

VIII HYUNDAI ULTRAMARATON BIESZCZADZKI - 52 KM

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Wydarzenie: VIII HYUNDAI ULTRAMARATON BIESZCZADZKI
Organizator: Fundacja Bieg Rzeźnika
Data: 2020-10-09
Miejsce: Cisna
Dystans: 52 km

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	P2_Roztoki 12km	P3_Solinka 26km	P2_Roztoki 38km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
1	CZERNAK Paweł	1400	KARKONOSZ RUNNING TEAM	M30	1	03:33:46	01:21:35	02:29:36	03:47:13	05:03:02.80	08:36:49.15		5:49	10.3 (100%)
2	ŻUCHOWSKI Daniel	1254		M30	2	03:33:45	01:24:24	02:33:00	03:52:43	05:09:05.85	08:42:51.70	+00:06:03 (2.0%)	5:56	10.1 (98.1%)
3	ŚWIERC Marcin	1506		M30	3	03:04:25	01:23:43	02:36:01	03:55:11	05:10:04.30	08:14:29.65	+00:07:01 (2.3%)	5:57	10.1 (98.1%)
4	CEBERAK Bartek	1022		M30	4	03:33:47	01:27:41	02:38:11	04:02:08	05:23:16.30	08:57:04.00	+00:20:13 (6.3%)	6:13	9.7 (94.2%)
5	GAWLIK Sławek	1508	DYNAFIT TEAM POLAND	M30	5	02:30:30	01:29:43	02:42:48	04:06:26	05:25:30.35	07:56:00.60	+00:22:27 (6.9%)	6:15	9.6 (93.2%)
6	ŻORNIAK Mateusz	1291	MEGA FASON SIENIAWA	M30	6	03:04:26	01:26:34	02:35:59	04:00:35	05:26:27.40	08:30:53.45	+00:23:24 (7.2%)	6:16	9.6 (93.2%)
7	PISZCZATOWSKI Wojciech	1401	ORANGE POLSKA	M40	1	03:33:47	01:33:43	02:47:50	04:15:48	05:42:11.30	09:15:58.35	+00:39:08 (11.4%)	6:34	9.1 (88.3%)
8	SZAPORÓW Łukasz	1451	INFINITY-GYM ŁUKASZ SZAPORÓW	M30	7	03:33:46	01:33:59	02:48:39	04:19:44	05:45:58.45	09:19:45.20	+00:42:55 (12.4%)	6:39	9 (87.4%)
9	WILK Katarzyna	1522		K30	1	03:33:45	01:35:09	02:52:36	04:22:32	05:47:11.95	09:20:57.80	+00:44:09 (12.7%)	6:40	9 (87.4%)
10	SZOPA Łukasz	1369	KARKONOSZ RUNNING TEAM	M40	2	03:33:46	01:35:08	02:51:33	04:22:24	05:49:32.70	09:23:19.35	+00:46:29 (13.3%)	6:43	8.9 (86.4%)
11	PAPROCKA Urszula	1255	NOWA HUTA TEAM	K30	2	03:33:47	01:37:14	02:53:52	04:27:08	05:49:35.70	09:23:23.45	+00:46:32 (13.3%)	6:43	8.9 (86.4%)
12	WYSOKINSKI Konrad	1418	MESMERIK RUNNERS	M40	3	03:04:26	01:37:10	02:59:37	04:34:13	06:01:32.70	09:05:58.95	+00:58:29 (16.2%)	6:57	8.6 (83.5%)
13	ŁACIAK Marcin	1416	MESMERIK RUNNERS	M40	4	03:04:26	01:37:08	02:59:06	04:34:11	06:03:50.70	09:08:17.45	+01:00:47 (16.7%)	6:59	8.6 (83.5%)
14	RUDZIŃSKI Jacek	1437	KB HERMES GRYFINO	M50	1	03:33:47	01:42:50	03:04:02	04:34:44	06:05:14.75	09:39:01.90	+01:02:11 (17.0%)	7:01	8.5 (82.5%)
15	STOŚ Paweł	1495	LUCKY TEAM	M30	8	02:30:35	01:46:25	03:06:38	04:36:49	06:09:40.70	08:40:16.45	+01:06:37 (18.0%)	7:06	8.4 (81.6%)
16	SZYMAŃSKI Paweł	1196	FIZJOBIEGACZE SZCZECIN	M30	9	02:30:32	01:32:10	02:48:42	04:19:30	06:16:09.65	08:46:42.60	+01:13:06 (19.4%)	7:14	8.3 (80.6%)
17	ARAK Tomasz	1415	MESMERIK RUNNERS	M40	5	03:33:46	01:32:44	02:55:24	04:40:00	06:16:41.80	09:50:28.40	+01:13:39 (19.6%)	7:14	8.3 (80.6%)
18	BRATEK Agnieszka	1524		K40	1	03:33:46	01:43:52	03:07:00	04:43:48	06:19:53.05	09:53:39.35	+01:16:50 (20.2%)	7:18	8.2 (79.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
						startu	P2_Roztoki 12km	P3_Solinka 26km	P2_Roztoki 38km					
19	WENTA Marta	1484	KASZUBSKA PONIEWIERKA	K20	1	03:04:27	01:49:31	03:16:29	04:53:15	06:24:49.50	09:29:16.65	+01:21:46 (21.3%)	7:24	8.1 (78.6%)
20	SIUDEK Robert	1498	MARCIN ŚWIERC TEAM	M30	10	03:33:46	01:46:18	03:08:08	04:50:53	06:25:01.45	09:58:48.05	+01:21:58 (21.3%)	7:24	8.1 (78.6%)
21	KRZEMIŃSKI Marcin	1384	SPRINT GORZYCE	M40	6	03:33:47	01:39:41	03:05:05	04:46:32	06:26:41.45	10:00:28.60	+01:23:38 (21.6%)	7:26	8.1 (78.6%)
22	JAKIEŁA-RZADKOSZ Katarzyna	1518		K30	3	03:33:46	01:40:27	03:04:09	04:47:41	06:28:06.60	10:01:53.35	+01:25:03 (21.9%)	7:27	8 (77.7%)
23	KOWALIK Ewelina	1191	FIZJOBIEGACZE SZCZECIN	K20	2	02:30:33	01:44:27	03:09:28	04:52:21	06:30:25.50	09:00:58.75	+01:27:22 (22.4%)	7:30	8 (77.7%)
24	ŁABĘDZKA Agata	1514	MARCIN ŚWIERC TEAM/ DYNAFIT POLSKA	K20	3	02:30:34	01:50:29	03:16:37	04:53:09	06:30:34.45	09:01:08.90	+01:27:31 (22.4%)	7:30	8 (77.7%)
25	CHILICKA Marta	1394	RED LION CLUB	K30	4	01:00:22	01:56:41	03:28:55	05:07:36	06:37:48.20	07:38:10.75	+01:34:45 (23.8%)	7:39	7.8 (75.7%)
26	BUGNO Marcelina	1350	SKAWINA BIEGA	K30	5	02:30:49	01:48:39	03:15:00	04:56:57	06:38:11.75	09:09:01.60	+01:35:08 (23.9%)	7:39	7.8 (75.7%)
27	KACZMAREK Tomasz	1237	NIEPOŁOMICE BIEGAJĄ	M40	7	03:33:47	01:40:16	03:10:57	05:00:55	06:44:15.90	10:18:03.50	+01:41:13 (25.0%)	7:46	7.7 (74.8%)
28	KAMIŃSKI Marek	1335		M30	11	03:33:47	01:49:29	03:18:44	05:04:42	06:45:05.30	10:18:52.55	+01:42:02 (25.2%)	7:47	7.7 (74.8%)
29	GAZDA Paweł	1054	BALTIC WOOD ACTIVE	M30	12	03:04:42	01:50:09	03:17:26	04:58:43	06:45:52.10	09:50:34.35	+01:42:49 (25.3%)	7:48	7.7 (74.8%)
30	KAŻMIERCZAK Piotr	1260		M30	13	03:33:49	01:47:52	03:14:33	05:05:00	06:49:12.50	10:23:01.60	+01:46:09 (25.9%)	7:52	7.6 (73.8%)
31	MIKOŁAJCZYK Krzysztof	1432		M40	8	03:04:26	01:50:20	03:23:39	05:10:03	06:50:35.95	09:55:02.20	+01:47:33 (26.2%)	7:53	7.6 (73.8%)
32	OLEKSIŃSKI Dariusz	1322		M30	14	03:33:51	01:52:38	03:26:42	05:11:28	06:52:01.15	10:25:52.40	+01:48:58 (26.4%)	7:55	7.6 (73.8%)
33	JANKOWSKI Sebastian	1162	WIELISZEW HERON TEAM	M40	9	03:33:50	01:49:00	03:22:58	05:14:48	06:53:12.20	10:27:02.70	+01:50:09 (26.7%)	7:56	7.6 (73.8%)
34	KOWALCZYK Mateusz	1277	MINUTKA TRAIL / PRZEWORSKA GRUPA BIEGOWA	M30	15	03:33:48	02:02:01	03:34:58	05:18:38	06:53:15.50	10:27:04.25	+01:50:12 (26.7%)	7:56	7.5 (72.8%)
35	PUDŁO Mateusz	1491	TEAM KINGRUNNER ULTRA	M20	1	02:30:31	01:55:51	03:32:20	05:15:26	06:54:49.05	09:25:20.05	+01:51:46 (26.9%)	7:58	7.5 (72.8%)
36	DZIRBA Tomasz	1355	STAY INSANE / NIE MA LETKO	M30	16	03:04:38	01:53:36	03:21:39	05:10:43	06:54:49.10	09:59:27.65	+01:51:46 (26.9%)	7:58	7.5 (72.8%)
37	WEREMKO Grzegorz	1357	MULTIMEDIA RUNNERS PUŁAWY	M40	10	03:04:32	01:55:06	03:26:50	05:11:43	06:54:59.55	09:59:31.80	+01:51:56 (27.0%)	7:58	7.5 (72.8%)
38	RACZYC Janusz	1252	HIT THE TRAIL	M30	17	00:00:01	01:47:12	03:20:26	04:59:21	06:56:59.05	06:57:00.75	+01:53:56 (27.3%)	8:01	7.5 (72.8%)
39	ZBORUCKI Jan	1157	LATAJĄCY CYRK	M30	18	03:04:46	01:58:35	03:34:55	05:18:51	06:57:40.25	10:02:26.50	+01:54:37 (27.4%)	8:01	7.5 (72.8%)
40	HOŁOWNIA Tomasz	1017	GRUPA BIEGOWA "BEZ GRANIC"	M30	19	03:33:50	01:56:23	03:35:34	05:22:33	06:58:41.85	10:32:32.30	+01:55:39 (27.6%)	8:03	7.5 (72.8%)
41	MALEC Artur	1433		M40	11	03:04:26	01:50:21	03:23:40	05:16:18	06:59:35.45	10:04:01.45	+01:56:32 (27.8%)	8:04	7.4 (71.8%)
42	SZCZEPKOWSKI Przemek	1294		M30	20	03:33:51	01:51:33	03:26:26	05:14:57	07:03:25.75	10:37:17.40	+02:00:22 (28.4%)	8:08	7.4 (71.8%)
43	POŻAROWSZCZYK Adam	1266	MINISTERSTWO GŁUPICH KROKÓW LEGIONOWO	M30	21	03:04:39	01:50:40	03:17:27	05:12:13	07:03:41.45	10:08:21.25	+02:00:38 (28.5%)	8:08	7.4 (71.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	P2_Roztoki 12km	P3_Solinka 26km	P2_Roztoki 38km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
44	HORDEY Yaroslav	1475	SPRINTER PRĄDY	M40	12	03:04:38	01:46:49	03:16:12	05:08:20	07:03:45.85	10:08:24.00	+02:00:43 (28.5%)	8:08	7.4 (71.8%)
45	KOŚCIELSKI Patryk	1264	MINISTERSTWO GŁUPICH KROKÓW LEGIONOWO	M40	13	03:04:40	01:50:43	03:17:27	05:12:14	07:03:49.05	10:08:29.05	+02:00:46 (28.5%)	8:09	7.4 (71.8%)
46	SOBIESZEK Sylwia	1165	ZWOLEŃNICY BIEGANIA	K30	6	03:04:28	01:55:08	03:26:53	05:20:26	07:04:06.55	10:08:35.15	+02:01:03 (28.5%)	8:09	7.4 (71.8%)
47	TKACZEWSKI Piotr	1482		M40	14	03:04:38	01:53:48	03:25:52	05:17:16	07:04:08.90	10:08:47.25	+02:01:06 (28.6%)	8:09	7.4 (71.8%)
48	ZIĘBA Beata	1288	ENDURE TEAM	K40	2	03:33:47	01:54:51	03:32:03	05:22:16	07:05:51.60	10:39:39.20	+02:02:48 (28.8%)	8:11	7.3 (70.9%)
49	MIKUŚKIEWICZ Piotr	1446	10 ŚBOT	M40	15	03:33:50	01:51:01	03:26:26	05:17:17	07:06:02.25	10:39:52.40	+02:02:59 (28.9%)	8:11	7.3 (70.9%)
50	ZAJĄC Filip	1509	OLA&TOSIA&TYMON&GAJA TEAM	M40	16	03:33:46	01:52:44	03:29:30	05:18:38	07:06:14.85	10:40:01.75	+02:03:12 (28.9%)	8:11	7.3 (70.9%)
51	SZKÓŁKA Robert	1257	WIELISZEW HERON TEAM	M40	17	03:33:50	01:49:31	03:22:57	05:14:50	07:06:41.65	10:40:32.40	+02:03:38 (29.0%)	8:12	7.3 (70.9%)
52	SZCZUDRAWA Dariusz	1197		M40	18	03:33:51	02:01:05	03:35:45	05:24:02	07:09:26.45	10:43:18.25	+02:06:23 (29.4%)	8:15	7.3 (70.9%)
