



# XII RZEŹNICZEK, CZYLI MAŁY BIEG RZEŹNIKA

B4SPORT

**Wydarzenie:** IX FESTIWAL BIEGU RZEŹNIKA  
**Organizator:** Fundacja Bieg Rzeźnika  
**Data:** 2023-06-10  
**Miejsce:** Cisna  
**Dystans:** 28 km

**B4SPORT**  
INTELLIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
1	<b>BARAN Mateusz</b>	<b>3511</b>	PIEKIELNI WARSZAWA	M30	1	01:15:45	<b>02:26:13.05</b>	<b>02:26:14.60</b>		5:13	11.5 (100%)
2	<b>GUT Jacek</b>	<b>3592</b>	KLUB MORSA SŁONECZKO	M30	2	01:21:53	<b>02:36:21.15</b>	<b>02:36:23.00</b>	+00:10:08 (6.5%)	5:35	10.7 (93.0%)
3	<b>WAŚKO Paweł</b>	<b>3106</b>	CENTRUM MASAŻU	M50	1	01:23:31	<b>02:38:34.05</b>	<b>02:38:35.60</b>	+00:12:21 (7.8%)	5:39	10.6 (92.2%)
4	<b>WRÓBEL Kamil</b>	<b>3006</b>		M30	3	01:24:01	<b>02:40:35.45</b>	<b>02:40:37.00</b>	+00:14:22 (8.9%)	5:44	10.5 (91.3%)
5	<b>SKAWIŃSKI Tomasz</b>	<b>3686</b>	GOPR BIESZCZADY	M40	1	01:28:00	<b>02:41:26.45</b>	<b>02:41:28.65</b>	+00:15:14 (9.4%)	5:45	10.4 (90.4%)
6	<b>MULARCZYK Paweł</b>	<b>3437</b>	GRUPA JURA'PL	M30	4	01:23:19	<b>02:42:53.50</b>	<b>02:42:56.45</b>	+00:16:41 (10.2%)	5:49	10.3 (89.6%)
7	<b>GÓROWSKA Iwona</b>	<b>3595</b>	GOPR BIESZCZADY	K30	1	01:30:35	<b>02:44:42.55</b>	<b>02:44:46.55</b>	+00:18:31 (11.2%)	5:52	10.2 (88.7%)
8	<b>LEŚNIAK Michał</b>	<b>3457</b>	ASICS FRONTRUNNER / BIEGIEM_PO_EUROPIE	M30	5	01:25:44	<b>02:45:53.70</b>	<b>02:45:57.05</b>	+00:19:42 (11.9%)	5:55	10.1 (87.8%)
9	<b>WIŚNIEWSKI Piotr</b>	<b>3612</b>	DYNAFIT/ TUTTU.PL	M40	2	01:28:23	<b>02:46:11.55</b>	<b>02:46:14.75</b>	+00:20:00 (12.0%)	5:56	10.1 (87.8%)
10	<b>LIS Łukasz</b>	<b>3741</b>	TRICLUB	M30	6	01:28:01	<b>02:48:34.90</b>	<b>02:48:37.65</b>	+00:22:23 (13.3%)	6:01	10 (87.0%)
11	<b>CICHOWSKI Wojciech</b>	<b>3270</b>	AW - SZYBCIEJ - TEAM	M30	7	01:30:22	<b>02:50:17.15</b>	<b>02:50:20.90</b>	+00:24:06 (14.2%)	6:04	9.9 (86.1%)
12	<b>JAWOREK Grzegorz</b>	<b>3142</b>		M40	3	01:32:36	<b>02:54:50.50</b>	<b>02:54:53.90</b>	+00:28:39 (16.4%)	6:14	9.6 (83.5%)
13	<b>WOJNAROWICZ Paweł</b>	<b>3588</b>		M30	8	01:31:54	<b>02:55:13.55</b>	<b>02:55:18.30</b>	+00:29:03 (16.6%)	6:15	9.6 (83.5%)
14	<b>KRZEMIŃSKI Marcin</b>	<b>3573</b>		M40	4	01:34:51	<b>02:57:10.75</b>	<b>02:57:12.75</b>	+00:30:58 (17.5%)	6:19	9.5 (82.6%)
15	<b>GÓRALIK Sylwia</b>	<b>3630</b>	KS AZS AWF KRAKÓW	K40	1	01:33:28	<b>02:58:28.60</b>	<b>02:58:30.45</b>	+00:32:15 (18.1%)	6:22	9.4 (81.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
16	<b>WOJCIECHOWSKI</b> Tobiasz	<b>3547</b>		M30	9	01:35:54	<b>02:59:18.65</b>	<b>02:59:22.10</b>	+00:33:07 (18.5%)	6:24	9.4 (81.7%)
17	<b>BASAĞ</b> Marek	<b>3639</b>	GINGER POWER	M40	5	01:35:56	<b>02:59:17.85</b>	<b>02:59:25.65</b>	+00:33:11 (18.5%)	6:24	9.4 (81.7%)
18	<b>PODOLAK</b> Kuba	<b>3342</b>	A TAK SOBIE BIEGAM	M30	10	01:37:07	<b>02:59:11.85</b>	<b>02:59:27.00</b>	+00:33:12 (18.5%)	6:23	9.4 (81.7%)
19	<b>GÓROWSKI</b> Mateusz	<b>3743</b>	KAGB/GOPR BIESZCZADY	M40	6	01:38:53	<b>03:01:46.40</b>	<b>03:01:51.10</b>	+00:35:36 (19.6%)	6:29	9.2 (80.0%)
20	<b>KMIEĆ</b> Paweł	<b>3521</b>		M20	1	01:33:37	<b>03:02:22.05</b>	<b>03:02:23.30</b>	+00:36:08 (19.8%)	6:30	9.2 (80.0%)
21	<b>BOCHENEK</b> Magdalena	<b>3704</b>	G.O.A.T. TEAM MICHAŁOWICE	K30	2	01:36:02	<b>03:02:50.20</b>	<b>03:02:52.40</b>	+00:36:37 (20.0%)	6:31	9.2 (80.0%)
22	<b>ZIĘBA</b> Mateusz	<b>3718</b>	FOREVER TEAM	M30	11	01:39:37	<b>03:05:27.45</b>	<b>03:05:45.70</b>	+00:39:31 (21.3%)	6:37	9.1 (79.1%)
23	<b>STAŃKO</b> Paweł	<b>3712</b>	GOPR BIESZCZADY	M40	7	01:37:38	<b>03:06:54.00</b>	<b>03:06:56.45</b>	+00:40:41 (21.8%)	6:40	9 (78.3%)
24	<b>KOT</b> Rafał	<b>3748</b>	GÓRAL Z MAZUR RUNNING TEAM	M40	8	01:39:12	<b>03:07:42.15</b>	<b>03:07:53.20</b>	+00:41:38 (22.2%)	6:42	9 (78.3%)
25	<b>KONIK</b> Marcin	<b>3081</b>		M40	9	01:37:40	<b>03:08:02.20</b>	<b>03:08:05.25</b>	+00:41:50 (22.2%)	6:42	8.9 (77.4%)
26	<b>FRONCZAK</b> Sylwester	<b>3289</b>		M30	12	01:39:31	<b>03:08:29.90</b>	<b>03:08:55.00</b>	+00:42:40 (22.6%)	6:43	8.9 (77.4%)
27	<b>KSIĄŻKIEWICZ</b> Bartłomiej	<b>3590</b>	ROCKY BALBOA	M40	10	01:37:23	<b>03:09:28.55</b>	<b>03:09:31.20</b>	+00:43:16 (22.8%)	6:46	8.9 (77.4%)
28	<b>KŁOS</b> Łukasz	<b>3218</b>	ASICS FRONTRUNNER POLAND	M30	13	01:37:25	<b>03:09:29.85</b>	<b>03:09:33.30</b>	+00:43:18 (22.8%)	6:46	8.9 (77.4%)
29	<b>ROMANIUK</b> Agnieszka	<b>3515</b>		K20	1	01:37:10	<b>03:09:41.25</b>	<b>03:09:43.30</b>	+00:43:28 (22.9%)	6:46	8.9 (77.4%)
30	<b>DŁUGOSZ-STĘPNIAK</b> Agnieszka	<b>3524</b>	STAY INSANE	K30	3	01:41:53	<b>03:09:54.85</b>	<b>03:09:57.30</b>	+00:43:42 (23.0%)	6:46	8.8 (76.5%)
31	<b>DESKA</b> Leszek	<b>3745</b>	WWW.LESZEKBIEGA.PL	M40	11	01:37:39	<b>03:09:52.90</b>	<b>03:10:24.10</b>	+00:44:09 (23.2%)	6:46	8.8 (76.5%)
32	<b>KOZARSKI</b> Krzysztof	<b>3572</b>	RK LEGAL TEAM	M40	12	01:42:44	<b>03:11:00.50</b>	<b>03:11:10.90</b>	+00:44:56 (23.5%)	6:49	8.8 (76.5%)
33	<b>CHUDY</b> Michał	<b>3681</b>		M30	14	01:42:55	<b>03:11:20.90</b>	<b>03:11:31.70</b>	+00:45:17 (23.6%)	6:50	8.8 (76.5%)
34	<b>LEŚ</b> Michał	<b>3554</b>	SANOK BIEGA	M30	15	01:33:06	<b>03:12:29.00</b>	<b>03:12:36.10</b>	+00:46:21 (24.1%)	6:52	8.7 (75.7%)
35	<b>KORAB</b> Robert Trebi	<b>3568</b>	RZESZOWSKIE GAZELE I GEPARDY	M50	2	01:42:40	<b>03:12:51.05</b>	<b>03:12:52.75</b>	+00:46:38 (24.2%)	6:53	8.7 (75.7%)
36	<b>GRZYBEK</b> Antoni	<b>3493</b>		M50	3	01:42:30	<b>03:13:42.50</b>	<b>03:13:53.30</b>	+00:47:38 (24.6%)	6:55	8.7 (75.7%)
37	<b>PABIAŃSKA</b> Marta	<b>3286</b>	NOA	K30	4	01:47:04	<b>03:14:27.00</b>	<b>03:14:30.15</b>	+00:48:15 (24.8%)	6:56	8.6 (74.8%)
38	<b>SARNIAK</b> Marcin	<b>3202</b>	WYBIEGANIA MPK	M40	13	01:41:50	<b>03:15:05.40</b>	<b>03:15:30.25</b>	+00:49:15 (25.2%)	6:58	8.6 (74.8%)

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39	<b>SNOCHOWSKI Rafał</b>	<b>3706</b>		M40	14	01:43:34	<b>03:15:40.40</b>	<b>03:15:42.90</b>	+00:49:28 (25.3%)	6:59	8.6 (74.8%)
40	<b>ROKITA Paweł</b>	<b>20</b>	RAKIETA_BIEGA_TEAM	M30	16	01:46:45	<b>03:15:39.50</b>	<b>03:15:53.90</b>	+00:49:39 (25.3%)	6:59	8.6 (74.8%)
41	<b>WOCHOWSKI Tomasz</b>	<b>10</b>		M40	15	01:44:24	<b>03:16:17.20</b>	<b>03:16:31.25</b>	+00:50:16 (25.6%)	7:00	8.6 (74.8%)
42	<b>KAWIAK Marek</b>	<b>3044</b>		M40	16	01:39:35	<b>03:16:48.80</b>	<b>03:16:51.55</b>	+00:50:36 (25.7%)	7:01	8.5 (73.9%)
43	<b>KOBIĄŁKA Łukasz</b>	<b>3729</b>	MY ENDURANCE COACHING	M40	17	01:38:54	<b>03:17:00.15</b>	<b>03:17:03.00</b>	+00:50:48 (25.8%)	7:02	8.5 (73.9%)
44	<b>SIVKO Vladimir</b>	<b>3337</b>		M30	17	01:45:58	<b>03:17:09.40</b>	<b>03:17:15.95</b>	+00:51:01 (25.9%)	7:02	8.5 (73.9%)
45	<b>WOJCIECHOWSKI Marek</b>	<b>3111</b>	BRAK	M40	18	01:44:20	<b>03:19:59.90</b>	<b>03:20:08.85</b>	+00:53:54 (26.9%)	7:08	8.4 (73.0%)
46	<b>STAŃCZYK Mateusz</b>	<b>3742</b>	PRUSZKÓW	M20	2	01:43:17	<b>03:20:11.15</b>	<b>03:20:13.15</b>	+00:53:58 (27.0%)	7:08	8.4 (73.0%)
47	<b>SYCHNIAK Agnieszka</b>	<b>3795</b>		K40	2	01:43:20	<b>03:20:40.20</b>	<b>03:20:40.20</b>	+00:54:25 (27.1%)	7:10	8.4 (73.0%)
48	<b>MRÓWKA Michał</b>	<b>3264</b>	OBOZY GÓRSKIE	M30	18	01:44:18	<b>03:20:37.75</b>	<b>03:20:46.00</b>	+00:54:31 (27.2%)	7:09	8.4 (73.0%)
49	<b>WIECZOREK Marcin</b>	<b>3277</b>	LUKS JASZCZOWIANKA	M40	19	01:47:14	<b>03:20:48.50</b>	<b>03:20:58.45</b>	+00:54:43 (27.2%)	7:10	8.4 (73.0%)
50	<b>ŚCIBOR Adrian</b>	<b>3629</b>		M30	19	01:46:04	<b>03:21:33.35</b>	<b>03:21:38.10</b>	+00:55:23 (27.5%)	7:11	8.3 (72.2%)
51	<b>MORAWSKI Grzegorz</b>	<b>3696</b>		M40	20	01:44:50	<b>03:22:24.85</b>	<b>03:22:36.00</b>	+00:56:21 (27.8%)	7:13	8.3 (72.2%)
52	<b>FIJAŁKOWSKI Marek</b>	<b>3470</b>		M50	4	01:42:32	<b>03:22:34.05</b>	<b>03:22:46.35</b>	+00:56:31 (27.9%)	7:14	8.3 (72.2%)
53	<b>JANOWICZ Rafał</b>	<b>3575</b>	MIĘKKI ŻELEK	M40	21	01:50:00	<b>03:22:46.85</b>	<b>03:22:56.80</b>	+00:56:42 (27.9%)	7:14	8.3 (72.2%)
54	<b>LICHOTA Karol</b>	<b>3159</b>		M30	20	01:42:53	<b>03:22:34.95</b>	<b>03:22:57.30</b>	+00:56:42 (27.9%)	7:14	8.3 (72.2%)
55	<b>KOBYLARZ Piotr</b>	<b>3562</b>	RZESZOWSKIE GAZELE I GEPARDY	M30	21	01:26:00	<b>03:24:37.25</b>	<b>03:24:39.40</b>	+00:58:24 (28.5%)	7:18	8.2 (71.3%)
56	<b>MIKUŚKIEWICZ Piotr</b>	<b>3664</b>	PIMPAKIBIEGAJĄ	M40	22	01:49:36	<b>03:27:10.85</b>	<b>03:27:20.15</b>	+01:01:05 (29.5%)	7:23	8.1 (70.4%)
57	<b>RAJCA Monika</b>	<b>3663</b>	PIMPAKI BIEGAJĄ	K30	5	01:49:37	<b>03:27:10.70</b>	<b>03:27:20.30</b>	+01:01:05 (29.5%)	7:23	8.1 (70.4%)
58	<b>KUNKEL Mariusz</b>	<b>3336</b>	SMARUJ NA TRENING	M40	23	01:49:49	<b>03:26:57.90</b>	<b>03:27:33.15</b>	+01:01:18 (29.5%)	7:23	8.1 (70.4%)
59	<b>ŚLUSARZ Łukasz</b>	<b>3498</b>		M30	22	01:47:20	<b>03:28:07.45</b>	<b>03:28:20.90</b>	+01:02:06 (29.8%)	7:25	8.1 (70.4%)
60	<b>CHABKO Jacek</b>	<b>3215</b>	WROCLAW MARATHON TEAM	M50	5	01:42:53	<b>03:28:11.95</b>	<b>03:28:24.40</b>	+01:02:09 (29.8%)	7:26	8.1 (70.4%)
61	<b>RESZKA Marek</b>	<b>3040</b>	DECATHLON LUBLIN	M30	23	01:40:01	<b>03:28:26.85</b>	<b>03:28:30.85</b>	+01:02:16 (29.9%)	7:26	8.1 (70.4%)

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62	<b>NIEDŹWIEDŹ Tomasz</b>	<b>3637</b>		M40	24	01:48:01	<b>03:28:49.35</b>	<b>03:28:53.40</b>	+01:02:38 (30.0%)	7:27	8 (69.6%)
63	<b>JURDZIŃSKI Grzegorz</b>	<b>3585</b>	MOCNA GRUPA CEZARA	M20	3	01:54:09	<b>03:28:25.40</b>	<b>03:28:56.75</b>	+01:02:42 (30.0%)	7:26	8.1 (70.4%)
64	<b>WAŚIKOWSKI Marcin</b>	<b>3478</b>	ZABIERZÓW BIEGA	M40	25	01:38:51	<b>03:29:01.80</b>	<b>03:29:07.65</b>	+01:02:53 (30.1%)	7:27	8 (69.6%)
65	<b>SZANIAWSKI Marcin</b>	<b>3535</b>		M30	24	01:45:41	<b>03:29:01.75</b>	<b>03:29:19.40</b>	+01:03:04 (30.1%)	7:27	8 (69.6%)
66	<b>DARŁAK Lucasz</b>	<b>3716</b>	STAJNIA BALONA	M20	4	01:44:34	<b>03:29:18.05</b>	<b>03:29:22.15</b>	+01:03:07 (30.2%)	7:28	8 (69.6%)
67	<b>KRYPSKI Bartosz</b>	<b>3417</b>	G4 SIEDLCE	M30	25	01:45:32	<b>03:28:56.95</b>	<b>03:29:26.60</b>	+01:03:12 (30.2%)	7:27	8 (69.6%)
68	<b>BESTRY Łukasz</b>	<b>3556</b>		M30	26	01:45:41	<b>03:28:53.60</b>	<b>03:29:29.50</b>	+01:03:14 (30.2%)	7:27	8 (69.6%)
69	<b>BAK Aleksander</b>	<b>3315</b>	MORSY OŚNO LUBUSKIE	M40	26	01:53:35	<b>03:29:46.25</b>	<b>03:30:20.30</b>	+01:04:05 (30.5%)	7:29	8 (69.6%)
70	<b>KOWALCZYK Tomasz</b>	<b>3487</b>	TRICLUB	M50	6	01:51:52	<b>03:30:36.50</b>	<b>03:30:57.30</b>	+01:04:42 (30.7%)	7:31	8 (69.6%)
71	<b>ŁYSIAK Michał</b>	<b>3471</b>	SZWAGRY DWA	M40	27	01:51:15	<b>03:31:10.85</b>	<b>03:31:16.70</b>	+01:05:02 (30.8%)	7:32	8 (69.6%)
72	<b>GUZ Marcin</b>	<b>3399</b>	LUBELSKIBIEGACZ.PL	M40	28	01:54:42	<b>03:31:04.95</b>	<b>03:31:33.10</b>	+01:05:18 (30.9%)	7:32	8 (69.6%)
73	<b>OSTASIUK Aleksander</b>	<b>3330</b>	FRANCUSKI BAGNET	M30	27	01:47:47	<b>03:31:46.65</b>	<b>03:31:50.40</b>	+01:05:35 (31.0%)	7:33	7.9 (68.7%)
73	<b>BIENIEK Piotr</b>	<b>3334</b>	FRANCUSKI BAGNET	M30	27	01:43:09	<b>03:31:46.40</b>	<b>03:31:50.40</b>	+01:05:35 (31.0%)	7:33	7.9 (68.7%)
75	<b>MATECKI Jacek</b>	<b>3096</b>	KONIN RUN KILL'EM ALL	M40	29	01:53:49	<b>03:31:23.20</b>	<b>03:31:52.55</b>	+01:05:37 (31.0%)	7:32	7.9 (68.7%)
76	<b>ŁĘTEK Tomasz</b>	<b>3195</b>		M40	30	01:55:06	<b>03:31:04.10</b>	<b>03:32:03.75</b>	+01:05:49 (31.0%)	7:32	8 (69.6%)
77	<b>PAŁYSA Robert</b>	<b>3054</b>	STANWEX II	M20	5	01:56:11	<b>03:31:07.20</b>	<b>03:32:29.85</b>	+01:06:15 (31.2%)	7:32	8 (69.6%)
78	<b>BUKOWSKI Daniel</b>	<b>3531</b>		M40	31	01:55:18	<b>03:33:27.75</b>	<b>03:33:53.20</b>	+01:07:38 (31.6%)	7:37	7.9 (68.7%)
79	<b>SZYMAJDA Adam</b>	<b>3540</b>		M40	32	01:48:02	<b>03:33:33.25</b>	<b>03:33:59.55</b>	+01:07:44 (31.7%)	7:37	7.9 (68.7%)
80	<b>ZAWADZKI Mirosław</b>	<b>3058</b>	TERNOL TEAM	M30	29	01:52:51	<b>03:33:42.55</b>	<b>03:34:15.30</b>	+01:08:00 (31.7%)	7:37	7.9 (68.7%)
81	<b>JANOWIAK Wojciech</b>	<b>3469</b>		M40	33	01:50:36	<b>03:34:00.55</b>	<b>03:34:19.35</b>	+01:08:04 (31.8%)	7:38	7.9 (68.7%)
82	<b>WÓJCIK Dawid</b>	<b>3600</b>		M30	30	01:55:18	<b>03:33:11.00</b>	<b>03:34:19.50</b>	+01:08:04 (31.8%)	7:36	7.9 (68.7%)
83	<b>KWAŚNY Janusz</b>	<b>3191</b>		M50	7	01:51:27	<b>03:34:06.90</b>	<b>03:34:25.00</b>	+01:08:10 (31.8%)	7:38	7.8 (67.8%)
