

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

PIENINY ULTRA-TRAIL®
Fundacja Strefa Przygód
2023-04-22
Szczawnica
44.1 km

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa Polski	Drużyna	Schronisko na Przehybie 14.7km	Bacówka na Obidzy 24.4km	Premia1 37.2km	Premia2 37.7km	43.6km	Czas netto 44.1km	Czas brutto 44.1km	Różn	Tempo min/km	Tempo km/h
1	WITEK Andrzej	1507	140MINUT.PL	M30	1	MP	MKS Siechnice	01:13:49	01:57:54	02:58:16	03:01:40	03:27:44	03:29:27.65	03:29:30.00		4:44	12.6 (100%)
2	MATUSZCZAK Rafał	1509	LLKS OSOWA SIEŃ	M20	1	MP	LLKS Osowa Sień	01:11:39	01:54:03	02:55:28	02:59:23	03:28:57	03:30:20.05	03:30:22.25	+00:00:52 (0.4%)	4:46	12.6 (100%)
3	RAJCA Michał	1513	HOKA GARMIN TEAM	M30	2	MP	SBG Salco Niepołomice	01:16:02	02:00:16	03:02:53	03:06:39	03:33:24	03:34:50.15	03:34:52.90	+00:05:22 (2.5%)	4:52	12.3 (97.6%)
4	BODURKA Krzysztof	1508	SALOMON TEAM	M30	3			01:16:58	02:01:21	03:04:50	03:08:25	03:34:59	03:36:23.65	03:36:25.60	+00:06:55 (3.2%)	4:54	12.2 (96.8%)
5	FABIAN Marcel	1518	SOCIOS SILESIA	M20	2	MP	SMKS Parasol Wrocław	01:16:12	02:01:11	03:07:37	03:11:39	03:42:09	03:43:45.65	03:43:48.05	+00:14:18 (6.4%)	5:04	11.8 (93.7%)
6	SKUPIEŃ Tomasz	1510		M30	4	MP	SKL Sucha Beskidzka		02:01:24	03:10:06	03:14:50	03:44:21	03:46:08.40	03:46:10.30	+00:16:40 (7.4%)	5:07	11.7 (92.9%)
7	KARWACZYŃSKI Roger	1553	AW-SZYBCIEJ-TEAM	M30	5			01:21:23	02:09:56	03:17:35	03:21:34	03:50:18	03:51:55.50	03:51:58.90	+00:22:28 (9.7%)	5:15	11.4 (90.5%)
8	ŻUCHOWSKI Daniel	2110	HOKA RUNNERS POLAND	M30	6	MP	LKB Rudnik	01:22:01	02:10:00	03:19:28	03:23:38	03:51:42	03:53:09.35	03:53:12.70	+00:23:42 (10.2%)	5:17	11.3 (89.7%)
9	GRZĄDZIEL Dominik	1514	ATTIQ TEAM	M40	1			01:19:15	02:09:22	03:19:07	03:23:01	03:52:40	03:54:19.35	03:54:21.95	+00:24:51 (10.6%)	5:18	11.3 (89.7%)
10	SZKOŁUDA Miłosz	2015	BIEGOLAS KOSZALIN	M20	3	MP	UKS Sokół Węgorzewo	01:22:40	02:11:21	03:22:53	03:27:19	03:56:56	03:58:22.10	03:58:25.60	+00:28:55 (12.1%)	5:24	11.1 (88.1%)
11	PASIK Tomasz	1922	WOLSZTYŃSKI KLUB BIEGOWY	M40	2	MP	Wolsztyński Klub Biegowy	01:22:20	02:11:21	03:22:41	03:27:25	03:56:57	03:58:54.65	03:58:57.75	+00:29:27 (12.3%)	5:25	11.1 (88.1%)
12	FAVERO Alessandro	1905	DUEROCCHIE ASD	M20	4			01:26:33	02:18:37	03:28:06	03:31:44	04:01:17	04:03:00.35	04:03:03.05	+00:33:33 (13.8%)	5:30	10.9 (86.5%)
13	KANTOR Martyna	1504	HOKA GARMIN TEAM	K30	1	MP	SBG Salco Niepołomice	01:26:42	02:18:36	03:28:50	03:32:42	04:02:09	04:03:42.00	04:03:45.10	+00:34:15 (14.1%)	5:31	10.9 (86.5%)
14	ŚWIRGOŃ Adam	2108	TRENERBIEGANIA.PL	M20	5	MP	AZS UMCS Lublin	01:24:21	02:15:56	03:34:42	03:39:30	04:09:21	04:10:54.50	04:10:56.65	+00:41:26 (16.5%)	5:41	10.5 (83.3%)
15	SOLIŃSKA Katarzyna	1503	ON RUNNING POLSKA	K30	2	MP	KKB MOSiR Krosno	01:28:22	02:20:55	03:35:10	03:39:40	04:10:12	04:11:48.05	04:11:51.55	+00:42:21 (16.8%)	5:42	10.5 (83.3%)
16	MILEWSKI Dominik	1516	RYKOWISKO TEAM	M20	6	MP	TKKF Płock	01:18:37	02:08:16	03:31:44	03:37:19	04:10:11	04:12:14.45	04:12:17.20	+00:42:47 (17.0%)	5:43	10.5 (83.3%)
17	JACHYMIAK Robert	1971	SPECJALISTYCZNY GABINET REHABILITACJI DZIECI	M40	3			01:26:39	02:18:41	03:35:24	03:39:53	04:11:12	04:13:01.95	04:13:03.75	+00:43:33 (17.2%)	5:44	10.5 (83.3%)
18	MAZAN Piotr	1537	FINISZ RYMANÓW	M40	4			01:27:47	02:19:54	03:35:39	03:40:09	04:12:20	04:13:54.80	04:13:57.60	+00:44:27 (17.5%)	5:45	10.4 (82.5%)
19	TARASEK Dariusz	1854	SEVEN7	M40	5			01:28:14	02:20:59	03:38:30	03:42:02	04:12:32	04:14:04.30	04:14:07.60	+00:44:37 (17.6%)	5:45	10.4 (82.5%)
20	GAŁDYN Kamil	1897	GORĄCY POTOK / SALMING	M20	7			01:28:15	02:20:54	03:38:07	03:43:00	04:13:15	04:14:44.40	04:14:48.50	+00:45:18 (17.8%)	5:46	10.4 (82.5%)
21	ŚLIWKA Paweł	1704	RUNPROGRESS	M30	7	MP	MKS Brenna Górki	01:26:37	02:18:39	03:36:03	03:40:58	04:13:51	04:15:33.30	04:15:36.90	+00:46:06 (18.0%)	5:47	10.4 (82.5%)
22	WILK Katarzyna	1501		K30	3	MP	KS AZS AWF Kraków	01:29:30	02:22:05	03:38:45	03:42:56	04:15:05	04:16:46.35	04:16:49.15	+00:47:19 (18.4%)	5:49	10.3 (81.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa Polski	Drużyna	Schronisko na Przehybie 14.7km					Bacówka na Obidzy 24.4km		Czas netto 44.1km	Czas brutto 44.1km	Różn	Tempo min/km	Tempo km/h
								Premia1 37.2km	Premia2 37.7km	43.6km	44.1km	44.1km							
23	GOC Paweł	1524	RMT TEAM	M40	6			01:31:50	02:24:40	03:40:08	03:44:41	04:16:16	04:17:51.85	04:17:56.70	+00:48:26 (18.8%)	5:50	10.3 (81.7%)		
24	BADOWSKI Aleksander	1968	AW - SZYBCIEJ - TEAM	M30	8	MP	MKS Polonia Warszawa	01:26:56	02:19:02	03:35:56	03:41:03	04:16:49	04:18:55.35	04:18:58.45	+00:49:28 (19.1%)	5:52	10.2 (81.0%)		
25	DOMBROWSKI Maciej	1519	ON RUNNING	M30	9	MP	KKB MOSiR Krosno	01:21:06	02:13:13	03:36:26	03:41:28	04:17:21	04:19:09.50	04:19:12.60	+00:49:42 (19.2%)	5:52	10.2 (81.0%)		
26	PAPROCKA Urszula	2107	NOWA HUTA TEAM	K30	4	MP	LKB Rudnik	01:31:57	02:25:14	03:42:31	03:46:54	04:18:32	04:20:03.60	04:20:08.10	+00:50:38 (19.5%)	5:53	10.2 (81.0%)		
27	PILARSKI Tomasz	2130	MKS SZERSZEŃ BOGATYNIA	M40	7	MP	MKS Szerszeń Bogatynia	01:31:51	02:23:27	03:40:55	03:45:55	04:19:26	04:21:05.35	04:21:11.10	+00:51:41 (19.8%)	5:55	10.1 (80.2%)		
28	KANSY Sebastian	2001		M30	10			01:28:31	02:22:18	03:43:49	03:48:40	04:21:00	04:22:42.70	04:22:53.95	+00:53:23 (20.3%)	5:57	10.1 (80.2%)		
29	RUTKOWSKI Dawid	2035	GRIZZLYTEAM/140MINUT.PL	M40	8			01:31:09	02:25:27	03:48:02	03:52:51	04:25:54	04:27:39.45	04:27:42.15	+00:58:12 (21.7%)	6:04	9.9 (78.6%)		
30	SENDOR Piotr	1890		M40	9			01:31:15	02:24:56	03:45:18	03:50:01	04:28:35	04:30:36.90	04:30:40.60	+01:01:10 (22.6%)	6:08	9.8 (77.8%)		
31	WERNER Kamil	1593	DZIKI BIEG	M30	11			01:31:42	02:28:14	03:51:03	03:55:28	04:30:34	04:32:15.70	04:32:23.70	+01:02:53 (23.1%)	6:10	9.7 (77.0%)		
32	NIEDŹWIADEK Kamil	1522	NIEDŹWIADKI RUNNING TEAM	M30	12	MP	KS AZS AWF Warszawa	01:31:59	02:28:06	03:52:04	03:57:19	04:32:46	04:34:30.80	04:34:35.00	+01:05:05 (23.7%)	6:13	9.6 (76.2%)		
33	PAROL Rafał	1877	ADIDAS RUNNERS	M40	10			01:29:11	02:24:59	03:49:29	03:55:01	04:34:26	04:36:08.45	04:36:12.95	+01:06:42 (24.2%)	6:15	9.6 (76.2%)		
34	KNUTELSKI Błażej	2131	PODHALAŃSKIE DZIKI	M20	8			01:25:13	02:16:11	03:47:22	03:53:19	04:35:21	04:37:11.95	04:37:15.70	+01:07:45 (24.4%)	6:17	9.5 (75.4%)		
35	SELKE Radosław	1910	MORT!	M30	13	MP	UKS MTE Milanówek	01:30:37	02:28:19	03:55:22	04:00:08	04:36:10	04:37:43.90	04:37:47.30	+01:08:17 (24.6%)	6:17	9.5 (75.4%)		
36	KWIATKOWSKA Kinga	2017	HOKA GARMIN TEAM	K30	5	MP	SBG Salco Niepołomice	01:40:15	02:35:42	03:58:10	04:03:16	04:36:32	04:38:09.70	04:38:13.75	+01:08:43 (24.7%)	6:18	9.5 (75.4%)		
37	TRZASKA Wojciech	1559	FUCHS OIL TEAM	M20	9			01:39:07	02:35:17	04:02:33	04:07:29	04:41:48	04:43:12.35	04:43:32.90	+01:14:02 (26.1%)	6:25	9.3 (73.8%)		
38	STANKIEWICZ Tomasz	1612	PLANYBIEGOWE.PL	M30	14	MP	KL Ziemia Kłodzka	01:35:31	02:31:10	03:59:35	04:04:58	04:42:48	04:44:45.75	04:44:50.75	+01:15:20 (26.5%)	6:27	9.3 (73.8%)		
39	CHMIELOWIEC Daniel	2078	GORLIĆKA GRUPA BIEGOWA	M30	15			01:32:15	02:31:21	04:00:30	04:05:17	04:44:14	04:46:18.75	04:46:26.85	+01:16:56 (26.9%)	6:29	9.2 (73.0%)		
40	KOZIOŁ Kamil	2122	G.O.A.T. TEAM MICHAŁOWICE	M30	16			01:31:56	02:29:37	04:04:23	04:10:18	04:47:26	04:49:05.75	04:49:10.05	+01:19:40 (27.6%)	6:33	9.2 (73.0%)		
41	BIAŁOŁOCKA Alicja	2042		K30	6			01:41:24	02:41:26	04:06:58	04:12:17	04:47:29	04:49:09.90	04:49:15.05	+01:19:45 (27.6%)	6:33	9.2 (73.0%)		
42	SZKOŁA Paweł	1809	TLENOWA RADOŚĆ TEAM	M30	17			01:35:07	02:35:00	04:03:01	04:09:45	04:48:02	04:50:26.20	04:50:31.45	+01:21:01 (27.9%)	6:35	9.1 (72.2%)		
43	ZAKRZYŃSKI Paweł	1930		M40	11			01:35:06	02:31:16	03:59:06	04:06:49	04:49:13	04:51:15.90	04:51:23.80	+01:21:53 (28.1%)	6:36	9.1 (72.2%)		
44	BEDNARZ Jakub	1961		M40	12			01:38:21	02:36:16	04:05:16	04:11:07	04:50:25	04:52:26.95	04:52:32.15	+01:23:02 (28.4%)	6:37	9 (71.4%)		
45	PAZDAN Piotr	1557		M40	13			01:36:13	02:33:54	04:08:06	04:14:15	04:51:18	04:53:08.10	04:53:12.70	+01:23:42 (28.5%)	6:38	9 (71.4%)		
46	PAWLIKOWSKI Michał	2037		M30	18			01:25:14	02:15:35	03:48:24	03:54:30	04:51:03	04:53:24.50	04:53:27.85	+01:23:57 (28.6%)	6:39	9 (71.4%)		
47	ZOŃ Arkadiusz	1936		M30	19			01:44:42	02:47:57	04:14:22	04:20:05	04:54:35	04:56:44.15	04:56:49.60	+01:27:19 (29.4%)	6:43	8.9 (70.6%)		
48	JANUSZ Jakub	1938		M30	20			01:44:39	02:48:02	04:14:34	04:20:06	04:54:48	04:56:43.65	04:56:49.70	+01:27:19 (29.4%)	6:43	8.9 (70.6%)		
49	PUŁKOWSKI Jakub	1963	#PYZANAGIGANCIE TEAM CAMELBAK POLSKA TORQ POLSKA	M30	21			01:36:53	02:36:41	04:10:05	04:16:24	04:57:35	04:59:20.85	04:59:24.90	+01:29:54 (30.0%)	6:47	8.8 (69.8%)		
50	BOSAKIEWICZ Tomasz	1761		M40	14			01:45:33	02:46:49	04:17:03	04:21:57	04:57:46	04:59:22.05	04:59:26.90	+01:29:56 (30.0%)	6:47	8.8 (69.8%)		
51	POŁUBOK Kajetan	1600		M40	15			01:38:24	02:40:08	04:13:58	04:21:32	04:59:17	05:01:25.15	05:01:28.85	+01:31:58 (30.5%)	6:50	8.8 (69.8%)		
52	BYRSKA Sylwia	1505	WMTRISELF	K20	1	MP	Kraków Athletics Team	01:42:32	02:46:12	04:15:53	04:21:43	04:59:34	05:01:34.10	05:01:39.75	+01:32:09 (30.6%)	6:50	8.8 (69.8%)		

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa Polski	Drużyna	Schronisko na Bacówka					Czas netto 44.1km	Czas brutto 44.1km	Różn	Tempo min/km	Tempo km/h
								Przehybie 14.7km	Obidzy 24.4km	Premia1 37.2km	Premia2 37.7km	43.6km					
53	ŻAK Adam	1956	KB LUPUS OLEŚNICA	M40	16			01:44:37	02:48:46	04:17:35	04:22:59	05:00:11	05:01:51.40	05:02:02.65	+01:32:32 (30.6%)	6:50	8.8 (69.8%)
54	KACZMAREK Tomasz	1984	NIEPOŁOMICE BIEGAJĄ	M40	17			01:39:27	02:38:58	04:11:40	04:16:43	05:00:07	05:02:01.65	05:02:09.30	+01:32:39 (30.7%)	6:50	8.8 (69.8%)
55	SIWEK Michał	1907	NIEPOŁOMICE BIEGAJĄ	M30	22			01:39:27	02:38:58	04:11:39	04:14:47	05:00:07	05:02:02.40	05:02:09.40	+01:32:39 (30.7%)	6:50	8.8 (69.8%)
56	KUSIAK Maciej	2090		M20	10			01:46:57	02:49:48	04:22:09	04:27:02	05:02:40	05:04:18.25	05:04:25.50	+01:34:55 (31.2%)	6:54	8.7 (69.0%)
57	PAPIERZ Marta	1592		K20	2			01:48:26	02:50:00	04:20:00	04:25:23	05:02:41	05:04:29.75	05:04:38.25	+01:35:08 (31.2%)	6:54	8.7 (69.0%)
58	WIERZCHOWIAK Karolina	1506	TRAIL IS OUR WAY	K30	7	MP	KKB MOSiR Krosno	01:47:30	02:49:55	04:21:10	04:26:37	05:04:04	05:05:48.75	05:05:52.25	+01:36:22 (31.5%)	6:56	8.7 (69.0%)
59	MOŻEJKO Artur	1959	NIEPOŁOMICE BIEGAJĄ	M30	23			01:44:39	02:48:38	04:21:24	04:26:58	05:04:01	05:05:55.85	05:06:13.35	+01:36:43 (31.6%)	6:56	8.6 (68.3%)
60	WIĘCŁAW Paweł	1840	WOLSKI KOLEKTYW BIEGOWY	M30	24			01:54:37	02:56:19	04:24:53	04:30:14	05:05:52	05:07:40.25	05:07:50.60	+01:38:20 (31.9%)	6:58	8.6 (68.3%)
61	ZYGMUNT Tomasz	2040		M20	11			01:31:16	02:23:26	04:04:24	04:11:23	05:05:24	05:07:47.05	05:07:50.65	+01:38:20 (31.9%)	6:58	8.6 (68.3%)
62	MALSKI Tomasz	1947	WOLSKI KOLEKTYW BIEGOWY	M30	25			01:50:11	02:54:35	04:24:54	04:30:14	05:05:53	05:07:40.40	05:07:50.85	+01:38:20 (31.9%)	6:58	8.6 (68.3%)
63	RUSIN Krzysztof	1889		M30	26			01:38:34	02:39:01	04:19:58	04:26:10	05:06:22	05:08:17.80	05:08:23.05	+01:38:53 (32.1%)	6:59	8.6 (68.3%)
64	POŻAK Grzegorz	1583	LUBARTÓW	M40	18			01:53:47	02:58:54	04:28:30	04:32:38	05:07:08	05:08:59.95	05:09:30.35	+01:40:00 (32.3%)	7:00	8.6 (68.3%)
65	DAUKSZO Maciej	1530		M20	12			01:40:55	02:47:54	04:24:08	04:30:08	05:08:16	05:09:48.30	05:09:52.40	+01:40:22 (32.4%)	7:01	8.5 (67.5%)
66	LIŚKIEWICZ Hubert	2048	MY ENDURANCE COACHING	M20	13			01:46:26	02:49:27	04:24:42	04:30:28	05:08:30	05:10:02.45	05:10:31.35	+01:41:01 (32.5%)	7:01	8.5 (67.5%)
67	ŁUKASZEWSKI Mateusz	1645		M20	14			01:38:06	02:40:45	04:19:27	04:25:56	05:08:35	05:10:30.05	05:10:45.10	+01:41:15 (32.6%)	7:02	8.5 (67.5%)
