

**Wydarzenie:**  
**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

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

Klasyfikacja: Premia Górska - OPEN

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					
1	SIWEK Michał	1907	NIEPOŁOMICE BIEGAJĄ	M30	22			01:39:27	02:38:58	04:11:39	04:14:47	05:00:07	<b>05:02:02.40</b>	<b>05:02:09.40</b>	+00:00:00 (-359,900.0%)	6:50	8.8 (100%)
2	WINIECKI Tomasz	2133	IRON HOUSE TRIATHLON WŁOCŁAWEK	M40	176			02:50:51	04:37:04	07:04:22	07:07:45		<b>08:18:18.30</b>	<b>08:18:30.45</b>	+00:00:14 (-334,534.1%)	11:17	5.3 (60.2%)
3	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	<b>03:29:27.65</b>	<b>03:29:30.00</b>	+00:00:16 (-331,430.4%)	4:44	12.6 (143.2%)
4	TARASEK Dariusz	1854	SEVEN7	M40	5			01:28:14	02:20:59	03:38:30	03:42:02	04:12:32	<b>04:14:04.30</b>	<b>04:14:07.60</b>	+00:00:22 (-320,930.5%)	5:45	10.4 (118.2%)
5	BODURKA Krzysztof	1508	SALOMON TEAM	M30	3			01:16:58	02:01:21	03:04:50	03:08:25	03:34:59	<b>03:36:23.65</b>	<b>03:36:25.60</b>	+00:00:26 (-316,294.1%)	4:54	12.2 (138.6%)
6	FAVERO Alessandro	1905	DUEROCCHÉ ASD	M20	4			01:26:33	02:18:37	03:28:06	03:31:44	04:01:17	<b>04:03:00.35</b>	<b>04:03:03.05</b>	+00:00:29 (-311,360.7%)	5:30	10.9 (123.9%)
7	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	<b>03:34:50.15</b>	<b>03:34:52.90</b>	+00:00:36 (-301,338.1%)	4:52	12.3 (139.8%)
8	GÓRSKI Jakub	1638	RAPID RUNNERS TEAM	M30	129			02:30:38	04:11:54	06:50:30	06:54:16		<b>08:01:31.75</b>	<b>08:02:01.80</b>	+00:00:37 (-300,138.7%)	10:55	5.5 (62.5%)
9	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	<b>04:03:42.00</b>	<b>04:03:45.10</b>	+00:00:42 (-293,455.2%)	5:31	10.9 (123.9%)
10	GRZĄDZIEL Dominik	1514	ATTIQ TEAM	M40	1			01:19:15	02:09:22	03:19:07	03:23:01	03:52:40	<b>03:54:19.35</b>	<b>03:54:21.95</b>	+00:00:45 (-290,441.2%)	5:18	11.3 (128.4%)
11	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	<b>03:30:20.05</b>	<b>03:30:22.25</b>	+00:00:45 (-289,697.3%)	4:46	12.6 (143.2%)
12	KARWACZYŃSKI Roger	1553	AW-SZYBCIEJ-TEAM	M30	5			01:21:23	02:09:56	03:17:35	03:21:34	03:50:18	<b>03:51:55.50</b>	<b>03:51:58.90</b>	+00:00:49 (-284,953.5%)	5:15	11.4 (129.5%)
13	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	<b>03:43:45.65</b>	<b>03:43:48.05</b>	+00:00:53 (-280,246.7%)	5:04	11.8 (134.1%)
14	POŻAK Grzegorz	1583	LUBARTÓW	M40	18			01:53:47	02:58:54	04:28:30	04:32:38	05:07:08	<b>05:08:59.95</b>	<b>05:09:30.35</b>	+00:00:59 (-273,526.1%)	7:00	8.6 (97.7%)
15	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	<b>04:16:46.35</b>	<b>04:16:49.15</b>	+00:01:01 (-271,067.9%)	5:49	10.3 (171.0%)
16	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	<b>03:53:09.35</b>	<b>03:53:12.70</b>	+00:01:02 (-270,743.5%)	5:17	11.3 (128.4%)
17	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	<b>04:20:03.60</b>	<b>04:20:08.10</b>	+00:01:14 (-257,784.9%)	5:53	10.2 (115.9%)
18	WERNER Kamil	1593	DZIKI BIEG	M30	11			01:31:42	02:28:14	03:51:03	03:55:28	04:30:34	<b>04:32:15.70</b>	<b>04:32:23.70</b>	+00:01:15 (-256,566.7%)	6:10	9.7 (110.2%)
19	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	<b>03:58:22.10</b>	<b>03:58:25.60</b>	+00:01:17 (-254,641.2%)	5:24	11.1 (126.1%)
20	KIERUZALSKA Małgorzata	1891	CHEŁM BIEGA	K40	68			02:26:54	04:16:59	07:00:14	07:04:41		<b>08:14:59.45</b>	<b>08:15:36.00</b>	+00:01:18 (-254,450.2%)	11:13	5.3 (60.2%)
21	JACHYMIAK Robert	1971	SPECJALISTYCZNY GABINET REHABILITACJI DZIECI	M40	3			01:26:39	02:18:41	03:35:24	03:39:53	04:11:12	<b>04:13:01.95</b>	<b>04:13:03.75</b>	+00:01:20 (-251,993.5%)	5:44	10.5 (119.3%)
22	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	<b>04:11:48.05</b>	<b>04:11:51.55</b>	+00:01:21 (-251,247.2%)	5:42	10.5 (119.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa Polski	Drużyna	Schronisko Bacówka na Przehybie					Czas netto 44.1km	Czas brutto 44.1km	Tempo min/km	Tempo km/h	
								14.7km	24.4km	Premia1 37.2km	Premia2 37.7km	43.6km					Różn
23	<b>MAZAN Piotr</b>	<b>1537</b>	FINISZ RYMANÓW	M40	4			01:27:47	02:19:54	03:35:39	03:40:09	04:12:20	<b>04:13:54.80</b>	<b>04:13:57.60</b>	+00:01:21 (-251,154.2%)	5:45	10.4 (118.2%)
24	<b>GOC Paweł</b>	<b>1524</b>	RMT TEAM	M40	6			01:31:50	02:24:40	03:40:08	03:44:41	04:16:16	<b>04:17:51.85</b>	<b>04:17:56.70</b>	+00:01:24 (-248,532.6%)	5:50	10.3 (117.0%)
25	<b>GIERS Michał</b>	<b>1900</b>		M30	30			01:52:31	02:57:25	04:30:43	04:35:20	05:12:00	<b>05:13:37.05</b>	<b>05:13:50.85</b>	+00:01:28 (-244,988.4%)	7:06	8.4 (95.5%)
26	<b>SENDOR Piotr</b>	<b>1890</b>		M40	9			01:31:15	02:24:56	03:45:18	03:50:01	04:28:35	<b>04:30:36.90</b>	<b>04:30:40.60</b>	+00:01:34 (-239,413.3%)	6:08	9.8 (111.4%)
27	<b>PASIK Tomasz</b>	<b>1922</b>	WOLSZTYŃSKI KLUB BIEGOWY	M40	2	MP	Wolsztyński Klub Biegowy	01:22:20	02:11:21	03:22:41	03:27:25	03:56:57	<b>03:58:54.65</b>	<b>03:58:57.75</b>	+00:01:35 (-239,244.5%)	5:25	11.1 (126.1%)
28	<b>SKUPIEŃ Tomasz</b>	<b>1510</b>		M30	4	MP	SKL Sucha Beskidzka		02:01:24	03:10:06	03:14:50	03:44:21	<b>03:46:08.40</b>	<b>03:46:10.30</b>	+00:01:35 (-239,118.0%)	5:07	11.7 (133.0%)
29	<b>SELKE Radosław</b>	<b>1910</b>	MORT!	M30	13	MP	UKS MTE Milanówek	01:30:37	02:28:19	03:55:22	04:00:08	04:36:10	<b>04:37:43.90</b>	<b>04:37:47.30</b>	+00:01:36 (-237,694.1%)	6:17	9.5 (108.0%)
30	<b>OCHREMIAK Michał</b>	<b>1582</b>	MOKOBIEGACZE	M30	142			02:44:58	04:31:36	07:20:19	07:25:05		<b>08:38:48.50</b>	<b>08:39:29.75</b>	+00:01:37 (-237,486.1%)	11:45	5.1 (58.0%)
31	<b>CHMIELOWIEC Daniel</b>	<b>2078</b>	GORLICKA GRUPA BIEGOWA	M30	15			01:32:15	02:31:21	04:00:30	04:05:17	04:44:14	<b>04:46:18.75</b>	<b>04:46:26.85</b>	+00:01:38 (-236,823.1%)	6:29	9.2 (104.5%)
32	<b>ZAPAŁA Piotr</b>	<b>1933</b>	DREAMRUN	M30	36			01:52:15	02:59:38	04:36:42	04:41:29	05:19:39	<b>05:21:23.20</b>	<b>05:22:04.45</b>	+00:01:38 (-236,575.4%)	7:17	8.2 (93.2%)
33	<b>ŚWIRGOŃ Adam</b>	<b>2108</b>	TRENERBIEGANIA.PL	M20	5	MP	AZS UMCS Lublin	01:24:21	02:15:56	03:34:42	03:39:30	04:09:21	<b>04:10:54.50</b>	<b>04:10:56.65</b>	+00:01:39 (-235,589.7%)	5:41	10.5 (119.3%)
34	<b>RUTKOWSKI Dawid</b>	<b>2035</b>	GRIZZLYTEAM/140MINUT.PL	M40	8			01:31:09	02:25:27	03:48:02	03:52:51	04:25:54	<b>04:27:39.45</b>	<b>04:27:42.15</b>	+00:01:40 (-234,409.7%)	6:04	9.9 (112.5%)
35	<b>KANSY Sebastian</b>	<b>2001</b>		M30	10			01:28:31	02:22:18	03:43:49	03:48:40	04:21:00	<b>04:22:42.70</b>	<b>04:22:53.95</b>	+00:01:41 (-233,844.2%)	5:57	10.1 (114.8%)
36	<b>GAŁDYN Kamil</b>	<b>1897</b>	GORAŃY POTOK / SALMING	M20	7			01:28:15	02:20:54	03:38:07	03:43:00	04:13:15	<b>04:14:44.40</b>	<b>04:14:48.50</b>	+00:01:44 (-231,846.7%)	5:46	10.4 (118.2%)
37	<b>KUSIAK Maciej</b>	<b>2090</b>		M20	10			01:46:57	02:49:48	04:22:09	04:27:02	05:02:40	<b>05:04:18.25</b>	<b>05:04:25.50</b>	+00:01:44 (-231,609.3%)	6:54	8.7 (98.9%)
38	<b>BOSAKIEWICZ Tomasz</b>	<b>1761</b>		M40	14			01:45:33	02:46:49	04:17:03	04:21:57	04:57:46	<b>04:59:22.05</b>	<b>04:59:26.90</b>	+00:01:44 (-231,333.0%)	6:47	8.8 (100%)
39	<b>ŚLIWKA Paweł</b>	<b>1704</b>	RUNPROGRESS	M30	7	MP	MKS Brenna Górki	01:26:37	02:18:39	03:36:03	03:40:58	04:13:51	<b>04:15:33.30</b>	<b>04:15:36.90</b>	+00:01:46 (-229,766.3%)	5:47	10.4 (118.2%)
40	<b>TRZASKA Wojciech</b>	<b>1559</b>	FUCHS OIL TEAM	M20	9			01:39:07	02:35:17	04:02:33	04:07:29	04:41:48	<b>04:43:12.35</b>	<b>04:43:32.90</b>	+00:01:47 (-229,610.8%)	6:25	9.3 (105.7%)
41	<b>WLAŻŁOWSKI Radosław</b>	<b>2053</b>		M40	72			02:09:54	03:28:43	05:23:51	05:28:48	06:13:07	<b>06:15:13.10</b>	<b>06:15:53.00</b>	+00:01:48 (-228,720.8%)	8:30	7.1 (80.7%)
42	<b>GUTRAL Magdalena</b>	<b>1726</b>	WKB MARATOŃCZYK WŁOCLAWEK	K40	2			01:44:39	02:52:42	04:30:54	04:35:53	05:15:31	<b>05:17:08.10</b>	<b>05:17:17.95</b>	+00:01:49 (-227,608.3%)	7:11	8.3 (94.3%)
43	<b>PILARSKI Tomasz</b>	<b>2130</b>	MKS SZERSZEŃ BOGATYNIA	M40	7	MP	MKS Szerszeń Bogatynia	01:31:51	02:23:27	03:40:55	03:45:55	04:19:26	<b>04:21:05.35</b>	<b>04:21:11.10</b>	+00:01:50 (-226,809.5%)	5:55	10.1 (114.8%)
44	<b>DOMBROWSKI Maciej</b>	<b>1519</b>	ON RUNNING	M30	9	MP	KKB MOSIR Krosno	01:21:06	02:13:13	03:36:26	03:41:28	04:17:21	<b>04:19:09.50</b>	<b>04:19:12.60</b>	+00:01:53 (-224,669.2%)	5:52	10.2 (115.9%)
45	<b>KACZMAREK Tomasz</b>	<b>1984</b>	NIEPOŁOMICE BIEGAJĄ	M40	17			01:39:27	02:38:58	04:11:40	04:16:43	05:00:07	<b>05:02:01.65</b>	<b>05:02:09.30</b>	+00:01:53 (-224,446.2%)	6:50	8.8 (100%)
46	<b>OREŻIAK Tomasz</b>	<b>1826</b>		M20	15			01:40:05	02:49:09	04:27:58	04:33:01	05:11:26	<b>05:13:01.90</b>	<b>05:13:08.25</b>	+00:01:54 (-223,816.9%)	7:05	8.5 (96.6%)
47	<b>BULENDA Bartosz</b>	<b>1588</b>	PIŹDZICA	M20	17			01:46:05	02:50:20	04:28:40	04:33:44	05:12:41	<b>05:14:32.90</b>	<b>05:14:49.10</b>	+00:01:56 (-222,751.5%)	7:07	8.4 (95.5%)
48	<b>CZAJKOWSKI Adam</b>	<b>1965</b>	BLACK HAT TEAM	M50	22			02:08:14	03:37:57	05:46:28	05:51:33	06:38:30	<b>06:40:27.00</b>	<b>06:40:39.35</b>	+00:01:56 (-222,313.6%)	9:04	6.6 (75.0%)
49	<b>KWIATKOWSKA Kinga</b>	<b>2017</b>	HOKA GARMIN TEAM	K30	5	MP	SBG Salco Niepołomice	01:40:15	02:35:42	03:58:10	04:03:16	04:36:32	<b>04:38:09.70</b>	<b>04:38:13.75</b>	+00:01:57 (-221,986.3%)	6:18	9.5 (108.0%)
50	<b>BADOWSKI Aleksander</b>	<b>1968</b>	AW - SZYBCIEJ - TEAM	M30	8	MP	MKS Polonia Warszawa	01:26:56	02:19:02	03:35:56	03:41:03	04:16:49	<b>04:18:55.35</b>	<b>04:18:58.45</b>	+00:01:58 (-221,190.3%)	5:52	10.2 (115.9%)
51	<b>WOCHNIK Marek</b>	<b>1728</b>	RAPID RUNNERS TEAM	M40	166			02:30:40	04:11:01	06:50:22	06:55:32		<b>07:54:57.15</b>	<b>07:55:27.70</b>	+00:02:01 (-218,942.1%)	10:46	5.6 (63.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa Polski	Drużyna	Schronisko Bacówka na Przehybie					Czas netto 44.1km	Czas brutto 44.1km	Różn	Tempo min/km	Tempo km/h
								na 14.7km	na 24.4km	Premia1 37.2km	Premia2 37.7km	43.6km					
52	<b>NIEDŹWIADEK Kamil</b>	<b>1522</b>	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	<b>04:34:30.80</b>	<b>04:34:35.00</b>	+00:02:06 (-215,637.0%)	6:13	9.6 (109.1%)
53	<b>MUCOWSKI Jaromir</b>	<b>1935</b>	EMERYCI I RENCISCI	M40	58			02:00:48	03:18:05	05:10:50	05:16:07	05:59:18	<b>06:01:27.10</b>	<b>06:01:55.50</b>	+00:02:08 (-214,376.6%)	8:11	7.3 (83.0%)
54	<b>IWANEK Przemyslaw</b>	<b>1926</b>	PLANYBIEGOWE.PL / BLACK HAT TEAM	M30	68			01:55:34	03:09:09	05:07:57	05:13:14	05:57:43	<b>05:59:33.45</b>	<b>05:59:59.40</b>	+00:02:08 (-214,106.0%)	8:09	7.4 (84.1%)
55	<b>BIAŁOBLÓCKA Alicja</b>	<b>2042</b>		K30	6			01:41:24	02:41:26	04:06:58	04:12:17	04:47:29	<b>04:49:09.90</b>	<b>04:49:15.05</b>	+00:02:10 (-212,596.5%)	6:33	9.2 (104.5%)
56	<b>MALSKI Tomasz</b>	<b>1947</b>	WOLSKI KOLEKTYW BIEGOWY	M30	25			01:50:11	02:54:35	04:24:54	04:30:14	05:05:53	<b>05:07:40.40</b>	<b>05:07:50.85</b>	+00:02:11 (-212,098.1%)	6:58	8.6 (97.7%)
57	<b>WIĘCŁAW Paweł</b>	<b>1840</b>	WOLSKI KOLEKTYW BIEGOWY	M30	24			01:54:37	02:56:19	04:24:53	04:30:14	05:05:52	<b>05:07:40.25</b>	<b>05:07:50.60</b>	+00:02:11 (-211,932.5%)	6:58	8.6 (97.7%)
58	<b>STANKIEWICZ Tomasz</b>	<b>1612</b>	PLANYBIEGOWE.PL	M30	14	MP	KL Ziemia Kłodzka	01:35:31	02:31:10	03:59:35	04:04:58	04:42:48	<b>04:44:45.75</b>	<b>04:44:50.75</b>	+00:02:14 (-210,095.0%)	6:27	9.3 (105.7%)
59	<b>PAPIERZ Marta</b>	<b>1592</b>		K20	2			01:48:26	02:50:00	04:20:00	04:25:23	05:02:41	<b>05:04:29.75</b>	<b>05:04:38.25</b>	+00:02:14 (-210,062.5%)	6:54	8.7 (98.9%)
60	<b>ŻAK Adam</b>	<b>1956</b>	KB LUPUS OLEŚNICA	M40	16			01:44:37	02:48:46	04:17:35	04:22:59	05:00:11	<b>05:01:51.40</b>	<b>05:02:02.65</b>	+00:02:14 (-209,867.5%)	6:50	8.8 (100%)
61	<b>GRABSKI Michał</b>	<b>1908</b>	KOMBO KURCZAKI	M30	49			01:53:40	03:05:21	04:50:40	04:56:05	05:40:00	<b>05:41:57.85</b>	<b>05:42:06.65</b>	+00:02:16 (-209,059.2%)	7:45	7.7 (87.5%)
62	<b>PASTUSZAK Justyna</b>	<b>2096</b>		K30	8			01:46:36	02:49:56	04:27:35	04:33:01	05:10:09	<b>05:12:07.40</b>	<b>05:12:27.25</b>	+00:02:16 (-208,705.5%)	7:04	8.5 (96.6%)
63	<b>KORPAK Piotr</b>	<b>1821</b>		M30	114			01:59:42	03:22:43	06:00:32	06:05:59		<b>07:27:41.95</b>	<b>07:27:49.20</b>	+00:02:18 (-207,651.6%)	10:09	5.9 (67.0%)
64	<b>WIERZCHOWIAK Karolina</b>	<b>1506</b>	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	<b>05:05:48.75</b>	<b>05:05:52.25</b>	+00:02:18 (-207,556.3%)	6:56	8.7 (98.9%)
65	<b>PARWA Michał</b>	<b>1683</b>	MAGAZYN NA SZCZYCIE	M30	38			01:51:52	03:01:35	04:41:35	04:47:03	05:25:41	<b>05:27:33.60</b>	<b>05:27:42.60</b>	+00:02:18 (-207,302.7%)	7:25	8.1 (92.0%)
66	<b>MARCZAK Krzysztof</b>	<b>1852</b>	STARE BABICE BIEGAJĄ	M20	18			01:59:35	03:13:00	05:12:39	05:18:08	06:00:38	<b>06:02:29.65</b>	<b>06:02:36.90</b>	+00:02:20 (-206,388.3%)	8:13	7.3 (83.0%)
67	<b>KOLASA Przemyslaw</b>	<b>2157</b>		M30	32			01:44:11	02:48:43	04:30:29	04:36:01	05:14:33	<b>05:16:28.95</b>	<b>05:16:37.45</b>	+00:02:22 (-204,954.3%)	7:10	8.4 (95.5%)
68	<b>FRANUSIAK Marek</b>	<b>1909</b>		M30	28			01:54:13	02:57:34	04:27:01	04:32:32	05:09:18	<b>05:10:55.60</b>	<b>05:11:09.40</b>	+00:02:22 (-204,799.7%)	7:03	8.5 (96.6%)
69	<b>KOWALCZYK Mateusz</b>	<b>2101</b>	MINUTKA TRAIL / PRZEWORSKA GRUPA BIEGOWA	M30	80			01:56:49	03:18:36	05:24:02	05:29:33	06:12:20	<b>06:16:15.85</b>	<b>06:16:20.50</b>	+00:02:23 (-204,676.1%)	8:31	7 (79.5%)
70	<b>KOWALSKI Jakub</b>	<b>1647</b>	TEAM ZABIEGANEDNI	M20	22			02:10:25	03:35:46	05:41:52	05:47:24	06:41:04	<b>06:43:35.00</b>	<b>06:44:16.40</b>	+00:02:23 (-204,676.1%)	9:09	6.6 (75.0%)
