

ZIMOWA BIESZCZADZKA DYCHA 2015

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Organizator: OTK Rzeźnik
Data: 2015-01-25
Miejsce: Cisna
Dystans: 10 km

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	JÓZWIK Pawł	137	LUBLIN	M30	1	00:39:31.60	00:39:36.25		3:57	15.2 (100%)
2	KIEŁBOŃ Michał	43	PRZEWORSKA GRUPA BIEGOWA	M20	1	00:40:03.95	00:40:11.45	+00:00:35 (1.5%)	4:00	15 (98.7%)
3	LIPA Wojciech	142	RZESZÓW	M30	2	00:43:48.70	00:44:03.35	+00:04:27 (10.1%)	4:22	13.7 (90.1%)
4	OLCHAWA Joanna	138	KRAKÓW	K40	1	00:44:05.75	00:44:08.70	+00:04:32 (10.3%)	4:24	13.6 (89.5%)
5	MUSIAŁOWSKI Marcin	176	2REP USTRZYKI GÓRNE	M30	3	00:44:02.35	00:44:14.30	+00:04:38 (10.5%)	4:24	13.6 (89.5%)
6	WARTA Przemysław	119	CZARNA GÓRNA	M20	2	00:43:41.60	00:44:36.10	+00:04:59 (11.2%)	4:22	13.7 (90.1%)
7	STAWIARSKI Jakub	99	LONGPLAY	M20	3	00:44:08.50	00:44:56.15	+00:05:19 (11.9%)	4:24	13.6 (89.5%)
8	ZAJEZIERSKI Mateusz	133	PIASKI	M20	4	00:44:50.35	00:45:10.05	+00:05:33 (12.3%)	4:29	13.4 (88.2%)
9	LEWANDOWSKI Rafał	56		M30	4	00:45:28.00	00:45:32.95	+00:05:56 (13.1%)	4:32	13.2 (86.8%)
10	TUCZAPSKI Piotr	114	RZESZÓW	M20	5	00:45:32.20	00:45:46.50	+00:06:10 (13.5%)	4:33	13.2 (86.8%)
11	KSZYSZTOŃ Grzegorz	144	WARSZAWA	M20	6	00:45:47.65	00:45:58.20	+00:06:21 (13.8%)	4:34	13.1 (86.2%)
12	BIKOWSKA-JUSIS Katarzyna	156	DŹ	K30	1	00:45:58.35	00:46:05.40	+00:06:29 (14.1%)	4:35	13.1 (86.2%)
13	RĄCZKA Rafał	86		M30	5	00:45:24.85	00:46:26.40	+00:06:50 (14.7%)	4:32	13.2 (86.8%)
14	SZYBISTY Grzegorz	163	WROCANKA	M40	1	00:47:04.30	00:47:08.05	+00:07:31 (16.0%)	4:42	12.7 (83.6%)
15	CZWERENKO Wojciech	18	SANOK	M30	6	00:46:37.85	00:47:10.60	+00:07:34 (16.1%)	4:39	12.9 (84.9%)
16	RYSZ Tomasz	89	SANOK	M30	7	00:47:14.10	00:47:22.55	+00:07:46 (16.4%)	4:43	12.7 (83.6%)
17	KRAJEWSKI Jakub	51	SZAROTKA UHERCE	M30	8	00:47:22.65	00:47:48.40	+00:08:12 (17.2%)	4:44	12.7 (83.6%)
18	WALOSZEK Marcin	118	PASZCZYNA	M30	9	00:47:37.90	00:48:06.00	+00:08:29 (17.7%)	4:45	12.6 (82.9%)
19	SZCZUR Wiesław	105	NOWA DĘBA	M40	2	00:47:38.60	00:48:11.10	+00:08:34 (17.8%)	4:45	12.6 (82.9%)
20	GRUSZKO Alicja	30	TEAM BIKE CONCEPT STORE	K30	2	00:48:02.60	00:48:28.80	+00:08:52 (18.3%)	4:48	12.5 (82.2%)
21	KOWALCZYK Mateusz	48	WARSZAWA	M20	7	00:47:03.00	00:48:29.05	+00:08:52 (18.3%)	4:42	12.8 (84.2%)
22	WAJCOWICZ Witold	116	SANOK	M40	3	00:48:26.80	00:48:35.70	+00:08:59 (18.5%)	4:50	12.4 (81.6%)