53	PODRAZA Klaudia	1320	PĘDZĄCE ŚLIMAKI	K20	4	03:33:49	02:00:13	03:38:31	05:32:54	07:12:43.50	10:46:32.70	+02:09:40 (30.0%)	8:19	7.2 (69.9%)
54	CZOSNOWSKI Krzysztof	1441	KB HERMES GRYFINO	M40	19	03:33:47	01:41:59	03:16:30	05:14:31	07:13:33.60	10:47:21.30	+02:10:30 (30.1%)	8:20	7.2 (69.9%)
55	BELKIEWICZ Rafał	1304	KABATY ULTRA	M40	20	03:04:30	01:57:43	03:36:01	05:27:45	07:15:16.05	10:19:46.65	+02:12:13 (30.4%)	8:22	7.2 (69.9%)
56	ZAŁUCKI Maciej	1224		M50	2	03:33:52	02:03:07	03:31:11	05:27:17	07:15:48.75	10:49:41.00	+02:12:45 (30.5%)	8:22	7.2 (69.9%)
57	SZARANIEC Sebastian	1144	T-MOBILE SPORT	M40	21	03:34:03	01:55:03	03:32:34	05:27:20	07:16:19.60	10:50:23.25	+02:13:16 (30.5%)	8:23	7.2 (69.9%)
58	SIKORA Michał	1153		M40	22	03:04:32	01:58:41	03:36:58	05:33:41	07:16:45.70	10:21:17.75	+02:13:42 (30.6%)	8:23	7.1 (68.9%)
59	STACHURSKI Paweł	1572		M30	22	03:33:46	01:52:48	03:34:19	05:32:28	07:16:53.65	10:50:39.85	+02:13:50 (30.6%)	8:24	7.1 (68.9%)
60	NIEDŹWIEDŹ Tomasz	1395		M40	23	01:00:22	01:58:54	03:35:19	05:26:19	07:18:00.40	08:18:23.05	+02:14:57 (30.8%)	8:25	7.1 (68.9%)
61	SZYDŁOWSKI Bartek	1381	SKAWINA BIEGA	M30	23	02:30:50	01:48:40	03:30:34	05:29:25	07:19:26.55	09:50:16.90	+02:16:23 (31.0%)	8:27	7.1 (68.9%)
62	KUBICA Krzysztof	1199	KOTWICA BRZEG	M40	24	02:30:45	02:01:25	03:43:53	05:32:39	07:19:53.10	09:50:38.75	+02:16:50 (31.1%)	8:27	7.1 (68.9%)
63	SZYBIAK Waldemar	1088	AGONA W&M	M50	3	03:33:57	01:59:42	03:37:41	05:32:05	07:20:08.10	10:54:05.45	+02:17:05 (31.1%)	8:27	7.1 (68.9%)
64	KOBAK Marcin	1301		M40	25	03:33:55	02:03:59	03:42:06	05:34:54	07:22:13.90	10:56:09.85	+02:19:11 (31.5%)	8:30	7.1 (68.9%)
65	JANUSZEWSKI Maciej	1051	TEAM KOPEĆ	M30	24	03:33:58	01:55:48	03:41:01	05:37:59	07:22:43.45	10:56:41.65	+02:19:40 (31.5%)	8:30	7 (68.0%)
66	SKWARA Dariusz	1055	SZANSA 21 FUNDACJA NA RZECZ OSÓB Z ZESPOŁEM DOWNA	M30	25	02:30:37	01:55:03	03:22:52	05:21:53	07:22:48.20	09:53:25.25	+02:19:45 (31.6%)	8:30	7 (68.0%)
67	GACEK Michał	1259	THE STRYCHERS	M30	26	03:33:54	01:55:53	03:33:40	05:32:27	07:23:02.40	10:56:57.25	+02:19:59 (31.6%)	8:31	7 (68.0%)
68	MOSIO Grzegorz	1047		M40	26	03:04:42	01:46:55	03:16:36	05:29:44	07:23:29.85	10:28:11.85	+02:20:27 (31.7%)	8:31	7 (68.0%)
69	GÓRYŃSKI Rafał	1466		M20	2	03:04:28	01:50:06	03:29:34	05:38:38	07:24:36.25	10:29:04.70	+02:21:33 (31.8%)	8:33	7 (68.0%)

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70	DARSKI Rafał	1502		M40	27	03:34:10	02:03:11	03:47:49	05:40:04	07:25:07.25	10:59:17.60	+02:22:04 (31.9%)	8:33	7 (68.0%)
71	FILIPEK Wojciech	1519	OPTIM TRAVEL ULTRA	M50	4	03:34:16	01:55:45	03:37:22	05:32:28	07:25:31.50	10:59:47.80	+02:22:28 (32.0%)	8:34	7 (68.0%)
72	SKWARA Marek	1007	SZANSA 21 FUNDACJA NA RZECZ OSÓB Z ZESPOŁEM DOWNA	M30	27	02:30:36	01:57:39	03:49:33	05:46:04	07:26:45.85	09:57:22.80	+02:23:43 (32.2%)	8:35	7 (68.0%)
73	LIPERTOWICZ Sebastian	1267	WIECZORNE BIEGANIE W SZCZECINIE ♥	M30	28	03:33:53	01:55:56	03:39:20	05:34:10	07:26:56.65	11:00:50.15	+02:23:53 (32.2%)	8:35	7 (68.0%)
74	KMIECIK Arkadiusz	1340		M40	28	03:33:58	01:57:34	03:40:03	05:35:41	07:27:55.25	11:01:54.05	+02:24:52 (32.3%)	8:36	7 (68.0%)
75	SUDOMIR Paweł	1473	JACEKBIEGA RUNNING TEAM	M30	29	03:04:35	01:59:54	03:45:20	05:35:10	07:28:04.65	10:32:40.55	+02:25:01 (32.4%)	8:37	7 (68.0%)
76	SKÓRA Anastazja	1471	AKADEMIA BIEGANIA	K20	5	03:34:00	02:01:12	03:45:15	05:42:46	07:31:48.95	11:05:49.85	+02:28:46 (32.9%)	8:41	6.9 (67.0%)
77	DYWAN Andrzej	1251		M50	5	01:00:28	02:12:46	03:59:39	05:46:54	07:33:16.40	08:33:45.05	+02:30:13 (33.1%)	8:43	6.9 (67.0%)
78	MILEWSKI Mateusz	1093	TEAM KAŁDUN / BĘDZIE DOBRZE ALBO NIEDOBRZE	M30	30	03:33:46	02:04:47	03:44:45	05:41:02	07:33:42.05	11:07:28.50	+02:30:39 (33.2%)	8:43	6.9 (67.0%)
79	BARTELA Edyta	1303	DZIK KOMANDO	K30	7	03:33:48	02:00:34	03:38:14	05:35:50	07:34:23.65	11:08:11.95	+02:31:20 (33.3%)	8:44	6.9 (67.0%)
80	BURDAS Klaudia	1483	FOREVER BUSSINES TEAM	K20	6	03:33:48	02:03:43	03:43:57	05:42:18	07:34:32.85	11:08:21.25	+02:31:30 (33.3%)	8:44	6.9 (67.0%)
81	SOBASZEK Marcin	1048		M30	31	03:33:48	01:58:22	03:36:00	05:35:10	07:35:26.45	11:09:14.75	+02:32:23 (33.5%)	8:45	6.9 (67.0%)
82	LELITO Piotr	1412		M30	32	03:04:42	02:07:17	03:55:38	05:51:22	07:35:41.70	10:40:23.90	+02:32:38 (33.5%)	8:45	6.8 (66.0%)
83	SULIMA Grzegorz	1021	GRUPA BIEGOWA "BEZ GRANIC"	M50	6	03:33:50	01:57:13	03:38:55	05:45:10	07:36:06.20	11:09:56.35	+02:33:03 (33.6%)	8:46	6.8 (66.0%)
84	SZEWCZUK Krzysztof	1012	ZADYSZKA	M30	33	03:33:57	02:03:00	03:42:04	05:40:17	07:36:19.40	11:10:16.70	+02:33:16 (33.6%)	8:46	6.8 (66.0%)
85	JAROCKA Agata	1041		K30	8	03:04:41	02:02:20	03:43:52	05:44:50	07:36:28.75	10:41:10.60	+02:33:25 (33.6%)	8:46	6.8 (66.0%)
86	MIELNIK Michał	1064	MAXSTONE	M20	3	03:04:42	01:54:42	03:39:33	05:44:18	07:36:56.60	10:41:39.20	+02:33:53 (33.7%)	8:47	6.8 (66.0%)
87	PAŃTAK Sławomir	1462	21 DAPLOT JAROSŁAW	M40	29	03:04:27	01:54:40	03:37:37	05:41:13	07:37:03.50	10:41:31.15	+02:34:00 (33.7%)	8:47	6.8 (66.0%)
88	STEFANIUK Roman	1193	-	M50	7	03:33:58	01:59:55	03:38:21	05:42:49	07:37:16.85	11:11:15.75	+02:34:14 (33.7%)	8:47	6.8 (66.0%)
89	PYRKOSZ Damian	1029		M40	30	03:33:53	01:58:39	03:42:38	05:45:22	07:37:48.40	11:11:41.65	+02:34:45 (33.8%)	8:48	6.8 (66.0%)
90	BRUDEREK Tomasz	1152	PRIMUM CURRERE	M40	31	03:33:52	01:56:12	03:38:28	05:40:42	07:38:14.45	11:12:07.00	+02:35:11 (33.9%)	8:48	6.8 (66.0%)
91	WRÓBLEWSKI Jacek	1513	MAZOVIA PROACTIV	M30	34	03:34:03	01:57:22	03:34:23	05:36:48	07:38:47.25	11:12:50.25	+02:35:44 (33.9%)	8:49	6.8 (66.0%)
92	NISZCZOT Dariusz	1430		M20	4	03:04:28	02:01:31	03:37:02	05:31:34	07:38:50.75	10:43:19.45	+02:35:47 (34.0%)	8:49	6.8 (66.0%)
93	SZEWC Wojciech	1356		M20	5	03:04:27	01:58:37	03:35:15	05:30:25	07:39:13.85	10:43:41.60	+02:36:11 (34.0%)	8:49	6.8 (66.0%)
94	KWAŚNIEWSKI Maciej	1155		M30	35	03:04:37	02:22:06	04:36:39		07:40:54.90	10:45:32.00	+02:37:52 (34.3%)	8:51	6.8 (66.0%)
95	TADEJA Jakub	1184		M30	36	03:33:59	02:01:11	03:46:03	05:42:40	07:41:13.05	11:15:12.65	+02:38:10 (34.3%)	8:52	6.8 (66.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
						startu	P2_Roztoki 12km	P3_Solinka 26km	P2_Roztoki 38km					
96	TYLEK Krzysztof	1405	SKAWINA BIEGA	M40	32	02:30:49	02:02:13	03:43:01	05:44:34	07:41:22.40	10:12:11.55	+02:38:19 (34.3%)	8:52	6.8 (66.0%)
97	KWIATKOWSKA Renata	1243	KB OŻARÓW MAZOWIECKI BIEGA	K50	1	03:33:50	02:05:12	03:41:57	05:44:42	07:41:24.15	11:15:15.10	+02:38:21 (34.3%)	8:52	6.8 (66.0%)
98	ŚWIERCZYŃSKI Kacper	1216	NIGHT RUNNERS	M30	37	03:33:47	02:01:12	03:46:11	05:47:08	07:42:23.50	11:16:11.30	+02:39:20 (34.5%)	8:53	6.7 (65.0%)
99	MIKOLAJCZYK Lukasz	1370		M30	38	02:32:06	02:04:07	03:49:04	05:46:39	07:43:07.20	10:15:13.45	+02:40:04 (34.6%)	8:54	6.7 (65.0%)
100	ZARZEKA Marcin	1174	VEGE RUNNERS	M40	33	02:30:47	02:01:51	03:43:11	05:44:59	07:44:38.80	10:15:26.30	+02:41:36 (34.8%)	8:56	6.7 (65.0%)
101	ŻOŁNACZ Maciej	1286		M30	39	02:30:39	02:11:20	03:51:10	05:46:18	07:45:25.55	10:16:05.40	+02:42:22 (34.9%)	8:57	6.7 (65.0%)
102	WOJCIECHOWSKI Dariusz	1442	KRAKOWIAK ULTRA TEAM	M40	34	03:33:53	02:01:26	03:47:20	05:50:58	07:45:54.05	11:19:47.55	+02:42:51 (35.0%)	8:57	6.7 (65.0%)
103	PAŻUCHA Wojciech	1455		M40	35	03:33:52	02:01:26	03:47:21	05:50:58	07:45:54.50	11:19:47.45	+02:42:51 (35.0%)	8:57	6.7 (65.0%)
104	BOROWIEC Michał	1467	TRUCHTACZ.PL	M40	36	03:04:28	02:01:53	03:42:08	05:41:50	07:46:06.20	10:50:35.10	+02:43:03 (35.0%)	8:57	6.7 (65.0%)
105	DERLAGA Wojciech	1263	STG TARNÓW	M30	40	01:00:25	02:08:48	03:57:39	05:58:36	07:46:18.10	08:46:44.00	+02:43:15 (35.0%)	8:58	6.7 (65.0%)
106	GARCZYŃSKI Darek	1008		M40	37	03:33:59	01:59:47	03:44:27	05:47:02	07:46:38.95	11:20:37.95	+02:43:36 (35.1%)	8:58	6.7 (65.0%)
107	ŁODZIANA Dorota	1329		K30	9	03:04:32	02:08:01	03:58:34	05:58:22	07:46:59.80	10:51:32.60	+02:43:57 (35.1%)	8:58	6.7 (65.0%)
108	GESSELER Łukasz	1127	BIESY	M30	41	03:04:31	02:06:01	03:46:51	05:51:25	07:47:38.35	10:52:10.15	+02:44:35 (35.2%)	8:59	6.7 (65.0%)