68	STASZELIS Krzysztof	2084	POCO LOCO ADVENTURE	M30	27			01:41:19	02:45:12	04:24:44	04:30:34	05:09:02	05:10:41.75	05:10:46.10	+01:41:16 (32.6%)	7:02	8.5 (67.5%)
69	TOPORKIEWICZ Anna	1973		K40	1			01:44:19	02:47:48	04:24:03	04:30:10	05:09:03	05:10:48.25	05:10:54.30	+01:41:24 (32.6%)	7:02	8.5 (67.5%)
70	OBERWAN Marek	2029	PANFOTOGRAF.EU	M40	19			01:44:09	02:47:48	04:23:52	04:29:57	05:09:10	05:10:47.15	05:11:03.45	+01:41:33 (32.6%)	7:02	8.5 (67.5%)
71	FRANUSIAK Marek	1909		M30	28			01:54:13	02:57:34	04:27:01	04:32:32	05:09:18	05:10:55.60	05:11:09.40	+01:41:39 (32.7%)	7:03	8.5 (67.5%)
72	GAWRON Przemysław	1655	SŁOŃCA JURY	M40	20			01:41:15	02:48:13	04:21:49	04:27:36	05:10:16	05:12:03.45	05:12:07.65	+01:42:37 (32.9%)	7:04	8.5 (67.5%)
73	PASTUSZAK Justyna	2096		K30	8			01:46:36	02:49:56	04:27:35	04:33:01	05:10:09	05:12:07.40	05:12:27.25	+01:42:57 (33.0%)	7:04	8.5 (67.5%)
74	ORĘZIAK Tomasz	1826		M20	15			01:40:05	02:49:09	04:27:58	04:33:01	05:11:26	05:13:01.90	05:13:08.25	+01:43:38 (33.1%)	7:05	8.5 (67.5%)
75	TURCHAN Łukasz	1667		M30	29			01:51:00	02:55:40	04:29:57	04:35:31	05:11:26	05:13:05.10	05:13:19.10	+01:43:49 (33.1%)	7:05	8.5 (67.5%)
76	ŁUKASIEWICZ Ewa	1642	140MINUT	K50	1			01:49:10	02:56:01	04:27:28	04:33:05	05:11:43	05:13:36.10	05:13:41.35	+01:44:11 (33.2%)	7:06	8.4 (66.7%)
77	GIERS Michał	1900		M30	30			01:52:31	02:57:25	04:30:43	04:35:20	05:12:00	05:13:37.05	05:13:50.85	+01:44:20 (33.2%)	7:06	8.4 (66.7%)
78	LACHOR Krzysztof	2047	RUNNING TEAM NASTOPY.PL	M20	16			01:42:51	02:48:20	04:25:56	04:31:47	05:12:59	05:14:39.35	05:14:47.25	+01:45:17 (33.4%)	7:08	8.4 (66.7%)
79	BULENDA Bartosz	1588	PIŹDZICA	M20	17			01:46:05	02:50:20	04:28:40	04:33:44	05:12:41	05:14:32.90	05:14:49.10	+01:45:19 (33.5%)	7:07	8.4 (66.7%)
80	SWOBODA Sebastian	1982	TRAIL IS OUR WAY	M30	31			01:44:30	02:49:23	04:26:21	04:32:29	05:13:40	05:15:28.05	05:15:33.85	+01:46:03 (33.6%)	7:09	8.4 (66.7%)
81	KOLASA Przemysław	2157		M30	32			01:44:11	02:48:43	04:30:29	04:36:01	05:14:33	05:16:28.95	05:16:37.45	+01:47:07 (33.8%)	7:10	8.4 (66.7%)
82	GUTRAL Magdalena	1726	WKB MARATOŃCZYK WŁOCŁAWEK	K40	2			01:44:39	02:52:42	04:30:54	04:35:53	05:15:31	05:17:08.10	05:17:17.95	+01:47:47 (34.0%)	7:11	8.3 (65.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa Polski	Drużyna	Schronisko na Bacówka					Czas netto 44.1km	Czas brutto 44.1km	Różn	Tempo min/km	Tempo km/h
								Przehybie 14.7km	Obidzy 24.4km	Premia1 37.2km	Premia2 37.7km	43.6km					
83	ZOŁA Piotr	1541	PIODZO EXTREME	M30	33			01:41:22	02:42:40	04:27:23	04:34:04	05:15:41	05:17:43.45	05:17:52.65	+01:48:22 (34.1%)	7:12	8.3 (65.9%)
84	WÓJCIK Łukasz	1672	SZYBCIEJ NIE DAM RADY	M30	34			01:45:52	02:50:01	04:27:00	04:32:47	05:15:47	05:17:46.15	05:18:16.10	+01:48:46 (34.2%)	7:12	8.3 (65.9%)
85	BOROWCZYK Jacek	2020	ANTEK TEAM	M50	1			01:48:46	02:53:42	04:30:25	04:36:26	05:16:20	05:18:10.65	05:18:21.05	+01:48:51 (34.2%)	7:12	8.3 (65.9%)
86	FILIP Paweł	2127	MOCNA GRUPA CEZARA	M30	35			01:43:04	02:46:17	04:28:19	04:35:32	05:17:04	05:19:04.55	05:19:21.60	+01:49:51 (34.4%)	7:14	8.3 (65.9%)
87	KRZEMIŃSKI Marcin	2010	SPRINT GORZYCE	M40	21			01:49:38	02:55:11	04:32:17	04:37:50	05:17:06	05:19:20.30	05:20:02.15	+01:50:32 (34.5%)	7:14	8.3 (65.9%)
88	URACZ Beata	1841	BARTOSZ GORCZYCA TEAM	K40	3			01:46:17	02:52:53	04:30:41	04:36:16	05:18:25	05:20:30.85	05:20:43.70	+01:51:13 (34.7%)	7:16	8.3 (65.9%)
89	ZAPAŁA Piotr	1933	DREAMRUN	M30	36			01:52:15	02:59:38	04:36:42	04:41:29	05:19:39	05:21:23.20	05:22:04.45	+01:52:34 (35.0%)	7:17	8.2 (65.1%)
90	HUBNER Antoni	1914	HUBNER TEAM	M40	22			01:39:10	02:42:35	04:26:22	04:33:12	05:20:09	05:22:19.05	05:22:24.20	+01:52:54 (35.0%)	7:18	8.2 (65.1%)
91	PERKOWSKI Piotr	2069	MONK SANDALS TEAM	M40	23			01:42:05	02:50:40	04:33:12	04:39:00	05:21:25	05:23:28.55	05:23:34.30	+01:54:04 (35.3%)	7:20	8.2 (65.1%)
92	GIERSZEWSKI Jarosław	1560	ZAŁOGA G	M40	24			01:38:46	02:47:24	04:29:36	04:35:54	05:21:37	05:23:37.35	05:23:43.90	+01:54:13 (35.3%)	7:20	8.2 (65.1%)
93	KUBACZ Norbert	2002	BIEGAM NATURALNIE	M50	2			01:40:47	02:45:16	04:28:45	04:35:18	05:23:10	05:25:03.05	05:25:08.70	+01:55:38 (35.6%)	7:22	8.1 (64.3%)
94	PERUCKA Kamila	2111	UKS ROMER RABKA-ZDRÓJ	K30	9	MP	UKS Romer Rabka-Zdrój	01:44:18	02:49:29	04:33:46	04:40:31	05:23:51	05:25:45.40	05:25:49.80	+01:56:19 (35.7%)	7:23	8.1 (64.3%)
95	PŁAZA Radosław	2074	BARUNOWCE	M40	25			01:42:05	02:49:04	04:38:19	04:44:49	05:24:55	05:26:53.70	05:27:12.20	+01:57:42 (36.0%)	7:24	8.1 (64.3%)
96	GOCZAŁ Mateusz	1648	HOLICLINIC	M30	37			01:46:46	02:53:08	04:36:00	04:42:08	05:25:10	05:27:08.05	05:27:27.05	+01:57:57 (36.0%)	7:25	8.1 (64.3%)
97	NIERADA Marcin	2044		M40	26			01:45:29	02:49:23	04:35:31	04:41:32	05:25:00	05:26:50.25	05:27:33.40	+01:58:03 (36.0%)	7:24	8.1 (64.3%)
98	PARWA Michał	1683	MAGAZYN NA SZCZYCIE	M30	38			01:51:52	03:01:35	04:41:35	04:47:03	05:25:41	05:27:33.60	05:27:42.60	+01:58:12 (36.1%)	7:25	8.1 (64.3%)
99	TRĄBICKI Adam	1949	SPREE - CZAPKA Z GŁOWĄ	M30	39			01:48:54	02:53:09	04:36:34	04:43:23	05:26:35	05:28:40.15	05:28:58.75	+01:59:28 (36.3%)	7:27	8.1 (64.3%)
100	POSADOWSKI Szymon	1544	AW SZYBCIEJ TEAM	M30	40			01:51:03	02:58:34	04:40:42	04:46:49	05:28:00	05:29:51.45	05:29:56.90	+02:00:26 (36.5%)	7:28	8 (63.5%)
101	WNĘK Marek	1820		M30	41			01:43:50	02:51:05	04:37:30	04:43:38	05:28:00	05:30:00.25	05:30:15.20	+02:00:45 (36.6%)	7:28	8 (63.5%)
102	TOKARSKI Szymon	2151		M30	42			01:40:23	02:47:47	04:35:29	04:41:04	05:28:28	05:30:28.05	05:30:36.55	+02:01:06 (36.6%)	7:29	8 (63.5%)
103	BIENIEK Patryk	1532	TREC TEAM	M40	27			01:42:54	02:49:13	04:33:20	04:40:00	05:28:13	05:30:32.85	05:30:47.85	+02:01:17 (36.7%)	7:29	8 (63.5%)
104	KURA Piotr	1813	PRZEDWOJEWSKI TEAM	M40	28			01:47:35	02:54:38	04:38:53	04:45:40	05:29:04	05:31:03.40	05:31:12.10	+02:01:42 (36.7%)	7:30	8 (63.5%)
105	ROSIK Robert	1864		M30	43			01:45:17	02:50:53	04:39:42	04:46:04	05:29:08	05:31:07.05	05:31:16.05	+02:01:46 (36.8%)	7:30	8 (63.5%)
106	KASICA Arkadiusz	1584	MIĘDZYRZECKIE GAZELE	M40	29			01:49:48	02:57:19	04:41:54	04:47:35	05:29:17	05:30:56.65	05:31:26.75	+02:01:56 (36.8%)	7:30	8 (63.5%)
107	MILANOWSKA-ZABEL Kaja	1940	#CODEAGAINSTCANCER, BIEGIEM PRZEZ ŻYCIE	K30	10	MP	Krakowska Akademia Lekkoatletyki	01:52:31	03:00:00	04:41:05	04:47:16	05:30:00	05:32:05.00	05:32:11.10	+02:02:41 (36.9%)	7:31	8 (63.5%)
108	KRAWCZYK Dariusz	1742		M40	30			01:47:19	02:56:57	04:41:50	04:47:57	05:30:21	05:32:03.05	05:32:15.70	+02:02:45 (36.9%)	7:31	8 (63.5%)
109	ZIELIŃSKA Malwina	2025	ZA LINIĄ METY	K20	3			01:54:44	03:03:20	04:44:31	04:50:26	05:30:18	05:32:09.10	05:32:20.05	+02:02:50 (37.0%)	7:31	8 (63.5%)
110	WIECZERZAK Magdalena	1551	ZABIEGANI MIELEC / MAGDY RULEZ	K30	11			01:54:12	03:06:49	04:45:59	04:51:35	05:32:46	05:34:33.70	05:34:39.90	+02:05:09 (37.4%)	7:35	7.9 (62.7%)
111	IGNACZAK Marcin	1964	TRITON KONIN	M40	31			01:45:45	02:53:20	04:41:04	04:47:35	05:33:31	05:35:32.55	05:35:36.75	+02:06:06 (37.6%)	7:36	7.9 (62.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa Polski	Drużyna	Schronisko na Bacówka					Czas netto 44.1km	Czas brutto 44.1km	Różn	Tempo min/km	Tempo km/h
								Przehybie 14.7km	Obidzy 24.4km	Premia1 37.2km	Premia2 37.7km	43.6km					
112	SZNAJDER Jarosław	2050	RUNPROGRESSTEAM.PL TEAM	M50	3			01:46:14	02:52:46	04:44:54	04:51:31	05:34:19	05:35:57.75	05:36:03.65	+02:06:33 (37.7%)	7:37	7.9 (62.7%)
113	BRUŚ Marcin	1603	SASKA	M40	32			01:49:46	03:03:23	04:48:03	04:54:10	05:34:24	05:36:29.15	05:36:35.80	+02:07:05 (37.8%)	7:37	7.9 (62.7%)
114	DĄBROWSKI Michał	1992	CINCLUS	M50	4			01:44:26	02:49:47	04:35:56	04:43:00	05:33:49	05:36:10.20	05:36:42.90	+02:07:12 (37.8%)	7:37	7.9 (62.7%)
115	SARKA Bartłomiej	1989		M30	44			01:50:48	02:57:24	04:45:14	04:51:45	05:34:29	05:36:30.55	05:36:51.00	+02:07:21 (37.8%)	7:37	7.9 (62.7%)
116	PROKULEWICZ Tomasz	2143		M40	33			01:47:16	02:54:32	04:44:30	04:51:07	05:34:47	05:36:41.60	05:36:58.70	+02:07:28 (37.8%)	7:38	7.9 (62.7%)
117	KRAWIEC Sławomir	2005	SAINT-GOBAIN SQUAD/ INFINITY-GYM	M30	45			01:56:46	03:06:49	04:48:10	04:54:47	05:34:58	05:36:49.90	05:37:31.20	+02:08:01 (37.9%)	7:38	7.9 (62.7%)
118	STAŃCZAK Łukasz	1892	NAPRZÓD MŁOCINY	M30	46			01:47:59	02:55:54	04:46:15	04:52:13	05:36:00	05:37:57.55	05:38:06.85	+02:08:36 (38.0%)	7:39	7.8 (61.9%)
119	JAREMA Maciej	1843	LOKOMOTIV MAJDAN	M40	34			01:47:52	02:53:58	04:44:30	04:50:20	05:35:52	05:38:11.90	05:38:35.55	+02:09:05 (38.1%)	7:40	7.8 (61.9%)
120	STOJAK Ireneusz	1529		M40	35			01:47:57	02:54:48	04:37:35	04:43:38	05:35:33	05:37:50.60	05:38:51.15	+02:09:21 (38.2%)	7:39	7.8 (61.9%)
121	LEŚKÓW Joanna	1981	SCI GÓRSCY ENTUZJAŚCI	K30	12			01:54:41	03:06:41	04:47:16	04:53:21	05:36:33	05:38:42.60	05:39:08.90	+02:09:38 (38.2%)	7:40	7.8 (61.9%)
122	KŁOŚ Artur	2080	STAY INSANE	M30	47			01:48:15	02:57:26	04:45:23	04:52:27	05:38:04	05:40:46.50	05:40:52.55	+02:11:22 (38.5%)	7:43	7.8 (61.9%)
123	GIL Maciej	1656	140MINUT	M30	48			01:49:30	02:59:16	04:47:08	04:53:16	05:38:35	05:40:34.05	05:40:52.70	+02:11:22 (38.5%)	7:43	7.8 (61.9%)
124	GRABSKI Michał	1908	KOMBO KURCZAKI	M30	49			01:53:40	03:05:21	04:50:40	04:56:05	05:40:00	05:41:57.85	05:42:06.65	+02:12:36 (38.8%)	7:45	7.7 (61.1%)
125	MUCHA Grzegorz	2146	SYNOWIE ROZGARDIASZU / SPORT GENERATION	M40	36			01:54:12	03:04:34	04:49:44	04:56:11	05:40:34	05:42:36.55	05:43:00.65	+02:13:30 (38.9%)	7:46	7.7 (61.1%)
126	DYDEK Kamil	1896	ALBO GRUBO ALBO WCALE	M30	50			01:46:28	02:54:32	04:51:41	04:57:31	05:41:19	05:43:25.85	05:43:38.85	+02:14:08 (39.0%)	7:47	7.7 (61.1%)
127	ROGAŁA Kystian	2045		M40	37			01:50:06	02:58:45	04:52:00	04:58:51	05:43:24	05:45:11.95	05:45:21.35	+02:15:51 (39.3%)	7:49	7.7 (61.1%)
128	WOCHOWSKI Tomasz	1718		M40	38			01:54:21	03:01:16	04:56:45	05:02:46	05:43:36	05:45:12.35	05:45:33.10	+02:16:03 (39.4%)	7:49	7.7 (61.1%)
129	MRÓZ Rafał	2087		M50	5			01:51:20	03:04:35	04:52:36	04:58:52	05:43:31	05:45:29.75	05:45:41.20	+02:16:11 (39.4%)	7:50	7.7 (61.1%)
130	WARZECHA Kamil	2023	RMT TEAM	M30	51			01:48:12	02:56:06	04:48:22	04:55:14	05:43:52	05:45:40.55	05:45:49.15	+02:16:19 (39.4%)	7:50	7.7 (61.1%)
131	GACEK Michał	1759		M40	39			01:52:31	03:03:00	04:54:26	05:00:30	05:43:38	05:46:01.25	05:46:12.35	+02:16:42 (39.5%)	7:50	7.6 (60.3%)
132	ZAMBRZYCKI Maciej	1943	RESHAPE RUNNERS	M40	40			01:54:32	03:07:21	04:54:19	05:00:47	05:44:46	05:46:33.70	05:46:41.50	+02:17:11 (39.6%)	7:51	7.6 (60.3%)
133	GONDOR Jarosław	1772	UKS LIDER	M40	41			01:54:10	03:05:54	04:57:16	05:03:18	05:44:50	05:46:28.45	05:46:44.60	+02:17:14 (39.6%)	7:51	7.6 (60.3%)
134	FUKS Szymon	1783	MCBIEGACZE	M40	42			01:47:09	02:54:36	04:51:45	04:58:48	05:44:54	05:46:55.70	05:47:04.40	+02:17:34 (39.6%)	7:51	7.6 (60.3%)
135	ŚWIDZIŃSKI Tomasz	1849	LOKOMOTIV MAJDAN	M40	43			01:58:55	03:09:54	04:54:52	05:01:03	05:44:58	05:46:58.05	05:47:21.25	+02:17:51 (39.7%)	7:52	7.6 (60.3%)
136	BUĆKO Marcin	1602	ROMAN STAWIA PIWO	M40	44			01:58:10	03:09:56	04:54:54	05:01:08	05:45:04	05:47:10.85	05:47:28.20	+02:17:58 (39.7%)	7:52	7.6 (60.3%)
137	ANDRZEJEWSKI Łukasz	1786	FTI RACE TEAM	M40	45			01:55:42	03:08:36	04:56:31	05:02:35	05:45:54	05:47:51.30	05:48:10.20	+02:18:40 (39.8%)	7:53	7.6 (60.3%)
138	KSIĄŻEK Ilona	1792	ULTRA RAKIETA	K30	13			02:02:15	03:14:36	04:58:15	05:04:02	05:46:19	05:48:17.15	05:48:27.55	+02:18:57 (39.9%)	7:53	7.6 (60.3%)
139	BIERNAT Mateusz	1736		M30	52			01:58:52	03:12:03	05:00:12	05:06:09	05:46:36	05:48:28.55	05:48:54.35	+02:19:24 (40.0%)	7:54	7.6 (60.3%)
