



XIII RZEŹNICZEK, CZYLI MAŁY BIEG RZEŹNIKA

B4SPORT

Wydarzenie: X FESTIWAL BIEGU RZEŹNIKA
Organizator: Fundacja Bieg Rzeźnika
Data: 2024-06-01
Miejsce: Cisna
Dystans: 28 km

B4SPORT
INTELIĞENTNE 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	MATUSZNY Marek	4551	STAŃCZAK TEAM	M20	1	01:16:15	02:16:34.80	02:16:37.30		4:52	12.3 (100%)
2	GABRYŚ Rafał	4530	STAŃCZAK TEAM	M30	1	01:16:10	02:18:34.20	02:18:37.75	+00:02:00 (1.4%)	4:56	12.1 (98.4%)
3	ELANTKOWSKI Jan	4039	TKN TATRA TEAM / DYNAFIT	M20	2	01:16:44	02:19:25.85	02:19:28.35	+00:02:51 (2.0%)	4:58	12.1 (98.4%)
4	WERNER Kamil	4190		M40	1	01:16:14	02:21:32.60	02:21:35.35	+00:04:58 (3.5%)	5:03	11.9 (96.7%)
5	SZEW CJonasz	4390	MOCNA GRUPA CEZARA	M20	3	01:17:40	02:22:32.75	02:22:36.00	+00:05:58 (4.2%)	5:05	11.8 (95.9%)
6	JACHYMIAK Robert	4393	SPECJALISTYCZNY GABINET REHABILITACJI DZIECI	M40	2	01:17:19	02:23:31.05	02:23:33.05	+00:06:55 (4.8%)	5:07	11.7 (95.1%)
7	PERZ Krzysztof	4443		M30	2	01:17:01	02:24:44.65	02:24:46.70	+00:08:09 (5.6%)	5:10	11.6 (94.3%)
8	SIKOŃCZYK Miłosz	4636	ALPIN SPORT TEAM	M30	3	01:23:14	02:29:07.45	02:29:09.80	+00:12:32 (8.4%)	5:19	11.3 (91.9%)
9	RUPIŃSKI Krzysztof	4655		M30	4	01:19:38	02:29:14.35	02:29:16.95	+00:12:39 (8.5%)	5:19	11.3 (91.9%)
10	KNAPIK Sebastian	4178		M30	5	01:21:09	02:30:54.80	02:30:56.95	+00:14:19 (9.5%)	5:23	11.1 (90.2%)
11	PITUCH Grzegorz	4665	STAŃCZAK TEAM	M40	3	01:21:18	02:32:53.70	02:32:56.70	+00:16:19 (10.7%)	5:27	11 (89.4%)
12	PRĘTNIK Sławomir	4637		M40	4	01:23:48	02:36:18.10	02:36:50.40	+00:20:13 (12.9%)	5:34	10.7 (87.0%)
13	BIELIŃSKI Maciek	4576		M30	6	01:25:18	02:37:20.50	02:37:24.55	+00:20:47 (13.2%)	5:37	10.7 (87.0%)
14	IWANICKI Michał	4602	ACCELERATING POLAND	M40	5		02:40:58.00	02:40:58.00	+00:24:20 (15.1%)	5:44	10.4 (84.6%)
15	WĘGLIŃSKI Mikołaj	4683		M30	7	01:27:26	02:40:48.90	02:41:02.85	+00:24:25 (15.2%)	5:44	10.4 (84.6%)
16	BOCHENEK Magdalena	4589		K30	1	01:27:24	02:41:43.60	02:41:46.40	+00:25:09 (15.5%)	5:46	10.4 (84.6%)
17	MASTERNAK Mariusz	4260	ANNA HALSKA COACHING	M30	8	01:25:30	02:43:14.75	02:43:19.65	+00:26:42 (16.4%)	5:49	10.3 (83.7%)
18	WOJNAROWICZ Paweł	4448		M30	9	01:29:32	02:43:19.80	02:43:23.85	+00:26:46 (16.4%)	5:49	10.3 (83.7%)
19	SKAWIŃSKI Tomasz	4625	GOPR BIESZCZADY	M40	6	01:30:31	02:43:58.80	02:44:01.60	+00:27:24 (16.7%)	5:51	10.2 (82.9%)
20	HEJNAR Jakub	4212		M40	7	01:28:59	02:46:23.25	02:46:26.30	+00:29:49 (17.9%)	5:56	10.1 (82.1%)

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21	GABRYCH Arkadiusz	4135	WIHA RUNNER	M40	8	01:29:28	02:46:52.75	02:46:59.05	+00:30:21 (18.2%)	5:57	10.1 (82.1%)
22	WER Grzegorz	4597	TOMICA COACHING	M30	10	01:31:16	02:50:48.10	02:50:53.25	+00:34:15 (20.1%)	6:06	9.8 (79.7%)
23	GOLEC Ireneusz	4071	VEGE RUNNERS / RUCH IZBICA	M30	11	01:31:38	02:51:15.15	02:51:18.60	+00:34:41 (20.2%)	6:06	9.8 (79.7%)
24	CIOCH Cezary	4685	KALLIPSO RUNNERS TEAM	M40	9	01:30:53	02:51:29.10	02:51:33.85	+00:34:56 (20.4%)	6:07	9.8 (79.7%)
25	GOŁASZEWSKI Łukasz	4583	KARL STORZ POLSKA SP. Z O.O.	M40	10	01:34:51	02:51:24.15	02:52:22.90	+00:35:45 (20.7%)	6:07	9.8 (79.7%)
26	GÓROWSKA Iwona	4444	MONTIKO.PL / DYNAFIT	K30	2	01:34:18	02:52:35.45	02:52:37.75	+00:36:00 (20.9%)	6:09	9.7 (78.9%)
27	DYŚ Paweł	4220		M40	11	01:31:28	02:53:15.15	02:53:18.10	+00:36:40 (21.2%)	6:11	9.7 (78.9%)
28	STRZĘPEK Dariusz	4218	PRZYJACIELE PUT - POGÓRZE ULTRA TRAIL	M30	12	01:35:28	02:53:31.45	02:53:36.50	+00:36:59 (21.3%)	6:11	9.7 (78.9%)
29	PADUSIŃSKI Paweł	4591	LEMIESZ TEAM	M40	12	01:30:55	02:54:36.60	02:54:39.10	+00:38:01 (21.8%)	6:14	9.6 (78.0%)
30	PAJĄK Alan	4459	ZIELONA MANUFAKTURA	M30	13	01:36:26	02:54:41.20	02:54:55.65	+00:38:18 (21.9%)	6:14	9.6 (78.0%)
31	KAŹMIERCZAK Piotr	4210	WITKOWO BIEGA	M40	13	01:34:07	02:56:43.20	02:56:45.40	+00:40:08 (22.7%)	6:18	9.5 (77.2%)
32	GÓRALIK Sylwia	4667	KS DALIN MYŚLENICE	K40	1		02:56:58.65	02:57:01.60	+00:40:24 (22.8%)	6:19	9.5 (77.2%)
33	TOMKIEWICZ Łukasz	4508		M30	14	01:34:22	02:58:28.00	02:58:36.80	+00:41:59 (23.5%)	6:22	9.4 (76.4%)
34	KALINOWSKI Mikołaj	4119		M30	15	01:41:22	02:59:13.25	02:59:23.00	+00:42:45 (23.8%)	6:24	9.4 (76.4%)
35	KŁOS Łukasz	4018	ASICS FRONTRUNNER POLAND	M40	14	01:31:51	02:59:20.00	02:59:23.85	+00:42:46 (23.8%)	6:24	9.4 (76.4%)
36	KRZEMIŃSKI Marcin	4292		M40	15	01:35:34	02:59:54.25	02:59:58.15	+00:43:20 (24.1%)	6:25	9.3 (75.6%)
37	SZCZYGIEŁ Łukasz	4631		M30	16	01:35:37	03:00:00.45	03:00:06.20	+00:43:28 (24.1%)	6:25	9.3 (75.6%)
38	GALEWSKI Adrian	4422	AW - SZYBCIEJ - TEAM	M30	17	01:38:41	03:00:13.00	03:00:13.00	+00:43:35 (24.2%)	6:26	9.3 (75.6%)
39	PISKADŁO Jacek	4336	NOWY STYL RUNNING TEAM	M30	18	01:35:16	03:00:14.70	03:00:18.15	+00:43:40 (24.2%)	6:26	9.3 (75.6%)
40	KSIĄŻKIEWICZ Bartłomiej	4367	ROCKY BALBOA	M40	16	01:37:48	03:00:40.05	03:00:40.05	+00:44:02 (24.4%)	6:27	9.3 (75.6%)
41	STERKOWICZ Łukasz	4567		M40	17	01:38:18	03:01:24.25	03:01:24.25	+00:44:46 (24.7%)	6:28	9.3 (75.6%)
42	THIER Dominik	4600	TATRACAMP / KS KANDAHAR	M40	18	01:37:48	03:02:05.90	03:02:12.20	+00:45:34 (25.0%)	6:30	9.2 (74.8%)
43	BEGIER Dominik	4517	KP PSP SŁUBICE	M30	19	01:34:40	03:02:10.35	03:02:15.00	+00:45:37 (25.0%)	6:30	9.2 (74.8%)

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44	PELA Tomasz	4679	ÓSEMKA TORUŃ	M20	4	01:36:29	03:02:46.55	03:03:17.50	+00:46:40 (25.5%)	6:31	9.2 (74.8%)
45	ZUBEK Józef	4467		M40	19	01:37:21	03:07:25.45	03:07:33.45	+00:50:56 (27.2%)	6:41	9 (73.2%)
46	STEPANIUK Adam	4372	BIEGAMY DZISIAJ?	M50	1	01:43:40	03:07:37.10	03:08:13.35	+00:51:36 (27.4%)	6:42	9 (73.2%)
47	POŻAROWSZCZYK Adam	4554		M30	20	01:39:10	03:08:42.65	03:08:49.55	+00:52:12 (27.6%)	6:44	8.9 (72.4%)
48	KOMISARCZYK Anna	4544		K30	3	01:43:19	03:09:45.70	03:09:49.05	+00:53:11 (28.0%)	6:46	8.9 (72.4%)
49	FRYC Rafał	4116	#GRAZKAPARSON	M30	21	01:41:24	03:09:41.60	03:09:51.00	+00:53:13 (28.0%)	6:46	8.9 (72.4%)
50	CICHOSZ Krzysztof	4072	RUCH IZBICA/RONIN	M40	20	01:39:35	03:09:57.30	03:10:12.15	+00:53:34 (28.2%)	6:47	8.8 (71.5%)
51	GRZĄDKOWSKA Maria	4480		K20	1	01:43:27	03:10:06.40	03:10:12.40	+00:53:35 (28.2%)	6:47	8.8 (71.5%)
52	KUNKEL Mariusz	4491	SMARUJ NA TRENING	M40	21	01:38:47	03:09:54.35	03:10:14.70	+00:53:37 (28.2%)	6:46	8.8 (71.5%)
53	GADZIŃSKI Marcin	4542		M30	22	01:43:57	03:10:12.60	03:10:16.20	+00:53:38 (28.2%)	6:47	8.8 (71.5%)
54	NOWIŃSKI Andrzej	4613		M30	23	01:41:24	03:10:09.80	03:10:18.60	+00:53:41 (28.2%)	6:47	8.8 (71.5%)
55	RAJKOWSKI Tomasz	4598	WIDZEW FC EIRE DIVISION	M40	22	01:44:00	03:10:14.00	03:10:50.95	+00:54:13 (28.4%)	6:47	8.8 (71.5%)
56	BAR Maciej	4400		M30	24	01:43:08	03:10:42.80	03:10:58.45	+00:54:21 (28.5%)	6:48	8.8 (71.5%)
57	MISIAK Michał	4606		M20	5	01:46:46	03:11:18.20	03:11:22.75	+00:54:45 (28.6%)	6:49	8.8 (71.5%)
58	KIEPEL Mateusz	4580		M30	25	01:41:28	03:12:16.10	03:12:26.80	+00:55:49 (29.0%)	6:52	8.7 (70.7%)
59	GRZYBEK Antoni	4259		M50	2	01:43:11	03:12:30.85	03:12:42.95	+00:56:05 (29.1%)	6:52	8.7 (70.7%)
60	KOBIAŁKA Łukasz	4493	MY ENDURANCE COACHING	M40	23	01:41:28	03:13:40.20	03:13:40.20	+00:57:02 (29.5%)	6:55	8.7 (70.7%)
61	GĘBALA Dariusz	7035	BESKID GODZISZKA	M30	26	01:45:44	03:13:56.30	03:14:02.60	+00:57:25 (29.6%)	6:55	8.7 (70.7%)
62	STRZELECKI Michał	4360	SMASHING PAPKINS	M40	24	01:44:07	03:14:43.50	03:14:50.75	+00:58:13 (29.9%)	6:57	8.6 (69.9%)
63	KOWALSKI Sylwester	4229	BRAK	M40	25	01:42:39	03:14:53.40	03:14:59.15	+00:58:21 (29.9%)	6:57	8.6 (69.9%)
64	BEDNAREK Małgorzata	4007		K30	4	01:36:31	03:15:34.70	03:15:43.85	+00:59:06 (30.2%)	6:59	8.6 (69.9%)
65	BEDNAREK Piotr	4032		M30	27	01:36:31	03:15:36.00	03:15:45.35	+00:59:08 (30.2%)	6:59	8.6 (69.9%)
66	SMACZNY Bartłomiej	4550		M30	28	01:42:29	03:14:54.75	03:15:51.50	+00:59:14 (30.2%)	6:57	8.6 (69.9%)

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67	HAMKALO Dawid	4510	HOST WROCLAW	M40	26		03:15:29.40	03:15:52.40	+00:59:15 (30.2%)	6:58	8.6 (69.9%)
68	TOMASZEWSKI Łukasz	4001	IM INSPIRATION	M30	29	01:40:29	03:16:31.45	03:16:35.75	+00:59:58 (30.5%)	7:01	8.5 (69.1%)
69	PAĆKO Michał	4185		M30	30	01:50:20	03:17:32.60	03:18:05.20	+01:01:27 (31.0%)	7:03	8.5 (69.1%)
70	MOTYL Michał	4228		M30	31	01:44:16	03:18:37.55	03:18:52.55	+01:02:15 (31.3%)	7:05	8.5 (69.1%)
71	LANGNER Tomasz	4042		M20	6	01:50:13	03:18:33.40	03:19:14.85	+01:02:37 (31.4%)	7:05	8.5 (69.1%)
72	BURDA Marcin	4316		M30	32	01:53:26	03:18:35.60	03:19:18.30	+01:02:41 (31.5%)	7:05	8.5 (69.1%)
73	SOSNOWSKI Rafał	4604	MUSZAKI	M40	27	01:44:08	03:18:59.25	03:19:26.05	+01:02:48 (31.5%)	7:06	8.4 (68.3%)
74	HOŁOWNIA Anna	4692	ENDURE TEAM	K30	5	01:50:13	03:19:45.15	03:19:52.35	+01:03:15 (31.6%)	7:08	8.4 (68.3%)
75	STASZCZYK Michał	4552	BKB CZARNA PERŁA	M40	28	01:47:11	03:19:57.70	03:20:08.05	+01:03:30 (31.7%)	7:08	8.4 (68.3%)
76	RZEPKA Maria	4242		K30	6	01:48:10	03:20:15.20	03:20:20.15	+01:03:42 (31.8%)	7:09	8.4 (68.3%)
77	DYDEK Kamil	7001	ZDANOWSKITEAM	M30	33	01:46:22	03:20:34.25	03:20:39.75	+01:04:02 (31.9%)	7:09	8.4 (68.3%)
78	PÓLTORAK Dariusz	4351	PRZEWORSKA GRUPA BIEGOWA	M40	29	01:44:34	03:20:47.50	03:20:47.50	+01:04:10 (32.0%)	7:10	8.4 (68.3%)
79	KOT Dawid	4496		M30	34	01:45:36	03:20:43.95	03:20:55.30	+01:04:18 (32.0%)	7:10	8.4 (68.3%)
80	CIEŚLA Krzysztof	4497		M40	30	01:45:36	03:20:45.20	03:20:56.50	+01:04:19 (32.0%)	7:10	8.4 (68.3%)
81	KWAŚNY Janusz	4142		M50	3	01:45:45	03:20:49.50	03:21:02.35	+01:04:25 (32.0%)	7:10	8.4 (68.3%)