23	URBAN Marcin	171	BOGUCHWAŁA	M30	10	00:48:14.20	00:48:53.70	+00:09:17 (19.0%)	4:49	12.4 (81.6%)
24	RUDNICKI Tomasz	87	BIEGUNKA TEAM POLSKA	M40	4	00:48:37.05	00:49:17.45	+00:09:41 (19.7%)	4:51	12.3 (80.9%)
25	CZAJKOWSKI Robert	17	KOSIENICE	M20	8	00:49:23.00	00:49:43.25	+00:10:07 (20.3%)	4:56	12.1 (79.6%)
26	BRENDZOWSKI Adam	160	SOLINA	M30	11	00:49:47.85	00:49:57.60	+00:10:21 (20.7%)	4:58	12 (78.9%)
27	WOJTKIEWICZ Jarosław	130	PODKOWA LEŚNA	M40	5	00:49:49.75	00:50:00.20	+00:10:23 (20.8%)	4:59	12 (78.9%)
28	BOŻĘTKA Józef	11	POLANA	M40	6	00:49:00.30	00:50:06.65	+00:10:30 (21.0%)	4:54	12.2 (80.3%)
29	CZUCHNOWSKI Marcin	161	RZESZÓW	M30	12	00:49:49.05	00:50:11.45	+00:10:35 (21.1%)	4:58	12 (78.9%)
30	ZDEB Krzysztof	164	WROCANKA	M40	7	00:50:12.30	00:50:15.55	+00:10:39 (21.2%)	5:01	12 (78.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
31	KARDACH Kamil	149	RYMANÓW ZDRÓJ	M20	9	00:50:19.70	00:50:30.55	+00:10:54 (21.6%)	5:02	11.9 (78.3%)
32	SOKOŁOWSKA Maja	157	ZABRZE	K20	1	00:50:01.15	00:50:31.60	+00:10:55 (21.6%)	5:00	12 (78.9%)
33	BEDNARCZYK Paweł	167	SANOK	M30	13	00:50:05.35	00:50:37.60	+00:11:01 (21.8%)	5:00	12 (78.9%)
34	WRÓBEL Bartłomiej	135	CISNA	M40	8	00:50:31.95	00:50:42.70	+00:11:06 (21.9%)	5:03	11.9 (78.3%)
35	ZYGADLEWICZ Grzegorz	134	BIEGAJĄCY ŚWIDNIK	M30	14	00:50:30.70	00:50:43.25	+00:11:07 (21.9%)	5:03	11.9 (78.3%)
36	POPAJEWSKI Krzysztof	159	LUBLIN	M50	1	00:50:17.60	00:50:49.20	+00:11:12 (22.1%)	5:01	11.9 (78.3%)
37	GRYCZ Darek	31	TWIERDZA MODLIN	M20	10	00:49:39.40	00:50:55.95	+00:11:19 (22.2%)	4:57	12.1 (79.6%)
38	WIECZOREK Paweł	122	TREND GLASS RUNNING TEAM	M30	15	00:50:28.65	00:51:00.55	+00:11:24 (22.4%)	5:02	11.9 (78.3%)
39	WÓJCIK Ewa	132	KRAKÓW	K50	1	00:50:41.30	00:51:08.55	+00:11:32 (22.6%)	5:04	11.8 (77.6%)
40	WINIARZ Witold	127	PRZEMYSKI KLUB BIEGACZA	M30	16	00:51:27.15	00:51:56.85	+00:12:20 (23.8%)	5:08	11.7 (77.0%)
41	IGNASZAK Ukasz	35	GRODZISK MAZOWIECKI	M30	17	00:51:08.75	00:52:03.65	+00:12:27 (23.9%)	5:06	11.7 (77.0%)
42	BAŁCHAN Krzysztof	3	CPR RZESZOW	M20	11	00:52:00.70	00:52:18.30	+00:12:42 (24.3%)	5:12	11.5 (75.7%)
43	BYKOWSKI Andrzej	16		M40	9	00:51:29.50	00:52:33.00	+00:12:56 (24.6%)	5:09	11.7 (77.0%)
44	WALICKI Sebastian	117	MORSY	M40	10	00:51:28.75	00:52:37.50	+00:13:01 (24.7%)	5:08	11.7 (77.0%)
45	BAK Tymoteusz	6	GLIWICE	M30	18	00:52:11.30	00:52:46.30	+00:13:10 (25.0%)	5:13	11.5 (75.7%)