84	<b>USZYŃSKI Grzegorz</b>	<b>3722</b>	WEBER ACTIVE TEAM	M40	34	01:54:40	<b>03:34:58.95</b>	<b>03:35:02.10</b>	+01:08:47 (32.0%)	7:40	7.8 (67.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
85	WINCENCIAK Jan	3526		M20	6	02:05:09	03:34:25.95	03:36:02.75	+01:09:48 (32.3%)	7:39	7.8 (67.8%)
86	PNIEWSKI Mariusz	3400		M40	35	01:54:42	03:35:25.05	03:36:07.40	+01:09:52 (32.3%)	7:41	7.8 (67.8%)
87	KACZMAREK Maciej	3638	WLKP MOUNTAINS ULTRA	M30	31	01:47:06	03:35:59.05	03:36:16.05	+01:10:01 (32.4%)	7:42	7.8 (67.8%)
88	FATER-DĘBSKA Agata	3086		K40	3	01:53:02	03:35:54.95	03:36:17.10	+01:10:02 (32.4%)	7:42	7.8 (67.8%)
89	KOCH Krzysztof	3313	BDB TEAM KATOWICE	M40	36	01:58:45	03:35:30.55	03:36:17.35	+01:10:02 (32.4%)	7:41	7.8 (67.8%)
90	MRÓWKA Małgorzata	3265		K30	6	01:57:04	03:36:37.40	03:36:46.80	+01:10:32 (32.5%)	7:44	7.8 (67.8%)
91	OLEWNIK Łukasz	3613	MARCINŚWIERCTEAM / AGB TORFY	M30	32	01:50:39	03:37:55.40	03:38:09.80	+01:11:55 (33.0%)	7:46	7.7 (67.0%)
92	SIWAK Natalia	3372		K30	7	02:02:09	03:37:33.10	03:38:54.50	+01:12:39 (33.2%)	7:46	7.7 (67.0%)
93	MROŻEK Michał	3227	SUŁTANI FITNESSU	M40	37	01:50:18	03:38:53.85	03:38:58.75	+01:12:44 (33.2%)	7:49	7.7 (67.0%)
94	BOJARUN Marek	3140	KAMPIRUNTEAM	M40	38	01:56:06	03:38:40.65	03:39:03.35	+01:12:48 (33.2%)	7:48	7.7 (67.0%)
95	KOWALSKA Magda	3672		K40	4	02:02:00	03:38:37.70	03:39:09.70	+01:12:55 (33.3%)	7:48	7.7 (67.0%)
96	WOŹNIAK Janusz	3071	PORMAT JEDLICZE BIEGA	M60	1	01:53:18	03:40:17.05	03:40:28.40	+01:14:13 (33.7%)	7:52	7.6 (66.1%)
97	TYTZ Lukasz	3500		M40	39	02:00:03	03:39:14.20	03:40:43.35	+01:14:28 (33.7%)	7:49	7.7 (67.0%)
98	MATYSIAK Jacek	3563		M30	33	01:49:44	03:41:09.00	03:41:13.90	+01:14:59 (33.9%)	7:53	7.6 (66.1%)
99	LATOS Marcin	3659	TRAIL IS OUR WAY	M30	34	01:45:25	03:41:37.95	03:41:47.20	+01:15:32 (34.1%)	7:54	7.6 (66.1%)
100	KOPIEC Izabela	3509		K40	5	01:58:07	03:40:56.90	03:42:03.65	+01:15:49 (34.1%)	7:53	7.6 (66.1%)
101	CIEŚLA Krzysztof	3379		M40	40	01:49:09	03:41:55.30	03:42:16.85	+01:16:02 (34.2%)	7:55	7.6 (66.1%)
102	SZCZĘSNY Maciej	3369		M60	2	01:57:47	03:42:14.15	03:42:26.10	+01:16:11 (34.3%)	7:56	7.6 (66.1%)
103	STOLORZ Arkadiusz	3584		M30	35	02:00:37	03:42:06.15	03:42:27.45	+01:16:12 (34.3%)	7:55	7.6 (66.1%)
104	KOT Dawid	3606		M30	36	01:49:09	03:42:12.45	03:42:34.55	+01:16:19 (34.3%)	7:56	7.6 (66.1%)
105	MARIN Alberto	3180		M30	37	02:05:15	03:41:09.45	03:42:48.55	+01:16:33 (34.4%)	7:53	7.6 (66.1%)
106	MAĆKOWIAK Adam	3492		M20	7	02:00:58	03:42:34.05	03:43:02.80	+01:16:48 (34.4%)	7:56	7.5 (65.2%)
107	WĄTORSKI Michał	3176		M30	38	01:58:07	03:41:19.40	03:43:05.75	+01:16:51 (34.4%)	7:54	7.6 (66.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
108	<b>LEWANDOWSKI Wojciech</b>	<b>3609</b>		M40	41	02:02:41	<b>03:41:32.35</b>	<b>03:43:19.55</b>	+01:17:04 (34.5%)	7:54	7.6 (66.1%)
109	<b>PASIECZNY Karol</b>	<b>3377</b>		M30	39	01:52:48	<b>03:42:16.10</b>	<b>03:43:36.90</b>	+01:17:22 (34.6%)	7:56	7.6 (66.1%)
110	<b>GÓRSKI Adam</b>	<b>3671</b>		M30	40	01:47:04	<b>03:43:50.60</b>	<b>03:44:00.90</b>	+01:17:46 (34.7%)	7:59	7.5 (65.2%)
111	<b>TOMASZEWSKI Łukasz</b>	<b>3744</b>		M30	41	01:48:40	<b>03:43:43.60</b>	<b>03:44:12.20</b>	+01:17:57 (34.8%)	7:59	7.5 (65.2%)
112	<b>STALKA Krzysztof</b>	<b>3412</b>	STANWEX II	M30	42	02:02:04	<b>03:43:05.70</b>	<b>03:44:23.00</b>	+01:18:08 (34.8%)	7:58	7.5 (65.2%)
113	<b>LEWANDOWSKA Magdalena</b>	<b>3608</b>		K30	8	02:02:35	<b>03:42:44.70</b>	<b>03:44:31.30</b>	+01:18:16 (34.9%)	7:57	7.5 (65.2%)
114	<b>OBREBSKI Marcin</b>	<b>3414</b>	MATNER RUNNING TEAM	M40	42	01:54:28	<b>03:43:54.50</b>	<b>03:44:32.80</b>	+01:18:18 (34.9%)	7:59	7.5 (65.2%)
115	<b>NOWAK Mariusz</b>	<b>3625</b>		M40	43	01:44:35	<b>03:44:30.60</b>	<b>03:44:41.95</b>	+01:18:27 (34.9%)	8:01	7.5 (65.2%)
116	<b>GROSS Radosław</b>	<b>3295</b>	FABRYKA DZIKA	M40	44	01:50:18	<b>03:44:23.50</b>	<b>03:44:45.10</b>	+01:18:30 (34.9%)	8:00	7.5 (65.2%)
117	<b>ŻŁOBIŃSKI Tomasz</b>	<b>3541</b>		M30	43	01:57:56	<b>03:44:15.25</b>	<b>03:45:00.50</b>	+01:18:45 (35.0%)	8:00	7.5 (65.2%)
118	<b>LEWCZUK Norbert</b>	<b>3601</b>	BIEGACZE POMAGACZE/ EDYTA LEWANDOWSKA TEAM	M40	45	01:56:37	<b>03:44:04.25</b>	<b>03:45:05.10</b>	+01:18:50 (35.0%)	8:00	7.5 (65.2%)
119	<b>JESKE Marek</b>	<b>3424</b>	RUN BYDGOSZCZ	M50	8	01:56:45	<b>03:44:55.15</b>	<b>03:45:16.10</b>	+01:19:01 (35.1%)	8:01	7.5 (65.2%)
120	<b>PACIOREK Ewa</b>	<b>3717</b>	KOBIETA BIEGA. EWA PACIOREK	K30	9	01:55:46	<b>03:45:15.20</b>	<b>03:45:18.05</b>	+01:19:03 (35.1%)	8:02	7.5 (65.2%)
121	<b>ZACZKIEWICZ Roman</b>	<b>3739</b>	TRICLUB	M40	46	01:59:49	<b>03:45:08.55</b>	<b>03:45:28.75</b>	+01:19:14 (35.1%)	8:02	7.5 (65.2%)
122	<b>LEŚNIEWSKI Mateusz</b>	<b>3513</b>	KS STOMIL POZNAŃ	M20	8	02:04:18	<b>03:44:23.00</b>	<b>03:45:53.60</b>	+01:19:39 (35.3%)	8:00	7.5 (65.2%)
123	<b>TOMASZEK Piotr</b>	<b>3597</b>		M40	47	01:52:59	<b>03:45:51.95</b>	<b>03:46:12.45</b>	+01:19:57 (35.3%)	8:03	7.4 (64.3%)
124	<b>KOPIEC Arkadiusz</b>	<b>3510</b>		M40	48	01:58:46	<b>03:45:12.75</b>	<b>03:46:18.60</b>	+01:20:04 (35.4%)	8:02	7.5 (65.2%)
125	<b>PODLEŚ Robert</b>	<b>3211</b>		M60	3	01:57:21	<b>03:46:24.80</b>	<b>03:46:34.60</b>	+01:20:20 (35.5%)	8:05	7.4 (64.3%)
126	<b>GAJ Andrzej</b>	<b>3565</b>		M50	9	02:00:31	<b>03:45:43.25</b>	<b>03:46:42.50</b>	+01:20:27 (35.5%)	8:03	7.4 (64.3%)
127	<b>URBAN Rafał</b>	<b>3631</b>	FORMYGRILS	M30	44	01:57:14	<b>03:45:55.80</b>	<b>03:46:46.60</b>	+01:20:32 (35.5%)	8:04	7.4 (64.3%)
128	<b>KRZYMOWSKI Piotr</b>	<b>3051</b>	PAWKO RUNNER	M30	45	02:00:29	<b>03:45:39.95</b>	<b>03:46:48.55</b>	+01:20:33 (35.5%)	8:03	7.4 (64.3%)
129	<b>RAKOWSKI Przemysław</b>	<b>3351</b>		M50	10	01:59:15	<b>03:48:04.40</b>	<b>03:48:08.30</b>	+01:21:53 (35.9%)	8:08	7.4 (64.3%)
130	<b>TARNAWSKI Sławomir</b>	<b>3447</b>		M40	49	02:02:19	<b>03:48:30.00</b>	<b>03:48:34.50</b>	+01:22:19 (36.0%)	8:09	7.4 (64.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
131	STAROBRAT Arkadiusz	3670	ALETEMPO	M50	11	01:59:34	03:48:29.30	03:48:39.90	+01:22:25 (36.0%)	8:09	7.4 (64.3%)
132	CISŁO Adam	3358		M20	9	01:58:24	03:47:42.25	03:48:43.75	+01:22:29 (36.1%)	8:07	7.4 (64.3%)
133	SZEWCZYK Agnieszka	3687		K30	10	01:55:03	03:48:42.20	03:48:49.60	+01:22:35 (36.1%)	8:10	7.3 (63.5%)
134	OPIŃSKI Łukasz	3144		M30	46	01:57:13	03:48:31.10	03:48:58.95	+01:22:44 (36.1%)	8:09	7.4 (64.3%)
135	BANASZAK Maciej	3709	KAMIL LEŚNIAK TEAM	M40	50	02:05:15	03:48:17.45	03:49:07.60	+01:22:53 (36.2%)	8:09	7.4 (64.3%)
136	PIWKO Maciej	3197		M20	10	02:02:21	03:49:00.55	03:49:32.05	+01:23:17 (36.3%)	8:10	7.3 (63.5%)
137	SKWARNECKI Damian	3107	ŁODZIANKA TEAM	M40	51	01:57:33	03:48:25.60	03:49:36.10	+01:23:21 (36.3%)	8:09	7.4 (64.3%)
138	UJMA Stanisław	3115		M60	4	01:54:37	03:49:58.95	03:50:02.40	+01:23:47 (36.4%)	8:12	7.3 (63.5%)
139	KOZACZUK Maria	3331		K40	6	01:56:53	03:49:23.40	03:50:03.55	+01:23:48 (36.4%)	8:11	7.3 (63.5%)
140	DOMINIK Marcin	3475		M30	47	01:57:20	03:49:42.60	03:50:05.30	+01:23:50 (36.4%)	8:12	7.3 (63.5%)
141	TRZECIAK Krzysztof	3177	FABRYKA DZIKA	M30	48	02:01:44	03:48:39.00	03:50:21.50	+01:24:06 (36.5%)	8:09	7.3 (63.5%)
142	KONIECZNY Marcin	3285	NOA	M30	49	01:57:47	03:50:22.00	03:50:27.20	+01:24:12 (36.5%)	8:13	7.3 (63.5%)
143	BALCERZAK Tomasz	3125		M40	52	01:59:02	03:50:17.30	03:50:29.90	+01:24:15 (36.6%)	8:13	7.3 (63.5%)
144	KORNEK Łukasz	3551		M40	53	02:05:27	03:50:21.20	03:50:40.30	+01:24:25 (36.6%)	8:13	7.3 (63.5%)
145	BLAZAK Bartłomiej	3294		M30	50	01:48:57	03:51:40.85	03:52:01.85	+01:25:47 (37.0%)	8:16	7.3 (63.5%)
145	ZAJDA Michał	3480		M30	50	01:54:21	03:51:13.40	03:52:01.85	+01:25:47 (37.0%)	8:15	7.3 (63.5%)
147	PIWKO Wojciech	3198		M40	54		03:51:44.55	03:52:16.55	+01:26:01 (37.0%)	8:16	7.2 (62.6%)
148	MAJCHRZAK Jakub	3239	FIBOO TEAM	M30	52	01:51:08	03:52:04.60	03:52:17.45	+01:26:02 (37.0%)	8:17	7.2 (62.6%)
149	SZAŁAŃSKI Alan	3235	NEW BALANCE RUN CLUB	M30	53	02:00:35	03:51:49.50	03:52:31.30	+01:26:16 (37.1%)	8:16	7.2 (62.6%)
150	ŚCIĘGOSZ Daniel	3651	STANWEX II	M30	54	01:56:35	03:51:09.70	03:52:33.65	+01:26:19 (37.1%)	8:15	7.3 (63.5%)
151	KRZYŻANOWSKI Mikołaj	3233		M40	55	02:02:41	03:52:15.95	03:52:53.10	+01:26:38 (37.2%)	8:17	7.2 (62.6%)
152	KOMAR Rafał	3427	KLUB G4 W SIEDLCACH	M30	55	01:52:41	03:52:23.65	03:52:57.20	+01:26:42 (37.2%)	8:17	7.2 (62.6%)
153	WYGONOWSKI Jacek	3390	DZIKUR CREW	M50	12	01:55:36	03:52:04.70	03:52:57.80	+01:26:43 (37.2%)	8:17	7.2 (62.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
154	ĆWIEK Kacper	3300		M20	11	02:08:03	03:52:07.45	03:53:27.00	+01:27:12 (37.4%)	8:17	7.2 (62.6%)
155	GAWRYSZEWSKI Michał	3308		M50	13	02:04:52	03:53:05.70	03:53:30.30	+01:27:15 (37.4%)	8:19	7.2 (62.6%)
156	BALION Michał	3402		M40	56	02:02:11	03:52:50.60	03:53:36.80	+01:27:22 (37.4%)	8:18	7.2 (62.6%)
157	OWCZAREK Katarzyna	3544		K30	11	02:00:16	03:52:12.45	03:53:42.50	+01:27:27 (37.4%)	8:17	7.2 (62.6%)
158	GRUDZIŃSKI Jarosław	3624		M30	56	02:03:32	03:53:22.10	03:53:48.85	+01:27:34 (37.5%)	8:20	7.2 (62.6%)
159	JURKOWSKI Tomasz	3129		M30	57	02:02:22	03:52:41.30	03:53:48.90	+01:27:34 (37.5%)	8:18	7.2 (62.6%)
160	IMIOŁCZYK Tomasz	3398	KOMANDOS	M40	57	02:03:38	03:53:59.10	03:53:59.10	+01:27:44 (37.5%)	8:21	7.2 (62.6%)
161	SZCZOT Andrzej	3724	KB SOBÓTKA	M40	58	02:00:46	03:54:02.20	03:54:13.95	+01:27:59 (37.6%)	8:21	7.2 (62.6%)
162	PLONA Adam	3516	#POWERCUPLE	M30	58	02:04:10	03:53:49.05	03:54:14.85	+01:28:00 (37.6%)	8:21	7.2 (62.6%)
163	WITCZAK Romuald	3737		M50	14	02:05:34	03:52:31.35	03:54:15.05	+01:28:00 (37.6%)	8:18	7.2 (62.6%)
164	PAWŁUSIÓW Andrzej	3038		M40	59	02:00:23	03:54:06.00	03:54:15.95	+01:28:01 (37.6%)	8:21	7.2 (62.6%)
165	JAKUBECKI Michał	3387		M20	12	01:50:44	03:54:03.40	03:54:17.00	+01:28:02 (37.6%)	8:21	7.2 (62.6%)
166	HAWROT Bartłomiej	3363	PAWKO RUNNER TEAM	M30	59	02:05:13	03:54:17.95	03:54:21.95	+01:28:07 (37.6%)	8:22	7.2 (62.6%)
167	BANCERZ Szymon	3527	TRAWNIKI BIEGAJĄ	M20	13	02:04:24	03:54:12.80	03:54:49.80	+01:28:35 (37.7%)	8:21	7.2 (62.6%)
168	SIKORA Grzegorz	3069		M40	60	02:04:36	03:53:53.70	03:54:56.40	+01:28:41 (37.8%)	8:21	7.2 (62.6%)
169	MAZUR Maria	3070		K30	12	02:04:36	03:53:54.45	03:54:56.55	+01:28:41 (37.8%)	8:21	7.2 (62.6%)
170	ŻŁOBIŃSKI Bartłomiej	3553		M40	61	02:00:29	03:54:33.40	03:54:59.55	+01:28:44 (37.8%)	8:22	7.2 (62.6%)
171	GŁUCHOWSKI Przemek	3068		M40	62	02:10:38	03:54:34.20	03:55:02.85	+01:28:48 (37.8%)	8:22	7.2 (62.6%)
172	GUZERA Tomasz	3290		M30	60	01:55:22	03:55:04.05	03:55:08.10	+01:28:53 (37.8%)	8:23	7.1 (61.7%)
173	BOSEK Pawel	3436	BOSKI TEAM	M40	63	02:11:46	03:53:38.30	03:55:11.00	+01:28:56 (37.8%)	8:20	7.2 (62.6%)
174	JABŁOŃSKI Michał	3690		M40	64	02:00:48	03:53:35.20	03:55:20.75	+01:29:06 (37.9%)	8:20	7.2 (62.6%)
175	KRZYMOWSKI Adrian	3045	LEGION WARSZAWA	M20	14	02:06:13	03:54:12.10	03:55:24.00	+01:29:09 (37.9%)	8:21	7.2 (62.6%)
176	SZCZĘSNY Paweł	3370		M30	61	01:57:47	03:55:27.70	03:55:38.80	+01:29:24 (37.9%)	8:24	7.1 (61.7%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
177	<b>BAŁA Marcin</b>	<b>3599</b>		M30	62	02:05:46	<b>03:55:16.95</b>	<b>03:56:07.50</b>	+01:29:52 (38.1%)	8:24	7.1 (61.7%)
178	<b>IDZIAK Marcin</b>	<b>3621</b>	POLSKA	M40	65		<b>03:57:02.85</b>	<b>03:57:02.85</b>	+01:30:48 (38.3%)	8:27	7.1 (61.7%)
179	<b>LIS Bartłomiej</b>	<b>3213</b>	GANG DZIKICH WIEPRZY	M20	15	02:08:09	<b>03:55:24.15</b>	<b>03:57:04.95</b>	+01:30:50 (38.3%)	8:24	7.1 (61.7%)
180	<b>SMOLAREK Dawid</b>	<b>3714</b>	MSW REPREZENTANT	M30	63	02:01:42	<b>03:56:18.05</b>	<b>03:57:34.20</b>	+01:31:19 (38.4%)	8:26	7.1 (61.7%)
181	<b>SUŁEK Marcin</b>	<b>3206</b>	PRO-MILE TEAM	M30	64	02:03:11	<b>03:57:16.95</b>	<b>03:57:40.10</b>	+01:31:25 (38.5%)	8:28	7.1 (61.7%)
182	<b>JASTRZĄB Piotr</b>	<b>17</b>		M50	15	02:02:43	<b>03:57:39.95</b>	<b>03:57:44.25</b>	+01:31:29 (38.5%)	8:29	7.1 (61.7%)
183	<b>TAPEREK Marta</b>	<b>3633</b>		K30	13	01:59:57	<b>03:56:19.65</b>	<b>03:57:45.80</b>	+01:31:31 (38.5%)	8:26	7.1 (61.7%)