82	FILIPEK Wojciech	4452	OPTIM TRAVEL	M50	4	01:47:33	03:20:00.05	03:21:08.75	+01:04:31 (32.1%)	7:08	8.4 (68.3%)
83	NIEDŹWIEDŹ Tomasz	4539		M40	31	01:49:44	03:21:48.15	03:22:09.30	+01:05:32 (32.4%)	7:12	8.3 (67.5%)
84	JADWIŃSKI Wojciech	4478	KS KANAŁEK /NBRC	M40	32	01:46:05	03:23:44.00	03:23:56.45	+01:07:19 (33.0%)	7:16	8.2 (66.7%)
85	TAJAK Tomasz	4605		M50	5	01:48:55	03:23:38.20	03:24:30.85	+01:07:53 (33.2%)	7:16	8.3 (67.5%)
86	JEŻEWSKI Sławomir	4593	KŁANIAM SIĘ MECIE	M50	6	01:50:04	03:24:22.90	03:24:40.05	+01:08:02 (33.2%)	7:17	8.2 (66.7%)
87	KACPERSKI Olaf	4561		M50	7	01:51:42	03:24:35.80	03:25:14.25	+01:08:36 (33.4%)	7:18	8.2 (66.7%)
88	PURGAL Tomasz	4391	SAINT-GOBAIN SQUAD	M40	33	01:49:35	03:24:38.00	03:25:16.85	+01:08:39 (33.4%)	7:18	8.2 (66.7%)
89	TRYBUS Sylwester	4356	NOWY STYL RUNNING TEAM	M20	7	01:47:05	03:25:00.50	03:25:20.75	+01:08:43 (33.5%)	7:19	8.2 (66.7%)

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90	MARCHEWICZ Marek	4442		M30	35	01:43:21	03:25:06.25	03:25:21.70	+01:08:44 (33.5%)	7:19	8.2 (66.7%)
91	KIEŁBOŃ Ewelina	4525	PRZEWORSKA GRUPA BIEGOWA	K30	7	01:51:33	03:25:19.25	03:25:30.75	+01:08:53 (33.5%)	7:19	8.2 (66.7%)
92	GÓRNA Anita	4594	LPP TEAM	K40	2	01:50:30	03:25:37.35	03:25:40.90	+01:09:03 (33.6%)	7:20	8.2 (66.7%)
93	KUŚ Łukasz	4358		M30	36	01:43:41	03:25:22.85	03:25:54.60	+01:09:17 (33.6%)	7:20	8.2 (66.7%)
94	GAJ Grzegorz	7020		M40	34	01:54:45	03:25:59.00	03:26:09.55	+01:09:32 (33.7%)	7:21	8.2 (66.7%)
95	CYTAWA Adrian	4427	FIZJO-SPORT ŁĘCZNA 19BZ	M30	37	01:48:01	03:26:10.30	03:26:22.60	+01:09:45 (33.8%)	7:21	8.1 (65.9%)
96	GAJ Andrzej	4092		M50	8	01:48:07	03:26:20.90	03:26:35.75	+01:09:58 (33.9%)	7:22	8.1 (65.9%)
97	KULAS Łukasz	4618	SOLO LECĘ	M40	35	01:53:46	03:26:10.70	03:26:36.55	+01:09:59 (33.9%)	7:21	8.1 (65.9%)
98	LASEK Leszek	4701		M50	9	01:50:14	03:26:53.55	03:26:59.90	+01:10:22 (34.0%)	7:23	8.1 (65.9%)
99	SOCHA Norbert	4684		M40	36	01:50:12	03:26:54.65	03:27:00.70	+01:10:23 (34.0%)	7:23	8.1 (65.9%)
100	FIJOLEK Tomek	4123	FIZJOTRAIL HD	M30	38	01:50:51	03:26:57.70	03:27:02.55	+01:10:25 (34.0%)	7:23	8.1 (65.9%)
101	PABICH Maria	4498	UKS AZYMUT PABIANICE	K40	3	01:51:06	03:26:51.30	03:27:23.30	+01:10:46 (34.1%)	7:23	8.1 (65.9%)
102	GRUMBIANIN Paulina	4584	DREAM RUN/LOGWIN	K50	1	01:50:36	03:27:20.20	03:27:25.70	+01:10:48 (34.1%)	7:24	8.1 (65.9%)
103	PRABUCKI Krzysztof	4265	WITKOWO BIEGA	M40	37	01:50:49	03:26:49.75	03:27:43.45	+01:11:06 (34.2%)	7:23	8.1 (65.9%)
104	KOPPLINGER Grzegorz	4282	ASSECO ACTIVE TEAM	M50	10	01:49:07	03:28:11.05	03:28:12.75	+01:11:35 (34.4%)	7:26	8.1 (65.9%)
105	PODOLSKI Marek	4365	AGRC	M40	38	01:55:15	03:27:16.60	03:28:14.75	+01:11:37 (34.4%)	7:24	8.1 (65.9%)
106	ASŁANOWICZ Marcin	4323	ŻÓRAWSKI TEAM	M40	39	01:51:28	03:28:34.20	03:28:41.40	+01:12:04 (34.5%)	7:26	8.1 (65.9%)
107	KOWALSKA Joanna	4230	BRAK	K30	8	01:53:16	03:29:12.30	03:29:17.75	+01:12:40 (34.7%)	7:28	8 (65.0%)
108	JAWORSKA Agnieszka	4545		K40	4	01:48:59	03:29:53.30	03:30:00.20	+01:13:22 (34.9%)	7:29	8 (65.0%)
109	JAWORSKI Piotr	4546		M40	40	01:48:59	03:29:53.95	03:30:00.85	+01:13:23 (34.9%)	7:29	8 (65.0%)
110	CZWAL Cezary	4486		M20	8	01:54:45	03:30:07.95	03:31:01.95	+01:14:24 (35.3%)	7:30	8 (65.0%)
111	SZYMKIEWICZ Robert	4426	MIEDZYRZECKIE GAZELE	M50	11	01:54:37	03:31:30.50	03:31:34.05	+01:14:56 (35.4%)	7:33	7.9 (64.2%)
112	GAJEWIAK Adam	4436	WENET RUNNERS TEAM	M50	12	01:56:08	03:32:22.75	03:32:33.30	+01:15:56 (35.7%)	7:35	7.9 (64.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
113	FILAR Tomasz	4560	KARL STORZ POLSKA	M50	13	01:53:20	03:32:15.95	03:33:15.15	+01:16:37 (35.9%)	7:34	7.9 (64.2%)
114	MATYJA Rafał	4526	LESZNO LIMITS RUNNERS	M30	39	02:01:19	03:33:09.50	03:33:44.90	+01:17:07 (36.1%)	7:36	7.9 (64.2%)
115	SKIRŁO Marcin	4202		M20	9	01:56:52	03:33:33.15	03:34:37.45	+01:18:00 (36.3%)	7:37	7.9 (64.2%)
116	DOLCZEWSKI Dariusz	4291	BAT NAPRZÓD MŁOCINY	M40	41	01:58:54	03:34:26.55	03:34:46.60	+01:18:09 (36.4%)	7:39	7.8 (63.4%)
117	DYBOWSKI Piotr	7009	1ON1 TEAM	M40	42	01:59:41	03:35:25.05	03:36:06.10	+01:19:28 (36.8%)	7:41	7.8 (63.4%)
118	MIGDAŁ Karol	4495	GALICJA BIEGA	M40	43	01:58:31	03:35:24.80	03:36:08.85	+01:19:31 (36.8%)	7:41	7.8 (63.4%)
119	PUCHACZ Piotr	4634		M50	14	01:59:04	03:36:07.70	03:36:12.15	+01:19:34 (36.8%)	7:43	7.8 (63.4%)
120	SKULIMOWSKI Krzysztof	4463		M60	1	02:00:22	03:35:38.05	03:36:12.20	+01:19:34 (36.8%)	7:42	7.8 (63.4%)
121	POKROPEK Jakub	4469		M20	10		03:36:11.20	03:36:54.00	+01:20:16 (37.0%)	7:43	7.8 (63.4%)
122	PIASZCZYŃSKI Maciej	4690	NEKORENTALCREW	M30	40	02:04:39	03:35:28.95	03:37:08.85	+01:20:31 (37.1%)	7:41	7.8 (63.4%)
123	WOŹNIAK Janusz	4129	PORMAT JEDLICZE BIEGA	M60	2	01:57:09	03:37:03.15	03:37:24.00	+01:20:46 (37.2%)	7:45	7.7 (62.6%)
124	CAŁA Michał	4504	KLUB JEŹDZIECKI DERA	M40	44	01:51:36	03:37:32.60	03:37:38.15	+01:21:00 (37.2%)	7:46	7.7 (62.6%)
125	PEPŁOŃSKI Łukasz	4457		M40	45	02:06:08	03:36:56.45	03:38:00.55	+01:21:23 (37.3%)	7:44	7.7 (62.6%)
126	WIEWIÓRKA Piotr	4108	SĄSIEDZI	M50	15	01:59:21	03:38:01.80	03:38:56.60	+01:22:19 (37.6%)	7:47	7.7 (62.6%)
127	WESOŁOWSKI Piotr	4310	WSTAWAJ I WALCZ	M40	46	01:59:44	03:37:42.85	03:39:09.55	+01:22:32 (37.7%)	7:46	7.7 (62.6%)
128	BRZYSKA Marcelina	4414		K30	9	01:56:01	03:39:12.75	03:39:22.90	+01:22:45 (37.7%)	7:49	7.7 (62.6%)
129	KORNEK Łukasz	4458		M40	47	01:55:00	03:39:13.70	03:39:26.45	+01:22:49 (37.7%)	7:49	7.7 (62.6%)
130	ŚLUSAREK Katarzyna	4506	SIEMIESZ-TEAM	K20	2	01:58:24	03:39:15.00	03:39:35.55	+01:22:58 (37.8%)	7:49	7.7 (62.6%)
131	SOLIŃSKI Krzysztof	4479		M20	11	02:01:46	03:39:36.60	03:40:11.55	+01:23:34 (38.0%)	7:50	7.7 (62.6%)
132	STYŁA-STYLIŃSKI Norbert	4296	TWOJA STARA	M40	48	01:53:30	03:39:56.50	03:40:36.40	+01:23:59 (38.1%)	7:51	7.6 (61.8%)
133	OLSZAK Zenon	4635	META NADARZYN	M60	3	01:58:00	03:40:29.55	03:40:37.20	+01:23:59 (38.1%)	7:52	7.6 (61.8%)
134	WÓJKOWSKI Tomasz	4612		M40	49	01:55:33	03:40:13.75	03:40:41.45	+01:24:04 (38.1%)	7:51	7.6 (61.8%)
135	CYRAN Wojtek	4577		M30	41	02:01:59	03:41:18.60	03:41:49.15	+01:25:11 (38.4%)	7:54	7.6 (61.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
136	RONDUDA Jakub	4273	DZIEK	M30	42	01:52:43	03:41:05.90	03:41:51.35	+01:25:14 (38.4%)	7:53	7.6 (61.8%)
137	JUSZCZYK-SKRZYPIEC Karolina	4639	SKLEP BIEGACZA / DYNAFIT	K20	3	02:00:51	03:41:54.85	03:42:08.45	+01:25:31 (38.5%)	7:55	7.6 (61.8%)
138	RABCZEWSKI Andrzej	4418	MKS MECHANIK WŁODAWA	M50	16	02:00:38	03:42:10.80	03:42:35.50	+01:25:58 (38.6%)	7:56	7.6 (61.8%)
139	ADASZEK Łukasz	4650		M40	50	01:58:30	03:41:38.95	03:42:38.65	+01:26:01 (38.6%)	7:54	7.6 (61.8%)
140	KUŻMA-MAJDA Malwina	4394	KB SOBÓTKA	K30	10	01:59:20	03:42:29.05	03:42:39.80	+01:26:02 (38.6%)	7:56	7.6 (61.8%)
141	PAWLIK Mateusz	4371		M20	12	01:57:18	03:42:16.50	03:42:41.75	+01:26:04 (38.7%)	7:56	7.6 (61.8%)
142	SKWARSKI Piotr	4368		M20	13	01:57:18	03:42:17.30	03:42:42.05	+01:26:04 (38.7%)	7:56	7.6 (61.8%)
143	KOŁODZIEJCZYK Marcin	4133		M40	51	01:56:06	03:42:41.05	03:42:52.40	+01:26:15 (38.7%)	7:57	7.5 (61.0%)
144	MEYER Marcin	4280		M40	52	02:04:39	03:42:21.55	03:43:17.10	+01:26:39 (38.8%)	7:56	7.6 (61.8%)
145	SZYMAJDA Adam	4340		M40	53	01:58:13	03:43:00.05	03:43:18.15	+01:26:40 (38.8%)	7:57	7.5 (61.0%)
146	JESKE Marek	4124	RUN BYDGOSZCZ	M50	17	01:55:11	03:43:16.00	03:43:21.70	+01:26:44 (38.8%)	7:58	7.5 (61.0%)
147	CZERNAK Anna	4075		K30	11	02:04:09	03:42:53.90	03:43:29.45	+01:26:52 (38.9%)	7:57	7.5 (61.0%)
148	GABRYCH Łukasz	4321	SAINT-GOBAIN SQUAD	M40	54	02:00:04	03:43:51.70	03:43:59.10	+01:27:21 (39.0%)	7:59	7.5 (61.0%)
149	POŻAROWSKI Paweł	4466		M30	43	02:04:19	03:43:54.55	03:44:05.45	+01:27:28 (39.0%)	7:59	7.5 (61.0%)
150	IMIOŁCZYK Tomasz	4511	KOMANDOS	M40	55	01:59:29	03:43:42.85	03:44:15.15	+01:27:37 (39.1%)	7:59	7.5 (61.0%)
151	KASZUBA Jacek	4319		M50	18	02:00:06	03:44:21.10	03:44:43.05	+01:28:05 (39.2%)	8:00	7.5 (61.0%)
152	SOLARSKI Robert	4303		M50	19	01:57:28	03:44:51.80	03:44:55.35	+01:28:18 (39.3%)	8:01	7.5 (61.0%)
153	HOŁOWNIA Bartłomiej	4287	SOP POS	M30	44	01:55:49	03:44:33.90	03:44:58.75	+01:28:21 (39.3%)	8:01	7.5 (61.0%)
154	TABAK Adrian	4286		M30	45	01:55:47	03:44:33.60	03:44:59.00	+01:28:21 (39.3%)	8:01	7.5 (61.0%)
155	STUDNICKI Paweł	4140		M30	46	02:02:48	03:44:51.45	03:45:00.55	+01:28:23 (39.3%)	8:01	7.5 (61.0%)
156	STAŚKOWIAK Rafał	4263	BRACTWO BIEGOWE BGK	M30	47	02:09:23	03:44:26.25	03:45:00.85	+01:28:23 (39.3%)	8:00	7.5 (61.0%)
157	SZCZYGIEŁ Agnieszka	4630		K30	12	01:57:55	03:44:45.00	03:45:07.55	+01:28:30 (39.3%)	8:01	7.5 (61.0%)
158	ROSZCZYPAŁA Bartłomiej	4424	SII RUNNING TEAM	M30	48	02:02:49	03:44:46.05	03:45:07.80	+01:28:30 (39.3%)	8:01	7.5 (61.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
159	POREBSKI Michał	4085		M30	49	01:57:31	03:44:50.35	03:45:08.75	+01:28:31 (39.3%)	8:01	7.5 (61.0%)
160	SZAFRAŃSKA Emilia	4387	TRAIL IS OUR WAY	K20	4	02:00:33	03:45:07.05	03:45:11.70	+01:28:34 (39.3%)	8:02	7.5 (61.0%)
161	SOLAN Radosław	4388		M50	20	01:56:06	03:45:18.05	03:45:28.30	+01:28:51 (39.4%)	8:02	7.5 (61.0%)
162	KACZMAREK Tomasz	4221	WITKOWO BIEGA	M40	56	01:57:11	03:44:52.70	03:45:46.40	+01:29:09 (39.5%)	8:01	7.5 (61.0%)
163	RORAT Lena	4627	CHEŁM BIEGA	K40	5	02:01:15	03:45:15.85	03:45:53.65	+01:29:16 (39.5%)	8:02	7.5 (61.0%)
164	WALASZEK Kamil	4533	FOXTROT	M30	50	01:56:05	03:45:36.60	03:45:58.00	+01:29:20 (39.5%)	8:03	7.4 (60.2%)
