



# XI RZEŹNICZEK, CZYLI MAŁY BIEG RZEŹNIKA

B4SPORT

**Wydarzenie:** VIII FESTIWAL BIEGU RZEŹNIKA  
**Organizator:** Fundacja Bieg Rzeźnika  
**Data:** 2022-06-18  
**Miejsce:** Cisna  
**Dystans:** 28 km

**B4SPORT**  
INTELIĞENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
1	LEPIARZ Sylwester	3764	ALPIN SPORT TEAM	M20	1		01:10:01	02:12:29.55	02:12:31.55		4:43	12.7 (100%)
2	POCZWARDOWSKI Kamil	3855		M30	1		01:10:38	02:13:19.55	02:13:21.50	+00:00:49 (0.6%)	4:45	12.6 (99.2%)
3	MIŚKIEWICZ Mariusz	3916	STAŃCZAK TEAM	M40	1		01:13:09	02:16:18.90	02:16:21.50	+00:03:49 (2.8%)	4:52	12.3 (96.9%)
4	ŻUCHOWSKI Daniel	3824	THE BEZ TEAM POLAND	M30	2		01:15:23	02:17:45.40	02:17:47.40	+00:05:15 (3.8%)	4:55	12.2 (96.1%)
5	BADOWSKI Aleksander	3732	MARCIN ŚWIERC TEAM	M30	3		01:15:58	02:20:50.05	02:20:51.65	+00:08:20 (5.9%)	5:01	11.9 (93.7%)
6	PERZ Krzysztof	3247	KS FABRYKA BIEGANIA OSTRÓW WIELKOPOLSKI	M30	4		01:18:37	02:28:24.10	02:28:26.70	+00:15:55 (10.7%)	5:18	11.3 (89.0%)
7	ŁAGUNA Kacper	3404		M30	5		01:23:21	02:36:44.35	02:36:47.55	+00:24:16 (15.5%)	5:35	10.7 (84.3%)
8	WĘGLIŃSKI Mikołaj	3735		M30	6		01:28:09	02:37:35.70	02:37:45.25	+00:25:13 (16.0%)	5:37	10.7 (84.3%)
9	WRÓBEL Kamil	3139		M30	7		01:27:38	02:40:03.45	02:40:06.05	+00:27:34 (17.2%)	5:42	10.5 (82.7%)
10	KINAL Piotr	3122	KLZK	M40	2			02:40:32.45	02:40:34.90	+00:28:03 (17.5%)	5:44	10.5 (82.7%)
11	PAPROCKA Urszula	3825	NOWA HUTA TEAM	K30	1		01:28:34	02:40:57.10	02:40:59.55	+00:28:28 (17.7%)	5:44	10.4 (81.9%)
12	KŁĘCZEK Łukasz	3073	EX TEAM	M30	8		01:24:30	02:44:22.85	02:44:25.35	+00:31:53 (19.4%)	5:52	10.2 (80.3%)
13	DYŚ Paweł	3530	STAY INSANE	M30	9		01:28:08	02:47:38.30	02:47:41.05	+00:35:09 (21.0%)	5:59	10 (78.7%)
14	DUCKI Piotr	3913	OTK	M30	10		01:31:22	02:47:43.05	02:47:47.70	+00:35:16 (21.0%)	5:59	10 (78.7%)
15	RESZKA Marek	3082	DRUŻYNA SZPIKU	M30	11		01:28:50	02:48:08.40	02:48:14.95	+00:35:43 (21.2%)	6:00	10 (78.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
16	<b>JAWOREK Grzegorz</b>	<b>3219</b>		M40		3	01:28:21	<b>02:48:40.45</b>	<b>02:48:43.50</b>	+00:36:11 (21.5%)	6:01	10 (78.7%)
17	<b>GADZIŃSKI Marcin</b>	<b>3010</b>		M30		12	01:28:27	<b>02:48:41.95</b>	<b>02:48:47.20</b>	+00:36:15 (21.5%)	6:01	10 (78.7%)
18	<b>KNAPIK Sebastian</b>	<b>3589</b>	BUTYJANA	M30		13	01:29:26	<b>02:49:45.95</b>	<b>02:49:54.60</b>	+00:37:23 (22.0%)	6:03	9.9 (78.0%)
19	<b>GABRYCH Arkadiusz</b>	<b>3270</b>	WIHA RUNNER	M30		14	01:29:48	<b>02:50:21.50</b>	<b>02:50:26.10</b>	+00:37:54 (22.2%)	6:05	9.9 (78.0%)
20	<b>KRAWCZYK Adriana</b>	<b>3909</b>		K30		2	01:32:36	<b>02:50:58.65</b>	<b>02:51:06.60</b>	+00:38:35 (22.5%)	6:06	9.8 (77.2%)
21	<b>SZYBALSKI Michał</b>	<b>3207</b>		M30		15	01:29:44	<b>02:52:18.35</b>	<b>02:52:22.40</b>	+00:39:50 (23.1%)	6:09	9.8 (77.2%)
22	<b>SIEPRACKI Robert</b>	<b>3894</b>		M30		16	01:34:22	<b>02:55:59.45</b>	<b>02:56:12.45</b>	+00:43:40 (24.8%)	6:17	9.5 (74.8%)
23	<b>BARTOSIK Sebastian</b>	<b>3328</b>	FORMA WODZISŁAW ŚLĄSKI	M30		17	01:26:58	<b>02:57:27.95</b>	<b>02:57:30.40</b>	+00:44:58 (25.3%)	6:20	9.5 (74.8%)
24	<b>JACHIMOWSKI Jarosław</b>	<b>3819</b>	SANOK BIEGA	M30		18	01:36:43	<b>02:58:20.35</b>	<b>02:58:27.10</b>	+00:45:55 (25.7%)	6:22	9.4 (74.0%)
25	<b>SZCZĘSNA Edyta</b>	<b>3915</b>	STAŃCZAK TEAM	K30		3	01:35:43	<b>02:58:19.00</b>	<b>02:58:27.45</b>	+00:45:55 (25.7%)	6:22	9.4 (74.0%)
26	<b>STĘPIEŃ Krzysztof</b>	<b>3873</b>	GILLETTE RUN	M40		4	01:35:39	<b>02:59:35.85</b>	<b>02:59:38.00</b>	+00:47:06 (26.2%)	6:24	9.4 (74.0%)
27	<b>WALCZAK Adela</b>	<b>3363</b>	DZIK KOMANDO	K30		4	01:40:29	<b>02:58:57.95</b>	<b>02:59:40.45</b>	+00:47:08 (26.2%)	6:23	9.4 (74.0%)
28	<b>SKOLINIEC Bartłomiej</b>	<b>3066</b>		M30		19	01:40:53	<b>02:59:36.45</b>	<b>02:59:48.70</b>	+00:47:17 (26.3%)	6:24	9.4 (74.0%)
29	<b>LENCKOWSKI Lech</b>	<b>3729</b>	BIEGAM U KOLESI	M30		20	01:35:25	<b>03:00:09.30</b>	<b>03:00:19.10</b>	+00:47:47 (26.5%)	6:26	9.3 (73.2%)
30	<b>PELA Dariusz</b>	<b>3861</b>		M30		21	01:39:14	<b>03:01:35.00</b>	<b>03:01:40.10</b>	+00:49:08 (27.1%)	6:29	9.3 (73.2%)
31	<b>GAWRON Przemysław</b>	<b>3131</b>	SŁOŃCA JURY	M40		5	01:33:13	<b>03:01:46.75</b>	<b>03:01:52.55</b>	+00:49:21 (27.1%)	6:29	9.2 (72.4%)
32	<b>BASAĞ Marek</b>	<b>3793</b>		M30		22	01:37:56	<b>03:01:54.00</b>	<b>03:02:04.80</b>	+00:49:33 (27.2%)	6:29	9.2 (72.4%)
33	<b>KOPPLINGER Grzegorz</b>	<b>3668</b>	ASSECO ACTIVE TEAM	M40		6		<b>03:02:37.60</b>	<b>03:02:50.35</b>	+00:50:18 (27.5%)	6:31	9.2 (72.4%)
34	<b>BROK Jacek</b>	<b>3338</b>		M50		1	01:39:38	<b>03:02:55.65</b>	<b>03:03:05.45</b>	+00:50:33 (27.6%)	6:31	9.2 (72.4%)
35	<b>WOCHOWSKI Tomasz</b>	<b>3743</b>		M30		23	01:41:16	<b>03:03:24.25</b>	<b>03:03:36.20</b>	+00:51:04 (27.8%)	6:33	9.2 (72.4%)
36	<b>WASSER Michał</b>	<b>3242</b>		M20		2	01:34:32	<b>03:05:16.00</b>	<b>03:05:21.20</b>	+00:52:49 (28.5%)	6:37	9.1 (71.7%)
37	<b>PŁAZA Bartłomiej</b>	<b>3860</b>		M30		24	01:41:05	<b>03:05:13.05</b>	<b>03:05:25.40</b>	+00:52:53 (28.5%)	6:36	9.1 (71.7%)
38	<b>KORNAK Dariusz</b>	<b>3670</b>	SAMURAJ	M50		2	01:39:11	<b>03:05:30.80</b>	<b>03:05:34.00</b>	+00:53:02 (28.6%)	6:37	9.1 (71.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
39	<b>FOLWARSKI Zbigniew</b>	<b>3686</b>		M30		25	01:38:02	<b>03:06:21.55</b>	<b>03:06:48.95</b>	+00:54:17 (29.1%)	6:39	9 (70.9%)
40	<b>WYPYCH Patryk</b>	<b>3807</b>	FRUCKA TEAM	M30		26	01:51:29	<b>03:06:46.05</b>	<b>03:07:17.25</b>	+00:54:45 (29.2%)	6:40	9 (70.9%)
41	<b>SOKOŁOWSKI Wojciech</b>	<b>3279</b>		M30		27	01:41:27	<b>03:07:57.90</b>	<b>03:08:22.75</b>	+00:55:51 (29.6%)	6:42	8.9 (70.1%)
42	<b>PACIOREK Ewa</b>	<b>3038</b>	MARKOWI BIEGACZE	K30		5	01:39:35	<b>03:08:20.40</b>	<b>03:08:23.95</b>	+00:55:52 (29.7%)	6:43	8.9 (70.1%)
43	<b>MARCINOWSKI Paweł</b>	<b>3694</b>	KLUB LEKKOATLETYCZNY ZIEMIA KŁODZKA	M30		28	01:35:45	<b>03:08:47.70</b>	<b>03:08:50.20</b>	+00:56:18 (29.8%)	6:44	8.9 (70.1%)
44	<b>POKRYSZKA Bartosz</b>	<b>3162</b>		M30		29	01:39:56	<b>03:09:04.10</b>	<b>03:09:11.65</b>	+00:56:40 (30.0%)	6:45	8.9 (70.1%)
45	<b>KRZEMINSKI Marcin</b>	<b>3557</b>		M40		7	01:40:26	<b>03:09:33.65</b>	<b>03:09:47.25</b>	+00:57:15 (30.2%)	6:46	8.9 (70.1%)
46	<b>GAJEWSKI Marek</b>	<b>3502</b>	ADIDAS RUNNERS WARSAW	M30		30	01:35:28	<b>03:10:13.15</b>	<b>03:10:16.70</b>	+00:57:45 (30.4%)	6:47	8.8 (69.3%)
47	<b>PTAK Mateusz</b>	<b>3781</b>	KB ATHLETIC ZRĘCIN	M40		8	01:37:28	<b>03:10:16.80</b>	<b>03:10:19.75</b>	+00:57:48 (30.4%)	6:47	8.8 (69.3%)
48	<b>GOŚCIŃSKI Andrzej</b>	<b>3464</b>	DUDYCZ RUN	M30		31	01:34:57	<b>03:11:04.85</b>	<b>03:11:10.20</b>	+00:58:38 (30.7%)	6:49	8.8 (69.3%)
49	<b>KSIĄŻKIEWICZ Bartłomiej</b>	<b>3738</b>	ROCKY BALBOA	M40		9	01:40:35	<b>03:11:21.95</b>	<b>03:11:36.00</b>	+00:59:04 (30.8%)	6:50	8.8 (69.3%)
50	<b>WRÓBLEWSKI Radosław</b>	<b>3414</b>	VELUX	M40		10	01:47:19	<b>03:11:20.15</b>	<b>03:11:36.20</b>	+00:59:04 (30.8%)	6:50	8.8 (69.3%)
51	<b>SZKOŁUDA Sabina</b>	<b>3280</b>	BIEGOLAS	K20		1	01:40:37	<b>03:11:48.70</b>	<b>03:11:56.80</b>	+00:59:25 (31.0%)	6:51	8.8 (69.3%)
52	<b>STACHOWSKI Damian</b>	<b>3360</b>		M30		32	01:41:37	<b>03:12:08.90</b>	<b>03:12:24.50</b>	+00:59:52 (31.1%)	6:51	8.7 (68.5%)
53	<b>WOJCIECHOWSKI Tobiasz</b>	<b>3653</b>		M30		33	01:39:37	<b>03:12:55.65</b>	<b>03:13:05.00</b>	+01:00:33 (31.4%)	6:53	8.7 (68.5%)
54	<b>RYCHTER Marcin</b>	<b>3875</b>	THE RYCHTERS	M50		3	01:40:33	<b>03:13:48.70</b>	<b>03:13:54.50</b>	+01:01:22 (31.7%)	6:55	8.7 (68.5%)
55	<b>KRUK Emilia</b>	<b>3838</b>	DYNAFIT	K20		2	01:41:42	<b>03:14:12.80</b>	<b>03:14:24.20</b>	+01:01:52 (31.8%)	6:56	8.7 (68.5%)
56	<b>SUCHORA Kacper</b>	<b>3140</b>		M20		3	01:41:32	<b>03:14:07.80</b>	<b>03:14:30.85</b>	+01:01:59 (31.9%)	6:55	8.7 (68.5%)
57	<b>CHUDY Michał</b>	<b>3057</b>		M30		34	01:48:29	<b>03:15:22.65</b>	<b>03:15:45.45</b>	+01:03:13 (32.3%)	6:58	8.6 (67.7%)
58	<b>TATKA Marcin</b>	<b>3135</b>		M40		11	01:43:18	<b>03:16:05.20</b>	<b>03:16:07.05</b>	+01:03:35 (32.4%)	7:00	8.6 (67.7%)
59	<b>LANGE Beata</b>	<b>3899</b>	EXTREMALNI RZEŹNICY NA RELAKSIE	K40		1	01:44:58	<b>03:15:54.35</b>	<b>03:16:07.10</b>	+01:03:35 (32.4%)	6:59	8.6 (67.7%)
60	<b>BIENIEK Piotr</b>	<b>3407</b>	MAŁŻE Z BORDEAUX	M30		35	01:37:25	<b>03:16:24.40</b>	<b>03:16:30.00</b>	+01:03:58 (32.6%)	7:00	8.6 (67.7%)
60	<b>OSTASIUK Aleksander</b>	<b>3406</b>	MAŁŻE Z BORDEAUX	M30		35	01:37:24	<b>03:16:26.20</b>	<b>03:16:30.00</b>	+01:03:58 (32.6%)	7:00	8.6 (67.7%)

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62	<b>POCHYLSKI Radosław</b>	<b>3043</b>		M30			01:47:12	<b>03:16:14.70</b>	<b>03:16:38.85</b>	+01:04:07 (32.6%)	7:00	8.6 (67.7%)
63	<b>KOT Dawid</b>	<b>3784</b>		M20			01:47:42	<b>03:15:47.60</b>	<b>03:16:40.20</b>	+01:04:08 (32.6%)	6:59	8.6 (67.7%)
64	<b>WNUK Tomasz</b>	<b>3724</b>	NAPRZÓD MŁOCINY	M40			01:35:24	<b>03:16:33.35</b>	<b>03:16:42.55</b>	+01:04:11 (32.6%)	7:01	8.5 (66.9%)
65	<b>CIEŚLA Krzysztof</b>	<b>3759</b>		M40			01:47:42	<b>03:16:28.80</b>	<b>03:17:20.90</b>	+01:04:49 (32.8%)	7:01	8.6 (67.7%)
66	<b>MORAWSKI Grzegorz</b>	<b>3848</b>		M30			01:47:30	<b>03:17:30.25</b>	<b>03:17:33.90</b>	+01:05:02 (32.9%)	7:03	8.5 (66.9%)
67	<b>MIJAL Piotr</b>	<b>3463</b>	BRONOWICE BIEGAJĄ	M30			01:43:57	<b>03:17:20.15</b>	<b>03:17:48.00</b>	+01:05:16 (33.0%)	7:02	8.5 (66.9%)
68	<b>CHODKOWSKI Marcin</b>	<b>3446</b>	TEAM ZABIEGANEDNI	M30			01:47:20	<b>03:17:53.90</b>	<b>03:18:09.40</b>	+01:05:37 (33.1%)	7:04	8.5 (66.9%)
69	<b>MAZUR Sebastian</b>	<b>3714</b>		M30			01:40:26	<b>03:18:08.65</b>	<b>03:18:20.70</b>	+01:05:49 (33.2%)	7:04	8.5 (66.9%)
70	<b>SZERMENT Eryk</b>	<b>3077</b>	MAZURTEAM	M40			01:39:49	<b>03:18:20.75</b>	<b>03:18:20.75</b>	+01:05:49 (33.2%)	7:05	8.5 (66.9%)
71	<b>IRLA Arkadiusz</b>	<b>3896</b>		M30			01:42:34	<b>03:18:06.25</b>	<b>03:18:36.85</b>	+01:06:05 (33.3%)	7:04	8.5 (66.9%)
72	<b>KASPRZAK Tomek</b>	<b>3549</b>	RYBITWOWY FENOMEN:-))	M40			01:42:49	<b>03:18:51.70</b>	<b>03:18:56.30</b>	+01:06:24 (33.4%)	7:06	8.4 (66.1%)
73	<b>STEFAŃSKI Jakub</b>	<b>3491</b>		M30			01:43:41	<b>03:18:47.75</b>	<b>03:18:59.20</b>	+01:06:27 (33.4%)	7:05	8.5 (66.9%)
74	<b>JAWORSKI Przemysław</b>	<b>3633</b>		M40			01:41:46	<b>03:18:39.40</b>	<b>03:19:27.70</b>	+01:06:56 (33.6%)	7:05	8.5 (66.9%)
75	<b>PAŁUBSKI Andrzej</b>	<b>3828</b>		M40			01:49:38	<b>03:18:55.55</b>	<b>03:19:48.30</b>	+01:07:16 (33.7%)	7:06	8.4 (66.1%)
76	<b>MIERCZAK Dawid</b>	<b>3758</b>	PENDOLINO TEAM	M30			01:45:59	<b>03:19:21.40</b>	<b>03:19:48.50</b>	+01:07:16 (33.7%)	7:07	8.4 (66.1%)
77	<b>SADOWSKI Rafał</b>	<b>13</b>	KB SPARTAKUS BEŁCHATÓW	M30		Tak	01:54:57	<b>03:19:50.75</b>	<b>03:20:08.60</b>	+01:07:37 (33.8%)	7:08	8.4 (66.1%)
78	<b>MIKUŚKIEWICZ Piotr</b>	<b>3117</b>	PIOTRIMONIABIEGA	M40			01:48:59	<b>03:20:07.35</b>	<b>03:20:19.00</b>	+01:07:47 (33.8%)	7:08	8.4 (66.1%)
79	<b>RAJCA Monika</b>	<b>3119</b>	PIOTRIMONIABIEGA	K30			01:49:01	<b>03:20:07.75</b>	<b>03:20:19.20</b>	+01:07:47 (33.8%)	7:08	8.4 (66.1%)
80	<b>PELA Olga</b>	<b>3856</b>		K30			01:44:48	<b>03:20:32.40</b>	<b>03:20:39.00</b>	+01:08:07 (34.0%)	7:09	8.4 (66.1%)
81	<b>LANGNER Damian</b>	<b>3606</b>		M20			01:48:06	<b>03:20:13.00</b>	<b>03:20:47.10</b>	+01:08:15 (34.0%)	7:09	8.4 (66.1%)
82	<b>RABCZEWSKI Andrzej</b>	<b>3526</b>	MKS MECHANIK WŁODAWA	M50			01:49:15	<b>03:20:49.45</b>	<b>03:21:04.65</b>	+01:08:33 (34.1%)	7:10	8.4 (66.1%)
83	<b>SZCZĘSNY Paweł</b>	<b>3513</b>		M30			01:48:48	<b>03:20:55.75</b>	<b>03:21:14.00</b>	+01:08:42 (34.1%)	7:10	8.4 (66.1%)
84	<b>ŁAŻEŃSKI Łukasz</b>	<b>3326</b>		M30			01:49:17	<b>03:21:14.50</b>	<b>03:21:19.50</b>	+01:08:47 (34.2%)	7:11	8.3 (65.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
85	<b>WAJDZIK Adam</b>	<b>3370</b>	CZWARTUNIOTEAM	M30		48	01:48:29	<b>03:21:10.90</b>	<b>03:21:28.70</b>	+01:08:57 (34.2%)	7:11	8.4 (66.1%)
86	<b>KAPŁON Anna</b>	<b>3768</b>	INFINITY-GYM	K40		2	01:48:34	<b>03:21:30.60</b>	<b>03:21:36.00</b>	+01:09:04 (34.3%)	7:11	8.3 (65.4%)
87	<b>STELMACH Damian</b>	<b>3436</b>	DOGOŃ GRODZISK MAZOWIECKI	M40		19	01:49:29	<b>03:21:43.80</b>	<b>03:21:47.15</b>	+01:09:15 (34.3%)	7:12	8.3 (65.4%)
88	<b>WIEWIÓRKA Piotr</b>	<b>3284</b>		M50		5	01:41:17	<b>03:21:06.60</b>	<b>03:21:48.25</b>	+01:09:16 (34.3%)	7:10	8.4 (66.1%)
89	<b>ZĄBKIEWICZ Szymon</b>	<b>3642</b>		M30		49	01:55:23	<b>03:21:57.30</b>	<b>03:22:26.35</b>	+01:09:54 (34.5%)	7:12	8.3 (65.4%)
90	<b>STASIAK Jakub</b>	<b>3146</b>	ORLEN RUNNING TEAM	M40		20	01:47:16	<b>03:22:17.25</b>	<b>03:22:32.55</b>	+01:10:01 (34.6%)	7:13	8.3 (65.4%)
91	<b>SIVKO Vladimir</b>	<b>3353</b>		M30		50	01:46:16	<b>03:22:59.70</b>	<b>03:23:05.40</b>	+01:10:33 (34.7%)	7:14	8.3 (65.4%)
92	<b>PERKOWSKI Aleksander</b>	<b>3402</b>		M20		6	01:48:42	<b>03:22:33.60</b>	<b>03:23:36.00</b>	+01:11:04 (34.9%)	7:14	8.3 (65.4%)
93	<b>MORGAŚ Mariusz</b>	<b>3376</b>		M30		51	01:47:26	<b>03:24:08.85</b>	<b>03:24:11.95</b>	+01:11:40 (35.1%)	7:17	8.2 (64.6%)
94	<b>GOŁĘBIEWSKA Katarzyna</b>	<b>3910</b>	COMFORT ZONE	K40		3	01:49:43	<b>03:24:11.40</b>	<b>03:24:19.35</b>	+01:11:47 (35.1%)	7:17	8.2 (64.6%)
95	<b>PLOCHOCKI Piotr</b>	<b>3842</b>		M30		52	01:49:12	<b>03:24:47.40</b>	<b>03:25:17.50</b>	+01:12:45 (35.4%)	7:18	8.2 (64.6%)
96	<b>PAŚNIEWSKI Piotr</b>	<b>3078</b>	PRZEDWOJEWSKI TEAM	M30		53	01:47:42	<b>03:25:52.15</b>	<b>03:26:15.20</b>	+01:13:43 (35.7%)	7:21	8.2 (64.6%)
97	<b>SZYMAŃSKI Kacper</b>	<b>3501</b>		M20		7		<b>03:26:18.00</b>	<b>03:26:18.00</b>	+01:13:46 (35.8%)	7:22	8.1 (63.8%)
98	<b>LEBRECHT Bartosz</b>	<b>3616</b>	IKRTS	M20		8	01:48:43	<b>03:25:30.55</b>	<b>03:26:22.25</b>	+01:13:50 (35.8%)	7:20	8.2 (64.6%)
99	<b>TYL Radosław</b>	<b>3238</b>	SYSPOL	M40		21	01:47:39	<b>03:25:03.55</b>	<b>03:26:24.60</b>	+01:13:53 (35.8%)	7:19	8.2 (64.6%)
100	<b>KWAŚNY Janusz</b>	<b>3009</b>		M50		6	01:45:25	<b>03:26:05.40</b>	<b>03:26:36.00</b>	+01:14:04 (35.9%)	7:21	8.2 (64.6%)
101	<b>TCHÓRZ Zbigniew</b>	<b>3632</b>	FORTACO TEAM	M50		7	01:44:27	<b>03:26:24.60</b>	<b>03:26:36.10</b>	+01:14:04 (35.9%)	7:22	8.1 (63.8%)