184	<b>BAŁUKA Jarosław</b>	<b>3486</b>		M50	16	02:15:57	<b>03:57:14.25</b>	<b>03:57:46.70</b>	+01:31:32 (38.5%)	8:28	7.1 (61.7%)
185	<b>DYSZER Jarosław</b>	<b>3728</b>		M30	65	02:03:47	<b>03:56:21.95</b>	<b>03:57:47.50</b>	+01:31:32 (38.5%)	8:26	7.1 (61.7%)
186	<b>KALICIŃSKI Jarosław</b>	<b>3117</b>	ŚLĘZAK TEAM	M40	66	02:01:19	<b>03:57:24.80</b>	<b>03:58:15.10</b>	+01:32:00 (38.6%)	8:28	7.1 (61.7%)
187	<b>GRABAREK Mateusz</b>	<b>3061</b>	ASOT	M40	67	02:06:09	<b>03:57:42.85</b>	<b>03:58:33.30</b>	+01:32:18 (38.7%)	8:29	7.1 (61.7%)
188	<b>OLEKSA Leszek</b>	<b>3439</b>		M30	66	02:03:42	<b>03:57:52.40</b>	<b>03:58:55.75</b>	+01:32:41 (38.8%)	8:29	7.1 (61.7%)
189	<b>RUDNIK Paweł</b>	<b>3155</b>		M30	67	02:05:55	<b>03:58:14.00</b>	<b>03:59:09.40</b>	+01:32:54 (38.9%)	8:30	7.1 (61.7%)
190	<b>KSIONEK Jarosław</b>	<b>3640</b>	G4 SIEDLCE	M20	16	02:06:35	<b>03:58:18.60</b>	<b>03:59:16.25</b>	+01:33:01 (38.9%)	8:30	7 (60.9%)
191	<b>SIWEK Julianna</b>	<b>3095</b>	WKURW_TEAM	K20	2	02:01:57	<b>03:58:33.75</b>	<b>03:59:38.60</b>	+01:33:24 (39.0%)	8:31	7 (60.9%)
192	<b>KUTERA Paweł</b>	<b>3726</b>		M30	68	02:03:46	<b>03:58:21.85</b>	<b>03:59:48.10</b>	+01:33:33 (39.0%)	8:30	7 (60.9%)
193	<b>SULIMA Grzegorz</b>	<b>3644</b>		M40	68	02:01:36	<b>03:59:16.05</b>	<b>03:59:48.65</b>	+01:33:34 (39.0%)	8:32	7 (60.9%)
194	<b>KRAWCZYK Nicole</b>	<b>3537</b>		K30	14	02:04:31	<b>03:59:42.45</b>	<b>04:00:16.80</b>	+01:34:02 (39.1%)	8:33	7 (60.9%)
195	<b>WOSINSKA Magdalena</b>	<b>3571</b>	#DZIEWCZYNY_MINISTRY	K40	7	02:05:13	<b>03:59:21.00</b>	<b>04:00:17.50</b>	+01:34:02 (39.1%)	8:32	7 (60.9%)
196	<b>ZAREMBA Monika</b>	<b>3411</b>	WIELUŃ BIEGA	K20	3	02:06:36	<b>04:00:21.50</b>	<b>04:00:58.10</b>	+01:34:43 (39.3%)	8:35	7 (60.9%)
197	<b>JURKIEWICZ Aldona</b>	<b>3205</b>	ROZBIEGANY SUSZ	K40	8	02:08:41	<b>04:00:00.50</b>	<b>04:01:07.20</b>	+01:34:52 (39.3%)	8:34	7 (60.9%)
198	<b>SKARŻYŃSKI Michał</b>	<b>3013</b>		M40	69	02:08:59	<b>04:00:15.05</b>	<b>04:01:30.00</b>	+01:35:15 (39.4%)	8:34	7 (60.9%)
199	<b>MARCZEWSKA Agata</b>	<b>3193</b>		K40	9	02:07:18	<b>04:00:33.30</b>	<b>04:01:37.70</b>	+01:35:23 (39.5%)	8:35	7 (60.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
200	<b>BAŃKA Mariusz</b>	<b>3465</b>		M50	17	02:03:42	<b>04:01:27.45</b>	<b>04:01:51.75</b>	+01:35:37 (39.5%)	8:37	7 (60.9%)
201	<b>KUTERA Konrad</b>	<b>3458</b>		M30	69	02:05:20	<b>04:01:38.15</b>	<b>04:01:58.25</b>	+01:35:43 (39.6%)	8:37	7 (60.9%)
202	<b>ŁĄCKA Agata</b>	<b>3021</b>	FABRYKA DZIKA	K30	15	02:06:12	<b>04:02:24.25</b>	<b>04:02:46.10</b>	+01:36:31 (39.8%)	8:39	6.9 (60.0%)
203	<b>KOZERA Łukasz</b>	<b>3212</b>		M20	17	02:08:10	<b>04:01:07.70</b>	<b>04:02:47.20</b>	+01:36:32 (39.8%)	8:36	7 (60.9%)
204	<b>ŁUCIÓW Leszek</b>	<b>3016</b>	NOA	M40	70	02:03:59	<b>04:03:08.25</b>	<b>04:03:14.20</b>	+01:36:59 (39.9%)	8:41	6.9 (60.0%)
205	<b>NAGALSKI Mateusz</b>	<b>3666</b>	EAZYMUT.PL	M30	70	02:02:53	<b>04:03:23.60</b>	<b>04:03:43.30</b>	+01:37:28 (40.0%)	8:41	6.9 (60.0%)
206	<b>MARCINKOWSKI Łukasz</b>	<b>3587</b>	FABRYKA DZIKA	M30	71	02:06:15	<b>04:04:01.75</b>	<b>04:04:23.90</b>	+01:38:09 (40.2%)	8:42	6.9 (60.0%)
207	<b>KEMPKA Tomasz</b>	<b>3221</b>		M30	72	02:04:53	<b>04:02:55.50</b>	<b>04:04:30.10</b>	+01:38:15 (40.2%)	8:40	6.9 (60.0%)
208	<b>KRZYMOWSKI Przemysław</b>	<b>3046</b>	PERN RUNNERS	M30	73	02:06:15	<b>04:03:23.60</b>	<b>04:04:34.90</b>	+01:38:20 (40.2%)	8:41	6.9 (60.0%)
209	<b>SMYL Łukasz</b>	<b>3479</b>		M20	18	01:55:55	<b>04:04:08.00</b>	<b>04:04:56.80</b>	+01:38:42 (40.3%)	8:43	6.9 (60.0%)
210	<b>CHLIPAŁA Marek</b>	<b>3234</b>		M30	74	02:11:11	<b>04:04:50.40</b>	<b>04:05:04.90</b>	+01:38:50 (40.3%)	8:44	6.9 (60.0%)
211	<b>STOLARZ Andrzej</b>	<b>3616</b>		M30	75	02:05:59	<b>04:05:04.50</b>	<b>04:05:14.50</b>	+01:38:59 (40.4%)	8:45	6.9 (60.0%)
212	<b>ŁAPIŃSKA Agnieszka</b>	<b>3317</b>		K20	4		<b>04:03:55.75</b>	<b>04:05:15.45</b>	+01:39:00 (40.4%)	8:42	6.9 (60.0%)
213	<b>JAŻWIECKA Anita</b>	<b>3735</b>	MUAY RUNNING TEAM	K30	16	02:05:30	<b>04:05:12.65</b>	<b>04:05:39.15</b>	+01:39:24 (40.5%)	8:45	6.9 (60.0%)
214	<b>DRABIK Pawel</b>	<b>3649</b>	KRZAN PRZEWORSK	M40	71	02:10:35	<b>04:05:11.10</b>	<b>04:06:13.20</b>	+01:39:58 (40.6%)	8:45	6.9 (60.0%)
215	<b>CITKO Radosław</b>	<b>3395</b>		M40	72	02:03:49	<b>04:04:43.95</b>	<b>04:06:13.95</b>	+01:39:59 (40.6%)	8:44	6.9 (60.0%)
216	<b>PASEK Mikołaj</b>	<b>3420</b>		M20	19	02:07:32	<b>04:05:32.00</b>	<b>04:06:17.80</b>	+01:40:03 (40.6%)	8:46	6.8 (59.1%)
217	<b>KURAS Olga</b>	<b>3085</b>	NUNEK SPITFIRE	K30	17	02:08:22	<b>04:05:19.90</b>	<b>04:06:18.10</b>	+01:40:03 (40.6%)	8:45	6.8 (59.1%)
218	<b>RAK Maciej</b>	<b>3345</b>		M30	76	02:06:00	<b>04:05:47.70</b>	<b>04:06:27.65</b>	+01:40:13 (40.7%)	8:46	6.8 (59.1%)
219	<b>WASILEWSKI Bartosz</b>	<b>3320</b>		M40	73		<b>04:06:33.20</b>	<b>04:06:33.20</b>	+01:40:18 (40.7%)	8:48	6.8 (59.1%)
220	<b>GABRYCH Łukasz</b>	<b>3067</b>	SAINT-GOBAIN SQUAD	M40	74	02:08:08	<b>04:06:27.65</b>	<b>04:06:54.15</b>	+01:40:39 (40.8%)	8:48	6.8 (59.1%)
221	<b>SKONIECZKO Adam</b>	<b>3296</b>	FABRYKA DZIKA	M30	77	01:58:03	<b>04:05:12.50</b>	<b>04:06:55.70</b>	+01:40:41 (40.8%)	8:45	6.9 (60.0%)
222	<b>GUZERA Maciej</b>	<b>3557</b>		M30	78	02:02:05	<b>04:06:20.55</b>	<b>04:06:56.95</b>	+01:40:42 (40.8%)	8:47	6.8 (59.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
223	<b>MOCZYDŁOWSKI Łukasz</b>	<b>3278</b>		M40	75	02:06:05	<b>04:06:31.60</b>	<b>04:07:06.50</b>	+01:40:51 (40.8%)	8:48	6.8 (59.1%)
224	<b>JOPEK Tomasz</b>	<b>3385</b>		M40	76	01:50:52	<b>04:07:02.40</b>	<b>04:07:23.70</b>	+01:41:09 (40.9%)	8:49	6.8 (59.1%)
225	<b>GRABOWSKI Sebastian</b>	<b>3120</b>	MATNER RUNING TEAM	M40	77	02:11:12	<b>04:05:52.65</b>	<b>04:07:28.90</b>	+01:41:14 (40.9%)	8:46	6.8 (59.1%)
226	<b>GAWRON Paweł</b>	<b>3011</b>	KONIN RUN	M60	5	02:12:14	<b>04:07:31.05</b>	<b>04:08:00.60</b>	+01:41:46 (41.0%)	8:50	6.8 (59.1%)
227	<b>KUTSKO Oksana</b>	<b>3683</b>		K20	5	01:59:57	<b>04:08:26.80</b>	<b>04:08:29.70</b>	+01:42:15 (41.1%)	8:52	6.8 (59.1%)
228	<b>BISKUPSKI Michał</b>	<b>3346</b>	MANUFAKTURA KNURA	M40	78	02:06:17	<b>04:07:10.75</b>	<b>04:08:53.70</b>	+01:42:39 (41.2%)	8:49	6.8 (59.1%)
229	<b>OLEŃDZKA Marianna</b>	<b>3380</b>	FIZJO	K30	18	02:13:37	<b>04:08:54.10</b>	<b>04:09:23.75</b>	+01:43:09 (41.4%)	8:53	6.7 (58.3%)
230	<b>SKOWERA Rafał</b>	<b>3382</b>		M30	79	02:13:36	<b>04:08:54.60</b>	<b>04:09:24.10</b>	+01:43:09 (41.4%)	8:53	6.7 (58.3%)
231	<b>OSTRACH Michał</b>	<b>3442</b>		M30	80	01:55:54	<b>04:09:41.75</b>	<b>04:09:50.60</b>	+01:43:36 (41.5%)	8:55	6.7 (58.3%)
232	<b>LISIECKI Jacek</b>	<b>3746</b>	CAMEL	M50	18	02:09:43	<b>04:09:23.15</b>	<b>04:09:57.90</b>	+01:43:43 (41.5%)	8:54	6.7 (58.3%)
233	<b>SOLARSKI Robert</b>	<b>3259</b>		M40	79	01:57:02	<b>04:09:41.85</b>	<b>04:10:08.00</b>	+01:43:53 (41.5%)	8:55	6.7 (58.3%)
234	<b>DZIADUS Marcin</b>	<b>3187</b>		M30	81	02:12:09	<b>04:09:32.50</b>	<b>04:10:08.35</b>	+01:43:53 (41.5%)	8:54	6.7 (58.3%)
235	<b>KIEŁPIŃSKI Piotr</b>	<b>3268</b>		M40	80	02:08:06	<b>04:10:03.55</b>	<b>04:10:27.25</b>	+01:44:12 (41.6%)	8:55	6.7 (58.3%)
236	<b>SALNIKOV Denis</b>	<b>3647</b>		M30	82	02:06:03	<b>04:10:19.05</b>	<b>04:11:18.10</b>	+01:45:03 (41.8%)	8:56	6.7 (58.3%)
237	<b>OLSZYK Tadeusz</b>	<b>3287</b>	MKL MARATON	M60	6	02:08:42	<b>04:10:17.20</b>	<b>04:11:24.00</b>	+01:45:09 (41.8%)	8:56	6.7 (58.3%)
238	<b>SZOPIŃSKI Wojciech</b>	<b>3443</b>	PZUSPORTTEAM	M40	81	02:16:06	<b>04:11:13.20</b>	<b>04:11:32.50</b>	+01:45:17 (41.9%)	8:58	6.7 (58.3%)
239	<b>SZOPINSKA Justyna</b>	<b>3269</b>	LUKS SEROCK	K30	19	02:16:06	<b>04:11:13.65</b>	<b>04:11:32.75</b>	+01:45:18 (41.9%)	8:58	6.7 (58.3%)
240	<b>BIELAK Paweł</b>	<b>3100</b>	EXC MOBILE TEAM	M30	83	02:08:16	<b>04:10:41.95</b>	<b>04:11:49.25</b>	+01:45:34 (41.9%)	8:57	6.7 (58.3%)
241	<b>KOCHAJ Wojciech</b>	<b>15</b>		M40	82	02:11:00	<b>04:11:53.10</b>	<b>04:12:06.90</b>	+01:45:52 (42.0%)	8:59	6.7 (58.3%)
242	<b>KOZIENSKI Marcin</b>	<b>3217</b>		M40	83	02:08:13	<b>04:11:37.65</b>	<b>04:12:07.65</b>	+01:45:53 (42.0%)	8:59	6.7 (58.3%)
243	<b>MICHALAK-KLIMCZAK Lucyna</b>	<b>3348</b>		K40	10	02:08:43	<b>04:10:58.05</b>	<b>04:12:17.60</b>	+01:46:03 (42.0%)	8:57	6.7 (58.3%)
244	<b>GAJEWIAK Adam</b>	<b>3528</b>	WENET RUNNERS TEAM	M40	84	02:04:04	<b>04:12:07.25</b>	<b>04:12:48.05</b>	+01:46:33 (42.2%)	9:00	6.7 (58.3%)
245	<b>HELIOSZ Joanna</b>	<b>3615</b>	SILESIA MARATHON CLUB	K40	11	02:19:21	<b>04:12:36.30</b>	<b>04:14:08.85</b>	+01:47:54 (42.5%)	9:01	6.7 (58.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
246	<b>PUCHAŁA Mariusz</b>	<b>3461</b>		M40	85	02:09:54	<b>04:13:08.85</b>	<b>04:14:09.25</b>	+01:47:54 (42.5%)	9:02	6.6 (57.4%)
247	<b>KUSZTEŁAK Jacek</b>	<b>16</b>	ZIEMO-WIT TEAM	M40	86	02:21:09	<b>04:14:07.30</b>	<b>04:14:13.75</b>	+01:47:59 (42.5%)	9:04	6.6 (57.4%)
248	<b>BAŁCZEWSKA Ewelina</b>	<b>3121</b>		K30	20	02:15:41	<b>04:14:20.20</b>	<b>04:14:29.10</b>	+01:48:14 (42.5%)	9:05	6.6 (57.4%)
249	<b>JAGIEŁŁO Jarosław</b>	<b>3460</b>		M40	87	02:10:35	<b>04:14:41.65</b>	<b>04:14:48.60</b>	+01:48:34 (42.6%)	9:05	6.6 (57.4%)
250	<b>PAWEŁCZUK Grzegorz</b>	<b>3407</b>		M40	88	02:07:36	<b>04:13:47.35</b>	<b>04:15:05.45</b>	+01:48:50 (42.7%)	9:03	6.6 (57.4%)
251	<b>OLSZAK Przemysław</b>	<b>3261</b>		M40	89	02:14:44	<b>04:14:37.35</b>	<b>04:15:09.80</b>	+01:48:55 (42.7%)	9:05	6.6 (57.4%)
252	<b>PACHEL Tycjan</b>	<b>3163</b>	MROCZNE KUCE	M40	90	02:07:54	<b>04:14:18.60</b>	<b>04:15:14.60</b>	+01:49:00 (42.7%)	9:04	6.6 (57.4%)
253	<b>MACIEJAK Robert</b>	<b>3561</b>		M40	91	02:04:26	<b>04:14:34.55</b>	<b>04:15:16.00</b>	+01:49:01 (42.7%)	9:05	6.6 (57.4%)
254	<b>SOWA Bogusław</b>	<b>3060</b>		M30	84	02:04:49	<b>04:15:13.20</b>	<b>04:15:17.55</b>	+01:49:02 (42.7%)	9:06	6.6 (57.4%)
255	<b>CZYTRZYŃSKA Alicja</b>	<b>3459</b>		K20	6	02:02:05	<b>04:13:49.80</b>	<b>04:15:19.90</b>	+01:49:05 (42.7%)	9:03	6.6 (57.4%)
256	<b>PIKULIK Arkadiusz</b>	<b>3282</b>		M40	92	02:07:06	<b>04:14:06.75</b>	<b>04:15:21.45</b>	+01:49:06 (42.7%)	9:04	6.6 (57.4%)
257	<b>GÓRSKI Mateusz</b>	<b>3292</b>		M30	85	02:01:41	<b>04:15:12.20</b>	<b>04:15:22.60</b>	+01:49:08 (42.7%)	9:06	6.6 (57.4%)
258	<b>DYBOWSKA Małgorzata</b>	<b>3396</b>		K40	12	02:13:40	<b>04:13:37.95</b>	<b>04:15:22.75</b>	+01:49:08 (42.7%)	9:03	6.6 (57.4%)
259	<b>DERKOWSKI Rafał</b>	<b>3677</b>		M30	86	02:12:13	<b>04:13:43.60</b>	<b>04:15:26.35</b>	+01:49:11 (42.7%)	9:03	6.6 (57.4%)
260	<b>JANKIEWICZ Patryk</b>	<b>3323</b>	ROZBIEGANY PIASTÓW	M40	93	02:00:37	<b>04:14:55.45</b>	<b>04:15:39.50</b>	+01:49:24 (42.8%)	9:06	6.6 (57.4%)
261	<b>MALACZ Maciej</b>	<b>3162</b>	MROCZNE KUCE	M40	94	02:07:55	<b>04:14:44.15</b>	<b>04:15:39.70</b>	+01:49:25 (42.8%)	9:05	6.6 (57.4%)
262	<b>KROL Maciej</b>	<b>3652</b>		M30	87	02:02:56	<b>04:15:18.85</b>	<b>04:15:42.10</b>	+01:49:27 (42.8%)	9:07	6.6 (57.4%)
263	<b>MROCZEK Dawid</b>	<b>3190</b>	PLEJBOJE WE DWOJE	M30	88	01:56:45	<b>04:14:52.40</b>	<b>04:16:00.00</b>	+01:49:45 (42.9%)	9:06	6.6 (57.4%)
264	<b>SIENKIEWICZ Magda</b>	<b>3529</b>		K20	7	02:09:27	<b>04:15:12.45</b>	<b>04:16:15.95</b>	+01:50:01 (42.9%)	9:06	6.6 (57.4%)
265	<b>FREJ Marcin</b>	<b>3707</b>		M30	89	02:02:09	<b>04:16:34.35</b>	<b>04:16:50.10</b>	+01:50:35 (43.1%)	9:09	6.5 (56.5%)
266	<b>BRUDEREK Anna</b>	<b>3409</b>	PRIMUM CURRERE	K40	13	02:14:36	<b>04:17:01.50</b>	<b>04:17:45.15</b>	+01:51:30 (43.3%)	9:10	6.5 (56.5%)
267	<b>PASEK Paweł</b>	<b>3284</b>		M30	90	02:07:31	<b>04:17:03.65</b>	<b>04:17:48.50</b>	+01:51:33 (43.3%)	9:10	6.5 (56.5%)
268	<b>CHWASTOWSKI Filip</b>	<b>3267</b>		M30	91	02:04:03	<b>04:17:36.95</b>	<b>04:17:49.05</b>	+01:51:34 (43.3%)	9:12	6.5 (56.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
269	<b>SZYMBORSKI Piotr</b>	<b>3731</b>		M40	95	02:22:47	<b>04:16:35.95</b>	<b>04:17:54.05</b>	+01:51:39 (43.3%)	9:09	6.5 (56.5%)
270	<b>TUROSZ Zbigniew</b>	<b>3594</b>		M60	7	02:14:08	<b>04:17:36.80</b>	<b>04:18:15.35</b>	+01:52:00 (43.4%)	9:12	6.5 (56.5%)
