

# VIII HYUNDAI ULTRAMARATON BIESZCZADZKI - 26 KM

B4SPORT

**Wydarzenie:** VIII HYUNDAI ULTRAMARATON BIESZCZADZKI  
**Organizator:** Fundacja Bieg Rzeźnika  
**Data:** 2020-10-09  
**Miejsce:** Cisna  
**Dystans:** 26 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	P2_Roztoki 12km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
1	<b>SOBAS Jacek</b>	<b>2384</b>	ASICSFRONTRUNNERPOLAND	M30	1	00:01:03	01:06:06	<b>02:08:19.80</b>	<b>02:09:22.80</b>		4:56	12.2 (100%)
2	<b>FARON Robert</b>	<b>2547</b>	SALCO GARMIN TEAM	M40	1	00:01:03	01:05:36	<b>02:09:51.20</b>	<b>02:10:55.00</b>	+00:01:31 (1.2%)	4:59	12 (98.4%)
3	<b>ZEBATKA Lary</b>	<b>2200</b>	WWW.LARYZEBATKA.COM	M30	2	00:01:04	01:07:38	<b>02:14:57.35</b>	<b>02:16:01.35</b>	+00:06:37 (4.9%)	5:11	11.6 (95.1%)
4	<b>KOŚCIELNIAK Kacper</b>	<b>2548</b>	SALCO GARMIN TEAM	M20	1	00:01:04	01:08:59	<b>02:17:35.60</b>	<b>02:18:40.00</b>	+00:09:15 (6.7%)	5:17	11.3 (92.6%)
5	<b>KAPAON Aleksander</b>	<b>2484</b>	CAZZO CLUB RUNNING TEAM	M20	2	00:01:04	01:08:58	<b>02:18:13.45</b>	<b>02:19:18.40</b>	+00:09:53 (7.2%)	5:18	11.3 (92.6%)
6	<b>KIPER Maciej</b>	<b>2105</b>	JAROSLAWSKI BIEGACZ	M40	2	00:01:03	01:07:55	<b>02:20:54.85</b>	<b>02:21:58.35</b>	+00:12:35 (8.9%)	5:25	11.1 (91.0%)
7	<b>MORAWA Mateusz</b>	<b>2555</b>	LACHO TEAM	M40	3	00:01:05	01:11:41	<b>02:21:53.80</b>	<b>02:22:59.10</b>	+00:13:34 (9.6%)	5:27	11 (90.2%)
8	<b>ZDANOWSKI Łukasz</b>	<b>2545</b>	ZDANOWSKITEAM	M30	3	00:01:04	01:09:24	<b>02:23:24.85</b>	<b>02:24:29.80</b>	+00:15:05 (10.5%)	5:30	10.9 (89.3%)
9	<b>BRZĄKAŁSKI Krzysiek</b>	<b>2490</b>	EAZYMUT.PL	M20	3	00:01:04	01:11:41	<b>02:25:01.55</b>	<b>02:26:06.50</b>	+00:16:41 (11.5%)	5:34	10.8 (88.5%)
10	<b>SIERADZKI Krzysztof</b>	<b>2216</b>	PRZEDWOJEWSKI MOUNTAIN TEAM	M30	4	00:01:04	01:13:03	<b>02:25:52.50</b>	<b>02:26:56.55</b>	+00:17:32 (12.0%)	5:36	10.7 (87.7%)
11	<b>TRACZ Łukasz</b>	<b>2400</b>	WWW.TRENINGFIZJOTERAPIA.PL	M30	5	00:17:24	01:14:36	<b>02:27:00.10</b>	<b>02:44:24.55</b>	+00:18:40 (12.7%)	5:39	10.6 (86.9%)
12	<b>KARAŚ Marcin</b>	<b>2486</b>	BUFF	M30	6	00:01:03	01:13:12	<b>02:27:26.90</b>	<b>02:28:30.20</b>	+00:19:07 (13.0%)	5:40	10.6 (86.9%)
13	<b>LIPA Piotr</b>	<b>2269</b>	OCR TEAM DĘBICA	M30	7	00:01:10	01:14:51	<b>02:27:29.00</b>	<b>02:28:39.25</b>	+00:19:09 (13.0%)	5:40	10.6 (86.9%)
14	<b>TRACZ Paulina</b>	<b>2402</b>	SALCOGARMINTEAM	K30	1	00:17:24	01:15:54	<b>02:29:05.10</b>	<b>02:46:29.75</b>	+00:20:45 (13.9%)	5:44	10.5 (86.1%)
15	<b>PAJĄK Bartłomiej</b>	<b>2263</b>	SMSKLIMA	M30	8	00:01:03	01:14:52	<b>02:31:14.15</b>	<b>02:32:17.30</b>	+00:22:54 (15.1%)	5:49	10.3 (84.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	P2_Roztoki 12km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
16	<b>KOCIOŁEK Witold</b>	<b>2259</b>	INŻYNIERIA BIEGANIA TEAM	M40	4	00:01:04	01:14:07	<b>02:32:05.40</b>	<b>02:33:09.95</b>	+00:23:45 (15.6%)	5:50	10.3 (84.4%)
17	<b>WETHACZ Dariusz</b>	<b>2477</b>	LOKOMOTIV MAJDAN	M30	9	00:24:49	01:20:52	<b>02:35:25.65</b>	<b>03:00:15.50</b>	+00:27:05 (17.4%)	5:58	10 (82.0%)
18	<b>OBSTÓJ Karolina</b>	<b>2351</b>	MUAY RUNNING TEAM	K30	2	00:01:03	01:16:30	<b>02:35:31.40</b>	<b>02:36:34.50</b>	+00:27:11 (17.5%)	5:58	10 (82.0%)
19	<b>DYŚ Paweł</b>	<b>2318</b>	STAY INSANE	M30	10	00:17:24	01:15:51	<b>02:36:30.10</b>	<b>02:53:55.05</b>	+00:28:10 (18.0%)	6:01	10 (82.0%)
20	<b>KAPAON Andrzej</b>	<b>2145</b>	CAZZO CLUB RUNNING TEAM	M20	4	00:01:04	01:17:52	<b>02:38:23.45</b>	<b>02:39:28.15</b>	+00:30:03 (19.0%)	6:05	9.8 (80.3%)
21	<b>KWIATKOWSKI Michael</b>	<b>2488</b>	FLEXISTAVTEAM	M30	11	00:01:03	01:20:24	<b>02:41:28.55</b>	<b>02:42:32.05</b>	+00:33:08 (20.5%)	6:12	9.7 (79.5%)
22	<b>WĘGLIŃSKI Mikołaj</b>	<b>2223</b>		M30	12	00:17:36	01:18:08	<b>02:41:35.60</b>	<b>02:59:11.85</b>	+00:33:15 (20.6%)	6:12	9.7 (79.5%)
23	<b>MAZAN Beata</b>	<b>2023</b>	FINISZ RYMANÓW	K30	3	00:01:03	01:17:52	<b>02:41:56.50</b>	<b>02:43:00.20</b>	+00:33:36 (20.8%)	6:13	9.6 (78.7%)
24	<b>POPIEL Andrzej</b>	<b>2489</b>	#FLEXISTAVTEAM	M30	13	00:01:04	01:20:43	<b>02:42:36.70</b>	<b>02:43:41.55</b>	+00:34:16 (21.1%)	6:15	9.6 (78.7%)
25	<b>PORADA Kacper</b>	<b>2440</b>		M20	5	00:01:04	01:16:37	<b>02:43:27.90</b>	<b>02:44:32.30</b>	+00:35:08 (21.5%)	6:17	9.5 (77.9%)
26	<b>HALSKA Ania</b>	<b>2235</b>	ENDURE TEAM	K30	4	00:17:26	01:21:22	<b>02:43:29.25</b>	<b>03:00:55.70</b>	+00:35:09 (21.5%)	6:17	9.5 (77.9%)
27	<b>THIER Dominik</b>	<b>2423</b>	KS KANDAHAR / TATRACAMP	M40	5	00:01:03	01:20:05	<b>02:45:10.15</b>	<b>02:46:13.70</b>	+00:36:50 (22.3%)	6:21	9.4 (77.0%)
28	<b>MISZTAL Kamil</b>	<b>2424</b>		M30	14	00:01:08	01:25:17	<b>02:45:15.65</b>	<b>02:46:23.65</b>	+00:36:55 (22.3%)	6:21	9.4 (77.0%)
29	<b>KORGUL Marcin</b>	<b>2228</b>	LUBELSKIBIEGACZ.PL TEAM	M30	15	00:01:03	01:19:18	<b>02:45:27.70</b>	<b>02:46:31.45</b>	+00:37:07 (22.4%)	6:21	9.4 (77.0%)
30	<b>CYPRYAŃSKI Piotr</b>	<b>2218</b>	RUN FOLLOW ME	M30	16	00:17:25	01:23:53	<b>02:46:23.90</b>	<b>03:03:49.75</b>	+00:38:04 (22.9%)	6:23	9.4 (77.0%)
31	<b>KAPAON Łazarz</b>	<b>2170</b>	CAZZO CLUB RUNNING TEAM	M20	6	00:01:03	01:18:36	<b>02:46:24.60</b>	<b>02:47:28.50</b>	+00:38:04 (22.9%)	6:24	9.4 (77.0%)
32	<b>TATARA Mateusz</b>	<b>2438</b>	RUN-G	M30	17	00:17:27	01:22:35	<b>02:48:19.75</b>	<b>03:05:46.95</b>	+00:39:59 (23.8%)	6:28	9.3 (76.2%)
33	<b>HEJNAR Jakub</b>	<b>2123</b>		M30	18	00:21:32	01:23:54	<b>02:49:02.40</b>	<b>03:10:35.35</b>	+00:40:42 (24.1%)	6:30	9.2 (75.4%)
34	<b>RACZYŃSKI Rafał</b>	<b>2417</b>		M30	19	00:01:04	01:21:56	<b>02:49:32.30</b>	<b>02:50:36.40</b>	+00:41:12 (24.3%)	6:31	9.2 (75.4%)
35	<b>WETHACZ Mariusz</b>	<b>2494</b>	POD BRZÓZKĄ CISNA	M30	20	00:24:49	01:27:02	<b>02:49:49.00</b>	<b>03:14:38.55</b>	+00:41:29 (24.4%)	6:31	9.2 (75.4%)
36	<b>GAŁKA Piotr</b>	<b>2219</b>	CAZZO CLUB RUNNING TEAM	M30	21	00:01:04	01:25:17	<b>02:50:46.25</b>	<b>02:51:50.45</b>	+00:42:26 (24.9%)	6:34	9.1 (74.6%)
37	<b>ZUBA Adam</b>	<b>2466</b>		M30	22	00:17:34	01:28:59	<b>02:52:36.50</b>	<b>03:10:11.10</b>	+00:44:16 (25.7%)	6:38	9 (73.8%)
38	<b>MACIEJEWSKI Daniel</b>	<b>2372</b>	PRZEDWOJEWSKI MOUNTAIN TEAM	M30	23	00:17:25	01:25:39	<b>02:52:59.45</b>	<b>03:10:25.30</b>	+00:44:39 (25.8%)	6:39	9 (73.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	P2_Roztoki 12km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
39	<b>FETISOVA Ekaterina</b>	<b>2288</b>	ADIDAS RUNNERS	K30	5	00:02:20	01:27:17	<b>02:53:50.90</b>	<b>02:56:11.45</b>	+00:45:31 (26.2%)	6:41	9 (73.8%)
40	<b>SMYKA Michał</b>	<b>2122</b>		M20	7	00:17:29	01:29:38	<b>02:54:23.65</b>	<b>03:11:53.50</b>	+00:46:03 (26.4%)	6:42	8.9 (73.0%)
41	<b>DĄBROWSKI Michał</b>	<b>2240</b>	CINCLUS	M50	1	00:01:37	01:28:23	<b>02:55:12.75</b>	<b>02:56:50.20</b>	+00:46:52 (26.8%)	6:44	8.9 (73.0%)
42	<b>MAJEWSKI Andrzej</b>	<b>2371</b>	KRONOSPAN STRZELCE OPOLSKIE	M30	24	00:01:31	01:28:07	<b>02:56:14.75</b>	<b>02:57:46.00</b>	+00:47:54 (27.2%)	6:46	8.9 (73.0%)
43	<b>GADOMSKI Radosław</b>	<b>2031</b>	ŻÓRAWSKI TEAM	M30	25	00:01:33	01:26:16	<b>02:56:29.60</b>	<b>02:58:03.05</b>	+00:48:09 (27.3%)	6:47	8.8 (72.1%)
44	<b>SABEŁ Łukasz</b>	<b>2368</b>	KRAŚNIK BIEGA	M40	6	00:01:14	01:29:08	<b>02:57:13.95</b>	<b>02:58:28.55</b>	+00:48:54 (27.6%)	6:48	8.8 (72.1%)
45	<b>MALECKA-LEŃ Patrycja</b>	<b>2356</b>	BIEGAMBOLUBIĘ/ STAJNIA BALONA	K30	6	00:17:25	01:29:42	<b>02:57:32.50</b>	<b>03:14:57.75</b>	+00:49:12 (27.7%)	6:49	8.8 (72.1%)
46	<b>ZIELIŃSKI Piotr</b>	<b>2030</b>		M20	8	00:01:10	01:28:38	<b>02:57:34.95</b>	<b>02:58:45.80</b>	+00:49:15 (27.7%)	6:49	8.8 (72.1%)
47	<b>BARAN Bernard</b>	<b>2293</b>	OCR TEAM DĘBICA	M40	7	00:01:08	01:27:32	<b>02:58:43.95</b>	<b>02:59:52.25</b>	+00:50:24 (28.2%)	6:52	8.7 (71.3%)
48	<b>STARZYK Sebastian</b>	<b>2277</b>	OCR TEAM DĘBICA	M30	26	00:01:10	01:27:46	<b>02:59:02.15</b>	<b>03:00:12.30</b>	+00:50:42 (28.3%)	6:53	8.7 (71.3%)
49	<b>PISAREWICZ Karol</b>	<b>2014</b>		M30	27	00:01:32	01:30:33	<b>02:59:14.70</b>	<b>03:00:47.05</b>	+00:50:54 (28.4%)	6:53	8.7 (71.3%)
50	<b>NOWICKI Łukasz</b>	<b>2459</b>	SUNMAKE	M40	8	00:17:31	01:28:40	<b>03:00:20.35</b>	<b>03:17:51.70</b>	+00:52:00 (28.8%)	6:56	8.7 (71.3%)