102	<b>WOJCIECHOWSKI Paweł</b>	<b>3853</b>		M50		8	01:50:15	<b>03:26:06.10</b>	<b>03:26:38.70</b>	+01:14:07 (35.9%)	7:21	8.2 (64.6%)
103	<b>ZAWADZKI Rafał</b>	<b>3075</b>	KL ZIEMIA KŁODZKA	M40		22	01:46:37	<b>03:26:41.20</b>	<b>03:26:44.25</b>	+01:14:12 (35.9%)	7:22	8.1 (63.8%)
104	<b>WOJTASIK Łukasz</b>	<b>3421</b>	AKTYWNY OSTRZESZÓW	M40		23	01:49:35	<b>03:26:54.65</b>	<b>03:27:04.65</b>	+01:14:33 (36.0%)	7:23	8.1 (63.8%)
105	<b>BOROWSKI Przemysław</b>	<b>3551</b>		M30		54	01:47:14	<b>03:26:40.60</b>	<b>03:27:05.05</b>	+01:14:33 (36.0%)	7:22	8.1 (63.8%)
106	<b>MACHNIO Bartosz</b>	<b>3647</b>	POWER TRAINING	M20		9	01:56:24	<b>03:26:59.00</b>	<b>03:27:08.50</b>	+01:14:36 (36.0%)	7:23	8.1 (63.8%)
107	<b>WOJCIESZAK Katarzyna</b>	<b>3737</b>	ŚCOBIEGA	K40		4	01:51:44	<b>03:26:48.55</b>	<b>03:27:13.70</b>	+01:14:42 (36.0%)	7:23	8.1 (63.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
108	<b>KICIŃSKI Grzegorz</b>	<b>3398</b>		M40	24		01:51:47	<b>03:25:16.30</b>	<b>03:27:17.20</b>	+01:14:45 (36.1%)	7:19	8.2 (64.6%)
109	<b>SKALSKI Daniel</b>	<b>3568</b>	BŁĘKITNI ŻEGLCE	M40	25		01:46:03	<b>03:27:19.05</b>	<b>03:27:24.55</b>	+01:14:53 (36.1%)	7:24	8.1 (63.8%)
110	<b>BACHURSKI Tomasz</b>	<b>3046</b>	140MINUT.PL	M40	26		01:46:32	<b>03:27:33.80</b>	<b>03:27:44.90</b>	+01:15:13 (36.2%)	7:24	8.1 (63.8%)
111	<b>PUTYRA Damian</b>	<b>3841</b>		M20	10		01:50:25	<b>03:26:28.85</b>	<b>03:27:47.45</b>	+01:15:15 (36.2%)	7:22	8.1 (63.8%)
112	<b>ZĘBALSKI Bartłomiej</b>	<b>3622</b>		M20	11		01:48:33	<b>03:27:32.25</b>	<b>03:27:52.25</b>	+01:15:20 (36.2%)	7:24	8.1 (63.8%)
113	<b>TOJKA Barbara</b>	<b>3575</b>		K20	3		01:48:38	<b>03:28:00.75</b>	<b>03:28:03.80</b>	+01:15:32 (36.3%)	7:25	8.1 (63.8%)
114	<b>BARTNIAK Kamil</b>	<b>3893</b>		M40	27		01:51:41	<b>03:28:23.15</b>	<b>03:28:52.90</b>	+01:16:21 (36.6%)	7:26	8.1 (63.8%)
115	<b>GRZELAK Arkadiusz</b>	<b>3452</b>		M20	12		01:49:19	<b>03:27:42.25</b>	<b>03:29:05.75</b>	+01:16:34 (36.6%)	7:25	8.1 (63.8%)
116	<b>JANKOWSKI Adrian</b>	<b>3457</b>		M30	55		01:49:17	<b>03:27:42.80</b>	<b>03:29:05.80</b>	+01:16:34 (36.6%)	7:25	8.1 (63.8%)
117	<b>TYPIAK Tomasz</b>	<b>3578</b>		M40	28		01:48:34	<b>03:29:01.20</b>	<b>03:29:26.30</b>	+01:16:54 (36.7%)	7:27	8 (63.0%)
118	<b>SZYMKIEWICZ Robert</b>	<b>3460</b>	MIEDZYRZECKIE GAZELE	M50	9		01:48:49	<b>03:29:28.20</b>	<b>03:29:34.20</b>	+01:17:02 (36.8%)	7:28	8 (63.0%)
119	<b>NIECKARZ Robert</b>	<b>3417</b>		M40	29		01:55:44	<b>03:28:34.25</b>	<b>03:30:31.10</b>	+01:17:59 (37.0%)	7:26	8.1 (63.8%)
120	<b>KURZ Izabela</b>	<b>3236</b>		K30	8		01:52:50	<b>03:30:28.35</b>	<b>03:30:32.45</b>	+01:18:00 (37.1%)	7:31	8 (63.0%)
121	<b>SMALEC Dominika</b>	<b>3867</b>	MOCNA GRUPA CEZARA	K20	4		01:53:28	<b>03:30:30.85</b>	<b>03:30:46.65</b>	+01:18:15 (37.1%)	7:31	8 (63.0%)
122	<b>ĆMIELIŃSKI Tomasz</b>	<b>3880</b>	KW KRAKÓW	M40	30		01:55:38	<b>03:30:47.35</b>	<b>03:30:52.25</b>	+01:18:20 (37.2%)	7:31	8 (63.0%)
123	<b>DWORNICKI Kamil</b>	<b>10</b>		M30	56	Tak	01:57:05	<b>03:30:46.15</b>	<b>03:31:03.35</b>	+01:18:31 (37.2%)	7:31	8 (63.0%)
124	<b>KMIECIAK Marlena</b>	<b>3490</b>		K30	9		01:49:56	<b>03:31:05.90</b>	<b>03:31:16.90</b>	+01:18:45 (37.3%)	7:32	8 (63.0%)
125	<b>DUBOWICZ Maciej</b>	<b>3649</b>	TRITON KONIN	M20	13		01:54:54	<b>03:30:15.75</b>	<b>03:31:27.80</b>	+01:18:56 (37.3%)	7:30	8 (63.0%)
126	<b>LEŚNIAK Marcin</b>	<b>3830</b>	SALT RUNNERS	M40	31		01:55:20	<b>03:31:27.90</b>	<b>03:31:47.80</b>	+01:19:16 (37.4%)	7:33	7.9 (62.2%)
127	<b>KORPAK Piotr</b>	<b>3155</b>	BRAINHUB	M30	57		01:49:36	<b>03:32:06.10</b>	<b>03:32:13.15</b>	+01:19:41 (37.6%)	7:34	7.9 (62.2%)
128	<b>ZACZYŃSKI Maciej</b>	<b>3803</b>	ŻUBRY RACE TEAM	M40	32		01:56:39	<b>03:31:50.15</b>	<b>03:32:23.85</b>	+01:19:52 (37.6%)	7:33	7.9 (62.2%)
129	<b>CUKROWSKI Marcin</b>	<b>3261</b>		M30	58		01:52:15	<b>03:32:06.45</b>	<b>03:32:28.95</b>	+01:19:57 (37.6%)	7:34	7.9 (62.2%)
130	<b>WOJTKIEWICZ Jarosław</b>	<b>3889</b>		M50	10		01:55:11	<b>03:32:07.35</b>	<b>03:32:38.00</b>	+01:20:06 (37.7%)	7:34	7.9 (62.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
131	<b>MROWIEC Michal</b>	<b>3795</b>	LECH FREE	M50	11		01:55:10	<b>03:32:42.60</b>	<b>03:33:05.60</b>	+01:20:34 (37.8%)	7:35	7.9 (62.2%)
132	<b>MATYSIAK Jacek</b>	<b>3877</b>		M20	14		01:56:07	<b>03:33:08.30</b>	<b>03:33:33.70</b>	+01:21:02 (37.9%)	7:36	7.9 (62.2%)
133	<b>KACPERSKI Olaf</b>	<b>3865</b>		M40	33		01:53:41	<b>03:33:59.10</b>	<b>03:34:08.65</b>	+01:21:37 (38.1%)	7:38	7.9 (62.2%)
134	<b>ŁOZA Tobiasz</b>	<b>3779</b>	KAŃCZUGA GRUPA BIEGOWA	M30	59		01:52:06	<b>03:33:42.95</b>	<b>03:34:16.45</b>	+01:21:44 (38.2%)	7:37	7.9 (62.2%)
135	<b>SWOBODA Jarosław</b>	<b>3900</b>	EXTREMALNI RZEŹNICY NA RELAKSIE	M40	34		01:55:15	<b>03:34:14.80</b>	<b>03:34:20.15</b>	+01:21:48 (38.2%)	7:39	7.8 (61.4%)
136	<b>WASZCZYKOWSKA Martyna</b>	<b>3560</b>		K20	5		02:04:33	<b>03:33:09.40</b>	<b>03:34:23.10</b>	+01:21:51 (38.2%)	7:36	7.9 (62.2%)
137	<b>WIECZOREK Tomasz</b>	<b>3629</b>	KB BIAŁA BIEGA	M50	12		01:52:20	<b>03:34:25.60</b>	<b>03:34:38.80</b>	+01:22:07 (38.3%)	7:39	7.8 (61.4%)
138	<b>KRUSZYŃSKA Magdalena</b>	<b>3473</b>	BIEGAMYRAZEM.PL / CHYLOŃSKIE DZIKI	K40	5		01:52:18	<b>03:34:28.70</b>	<b>03:34:39.30</b>	+01:22:07 (38.3%)	7:39	7.8 (61.4%)
139	<b>POŁUDNIUK Radosław</b>	<b>3545</b>	SII RUNNING TEAM	M30	60		01:58:16	<b>03:33:32.85</b>	<b>03:34:54.50</b>	+01:22:22 (38.3%)	7:37	7.9 (62.2%)
140	<b>KLIMEK Marek</b>	<b>3756</b>	ADIDAS RUNNERS WARSAW	M30	61		01:48:04	<b>03:34:36.80</b>	<b>03:35:00.80</b>	+01:22:29 (38.4%)	7:39	7.8 (61.4%)
141	<b>GAJEWIAK Adam</b>	<b>3662</b>		M40	35		01:49:34	<b>03:34:57.30</b>	<b>03:35:03.80</b>	+01:22:32 (38.4%)	7:40	7.8 (61.4%)
142	<b>LAMENTA Andrzej</b>	<b>3375</b>		M40	36		01:51:35	<b>03:35:03.20</b>	<b>03:35:07.55</b>	+01:22:36 (38.4%)	7:40	7.8 (61.4%)
143	<b>GAJ Grzegorz</b>	<b>7</b>		M40	37	Tak	02:03:47	<b>03:34:47.65</b>	<b>03:35:09.15</b>	+01:22:37 (38.4%)	7:40	7.8 (61.4%)
144	<b>BARANOWSKI Maciej</b>	<b>14</b>	JACEKBIEGA RUNNING TEAM	M30	62	Tak	02:03:45	<b>03:34:47.15</b>	<b>03:35:09.35</b>	+01:22:37 (38.4%)	7:40	7.8 (61.4%)
145	<b>WITEK Gabriela</b>	<b>3745</b>		K20	6		01:52:12	<b>03:35:14.20</b>	<b>03:35:24.30</b>	+01:22:52 (38.5%)	7:41	7.8 (61.4%)
146	<b>KRÓL Kamil</b>	<b>3509</b>		M20	15		01:59:03	<b>03:34:07.15</b>	<b>03:35:25.05</b>	+01:22:53 (38.5%)	7:38	7.8 (61.4%)
147	<b>PIŁCZYŃSKI Paweł</b>	<b>3361</b>		M30	63		01:47:38	<b>03:35:28.90</b>	<b>03:35:44.50</b>	+01:23:12 (38.6%)	7:41	7.8 (61.4%)
148	<b>UJMA Stanisław</b>	<b>3211</b>		M60	1		01:52:19	<b>03:36:03.25</b>	<b>03:36:06.30</b>	+01:23:34 (38.7%)	7:42	7.8 (61.4%)
149	<b>DOMAŃ Leszek</b>	<b>3393</b>	FEHLAU RUN TEAM	M40	38		01:53:22	<b>03:35:19.35</b>	<b>03:36:09.20</b>	+01:23:37 (38.7%)	7:41	7.8 (61.4%)
150	<b>KOZACZUK Maria</b>	<b>3562</b>		K40	6		01:54:44	<b>03:35:48.20</b>	<b>03:36:39.30</b>	+01:24:07 (38.8%)	7:42	7.8 (61.4%)
151	<b>KOT Wioleta</b>	<b>3863</b>	ULTRA_LASKI	K40	7		01:56:05	<b>03:35:26.80</b>	<b>03:36:47.55</b>	+01:24:16 (38.9%)	7:41	7.8 (61.4%)
152	<b>SADOWSKA Monika</b>	<b>3698</b>		K40	8			<b>03:35:26.90</b>	<b>03:36:47.70</b>	+01:24:16 (38.9%)	7:41	7.8 (61.4%)
153	<b>DOBROWOLSKA Agnieszka</b>	<b>5</b>		K40	9	Tak	01:59:45	<b>03:36:28.65</b>	<b>03:36:52.50</b>	+01:24:20 (38.9%)	7:43	7.8 (61.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
154	<b>KŁOS Adam</b>	<b>3776</b>	NIEPOŁOMICE BIEGAJĄ	M50	13		01:56:30	<b>03:36:46.40</b>	<b>03:36:57.20</b>	+01:24:25 (38.9%)	7:44	7.8 (61.4%)
155	<b>SKIRŁO Marcin</b>	<b>3742</b>		M20	16		02:04:20	<b>03:36:12.35</b>	<b>03:36:59.05</b>	+01:24:27 (38.9%)	7:43	7.8 (61.4%)
156	<b>UCHEREK Kazimierz</b>	<b>3351</b>		M50	14		01:52:05	<b>03:37:23.80</b>	<b>03:37:32.65</b>	+01:25:01 (39.1%)	7:45	7.7 (60.6%)
157	<b>KOZIARSKI Piotr</b>	<b>3697</b>		M30	64		01:53:09	<b>03:37:16.85</b>	<b>03:37:37.15</b>	+01:25:05 (39.1%)	7:45	7.7 (60.6%)
158	<b>GMYREK Jacek</b>	<b>3028</b>		M40	39		02:01:42	<b>03:36:45.80</b>	<b>03:38:13.75</b>	+01:25:42 (39.3%)	7:44	7.8 (61.4%)
159	<b>GAWLIK Sławek</b>	<b>11</b>	DYNAFIT	M30	65	Tak	01:56:18	<b>03:38:33.55</b>	<b>03:38:36.15</b>	+01:26:04 (39.4%)	7:48	7.7 (60.6%)
160	<b>OLEŃDZKA Marianna</b>	<b>3797</b>	FIZJO	K30	10			<b>03:38:12.60</b>	<b>03:39:18.80</b>	+01:26:47 (39.6%)	7:47	7.7 (60.6%)
161	<b>MICHALAK Dariusz</b>	<b>3810</b>		M20	17		01:57:52	<b>03:38:35.05</b>	<b>03:39:18.85</b>	+01:26:47 (39.6%)	7:48	7.7 (60.6%)
162	<b>CHOJNACKI Mariusz</b>	<b>3586</b>		M40	40		02:03:02	<b>03:37:35.30</b>	<b>03:39:32.30</b>	+01:27:00 (39.6%)	7:46	7.7 (60.6%)
163	<b>MŁYNARYK Tomasz</b>	<b>3693</b>	BIEGANIE SZYDERCÓW	M40	41		02:04:34	<b>03:38:14.50</b>	<b>03:40:09.20</b>	+01:27:37 (39.8%)	7:47	7.7 (60.6%)
164	<b>LEŚNIAK Dawid</b>	<b>3718</b>	LHO	M30	66			<b>03:39:44.25</b>	<b>03:40:13.30</b>	+01:27:41 (39.8%)	7:50	7.6 (59.8%)
165	<b>BUZA Łukasz</b>	<b>3617</b>	IKRTS JÓZEFÓW	M30	67		01:50:25	<b>03:39:26.95</b>	<b>03:40:18.55</b>	+01:27:47 (39.8%)	7:50	7.7 (60.6%)
166	<b>MISIEWIEC Kamil</b>	<b>3752</b>		M30	68		01:56:12	<b>03:39:28.55</b>	<b>03:40:55.55</b>	+01:28:24 (40.0%)	7:50	7.7 (60.6%)
167	<b>KŁODZIŃSKI Klaudiusz</b>	<b>3364</b>	ULTRAMEŃKI	M50	15		02:04:34	<b>03:39:15.20</b>	<b>03:41:10.40</b>	+01:28:38 (40.1%)	7:49	7.7 (60.6%)
168	<b>SZEGDA Łukasz</b>	<b>3318</b>	GARDONIE 279	M40	42		02:08:47	<b>03:40:26.90</b>	<b>03:41:11.40</b>	+01:28:39 (40.1%)	7:52	7.6 (59.8%)
169	<b>GABRYCH Łukasz</b>	<b>3230</b>	SAINT-GOBAIN SQUAD	M40	43		01:56:19	<b>03:41:04.30</b>	<b>03:41:18.15</b>	+01:28:46 (40.1%)	7:53	7.6 (59.8%)
170	<b>WITCZAK Arkadiusz</b>	<b>3063</b>	IRONTEAM3CITY	M40	44		02:06:11	<b>03:40:19.90</b>	<b>03:41:21.95</b>	+01:28:50 (40.1%)	7:52	7.6 (59.8%)
171	<b>TRZASKOWSKI Piotr</b>	<b>3888</b>	MAZUR KARCZEW	M30	69		01:49:23	<b>03:40:41.10</b>	<b>03:41:22.70</b>	+01:28:51 (40.1%)	7:52	7.6 (59.8%)
172	<b>SZCZEKALA Łukasz</b>	<b>3021</b>		M30	70		01:55:13	<b>03:40:51.20</b>	<b>03:41:23.00</b>	+01:28:51 (40.1%)	7:53	7.6 (59.8%)
173	<b>KURMIN Bartosz</b>	<b>3281</b>		M30	71		01:51:32	<b>03:41:09.90</b>	<b>03:41:35.70</b>	+01:29:04 (40.2%)	7:53	7.6 (59.8%)
174	<b>RENC Patryk</b>	<b>3053</b>	SERCE TYBETU	M30	72		01:49:10	<b>03:41:09.05</b>	<b>03:41:36.70</b>	+01:29:05 (40.2%)	7:53	7.6 (59.8%)
175	<b>MATYSIAK Michał</b>	<b>3780</b>	KOPALNIA MOCY TARNOBRZEG	M30	73		01:50:20	<b>03:41:42.00</b>	<b>03:41:49.20</b>	+01:29:17 (40.3%)	7:55	7.6 (59.8%)
176	<b>HRYCAJ Mariusz</b>	<b>1</b>	REBELLION OF FREE RUNNERS	M40	45	Tak	01:55:32	<b>03:41:34.10</b>	<b>03:42:12.15</b>	+01:29:40 (40.4%)	7:54	7.6 (59.8%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
177	<b>SMURA Rafał</b>	<b>3777</b>		M30		74	02:04:28	<b>03:40:37.30</b>	<b>03:42:19.45</b>	+01:29:47 (40.4%)	7:52	7.6 (59.8%)
178	<b>FIREK Rafał</b>	<b>3734</b>		M40		46	01:47:45	<b>03:42:24.80</b>	<b>03:42:29.05</b>	+01:29:57 (40.4%)	7:56	7.6 (59.8%)
179	<b>TRZCINSKI Maciej</b>	<b>3300</b>		M40		47	01:58:24	<b>03:42:09.65</b>	<b>03:42:32.05</b>	+01:30:00 (40.4%)	7:56	7.6 (59.8%)
180	<b>KALICIŃSKI Jarosław</b>	<b>3035</b>	ŚLĘZAK TEAM	M40		48	01:51:52	<b>03:41:42.00</b>	<b>03:42:33.50</b>	+01:30:01 (40.5%)	7:55	7.6 (59.8%)
181	<b>GÓRSKI Krzysztof</b>	<b>3657</b>		M30		75		<b>03:42:02.40</b>	<b>03:42:44.10</b>	+01:30:12 (40.5%)	7:55	7.6 (59.8%)
182	<b>SOBCZYŃSKI Paweł</b>	<b>3271</b>	PEES	M40		49	01:58:39	<b>03:42:23.50</b>	<b>03:43:00.90</b>	+01:30:29 (40.6%)	7:56	7.6 (59.8%)
183	<b>HOŁUBIEC Agnieszka</b>	<b>3093</b>	YULO RUN TEAM SIEDLCE	K40		10	01:58:05	<b>03:42:36.15</b>	<b>03:43:09.85</b>	+01:30:38 (40.6%)	7:57	7.5 (59.1%)
184	<b>HOŁUBIEC Paweł</b>	<b>3096</b>	YULO RUN TEAM SIEDLCE	M40		50	01:54:44	<b>03:42:52.05</b>	<b>03:43:26.75</b>	+01:30:55 (40.7%)	7:57	7.5 (59.1%)
185	<b>KUNYSZ Paweł</b>	<b>3442</b>		M20		18	02:05:00	<b>03:42:04.90</b>	<b>03:43:29.30</b>	+01:30:57 (40.7%)	7:55	7.6 (59.8%)
186	<b>STODOLNY Krzysztof</b>	<b>3367</b>		M60		2	02:04:07	<b>03:43:39.00</b>	<b>03:44:16.70</b>	+01:31:45 (40.9%)	7:59	7.5 (59.1%)
187	<b>CHMIEŁOWSKI Michał</b>	<b>3369</b>		M40		51	01:53:13	<b>03:43:07.75</b>	<b>03:44:19.70</b>	+01:31:48 (40.9%)	7:58	7.5 (59.1%)
188	<b>SUŁEK Marcin</b>	<b>3039</b>	PRO-MILE TEAM	M30		76	01:51:39	<b>03:43:51.20</b>	<b>03:44:20.15</b>	+01:31:48 (40.9%)	7:59	7.5 (59.1%)
189	<b>ERNST Tomasz</b>	<b>3539</b>		M30		77	01:55:46	<b>03:42:22.80</b>	<b>03:44:24.90</b>	+01:31:53 (40.9%)	7:56	7.6 (59.8%)
190	<b>SIUDA Adam</b>	<b>3395</b>		M30		78	01:57:53	<b>03:42:20.45</b>	<b>03:44:26.90</b>	+01:31:55 (41.0%)	7:56	7.6 (59.8%)
191	<b>WARDEGA Przemek</b>	<b>3733</b>	MYHIVE	M40		52	01:53:07	<b>03:44:48.25</b>	<b>03:44:57.45</b>	+01:32:25 (41.1%)	8:01	7.5 (59.1%)
192	<b>TADLA Izabela</b>	<b>3537</b>	#NOLIMITS	K30		11	02:03:12	<b>03:43:53.50</b>	<b>03:45:20.75</b>	+01:32:49 (41.2%)	7:59	7.5 (59.1%)
193	<b>ILCZUK Paweł</b>	<b>3289</b>		M30		79	01:57:33	<b>03:44:55.65</b>	<b>03:45:22.40</b>	+01:32:50 (41.2%)	8:01	7.5 (59.1%)
194	<b>WOŹNIAK Janusz</b>	<b>3170</b>	PORMAT JEDLICZE BIEGA	M50		16	01:58:24	<b>03:45:17.25</b>	<b>03:45:33.55</b>	+01:33:02 (41.2%)	8:02	7.5 (59.1%)
195	<b>PAWLIKOWSKI Michał</b>	<b>3428</b>		M40		53	02:03:52	<b>03:43:52.60</b>	<b>03:45:36.00</b>	+01:33:04 (41.3%)	7:59	7.5 (59.1%)
196	<b>ADAMSKI Maciek</b>	<b>3547</b>		M30		80	01:57:14	<b>03:45:24.75</b>	<b>03:45:51.35</b>	+01:33:19 (41.3%)	8:03	7.5 (59.1%)
197	<b>GUŁAŚ Daniel</b>	<b>3536</b>	SAMSOBIE KLUB	M40		54	02:00:50	<b>03:45:39.70</b>	<b>03:46:03.10</b>	+01:33:31 (41.4%)	8:03	7.4 (58.3%)
198	<b>JASKIEWICZ Sławomir</b>	<b>3419</b>		M40		55	01:48:10	<b>03:45:55.40</b>	<b>03:46:08.30</b>	+01:33:36 (41.4%)	8:04	7.4 (58.3%)
199	<b>ŁĄCZNY Marcin</b>	<b>3569</b>	GALOPUJĄCE DŹDŻOWNICE	M30		81	01:56:50	<b>03:46:32.25</b>	<b>03:46:44.80</b>	+01:34:13 (41.6%)	8:05	7.4 (58.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
200	<b>MADEJ Anna</b>	<b>3396</b>	VEGE RUNNERS	K40	11		01:58:51	<b>03:46:33.95</b>	<b>03:46:47.30</b>	+01:34:15 (41.6%)	8:05	7.4 (58.3%)
