



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	BARAN Mateusz	3511	PIEKIELNI WARSZAWA	M30	1	01:15:45	02:26:13.05	02:26:14.60		5:13	11.5 (100%)
2	GUT Jacek	3592	KLUB MORSA SŁONECZKO	M30	2	01:21:53	02:36:21.15	02:36:23.00	+00:10:08 (6.5%)	5:35	10.7 (93.0%)
3	WAŚKO Paweł	3106	CENTRUM MASAŻU	M50	1	01:23:31	02:38:34.05	02:38:35.60	+00:12:21 (7.8%)	5:39	10.6 (92.2%)
4	WRÓBEL Kamil	3006		M30	3	01:24:01	02:40:35.45	02:40:37.00	+00:14:22 (8.9%)	5:44	10.5 (91.3%)
5	SKAWIŃSKI Tomasz	3686	GOPR BIESZCZADY	M40	1	01:28:00	02:41:26.45	02:41:28.65	+00:15:14 (9.4%)	5:45	10.4 (90.4%)
6	MULARCZYK Paweł	3437	GRUPA JURA'PL	M30	4	01:23:19	02:42:53.50	02:42:56.45	+00:16:41 (10.2%)	5:49	10.3 (89.6%)
7	GÓROWSKA Iwona	3595	GOPR BIESZCZADY	K30	1	01:30:35	02:44:42.55	02:44:46.55	+00:18:31 (11.2%)	5:52	10.2 (88.7%)
8	LEŚNIAK Michał	3457	ASICS FRONTRUNNER / BIEGIEM_PO_EUROPIE	M30	5	01:25:44	02:45:53.70	02:45:57.05	+00:19:42 (11.9%)	5:55	10.1 (87.8%)
9	WIŚNIEWSKI Piotr	3612	DYNAFIT/ TUTTU.PL	M40	2	01:28:23	02:46:11.55	02:46:14.75	+00:20:00 (12.0%)	5:56	10.1 (87.8%)
10	LIS Łukasz	3741	TRICLUB	M30	6	01:28:01	02:48:34.90	02:48:37.65	+00:22:23 (13.3%)	6:01	10 (87.0%)
11	CICHOWSKI Wojciech	3270	AW - SZYBCIEJ - TEAM	M30	7	01:30:22	02:50:17.15	02:50:20.90	+00:24:06 (14.2%)	6:04	9.9 (86.1%)
12	JAWOREK Grzegorz	3142		M40	3	01:32:36	02:54:50.50	02:54:53.90	+00:28:39 (16.4%)	6:14	9.6 (83.5%)
13	WOJNAROWICZ Paweł	3588		M30	8	01:31:54	02:55:13.55	02:55:18.30	+00:29:03 (16.6%)	6:15	9.6 (83.5%)
14	KRZEMIŃSKI Marcin	3573		M40	4	01:34:51	02:57:10.75	02:57:12.75	+00:30:58 (17.5%)	6:19	9.5 (82.6%)
15	GÓRALIK Sylwia	3630	KS AZS AWF KRAKÓW	K40	1	01:33:28	02:58:28.60	02:58:30.45	+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	WOJCIECHOWSKI Tobiasz	3547		M30	9	01:35:54	02:59:18.65	02:59:22.10	+00:33:07 (18.5%)	6:24	9.4 (81.7%)
17	BASAĞ Marek	3639	GINGER POWER	M40	5	01:35:56	02:59:17.85	02:59:25.65	+00:33:11 (18.5%)	6:24	9.4 (81.7%)
18	PODOLAK Kuba	3342	A TAK SOBIE BIEGAM	M30	10	01:37:07	02:59:11.85	02:59:27.00	+00:33:12 (18.5%)	6:23	9.4 (81.7%)
19	GÓROWSKI Mateusz	3743	KAGB/GOPR BIESZCZADY	M40	6	01:38:53	03:01:46.40	03:01:51.10	+00:35:36 (19.6%)	6:29	9.2 (80.0%)
20	KMIEĆ Paweł	3521		M20	1	01:33:37	03:02:22.05	03:02:23.30	+00:36:08 (19.8%)	6:30	9.2 (80.0%)
21	BOCHENEK Magdalena	3704	G.O.A.T. TEAM MICHAŁOWICE	K30	2	01:36:02	03:02:50.20	03:02:52.40	+00:36:37 (20.0%)	6:31	9.2 (80.0%)
22	ZIĘBA Mateusz	3718	FOREVER TEAM	M30	11	01:39:37	03:05:27.45	03:05:45.70	+00:39:31 (21.3%)	6:37	9.1 (79.1%)
23	STAŃKO Paweł	3712	GOPR BIESZCZADY	M40	7	01:37:38	03:06:54.00	03:06:56.45	+00:40:41 (21.8%)	6:40	9 (78.3%)
24	KOT Rafał	3748	GÓRAL Z MAZUR RUNNING TEAM	M40	8	01:39:12	03:07:42.15	03:07:53.20	+00:41:38 (22.2%)	6:42	9 (78.3%)
25	KONIK Marcin	3081		M40	9	01:37:40	03:08:02.20	03:08:05.25	+00:41:50 (22.2%)	6:42	8.9 (77.4%)
26	FRONCZAK Sylwester	3289		M30	12	01:39:31	03:08:29.90	03:08:55.00	+00:42:40 (22.6%)	6:43	8.9 (77.4%)
27	KSIĄŻKIEWICZ Bartłomiej	3590	ROCKY BALBOA	M40	10	01:37:23	03:09:28.55	03:09:31.20	+00:43:16 (22.8%)	6:46	8.9 (77.4%)
28	KŁOS Łukasz	3218	ASICS FRONTRUNNER POLAND	M30	13	01:37:25	03:09:29.85	03:09:33.30	+00:43:18 (22.8%)	6:46	8.9 (77.4%)
29	ROMANIUK Agnieszka	3515		K20	1	01:37:10	03:09:41.25	03:09:43.30	+00:43:28 (22.9%)	6:46	8.9 (77.4%)
30	DŁUGOSZ-STĘPNIAK Agnieszka	3524	STAY INSANE	K30	3	01:41:53	03:09:54.85	03:09:57.30	+00:43:42 (23.0%)	6:46	8.8 (76.5%)
31	DESKA Leszek	3745	WWW.LESZEKBIEGA.PL	M40	11	01:37:39	03:09:52.90	03:10:24.10	+00:44:09 (23.2%)	6:46	8.8 (76.5%)
32	KOZARSKI Krzysztof	3572	RK LEGAL TEAM	M40	12	01:42:44	03:11:00.50	03:11:10.90	+00:44:56 (23.5%)	6:49	8.8 (76.5%)
33	CHUDY Michał	3681		M30	14	01:42:55	03:11:20.90	03:11:31.70	+00:45:17 (23.6%)	6:50	8.8 (76.5%)
34	LEŚ Michał	3554	SANOK BIEGA	M30	15	01:33:06	03:12:29.00	03:12:36.10	+00:46:21 (24.1%)	6:52	8.7 (75.7%)
35	KORAB Robert Trebi	3568	RZESZOWSKIE GAZELE I GEPARDY	M50	2	01:42:40	03:12:51.05	03:12:52.75	+00:46:38 (24.2%)	6:53	8.7 (75.7%)
36	GRZYBEK Antoni	3493		M50	3	01:42:30	03:13:42.50	03:13:53.30	+00:47:38 (24.6%)	6:55	8.7 (75.7%)
37	PABIAŃSKA Marta	3286	NOA	K30	4	01:47:04	03:14:27.00	03:14:30.15	+00:48:15 (24.8%)	6:56	8.6 (74.8%)
38	SARNIAK Marcin	3202	WYBIEGANIA MPK	M40	13	01:41:50	03:15:05.40	03:15:30.25	+00:49:15 (25.2%)	6:58	8.6 (74.8%)

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

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

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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	LEWANDOWSKI Wojciech	3609		M40	41	02:02:41	03:41:32.35	03:43:19.55	+01:17:04 (34.5%)	7:54	7.6 (66.1%)
109	PASIECZNY Karol	3377		M30	39	01:52:48	03:42:16.10	03:43:36.90	+01:17:22 (34.6%)	7:56	7.6 (66.1%)
110	GÓRSKI Adam	3671		M30	40	01:47:04	03:43:50.60	03:44:00.90	+01:17:46 (34.7%)	7:59	7.5 (65.2%)
111	TOMASZEWSKI Łukasz	3744		M30	41	01:48:40	03:43:43.60	03:44:12.20	+01:17:57 (34.8%)	7:59	7.5 (65.2%)
112	STALKA Krzysztof	3412	STANWEX II	M30	42	02:02:04	03:43:05.70	03:44:23.00	+01:18:08 (34.8%)	7:58	7.5 (65.2%)
113	LEWANDOWSKA Magdalena	3608		K30	8	02:02:35	03:42:44.70	03:44:31.30	+01:18:16 (34.9%)	7:57	7.5 (65.2%)
114	OBREŃBSKI Marcin	3414	MATNER RUNNING TEAM	M40	42	01:54:28	03:43:54.50	03:44:32.80	+01:18:18 (34.9%)	7:59	7.5 (65.2%)
115	NOWAK Mariusz	3625		M40	43	01:44:35	03:44:30.60	03:44:41.95	+01:18:27 (34.9%)	8:01	7.5 (65.2%)
116	GROSS Radosław	3295	FABRYKA DZIKA	M40	44	01:50:18	03:44:23.50	03:44:45.10	+01:18:30 (34.9%)	8:00	7.5 (65.2%)
117	ŻŁOBIŃSKI Tomasz	3541		M30	43	01:57:56	03:44:15.25	03:45:00.50	+01:18:45 (35.0%)	8:00	7.5 (65.2%)
118	LEWCZUK Norbert	3601	BIEGACZE POMAGACZE/ EDYTA LEWANDOWSKA TEAM	M40	45	01:56:37	03:44:04.25	03:45:05.10	+01:18:50 (35.0%)	8:00	7.5 (65.2%)
119	JESKE Marek	3424	RUN BYDGOSZCZ	M50	8	01:56:45	03:44:55.15	03:45:16.10	+01:19:01 (35.1%)	8:01	7.5 (65.2%)
120	PACIOREK Ewa	3717	KOBIETA BIEGA. EWA PACIOREK	K30	9	01:55:46	03:45:15.20	03:45:18.05	+01:19:03 (35.1%)	8:02	7.5 (65.2%)
121	ZACZKIEWICZ Roman	3739	TRICLUB	M40	46	01:59:49	03:45:08.55	03:45:28.75	+01:19:14 (35.1%)	8:02	7.5 (65.2%)
122	LEŚNIEWSKI Mateusz	3513	KS STOMIL POZNAŃ	M20	8	02:04:18	03:44:23.00	03:45:53.60	+01:19:39 (35.3%)	8:00	7.5 (65.2%)
123	TOMASZEK Piotr	3597		M40	47	01:52:59	03:45:51.95	03:46:12.45	+01:19:57 (35.3%)	8:03	7.4 (64.3%)
124	KOPIEC Arkadiusz	3510		M40	48	01:58:46	03:45:12.75	03:46:18.60	+01:20:04 (35.4%)	8:02	7.5 (65.2%)
125	PODLEŚ Robert	3211		M60	3	01:57:21	03:46:24.80	03:46:34.60	+01:20:20 (35.5%)	8:05	7.4 (64.3%)
126	GAJ Andrzej	3565		M50	9	02:00:31	03:45:43.25	03:46:42.50	+01:20:27 (35.5%)	8:03	7.4 (64.3%)
127	URBAN Rafał	3631	FORMYGRILS	M30	44	01:57:14	03:45:55.80	03:46:46.60	+01:20:32 (35.5%)	8:04	7.4 (64.3%)
128	KRZYMOWSKI Piotr	3051	PAWKO RUNNER	M30	45	02:00:29	03:45:39.95	03:46:48.55	+01:20:33 (35.5%)	8:03	7.4 (64.3%)
129	RAKOWSKI Przemysław	3351		M50	10	01:59:15	03:48:04.40	03:48:08.30	+01:21:53 (35.9%)	8:08	7.4 (64.3%)
130	TARNAWSKI Sławomir	3447		M40	49	02:02:19	03:48:30.00	03:48:34.50	+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	BAŁA Marcin	3599		M30	62	02:05:46	03:55:16.95	03:56:07.50	+01:29:52 (38.1%)	8:24	7.1 (61.7%)
178	IDZIAK Marcin	3621	POLSKA	M40	65		03:57:02.85	03:57:02.85	+01:30:48 (38.3%)	8:27	7.1 (61.7%)
179	LIS Bartłomiej	3213	GANG DZIKICH WIEPRZY	M20	15	02:08:09	03:55:24.15	03:57:04.95	+01:30:50 (38.3%)	8:24	7.1 (61.7%)
180	SMOLAREK Dawid	3714	MSW REPREZENTANT	M30	63	02:01:42	03:56:18.05	03:57:34.20	+01:31:19 (38.4%)	8:26	7.1 (61.7%)
181	SUŁEK Marcin	3206	PRO-MILE TEAM	M30	64	02:03:11	03:57:16.95	03:57:40.10	+01:31:25 (38.5%)	8:28	7.1 (61.7%)
182	JASTRZĄB Piotr	17		M50	15	02:02:43	03:57:39.95	03:57:44.25	+01:31:29 (38.5%)	8:29	7.1 (61.7%)
183	TAPEREK Marta	3633		K30	13	01:59:57	03:56:19.65	03:57:45.80	+01:31:31 (38.5%)	8:26	7.1 (61.7%)
184	BAŁUKA Jarosław	3486		M50	16	02:15:57	03:57:14.25	03:57:46.70	+01:31:32 (38.5%)	8:28	7.1 (61.7%)
