           | 05:06:47           | <b>07:23:27.85</b>    | <b>07:23:41.45</b>     | +03:02:33<br>(41.1%) | 8:31            | 7<br>(58.3%)   |
| 225 | <b>PIASNY Paweł</b>             | <b>615</b> |   | M40       | 81   | 01:13:07           | 03:09:53           | 05:06:47           | <b>07:23:28.15</b>    | <b>07:23:41.75</b>     | +03:02:33<br>(41.1%) | 8:31            | 7<br>(58.3%)   |
| 226 | <b>KOCHANIEC Waldemar</b>       | <b>459</b> | TKKF 'SOKÓŁ' GŁOGÓW MAŁOPOLSKI          | M40       | 82   | 01:08:26           | 03:00:26           | 05:00:36           | <b>07:24:03.10</b>    | <b>07:25:05.55</b>     | +03:03:57<br>(41.3%) | 8:32            | 7<br>(58.3%)   |
| 227 | <b>BINEK Mariusz</b>            | <b>292</b> | KS FABRYKA BIEGANIA OSTRÓW WIELKOPOLSKI | M40       | 83   | 01:04:27           | 02:50:16           | 04:50:57           | <b>07:25:07.10</b>    | <b>07:25:44.45</b>     | +03:04:36<br>(41.4%) | 8:33            | 7<br>(58.3%)   |
| 228 | <b>LISOWSKI Michał</b>          | <b>529</b> |   | M20       | 15   | 01:15:12           | 03:03:54           | 05:01:17           | <b>07:24:52.75</b>    | <b>07:25:49.80</b>     | +03:04:41<br>(41.4%) | 8:33            | 7<br>(58.3%)   |
| 229 | <b>BOGUCKI Michał</b>           | <b>297</b> |   | M40       | 84   | 01:08:01           | 03:09:20           | 05:10:21           | <b>07:25:58.10</b>    | <b>07:26:11.70</b>     | +03:05:03<br>(41.5%) | 8:34            | 7<br>(58.3%)   |
| 230 | <b>ŻOŁDAK Przemysław</b>        | <b>791</b> | PIĄTKOWO NA BIEGOWO                     | M40       | 85   | 01:14:58           | 03:12:17           | 05:09:25           | <b>07:27:09.50</b>    | <b>07:28:12.05</b>     | +03:07:03<br>(41.7%) | 8:35            | 7<br>(58.3%)   |
| 231 | <b>PAKULSKA Magdalena</b>       | <b>600</b> | BLUE SKY TRAVEL                         | K40       | 14   | 01:14:59           | 03:12:17           | 05:09:25           | <b>07:27:10.40</b>    | <b>07:28:12.30</b>     | +03:07:04<br>(41.7%) | 8:35            | 7<br>(58.3%)   |
| 232 | <b>BEREZOWSKI Waldemar</b>      | <b>283</b> | PGE RUN OBRÓT                           | M40       | 86   | 01:04:33           | 02:52:49           | 04:58:21           | <b>07:27:44.10</b>    | <b>07:28:15.45</b>     | +03:07:07<br>(41.7%) | 8:36            | 7<br>(58.3%)   |
| 233 | <b>SZMUC Jacek</b>              | <b>693</b> | MYSZKÓW BIEGA                           | M40       | 87   | 01:17:38           | 03:15:14           | 05:09:25           | <b>07:28:02.25</b>    | <b>07:28:27.20</b>     | +03:07:19<br>(41.8%) | 8:36            | 7<br>(58.3%)   |
| 234 | <b>WALERJAN-RUSEK Agnieszka</b> | <b>724</b> | AZS AWF KRAKÓW MASTERS                  | K40       | 15   | 01:07:52           | 03:03:18           | 05:06:51           | <b>07:29:04.95</b>    | <b>07:29:15.55</b>     | +03:08:07<br>(41.9%) | 8:38            | 6.9<br>(57.5%) |
| 235 | <b>POLLAK Jan</b>               | <b>624</b> |   | M40       | 88   | 01:18:18           | 03:23:31           | 05:21:38           | <b>07:28:16.45</b>    | <b>07:29:16.00</b>     | +03:08:07<br>(41.9%) | 8:37            | 7<br>(58.3%)   |
| 236 | <b>MALECKA-LEŃ Patrycja</b>     | <b>546</b> | SANTANDERRUNNERSTEAM                    | K30       | 19   | 01:05:48           | 03:16:01           | 05:16:31           | <b>07:29:47.40</b>    | <b>07:29:53.35</b>     | +03:08:45<br>(42.0%) | 8:39            | 6.9<br>(57.5%) |
| 237 | <b>WICZKOWSKI Gabriel</b>       | <b>733</b> | ANWIL TEAM                              | M50       | 17   | 01:10:06           | 03:06:12           | 05:05:51           | <b>07:29:22.90</b>    | <b>07:29:54.15</b>     | +03:08:46<br>(42.0%) | 8:38            | 6.9<br>(57.5%) |
| 238 | <b>KALKA Jan</b>                | <b>429</b> |   | M30       | 73   | 01:12:48           | 03:05:42           | 05:07:26           | <b>07:30:01.65</b>    | <b>07:31:12.55</b>     | +03:10:04<br>(42.1%) | 8:39            | 6.9<br>(57.5%) |
| 239 | <b>KUCHARCZYK Robert</b>        | <b>494</b> | SILESIA RUNNERS CLUB                    | M40       | 89   | 01:12:48           | 03:05:43           | 05:08:11           | <b>07:30:02.35</b>    | <b>07:31:12.65</b>     | +03:10:04<br>(42.1%) | 8:39            | 6.9<br>(57.5%) |
| 240 | <b>KOZAK Filip</b>              | <b>479</b> | NGB KŁOBUCK                             | M40       | 90   | 01:08:36           | 03:05:03           | 05:09:28           | <b>07:30:44.40</b>    | <b>07:31:13.85</b>     | +03:10:05<br>(42.1%) | 8:40            | 6.9<br>(57.5%) |
| 241 | <b>GAJDA Mateusz</b>            | <b>359</b> | SKAWINA BIEGA                           | M30       | 74   | 01:15:22           | 03:10:45           | 05:10:14           | <b>07:31:01.90</b>    | <b>07:32:09.65</b>     | +03:11:01<br>(42.2%) | 8:40            | 6.9<br>(57.5%) |
| 242 | <b>FOĆ Grzegorz</b>             | <b>356</b> |   | M40       | 91   | 04:59:32           |                    |                    | <b>07:32:06.50</b>    | <b>07:32:53.00</b>     | +03:11:44<br>(42.3%) | 8:41            | 6.9<br>(57.5%) |
| 243 | <b>MATUSIAK Arkadiusz</b>       | <b>551</b> |   | M40       | 92   | 01:15:06           | 03:12:18           | 05:11:49           | <b>07:32:51.35</b>    | <b>07:33:18.60</b>     | +03:12:10<br>(42.4%) | 8:42            | 6.9<br>(57.5%) |
| 244 | <b>WOLF Weronika</b>            | <b>753</b> | POZYTYWNIIE ZABIEGI SANOK, 3PBOT        | K40       | 16   | 01:15:45           | 03:17:46           | 05:20:29           | <b>07:32:59.55</b>    | <b>07:33:36.50</b>     | +03:12:28<br>(42.4%) | 8:42            | 6.9<br>(57.5%) |

| Msc | Zawodnik                           | Numer       | Klub                                | Kategoria | Mkat | P2_Roztoki |                 |                 | Czas netto         | Czas brutto        | Różn                 | Tempo min/km | Tempo km/h     |
|-----|------------------------------------|-------------|-------------------------------------|-----------|------|------------|-----------------|-----------------|--------------------|--------------------|----------------------|--------------|----------------|
|     |                                    |             |                                     |           |      | 12km       | P3_Solinka 26km | P2_Roztoki 38km | 52km               | 52km               |                      |              |                |
| 245 | <b>KORCZYC Anna</b>                | <b>468</b>  | INDYWIDUALNIE                       | K20       | 6    | 01:15:44   | 03:17:45        | 05:20:28        | <b>07:33:03.80</b> | <b>07:33:40.00</b> | +03:12:31<br>(42.4%) | 8:42         | 6.9<br>(57.5%) |
| 246 | <b>RÓŻAK-RUKUSZEWICZ Magdalena</b> | <b>642</b>  | DZIKIE GRUBASY SZATANA              | K40       | 17   | 01:11:23   | 03:09:58        | 05:09:17        | <b>07:32:40.00</b> | <b>07:33:51.95</b> | +03:12:43<br>(42.5%) | 8:42         | 6.9<br>(57.5%) |
| 247 | <b>MURZYN Krysia</b>               | <b>572</b>  | DKB                                 | K40       | 18   | 01:07:35   | 03:02:56        | 05:04:29        | <b>07:33:33.65</b> | <b>07:34:03.25</b> | +03:12:55<br>(42.5%) | 8:43         | 6.9<br>(57.5%) |
| 248 | <b>WITEK Wojciech</b>              | <b>743</b>  |                                     | M30       | 75   | 01:11:26   | 03:06:45        | 05:12:40        | <b>07:34:21.35</b> | <b>07:34:34.70</b> | +03:13:26<br>(42.6%) | 8:44         | 6.9<br>(57.5%) |
| 249 | <b>DUBIŃSKI Jarosław</b>           | <b>340</b>  | BBL ZDUŃSKA WOLA                    | M40       | 93   | 01:11:30   | 03:09:00        | 05:16:36        | <b>07:34:48.60</b> | <b>07:35:29.95</b> | +03:14:21<br>(42.7%) | 8:44         | 6.9<br>(57.5%) |
| 250 | <b>ADAMCZYK Aneta</b>              | <b>266</b>  |                                     | K40       | 19   | 01:16:34   | 03:17:30        | 05:16:36        | <b>07:34:39.45</b> | <b>07:35:38.20</b> | +03:14:30<br>(42.7%) | 8:44         | 6.9<br>(57.5%) |
| 251 | <b>PAWLAK Bartosz</b>              | <b>609</b>  |                                     | M40       | 94   | 01:15:10   | 03:16:40        | 05:18:46        | <b>07:35:15.95</b> | <b>07:36:13.70</b> | +03:15:05<br>(42.8%) | 8:45         | 6.9<br>(57.5%) |
| 252 | <b>JAMBOR Michał</b>               | <b>403</b>  | BRACTWO BIEGOWE BGK / ŻÓRAWSKI TEAM | M40       | 95   | 01:15:10   | 03:16:40        | 05:18:46        | <b>07:35:15.30</b> | <b>07:36:13.85</b> | +03:15:05<br>(42.8%) | 8:45         | 6.9<br>(57.5%) |
| 253 | <b>FIGIEL Bartosz</b>              | <b>350</b>  |                                     | M30       | 76   | 01:06:39   | 03:10:47        | 05:18:38        | <b>07:35:07.55</b> | <b>07:36:14.95</b> | +03:15:06<br>(42.8%) | 8:45         | 6.9<br>(57.5%) |
| 254 | <b>PĘKALA Rafał</b>                | <b>611</b>  |                                     | M30       | 77   | 01:17:33   | 03:11:48        | 05:13:32        | <b>07:35:28.25</b> | <b>07:36:24.30</b> | +03:15:16<br>(42.8%) | 8:45         | 6.9<br>(57.5%) |
| 255 | <b>GARBOWSKA Monika</b>            | <b>362</b>  | COMPAÑEROS ASFALT TEAM              | K40       | 20   | 01:14:20   | 03:21:00        | 05:31:33        | <b>07:36:21.20</b> | <b>07:36:43.75</b> | +03:15:35<br>(42.8%) | 8:46         | 6.8<br>(56.7%) |
| 256 | <b>STĘPIEŃ Wojciech</b>            | <b>678</b>  | COMPAÑEROS ASFALT TEAM              | M40       | 96   | 01:14:19   | 03:21:02        | 05:31:12        | <b>07:36:21.25</b> | <b>07:36:44.00</b> | +03:15:35<br>(42.8%) | 8:46         | 6.8<br>(56.7%) |
| 257 | <b>STANEK Marzena</b>              | <b>670</b>  | WKURW_TEAM                          | K40       | 21   | 01:14:01   | 03:14:44        | 05:19:17        | <b>07:36:56.85</b> | <b>07:37:44.75</b> | +03:16:36<br>(43.0%) | 8:47         | 6.8<br>(56.7%) |