140	LEWANDOWSKA Milena	1669	GO APTIV	K20	4			01:56:57	03:08:26	04:58:59	05:04:38	05:46:52	05:48:43.00	05:49:09.85	+02:19:39 (40.0%)	7:54	7.6 (60.3%)
141	JANIAK Norbert	1528		M30	53			01:40:05	02:48:36	04:45:27	04:52:35	05:46:57	05:49:20.10	05:49:25.55	+02:19:55 (40.0%)	7:55	7.6 (60.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa Polski	Drużyna	Schronisko na Bacówka					Czas netto 44.1km	Czas brutto 44.1km	Różn	Tempo min/km	Tempo km/h
								Przehybie 14.7km	Obidzy 24.4km	Premia1 37.2km	Premia2 37.7km	43.6km					
172	SZAFRAŃSKI Dominik	1701	OBORNICKI KLUB LEKKOATLETYCZNY	M30	69			01:49:49	02:59:33	05:02:27	05:09:24	05:58:03	06:00:01.80	06:00:14.95	+02:30:44 (41.8%)	8:09	7.3 (57.9%)
173	DUCH Rafał	1719		M30	70			02:00:59	03:16:36	05:09:30	05:15:29	05:58:26	06:00:08.95	06:00:31.85	+02:31:01 (41.9%)	8:09	7.3 (57.9%)
174	JANKOWSKI Dawid	1698		M30	71			01:52:25	03:05:25	05:03:35	05:10:07	05:58:15	06:00:35.75	06:01:05.85	+02:31:35 (42.0%)	8:10	7.3 (57.9%)
175	SZCZEPAŃSKI Jakub	1920		M50	8			02:02:50	03:16:06	05:06:34	05:12:33	05:58:47	06:01:01.75	06:01:16.05	+02:31:46 (42.0%)	8:11	7.3 (57.9%)
176	SZKLARCZYK Dariusz	1668	MY ENDURANCE COACHING	M30	72			02:01:00	03:16:27	05:09:33	05:15:47	05:58:55	06:00:43.00	06:01:26.20	+02:31:56 (42.0%)	8:10	7.3 (57.9%)
177	MUCOWSKI Jaromir	1935	EMERYCI I RENCISCI	M40	58			02:00:48	03:18:05	05:10:50	05:16:07	05:59:18	06:01:27.10	06:01:55.50	+02:32:25 (42.1%)	8:11	7.3 (57.9%)
178	KOLONKO Stanisław	1720	GÓRKI	M50	9			01:59:26	03:14:34	05:06:03	05:12:32	05:59:40	06:01:39.70	06:01:58.60	+02:32:28 (42.1%)	8:12	7.3 (57.9%)
179	GOŁĘBIEWSKA Oliwia	2099		K20	5			02:01:08	03:16:35	05:10:16	05:16:30	05:59:54	06:01:58.40	06:02:16.60	+02:32:46 (42.2%)	8:12	7.3 (57.9%)
180	MARCZAK Krzysztof	1852	STARE BABICE BIEGAJĄ	M20	18			01:59:35	03:13:00	05:12:39	05:18:08	06:00:38	06:02:29.65	06:02:36.90	+02:33:06 (42.2%)	8:13	7.3 (57.9%)
181	RYBAK Łukasz	2142		M40	59			01:52:26	03:05:57	05:07:33	05:14:22	06:00:28	06:02:32.35	06:02:49.00	+02:33:19 (42.3%)	8:13	7.3 (57.9%)
182	PAJĄK Andrzej	1833	BIEGAM Z ABS	M40	60			01:57:52	03:14:37	05:09:16	05:15:38	06:01:47	06:03:53.60	06:04:02.40	+02:34:32 (42.5%)	8:15	7.3 (57.9%)
183	CIOSEK Marta	1572		K40	5			02:03:16	03:22:24	05:14:40	05:22:10	06:02:09	06:03:52.05	06:04:08.20	+02:34:38 (42.5%)	8:15	7.3 (57.9%)
184	DYBALSKI Mariusz	2026		M40	61			01:53:02	03:07:01	05:03:38	05:10:16	06:01:56	06:04:19.05	06:04:32.85	+02:35:02 (42.5%)	8:15	7.3 (57.9%)
185	ZABRZEWSKI Patryk	1722	KLUB WYSOKOGÓRSKI JASTRZĘBIE ZDRÓJ	M40	62			01:53:40	03:11:55	05:11:11	05:17:31	06:03:47	06:05:44.55	06:05:49.15	+02:36:19 (42.7%)	8:17	7.2 (57.1%)
186	FABISIAK Andrzej	1966	STANWEX II	M50	10			01:56:45	03:15:58	05:10:36	05:16:30	06:03:22	06:05:19.55	06:06:03.55	+02:36:33 (42.8%)	8:17	7.2 (57.1%)
187	NOWAK Filip	1680		M30	73			02:03:56	03:24:42	05:16:58	05:23:16	06:04:18	06:06:08.50	06:06:52.80	+02:37:22 (42.9%)	8:18	7.2 (57.1%)
188	RATAJEWICZ Maciek	1800	SKPB WARSZAWA	M40	63			02:02:50	03:17:14	05:11:26	05:17:07	06:05:38	06:07:36.35	06:08:04.85	+02:38:34 (43.1%)	8:20	7.2 (57.1%)
189	DASZKOWSKA Olga	1937	BŁĘKITNA XVII-TKA	K40	6			02:05:07	03:21:22	05:13:46	05:20:29	06:05:34	06:07:44.10	06:08:18.60	+02:38:48 (43.1%)	8:20	7.2 (57.1%)
190	LESZCZAK Grzegorz	1775		M40	64			02:00:15	03:16:40	05:14:00	05:20:55	06:06:19	06:08:01.80	06:08:28.55	+02:38:58 (43.1%)	8:20	7.2 (57.1%)
191	LISAK Tomasz	1985	KS RYGLICE SEKCJA BIEGOWA	M40	65			02:06:14	03:25:33	05:17:17	05:23:28	06:06:57	06:08:48.90	06:09:00.65	+02:39:30 (43.2%)	8:21	7.2 (57.1%)
192	RÓŻYCKI Marcin	1690		M40	66			01:54:21	03:11:07	05:10:06	05:16:29	06:06:46	06:08:53.00	06:09:06.60	+02:39:36 (43.2%)	8:21	7.2 (57.1%)
193	SZYMULA Mariusz	1850	SZYMULA RUNNERS RYCZÓW/KRAKÓW	M40	67			02:00:25	03:16:02	05:14:02	05:20:53	06:06:35	06:08:39.80	06:09:15.90	+02:39:45 (43.3%)	8:21	7.2 (57.1%)
194	VERHEYEN Kurt	1738		M30	74			01:58:56	03:13:14	05:11:37	05:18:02	06:06:25	06:08:55.00	06:09:16.25	+02:39:46 (43.3%)	8:21	7.2 (57.1%)
195	MACHNIK Justyna	1819		K20	6			01:57:16	03:11:51	05:10:38	05:17:22	06:06:56	06:09:12.30	06:09:21.55	+02:39:51 (43.3%)	8:22	7.2 (57.1%)
196	ADAMUS Jakub	1615		M30	75			02:05:36	03:22:45	05:17:41	05:23:57	06:07:11	06:09:04.60	06:09:24.75	+02:39:54 (43.3%)	8:22	7.2 (57.1%)
197	OPOZDA Michał	2009		M40	68			01:57:14	03:14:03	05:19:41	05:26:43	06:07:28	06:09:24.50	06:09:32.70	+02:40:02 (43.3%)	8:22	7.2 (57.1%)
198	MYCIELSKI Mariusz	1692	W DRODZE	M50	11			02:03:14	03:18:30	05:14:16	05:21:22	06:07:49	06:09:57.25	06:10:26.75	+02:40:56 (43.4%)	8:23	7.2 (57.1%)
199	HETMANCZYK Jakub	2031		M40	69			01:57:41	03:17:30	05:18:54	05:25:23	06:09:22	06:11:34.50	06:11:46.55	+02:42:16 (43.6%)	8:25	7.1 (56.3%)
200	KOCJAN Paweł	1727	KIDS RUN TEAM	M40	70			02:04:52	03:19:24	05:19:00	05:25:28	06:09:42	06:11:32.65	06:11:51.75	+02:42:21 (43.7%)	8:25	7.1 (56.3%)
201	SZATKOWSKI Michał	1597	MARCINŚWIERCTEAM	M20	19			01:58:45	03:13:03	05:14:18	05:21:26	06:09:59	06:11:52.90	06:12:04.20	+02:42:34 (43.7%)	8:25	7.1 (56.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa Polski	Drużyna	Schronisko na Bacówka					Czas netto 44.1km	Czas brutto 44.1km	Różn	Tempo min/km	Tempo km/h
								Przehybie 14.7km	Obidzy 24.4km	Premia1 37.2km	Premia2 37.7km	43.6km					
202	KRZYŻOWSKI Hubert	1865		M40	71			01:57:14	03:11:05	05:15:53	05:22:29	06:10:39	06:12:52.55	06:12:52.55	+02:43:22 (43.8%)	8:27	7.1 (56.3%)
203	KUŁAKOWSKA Monika	1797	W POGONI ZA DUCHEM	K40	7			02:04:54	03:25:46	05:16:46	05:23:12	06:10:50	06:12:51.60	06:13:07.20	+02:43:37 (43.9%)	8:27	7.1 (56.3%)
204	STRZELECKI Robert	2100	TEAM ZABIEGANEDNI	M30	76			02:06:33	03:24:19	05:19:23	05:26:14	06:10:59	06:13:25.10	06:13:42.80	+02:44:12 (43.9%)	8:28	7.1 (56.3%)
205	JEGER Piotr	2144	SKLEP BIEGACZA RUNNING TEAM	M30	77			02:02:50	03:18:57	05:17:07	05:23:41	06:11:10	06:13:28.45	06:14:17.10	+02:44:47 (44.0%)	8:28	7.1 (56.3%)
206	ROJEK Maciej	1899		M30	78			02:01:06	03:16:57	05:17:10	05:24:19	06:12:58	06:15:11.65	06:15:32.75	+02:46:02 (44.2%)	8:30	7.1 (56.3%)
207	PAŁYSA Robert	2124	STANWEX II	M20	20			02:05:11	03:19:01	05:22:13	05:29:19	06:12:16	06:14:50.65	06:15:39.45	+02:46:09 (44.2%)	8:29	7.1 (56.3%)
208	WLAZŁOWSKI Radosław	2053		M40	72			02:09:54	03:28:43	05:23:51	05:28:48	06:13:07	06:15:13.10	06:15:53.00	+02:46:23 (44.3%)	8:30	7.1 (56.3%)
209	CZERNECKI Jacek	1987	CARBON SILESIA SPORT	M30	79			01:53:56	03:10:03	05:21:24	05:27:24	06:13:21	06:15:29.70	06:15:57.80	+02:46:27 (44.3%)	8:30	7 (55.6%)
210	KURCZ Magdalena	1845		K30	14			02:03:05	03:19:09	05:21:30	05:27:55	06:13:54	06:15:52.35	06:16:04.55	+02:46:34 (44.3%)	8:31	7 (55.6%)
211	KOWALCZYK Mateusz	2101	MINUTKA TRAIL / PRZEWORSKA GRUPA BIEGOWA	M30	80			01:56:49	03:18:36	05:24:02	05:29:33	06:12:20	06:16:15.85	06:16:20.50	+02:46:50 (44.3%)	8:31	7 (55.6%)
212	BACHURSKI Tomasz	1732	140MINUT/KB HARCOWNIK	M40	73			01:59:08	03:14:27	05:12:32	05:20:13	06:13:46	06:16:13.45	06:16:29.80	+02:46:59 (44.4%)	8:31	7 (55.6%)
213	PAPRZYCKI Romuald	2034	NORBULLO TEAM BIEGA NATURALNIE	M50	12			02:04:41	03:18:38	05:21:33	05:28:48	06:14:00	06:16:09.35	06:16:31.75	+02:47:01 (44.4%)	8:31	7 (55.6%)
214	MATAK Paweł	1906	ŁASUCH	M30	81			02:02:21	03:18:47	05:18:54	05:25:22	06:13:55	06:16:10.50	06:16:46.10	+02:47:16 (44.4%)	8:31	7 (55.6%)
215	NOWAK Tomasz	1750	BW BIEGACZE WYMIATACZE	M40	74			02:08:08	03:28:34	05:23:13	05:29:49	06:15:44	06:17:50.70	06:18:03.30	+02:48:33 (44.6%)	8:34	7 (55.6%)
216	KOLANKO Sylwia	1739	PFR SA	K30	15			02:06:10	03:22:56	05:18:55	05:26:54	06:16:33	06:18:24.45	06:18:39.40	+02:49:09 (44.7%)	8:34	7 (55.6%)
217	SŁOMCZYŃSKA Karolina	1663		K30	16			02:01:36	03:25:07	05:25:56	05:33:10	06:16:39	06:18:32.40	06:18:46.25	+02:49:16 (44.7%)	8:35	7 (55.6%)
218	RATKOWSKI Karol	2154	WARJOTY Z DZIEWICZEJ GÓRY	M40	75			02:00:07	03:17:32	05:19:27	05:25:47	06:16:51	06:18:41.55	06:18:55.55	+02:49:25 (44.7%)	8:35	7 (55.6%)
219	GRADZIK-BOROWSKA Inga	1988		K30	17			02:01:34	03:19:01	05:19:30	05:27:02	06:16:38	06:18:47.70	06:18:59.60	+02:49:29 (44.7%)	8:35	7 (55.6%)
220	SZMIDT Karol	2089	SZMIDT I SYN	M30	82			01:59:32	03:18:38	05:18:12	05:24:23	06:16:51	06:19:01.00	06:19:07.55	+02:49:37 (44.7%)	8:35	7 (55.6%)
221	DZIOB Grzegorz	1769	NIEPOŁOMICE BIEGAJĄ	M40	76			01:59:58	03:17:43	05:21:31	05:28:44	06:16:38	06:18:51.90	06:19:10.10	+02:49:40 (44.7%)	8:35	7 (55.6%)
222	SZCZUREK Jakub	1929		M30	83			02:03:01	03:19:46	05:25:33	05:31:41	06:16:01	06:18:33.75	06:19:23.55	+02:49:53 (44.8%)	8:35	7 (55.6%)
223	LEWKOWSKI Aleksander	1756		M40	77			02:02:35	03:20:56	05:21:17	05:28:06	06:17:44	06:19:40.70	06:20:17.35	+02:50:47 (44.9%)	8:36	7 (55.6%)
224	WESOŁOWSKI Krzysztof	1590	LASKOWE LUDKI	M40	78			01:55:03	03:07:26	05:13:41	05:21:14	06:18:01	06:20:06.75	06:20:23.65	+02:50:53 (44.9%)	8:37	7 (55.6%)
225	MILIAN Kamil	1650	FORZA MILAN	M40	79			01:58:10	03:12:44	05:17:43	05:24:40	06:18:11	06:20:09.85	06:20:28.55	+02:50:58 (44.9%)	8:37	7 (55.6%)
226	KOKOSZKA Wojciech	1986	SLOW JOGGING SIEDLCE	M40	80			02:01:11	03:23:35	05:26:06	05:32:24	06:18:29	06:20:26.50	06:21:03.55	+02:51:33 (45.0%)	8:37	7 (55.6%)
227	TURLEJ Dariusz	2319	BEZ KONDYCJI	M60	1			02:09:23	03:27:53	05:24:45	05:31:15	06:18:11	06:20:14.95	06:21:11.80	+02:51:41 (45.0%)	8:37	7 (55.6%)
228	FEODORÓW Wojciech	2137	RESHAPE RUNNERS	M50	13			02:09:31	03:23:53	05:21:03	05:28:24	06:19:21	06:21:21.65	06:21:50.75	+02:52:20 (45.1%)	8:38	6.9 (54.8%)
229	GACHOWSKI Łukasz	1627		M40	81			01:56:40	03:13:20	05:21:08	05:28:09	06:19:39	06:21:43.40	06:21:56.40	+02:52:26 (45.1%)	8:39	6.9 (54.8%)
230	FEDOREK Dawid	2028		M30	84			02:10:33	03:32:16	05:34:10	05:39:43	06:19:38	06:21:37.45	06:22:07.50	+02:52:37 (45.2%)	8:39	6.9 (54.8%)
231	BARWICKI Marcin	2082		M40	82			02:09:33	03:29:40	05:26:59	05:33:20	06:19:41	06:21:59.05	06:22:16.50	+02:52:46 (45.2%)	8:39	6.9 (54.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa Polski	Drużyna	Schronisko na Bacówka					Czas netto 44.1km	Czas brutto 44.1km	Różn	Tempo min/km	Tempo km/h
								Przehybie 14.7km	Obidzy 24.4km	Premia1 37.2km	Premia2 37.7km	43.6km					
232	GIERSZEWSKI Maciek	1587	ZALOGA G	M30	85			02:04:52	03:23:15	05:23:22	05:29:57	06:20:02	06:22:22.40	06:22:31.70	+02:53:01 (45.2%)	8:40	6.9 (54.8%)
233	GAJDECKI Tomek	1911	ACCENTURE	M40	83			02:05:02	03:22:12	05:24:12	05:31:14	06:21:03	06:23:06.60	06:23:49.10	+02:54:19 (45.4%)	8:41	6.9 (54.8%)
234	PIETRZAK Michał	1857	3	M30	86			02:01:35	03:17:31	05:26:44	05:34:08	06:21:27	06:23:46.05	06:24:10.45	+02:54:40 (45.5%)	8:42	6.9 (54.8%)
235	SIWIEC Ewa	1753	RACEFIGHTER GOSIR DĘBE WLK.	K40	8			02:11:09	03:32:03	05:28:48	05:35:33	06:22:03	06:24:08.50	06:24:19.50	+02:54:49 (45.5%)	8:42	6.9 (54.8%)
236	TKACZYK Michał	2121	OBSTACLE CENTER TEAM	M20	21			02:01:11	03:23:07	05:27:31	05:33:38	06:22:37	06:24:39.10	06:24:53.60	+02:55:23 (45.6%)	8:43	6.9 (54.8%)
237	GRABOWSKI Mariusz	1874	KLUB FANÓW SUPER ZUZI	M30	87			02:07:00	03:27:05	05:28:11		06:22:20	06:24:34.75	06:24:59.15	+02:55:29 (45.6%)	8:43	6.9 (54.8%)
238	TUNDAK Zuzanna	1725	SZTYWNE KULASY	K30	18			02:07:25	03:27:13	05:28:37	05:34:37	06:22:45	06:24:59.25	06:24:59.25	+02:55:29 (45.6%)	8:43	6.9 (54.8%)
239	KONSEK Jacek	1608		M30	88			02:07:24	03:28:50	05:28:52	05:35:13	06:22:52	06:25:23.10	06:25:41.50	+02:56:11 (45.7%)	8:44	6.9 (54.8%)
240	KACPRZAK Marcin	2024		M40	84			01:57:01	03:17:19	05:27:26	05:34:16	06:23:50	06:26:19.50	06:26:35.35	+02:57:05 (45.8%)	8:45	6.8 (54.0%)
241	BODZIOCH Grzegorz	1621	GORLICKA GRUPA BIEGOWA	M50	14			02:09:17	03:28:51	05:31:47	05:37:49	06:24:14	06:26:29.85	06:26:38.40	+02:57:08 (45.8%)	8:45	6.8 (54.0%)