185	DYSZER Jarosław	3728		M30	65	02:03:47	03:56:21.95	03:57:47.50	+01:31:32 (38.5%)	8:26	7.1 (61.7%)
186	KALICIŃSKI Jarosław	3117	ŚLĘZAK TEAM	M40	66	02:01:19	03:57:24.80	03:58:15.10	+01:32:00 (38.6%)	8:28	7.1 (61.7%)
187	GRABAREK Mateusz	3061	ASOT	M40	67	02:06:09	03:57:42.85	03:58:33.30	+01:32:18 (38.7%)	8:29	7.1 (61.7%)
188	OLEKSA Leszek	3439		M30	66	02:03:42	03:57:52.40	03:58:55.75	+01:32:41 (38.8%)	8:29	7.1 (61.7%)
189	RUDNIK Paweł	3155		M30	67	02:05:55	03:58:14.00	03:59:09.40	+01:32:54 (38.9%)	8:30	7.1 (61.7%)
190	KSIONEK Jarosław	3640	G4 SIEDLCE	M20	16	02:06:35	03:58:18.60	03:59:16.25	+01:33:01 (38.9%)	8:30	7 (60.9%)
191	SIWEK Julianna	3095	WKURW_TEAM	K20	2	02:01:57	03:58:33.75	03:59:38.60	+01:33:24 (39.0%)	8:31	7 (60.9%)
192	KUTERA Paweł	3726		M30	68	02:03:46	03:58:21.85	03:59:48.10	+01:33:33 (39.0%)	8:30	7 (60.9%)
193	SULIMA Grzegorz	3644		M40	68	02:01:36	03:59:16.05	03:59:48.65	+01:33:34 (39.0%)	8:32	7 (60.9%)
194	KRAWCZYK Nicole	3537		K30	14	02:04:31	03:59:42.45	04:00:16.80	+01:34:02 (39.1%)	8:33	7 (60.9%)
195	WOSINSKA Magdalena	3571	#DZIEWCZYNY_MINISTRY	K40	7	02:05:13	03:59:21.00	04:00:17.50	+01:34:02 (39.1%)	8:32	7 (60.9%)
196	ZAREMBA Monika	3411	WIELUŃ BIEGA	K20	3	02:06:36	04:00:21.50	04:00:58.10	+01:34:43 (39.3%)	8:35	7 (60.9%)
197	JURKIEWICZ Aldona	3205	ROZBIEGANY SUSZ	K40	8	02:08:41	04:00:00.50	04:01:07.20	+01:34:52 (39.3%)	8:34	7 (60.9%)
198	SKARŻYŃSKI Michał	3013		M40	69	02:08:59	04:00:15.05	04:01:30.00	+01:35:15 (39.4%)	8:34	7 (60.9%)
199	MARCZEWSKA Agata	3193		K40	9	02:07:18	04:00:33.30	04:01:37.70	+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	BAŃKA Mariusz	3465		M50	17	02:03:42	04:01:27.45	04:01:51.75	+01:35:37 (39.5%)	8:37	7 (60.9%)
201	KUTERA Konrad	3458		M30	69	02:05:20	04:01:38.15	04:01:58.25	+01:35:43 (39.6%)	8:37	7 (60.9%)
202	ŁĄCKA Agata	3021	FABRYKA DZIKA	K30	15	02:06:12	04:02:24.25	04:02:46.10	+01:36:31 (39.8%)	8:39	6.9 (60.0%)
203	KOZERA Łukasz	3212		M20	17	02:08:10	04:01:07.70	04:02:47.20	+01:36:32 (39.8%)	8:36	7 (60.9%)
204	ŁUCIÓW Leszek	3016	NOA	M40	70	02:03:59	04:03:08.25	04:03:14.20	+01:36:59 (39.9%)	8:41	6.9 (60.0%)
205	NAGALSKI Mateusz	3666	EAZYMUT.PL	M30	70	02:02:53	04:03:23.60	04:03:43.30	+01:37:28 (40.0%)	8:41	6.9 (60.0%)
206	MARCINKOWSKI Łukasz	3587	FABRYKA DZIKA	M30	71	02:06:15	04:04:01.75	04:04:23.90	+01:38:09 (40.2%)	8:42	6.9 (60.0%)
207	KEMPKA Tomasz	3221		M30	72	02:04:53	04:02:55.50	04:04:30.10	+01:38:15 (40.2%)	8:40	6.9 (60.0%)
208	KRZYMOWSKI Przemysław	3046	PERN RUNNERS	M30	73	02:06:15	04:03:23.60	04:04:34.90	+01:38:20 (40.2%)	8:41	6.9 (60.0%)
209	SMYL Łukasz	3479		M20	18	01:55:55	04:04:08.00	04:04:56.80	+01:38:42 (40.3%)	8:43	6.9 (60.0%)
210	CHLIPAŁA Marek	3234		M30	74	02:11:11	04:04:50.40	04:05:04.90	+01:38:50 (40.3%)	8:44	6.9 (60.0%)
211	STOLARZ Andrzej	3616		M30	75	02:05:59	04:05:04.50	04:05:14.50	+01:38:59 (40.4%)	8:45	6.9 (60.0%)
212	ŁAPIŃSKA Agnieszka	3317		K20	4		04:03:55.75	04:05:15.45	+01:39:00 (40.4%)	8:42	6.9 (60.0%)
213	JAŻWIECKA Anita	3735	MUAY RUNNING TEAM	K30	16	02:05:30	04:05:12.65	04:05:39.15	+01:39:24 (40.5%)	8:45	6.9 (60.0%)
214	DRABIK Pawel	3649	KRZAN PRZEWORSK	M40	71	02:10:35	04:05:11.10	04:06:13.20	+01:39:58 (40.6%)	8:45	6.9 (60.0%)
215	CITKO Radosław	3395		M40	72	02:03:49	04:04:43.95	04:06:13.95	+01:39:59 (40.6%)	8:44	6.9 (60.0%)
216	PASEK Mikołaj	3420		M20	19	02:07:32	04:05:32.00	04:06:17.80	+01:40:03 (40.6%)	8:46	6.8 (59.1%)
217	KURAS Olga	3085	NUNEK SPITFIRE	K30	17	02:08:22	04:05:19.90	04:06:18.10	+01:40:03 (40.6%)	8:45	6.8 (59.1%)
218	RAK Maciej	3345		M30	76	02:06:00	04:05:47.70	04:06:27.65	+01:40:13 (40.7%)	8:46	6.8 (59.1%)
219	WASILEWSKI Bartosz	3320		M40	73		04:06:33.20	04:06:33.20	+01:40:18 (40.7%)	8:48	6.8 (59.1%)
220	GABRYCH Łukasz	3067	SAINT-GOBAIN SQUAD	M40	74	02:08:08	04:06:27.65	04:06:54.15	+01:40:39 (40.8%)	8:48	6.8 (59.1%)
221	SKONIECZKO Adam	3296	FABRYKA DZIKA	M30	77	01:58:03	04:05:12.50	04:06:55.70	+01:40:41 (40.8%)	8:45	6.9 (60.0%)
222	GUZERA Maciej	3557		M30	78	02:02:05	04:06:20.55	04:06:56.95	+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	MOCZYDŁOWSKI Łukasz	3278		M40	75	02:06:05	04:06:31.60	04:07:06.50	+01:40:51 (40.8%)	8:48	6.8 (59.1%)
224	JOPEK Tomasz	3385		M40	76	01:50:52	04:07:02.40	04:07:23.70	+01:41:09 (40.9%)	8:49	6.8 (59.1%)
225	GRABOWSKI Sebastian	3120	MATNER RUNING TEAM	M40	77	02:11:12	04:05:52.65	04:07:28.90	+01:41:14 (40.9%)	8:46	6.8 (59.1%)
226	GAWRON Paweł	3011	KONIN RUN	M60	5	02:12:14	04:07:31.05	04:08:00.60	+01:41:46 (41.0%)	8:50	6.8 (59.1%)
227	KUTSKO Oksana	3683		K20	5	01:59:57	04:08:26.80	04:08:29.70	+01:42:15 (41.1%)	8:52	6.8 (59.1%)
228	BISKUPSKI Michał	3346	MANUFAKTURA KNURA	M40	78	02:06:17	04:07:10.75	04:08:53.70	+01:42:39 (41.2%)	8:49	6.8 (59.1%)
229	OLEŃDZKA Marianna	3380	FIZJO	K30	18	02:13:37	04:08:54.10	04:09:23.75	+01:43:09 (41.4%)	8:53	6.7 (58.3%)
230	SKOWERA Rafał	3382		M30	79	02:13:36	04:08:54.60	04:09:24.10	+01:43:09 (41.4%)	8:53	6.7 (58.3%)
231	OSTRACH Michał	3442		M30	80	01:55:54	04:09:41.75	04:09:50.60	+01:43:36 (41.5%)	8:55	6.7 (58.3%)
232	LISIECKI Jacek	3746	CAMEL	M50	18	02:09:43	04:09:23.15	04:09:57.90	+01:43:43 (41.5%)	8:54	6.7 (58.3%)
233	SOLARSKI Robert	3259		M40	79	01:57:02	04:09:41.85	04:10:08.00	+01:43:53 (41.5%)	8:55	6.7 (58.3%)
234	DZIADUS Marcin	3187		M30	81	02:12:09	04:09:32.50	04:10:08.35	+01:43:53 (41.5%)	8:54	6.7 (58.3%)
235	KIEŁPIŃSKI Piotr	3268		M40	80	02:08:06	04:10:03.55	04:10:27.25	+01:44:12 (41.6%)	8:55	6.7 (58.3%)
236	SALNIKOV Denis	3647		M30	82	02:06:03	04:10:19.05	04:11:18.10	+01:45:03 (41.8%)	8:56	6.7 (58.3%)
237	OLSZYK Tadeusz	3287	MKL MARATON	M60	6	02:08:42	04:10:17.20	04:11:24.00	+01:45:09 (41.8%)	8:56	6.7 (58.3%)
238	SZOPIŃSKI Wojciech	3443	PZUSPORTTEAM	M40	81	02:16:06	04:11:13.20	04:11:32.50	+01:45:17 (41.9%)	8:58	6.7 (58.3%)
239	SZOPINSKA Justyna	3269	LUKS SEROCK	K30	19	02:16:06	04:11:13.65	04:11:32.75	+01:45:18 (41.9%)	8:58	6.7 (58.3%)
240	BIELAK Paweł	3100	EXC MOBILE TEAM	M30	83	02:08:16	04:10:41.95	04:11:49.25	+01:45:34 (41.9%)	8:57	6.7 (58.3%)
241	KOCHAJ Wojciech	15		M40	82	02:11:00	04:11:53.10	04:12:06.90	+01:45:52 (42.0%)	8:59	6.7 (58.3%)
242	KOZIENSKI Marcin	3217		M40	83	02:08:13	04:11:37.65	04:12:07.65	+01:45:53 (42.0%)	8:59	6.7 (58.3%)
243	MICHALAK-KLIMCZAK Lucyna	3348		K40	10	02:08:43	04:10:58.05	04:12:17.60	+01:46:03 (42.0%)	8:57	6.7 (58.3%)
244	GAJEWIAK Adam	3528	WENET RUNNERS TEAM	M40	84	02:04:04	04:12:07.25	04:12:48.05	+01:46:33 (42.2%)	9:00	6.7 (58.3%)
245	HELIOSZ Joanna	3615	SILESIA MARATHON CLUB	K40	11	02:19:21	04:12:36.30	04:14:08.85	+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	PUCHAŁA Mariusz	3461		M40	85	02:09:54	04:13:08.85	04:14:09.25	+01:47:54 (42.5%)	9:02	6.6 (57.4%)
247	KUSZTELAK Jacek	16	ZIEMO-WIT TEAM	M40	86	02:21:09	04:14:07.30	04:14:13.75	+01:47:59 (42.5%)	9:04	6.6 (57.4%)
248	BAŁCZEWSKA Ewelina	3121		K30	20	02:15:41	04:14:20.20	04:14:29.10	+01:48:14 (42.5%)	9:05	6.6 (57.4%)
249	JAGIEŁŁO Jarosław	3460		M40	87	02:10:35	04:14:41.65	04:14:48.60	+01:48:34 (42.6%)	9:05	6.6 (57.4%)
250	PAWEŁCZUK Grzegorz	3407		M40	88	02:07:36	04:13:47.35	04:15:05.45	+01:48:50 (42.7%)	9:03	6.6 (57.4%)
251	OLSZAK Przemysław	3261		M40	89	02:14:44	04:14:37.35	04:15:09.80	+01:48:55 (42.7%)	9:05	6.6 (57.4%)
252	PACHEL Tycjan	3163	MROCZNE KUCE	M40	90	02:07:54	04:14:18.60	04:15:14.60	+01:49:00 (42.7%)	9:04	6.6 (57.4%)
253	MACIEJAK Robert	3561		M40	91	02:04:26	04:14:34.55	04:15:16.00	+01:49:01 (42.7%)	9:05	6.6 (57.4%)
254	SOWA Bogusław	3060		M30	84	02:04:49	04:15:13.20	04:15:17.55	+01:49:02 (42.7%)	9:06	6.6 (57.4%)
255	CZYTRZYŃSKA Alicja	3459		K20	6	02:02:05	04:13:49.80	04:15:19.90	+01:49:05 (42.7%)	9:03	6.6 (57.4%)
256	PIKULIK Arkadiusz	3282		M40	92	02:07:06	04:14:06.75	04:15:21.45	+01:49:06 (42.7%)	9:04	6.6 (57.4%)
257	GÓRSKI Mateusz	3292		M30	85	02:01:41	04:15:12.20	04:15:22.60	+01:49:08 (42.7%)	9:06	6.6 (57.4%)
258	DYBOWSKA Małgorzata	3396		K40	12	02:13:40	04:13:37.95	04:15:22.75	+01:49:08 (42.7%)	9:03	6.6 (57.4%)