271	<b>PISAREK Piotr</b>	<b>3194</b>		M30	92	02:13:24	<b>04:17:20.35</b>	<b>04:18:19.75</b>	+01:52:05 (43.4%)	9:11	6.5 (56.5%)
272	<b>RYŻYŃSKI Tomasz</b>	<b>3559</b>	CHEŁM BIEGA	M40	96	02:12:03	<b>04:17:36.15</b>	<b>04:19:09.55</b>	+01:52:54 (43.6%)	9:12	6.5 (56.5%)
273	<b>MAĆKOWIAK Joanna</b>	<b>3656</b>		K20	8	02:09:35	<b>04:18:43.95</b>	<b>04:19:12.10</b>	+01:52:57 (43.6%)	9:14	6.5 (56.5%)
274	<b>MILCZAREK Kinga</b>	<b>3151</b>		K30	21	02:12:59	<b>04:18:24.30</b>	<b>04:19:16.10</b>	+01:53:01 (43.6%)	9:13	6.5 (56.5%)
275	<b>CHOMA Julia</b>	<b>3376</b>		K20	9	02:24:24	<b>04:17:52.30</b>	<b>04:19:16.80</b>	+01:53:02 (43.6%)	9:12	6.5 (56.5%)
276	<b>MAKOWSKI Tomasz</b>	<b>3283</b>	#BIEGAMWOLNOALEDOKŁADNIE	M20	20	02:30:37	<b>04:17:43.00</b>	<b>04:19:17.00</b>	+01:53:02 (43.6%)	9:12	6.5 (56.5%)
277	<b>POPCZYK Ewelina</b>	<b>3310</b>	HEALTHY BODY ŻELAZNY&ŻELAZNY	K40	14	02:22:23	<b>04:19:19.60</b>	<b>04:20:26.10</b>	+01:54:11 (43.8%)	9:15	6.5 (56.5%)
278	<b>BRODZIAK Arkadiusz</b>	<b>3703</b>		M40	97	02:17:06	<b>04:19:41.40</b>	<b>04:20:33.60</b>	+01:54:19 (43.9%)	9:16	6.5 (56.5%)
279	<b>RONDUDA Robert</b>	<b>3258</b>		M40	98	02:18:45	<b>04:19:29.00</b>	<b>04:20:38.65</b>	+01:54:24 (43.9%)	9:16	6.5 (56.5%)
280	<b>DZIADOSZ Roma</b>	<b>3456</b>		K40	15	02:10:51	<b>04:20:15.55</b>	<b>04:20:41.70</b>	+01:54:27 (43.9%)	9:17	6.5 (56.5%)
281	<b>DZIADOSZ Pawel</b>	<b>3454</b>		M40	99	02:10:50	<b>04:20:16.10</b>	<b>04:20:41.80</b>	+01:54:27 (43.9%)	9:17	6.5 (56.5%)
282	<b>KOZIOŁ Darek</b>	<b>3680</b>		M30	93	02:16:48	<b>04:20:19.35</b>	<b>04:20:47.50</b>	+01:54:32 (43.9%)	9:17	6.5 (56.5%)
283	<b>TYMIŃSKI Mariusz</b>	<b>3476</b>		M40	100	02:06:10	<b>04:20:36.50</b>	<b>04:20:48.30</b>	+01:54:33 (43.9%)	9:18	6.4 (55.7%)
284	<b>KULIBERDA Tomasz</b>	<b>3602</b>	TEATR O.DE.LA	M40	101	02:15:47	<b>04:20:51.05</b>	<b>04:20:53.40</b>	+01:54:38 (43.9%)	9:18	6.4 (55.7%)
285	<b>DZIURDZIAK Piotr</b>	<b>3550</b>		M30	94	02:06:11	<b>04:21:25.75</b>	<b>04:21:37.20</b>	+01:55:22 (44.1%)	9:20	6.4 (55.7%)
286	<b>ŚWIERŻEWSKA Sylwia</b>	<b>3366</b>	HEŃTEAM	K40	16	02:23:18	<b>04:21:09.80</b>	<b>04:21:39.30</b>	+01:55:24 (44.1%)	9:19	6.4 (55.7%)
287	<b>GUCWA Jaroslaw</b>	<b>3582</b>		M50	19	02:17:47	<b>04:21:21.40</b>	<b>04:21:51.70</b>	+01:55:37 (44.2%)	9:20	6.4 (55.7%)
288	<b>WYRZYKOWSKA Katarzyna</b>	<b>3373</b>	SKAWINA BIEGA	K30	22	02:14:49	<b>04:21:36.85</b>	<b>04:22:00.10</b>	+01:55:45 (44.2%)	9:20	6.4 (55.7%)
289	<b>MICHALAK Kamil</b>	<b>3347</b>	SZYKNRANIA	M30	95	02:08:42	<b>04:20:53.90</b>	<b>04:22:13.80</b>	+01:55:59 (44.2%)	9:19	6.4 (55.7%)
290	<b>DYDO Paweł</b>	<b>3495</b>		M30	96	02:24:48	<b>04:21:07.00</b>	<b>04:22:18.10</b>	+01:56:03 (44.2%)	9:19	6.4 (55.7%)
291	<b>JAGNIESZCZAK Zuzanna</b>	<b>3201</b>	TEAM PARSZCZYŃSKICH	K30	23	02:14:16	<b>04:22:32.80</b>	<b>04:22:40.35</b>	+01:56:25 (44.3%)	9:22	6.4 (55.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
292	<b>ŻYLAK Adrian</b>	<b>3576</b>	ADIDAS RUNNERS WARSAW/TEAM PARSZCZYŃSKICH	M30	97	02:14:18	<b>04:22:33.55</b>	<b>04:22:40.90</b>	+01:56:26 (44.3%)	9:22	6.4 (55.7%)
293	<b>FARBISZEWSKI Marek</b>	<b>3711</b>	ORANGE POLSKA	M40	102	02:14:36	<b>04:22:39.05</b>	<b>04:22:50.70</b>	+01:56:36 (44.4%)	9:22	6.4 (55.7%)
294	<b>WILK Wiktoria</b>	<b>11</b>	SARNI TĘTENT	K30	24	02:19:55	<b>04:22:36.95</b>	<b>04:22:53.30</b>	+01:56:38 (44.4%)	9:22	6.4 (55.7%)
295	<b>BUDNY Wojciech</b>	<b>3518</b>	ZEMBORWACZE MOŃKI	M40	103	02:19:53	<b>04:22:43.60</b>	<b>04:23:00.50</b>	+01:56:45 (44.4%)	9:22	6.4 (55.7%)
296	<b>SADOWSKI Paweł</b>	<b>3307</b>		M40	104	02:07:57	<b>04:22:22.70</b>	<b>04:23:21.55</b>	+01:57:06 (44.5%)	9:22	6.4 (55.7%)
297	<b>KAPRAL Adam</b>	<b>3674</b>	DWERNIK KAMIEŃ TRAIL	M40	105	02:12:10	<b>04:23:02.45</b>	<b>04:23:22.85</b>	+01:57:08 (44.5%)	9:23	6.4 (55.7%)
298	<b>KISZA Anna</b>	<b>3304</b>		K30	25	02:16:18	<b>04:21:56.85</b>	<b>04:23:28.05</b>	+01:57:13 (44.5%)	9:21	6.4 (55.7%)
299	<b>GRYNIENKO Paweł</b>	<b>3305</b>		M30	98	02:16:18	<b>04:21:56.90</b>	<b>04:23:28.25</b>	+01:57:13 (44.5%)	9:21	6.4 (55.7%)
300	<b>CZERWIŃSKI Paweł</b>	<b>3182</b>		M20	21	02:19:54	<b>04:22:55.25</b>	<b>04:23:31.05</b>	+01:57:16 (44.5%)	9:23	6.4 (55.7%)
301	<b>LEWANDOWSKI Jakub</b>	<b>3708</b>		M20	22	02:11:53	<b>04:23:14.75</b>	<b>04:23:31.95</b>	+01:57:17 (44.5%)	9:24	6.4 (55.7%)
302	<b>MAKARA Maciek</b>	<b>3654</b>		M20	23	02:11:55	<b>04:23:14.65</b>	<b>04:23:32.10</b>	+01:57:17 (44.5%)	9:24	6.4 (55.7%)
303	<b>ŻÓŁKOWSKI Rafał</b>	<b>3434</b>	RUN % FUN	M30	99	02:17:52	<b>04:21:50.15</b>	<b>04:23:35.80</b>	+01:57:21 (44.5%)	9:21	6.4 (55.7%)
304	<b>KOŁOTUSZA Małgorzata</b>	<b>3435</b>	ZASAPANI HYDRO	K40	17	02:16:35	<b>04:23:06.70</b>	<b>04:23:40.05</b>	+01:57:25 (44.5%)	9:23	6.4 (55.7%)
305	<b>BOROWSKI Robert</b>	<b>3678</b>		M30	100	02:21:35	<b>04:22:57.90</b>	<b>04:24:11.40</b>	+01:57:56 (44.6%)	9:23	6.4 (55.7%)
306	<b>RAK Patryk</b>	<b>3404</b>	GANG DZIKICH WIEPRZY	M20	24	02:23:35	<b>04:22:31.55</b>	<b>04:24:11.45</b>	+01:57:56 (44.6%)	9:22	6.4 (55.7%)
307	<b>POKRYWKA Stefan</b>	<b>3727</b>		M60	8	02:20:48	<b>04:22:56.45</b>	<b>04:24:13.85</b>	+01:57:59 (44.7%)	9:23	6.4 (55.7%)
308	<b>BOGUSZ Jarosław</b>	<b>3209</b>		M30	101	02:12:52	<b>04:24:23.25</b>	<b>04:25:04.35</b>	+01:58:49 (44.8%)	9:26	6.4 (55.7%)
309	<b>KIKUT Marcin</b>	<b>3523</b>		M40	106	01:57:27	<b>04:24:55.60</b>	<b>04:25:09.35</b>	+01:58:54 (44.8%)	9:27	6.3 (54.8%)
310	<b>JUSZCZAK Kamil</b>	<b>3445</b>		M30	102	02:26:38	<b>04:23:52.85</b>	<b>04:25:18.05</b>	+01:59:03 (44.9%)	9:25	6.4 (55.7%)
311	<b>MŁODZIENIAK Robert</b>	<b>3049</b>	KONIN RUN	M40	107	02:20:37	<b>04:24:48.05</b>	<b>04:25:18.95</b>	+01:59:04 (44.9%)	9:27	6.3 (54.8%)
312	<b>JEDLIŃSKI Bartosz</b>	<b>3657</b>	MARATOŃCZYK DĘBICA	M40	108	02:13:07	<b>04:25:31.10</b>	<b>04:25:45.85</b>	+01:59:31 (45.0%)	9:28	6.3 (54.8%)
313	<b>MROZOWSKI Paweł</b>	<b>3691</b>		M40	109	02:19:28	<b>04:24:12.40</b>	<b>04:25:57.75</b>	+01:59:43 (45.0%)	9:26	6.4 (55.7%)
314	<b>DĄBROWSKI Łukasz</b>	<b>3170</b>	SPORTOWE ŻULE	M40	110	02:13:46	<b>04:26:06.25</b>	<b>04:26:14.10</b>	+01:59:59 (45.1%)	9:30	6.3 (54.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
315	<b>CANLI Inessa</b>	<b>3171</b>		K30	26	02:13:47	<b>04:26:06.65</b>	<b>04:26:14.95</b>	+02:00:00 (45.1%)	9:30	6.3 (54.8%)
316	<b>RUBIN Andrzej</b>	<b>3199</b>	WKURW TEAM	M40	111	02:24:23	<b>04:24:54.25</b>	<b>04:26:16.25</b>	+02:00:01 (45.1%)	9:27	6.3 (54.8%)
317	<b>ZAJKOWSKI Michał</b>	<b>3357</b>	VEGE RUNNERS	M40	112	02:19:47	<b>04:25:11.85</b>	<b>04:26:30.25</b>	+02:00:15 (45.1%)	9:28	6.3 (54.8%)
318	<b>WISZNIEWSKI Roman</b>	<b>3433</b>		M50	20	02:14:09	<b>04:26:13.40</b>	<b>04:26:31.15</b>	+02:00:16 (45.1%)	9:30	6.3 (54.8%)
319	<b>MADEJ Grzegorz</b>	<b>3196</b>		M40	113	02:18:00	<b>04:25:38.90</b>	<b>04:26:39.05</b>	+02:00:24 (45.2%)	9:29	6.3 (54.8%)
320	<b>KOZIOŁ Ela</b>	<b>3699</b>		K30	27	02:16:47	<b>04:26:19.95</b>	<b>04:26:47.60</b>	+02:00:33 (45.2%)	9:30	6.3 (54.8%)
321	<b>WITKOWSKI Łukasz</b>	<b>3097</b>	RAJSPOORT ACTIVE	M40	114	02:18:59	<b>04:26:39.05</b>	<b>04:27:00.55</b>	+02:00:45 (45.2%)	9:31	6.3 (54.8%)
322	<b>WILCZEK Małgorzata</b>	<b>3094</b>	RAJSPOORT ACTIVE	K30	28	02:19:02	<b>04:26:40.35</b>	<b>04:27:00.85</b>	+02:00:46 (45.2%)	9:31	6.3 (54.8%)
323	<b>GOŁKOWSKI Zbigniew</b>	<b>3669</b>	EAZYMUT.PL	M50	21	02:07:52	<b>04:27:08.10</b>	<b>04:27:08.10</b>	+02:00:53 (45.3%)	9:32	6.3 (54.8%)
324	<b>PIENIAŻEK Mateusz</b>	<b>3514</b>		M20	25	02:16:18	<b>04:26:58.25</b>	<b>04:27:31.30</b>	+02:01:16 (45.3%)	9:32	6.3 (54.8%)
325	<b>SIEJAKOWSKA Michalina</b>	<b>3371</b>	SZKOŁA TENISA ZIEMNEGO AKA TENIS	K20	10	02:31:42	<b>04:26:23.55</b>	<b>04:27:39.10</b>	+02:01:24 (45.4%)	9:30	6.3 (54.8%)
326	<b>PIENIAŻEK Kamil</b>	<b>3339</b>		M30	103	02:16:19	<b>04:27:09.10</b>	<b>04:27:42.20</b>	+02:01:27 (45.4%)	9:32	6.3 (54.8%)
327	<b>FLIŚ Łukasz</b>	<b>3253</b>	AKTYWNA PSZCZYNA	M30	104	02:17:07	<b>04:26:18.50</b>	<b>04:27:48.85</b>	+02:01:34 (45.4%)	9:30	6.3 (54.8%)
328	<b>JUSZCZAK Marcin</b>	<b>13</b>		M50	22	02:22:30	<b>04:27:30.80</b>	<b>04:28:00.70</b>	+02:01:46 (45.4%)	9:33	6.3 (54.8%)
329	<b>OLESIŃSKA Joanna</b>	<b>3226</b>	DRUŻYNA JEDYNKI	K40	18	02:13:30	<b>04:29:04.15</b>	<b>04:29:14.45</b>	+02:02:59 (45.7%)	9:36	6.2 (53.9%)
330	<b>MODZELEWSKA Paulina</b>	<b>3422</b>	KLUB G4 W SIEDLCACH	K30	29	02:16:22	<b>04:29:57.80</b>	<b>04:30:31.50</b>	+02:04:16 (45.9%)	9:38	6.2 (53.9%)
331	<b>ROJEWSKA Aga</b>	<b>3056</b>		K30	30	02:12:22	<b>04:29:32.15</b>	<b>04:30:38.60</b>	+02:04:24 (46.0%)	9:37	6.2 (53.9%)
332	<b>ŻÓRAŃSKA Magdalena</b>	<b>3578</b>		K40	19	02:21:01	<b>04:30:34.60</b>	<b>04:30:47.15</b>	+02:04:32 (46.0%)	9:39	6.2 (53.9%)
333	<b>CICHACKI Tomasz</b>	<b>3037</b>		M40	115	02:06:10	<b>04:30:12.45</b>	<b>04:31:07.90</b>	+02:04:53 (46.1%)	9:39	6.2 (53.9%)
334	<b>ZUBKOWICZ Paweł</b>	<b>3634</b>		M30	105	02:13:43	<b>04:31:01.10</b>	<b>04:31:45.45</b>	+02:05:30 (46.2%)	9:40	6.2 (53.9%)
335	<b>TEPER Stanisław</b>	<b>3701</b>		M60	9	02:06:39	<b>04:31:43.90</b>	<b>04:31:48.80</b>	+02:05:34 (46.2%)	9:42	6.2 (53.9%)
336	<b>JĘDRZEJAK Piotr</b>	<b>9</b>		M50	23	02:12:39	<b>04:31:34.45</b>	<b>04:31:49.20</b>	+02:05:34 (46.2%)	9:41	6.2 (53.9%)
337	<b>KACZYŃSKI Dariusz</b>	<b>3668</b>	EAZYMUT.PL	M30	106	02:17:05	<b>04:32:16.70</b>	<b>04:32:37.40</b>	+02:06:22 (46.4%)	9:43	6.2 (53.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
338	<b>IVANOVA Alina</b>	<b>3001</b>		K30	31	02:26:42	<b>04:31:51.25</b>	<b>04:32:40.50</b>	+02:06:25 (46.4%)	9:42	6.2 (53.9%)
339	<b>MICHALAK Ela</b>	<b>3662</b>		K40	20	02:24:37	<b>04:31:19.60</b>	<b>04:32:40.65</b>	+02:06:26 (46.4%)	9:41	6.2 (53.9%)
340	<b>ROPEL Mirosław</b>	<b>3254</b>	KIS TRANSPORT	M60	10	02:18:51	<b>04:32:19.25</b>	<b>04:33:20.85</b>	+02:07:06 (46.5%)	9:43	6.2 (53.9%)
341	<b>KOWALSKI Marcin</b>	<b>3418</b>	RADOMNO BIEGA	M40	116	02:24:04	<b>04:33:16.55</b>	<b>04:33:29.45</b>	+02:07:14 (46.5%)	9:45	6.1 (53.0%)
342	<b>FUS Hubert</b>	<b>3394</b>		M20	26	02:28:48	<b>04:31:41.60</b>	<b>04:33:31.80</b>	+02:07:17 (46.5%)	9:42	6.2 (53.9%)
343	<b>ŚWIĄTEK Michał</b>	<b>1</b>	SFORABMK	M40	117	02:20:05	<b>04:33:27.00</b>	<b>04:33:43.00</b>	+02:07:28 (46.6%)	9:45	6.1 (53.0%)
344	<b>KICIŃSKI Piotr</b>	<b>3057</b>		M40	118	02:07:33	<b>04:32:44.00</b>	<b>04:33:44.40</b>	+02:07:29 (46.6%)	9:44	6.2 (53.9%)
345	<b>DZIEWA Agata</b>	<b>3626</b>	LUBELSKA GRUPA TRIATHLONU	K30	32	02:29:01	<b>04:33:29.30</b>	<b>04:33:48.30</b>	+02:07:33 (46.6%)	9:46	6.1 (53.0%)
346	<b>STACHURSKI Dariusz</b>	<b>3448</b>	RUN % FUN	M40	119	02:17:50	<b>04:32:07.25</b>	<b>04:33:52.80</b>	+02:07:38 (46.6%)	9:43	6.2 (53.9%)
347	<b>RONDUDA Janusz</b>	<b>3249</b>		M50	24		<b>04:33:56.75</b>	<b>04:33:56.75</b>	+02:07:42 (46.6%)	9:47	6.1 (53.0%)
348	<b>BIERNAT Maciej</b>	<b>3236</b>	GOLDEN PORKY RACING	M40	120	02:17:21	<b>04:33:30.15</b>	<b>04:34:26.45</b>	+02:08:11 (46.7%)	9:46	6.1 (53.0%)
349	<b>SIDOROWICZ Joanna</b>	<b>3388</b>		K30	33	02:21:23	<b>04:33:50.70</b>	<b>04:34:28.75</b>	+02:08:14 (46.7%)	9:46	6.1 (53.0%)
350	<b>ŁUCZKIEWICZ Dariusz</b>	<b>3181</b>		M30	107	02:23:39	<b>04:33:23.30</b>	<b>04:34:52.20</b>	+02:08:37 (46.8%)	9:45	6.1 (53.0%)
351	<b>ZEGAR Barbara</b>	<b>3661</b>		K50	1	02:24:37	<b>04:33:32.75</b>	<b>04:34:53.50</b>	+02:08:38 (46.8%)	9:46	6.1 (53.0%)
352	<b>PERLIŃSKI Mirosław</b>	<b>3477</b>	ASSECO ACTIVE TEAM	M40	121	02:19:45	<b>04:34:37.40</b>	<b>04:34:55.20</b>	+02:08:40 (46.8%)	9:48	6.1 (53.0%)
353	<b>LINART Grzegorz</b>	<b>3224</b>		M40	122	02:18:54	<b>04:35:17.25</b>	<b>04:35:32.75</b>	+02:09:18 (46.9%)	9:49	6.1 (53.0%)
354	<b>KULIKOWSKI Adam</b>	<b>3328</b>		M30	108	02:24:05	<b>04:35:08.90</b>	<b>04:35:48.50</b>	+02:09:33 (47.0%)	9:49	6.1 (53.0%)
355	<b>PAWEŁCZUK Katarzyna</b>	<b>3326</b>		K40	21	02:22:55	<b>04:34:57.25</b>	<b>04:36:15.70</b>	+02:10:01 (47.1%)	9:49	6.1 (53.0%)