109	DZIEWA Przemysław	1109	ATS WHEELS	M40	38	01:00:27	02:15:26	04:08:46	06:01:29	07:48:12.25	08:48:39.70	+02:45:09 (35.3%)	9:00	6.7 (65.0%)
110	SIWOŃ Ewa	1362		K40	3	03:33:55	02:09:02	03:51:21	05:54:13	07:48:47.75	11:22:43.50	+02:45:44 (35.4%)	9:00	6.7 (65.0%)
111	NOWAK Piotr	1173		M30	42	03:04:40	02:00:47	03:46:12	05:53:27	07:49:07.50	10:53:48.00	+02:46:04 (35.4%)	9:01	6.7 (65.0%)
112	KURCEWICZ Paweł	1354		M30	43	01:00:23	02:08:53	03:57:58	05:48:05	07:49:26.75	08:49:50.20	+02:46:23 (35.4%)	9:01	6.6 (64.1%)
113	KRZYŻANOWSKI Łukasz	1241	NOWA HUTA TEAM	M30	44	01:00:28	02:12:45	03:59:41	05:56:43	07:49:41.75	08:50:09.85	+02:46:38 (35.5%)	9:01	6.6 (64.1%)
114	TUTAJ Krzysztof	1221		M50	8	01:00:26	02:08:48	03:57:39	05:58:37	07:49:50.25	08:50:16.30	+02:46:47 (35.5%)	9:02	6.6 (64.1%)
115	FIRAZA Tomasz	1403	DELOITTE ADVENTURE TEAM	M30	45	02:30:40	02:05:38	03:51:35	05:51:40	07:50:05.00	10:20:45.60	+02:47:02 (35.5%)	9:02	6.6 (64.1%)
116	OSICKI Dawid	1050	LUBAWA KOCHA BIEGAĆ	M20	6	03:33:52	02:11:38	04:00:08	05:57:12	07:51:14.65	11:25:07.60	+02:48:11 (35.7%)	9:03	6.6 (64.1%)
117	GĄSECKI Daniel	1472	AKTYWNY DYNÓW	M40	39	03:04:34	02:06:52	03:52:14	05:55:19	07:52:40.15	10:57:14.25	+02:49:37 (35.9%)	9:05	6.6 (64.1%)
118	KALEMBKIEWICZ Piotr	1526	MIROTRANS	M40	40	03:33:48	02:02:05	03:49:16	05:51:15	07:52:56.25	11:26:44.35	+02:49:53 (35.9%)	9:05	6.6 (64.1%)
119	HŁASKO Anna	1269		K20	7	03:04:32	02:08:34	03:47:33	05:45:28	07:53:25.35	10:57:57.75	+02:50:22 (36.0%)	9:06	6.6 (64.1%)
120	BANASZYNSKA Paulina	1229		K30	10	03:33:55	02:09:21	04:03:23	06:01:48	07:53:32.35	11:27:27.75	+02:50:29 (36.0%)	9:06	6.6 (64.1%)
121	KAŻMIERCZAK Monika	1223		K30	11	03:33:55	02:09:20	04:03:23	06:01:49	07:53:32.75	11:27:27.80	+02:50:29 (36.0%)	9:06	6.6 (64.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	P2_Roztoki 12km	P3_Solinka 26km	P2_Roztoki 38km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
122	JANKOWIAK Przemysław	1413		M40	41	03:33:52	02:04:07	03:46:48	05:51:41	07:53:42.30	11:27:34.45	+02:50:39 (36.0%)	9:06	6.6 (64.1%)
123	CIUPEK Jerzy	1042		M50	9	03:04:42	02:11:16	03:53:53	05:50:39	07:53:45.90	10:58:28.05	+02:50:43 (36.0%)	9:06	6.6 (64.1%)
124	RYBKA Sławek	1052	PĘDZĄCE ŚLIMAKI	M30	46	03:33:49	02:00:14	03:48:33	05:57:15	07:53:47.10	11:27:36.30	+02:50:44 (36.0%)	9:06	6.6 (64.1%)
125	LACHOWICZ Jerzy	1205	PCTSPORT	M40	42	03:33:55	02:01:11	03:49:38	05:59:50	07:53:52.65	11:27:48.30	+02:50:49 (36.0%)	9:06	6.6 (64.1%)
126	LESIAK Filip	1347	SKAWINA BIEGA	M40	43	02:30:59	02:08:29	03:50:29	05:53:03	07:55:01.90	10:26:01.10	+02:51:59 (36.2%)	9:08	6.6 (64.1%)
127	WENARSKI Grzegorz	1235	STAY INSANE	M30	47	03:04:33	02:05:47	03:55:45	06:01:45	07:56:18.10	11:00:51.50	+02:53:15 (36.4%)	9:09	6.6 (64.1%)
128	NOWAK Rafał	1300	NIEPOŁOMICE BIEGAJĄ	M30	48	03:04:41	02:03:52	03:52:18	06:01:34	07:56:23.70	11:01:04.80	+02:53:20 (36.4%)	9:09	6.5 (63.1%)
129	ZIĘBA Daria	1343		K20	8	03:04:35	02:04:15	03:51:04	06:01:40	07:56:26.35	11:01:02.15	+02:53:23 (36.4%)	9:09	6.5 (63.1%)
130	CHROBAK Paweł	1151		M50	10	03:33:59	02:08:39	03:55:07	05:59:14	07:56:50.85	11:30:49.85	+02:53:48 (36.4%)	9:10	6.5 (63.1%)
131	ROGACZEWSKI Kamil	1135	1 BATALION KAWALERII POWIETRZNEJ	M20	7	03:04:31	02:10:09	04:05:33	06:13:44	07:57:00.10	11:01:31.40	+02:53:57 (36.5%)	9:10	6.5 (63.1%)
132	BIAŁEK Adam	1244	GEPARDY Z ŁODZI	M40	44	03:04:38	02:02:16	03:48:55	05:53:30	07:57:34.45	11:02:12.45	+02:54:31 (36.5%)	9:11	6.5 (63.1%)
133	GARSTECKA Joanna	1324	SKAWINA BIEGA	K40	4	02:30:50	02:13:31	04:05:22	06:06:57	07:57:58.25	10:28:48.95	+02:54:55 (36.6%)	9:11	6.5 (63.1%)
134	KUŚPIT Przemek	1409		M30	49	03:33:54	02:11:15	04:00:23	06:02:02	07:58:47.95	11:32:42.65	+02:55:45 (36.7%)	9:12	6.5 (63.1%)
135	CHILIŃSKI Karol	1480		M30	50	02:30:55	02:02:28	03:51:07	05:58:30	07:59:23.60	10:30:18.70	+02:56:20 (36.8%)	9:13	6.5 (63.1%)
136	PISAREK Karol	1486	JB WARSZAWA	M30	51	01:00:28	02:16:54	04:03:50	06:03:13	08:00:00.85	09:00:29.60	+02:56:58 (36.9%)	9:13	6.5 (63.1%)
137	DUCH Emil	1487	JB WARSAW	M30	52	01:00:28	02:16:54	04:03:49		08:00:00.90	09:00:29.45	+02:56:58 (36.9%)	9:13	6.5 (63.1%)
138	GOŁĘBIEWSKA Katarzyna	1426		K40	5	03:33:52	02:15:26	04:02:16	06:05:58	08:00:40.10	11:34:32.25	+02:57:37 (37.0%)	9:14	6.5 (63.1%)
139	OSOWSKI Wojtek	1268		M40	45	03:33:50	01:59:17	03:44:06	06:01:17	08:01:05.50	11:34:55.95	+02:58:02 (37.0%)	9:15	6.5 (63.1%)
140	NOWOMIEJSKI Marcin	1494	PROGRES	M40	46	03:34:00	02:12:55	04:01:16	06:07:33	08:02:02.95	11:36:03.50	+02:59:00 (37.1%)	9:16	6.5 (63.1%)
141	CURZYDŁO Bogdan	1305	POZYTYWNIIE ZABIEGANI SANOK	M40	47	01:00:34	02:11:24	04:16:09	06:13:37	08:02:11.70	09:02:46.65	+02:59:08 (37.2%)	9:16	6.5 (63.1%)
142	JACHIMOWSKI Jarosław	1338	POZYTYWNIIE ZABIEGANI SANOK	M30	53	01:00:34	02:11:25	04:16:15	06:13:37	08:02:12.10	09:02:46.55	+02:59:09 (37.2%)	9:16	6.5 (63.1%)
143	LESZCZAK Grzegorz	1290		M40	48	03:04:29	02:00:53	03:56:15	06:01:47	08:03:03.75	11:07:33.55	+03:00:00 (37.3%)	9:17	6.5 (63.1%)
144	KUZIMSKI Aleksander	1124	JEPPESEN	M30	54	02:30:45	02:10:56	03:58:58	06:02:41	08:03:18.25	10:34:04.10	+03:00:15 (37.3%)	9:17	6.5 (63.1%)
145	KASPRZYK Adrianna	1131	KASPRZYK RUNNING TEAM	K20	9	02:30:37	02:09:25	03:59:47	06:03:17	08:03:23.45	10:34:00.70	+03:00:20 (37.3%)	9:17	6.5 (63.1%)
146	OSZCZĘDA Krzysztof	1068	ZARAZIĆ PASJĄ	M40	49	03:04:44	02:11:17	04:03:21	06:07:59	08:03:52.75	11:08:37.05	+03:00:49 (37.4%)	9:18	6.4 (62.1%)
147	KOŁEK Maciej	1504	PZU SPORT TEAM	M40	50	03:04:44	02:03:41	03:47:36	05:51:41	08:04:15.65	11:08:59.95	+03:01:12 (37.4%)	9:18	6.4 (62.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
						startu	P2_Roztoki 12km	P3_Solinka 26km	P2_Roztoki 38km					
148	DZIADOSZ Jerzy	1496	ONEMANTEAM	M50	11	03:33:49	02:01:43	03:48:32	05:53:37	08:05:27.75	11:39:17.70	+03:02:24 (37.6%)	9:20	6.4 (62.1%)
149	BANDEL Adam	1521		M30	55	03:33:50	02:11:49	04:05:25	06:13:19	08:05:27.95	11:39:18.25	+03:02:25 (37.6%)	9:20	6.4 (62.1%)
150	SZMECHTIG-GAUDEN Ewa	1128	PODGÓRZ TORUŃ	K40	6	03:04:28	02:17:06	04:02:55	06:05:36	08:06:05.05	11:10:33.15	+03:03:02 (37.7%)	9:20	6.4 (62.1%)
151	LEWAK Dominik	1292	BRAVEHEARTS LEGIONOWO	M30	56	03:34:01	02:04:17	03:49:44	05:52:59	08:06:37.55	11:40:38.55	+03:03:34 (37.7%)	9:21	6.4 (62.1%)
152	WAŃKOWICZ Adrian	1036		M30	57	03:33:57	02:01:56	03:59:13	06:06:58	08:07:06.60	11:41:04.35	+03:04:03 (37.8%)	9:22	6.4 (62.1%)
153	KLINGER Adam	1281		M20	8	03:33:54	01:59:09	03:48:51	06:00:14	08:07:23.20	11:41:17.80	+03:04:20 (37.8%)	9:22	6.4 (62.1%)
154	CETLIN Maciej	1298	DREAM RUN	M40	51	03:33:49	02:13:21	04:03:03	06:09:53	08:07:35.40	11:41:24.80	+03:04:32 (37.8%)	9:22	6.4 (62.1%)
155	NOWAKOWSKI Wiesław	1170	-	M60	1	03:04:42	02:14:13	04:05:09	06:08:06	08:09:01.90	11:13:44.55	+03:05:59 (38.0%)	9:24	6.4 (62.1%)
156	BEZULSKI Łukasz	1434	KTS DONKI	M30	58	03:04:48	02:02:51	03:52:38	06:03:44	08:09:08.45	11:13:57.15	+03:06:05 (38.0%)	9:24	6.4 (62.1%)
157	WOLIŃSKI Ryszard	1083	NOWY STYL RUNINNG TEAM	M30	59	03:33:58	02:03:58	03:53:00	06:06:56	08:11:48.10	11:45:46.50	+03:08:45 (38.4%)	9:27	6.3 (61.2%)
158	GLEBA Mariusz	1089		M30	60	03:04:38	02:01:47	03:41:33	05:56:03	08:12:09.45	11:16:47.50	+03:09:06 (38.4%)	9:27	6.3 (61.2%)
159	GUT Mateusz	1225	LEGIA WARSZAWA RUN CLUB	M30	61	03:04:37	02:15:24	04:02:35	06:10:20	08:12:17.10	11:16:54.65	+03:09:14 (38.4%)	9:28	6.3 (61.2%)
160	CHORZĘPA-PASIK Agnieszka	1439	KB HERMES GRYFINO	K40	7	03:04:45	02:11:22	04:00:00	06:11:34	08:12:44.30	11:17:30.10	+03:09:41 (38.5%)	9:28	6.3 (61.2%)
161	KOZIOŁ Andrzej	1110		M40	52	01:00:29	02:09:13	04:05:51	06:07:41	08:12:48.25	09:13:18.10	+03:09:45 (38.5%)	9:28	6.3 (61.2%)
162	SZELC Monika	1111		K40	8	01:00:29	02:09:15	04:05:58	06:08:11	08:12:48.55	09:13:18.30	+03:09:45 (38.5%)	9:28	6.3 (61.2%)
163	SADKOWSKI Bartosz	1158	HURAGAN ŁBISKA	M40	53	03:04:36	02:04:38	03:51:47	05:59:37	08:12:50.90	11:17:27.65	+03:09:48 (38.5%)	9:28	6.3 (61.2%)
164	WOJDAT Katarzyna	1319		K30	12	03:33:49	02:13:25	04:04:18	06:10:39	08:13:40.25	11:47:30.10	+03:10:37 (38.6%)	9:29	6.3 (61.2%)