201	<b>KŁOS Jolanta</b>	<b>3775</b>		K50	1		02:04:54	<b>03:46:38.60</b>	<b>03:46:47.85</b>	+01:34:16 (41.6%)	8:05	7.4 (58.3%)
202	<b>GÓRNY Dariusz</b>	<b>3159</b>	SŁOŃCA JURY	M40	56		02:07:44	<b>03:45:57.60</b>	<b>03:46:49.60</b>	+01:34:18 (41.6%)	8:04	7.4 (58.3%)
203	<b>TYLIŃSKI Jacek</b>	<b>3178</b>	SŁOŃCE JURY	M40	57		02:07:43	<b>03:45:58.10</b>	<b>03:46:50.00</b>	+01:34:18 (41.6%)	8:04	7.4 (58.3%)
204	<b>OSICA Łukasz</b>	<b>3444</b>		M30	82		02:04:19	<b>03:46:53.20</b>	<b>03:47:08.20</b>	+01:34:36 (41.7%)	8:06	7.4 (58.3%)
205	<b>TOCZEWSKA Anna</b>	<b>3663</b>	KS STASZEWSKY	K50	2		02:02:02	<b>03:46:32.65</b>	<b>03:47:17.80</b>	+01:34:46 (41.7%)	8:05	7.4 (58.3%)
206	<b>BOGUSZ Konrad</b>	<b>3897</b>		M30	83		01:52:58	<b>03:46:35.85</b>	<b>03:47:25.20</b>	+01:34:53 (41.7%)	8:05	7.4 (58.3%)
207	<b>CHOŁAJCZYK Marcin</b>	<b>3166</b>		M30	84		01:59:29	<b>03:47:28.75</b>	<b>03:47:41.65</b>	+01:35:10 (41.8%)	8:07	7.4 (58.3%)
208	<b>SZCZĘSNY Maciej</b>	<b>3515</b>		M60	3		01:57:33	<b>03:47:26.95</b>	<b>03:47:44.25</b>	+01:35:12 (41.8%)	8:07	7.4 (58.3%)
209	<b>MALEC Marcin</b>	<b>3636</b>		M20	19		02:00:31	<b>03:47:27.65</b>	<b>03:47:47.85</b>	+01:35:16 (41.8%)	8:07	7.4 (58.3%)
210	<b>GRADOWSKI Piotr</b>	<b>3674</b>		M40	58		02:05:18	<b>03:47:50.85</b>	<b>03:48:10.70</b>	+01:35:39 (41.9%)	8:08	7.4 (58.3%)
211	<b>KUTSKO Oksana</b>	<b>3335</b>		K20	7		01:54:54	<b>03:48:31.10</b>	<b>03:48:34.45</b>	+01:36:02 (42.0%)	8:09	7.4 (58.3%)
212	<b>ŁAZOWSKA Katarzyna</b>	<b>3004</b>	KOPALNIA MOCY	K30	12		02:01:02	<b>03:48:15.15</b>	<b>03:49:03.30</b>	+01:36:31 (42.1%)	8:09	7.4 (58.3%)
213	<b>WÓLKIEWICZ Dorota</b>	<b>3719</b>		K50	3		02:06:39	<b>03:48:28.90</b>	<b>03:49:03.75</b>	+01:36:32 (42.1%)	8:09	7.4 (58.3%)
214	<b>WASZCZYKOWSKA Magdalena</b>	<b>3558</b>		K40	12		02:07:03	<b>03:48:08.80</b>	<b>03:49:21.95</b>	+01:36:50 (42.2%)	8:08	7.4 (58.3%)
215	<b>KOŁOTUSZA Andrzej</b>	<b>3337</b>	ZASAPANI HYDRO	M40	59		02:05:15	<b>03:48:15.60</b>	<b>03:49:23.40</b>	+01:36:51 (42.2%)	8:09	7.4 (58.3%)
216	<b>PROSIŃSKI Tomasz</b>	<b>3852</b>	NEON TEAM	M40	60		01:52:39	<b>03:49:07.95</b>	<b>03:49:27.05</b>	+01:36:55 (42.2%)	8:10	7.3 (57.5%)
217	<b>KACZOROWSKI Tomasz</b>	<b>3849</b>	PKS - PIWNY KLUB SPORTOWY	M30	85		02:01:07	<b>03:48:49.50</b>	<b>03:49:31.45</b>	+01:36:59 (42.3%)	8:10	7.3 (57.5%)
218	<b>OCHYRA Konrad</b>	<b>3823</b>	SOLINA TEAM	M30	86		01:58:57	<b>03:49:19.45</b>	<b>03:49:36.95</b>	+01:37:05 (42.3%)	8:11	7.3 (57.5%)
219	<b>OCHYRA Krzysztof</b>	<b>3821</b>		M50	17		01:59:14	<b>03:49:37.95</b>	<b>03:49:37.95</b>	+01:37:06 (42.3%)	8:12	7.3 (57.5%)
220	<b>DOMKA Anna</b>	<b>3080</b>	REZERWOWE PSY	K30	13		02:05:54	<b>03:48:11.45</b>	<b>03:49:44.90</b>	+01:37:13 (42.3%)	8:08	7.4 (58.3%)
221	<b>ZAJKOWSKA Ewa</b>	<b>3225</b>	VEGE RUNNERS	K30	14		02:05:55	<b>03:49:46.70</b>	<b>03:49:55.65</b>	+01:37:24 (42.4%)	8:12	7.3 (57.5%)
222	<b>KĄDZIELA Jakub</b>	<b>3469</b>		M20	20		01:52:55	<b>03:49:50.75</b>	<b>03:49:58.10</b>	+01:37:26 (42.4%)	8:12	7.3 (57.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
223	<b>KRZYSZTOŃ Eliza</b>	<b>3413</b>	AMBITNI AMATORZY	K40		13	02:05:03	<b>03:49:33.30</b>	<b>03:49:59.40</b>	+01:37:27 (42.4%)	8:11	7.3 (57.5%)
224	<b>CZARDYBON Laura</b>	<b>3056</b>		K40		14	02:06:38	<b>03:48:55.30</b>	<b>03:50:08.60</b>	+01:37:37 (42.4%)	8:10	7.3 (57.5%)
225	<b>PIERZCHAŁA Jacek</b>	<b>3304</b>		M40		61	02:06:48	<b>03:48:55.40</b>	<b>03:50:08.90</b>	+01:37:37 (42.4%)	8:10	7.3 (57.5%)
226	<b>JANOWIAK Wojciech</b>	<b>3150</b>	ŻYWCEM ZABIEGANI	M40		62	02:00:45	<b>03:49:10.20</b>	<b>03:50:11.50</b>	+01:37:39 (42.4%)	8:11	7.3 (57.5%)
227	<b>GUZ Marcin</b>	<b>3770</b>		M40		63	02:04:22	<b>03:48:51.70</b>	<b>03:50:32.00</b>	+01:38:00 (42.5%)	8:10	7.3 (57.5%)
228	<b>DOMKA Michał</b>	<b>3079</b>	REZERWOWE PSY	M40		64		<b>03:48:57.75</b>	<b>03:50:32.35</b>	+01:38:00 (42.5%)	8:10	7.3 (57.5%)
229	<b>PERLIŃSKI Mirosław</b>	<b>3667</b>	ASSECO ACTIVE TEAM	M40		65	02:01:25	<b>03:50:22.55</b>	<b>03:50:34.85</b>	+01:38:03 (42.5%)	8:13	7.3 (57.5%)
230	<b>PAŁYSA Robert</b>	<b>3294</b>	STANWEX II	M20		21	02:13:28	<b>03:49:48.45</b>	<b>03:50:39.95</b>	+01:38:08 (42.5%)	8:12	7.3 (57.5%)
231	<b>PODKUL Konrad</b>	<b>3101</b>		M30		87	01:54:21	<b>03:50:41.75</b>	<b>03:50:48.30</b>	+01:38:16 (42.6%)	8:14	7.3 (57.5%)
232	<b>GAŁUSZKA Tomasz</b>	<b>3868</b>	SKITUROWE BIESZCZADY	M40		66	01:56:22	<b>03:50:44.20</b>	<b>03:51:04.50</b>	+01:38:32 (42.6%)	8:14	7.3 (57.5%)
233	<b>BOBROWSKI Michał</b>	<b>3864</b>		M40		67	02:09:00	<b>03:49:15.00</b>	<b>03:51:09.70</b>	+01:38:38 (42.7%)	8:11	7.3 (57.5%)
234	<b>ŚLIWIŃSKI Andrzej</b>	<b>3739</b>		M60		4	02:05:23	<b>03:50:16.55</b>	<b>03:51:11.60</b>	+01:38:40 (42.7%)	8:13	7.3 (57.5%)
235	<b>KŁOS Łukasz</b>	<b>3098</b>	ASICSFONTRUNNER	M30		88	01:42:46	<b>03:51:10.50</b>	<b>03:51:14.35</b>	+01:38:42 (42.7%)	8:15	7.3 (57.5%)
236	<b>DAROWICKI Daniel</b>	<b>3561</b>		M40		68	01:59:54	<b>03:50:36.10</b>	<b>03:51:24.90</b>	+01:38:53 (42.7%)	8:14	7.3 (57.5%)
237	<b>CIEŚLIK Jacek</b>	<b>3542</b>	FLEX ŁÓDŹ	M40		69	02:06:45	<b>03:49:23.95</b>	<b>03:51:27.50</b>	+01:38:55 (42.7%)	8:11	7.3 (57.5%)
238	<b>TARNAWSKI Sławomir</b>	<b>3479</b>		M30		89	02:01:40	<b>03:51:26.20</b>	<b>03:51:33.00</b>	+01:39:01 (42.8%)	8:15	7.3 (57.5%)
239	<b>STAWIARZ Paweł</b>	<b>3886</b>	GERIATRIA TEAM	M50		18	02:04:28	<b>03:50:26.60</b>	<b>03:51:37.85</b>	+01:39:06 (42.8%)	8:13	7.3 (57.5%)
240	<b>BARANOWSKI Mariusz</b>	<b>3215</b>		M40		70	02:05:20	<b>03:51:00.15</b>	<b>03:51:49.40</b>	+01:39:17 (42.8%)	8:15	7.3 (57.5%)
241	<b>WASILEWSKI Mirosław</b>	<b>3085</b>	ORKA MASTERS IŁAWA	M40		71	02:04:52	<b>03:50:52.45</b>	<b>03:52:26.95</b>	+01:39:55 (43.0%)	8:14	7.3 (57.5%)
242	<b>KRAWIEC Sławomir</b>	<b>3234</b>	SAINT GOBAIN SQUAD	M30		90	02:07:31	<b>03:51:56.90</b>	<b>03:52:37.40</b>	+01:40:05 (43.0%)	8:17	7.2 (56.7%)
243	<b>BĘBEN Sandra</b>	<b>3767</b>		K30		15	02:08:40	<b>03:51:15.20</b>	<b>03:52:43.80</b>	+01:40:12 (43.1%)	8:15	7.3 (57.5%)
244	<b>STĘPIEŃ Janusz</b>	<b>3766</b>		M40		72	02:08:41	<b>03:51:16.35</b>	<b>03:52:44.40</b>	+01:40:12 (43.1%)	8:15	7.3 (57.5%)
245	<b>ZAPIÓR Maciej</b>	<b>3799</b>	ZET	M30		91		<b>03:52:19.70</b>	<b>03:52:54.90</b>	+01:40:23 (43.1%)	8:17	7.2 (56.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
246	<b>DOROSZ Barbara</b>	<b>3052</b>	PRZEMYSKI KLUB BIEGACZA	K40	15		02:02:16	<b>03:51:25.00</b>	<b>03:52:57.20</b>	+01:40:25 (43.1%)	8:15	7.3 (57.5%)
247	<b>UJMA Paweł</b>	<b>3068</b>	WWW.INTER.AUTO.PL	M40	73		02:02:16	<b>03:51:24.80</b>	<b>03:52:57.60</b>	+01:40:26 (43.1%)	8:15	7.3 (57.5%)
248	<b>PIEJKO Joanna</b>	<b>3158</b>	BŁĘKITNA XVII-TKA	K30	16		02:06:05	<b>03:52:27.50</b>	<b>03:52:58.45</b>	+01:40:26 (43.1%)	8:18	7.2 (56.7%)
249	<b>CHYĆKO Paulina</b>	<b>3565</b>	MARATOŃCZYK POZNAŃ	K20	8		02:12:02	<b>03:51:11.30</b>	<b>03:53:04.05</b>	+01:40:32 (43.1%)	8:15	7.3 (57.5%)
250	<b>RAK Maciej</b>	<b>3522</b>		M30	92			<b>03:51:45.15</b>	<b>03:53:05.60</b>	+01:40:34 (43.1%)	8:16	7.2 (56.7%)
251	<b>SMOLORZ Kewin</b>	<b>3792</b>		M20	22		02:03:34	<b>03:53:06.70</b>	<b>03:53:31.20</b>	+01:40:59 (43.2%)	8:19	7.2 (56.7%)
252	<b>BUCZEK Michał</b>	<b>3728</b>		M30	93		02:04:41	<b>03:52:26.75</b>	<b>03:53:33.55</b>	+01:41:02 (43.3%)	8:18	7.2 (56.7%)
253	<b>WIĘCKOWIAK Agata</b>	<b>3325</b>	NOA	K30	17		02:04:43	<b>03:53:33.35</b>	<b>03:53:37.10</b>	+01:41:05 (43.3%)	8:20	7.2 (56.7%)
254	<b>PONIATOWSKI Krzysztof</b>	<b>3882</b>		M40	74		02:05:04	<b>03:52:06.65</b>	<b>03:54:00.25</b>	+01:41:28 (43.4%)	8:17	7.2 (56.7%)
255	<b>STĘSIK Tomasz</b>	<b>3497</b>		M30	94		02:15:02	<b>03:52:31.00</b>	<b>03:54:00.60</b>	+01:41:29 (43.4%)	8:18	7.2 (56.7%)
256	<b>ŚNIOS Rafał</b>	<b>3850</b>		M30	95		02:01:41	<b>03:51:46.50</b>	<b>03:54:02.40</b>	+01:41:30 (43.4%)	8:16	7.2 (56.7%)
257	<b>SZEWCZYK Agnieszka</b>	<b>3403</b>		K30	18		01:58:17	<b>03:53:40.30</b>	<b>03:54:05.90</b>	+01:41:34 (43.4%)	8:20	7.2 (56.7%)
258	<b>SOCHA Jan</b>	<b>3341</b>		M60	5		01:59:04	<b>03:54:05.00</b>	<b>03:54:11.10</b>	+01:41:39 (43.4%)	8:21	7.2 (56.7%)
259	<b>ASŁANOWICZ Marcin</b>	<b>3248</b>		M40	75		02:01:30	<b>03:53:53.95</b>	<b>03:54:19.15</b>	+01:41:47 (43.4%)	8:21	7.2 (56.7%)
260	<b>NIEDZIELSKI Tomasz</b>	<b>3512</b>	OKS ZIMNE PIWO	M40	76		02:08:29	<b>03:53:07.80</b>	<b>03:54:22.25</b>	+01:41:50 (43.5%)	8:19	7.2 (56.7%)
261	<b>KIRYŁAK Marcin</b>	<b>3538</b>	OKS ZIMNE PIWO	M30	96		02:08:30	<b>03:53:08.00</b>	<b>03:54:22.50</b>	+01:41:50 (43.5%)	8:19	7.2 (56.7%)
262	<b>MARCHLEWICZ Rafał</b>	<b>3665</b>	KONWENT POLONIA	M30	97		02:09:44	<b>03:53:12.30</b>	<b>03:54:24.75</b>	+01:41:53 (43.5%)	8:19	7.2 (56.7%)
263	<b>ROMAŃSKI Maciej</b>	<b>3378</b>		M50	19		02:00:33	<b>03:54:02.80</b>	<b>03:54:30.75</b>	+01:41:59 (43.5%)	8:21	7.2 (56.7%)
264	<b>KORDYŚ Adam</b>	<b>3400</b>	WARTKIE PIERONY	M30	98		02:05:00	<b>03:54:00.15</b>	<b>03:55:09.25</b>	+01:42:37 (43.6%)	8:21	7.2 (56.7%)
265	<b>TRZECIAK Krzysztof</b>	<b>3197</b>	FABRYKA DZIKA	M30	99		01:54:00	<b>03:53:39.35</b>	<b>03:55:15.50</b>	+01:42:43 (43.7%)	8:20	7.2 (56.7%)
266	<b>BISKUPSKI Michał</b>	<b>3198</b>	MANUFAKTURA KNURA	M40	77		01:55:23	<b>03:53:39.20</b>	<b>03:55:15.70</b>	+01:42:44 (43.7%)	8:20	7.2 (56.7%)
267	<b>DRABIK Paweł</b>	<b>3847</b>	KRZAN PRZEWORSK	M40	78		02:06:08	<b>03:54:06.85</b>	<b>03:55:16.10</b>	+01:42:44 (43.7%)	8:21	7.2 (56.7%)
268	<b>NICIEJA Anna</b>	<b>3904</b>		K40	16		02:06:00	<b>03:54:25.60</b>	<b>03:55:21.90</b>	+01:42:50 (43.7%)	8:22	7.2 (56.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
269	<b>TWORZYDŁO Paweł</b>	<b>3274</b>	RĄCZY JELEŃ	M40		79	01:56:15	<b>03:54:37.15</b>	<b>03:55:30.80</b>	+01:42:59 (43.7%)	8:22	7.2 (56.7%)
270	<b>BASZAK Ewa</b>	<b>3885</b>		K40		17	02:07:27	<b>03:55:23.45</b>	<b>03:55:42.60</b>	+01:43:11 (43.8%)	8:24	7.1 (55.9%)
271	<b>MICHNIAK Łukasz</b>	<b>3902</b>		M30		100	02:07:03	<b>03:54:53.55</b>	<b>03:55:43.90</b>	+01:43:12 (43.8%)	8:23	7.2 (56.7%)
272	<b>TOMASZEWSKI Piotr</b>	<b>3496</b>		M30		101	02:03:18	<b>03:55:46.15</b>	<b>03:55:55.50</b>	+01:43:23 (43.8%)	8:25	7.1 (55.9%)
273	<b>KWAŚNIEWSKI Krzysztof</b>	<b>3152</b>	TRENER FOREST	M50		20	02:00:46	<b>03:54:59.55</b>	<b>03:56:01.00</b>	+01:43:29 (43.8%)	8:23	7.1 (55.9%)
274	<b>RYBICKI Grzegorz</b>	<b>3723</b>	TRUCHTAĆ	M40		80	02:09:17	<b>03:55:59.35</b>	<b>03:56:07.80</b>	+01:43:36 (43.9%)	8:25	7.1 (55.9%)
275	<b>OCZOŚ Przemysław</b>	<b>3519</b>		M40		81	02:05:27	<b>03:55:18.70</b>	<b>03:56:13.50</b>	+01:43:41 (43.9%)	8:24	7.1 (55.9%)
276	<b>LEBODA Katarzyna</b>	<b>3110</b>	WILD DOGS TEAM	K30		19	02:03:12	<b>03:54:49.10</b>	<b>03:56:17.20</b>	+01:43:45 (43.9%)	8:23	7.2 (56.7%)
277	<b>TERPIŁOWSKI Arkadiusz</b>	<b>3112</b>		M20		23	02:09:54	<b>03:56:33.30</b>	<b>03:57:17.05</b>	+01:44:45 (44.1%)	8:26	7.1 (55.9%)
278	<b>GŁĘBOCKI Stanisław</b>	<b>3002</b>	E-PRZEMEK.PL	M20		24	02:06:25	<b>03:56:24.05</b>	<b>03:57:31.20</b>	+01:44:59 (44.2%)	8:26	7.1 (55.9%)
279	<b>KRASUSKI Marcin</b>	<b>3666</b>		M40		82	02:01:43	<b>03:57:04.15</b>	<b>03:57:41.00</b>	+01:45:09 (44.2%)	8:28	7.1 (55.9%)
280	<b>LISIECKI Jacek</b>	<b>3528</b>	CAMEL	M40		83	02:03:57	<b>03:56:00.90</b>	<b>03:57:44.10</b>	+01:45:12 (44.3%)	8:25	7.1 (55.9%)
281	<b>BERNAKIEWICZ Aleksandra</b>	<b>3498</b>		K30		20	02:06:12	<b>03:56:18.30</b>	<b>03:57:45.60</b>	+01:45:14 (44.3%)	8:26	7.1 (55.9%)
282	<b>MAJCHRZAK Jakub</b>	<b>3055</b>	FIBOO TEAM	M30		102	01:58:46	<b>03:57:34.00</b>	<b>03:58:11.80</b>	+01:45:40 (44.4%)	8:29	7.1 (55.9%)
283	<b>STANIASZEK Michał</b>	<b>3365</b>		M50		21	02:06:31	<b>03:58:03.35</b>	<b>03:58:26.45</b>	+01:45:54 (44.4%)	8:30	7.1 (55.9%)
284	<b>CIELECKI Wojciech</b>	<b>3218</b>		M40		84	02:07:54	<b>03:56:54.35</b>	<b>03:58:35.95</b>	+01:46:04 (44.5%)	8:27	7.1 (55.9%)
285	<b>ŻUROWSKI Łukasz</b>	<b>3412</b>	BBKS ŁAWECZKA WILANÓW	M40		85	02:00:27	<b>03:57:50.10</b>	<b>03:58:40.85</b>	+01:46:09 (44.5%)	8:29	7.1 (55.9%)
286	<b>ROJEK Magdalena</b>	<b>3786</b>		K30		21	02:08:54	<b>03:57:55.55</b>	<b>03:58:52.30</b>	+01:46:20 (44.5%)	8:29	7.1 (55.9%)
287	<b>BANDEL Adam</b>	<b>3682</b>		M30		103	02:10:20	<b>03:58:50.45</b>	<b>03:59:29.45</b>	+01:46:57 (44.7%)	8:31	7 (55.1%)
288	<b>KADE Manuela</b>	<b>3451</b>		K30		22	02:03:51	<b>03:59:31.15</b>	<b>03:59:46.85</b>	+01:47:15 (44.7%)	8:33	7 (55.1%)
289	<b>GÓRALCZYK Tomasz</b>	<b>3213</b>		M40		86	01:57:27	<b>03:59:22.60</b>	<b>03:59:53.70</b>	+01:47:22 (44.8%)	8:32	7 (55.1%)
290	<b>KARCZMARCZYK Albert</b>	<b>3245</b>		M30		104	01:58:19	<b>03:58:33.15</b>	<b>03:59:59.10</b>	+01:47:27 (44.8%)	8:31	7 (55.1%)
291	<b>MIECHOWICZ Małgorzata</b>	<b>3757</b>		K40		18	02:07:58	<b>04:00:45.35</b>	<b>04:01:15.65</b>	+01:48:44 (45.1%)	8:35	7 (55.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
292	<b>SOŁGAŁA Tomasz</b>	<b>3907</b>		M40	87		02:04:14	<b>04:01:28.20</b>	<b>04:01:44.25</b>	+01:49:12 (45.2%)	8:37	7 (55.1%)
293	<b>RÓG Bartosz</b>	<b>3908</b>		M40	88		02:04:03	<b>04:01:28.30</b>	<b>04:01:44.40</b>	+01:49:12 (45.2%)	8:37	7 (55.1%)
294	<b>USZYŃSKI Grzegorz</b>	<b>3898</b>	OTK RZEŹNIK	M40	89		02:05:42	<b>04:01:39.85</b>	<b>04:01:46.10</b>	+01:49:14 (45.2%)	8:37	7 (55.1%)
295	<b>JÓZWIAK Mikołaj</b>	<b>3862</b>	STG WARSZAWA	M30	105		02:10:57	<b>04:01:47.75</b>	<b>04:01:56.45</b>	+01:49:24 (45.2%)	8:38	6.9 (54.3%)
296	<b>WOJDALSKI Piotr</b>	<b>3814</b>		M20	25		02:00:59	<b>04:01:34.05</b>	<b>04:02:02.05</b>	+01:49:30 (45.2%)	8:37	7 (55.1%)
297	<b>WYSOCKI Aleksander</b>	<b>3544</b>		M40	90		02:09:06	<b>04:01:16.60</b>	<b>04:02:16.05</b>	+01:49:44 (45.3%)	8:37	7 (55.1%)
298	<b>DOBRUT Krzysztof</b>	<b>3564</b>	MIG ŚLIMAKI	M30	106		02:03:48	<b>04:02:11.45</b>	<b>04:02:27.95</b>	+01:49:56 (45.3%)	8:38	6.9 (54.3%)
299	<b>GŁĘBOCKI Przemysław</b>	<b>3001</b>	E-PRZEMEK	M40	91		02:06:22	<b>04:01:22.75</b>	<b>04:02:29.80</b>	+01:49:58 (45.3%)	8:37	7 (55.1%)
300	<b>SIKORA Grzegorz</b>	<b>3535</b>		M30	107		01:59:59	<b>04:02:23.85</b>	<b>04:02:34.70</b>	+01:50:03 (45.4%)	8:39	6.9 (54.3%)