51	<b>ZAJĄC Grzegorz</b>	<b>2104</b>	LW BOGDANKA	M40	9	00:00:00	01:32:14	<b>03:00:39.70</b>	<b>03:00:39.70</b>	+00:52:19 (29.0%)	6:56	8.6 (70.5%)
52	<b>MATUSZEWSKI Arkadiusz</b>	<b>2236</b>		M40	10	00:01:06	01:32:37	<b>03:02:23.65</b>	<b>03:03:29.80</b>	+00:54:03 (29.6%)	7:00	8.6 (70.5%)
53	<b>MIROSZEWSKI Bogdan</b>	<b>2312</b>	ESKADRA KRAKÓW	M60	1	00:17:44	01:33:36	<b>03:02:39.10</b>	<b>03:20:23.30</b>	+00:54:19 (29.7%)	7:01	8.5 (69.7%)
54	<b>RYBARCZYK Kamil</b>	<b>2435</b>		M30	28	00:01:05	01:32:55	<b>03:02:41.50</b>	<b>03:03:46.75</b>	+00:54:21 (29.8%)	7:01	8.5 (69.7%)
55	<b>WOLAK Rafał</b>	<b>2433</b>		M30	29	00:01:09	01:34:11	<b>03:02:47.20</b>	<b>03:03:57.10</b>	+00:54:27 (29.8%)	7:01	8.5 (69.7%)
56	<b>ZIOBROWSKI Łukasz</b>	<b>2135</b>	SZTUKA RUCHU	M40	11	00:17:25	01:34:14	<b>03:02:48.10</b>	<b>03:20:13.95</b>	+00:54:28 (29.8%)	7:01	8.5 (69.7%)
57	<b>KLYSZCZ Michał</b>	<b>2264</b>	IZBICKO W BIEGU	M20	9	00:01:19	01:29:50	<b>03:03:09.90</b>	<b>03:04:29.55</b>	+00:54:50 (29.9%)	7:02	8.5 (69.7%)
58	<b>PIASECZNY Marcin</b>	<b>2436</b>	RUN-G	M40	12	00:17:27	01:31:04	<b>03:04:10.95</b>	<b>03:21:38.80</b>	+00:55:51 (30.3%)	7:05	8.5 (69.7%)
59	<b>KRAWCZYK Michał</b>	<b>2327</b>	ARW	M30	30	00:17:38	01:35:30	<b>03:04:37.25</b>	<b>03:22:15.65</b>	+00:56:17 (30.5%)	7:06	8.4 (68.9%)
60	<b>GROCHAL Marcin</b>	<b>2158</b>	PORANNY PAW	M40	13	00:17:32	01:34:12	<b>03:04:42.40</b>	<b>03:22:14.45</b>	+00:56:22 (30.5%)	7:06	8.4 (68.9%)
61	<b>FIGLEWICZ Piotr</b>	<b>2412</b>		M30	31	00:01:09	01:33:35	<b>03:05:21.30</b>	<b>03:06:30.50</b>	+00:57:01 (30.8%)	7:07	8.4 (68.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	P2_Roztoki 12km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
62	<b>KWIECIEŃ Paweł</b>	<b>2143</b>		M30	32	00:01:11	01:33:27	<b>03:05:46.75</b>	<b>03:06:58.10</b>	+00:57:26 (30.9%)	7:08	8.4 (68.9%)
63	<b>TRZCIONKOWSKI Mariusz</b>	<b>2373</b>	OSV TEAM OLKUSZ	M40	14	00:17:27	01:29:35	<b>03:05:57.65</b>	<b>03:23:24.85</b>	+00:57:37 (31.0%)	7:09	8.4 (68.9%)
64	<b>MIELNICZUK Mirosław</b>	<b>2242</b>	BRAK	M40	15	00:01:07	01:31:40	<b>03:06:29.40</b>	<b>03:07:36.55</b>	+00:58:09 (31.2%)	7:10	8.4 (68.9%)
65	<b>GRACZYK Karolina</b>	<b>2203</b>		K30	7	00:17:33	01:35:01	<b>03:07:24.50</b>	<b>03:24:57.70</b>	+00:59:04 (31.5%)	7:12	8.3 (68.0%)
66	<b>SZYBIAK Joanna</b>	<b>2059</b>	AGONA W&M	K40	1	00:01:08	01:34:44	<b>03:09:48.65</b>	<b>03:10:56.95</b>	+01:01:28 (32.4%)	7:18	8.2 (67.2%)
67	<b>SALDANA Cristian</b>	<b>2275</b>		M20	10	00:17:39	01:30:55	<b>03:09:49.55</b>	<b>03:27:29.25</b>	+01:01:29 (32.4%)	7:18	8.2 (67.2%)
68	<b>MACHTAŁOWICZ Szymon</b>	<b>2037</b>		M30	33	00:01:11	01:34:55	<b>03:11:15.20</b>	<b>03:12:26.55</b>	+01:02:55 (32.9%)	7:21	8.2 (67.2%)
69	<b>MATERSKA Marta</b>	<b>2434</b>	ADIDAS RUNNERS WARSAW	K30	8	00:17:38	01:35:31	<b>03:11:42.30</b>	<b>03:29:20.70</b>	+01:03:22 (33.1%)	7:22	8.1 (66.4%)
70	<b>RAK Wojciech</b>	<b>2474</b>	SII RUNNING TEAM	M30	34	00:17:28	01:36:22	<b>03:12:50.20</b>	<b>03:30:18.55</b>	+01:04:30 (33.5%)	7:25	8.1 (66.4%)
71	<b>WALESIAK Wojciech</b>	<b>2485</b>	REMBERTÓW TEAM	M30	35	00:01:43	01:37:35	<b>03:12:58.95</b>	<b>03:14:42.10</b>	+01:04:39 (33.5%)	7:25	8.1 (66.4%)
72	<b>MUCHA Łukasz</b>	<b>2063</b>	DUSZPASTERSTWO AKADEMICKIE RADOM	M20	11	00:17:30	01:33:25	<b>03:13:19.05</b>	<b>03:30:49.50</b>	+01:04:59 (33.6%)	7:26	8.1 (66.4%)
73	<b>KOLASIŃSKI Kamil</b>	<b>2355</b>	SMSKLIMA	M30	36	00:01:11	01:35:19	<b>03:13:58.40</b>	<b>03:15:09.45</b>	+01:05:38 (33.8%)	7:27	8 (65.6%)
74	<b>KRAWCZYK Mateusz</b>	<b>2137</b>	MARCUS TEAM	M30	37	00:01:27	01:35:55	<b>03:14:14.15</b>	<b>03:15:41.85</b>	+01:05:54 (33.9%)	7:28	8 (65.6%)
75	<b>PIOTROWSKI Przemysław</b>	<b>2191</b>	NOWA HUTA TEAM	M30	38	00:17:43	01:38:44	<b>03:14:16.15</b>	<b>03:31:59.20</b>	+01:05:56 (33.9%)	7:28	8 (65.6%)
76	<b>STACH Paweł</b>	<b>2055</b>	SIWEJKA	M50	2	00:17:33	01:34:27	<b>03:14:23.20</b>	<b>03:31:56.30</b>	+01:06:03 (34.0%)	7:28	8 (65.6%)
77	<b>ŁĄCZNY Marcin</b>	<b>2375</b>		M30	39	00:01:44	01:35:42	<b>03:15:50.40</b>	<b>03:17:35.20</b>	+01:07:30 (34.5%)	7:31	8 (65.6%)
78	<b>LEWANDOWSKI Janusz</b>	<b>2496</b>	BIEGAM DLA KUBUSIA HANI I ANI	M30	40	00:01:15	01:36:08	<b>03:16:08.90</b>	<b>03:17:23.95</b>	+01:07:49 (34.6%)	7:32	8 (65.6%)
79	<b>STANISZEWSKI Marcin</b>	<b>2267</b>	MOVE FACTORY	M40	16	00:28:26	01:38:20	<b>03:16:41.85</b>	<b>03:45:08.30</b>	+01:08:22 (34.8%)	7:33	7.9 (64.8%)
80	<b>ZWOLIŃSKI Mariusz</b>	<b>2410</b>		M40	17	00:01:17	01:41:59	<b>03:17:08.10</b>	<b>03:18:25.25</b>	+01:08:48 (34.9%)	7:34	7.9 (64.8%)
81	<b>WILK Paweł</b>	<b>2376</b>		M40	18	00:01:05	01:39:58	<b>03:17:14.10</b>	<b>03:18:19.75</b>	+01:08:54 (34.9%)	7:35	7.9 (64.8%)
82	<b>OCIEPKA Sebastian</b>	<b>2468</b>	LATAJACY CYRK	M40	19	00:21:10	01:35:53	<b>03:17:25.75</b>	<b>03:38:35.75</b>	+01:09:05 (35.0%)	7:35	7.9 (64.8%)
83	<b>SZPAK Damian</b>	<b>2273</b>	TEAM DAMEK	M50	3	00:17:32	01:41:58	<b>03:17:36.55</b>	<b>03:35:08.60</b>	+01:09:16 (35.1%)	7:36	7.9 (64.8%)
84	<b>WIĄCKIEWICZ Piotr</b>	<b>2252</b>	DZIK KOMANDO	M30	41	00:01:13	01:35:18	<b>03:17:40.25</b>	<b>03:18:53.75</b>	+01:09:20 (35.1%)	7:36	7.9 (64.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	P2_Roztoki 12km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
85	<b>TWARDOCHLEB Marcin</b>	<b>2028</b>		M40	20	00:17:29	01:37:27	<b>03:17:41.80</b>	<b>03:35:11.75</b>	+01:09:22 (35.1%)	7:36	7.9 (64.8%)
86	<b>LUBECKI Bartłomiej</b>	<b>2404</b>		M30	42	00:17:40	01:39:22	<b>03:17:45.45</b>	<b>03:35:26.10</b>	+01:09:25 (35.1%)	7:36	7.9 (64.8%)
87	<b>CIEŚLA Krzysztof</b>	<b>2305</b>		M30	43	00:17:41	01:39:12	<b>03:17:50.60</b>	<b>03:35:31.95</b>	+01:09:30 (35.1%)	7:36	7.9 (64.8%)
88	<b>JURECZKO Agnieszka</b>	<b>2285</b>	DZIK KOMANDO	K30	9	00:01:12	01:36:35	<b>03:17:55.55</b>	<b>03:19:07.55</b>	+01:09:35 (35.2%)	7:36	7.9 (64.8%)
89	<b>ŚLIWIŃSKI Andrzej</b>	<b>2353</b>		M60	2	00:17:26	01:41:22	<b>03:18:55.95</b>	<b>03:36:22.40</b>	+01:10:36 (35.5%)	7:39	7.8 (63.9%)
90	<b>LEWANDOWSKI Przemek</b>	<b>2425</b>	TALENT42	M30	44	00:01:06	01:39:24	<b>03:19:29.45</b>	<b>03:20:36.25</b>	+01:11:09 (35.7%)	7:40	7.8 (63.9%)
91	<b>KIJAŃSKA BEDNARZ Marta</b>	<b>2415</b>		K40	2	00:17:38	01:39:59	<b>03:19:47.70</b>	<b>03:37:26.60</b>	+01:11:27 (35.8%)	7:41	7.8 (63.9%)
92	<b>IZDEBSKI Mariusz</b>	<b>2279</b>	OSV TEAM	M50	4	00:17:27	01:38:04	<b>03:19:56.50</b>	<b>03:37:24.35</b>	+01:11:36 (35.8%)	7:41	7.8 (63.9%)
93	<b>GRUDNIEWSKI Tomasz</b>	<b>2043</b>		M40	21	00:17:33	01:39:00	<b>03:20:24.65</b>	<b>03:37:58.30</b>	+01:12:04 (36.0%)	7:42	7.8 (63.9%)
94	<b>KOŁODZIEJCZYK Krzysztof</b>	<b>2003</b>	WATAHA	M40	22	00:17:32	01:39:59	<b>03:21:57.05</b>	<b>03:39:29.10</b>	+01:13:37 (36.5%)	7:46	7.7 (63.1%)
95	<b>CYBA Anna</b>	<b>2427</b>	LATAJĄCY CYRK	K30	10	00:21:08	01:36:49	<b>03:22:15.65</b>	<b>03:43:24.00</b>	+01:13:55 (36.6%)	7:46	7.7 (63.1%)
96	<b>HENSZKE Waldemar</b>	<b>2405</b>		M30	45	00:17:35	01:39:37	<b>03:23:06.55</b>	<b>03:40:41.90</b>	+01:14:46 (36.8%)	7:48	7.7 (63.1%)
97	<b>KRUPA Grzegorz</b>	<b>2558</b>	KB SOBÓTKA	M40	23	00:01:10	01:41:39	<b>03:23:44.00</b>	<b>03:24:54.35</b>	+01:15:24 (37.0%)	7:50	7.7 (63.1%)
98	<b>ŁUSZCZYC Anna</b>	<b>2359</b>		K30	11	00:01:19	01:43:12	<b>03:23:48.60</b>	<b>03:25:07.75</b>	+01:15:28 (37.0%)	7:50	7.7 (63.1%)
99	<b>JAKUBOWSKI Łukasz</b>	<b>2395</b>		M20	12	00:01:10	01:39:39	<b>03:24:19.75</b>	<b>03:25:30.20</b>	+01:15:59 (37.2%)	7:51	7.6 (62.3%)
100	<b>ZABOROWSKA Renata</b>	<b>2243</b>	BIEGUSIEM.PL	K40	3	00:01:07	01:41:39	<b>03:24:26.95</b>	<b>03:25:34.80</b>	+01:16:07 (37.2%)	7:51	7.6 (62.3%)
101	<b>CHOJNACKI Mikołaj</b>	<b>2546</b>	WARSAW RUN CLUB	M40	24	00:17:34	01:42:04	<b>03:25:07.55</b>	<b>03:42:41.70</b>	+01:16:47 (37.4%)	7:53	7.6 (62.3%)
102	<b>WALENDA Mateusz</b>	<b>2344</b>	KS KANAŁEK	M30	46	00:17:26	01:45:23	<b>03:25:27.90</b>	<b>03:42:54.20</b>	+01:17:08 (37.5%)	7:54	7.6 (62.3%)
103	<b>ZAWADZKI Grzegorz</b>	<b>2454</b>	KLUB SPORTOWY PRESTIGE	M30	47	00:17:29	01:39:07	<b>03:25:35.75</b>	<b>03:43:05.35</b>	+01:17:15 (37.6%)	7:54	7.6 (62.3%)