| 258 | <b>BŁĄDEK Piotr</b>                | <b>294</b>  | PROSWIM                             | M30       | 78   | 01:10:13   | 03:10:48        | 05:16:57        | <b>07:37:24.60</b> | <b>07:38:25.85</b> | +03:17:17<br>(43.0%) | 8:47         | 6.8<br>(56.7%) |
| 259 | <b>BRZOZOWSKI Łukasz</b>           | <b>308</b>  | BIKE EQUIPA SANDOMIERZ              | M30       | 79   | 01:04:53   | 02:45:39        | 04:35:15        | <b>07:38:12.15</b> | <b>07:38:30.90</b> | +03:17:22<br>(43.0%) | 8:48         | 6.8<br>(56.7%) |
| 260 | <b>BOCHENEK Michał</b>             | <b>296</b>  | INFINITY-GYM                        | M30       | 80   | 01:08:32   | 03:03:30        | 05:12:26        | <b>07:38:53.40</b> | <b>07:39:03.25</b> | +03:17:55<br>(43.1%) | 8:49         | 6.8<br>(56.7%) |
| 261 | <b>BEBEN Robert</b>                | <b>280</b>  | OSTROBIEC                           | M40       | 97   | 01:15:34   | 03:26:04        | 05:26:00        | <b>07:38:24.55</b> | <b>07:39:18.50</b> | +03:18:10<br>(43.1%) | 8:48         | 6.8<br>(56.7%) |
| 261 | <b>SŁOWIK Justyna</b>              | <b>662</b>  | OSTROBIEC                           | K30       | 20   | 01:15:33   | 03:25:54        | 05:25:59        | <b>07:38:23.85</b> | <b>07:39:18.50</b> | +03:18:10<br>(43.1%) | 8:48         | 6.8<br>(56.7%) |
| 261 | <b>MATRACKI Sebastian</b>          | <b>1241</b> | OSTROBIEC                           | M30       | 81   | 01:15:36   | 03:25:59        | 05:22:31        | <b>07:38:25.85</b> | <b>07:39:18.50</b> | +03:18:10<br>(43.1%) | 8:48         | 6.8<br>(56.7%) |
| 264 | <b>KARGUL Zbigniew</b>             | <b>436</b>  | OSTROBIEC                           | M40       | 98   | 01:09:08   | 03:01:23        | 05:14:07        | <b>07:38:29.00</b> | <b>07:39:18.60</b> | +03:18:10<br>(43.1%) | 8:49         | 6.8<br>(56.7%) |
| 265 | <b>MIELCZAREK Daniel</b>           | <b>561</b>  | ROZBIEGAJMY RADOMSKO                | M40       | 99   | 01:07:25   | 03:03:03        | 05:11:55        | <b>07:38:29.60</b> | <b>07:39:22.25</b> | +03:18:14<br>(43.2%) | 8:49         | 6.8<br>(56.7%) |
| 266 | <b>KUŚMIERCZYK Piotr</b>           | <b>506</b>  | ROZBIEGAJMY RADOMSKO                | M40       | 100  | 01:07:24   | 03:03:02        | 05:11:54        | <b>07:38:28.90</b> | <b>07:39:22.45</b> | +03:18:14<br>(43.2%) | 8:49         | 6.8<br>(56.7%) |
| 267 | <b>NAWROCKI Wojciech</b>           | <b>581</b>  |                                     | M40       | 101  | 01:13:53   | 03:04:35        | 05:10:10        | <b>07:39:15.40</b> | <b>07:39:23.35</b> | +03:18:15<br>(43.2%) | 8:49         | 6.8<br>(56.7%) |

| Msc | Zawodnik                    | Numer       | Klub                                    | Kategoria | Mkat | P2_Roztoki |                    |          | Czas netto<br>52km | Czas brutto<br>52km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|-----------------------------|-------------|---|-----------|------|------------|--------------------|----------|--------------------|---------------------|----------------------|-----------------|----------------|
|     |                             |             |   |           |      | 12km       | P3_Solinka<br>26km | 38km     |                    |                     |                      |                 |                |
| 268 | <b>HOJDA Mariusz</b>        | <b>395</b>  | HOJDA.NET                               | M40       | 102  | 01:17:43   | 03:14:11           | 05:19:51 | <b>07:39:05.60</b> | <b>07:39:23.65</b>  | +03:18:15<br>(43.2%) | 8:49            | 6.8<br>(56.7%) |
| 269 | <b>SOKALSKI Grzegorz</b>    | <b>300</b>  |   | M40       | 103  | 01:06:08   | 03:15:35           | 05:23:16 | <b>07:39:27.35</b> | <b>07:40:00.55</b>  | +03:18:52<br>(43.2%) | 8:50            | 6.8<br>(56.7%) |
| 270 | <b>PRZYGODA Michał</b>      | <b>631</b>  |   | M30       | 82   | 01:13:24   | 03:10:15           | 05:09:03 | <b>07:40:36.50</b> | <b>07:41:40.60</b>  | +03:20:32<br>(43.4%) | 8:51            | 6.8<br>(56.7%) |
| 271 | <b>PAŁUBSKI Andrzej</b>     | <b>602</b>  | TECHGIS TEAM                            | M40       | 104  | 01:16:22   | 03:19:26           | 05:20:41 | <b>07:41:06.95</b> | <b>07:42:02.05</b>  | +03:20:53<br>(43.5%) | 8:52            | 6.8<br>(56.7%) |
| 272 | <b>NAMIOTA Urszula</b>      | <b>576</b>  | MARATOŃCZYK DĘBICA                      | K50       | 3    | 01:12:22   | 03:21:05           | 05:27:23 | <b>07:41:33.05</b> | <b>07:42:20.50</b>  | +03:21:12<br>(43.5%) | 8:52            | 6.8<br>(56.7%) |
| 273 | <b>MATYSIAK Daniel</b>      | <b>553</b>  | KS FABRYKA BIEGANIA OSTRÓW WIELKOPOLSKI | M30       | 83   | 01:08:33   | 03:00:50           | 04:55:11 | <b>07:41:43.55</b> | <b>07:42:21.10</b>  | +03:21:12<br>(43.5%) | 8:52            | 6.8<br>(56.7%) |
| 274 | <b>ZADORA Dorota</b>        | <b>767</b>  |   | K40       | 22   | 01:16:59   | 03:24:17           | 05:25:53 | <b>07:41:41.50</b> | <b>07:42:25.95</b>  | +03:21:17<br>(43.5%) | 8:52            | 6.8<br>(56.7%) |
| 275 | <b>KOSMĘDA Piotr Michał</b> | <b>476</b>  |   | M40       | 105  | 01:16:58   | 03:19:16           | 05:25:47 | <b>07:41:41.85</b> | <b>07:42:26.25</b>  | +03:21:18<br>(43.5%) | 8:52            | 6.8<br>(56.7%) |
| 276 | <b>ŻMUDKA Bartek</b>        | <b>789</b>  | RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZAM    | M40       | 106  | 01:09:01   | 03:09:44           | 05:13:01 | <b>07:42:41.25</b> | <b>07:43:34.35</b>  | +03:22:26<br>(43.7%) | 8:53            | 6.7<br>(55.8%) |
| 277 | <b>WYSOCKI Tomasz</b>       | <b>763</b>  | OCHAJORUN&FRIENDS                       | M40       | 107  | 01:09:03   | 03:09:46           | 05:13:05 | <b>07:42:42.95</b> | <b>07:43:36.10</b>  | +03:22:27<br>(43.7%) | 8:53            | 6.7<br>(55.8%) |
| 278 | <b>WILK Krzysztof</b>       | <b>737</b>  |   | M40       | 108  | 01:13:09   | 03:13:56           | 05:18:04 | <b>07:43:21.25</b> | <b>07:43:53.00</b>  | +03:22:44<br>(43.7%) | 8:54            | 6.7<br>(55.8%) |
| 279 | <b>STEMPLEWSKI Łukasz</b>   | <b>675</b>  |   | M30       | 84   | 01:09:57   | 03:01:05           | 04:57:30 | <b>07:42:55.45</b> | <b>07:44:12.95</b>  | +03:23:04<br>(43.7%) | 8:54            | 6.7<br>(55.8%) |
| 280 | <b>KWIATKOWSKI Kajetan</b>  | <b>512</b>  | KUCE Z BRONKSU                          | M30       | 85   | 01:05:34   | 03:02:39           | 05:19:03 | <b>07:44:07.50</b> | <b>07:44:29.05</b>  | +03:23:20<br>(43.8%) | 8:55            | 6.7<br>(55.8%) |
| 281 | <b>TROJNAR Damian</b>       | <b>715</b>  | KS JANUSZE                              | M30       | 86   | 01:14:00   | 03:24:23           | 05:32:07 | <b>07:43:30.70</b> | <b>07:44:32.65</b>  | +03:23:24<br>(43.8%) | 8:54            | 6.7<br>(55.8%) |
| 282 | <b>NOLL Dariusz</b>         | <b>585</b>  | TRIUNLIMITED                            | M40       | 109  | 01:14:26   | 03:11:53           | 05:13:21 | <b>07:44:36.40</b> | <b>07:45:09.35</b>  | +03:24:01<br>(43.9%) | 8:56            | 6.7<br>(55.8%) |
| 283 | <b>ZAURSKI Piotr</b>        | <b>775</b>  |   | M40       | 110  | 01:18:08   | 03:11:50           | 05:13:06 | <b>07:44:36.15</b> | <b>07:45:09.40</b>  | +03:24:01<br>(43.9%) | 8:56            | 6.7<br>(55.8%) |
| 284 | <b>MICHALSKI Jarosław</b>   | <b>559</b>  | HETMAN TARNOWSKIE GÓRY                  | M30       | 87   | 01:11:47   | 03:10:35           | 05:16:56 | <b>07:44:55.25</b> | <b>07:45:25.40</b>  | +03:24:17<br>(43.9%) | 8:56            | 6.7<br>(55.8%) |
| 285 | <b>LIS Arkadiusz</b>        | <b>528</b>  | NOGIZETRE                               | M30       | 88   | 01:18:40   | 03:17:04           | 05:20:07 | <b>07:44:21.80</b> | <b>07:45:31.00</b>  | +03:24:22<br>(43.9%) | 8:55            | 6.7<br>(55.8%) |
| 285 | <b>BRZEZIŃSKI Cezary</b>    | <b>307</b>  |   | M50       | 18   | 01:13:26   | 03:11:45           | 05:13:53 | <b>07:45:21.80</b> | <b>07:45:31.00</b>  | +03:24:22<br>(43.9%) | 8:56            | 6.7<br>(55.8%) |
| 287 | <b>DOMINIK Mariusz</b>      | <b>1083</b> | BUT BIŁGORAJ                            | M40       | 111  | 01:11:42   | 03:06:24           | 05:19:11 | <b>07:45:01.40</b> | <b>07:45:31.55</b>  | +03:24:23<br>(43.9%) | 8:56            | 6.7<br>(55.8%) |
| 288 | <b>BOGUTA Monika</b>        | <b>298</b>  |   | K30       | 21   | 01:09:42   | 03:09:33           | 05:14:50 | <b>07:44:46.65</b> | <b>07:45:45.40</b>  | +03:24:37<br>(43.9%) | 8:56            | 6.7<br>(55.8%) |
| 289 | <b>GROS Anna</b>            | <b>381</b>  | SKAWINA BIEGA                           | K40       | 23   | 01:16:31   | 03:23:16           | 05:21:47 | <b>07:44:40.20</b> | <b>07:45:48.35</b>  | +03:24:40<br>(43.9%) | 8:56            | 6.7<br>(55.8%) |
| 290 | <b>SIWEK Wojciech</b>       | <b>654</b>  | 5 BATALION STRZELCÓW PODHALAŃSKICH      | M20       | 16   | 01:14:00   | 03:12:41           | 05:19:59 | <b>07:45:44.35</b> | <b>07:46:12.10</b>  | +03:25:03<br>(44.0%) | 8:57            | 6.7<br>(55.8%) |

| Msc | Zawodnik                   | Numer      | Klub                   | Kategoria | Mkat | P2_Roztoki |                    |          | Czas netto<br>52km | Czas brutto<br>52km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|----------------------------|------------|------------------------|-----------|------|------------|--------------------|----------|--------------------|---------------------|----------------------|-----------------|----------------|
|     |                            |            |                        |           |      | 12km       | P3_Solinka<br>26km | 38km     |                    |                     |                      |                 |                |