165	ZELGA Szymon	4346		M20	14	02:04:42	03:44:41.70	03:46:01.85	+01:29:24 (39.6%)	8:01	7.5 (61.0%)
166	MROŻEK Michał	4455	SUŁTANI FITNESSU	M40	57	01:57:20	03:45:39.85	03:46:05.10	+01:29:27 (39.6%)	8:03	7.4 (60.2%)
167	MAREK Jarosław	4523	MEGABUD	M40	58		03:45:56.00	03:46:17.75	+01:29:40 (39.6%)	8:04	7.4 (60.2%)
168	JAKUBIAK Krzysztof	4053		M30	51	02:00:03	03:45:34.00	03:46:32.10	+01:29:54 (39.7%)	8:03	7.4 (60.2%)
169	PILCH-NANOWSKA Agnieszka	4503		K40	6	02:01:21	03:46:21.90	03:46:33.40	+01:29:56 (39.7%)	8:05	7.4 (60.2%)
170	KOZDROWSKA Marta	4112		K30	13	02:03:10	03:45:49.30	03:46:37.30	+01:30:00 (39.7%)	8:03	7.4 (60.2%)
171	KAMUDA Daniel	4529		M50	21	01:56:15	03:46:35.85	03:46:40.45	+01:30:03 (39.7%)	8:05	7.4 (60.2%)
172	BĄK Mateusz	4585		M30	52	01:47:20	03:46:30.95	03:46:52.10	+01:30:14 (39.8%)	8:05	7.4 (60.2%)
173	GRYGIERCZYK Anna	4494	AVERBIT	K40	7	01:59:02	03:45:27.70	03:46:54.25	+01:30:16 (39.8%)	8:03	7.5 (61.0%)
174	MAKOWSKI Tomasz	4107		M50	22	02:00:12	03:46:04.25	03:47:00.60	+01:30:23 (39.8%)	8:04	7.4 (60.2%)
175	TEODOREK Marcei	4664	ORANGE POLSKA	M40	59	02:04:46	03:46:55.10	03:47:06.65	+01:30:29 (39.8%)	8:06	7.4 (60.2%)
176	BOŻĘTKA Waldemar	4334	NOWY STYL RUNNING TEAM	M40	60	01:45:35	03:47:13.25	03:47:22.00	+01:30:44 (39.9%)	8:06	7.4 (60.2%)
177	BILSKI Dariusz	4305		M30	53	02:02:11	03:46:48.55	03:47:31.40	+01:30:54 (40.0%)	8:06	7.4 (60.2%)
178	TOMASZEK Marcin	4051		M40	61	01:57:51	03:46:10.65	03:47:37.80	+01:31:00 (40.0%)	8:04	7.4 (60.2%)
179	BEDNARCZYK Magdalena	4378		K40	8	02:03:06	03:47:28.60	03:47:42.10	+01:31:04 (40.0%)	8:07	7.4 (60.2%)
180	MAJCHRZAK Jakub	4088	FIBOO.PL	M30	54	01:56:50	03:47:27.05	03:47:47.60	+01:31:10 (40.0%)	8:07	7.4 (60.2%)
181	STARAK Sylwia	4399	DZIKIE DZIKI GORZÓW	K30	14	02:04:41	03:47:38.25	03:47:52.25	+01:31:14 (40.0%)	8:07	7.4 (60.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
182	GWIZDOWSKI Cezary	4164		M30	55	02:02:17	03:47:05.85	03:48:28.05	+01:31:50 (40.2%)	8:06	7.4 (60.2%)
183	PIWOWARCZYK Magdalena	4370		K30	15	02:03:39	03:48:40.65	03:48:56.40	+01:32:19 (40.3%)	8:10	7.3 (59.3%)
184	SZATKOWSKI Bartosz	4199	NSNP	M30	56	02:02:14	03:48:25.65	03:49:08.05	+01:32:30 (40.4%)	8:09	7.4 (60.2%)
185	BAKUN Mariusz	4254	CHEŁM	M50	23	02:01:32	03:48:33.30	03:49:10.80	+01:32:33 (40.4%)	8:09	7.4 (60.2%)
186	DYŚ Małgorzata	4686	PCTS SPORT	K40	9	02:00:56	03:49:34.75	03:49:43.60	+01:33:06 (40.5%)	8:11	7.3 (59.3%)
187	STANIO Arkadiusz	7026	ASSECO ACTIVE TEAM / BIEGAM W RZESZOWIE	M40	62	02:09:48	03:48:31.75	03:49:43.80	+01:33:06 (40.5%)	8:09	7.4 (60.2%)
188	GÓRALCZYK Tomasz	4331		M40	63	01:58:08	03:49:40.65	03:49:47.30	+01:33:10 (40.5%)	8:12	7.3 (59.3%)
189	KOWALCZYK Rafał	7013		M40	64	02:02:47	03:49:11.35	03:49:52.35	+01:33:15 (40.6%)	8:11	7.3 (59.3%)
190	LEWCZUK Norbert	4647	EDYTA LEWANDOWSKA TEAM	M40	65	02:02:42	03:48:52.05	03:49:55.40	+01:33:18 (40.6%)	8:10	7.3 (59.3%)
191	TAŃSKI Gustaw	4061	BIEGOWE WIÓRKI	M20	15	02:03:14	03:49:51.25	03:49:55.55	+01:33:18 (40.6%)	8:12	7.3 (59.3%)
192	JEDLIŃSKI Norbert	4646	MARATOŃCZYK DĘBICA	M20	16		03:48:25.65	03:50:00.75	+01:33:23 (40.6%)	8:09	7.4 (60.2%)
193	TRZECIAK Krzysztof	4417		M40	66	01:58:20	03:50:12.45	03:50:15.70	+01:33:38 (40.7%)	8:13	7.3 (59.3%)
194	WOŁOSZYN Czesław	4421	PIZUNY ROZTOCZE WSCHODNIE	M60	4	02:12:01	03:49:34.30	03:50:20.65	+01:33:43 (40.7%)	8:11	7.3 (59.3%)
195	PIETRZYCKI Sławomir	4127		M50	24	02:01:23	03:49:43.35	03:50:38.35	+01:34:01 (40.8%)	8:12	7.3 (59.3%)
196	BORSIAK Tymoteusz	4246	WIZZDEV SPORTS TEAM	M20	17	02:06:03	03:50:06.50	03:51:13.35	+01:34:36 (40.9%)	8:13	7.3 (59.3%)
197	ZIENIEWICZ Wojciech	4516		M40	67	01:56:38	03:51:40.05	03:51:48.55	+01:35:11 (41.1%)	8:16	7.3 (59.3%)
198	ULICZNY Paweł	4235	REMBERTÓW TEAM	M50	25	02:02:01	03:51:36.60	03:51:58.95	+01:35:21 (41.1%)	8:16	7.3 (59.3%)
199	CZARNECKA Katarzyna	4186		K30	16	02:03:16	03:51:32.45	03:52:05.95	+01:35:28 (41.1%)	8:16	7.3 (59.3%)
200	NEPELSKI Krzysztof	4601	CROSSFIT LUBLIN	M30	57	01:59:28	03:51:26.55	03:52:17.55	+01:35:40 (41.2%)	8:15	7.3 (59.3%)
201	BERK Mateusz	4363	UNILOGO RUNNING TEAM	M30	58	02:03:43	03:51:34.60	03:52:45.85	+01:36:08 (41.3%)	8:16	7.3 (59.3%)
202	FORTUNA Mateusz	4145		M30	59	02:05:31	03:52:03.70	03:53:00.25	+01:36:22 (41.4%)	8:17	7.2 (58.5%)
203	WOJTOWICZ Paweł	4342	NOWY STYL RUNNING TEAM	M30	60	02:11:09	03:53:12.30	03:54:01.00	+01:37:23 (41.6%)	8:19	7.2 (58.5%)
204	SŁOWIK Mariusz	4079	BORKOWICE TEAM	M50	26	02:06:44	03:53:33.85	03:54:10.55	+01:37:33 (41.7%)	8:20	7.2 (58.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
205	ZARZECZNY Radosław	4579		M30	61	02:09:29	03:53:33.00	03:54:16.90	+01:37:39 (41.7%)	8:20	7.2 (58.5%)
206	PERLIŃSKI Mirosław	4264	ASSECO ACTIVE TEAM	M40	68	02:07:51	03:53:04.30	03:54:19.30	+01:37:42 (41.7%)	8:19	7.2 (58.5%)
207	SUŚLIK Robert	4566		M40	69	02:03:02	03:54:19.05	03:54:23.20	+01:37:45 (41.7%)	8:22	7.2 (58.5%)
208	TOŁKACZ Marta	4462		K30	17	02:06:45	03:53:22.10	03:54:27.30	+01:37:50 (41.7%)	8:20	7.2 (58.5%)
209	KRASOWSKA Matylda	4487		K30	18	02:07:03	03:52:52.85	03:54:34.90	+01:37:57 (41.8%)	8:19	7.2 (58.5%)
210	SZYMAŃSKI Jakub	4608		M30	62	02:13:22	03:54:00.70	03:54:52.25	+01:38:14 (41.8%)	8:21	7.2 (58.5%)
211	RECZEK Sebastian	7004	ULTRA SEBA	M40	70	02:12:08	03:54:27.70	03:55:15.65	+01:38:38 (41.9%)	8:22	7.2 (58.5%)
212	KALISZ Karolina	4540		K30	19	02:13:30	03:54:14.50	03:55:22.40	+01:38:45 (42.0%)	8:21	7.2 (58.5%)
213	PUCHYRSKI Piotr	4313		M30	63	02:04:36	03:54:56.45	03:55:54.20	+01:39:16 (42.1%)	8:23	7.2 (58.5%)
214	KUBACKI Marcin	4502		M30	64	01:58:59	03:54:35.95	03:56:02.25	+01:39:24 (42.1%)	8:22	7.2 (58.5%)
215	GRYCMAN Magda	4660	SPARTA ULTRA TEAM	K40	10	02:04:51	03:56:16.40	03:56:23.95	+01:39:46 (42.2%)	8:26	7.1 (57.7%)
216	MILEWSKI Mateusz	7027	ASSECO ACTIVE TEAM	M30	65	02:13:16	03:56:30.30	03:56:34.05	+01:39:56 (42.2%)	8:26	7.1 (57.7%)
217	BANET Eliza	4211		K40	11	02:08:49	03:55:43.70	03:56:52.20	+01:40:14 (42.3%)	8:25	7.1 (57.7%)
218	JARZEMBOWSKI Tomasz	4402	WLKP MOUNTAINS ULTRA	M40	71	02:08:11	03:56:42.35	03:57:08.90	+01:40:31 (42.4%)	8:27	7.1 (57.7%)
218	SOBCZAK Mikołaj	4401	WLKP MOUNTAINS ULTRA	M40	71	02:08:12	03:56:42.75	03:57:08.90	+01:40:31 (42.4%)	8:27	7.1 (57.7%)
220	BISKUPSKI Michał	4423		M40	73	02:04:07	03:57:20.45	03:57:23.40	+01:40:46 (42.4%)	8:28	7.1 (57.7%)
221	MRÓZEK Piotr	4582	RONDO TEAM	M40	74	02:02:34	03:56:48.65	03:57:31.70	+01:40:54 (42.5%)	8:27	7.1 (57.7%)
222	IWANOWICZ Magda	4295		K40	12	02:13:03	03:56:35.40	03:57:34.90	+01:40:57 (42.5%)	8:26	7.1 (57.7%)
223	MYSIURA Adam	4308	#ADAMCZERWINSKITEAM	M40	75	01:54:18	03:57:59.60	03:58:24.45	+01:41:47 (42.7%)	8:29	7.1 (57.7%)
224	PIETEK Janusz	4137		M40	76	02:02:51	03:58:13.05	03:58:25.45	+01:41:48 (42.7%)	8:30	7.1 (57.7%)
225	SPORNIAK Krzysztof	4652		M30	66	02:08:32	03:57:52.45	03:58:29.95	+01:41:52 (42.7%)	8:29	7.1 (57.7%)
226	GRYCMAN Łukasz	4659	SPARTA ULTRA TEAM	M40	77	02:04:51	03:58:44.25	03:58:52.05	+01:42:14 (42.8%)	8:31	7 (56.9%)
227	STANOSZ-CHEŁKOWSKA Aneta	4678	HARDE DZIKI	K40	13	02:06:08	03:58:51.35	03:59:29.35	+01:42:52 (43.0%)	8:31	7 (56.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
228	RONDUDA Janusz	4276		M50	27	02:09:13	03:58:08.60	03:59:31.35	+01:42:54 (43.0%)	8:30	7.1 (57.7%)
229	CIECIOROWSKA Aleksandra	4654	SOBAS TEAM	K20	5	02:04:34	03:59:32.80	03:59:32.80	+01:42:55 (43.0%)	8:33	7 (56.9%)
230	CHROBOT Anna	4355	NOWY STYL RUNNING TEAM	K30	20	02:10:46	03:58:46.20	03:59:34.55	+01:42:57 (43.0%)	8:31	7 (56.9%)
231	MAĆZKA Paweł	4052		M40	78	02:09:07	03:58:22.45	03:59:50.30	+01:43:13 (43.0%)	8:30	7 (56.9%)
232	POGODA Adam	4548		M40	79	02:08:34	03:59:13.75	04:00:11.25	+01:43:33 (43.1%)	8:32	7 (56.9%)
233	OBIDOWSKI Łukasz	7040	ODYNIEC TEAM	M40	80	02:15:29	03:59:03.45	04:00:16.30	+01:43:39 (43.1%)	8:32	7 (56.9%)
234	KONIECZNY Przemysław	4160	BIEGAM BO LUBIĘ	M30	67	02:19:13	03:59:55.55	04:00:45.35	+01:44:08 (43.3%)	8:34	7 (56.9%)
235	DRYNKO Karol	4059	FIZJOTERAPIAHD	M40	81	01:59:34	04:00:59.35	04:01:04.50	+01:44:27 (43.3%)	8:36	7 (56.9%)
236	GAŻA Łukasz	4148		M30	68	02:15:09	04:00:08.70	04:01:04.60	+01:44:27 (43.3%)	8:34	7 (56.9%)
237	NIEDŹWIEDZKA Anna	7025	NA SZAGĘ	K40	14	02:07:48	04:00:19.15	04:01:32.40	+01:44:55 (43.4%)	8:34	7 (56.9%)
238	KRUSZEWSKI Filip	7024	NOWAK.RUN	M30	69	02:12:00	04:00:23.30	04:01:41.90	+01:45:04 (43.5%)	8:35	7 (56.9%)
239	BURSKI Michał	4201		M40	82	02:01:54	04:01:37.80	04:01:50.35	+01:45:13 (43.5%)	8:37	7 (56.9%)
240	KŁODA Mikołaj	4535		M20	18	02:15:21	04:01:31.00	04:01:50.65	+01:45:13 (43.5%)	8:37	7 (56.9%)
241	ANTKIEWICZ Natalia	4663	TAJFUN KOLBUSZOWA	K20	6	02:11:37	04:01:21.30	04:02:15.90	+01:45:38 (43.6%)	8:37	7 (56.9%)
242	BAKUN Monika	4632		K20	7	02:03:50	04:01:59.60	04:02:39.05	+01:46:01 (43.7%)	8:38	6.9 (56.1%)
243	KOWALCZYK Robert	7018	CEDRUS TEAM / ŁĘCZNA BIEGA	M40	83	02:14:35	04:02:03.85	04:02:43.85	+01:46:06 (43.7%)	8:38	6.9 (56.1%)
243	ZIELIŃSKI Dariusz	7031	FIZJO-SPORT ŁĘCZNA/CEDRUS TEAM	M40	83	02:14:35	04:02:03.95	04:02:43.85	+01:46:06 (43.7%)	8:38	6.9 (56.1%)
245	KLIŚ Marcin	4500	TOMICA COACHING	M40	85	02:09:14	04:02:46.90	04:02:51.05	+01:46:13 (43.7%)	8:40	6.9 (56.1%)
246	KLIŚ Patrycja	4501	TOMICA COACHING	K40	15	02:09:16	04:02:46.95	04:02:51.15	+01:46:13 (43.7%)	8:40	6.9 (56.1%)
247	KUCHARCZYK Maciej	4521	GALICJA BIEGA	M50	28	02:09:56	04:02:43.60	04:03:26.80	+01:46:49 (43.9%)	8:40	6.9 (56.1%)
248	STYCZYŃSKI Maciej	4014		M40	86	02:17:17	04:03:15.05	04:03:31.15	+01:46:53 (43.9%)	8:41	6.9 (56.1%)