104	<b>WILK Mariusz</b>	<b>2315</b>	STOWARZYSZENIE BIEGIEM RADOM	M40	25	00:17:32	01:37:38	<b>03:25:49.75</b>	<b>03:43:21.75</b>	+01:17:29 (37.7%)	7:54	7.6 (62.3%)
105	<b>SZYMANIAK Jakub</b>	<b>2502</b>		M20	13	00:01:25	01:37:43	<b>03:26:10.70</b>	<b>03:27:35.85</b>	+01:17:50 (37.8%)	7:55	7.6 (62.3%)
106	<b>BOGDAŁ Mikołaj</b>	<b>2407</b>		M30	48	00:01:09	01:38:20	<b>03:26:17.05</b>	<b>03:27:26.75</b>	+01:17:57 (37.8%)	7:56	7.6 (62.3%)
107	<b>BANCERZ Grzegorz</b>	<b>2420</b>		M40	26	00:01:14	01:41:25	<b>03:27:00.75</b>	<b>03:28:14.75</b>	+01:18:40 (38.0%)	7:57	7.5 (61.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	P2_Roztoki 12km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
108	<b>BORYCKI Artur</b>	<b>2162</b>	TGR	M40	27	00:17:26	01:41:43	<b>03:27:10.35</b>	<b>03:44:37.25</b>	+01:18:50 (38.1%)	7:58	7.5 (61.5%)
109	<b>KRUPA Roman</b>	<b>2187</b>		M30	49	00:01:09	01:47:21	<b>03:27:18.80</b>	<b>03:28:28.65</b>	+01:18:59 (38.1%)	7:58	7.5 (61.5%)
110	<b>WALUS Bartłomiej</b>	<b>2473</b>	AKTYWNY DYNÓW (WUŚKI)	M30	50	00:17:36	01:48:56	<b>03:27:20.00</b>	<b>03:44:56.40</b>	+01:19:00 (38.1%)	7:58	7.5 (61.5%)
111	<b>KOZIOŁ Dariusz</b>	<b>2231</b>		M30	51	00:01:06	01:38:52	<b>03:27:20.40</b>	<b>03:28:26.45</b>	+01:19:00 (38.1%)	7:58	7.5 (61.5%)
112	<b>WALUS Patrycja</b>	<b>2338</b>	AKTYWNY DYNÓW	K20	1	00:17:35	01:48:57	<b>03:27:20.60</b>	<b>03:44:56.25</b>	+01:19:00 (38.1%)	7:58	7.5 (61.5%)
113	<b>GIERZ Bartłomiej</b>	<b>2387</b>		M30	52	00:01:04	01:37:38	<b>03:28:02.85</b>	<b>03:29:06.85</b>	+01:19:43 (38.3%)	8:00	7.5 (61.5%)
114	<b>KORNOBIS Monika</b>	<b>2386</b>	GO APTIV!	K20	2	00:01:03	01:37:41	<b>03:28:03.75</b>	<b>03:29:07.05</b>	+01:19:43 (38.3%)	8:00	7.5 (61.5%)
115	<b>GRYCZKA Andrzej</b>	<b>2004</b>	DKB	M30	53	00:01:28	01:45:48	<b>03:29:10.35</b>	<b>03:30:38.70</b>	+01:20:50 (38.6%)	8:02	7.5 (61.5%)
116	<b>STOPYRA Urszula</b>	<b>2210</b>		K20	3	00:01:05	01:42:05	<b>03:29:46.80</b>	<b>03:30:52.35</b>	+01:21:27 (38.8%)	8:04	7.4 (60.7%)
117	<b>GAŁUSZKA Tomasz</b>	<b>2132</b>	SKITUROWE BIESZCZADY	M40	28	00:01:06	01:34:07	<b>03:29:51.80</b>	<b>03:30:58.25</b>	+01:21:32 (38.9%)	8:04	7.4 (60.7%)
118	<b>KANTOREK Piotr</b>	<b>2147</b>		M40	29	00:17:37	01:49:29	<b>03:29:55.40</b>	<b>03:47:32.40</b>	+01:21:35 (38.9%)	8:04	7.4 (60.7%)
119	<b>PERLIŃSKI Mirosław</b>	<b>2289</b>	ASSECO ACTIVE TEAM	M40	30	00:01:12	01:46:15	<b>03:30:04.75</b>	<b>03:31:16.90</b>	+01:21:44 (38.9%)	8:04	7.4 (60.7%)
120	<b>TOMCZYK Grzegorz</b>	<b>2549</b>	PALARNIA KAWY GREGORIO	M30	54	00:17:43	01:45:03	<b>03:30:50.20</b>	<b>03:48:33.25</b>	+01:22:30 (39.1%)	8:06	7.4 (60.7%)
121	<b>WOJCIECHOWSKI Marcin</b>	<b>2079</b>		M50	5	00:01:08	01:39:44	<b>03:31:01.25</b>	<b>03:32:09.25</b>	+01:22:41 (39.2%)	8:06	7.4 (60.7%)
122	<b>KOTLIŃSKI Łukasz</b>	<b>2149</b>		M30	55	00:17:33	01:40:01	<b>03:31:03.90</b>	<b>03:48:37.25</b>	+01:22:44 (39.2%)	8:07	7.4 (60.7%)
123	<b>SOBCZYŃSKI Paweł</b>	<b>2111</b>	PEES	M40	31	00:17:29	01:44:34	<b>03:31:57.75</b>	<b>03:49:27.25</b>	+01:23:37 (39.5%)	8:09	7.4 (60.7%)
124	<b>SCHECHTEL Marek</b>	<b>2343</b>	KS ESKADRA KRAKÓW	M50	6	00:17:44	01:46:14	<b>03:32:18.70</b>	<b>03:50:02.90</b>	+01:23:58 (39.6%)	8:09	7.3 (59.8%)
125	<b>KOWALIK Piotr</b>	<b>2419</b>		M30	56	00:01:14	01:41:40	<b>03:32:22.75</b>	<b>03:33:36.95</b>	+01:24:02 (39.6%)	8:10	7.3 (59.8%)
126	<b>PIECUCH Michał</b>	<b>2394</b>		M30	57	00:17:30	01:43:37	<b>03:32:45.45</b>	<b>03:50:15.65</b>	+01:24:25 (39.7%)	8:10	7.3 (59.8%)
127	<b>DRAŻEK Sławomir</b>	<b>2287</b>		M40	32	00:17:25	01:34:21	<b>03:32:53.50</b>	<b>03:50:18.85</b>	+01:24:33 (39.7%)	8:11	7.3 (59.8%)
128	<b>BIGAS Grzegorz</b>	<b>2083</b>		M30	58	00:01:18	01:41:58	<b>03:33:59.60</b>	<b>03:35:18.20</b>	+01:25:39 (40.0%)	8:13	7.3 (59.8%)
129	<b>CIEŚLICKI Mateusz</b>	<b>2396</b>		M30	59	00:17:51	01:47:35	<b>03:34:00.90</b>	<b>03:51:51.95</b>	+01:25:41 (40.0%)	8:13	7.3 (59.8%)
130	<b>SOCHA Jan</b>	<b>2253</b>		M60	3	00:01:19	01:46:40	<b>03:34:44.70</b>	<b>03:36:04.40</b>	+01:26:24 (40.2%)	8:15	7.3 (59.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	P2_Roztoki 12km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
131	KARWOWSKI Maciej	2056		M40	33	00:01:16	01:38:48	03:35:08.25	03:36:24.30	+01:26:48 (40.3%)	8:16	7.3 (59.8%)
132	MCGUIRE Conall	2464		M40	34	00:01:06	01:44:25	03:35:24.50	03:36:30.55	+01:27:04 (40.4%)	8:17	7.2 (59.0%)
133	WARAKSA Tomasz	2119	VEGE RUNNERS	M30	60	00:17:42	01:49:04	03:35:43.10	03:53:25.60	+01:27:23 (40.5%)	8:17	7.2 (59.0%)
134	OWSKA Justyna	2426	DELOITTE ADVENTURE TEAM	K20	4	00:01:06	01:42:52	03:35:58.85	03:37:05.40	+01:27:39 (40.6%)	8:18	7.2 (59.0%)
135	ŁYKO Marcin	2462		M30	61	00:01:10	01:47:18	03:36:08.75	03:37:19.65	+01:27:48 (40.6%)	8:18	7.2 (59.0%)
136	ROSŁON Piotr	2146		M40	35	00:01:24	01:42:18	03:36:10.00	03:37:34.80	+01:27:50 (40.6%)	8:18	7.2 (59.0%)
137	FALKOWSKI Piotr	2557	KS PEGAZ PIASECZNO	M50	7	00:01:41	01:50:32	03:36:43.10	03:38:25.05	+01:28:23 (40.8%)	8:20	7.2 (59.0%)
138	WIERNASZ Grzegorz	2501	KARCHER KROSNO SUCHODÓŁ	M40	36	00:01:06	01:46:50	03:36:55.65	03:38:01.65	+01:28:35 (40.8%)	8:20	7.2 (59.0%)
139	LASZCZYK Anna	2319		K30	12	00:17:30	01:47:27	03:37:03.90	03:54:34.05	+01:28:44 (40.9%)	8:20	7.2 (59.0%)
140	ADAMCZAK Michał	2476	BIEGAJ BEZ KOŃCA	M30	62	00:17:30	01:51:53	03:38:18.10	03:55:48.60	+01:29:58 (41.2%)	8:23	7.1 (58.2%)
141	RUCIŃSKI Adam	2408		M40	37	00:17:36	01:49:02	03:38:35.95	03:56:12.20	+01:30:16 (41.3%)	8:24	7.1 (58.2%)
142	LOKAJEWSKA Justyna	2301	ESKADRA KRAKÓW	K40	4	00:01:11	01:50:00	03:39:01.90	03:40:13.40	+01:30:42 (41.4%)	8:25	7.1 (58.2%)
143	STAŃCZUK Leszek	2268	YULO RUN TEAM SIEDLCE	M50	8	00:01:16	01:53:47	03:39:59.10	03:41:15.55	+01:31:39 (41.7%)	8:27	7.1 (58.2%)
144	GREGA Władysław	2367	PIJEBIMBERNONSTOP	M20	14	00:17:40	01:51:42	03:40:42.90	03:58:23.85	+01:32:23 (41.9%)	8:29	7.1 (58.2%)
145	WIŚNIEWSKA Dorota	2249	BBL ZDUŃSKA WOLA	K40	5	00:01:10	01:48:01	03:40:56.45	03:42:06.90	+01:32:36 (41.9%)	8:29	7.1 (58.2%)
146	CHMIELOWSKI Tomasz	2365		M20	15	00:17:44	01:35:17	03:41:00.60	03:58:44.65	+01:32:40 (41.9%)	8:30	7.1 (58.2%)
147	BLADY Bogdan	2458		M50	9	00:17:34	01:44:23	03:41:06.55	03:58:40.55	+01:32:46 (42.0%)	8:30	7.1 (58.2%)
148	GORNIAK Malgorzata	2134		K30	13	00:21:08	01:49:19	03:41:08.30	04:02:17.10	+01:32:48 (42.0%)	8:30	7.1 (58.2%)
149	GUZ Marcin	2069		M40	38	00:17:36	01:48:50	03:41:31.20	03:59:07.35	+01:33:11 (42.1%)	8:31	7 (57.4%)
150	KUC Adam	2309	THE STRYCHERS	M40	39	00:17:34	01:49:41	03:41:52.85	03:59:26.95	+01:33:33 (42.2%)	8:32	7 (57.4%)
151	PAKIEŁA Alicja	2553	417	K20	5	00:17:35	01:53:59	03:43:42.70	04:01:18.10	+01:35:22 (42.6%)	8:36	7 (57.4%)
152	NOWAKOWSKI Dariusz	2009		M30	63	00:17:37	01:47:46	03:44:03.70	04:01:41.00	+01:35:43 (42.7%)	8:37	7 (57.4%)
153	ORZECHOWSKI Marek	2390	TAK LUBIĘ SANDOMIERZ	M50	10	00:17:30	01:52:48	03:44:10.50	04:01:40.55	+01:35:50 (42.8%)	8:37	7 (57.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	P2_Roztoki 12km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
154	<b>DAMIĘCKA Katarzyna</b>	<b>2497</b>		K30	14	00:00:00	01:51:35	<b>03:44:23.60</b>	<b>03:44:23.60</b>	+01:36:03 (42.8%)	8:37	7 (57.4%)
155	<b>ŻMIJEWSKA Dominika</b>	<b>2008</b>	KLUB BIEGOWY TSK ORZEŁ OSIEK	K30	15	00:17:28	01:45:21	<b>03:44:24.75</b>	<b>04:01:53.25</b>	+01:36:04 (42.8%)	8:37	7 (57.4%)
156	<b>SZCZEPKOWSKA Marta</b>	<b>2475</b>		K30	16	00:01:20	01:50:35	<b>03:44:57.75</b>	<b>03:46:17.95</b>	+01:36:37 (43.0%)	8:39	6.9 (56.6%)
157	<b>SKUBISZ Aleksandra</b>	<b>2227</b>	AKTYWNY DYNÓW	K20	6	00:17:36	01:52:09	<b>03:45:14.25</b>	<b>04:02:50.40</b>	+01:36:54 (43.0%)	8:39	6.9 (56.6%)
158	<b>SOSZYŃSKA Katarzyna</b>	<b>2214</b>		K40	6	00:01:20	01:53:00	<b>03:45:34.45</b>	<b>03:46:55.40</b>	+01:37:14 (43.1%)	8:40	6.9 (56.6%)
159	<b>BACZA Agnieszka</b>	<b>2377</b>	ŁĘCZNA BIEGA	K30	17	00:01:46	01:53:01	<b>03:45:57.60</b>	<b>03:47:43.90</b>	+01:37:37 (43.2%)	8:41	6.9 (56.6%)
160	<b>MURAK Robert</b>	<b>2378</b>	LW BOGDANKA	M40	40	00:01:45	01:53:02	<b>03:46:00.40</b>	<b>03:47:46.15</b>	+01:37:40 (43.2%)	8:41	6.9 (56.6%)
