

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 12km	P3_Solinka 26km	P2_Roztoki 38km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
1	KOCZWARA Tomasz	257		M40	1	00:49:16	02:00:09	03:04:41	04:21:05.10	04:21:08.15		5:01	12 (100%)
2	MISIAK Bartosz	255	ALPIN SPORT HOKA ONE ONE TEAM	M30	1	00:50:43	02:05:22	03:10:49	04:29:17.60	04:29:19.20	+00:08:11 (3.0%)	5:10	11.6 (96.7%)
3	FARON Robert	253	SALCO GARMIN TEAM	M40	2	00:50:02	02:05:07	03:13:48	04:41:25.75	04:41:27.40	+00:20:19 (7.2%)	5:24	11.1 (92.5%)
4	SZUMLIŃSKI Piotr	703	ATTIQ TEAM	M30	2	00:49:58	02:06:53	03:18:37	04:45:31.85	04:45:33.45	+00:24:25 (8.6%)	5:29	10.9 (90.8%)
5	FLISIŃSKI Łukasz	355		M30	3	00:49:58	02:07:38	03:23:08	04:51:00.65	04:51:03.10	+00:29:54 (10.3%)	5:35	10.7 (89.2%)
6	KRUBA Marcin	486	JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ	M30	4	00:51:05	02:11:28	03:24:56	04:52:14.75	04:52:14.75	+00:31:06 (10.6%)	5:37	10.7 (89.2%)
7	KITA Michał	452	PĘDZĄCY W MIEJSCU	M40	3	00:51:58	02:10:21	03:24:43	04:52:58.90	04:53:01.55	+00:31:53 (10.9%)	5:38	10.6 (88.3%)
8	ŻORNIAK Mateusz	793	MEGA FASON SIENIAWA / STAJNIA BALONA	M30	5	00:50:20	02:06:05	03:19:54	04:53:05.75	04:53:08.80	+00:32:00 (10.9%)	5:38	10.6 (88.3%)
9	ZDANOWSKI Łukasz	777		M20	1	00:52:12	02:12:27	03:29:32	05:03:09.30	05:03:40.10	+00:42:31 (14.0%)	5:49	10.3 (85.8%)
10	GIŻA Grzegorz	367		M30	6	01:00:28	02:25:00	03:40:10	05:04:20.65	05:04:28.10	+00:43:19 (14.2%)	5:51	10.3 (85.8%)
11	KANTOR Martyna	256	BUFF TEAM POLAND	K30	1	00:52:39	02:12:55	03:28:43	05:06:01.00	05:06:04.40	+00:44:56 (14.7%)	5:53	10.2 (85.0%)
12	KRZYSZTOŃ Marcin	490		M30	7	00:53:05	02:14:16	03:33:11	05:07:14.65	05:07:18.40	+00:46:10 (15.0%)	5:54	10.2 (85.0%)
13	SOKOŁOWSKI Marek	263	ALPIN SPORT HOKA ONE ONE TEAM	M50	1	00:53:08	02:15:03	03:35:33	05:08:52.90	05:08:55.05	+00:47:46 (15.5%)	5:56	10.1 (84.2%)
14	KOREK Michał	471	HARPAGAN SOSNOWIEC/ MARCINIŚWIERCTEAM	M30	8	00:52:41	02:12:57	03:31:56	05:12:07.35	05:12:09.95	+00:51:01 (16.3%)	6:00	10 (83.3%)
15	BRZANA Maciej	305	FINISZ RYMANÓW	M30	9	00:54:38	02:17:30	03:36:53	05:15:54.00	05:15:58.60	+00:54:50 (17.4%)	6:04	9.9 (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	P3_Solinka 26km	38km	52km	52km			
39	STRYCHARSKI Krystian	680	TRAILOWE BIEGI DUCHOWE TBD	M30	21	00:59:56	02:37:06	04:11:16	05:57:25.35	05:57:28.40	+01:36:20 (26.9%)	6:52	8.7 (72.5%)
40	JUSZCZAK Marcin	423	RACEFIGHTER GOSIR DĘBĘ WIELKIE	M30	22	01:00:52	02:32:17	04:03:01	05:57:38.80	05:57:43.40	+01:36:35 (27.0%)	6:52	8.7 (72.5%)
41	STUPEŁKOWSKI Piotr	802		M30	23	01:00:06	02:29:05	04:04:55	05:57:48.05	05:58:11.20	+01:37:03 (27.1%)	6:52	8.7 (72.5%)
42	WOJCIECHOWSKA Maria	748	JACEKBIEGA RUNNING TEAM	K30	4	01:01:44	02:37:27	04:09:18	05:58:10.55	05:58:24.95	+01:37:16 (27.1%)	6:53	8.7 (72.5%)
43	WRÓBLEWSKI Jacek	758	MAZOVIA PROACTIVE	M30	24	01:00:23	02:32:05	04:05:01	05:58:15.25	05:58:26.80	+01:37:18 (27.1%)	6:53	8.7 (72.5%)
44	BARUD Piotr	278	FINISZ RYMANÓW	M30	25	01:01:46	02:34:47	04:04:57	05:59:03.10	05:59:18.00	+01:38:09 (27.3%)	6:54	8.7 (72.5%)
45	WILK Antoni	738		M40	10	01:01:00	02:34:10	04:14:18	06:01:42.45	06:01:46.75	+01:40:38 (27.8%)	6:57	8.6 (71.7%)
46	JAROMIRSKA Elzbieta	260		K30	5	01:01:05	02:39:03	04:14:02	06:03:17.20	06:03:48.75	+01:42:40 (28.2%)	6:59	8.6 (71.7%)
47	KNOPEK Adam	456	BIEG PO ZDRÓJ	M30	26	01:01:38	02:34:47	04:07:57	06:03:46.95	06:04:02.95	+01:42:54 (28.3%)	6:59	8.6 (71.7%)
48	JUREWICZ Kris	422	HARPAGAN SOSNOWIEC	M40	11	01:00:50	02:33:52	04:08:55	06:05:17.35	06:05:20.00	+01:44:11 (28.5%)	7:01	8.5 (70.8%)