249	RYŻYŃSKI Tomasz	4045	CHEŁM BIEGA	M40	87	02:08:48	04:03:01.30	04:03:40.65	+01:47:03 (43.9%)	8:40	6.9 (56.1%)
250	ULIŃSKI Adam	4676	KONIN RUN	M40	88	02:15:49	04:02:52.30	04:03:57.15	+01:47:19 (44.0%)	8:40	6.9 (56.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
251	KWIATKOWSKI Kajetan	4004	NOCNY RZEŹNIK ATAKUJE	M40	89	02:14:02	04:03:34.05	04:04:10.45	+01:47:33 (44.0%)	8:41	6.9 (56.1%)
252	BOROWCZYK Marcin	4481	ULTRASI	M40	90	02:15:23	04:03:06.95	04:04:18.75	+01:47:41 (44.1%)	8:40	6.9 (56.1%)
253	SKOMRO Arkadiusz	4301		M30	70	02:11:55	04:04:03.55	04:04:34.00	+01:47:56 (44.1%)	8:42	6.9 (56.1%)
254	WÓJCICKI Robert	4299		M50	29	02:04:44	04:03:24.70	04:04:43.80	+01:48:06 (44.2%)	8:41	6.9 (56.1%)
255	ŁAPIŃSKA Agnieszka	4429	AZS UW	K20	8	02:12:04	04:04:29.15	04:04:53.05	+01:48:15 (44.2%)	8:43	6.9 (56.1%)
256	OLEKSIUK Julia	4136	AZS UW	K20	9	02:12:04	04:04:29.85	04:04:53.10	+01:48:15 (44.2%)	8:43	6.9 (56.1%)
257	KOZIOŁ Ela	4403		K30	21	02:11:56	04:04:38.65	04:05:08.30	+01:48:31 (44.3%)	8:44	6.9 (56.1%)
258	BORDUN Michał	4691	NEKORENTALCREW	M40	91	02:10:22	04:03:43.05	04:05:23.85	+01:48:46 (44.3%)	8:42	6.9 (56.1%)
259	KRZAN Tomasz	4698		M40	92	02:07:56	04:04:38.65	04:05:54.10	+01:49:16 (44.4%)	8:44	6.9 (56.1%)
260	WOJCIECHOWSKI Paweł	4332	NAJLEPSI OLD	M50	30	02:06:23	04:05:50.50	04:05:59.65	+01:49:22 (44.5%)	8:46	6.8 (55.3%)
261	TARNOWSKA Katarzyna	4165		K40	16	02:08:09	04:05:50.25	04:06:04.80	+01:49:27 (44.5%)	8:46	6.8 (55.3%)
262	MACIEJEWSKI Artur	4268		M50	31	02:10:25	04:06:26.70	04:06:35.55	+01:49:58 (44.6%)	8:48	6.8 (55.3%)
263	GRUSZCZYŃSKI Jakub	4629	KW TORUŃ	M40	93	02:10:04	04:06:25.85	04:06:42.75	+01:50:05 (44.6%)	8:48	6.8 (55.3%)
264	GRZESZKOWIAK Szymon	4628	KW TORUŃ	M30	71	02:10:06	04:06:27.05	04:06:42.80	+01:50:05 (44.6%)	8:48	6.8 (55.3%)
265	JARZYŃSKI Janusz	4205	KONIN RUN	M50	32	02:15:50	04:06:03.55	04:07:09.30	+01:50:32 (44.7%)	8:47	6.8 (55.3%)
266	JANIK Paweł	4633		M40	94	02:07:30	04:06:33.45	04:07:25.20	+01:50:47 (44.8%)	8:48	6.8 (55.3%)
267	PRUSZKOWSKI Mariusz	4381	CROSSFITTER BOX CHEŁM - CHEŁM BIEGA	M50	33	02:08:46	04:06:52.75	04:07:31.45	+01:50:54 (44.8%)	8:49	6.8 (55.3%)
268	KRUSZEWSKA Asia	4175	ADIDAS RUNNERS POZNAŃ	K30	22	02:12:00	04:06:15.95	04:07:35.05	+01:50:57 (44.8%)	8:47	6.8 (55.3%)
269	GALICKI Jakub	4284	AKADEMIA MISTRZÓW SPORTU	M50	34	02:11:23	04:07:22.25	04:07:44.60	+01:51:07 (44.9%)	8:50	6.8 (55.3%)
270	PAWLAK Bartosz	7006	RUN AND FLY	M40	95	02:20:03	04:06:51.80	04:08:01.30	+01:51:24 (44.9%)	8:48	6.8 (55.3%)
271	ZBLEWSKA Barbara	4269		K30	23	02:10:27	04:07:54.20	04:08:02.95	+01:51:25 (44.9%)	8:51	6.8 (55.3%)
272	NOWAK Michał	4066		M30	72	02:10:09	04:07:35.70	04:08:03.85	+01:51:26 (44.9%)	8:50	6.8 (55.3%)
273	KALETA Jakub	4590		M20	19		04:08:04.40	04:08:04.40	+01:51:27 (44.9%)	8:51	6.8 (55.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
274	BARAŃSKA Łucja	4375	MOCNA GRUPA CEZARA	K20	10	02:09:07	04:07:52.00	04:08:11.05	+01:51:33 (45.0%)	8:51	6.8 (55.3%)
275	MICHALAK-KLIMCZAK Lucyna	4038		K40	17	02:14:07	04:06:38.10	04:08:23.80	+01:51:46 (45.0%)	8:48	6.8 (55.3%)
276	BOROWSKI Robert	4543		M30	73	02:12:45	04:07:29.20	04:08:24.20	+01:51:46 (45.0%)	8:50	6.8 (55.3%)
277	DĘBSKI Szymon	4064		M40	96	02:06:15	04:07:21.35	04:08:39.35	+01:52:02 (45.1%)	8:50	6.8 (55.3%)
278	LEJMAN Adam	4562		M50	35	02:10:37	04:08:04.40	04:08:43.85	+01:52:06 (45.1%)	8:51	6.8 (55.3%)
279	SMIERZCHAŁA Marta	4536	PRO366	K40	18	02:18:14	04:08:43.45	04:08:51.90	+01:52:14 (45.1%)	8:52	6.8 (55.3%)
280	GORYNIA Hubert	7017		M30	74	02:15:24	04:08:45.20	04:09:00.35	+01:52:23 (45.1%)	8:53	6.8 (55.3%)
281	MACIEJAK Robert	4328		M50	36	02:15:53	04:09:10.50	04:09:21.05	+01:52:43 (45.2%)	8:53	6.7 (54.5%)
282	MAJCHRZAK Katarzyna	4309		K30	24	02:14:27	04:08:11.05	04:09:38.25	+01:53:00 (45.3%)	8:51	6.8 (55.3%)
283	KOMAR Rafał	4376	G4	M30	75	02:08:11	04:09:32.30	04:09:38.95	+01:53:01 (45.3%)	8:54	6.7 (54.5%)
284	MITURA Wojciech	4349	POZIMKI	M50	37	02:13:17	04:09:35.40	04:09:43.05	+01:53:05 (45.3%)	8:54	6.7 (54.5%)
285	MITURA Wioleta	4350		K40	19	02:13:16	04:09:36.50	04:09:43.15	+01:53:05 (45.3%)	8:54	6.7 (54.5%)
286	LARA Tomasz	4046	SILESIA MARATHON CLUB	M40	97	02:11:54	04:09:26.55	04:09:43.55	+01:53:06 (45.3%)	8:54	6.7 (54.5%)
287	TRZCIŃSKI Marcin	4578	SZYNKA GROCHOWSKA	M40	98	02:12:45	04:08:41.50	04:09:54.85	+01:53:17 (45.3%)	8:52	6.8 (55.3%)
288	NOWICKI Jakub	4531	PANDUSIE	M30	76	02:05:12	04:08:36.25	04:09:55.65	+01:53:18 (45.3%)	8:52	6.8 (55.3%)
289	FENIKOWSKI Szymon	4553	PRO366	M40	99	02:18:21	04:10:08.70	04:10:18.25	+01:53:40 (45.4%)	8:56	6.7 (54.5%)
290	KANIA-ZAJMA Jan	4283		M30	77	02:13:46	04:08:53.60	04:10:30.85	+01:53:53 (45.5%)	8:53	6.8 (55.3%)
291	RONDUDA Robert	4258	UM GDYNI	M40	100	02:10:03	04:09:23.90	04:10:46.15	+01:54:08 (45.5%)	8:54	6.7 (54.5%)
292	BIETA Tomasz	4062	SILESIA MARATHON CLUB	M40	101	02:04:58	04:10:32.75	04:10:49.30	+01:54:12 (45.5%)	8:56	6.7 (54.5%)
293	BARANSKI Jarek	4396		M30	78	02:10:49	04:10:05.60	04:10:57.65	+01:54:20 (45.6%)	8:55	6.7 (54.5%)
294	MARKOWSKA Karolina	4337	EUROPA UBEZPIECZENIA/NOA	K30	25	02:09:40	04:10:58.25	04:11:04.55	+01:54:27 (45.6%)	8:57	6.7 (54.5%)
295	RUDNICKA-GÓRALCZYK Joanna	4333		K50	2	02:09:41	04:10:59.00	04:11:04.70	+01:54:27 (45.6%)	8:57	6.7 (54.5%)
296	HERBEĆ-LABOCHA Magdalena	4415		K40	20	02:16:38	04:10:43.10	04:11:07.45	+01:54:30 (45.6%)	8:57	6.7 (54.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
297	LABOCHA Aleksander	4416		M40	102	02:16:39	04:10:43.95	04:11:08.20	+01:54:30 (45.6%)	8:57	6.7 (54.5%)
298	SZWAJA Roger	4668		M20	20	02:16:16	04:10:22.30	04:11:08.75	+01:54:31 (45.6%)	8:56	6.7 (54.5%)
299	KUTRZYK Przemysław	7012	STREFA BIEGACZA NATALIA SADOWSKA	M40	103	02:20:10	04:11:11.85	04:11:26.45	+01:54:49 (45.7%)	8:58	6.7 (54.5%)
300	FABIANOWICZ Michał	4157		M30	79	02:16:35	04:10:16.20	04:11:29.55	+01:54:52 (45.7%)	8:56	6.7 (54.5%)
301	PRUS Marcin	4091		M40	104	02:15:43	04:10:05.65	04:11:34.40	+01:54:57 (45.7%)	8:55	6.7 (54.5%)
302	CZAPLA Ania	4644		K20	11	02:21:16	04:10:15.95	04:11:35.75	+01:54:58 (45.7%)	8:56	6.7 (54.5%)
303	KALOCIŃSKI Dawid	4528	KARL STORZ POLSKA	M40	105	02:17:30	04:10:42.00	04:11:39.45	+01:55:02 (45.7%)	8:57	6.7 (54.5%)
304	PAŹDZIOR Patrycja	4694		K30	26	02:11:29	04:11:43.75	04:11:58.80	+01:55:21 (45.8%)	8:59	6.7 (54.5%)
305	BAKUN Jolanta	4255	CHEŁM	K40	21	02:11:30	04:11:50.90	04:12:29.75	+01:55:52 (45.9%)	8:59	6.7 (54.5%)
306	CIESIELSKI Marcin	4451	WARSAW RUN CLUB	M50	38	01:55:43	04:12:44.00	04:12:47.30	+01:56:10 (46.0%)	9:01	6.6 (53.7%)
307	KAMIŃSKA Jolanta	4015		K30	27	02:13:27	04:12:31.10	04:13:18.35	+01:56:41 (46.1%)	9:01	6.7 (54.5%)
308	KOSEWSKA Dorota	4624	BIEGIEM NA KAWĘ	K50	3	02:17:03	04:12:55.15	04:13:21.65	+01:56:44 (46.1%)	9:01	6.6 (53.7%)
309	ZALEWSKI Marcin	4592	CEDRUS TEAM	M20	21	02:09:11	04:12:52.10	04:13:32.85	+01:56:55 (46.1%)	9:01	6.6 (53.7%)
310	CYLKE Marcin	4446		M40	106	02:19:21	04:13:37.05	04:14:30.45	+01:57:53 (46.3%)	9:03	6.6 (53.7%)
311	ORCZYK Grzegorz	4109		M40	107	02:19:22	04:13:36.85	04:14:30.75	+01:57:53 (46.3%)	9:03	6.6 (53.7%)
312	RUDNIK Paweł	4435		M30	80	02:13:44	04:13:58.90	04:15:11.25	+01:58:33 (46.5%)	9:04	6.6 (53.7%)
313	BOLEK Bartłomiej	4482	KS MIŁOSNICY TABORETOW	M20	22	02:21:18	04:13:46.05	04:15:20.55	+01:58:43 (46.5%)	9:03	6.6 (53.7%)
314	FRIEDBERG Anna	4009		K30	28	02:12:44	04:14:05.35	04:15:30.55	+01:58:53 (46.5%)	9:04	6.6 (53.7%)
315	MUCHA Katarzyna	4380	MOCNA GRUPA CEZARA	K50	4	02:22:34	04:15:10.80	04:15:30.65	+01:58:53 (46.5%)	9:06	6.6 (53.7%)
316	KONDEUSZ Jakub	4581		M20	23	02:11:02	04:14:32.10	04:15:38.15	+01:59:00 (46.6%)	9:05	6.6 (53.7%)
317	SMOLAK Katarzyna	4541		K30	29	02:17:46	04:13:52.20	04:15:40.55	+01:59:03 (46.6%)	9:04	6.6 (53.7%)
318	BARCZAK Anna	4615		K40	22	02:21:54	04:14:35.15	04:15:59.75	+01:59:22 (46.6%)	9:05	6.6 (53.7%)
319	LEPIARZ Grzegorz	7038	ULTRAWAY.PL RUNNING TEAM	M40	108	02:21:53	04:14:38.10	04:16:02.75	+01:59:25 (46.6%)	9:05	6.6 (53.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
320	WRONA Kamila	4213	SPARTALUBLIN	K30	30	02:19:15	04:15:13.40	04:16:04.40	+01:59:27 (46.6%)	9:06	6.6 (53.7%)
321	JUREK Paweł	4153	PJ	M40	109	02:12:37	04:15:34.20	04:16:23.80	+01:59:46 (46.7%)	9:07	6.6 (53.7%)
322	MAJEWSKI Radosław	7008	NIGHT RUNNERS / PRO366	M40	110	02:23:59	04:16:29.55	04:16:36.15	+01:59:58 (46.8%)	9:09	6.6 (53.7%)
323	BRODECKA Monika	4610	BIEGOLAS KOSZALIN	K30	31	02:23:14	04:16:09.85	04:16:52.25	+02:00:14 (46.8%)	9:08	6.6 (53.7%)
324	MARZEC Konrad	4194	ROZBIEGANE MICHAŁOWICE	M40	111	02:09:23	04:16:57.10	04:17:29.85	+02:00:52 (46.9%)	9:10	6.5 (52.8%)
325	KOS Paweł	4696	EAZYMUT.PL	M50	39	02:16:11	04:17:04.35	04:17:33.95	+02:00:56 (47.0%)	9:10	6.5 (52.8%)
326	KOZIOŁ Joanna	4219		K40	23	02:16:40	04:17:11.00	04:17:35.05	+02:00:57 (47.0%)	9:11	6.5 (52.8%)
327	ŁUCYK Mariusz	4687		M40	112	02:27:42	04:16:13.35	04:17:52.30	+02:01:15 (47.0%)	9:09	6.6 (53.7%)
328	KMIEĆ Andrzej	7030	TURBO PRUSZKÓW	M40	113	02:28:04	04:17:34.05	04:18:17.95	+02:01:40 (47.1%)	9:11	6.5 (52.8%)
329	WERESINSKI Michał	4111		M40	114	02:19:33	04:17:51.45	04:18:20.15	+02:01:42 (47.1%)	9:12	6.5 (52.8%)
330	LALAK Michał	4103		M30	81	02:12:29	04:17:07.30	04:18:21.25	+02:01:43 (47.1%)	9:10	6.5 (52.8%)
331	SZWAJKA Bartosz	4093		M30	82	02:12:29	04:17:08.05	04:18:21.95	+02:01:44 (47.1%)	9:11	6.5 (52.8%)