356	<b>PAWELEC Krystyna</b>	<b>3628</b>	DOGOŃ GRODZISK MAZOWIECKI	K60	1	02:28:49	<b>04:35:19.25</b>	<b>04:36:32.50</b>	+02:10:17 (47.1%)	9:49	6.1 (53.0%)
357	<b>PIZON Bartek</b>	<b>3274</b>		M20	27	02:28:48	<b>04:34:54.30</b>	<b>04:36:44.40</b>	+02:10:29 (47.2%)	9:49	6.1 (53.0%)
358	<b>PIETRZAK Marek</b>	<b>3148</b>		M40	123	02:19:49	<b>04:35:53.80</b>	<b>04:37:00.80</b>	+02:10:46 (47.2%)	9:51	6.1 (53.0%)
359	<b>FLUKSIK Tomasz</b>	<b>3281</b>	JAZZOWE BIEGANIE	M60	11	02:13:45	<b>04:36:48.20</b>	<b>04:37:50.60</b>	+02:11:36 (47.4%)	9:53	6.1 (53.0%)
360	<b>BODUCH Jacek</b>	<b>3520</b>		M30	109	02:14:48	<b>04:37:58.30</b>	<b>04:38:01.75</b>	+02:11:47 (47.4%)	9:55	6 (52.2%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
361	<b>KULMA Krzysztof</b>	<b>3240</b>		M30	110	02:22:39	<b>04:36:36.90</b>	<b>04:38:05.00</b>	+02:11:50 (47.4%)	9:52	6.1 (53.0%)
362	<b>SIKORA Amelia</b>	<b>3623</b>	FUNDACJA EUROPEJSKIE FORUM NAUKI I BIZNESU	K20	11	02:24:03	<b>04:37:05.95</b>	<b>04:38:05.60</b>	+02:11:51 (47.4%)	9:53	6.1 (53.0%)
363	<b>ULIŃSKI Adam</b>	<b>3462</b>	KONIN RUN	M40	124	02:24:54	<b>04:38:10.65</b>	<b>04:38:41.25</b>	+02:12:26 (47.5%)	9:56	6 (52.2%)
364	<b>ANTCZAK Aleksander</b>	<b>3023</b>	KONIN RUN	M40	125	02:24:57	<b>04:38:11.70</b>	<b>04:38:41.50</b>	+02:12:26 (47.5%)	9:56	6 (52.2%)
365	<b>ALEKSANDROWICZ Patryk</b>	<b>3231</b>		M40	126	02:20:49	<b>04:37:52.55</b>	<b>04:38:50.25</b>	+02:12:35 (47.6%)	9:55	6 (52.2%)
365	<b>GORZUCH Mariusz</b>	<b>3430</b>	THE ON TEAM	M40	126	02:20:49	<b>04:37:51.95</b>	<b>04:38:50.25</b>	+02:12:35 (47.6%)	9:55	6 (52.2%)
367	<b>SIDOROWICZ Piotr</b>	<b>3545</b>		M20	28	02:30:37	<b>04:37:16.50</b>	<b>04:38:51.00</b>	+02:12:36 (47.6%)	9:54	6.1 (53.0%)
368	<b>GAŁKA Renata</b>	<b>3263</b>	KROMECCZEK TEAM	K50	2	02:29:54	<b>04:37:20.90</b>	<b>04:38:51.15</b>	+02:12:36 (47.6%)	9:54	6.1 (53.0%)
369	<b>PAWLIKOWSKA Monika</b>	<b>3593</b>		K40	22	02:24:51	<b>04:37:50.60</b>	<b>04:39:10.80</b>	+02:12:56 (47.6%)	9:55	6 (52.2%)
370	<b>KAŻMIERSKI Krzysztof</b>	<b>3174</b>	KB KROKUS KWIATKOWICE	M40	128	02:25:11	<b>04:38:47.85</b>	<b>04:39:26.60</b>	+02:13:12 (47.7%)	9:57	6 (52.2%)
371	<b>KAŻMIERSKA Monika</b>	<b>3031</b>	KB KROKUS KWIATKOWICE	K40	23	02:25:10	<b>04:38:47.30</b>	<b>04:39:26.90</b>	+02:13:12 (47.7%)	9:57	6 (52.2%)
372	<b>WITUSIK Weronika</b>	<b>3800</b>	OTK RZEŹNIK	K20	12	02:24:28	<b>04:37:46.25</b>	<b>04:39:27.50</b>	+02:13:12 (47.7%)	9:55	6 (52.2%)
373	<b>PŁACHTA Tadeusz</b>	<b>3316</b>		M50	25	02:06:55	<b>04:39:16.15</b>	<b>04:39:30.35</b>	+02:13:15 (47.7%)	9:58	6 (52.2%)
374	<b>WYSOCKI Aleksander</b>	<b>3620</b>	WATAHA	M40	129	02:24:32	<b>04:38:00.40</b>	<b>04:39:33.05</b>	+02:13:18 (47.7%)	9:55	6 (52.2%)
375	<b>KOSSAK Magda</b>	<b>3329</b>	MAGDA KOSSAK	K30	34	02:25:45	<b>04:39:33.40</b>	<b>04:39:33.40</b>	+02:13:18 (47.7%)	9:59	6 (52.2%)
376	<b>PAWEŁCZUK Piotr</b>	<b>3321</b>		M40	130	02:22:33	<b>04:38:15.25</b>	<b>04:39:34.30</b>	+02:13:19 (47.7%)	9:56	6 (52.2%)
377	<b>GIEROBA Bartosz</b>	<b>3679</b>	KLUB 8 GWIAZD	M30	111	02:31:35	<b>04:37:49.40</b>	<b>04:39:38.90</b>	+02:13:24 (47.7%)	9:55	6 (52.2%)
378	<b>KOWALSKA Agnieszka</b>	<b>3730</b>	KOMANDOSI	K20	13	02:22:46	<b>04:39:34.00</b>	<b>04:39:39.50</b>	+02:13:24 (47.7%)	9:59	6 (52.2%)
379	<b>MARCINIAK Agata</b>	<b>3108</b>	ŁODZIANKA TEAM	K40	24	02:21:54	<b>04:38:36.80</b>	<b>04:39:48.15</b>	+02:13:33 (47.7%)	9:57	6 (52.2%)
380	<b>PYREK Iwona</b>	<b>3033</b>		K40	25	02:22:21	<b>04:39:40.60</b>	<b>04:39:54.10</b>	+02:13:39 (47.8%)	9:59	6 (52.2%)
381	<b>BRYSZEWSKA Marta</b>	<b>3452</b>		K40	26	02:23:31	<b>04:38:15.35</b>	<b>04:40:00.05</b>	+02:13:45 (47.8%)	9:56	6 (52.2%)
382	<b>OCHNIO Andrzej</b>	<b>3605</b>	BOXTRX ŁUKÓW	M40	131	02:15:57	<b>04:39:42.10</b>	<b>04:40:14.30</b>	+02:13:59 (47.8%)	9:59	6 (52.2%)
383	<b>BANASIK Łukasz</b>	<b>3311</b>		M40	132	02:16:22	<b>04:39:22.05</b>	<b>04:40:23.95</b>	+02:14:09 (47.8%)	9:58	6 (52.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
384	<b>SALUGA Antoni</b>	<b>3034</b>	SPORTOWE ZAKAPIORY	M20	29	02:29:58	<b>04:39:04.50</b>	<b>04:40:25.60</b>	+02:14:11 (47.8%)	9:58	6 (52.2%)
385	<b>KACZKOWSKI Jarogniew</b>	<b>3548</b>	PRUSZKOWSKIE OGONKI	M50	26	02:29:09	<b>04:39:17.20</b>	<b>04:41:08.10</b>	+02:14:53 (48.0%)	9:58	6 (52.2%)
386	<b>WRÓBLEWSKA Olga</b>	<b>3604</b>	VEGE RUNNERS	K40	27	02:29:13	<b>04:39:16.95</b>	<b>04:41:08.15</b>	+02:14:53 (48.0%)	9:58	6 (52.2%)
387	<b>DOBROGOST Maciej</b>	<b>3488</b>	DECEPTICON GYM	M30	112	02:28:50	<b>04:40:03.25</b>	<b>04:41:16.95</b>	+02:15:02 (48.0%)	10:00	6 (52.2%)
387	<b>ŻYRO Cyryl</b>	<b>3491</b>	LOS PATOS	M30	112	02:25:51	<b>04:41:16.95</b>	<b>04:41:16.95</b>	+02:15:02 (48.0%)	10:02	6 (52.2%)
389	<b>HAMRYSZCZAK Rafał</b>	<b>3643</b>	SP 11 PRZEMYŚL	M40	133	02:27:53	<b>04:39:33.80</b>	<b>04:41:21.55</b>	+02:15:06 (48.0%)	9:59	6 (52.2%)
390	<b>BRZozowski Mariusz</b>	<b>3019</b>	ROZTRUCHTANI GOMUNICE	M50	27	02:25:24	<b>04:42:33.90</b>	<b>04:42:46.00</b>	+02:16:31 (48.3%)	10:05	5.9 (51.3%)
391	<b>PRZYŁUCKI Sławomir</b>	<b>3393</b>		M30	114	02:18:13	<b>04:42:20.45</b>	<b>04:42:46.05</b>	+02:16:31 (48.3%)	10:05	6 (52.2%)
392	<b>MAJSZCZYK Paulina</b>	<b>3692</b>	HARDCOROWE WYCHYLYLYBYMY	K30	35	02:25:55	<b>04:42:13.85</b>	<b>04:43:21.45</b>	+02:17:06 (48.4%)	10:04	6 (52.2%)
393	<b>PIERNIKARSKI Adam</b>	<b>3474</b>		M40	134	02:34:33	<b>04:42:13.35</b>	<b>04:43:21.90</b>	+02:17:07 (48.4%)	10:04	6 (52.2%)
393	<b>PĘSZKAL Piotr</b>	<b>3517</b>		M40	134	02:34:34	<b>04:42:13.20</b>	<b>04:43:21.90</b>	+02:17:07 (48.4%)	10:04	6 (52.2%)
395	<b>GRZEBINOga Bartłomiej</b>	<b>3507</b>		M30	115	02:20:47	<b>04:42:25.10</b>	<b>04:43:28.10</b>	+02:17:13 (48.4%)	10:05	5.9 (51.3%)
396	<b>KURCZUK-SAMODULSKA Agnieszka</b>	<b>3364</b>	HEŃTEAM	K30	36	02:23:18	<b>04:43:03.15</b>	<b>04:43:32.20</b>	+02:17:17 (48.4%)	10:06	5.9 (51.3%)
397	<b>BOBYK Paweł</b>	<b>3564</b>	SANOK BIEGA	M40	136	02:26:37	<b>04:42:48.05</b>	<b>04:43:33.20</b>	+02:17:18 (48.4%)	10:06	5.9 (51.3%)
398	<b>KOZAK Agnieszka</b>	<b>3025</b>		K30	37	02:21:24	<b>04:43:01.20</b>	<b>04:43:46.80</b>	+02:17:32 (48.5%)	10:06	5.9 (51.3%)
399	<b>HALASTRA Marcin</b>	<b>3538</b>		M30	116	02:20:47	<b>04:42:45.95</b>	<b>04:43:48.65</b>	+02:17:34 (48.5%)	10:05	5.9 (51.3%)
400	<b>PIETRZAK Jakub</b>	<b>3088</b>		M20	30	02:21:35	<b>04:42:36.70</b>	<b>04:43:54.70</b>	+02:17:40 (48.5%)	10:05	5.9 (51.3%)
401	<b>PIETRZAK Maciej</b>	<b>3091</b>		M50	28	02:21:36	<b>04:42:37.70</b>	<b>04:43:55.00</b>	+02:17:40 (48.5%)	10:05	5.9 (51.3%)
402	<b>SZCZEPAŃSKA Kinga</b>	<b>3499</b>		K30	38	02:17:14	<b>04:43:59.40</b>	<b>04:44:13.70</b>	+02:17:59 (48.5%)	10:08	5.9 (51.3%)
403	<b>SIKORSKA Agnieszka</b>	<b>3419</b>		K40	28	02:28:45	<b>04:43:36.00</b>	<b>04:44:40.55</b>	+02:18:25 (48.6%)	10:07	5.9 (51.3%)
404	<b>KUŁAKOWSKI Piotr</b>	<b>3312</b>		M60	12	02:28:45	<b>04:43:36.90</b>	<b>04:44:40.85</b>	+02:18:26 (48.6%)	10:07	5.9 (51.3%)
405	<b>SADOWSKI Andrzej</b>	<b>3441</b>		M30	117	02:18:38	<b>04:43:57.50</b>	<b>04:45:01.45</b>	+02:18:46 (48.7%)	10:08	5.9 (51.3%)
406	<b>JANIK Roman</b>	<b>3230</b>	SUŁTANI FITNESSU	M40	137	02:12:25	<b>04:44:58.85</b>	<b>04:45:03.45</b>	+02:18:48 (48.7%)	10:10	5.9 (51.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
407	<b>WRONISZ Katarzyna</b>	<b>3354</b>	MARBELLA LUBARTÓW	K30	39	02:21:57	<b>04:44:00.65</b>	<b>04:45:36.55</b>	+02:19:21 (48.8%)	10:08	5.9 (51.3%)
408	<b>MIDZIERSKA Joanna</b>	<b>3356</b>	MARBELLA LUBARTÓW	K30	40	02:21:58	<b>04:44:01.65</b>	<b>04:45:37.10</b>	+02:19:22 (48.8%)	10:08	5.9 (51.3%)
409	<b>ZLOT Grzegorz</b>	<b>3542</b>		M50	29	02:23:47	<b>04:44:21.95</b>	<b>04:45:39.05</b>	+02:19:24 (48.8%)	10:09	5.9 (51.3%)
410	<b>KACZOREK Marcin</b>	<b>3702</b>		M40	138	02:24:33	<b>04:45:15.30</b>	<b>04:45:39.25</b>	+02:19:24 (48.8%)	10:11	5.9 (51.3%)
411	<b>KLUZ Robert</b>	<b>3002</b>		M50	30	02:32:07	<b>04:44:40.15</b>	<b>04:45:53.35</b>	+02:19:38 (48.8%)	10:10	5.9 (51.3%)
412	<b>ANDREASIK Mariusz</b>	<b>3210</b>	PRO-MILE TEAM	M30	118	02:13:30	<b>04:45:53.40</b>	<b>04:46:20.65</b>	+02:20:06 (48.9%)	10:12	5.9 (51.3%)
413	<b>PAUSZEK Marlena</b>	<b>3732</b>	LUCKY TEAM	K50	3	02:38:30	<b>04:45:21.50</b>	<b>04:46:29.40</b>	+02:20:14 (49.0%)	10:11	5.9 (51.3%)
414	<b>TROCHA Natalia</b>	<b>3618</b>	BALLS OF STEEL	K30	41	02:21:05	<b>04:45:37.90</b>	<b>04:46:30.95</b>	+02:20:16 (49.0%)	10:12	5.9 (51.3%)
415	<b>DOLEGACZ Daniel</b>	<b>3536</b>		M40	139	02:23:00	<b>04:45:41.10</b>	<b>04:46:41.80</b>	+02:20:27 (49.0%)	10:12	5.9 (51.3%)
416	<b>JAROS Magdalena</b>	<b>3543</b>	BIEBRZAKI	K30	42	02:24:19	<b>04:46:17.50</b>	<b>04:47:40.10</b>	+02:21:25 (49.2%)	10:13	5.9 (51.3%)
417	<b>KWIATKOWSKI Arkadiusz</b>	<b>3041</b>	FABRYKA DZIKA	M40	140	02:24:45	<b>04:47:33.55</b>	<b>04:47:56.50</b>	+02:21:41 (49.2%)	10:16	5.8 (50.4%)
418	<b>PLESZ Wojciech</b>	<b>19</b>	SILESIA MARATHON CLUB	M30	119	02:34:07	<b>04:47:59.05</b>	<b>04:48:16.35</b>	+02:22:01 (49.3%)	10:17	5.8 (50.4%)
419	<b>PILECKA Joanna</b>	<b>3365</b>		K40	29	02:25:18	<b>04:48:23.90</b>	<b>04:48:49.90</b>	+02:22:35 (49.4%)	10:17	5.8 (50.4%)
420	<b>KANIEWSKI Michał</b>	<b>3569</b>		M30	120	02:34:56	<b>04:47:40.00</b>	<b>04:48:52.25</b>	+02:22:37 (49.4%)	10:16	5.8 (50.4%)
421	<b>SZYBKA Tomasz</b>	<b>3185</b>		M30	121	02:20:23	<b>04:48:55.75</b>	<b>04:49:38.90</b>	+02:23:24 (49.5%)	10:19	5.8 (50.4%)
422	<b>JĘDRAL Szczepan</b>	<b>3036</b>		M40	141	02:24:18	<b>04:48:27.00</b>	<b>04:49:39.60</b>	+02:23:25 (49.5%)	10:18	5.8 (50.4%)
423	<b>DOLEGACZ Ewa</b>	<b>3646</b>		K40	30	02:22:12	<b>04:48:39.80</b>	<b>04:49:40.55</b>	+02:23:25 (49.5%)	10:18	5.8 (50.4%)
424	<b>FINGAS Patrycja</b>	<b>3589</b>		K30	43	02:29:51	<b>04:48:13.85</b>	<b>04:49:54.80</b>	+02:23:40 (49.6%)	10:17	5.8 (50.4%)
425	<b>ŁAZIUK Marcin</b>	<b>3598</b>		M30	122	02:20:01	<b>04:48:15.70</b>	<b>04:49:57.75</b>	+02:23:43 (49.6%)	10:17	5.8 (50.4%)
426	<b>GAŁAJDA Monika</b>	<b>3490</b>	RADLINIOKI/KAJ TA META	K40	31	02:21:46	<b>04:49:48.60</b>	<b>04:50:01.80</b>	+02:23:47 (49.6%)	10:21	5.8 (50.4%)
427	<b>BODIO-ZIÓŁKOWSKA Ewa</b>	<b>3237</b>	SPORTOWA MARCHEWKA	K40	32	02:24:12	<b>04:49:08.85</b>	<b>04:50:05.25</b>	+02:23:50 (49.6%)	10:19	5.8 (50.4%)
428	<b>MIRKOWSKA Monika</b>	<b>3223</b>		K30	44	02:33:27	<b>04:48:38.40</b>	<b>04:50:06.30</b>	+02:23:51 (49.6%)	10:18	5.8 (50.4%)
429	<b>KALISZ Daniel</b>	<b>3131</b>		M40	142	02:37:32	<b>04:49:16.25</b>	<b>04:50:08.85</b>	+02:23:54 (49.6%)	10:19	5.8 (50.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
430	<b>KALISZ Katarzyna</b>	<b>3132</b>		K40	33	02:37:41	<b>04:49:16.60</b>	<b>04:50:08.90</b>	+02:23:54 (49.6%)	10:19	5.8 (50.4%)
431	<b>DYTKIEWICZ Michał</b>	<b>3522</b>		M20	31	02:27:42	<b>04:49:52.85</b>	<b>04:50:10.75</b>	+02:23:56 (49.6%)	10:21	5.8 (50.4%)
432	<b>BYSTRZYCKA Dorota</b>	<b>3090</b>	RAJSPORT ACTIVE	K40	34	02:27:50	<b>04:49:57.80</b>	<b>04:50:18.40</b>	+02:24:03 (49.6%)	10:21	5.8 (50.4%)
433	<b>GÓRSKA-GAŁKA Iwona</b>	<b>3203</b>	TOM-INSTAL TEAM	K40	35	02:28:00	<b>04:50:12.75</b>	<b>04:50:18.95</b>	+02:24:04 (49.6%)	10:21	5.8 (50.4%)
434	<b>RZECZKOWSKI Maciej</b>	<b>3147</b>	WKG	M50	31	02:27:30	<b>04:50:24.90</b>	<b>04:50:53.65</b>	+02:24:39 (49.7%)	10:22	5.8 (50.4%)
435	<b>ALASZKIEWICZ Adam</b>	<b>3733</b>	SARMATIA	M20	32	02:29:10	<b>04:50:18.60</b>	<b>04:51:28.95</b>	+02:25:14 (49.8%)	10:22	5.8 (50.4%)
436	<b>WÓJCIK Radosław</b>	<b>3350</b>		M30	123	02:46:20	<b>04:50:28.55</b>	<b>04:51:38.90</b>	+02:25:24 (49.9%)	10:22	5.8 (50.4%)
437	<b>JARZYNA Kazimierz</b>	<b>3747</b>	JARZYNA TEAM	M40	143	02:30:47	<b>04:51:47.45</b>	<b>04:52:02.75</b>	+02:25:48 (49.9%)	10:25	5.8 (50.4%)
438	<b>JARZYNA Agnieszka</b>	<b>3136</b>		K40	36	02:30:45	<b>04:51:47.00</b>	<b>04:52:02.90</b>	+02:25:48 (49.9%)	10:25	5.8 (50.4%)
439	<b>SWIERKOWSKI Robert</b>	<b>3288</b>	KOPER	M40	144	02:31:02	<b>04:51:28.15</b>	<b>04:52:06.10</b>	+02:25:51 (49.9%)	10:24	5.8 (50.4%)