242	ŻACZEK Łukasz	1654	JZDL	M30	89			01:57:48	03:19:56	05:29:23	05:37:02	06:25:24	06:27:06.20	06:27:28.45	+02:57:58 (45.9%)	8:46	6.8 (54.0%)
243	MNICH Zbigniew	2051		M40	85			02:10:32	03:29:09	05:28:23	05:34:46	06:26:37	06:28:33.15	06:28:33.15	+02:59:03 (46.1%)	8:48	6.8 (54.0%)
244	RĘKAWEK Paulina	2052	TEAM ZABIEGANEDNI	K30	19			02:07:05	03:29:07	05:28:23	05:34:46	06:26:37	06:28:33.25	06:28:33.25	+02:59:03 (46.1%)	8:48	6.8 (54.0%)
245	KOPEĆ Renata	1617	TRAIL IS OUR WAY	K40	9			02:17:52	03:40:44	05:37:28	05:44:05	06:26:37	06:28:28.10	06:28:38.75	+02:59:08 (46.1%)	8:48	6.8 (54.0%)
246	SZYMKIEWICZ Robert	2098	REAKTYWACJA MIEDZYRZECZ	M50	15			02:00:44	03:18:40	05:27:32	05:34:21	06:26:10	06:28:31.80	06:29:02.65	+02:59:32 (46.2%)	8:48	6.8 (54.0%)
247	NOWOSADZKI Wojciech	1609	TRAIL IS OUR WAY TEAM	M40	86			02:05:26	03:23:29	05:24:54	05:32:36	06:26:21	06:28:56.25	06:29:14.55	+02:59:44 (46.2%)	8:49	6.8 (54.0%)
248	KARDASZEWSKI Tomasz	1711		M40	87			02:04:29	03:19:56	05:27:26	05:34:07	06:27:01	06:29:13.45	06:29:33.35	+03:00:03 (46.2%)	8:49	6.8 (54.0%)
249	WYSPIAŃSKI Tomasz	1700	KOSTERA TEAM	M40	88			02:05:15	03:22:24	05:25:44	05:33:25	06:26:36	06:29:07.50	06:29:51.00	+03:00:21 (46.3%)	8:49	6.8 (54.0%)
250	HRONOWSKI Jakub	1567		M30	90			02:02:42	03:17:54	05:24:41	05:31:22	06:28:03	06:29:46.50	06:29:58.25	+03:00:28 (46.3%)	8:50	6.8 (54.0%)
251	PIETRZYK Tomasz	1543	LANIE NA ŚLĘŻY	M40	89			02:01:00	03:17:04	05:30:39	05:38:43	06:28:02	06:30:05.40	06:30:05.40	+03:00:35 (46.3%)	8:50	6.8 (54.0%)
252	MOTYKA Marcin	1735	RAKOŃ WARRIORS	M40	90			02:00:51	03:28:54	05:34:48	05:41:02	06:28:00	06:30:02.95	06:30:29.70	+03:00:59 (46.4%)	8:50	6.8 (54.0%)
253	GADOMSKA Anna	2070	PZU SPORT TEAM	K40	10			02:08:38	03:31:18	05:31:22	05:38:19	06:27:37	06:29:43.70	06:30:32.00	+03:01:02 (46.4%)	8:50	6.8 (54.0%)
254	NOWOTKA Krzysztof	1548	RYKOWISKO TEAM	M40	91			02:08:14	03:31:56	05:34:06	05:41:06	06:28:10	06:30:11.35	06:30:33.70	+03:01:03 (46.4%)	8:50	6.8 (54.0%)
255	RADZIWANOWSKI Leszek	2027		M40	92			02:03:45	03:23:00	05:31:40	05:38:34	06:27:59	06:30:10.85	06:30:46.10	+03:01:16 (46.4%)	8:50	6.8 (54.0%)
256	HABRAT Maciej	2000	HABRAT TEAM	M50	16			02:07:21	03:29:09	05:31:56	05:39:30	06:28:39	06:30:58.05	06:31:04.25	+03:01:34 (46.4%)	8:51	6.8 (54.0%)
257	BIJATOWSKI Adrian	1873	MADA RUNNERS	M40	93			01:59:41	03:16:19	05:27:44	05:34:45	06:29:09	06:31:18.85	06:31:32.70	+03:02:02 (46.5%)	8:52	6.8 (54.0%)
258	LIPIŃSKI Oskar	2079		M30	91			02:04:52	03:22:58	05:26:30	05:34:00	06:28:42	06:30:59.35	06:31:42.65	+03:02:12 (46.5%)	8:51	6.8 (54.0%)
259	MICHAŁOWSKI Piotr	1523		M30	92			02:07:46	03:24:38	05:31:08	05:37:53	06:29:10	06:31:32.75	06:31:53.80	+03:02:23 (46.5%)	8:52	6.8 (54.0%)
260	DESSAUER Wioletta	1585	LUBARTÓW	K40	11			02:05:03	03:21:40	05:25:33	05:33:14	06:28:44	06:31:28.30	06:31:59.30	+03:02:29 (46.6%)	8:52	6.8 (54.0%)
261	MAŁEK Adam	1830		M40	94			02:01:54	03:19:00	05:34:42	05:41:55	06:29:40	06:31:55.30	06:32:14.90	+03:02:44 (46.6%)	8:53	6.8 (54.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa Polski	Drużyna	Schronisko na Bacówka					Czas netto 44.1km	Czas brutto 44.1km	Różn	Tempo min/km	Tempo km/h
								Przehybie 14.7km	Obidzy 24.4km	Premia1 37.2km	Premia2 37.7km	43.6km					
262	GAWEŁ Julia	2128	CROSSFIT MOKOTÓW	K20	7			02:09:42	03:33:23	05:35:15	05:41:37	06:30:24	06:32:17.70	06:32:37.20	+03:03:07 (46.6%)	8:53	6.7 (53.2%)
263	PYTEL Waldek	2039	YULO RUN TEAM SIEDLCE	M50	17			02:12:36	03:30:48	05:30:12	05:37:34	06:30:28	06:32:37.85	06:32:58.05	+03:03:28 (46.7%)	8:54	6.7 (53.2%)
264	SZUMIŃSKI Artur	1573		M50	18			02:06:14	03:29:19	05:32:01	05:38:33	06:30:19	06:32:23.50	06:33:00.95	+03:03:30 (46.7%)	8:53	6.7 (53.2%)
265	TUCHOŁKA Marta	2097	LOJA DO TATA ANDRÉ	K30	20			02:05:34	03:27:25	05:37:11	05:43:55	06:31:05	06:33:15.20	06:33:21.30	+03:03:51 (46.7%)	8:55	6.7 (53.2%)
266	MARCINIAK Maciej	1996		M50	19			02:08:31	03:33:41	05:36:37	05:42:43	06:31:26	06:33:42.10	06:34:10.80	+03:04:40 (46.9%)	8:55	6.7 (53.2%)
267	KUREK Tomasz	1998	OPALENICKI KLUB BIEGACZA	M40	95			02:11:00	03:33:43	05:36:37	05:42:44	06:31:28	06:33:43.40	06:34:11.85	+03:04:41 (46.9%)	8:55	6.7 (53.2%)
268	SYCHOWSKI Dawid	1675		M30	93			02:01:46	03:23:36	05:31:18	05:38:11	06:32:03	06:34:19.90	06:35:02.55	+03:05:32 (47.0%)	8:56	6.7 (53.2%)
269	PADUCH Joanna	1866		K30	21			02:12:30	03:30:27	05:36:12	05:42:56	06:32:12	06:34:25.00	06:35:09.60	+03:05:39 (47.0%)	8:56	6.7 (53.2%)
270	ZYGMUNT Paweł	1818		M50	20			02:09:12	03:30:12	05:34:14	05:41:12	06:35:06	06:37:12.85	06:37:22.75	+03:07:52 (47.3%)	9:00	6.7 (53.2%)
271	GAJEWSKI Jacek	2086	DOGOŃ GRODZISK MAZOWIECKI	M40	96			02:13:38	03:36:18	05:43:25	05:50:25	06:34:58	06:37:01.55	06:37:25.80	+03:07:55 (47.3%)	9:00	6.7 (53.2%)
272	POMORSKA Karolina	2125		K30	22			02:07:11	03:29:33	05:39:35	05:46:24	06:35:25	06:37:31.00	06:37:53.00	+03:08:23 (47.3%)	9:00	6.7 (53.2%)
273	ŁABĘCKA Agata	1765	KLUB BIEGACZA RTV EURO AGD	K40	12			02:11:21	03:35:23	05:41:23	05:48:44	06:35:08	06:37:10.95	06:37:57.70	+03:08:27 (47.4%)	9:00	6.7 (53.2%)
274	STELMACH Patrycja	1651	CB163	K30	23			02:05:57	03:28:43	05:38:11	05:44:50	06:35:57	06:37:49.80	06:38:04.40	+03:08:34 (47.4%)	9:01	6.7 (53.2%)
275	CHOLEWA Tomasz	2022		M40	97			02:09:06	03:31:34	05:39:41	05:47:19	06:35:25	06:37:32.85	06:38:10.95	+03:08:40 (47.4%)	9:00	6.7 (53.2%)
276	KARCZMARCZYK Tomasz	1878		M40	98			02:12:15	03:32:39	05:37:23	05:44:09	06:35:17	06:37:20.55	06:38:15.95	+03:08:45 (47.4%)	9:00	6.7 (53.2%)
277	RAMS Dariusz	2152	CASTA	M40	99			02:02:40	03:25:46	05:38:22	05:44:43	06:35:46	06:37:50.05	06:38:17.95	+03:08:47 (47.4%)	9:01	6.7 (53.2%)
278	WIŚNIEWSKI Piotr	2055	AKTYWNI KOCIEWICY	M50	21			02:08:43	03:27:55	05:33:50	05:41:17	06:35:31	06:37:42.30	06:38:27.25	+03:08:57 (47.4%)	9:01	6.7 (53.2%)
279	KOZERA Bartłomiej	1708		M30	94			02:04:58	03:25:48	05:41:46	05:48:31	06:36:32	06:38:17.65	06:38:39.70	+03:09:09 (47.4%)	9:01	6.6 (52.4%)
280	JÓZEFczyk Justyna	2120		K40	13			02:19:06	03:44:20	05:44:29	05:51:06	06:37:28	06:39:38.95	06:39:46.20	+03:10:16 (47.6%)	9:03	6.6 (52.4%)
281	PAWLAK Agnieszka	1591		K30	24			02:09:37	03:36:01	05:46:00	05:52:17	06:37:43	06:39:32.40	06:40:17.95	+03:10:47 (47.7%)	9:03	6.6 (52.4%)
281	PAWLAK Milena	1607		K30	24			02:09:37	03:36:03	05:46:00	05:52:18	06:37:44	06:39:32.70	06:40:17.95	+03:10:47 (47.7%)	9:03	6.6 (52.4%)
283	CZAJKOWSKI Adam	1965	BLACK HAT TEAM	M50	22			02:08:14	03:37:57	05:46:28	05:51:33	06:38:30	06:40:27.00	06:40:39.35	+03:11:09 (47.7%)	9:04	6.6 (52.4%)
284	KAZEKO Ivan	2155		M40	100			02:03:50	03:21:59	05:39:23	05:46:12	06:38:36	06:40:22.80	06:41:00.25	+03:11:30 (47.8%)	9:04	6.6 (52.4%)
285	GRZĘBSKA-BUJA Małgorzata	1660	GOSIA.SIE.BUJA	K40	14			02:14:08	03:34:49	05:42:15	05:50:07	06:38:41	06:40:32.65	06:41:04.10	+03:11:34 (47.8%)	9:04	6.6 (52.4%)
286	KISIECKI Damian	1699	HURAGAN LIGOTA	M40	101			02:07:48	03:32:44	05:41:23	05:47:50	06:40:18	06:42:32.00	06:42:59.50	+03:13:29 (48.0%)	9:07	6.6 (52.4%)
287	LISIK Wojciech	1812	KS WINO	M40	102			02:00:17	03:20:35	05:41:28	05:48:38	06:40:18	06:42:27.75	06:43:04.25	+03:13:34 (48.0%)	9:07	6.6 (52.4%)
288	KOROSTYŃSKI Damian	1666		M40	103			02:04:16	03:24:04	05:37:35	05:44:31	06:40:05	06:42:21.65	06:43:07.80	+03:13:37 (48.0%)	9:07	6.6 (52.4%)
289	KOWALSKI Jakub	1647	TEAM ZABIEGANEDNI	M20	22			02:10:25	03:35:46	05:41:52	05:47:24	06:41:04	06:43:35.00	06:44:16.40	+03:14:46 (48.2%)	9:09	6.6 (52.4%)
290	GOLASZ Marek	1817		M50	23			02:01:08	03:24:02	05:46:16	05:53:11	06:41:32	06:43:40.30	06:44:23.60	+03:14:53 (48.2%)	9:09	6.6 (52.4%)
291	ŚCIĘGOSZ Daniel	1997	STANWEX II	M30	95			02:11:57	03:38:11	05:48:06	05:55:00	06:41:58	06:43:49.30	06:44:38.50	+03:15:08 (48.2%)	9:09	6.6 (52.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa Polski	Drużyna	Schronisko na Bacówka					Czas netto 44.1km	Czas brutto 44.1km	Różn	Tempo min/km	Tempo km/h
								Przehybie 14.7km	Obidzy 24.4km	Premia1 37.2km	Premia2 37.7km	43.6km					
292	JĘDRZEJCZYK Agnieszka	2056	RZESZOWSKIE GAZELE I GEPARDY	K40	15			02:19:34	03:43:52	05:45:42	05:53:01	06:41:44	06:43:57.45	06:44:39.35	+03:15:09 (48.2%)	9:09	6.6 (52.4%)
293	MIREK Sławomir	2054		M40	104			02:09:47	03:34:30	05:46:53	05:53:32	06:42:08	06:44:02.85	06:44:41.35	+03:15:11 (48.2%)	9:09	6.5 (51.6%)
294	KOSZCZUK Łukasz	1689	NATIONALE-NEDERLANDEN RUNNING TEAM	M40	105			02:10:08	03:33:54	05:40:35	05:47:10	06:42:20	06:44:15.50	06:44:47.30	+03:15:17 (48.2%)	9:10	6.5 (51.6%)
295	MLAK Dariusz	2011		M40	106			02:01:35	03:24:32	05:45:01	05:51:14	06:43:28	06:45:40.90	06:45:45.80	+03:16:15 (48.4%)	9:11	6.5 (51.6%)
296	DOMARADZKA-KASZUBOWICZ Wiktoria	2043		K40	16			02:17:54	03:42:51	05:49:56	05:56:34	06:43:33	06:45:23.20	06:45:48.55	+03:16:18 (48.4%)	9:11	6.5 (51.6%)
297	SZMIGIEL Agnieszka	1952		K30	26			02:16:04	03:36:54	05:45:45	05:53:02	06:43:33	06:45:36.45	06:45:55.95	+03:16:25 (48.4%)	9:11	6.5 (51.6%)
298	LIKA Michał	1884		M30	96			02:01:10	03:23:46	05:46:57	05:53:37	06:43:35	06:45:42.55	06:46:10.75	+03:16:40 (48.4%)	9:11	6.5 (51.6%)
298	UCIŃSKI Grzegorz	1555		M40	107			02:08:21	03:35:42	05:48:10	05:54:54	06:43:38	06:45:53.90	06:46:10.75	+03:16:40 (48.4%)	9:12	6.5 (51.6%)
300	GROMEK Edyta	1664	SZYBCIEJ NIE DAM RADY	K30	27			02:14:40	03:41:12	05:46:08	05:52:43	06:43:46	06:46:13.05	06:46:44.70	+03:17:14 (48.5%)	9:12	6.5 (51.6%)
301	PODKOWSKA Karolina	1717	SILVER WOLFS	K20	8			02:15:21	03:42:04	05:50:17	05:56:36	06:43:56	06:46:16.10	06:46:50.90	+03:17:20 (48.5%)	9:12	6.5 (51.6%)
302	HABRAT Dorota	1999	HABRAT TEAM	K50	2			02:16:36	03:42:07	05:49:24	05:57:06	06:44:39	06:46:49.90	06:46:55.85	+03:17:25 (48.5%)	9:13	6.5 (51.6%)
303	ZAJĄC Daria	2065	*	K30	28			02:11:32	03:46:12	05:45:33	05:52:09	06:44:52	06:46:58.60	06:47:11.75	+03:17:41 (48.6%)	9:13	6.5 (51.6%)
304	ILKOVIC Matus	1781		M30	97			02:05:38	03:26:36	05:50:30	05:57:36	06:43:44	06:47:34.85	06:47:45.80	+03:18:15 (48.6%)	9:14	6.5 (51.6%)
305	CZERWIK Monika	1927	#RÓBSWOJE	K40	17			02:12:15	03:38:50	05:48:55	05:56:09	06:45:02	06:47:11.00	06:47:51.80	+03:18:21 (48.6%)	9:13	6.5 (51.6%)
306	ŁATWIŃSKI Mateusz	1716	MOCNA GRUPA CEZARA	M20	23			02:10:25	03:33:36	05:46:27	05:53:24	06:45:44	06:48:00.35	06:48:18.05	+03:18:48 (48.7%)	9:15	6.5 (51.6%)
307	DADAŚ Janusz	1696	BP RUNNING TEAM GLIWICE	M50	24			02:17:11	03:44:48	05:51:43	05:58:16	06:46:01	06:48:15.30	06:48:26.05	+03:18:56 (48.7%)	9:15	6.5 (51.6%)
308	KIELAR Łukasz	1576		M40	108			02:15:38	03:42:18	05:51:04	05:57:29	06:46:25	06:48:22.50	06:48:40.70	+03:19:10 (48.7%)	9:15	6.5 (51.6%)
309	KOEHLER Ola	2145		K30	29			02:12:16	03:37:49	05:42:46	05:50:17	06:46:02	06:48:33.60	06:48:50.45	+03:19:20 (48.8%)	9:15	6.5 (51.6%)
310	MILIK Dagmara	2115		K30	30			02:11:46	03:38:28	05:46:46	05:53:32	06:45:51	06:48:08.95	06:48:56.90	+03:19:26 (48.8%)	9:15	6.5 (51.6%)
311	PIEŃKOSZ Wojciech	2153	PGE ENERGETIC RUNNING/PODIUM	M40	109			02:09:40	03:38:24	05:47:53	05:55:37	06:46:26	06:48:34.70	06:48:59.80	+03:19:29 (48.8%)	9:15	6.5 (51.6%)
312	KOŁODZIEJ Marcin	1605	KRULOWIE ZYCIA	M30	98			02:12:17	03:30:49	05:46:02	05:52:56	06:45:54	06:48:13.40	06:49:01.05	+03:19:31 (48.8%)	9:15	6.5 (51.6%)
313	SZYMULA Janusz	1916		M40	110			02:06:55	03:31:10	05:48:28	05:55:37	06:46:38	06:48:40.90	06:49:16.20	+03:19:46 (48.8%)	9:16	6.5 (51.6%)
314	BŁAUT Alicja	1844	SMASHING PĄPKINS	K40	18			02:15:51	03:41:45	05:47:17	05:54:57	06:47:01	06:49:30.15	06:50:02.20	+03:20:32 (48.9%)	9:17	6.5 (51.6%)
315	NOWAK Łukasz	2140		M40	111			02:09:36	03:33:37	05:40:29	05:48:38	06:45:47	06:49:14.50	06:50:08.90	+03:20:38 (48.9%)	9:16	6.5 (51.6%)
