



# 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**  
INTELEKTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
1	<b>MATUSZNY Marek</b>	<b>4551</b>	STAŃCZAK TEAM	M20	1	01:16:15	<b>02:16:34.80</b>	<b>02:16:37.30</b>		4:52	12.3 (100%)
2	<b>GABRYŚ Rafał</b>	<b>4530</b>	STAŃCZAK TEAM	M30	1	01:16:10	<b>02:18:34.20</b>	<b>02:18:37.75</b>	+00:02:00 (1.4%)	4:56	12.1 (98.4%)
3	<b>ELANTKOWSKI Jan</b>	<b>4039</b>	TKN TATRA TEAM / DYNAFIT	M20	2	01:16:44	<b>02:19:25.85</b>	<b>02:19:28.35</b>	+00:02:51 (2.0%)	4:58	12.1 (98.4%)
4	<b>WERNER Kamil</b>	<b>4190</b>		M40	1	01:16:14	<b>02:21:32.60</b>	<b>02:21:35.35</b>	+00:04:58 (3.5%)	5:03	11.9 (96.7%)
5	<b>SZEWIC Jonasz</b>	<b>4390</b>	MOCNA GRUPA CEZARA	M20	3	01:17:40	<b>02:22:32.75</b>	<b>02:22:36.00</b>	+00:05:58 (4.2%)	5:05	11.8 (95.9%)
6	<b>JACHYMIAK Robert</b>	<b>4393</b>	SPECJALISTYCZNY GABINET REHABILITACJI DZIECI	M40	2	01:17:19	<b>02:23:31.05</b>	<b>02:23:33.05</b>	+00:06:55 (4.8%)	5:07	11.7 (95.1%)
7	<b>PERZ Krzysztof</b>	<b>4443</b>		M30	2	01:17:01	<b>02:24:44.65</b>	<b>02:24:46.70</b>	+00:08:09 (5.6%)	5:10	11.6 (94.3%)
8	<b>SIKOŃCZYK Miłosz</b>	<b>4636</b>	ALPIN SPORT TEAM	M30	3	01:23:14	<b>02:29:07.45</b>	<b>02:29:09.80</b>	+00:12:32 (8.4%)	5:19	11.3 (91.9%)
9	<b>RUPIŃSKI Krzysztof</b>	<b>4655</b>		M30	4	01:19:38	<b>02:29:14.35</b>	<b>02:29:16.95</b>	+00:12:39 (8.5%)	5:19	11.3 (91.9%)
10	<b>KNAPIK Sebastian</b>	<b>4178</b>		M30	5	01:21:09	<b>02:30:54.80</b>	<b>02:30:56.95</b>	+00:14:19 (9.5%)	5:23	11.1 (90.2%)
11	<b>PITUCH Grzegorz</b>	<b>4665</b>	STAŃCZAK TEAM	M40	3	01:21:18	<b>02:32:53.70</b>	<b>02:32:56.70</b>	+00:16:19 (10.7%)	5:27	11 (89.4%)
12	<b>PRĘTNIK Sławomir</b>	<b>4637</b>		M40	4	01:23:48	<b>02:36:18.10</b>	<b>02:36:50.40</b>	+00:20:13 (12.9%)	5:34	10.7 (87.0%)
13	<b>BIELIŃSKI Maciek</b>	<b>4576</b>		M30	6	01:25:18	<b>02:37:20.50</b>	<b>02:37:24.55</b>	+00:20:47 (13.2%)	5:37	10.7 (87.0%)
14	<b>IWANICKI Michał</b>	<b>4602</b>	ACCELERATING POLAND	M40	5		<b>02:40:58.00</b>	<b>02:40:58.00</b>	+00:24:20 (15.1%)	5:44	10.4 (84.6%)
15	<b>WĘGLIŃSKI Mikołaj</b>	<b>4683</b>		M30	7	01:27:26	<b>02:40:48.90</b>	<b>02:41:02.85</b>	+00:24:25 (15.2%)	5:44	10.4 (84.6%)
16	<b>BOCHENEK Magdalena</b>	<b>4589</b>		K30	1	01:27:24	<b>02:41:43.60</b>	<b>02:41:46.40</b>	+00:25:09 (15.5%)	5:46	10.4 (84.6%)
17	<b>MASTERNAK Mariusz</b>	<b>4260</b>	ANNA HALSKA COACHING	M30	8	01:25:30	<b>02:43:14.75</b>	<b>02:43:19.65</b>	+00:26:42 (16.4%)	5:49	10.3 (83.7%)
18	<b>WOJNAROWICZ Paweł</b>	<b>4448</b>		M30	9	01:29:32	<b>02:43:19.80</b>	<b>02:43:23.85</b>	+00:26:46 (16.4%)	5:49	10.3 (83.7%)
19	<b>SKAWIŃSKI Tomasz</b>	<b>4625</b>	GOPR BIESZCZADY	M40	6	01:30:31	<b>02:43:58.80</b>	<b>02:44:01.60</b>	+00:27:24 (16.7%)	5:51	10.2 (82.9%)
20	<b>HEJNAR Jakub</b>	<b>4212</b>		M40	7	01:28:59	<b>02:46:23.25</b>	<b>02:46:26.30</b>	+00:29:49 (17.9%)	5:56	10.1 (82.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
21	<b>GABRYCH Arkadiusz</b>	<b>4135</b>	WIHA RUNNER	M40	8	01:29:28	<b>02:46:52.75</b>	<b>02:46:59.05</b>	+00:30:21 (18.2%)	5:57	10.1 (82.1%)
22	<b>WER Grzegorz</b>	<b>4597</b>	TOMICA COACHING	M30	10	01:31:16	<b>02:50:48.10</b>	<b>02:50:53.25</b>	+00:34:15 (20.1%)	6:06	9.8 (79.7%)
23	<b>GOLEC Ireneusz</b>	<b>4071</b>	VEGE RUNNERS / RUCH IZBICA	M30	11	01:31:38	<b>02:51:15.15</b>	<b>02:51:18.60</b>	+00:34:41 (20.2%)	6:06	9.8 (79.7%)
24	<b>CIOCH Cezary</b>	<b>4685</b>	KALLIPSO RUNNERS TEAM	M40	9	01:30:53	<b>02:51:29.10</b>	<b>02:51:33.85</b>	+00:34:56 (20.4%)	6:07	9.8 (79.7%)
25	<b>GOŁASZEWSKI Łukasz</b>	<b>4583</b>	KARL STORZ POLSKA SP. Z O.O.	M40	10	01:34:51	<b>02:51:24.15</b>	<b>02:52:22.90</b>	+00:35:45 (20.7%)	6:07	9.8 (79.7%)
26	<b>GÓROWSKA Iwona</b>	<b>4444</b>	MONTIKO.PL / DYNAFIT	K30	2	01:34:18	<b>02:52:35.45</b>	<b>02:52:37.75</b>	+00:36:00 (20.9%)	6:09	9.7 (78.9%)
27	<b>DYŚ Paweł</b>	<b>4220</b>		M40	11	01:31:28	<b>02:53:15.15</b>	<b>02:53:18.10</b>	+00:36:40 (21.2%)	6:11	9.7 (78.9%)
28	<b>STRZĘPEK Dariusz</b>	<b>4218</b>	PRZYJACIELE PUT - POGÓRZE ULTRA TRAIL	M30	12	01:35:28	<b>02:53:31.45</b>	<b>02:53:36.50</b>	+00:36:59 (21.3%)	6:11	9.7 (78.9%)
29	<b>PADUSIŃSKI Paweł</b>	<b>4591</b>	LEMIESZ TEAM	M40	12	01:30:55	<b>02:54:36.60</b>	<b>02:54:39.10</b>	+00:38:01 (21.8%)	6:14	9.6 (78.0%)
30	<b>PAJĄK Alan</b>	<b>4459</b>	ZIELONA MANUFAKTURA	M30	13	01:36:26	<b>02:54:41.20</b>	<b>02:54:55.65</b>	+00:38:18 (21.9%)	6:14	9.6 (78.0%)
31	<b>KAŻMIERCZAK Piotr</b>	<b>4210</b>	WITKOWO BIEGA	M40	13	01:34:07	<b>02:56:43.20</b>	<b>02:56:45.40</b>	+00:40:08 (22.7%)	6:18	9.5 (77.2%)
32	<b>GÓRALIK Sylwia</b>	<b>4667</b>	KS DALIN MYŚLENICE	K40	1		<b>02:56:58.65</b>	<b>02:57:01.60</b>	+00:40:24 (22.8%)	6:19	9.5 (77.2%)
33	<b>TOMKIEWICZ Łukasz</b>	<b>4508</b>		M30	14	01:34:22	<b>02:58:28.00</b>	<b>02:58:36.80</b>	+00:41:59 (23.5%)	6:22	9.4 (76.4%)
34	<b>KALINOWSKI Mikołaj</b>	<b>4119</b>		M30	15	01:41:22	<b>02:59:13.25</b>	<b>02:59:23.00</b>	+00:42:45 (23.8%)	6:24	9.4 (76.4%)
35	<b>KŁOS Łukasz</b>	<b>4018</b>	ASICS FRONTRUNNER POLAND	M40	14	01:31:51	<b>02:59:20.00</b>	<b>02:59:23.85</b>	+00:42:46 (23.8%)	6:24	9.4 (76.4%)
36	<b>KRZEMIŃSKI Marcin</b>	<b>4292</b>		M40	15	01:35:34	<b>02:59:54.25</b>	<b>02:59:58.15</b>	+00:43:20 (24.1%)	6:25	9.3 (75.6%)
37	<b>SZCZYGIEŁ Łukasz</b>	<b>4631</b>		M30	16	01:35:37	<b>03:00:00.45</b>	<b>03:00:06.20</b>	+00:43:28 (24.1%)	6:25	9.3 (75.6%)
38	<b>GALEWSKI Adrian</b>	<b>4422</b>	AW - SZYBCIEJ - TEAM	M30	17	01:38:41	<b>03:00:13.00</b>	<b>03:00:13.00</b>	+00:43:35 (24.2%)	6:26	9.3 (75.6%)
39	<b>PISKADŁO Jacek</b>	<b>4336</b>	NOWY STYL RUNNING TEAM	M30	18	01:35:16	<b>03:00:14.70</b>	<b>03:00:18.15</b>	+00:43:40 (24.2%)	6:26	9.3 (75.6%)
40	<b>KSIĄŻKIEWICZ Bartłomiej</b>	<b>4367</b>	ROCKY BALBOA	M40	16	01:37:48	<b>03:00:40.05</b>	<b>03:00:40.05</b>	+00:44:02 (24.4%)	6:27	9.3 (75.6%)
41	<b>STERKOWICZ Łukasz</b>	<b>4567</b>		M40	17	01:38:18	<b>03:01:24.25</b>	<b>03:01:24.25</b>	+00:44:46 (24.7%)	6:28	9.3 (75.6%)
42	<b>THIER Dominik</b>	<b>4600</b>	TATRACAMP / KS KANDAHAR	M40	18	01:37:48	<b>03:02:05.90</b>	<b>03:02:12.20</b>	+00:45:34 (25.0%)	6:30	9.2 (74.8%)
43	<b>BEGIER Dominik</b>	<b>4517</b>	KP PSP SŁUBICE	M30	19	01:34:40	<b>03:02:10.35</b>	<b>03:02:15.00</b>	+00:45:37 (25.0%)	6:30	9.2 (74.8%)

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

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

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
90	<b>MARCHEWICZ Marek</b>	<b>4442</b>		M30	35	01:43:21	<b>03:25:06.25</b>	<b>03:25:21.70</b>	+01:08:44 (33.5%)	7:19	8.2 (66.7%)
91	<b>KIEŁBOŃ Ewelina</b>	<b>4525</b>	PRZEWORSKA GRUPA BIEGOWA	K30	7	01:51:33	<b>03:25:19.25</b>	<b>03:25:30.75</b>	+01:08:53 (33.5%)	7:19	8.2 (66.7%)
92	<b>GÓRNA Anita</b>	<b>4594</b>	LPP TEAM	K40	2	01:50:30	<b>03:25:37.35</b>	<b>03:25:40.90</b>	+01:09:03 (33.6%)	7:20	8.2 (66.7%)
93	<b>KUŚ Łukasz</b>	<b>4358</b>		M30	36	01:43:41	<b>03:25:22.85</b>	<b>03:25:54.60</b>	+01:09:17 (33.6%)	7:20	8.2 (66.7%)
94	<b>GAJ Grzegorz</b>	<b>7020</b>		M40	34	01:54:45	<b>03:25:59.00</b>	<b>03:26:09.55</b>	+01:09:32 (33.7%)	7:21	8.2 (66.7%)
95	<b>CYTAWA Adrian</b>	<b>4427</b>	FIZJO-SPORT ŁĘCZNA 19BZ	M30	37	01:48:01	<b>03:26:10.30</b>	<b>03:26:22.60</b>	+01:09:45 (33.8%)	7:21	8.1 (65.9%)
96	<b>GAJ Andrzej</b>	<b>4092</b>		M50	8	01:48:07	<b>03:26:20.90</b>	<b>03:26:35.75</b>	+01:09:58 (33.9%)	7:22	8.1 (65.9%)
97	<b>KULAS Łukasz</b>	<b>4618</b>	SOLO LECĘ	M40	35	01:53:46	<b>03:26:10.70</b>	<b>03:26:36.55</b>	+01:09:59 (33.9%)	7:21	8.1 (65.9%)
98	<b>LASEK Leszek</b>	<b>4701</b>		M50	9	01:50:14	<b>03:26:53.55</b>	<b>03:26:59.90</b>	+01:10:22 (34.0%)	7:23	8.1 (65.9%)
99	<b>SOCHA Norbert</b>	<b>4684</b>		M40	36	01:50:12	<b>03:26:54.65</b>	<b>03:27:00.70</b>	+01:10:23 (34.0%)	7:23	8.1 (65.9%)
100	<b>FIJOLEK Tomek</b>	<b>4123</b>	FIZJOTRAIL HD	M30	38	01:50:51	<b>03:26:57.70</b>	<b>03:27:02.55</b>	+01:10:25 (34.0%)	7:23	8.1 (65.9%)
101	<b>PABICH Maria</b>	<b>4498</b>	UKS AZYMUT PABIANICE	K40	3	01:51:06	<b>03:26:51.30</b>	<b>03:27:23.30</b>	+01:10:46 (34.1%)	7:23	8.1 (65.9%)
102	<b>GRUMBIANIN Paulina</b>	<b>4584</b>	DREAM RUN/LOGWIN	K50	1	01:50:36	<b>03:27:20.20</b>	<b>03:27:25.70</b>	+01:10:48 (34.1%)	7:24	8.1 (65.9%)
103	<b>PRABUCKI Krzysztof</b>	<b>4265</b>	WITKOWO BIEGA	M40	37	01:50:49	<b>03:26:49.75</b>	<b>03:27:43.45</b>	+01:11:06 (34.2%)	7:23	8.1 (65.9%)
104	<b>KOPPLINGER Grzegorz</b>	<b>4282</b>	ASSECO ACTIVE TEAM	M50	10	01:49:07	<b>03:28:11.05</b>	<b>03:28:12.75</b>	+01:11:35 (34.4%)	7:26	8.1 (65.9%)
105	<b>PODOLSKI Marek</b>	<b>4365</b>	AGRC	M40	38	01:55:15	<b>03:27:16.60</b>	<b>03:28:14.75</b>	+01:11:37 (34.4%)	7:24	8.1 (65.9%)
106	<b>ASŁANOWICZ Marcin</b>	<b>4323</b>	ŻÓRAWSKI TEAM	M40	39	01:51:28	<b>03:28:34.20</b>	<b>03:28:41.40</b>	+01:12:04 (34.5%)	7:26	8.1 (65.9%)
107	<b>KOWALSKA Joanna</b>	<b>4230</b>	BRAK	K30	8	01:53:16	<b>03:29:12.30</b>	<b>03:29:17.75</b>	+01:12:40 (34.7%)	7:28	8 (65.0%)
108	<b>JAWORSKA Agnieszka</b>	<b>4545</b>		K40	4	01:48:59	<b>03:29:53.30</b>	<b>03:30:00.20</b>	+01:13:22 (34.9%)	7:29	8 (65.0%)
109	<b>JAWORSKI Piotr</b>	<b>4546</b>		M40	40	01:48:59	<b>03:29:53.95</b>	<b>03:30:00.85</b>	+01:13:23 (34.9%)	7:29	8 (65.0%)
110	<b>CZWAL Cezary</b>	<b>4486</b>		M20	8	01:54:45	<b>03:30:07.95</b>	<b>03:31:01.95</b>	+01:14:24 (35.3%)	7:30	8 (65.0%)
111	<b>SZYMKIEWICZ Robert</b>	<b>4426</b>	MIEDZYRZECKIE GAZELE	M50	11	01:54:37	<b>03:31:30.50</b>	<b>03:31:34.05</b>	+01:14:56 (35.4%)	7:33	7.9 (64.2%)
112	<b>GAJEWIAK Adam</b>	<b>4436</b>	WENET RUNNERS TEAM	M50	12	01:56:08	<b>03:32:22.75</b>	<b>03:32:33.30</b>	+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	<b>FILAR Tomasz</b>	<b>4560</b>	KARL STORZ POLSKA	M50	13	01:53:20	<b>03:32:15.95</b>	<b>03:33:15.15</b>	+01:16:37 (35.9%)	7:34	7.9 (64.2%)
114	<b>MATYJA Rafał</b>	<b>4526</b>	LESZNO LIMITS RUNNERS	M30	39	02:01:19	<b>03:33:09.50</b>	<b>03:33:44.90</b>	+01:17:07 (36.1%)	7:36	7.9 (64.2%)
115	<b>SKIRŁO Marcin</b>	<b>4202</b>		M20	9	01:56:52	<b>03:33:33.15</b>	<b>03:34:37.45</b>	+01:18:00 (36.3%)	7:37	7.9 (64.2%)
116	<b>DOLCZEWSKI Dariusz</b>	<b>4291</b>	BAT NAPRZÓD MŁOCINY	M40	41	01:58:54	<b>03:34:26.55</b>	<b>03:34:46.60</b>	+01:18:09 (36.4%)	7:39	7.8 (63.4%)
117	<b>DYBOWSKI Piotr</b>	<b>7009</b>	1ON1 TEAM	M40	42	01:59:41	<b>03:35:25.05</b>	<b>03:36:06.10</b>	+01:19:28 (36.8%)	7:41	7.8 (63.4%)
118	<b>MIGDAŁ Karol</b>	<b>4495</b>	GALICJA BIEGA	M40	43	01:58:31	<b>03:35:24.80</b>	<b>03:36:08.85</b>	+01:19:31 (36.8%)	7:41	7.8 (63.4%)