49	KUŹMA Krzysztof	508	GRUPA BIEGACZY SKÓRZEC BIEGA	M40	12	01:02:05	02:34:47	04:05:58	06:04:55.65	06:05:34.55	+01:44:26 (28.6%)	7:01	8.5 (70.8%)
50	FIREK Adrian	353	HIT THE TRAIL TOMASZ KLISZ	M30	27	01:02:42	02:39:00	04:10:24	06:05:28.65	06:05:39.45	+01:44:31 (28.6%)	7:01	8.5 (70.8%)
51	ZALEWSKI Karol	772	RACEFIGHTER GOSIR DĘBE WIELKIE	M30	28	01:00:51	02:32:16	04:04:04	06:07:01.85	06:07:05.85	+01:45:57 (28.9%)	7:03	8.5 (70.8%)
52	BISOWSKI Mariusz	293		M40	13	01:01:00	02:36:06	04:12:27	06:07:07.25	06:07:19.40	+01:46:11 (28.9%)	7:03	8.5 (70.8%)
53	GAWRON Marcin	364		M30	29	00:56:56	02:26:58	04:05:06	06:08:08.40	06:08:20.95	+01:47:12 (29.1%)	7:04	8.5 (70.8%)
54	SZPINDA Sebastian	697	BUT BIŁGORAJ ULTRA TRAIL	M40	14	01:01:10	02:37:47	04:17:02	06:09:25.25	06:09:29.25	+01:48:21 (29.3%)	7:06	8.4 (70.0%)
55	SZPUNAR Marek	698		M40	15	01:02:57	02:36:57	04:12:56	06:10:45.60	06:11:48.05	+01:50:39 (29.8%)	7:07	8.4 (70.0%)
56	GRYSZKO Artur	385		M40	16	01:01:13	02:37:18	04:14:09	06:12:38.95	06:13:05.35	+01:51:57 (30.0%)	7:09	8.4 (70.0%)
57	JASŁOWSKA Justyna	262	SCOTT TEAM	K30	6	00:59:53	02:37:55	04:21:34	06:13:02.45	06:13:07.35	+01:51:59 (30.0%)	7:10	8.4 (70.0%)
58	SZAFRAŃSKA Aleksandra	687	WKURW_TEAM	K20	1	01:07:00	02:45:57	04:20:22	06:13:18.70	06:13:50.85	+01:52:42 (30.1%)	7:10	8.4 (70.0%)
59	JĘDRASZCZYK Mateusz	70		M30	30	01:02:38	02:37:04	04:10:21	06:16:30.05	06:16:35.45	+01:55:27 (30.7%)	7:14	8.3 (69.2%)
60	MAŁACHOWSKI Mariusz	549	RUNDOMSKO	M40	17	01:04:10	02:44:53	04:22:47	06:17:00.10	06:17:52.50	+01:56:44 (30.9%)	7:15	8.3 (69.2%)
61	GRONIECKI Mikołaj	380		M30	31	01:02:49	02:39:48	04:21:35	06:17:57.45	06:18:13.60	+01:57:05 (31.0%)	7:16	8.3 (69.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P2_Roztoki			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						12km	26km	38km	52km	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 (31.1%)	7:17	8.2 (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 (31.2%)	7:17	8.2 (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 (31.3%)	7:18	8.2 (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 (31.5%)	7:19	8.2 (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 (31.7%)	7:20	8.2 (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 (31.7%)	7:20	8.2 (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 (31.7%)	7:20	8.2 (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 (31.9%)	7:22	8.1 (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 (31.9%)	7:21	8.1 (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 (31.9%)	7:22	8.1 (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 (31.9%)	7:22	8.1 (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 (31.9%)	7:22	8.1 (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 (31.9%)	7:22	8.1 (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 (32.0%)	7:22	8.1 (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 (32.0%)	7:23	8.1 (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 (32.2%)	7:24	8.1 (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 (32.3%)	7:24	8.1 (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 (32.3%)	7:24	8.1 (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 (32.3%)	7:24	8.1 (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 (32.3%)	7:24	8.1 (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 (32.3%)	7:24	8.1 (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 (32.3%)	7:25	8.1 (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 (32.4%)	7:25	8.1 (67.5%)