46	SZCZUR Iwona	104	NOWA DĘBA	K30	3	00:52:30.00	00:53:04.80	+00:13:28 (25.4%)	5:15	11.4 (75.0%)
47	MAZIARZ Wojciech	61	PGR PRZEWORSK	M20	12	00:52:12.35	00:53:10.95	+00:13:34 (25.5%)	5:13	11.5 (75.7%)
48	HEC Grzegorz	169	GŁOWIENKA	M30	19	00:53:08.90	00:53:18.55	+00:13:42 (25.7%)	5:18	11.3 (74.3%)
49	JĘDRZEJCZYK Agnieszka	38	RZESZÓW	K30	4	00:53:25.30	00:53:30.25	+00:13:54 (26.0%)	5:20	11.2 (73.7%)
50	PICHETA Magdalena	75	DISNEY VOLUNTEARS	K30	5	00:52:19.80	00:53:36.60	+00:14:00 (26.1%)	5:14	11.5 (75.7%)
51	BROŻYNA Marcin	166	SANOK	M30	20	00:53:06.65	00:53:38.25	+00:14:02 (26.2%)	5:18	11.3 (74.3%)
52	WAŚOWICZ Ukasz	173	TYCHY	M30	21	00:53:25.60	00:53:40.75	+00:14:04 (26.2%)	5:20	11.2 (73.7%)
53	BAŻYŃSKA Marta	5	LESZNO	K30	6	00:52:44.35	00:53:42.80	+00:14:06 (26.3%)	5:16	11.4 (75.0%)
54	MUSIAŁ Kamil	67	BUDY GŁOGOWSKIE	M20	13	00:52:41.55	00:53:47.30	+00:14:11 (26.4%)	5:16	11.4 (75.0%)
55	SŁOBODA Elżbieta	93	USTRZYKI DOLNE	K30	7	00:53:18.85	00:53:47.55	+00:14:11 (26.4%)	5:19	11.3 (74.3%)
56	DOMISZEWSKA Maria	20	USTRZYKI DOLNE	K40	2	00:52:51.50	00:53:47.85	+00:14:11 (26.4%)	5:17	11.4 (75.0%)
57	KRASOŃ Janusz	52	RZESZOWSKI KLUB MORSZA "SOPELEK"	M30	22	00:52:45.60	00:53:51.05	+00:14:14 (26.5%)	5:16	11.4 (75.0%)
58	KRENZEL Regina	54	JAROSŁAW	K20	2	00:53:34.85	00:53:53.15	+00:14:16 (26.5%)	5:21	11.2 (73.7%)
59	BURY Beata	14	KKB MOSIR KROSNO	K20	3	00:53:41.00	00:53:54.15	+00:14:17 (26.5%)	5:22	11.2 (73.7%)
60	RESZTYŁO Grzegorz	165	AŃCUT	M40	11	00:53:42.05	00:53:54.75	+00:14:18 (26.5%)	5:22	11.2 (73.7%)
61	WIDEREK Katarzyna	145	JÓZEFOSŁAW	K40	3	00:53:42.45	00:53:58.50	+00:14:22 (26.6%)	5:22	11.2 (73.7%)
62	OBŁĄK Agnieszka	72	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ	K30	8	00:53:15.85	00:54:01.60	+00:14:25 (26.7%)	5:19	11.3 (74.3%)
63	WOJCIECHOWSKA Katarzyna	128	SANDOMIERZ	K30	9	00:53:36.35	00:54:05.75	+00:14:29 (26.8%)	5:21	11.2 (73.7%)
64	STEC Sebastian	162	WARSZAWA	M40	12	00:53:48.10	00:54:26.35	+00:14:50 (27.3%)	5:22	11.2 (73.7%)
65	WNĘK Bogumił	172	BOGUCHWAŁA	M40	13	00:54:15.95	00:54:27.10	+00:14:50 (27.3%)	5:25	11.1 (73.0%)
66	FIRLEJ Agnieszka	170	WIERZOWA POLSKA	K30	10	00:54:31.90	00:54:42.55	+00:15:06 (27.6%)	5:27	11 (72.4%)
67	CZUBA Marzena	146	WARSZAWA	K40	4	00:53:58.10	00:54:50.05	+00:15:13 (27.8%)	5:23	11.1 (73.0%)
68	SZUSZKIEWICZ Marzena	109	WARSZAWA	K40	5	00:54:56.75	00:55:10.45	+00:15:34 (28.2%)	5:29	10.9 (71.7%)