| 291 | <b>IDZIOR Tomasz</b>       | <b>397</b> |                        | M20       | 17   | 01:12:17   | 03:18:54           | 05:26:04 | <b>07:46:04.70</b> | <b>07:46:27.25</b>  | +03:25:19<br>(44.0%) | 8:57            | 6.7<br>(55.8%) |
| 292 | <b>OLEJNIK Marcin</b>      | <b>590</b> | 12TRI                  | M30       | 89   | 01:19:10   | 03:14:57           | 05:18:23 | <b>07:45:29.20</b> | <b>07:46:32.25</b>  | +03:25:24<br>(44.0%) | 8:57            | 6.7<br>(55.8%) |
| 293 | <b>PIĄTEK Rafał</b>        | <b>616</b> | OBLEŚNI BIEGACZE       | M30       | 90   | 01:13:57   | 03:12:41           | 05:20:00 | <b>07:46:32.15</b> | <b>07:46:59.55</b>  | +03:25:51<br>(44.1%) | 8:58            | 6.7<br>(55.8%) |
| 294 | <b>DĘBSKA Marta</b>        | <b>333</b> | ZIELONEBIEGANIE.PL     | K20       | 7    | 01:17:14   | 03:20:23           | 05:23:08 | <b>07:46:31.70</b> | <b>07:47:18.60</b>  | +03:26:10<br>(44.1%) | 8:58            | 6.7<br>(55.8%) |
| 295 | <b>LESIAK Filip</b>        | <b>520</b> | SKAWINA BIEGA          | M40       | 112  | 01:15:25   | 03:11:01           | 05:14:12 | <b>07:46:13.20</b> | <b>07:47:21.65</b>  | +03:26:13<br>(44.1%) | 8:57            | 6.7<br>(55.8%) |
| 296 | <b>KANIEWSKI Paweł</b>     | <b>432</b> | MOCNO W PRAWO TEAM     | M20       | 18   | 01:06:07   | 03:02:32           | 05:18:50 | <b>07:46:52.30</b> | <b>07:47:25.75</b>  | +03:26:17<br>(44.1%) | 8:58            | 6.7<br>(55.8%) |
| 297 | <b>DUBIJ Albert</b>        | <b>339</b> | BIAŁYSTOK BIEGA TEAM   | M40       | 113  | 01:15:49   | 03:18:53           | 05:20:47 | <b>07:48:33.05</b> | <b>07:49:52.35</b>  | +03:28:44<br>(44.4%) | 9:00            | 6.7<br>(55.8%) |
| 298 | <b>STEUER Sylwester</b>    | <b>677</b> | BIAŁYSTOK BIEGA TEAM   | M30       | 91   | 01:17:01   | 03:17:58           | 05:20:07 | <b>07:48:33.10</b> | <b>07:49:52.50</b>  | +03:28:44<br>(44.4%) | 9:00            | 6.7<br>(55.8%) |
| 299 | <b>JAKIMIUK Marek</b>      | <b>402</b> | NATURAL EPO MULTISPORT | M40       | 114  | 01:21:43   | 03:25:56           | 05:24:22 | <b>07:50:04.40</b> | <b>07:50:13.40</b>  | +03:29:05<br>(44.5%) | 9:02            | 6.6<br>(55.0%) |
| 300 | <b>KULAKOWSKI Piotr</b>    | <b>497</b> | CZŁAPACZE              | M60       | 5    | 01:16:22   | 03:19:00           | 05:22:21 | <b>07:49:11.00</b> | <b>07:50:17.45</b>  | +03:29:09<br>(44.5%) | 9:01            | 6.6<br>(55.0%) |
| 301 | <b>WALUŚKIEWICZ Artur</b>  | <b>725</b> |                        | M50       | 19   | 01:11:21   | 02:52:40           | 05:05:48 | <b>07:50:34.00</b> | <b>07:50:51.60</b>  | +03:29:43<br>(44.5%) | 9:02            | 6.6<br>(55.0%) |
| 302 | <b>KUFERA Dariusz</b>      | <b>495</b> | FRAPOL RAZEM!          | M40       | 115  | 01:17:51   | 03:15:42           | 05:22:10 | <b>07:49:44.70</b> | <b>07:50:53.40</b>  | +03:29:45<br>(44.5%) | 9:02            | 6.6<br>(55.0%) |
| 303 | <b>ABULEWICZ Wojciech</b>  | <b>265</b> | TRENING STUDIO 17      | M50       | 20   | 01:21:36   | 03:32:30           | 05:37:19 | <b>07:50:59.45</b> | <b>07:51:48.20</b>  | +03:30:40<br>(44.7%) | 9:03            | 6.6<br>(55.0%) |
| 304 | <b>TYMOSZUK Michał</b>     | <b>720</b> | WKURW_TEAM             | M40       | 116  | 01:07:49   | 03:08:00           | 05:27:59 | <b>07:51:47.25</b> | <b>07:51:55.05</b>  | +03:30:46<br>(44.7%) | 9:04            | 6.6<br>(55.0%) |
| 305 | <b>KRASOWSKI Mateusz</b>   | <b>481</b> |                        | M30       | 92   | 01:14:00   | 03:24:24           | 05:32:19 | <b>07:50:57.60</b> | <b>07:51:59.50</b>  | +03:30:51<br>(44.7%) | 9:03            | 6.6<br>(55.0%) |
| 306 | <b>KRASOWSKI Łukasz</b>    | <b>482</b> | PROSWIM                | M30       | 93   | 01:14:26   | 03:24:23           | 05:32:18 | <b>07:50:57.30</b> | <b>07:51:59.65</b>  | +03:30:51<br>(44.7%) | 9:03            | 6.6<br>(55.0%) |
| 307 | <b>ZGLIŃSKI Bartłomiej</b> | <b>778</b> | WKURW_TEAM TORUŃ       | M30       | 94   | 01:15:27   | 03:16:06           | 05:21:54 | <b>07:51:29.30</b> | <b>07:52:17.25</b>  | +03:31:09<br>(44.7%) | 9:04            | 6.6<br>(55.0%) |
| 307 | <b>SAMBORSKI Bartosz</b>   | <b>651</b> | WKURW_TEAM             | M40       | 117  | 01:15:05   | 03:15:45           | 05:19:45 | <b>07:51:09.15</b> | <b>07:52:17.25</b>  | +03:31:09<br>(44.7%) | 9:03            | 6.6<br>(55.0%) |
| 309 | <b>MADAJ Paweł</b>         | <b>541</b> | BIEGAM, BO NIE LUBIĘ   | M40       | 118  | 01:13:00   | 03:10:56           | 05:23:02 | <b>07:51:17.20</b> | <b>07:52:22.70</b>  | +03:31:14<br>(44.7%) | 9:03            | 6.6<br>(55.0%) |
| 310 | <b>BRYSZEWSKA Marta</b>    | <b>304</b> |                        | K40       | 24   | 01:27:48   | 03:38:08           | 05:37:57 | <b>07:51:53.50</b> | <b>07:52:52.10</b>  | +03:31:43<br>(44.8%) | 9:04            | 6.6<br>(55.0%) |
| 311 | <b>PUZIO Waldemar</b>      | <b>804</b> | MARATOŃCZYK DĘBICA     | M60       | 6    | 01:15:53   | 03:21:00           | 05:35:24 | <b>07:52:00.25</b> | <b>07:52:52.60</b>  | +03:31:44<br>(44.8%) | 9:04            | 6.6<br>(55.0%) |
| 312 | <b>ROŻKO Krzysztof</b>     | <b>641</b> | 4ROŻKI                 | M40       | 119  | 01:19:29   | 03:24:39           | 05:29:10 | <b>07:52:48.90</b> | <b>07:53:45.50</b>  | +03:32:37<br>(44.9%) | 9:05            | 6.6<br>(55.0%) |
| 313 | <b>OSTROWSKI Paweł</b>     | <b>596</b> | REHMEDICA.PL           | M30       | 95   | 01:14:37   | 03:11:23           | 05:19:15 | <b>07:53:41.45</b> | <b>07:54:46.40</b>  | +03:33:38<br>(45.0%) | 9:06            | 6.6<br>(55.0%) |

| Msc | Zawodnik                     | Numer       | Klub                      | Kategoria | Mkat | P2_Roztoki |                    |                    | Czas netto<br>52km | Czas brutto<br>52km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|------------------------------|-------------|---------------------------|-----------|------|------------|--------------------|--------------------|--------------------|---------------------|----------------------|-----------------|----------------|
|     |                              |             |                           |           |      | 12km       | P3_Solinka<br>26km | P2_Roztoki<br>38km |                    |                     |                      |                 |                |
| 314 | <b>GRUSZCZYNSKI Mateusz</b>  | <b>382</b>  |                           | M30       | 96   | 01:06:09   | 03:06:04           | 05:18:55           | <b>07:55:00.50</b> | <b>07:55:34.25</b>  | +03:34:26<br>(45.1%) | 9:08            | 6.6<br>(55.0%) |
| 315 | <b>STEPANCZENKO Rafał</b>    | <b>676</b>  | BIAŁYSTOK BIEGA TEAM      | M30       | 97   | 01:15:53   | 03:17:57           | 05:26:44           | <b>07:54:32.45</b> | <b>07:55:51.80</b>  | +03:34:43<br>(45.1%) | 9:07            | 6.6<br>(55.0%) |
| 316 | <b>BIESZCZAD Ilona</b>       | <b>290</b>  |                           | K30       | 22   | 01:11:39   | 03:17:45           | 05:28:10           | <b>07:55:29.05</b> | <b>07:56:12.05</b>  | +03:35:03<br>(45.2%) | 9:08            | 6.6<br>(55.0%) |
| 317 | <b>STANISZEWSKA Joanna</b>   | <b>671</b>  | SPC                       | K30       | 23   | 01:16:39   | 03:21:52           | 05:28:26           | <b>07:55:04.65</b> | <b>07:56:16.00</b>  | +03:35:07<br>(45.2%) | 9:08            | 6.6<br>(55.0%) |
| 318 | <b>KOTOMSKA Renata</b>       | <b>477</b>  |                           | K40       | 25   | 01:14:10   | 03:19:37           | 05:25:35           | <b>07:56:31.65</b> | <b>07:57:18.60</b>  | +03:36:10<br>(45.3%) | 9:09            | 6.5<br>(54.2%) |
| 319 | <b>DEC Anna</b>              | <b>824</b>  | OTK NA RELAXIE            | K40       | 26   | 01:12:26   | 03:14:19           | 05:27:39           | <b>07:57:35.80</b> | <b>07:57:42.25</b>  | +03:36:34<br>(45.3%) | 9:11            | 6.5<br>(54.2%) |
| 320 | <b>MĄCZKA Bronisław</b>      | <b>823</b>  | OTK NA RELAXIE            | M60       | 7    | 01:12:25   | 03:14:18           | 05:27:40           | <b>07:57:35.95</b> | <b>07:57:42.40</b>  | +03:36:34<br>(45.3%) | 9:11            | 6.5<br>(54.2%) |
| 321 | <b>PRZYKUCKI Robert</b>      | <b>632</b>  | NO EXCUSES TEAM           | M40       | 120  | 01:11:36   | 03:09:27           | 05:18:25           | <b>07:57:10.25</b> | <b>07:57:55.40</b>  | +03:36:47<br>(45.4%) | 9:10            | 6.5<br>(54.2%) |
| 322 | <b>KASPRZAK Maciej</b>       | <b>440</b>  | ATR/ WKURW_TEAM           | M20       | 19   | 01:11:36   | 03:07:07           | 05:18:25           | <b>07:57:10.05</b> | <b>07:57:55.75</b>  | +03:36:47<br>(45.4%) | 9:10            | 6.5<br>(54.2%) |
| 323 | <b>JĘDRZEJCZAK Anna</b>      | <b>1150</b> | KB JAWORZNO               | K40       | 27   | 01:16:46   | 03:19:47           | 05:26:52           | <b>07:56:57.75</b> | <b>07:58:05.10</b>  | +03:36:56<br>(45.4%) | 9:10            | 6.5<br>(54.2%) |
| 324 | <b>MĄKA Wojciech</b>         | <b>555</b>  | TRIWAWA                   | M40       | 121  | 01:16:07   | 03:12:58           | 05:27:11           | <b>07:57:24.60</b> | <b>07:58:13.40</b>  | +03:37:05<br>(45.4%) | 9:10            | 6.5<br>(54.2%) |
| 325 | <b>KARANOS Tadeusz</b>       | <b>434</b>  | RKB HAJNÓWKA              | M60       | 8    | 01:08:54   | 03:08:45           | 05:27:40           | <b>07:58:58.45</b> | <b>07:59:03.35</b>  | +03:37:55<br>(45.5%) | 9:12            | 6.5<br>(54.2%) |
| 326 | <b>WALKOWSKI Tomasz</b>      | <b>796</b>  | JACEK BIEGA RUNNING TEAM  | M50       | 21   | 01:09:24   | 03:15:31           | 05:22:59           | <b>07:59:09.20</b> | <b>07:59:26.85</b>  | +03:38:18<br>(45.5%) | 9:12            | 6.5<br>(54.2%) |
| 327 | <b>ZIEMSKI Maciej</b>        | <b>783</b>  | VEGERUNNERS               | M30       | 98   | 01:18:18   | 03:23:29           | 05:28:39           | <b>07:58:33.20</b> | <b>07:59:33.50</b>  | +03:38:25<br>(45.5%) | 9:12            | 6.5<br>(54.2%) |