71	<b>PAROL Rafal</b>	<b>1877</b>	ADIDAS RUNNERS	M40	10			01:29:11	02:24:59	03:49:29	03:55:01	04:34:26	<b>04:36:08.45</b>	<b>04:36:12.95</b>	+00:02:23 (-204,645.3%)	6:15	9.6 (109.1%)
72	<b>OSTROWSKI Sławomir</b>	<b>1694</b>	BIEGAJĄCY ŚWIDNIK	M50	39			02:30:23	04:17:22	06:41:27	06:46:59		<b>07:48:43.10</b>	<b>07:48:49.95</b>	+00:02:23 (-204,521.9%)	10:37	5.6 (63.6%)
73	<b>KRZEMIŃSKI Marcin</b>	<b>2010</b>	SPRINT GORZYCE	M40	21			01:49:38	02:55:11	04:32:17	04:37:50	05:17:06	<b>05:19:20.30</b>	<b>05:20:02.15</b>	+00:02:23 (-204,152.6%)	7:14	8.3 (94.3%)
74	<b>JANUSZ Jakub</b>	<b>1938</b>		M30	20			01:44:39	02:48:02	04:14:34	04:20:06	04:54:48	<b>04:56:43.65</b>	<b>04:56:49.70</b>	+00:02:24 (-203,968.5%)	6:43	8.9 (101.1%)
75	<b>WRÓBEL Barbara</b>	<b>1695</b>	BIEGAJĄCY ŚWIDNIK	K40	55			02:30:22	04:17:21	06:41:27	06:47:00		<b>07:48:42.70</b>	<b>07:48:49.65</b>	+00:02:24 (-203,968.5%)	10:37	5.6 (63.6%)
76	<b>FEDOREK Dawid</b>	<b>2028</b>		M30	84			02:10:33	03:32:16	05:34:10	05:39:43	06:19:38	<b>06:21:37.45</b>	<b>06:22:07.50</b>	+00:02:24 (-203,631.8%)	8:39	6.9 (78.4%)
77	<b>TURCHAN Łukasz</b>	<b>1667</b>		M30	29			01:51:00	02:55:40	04:29:57	04:35:31	05:11:26	<b>05:13:05.10</b>	<b>05:13:19.10</b>	+00:02:25 (-203,235.3%)	7:05	8.5 (96.6%)
78	<b>MOŹEJKO Artur</b>	<b>1959</b>	NIEPOŁOMICIE BIEGAJĄ	M30	23			01:44:39	02:48:38	04:21:24	04:26:58	05:04:01	<b>05:05:55.85</b>	<b>05:06:13.35</b>	+00:02:25 (-203,083.2%)	6:56	8.6 (97.7%)
79	<b>MILEWSKI Dominik</b>	<b>1516</b>	RYKOWISKO TEAM	M20	6	MP	TKKF Płock	01:18:37	02:08:16	03:31:44	03:37:19	04:10:11	<b>04:12:14.45</b>	<b>04:12:17.20</b>	+00:02:25 (-202,901.0%)	5:43	10.5 (119.3%)
80	<b>TOKARSKI Szymon</b>	<b>2151</b>		M30	42			01:40:23	02:47:47	04:35:29	04:41:04	05:28:28	<b>05:30:28.05</b>	<b>05:30:36.55</b>	+00:02:26 (-202,628.4%)	7:29	8 (90.9%)
81	<b>WIECZERZAK Magdalena</b>	<b>1551</b>	ZABIEGANI MIELEC / MAGDY RULEZ	K30	11			01:54:12	03:06:49	04:45:59	04:51:35	05:32:46	<b>05:34:33.70</b>	<b>05:34:39.90</b>	+00:02:26 (-202,447.0%)	7:35	7.9 (89.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa Polski	Drużyna	Schronisko Bacówka					Czas		Tempo min/km	Tempo km/h	
								na Przehybie 14.7km	na Obidzy 24.4km	Premia1 37.2km	Premia2 37.7km	43.6km	netto 44.1km	brutto 44.1km			Różn
82	URACZ Beata	1841	BARTOSZ GORCZYCA TEAM	K40	3			01:46:17	02:52:53	04:30:41	04:36:16	05:18:25	<b>05:20:30.85</b>	<b>05:20:43.70</b>	+00:02:27 (-202,115.3%)	7:16	8.3 (94.3%)
83	ŁUKASIEWICZ Ewa	1642	140MINUT	K50	1			01:49:10	02:56:01	04:27:28	04:33:05	05:11:43	<b>05:13:36.10</b>	<b>05:13:41.35</b>	+00:02:27 (-201,724.7%)	7:06	8.4 (95.5%)
84	LEWANDOWSKA Milena	1669	GO APTIV	K20	4			01:56:57	03:08:26	04:58:59	05:04:38	05:46:52	<b>05:48:43.00</b>	<b>05:49:09.85</b>	+00:02:30 (-200,088.7%)	7:54	7.6 (86.4%)
85	RATAJEWICZ Maciek	1800	SKPB WARSZAWA	M40	63			02:02:50	03:17:14	05:11:26	05:17:07	06:05:38	<b>06:07:36.35</b>	<b>06:08:04.85</b>	+00:02:32 (-199,032.1%)	8:20	7.2 (81.8%)
86	KASICA Arkadiusz	1584	MIĘDZYRZECKIE GAZELE	M40	29			01:49:48	02:57:19	04:41:54	04:47:35	05:29:17	<b>05:30:56.65</b>	<b>05:31:26.75</b>	+00:02:32 (-198,798.8%)	7:30	8 (90.9%)
87	KOZIEŁ Tadeusz	1570	SZCZĘŚCIARZ BIEGA	M30	138			02:27:54	04:10:06	07:13:04	07:18:46		<b>08:31:44.55</b>	<b>08:32:39.25</b>	+00:02:33 (-198,624.2%)	11:36	5.2 (59.1%)
88	ZOŃ Arkadiusz	1936		M30	19			01:44:42	02:47:57	04:14:22	04:20:05	04:54:35	<b>04:56:44.15</b>	<b>04:56:49.60</b>	+00:02:34 (-198,015.5%)	6:43	8.9 (101.1%)
89	LIŚKIEWICZ Hubert	2048	MY ENDURANCE COACHING	M20	13			01:46:26	02:49:27	04:24:42	04:30:28	05:08:30	<b>05:10:02.45</b>	<b>05:10:31.35</b>	+00:02:37 (-196,268.4%)	7:01	8.5 (96.6%)
90	GAWRON Przemysław	1655	SŁOŃCA JURY	M40	20			01:41:15	02:48:13	04:21:49	04:27:36	05:10:16	<b>05:12:03.45</b>	<b>05:12:07.65</b>	+00:02:38 (-195,786.9%)	7:04	8.5 (96.6%)
91	WÓJCIK Łukasz	1672	SZYBCIEJ NIE DAM RADY	M30	34			01:45:52	02:50:01	04:27:00	04:32:47	05:15:47	<b>05:17:46.15</b>	<b>05:18:16.10</b>	+00:02:38 (-195,730.4%)	7:12	8.3 (94.3%)
92	PERKOWSKI Piotr	2069	MONK SANDALS TEAM	M40	23			01:42:05	02:50:40	04:33:12	04:39:00	05:21:25	<b>05:23:28.55</b>	<b>05:23:34.30</b>	+00:02:38 (-195,504.8%)	7:20	8.2 (93.2%)
93	KSIĄŻEK Ilona	1792	ULTRA RAKIETA	K30	13			02:02:15	03:14:36	04:58:15	05:04:02	05:46:19	<b>05:48:17.15</b>	<b>05:48:27.55</b>	+00:02:38 (-195,448.5%)	7:53	7.6 (86.4%)
94	MAJ Marek	2064		M30	67			01:58:08	03:14:37	05:10:45	05:16:33	05:57:15	<b>05:59:08.15</b>	<b>05:59:50.15</b>	+00:02:39 (-195,139.3%)	8:08	7.4 (84.1%)
95	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	<b>05:01:34.10</b>	<b>05:01:39.75</b>	+00:02:40 (-194,356.7%)	6:50	8.8 (100%)
96	JAREMA Maciej	1843	LOKOMOTIV MAJDAN	M40	34			01:47:52	02:53:58	04:44:30	04:50:20	05:35:52	<b>05:38:11.90</b>	<b>05:38:35.55</b>	+00:02:41 (-194,106.5%)	7:40	7.8 (88.6%)
97	DYDEK Kamil	1896	ALBO GRUBO ALBO WCALE	M30	50			01:46:28	02:54:32	04:51:41	04:57:31	05:41:19	<b>05:43:25.85</b>	<b>05:43:38.85</b>	+00:02:41 (-194,078.7%)	7:47	7.7 (87.5%)
98	STASZELIS Krzysztof	2084	POCO LOCO ADVENTURE	M30	27			01:41:19	02:45:12	04:24:44	04:30:34	05:09:02	<b>05:10:41.75</b>	<b>05:10:46.10</b>	+00:02:41 (-194,023.2%)	7:02	8.5 (96.6%)
99	BEDNARZ Jakub	1961		M40	12			01:38:21	02:36:16	04:05:16	04:11:07	04:50:25	<b>04:52:26.95</b>	<b>04:52:32.15</b>	+00:02:42 (-193,552.7%)	6:37	9 (102.3%)
100	UBYCH Mariusz	1712	FIZJO PLUS ACTIVE	M30	57			01:54:06	03:07:31	05:01:09	05:07:00	05:51:16	<b>05:53:30.30</b>	<b>05:53:48.80</b>	+00:02:42 (-193,552.7%)	8:00	7.5 (85.2%)
101	AMBICKI Miłosz	1794	---	M30	104			02:20:21	03:55:14	06:12:03	06:17:54	07:02:22	<b>07:04:25.50</b>	<b>07:05:12.00</b>	+00:02:42 (-193,332.1%)	9:37	6.2 (70.5%)
102	LACHOR Krzysztof	2047	RUNNING TEAM NASTOPY.PL	M20	16			01:42:51	02:48:20	04:25:56	04:31:47	05:12:59	<b>05:14:39.35</b>	<b>05:14:47.25</b>	+00:02:42 (-193,084.5%)	7:08	8.4 (95.5%)
103	PODSTAWSKA Renata	2008		K40	39			02:25:47	04:16:06	06:28:46	06:34:39		<b>07:26:58.65</b>	<b>07:27:11.75</b>	+00:02:44 (-192,454.6%)	10:08	5.9 (67.0%)
104	REIMUS Maciej	2159	AKTYWNI KOCIEWIACY	M40	48			01:54:36	03:11:49	04:59:48	05:05:41	05:50:09	<b>05:51:57.85</b>	<b>05:52:05.75</b>	+00:02:44 (-192,318.2%)	7:58	7.5 (85.2%)
105	FABISIAK Andrzej	1966	STANWEX II	M50	10			01:56:45	03:15:58	05:10:36	05:16:30	06:03:22	<b>06:05:19.55</b>	<b>06:06:03.55</b>	+00:02:45 (-191,503.9%)	8:17	7.2 (81.8%)
106	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	<b>04:49:05.75</b>	<b>04:49:10.05</b>	+00:02:45 (-191,422.8%)	6:33	9.2 (104.5%)
107	ZIELIŃSKA Malwina	2025	ZA LINIĄ METY	K20	3			01:54:44	03:03:20	04:44:31	04:50:26	05:30:18	<b>05:32:09.10</b>	<b>05:32:20.05</b>	+00:02:46 (-191,260.9%)	7:31	8 (90.9%)
108	WRÓBEL Krzysztof	1724	BIEGAJĄCY ŚWIDNIK	M40	55			01:48:01	03:03:23	05:05:28	05:11:23	05:57:40	<b>05:59:53.45</b>	<b>05:59:59.80</b>	+00:02:46 (-191,207.0%)	8:09	7.4 (84.1%)
109	KNUTELSKI Błażej	2131	PODHALAŃSKIE DZIKI	M20	8			01:25:13	02:16:11	03:47:22	03:53:19	04:35:21	<b>04:37:11.95</b>	<b>04:37:15.70</b>	+00:02:48 (-190,241.9%)	6:17	9.5 (108.0%)
110	POSTUPALSKI Michał	1980	RUNPASSION.PL TEAM	M40	46			02:01:07	03:11:54	04:59:14	05:05:11	05:46:43	<b>05:49:17.80</b>	<b>05:49:40.10</b>	+00:02:48 (-190,161.9%)	7:55	7.6 (86.4%)
111	BIERNAT Mateusz	1736		M30	52			01:58:52	03:12:03	05:00:12	05:06:09	05:46:36	<b>05:48:28.55</b>	<b>05:48:54.35</b>	+00:02:48 (-190,135.3%)	7:54	7.6 (86.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa Polski	Drużyna	Schronisko			Bacówka			Czas netto	Czas brutto	Tempo min/km	Tempo km/h
								na Przehybie 14.7km	na Obidzy 24.4km	Premia1 37.2km	Premia2 37.7km	43.6km	44.1km				
112	STAŃCZAK Łukasz	1892	NAPRZÓD MŁOCINY	M30	46			01:47:59	02:55:54	04:46:15	04:52:13	05:36:00	<b>05:37:57.55</b>	<b>05:38:06.85</b>	+00:02:48 (-189,895.8%)	7:39	7.8 (88.6%)
113	BRZUSKA Lesław	1623		M40	52			01:52:51	03:08:54	05:09:40	05:15:38	05:55:15	<b>05:57:23.75</b>	<b>05:57:30.50</b>	+00:02:49 (-189,656.9%)	8:06	7.4 (84.1%)
114	SZCZEPAŃSKI Jakub	1920		M50	8			02:02:50	03:16:06	05:06:34	05:12:33	05:58:47	<b>06:01:01.75</b>	<b>06:01:16.05</b>	+00:02:50 (-188,996.5%)	8:11	7.3 (83.0%)
115	DUCH Rafał	1719		M30	70			02:00:59	03:16:36	05:09:30	05:15:29	05:58:26	<b>06:00:08.95</b>	<b>06:00:31.85</b>	+00:02:51 (-188,654.9%)	8:09	7.3 (83.0%)
116	DAUKSZO Maciej	1530		M20	12			01:40:55	02:47:54	04:24:08	04:30:08	05:08:16	<b>05:09:48.30</b>	<b>05:09:52.40</b>	+00:02:51 (-188,576.2%)	7:01	8.5 (96.6%)
117	DITTMAR Bartosz	1875		M30	63			02:01:10	03:15:03	05:04:32	05:10:32	05:54:32	<b>05:56:43.70</b>	<b>05:56:58.95</b>	+00:02:51 (-188,497.6%)	8:05	7.4 (84.1%)
118	CZERNECKI Jacek	1987	CARBON SILESIA SPORT	M30	79			01:53:56	03:10:03	05:21:24	05:27:24	06:13:21	<b>06:15:29.70</b>	<b>06:15:57.80</b>	+00:02:51 (-188,366.8%)	8:30	7 (79.5%)
119	TUNDAK Zuzanna	1725	SZTYWNE KULASY	K30	18			02:07:25	03:27:13	05:28:37	05:34:37	06:22:45	<b>06:24:59.25</b>	<b>06:24:59.25</b>	+00:02:51 (-188,366.8%)	8:43	6.9 (78.4%)
120	NIERADA Marcin	2044		M40	26			01:45:29	02:49:23	04:35:31	04:41:32	05:25:00	<b>05:26:50.25</b>	<b>05:27:33.40</b>	+00:02:52 (-188,131.7%)	7:24	8.1 (92.0%)
121	WOCHOWSKI Tomasz	1718		M40	38			01:54:21	03:01:16	04:56:45	05:02:46	05:43:36	<b>05:45:12.35</b>	<b>05:45:33.10</b>	+00:02:52 (-188,079.6%)	7:49	7.7 (87.5%)
122	BOROWCZYK Jacek	2020	ANTEK TEAM	M50	1			01:48:46	02:53:42	04:30:25	04:36:26	05:16:20	<b>05:18:10.65</b>	<b>05:18:21.05</b>	+00:02:52 (-188,001.4%)	7:12	8.3 (94.3%)
123	SURANSKY Tomasz	2104		M50	41			02:29:48	04:16:34	06:53:43	06:59:45		<b>07:58:10.30</b>	<b>07:58:58.05</b>	+00:02:52 (-187,949.3%)	10:50	5.5 (62.5%)
124	SZKODZIAK Mateusz	1862		M30	56			01:48:23	03:01:51	05:01:44	05:07:46	05:50:55	<b>05:53:00.15</b>	<b>05:53:00.15</b>	+00:02:53 (-187,663.3%)	8:00	7.5 (85.2%)
125	PIOTROWIAK Tomasz	1887	ENTOPI.PL	M30	120			02:16:25	03:57:29	06:31:05	06:37:07		<b>07:36:28.70</b>	<b>07:37:22.60</b>	+00:02:53 (-187,637.4%)	10:21	5.8 (65.9%)
126	GONDOR Jarosław	1772	UKS LIDER	M40	41			01:54:10	03:05:54	04:57:16	05:03:18	05:44:50	<b>05:46:28.45</b>	<b>05:46:44.60</b>	+00:02:53 (-187,455.9%)	7:51	7.6 (86.4%)
127	BODZIOCH Grzegorz	1621	GORLICKA GRUPA BIEGOWA	M50	14			02:09:17	03:28:51	05:31:47	05:37:49	06:24:14	<b>06:26:29.85</b>	<b>06:26:38.40</b>	+00:02:53 (-187,326.5%)	8:45	6.8 (77.3%)
128	STOJAK Ireneusz	1529		M40	35			01:47:57	02:54:48	04:37:35	04:43:38	05:35:33	<b>05:37:50.60</b>	<b>05:38:51.15</b>	+00:02:54 (-187,042.5%)	7:39	7.8 (88.6%)
129	WRUK Remigiusz	1954		M50	35			01:59:39	03:46:57	06:34:32	06:40:35		<b>07:35:06.65</b>	<b>07:35:06.65</b>	+00:02:54 (-186,965.1%)	10:19	5.8 (65.9%)
130	ANDRZEJEWSKI Łukasz	1786	FTI RACE TEAM	M40	45			01:55:42	03:08:36	04:56:31	05:02:35	05:45:54	<b>05:47:51.30</b>	<b>05:48:10.20</b>	+00:02:54 (-186,785.0%)	7:53	7.6 (86.4%)
131	MITAN Kamil	1825		M30	64			02:01:07	03:13:11	05:05:55	05:11:59	05:54:33	<b>05:56:38.85</b>	<b>05:57:13.35</b>	+00:02:55 (-186,476.9%)	8:05	7.4 (84.1%)
132	ZASŁONKA Paweł	1571		M30	139			02:28:10	04:10:16	07:12:58	07:19:02		<b>08:31:44.70</b>	<b>08:32:39.30</b>	+00:02:55 (-186,348.9%)	11:36	5.2 (59.1%)
133	GACEK Michał	1759		M40	39			01:52:31	03:03:00	04:54:26	05:00:30	05:43:38	<b>05:46:01.25</b>	<b>05:46:12.35</b>	+00:02:55 (-186,297.7%)	7:50	7.6 (86.4%)
134	LEŚKÓW Joanna	1981	SCI GÓRSCY ENTUZJAŚCI	K30	12			01:54:41	03:06:41	04:47:16	04:53:21	05:36:33	<b>05:38:42.60</b>	<b>05:39:08.90</b>	+00:02:56 (-186,093.3%)	7:40	7.8 (88.6%)
135	OBERWAN Marek	2029	PANFOTOGRAF.EU	M40	19			01:44:09	02:47:48	04:23:52	04:29:57	05:09:10	<b>05:10:47.15</b>	<b>05:11:03.45</b>	+00:02:56 (-185,762.1%)	7:02	8.5 (96.6%)
136	MARCINIAK Maciej	1996		M50	19			02:08:31	03:33:41	05:36:37	05:42:43	06:31:26	<b>06:33:42.10</b>	<b>06:34:10.80</b>	+00:02:57 (-185,584.2%)	8:55	6.7 (76.1%)
137	PAWLIKOWSKI Michał	2037		M30	18			01:25:14	02:15:35	03:48:24	03:54:30	04:51:03	<b>04:53:24.50</b>	<b>04:53:27.85</b>	+00:02:57 (-185,482.7%)	6:39	9 (102.3%)
138	BRUŚ Marcin	1603	SASKA	M40	32			01:49:46	03:03:23	04:48:03	04:54:10	05:34:24	<b>05:36:29.15</b>	<b>05:36:35.80</b>	+00:02:57 (-185,406.7%)	7:37	7.9 (89.8%)
139	KUREK Tomasz	1998	OPALENICKI KLUB BIEGACZA	M40	95			02:11:00	03:33:43	05:36:37	05:42:44	06:31:28	<b>06:33:43.40</b>	<b>06:34:11.85</b>	+00:02:58 (-184,926.6%)	8:55	6.7 (76.1%)
140	TKACZYK Michał	2121	OBSTACLE CENTER TEAM	M20	21			02:01:11	03:23:07	05:27:31	05:33:38	06:22:37	<b>06:24:39.10</b>	<b>06:24:53.60</b>	+00:02:58 (-184,851.0%)	8:43	6.9 (78.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa Polski	Drużyna	Schronisko Bacówka na Przehybie					Czas netto 44.1km	Czas brutto 44.1km	Tempo min/km	Tempo km/h	
								na 14.7km	na 24.4km	Premia1 37.2km	Premia2 37.7km	43.6km					Różn
141	KRAWCZYK Dariusz	1742		M40	30			01:47:19	02:56:57	04:41:50	04:47:57	05:30:21	<b>05:32:03.05</b>	<b>05:32:15.70</b>	+00:02:58 (-184,825.8%)	7:31	8 (90.9%)
142	TOPORKIEWICZ Anna	1973		K40	1			01:44:19	02:47:48	04:24:03	04:30:10	05:09:03	<b>05:10:48.25</b>	<b>05:10:54.30</b>	+00:02:58 (-184,725.1%)	7:02	8.5 (96.6%)
143	GOCZAŁ Mateusz	1648	HOLICLINIC	M30	37			01:46:46	02:53:08	04:36:00	04:42:08	05:25:10	<b>05:27:08.05</b>	<b>05:27:27.05</b>	+00:02:58 (-184,725.1%)	7:25	8.1 (92.0%)
144	POSADOWSKI Szymon	1544	AW SZYBCIEJ TEAM	M30	40			01:51:03	02:58:34	04:40:42	04:46:49	05:28:00	<b>05:29:51.45</b>	<b>05:29:56.90</b>	+00:02:58 (-184,725.1%)	7:28	8 (90.9%)
145	BASTER Krzysztof	1634	MATNER RUNNING TEAM	M50	29			02:26:19	03:55:29	06:10:55	06:17:02		<b>07:10:49.70</b>	<b>07:11:11.05</b>	+00:02:58 (-184,700.0%)	9:46	6.1 (69.3%)