440	<b>MAŁOWIEJSKA Alicja</b>	<b>3397</b>		K30	45	02:23:32	<b>04:50:25.60</b>	<b>04:52:10.40</b>	+02:25:55 (49.9%)	10:22	5.8 (50.4%)
441	<b>DANIELAK Krzysztof</b>	<b>3251</b>		M30	124	02:31:07	<b>04:50:51.85</b>	<b>04:52:28.40</b>	+02:26:13 (50.0%)	10:23	5.8 (50.4%)
442	<b>ZIOMEK Jarosław</b>	<b>3276</b>	EKIPA Z TARNOWA	M30	125	02:35:27	<b>04:52:25.75</b>	<b>04:53:06.05</b>	+02:26:51 (50.1%)	10:26	5.7 (49.6%)
443	<b>PIEKUT Jakub</b>	<b>3489</b>	DECEPTICON GYM	M30	126	02:33:08	<b>04:52:27.05</b>	<b>04:53:39.95</b>	+02:27:25 (50.2%)	10:26	5.7 (49.6%)
444	<b>RÓŻYCKI Konrad</b>	<b>3660</b>		M60	13	02:33:50	<b>04:54:37.80</b>	<b>04:55:13.10</b>	+02:28:58 (50.5%)	10:31	5.7 (49.6%)
445	<b>WITKOWSKI-KOZIOŁEK Michał</b>	<b>3260</b>		M30	127	02:21:17	<b>04:54:32.55</b>	<b>04:55:14.65</b>	+02:29:00 (50.5%)	10:31	5.7 (49.6%)
446	<b>MASŁOWSKI Marcin</b>	<b>8</b>	KKM KOZIENICE	M40	145	02:35:19	<b>04:55:03.50</b>	<b>04:55:20.35</b>	+02:29:05 (50.5%)	10:32	5.7 (49.6%)
447	<b>PAWLAK Dagmara</b>	<b>3386</b>		K40	37	02:34:22	<b>04:54:46.95</b>	<b>04:55:24.45</b>	+02:29:09 (50.5%)	10:31	5.7 (49.6%)
448	<b>OKRASA Małgorzata</b>	<b>3655</b>		K40	38	02:32:01	<b>04:54:55.30</b>	<b>04:55:50.45</b>	+02:29:35 (50.6%)	10:31	5.7 (49.6%)
449	<b>BRZEZIŃSKI Piotr</b>	<b>3080</b>		M30	128	02:32:02	<b>04:54:56.40</b>	<b>04:55:50.60</b>	+02:29:36 (50.6%)	10:32	5.7 (49.6%)
450	<b>RUTKOWSKA Ewelina</b>	<b>3504</b>		K40	39	02:27:11	<b>04:54:11.95</b>	<b>04:55:51.95</b>	+02:29:37 (50.6%)	10:30	5.7 (49.6%)
451	<b>OLSZEWSKI Kamil</b>	<b>3161</b>		M30	129	02:36:45	<b>04:54:20.65</b>	<b>04:55:53.85</b>	+02:29:39 (50.6%)	10:30	5.7 (49.6%)
452	<b>STABRAWA Marcin</b>	<b>3160</b>		M30	130	02:36:45	<b>04:54:20.60</b>	<b>04:55:54.10</b>	+02:29:39 (50.6%)	10:30	5.7 (49.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
453	<b>DORDZIK Małgorzata</b>	<b>3123</b>		K60	2	02:33:38	<b>04:54:23.85</b>	<b>04:56:08.35</b>	+02:29:53 (50.6%)	10:30	5.7 (49.6%)
454	<b>ADAMKIEWICZ Łukasz</b>	<b>3222</b>		M30	131	02:33:28	<b>04:54:49.80</b>	<b>04:56:18.10</b>	+02:30:03 (50.6%)	10:31	5.7 (49.6%)
455	<b>SUCHORA Anna</b>	<b>3149</b>		K50	4	02:38:35	<b>04:54:58.15</b>	<b>04:56:19.80</b>	+02:30:05 (50.6%)	10:32	5.7 (49.6%)
455	<b>SUCHORA Jerzy</b>	<b>3150</b>		M60	14	02:38:35	<b>04:54:58.10</b>	<b>04:56:19.80</b>	+02:30:05 (50.6%)	10:32	5.7 (49.6%)
457	<b>JASICZAK Andrzej</b>	<b>3432</b>		M50	32	02:35:41	<b>04:56:10.15</b>	<b>04:57:00.30</b>	+02:30:45 (50.8%)	10:34	5.7 (49.6%)
458	<b>GWIAZDZIŃSKI Michał</b>	<b>3241</b>		M40	146	02:35:19	<b>04:56:00.00</b>	<b>04:57:27.20</b>	+02:31:12 (50.8%)	10:34	5.7 (49.6%)
459	<b>RUSIN Aleksander</b>	<b>3591</b>		M30	132	02:30:08	<b>04:56:31.10</b>	<b>04:57:47.70</b>	+02:31:33 (50.9%)	10:35	5.7 (49.6%)
460	<b>WYSPIAŃSKI Grzegorz</b>	<b>3421</b>	KLUB G4 W SIEDLCACH	M50	33	02:33:44	<b>04:57:33.95</b>	<b>04:58:08.50</b>	+02:31:53 (50.9%)	10:37	5.6 (48.7%)
461	<b>ROŻEK Janusz</b>	<b>3168</b>	KB WARTKO	M60	15	02:31:48	<b>04:57:04.30</b>	<b>04:58:14.70</b>	+02:32:00 (51.0%)	10:36	5.7 (49.6%)
462	<b>SZPYNDA Daniel</b>	<b>3030</b>	KS KANAŁEK	M30	133	02:26:07	<b>04:57:21.80</b>	<b>04:58:21.45</b>	+02:32:06 (51.0%)	10:37	5.6 (48.7%)
463	<b>KOWALSKI Adam</b>	<b>3050</b>		M40	147	02:35:24	<b>04:58:12.45</b>	<b>04:58:49.15</b>	+02:32:34 (51.1%)	10:39	5.6 (48.7%)
464	<b>IZDEBSKA Renata</b>	<b>3192</b>		K60	3	02:34:34	<b>04:57:55.15</b>	<b>04:59:19.40</b>	+02:33:04 (51.1%)	10:38	5.6 (48.7%)
465	<b>GŁĘBOCKI Maciej</b>	<b>3635</b>		M30	134	02:33:47	<b>04:58:41.25</b>	<b>04:59:22.15</b>	+02:33:07 (51.1%)	10:40	5.6 (48.7%)
466	<b>GŁĘBOCKA Magda</b>	<b>3636</b>		K30	46	02:33:49	<b>04:58:43.00</b>	<b>04:59:22.35</b>	+02:33:07 (51.2%)	10:40	5.6 (48.7%)
467	<b>CZAPLINSKI Marcin</b>	<b>3658</b>		M30	135	02:22:59	<b>04:59:08.25</b>	<b>04:59:33.55</b>	+02:33:18 (51.2%)	10:41	5.6 (48.7%)
468	<b>WASILUK Ireneusz</b>	<b>3164</b>		M40	148	02:33:04	<b>04:58:29.10</b>	<b>05:00:03.00</b>	+02:33:48 (51.3%)	10:39	5.6 (48.7%)
469	<b>BOHN Mariusz</b>	<b>3440</b>	PIEKARY ŚLĄSKIE	M50	34	02:28:25	<b>05:00:12.75</b>	<b>05:00:20.55</b>	+02:34:05 (51.3%)	10:43	5.6 (48.7%)
470	<b>PRZYBYSZEWSKI Filip</b>	<b>3667</b>	EAZYMUT.PL	M20	33	02:28:26	<b>05:00:05.30</b>	<b>05:00:24.40</b>	+02:34:09 (51.3%)	10:43	5.6 (48.7%)
471	<b>ANTKOWIAK Mirosław</b>	<b>3154</b>	BBL KROSNO ODRZAŃSKIE	M50	35	02:30:53	<b>05:00:22.20</b>	<b>05:00:37.40</b>	+02:34:22 (51.4%)	10:43	5.6 (48.7%)
472	<b>SWISTAK Karolina</b>	<b>3619</b>		K40	40	02:29:29	<b>05:00:42.40</b>	<b>05:01:11.90</b>	+02:34:57 (51.4%)	10:44	5.6 (48.7%)
473	<b>KOZIOŁ Joanna</b>	<b>3349</b>		K40	41	02:27:45	<b>05:01:33.15</b>	<b>05:02:05.10</b>	+02:35:50 (51.6%)	10:46	5.6 (48.7%)
474	<b>WEREMA Łukasz</b>	<b>3055</b>	LUBELSKI KORPUS EKSPEDYCYJNY	M30	136	02:37:04	<b>05:00:59.00</b>	<b>05:02:05.70</b>	+02:35:51 (51.6%)	10:44	5.6 (48.7%)
475	<b>KUJAWA Bartosz</b>	<b>3228</b>		M30	137	02:31:24	<b>05:01:34.50</b>	<b>05:02:06.30</b>	+02:35:51 (51.6%)	10:46	5.6 (48.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
476	<b>KONIECZNY Mateusz</b>	<b>3642</b>		M30	138	02:39:00	<b>05:02:04.65</b>	<b>05:02:39.05</b>	+02:36:24 (51.7%)	10:47	5.6 (48.7%)
477	<b>STRZELECKI Piotr</b>	<b>3467</b>		M40	149	02:26:07	<b>05:01:42.15</b>	<b>05:02:39.95</b>	+02:36:25 (51.7%)	10:46	5.6 (48.7%)
478	<b>GARBOWSKI Witold</b>	<b>3374</b>	CZEKAŁEM NA BUSA OD WĄSKIEGO	M30	139	02:37:17	<b>05:03:39.50</b>	<b>05:04:16.90</b>	+02:38:02 (51.9%)	10:50	5.5 (47.8%)
479	<b>MODZELEWSKI Artur</b>	<b>3318</b>	EAGLETEAM	M50	36	02:27:14	<b>05:04:15.05</b>	<b>05:04:24.25</b>	+02:38:09 (52.0%)	10:51	5.5 (47.8%)
480	<b>RĄCZKA Elżbieta</b>	<b>3650</b>		K50	5	02:47:19	<b>05:04:08.60</b>	<b>05:04:49.40</b>	+02:38:34 (52.0%)	10:51	5.5 (47.8%)
481	<b>SIKORSKA Izabela</b>	<b>3200</b>	MIĘDZYRZECKIE GAZELE	K40	42	02:38:21	<b>05:04:00.95</b>	<b>05:05:17.15</b>	+02:39:02 (52.1%)	10:51	5.5 (47.8%)
482	<b>MYTYCH Mateusz</b>	<b>3173</b>		M30	140	02:36:41	<b>05:04:59.70</b>	<b>05:05:18.50</b>	+02:39:03 (52.1%)	10:53	5.5 (47.8%)
483	<b>DRUSZCZ Andżelika</b>	<b>3344</b>		K30	47	02:30:48	<b>05:04:25.20</b>	<b>05:05:22.25</b>	+02:39:07 (52.1%)	10:52	5.5 (47.8%)
484	<b>DRUSZCZ Karol</b>	<b>3343</b>		M30	141	02:30:50	<b>05:04:25.25</b>	<b>05:05:22.30</b>	+02:39:07 (52.1%)	10:52	5.5 (47.8%)
485	<b>BOROWSKI Marek</b>	<b>3446</b>		M30	142	02:20:53	<b>05:03:52.45</b>	<b>05:05:24.80</b>	+02:39:10 (52.1%)	10:51	5.5 (47.8%)
486	<b>SUŁAWA Patrycja</b>	<b>3133</b>		K40	43	02:37:49	<b>05:05:19.55</b>	<b>05:06:11.55</b>	+02:39:56 (52.2%)	10:54	5.5 (47.8%)
487	<b>SUŁAWA Tomasz</b>	<b>3134</b>	CZTERDZIESTOLATKI	M40	150	02:38:19	<b>05:05:19.90</b>	<b>05:06:12.00</b>	+02:39:57 (52.2%)	10:54	5.5 (47.8%)
488	<b>BIJATOWSKA Diana</b>	<b>3501</b>		K40	44	02:44:04	<b>05:06:05.65</b>	<b>05:06:14.25</b>	+02:39:59 (52.2%)	10:55	5.5 (47.8%)
489	<b>RONKOWSKA Małgorzata</b>	<b>3555</b>	POLKA SPORT	K30	48	02:47:22	<b>05:06:02.45</b>	<b>05:06:42.05</b>	+02:40:27 (52.3%)	10:55	5.5 (47.8%)
490	<b>WYTRYKUS Albert</b>	<b>3464</b>		M30	143	02:34:10	<b>05:07:10.10</b>	<b>05:07:16.40</b>	+02:41:01 (52.4%)	10:58	5.5 (47.8%)
491	<b>KOPCZYŃSKA Misia</b>	<b>3391</b>	DZIKUR CREW	K50	6	02:28:15	<b>05:06:38.05</b>	<b>05:07:31.60</b>	+02:41:17 (52.4%)	10:57	5.5 (47.8%)
492	<b>POBUDKIEWICZ Seweryn</b>	<b>3065</b>	CAMEL BYDGOSZCZ	M40	151	02:15:08	<b>05:07:10.55</b>	<b>05:07:46.40</b>	+02:41:31 (52.5%)	10:58	5.5 (47.8%)
493	<b>CZELIŃSKI Filip</b>	<b>3257</b>	CAMEL	M30	144	02:08:13	<b>05:07:10.40</b>	<b>05:07:46.60</b>	+02:41:32 (52.5%)	10:58	5.5 (47.8%)
494	<b>LEWANDOWSKI Bogusław</b>	<b>3622</b>		M50	37	02:34:26	<b>05:07:23.00</b>	<b>05:07:48.40</b>	+02:41:33 (52.5%)	10:58	5.5 (47.8%)
495	<b>SZYBKA Łukasz</b>	<b>3145</b>	SZYBCY	M30	145	02:30:45	<b>05:07:05.50</b>	<b>05:07:49.30</b>	+02:41:34 (52.5%)	10:58	5.5 (47.8%)
496	<b>WĄTRÓBSKI Grzegorz</b>	<b>3322</b>		M40	152	02:39:32	<b>05:06:18.60</b>	<b>05:08:02.60</b>	+02:41:48 (52.5%)	10:56	5.5 (47.8%)
497	<b>KAMIŃSKI Łukasz</b>	<b>3280</b>	ŁOREWA FOREWA	M40	153	02:36:43	<b>05:06:40.25</b>	<b>05:08:13.45</b>	+02:41:58 (52.6%)	10:57	5.5 (47.8%)
498	<b>LENART Wioleta</b>	<b>3721</b>		K30	49	02:37:34	<b>05:07:46.85</b>	<b>05:08:14.10</b>	+02:41:59 (52.6%)	10:59	5.5 (47.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
499	<b>LENART Rafał</b>	<b>3607</b>		M30	146	02:37:36	<b>05:07:46.85</b>	<b>05:08:14.40</b>	+02:41:59 (52.6%)	10:59	5.5 (47.8%)
500	<b>PRUSACZYK Michał</b>	<b>3525</b>		M20	34	02:34:45	<b>05:06:53.00</b>	<b>05:08:19.75</b>	+02:42:05 (52.6%)	10:57	5.5 (47.8%)
501	<b>KUTERA Bartłomiej</b>	<b>3723</b>		M30	147	02:34:48	<b>05:06:54.50</b>	<b>05:08:19.85</b>	+02:42:05 (52.6%)	10:57	5.5 (47.8%)
502	<b>SŁOMKA Adrian</b>	<b>3705</b>		M30	148	02:34:45	<b>05:06:53.75</b>	<b>05:08:19.90</b>	+02:42:05 (52.6%)	10:57	5.5 (47.8%)
503	<b>DZIEWA Magdalena</b>	<b>3641</b>		K60	4	02:32:56	<b>05:08:29.10</b>	<b>05:08:48.90</b>	+02:42:34 (52.6%)	11:01	5.4 (47.0%)
504	<b>RYBIENIK Lech</b>	<b>3141</b>		M40	154	02:39:16	<b>05:07:18.05</b>	<b>05:08:49.90</b>	+02:42:35 (52.6%)	10:58	5.5 (47.8%)
505	<b>KIJEWSKA Karolina</b>	<b>3245</b>		K40	45	02:39:17	<b>05:07:18.95</b>	<b>05:08:50.00</b>	+02:42:35 (52.6%)	10:58	5.5 (47.8%)
506	<b>PIĄSTKA Daniel</b>	<b>3473</b>		M40	155	02:29:26	<b>05:08:44.95</b>	<b>05:08:51.20</b>	+02:42:36 (52.6%)	11:01	5.4 (47.0%)
507	<b>RONDUDA Małgorzata</b>	<b>3250</b>	TKS DZIK JEST DZIKI	K50	7	02:34:57	<b>05:07:43.40</b>	<b>05:08:51.70</b>	+02:42:37 (52.7%)	10:59	5.5 (47.8%)
508	<b>RONDUDA Filip</b>	<b>3248</b>	TKS DZIK JEST DZIKI	M20	35	02:34:57	<b>05:07:42.65</b>	<b>05:08:52.15</b>	+02:42:37 (52.7%)	10:59	5.5 (47.8%)
509	<b>KOWALSKI Piotr</b>	<b>3053</b>		M40	156	02:35:32	<b>05:08:34.65</b>	<b>05:09:11.05</b>	+02:42:56 (52.7%)	11:01	5.4 (47.0%)
510	<b>ŚWIĘCH Konrad</b>	<b>3124</b>		M30	149	02:29:19	<b>05:07:49.50</b>	<b>05:09:12.15</b>	+02:42:57 (52.7%)	10:59	5.5 (47.8%)
511	<b>ZAWIASA Bartosz</b>	<b>3275</b>	O CO BIEGA	M30	150	02:38:29	<b>05:08:41.70</b>	<b>05:09:24.55</b>	+02:43:09 (52.7%)	11:01	5.4 (47.0%)
512	<b>KLAJA Agnieszka</b>	<b>3506</b>		K30	50	02:45:29	<b>05:08:43.40</b>	<b>05:10:07.90</b>	+02:43:53 (52.8%)	11:01	5.4 (47.0%)
513	<b>KOWALSKI Krzysztof</b>	<b>3189</b>	PLEJBOJE WE DWOJE	M20	36	02:34:20	<b>05:09:03.05</b>	<b>05:10:12.50</b>	+02:43:57 (52.9%)	11:02	5.4 (47.0%)
514	<b>NIEZGODA Andrzej</b>	<b>3157</b>		M40	157	02:37:35	<b>05:09:53.70</b>	<b>05:10:31.95</b>	+02:44:17 (52.9%)	11:04	5.4 (47.0%)
515	<b>SZCZEPAŃSKI Rafał</b>	<b>3032</b>	SAMEKONIE	M50	38	02:31:00	<b>05:10:11.40</b>	<b>05:10:39.15</b>	+02:44:24 (52.9%)	11:04	5.4 (47.0%)
516	<b>MARCINKOWSKI Michał</b>	<b>3309</b>		M40	158	02:29:58	<b>05:10:01.20</b>	<b>05:10:47.40</b>	+02:44:32 (52.9%)	11:04	5.4 (47.0%)
517	<b>MIODEK Aleksandra</b>	<b>3614</b>		K30	51	02:42:47	<b>05:09:40.10</b>	<b>05:10:55.50</b>	+02:44:40 (53.0%)	11:03	5.4 (47.0%)
518	<b>NAĆ Marzanna</b>	<b>3020</b>	ROZBIEGANE DZIAŁDOWO	K40	46	02:43:23	<b>05:09:49.50</b>	<b>05:11:21.65</b>	+02:45:07 (53.0%)	11:03	5.4 (47.0%)
519	<b>ZIELIŃSKI Konrad</b>	<b>3453</b>		M20	37	02:32:22	<b>05:11:07.25</b>	<b>05:11:32.45</b>	+02:45:17 (53.1%)	11:06	5.4 (47.0%)
520	<b>SZCZUREK Aleksandra</b>	<b>3449</b>		K20	14	02:27:57	<b>05:11:09.05</b>	<b>05:11:32.60</b>	+02:45:18 (53.1%)	11:06	5.4 (47.0%)
521	<b>WIECZOREK Magdalena</b>	<b>3546</b>	WIECZORKI3	K40	47	02:50:16	<b>05:11:09.75</b>	<b>05:12:04.60</b>	+02:45:50 (53.1%)	11:06	5.4 (47.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
522	<b>ŚWIĘTEK Michał</b>	<b>3710</b>		M20	38	02:29:35	<b>05:12:19.70</b>	<b>05:12:36.35</b>	+02:46:21 (53.2%)	11:09	5.4 (47.0%)
523	<b>DŁUGOSZ Karolina</b>	<b>3084</b>	WKURW_TEAM	K30	52	02:36:29	<b>05:11:43.50</b>	<b>05:12:51.10</b>	+02:46:36 (53.3%)	11:07	5.4 (47.0%)
524	<b>POSACKI Patryk</b>	<b>3444</b>	CZEKAŁEM NA BUSA OD WĄSKIEGO	M30	151	02:37:08	<b>05:12:19.55</b>	<b>05:12:57.55</b>	+02:46:42 (53.3%)	11:09	5.4 (47.0%)