165	SAINTEMARIE Arnaud	1402	MARCINSWIERCTEAM	M30	62	02:30:38	02:10:16	03:46:39	05:38:30	08:13:48.65	10:44:26.90	+03:10:45 (38.6%)	9:29	6.3 (61.2%)
166	TUCZAPSKI Piotr	1074	XRUNNERS	M20	9	02:30:36	02:16:40	04:02:21	06:20:33	08:15:23.85	10:46:00.30	+03:12:21 (38.8%)	9:31	6.3 (61.2%)
167	GÓRNA Anita	1447	LPP TEAM	K30	13	03:04:33	02:14:52	04:06:15	06:11:07	08:15:25.45	11:19:58.50	+03:12:22 (38.8%)	9:31	6.3 (61.2%)
168	BOGUSZ Bartosz	1349		M40	54	03:34:02	02:08:44	04:00:24	06:07:39	08:15:51.30	11:49:53.55	+03:12:48 (38.9%)	9:32	6.3 (61.2%)
169	GIERULA Robert	1463		M50	12	03:34:00	02:13:12	04:06:21	06:17:18	08:16:15.15	11:50:15.55	+03:13:12 (38.9%)	9:32	6.3 (61.2%)
170	BUCZKOWSKI Krzysztof	1459	BUCZI TEAM	M30	63	03:04:41	02:00:13	03:51:03	06:13:51	08:16:50.00	11:21:31.05	+03:13:47 (39.0%)	9:33	6.3 (61.2%)
171	ZYGMUNT Marcin	1458	ZYGABIEGA TEAM	M40	55	03:04:40	02:00:12	03:51:02	06:13:30	08:16:50.45	11:21:31.15	+03:13:47 (39.0%)	9:33	6.3 (61.2%)
172	CHAŁADYN Sławek	1079	INŻYNIERIA BIEGANIA TEAM	M30	64	03:33:58	02:00:52	03:46:54	06:03:09	08:17:05.75	11:51:04.45	+03:14:02 (39.0%)	9:33	6.3 (61.2%)
173	DĘBSKA Joanna	1080		K40	9	03:33:58	02:00:52	03:46:55	06:03:10	08:17:05.95	11:51:04.45	+03:14:03 (39.0%)	9:33	6.3 (61.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	P2_Roztoki 12km	P3_Solinka 26km	P2_Roztoki 38km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
174	SŁONINA Artur	1010	BRODATY SŁOŃ	M40	56	03:04:41	02:10:42	04:03:34	06:12:54	08:18:12.25	11:22:54.15	+03:15:09 (39.2%)	9:34	6.3 (61.2%)
175	JAGODZIŃSKI Hubert	1310	DZIK KOMANDO	M20	10	03:33:49	02:08:22	04:02:57	06:16:32	08:20:10.35	11:54:00.20	+03:17:07 (39.4%)	9:37	6.2 (60.2%)
176	KĘPARA Marcin	1140	ADVA OPTICAL NETWORKING	M30	65	03:04:28	02:17:05	04:09:52	06:15:01	08:20:19.90	11:24:48.15	+03:17:17 (39.4%)	9:37	6.2 (60.2%)
177	KĘPA Piotr	1230		M30	66	03:34:00	02:02:58	03:49:37	06:17:22	08:20:39.05	11:54:39.05	+03:17:36 (39.5%)	9:37	6.2 (60.2%)
178	KUCHARSKI Paweł	1215	PLANETA NISKO	M40	57	02:30:36	02:16:31	04:10:07	06:17:58	08:21:07.45	10:51:43.75	+03:18:04 (39.5%)	9:38	6.2 (60.2%)
179	DRZAZGA Tomasz	1365		M40	58	03:04:33	02:16:10	04:12:59	06:18:50	08:21:23.80	11:25:57.25	+03:18:21 (39.6%)	9:38	6.2 (60.2%)
180	STEPANIAK Grzegorz	1477	SWOBODA	M40	59	02:30:36	02:12:03	04:05:43	06:15:44	08:21:54.40	10:52:30.55	+03:18:51 (39.6%)	9:39	6.2 (60.2%)
181	PRZYGODZKI Mateusz	1353		M40	60	02:30:34	02:23:36	04:11:36	06:18:24	08:21:59.30	10:52:34.10	+03:18:56 (39.6%)	9:39	6.2 (60.2%)
182	STĘPKOWSKA Berta	1075	UMCS BIEGA	K40	10	02:30:43	02:23:54	04:11:27	06:18:15	08:21:59.60	10:52:42.75	+03:18:56 (39.6%)	9:39	6.2 (60.2%)
183	WALASZKOWSKA Dominika	1130	BIESY	K30	14	03:04:31	02:14:30	04:09:14	06:17:20	08:22:12.15	11:26:43.70	+03:19:09 (39.7%)	9:39	6.2 (60.2%)
184	ADAMOWICZ Agnieszka	1166	ZWOLEŃNICY BIEGANIA	K40	11	03:04:28	02:12:35	04:07:50	06:17:21	08:22:12.25	11:26:41.05	+03:19:09 (39.7%)	9:39	6.2 (60.2%)
185	SŁABOŃ Mariusz	1033	KIWK-A BIEGA	M40	61	03:04:46	02:13:55	04:07:51	06:22:05	08:22:14.60	11:27:00.80	+03:19:11 (39.7%)	9:39	6.2 (60.2%)
186	KOZIEŁŁO Bartosz	1137	TUR	M40	62	03:33:59	01:57:54	03:43:04	06:17:20	08:22:53.50	11:56:53.45	+03:19:50 (39.7%)	9:40	6.2 (60.2%)
187	MAZUR Mateusz	1417	ORANGE POLSKA	M30	67	03:04:39	02:13:48	04:00:24	06:11:00	08:22:55.45	11:27:34.75	+03:19:52 (39.7%)	9:40	6.2 (60.2%)
188	SOKALSKI Grzegorz	1464	MOCNO W PRAWO	M40	63	03:33:56	02:23:40	04:16:11	06:20:08	08:23:12.10	11:57:08.55	+03:20:09 (39.8%)	9:40	6.2 (60.2%)
189	KIRILENKO Marcin	1423		M40	64	03:33:53	02:11:18	04:11:10	06:21:13	08:23:34.75	11:57:28.55	+03:20:31 (39.8%)	9:41	6.2 (60.2%)
189	KIRILENKO Aneta	1422		K40	12	03:33:53	02:11:18	04:11:10	06:21:13	08:23:34.75	11:57:28.55	+03:20:31 (39.8%)	9:41	6.2 (60.2%)
191	KOPEĆ Marta	1247	NOWA HUTA TEAM	K20	10	03:04:29	02:17:31	04:16:12	06:21:14	08:24:38.80	11:29:08.20	+03:21:36 (39.9%)	9:42	6.2 (60.2%)
192	WOJTUNIK Grzegorz	1122	CZOPEK W DUP.. I DO PRZODU	M30	68	03:34:01	02:12:26	04:04:27	06:21:07	08:25:04.05	11:59:05.55	+03:22:01 (40.0%)	9:42	6.2 (60.2%)
193	STARZYŃSKI Tomasz	1011	KRAKÓW AIRPORT RUNNING TEAM	M50	13	01:00:26	02:12:22	04:04:21	06:14:26	08:28:42.95	09:29:09.45	+03:25:40 (40.4%)	9:46	6.1 (59.2%)
194	KOKOT Roman	1406	BIEGAM BO LUBIĘ	M40	65	03:04:34	02:17:50	04:21:01	06:33:11	08:29:57.30	11:34:32.10	+03:26:54 (40.6%)	9:48	6.1 (59.2%)
194	PESZEK Bogdan	1414	ULTRA PRZESILENIE	M40	65	03:04:34	02:18:08	04:18:45	06:33:10	08:29:57.30	11:34:32.10	+03:26:54 (40.6%)	9:48	6.1 (59.2%)
196	POLAK Andrzej	1261		M40	67	03:04:44	02:13:51	04:13:19	06:23:50	08:30:11.55	11:34:55.95	+03:27:08 (40.6%)	9:48	6.1 (59.2%)
197	STEC Damian	1265	EXMSA	M30	69	03:04:39	02:13:48	04:08:27	06:22:11	08:30:36.15	11:35:15.20	+03:27:33 (40.6%)	9:49	6.1 (59.2%)
198	PLEWIŃSKA Oliwia	1429		K30	15	03:33:59	02:24:24	04:25:00	06:35:21	08:31:48.90	12:05:48.05	+03:28:46 (40.8%)	9:50	6.1 (59.2%)
199	LEŚNIEWSKI Mariusz	1274		M40	68	03:34:05	02:28:56	04:25:02	06:35:18	08:33:28.15	12:07:33.75	+03:30:25 (41.0%)	9:52	6.1 (59.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
						startu	P2_Roztoki 12km	P3_Solinka 26km	P2_Roztoki 38km					
200	SZARYŃSKI Tomasz	1271	SZARYTEAM	M40	69	03:34:05	02:28:59	04:25:01	06:35:19	08:33:28.30	12:07:33.75	+03:30:25 (41.0%)	9:52	6.1 (59.2%)
201	MAJKOWSKI Grzegorz	1505		M30	70	03:33:53	02:10:44	04:08:24	06:22:14	08:33:32.95	12:07:26.75	+03:30:30 (41.0%)	9:52	6.1 (59.2%)
202	MAJEWICZ Grzegorz	1316		M40	70	03:04:38	02:10:07	04:06:19	06:16:35	08:33:48.85	11:38:26.90	+03:30:46 (41.0%)	9:52	6.1 (59.2%)
203	GRONCZEWSKI Artur	1139	NEW BALANCE RC	M40	71	03:33:51	02:13:30	04:09:30	06:29:05	08:34:31.75	12:08:23.25	+03:31:28 (41.1%)	9:53	6.1 (59.2%)
204	ŻARNICKI Kamil	1169	STAY INSANE / Z16	M30	71	03:34:04	02:22:26	04:20:12	06:32:24	08:34:47.50	12:08:51.70	+03:31:44 (41.1%)	9:53	6.1 (59.2%)
205	SIEŃKO Łukasz	1470	AKTYWNY DYNÓW	M30	72	02:33:41	02:22:22	04:16:22	06:30:40	08:37:08.90	11:10:50.75	+03:34:06 (41.4%)	9:56	6 (58.3%)
206	DĄBROWSKI Artur	1359		M30	73	03:34:06	02:13:28	04:12:02	06:24:17	08:37:16.50	12:11:23.30	+03:34:13 (41.4%)	9:56	6 (58.3%)
207	DUBYNA Mariia	1212	MIA	K30	16	03:04:37	02:20:12	04:17:42	06:28:19	08:37:17.60	11:41:55.45	+03:34:14 (41.4%)	9:56	6 (58.3%)
208	MICHALSKI Jarosław	1039	HETMAN TARNOWSKIE GÓRY	M30	74	03:34:02	02:13:52	04:07:33	06:19:22	08:39:19.40	12:13:21.60	+03:36:16 (41.6%)	9:59	6 (58.3%)
209	BRZUSTOWICZ Marek	1018	KB GEOTERMIA UNIEJÓW	M60	2	03:33:51	02:10:25	04:02:58	06:23:17	08:39:44.35	12:13:35.70	+03:36:41 (41.7%)	9:59	6 (58.3%)
210	GARCZYŃSKA Ania	1009		K40	13	03:33:59	02:13:29	04:10:56	06:35:35	08:39:52.00	12:13:51.00	+03:36:49 (41.7%)	9:59	6 (58.3%)
211	KONIECZNY Mariusz	1087	AGONA W&M	M50	14	03:33:57	02:08:51	04:12:58	06:27:21	08:40:07.60	12:14:05.45	+03:37:04 (41.7%)	10:00	6 (58.3%)
212	GRONIECKI Mikołaj	1515		M40	72	02:30:38	02:09:19	03:56:16	06:22:33	08:41:04.15	11:11:42.90	+03:38:01 (41.8%)	10:01	6 (58.3%)
213	STAWIŃSKI Piotr	1293	PRO PATRIA	M50	15	03:04:47	02:23:03	04:20:48	06:32:59	08:41:49.35	11:46:36.80	+03:38:46 (41.9%)	10:02	6 (58.3%)
214	PIASNY Paweł	1452		M40	73	02:30:37	02:27:23	04:26:16	06:37:25	08:42:07.90	11:12:45.50	+03:39:05 (42.0%)	10:02	6 (58.3%)
215	DUKATA Grzegorz	1457	MGGW	M40	74	02:30:37	02:27:23	04:26:17	06:37:21	08:42:08.15	11:12:45.65	+03:39:05 (42.0%)	10:02	6 (58.3%)
216	FLOREK Tomasz	1352		M40	75	02:30:36	02:10:37	04:01:48	06:20:00	08:42:28.45	11:13:04.45	+03:39:25 (42.0%)	10:02	6 (58.3%)
217	STANIKOWSKI Mariusz	1200		M30	75	03:33:57	02:21:46	04:29:51	06:42:58	08:42:38.75	12:16:35.95	+03:39:35 (42.0%)	10:03	6 (58.3%)
218	STELMACH Krzysztof	1226		M40	76	03:04:32	02:07:46	04:04:06	06:27:22	08:43:04.40	11:47:37.25	+03:40:01 (42.1%)	10:03	6 (58.3%)
219	MROZOWSKI Paweł	1372	ORANGE POLSKA	M40	77	03:04:37	02:20:08	04:28:44	06:37:20	08:43:36.60	11:48:14.05	+03:40:33 (42.1%)	10:04	6 (58.3%)
220	MICHALIK Michał	1245	NOWA HUTA TEAM	M20	11	03:34:02	02:00:35	03:46:38	06:11:10	08:44:13.35	12:18:16.05	+03:41:10 (42.2%)	10:04	6 (58.3%)