146	SWOBODA Sebastian	1982	TRAIL IS OUR WAY	M30	31			01:44:30	02:49:23	04:26:21	04:32:29	05:13:40	<b>05:15:28.05</b>	<b>05:15:33.85</b>	+00:02:59 (-184,624.6%)	7:09	8.4 (95.5%)
147	SZCZUREK Jakub	1929		M30	83			02:03:01	03:19:46	05:25:33	05:31:41	06:16:01	<b>06:18:33.75</b>	<b>06:19:23.55</b>	+00:02:59 (-184,599.5%)	8:35	7 (79.5%)
148	WNEK Marek	1820		M30	41			01:43:50	02:51:05	04:37:30	04:43:38	05:28:00	<b>05:30:00.25</b>	<b>05:30:15.20</b>	+00:02:59 (-184,499.1%)	7:28	8 (90.9%)
149	GIL Maciej	1656	140MINUT	M30	48			01:49:30	02:59:16	04:47:08	04:53:16	05:38:35	<b>05:40:34.05</b>	<b>05:40:52.70</b>	+00:03:00 (-184,123.5%)	7:43	7.8 (88.6%)
150	PAZDAN Piotr	1557		M40	13			01:36:13	02:33:54	04:08:06	04:14:15	04:51:18	<b>04:53:08.10</b>	<b>04:53:12.70</b>	+00:03:00 (-183,849.1%)	6:38	9 (102.3%)
151	ZAMBRZYCKA Ewa	2093		K40	46			02:19:13	04:05:14	06:26:12	06:32:21		<b>07:32:43.05</b>	<b>07:32:54.90</b>	+00:03:00 (-183,724.6%)	10:15	5.8 (65.9%)
152	HOJAN Łukasz	1614	FEHLAU RUN TEAM	M30	60			01:59:07	03:12:24	05:03:34	05:09:44	05:53:32	<b>05:55:38.35</b>	<b>05:55:58.80</b>	+00:03:01 (-183,575.5%)	8:03	7.4 (84.1%)
153	NIEDŹWIEDŹ Tomasz	2004	SOBASTEAM	M40	54			01:53:57	03:08:07	05:06:38	05:12:48	05:56:36	<b>05:59:48.45</b>	<b>05:59:55.40</b>	+00:03:01 (-183,525.8%)	8:09	7.4 (84.1%)
154	BAGSIK Łukasz	2071	QTEAM	M30	58			01:53:05	03:05:51	05:03:40	05:09:50	05:52:16	<b>05:54:13.75</b>	<b>05:54:55.80</b>	+00:03:01 (-183,253.1%)	8:01	7.5 (85.2%)
155	BASHFORD Marcus	1540		M30	54			01:55:57	03:08:13	04:57:45	05:03:56	05:46:44	<b>05:48:36.55</b>	<b>05:49:27.10</b>	+00:03:01 (-183,178.9%)	7:54	7.6 (86.4%)
156	SZMIDT Karol	2089	SZMIDT I SYN	M30	82			01:59:32	03:18:38	05:18:12	05:24:23	06:16:51	<b>06:19:01.00</b>	<b>06:19:07.55</b>	+00:03:01 (-183,178.9%)	8:35	7 (79.5%)
157	ŁASKI Radosław	1575	FOURTRISQUAD	M40	158			02:15:48	04:00:51	06:34:44	06:40:55		<b>07:39:51.45</b>	<b>07:40:33.00</b>	+00:03:02 (-183,006.0%)	10:25	5.8 (65.9%)
158	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	<b>05:32:05.00</b>	<b>05:32:11.10</b>	+00:03:02 (-182,882.6%)	7:31	8 (90.9%)
159	LISAK Tomasz	1985	KS RYGLICE SEKCJA BIEGOWA	M40	65			02:06:14	03:25:33	05:17:17	05:23:28	06:06:57	<b>06:08:48.90</b>	<b>06:09:00.65</b>	+00:03:02 (-182,882.6%)	8:21	7.2 (81.8%)
160	RUSIN Krzysztof	1889		M30	26			01:38:34	02:39:01	04:19:58	04:26:10	05:06:22	<b>05:08:17.80</b>	<b>05:08:23.05</b>	+00:03:02 (-182,759.5%)	6:59	8.6 (97.7%)
161	ŚWIDZIŃSKI Tomasz	1849	LOKOMOTIV MAJDAN	M40	43			01:58:55	03:09:54	04:54:52	05:01:03	05:44:58	<b>05:46:58.05</b>	<b>05:47:21.25</b>	+00:03:02 (-182,685.6%)	7:52	7.6 (86.4%)
162	DUDEK Paweł	2072	RUCH IZBICA	M40	136			02:09:39	03:39:24	06:06:12	06:12:25		<b>07:12:56.80</b>	<b>07:13:31.95</b>	+00:03:04 (-182,072.7%)	9:49	6.1 (69.3%)
163	MLAK Dariusz	2011		M40	106			02:01:35	03:24:32	05:45:01	05:51:14	06:43:28	<b>06:45:40.90</b>	<b>06:45:45.80</b>	+00:03:04 (-181,950.7%)	9:11	6.5 (73.9%)
164	DUDEK Michał	1791		M40	127			02:07:29	03:33:25	06:02:00	06:08:14	06:59:49	<b>07:02:01.80</b>	<b>07:02:25.20</b>	+00:03:05 (-181,512.5%)	9:34	6.3 (71.6%)
165	BUĆKO Marcin	1602	ROMAN STAWIA PIWO	M40	44			01:58:10	03:09:56	04:54:54	05:01:08	05:45:04	<b>05:47:10.85</b>	<b>05:47:28.20</b>	+00:03:05 (-181,391.2%)	7:52	7.6 (86.4%)
166	TOPA Mateusz	2141		M30	65			01:53:43	03:04:25	05:02:38	05:08:52	05:54:47	<b>05:56:50.75</b>	<b>05:57:14.70</b>	+00:03:05 (-181,342.7%)	8:05	7.4 (84.1%)
167	GOŁĘBIEWSKA Oliwia	2099		K20	5			02:01:08	03:16:35	05:10:16	05:16:30	05:59:54	<b>06:01:58.40</b>	<b>06:02:16.60</b>	+00:03:05 (-181,318.5%)	8:12	7.3 (83.0%)
168	SZKLARCZYK Dariusz	1668	MY ENDURANCE COACHING	M30	72			02:01:00	03:16:27	05:09:33	05:15:47	05:58:55	<b>06:00:43.00</b>	<b>06:01:26.20</b>	+00:03:05 (-181,270.0%)	8:10	7.3 (83.0%)
169	MOTYKA Marcin	1735	RAKOŃ WARRIORS	M40	90			02:00:51	03:28:54	05:34:48	05:41:02	06:28:00	<b>06:30:02.95</b>	<b>06:30:29.70</b>	+00:03:06 (-181,173.2%)	8:50	6.8 (77.3%)
170	MOŻEJKO Jadwiga	1960	NIEPOŁOMICIE BIEGAJĄ	K30	40			02:28:48	04:06:06	06:27:36	06:33:52		<b>07:21:19.85</b>	<b>07:22:06.45</b>	+00:03:07 (-180,666.6%)	10:00	6 (68.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa Polski	Drużyna	Schronisko Bączówka					Czas netto 44.1km	Czas brutto 44.1km	Tempo min/km	Tempo km/h	
								na Przehybie 14.7km	na Obidzy 24.4km	Premia1 37.2km	Premia2 37.7km	43.6km					
171	MRÓZ Rafał	2087		M50	5			01:51:20	03:04:35	04:52:36	04:58:52	05:43:31	<b>05:45:29.75</b>	<b>05:45:41.20</b>	+00:03:07 (-180,570.4%)	7:50	7.7 (87.5%)
172	BARTECKI Tomasz	1610		M40	47			01:58:39	03:08:39	05:00:24	05:06:40	05:49:58	<b>05:51:37.35</b>	<b>05:51:47.20</b>	+00:03:07 (-180,498.3%)	7:58	7.5 (85.2%)
173	KARPIESIUK Adam	1525	AKTYWNIIE UZALEŻNIAMY	M40	117			02:11:35	03:40:56	05:59:03	06:05:19	06:54:07	<b>06:56:17.10</b>	<b>06:56:39.25</b>	+00:03:07 (-180,474.3%)	9:26	6.4 (72.7%)
174	ADAMUS Jakub	1615		M30	75			02:05:36	03:22:45	05:17:41	05:23:57	06:07:11	<b>06:09:04.60</b>	<b>06:09:24.75</b>	+00:03:07 (-180,330.4%)	8:22	7.2 (81.8%)
175	PAWLAK Agnieszka	1591		K30	24			02:09:37	03:36:01	05:46:00	05:52:17	06:37:43	<b>06:39:32.40</b>	<b>06:40:17.95</b>	+00:03:08 (-180,067.1%)	9:03	6.6 (75.0%)
176	GIERSZEWSKI Jarosław	1560	ZAŁOGA G	M40	24			01:38:46	02:47:24	04:29:36	04:35:54	05:21:37	<b>05:23:37.35</b>	<b>05:23:43.90</b>	+00:03:09 (-179,614.2%)	7:20	8.2 (93.2%)
177	KOKOSZKA Wojciech	1986	SLOW JOGGING SIEDLCE	M40	80			02:01:11	03:23:35	05:26:06	05:32:24	06:18:29	<b>06:20:26.50</b>	<b>06:21:03.55</b>	+00:03:09 (-179,614.2%)	8:37	7 (79.5%)
178	PAWLAK Milena	1607		K30	24			02:09:37	03:36:03	05:46:00	05:52:18	06:37:44	<b>06:39:32.70</b>	<b>06:40:17.95</b>	+00:03:09 (-179,614.2%)	9:03	6.6 (75.0%)
179	NOWAK Filip	1680		M30	73			02:03:56	03:24:42	05:16:58	05:23:16	06:04:18	<b>06:06:08.50</b>	<b>06:06:52.80</b>	+00:03:09 (-179,519.1%)	8:18	7.2 (81.8%)
180	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	<b>04:59:20.85</b>	<b>04:59:24.90</b>	+00:03:09 (-179,424.2%)	6:47	8.8 (100%)
181	PODKOWSKA Karolina	1717	SILVER WOLFS	K20	8			02:15:21	03:42:04	05:50:17	05:56:36	06:43:56	<b>06:46:16.10</b>	<b>06:46:50.90</b>	+00:03:10 (-179,092.6%)	9:12	6.5 (73.9%)
182	FALISZEWSKI Sebastian	1876		M40	144			02:16:27	03:57:41	06:15:01	06:21:20		<b>07:21:57.60</b>	<b>07:22:21.15</b>	+00:03:10 (-178,974.5%)	10:01	6 (68.2%)
183	RATKOWSKI Karol	2154	WARJOTY Z DZIEWICZEJ GÓRY	M40	75			02:00:07	03:17:32	05:19:27	05:25:47	06:16:51	<b>06:18:41.55</b>	<b>06:18:55.55</b>	+00:03:10 (-178,809.4%)	8:35	7 (79.5%)
184	BIERNACKA Agnieszka	1793	YULO RUN TEAM SIEDLCE	K40	19			02:19:24	03:51:03	05:54:22	06:00:42	06:51:06	<b>06:53:33.35</b>	<b>06:54:06.55</b>	+00:03:11 (-178,574.0%)	9:22	6.4 (72.7%)
185	KAWIK Janusz	1703		M50	37			02:22:59	04:06:26	06:39:31	06:45:52		<b>07:43:08.25</b>	<b>07:43:39.40</b>	+00:03:11 (-178,456.6%)	10:30	5.7 (64.8%)
186	ZABRZEWSKI Patryk	1722	KLUB WYSOKOGÓRSKI JASTRZĘBIE ZDRÓJ	M40	62			01:53:40	03:11:55	05:11:11	05:17:31	06:03:47	<b>06:05:44.55</b>	<b>06:05:49.15</b>	+00:03:12 (-178,269.0%)	8:17	7.2 (81.8%)
187	KONSEK Jacek	1608		M30	88			02:07:24	03:28:50	05:28:52	05:35:13	06:22:52	<b>06:25:23.10</b>	<b>06:25:41.50</b>	+00:03:12 (-178,105.2%)	8:44	6.9 (78.4%)
188	ROSIK Robert	1864		M30	43			01:45:17	02:50:53	04:39:42	04:46:04	05:29:08	<b>05:31:07.05</b>	<b>05:31:16.05</b>	+00:03:12 (-178,081.8%)	7:30	8 (90.9%)
189	RAMS Dariusz	2152	CASTA	M40	99			02:02:40	03:25:46	05:38:22	05:44:43	06:35:46	<b>06:37:50.05</b>	<b>06:38:17.95</b>	+00:03:12 (-178,011.7%)	9:01	6.7 (76.1%)
190	ANTKOWIAK Mirosław	1580	BIEGAM BO CHCĘ KROSNO ODRZAŃSKIE	M50	42			02:29:39	04:16:33	06:47:05	06:53:26		<b>07:58:21.35</b>	<b>07:59:14.25</b>	+00:03:12 (-178,011.7%)	10:50	5.5 (62.5%)
191	BARWICKI Marcin	2082		M40	82			02:09:33	03:29:40	05:26:59	05:33:20	06:19:41	<b>06:21:59.05</b>	<b>06:22:16.50</b>	+00:03:12 (-177,918.3%)	8:39	6.9 (78.4%)
192	FURICH Dariusz	1972	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	M50	34			02:20:07	04:01:39	06:29:07	06:35:29		<b>07:29:49.85</b>	<b>07:30:40.15</b>	+00:03:12 (-177,918.3%)	10:11	5.9 (67.0%)
193	FOGEL Wiktor	1880	WARSAWELITERUNNERS	M20	28			01:51:14	03:03:25	06:17:49	06:24:11		<b>07:19:47.70</b>	<b>07:19:56.30</b>	+00:03:12 (-177,895.0%)	9:58	6 (68.2%)
194	PAJĄK Andrzej	1833	BIEGAM Z ABS	M40	60			01:57:52	03:14:37	05:09:16	05:15:38	06:01:47	<b>06:03:53.60</b>	<b>06:04:02.40</b>	+00:03:13 (-177,848.4%)	8:15	7.3 (83.0%)
195	CHOMA Marek	1795	PĘDZACE LENIWCE	M40	123			02:14:11	03:40:20	05:58:03	06:04:25	06:57:09	<b>06:58:53.75</b>	<b>06:59:48.65</b>	+00:03:13 (-177,731.9%)	9:29	6.3 (71.6%)
196	GAWEŁ Julia	2128	CROSSFIT MOKOTÓW	K20	7			02:09:42	03:33:23	05:35:15	05:41:37	06:30:24	<b>06:32:17.70</b>	<b>06:32:37.20</b>	+00:03:13 (-177,429.7%)	8:53	6.7 (76.1%)
197	RÓŻYCKI Marcin	1690		M40	66			01:54:21	03:11:07	05:10:06	05:16:29	06:06:46	<b>06:08:53.00</b>	<b>06:09:06.60</b>	+00:03:14 (-177,290.6%)	8:21	7.2 (81.8%)
198	REKAWEK Paulina	2052	TEAM ZABIEGANEDNI	K30	19			02:07:05	03:29:07	05:28:23	05:34:46	06:26:37	<b>06:28:33.25</b>	<b>06:28:33.25</b>	+00:03:14 (-177,267.5%)	8:48	6.8 (77.3%)
199	MNICH Zbigniew	2051		M40	85			02:10:32	03:29:09	05:28:23	05:34:46	06:26:37	<b>06:28:33.15</b>	<b>06:28:33.15</b>	+00:03:14 (-177,128.6%)	8:48	6.8 (77.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa Polski	Drużyna	Schronisko Bacówka na Przehybie na Obidzy					Czas netto 44.1km	Czas brutto 44.1km	Tempo min/km	Tempo km/h	
								Premia1 37.2km	Premia2 37.7km	43.6km	Różn						
200	<b>RZYSZKIEWICZ Tomasz</b>	<b>1796</b>	PĘDZĄCE LENIWCE	M50	26			02:14:11	03:40:34	05:58:04	06:04:28	06:59:42	<b>07:01:40.20</b>	<b>07:02:34.75</b>	+00:03:14 (-177,013.1%)	9:33	6.3 (71.6%)
201	<b>KURCZ Magdalena</b>	<b>1845</b>		K30	14			02:03:05	03:19:09	05:21:30	05:27:55	06:13:54	<b>06:15:52.35</b>	<b>06:16:04.55</b>	+00:03:15 (-176,529.4%)	8:31	7 (79.5%)
202	<b>BARAN Kamil</b>	<b>1599</b>		M30	61			01:58:45	03:12:57	05:03:05	05:09:30	05:54:35	<b>05:56:16.65</b>	<b>05:56:33.00</b>	+00:03:16 (-176,437.6%)	8:04	7.4 (84.1%)
203	<b>KIELAR Łukasz</b>	<b>1576</b>		M40	108			02:15:38	03:42:18	05:51:04	05:57:29	06:46:25	<b>06:48:22.50</b>	<b>06:48:40.70</b>	+00:03:16 (-176,391.7%)	9:15	6.5 (73.9%)
204	<b>VERHEYEN Kurt</b>	<b>1738</b>		M30	74			01:58:56	03:13:14	05:11:37	05:18:02	06:06:25	<b>06:08:55.00</b>	<b>06:09:16.25</b>	+00:03:16 (-176,048.4%)	8:21	7.2 (81.8%)
205	<b>KISIECKI Damian</b>	<b>1699</b>	HURAGAN LIGOTA	M40	101			02:07:48	03:32:44	05:41:23	05:47:50	06:40:18	<b>06:42:32.00</b>	<b>06:42:59.50</b>	+00:03:17 (-175,683.6%)	9:07	6.6 (75.0%)
206	<b>KUŁAKOWSKA Monika</b>	<b>1797</b>	W POGONI ZA DUCHEM	K40	7			02:04:54	03:25:46	05:16:46	05:23:12	06:10:50	<b>06:12:51.60</b>	<b>06:13:07.20</b>	+00:03:17 (-175,638.1%)	8:27	7.1 (80.7%)
207	<b>KOZŁOWSKI Paweł</b>	<b>1629</b>		M40	53			01:53:50	03:08:46	05:00:53	05:07:19	05:55:04	<b>05:57:20.70</b>	<b>05:57:36.55</b>	+00:03:18 (-175,524.5%)	8:06	7.4 (84.1%)
208	<b>WERESZCZYŃSKI Tomasz</b>	<b>1554</b>	AKTYWNIIE UZALEŻNIAMY	M40	117			02:11:36	03:40:58	05:59:12	06:05:39	06:54:09	<b>06:56:17.50</b>	<b>06:56:39.25</b>	+00:03:18 (-175,524.5%)	9:26	6.4 (72.7%)
209	<b>HOŁUBIEC Agnieszka</b>	<b>1828</b>	YULO RUN TEAM SIEDLCE	K40	20			02:16:44	03:47:31	05:54:41	06:01:08	06:51:26	<b>06:53:30.25</b>	<b>06:54:06.60</b>	+00:03:18 (-175,320.4%)	9:22	6.4 (72.7%)
210	<b>MUCHA Grzegorz</b>	<b>2146</b>	SYNOWIE ROZGARDIASZU / SPORT GENERATION	M40	36			01:54:12	03:04:34	04:49:44	04:56:11	05:40:34	<b>05:42:36.55</b>	<b>05:43:00.65</b>	+00:03:18 (-175,297.7%)	7:46	7.7 (87.5%)
211	<b>MATAK Paweł</b>	<b>1906</b>	ŁASUCH	M30	81			02:02:21	03:18:47	05:18:54	05:25:22	06:13:55	<b>06:16:10.50</b>	<b>06:16:46.10</b>	+00:03:18 (-175,229.8%)	8:31	7 (79.5%)
212	<b>TOKARZEWSKI Dariusz</b>	<b>1990</b>		M50	25			02:22:09	03:52:53	05:58:38	06:05:06	06:55:50	<b>06:57:56.85</b>	<b>06:58:58.60</b>	+00:03:19 (-175,094.1%)	9:28	6.3 (71.6%)
213	<b>ZAMBRZYCKI Maciej</b>	<b>1943</b>	RESHAPE RUNNERS	M40	40			01:54:32	03:07:21	04:54:19	05:00:47	05:44:46	<b>05:46:33.70</b>	<b>05:46:41.50</b>	+00:03:19 (-174,958.6%)	7:51	7.6 (86.4%)
214	<b>ŁUKASZEWSKI Mateusz</b>	<b>1645</b>		M20	14			01:38:06	02:40:45	04:19:27	04:25:56	05:08:35	<b>05:10:30.05</b>	<b>05:10:45.10</b>	+00:03:19 (-174,913.5%)	7:02	8.5 (96.6%)
215	<b>GALA Grzegorz</b>	<b>1886</b>	SCHENKER TECHNOLOGY CENTER RUNNERS	M40	56			01:54:54	03:06:09	05:08:05	05:14:34	05:57:33	<b>05:59:31.90</b>	<b>06:00:01.20</b>	+00:03:19 (-174,710.8%)	8:09	7.4 (84.1%)
216	<b>HETMANCZYK Jakub</b>	<b>2031</b>		M40	69			01:57:41	03:17:30	05:18:54	05:25:23	06:09:22	<b>06:11:34.50</b>	<b>06:11:46.55</b>	+00:03:19 (-174,710.8%)	8:25	7.1 (80.7%)
217	<b>KOCJAN Paweł</b>	<b>1727</b>	KIDS RUN TEAM	M40	70			02:04:52	03:19:24	05:19:00	05:25:28	06:09:42	<b>06:11:32.65</b>	<b>06:11:51.75</b>	+00:03:19 (-174,688.3%)	8:25	7.1 (80.7%)
218	<b>PIWOWAR Dawid</b>	<b>1802</b>		M40	49			01:54:12	03:03:45	04:59:51	05:06:20	05:50:21	<b>05:52:33.90</b>	<b>05:52:45.65</b>	+00:03:20 (-174,531.0%)	7:59	7.5 (85.2%)
219	<b>KLIMEK Marek</b>	<b>1904</b>	ADIDAS RUNNERS WARSAW	M30	66			01:53:13	03:06:01	05:00:13	05:06:42	05:56:18	<b>05:58:20.00</b>	<b>05:58:36.20</b>	+00:03:20 (-174,418.8%)	8:07	7.4 (84.1%)