| 328 | <b>SYPNIEWSKI Szymon</b>     | <b>686</b>  | DANIEL WOSIK TERVEL TEAM  | M30       | 99   | 01:14:43   | 03:18:44           | 05:27:33           | <b>07:59:56.70</b> | <b>08:00:24.85</b>  | +03:39:16<br>(45.6%) | 9:13            | 6.5<br>(54.2%) |
| 329 | <b>RACZYŃSKI Czesław</b>     | <b>799</b>  |                           | M40       | 122  | 01:11:31   | 03:12:27           | 05:32:35           | <b>08:00:18.40</b> | <b>08:00:36.15</b>  | +03:39:28<br>(45.7%) | 9:14            | 6.5<br>(54.2%) |
| 330 | <b>NECZAJ-RACZYŃSKA Anna</b> | <b>798</b>  |                           | K40       | 28   | 01:11:30   | 03:12:27           | 05:32:34           | <b>08:00:18.60</b> | <b>08:00:36.45</b>  | +03:39:28<br>(45.7%) | 9:14            | 6.5<br>(54.2%) |
| 331 | <b>RÓŻYCKI Konrad</b>        | <b>643</b>  |                           | M50       | 22   | 01:16:09   | 03:26:26           | 05:34:45           | <b>08:00:31.30</b> | <b>08:00:43.05</b>  | +03:39:34<br>(45.7%) | 9:14            | 6.5<br>(54.2%) |
| 332 | <b>ZIELIŃSKA Beata</b>       | <b>780</b>  |                           | K30       | 24   | 01:16:52   | 03:27:24           | 05:36:19           | <b>08:00:32.55</b> | <b>08:00:43.25</b>  | +03:39:35<br>(45.7%) | 9:14            | 6.5<br>(54.2%) |
| 333 | <b>HUSZCZA Paweł</b>         | <b>396</b>  |                           | M30       | 100  | 01:12:58   | 03:10:27           | 05:24:11           | <b>07:59:32.95</b> | <b>08:00:47.95</b>  | +03:39:39<br>(45.7%) | 9:13            | 6.5<br>(54.2%) |
| 334 | <b>BACZEWSKA Klaudia</b>     | <b>272</b>  | BIEGAM BO LUBIĘ OSTROŁĘKA | K20       | 8    | 01:09:07   | 03:08:27           | 05:15:31           | <b>08:00:42.25</b> | <b>08:00:49.50</b>  | +03:39:41<br>(45.7%) | 9:14            | 6.5<br>(54.2%) |
| 335 | <b>KORNOSZ Paweł</b>         | <b>472</b>  | CORDIGO FAMILY            | M40       | 123  | 01:16:23   | 03:21:17           | 05:29:59           | <b>08:01:07.25</b> | <b>08:01:25.30</b>  | +03:40:17<br>(45.8%) | 9:15            | 6.5<br>(54.2%) |
| 336 | <b>KUBALA Sylwester</b>      | <b>491</b>  |                           | M40       | 124  | 01:15:38   | 03:21:57           | 05:27:31           | <b>08:00:41.05</b> | <b>08:01:37.45</b>  | +03:40:29<br>(45.8%) | 9:14            | 6.5<br>(54.2%) |

| Msc | Zawodnik                      | Numer       | Klub                   | Kategoria | Mkat | P2_Roztoki | P3_Solinka | P2_Roztoki | Czas netto         | Czas brutto        | Różn                 | Tempo min/km | Tempo km/h     |
|-----|-------------------------------|-------------|------------------------|-----------|------|------------|------------|------------|--------------------|--------------------|----------------------|--------------|----------------|
|     |                               |             |                        |           |      | 12km       | 26km       | 38km       | 52km               | 52km               |                      |              |                |
| 337 | <b>JANKOWSKI Rafał</b>        | <b>406</b>  | KOŁO BIEGA             | M30       | 101  | 01:16:53   | 03:23:58   | 05:37:06   | <b>08:01:39.10</b> | <b>08:01:43.40</b> | +03:40:35<br>(45.8%) | 9:15         | 6.5<br>(54.2%) |
| 338 | <b>PAWLAK Jarosław</b>        | <b>1287</b> | KOŁO BIEGA             | M30       | 102  | 01:16:54   | 03:23:59   | 05:34:15   | <b>08:01:41.05</b> | <b>08:01:44.60</b> | +03:40:36<br>(45.8%) | 9:15         | 6.5<br>(54.2%) |
| 339 | <b>CHOJECKI Mateusz</b>       | <b>315</b>  |                        | M20       | 20   | 01:22:56   | 03:32:20   | 05:36:11   | <b>08:00:50.20</b> | <b>08:01:45.05</b> | +03:40:36<br>(45.8%) | 9:14         | 6.5<br>(54.2%) |
| 340 | <b>KWAPIEŃ Karolina</b>       | <b>509</b>  | VEGE RUNNERS           | K30       | 25   | 01:11:47   | 03:25:26   | 05:36:14   | <b>08:02:14.05</b> | <b>08:02:27.85</b> | +03:41:19<br>(45.9%) | 9:16         | 6.5<br>(54.2%) |
| 341 | <b>SKUBIS Grzegorz</b>        | <b>660</b>  |                        | M30       | 103  | 01:16:26   | 03:18:05   | 05:27:39   | <b>08:02:48.85</b> | <b>08:03:11.30</b> | +03:42:03<br>(46.0%) | 9:17         | 6.5<br>(54.2%) |
| 342 | <b>TOCZEWSKA Anna</b>         | <b>714</b>  | JACEKBIEGA RUNNIG TEAM | K50       | 4    | 01:13:11   | 03:18:14   | 05:27:21   | <b>08:02:53.65</b> | <b>08:03:44.15</b> | +03:42:36<br>(46.0%) | 9:17         | 6.5<br>(54.2%) |
| 343 | <b>LEGENC Łukasz</b>          | <b>516</b>  | WEDRUJZOCZKAMI.PL      | M20       | 21   | 01:13:53   | 03:16:23   | 05:34:10   | <b>08:02:45.65</b> | <b>08:04:06.15</b> | +03:42:58<br>(46.1%) | 9:17         | 6.5<br>(54.2%) |
| 344 | <b>ŻOŁĄDEK Anna</b>           | <b>790</b>  |                        | K30       | 26   | 01:20:07   | 03:30:53   | 05:37:51   | <b>08:03:31.30</b> | <b>08:04:10.25</b> | +03:43:02<br>(46.1%) | 9:17         | 6.5<br>(54.2%) |
| 345 | <b>GRZEGORZEWSKA Aneta</b>    | <b>387</b>  |                        | K30       | 27   | 01:15:10   | 03:21:14   | 05:31:50   | <b>08:03:48.55</b> | <b>08:04:33.45</b> | +03:43:25<br>(46.1%) | 9:18         | 6.4<br>(53.3%) |
| 346 | <b>ZAJĄC Paweł</b>            | <b>770</b>  | CROSS HEROES - OGIEŃ!  | M30       | 104  | 01:13:26   | 03:19:55   | 05:28:52   | <b>08:03:59.30</b> | <b>08:04:40.60</b> | +03:43:32<br>(46.1%) | 9:18         | 6.4<br>(53.3%) |
| 347 | <b>ROGAŁA Katarzyna</b>       | <b>637</b>  |                        | K40       | 29   | 01:15:39   | 03:25:28   | 05:35:52   | <b>08:04:38.10</b> | <b>08:05:17.75</b> | +03:44:09<br>(46.2%) | 9:19         | 6.4<br>(53.3%) |
| 348 | <b>CZYŻEWSKA Mariola</b>      | <b>329</b>  | DRUŻYNA WILKA          | K30       | 28   | 01:13:44   | 03:18:31   | 05:28:52   | <b>08:05:13.05</b> | <b>08:05:21.70</b> | +03:44:13<br>(46.2%) | 9:19         | 6.4<br>(53.3%) |
| 349 | <b>KOZŁOWSKA Joanna</b>       | <b>480</b>  | DRUŻYNA WILKA          | K30       | 29   | 01:13:44   | 03:18:31   | 05:28:53   | <b>08:05:12.80</b> | <b>08:05:21.75</b> | +03:44:13<br>(46.2%) | 9:19         | 6.4<br>(53.3%) |
| 350 | <b>BARCZEWSKA Agnieszka</b>   | <b>797</b>  | FC MI SIĘ NIE CHCE     | K30       | 30   | 01:13:01   | 03:19:10   | 05:31:13   | <b>08:05:07.60</b> | <b>08:05:22.75</b> | +03:44:14<br>(46.2%) | 9:19         | 6.4<br>(53.3%) |
| 351 | <b>SOKOŁOWSKA Agnieszka</b>   | <b>665</b>  |                        | K30       | 31   | 01:12:31   | 03:17:34   | 05:29:16   | <b>08:04:38.70</b> | <b>08:05:30.65</b> | +03:44:22<br>(46.2%) | 9:19         | 6.4<br>(53.3%) |
| 352 | <b>AMBROZIAK Anna</b>         | <b>267</b>  |                        | K20       | 9    | 01:16:34   | 03:23:29   | 05:40:16   | <b>08:05:17.15</b> | <b>08:05:33.15</b> | +03:44:25<br>(46.2%) | 9:19         | 6.4<br>(53.3%) |
| 353 | <b>WOJDA Dariusz</b>          | <b>751</b>  | DZIKIE DZIKI           | M40       | 125  | 01:16:33   | 03:23:30   | 05:40:17   | <b>08:05:16.75</b> | <b>08:05:33.30</b> | +03:44:25<br>(46.2%) | 9:19         | 6.4<br>(53.3%) |
| 354 | <b>RORAT Lena</b>             | <b>639</b>  | CHEŁM BIEGA            | K30       | 32   | 01:15:37   | 03:21:47   | 05:39:19   | <b>08:05:26.60</b> | <b>08:06:17.45</b> | +03:45:09<br>(46.3%) | 9:20         | 6.4<br>(53.3%) |
| 355 | <b>JAGODZIŃSKA Aleksandra</b> | <b>400</b>  | JAGODA TEAM            | K40       | 30   | 01:12:56   | 03:21:02   | 05:32:25   | <b>08:06:02.95</b> | <b>08:06:25.50</b> | +03:45:17<br>(46.3%) | 9:20         | 6.4<br>(53.3%) |
| 356 | <b>CHILIŃSKI Karol</b>        | <b>800</b>  |                        | M30       | 105  | 01:07:57   | 03:11:52   | 05:26:23   | <b>08:06:02.00</b> | <b>08:06:26.55</b> | +03:45:18<br>(46.3%) | 9:20         | 6.4<br>(53.3%) |
| 357 | <b>DOMAGAŁA Mariusz</b>       | <b>336</b>  | TUPTUŚOTWOCK           | M30       | 106  | 01:12:55   | 03:24:55   | 05:47:04   | <b>08:06:47.85</b> | <b>08:07:26.75</b> | +03:46:18<br>(46.4%) | 9:21         | 6.4<br>(53.3%) |
| 358 | <b>MICHALSKI Mateusz</b>      | <b>560</b>  | BIEG PO ZDRÓJ          | M30       | 107  | 01:21:31   | 03:30:47   | 05:36:52   | <b>08:08:01.55</b> | <b>08:08:17.85</b> | +03:47:09<br>(46.5%) | 9:23         | 6.4<br>(53.3%) |
| 359 | <b>KOLASIŃSKI Dariusz</b>     | <b>461</b>  |                        | M20       | 22   | 01:10:48   | 03:10:10   | 05:21:56   | <b>08:07:32.70</b> | <b>08:08:46.55</b> | +03:47:38<br>(46.6%) | 9:22         | 6.4<br>(53.3%) |



| Msc | Zawodnik                                  | Numer      | Klub                         | Kategoria | Mkat | P2_Roztoki |                    |          | Czas netto<br>52km | Czas brutto<br>52km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|---|------------|------------------------------|-----------|------|------------|--------------------|----------|--------------------|---------------------|----------------------|-----------------|----------------|
|     |   |            |                              |           |      | 12km       | P3_Solinka<br>26km | 38km     |                    |                     |                      |                 |                |
| 360 | <b>NARTOWSKI Jan</b>                      | <b>580</b> | MORT!                        | M60       | 9    | 01:17:03   | 03:26:10           | 05:35:42 | <b>08:08:55.35</b> | <b>08:09:30.85</b>  | +03:48:22<br>(46.7%) | 9:24            | 6.4<br>(53.3%) |
| 361 | <b>WIŚNIEWSKI Robert</b>                  | <b>741</b> | WIŚNIA TEAM                  | M40       | 126  | 01:14:15   | 03:18:56           | 05:37:00 | <b>08:08:37.20</b> | <b>08:09:38.85</b>  | +03:48:30<br>(46.7%) | 9:23            | 6.4<br>(53.3%) |