69	DUDEK Arkadiusz	22	4 PORY ROKU BRZOZÓW	M50	2	00:54:55.35	00:55:12.75	+00:15:36 (28.3%)	5:29	10.9 (71.7%)
70	SONDEJ Wiesław	185	MORSY	M50	3	00:54:09.75	00:55:19.05	+00:15:42 (28.4%)	5:25	11.1 (73.0%)
71	SOBIESKA Aleksandra	97	WARSZAWA	K30	11	00:54:17.40	00:55:31.75	+00:15:55 (28.7%)	5:25	11.1 (73.0%)
72	DYNARSKA-ŁYCZAK Iwona	23	KM TRUCHCIK ŁUBIANKA	K30	12	00:55:35.30	00:55:40.70	+00:16:04 (28.9%)	5:33	10.8 (71.1%)
73	WIEWIÓRA Jakub	125	WARSZAWA	M20	14	00:54:19.20	00:55:45.40	+00:16:09 (29.0%)	5:25	11 (72.4%)
74	SARNOWSKA Karolina	90	WARSZAWA	K30	13	00:55:03.85	00:55:59.70	+00:16:23 (29.3%)	5:30	10.9 (71.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
75	LOREK Marek	57	DĘBICA	M40	14	00:55:06.85	00:56:03.80	+00:16:27 (29.4%)	5:30	10.9 (71.7%)
76	KACZMAREK Norbert	40	PRZEMYŚL	M30	23	00:55:46.25	00:56:15.35	+00:16:39 (29.6%)	5:34	10.8 (71.1%)
77	GOLBA Przemek	27		M30	24	00:55:35.10	00:56:17.65	+00:16:41 (29.6%)	5:33	10.8 (71.1%)
78	KIERES Michał	140	OLSZTYN	M30	25	00:55:56.00	00:56:24.85	+00:16:48 (29.8%)	5:35	10.7 (70.4%)
79	PITAS Sabina	78	ZAPIERDALACZE.PL	K30	14	00:56:20.55	00:56:34.00	+00:16:57 (30.0%)	5:38	10.6 (69.7%)
80	GUCWA Jarosław	33	KRZYŻANOWICE	M40	15	00:56:29.10	00:56:45.75	+00:17:09 (30.2%)	5:38	10.6 (69.7%)
81	JAZEL Małgorzata	36	ASTERZENECA	K30	15	00:56:25.20	00:57:03.35	+00:17:27 (30.6%)	5:38	10.6 (69.7%)
82	KOZŁOWSKI Bartłomiej	175	KIELCE	M40	16	00:56:20.40	00:57:04.00	+00:17:27 (30.6%)	5:38	10.6 (69.7%)
83	GRZYŚKA Piotr	32	NIGHT RUNNERS ZABRZE	M30	26	00:56:40.00	00:57:13.60	+00:17:37 (30.8%)	5:40	10.6 (69.7%)
84	PISTL Jacek	151	WROCLAW	M30	27	00:56:22.30	00:57:33.05	+00:17:56 (31.2%)	5:38	10.6 (69.7%)
85	NOWOTARSKA Anita	70	USTRZYKI DOLNE	K40	6	00:57:25.55	00:57:36.40	+00:18:00 (31.3%)	5:44	10.4 (68.4%)
85	PASZKO Patryk	74	KLUB BIEGACZA RTV EURO AGD	M20	15	00:56:09.75	00:57:36.40	+00:18:00 (31.3%)	5:37	10.7 (70.4%)
87	SZCZYPEK Karolina	106	WARSZAWA	K20	4	00:56:54.65	00:57:37.25	+00:18:01 (31.3%)	5:41	10.5 (69.1%)
88	PANTERA Wojciech	73	KRAKÓW	M30	28	00:56:32.75	00:57:38.20	+00:18:01 (31.3%)	5:39	10.6 (69.7%)
89	KUCIA Beata	55	WARSZAWA	K30	16	00:57:29.35	00:57:43.35	+00:18:07 (31.4%)	5:44	10.4 (68.4%)
90	NALEPA Marcin	68	NIGHT RUNNERS ZABRZE	M30	29	00:57:02.75	00:57:45.90	+00:18:09 (31.4%)	5:42	10.5 (69.1%)