119	<b>PUCHACZ Piotr</b>	<b>4634</b>		M50	14	01:59:04	<b>03:36:07.70</b>	<b>03:36:12.15</b>	+01:19:34 (36.8%)	7:43	7.8 (63.4%)
120	<b>SKULIMOWSKI Krzysztof</b>	<b>4463</b>		M60	1	02:00:22	<b>03:35:38.05</b>	<b>03:36:12.20</b>	+01:19:34 (36.8%)	7:42	7.8 (63.4%)
121	<b>POKROPEK Jakub</b>	<b>4469</b>		M20	10		<b>03:36:11.20</b>	<b>03:36:54.00</b>	+01:20:16 (37.0%)	7:43	7.8 (63.4%)
122	<b>PIASZCZYŃSKI Maciej</b>	<b>4690</b>	NEKORENTALCREW	M30	40	02:04:39	<b>03:35:28.95</b>	<b>03:37:08.85</b>	+01:20:31 (37.1%)	7:41	7.8 (63.4%)
123	<b>WOŹNIAK Janusz</b>	<b>4129</b>	PORMAT JEDLICZE BIEGA	M60	2	01:57:09	<b>03:37:03.15</b>	<b>03:37:24.00</b>	+01:20:46 (37.2%)	7:45	7.7 (62.6%)
124	<b>CAŁA Michał</b>	<b>4504</b>	KLUB JEŹDZIECKI DERA	M40	44	01:51:36	<b>03:37:32.60</b>	<b>03:37:38.15</b>	+01:21:00 (37.2%)	7:46	7.7 (62.6%)
125	<b>PEPŁOŃSKI Łukasz</b>	<b>4457</b>		M40	45	02:06:08	<b>03:36:56.45</b>	<b>03:38:00.55</b>	+01:21:23 (37.3%)	7:44	7.7 (62.6%)
126	<b>WIEWIÓRKA Piotr</b>	<b>4108</b>	SĄSIEDZI	M50	15	01:59:21	<b>03:38:01.80</b>	<b>03:38:56.60</b>	+01:22:19 (37.6%)	7:47	7.7 (62.6%)
127	<b>WESOŁOWSKI Piotr</b>	<b>4310</b>	WSTAWAJ I WALCZ	M40	46	01:59:44	<b>03:37:42.85</b>	<b>03:39:09.55</b>	+01:22:32 (37.7%)	7:46	7.7 (62.6%)
128	<b>BRZYSKA Marcelina</b>	<b>4414</b>		K30	9	01:56:01	<b>03:39:12.75</b>	<b>03:39:22.90</b>	+01:22:45 (37.7%)	7:49	7.7 (62.6%)
129	<b>KORNEK Łukasz</b>	<b>4458</b>		M40	47	01:55:00	<b>03:39:13.70</b>	<b>03:39:26.45</b>	+01:22:49 (37.7%)	7:49	7.7 (62.6%)
130	<b>ŚLUSAREK Katarzyna</b>	<b>4506</b>	SIEMIESZ-TEAM	K20	2	01:58:24	<b>03:39:15.00</b>	<b>03:39:35.55</b>	+01:22:58 (37.8%)	7:49	7.7 (62.6%)
131	<b>SOLIŃSKI Krzysztof</b>	<b>4479</b>		M20	11	02:01:46	<b>03:39:36.60</b>	<b>03:40:11.55</b>	+01:23:34 (38.0%)	7:50	7.7 (62.6%)
132	<b>STYŁA-STYLIŃSKI Norbert</b>	<b>4296</b>	TWOJA STARA	M40	48	01:53:30	<b>03:39:56.50</b>	<b>03:40:36.40</b>	+01:23:59 (38.1%)	7:51	7.6 (61.8%)
133	<b>OLSZAK Zenon</b>	<b>4635</b>	META NADARZYN	M60	3	01:58:00	<b>03:40:29.55</b>	<b>03:40:37.20</b>	+01:23:59 (38.1%)	7:52	7.6 (61.8%)
134	<b>WÓJKOWSKI Tomasz</b>	<b>4612</b>		M40	49	01:55:33	<b>03:40:13.75</b>	<b>03:40:41.45</b>	+01:24:04 (38.1%)	7:51	7.6 (61.8%)
135	<b>CYRAN Wojtek</b>	<b>4577</b>		M30	41	02:01:59	<b>03:41:18.60</b>	<b>03:41:49.15</b>	+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	<b>RONDUDA Jakub</b>	<b>4273</b>	DZIEK	M30	42	01:52:43	<b>03:41:05.90</b>	<b>03:41:51.35</b>	+01:25:14 (38.4%)	7:53	7.6 (61.8%)
137	<b>JUSZCZYK-SKRZYPIEC Karolina</b>	<b>4639</b>	SKLEP BIEGACZA / DYNAFIT	K20	3	02:00:51	<b>03:41:54.85</b>	<b>03:42:08.45</b>	+01:25:31 (38.5%)	7:55	7.6 (61.8%)
138	<b>RABCZEWSKI Andrzej</b>	<b>4418</b>	MKS MECHANIK WŁODAWA	M50	16	02:00:38	<b>03:42:10.80</b>	<b>03:42:35.50</b>	+01:25:58 (38.6%)	7:56	7.6 (61.8%)
139	<b>ADASZEK Łukasz</b>	<b>4650</b>		M40	50	01:58:30	<b>03:41:38.95</b>	<b>03:42:38.65</b>	+01:26:01 (38.6%)	7:54	7.6 (61.8%)
140	<b>KUŹMA-MAJDA Malwina</b>	<b>4394</b>	KB SOBÓTKA	K30	10	01:59:20	<b>03:42:29.05</b>	<b>03:42:39.80</b>	+01:26:02 (38.6%)	7:56	7.6 (61.8%)
141	<b>PAWLIK Mateusz</b>	<b>4371</b>		M20	12	01:57:18	<b>03:42:16.50</b>	<b>03:42:41.75</b>	+01:26:04 (38.7%)	7:56	7.6 (61.8%)
142	<b>SKWARSKI Piotr</b>	<b>4368</b>		M20	13	01:57:18	<b>03:42:17.30</b>	<b>03:42:42.05</b>	+01:26:04 (38.7%)	7:56	7.6 (61.8%)
143	<b>KOŁODZIEJCZYK Marcin</b>	<b>4133</b>		M40	51	01:56:06	<b>03:42:41.05</b>	<b>03:42:52.40</b>	+01:26:15 (38.7%)	7:57	7.5 (61.0%)
144	<b>MEYER Marcin</b>	<b>4280</b>		M40	52	02:04:39	<b>03:42:21.55</b>	<b>03:43:17.10</b>	+01:26:39 (38.8%)	7:56	7.6 (61.8%)
145	<b>SZYMAJDA Adam</b>	<b>4340</b>		M40	53	01:58:13	<b>03:43:00.05</b>	<b>03:43:18.15</b>	+01:26:40 (38.8%)	7:57	7.5 (61.0%)
146	<b>JESKE Marek</b>	<b>4124</b>	RUN BYDGOSZCZ	M50	17	01:55:11	<b>03:43:16.00</b>	<b>03:43:21.70</b>	+01:26:44 (38.8%)	7:58	7.5 (61.0%)
147	<b>CZERNAK Anna</b>	<b>4075</b>		K30	11	02:04:09	<b>03:42:53.90</b>	<b>03:43:29.45</b>	+01:26:52 (38.9%)	7:57	7.5 (61.0%)
148	<b>GABRYCH Łukasz</b>	<b>4321</b>	SAINT-GOBAIN SQUAD	M40	54	02:00:04	<b>03:43:51.70</b>	<b>03:43:59.10</b>	+01:27:21 (39.0%)	7:59	7.5 (61.0%)
149	<b>POŻAROWSKI Paweł</b>	<b>4466</b>		M30	43	02:04:19	<b>03:43:54.55</b>	<b>03:44:05.45</b>	+01:27:28 (39.0%)	7:59	7.5 (61.0%)
150	<b>IMIOŁCZYK Tomasz</b>	<b>4511</b>	KOMANDOS	M40	55	01:59:29	<b>03:43:42.85</b>	<b>03:44:15.15</b>	+01:27:37 (39.1%)	7:59	7.5 (61.0%)
151	<b>KASZUBA Jacek</b>	<b>4319</b>		M50	18	02:00:06	<b>03:44:21.10</b>	<b>03:44:43.05</b>	+01:28:05 (39.2%)	8:00	7.5 (61.0%)
152	<b>SOLARSKI Robert</b>	<b>4303</b>		M50	19	01:57:28	<b>03:44:51.80</b>	<b>03:44:55.35</b>	+01:28:18 (39.3%)	8:01	7.5 (61.0%)
153	<b>HOŁOWNIA Bartłomiej</b>	<b>4287</b>	SOP POS	M30	44	01:55:49	<b>03:44:33.90</b>	<b>03:44:58.75</b>	+01:28:21 (39.3%)	8:01	7.5 (61.0%)
154	<b>TABAK Adrian</b>	<b>4286</b>		M30	45	01:55:47	<b>03:44:33.60</b>	<b>03:44:59.00</b>	+01:28:21 (39.3%)	8:01	7.5 (61.0%)
155	<b>STUDNICKI Paweł</b>	<b>4140</b>		M30	46	02:02:48	<b>03:44:51.45</b>	<b>03:45:00.55</b>	+01:28:23 (39.3%)	8:01	7.5 (61.0%)
156	<b>STAŚKOWIAK Rafał</b>	<b>4263</b>	BRACTWO BIEGOWE BGK	M30	47	02:09:23	<b>03:44:26.25</b>	<b>03:45:00.85</b>	+01:28:23 (39.3%)	8:00	7.5 (61.0%)
157	<b>SZCZYGIEŁ Agnieszka</b>	<b>4630</b>		K30	12	01:57:55	<b>03:44:45.00</b>	<b>03:45:07.55</b>	+01:28:30 (39.3%)	8:01	7.5 (61.0%)
158	<b>ROSZCZYPAŁA Bartłomiej</b>	<b>4424</b>	SII RUNNING TEAM	M30	48	02:02:49	<b>03:44:46.05</b>	<b>03:45:07.80</b>	+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	<b>PORĘBSKI Michał</b>	<b>4085</b>		M30	49	01:57:31	<b>03:44:50.35</b>	<b>03:45:08.75</b>	+01:28:31 (39.3%)	8:01	7.5 (61.0%)
160	<b>SZAFRAŃSKA Emilia</b>	<b>4387</b>	TRAIL IS OUR WAY	K20	4	02:00:33	<b>03:45:07.05</b>	<b>03:45:11.70</b>	+01:28:34 (39.3%)	8:02	7.5 (61.0%)
161	<b>SOLAN Radosław</b>	<b>4388</b>		M50	20	01:56:06	<b>03:45:18.05</b>	<b>03:45:28.30</b>	+01:28:51 (39.4%)	8:02	7.5 (61.0%)
162	<b>KACZMAREK Tomasz</b>	<b>4221</b>	WITKOWO BIEGA	M40	56	01:57:11	<b>03:44:52.70</b>	<b>03:45:46.40</b>	+01:29:09 (39.5%)	8:01	7.5 (61.0%)
163	<b>RORAT Lena</b>	<b>4627</b>	CHEŁM BIEGA	K40	5	02:01:15	<b>03:45:15.85</b>	<b>03:45:53.65</b>	+01:29:16 (39.5%)	8:02	7.5 (61.0%)
164	<b>WALASZEK Kamil</b>	<b>4533</b>	FOXTROT	M30	50	01:56:05	<b>03:45:36.60</b>	<b>03:45:58.00</b>	+01:29:20 (39.5%)	8:03	7.4 (60.2%)
165	<b>ZELGA Szymon</b>	<b>4346</b>		M20	14	02:04:42	<b>03:44:41.70</b>	<b>03:46:01.85</b>	+01:29:24 (39.6%)	8:01	7.5 (61.0%)
166	<b>MROŻEK Michał</b>	<b>4455</b>	SUŁTANI FITNESSU	M40	57	01:57:20	<b>03:45:39.85</b>	<b>03:46:05.10</b>	+01:29:27 (39.6%)	8:03	7.4 (60.2%)
167	<b>MAREK Jarosław</b>	<b>4523</b>	MEGABUD	M40	58		<b>03:45:56.00</b>	<b>03:46:17.75</b>	+01:29:40 (39.6%)	8:04	7.4 (60.2%)
168	<b>JAKUBIAK Krzysztof</b>	<b>4053</b>		M30	51	02:00:03	<b>03:45:34.00</b>	<b>03:46:32.10</b>	+01:29:54 (39.7%)	8:03	7.4 (60.2%)
169	<b>PILCH-NANOWSKA Agnieszka</b>	<b>4503</b>		K40	6	02:01:21	<b>03:46:21.90</b>	<b>03:46:33.40</b>	+01:29:56 (39.7%)	8:05	7.4 (60.2%)
170	<b>KOZDROWSKA Marta</b>	<b>4112</b>		K30	13	02:03:10	<b>03:45:49.30</b>	<b>03:46:37.30</b>	+01:30:00 (39.7%)	8:03	7.4 (60.2%)
171	<b>KAMUDA Daniel</b>	<b>4529</b>		M50	21	01:56:15	<b>03:46:35.85</b>	<b>03:46:40.45</b>	+01:30:03 (39.7%)	8:05	7.4 (60.2%)
172	<b>BĄK Mateusz</b>	<b>4585</b>		M30	52	01:47:20	<b>03:46:30.95</b>	<b>03:46:52.10</b>	+01:30:14 (39.8%)	8:05	7.4 (60.2%)
173	<b>GRYGIERCZYK Anna</b>	<b>4494</b>	AVERBIT	K40	7	01:59:02	<b>03:45:27.70</b>	<b>03:46:54.25</b>	+01:30:16 (39.8%)	8:03	7.5 (61.0%)
174	<b>MAKOWSKI Tomasz</b>	<b>4107</b>		M50	22	02:00:12	<b>03:46:04.25</b>	<b>03:47:00.60</b>	+01:30:23 (39.8%)	8:04	7.4 (60.2%)
175	<b>TEODOREK Marcei</b>	<b>4664</b>	ORANGE POLSKA	M40	59	02:04:46	<b>03:46:55.10</b>	<b>03:47:06.65</b>	+01:30:29 (39.8%)	8:06	7.4 (60.2%)
176	<b>BOŻĘTKA Waldemar</b>	<b>4334</b>	NOWY STYL RUNNING TEAM	M40	60	01:45:35	<b>03:47:13.25</b>	<b>03:47:22.00</b>	+01:30:44 (39.9%)	8:06	7.4 (60.2%)
177	<b>BILSKI Dariusz</b>	<b>4305</b>		M30	53	02:02:11	<b>03:46:48.55</b>	<b>03:47:31.40</b>	+01:30:54 (40.0%)	8:06	7.4 (60.2%)
178	<b>TOMASZEK Marcin</b>	<b>4051</b>		M40	61	01:57:51	<b>03:46:10.65</b>	<b>03:47:37.80</b>	+01:31:00 (40.0%)	8:04	7.4 (60.2%)
179	<b>BEDNARCZYK Magdalena</b>	<b>4378</b>		K40	8	02:03:06	<b>03:47:28.60</b>	<b>03:47:42.10</b>	+01:31:04 (40.0%)	8:07	7.4 (60.2%)
180	<b>MAJCHRZAK Jakub</b>	<b>4088</b>	FIBOO.PL	M30	54	01:56:50	<b>03:47:27.05</b>	<b>03:47:47.60</b>	+01:31:10 (40.0%)	8:07	7.4 (60.2%)
181	<b>STARAK Sylwia</b>	<b>4399</b>	DZIKIE DZIKI GORZÓW	K30	14	02:04:41	<b>03:47:38.25</b>	<b>03:47:52.25</b>	+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	<b>GWIZDOWSKI Cezary</b>	<b>4164</b>		M30	55	02:02:17	<b>03:47:05.85</b>	<b>03:48:28.05</b>	+01:31:50 (40.2%)	8:06	7.4 (60.2%)
183	<b>PIWOWARCZYK Magdalena</b>	<b>4370</b>		K30	15	02:03:39	<b>03:48:40.65</b>	<b>03:48:56.40</b>	+01:32:19 (40.3%)	8:10	7.3 (59.3%)
184	<b>SZATKOWSKI Bartosz</b>	<b>4199</b>	NSNP	M30	56	02:02:14	<b>03:48:25.65</b>	<b>03:49:08.05</b>	+01:32:30 (40.4%)	8:09	7.4 (60.2%)
185	<b>BAKUN Mariusz</b>	<b>4254</b>	CHEŁM	M50	23	02:01:32	<b>03:48:33.30</b>	<b>03:49:10.80</b>	+01:32:33 (40.4%)	8:09	7.4 (60.2%)
186	<b>DYŚ Małgorzata</b>	<b>4686</b>	PCTS SPORT	K40	9	02:00:56	<b>03:49:34.75</b>	<b>03:49:43.60</b>	+01:33:06 (40.5%)	8:11	7.3 (59.3%)
187	<b>STANIO Arkadiusz</b>	<b>7026</b>	ASSECO ACTIVE TEAM / BIEGAM W RZESZOWIE	M40	62	02:09:48	<b>03:48:31.75</b>	<b>03:49:43.80</b>	+01:33:06 (40.5%)	8:09	7.4 (60.2%)
188	<b>GÓRALCZYK Tomasz</b>	<b>4331</b>		M40	63	01:58:08	<b>03:49:40.65</b>	<b>03:49:47.30</b>	+01:33:10 (40.5%)	8:12	7.3 (59.3%)
189	<b>KOWALCZYK Rafał</b>	<b>7013</b>		M40	64	02:02:47	<b>03:49:11.35</b>	<b>03:49:52.35</b>	+01:33:15 (40.6%)	8:11	7.3 (59.3%)
190	<b>LEWCZUK Norbert</b>	<b>4647</b>	EDYTA LEWANDOWSKA TEAM	M40	65	02:02:42	<b>03:48:52.05</b>	<b>03:49:55.40</b>	+01:33:18 (40.6%)	8:10	7.3 (59.3%)
191	<b>TAŃSKI Gustaw</b>	<b>4061</b>	BIEGOWE WIÓRKI	M20	15	02:03:14	<b>03:49:51.25</b>	<b>03:49:55.55</b>	+01:33:18 (40.6%)	8:12	7.3 (59.3%)
192	<b>JEDLIŃSKI Norbert</b>	<b>4646</b>	MARATOŃCZYK DĘBICA	M20	16		<b>03:48:25.65</b>	<b>03:50:00.75</b>	+01:33:23 (40.6%)	8:09	7.4 (60.2%)
193	<b>TRZECIAK Krzysztof</b>	<b>4417</b>		M40	66	01:58:20	<b>03:50:12.45</b>	<b>03:50:15.70</b>	+01:33:38 (40.7%)	8:13	7.3 (59.3%)