301	<b>ZIEMNIAK Jarosław</b>	<b>3252</b>		M60	6		02:08:03	<b>04:02:11.45</b>	<b>04:02:36.30</b>	+01:50:04 (45.4%)	8:38	6.9 (54.3%)
302	<b>LULLA Michał</b>	<b>3321</b>		M40	92			<b>04:02:05.55</b>	<b>04:02:37.85</b>	+01:50:06 (45.4%)	8:38	6.9 (54.3%)
303	<b>RORAT Lena</b>	<b>3895</b>	CHEŁM BIEGA	K40	19		02:11:39	<b>04:00:57.45</b>	<b>04:02:38.05</b>	+01:50:06 (45.4%)	8:36	7 (55.1%)
304	<b>LUCJUSZ Krzysztof</b>	<b>3808</b>		M30	108		02:07:14	<b>04:02:32.40</b>	<b>04:02:43.10</b>	+01:50:11 (45.4%)	8:39	6.9 (54.3%)
305	<b>LEŃCZUK Andrzej</b>	<b>3843</b>		M50	22		02:06:51	<b>04:02:06.75</b>	<b>04:03:00.95</b>	+01:50:29 (45.5%)	8:38	6.9 (54.3%)
306	<b>KOLCZYŃSKI Michał</b>	<b>3303</b>	TRUCHTACZ	M60	7		02:08:32	<b>04:02:10.00</b>	<b>04:03:02.60</b>	+01:50:31 (45.5%)	8:38	6.9 (54.3%)
307	<b>KOZŁOWSKI Bartłomiej</b>	<b>3683</b>		M20	26		02:06:09	<b>04:02:44.50</b>	<b>04:03:03.45</b>	+01:50:31 (45.5%)	8:40	6.9 (54.3%)
308	<b>WOJEWODA Tomasz</b>	<b>3033</b>		M20	27		02:06:08	<b>04:02:44.45</b>	<b>04:03:03.55</b>	+01:50:32 (45.5%)	8:40	6.9 (54.3%)
309	<b>ŁUCIÓW Leszek</b>	<b>3615</b>	NOA	M40	93		02:04:43	<b>04:03:07.10</b>	<b>04:03:12.30</b>	+01:50:40 (45.5%)	8:40	6.9 (54.3%)
310	<b>GAJEWSKI Dariusz</b>	<b>3210</b>		M40	94		02:09:25	<b>04:01:58.25</b>	<b>04:03:16.85</b>	+01:50:45 (45.5%)	8:38	6.9 (54.3%)
311	<b>LALEWICZ Wojciech</b>	<b>3720</b>	ASSECO ACTIVE TEAM	M50	23		02:10:34	<b>04:02:14.40</b>	<b>04:03:18.20</b>	+01:50:46 (45.5%)	8:39	6.9 (54.3%)
312	<b>BAR Aleksandra</b>	<b>3859</b>	GMINA STRZELCE OPOLSKIE	K40	20		02:11:33	<b>04:03:19.15</b>	<b>04:03:27.55</b>	+01:50:56 (45.6%)	8:41	6.9 (54.3%)
313	<b>KUBACZYŃSKI Dariusz</b>	<b>3702</b>		M50	24		02:04:35	<b>04:03:34.00</b>	<b>04:03:53.30</b>	+01:51:21 (45.7%)	8:41	6.9 (54.3%)
314	<b>CZAŁPIŃSKI Tomasz</b>	<b>3748</b>		M40	95		02:11:48	<b>04:02:54.20</b>	<b>04:03:57.25</b>	+01:51:25 (45.7%)	8:40	6.9 (54.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
315	ZAWADKA Marta	3330		K20	9		02:01:01	04:03:27.75	04:03:59.35	+01:51:27 (45.7%)	8:41	6.9 (54.3%)
316	ZAWADKA Darek	3331		M40	96		02:01:02	04:03:28.00	04:03:59.80	+01:51:28 (45.7%)	8:41	6.9 (54.3%)
317	POJDA Przemysław	3495		M30	109		02:10:12	04:03:58.85	04:04:20.95	+01:51:49 (45.8%)	8:42	6.9 (54.3%)
318	RADECKI Marcin	3914		M40	97		02:10:20	04:03:20.00	04:04:24.20	+01:51:52 (45.8%)	8:41	6.9 (54.3%)
319	AL-JEABORY Mahdi	3831	CZARNA TĘCZA	M40	98		02:09:16	04:02:51.40	04:04:30.90	+01:51:59 (45.8%)	8:40	6.9 (54.3%)
320	ANTKIEWICZ Zenon	3462	TAJFUN KOLBUSZOWA	M40	99		02:05:41	04:04:06.65	04:04:37.90	+01:52:06 (45.8%)	8:43	6.9 (54.3%)
321	STAL Waldemar	3484		M30	110		02:10:23	04:04:05.90	04:04:42.30	+01:52:10 (45.8%)	8:43	6.9 (54.3%)
322	SCHMIDT Milena	3834	HEROBOX	K20	10		02:15:35	04:03:42.55	04:04:43.30	+01:52:11 (45.8%)	8:42	6.9 (54.3%)
323	ZAŃ Michał	3588	OPTEAM S.A.	M30	111		02:02:30	04:04:44.20	04:05:18.75	+01:52:47 (46.0%)	8:44	6.9 (54.3%)
324	LITWORA Sebastian	3254		M40	100		02:08:52	04:04:25.15	04:05:19.45	+01:52:47 (46.0%)	8:43	6.9 (54.3%)
325	ROST Michał	3443		M20	28		02:11:44	04:03:56.90	04:05:21.40	+01:52:49 (46.0%)	8:42	6.9 (54.3%)
326	MISZALSKI Henryk	3829		M40	101		02:13:18	04:04:35.95	04:05:26.10	+01:52:54 (46.0%)	8:44	6.9 (54.3%)
327	WIŚNIEWSKA Daniela	3705		K40	21		02:08:25	04:04:39.15	04:05:28.55	+01:52:57 (46.0%)	8:44	6.9 (54.3%)
328	LEJMAN Adam	3706		M50	25		02:02:37	04:05:21.85	04:05:31.15	+01:52:59 (46.0%)	8:45	6.8 (53.5%)
329	MIILLER Łukasz	3123	BALLS OF STEEL	M30	112		02:06:43	04:04:36.95	04:05:52.55	+01:53:21 (46.1%)	8:44	6.9 (54.3%)
330	CHWASTOWSKI Filip	3183		M30	113			04:05:54.30	04:06:02.90	+01:53:31 (46.1%)	8:46	6.8 (53.5%)
331	CHLEBIŃSKI Maciej	3751	RZESZOWSKIE GAZELE I GEPARDY	M30	114		02:06:59	04:05:35.35	04:06:11.75	+01:53:40 (46.2%)	8:46	6.8 (53.5%)
332	KRUSZYŃSKI Marcin	3472		M40	102		02:09:51	04:06:02.10	04:06:13.90	+01:53:42 (46.2%)	8:47	6.8 (53.5%)
333	SOIŃSKI Przemysław	3816	KB MANIAC POZNAŃ	M40	103		02:05:34	04:06:18.60	04:06:23.50	+01:53:51 (46.2%)	8:47	6.8 (53.5%)
334	SOBCZAK Karolina	3014		K30	23		02:08:55	04:05:45.90	04:06:30.85	+01:53:59 (46.2%)	8:46	6.8 (53.5%)
335	SZOSTAK Kamil	3555		M30	115		01:58:45	04:05:01.35	04:06:37.80	+01:54:06 (46.3%)	8:45	6.9 (54.3%)
336	STRZĘPEK Dariusz	3554		M30	116		01:58:44	04:05:02.00	04:06:39.70	+01:54:08 (46.3%)	8:45	6.9 (54.3%)
337	KOPYRA Tomasz	3116	#BIEGAMWOLNOALEDOKŁADNIE	M40	104		02:15:06	04:05:45.00	04:06:40.80	+01:54:09 (46.3%)	8:46	6.8 (53.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
338	<b>WASIK Marta</b>	<b>3145</b>		K30	24		02:09:09	<b>04:05:54.10</b>	<b>04:06:44.25</b>	+01:54:12 (46.3%)	8:46	6.8 (53.5%)
339	<b>KWIATKOWSKI Arkadiusz</b>	<b>3199</b>	FABRYKA DZIKA	M40	105		02:15:37	<b>04:05:10.90</b>	<b>04:06:44.60</b>	+01:54:13 (46.3%)	8:45	6.9 (54.3%)
340	<b>DOMAŃSKI Marcin</b>	<b>3229</b>	RUNNINGFISH74	M40	106		02:07:57	<b>04:05:28.20</b>	<b>04:06:47.60</b>	+01:54:16 (46.3%)	8:46	6.8 (53.5%)
341	<b>ŁUGOWSKA Agnieszka</b>	<b>3529</b>	CAMEL	K40	22		02:15:36	<b>04:05:06.80</b>	<b>04:06:49.55</b>	+01:54:18 (46.3%)	8:45	6.9 (54.3%)
342	<b>STASZAK Adam</b>	<b>3527</b>		M30	117		02:04:23	<b>04:07:08.35</b>	<b>04:07:22.70</b>	+01:54:51 (46.4%)	8:49	6.8 (53.5%)
343	<b>PAWLIK Wojciech</b>	<b>3061</b>		M30	118		01:59:53	<b>04:07:37.60</b>	<b>04:07:44.45</b>	+01:55:12 (46.5%)	8:50	6.8 (53.5%)
344	<b>DYMOWSKI Piotr</b>	<b>3227</b>		M40	107		02:07:15	<b>04:07:33.00</b>	<b>04:07:45.60</b>	+01:55:14 (46.5%)	8:50	6.8 (53.5%)
345	<b>DUDA Justyna</b>	<b>3648</b>		K40	23		02:16:26	<b>04:06:28.10</b>	<b>04:07:52.10</b>	+01:55:20 (46.5%)	8:48	6.8 (53.5%)
346	<b>GRABAREK Mateusz</b>	<b>3006</b>		M40	108		02:06:08	<b>04:07:00.80</b>	<b>04:07:52.70</b>	+01:55:21 (46.5%)	8:49	6.8 (53.5%)
347	<b>ŁĄCKA Agata</b>	<b>3037</b>	FABRYKA DZIKA	K30	25		02:15:41	<b>04:06:20.00</b>	<b>04:07:53.90</b>	+01:55:22 (46.5%)	8:47	6.8 (53.5%)
348	<b>SANIAK Milena</b>	<b>3550</b>	SII RUNNING TEAM	K30	26		02:10:18	<b>04:06:45.30</b>	<b>04:08:06.40</b>	+01:55:34 (46.6%)	8:48	6.8 (53.5%)
349	<b>GAWRYSZEWSKI Michał</b>	<b>3064</b>		M50	26		02:14:51	<b>04:07:12.95</b>	<b>04:08:06.80</b>	+01:55:35 (46.6%)	8:49	6.8 (53.5%)
350	<b>FRANKOWSKA Katarzyna</b>	<b>3833</b>	PRO366	K40	24		02:15:47	<b>04:07:28.40</b>	<b>04:08:07.10</b>	+01:55:35 (46.6%)	8:50	6.8 (53.5%)
351	<b>STASZEWSKI Piotr</b>	<b>3832</b>		M50	27		02:15:54	<b>04:07:28.30</b>	<b>04:08:07.15</b>	+01:55:35 (46.6%)	8:50	6.8 (53.5%)
352	<b>SKROBAŃSKA Katarzyna</b>	<b>3431</b>	SKROBKITEAM	K40	25		02:11:11	<b>04:08:09.40</b>	<b>04:08:35.20</b>	+01:56:03 (46.7%)	8:51	6.8 (53.5%)
353	<b>OBREŃBSKI Marcin</b>	<b>3076</b>	MATNER RUNNING TEAM	M40	109		02:13:14	<b>04:07:32.80</b>	<b>04:08:50.80</b>	+01:56:19 (46.7%)	8:50	6.8 (53.5%)
354	<b>POKRYWKA Stefan</b>	<b>3883</b>	OTK RZEŹNIK	M60	8		02:12:18	<b>04:08:20.30</b>	<b>04:09:02.95</b>	+01:56:31 (46.8%)	8:52	6.8 (53.5%)
355	<b>CHOJKOWSKI Michał</b>	<b>3420</b>		M40	110		02:04:26	<b>04:08:39.95</b>	<b>04:09:13.65</b>	+01:56:42 (46.8%)	8:52	6.8 (53.5%)
356	<b>BABKIEWICZ Szymon</b>	<b>3062</b>	LUBELSKIBIEGACZ.PL TEAM	M40	111		02:05:27	<b>04:08:20.40</b>	<b>04:09:45.75</b>	+01:57:14 (46.9%)	8:52	6.8 (53.5%)
357	<b>DUDEK Kamil</b>	<b>3818</b>		M30	119			<b>04:09:13.00</b>	<b>04:09:56.80</b>	+01:57:25 (47.0%)	8:54	6.7 (52.8%)
358	<b>JARGIŁO Krystian</b>	<b>3018</b>		M20	29		02:07:23	<b>04:08:50.70</b>	<b>04:10:00.00</b>	+01:57:28 (47.0%)	8:53	6.8 (53.5%)
359	<b>DOŁOMISIEWICZ Kinga</b>	<b>3020</b>		K20	11			<b>04:08:50.90</b>	<b>04:10:00.15</b>	+01:57:28 (47.0%)	8:53	6.8 (53.5%)
360	<b>WIŚNIEWSKA Katarzyna</b>	<b>3449</b>	KUTERNÓŻKA	K40	26		02:09:19	<b>04:09:02.10</b>	<b>04:10:13.55</b>	+01:57:42 (47.0%)	8:53	6.7 (52.8%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
361	<b>OŚ Łucja</b>	<b>3224</b>		K30		27		<b>04:10:06.45</b>	<b>04:10:27.85</b>	+01:57:56 (47.1%)	8:55	6.7 (52.8%)
362	<b>LEŚNIAK Marcin</b>	<b>3118</b>		M30		120	02:13:11	<b>04:09:37.05</b>	<b>04:10:28.00</b>	+01:57:56 (47.1%)	8:54	6.7 (52.8%)
363	<b>MUCHA Katarzyna</b>	<b>3610</b>	NOA	K50		4	02:16:36	<b>04:11:19.70</b>	<b>04:11:24.00</b>	+01:58:52 (47.3%)	8:58	6.7 (52.8%)
364	<b>GŁUCHOWSKI Przemek</b>	<b>3858</b>		M40		112	02:18:51	<b>04:10:50.10</b>	<b>04:11:29.60</b>	+01:58:58 (47.3%)	8:57	6.7 (52.8%)
365	<b>SZTYLC Jacek</b>	<b>3362</b>	MEDUZY	M30		121	02:17:08	<b>04:10:30.00</b>	<b>04:12:06.40</b>	+01:59:34 (47.4%)	8:56	6.7 (52.8%)
366	<b>LECHOWICZ Andrzej</b>	<b>3612</b>	ORLEN OIL	M20		30	02:11:03	<b>04:10:59.55</b>	<b>04:12:32.85</b>	+02:00:01 (47.5%)	8:57	6.7 (52.8%)
367	<b>URBAŃSKA Katarzyna</b>	<b>3044</b>		K30		28	02:16:00	<b>04:11:39.45</b>	<b>04:12:33.30</b>	+02:00:01 (47.5%)	8:59	6.7 (52.8%)
368	<b>KOLASIŃSKI Łukasz</b>	<b>3878</b>		M30		122	02:14:49	<b>04:11:13.05</b>	<b>04:12:37.45</b>	+02:00:05 (47.5%)	8:58	6.7 (52.8%)
369	<b>KOLASA Paulina</b>	<b>3100</b>		K30		29	02:13:00	<b>04:12:24.90</b>	<b>04:12:40.95</b>	+02:00:09 (47.6%)	9:00	6.7 (52.8%)
370	<b>PLUCIŃSKI Grzegorz</b>	<b>3506</b>		M40		113	02:04:47	<b>04:12:07.80</b>	<b>04:13:12.10</b>	+02:00:40 (47.7%)	9:00	6.7 (52.8%)
371	<b>KĘDZIORA Alicja</b>	<b>3625</b>	GSK FIT PIORUNY	K30		30	02:20:13	<b>04:12:35.05</b>	<b>04:13:47.65</b>	+02:01:16 (47.8%)	9:01	6.7 (52.8%)
372	<b>KUBIAK Józef</b>	<b>3288</b>		M60		9	02:10:58	<b>04:13:01.70</b>	<b>04:13:50.95</b>	+02:01:19 (47.8%)	9:02	6.6 (52.0%)
373	<b>KULETA Paulina</b>	<b>3389</b>	DZIK KOMANDO	K30		31	02:17:19	<b>04:12:51.50</b>	<b>04:13:59.10</b>	+02:01:27 (47.8%)	9:01	6.6 (52.0%)
374	<b>WÓJCIK Kamila</b>	<b>3884</b>	LACHO-TEAM	K40		27	02:18:16	<b>04:13:46.80</b>	<b>04:14:09.30</b>	+02:01:37 (47.9%)	9:03	6.6 (52.0%)
375	<b>KULIKOWSKI Adam</b>	<b>3027</b>		M30		123	02:15:15	<b>04:12:51.70</b>	<b>04:14:12.50</b>	+02:01:40 (47.9%)	9:01	6.6 (52.0%)
376	<b>KUROWSKI Paweł</b>	<b>3660</b>	AKADEMIA SPORTU MEDYK	M40		114	02:05:59	<b>04:13:37.25</b>	<b>04:14:19.05</b>	+02:01:47 (47.9%)	9:03	6.6 (52.0%)
377	<b>KUCHCIŃSKI Bartosz</b>	<b>3477</b>	STRASZYN BIEGA	M40		115	02:08:04	<b>04:13:07.90</b>	<b>04:14:22.30</b>	+02:01:50 (47.9%)	9:02	6.6 (52.0%)
378	<b>KUCHCIŃSKA Monika</b>	<b>3480</b>	STRASZYN BIEGA	K40		28	02:06:03	<b>04:13:07.45</b>	<b>04:14:22.55</b>	+02:01:51 (47.9%)	9:02	6.6 (52.0%)
379	<b>SZURYGA Hubert</b>	<b>3623</b>	AZS UMCS LUBLIN_BNO TEAM	M50		28	02:09:54	<b>04:14:19.85</b>	<b>04:14:29.65</b>	+02:01:58 (47.9%)	9:04	6.6 (52.0%)
380	<b>KAMIŃSKI Paweł</b>	<b>3638</b>		M50		29	02:11:13	<b>04:13:45.85</b>	<b>04:14:33.45</b>	+02:02:01 (47.9%)	9:03	6.6 (52.0%)
381	<b>ŁOŚ Krzysztof</b>	<b>3136</b>		M60		10	02:15:57	<b>04:14:56.70</b>	<b>04:15:07.55</b>	+02:02:36 (48.1%)	9:06	6.6 (52.0%)
382	<b>JAGIEŁŁO Jarosław</b>	<b>3658</b>		M40		116	02:01:25	<b>04:15:10.75</b>	<b>04:15:17.30</b>	+02:02:45 (48.1%)	9:06	6.6 (52.0%)
383	<b>BACZYŃSKA Aneta</b>	<b>3088</b>	YULO RUN TEAM SIEDLCE	K40		29	02:15:00	<b>04:14:21.35</b>	<b>04:15:30.00</b>	+02:02:58 (48.1%)	9:05	6.6 (52.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
384	<b>KĘDZIORA Karolina</b>	<b>3631</b>		K20		12	02:20:13	<b>04:14:21.50</b>	<b>04:15:34.30</b>	+02:03:02 (48.1%)	9:05	6.6 (52.0%)
385	<b>BRZEZIŃSKI Sergiusz</b>	<b>3310</b>	DUSZA DRZEWA	M40		117	02:06:26	<b>04:15:15.10</b>	<b>04:15:34.80</b>	+02:03:03 (48.1%)	9:06	6.6 (52.0%)
386	<b>GAWRON Paweł</b>	<b>3045</b>	KONIN RUN	M60		11	02:11:00	<b>04:15:03.10</b>	<b>04:15:43.60</b>	+02:03:12 (48.2%)	9:06	6.6 (52.0%)
386	<b>KACZMAREK Adam</b>	<b>3171</b>		M30		124	02:08:17	<b>04:15:03.05</b>	<b>04:15:43.60</b>	+02:03:12 (48.2%)	9:06	6.6 (52.0%)
388	<b>BRZEZIŃSKA Agnieszka</b>	<b>3309</b>		K40		30	02:04:43	<b>04:15:25.85</b>	<b>04:15:46.35</b>	+02:03:14 (48.2%)	9:07	6.6 (52.0%)
389	<b>RATKOWSKA Małgorzata</b>	<b>3316</b>	THE RUNNERS ŚWIECIE	K40		31	02:13:28	<b>04:14:49.60</b>	<b>04:15:48.70</b>	+02:03:17 (48.2%)	9:06	6.6 (52.0%)
390	<b>SZTANDERA Grzegorz</b>	<b>3876</b>		M40		118	02:10:35	<b>04:14:00.95</b>	<b>04:15:56.30</b>	+02:03:24 (48.2%)	9:04	6.6 (52.0%)
391	<b>KRAWCZYK Dariusz</b>	<b>3639</b>	WARTKIE PIERONY	M40		119	02:16:58	<b>04:14:50.95</b>	<b>04:15:59.05</b>	+02:03:27 (48.2%)	9:06	6.6 (52.0%)
392	<b>BRUDEREK Anna</b>	<b>3239</b>	PRIMUM CURRERE	K40		32	02:17:12	<b>04:15:16.00</b>	<b>04:16:00.65</b>	+02:03:29 (48.2%)	9:07	6.6 (52.0%)
393	<b>SZPALA Przemek</b>	<b>3794</b>	PARKING TORUŃ	M40		120	02:08:14	<b>04:15:10.65</b>	<b>04:16:00.70</b>	+02:03:29 (48.2%)	9:06	6.6 (52.0%)
394	<b>MIKOŁAJSKI Grzegorz</b>	<b>3664</b>		M40		121	02:05:31	<b>04:15:50.90</b>	<b>04:16:05.00</b>	+02:03:33 (48.2%)	9:08	6.6 (52.0%)
395	<b>BOGUMIL Sylwia</b>	<b>3534</b>		K20		13	02:17:36	<b>04:15:38.60</b>	<b>04:16:25.10</b>	+02:03:53 (48.3%)	9:07	6.6 (52.0%)
396	<b>WIELGOCKI Artur</b>	<b>3489</b>		M30		125	02:17:37	<b>04:15:38.80</b>	<b>04:16:25.20</b>	+02:03:53 (48.3%)	9:07	6.6 (52.0%)
397	<b>KĘDRA Agnieszka</b>	<b>3129</b>	CARPATHIAN RUNNERS	K30		32	02:14:35	<b>04:16:00.70</b>	<b>04:16:43.10</b>	+02:04:11 (48.4%)	9:08	6.6 (52.0%)
398	<b>PAWLIKOWSKI Adam</b>	<b>3439</b>		M50		30	02:18:01	<b>04:15:21.10</b>	<b>04:17:03.55</b>	+02:04:32 (48.4%)	9:07	6.6 (52.0%)
399	<b>OSIAK Karol</b>	<b>3872</b>	SKPB WARSZAWA	M30		126	02:15:16	<b>04:15:48.45</b>	<b>04:17:04.35</b>	+02:04:32 (48.4%)	9:08	6.6 (52.0%)
400	<b>MĘTRAK Jarosław</b>	<b>3866</b>		M30		127	02:19:19	<b>04:16:17.30</b>	<b>04:17:08.65</b>	+02:04:37 (48.5%)	9:09	6.6 (52.0%)
401	<b>KASZA Alicja</b>	<b>3468</b>		K30		33	02:07:37	<b>04:17:04.75</b>	<b>04:17:11.20</b>	+02:04:39 (48.5%)	9:10	6.5 (51.2%)
402	<b>CHLIPAŁA Marek</b>	<b>3042</b>		M30		128	02:10:34	<b>04:16:58.60</b>	<b>04:17:13.05</b>	+02:04:41 (48.5%)	9:10	6.5 (51.2%)
403	<b>ANDREASIK Mariusz</b>	<b>3120</b>	PRO-MILE TEAM	M30		129	02:01:12	<b>04:16:59.05</b>	<b>04:17:31.15</b>	+02:04:59 (48.5%)	9:10	6.5 (51.2%)
404	<b>SZKAMRUK Alicja</b>	<b>3435</b>	EXTREMALNI RZEŹNICY NA RELAKSIE	K30		34	02:22:06	<b>04:16:09.30</b>	<b>04:17:38.50</b>	+02:05:06 (48.6%)	9:08	6.6 (52.0%)