332	BRILLOWSKI Paweł	4250		M40	115	02:15:27	04:16:46.80	04:18:25.60	+02:01:48 (47.1%)	9:10	6.5 (52.8%)
333	KOSMAN Magda	4060	SKL SUCHA BESKIDZKA	K20	12	02:11:47	04:17:57.85	04:18:48.50	+02:02:11 (47.2%)	9:12	6.5 (52.8%)
334	ŁUCIÓW Leszek	4141	NOA	M50	40	02:18:26	04:18:24.95	04:19:00.05	+02:02:22 (47.3%)	9:13	6.5 (52.8%)
335	RADGOWSKA Gabriela	4300	RADGETRUN	K30	32	02:19:42	04:17:31.65	04:19:02.80	+02:02:25 (47.3%)	9:11	6.5 (52.8%)
336	PIASECKI Rafał	7019	ULTRAFI	M40	116	02:29:30	04:17:37.80	04:19:07.10	+02:02:29 (47.3%)	9:12	6.5 (52.8%)
337	SIEMIESZ Paweł	4507	SIEMIESZ-TEAM	M30	83	02:14:56	04:18:50.40	04:19:11.35	+02:02:34 (47.3%)	9:14	6.5 (52.8%)
338	HABDAS Damian	4524		M30	84	02:06:42	04:17:15.60	04:19:13.65	+02:02:36 (47.3%)	9:11	6.5 (52.8%)
339	JAMBOR Michał	7003		M40	117	02:29:06	04:18:16.10	04:19:25.75	+02:02:48 (47.3%)	9:13	6.5 (52.8%)
340	CIUK Piotr	7002	YULO RUN TEAM SIEDLCE/ FUJITSU POLAND	M50	41	02:29:06	04:18:17.05	04:19:25.85	+02:02:48 (47.3%)	9:13	6.5 (52.8%)
341	SKAWIŃSKA Justyna	4006		K40	24	02:23:06	04:19:00.65	04:19:35.20	+02:02:57 (47.4%)	9:15	6.5 (52.8%)
342	PIASZCZYŃSKA Magdalena	4688	NEKORENTALCREW	K30	33	02:27:22	04:18:07.45	04:19:48.55	+02:03:11 (47.4%)	9:13	6.5 (52.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
343	BORDUN Barbara	4689	NEKORENTALCREW	K30	34	02:27:21	04:18:07.40	04:19:48.70	+02:03:11 (47.4%)	9:13	6.5 (52.8%)
344	CZUBEK Ola	4274		K30	35	02:14:38	04:18:59.00	04:20:20.05	+02:03:42 (47.5%)	9:14	6.5 (52.8%)
345	NOWACKI Łukasz	4322	POGODNI	M40	118	02:23:06	04:20:14.35	04:20:42.50	+02:04:05 (47.6%)	9:17	6.5 (52.8%)
346	DRAPIEWSKI Przemek	4040		M40	119	02:23:40	04:20:05.60	04:20:50.55	+02:04:13 (47.6%)	9:17	6.5 (52.8%)
347	KOZŁOWSKA Renata	4203	TT PSC RUNNING FAMILY/AKADEMIABIEGACZA.PL	K30	36	02:22:26	04:20:34.05	04:21:05.75	+02:04:28 (47.7%)	9:18	6.4 (52.0%)
348	GAJEWSKA Renata	4641	MOCNA GRUPA CEZARA	K30	37	02:20:51	04:20:59.10	04:21:19.95	+02:04:42 (47.7%)	9:19	6.4 (52.0%)
349	BOGUSZ Jarosław	4195		M30	85	02:15:31	04:21:00.90	04:22:01.75	+02:05:24 (47.9%)	9:19	6.4 (52.0%)
350	WRÓBEL Sebastian	7005		M20	24	02:18:49	04:22:06.25	04:22:11.45	+02:05:34 (47.9%)	9:21	6.4 (52.0%)
351	ZIEMIŃSKA Sylwia	4649		K20	13	02:18:45	04:22:05.35	04:22:11.65	+02:05:34 (47.9%)	9:21	6.4 (52.0%)
352	SKOWRONEK Dariusz	4492		M50	42	02:21:33	04:22:11.70	04:22:45.40	+02:06:08 (48.0%)	9:21	6.4 (52.0%)
353	GÓRSKI Marcin	4312	ISCG TEAM	M50	43	02:15:44	04:23:53.95	04:24:17.55	+02:07:40 (48.3%)	9:25	6.4 (52.0%)
354	PIWOWARSKI Jarosław	4290		M40	120	02:20:01	04:23:22.20	04:24:21.70	+02:07:44 (48.3%)	9:24	6.4 (52.0%)
355	PROKOP Paulina	4003		K30	38	02:25:04	04:24:38.60	04:25:14.05	+02:08:36 (48.5%)	9:27	6.3 (51.2%)
356	WRÓBEL Michał	4285		M30	86	02:19:36	04:24:46.80	04:25:14.35	+02:08:37 (48.5%)	9:27	6.3 (51.2%)
357	DRZAZGA Katarzyna	4557		K40	25	02:21:20	04:25:30.35	04:25:30.35	+02:08:53 (48.5%)	9:28	6.3 (51.2%)
358	DRZAZGA Tomasz	4558		M40	121	02:21:12	04:25:22.00	04:25:30.55	+02:08:53 (48.5%)	9:28	6.3 (51.2%)
359	GŁUCHOWSKI Przemek	7023	MZUMA	M40	122	02:31:10	04:24:30.50	04:25:34.60	+02:08:57 (48.6%)	9:26	6.4 (52.0%)
360	MILCZAREK Kinga	4183		K30	39	02:22:29	04:24:56.95	04:25:53.90	+02:09:16 (48.6%)	9:27	6.3 (51.2%)
361	CZYTRZYŃSKA Alicja	4410		K30	40	02:19:49	04:25:42.10	04:26:01.05	+02:09:23 (48.6%)	9:29	6.3 (51.2%)
362	BIELECKI Radosław	4616	SZWADRON	M20	25	02:20:34	04:26:10.95	04:26:48.75	+02:10:11 (48.8%)	9:30	6.3 (51.2%)
363	CHMIELEWSKI Mateusz	4677	TEAM MŁODY	M30	87	02:26:44	04:25:51.00	04:26:53.05	+02:10:15 (48.8%)	9:29	6.3 (51.2%)
364	SOBIERAJ Marta	4412	G4	K30	41	02:24:06	04:26:48.60	04:26:56.10	+02:10:18 (48.8%)	9:31	6.3 (51.2%)
365	ŁOWICKA Natalia	4099		K20	14	02:29:54	04:26:34.90	04:27:03.40	+02:10:26 (48.8%)	9:31	6.3 (51.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
366	STELMASZYK Piotr	4241	PZU SPORT TEAM	M40	123	02:26:03	04:25:33.70	04:27:24.60	+02:10:47 (48.9%)	9:29	6.3 (51.2%)
367	GAWŁOWSKA Katarzyna	4048	RADICAL BITCHES	K30	42	02:26:00	04:26:20.65	04:27:36.85	+02:10:59 (48.9%)	9:30	6.3 (51.2%)
368	KOŁODZIEJCZYK Maciej	7036	FIZJO-SPORT	M40	124	02:27:43	04:28:23.00	04:29:02.35	+02:12:25 (49.2%)	9:35	6.3 (51.2%)
369	KLIMEK Marta	4166	GRZYBEKTEAM	K30	43	02:27:51	04:28:48.65	04:29:17.75	+02:12:40 (49.3%)	9:36	6.3 (51.2%)
370	BRZEZINIAK Jacek	4603	BARMAŃSKI KLUB BIEGOWY BRZEZINIAK	M30	88	02:08:33	04:29:20.10	04:29:33.30	+02:12:56 (49.3%)	9:37	6.2 (50.4%)
371	MAĆKOWIAK Alicja	4379		K20	15	02:24:52	04:28:59.65	04:30:06.20	+02:13:28 (49.4%)	9:36	6.2 (50.4%)
372	MATECKI Jacek	4261	KONIN RUN AND JUSTICE FOR ALL	M40	125	02:27:28	04:28:53.30	04:30:08.10	+02:13:30 (49.4%)	9:36	6.2 (50.4%)
373	KOTULSKI Kamil	4456	SUŁTANI FITNESSU	M30	89	02:17:09	04:30:00.05	04:30:25.30	+02:13:48 (49.5%)	9:38	6.2 (50.4%)
374	PIĘTA Krzysztof	4144	BIEG BIELAWA	M60	5	02:20:18	04:30:34.60	04:30:44.45	+02:14:07 (49.5%)	9:39	6.2 (50.4%)
375	CZYŻEWSKI Michał	4556		M30	90	02:12:34	04:29:56.95	04:30:44.55	+02:14:07 (49.5%)	9:38	6.2 (50.4%)
376	GRABAREK Mateusz	4513	ASOT	M40	126	02:39:05	04:29:46.05	04:30:55.35	+02:14:18 (49.6%)	9:38	6.2 (50.4%)
377	GUCWA Jarosław	4569		M50	44	02:24:35	04:29:54.90	04:31:13.05	+02:14:35 (49.6%)	9:38	6.2 (50.4%)
378	PILECKA Joanna	4302		K40	26	02:24:54	04:30:54.45	04:31:13.35	+02:14:36 (49.6%)	9:40	6.2 (50.4%)
379	ZLOT Grzegorz	4031		M50	45	02:23:12	04:30:30.05	04:31:25.55	+02:14:48 (49.7%)	9:39	6.2 (50.4%)
380	STABRAWA Marcin	4622	BIEGAJĄCY DŻENTELMENI	M40	127	02:22:09	04:30:34.35	04:31:31.25	+02:14:53 (49.7%)	9:39	6.2 (50.4%)
381	RYNIAK Jakub	4314		M30	91	02:19:34	04:30:34.40	04:31:32.40	+02:14:55 (49.7%)	9:39	6.2 (50.4%)
382	PSIODA Maciej	4200		M30	92	02:29:12	04:31:21.50	04:32:09.90	+02:15:32 (49.8%)	9:41	6.2 (50.4%)
383	TUREK Paweł	4231		M50	46	02:27:11	04:31:55.10	04:33:49.75	+02:17:12 (50.1%)	9:42	6.2 (50.4%)
384	BRODZIAK Arkadiusz	4555		M50	47	02:24:50	04:33:13.30	04:34:20.45	+02:17:43 (50.2%)	9:45	6.1 (49.6%)
385	DROBOT Marlena	4621		K30	44	02:24:37	04:33:51.20	04:34:24.25	+02:17:46 (50.2%)	9:46	6.1 (49.6%)
386	LEWANDOWSKI Bogusław	4288		M50	48	02:21:58	04:33:56.45	04:34:33.10	+02:17:55 (50.2%)	9:47	6.1 (49.6%)
387	ŁUBISZ Mariusz	7007		M40	128	02:18:54	04:35:11.45	04:35:17.15	+02:18:39 (50.4%)	9:49	6.1 (49.6%)
388	PYTKA Adam	4620	CROSSFIT LUBLIN	M40	129	02:17:51	04:34:30.35	04:35:17.80	+02:18:40 (50.4%)	9:48	6.1 (49.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
389	BOJARCZUK Jolanta	4073	RUCH IZBICA	K40	27	02:08:08	04:35:17.10	04:35:29.25	+02:18:51 (50.4%)	9:49	6.1 (49.6%)
390	BOJARCZUK Irena	4074	RUCH IZBICA	K20	16	02:08:04	04:35:17.85	04:35:29.85	+02:18:52 (50.4%)	9:49	6.1 (49.6%)
391	KOWALSKA Agnieszka	46933	WBK META LUBLINIEC	K20	17	02:36:54	04:35:21.00	04:35:49.95	+02:19:12 (50.5%)	9:50	6.1 (49.6%)
392	ROJEWSKA Agnieszka	4070	#KAWAPOMAGA	K30	45	02:27:27	04:34:53.45	04:36:06.50	+02:19:29 (50.5%)	9:49	6.1 (49.6%)
393	OSIŃSKI Tomasz	4058	NASIELSK BASZTA TEAM	M40	130	02:12:55	04:36:05.20	04:36:14.30	+02:19:37 (50.5%)	9:51	6.1 (49.6%)
394	ORLIŃSKA Edyta	4167		K30	46	02:27:49	04:36:40.95	04:37:11.15	+02:20:33 (50.7%)	9:52	6.1 (49.6%)
395	WALAC Jacek	7010	100 MARATHON CLUB POLSKA	M40	131	02:37:07	04:37:14.55	04:38:03.65	+02:21:26 (50.9%)	9:54	6.1 (49.6%)
396	GŁÓWKA Barbara	4657		K30	47	02:36:14	04:37:05.45	04:38:26.05	+02:21:48 (50.9%)	9:53	6.1 (49.6%)
397	MARCIN Pepel	4411		M40	132	02:26:43	04:37:59.70	04:39:01.75	+02:22:24 (51.0%)	9:55	6 (48.8%)
398	FRAĆ Bartłomiej	4030	KUTNO BIEGA	M40	133	02:29:30	04:38:36.45	04:39:01.85	+02:22:24 (51.0%)	9:57	6 (48.8%)
399	WITUŁA Stanisław	4152	MG SPORT	M40	134	02:33:03	04:38:39.40	04:40:03.05	+02:23:25 (51.2%)	9:57	6 (48.8%)
400	WITULA Joanna	4151		K40	28	02:33:05	04:38:39.95	04:40:03.15	+02:23:25 (51.2%)	9:57	6 (48.8%)
401	BAJER Adrian	4468	PZU SPORT TEAM	M40	135	02:38:46	04:38:38.65	04:40:10.40	+02:23:33 (51.2%)	9:57	6 (48.8%)
402	STUSINSKA Julia	4234		K20	18	02:25:02	04:40:01.05	04:40:18.80	+02:23:41 (51.3%)	10:00	6 (48.8%)
403	DRYWA Ewelina	4069	LEVEL-GEO TEAM	K30	48	02:28:33	04:38:46.35	04:40:20.55	+02:23:43 (51.3%)	9:57	6 (48.8%)
404	LEWANDOWSKI Mateusz	4081	TEJADO	M30	93	02:28:33	04:38:47.40	04:40:21.35	+02:23:44 (51.3%)	9:57	6 (48.8%)
405	WITTSTOCK Patrycja	4505	SZANSELIZE	K30	49	02:23:22	04:38:59.80	04:40:23.65	+02:23:46 (51.3%)	9:57	6 (48.8%)
406	WITTSTOCK Szymon	4488	SZANSELIZE	M30	94	02:23:25	04:38:59.65	04:40:23.80	+02:23:46 (51.3%)	9:57	6 (48.8%)
407	RONDUDA Filip	4275		M30	95	02:09:48	04:39:38.65	04:40:23.85	+02:23:46 (51.3%)	9:59	6 (48.8%)
408	RZEWUSKI Paweł	4489	SZANSELIZE	M30	96	02:23:22	04:38:59.50	04:40:24.10	+02:23:46 (51.3%)	9:57	6 (48.8%)
409	PŁUSA Aleksandra	4440	#NOLIMITS	K30	50	02:25:24	04:40:13.05	04:40:25.90	+02:23:48 (51.3%)	10:00	6 (48.8%)
410	ZDUNEK Małgorzata	4149	#NOLIMITS	K40	29	02:20:18	04:40:13.85	04:40:25.95	+02:23:48 (51.3%)	10:00	6 (48.8%)
411	TRZASKA Tomasz	4682	BIUROWE.COM.PL	M50	49	02:25:51	04:38:40.60	04:40:33.65	+02:23:56 (51.3%)	9:57	6 (48.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
412	AJCHSZTET Lukasz	4245	THORO TEAM	M40	136	02:38:51	04:38:53.15	04:40:37.60	+02:24:00 (51.3%)	9:57	6 (48.8%)
413	PASIECZYŃSKI Grzegorz	4082	ODYNIEC TEAM	M40	137	02:31:38	04:39:50.30	04:41:01.25	+02:24:23 (51.4%)	9:59	6 (48.8%)
414	NOWODWORSKA Anna	4430		K30	51	02:25:23	04:40:58.55	04:41:13.30	+02:24:36 (51.4%)	10:02	6 (48.8%)