194	<b>WOŁOSZYN Czesław</b>	<b>4421</b>	PIZUNY ROZTOCZE WSCHODNIE	M60	4	02:12:01	<b>03:49:34.30</b>	<b>03:50:20.65</b>	+01:33:43 (40.7%)	8:11	7.3 (59.3%)
195	<b>PIETRZYCKI Sławomir</b>	<b>4127</b>		M50	24	02:01:23	<b>03:49:43.35</b>	<b>03:50:38.35</b>	+01:34:01 (40.8%)	8:12	7.3 (59.3%)
196	<b>BORSIAK Tymoteusz</b>	<b>4246</b>	WIZZDEV SPORTS TEAM	M20	17	02:06:03	<b>03:50:06.50</b>	<b>03:51:13.35</b>	+01:34:36 (40.9%)	8:13	7.3 (59.3%)
197	<b>ZIENIEWICZ Wojciech</b>	<b>4516</b>		M40	67	01:56:38	<b>03:51:40.05</b>	<b>03:51:48.55</b>	+01:35:11 (41.1%)	8:16	7.3 (59.3%)
198	<b>ULICZNY Paweł</b>	<b>4235</b>	REMBERTÓW TEAM	M50	25	02:02:01	<b>03:51:36.60</b>	<b>03:51:58.95</b>	+01:35:21 (41.1%)	8:16	7.3 (59.3%)
199	<b>CZARNECKA Katarzyna</b>	<b>4186</b>		K30	16	02:03:16	<b>03:51:32.45</b>	<b>03:52:05.95</b>	+01:35:28 (41.1%)	8:16	7.3 (59.3%)
200	<b>NEPELSKI Krzysztof</b>	<b>4601</b>	CROSSFIT LUBLIN	M30	57	01:59:28	<b>03:51:26.55</b>	<b>03:52:17.55</b>	+01:35:40 (41.2%)	8:15	7.3 (59.3%)
201	<b>BERK Mateusz</b>	<b>4363</b>	UNILOGO RUNNING TEAM	M30	58	02:03:43	<b>03:51:34.60</b>	<b>03:52:45.85</b>	+01:36:08 (41.3%)	8:16	7.3 (59.3%)
202	<b>FORTUNA Mateusz</b>	<b>4145</b>		M30	59	02:05:31	<b>03:52:03.70</b>	<b>03:53:00.25</b>	+01:36:22 (41.4%)	8:17	7.2 (58.5%)
203	<b>WOJTOWICZ Paweł</b>	<b>4342</b>	NOWY STYL RUNNING TEAM	M30	60	02:11:09	<b>03:53:12.30</b>	<b>03:54:01.00</b>	+01:37:23 (41.6%)	8:19	7.2 (58.5%)
204	<b>SŁOWIK Mariusz</b>	<b>4079</b>	BORKOWICE TEAM	M50	26	02:06:44	<b>03:53:33.85</b>	<b>03:54:10.55</b>	+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	<b>ZARZECZNY Radosław</b>	<b>4579</b>		M30	61	02:09:29	<b>03:53:33.00</b>	<b>03:54:16.90</b>	+01:37:39 (41.7%)	8:20	7.2 (58.5%)
206	<b>PERLIŃSKI Mirosław</b>	<b>4264</b>	ASSECO ACTIVE TEAM	M40	68	02:07:51	<b>03:53:04.30</b>	<b>03:54:19.30</b>	+01:37:42 (41.7%)	8:19	7.2 (58.5%)
207	<b>SUŚLIK Robert</b>	<b>4566</b>		M40	69	02:03:02	<b>03:54:19.05</b>	<b>03:54:23.20</b>	+01:37:45 (41.7%)	8:22	7.2 (58.5%)
208	<b>TOŁKACZ Marta</b>	<b>4462</b>		K30	17	02:06:45	<b>03:53:22.10</b>	<b>03:54:27.30</b>	+01:37:50 (41.7%)	8:20	7.2 (58.5%)
209	<b>KRASOWSKA Matylda</b>	<b>4487</b>		K30	18	02:07:03	<b>03:52:52.85</b>	<b>03:54:34.90</b>	+01:37:57 (41.8%)	8:19	7.2 (58.5%)
210	<b>SZYMAŃSKI Jakub</b>	<b>4608</b>		M30	62	02:13:22	<b>03:54:00.70</b>	<b>03:54:52.25</b>	+01:38:14 (41.8%)	8:21	7.2 (58.5%)
211	<b>RECZEK Sebastian</b>	<b>7004</b>	ULTRA SEBA	M40	70	02:12:08	<b>03:54:27.70</b>	<b>03:55:15.65</b>	+01:38:38 (41.9%)	8:22	7.2 (58.5%)
212	<b>KALISZ Karolina</b>	<b>4540</b>		K30	19	02:13:30	<b>03:54:14.50</b>	<b>03:55:22.40</b>	+01:38:45 (42.0%)	8:21	7.2 (58.5%)
213	<b>PUCHYRSKI Piotr</b>	<b>4313</b>		M30	63	02:04:36	<b>03:54:56.45</b>	<b>03:55:54.20</b>	+01:39:16 (42.1%)	8:23	7.2 (58.5%)
214	<b>KUBACKI Marcin</b>	<b>4502</b>		M30	64	01:58:59	<b>03:54:35.95</b>	<b>03:56:02.25</b>	+01:39:24 (42.1%)	8:22	7.2 (58.5%)
215	<b>GRYCMAN Magda</b>	<b>4660</b>	SPARTA ULTRA TEAM	K40	10	02:04:51	<b>03:56:16.40</b>	<b>03:56:23.95</b>	+01:39:46 (42.2%)	8:26	7.1 (57.7%)
216	<b>MILEWSKI Mateusz</b>	<b>7027</b>	ASSECO ACTIVE TEAM	M30	65	02:13:16	<b>03:56:30.30</b>	<b>03:56:34.05</b>	+01:39:56 (42.2%)	8:26	7.1 (57.7%)
217	<b>BANET Eliza</b>	<b>4211</b>		K40	11	02:08:49	<b>03:55:43.70</b>	<b>03:56:52.20</b>	+01:40:14 (42.3%)	8:25	7.1 (57.7%)
218	<b>JARZEMBOWSKI Tomasz</b>	<b>4402</b>	WLKP MOUNTAINS ULTRA	M40	71	02:08:11	<b>03:56:42.35</b>	<b>03:57:08.90</b>	+01:40:31 (42.4%)	8:27	7.1 (57.7%)
218	<b>SOBCZAK Mikołaj</b>	<b>4401</b>	WLKP MOUNTAINS ULTRA	M40	71	02:08:12	<b>03:56:42.75</b>	<b>03:57:08.90</b>	+01:40:31 (42.4%)	8:27	7.1 (57.7%)
220	<b>BISKUPSKI Michał</b>	<b>4423</b>		M40	73	02:04:07	<b>03:57:20.45</b>	<b>03:57:23.40</b>	+01:40:46 (42.4%)	8:28	7.1 (57.7%)
221	<b>MRÓZEK Piotr</b>	<b>4582</b>	RONDO TEAM	M40	74	02:02:34	<b>03:56:48.65</b>	<b>03:57:31.70</b>	+01:40:54 (42.5%)	8:27	7.1 (57.7%)
222	<b>IWANOWICZ Magda</b>	<b>4295</b>		K40	12	02:13:03	<b>03:56:35.40</b>	<b>03:57:34.90</b>	+01:40:57 (42.5%)	8:26	7.1 (57.7%)
223	<b>MYSIURA Adam</b>	<b>4308</b>	#ADAMCZERWINSKITEAM	M40	75	01:54:18	<b>03:57:59.60</b>	<b>03:58:24.45</b>	+01:41:47 (42.7%)	8:29	7.1 (57.7%)
224	<b>PIETEK Janusz</b>	<b>4137</b>		M40	76	02:02:51	<b>03:58:13.05</b>	<b>03:58:25.45</b>	+01:41:48 (42.7%)	8:30	7.1 (57.7%)
225	<b>SPORNIAK Krzysztof</b>	<b>4652</b>		M30	66	02:08:32	<b>03:57:52.45</b>	<b>03:58:29.95</b>	+01:41:52 (42.7%)	8:29	7.1 (57.7%)
226	<b>GRYCMAN Łukasz</b>	<b>4659</b>	SPARTA ULTRA TEAM	M40	77	02:04:51	<b>03:58:44.25</b>	<b>03:58:52.05</b>	+01:42:14 (42.8%)	8:31	7 (56.9%)
227	<b>STANOSZ-CHEŁKOWSKA Aneta</b>	<b>4678</b>	HARDE DZIKI	K40	13	02:06:08	<b>03:58:51.35</b>	<b>03:59:29.35</b>	+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	<b>RONDUDA Janusz</b>	<b>4276</b>		M50	27	02:09:13	<b>03:58:08.60</b>	<b>03:59:31.35</b>	+01:42:54 (43.0%)	8:30	7.1 (57.7%)
229	<b>CIECIOROWSKA Aleksandra</b>	<b>4654</b>	SOBAS TEAM	K20	5	02:04:34	<b>03:59:32.80</b>	<b>03:59:32.80</b>	+01:42:55 (43.0%)	8:33	7 (56.9%)
230	<b>CHROBOT Anna</b>	<b>4355</b>	NOWY STYL RUNNING TEAM	K30	20	02:10:46	<b>03:58:46.20</b>	<b>03:59:34.55</b>	+01:42:57 (43.0%)	8:31	7 (56.9%)
231	<b>MAĆZKA Paweł</b>	<b>4052</b>		M40	78	02:09:07	<b>03:58:22.45</b>	<b>03:59:50.30</b>	+01:43:13 (43.0%)	8:30	7 (56.9%)
232	<b>POGODA Adam</b>	<b>4548</b>		M40	79	02:08:34	<b>03:59:13.75</b>	<b>04:00:11.25</b>	+01:43:33 (43.1%)	8:32	7 (56.9%)
233	<b>OBIDOWSKI Łukasz</b>	<b>7040</b>	ODYNIEC TEAM	M40	80	02:15:29	<b>03:59:03.45</b>	<b>04:00:16.30</b>	+01:43:39 (43.1%)	8:32	7 (56.9%)
234	<b>KONIECZNY Przemysław</b>	<b>4160</b>	BIEGAM BO LUBIĘ	M30	67	02:19:13	<b>03:59:55.55</b>	<b>04:00:45.35</b>	+01:44:08 (43.3%)	8:34	7 (56.9%)
235	<b>DRYNKO Karol</b>	<b>4059</b>	FIZJOTERAPIAHD	M40	81	01:59:34	<b>04:00:59.35</b>	<b>04:01:04.50</b>	+01:44:27 (43.3%)	8:36	7 (56.9%)
236	<b>GAŻA Łukasz</b>	<b>4148</b>		M30	68	02:15:09	<b>04:00:08.70</b>	<b>04:01:04.60</b>	+01:44:27 (43.3%)	8:34	7 (56.9%)
237	<b>NIEDŹWIEDZKA Anna</b>	<b>7025</b>	NA SZAGĘ	K40	14	02:07:48	<b>04:00:19.15</b>	<b>04:01:32.40</b>	+01:44:55 (43.4%)	8:34	7 (56.9%)
238	<b>KRUSZEWSKI Filip</b>	<b>7024</b>	NOWAK.RUN	M30	69	02:12:00	<b>04:00:23.30</b>	<b>04:01:41.90</b>	+01:45:04 (43.5%)	8:35	7 (56.9%)
239	<b>BURSKI Michał</b>	<b>4201</b>		M40	82	02:01:54	<b>04:01:37.80</b>	<b>04:01:50.35</b>	+01:45:13 (43.5%)	8:37	7 (56.9%)
240	<b>KŁODA Mikołaj</b>	<b>4535</b>		M20	18	02:15:21	<b>04:01:31.00</b>	<b>04:01:50.65</b>	+01:45:13 (43.5%)	8:37	7 (56.9%)
241	<b>ANTKIEWICZ Natalia</b>	<b>4663</b>	TAJFUN KOLBUSZOWA	K20	6	02:11:37	<b>04:01:21.30</b>	<b>04:02:15.90</b>	+01:45:38 (43.6%)	8:37	7 (56.9%)
242	<b>BAKUN Monika</b>	<b>4632</b>		K20	7	02:03:50	<b>04:01:59.60</b>	<b>04:02:39.05</b>	+01:46:01 (43.7%)	8:38	6.9 (56.1%)
243	<b>KOWALCZYK Robert</b>	<b>7018</b>	CEDRUS TEAM / ŁĘCZNA BIEGA	M40	83	02:14:35	<b>04:02:03.85</b>	<b>04:02:43.85</b>	+01:46:06 (43.7%)	8:38	6.9 (56.1%)
243	<b>ZIELIŃSKI Dariusz</b>	<b>7031</b>	FIZJO-SPORT ŁĘCZNA/CEDRUS TEAM	M40	83	02:14:35	<b>04:02:03.95</b>	<b>04:02:43.85</b>	+01:46:06 (43.7%)	8:38	6.9 (56.1%)
245	<b>KLIŚ Marcin</b>	<b>4500</b>	TOMICA COACHING	M40	85	02:09:14	<b>04:02:46.90</b>	<b>04:02:51.05</b>	+01:46:13 (43.7%)	8:40	6.9 (56.1%)
246	<b>KLIŚ Patrycja</b>	<b>4501</b>	TOMICA COACHING	K40	15	02:09:16	<b>04:02:46.95</b>	<b>04:02:51.15</b>	+01:46:13 (43.7%)	8:40	6.9 (56.1%)
247	<b>KUCHARCZYK Maciej</b>	<b>4521</b>	GALICJA BIEGA	M50	28	02:09:56	<b>04:02:43.60</b>	<b>04:03:26.80</b>	+01:46:49 (43.9%)	8:40	6.9 (56.1%)
248	<b>STYCZYŃSKI Maciej</b>	<b>4014</b>		M40	86	02:17:17	<b>04:03:15.05</b>	<b>04:03:31.15</b>	+01:46:53 (43.9%)	8:41	6.9 (56.1%)
249	<b>RYŻYŃSKI Tomasz</b>	<b>4045</b>	CHEŁM BIEGA	M40	87	02:08:48	<b>04:03:01.30</b>	<b>04:03:40.65</b>	+01:47:03 (43.9%)	8:40	6.9 (56.1%)
250	<b>ULIŃSKI Adam</b>	<b>4676</b>	KONIN RUN	M40	88	02:15:49	<b>04:02:52.30</b>	<b>04:03:57.15</b>	+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	<b>KWIATKOWSKI Kajetan</b>	<b>4004</b>	NOCNY RZEŹNIK ATAKUJE	M40	89	02:14:02	<b>04:03:34.05</b>	<b>04:04:10.45</b>	+01:47:33 (44.0%)	8:41	6.9 (56.1%)
252	<b>BOROWCZYK Marcin</b>	<b>4481</b>	ULTRAS1	M40	90	02:15:23	<b>04:03:06.95</b>	<b>04:04:18.75</b>	+01:47:41 (44.1%)	8:40	6.9 (56.1%)
253	<b>SKOMRO Arkadiusz</b>	<b>4301</b>		M30	70	02:11:55	<b>04:04:03.55</b>	<b>04:04:34.00</b>	+01:47:56 (44.1%)	8:42	6.9 (56.1%)
254	<b>WÓJCICKI Robert</b>	<b>4299</b>		M50	29	02:04:44	<b>04:03:24.70</b>	<b>04:04:43.80</b>	+01:48:06 (44.2%)	8:41	6.9 (56.1%)
255	<b>ŁAPIŃSKA Agnieszka</b>	<b>4429</b>	AZS UW	K20	8	02:12:04	<b>04:04:29.15</b>	<b>04:04:53.05</b>	+01:48:15 (44.2%)	8:43	6.9 (56.1%)
256	<b>OLEKSIUK Julia</b>	<b>4136</b>	AZS UW	K20	9	02:12:04	<b>04:04:29.85</b>	<b>04:04:53.10</b>	+01:48:15 (44.2%)	8:43	6.9 (56.1%)
257	<b>KOZIOŁ Ela</b>	<b>4403</b>		K30	21	02:11:56	<b>04:04:38.65</b>	<b>04:05:08.30</b>	+01:48:31 (44.3%)	8:44	6.9 (56.1%)
258	<b>BORDUN Michał</b>	<b>4691</b>	NEKORENTALCREW	M40	91	02:10:22	<b>04:03:43.05</b>	<b>04:05:23.85</b>	+01:48:46 (44.3%)	8:42	6.9 (56.1%)
259	<b>KRZAN Tomasz</b>	<b>4698</b>		M40	92	02:07:56	<b>04:04:38.65</b>	<b>04:05:54.10</b>	+01:49:16 (44.4%)	8:44	6.9 (56.1%)
260	<b>WOJCIECHOWSKI Paweł</b>	<b>4332</b>	NAJLEPSI OLD	M50	30	02:06:23	<b>04:05:50.50</b>	<b>04:05:59.65</b>	+01:49:22 (44.5%)	8:46	6.8 (55.3%)
261	<b>TARNOWSKA Katarzyna</b>	<b>4165</b>		K40	16	02:08:09	<b>04:05:50.25</b>	<b>04:06:04.80</b>	+01:49:27 (44.5%)	8:46	6.8 (55.3%)
262	<b>MACIEJEWSKI Artur</b>	<b>4268</b>		M50	31	02:10:25	<b>04:06:26.70</b>	<b>04:06:35.55</b>	+01:49:58 (44.6%)	8:48	6.8 (55.3%)
263	<b>GRUSZCZYŃSKI Jakub</b>	<b>4629</b>	KW TORUŃ	M40	93	02:10:04	<b>04:06:25.85</b>	<b>04:06:42.75</b>	+01:50:05 (44.6%)	8:48	6.8 (55.3%)
264	<b>GRZESZKOWIAK Szymon</b>	<b>4628</b>	KW TORUŃ	M30	71	02:10:06	<b>04:06:27.05</b>	<b>04:06:42.80</b>	+01:50:05 (44.6%)	8:48	6.8 (55.3%)
265	<b>JARZYŃSKI Janusz</b>	<b>4205</b>	KONIN RUN	M50	32	02:15:50	<b>04:06:03.55</b>	<b>04:07:09.30</b>	+01:50:32 (44.7%)	8:47	6.8 (55.3%)
266	<b>JANIK Paweł</b>	<b>4633</b>		M40	94	02:07:30	<b>04:06:33.45</b>	<b>04:07:25.20</b>	+01:50:47 (44.8%)	8:48	6.8 (55.3%)
267	<b>PRUSZKOWSKI Mariusz</b>	<b>4381</b>	CROSSFITTER BOX CHEŁM - CHEŁM BIEGA	M50	33	02:08:46	<b>04:06:52.75</b>	<b>04:07:31.45</b>	+01:50:54 (44.8%)	8:49	6.8 (55.3%)