259	DERKOWSKI Rafał	3677		M30	86	02:12:13	04:13:43.60	04:15:26.35	+01:49:11 (42.7%)	9:03	6.6 (57.4%)
260	JANKIEWICZ Patryk	3323	ROZBIEGANY PIASTÓW	M40	93	02:00:37	04:14:55.45	04:15:39.50	+01:49:24 (42.8%)	9:06	6.6 (57.4%)
261	MALACZ Maciej	3162	MROCZNE KUCE	M40	94	02:07:55	04:14:44.15	04:15:39.70	+01:49:25 (42.8%)	9:05	6.6 (57.4%)
262	KROL Maciej	3652		M30	87	02:02:56	04:15:18.85	04:15:42.10	+01:49:27 (42.8%)	9:07	6.6 (57.4%)
263	MROCZEK Dawid	3190	PLEJBOJE WE DWOJE	M30	88	01:56:45	04:14:52.40	04:16:00.00	+01:49:45 (42.9%)	9:06	6.6 (57.4%)
264	SIENKIEWICZ Magda	3529		K20	7	02:09:27	04:15:12.45	04:16:15.95	+01:50:01 (42.9%)	9:06	6.6 (57.4%)
265	FREJ Marcin	3707		M30	89	02:02:09	04:16:34.35	04:16:50.10	+01:50:35 (43.1%)	9:09	6.5 (56.5%)
266	BRUDEREK Anna	3409	PRIMUM CURRERE	K40	13	02:14:36	04:17:01.50	04:17:45.15	+01:51:30 (43.3%)	9:10	6.5 (56.5%)
267	PASEK Paweł	3284		M30	90	02:07:31	04:17:03.65	04:17:48.50	+01:51:33 (43.3%)	9:10	6.5 (56.5%)
268	CHWASTOWSKI Filip	3267		M30	91	02:04:03	04:17:36.95	04:17:49.05	+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	SZYMBORSKI Piotr	3731		M40	95	02:22:47	04:16:35.95	04:17:54.05	+01:51:39 (43.3%)	9:09	6.5 (56.5%)
270	TUROSZ Zbigniew	3594		M60	7	02:14:08	04:17:36.80	04:18:15.35	+01:52:00 (43.4%)	9:12	6.5 (56.5%)
271	PISAREK Piotr	3194		M30	92	02:13:24	04:17:20.35	04:18:19.75	+01:52:05 (43.4%)	9:11	6.5 (56.5%)
272	RYŻYŃSKI Tomasz	3559	CHEŁM BIEGA	M40	96	02:12:03	04:17:36.15	04:19:09.55	+01:52:54 (43.6%)	9:12	6.5 (56.5%)
273	MAĆKOWIAK Joanna	3656		K20	8	02:09:35	04:18:43.95	04:19:12.10	+01:52:57 (43.6%)	9:14	6.5 (56.5%)
274	MILCZAREK Kinga	3151		K30	21	02:12:59	04:18:24.30	04:19:16.10	+01:53:01 (43.6%)	9:13	6.5 (56.5%)
275	CHOMA Julia	3376		K20	9	02:24:24	04:17:52.30	04:19:16.80	+01:53:02 (43.6%)	9:12	6.5 (56.5%)
276	MAKOWSKI Tomasz	3283	#BIEGAMWOLNOALEDOKŁADNIE	M20	20	02:30:37	04:17:43.00	04:19:17.00	+01:53:02 (43.6%)	9:12	6.5 (56.5%)
277	POPCZYK Ewelina	3310	HEALTHY BODY ŻELAZNY&ŻELAZNY	K40	14	02:22:23	04:19:19.60	04:20:26.10	+01:54:11 (43.8%)	9:15	6.5 (56.5%)
278	BRODZIAK Arkadiusz	3703		M40	97	02:17:06	04:19:41.40	04:20:33.60	+01:54:19 (43.9%)	9:16	6.5 (56.5%)
279	RONDUDA Robert	3258		M40	98	02:18:45	04:19:29.00	04:20:38.65	+01:54:24 (43.9%)	9:16	6.5 (56.5%)
280	DZIADOSZ Roma	3456		K40	15	02:10:51	04:20:15.55	04:20:41.70	+01:54:27 (43.9%)	9:17	6.5 (56.5%)
281	DZIADOSZ Pawel	3454		M40	99	02:10:50	04:20:16.10	04:20:41.80	+01:54:27 (43.9%)	9:17	6.5 (56.5%)
282	KOZIOŁ Darek	3680		M30	93	02:16:48	04:20:19.35	04:20:47.50	+01:54:32 (43.9%)	9:17	6.5 (56.5%)
283	TYMIŃSKI Mariusz	3476		M40	100	02:06:10	04:20:36.50	04:20:48.30	+01:54:33 (43.9%)	9:18	6.4 (55.7%)
284	KULIBERDA Tomasz	3602	TEATR O.DE.LA	M40	101	02:15:47	04:20:51.05	04:20:53.40	+01:54:38 (43.9%)	9:18	6.4 (55.7%)
285	DZIURDZIAK Piotr	3550		M30	94	02:06:11	04:21:25.75	04:21:37.20	+01:55:22 (44.1%)	9:20	6.4 (55.7%)
286	ŚWIERŻEWSKA Sylwia	3366	HEŃTEAM	K40	16	02:23:18	04:21:09.80	04:21:39.30	+01:55:24 (44.1%)	9:19	6.4 (55.7%)
287	GUCWA Jaroslaw	3582		M50	19	02:17:47	04:21:21.40	04:21:51.70	+01:55:37 (44.2%)	9:20	6.4 (55.7%)
288	WYRZYKOWSKA Katarzyna	3373	SKAWINA BIEGA	K30	22	02:14:49	04:21:36.85	04:22:00.10	+01:55:45 (44.2%)	9:20	6.4 (55.7%)
289	MICHALAK Kamil	3347	SZYKNRANIA	M30	95	02:08:42	04:20:53.90	04:22:13.80	+01:55:59 (44.2%)	9:19	6.4 (55.7%)
290	DYDO Paweł	3495		M30	96	02:24:48	04:21:07.00	04:22:18.10	+01:56:03 (44.2%)	9:19	6.4 (55.7%)
291	JAGNIESZCZAK Zuzanna	3201	TEAM PARSZCZYŃSKICH	K30	23	02:14:16	04:22:32.80	04:22:40.35	+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	ŻYLAK Adrian	3576	ADIDAS RUNNERS WARSAW/TEAM PARSZCZYŃSKICH	M30	97	02:14:18	04:22:33.55	04:22:40.90	+01:56:26 (44.3%)	9:22	6.4 (55.7%)
293	FARBISZEWSKI Marek	3711	ORANGE POLSKA	M40	102	02:14:36	04:22:39.05	04:22:50.70	+01:56:36 (44.4%)	9:22	6.4 (55.7%)
294	WILK Wiktoria	11	SARNI TĘTENT	K30	24	02:19:55	04:22:36.95	04:22:53.30	+01:56:38 (44.4%)	9:22	6.4 (55.7%)
295	BUDNY Wojciech	3518	ZEMBORWACZE MOŃKI	M40	103	02:19:53	04:22:43.60	04:23:00.50	+01:56:45 (44.4%)	9:22	6.4 (55.7%)
296	SADOWSKI Paweł	3307		M40	104	02:07:57	04:22:22.70	04:23:21.55	+01:57:06 (44.5%)	9:22	6.4 (55.7%)
297	KAPRAL Adam	3674	DWERNIK KAMIEŃ TRAIL	M40	105	02:12:10	04:23:02.45	04:23:22.85	+01:57:08 (44.5%)	9:23	6.4 (55.7%)
298	KISZA Anna	3304		K30	25	02:16:18	04:21:56.85	04:23:28.05	+01:57:13 (44.5%)	9:21	6.4 (55.7%)
299	GRYNIENKO Paweł	3305		M30	98	02:16:18	04:21:56.90	04:23:28.25	+01:57:13 (44.5%)	9:21	6.4 (55.7%)
300	CZERWIŃSKI Paweł	3182		M20	21	02:19:54	04:22:55.25	04:23:31.05	+01:57:16 (44.5%)	9:23	6.4 (55.7%)
301	LEWANDOWSKI Jakub	3708		M20	22	02:11:53	04:23:14.75	04:23:31.95	+01:57:17 (44.5%)	9:24	6.4 (55.7%)
302	MAKARA Maciek	3654		M20	23	02:11:55	04:23:14.65	04:23:32.10	+01:57:17 (44.5%)	9:24	6.4 (55.7%)
303	ŻÓŁKOWSKI Rafał	3434	RUN % FUN	M30	99	02:17:52	04:21:50.15	04:23:35.80	+01:57:21 (44.5%)	9:21	6.4 (55.7%)
304	KOŁOTUSZA Małgorzata	3435	ZASAPANI HYDRO	K40	17	02:16:35	04:23:06.70	04:23:40.05	+01:57:25 (44.5%)	9:23	6.4 (55.7%)
305	BOROWSKI Robert	3678		M30	100	02:21:35	04:22:57.90	04:24:11.40	+01:57:56 (44.6%)	9:23	6.4 (55.7%)
306	RAK Patryk	3404	GANG DZIKICH WIEPRZY	M20	24	02:23:35	04:22:31.55	04:24:11.45	+01:57:56 (44.6%)	9:22	6.4 (55.7%)
307	POKRYWKA Stefan	3727		M60	8	02:20:48	04:22:56.45	04:24:13.85	+01:57:59 (44.7%)	9:23	6.4 (55.7%)
308	BOGUSZ Jarosław	3209		M30	101	02:12:52	04:24:23.25	04:25:04.35	+01:58:49 (44.8%)	9:26	6.4 (55.7%)
309	KIKUT Marcin	3523		M40	106	01:57:27	04:24:55.60	04:25:09.35	+01:58:54 (44.8%)	9:27	6.3 (54.8%)
310	JUSZCZAK Kamil	3445		M30	102	02:26:38	04:23:52.85	04:25:18.05	+01:59:03 (44.9%)	9:25	6.4 (55.7%)
311	MŁODZIENIAK Robert	3049	KONIN RUN	M40	107	02:20:37	04:24:48.05	04:25:18.95	+01:59:04 (44.9%)	9:27	6.3 (54.8%)
312	JEDLIŃSKI Bartosz	3657	MARATOŃCZYK DĘBICA	M40	108	02:13:07	04:25:31.10	04:25:45.85	+01:59:31 (45.0%)	9:28	6.3 (54.8%)
313	MROZOWSKI Paweł	3691		M40	109	02:19:28	04:24:12.40	04:25:57.75	+01:59:43 (45.0%)	9:26	6.4 (55.7%)
314	DĄBROWSKI Łukasz	3170	SPORTOWE ŻULE	M40	110	02:13:46	04:26:06.25	04:26:14.10	+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	CANLI Inessa	3171		K30	26	02:13:47	04:26:06.65	04:26:14.95	+02:00:00 (45.1%)	9:30	6.3 (54.8%)
316	RUBIN Andrzej	3199	WKURW TEAM	M40	111	02:24:23	04:24:54.25	04:26:16.25	+02:00:01 (45.1%)	9:27	6.3 (54.8%)
317	ZAJKOWSKI Michał	3357	VEGE RUNNERS	M40	112	02:19:47	04:25:11.85	04:26:30.25	+02:00:15 (45.1%)	9:28	6.3 (54.8%)
318	WISZNIEWSKI Roman	3433		M50	20	02:14:09	04:26:13.40	04:26:31.15	+02:00:16 (45.1%)	9:30	6.3 (54.8%)
319	MADEJ Grzegorz	3196		M40	113	02:18:00	04:25:38.90	04:26:39.05	+02:00:24 (45.2%)	9:29	6.3 (54.8%)
320	KOZIOŁ Ela	3699		K30	27	02:16:47	04:26:19.95	04:26:47.60	+02:00:33 (45.2%)	9:30	6.3 (54.8%)
321	WITKOWSKI Łukasz	3097	RAJSPOORT ACTIVE	M40	114	02:18:59	04:26:39.05	04:27:00.55	+02:00:45 (45.2%)	9:31	6.3 (54.8%)
322	WILCZEK Małgorzata	3094	RAJSPOORT ACTIVE	K30	28	02:19:02	04:26:40.35	04:27:00.85	+02:00:46 (45.2%)	9:31	6.3 (54.8%)
323	GOŁKOWSKI Zbigniew	3669	EAZYMUT.PL	M50	21	02:07:52	04:27:08.10	04:27:08.10	+02:00:53 (45.3%)	9:32	6.3 (54.8%)
324	PIENIAŻEK Mateusz	3514		M20	25	02:16:18	04:26:58.25	04:27:31.30	+02:01:16 (45.3%)	9:32	6.3 (54.8%)
325	SIEJAKOWSKA Michalina	3371	SZKOŁA TENISA ZIEMNEGO AKA TENIS	K20	10	02:31:42	04:26:23.55	04:27:39.10	+02:01:24 (45.4%)	9:30	6.3 (54.8%)
326	PIENIAŻEK Kamil	3339		M30	103	02:16:19	04:27:09.10	04:27:42.20	+02:01:27 (45.4%)	9:32	6.3 (54.8%)
327	FLIŚ Łukasz	3253	AKTYWNA PSZCZYNA	M30	104	02:17:07	04:26:18.50	04:27:48.85	+02:01:34 (45.4%)	9:30	6.3 (54.8%)
328	JUSZCZAK Marcin	13		M50	22	02:22:30	04:27:30.80	04:28:00.70	+02:01:46 (45.4%)	9:33	6.3 (54.8%)
329	OLESIŃSKA Joanna	3226	DRUŻYNA JEDYNKI	K40	18	02:13:30	04:29:04.15	04:29:14.45	+02:02:59 (45.7%)	9:36	6.2 (53.9%)
330	MODZELEWSKA Paulina	3422	KLUB G4 W SIEDLCACH	K30	29	02:16:22	04:29:57.80	04:30:31.50	+02:04:16 (45.9%)	9:38	6.2 (53.9%)
331	ROJEWSKA Aga	3056		K30	30	02:12:22	04:29:32.15	04:30:38.60	+02:04:24 (46.0%)	9:37	6.2 (53.9%)