220	<b>KOLONKO Stanisław</b>	<b>1720</b>	GÓRKI	M50	9			01:59:26	03:14:34	05:06:03	05:12:32	05:59:40	<b>06:01:39.70</b>	<b>06:01:58.60</b>	+00:03:21 (-174,194.9%)	8:12	7.3 (83.0%)
221	<b>TURLEJ Dariusz</b>	<b>2319</b>	BEZ KONDYCJI	M60	1			02:09:23	03:27:53	05:24:45	05:31:15	06:18:11	<b>06:20:14.95</b>	<b>06:21:11.80</b>	+00:03:21 (-174,060.8%)	8:37	7 (79.5%)
222	<b>PŁAZA Radosław</b>	<b>2074</b>	BARUNOWCE	M40	25			01:42:05	02:49:04	04:38:19	04:44:49	05:24:55	<b>05:26:53.70</b>	<b>05:27:12.20</b>	+00:03:21 (-174,038.5%)	7:24	8.1 (92.0%)
223	<b>CIEPŁY Maciej</b>	<b>1707</b>		M30	62			01:47:49	03:05:04	05:03:45	05:10:15	05:54:47	<b>05:56:31.65</b>	<b>05:56:37.85</b>	+00:03:21 (-173,860.0%)	8:05	7.4 (84.1%)
224	<b>SARKA Bartłomiej</b>	<b>1989</b>		M30	44			01:50:48	02:57:24	04:45:14	04:51:45	05:34:29	<b>05:36:30.55</b>	<b>05:36:51.00</b>	+00:03:21 (-173,771.0%)	7:37	7.9 (89.8%)
225	<b>JANKOWSKI Dawid</b>	<b>1698</b>		M30	71			01:52:25	03:05:25	05:03:35	05:10:07	05:58:15	<b>06:00:35.75</b>	<b>06:01:05.85</b>	+00:03:22 (-173,437.8%)	8:10	7.3 (83.0%)
226	<b>IGNACZAK Marcin</b>	<b>1964</b>	TRITON KONIN	M40	31			01:45:45	02:53:20	04:41:04	04:47:35	05:33:31	<b>05:35:32.55</b>	<b>05:35:36.75</b>	+00:03:22 (-173,371.3%)	7:36	7.9 (89.8%)
227	<b>PIETRUSZEWSKI Bartek</b>	<b>1804</b>		M40	168			02:24:44	04:11:45	06:50:33	06:57:04		<b>08:05:57.35</b>	<b>08:06:31.15</b>	+00:03:23 (-173,238.4%)	11:01	5.4 (61.4%)
228	<b>SZUMIŃSKI Artur</b>	<b>1573</b>		M50	18			02:06:14	03:29:19	05:32:01	05:38:33	06:30:19	<b>06:32:23.50</b>	<b>06:33:00.95</b>	+00:03:23 (-173,127.9%)	8:53	6.7 (76.1%)
229	<b>KUBACZ Norbert</b>	<b>2002</b>	BIEGAM NATURALNIE	M50	2			01:40:47	02:45:16	04:28:45	04:35:18	05:23:10	<b>05:25:03.05</b>	<b>05:25:08.70</b>	+00:03:23 (-172,929.3%)	7:22	8.1 (92.0%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa Polski	Drużyna	Schronisko Bacówka					Czas netto 44.1km	Czas brutto 44.1km	Tempo min/km	Tempo km/h	
								na Przehybie 14.7km	na Obidzy 24.4km	Premia1 37.2km	Premia2 37.7km	43.6km					
230	<b>BOCIĄGA Paweł</b>	<b>1953</b>		M40	135			02:16:24	03:57:41	06:14:53	06:21:26		<b>07:11:07.35</b>	<b>07:11:30.75</b>	+00:03:23 (-172,885.2%)	9:46	6.1 (69.3%)
231	<b>JEGER Piotr</b>	<b>2144</b>	SKLEP BIEGACZA RUNNING TEAM	M30	77			02:02:50	03:18:57	05:17:07	05:23:41	06:11:10	<b>06:13:28.45</b>	<b>06:14:17.10</b>	+00:03:24 (-172,621.3%)	8:28	7.1 (80.7%)
232	<b>GAWLIK Tomasz</b>	<b>1636</b>		M20	24			02:09:58	03:36:59	05:48:45	05:55:18	06:48:25	<b>06:50:33.20</b>	<b>06:51:26.70</b>	+00:03:24 (-172,599.3%)	9:18	6.4 (72.7%)
233	<b>DADAŚ Janusz</b>	<b>1696</b>	BP RUNNING TEAM GLIWICE	M50	24			02:17:11	03:44:48	05:51:43	05:58:16	06:46:01	<b>06:48:15.30</b>	<b>06:48:26.05</b>	+00:03:24 (-172,467.7%)	9:15	6.5 (73.9%)
234	<b>GIERSEWSKI Maciek</b>	<b>1587</b>	ZAŁOGA G	M30	85			02:04:52	03:23:15	05:23:22	05:29:57	06:20:02	<b>06:22:22.40</b>	<b>06:22:31.70</b>	+00:03:25 (-172,248.7%)	8:40	6.9 (78.4%)
235	<b>RAJNER Krzysztof</b>	<b>1944</b>	ULTRA KOSZALIN	M40	50			01:56:57	03:07:53	04:58:30	05:05:04	05:51:38	<b>05:53:47.75</b>	<b>05:54:14.50</b>	+00:03:25 (-172,052.1%)	8:01	7.5 (85.2%)
236	<b>KOSZCZUK Łukasz</b>	<b>1689</b>	NATIONALE-NEDERLANDEN RUNNING TEAM	M40	105			02:10:08	03:33:54	05:40:35	05:47:10	06:42:20	<b>06:44:15.50</b>	<b>06:44:47.30</b>	+00:03:25 (-172,052.1%)	9:10	6.5 (73.9%)
237	<b>GROMEK Edyta</b>	<b>1664</b>	SZYBCIEJ NIE DAM RADY	K30	27			02:14:40	03:41:12	05:46:08	05:52:43	06:43:46	<b>06:46:13.05</b>	<b>06:46:44.70</b>	+00:03:25 (-172,030.3%)	9:12	6.5 (73.9%)
238	<b>KRÓL Łukasz</b>	<b>1918</b>		M30	100			02:07:02	03:36:32	05:52:30	05:59:04	06:55:25	<b>06:57:39.70</b>	<b>06:58:18.10</b>	+00:03:26 (-171,943.1%)	9:28	6.3 (71.6%)
239	<b>LEGUTKO Bartłomiej</b>	<b>1531</b>		M40	129			02:01:35	03:31:54	05:54:43	06:01:18	07:03:23	<b>07:05:48.00</b>	<b>07:06:10.80</b>	+00:03:26 (-171,899.5%)	9:39	6.2 (70.5%)
240	<b>NOWAK Tomasz</b>	<b>1750</b>	BW BIEGACZE WYMIATACZE	M40	74			02:08:08	03:28:34	05:23:13	05:29:49	06:15:44	<b>06:17:50.70</b>	<b>06:18:03.30</b>	+00:03:26 (-171,616.8%)	8:34	7 (79.5%)
241	<b>ZAJĄC Daria</b>	<b>2065</b>	*	K30	28			02:11:32	03:46:12	05:45:33	05:52:09	06:44:52	<b>06:46:58.60</b>	<b>06:47:11.75</b>	+00:03:26 (-171,573.4%)	9:13	6.5 (73.9%)
242	<b>PAŚNIK Paweł</b>	<b>1693</b>	LUPUS_GO	M50	27			02:10:48	03:44:12	06:05:22	06:11:58	07:00:50	<b>07:02:44.70</b>	<b>07:02:57.25</b>	+00:03:27 (-171,443.3%)	9:35	6.3 (71.6%)
243	<b>SZCZEPANIAK Jakub</b>	<b>1785</b>		M20	30			02:23:29	03:57:04	06:16:31	06:23:07		<b>07:26:18.30</b>	<b>07:27:17.50</b>	+00:03:27 (-171,443.3%)	10:07	5.9 (67.0%)
244	<b>KRZYŻOWSKI Hubert</b>	<b>1865</b>		M40	71			01:57:14	03:11:05	05:15:53	05:22:29	06:10:39	<b>06:12:52.55</b>	<b>06:12:52.55</b>	+00:03:27 (-171,400.0%)	8:27	7.1 (80.7%)
245	<b>KOPEĆ Renata</b>	<b>1617</b>	TRAIL IS OUR WAY	K40	9			02:17:52	03:40:44	05:37:28	05:44:05	06:26:37	<b>06:28:28.10</b>	<b>06:28:38.75</b>	+00:03:27 (-171,248.6%)	8:48	6.8 (77.3%)
246	<b>KOZIŃSKI Wojciech</b>	<b>1723</b>		M30	108			02:17:22	03:45:30	06:09:43	06:16:20		<b>07:14:08.55</b>	<b>07:14:37.35</b>	+00:03:28 (-170,989.6%)	9:50	6.1 (69.3%)
247	<b>JÓZEFczyk Justyna</b>	<b>2120</b>		K40	13			02:19:06	03:44:20	05:44:29	05:51:06	06:37:28	<b>06:39:38.95</b>	<b>06:39:46.20</b>	+00:03:28 (-170,903.4%)	9:03	6.6 (75.0%)
248	<b>SZNAJDER Jarosław</b>	<b>2050</b>	RUNPROGRESSTEAM.PL TEAM	M50	3			01:46:14	02:52:46	04:44:54	04:51:31	05:34:19	<b>05:35:57.75</b>	<b>05:36:03.65</b>	+00:03:28 (-170,838.8%)	7:37	7.9 (89.8%)
249	<b>KRAWIEC Sławomir</b>	<b>2005</b>	SAINT-GOBAIN SQUAD/ INFINITY-GYM	M30	45			01:56:46	03:06:49	04:48:10	04:54:47	05:34:58	<b>05:36:49.90</b>	<b>05:37:31.20</b>	+00:03:28 (-170,838.8%)	7:38	7.9 (89.8%)
250	<b>BARTULA Jan</b>	<b>1784</b>	PARKRUN CHRZANÓW	M40	115			02:08:04	03:34:19	05:51:19	05:57:56	06:52:34	<b>06:54:42.75</b>	<b>06:55:43.65</b>	+00:03:28 (-170,838.8%)	9:24	6.4 (72.7%)
251	<b>CIEŚLA Dawid</b>	<b>1861</b>		M30	145			02:39:56	04:44:42	07:31:35	07:38:12		<b>08:52:49.40</b>	<b>08:53:23.70</b>	+00:03:28 (-170,817.3%)	12:04	5 (56.8%)
252	<b>PROKULEWICZ Tomasz</b>	<b>2143</b>		M40	33			01:47:16	02:54:32	04:44:30	04:51:07	05:34:47	<b>05:36:41.60</b>	<b>05:36:58.70</b>	+00:03:28 (-170,709.9%)	7:38	7.9 (89.8%)
253	<b>JAKUBISIAK Renata</b>	<b>1810</b>	BIEGAM NA TARCHOMINIE	K40	29			02:09:58	03:38:44	06:05:40	06:12:18		<b>07:12:57.85</b>	<b>07:13:23.70</b>	+00:03:29 (-170,581.1%)	9:49	6.1 (69.3%)
254	<b>DOMARADZKA-KASZUBOWICZ Wiktoria</b>	<b>2043</b>		K40	16			02:17:54	03:42:51	05:49:56	05:56:34	06:43:33	<b>06:45:23.20</b>	<b>06:45:48.55</b>	+00:03:29 (-170,538.2%)	9:11	6.5 (73.9%)
255	<b>WILMAN Andrzej</b>	<b>1950</b>		M30	112			02:15:38	03:48:21	06:10:50	06:17:28		<b>07:18:49.10</b>	<b>07:19:36.20</b>	+00:03:29 (-170,538.2%)	9:57	6 (68.2%)
256	<b>ŁAŻEŃSKI Rafał</b>	<b>1863</b>		M30	144			02:39:56	04:44:37	07:31:34	07:38:12		<b>08:52:48.45</b>	<b>08:53:22.85</b>	+00:03:29 (-170,516.8%)	12:04	5 (56.8%)
257	<b>DYBALSKI Mariusz</b>	<b>2026</b>		M40	61			01:53:02	03:07:01	05:03:38	05:10:16	06:01:56	<b>06:04:19.05</b>	<b>06:04:32.85</b>	+00:03:29 (-170,345.5%)	8:15	7.3 (83.0%)
258	<b>DUCH Aleksandra</b>	<b>2160</b>		K20	10			02:32:51	04:13:18	06:34:45	06:41:24		<b>07:36:04.80</b>	<b>07:36:32.25</b>	+00:03:30 (-170,195.9%)	10:20	5.8 (65.9%)
259	<b>WIETRZYCKI Marcin</b>	<b>1624</b>		M40	162			02:15:57	03:57:08	06:31:24	06:38:03		<b>07:43:12.35</b>	<b>07:43:33.70</b>	+00:03:30 (-170,110.5%)	10:30	5.7 (64.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa Polski	Drużyna	Schronisko Bacówka na Przehybie					Czas netto 44.1km	Czas brutto 44.1km	Tempo min/km	Tempo km/h	
								14.7km	24.4km	Premia1 37.2km	Premia2 37.7km	43.6km					
260	STELMACH Patrycja	1651	CB163	K30	23			02:05:57	03:28:43	05:38:11	05:44:50	06:35:57	<b>06:37:49.80</b>	<b>06:38:04.40</b>	+00:03:30 (-170,046.6%)	9:01	6.7 (76.1%)
261	MIREK Sławomir	2054		M40	104			02:09:47	03:34:30	05:46:53	05:53:32	06:42:08	<b>06:44:02.85</b>	<b>06:44:41.35</b>	+00:03:30 (-170,003.9%)	9:09	6.5 (73.9%)
262	LUBOWIECKA Paulina	1705		K20	12			02:36:54		07:00:18	07:06:58		<b>08:11:36.15</b>	<b>08:12:16.55</b>	+00:03:30 (-169,876.2%)	11:08	5.4 (61.4%)
263	MATOGA Przemysław	1962		M20	29			02:16:16	03:49:09	06:17:37	06:24:17		<b>07:25:55.30</b>	<b>07:26:48.15</b>	+00:03:31 (-169,706.2%)	10:06	5.9 (67.0%)
264	BIENIEK Patryk	1532	TREC TEAM	M40	27			01:42:54	02:49:13	04:33:20	04:40:00	05:28:13	<b>05:30:32.85</b>	<b>05:30:47.85</b>	+00:03:31 (-169,642.6%)	7:29	8 (90.9%)
265	LIKA Michał	1884		M30	96			02:01:10	03:23:46	05:46:57	05:53:37	06:43:35	<b>06:45:42.55</b>	<b>06:46:10.75</b>	+00:03:31 (-169,473.0%)	9:11	6.5 (73.9%)
266	ZOŁA Piotr	1541	PIODZO EXTREME	M30	33			01:41:22	02:42:40	04:27:23	04:34:04	05:15:41	<b>05:17:43.45</b>	<b>05:17:52.65</b>	+00:03:31 (-169,430.7%)	7:12	8.3 (94.3%)
267	KARDASZEWSKI Tomasz	1711		M40	87			02:04:29	03:19:56	05:27:26	05:34:07	06:27:01	<b>06:29:13.45</b>	<b>06:29:33.35</b>	+00:03:32 (-169,177.2%)	8:49	6.8 (77.3%)
268	HRONOWSKI Jakub	1567		M30	90			02:02:42	03:17:54	05:24:41	05:31:22	06:28:03	<b>06:29:46.50</b>	<b>06:29:58.25</b>	+00:03:32 (-169,092.8%)	8:50	6.8 (77.3%)
269	GDULA Jakub	1586	KAMIL LEŚNIAK FANPAGE TEAM	M30	55			01:57:50	03:07:23	04:56:21	05:03:02	05:47:19	<b>05:49:39.85</b>	<b>05:49:54.30</b>	+00:03:32 (-169,050.7%)	7:55	7.6 (86.4%)
270	ROMANIUK Anna	1801		K40	24			02:15:48	03:42:35	06:00:42	06:07:24	07:02:20	<b>07:04:43.15</b>	<b>07:05:12.60</b>	+00:03:33 (-168,798.3%)	9:37	6.2 (70.5%)
271	DASZKOWSKA Olga	1937	BŁĘKITNA XVII-TKA	K40	6			02:05:07	03:21:22	05:13:46	05:20:29	06:05:34	<b>06:07:44.10</b>	<b>06:08:18.60</b>	+00:03:34 (-168,295.7%)	8:20	7.2 (81.8%)
272	UCIŃSKI Grzegorz	1555		M40	107			02:08:21	03:35:42	05:48:10	05:54:54	06:43:38	<b>06:45:53.90</b>	<b>06:46:10.75</b>	+00:03:35 (-168,066.4%)	9:12	6.5 (73.9%)
273	PADUCH Joanna	1866		K30	21			02:12:30	03:30:27	05:36:12	05:42:56	06:32:12	<b>06:34:25.00</b>	<b>06:35:09.60</b>	+00:03:35 (-168,024.8%)	8:56	6.7 (76.1%)
274	TUCHOŁKA Marta	2097	LOJA DO TATA ANDRÉ	K30	20			02:05:34	03:27:25	05:37:11	05:43:55	06:31:05	<b>06:33:15.20</b>	<b>06:33:21.30</b>	+00:03:35 (-168,024.8%)	8:55	6.7 (76.1%)
275	SZKOŁA Paweł	1809	TLENOWA RADOŚĆ TEAM	M30	17			01:35:07	02:35:00	04:03:01	04:09:45	04:48:02	<b>04:50:26.20</b>	<b>04:50:31.45</b>	+00:03:35 (-167,983.2%)	6:35	9.1 (103.4%)
276	MACHNIK Justyna	1819		K20	6			01:57:16	03:11:51	05:10:38	05:17:22	06:06:56	<b>06:09:12.30</b>	<b>06:09:21.55</b>	+00:03:35 (-167,962.4%)	8:22	7.2 (81.8%)
277	LEŚNIAK Marcin	1967	STANWEX II	M30	109			02:28:17	04:06:36	06:14:59	06:21:43		<b>07:14:02.30</b>	<b>07:14:46.20</b>	+00:03:35 (-167,837.7%)	9:50	6.1 (69.3%)
278	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	<b>05:25:45.40</b>	<b>05:25:49.80</b>	+00:03:35 (-167,816.9%)	7:23	8.1 (92.0%)
279	SZEJKA Katarzyna	1546		K40	26			02:18:44	03:53:19	06:05:29	06:12:14		<b>07:08:14.10</b>	<b>07:09:01.15</b>	+00:03:36 (-167,526.8%)	9:42	6.2 (70.5%)
280	KOZERA Bartłomiej	1708		M30	94			02:04:58	03:25:48	05:41:46	05:48:31	06:36:32	<b>06:38:17.65</b>	<b>06:38:39.70</b>	+00:03:36 (-167,506.1%)	9:01	6.6 (75.0%)
281	SIWIEC Ewa	1753	RACEFIGHTER GOSIR DĘBE WLK.	K40	8			02:11:09	03:32:03	05:28:48	05:35:33	06:22:03	<b>06:24:08.50</b>	<b>06:24:19.50</b>	+00:03:36 (-167,464.8%)	8:42	6.9 (78.4%)
282	MICHAŁOWSKI Piotr	1523		M30	92			02:07:46	03:24:38	05:31:08	05:37:53	06:29:10	<b>06:31:32.75</b>	<b>06:31:53.80</b>	+00:03:36 (-167,423.4%)	8:52	6.8 (77.3%)
283	KARCZMARCZYK Tomasz	1878		M40	98			02:12:15	03:32:39	05:37:23	05:44:09	06:35:17	<b>06:37:20.55</b>	<b>06:38:15.95</b>	+00:03:37 (-167,278.9%)	9:00	6.7 (76.1%)
284	LICHACZ Ania	1678	GT RAT	K40	27			02:18:40	03:52:21	06:05:53	06:12:39		<b>07:10:00.45</b>	<b>07:10:37.50</b>	+00:03:37 (-167,134.7%)	9:45	6.2 (70.5%)
285	MILIK Dagmara	2115		K30	30			02:11:46	03:38:28	05:46:46	05:53:32	06:45:51	<b>06:48:08.95</b>	<b>06:48:56.90</b>	+00:03:37 (-167,052.4%)	9:15	6.5 (73.9%)
286	KURA Piotr	1813	PRZEDWOJEWSKI TEAM	M40	28			01:47:35	02:54:38	04:38:53	04:45:40	05:29:04	<b>05:31:03.40</b>	<b>05:31:12.10</b>	+00:03:38 (-166,846.9%)	7:30	8 (90.9%)
287	DENKOWSKI Wojciech	1776	---	M60	4			02:41:32	04:25:44	06:54:02	07:00:49		<b>08:03:43.25</b>	<b>08:03:54.80</b>	+00:03:38 (-166,744.4%)	10:58	5.5 (62.5%)
288	WIŚNIEWSKA Justyna	1702		K40	48			02:28:33	04:05:00	06:32:31	06:39:19		<b>07:36:54.30</b>	<b>07:37:21.05</b>	+00:03:39 (-166,478.4%)	10:21	5.8 (65.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa Polski	Drużyna	Schronisko Bacówka na Przehybie na Obidzy				Czas netto		Czas brutto		Tempo min/km	Tempo km/h
								14.7km	24.4km	Premia1 37.2km	Premia2 37.7km	43.6km	44.1km	44.1km	Różn		
289	<b>SZYMKIEWICZ Robert</b>	<b>2098</b>	REAKTYWACJA MIEDZYRZECZ	M50	15			02:00:44	03:18:40	05:27:32	05:34:21	06:26:10	<b>06:28:31.80</b>	<b>06:29:02.65</b>	+00:03:39 (-166,131.8%)	8:48	6.8 (77.3%)
290	<b>KAZEKO Ivan</b>	<b>2155</b>		M40	100			02:03:50	03:21:59	05:39:23	05:46:12	06:38:36	<b>06:40:22.80</b>	<b>06:41:00.25</b>	+00:03:40 (-166,030.1%)	9:04	6.6 (75.0%)
291	<b>POMORSKA Karolina</b>	<b>2125</b>		K30	22			02:07:11	03:29:33	05:39:35	05:46:24	06:35:25	<b>06:37:31.00</b>	<b>06:37:53.00</b>	+00:03:40 (-165,989.5%)	9:00	6.7 (76.1%)
292	<b>RYBAK Łukasz</b>	<b>2142</b>		M40	59			01:52:26	03:05:57	05:07:33	05:14:22	06:00:28	<b>06:02:32.35</b>	<b>06:02:49.00</b>	+00:03:40 (-165,948.9%)	8:13	7.3 (83.0%)