268	<b>KRUSZEWSKA Asia</b>	<b>4175</b>	ADIDAS RUNNERS POZNAŃ	K30	22	02:12:00	<b>04:06:15.95</b>	<b>04:07:35.05</b>	+01:50:57 (44.8%)	8:47	6.8 (55.3%)
269	<b>GALICKI Jakub</b>	<b>4284</b>	AKADEMIA MISTRZÓW SPORTU	M50	34	02:11:23	<b>04:07:22.25</b>	<b>04:07:44.60</b>	+01:51:07 (44.9%)	8:50	6.8 (55.3%)
270	<b>PAWLAK Bartosz</b>	<b>7006</b>	RUN AND FLY	M40	95	02:20:03	<b>04:06:51.80</b>	<b>04:08:01.30</b>	+01:51:24 (44.9%)	8:48	6.8 (55.3%)
271	<b>ZBLEWSKA Barbara</b>	<b>4269</b>		K30	23	02:10:27	<b>04:07:54.20</b>	<b>04:08:02.95</b>	+01:51:25 (44.9%)	8:51	6.8 (55.3%)
272	<b>NOWAK Michał</b>	<b>4066</b>		M30	72	02:10:09	<b>04:07:35.70</b>	<b>04:08:03.85</b>	+01:51:26 (44.9%)	8:50	6.8 (55.3%)
273	<b>KALETA Jakub</b>	<b>4590</b>		M20	19		<b>04:08:04.40</b>	<b>04:08:04.40</b>	+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	<b>BARAŃSKA Łucja</b>	<b>4375</b>	MOCNA GRUPA CEZARA	K20	10	02:09:07	<b>04:07:52.00</b>	<b>04:08:11.05</b>	+01:51:33 (45.0%)	8:51	6.8 (55.3%)
275	<b>MICHALAK-KLIMCZAK Lucyna</b>	<b>4038</b>		K40	17	02:14:07	<b>04:06:38.10</b>	<b>04:08:23.80</b>	+01:51:46 (45.0%)	8:48	6.8 (55.3%)
276	<b>BOROWSKI Robert</b>	<b>4543</b>		M30	73	02:12:45	<b>04:07:29.20</b>	<b>04:08:24.20</b>	+01:51:46 (45.0%)	8:50	6.8 (55.3%)
277	<b>DĘBSKI Szymon</b>	<b>4064</b>		M40	96	02:06:15	<b>04:07:21.35</b>	<b>04:08:39.35</b>	+01:52:02 (45.1%)	8:50	6.8 (55.3%)
278	<b>LEJMAN Adam</b>	<b>4562</b>		M50	35	02:10:37	<b>04:08:04.40</b>	<b>04:08:43.85</b>	+01:52:06 (45.1%)	8:51	6.8 (55.3%)
279	<b>SMIERZCHAŁA Marta</b>	<b>4536</b>	PRO366	K40	18	02:18:14	<b>04:08:43.45</b>	<b>04:08:51.90</b>	+01:52:14 (45.1%)	8:52	6.8 (55.3%)
280	<b>GORYNIA Hubert</b>	<b>7017</b>		M30	74	02:15:24	<b>04:08:45.20</b>	<b>04:09:00.35</b>	+01:52:23 (45.1%)	8:53	6.8 (55.3%)
281	<b>MACIEJAK Robert</b>	<b>4328</b>		M50	36	02:15:53	<b>04:09:10.50</b>	<b>04:09:21.05</b>	+01:52:43 (45.2%)	8:53	6.7 (54.5%)
282	<b>MAJCHRZAK Katarzyna</b>	<b>4309</b>		K30	24	02:14:27	<b>04:08:11.05</b>	<b>04:09:38.25</b>	+01:53:00 (45.3%)	8:51	6.8 (55.3%)
283	<b>KOMAR Rafał</b>	<b>4376</b>	G4	M30	75	02:08:11	<b>04:09:32.30</b>	<b>04:09:38.95</b>	+01:53:01 (45.3%)	8:54	6.7 (54.5%)
284	<b>MITURA Wojciech</b>	<b>4349</b>	POZIMKI	M50	37	02:13:17	<b>04:09:35.40</b>	<b>04:09:43.05</b>	+01:53:05 (45.3%)	8:54	6.7 (54.5%)
285	<b>MITURA Wioleta</b>	<b>4350</b>		K40	19	02:13:16	<b>04:09:36.50</b>	<b>04:09:43.15</b>	+01:53:05 (45.3%)	8:54	6.7 (54.5%)
286	<b>LARA Tomasz</b>	<b>4046</b>	SILESIA MARATHON CLUB	M40	97	02:11:54	<b>04:09:26.55</b>	<b>04:09:43.55</b>	+01:53:06 (45.3%)	8:54	6.7 (54.5%)
287	<b>TRZCIŃSKI Marcin</b>	<b>4578</b>	SZYNKA GROCHOWSKA	M40	98	02:12:45	<b>04:08:41.50</b>	<b>04:09:54.85</b>	+01:53:17 (45.3%)	8:52	6.8 (55.3%)
288	<b>NOWICKI Jakub</b>	<b>4531</b>	PANDUSIE	M30	76	02:05:12	<b>04:08:36.25</b>	<b>04:09:55.65</b>	+01:53:18 (45.3%)	8:52	6.8 (55.3%)
289	<b>FENIKOWSKI Szymon</b>	<b>4553</b>	PRO366	M40	99	02:18:21	<b>04:10:08.70</b>	<b>04:10:18.25</b>	+01:53:40 (45.4%)	8:56	6.7 (54.5%)
290	<b>KANIA-ZAJMA Jan</b>	<b>4283</b>		M30	77	02:13:46	<b>04:08:53.60</b>	<b>04:10:30.85</b>	+01:53:53 (45.5%)	8:53	6.8 (55.3%)
291	<b>RONDUDA Robert</b>	<b>4258</b>	UM GDYNI	M40	100	02:10:03	<b>04:09:23.90</b>	<b>04:10:46.15</b>	+01:54:08 (45.5%)	8:54	6.7 (54.5%)
292	<b>BIETA Tomasz</b>	<b>4062</b>	SILESIA MARATHON CLUB	M40	101	02:04:58	<b>04:10:32.75</b>	<b>04:10:49.30</b>	+01:54:12 (45.5%)	8:56	6.7 (54.5%)
293	<b>BARANSKI Jarek</b>	<b>4396</b>		M30	78	02:10:49	<b>04:10:05.60</b>	<b>04:10:57.65</b>	+01:54:20 (45.6%)	8:55	6.7 (54.5%)
294	<b>MARKOWSKA Karolina</b>	<b>4337</b>	EUROPA UBEZPIECZENIA/NOA	K30	25	02:09:40	<b>04:10:58.25</b>	<b>04:11:04.55</b>	+01:54:27 (45.6%)	8:57	6.7 (54.5%)
295	<b>RUDNICKA-GÓRALCZYK Joanna</b>	<b>4333</b>		K50	2	02:09:41	<b>04:10:59.00</b>	<b>04:11:04.70</b>	+01:54:27 (45.6%)	8:57	6.7 (54.5%)
296	<b>HERBEĆ-LABOCHA Magdalena</b>	<b>4415</b>		K40	20	02:16:38	<b>04:10:43.10</b>	<b>04:11:07.45</b>	+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	<b>LABOCHA Aleksander</b>	<b>4416</b>		M40	102	02:16:39	<b>04:10:43.95</b>	<b>04:11:08.20</b>	+01:54:30 (45.6%)	8:57	6.7 (54.5%)
298	<b>SZWAJA Roger</b>	<b>4668</b>		M20	20	02:16:16	<b>04:10:22.30</b>	<b>04:11:08.75</b>	+01:54:31 (45.6%)	8:56	6.7 (54.5%)
299	<b>KUTRZYK Przemysław</b>	<b>7012</b>	STREFA BIEGACZA NATALIA SADOWSKA	M40	103	02:20:10	<b>04:11:11.85</b>	<b>04:11:26.45</b>	+01:54:49 (45.7%)	8:58	6.7 (54.5%)
300	<b>FABIANOWICZ Michał</b>	<b>4157</b>		M30	79	02:16:35	<b>04:10:16.20</b>	<b>04:11:29.55</b>	+01:54:52 (45.7%)	8:56	6.7 (54.5%)
301	<b>PRUS Marcin</b>	<b>4091</b>		M40	104	02:15:43	<b>04:10:05.65</b>	<b>04:11:34.40</b>	+01:54:57 (45.7%)	8:55	6.7 (54.5%)
302	<b>CZAPLA Ania</b>	<b>4644</b>		K20	11	02:21:16	<b>04:10:15.95</b>	<b>04:11:35.75</b>	+01:54:58 (45.7%)	8:56	6.7 (54.5%)
303	<b>KALOCIŃSKI Dawid</b>	<b>4528</b>	KARL STORZ POLSKA	M40	105	02:17:30	<b>04:10:42.00</b>	<b>04:11:39.45</b>	+01:55:02 (45.7%)	8:57	6.7 (54.5%)
304	<b>PAŹDZIOR Patrycja</b>	<b>4694</b>		K30	26	02:11:29	<b>04:11:43.75</b>	<b>04:11:58.80</b>	+01:55:21 (45.8%)	8:59	6.7 (54.5%)
305	<b>BAKUN Jolanta</b>	<b>4255</b>	CHEŁM	K40	21	02:11:30	<b>04:11:50.90</b>	<b>04:12:29.75</b>	+01:55:52 (45.9%)	8:59	6.7 (54.5%)
306	<b>CIESIELSKI Marcin</b>	<b>4451</b>	WARSAW RUN CLUB	M50	38	01:55:43	<b>04:12:44.00</b>	<b>04:12:47.30</b>	+01:56:10 (46.0%)	9:01	6.6 (53.7%)
307	<b>KAMIŃSKA Jolanta</b>	<b>4015</b>		K30	27	02:13:27	<b>04:12:31.10</b>	<b>04:13:18.35</b>	+01:56:41 (46.1%)	9:01	6.7 (54.5%)
308	<b>KOSEWSKA Dorota</b>	<b>4624</b>	BIEGIEM NA KAWĘ	K50	3	02:17:03	<b>04:12:55.15</b>	<b>04:13:21.65</b>	+01:56:44 (46.1%)	9:01	6.6 (53.7%)
309	<b>ZALEWSKI Marcin</b>	<b>4592</b>	CEDRUS TEAM	M20	21	02:09:11	<b>04:12:52.10</b>	<b>04:13:32.85</b>	+01:56:55 (46.1%)	9:01	6.6 (53.7%)
310	<b>CYLKE Marcin</b>	<b>4446</b>		M40	106	02:19:21	<b>04:13:37.05</b>	<b>04:14:30.45</b>	+01:57:53 (46.3%)	9:03	6.6 (53.7%)
311	<b>ORCZYK Grzegorz</b>	<b>4109</b>		M40	107	02:19:22	<b>04:13:36.85</b>	<b>04:14:30.75</b>	+01:57:53 (46.3%)	9:03	6.6 (53.7%)
312	<b>RUDNIK Paweł</b>	<b>4435</b>		M30	80	02:13:44	<b>04:13:58.90</b>	<b>04:15:11.25</b>	+01:58:33 (46.5%)	9:04	6.6 (53.7%)
313	<b>BOLEK Bartłomiej</b>	<b>4482</b>	KS MIŁOSNICY TABORETOW	M20	22	02:21:18	<b>04:13:46.05</b>	<b>04:15:20.55</b>	+01:58:43 (46.5%)	9:03	6.6 (53.7%)
314	<b>FRIEDBERG Anna</b>	<b>4009</b>		K30	28	02:12:44	<b>04:14:05.35</b>	<b>04:15:30.55</b>	+01:58:53 (46.5%)	9:04	6.6 (53.7%)
315	<b>MUCHA Katarzyna</b>	<b>4380</b>	MOCNA GRUPA CEZARA	K50	4	02:22:34	<b>04:15:10.80</b>	<b>04:15:30.65</b>	+01:58:53 (46.5%)	9:06	6.6 (53.7%)
316	<b>KONDEUSZ Jakub</b>	<b>4581</b>		M20	23	02:11:02	<b>04:14:32.10</b>	<b>04:15:38.15</b>	+01:59:00 (46.6%)	9:05	6.6 (53.7%)
317	<b>SMOLAK Katarzyna</b>	<b>4541</b>		K30	29	02:17:46	<b>04:13:52.20</b>	<b>04:15:40.55</b>	+01:59:03 (46.6%)	9:04	6.6 (53.7%)
318	<b>BARCZAK Anna</b>	<b>4615</b>		K40	22	02:21:54	<b>04:14:35.15</b>	<b>04:15:59.75</b>	+01:59:22 (46.6%)	9:05	6.6 (53.7%)
319	<b>LEPIARZ Grzegorz</b>	<b>7038</b>	ULTRAWAY.PL RUNNING TEAM	M40	108	02:21:53	<b>04:14:38.10</b>	<b>04:16:02.75</b>	+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	<b>WRONA Kamila</b>	<b>4213</b>	SPARTALUBLIN	K30	30	02:19:15	<b>04:15:13.40</b>	<b>04:16:04.40</b>	+01:59:27 (46.6%)	9:06	6.6 (53.7%)
321	<b>JUREK Paweł</b>	<b>4153</b>	PJ	M40	109	02:12:37	<b>04:15:34.20</b>	<b>04:16:23.80</b>	+01:59:46 (46.7%)	9:07	6.6 (53.7%)
322	<b>MAJEWSKI Radosław</b>	<b>7008</b>	NIGHT RUNNERS / PRO366	M40	110	02:23:59	<b>04:16:29.55</b>	<b>04:16:36.15</b>	+01:59:58 (46.8%)	9:09	6.6 (53.7%)
323	<b>BRODECKA Monika</b>	<b>4610</b>	BIEGOLAS KOSZALIN	K30	31	02:23:14	<b>04:16:09.85</b>	<b>04:16:52.25</b>	+02:00:14 (46.8%)	9:08	6.6 (53.7%)
324	<b>MARZEC Konrad</b>	<b>4194</b>	ROZBIEGANIE MICHAŁOWICE	M40	111	02:09:23	<b>04:16:57.10</b>	<b>04:17:29.85</b>	+02:00:52 (46.9%)	9:10	6.5 (52.8%)
325	<b>KOS Paweł</b>	<b>4696</b>	EAZYMUT.PL	M50	39	02:16:11	<b>04:17:04.35</b>	<b>04:17:33.95</b>	+02:00:56 (47.0%)	9:10	6.5 (52.8%)
326	<b>KOZIOŁ Joanna</b>	<b>4219</b>		K40	23	02:16:40	<b>04:17:11.00</b>	<b>04:17:35.05</b>	+02:00:57 (47.0%)	9:11	6.5 (52.8%)
327	<b>ŁUCYK Mariusz</b>	<b>4687</b>		M40	112	02:27:42	<b>04:16:13.35</b>	<b>04:17:52.30</b>	+02:01:15 (47.0%)	9:09	6.6 (53.7%)
328	<b>KMIEĆ Andrzej</b>	<b>7030</b>	TURBO PRUSZKÓW	M40	113	02:28:04	<b>04:17:34.05</b>	<b>04:18:17.95</b>	+02:01:40 (47.1%)	9:11	6.5 (52.8%)
329	<b>WERESINSKI Michał</b>	<b>4111</b>		M40	114	02:19:33	<b>04:17:51.45</b>	<b>04:18:20.15</b>	+02:01:42 (47.1%)	9:12	6.5 (52.8%)
330	<b>LALAK Michał</b>	<b>4103</b>		M30	81	02:12:29	<b>04:17:07.30</b>	<b>04:18:21.25</b>	+02:01:43 (47.1%)	9:10	6.5 (52.8%)
331	<b>SZWAJKA Bartosz</b>	<b>4093</b>		M30	82	02:12:29	<b>04:17:08.05</b>	<b>04:18:21.95</b>	+02:01:44 (47.1%)	9:11	6.5 (52.8%)
332	<b>BRILLOWSKI Paweł</b>	<b>4250</b>		M40	115	02:15:27	<b>04:16:46.80</b>	<b>04:18:25.60</b>	+02:01:48 (47.1%)	9:10	6.5 (52.8%)
333	<b>KOSMAN Magda</b>	<b>4060</b>	SKL SUCHA BESKIDZKA	K20	12	02:11:47	<b>04:17:57.85</b>	<b>04:18:48.50</b>	+02:02:11 (47.2%)	9:12	6.5 (52.8%)
334	<b>ŁUCIÓW Leszek</b>	<b>4141</b>	NOA	M50	40	02:18:26	<b>04:18:24.95</b>	<b>04:19:00.05</b>	+02:02:22 (47.3%)	9:13	6.5 (52.8%)
335	<b>RADGOWSKA Gabriela</b>	<b>4300</b>	RADGETRUN	K30	32	02:19:42	<b>04:17:31.65</b>	<b>04:19:02.80</b>	+02:02:25 (47.3%)	9:11	6.5 (52.8%)
336	<b>PIASECKI Rafał</b>	<b>7019</b>	ULTRAFI	M40	116	02:29:30	<b>04:17:37.80</b>	<b>04:19:07.10</b>	+02:02:29 (47.3%)	9:12	6.5 (52.8%)
337	<b>SIEMIESZ Paweł</b>	<b>4507</b>	SIEMIESZ-TEAM	M30	83	02:14:56	<b>04:18:50.40</b>	<b>04:19:11.35</b>	+02:02:34 (47.3%)	9:14	6.5 (52.8%)
338	<b>HABDAS Damian</b>	<b>4524</b>		M30	84	02:06:42	<b>04:17:15.60</b>	<b>04:19:13.65</b>	+02:02:36 (47.3%)	9:11	6.5 (52.8%)
339	<b>JAMBOR Michał</b>	<b>7003</b>		M40	117	02:29:06	<b>04:18:16.10</b>	<b>04:19:25.75</b>	+02:02:48 (47.3%)	9:13	6.5 (52.8%)
340	<b>CIUK Piotr</b>	<b>7002</b>	YULO RUN TEAM SIEDLCE/ FUJITSU POLAND	M50	41	02:29:06	<b>04:18:17.05</b>	<b>04:19:25.85</b>	+02:02:48 (47.3%)	9:13	6.5 (52.8%)
341	<b>SKAWIŃSKA Justyna</b>	<b>4006</b>		K40	24	02:23:06	<b>04:19:00.65</b>	<b>04:19:35.20</b>	+02:02:57 (47.4%)	9:15	6.5 (52.8%)
342	<b>PIASZCZYŃSKA Magdalena</b>	<b>4688</b>	NEKORENTALCREW	K30	33	02:27:22	<b>04:18:07.45</b>	<b>04:19:48.55</b>	+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	<b>BORDUN Barbara</b>	<b>4689</b>	NEKORENTALCREW	K30	34	02:27:21	<b>04:18:07.40</b>	<b>04:19:48.70</b>	+02:03:11 (47.4%)	9:13	6.5 (52.8%)