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

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

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

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

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

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

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

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

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

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

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

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

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P2_Roztoki			Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
						12km	P3_Solinka 26km	38km					
360	NARTOWSKI Jan	580	MORT!	M60	9	01:17:03	03:26:10	05:35:42	08:08:55.35	08:09:30.85	+03:48:22 (46.7%)	9:24	6.4 (53.3%)
361	WIŚNIEWSKI Robert	741	WIŚNIA TEAM	M40	126	01:14:15	03:18:56	05:37:00	08:08:37.20	08:09:38.85	+03:48:30 (46.7%)	9:23	6.4 (53.3%)
362	MALINOWSKI Adrian	547	#CZELADZBIEGA	M40	127	01:18:52	03:30:28	05:36:52	08:09:13.75	08:10:03.55	+03:48:55 (46.7%)	9:24	6.4 (53.3%)
363	HEBDA- OLSZÓWKA Aleksandra	392	NIGHT RUNNERS GLIWICE	K30	33	01:18:54	03:31:37	05:43:25	08:09:13.75	08:10:03.65	+03:48:55 (46.7%)	9:24	6.4 (53.3%)
364	SPALIŃSKA Kamila	669	SPARTANIE DZIECIOM	K40	31	01:16:13	03:33:06	05:50:52	08:09:56.10	08:10:06.30	+03:48:58 (46.7%)	9:25	6.4 (53.3%)
365	OSIEKOWICZ Tomasz	595	DREWNOFORNIR	M50	23	01:21:43	03:31:47	05:44:01	08:10:03.15	08:10:12.20	+03:49:04 (46.7%)	9:25	6.4 (53.3%)
366	PAWŁOWSKA Elżbieta	610	NOWY STYL GROUP RUNNING TEAM	K30	34	01:11:34	03:17:44	05:35:57	08:09:32.10	08:10:14.95	+03:49:06 (46.7%)	9:24	6.4 (53.3%)
367	BARTEL Robert	275	STARE BABICE BIEGAJĄ	M40	128	01:16:15	03:22:59	05:44:41	08:10:11.50	08:10:23.45	+03:49:15 (46.7%)	9:25	6.4 (53.3%)
368	KADECKI Marek	427		M40	129	01:13:58	03:19:33	05:37:29	08:10:52.55	08:11:18.25	+03:50:10 (46.8%)	9:26	6.4 (53.3%)
369	SKELTON Sarah	657	VEGE RUNNERS	K30	35	01:18:04	03:23:28	05:37:31	08:11:42.95	08:12:03.95	+03:50:55 (46.9%)	9:27	6.3 (52.5%)
370	RÓŻYCKI Ryszard	810	SOKÓŁ ZAGÓRZ	M60	10	01:20:27	03:28:36	05:33:14	08:12:31.55	08:12:52.45	+03:51:44 (47.0%)	9:28	6.3 (52.5%)
371	RÓŻYCKA Elżbieta	811	SOKÓŁ ZAGÓRZ	K40	32	01:20:26	03:28:35	05:33:14	08:12:31.60	08:12:52.50	+03:51:44 (47.0%)	9:28	6.3 (52.5%)