| 362 | <b>MALINOWSKI Adrian</b>                  | <b>547</b> | #CZELADZBIEGA                | M40       | 127  | 01:18:52   | 03:30:28           | 05:36:52 | <b>08:09:13.75</b> | <b>08:10:03.55</b>  | +03:48:55<br>(46.7%) | 9:24            | 6.4<br>(53.3%) |
| 363 | <b>HEBDA-<br/>OLSZÓWKA<br/>Aleksandra</b> | <b>392</b> | NIGHT RUNNERS GLIWICE        | K30       | 33   | 01:18:54   | 03:31:37           | 05:43:25 | <b>08:09:13.75</b> | <b>08:10:03.65</b>  | +03:48:55<br>(46.7%) | 9:24            | 6.4<br>(53.3%) |
| 364 | <b>SPALIŃSKA<br/>Kamila</b>               | <b>669</b> | SPARTANIE DZIECIOM           | K40       | 31   | 01:16:13   | 03:33:06           | 05:50:52 | <b>08:09:56.10</b> | <b>08:10:06.30</b>  | +03:48:58<br>(46.7%) | 9:25            | 6.4<br>(53.3%) |
| 365 | <b>OSIEKOWICZ<br/>Tomasz</b>              | <b>595</b> | DREWNOFORNIR                 | M50       | 23   | 01:21:43   | 03:31:47           | 05:44:01 | <b>08:10:03.15</b> | <b>08:10:12.20</b>  | +03:49:04<br>(46.7%) | 9:25            | 6.4<br>(53.3%) |
| 366 | <b>PAWŁOWSKA<br/>Elżbieta</b>             | <b>610</b> | NOWY STYL GROUP RUNNING TEAM | K30       | 34   | 01:11:34   | 03:17:44           | 05:35:57 | <b>08:09:32.10</b> | <b>08:10:14.95</b>  | +03:49:06<br>(46.7%) | 9:24            | 6.4<br>(53.3%) |
| 367 | <b>BARTEL Robert</b>                      | <b>275</b> | STARE BABICE BIEGAJĄ         | M40       | 128  | 01:16:15   | 03:22:59           | 05:44:41 | <b>08:10:11.50</b> | <b>08:10:23.45</b>  | +03:49:15<br>(46.7%) | 9:25            | 6.4<br>(53.3%) |
| 368 | <b>KADECKI Marek</b>                      | <b>427</b> |                              | M40       | 129  | 01:13:58   | 03:19:33           | 05:37:29 | <b>08:10:52.55</b> | <b>08:11:18.25</b>  | +03:50:10<br>(46.8%) | 9:26            | 6.4<br>(53.3%) |
| 369 | <b>SKELTON Sarah</b>                      | <b>657</b> | VEGE RUNNERS                 | K30       | 35   | 01:18:04   | 03:23:28           | 05:37:31 | <b>08:11:42.95</b> | <b>08:12:03.95</b>  | +03:50:55<br>(46.9%) | 9:27            | 6.3<br>(52.5%) |
| 370 | <b>RÓŻYCKI Ryszard</b>                    | <b>810</b> | SOKÓŁ ZAGÓRZ                 | M60       | 10   | 01:20:27   | 03:28:36           | 05:33:14 | <b>08:12:31.55</b> | <b>08:12:52.45</b>  | +03:51:44<br>(47.0%) | 9:28            | 6.3<br>(52.5%) |
| 371 | <b>RÓŻYCKA Elżbieta</b>                   | <b>811</b> | SOKÓŁ ZAGÓRZ                 | K40       | 32   | 01:20:26   | 03:28:35           | 05:33:14 | <b>08:12:31.60</b> | <b>08:12:52.50</b>  | +03:51:44<br>(47.0%) | 9:28            | 6.3<br>(52.5%) |
| 372 | <b>JANCZY Agnieszka</b>                   | <b>404</b> |                              | K40       | 33   | 01:16:33   | 03:20:55           | 05:27:06 | <b>08:12:11.20</b> | <b>08:13:10.60</b>  | +03:52:02<br>(47.1%) | 9:27            | 6.3<br>(52.5%) |
| 373 | <b>SANECKI Robert</b>                     | <b>652</b> | SPRINT GORZYCE               | M40       | 130  | 01:15:38   | 03:25:38           | 05:38:57 | <b>08:14:16.95</b> | <b>08:14:24.90</b>  | +03:53:16<br>(47.2%) | 9:30            | 6.3<br>(52.5%) |
| 374 | <b>CZECHOWSKI<br/>Konrad</b>              | <b>324</b> | KOPALNIA MOCY                | M30       | 108  | 01:12:05   | 03:22:21           | 05:41:09 | <b>08:14:28.90</b> | <b>08:14:32.15</b>  | +03:53:24<br>(47.2%) | 9:30            | 6.3<br>(52.5%) |
| 375 | <b>KWIECIEŃ -<br/>LIPIŃSKA Kamila</b>     | <b>513</b> | TIGERS TEAM                  | K40       | 34   | 01:17:25   | 03:34:27           | 05:46:47 | <b>08:15:36.95</b> | <b>08:15:56.45</b>  | +03:54:48<br>(47.3%) | 9:31            | 6.3<br>(52.5%) |
| 375 | <b>BIAŁECKI<br/>Zbigniew</b>              | <b>288</b> |                              | M50       | 24   | 01:17:24   | 03:34:32           | 05:46:46 | <b>08:15:36.85</b> | <b>08:15:56.45</b>  | +03:54:48<br>(47.3%) | 9:31            | 6.3<br>(52.5%) |
| 377 | <b>SKIBA Maciej</b>                       | <b>658</b> | SPORTOWE DZBANY              | M20       | 23   | 01:17:09   | 03:18:08           | 05:24:24 | <b>08:16:53.70</b> | <b>08:17:39.80</b>  | +03:56:31<br>(47.5%) | 9:33            | 6.3<br>(52.5%) |
| 378 | <b>WARZYCHA<br/>Krzysztof</b>             | <b>727</b> | MAXEL                        | M50       | 25   | 01:23:35   | 03:31:51           | 05:43:40 | <b>08:18:58.45</b> | <b>08:20:01.40</b>  | +03:58:53<br>(47.8%) | 9:35            | 6.3<br>(52.5%) |
| 379 | <b>LUC Adam</b>                           | <b>530</b> | BIEGUSIEM.PL                 | M40       | 131  | 01:26:14   | 03:36:39           | 05:44:29 | <b>08:19:22.45</b> | <b>08:20:06.05</b>  | +03:58:57<br>(47.8%) | 9:36            | 6.2<br>(51.7%) |
| 380 | <b>WARZYCHA<br/>Dawid</b>                 | <b>728</b> | PKP INTERCITY                | M20       | 24   | 01:23:37   | 03:31:51           | 05:43:43 | <b>08:20:10.80</b> | <b>08:21:13.85</b>  | +04:00:05<br>(47.9%) | 9:37            | 6.2<br>(51.7%) |
| 381 | <b>PIGAN Anna</b>                         | <b>618</b> | BBL - JAROSŁAW               | K40       | 35   | 01:15:58   | 03:25:13           | 05:44:30 | <b>08:20:54.60</b> | <b>08:21:21.45</b>  | +04:00:13<br>(47.9%) | 9:37            | 6.2<br>(51.7%) |
| 382 | <b>KĘPKA Andrzej</b>                      | <b>444</b> | PRZEWORSKA GRUPA BIEGOWA     | M50       | 26   | 01:15:57   | 03:25:09           | 05:44:11 | <b>08:20:54.50</b> | <b>08:21:21.55</b>  | +04:00:13<br>(47.9%) | 9:37            | 6.2<br>(51.7%) |

| Msc | Zawodnik                   | Numer      | Klub                        | Kategoria | Mkat | P2_Roztoki |                 |                 | Czas netto         | Czas brutto        | Różn              | Tempo min/km | Tempo km/h  |
|-----|----------------------------|------------|-----------------------------|-----------|------|------------|-----------------|-----------------|--------------------|--------------------|-------------------|--------------|-------------|
|     |                            |            |                             |           |      | 12km       | P3_Solinka 26km | P2_Roztoki 38km | 52km               | 52km               |                   |              |             |
| 383 | <b>BRENER Maciej</b>       | <b>302</b> | KUŹNIA TRIATHLONU           | M30       | 109  | 01:22:27   | 03:36:37        | 05:52:27        | <b>08:22:39.70</b> | <b>08:23:27.60</b> | +04:02:19 (48.1%) | 9:40         | 6.2 (51.7%) |
| 384 | <b>DAWID Mirosław</b>      | <b>331</b> |                             | M50       | 27   | 01:14:50   | 03:18:44        | 05:41:13        | <b>08:23:20.85</b> | <b>08:23:41.20</b> | +04:02:33 (48.2%) | 9:40         | 6.2 (51.7%) |
| 385 | <b>DABROWSKA Agnieszka</b> | <b>330</b> | POZYTYWNIIE ZABIEGANI SANOK | K30       | 36   | 01:12:49   | 03:20:09        | 05:36:13        | <b>08:24:34.95</b> | <b>08:24:47.30</b> | +04:03:39 (48.3%) | 9:42         | 6.2 (51.7%) |
| 386 | <b>GOCYLA Dariusz</b>      | <b>373</b> | DARZYBÓRUNNER-SKA           | M50       | 28   | 01:17:19   | 03:28:00        | 05:50:01        | <b>08:24:18.50</b> | <b>08:24:48.20</b> | +04:03:40 (48.3%) | 9:41         | 6.2 (51.7%) |
| 387 | <b>ŚWIETLIK Paweł</b>      | <b>708</b> |                             | M30       | 110  | 01:17:58   | 03:26:48        | 05:44:34        | <b>08:24:46.40</b> | <b>08:25:01.10</b> | +04:03:52 (48.3%) | 9:42         | 6.2 (51.7%) |
| 388 | <b>BAR Aleksandra</b>      | <b>274</b> | GMINA STRZELCE OPOLSKIE     | K40       | 36   | 01:19:47   | 03:38:47        | 05:52:14        | <b>08:25:22.80</b> | <b>08:25:35.55</b> | +04:04:27 (48.4%) | 9:43         | 6.2 (51.7%) |
| 389 | <b>ANDRZEJEWSKI Maciej</b> | <b>269</b> |                             | M30       | 111  | 01:15:16   | 03:25:36        | 05:49:54        | <b>08:27:51.70</b> | <b>08:28:08.55</b> | +04:07:00 (48.6%) | 9:46         | 6.1 (50.8%) |
| 390 | <b>GRYGO Krzysztof</b>     | <b>383</b> | AKADEMIA SPORTU MEDYK       | M50       | 29   | 01:11:13   | 03:18:53        | 05:36:59        | <b>08:27:57.95</b> | <b>08:28:11.60</b> | +04:07:03 (48.6%) | 9:46         | 6.1 (50.8%) |
| 391 | <b>MĄCZKA Krystyna</b>     | <b>822</b> | OTK NA RELAXIE              | K60       | 1    | 01:17:45   | 03:36:42        | 05:53:50        | <b>08:28:23.35</b> | <b>08:28:29.25</b> | +04:07:21 (48.6%) | 9:46         | 6.1 (50.8%) |
| 392 | <b>BRZENCZEK Michał</b>    | <b>821</b> | OTK NA RELAXIE              | M40       | 132  | 01:17:44   | 03:36:40        | 05:53:50        | <b>08:28:25.15</b> | <b>08:28:31.30</b> | +04:07:23 (48.6%) | 9:46         | 6.1 (50.8%) |
| 393 | <b>MATYSEK Ireneusz</b>    | <b>552</b> | KOMANDOS WAŁECKI            | M60       | 11   | 01:19:41   | 03:29:05        | 05:49:13        | <b>08:27:54.00</b> | <b>08:28:38.85</b> | +04:07:30 (48.7%) | 9:46         | 6.1 (50.8%) |
| 394 | <b>KUSZTAL Justyna</b>     | <b>504</b> | ESKADRA KRAKÓW              | K40       | 37   | 01:18:57   | 03:47:36        | 05:57:01        | <b>08:28:34.70</b> | <b>08:29:09.20</b> | +04:08:01 (48.7%) | 9:46         | 6.1 (50.8%) |
| 395 | <b>SZUBERT Agnieszka</b>   | <b>701</b> | KOŁOBRZEG BIEGA             | K40       | 38   | 01:19:37   | 03:32:11        | 05:44:14        | <b>08:28:14.25</b> | <b>08:29:14.75</b> | +04:08:06 (48.7%) | 9:46         | 6.1 (50.8%) |
| 396 | <b>KROCZYŃSKA Kinga</b>    | <b>484</b> |                             | K40       | 39   | 01:19:37   | 03:32:09        | 05:44:11        | <b>08:28:14.10</b> | <b>08:29:14.85</b> | +04:08:06 (48.7%) | 9:46         | 6.1 (50.8%) |
| 397 | <b>ŁÓJ-KONIECZNA Edyta</b> | <b>536</b> | INFINITY-GYM                | K40       | 40   | 01:18:59   | 03:37:11        | 05:49:32        | <b>08:29:03.15</b> | <b>08:29:32.60</b> | +04:08:24 (48.8%) | 9:47         | 6.1 (50.8%) |