332	ŻÓRAŃSKA Magdalena	3578		K40	19	02:21:01	04:30:34.60	04:30:47.15	+02:04:32 (46.0%)	9:39	6.2 (53.9%)
333	CICHACKI Tomasz	3037		M40	115	02:06:10	04:30:12.45	04:31:07.90	+02:04:53 (46.1%)	9:39	6.2 (53.9%)
334	ZUBKOWICZ Paweł	3634		M30	105	02:13:43	04:31:01.10	04:31:45.45	+02:05:30 (46.2%)	9:40	6.2 (53.9%)
335	TEPER Stanisław	3701		M60	9	02:06:39	04:31:43.90	04:31:48.80	+02:05:34 (46.2%)	9:42	6.2 (53.9%)
336	JĘDRZEJAK Piotr	9		M50	23	02:12:39	04:31:34.45	04:31:49.20	+02:05:34 (46.2%)	9:41	6.2 (53.9%)
337	KACZYŃSKI Dariusz	3668	EAZYMUT.PL	M30	106	02:17:05	04:32:16.70	04:32:37.40	+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	IVANOVA Alina	3001		K30	31	02:26:42	04:31:51.25	04:32:40.50	+02:06:25 (46.4%)	9:42	6.2 (53.9%)
339	MICHALAK Ela	3662		K40	20	02:24:37	04:31:19.60	04:32:40.65	+02:06:26 (46.4%)	9:41	6.2 (53.9%)
340	ROPEL Mirosław	3254	KIS TRANSPORT	M60	10	02:18:51	04:32:19.25	04:33:20.85	+02:07:06 (46.5%)	9:43	6.2 (53.9%)
341	KOWALSKI Marcin	3418	RADOMNO BIEGA	M40	116	02:24:04	04:33:16.55	04:33:29.45	+02:07:14 (46.5%)	9:45	6.1 (53.0%)
342	FUS Hubert	3394		M20	26	02:28:48	04:31:41.60	04:33:31.80	+02:07:17 (46.5%)	9:42	6.2 (53.9%)
343	ŚWIĄTEK Michał	1	SFORABMK	M40	117	02:20:05	04:33:27.00	04:33:43.00	+02:07:28 (46.6%)	9:45	6.1 (53.0%)
344	KICIŃSKI Piotr	3057		M40	118	02:07:33	04:32:44.00	04:33:44.40	+02:07:29 (46.6%)	9:44	6.2 (53.9%)
345	DZIEWA Agata	3626	LUBELSKA GRUPA TRIATHLONU	K30	32	02:29:01	04:33:29.30	04:33:48.30	+02:07:33 (46.6%)	9:46	6.1 (53.0%)
346	STACHURSKI Dariusz	3448	RUN % FUN	M40	119	02:17:50	04:32:07.25	04:33:52.80	+02:07:38 (46.6%)	9:43	6.2 (53.9%)
347	RONDUDA Janusz	3249		M50	24		04:33:56.75	04:33:56.75	+02:07:42 (46.6%)	9:47	6.1 (53.0%)
348	BIERNAT Maciej	3236	GOLDEN PORKY RACING	M40	120	02:17:21	04:33:30.15	04:34:26.45	+02:08:11 (46.7%)	9:46	6.1 (53.0%)
349	SIDOROWICZ Joanna	3388		K30	33	02:21:23	04:33:50.70	04:34:28.75	+02:08:14 (46.7%)	9:46	6.1 (53.0%)
350	ŁUCZKIEWICZ Dariusz	3181		M30	107	02:23:39	04:33:23.30	04:34:52.20	+02:08:37 (46.8%)	9:45	6.1 (53.0%)
351	ZEGAR Barbara	3661		K50	1	02:24:37	04:33:32.75	04:34:53.50	+02:08:38 (46.8%)	9:46	6.1 (53.0%)
352	PERLIŃSKI Mirosław	3477	ASSECO ACTIVE TEAM	M40	121	02:19:45	04:34:37.40	04:34:55.20	+02:08:40 (46.8%)	9:48	6.1 (53.0%)
353	LINART Grzegorz	3224		M40	122	02:18:54	04:35:17.25	04:35:32.75	+02:09:18 (46.9%)	9:49	6.1 (53.0%)
354	KULIKOWSKI Adam	3328		M30	108	02:24:05	04:35:08.90	04:35:48.50	+02:09:33 (47.0%)	9:49	6.1 (53.0%)
355	PAWEŁCZUK Katarzyna	3326		K40	21	02:22:55	04:34:57.25	04:36:15.70	+02:10:01 (47.1%)	9:49	6.1 (53.0%)
356	PAWELEC Krystyna	3628	DOGOŃ GRODZISK MAZOWIECKI	K60	1	02:28:49	04:35:19.25	04:36:32.50	+02:10:17 (47.1%)	9:49	6.1 (53.0%)
357	PIZON Bartek	3274		M20	27	02:28:48	04:34:54.30	04:36:44.40	+02:10:29 (47.2%)	9:49	6.1 (53.0%)
358	PIETRZAK Marek	3148		M40	123	02:19:49	04:35:53.80	04:37:00.80	+02:10:46 (47.2%)	9:51	6.1 (53.0%)
359	FLUKSIK Tomasz	3281	JAZZOWE BIEGANIE	M60	11	02:13:45	04:36:48.20	04:37:50.60	+02:11:36 (47.4%)	9:53	6.1 (53.0%)
360	BODUCH Jacek	3520		M30	109	02:14:48	04:37:58.30	04:38:01.75	+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	KULMA Krzysztof	3240		M30	110	02:22:39	04:36:36.90	04:38:05.00	+02:11:50 (47.4%)	9:52	6.1 (53.0%)
362	SIKORA Amelia	3623	FUNDACJA EUROPEJSKIE FORUM NAUKI I BIZNESU	K20	11	02:24:03	04:37:05.95	04:38:05.60	+02:11:51 (47.4%)	9:53	6.1 (53.0%)
363	ULIŃSKI Adam	3462	KONIN RUN	M40	124	02:24:54	04:38:10.65	04:38:41.25	+02:12:26 (47.5%)	9:56	6 (52.2%)
364	ANTCZAK Aleksander	3023	KONIN RUN	M40	125	02:24:57	04:38:11.70	04:38:41.50	+02:12:26 (47.5%)	9:56	6 (52.2%)
365	ALEKSANDROWICZ Patryk	3231		M40	126	02:20:49	04:37:52.55	04:38:50.25	+02:12:35 (47.6%)	9:55	6 (52.2%)
365	GORZUCH Mariusz	3430	THE ON TEAM	M40	126	02:20:49	04:37:51.95	04:38:50.25	+02:12:35 (47.6%)	9:55	6 (52.2%)
367	SIDOROWICZ Piotr	3545		M20	28	02:30:37	04:37:16.50	04:38:51.00	+02:12:36 (47.6%)	9:54	6.1 (53.0%)
368	GAŁKA Renata	3263	KROMECCZEK TEAM	K50	2	02:29:54	04:37:20.90	04:38:51.15	+02:12:36 (47.6%)	9:54	6.1 (53.0%)
369	PAWLIKOWSKA Monika	3593		K40	22	02:24:51	04:37:50.60	04:39:10.80	+02:12:56 (47.6%)	9:55	6 (52.2%)
370	KAŻMIERSKI Krzysztof	3174	KB KROKUS KWIATKOWICE	M40	128	02:25:11	04:38:47.85	04:39:26.60	+02:13:12 (47.7%)	9:57	6 (52.2%)
371	KAŻMIERSKA Monika	3031	KB KROKUS KWIATKOWICE	K40	23	02:25:10	04:38:47.30	04:39:26.90	+02:13:12 (47.7%)	9:57	6 (52.2%)
372	WITUSIK Weronika	3800	OTK RZEŹNIK	K20	12	02:24:28	04:37:46.25	04:39:27.50	+02:13:12 (47.7%)	9:55	6 (52.2%)
373	PŁACHTA Tadeusz	3316		M50	25	02:06:55	04:39:16.15	04:39:30.35	+02:13:15 (47.7%)	9:58	6 (52.2%)
374	WYSOCKI Aleksander	3620	WATAHA	M40	129	02:24:32	04:38:00.40	04:39:33.05	+02:13:18 (47.7%)	9:55	6 (52.2%)
375	KOSSAK Magda	3329	MAGDA KOSSAK	K30	34	02:25:45	04:39:33.40	04:39:33.40	+02:13:18 (47.7%)	9:59	6 (52.2%)
376	PAWEŁCZUK Piotr	3321		M40	130	02:22:33	04:38:15.25	04:39:34.30	+02:13:19 (47.7%)	9:56	6 (52.2%)
377	GIEROBA Bartosz	3679	KLUB 8 GWIAZD	M30	111	02:31:35	04:37:49.40	04:39:38.90	+02:13:24 (47.7%)	9:55	6 (52.2%)
378	KOWALSKA Agnieszka	3730	KOMANDOSI	K20	13	02:22:46	04:39:34.00	04:39:39.50	+02:13:24 (47.7%)	9:59	6 (52.2%)
379	MARCINIAK Agata	3108	ŁODZIANKA TEAM	K40	24	02:21:54	04:38:36.80	04:39:48.15	+02:13:33 (47.7%)	9:57	6 (52.2%)
380	PYREK Iwona	3033		K40	25	02:22:21	04:39:40.60	04:39:54.10	+02:13:39 (47.8%)	9:59	6 (52.2%)
381	BRYSZEWSKA Marta	3452		K40	26	02:23:31	04:38:15.35	04:40:00.05	+02:13:45 (47.8%)	9:56	6 (52.2%)
382	OCHNIO Andrzej	3605	BOXTRX ŁUKÓW	M40	131	02:15:57	04:39:42.10	04:40:14.30	+02:13:59 (47.8%)	9:59	6 (52.2%)
383	BANASIK Łukasz	3311		M40	132	02:16:22	04:39:22.05	04:40:23.95	+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	SALUGA Antoni	3034	SPORTOWE ZAKAPIORY	M20	29	02:29:58	04:39:04.50	04:40:25.60	+02:14:11 (47.8%)	9:58	6 (52.2%)
385	KACZKOWSKI Jarogniew	3548	PRUSZKOWSKIE OGONKI	M50	26	02:29:09	04:39:17.20	04:41:08.10	+02:14:53 (48.0%)	9:58	6 (52.2%)
386	WRÓBLEWSKA Olga	3604	VEGE RUNNERS	K40	27	02:29:13	04:39:16.95	04:41:08.15	+02:14:53 (48.0%)	9:58	6 (52.2%)
387	DOBROGOST Maciej	3488	DECEPTICON GYM	M30	112	02:28:50	04:40:03.25	04:41:16.95	+02:15:02 (48.0%)	10:00	6 (52.2%)
387	ŻYRO Cyryl	3491	LOS PATOS	M30	112	02:25:51	04:41:16.95	04:41:16.95	+02:15:02 (48.0%)	10:02	6 (52.2%)
389	HAMRYSZCZAK Rafał	3643	SP 11 PRZEMYŚL	M40	133	02:27:53	04:39:33.80	04:41:21.55	+02:15:06 (48.0%)	9:59	6 (52.2%)
390	BRZozowski Mariusz	3019	ROZTRUCHTANI GOMUNICE	M50	27	02:25:24	04:42:33.90	04:42:46.00	+02:16:31 (48.3%)	10:05	5.9 (51.3%)
391	PRZYŁUCKI Sławomir	3393		M30	114	02:18:13	04:42:20.45	04:42:46.05	+02:16:31 (48.3%)	10:05	6 (52.2%)
392	MAJSZCZYK Paulina	3692	HARDCOROWE WYCHYLYLYBYMY	K30	35	02:25:55	04:42:13.85	04:43:21.45	+02:17:06 (48.4%)	10:04	6 (52.2%)
393	PIERNIKARSKI Adam	3474		M40	134	02:34:33	04:42:13.35	04:43:21.90	+02:17:07 (48.4%)	10:04	6 (52.2%)
393	PĘSZKAL Piotr	3517		M40	134	02:34:34	04:42:13.20	04:43:21.90	+02:17:07 (48.4%)	10:04	6 (52.2%)
395	GRZEBINOga Bartłomiej	3507		M30	115	02:20:47	04:42:25.10	04:43:28.10	+02:17:13 (48.4%)	10:05	5.9 (51.3%)
396	KURCZUK-SAMODULSKA Agnieszka	3364	HEŃTEAM	K30	36	02:23:18	04:43:03.15	04:43:32.20	+02:17:17 (48.4%)	10:06	5.9 (51.3%)
397	BOBYK Paweł	3564	SANOK BIEGA	M40	136	02:26:37	04:42:48.05	04:43:33.20	+02:17:18 (48.4%)	10:06	5.9 (51.3%)
398	KOZAK Agnieszka	3025		K30	37	02:21:24	04:43:01.20	04:43:46.80	+02:17:32 (48.5%)	10:06	5.9 (51.3%)
399	HALASTRA Marcin	3538		M30	116	02:20:47	04:42:45.95	04:43:48.65	+02:17:34 (48.5%)	10:05	5.9 (51.3%)
400	PIETRZAK Jakub	3088		M20	30	02:21:35	04:42:36.70	04:43:54.70	+02:17:40 (48.5%)	10:05	5.9 (51.3%)
401	PIETRZAK Maciej	3091		M50	28	02:21:36	04:42:37.70	04:43:55.00	+02:17:40 (48.5%)	10:05	5.9 (51.3%)
402	SZCZEPAŃSKA Kinga	3499		K30	38	02:17:14	04:43:59.40	04:44:13.70	+02:17:59 (48.5%)	10:08	5.9 (51.3%)
403	SIKORSKA Agnieszka	3419		K40	28	02:28:45	04:43:36.00	04:44:40.55	+02:18:25 (48.6%)	10:07	5.9 (51.3%)