405	<b>PIRÓG Wojciech</b>	<b>3026</b>		M30		130	02:22:16	<b>04:15:51.35</b>	<b>04:17:39.20</b>	+02:05:07 (48.6%)	9:08	6.6 (52.0%)
406	<b>TYMIŃSKI Mariusz</b>	<b>3715</b>		M40		122	02:05:30	<b>04:17:34.75</b>	<b>04:17:47.75</b>	+02:05:16 (48.6%)	9:11	6.5 (51.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
407	<b>DZIURDZIAK Piotr</b>	<b>3716</b>		M30		131	02:05:33	<b>04:17:48.80</b>	<b>04:18:01.65</b>	+02:05:30 (48.6%)	9:12	6.5 (51.2%)
408	<b>FURGAŁA Łukasz</b>	<b>3492</b>		M30		132	02:14:16	<b>04:17:56.30</b>	<b>04:18:15.90</b>	+02:05:44 (48.7%)	9:12	6.5 (51.2%)
409	<b>ŚWIĘCHOWICZ Michał</b>	<b>3675</b>	GRZDYLNIA B1 TEAM	M30		133	02:16:02	<b>04:17:17.75</b>	<b>04:18:35.10</b>	+02:06:03 (48.7%)	9:11	6.5 (51.2%)
410	<b>BEDNARZ Patryk</b>	<b>3651</b>	GRZDYLNIA B1 TEAM	M30		134	02:18:00	<b>04:17:18.40</b>	<b>04:18:35.15</b>	+02:06:03 (48.7%)	9:11	6.5 (51.2%)
411	<b>KNOLL Leszek</b>	<b>3156</b>		M30		135	01:59:54	<b>04:19:52.30</b>	<b>04:19:59.65</b>	+02:07:28 (49.0%)	9:16	6.5 (51.2%)
412	<b>BRZÓZKA Jolanta</b>	<b>3791</b>	GMINA OSTRÓDA TEŻ BIEGA	K30		35	02:19:31	<b>04:18:39.25</b>	<b>04:20:28.45</b>	+02:07:56 (49.1%)	9:14	6.5 (51.2%)
412	<b>BRZÓZKA Marcin</b>	<b>3790</b>	GMINA OSTRÓDA TEŻ BIEGA	M40		123	02:19:32	<b>04:18:38.95</b>	<b>04:20:28.45</b>	+02:07:56 (49.1%)	9:14	6.5 (51.2%)
414	<b>DOLEGACZ Daniel</b>	<b>3681</b>		M40		124	02:11:01	<b>04:20:08.40</b>	<b>04:20:58.95</b>	+02:08:27 (49.2%)	9:17	6.5 (51.2%)
415	<b>MŁOTKOWSKI Michał</b>	<b>3202</b>		M30		136	02:07:32	<b>04:20:42.05</b>	<b>04:21:03.85</b>	+02:08:32 (49.2%)	9:18	6.4 (50.4%)
416	<b>LECH Marcin</b>	<b>3132</b>	NOA	M30		137	02:18:10	<b>04:20:16.20</b>	<b>04:21:18.00</b>	+02:08:46 (49.3%)	9:17	6.5 (51.2%)
417	<b>GAŁKA Marcin</b>	<b>3124</b>		M40		125	02:18:20	<b>04:20:16.50</b>	<b>04:21:18.60</b>	+02:08:47 (49.3%)	9:17	6.5 (51.2%)
418	<b>SZOPA Urszula</b>	<b>3801</b>		K40		33	02:18:01	<b>04:21:07.10</b>	<b>04:21:24.00</b>	+02:08:52 (49.3%)	9:19	6.4 (50.4%)
418	<b>SZOPA Mikołaj</b>	<b>3802</b>	AZS AWF WROCŁAW	M20		31	02:18:02	<b>04:21:07.30</b>	<b>04:21:24.00</b>	+02:08:52 (49.3%)	9:19	6.4 (50.4%)
420	<b>RUDNICKA-GÓRALCZYK Joanna</b>	<b>3212</b>		K40		34	02:16:23	<b>04:21:08.75</b>	<b>04:21:40.95</b>	+02:09:09 (49.4%)	9:19	6.4 (50.4%)
421	<b>ADAMSKA Karolina</b>	<b>3788</b>	ION1 TEAM	K30		36	02:17:57	<b>04:21:12.30</b>	<b>04:21:42.10</b>	+02:09:10 (49.4%)	9:19	6.4 (50.4%)
422	<b>NOWAKOWSKA Beata</b>	<b>3106</b>		K40		35	02:18:24	<b>04:20:39.30</b>	<b>04:21:42.50</b>	+02:09:10 (49.4%)	9:18	6.4 (50.4%)
423	<b>KIERUZALSKA Małgorzata</b>	<b>3256</b>		K40		36	02:11:09	<b>04:21:05.35</b>	<b>04:21:42.95</b>	+02:09:11 (49.4%)	9:19	6.4 (50.4%)
424	<b>KRĘPACKA Monika</b>	<b>3054</b>	CHEŁM BIEGA	K40		37	02:11:08	<b>04:21:04.70</b>	<b>04:21:43.00</b>	+02:09:11 (49.4%)	9:19	6.4 (50.4%)
425	<b>MATUSIAK Mariusz</b>	<b>3226</b>		M40		126	02:09:04	<b>04:21:32.25</b>	<b>04:21:43.90</b>	+02:09:12 (49.4%)	9:20	6.4 (50.4%)
426	<b>MROCZKOWSKI Mateusz</b>	<b>3319</b>		M30		138	02:23:36	<b>04:21:42.50</b>	<b>04:22:01.90</b>	+02:09:30 (49.4%)	9:20	6.4 (50.4%)
427	<b>MARCINIAK Paulina</b>	<b>3347</b>		K30		37	02:23:18	<b>04:22:01.20</b>	<b>04:22:17.70</b>	+02:09:46 (49.5%)	9:21	6.4 (50.4%)
428	<b>SOWA Bogusław</b>	<b>3461</b>		M30		139	02:05:21	<b>04:22:16.30</b>	<b>04:22:23.80</b>	+02:09:52 (49.5%)	9:22	6.4 (50.4%)
429	<b>ĆWIEK Kacper</b>	<b>3672</b>		M20		32	02:29:19	<b>04:21:58.05</b>	<b>04:22:34.65</b>	+02:10:03 (49.5%)	9:21	6.4 (50.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
430	<b>SZTANDAR Jack</b>	<b>3115</b>	MAJATEAM	M50	31		02:20:29	<b>04:20:36.00</b>	<b>04:22:34.95</b>	+02:10:03 (49.5%)	9:18	6.4 (50.4%)
431	<b>BLADOWSKA Katarzyna</b>	<b>3691</b>	RUNEDA	K40	38		02:20:30	<b>04:20:36.70</b>	<b>04:22:35.05</b>	+02:10:03 (49.5%)	9:18	6.4 (50.4%)
432	<b>SKWARSKI Piotr</b>	<b>3669</b>		M20	33		02:29:17	<b>04:21:57.15</b>	<b>04:22:35.10</b>	+02:10:03 (49.5%)	9:21	6.4 (50.4%)
433	<b>PALCZYŃSKI Andrzej</b>	<b>3505</b>	FABRYKA DZIKA	M50	32		02:20:28	<b>04:20:54.90</b>	<b>04:22:36.20</b>	+02:10:04 (49.5%)	9:19	6.4 (50.4%)
434	<b>WĘGRZYN Małgorzata</b>	<b>3454</b>		K30	38		02:24:51	<b>04:20:59.30</b>	<b>04:22:43.40</b>	+02:10:11 (49.6%)	9:19	6.4 (50.4%)
435	<b>WINNIK Magda</b>	<b>3769</b>		K30	39		02:15:02	<b>04:23:03.80</b>	<b>04:23:40.65</b>	+02:11:09 (49.7%)	9:23	6.4 (50.4%)
436	<b>STĘPIEŃ Robert</b>	<b>3813</b>	DZIK KOMANDO	M50	33		02:21:03	<b>04:21:54.25</b>	<b>04:23:44.80</b>	+02:11:13 (49.8%)	9:21	6.4 (50.4%)
437	<b>CZARNOCKI Paweł</b>	<b>3168</b>	GRUPA BIEGACZY SKÓRZEC BIEGA	M40	127		02:15:02	<b>04:22:39.15</b>	<b>04:23:48.70</b>	+02:11:17 (49.8%)	9:22	6.4 (50.4%)
438	<b>BACZYŃSKI Robert</b>	<b>3102</b>		M40	128		02:15:06	<b>04:22:40.00</b>	<b>04:23:48.80</b>	+02:11:17 (49.8%)	9:22	6.4 (50.4%)
439	<b>KOZIOŁ Darek</b>	<b>3291</b>		M30	140		02:09:31	<b>04:23:03.85</b>	<b>04:23:50.75</b>	+02:11:19 (49.8%)	9:23	6.4 (50.4%)
440	<b>ZANKO Marek</b>	<b>3584</b>	PINGWINTTEAM SHOW MUST GO ON	M50	34		02:14:35	<b>04:22:36.90</b>	<b>04:23:51.35</b>	+02:11:19 (49.8%)	9:22	6.4 (50.4%)
441	<b>DOBROWOLSKI Bartosz</b>	<b>3471</b>		M30	141		02:10:19	<b>04:23:31.55</b>	<b>04:23:52.35</b>	+02:11:20 (49.8%)	9:24	6.4 (50.4%)
442	<b>SKRABA Grzegorz</b>	<b>3426</b>		M30	142		02:10:15	<b>04:23:30.25</b>	<b>04:23:52.60</b>	+02:11:21 (49.8%)	9:24	6.4 (50.4%)
443	<b>OŻÓG Paweł</b>	<b>3630</b>		M30	143		02:01:59	<b>04:23:31.05</b>	<b>04:23:57.35</b>	+02:11:25 (49.8%)	9:24	6.4 (50.4%)
444	<b>BECHTA Damian</b>	<b>3570</b>		M20	34		02:15:10	<b>04:23:06.65</b>	<b>04:23:57.45</b>	+02:11:25 (49.8%)	9:23	6.4 (50.4%)
445	<b>KARPIŃSKI Robert</b>	<b>3</b>	SPARTANIE DZIECIOM	M50	35	Tak	02:17:49	<b>04:23:18.05</b>	<b>04:24:01.50</b>	+02:11:29 (49.8%)	9:24	6.4 (50.4%)
446	<b>MAŁEK Krzysztof</b>	<b>3717</b>	FORTITERY	M40	129		02:22:13	<b>04:22:42.55</b>	<b>04:24:02.05</b>	+02:11:30 (49.8%)	9:22	6.4 (50.4%)
447	<b>CZAJA Paweł</b>	<b>3685</b>		M40	130		02:20:48	<b>04:22:43.20</b>	<b>04:24:02.40</b>	+02:11:30 (49.8%)	9:22	6.4 (50.4%)
448	<b>KUBRAK Wojciech</b>	<b>3193</b>		M30	144		02:21:34	<b>04:22:55.10</b>	<b>04:24:03.70</b>	+02:11:32 (49.8%)	9:23	6.4 (50.4%)
449	<b>WIŚNIEWSKA Justyna</b>	<b>3901</b>		K40	39		02:24:33	<b>04:23:54.35</b>	<b>04:24:09.40</b>	+02:11:37 (49.8%)	9:25	6.4 (50.4%)
450	<b>SOSNOWSKA Aga</b>	<b>3857</b>		K30	40		02:27:04	<b>04:22:25.05</b>	<b>04:24:10.40</b>	+02:11:38 (49.8%)	9:22	6.4 (50.4%)
451	<b>MAKOWSKA Wanda</b>	<b>3677</b>		K50	5		02:18:44	<b>04:25:04.10</b>	<b>04:25:25.00</b>	+02:12:53 (50.1%)	9:28	6.3 (49.6%)
452	<b>GAWLICZEK Andrzej</b>	<b>3881</b>	MEDUZY	M30	145		02:17:06	<b>04:24:03.85</b>	<b>04:25:40.20</b>	+02:13:08 (50.1%)	9:25	6.4 (50.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
453	<b>GRZYB Sebastian</b>	<b>3387</b>	DZIK KOMANDO	M20	35		02:27:56	<b>04:24:01.70</b>	<b>04:25:47.90</b>	+02:13:16 (50.1%)	9:25	6.4 (50.4%)
454	<b>MASZKOWSKA Anna</b>	<b>3744</b>		K40	40		02:23:53	<b>04:25:05.35</b>	<b>04:25:53.35</b>	+02:13:21 (50.2%)	9:28	6.3 (49.6%)
455	<b>MOKROSZ Adam</b>	<b>3579</b>	STS TEAM	M20	36		02:16:03	<b>04:25:44.15</b>	<b>04:25:54.55</b>	+02:13:23 (50.2%)	9:29	6.3 (49.6%)
456	<b>DOMIN Michał</b>	<b>3373</b>		M50	36		02:20:54	<b>04:25:36.25</b>	<b>04:25:59.80</b>	+02:13:28 (50.2%)	9:29	6.3 (49.6%)
457	<b>URBAŃSKA Magdalena</b>	<b>3727</b>		K30	41		02:15:36	<b>04:25:23.00</b>	<b>04:26:16.70</b>	+02:13:45 (50.2%)	9:28	6.3 (49.6%)
458	<b>KAPAŁA Monika</b>	<b>3099</b>		K30	42		02:21:46	<b>04:25:47.60</b>	<b>04:26:35.00</b>	+02:14:03 (50.3%)	9:29	6.3 (49.6%)
459	<b>BOŹKIEWICZ Patrycja</b>	<b>3024</b>	PIEKIELNIE ZGRANI	K40	41		02:24:29	<b>04:26:58.05</b>	<b>04:27:15.30</b>	+02:14:43 (50.4%)	9:32	6.3 (49.6%)
460	<b>ZACHARZYŃSKA Katarzyna</b>	<b>3730</b>	ORANGE POLSKA	K30	43		02:24:41	<b>04:27:12.25</b>	<b>04:27:28.15</b>	+02:14:56 (50.5%)	9:32	6.3 (49.6%)
461	<b>WIŚNIEWSKI Bartosz</b>	<b>3754</b>	DAGOTH CULTISTS	M40	131		02:14:22	<b>04:27:55.75</b>	<b>04:28:06.05</b>	+02:15:34 (50.6%)	9:34	6.3 (49.6%)
462	<b>KONIECZNY Mateusz</b>	<b>3222</b>		M30	146		02:15:42	<b>04:28:03.05</b>	<b>04:28:11.45</b>	+02:15:39 (50.6%)	9:34	6.3 (49.6%)
463	<b>PIETRZAK Maciej</b>	<b>3182</b>		M40	132		02:09:52	<b>04:26:56.15</b>	<b>04:28:13.05</b>	+02:15:41 (50.6%)	9:32	6.3 (49.6%)
464	<b>HAMERA Łukasz</b>	<b>3204</b>		M40	133		02:16:12	<b>04:27:21.30</b>	<b>04:28:15.90</b>	+02:15:44 (50.6%)	9:32	6.3 (49.6%)
465	<b>POTĘGA Justyna</b>	<b>3673</b>		K40	42		02:22:41	<b>04:28:09.35</b>	<b>04:28:15.95</b>	+02:15:44 (50.6%)	9:34	6.3 (49.6%)
466	<b>KĄDZIELA Marcin</b>	<b>3203</b>		M40	134		02:16:13	<b>04:27:21.85</b>	<b>04:28:16.15</b>	+02:15:44 (50.6%)	9:32	6.3 (49.6%)
467	<b>GOŁDYN Katarzyna</b>	<b>3241</b>		K40	43		02:21:38	<b>04:28:10.00</b>	<b>04:28:17.95</b>	+02:15:46 (50.6%)	9:34	6.3 (49.6%)
468	<b>RUTKOWSKI Adam</b>	<b>3345</b>		M20	37		02:13:37	<b>04:27:42.90</b>	<b>04:28:25.50</b>	+02:15:53 (50.6%)	9:33	6.3 (49.6%)
469	<b>GAŁKA Tomasz</b>	<b>3432</b>	DZIK KOMANDO	M40	135		02:24:40	<b>04:26:36.70</b>	<b>04:28:27.50</b>	+02:15:55 (50.6%)	9:31	6.3 (49.6%)
470	<b>LIK Marek</b>	<b>12</b>	CHEŁM BIEGA	M50	37	Tak	02:23:44	<b>04:26:58.80</b>	<b>04:28:39.20</b>	+02:16:07 (50.7%)	9:32	6.3 (49.6%)
471	<b>PASEK Paweł</b>	<b>3089</b>		M30	147		02:15:53	<b>04:27:11.75</b>	<b>04:28:48.25</b>	+02:16:16 (50.7%)	9:32	6.3 (49.6%)
472	<b>KASIŃSKI Radosław</b>	<b>3105</b>	HENIK TEAM	M40	136		02:22:32	<b>04:28:06.95</b>	<b>04:28:49.75</b>	+02:16:18 (50.7%)	9:34	6.3 (49.6%)
473	<b>MAKARZEC - SURMA Agnieszka</b>	<b>3107</b>		K30	44		02:22:20	<b>04:28:37.65</b>	<b>04:28:51.60</b>	+02:16:20 (50.7%)	9:35	6.3 (49.6%)
474	<b>GUZOWSKI Stanisław</b>	<b>3749</b>	KRISS COACHING/SĄ WOLNIEJSI	M40	137		02:17:43	<b>04:28:11.90</b>	<b>04:29:00.95</b>	+02:16:29 (50.7%)	9:34	6.3 (49.6%)
475	<b>KONIECZNY Marcin</b>	<b>3710</b>		M30	148		02:13:43	<b>04:28:58.05</b>	<b>04:29:03.00</b>	+02:16:31 (50.7%)	9:36	6.2 (48.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
476	<b>MARCINIEC Andrzej</b>	<b>3216</b>	SC-S	M40	138		02:14:15	<b>04:28:50.85</b>	<b>04:29:19.90</b>	+02:16:48 (50.8%)	9:36	6.2 (48.8%)
477	<b>BOROWIEC Arkadiusz</b>	<b>3109</b>	CHEŁM BOEGA	M40	139		02:18:29	<b>04:28:31.80</b>	<b>04:29:27.45</b>	+02:16:55 (50.8%)	9:35	6.3 (49.6%)
478	<b>KOŁODZIEJCZYK Marek</b>	<b>3386</b>		M50	38		02:20:47	<b>04:28:38.15</b>	<b>04:30:01.05</b>	+02:17:29 (50.9%)	9:35	6.3 (49.6%)
479	<b>GÓRAJ Maciej</b>	<b>3746</b>	YOLO:)	M40	140		02:18:03	<b>04:29:06.35</b>	<b>04:30:08.95</b>	+02:17:37 (50.9%)	9:36	6.2 (48.8%)
480	<b>LUTOBORSKI Tomasz</b>	<b>3151</b>		M20	38		02:14:47	<b>04:29:01.05</b>	<b>04:30:09.85</b>	+02:17:38 (50.9%)	9:36	6.2 (48.8%)
481	<b>TROCHA Natalia</b>	<b>3121</b>	BALLS OF STEEL	K30	45		02:23:39	<b>04:29:35.10</b>	<b>04:30:56.95</b>	+02:18:25 (51.1%)	9:37	6.2 (48.8%)
482	<b>ŁUSZCZ Paweł</b>	<b>3161</b>	GAMONIUSZE DĘBICA	M40	141		02:28:12	<b>04:29:43.30</b>	<b>04:31:05.95</b>	+02:18:34 (51.1%)	9:37	6.2 (48.8%)
483	<b>PREIS Kamil Preis</b>	<b>3722</b>		M30	149		02:12:08	<b>04:30:00.20</b>	<b>04:31:33.35</b>	+02:19:01 (51.2%)	9:38	6.2 (48.8%)
484	<b>MACIEJAK Robert</b>	<b>3676</b>		M40	142		02:13:54	<b>04:31:39.50</b>	<b>04:31:45.40</b>	+02:19:13 (51.2%)	9:42	6.2 (48.8%)
485	<b>PARA Aleksandra</b>	<b>3753</b>		K30	46			<b>04:31:29.90</b>	<b>04:31:57.30</b>	+02:19:25 (51.3%)	9:41	6.2 (48.8%)
486	<b>BRZEZIŃSKI Piotr</b>	<b>3251</b>		M30	150		02:22:37	<b>04:29:59.05</b>	<b>04:31:59.00</b>	+02:19:27 (51.3%)	9:38	6.2 (48.8%)
487	<b>JAWORSKI Paweł</b>	<b>3650</b>	TEAM SILNA WOLA	M40	143		02:07:27	<b>04:32:22.55</b>	<b>04:32:37.35</b>	+02:20:05 (51.4%)	9:43	6.2 (48.8%)
488	<b>SUPLICKI Piotr</b>	<b>3643</b>	JAW-TRANS TEAM SILNA WOLA	M40	144		02:07:27	<b>04:32:22.90</b>	<b>04:32:37.55</b>	+02:20:06 (51.4%)	9:43	6.2 (48.8%)
489	<b>ADAMCZYK Grzegorz</b>	<b>3661</b>	TEAM SILNA WOLA	M40	145			<b>04:32:23.35</b>	<b>04:32:37.85</b>	+02:20:06 (51.4%)	9:43	6.2 (48.8%)
490	<b>TOMCZAK Zbigniew</b>	<b>3275</b>		M60	12		02:15:53	<b>04:31:12.60</b>	<b>04:33:02.90</b>	+02:20:31 (51.5%)	9:41	6.2 (48.8%)
491	<b>ABRAMCZUK Paweł</b>	<b>3879</b>		M50	39		02:20:51	<b>04:31:04.40</b>	<b>04:33:10.45</b>	+02:20:38 (51.5%)	9:40	6.2 (48.8%)
492	<b>MAZUR Sławomir</b>	<b>3671</b>		M30	151		02:09:04	<b>04:32:02.10</b>	<b>04:33:12.90</b>	+02:20:41 (51.5%)	9:42	6.2 (48.8%)
493	<b>GODZIMIRSKA Eliza</b>	<b>3090</b>	REEBOK RUN CREW	K40	44		02:19:51	<b>04:32:33.85</b>	<b>04:33:13.50</b>	+02:20:41 (51.5%)	9:44	6.2 (48.8%)
494	<b>SIDOROWICZ Joanna</b>	<b>3092</b>		K30	47		02:19:52	<b>04:32:35.65</b>	<b>04:33:15.30</b>	+02:20:43 (51.5%)	9:44	6.2 (48.8%)
495	<b>LATOS Joanna</b>	<b>3654</b>		K40	45		02:22:59	<b>04:32:37.60</b>	<b>04:33:35.70</b>	+02:21:04 (51.6%)	9:44	6.2 (48.8%)
496	<b>GARBACZ Kamila</b>	<b>3696</b>		K40	46		02:25:28	<b>04:33:08.95</b>	<b>04:33:54.65</b>	+02:21:23 (51.6%)	9:45	6.2 (48.8%)
497	<b>JUSZCZAK Marcin</b>	<b>3127</b>		M50	40		02:30:06	<b>04:33:41.55</b>	<b>04:33:59.60</b>	+02:21:28 (51.6%)	9:46	6.1 (48.0%)
498	<b>WYSOKIŃSKI Jerzy</b>	<b>3835</b>	ORANGE POLSKA	M50	41		02:30:01	<b>04:33:43.15</b>	<b>04:34:00.15</b>	+02:21:28 (51.6%)	9:46	6.1 (48.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
499	<b>BĘBENEK Paweł</b>	<b>3646</b>		M30	152		02:24:09	<b>04:33:24.65</b>	<b>04:34:19.55</b>	+02:21:48 (51.7%)	9:45	6.1 (48.0%)
500	<b>WYPLER Marcin</b>	<b>3392</b>	WARTKIE PIERONY	M40	146			<b>04:33:13.70</b>	<b>04:34:20.75</b>	+02:21:49 (51.7%)	9:45	6.1 (48.0%)
501	<b>WASIEWICZ Michał</b>	<b>3725</b>		M30	153		02:29:12	<b>04:33:30.30</b>	<b>04:34:46.95</b>	+02:22:15 (51.8%)	9:46	6.1 (48.0%)
502	<b>KROSZKA Beata</b>	<b>3346</b>	KS STASZEWSKY	K50	6		02:24:09	<b>04:34:19.55</b>	<b>04:34:55.85</b>	+02:22:24 (51.8%)	9:47	6.1 (48.0%)
503	<b>KRUSZEWSKA Aneta</b>	<b>3438</b>		K20	14		02:21:11	<b>04:33:15.10</b>	<b>04:34:58.60</b>	+02:22:27 (51.8%)	9:45	6.1 (48.0%)
504	<b>GODZIŃSKI Tomasz</b>	<b>3546</b>	SII RUNNING TEAM	M30	154		02:17:22	<b>04:33:41.00</b>	<b>04:35:02.65</b>	+02:22:31 (51.8%)	9:46	6.1 (48.0%)