316	BUJNOWSKI Rafał	1901	PĘDZĄCE KAPCIE	M40	112			02:05:25	03:26:57	05:46:52	05:53:44	06:47:37	06:49:44.10	06:50:21.55	+03:20:51 (48.9%)	9:17	6.5 (51.6%)
317	GAWLIK Tomasz	1636		M20	24			02:09:58	03:36:59	05:48:45	05:55:18	06:48:25	06:50:33.20	06:51:26.70	+03:21:56 (49.1%)	9:18	6.4 (50.8%)
318	ZAPALSKA Aleksandra	1856	TATRA GANG	K20	9			02:17:42	03:47:03	05:55:32	06:02:22	06:49:19	06:51:27.55	06:51:51.10	+03:22:21 (49.1%)	9:19	6.4 (50.8%)
319	PLEBAN Małgorzata	2116	SKPB WARSZAWA	K30	31			02:10:53	03:36:44	05:47:07	05:54:38	06:49:19	06:51:24.75	06:51:53.45	+03:22:23 (49.1%)	9:19	6.4 (50.8%)
320	NYKIEL Rafał	2077	ULTRA DIABŁY TEAM LUBRZA	M40	113			02:11:23	03:39:08	05:51:21	05:58:20	06:49:59	06:52:05.70	06:52:39.60	+03:23:09 (49.2%)	9:20	6.4 (50.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa Polski	Drużyna	Schronisko na Bacówka					Czas netto 44.1km	Czas brutto 44.1km	Różn	Tempo min/km	Tempo km/h
								Przehybie 14.7km	Obidzy 24.4km	Premia1 37.2km	Premia2 37.7km	43.6km					
321	KONS Katarzyna	2134		K30	32			02:16:39	03:43:10	05:51:27	05:58:57	06:50:08	06:52:26.60	06:53:02.65	+03:23:32 (49.3%)	9:21	6.4 (50.8%)
322	BIERNACKA Agnieszka	1793	YULO RUN TEAM SIEDLCE	K40	19			02:19:24	03:51:03	05:54:22	06:00:42	06:51:06	06:53:33.35	06:54:06.55	+03:24:36 (49.4%)	9:22	6.4 (50.8%)
323	HOŁUBIEC Agnieszka	1828	YULO RUN TEAM SIEDLCE	K40	20			02:16:44	03:47:31	05:54:41	06:01:08	06:51:26	06:53:30.25	06:54:06.60	+03:24:36 (49.4%)	9:22	6.4 (50.8%)
324	ZDAŃSKI Paweł	1837		M40	114			02:16:01	03:43:52	05:55:27	06:02:17	06:52:34	06:54:59.30	06:55:17.40	+03:25:47 (49.6%)	9:24	6.4 (50.8%)
325	MAJDA Maciej	2088	MKL BRYGADA BESKIDÓW	M30	99			02:05:16	03:28:11	05:46:04	05:55:20	06:53:20	06:55:28.60	06:55:41.10	+03:26:11 (49.6%)	9:25	6.4 (50.8%)
326	BARTULA Jan	1784	PARKRUN CHRZANÓW	M40	115			02:08:04	03:34:19	05:51:19	05:57:56	06:52:34	06:54:42.75	06:55:43.65	+03:26:13 (49.6%)	9:24	6.4 (50.8%)
327	TEODOROWICZ Sylwester	1534		M40	116			02:09:00	03:32:56	05:45:08	05:52:18	06:52:24	06:55:03.80	06:55:59.00	+03:26:29 (49.6%)	9:24	6.4 (50.8%)
328	KARPIESIUK Adam	1525	AKTYWNIE UZALEŻNIAMY	M40	117			02:11:35	03:40:56	05:59:03	06:05:19	06:54:07	06:56:17.10	06:56:39.25	+03:27:09 (49.7%)	9:26	6.4 (50.8%)
328	WERESZCZYŃSKI Tomasz	1554	AKTYWNIE UZALEŻNIAMY	M40	117			02:11:36	03:40:58	05:59:12	06:05:39	06:54:09	06:56:17.50	06:56:39.25	+03:27:09 (49.7%)	9:26	6.4 (50.8%)
330	BERGIER Paweł	2073	BIEGAMBOMUSZĘ XFIT ULTRA	M40	119			02:10:41	03:35:53	05:58:55	06:07:43	06:55:28	06:57:32.75	06:57:41.70	+03:28:11 (49.8%)	9:28	6.3 (50.0%)
330	SYGIET Andrzej	1917		M40	119			02:10:37	03:35:51	05:59:03	06:07:29	06:55:21	06:57:30.85	06:57:41.70	+03:28:11 (49.8%)	9:28	6.3 (50.0%)
332	JAROS Mirek	1903		M40	121			02:12:13	03:35:15	05:52:27	05:59:47	06:55:44	06:57:44.80	06:58:08.60	+03:28:38 (49.9%)	9:28	6.3 (50.0%)
333	KRÓL Łukasz	1918		M30	100			02:07:02	03:36:32	05:52:30	05:59:04	06:55:25	06:57:39.70	06:58:18.10	+03:28:48 (49.9%)	9:28	6.3 (50.0%)
334	TOKARZEWSKI Dariusz	1990		M50	25			02:22:09	03:52:53	05:58:38	06:05:06	06:55:50	06:57:56.85	06:58:58.60	+03:29:28 (50.0%)	9:28	6.3 (50.0%)
335	JAKÓBCZAK Sylwia	1744	ŁÓDŹ KOCHA SPORT	K30	33			02:14:37	03:43:43	05:55:29	06:03:24	06:56:03	06:58:24.25	06:59:03.65	+03:29:33 (50.0%)	9:29	6.3 (50.0%)
336	PIETRUSZEWSKA Ewa	1881	IM INSPIRATION	K30	34			02:14:37	03:43:43	05:55:29	06:03:24	06:56:03	06:58:24.15	06:59:03.70	+03:29:33 (50.0%)	9:29	6.3 (50.0%)
337	PRĘDKI Mirosław	1870		M40	122			02:23:40	03:49:48	06:01:23	06:09:10	06:56:58	06:59:20.00	06:59:20.00	+03:29:50 (50.0%)	9:30	6.3 (50.0%)
338	CHOMA Marek	1795	PĘDZACE LENIWCE	M40	123			02:14:11	03:40:20	05:58:03	06:04:25	06:57:09	06:58:53.75	06:59:48.65	+03:30:18 (50.1%)	9:29	6.3 (50.0%)
339	KRUPA Natalia	1770	CHSD W RUCHU	K30	35			02:17:04	03:42:22	05:56:01	06:04:19	06:57:11	06:59:23.65	06:59:49.45	+03:30:19 (50.1%)	9:30	6.3 (50.0%)
340	BORYCKI Artur	2112		M40	124			02:10:30	03:33:20	05:52:52	06:01:47	06:57:37	06:59:43.45	07:00:09.10	+03:30:39 (50.1%)	9:31	6.3 (50.0%)
341	ZAJKOWSKI Mariusz	2092	STAJNIA BALONA	M40	125			02:16:47	03:42:51	05:59:48	06:07:09	06:58:11	06:59:59.85	07:00:27.40	+03:30:57 (50.2%)	9:31	6.3 (50.0%)
342	PAKULSKA Dorota	1730		K40	21			02:22:03	03:48:30	06:00:47	06:08:42	06:58:41	07:00:44.85	07:00:51.85	+03:31:21 (50.2%)	9:32	6.3 (50.0%)
343	SYDOR Piotr	1921		M40	126			02:11:57	03:38:20	05:58:52	06:06:41	06:58:45	07:00:44.95	07:00:54.65	+03:31:24 (50.2%)	9:32	6.3 (50.0%)
344	WIĘCH Kinga	2036		K40	22			02:21:20	03:50:51	06:00:43	06:07:54	06:58:37	07:00:54.75	07:01:36.00	+03:32:06 (50.3%)	9:32	6.3 (50.0%)
345	KORPAK Adam	1747	PLOTWISE	M30	101			02:17:37	03:47:25	05:57:37	06:04:49	06:59:36	07:01:39.90	07:01:50.40	+03:32:20 (50.3%)	9:33	6.3 (50.0%)
346	DUDEK Michał	1791		M40	127			02:07:29	03:33:25	06:02:00	06:08:14	06:59:49	07:02:01.80	07:02:25.20	+03:32:55 (50.4%)	9:34	6.3 (50.0%)
347	RZYSZKIEWICZ Tomasz	1796	PĘDZĄCE LENIWCE	M50	26			02:14:11	03:40:34	05:58:04	06:04:28	06:59:42	07:01:40.20	07:02:34.75	+03:33:04 (50.4%)	9:33	6.3 (50.0%)
348	BOŁDYS Paweł	1934	TRENER BIEGACZY RUNONLINE.PL	M30	102			02:15:12	03:39:28	05:57:39	06:05:01	07:00:12	07:02:40.25	07:02:51.70	+03:33:21 (50.5%)	9:35	6.3 (50.0%)
349	PAŚNIK Paweł	1693	LUPUS_GO	M50	27			02:10:48	03:44:12	06:05:22	06:11:58	07:00:50	07:02:44.70	07:02:57.25	+03:33:27 (50.5%)	9:35	6.3 (50.0%)
350	WOJTKOWIAK Paweł	2068	NSH SP. Z O.O.	M50	28			02:09:44	03:34:04	05:57:28	06:05:15	07:00:23	07:02:25.60	07:03:05.65	+03:33:35 (50.5%)	9:34	6.3 (50.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa Polski	Drużyna	Schronisko					Bacówka		Czas netto 44.1km	Czas brutto 44.1km	Różn	Tempo min/km	Tempo km/h
								na Przehybie 14.7km	na Obidzy 24.4km	Premia1 37.2km	Premia2 37.7km	43.6km	44.1km	44.1km					
351	PRUCHNIEWSKA Agnieszka	1601	ROKIETNICA BIEGA	K40	23	MP	RKL Kusy Rokietnica	02:24:20	03:52:45	06:05:14	06:12:24	07:01:11	07:03:26.15	07:03:32.65	+03:34:02 (50.5%)	9:36	6.2 (49.2%)		
352	SZYDŁOWSKI Bogdan	1858	2ROWERY.COM.PL	M30	103			02:05:22	03:33:19	05:57:40	06:04:37	07:00:33	07:02:49.25	07:03:38.85	+03:34:08 (50.5%)	9:35	6.3 (50.0%)		
353	FIRA-KREMPA Edyta	2049		K50	3			02:17:52	03:43:49	05:59:54	06:07:08	07:01:23	07:03:48.60	07:03:59.00	+03:34:29 (50.6%)	9:36	6.2 (49.2%)		
354	AMBICKI Miłosz	1794	---	M30	104			02:20:21	03:55:14	06:12:03	06:17:54	07:02:22	07:04:25.50	07:05:12.00	+03:35:42 (50.7%)	9:37	6.2 (49.2%)		
355	ROMANIUK Anna	1801		K40	24			02:15:48	03:42:35	06:00:42	06:07:24	07:02:20	07:04:43.15	07:05:12.60	+03:35:42 (50.7%)	9:37	6.2 (49.2%)		
355	RĄCZKOWSKI Adam	1815	MYKK	M40	128			02:13:28	03:48:14	06:03:52	06:11:04	07:02:20	07:04:43.80	07:05:12.60	+03:35:42 (50.7%)	9:37	6.2 (49.2%)		
357	BARAŃSKI Ernest	1851		M20	25			02:04:05	03:23:41	05:51:27	05:59:38	07:03:10	07:05:23.15	07:05:40.60	+03:36:10 (50.8%)	9:38	6.2 (49.2%)		
358	LEGUTKO Bartłomiej	1531		M40	129			02:01:35	03:31:54	05:54:43	06:01:18	07:03:23	07:05:48.00	07:06:10.80	+03:36:40 (50.8%)	9:39	6.2 (49.2%)		
359	KUCIA Łukasz	2147	KB MARATON TUREK	M30	105			02:10:17	03:34:31	05:57:22	06:05:19	07:03:14	07:06:00.00	07:06:15.00	+03:36:45 (50.9%)	9:39	6.2 (49.2%)		
360	SMURA Rafał	1919		M30	106			02:10:16	03:34:41	05:57:30	06:04:57	07:03:12	07:05:59.05	07:06:15.10	+03:36:45 (50.9%)	9:39	6.2 (49.2%)		
361	ŁUCZAK Marcin	2149	***** ***	M40	130			02:09:37	03:34:46	05:57:27	06:05:22	07:03:14	07:06:00.70	07:06:16.05	+03:36:46 (50.9%)	9:39	6.2 (49.2%)		
362	WÓJCIK Monika	2030	ADIDAS RUNNERS WARSAW	K40	25			02:10:14	03:38:42	06:04:36	06:12:19		07:07:42.40	07:08:07.20	+03:38:37 (51.1%)	9:41	6.2 (49.2%)		
363	ODOLCZYK Joanna	1710		K50	4			02:18:51	03:45:16	06:07:13	06:14:14	07:04:36	07:07:17.35	07:08:13.45	+03:38:43 (51.1%)	9:41	6.2 (49.2%)		
364	NAPIERAŁA Marcin	2123	#	M40	131			02:23:03	03:52:42	06:05:13	06:12:44		07:08:23.25	07:08:30.35	+03:39:00 (51.1%)	9:42	6.2 (49.2%)		
365	SZEJKA Katarzyna	1546		K40	26			02:18:44	03:53:19	06:05:29	06:12:14		07:08:14.10	07:09:01.15	+03:39:31 (51.2%)	9:42	6.2 (49.2%)		
366	SOBCZAK Karolina	1754		K30	36			02:16:34	03:48:29	06:03:34	06:10:23		07:08:31.80	07:09:10.30	+03:39:40 (51.2%)	9:43	6.2 (49.2%)		
367	SKÓRA Wojciech	2113		M40	132			02:13:41	03:41:58	06:01:31	06:08:53		07:08:42.35	07:09:31.75	+03:40:01 (51.2%)	9:43	6.2 (49.2%)		
368	GĄGOR Sebastian	1628		M20	26			02:19:35	03:49:11	05:59:43	06:06:43		07:09:02.15	07:09:41.85	+03:40:11 (51.2%)	9:43	6.2 (49.2%)		
369	SYNOWIEC Grzegorz	1611		M40	133			02:12:47	03:37:23	06:01:27	06:08:20		07:09:32.50	07:09:59.80	+03:40:29 (51.3%)	9:44	6.2 (49.2%)		
370	PRZEPERSKI Krzysztof	1836		M40	134			02:16:00	03:40:43	06:05:17	06:12:18		07:09:24.80	07:10:04.20	+03:40:34 (51.3%)	9:44	6.2 (49.2%)		
371	KĘDZIORA Aleksandra	1589	GT RAT	K40	27			02:18:48	03:51:56	06:05:43	06:12:38		07:10:00.15	07:10:37.50	+03:41:07 (51.3%)	9:45	6.2 (49.2%)		
371	LICHACZ Ania	1678	GT RAT	K40	27			02:18:40	03:52:21	06:05:53	06:12:39		07:10:00.45	07:10:37.50	+03:41:07 (51.3%)	9:45	6.2 (49.2%)		
373	BASTER Krzysztof	1634	MATNER RUNNING TEAM	M50	29			02:26:19	03:55:29	06:10:55	06:17:02		07:10:49.70	07:11:11.05	+03:41:41 (51.4%)	9:46	6.1 (48.4%)		
374	BOCIĄGA Paweł	1953		M40	135			02:16:24	03:57:41	06:14:53	06:21:26		07:11:07.35	07:11:30.75	+03:42:00 (51.4%)	9:46	6.1 (48.4%)		
375	TERESIŃSKI Tomasz	2012	PRZEDWOJEWSKI TEAM	M20	27			02:16:07	03:44:34	06:02:10	06:10:17		07:11:30.95	07:11:51.45	+03:42:21 (51.5%)	9:47	6.1 (48.4%)		
376	NALEPA Paweł	1885	CHILLOUT CREW	M30	107			02:09:37	03:33:46	06:14:27	06:21:27		07:11:25.50	07:11:54.40	+03:42:24 (51.5%)	9:46	6.1 (48.4%)		
377	JAKUBISIAK Renata	1810	BIEGAM NA TARCHOMINIE	K40	29			02:09:58	03:38:44	06:05:40	06:12:18		07:12:57.85	07:13:23.70	+03:43:53 (51.7%)	9:49	6.1 (48.4%)		
378	DUDEK Paweł	2072	RUCH IZBICA	M40	136			02:09:39	03:39:24	06:06:12	06:12:25		07:12:56.80	07:13:31.95	+03:44:01 (51.7%)	9:49	6.1 (48.4%)		
379	KOZIŃSKI Wojciech	1723		M30	108			02:17:22	03:45:30	06:09:43	06:16:20		07:14:08.55	07:14:37.35	+03:45:07 (51.8%)	9:50	6.1 (48.4%)		
380	LEŚNIAK Marcin	1967	STANWEX II	M30	109			02:28:17	04:06:36	06:14:59	06:21:43		07:14:02.30	07:14:46.20	+03:45:16 (51.8%)	9:50	6.1 (48.4%)		

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa Polski	Drużyna	Schronisko na Przehybie 14.7km		Bacówka na Obidzy 24.4km		Premia1 37.2km	Premia2 37.7km	43.6km	Czas netto 44.1km	Czas brutto 44.1km	Różn	Tempo min/km	Tempo km/h
381	TADLA Izabela	2075	#NOLIMITS	K30	37			02:20:31	03:47:26	06:08:19	06:15:49				07:14:24.05	07:14:50.00	+03:45:20 (51.8%)	9:51	6.1 (48.4%)
382	MOĆKO Anita	1676	MARKOWI BIEGACZE	K40	30			02:20:15	03:47:05	06:08:03	06:15:46				07:14:34.00	07:15:00.30	+03:45:30 (51.8%)	9:51	6.1 (48.4%)
383	MIKOŁAJEWSKA Zofia	1653	ORT	K30	38			02:18:46	03:49:18	06:08:21	06:16:43				07:16:26.25	07:16:46.40	+03:47:16 (52.0%)	9:53	6.1 (48.4%)
384	MACIEJEWSKA Karolina	1816		K40	31			02:19:36	03:53:01	06:07:26	06:14:19				07:16:18.10	07:16:57.05	+03:47:27 (52.1%)	9:53	6.1 (48.4%)
385	WOJTCZAK Michał	1839		M30	110			02:17:35	03:52:41	06:11:09	06:18:24				07:16:50.00	07:17:08.40	+03:47:38 (52.1%)	9:54	6.1 (48.4%)
386	PIOTROWICZ Małgorzata	1945	INFINITY-GYM	K30	39			02:28:28	04:02:47	06:13:45	06:21:43				07:17:22.70	07:17:38.40	+03:48:08 (52.1%)	9:55	6 (47.6%)
387	SANIAK Przemysław	1767		M30	111			02:19:39	03:56:59	06:21:11	06:28:23				07:17:52.55	07:18:02.15	+03:48:32 (52.2%)	9:55	6 (47.6%)
388	BRATKOWSKA Agnieszka	1822		K40	32			02:19:13	03:57:15	06:15:11	06:22:25				07:17:45.80	07:18:32.15	+03:49:02 (52.2%)	9:55	6 (47.6%)