404	KUŁAKOWSKI Piotr	3312		M60	12	02:28:45	04:43:36.90	04:44:40.85	+02:18:26 (48.6%)	10:07	5.9 (51.3%)
405	SADOWSKI Andrzej	3441		M30	117	02:18:38	04:43:57.50	04:45:01.45	+02:18:46 (48.7%)	10:08	5.9 (51.3%)
406	JANIK Roman	3230	SUŁTANI FITNESSU	M40	137	02:12:25	04:44:58.85	04:45:03.45	+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	WRONISZ Katarzyna	3354	MARBELLA LUBARTÓW	K30	39	02:21:57	04:44:00.65	04:45:36.55	+02:19:21 (48.8%)	10:08	5.9 (51.3%)
408	MIDZIERSKA Joanna	3356	MARBELLA LUBARTÓW	K30	40	02:21:58	04:44:01.65	04:45:37.10	+02:19:22 (48.8%)	10:08	5.9 (51.3%)
409	ZLOT Grzegorz	3542		M50	29	02:23:47	04:44:21.95	04:45:39.05	+02:19:24 (48.8%)	10:09	5.9 (51.3%)
410	KACZOREK Marcin	3702		M40	138	02:24:33	04:45:15.30	04:45:39.25	+02:19:24 (48.8%)	10:11	5.9 (51.3%)
411	KLUZ Robert	3002		M50	30	02:32:07	04:44:40.15	04:45:53.35	+02:19:38 (48.8%)	10:10	5.9 (51.3%)
412	ANDREASIK Mariusz	3210	PRO-MILE TEAM	M30	118	02:13:30	04:45:53.40	04:46:20.65	+02:20:06 (48.9%)	10:12	5.9 (51.3%)
413	PAUSZEK Marlena	3732	LUCKY TEAM	K50	3	02:38:30	04:45:21.50	04:46:29.40	+02:20:14 (49.0%)	10:11	5.9 (51.3%)
414	TROCHA Natalia	3618	BALLS OF STEEL	K30	41	02:21:05	04:45:37.90	04:46:30.95	+02:20:16 (49.0%)	10:12	5.9 (51.3%)
415	DOLEGACZ Daniel	3536		M40	139	02:23:00	04:45:41.10	04:46:41.80	+02:20:27 (49.0%)	10:12	5.9 (51.3%)
416	JAROS Magdalena	3543	BIEBRZAKI	K30	42	02:24:19	04:46:17.50	04:47:40.10	+02:21:25 (49.2%)	10:13	5.9 (51.3%)
417	KWIATKOWSKI Arkadiusz	3041	FABRYKA DZIKA	M40	140	02:24:45	04:47:33.55	04:47:56.50	+02:21:41 (49.2%)	10:16	5.8 (50.4%)
418	PLESZ Wojciech	19	SILESIA MARATHON CLUB	M30	119	02:34:07	04:47:59.05	04:48:16.35	+02:22:01 (49.3%)	10:17	5.8 (50.4%)
419	PILECKA Joanna	3365		K40	29	02:25:18	04:48:23.90	04:48:49.90	+02:22:35 (49.4%)	10:17	5.8 (50.4%)
420	KANIEWSKI Michał	3569		M30	120	02:34:56	04:47:40.00	04:48:52.25	+02:22:37 (49.4%)	10:16	5.8 (50.4%)
421	SZYBKA Tomasz	3185		M30	121	02:20:23	04:48:55.75	04:49:38.90	+02:23:24 (49.5%)	10:19	5.8 (50.4%)
422	JĘDRAL Szczepan	3036		M40	141	02:24:18	04:48:27.00	04:49:39.60	+02:23:25 (49.5%)	10:18	5.8 (50.4%)
423	DOLEGACZ Ewa	3646		K40	30	02:22:12	04:48:39.80	04:49:40.55	+02:23:25 (49.5%)	10:18	5.8 (50.4%)
424	FINGAS Patrycja	3589		K30	43	02:29:51	04:48:13.85	04:49:54.80	+02:23:40 (49.6%)	10:17	5.8 (50.4%)
425	ŁAZIUK Marcin	3598		M30	122	02:20:01	04:48:15.70	04:49:57.75	+02:23:43 (49.6%)	10:17	5.8 (50.4%)
426	GAŁAJDA Monika	3490	RADLINIOKI/KAJ TA META	K40	31	02:21:46	04:49:48.60	04:50:01.80	+02:23:47 (49.6%)	10:21	5.8 (50.4%)
427	BODIO-ZIÓŁKOWSKA Ewa	3237	SPORTOWA MARCHEWKA	K40	32	02:24:12	04:49:08.85	04:50:05.25	+02:23:50 (49.6%)	10:19	5.8 (50.4%)
428	MIRKOWSKA Monika	3223		K30	44	02:33:27	04:48:38.40	04:50:06.30	+02:23:51 (49.6%)	10:18	5.8 (50.4%)
429	KALISZ Daniel	3131		M40	142	02:37:32	04:49:16.25	04:50:08.85	+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	KALISZ Katarzyna	3132		K40	33	02:37:41	04:49:16.60	04:50:08.90	+02:23:54 (49.6%)	10:19	5.8 (50.4%)
431	DYTKIEWICZ Michał	3522		M20	31	02:27:42	04:49:52.85	04:50:10.75	+02:23:56 (49.6%)	10:21	5.8 (50.4%)
432	BYSTRZYCKA Dorota	3090	RAJSPORT ACTIVE	K40	34	02:27:50	04:49:57.80	04:50:18.40	+02:24:03 (49.6%)	10:21	5.8 (50.4%)
433	GÓRSKA-GAŁKA Iwona	3203	TOM-INSTAL TEAM	K40	35	02:28:00	04:50:12.75	04:50:18.95	+02:24:04 (49.6%)	10:21	5.8 (50.4%)
434	RZECZKOWSKI Maciej	3147	WKG	M50	31	02:27:30	04:50:24.90	04:50:53.65	+02:24:39 (49.7%)	10:22	5.8 (50.4%)
435	ALASZKIEWICZ Adam	3733	SARMATIA	M20	32	02:29:10	04:50:18.60	04:51:28.95	+02:25:14 (49.8%)	10:22	5.8 (50.4%)
436	WÓJCIK Radosław	3350		M30	123	02:46:20	04:50:28.55	04:51:38.90	+02:25:24 (49.9%)	10:22	5.8 (50.4%)
437	JARZYNA Kazimierz	3747	JARZYNA TEAM	M40	143	02:30:47	04:51:47.45	04:52:02.75	+02:25:48 (49.9%)	10:25	5.8 (50.4%)
438	JARZYNA Agnieszka	3136		K40	36	02:30:45	04:51:47.00	04:52:02.90	+02:25:48 (49.9%)	10:25	5.8 (50.4%)
439	SWIERKOWSKI Robert	3288	KOPER	M40	144	02:31:02	04:51:28.15	04:52:06.10	+02:25:51 (49.9%)	10:24	5.8 (50.4%)
440	MAŁOWIEJSKA Alicja	3397		K30	45	02:23:32	04:50:25.60	04:52:10.40	+02:25:55 (49.9%)	10:22	5.8 (50.4%)
441	DANIELAK Krzysztof	3251		M30	124	02:31:07	04:50:51.85	04:52:28.40	+02:26:13 (50.0%)	10:23	5.8 (50.4%)
442	ZIOMEK Jarosław	3276	EKIPA Z TARNOWA	M30	125	02:35:27	04:52:25.75	04:53:06.05	+02:26:51 (50.1%)	10:26	5.7 (49.6%)
443	PIEKUT Jakub	3489	DECEPTICON GYM	M30	126	02:33:08	04:52:27.05	04:53:39.95	+02:27:25 (50.2%)	10:26	5.7 (49.6%)
444	RÓŻYCKI Konrad	3660		M60	13	02:33:50	04:54:37.80	04:55:13.10	+02:28:58 (50.5%)	10:31	5.7 (49.6%)
445	WITKOWSKI-KOZIOŁEK Michał	3260		M30	127	02:21:17	04:54:32.55	04:55:14.65	+02:29:00 (50.5%)	10:31	5.7 (49.6%)
446	MASŁOWSKI Marcin	8	KKM KOZIENICE	M40	145	02:35:19	04:55:03.50	04:55:20.35	+02:29:05 (50.5%)	10:32	5.7 (49.6%)
447	PAWLAK Dagmara	3386		K40	37	02:34:22	04:54:46.95	04:55:24.45	+02:29:09 (50.5%)	10:31	5.7 (49.6%)
448	OKRASA Malgorzata	3655		K40	38	02:32:01	04:54:55.30	04:55:50.45	+02:29:35 (50.6%)	10:31	5.7 (49.6%)
449	BRZEZIŃSKI Piotr	3080		M30	128	02:32:02	04:54:56.40	04:55:50.60	+02:29:36 (50.6%)	10:32	5.7 (49.6%)
450	RUTKOWSKA Ewelina	3504		K40	39	02:27:11	04:54:11.95	04:55:51.95	+02:29:37 (50.6%)	10:30	5.7 (49.6%)
451	OLSZEWSKI Kamil	3161		M30	129	02:36:45	04:54:20.65	04:55:53.85	+02:29:39 (50.6%)	10:30	5.7 (49.6%)
452	STABRAWA Marcin	3160		M30	130	02:36:45	04:54:20.60	04:55:54.10	+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	DORDZIK Małgorzata	3123		K60	2	02:33:38	04:54:23.85	04:56:08.35	+02:29:53 (50.6%)	10:30	5.7 (49.6%)
454	ADAMKIEWICZ Łukasz	3222		M30	131	02:33:28	04:54:49.80	04:56:18.10	+02:30:03 (50.6%)	10:31	5.7 (49.6%)
455	SUCHORA Anna	3149		K50	4	02:38:35	04:54:58.15	04:56:19.80	+02:30:05 (50.6%)	10:32	5.7 (49.6%)
455	SUCHORA Jerzy	3150		M60	14	02:38:35	04:54:58.10	04:56:19.80	+02:30:05 (50.6%)	10:32	5.7 (49.6%)
457	JASICZAK Andrzej	3432		M50	32	02:35:41	04:56:10.15	04:57:00.30	+02:30:45 (50.8%)	10:34	5.7 (49.6%)
458	GWIAZDZIŃSKI Michał	3241		M40	146	02:35:19	04:56:00.00	04:57:27.20	+02:31:12 (50.8%)	10:34	5.7 (49.6%)
459	RUSIN Aleksander	3591		M30	132	02:30:08	04:56:31.10	04:57:47.70	+02:31:33 (50.9%)	10:35	5.7 (49.6%)
460	WYSPIAŃSKI Grzegorz	3421	KLUB G4 W SIEDLCACH	M50	33	02:33:44	04:57:33.95	04:58:08.50	+02:31:53 (50.9%)	10:37	5.6 (48.7%)
461	ROŻEK Janusz	3168	KB WARTKO	M60	15	02:31:48	04:57:04.30	04:58:14.70	+02:32:00 (51.0%)	10:36	5.7 (49.6%)
462	SZPYNDA Daniel	3030	KS KANAŁEK	M30	133	02:26:07	04:57:21.80	04:58:21.45	+02:32:06 (51.0%)	10:37	5.6 (48.7%)
463	KOWALSKI Adam	3050		M40	147	02:35:24	04:58:12.45	04:58:49.15	+02:32:34 (51.1%)	10:39	5.6 (48.7%)
464	IZDEBSKA Renata	3192		K60	3	02:34:34	04:57:55.15	04:59:19.40	+02:33:04 (51.1%)	10:38	5.6 (48.7%)
465	GŁĘBOCKI Maciej	3635		M30	134	02:33:47	04:58:41.25	04:59:22.15	+02:33:07 (51.1%)	10:40	5.6 (48.7%)
466	GŁĘBOCKA Magda	3636		K30	46	02:33:49	04:58:43.00	04:59:22.35	+02:33:07 (51.2%)	10:40	5.6 (48.7%)
467	CZAPLINSKI Marcin	3658		M30	135	02:22:59	04:59:08.25	04:59:33.55	+02:33:18 (51.2%)	10:41	5.6 (48.7%)
468	WASILUK Ireneusz	3164		M40	148	02:33:04	04:58:29.10	05:00:03.00	+02:33:48 (51.3%)	10:39	5.6 (48.7%)
469	BOHN Mariusz	3440	PIEKARY ŚLĄSKIE	M50	34	02:28:25	05:00:12.75	05:00:20.55	+02:34:05 (51.3%)	10:43	5.6 (48.7%)
470	PRZYBYSZEWSKI Filip	3667	EAZYMUT.PL	M20	33	02:28:26	05:00:05.30	05:00:24.40	+02:34:09 (51.3%)	10:43	5.6 (48.7%)
471	ANTKOWIAK Mirosław	3154	BBL KROSNO ODRZAŃSKIE	M50	35	02:30:53	05:00:22.20	05:00:37.40	+02:34:22 (51.4%)	10:43	5.6 (48.7%)
472	SWISTAK Karolina	3619		K40	40	02:29:29	05:00:42.40	05:01:11.90	+02:34:57 (51.4%)	10:44	5.6 (48.7%)
473	KOZIOŁ Joanna	3349		K40	41	02:27:45	05:01:33.15	05:02:05.10	+02:35:50 (51.6%)	10:46	5.6 (48.7%)
474	WEREMA Łukasz	3055	LUBELSKI KORPUS EKSPEDYCYJNY	M30	136	02:37:04	05:00:59.00	05:02:05.70	+02:35:51 (51.6%)	10:44	5.6 (48.7%)