505	<b>PALTIAN Piotr</b>	<b>3228</b>	SĄ WOLNIEJSI	M50	42		02:17:46	<b>04:34:22.05</b>	<b>04:35:10.70</b>	+02:22:39 (51.8%)	9:47	6.1 (48.0%)
506	<b>WYSOCKI Bartosz</b>	<b>3517</b>	JANUSZE	M40	147		02:27:40	<b>04:34:38.65</b>	<b>04:35:36.45</b>	+02:23:04 (51.9%)	9:48	6.1 (48.0%)
507	<b>WYSOCKA Iwona</b>	<b>3518</b>	JANUSZE	K30	48		02:27:36	<b>04:34:38.40</b>	<b>04:35:36.50</b>	+02:23:04 (51.9%)	9:48	6.1 (48.0%)
508	<b>BIBRO Daniel</b>	<b>3774</b>		M30	155		02:15:53	<b>04:35:32.10</b>	<b>04:35:45.55</b>	+02:23:14 (51.9%)	9:50	6.1 (48.0%)
508	<b>GUCWA Jarosław</b>	<b>3773</b>		M50	43		02:15:44	<b>04:35:30.90</b>	<b>04:35:45.55</b>	+02:23:14 (51.9%)	9:50	6.1 (48.0%)
510	<b>KOŁEK-ZAJĄC Ewa</b>	<b>3708</b>		K30	49		02:26:36	<b>04:33:50.65</b>	<b>04:35:46.70</b>	+02:23:15 (51.9%)	9:46	6.1 (48.0%)
511	<b>SZCZEPANIAK Magdalena</b>	<b>3533</b>		K20	15		02:28:39	<b>04:35:10.55</b>	<b>04:35:51.35</b>	+02:23:19 (52.0%)	9:49	6.1 (48.0%)
512	<b>WIS Modesta</b>	<b>3500</b>	WM TRISELF	K30	50		02:29:26	<b>04:36:34.85</b>	<b>04:36:37.30</b>	+02:24:05 (52.1%)	9:52	6.1 (48.0%)
513	<b>KOMOROWSKA Monika</b>	<b>3384</b>		K30	51		02:33:06	<b>04:35:37.80</b>	<b>04:36:37.60</b>	+02:24:06 (52.1%)	9:50	6.1 (48.0%)
514	<b>KOS Paweł</b>	<b>3845</b>	EAZYMUT.PL	M50	44		02:22:32	<b>04:35:22.40</b>	<b>04:36:45.25</b>	+02:24:13 (52.1%)	9:50	6.1 (48.0%)
515	<b>JAZUKIEWICZ Ewa</b>	<b>3844</b>	EAZYMUT.PL	K40	47		02:22:33	<b>04:35:24.30</b>	<b>04:36:45.40</b>	+02:24:13 (52.1%)	9:50	6.1 (48.0%)
516	<b>SIKORSKA Agnieszka</b>	<b>3587</b>		K30	52		02:34:29	<b>04:35:08.30</b>	<b>04:37:00.00</b>	+02:24:28 (52.2%)	9:49	6.1 (48.0%)
517	<b>SPUTOWSKI Krzysztof</b>	<b>3608</b>		M40	148		02:06:41	<b>04:36:23.10</b>	<b>04:37:20.05</b>	+02:24:48 (52.2%)	9:52	6.1 (48.0%)
518	<b>KUBIK Marta</b>	<b>3232</b>	MARTA <3	K20	16		02:15:50	<b>04:35:37.85</b>	<b>04:37:35.40</b>	+02:25:03 (52.3%)	9:50	6.1 (48.0%)
519	<b>GAWLIKOWSKA Agnieszka</b>	<b>3576</b>		K30	53		02:22:23	<b>04:37:41.75</b>	<b>04:37:44.40</b>	+02:25:12 (52.3%)	9:55	6.1 (48.0%)
520	<b>SZYMSKI Rafał</b>	<b>3771</b>	CIDRY LOTAJOM	M40	149		02:28:50	<b>04:37:09.00</b>	<b>04:37:44.65</b>	+02:25:13 (52.3%)	9:53	6.1 (48.0%)
521	<b>JĘDROSEK Adam</b>	<b>3029</b>	JEDROSKI TEAM	M40	150		02:14:12	<b>04:37:54.00</b>	<b>04:37:59.80</b>	+02:25:28 (52.3%)	9:55	6 (47.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
522	<b>MAJSZCZYK Paulina</b>	<b>3765</b>	HARDCOROWE WYCHYLYLYBYMY	K30		54	02:19:56	<b>04:37:26.00</b>	<b>04:38:11.30</b>	+02:25:39 (52.4%)	9:54	6.1 (48.0%)
523	<b>CHODZIAK Marcin</b>	<b>3566</b>		M30		156	02:18:41	<b>04:37:29.75</b>	<b>04:38:17.30</b>	+02:25:45 (52.4%)	9:54	6.1 (48.0%)
524	<b>ŚWIĄTEK Łukasz</b>	<b>3704</b>		M30		157	02:21:24	<b>04:36:42.10</b>	<b>04:38:19.50</b>	+02:25:47 (52.4%)	9:52	6.1 (48.0%)
525	<b>SROCZYNSKI Andrzej</b>	<b>3470</b>		M50		45	02:22:18	<b>04:38:26.30</b>	<b>04:38:53.70</b>	+02:26:22 (52.5%)	9:56	6 (47.2%)
526	<b>ZGÓRSKI Maciej</b>	<b>3138</b>	WKURW_TEAM	M40		151	02:29:43	<b>04:38:47.50</b>	<b>04:39:15.95</b>	+02:26:44 (52.5%)	9:57	6 (47.2%)
527	<b>JUSZCZAK Henryk</b>	<b>3826</b>		M30		158	02:29:58	<b>04:39:36.00</b>	<b>04:39:57.50</b>	+02:27:25 (52.7%)	9:59	6 (47.2%)
528	<b>GUZEK Aleksandra</b>	<b>3388</b>	DZIK KOMANDO	K30		55	02:25:12	<b>04:38:12.35</b>	<b>04:40:02.85</b>	+02:27:31 (52.7%)	9:56	6 (47.2%)
529	<b>BRZĘCZEK Izabela</b>	<b>3130</b>		K50		7	02:23:07	<b>04:40:10.65</b>	<b>04:40:41.85</b>	+02:28:10 (52.8%)	10:00	6 (47.2%)
530	<b>FRANUSIAK Przemysław</b>	<b>3871</b>	VIKINGS	M40		152	02:34:19	<b>04:39:34.25</b>	<b>04:41:01.10</b>	+02:28:29 (52.8%)	9:59	6 (47.2%)
531	<b>DOBROWOLSKI Piotr</b>	<b>3374</b>	ORANGE POLSKA	M50		46	02:22:28	<b>04:41:22.80</b>	<b>04:41:48.55</b>	+02:29:17 (53.0%)	10:02	6 (47.2%)
532	<b>DUDEK Dorota</b>	<b>3433</b>	DZIK KOMANDO	K40		48	02:24:42	<b>04:40:06.35</b>	<b>04:41:56.90</b>	+02:29:25 (53.0%)	10:00	6 (47.2%)
533	<b>SZAJGIN Renata</b>	<b>3510</b>	NOA	K30		56	02:27:47	<b>04:41:55.65</b>	<b>04:41:59.70</b>	+02:29:28 (53.0%)	10:04	6 (47.2%)
534	<b>GRYGO Jakub</b>	<b>3805</b>		M20		39	02:23:18	<b>04:41:20.55</b>	<b>04:42:01.65</b>	+02:29:30 (53.0%)	10:02	6 (47.2%)
535	<b>KEMPISTA Wioleta</b>	<b>3609</b>		K30		57	02:34:45	<b>04:39:56.80</b>	<b>04:42:16.95</b>	+02:29:45 (53.1%)	9:59	6 (47.2%)
536	<b>PROSIŃSKA Agata</b>	<b>3308</b>	NEON TEAM	K40		49	02:26:03	<b>04:42:31.80</b>	<b>04:42:52.90</b>	+02:30:21 (53.2%)	10:05	5.9 (46.5%)
537	<b>ZIELIŃSKA IGNASZAK Iwona</b>	<b>3591</b>	HEROBOX	K50		8	02:29:38	<b>04:41:53.80</b>	<b>04:42:54.20</b>	+02:30:22 (53.2%)	10:04	6 (47.2%)
538	<b>WAŚOWSKA Jagoda</b>	<b>3874</b>	KS PEGAZ PIASECZNO	K50		9	02:31:27	<b>04:42:22.80</b>	<b>04:42:55.30</b>	+02:30:23 (53.2%)	10:05	5.9 (46.5%)
539	<b>GÓRECKA Anna</b>	<b>3488</b>	KB ORANGE POLSKA	K40		50	02:28:08	<b>04:41:46.85</b>	<b>04:42:56.40</b>	+02:30:24 (53.2%)	10:03	6 (47.2%)
540	<b>HAMRYSZCZAK Rafał</b>	<b>3448</b>	SP 11 PRZEMYŚL	M40		153	02:25:53	<b>04:41:36.55</b>	<b>04:43:05.30</b>	+02:30:33 (53.2%)	10:03	6 (47.2%)
541	<b>KOISZEWSKA Izabela</b>	<b>3144</b>	KLUB 42,2 LĘBORK	K40		51	02:24:50	<b>04:42:22.00</b>	<b>04:43:06.35</b>	+02:30:34 (53.2%)	10:05	5.9 (46.5%)
542	<b>KROSZKA Krzysztof</b>	<b>3465</b>	STEPSTONE RUNNING TEAM	M50		47	02:18:01	<b>04:42:04.10</b>	<b>04:43:07.80</b>	+02:30:36 (53.2%)	10:04	6 (47.2%)
542	<b>CIEŚLAK Katarzyna</b>	<b>3244</b>		K30		58	02:27:47	<b>04:41:28.60</b>	<b>04:43:07.80</b>	+02:30:36 (53.2%)	10:03	6 (47.2%)
544	<b>ANTCZAK Aleksander</b>	<b>3023</b>	KONIN RUN	M40		154	02:27:19	<b>04:42:36.00</b>	<b>04:43:15.45</b>	+02:30:43 (53.2%)	10:05	5.9 (46.5%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
545	<b>SURZYN Aleksandra</b>	<b>3371</b>	CZWARTUNIO TEAM	K30	59		02:32:52	<b>04:42:44.65</b>	<b>04:43:27.95</b>	+02:30:56 (53.2%)	10:05	5.9 (46.5%)
546	<b>NIECKARZ Adam</b>	<b>3231</b>	CHŁOPAK MARTY <3	M20	40		02:15:49	<b>04:41:41.70</b>	<b>04:43:40.55</b>	+02:31:09 (53.3%)	10:03	6 (47.2%)
547	<b>NIECKARZ Dariusz</b>	<b>3410</b>	ADRIAN! BŁAGAM WOLNIEJ	M50	48		02:15:50	<b>04:41:43.30</b>	<b>04:43:40.80</b>	+02:31:09 (53.3%)	10:03	6 (47.2%)
548	<b>PISZCZ Dariusz</b>	<b>3827</b>		M40	155		02:29:09	<b>04:42:19.10</b>	<b>04:43:42.10</b>	+02:31:10 (53.3%)	10:04	6 (47.2%)
549	<b>PAJĄK Maciej</b>	<b>3058</b>	PRO-MILE TEAM	M30	159		02:19:53	<b>04:43:11.30</b>	<b>04:43:44.35</b>	+02:31:12 (53.3%)	10:06	5.9 (46.5%)
550	<b>SUCHORA Jerzy</b>	<b>3143</b>		M50	49		02:24:32	<b>04:43:27.10</b>	<b>04:43:50.65</b>	+02:31:19 (53.3%)	10:07	5.9 (46.5%)
551	<b>SUCHORA Anna</b>	<b>3141</b>		K50	10		02:24:31	<b>04:43:26.60</b>	<b>04:43:50.85</b>	+02:31:19 (53.3%)	10:07	5.9 (46.5%)
552	<b>BUKAŁA Jacek</b>	<b>3385</b>		M50	50		02:31:43	<b>04:43:24.30</b>	<b>04:45:20.20</b>	+02:32:48 (53.6%)	10:07	5.9 (46.5%)
553	<b>KUŁAKOWSKI Piotr</b>	<b>3329</b>	CZŁAPACZE	M60	13		02:34:27	<b>04:43:35.60</b>	<b>04:45:27.10</b>	+02:32:55 (53.6%)	10:07	5.9 (46.5%)
554	<b>RYBIENIK Lech</b>	<b>3113</b>		M40	156		02:29:01	<b>04:44:08.85</b>	<b>04:45:42.75</b>	+02:33:11 (53.6%)	10:08	5.9 (46.5%)
555	<b>KIJEWSKA Karolina</b>	<b>3142</b>		K40	52		02:29:00	<b>04:44:09.10</b>	<b>04:45:42.80</b>	+02:33:11 (53.6%)	10:08	5.9 (46.5%)
556	<b>BAZYDŁO Dariusz</b>	<b>3336</b>		M50	51		02:23:43	<b>04:44:47.75</b>	<b>04:45:53.85</b>	+02:33:22 (53.6%)	10:10	5.9 (46.5%)
557	<b>CIURKO Marcin</b>	<b>3302</b>		M30	160		02:16:44	<b>04:45:40.45</b>	<b>04:45:53.90</b>	+02:33:22 (53.6%)	10:12	5.9 (46.5%)
558	<b>OKRASA Malgorzata</b>	<b>3427</b>		K30	60		02:22:41	<b>04:44:28.25</b>	<b>04:46:29.25</b>	+02:33:57 (53.7%)	10:09	5.9 (46.5%)
558	<b>LESZCZYŃSKA Katarzyna</b>	<b>3466</b>		K40	53		02:30:16	<b>04:44:27.75</b>	<b>04:46:29.25</b>	+02:33:57 (53.7%)	10:09	5.9 (46.5%)
560	<b>GRANDE Piotr</b>	<b>3380</b>		M40	157		02:21:00	<b>04:46:17.90</b>	<b>04:47:18.75</b>	+02:34:47 (53.9%)	10:13	5.9 (46.5%)
561	<b>SZAJ Jarek</b>	<b>3508</b>	SŁYNNI KENIJCZYCY	M50	52		02:30:38	<b>04:46:32.60</b>	<b>04:47:45.90</b>	+02:35:14 (53.9%)	10:14	5.9 (46.5%)
562	<b>ŁYCZEK Rafał</b>	<b>3507</b>	JA I MÓJ BRZUCH	M30	161		02:30:40	<b>04:46:31.60</b>	<b>04:47:46.20</b>	+02:35:14 (53.9%)	10:13	5.9 (46.5%)
563	<b>WOLSZAKIEWICZ Franciszek</b>	<b>3836</b>		M20	41		02:11:42	<b>04:47:48.00</b>	<b>04:48:08.55</b>	+02:35:37 (54.0%)	10:16	5.8 (45.7%)
564	<b>KULIKOWSKA BIAŁEK Dorota</b>	<b>3305</b>		K30	61		02:32:37	<b>04:46:29.35</b>	<b>04:48:11.40</b>	+02:35:39 (54.0%)	10:13	5.9 (46.5%)
565	<b>MAĆKOWIAK Karolina</b>	<b>3416</b>	MAĆKOWIAK TEAM	K40	54		02:25:10	<b>04:47:42.30</b>	<b>04:48:21.95</b>	+02:35:50 (54.0%)	10:16	5.8 (45.7%)
566	<b>ZOWADA Janina</b>	<b>3692</b>		K40	55		02:21:40	<b>04:48:44.90</b>	<b>04:48:51.10</b>	+02:36:19 (54.1%)	10:18	5.8 (45.7%)
567	<b>JAWORSKI Piotr</b>	<b>3741</b>	MARKOWI BIEGACZE	M40	158		02:30:50	<b>04:47:57.45</b>	<b>04:48:54.45</b>	+02:36:22 (54.1%)	10:17	5.8 (45.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
568	<b>SZYMCZAK Dawid</b>	<b>3689</b>		M30		162	02:31:13	<b>04:48:39.15</b>	<b>04:49:18.65</b>	+02:36:47 (54.2%)	10:18	5.8 (45.7%)
569	<b>OSTROWSKA Dorota</b>	<b>3401</b>	YULO RUN TEAM SIEDLCE	K60		1	02:35:01	<b>04:48:13.95</b>	<b>04:49:23.45</b>	+02:36:51 (54.2%)	10:17	5.8 (45.7%)
570	<b>KIELAR Aleksandra</b>	<b>3070</b>		K20		17	02:30:55	<b>04:47:47.75</b>	<b>04:49:27.20</b>	+02:36:55 (54.2%)	10:16	5.8 (45.7%)
571	<b>POLIWKI-FILIPOWSKA Karolina</b>	<b>3348</b>		K30		62	02:42:06	<b>04:48:14.30</b>	<b>04:49:29.90</b>	+02:36:58 (54.2%)	10:17	5.8 (45.7%)
572	<b>WIENCEK Krzysztof</b>	<b>3516</b>		M30		163	02:25:59	<b>04:49:41.30</b>	<b>04:49:59.95</b>	+02:37:28 (54.3%)	10:20	5.8 (45.7%)
573	<b>SIEROTNIK Ryszard</b>	<b>3493</b>		M30		164	02:26:23	<b>04:49:41.25</b>	<b>04:50:00.60</b>	+02:37:29 (54.3%)	10:20	5.8 (45.7%)
574	<b>RUCYK Justyna</b>	<b>3740</b>		K40		56	02:29:18	<b>04:49:09.85</b>	<b>04:50:06.25</b>	+02:37:34 (54.3%)	10:19	5.8 (45.7%)
575	<b>GAŁECKA Dagmara</b>	<b>3358</b>		K40		57	02:43:34	<b>04:48:23.60</b>	<b>04:50:07.45</b>	+02:37:35 (54.3%)	10:17	5.8 (45.7%)
576	<b>SEWERYN Krzysztof</b>	<b>3240</b>		M40		159		<b>04:49:49.80</b>	<b>04:50:10.50</b>	+02:37:38 (54.3%)	10:21	5.8 (45.7%)
577	<b>AUGUSTYŃSKA Kinga</b>	<b>3147</b>	BŁĘKITNA XVII-TKA	K40		58	02:28:15	<b>04:49:50.20</b>	<b>04:50:20.05</b>	+02:37:48 (54.4%)	10:21	5.8 (45.7%)
578	<b>DAWINDZIAK Damian</b>	<b>3854</b>	SAINT-GOBAIN SQUAD	M30		165	02:16:34	<b>04:50:09.55</b>	<b>04:50:25.65</b>	+02:37:54 (54.4%)	10:21	5.8 (45.7%)
579	<b>BRELA Zuza</b>	<b>3031</b>		K20		18	02:34:45	<b>04:49:28.10</b>	<b>04:50:34.05</b>	+02:38:02 (54.4%)	10:20	5.8 (45.7%)
580	<b>BRELA Justyna</b>	<b>3016</b>		K40		59	02:34:46	<b>04:49:28.15</b>	<b>04:50:34.20</b>	+02:38:02 (54.4%)	10:20	5.8 (45.7%)
581	<b>GŁĘBOCKI Jan</b>	<b>3003</b>	E-PRZEMEK.PL	M20		42	02:33:41	<b>04:49:27.40</b>	<b>04:50:34.25</b>	+02:38:02 (54.4%)	10:20	5.8 (45.7%)
582	<b>OSOWSKA Paulina</b>	<b>3607</b>		K20		19	02:25:34	<b>04:48:58.35</b>	<b>04:50:36.50</b>	+02:38:04 (54.4%)	10:19	5.8 (45.7%)
583	<b>SMYK Kasia</b>	<b>3601</b>		K20		20	02:20:51	<b>04:48:58.20</b>	<b>04:50:36.70</b>	+02:38:05 (54.4%)	10:19	5.8 (45.7%)
584	<b>BOGUCKI Arkadiusz</b>	<b>3679</b>	AKADEMIA HOLISTYCZNA	M40		160	02:37:40	<b>04:49:53.90</b>	<b>04:50:51.40</b>	+02:38:19 (54.4%)	10:21	5.8 (45.7%)
585	<b>MAZUREK Grzegorz</b>	<b>3379</b>	STREFASZACHOW.PL	M20		43	02:29:42	<b>04:51:02.15</b>	<b>04:51:11.75</b>	+02:38:40 (54.5%)	10:23	5.8 (45.7%)
586	<b>BUKAŁA Mariola</b>	<b>3217</b>		K50		11	02:32:06	<b>04:49:31.75</b>	<b>04:51:27.65</b>	+02:38:56 (54.5%)	10:20	5.8 (45.7%)
587	<b>GARCZAREK Daniela</b>	<b>3049</b>		K30		63	02:32:46	<b>04:49:27.65</b>	<b>04:51:35.50</b>	+02:39:03 (54.6%)	10:20	5.8 (45.7%)
588	<b>HANGIEL Urszula</b>	<b>3846</b>	ŻWAWIE ŻÓŁWIE	K30		64	02:35:32	<b>04:50:10.95</b>	<b>04:51:59.95</b>	+02:39:28 (54.6%)	10:21	5.8 (45.7%)
589	<b>OKAPIEC Dagmara</b>	<b>3368</b>		K40		60	02:28:57	<b>04:50:46.60</b>	<b>04:52:01.90</b>	+02:39:30 (54.6%)	10:23	5.8 (45.7%)
590	<b>PILECKA Joanna</b>	<b>3594</b>		K40		61	02:28:48	<b>04:51:42.50</b>	<b>04:52:16.80</b>	+02:39:45 (54.7%)	10:25	5.8 (45.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
591	<b>KRYSIK Arkadiusz</b>	<b>3532</b>		M40	161		02:29:30	<b>04:50:24.75</b>	<b>04:52:31.15</b>	+02:39:59 (54.7%)	10:22	5.8 (45.7%)
592	<b>KWIECIEŃ Michał</b>	<b>3531</b>		M40	162		02:30:18	<b>04:50:25.15</b>	<b>04:52:31.60</b>	+02:40:00 (54.7%)	10:22	5.8 (45.7%)
593	<b>POPCZYK Piotr</b>	<b>3165</b>		M40	163		02:40:09	<b>04:50:33.20</b>	<b>04:52:36.35</b>	+02:40:04 (54.7%)	10:22	5.8 (45.7%)
594	<b>WAŹRÓBSKI Grzegorz</b>	<b>3051</b>		M40	164		02:27:19	<b>04:51:15.95</b>	<b>04:52:43.60</b>	+02:40:12 (54.7%)	10:24	5.8 (45.7%)
595	<b>GRABAREK Justyna</b>	<b>3008</b>		K30	65		02:32:24	<b>04:51:52.45</b>	<b>04:52:45.65</b>	+02:40:14 (54.7%)	10:25	5.8 (45.7%)
596	<b>CZAPLINSKI Marcin</b>	<b>3262</b>		M30	166			<b>04:52:54.90</b>	<b>04:53:17.40</b>	+02:40:45 (54.8%)	10:27	5.7 (44.9%)
597	<b>BARANSKI Piotr</b>	<b>3903</b>		M30	167		02:28:22	<b>04:53:10.70</b>	<b>04:53:21.00</b>	+02:40:49 (54.8%)	10:28	5.7 (44.9%)
598	<b>MIODEK Aleksandra</b>	<b>3339</b>		K30	66		02:34:00	<b>04:52:23.70</b>	<b>04:53:30.25</b>	+02:40:58 (54.8%)	10:26	5.7 (44.9%)
599	<b>RYBACZUK Ewelina</b>	<b>3611</b>		K30	67		02:37:14	<b>04:53:17.75</b>	<b>04:53:47.70</b>	+02:41:16 (54.9%)	10:28	5.7 (44.9%)
600	<b>POPEK Małgorzata</b>	<b>3782</b>	FOREVER TEAM	K40	62		02:35:25	<b>04:52:44.60</b>	<b>04:53:51.15</b>	+02:41:19 (54.9%)	10:27	5.7 (44.9%)
601	<b>SZYMANIK Lidia</b>	<b>3684</b>		K40	63		02:41:46	<b>04:54:09.70</b>	<b>04:55:03.30</b>	+02:42:31 (55.1%)	10:30	5.7 (44.9%)
602	<b>KRYSZKIEWICZ Tomasz</b>	<b>3747</b>		M50	53		02:24:04	<b>04:54:16.80</b>	<b>04:55:09.80</b>	+02:42:38 (55.1%)	10:30	5.7 (44.9%)
603	<b>BURDA Monika</b>	<b>3352</b>		K40	64		02:34:10	<b>04:54:16.35</b>	<b>04:55:47.50</b>	+02:43:15 (55.2%)	10:30	5.7 (44.9%)