221	BEŁKOT Arkadiusz	1481		M40	78	03:34:01	02:17:51	04:22:06	06:37:59	08:44:15.30	12:18:16.35	+03:41:12 (42.2%)	10:04	6 (58.3%)
222	KŁOSOK Adam	1100	INŻYNIERIA BIEGANIA	M40	79	03:33:54	02:16:23	04:20:29	06:35:39	08:44:26.20	12:18:20.60	+03:41:23 (42.2%)	10:05	5.9 (57.3%)
223	HABA Konrad	1476		M30	76	03:33:51	02:12:32	04:19:52	06:36:11	08:44:42.80	12:18:34.75	+03:41:40 (42.2%)	10:05	5.9 (57.3%)
224	BARĆ Piotr	1112	PLANETA NISKO	M50	16	02:30:32	02:16:37	04:10:10	06:28:12	08:45:05.30	11:15:37.30	+03:42:02 (42.3%)	10:05	5.9 (57.3%)
225	SPYRKA Adam	1246		M50	17	01:00:29	02:12:54	04:19:17	06:34:00	08:45:26.30	09:45:55.85	+03:42:23 (42.3%)	10:06	5.9 (57.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
						startu	P2_Roztoki 12km	P3_Solinka 26km	P2_Roztoki 38km					
226	OSTATEK Łukasz	1262		M40	80	03:04:43	02:13:48	04:13:16	06:23:52	08:46:32.05	11:51:15.70	+03:43:29 (42.4%)	10:07	5.9 (57.3%)
227	WĘDRYCHOWICZ Grzegorz	1371	RUN4FUN	M40	81	03:04:31	02:13:58	04:15:10	06:35:26	08:47:14.25	11:51:45.50	+03:44:11 (42.5%)	10:08	5.9 (57.3%)
228	MECH Patryk	1299		M40	82	03:34:06	02:31:09	04:44:13	06:46:55	08:47:14.95	12:21:21.35	+03:44:12 (42.5%)	10:08	5.9 (57.3%)
229	TUROSZ Zbigniew	1240		M60	3	03:33:57	02:17:08	04:20:34	06:41:13	08:48:23.10	12:22:20.15	+03:45:20 (42.6%)	10:09	5.9 (57.3%)
230	TERLECKI Krzysztof	1499		M50	18	03:33:56	02:28:55	04:23:32	06:43:47	08:48:31.70	12:22:28.45	+03:45:28 (42.7%)	10:09	5.9 (57.3%)
231	SZMAJDOWICZ Paweł	1040	FACHDOM TEAM	M40	83	03:04:41	02:11:15	04:11:45	06:30:25	08:48:51.35	11:53:33.00	+03:45:48 (42.7%)	10:10	5.9 (57.3%)
232	KACZMARCZYK Mariusz	1154		M50	19	01:00:24	02:33:14	04:29:36	06:46:54	08:49:08.10	09:49:32.25	+03:46:05 (42.7%)	10:10	5.9 (57.3%)
233	PYRCZAK Paweł	1493		M50	20	03:04:43	02:15:38	04:14:48	06:40:47	08:49:08.30	11:53:51.65	+03:46:05 (42.7%)	10:10	5.9 (57.3%)
234	KACZMAREK Łukasz	1275	DZIK KOMANDO	M30	77	03:04:39	02:06:45	04:06:47	06:26:30	08:49:27.45	11:54:06.60	+03:46:24 (42.8%)	10:10	5.9 (57.3%)
235	GARSTECKI Michał	1325	SKAWINABIEGA	M40	84	02:30:55	02:08:37	04:05:28	06:23:38	08:49:35.45	11:20:31.20	+03:46:32 (42.8%)	10:11	5.9 (57.3%)
236	SPRAWKA Marta	1280	SMMASHTeam	K20	11	03:34:03	02:13:56	04:10:15	06:27:50	08:50:02.55	12:24:05.90	+03:46:59 (42.8%)	10:11	5.9 (57.3%)
237	SPRAWKA Bolesław	1147	DZIKISQUAD	M50	21	03:34:03	02:13:55	04:10:16	06:27:51	08:50:02.95	12:24:06.05	+03:47:00 (42.8%)	10:11	5.9 (57.3%)
238	MICHALAK Sławomir	1027	INZYNIER.EU NOSI TRAILOWE BOTKI	M50	22	03:33:57	02:24:27	04:25:02	06:41:03	08:51:42.05	12:25:39.50	+03:48:39 (43.0%)	10:13	5.9 (57.3%)
239	KUCZABO Małgorzata	1297	BIEGACZA ORANGE	K40	14	03:04:39	02:25:02	04:28:46	06:42:21	08:52:17.50	11:56:57.20	+03:49:14 (43.1%)	10:14	5.9 (57.3%)
240	GRABOWICZ Mirosław	1351	SOKÓLSKA GRUPA BIEGOWA	M50	23	03:04:52	02:38:20	04:37:27	06:45:34	08:52:18.35	11:57:11.00	+03:49:15 (43.1%)	10:14	5.9 (57.3%)
241	KWIATKOWSKI Kajetan	1419	BUDUJEMY CISZĘ?	M30	78	03:33:55	02:22:18	04:27:30	06:41:28	08:53:30.35	12:27:26.00	+03:50:27 (43.2%)	10:15	5.8 (56.3%)
242	LESZCZAK Mariusz	1398		M40	85	03:04:29	02:10:52	04:12:20	06:39:12	08:54:28.40	11:58:58.15	+03:51:25 (43.3%)	10:16	5.8 (56.3%)
243	GRZYWIŃSKI Wojtek	1092		M30	79	03:04:27	02:17:06	04:11:43	06:32:33	08:54:51.85	11:59:19.75	+03:51:49 (43.3%)	10:17	5.8 (56.3%)
244	POPŁAWSKA Katarzyna	1178		K40	15	03:33:55	02:21:42	04:26:06	06:46:37	08:55:04.15	12:28:59.25	+03:52:01 (43.4%)	10:17	5.8 (56.3%)
245	ADACH Dariusz	1081	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	M40	86	03:04:50	02:28:28	04:27:58	06:46:17	08:55:18.65	12:00:09.40	+03:52:15 (43.4%)	10:17	5.8 (56.3%)
246	MALIK Robert	1115	NEWATER	M40	87	03:33:59	02:20:00	04:18:39	06:42:13	08:55:45.80	12:29:45.55	+03:52:43 (43.4%)	10:18	5.8 (56.3%)
247	CZUBA Paweł	1378	BIEGANIE ZBLIŻA	M40	88	02:30:47	02:47:21	04:48:54	06:51:49	08:56:31.25	11:27:18.25	+03:53:28 (43.5%)	10:19	5.8 (56.3%)
248	JĘDRZEJCZYK Agnieszka	1501		K50	2	03:04:43	02:25:50	04:30:42	06:42:55	08:56:39.80	12:01:23.65	+03:53:37 (43.5%)	10:19	5.8 (56.3%)
249	ŁADNO Paweł	1341	MIASTECZKO BIEGACZY	M30	80	01:00:25	02:17:44	04:19:30	06:38:49	08:57:21.75	09:57:46.75	+03:54:18 (43.6%)	10:20	5.8 (56.3%)
250	LIBRONT Jakub	1311	KŁĘCZAŃSKA GRUPA BIEGOWA	M20	12	01:00:22	02:26:43	04:23:26	06:42:15	08:57:48.35	09:58:11.25	+03:54:45 (43.7%)	10:20	5.8 (56.3%)
251	LIANA Tomasz	1314	KŁĘCZAŃSKA GRUPA BIEGOWA	M20	13	01:00:22	02:26:42	04:23:22	06:41:25	08:57:48.40	09:58:11.30	+03:54:45 (43.7%)	10:20	5.8 (56.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	P2_Roztoki 12km	P3_Solinka 26km	P2_Roztoki 38km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
252	WESOŁOWSKA Katarzyna	1279	ORANGE POLSKA	K40	16	03:04:36	02:23:34	04:28:52	06:42:25	08:58:41.95	12:03:18.60	+03:55:39 (43.7%)	10:21	5.8 (56.3%)
253	ŚWIERCZYŃSKI Tomasz	1391		M40	89	03:34:02	02:16:19	04:17:52	06:35:19	08:59:15.10	12:33:17.55	+03:56:12 (43.8%)	10:22	5.8 (56.3%)
254	ŚWIĘTONIOWSKA Justyna	1203	STGRZ	K30	17	03:33:48	02:26:33	04:28:27	06:46:58	08:59:16.25	12:33:04.85	+03:56:13 (43.8%)	10:22	5.8 (56.3%)
255	FORTUNA Michał	1071		M30	81	03:04:43	02:18:50	04:24:47	06:48:36	08:59:19.20	12:04:02.25	+03:56:16 (43.8%)	10:22	5.8 (56.3%)
256	MALETA Marcin	1407	LPP TEAM	M30	82	01:00:26	02:34:25	04:32:27	06:52:02	08:59:34.10	10:00:00.15	+03:56:31 (43.8%)	10:22	5.8 (56.3%)
257	LEWANDOWSKI Marcin	1222	MSJ	M40	90	03:34:00	02:18:38	04:16:15	06:40:12	09:00:01.60	12:34:02.20	+03:56:58 (43.9%)	10:23	5.8 (56.3%)
258	OSTASZEWSKI Ireneusz	1312		M40	91	03:34:01	02:09:22	04:02:15	06:17:08	09:01:20.65	12:35:21.80	+03:58:17 (44.0%)	10:24	5.8 (56.3%)
259	AUGUŚCIK Mariusz	1500	NIEZRZESZONY	M50	24	03:04:43	02:25:51	04:30:43	06:46:52	09:02:25.45	12:07:09.25	+03:59:22 (44.1%)	10:25	5.8 (56.3%)
260	JABŁOŃSKI Michał	1390		M40	92	03:04:38	02:42:24	04:40:37	06:50:56	09:02:32.85	12:07:11.45	+03:59:30 (44.1%)	10:26	5.8 (56.3%)
261	NORKOWSKA Aleksandra	1344	ORANGE POLSKA	K40	17	03:04:35	02:42:26	04:40:40	06:50:57	09:02:35.75	12:07:11.25	+03:59:32 (44.1%)	10:26	5.8 (56.3%)
262	ROKOSZ Rafał	1234		M20	14	03:34:04	02:23:52	04:31:22	06:49:40	09:03:19.75	12:37:24.45	+04:00:16 (44.2%)	10:26	5.7 (55.3%)
263	OLIŃSKI Paweł	1099		M30	83	03:33:53	02:15:17	04:13:56	06:45:20	09:04:19.65	12:38:13.35	+04:01:16 (44.3%)	10:28	5.7 (55.3%)
264	OPALA Krzysztof	1108	AUTISM FATHER	M30	84	02:30:46	02:22:53	04:24:25	06:45:59	09:04:48.05	11:35:34.75	+04:01:45 (44.4%)	10:28	5.7 (55.3%)
265	LASOŃ Krzysztof	1142	RODZINA LASOŃ	M20	15	03:33:56	02:14:17	04:19:11	06:37:23	09:04:52.75	12:38:49.30	+04:01:49 (44.4%)	10:28	5.7 (55.3%)
266	KULAKOWSKI Piotr	1189	CZŁAPACZE	M60	4	03:34:08	02:28:15	04:35:07	06:55:12	09:05:56.45	12:40:04.95	+04:02:53 (44.5%)	10:29	5.7 (55.3%)
267	FRYCA Karolina	1278		K20	12	03:33:59	02:20:34	04:29:56	06:52:54	09:06:20.85	12:40:20.45	+04:03:18 (44.5%)	10:30	5.7 (55.3%)
268	OLBORSKA Gabriela	1385		K20	13	03:01:13	02:44:08	04:44:29	06:58:47	09:06:31.50	12:07:44.60	+04:03:28 (44.6%)	10:30	5.7 (55.3%)
269	KOSZAŁKA Marcin	1105		M20	16	02:30:47	02:26:48	04:20:21		09:06:43.05	11:37:30.20	+04:03:40 (44.6%)	10:30	5.7 (55.3%)
270	BUGAŁA Robert	1410	SOLID HOUSE LUBLIN	M50	25	02:30:48	02:33:02	04:34:46	06:53:57	09:07:06.05	11:37:54.30	+04:04:03 (44.6%)	10:31	5.7 (55.3%)
271	JAROSZ Marcin	1488		M30	85	03:33:55	02:20:01	04:22:57	06:49:24	09:07:21.35	12:41:17.20	+04:04:18 (44.6%)	10:31	5.7 (55.3%)
272	RAKOWSKA Marta	1198		K20	14	03:33:53	02:32:05	04:38:30	06:59:06	09:07:47.40	12:41:41.20	+04:04:44 (44.7%)	10:32	5.7 (55.3%)
273	BOJAROWSKI Krzysztof	1164		M30	86	01:00:27	02:25:53	04:19:55	06:48:04	09:08:14.80	10:08:42.60	+04:05:12 (44.7%)	10:32	5.7 (55.3%)
274	MAJER Marzena	1006	BP RUNNING TEAM GLIWICE	K50	3	01:00:25	02:33:06	04:37:17	06:50:31	09:08:16.55	10:08:42.15	+04:05:13 (44.7%)	10:32	5.7 (55.3%)
275	GÓRKA Patryk	1270	MONAR GRACZE	M30	87	02:30:50	02:28:15	04:21:27	06:34:06	09:08:19.35	11:39:09.70	+04:05:16 (44.7%)	10:32	5.7 (55.3%)