525	<b>CHYTRZYNSKA Marta</b>	<b>3262</b>	KROMECZEK TEAM	K40	48	02:40:48	<b>05:11:29.05</b>	<b>05:12:59.90</b>	+02:46:45 (53.3%)	11:07	5.4 (47.0%)
526	<b>BIENIAS Rafał</b>	<b>3566</b>		M50	39	02:38:25	<b>05:12:14.55</b>	<b>05:13:30.75</b>	+02:47:16 (53.4%)	11:09	5.4 (47.0%)
527	<b>SANKOWSKI Tomasz</b>	<b>3243</b>		M30	152	02:34:43	<b>05:12:11.10</b>	<b>05:13:38.40</b>	+02:47:23 (53.4%)	11:08	5.4 (47.0%)
528	<b>BOGUSZ Emilia</b>	<b>3673</b>		K40	49	02:49:45	<b>05:13:06.10</b>	<b>05:13:47.90</b>	+02:47:33 (53.4%)	11:10	5.4 (47.0%)
529	<b>KNAPCZYK Elżbieta</b>	<b>3689</b>		K40	50	02:43:39	<b>05:13:58.70</b>	<b>05:14:06.05</b>	+02:47:51 (53.4%)	11:12	5.4 (47.0%)
530	<b>SENDECKI Rafał</b>	<b>3688</b>		M40	159	02:43:26	<b>05:13:57.85</b>	<b>05:14:06.20</b>	+02:47:51 (53.4%)	11:12	5.4 (47.0%)
531	<b>ULENBERG Katarzyna</b>	<b>3052</b>		K30	53	02:36:09	<b>05:13:54.30</b>	<b>05:15:05.60</b>	+02:48:51 (53.6%)	11:12	5.4 (47.0%)
532	<b>PAWLYTA Weronika</b>	<b>3048</b>		K30	54	02:36:10	<b>05:13:56.10</b>	<b>05:15:07.20</b>	+02:48:52 (53.6%)	11:12	5.4 (47.0%)
533	<b>TRACZ Agnieszka</b>	<b>3734</b>		K30	55	02:49:38	<b>05:15:54.70</b>	<b>05:17:18.00</b>	+02:51:03 (53.9%)	11:16	5.3 (46.1%)
534	<b>LICHNOWSKA Anna</b>	<b>3429</b>		K40	51	02:49:47	<b>05:17:24.75</b>	<b>05:17:31.00</b>	+02:51:16 (53.9%)	11:20	5.3 (46.1%)
535	<b>BOKSZA Robert</b>	<b>3314</b>		M40	160	02:46:46	<b>05:16:19.80</b>	<b>05:17:31.70</b>	+02:51:17 (53.9%)	11:17	5.3 (46.1%)
536	<b>JANOWSKA Ewa</b>	<b>3431</b>		K30	56	02:35:38	<b>05:17:08.30</b>	<b>05:17:57.60</b>	+02:51:43 (54.0%)	11:19	5.3 (46.1%)
537	<b>GRODZICKI Artur</b>	<b>3252</b>		M30	153	02:44:56	<b>05:16:32.85</b>	<b>05:18:00.05</b>	+02:51:45 (54.0%)	11:18	5.3 (46.1%)
538	<b>STĘPIEŃ Renata</b>	<b>3273</b>	BBL KIELCE	K60	5	02:31:09	<b>05:17:31.00</b>	<b>05:18:50.40</b>	+02:52:35 (54.1%)	11:20	5.3 (46.1%)
539	<b>BIBRO Daniel</b>	<b>3583</b>		M30	154	02:42:59	<b>05:18:44.70</b>	<b>05:19:15.70</b>	+02:53:01 (54.2%)	11:23	5.3 (46.1%)
540	<b>BORKOWSKI Arkadiusz</b>	<b>3010</b>		M30	155	02:37:33	<b>05:18:20.40</b>	<b>05:19:26.15</b>	+02:53:11 (54.2%)	11:22	5.3 (46.1%)
541	<b>BLAZAK Lukasz</b>	<b>3355</b>	KOPER	M40	161	02:31:19	<b>05:19:55.55</b>	<b>05:20:20.70</b>	+02:54:06 (54.3%)	11:25	5.3 (46.1%)
542	<b>ŚWIAŃTEK Mateusz</b>	<b>3463</b>		M30	156	02:36:19	<b>05:18:32.10</b>	<b>05:20:21.05</b>	+02:54:06 (54.3%)	11:22	5.3 (46.1%)
543	<b>BAJAN Piotr</b>	<b>3066</b>		M20	39	02:46:37	<b>05:18:31.20</b>	<b>05:20:21.30</b>	+02:54:06 (54.3%)	11:22	5.3 (46.1%)
544	<b>RYKAŁA Katarzyna</b>	<b>3378</b>		K40	52	02:45:04	<b>05:19:13.10</b>	<b>05:20:34.15</b>	+02:54:19 (54.4%)	11:24	5.3 (46.1%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
545	<b>ZADORSKA Zofia</b>	<b>3188</b>		K60	6	02:32:01	<b>05:19:25.00</b>	<b>05:20:49.10</b>	+02:54:34 (54.4%)	11:24	5.3 (46.1%)
546	<b>BROMBOSZCZ Karol</b>	<b>3482</b>	TRUCHTACZ MYSŁOWICE	M60	16	02:36:11	<b>05:20:41.85</b>	<b>05:21:04.20</b>	+02:54:49 (54.5%)	11:27	5.2 (45.2%)
547	<b>PAJĄK Maciej</b>	<b>3207</b>	PRO-MILE TEAM	M30	157	02:41:40	<b>05:20:59.85</b>	<b>05:21:30.65</b>	+02:55:16 (54.5%)	11:27	5.2 (45.2%)
548	<b>PASZEK Krystyna</b>	<b>3627</b>	WOLNI BIEGACZE SLOW JOGGING GRODZISK MAZ.	K60	7	02:44:51	<b>05:20:22.40</b>	<b>05:21:35.40</b>	+02:55:20 (54.5%)	11:26	5.2 (45.2%)
549	<b>ROGACZ Damian</b>	<b>3468</b>	STOWARZYSZENIE GRUP JURA'PL	M30	158	02:43:45	<b>05:21:22.85</b>	<b>05:21:37.45</b>	+02:55:22 (54.5%)	11:28	5.2 (45.2%)
550	<b>MACIĄG Grzesiek</b>	<b>3438</b>	GRUPA JURA'PL	M40	162	02:43:50	<b>05:21:27.70</b>	<b>05:21:37.80</b>	+02:55:23 (54.5%)	11:28	5.2 (45.2%)
551	<b>GÓRNA Małgorzata</b>	<b>3178</b>		K30	57	02:40:42	<b>05:20:05.95</b>	<b>05:21:44.65</b>	+02:55:30 (54.5%)	11:25	5.2 (45.2%)
552	<b>ZIÓŁEK Teresa</b>	<b>3738</b>		K60	8	02:53:38	<b>05:21:08.85</b>	<b>05:22:13.60</b>	+02:55:59 (54.6%)	11:28	5.2 (45.2%)
553	<b>NYŻNYK Monika</b>	<b>3166</b>	KAMPIRUNTEAM	K40	53	02:40:46	<b>05:22:21.80</b>	<b>05:22:43.40</b>	+02:56:28 (54.7%)	11:30	5.2 (45.2%)
554	<b>KOPIEC Iwona</b>	<b>3153</b>		K50	8	02:48:32	<b>05:21:59.15</b>	<b>05:22:48.85</b>	+02:56:34 (54.7%)	11:29	5.2 (45.2%)
555	<b>RYŻYŃSKA Agnieszka</b>	<b>3560</b>	CHEŁM BIEGA	K40	54	02:48:06	<b>05:21:50.15</b>	<b>05:23:22.40</b>	+02:57:07 (54.8%)	11:29	5.2 (45.2%)
556	<b>DRGAS Małgorzata</b>	<b>3271</b>	WARTKIE PIERONY	K30	58	02:48:00	<b>05:23:16.30</b>	<b>05:24:05.60</b>	+02:57:51 (54.9%)	11:32	5.2 (45.2%)
557	<b>ADAMUS Anna</b>	<b>3297</b>	WARTKIE PIERONY	K40	55	02:48:26	<b>05:23:16.15</b>	<b>05:24:05.70</b>	+02:57:51 (54.9%)	11:32	5.2 (45.2%)
558	<b>OBRZUT Bartek</b>	<b>3093</b>		M30	159	02:33:39	<b>05:22:15.70</b>	<b>05:24:10.50</b>	+02:57:55 (54.9%)	11:30	5.2 (45.2%)
559	<b>RYCHLEWSKA Katarzyna</b>	<b>3740</b>	TRICLUB	K50	9	02:47:23	<b>05:23:56.90</b>	<b>05:24:37.90</b>	+02:58:23 (55.0%)	11:34	5.2 (45.2%)
560	<b>CZELIŃSKI Leszek</b>	<b>3256</b>		M50	40	02:25:04	<b>05:24:07.05</b>	<b>05:24:41.45</b>	+02:58:26 (55.0%)	11:34	5.2 (45.2%)
561	<b>SERAFIN Sebastian</b>	<b>3700</b>	SIMS	M40	163	02:35:05	<b>05:23:34.25</b>	<b>05:24:43.10</b>	+02:58:28 (55.0%)	11:33	5.2 (45.2%)
562	<b>SIERADZKA Maria</b>	<b>3008</b>	KRECIK DRAPIE	K30	59	02:49:31	<b>05:24:23.80</b>	<b>05:25:42.30</b>	+02:59:27 (55.1%)	11:35	5.2 (45.2%)
563	<b>PAJSZCZYK Blanka</b>	<b>3007</b>	KRECIK DRAPIE	K30	60	02:49:29	<b>05:24:23.90</b>	<b>05:25:42.70</b>	+02:59:28 (55.1%)	11:35	5.2 (45.2%)
564	<b>BARCZAK Sylwester</b>	<b>3384</b>	CZEKAŁEM NA BUSA OD WĄSKIEGO	M40	164	02:37:13	<b>05:25:13.65</b>	<b>05:25:50.35</b>	+02:59:35 (55.1%)	11:36	5.2 (45.2%)
565	<b>KAŻMIERCZAK Marek</b>	<b>3225</b>		M40	165	02:40:49	<b>05:25:43.15</b>	<b>05:25:59.20</b>	+02:59:44 (55.1%)	11:37	5.2 (45.2%)
566	<b>PISZCZ Dariusz</b>	<b>3682</b>		M40	166	02:47:41	<b>05:24:41.70</b>	<b>05:26:20.20</b>	+03:00:05 (55.2%)	11:35	5.2 (45.2%)
567	<b>CIEŚLAK Katarzyna</b>	<b>3092</b>		K30	61	02:43:26	<b>05:24:51.80</b>	<b>05:26:34.05</b>	+03:00:19 (55.2%)	11:36	5.2 (45.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
568	<b>GODLEWSKA Izabella</b>	<b>3596</b>	GANG ŚWIETLIKÓW	K20	15	02:48:45	<b>05:26:44.55</b>	<b>05:27:38.70</b>	+03:01:24 (55.4%)	11:40	5.1 (44.3%)
569	<b>GODLEWSKA Anna</b>	<b>3611</b>	GANG ŚWIETLIKÓW	K30	62	02:48:47	<b>05:26:44.60</b>	<b>05:27:38.90</b>	+03:01:24 (55.4%)	11:40	5.1 (44.3%)
570	<b>CHOJNOWSKA Barbara</b>	<b>3158</b>		K50	10	02:47:45	<b>05:27:15.50</b>	<b>05:28:23.80</b>	+03:02:09 (55.5%)	11:41	5.1 (44.3%)
571	<b>DYR Jerzy</b>	<b>3450</b>		M50	41	02:33:59	<b>05:28:16.05</b>	<b>05:28:25.15</b>	+03:02:10 (55.5%)	11:43	5.1 (44.3%)
572	<b>DEC Kamil</b>	<b>3796</b>	OTK RZEŹNIK	M20	40	02:50:10	<b>05:27:30.20</b>	<b>05:28:58.20</b>	+03:02:43 (55.5%)	11:41	5.1 (44.3%)
573	<b>WIELGUS Kacper</b>	<b>3798</b>		M20	41	02:50:12	<b>05:27:31.00</b>	<b>05:28:58.55</b>	+03:02:43 (55.5%)	11:41	5.1 (44.3%)
574	<b>RYBKA Tomasz</b>	<b>3293</b>		M60	17	02:42:47	<b>05:27:48.05</b>	<b>05:29:03.90</b>	+03:02:49 (55.6%)	11:42	5.1 (44.3%)
575	<b>KUKLEWSKA Ewa</b>	<b>3472</b>	OJOS	K60	9	02:51:24	<b>05:31:08.20</b>	<b>05:31:15.45</b>	+03:05:00 (55.9%)	11:49	5.1 (44.3%)
576	<b>ZABŁOTNY Kamil</b>	<b>3693</b>	DEFENDU	M30	160	02:33:34	<b>05:29:51.00</b>	<b>05:31:45.70</b>	+03:05:31 (55.9%)	11:46	5.1 (44.3%)
577	<b>KARLIŃSKA Katarzyna</b>	<b>3577</b>	#DRADURAFITSME	K40	56	02:39:24	<b>05:32:03.55</b>	<b>05:32:11.60</b>	+03:05:57 (56.0%)	11:51	5.1 (44.3%)
578	<b>ŁASKI Radosław</b>	<b>3552</b>	DRADURA & FOURTRISQUAD	M40	167	02:39:23	<b>05:32:02.70</b>	<b>05:32:12.30</b>	+03:05:57 (56.0%)	11:51	5.1 (44.3%)
579	<b>ADAMCZEWSKA Agnieszka</b>	<b>3325</b>		K40	57	02:55:46	<b>05:31:02.10</b>	<b>05:32:23.45</b>	+03:06:08 (56.0%)	11:49	5.1 (44.3%)
580	<b>ADAMCZEWSKA Anna</b>	<b>3324</b>		K50	11	02:55:47	<b>05:31:03.05</b>	<b>05:32:23.50</b>	+03:06:08 (56.0%)	11:49	5.1 (44.3%)
581	<b>WŁODARCZYK Teresa</b>	<b>3719</b>	SPC	K50	12	02:51:20	<b>05:31:07.25</b>	<b>05:32:35.70</b>	+03:06:21 (56.0%)	11:49	5.1 (44.3%)
581	<b>BĄK Andrzej</b>	<b>3736</b>	SPC	M50	42	02:51:22	<b>05:31:06.40</b>	<b>05:32:35.70</b>	+03:06:21 (56.0%)	11:49	5.1 (44.3%)
583	<b>WITEK Sylwia</b>	<b>3496</b>		K40	58	02:51:55	<b>05:31:08.60</b>	<b>05:32:44.65</b>	+03:06:30 (56.0%)	11:49	5.1 (44.3%)
584	<b>KACZKIEWICZ Damian</b>	<b>3519</b>	NIGHT RUNNERS GLIWICE	M40	168	02:52:03	<b>05:31:10.15</b>	<b>05:32:45.00</b>	+03:06:30 (56.1%)	11:49	5.1 (44.3%)
585	<b>PRYSZCZ Mirosław</b>	<b>3610</b>		M40	169	02:52:01	<b>05:31:10.30</b>	<b>05:32:45.55</b>	+03:06:30 (56.1%)	11:49	5.1 (44.3%)
586	<b>DANIELEWSKA Magdalena</b>	<b>3497</b>		K40	59	02:55:54	<b>05:31:10.40</b>	<b>05:32:46.20</b>	+03:06:31 (56.1%)	11:49	5.1 (44.3%)
587	<b>RAKOCZY Anna</b>	<b>3580</b>		K40	60	02:48:06	<b>05:32:03.95</b>	<b>05:33:10.40</b>	+03:06:55 (56.1%)	11:51	5.1 (44.3%)
588	<b>KURKOWSKI Sławomir</b>	<b>3581</b>		M30	161	02:47:47	<b>05:32:04.10</b>	<b>05:33:11.00</b>	+03:06:56 (56.1%)	11:51	5.1 (44.3%)
589	<b>MĄCZKA Krystyna</b>	<b>3698</b>	EXREMALNI RZEŹNICY NA RELAKSE	K60	10	02:57:18	<b>05:32:12.40</b>	<b>05:33:38.70</b>	+03:07:24 (56.2%)	11:51	5.1 (44.3%)
589	<b>JĘDRZEJOWSKA - DEC Anna</b>	<b>3799</b>	OTK RZEŹNIK	K40	61	02:57:13	<b>05:32:11.55</b>	<b>05:33:38.70</b>	+03:07:24 (56.2%)	11:51	5.1 (44.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
591	<b>BRZENCZEK Michał</b>	<b>3797</b>		M50	43	02:57:18	<b>05:32:13.60</b>	<b>05:33:38.75</b>	+03:07:24 (56.2%)	11:51	5.1 (44.3%)
592	<b>GALUS Agnieszka</b>	<b>3455</b>	OJOS	K40	62	02:49:25	<b>05:34:14.45</b>	<b>05:34:20.90</b>	+03:08:06 (56.3%)	11:56	5 (43.5%)
593	<b>MYŚLIWIEC Andrzej</b>	<b>3361</b>		M60	18	02:38:04	<b>05:34:35.25</b>	<b>05:34:59.40</b>	+03:08:44 (56.3%)	11:56	5 (43.5%)
594	<b>JEŻEWSKI Adam</b>	<b>3685</b>	ETISOFT RUNNING TEAM	M40	170	02:48:58	<b>05:34:52.25</b>	<b>05:35:01.45</b>	+03:08:46 (56.3%)	11:57	5 (43.5%)
595	<b>WARAS Barbara</b>	<b>3083</b>		K30	63	02:48:45	<b>05:34:03.30</b>	<b>05:35:04.35</b>	+03:08:49 (56.4%)	11:55	5 (43.5%)
596	<b>SZOPA Marek</b>	<b>3367</b>	ULTRA WAY TEAM / RUNEDA	M50	44		<b>05:35:22.15</b>	<b>05:35:29.50</b>	+03:09:14 (56.4%)	11:58	5 (43.5%)
597	<b>SZOPA Małgorzata</b>	<b>3368</b>	ULTRA WAY TEAM/ RUNEDA	K40	63	02:50:24	<b>05:35:22.05</b>	<b>05:35:29.55</b>	+03:09:14 (56.4%)	11:58	5 (43.5%)
598	<b>JARUS Andrzej</b>	<b>7</b>	POLISH_WINGS	M50	45	02:50:24	<b>05:35:21.60</b>	<b>05:35:31.10</b>	+03:09:16 (56.4%)	11:58	5 (43.5%)
599	<b>BONAWENTURSKA Anna</b>	<b>3302</b>	ORANGE POLSKA	K30	64	03:14:30	<b>05:33:37.15</b>	<b>05:35:34.60</b>	+03:09:20 (56.4%)	11:54	5 (43.5%)
600	<b>DŁUŻNIEWSKA Izabela</b>	<b>3530</b>		K40	64	02:49:57	<b>05:34:53.85</b>	<b>05:35:47.10</b>	+03:09:32 (56.4%)	11:57	5 (43.5%)
601	<b>OSIŃSKI Maciej</b>	<b>3216</b>		M40	171	02:47:06	<b>05:35:47.75</b>	<b>05:36:19.25</b>	+03:10:04 (56.5%)	11:59	5 (43.5%)
602	<b>KÜCHLER Małgorzata</b>	<b>3179</b>	JARBUD	K40	65	02:50:25	<b>05:36:34.45</b>	<b>05:36:42.50</b>	+03:10:27 (56.6%)	12:01	5 (43.5%)
603	<b>JUSZKO Aleksandra</b>	<b>3648</b>		K20	16	02:51:45	<b>05:36:03.00</b>	<b>05:37:16.70</b>	+03:11:02 (56.6%)	12:00	5 (43.5%)
604	<b>JUSZKO Krzysztof</b>	<b>3653</b>		M50	46	02:51:44	<b>05:36:02.80</b>	<b>05:37:17.15</b>	+03:11:02 (56.6%)	12:00	5 (43.5%)
605	<b>OCHNIO Aleksandra</b>	<b>3175</b>		K30	65	02:55:55	<b>05:35:46.75</b>	<b>05:37:34.50</b>	+03:11:19 (56.7%)	11:59	5 (43.5%)
606	<b>KAWECKI Dariusz</b>	<b>3684</b>	ETISOFT RUNNING TEAM	M50	47	02:50:12	<b>05:38:32.70</b>	<b>05:38:43.10</b>	+03:12:28 (56.8%)	12:05	5 (43.5%)
607	<b>WŁODAWIEC Asia</b>	<b>3426</b>		K20	17	02:49:26	<b>05:37:24.15</b>	<b>05:39:10.60</b>	+03:12:56 (56.9%)	12:03	5 (43.5%)
608	<b>KĘSKA-WŁODAWIEC Edyta</b>	<b>3383</b>		K50	13	02:49:24	<b>05:37:23.65</b>	<b>05:39:10.70</b>	+03:12:56 (56.9%)	12:02	5 (43.5%)
609	<b>KADECKI Marek</b>	<b>3539</b>		M50	48	02:52:30	<b>05:38:07.05</b>	<b>05:39:32.90</b>	+03:13:18 (56.9%)	12:04	5 (43.5%)