372	JANCZY Agnieszka	404		K40	33	01:16:33	03:20:55	05:27:06	08:12:11.20	08:13:10.60	+03:52:02 (47.1%)	9:27	6.3 (52.5%)
373	SANECKI Robert	652	SPRINT GORZYCE	M40	130	01:15:38	03:25:38	05:38:57	08:14:16.95	08:14:24.90	+03:53:16 (47.2%)	9:30	6.3 (52.5%)
374	CZECHOWSKI Konrad	324	KOPALNIA MOCY	M30	108	01:12:05	03:22:21	05:41:09	08:14:28.90	08:14:32.15	+03:53:24 (47.2%)	9:30	6.3 (52.5%)
375	KWIECIEŃ - LIPIŃSKA Kamila	513	TIGERS TEAM	K40	34	01:17:25	03:34:27	05:46:47	08:15:36.95	08:15:56.45	+03:54:48 (47.3%)	9:31	6.3 (52.5%)
375	BIAŁECKI Zbigniew	288		M50	24	01:17:24	03:34:32	05:46:46	08:15:36.85	08:15:56.45	+03:54:48 (47.3%)	9:31	6.3 (52.5%)
377	SKIBA Maciej	658	SPORTOWE DZBANY	M20	23	01:17:09	03:18:08	05:24:24	08:16:53.70	08:17:39.80	+03:56:31 (47.5%)	9:33	6.3 (52.5%)
378	WARZYCHA Krzysztof	727	MAXEL	M50	25	01:23:35	03:31:51	05:43:40	08:18:58.45	08:20:01.40	+03:58:53 (47.8%)	9:35	6.3 (52.5%)
379	LUC Adam	530	BIEGUSIEM.PL	M40	131	01:26:14	03:36:39	05:44:29	08:19:22.45	08:20:06.05	+03:58:57 (47.8%)	9:36	6.2 (51.7%)
380	WARZYCHA Dawid	728	PKP INTERCITY	M20	24	01:23:37	03:31:51	05:43:43	08:20:10.80	08:21:13.85	+04:00:05 (47.9%)	9:37	6.2 (51.7%)
381	PIGAN Anna	618	BBL - JAROSŁAW	K40	35	01:15:58	03:25:13	05:44:30	08:20:54.60	08:21:21.45	+04:00:13 (47.9%)	9:37	6.2 (51.7%)
382	KĘPKA Andrzej	444	PRZEWORSKA GRUPA BIEGOWA	M50	26	01:15:57	03:25:09	05:44:11	08:20:54.50	08:21:21.55	+04:00:13 (47.9%)	9:37	6.2 (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	38km	52km	52km			
383	BRENER Maciej	302	KUŹNIA TRIATHLONU	M30	109	01:22:27	03:36:37	05:52:27	08:22:39.70	08:23:27.60	+04:02:19 (48.1%)	9:40	6.2 (51.7%)
384	DAWID Mirosław	331		M50	27	01:14:50	03:18:44	05:41:13	08:23:20.85	08:23:41.20	+04:02:33 (48.2%)	9:40	6.2 (51.7%)
385	DABROWSKA Agnieszka	330	POZYTYWNIIE ZABIEGANI SANOK	K30	36	01:12:49	03:20:09	05:36:13	08:24:34.95	08:24:47.30	+04:03:39 (48.3%)	9:42	6.2 (51.7%)
386	GOCYLA Dariusz	373	DARZYBÓRUNNER-SKA	M50	28	01:17:19	03:28:00	05:50:01	08:24:18.50	08:24:48.20	+04:03:40 (48.3%)	9:41	6.2 (51.7%)
387	ŚWIETLIK Paweł	708		M30	110	01:17:58	03:26:48	05:44:34	08:24:46.40	08:25:01.10	+04:03:52 (48.3%)	9:42	6.2 (51.7%)
388	BAR Aleksandra	274	GMINA STRZELCE OPOLSKIE	K40	36	01:19:47	03:38:47	05:52:14	08:25:22.80	08:25:35.55	+04:04:27 (48.4%)	9:43	6.2 (51.7%)