161	<b>ŁUSZCZYNA Agata</b>	<b>2366</b>	GMINA STRZELCE OPOLSKIE	K40	7	00:01:31	01:50:34	<b>03:46:04.05</b>	<b>03:47:35.20</b>	+01:37:44 (43.2%)	8:41	6.9 (56.6%)
162	<b>WÓJCIK Kamila</b>	<b>2556</b>	LACHO TEAM	K40	8	00:01:11	01:52:41	<b>03:46:52.25</b>	<b>03:48:03.90</b>	+01:38:32 (43.4%)	8:43	6.9 (56.6%)
163	<b>ZAJĄC Marzena</b>	<b>2352</b>		K40	9	00:01:21	01:51:37	<b>03:46:52.95</b>	<b>03:48:14.10</b>	+01:38:33 (43.4%)	8:43	6.9 (56.6%)
164	<b>SKÓRA Leszek</b>	<b>2237</b>	IZBICKO W BIEGU	M40	41	00:01:20	01:52:18	<b>03:47:04.95</b>	<b>03:48:25.30</b>	+01:38:45 (43.5%)	8:44	6.9 (56.6%)
165	<b>SAWULSKI Bartek</b>	<b>2213</b>		M30	64	00:17:25	01:49:23	<b>03:47:41.70</b>	<b>04:05:06.95</b>	+01:39:21 (43.6%)	8:45	6.9 (56.6%)
166	<b>SITEK Arkadiusz</b>	<b>2096</b>	DKB	M40	42	00:01:28	01:56:20	<b>03:47:45.15</b>	<b>03:49:13.65</b>	+01:39:25 (43.7%)	8:45	6.8 (55.7%)
167	<b>SIKORA Andrzej</b>	<b>2552</b>		M50	11	00:17:32	01:49:36	<b>03:48:28.00</b>	<b>04:06:00.70</b>	+01:40:08 (43.8%)	8:47	6.8 (55.7%)
168	<b>KRUPA Jacek</b>	<b>2084</b>	ATS WHEELS	M40	43	00:01:06	01:45:51	<b>03:48:44.15</b>	<b>03:49:50.95</b>	+01:40:24 (43.9%)	8:47	6.8 (55.7%)
169	<b>TARNOWSKI Tomasz</b>	<b>2481</b>		M40	44	00:01:24	01:56:04	<b>03:50:01.00</b>	<b>03:51:25.95</b>	+01:41:41 (44.2%)	8:50	6.8 (55.7%)
170	<b>KURZYDŁO Radosław</b>	<b>2222</b>		M40	45	00:17:34	01:54:50	<b>03:50:03.40</b>	<b>04:07:37.50</b>	+01:41:43 (44.2%)	8:50	6.8 (55.7%)
171	<b>TARNAWSKI Marcin</b>	<b>2103</b>		M40	46	00:17:31	01:48:28	<b>03:50:30.20</b>	<b>04:08:01.75</b>	+01:42:10 (44.3%)	8:51	6.8 (55.7%)
172	<b>BELOWSKI Dariusz</b>	<b>2067</b>		M50	12	00:17:32	01:51:38	<b>03:50:33.95</b>	<b>04:08:06.60</b>	+01:42:14 (44.3%)	8:52	6.8 (55.7%)
173	<b>KOBLHIRT Maria</b>	<b>2286</b>	DZIK KOMANDO	K30	18	00:01:13	01:50:25	<b>03:50:41.75</b>	<b>03:51:55.00</b>	+01:42:21 (44.4%)	8:52	6.8 (55.7%)
174	<b>GĘBCZYK Andrzej</b>	<b>2302</b>		M20	16	00:01:17	01:53:13	<b>03:51:23.80</b>	<b>03:52:41.60</b>	+01:43:04 (44.5%)	8:53	6.7 (54.9%)
175	<b>CHAROWSKI Marcin</b>	<b>2116</b>		M40	47	00:01:23	01:53:01	<b>03:51:42.15</b>	<b>03:53:05.45</b>	+01:43:22 (44.6%)	8:54	6.7 (54.9%)
176	<b>GŁUSZYK Joanna</b>	<b>2049</b>	SMT SZCZECIN	K40	10	00:01:22	01:53:02	<b>03:51:42.65</b>	<b>03:53:05.20</b>	+01:43:22 (44.6%)	8:54	6.7 (54.9%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	P2_Roztoki 12km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
177	FALKIEWICZ Jacek	2090		M40	48	00:17:38	01:50:16	03:51:47.45	04:09:25.55	+01:43:27 (44.6%)	8:54	6.7 (54.9%)
178	HERBEĆ-LABOCHA Magdalena	2189		K40	11	00:17:46	01:56:50	03:51:58.25	04:09:44.50	+01:43:38 (44.7%)	8:55	6.7 (54.9%)
179	LABOCHA Aleksander	2190		M40	49	00:17:46	01:56:51	03:51:58.60	04:09:44.65	+01:43:38 (44.7%)	8:55	6.7 (54.9%)
180	BURZYŃSKI Łukasz	2038	GRASSPUNX POZNAŃ	M40	50	00:17:39	01:53:04	03:52:22.80	04:10:02.75	+01:44:03 (44.8%)	8:56	6.7 (54.9%)
181	SOWA Michał	2452		M30	65	00:17:27	01:56:08	03:53:22.80	04:10:49.90	+01:45:03 (45.0%)	8:58	6.7 (54.9%)
182	KITOWSKI Bartosz	2393	GŁOGOVIA 1925 GŁOGÓW MAŁOPOLSKI	M40	51	00:01:10	01:51:49	03:53:57.35	03:55:08.25	+01:45:37 (45.1%)	8:59	6.7 (54.9%)
183	ZEMŁA Piotr	2153		M50	13	00:17:45	01:57:14	03:54:44.65	04:12:29.75	+01:46:24 (45.3%)	9:01	6.6 (54.1%)
184	NAFALSKI Hubert	2265		M40	52	00:17:29	01:48:16	03:54:51.65	04:12:20.70	+01:46:31 (45.4%)	9:01	6.6 (54.1%)
185	MARCHEWICZ Marek	2303		M30	66	00:01:06	01:46:17	03:54:51.90	03:55:58.70	+01:46:32 (45.4%)	9:01	6.6 (54.1%)
186	ORŁOWSKA Beata	2391	STALOWOWOLSKI KLUB BIEGACZA	K50	1	00:01:11	01:52:27	03:54:59.20	03:56:10.85	+01:46:39 (45.4%)	9:02	6.6 (54.1%)
187	STOLARZ Andrzej	2294		M30	67	00:17:50	01:55:11	03:54:59.85	04:12:49.95	+01:46:40 (45.4%)	9:02	6.6 (54.1%)
188	SZAREK Michał	2167		M30	68	00:17:28	01:44:10	03:55:19.75	04:12:48.70	+01:46:59 (45.5%)	9:03	6.6 (54.1%)
189	HANULA Marcin	2308		M20	17	00:17:28	01:50:32	03:55:31.95	04:13:00.85	+01:47:12 (45.5%)	9:03	6.6 (54.1%)
190	GOLAS Marcin	2027	EXILE	M40	53	00:01:19	01:49:51	03:55:59.50	03:57:18.50	+01:47:39 (45.6%)	9:04	6.6 (54.1%)
191	PIETRUS Piotr	2139	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ	M40	54	00:17:39	01:52:17	03:56:02.00	04:13:41.80	+01:47:42 (45.6%)	9:04	6.6 (54.1%)
192	PIASECZNA Liliana	2437	RUN-G	K30	19	00:17:50	01:49:26	03:56:18.65	04:14:08.80	+01:47:58 (45.7%)	9:05	6.6 (54.1%)
193	CHODZIŃSKI Daniel	2040		M40	55	00:01:07	01:52:09	03:56:23.55	03:57:30.65	+01:48:03 (45.7%)	9:05	6.6 (54.1%)
194	CIEŚLA Maksymilian	2304	CZAS NIE GONI NAS ,)	M30	69	00:17:41	01:49:31	03:56:31.25	04:14:13.00	+01:48:11 (45.7%)	9:05	6.6 (54.1%)
195	HEILMAN Maciej	2383		M40	56	00:01:26	01:55:59	03:56:48.10	03:58:14.20	+01:48:28 (45.8%)	9:06	6.6 (54.1%)
196	BLICHARZ Stanisław	2320	NIE MA LETKO	M50	14	00:01:13	02:01:00	03:56:50.80	03:58:04.30	+01:48:31 (45.8%)	9:06	6.6 (54.1%)
197	GLAZER Marcin	2469	PKO BANK POLSKI	M30	70	00:01:33	02:00:46	03:57:09.00	03:58:42.20	+01:48:49 (45.9%)	9:07	6.6 (54.1%)
198	KUJAWSKI Jakub	2460	GRASSPUNX POZNAŃ	M40	57	00:17:40	01:52:57	03:57:12.95	04:14:53.05	+01:48:53 (45.9%)	9:07	6.6 (54.1%)
199	KOTLIŃSKI Janusz	2150		M50	15	00:17:32	01:50:41	03:57:13.10	04:14:45.85	+01:48:53 (45.9%)	9:07	6.6 (54.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	P2_Roztoki 12km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
200	<b>WOLAŃSKI Witosław</b>	<b>2019</b>	KASZUBSKA PONIEWIERKA	M50	16	00:01:44	01:58:28	<b>03:57:23.70</b>	<b>03:59:08.50</b>	+01:49:03 (45.9%)	9:07	6.6 (54.1%)
201	<b>PAJURA Magda</b>	<b>2292</b>	NESSI TEAM	K30	20	00:01:19	01:55:25	<b>03:57:49.95</b>	<b>03:59:09.40</b>	+01:49:30 (46.0%)	9:08	6.6 (54.1%)
202	<b>BROCIK Damian</b>	<b>2431</b>	TURYSTA	M30	71	00:01:07	01:57:24	<b>03:57:54.05</b>	<b>03:59:01.45</b>	+01:49:34 (46.1%)	9:09	6.6 (54.1%)
203	<b>MAJCHERSKI Piotr</b>	<b>2498</b>		M40	58	00:01:23	01:58:05	<b>03:58:58.35</b>	<b>04:00:22.15</b>	+01:50:38 (46.3%)	9:11	6.5 (53.3%)
204	<b>KRAMZA Wojciech</b>	<b>2345</b>		M40	59	00:17:32	01:44:29	<b>03:59:02.45</b>	<b>04:16:34.45</b>	+01:50:42 (46.3%)	9:11	6.5 (53.3%)
205	<b>COFALSKI Jakub</b>	<b>2296</b>		M30	72	00:01:22	01:55:19	<b>03:59:30.00</b>	<b>04:00:52.85</b>	+01:51:10 (46.4%)	9:12	6.5 (53.3%)
206	<b>LUBAŃSKA Alicja</b>	<b>2005</b>		K50	2	00:01:07	01:55:16	<b>03:59:41.35</b>	<b>04:00:49.25</b>	+01:51:21 (46.5%)	9:13	6.5 (53.3%)
207	<b>TRUSZKOWSKA Marta</b>	<b>2340</b>		K30	21	00:17:36	01:55:31	<b>03:59:52.00</b>	<b>04:17:28.95</b>	+01:51:32 (46.5%)	9:13	6.5 (53.3%)
208	<b>JAWORSKI Grzegorz</b>	<b>2250</b>		M40	60	00:01:18	01:56:52	<b>03:59:53.75</b>	<b>04:01:12.30</b>	+01:51:33 (46.5%)	9:13	6.5 (53.3%)
209	<b>GORCZYCA Dorota</b>	<b>2182</b>		K40	12	00:01:20	01:59:29	<b>04:00:17.85</b>	<b>04:01:38.05</b>	+01:51:58 (46.6%)	9:14	6.5 (53.3%)
210	<b>PASTERNAK Stanislaw</b>	<b>2282</b>	OLKUSZBIEGA.PL	M50	17	00:17:28	01:57:26	<b>04:01:43.40</b>	<b>04:19:11.75</b>	+01:53:23 (46.9%)	9:17	6.5 (53.3%)
211	<b>RUSIN Łukasz</b>	<b>2278</b>	RKS CHEŁMIANKA	M30	73	00:17:29	01:59:06	<b>04:02:04.45</b>	<b>04:19:33.80</b>	+01:53:44 (47.0%)	9:18	6.4 (52.5%)
212	<b>BURY Marek</b>	<b>2184</b>		M50	18	00:17:28	02:02:45	<b>04:02:09.95</b>	<b>04:19:37.95</b>	+01:53:50 (47.0%)	9:18	6.4 (52.5%)
213	<b>CZYŻOWICZ-GOTFRYD Agnieszka</b>	<b>2015</b>	JASIELSKIE PIORUNY	K40	13	00:01:14	02:01:00	<b>04:02:18.45</b>	<b>04:03:32.90</b>	+01:53:58 (47.0%)	9:19	6.4 (52.5%)
214	<b>WARZYCHA Krzysztof</b>	<b>2066</b>	MAXEL	M50	19	00:17:36	01:57:25	<b>04:02:38.15</b>	<b>04:20:14.80</b>	+01:54:18 (47.1%)	9:19	6.4 (52.5%)
215	<b>BINEK Katarzyna</b>	<b>2328</b>	NIGHT RUNNERS	K30	22	00:01:22	01:55:25	<b>04:03:46.75</b>	<b>04:05:09.10</b>	+01:55:26 (47.4%)	9:22	6.4 (52.5%)
216	<b>GIEMZA Ewelina</b>	<b>2057</b>		K40	14	00:01:16	01:58:43	<b>04:04:11.50</b>	<b>04:05:27.65</b>	+01:55:51 (47.4%)	9:23	6.4 (52.5%)
217	<b>PAUSZEK Marlena</b>	<b>2461</b>	LUCKY TEAM	K50	3	00:01:20	02:05:32	<b>04:04:39.90</b>	<b>04:06:00.75</b>	+01:56:20 (47.5%)	9:24	6.4 (52.5%)
218	<b>MAJKA Andrzej</b>	<b>2198</b>		M40	61	00:01:15	01:50:29	<b>04:04:53.80</b>	<b>04:06:09.45</b>	+01:56:34 (47.6%)	9:25	6.4 (52.5%)