276	WIEWIÓRA Michał	1194		M20	17	02:30:50	02:28:15	04:21:28	06:34:06	09:08:19.60	11:39:10.15	+04:05:16 (44.7%)	10:32	5.7 (55.3%)
277	GOŁĘBIEWSKI Piotrek	1227	BĘDZIN TEAM	M40	93	03:04:46	02:26:36	04:40:02	06:55:43	09:08:37.10	12:13:23.20	+04:05:34 (44.8%)	10:33	5.7 (55.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
						startu	P2_Roztoki 12km	P3_Solinka 26km	P2_Roztoki 38km					
278	MAMLA Zbigniew	1114	ULTRA PASTERZE	M50	26	02:30:48	03:00:43	05:40:23	07:23:57	09:09:22.70	11:40:11.65	+04:06:19 (44.8%)	10:33	5.7 (55.3%)
279	LANGNER Maurycy	1107		M40	94	03:34:01	02:28:27	04:32:53	06:55:22	09:10:41.35	12:44:43.10	+04:07:38 (45.0%)	10:35	5.7 (55.3%)
280	PAJURA Marta	1273		K30	18	03:04:50	02:26:59	04:36:24	06:57:06	09:11:44.85	12:16:35.75	+04:08:42 (45.1%)	10:36	5.7 (55.3%)
281	KOCZUR Kamila	1272		K30	19	01:00:23	02:49:49	04:47:06	07:03:20	09:12:43.25	10:13:06.70	+04:09:40 (45.2%)	10:37	5.6 (54.4%)
282	ĆMIELIŃSKI Tomasz	1063	KW KRAKÓW	M40	95	03:33:59	02:17:39	04:18:06	06:37:26	09:12:59.25	12:46:58.45	+04:09:56 (45.2%)	10:38	5.6 (54.4%)
283	KOWALIK Marcin	1049		M30	88	01:00:25	02:25:46	04:37:58	06:51:25	09:13:24.75	10:13:50.20	+04:10:21 (45.2%)	10:38	5.6 (54.4%)
284	KOPEĆ Karol	1465		M40	96	01:00:25	02:25:45	04:38:00	06:51:24	09:13:24.85	10:13:50.30	+04:10:22 (45.2%)	10:38	5.6 (54.4%)
285	ZAJĄC Paweł	1101	ULTRAZAJONC	M30	89	02:30:39	02:28:53	04:31:31	06:51:22	09:13:29.60	11:44:08.75	+04:10:26 (45.2%)	10:38	5.6 (54.4%)
286	KWAŚNICKI Wojciech	1066	GKS KASZUBI LUZINO	M40	97	02:30:38	02:28:54	04:31:31	06:51:22	09:13:29.75	11:44:08.65	+04:10:26 (45.2%)	10:38	5.6 (54.4%)
287	WYSOKIŃSKI Jerzy	1382	ORANGE POLSKA	M50	27	03:04:37	02:24:01	04:29:08	06:42:26	09:13:37.00	12:18:14.55	+04:10:34 (45.3%)	10:38	5.6 (54.4%)
288	SZYMKOWSKI Dawid	1228		M20	18	03:04:37	02:15:28	04:15:55	06:47:33	09:13:37.55	12:18:14.95	+04:10:34 (45.3%)	10:38	5.6 (54.4%)
289	RÓŻOWICZ Eliza	1211	SPARTANIE DZIECIOM	K40	18	03:33:55	02:21:07	04:19:52	06:41:24	09:13:58.45	12:47:54.40	+04:10:55 (45.3%)	10:39	5.6 (54.4%)
290	PAŚNICKA Marta	1276		K40	19	01:00:23	02:49:48	04:40:31	06:49:46	09:14:36.85	10:15:00.30	+04:11:34 (45.4%)	10:39	5.6 (54.4%)
291	PATRYK Jacek	1141	J&Ł	M40	98	03:34:00	02:17:52	04:22:08	06:51:58	09:14:45.40	12:48:46.30	+04:11:42 (45.4%)	10:40	5.6 (54.4%)
292	STASIŃSKI Paweł	1342		M30	90	03:04:54	02:23:29	04:33:59	06:55:38	09:15:49.10	12:20:43.35	+04:12:46 (45.5%)	10:41	5.6 (54.4%)
293	DĄBROWSKI Mateusz	1358		M20	19	03:04:54	02:23:30	04:34:00	06:55:39	09:15:49.30	12:20:43.35	+04:12:46 (45.5%)	10:41	5.6 (54.4%)
294	GRZEGORZEWSKA Aneta	1321		K30	20	03:04:30	02:21:31	04:28:19	06:49:08	09:16:29.80	12:21:00.30	+04:13:27 (45.5%)	10:42	5.6 (54.4%)
295	KRÓLIKOWSKA Emilia	1214	GANG ŚWIETLIKÓW	K30	21	03:04:36	02:22:25	04:32:05	06:56:41	09:17:21.20	12:21:57.35	+04:14:18 (45.6%)	10:43	5.6 (54.4%)
296	LESZCZYŃSKA Kamila	1213	GANG ŚWIETLIKÓW	K20	15	03:04:36	02:22:26	04:32:05	06:56:42	09:17:23.75	12:22:00.40	+04:14:20 (45.6%)	10:43	5.6 (54.4%)
297	POPLAWSKI Arkadiusz	1163	CZARNE OWCE HIPOLITÓW	M40	99	03:33:55	02:21:42	04:26:06	06:55:30	09:18:07.25	12:52:02.40	+04:15:04 (45.7%)	10:43	5.6 (54.4%)
298	MAŁEK Wojciech	1380	GRUPA BIEGOWA ZARSZYN	M40	100	02:33:43	02:43:51	04:52:46	07:10:33	09:20:14.50	11:53:57.75	+04:17:11 (45.9%)	10:46	5.6 (54.4%)
299	BUJAK Krzysztof	1168		M30	91	02:30:42	02:25:59	04:23:14	06:44:20	09:20:16.50	11:50:59.30	+04:17:13 (45.9%)	10:46	5.6 (54.4%)
300	PAUSZEK Roman	1210	LUCKY TEAM	M50	28	02:30:35	02:30:29	04:37:06	07:04:52	09:22:48.15	11:53:23.55	+04:19:45 (46.2%)	10:49	5.5 (53.4%)
301	DZIEDZINA Tomasz	1399	MUAY RUNNING TEAM	M40	101	01:00:29	02:35:47	04:48:51	07:10:39	09:23:03.80	10:23:33.65	+04:20:01 (46.2%)	10:49	5.5 (53.4%)
302	SIEROŃ Jacek	1034	TSA SANDOMIERZ	M50	29	03:04:31	02:29:23	04:39:21	06:58:01	09:23:10.70	12:27:41.85	+04:20:07 (46.2%)	10:49	5.5 (53.4%)
303	OSICA Łukasz	1339		M30	92	03:04:41	02:28:31	04:42:21	07:06:37	09:23:21.25	12:28:02.85	+04:20:18 (46.2%)	10:50	5.5 (53.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	P2_Roztoki 12km	P3_Solinka 26km	P2_Roztoki 38km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
304	FRANKOWSKI Piotr	1085		M40	102	02:30:41	02:31:53	04:37:28	06:57:44	09:23:58.60	11:54:39.65	+04:20:55 (46.3%)	10:50	5.5 (53.4%)
305	BAR Aleksandra	1327	GMINA STRZELCE OPOLSKIE	K40	20	03:33:52	02:35:15	04:49:32	07:05:14	09:24:36.05	12:58:28.05	+04:21:33 (46.3%)	10:51	5.5 (53.4%)
306	JOZEFIAK Marta	1449		K20	16	01:00:23	02:49:13	04:56:27	07:14:25	09:25:36.65	10:26:00.40	+04:22:33 (46.4%)	10:52	5.5 (53.4%)
307	PIEKARSKI Andrzej	1525		M40	103	03:33:51	02:23:47	04:27:13	06:50:09	09:26:32.00	13:00:23.20	+04:23:29 (46.5%)	10:53	5.5 (53.4%)
308	SZYMCZAK Wojciech	1520	MOCNO W PRAWO	M40	104	03:33:51	02:23:47	04:27:13	06:50:12	09:26:32.70	13:00:24.25	+04:23:29 (46.5%)	10:53	5.5 (53.4%)
309	KALICKI Irek	1195	ZMORDOWANI ŻYCIEM	M40	105	03:34:06	02:31:03	04:44:13	07:02:58	09:26:39.70	13:00:45.80	+04:23:36 (46.5%)	10:53	5.5 (53.4%)
310	WĘGRZYNKIEWICZ Maria	1148		K20	17	03:33:58	02:22:01	04:22:39	06:52:53	09:26:57.90	13:00:56.40	+04:23:55 (46.5%)	10:54	5.5 (53.4%)
311	PODGÓRNIAK Artur	1025	ZADYSZKA	M30	93	03:33:56	02:21:49	04:46:19	07:25:39	09:27:11.75	13:01:08.30	+04:24:08 (46.6%)	10:54	5.5 (53.4%)
312	MIKOŁAJCZYK Sebastian	1067		M20	20	03:04:49	02:18:16	04:31:42	06:55:12	09:27:14.50	12:32:04.05	+04:24:11 (46.6%)	10:54	5.5 (53.4%)
313	KOZICZAK Katarzyna	1171		K30	22	03:34:01	02:33:48	04:46:53	07:12:46	09:27:48.55	13:01:50.35	+04:24:45 (46.6%)	10:55	5.5 (53.4%)
314	ROGOWSKA Anna	1161	DECARUN RZESZÓW	K30	23	03:33:54	02:23:08	04:28:21	07:09:21	09:27:49.20	13:01:43.45	+04:24:46 (46.6%)	10:55	5.5 (53.4%)
315	KAWA Michał	1250		M30	94	03:04:25	02:18:53	04:29:30	06:59:42	09:28:01.40	12:32:27.10	+04:24:58 (46.6%)	10:55	5.5 (53.4%)
316	KIERENKO Paweł	1136	SONSIEDZI	M40	106	03:34:02	02:20:56	04:24:23	06:56:04	09:28:12.45	13:02:14.95	+04:25:09 (46.7%)	10:55	5.5 (53.4%)
317	GŁUCH Krzysztof	1204		M40	107	00:00:03	02:27:13	04:33:16	06:59:11	09:28:27.45	09:28:30.50	+04:25:24 (46.7%)	10:55	5.5 (53.4%)
318	ŚLĄSKI Bartosz	1334	DZIK KOMANDO	M20	21	03:04:39	02:16:56	04:32:08	06:52:28	09:29:26.75	12:34:06.15	+04:26:23 (46.8%)	10:57	5.5 (53.4%)
319	DWORAK Marcin	1202	ŁÓDŹ KOCHA SPORT	M40	108	03:04:49	02:30:08	04:32:02	06:55:22	09:29:47.50	12:34:37.05	+04:26:44 (46.8%)	10:57	5.5 (53.4%)
320	TYLEK Agata	1404	SKAWINA BIEGA	K40	21	02:30:48	02:40:07	04:49:07	07:09:10	09:30:03.85	12:00:52.75	+04:27:01 (46.8%)	10:57	5.5 (53.4%)
321	ZIELIŃSKI Grzegorz	1479		M40	109	03:04:31	02:27:41	04:31:44	06:43:08	09:30:50.35	12:35:22.15	+04:27:47 (46.9%)	10:58	5.5 (53.4%)
322	PĘKALA Anna	1231	MIRAZ RACE TEAM	K40	22	03:34:03	02:35:23	04:44:47	07:10:23	09:31:21.45	13:05:25.35	+04:28:18 (47.0%)	10:59	5.5 (53.4%)
323	PĘKALA Jarek	1232	MIRAZ RACE TEAM	M50	30	03:34:03	02:34:37	04:44:45	07:10:22	09:31:22.05	13:05:25.95	+04:28:19 (47.0%)	10:59	5.5 (53.4%)
324	KAPUŚCIŃSKI Michał	1058		M40	110	03:04:39	02:23:51	04:29:42	07:05:03	09:33:19.50	12:37:59.40	+04:30:16 (47.1%)	11:01	5.4 (52.4%)
325	LERCH Agnieszka	1183		K40	23	01:00:23	02:31:44	04:40:26	07:01:15	09:34:02.20	10:34:25.85	+04:30:59 (47.2%)	11:02	5.4 (52.4%)
326	TOMANEK Marek	1121		M40	111	03:04:40	02:23:02	04:21:03	06:50:44	09:34:27.80	12:39:08.25	+04:31:25 (47.2%)	11:02	5.4 (52.4%)
327	JAKUBOWSKI Wojciech	1523	KB GEOTERMIA UNIEJÓW	M40	112	03:04:41	02:20:44	04:33:28	07:07:43	09:35:05.20	12:39:46.90	+04:32:02 (47.3%)	11:03	5.4 (52.4%)
328	KADECKI Marek	1134		M40	113	03:04:34	02:30:55	04:47:44	07:15:18	09:36:19.60	12:40:54.40	+04:33:16 (47.4%)	11:04	5.4 (52.4%)
329	AUGUSTYN Mariusz	1256	BRZYSKITRITEAM	M30	95	01:00:28	02:39:27	04:51:11	07:17:48	09:36:21.65	10:36:49.70	+04:33:18 (47.4%)	11:05	5.4 (52.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
						startu	P2_Roztoki 12km	P3_Solinka 26km	P2_Roztoki 38km					
330	BIELSKI Dawid	1167		M30	96	01:00:27	02:25:53	04:39:30	07:13:52	09:36:56.20	10:37:23.65	+04:33:53 (47.5%)	11:05	5.4 (52.4%)