| 398 | <b>MYGA Michał</b>         | <b>573</b> | HEARTLESS                   | M30       | 112  | 01:19:11   | 03:28:38        | 05:36:19        | <b>08:28:24.55</b> | <b>08:29:45.35</b> | +04:08:37 (48.8%) | 9:46         | 6.1 (50.8%) |
| 399 | <b>MYGA Anna</b>           | <b>574</b> | HEARTLESS                   | K30       | 37   | 01:19:10   | 03:28:28        | 05:36:22        | <b>08:28:23.90</b> | <b>08:29:45.45</b> | +04:08:37 (48.8%) | 9:46         | 6.1 (50.8%) |
| 400 | <b>STROIŃSKI Maciej</b>    | <b>679</b> |                             | M30       | 113  | 01:21:30   | 03:33:10        | 05:44:11        | <b>08:29:27.00</b> | <b>08:30:10.00</b> | +04:09:01 (48.8%) | 9:47         | 6.1 (50.8%) |
| 401 | <b>ŻYCIŃSKA Magdalena</b>  | <b>795</b> | BADBULL RUNNING TEAM        | K50       | 5    | 01:20:38   | 03:32:32        | 05:44:34        | <b>08:29:40.90</b> | <b>08:30:29.65</b> | +04:09:21 (48.8%) | 9:48         | 6.1 (50.8%) |
| 402 | <b>DOMAGAŁA Jerzy</b>      | <b>335</b> |                             | M50       | 30   | 01:17:04   | 03:29:52        | 05:43:00        | <b>08:30:53.60</b> | <b>08:31:09.35</b> | +04:10:01 (48.9%) | 9:49         | 6.1 (50.8%) |
| 403 | <b>JASIOROWSKI Michał</b>  | <b>410</b> |                             | M30       | 114  | 01:17:03   | 03:28:03        | 05:52:54        | <b>08:31:56.60</b> | <b>08:32:51.10</b> | +04:11:42 (49.1%) | 9:50         | 6.1 (50.8%) |
| 404 | <b>PROMIŃSKA Karolina</b>  | <b>629</b> |                             | K30       | 38   | 01:17:03   | 03:28:03        | 05:52:55        | <b>08:31:56.95</b> | <b>08:32:51.25</b> | +04:11:43 (49.1%) | 9:50         | 6.1 (50.8%) |
| 405 | <b>MISZALSKI Henryk</b>    | <b>566</b> |                             | M30       | 115  | 01:25:57   | 03:37:40        | 05:54:50        | <b>08:32:13.65</b> | <b>08:33:08.95</b> | +04:12:00 (49.1%) | 9:51         | 6.1 (50.8%) |

| Msc | Zawodnik                      | Numer      | Klub                 | Kategoria | Mkat | P2_Roztoki<br>12km | P3_Solinka<br>26km | P2_Roztoki<br>38km | Czas               |                    | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|-------------------------------|------------|----------------------|-----------|------|--------------------|--------------------|--------------------|--------------------|--------------------|----------------------|-----------------|----------------|
|     |                               |            |                      |           |      |                    |                    |                    | netto<br>52km      | brutto<br>52km     |                      |                 |                |
| 406 | <b>WYRĄBKIEWICZ Janusz</b>    | <b>760</b> | NO LIMITS            | M60       | 12   | 01:28:36           | 03:48:36           | 05:50:25           | <b>08:32:41.60</b> | <b>08:33:18.25</b> | +04:12:10<br>(49.1%) | 9:51            | 6.1<br>(50.8%) |
| 407 | <b>DĄBKOWSKA Dorota</b>       | <b>332</b> | NO LIMITS            | K50       | 6    | 01:28:36           | 03:48:36           | 05:50:24           | <b>08:32:41.25</b> | <b>08:33:18.35</b> | +04:12:10<br>(49.1%) | 9:51            | 6.1<br>(50.8%) |
| 408 | <b>WOŁOWIEC Wojciech</b>      | <b>755</b> | BIEGAM SAM           | M40       | 133  | 01:15:13           | 03:16:24           | 05:42:17           | <b>08:33:21.85</b> | <b>08:34:09.05</b> | +04:13:00<br>(49.2%) | 9:52            | 6.1<br>(50.8%) |
| 409 | <b>NAMIOTA Maciej</b>         | <b>578</b> |                      | M30       | 116  | 01:17:34           | 03:29:56           | 05:52:04           | <b>08:33:20.05</b> | <b>08:34:15.80</b> | +04:13:07<br>(49.2%) | 9:52            | 6.1<br>(50.8%) |
| 410 | <b>NAMIOTA Marek</b>          | <b>577</b> | DĘBICA               | M60       | 13   | 01:17:34           | 03:28:18           | 05:52:07           | <b>08:33:21.80</b> | <b>08:34:17.25</b> | +04:13:09<br>(49.2%) | 9:52            | 6.1<br>(50.8%) |
| 411 | <b>KĄKOL Dariusz</b>          | <b>443</b> |                      | M50       | 31   | 01:15:08           | 03:35:44           | 05:52:44           | <b>08:33:35.85</b> | <b>08:34:18.10</b> | +04:13:09<br>(49.2%) | 9:52            | 6.1<br>(50.8%) |
| 412 | <b>TALAJKO Dorota</b>         | <b>710</b> |                      | K40       | 41   | 01:21:23           | 03:37:39           | 05:52:54           | <b>08:33:56.65</b> | <b>08:34:19.15</b> | +04:13:11<br>(49.2%) | 9:53            | 6.1<br>(50.8%) |
| 413 | <b>JASIŃSKI Mikołaj</b>       | <b>409</b> | UKA WARSZAWA         | M50       | 32   | 01:20:30           | 03:27:49           | 05:47:24           | <b>08:35:54.10</b> | <b>08:36:11.45</b> | +04:15:03<br>(49.4%) | 9:55            | 6<br>(50.0%)   |
| 414 | <b>PŁOK Krzysztof</b>         | <b>620</b> | TEAM PŁOK            | M50       | 33   | 01:16:13           | 03:28:16           | 05:47:03           | <b>08:36:35.05</b> | <b>08:36:51.90</b> | +04:15:43<br>(49.5%) | 9:56            | 6<br>(50.0%)   |
| 415 | <b>JĘDRZAK Przemysław</b>     | <b>416</b> | WYBIEGANI TEAM       | M40       | 134  | 01:15:51           | 03:25:41           | 05:45:16           | <b>08:36:17.80</b> | <b>08:37:03.15</b> | +04:15:55<br>(49.5%) | 9:55            | 6<br>(50.0%)   |
| 416 | <b>BĘBENISTA Roman</b>        | <b>287</b> | GONIE BRATA          | M30       | 117  | 01:14:03           | 03:23:21           | 05:49:58           | <b>08:36:35.85</b> | <b>08:37:13.35</b> | +04:16:05<br>(49.5%) | 9:56            | 6<br>(50.0%)   |
| 417 | <b>ZACHARZYŃSKA Katarzyna</b> | <b>766</b> | ORANGE POLSKA        | K30       | 39   | 01:28:18           | 03:50:35           | 06:07:37           | <b>08:37:44.05</b> | <b>08:38:29.40</b> | +04:17:21<br>(49.6%) | 9:57            | 6<br>(50.0%)   |
| 418 | <b>WYSOKIŃSKI Jerzy</b>       | <b>764</b> | ORANGE POLSKA        | M50       | 34   | 01:28:17           | 03:50:33           | 06:06:16           | <b>08:37:42.80</b> | <b>08:38:29.55</b> | +04:17:21<br>(49.6%) | 9:57            | 6<br>(50.0%)   |
| 419 | <b>PAŁYS Rafał</b>            | <b>603</b> |                      | M20       | 25   | 01:22:36           | 03:32:23           | 05:49:05           | <b>08:37:45.70</b> | <b>08:39:02.35</b> | +04:17:54<br>(49.7%) | 9:57            | 6<br>(50.0%)   |
| 420 | <b>SZNEJFUS Beata</b>         | <b>168</b> | ROZBIEGANY PIASTÓW   | K30       | 40   | 01:20:42           | 03:41:12           | 05:59:54           | <b>08:38:23.80</b> | <b>08:39:03.65</b> | +04:17:55<br>(49.7%) | 9:58            | 6<br>(50.0%)   |
| 421 | <b>KRAUZE Tomasz</b>          | <b>483</b> | GB WROCŁAWSKIE MORSY | M50       | 35   | 01:27:11           | 03:50:32           | 05:57:06           | <b>08:38:17.60</b> | <b>08:39:14.55</b> | +04:18:06<br>(49.7%) | 9:58            | 6<br>(50.0%)   |
| 422 | <b>WYRWAŁ Sebastian</b>       | <b>761</b> |                      | M30       | 118  | 01:15:33           | 03:32:17           | 05:55:29           | <b>08:40:09.90</b> | <b>08:40:34.60</b> | +04:19:26<br>(49.8%) | 10:00           | 6<br>(50.0%)   |
| 423 | <b>WYRWAŁ Krzysztof</b>       | <b>762</b> |                      | M40       | 135  | 01:15:35           | 03:32:17           | 05:55:28           | <b>08:40:10.30</b> | <b>08:40:34.80</b> | +04:19:26<br>(49.8%) | 10:00           | 6<br>(50.0%)   |
| 424 | <b>JANOTA Marcin</b>          | <b>407</b> | CREADIS              | M30       | 119  | 01:18:38           | 03:27:10           | 05:52:35           | <b>08:40:29.45</b> | <b>08:40:51.55</b> | +04:19:43<br>(49.9%) | 10:00           | 6<br>(50.0%)   |
| 425 | <b>CEBULA Paweł</b>           | <b>312</b> | CREADIS              | M30       | 120  | 01:18:21           | 03:27:12           | 05:52:36           | <b>08:40:29.90</b> | <b>08:40:51.70</b> | +04:19:43<br>(49.9%) | 10:00           | 6<br>(50.0%)   |
| 426 | <b>GŁOGOWSKI Marcin</b>       | <b>369</b> | PSZCZÓŁKOWSKI TEAM   | M40       | 136  | 01:27:52           | 03:41:10           | 05:54:54           | <b>08:39:38.40</b> | <b>08:40:53.10</b> | +04:19:44<br>(49.9%) | 9:59            | 6<br>(50.0%)   |
| 427 | <b>SZNAJDER Jarosław</b>      | <b>695</b> |                      | M40       | 137  | 01:13:23           | 03:17:56           | 05:32:10           | <b>08:42:13.30</b> | <b>08:42:26.55</b> | +04:21:18<br>(50.0%) | 10:02           | 6<br>(50.0%)   |
| 428 | <b>SIWIŃSKI Jerzy</b>         | <b>656</b> | DRUŻYNA WILKA        | M50       | 36   | 01:12:54           | 03:19:42           | 05:46:29           | <b>08:42:45.55</b> | <b>08:42:54.15</b> | +04:21:46<br>(50.1%) | 10:03           | 6<br>(50.0%)   |

| Msc | Zawodnik                      | Numer      | Klub                                     | Kategoria | Mkat | P2_Roztoki |                 |                 | Czas netto         | Czas brutto        | Różn              | Tempo min/km | Tempo km/h  |
|-----|-------------------------------|------------|--|-----------|------|------------|-----------------|-----------------|--------------------|--------------------|-------------------|--------------|-------------|
|     |                               |            |  |           |      | 12km       | P3_Solinka 26km | P2_Roztoki 38km | 52km               | 52km               |                   |              |             |
| 429 | <b>MAZURKIEWICZ Jolanta</b>   | <b>554</b> | BYCHAWA RUNNER'S/NAJWIĘKSZA ARMIA ŚWIATA | K30       | 41   | 01:23:48   | 03:36:02        | 05:49:52        | <b>08:41:52.70</b> | <b>08:42:55.35</b> | +04:21:47 (50.1%) | 10:02        | 6 (50.0%)   |
| 430 | <b>SZMUC Anna</b>             | <b>694</b> | MYSZKÓW BIEGA                            | K40       | 42   | 01:21:51   | 03:42:30        | 05:56:39        | <b>08:43:17.45</b> | <b>08:43:41.95</b> | +04:22:33 (50.1%) | 10:03        | 6 (50.0%)   |