219	<b>BRODZIUK Anna</b>	<b>2322</b>		K40	15	00:01:12	02:00:55	<b>04:04:55.25</b>	<b>04:06:07.60</b>	+01:56:35 (47.6%)	9:25	6.4 (52.5%)
220	<b>MIKULSKI Wojciech</b>	<b>2455</b>	4F RUNNING TEAM	M40	62	00:01:07	02:04:38	<b>04:04:56.70</b>	<b>04:06:03.85</b>	+01:56:36 (47.6%)	9:25	6.4 (52.5%)
221	<b>MIKULSKA Magdalena</b>	<b>2456</b>		K40	16	00:01:06	02:04:41	<b>04:04:57.70</b>	<b>04:06:04.00</b>	+01:56:37 (47.6%)	9:25	6.4 (52.5%)
222	<b>GRANECKA Monika</b>	<b>2295</b>	DZIK KOMANDO	K40	17	00:01:13	01:55:29	<b>04:05:22.65</b>	<b>04:06:36.05</b>	+01:57:02 (47.7%)	9:26	6.4 (52.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	P2_Roztoki 12km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
223	- -	2330		M40	63	00:01:12	02:00:59	<b>04:05:59.10</b>	<b>04:07:11.25</b>	+01:57:39 (47.8%)	9:27	6.3 (51.6%)
224	<b>SOBOTA Rafał</b>	<b>2439</b>		M30	74	00:17:32	01:52:45	<b>04:06:13.05</b>	<b>04:23:45.10</b>	+01:57:53 (47.9%)	9:28	6.3 (51.6%)
225	<b>ŻELEŚKIEWICZ Arkadiusz</b>	<b>2321</b>	GEOTERMIA UNIEJÓW	M30	75	00:01:14	01:49:41	<b>04:06:15.60</b>	<b>04:07:30.15</b>	+01:57:55 (47.9%)	9:28	6.3 (51.6%)
226	<b>GRACZYK Piotr</b>	<b>2169</b>	TORUŃ	M30	76	00:01:04	02:00:05	<b>04:06:26.70</b>	<b>04:07:30.75</b>	+01:58:06 (47.9%)	9:28	6.3 (51.6%)
227	<b>NIEDBAŁ Maja</b>	<b>2099</b>		K20	7	00:01:12	01:57:55	<b>04:08:37.70</b>	<b>04:09:49.70</b>	+02:00:17 (48.4%)	9:33	6.3 (51.6%)
228	<b>KLAJBERT Paweł</b>	<b>2100</b>		M20	18	00:01:11	01:57:54	<b>04:08:38.10</b>	<b>04:09:49.75</b>	+02:00:18 (48.4%)	9:33	6.3 (51.6%)
229	<b>KASKA Krzysztof</b>	<b>2225</b>		M50	20	00:17:34	01:58:10	<b>04:09:30.50</b>	<b>04:27:04.70</b>	+02:01:10 (48.6%)	9:35	6.3 (51.6%)
230	<b>KOWALCZUK Paweł</b>	<b>2260</b>		M30	77	00:17:35	02:03:46	<b>04:10:40.15</b>	<b>04:28:16.00</b>	+02:02:20 (48.8%)	9:38	6.2 (50.8%)
231	<b>MATUSZEWSKI Szymon</b>	<b>2332</b>		M30	78	00:17:34	02:01:31	<b>04:10:47.55</b>	<b>04:28:22.10</b>	+02:02:27 (48.8%)	9:38	6.2 (50.8%)
232	<b>BRZozowski Mariusz</b>	<b>2092</b>	ROZTRUCHTANI GOMUNICE	M40	64	00:17:35	02:00:36	<b>04:10:58.25</b>	<b>04:28:33.95</b>	+02:02:38 (48.9%)	9:39	6.2 (50.8%)
233	<b>BELOWSKA Anna</b>	<b>2068</b>		K40	18	00:17:35	02:05:40	<b>04:11:25.95</b>	<b>04:29:01.00</b>	+02:03:06 (49.0%)	9:40	6.2 (50.8%)
234	<b>SIEKLUCKI Piotr</b>	<b>2142</b>		M30	79	00:01:09	01:53:26	<b>04:11:55.20</b>	<b>04:13:04.90</b>	+02:03:35 (49.1%)	9:41	6.2 (50.8%)
235	<b>MATUSZEWSKI Maksymilian</b>	<b>2112</b>		M40	65	00:17:36	01:54:47	<b>04:13:02.30</b>	<b>04:30:39.15</b>	+02:04:42 (49.3%)	9:43	6.2 (50.8%)
236	<b>SAINTEMARIE Agnieszka</b>	<b>2324</b>		K30	23	00:17:34	02:03:39	<b>04:13:30.70</b>	<b>04:31:05.65</b>	+02:05:10 (49.4%)	9:45	6.2 (50.8%)
237	<b>ALBIGOWSKA Magdalena</b>	<b>2472</b>		K30	24	00:17:37	02:01:45	<b>04:14:01.10</b>	<b>04:31:38.15</b>	+02:05:41 (49.5%)	9:46	6.1 (50.0%)
238	<b>FURMAŃCZUK Mateusz</b>	<b>2270</b>	GLADIATORS BY RMF4RT	M30	80	00:01:29	02:09:28	<b>04:14:21.50</b>	<b>04:15:50.65</b>	+02:06:01 (49.5%)	9:46	6.1 (50.0%)
239	<b>DZIAMENTSJEVA Vijaleta</b>	<b>2554</b>	JACEKBIEGA RUNNING TEAM	K30	25	00:17:31	02:04:32	<b>04:14:29.65</b>	<b>04:32:00.70</b>	+02:06:09 (49.6%)	9:47	6.1 (50.0%)
240	<b>MASZKOWSKA Anna</b>	<b>2311</b>		K40	19	00:01:33	02:03:08	<b>04:14:33.20</b>	<b>04:16:06.40</b>	+02:06:13 (49.6%)	9:47	6.1 (50.0%)
241	<b>MASZKOWSKI Rafał</b>	<b>2310</b>		M40	66	00:01:32	02:03:08	<b>04:14:33.55</b>	<b>04:16:06.40</b>	+02:06:13 (49.6%)	9:47	6.1 (50.0%)
242	<b>BOROWSKI Robert</b>	<b>2451</b>		M30	81	00:01:21	01:55:04	<b>04:14:38.90</b>	<b>04:16:00.10</b>	+02:06:19 (49.6%)	9:47	6.1 (50.0%)
243	<b>PAWEŁOSZEK Tomasz</b>	<b>2444</b>	JACEKBIEGA RUNNING TEAM	M40	67	00:01:07	01:57:05	<b>04:14:54.40</b>	<b>04:16:01.60</b>	+02:06:34 (49.7%)	9:48	6.1 (50.0%)
244	<b>FAFARA Agnieszka</b>	<b>2064</b>		K40	20	00:17:41	02:08:53	<b>04:15:10.25</b>	<b>04:32:51.70</b>	+02:06:50 (49.7%)	9:48	6.1 (50.0%)
245	<b>KIELASIŃSKI Krzysztof</b>	<b>2272</b>	GANG ŚWIETLIKÓW	M40	68	00:01:17	02:06:53	<b>04:15:29.60</b>	<b>04:16:46.65</b>	+02:07:09 (49.8%)	9:49	6.1 (50.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	P2_Roztoki 12km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
246	<b>GREGIER Krzysztof</b>	<b>2161</b>		M40	69	00:17:28	01:55:47	<b>04:15:43.70</b>	<b>04:33:11.90</b>	+02:07:23 (49.8%)	9:50	6.1 (50.0%)
247	<b>ŁUKASIEWICZ Michał</b>	<b>2144</b>	INV MEDIA	M30	82	00:01:10	01:57:15	<b>04:16:21.90</b>	<b>04:17:31.95</b>	+02:08:02 (49.9%)	9:51	6.1 (50.0%)
248	<b>GÓRNIAK Bartek</b>	<b>2453</b>	MONKEYS TEAM'	M30	83	00:01:30	02:05:21	<b>04:16:25.40</b>	<b>04:17:55.85</b>	+02:08:05 (50.0%)	9:51	6.1 (50.0%)
249	<b>MIEDZINSKI Piotr</b>	<b>2082</b>	MSD RUNNING CLUB	M50	21	00:17:39	01:55:23	<b>04:17:11.85</b>	<b>04:34:51.20</b>	+02:08:52 (50.1%)	9:53	6.1 (50.0%)
250	<b>GRZELIŃSKA Dorota</b>	<b>2284</b>	DZIK KOMANDO	K20	8	00:01:14	02:00:28	<b>04:17:13.65</b>	<b>04:18:28.05</b>	+02:08:53 (50.1%)	9:53	6.1 (50.0%)
251	<b>RAKOWSKI Mateusz</b>	<b>2140</b>		M30	84	00:01:08	02:01:02	<b>04:17:40.55</b>	<b>04:18:49.15</b>	+02:09:20 (50.2%)	9:54	6.1 (50.0%)
252	<b>JANKOWSKI Michał</b>	<b>2280</b>		M40	70	00:17:28	02:01:00	<b>04:17:58.50</b>	<b>04:35:27.25</b>	+02:09:38 (50.3%)	9:55	6 (49.2%)
252	<b>GAIK Joanna</b>	<b>2202</b>		K40	21	00:01:23	02:09:43	<b>04:17:58.50</b>	<b>04:19:22.45</b>	+02:09:38 (50.3%)	9:55	6 (49.2%)
254	<b>MOSKWA Monika</b>	<b>2300</b>		K20	9	00:01:19	01:55:48	<b>04:17:59.00</b>	<b>04:19:18.00</b>	+02:09:39 (50.3%)	9:55	6 (49.2%)
255	<b>GAJDA Mateusz</b>	<b>2266</b>	SPRÓCHNIALI HERKULESI	M30	85	00:01:14	01:55:29	<b>04:18:16.80</b>	<b>04:19:30.90</b>	+02:09:57 (50.3%)	9:56	6 (49.2%)
256	<b>WESEMBERG-KASZUBOWSKA Joanna</b>	<b>2034</b>		K30	26	00:01:05	02:06:44	<b>04:19:12.65</b>	<b>04:20:17.70</b>	+02:10:52 (50.5%)	9:58	6 (49.2%)
257	<b>SIKORSKA Agnieszka</b>	<b>2165</b>		K30	27	00:17:39	02:07:22	<b>04:19:17.00</b>	<b>04:36:56.40</b>	+02:10:57 (50.5%)	9:58	6 (49.2%)
258	<b>LASKA Anna</b>	<b>2416</b>	OCR TEAM DĘBICA	K40	22	00:01:09	01:55:29	<b>04:19:31.00</b>	<b>04:20:40.95</b>	+02:11:11 (50.6%)	9:58	6 (49.2%)
259	<b>BZDUŁA Bogumiła</b>	<b>2109</b>		K30	28	00:01:12	01:56:55	<b>04:20:07.95</b>	<b>04:21:20.85</b>	+02:11:48 (50.7%)	10:00	6 (49.2%)
260	<b>KUKLA Elzbieta</b>	<b>2281</b>	PWC TUNNING TEAM	K50	4	00:01:18	02:04:47	<b>04:20:22.85</b>	<b>04:21:41.25</b>	+02:12:03 (50.7%)	10:00	6 (49.2%)
261	<b>SASAL Monika</b>	<b>2061</b>		K40	23	00:01:14	02:08:18	<b>04:20:27.10</b>	<b>04:21:42.00</b>	+02:12:07 (50.7%)	10:01	6 (49.2%)
262	<b>SCHWITALLA Katarzyna</b>	<b>2110</b>	MKS SIECHNICE	K40	24	00:01:20	02:05:11	<b>04:20:33.50</b>	<b>04:21:53.55</b>	+02:12:13 (50.7%)	10:01	6 (49.2%)
263	<b>DARSKI Michał</b>	<b>2544</b>		M20	19	00:18:08	02:07:43	<b>04:20:49.75</b>	<b>04:38:58.40</b>	+02:12:29 (50.8%)	10:01	6 (49.2%)
264	<b>WIŚNIEWSKA Bożena</b>	<b>2156</b>		K40	25	00:17:44	02:10:31	<b>04:21:12.85</b>	<b>04:38:57.75</b>	+02:12:53 (50.9%)	10:02	6 (49.2%)
265	<b>BUJAKOWSKI Patryk</b>	<b>2221</b>		M40	71	00:01:05	02:04:52	<b>04:21:22.10</b>	<b>04:22:27.95</b>	+02:13:02 (50.9%)	10:03	6 (49.2%)
266	<b>GAŁUSZKA Mariusz</b>	<b>2108</b>	SKITUROWE BIESZCZADY/GOPR	M40	72	00:01:06	01:46:08	<b>04:21:36.50</b>	<b>04:22:43.40</b>	+02:13:16 (50.9%)	10:03	6 (49.2%)
267	<b>WOJDALSKI Piotr</b>	<b>2185</b>		M20	20	00:01:25	02:06:19	<b>04:21:55.35</b>	<b>04:23:20.45</b>	+02:13:35 (51.0%)	10:04	6 (49.2%)
268	<b>KRZYŻEWSKI Roger</b>	<b>2445</b>		M30	86	00:01:15	01:56:57	<b>04:23:11.60</b>	<b>04:24:27.05</b>	+02:14:51 (51.2%)	10:07	5.9 (48.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	P2_Roztoki 12km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
269	<b>KOWALCZYK Magda</b>	<b>2172</b>	DROGA DO ULTRA	K30	29	00:01:23	02:05:05	<b>04:23:21.65</b>	<b>04:24:44.70</b>	+02:15:01 (51.3%)	10:07	5.9 (48.4%)
270	<b>SZCZERBICKA Katarzyna</b>	<b>2255</b>		K40	26	00:17:28	02:12:50	<b>04:23:26.30</b>	<b>04:40:54.75</b>	+02:15:06 (51.3%)	10:07	5.9 (48.4%)
271	<b>WĄGRODZKA Małgorzata</b>	<b>2106</b>	KLUB BIEGACZA BIAŁA BIEGA	K30	30	00:01:18	02:05:50	<b>04:23:29.50</b>	<b>04:24:47.90</b>	+02:15:09 (51.3%)	10:08	5.9 (48.4%)