331	GIENIEC-CZUBA Róża	1377	BIEGANIE ZBLIŻA	K40	24	02:30:46	02:47:20	05:08:42	07:27:42	09:37:38.80	12:08:25.70	+04:34:36 (47.5%)	11:06	5.4 (52.4%)
332	ZGÓRSKI Grzegorz	1445		M40	114	03:04:40	02:39:09	04:41:29	07:03:43	09:38:55.10	12:43:35.70	+04:35:52 (47.7%)	11:07	5.4 (52.4%)
333	STRUSKI Robert	1035	ZADYSZKA	M30	97	03:33:58	02:18:59	04:34:31	07:09:05	09:40:52.45	13:14:50.45	+04:37:49 (47.8%)	11:10	5.4 (52.4%)
334	NOWAK Agnieszka	1361		K30	24	03:04:36	02:38:31	04:57:51	07:17:00	09:41:03.50	12:45:39.95	+04:38:00 (47.8%)	11:10	5.4 (52.4%)
335	BORKOWSKI Michał	1420	CB163	M30	98	03:04:35	02:38:30	04:57:51	07:16:57	09:41:03.90	12:45:39.50	+04:38:01 (47.8%)	11:10	5.4 (52.4%)
335	PACZKOWSKI Mirosław	1363		M50	31	03:04:36	02:38:31	04:57:52	07:16:58	09:41:03.90	12:45:39.95	+04:38:01 (47.8%)	11:10	5.4 (52.4%)
337	ZACHEJA Jacek	1448		M40	115	02:30:43	02:27:18	04:39:01	07:08:42	09:41:20.50	12:12:04.35	+04:38:17 (47.9%)	11:10	5.4 (52.4%)
337	KALISZ Karolina	1282	CAZZO CLUB	K20	18	03:34:00	02:26:05	04:34:02	07:09:57	09:41:20.50	13:15:20.90	+04:38:17 (47.9%)	11:10	5.4 (52.4%)
339	BŁĘDKOWSKA Katarzyna	1283		K30	25	02:30:44	02:37:09	04:48:33	07:18:19	09:41:24.40	12:12:08.85	+04:38:21 (47.9%)	11:10	5.4 (52.4%)
340	KAJZEREK Arek	1461		M40	116	01:09:00	02:38:39	04:42:08	07:13:23	09:43:32.80	10:52:32.80	+04:40:30 (48.1%)	11:13	5.3 (51.5%)
341	BAJSON Grzegorz	1460	GIEBUŁTÓW CIŚNIE	M40	117	01:08:58	02:38:41	04:42:18	07:13:26	09:43:34.20	10:52:32.20	+04:40:31 (48.1%)	11:13	5.3 (51.5%)
342	CYWKA Tomek	1379	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	M40	118	03:04:50	02:33:01	04:41:59	07:07:34	09:45:14.95	12:50:05.15	+04:42:12 (48.2%)	11:15	5.3 (51.5%)
343	BOGACZYŃSKA-ADACH Bożena	1082	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	K40	25	03:04:49	02:32:23	04:42:00	07:07:33	09:45:15.60	12:50:05.25	+04:42:12 (48.2%)	11:15	5.3 (51.5%)
344	WRÓBLEWSKI Lech	1000	WTORKOWY TRENING	M30	99	01:00:26	02:42:45	04:55:09	07:23:11	09:45:46.30	10:46:12.80	+04:42:43 (48.3%)	11:15	5.3 (51.5%)
345	NIEDŹWIECKA Kasia	1454	EKOBIEGI	K50	4	03:04:47	02:40:56	04:52:41	07:22:10	09:46:08.50	12:50:56.20	+04:43:05 (48.3%)	11:16	5.3 (51.5%)
346	KALBARCZYK Beata	1345	ORANGE POLSKA	K50	5	03:04:35	02:41:38	04:53:07	07:25:33	09:49:10.05	12:53:45.25	+04:46:07 (48.6%)	11:19	5.3 (51.5%)
347	JEDLIŃSKI Bartosz	1302	MARATOŃCZYK DĘBICA	M40	119	02:30:36	02:43:01	04:52:10	07:31:57	09:50:24.60	12:21:00.60	+04:47:21 (48.7%)	11:21	5.3 (51.5%)
348	LALEWICZ Wojciech	1389	ASSECO ACTIVE TEAM	M40	120	02:30:51	02:49:58	05:04:53	07:27:52	09:51:13.10	12:22:04.40	+04:48:10 (48.7%)	11:22	5.3 (51.5%)
349	GWOŹDZIOWSKI Marcin	1396		M40	121	03:04:34	02:39:14	04:52:17	07:24:08	09:51:29.95	12:56:03.95	+04:48:27 (48.8%)	11:22	5.3 (51.5%)
350	SIKORSKA Agnieszka	1308	EKOBIEGI WARSZAWA	K40	26	03:04:47	02:40:55	04:52:40	07:26:10	09:51:55.15	12:56:42.80	+04:48:52 (48.8%)	11:22	5.3 (51.5%)
351	SARLEJ Piotr	1332	MSJ	M40	122	03:34:01	02:22:01	04:47:19	07:22:24	09:52:09.60	13:26:10.65	+04:49:06 (48.8%)	11:23	5.3 (51.5%)
352	SZEWC Grzegorz	1373	MILENIUM BIELINY	M40	123	03:04:28	02:48:35	05:03:57	07:44:07	09:54:12.70	12:58:40.90	+04:51:09 (49.0%)	11:25	5.3 (51.5%)
353	CUBER Aneta	1337		K20	19	03:04:33	02:34:58	04:52:17	07:24:07	09:56:17.10	13:00:50.80	+04:53:14 (49.2%)	11:28	5.2 (50.5%)
354	KUKLA Marcin	1427	RYSIK RUNNERS	M50	32	03:34:01	02:22:56	04:34:29	07:21:00	09:56:48.95	13:30:50.75	+04:53:46 (49.2%)	11:28	5.2 (50.5%)
355	PIETRZYKOWSKA Monika	1073		K40	27	01:00:25	02:48:51	05:02:56	07:34:05	09:57:06.00	10:57:31.75	+04:54:03 (49.2%)	11:28	5.2 (50.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	P2_Roztoki 12km	P3_Solinka 26km	P2_Roztoki 38km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
356	PYTEL Roman	1424	IZBICKO W BIEGU	M40	124	02:30:47	02:31:01	04:46:40	07:15:14	10:02:47.80	12:33:35.60	+04:59:45 (49.7%)	11:35	5.2 (50.5%)
357	KUBALA Sylwester	1118		M40	125	03:34:01	02:38:53	04:58:29	07:38:05	10:05:28.25	13:39:30.00	+05:02:25 (49.9%)	11:38	5.2 (50.5%)
358	LASOŃ Jarosław	1138	RODZINA LASOŃ	M40	126	03:33:56	02:34:10	04:55:44	07:31:53	10:05:54.35	13:39:50.60	+05:02:51 (50.0%)	11:39	5.1 (49.5%)
359	SELIGA Krzysztof	1116	OPATOWSCY BIEGACZE	M40	127	01:00:24	02:38:14	05:31:56	07:52:14	10:07:55.60	11:08:20.45	+05:04:52 (50.2%)	11:41	5.1 (49.5%)
360	ARMATYS Grzegorz	1443	ORANGE POLSKA	M50	33	03:04:40	02:41:34	04:54:22	07:28:28	10:09:15.75	13:13:55.75	+05:06:12 (50.3%)	11:42	5.1 (49.5%)
361	ANDRZEJEWSKI Maciej	1516		M30	100	02:30:38	02:36:51	05:02:08	07:39:34	10:13:23.35	12:44:02.30	+05:10:20 (50.6%)	11:47	5.1 (49.5%)
362	LAMPART Marta	1392	DZIKIE MUSTANGI	K30	26	03:33:49	02:33:54	04:51:04	07:26:21	10:13:45.15	13:47:34.70	+05:10:42 (50.6%)	11:48	5.1 (49.5%)
363	MAZUR Mariola	1388	DZIKIE MUSTANGI	K30	27	03:33:48	02:33:52	04:51:07	07:26:20	10:13:45.65	13:47:34.55	+05:10:42 (50.6%)	11:48	5.1 (49.5%)
364	KAPUSTA Zuzanna	1393	DZIKIE MUSTANGI	K40	28	03:33:48	02:33:54	04:51:04	07:26:20	10:13:45.75	13:47:34.55	+05:10:42 (50.6%)	11:48	5.1 (49.5%)
365	LAMPART Dorota	1387	DZIKIE MUSTANGI	K30	28	03:33:48	02:33:54	04:51:08	07:26:23	10:13:46.25	13:47:34.85	+05:10:43 (50.6%)	11:48	5.1 (49.5%)
366	ŁOKAS Andrzej	1057		M50	34	00:00:05	02:50:37	05:08:41	07:35:29	10:13:51.95	10:13:57.40	+05:10:49 (50.6%)	11:48	5.1 (49.5%)
367	ADAMCZYK Ilona	1126	KB BIAŁA BIEGA	K40	29	00:00:03	02:45:07	04:57:34	07:28:37	10:14:28.50	10:14:32.35	+05:11:25 (50.7%)	11:49	5.1 (49.5%)
368	KUTNIK Mirosław	1129	KB BIAŁA BIEGA	M40	128	00:00:03	02:45:10	04:57:34	07:28:38	10:14:29.15	10:14:32.50	+05:11:26 (50.7%)	11:49	5.1 (49.5%)
369	PRYSZCZ Mirosław	1438		M40	129	03:04:40	02:39:11	05:11:16	07:53:10	10:16:45.00	13:21:25.80	+05:13:42 (50.9%)	11:51	5.1 (49.5%)
370	KOBIERSKI Szymon	1145		M40	130	03:33:54	02:28:59	04:45:10	07:27:26	10:18:07.20	13:52:01.45	+05:15:04 (51.0%)	11:53	5 (48.5%)
371	SZEWCZYK Katarzyna	1181	MONKEYS' TEAM	K40	30	02:30:40	02:46:31	05:05:29	07:49:30	10:20:31.15	12:51:11.50	+05:17:28 (51.2%)	11:55	5 (48.5%)
372	PĘCAK Agnieszka	1179	MONKEYS'TEAM	K40	31	02:30:39	02:46:30	05:05:28	07:49:31	10:20:31.45	12:51:11.40	+05:17:28 (51.2%)	11:55	5 (48.5%)
373	GODLEWSKI Paweł	1503		M30	101	02:30:50	02:25:37	04:40:02	07:20:20	10:20:51.10	12:51:41.15	+05:17:48 (51.2%)	11:56	5 (48.5%)
374	JUREK Zbigniew	1182	ZWOLEŃNICY BIEGANIA	M60	5	03:04:29	02:41:29	05:05:52	07:48:54	10:23:20.95	13:27:50.00	+05:20:18 (51.4%)	11:59	5 (48.5%)
375	WILKIEWICZ Dariusz	1208	ZWOLEŃ ICH BIEGANIA	M40	131	03:04:29	02:41:30	05:05:52	07:48:55	10:23:21.20	13:27:50.25	+05:20:18 (51.4%)	11:59	5 (48.5%)
376	PILCH Anna	1306	PROBALANS	K30	29	02:30:39	02:44:17	05:07:44	07:46:00	10:24:43.40	12:55:22.95	+05:21:40 (51.5%)	12:00	5 (48.5%)
377	LULA Radosław	1086		M40	132	00:00:04	02:55:34	05:13:04	07:41:43	10:25:00.90	10:25:05.35	+05:21:58 (51.5%)	12:01	5 (48.5%)
378	KWIATKOWSKA Aleksandra	1444	WIECZORNE BIEGANIE W SZCZECINIE	K20	20	03:33:53	02:52:32	05:07:31	07:43:09	10:25:25.80	13:59:18.90	+05:22:23 (51.5%)	12:01	5 (48.5%)
379	ABOU NADER Toufic	1326		M30	102	03:04:45	02:44:56	05:16:03	08:02:29	10:25:33.05	13:30:18.30	+05:22:30 (51.6%)	12:01	5 (48.5%)
380	SŁOMIAK Marian	1318		M50	35	03:04:44	02:44:55	05:16:04	08:02:29	10:25:33.60	13:30:18.25	+05:22:30 (51.6%)	12:01	5 (48.5%)
381	CICHOCKI Mariusz	1143	SUUNTO RUN TEAM	M50	36	01:00:31	02:55:24	05:20:36	07:53:05	10:26:41.55	11:27:13.15	+05:23:38 (51.6%)	12:03	5 (48.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	P2_Roztoki 12km	P3_Solinka 26km	P2_Roztoki 38km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
382	MICHALSKA Klementyna	1098		K30	30	00:00:06	03:11:48	05:30:14	07:55:02	10:27:25.70	10:27:32.05	+05:24:22 (51.7%)	12:03	5 (48.5%)
383	BARAŃSKI Damian	1346	GORZÓW BIEGA	M20	22	01:00:26	02:46:10	05:04:52	07:45:12	10:27:32.70	11:27:59.55	+05:24:29 (51.7%)	12:04	5 (48.5%)
384	WÓJTOWICZ Paweł	1296		M40	133	03:04:47	02:38:16	05:01:16	07:46:25	10:28:34.90	13:33:22.35	+05:25:32 (51.8%)	12:05	5 (48.5%)
385	JANASZ Andrzej	1077		M40	134	02:30:42	02:47:08	05:24:38	08:15:56	10:29:25.65	13:00:07.75	+05:26:22 (51.9%)	12:06	5 (48.5%)