475	KUJAWA Bartosz	3228		M30	137	02:31:24	05:01:34.50	05:02:06.30	+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	KONIECZNY Mateusz	3642		M30	138	02:39:00	05:02:04.65	05:02:39.05	+02:36:24 (51.7%)	10:47	5.6 (48.7%)
477	STRZELECKI Piotr	3467		M40	149	02:26:07	05:01:42.15	05:02:39.95	+02:36:25 (51.7%)	10:46	5.6 (48.7%)
478	GARBOWSKI Witold	3374	CZEKAŁEM NA BUSA OD WĄSKIEGO	M30	139	02:37:17	05:03:39.50	05:04:16.90	+02:38:02 (51.9%)	10:50	5.5 (47.8%)
479	MODZELEWSKI Artur	3318	EAGLETEAM	M50	36	02:27:14	05:04:15.05	05:04:24.25	+02:38:09 (52.0%)	10:51	5.5 (47.8%)
480	RĄCZKA Elżbieta	3650		K50	5	02:47:19	05:04:08.60	05:04:49.40	+02:38:34 (52.0%)	10:51	5.5 (47.8%)
481	SIKORSKA Izabela	3200	MIĘDZYRZECKIE GAZELE	K40	42	02:38:21	05:04:00.95	05:05:17.15	+02:39:02 (52.1%)	10:51	5.5 (47.8%)
482	MYTYCH Mateusz	3173		M30	140	02:36:41	05:04:59.70	05:05:18.50	+02:39:03 (52.1%)	10:53	5.5 (47.8%)
483	DRUSZCZ Andżelika	3344		K30	47	02:30:48	05:04:25.20	05:05:22.25	+02:39:07 (52.1%)	10:52	5.5 (47.8%)
484	DRUSZCZ Karol	3343		M30	141	02:30:50	05:04:25.25	05:05:22.30	+02:39:07 (52.1%)	10:52	5.5 (47.8%)
485	BOROWSKI Marek	3446		M30	142	02:20:53	05:03:52.45	05:05:24.80	+02:39:10 (52.1%)	10:51	5.5 (47.8%)
486	SUŁAWA Patrycja	3133		K40	43	02:37:49	05:05:19.55	05:06:11.55	+02:39:56 (52.2%)	10:54	5.5 (47.8%)
487	SUŁAWA Tomasz	3134	CZTERDZIESTOLATKI	M40	150	02:38:19	05:05:19.90	05:06:12.00	+02:39:57 (52.2%)	10:54	5.5 (47.8%)
488	BIJATOWSKA Diana	3501		K40	44	02:44:04	05:06:05.65	05:06:14.25	+02:39:59 (52.2%)	10:55	5.5 (47.8%)
489	RONKOWSKA Małgorzata	3555	POLKA SPORT	K30	48	02:47:22	05:06:02.45	05:06:42.05	+02:40:27 (52.3%)	10:55	5.5 (47.8%)
490	WYTRYKUS Albert	3464		M30	143	02:34:10	05:07:10.10	05:07:16.40	+02:41:01 (52.4%)	10:58	5.5 (47.8%)
491	KOPCZYŃSKA Misia	3391	DZIKUR CREW	K50	6	02:28:15	05:06:38.05	05:07:31.60	+02:41:17 (52.4%)	10:57	5.5 (47.8%)
492	POBUDKIEWICZ Seweryn	3065	CAMEL BYDGOSZCZ	M40	151	02:15:08	05:07:10.55	05:07:46.40	+02:41:31 (52.5%)	10:58	5.5 (47.8%)
493	CZELIŃSKI Filip	3257	CAMEL	M30	144	02:08:13	05:07:10.40	05:07:46.60	+02:41:32 (52.5%)	10:58	5.5 (47.8%)
494	LEWANDOWSKI Bogusław	3622		M50	37	02:34:26	05:07:23.00	05:07:48.40	+02:41:33 (52.5%)	10:58	5.5 (47.8%)
495	SZYBKA Łukasz	3145	SZYBCY	M30	145	02:30:45	05:07:05.50	05:07:49.30	+02:41:34 (52.5%)	10:58	5.5 (47.8%)
496	WĄTRÓBSKI Grzegorz	3322		M40	152	02:39:32	05:06:18.60	05:08:02.60	+02:41:48 (52.5%)	10:56	5.5 (47.8%)
497	KAMIŃSKI Łukasz	3280	ŁOREWA FOREWA	M40	153	02:36:43	05:06:40.25	05:08:13.45	+02:41:58 (52.6%)	10:57	5.5 (47.8%)
498	LENART Wioleta	3721		K30	49	02:37:34	05:07:46.85	05:08:14.10	+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	LENART Rafał	3607		M30	146	02:37:36	05:07:46.85	05:08:14.40	+02:41:59 (52.6%)	10:59	5.5 (47.8%)
500	PRUSACZYK Michał	3525		M20	34	02:34:45	05:06:53.00	05:08:19.75	+02:42:05 (52.6%)	10:57	5.5 (47.8%)
501	KUTERA Bartłomiej	3723		M30	147	02:34:48	05:06:54.50	05:08:19.85	+02:42:05 (52.6%)	10:57	5.5 (47.8%)
502	SŁOMKA Adrian	3705		M30	148	02:34:45	05:06:53.75	05:08:19.90	+02:42:05 (52.6%)	10:57	5.5 (47.8%)
503	DZIEWA Magdalena	3641		K60	4	02:32:56	05:08:29.10	05:08:48.90	+02:42:34 (52.6%)	11:01	5.4 (47.0%)
504	RYBIENIK Lech	3141		M40	154	02:39:16	05:07:18.05	05:08:49.90	+02:42:35 (52.6%)	10:58	5.5 (47.8%)
505	KIJEWSKA Karolina	3245		K40	45	02:39:17	05:07:18.95	05:08:50.00	+02:42:35 (52.6%)	10:58	5.5 (47.8%)
506	PIĄSTKA Daniel	3473		M40	155	02:29:26	05:08:44.95	05:08:51.20	+02:42:36 (52.6%)	11:01	5.4 (47.0%)
507	RONDUDA Małgorzata	3250	TKS DZIK JEST DZIKI	K50	7	02:34:57	05:07:43.40	05:08:51.70	+02:42:37 (52.7%)	10:59	5.5 (47.8%)
508	RONDUDA Filip	3248	TKS DZIK JEST DZIKI	M20	35	02:34:57	05:07:42.65	05:08:52.15	+02:42:37 (52.7%)	10:59	5.5 (47.8%)
509	KOWALSKI Piotr	3053		M40	156	02:35:32	05:08:34.65	05:09:11.05	+02:42:56 (52.7%)	11:01	5.4 (47.0%)
510	ŚWIĘCH Konrad	3124		M30	149	02:29:19	05:07:49.50	05:09:12.15	+02:42:57 (52.7%)	10:59	5.5 (47.8%)
511	ZAWIASA Bartosz	3275	O CO BIEGA	M30	150	02:38:29	05:08:41.70	05:09:24.55	+02:43:09 (52.7%)	11:01	5.4 (47.0%)
512	KLAJA Agnieszka	3506		K30	50	02:45:29	05:08:43.40	05:10:07.90	+02:43:53 (52.8%)	11:01	5.4 (47.0%)
513	KOWALSKI Krzysztof	3189	PLEJBOJE WE DWOJE	M20	36	02:34:20	05:09:03.05	05:10:12.50	+02:43:57 (52.9%)	11:02	5.4 (47.0%)
514	NIEZGODA Andrzej	3157		M40	157	02:37:35	05:09:53.70	05:10:31.95	+02:44:17 (52.9%)	11:04	5.4 (47.0%)
515	SZCZEPAŃSKI Rafał	3032	SAMEKONIE	M50	38	02:31:00	05:10:11.40	05:10:39.15	+02:44:24 (52.9%)	11:04	5.4 (47.0%)
516	MARCINKOWSKI Michał	3309		M40	158	02:29:58	05:10:01.20	05:10:47.40	+02:44:32 (52.9%)	11:04	5.4 (47.0%)
517	MIODEK Aleksandra	3614		K30	51	02:42:47	05:09:40.10	05:10:55.50	+02:44:40 (53.0%)	11:03	5.4 (47.0%)
518	NAĆ Marzanna	3020	ROZBIEGANE DZIAŁDOWO	K40	46	02:43:23	05:09:49.50	05:11:21.65	+02:45:07 (53.0%)	11:03	5.4 (47.0%)
519	ZIELIŃSKI Konrad	3453		M20	37	02:32:22	05:11:07.25	05:11:32.45	+02:45:17 (53.1%)	11:06	5.4 (47.0%)
520	SZCZUREK Aleksandra	3449		K20	14	02:27:57	05:11:09.05	05:11:32.60	+02:45:18 (53.1%)	11:06	5.4 (47.0%)
521	WIECZOREK Magdalena	3546	WIECZORKI3	K40	47	02:50:16	05:11:09.75	05:12:04.60	+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	ŚWIĘTEK Michał	3710		M20	38	02:29:35	05:12:19.70	05:12:36.35	+02:46:21 (53.2%)	11:09	5.4 (47.0%)
523	DŁUGOSZ Karolina	3084	WKURW_TEAM	K30	52	02:36:29	05:11:43.50	05:12:51.10	+02:46:36 (53.3%)	11:07	5.4 (47.0%)
524	POSACKI Patryk	3444	CZEKAŁEM NA BUSA OD WĄSKIEGO	M30	151	02:37:08	05:12:19.55	05:12:57.55	+02:46:42 (53.3%)	11:09	5.4 (47.0%)
525	CHYTRZYNSKA Marta	3262	KROMECZEK TEAM	K40	48	02:40:48	05:11:29.05	05:12:59.90	+02:46:45 (53.3%)	11:07	5.4 (47.0%)
526	BIENIAS Rafał	3566		M50	39	02:38:25	05:12:14.55	05:13:30.75	+02:47:16 (53.4%)	11:09	5.4 (47.0%)
527	SANKOWSKI Tomasz	3243		M30	152	02:34:43	05:12:11.10	05:13:38.40	+02:47:23 (53.4%)	11:08	5.4 (47.0%)
528	BOGUSZ Emilia	3673		K40	49	02:49:45	05:13:06.10	05:13:47.90	+02:47:33 (53.4%)	11:10	5.4 (47.0%)
529	KNAPCZYK Elżbieta	3689		K40	50	02:43:39	05:13:58.70	05:14:06.05	+02:47:51 (53.4%)	11:12	5.4 (47.0%)
530	SENDECKI Rafał	3688		M40	159	02:43:26	05:13:57.85	05:14:06.20	+02:47:51 (53.4%)	11:12	5.4 (47.0%)
531	ULENBERG Katarzyna	3052		K30	53	02:36:09	05:13:54.30	05:15:05.60	+02:48:51 (53.6%)	11:12	5.4 (47.0%)
532	PAWLYTA Weronika	3048		K30	54	02:36:10	05:13:56.10	05:15:07.20	+02:48:52 (53.6%)	11:12	5.4 (47.0%)
533	TRACZ Agnieszka	3734		K30	55	02:49:38	05:15:54.70	05:17:18.00	+02:51:03 (53.9%)	11:16	5.3 (46.1%)
534	LICHNOWSKA Anna	3429		K40	51	02:49:47	05:17:24.75	05:17:31.00	+02:51:16 (53.9%)	11:20	5.3 (46.1%)
535	BOKSZA Robert	3314		M40	160	02:46:46	05:16:19.80	05:17:31.70	+02:51:17 (53.9%)	11:17	5.3 (46.1%)
536	JANOWSKA Ewa	3431		K30	56	02:35:38	05:17:08.30	05:17:57.60	+02:51:43 (54.0%)	11:19	5.3 (46.1%)
537	GRODZICKI Artur	3252		M30	153	02:44:56	05:16:32.85	05:18:00.05	+02:51:45 (54.0%)	11:18	5.3 (46.1%)
538	STĘPIEŃ Renata	3273	BBL KIELCE	K60	5	02:31:09	05:17:31.00	05:18:50.40	+02:52:35 (54.1%)	11:20	5.3 (46.1%)
539	BIBRO Daniel	3583		M30	154	02:42:59	05:18:44.70	05:19:15.70	+02:53:01 (54.2%)	11:23	5.3 (46.1%)
540	BORKOWSKI Arkadiusz	3010		M30	155	02:37:33	05:18:20.40	05:19:26.15	+02:53:11 (54.2%)	11:22	5.3 (46.1%)
541	BLAZAK Lukasz	3355	KOPER	M40	161	02:31:19	05:19:55.55	05:20:20.70	+02:54:06 (54.3%)	11:25	5.3 (46.1%)
542	ŚWIAŃTEK Mateusz	3463		M30	156	02:36:19	05:18:32.10	05:20:21.05	+02:54:06 (54.3%)	11:22	5.3 (46.1%)
543	BAJAN Piotr	3066		M20	39	02:46:37	05:18:31.20	05:20:21.30	+02:54:06 (54.3%)	11:22	5.3 (46.1%)
544	RYKAŁA Katarzyna	3378		K40	52	02:45:04	05:19:13.10	05:20:34.15	+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	ZADORSKA Zofia	3188		K60	6	02:32:01	05:19:25.00	05:20:49.10	+02:54:34 (54.4%)	11:24	5.3 (46.1%)
546	BROMBOSZCZ Karol	3482	TRUCHTACZ MYSŁOWICE	M60	16	02:36:11	05:20:41.85	05:21:04.20	+02:54:49 (54.5%)	11:27	5.2 (45.2%)
547	PAJĄK Maciej	3207	PRO-MILE TEAM	M30	157	02:41:40	05:20:59.85	05:21:30.65	+02:55:16 (54.5%)	11:27	5.2 (45.2%)