604	<b>NIEDŹWIADEK Piotr</b>	<b>3450</b>	#ADAMCZERWIŃSKITEAM	M40	165			<b>04:54:18.30</b>	<b>04:55:49.30</b>	+02:43:17 (55.2%)	10:30	5.7 (44.9%)
605	<b>PRZYTARSKA Dominika</b>	<b>3851</b>		K20	21		02:35:05	<b>04:54:50.10</b>	<b>04:55:51.60</b>	+02:43:20 (55.2%)	10:31	5.7 (44.9%)
606	<b>STELMACH Paulina</b>	<b>3434</b>		K30	68		02:45:56	<b>04:55:38.25</b>	<b>04:55:56.60</b>	+02:43:25 (55.2%)	10:33	5.7 (44.9%)
607	<b>RZEŹNICZEK Patrycja</b>	<b>3191</b>	NIE PODLEGAM	K20	22		02:26:20	<b>04:55:51.25</b>	<b>04:56:28.15</b>	+02:43:56 (55.3%)	10:33	5.7 (44.9%)
608	<b>IZDEBSKA Renata</b>	<b>3349</b>		K60	2		02:34:14	<b>04:57:09.20</b>	<b>04:57:54.65</b>	+02:45:23 (55.5%)	10:36	5.7 (44.9%)
609	<b>DERCZYŃSKI Marcin</b>	<b>3785</b>		M50	54		02:33:17	<b>04:56:05.70</b>	<b>04:58:01.00</b>	+02:45:29 (55.5%)	10:34	5.7 (44.9%)
610	<b>SZYMANIK Anna</b>	<b>3567</b>		K20	23		02:40:19	<b>04:57:18.50</b>	<b>04:58:11.70</b>	+02:45:40 (55.6%)	10:37	5.7 (44.9%)
611	<b>SZPERNAL Beata</b>	<b>3069</b>		K50	12		02:29:26	<b>04:56:59.85</b>	<b>04:58:18.65</b>	+02:45:47 (55.6%)	10:36	5.7 (44.9%)
612	<b>SIUCIAK Robert</b>	<b>3563</b>		M50	55		02:22:53	<b>04:57:21.15</b>	<b>04:58:34.65</b>	+02:46:03 (55.6%)	10:37	5.6 (44.1%)
613	<b>KRUPIŃSKI Marek</b>	<b>9</b>		M20	44	Tak	02:56:44	<b>04:58:38.25</b>	<b>04:58:42.60</b>	+02:46:11 (55.6%)	10:39	5.6 (44.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
614	<b>MYRCIK Dariusz</b>	<b>3311</b>	MAFIA TEAM LUBLINIEC	M50		56	02:28:19	<b>04:58:18.20</b>	<b>04:59:13.55</b>	+02:46:42 (55.7%)	10:39	5.6 (44.1%)
615	<b>HEĆMAŃCZUK Katarzyna</b>	<b>3475</b>	FABRYKA DZIKA	K30		69	02:30:59	<b>04:58:21.05</b>	<b>04:59:59.95</b>	+02:47:28 (55.8%)	10:39	5.6 (44.1%)
616	<b>CIEPIELA Małgorzata</b>	<b>3382</b>		K20		24	02:42:58	<b>04:59:28.30</b>	<b>05:00:06.40</b>	+02:47:34 (55.8%)	10:41	5.6 (44.1%)
617	<b>SONAKOWSKI Roman</b>	<b>3383</b>	SPRITEK TEAM RUN	M60		14	02:24:37	<b>04:58:10.80</b>	<b>05:00:13.55</b>	+02:47:42 (55.9%)	10:38	5.6 (44.1%)
618	<b>DWORZAŃSKA Anna</b>	<b>3181</b>	MARATOŃCZYK POZNAŃ	K30		70	02:31:34	<b>04:58:33.50</b>	<b>05:00:26.05</b>	+02:47:54 (55.9%)	10:39	5.6 (44.1%)
619	<b>TARKA Konrad</b>	<b>3175</b>	MARATOŃCZYK POZNAŃ	M30		168	02:31:29	<b>04:58:33.80</b>	<b>05:00:27.35</b>	+02:47:55 (55.9%)	10:39	5.6 (44.1%)
620	<b>TARADAJ Paulina</b>	<b>3246</b>	NIGHT RUNNERS	K30		71	02:39:55	<b>05:00:35.55</b>	<b>05:00:57.40</b>	+02:48:25 (56.0%)	10:44	5.6 (44.1%)
621	<b>WRÓBEL Piotr</b>	<b>3762</b>		M60		15	02:34:56	<b>04:59:46.10</b>	<b>05:01:03.85</b>	+02:48:32 (56.0%)	10:42	5.6 (44.1%)
622	<b>WRÓBEL Radosław</b>	<b>3763</b>		M30		169	02:34:56	<b>04:59:45.25</b>	<b>05:01:04.45</b>	+02:48:32 (56.0%)	10:42	5.6 (44.1%)
623	<b>WOJTKOWIAK Łukasz</b>	<b>3815</b>	BIEGACZ AMATOR	M40		166	02:27:15	<b>05:01:16.40</b>	<b>05:01:20.80</b>	+02:48:49 (56.0%)	10:45	5.6 (44.1%)
624	<b>BRODAWKA Olga</b>	<b>3036</b>	SZAKARON MAKARON	K30		72	02:42:30	<b>04:59:43.80</b>	<b>05:01:22.25</b>	+02:48:50 (56.0%)	10:42	5.6 (44.1%)
625	<b>BOŻEWICZ Mariusz</b>	<b>3603</b>		M40		167	02:20:18	<b>05:00:00.85</b>	<b>05:01:26.05</b>	+02:48:54 (56.0%)	10:42	5.6 (44.1%)
626	<b>ŚWIĄTEK Mateusz</b>	<b>3703</b>		M30		170	02:33:20	<b>04:59:52.10</b>	<b>05:01:29.35</b>	+02:48:57 (56.0%)	10:42	5.6 (44.1%)
627	<b>SZOKALAK Milena</b>	<b>3789</b>		K20		25	02:33:22	<b>04:59:53.05</b>	<b>05:01:29.40</b>	+02:48:57 (56.0%)	10:42	5.6 (44.1%)
628	<b>WARAS Barbara</b>	<b>3581</b>		K30		73	02:29:16	<b>05:01:05.95</b>	<b>05:01:45.85</b>	+02:49:14 (56.1%)	10:45	5.6 (44.1%)
629	<b>WILOWSKI Wojciech</b>	<b>3817</b>		M40		168	02:37:32	<b>05:00:40.90</b>	<b>05:02:35.90</b>	+02:50:04 (56.2%)	10:44	5.6 (44.1%)
630	<b>STĘPLEWSKA Małgorzata</b>	<b>3313</b>		K40		65	02:35:47	<b>05:02:08.75</b>	<b>05:03:08.55</b>	+02:50:37 (56.3%)	10:47	5.6 (44.1%)
631	<b>PIONTEK Bożena</b>	<b>3409</b>	CIDRY LOTAJOM	K50		13	02:28:47	<b>05:03:06.95</b>	<b>05:03:42.80</b>	+02:51:11 (56.4%)	10:49	5.5 (43.3%)
631	<b>PIONTEK Andrzej</b>	<b>3408</b>	CIDRY LOTAJOM	M50		57	02:28:48	<b>05:03:06.10</b>	<b>05:03:42.80</b>	+02:51:11 (56.4%)	10:49	5.5 (43.3%)
633	<b>NALEWALSKA Justyna</b>	<b>3050</b>	SERCE TYBETU	K30		74	02:31:09	<b>05:03:35.65</b>	<b>05:04:04.30</b>	+02:51:32 (56.4%)	10:50	5.5 (43.3%)
634	<b>SOJA Tomasz</b>	<b>3820</b>		M50		58	02:38:06	<b>05:03:08.80</b>	<b>05:04:17.05</b>	+02:51:45 (56.4%)	10:49	5.5 (43.3%)
635	<b>PAWLUS Marek</b>	<b>3034</b>		M30		171	02:34:02	<b>05:05:07.95</b>	<b>05:05:26.45</b>	+02:52:54 (56.6%)	10:53	5.5 (43.3%)
636	<b>SABAJ Piotr</b>	<b>3022</b>	PROMILE	M30		172	02:43:09	<b>05:05:13.95</b>	<b>05:05:47.00</b>	+02:53:15 (56.7%)	10:54	5.5 (43.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
637	<b>BOGUSZ Jarosław</b>	<b>3188</b>		M30		173	02:15:23	<b>05:04:32.85</b>	<b>05:05:56.40</b>	+02:53:24 (56.7%)	10:52	5.5 (43.3%)
638	<b>KRUSZYŃSKI Tomasz</b>	<b>3048</b>		M40		169	02:41:33	<b>05:06:26.25</b>	<b>05:07:01.80</b>	+02:54:30 (56.8%)	10:56	5.5 (43.3%)
639	<b>PRUSZKOWSKA Katarzyna</b>	<b>3177</b>	CHEŁM BIEGA	K40		66	02:41:35	<b>05:06:27.45</b>	<b>05:07:02.00</b>	+02:54:30 (56.8%)	10:56	5.5 (43.3%)
640	<b>GAŁECKA-ZIÓŁKOWSKA Kinga</b>	<b>3359</b>		K30		75	02:43:51	<b>05:05:27.35</b>	<b>05:07:11.30</b>	+02:54:39 (56.9%)	10:54	5.5 (43.3%)
641	<b>KUCHARSKI Paweł</b>	<b>3905</b>	PLANETA NISKO	M40		170	02:48:14	<b>05:05:50.85</b>	<b>05:07:33.95</b>	+02:55:02 (56.9%)	10:55	5.5 (43.3%)
642	<b>KUCHARSKA Anna</b>	<b>3906</b>		K30		76	02:48:14	<b>05:05:51.05</b>	<b>05:07:34.10</b>	+02:55:02 (56.9%)	10:55	5.5 (43.3%)
643	<b>ROMAN Krzysztof</b>	<b>3012</b>		M40		171	02:41:19	<b>05:08:03.50</b>	<b>05:09:04.10</b>	+02:56:32 (57.1%)	11:00	5.5 (43.3%)
643	<b>LEPA-ROMAN Magdalena</b>	<b>3013</b>	SDORA BMK	K40		67	02:38:48	<b>05:08:02.65</b>	<b>05:09:04.10</b>	+02:56:32 (57.1%)	11:00	5.5 (43.3%)
645	<b>BLICHARSKA Joanna</b>	<b>3806</b>	ELITARNA GRUPA POD ZIMNYM MORSEM	K40		68	02:25:48	<b>05:08:42.85</b>	<b>05:09:30.40</b>	+02:56:58 (57.2%)	11:01	5.4 (42.5%)
646	<b>BIEGAŃSKI Kazimierz</b>	<b>3711</b>		M40		172		<b>05:08:42.75</b>	<b>05:09:30.45</b>	+02:56:58 (57.2%)	11:01	5.4 (42.5%)
647	<b>BENKOWSKA Halina</b>	<b>3441</b>		K40		69	02:38:02	<b>05:07:38.90</b>	<b>05:09:31.95</b>	+02:57:00 (57.2%)	10:59	5.5 (43.3%)
648	<b>KAŁA Jola</b>	<b>3429</b>	BP RUNNING TEAM	K40		70	02:38:02	<b>05:07:56.20</b>	<b>05:09:48.60</b>	+02:57:17 (57.2%)	10:59	5.5 (43.3%)
649	<b>SERAFIN Sebastian</b>	<b>3887</b>	BACÓWKA POD HONEM	M40		173	02:36:30	<b>05:08:02.80</b>	<b>05:09:49.70</b>	+02:57:18 (57.2%)	11:00	5.5 (43.3%)
650	<b>NIEZGODA Andrzej</b>	<b>3221</b>	LEŚNE LUDKI	M40		174	02:34:09	<b>05:09:09.80</b>	<b>05:09:52.30</b>	+02:57:20 (57.2%)	11:02	5.4 (42.5%)
651	<b>JASTRZEMBSKI Piotr</b>	<b>3787</b>		M40		175	02:33:19	<b>05:08:20.80</b>	<b>05:10:15.70</b>	+02:57:44 (57.3%)	11:00	5.4 (42.5%)
652	<b>ROSIŃSKI Łukasz</b>	<b>3350</b>	-	M40		176	02:37:41	<b>05:10:04.75</b>	<b>05:10:37.65</b>	+02:58:06 (57.3%)	11:04	5.4 (42.5%)
653	<b>GALUS Agnieszka</b>	<b>3840</b>	OJOS	K40		71	02:43:50	<b>05:10:31.25</b>	<b>05:10:38.90</b>	+02:58:07 (57.3%)	11:05	5.4 (42.5%)
653	<b>LICHNOWSKA Anna</b>	<b>3659</b>		K40		71	02:43:46	<b>05:10:29.65</b>	<b>05:10:38.90</b>	+02:58:07 (57.3%)	11:05	5.4 (42.5%)
655	<b>BENKOWSKI Aleksander</b>	<b>3440</b>		M40		177	02:36:47	<b>05:08:50.50</b>	<b>05:10:44.30</b>	+02:58:12 (57.4%)	11:01	5.4 (42.5%)
656	<b>KRZYŻANOWSKA Agnieszka</b>	<b>3185</b>	KASZANKI	K30		77	02:42:23	<b>05:09:37.70</b>	<b>05:10:50.30</b>	+02:58:18 (57.4%)	11:03	5.4 (42.5%)
657	<b>PAWĘZOWSKA Anna</b>	<b>3208</b>	BIEGOWA KUŹNIA	K40		73	02:34:27	<b>05:09:59.25</b>	<b>05:11:44.20</b>	+02:59:12 (57.5%)	11:04	5.4 (42.5%)
658	<b>OSTROWSKA Patrycja</b>	<b>3447</b>	DZIK KOMANDO	K30		78	02:39:47	<b>05:10:35.40</b>	<b>05:12:20.75</b>	+02:59:49 (57.6%)	11:05	5.4 (42.5%)
659	<b>RUDNICKA Elżbieta</b>	<b>3445</b>	DZIK KOMANDO	K40		74	02:39:44	<b>05:10:36.10</b>	<b>05:12:22.30</b>	+02:59:50 (57.6%)	11:05	5.4 (42.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
660	<b>STRUZIK Małgorzata</b>	<b>3200</b>		K30		79	02:44:26	<b>05:11:18.60</b>	<b>05:12:41.00</b>	+03:00:09 (57.6%)	11:07	5.4 (42.5%)
661	<b>KASZA Bartosz</b>	<b>3467</b>		M30		174	02:22:25	<b>05:12:59.20</b>	<b>05:13:07.15</b>	+03:00:35 (57.7%)	11:10	5.4 (42.5%)
662	<b>KURAS-SMOLNIK Magdalena</b>	<b>3366</b>		K40		75	02:40:30	<b>05:11:53.40</b>	<b>05:13:27.40</b>	+03:00:55 (57.7%)	11:08	5.4 (42.5%)
663	<b>PRUSZYNSKI Konrad</b>	<b>3731</b>		M40		178	02:38:21	<b>05:14:19.30</b>	<b>05:14:19.30</b>	+03:01:47 (57.8%)	11:13	5.3 (41.7%)
664	<b>ROSTEK Andrzej</b>	<b>3690</b>		M50		59	02:43:56	<b>05:12:33.20</b>	<b>05:14:19.70</b>	+03:01:48 (57.8%)	11:09	5.4 (42.5%)
664	<b>TOMCZAK Magdalena</b>	<b>3687</b>		K40		76	02:43:56	<b>05:12:32.80</b>	<b>05:14:19.70</b>	+03:01:48 (57.8%)	11:09	5.4 (42.5%)
666	<b>PEPLIŃSKA Iwona</b>	<b>3174</b>		K50		14	02:38:12	<b>05:13:39.55</b>	<b>05:14:54.80</b>	+03:02:23 (57.9%)	11:12	5.4 (42.5%)
667	<b>WIECZOREK Marta</b>	<b>3263</b>		K30		80	02:39:27	<b>05:14:41.80</b>	<b>05:15:03.70</b>	+03:02:32 (57.9%)	11:14	5.3 (41.7%)
668	<b>MAŃKA Magdalena</b>	<b>3167</b>		K40		77	02:41:58	<b>05:14:47.70</b>	<b>05:15:27.80</b>	+03:02:56 (58.0%)	11:14	5.3 (41.7%)
669	<b>SOWIŃSKA Anetta</b>	<b>3811</b>		K40		78	02:48:46	<b>05:15:49.70</b>	<b>05:16:20.50</b>	+03:03:48 (58.1%)	11:16	5.3 (41.7%)
670	<b>NIŻNIK Monika</b>	<b>3455</b>		K40		79	02:44:28	<b>05:15:42.90</b>	<b>05:16:48.40</b>	+03:04:16 (58.2%)	11:16	5.3 (41.7%)
671	<b>RYŻYŃSKI Tomasz</b>	<b>3040</b>	CHEŁM BIRGA	M40		179	02:36:06	<b>05:16:33.85</b>	<b>05:18:17.95</b>	+03:05:46 (58.4%)	11:18	5.3 (41.7%)
672	<b>ZYCH Dominik</b>	<b>3604</b>		M30		175	02:36:51	<b>05:16:09.55</b>	<b>05:18:29.70</b>	+03:05:58 (58.4%)	11:17	5.3 (41.7%)
673	<b>GREDKE Robert</b>	<b>3707</b>	TEAM ZABIEGANEDNI	M50		60	02:36:22	<b>05:16:41.95</b>	<b>05:18:42.85</b>	+03:06:11 (58.4%)	11:18	5.3 (41.7%)
674	<b>MINKISIEWICZ Agnieszka</b>	<b>3103</b>	NIGHT RUNNERS	K30		81	02:28:47	<b>05:18:24.20</b>	<b>05:18:59.70</b>	+03:06:28 (58.5%)	11:22	5.3 (41.7%)
675	<b>OGRODNIK Anna</b>	<b>3237</b>	ZAKOCHAJ SIĘ W BIEGANIU	K30		82	02:31:50	<b>05:17:48.90</b>	<b>05:19:10.85</b>	+03:06:39 (58.5%)	11:21	5.3 (41.7%)
676	<b>SREBRO Kacper Antoni</b>	<b>3190</b>		M20		45	02:34:20	<b>05:19:00.00</b>	<b>05:19:56.60</b>	+03:07:25 (58.6%)	11:23	5.3 (41.7%)
677	<b>LESNIAKOWSKA Anna</b>	<b>3430</b>	TUR ZAMIENIE	K40		80	02:37:56	<b>05:19:10.05</b>	<b>05:20:53.15</b>	+03:08:21 (58.7%)	11:23	5.3 (41.7%)
678	<b>RZECZKOWSKI Maciej</b>	<b>3286</b>	WKG	M50		61	02:36:12	<b>05:19:07.45</b>	<b>05:21:07.45</b>	+03:08:35 (58.7%)	11:23	5.3 (41.7%)
679	<b>KUŚMIERSKI Krzysztof</b>	<b>3283</b>		M50		62	02:36:16	<b>05:19:35.30</b>	<b>05:21:35.30</b>	+03:09:03 (58.8%)	11:24	5.3 (41.7%)
680	<b>WITEK Sylwia</b>	<b>3595</b>		K40		81	02:32:43	<b>05:20:14.60</b>	<b>05:21:47.10</b>	+03:09:15 (58.8%)	11:26	5.2 (40.9%)
681	<b>HOOG Wioleta</b>	<b>3597</b>		K40		82	02:36:35	<b>05:20:14.35</b>	<b>05:21:47.50</b>	+03:09:15 (58.8%)	11:26	5.2 (40.9%)
682	<b>BANDURA Rafał</b>	<b>3095</b>		M30		176	02:32:33	<b>05:20:20.10</b>	<b>05:21:55.50</b>	+03:09:23 (58.8%)	11:26	5.2 (40.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
683	<b>SREBRO Michał</b>	<b>3255</b>		M50	63		02:34:23	<b>05:21:17.20</b>	<b>05:22:14.30</b>	+03:09:42 (58.9%)	11:28	5.2 (40.9%)
684	<b>PALCZYNSKA Agnieszka</b>	<b>3504</b>	FABRYKA DZIKA	K40	83		02:48:21	<b>05:20:45.80</b>	<b>05:22:26.20</b>	+03:09:54 (58.9%)	11:27	5.2 (40.9%)
685	<b>KARDAS Karolina</b>	<b>3243</b>	FABRYKA DZIKA	K30	83		02:49:47	<b>05:20:46.20</b>	<b>05:22:26.50</b>	+03:09:54 (58.9%)	11:27	5.2 (40.9%)
686	<b>DAMASZKE Oriana</b>	<b>3097</b>		K40	84		02:37:37	<b>05:20:40.50</b>	<b>05:22:33.65</b>	+03:10:02 (58.9%)	11:27	5.2 (40.9%)
686	<b>SEMMERLING Przemysław</b>	<b>3128</b>		M40	180		02:37:28	<b>05:20:40.20</b>	<b>05:22:33.65</b>	+03:10:02 (58.9%)	11:27	5.2 (40.9%)
688	<b>MAĆZKA Krystyna</b>	<b>3911</b>	EXTREMALNI RZEŹNICY NA RELAKSIE.	K60	3		02:47:11	<b>05:21:57.10</b>	<b>05:22:41.20</b>	+03:10:09 (58.9%)	11:29	5.2 (40.9%)
689	<b>KUBACKI Andrzej</b>	<b>3250</b>		M50	64		02:31:19	<b>05:23:09.40</b>	<b>05:23:53.95</b>	+03:11:22 (59.1%)	11:32	5.2 (40.9%)
690	<b>OBARSKI Norbert</b>	<b>3194</b>		M60	16		02:41:29	<b>05:21:49.50</b>	<b>05:23:54.10</b>	+03:11:22 (59.1%)	11:29	5.2 (40.9%)
691	<b>SKACZYŃSKI Marcin</b>	<b>3481</b>	ENERGOKONTRAKT GLIWICE	M50	65		02:45:39	<b>05:22:53.55</b>	<b>05:24:28.95</b>	+03:11:57 (59.2%)	11:31	5.2 (40.9%)
692	<b>ANDRASZ Paweł</b>	<b>3067</b>		M20	46		02:35:44	<b>05:23:11.15</b>	<b>05:24:30.75</b>	+03:11:59 (59.2%)	11:32	5.2 (40.9%)
693	<b>WOŹNIAK Lidia</b>	<b>3173</b>	PORMAT JEDLICZE BIEGA	K50	15		02:43:26	<b>05:24:25.50</b>	<b>05:24:58.90</b>	+03:12:27 (59.2%)	11:35	5.2 (40.9%)
694	<b>OSOWSKA Justyna</b>	<b>3600</b>		K20	26		02:41:46	<b>05:23:34.05</b>	<b>05:25:12.35</b>	+03:12:40 (59.2%)	11:33	5.2 (40.9%)
695	<b>DZIĘCIOŁ Artur</b>	<b>3125</b>		M30	177			<b>05:24:02.05</b>	<b>05:25:32.40</b>	+03:13:00 (59.3%)	11:34	5.2 (40.9%)
696	<b>PIETRZAK Agnieszka</b>	<b>3180</b>		K40	85		02:47:59	<b>05:24:21.55</b>	<b>05:25:40.15</b>	+03:13:08 (59.3%)	11:35	5.2 (40.9%)
697	<b>KĘSICKI Rafał</b>	<b>3478</b>		M40	181		02:45:00	<b>05:24:06.85</b>	<b>05:26:09.20</b>	+03:13:37 (59.4%)	11:34	5.2 (40.9%)
698	<b>MARCINIAK Marek</b>	<b>3415</b>	STRAŻNIK LASU ROTTWEILER TEAM	M40	182		02:34:05	<b>05:25:35.85</b>	<b>05:27:50.10</b>	+03:15:18 (59.6%)	11:37	5.2 (40.9%)
699	<b>MARCINIAK Anna</b>	<b>3163</b>		K40	86		02:44:09	<b>05:25:35.90</b>	<b>05:27:50.15</b>	+03:15:18 (59.6%)	11:37	5.2 (40.9%)
700	<b>GRYGO Krzysztof</b>	<b>3804</b>	AKADEMIA SPORTU MEDYK	M60	17		02:28:21	<b>05:27:20.05</b>	<b>05:28:00.60</b>	+03:15:29 (59.6%)	11:41	5.1 (40.2%)
701	<b>PŁAŻEWSKI Paweł</b>	<b>3761</b>	BRACTWO BIEGOWE BGK	M40	183		02:38:33	<b>05:27:57.00</b>	<b>05:28:14.20</b>	+03:15:42 (59.6%)	11:42	5.1 (40.2%)
702	<b>POPKOWSKA Katarzyna</b>	<b>3233</b>		K30	84		02:36:54	<b>05:26:32.70</b>	<b>05:28:20.80</b>	+03:15:49 (59.6%)	11:39	5.1 (40.2%)