344	<b>CZUBEK Ola</b>	<b>4274</b>		K30	35	02:14:38	<b>04:18:59.00</b>	<b>04:20:20.05</b>	+02:03:42 (47.5%)	9:14	6.5 (52.8%)
345	<b>NOWACKI Łukasz</b>	<b>4322</b>	POGODNI	M40	118	02:23:06	<b>04:20:14.35</b>	<b>04:20:42.50</b>	+02:04:05 (47.6%)	9:17	6.5 (52.8%)
346	<b>DRAPIEWSKI Przemek</b>	<b>4040</b>		M40	119	02:23:40	<b>04:20:05.60</b>	<b>04:20:50.55</b>	+02:04:13 (47.6%)	9:17	6.5 (52.8%)
347	<b>KOZŁOWSKA Renata</b>	<b>4203</b>	TT PSC RUNNING FAMILY/AKADEMIABIEGACZA.PL	K30	36	02:22:26	<b>04:20:34.05</b>	<b>04:21:05.75</b>	+02:04:28 (47.7%)	9:18	6.4 (52.0%)
348	<b>GAJEWSKA Renata</b>	<b>4641</b>	MOCNA GRUPA CEZARA	K30	37	02:20:51	<b>04:20:59.10</b>	<b>04:21:19.95</b>	+02:04:42 (47.7%)	9:19	6.4 (52.0%)
349	<b>BOGUSZ Jarosław</b>	<b>4195</b>		M30	85	02:15:31	<b>04:21:00.90</b>	<b>04:22:01.75</b>	+02:05:24 (47.9%)	9:19	6.4 (52.0%)
350	<b>WRÓBEL Sebastian</b>	<b>7005</b>		M20	24	02:18:49	<b>04:22:06.25</b>	<b>04:22:11.45</b>	+02:05:34 (47.9%)	9:21	6.4 (52.0%)
351	<b>ZIEMIŃSKA Sylwia</b>	<b>4649</b>		K20	13	02:18:45	<b>04:22:05.35</b>	<b>04:22:11.65</b>	+02:05:34 (47.9%)	9:21	6.4 (52.0%)
352	<b>SKOWRONEK Dariusz</b>	<b>4492</b>		M50	42	02:21:33	<b>04:22:11.70</b>	<b>04:22:45.40</b>	+02:06:08 (48.0%)	9:21	6.4 (52.0%)
353	<b>GÓRSKI Marcin</b>	<b>4312</b>	ISCG TEAM	M50	43	02:15:44	<b>04:23:53.95</b>	<b>04:24:17.55</b>	+02:07:40 (48.3%)	9:25	6.4 (52.0%)
354	<b>PIWOWARSKI Jarosław</b>	<b>4290</b>		M40	120	02:20:01	<b>04:23:22.20</b>	<b>04:24:21.70</b>	+02:07:44 (48.3%)	9:24	6.4 (52.0%)
355	<b>PROKOP Paulina</b>	<b>4003</b>		K30	38	02:25:04	<b>04:24:38.60</b>	<b>04:25:14.05</b>	+02:08:36 (48.5%)	9:27	6.3 (51.2%)
356	<b>WRÓBEL Michał</b>	<b>4285</b>		M30	86	02:19:36	<b>04:24:46.80</b>	<b>04:25:14.35</b>	+02:08:37 (48.5%)	9:27	6.3 (51.2%)
357	<b>DRZAZGA Katarzyna</b>	<b>4557</b>		K40	25	02:21:20	<b>04:25:30.35</b>	<b>04:25:30.35</b>	+02:08:53 (48.5%)	9:28	6.3 (51.2%)
358	<b>DRZAZGA Tomasz</b>	<b>4558</b>		M40	121	02:21:12	<b>04:25:22.00</b>	<b>04:25:30.55</b>	+02:08:53 (48.5%)	9:28	6.3 (51.2%)
359	<b>GŁUCHOWSKI Przemek</b>	<b>7023</b>	MZUMA	M40	122	02:31:10	<b>04:24:30.50</b>	<b>04:25:34.60</b>	+02:08:57 (48.6%)	9:26	6.4 (52.0%)
360	<b>MILCZAREK Kinga</b>	<b>4183</b>		K30	39	02:22:29	<b>04:24:56.95</b>	<b>04:25:53.90</b>	+02:09:16 (48.6%)	9:27	6.3 (51.2%)
361	<b>CZYTRZYŃSKA Alicja</b>	<b>4410</b>		K30	40	02:19:49	<b>04:25:42.10</b>	<b>04:26:01.05</b>	+02:09:23 (48.6%)	9:29	6.3 (51.2%)
362	<b>BIELECKI Radosław</b>	<b>4616</b>	SZWADRON	M20	25	02:20:34	<b>04:26:10.95</b>	<b>04:26:48.75</b>	+02:10:11 (48.8%)	9:30	6.3 (51.2%)
363	<b>CHMIELEWSKI Mateusz</b>	<b>4677</b>	TEAM MŁODY	M30	87	02:26:44	<b>04:25:51.00</b>	<b>04:26:53.05</b>	+02:10:15 (48.8%)	9:29	6.3 (51.2%)
364	<b>SOBIERAJ Marta</b>	<b>4412</b>	G4	K30	41	02:24:06	<b>04:26:48.60</b>	<b>04:26:56.10</b>	+02:10:18 (48.8%)	9:31	6.3 (51.2%)
365	<b>ŁOWICKA Natalia</b>	<b>4099</b>		K20	14	02:29:54	<b>04:26:34.90</b>	<b>04:27:03.40</b>	+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	<b>STELMASZYK Piotr</b>	<b>4241</b>	PZU SPORT TEAM	M40	123	02:26:03	<b>04:25:33.70</b>	<b>04:27:24.60</b>	+02:10:47 (48.9%)	9:29	6.3 (51.2%)
367	<b>GAWŁOWSKA Katarzyna</b>	<b>4048</b>	RADICAL BITCHES	K30	42	02:26:00	<b>04:26:20.65</b>	<b>04:27:36.85</b>	+02:10:59 (48.9%)	9:30	6.3 (51.2%)
368	<b>KOŁODZIEJCZYK Maciej</b>	<b>7036</b>	FIZJO-SPORT	M40	124	02:27:43	<b>04:28:23.00</b>	<b>04:29:02.35</b>	+02:12:25 (49.2%)	9:35	6.3 (51.2%)
369	<b>KLIMEK Marta</b>	<b>4166</b>	GRZYBEKTEAM	K30	43	02:27:51	<b>04:28:48.65</b>	<b>04:29:17.75</b>	+02:12:40 (49.3%)	9:36	6.3 (51.2%)
370	<b>BRZEZINIAK Jacek</b>	<b>4603</b>	BARMAŃSKI KLUB BIEGOWY BRZEZINIAK	M30	88	02:08:33	<b>04:29:20.10</b>	<b>04:29:33.30</b>	+02:12:56 (49.3%)	9:37	6.2 (50.4%)
371	<b>MAĆKOWIAK Alicja</b>	<b>4379</b>		K20	15	02:24:52	<b>04:28:59.65</b>	<b>04:30:06.20</b>	+02:13:28 (49.4%)	9:36	6.2 (50.4%)
372	<b>MATECKI Jacek</b>	<b>4261</b>	KONIN RUN AND JUSTICE FOR ALL	M40	125	02:27:28	<b>04:28:53.30</b>	<b>04:30:08.10</b>	+02:13:30 (49.4%)	9:36	6.2 (50.4%)
373	<b>KOTULSKI Kamil</b>	<b>4456</b>	SUŁTANI FITNESSU	M30	89	02:17:09	<b>04:30:00.05</b>	<b>04:30:25.30</b>	+02:13:48 (49.5%)	9:38	6.2 (50.4%)
374	<b>PIĘTA Krzysztof</b>	<b>4144</b>	BIEG BIELAWA	M60	5	02:20:18	<b>04:30:34.60</b>	<b>04:30:44.45</b>	+02:14:07 (49.5%)	9:39	6.2 (50.4%)
375	<b>CZYŻEWSKI Michał</b>	<b>4556</b>		M30	90	02:12:34	<b>04:29:56.95</b>	<b>04:30:44.55</b>	+02:14:07 (49.5%)	9:38	6.2 (50.4%)
376	<b>GRABAREK Mateusz</b>	<b>4513</b>	ASOT	M40	126	02:39:05	<b>04:29:46.05</b>	<b>04:30:55.35</b>	+02:14:18 (49.6%)	9:38	6.2 (50.4%)
377	<b>GUCWA Jarosław</b>	<b>4569</b>		M50	44	02:24:35	<b>04:29:54.90</b>	<b>04:31:13.05</b>	+02:14:35 (49.6%)	9:38	6.2 (50.4%)
378	<b>PILECKA Joanna</b>	<b>4302</b>		K40	26	02:24:54	<b>04:30:54.45</b>	<b>04:31:13.35</b>	+02:14:36 (49.6%)	9:40	6.2 (50.4%)
379	<b>ZLOT Grzegorz</b>	<b>4031</b>		M50	45	02:23:12	<b>04:30:30.05</b>	<b>04:31:25.55</b>	+02:14:48 (49.7%)	9:39	6.2 (50.4%)
380	<b>STABRAWA Marcin</b>	<b>4622</b>	BIEGAJĄCY DŻENTELMENI	M40	127	02:22:09	<b>04:30:34.35</b>	<b>04:31:31.25</b>	+02:14:53 (49.7%)	9:39	6.2 (50.4%)
381	<b>RYNIAK Jakub</b>	<b>4314</b>		M30	91	02:19:34	<b>04:30:34.40</b>	<b>04:31:32.40</b>	+02:14:55 (49.7%)	9:39	6.2 (50.4%)
382	<b>PSIODA Maciej</b>	<b>4200</b>		M30	92	02:29:12	<b>04:31:21.50</b>	<b>04:32:09.90</b>	+02:15:32 (49.8%)	9:41	6.2 (50.4%)
383	<b>TUREK Paweł</b>	<b>4231</b>		M50	46	02:27:11	<b>04:31:55.10</b>	<b>04:33:49.75</b>	+02:17:12 (50.1%)	9:42	6.2 (50.4%)
384	<b>BRODZIAK Arkadiusz</b>	<b>4555</b>		M50	47	02:24:50	<b>04:33:13.30</b>	<b>04:34:20.45</b>	+02:17:43 (50.2%)	9:45	6.1 (49.6%)
385	<b>DROBOT Marlena</b>	<b>4621</b>		K30	44	02:24:37	<b>04:33:51.20</b>	<b>04:34:24.25</b>	+02:17:46 (50.2%)	9:46	6.1 (49.6%)
386	<b>LEWANDOWSKI Bogusław</b>	<b>4288</b>		M50	48	02:21:58	<b>04:33:56.45</b>	<b>04:34:33.10</b>	+02:17:55 (50.2%)	9:47	6.1 (49.6%)
387	<b>ŁUBISZ Mariusz</b>	<b>7007</b>		M40	128	02:18:54	<b>04:35:11.45</b>	<b>04:35:17.15</b>	+02:18:39 (50.4%)	9:49	6.1 (49.6%)
388	<b>PYTKA Adam</b>	<b>4620</b>	CROSSFIT LUBLIN	M40	129	02:17:51	<b>04:34:30.35</b>	<b>04:35:17.80</b>	+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	<b>BOJARCZUK Jolanta</b>	<b>4073</b>	RUCH IZBICA	K40	27	02:08:08	<b>04:35:17.10</b>	<b>04:35:29.25</b>	+02:18:51 (50.4%)	9:49	6.1 (49.6%)
390	<b>BOJARCZUK Irena</b>	<b>4074</b>	RUCH IZBICA	K20	16	02:08:04	<b>04:35:17.85</b>	<b>04:35:29.85</b>	+02:18:52 (50.4%)	9:49	6.1 (49.6%)
391	<b>KOWALSKA Agnieszka</b>	<b>46933</b>	WBK META LUBLINIEC	K20	17	02:36:54	<b>04:35:21.00</b>	<b>04:35:49.95</b>	+02:19:12 (50.5%)	9:50	6.1 (49.6%)
392	<b>ROJEWSKA Agnieszka</b>	<b>4070</b>	#KAWAPOMAGA	K30	45	02:27:27	<b>04:34:53.45</b>	<b>04:36:06.50</b>	+02:19:29 (50.5%)	9:49	6.1 (49.6%)
393	<b>OSIŃSKI Tomasz</b>	<b>4058</b>	NASIELSK BASZTA TEAM	M40	130	02:12:55	<b>04:36:05.20</b>	<b>04:36:14.30</b>	+02:19:37 (50.5%)	9:51	6.1 (49.6%)
394	<b>ORLIŃSKA Edyta</b>	<b>4167</b>		K30	46	02:27:49	<b>04:36:40.95</b>	<b>04:37:11.15</b>	+02:20:33 (50.7%)	9:52	6.1 (49.6%)
395	<b>WALAC Jacek</b>	<b>7010</b>	100 MARATHON CLUB POLSKA	M40	131	02:37:07	<b>04:37:14.55</b>	<b>04:38:03.65</b>	+02:21:26 (50.9%)	9:54	6.1 (49.6%)
396	<b>GŁÓWKA Barbara</b>	<b>4657</b>		K30	47	02:36:14	<b>04:37:05.45</b>	<b>04:38:26.05</b>	+02:21:48 (50.9%)	9:53	6.1 (49.6%)
397	<b>MARCIN Pepel</b>	<b>4411</b>		M40	132	02:26:43	<b>04:37:59.70</b>	<b>04:39:01.75</b>	+02:22:24 (51.0%)	9:55	6 (48.8%)
398	<b>FRAĆ Bartłomiej</b>	<b>4030</b>	KUTNO BIEGA	M40	133	02:29:30	<b>04:38:36.45</b>	<b>04:39:01.85</b>	+02:22:24 (51.0%)	9:57	6 (48.8%)
399	<b>WITUŁA Stanisław</b>	<b>4152</b>	MG SPORT	M40	134	02:33:03	<b>04:38:39.40</b>	<b>04:40:03.05</b>	+02:23:25 (51.2%)	9:57	6 (48.8%)
400	<b>WITULA Joanna</b>	<b>4151</b>		K40	28	02:33:05	<b>04:38:39.95</b>	<b>04:40:03.15</b>	+02:23:25 (51.2%)	9:57	6 (48.8%)
401	<b>BAJER Adrian</b>	<b>4468</b>	PZU SPORT TEAM	M40	135	02:38:46	<b>04:38:38.65</b>	<b>04:40:10.40</b>	+02:23:33 (51.2%)	9:57	6 (48.8%)
402	<b>STUSINSKA Julia</b>	<b>4234</b>		K20	18	02:25:02	<b>04:40:01.05</b>	<b>04:40:18.80</b>	+02:23:41 (51.3%)	10:00	6 (48.8%)
403	<b>DRYWA Ewelina</b>	<b>4069</b>	LEVEL-GEO TEAM	K30	48	02:28:33	<b>04:38:46.35</b>	<b>04:40:20.55</b>	+02:23:43 (51.3%)	9:57	6 (48.8%)
404	<b>LEWANDOWSKI Mateusz</b>	<b>4081</b>	TEJADO	M30	93	02:28:33	<b>04:38:47.40</b>	<b>04:40:21.35</b>	+02:23:44 (51.3%)	9:57	6 (48.8%)
405	<b>WITTSTOCK Patrycja</b>	<b>4505</b>	SZANSELIZE	K30	49	02:23:22	<b>04:38:59.80</b>	<b>04:40:23.65</b>	+02:23:46 (51.3%)	9:57	6 (48.8%)
406	<b>WITTSTOCK Szymon</b>	<b>4488</b>	SZANSELIZE	M30	94	02:23:25	<b>04:38:59.65</b>	<b>04:40:23.80</b>	+02:23:46 (51.3%)	9:57	6 (48.8%)
407	<b>RONDUDA Filip</b>	<b>4275</b>		M30	95	02:09:48	<b>04:39:38.65</b>	<b>04:40:23.85</b>	+02:23:46 (51.3%)	9:59	6 (48.8%)
408	<b>RZEWUSKI Paweł</b>	<b>4489</b>	SZANSELIZE	M30	96	02:23:22	<b>04:38:59.50</b>	<b>04:40:24.10</b>	+02:23:46 (51.3%)	9:57	6 (48.8%)
409	<b>PŁUSA Aleksandra</b>	<b>4440</b>	#NOLIMITS	K30	50	02:25:24	<b>04:40:13.05</b>	<b>04:40:25.90</b>	+02:23:48 (51.3%)	10:00	6 (48.8%)
410	<b>ZDUNEK Małgorzata</b>	<b>4149</b>	#NOLIMITS	K40	29	02:20:18	<b>04:40:13.85</b>	<b>04:40:25.95</b>	+02:23:48 (51.3%)	10:00	6 (48.8%)
411	<b>TRZASKA Tomasz</b>	<b>4682</b>	BIUROWE.COM.PL	M50	49	02:25:51	<b>04:38:40.60</b>	<b>04:40:33.65</b>	+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	<b>AJCHSZTET</b> Lukasz	<b>4245</b>	THORO TEAM	M40	136	02:38:51	<b>04:38:53.15</b>	<b>04:40:37.60</b>	+02:24:00 (51.3%)	9:57	6 (48.8%)
413	<b>PASIECZYŃSKI</b> Grzegorz	<b>4082</b>	ODYNIEC TEAM	M40	137	02:31:38	<b>04:39:50.30</b>	<b>04:41:01.25</b>	+02:24:23 (51.4%)	9:59	6 (48.8%)
414	<b>NOWODWORSKA</b> Anna	<b>4430</b>		K30	51	02:25:23	<b>04:40:58.55</b>	<b>04:41:13.30</b>	+02:24:36 (51.4%)	10:02	6 (48.8%)
415	<b>KULAK</b> Paweł	<b>4586</b>		M50	50	02:26:07	<b>04:41:00.60</b>	<b>04:41:23.85</b>	+02:24:46 (51.4%)	10:02	6 (48.8%)
416	<b>RONDUDA</b> Małgorzata	<b>4277</b>	WKS RONDUDY	K50	5	02:29:54	<b>04:40:30.55</b>	<b>04:41:50.90</b>	+02:25:13 (51.5%)	10:01	6 (48.8%)
417	<b>JACKOWSKI</b> Zbigniew	<b>4294</b>	ŚWIĘTOKRZYSKI WŁÓCZYKI	M60	6	02:23:08	<b>04:40:37.35</b>	<b>04:42:04.20</b>	+02:25:26 (51.6%)	10:01	6 (48.8%)