548	PASZEK Krystyna	3627	WOLNI BIEGACZE SLOW JOGGING GRODZISK MAZ.	K60	7	02:44:51	05:20:22.40	05:21:35.40	+02:55:20 (54.5%)	11:26	5.2 (45.2%)
549	ROGACZ Damian	3468	STOWARZYSZENIE GRUP JURA'PL	M30	158	02:43:45	05:21:22.85	05:21:37.45	+02:55:22 (54.5%)	11:28	5.2 (45.2%)
550	MACIĄG Grzesiek	3438	GRUPA JURA'PL	M40	162	02:43:50	05:21:27.70	05:21:37.80	+02:55:23 (54.5%)	11:28	5.2 (45.2%)
551	GÓRNA Małgorzata	3178		K30	57	02:40:42	05:20:05.95	05:21:44.65	+02:55:30 (54.5%)	11:25	5.2 (45.2%)
552	ZIÓŁEK Teresa	3738		K60	8	02:53:38	05:21:08.85	05:22:13.60	+02:55:59 (54.6%)	11:28	5.2 (45.2%)
553	NYŻNYK Monika	3166	KAMPIRUNTEAM	K40	53	02:40:46	05:22:21.80	05:22:43.40	+02:56:28 (54.7%)	11:30	5.2 (45.2%)
554	KOPIEC Iwona	3153		K50	8	02:48:32	05:21:59.15	05:22:48.85	+02:56:34 (54.7%)	11:29	5.2 (45.2%)
555	RYŻYŃSKA Agnieszka	3560	CHEŁM BIEGA	K40	54	02:48:06	05:21:50.15	05:23:22.40	+02:57:07 (54.8%)	11:29	5.2 (45.2%)
556	DRGAS Małgorzata	3271	WARTKIE PIERONY	K30	58	02:48:00	05:23:16.30	05:24:05.60	+02:57:51 (54.9%)	11:32	5.2 (45.2%)
557	ADAMUS Anna	3297	WARTKIE PIERONY	K40	55	02:48:26	05:23:16.15	05:24:05.70	+02:57:51 (54.9%)	11:32	5.2 (45.2%)
558	OBRZUT Bartek	3093		M30	159	02:33:39	05:22:15.70	05:24:10.50	+02:57:55 (54.9%)	11:30	5.2 (45.2%)
559	RYCHLEWSKA Katarzyna	3740	TRICLUB	K50	9	02:47:23	05:23:56.90	05:24:37.90	+02:58:23 (55.0%)	11:34	5.2 (45.2%)
560	CZELIŃSKI Leszek	3256		M50	40	02:25:04	05:24:07.05	05:24:41.45	+02:58:26 (55.0%)	11:34	5.2 (45.2%)
561	SERAFIN Sebastian	3700	SIMS	M40	163	02:35:05	05:23:34.25	05:24:43.10	+02:58:28 (55.0%)	11:33	5.2 (45.2%)
562	SIERADZKA Maria	3008	KRECIK DRAPIE	K30	59	02:49:31	05:24:23.80	05:25:42.30	+02:59:27 (55.1%)	11:35	5.2 (45.2%)
563	PAJSZCZYK Blanka	3007	KRECIK DRAPIE	K30	60	02:49:29	05:24:23.90	05:25:42.70	+02:59:28 (55.1%)	11:35	5.2 (45.2%)
564	BARCZAK Sylwester	3384	CZEKAŁEM NA BUSA OD WĄSKIEGO	M40	164	02:37:13	05:25:13.65	05:25:50.35	+02:59:35 (55.1%)	11:36	5.2 (45.2%)
565	KAŻMIERCZAK Marek	3225		M40	165	02:40:49	05:25:43.15	05:25:59.20	+02:59:44 (55.1%)	11:37	5.2 (45.2%)
566	PISZCZ Dariusz	3682		M40	166	02:47:41	05:24:41.70	05:26:20.20	+03:00:05 (55.2%)	11:35	5.2 (45.2%)
567	CIEŚLAK Katarzyna	3092		K30	61	02:43:26	05:24:51.80	05:26:34.05	+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	GODLEWSKA Izabella	3596	GANG ŚWIETLIKÓW	K20	15	02:48:45	05:26:44.55	05:27:38.70	+03:01:24 (55.4%)	11:40	5.1 (44.3%)
569	GODLEWSKA Anna	3611	GANG ŚWIETLIKÓW	K30	62	02:48:47	05:26:44.60	05:27:38.90	+03:01:24 (55.4%)	11:40	5.1 (44.3%)
570	CHOJNOWSKA Barbara	3158		K50	10	02:47:45	05:27:15.50	05:28:23.80	+03:02:09 (55.5%)	11:41	5.1 (44.3%)
571	DYR Jerzy	3450		M50	41	02:33:59	05:28:16.05	05:28:25.15	+03:02:10 (55.5%)	11:43	5.1 (44.3%)
572	DEC Kamil	3796	OTK RZEŹNIK	M20	40	02:50:10	05:27:30.20	05:28:58.20	+03:02:43 (55.5%)	11:41	5.1 (44.3%)
573	WIELGUS Kacper	3798		M20	41	02:50:12	05:27:31.00	05:28:58.55	+03:02:43 (55.5%)	11:41	5.1 (44.3%)
574	RYBKA Tomasz	3293		M60	17	02:42:47	05:27:48.05	05:29:03.90	+03:02:49 (55.6%)	11:42	5.1 (44.3%)
575	KUKLEWSKA Ewa	3472	OJOS	K60	9	02:51:24	05:31:08.20	05:31:15.45	+03:05:00 (55.9%)	11:49	5.1 (44.3%)
576	ZABŁOTNY Kamil	3693	DEFENDU	M30	160	02:33:34	05:29:51.00	05:31:45.70	+03:05:31 (55.9%)	11:46	5.1 (44.3%)
577	KARLIŃSKA Katarzyna	3577	#DRADURAFITSME	K40	56	02:39:24	05:32:03.55	05:32:11.60	+03:05:57 (56.0%)	11:51	5.1 (44.3%)
578	ŁASKI Radosław	3552	DRADURA & FOURTRISQUAD	M40	167	02:39:23	05:32:02.70	05:32:12.30	+03:05:57 (56.0%)	11:51	5.1 (44.3%)
579	ADAMCZEWSKA Agnieszka	3325		K40	57	02:55:46	05:31:02.10	05:32:23.45	+03:06:08 (56.0%)	11:49	5.1 (44.3%)
580	ADAMCZEWSKA Anna	3324		K50	11	02:55:47	05:31:03.05	05:32:23.50	+03:06:08 (56.0%)	11:49	5.1 (44.3%)
581	WŁODARCZYK Teresa	3719	SPC	K50	12	02:51:20	05:31:07.25	05:32:35.70	+03:06:21 (56.0%)	11:49	5.1 (44.3%)
581	BĄK Andrzej	3736	SPC	M50	42	02:51:22	05:31:06.40	05:32:35.70	+03:06:21 (56.0%)	11:49	5.1 (44.3%)
583	WITEK Sylwia	3496		K40	58	02:51:55	05:31:08.60	05:32:44.65	+03:06:30 (56.0%)	11:49	5.1 (44.3%)
584	KACZKIEWICZ Damian	3519	NIGHT RUNNERS GLIWICE	M40	168	02:52:03	05:31:10.15	05:32:45.00	+03:06:30 (56.1%)	11:49	5.1 (44.3%)
585	PRYSZCZ Mirosław	3610		M40	169	02:52:01	05:31:10.30	05:32:45.55	+03:06:30 (56.1%)	11:49	5.1 (44.3%)
586	DANIELEWSKA Magdalena	3497		K40	59	02:55:54	05:31:10.40	05:32:46.20	+03:06:31 (56.1%)	11:49	5.1 (44.3%)
587	RAKOCZY Anna	3580		K40	60	02:48:06	05:32:03.95	05:33:10.40	+03:06:55 (56.1%)	11:51	5.1 (44.3%)
588	KURKOWSKI Sławomir	3581		M30	161	02:47:47	05:32:04.10	05:33:11.00	+03:06:56 (56.1%)	11:51	5.1 (44.3%)
589	MĄCZKA Krystyna	3698	EXREMALNI RZEŹNICY NA RELAKSE	K60	10	02:57:18	05:32:12.40	05:33:38.70	+03:07:24 (56.2%)	11:51	5.1 (44.3%)
589	JĘDRZEJOWSKA - DEC Anna	3799	OTK RZEŹNIK	K40	61	02:57:13	05:32:11.55	05:33:38.70	+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	BRZENCZEK Michał	3797		M50	43	02:57:18	05:32:13.60	05:33:38.75	+03:07:24 (56.2%)	11:51	5.1 (44.3%)
592	GALUS Agnieszka	3455	OJOS	K40	62	02:49:25	05:34:14.45	05:34:20.90	+03:08:06 (56.3%)	11:56	5 (43.5%)
593	MYŚLIWIEC Andrzej	3361		M60	18	02:38:04	05:34:35.25	05:34:59.40	+03:08:44 (56.3%)	11:56	5 (43.5%)
594	JEŻEWSKI Adam	3685	ETISOFT RUNNING TEAM	M40	170	02:48:58	05:34:52.25	05:35:01.45	+03:08:46 (56.3%)	11:57	5 (43.5%)
595	WARAS Barbara	3083		K30	63	02:48:45	05:34:03.30	05:35:04.35	+03:08:49 (56.4%)	11:55	5 (43.5%)
596	SZOPA Marek	3367	ULTRA WAY TEAM / RUNEDA	M50	44		05:35:22.15	05:35:29.50	+03:09:14 (56.4%)	11:58	5 (43.5%)
597	SZOPA Małgorzata	3368	ULTRA WAY TEAM/ RUNEDA	K40	63	02:50:24	05:35:22.05	05:35:29.55	+03:09:14 (56.4%)	11:58	5 (43.5%)
598	JARUS Andrzej	7	POLISH_WINGS	M50	45	02:50:24	05:35:21.60	05:35:31.10	+03:09:16 (56.4%)	11:58	5 (43.5%)
599	BONAWENTURSKA Anna	3302	ORANGE POLSKA	K30	64	03:14:30	05:33:37.15	05:35:34.60	+03:09:20 (56.4%)	11:54	5 (43.5%)
600	DŁUŻNIEWSKA Izabela	3530		K40	64	02:49:57	05:34:53.85	05:35:47.10	+03:09:32 (56.4%)	11:57	5 (43.5%)
601	OSIŃSKI Maciej	3216		M40	171	02:47:06	05:35:47.75	05:36:19.25	+03:10:04 (56.5%)	11:59	5 (43.5%)
602	KÜCHLER Małgorzata	3179	JARBUD	K40	65	02:50:25	05:36:34.45	05:36:42.50	+03:10:27 (56.6%)	12:01	5 (43.5%)
603	JUSZKO Aleksandra	3648		K20	16	02:51:45	05:36:03.00	05:37:16.70	+03:11:02 (56.6%)	12:00	5 (43.5%)
604	JUSZKO Krzysztof	3653		M50	46	02:51:44	05:36:02.80	05:37:17.15	+03:11:02 (56.6%)	12:00	5 (43.5%)
605	OCHNIO Aleksandra	3175		K30	65	02:55:55	05:35:46.75	05:37:34.50	+03:11:19 (56.7%)	11:59	5 (43.5%)
606	KAWECKI Dariusz	3684	ETISOFT RUNNING TEAM	M50	47	02:50:12	05:38:32.70	05:38:43.10	+03:12:28 (56.8%)	12:05	5 (43.5%)
607	WŁODAWIEC Asia	3426		K20	17	02:49:26	05:37:24.15	05:39:10.60	+03:12:56 (56.9%)	12:03	5 (43.5%)
608	KĘSKA-WŁODAWIEC Edyta	3383		K50	13	02:49:24	05:37:23.65	05:39:10.70	+03:12:56 (56.9%)	12:02	5 (43.5%)
609	KADECKI Marek	3539		M50	48	02:52:30	05:38:07.05	05:39:32.90	+03:13:18 (56.9%)	12:04	5 (43.5%)
610	PRZEPIÓRA Iwona	3272	BBL KIELCE	K50	14	02:55:33	05:38:24.75	05:39:44.70	+03:13:30 (57.0%)	12:05	5 (43.5%)
611	HEĆMAŃCZUK Katarzyna	3332	FABRYKA DZIKA	K30	66	02:58:35	05:40:37.95	05:41:00.80	+03:14:46 (57.1%)	12:09	4.9 (42.6%)
612	ŚWIERKOWSKI Piotr	3403		M40	172	02:31:01	05:40:35.50	05:41:19.55	+03:15:04 (57.2%)	12:09	4.9 (42.6%)
613	HAWRYŁAK Paulina	3018		K20	18	02:51:47	05:40:05.80	05:41:43.15	+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	RATOWSKA Oliwia	3135	HERO BOX	K30	67	02:56:19	05:40:17.00	05:41:54.30	+03:15:39 (57.2%)	12:09	4.9 (42.6%)
615	ZIELIŃSKA IGNASZAK Iwona	3483	HEROBOX	K50	15	02:56:20	05:40:16.90	05:41:54.35	+03:15:39 (57.2%)	12:09	4.9 (42.6%)
616	CEDRO Katarzyna	3335		K30	68	02:50:22	05:41:45.35	05:42:16.05	+03:16:01 (57.3%)	12:12	4.9 (42.6%)
617	KĘSICKI Rafał	3327		M40	173	02:51:26	05:45:13.05	05:46:47.65	+03:20:33 (57.8%)	12:19	4.9 (42.6%)
618	PIEKARSKA Justyna	3146	ROZBIEGAJMY RADOMSKO	K30	69	02:55:32	05:46:24.20	05:46:49.00	+03:20:34 (57.8%)	12:22	4.8 (41.7%)