386	MARKOWSKI Krystian	1517	SOKÓLSKA GRUPA BIEGOWA	M30	103	03:04:52	02:38:19	05:01:40	07:47:27	10:30:41.00	13:35:33.10	+05:27:38 (51.9%)	12:07	4.9 (47.6%)
387	GRZYWACZ Krzysztof	1059	ROCHE RUNNERS	M40	135	00:00:04	02:43:51	05:02:19	07:39:40	10:31:37.20	10:31:41.65	+05:28:34 (52.0%)	12:08	4.9 (47.6%)
388	BARANOWSKI Łukasz	1176		M30	104	02:32:07	02:37:54	05:06:12	07:55:52	10:34:47.50	13:06:54.90	+05:31:44 (52.3%)	12:12	4.9 (47.6%)
389	JABŁONKA Radosław	1053	DZIADY OCR	M40	136	02:32:07	02:37:54	05:06:13	07:55:51	10:34:48.40	13:06:55.65	+05:31:45 (52.3%)	12:12	4.9 (47.6%)
390	CIEŚLAK Grzegorz	1233	WKZ ULTRA GREEN TEAM	M50	37	03:04:29	02:27:30	05:03:14	07:36:37	10:34:51.25	13:39:21.15	+05:31:48 (52.3%)	12:12	4.9 (47.6%)
391	PRZYBYLSKI Marcin	1103		M40	137	02:30:42	02:47:06	05:16:24	07:55:56	10:37:29.05	13:08:11.85	+05:34:26 (52.5%)	12:15	4.9 (47.6%)
392	WEILAND Emila	1004		K40	32	02:30:44	02:51:55	05:30:49	08:07:36	10:37:45.45	13:08:29.85	+05:34:42 (52.5%)	12:15	4.9 (47.6%)
393	KĄDZIOŁKA Łukasz	1425	K2	M30	105	02:30:34	02:38:26	05:54:06	08:46:04	10:41:49.30	13:12:23.45	+05:38:46 (52.8%)	12:20	4.9 (47.6%)
394	JUSZKIEWICZ Tomasz	1207		M50	38	01:00:30	02:52:18	05:15:22	07:57:36	10:43:47.85	11:44:18.20	+05:40:45 (52.9%)	12:22	4.8 (46.6%)
395	MROZOWSKA Magdalena	1411	WARSAW RUN CLUB	K40	33	03:04:37	02:51:41	05:09:17	07:48:33	10:45:29.10	13:50:06.80	+05:42:26 (53.1%)	12:24	4.8 (46.6%)
396	JANIK Tomasz	1348	ORANGE POLSKA	M50	39	03:04:38	02:51:41	05:09:19	07:48:32	10:45:29.15	13:50:07.90	+05:42:26 (53.1%)	12:24	4.8 (46.6%)
397	GŁUCHOWSKA Natalia	1026		K20	21	01:00:24	02:49:12	05:05:51	07:58:51	10:49:19.55	11:49:43.75	+05:46:16 (53.3%)	12:29	4.8 (46.6%)
398	HOŁODY Grzegorz	1019	OPATOWSCY BIEGACZE	M30	106	01:00:25	02:38:17	05:31:53	08:12:19	10:52:47.35	11:53:12.70	+05:49:44 (53.6%)	12:33	4.8 (46.6%)
399	ZAJĄC Piotr	1160	OPATOWSCY BIEGACZE	M40	138	01:00:24	02:38:16	05:31:56	08:12:21	10:52:48.00	11:53:12.70	+05:49:45 (53.6%)	12:33	4.8 (46.6%)
400	SZKAMRUK Alicja	1217	EKSTREMALNE OTK NA RELAKSIE	K30	31	00:00:04	03:25:48	05:51:25	08:29:43	10:55:34.10	10:55:39.00	+05:52:31 (53.8%)	12:36	4.8 (46.6%)
401	DREWNIK Robert	1469		M40	139	01:00:26	02:34:28	04:59:45	07:52:21	10:56:34.20	11:57:00.60	+05:53:31 (53.8%)	12:37	4.8 (46.6%)
402	LUDWINEK-ZARZEKA Iwona	1206	VEGE RUNNERS	K30	32	02:30:47	02:41:05	05:06:12	07:57:12	10:59:44.80	13:30:32.60	+05:56:42 (54.1%)	12:41	4.7 (45.6%)
403	PRZYBYLSKA Magdalena	1102		K30	33	02:30:42	02:59:45	05:30:18	08:19:50	11:02:48.95	13:33:31.75	+05:59:46 (54.3%)	12:44	4.7 (45.6%)
404	CIMOSZKO Katarzyna	1376	WATAHA	K40	34	00:00:06	03:11:50	05:39:52	08:21:33	11:09:18.50	11:09:24.85	+06:06:15 (54.7%)	12:52	4.7 (45.6%)
405	GÓRKA Bogusław	1044		M40	140	01:00:24	02:59:16	05:37:02	08:26:48	11:11:49.35	12:12:13.60	+06:08:46 (54.9%)	12:55	4.6 (44.7%)
406	GÓRKA Jolanta	1045		K40	35	01:00:24	02:59:17	05:37:03	08:26:47	11:11:49.50	12:12:13.75	+06:08:46 (54.9%)	12:55	4.6 (44.7%)
407	HALACZKIEWICZ Adam	1090	EXTREMEWOLF	M40	141	03:04:35	02:47:25	05:16:48	08:08:02	11:22:25.25	14:27:00.65	+06:19:22 (55.6%)	13:07	4.6 (44.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	P2_Roztoki 12km	P3_Solinka 26km	P2_Roztoki 38km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
408	MAKSYMIAK Anna	1104	WIECZORNE BIEGANIE W SZCZECINIE	K40	36	03:04:35	02:47:26	05:16:50	08:08:02	11:22:25.35	14:27:00.55	+06:19:22 (55.6%)	13:07	4.6 (44.7%)
409	SITAREK Iwona	1030	PKO BANK POLSKI	K50	6	02:30:42	02:47:08	05:24:35	08:19:51	11:26:45.55	13:57:27.70	+06:23:42 (55.9%)	13:12	4.5 (43.7%)
410	WIĘSEK Ewelina	1002	PKO BANK POLSKI	K40	37	02:30:42	02:52:25	05:25:04	08:32:01	11:29:04.60	13:59:47.05	+06:26:01 (56.0%)	13:15	4.5 (43.7%)
411	JASNOWSKI Michał	1511		M40	142	01:00:33	03:18:08	05:55:06	08:37:58	11:32:45.45	12:33:19.20	+06:29:42 (56.3%)	13:19	4.5 (43.7%)
412	OSMOLA-JASNOWSKA Aleksandra	1510		K30	34	01:00:34	03:18:06	05:55:08	08:37:59	11:32:45.65	12:33:19.70	+06:29:42 (56.3%)	13:19	4.5 (43.7%)
413	GRZEGOREK Paweł	1456	ULTRA	M40	143	00:00:00	05:25:04	07:33:21	09:47:43	11:35:10.30	11:35:10.30	+06:32:07 (56.4%)	13:22	4.5 (43.7%)
414	SZKAMRUK Małgorzata	1239	EXTREMALNE OTK NA RELAKSIE	K30	35	00:00:05	03:25:46	05:51:22	08:30:01	11:37:02.80	11:37:08.00	+06:34:00 (56.5%)	13:24	4.5 (43.7%)
415	JÓŚK Joanna	1295		K40	38	01:00:24	03:11:02	05:45:14	08:44:20	11:45:18.70	12:45:43.05	+06:42:15 (57.0%)	13:33	4.4 (42.7%)
416	JABŁOŃSKI Kazimierz	1474	SPRINTER PRĄDY	M60	6	01:00:33	03:14:48	05:46:20	08:52:59	11:47:43.75	12:48:17.65	+06:44:40 (57.2%)	13:36	4.4 (42.7%)
417	WITEK Sylwia	1159		K40	39	01:02:42	03:21:23	06:05:29	09:03:49	11:48:03.05	12:50:45.05	+06:45:00 (57.2%)	13:36	4.4 (42.7%)
418	KACZKIEWICZ Damian	1156	NIGHT RUNNERS GLIWICE	M40	144	01:02:36	03:21:31	06:05:36	09:03:55	11:48:08.70	12:50:44.95	+06:45:05 (57.2%)	13:37	4.4 (42.7%)
419	WYSMOLIŃSKA Barbara	1248		K40	40	00:00:05	03:29:35	06:06:09	08:59:27	11:48:12.55	11:48:18.50	+06:45:09 (57.2%)	13:37	4.4 (42.7%)
420	WYSMOLIŃSKI Piotr	1249		M40	145	00:00:05	03:29:36	06:06:11	08:59:29	11:48:12.80	11:48:18.60	+06:45:10 (57.2%)	13:37	4.4 (42.7%)
421	PRAŻMOWSKI Piotr	1374	SBG PODBIEG	M40	146	01:00:26	03:09:42	05:45:09	08:49:45	11:55:14.05	12:55:40.90	+06:52:11 (57.6%)	13:45	4.4 (42.7%)
422	HOOG Wioleta	1186		K30	36	01:02:42	03:21:22	06:13:13	09:08:04	12:01:58.10	13:04:40.10	+06:58:55 (58.0%)	13:53	4.3 (41.7%)
423	SKURSKA Monika	1238		K40	41	00:00:03	03:23:03	05:51:32	08:57:25	12:13:43.85	12:13:47.20	+07:10:41 (58.7%)	14:06	4.3 (41.7%)
424	KRZYSZTOFOWICZ Andrzej	1368		M40	147	01:00:30	03:32:36	06:25:55	09:35:19	12:21:09.40	13:21:39.70	+07:18:06 (59.1%)	14:15	4.2 (40.8%)
425	SZYPULSKI Dariusz	1489	SKS CHMIELOWICE	M40	148	00:00:00	09:44:23			12:33:37.40	12:33:37.40	+07:30:34 (59.8%)	14:29	4.1 (39.8%)
426	KRZYSZTOFOWICZ Karolina	1367		K40	42	01:00:28	03:32:39	06:25:55	09:36:19	12:42:05.60	13:42:34.45	+07:39:02 (60.2%)	14:39	4.1 (39.8%)
427	WOŹNIAK Mariusz	1375		M50	40	01:00:29	03:32:40	06:25:57	09:35:37	12:50:34.40	13:51:03.65	+07:47:31 (60.7%)	14:49	4 (38.8%)
428	PIOTROWSKI Marek	1209		M50	41	00:00:03	03:22:55	07:45:36	10:56:46	14:02:10.95	14:02:14.80	+08:59:08 (64.0%)	16:11	3.7 (35.9%)
429	KORNAK Michał	1309		M30	107	00:00:04	03:27:59	06:30:53	09:58:24	14:50:47.35	14:50:52.00	+09:47:44 (66.0%)	17:07	3.5 (34.0%)
	NOWICKI Jarosław	1084		M40		DNF	02:30:50 DNF	05:05:48 DNF	08:04:29 DNF	DNF	DNF	-	-	- (0.0%)
	WOŹNIAK Maria	1284	SKAWINA BIEGA	K30		DNF	02:01:55 DNF	03:51:16 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	SZEWCZYK Artur	1468	DOKĄD TAK CIĄGLE BIEGNĘ?	M40		DNF	02:39:24 DNF	05:11:30 DNF	DNF	DNF	DNF	-	-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	P2_Roztoki 12km	P3_Solinka 26km	P2_Roztoki 38km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
	WILAMOWSKI Daniel	1421		M20		DNF	02:39:18 DNF	05:40:51 DNF	DNF	DNF	DNF	-	-	(0.0%)
	DYBA Adek	1307	KOPEĆ TEAM	M60		DNF	02:59:32 DNF	05:42:45 DNF	DNF	DNF	DNF	-	-	(0.0%)
	LEN Mariusz	1490		M50		DNF	02:59:35 DNF	05:56:46 DNF	DNF	DNF	DNF	-	-	(0.0%)
	OCHYRA Konrad	1336	SOLINA TEAM	M30		DNF	02:08:02 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	KACPERSKI Olaf	1133		M40		DNF	02:11:20 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	KĄDZIOŁKA Jan	1383	K2	M50		DNF	02:38:26 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	MICHALEWSKA Anna	1120	DRUŻYNA GRUBEGO MISIA	K40		DNF	02:50:04 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	MAJONEK Artur	1201	ZMORDOWANI ŻYCIEM	M30		DNF	02:52:14 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	KOSEWSKA Dorota	1132	BIEGAM NA TARCHOMINIE/ULTRA PASTERZE	K50		DNF	03:00:25 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	CHABROS Jacek	1097	EXTREMEWOLF	M50		DNF	03:13:14 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	WÓJCIK Michał	1043	STAY INSANE	M30		DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	LUBECKI Milosz	1219		M30		DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)

Znaleziono 444 wynik(ów)