418	<b>JANKOWIAK</b> Przemysław	<b>7029</b>		M50	51	02:33:52	<b>04:43:30.15</b>	<b>04:43:38.00</b>	+02:27:00 (51.8%)	10:07	5.9 (48.0%)
419	<b>ZAJĄCZKOWSKI</b> Piotr	<b>4338</b>	HADES MUSIC CLUB	M30	97	02:31:22	<b>04:42:28.10</b>	<b>04:43:39.25</b>	+02:27:01 (51.8%)	10:05	5.9 (48.0%)
420	<b>GAJDA</b> Błażej	<b>4339</b>	HADES MUSIC CLUB	M30	98	02:31:23	<b>04:42:29.50</b>	<b>04:43:39.55</b>	+02:27:02 (51.8%)	10:05	5.9 (48.0%)
421	<b>KUŁAKOWSKI</b> Piotr	<b>4306</b>		M60	7	02:33:11	<b>04:41:59.50</b>	<b>04:43:55.70</b>	+02:27:18 (51.9%)	10:04	6 (48.8%)
422	<b>ZALAS</b> Anna	<b>4518</b>		K40	30	02:23:04	<b>04:43:47.50</b>	<b>04:44:11.60</b>	+02:27:34 (51.9%)	10:08	5.9 (48.0%)
423	<b>RYBKA</b> Agnieszka	<b>4272</b>	RYBENSHUTTE	K40	31	02:34:42	<b>04:43:58.70</b>	<b>04:44:50.85</b>	+02:28:13 (52.0%)	10:08	5.9 (48.0%)
424	<b>RYBKA</b> Jan	<b>4271</b>	RYBENSHUTTE	M30	99	02:34:41	<b>04:43:58.20</b>	<b>04:44:51.05</b>	+02:28:13 (52.0%)	10:08	5.9 (48.0%)
425	<b>NOWAK</b> Mateusz	<b>4237</b>		M30	100	02:38:05	<b>04:43:18.75</b>	<b>04:44:53.85</b>	+02:28:16 (52.0%)	10:07	5.9 (48.0%)
426	<b>NOWAK</b> Łukasz	<b>4013</b>		M40	138	02:38:05	<b>04:43:19.55</b>	<b>04:44:55.15</b>	+02:28:17 (52.0%)	10:07	5.9 (48.0%)
427	<b>PAPROCKI</b> Paweł	<b>4382</b>	SOMSIADY	M40	139	02:26:36	<b>04:44:04.00</b>	<b>04:44:59.75</b>	+02:28:22 (52.1%)	10:08	5.9 (48.0%)
428	<b>WYSMOLINSKA</b> Karolina	<b>4204</b>		K40	32	02:28:32	<b>04:44:26.80</b>	<b>04:45:08.10</b>	+02:28:30 (52.1%)	10:09	5.9 (48.0%)
429	<b>CZAJKOWSKI</b> Krzysztof	<b>4155</b>		M40	140	02:34:06	<b>04:45:15.70</b>	<b>04:45:57.35</b>	+02:29:20 (52.2%)	10:11	5.9 (48.0%)
429	<b>ŁUKASIK</b> Paweł	<b>4156</b>		M30	101	02:34:05	<b>04:45:16.30</b>	<b>04:45:57.35</b>	+02:29:20 (52.2%)	10:11	5.9 (48.0%)
431	<b>CZAJKOWSKA</b> Dorota	<b>4154</b>		K30	52	02:34:06	<b>04:45:17.55</b>	<b>04:45:58.70</b>	+02:29:21 (52.2%)	10:11	5.9 (48.0%)
432	<b>NOWAK</b> Piotr	<b>4101</b>	CEDRUS TEAM	M20	26	02:40:16	<b>04:46:07.25</b>	<b>04:46:53.30</b>	+02:30:16 (52.4%)	10:13	5.9 (48.0%)
433	<b>HAMRYSZCZAK</b> Rafał	<b>4147</b>	SP 11 PRZEMYŚL	M40	141	02:32:22	<b>04:45:31.40</b>	<b>04:47:16.85</b>	+02:30:39 (52.4%)	10:11	5.9 (48.0%)
434	<b>MALKA</b> Katarzyna	<b>4002</b>		K40	33	02:30:55	<b>04:47:17.25</b>	<b>04:47:24.95</b>	+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	<b>MALKA Franciszek</b>	<b>4638</b>		M20	27	02:30:57	<b>04:47:18.80</b>	<b>04:47:25.25</b>	+02:30:47 (52.5%)	10:15	5.8 (47.2%)
436	<b>PRZYBYŁO Jakub</b>	<b>4549</b>		M20	28	02:28:25	<b>04:45:33.25</b>	<b>04:47:25.75</b>	+02:30:48 (52.5%)	10:11	5.9 (48.0%)
437	<b>BOHOSIEWICZ Krzysztof</b>	<b>4146</b>	BOHOTEAM	M40	142	02:28:44	<b>04:48:09.75</b>	<b>04:48:38.95</b>	+02:32:01 (52.7%)	10:17	5.8 (47.2%)
438	<b>WOLIŃSKA Agnieszka</b>	<b>4419</b>	KUTNO BIEGA	K40	34	02:26:39	<b>04:48:31.60</b>	<b>04:48:57.30</b>	+02:32:20 (52.7%)	10:18	5.8 (47.2%)
439	<b>DURAJ Łukasz</b>	<b>4669</b>	FABRYKA DZIKA	M40	143	02:35:10	<b>04:47:15.00</b>	<b>04:48:59.75</b>	+02:32:22 (52.7%)	10:15	5.8 (47.2%)
440	<b>DURAJ Paulina</b>	<b>4670</b>	FABRYKA DZIKA	K40	35	02:35:10	<b>04:47:15.25</b>	<b>04:49:00.00</b>	+02:32:22 (52.7%)	10:15	5.8 (47.2%)
441	<b>GASINSKA Malgorzata</b>	<b>4063</b>		K40	36	02:40:51	<b>04:47:46.75</b>	<b>04:49:03.55</b>	+02:32:26 (52.7%)	10:16	5.8 (47.2%)
442	<b>FLISIKOWSKI Szymon</b>	<b>4279</b>	DREAM RAWA TEAM	M30	102	02:40:53	<b>04:47:47.00</b>	<b>04:49:04.45</b>	+02:32:27 (52.7%)	10:16	5.8 (47.2%)
443	<b>STUSIŃSKI Mariusz</b>	<b>4233</b>		M40	144	02:25:01	<b>04:48:47.50</b>	<b>04:49:04.95</b>	+02:32:27 (52.7%)	10:18	5.8 (47.2%)
444	<b>WALASZEK Michał</b>	<b>4311</b>	KS BIEGAJĄCE ZĄBKI	M30	103	02:33:22	<b>04:47:46.15</b>	<b>04:49:16.05</b>	+02:32:38 (52.8%)	10:16	5.8 (47.2%)
445	<b>DEMCZAK Adrianna</b>	<b>4666</b>		K30	53	02:37:18	<b>04:48:04.50</b>	<b>04:49:31.95</b>	+02:32:54 (52.8%)	10:17	5.8 (47.2%)
446	<b>MICHALCZYK Anna</b>	<b>4293</b>	NAPRZÓD MŁOCINY	K40	37	02:36:15	<b>04:48:41.80</b>	<b>04:49:43.25</b>	+02:33:05 (52.8%)	10:18	5.8 (47.2%)
447	<b>WÓJCIAK Justyna</b>	<b>4174</b>		K30	54	02:35:13	<b>04:48:41.80</b>	<b>04:49:44.50</b>	+02:33:07 (52.8%)	10:18	5.8 (47.2%)
448	<b>SZABLIŃSKA Małgorzata</b>	<b>4098</b>		K30	55	02:35:12	<b>04:48:44.15</b>	<b>04:49:46.70</b>	+02:33:09 (52.9%)	10:18	5.8 (47.2%)
449	<b>PILIPCZUK Aleksandra</b>	<b>4037</b>		K30	56	02:32:09	<b>04:49:28.15</b>	<b>04:50:17.10</b>	+02:33:39 (52.9%)	10:20	5.8 (47.2%)
450	<b>SIEDLECKI Stanisław</b>	<b>4626</b>	CEDRUS TEAM	M50	52	02:43:15	<b>04:49:54.35</b>	<b>04:50:36.45</b>	+02:33:59 (53.0%)	10:21	5.8 (47.2%)
451	<b>KRUK Sławomir</b>	<b>7037</b>	RZESZOWSKIE GAZELE I GEPARDY	M60	8	02:41:35	<b>04:49:51.30</b>	<b>04:51:00.45</b>	+02:34:23 (53.1%)	10:21	5.8 (47.2%)
452	<b>REC Bartosz</b>	<b>4354</b>	NOWY STYL RUNNING TEAM	M40	145	02:30:20	<b>04:50:45.90</b>	<b>04:51:36.25</b>	+02:34:58 (53.1%)	10:23	5.8 (47.2%)
453	<b>DYDAK Katarzyna</b>	<b>4434</b>		K30	57	02:30:27	<b>04:50:52.75</b>	<b>04:51:36.35</b>	+02:34:59 (53.1%)	10:23	5.8 (47.2%)
454	<b>KĘDRA Agnieszka</b>	<b>4033</b>	CARPATHIAN RUNNERS	K30	58	02:32:02	<b>04:51:09.60</b>	<b>04:51:51.25</b>	+02:35:13 (53.2%)	10:23	5.8 (47.2%)
455	<b>SID Sid</b>	<b>4428</b>		M30	104	02:29:07	<b>04:51:23.80</b>	<b>04:51:52.70</b>	+02:35:15 (53.2%)	10:24	5.8 (47.2%)
456	<b>PLACHIMOWICZ Natalia</b>	<b>4223</b>	MOCNA GRUPA CEZARA	K40	38	02:32:00	<b>04:51:40.80</b>	<b>04:51:59.95</b>	+02:35:22 (53.2%)	10:25	5.8 (47.2%)
457	<b>KORONKA Ada</b>	<b>4653</b>	1WBPA NC	K20	19	02:33:51	<b>04:51:55.90</b>	<b>04:52:02.65</b>	+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	<b>SOBIERAŃSKA Edyta</b>	<b>4173</b>	KS PRZAŚNIK	K50	6	02:28:56	<b>04:52:12.75</b>	<b>04:52:31.25</b>	+02:35:53 (53.3%)	10:26	5.7 (46.3%)
459	<b>RELSKA Dominika</b>	<b>4138</b>	TARIFA	K40	39	02:32:14	<b>04:52:09.80</b>	<b>04:52:42.40</b>	+02:36:05 (53.3%)	10:26	5.8 (47.2%)
460	<b>KUCZBORSKI Jarosław</b>	<b>4097</b>	HARPAGAN SOSNOWIEC	M50	53	02:31:47	<b>04:51:32.30</b>	<b>04:52:53.60</b>	+02:36:16 (53.4%)	10:24	5.8 (47.2%)
461	<b>SZÓSTAK Joanna</b>	<b>4515</b>		K40	40	02:28:18	<b>04:52:36.85</b>	<b>04:52:58.90</b>	+02:36:21 (53.4%)	10:27	5.7 (46.3%)
462	<b>OBIEGAŁA Michał</b>	<b>4113</b>		M30	105	02:29:08	<b>04:52:40.70</b>	<b>04:53:08.40</b>	+02:36:31 (53.4%)	10:27	5.7 (46.3%)
463	<b>MYTYCH Mateusz</b>	<b>4117</b>		M30	106	02:28:46	<b>04:53:20.50</b>	<b>04:53:29.25</b>	+02:36:51 (53.4%)	10:28	5.7 (46.3%)
464	<b>ULENBERG Katarzyna</b>	<b>4405</b>		K40	41	02:35:19	<b>04:52:47.40</b>	<b>04:53:33.85</b>	+02:36:56 (53.5%)	10:27	5.7 (46.3%)
465	<b>PAWLYTA Weronika</b>	<b>4441</b>		K30	59	02:35:16	<b>04:52:48.45</b>	<b>04:53:34.55</b>	+02:36:57 (53.5%)	10:27	5.7 (46.3%)
466	<b>STRZELECKI Piotr</b>	<b>4102</b>		M50	54	02:24:39	<b>04:52:52.70</b>	<b>04:53:46.75</b>	+02:37:09 (53.5%)	10:27	5.7 (46.3%)
467	<b>ZEMŁA Dorota</b>	<b>4315</b>		K20	20	02:38:08	<b>04:52:57.00</b>	<b>04:53:48.25</b>	+02:37:10 (53.5%)	10:27	5.7 (46.3%)
468	<b>WIŚNIEWSKA Agnieszka</b>	<b>7041</b>		K40	42	02:40:41	<b>04:53:44.60</b>	<b>04:53:58.65</b>	+02:37:21 (53.5%)	10:29	5.7 (46.3%)
469	<b>KRYCZEK Piotr</b>	<b>4568</b>		M60	9	02:36:24	<b>04:53:31.05</b>	<b>04:54:43.60</b>	+02:38:06 (53.6%)	10:28	5.7 (46.3%)
470	<b>RADOMSKA Wiktoria</b>	<b>4278</b>		K20	21	02:32:06	<b>04:53:40.75</b>	<b>04:55:25.70</b>	+02:38:48 (53.8%)	10:29	5.7 (46.3%)
471	<b>OLEJNIK Anna</b>	<b>4035</b>		K30	60	02:32:09	<b>04:54:47.65</b>	<b>04:55:36.45</b>	+02:38:59 (53.8%)	10:31	5.7 (46.3%)
472	<b>GURDAK Anna</b>	<b>4100</b>		K40	43	02:37:48	<b>04:55:09.35</b>	<b>04:55:40.30</b>	+02:39:03 (53.8%)	10:32	5.7 (46.3%)
473	<b>GLICA Monika</b>	<b>4450</b>		K40	44	02:37:49	<b>04:55:09.00</b>	<b>04:55:40.35</b>	+02:39:03 (53.8%)	10:32	5.7 (46.3%)
474	<b>BIBRO Daniel</b>	<b>4570</b>		M30	107	02:41:54	<b>04:54:33.35</b>	<b>04:55:50.90</b>	+02:39:13 (53.8%)	10:31	5.7 (46.3%)
475	<b>TCHÓRZEWSKA-PIETRZYK Anna</b>	<b>4383</b>	MOCNA GRUPA CEZARA	K40	45	02:35:52	<b>04:56:41.55</b>	<b>04:57:00.70</b>	+02:40:23 (54.0%)	10:35	5.7 (46.3%)
476	<b>GODZIMIRSKA Eliza</b>	<b>4243</b>	ADIDAS RUNNERS WARSAW	K40	46	02:34:51	<b>04:55:54.45</b>	<b>04:57:20.30</b>	+02:40:43 (54.1%)	10:34	5.7 (46.3%)
477	<b>BYSTRZYCKI Kamil</b>	<b>4407</b>	G4	M40	146	02:29:58	<b>04:57:23.50</b>	<b>04:57:31.40</b>	+02:40:54 (54.1%)	10:37	5.6 (45.5%)
478	<b>ZWIERCAN Hubert</b>	<b>4675</b>		M30	108	02:27:22	<b>04:57:11.30</b>	<b>04:57:49.30</b>	+02:41:12 (54.1%)	10:36	5.7 (46.3%)
479	<b>WOŁOSZYN Ryszard</b>	<b>4420</b>	MARGO TEAM	M50	55	02:43:11	<b>04:56:44.05</b>	<b>04:58:06.00</b>	+02:41:28 (54.2%)	10:35	5.7 (46.3%)
480	<b>CEGLEWSKA Izabela</b>	<b>4464</b>		K40	47	02:33:03	<b>04:57:56.05</b>	<b>04:58:09.50</b>	+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	<b>GABOREK Grzegorz</b>	<b>4680</b>		M40	147	02:35:03	<b>04:57:20.50</b>	<b>04:58:40.05</b>	+02:42:02 (54.3%)	10:37	5.7 (46.3%)
482	<b>CZAPSKA Jadwiga</b>	<b>4607</b>	CROSSFIT LUBLIN	K40	48	02:35:01	<b>04:57:22.45</b>	<b>04:58:41.90</b>	+02:42:04 (54.3%)	10:37	5.6 (45.5%)
483	<b>SOKULSKI Marcin</b>	<b>4537</b>	KASZANKI	M40	148	02:36:15	<b>04:58:07.30</b>	<b>04:59:23.30</b>	+02:42:46 (54.4%)	10:38	5.6 (45.5%)
484	<b>KRAJEWSKA Marta</b>	<b>4317</b>		K30	61	02:38:48	<b>05:00:00.85</b>	<b>05:01:12.35</b>	+02:44:35 (54.6%)	10:42	5.6 (45.5%)
485	<b>BUKAŁA Mariola</b>	<b>4251</b>		K50	7	02:35:28	<b>05:01:35.40</b>	<b>05:01:50.85</b>	+02:45:13 (54.7%)	10:46	5.6 (45.5%)
486	<b>PAWLIKOWSKI Marcin</b>	<b>4198</b>		M40	149	02:41:51	<b>05:00:44.50</b>	<b>05:01:56.65</b>	+02:45:19 (54.8%)	10:44	5.6 (45.5%)
487	<b>CHUCHLA Małgorzata</b>	<b>4385</b>		K50	8	02:45:58	<b>05:01:36.70</b>	<b>05:02:08.25</b>	+02:45:30 (54.8%)	10:46	5.6 (45.5%)
488	<b>KOZŁOWSKI Grzegorz</b>	<b>4369</b>	CADOR TEAM	M40	150	02:29:53	<b>05:01:05.35</b>	<b>05:02:28.20</b>	+02:45:50 (54.8%)	10:45	5.6 (45.5%)
489	<b>ZIELIŃSKA IGNASZAK Iwona</b>	<b>4192</b>	HEROBOX	K50	9	02:40:38	<b>05:02:22.60</b>	<b>05:02:44.80</b>	+02:46:07 (54.9%)	10:47	5.6 (45.5%)
490	<b>NOWAK Tomasz</b>	<b>4244</b>	EXC TEAM	M40	151	02:53:17	<b>05:01:51.75</b>	<b>05:03:22.60</b>	+02:46:45 (55.0%)	10:46	5.6 (45.5%)
491	<b>WOJCIECHOWSKA Monika</b>	<b>4067</b>	SŁUBICKA AKADEMIA BIEGOWA	K40	49	02:34:42	<b>05:02:39.95</b>	<b>05:03:42.80</b>	+02:47:05 (55.0%)	10:48	5.6 (45.5%)
492	<b>THAETNER Marcus</b>	<b>4068</b>		M30	109	02:34:41	<b>05:02:44.30</b>	<b>05:03:47.00</b>	+02:47:09 (55.0%)	10:48	5.5 (44.7%)