619	TRZYNA Paula	3567	POLSKIE TOWARZYSTWO STWARDNIENIA ROZSIANEGO	K30	70	02:52:59	05:46:28.50	05:47:22.35	+03:21:07 (57.9%)	12:22	4.8 (41.7%)
620	KNAP Elżbieta	3119	GACEK TEAM	K30	71	02:52:54	05:47:40.80	05:48:08.35	+03:21:53 (58.0%)	12:25	4.8 (41.7%)
621	SMAGA Aleksandra	3266		K30	72	02:56:25	05:48:05.10	05:48:18.10	+03:22:03 (58.0%)	12:25	4.8 (41.7%)
622	KOZIEŁ Marcin	3533	KOPER	M40	174	02:57:05	05:47:43.20	05:48:26.70	+03:22:12 (58.0%)	12:25	4.8 (41.7%)
623	LACHCIK Małgorzata	3341		K30	73	02:51:53	05:48:02.25	05:49:40.80	+03:23:26 (58.2%)	12:25	4.8 (41.7%)
624	SZPERNAL Beata	3047		K50	16	02:49:13	05:49:29.15	05:50:10.95	+03:23:56 (58.2%)	12:28	4.8 (41.7%)
625	PĘDZISZ Dawid	3255		M30	162	02:40:50	05:49:59.45	05:50:15.15	+03:24:00 (58.2%)	12:29	4.8 (41.7%)
626	RUDNICKA Krystyna	3401	BRAK	K50	17	02:55:39	05:48:57.35	05:50:43.60	+03:24:29 (58.3%)	12:27	4.8 (41.7%)
627	FAYFER Dorota	3340	KAT CROSS	K40	66	02:48:44	05:50:33.60	05:51:48.60	+03:25:34 (58.4%)	12:31	4.8 (41.7%)
628	KRAWCZYK Magdalena	3003		K30	74	02:48:45	05:50:34.00	05:51:48.65	+03:25:34 (58.4%)	12:31	4.8 (41.7%)
629	SREBRO Michał	3502	DZIKI Z CYTADELI	M50	49	02:48:30	05:53:00.70	05:54:42.25	+03:28:27 (58.8%)	12:36	4.8 (41.7%)
630	BARSCZEWSKA Marta	3017	BIEGOWY WARIAT RUNNING TEAM	K30	75	02:49:55	05:54:48.95	05:54:54.45	+03:28:39 (58.8%)	12:40	4.7 (40.9%)
631	SZYBKA Wojciech	3156	SZYBCY	M60	19	03:01:00	05:54:11.90	05:54:56.70	+03:28:42 (58.8%)	12:38	4.7 (40.9%)
632	HERMAN Paweł	21	MLUKS TRZEBIATÓW	M40	175	02:47:58	05:55:04.95	05:55:55.95	+03:29:41 (58.9%)	12:40	4.7 (40.9%)
633	LORENC-KRUSZYŃSKA Sylwia	3586	FORDONRUNNERS	K40	67	02:55:15	05:55:00.00	05:56:38.90	+03:30:24 (59.0%)	12:40	4.7 (40.9%)
634	BRONISZ Anna	3306	ROZBIEGANY SULEJÓWEK	K40	68	02:55:10	05:55:32.55	05:57:18.55	+03:31:03 (59.1%)	12:41	4.7 (40.9%)
635	KUBACKI Andrzej	3244	LASY PAŃSTWOWE	M50	50	02:38:42	05:58:16.40	05:58:56.20	+03:32:41 (59.3%)	12:47	4.7 (40.9%)
636	OBARSKI Norbert	3074		M60	20	02:54:37	05:58:08.55	05:58:56.45	+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	KILJAN Anna	3186		K30	76	03:06:45	05:59:59.60	06:00:49.15	+03:34:34 (59.5%)	12:51	4.7 (40.9%)
638	DASZCZYŃSKI Adam	3570	ADASKO TEAM	M50	51	02:55:58	05:59:55.80	06:01:07.80	+03:34:53 (59.5%)	12:51	4.7 (40.9%)
639	WOJNAROWSKI Michał	3167	COWOOCELL	M20	42	03:02:17	05:59:21.70	06:01:10.70	+03:34:56 (59.5%)	12:50	4.7 (40.9%)
640	LESISZ Katarzyna	3408	WARTKIE PIERONY	K40	69	02:42:57	06:00:35.40	06:01:22.90	+03:35:08 (59.5%)	12:52	4.7 (40.9%)
641	KURASZ Julia	3410		K20	19	02:44:19	06:01:13.45	06:02:01.20	+03:35:46 (59.6%)	12:54	4.7 (40.9%)
642	KARDAS Karolina	3172	FABRYKA DZIKA	K30	77	02:57:15	06:00:27.85	06:02:10.95	+03:35:56 (59.6%)	12:52	4.7 (40.9%)
643	JONCZYK Erwin	3415	STANWEX II	M30	163	02:43:30	06:03:12.55	06:04:32.20	+03:38:17 (59.9%)	12:58	4.6 (40.0%)
644	KOTAŃSKI Jakub	3405	STANWEX II	M30	164	02:43:29	06:03:09.40	06:04:32.50	+03:38:17 (59.9%)	12:58	4.6 (40.0%)
645	KOTAŃSKA Magdalena	3406	STANWEX II	K30	78	02:53:07	06:03:18.20	06:04:37.50	+03:38:22 (59.9%)	12:58	4.6 (40.0%)
646	RADECKI Wojciech	3505	DZIKI Z CYTADELI	M40	176	02:57:59	06:08:02.65	06:09:44.20	+03:43:29 (60.4%)	13:08	4.6 (40.0%)
647	BOGUSZ Piotr	3078		M40	177	02:49:49	06:09:32.55	06:10:13.30	+03:43:58 (60.5%)	13:11	4.5 (39.1%)
648	JABŁOŃSKI Kazimierz	3715	SPRINTER PRĄDY	M60	21	03:03:31	06:10:47.45	06:12:23.50	+03:46:08 (60.7%)	13:14	4.5 (39.1%)
649	DZIĘCIELSKA Agnieszka	3039		K40	70	02:58:02	06:10:47.70	06:12:27.30	+03:46:12 (60.7%)	13:14	4.5 (39.1%)
650	ZARAŃSKA Izabela	3416	MIECHOWICKA GRUPA BIEGOWA	K50	18	02:56:15	06:15:03.45	06:15:36.25	+03:49:21 (61.1%)	13:23	4.5 (39.1%)
651	FRANKOWSKA Ania	3413	MIECHOWICKA GRUPA BIEGOWA	K50	19	02:56:16	06:15:02.80	06:15:36.60	+03:49:22 (61.1%)	13:23	4.5 (39.1%)
652	ŁABNO Magda	3022		K30	79	02:58:06	06:16:55.30	06:18:00.30	+03:51:45 (61.3%)	13:27	4.5 (39.1%)
653	KOZAK Krzysztof	3024		M30	165	02:58:13	06:16:55.50	06:18:00.55	+03:51:45 (61.3%)	13:27	4.5 (39.1%)
654	SOWA Grzegorz	3208	#KUBAPIECHTEAM	M50	52	02:57:00	06:17:55.30	06:18:46.70	+03:52:32 (61.4%)	13:29	4.4 (38.3%)
655	DZIURZYŃSKA Urszula	3138	VEGE RUNNERS	K40	71	02:56:51	06:17:54.10	06:18:46.80	+03:52:32 (61.4%)	13:29	4.4 (38.3%)
656	PIETRZAK Agnieszka	3089		K40	72	02:59:43	06:20:26.10	06:21:43.20	+03:55:28 (61.7%)	13:35	4.4 (38.3%)
657	RÓLKA Kamila	3043		K40	73	02:55:48	06:20:15.95	06:21:44.35	+03:55:29 (61.7%)	13:34	4.4 (38.3%)
658	PĘDZIMAŻ Marcin	3116		M40	178	02:55:48	06:20:17.25	06:21:46.10	+03:55:31 (61.7%)	13:34	4.4 (38.3%)
659	RADYK Jakub	3485		M30	166	02:58:00	06:23:36.40	06:25:06.20	+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	RADYK Anna	3484	JUMPING STARS TEAM PRZEMYŚL	K20	20	02:57:58	06:23:36.35	06:25:06.30	+03:58:51 (62.0%)	13:42	4.4 (38.3%)
661	MERKLINGHAUS-KOBER Monika	3014	SPEED FEET '16	K40	74	03:09:18	06:28:10.35	06:29:47.60	+04:03:33 (62.5%)	13:51	4.3 (37.4%)
661	NOWAK Maciej	3676	SPEED FEET 16	M40	179	03:09:16	06:28:09.50	06:29:47.60	+04:03:33 (62.5%)	13:51	4.3 (37.4%)
663	SZKAMRUK Alicja	4	EXTREMALNI RZEŹNICY NA RELAKSIE	K30	80	02:48:57	06:30:45.90	06:31:47.90	+04:05:33 (62.7%)	13:57	4.3 (37.4%)
664	SOĆKO Kamil	5		M30	167	02:48:53	06:30:44.85	06:31:47.95	+04:05:33 (62.7%)	13:57	4.3 (37.4%)
665	SZUMIŃSKA Irena	3152	TRITON KONIN	K60	11	03:02:55	06:46:29.50	06:47:38.95	+04:21:24 (64.1%)	14:31	4.1 (35.7%)
666	BOGDAŃSKI Waldemar	3169	TRITON KONIN	M60	22	03:04:01	06:46:29.05	06:47:39.15	+04:21:24 (64.1%)	14:31	4.1 (35.7%)
667	MALINOWSKA-BŁASZCZAK Monika	3042	ORANGE POLSKA	K30	81	03:05:58	06:50:12.15	06:51:09.15	+04:24:54 (64.4%)	14:39	4.1 (35.7%)
668	BISZCZAK Dominika	3079		K30	82	03:05:15	06:50:12.35	06:51:09.25	+04:24:54 (64.4%)	14:39	4.1 (35.7%)
669	WILK Rafał	3183	SEKCJA PIASKI	M40	180	03:12:51	06:50:41.30	06:51:36.40	+04:25:21 (64.5%)	14:40	4.1 (35.7%)
670	SYGUŁA Katarzyna	3534		K50	20	03:12:10	06:50:57.60	06:52:19.60	+04:26:05 (64.5%)	14:40	4.1 (35.7%)
671	WIELGOSZ Mariusz	3026		M50	53	03:00:01	06:55:18.70	06:56:17.15	+04:30:02 (64.9%)	14:49	4 (34.8%)
672	BARTOSIEWICZ Piotr	3617		M50	54	03:06:17	06:55:19.10	06:56:17.65	+04:30:03 (64.9%)	14:49	4 (34.8%)
673	FIJĄLKOWSKI Bartosz	3128	MYSZOJELEŃ	M30	168	03:02:50	06:57:53.85	06:59:34.20	+04:33:19 (65.1%)	14:55	4 (34.8%)
674	STRUMIŃSKA Gosia	3130		K60	12	03:02:57	06:57:54.35	06:59:34.80	+04:33:20 (65.1%)	14:55	4 (34.8%)
675	ŻYŁOWICZ Marcin	3494		M30	169	02:58:16	06:59:29.70	07:00:12.60	+04:33:58 (65.2%)	14:58	4 (34.8%)
676	OBARSKA Małgorzata	3073		K60	13	03:31:43	06:59:56.35	07:00:43.55	+04:34:28 (65.2%)	14:59	4 (34.8%)
677	TWARDOWSKA Patrycja	3077	STOWARZYSZENIE PACZKA DLA BOHATERA	K30	83	03:41:29	07:18:32.90	07:19:37.45	+04:53:22 (66.7%)	15:39	3.8 (33.0%)
678	TWARDOWSKI Tomasz	3076	STOWARZYSZENIE PACZKA DLA BOHATERA	M40	181	03:41:38	07:18:32.70	07:19:38.25	+04:53:23 (66.7%)	15:39	3.8 (33.0%)
679	PŁAŻEWSKI Paweł	3713		M40	182	03:08:30	07:23:19.10	07:24:19.45	+04:58:04 (67.1%)	15:49	3.8 (33.0%)
680	PRZYBYLIŃSKI Cezary	3005	RUNEGADES BRWINÓW	M40	183	03:45:07	07:23:17.35	07:24:19.50	+04:58:04 (67.1%)	15:49	3.8 (33.0%)
681	ZUGAJ Cezary	3015	WHITE BEARS TEAM BIAŁYSTOK	M50	55	03:57:53	07:51:40.10	07:53:33.70	+05:27:19 (69.1%)	16:50	3.6 (31.3%)
682	LEMAŃSKA Sylwia	3214		K40	75	03:58:08	07:57:56.85	07:58:05.10	+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	ZIOBRO Aśka	3122		K40	76	03:58:11	07:57:57.10	07:58:05.15	+05:31:50 (69.4%)	17:04	3.5 (30.4%)
	CHOJNOWSKI Łukasz	3238		M30		01:57:27 DNF	DNF	DNF		-	- (0.0%)
	OLEKSY Jakub	3110	COWOOCELL	M20		03:28:51 DNF	DNF	DNF		-	- (0.0%)
	DROBIK Magdalena	3549		K40		04:15:13 DNF	DNF	DNF		-	- (0.0%)
	REY Andrzej	3301	REYRUNNINGTEAM	M40		DNF	DNF	DNF		-	- (0.0%)
	LITKE Andżelika	3665	EAZYMUT.PL	K30		DNF	DNF	DNF		-	- (0.0%)
	REY Patryk	3303	REYRUNNINGTEAM	M20		DNF	DNF	DNF		-	- (0.0%)
	SZYMOT Adrian	3720	SZKOŁA TENISA ZIEMNEGO AKA TENIS	M30		DNF	DNF	DNF		-	- (0.0%)
	PÓŁTORAK Kasia	3558	POLKA SPORT	K40		DNF	DNF	DNF		-	- (0.0%)
	GADZIŃSKI Marcin	3082		M30		DNF	DNF	DNF		-	- (0.0%)

Znaleziono 692 wynik(ów)