272	<b>KROTOS Krzysztof</b>	<b>2042</b>	OQS	M40	73	00:17:43	02:09:28	<b>04:23:43.20</b>	<b>04:41:26.30</b>	+02:15:23 (51.3%)	10:08	5.9 (48.4%)
273	<b>WAŁCZYK Wojciech</b>	<b>2429</b>		M40	74	00:01:04	02:01:49	<b>04:23:48.40</b>	<b>04:24:52.85</b>	+02:15:28 (51.4%)	10:08	5.9 (48.4%)
274	<b>TUREK Paweł</b>	<b>2487</b>		M40	75	00:01:11	02:10:22	<b>04:23:48.60</b>	<b>04:25:00.35</b>	+02:15:28 (51.4%)	10:08	5.9 (48.4%)
275	<b>ZAJDEL Wojciech</b>	<b>2406</b>	KS STASZEWSKY	M40	76	00:01:27	02:03:05	<b>04:24:00.45</b>	<b>04:25:28.40</b>	+02:15:40 (51.4%)	10:09	5.9 (48.4%)
276	<b>KUBIŚ Klaudia</b>	<b>2382</b>		K40	27	00:01:26	02:09:43	<b>04:24:27.25</b>	<b>04:25:53.65</b>	+02:16:07 (51.5%)	10:10	5.9 (48.4%)
277	<b>SZCZEPKOWSKI Paweł</b>	<b>2115</b>	ARTEQUIPMENT	M60	4	00:17:27	02:08:59	<b>04:24:29.25</b>	<b>04:41:56.75</b>	+02:16:09 (51.5%)	10:10	5.9 (48.4%)
278	<b>ŻEBROWSKA Dorota</b>	<b>2050</b>		K40	28	00:01:05	02:06:43	<b>04:24:30.80</b>	<b>04:25:36.25</b>	+02:16:11 (51.5%)	10:10	5.9 (48.4%)
279	<b>MADEJ Weronika</b>	<b>2071</b>		K20	10	00:01:15	01:57:26	<b>04:24:40.10</b>	<b>04:25:55.75</b>	+02:16:20 (51.5%)	10:10	5.9 (48.4%)
280	<b>STOSZ Bartosz</b>	<b>2044</b>		M40	77	00:17:43	02:12:05	<b>04:24:47.05</b>	<b>04:42:30.10</b>	+02:16:27 (51.5%)	10:11	5.9 (48.4%)
281	<b>KOZIBRODA Marcin</b>	<b>2361</b>	TEAM BIEGOWY SZCZECINEK	M40	78	00:01:08	02:02:35	<b>04:25:39.30</b>	<b>04:26:47.30</b>	+02:17:19 (51.7%)	10:13	5.9 (48.4%)
282	<b>TYLUŚ Sylwia</b>	<b>2362</b>	TEAM BIEGOWY SZCZECINEK	K40	29	00:01:07	02:02:36	<b>04:25:39.45</b>	<b>04:26:47.15</b>	+02:17:19 (51.7%)	10:13	5.9 (48.4%)
283	<b>MIZURA Jacek</b>	<b>2421</b>		M30	87	00:01:28	02:03:06	<b>04:25:52.65</b>	<b>04:27:20.95</b>	+02:17:32 (51.7%)	10:13	5.9 (48.4%)
284	<b>ANTONOWICZ Maciej</b>	<b>2120</b>	DEAFRUNNING	M30	88	00:01:31	02:04:52	<b>04:25:57.20</b>	<b>04:27:28.85</b>	+02:17:37 (51.7%)	10:13	5.9 (48.4%)
285	<b>OKRÓJ Dawid</b>	<b>2127</b>		M30	89	00:01:30	02:04:51	<b>04:25:58.50</b>	<b>04:27:29.00</b>	+02:17:38 (51.8%)	10:13	5.9 (48.4%)
286	<b>WŁODARCZYK Grzegorz</b>	<b>2271</b>	GANG ŚWIETLIKÓW	M30	90	00:01:15	02:06:52	<b>04:28:44.35</b>	<b>04:30:00.30</b>	+02:20:24 (52.2%)	10:20	5.8 (47.5%)
287	<b>BAKAŁA Sebastian</b>	<b>2326</b>		M20	21	00:01:17		<b>04:29:03.70</b>	<b>04:30:21.00</b>	+02:20:43 (52.3%)	10:20	5.8 (47.5%)
288	<b>WARA-WĄSOWSKI Maciej</b>	<b>2048</b>		M50	22	00:01:21	02:00:14	<b>04:29:29.30</b>	<b>04:30:51.20</b>	+02:21:09 (52.4%)	10:21	5.8 (47.5%)
289	<b>GRABOWSKA Zuzanna</b>	<b>2450</b>	IZBICKO W BIEGU	K20	11	00:01:32	02:14:53	<b>04:29:44.75</b>	<b>04:31:16.90</b>	+02:21:24 (52.4%)	10:22	5.8 (47.5%)
290	<b>RAJCHEL Katarzyna</b>	<b>2357</b>		K30	31	00:22:31	02:09:26	<b>04:30:05.55</b>	<b>04:52:36.70</b>	+02:21:45 (52.5%)	10:23	5.8 (47.5%)
291	<b>ŁUSZCZ Paweł</b>	<b>2232</b>		M30	91	00:01:09	02:04:30	<b>04:30:17.35</b>	<b>04:31:26.65</b>	+02:21:57 (52.5%)	10:23	5.8 (47.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	P2_Roztoki 12km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
292	<b>BECHTA Damian</b>	<b>2430</b>	ADIDAS RUNNERS WARSAW	M20	22	00:17:29	02:06:01	<b>04:30:22.50</b>	<b>04:47:51.55</b>	+02:22:02 (52.5%)	10:23	5.8 (47.5%)
293	<b>KAŁOWSKI Irek</b>	<b>2283</b>	K-ŁOSIE	M40	79	00:17:30	01:55:14	<b>04:30:59.85</b>	<b>04:48:30.80</b>	+02:22:40 (52.6%)	10:25	5.8 (47.5%)
294	<b>RYŻYŃSKA Agnieszka</b>	<b>2124</b>	CHEŁM BIEGA	K40	30	00:17:40	02:14:05	<b>04:31:15.40</b>	<b>04:48:56.25</b>	+02:22:55 (52.7%)	10:25	5.8 (47.5%)
295	<b>BEIL Dawid</b>	<b>2186</b>	3DVSN	M40	80	00:01:12	02:14:25	<b>04:31:16.45</b>	<b>04:32:29.35</b>	+02:22:56 (52.7%)	10:26	5.8 (47.5%)
296	<b>KOZIOŁ Dorota</b>	<b>2077</b>		K40	31	00:01:31	02:14:54	<b>04:31:39.45</b>	<b>04:33:11.30</b>	+02:23:19 (52.8%)	10:26	5.7 (46.7%)
297	<b>GAŁKA Tomasz</b>	<b>2257</b>	DZIK KOMANDO	M40	81	00:17:37	02:05:29	<b>04:31:54.90</b>	<b>04:49:32.70</b>	+02:23:35 (52.8%)	10:27	5.7 (46.7%)
298	<b>KUMIEGA Józef</b>	<b>2448</b>	WILKI JODŁOWA	M50	23	00:01:08	01:57:50	<b>04:32:24.85</b>	<b>04:33:33.00</b>	+02:24:05 (52.9%)	10:28	5.7 (46.7%)
299	<b>ZAWADZKA Agnieszka</b>	<b>2480</b>	KLUB SPORTOWY PRESTIGE	K30	32	00:17:31	02:09:58	<b>04:32:25.80</b>	<b>04:49:57.30</b>	+02:24:06 (52.9%)	10:28	5.7 (46.7%)
300	<b>FONS Aleksandra</b>	<b>2500</b>	WKURW_TEAM	K30	33	00:01:24	02:12:11	<b>04:32:47.55</b>	<b>04:34:11.75</b>	+02:24:27 (53.0%)	10:29	5.7 (46.7%)
301	<b>KRAKOWSKI Daniel</b>	<b>2174</b>	PĘDZĄCE LENIWCE	M40	82	00:17:28	02:11:02	<b>04:33:59.60</b>	<b>04:51:27.60</b>	+02:25:39 (53.2%)	10:32	5.7 (46.7%)
302	<b>KRAKOWSKI Karol</b>	<b>2246</b>	PĘDZĄCE LENIWCE	M40	83	00:17:28	02:11:05	<b>04:33:59.75</b>	<b>04:51:27.75</b>	+02:25:39 (53.2%)	10:32	5.7 (46.7%)
303	<b>KRAKOWSKA Małgorzata</b>	<b>2204</b>	PĘDZĄCE LENIWCE	K40	32	00:17:27	02:11:05	<b>04:33:59.85</b>	<b>04:51:27.45</b>	+02:25:40 (53.2%)	10:32	5.7 (46.7%)
304	<b>CUPAK Łukasz</b>	<b>2208</b>		M30	92	00:17:29	02:04:21	<b>04:34:25.95</b>	<b>04:51:55.90</b>	+02:26:06 (53.2%)	10:33	5.7 (46.7%)
305	<b>KAWECKI Dariusz</b>	<b>2432</b>	ETISOFT RUNNING TEAM	M40	84	00:01:09	02:05:36	<b>04:35:11.85</b>	<b>04:36:21.25</b>	+02:26:52 (53.4%)	10:35	5.7 (46.7%)
306	<b>ZABŁOTNY Kamil</b>	<b>2021</b>	TFP SPORT TEAM	M20	23	00:17:32	02:01:25	<b>04:35:27.65</b>	<b>04:53:00.40</b>	+02:27:07 (53.4%)	10:35	5.7 (46.7%)
307	<b>CHOŁODY Łukasz</b>	<b>2348</b>	SPRINT GORZYCE	M30	93	00:17:39	02:08:13	<b>04:35:28.85</b>	<b>04:53:07.85</b>	+02:27:09 (53.4%)	10:35	5.7 (46.7%)
308	<b>SOSZYŃSKA Gosia</b>	<b>2136</b>	CZŁAPACZE	K50	5	00:17:39	02:13:17	<b>04:35:31.75</b>	<b>04:53:10.95</b>	+02:27:11 (53.4%)	10:35	5.7 (46.7%)
309	<b>CHROMIK Krzysztof</b>	<b>2207</b>		M40	85	00:17:28	01:58:16	<b>04:36:54.20</b>	<b>04:54:22.95</b>	+02:28:34 (53.7%)	10:39	5.6 (45.9%)
310	<b>DUDEK Dorota Paulina</b>	<b>2256</b>	DZIK KOMANDO	K40	33	00:17:37	02:09:41	<b>04:36:59.50</b>	<b>04:54:37.00</b>	+02:28:39 (53.7%)	10:39	5.6 (45.9%)
311	<b>BAK Bogdan</b>	<b>2058</b>		M40	86	00:01:20	02:11:16	<b>04:37:03.45</b>	<b>04:38:23.65</b>	+02:28:43 (53.7%)	10:39	5.6 (45.9%)
312	<b>DAGIEL Janusz</b>	<b>2307</b>	WESOŁE PULPETY	M30	94	00:01:26	02:06:22	<b>04:37:04.45</b>	<b>04:38:31.10</b>	+02:28:44 (53.7%)	10:39	5.6 (45.9%)
313	<b>OCHNIK Monika</b>	<b>2217</b>		K30	34	00:17:31	02:09:44	<b>04:38:00.85</b>	<b>04:55:32.65</b>	+02:29:41 (53.8%)	10:41	5.6 (45.9%)
314	<b>BURAK Ewelina</b>	<b>2317</b>	MONKEYS'TEAM	K30	35	00:01:30	02:09:27	<b>04:38:48.40</b>	<b>04:40:18.75</b>	+02:30:28 (54.0%)	10:43	5.6 (45.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	P2_Roztoki 12km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
315	<b>ROPEL Mirosław</b>	<b>2422</b>	KIS TRANSPORT	M60	5	00:17:29	02:05:46	<b>04:38:50.40</b>	<b>04:56:19.70</b>	+02:30:30 (54.0%)	10:43	5.6 (45.9%)
316	<b>SZYMANOWSKA Małgorzata</b>	<b>2097</b>		K30	36	00:01:27	02:10:25	<b>04:39:31.30</b>	<b>04:40:58.70</b>	+02:31:11 (54.1%)	10:45	5.6 (45.9%)
317	<b>MARKOWSKA Anna</b>	<b>2138</b>	MARCUS TEAM	K30	37	00:01:27	02:10:25	<b>04:39:31.40</b>	<b>04:40:58.65</b>	+02:31:11 (54.1%)	10:45	5.6 (45.9%)
318	<b>PIETRUSZEWSKI Bartłomiej</b>	<b>2482</b>		M40	87	00:01:09	02:09:33	<b>04:40:41.85</b>	<b>04:41:50.95</b>	+02:32:22 (54.3%)	10:47	5.6 (45.9%)
319	<b>URBAŃCZYK Marcin</b>	<b>2463</b>		M40	88	00:01:27	02:13:15	<b>04:40:47.90</b>	<b>04:42:15.15</b>	+02:32:28 (54.3%)	10:47	5.6 (45.9%)
320	<b>LE FELIC Monika</b>	<b>2409</b>		K40	34	00:17:35	02:07:27	<b>04:42:05.05</b>	<b>04:59:40.70</b>	+02:33:45 (54.5%)	10:50	5.5 (45.1%)
321	<b>LACHCIK Iwona</b>	<b>2052</b>	7 BATALION KAWALERII POWIETRZNEJ	K30	38	00:17:30	02:09:45	<b>04:42:13.05</b>	<b>04:59:43.20</b>	+02:33:53 (54.5%)	10:51	5.5 (45.1%)
322	<b>BRZEZIŃSKA Joanna</b>	<b>2411</b>		K30	39	00:01:13	02:04:02	<b>04:42:21.65</b>	<b>04:43:35.35</b>	+02:34:01 (54.6%)	10:51	5.5 (45.1%)
323	<b>GURBIEL Mateusz</b>	<b>2148</b>		M20	24	00:01:17	02:06:29	<b>04:42:27.05</b>	<b>04:43:44.95</b>	+02:34:07 (54.6%)	10:51	5.5 (45.1%)
324	<b>KLAJA Agnieszka</b>	<b>2087</b>		K30	40	00:01:28	02:12:03	<b>04:44:20.25</b>	<b>04:45:49.05</b>	+02:36:00 (54.9%)	10:56	5.5 (45.1%)