389	ŁATKOWSKA Monika	2013	GRUPA BIEGOWA CHTMO	K40	33			02:21:08	03:58:04	06:17:49	06:24:49				07:18:53.50	07:19:03.35	+03:49:33 (52.3%)	9:57	6 (47.6%)
389	ŁATKOWSKI Łukasz	2014	01LLATKOWSKI@GMAIL.COM	M40	137			02:21:07	03:58:04	06:17:48	06:24:48				07:18:52.05	07:19:03.35	+03:49:33 (52.3%)	9:57	6 (47.6%)
391	ZEMBATY Marek	1777		M40	138			02:12:27	03:41:29	06:04:23	06:11:29				07:18:43.85	07:19:22.65	+03:49:52 (52.3%)	9:56	6 (47.6%)
392	DRABIŃSKI Adrian	1743	BEERSPIRIT	M40	139			02:20:15	03:52:19	06:14:48	06:21:53				07:19:00.30	07:19:34.00	+03:50:04 (52.3%)	9:57	6 (47.6%)
393	OBŁUDKA Adam	1749	BEERSPIRIT	M40	140			02:20:15	03:52:20	06:14:49	06:21:43				07:19:00.75	07:19:34.35	+03:50:04 (52.3%)	9:57	6 (47.6%)
394	WILMAN Andrzej	1950		M30	112			02:15:38	03:48:21	06:10:50	06:17:28				07:18:49.10	07:19:36.20	+03:50:06 (52.3%)	9:57	6 (47.6%)
395	RAJTAR Robert	1955	BRYGADA RR	M40	141			02:25:42	03:58:14	06:10:57	06:17:53				07:18:38.55	07:19:38.60	+03:50:08 (52.3%)	9:56	6 (47.6%)
396	FOGEL Wiktor	1880	WARSAWELITERUNNERS	M20	28			01:51:14	03:03:25	06:17:49	06:24:11				07:19:47.70	07:19:56.30	+03:50:26 (52.4%)	9:58	6 (47.6%)
397	GAWROŃSKI Adrian	1970	ZABIEGANymi CZĘSTOCHOWA	M40	142			02:04:55	03:33:30	06:10:34	06:17:39				07:19:39.00	07:20:01.60	+03:50:31 (52.4%)	9:58	6 (47.6%)
398	KŁOS Daniel	1871	KAPITAN KLOSS	M50	30			02:20:02	03:53:18	06:10:47	06:17:54				07:19:43.20	07:20:09.05	+03:50:39 (52.4%)	9:58	6 (47.6%)
399	ZARZECZNY Radosław	1888		M30	113			02:20:11	03:53:00	06:12:29	06:19:35				07:20:12.45	07:20:27.45	+03:50:57 (52.4%)	9:58	6 (47.6%)
400	BALUTA Paweł	2132	BEZPIECZNY KAZBEK	M40	143			02:16:06	03:42:51	06:17:18	06:25:22				07:20:03.60	07:20:57.85	+03:51:27 (52.5%)	9:58	6 (47.6%)
401	ADAMOWICZ Agnieszka	1941	ZWOLEŃNICY BIEGANIA	K40	34			02:24:58	03:58:16	06:17:18	06:24:30				07:21:17.45	07:21:45.25	+03:52:15 (52.6%)	10:00	6 (47.6%)
402	PACEK Katarzyna	1814		K40	35			02:21:47	03:54:00	06:11:02	06:19:41				07:21:47.30	07:22:00.70	+03:52:30 (52.6%)	10:01	6 (47.6%)
403	MOŻEJKO Jadwiga	1960	NIEPOŁOMICE BIEGAJĄ	K30	40			02:28:48	04:06:06	06:27:36	06:33:52				07:21:19.85	07:22:06.45	+03:52:36 (52.6%)	10:00	6 (47.6%)
404	FALISZEWSKI Sebastian	1876		M40	144			02:16:27	03:57:41	06:15:01	06:21:20				07:21:57.60	07:22:21.15	+03:52:51 (52.6%)	10:01	6 (47.6%)
405	LEŚNOWOLSKI Piotr	1762	KLUB BIEGACZA RTV EURO AGD	M50	31			02:29:41	04:07:09	06:20:20	06:27:21				07:22:17.65	07:23:08.45	+03:53:38 (52.7%)	10:01	6 (47.6%)
406	ŁUKASZEWICZ Dawid	2018	Z GÓRKI I POD GÓRKĘ	M40	145			02:15:18	03:48:42	06:16:01	06:23:04				07:22:49.45	07:23:11.60	+03:53:41 (52.7%)	10:02	6 (47.6%)
407	KORZENIOWSKA Małgorzata	1842		K40	36			02:19:00	03:51:00	06:11:18	06:19:01				07:23:54.30	07:24:11.05	+03:54:41 (52.8%)	10:03	6 (47.6%)
408	KOWALSKI Krzysztof	2066	STS BIEGATON	M50	32			02:21:29	03:54:22	06:18:57	06:25:57				07:24:30.35	07:24:47.85	+03:55:17 (52.9%)	10:04	6 (47.6%)
409	KRAJEWSKA-PALUCH Ewa	1983		K40	37			02:16:09	03:52:28	06:15:01	06:22:02				07:24:31.50	07:24:55.30	+03:55:25 (52.9%)	10:04	6 (47.6%)
410	GUSZCZA Ewa	1737	MARKOWI BIEGACZE	K40	38			02:16:56	03:57:18	06:19:24	06:26:35				07:24:54.85	07:25:37.15	+03:56:07 (53.0%)	10:05	5.9 (46.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa Polski	Drużyna	Schronisko na Bacówka					Czas netto 44.1km	Czas brutto 44.1km	Różn	Tempo min/km	Tempo km/h
								Przehybie 14.7km	Obidzy 24.4km	Premia1 37.2km	Premia2 37.7km	43.6km					
411	TUCHOWSKI Janusz	1798		M40	146			02:09:54	03:54:05	06:16:31	06:23:36		07:24:47.10	07:25:37.20	+03:56:07 (53.0%)	10:05	5.9 (46.8%)
412	KAMIŃSKI Piotr	1670		M40	147			02:32:33	04:06:06	06:24:24	06:31:39		07:25:38.40	07:26:23.00	+03:56:53 (53.1%)	10:06	5.9 (46.8%)
413	MATOGA Przemysław	1962		M20	29			02:16:16	03:49:09	06:17:37	06:24:17		07:25:55.30	07:26:48.15	+03:57:18 (53.1%)	10:06	5.9 (46.8%)
414	PODSTAWSKA Renata	2008		K40	39			02:25:47	04:16:06	06:28:46	06:34:39		07:26:58.65	07:27:11.75	+03:57:41 (53.2%)	10:08	5.9 (46.8%)
415	SZCZEPANIAK Jakub	1785		M20	30			02:23:29	03:57:04	06:16:31	06:23:07		07:26:18.30	07:27:17.50	+03:57:47 (53.2%)	10:07	5.9 (46.8%)
416	PURGAL Magdalena	1883	SŁOŃCA JURY	K40	40			02:23:08	03:56:25	06:17:33	06:25:07		07:27:24.40	07:27:39.70	+03:58:09 (53.2%)	10:08	5.9 (46.8%)
417	WAWRZYNIAK Ilona	1688	NORBULLO TEAM	K40	41			02:15:56	03:58:12	06:26:39	06:33:58		07:27:19.65	07:27:39.80	+03:58:09 (53.2%)	10:08	5.9 (46.8%)
418	KORPAK Piotr	1821		M30	114			01:59:42	03:22:43	06:00:32	06:05:59		07:27:41.95	07:27:49.20	+03:58:19 (53.2%)	10:09	5.9 (46.8%)
419	STASZEWSKI Pawel	2117	BARTOSZ GORCZYCA TEAM	M50	33			02:19:13	03:51:55	06:18:21	06:26:09		07:27:04.50	07:27:52.70	+03:58:22 (53.2%)	10:08	5.9 (46.8%)
420	KOŚCIUCZUK Łukasz	2041	FUNDACJA RAK'N'ROLL	M40	148			02:16:04	03:43:54	06:03:42	06:12:05		07:27:11.85	07:28:11.15	+03:58:41 (53.3%)	10:08	5.9 (46.8%)
421	JANOWSKA Urszula	1618		K40	42			02:19:31	04:04:43	06:21:59	06:29:27		07:28:35.00	07:29:17.05	+03:59:47 (53.4%)	10:10	5.9 (46.8%)
422	MITER Damian	1898	RUNNERSI	M30	115			02:16:02	03:42:46	06:18:59	06:27:19		07:29:17.30	07:29:25.80	+03:59:55 (53.4%)	10:11	5.9 (46.8%)
423	RAKOWSKI Krzysztof	1939	RUNNERSI	M40	149			02:16:08	03:51:04	06:19:00	06:27:26		07:29:17.05	07:29:25.85	+03:59:55 (53.4%)	10:11	5.9 (46.8%)
424	KOŚCIOŁEK Mariusz	1925	RUNNERSI	M30	116			02:16:05	03:51:02	06:19:01	06:27:22		07:29:18.60	07:29:26.15	+03:59:56 (53.4%)	10:11	5.9 (46.8%)
425	PIECH Adam	2021	PORANNY PATROL	M40	150			02:17:26	03:53:28	06:18:13	06:25:30		07:29:20.80	07:29:55.30	+04:00:25 (53.4%)	10:11	5.9 (46.8%)
426	PIETRZAK Agnieszka	1774	CZARNE OWCE	K30	41			02:18:58	03:58:23	06:24:10	06:31:02		07:29:26.85	07:30:03.70	+04:00:33 (53.5%)	10:11	5.9 (46.8%)
427	GENDVILAITĖ Sonata	2046	WILDSOULS	K40	43			02:33:47	04:13:01	06:29:44	06:36:34		07:29:47.30	07:30:31.00	+04:01:01 (53.5%)	10:11	5.9 (46.8%)
428	FURICH Dariusz	1972	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	M50	34			02:20:07	04:01:39	06:29:07	06:35:29		07:29:49.85	07:30:40.15	+04:01:10 (53.5%)	10:11	5.9 (46.8%)
429	KOZIELEC Tomasz	1556	PĘDZĄCE MISIE	M40	151			02:20:07	03:52:40	06:19:41	06:27:08		07:30:15.10	07:30:54.80	+04:01:24 (53.5%)	10:12	5.9 (46.8%)
430	SZYMEROWSKI Łukasz	1872		M40	152			02:25:08	04:02:50	06:23:06	06:30:31		07:30:06.10	07:30:58.40	+04:01:28 (53.5%)	10:12	5.9 (46.8%)
431	SZYMANEK Anna	1622	NAPRZÓD MŁOCINY	K40	44			02:20:51	04:08:48	06:34:54	06:42:31		07:30:38.70	07:31:02.35	+04:01:32 (53.6%)	10:13	5.9 (46.8%)
432	NOWAK Ewelina	2109	GROMNIK RUN TEAM	K40	45			02:31:18	04:04:51	06:25:48	06:32:55		07:30:41.65	07:31:11.60	+04:01:41 (53.6%)	10:13	5.9 (46.8%)
433	TRZOSIŃSKA Katarzyna	2129	STAJNIA BALONA	K30	42			02:31:18	04:05:05	06:25:49	06:33:29		07:30:41.60	07:31:11.85	+04:01:41 (53.6%)	10:13	5.9 (46.8%)
434	KIERSZNIKIEWICZ Łukasz	1598		M40	153			02:18:16	04:02:50	06:23:03	06:30:20		07:30:19.55	07:31:12.85	+04:01:42 (53.6%)	10:12	5.9 (46.8%)
435	SAINTEMARIE Bernard	1946	MARCHE NORDIQUE PERIGORD VERT	M60	2			02:13:31	03:47:11	06:18:47	06:25:50		07:30:57.25	07:31:27.65	+04:01:57 (53.6%)	10:13	5.9 (46.8%)
436	PARTYKA Gabriel	1834		M30	117			02:17:39	03:48:39	06:16:44	06:24:17		07:30:47.25	07:31:37.85	+04:02:07 (53.6%)	10:13	5.9 (46.8%)
437	ROZNER Artur	2038	ROZNER.ARTUR@GMAIL.COM	M40	154			02:19:09	04:05:19	06:26:12	06:33:59		07:32:41.00	07:32:54.60	+04:03:24 (53.7%)	10:15	5.8 (46.0%)
438	ZAMBRZYCKA Ewa	2093		K40	46			02:19:13	04:05:14	06:26:12	06:32:21		07:32:43.05	07:32:54.90	+04:03:24 (53.7%)	10:15	5.8 (46.0%)
439	KULAS Katarzyna	1787	SZTYWNE KULASY	K30	43			02:27:01	04:02:21	06:20:56	06:29:03		07:33:17.15	07:33:44.10	+04:04:14 (53.8%)	10:16	5.8 (46.0%)
440	WRÓBEL Tomasz	1782		M30	118			02:16:14	03:48:12	06:26:57	06:34:29		07:33:27.25	07:33:48.90	+04:04:18 (53.8%)	10:16	5.8 (46.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa Polski	Drużyna	Schronisko na Przehybie 14.7km		Bacówka na Obidzy 24.4km		Premia1 37.2km	Premia2 37.7km	43.6km	Czas netto 44.1km	Czas brutto 44.1km	Różn	Tempo min/km	Tempo km/h
441	ŁÓJ-KONIECZNA Edyta	1748	INFINITY-GYM	K40	47			02:29:59	04:05:41	06:28:29	06:36:27				07:33:32.00	07:34:00.40	+04:04:30 (53.9%)	10:17	5.8 (46.0%)
442	WOJSŁAW Krystyna	2094		K50	5			02:19:55	03:59:32	06:29:42	06:37:40				07:33:47.30	07:34:06.80	+04:04:36 (53.9%)	10:17	5.8 (46.0%)
443	BARCIK Witold	1958	BIEGAM ŻEBY ŻREĆ WIĘCEJ CIASTKÓW	M40	155			02:08:35	03:41:54	06:09:35	06:18:00				07:33:48.95	07:34:26.20	+04:04:56 (53.9%)	10:17	5.8 (46.0%)
444	WRUK Remigiusz	1954		M50	35			01:59:39	03:46:57	06:34:32	06:40:35				07:35:06.65	07:35:06.65	+04:05:36 (54.0%)	10:19	5.8 (46.0%)
445	NAWROT Łukasz	1969	BIEG Z CHRYSYUSEM	M30	119			02:16:33	03:54:49	06:25:13	06:32:09				07:34:34.55	07:35:08.60	+04:05:38 (54.0%)	10:18	5.8 (46.0%)
446	NASTAZIAK Andrzej	2091	ZABIEGANY WOŁOMIN	M50	36			02:16:54	03:46:54	06:22:01	06:29:24				07:35:16.95	07:35:49.65	+04:06:19 (54.0%)	10:19	5.8 (46.0%)
447	DUCH Aleksandra	2160		K20	10			02:32:51	04:13:18	06:34:45	06:41:24				07:36:04.80	07:36:32.25	+04:07:02 (54.1%)	10:20	5.8 (46.0%)
448	DY CZKOWSKI Adadm	1773		M20	31			02:20:39	04:05:39	06:30:00	06:36:54				07:36:16.65	07:36:55.20	+04:07:25 (54.1%)	10:20	5.8 (46.0%)
449	DY CZKOWSKI Andrzej	1758	TYGRYSKI KUBUSIA PUCHATKA	M60	3			02:20:40	04:05:41	06:30:03	06:37:04				07:36:21.35	07:36:58.90	+04:07:28 (54.2%)	10:20	5.8 (46.0%)
450	WIŚNIEWSKA Justyna	1702		K40	48			02:28:33	04:05:00	06:32:31	06:39:19				07:36:54.30	07:37:21.05	+04:07:51 (54.2%)	10:21	5.8 (46.0%)
451	PIOTROWIAK Tomasz	1887	ENTOPI.PL	M30	120			02:16:25	03:57:29	06:31:05	06:37:07				07:36:28.70	07:37:22.60	+04:07:52 (54.2%)	10:21	5.8 (46.0%)
452	KORCZYŃSKI Daniel	2106		M30	121			02:20:16	04:05:26	06:29:43	06:37:05				07:37:34.90	07:37:49.90	+04:08:19 (54.2%)	10:22	5.8 (46.0%)
453	DZIADOŃ Łukasz	2509	BITKA ZA ZIVOT	M30	122			02:19:07	03:51:47	06:25:29	06:32:25				07:37:00.20	07:38:03.80	+04:08:33 (54.3%)	10:21	5.8 (46.0%)
454	IDZIKOWSKA-SLEDŹ Marta	1790	NAPRZÓD MŁOCINY	K40	49			02:24:13	04:08:49	06:34:58	06:42:37				07:38:30.65	07:38:54.20	+04:09:24 (54.3%)	10:23	5.8 (46.0%)
455	RÓŻAK-RUKUSZEWICZ Magdalena	1882	DZIKIE GRUBASY SZATANA	K40	50			02:23:56	03:58:15	06:29:50	06:38:26				07:39:01.00	07:39:25.60	+04:09:55 (54.4%)	10:24	5.8 (46.0%)
456	ZIELIŃSKI Michał	1626	DZIKIE ŻYCIE RUN TEAM	M40	156			02:23:53	04:00:05	06:26:25	06:34:54				07:39:06.30	07:39:39.35	+04:10:09 (54.4%)	10:24	5.8 (46.0%)
457	KARDASZ Jacek	1533	ATTYLA	M40	157			02:20:19	03:56:53	06:30:29	06:39:02				07:40:10.65	07:40:27.85	+04:10:57 (54.5%)	10:26	5.8 (46.0%)
458	ŁASKI Radosław	1575	FOURTRISQUAD	M40	158			02:15:48	04:00:51	06:34:44	06:40:55				07:39:51.45	07:40:33.00	+04:11:03 (54.5%)	10:25	5.8 (46.0%)
459	CHMURA Łukasz	1778	NAPRZÓD MŁOCINY-BAT	M40	159			02:18:57	04:02:25	06:30:03	06:38:18				07:40:27.50	07:40:37.25	+04:11:07 (54.5%)	10:26	5.7 (45.2%)
460	DOPIERAŁA Kinga	1520	TRAIL IS OUR WAY / #PIGWATRIL	K30	44			02:32:44	04:02:02	06:35:41	06:43:38				07:40:57.40	07:41:08.35	+04:11:38 (54.6%)	10:27	5.7 (45.2%)
461	KORAL Jakub	2067		M30	123			02:16:28	04:00:33	06:35:58	06:42:52				07:41:18.75	07:41:34.65	+04:12:04 (54.6%)	10:27	5.7 (45.2%)
462	ŚLACZKA Arkadiusz	1948	FINISZ RYMANÓW	M40	160			02:31:19	04:06:23	06:34:37	06:42:30				07:40:49.60	07:41:46.20	+04:12:16 (54.6%)	10:26	5.7 (45.2%)
463	KALINOWSKI Bartek	1731	KS SCIEK	M40	161			02:21:29	03:52:04	06:33:05	06:40:53				07:42:05.75	07:43:01.10	+04:13:31 (54.8%)	10:28	5.7 (45.2%)