293	<b>SOBCZAK Karolina</b>	<b>1754</b>		K30	36			02:16:34	03:48:29	06:03:34	06:10:23		<b>07:08:31.80</b>	<b>07:09:10.30</b>	+00:03:40 (-165,948.9%)	9:43	6.2 (70.5%)
294	<b>LEWKOWSKI Aleksander</b>	<b>1756</b>		M40	77			02:02:35	03:20:56	05:21:17	05:28:06	06:17:44	<b>06:19:40.70</b>	<b>06:20:17.35</b>	+00:03:40 (-165,847.5%)	8:36	7 (79.5%)
295	<b>GENDVILAITÉ Sonata</b>	<b>2046</b>	WILDSOULS	K40	43			02:33:47	04:13:01	06:29:44	06:36:34		<b>07:29:47.30</b>	<b>07:30:31.00</b>	+00:03:40 (-165,766.4%)	10:11	5.9 (67.0%)
296	<b>TRABICKI Adam</b>	<b>1949</b>	SPREE - CZAPKA Z GŁOWĄ	M30	39			01:48:54	02:53:09	04:36:34	04:43:23	05:26:35	<b>05:28:40.15</b>	<b>05:28:58.75</b>	+00:03:40 (-165,725.9%)	7:27	8.1 (92.0%)
297	<b>ZAPALSKA Aleksandra</b>	<b>1856</b>	TATRA GANG	K20	9			02:17:42	03:47:03	05:55:32	06:02:22	06:49:19	<b>06:51:27.55</b>	<b>06:51:51.10</b>	+00:03:41 (-165,665.2%)	9:19	6.4 (72.7%)
298	<b>KOŚCIUCH Kamil</b>	<b>1979</b>	DZIKI Z WARSZAWY	M30	141			02:34:21	04:24:40	07:15:16	07:22:06		<b>08:38:02.50</b>	<b>08:38:52.75</b>	+00:03:41 (-165,604.5%)	11:44	5.1 (58.0%)
299	<b>FRAŃCZEK Rafał</b>	<b>1671</b>	EKO-KONSULT	M40	180			02:41:00	04:37:03	07:20:28	07:27:18		<b>08:30:28.80</b>	<b>08:31:13.00</b>	+00:03:41 (-165,503.5%)	11:34	5.2 (59.1%)
300	<b>HUBNER Antoni</b>	<b>1914</b>	HUBNER TEAM	M40	22			01:39:10	02:42:35	04:26:22	04:33:12	05:20:09	<b>05:22:19.05</b>	<b>05:22:24.20</b>	+00:03:41 (-165,443.0%)	7:18	8.2 (93.2%)
301	<b>KACPRZAK Marcin</b>	<b>2024</b>		M40	84			01:57:01	03:17:19	05:27:26	05:34:16	06:23:50	<b>06:26:19.50</b>	<b>06:26:35.35</b>	+00:03:41 (-165,422.8%)	8:45	6.8 (77.3%)
302	<b>ZDAŃSKI Paweł</b>	<b>1837</b>		M40	114			02:16:01	03:43:52	05:55:27	06:02:17	06:52:34	<b>06:54:59.30</b>	<b>06:55:17.40</b>	+00:03:41 (-165,342.1%)	9:24	6.4 (72.7%)
303	<b>SZYMULA Mariusz</b>	<b>1850</b>	SZYMULA RUNNERS RYCZÓW/KRAKÓW	M40	67			02:00:25	03:16:02	05:14:02	05:20:53	06:06:35	<b>06:08:39.80</b>	<b>06:09:15.90</b>	+00:03:42 (-165,241.4%)	8:21	7.2 (81.8%)
304	<b>STRZELECKI Robert</b>	<b>2100</b>	TEAM ZABIEGANEDNI	M30	76			02:06:33	03:24:19	05:19:23	05:26:14	06:10:59	<b>06:13:25.10</b>	<b>06:13:42.80</b>	+00:03:42 (-165,181.1%)	8:28	7.1 (80.7%)
305	<b>ROGAŁA Kystian</b>	<b>2045</b>		M40	37			01:50:06	02:58:45	04:52:00	04:58:51	05:43:24	<b>05:45:11.95</b>	<b>05:45:21.35</b>	+00:03:42 (-165,080.6%)	7:49	7.7 (87.5%)
306	<b>PIETRAS Ryszard</b>	<b>2076</b>	BIEGAM Z ABS	M50	7			01:48:05	03:00:01	04:56:33	05:03:25	05:53:20	<b>05:55:25.00</b>	<b>05:55:33.10</b>	+00:03:42 (-165,040.4%)	8:03	7.4 (84.1%)
307	<b>STRUSIŃSKA Katarzyna</b>	<b>2640</b>	MIŃSKA GRUPA ROWEROWA / KS BARAKUDA	K40	54			02:30:10	04:11:35	06:41:18	06:48:10		<b>07:46:59.95</b>	<b>07:47:12.30</b>	+00:03:43 (-164,819.9%)	10:35	5.7 (64.8%)
308	<b>WARZECHA Kamil</b>	<b>2023</b>	RMT TEAM	M30	51			01:48:12	02:56:06	04:48:22	04:55:14	05:43:52	<b>05:45:40.55</b>	<b>05:45:49.15</b>	+00:03:43 (-164,719.8%)	7:50	7.7 (87.5%)
309	<b>PIETRZAK Agnieszka</b>	<b>1774</b>	CZARNE OWCE	K30	41			02:18:58	03:58:23	06:24:10	06:31:02		<b>07:29:26.85</b>	<b>07:30:03.70</b>	+00:03:43 (-164,719.8%)	10:11	5.9 (67.0%)
310	<b>BUJNOWSKI Rafał</b>	<b>1901</b>	PĘDZĄCE KAPCIE	M40	112			02:05:25	03:26:57	05:46:52	05:53:44	06:47:37	<b>06:49:44.10</b>	<b>06:50:21.55</b>	+00:03:43 (-164,659.8%)	9:17	6.5 (73.9%)
311	<b>MACIEJEWSKA Karolina</b>	<b>1816</b>		K40	31			02:19:36	03:53:01	06:07:26	06:14:19		<b>07:16:18.10</b>	<b>07:16:57.05</b>	+00:03:44 (-164,380.5%)	9:53	6.1 (69.3%)
312	<b>SYNOWIEC Grzegorz</b>	<b>1611</b>		M40	133			02:12:47	03:37:23	06:01:27	06:08:20		<b>07:09:32.50</b>	<b>07:09:59.80</b>	+00:03:44 (-164,320.8%)	9:44	6.2 (70.5%)
313	<b>RADZIWANOWSKI Leszek</b>	<b>2027</b>		M40	92			02:03:45	03:23:00	05:31:40	05:38:34	06:27:59	<b>06:30:10.85</b>	<b>06:30:46.10</b>	+00:03:44 (-164,221.3%)	8:50	6.8 (77.3%)
314	<b>ŚCIĘGOSZ Daniel</b>	<b>1997</b>	STANWEX II	M30	95			02:11:57	03:38:11	05:48:06	05:55:00	06:41:58	<b>06:43:49.30</b>	<b>06:44:38.50</b>	+00:03:44 (-164,161.7%)	9:09	6.6 (75.0%)
315	<b>SYCHOWSKI Dawid</b>	<b>1675</b>		M30	93			02:01:46	03:23:36	05:31:18	05:38:11	06:32:03	<b>06:34:19.90</b>	<b>06:35:02.55</b>	+00:03:45 (-164,082.3%)	8:56	6.7 (76.1%)
316	<b>OBLŪDKA Adam</b>	<b>1749</b>	BEERSPIRIT	M40	140			02:20:15	03:52:20	06:14:49	06:21:43		<b>07:19:00.75</b>	<b>07:19:34.35</b>	+00:03:45 (-163,963.3%)	9:57	6 (68.2%)
317	<b>DYCKZOWSKI Adam</b>	<b>1773</b>		M20	31			02:20:39	04:05:39	06:30:00	06:36:54		<b>07:36:16.65</b>	<b>07:36:55.20</b>	+00:03:45 (-163,765.4%)	10:20	5.8 (65.9%)
318	<b>KOŁODZIEJ Marcin</b>	<b>1605</b>	KRULOWIE ZYCIA	M30	98			02:12:17	03:30:49	05:46:02	05:52:56	06:45:54	<b>06:48:13.40</b>	<b>06:49:01.05</b>	+00:03:45 (-163,745.6%)	9:15	6.5 (73.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa Polski	Drużyna	Schronisko			Bacówka		Czas netto	Czas brutto	Tempo min/km	Tempo km/h	
								na Przehybie 14.7km	na Obidzy 24.4km	Premia1 37.2km	Premia2 37.7km	43.6km					Różn
319	LESZCZAK Grzegorz	1775		M40	64			02:00:15	03:16:40	05:14:00	05:20:55	06:06:19	<b>06:08:01.80</b>	<b>06:08:28.55</b>	+00:03:45 (-163,725.8%)	8:20	7.2 (81.8%)
320	KORAL Jakub	2067		M30	123			02:16:28	04:00:33	06:35:58	06:42:52		<b>07:41:18.75</b>	<b>07:41:34.65</b>	+00:03:46 (-163,686.3%)	10:27	5.7 (64.8%)
321	GOLASZ Marek	1817		M50	23			02:01:08	03:24:02	05:46:16	05:53:11	06:41:32	<b>06:43:40.30</b>	<b>06:44:23.60</b>	+00:03:46 (-163,646.8%)	9:09	6.6 (75.0%)
322	KĘDZIORA Aleksandra	1589	GT RAT	K40	27			02:18:48	03:51:56	06:05:43	06:12:38		<b>07:10:00.15</b>	<b>07:10:37.50</b>	+00:03:46 (-163,449.7%)	9:45	6.2 (70.5%)
323	DZIADON Łukasz	2509	BITKA ZA ZIVOT	M30	122			02:19:07	03:51:47	06:25:29	06:32:25		<b>07:37:00.20</b>	<b>07:38:03.80</b>	+00:03:47 (-163,154.8%)	10:21	5.8 (65.9%)
324	RAJTAR Robert	1955	BRYGADA RR	M40	141			02:25:42	03:58:14	06:10:57	06:17:53		<b>07:18:38.55</b>	<b>07:19:38.60</b>	+00:03:47 (-163,135.2%)	9:56	6 (68.2%)
325	KOROSTYŃSKI Damian	1666		M40	103			02:04:16	03:24:04	05:37:35	05:44:31	06:40:05	<b>06:42:21.65</b>	<b>06:43:07.80</b>	+00:03:47 (-163,096.0%)	9:07	6.6 (75.0%)
326	PUCHALSKI Piotr	2083	PZU SPORT TEAM	M50	43			02:37:46	04:16:44	06:51:04	06:58:00		<b>08:01:10.85</b>	<b>08:01:59.65</b>	+00:03:47 (-162,978.4%)	10:54	5.5 (62.5%)
327	NAWROT Łukasz	1969	BIEG Z CHRYSYUSEM	M30	119			02:16:33	03:54:49	06:25:13	06:32:09		<b>07:34:34.55</b>	<b>07:35:08.60</b>	+00:03:47 (-162,939.3%)	10:18	5.8 (65.9%)
328	GADOMSKA Anna	2070	PZU SPORT TEAM	K40	10			02:08:38	03:31:18	05:31:22	05:38:19	06:27:37	<b>06:29:43.70</b>	<b>06:30:32.00</b>	+00:03:48 (-162,880.6%)	8:50	6.8 (77.3%)
329	SZAFRAŃSKI Dominik	1701	OBORNICKI KLUB LEKKOATLETYCZNY	M30	69			01:49:49	02:59:33	05:02:27	05:09:24	05:58:03	<b>06:00:01.80</b>	<b>06:00:14.95</b>	+00:03:48 (-162,802.4%)	8:09	7.3 (83.0%)
330	SZYDŁOWSKI Bogdan	1858	2ROWERY.COM.PL	M30	103			02:05:22	03:33:19	05:57:40	06:04:37	07:00:33	<b>07:02:49.25</b>	<b>07:03:38.85</b>	+00:03:48 (-162,802.4%)	9:35	6.3 (71.6%)
331	MILIAN Kamil	1650	FORZA MILAN	M40	79			01:58:10	03:12:44	05:17:43	05:24:40	06:18:11	<b>06:20:09.85</b>	<b>06:20:28.55</b>	+00:03:48 (-162,782.8%)	8:37	7 (79.5%)
332	ŁATWIŃSKI Mateusz	1716	MOCNA GRUPA CEZARA	M20	23			02:10:25	03:33:36	05:46:27	05:53:24	06:45:44	<b>06:48:00.35</b>	<b>06:48:18.05</b>	+00:03:48 (-162,626.7%)	9:15	6.5 (73.9%)
333	ZYGMUNT Paweł	1818		M50	20			02:09:12	03:30:12	05:34:14	05:41:12	06:35:06	<b>06:37:12.85</b>	<b>06:37:22.75</b>	+00:03:49 (-162,373.7%)	9:00	6.7 (76.1%)
334	ZYGMUNT Tomasz	2040		M20	11			01:31:16	02:23:26	04:04:24	04:11:23	05:05:24	<b>05:07:47.05</b>	<b>05:07:50.65</b>	+00:03:50 (-162,082.7%)	6:58	8.6 (97.7%)
335	GAJEWSKI Jacek	2086	DOGOŃ GRODZISK MAZOWIECKI	M40	96			02:13:38	03:36:18	05:43:25	05:50:25	06:34:58	<b>06:37:01.55</b>	<b>06:37:25.80</b>	+00:03:50 (-161,927.9%)	9:00	6.7 (76.1%)
336	NYKIEL Rafał	2077	ULTRA DIABŁY TEAM LUBRZA	M40	113			02:11:23	03:39:08	05:51:21	05:58:20	06:49:59	<b>06:52:05.70</b>	<b>06:52:39.60</b>	+00:03:50 (-161,812.0%)	9:20	6.4 (72.7%)
337	ŁATKOWSKI Łukasz	2014	01LLATKOWSKI@GMAIL.COM	M40	137			02:21:07	03:58:04	06:17:48	06:24:48		<b>07:18:52.05</b>	<b>07:19:03.35</b>	+00:03:50 (-161,773.4%)	9:57	6 (68.2%)
338	NALEPA Paweł	1885	CHILLOUT CREW	M30	107			02:09:37	03:33:46	06:14:27	06:21:27		<b>07:11:25.50</b>	<b>07:11:54.40</b>	+00:03:50 (-161,754.1%)	9:46	6.1 (69.3%)
339	ŁATKOWSKA Monika	2013	GRUPA BIEGOWA CHTMO	K40	33			02:21:08	03:58:04	06:17:49	06:24:49		<b>07:18:53.50</b>	<b>07:19:03.35</b>	+00:03:51 (-161,677.0%)	9:57	6 (68.2%)
340	NOWOTKA Krzysztof	1548	RYKOWISKO TEAM	M40	91			02:08:14	03:31:56	05:34:06	05:41:06	06:28:10	<b>06:30:11.35</b>	<b>06:30:33.70</b>	+00:03:51 (-161,657.8%)	8:50	6.8 (77.3%)
341	GĄGOR Sebastian	1628		M20	26			02:19:35	03:49:11	05:59:43	06:06:43		<b>07:09:02.15</b>	<b>07:09:41.85</b>	+00:03:51 (-161,542.3%)	9:43	6.2 (70.5%)
342	ODOLCZYK Joanna	1710		K50	4			02:18:51	03:45:16	06:07:13	06:14:14	07:04:36	<b>07:07:17.35</b>	<b>07:08:13.45</b>	+00:03:51 (-161,542.3%)	9:41	6.2 (70.5%)
343	KOWALSKI Krzysztof	2066	STS BIEGATON	M50	32			02:21:29	03:54:22	06:18:57	06:25:57		<b>07:24:30.35</b>	<b>07:24:47.85</b>	+00:03:51 (-161,369.3%)	10:04	6 (68.2%)
344	LEŚNOWOLSKI Piotr	1762	KLUB BIEGACZA RTV EURO AGD	M50	31			02:29:41	04:07:09	06:20:20	06:27:21		<b>07:22:17.65</b>	<b>07:23:08.45</b>	+00:03:52 (-161,292.6%)	10:01	6 (68.2%)
345	BIJATOWSKI Adrian	1873	MADA RUNNERS	M40	93			01:59:41	03:16:19	05:27:44	05:34:45	06:29:09	<b>06:31:18.85</b>	<b>06:31:32.70</b>	+00:03:52 (-161,254.2%)	8:52	6.8 (77.3%)
346	DYCKOWSKI Andrzej	1758	TYGRYSKI KUBUSIA PUCHATKA	M60	3			02:20:40	04:05:41	06:30:03	06:37:04		<b>07:36:21.35</b>	<b>07:36:58.90</b>	+00:03:52 (-161,235.1%)	10:20	5.8 (65.9%)
347	GACHOWSKI Łukasz	1627		M40	81			01:56:40	03:13:20	05:21:08	05:28:09	06:19:39	<b>06:21:43.40</b>	<b>06:21:56.40</b>	+00:03:52 (-161,196.8%)	8:39	6.9 (78.4%)
348	KRAJEWSKA-PALUCH Ewa	1983		K40	37			02:16:09	03:52:28	06:15:01	06:22:02		<b>07:24:31.50</b>	<b>07:24:55.30</b>	+00:03:52 (-161,101.0%)	10:04	6 (68.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa Polski	Drużyna	Schronisko Bacówka na Przehybie					Czas netto 44.1km	Czas brutto 44.1km	Różn	Tempo min/km	Tempo km/h
								na 24.4km	Premia1 37.2km	Premia2 37.7km	43.6km						
349	<b>PRZEPERSKI Krzysztof</b>	<b>1836</b>		M40	134			02:16:00	03:40:43	06:05:17	06:12:18		<b>07:09:24.80</b>	<b>07:10:04.20</b>	+00:03:52 (-161,024.6%)	9:44	6.2 (70.5%)
350	<b>OPOZDA Michał</b>	<b>2009</b>		M40	68			01:57:14	03:14:03	05:19:41	05:26:43	06:07:28	<b>06:09:24.50</b>	<b>06:09:32.70</b>	+00:03:53 (-160,871.8%)	8:22	7.2 (81.8%)
351	<b>GAJDECKI Tomek</b>	<b>1911</b>	ACCENTURE	M40	83			02:05:02	03:22:12	05:24:12	05:31:14	06:21:03	<b>06:23:06.60</b>	<b>06:23:49.10</b>	+00:03:53 (-160,833.6%)	8:41	6.9 (78.4%)
352	<b>ŁUKASZEWICZ Dawid</b>	<b>2018</b>	Z GÓRKI I POD GÓRKĘ	M40	145			02:15:18	03:48:42	06:16:01	06:23:04		<b>07:22:49.45</b>	<b>07:23:11.60</b>	+00:03:53 (-160,757.4%)	10:02	6 (68.2%)
353	<b>SAINTEMARIE Bernard</b>	<b>1946</b>	MARCHE NORDIQUE PERIGORD VERT	M60	2			02:13:31	03:47:11	06:18:47	06:25:50		<b>07:30:57.25</b>	<b>07:31:27.65</b>	+00:03:53 (-160,605.2%)	10:13	5.9 (67.0%)
354	<b>FUKS Szymon</b>	<b>1783</b>	MCBIEGACZE	M40	42			01:47:09	02:54:36	04:51:45	04:58:48	05:44:54	<b>05:46:55.70</b>	<b>05:47:04.40</b>	+00:03:54 (-160,453.2%)	7:51	7.6 (86.4%)
355	<b>DĄBROWSKI Michał</b>	<b>1992</b>	CINCLUS	M50	4			01:44:26	02:49:47	04:35:56	04:43:00	05:33:49	<b>05:36:10.20</b>	<b>05:36:42.90</b>	+00:03:54 (-160,282.6%)	7:37	7.9 (89.8%)
356	<b>KŁOŚ Artur</b>	<b>2080</b>	STAY INSANE	M30	47			01:48:15	02:57:26	04:45:23	04:52:27	05:38:04	<b>05:40:46.50</b>	<b>05:40:52.55</b>	+00:03:55 (-160,150.1%)	7:43	7.8 (88.6%)
357	<b>BISKUPSKA Ewa</b>	<b>2119</b>		K40	57			02:29:15	04:14:50	06:48:39	06:55:44		<b>07:57:49.00</b>	<b>07:57:56.30</b>	+00:03:55 (-159,942.4%)	10:50	5.5 (62.5%)
358	<b>KRZYSZTOFOWICZ Andrzej</b>	<b>1831</b>	ULTRASZY	M40	168			02:24:44	04:11:47	06:50:32	06:57:37		<b>08:05:57.85</b>	<b>08:06:31.15</b>	+00:03:56 (-159,810.5%)	11:01	5.4 (61.4%)
359	<b>KONCA Mariusz</b>	<b>1547</b>	KB OŻARÓW MAZOWIECKI BIEGA	M50	38			02:30:10	04:10:56	06:39:08	06:46:13		<b>07:46:13.55</b>	<b>07:46:45.80</b>	+00:03:56 (-159,791.7%)	10:34	5.7 (64.8%)
360	<b>DRABIŃSKI Adrian</b>	<b>1743</b>	BEERSPIRIT	M40	139			02:20:15	03:52:19	06:14:48	06:21:53		<b>07:19:00.30</b>	<b>07:19:34.00</b>	+00:03:56 (-159,754.1%)	9:57	6 (68.2%)
361	<b>SZYDŁOWSKA - DOROSZ Patrycja</b>	<b>1637</b>	TEAM ZABIEGANEDNI	K40	62			02:37:46	04:28:32	06:55:10	07:02:14		<b>08:08:15.75</b>	<b>08:08:47.85</b>	+00:03:56 (-159,735.3%)	11:04	5.4 (61.4%)
362	<b>KRACZKOWSKI Krzysztof</b>	<b>1847</b>	CHEŁM BIEGA	M40	174			02:24:43	04:16:58	07:00:15	07:07:20		<b>08:14:59.15</b>	<b>08:15:35.80</b>	+00:03:56 (-159,622.5%)	11:13	5.3 (60.2%)
363	<b>GAWRÓŃSKI Adrian</b>	<b>1970</b>	ZABIEGANYMI CZĘSTOCHOWA	M40	142			02:04:55	03:33:30	06:10:34	06:17:39		<b>07:19:39.00</b>	<b>07:20:01.60</b>	+00:03:56 (-159,491.1%)	9:58	6 (68.2%)
364	<b>ZARZECZNY Radosław</b>	<b>1888</b>		M30	113			02:20:11	03:53:00	06:12:29	06:19:35		<b>07:20:12.45</b>	<b>07:20:27.45</b>	+00:03:56 (-159,491.1%)	9:58	6 (68.2%)
365	<b>TUCHOWSKI Janusz</b>	<b>1798</b>		M40	146			02:09:54	03:54:05	06:16:31	06:23:36		<b>07:24:47.10</b>	<b>07:25:37.20</b>	+00:03:56 (-159,491.1%)	10:05	5.9 (67.0%)