325	<b>DRZYZGA Dominika</b>	<b>2499</b>		K20	12	00:01:21	02:11:26	<b>04:44:23.10</b>	<b>04:45:44.85</b>	+02:36:03 (54.9%)	10:56	5.5 (45.1%)
326	<b>KOŁAKOWSKI Bartosz</b>	<b>2206</b>	CAZZO CLUB RUNNING TEAM	M20	25	00:01:04	02:07:51	<b>04:44:34.95</b>	<b>04:45:39.35</b>	+02:36:15 (54.9%)	10:56	5.5 (45.1%)
327	<b>KOSTRZON Maciej</b>	<b>2313</b>	SFORA-BMK	M40	89	00:17:41	02:07:29	<b>04:44:35.45</b>	<b>05:02:17.20</b>	+02:36:15 (54.9%)	10:56	5.5 (45.1%)
328	<b>JANIKOWSKA Dorota</b>	<b>2114</b>		K20	13	00:01:05	02:13:45	<b>04:44:55.85</b>	<b>04:46:01.00</b>	+02:36:36 (55.0%)	10:57	5.5 (45.1%)
329	<b>KRÓL Artur</b>	<b>2388</b>	WOJSKOWA AKADEMIA TECHNICZNA	M40	90	00:01:28	02:15:29	<b>04:45:06.10</b>	<b>04:46:34.45</b>	+02:36:46 (55.0%)	10:57	5.5 (45.1%)
330	<b>RAPACZ Marcin</b>	<b>2062</b>		M50	24	00:01:14	02:08:23	<b>04:45:16.70</b>	<b>04:46:31.15</b>	+02:36:56 (55.0%)	10:58	5.5 (45.1%)
331	<b>KUŁACZKOWSKI Konrad</b>	<b>2183</b>		M30	95	00:17:46	02:14:37	<b>04:45:16.85</b>	<b>05:03:03.00</b>	+02:36:57 (55.0%)	10:58	5.5 (45.1%)
332	<b>LEŚNIAKOWSKA Anna</b>	<b>2151</b>	TUR	K40	35	00:01:21	02:21:30	<b>04:45:39.55</b>	<b>04:47:00.75</b>	+02:37:19 (55.1%)	10:59	5.5 (45.1%)
333	<b>PARADOWSKI Paweł</b>	<b>2000</b>	BYLEDOMETY	M50	25	00:19:35	02:17:04	<b>04:45:45.00</b>	<b>05:05:20.40</b>	+02:37:25 (55.1%)	10:59	5.5 (45.1%)
334	<b>BURZ Jowita</b>	<b>2002</b>	BYLEDOMETY / WKURW_TEAM	K40	36	00:19:34	02:17:04	<b>04:45:45.75</b>	<b>05:05:20.50</b>	+02:37:25 (55.1%)	10:59	5.5 (45.1%)
335	<b>SZYSZŁO Tomasz</b>	<b>2026</b>	POZYTYWNIIE ZABIEGANI SANOK	M30	96	00:17:39	01:44:01	<b>04:45:58.35</b>	<b>05:03:37.35</b>	+02:37:38 (55.1%)	10:59	5.5 (45.1%)
336	<b>ORŁOWSKI Wojciech</b>	<b>2392</b>	STALOWOWOLSKI KLUB BIEGACZA	M40	91	00:01:12	02:00:41	<b>04:46:19.95</b>	<b>04:47:32.70</b>	+02:38:00 (55.2%)	11:00	5.4 (44.3%)
337	<b>KASZUBA Katarzyna</b>	<b>2175</b>		K30	41	00:01:23	02:16:24	<b>04:46:52.35</b>	<b>04:48:15.35</b>	+02:38:32 (55.3%)	11:02	5.4 (44.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	P2_Roztoki 12km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
338	<b>MORDZIŃSKI Marcin</b>	<b>2199</b>		M40	92	00:17:38	02:18:12	<b>04:47:35.15</b>	<b>05:05:13.25</b>	+02:39:15 (55.4%)	11:03	5.4 (44.3%)
339	<b>PAWLAK Wojciech</b>	<b>2093</b>	TRUCHTAMSOBIETRAILOWO	M40	93	00:17:40	02:12:42	<b>04:48:14.80</b>	<b>05:05:55.65</b>	+02:39:55 (55.5%)	11:05	5.4 (44.3%)
340	<b>SAGANOWSKI Adam</b>	<b>2094</b>	AZS GDAŃSK	M40	94	00:17:40	02:12:41	<b>04:48:16.50</b>	<b>05:05:56.55</b>	+02:39:56 (55.5%)	11:05	5.4 (44.3%)
341	<b>SZELAĞ Iwona</b>	<b>2086</b>		K30	42	00:01:06	02:20:37	<b>04:49:14.45</b>	<b>04:50:20.50</b>	+02:40:54 (55.6%)	11:07	5.4 (44.3%)
342	<b>SIPIERA Tomasz</b>	<b>2085</b>	GRUPALUKTRANS.PL	M40	95	00:01:06	02:20:39	<b>04:49:14.60</b>	<b>04:50:20.85</b>	+02:40:54 (55.6%)	11:07	5.4 (44.3%)
343	<b>RYŻYŃSKI Tomasz</b>	<b>2125</b>	CHEŁM BIEGA	M40	96	00:17:40	02:13:23	<b>04:49:14.90</b>	<b>05:06:55.25</b>	+02:40:55 (55.6%)	11:07	5.4 (44.3%)
344	<b>MIELNICZEK Jerzy</b>	<b>2047</b>		M30	97	00:01:07	02:04:17	<b>04:49:33.10</b>	<b>04:50:40.50</b>	+02:41:13 (55.7%)	11:08	5.4 (44.3%)
345	<b>ŁADAK Marcin</b>	<b>2088</b>		M50	26	00:01:15	02:16:53	<b>04:49:36.50</b>	<b>04:50:52.20</b>	+02:41:16 (55.7%)	11:08	5.4 (44.3%)
346	<b>MICHALSKI Robert</b>	<b>2370</b>	HETMAN TARNOWSKIE GÓRY	M40	97	00:01:14	02:06:13	<b>04:50:06.45</b>	<b>04:51:21.05</b>	+02:41:46 (55.8%)	11:09	5.4 (44.3%)
347	<b>ZELMANOWICZ - SZŁAPA Ewa</b>	<b>2039</b>	IZBICKO W BIEGU	K40	37	00:01:34	02:21:38	<b>04:51:10.95</b>	<b>04:52:45.00</b>	+02:42:51 (55.9%)	11:11	5.4 (44.3%)
348	<b>KALINOWSKA Małgorzata</b>	<b>2374</b>		K40	38	00:01:22	02:17:17	<b>04:52:00.45</b>	<b>04:53:22.50</b>	+02:43:40 (56.1%)	11:13	5.3 (43.4%)
349	<b>PAWŁOWSKA-LIS Maria</b>	<b>2306</b>		K40	39	00:01:20	02:17:18	<b>04:52:02.20</b>	<b>04:53:22.30</b>	+02:43:42 (56.1%)	11:13	5.3 (43.4%)
350	<b>OSOWSKA Katarzyna</b>	<b>2492</b>		K40	40	00:01:24	02:20:36	<b>04:53:57.30</b>	<b>04:55:22.00</b>	+02:45:37 (56.3%)	11:18	5.3 (43.4%)
351	<b>KOWALEWSKA Kinga</b>	<b>2550</b>		K30	43	00:01:20	02:18:32	<b>04:54:00.35</b>	<b>04:55:20.70</b>	+02:45:40 (56.4%)	11:18	5.3 (43.4%)
352	<b>WIERCHOŁA Joanna</b>	<b>2035</b>		K60	1	00:01:22	02:24:27	<b>04:55:54.65</b>	<b>04:57:17.20</b>	+02:47:34 (56.6%)	11:22	5.3 (43.4%)
353	<b>CHRÓŚCIAK Paweł</b>	<b>2164</b>		M30	98	00:17:42	02:17:16	<b>04:56:36.00</b>	<b>05:14:18.70</b>	+02:48:16 (56.7%)	11:24	5.3 (43.4%)
354	<b>JANIK Paweł</b>	<b>2398</b>	PRASKIE ULTRAŁOSIE	M40	98	00:01:23	02:12:33	<b>04:56:41.05</b>	<b>04:58:04.95</b>	+02:48:21 (56.7%)	11:24	5.3 (43.4%)
355	<b>BLICHERT Ania</b>	<b>2053</b>	I DON'T KURWA CARE	K30	44	00:17:37	02:20:08	<b>04:57:15.50</b>	<b>05:14:53.15</b>	+02:48:55 (56.8%)	11:25	5.2 (42.6%)
356	<b>LASEK Piotr</b>	<b>2117</b>		M40	99	00:17:33	02:10:02	<b>04:57:49.60</b>	<b>05:15:22.85</b>	+02:49:29 (56.9%)	11:27	5.2 (42.6%)
357	<b>LASEK Agnieszka</b>	<b>2118</b>		K30	45	00:17:32	02:11:27	<b>04:57:49.65</b>	<b>05:15:22.40</b>	+02:49:29 (56.9%)	11:27	5.2 (42.6%)
358	<b>KOBUSZEWSKI Maciej</b>	<b>2457</b>		M40	100	00:01:42	02:21:22	<b>04:58:14.00</b>	<b>04:59:56.55</b>	+02:49:54 (57.0%)	11:28	5.2 (42.6%)
359	<b>GARGAS-DZIEDZINA Joanna</b>	<b>2342</b>	CLICO TEAM	K40	41	00:17:35		<b>04:58:23.70</b>	<b>05:15:59.10</b>	+02:50:03 (57.0%)	11:28	5.2 (42.6%)
360	<b>MERESTA Konrad</b>	<b>2241</b>	LW BOGDANKA	M30	99	00:17:33	02:24:42	<b>04:58:47.30</b>	<b>05:16:21.10</b>	+02:50:27 (57.0%)	11:29	5.2 (42.6%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	P2_Roztoki 12km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
361	<b>JUSZCZYK Jarosław</b>	<b>2389</b>		M40	101	00:17:46	02:11:47	<b>04:59:34.75</b>	<b>05:17:21.10</b>	+02:51:14 (57.2%)	11:31	5.2 (42.6%)
362	<b>NIEWIADOMSKA Ewa</b>	<b>2403</b>	BBL ZDUŃSKA WOLA	K50	6	00:01:08	02:26:35	<b>05:00:02.70</b>	<b>05:01:11.35</b>	+02:51:42 (57.2%)	11:32	5.2 (42.6%)
363	<b>WOŹNIAK Bartłomiej</b>	<b>2339</b>		M40	102	00:01:25	02:14:00	<b>05:00:37.65</b>	<b>05:02:03.40</b>	+02:52:17 (57.3%)	11:33	5.2 (42.6%)
364	<b>PIETRUSZEWSKA Katarzyna</b>	<b>2483</b>	ORANGE POLSKA	K40	42	00:01:09	02:34:11	<b>05:01:19.80</b>	<b>05:02:29.00</b>	+02:53:00 (57.4%)	11:35	5.2 (42.6%)
365	<b>MILEWSKI Konrad</b>	<b>2070</b>	KODA	M30	100	00:01:12	02:12:50	<b>05:02:06.65</b>	<b>05:03:18.95</b>	+02:53:46 (57.5%)	11:37	5.2 (42.6%)
366	<b>KOSOWSKA Irena</b>	<b>2551</b>		K30	46	00:01:21	02:24:32	<b>05:02:41.20</b>	<b>05:04:02.35</b>	+02:54:21 (57.6%)	11:38	5.2 (42.6%)
367	<b>DĄBEK Paweł</b>	<b>2470</b>		M50	27	00:17:43	02:12:26	<b>05:02:41.90</b>	<b>05:20:25.80</b>	+02:54:22 (57.6%)	11:38	5.2 (42.6%)
368	<b>WIŚNIEWSKA Kornelia</b>	<b>2333</b>	ZABIEGANE DWIE	K40	43	00:22:12	02:30:40	<b>05:03:18.05</b>	<b>05:25:30.50</b>	+02:54:58 (57.7%)	11:39	5.1 (41.8%)
369	<b>DALKE Jowita</b>	<b>2334</b>	ZABIEGANE DWIE	K30	47	00:22:12	02:30:44	<b>05:03:18.20</b>	<b>05:25:30.65</b>	+02:54:58 (57.7%)	11:39	5.1 (41.8%)
370	<b>DADAŚ Elżbieta</b>	<b>2220</b>	BP RUNNING TEAM GLIWICE	K40	44	00:01:25	02:21:49	<b>05:03:43.95</b>	<b>05:05:09.05</b>	+02:55:24 (57.7%)	11:40	5.1 (41.8%)
371	<b>SCHLAPPA Sebastian</b>	<b>2428</b>	IZBICKO W BIEGU	M40	103	00:01:20	02:19:58	<b>05:04:20.95</b>	<b>05:05:41.80</b>	+02:56:01 (57.8%)	11:42	5.1 (41.8%)
372	<b>DAMPS Maria</b>	<b>2233</b>		K30	48	00:01:17	02:23:58	<b>05:04:45.70</b>	<b>05:06:03.60</b>	+02:56:25 (57.9%)	11:43	5.1 (41.8%)
373	<b>KUTKOWSKI Jan</b>	<b>2316</b>	STOWARZYSZENIE BIEGIEM RADOM	M30	101	00:17:30	02:12:04	<b>05:07:06.40</b>	<b>05:24:37.35</b>	+02:58:46 (58.2%)	11:48	5.1 (41.8%)
374	<b>KOZA Sebastian</b>	<b>2171</b>	SSW TEAM KROŚNICE	M20	26	00:01:07	02:18:01	<b>05:07:47.35</b>	<b>05:08:54.60</b>	+02:59:27 (58.3%)	11:50	5.1 (41.8%)
375	<b>KUBASIK Marcin</b>	<b>2247</b>		M30	102	00:01:34	02:21:13	<b>05:09:00.55</b>	<b>05:10:35.45</b>	+03:00:40 (58.5%)	11:53	5 (41.0%)
376	<b>DZIAŁO Łukasz</b>	<b>2192</b>		M20	27	00:01:35	02:21:11	<b>05:09:15.80</b>	<b>05:10:50.90</b>	+03:00:56 (58.5%)	11:53	5 (41.0%)
377	<b>JAROCKA Wioleta</b>	<b>2364</b>		K30	49	00:17:42	02:14:24	<b>05:09:34.15</b>	<b>05:27:16.40</b>	+03:01:14 (58.5%)	11:54	5 (41.0%)