91	WIETECZA Paweł	124	WARZYCE	M30	30	00:56:57.75	00:58:01.45	+00:18:25 (31.7%)	5:41	10.5 (69.1%)
92	MŁODZIKOWSKA Weronika	66	KB V-MAX ADAMÓW	K20	5	00:57:51.25	00:58:06.00	+00:18:29 (31.8%)	5:47	10.4 (68.4%)
93	NIEDZIELA Michał	69	JAROSŁAW	M30	31	00:57:14.95	00:58:27.15	+00:18:50 (32.2%)	5:43	10.5 (69.1%)
94	KORNIŁÓW Piotr	148	WARSZAWA	M40	17	00:57:52.10	00:58:32.00	+00:18:55 (32.3%)	5:47	10.4 (68.4%)
95	SZEWIC Marian	107	BILGORAJ	Mężczyźni	1	00:58:17.00	00:58:37.25	+00:19:01 (32.4%)	5:49	10.3 (67.8%)
96	TUORA Michal	115		M30	32	00:57:27.05	00:58:39.30	+00:19:03 (32.5%)	5:44	10.4 (68.4%)
97	SŁUPEK-KUBAS Agnieszka	95	BIEGUNKA TEAM	K30	17	00:58:07.20	00:58:44.75	+00:19:08 (32.6%)	5:48	10.3 (67.8%)
98	SZYBIAK Maciej	111	AGONA WM	M20	16	00:58:34.65	00:58:46.05	+00:19:09 (32.6%)	5:51	10.2 (67.1%)
99	SZYBIAK Joanna	110	AGONA WM	K40	7	00:58:35.75	00:58:47.25	+00:19:11 (32.6%)	5:51	10.2 (67.1%)
100	KONIK Jarosław	46	BBL KRAKÓW	M40	18	00:57:33.60	00:58:49.45	+00:19:13 (32.7%)	5:45	10.4 (68.4%)
101	PORĘBSKA Dorota	82	NOWA HUTA TEAM	K30	18	00:58:43.30	00:59:02.45	+00:19:26 (32.9%)	5:52	10.2 (67.1%)
102	DANILUK Andrzej	19	ZACISZE NIGHT RUNNERS	M30	33	00:59:06.00	00:59:06.00	+00:19:29 (33.0%)	5:54	10.2 (67.1%)
103	SUJAK Małgorzata	100	SALON SPORTOWY "FANSPORT" S.C.	K40	8	00:58:54.15	00:59:06.05	+00:19:29 (33.0%)	5:53	10.2 (67.1%)
104	POŁOŻYŃSKI Andrzej	81	ZACISZE NIGHT RUNNERS	M30	34	00:59:10.35	00:59:10.35	+00:19:34 (33.1%)	5:55	10.1 (66.4%)
105	BARCZEWSKA Agnieszka	143	WARSZAWA	K20	6	00:58:25.95	00:59:15.05	+00:19:38 (33.2%)	5:50	10.3 (67.8%)
106	MACHNIK-BRONCEL Joanna	58	TYCHY	K40	9	00:59:03.85	00:59:20.35	+00:19:44 (33.3%)	5:54	10.2 (67.1%)
107	KAŁUCKI Adam	42	BBL KRAKÓW	M40	19	00:58:15.20	00:59:30.95	+00:19:54 (33.5%)	5:49	10.3 (67.8%)
108	PIETYRA Karolina	76	LOŻA SZYDERCÓW	K30	19	00:58:50.90	00:59:35.90	+00:19:59 (33.5%)	5:53	10.2 (67.1%)
109	MAZUREK Jakub	62	PRZEWORSKA GRUPA BIEGOWA	M20	17	00:58:47.15	00:59:45.75	+00:20:09 (33.7%)	5:52	10.2 (67.1%)
110	SMOLIŃSKA Beata	154	WARSZAWA	K50	2	00:59:23.70	00:59:47.10	+00:20:10 (33.8%)	5:56	10.1 (66.4%)
111	KOZIŃSKA Sonia	49	LONGPLAY	K20	7	00:59:36.90	01:00:25.35	+00:20:49 (34.5%)	5:57	10.1 (66.4%)
112	BALIŃSKA Maria	2	MAJDAN	K30	20	00:59:54.30	01:00:35.25	+00:20:59 (34.6%)	5:59	10 (65.8%)
113	KRAJEWSKA Joanna	50	LEJDIS ORELEC	K30	21	01:00:16.25	01:00:41.10	+00:21:04 (34.7%)	6:01	10 (65.8%)