610	<b>PRZEPIÓRA Iwona</b>	<b>3272</b>	BBL KIELCE	K50	14	02:55:33	<b>05:38:24.75</b>	<b>05:39:44.70</b>	+03:13:30 (57.0%)	12:05	5 (43.5%)
611	<b>HEĆMAŃCZUK Katarzyna</b>	<b>3332</b>	FABRYKA DZIKA	K30	66	02:58:35	<b>05:40:37.95</b>	<b>05:41:00.80</b>	+03:14:46 (57.1%)	12:09	4.9 (42.6%)
612	<b>ŚWIERKOWSKI Piotr</b>	<b>3403</b>		M40	172	02:31:01	<b>05:40:35.50</b>	<b>05:41:19.55</b>	+03:15:04 (57.2%)	12:09	4.9 (42.6%)
613	<b>HAWRYŁAK Paulina</b>	<b>3018</b>		K20	18	02:51:47	<b>05:40:05.80</b>	<b>05:41:43.15</b>	+03:15:28 (57.2%)	12:08	4.9 (42.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
614	<b>RATOWSKA Oliwia</b>	<b>3135</b>	HERO BOX								
				K30	67	02:56:19	<b>05:40:17.00</b>	<b>05:41:54.30</b>	+03:15:39 (57.2%)	12:09	4.9 (42.6%)
615	<b>ZIELIŃSKA IGNASZAK Iwona</b>	<b>3483</b>	HEROBOX								
				K50	15	02:56:20	<b>05:40:16.90</b>	<b>05:41:54.35</b>	+03:15:39 (57.2%)	12:09	4.9 (42.6%)
616	<b>CEDRO Katarzyna</b>	<b>3335</b>									
				K30	68	02:50:22	<b>05:41:45.35</b>	<b>05:42:16.05</b>	+03:16:01 (57.3%)	12:12	4.9 (42.6%)
617	<b>KĘSICKI Rafał</b>	<b>3327</b>									
				M40	173	02:51:26	<b>05:45:13.05</b>	<b>05:46:47.65</b>	+03:20:33 (57.8%)	12:19	4.9 (42.6%)
618	<b>PIEKARSKA Justyna</b>	<b>3146</b>	ROZBIEGAJMY RADOMSKO								
				K30	69	02:55:32	<b>05:46:24.20</b>	<b>05:46:49.00</b>	+03:20:34 (57.8%)	12:22	4.8 (41.7%)
619	<b>TRZYNA Paula</b>	<b>3567</b>	POLSKIE TOWARZYSTWO STWARDNIENIA ROZSIANEGO								
				K30	70	02:52:59	<b>05:46:28.50</b>	<b>05:47:22.35</b>	+03:21:07 (57.9%)	12:22	4.8 (41.7%)
620	<b>KNAP Elżbieta</b>	<b>3119</b>	GACEK TEAM								
				K30	71	02:52:54	<b>05:47:40.80</b>	<b>05:48:08.35</b>	+03:21:53 (58.0%)	12:25	4.8 (41.7%)
621	<b>SMAGA Aleksandra</b>	<b>3266</b>									
				K30	72	02:56:25	<b>05:48:05.10</b>	<b>05:48:18.10</b>	+03:22:03 (58.0%)	12:25	4.8 (41.7%)
622	<b>KOZIEŁ Marcin</b>	<b>3533</b>	KOPER								
				M40	174	02:57:05	<b>05:47:43.20</b>	<b>05:48:26.70</b>	+03:22:12 (58.0%)	12:25	4.8 (41.7%)
623	<b>LACHCIK Małgorzata</b>	<b>3341</b>									
				K30	73	02:51:53	<b>05:48:02.25</b>	<b>05:49:40.80</b>	+03:23:26 (58.2%)	12:25	4.8 (41.7%)
624	<b>SZPERNAL Beata</b>	<b>3047</b>									
				K50	16	02:49:13	<b>05:49:29.15</b>	<b>05:50:10.95</b>	+03:23:56 (58.2%)	12:28	4.8 (41.7%)
625	<b>PĘDZISZ Dawid</b>	<b>3255</b>									
				M30	162	02:40:50	<b>05:49:59.45</b>	<b>05:50:15.15</b>	+03:24:00 (58.2%)	12:29	4.8 (41.7%)
626	<b>RUDNICKA Krystyna</b>	<b>3401</b>	BRAK								
				K50	17	02:55:39	<b>05:48:57.35</b>	<b>05:50:43.60</b>	+03:24:29 (58.3%)	12:27	4.8 (41.7%)
627	<b>FAYFER Dorota</b>	<b>3340</b>	KAT CROSS								
				K40	66	02:48:44	<b>05:50:33.60</b>	<b>05:51:48.60</b>	+03:25:34 (58.4%)	12:31	4.8 (41.7%)
628	<b>KRAWCZYK Magdalena</b>	<b>3003</b>									
				K30	74	02:48:45	<b>05:50:34.00</b>	<b>05:51:48.65</b>	+03:25:34 (58.4%)	12:31	4.8 (41.7%)
629	<b>SREBRO Michał</b>	<b>3502</b>	DZIKI Z CYTADELI								
				M50	49	02:48:30	<b>05:53:00.70</b>	<b>05:54:42.25</b>	+03:28:27 (58.8%)	12:36	4.8 (41.7%)
630	<b>BARSZCZEWSKA Marta</b>	<b>3017</b>	BIEGOWY WARIAT RUNNING TEAM								
				K30	75	02:49:55	<b>05:54:48.95</b>	<b>05:54:54.45</b>	+03:28:39 (58.8%)	12:40	4.7 (40.9%)
631	<b>SZYBKA Wojciech</b>	<b>3156</b>	SZYBCY								
				M60	19	03:01:00	<b>05:54:11.90</b>	<b>05:54:56.70</b>	+03:28:42 (58.8%)	12:38	4.7 (40.9%)
632	<b>HERMAN Paweł</b>	<b>21</b>	MLUKS TRZEBIATÓW								
				M40	175	02:47:58	<b>05:55:04.95</b>	<b>05:55:55.95</b>	+03:29:41 (58.9%)	12:40	4.7 (40.9%)
633	<b>LORENC-KRUSZYŃSKA Sylwia</b>	<b>3586</b>	FORDONRUNNERS								
				K40	67	02:55:15	<b>05:55:00.00</b>	<b>05:56:38.90</b>	+03:30:24 (59.0%)	12:40	4.7 (40.9%)
634	<b>BRONISZ Anna</b>	<b>3306</b>	ROZBIEGANY SULEJÓWEK								
				K40	68	02:55:10	<b>05:55:32.55</b>	<b>05:57:18.55</b>	+03:31:03 (59.1%)	12:41	4.7 (40.9%)
635	<b>KUBACKI Andrzej</b>	<b>3244</b>	LASY PAŃSTWOWE								
				M50	50	02:38:42	<b>05:58:16.40</b>	<b>05:58:56.20</b>	+03:32:41 (59.3%)	12:47	4.7 (40.9%)
636	<b>OBARSKI Norbert</b>	<b>3074</b>									
				M60	20	02:54:37	<b>05:58:08.55</b>	<b>05:58:56.45</b>	+03:32:41 (59.3%)	12:47	4.7 (40.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
637	<b>KILJAN Anna</b>	<b>3186</b>		K30	76	03:06:45	<b>05:59:59.60</b>	<b>06:00:49.15</b>	+03:34:34 (59.5%)	12:51	4.7 (40.9%)
638	<b>DASZCZYŃSKI Adam</b>	<b>3570</b>	ADASKO TEAM	M50	51	02:55:58	<b>05:59:55.80</b>	<b>06:01:07.80</b>	+03:34:53 (59.5%)	12:51	4.7 (40.9%)
639	<b>WOJNAROWSKI Michał</b>	<b>3167</b>	COWOOCELL	M20	42	03:02:17	<b>05:59:21.70</b>	<b>06:01:10.70</b>	+03:34:56 (59.5%)	12:50	4.7 (40.9%)
640	<b>LESISZ Katarzyna</b>	<b>3408</b>	WARTKIE PIERONY	K40	69	02:42:57	<b>06:00:35.40</b>	<b>06:01:22.90</b>	+03:35:08 (59.5%)	12:52	4.7 (40.9%)
641	<b>KURASZ Julia</b>	<b>3410</b>		K20	19	02:44:19	<b>06:01:13.45</b>	<b>06:02:01.20</b>	+03:35:46 (59.6%)	12:54	4.7 (40.9%)
642	<b>KARDAS Karolina</b>	<b>3172</b>	FABRYKA DZIKA	K30	77	02:57:15	<b>06:00:27.85</b>	<b>06:02:10.95</b>	+03:35:56 (59.6%)	12:52	4.7 (40.9%)
643	<b>JONCZYK Erwin</b>	<b>3415</b>	STANWEX II	M30	163	02:43:30	<b>06:03:12.55</b>	<b>06:04:32.20</b>	+03:38:17 (59.9%)	12:58	4.6 (40.0%)
644	<b>KOTAŃSKI Jakub</b>	<b>3405</b>	STANWEX II	M30	164	02:43:29	<b>06:03:09.40</b>	<b>06:04:32.50</b>	+03:38:17 (59.9%)	12:58	4.6 (40.0%)
645	<b>KOTAŃSKA Magdalena</b>	<b>3406</b>	STANWEX II	K30	78	02:53:07	<b>06:03:18.20</b>	<b>06:04:37.50</b>	+03:38:22 (59.9%)	12:58	4.6 (40.0%)
646	<b>RADECKI Wojciech</b>	<b>3505</b>	DZIKI Z CYTADELI	M40	176	02:57:59	<b>06:08:02.65</b>	<b>06:09:44.20</b>	+03:43:29 (60.4%)	13:08	4.6 (40.0%)
647	<b>BOGUSZ Piotr</b>	<b>3078</b>		M40	177	02:49:49	<b>06:09:32.55</b>	<b>06:10:13.30</b>	+03:43:58 (60.5%)	13:11	4.5 (39.1%)
648	<b>JABŁOŃSKI Kazimierz</b>	<b>3715</b>	SPRINTER PRĄDY	M60	21	03:03:31	<b>06:10:47.45</b>	<b>06:12:23.50</b>	+03:46:08 (60.7%)	13:14	4.5 (39.1%)
649	<b>DZIĘCIELSKA Agnieszka</b>	<b>3039</b>		K40	70	02:58:02	<b>06:10:47.70</b>	<b>06:12:27.30</b>	+03:46:12 (60.7%)	13:14	4.5 (39.1%)
650	<b>ZARAŃSKA Izabela</b>	<b>3416</b>	MIECHOWICKA GRUPA BIEGOWA	K50	18	02:56:15	<b>06:15:03.45</b>	<b>06:15:36.25</b>	+03:49:21 (61.1%)	13:23	4.5 (39.1%)
651	<b>FRANKOWSKA Ania</b>	<b>3413</b>	MIECHOWICKA GRUPA BIEGOWA	K50	19	02:56:16	<b>06:15:02.80</b>	<b>06:15:36.60</b>	+03:49:22 (61.1%)	13:23	4.5 (39.1%)
652	<b>ŁABNO Magda</b>	<b>3022</b>		K30	79	02:58:06	<b>06:16:55.30</b>	<b>06:18:00.30</b>	+03:51:45 (61.3%)	13:27	4.5 (39.1%)
653	<b>KOZAK Krzysztof</b>	<b>3024</b>		M30	165	02:58:13	<b>06:16:55.50</b>	<b>06:18:00.55</b>	+03:51:45 (61.3%)	13:27	4.5 (39.1%)
654	<b>SOWA Grzegorz</b>	<b>3208</b>	#KUBAPIECHTEAM	M50	52	02:57:00	<b>06:17:55.30</b>	<b>06:18:46.70</b>	+03:52:32 (61.4%)	13:29	4.4 (38.3%)
655	<b>DZIURZYŃSKA Urszula</b>	<b>3138</b>	VEGE RUNNERS	K40	71	02:56:51	<b>06:17:54.10</b>	<b>06:18:46.80</b>	+03:52:32 (61.4%)	13:29	4.4 (38.3%)
656	<b>PIETRZAK Agnieszka</b>	<b>3089</b>		K40	72	02:59:43	<b>06:20:26.10</b>	<b>06:21:43.20</b>	+03:55:28 (61.7%)	13:35	4.4 (38.3%)
657	<b>RÓLKA Kamila</b>	<b>3043</b>		K40	73	02:55:48	<b>06:20:15.95</b>	<b>06:21:44.35</b>	+03:55:29 (61.7%)	13:34	4.4 (38.3%)
658	<b>PĘDZIMAŻ Marcin</b>	<b>3116</b>		M40	178	02:55:48	<b>06:20:17.25</b>	<b>06:21:46.10</b>	+03:55:31 (61.7%)	13:34	4.4 (38.3%)
659	<b>RADYK Jakub</b>	<b>3485</b>		M30	166	02:58:00	<b>06:23:36.40</b>	<b>06:25:06.20</b>	+03:58:51 (62.0%)	13:42	4.4 (38.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
660	<b>RADYK Anna</b>	<b>3484</b>	JUMPING STARS TEAM PRZEMYŚL	K20	20	02:57:58	<b>06:23:36.35</b>	<b>06:25:06.30</b>	+03:58:51 (62.0%)	13:42	4.4 (38.3%)
661	<b>MERKLINGHAUS-KOBER Monika</b>	<b>3014</b>	SPEED FEET '16	K40	74	03:09:18	<b>06:28:10.35</b>	<b>06:29:47.60</b>	+04:03:33 (62.5%)	13:51	4.3 (37.4%)
661	<b>NOWAK Maciej</b>	<b>3676</b>	SPEED FEET 16	M40	179	03:09:16	<b>06:28:09.50</b>	<b>06:29:47.60</b>	+04:03:33 (62.5%)	13:51	4.3 (37.4%)
663	<b>SZKAMRUK Alicja</b>	<b>4</b>	EXTREMALNI RZEŹNICY NA RELAKSIE	K30	80	02:48:57	<b>06:30:45.90</b>	<b>06:31:47.90</b>	+04:05:33 (62.7%)	13:57	4.3 (37.4%)
664	<b>SOĆKO Kamil</b>	<b>5</b>		M30	167	02:48:53	<b>06:30:44.85</b>	<b>06:31:47.95</b>	+04:05:33 (62.7%)	13:57	4.3 (37.4%)
665	<b>SZUMIŃSKA Irena</b>	<b>3152</b>	TRITON KONIN	K60	11	03:02:55	<b>06:46:29.50</b>	<b>06:47:38.95</b>	+04:21:24 (64.1%)	14:31	4.1 (35.7%)
666	<b>BOGDAŃSKI Waldemar</b>	<b>3169</b>	TRITON KONIN	M60	22	03:04:01	<b>06:46:29.05</b>	<b>06:47:39.15</b>	+04:21:24 (64.1%)	14:31	4.1 (35.7%)
667	<b>MALINOWSKA-BŁASZCZAK Monika</b>	<b>3042</b>	ORANGE POLSKA	K30	81	03:05:58	<b>06:50:12.15</b>	<b>06:51:09.15</b>	+04:24:54 (64.4%)	14:39	4.1 (35.7%)
668	<b>BISZCZAK Dominika</b>	<b>3079</b>		K30	82	03:05:15	<b>06:50:12.35</b>	<b>06:51:09.25</b>	+04:24:54 (64.4%)	14:39	4.1 (35.7%)
669	<b>WILK Rafał</b>	<b>3183</b>	SEKCJA PIASKI	M40	180	03:12:51	<b>06:50:41.30</b>	<b>06:51:36.40</b>	+04:25:21 (64.5%)	14:40	4.1 (35.7%)
670	<b>SYGUŁA Katarzyna</b>	<b>3534</b>		K50	20	03:12:10	<b>06:50:57.60</b>	<b>06:52:19.60</b>	+04:26:05 (64.5%)	14:40	4.1 (35.7%)
671	<b>WIELGOSZ Mariusz</b>	<b>3026</b>		M50	53	03:00:01	<b>06:55:18.70</b>	<b>06:56:17.15</b>	+04:30:02 (64.9%)	14:49	4 (34.8%)
672	<b>BARTOSIEWICZ Piotr</b>	<b>3617</b>		M50	54	03:06:17	<b>06:55:19.10</b>	<b>06:56:17.65</b>	+04:30:03 (64.9%)	14:49	4 (34.8%)
673	<b>FIJAŁKOWSKI Bartosz</b>	<b>3128</b>	MYSZOJELEŃ	M30	168	03:02:50	<b>06:57:53.85</b>	<b>06:59:34.20</b>	+04:33:19 (65.1%)	14:55	4 (34.8%)
674	<b>STRUMIŃSKA Gosia</b>	<b>3130</b>		K60	12	03:02:57	<b>06:57:54.35</b>	<b>06:59:34.80</b>	+04:33:20 (65.1%)	14:55	4 (34.8%)
675	<b>ŻYŁOWICZ Marcin</b>	<b>3494</b>		M30	169	02:58:16	<b>06:59:29.70</b>	<b>07:00:12.60</b>	+04:33:58 (65.2%)	14:58	4 (34.8%)
676	<b>OBARSKA Małgorzata</b>	<b>3073</b>		K60	13	03:31:43	<b>06:59:56.35</b>	<b>07:00:43.55</b>	+04:34:28 (65.2%)	14:59	4 (34.8%)
677	<b>TWARDOWSKA Patrycja</b>	<b>3077</b>	STOWARZYSZENIE PACZKA DLA BOHATERA	K30	83	03:41:29	<b>07:18:32.90</b>	<b>07:19:37.45</b>	+04:53:22 (66.7%)	15:39	3.8 (33.0%)
678	<b>TWARDOWSKI Tomasz</b>	<b>3076</b>	STOWARZYSZENIE PACZKA DLA BOHATERA	M40	181	03:41:38	<b>07:18:32.70</b>	<b>07:19:38.25</b>	+04:53:23 (66.7%)	15:39	3.8 (33.0%)
679	<b>PŁAŻEWSKI Paweł</b>	<b>3713</b>		M40	182	03:08:30	<b>07:23:19.10</b>	<b>07:24:19.45</b>	+04:58:04 (67.1%)	15:49	3.8 (33.0%)
680	<b>PRZYBYLIŃSKI Cezary</b>	<b>3005</b>	RUNEGADES BRWINÓW	M40	183	03:45:07	<b>07:23:17.35</b>	<b>07:24:19.50</b>	+04:58:04 (67.1%)	15:49	3.8 (33.0%)
681	<b>ZUGAJ Cezary</b>	<b>3015</b>	WHITE BEARS TEAM BIAŁYSTOK	M50	55	03:57:53	<b>07:51:40.10</b>	<b>07:53:33.70</b>	+05:27:19 (69.1%)	16:50	3.6 (31.3%)
682	<b>LEMAŃSKA Sylwia</b>	<b>3214</b>		K40	75	03:58:08	<b>07:57:56.85</b>	<b>07:58:05.10</b>	+05:31:50 (69.4%)	17:04	3.5 (30.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
683	<b>ZIOBRO Aśka</b>	<b>3122</b>		K40	76	03:58:11	<b>07:57:57.10</b>	<b>07:58:05.15</b>	+05:31:50 (69.4%)	17:04	3.5 (30.4%)
	<b>CHOJNOWSKI Łukasz</b>	<b>3238</b>		M30		01:57:27 DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>OLEKSY Jakub</b>	<b>3110</b>	COWOOCELL	M20		03:28:51 DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>DROBIK Magdalena</b>	<b>3549</b>		K40		04:15:13 DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>REY Andrzej</b>	<b>3301</b>	REYRUNNINGTEAM	M40		DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>LITKE Andżelika</b>	<b>3665</b>	EAZYMUT.PL	K30		DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>REY Patryk</b>	<b>3303</b>	REYRUNNINGTEAM	M20		DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>SZYMOT Adrian</b>	<b>3720</b>	SZKOŁA TENISA ZIEMNEGO AKA TENIS	M30		DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>PÓŁTORAK Kasia</b>	<b>3558</b>	POLKA SPORT	K40		DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>GADZIŃSKI Marcin</b>	<b>3082</b>		M30		DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 692 wynik(ów)