366	<b>ILKOVIC Matus</b>	<b>1781</b>		M30	97			02:05:38	03:26:36	05:50:30	05:57:36	06:43:44	<b>06:47:34.85</b>	<b>06:47:45.80</b>	+00:03:57 (-159,266.4%)	9:14	6.5 (73.9%)
367	<b>ZEMBATY Marek</b>	<b>1777</b>		M40	138			02:12:27	03:41:29	06:04:23	06:11:29		<b>07:18:43.85</b>	<b>07:19:22.65</b>	+00:03:57 (-159,247.7%)	9:56	6 (68.2%)
368	<b>MYCIELSKI Mariusz</b>	<b>1692</b>	W DRODZE	M50	11			02:03:14	03:18:30	05:14:16	05:21:22	06:07:49	<b>06:09:57.25</b>	<b>06:10:26.75</b>	+00:03:57 (-159,191.7%)	8:23	7.2 (81.8%)
369	<b>NOWAK Ewelina</b>	<b>2109</b>	GROMNIK RUN TEAM	K40	45			02:31:18	04:04:51	06:25:48	06:32:55		<b>07:30:41.65</b>	<b>07:31:11.60</b>	+00:03:57 (-159,135.6%)	10:13	5.9 (67.0%)
370	<b>TKACZ Przemysław</b>	<b>1673</b>	PRZEMYSKI KLUB BIEGACZA	M50	40			02:28:45	04:05:57	06:34:23	06:41:30		<b>07:50:16.80</b>	<b>07:50:57.00</b>	+00:03:57 (-159,135.6%)	10:39	5.6 (63.6%)
371	<b>PAŁYSA Robert</b>	<b>2124</b>	STANWEX II	M20	20			02:05:11	03:19:01	05:22:13	05:29:19	06:12:16	<b>06:14:50.65</b>	<b>06:15:39.45</b>	+00:03:57 (-159,098.3%)	8:29	7.1 (80.7%)
372	<b>KLOS Daniel</b>	<b>1871</b>	KAPITAN KLOSS	M50	30			02:20:02	03:53:18	06:10:47	06:17:54		<b>07:19:43.20</b>	<b>07:20:09.05</b>	+00:03:58 (-159,023.7%)	9:58	6 (68.2%)
373	<b>PIOTROWSKA Ewa</b>	<b>2118</b>	META NADARZYŃ	K50	11			02:41:20	04:37:33	07:16:02	07:23:10		<b>08:24:08.80</b>	<b>08:24:58.50</b>	+00:03:58 (-158,763.2%)	11:25	5.2 (59.1%)
374	<b>SZATKOWSKI Michał</b>	<b>1597</b>	MARCINŚWIERCTEAM	M20	19			01:58:45	03:13:03	05:14:18	05:21:26	06:09:59	<b>06:11:52.90</b>	<b>06:12:04.20</b>	+00:03:59 (-158,651.8%)	8:25	7.1 (80.7%)
375	<b>JANIAK Norbert</b>	<b>1528</b>		M30	53			01:40:05	02:48:36	04:45:27	04:52:35	05:46:57	<b>05:49:20.10</b>	<b>05:49:25.55</b>	+00:03:59 (-158,540.5%)	7:55	7.6 (86.4%)
376	<b>PŁOSKONKA Paweł</b>	<b>1869</b>		M40	189					07:42:51	07:49:59		<b>08:52:09.10</b>	<b>08:52:09.10</b>	+00:03:59 (-158,540.5%)	12:04	5 (56.8%)
377	<b>ROJEK Maciej</b>	<b>1899</b>		M30	78			02:01:06	03:16:57	05:17:10	05:24:19	06:12:58	<b>06:15:11.65</b>	<b>06:15:32.75</b>	+00:04:00 (-158,152.4%)	8:30	7.1 (80.7%)
378	<b>SZYMULA Janusz</b>	<b>1916</b>		M40	110			02:06:55	03:31:10	05:48:28	05:55:37	06:46:38	<b>06:48:40.90</b>	<b>06:49:16.20</b>	+00:04:00 (-157,986.6%)	9:16	6.5 (73.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa Polski	Drużyna	Schronisko Bacówka na Przehybie na Obidzy					Czas netto 44.1km	Czas brutto 44.1km	Tempo min/km	Tempo km/h	
								Premia1 37.2km	Premia2 37.7km	43.6km	Różn						
379	LISIK Wojciech	1812	KS WINO	M40	102			02:00:17	03:20:35	05:41:28	05:48:38	06:40:18	<b>06:42:27.75</b>	<b>06:43:04.25</b>	+00:04:01 (-157,968.2%)	9:07	6.6 (75.0%)
380	TEODOROWICZ Sylwester	1534		M40	116			02:09:00	03:32:56	05:45:08	05:52:18	06:52:24	<b>06:55:03.80</b>	<b>06:55:59.00</b>	+00:04:01 (-157,931.4%)	9:24	6.4 (72.7%)
381	NOWAK Paulina	1595	ADIDAS RUNNERS POZNAŃ	K30	48			02:37:32	04:28:28	06:57:39	07:04:49		<b>08:16:45.75</b>	<b>08:17:27.90</b>	+00:04:01 (-157,802.8%)	11:15	5.3 (60.2%)
382	KNAP Tomasz	1760		M40	51			01:52:40	03:03:37	04:59:18	05:06:28	05:53:05	<b>05:55:16.40</b>	<b>05:55:28.45</b>	+00:04:01 (-157,747.8%)	8:03	7.4 (84.1%)
383	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	<b>07:03:26.15</b>	<b>07:03:32.65</b>	+00:04:02 (-157,564.5%)	9:36	6.2 (70.5%)
384	WIĘCH Kinga	2036		K40	22			02:21:20	03:50:51	06:00:43	06:07:54	06:58:37	<b>07:00:54.75</b>	<b>07:01:36.00</b>	+00:04:02 (-157,400.0%)	9:32	6.3 (71.6%)
385	GUSZCZA Ewa	1737	MARKOWI BIEGACZE	K40	38			02:16:56	03:57:18	06:19:24	06:26:35		<b>07:24:54.85</b>	<b>07:25:37.15</b>	+00:04:03 (-157,199.4%)	10:05	5.9 (67.0%)
386	RĄCZKOWSKI Adam	1815	MYKK	M40	128			02:13:28	03:48:14	06:03:52	06:11:04	07:02:20	<b>07:04:43.80</b>	<b>07:05:12.60</b>	+00:04:03 (-157,072.0%)	9:37	6.2 (70.5%)
387	KORPAK Adam	1747	PLOTWISE	M30	101			02:17:37	03:47:25	05:57:37	06:04:49	06:59:36	<b>07:01:39.90</b>	<b>07:01:50.40</b>	+00:04:03 (-157,017.4%)	9:33	6.3 (71.6%)
388	SANIAK Przemysław	1767		M30	111			02:19:39	03:56:59	06:21:11	06:28:23		<b>07:17:52.55</b>	<b>07:18:02.15</b>	+00:04:03 (-156,962.9%)	9:55	6 (68.2%)
389	ADAMOWICZ Agnieszka	1941	ZWOLEŃNICY BIEGANIA	K40	34			02:24:58	03:58:16	06:17:18	06:24:30		<b>07:21:17.45</b>	<b>07:21:45.25</b>	+00:04:03 (-156,944.7%)	10:00	6 (68.2%)
390	PUCHALSKA Olga	163		K40	59			02:37:45	04:16:42	06:49:25	06:56:38		<b>08:01:10.80</b>	<b>08:01:59.70</b>	+00:04:03 (-156,908.4%)	10:54	5.5 (62.5%)
391	WOJTYŁA Paweł	1526	AKS POLONIA WARSZAWA	M30	127			02:24:55	04:05:25	06:38:34	06:45:47		<b>07:51:54.55</b>	<b>07:52:45.80</b>	+00:04:04 (-156,835.9%)	10:42	5.6 (63.6%)
392	FILIP Paweł	2127	MOCNA GRUPA CEZARA	M30	35			01:43:04	02:46:17	04:28:19	04:35:32	05:17:04	<b>05:19:04.55</b>	<b>05:19:21.60</b>	+00:04:04 (-156,709.1%)	7:14	8.3 (94.3%)
393	DZIOB Grzegorz	1769	NIEPOŁOMICE BIEGAJĄ	M40	76			01:59:58	03:17:43	05:21:31	05:28:44	06:16:38	<b>06:18:51.90</b>	<b>06:19:10.10</b>	+00:04:04 (-156,672.9%)	8:35	7 (79.5%)
394	BRATKOWSKA Agnieszka	1822		K40	32			02:19:13	03:57:15	06:15:11	06:22:25		<b>07:17:45.80</b>	<b>07:18:32.15</b>	+00:04:04 (-156,654.8%)	9:55	6 (68.2%)
395	MAŁEK Adam	1830		M40	94			02:01:54	03:19:00	05:34:42	05:41:55	06:29:40	<b>06:31:55.30</b>	<b>06:32:14.90</b>	+00:04:04 (-156,600.5%)	8:53	6.8 (77.3%)
396	NEŃKI Łukasz	1697		M40	164			02:25:19	04:02:54	06:37:57	06:45:10		<b>07:47:52.35</b>	<b>07:48:07.45</b>	+00:04:05 (-156,456.0%)	10:36	5.7 (64.8%)
397	FIRA-KREMPA Edyta	2049		K50	3			02:17:52	03:43:49	05:59:54	06:07:08	07:01:23	<b>07:03:48.60</b>	<b>07:03:59.00</b>	+00:04:05 (-156,329.8%)	9:36	6.2 (70.5%)
398	CZERWIK Monika	1927	#RÓBSWOJE	K40	17			02:12:15	03:38:50	05:48:55	05:56:09	06:45:02	<b>06:47:11.00</b>	<b>06:47:51.80</b>	+00:04:05 (-156,293.8%)	9:13	6.5 (73.9%)
399	SZULENCKA Aleksandra	1768	ZABIEGANI PO USZY	K30	55			03:04:00	04:47:22	07:27:43	07:34:58		<b>08:37:47.10</b>	<b>08:38:47.20</b>	+00:04:05 (-156,257.8%)	11:44	5.1 (58.0%)
400	PAPRZYCKI Romuald	2034	NORBULLO TEAM BIEGA NATURALNIE	M50	12			02:04:41	03:18:38	05:21:33	05:28:48	06:14:00	<b>06:16:09.35</b>	<b>06:16:31.75</b>	+00:04:05 (-156,203.8%)	8:31	7 (79.5%)
401	SŁOMCZYŃSKA Karolina	1663		K30	16			02:01:36	03:25:07	05:25:56	05:33:10	06:16:39	<b>06:18:32.40</b>	<b>06:18:46.25</b>	+00:04:06 (-156,149.9%)	8:35	7 (79.5%)
402	ROSZKOWSKI Marcin	2114	ZABIEGANI PO USZY	M50	51			03:04:01	04:47:21	07:27:43	07:34:57		<b>08:37:47.45</b>	<b>08:38:47.35</b>	+00:04:06 (-156,131.9%)	11:44	5.1 (58.0%)
403	KAMIŃSKI Piotr	1670		M40	147			02:32:33	04:06:06	06:24:24	06:31:39		<b>07:25:38.40</b>	<b>07:26:23.00</b>	+00:04:06 (-156,042.1%)	10:06	5.9 (67.0%)
404	RONDUDA Robert	1893		M40	167			02:28:22	04:13:33	06:47:15	06:54:30		<b>07:59:18.45</b>	<b>08:00:03.85</b>	+00:04:06 (-155,988.3%)	10:52	5.5 (62.5%)
405	WOJTCZAK Michał	1839		M30	110			02:17:35	03:52:41	06:11:09	06:18:24		<b>07:16:50.00</b>	<b>07:17:08.40</b>	+00:04:06 (-155,952.4%)	9:54	6.1 (69.3%)
406	SZULC Rafał	1578	PREGRES	M30	132			02:23:16	04:08:27	06:53:49	07:01:05		<b>08:03:28.90</b>	<b>08:03:56.90</b>	+00:04:07 (-155,541.1%)	10:57	5.5 (62.5%)
407	PIECH Adam	2021	PORANNY PATROL	M40	150			02:17:26	03:53:28	06:18:13	06:25:30		<b>07:29:20.80</b>	<b>07:29:55.30</b>	+00:04:08 (-155,398.6%)	10:11	5.9 (67.0%)
408	SZMIGIEL Agnieszka	1952		K30	26			02:16:04	03:36:54	05:45:45	05:53:02	06:43:33	<b>06:45:36.45</b>	<b>06:45:55.95</b>	+00:04:08 (-155,291.8%)	9:11	6.5 (73.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa Polski	Drużyna	Schronisko Bacówka na Przehybie na Obidzy					Czas		Tempo min/km	Tempo km/h	
								14.7km	24.4km	Premia1 37.2km	Premia2 37.7km	43.6km	netto 44.1km	brutto 44.1km			Różn
409	KIERSZNIKIEWICZ Łukasz	1598		M40	153			02:18:16	04:02:50	06:23:03	06:30:20		<b>07:30:19.55</b>	<b>07:31:12.85</b>	+00:04:09 (-154,990.2%)	10:12	5.9 (67.0%)
410	WAWRZYŃIAK Ilona	1688	NORBULLO TEAM	K40	41			02:15:56	03:58:12	06:26:39	06:33:58		<b>07:27:19.65</b>	<b>07:27:39.80</b>	+00:04:09 (-154,848.7%)	10:08	5.9 (67.0%)
411	JĘDRZEJCZYK Agnieszka	2056	RZESZOWSKIE GAZELE I GEPARDY	K40	15			02:19:34	03:43:52	05:45:42	05:53:01	06:41:44	<b>06:43:57.45</b>	<b>06:44:39.35</b>	+00:04:10 (-154,531.1%)	9:09	6.6 (75.0%)
412	JAROS Mirek	1903		M40	121			02:12:13	03:35:15	05:52:27	05:59:47	06:55:44	<b>06:57:44.80</b>	<b>06:58:08.60</b>	+00:04:10 (-154,495.9%)	9:28	6.3 (71.6%)
413	KUNZ Tomasz	1665		M50	6			01:51:16	03:01:34	04:55:04	05:02:24	05:48:37	<b>05:50:48.85</b>	<b>05:51:08.45</b>	+00:04:11 (-154,267.5%)	7:57	7.5 (85.2%)
414	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	<b>06:37:10.95</b>	<b>06:37:57.70</b>	+00:04:12 (-154,022.3%)	9:00	6.7 (76.1%)
415	ZAJKOWSKI Mariusz	2092	STAJNIA BALONA	M40	125			02:16:47	03:42:51	05:59:48	06:07:09	06:58:11	<b>06:59:59.85</b>	<b>07:00:27.40</b>	+00:04:12 (-154,004.8%)	9:31	6.3 (71.6%)
416	FEODORÓW Wojciech	2137	RESHAPE RUNNERS	M50	13			02:09:31	03:23:53	05:21:03	05:28:24	06:19:21	<b>06:21:21.65</b>	<b>06:21:50.75</b>	+00:04:12 (-153,952.4%)	8:38	6.9 (78.4%)
417	KORCZYŃSKI Daniel	2106		M30	121			02:20:16	04:05:26	06:29:43	06:37:05		<b>07:37:34.90</b>	<b>07:37:49.90</b>	+00:04:13 (-153,655.9%)	10:22	5.8 (65.9%)
418	SKÓRA Wojciech	2113		M40	132			02:13:41	03:41:58	06:01:31	06:08:53		<b>07:08:42.35</b>	<b>07:09:31.75</b>	+00:04:13 (-153,569.0%)	9:43	6.2 (70.5%)
419	PYTEL Waldek	2039	YULO RUN TEAM SIEDLCE	M50	17			02:12:36	03:30:48	05:30:12	05:37:34	06:30:28	<b>06:32:37.85</b>	<b>06:32:58.05</b>	+00:04:13 (-153,464.7%)	8:54	6.7 (76.1%)
420	BOŁDYS Paweł	1934	TRENER BIEGACZY RUNONLINE.PL	M30	102			02:15:12	03:39:28	05:57:39	06:05:01	07:00:12	<b>07:02:40.25</b>	<b>07:02:51.70</b>	+00:04:14 (-153,308.6%)	9:35	6.3 (71.6%)
421	NASTAZIAK Andrzej	2091	ZABIEGANY WOŁOMIN	M50	36			02:16:54	03:46:54	06:22:01	06:29:24		<b>07:35:16.95</b>	<b>07:35:49.65</b>	+00:04:14 (-153,204.7%)	10:19	5.8 (65.9%)
422	POLAKÓW Sławomir	1550	Z GÓRKI I POD GÓRKĘ	M50	50			02:43:04	04:40:04	07:18:24	07:25:47		<b>08:35:51.55</b>	<b>08:36:14.85</b>	+00:04:14 (-153,170.1%)	11:41	5.1 (58.0%)
423	RUBASZKO Michał	1951		M40	172			02:22:24	04:05:01	06:55:46	07:03:09		<b>08:08:16.60</b>	<b>08:09:09.25</b>	+00:04:14 (-153,118.3%)	11:04	5.4 (61.4%)
424	LATAŁA Wojciech	1574	LEŚNE GRUBASY	M40	187			02:49:44	04:40:40	07:26:59	07:34:23		<b>08:43:15.20</b>	<b>08:44:11.45</b>	+00:04:15 (-152,980.1%)	11:51	5.1 (58.0%)
425	PIETRZAK Michał	1857	3	M30	86			02:01:35	03:17:31	05:26:44	05:34:08	06:21:27	<b>06:23:46.05</b>	<b>06:24:10.45</b>	+00:04:16 (-152,584.4%)	8:42	6.9 (78.4%)
426	RUCYK Justyna	1867		K40	64			02:33:35	04:28:29	06:51:41	06:59:06		<b>08:08:32.25</b>	<b>08:09:14.80</b>	+00:04:16 (-152,464.3%)	11:04	5.4 (61.4%)
427	SZYMEROWSKI Łukasz	1872		M40	152			02:25:08	04:02:50	06:23:06	06:30:31		<b>07:30:06.10</b>	<b>07:30:58.40</b>	+00:04:16 (-152,378.7%)	10:12	5.9 (67.0%)
428	WOJTASIK Marta	2006		K40	61			02:33:03	04:18:38	06:51:04	06:58:31		<b>08:07:29.30</b>	<b>08:07:40.90</b>	+00:04:18 (-151,883.9%)	11:03	5.4 (61.4%)
429	KOZIELEC Tomasz	1556	PĘDZĄCE MISIE	M40	151			02:20:07	03:52:40	06:19:41	06:27:08		<b>07:30:15.10</b>	<b>07:30:54.80</b>	+00:04:18 (-151,798.9%)	10:12	5.9 (67.0%)
430	WIŚNIEWSKI Piotr	2055	AKTYWNI KOCIEWICY	M50	21			02:08:43	03:27:55	05:33:50	05:41:17	06:35:31	<b>06:37:42.30</b>	<b>06:38:27.25</b>	+00:04:18 (-151,764.9%)	9:01	6.7 (76.1%)
431	SMURA Rafał	1919		M30	106			02:10:16	03:34:41	05:57:30	06:04:57	07:03:12	<b>07:05:59.05</b>	<b>07:06:15.10</b>	+00:04:18 (-151,646.2%)	9:39	6.2 (70.5%)
432	JANOWSKA Urszula	1618		K40	42			02:19:31	04:04:43	06:21:59	06:29:27		<b>07:28:35.00</b>	<b>07:29:17.05</b>	+00:04:19 (-151,493.8%)	10:10	5.9 (67.0%)
433	BURZA Kinga	1823	LKS BURZYN	K40	53			02:31:16	04:16:52	06:39:33	06:47:01		<b>07:44:05.55</b>	<b>07:44:37.80</b>	+00:04:19 (-151,459.9%)	10:31	5.7 (64.8%)
434	SOBIESZEK Sylwia	1928		K40	4			01:54:31	03:04:31	04:58:43	05:06:12	05:55:16	<b>05:57:24.05</b>	<b>05:57:51.00</b>	+00:04:19 (-151,409.2%)	8:06	7.4 (84.1%)
435	BUNIOWSKA Wiktoria	1755		K20	11			02:36:53		07:00:23	07:07:51		<b>08:11:35.55</b>	<b>08:12:16.50</b>	+00:04:19 (-151,375.4%)	11:08	5.4 (61.4%)
436	KONS Katarzyna	2134		K30	32			02:16:39	03:43:10	05:51:27	05:58:57	06:50:08	<b>06:52:26.60</b>	<b>06:53:02.65</b>	+00:04:21 (-150,853.5%)	9:21	6.4 (72.7%)
437	CIOSEK Marta	1572		K40	5			02:03:16	03:22:24	05:14:40	05:22:10	06:02:09	<b>06:03:52.05</b>	<b>06:04:08.20</b>	+00:04:21 (-150,820.0%)	8:15	7.3 (83.0%)
438	LIPIŃSKI Oskar	2079		M30	91			02:04:52	03:22:58	05:26:30	05:34:00	06:28:42	<b>06:30:59.35</b>	<b>06:31:42.65</b>	+00:04:21 (-150,820.0%)	8:51	6.8 (77.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa Polski	Drużyna	Schronisko Bącówka					Czas netto		Czas brutto		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	Różn			
439	TADLA Izabela	2075	#NOLIMITS	K30	37			02:20:31	03:47:26	06:08:19	06:15:49		<b>07:14:24.05</b>	<b>07:14:50.00</b>	+00:04:21 (-150,820.0%)	9:51	6.1 (69.3%)	
440	MALCZEWSKA-CHAŁADAJ Karina	2148		K40	56			02:36:30	04:20:56	06:45:15	06:52:45		<b>07:52:51.15</b>	<b>07:53:22.65</b>	+00:04:21 (-150,753.0%)	10:43	5.6 (63.6%)	
441	STĘPIEŃ Piotr	1568		M30	134			02:32:58	04:23:24	06:52:34	07:00:05		<b>08:14:15.30</b>	<b>08:15:13.40</b>	+00:04:22 (-150,535.5%)	11:12	5.4 (61.4%)	
442	NAPIERAŁA Marcin	2123	#	M40	131			02:23:03	03:52:42	06:05:13	06:12:44		<b>07:08:23.25</b>	<b>07:08:30.35</b>	+00:04:22 (-150,485.4%)	9:42	6.2 (70.5%)	