493	<b>BONAWENTURSKA Anna</b>	<b>4341</b>	ORANGE POLSKA	K30	62	02:39:52	<b>05:02:46.70</b>	<b>05:03:47.20</b>	+02:47:09 (55.0%)	10:48	5.5 (44.7%)
494	<b>ADAMUS Dawid</b>	<b>4509</b>	JAJA Z WOLNEGO WYBIEGU	M30	110	02:41:12	<b>05:03:19.00</b>	<b>05:04:05.05</b>	+02:47:27 (55.1%)	10:49	5.5 (44.7%)
495	<b>LICHWAŁA Rafał</b>	<b>4519</b>		M40	152	02:39:57	<b>05:03:52.20</b>	<b>05:04:10.45</b>	+02:47:33 (55.1%)	10:51	5.5 (44.7%)
496	<b>SOKOŁOWSKI Piotr</b>	<b>4105</b>	ROZCHODNIACZEKTEAM	M40	153	02:41:15	<b>05:04:40.05</b>	<b>05:04:57.65</b>	+02:48:20 (55.2%)	10:52	5.5 (44.7%)
497	<b>SOKOŁOWSKA Malgorzata</b>	<b>4104</b>	ROZCHODNIACZEK TEAM	K40	50	02:41:14	<b>05:04:40.70</b>	<b>05:04:57.90</b>	+02:48:20 (55.2%)	10:52	5.5 (44.7%)
498	<b>KRUZEL Rafał</b>	<b>7039</b>		M50	56	02:42:02	<b>05:05:14.35</b>	<b>05:05:20.85</b>	+02:48:43 (55.3%)	10:54	5.5 (44.7%)
499	<b>BARA Tomasz</b>	<b>4163</b>		M20	29	02:35:45	<b>05:04:15.60</b>	<b>05:06:04.70</b>	+02:49:27 (55.4%)	10:51	5.5 (44.7%)
500	<b>SWIERKOWSKI Robert</b>	<b>4005</b>		M40	154	02:39:31	<b>05:05:01.10</b>	<b>05:06:12.65</b>	+02:49:35 (55.4%)	10:53	5.5 (44.7%)
501	<b>KRAUZE Tomasz</b>	<b>4461</b>	STOWARZYSZENIE WROCŁAWSKIE MORSY	M50	57	02:43:03	<b>05:04:44.60</b>	<b>05:06:17.85</b>	+02:49:40 (55.4%)	10:53	5.5 (44.7%)
502	<b>KOMÓR Wiesław</b>	<b>4465</b>	WROCŁAWSKIE MORSY	M60	10	02:42:47	<b>05:04:45.15</b>	<b>05:06:18.30</b>	+02:49:41 (55.4%)	10:53	5.5 (44.7%)
503	<b>LICZNERSKA Magdalena</b>	<b>4236</b>	ADIDAS RUNNERS TRICITY	K30	63	02:44:12	<b>05:05:54.40</b>	<b>05:06:25.65</b>	+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	<b>KOMENDA Katarzyna</b>	<b>4563</b>	DRUŻYNA PIERŚCIENIA	K30	64	02:50:56	<b>05:06:18.95</b>	<b>05:06:30.30</b>	+02:49:53 (55.4%)	10:56	5.5 (44.7%)
505	<b>KOMENDA Weronika</b>	<b>4565</b>	DRUŻYNA PIERŚCIENIA	K20	22	02:50:57	<b>05:06:18.85</b>	<b>05:06:30.35</b>	+02:49:53 (55.4%)	10:56	5.5 (44.7%)
506	<b>ZIENTEK Aneta</b>	<b>4425</b>		K40	51	02:39:18	<b>05:06:27.70</b>	<b>05:06:37.95</b>	+02:50:00 (55.4%)	10:56	5.5 (44.7%)
507	<b>SZCZABEL Aleksandra</b>	<b>4307</b>		K20	23	02:38:24	<b>05:06:23.95</b>	<b>05:06:38.25</b>	+02:50:00 (55.4%)	10:56	5.5 (44.7%)
508	<b>SARNA Beata</b>	<b>4020</b>		K50	10	02:42:44	<b>05:06:08.55</b>	<b>05:07:34.20</b>	+02:50:56 (55.6%)	10:56	5.5 (44.7%)
509	<b>LICHNOWSKA Anna</b>	<b>4025</b>		K40	52	02:39:54	<b>05:07:28.40</b>	<b>05:07:58.95</b>	+02:51:21 (55.6%)	10:58	5.5 (44.7%)
510	<b>FORDONSKA Kamila</b>	<b>4520</b>		K40	53	02:39:42	<b>05:07:46.55</b>	<b>05:08:02.75</b>	+02:51:25 (55.6%)	10:59	5.5 (44.7%)
511	<b>SIKORSKA Agnieszka</b>	<b>4384</b>		K40	54	02:44:43	<b>05:07:04.75</b>	<b>05:09:00.05</b>	+02:52:22 (55.8%)	10:58	5.5 (44.7%)
512	<b>BULLERT Agnieszka</b>	<b>4240</b>		K30	65	02:47:02	<b>05:08:09.30</b>	<b>05:09:08.80</b>	+02:52:31 (55.8%)	11:00	5.5 (44.7%)
513	<b>BALCERZAK Mariusz</b>	<b>7028</b>	DROGA DO ULTRA / SZAKALE BAŁUT ŁÓDŹ	M40	155	02:42:35	<b>05:08:16.35</b>	<b>05:09:31.20</b>	+02:52:53 (55.9%)	11:00	5.4 (43.9%)
514	<b>BOGUSZ Piotr</b>	<b>4208</b>		M40	156	02:44:03	<b>05:08:38.65</b>	<b>05:09:39.05</b>	+02:53:01 (55.9%)	11:01	5.4 (43.9%)
514	<b>BOGUSZ Emilia</b>	<b>4193</b>		K40	55	02:44:27	<b>05:08:38.00</b>	<b>05:09:39.05</b>	+02:53:01 (55.9%)	11:01	5.4 (43.9%)
516	<b>SANKOWSKI Tomasz</b>	<b>1229</b>	ZAP SZNAJDER PIASTÓW	M30	111	02:52:11	<b>05:07:59.60</b>	<b>05:09:50.65</b>	+02:53:13 (55.9%)	10:59	5.5 (44.7%)
517	<b>PASTERNAK Mateusz</b>	<b>4327</b>		M20	30	02:22:41	<b>05:11:15.10</b>	<b>05:11:40.95</b>	+02:55:03 (56.2%)	11:06	5.4 (43.9%)
518	<b>GROSS Agata</b>	<b>4043</b>	FABRYKA DZIKA	K40	56	02:49:21	<b>05:10:02.00</b>	<b>05:11:46.35</b>	+02:55:09 (56.2%)	11:04	5.4 (43.9%)
519	<b>HEĆMAŃCZUK Katarzyna</b>	<b>4056</b>	FABRYKA DZIKA	K40	57	02:49:22	<b>05:10:02.65</b>	<b>05:11:46.40</b>	+02:55:09 (56.2%)	11:04	5.4 (43.9%)
520	<b>MEGGER Iwona</b>	<b>4049</b>	IRON TEAM	K40	58	02:57:33	<b>05:10:18.90</b>	<b>05:11:51.85</b>	+02:55:14 (56.2%)	11:04	5.4 (43.9%)
521	<b>ŁASKI Krzysztof</b>	<b>7042</b>	BIEGIEM PO PIWO	M60	11	02:50:40	<b>05:13:20.45</b>	<b>05:15:12.55</b>	+02:58:35 (56.7%)	11:11	5.4 (43.9%)
522	<b>STĘPIEŃ Renata</b>	<b>4021</b>	BBL KIELCE	K60	1	02:40:36	<b>05:14:14.65</b>	<b>05:15:40.90</b>	+02:59:03 (56.7%)	11:13	5.3 (43.1%)
523	<b>LATAŁA Wojciech</b>	<b>4547</b>	LEŚNE GRUBASY	M40	157	02:47:42	<b>05:14:44.95</b>	<b>05:16:26.70</b>	+02:59:49 (56.8%)	11:14	5.3 (43.1%)
524	<b>OLEJNIK Karolina</b>	<b>4016</b>		K40	59	02:39:15	<b>05:15:37.70</b>	<b>05:16:27.30</b>	+02:59:50 (56.8%)	11:16	5.3 (43.1%)
525	<b>MALEC Katarzyna</b>	<b>4352</b>		K20	24	02:39:12	<b>05:15:56.50</b>	<b>05:16:36.45</b>	+02:59:59 (56.8%)	11:17	5.3 (43.1%)
526	<b>PIWOWARSKI Robert</b>	<b>4139</b>	CEDRUS TEAM	M50	58	02:40:30	<b>05:16:03.25</b>	<b>05:16:45.65</b>	+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	<b>MITAS Dariusz</b>	<b>1403</b>	PKS - PIWNY KLUB SPORTOWY	M40	158	02:50:14	<b>05:14:58.30</b>	<b>05:16:46.15</b>	+03:00:08 (56.9%)	11:14	5.3 (43.1%)
528	<b>WESOŁOWSKI Łukasz</b>	<b>4207</b>		M40	159	02:44:27	<b>05:15:48.05</b>	<b>05:16:58.60</b>	+03:00:21 (56.9%)	11:16	5.3 (43.1%)
529	<b>LESZCZYŃSKI Marcin</b>	<b>4297</b>		M20	31	02:44:48	<b>05:17:28.65</b>	<b>05:18:15.60</b>	+03:01:38 (57.1%)	11:20	5.3 (43.1%)
530	<b>RYBKA Tomasz</b>	<b>4270</b>		M60	12	02:42:05	<b>05:17:34.15</b>	<b>05:18:26.30</b>	+03:01:49 (57.1%)	11:20	5.3 (43.1%)
531	<b>RUTKOWSKA Ewelina</b>	<b>4661</b>	DZIKI Z CYTADELI	K40	60	02:38:46	<b>05:18:22.25</b>	<b>05:18:32.65</b>	+03:01:55 (57.1%)	11:22	5.3 (43.1%)
532	<b>JUSZCZYK Małgorzata</b>	<b>4672</b>	NIEPOŁOMICE BIEGAJĄ	K40	61	02:50:05	<b>05:18:01.55</b>	<b>05:18:37.70</b>	+03:02:00 (57.1%)	11:21	5.3 (43.1%)
533	<b>SZCZEPOCKI Andrzej</b>	<b>4673</b>	NIEPOŁOMICE BIEGAJĄ	M50	59	02:50:05	<b>05:18:07.20</b>	<b>05:18:44.25</b>	+03:02:06 (57.1%)	11:21	5.3 (43.1%)
534	<b>KONEFAL Grzegorz</b>	<b>4176</b>		M40	160	02:54:11	<b>05:17:04.35</b>	<b>05:18:54.70</b>	+03:02:17 (57.2%)	11:19	5.3 (43.1%)
535	<b>DWORNICZAK Franciszek</b>	<b>4222</b>		M30	112	02:54:08	<b>05:17:04.75</b>	<b>05:18:54.85</b>	+03:02:17 (57.2%)	11:19	5.3 (43.1%)
536	<b>WEREMA Łukasz</b>	<b>4196</b>		M30	113	02:42:42	<b>05:18:22.10</b>	<b>05:19:20.75</b>	+03:02:43 (57.2%)	11:22	5.3 (43.1%)
537	<b>NISKA Marta</b>	<b>4158</b>		K30	66	02:47:18	<b>05:18:38.00</b>	<b>05:20:03.65</b>	+03:03:26 (57.3%)	11:22	5.3 (43.1%)
538	<b>TRESENBERG Agata</b>	<b>4187</b>	KB WARTKO GOLINA	K40	62	02:48:32	<b>05:19:17.90</b>	<b>05:20:23.05</b>	+03:03:45 (57.4%)	11:24	5.3 (43.1%)
539	<b>LESZCZYŃSKI Rafal</b>	<b>4298</b>		M50	60	02:54:40	<b>05:19:48.50</b>	<b>05:20:33.20</b>	+03:03:55 (57.4%)	11:25	5.3 (43.1%)
540	<b>MIŁOSZ Bartłomiej</b>	<b>4527</b>	KASZANKI	M60	13	02:50:38	<b>05:20:36.95</b>	<b>05:21:52.55</b>	+03:05:15 (57.6%)	11:27	5.2 (42.3%)
541	<b>WANCERZ Magdalena</b>	<b>4473</b>		K30	67	02:46:41	<b>05:20:34.70</b>	<b>05:21:58.25</b>	+03:05:20 (57.6%)	11:26	5.2 (42.3%)
542	<b>STYŚ Natalia</b>	<b>4477</b>		K30	68	02:46:41	<b>05:20:34.90</b>	<b>05:21:58.35</b>	+03:05:21 (57.6%)	11:26	5.2 (42.3%)
543	<b>STEC Maciej</b>	<b>4224</b>		M40	161	02:40:31	<b>05:21:04.00</b>	<b>05:22:41.80</b>	+03:06:04 (57.7%)	11:28	5.2 (42.3%)
544	<b>HYBIŃSKA Joanna</b>	<b>4431</b>		K50	11	02:47:58	<b>05:22:40.85</b>	<b>05:22:54.20</b>	+03:06:16 (57.7%)	11:31	5.2 (42.3%)
545	<b>CZERWONKA Krzysztof</b>	<b>4522</b>		M40	162	02:44:16	<b>05:22:16.90</b>	<b>05:23:37.80</b>	+03:07:00 (57.8%)	11:30	5.2 (42.3%)
546	<b>IZDEBSKA Renata</b>	<b>4239</b>		K60	2	02:46:35	<b>05:22:24.40</b>	<b>05:24:07.10</b>	+03:07:29 (57.8%)	11:30	5.2 (42.3%)
547	<b>SŁUPIŃSKI Krzysztof</b>	<b>7033</b>		M30	114	02:54:50	<b>05:23:19.10</b>	<b>05:25:10.45</b>	+03:08:33 (58.0%)	11:32	5.2 (42.3%)
548	<b>NAGALSKA Martyna</b>	<b>4642</b>	EAZYMUT.PL	K30	69	02:49:13	<b>05:24:31.70</b>	<b>05:25:36.45</b>	+03:08:59 (58.0%)	11:35	5.2 (42.3%)
548	<b>JAZUKIEWICZ Ewa</b>	<b>4695</b>	EAZYMUT.PL	K50	12	02:44:41	<b>05:24:34.20</b>	<b>05:25:36.45</b>	+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	<b>PRZEPIÓRA Iwona</b>	<b>4022</b>	BBL KIELCE	K50	13	02:52:44	<b>05:35:05.05</b>	<b>05:36:30.45</b>	+03:19:53 (59.4%)	11:58	5 (40.7%)
574	<b>ORZECHOWSKI Mariusz</b>	<b>4599</b>	BIEGACZE KLECZEW, TRITON KONIN	M50	65	02:50:05	<b>05:34:55.00</b>	<b>05:36:37.90</b>	+03:20:00 (59.4%)	11:57	5 (40.7%)
575	<b>KRÓL Przemysław</b>	<b>4474</b>	FENOMEN	M40	167	02:54:15	<b>05:35:08.70</b>	<b>05:36:40.60</b>	+03:20:03 (59.4%)	11:58	5 (40.7%)
576	<b>PIEUCH Małgorzata</b>	<b>4197</b>	WIĘCEJ NIŻ BIEG	K20	25	02:57:49	<b>05:36:42.75</b>	<b>05:37:59.50</b>	+03:21:22 (59.6%)	12:01	5 (40.7%)
577	<b>GETEK Milena</b>	<b>4453</b>	RADGETRUN	K30	74	02:51:40	<b>05:36:29.90</b>	<b>05:38:00.30</b>	+03:21:23 (59.6%)	12:01	5 (40.7%)
578	<b>KALISZ Michał</b>	<b>4472</b>	RADGETRUN	M30	118	02:51:40	<b>05:36:30.00</b>	<b>05:38:00.40</b>	+03:21:23 (59.6%)	12:01	5 (40.7%)
579	<b>WĄTRÓBSKI Grzegorz</b>	<b>4366</b>	COKE RUNNERS CLUB	M50	66	02:53:40	<b>05:36:37.45</b>	<b>05:38:10.95</b>	+03:21:33 (59.6%)	12:01	5 (40.7%)
580	<b>MATWIEJCZUK Mateusz</b>	<b>4373</b>		M30	119	02:54:06	<b>05:36:57.45</b>	<b>05:38:11.75</b>	+03:21:34 (59.6%)	12:02	5 (40.7%)
581	<b>JÓŻWIK Agnieszka</b>	<b>4080</b>	IRON TEAM	K40	68	02:57:30	<b>05:36:46.95</b>	<b>05:38:19.80</b>	+03:21:42 (59.6%)	12:01	5 (40.7%)
582	<b>RATOWSKA Oliwia</b>	<b>4406</b>	HERO BOX	K30	75	02:46:45	<b>05:39:57.20</b>	<b>05:40:20.60</b>	+03:23:43 (59.9%)	12:08	4.9 (39.8%)
583	<b>JANCZEWSKA Izabela</b>	<b>4408</b>	HEROBOX	K40	69	02:46:47	<b>05:39:57.60</b>	<b>05:40:21.45</b>	+03:23:44 (59.9%)	12:08	4.9 (39.8%)
584	<b>ADAMCZYK Jakub</b>	<b>4106</b>	YAMAHA FAZER POLAND	M30	120	02:51:05	<b>05:39:37.40</b>	<b>05:40:22.05</b>	+03:23:44 (59.9%)	12:07	4.9 (39.8%)
585	<b>KÜCHLER Małgorzata</b>	<b>4011</b>	JARBUD	K40	70	02:50:18	<b>05:39:05.20</b>	<b>05:40:22.95</b>	+03:23:45 (59.9%)	12:06	5 (40.7%)
586	<b>DRĘŻEK Marcin</b>	<b>4076</b>		M40	168	02:46:43	<b>05:39:23.60</b>	<b>05:41:01.85</b>	+03:24:24 (59.9%)	12:07	5 (40.7%)
587	<b>RZECZKOWSKI Maciej</b>	<b>4162</b>	WKG	M50	67	02:51:37	<b>05:41:59.80</b>	<b>05:42:26.95</b>	+03:25:49 (60.1%)	12:12	4.9 (39.8%)
588	<b>JEDLIŃSKA Magdalena</b>	<b>4161</b>		K40	71	02:51:36	<b>05:42:01.05</b>	<b>05:42:28.20</b>	+03:25:50 (60.1%)	12:12	4.9 (39.8%)
589	<b>GRACZYK Dąbrowka</b>	<b>4447</b>		K20	26	02:56:02	<b>05:42:03.90</b>	<b>05:42:35.70</b>	+03:25:58 (60.1%)	12:12	4.9 (39.8%)