389	ANDRZEJEWSKI Maciej	269		M30	111	01:15:16	03:25:36	05:49:54	08:27:51.70	08:28:08.55	+04:07:00 (48.6%)	9:46	6.1 (50.8%)
390	GRYGO Krzysztof	383	AKADEMIA SPORTU MEDYK	M50	29	01:11:13	03:18:53	05:36:59	08:27:57.95	08:28:11.60	+04:07:03 (48.6%)	9:46	6.1 (50.8%)
391	MĄCZKA Krystyna	822	OTK NA RELAXIE	K60	1	01:17:45	03:36:42	05:53:50	08:28:23.35	08:28:29.25	+04:07:21 (48.6%)	9:46	6.1 (50.8%)
392	BRZENCZEK Michał	821	OTK NA RELAXIE	M40	132	01:17:44	03:36:40	05:53:50	08:28:25.15	08:28:31.30	+04:07:23 (48.6%)	9:46	6.1 (50.8%)
393	MATYSEK Ireneusz	552	KOMANDOS WAŁECKI	M60	11	01:19:41	03:29:05	05:49:13	08:27:54.00	08:28:38.85	+04:07:30 (48.7%)	9:46	6.1 (50.8%)
394	KUSZTAL Justyna	504	ESKADRA KRAKÓW	K40	37	01:18:57	03:47:36	05:57:01	08:28:34.70	08:29:09.20	+04:08:01 (48.7%)	9:46	6.1 (50.8%)
395	SZUBERT Agnieszka	701	KOŁOBRZEG BIEGA	K40	38	01:19:37	03:32:11	05:44:14	08:28:14.25	08:29:14.75	+04:08:06 (48.7%)	9:46	6.1 (50.8%)
396	KROCZYŃSKA Kinga	484		K40	39	01:19:37	03:32:09	05:44:11	08:28:14.10	08:29:14.85	+04:08:06 (48.7%)	9:46	6.1 (50.8%)
397	ŁÓJ-KONIECZNA Edyta	536	INFINITY-GYM	K40	40	01:18:59	03:37:11	05:49:32	08:29:03.15	08:29:32.60	+04:08:24 (48.8%)	9:47	6.1 (50.8%)
398	MYGA Michał	573	HEARTLESS	M30	112	01:19:11	03:28:38	05:36:19	08:28:24.55	08:29:45.35	+04:08:37 (48.8%)	9:46	6.1 (50.8%)
399	MYGA Anna	574	HEARTLESS	K30	37	01:19:10	03:28:28	05:36:22	08:28:23.90	08:29:45.45	+04:08:37 (48.8%)	9:46	6.1 (50.8%)
400	STROIŃSKI Maciej	679		M30	113	01:21:30	03:33:10	05:44:11	08:29:27.00	08:30:10.00	+04:09:01 (48.8%)	9:47	6.1 (50.8%)
401	ŻYCIŃSKA Magdalena	795	BADBULL RUNNING TEAM	K50	5	01:20:38	03:32:32	05:44:34	08:29:40.90	08:30:29.65	+04:09:21 (48.8%)	9:48	6.1 (50.8%)
402	DOMAGAŁA Jerzy	335		M50	30	01:17:04	03:29:52	05:43:00	08:30:53.60	08:31:09.35	+04:10:01 (48.9%)	9:49	6.1 (50.8%)
403	JASIOROWSKI Michał	410		M30	114	01:17:03	03:28:03	05:52:54	08:31:56.60	08:32:51.10	+04:11:42 (49.1%)	9:50	6.1 (50.8%)
404	PROMIŃSKA Karolina	629		K30	38	01:17:03	03:28:03	05:52:55	08:31:56.95	08:32:51.25	+04:11:43 (49.1%)	9:50	6.1 (50.8%)
405	MISZALSKI Henryk	566		M30	115	01:25:57	03:37:40	05:54:50	08:32:13.65	08:33:08.95	+04:12:00 (49.1%)	9:51	6.1 (50.8%)

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

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

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

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

Znaleziono 497 wynik(ów)