443	KOEHLER Ola	2145		K30	29			02:12:16	03:37:49	05:42:46	05:50:17	06:46:02	<b>06:48:33.60</b>	<b>06:48:50.45</b>	+00:04:22 (-150,468.7%)	9:15	6.5 (73.9%)	
444	PLEBAN Małgorzata	2116	SKPB WARSZAWA	K30	31			02:10:53	03:36:44	05:47:07	05:54:38	06:49:19	<b>06:51:24.75</b>	<b>06:51:53.45</b>	+00:04:22 (-150,452.0%)	9:19	6.4 (72.7%)	
445	WRÓBEL Tomasz	1782		M30	118			02:16:14	03:48:12	06:26:57	06:34:29		<b>07:33:27.25</b>	<b>07:33:48.90</b>	+00:04:22 (-150,368.6%)	10:16	5.8 (65.9%)	
446	GRADZIK-BOROWSKA Inga	1988		K30	17			02:01:34	03:19:01	05:19:30	05:27:02	06:16:38	<b>06:18:47.70</b>	<b>06:18:59.60</b>	+00:04:22 (-150,285.3%)	8:35	7 (79.5%)	
447	WESOŁOWSKI Krzysztof	1590	LASKOWE LUDKI	M40	78			01:55:03	03:07:26	05:13:41	05:21:14	06:18:01	<b>06:20:06.75</b>	<b>06:20:23.65</b>	+00:04:23 (-150,019.4%)	8:37	7 (79.5%)	
448	PARTYKA Gabriel	1834		M30	117			02:17:39	03:48:39	06:16:44	06:24:17		<b>07:30:47.25</b>	<b>07:31:37.85</b>	+00:04:24 (-149,820.5%)	10:13	5.9 (67.0%)	
449	JAWORSKI Bartek	2103		M40	171			02:32:59	04:16:35	06:53:47	07:01:20		<b>08:06:36.10</b>	<b>08:07:24.40</b>	+00:04:24 (-149,787.4%)	11:02	5.4 (61.4%)	
450	MATECKI Tomasz	1604		M40	57			01:54:25	03:04:56	05:00:47	05:08:20	05:57:13	<b>05:59:41.15</b>	<b>06:00:12.45</b>	+00:04:24 (-149,688.3%)	8:09	7.4 (84.1%)	
451	GÓRSKA Alicja	2032		K40	58			02:17:07	04:04:51	06:42:55	06:50:29		<b>08:00:44.05</b>	<b>08:01:24.10</b>	+00:04:25 (-149,589.2%)	10:54	5.5 (62.5%)	
452	POŁUBOK Kajetan	1600		M40	15			01:38:24	02:40:08	04:13:58	04:21:32	04:59:17	<b>05:01:25.15</b>	<b>05:01:28.85</b>	+00:04:25 (-149,490.3%)	6:50	8.8 (100%)	
453	HABRAT Maciej	2000	HABRAT TEAM	M50	16			02:07:21	03:29:09	05:31:56	05:39:30	06:28:39	<b>06:30:58.05</b>	<b>06:31:04.25</b>	+00:04:25 (-149,424.4%)	8:51	6.8 (77.3%)	
454	PURGAL Magdalena	1883	SŁOŃCA JURY	K40	40			02:23:08	03:56:25	06:17:33	06:25:07		<b>07:27:24.40</b>	<b>07:27:39.70</b>	+00:04:25 (-149,408.0%)	10:08	5.9 (67.0%)	
455	BAKALARSKA Mariola	1644		K50	7			02:25:34	04:07:12	06:40:22	06:47:57		<b>07:52:47.90</b>	<b>07:53:04.20</b>	+00:04:25 (-149,325.7%)	10:43	5.6 (63.6%)	
456	PYTLEWSKI Łukasz	2059		M40	165			02:28:10	04:05:42	06:42:48	06:50:23		<b>07:53:22.95</b>	<b>07:54:03.00</b>	+00:04:26 (-149,194.4%)	10:44	5.6 (63.6%)	
457	SZYMANEK Anna	1622	NAPRZÓD MŁOCINY	K40	44			02:20:51	04:08:48	06:34:54	06:42:31		<b>07:30:38.70</b>	<b>07:31:02.35</b>	+00:04:28 (-148,540.8%)	10:13	5.9 (67.0%)	
458	CHOLEWA Tomasz	2022		M40	97			02:09:06	03:31:34	05:39:41	05:47:19	06:35:25	<b>06:37:32.85</b>	<b>06:38:10.95</b>	+00:04:28 (-148,345.9%)	9:00	6.7 (76.1%)	
459	OLZACKI Piotr	1679		M30	135			02:24:41	04:04:05	06:44:54	06:52:32		<b>08:20:32.70</b>	<b>08:21:07.40</b>	+00:04:29 (-148,281.0%)	11:20	5.3 (60.2%)	
460	TENDAJ Daniel	1824		M50	46			02:24:28	04:03:06	06:44:39	06:52:17		<b>08:09:56.80</b>	<b>08:10:46.45</b>	+00:04:29 (-148,200.0%)	11:06	5.4 (61.4%)	
461	ZAK Robert	2105		M40	170			02:29:47	04:16:31	06:53:42	07:01:20		<b>08:06:35.05</b>	<b>08:07:24.15</b>	+00:04:29 (-148,183.8%)	11:02	5.4 (61.4%)	
462	SADOWSKA Agata	1706		K40	63			02:25:12	04:13:26	06:56:16	07:03:54		<b>08:08:33.65</b>	<b>08:08:59.00</b>	+00:04:29 (-148,183.8%)	11:04	5.4 (61.4%)	
463	IDZIKOWSKA-ŚLEDŹ Marta	1790	NAPRZÓD MŁOCINY	K40	49			02:24:13	04:08:49	06:34:58	06:42:37		<b>07:38:30.65</b>	<b>07:38:54.20</b>	+00:04:29 (-148,022.1%)	10:23	5.8 (65.9%)	
464	MASTALERZ Katarzyna	2007	DZIENNIK CZASÓW ZARAZY	K50	9			02:30:34	04:12:50	06:50:34	06:58:13		<b>08:06:57.60</b>	<b>08:07:40.70</b>	+00:04:30 (-147,860.8%)	11:02	5.4 (61.4%)	
465	TURKOWSKI Maciej	1733	SŁOW JOGGING SIEDLCE	M50	44			02:24:31	04:07:32	06:54:56	07:02:35		<b>08:08:29.20</b>	<b>08:08:58.70</b>	+00:04:30 (-147,844.7%)	11:04	5.4 (61.4%)	
466	ŻACZEK Łukasz	1654	JZDL	M30	89			01:57:48	03:19:56	05:29:23	05:37:02	06:25:24	<b>06:27:06.20</b>	<b>06:27:28.45</b>	+00:04:30 (-147,796.3%)	8:46	6.8 (77.3%)	
<b>Przekroczony limit czasu: 09:00:00</b>																		
467	TYMBURSKI Michał	1620	SPARTA LUBLIN	M40	192			02:51:45	04:57:45	07:50:07	07:57:47		<b>09:18:27.45</b>	<b>09:18:27.45</b>	+00:04:31 (-147,651.6%)	12:39	4.7 (53.4%)	



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa Polski	Drużyna	Schronisko Bącówka na Przehybie					Czas netto 44.1km	Czas brutto 44.1km	Tempo min/km	Tempo km/h	
								na 14.7km	na 24.4km	Premia1 37.2km	Premia2 37.7km	43.6km					Różn
468	WANAT Mateusz	1957	PRZEDWOJEWSKI TEAM	M30	59			01:53:31	03:06:05	04:56:51	05:04:31	05:52:59	<b>05:54:56.80</b>	<b>05:55:10.10</b>	+00:04:31 (-147,635.5%)	8:02	7.5 (85.2%)
469	SPISS Maria	1807		K40	60			02:41:16	04:28:50	06:59:07	07:06:47		<b>08:06:46.15</b>	<b>08:07:11.05</b>	+00:04:31 (-147,523.1%)	11:02	5.4 (61.4%)
470	BŁAUT Alicja	1844	SMASHING PÄPKINS	K40	18			02:15:51	03:41:45	05:47:17	05:54:57	06:47:01	<b>06:49:30.15</b>	<b>06:50:02.20</b>	+00:04:31 (-147,410.9%)	9:17	6.5 (73.9%)
471	TRZOSIŃSKA Katarzyna	2129	STAJNIA BALONA	K30	42			02:31:18	04:05:05	06:25:49	06:33:29		<b>07:30:41.60</b>	<b>07:31:11.85</b>	+00:04:32 (-147,330.8%)	10:13	5.9 (67.0%)
472	BACHURSKI Tomasz	1732	140MINUT/KB HARCOWNIK	M40	73			01:59:08	03:14:27	05:12:32	05:20:13	06:13:46	<b>06:16:13.45</b>	<b>06:16:29.80</b>	+00:04:32 (-147,314.8%)	8:31	7 (79.5%)
473	WYSPIAŃSKI Tomasz	1700	KOSTERA TEAM	M40	88			02:05:15	03:22:24	05:25:44	05:33:25	06:26:36	<b>06:29:07.50</b>	<b>06:29:51.00</b>	+00:04:32 (-147,202.9%)	8:49	6.8 (77.3%)
474	BACZYŃSKA Aneta	1649	YULO RUN TEAM SIEDLCE	K40	51			02:30:08	04:11:21	06:36:25	06:44:06		<b>07:43:11.20</b>	<b>07:43:44.50</b>	+00:04:32 (-147,155.0%)	10:30	5.7 (64.8%)
475	LACHOWSKI Karol	1848	FILIP RUNNING TEAM	M40	193			02:48:22	04:51:50	08:02:18	08:10:00		<b>09:33:07.75</b>	<b>09:33:39.20</b>	+00:04:32 (-147,091.2%)	12:59	4.6 (52.3%)
476	MADEJAK Sylwia	1764	RTVEUROAGD	K50	12			02:52:28	04:40:39	07:27:04	07:34:45		<b>08:40:01.95</b>	<b>08:40:53.30</b>	+00:04:32 (-147,075.2%)	11:47	5.1 (58.0%)
477	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	<b>06:28:56.25</b>	<b>06:29:14.55</b>	+00:04:32 (-147,059.3%)	8:49	6.8 (77.3%)
478	DESSAUER Wioletta	1585	LUBARTÓW	K40	11			02:05:03	03:21:40	05:25:33	05:33:14	06:28:44	<b>06:31:28.30</b>	<b>06:31:59.30</b>	+00:04:32 (-147,059.3%)	8:52	6.8 (77.3%)
479	HABRAT Dorota	1999	HABRAT TEAM	K50	2			02:16:36	03:42:07	05:49:24	05:57:06	06:44:39	<b>06:46:49.90</b>	<b>06:46:55.85</b>	+00:04:33 (-146,947.7%)	9:13	6.5 (73.9%)
480	WÓJCIK Monika	2030	ADIDAS RUNNERS WARSAW	K40	25			02:10:14	03:38:42	06:04:36	06:12:19		<b>07:07:42.40</b>	<b>07:08:07.20</b>	+00:04:34 (-146,598.3%)	9:41	6.2 (70.5%)
481	MOĆKO Anita	1676	MARKOWI BIEGACZE	K40	30			02:20:15	03:47:05	06:08:03	06:15:46		<b>07:14:34.00</b>	<b>07:15:00.30</b>	+00:04:34 (-146,566.7%)	9:51	6.1 (69.3%)
482	KORZENIOWSKA Małgorzata	1842		K40	36			02:19:00	03:51:00	06:11:18	06:19:01		<b>07:23:54.30</b>	<b>07:24:11.05</b>	+00:04:34 (-146,566.7%)	10:03	6 (68.2%)
483	SADOWSKA Justyna	1838	UKS HERKULES SULEJÓWEK	K50	13			03:37:31	05:26:49	07:58:31	08:06:15		<b>09:11:31.05</b>	<b>09:12:28.85</b>	+00:04:34 (-146,519.2%)	12:30	4.8 (54.5%)
484	ZAKRZYŃSKI Paweł	1930		M40	11			01:35:06	02:31:16	03:59:06	04:06:49	04:49:13	<b>04:51:15.90</b>	<b>04:51:23.80</b>	+00:04:35 (-146,297.9%)	6:36	9.1 (103.4%)
485	ŻYDEK Piotr	1713	CHSBD W RUCHU	M30	133			02:17:11	04:01:47	06:41:10	06:48:54		<b>08:08:47.35</b>	<b>08:09:13.05</b>	+00:04:35 (-146,203.3%)	11:05	5.4 (61.4%)
486	PIEŃKOSZ Wojciech	2153	PGE ENERGETIC RUNNING/PODIUM	M40	109			02:09:40	03:38:24	05:47:53	05:55:37	06:46:26	<b>06:48:34.70</b>	<b>06:48:59.80</b>	+00:04:35 (-146,171.8%)	9:15	6.5 (73.9%)
487	WŁODARCZYK Jan	1715	AKTYWNI KOCIEWIACY	M60	5			02:48:53	04:50:30	07:40:27	07:48:12		<b>08:50:27.40</b>	<b>08:51:05.90</b>	+00:04:36 (-145,779.1%)	12:01	5 (56.8%)
488	MALINOWSKI Marcin	1740		M40	179			02:34:03	04:15:54	07:14:10	07:21:56		<b>08:25:59.95</b>	<b>08:26:59.25</b>	+00:04:37 (-145,669.5%)	11:28	5.2 (59.1%)
489	PRĘDKI Mirosław	1870		M40	122			02:23:40	03:49:48	06:01:23	06:09:10	06:56:58	<b>06:59:20.00</b>	<b>06:59:20.00</b>	+00:04:37 (-145,450.8%)	9:30	6.3 (71.6%)
490	PYRAK Joanna	1808	AEGON RUN	K30	58			02:48:21	04:51:54	08:02:18	08:10:05		<b>09:33:08.25</b>	<b>09:33:39.40</b>	+00:04:38 (-145,341.7%)	12:59	4.6 (52.3%)
491	ROZNER Artur	2038	ROZNER.ARTUR@GMAIL.COM	M40	154			02:19:09	04:05:19	06:26:12	06:33:59		<b>07:32:41.00</b>	<b>07:32:54.60</b>	+00:04:38 (-145,326.1%)	10:15	5.8 (65.9%)
492	FELCZAK Klaudia	1741		K20	13			02:33:40	04:13:18	07:00:24	07:08:11		<b>08:22:14.80</b>	<b>08:23:14.00</b>	+00:04:38 (-145,295.0%)	11:23	5.3 (60.2%)
493	PASIEKA Grzegorz	1757	SZTYWNE KULASY	M30	126			02:27:01	04:06:12	06:33:29	06:41:17		<b>07:51:06.50</b>	<b>07:51:34.10</b>	+00:04:38 (-145,170.6%)	10:40	5.6 (63.6%)
494	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	<b>07:02:25.60</b>	<b>07:03:05.65</b>	+00:04:39 (-145,124.0%)	9:34	6.3 (71.6%)
495	KALINOWSKI Bartek	1731	KS SCIEK	M40	161			02:21:29	03:52:04	06:33:05	06:40:53		<b>07:42:05.75</b>	<b>07:43:01.10</b>	+00:04:39 (-145,061.9%)	10:28	5.7 (64.8%)
496	STASZEWSKI Paweł	2117	BARTOSZ GORCZYCA TEAM	M50	33			02:19:13	03:51:55	06:18:21	06:26:09		<b>07:27:04.50</b>	<b>07:27:52.70</b>	+00:04:39 (-144,999.9%)	10:08	5.9 (67.0%)
497	PIOTROWSKA Kamila	1846		K30	50			02:37:27	04:37:05	07:15:01	07:22:49		<b>08:27:21.40</b>	<b>08:27:41.00</b>	+00:04:39 (-144,999.9%)	11:30	5.2 (59.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa Polski	Drużyna	Schronisko Bacówka					Czas netto 44.1km	Czas brutto 44.1km	Tempo min/km	Tempo km/h	
								na Przehybie 14.7km	na Obidzy 24.4km	Premia1 37.2km	Premia2 37.7km	43.6km					
498	SYDOR Piotr	1921		M40	126			02:11:57	03:38:20	05:58:52	06:06:41	06:58:45	<b>07:00:44.95</b>	<b>07:00:54.65</b>	+00:04:39 (-144,891.5%)	9:32	6.3 (71.6%)
499	KOZIEŁ Jarosław	1564	ŁÓDŹ KOCHA SPORT	M30	137			02:32:58	04:23:25	07:04:34	07:12:23		<b>08:30:39.55</b>	<b>08:31:37.65</b>	+00:04:40 (-144,767.7%)	11:34	5.2 (59.1%)
500	SZCZEPANIAK Anna	2138	AS CAMPS	K30	47			02:16:09	04:02:22	06:37:22	06:45:11		<b>07:55:21.85</b>	<b>07:55:43.05</b>	+00:04:40 (-144,706.0%)	10:46	5.6 (63.6%)
501	KĘDZIA Edyta	1746	GRUPA BIEGOWA 65	K50	8			02:39:11	04:18:32	06:44:54	06:52:44		<b>07:53:49.90</b>	<b>07:54:43.70</b>	+00:04:41 (-144,459.4%)	10:44	5.6 (63.6%)
502	GRZĘBSKA-BUJA Małgorzata	1660	GOSIA.SIE.BUJA	K40	14			02:14:08	03:34:49	05:42:15	05:50:07	06:38:41	<b>06:40:32.65</b>	<b>06:41:04.10</b>	+00:04:42 (-143,984.0%)	9:04	6.6 (75.0%)
503	ŚLACZKA Arkadiusz	1948	FINISZ RYMANÓW	M40	160			02:31:19	04:06:23	06:34:37	06:42:30		<b>07:40:49.60</b>	<b>07:41:46.20</b>	+00:04:43 (-143,633.3%)	10:26	5.7 (64.8%)
504	PIETRUSZEWSKA Katarzyna	1811	ORANGE POLSKA	K40	75			03:01:05	04:52:04	07:23:32	07:31:25		<b>08:34:43.00</b>	<b>08:35:16.30</b>	+00:04:44 (-143,420.7%)	11:40	5.1 (58.0%)
505	WOŹNIAKOWSKA Małgorzata	1879		K30	45			02:37:21	04:15:50	06:38:03	06:45:58		<b>07:42:10.60</b>	<b>07:43:05.40</b>	+00:04:45 (-143,118.1%)	10:28	5.7 (64.8%)
506	PIETRUSZEWSKA Ewa	1881	IM INSPIRATION	K30	34			02:14:37	03:43:43	05:55:29	06:03:24	06:56:03	<b>06:58:24.15</b>	<b>06:59:03.70</b>	+00:04:46 (-142,952.1%)	9:29	6.3 (71.6%)
507	PAKULSKA Dorota	1730		K40	21			02:22:03	03:48:30	06:00:47	06:08:42	06:58:41	<b>07:00:44.85</b>	<b>07:00:51.85</b>	+00:04:46 (-142,846.7%)	9:32	6.3 (71.6%)
508	JAKÓBCZAK Sylwia	1744	ŁÓDŹ KOCHA SPORT	K30	33			02:14:37	03:43:43	05:55:29	06:03:24	06:56:03	<b>06:58:24.25</b>	<b>06:59:03.65</b>	+00:04:46 (-142,831.7%)	9:29	6.3 (71.6%)
509	ŁUCZAK Marcin	2149	***** ***	M40	130			02:09:37	03:34:46	05:57:27	06:05:22	07:03:14	<b>07:06:00.70</b>	<b>07:06:16.05</b>	+00:04:46 (-142,771.6%)	9:39	6.2 (70.5%)
510	KUCIA Łukasz	2147	KB MARATON TUREK	M30	105			02:10:17	03:34:31	05:57:22	06:05:19	07:03:14	<b>07:06:00.00</b>	<b>07:06:15.00</b>	+00:04:47 (-142,456.7%)	9:39	6.2 (70.5%)
511	DOPIERAŁA Kinga	1520	TRAIL IS OUR WAY / #PIGWATRIL	K30	44			02:32:44	04:02:02	06:35:41	06:43:38		<b>07:40:57.40</b>	<b>07:41:08.35</b>	+00:04:48 (-142,292.3%)	10:27	5.7 (64.8%)
512	WOJSŁAW Krystyna	2094		K50	5			02:19:55	03:59:32	06:29:42	06:37:40		<b>07:33:47.30</b>	<b>07:34:06.80</b>	+00:04:48 (-142,128.3%)	10:17	5.8 (65.9%)
513	ŁÓJ-KONIECZNA Edyta	1748	INFINITY-GYM	K40	47			02:29:59	04:05:41	06:28:29	06:36:27		<b>07:33:32.00</b>	<b>07:34:00.40</b>	+00:04:49 (-142,039.0%)	10:17	5.8 (65.9%)
514	SZYMCZAK Dawid	2063		M30	124			02:25:24	04:06:52	06:36:49	06:44:46		<b>07:47:05.80</b>	<b>07:47:37.00</b>	+00:04:49 (-142,039.0%)	10:35	5.7 (64.8%)
515	COLAUTTI Enrico	1536	BAD ORGANIZER TEAM	M50	48			02:19:29	03:56:45	07:12:02	07:20:00		<b>08:18:27.30</b>	<b>08:19:04.95</b>	+00:04:49 (-142,039.0%)	11:18	5.3 (60.2%)
516	PIOTROWICZ Małgorzata	1945	INFINITY-GYM	K30	39			02:28:28	04:02:47	06:13:45	06:21:43		<b>07:17:22.70</b>	<b>07:17:38.40</b>	+00:04:49 (-141,920.1%)	9:55	6 (68.2%)
517	KOLANKO Sylwia	1739	PFR SA	K30	15			02:06:10	03:22:56	05:18:55	05:26:54	06:16:33	<b>06:18:24.45</b>	<b>06:18:39.40</b>	+00:04:51 (-141,402.2%)	8:34	7 (79.5%)
518	TOKARSKA Bożena	2062	#ADAMCZERWIŃSKITEAM	K40	52			02:35:59	04:14:26	06:38:35	06:46:35		<b>07:43:49.80</b>	<b>07:44:08.40</b>	+00:04:51 (-141,343.3%)	10:31	5.7 (64.8%)
519	MRUCZYŃSKA-PIETRUCZANIS Katarzyna	1646	AKTYWNI WĘGRÓW / DEVI HIMAL TEAM	K40	74			02:42:54	04:32:19	07:10:21	07:18:22		<b>08:31:31.85</b>	<b>08:32:17.70</b>	+00:04:52 (-141,122.7%)	11:35	5.2 (59.1%)