590	<b>MARZENA Łatwińska</b>	<b>4389</b>		K50	14	02:54:55	<b>05:44:36.25</b>	<b>05:44:56.45</b>	+03:28:19 (60.4%)	12:18	4.9 (39.8%)
591	<b>PASTERNAK Wojciech</b>	<b>4326</b>	POGODNI	M40	169	02:38:49	<b>05:45:08.70</b>	<b>05:45:35.90</b>	+03:28:58 (60.5%)	12:19	4.9 (39.8%)
592	<b>PASZKIEL Agnieszka</b>	<b>4397</b>	FAMILIA	K50	15	02:55:15	<b>05:45:44.65</b>	<b>05:46:52.30</b>	+03:30:15 (60.6%)	12:20	4.9 (39.8%)
593	<b>TOŁKACZ Mariola</b>	<b>4433</b>	MALBORK BIEGA	K60	3	02:56:04	<b>05:45:40.30</b>	<b>05:47:28.40</b>	+03:30:51 (60.7%)	12:20	4.9 (39.8%)
594	<b>TOŁKACZ Wojciech</b>	<b>4432</b>	MALBORK BIEGA	M60	15	02:56:10	<b>05:45:41.80</b>	<b>05:47:29.45</b>	+03:30:52 (60.7%)	12:20	4.9 (39.8%)
595	<b>NAGAŃSKA-PILAK Małgorzata</b>	<b>4041</b>		K60	4	02:53:22	<b>05:47:15.50</b>	<b>05:48:21.60</b>	+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	<b>WIERZCHOWSKI Paweł</b>	<b>4126</b>	CEDRUS TEAM	M40	170	02:54:34	<b>05:49:18.25</b>	<b>05:50:07.35</b>	+03:33:30 (61.0%)	12:28	4.8 (39.0%)
597	<b>PLASKOT Michał</b>	<b>4094</b>	CEDRUS TEAM	M40	171	02:54:34	<b>05:49:19.60</b>	<b>05:50:07.55</b>	+03:33:30 (61.0%)	12:28	4.8 (39.0%)
598	<b>RADWAŃSKI Marek</b>	<b>4357</b>		M40	172	02:43:49	<b>05:49:43.00</b>	<b>05:50:16.10</b>	+03:33:38 (61.0%)	12:29	4.8 (39.0%)
598	<b>CHYCZEWSKA Katarzyna</b>	<b>4247</b>	THORO TEAM	K40	72	02:55:03	<b>05:48:30.95</b>	<b>05:50:16.10</b>	+03:33:38 (61.0%)	12:26	4.8 (39.0%)
600	<b>JANKOWSKI Maciej</b>	<b>4249</b>	THORO TEAM	M40	173	02:55:03	<b>05:48:31.70</b>	<b>05:50:16.60</b>	+03:33:39 (61.0%)	12:26	4.8 (39.0%)
601	<b>PIKULIK Arkadiusz</b>	<b>4017</b>	SMOLNIK TEAM:)	M40	174	02:41:49	<b>05:51:02.95</b>	<b>05:52:23.70</b>	+03:35:46 (61.2%)	12:32	4.8 (39.0%)
602	<b>WINIARSKA-BISZCZAN Anna</b>	<b>4437</b>	BIEGAMY DZISIAJ? WIERZBICA/CHEŁM BIEGA	K40	73	02:55:54	<b>05:52:05.95</b>	<b>05:52:46.55</b>	+03:36:09 (61.3%)	12:34	4.8 (39.0%)
603	<b>RYŻYŃSKA Agnieszka</b>	<b>4044</b>	CHEŁM BIEGA	K40	74	02:58:00	<b>05:52:06.20</b>	<b>05:52:46.65</b>	+03:36:09 (61.3%)	12:34	4.8 (39.0%)
604	<b>ADAMCZEWSKI Szymon</b>	<b>7021</b>	SFORA BMK	M20	34	02:55:02	<b>05:53:22.85</b>	<b>05:53:53.30</b>	+03:37:16 (61.4%)	12:37	4.8 (39.0%)
605	<b>SEWERYN Joanna</b>	<b>4110</b>		K40	75	02:56:25	<b>05:54:42.85</b>	<b>05:55:16.95</b>	+03:38:39 (61.5%)	12:40	4.7 (38.2%)
606	<b>BŁĄŻEJSKI Zdzisław</b>	<b>4617</b>	KS PRZAŚNIK PRZASNYSZ	M60	16	02:42:56	<b>05:55:34.40</b>	<b>05:55:53.00</b>	+03:39:15 (61.6%)	12:41	4.7 (38.2%)
607	<b>WAŚNIEWSKA Paulina</b>	<b>4188</b>		K40	76	02:55:14	<b>05:56:34.85</b>	<b>05:57:09.90</b>	+03:40:32 (61.7%)	12:44	4.7 (38.2%)
608	<b>MELLER Oliwia</b>	<b>4614</b>		K20	27	02:55:06	<b>05:58:30.65</b>	<b>06:00:00.45</b>	+03:43:23 (62.1%)	12:48	4.7 (38.2%)
609	<b>KUROŚ Klaudia</b>	<b>4574</b>		K20	28	02:55:07	<b>05:58:31.35</b>	<b>06:00:00.95</b>	+03:43:23 (62.1%)	12:48	4.7 (38.2%)
610	<b>CUDNY Paula</b>	<b>4413</b>	G4	K30	76	02:42:46	<b>06:00:10.90</b>	<b>06:00:18.50</b>	+03:43:41 (62.1%)	12:51	4.7 (38.2%)
611	<b>MOCHEREK Justyna</b>	<b>4125</b>		K40	77	03:01:17	<b>06:00:39.95</b>	<b>06:01:12.90</b>	+03:44:35 (62.2%)	12:52	4.7 (38.2%)
612	<b>KUZIA Bogusław</b>	<b>4143</b>	SILESIA MARATHON CLUB	M50	68	02:47:41	<b>06:01:16.80</b>	<b>06:01:34.30</b>	+03:44:57 (62.2%)	12:54	4.7 (38.2%)
613	<b>UZIAŁKO Karolina</b>	<b>4484</b>		K40	78	02:56:51	<b>06:01:03.65</b>	<b>06:02:24.95</b>	+03:45:47 (62.3%)	12:53	4.7 (38.2%)
614	<b>WILK Adam</b>	<b>4485</b>		M40	175	02:56:41	<b>06:01:03.80</b>	<b>06:02:25.20</b>	+03:45:47 (62.3%)	12:53	4.7 (38.2%)
615	<b>ZIĘBA Zbigniew</b>	<b>4460</b>	META NADARZYN	M50	69	02:51:34	<b>06:02:14.65</b>	<b>06:03:21.80</b>	+03:46:44 (62.4%)	12:56	4.6 (37.4%)
616	<b>MIŁOSZ Maria</b>	<b>4656</b>	KASZANKI	K30	77	03:09:30	<b>06:01:58.90</b>	<b>06:03:40.30</b>	+03:47:03 (62.4%)	12:55	4.6 (37.4%)
617	<b>GARMADA Maciej</b>	<b>4476</b>		M20	35	02:54:41	<b>06:03:26.60</b>	<b>06:05:20.35</b>	+03:48:43 (62.6%)	12:58	4.6 (37.4%)
618	<b>OLEKSY Jakub</b>	<b>4012</b>	COWOOCELL	M20	36	02:54:36	<b>06:03:27.00</b>	<b>06:05:20.95</b>	+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	<b>RADECKI Wojciech</b>	<b>4662</b>	DZIKI Z CYTADELI	M40	176	02:55:15	<b>06:05:17.30</b>	<b>06:05:28.80</b>	+03:48:51 (62.6%)	13:02	4.6 (37.4%)
620	<b>MAZUR Katarzyna</b>	<b>4047</b>	RADICAL BITCHES	K30	78	03:00:33	<b>06:04:54.70</b>	<b>06:06:11.30</b>	+03:49:34 (62.7%)	13:01	4.6 (37.4%)
621	<b>MAGDZIARZ Paulina</b>	<b>4169</b>	ORGANIC RACE TEAM	K40	79	02:54:11	<b>06:07:58.05</b>	<b>06:07:58.05</b>	+03:51:20 (62.9%)	13:08	4.6 (37.4%)
622	<b>OCHOWIAK Klaudia</b>	<b>4170</b>	ORGANIC FITNESS	K30	79	02:52:44	<b>06:06:31.30</b>	<b>06:07:58.30</b>	+03:51:21 (62.9%)	13:05	4.6 (37.4%)
623	<b>LISIAK Karina</b>	<b>4172</b>	ORGANIC FITNESS	K30	80	02:52:45	<b>06:06:31.40</b>	<b>06:07:58.75</b>	+03:51:21 (62.9%)	13:05	4.6 (37.4%)
624	<b>KASZUBA Katarzyna</b>	<b>4404</b>		K30	81	02:56:43	<b>06:07:53.20</b>	<b>06:09:32.95</b>	+03:52:55 (63.0%)	13:08	4.6 (37.4%)
624	<b>KOWALCZYK Michał</b>	<b>4386</b>	SII RUNNING TEAM	M30	121	02:56:54	<b>06:07:53.00</b>	<b>06:09:32.95</b>	+03:52:55 (63.0%)	13:08	4.6 (37.4%)
626	<b>KACZMAREK Arkadiusz</b>	<b>4499</b>		M50	70	02:47:40	<b>06:10:14.70</b>	<b>06:10:34.20</b>	+03:53:56 (63.1%)	13:13	4.5 (36.6%)
627	<b>WARAS Barbara</b>	<b>4089</b>		K40	80	03:01:32	<b>06:10:08.05</b>	<b>06:11:39.20</b>	+03:55:01 (63.2%)	13:13	4.5 (36.6%)
628	<b>CHABROWSKI Paweł</b>	<b>4611</b>	SĄSIEDZI TARAUMARA	M50	71	02:58:53	<b>06:12:52.55</b>	<b>06:13:05.10</b>	+03:56:27 (63.4%)	13:19	4.5 (36.6%)
629	<b>CHABROWSKI Bartłomiej</b>	<b>4619</b>	SĄSIEDZI TARAUMARA	M50	72	02:58:51	<b>06:12:50.05</b>	<b>06:13:05.65</b>	+03:56:28 (63.4%)	13:18	4.5 (36.6%)
630	<b>TYMOSZUK Rafał</b>	<b>4392</b>	SĄSIEDZI TARAUMARA	M40	177	02:57:07	<b>06:12:50.90</b>	<b>06:13:05.85</b>	+03:56:28 (63.4%)	13:18	4.5 (36.6%)
631	<b>SZĘSZOŁ Mariusz</b>	<b>4409</b>	SĄSIEDZI TARAUMARA	M50	73	02:58:48	<b>06:12:49.40</b>	<b>06:13:06.15</b>	+03:56:28 (63.4%)	13:18	4.5 (36.6%)
632	<b>ŁUKASZUK Bartłomiej</b>	<b>4115</b>		M20	37	02:55:57	<b>06:13:52.30</b>	<b>06:15:40.75</b>	+03:59:03 (63.6%)	13:21	4.5 (36.6%)
633	<b>LESZCZYŃSKI Łukasz</b>	<b>4304</b>		M20	38	02:59:10	<b>06:18:58.70</b>	<b>06:18:58.70</b>	+04:02:21 (64.0%)	13:32	4.4 (35.8%)
634	<b>KUNKA Piotr</b>	<b>4671</b>		M-Open	1		<b>06:20:31.00</b>	<b>06:20:31.00</b>	+04:03:53 (64.1%)	13:35	4.4 (35.8%)
635	<b>JANISZEWSKI Aleksander</b>	<b>4023</b>		M40	178	02:56:26	<b>06:19:11.65</b>	<b>06:21:01.15</b>	+04:04:23 (64.1%)	13:32	4.4 (35.8%)
636	<b>MARCZUK Marta</b>	<b>4024</b>	BIEGAM Z OLKIEM	K30	82	02:56:00	<b>06:19:12.50</b>	<b>06:21:01.30</b>	+04:04:24 (64.1%)	13:32	4.4 (35.8%)
637	<b>JANOWSKA Aleksandra</b>	<b>4096</b>	CEDRUS TEAM	K40	81	02:55:46	<b>06:21:09.50</b>	<b>06:21:52.00</b>	+04:05:14 (64.2%)	13:36	4.4 (35.8%)
638	<b>CICHOCKI Mariusz</b>	<b>4572</b>	SUUNTO RUN TEAM	M50	74	02:56:57	<b>06:20:33.05</b>	<b>06:22:19.65</b>	+04:05:42 (64.3%)	13:35	4.4 (35.8%)
639	<b>DAJNOWSKI Marek</b>	<b>4571</b>		M40	179	02:56:59	<b>06:20:32.35</b>	<b>06:22:19.70</b>	+04:05:42 (64.3%)	13:35	4.4 (35.8%)
640	<b>OBARSKI Norbert</b>	<b>4181</b>		M60	17	02:56:50	<b>06:26:36.50</b>	<b>06:28:01.70</b>	+04:11:24 (64.8%)	13:48	4.3 (35.0%)
641	<b>OBARSKA Małgorzata</b>	<b>4182</b>		K60	5	02:56:50	<b>06:26:37.70</b>	<b>06:28:02.45</b>	+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	<b>KOBYŁKA Małgorzata</b>	<b>4209</b>	SUPERMARATON KALISZ	K50	16	02:58:40	<b>06:29:24.35</b>	<b>06:30:17.15</b>	+04:13:39 (65.0%)	13:54	4.3 (35.0%)
642	<b>FABIAŃSKI Czesław</b>	<b>4214</b>	SUPERMARATON KALISZ	M60	18	02:59:01	<b>06:29:24.05</b>	<b>06:30:17.15</b>	+04:13:39 (65.0%)	13:54	4.3 (35.0%)
644	<b>KOCLEGA Ewa</b>	<b>4131</b>		K40	82	03:01:31	<b>06:29:59.95</b>	<b>06:30:34.80</b>	+04:13:57 (65.0%)	13:55	4.3 (35.0%)
645	<b>ZARĘBA Izabela</b>	<b>4034</b>		K30	83	03:04:05	<b>06:32:29.55</b>	<b>06:32:59.10</b>	+04:16:21 (65.2%)	14:01	4.3 (35.0%)
646	<b>MAZUR Maciej</b>	<b>4471</b>	WOODWARD RUNNERS	M40	180	02:56:45	<b>06:32:20.20</b>	<b>06:33:56.40</b>	+04:17:19 (65.3%)	14:00	4.3 (35.0%)
647	<b>MAKOSA Konrad</b>	<b>4490</b>		M50	75	03:15:45	<b>06:34:26.10</b>	<b>06:35:57.75</b>	+04:19:20 (65.5%)	14:05	4.3 (35.0%)
648	<b>MISZCZUK Ewelina</b>	<b>4095</b>		K40	83	03:24:19	<b>06:41:25.90</b>	<b>06:43:11.70</b>	+04:26:34 (66.1%)	14:20	4.2 (34.1%)
649	<b>POPKO Mariusz</b>	<b>4128</b>		M40	181	02:59:56	<b>06:43:46.45</b>	<b>06:45:14.90</b>	+04:28:37 (66.3%)	14:25	4.2 (34.1%)
650	<b>GAWORSKA Kamila</b>	<b>4335</b>		K30	84	03:09:44	<b>06:46:41.00</b>	<b>06:46:41.00</b>	+04:30:03 (66.4%)	14:31	4.1 (33.3%)
651	<b>ŻYŁOWICZ Marcin</b>	<b>4026</b>		M30	122	03:03:24	<b>07:00:49.50</b>	<b>07:02:45.95</b>	+04:46:08 (67.7%)	15:01	4 (32.5%)
652	<b>POMASKA Kamila</b>	<b>4189</b>		K40	84	02:55:15	<b>07:02:43.65</b>	<b>07:03:18.40</b>	+04:46:41 (67.7%)	15:05	4 (32.5%)
653	<b>OSIŃSKA Agata</b>	<b>4398</b>		K50	17	03:24:12	<b>07:01:57.65</b>	<b>07:03:44.25</b>	+04:47:06 (67.8%)	15:04	4 (32.5%)
654	<b>NIEPOKÓJ Barbara</b>	<b>4699</b>		K30	85	02:57:14	<b>07:08:51.75</b>	<b>07:09:10.90</b>	+04:52:33 (68.2%)	15:18	3.9 (31.7%)
655	<b>NOWICKA Ilona</b>	<b>4532</b>	PANDUSIE	K30	86	03:28:35	<b>07:28:46.65</b>	<b>07:30:07.10</b>	+05:13:29 (69.6%)	16:01	3.7 (30.1%)
656	<b>SREBRO Michał</b>	<b>4595</b>		M50	76	03:25:44	<b>07:31:23.60</b>	<b>07:31:33.25</b>	+05:14:55 (69.7%)	16:07	3.7 (30.1%)
657	<b>MAJSZCZYK Paulina</b>	<b>4645</b>	HARDCOROWE WYCHYLYBYMY	K30	87	02:26:46			+01:11:29	9:03	6.6 (53.7%)
658	<b>SUDAŃSKI Damian</b>	<b>4564</b>	DRUŻYNA PIERŚCIENIA	M30	123						(0.0%)
DNC	<b>SZULĘCKI Andrzej</b>	<b>4256</b>	EXC TEAM	M40		00:56:54					(0.0%)
	<b>REY Andrzej</b>	<b>4184</b>	REYRUNNINGTEAM	M50		DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>REY Patryk</b>	<b>4534</b>	REYRUNNINGTEAM	M20		DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>GRABAREK Justyna</b>	<b>4512</b>	NOSTROMO	K40		DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>PASTUŁA Anna</b>	<b>4266</b>		K30		DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>MIKODA Justyna</b>	<b>4132</b>		K40		DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>ŻUŁAWSKI Dariusz</b>	<b>7034</b>		M40		DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>JESKE Michał</b>	<b>4267</b>	RUN BYDGOSZCZ	M20		DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 666 wynik(ów)