| 431 | <b>ORNACKI Łukasz</b>         | <b>594</b> |  | M30       | 121  | 01:17:25   | 03:44:59        |                 | <b>08:43:08.30</b> | <b>08:43:43.90</b> | +04:22:35 (50.1%) | 10:03        | 6 (50.0%)   |
| 432 | <b>CICHOCKI Mariusz</b>       | <b>318</b> | SUUNTO RUN TEAM                          | M50       | 37   | 01:23:10   | 03:36:07        | 05:52:20        | <b>08:42:39.65</b> | <b>08:43:48.95</b> | +04:22:40 (50.1%) | 10:03        | 6 (50.0%)   |
| 433 | <b>ŻALIŃSKI Zbigniew</b>      | <b>787</b> | KB MCKIS JAWORZNO                        | M50       | 38   | 01:16:46   | 03:19:47        | 05:46:44        | <b>08:43:18.25</b> | <b>08:44:25.35</b> | +04:23:17 (50.2%) | 10:03        | 6 (50.0%)   |
| 434 | <b>JAWORSKA Katarzyna</b>     | <b>412</b> |  | K40       | 43   | 01:19:27   | 03:32:52        | 05:46:52        | <b>08:43:33.80</b> | <b>08:44:29.85</b> | +04:23:21 (50.2%) | 10:04        | 6 (50.0%)   |
| 434 | <b>JAWORSKI Łukasz</b>        | <b>413</b> |  | M40       | 138  | 01:19:28   | 03:30:26        | 05:43:01        | <b>08:43:34.15</b> | <b>08:44:29.85</b> | +04:23:21 (50.2%) | 10:04        | 6 (50.0%)   |
| 436 | <b>SIKORSKA Agnieszka</b>     | <b>816</b> | EKOBIEGI                                 | K40       | 44   | 01:23:52   | 03:41:08        | 06:00:06        | <b>08:43:44.80</b> | <b>08:44:36.40</b> | +04:23:28 (50.2%) | 10:04        | 6 (50.0%)   |
| 437 | <b>CZUBA Paweł</b>            | <b>328</b> | BIEGANIE ZBLIŻA                          | M40       | 139  | 01:14:44   | 03:22:10        | 05:53:18        | <b>08:43:50.85</b> | <b>08:44:42.15</b> | +04:23:34 (50.2%) | 10:04        | 6 (50.0%)   |
| 438 | <b>KIDA Olga</b>              | <b>446</b> |  | K30       | 42   | 01:23:26   | 03:41:40        | 05:56:55        | <b>08:43:37.30</b> | <b>08:44:43.80</b> | +04:23:35 (50.2%) | 10:04        | 6 (50.0%)   |
| 439 | <b>KIDA Marek</b>             | <b>447</b> |  | M30       | 122  | 01:23:22   | 03:41:41        | 05:56:54        | <b>08:43:38.00</b> | <b>08:44:44.70</b> | +04:23:36 (50.2%) | 10:04        | 6 (50.0%)   |
| 440 | <b>ŁOKAS Andrzej</b>          | <b>535</b> |  | M50       | 39   | 01:22:44   | 03:40:58        | 05:56:20        | <b>08:44:25.85</b> | <b>08:45:37.45</b> | +04:24:29 (50.3%) | 10:05        | 5.9 (49.2%) |
| 441 | <b>PARYSZ Anna</b>            | <b>607</b> | STARE BABICE BIEGAJA                     | K50       | 7    | 01:27:46   | 03:50:40        | 06:00:03        | <b>08:44:52.85</b> | <b>08:45:49.60</b> | +04:24:41 (50.3%) | 10:05        | 5.9 (49.2%) |
| 442 | <b>ŁYŻWA Iwona</b>            | <b>538</b> | WKURW_TEAM                               | K40       | 45   | 01:23:34   | 03:45:24        | 06:04:22        | <b>08:45:50.15</b> | <b>08:46:37.60</b> | +04:25:29 (50.4%) | 10:06        | 5.9 (49.2%) |
| 443 | <b>SOŁKIEWICZ Marta</b>       | <b>668</b> | WKURW_TEAM                               | K40       | 46   | 01:23:39   | 03:45:53        | 06:04:19        | <b>08:45:51.10</b> | <b>08:46:38.15</b> | +04:25:30 (50.4%) | 10:06        | 5.9 (49.2%) |
| 444 | <b>RYBAK Monika</b>           | <b>647</b> |  | K40       | 47   | 01:20:41   | 03:41:12        |                 | <b>08:45:59.95</b> | <b>08:46:40.05</b> | +04:25:31 (50.4%) | 10:06        | 5.9 (49.2%) |
| 445 | <b>ŚLĄCZKA Arkadiusz</b>      | <b>705</b> | FINISZ RYMANÓW                           | M30       | 123  | 01:11:59   | 03:18:12        | 05:50:10        | <b>08:46:00.95</b> | <b>08:46:49.50</b> | +04:25:41 (50.4%) | 10:06        | 5.9 (49.2%) |
| 446 | <b>WARWAS Paweł</b>           | <b>726</b> | WIKOSS SPORT TEAM                        | M50       | 40   | 01:16:41   | 03:38:22        | 05:54:40        | <b>08:47:14.15</b> | <b>08:47:14.15</b> | +04:26:06 (50.5%) | 10:08        | 5.9 (49.2%) |
| 447 | <b>KOSIERKIEWICZ Grzegorz</b> | <b>475</b> | KAROLE                                   | M40       | 140  | 01:23:33   | 03:48:34        |                 | <b>08:46:54.45</b> | <b>08:47:30.30</b> | +04:26:22 (50.5%) | 10:07        | 5.9 (49.2%) |
| 448 | <b>WODNICKI Rafał</b>         | <b>747</b> |  | M40       | 141  | 01:20:29   | 03:36:49        |                 | <b>08:46:27.15</b> | <b>08:47:36.75</b> | +04:26:28 (50.5%) | 10:07        | 5.9 (49.2%) |
| 449 | <b>PAWLAK Ewelina</b>         | <b>608</b> |  | K30       | 43   | 01:18:07   | 03:33:18        | 05:52:10        | <b>08:47:38.35</b> | <b>08:47:52.65</b> | +04:26:44 (50.5%) | 10:08        | 5.9 (49.2%) |
| 450 | <b>KAUCKI Ireneusz</b>        | <b>828</b> |  | M40       | 142  | 01:18:07   | 03:51:56        | 06:09:06        | <b>08:48:04.45</b> | <b>08:49:22.40</b> | +04:28:14 (50.7%) | 10:09        | 5.9 (49.2%) |
| 451 | <b>BICKA Anna</b>             | <b>825</b> |  | K40       | 48   | 01:31:19   | 03:50:52        | 06:03:48        | <b>08:49:33.60</b> | <b>08:50:38.55</b> | +04:29:30 (50.8%) | 10:11        | 5.9 (49.2%) |

| Msc                                       | Zawodnik                      | Numer      | Klub               | Kategoria | Mkat | P2_Roztoki<br>12km | P3_Solinka<br>26km | P2_Roztoki<br>38km | Czas               |                    | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|---|-------------------------------|------------|--------------------|-----------|------|--------------------|--------------------|--------------------|--------------------|--------------------|----------------------|-----------------|----------------|
|   |                               |            |                    |           |      |                    |                    |                    | netto<br>52km      | brutto<br>52km     |                      |                 |                |
| 452                                       | <b>MŁODECKA Sylwia</b>        | <b>820</b> |                    | K40       | 49   | 01:31:20           | 03:50:51           | 06:03:45           | <b>08:49:33.75</b> | <b>08:50:38.70</b> | +04:29:30<br>(50.8%) | 10:11           | 5.9<br>(49.2%) |
| 453                                       | <b>ZAKRZEWSKI Szymon</b>      | <b>187</b> |                    | M30       | 124  | 01:08:45           | 03:13:47           | 05:50:11           | <b>08:51:08.95</b> | <b>08:51:38.35</b> | +04:30:30<br>(50.9%) | 10:12           | 5.9<br>(49.2%) |
| 454                                       | <b>GODLEWSKI Paweł</b>        | <b>803</b> |                    | M30       | 125  | 01:15:29           | 03:26:15           | 05:57:47           | <b>08:51:24.75</b> | <b>08:51:49.55</b> | +04:30:41<br>(50.9%) | 10:13           | 5.9<br>(49.2%) |
| 455                                       | <b>BEREJ Adrian</b>           | <b>826</b> |                    | M30       | 126  | 01:24:05           | 03:33:23           | 05:55:58           | <b>08:52:06.60</b> | <b>08:52:06.60</b> | +04:30:58<br>(50.9%) | 10:13           | 5.9<br>(49.2%) |
| 456                                       | <b>BŁĘDKOWSKA Katarzyna</b>   | <b>295</b> |                    | K30       | 44   | 01:20:34           | 03:46:45           | 06:05:08           | <b>08:50:52.90</b> | <b>08:52:08.90</b> | +04:31:00<br>(50.9%) | 10:12           | 5.9<br>(49.2%) |
| 457                                       | <b>BARYZA Robert</b>          | <b>279</b> |                    | M40       | 143  | 01:24:27           | 03:46:40           |                    | <b>08:51:10.55</b> | <b>08:52:22.35</b> | +04:31:14<br>(50.9%) | 10:12           | 5.9<br>(49.2%) |
| 458                                       | <b>ŚWIERCZEWSKI Krzysztof</b> | <b>707</b> | W POGONI ZA DUCHEM | M40       | 144  | 01:17:55           | 03:38:43           | 05:56:54           | <b>08:52:59.95</b> | <b>08:53:40.70</b> | +04:32:32<br>(51.1%) | 10:15           | 5.9<br>(49.2%) |
| 459                                       | <b>CZARNECKI Bartosz</b>      | <b>323</b> |                    | M30       | 127  | 01:39:25           | 03:53:35           | 06:05:41           | <b>08:54:48.30</b> | <b>08:55:34.50</b> | +04:34:26<br>(51.2%) | 10:17           | 5.8<br>(48.3%) |
| 460                                       | <b>FILON Małgosia</b>         | <b>352</b> |                    | K30       | 45   | 01:21:31           | 03:33:13           | 05:44:28           | <b>08:55:48.20</b> | <b>08:56:31.15</b> | +04:35:23<br>(51.3%) | 10:18           | 5.8<br>(48.3%) |
| 461                                       | <b>ŻEBRACKI Wojtek</b>        | <b>191</b> |                    | M30       | 128  | 01:21:28           | 03:46:01           | 06:09:27           | <b>08:57:11.45</b> | <b>08:57:46.05</b> | +04:36:37<br>(51.4%) | 10:19           | 5.8<br>(48.3%) |
| 462                                       | <b>KOBIERSKI Szymon</b>       | <b>458</b> |                    | M40       | 145  | 01:15:45           | 03:28:40           | 05:57:32           | <b>08:58:36.30</b> | <b>08:59:19.45</b> | +04:38:11<br>(51.6%) | 10:21           | 5.8<br>(48.3%) |
| <b>Przekroczony limit czasu: 09:00:00</b> |                               |            |                    |           |      |                    |                    |                    |                    |                    |                      |                 |                |
| 463                                       | <b>NOWAK Jarosław</b>         | <b>587</b> | SPC                | M50       | 41   | 01:24:26           | 03:46:37           |                    | <b>09:04:54.75</b> | <b>09:06:05.95</b> | +04:44:57<br>(52.2%) | 10:28           | 5.7<br>(47.5%) |