520	KOWALCZYK Katarzyna	1752	DROGA DO ULTRA	K40	73			02:44:04	04:35:17	07:15:18	07:23:20		<b>08:26:10.45</b>	<b>08:26:55.75</b>	+00:04:52 (-141,064.0%)	11:28	5.2 (59.1%)
521	GROSZAK Joanna	1685		K30	52			02:36:21	04:30:35	07:15:33	07:23:35		<b>08:32:21.85</b>	<b>08:33:03.10</b>	+00:04:53 (-140,844.3%)	11:37	5.2 (59.1%)
522	TOMASZKIEWICZ Marek	1558		M50	54			02:35:49	04:49:07	07:49:26	07:57:28		<b>09:36:11.15</b>	<b>09:36:59.25</b>	+00:04:53 (-140,639.8%)	13:03	4.6 (52.3%)
523	PIETRZYK Tomasz	1543	LANIE NA ŚLĘŻY	M40	89			02:01:00	03:17:04	05:30:39	05:38:43	06:28:02	<b>06:30:05.40</b>	<b>06:30:05.40</b>	+00:04:55 (-140,290.7%)	8:50	6.8 (77.3%)
524	BALUTA Paweł	2132	BEZPIECZNY KAZBEK	M40	143			02:16:06	03:42:51	06:17:18	06:25:22		<b>07:20:03.60</b>	<b>07:20:57.85</b>	+00:04:55 (-140,044.4%)	9:58	6 (68.2%)
525	BUGAJCZYK Cezary	1677		M40	191			02:41:20	04:50:04	07:49:50	07:57:56		<b>09:17:31.45</b>	<b>09:18:24.15</b>	+00:04:57 (-139,597.6%)	12:38	4.7 (53.4%)
526	KULAS Katarzyna	1787	SZTYWNE KULASY	K30	43			02:27:01	04:02:21	06:20:56	06:29:03		<b>07:33:17.15</b>	<b>07:33:44.10</b>	+00:04:58 (-139,296.6%)	10:16	5.8 (65.9%)
527	TERESIŃSKI Tomasz	2012	PRZEDWOJEWSKI TEAM	M20	27			02:16:07	03:44:34	06:02:10	06:10:17		<b>07:11:30.95</b>	<b>07:11:51.45</b>	+00:04:58 (-139,210.8%)	9:47	6.1 (69.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa Polski	Drużyna	Schronisko Bacówka na Przehybie					Czas netto 44.1km	Czas brutto 44.1km	Tempo min/km	Tempo km/h	
								14.7km	24.4km	Premia1 37.2km	Premia2 37.7km	43.6km					Różn
528	RUSEK Jarosław	1976		M40	173			02:22:23	04:05:02	06:55:44	07:03:51		<b>08:08:16.95</b>	<b>08:09:09.85</b>	+00:04:58 (-139,210.8%)	11:04	5.4 (61.4%)
529	SOIŃSKI Przemysław	1686	KB MANIAC POZNAŃ	M40	183			02:36:23	04:30:26	07:15:36	07:23:44		<b>08:32:24.85</b>	<b>08:33:05.30</b>	+00:04:59 (-139,025.3%)	11:37	5.2 (59.1%)
530	DĄBROWSKI Artur	2136		M30	130			02:32:59	04:14:16	06:49:05	06:57:13		<b>08:02:38.30</b>	<b>08:03:22.30</b>	+00:04:59 (-138,925.6%)	10:56	5.5 (62.5%)
531	NOWAK Łukasz	2140		M40	111			02:09:36	03:33:37	05:40:29	05:48:38	06:45:47	<b>06:49:14.50</b>	<b>06:50:08.90</b>	+00:05:00 (-138,826.1%)	9:16	6.5 (73.9%)
532	CIESZYŃSKI Mariusz	1859	BEAUTY-STUDIO LOĘBORK	M40	163			02:33:21	04:12:59	06:41:35	06:49:44		<b>07:46:37.45</b>	<b>07:47:30.95</b>	+00:05:00 (-138,826.1%)	10:34	5.7 (64.8%)
533	LAMPRYCHT-JANEK Natalia	1994		K30	53			02:36:21	04:30:35	07:15:34	07:23:44		<b>08:32:21.95</b>	<b>08:33:03.20</b>	+00:05:00 (-138,755.0%)	11:37	5.2 (59.1%)
534	BARNAŚ Arkadiusz	1635		M40	182			02:42:32	04:30:31	07:14:17	07:22:26		<b>08:31:40.80</b>	<b>08:32:31.90</b>	+00:05:00 (-138,669.9%)	11:36	5.2 (59.1%)
535	DRABIK Jacek	1991		M50	45			02:40:01	04:24:47	06:57:17	07:05:27		<b>08:08:54.90</b>	<b>08:09:19.65</b>	+00:05:02 (-138,274.1%)	11:05	5.4 (61.4%)
536	BARAŃSKI Ernest	1851		M20	25			02:04:05	03:23:41	05:51:27	05:59:38	07:03:10	<b>07:05:23.15</b>	<b>07:05:40.60</b>	+00:05:02 (-138,133.3%)	9:38	6.2 (70.5%)
537	WOJDAK Anna	1657		K50	6			02:24:30	04:07:01	06:45:23	06:53:35		<b>07:50:51.70</b>	<b>07:51:09.05</b>	+00:05:03 (-137,880.5%)	10:40	5.6 (63.6%)
538	JAWORSKI Mateusz	2019		M30	143			02:36:37	04:30:44	07:16:25	07:24:39		<b>08:39:02.85</b>	<b>08:39:38.30</b>	+00:05:04 (-137,558.9%)	11:46	5.1 (58.0%)
539	WIERZBICKI Michał	1639	MORSY SWARZĘDZ	M40	177			02:40:58	04:35:23	07:10:14	07:18:28		<b>08:19:05.55</b>	<b>08:19:40.70</b>	+00:05:05 (-137,419.5%)	11:19	5.3 (60.2%)
540	HETEL Adam	1763	KLUB BIEGACZA RTV EURO AGD	M30	131			02:36:46	04:16:21	06:48:25	06:56:39		<b>08:02:41.80</b>	<b>08:03:32.40</b>	+00:05:05 (-137,349.9%)	10:56	5.5 (62.5%)
541	LARWA Katarzyna	1674		K30	57			02:45:15	04:44:40	07:35:03	07:43:17		<b>08:50:26.20</b>	<b>08:51:13.40</b>	+00:05:05 (-137,308.2%)	12:01	5 (56.8%)
542	CHMURA Łukasz	1778	NAPRZÓD MŁOCINY-BAT	M40	159			02:18:57	04:02:25	06:30:03	06:38:18		<b>07:40:27.50</b>	<b>07:40:37.25</b>	+00:05:06 (-137,100.0%)	10:26	5.7 (64.8%)
543	CZARNIECKI Tadeusz	2139	OSHEE RUNNERS TEAM	M40	178			02:36:33	04:31:18	07:14:06	07:22:23		<b>08:23:36.15</b>	<b>08:24:14.70</b>	+00:05:07 (-136,658.0%)	11:25	5.3 (60.2%)
544	KRUPA Natalia	1770	CHSBD W RUCHU	K30	35			02:17:04	03:42:22	05:56:01	06:04:19	06:57:11	<b>06:59:23.65</b>	<b>06:59:49.45</b>	+00:05:09 (-136,205.1%)	9:30	6.3 (71.6%)
545	OCHREMIAK Aleksandra	1581	MOKOBIEGACZE	K30	56			02:44:58	04:31:38	07:20:38	07:28:56		<b>08:38:49.10</b>	<b>08:39:29.85</b>	+00:05:09 (-136,164.0%)	11:45	5.1 (58.0%)
546	KARAŚ-GMITRZUK Marzena	2085	BESTIE OCR LEGIONOWO	K40	72			02:46:19	04:39:32	07:19:25	07:27:44		<b>08:25:04.80</b>	<b>08:25:15.65</b>	+00:05:10 (-136,041.1%)	11:27	5.2 (59.1%)
547	MITER Damian	1898	RUNNERSI	M30	115			02:16:02	03:42:46	06:18:59	06:27:19		<b>07:29:17.30</b>	<b>07:29:25.80</b>	+00:05:10 (-135,850.4%)	10:11	5.9 (67.0%)
548	SIKORA Agnieszka	1542	MATNER RUNNING TEAM	K50	10			02:38:19	04:31:07	07:01:28	07:09:49		<b>08:12:08.90</b>	<b>08:12:29.70</b>	+00:05:11 (-135,565.2%)	11:09	5.4 (61.4%)
549	MIKOŁAJEWSKA Zofia	1653	ORT	K30	38			02:18:46	03:49:18	06:08:21	06:16:43		<b>07:16:26.25</b>	<b>07:16:46.40</b>	+00:05:12 (-135,321.7%)	9:53	6.1 (69.3%)
550	KOŚCIOŁEK Mariusz	1925	RUNNERSI	M30	116			02:16:05	03:51:02	06:19:01	06:27:22		<b>07:29:18.60</b>	<b>07:29:26.15</b>	+00:05:13 (-135,267.7%)	10:11	5.9 (67.0%)
551	KOŚCIUCZUK Łukasz	2041	FUNDACJA RAK'N'ROLL	M40	148			02:16:04	03:43:54	06:03:42	06:12:05		<b>07:27:11.85</b>	<b>07:28:11.15</b>	+00:05:14 (-134,877.6%)	10:08	5.9 (67.0%)
552	HUBNER Ilona	1915	TLENOWA RADOŚĆ TEAM	K40	65			02:50:09	04:35:56	07:00:38	07:09:02		<b>08:11:32.40</b>	<b>08:12:15.15</b>	+00:05:14 (-134,770.4%)	11:08	5.4 (61.4%)
553	PRZETAKIEWICZ Magdalena	2061		K40	77			02:41:36	04:41:22	07:20:56	07:29:21		<b>08:47:01.40</b>	<b>08:47:47.30</b>	+00:05:16 (-134,356.5%)	11:57	5 (56.8%)
554	RAKOWSKI Krzysztof	1939	RUNNERSI	M40	149			02:16:08	03:51:04	06:19:00	06:27:26		<b>07:29:17.05</b>	<b>07:29:25.85</b>	+00:05:17 (-134,197.0%)	10:11	5.9 (67.0%)
555	SYGIET Andrzej	1917		M40	119			02:10:37	03:35:51	05:59:03	06:07:29	06:55:21	<b>06:57:30.85</b>	<b>06:57:41.70</b>	+00:05:17 (-134,183.7%)	9:28	6.3 (71.6%)
556	BARCIK Witold	1958	BIEGAM ŻEBY ŻREĆ WIĘCEJ CIASTKÓW	M40	155			02:08:35	03:41:54	06:09:35	06:18:00		<b>07:33:48.95</b>	<b>07:34:26.20</b>	+00:05:17 (-134,157.2%)	10:17	5.8 (65.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa Polski	Drużyna	Schronisko Bacówka					Czas netto 44.1km	Czas brutto 44.1km	Tempo min/km	Tempo km/h	
								na Przehybie 14.7km	na Obidzy 24.4km	Premia1 37.2km	Premia2 37.7km	43.6km					
557	ZIELIŃSKI Michał	1626	DZIKIE ŻYCIE RUN TEAM	M40	156			02:23:53	04:00:05	06:26:25	06:34:54		<b>07:39:06.30</b>	<b>07:39:39.35</b>	+00:05:20 (-133,313.2%)	10:24	5.8 (65.9%)
558	KOWALSKI Andrzej	1661		M40	175			02:39:15	04:21:24	07:02:14	07:10:44		<b>08:17:41.85</b>	<b>08:18:08.25</b>	+00:05:22 (-132,856.1%)	11:17	5.3 (60.2%)
559	BOGDAŁ Ewelina	1977		K30	49			02:46:14	04:33:52	07:10:21	07:18:52		<b>08:26:57.70</b>	<b>08:27:40.25</b>	+00:05:22 (-132,765.1%)	11:29	5.2 (59.1%)
560	KRZYSZTOFOWICZ Karolina	1829	ULTRASZY	K40	76			02:44:50	04:38:51	07:17:03	07:25:35		<b>08:36:33.75</b>	<b>08:37:05.70</b>	+00:05:23 (-132,389.3%)	11:42	5.1 (58.0%)
561	KARDASZ Jacek	1533	ATTYLA	M40	157			02:20:19	03:56:53	06:30:29	06:39:02		<b>07:40:10.65</b>	<b>07:40:27.85</b>	+00:05:24 (-132,247.3%)	10:26	5.8 (65.9%)
562	RÓŻAK-RUKUSZEWICZ Magdalena	1882	DZIKIE GRUBASY SZATANA	K40	50			02:23:56	03:58:15	06:29:50	06:38:26		<b>07:39:01.00</b>	<b>07:39:25.60</b>	+00:05:27 (-131,605.6%)	10:24	5.8 (65.9%)
563	DOMOWICZ Anna	1799		K30	54			02:48:07	04:37:21	07:19:09	07:27:45		<b>08:36:28.00</b>	<b>08:37:07.85</b>	+00:05:27 (-131,567.3%)	11:42	5.1 (58.0%)
564	TOKARSKI Jacek	1771		M40	188			02:41:02	04:28:05	07:30:41	07:39:19		<b>08:45:30.00</b>	<b>08:45:40.20</b>	+00:05:29 (-130,995.5%)	11:54	5 (56.8%)
565	DZIAŁA Piotr	1606	KB OŻARÓW MAZOWIECKI BIEGA	M40	184			02:39:51	04:34:08	07:15:39	07:24:17		<b>08:33:53.90</b>	<b>08:34:25.75</b>	+00:05:29 (-130,982.8%)	11:39	5.1 (58.0%)
566	PACEK Katarzyna	1814		K40	35			02:21:47	03:54:00	06:11:02	06:19:41		<b>07:21:47.30</b>	<b>07:22:00.70</b>	+00:05:30 (-130,768.1%)	10:01	6 (68.2%)
567	KĘDZIOREK Elzbieta	1974	TEAM ZABIEGANEDNI	K30	51			02:37:45	04:27:44	07:10:34	07:19:13		<b>08:27:58.00</b>	<b>08:28:30.75</b>	+00:05:30 (-130,768.1%)	11:31	5.2 (59.1%)
568	PIECUCH Małgorzata	1569		K60	1			02:53:42	04:49:40	07:35:18	07:43:59		<b>08:46:56.05</b>	<b>08:47:46.55</b>	+00:05:31 (-130,403.5%)	11:56	5 (56.8%)
569	MORAWSKA Anna	1681		K70	1			02:49:00	04:45:42	07:45:01	07:53:42		<b>09:09:00.00</b>	<b>09:09:55.80</b>	+00:05:32 (-130,315.7%)	12:26	4.8 (54.5%)
570	MZYK Fabian	1827	STS BIEGATON	M40	186			02:38:45	04:34:51	07:14:44	07:23:30		<b>08:40:54.25</b>	<b>08:41:12.05</b>	+00:05:37 (-129,001.8%)	11:48	5.1 (58.0%)
571	BĘBENEK Marcin	2150	KW KRAKÓW	M30	125			02:30:15	04:12:03	06:39:05	06:47:51		<b>07:49:16.10</b>	<b>07:50:03.00</b>	+00:05:37 (-128,977.3%)	10:38	5.6 (63.6%)
572	TATUŚKO Tomasz	2003		M50	52			02:42:05	04:32:46	07:15:30	07:24:18		<b>08:39:17.55</b>	<b>08:40:09.20</b>	+00:05:39 (-128,537.2%)	11:46	5.1 (58.0%)
573	HOJDA Mariusz	1632		M40	190			02:47:15	04:40:41	07:36:08	07:44:56		<b>08:51:37.65</b>	<b>08:52:29.95</b>	+00:05:39 (-128,512.8%)	12:03	5 (56.8%)
574	BERGIER Paweł	2073	BIEGAMBOMUSZĘ XFIT ULTRA	M40	119			02:10:41	03:35:53	05:58:55	06:07:43	06:55:28	<b>06:57:32.75</b>	<b>06:57:41.70</b>	+00:05:39 (-128,439.8%)	9:28	6.3 (71.6%)
575	KĘDZIOREK Rafał	1975	TEAM ZABIEGANEDNI	M30	136			02:19:46	04:27:45	07:10:22	07:19:13		<b>08:27:59.40</b>	<b>08:28:31.00</b>	+00:05:42 (-127,846.5%)	11:31	5.2 (59.1%)
576	WINIECKA Ewa	1539	IRON HOUSE TRIATHLON WŁOCŁAWEK	K40	71			02:50:56	04:37:10	07:04:24	07:13:15		<b>08:18:17.70</b>	<b>08:18:29.75</b>	+00:05:42 (-127,822.4%)	11:17	5.3 (60.2%)
577	KRĘPACKA Monika	1853	CHEŁM BIEGA	K40	68			02:29:28	04:17:13	07:00:15	07:09:09		<b>08:15:00.25</b>	<b>08:15:36.00</b>	+00:05:45 (-126,984.6%)	11:13	5.3 (60.2%)
578	WINNICKA Edyta	1805	ADIDAS RUNNERS WARSAW SŁODKIE PĄCZKI	K30	46			02:40:53	04:18:20	06:42:27	06:51:21		<b>07:54:20.00</b>	<b>07:55:03.85</b>	+00:05:45 (-126,960.8%)	10:45	5.6 (63.6%)
579	BORYCKI Artur	2112		M40	124			02:10:30	03:33:20	05:52:52	06:01:47	06:57:37	<b>06:59:43.45</b>	<b>07:00:09.10</b>	+00:05:47 (-126,688.0%)	9:31	6.3 (71.6%)
580	WĄTORSKI Michał	1552		M30	128			02:19:36	04:00:02	06:34:37	06:43:33		<b>07:56:02.80</b>	<b>07:56:34.65</b>	+00:05:47 (-126,652.5%)	10:47	5.6 (63.6%)
581	CIBOROWSKA Hanna	1579	META NADARZYN	K60	2			03:15:12	05:26:51	08:26:48	08:35:47		<b>09:56:53.85</b>	<b>09:57:51.65</b>	+00:05:50 (-125,900.0%)	13:32	4.4 (50.0%)
582	MILCARZ Andrzej	1596	FESTINALENTE	M70	1			03:14:10	05:35:57	08:53:04	09:02:09		<b>10:23:28.65</b>	<b>10:24:33.75</b>	+00:05:56 (-124,501.4%)	14:08	4.2 (47.7%)
583	BAKUN Mariusz	1687	CHEŁM	M50	47			02:26:52	04:16:55	07:00:39	07:09:46		<b>08:14:58.50</b>	<b>08:15:35.80</b>	+00:05:58 (-124,125.4%)	11:13	5.3 (60.2%)
584	MŁOSZ Maria	1535	KASZANKI	K30	60			03:22:36	05:28:59	08:33:47	08:42:53		<b>10:02:53.80</b>	<b>10:03:50.55</b>	+00:05:58 (-124,079.9%)	13:40	4.4 (50.0%)
585	BAKUN Jolka	1709	CHEŁM	K40	70			02:26:52	04:17:00	07:00:38	07:09:45		<b>08:14:58.55</b>	<b>08:15:36.15</b>	+00:05:58 (-124,068.6%)	11:13	5.3 (60.2%)
586	SIUCIAK Robert	1549		M50	49			02:40:41	04:28:57	07:11:46	07:20:54		<b>08:32:09.10</b>	<b>08:33:01.10</b>	+00:05:59 (-123,762.8%)	11:36	5.2 (59.1%)

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					
587	<b>POKOTYCKI Denis</b>	<b>1641</b>		M30	140			02:41:47	04:26:43	07:15:53	07:25:02		<b>08:34:46.50</b>	<b>08:35:37.85</b>	+00:05:59 (-123,706.4%)	11:40	5.1 (58.0%)
588	<b>MAJDA Maciej</b>	<b>2088</b>	MKL BRYGADA BESKIDÓW	M30	99			02:05:16	03:28:11	05:46:04	05:55:20	06:53:20	<b>06:55:28.60</b>	<b>06:55:41.10</b>	+00:06:07 (-122,113.4%)	9:25	6.4 (72.7%)
589	<b>OCHNIK-KALINOWSKA Justyna</b>	<b>1658</b>		K40	67			02:27:49	04:17:36	07:03:59	07:13:18		<b>08:13:00.50</b>	<b>08:13:56.20</b>	+00:06:10 (-121,446.3%)	11:10	5.4 (61.4%)
590	<b>SACKIEWICZ-WIĄCEK Agnieszka</b>	<b>1745</b>		K40	66			02:40:50	04:25:18	06:55:01	07:04:30		<b>08:13:26.85</b>	<b>08:13:56.15</b>	+00:06:19 (-119,372.2%)	11:11	5.4 (61.4%)
591	<b>ŁOKAS Andrzej</b>	<b>1562</b>		M50	53			02:49:30	04:41:42	07:28:32	07:38:09		<b>08:44:48.95</b>	<b>08:45:36.20</b>	+00:06:28 (-117,591.7%)	11:54	5 (56.8%)
592	<b>BARTOSZEWICZ Beata</b>	<b>2158</b>		K30	59			03:19:52	05:22:30	08:24:17	08:34:14		<b>10:01:32.15</b>	<b>10:02:14.70</b>	+00:06:47 (-113,830.5%)	13:38	4.4 (50.0%)
593	<b>KEMPISTY Anna</b>	<b>1806</b>	OIL WARSZAWA/12TRI.PL	K50	14			02:58:39	05:01:33	07:53:16	08:03:24		<b>09:24:14.45</b>	<b>09:25:06.10</b>	+00:06:58 (-111,738.6%)	12:47	4.7 (53.4%)
594	<b>ŚMIETANKA Adam</b>	<b>1860</b>		M20	32			02:40:01	04:37:01	07:24:32	07:34:49		<b>08:47:00.40</b>	<b>08:47:39.80</b>	+00:07:07 (-110,087.4%)	11:57	5 (56.8%)
595	<b>GRABOWSKI Leszek</b>	<b>1594</b>	STARE BABICE BIEGAJĄ	M50	55			03:06:43	05:15:09	08:30:46	08:41:03		<b>10:02:58.60</b>	<b>10:03:54.00</b>	+00:07:08 (-109,971.3%)	13:40	4.4 (50.0%)
596	<b>SMORAĞIEWICZ Marcin</b>	<b>1545</b>		M40	194			03:06:46	05:15:38	08:32:00	08:42:59		<b>10:10:31.70</b>	<b>10:11:22.45</b>	+00:07:49 (-103,018.7%)	13:50	4.3 (48.9%)

Znaleziono 596 wynik(ów)