464	WOŹNIAKOWSKA Małgorzata	1879		K30	45			02:37:21	04:15:50	06:38:03	06:45:58				07:42:10.60	07:43:05.40	+04:13:35 (54.8%)	10:28	5.7 (45.2%)
465	WIETRZYCKI Marcin	1624		M40	162			02:15:57	03:57:08	06:31:24	06:38:03				07:43:12.35	07:43:33.70	+04:14:03 (54.8%)	10:30	5.7 (45.2%)
466	KAWIK Janusz	1703		M50	37			02:22:59	04:06:26	06:39:31	06:45:52				07:43:08.25	07:43:39.40	+04:14:09 (54.8%)	10:30	5.7 (45.2%)
467	BACZYŃSKA Aneta	1649	YULO RUN TEAM SIEDLCE	K40	51			02:30:08	04:11:21	06:36:25	06:44:06				07:43:11.20	07:43:44.50	+04:14:14 (54.8%)	10:30	5.7 (45.2%)
468	TOKARSKA Bożena	2062	#ADAMCZERWIŃSKITEAM	K40	52			02:35:59	04:14:26	06:38:35	06:46:35				07:43:49.80	07:44:08.40	+04:14:38 (54.9%)	10:31	5.7 (45.2%)
469	BURZA Kinga	1823	LKS BURZYN	K40	53			02:31:16	04:16:52	06:39:33	06:47:01				07:44:05.55	07:44:37.80	+04:15:07 (54.9%)	10:31	5.7 (45.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa Polski	Drużyna	Schronisko		Bacówka		43.6km	Czas netto 44.1km	Czas brutto 44.1km	Różn	Tempo min/km	Tempo km/h
								na Przehybie 14.7km	na Obidzy 24.4km	Premia1 37.2km	Premia2 37.7km						
470	KONCA Mariusz	1547	KB OŻARÓW MAZOWIECKI BIEGA	M50	38			02:30:10	04:10:56	06:39:08	06:46:13		07:46:13.55	07:46:45.80	+04:17:15 (55.1%)	10:34	5.7 (45.2%)
471	STRUSIŃSKA Katarzyna	2640	MIŃSKA GRUPA ROWEROWA / KS BARAKUDA	K40	54			02:30:10	04:11:35	06:41:18	06:48:10		07:46:59.95	07:47:12.30	+04:17:42 (55.2%)	10:35	5.7 (45.2%)
472	CIESZYŃSKI Mariusz	1859	BEAUTY-STUDIO LOĘBORK	M40	163			02:33:21	04:12:59	06:41:35	06:49:44		07:46:37.45	07:47:30.95	+04:18:00 (55.2%)	10:34	5.7 (45.2%)
473	SZYMCZAK Dawid	2063		M30	124			02:25:24	04:06:52	06:36:49	06:44:46		07:47:05.80	07:47:37.00	+04:18:07 (55.2%)	10:35	5.7 (45.2%)
474	NĘCKI Łukasz	1697		M40	164			02:25:19	04:02:54	06:37:57	06:45:10		07:47:52.35	07:48:07.45	+04:18:37 (55.2%)	10:36	5.7 (45.2%)
475	WRÓBEL Barbara	1695	BIEGAJĄCY ŚWIDNIK	K40	55			02:30:22	04:17:21	06:41:27	06:47:00		07:48:42.70	07:48:49.65	+04:19:19 (55.3%)	10:37	5.6 (44.4%)
476	OSTROWSKI Sławomir	1694	BIEGAJĄCY ŚWIDNIK	M50	39			02:30:23	04:17:22	06:41:27	06:46:59		07:48:43.10	07:48:49.95	+04:19:19 (55.3%)	10:37	5.6 (44.4%)
477	BĘBENEK Marcin	2150	KW KRAKÓW	M30	125			02:30:15	04:12:03	06:39:05	06:47:51		07:49:16.10	07:50:03.00	+04:20:33 (55.4%)	10:38	5.6 (44.4%)
478	TKACZ Przemysław	1673	PRZEMYSKI KLUB BIEGACZA	M50	40			02:28:45	04:05:57	06:34:23	06:41:30		07:50:16.80	07:50:57.00	+04:21:27 (55.5%)	10:39	5.6 (44.4%)
479	WOJDAK Anna	1657		K50	6			02:24:30	04:07:01	06:45:23	06:53:35		07:50:51.70	07:51:09.05	+04:21:39 (55.5%)	10:40	5.6 (44.4%)
480	PASIEKA Grzegorz	1757	SZTYWNE KULASY	M30	126			02:27:01	04:06:12	06:33:29	06:41:17		07:51:06.50	07:51:34.10	+04:22:04 (55.6%)	10:40	5.6 (44.4%)
481	WOJTYŁA Paweł	1526	AKS POLONIA WARSZAWA	M30	127			02:24:55	04:05:25	06:38:34	06:45:47		07:51:54.55	07:52:45.80	+04:23:15 (55.7%)	10:42	5.6 (44.4%)
482	BAKALARSKA Mariola	1644		K50	7			02:25:34	04:07:12	06:40:22	06:47:57		07:52:47.90	07:53:04.20	+04:23:34 (55.7%)	10:43	5.6 (44.4%)
483	MALCZEWSKA-CHAŁADAJ Karina	2148		K40	56			02:36:30	04:20:56	06:45:15	06:52:45		07:52:51.15	07:53:22.65	+04:23:52 (55.7%)	10:43	5.6 (44.4%)
484	PYTLEWSKI Łukasz	2059		M40	165			02:28:10	04:05:42	06:42:48	06:50:23		07:53:22.95	07:54:03.00	+04:24:33 (55.8%)	10:44	5.6 (44.4%)
485	KĘDZIA Edyta	1746	GRUPA BIEGOWA 65	K50	8			02:39:11	04:18:32	06:44:54	06:52:44		07:53:49.90	07:54:43.70	+04:25:13 (55.9%)	10:44	5.6 (44.4%)
486	WINNICKA Edyta	1805	ADIDAS RUNNERS WARSAW SŁODKIE PĄCZKI	K30	46			02:40:53	04:18:20	06:42:27	06:51:21		07:54:20.00	07:55:03.85	+04:25:33 (55.9%)	10:45	5.6 (44.4%)
487	WOCHNIK Marek	1728	RAPID RUNNERS TEAM	M40	166			02:30:40	04:11:01	06:50:22	06:55:32		07:54:57.15	07:55:27.70	+04:25:57 (55.9%)	10:46	5.6 (44.4%)
488	SZCZEPANIAK Anna	2138	AS CAMPS	K30	47			02:16:09	04:02:22	06:37:22	06:45:11		07:55:21.85	07:55:43.05	+04:26:13 (56.0%)	10:46	5.6 (44.4%)
489	WĄTORSKI Michał	1552		M30	128			02:19:36	04:00:02	06:34:37	06:43:33		07:56:02.80	07:56:34.65	+04:27:04 (56.0%)	10:47	5.6 (44.4%)
490	BISKUPSKA Ewa	2119		K40	57			02:29:15	04:14:50	06:48:39	06:55:44		07:57:49.00	07:57:56.30	+04:28:26 (56.2%)	10:50	5.5 (43.7%)
491	SURANSKY Tomasz	2104		M50	41			02:29:48	04:16:34	06:53:43	06:59:45		07:58:10.30	07:58:58.05	+04:29:28 (56.3%)	10:50	5.5 (43.7%)
492	ANTKOWIAK Mirosław	1580	BIEGAM BO CHCĘ KROSNO ODRZAŃSKIE	M50	42			02:29:39	04:16:33	06:47:05	06:53:26		07:58:21.35	07:59:14.25	+04:29:44 (56.3%)	10:50	5.5 (43.7%)
493	RONDUDA Robert	1893		M40	167			02:28:22	04:13:33	06:47:15	06:54:30		07:59:18.45	08:00:03.85	+04:30:33 (56.4%)	10:52	5.5 (43.7%)
494	GÓRSKA Alicja	2032		K40	58			02:17:07	04:04:51	06:42:55	06:50:29		08:00:44.05	08:01:24.10	+04:31:54 (56.5%)	10:54	5.5 (43.7%)
495	PUCHALSKI Piotr	2083	PZU SPORT TEAM	M50	43			02:37:46	04:16:44	06:51:04	06:58:00		08:01:10.85	08:01:59.65	+04:32:29 (56.5%)	10:54	5.5 (43.7%)
496	PUCHALSKA Olga	163		K40	59			02:37:45	04:16:42	06:49:25	06:56:38		08:01:10.80	08:01:59.70	+04:32:29 (56.5%)	10:54	5.5 (43.7%)
497	GÓRSKI Jakub	1638	RAPID RUNNERS TEAM	M30	129			02:30:38	04:11:54	06:50:30	06:54:16		08:01:31.75	08:02:01.80	+04:32:31 (56.5%)	10:55	5.5 (43.7%)
498	DĄBROWSKI Artur	2136		M30	130			02:32:59	04:14:16	06:49:05	06:57:13		08:02:38.30	08:03:22.30	+04:33:52 (56.7%)	10:56	5.5 (43.7%)
499	HETEL Adam	1763	KLUB BIEGACZA RTV EURO AGD	M30	131			02:36:46	04:16:21	06:48:25	06:56:39		08:02:41.80	08:03:32.40	+04:34:02 (56.7%)	10:56	5.5 (43.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa Polski	Drużyna	Schronisko na Bacówka					Czas netto 44.1km	Czas brutto 44.1km	Różn	Tempo min/km	Tempo km/h
								Przehybie 14.7km	Obidzy 24.4km	Premia1 37.2km	Premia2 37.7km	43.6km					
500	DENKOWSKI Wojciech	1776	---	M60	4			02:41:32	04:25:44	06:54:02	07:00:49		08:03:43.25	08:03:54.80	+04:34:24 (56.7%)	10:58	5.5 (43.7%)
501	SZULC Rafał	1578	PREGRES	M30	132			02:23:16	04:08:27	06:53:49	07:01:05		08:03:28.90	08:03:56.90	+04:34:26 (56.7%)	10:57	5.5 (43.7%)
502	PIETRUSZEWSKI Bartek	1804		M40	168			02:24:44	04:11:45	06:50:33	06:57:04		08:05:57.35	08:06:31.15	+04:37:01 (56.9%)	11:01	5.4 (42.9%)
502	KRZYSZTOFOWICZ Andrzej	1831	ULTRASZY	M40	168			02:24:44	04:11:47	06:50:32	06:57:37		08:05:57.85	08:06:31.15	+04:37:01 (56.9%)	11:01	5.4 (42.9%)
504	SPISS Maria	1807		K40	60			02:41:16	04:28:50	06:59:07	07:06:47		08:06:46.15	08:07:11.05	+04:37:41 (57.0%)	11:02	5.4 (42.9%)
505	ZAK Robert	2105		M40	170			02:29:47	04:16:31	06:53:42	07:01:20		08:06:35.05	08:07:24.15	+04:37:54 (57.0%)	11:02	5.4 (42.9%)
506	JAWORSKI Bartek	2103		M40	171			02:32:59	04:16:35	06:53:47	07:01:20		08:06:36.10	08:07:24.40	+04:37:54 (57.0%)	11:02	5.4 (42.9%)
507	MASTALERZ Katarzyna	2007	DZIENNIK CZASÓW ZARAZY	K50	9			02:30:34	04:12:50	06:50:34	06:58:13		08:06:57.60	08:07:40.70	+04:38:10 (57.0%)	11:02	5.4 (42.9%)
508	WOJTASIK Marta	2006		K40	61			02:33:03	04:18:38	06:51:04	06:58:31		08:07:29.30	08:07:40.90	+04:38:10 (57.0%)	11:03	5.4 (42.9%)
509	SZYDŁOWSKA - DOROSZ Patrycja	1637	TEAM ZABIEGANEDNI	K40	62			02:37:46	04:28:32	06:55:10	07:02:14		08:08:15.75	08:08:47.85	+04:39:17 (57.1%)	11:04	5.4 (42.9%)
510	TURKOWSKI Maciej	1733	SLOW JOGGING SIEDLCE	M50	44			02:24:31	04:07:32	06:54:56	07:02:35		08:08:29.20	08:08:58.70	+04:39:28 (57.2%)	11:04	5.4 (42.9%)
511	SADOWSKA Agata	1706		K40	63			02:25:12	04:13:26	06:56:16	07:03:54		08:08:33.65	08:08:59.00	+04:39:29 (57.2%)	11:04	5.4 (42.9%)
512	RUBASZKO Michał	1951		M40	172			02:22:24	04:05:01	06:55:46	07:03:09		08:08:16.60	08:09:09.25	+04:39:39 (57.2%)	11:04	5.4 (42.9%)
513	RUSEK Jarosław	1976		M40	173			02:22:23	04:05:02	06:55:44	07:03:51		08:08:16.95	08:09:09.85	+04:39:39 (57.2%)	11:04	5.4 (42.9%)
514	ŻYDEK Piotr	1713	CHSBD W RUCHU	M30	133			02:17:11	04:01:47	06:41:10	06:48:54		08:08:47.35	08:09:13.05	+04:39:43 (57.2%)	11:05	5.4 (42.9%)
515	RUCYK Justyna	1867		K40	64			02:33:35	04:28:29	06:51:41	06:59:06		08:08:32.25	08:09:14.80	+04:39:44 (57.2%)	11:04	5.4 (42.9%)
516	DRABIK Jacek	1991		M50	45			02:40:01	04:24:47	06:57:17	07:05:27		08:08:54.90	08:09:19.65	+04:39:49 (57.2%)	11:05	5.4 (42.9%)
517	TENDAJ Daniel	1824		M50	46			02:24:28	04:03:06	06:44:39	06:52:17		08:09:56.80	08:10:46.45	+04:41:16 (57.3%)	11:06	5.4 (42.9%)
518	HUBNER Ilona	1915	TLENOWA RADOŚĆ TEAM	K40	65			02:50:09	04:35:56	07:00:38	07:09:02		08:11:32.40	08:12:15.15	+04:42:45 (57.4%)	11:08	5.4 (42.9%)
519	BUNIEWSKA Wiktoria	1755		K20	11			02:36:53		07:00:23	07:07:51		08:11:35.55	08:12:16.50	+04:42:46 (57.4%)	11:08	5.4 (42.9%)
520	LUBOWIECKA Paulina	1705		K20	12			02:36:54		07:00:18	07:06:58		08:11:36.15	08:12:16.55	+04:42:46 (57.4%)	11:08	5.4 (42.9%)
521	SIKORA Agnieszka	1542	MATNER RUNNING TEAM	K50	10			02:38:19	04:31:07	07:01:28	07:09:49		08:12:08.90	08:12:29.70	+04:42:59 (57.5%)	11:09	5.4 (42.9%)
522	SACKIEWICZ-WIĄCEK Agnieszka	1745		K40	66			02:40:50	04:25:18	06:55:01	07:04:30		08:13:26.85	08:13:56.15	+04:44:26 (57.6%)	11:11	5.4 (42.9%)
523	OCHNIK-KALINOWSKA Justyna	1658		K40	67			02:27:49	04:17:36	07:03:59	07:13:18		08:13:00.50	08:13:56.20	+04:44:26 (57.6%)	11:10	5.4 (42.9%)
524	STĘPIEŃ Piotr	1568		M30	134			02:32:58	04:23:24	06:52:34	07:00:05		08:14:15.30	08:15:13.40	+04:45:43 (57.7%)	11:12	5.4 (42.9%)
525	BAKUN Mariusz	1687	CHEŁM	M50	47			02:26:52	04:16:55	07:00:39	07:09:46		08:14:58.50	08:15:35.80	+04:46:05 (57.7%)	11:13	5.3 (42.1%)
525	KRACZKOWSKI Krzysztof	1847	CHEŁM BIEGA	M40	174			02:24:43	04:16:58	07:00:15	07:07:20		08:14:59.15	08:15:35.80	+04:46:05 (57.7%)	11:13	5.3 (42.1%)
527	KRĘPACKA Monika	1853	CHEŁM BIEGA	K40	68			02:29:28	04:17:13	07:00:15	07:09:09		08:15:00.25	08:15:36.00	+04:46:06 (57.7%)	11:13	5.3 (42.1%)
527	KIERUZALSKA Małgorzata	1891	CHEŁM BIEGA	K40	68			02:26:54	04:16:59	07:00:14	07:04:41		08:14:59.45	08:15:36.00	+04:46:06 (57.7%)	11:13	5.3 (42.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa Polski	Drużyna	Schronisko		Bacówka		43.6km	Czas netto 44.1km	Czas brutto 44.1km	Różn	Tempo min/km	Tempo km/h
								na Przehybie 14.7km	na Obidzy 24.4km	Premia1 37.2km	Premia2 37.7km						
529	BAKUN Jolka	1709	CHELM	K40	70			02:26:52	04:17:00	07:00:38	07:09:45		08:14:58.55	08:15:36.15	+04:46:06 (57.7%)	11:13	5.3 (42.1%)
530	NOWAK Paulina	1595	ADIDAS RUNNERS POZNAŃ	K30	48			02:37:32	04:28:28	06:57:39	07:04:49		08:16:45.75	08:17:27.90	+04:47:57 (57.9%)	11:15	5.3 (42.1%)
531	KOWALSKI Andrzej	1661		M40	175			02:39:15	04:21:24	07:02:14	07:10:44		08:17:41.85	08:18:08.25	+04:48:38 (57.9%)	11:17	5.3 (42.1%)
532	WINIECKA Ewa	1539	IRON HOUSE TRIATHLON WŁOCŁAWEK	K40	71			02:50:56	04:37:10	07:04:24	07:13:15		08:18:17.70	08:18:29.75	+04:48:59 (58.0%)	11:17	5.3 (42.1%)
533	WINIECKI Tomasz	2133	IRON HOUSE TRIATHLON WŁOCŁAWEK	M40	176			02:50:51	04:37:04	07:04:22	07:07:45		08:18:18.30	08:18:30.45	+04:49:00 (58.0%)	11:17	5.3 (42.1%)
534	COLAUTTI Enrico	1536	BAD ORGANIZER TEAM	M50	48			02:19:29	03:56:45	07:12:02	07:20:00		08:18:27.30	08:19:04.95	+04:49:34 (58.0%)	11:18	5.3 (42.1%)
535	WIERZBICKI Michał	1639	MORSY SWARZĘDZ	M40	177			02:40:58	04:35:23	07:10:14	07:18:28		08:19:05.55	08:19:40.70	+04:50:10 (58.1%)	11:19	5.3 (42.1%)
536	OLZACKI Piotr	1679		M30	135			02:24:41	04:04:05	06:44:54	06:52:32		08:20:32.70	08:21:07.40	+04:51:37 (58.2%)	11:20	5.3 (42.1%)
537	FELCZAK Klaudia	1741		K20	13			02:33:40	04:13:18	07:00:24	07:08:11		08:22:14.80	08:23:14.00	+04:53:44 (58.4%)	11:23	5.3 (42.1%)
538	CZARNIECKI Tadeusz	2139	OSHEE RUNNERS TEAM	M40	178			02:36:33	04:31:18	07:14:06	07:22:23		08:23:36.15	08:24:14.70	+04:54:44 (58.5%)	11:25	5.3 (42.1%)