415	KULAK Paweł	4586		M50	50	02:26:07	04:41:00.60	04:41:23.85	+02:24:46 (51.4%)	10:02	6 (48.8%)
416	RONDUDA Małgorzata	4277	WKS RONDUDY	K50	5	02:29:54	04:40:30.55	04:41:50.90	+02:25:13 (51.5%)	10:01	6 (48.8%)
417	JACKOWSKI Zbigniew	4294	ŚWIĘTOKRZYSKI WŁÓCZYKI	M60	6	02:23:08	04:40:37.35	04:42:04.20	+02:25:26 (51.6%)	10:01	6 (48.8%)
418	JANKOWIAK Przemysław	7029		M50	51	02:33:52	04:43:30.15	04:43:38.00	+02:27:00 (51.8%)	10:07	5.9 (48.0%)
419	ZAJĄCZKOWSKI Piotr	4338	HADES MUSIC CLUB	M30	97	02:31:22	04:42:28.10	04:43:39.25	+02:27:01 (51.8%)	10:05	5.9 (48.0%)
420	GAJDA Błażej	4339	HADES MUSIC CLUB	M30	98	02:31:23	04:42:29.50	04:43:39.55	+02:27:02 (51.8%)	10:05	5.9 (48.0%)
421	KUŁAKOWSKI Piotr	4306		M60	7	02:33:11	04:41:59.50	04:43:55.70	+02:27:18 (51.9%)	10:04	6 (48.8%)
422	ZALAS Anna	4518		K40	30	02:23:04	04:43:47.50	04:44:11.60	+02:27:34 (51.9%)	10:08	5.9 (48.0%)
423	RYBKA Agnieszka	4272	RYBENSHUTTE	K40	31	02:34:42	04:43:58.70	04:44:50.85	+02:28:13 (52.0%)	10:08	5.9 (48.0%)
424	RYBKA Jan	4271	RYBENSHUTTE	M30	99	02:34:41	04:43:58.20	04:44:51.05	+02:28:13 (52.0%)	10:08	5.9 (48.0%)
425	NOWAK Mateusz	4237		M30	100	02:38:05	04:43:18.75	04:44:53.85	+02:28:16 (52.0%)	10:07	5.9 (48.0%)
426	NOWAK Łukasz	4013		M40	138	02:38:05	04:43:19.55	04:44:55.15	+02:28:17 (52.0%)	10:07	5.9 (48.0%)
427	PAPROCKI Paweł	4382	SOMSIADY	M40	139	02:26:36	04:44:04.00	04:44:59.75	+02:28:22 (52.1%)	10:08	5.9 (48.0%)
428	WYSMOLINSKA Karolina	4204		K40	32	02:28:32	04:44:26.80	04:45:08.10	+02:28:30 (52.1%)	10:09	5.9 (48.0%)
429	CZAJKOWSKI Krzysztof	4155		M40	140	02:34:06	04:45:15.70	04:45:57.35	+02:29:20 (52.2%)	10:11	5.9 (48.0%)
429	ŁUKASIK Paweł	4156		M30	101	02:34:05	04:45:16.30	04:45:57.35	+02:29:20 (52.2%)	10:11	5.9 (48.0%)
431	CZAJKOWSKA Dorota	4154		K30	52	02:34:06	04:45:17.55	04:45:58.70	+02:29:21 (52.2%)	10:11	5.9 (48.0%)
432	NOWAK Piotr	4101	CEDRUS TEAM	M20	26	02:40:16	04:46:07.25	04:46:53.30	+02:30:16 (52.4%)	10:13	5.9 (48.0%)
433	HAMRYSZCZAK Rafał	4147	SP 11 PRZEMYŚL	M40	141	02:32:22	04:45:31.40	04:47:16.85	+02:30:39 (52.4%)	10:11	5.9 (48.0%)
434	MALKA Katarzyna	4002		K40	33	02:30:55	04:47:17.25	04:47:24.95	+02:30:47 (52.5%)	10:15	5.8 (47.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
435	MALKA Franciszek	4638		M20	27	02:30:57	04:47:18.80	04:47:25.25	+02:30:47 (52.5%)	10:15	5.8 (47.2%)
436	PRZYBYŁO Jakub	4549		M20	28	02:28:25	04:45:33.25	04:47:25.75	+02:30:48 (52.5%)	10:11	5.9 (48.0%)
437	BOHOSIEWICZ Krzysztof	4146	BOHOTEAM	M40	142	02:28:44	04:48:09.75	04:48:38.95	+02:32:01 (52.7%)	10:17	5.8 (47.2%)
438	WOLIŃSKA Agnieszka	4419	KUTNO BIEGA	K40	34	02:26:39	04:48:31.60	04:48:57.30	+02:32:20 (52.7%)	10:18	5.8 (47.2%)
439	DURAJ Łukasz	4669	FABRYKA DZIKA	M40	143	02:35:10	04:47:15.00	04:48:59.75	+02:32:22 (52.7%)	10:15	5.8 (47.2%)
440	DURAJ Paulina	4670	FABRYKA DZIKA	K40	35	02:35:10	04:47:15.25	04:49:00.00	+02:32:22 (52.7%)	10:15	5.8 (47.2%)
441	GASINSKA Malgorzata	4063		K40	36	02:40:51	04:47:46.75	04:49:03.55	+02:32:26 (52.7%)	10:16	5.8 (47.2%)
442	FLISIKOWSKI Szymon	4279	DREAM RAWA TEAM	M30	102	02:40:53	04:47:47.00	04:49:04.45	+02:32:27 (52.7%)	10:16	5.8 (47.2%)
443	STUSIŃSKI Mariusz	4233		M40	144	02:25:01	04:48:47.50	04:49:04.95	+02:32:27 (52.7%)	10:18	5.8 (47.2%)
444	WALASZEK Michał	4311	KS BIEGAJĄCE ZĄBKI	M30	103	02:33:22	04:47:46.15	04:49:16.05	+02:32:38 (52.8%)	10:16	5.8 (47.2%)
445	DEMCZAK Adrianna	4666		K30	53	02:37:18	04:48:04.50	04:49:31.95	+02:32:54 (52.8%)	10:17	5.8 (47.2%)
446	MICHALCZYK Anna	4293	NAPRZÓD MŁOCINY	K40	37	02:36:15	04:48:41.80	04:49:43.25	+02:33:05 (52.8%)	10:18	5.8 (47.2%)
447	WÓJCIAK Justyna	4174		K30	54	02:35:13	04:48:41.80	04:49:44.50	+02:33:07 (52.8%)	10:18	5.8 (47.2%)
448	SZABLIŃSKA Małgorzata	4098		K30	55	02:35:12	04:48:44.15	04:49:46.70	+02:33:09 (52.9%)	10:18	5.8 (47.2%)
449	PILIPCZUK Aleksandra	4037		K30	56	02:32:09	04:49:28.15	04:50:17.10	+02:33:39 (52.9%)	10:20	5.8 (47.2%)
450	SIEDLECKI Stanisław	4626	CEDRUS TEAM	M50	52	02:43:15	04:49:54.35	04:50:36.45	+02:33:59 (53.0%)	10:21	5.8 (47.2%)
451	KRUK Sławomir	7037	RZESZOWSKIE GAZELE I GEPARDY	M60	8	02:41:35	04:49:51.30	04:51:00.45	+02:34:23 (53.1%)	10:21	5.8 (47.2%)
452	REC Bartosz	4354	NOWY STYL RUNNING TEAM	M40	145	02:30:20	04:50:45.90	04:51:36.25	+02:34:58 (53.1%)	10:23	5.8 (47.2%)
453	DYDAK Katarzyna	4434		K30	57	02:30:27	04:50:52.75	04:51:36.35	+02:34:59 (53.1%)	10:23	5.8 (47.2%)
454	KĘDRA Agnieszka	4033	CARPATHIAN RUNNERS	K30	58	02:32:02	04:51:09.60	04:51:51.25	+02:35:13 (53.2%)	10:23	5.8 (47.2%)
455	SID Sid	4428		M30	104	02:29:07	04:51:23.80	04:51:52.70	+02:35:15 (53.2%)	10:24	5.8 (47.2%)
456	PLACHIMOWICZ Natalia	4223	MOCNA GRUPA CEZARA	K40	38	02:32:00	04:51:40.80	04:51:59.95	+02:35:22 (53.2%)	10:25	5.8 (47.2%)
457	KORONKA Ada	4653	1WBANC	K20	19	02:33:51	04:51:55.90	04:52:02.65	+02:35:25 (53.2%)	10:25	5.8 (47.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
458	SOBIERAŃSKA Edyta	4173	KS PRZAŚNIK	K50	6	02:28:56	04:52:12.75	04:52:31.25	+02:35:53 (53.3%)	10:26	5.7 (46.3%)
459	RELSKA Dominika	4138	TARIFA	K40	39	02:32:14	04:52:09.80	04:52:42.40	+02:36:05 (53.3%)	10:26	5.8 (47.2%)
460	KUCZBORSKI Jarosław	4097	HARPAGAN SOSNOWIEC	M50	53	02:31:47	04:51:32.30	04:52:53.60	+02:36:16 (53.4%)	10:24	5.8 (47.2%)
461	SZÓSTAK Joanna	4515		K40	40	02:28:18	04:52:36.85	04:52:58.90	+02:36:21 (53.4%)	10:27	5.7 (46.3%)
462	OBIEGAŁA Michał	4113		M30	105	02:29:08	04:52:40.70	04:53:08.40	+02:36:31 (53.4%)	10:27	5.7 (46.3%)
463	MYTYCH Mateusz	4117		M30	106	02:28:46	04:53:20.50	04:53:29.25	+02:36:51 (53.4%)	10:28	5.7 (46.3%)
464	ULENBERG Katarzyna	4405		K40	41	02:35:19	04:52:47.40	04:53:33.85	+02:36:56 (53.5%)	10:27	5.7 (46.3%)
465	PAWLYTA Weronika	4441		K30	59	02:35:16	04:52:48.45	04:53:34.55	+02:36:57 (53.5%)	10:27	5.7 (46.3%)
466	STRZELECKI Piotr	4102		M50	54	02:24:39	04:52:52.70	04:53:46.75	+02:37:09 (53.5%)	10:27	5.7 (46.3%)
467	ZEMŁA Dorota	4315		K20	20	02:38:08	04:52:57.00	04:53:48.25	+02:37:10 (53.5%)	10:27	5.7 (46.3%)
468	WIŚNIEWSKA Agnieszka	7041		K40	42	02:40:41	04:53:44.60	04:53:58.65	+02:37:21 (53.5%)	10:29	5.7 (46.3%)
469	KRYCZEK Piotr	4568		M60	9	02:36:24	04:53:31.05	04:54:43.60	+02:38:06 (53.6%)	10:28	5.7 (46.3%)
470	RADOMSKA Wiktoria	4278		K20	21	02:32:06	04:53:40.75	04:55:25.70	+02:38:48 (53.8%)	10:29	5.7 (46.3%)
471	OLEJNIK Anna	4035		K30	60	02:32:09	04:54:47.65	04:55:36.45	+02:38:59 (53.8%)	10:31	5.7 (46.3%)
472	GURDAK Anna	4100		K40	43	02:37:48	04:55:09.35	04:55:40.30	+02:39:03 (53.8%)	10:32	5.7 (46.3%)
473	GLICA Monika	4450		K40	44	02:37:49	04:55:09.00	04:55:40.35	+02:39:03 (53.8%)	10:32	5.7 (46.3%)
474	BIBRO Daniel	4570		M30	107	02:41:54	04:54:33.35	04:55:50.90	+02:39:13 (53.8%)	10:31	5.7 (46.3%)
475	TCHÓRZEWSKA-PIETRZYK Anna	4383	MOCNA GRUPA CEZARA	K40	45	02:35:52	04:56:41.55	04:57:00.70	+02:40:23 (54.0%)	10:35	5.7 (46.3%)
476	GODZIMIRSKA Eliza	4243	ADIDAS RUNNERS WARSAW	K40	46	02:34:51	04:55:54.45	04:57:20.30	+02:40:43 (54.1%)	10:34	5.7 (46.3%)
477	BYSTRZYCKI Kamil	4407	G4	M40	146	02:29:58	04:57:23.50	04:57:31.40	+02:40:54 (54.1%)	10:37	5.6 (45.5%)
478	ZWIERCAN Hubert	4675		M30	108	02:27:22	04:57:11.30	04:57:49.30	+02:41:12 (54.1%)	10:36	5.7 (46.3%)
479	WOŁOSZYN Ryszard	4420	MARGO TEAM	M50	55	02:43:11	04:56:44.05	04:58:06.00	+02:41:28 (54.2%)	10:35	5.7 (46.3%)
480	CEGLEWSKA Izabela	4464		K40	47	02:33:03	04:57:56.05	04:58:09.50	+02:41:32 (54.2%)	10:38	5.6 (45.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
481	GABOREK Grzegorz	4680		M40	147	02:35:03	04:57:20.50	04:58:40.05	+02:42:02 (54.3%)	10:37	5.7 (46.3%)
482	CZAPSKA Jadwiga	4607	CROSSFIT LUBLIN	K40	48	02:35:01	04:57:22.45	04:58:41.90	+02:42:04 (54.3%)	10:37	5.6 (45.5%)
483	SOKULSKI Marcin	4537	KASZANKI	M40	148	02:36:15	04:58:07.30	04:59:23.30	+02:42:46 (54.4%)	10:38	5.6 (45.5%)
484	KRAJEWSKA Marta	4317		K30	61	02:38:48	05:00:00.85	05:01:12.35	+02:44:35 (54.6%)	10:42	5.6 (45.5%)
485	BUKAŁA Mariola	4251		K50	7	02:35:28	05:01:35.40	05:01:50.85	+02:45:13 (54.7%)	10:46	5.6 (45.5%)
486	PAWLIKOWSKI Marcin	4198		M40	149	02:41:51	05:00:44.50	05:01:56.65	+02:45:19 (54.8%)	10:44	5.6 (45.5%)
487	CHUCHLA Małgorzata	4385		K50	8	02:45:58	05:01:36.70	05:02:08.25	+02:45:30 (54.8%)	10:46	5.6 (45.5%)
488	KOZŁOWSKI Grzegorz	4369	CADOR TEAM	M40	150	02:29:53	05:01:05.35	05:02:28.20	+02:45:50 (54.8%)	10:45	5.6 (45.5%)
489	ZIELIŃSKA IGNASZAK Iwona	4192	HEROBOX	K50	9	02:40:38	05:02:22.60	05:02:44.80	+02:46:07 (54.9%)	10:47	5.6 (45.5%)
490	NOWAK Tomasz	4244	EXC TEAM	M40	151	02:53:17	05:01:51.75	05:03:22.60	+02:46:45 (55.0%)	10:46	5.6 (45.5%)
491	WOJCIECHOWSKA Monika	4067	SŁUBICKA AKADEMIA BIEGOWA	K40	49	02:34:42	05:02:39.95	05:03:42.80	+02:47:05 (55.0%)	10:48	5.6 (45.5%)
492	THAETNER Marcus	4068		M30	109	02:34:41	05:02:44.30	05:03:47.00	+02:47:09 (55.0%)	10:48	5.5 (44.7%)
493	BONAWENTURSKA Anna	4341	ORANGE POLSKA	K30	62	02:39:52	05:02:46.70	05:03:47.20	+02:47:09 (55.0%)	10:48	5.5 (44.7%)
494	ADAMUS Dawid	4509	JAJA Z WOLNEGO WYBIEGU	M30	110	02:41:12	05:03:19.00	05:04:05.05	+02:47:27 (55.1%)	10:49	5.5 (44.7%)
495	LICHWAŁA Rafał	4519		M40	152	02:39:57	05:03:52.20	05:04:10.45	+02:47:33 (55.1%)	10:51	5.5 (44.7%)
496	SOKOŁOWSKI Piotr	4105	ROZCHODNIACZEKTEAM	M40	153	02:41:15	05:04:40.05	05:04:57.65	+02:48:20 (55.2%)	10:52	5.5 (44.7%)
497	SOKOŁOWSKA Malgorzata	4104	ROZCHODNIACZEK TEAM	K40	50	02:41:14	05:04:40.70	05:04:57.90	+02:48:20 (55.2%)	10:52	5.5 (44.7%)