702	<b>PRZYŁUCKA Agnieszka</b>	<b>3235</b>		K40	87		02:36:54	<b>05:26:32.85</b>	<b>05:28:20.80</b>	+03:15:49 (59.6%)	11:39	5.1 (40.2%)
704	<b>NOWACKA Magdalena</b>	<b>3074</b>	ROZBIEGANY PIASTOW	K50	16		02:41:54	<b>05:27:53.90</b>	<b>05:28:53.10</b>	+03:16:21 (59.7%)	11:42	5.1 (40.2%)
705	<b>TUREK Marzena</b>	<b>3094</b>	ROZBIEGANY PIASTÓW	K40	88		02:41:39	<b>05:27:53.20</b>	<b>05:28:53.20</b>	+03:16:21 (59.7%)	11:42	5.1 (40.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
706	<b>BAK Magdalena</b>	<b>3721</b>		K40	89		02:41:31	<b>05:27:53.35</b>	<b>05:28:53.35</b>	+03:16:21 (59.7%)	11:42	5.1 (40.2%)
707	<b>WROŃSKA Magdalena</b>	<b>3086</b>	BIEGNIJ Z PROSERVICE	K30	85		02:39:39	<b>05:27:54.35</b>	<b>05:28:53.40</b>	+03:16:21 (59.7%)	11:42	5.1 (40.2%)
708	<b>SZCZEPAŃSKA Emilia</b>	<b>3652</b>	AKADEMIA HOLISTYCZNA	K30	86		02:56:00	<b>05:28:50.80</b>	<b>05:29:48.00</b>	+03:17:16 (59.8%)	11:44	5.1 (40.2%)
709	<b>BOGUSZ Piotr</b>	<b>3196</b>		M40	184		02:46:08	<b>05:31:27.20</b>	<b>05:32:51.40</b>	+03:20:19 (60.2%)	11:50	5.1 (40.2%)
710	<b>BOGUSZ Emilia</b>	<b>3201</b>		K40	90		02:41:41	<b>05:31:27.75</b>	<b>05:32:51.55</b>	+03:20:20 (60.2%)	11:50	5.1 (40.2%)
711	<b>SZYMKIEWICZ Ewa</b>	<b>3572</b>		K40	91		02:50:33	<b>05:32:21.25</b>	<b>05:33:08.05</b>	+03:20:36 (60.2%)	11:52	5.1 (40.2%)
712	<b>BUJNOWSKA Sylwia</b>	<b>3571</b>		K50	17		02:51:45	<b>05:32:21.55</b>	<b>05:33:08.25</b>	+03:20:36 (60.2%)	11:52	5.1 (40.2%)
713	<b>RYŻYŃSKA Agnieszka</b>	<b>3047</b>	CHEŁM BIEGA	K40	92		02:48:13	<b>05:31:27.65</b>	<b>05:33:08.65</b>	+03:20:37 (60.2%)	11:50	5.1 (40.2%)
714	<b>REKOWSKI Krzysztof</b>	<b>3494</b>		M30	178		02:31:29	<b>05:31:17.50</b>	<b>05:33:11.70</b>	+03:20:40 (60.2%)	11:49	5.1 (40.2%)
715	<b>BODNAR Adrian</b>	<b>4</b>		M20	47	Tak	02:45:38	<b>05:33:26.15</b>	<b>05:33:49.60</b>	+03:21:18 (60.3%)	11:54	5 (39.4%)
716	<b>KOCOT Kornelia</b>	<b>3891</b>		K40	93		02:41:51	<b>05:32:36.25</b>	<b>05:34:03.15</b>	+03:21:31 (60.3%)	11:52	5.1 (40.2%)
717	<b>KOCOT Beniamin</b>	<b>3892</b>		M40	185		02:45:59	<b>05:32:35.65</b>	<b>05:34:03.45</b>	+03:21:31 (60.3%)	11:52	5.1 (40.2%)
718	<b>WOJTYSIAK Dorota</b>	<b>3153</b>		K40	94		02:49:34	<b>05:33:15.75</b>	<b>05:34:08.15</b>	+03:21:36 (60.3%)	11:54	5 (39.4%)
718	<b>SKOREK-BILCZYŃSKA Patrycja</b>	<b>3104</b>		K40	94		02:39:31	<b>05:33:42.45</b>	<b>05:34:08.15</b>	+03:21:36 (60.3%)	11:55	5 (39.4%)
720	<b>PAZIO Łukasz</b>	<b>3635</b>		M30	179		02:38:02	<b>05:33:19.55</b>	<b>05:34:10.00</b>	+03:21:38 (60.3%)	11:54	5 (39.4%)
720	<b>PUCHAŁA Agnieszka</b>	<b>3458</b>		K30	87		02:38:06	<b>05:33:20.90</b>	<b>05:34:10.00</b>	+03:21:38 (60.3%)	11:54	5 (39.4%)
722	<b>BERNAT Sebastian</b>	<b>3017</b>	STARE WILKI	M40	186		02:32:37	<b>05:33:09.10</b>	<b>05:34:13.65</b>	+03:21:42 (60.3%)	11:53	5 (39.4%)
723	<b>ŚLIWOWSKI Marcin</b>	<b>3087</b>	STARE WILKI	M40	187		02:32:01	<b>05:33:09.05</b>	<b>05:34:13.90</b>	+03:21:42 (60.3%)	11:53	5 (39.4%)
724	<b>MISIOROWSKI Marcin</b>	<b>3253</b>		M40	188		02:32:04	<b>05:33:08.30</b>	<b>05:34:14.05</b>	+03:21:42 (60.3%)	11:53	5 (39.4%)
725	<b>JĘDRO Tomasz</b>	<b>2</b>	FC EIRE DIVISION	M50	66	Tak	02:45:24	<b>05:34:17.40</b>	<b>05:34:52.90</b>	+03:22:21 (60.4%)	11:56	5 (39.4%)
726	<b>DADAŚ Elżbieta</b>	<b>3133</b>	BP RUNNING TEAM GLIWICE	K40	96		02:56:50	<b>05:37:30.90</b>	<b>05:39:02.50</b>	+03:26:30 (60.9%)	12:03	5 (39.4%)
727	<b>DENKOWSKI Wojciech</b>	<b>3169</b>	BP RUNNING TEAM GLIWICE	M50	67		02:56:51	<b>05:37:31.20</b>	<b>05:39:03.00</b>	+03:26:31 (60.9%)	12:03	5 (39.4%)
728	<b>PUCHAŁSKI Łukasz</b>	<b>3645</b>	JB RACING TEAM	M30	180		02:58:12	<b>05:40:25.45</b>	<b>05:41:21.20</b>	+03:28:49 (61.2%)	12:09	4.9 (38.6%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
729	<b>BŁASZCZYK Magdalena</b>	<b>3709</b>		K30		88	02:55:07	<b>05:40:01.20</b>	<b>05:41:21.50</b>	+03:28:49 (61.2%)	12:08	4.9 (38.6%)
730	<b>BOGUSZEWSKI Grzegorz</b>	<b>3060</b>		M30		181	02:34:27	<b>05:40:01.10</b>	<b>05:41:31.65</b>	+03:29:00 (61.2%)	12:08	4.9 (38.6%)
731	<b>SWICARZ Monika</b>	<b>3249</b>		K40		97	02:38:21	<b>05:39:59.85</b>	<b>05:41:32.65</b>	+03:29:01 (61.2%)	12:08	4.9 (38.6%)
732	<b>KACZKIEWICZ Damian</b>	<b>3619</b>	NIGHT RUNNERS GLIWICE	M40		189	02:58:33	<b>05:41:17.35</b>	<b>05:42:47.25</b>	+03:30:15 (61.3%)	12:11	4.9 (38.6%)
733	<b>ADAMCZEWSKA Agnieszka</b>	<b>3391</b>		K40		98	02:56:31	<b>05:42:13.00</b>	<b>05:42:58.30</b>	+03:30:26 (61.4%)	12:13	4.9 (38.6%)
734	<b>ADAMCZEWSKA Anna</b>	<b>3390</b>		K40		99	02:56:30	<b>05:42:14.80</b>	<b>05:42:58.40</b>	+03:30:26 (61.4%)	12:13	4.9 (38.6%)
735	<b>WÓDZ Anna</b>	<b>3081</b>		K30		89	02:45:41	<b>05:41:55.30</b>	<b>05:43:19.40</b>	+03:30:47 (61.4%)	12:12	4.9 (38.6%)
736	<b>MASZTALSKA Joanna</b>	<b>3149</b>		K20		27	02:21:45	<b>05:43:54.15</b>	<b>05:44:02.75</b>	+03:31:31 (61.5%)	12:16	4.9 (38.6%)
737	<b>CHMIEL Justyna</b>	<b>3476</b>		K40		100	02:44:34	<b>05:43:36.90</b>	<b>05:44:10.10</b>	+03:31:38 (61.5%)	12:16	4.9 (38.6%)
738	<b>LEWIŃSKA Aleksandra</b>	<b>3483</b>		K40		101	02:45:12	<b>05:43:36.60</b>	<b>05:44:10.25</b>	+03:31:38 (61.5%)	12:16	4.9 (38.6%)
739	<b>PAWĘZOWSKI Rafał</b>	<b>3209</b>		M40		190	02:34:29	<b>05:43:37.55</b>	<b>05:45:22.15</b>	+03:32:50 (61.6%)	12:16	4.9 (38.6%)
740	<b>LARWA Katarzyna</b>	<b>3783</b>		K30		90	02:54:29	<b>05:44:23.25</b>	<b>05:45:24.00</b>	+03:32:52 (61.6%)	12:17	4.9 (38.6%)
741	<b>DOBIECH Dominik</b>	<b>3214</b>	SŁOŃCA JURY	M20		48	02:54:42	<b>05:44:07.75</b>	<b>05:45:38.30</b>	+03:33:06 (61.7%)	12:17	4.9 (38.6%)
742	<b>KASZTELAN Artur</b>	<b>3890</b>	SŁOŃCA JURY	M40		191	02:54:38	<b>05:44:07.45</b>	<b>05:45:39.20</b>	+03:33:07 (61.7%)	12:17	4.9 (38.6%)
743	<b>MICHALIK Jacek</b>	<b>3179</b>	SŁOŃCA JURY	M40		192	02:54:43	<b>05:44:09.70</b>	<b>05:45:40.65</b>	+03:33:09 (61.7%)	12:17	4.9 (38.6%)
744	<b>KILAR-HOSZOWSKA Sabina</b>	<b>3334</b>	MEDUZY	K40		102		<b>05:44:33.35</b>	<b>05:46:08.35</b>	+03:33:36 (61.7%)	12:18	4.9 (38.6%)
744	<b>JOP Grzegorz</b>	<b>3333</b>	MEDUZY	M30		182	02:27:17	<b>05:44:33.40</b>	<b>05:46:08.35</b>	+03:33:36 (61.7%)	12:18	4.9 (38.6%)
746	<b>NIŻNIK Rafał</b>	<b>3456</b>		M40		193	02:44:24	<b>05:45:05.25</b>	<b>05:46:10.55</b>	+03:33:39 (61.7%)	12:19	4.9 (38.6%)
747	<b>LICA Roman</b>	<b>3453</b>		M50		68	02:39:02	<b>05:45:05.35</b>	<b>05:46:10.80</b>	+03:33:39 (61.7%)	12:19	4.9 (38.6%)
748	<b>RYSIAWA Joanna</b>	<b>3189</b>		K40		103	02:57:50	<b>05:47:40.50</b>	<b>05:48:14.75</b>	+03:35:43 (61.9%)	12:25	4.8 (37.8%)
749	<b>NAPIERAŁA Jakub</b>	<b>3206</b>	HERNIKTEAM	M30		183	02:44:22	<b>05:50:05.75</b>	<b>05:50:49.55</b>	+03:38:18 (62.2%)	12:30	4.8 (37.8%)
750	<b>WIS Judyta</b>	<b>3523</b>		K30		91	02:51:00	<b>05:52:22.25</b>	<b>05:52:23.80</b>	+03:39:52 (62.4%)	12:35	4.8 (37.8%)
751	<b>BODUCH Jacek</b>	<b>3525</b>		M30		184	02:50:59	<b>05:52:21.55</b>	<b>05:52:23.90</b>	+03:39:52 (62.4%)	12:35	4.8 (37.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
752	<b>KIEREŚ Marcin</b>	<b>3701</b>	TELETECHNET	M40	194		02:48:43	<b>05:51:46.25</b>	<b>05:52:34.40</b>	+03:40:02 (62.4%)	12:33	4.8 (37.8%)
753	<b>KRAJEWSKI Sebastian</b>	<b>3397</b>		M30	185		02:42:49	<b>05:54:01.60</b>	<b>05:54:35.75</b>	+03:42:04 (62.6%)	12:38	4.7 (37.0%)
754	<b>OBARSKA Małgorzata</b>	<b>3192</b>		K60	4		03:06:02	<b>05:58:59.15</b>	<b>06:00:02.60</b>	+03:47:31 (63.2%)	12:49	4.7 (37.0%)
755	<b>KOBYSEWSKI Michał</b>	<b>3912</b>	GLUTUES AUREUS ZŁOTA DUPA	M30	186		03:01:10	<b>05:58:19.05</b>	<b>06:00:18.00</b>	+03:47:46 (63.2%)	12:47	4.7 (37.0%)
756	<b>MIKOŁAJCZAK Magdalena</b>	<b>3187</b>	HRMAX ŻORY	K40	104		02:52:08	<b>06:00:18.30</b>	<b>06:00:38.80</b>	+03:48:07 (63.3%)	12:52	4.7 (37.0%)
757	<b>STANIOS Kamil</b>	<b>3678</b>		M30	187		02:58:38	<b>06:02:37.80</b>	<b>06:02:55.25</b>	+03:50:23 (63.5%)	12:57	4.6 (36.2%)
758	<b>KORWEK Michał</b>	<b>3870</b>		M50	69		02:47:31	<b>06:03:40.10</b>	<b>06:05:25.75</b>	+03:52:54 (63.7%)	12:59	4.6 (36.2%)
759	<b>TKACZ Bartłomiej</b>	<b>3869</b>		M40	195		02:47:34	<b>06:03:40.80</b>	<b>06:05:26.40</b>	+03:52:54 (63.7%)	12:59	4.6 (36.2%)
760	<b>PEPLIŃSKI Piotr</b>	<b>3176</b>		M50	70		02:59:21	<b>06:06:05.45</b>	<b>06:07:21.60</b>	+03:54:50 (63.9%)	13:04	4.6 (36.2%)
761	<b>JANOWSKI Mateusz</b>	<b>3195</b>		M30	188		02:58:14	<b>06:06:00.55</b>	<b>06:07:50.65</b>	+03:55:19 (64.0%)	13:04	4.6 (36.2%)
762	<b>JUSZKO Krzysztof</b>	<b>3540</b>		M40	196		03:03:24	<b>06:07:14.60</b>	<b>06:08:41.00</b>	+03:56:09 (64.1%)	13:06	4.6 (36.2%)
762	<b>JUSZKO Monika</b>	<b>3541</b>		K40	105		03:00:23	<b>06:07:14.40</b>	<b>06:08:41.00</b>	+03:56:09 (64.1%)	13:06	4.6 (36.2%)
764	<b>OLĘDZKA-KULIK Monika</b>	<b>3148</b>	GRUPA BIEGACZY SKÓRZEC BIEGA	K40	106		02:49:45	<b>06:08:45.00</b>	<b>06:09:56.65</b>	+03:57:25 (64.2%)	13:10	4.6 (36.2%)
765	<b>DZIĘCIOŁ Adam</b>	<b>3556</b>		M30	189		02:55:23	<b>06:10:21.60</b>	<b>06:11:53.40</b>	+03:59:21 (64.4%)	13:13	4.5 (35.4%)
766	<b>PIKIEWICZ Bartłomiej</b>	<b>3553</b>	PZSF	M40	197		03:11:48	<b>06:12:52.25</b>	<b>06:14:21.15</b>	+04:01:49 (64.6%)	13:19	4.5 (35.4%)
767	<b>FINGAS Patrycja</b>	<b>3552</b>		K30	92		03:11:46	<b>06:12:51.95</b>	<b>06:14:21.45</b>	+04:01:49 (64.6%)	13:18	4.5 (35.4%)
768	<b>GUT Leopold</b>	<b>3184</b>		M30	190		02:50:29	<b>06:14:24.75</b>	<b>06:15:00.20</b>	+04:02:28 (64.7%)	13:22	4.5 (35.4%)
769	<b>PAWŁOWSKA Danuta</b>	<b>3354</b>		K40	107		03:11:29	<b>06:20:51.00</b>	<b>06:20:57.90</b>	+04:08:26 (65.2%)	13:36	4.4 (34.6%)
770	<b>BZDAK Alicja</b>	<b>3655</b>	PRESS GLASS BIEGAMY I WSPIERAMY	K50	18		03:11:25	<b>06:20:11.30</b>	<b>06:21:22.10</b>	+04:08:50 (65.2%)	13:34	4.4 (34.6%)
771	<b>MYŚLIWIEC Andrzej</b>	<b>3656</b>		M60	18		03:11:24	<b>06:20:11.85</b>	<b>06:21:22.20</b>	+04:08:50 (65.3%)	13:34	4.4 (34.6%)
772	<b>TWARDOWSKA Patrycja</b>	<b>3306</b>	STOWARZYSZENIE PACZKA DLA BOHATERA	K30	93		03:12:25	<b>06:22:12.35</b>	<b>06:24:00.60</b>	+04:11:29 (65.5%)	13:39	4.4 (34.6%)
773	<b>TWARDOWSKI Tomasz</b>	<b>3624</b>	STOWARZYSZENIE PACZKA DLA BOHATERA	M40	198		03:12:26	<b>06:22:11.95</b>	<b>06:24:00.70</b>	+04:11:29 (65.5%)	13:38	4.4 (34.6%)
774	<b>GASIŃSKI Agnieszka</b>	<b>3323</b>	SŁOŃCA JURY	K40	108		03:23:48	<b>06:30:34.50</b>	<b>06:31:59.70</b>	+04:19:28 (66.2%)	13:56	4.3 (33.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
775	<b>GASIŃSKA Oliwia</b>	<b>3322</b>	SŁOŃCA JURY	K20		28	03:23:51	<b>06:30:34.40</b>	<b>06:31:59.80</b>	+04:19:28 (66.2%)	13:56	4.3 (33.9%)
776	<b>CZECHOWSKA Izabela</b>	<b>3593</b>	WWTEAM	K50		19	03:39:59	<b>06:31:39.85</b>	<b>06:33:51.45</b>	+04:21:19 (66.4%)	13:59	4.3 (33.9%)
777	<b>JAKUBIEC Justyna</b>	<b>3713</b>		K50		20	02:57:28	<b>06:32:38.20</b>	<b>06:33:53.00</b>	+04:21:21 (66.4%)	14:01	4.3 (33.9%)
778	<b>REY Andrzej</b>	<b>3559</b>	REYRUNNINGTEAM	M40		199	03:40:36	<b>06:31:44.50</b>	<b>06:33:54.80</b>	+04:21:23 (66.4%)	13:59	4.3 (33.9%)
779	<b>ZACHAREK Ewelina</b>	<b>3809</b>	HERO BOX	K40		109	03:13:32	<b>06:33:39.25</b>	<b>06:34:42.25</b>	+04:22:10 (66.4%)	14:03	4.3 (33.9%)
780	<b>JANCZEWSKA Izabela</b>	<b>3590</b>	HEROBOX	K40		110	03:13:32	<b>06:33:39.00</b>	<b>06:34:42.30</b>	+04:22:10 (66.4%)	14:03	4.3 (33.9%)
781	<b>RATOWSKA Oliwia</b>	<b>3605</b>	HERO BOX	K30		94	03:13:37	<b>06:33:40.30</b>	<b>06:34:42.50</b>	+04:22:10 (66.4%)	14:03	4.3 (33.9%)
782	<b>KRZEMIŃSKA Paulina</b>	<b>3592</b>	HEROBOX	K20		29	03:13:33	<b>06:33:38.75</b>	<b>06:34:42.75</b>	+04:22:11 (66.4%)	14:03	4.3 (33.9%)
783	<b>ŁADZIAK Rafał</b>	<b>3285</b>		M40		200	03:11:40	<b>06:33:51.25</b>	<b>06:34:56.70</b>	+04:22:25 (66.4%)	14:03	4.3 (33.9%)
784	<b>SZKAMRUK Janusz</b>	<b>3342</b>	EXTREMALNI RZEŹNICY NA RELAKSIE	M60		19	03:12:16	<b>06:35:39.55</b>	<b>06:37:05.50</b>	+04:24:33 (66.6%)	14:07	4.2 (33.1%)
785	<b>SZKAMRUK Bogusława</b>	<b>3343</b>	EXTREMALNI RZEŹNICY NA RELAKSIE	K60		5	03:12:11	<b>06:35:39.60</b>	<b>06:37:05.65</b>	+04:24:34 (66.6%)	14:07	4.2 (33.1%)
786	<b>HERNAS-SZTRAŃ Aneta</b>	<b>3640</b>		K40		111	03:07:43	<b>06:36:10.35</b>	<b>06:37:24.65</b>	+04:24:53 (66.7%)	14:08	4.2 (33.1%)
787	<b>HRYNIEWICKA Monika</b>	<b>3126</b>	ROZBIEGANY PIASTÓW	K30		95	03:00:23	<b>06:46:10.10</b>	<b>06:47:08.65</b>	+04:34:37 (67.4%)	14:30	4.1 (32.3%)
787	<b>MATYJASEK Agata</b>	<b>3580</b>	ROZBIEGANY PIASTÓW	K40		112	03:03:57	<b>06:46:08.85</b>	<b>06:47:08.65</b>	+04:34:37 (67.4%)	14:30	4.1 (32.3%)
789	<b>SLONECKA Agnieszka</b>	<b>3268</b>		K30		96	03:39:19	<b>06:50:34.85</b>	<b>06:51:15.65</b>	+04:38:44 (67.8%)	14:39	4.1 (32.3%)
790	<b>MITURA Hanna</b>	<b>3736</b>		K60		6	03:32:07	<b>07:20:23.55</b>	<b>07:21:35.00</b>	+05:09:03 (70.0%)	15:43	3.8 (29.9%)
791	<b>MODLIBOREK Bartosz</b>	<b>3084</b>		M30		191	03:32:04	<b>07:27:07.10</b>	<b>07:28:23.10</b>	+05:15:51 (70.4%)	15:58	3.8 (29.9%)
792	<b>DAWID Katarzyna</b>	<b>3800</b>		K50		21	04:01:41	<b>07:30:07.15</b>	<b>07:32:00.75</b>	+05:19:29 (70.7%)	16:04	3.7 (29.1%)
793	<b>TYSZKIEWICZ Mariusz</b>	<b>3399</b>		M40		201	04:02:10	<b>07:31:25.50</b>	<b>07:32:02.95</b>	+05:19:31 (70.7%)	16:07	3.7 (29.1%)
794	<b>JĘDRZEJCZAK Maciej</b>	<b>3437</b>		M40		202	04:01:53	<b>07:31:24.90</b>	<b>07:32:03.50</b>	+05:19:31 (70.7%)	16:07	3.7 (29.1%)
795	<b>KUBLIK Konrad</b>	<b>3499</b>		M40		203	04:01:55	<b>07:31:25.55</b>	<b>07:32:04.20</b>	+05:19:32 (70.7%)	16:07	3.7 (29.1%)
796	<b>PALUDA Ewa</b>	<b>3287</b>		K40		113	03:47:30	<b>07:37:19.10</b>	<b>07:38:24.30</b>	+05:25:52 (71.1%)	16:19	3.7 (29.1%)
797	<b>ADAMCZYK Zbigniew</b>	<b>3257</b>	KM TRUCHCIK ŁUBIANKA	M60		20	04:03:47	<b>07:38:58.45</b>	<b>07:40:03.00</b>	+05:27:31 (71.2%)	16:23	3.7 (29.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
798	<b>ZUGAJ Cezary</b>	<b>3324</b>	WHITE BEARS TEAM BIAŁYSTOK	M50	71		04:01:43	<b>07:40:48.95</b>	<b>07:43:01.70</b>	+05:30:30 (71.4%)	16:27	3.6 (28.3%)
799	<b>BERK Mateusz</b>	<b>3798</b>		M30	192							(0.0%)
	<b>WĘGLICKI Dariusz</b>	<b>3298</b>	DAWEG	M50			DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 800 wynik(ów)