539	PIOTROWSKA Ewa	2118	META NADARZYN	K50	11			02:41:20	04:37:33	07:16:02	07:23:10		08:24:08.80	08:24:58.50	+04:55:28 (58.5%)	11:25	5.2 (41.3%)
540	KARAŚ-GMITRZUK Marzena	2085	BESTIE OCR LEGIONOWO	K40	72			02:46:19	04:39:32	07:19:25	07:27:44		08:25:04.80	08:25:15.65	+04:55:45 (58.5%)	11:27	5.2 (41.3%)
541	KOWALCZYK Katarzyna	1752	DROGA DO ULTRA	K40	73			02:44:04	04:35:17	07:15:18	07:23:20		08:26:10.45	08:26:55.75	+04:57:25 (58.7%)	11:28	5.2 (41.3%)
542	MALINOWSKI Marcin	1740		M40	179			02:34:03	04:15:54	07:14:10	07:21:56		08:25:59.95	08:26:59.25	+04:57:29 (58.7%)	11:28	5.2 (41.3%)
543	BOGDAŁ Ewelina	1977		K30	49			02:46:14	04:33:52	07:10:21	07:18:52		08:26:57.70	08:27:40.25	+04:58:10 (58.7%)	11:29	5.2 (41.3%)
544	PIOTROWSKA Kamila	1846		K30	50			02:37:27	04:37:05	07:15:01	07:22:49		08:27:21.40	08:27:41.00	+04:58:11 (58.7%)	11:30	5.2 (41.3%)
545	KĘDZIOREK Elżbieta	1974	TEAM ZABIEGANEDNI	K30	51			02:37:45	04:27:44	07:10:34	07:19:13		08:27:58.00	08:28:30.75	+04:59:00 (58.8%)	11:31	5.2 (41.3%)
546	KĘDZIOREK Rafał	1975	TEAM ZABIEGANEDNI	M30	136			02:19:46	04:27:45	07:10:22	07:19:13		08:27:59.40	08:28:31.00	+04:59:01 (58.8%)	11:31	5.2 (41.3%)
547	FRĄCZEK Rafał	1671	EKO-KONSULT	M40	180			02:41:00	04:37:03	07:20:28	07:27:18		08:30:28.80	08:31:13.00	+05:01:43 (59.0%)	11:34	5.2 (41.3%)
548	KALINOWSKI Adam	1625		M40	181			02:26:25		07:06:18			08:31:29.00	08:31:29.00	+05:01:59 (59.0%)	11:35	5.2 (41.3%)
549	KOZIEŁ Jarosław	1564	ŁÓDŹ KOCHA SPORT	M30	137			02:32:58	04:23:25	07:04:34	07:12:23		08:30:39.55	08:31:37.65	+05:02:07 (59.1%)	11:34	5.2 (41.3%)
550	MRUCZYŃSKA-PIETRUCZANIS Katarzyna	1646	AKTYWNI WĘGRÓW / DEVI HIMAL TEAM	K40	74			02:42:54	04:32:19	07:10:21	07:18:22		08:31:31.85	08:32:17.70	+05:02:47 (59.1%)	11:35	5.2 (41.3%)
551	BARNAŚ Arkadiusz	1635		M40	182			02:42:32	04:30:31	07:14:17	07:22:26		08:31:40.80	08:32:31.90	+05:03:01 (59.1%)	11:36	5.2 (41.3%)
552	KOZIEŁ Tadeusz	1570	SZCZĘŚCIARZ BIEGA	M30	138			02:27:54	04:10:06	07:13:04	07:18:46		08:31:44.55	08:32:39.25	+05:03:09 (59.1%)	11:36	5.2 (41.3%)
553	ZASŁONKA Paweł	1571		M30	139			02:28:10	04:10:16	07:12:58	07:19:02		08:31:44.70	08:32:39.30	+05:03:09 (59.1%)	11:36	5.2 (41.3%)
554	SIUCIAK Robert	1549		M50	49			02:40:41	04:28:57	07:11:46	07:20:54		08:32:09.10	08:33:01.10	+05:03:31 (59.2%)	11:36	5.2 (41.3%)
555	GROSZAK Joanna	1685		K30	52			02:36:21	04:30:35	07:15:33	07:23:35		08:32:21.85	08:33:03.10	+05:03:33 (59.2%)	11:37	5.2 (41.3%)
556	LAMPRYCHT-JANEK Natalia	1994		K30	53			02:36:21	04:30:35	07:15:34	07:23:44		08:32:21.95	08:33:03.20	+05:03:33 (59.2%)	11:37	5.2 (41.3%)
557	SOIŃSKI Przemysław	1686	KB MANIAC POZNAŃ	M40	183			02:36:23	04:30:26	07:15:36	07:23:44		08:32:24.85	08:33:05.30	+05:03:35 (59.2%)	11:37	5.2 (41.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa Polski	Drużyna	Schronisko na Bacówka		Premia1 37.2km	Premia2 37.7km	43.6km	Czas netto 44.1km	Czas brutto 44.1km	Różn	Tempo min/km	Tempo km/h
								na Przehybie 14.7km	na Obidzy 24.4km								
558	DZIAŁA Piotr	1606	KB OŻARÓW MAZOWIECKI BIEGA	M40	184			02:39:51	04:34:08	07:15:39	07:24:17		08:33:53.90	08:34:25.75	+05:04:55 (59.3%)	11:39	5.1 (40.5%)
559	PIETRUSZEWSKA Katarzyna	1811	ORANGE POLSKA	K40	75			03:01:05	04:52:04	07:23:32	07:31:25		08:34:43.00	08:35:16.30	+05:05:46 (59.3%)	11:40	5.1 (40.5%)
560	POKOTYCKI Denis	1641		M30	140			02:41:47	04:26:43	07:15:53	07:25:02		08:34:46.50	08:35:37.85	+05:06:07 (59.4%)	11:40	5.1 (40.5%)
561	POLAKÓW Sławomir	1550	Z GÓRKI I POD GÓRKĘ	M50	50			02:43:04	04:40:04	07:18:24	07:25:47		08:35:51.55	08:36:14.85	+05:06:44 (59.4%)	11:41	5.1 (40.5%)
562	KRZYSZTOFOWICZ Karolina	1829	ULTRASZY	K40	76			02:44:50	04:38:51	07:17:03	07:25:35		08:36:33.75	08:37:05.70	+05:07:35 (59.5%)	11:42	5.1 (40.5%)
563	DOMOWICZ Anna	1799		K30	54			02:48:07	04:37:21	07:19:09	07:27:45		08:36:28.00	08:37:07.85	+05:07:37 (59.5%)	11:42	5.1 (40.5%)
564	SZULENCKA Aleksandra	1768	ZABIEGANI PO USZY	K30	55			03:04:00	04:47:22	07:27:43	07:34:58		08:37:47.10	08:38:47.20	+05:09:17 (59.6%)	11:44	5.1 (40.5%)
565	ROSZKOWSKI Marcin	2114	ZABIEGANI PO USZY	M50	51			03:04:01	04:47:21	07:27:43	07:34:57		08:37:47.45	08:38:47.35	+05:09:17 (59.6%)	11:44	5.1 (40.5%)
566	KOŚCIUCH Kamil	1979	DZIKI Z WARSZAWY	M30	141			02:34:21	04:24:40	07:15:16	07:22:06		08:38:02.50	08:38:52.75	+05:09:22 (59.6%)	11:44	5.1 (40.5%)
567	OCHREMIAK Michał	1582	MOKOBIEGACZE	M30	142			02:44:58	04:31:36	07:20:19	07:25:05		08:38:48.50	08:39:29.75	+05:09:59 (59.7%)	11:45	5.1 (40.5%)
568	OCHREMIAK Aleksandra	1581	MOKOBIEGACZE	K30	56			02:44:58	04:31:38	07:20:38	07:28:56		08:38:49.10	08:39:29.85	+05:09:59 (59.7%)	11:45	5.1 (40.5%)
569	JAWORSKI Mateusz	2019		M30	143			02:36:37	04:30:44	07:16:25	07:24:39		08:39:02.85	08:39:38.30	+05:10:08 (59.7%)	11:46	5.1 (40.5%)
570	TATUŚKO Tomasz	2003		M50	52			02:42:05	04:32:46	07:15:30	07:24:18		08:39:17.55	08:40:09.20	+05:10:39 (59.7%)	11:46	5.1 (40.5%)
571	KONEFAŁ Włodzimierz	1566	REMBERTÓW TEAM	M40	185			02:38:07	04:27:18	07:09:50			08:39:35.25	08:40:29.05	+05:10:59 (59.7%)	11:46	5.1 (40.5%)
572	MADEJAK Sylwia	1764	RTVEUROAGD	K50	12			02:52:28	04:40:39	07:27:04	07:34:45		08:40:01.95	08:40:53.30	+05:11:23 (59.8%)	11:47	5.1 (40.5%)
573	MZYK Fabian	1827	STS BIEGATON	M40	186			02:38:45	04:34:51	07:14:44	07:23:30		08:40:54.25	08:41:12.05	+05:11:42 (59.8%)	11:48	5.1 (40.5%)
574	LATAŁA Wojciech	1574	LEŚNE GRUBASY	M40	187			02:49:44	04:40:40	07:26:59	07:34:23		08:43:15.20	08:44:11.45	+05:14:41 (60.0%)	11:51	5.1 (40.5%)
575	ŁOKAS Andrzej	1562		M50	53			02:49:30	04:41:42	07:28:32	07:38:09		08:44:48.95	08:45:36.20	+05:16:06 (60.1%)	11:54	5 (39.7%)
576	TOKARSKI Jacek	1771		M40	188			02:41:02	04:28:05	07:30:41	07:39:19		08:45:30.00	08:45:40.20	+05:16:10 (60.1%)	11:54	5 (39.7%)
577	ŚMIETANKA Adam	1860		M20	32			02:40:01	04:37:01	07:24:32	07:34:49		08:47:00.40	08:47:39.80	+05:18:09 (60.3%)	11:57	5 (39.7%)
578	PIECUCH Małgorzata	1569		K60	1			02:53:42	04:49:40	07:35:18	07:43:59		08:46:56.05	08:47:46.55	+05:18:16 (60.3%)	11:56	5 (39.7%)
579	PRZETAKIEWICZ Magdalena	2061		K40	77			02:41:36	04:41:22	07:20:56	07:29:21		08:47:01.40	08:47:47.30	+05:18:17 (60.3%)	11:57	5 (39.7%)
580	WŁODARCZYK Jan	1715	AKTYWNI KOCIEWIACY	M60	5			02:48:53	04:50:30	07:40:27	07:48:12		08:50:27.40	08:51:05.90	+05:21:35 (60.6%)	12:01	5 (39.7%)
581	LARWA Katarzyna	1674		K30	57			02:45:15	04:44:40	07:35:03	07:43:17		08:50:26.20	08:51:13.40	+05:21:43 (60.6%)	12:01	5 (39.7%)
582	PŁOSKONKA Paweł	1869		M40	189					07:42:51	07:49:59		08:52:09.10	08:52:09.10	+05:22:39 (60.6%)	12:04	5 (39.7%)
583	HOJDA Mariusz	1632		M40	190			02:47:15	04:40:41	07:36:08	07:44:56		08:51:37.65	08:52:29.95	+05:22:59 (60.7%)	12:03	5 (39.7%)
584	ŁAŻEŃSKI Rafał	1863		M30	144			02:39:56	04:44:37	07:31:34	07:38:12		08:52:48.45	08:53:22.85	+05:23:52 (60.7%)	12:04	5 (39.7%)
585	CIEŚLA Dawid	1861		M30	145			02:39:56	04:44:42	07:31:35	07:38:12		08:52:49.40	08:53:23.70	+05:23:53 (60.7%)	12:04	5 (39.7%)
Przekroczony limit czasu: 09:00:00																	
586	MORAWSKA Anna	1681		K70	1			02:49:00	04:45:42	07:45:01	07:53:42		09:09:00.00	09:09:55.80	+05:40:25 (61.9%)	12:26	4.8 (38.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa Polski	Drużyna	Schronisko na Przehybie 14.7km			Bacówka na Obidzy 24.4km			Premia1 37.2km	Premia2 37.7km	43.6km	Czas netto 44.1km	Czas brutto 44.1km	Różn	Tempo min/km	Tempo km/h
587	SADOWSKA Justyna	1838	UKS HERKULES SULEJÓWEK	K50	13			03:37:31	05:26:49	07:58:31	08:06:15					09:11:31.05	09:12:28.85	+05:42:58 (62.1%)	12:30	4.8 (38.1%)	
588	BUGAJCZYK Cezary	1677		M40	191			02:41:20	04:50:04	07:49:50	07:57:56					09:17:31.45	09:18:24.15	+05:48:54 (62.5%)	12:38	4.7 (37.3%)	
589	TYMBURSKI Michał	1620	SPARTA LUBLIN	M40	192			02:51:45	04:57:45	07:50:07	07:57:47					09:18:27.45	09:18:27.45	+05:48:57 (62.5%)	12:39	4.7 (37.3%)	
590	KEMPISTY Anna	1806	OIL WARSZAWA/12TRI.PL	K50	14			02:58:39	05:01:33	07:53:16	08:03:24					09:24:14.45	09:25:06.10	+05:55:36 (62.9%)	12:47	4.7 (37.3%)	
591	LACHOWSKI Karol	1848	FILIP RUNNING TEAM	M40	193			02:48:22	04:51:50	08:02:18	08:10:00					09:33:07.75	09:33:39.20	+06:04:09 (63.5%)	12:59	4.6 (36.5%)	
592	PYRAK Joanna	1808	AEGON RUN	K30	58			02:48:21	04:51:54	08:02:18	08:10:05					09:33:08.25	09:33:39.40	+06:04:09 (63.5%)	12:59	4.6 (36.5%)	
593	TOMASZKIEWICZ Marek	1558		M50	54			02:35:49	04:49:07	07:49:26	07:57:28					09:36:11.15	09:36:59.25	+06:07:29 (63.7%)	13:03	4.6 (36.5%)	
594	CIBOROWSKA Hanna	1579	META NADARZYN	K60	2			03:15:12	05:26:51	08:26:48	08:35:47					09:56:53.85	09:57:51.65	+06:28:21 (65.0%)	13:32	4.4 (34.9%)	
595	BARTOSZEWICZ Beata	2158		K30	59			03:19:52	05:22:30	08:24:17	08:34:14					10:01:32.15	10:02:14.70	+06:32:44 (65.2%)	13:38	4.4 (34.9%)	
596	MIŁOSZ Maria	1535	KASZANKI	K30	60			03:22:36	05:28:59	08:33:47	08:42:53					10:02:53.80	10:03:50.55	+06:34:20 (65.3%)	13:40	4.4 (34.9%)	
597	GRABOWSKI Leszek	1594	STARE BABICE BIEGAJĄ	M50	55			03:06:43	05:15:09	08:30:46	08:41:03					10:02:58.60	10:03:54.00	+06:34:24 (65.3%)	13:40	4.4 (34.9%)	
598	SMORAĞIEWICZ Marcin	1545		M40	194			03:06:46	05:15:38	08:32:00	08:42:59					10:10:31.70	10:11:22.45	+06:41:52 (65.7%)	13:50	4.3 (34.1%)	
599	MILCARZ Andrzej	1596	FESTINALENTE	M70	1			03:14:10	05:35:57	08:53:04	09:02:09					10:23:28.65	10:24:33.75	+06:55:03 (66.5%)	14:08	4.2 (33.3%)	
	KUJAWSKI Bartek	2126	GRUPETTO GORLICE	M30				01:28:10 DNF	02:20:52 DNF	DNF	DNF	DNF				DNF	DNF	-	-	(0.0%)	
	STAJNIAK Bartłomiej	2033		M30		MP	AZS KU Politechniki Opolskiej Opole	01:18:41 DNF	02:16:18 DNF	DNF	DNF	DNF				DNF	DNF	-	-	(0.0%)	
	KOBOS Tomasz	1517	METODA FELDENKRAISA	M30		MP	LKB Rudnik	01:21:05 DNF	02:22:06 DNF	DNF	DNF	DNF				DNF	DNF	-	-	(0.0%)	
	KOZIK Adam	2102		M20				01:34:19 DNF	02:41:37 DNF	DNF	DNF	DNF				DNF	DNF	-	-	(0.0%)	
	PELA Dariusz	1913	PURGA	M40				01:44:04 DNF	02:48:37 DNF	DNF	DNF	DNF				DNF	DNF	-	-	(0.0%)	
	MANJURA Tomasz	1924	CSC ADVENTURE ACADEMY	M20				01:44:34 DNF	02:54:17 DNF	DNF	DNF	DNF				DNF	DNF	-	-	(0.0%)	
	ZAJĄC Robert	1643	ORANGE POLSKA	M40				01:47:22 DNF	02:57:53 DNF	DNF	DNF	DNF				DNF	DNF	-	-	(0.0%)	
	ZABOLSKI Mateusz	1779	ZABOL TEAM	M30				02:06:18 DNF	03:24:33 DNF	DNF	DNF	DNF				DNF	DNF	-	-	(0.0%)	
	JANICKI Patryk	2057	PORANNY PATROL	M40				02:18:12 DNF	03:41:27 DNF	DNF	DNF	DNF				DNF	DNF	-	-	(0.0%)	
	KOZON Krzysztof	1640		M50				02:15:55 DNF	04:02:51 DNF	DNF	DNF	DNF				DNF	DNF	-	-	(0.0%)	
	PYSZEL Florian	1512	PIEKIELNI WARSZAWA	M20		MP	Stowarzyszenie Piekielni Warszawa	01:20:19 DNF	DNF	DNF	DNF	DNF				DNF	DNF	-	-	(0.0%)	
	ZDANOWSKI Łukasz	2058	WLKS NOWE IGANIE	M30		MP	WLKS Nowe Iganie	01:27:35 DNF	DNF	DNF	DNF	DNF				DNF	DNF	-	-	(0.0%)	
	WÓJCIK Jacek	2016	FINISZ RYMANÓW	M40				01:43:43 DNF	DNF	DNF	DNF	DNF				DNF	DNF	-	-	(0.0%)	
	GŁOWACKI Krzysztof	1577	WIDZEW RUNNING TEAM	M30				02:08:41 DNF	DNF	DNF	DNF	DNF				DNF	DNF	-	-	(0.0%)	
	GÓRSKA Yvonne	1788		K40				03:37:32 DNF	DNF	DNF	DNF	DNF				DNF	DNF	-	-	(0.0%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa Polski	Drużyna	Schronisko na Przehybie 14.7km	Bacówka na Obidzy 24.4km	Premia1 37.2km	Premia2 37.7km	43.6km	Czas netto 44.1km	Czas brutto 44.1km	Różn	Tempo min/km	Tempo km/h
	GLIWKA Małgorzata	1619	SPARTA LUBLIN	K30				DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	MIŚKIEWICZ Mariusz	1515	STAŃCZAK TEAM	M40				DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	CZERNIAK Paweł	1511	BLACK HAT PRO	M30		MP	Black Hat Pro Warszawa	DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 617 wynik(ów)