498	KRUZEL Rafał	7039		M50	56	02:42:02	05:05:14.35	05:05:20.85	+02:48:43 (55.3%)	10:54	5.5 (44.7%)
499	BARA Tomasz	4163		M20	29	02:35:45	05:04:15.60	05:06:04.70	+02:49:27 (55.4%)	10:51	5.5 (44.7%)
500	SWIERKOWSKI Robert	4005		M40	154	02:39:31	05:05:01.10	05:06:12.65	+02:49:35 (55.4%)	10:53	5.5 (44.7%)
501	KRAUZE Tomasz	4461	STOWARZYSZENIE WROCŁAWSKIE MORSY	M50	57	02:43:03	05:04:44.60	05:06:17.85	+02:49:40 (55.4%)	10:53	5.5 (44.7%)
502	KOMÓR Wiesław	4465	WROCŁAWSKIE MORSY	M60	10	02:42:47	05:04:45.15	05:06:18.30	+02:49:41 (55.4%)	10:53	5.5 (44.7%)
503	LICZNERSKA Magdalena	4236	ADIDAS RUNNERS TRICITY	K30	63	02:44:12	05:05:54.40	05:06:25.65	+02:49:48 (55.4%)	10:55	5.5 (44.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
504	KOMENDA Katarzyna	4563	DRUŻYNA PIERŚCIENIA	K30	64	02:50:56	05:06:18.95	05:06:30.30	+02:49:53 (55.4%)	10:56	5.5 (44.7%)
505	KOMENDA Weronika	4565	DRUŻYNA PIERŚCIENIA	K20	22	02:50:57	05:06:18.85	05:06:30.35	+02:49:53 (55.4%)	10:56	5.5 (44.7%)
506	ZIENTEK Aneta	4425		K40	51	02:39:18	05:06:27.70	05:06:37.95	+02:50:00 (55.4%)	10:56	5.5 (44.7%)
507	SZCZABEL Aleksandra	4307		K20	23	02:38:24	05:06:23.95	05:06:38.25	+02:50:00 (55.4%)	10:56	5.5 (44.7%)
508	SARNA Beata	4020		K50	10	02:42:44	05:06:08.55	05:07:34.20	+02:50:56 (55.6%)	10:56	5.5 (44.7%)
509	LICHNOWSKA Anna	4025		K40	52	02:39:54	05:07:28.40	05:07:58.95	+02:51:21 (55.6%)	10:58	5.5 (44.7%)
510	FORDONSKA Kamila	4520		K40	53	02:39:42	05:07:46.55	05:08:02.75	+02:51:25 (55.6%)	10:59	5.5 (44.7%)
511	SIKORSKA Agnieszka	4384		K40	54	02:44:43	05:07:04.75	05:09:00.05	+02:52:22 (55.8%)	10:58	5.5 (44.7%)
512	BULLERT Agnieszka	4240		K30	65	02:47:02	05:08:09.30	05:09:08.80	+02:52:31 (55.8%)	11:00	5.5 (44.7%)
513	BALCERZAK Mariusz	7028	DROGA DO ULTRA / SZAKALE BAŁUT ŁÓDŹ	M40	155	02:42:35	05:08:16.35	05:09:31.20	+02:52:53 (55.9%)	11:00	5.4 (43.9%)
514	BOGUSZ Piotr	4208		M40	156	02:44:03	05:08:38.65	05:09:39.05	+02:53:01 (55.9%)	11:01	5.4 (43.9%)
514	BOGUSZ Emilia	4193		K40	55	02:44:27	05:08:38.00	05:09:39.05	+02:53:01 (55.9%)	11:01	5.4 (43.9%)
516	SANKOWSKI Tomasz	1229	ZAP SZNAJDER PIASTÓW	M30	111	02:52:11	05:07:59.60	05:09:50.65	+02:53:13 (55.9%)	10:59	5.5 (44.7%)
517	PASTERNAK Mateusz	4327		M20	30	02:22:41	05:11:15.10	05:11:40.95	+02:55:03 (56.2%)	11:06	5.4 (43.9%)
518	GROSS Agata	4043	FABRYKA DZIKA	K40	56	02:49:21	05:10:02.00	05:11:46.35	+02:55:09 (56.2%)	11:04	5.4 (43.9%)
519	HEĆMAŃCZUK Katarzyna	4056	FABRYKA DZIKA	K40	57	02:49:22	05:10:02.65	05:11:46.40	+02:55:09 (56.2%)	11:04	5.4 (43.9%)
520	MEGGER Iwona	4049	IRON TEAM	K40	58	02:57:33	05:10:18.90	05:11:51.85	+02:55:14 (56.2%)	11:04	5.4 (43.9%)
521	ŁASKI Krzysztof	7042	BIEGIEM PO PIWO	M60	11	02:50:40	05:13:20.45	05:15:12.55	+02:58:35 (56.7%)	11:11	5.4 (43.9%)
522	STĘPIEŃ Renata	4021	BBL KIELCE	K60	1	02:40:36	05:14:14.65	05:15:40.90	+02:59:03 (56.7%)	11:13	5.3 (43.1%)
523	LATAŁA Wojciech	4547	LEŚNE GRUBASY	M40	157	02:47:42	05:14:44.95	05:16:26.70	+02:59:49 (56.8%)	11:14	5.3 (43.1%)
524	OLEJNIK Karolina	4016		K40	59	02:39:15	05:15:37.70	05:16:27.30	+02:59:50 (56.8%)	11:16	5.3 (43.1%)
525	MALEC Katarzyna	4352		K20	24	02:39:12	05:15:56.50	05:16:36.45	+02:59:59 (56.8%)	11:17	5.3 (43.1%)
526	PIWOWARSKI Robert	4139	CEDRUS TEAM	M50	58	02:40:30	05:16:03.25	05:16:45.65	+03:00:08 (56.9%)	11:17	5.3 (43.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
527	MITAS Dariusz	1403	PKS - PIWNY KLUB SPORTOWY	M40	158	02:50:14	05:14:58.30	05:16:46.15	+03:00:08 (56.9%)	11:14	5.3 (43.1%)
528	WESOŁOWSKI Łukasz	4207		M40	159	02:44:27	05:15:48.05	05:16:58.60	+03:00:21 (56.9%)	11:16	5.3 (43.1%)
529	LESZCZYŃSKI Marcin	4297		M20	31	02:44:48	05:17:28.65	05:18:15.60	+03:01:38 (57.1%)	11:20	5.3 (43.1%)
530	RYBKA Tomasz	4270		M60	12	02:42:05	05:17:34.15	05:18:26.30	+03:01:49 (57.1%)	11:20	5.3 (43.1%)
531	RUTKOWSKA Ewelina	4661	DZIKI Z CYTADELI	K40	60	02:38:46	05:18:22.25	05:18:32.65	+03:01:55 (57.1%)	11:22	5.3 (43.1%)
532	JUSZCZYK Małgorzata	4672	NIEPOŁOMICE BIEGAJĄ	K40	61	02:50:05	05:18:01.55	05:18:37.70	+03:02:00 (57.1%)	11:21	5.3 (43.1%)
533	SZCZEPOCKI Andrzej	4673	NIEPOŁOMICE BIEGAJĄ	M50	59	02:50:05	05:18:07.20	05:18:44.25	+03:02:06 (57.1%)	11:21	5.3 (43.1%)
534	KONEFAL Grzegorz	4176		M40	160	02:54:11	05:17:04.35	05:18:54.70	+03:02:17 (57.2%)	11:19	5.3 (43.1%)
535	DWORNICZAK Franciszek	4222		M30	112	02:54:08	05:17:04.75	05:18:54.85	+03:02:17 (57.2%)	11:19	5.3 (43.1%)
536	WEREMA Łukasz	4196		M30	113	02:42:42	05:18:22.10	05:19:20.75	+03:02:43 (57.2%)	11:22	5.3 (43.1%)
537	NISKA Marta	4158		K30	66	02:47:18	05:18:38.00	05:20:03.65	+03:03:26 (57.3%)	11:22	5.3 (43.1%)
538	TRESENBERG Agata	4187	KB WARTKO GOLINA	K40	62	02:48:32	05:19:17.90	05:20:23.05	+03:03:45 (57.4%)	11:24	5.3 (43.1%)
539	LESZCZYŃSKI Rafal	4298		M50	60	02:54:40	05:19:48.50	05:20:33.20	+03:03:55 (57.4%)	11:25	5.3 (43.1%)
540	MIŁOSZ Bartłomiej	4527	KASZANKI	M60	13	02:50:38	05:20:36.95	05:21:52.55	+03:05:15 (57.6%)	11:27	5.2 (42.3%)
541	WANCERZ Magdalena	4473		K30	67	02:46:41	05:20:34.70	05:21:58.25	+03:05:20 (57.6%)	11:26	5.2 (42.3%)
542	STYŚ Natalia	4477		K30	68	02:46:41	05:20:34.90	05:21:58.35	+03:05:21 (57.6%)	11:26	5.2 (42.3%)
543	STEC Maciej	4224		M40	161	02:40:31	05:21:04.00	05:22:41.80	+03:06:04 (57.7%)	11:28	5.2 (42.3%)
544	HYBIŃSKA Joanna	4431		K50	11	02:47:58	05:22:40.85	05:22:54.20	+03:06:16 (57.7%)	11:31	5.2 (42.3%)
545	CZERWONKA Krzysztof	4522		M40	162	02:44:16	05:22:16.90	05:23:37.80	+03:07:00 (57.8%)	11:30	5.2 (42.3%)
546	IZDEBSKA Renata	4239		K60	2	02:46:35	05:22:24.40	05:24:07.10	+03:07:29 (57.8%)	11:30	5.2 (42.3%)
547	SŁUPIŃSKI Krzysztof	7033		M30	114	02:54:50	05:23:19.10	05:25:10.45	+03:08:33 (58.0%)	11:32	5.2 (42.3%)
548	NAGALSKA Martyna	4642	EAZYMUT.PL	K30	69	02:49:13	05:24:31.70	05:25:36.45	+03:08:59 (58.0%)	11:35	5.2 (42.3%)
548	JAZUKIEWICZ Ewa	4695	EAZYMUT.PL	K50	12	02:44:41	05:24:34.20	05:25:36.45	+03:08:59 (58.0%)	11:35	5.2 (42.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
550	LITKE Andżelika	4643	EAZYMUT.PL	K30	70	02:49:12	05:24:31.65	05:25:36.65	+03:08:59 (58.0%)	11:35	5.2 (42.3%)
551	TUKIENDORF Jakub	4475		M20	32	02:47:06	05:25:02.85	05:25:46.50	+03:09:09 (58.1%)	11:36	5.2 (42.3%)
552	PIENIAŻEK Agnieszka	4171		K40	63	02:52:28	05:25:21.20	05:25:51.10	+03:09:13 (58.1%)	11:37	5.2 (42.3%)
553	DEPTA Katarzyna	4168		K30	71	02:52:31	05:25:23.90	05:25:51.30	+03:09:14 (58.1%)	11:37	5.2 (42.3%)
554	WRÓBEL Piotr	4347		M60	14		05:24:55.15	05:26:24.30	+03:09:47 (58.1%)	11:36	5.2 (42.3%)
555	WRÓBEL Radosław	4348		M30	115	02:44:07	05:24:55.55	05:26:24.55	+03:09:47 (58.1%)	11:36	5.2 (42.3%)
556	POKROPEK Piotr	4470		M20	33	02:47:06	05:25:45.65	05:26:29.90	+03:09:52 (58.2%)	11:38	5.2 (42.3%)
557	DERECKI Aleksander	4623		M30	116	02:47:53	05:25:39.50	05:27:07.75	+03:10:30 (58.2%)	11:37	5.2 (42.3%)
558	STANKIEWICZ Katarzyna	4325	AKTYWNI RAZEM	K40	64	02:38:07	05:27:06.05	05:28:48.35	+03:12:11 (58.4%)	11:40	5.1 (41.5%)
559	KOŚCIELNIAK Dagmara	4324	AKTYWNI RAZEM	K40	65	02:33:19	05:27:06.00	05:28:48.40	+03:12:11 (58.4%)	11:40	5.1 (41.5%)
560	SZÓSTAK Marcin	4514		M50	61	02:54:52	05:29:13.20	05:29:39.25	+03:13:01 (58.6%)	11:45	5.1 (41.5%)
561	OLESIŃSKI Piotr	7011	DRUŻYNA ORZECHA ŻYRARDÓW	M40	163	02:49:47	05:29:06.45	05:29:56.80	+03:13:19 (58.6%)	11:45	5.1 (41.5%)
562	JUSZCZAK Zbigniew	7016	PKB KMP KALISZ	M50	62	02:49:46	05:29:07.15	05:29:57.70	+03:13:20 (58.6%)	11:45	5.1 (41.5%)
563	ISKRA-NOWIK Estera	4681		K30	72	02:50:52	05:31:04.30	05:31:19.65	+03:14:42 (58.8%)	11:49	5.1 (41.5%)
564	STOYKOV Pavlin	4651		M50	63	02:42:19	05:31:16.35	05:32:52.90	+03:16:15 (59.0%)	11:49	5.1 (41.5%)
565	SOBAŃSKA Karina	4232		K40	66	02:57:30	05:32:24.45	05:32:52.95	+03:16:15 (59.0%)	11:52	5.1 (41.5%)
566	KLEPACKA Katarzyna	4090		K30	73	02:57:31	05:32:25.40	05:32:53.40	+03:16:16 (59.0%)	11:52	5.1 (41.5%)
567	BORKOWSKI Arkadiusz	4010		M30	117	02:47:22	05:31:08.65	05:32:57.30	+03:16:20 (59.0%)	11:49	5.1 (41.5%)
568	WNUK Maciej	4609		M40	164	02:45:15	05:32:31.60	05:34:09.00	+03:17:31 (59.1%)	11:52	5.1 (41.5%)
569	LANGOWSKI Marcin	4587		M40	165	02:45:13	05:32:35.40	05:34:11.75	+03:17:34 (59.1%)	11:52	5.1 (41.5%)
570	HEPPER Łukasz	4588		M40	166	02:45:14	05:32:34.90	05:34:12.10	+03:17:34 (59.1%)	11:52	5.1 (41.5%)
571	DZIURZYŃSKA Uika	4086	VEGE RUNNERS	K40	67	02:55:35	05:32:51.80	05:34:26.65	+03:17:49 (59.1%)	11:53	5 (40.7%)
572	SOWA Grzegorz	4087	#KUBAPIECHTEAM	M50	64	02:55:38	05:32:51.30	05:34:26.75	+03:17:49 (59.1%)	11:53	5 (40.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
573	PRZEPIÓRA Iwona	4022	BBL KIELCE	K50	13	02:52:44	05:35:05.05	05:36:30.45	+03:19:53 (59.4%)	11:58	5 (40.7%)
574	ORZECHOWSKI Mariusz	4599	BIEGACZE KLECZEW, TRITON KONIN	M50	65	02:50:05	05:34:55.00	05:36:37.90	+03:20:00 (59.4%)	11:57	5 (40.7%)
575	KRÓL Przemysław	4474	FENOMEN	M40	167	02:54:15	05:35:08.70	05:36:40.60	+03:20:03 (59.4%)	11:58	5 (40.7%)
576	PIEUCH Małgorzata	4197	WIĘCEJ NIŻ BIEG	K20	25	02:57:49	05:36:42.75	05:37:59.50	+03:21:22 (59.6%)	12:01	5 (40.7%)
577	GETEK Milena	4453	RADGETRUN	K30	74	02:51:40	05:36:29.90	05:38:00.30	+03:21:23 (59.6%)	12:01	5 (40.7%)
578	KALISZ Michał	4472	RADGETRUN	M30	118	02:51:40	05:36:30.00	05:38:00.40	+03:21:23 (59.6%)	12:01	5 (40.7%)
579	WĄTRÓBSKI Grzegorz	4366	COKE RUNNERS CLUB	M50	66	02:53:40	05:36:37.45	05:38:10.95	+03:21:33 (59.6%)	12:01	5 (40.7%)