378	<b>LEWAK-JAŚKOWSKA Sylwia</b>	<b>2234</b>		K40	45	00:17:42	02:14:26	<b>05:09:34.60</b>	<b>05:27:16.75</b>	+03:01:14 (58.5%)	11:54	5 (41.0%)
379	<b>CZOSTEK Joanna</b>	<b>2493</b>		K50	7	00:01:07	02:24:02	<b>05:10:04.15</b>	<b>05:11:11.70</b>	+03:01:44 (58.6%)	11:55	5 (41.0%)
380	<b>BERNAT Paweł</b>	<b>2397</b>		M40	104	00:01:26	02:10:45	<b>05:11:22.90</b>	<b>05:12:48.95</b>	+03:03:03 (58.8%)	11:58	5 (41.0%)
381	<b>WÓJCIK Bartosz</b>	<b>2212</b>		M40	105	00:17:31	02:18:36	<b>05:12:46.90</b>	<b>05:30:18.35</b>	+03:04:27 (59.0%)	12:01	5 (41.0%)
382	<b>BANACH Igor</b>	<b>2211</b>		M40	106	00:17:29	02:30:41	<b>05:14:08.15</b>	<b>05:31:37.45</b>	+03:05:48 (59.1%)	12:04	5 (41.0%)
383	<b>MARCOL Mateusz</b>	<b>2560</b>		M30	103	00:01:17	02:44:29	<b>05:14:16.05</b>	<b>05:15:33.85</b>	+03:05:56 (59.2%)	12:05	5 (41.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	P2_Roztoki 12km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
384	MARCOL Oriana	2561		K20	14	00:01:17	02:44:32	05:14:16.75	05:15:34.10	+03:05:56 (59.2%)	12:05	5 (41.0%)
385	MARCOL Dominika	2559		K20	15	00:01:16	02:20:12	05:15:01.10	05:16:18.05	+03:06:41 (59.3%)	12:06	5 (41.0%)
386	KORNAS Szymon	2562		M20	28	00:01:16	02:16:08	05:15:02.00	05:16:18.35	+03:06:42 (59.3%)	12:07	5 (41.0%)
387	PAWŁOWSKA Agnieszka	2080	PRZEMYSKI KLUB BIEGACZA	K40	46	00:01:18	02:37:43	05:16:13.00	05:17:31.45	+03:07:53 (59.4%)	12:09	4.9 (40.2%)
388	IWANOWICZ Zuzanna	2226		K40	47	00:17:33	02:28:12	05:16:46.95	05:34:20.15	+03:08:27 (59.5%)	12:11	4.9 (40.2%)
389	RADYK Joanna	2245	PRZEMYSKI KLUB BIEGACZA	K30	50	00:01:18	02:37:35	05:18:33.05	05:19:51.65	+03:10:13 (59.7%)	12:15	4.9 (40.2%)
390	LAZAROWICZ Piotr	2335	WKURW_TEAM	M40	107	00:17:48	02:19:39	05:18:58.70	05:36:47.20	+03:10:38 (59.8%)	12:16	4.9 (40.2%)
391	UNIOWSKI Tomasz	2065	ĆMY BAROWE	M30	104	00:17:32	02:24:47	05:22:33.15	05:40:05.80	+03:14:13 (60.2%)	12:24	4.8 (39.3%)
392	JAWORSKA Agnieszka	2325		K40	48	00:17:31	02:44:08	05:23:45.85	05:41:17.10	+03:15:26 (60.4%)	12:27	4.8 (39.3%)
393	TWARDUŚ Leszek	2160		M30	105	00:17:29	02:32:14	05:23:55.25	05:41:24.30	+03:15:35 (60.4%)	12:27	4.8 (39.3%)
394	MAKOSA Konrad	2188		M40	108	00:17:38	02:30:57	05:24:43.40	05:42:21.85	+03:16:23 (60.5%)	12:29	4.8 (39.3%)
395	BAKA Marcin	2229	GTS TRADYCJA	M50	28	00:01:27	02:30:54	05:30:38.35	05:32:05.45	+03:22:18 (61.2%)	12:43	4.7 (38.5%)
396	GMITER Agnieszka	2230	GTS TRADYCJA	K40	49	00:01:26	02:30:55	05:30:39.30	05:32:05.65	+03:22:19 (61.2%)	12:43	4.7 (38.5%)
397	PERKOWSKI Tomasz	2465	BIAŁOŁĘCKIE CZŁAPANIE&DZIADY BOROWE	M30	106	00:17:26	02:45:20	05:33:20.30	05:50:46.85	+03:25:00 (61.5%)	12:49	4.7 (38.5%)
398	BIĄŁOKOS Anna	2467	BIAŁOŁĘCKIE CZŁAPANIE & DZIADY BOROWE	K30	51	00:17:26	02:45:19	05:33:20.40	05:50:46.85	+03:25:00 (61.5%)	12:49	4.7 (38.5%)
399	OSZCZĘDA Marzena	2016		K40	50	00:01:21	02:33:57	05:33:37.40	05:34:59.25	+03:25:17 (61.5%)	12:49	4.7 (38.5%)
400	SZYMCZYŃSKI Błażej	2159		M30	107	00:01:16	02:03:35	05:34:02.35	05:35:19.00	+03:25:42 (61.6%)	12:50	4.7 (38.5%)
401	KŁOS Dariusz	2130	KLUB MARATOŃSKI UMK/ZDROWO ZABIEGANI TORUŃ	M50	29	00:01:03	02:32:43	05:34:13.50	05:35:17.25	+03:25:53 (61.6%)	12:51	4.7 (38.5%)
402	GROCHOWSKI Karol	2152	ĆMY BAROWE	M30	108	00:00:00	02:42:19	05:40:08.25	05:40:08.25	+03:31:48 (62.3%)	13:04	4.6 (37.7%)
403	OLECHOWSKI Marcin	2291	TINNAR.EU	M40	109	00:01:08	02:38:20	05:43:32.45	05:44:41.20	+03:35:12 (62.6%)	13:12	4.5 (36.9%)
404	ADAMCZYK Zbigniew	2126	KM TRUCHCIK ŁUBIANKA	M60	6	00:01:04	02:35:27	05:43:56.20	05:45:00.85	+03:35:36 (62.7%)	13:13	4.5 (36.9%)
405	WESOŁOWSKI Łukasz	2046	MASAKRA KLUB SPORTOWY	M30	109	00:17:45	02:32:13	05:45:02.75	06:02:48.25	+03:36:42 (62.8%)	13:16	4.5 (36.9%)
406	SOBOLEWSKI Grzegorz	2020	MASAKRA KLUB SPORTOWY	M40	110	00:17:45	02:32:01	05:45:04.30	06:02:49.75	+03:36:44 (62.8%)	13:16	4.5 (36.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	P2_Roztoki 12km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
407	<b>DAMIĘCKI Jan</b>	<b>2010</b>	MASAKRA KLUB SPORTOWY	M40	111	00:17:44	02:32:12	<b>05:45:05.20</b>	<b>06:02:49.85</b>	+03:36:45 (62.8%)	13:16	4.5 (36.9%)
408	<b>CZERNIAK Artur</b>	<b>2013</b>	MASAKRA KLUB SPORTOWY	M50	30	00:17:45	02:32:05	<b>05:45:05.45</b>	<b>06:02:50.45</b>	+03:36:45 (62.8%)	13:16	4.5 (36.9%)
409	<b>BRATKO Zbigniew</b>	<b>2081</b>	65+	M60	7	00:18:03	02:45:22	<b>05:51:59.80</b>	<b>06:10:03.60</b>	+03:43:40 (63.5%)	13:32	4.4 (36.1%)
410	<b>MARTOWICZ Justyna</b>	<b>2074</b>		K20	16	00:01:18	02:47:41	<b>05:56:49.35</b>	<b>05:58:07.75</b>	+03:48:29 (64.0%)	13:43	4.4 (36.1%)
411	<b>GANCARSKI Marcin</b>	<b>2060</b>	NOWY STYL GROUP RUNNING TEAM	M30	110	00:01:16	02:47:39	<b>05:56:49.65</b>	<b>05:58:05.90</b>	+03:48:29 (64.0%)	13:43	4.4 (36.1%)
412	<b>SURDAKCI Łukasz</b>	<b>2329</b>	MONKEYS' TEAM	M30	111	00:01:30	02:35:28	<b>06:03:58.20</b>	<b>06:05:28.50</b>	+03:55:38 (64.7%)	13:59	4.3 (35.2%)
413	<b>SURDAKKA Edyta</b>	<b>2443</b>	MONKEYS'TEAM	K30	52	00:01:29	02:35:26	<b>06:03:58.40</b>	<b>06:05:28.25</b>	+03:55:38 (64.7%)	13:59	4.3 (35.2%)
414	<b>CZERWONKA Żaneta</b>	<b>2337</b>	MONKEYS' TEAM	K30	53	00:01:29	02:28:44	<b>06:03:59.10</b>	<b>06:05:28.80</b>	+03:55:39 (64.7%)	13:59	4.3 (35.2%)
415	<b>STEC Dawid</b>	<b>2347</b>	MONKEYS'TEAM	M30	112	00:01:29	02:33:16	<b>06:03:59.25</b>	<b>06:05:29.15</b>	+03:55:39 (64.7%)	13:59	4.3 (35.2%)
416	<b>BOBROWICZ Tomasz</b>	<b>2350</b>		M40	112	00:01:16	02:38:23	<b>06:05:38.75</b>	<b>06:06:55.70</b>	+03:57:18 (64.9%)	14:03	4.3 (35.2%)
417	<b>KNIAZIAK - BOBROWICZ Magdalena</b>	<b>2349</b>	ORANGE	K40	51	00:01:17	02:38:23	<b>06:05:40.00</b>	<b>06:06:57.60</b>	+03:57:20 (64.9%)	14:03	4.3 (35.2%)
418	<b>KWIATKOWSKA Tatiana</b>	<b>2358</b>	HELLO KITTY	K20	17	00:01:23	02:55:56	<b>06:20:29.80</b>	<b>06:21:53.10</b>	+04:12:10 (66.3%)	14:38	4.1 (33.6%)
419	<b>KWIATKOWSKA Alicja</b>	<b>2045</b>	MAŁE LWY	K30	54	00:01:23	02:55:56	<b>06:20:30.10</b>	<b>06:21:53.20</b>	+04:12:10 (66.3%)	14:38	4.1 (33.6%)
420	<b>BARAŃSKA Marta</b>	<b>2354</b>	GORZÓW BIEGA	K20	18	00:01:38	03:00:10	<b>06:28:08.10</b>	<b>06:29:47.05</b>	+04:19:48 (66.9%)	14:55	4 (32.8%)
421	<b>LASEK Krzysztof</b>	<b>2121</b>		M30	113	00:17:36	02:50:09	<b>06:32:17.95</b>	<b>06:49:54.65</b>	+04:23:58 (67.3%)	15:05	4 (32.8%)
422	<b>ORZECOWSKI Mieczysław</b>	<b>2017</b>	KBP PASJA WARSZAWA	M60	8	00:02:28	03:07:48	<b>06:32:34.30</b>	<b>06:35:03.05</b>	+04:24:14 (67.3%)	15:05	4 (32.8%)
423	<b>ORZECOWSKA Danuta</b>	<b>2018</b>	KBP PASJA WARSZAWA	K60	2	00:02:27	03:07:44	<b>06:32:34.80</b>	<b>06:35:02.60</b>	+04:24:15 (67.3%)	15:05	4 (32.8%)
424	<b>KARAMON Patryk</b>	<b>2369</b>		M20	29	00:01:30	03:01:48	<b>06:36:14.40</b>	<b>06:37:45.10</b>	+04:27:54 (67.6%)	15:14	3.9 (32.0%)
425	<b>SIKORA Paulina</b>	<b>2331</b>		K20	19	00:01:30	03:01:49	<b>06:36:14.45</b>	<b>06:37:44.90</b>	+04:27:54 (67.6%)	15:14	3.9 (32.0%)
426	<b>BORKOWSKA Ewa</b>	<b>2381</b>	WKURW-TEAM	K60	3	00:01:23	03:14:22	<b>06:38:19.45</b>	<b>06:39:42.60</b>	+04:29:59 (67.8%)	15:19	3.9 (32.0%)
427	<b>GRUBE Bartosz</b>	<b>2131</b>	SUT - STRASZYN ULTRA TEAM	M30	114	00:01:22	03:02:12	<b>06:41:20.40</b>	<b>06:42:43.15</b>	+04:33:00 (68.0%)	15:26	3.9 (32.0%)
428	<b>CZECOWSKI Filip</b>	<b>2098</b>	DEKABRYŚCI	M40	113	00:01:29	03:07:07	<b>07:15:34.50</b>	<b>07:17:03.65</b>	+05:07:14 (70.5%)	16:45	3.6 (29.5%)
429	<b>OŻÓG Iwona</b>	<b>2478</b>		K40	52	00:17:35	03:23:49	<b>07:40:52.60</b>	<b>07:58:28.15</b>	+05:32:32 (72.2%)	17:43	3.4 (27.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	P2_Roztoki 12km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
	<b>GOŹDZIEWSKI Adam</b>	<b>2276</b>		M40		DNF	01:59:08 DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>REY Andrzej</b>	<b>2073</b>	REY RUNNING TEAM	M40		DNF	03:48:40 DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>REY Patryk</b>	<b>2441</b>	REY RUNNING TEAM	M20		DNF	03:48:40 DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>MACHTAŁOWICZ Beata</b>	<b>2036</b>		K30		DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)

Znaleziono 433 wynik(ów)