| 464                                       | <b>MOCZADŁO Maria</b>         | <b>568</b> | SPC                | K40       | 50   | 01:24:27           | 03:46:39           | 06:08:56           | <b>09:04:54.55</b> | <b>09:06:06.15</b> | +04:44:58<br>(52.2%) | 10:28           | 5.7<br>(47.5%) |
| 465                                       | <b>ORNACKA Magdalena</b>      | <b>593</b> |                    | K30       | 46   | 01:22:59           | 03:47:45           |                    | <b>09:11:06.75</b> | <b>09:11:33.70</b> | +04:50:25<br>(52.7%) | 10:35           | 5.7<br>(47.5%) |
| 466                                       | <b>NAPIÓRKOWSKA Ingrid</b>    | <b>579</b> | BOAT CITY TEAM     | K40       | 51   | 01:16:22           | 03:42:20           | 06:09:09           | <b>09:11:44.65</b> | <b>09:11:50.35</b> | +04:50:42<br>(52.7%) | 10:36           | 5.7<br>(47.5%) |
| 467                                       | <b>FRANCZAK Karolina</b>      | <b>358</b> | BOATCITY           | K20       | 10   | 01:16:24           | 03:42:22           | 06:09:18           | <b>09:11:45.85</b> | <b>09:11:50.65</b> | +04:50:42<br>(52.7%) | 10:36           | 5.7<br>(47.5%) |
| 468                                       | <b>BILSKI Marek</b>           | <b>291</b> | VEGEDOG            | M40       | 146  | 01:27:37           | 03:56:50           |                    | <b>09:13:53.70</b> | <b>09:16:16.40</b> | +04:55:08<br>(53.1%) | 10:39           | 5.6<br>(46.7%) |
| 469                                       | <b>KUŁAK Alicja</b>           | <b>500</b> |                    | K30       | 47   | 01:25:06           | 03:45:18           | 06:09:12           | <b>09:16:08.95</b> | <b>09:17:02.85</b> | +04:55:54<br>(53.1%) | 10:41           | 5.6<br>(46.7%) |
| 470                                       | <b>CZOSKA Patryk</b>          | <b>327</b> |                    | M20       | 26   | 01:08:26           | 03:27:59           |                    |                    |                    | +01:28:15            | 7:59            | 7.5<br>(62.5%) |
| 471                                       | <b>STEC Iwona</b>             | <b>674</b> |                    | K30       | 48   | 01:22:47           | 03:32:24           |                    |                    |                    | +01:33:09            | 8:10            | 7.3<br>(60.8%) |
| 472                                       | <b>KORDOWSKA Katy</b>         | <b>469</b> |                    | K30       | 49   | 01:22:51           | 03:36:28           |                    |                    |                    | +01:37:13            | 8:19            | 7.2<br>(60.0%) |
| 473                                       | <b>LEWANDOWSKA Emilia</b>     | <b>523</b> |                    | K30       | 50   | 01:19:03           | 03:44:22           |                    |                    |                    | +01:44:29            | 8:37            | 7<br>(58.3%)   |
| 474                                       | <b>LIPIŃSKA Kinga</b>         | <b>527</b> |                    | K30       | 51   | 01:19:05           | 03:44:22           |                    |                    |                    | +01:44:30            | 8:37            | 7<br>(58.3%)   |

| Msc | Zawodnik                              | Numer | Klub                         | Kategoria | Mkat | P2_Roztoki      |                    |                 | Czas netto<br>52km | Czas brutto<br>52km | Różn      | Tempo<br>min/km | Tempo<br>km/h  |
|-----|---------------------------------------|-------|------------------------------|-----------|------|-----------------|--------------------|-----------------|--------------------|---------------------|-----------|-----------------|----------------|
|     |                                       |       |                              |           |      | 12km            | P3_Solinka<br>26km | 38km            |                    |                     |           |                 |                |
| 475 | ZIELIŃSKI Jacek                       | 782   | BIEGNIJ Z PROSERVICE         | M40       | 147  | 01:16:07        | 03:46:12           |                 |                    |                     | +01:46:11 | 8:42            | 6.9<br>(57.5%) |
| 476 | GOSZCZYŃSKI<br>Piotr                  | 374   |                              | M40       | 148  | 01:20:02        | 03:47:01           |                 |                    |                     | +01:47:55 | 8:43            | 6.9<br>(57.5%) |
| 477 | PIASEK Paweł                          | 613   | TRIUNLIMITED / ZHP OSTROLEKA | M20       | 27   |                 |                    |                 |                    |                     |           |                 | (0.0%)         |
|     | WITEK Łukasz                          | 742   | BIEG PO ZDRÓJ                | M40       |      | 01:01:40<br>DNF | 02:37:42<br>DNF    | DNF             | DNF                | DNF                 | -         | -               | (0.0%)         |
|     | GOMOŁYSEK<br>Kinga                    | 258   | MATNER RUNNING TEAM          | K30       |      | 00:54:31<br>DNF | 02:23:01<br>DNF    | 03:50:47<br>DNF | DNF                | DNF                 | -         | -               | (0.0%)         |
|     | FILIPEK Wojciech                      | 813   | OPTIM TRAVEL                 | M50       |      | 01:02:15<br>DNF | 02:43:03<br>DNF    | 04:38:19<br>DNF | DNF                | DNF                 | -         | -               | (0.0%)         |
|     | ZABŁOCKI Wojtek                       | 765   |                              | M40       |      | 01:16:42<br>DNF | 03:17:36<br>DNF    | 05:27:39<br>DNF | DNF                | DNF                 | -         | -               | (0.0%)         |
|     | KIJEWICZ Michał                       | 451   | NOGIZETRE                    | M30       |      | 01:18:41<br>DNF | 03:30:04<br>DNF    | 05:54:58<br>DNF | DNF                | DNF                 | -         | -               | (0.0%)         |
|     | FABIŃSKI Marcin                       | 349   |                              | M40       |      | 01:19:01<br>DNF | 03:40:17<br>DNF    | 06:08:47<br>DNF | DNF                | DNF                 | -         | -               | (0.0%)         |
|     | CHYŻEWSKA<br>Katarzyna                | 317   |                              | K30       |      | 01:32:10<br>DNF | 03:58:29<br>DNF    | 06:27:31<br>DNF | DNF                | DNF                 | -         | -               | (0.0%)         |
|     | KONIECZNY<br>Mariusz                  | 464   |                              | M50       |      | 01:07:40<br>DNF | 03:05:46<br>DNF    | DNF             | DNF                | DNF                 | -         | -               | (0.0%)         |
|     | GRAJEWSKI Artur                       | 377   |                              | M30       |      | 01:16:14<br>DNF | 03:40:10<br>DNF    | DNF             | DNF                | DNF                 | -         | -               | (0.0%)         |
|     | WZOREK<br>Zbigniew                    | 186   |                              | M40       |      | 01:25:25<br>DNF | 03:42:00<br>DNF    | DNF             | DNF                | DNF                 | -         | -               | (0.0%)         |
|     | WAŁTROBA Piotr                        | 731   | KOPALNIA MOCY                | M30       |      | 01:13:57<br>DNF | 03:42:03<br>DNF    | DNF             | DNF                | DNF                 | -         | -               | (0.0%)         |
|     | GRABIEC Kamil                         | 376   |                              | M20       |      | 01:18:57<br>DNF | 03:47:38<br>DNF    | DNF             | DNF                | DNF                 | -         | -               | (0.0%)         |
|     | SZPINDA Marta                         | 696   | BUT BIŁGORAJ ULTRA TRAIL     | K40       |      | 01:24:33<br>DNF | 03:47:44<br>DNF    | DNF             | DNF                | DNF                 | -         | -               | (0.0%)         |
|     | TYMBOROWSKA -<br>WIEDRO<br>Małgorzata | 719   | WKURW_TEAM                   | K40       |      | 01:26:11<br>DNF | 03:48:13<br>DNF    | DNF             | DNF                | DNF                 | -         | -               | (0.0%)         |
|     | GWÓŹDŹ Kamil                          | 389   |                              | M30       |      | 01:21:59<br>DNF | 03:50:03<br>DNF    | DNF             | DNF                | DNF                 | -         | -               | (0.0%)         |
|     | MAJONEZ Artur                         | 827   | ULTRACIENIASY                | M30       |      | 01:18:08<br>DNF | 03:51:56<br>DNF    | DNF             | DNF                | DNF                 | -         | -               | (0.0%)         |
|     | ŻBIKOWSKA<br>Małgorzata               | 788   | SPC                          | K50       |      | 01:29:55<br>DNF | 03:57:02<br>DNF    | DNF             | DNF                | DNF                 | -         | -               | (0.0%)         |
|     | KOCZAJ Anna                           | 460   |                              | K40       |      | 01:32:07<br>DNF | 03:58:21<br>DNF    | DNF             | DNF                | DNF                 | -         | -               | (0.0%)         |
|     | ARTEMIUK<br>Eugeniusz                 | 271   | HAJNÓWKA BIEGA               | M50       |      | 01:32:07<br>DNF | 03:58:38<br>DNF    | DNF             | DNF                | DNF                 | -         | -               | (0.0%)         |
|     | ARTEMIUK<br>Eugenia                   | 270   | HAJNÓWKA BIEGA               | K60       |      | 01:32:18<br>DNF | 03:58:59<br>DNF    | DNF             | DNF                | DNF                 | -         | -               | (0.0%)         |

Znaleziono 497 wynik(ów)