580	MATWIEJCZUK Mateusz	4373		M30	119	02:54:06	05:36:57.45	05:38:11.75	+03:21:34 (59.6%)	12:02	5 (40.7%)
581	JÓŻWIK Agnieszka	4080	IRON TEAM	K40	68	02:57:30	05:36:46.95	05:38:19.80	+03:21:42 (59.6%)	12:01	5 (40.7%)
582	RATOWSKA Oliwia	4406	HERO BOX	K30	75	02:46:45	05:39:57.20	05:40:20.60	+03:23:43 (59.9%)	12:08	4.9 (39.8%)
583	JANCZEWSKA Izabela	4408	HEROBOX	K40	69	02:46:47	05:39:57.60	05:40:21.45	+03:23:44 (59.9%)	12:08	4.9 (39.8%)
584	ADAMCZYK Jakub	4106	YAMAHA FAZER POLAND	M30	120	02:51:05	05:39:37.40	05:40:22.05	+03:23:44 (59.9%)	12:07	4.9 (39.8%)
585	KÜCHLER Małgorzata	4011	JARBUD	K40	70	02:50:18	05:39:05.20	05:40:22.95	+03:23:45 (59.9%)	12:06	5 (40.7%)
586	DRĘŻEK Marcin	4076		M40	168	02:46:43	05:39:23.60	05:41:01.85	+03:24:24 (59.9%)	12:07	5 (40.7%)
587	RZECZKOWSKI Maciej	4162	WKG	M50	67	02:51:37	05:41:59.80	05:42:26.95	+03:25:49 (60.1%)	12:12	4.9 (39.8%)
588	JEDLIŃSKA Magdalena	4161		K40	71	02:51:36	05:42:01.05	05:42:28.20	+03:25:50 (60.1%)	12:12	4.9 (39.8%)
589	GRACZYK Dąbrowka	4447		K20	26	02:56:02	05:42:03.90	05:42:35.70	+03:25:58 (60.1%)	12:12	4.9 (39.8%)
590	MARZENA Łatwińska	4389		K50	14	02:54:55	05:44:36.25	05:44:56.45	+03:28:19 (60.4%)	12:18	4.9 (39.8%)
591	PASTERNAK Wojciech	4326	POGODNI	M40	169	02:38:49	05:45:08.70	05:45:35.90	+03:28:58 (60.5%)	12:19	4.9 (39.8%)
592	PASZKIEL Agnieszka	4397	FAMILIA	K50	15	02:55:15	05:45:44.65	05:46:52.30	+03:30:15 (60.6%)	12:20	4.9 (39.8%)
593	TOŁKACZ Mariola	4433	MALBORK BIEGA	K60	3	02:56:04	05:45:40.30	05:47:28.40	+03:30:51 (60.7%)	12:20	4.9 (39.8%)
594	TOŁKACZ Wojciech	4432	MALBORK BIEGA	M60	15	02:56:10	05:45:41.80	05:47:29.45	+03:30:52 (60.7%)	12:20	4.9 (39.8%)
595	NAGAŃSKA-PILAK Małgorzata	4041		K60	4	02:53:22	05:47:15.50	05:48:21.60	+03:31:44 (60.8%)	12:24	4.8 (39.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
596	WIERZCHOWSKI Paweł	4126	CEDRUS TEAM	M40	170	02:54:34	05:49:18.25	05:50:07.35	+03:33:30 (61.0%)	12:28	4.8 (39.0%)
597	PLASKOT Michał	4094	CEDRUS TEAM	M40	171	02:54:34	05:49:19.60	05:50:07.55	+03:33:30 (61.0%)	12:28	4.8 (39.0%)
598	RADWAŃSKI Marek	4357		M40	172	02:43:49	05:49:43.00	05:50:16.10	+03:33:38 (61.0%)	12:29	4.8 (39.0%)
598	CHYCZEWSKA Katarzyna	4247	THORO TEAM	K40	72	02:55:03	05:48:30.95	05:50:16.10	+03:33:38 (61.0%)	12:26	4.8 (39.0%)
600	JANKOWSKI Maciej	4249	THORO TEAM	M40	173	02:55:03	05:48:31.70	05:50:16.60	+03:33:39 (61.0%)	12:26	4.8 (39.0%)
601	PIKULIK Arkadiusz	4017	SMOLNIK TEAM:)	M40	174	02:41:49	05:51:02.95	05:52:23.70	+03:35:46 (61.2%)	12:32	4.8 (39.0%)
602	WINIARSKA-BISZCZAN Anna	4437	BIEGAMY DZISIAJ? WIERZBICA/CHEŁM BIEGA	K40	73	02:55:54	05:52:05.95	05:52:46.55	+03:36:09 (61.3%)	12:34	4.8 (39.0%)
603	RYŻYŃSKA Agnieszka	4044	CHEŁM BIEGA	K40	74	02:58:00	05:52:06.20	05:52:46.65	+03:36:09 (61.3%)	12:34	4.8 (39.0%)
604	ADAMCZEWSKI Szymon	7021	SFORA BMK	M20	34	02:55:02	05:53:22.85	05:53:53.30	+03:37:16 (61.4%)	12:37	4.8 (39.0%)
605	SEWERYN Joanna	4110		K40	75	02:56:25	05:54:42.85	05:55:16.95	+03:38:39 (61.5%)	12:40	4.7 (38.2%)
606	BŁĄŻEJSKI Zdzisław	4617	KS PRZAŚNIK PRZASNYSZ	M60	16	02:42:56	05:55:34.40	05:55:53.00	+03:39:15 (61.6%)	12:41	4.7 (38.2%)
607	WAŚNIEWSKA Paulina	4188		K40	76	02:55:14	05:56:34.85	05:57:09.90	+03:40:32 (61.7%)	12:44	4.7 (38.2%)
608	MELLER Oliwia	4614		K20	27	02:55:06	05:58:30.65	06:00:00.45	+03:43:23 (62.1%)	12:48	4.7 (38.2%)
609	KUROŚ Klaudia	4574		K20	28	02:55:07	05:58:31.35	06:00:00.95	+03:43:23 (62.1%)	12:48	4.7 (38.2%)
610	CUDNY Paula	4413	G4	K30	76	02:42:46	06:00:10.90	06:00:18.50	+03:43:41 (62.1%)	12:51	4.7 (38.2%)
611	MOCHEREK Justyna	4125		K40	77	03:01:17	06:00:39.95	06:01:12.90	+03:44:35 (62.2%)	12:52	4.7 (38.2%)
612	KUZIA Bogusław	4143	SILESIA MARATHON CLUB	M50	68	02:47:41	06:01:16.80	06:01:34.30	+03:44:57 (62.2%)	12:54	4.7 (38.2%)
613	UZIAŁKO Karolina	4484		K40	78	02:56:51	06:01:03.65	06:02:24.95	+03:45:47 (62.3%)	12:53	4.7 (38.2%)
614	WILK Adam	4485		M40	175	02:56:41	06:01:03.80	06:02:25.20	+03:45:47 (62.3%)	12:53	4.7 (38.2%)
615	ZIĘBA Zbigniew	4460	META NADARZYN	M50	69	02:51:34	06:02:14.65	06:03:21.80	+03:46:44 (62.4%)	12:56	4.6 (37.4%)
616	MIŁOSZ Maria	4656	KASZANKI	K30	77	03:09:30	06:01:58.90	06:03:40.30	+03:47:03 (62.4%)	12:55	4.6 (37.4%)
617	GARMADA Maciej	4476		M20	35	02:54:41	06:03:26.60	06:05:20.35	+03:48:43 (62.6%)	12:58	4.6 (37.4%)
618	OLEKSY Jakub	4012	COWOOCELL	M20	36	02:54:36	06:03:27.00	06:05:20.95	+03:48:43 (62.6%)	12:58	4.6 (37.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
619	RADECKI Wojciech	4662	DZIKI Z CYTADELI	M40	176	02:55:15	06:05:17.30	06:05:28.80	+03:48:51 (62.6%)	13:02	4.6 (37.4%)
620	MAZUR Katarzyna	4047	RADICAL BITCHES	K30	78	03:00:33	06:04:54.70	06:06:11.30	+03:49:34 (62.7%)	13:01	4.6 (37.4%)
621	MAGDZIARZ Paulina	4169	ORGANIC RACE TEAM	K40	79	02:54:11	06:07:58.05	06:07:58.05	+03:51:20 (62.9%)	13:08	4.6 (37.4%)
622	OCHOWIAK Klaudia	4170	ORGANIC FITNESS	K30	79	02:52:44	06:06:31.30	06:07:58.30	+03:51:21 (62.9%)	13:05	4.6 (37.4%)
623	LISIAK Karina	4172	ORGANIC FITNESS	K30	80	02:52:45	06:06:31.40	06:07:58.75	+03:51:21 (62.9%)	13:05	4.6 (37.4%)
624	KASZUBA Katarzyna	4404		K30	81	02:56:43	06:07:53.20	06:09:32.95	+03:52:55 (63.0%)	13:08	4.6 (37.4%)
624	KOWALCZYK Michał	4386	SII RUNNING TEAM	M30	121	02:56:54	06:07:53.00	06:09:32.95	+03:52:55 (63.0%)	13:08	4.6 (37.4%)
626	KACZMAREK Arkadiusz	4499		M50	70	02:47:40	06:10:14.70	06:10:34.20	+03:53:56 (63.1%)	13:13	4.5 (36.6%)
627	WARAS Barbara	4089		K40	80	03:01:32	06:10:08.05	06:11:39.20	+03:55:01 (63.2%)	13:13	4.5 (36.6%)
628	CHABROWSKI Paweł	4611	SĄSIEDZI TARAUMARA	M50	71	02:58:53	06:12:52.55	06:13:05.10	+03:56:27 (63.4%)	13:19	4.5 (36.6%)
629	CHABROWSKI Bartłomiej	4619	SĄSIEDZI TARAUMARA	M50	72	02:58:51	06:12:50.05	06:13:05.65	+03:56:28 (63.4%)	13:18	4.5 (36.6%)
630	TYMOSZUK Rafał	4392	SĄSIEDZI TARAUMARA	M40	177	02:57:07	06:12:50.90	06:13:05.85	+03:56:28 (63.4%)	13:18	4.5 (36.6%)
631	SZĘSZOŁ Mariusz	4409	SĄSIEDZI TARAUMARA	M50	73	02:58:48	06:12:49.40	06:13:06.15	+03:56:28 (63.4%)	13:18	4.5 (36.6%)
632	ŁUKASZUK Bartłomiej	4115		M20	37	02:55:57	06:13:52.30	06:15:40.75	+03:59:03 (63.6%)	13:21	4.5 (36.6%)
633	LESZCZYŃSKI Łukasz	4304		M20	38	02:59:10	06:18:58.70	06:18:58.70	+04:02:21 (64.0%)	13:32	4.4 (35.8%)
634	KUNKA Piotr	4671		M-Open	1		06:20:31.00	06:20:31.00	+04:03:53 (64.1%)	13:35	4.4 (35.8%)
635	JANISZEWSKI Aleksander	4023		M40	178	02:56:26	06:19:11.65	06:21:01.15	+04:04:23 (64.1%)	13:32	4.4 (35.8%)
636	MARCZUK Marta	4024	BIEGAM Z OLKIEM	K30	82	02:56:00	06:19:12.50	06:21:01.30	+04:04:24 (64.1%)	13:32	4.4 (35.8%)
637	JANOWSKA Aleksandra	4096	CEDRUS TEAM	K40	81	02:55:46	06:21:09.50	06:21:52.00	+04:05:14 (64.2%)	13:36	4.4 (35.8%)
638	CICHOCKI Mariusz	4572	SUUNTO RUN TEAM	M50	74	02:56:57	06:20:33.05	06:22:19.65	+04:05:42 (64.3%)	13:35	4.4 (35.8%)
639	DAJNOWSKI Marek	4571		M40	179	02:56:59	06:20:32.35	06:22:19.70	+04:05:42 (64.3%)	13:35	4.4 (35.8%)
640	OBARSKI Norbert	4181		M60	17	02:56:50	06:26:36.50	06:28:01.70	+04:11:24 (64.8%)	13:48	4.3 (35.0%)
641	OBARSKA Małgorzata	4182		K60	5	02:56:50	06:26:37.70	06:28:02.45	+04:11:25 (64.8%)	13:48	4.3 (35.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
642	KOBYŁKA Małgorzata	4209	SUPERMARATON KALISZ	K50	16	02:58:40	06:29:24.35	06:30:17.15	+04:13:39 (65.0%)	13:54	4.3 (35.0%)
642	FABIAŃSKI Czesław	4214	SUPERMARATON KALISZ	M60	18	02:59:01	06:29:24.05	06:30:17.15	+04:13:39 (65.0%)	13:54	4.3 (35.0%)
644	KOCLEGA Ewa	4131		K40	82	03:01:31	06:29:59.95	06:30:34.80	+04:13:57 (65.0%)	13:55	4.3 (35.0%)
645	ZARĘBA Izabela	4034		K30	83	03:04:05	06:32:29.55	06:32:59.10	+04:16:21 (65.2%)	14:01	4.3 (35.0%)
646	MAZUR Maciej	4471	WOODWARD RUNNERS	M40	180	02:56:45	06:32:20.20	06:33:56.40	+04:17:19 (65.3%)	14:00	4.3 (35.0%)
647	MAKOSA Konrad	4490		M50	75	03:15:45	06:34:26.10	06:35:57.75	+04:19:20 (65.5%)	14:05	4.3 (35.0%)
648	MISZCZUK Ewelina	4095		K40	83	03:24:19	06:41:25.90	06:43:11.70	+04:26:34 (66.1%)	14:20	4.2 (34.1%)
649	POPKO Mariusz	4128		M40	181	02:59:56	06:43:46.45	06:45:14.90	+04:28:37 (66.3%)	14:25	4.2 (34.1%)
650	GAWORSKA Kamila	4335		K30	84	03:09:44	06:46:41.00	06:46:41.00	+04:30:03 (66.4%)	14:31	4.1 (33.3%)
651	ŻYŁOWICZ Marcin	4026		M30	122	03:03:24	07:00:49.50	07:02:45.95	+04:46:08 (67.7%)	15:01	4 (32.5%)
652	POMASKA Kamila	4189		K40	84	02:55:15	07:02:43.65	07:03:18.40	+04:46:41 (67.7%)	15:05	4 (32.5%)
653	OSIŃSKA Agata	4398		K50	17	03:24:12	07:01:57.65	07:03:44.25	+04:47:06 (67.8%)	15:04	4 (32.5%)
654	NIEPOKÓJ Barbara	4699		K30	85	02:57:14	07:08:51.75	07:09:10.90	+04:52:33 (68.2%)	15:18	3.9 (31.7%)
655	NOWICKA Ilona	4532	PANDUSIE	K30	86	03:28:35	07:28:46.65	07:30:07.10	+05:13:29 (69.6%)	16:01	3.7 (30.1%)
656	SREBRO Michał	4595		M50	76	03:25:44	07:31:23.60	07:31:33.25	+05:14:55 (69.7%)	16:07	3.7 (30.1%)
657	MAJSZCZYK Paulina	4645	HARDCOROWE WYCHYLYBYMY	K30	87	02:26:46			+01:11:29	9:03	6.6 (53.7%)
658	SUDAŃSKI Damian	4564	DRUŻYNA PIERŚCIENIA	M30	123						(0.0%)
DNC	SZULĘCKI Andrzej	4256	EXC TEAM	M40		00:56:54					(0.0%)
	REY Andrzej	4184	REYRUNNINGTEAM	M50		DNF	DNF	DNF		-	- (0.0%)
	REY Patryk	4534	REYRUNNINGTEAM	M20		DNF	DNF	DNF		-	- (0.0%)
	GRABAREK Justyna	4512	NOSTROMO	K40		DNF	DNF	DNF		-	- (0.0%)
	PASTUŁA Anna	4266		K30		DNF	DNF	DNF		-	- (0.0%)
	MIKODA Justyna	4132		K40		DNF	DNF	DNF		-	- (0.0%)
	ŻUŁAWSKI Dariusz	7034		M40		DNF	DNF	DNF		-	- (0.0%)
	JESKE Michał	4267	RUN BYDGOSZCZ	M20		DNF	DNF	DNF		-	- (0.0%)

Znaleziono 666 wynik(ów)