114	KRASOWSKA Matylda	53	USTRZYKI DOLNE	K20	8	00:59:46.90	01:00:50.80	+00:21:14 (34.9%)	5:58	10 (65.8%)
115	DZIAĞ Anna	150	WARSZAWA	K40	10	00:59:54.20	01:00:54.45	+00:21:18 (35.0%)	5:59	10 (65.8%)
116	GEZELA Joanna	26	RODZINA GEZELA	K40	11	01:00:26.80	01:01:10.35	+00:21:34 (35.3%)	6:02	9.9 (65.1%)
117	BROŹEK Teresa	12	WARSZTAT FORMY TYCHY	K20	9	01:01:01.95	01:01:24.65	+00:21:48 (35.5%)	6:06	9.8 (64.5%)
118	RYŁKO Mariola	88	SOLINA	K40	12	01:00:26.20	01:01:29.30	+00:21:53 (35.6%)	6:02	9.9 (65.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
119	PRASEK Artur	83	ALFA STAR RADOM	M40	20	01:01:12.35	01:01:31.40	+00:21:55 (35.6%)	6:07	9.8 (64.5%)
120	TOMCZYK Kamila	113	WROCŁAW	K30	22	01:01:12.15	01:01:31.55	+00:21:55 (35.6%)	6:07	9.8 (64.5%)
121	GOŁDA Anna	28	AŃCUT	K30	23	01:00:24.10	01:01:32.70	+00:21:56 (35.7%)	6:02	9.9 (65.1%)
122	KRYPCZYK Katarzyna	168	CHORZÓW	K40	13	01:00:41.30	01:01:38.80	+00:22:02 (35.8%)	6:04	9.9 (65.1%)
123	MICKIEWICZ Jolanta	64	JGB "SOKÓŁ"	K40	14	01:00:31.15	01:02:01.65	+00:22:25 (36.2%)	6:03	9.9 (65.1%)
124	KLISZ Agnieszka	45	LUBLIN	K30	24	01:02:29.75	01:03:06.10	+00:23:29 (37.2%)	6:15	9.6 (63.2%)
125	JURA-SUKNAROWSKA Małgorzata	158	CHOCZNIA	K40	15	01:02:40.05	01:03:24.95	+00:23:48 (37.5%)	6:16	9.6 (63.2%)
126	MALINOWSKA Anna	60	WOŁOMIN	K30	25	01:03:12.80	01:03:49.55	+00:24:13 (37.9%)	6:19	9.5 (62.5%)
127	MALEC Barbara	59	LUBLIN	K50	3	01:04:03.85	01:04:38.80	+00:25:02 (38.7%)	6:24	9.4 (61.8%)
128	BEŁKOWSKA VEL KAMIŃSKA Dorota	7		K40	16	01:04:58.55	01:05:04.65	+00:25:28 (39.1%)	6:29	9.2 (60.5%)
129	PRZYJEMSKI Krzysztof	85	NOWA HUTA TEAM	M30	35	01:04:05.40	01:05:11.05	+00:25:34 (39.2%)	6:24	9.4 (61.8%)
130	SZANECKI Michał	102	RZESZÓW	M30	36	01:04:46.60	01:05:43.45	+00:26:07 (39.7%)	6:28	9.3 (61.2%)
131	SUWAŁA Anna	101	TREND GLASS RUNNING TEAM	K30	26	01:05:19.75	01:05:45.05	+00:26:08 (39.8%)	6:32	9.2 (60.5%)
132	HYZIAK Joanna	34	JJ.RUNNERS GORLICE	K40	17	01:05:43.55	01:05:54.40	+00:26:18 (39.9%)	6:34	9.1 (59.9%)
133	KORDULA Kamila	47	KLUB BIEGACZA RTV EURO AGD	K20	10	01:05:03.30	01:06:26.35	+00:26:50 (40.4%)	6:30	9.2 (60.5%)
134	BARTNIK Dominika	4	LUBLIN	K20	11	01:06:05.25	01:06:53.70	+00:27:17 (40.8%)	6:36	9.1 (59.9%)
135	SOBIERAJ Marcin	96	SOCHACZEW	M20	18	01:07:12.80	01:08:19.00	+00:28:42 (42.0%)	6:43	8.9 (58.6%)
136	OLESIJUK Antoni	174	LUBARTÓW	Mężczyźni	2	01:07:58.90	01:08:27.75	+00:28:51 (42.2%)	6:47	8.8 (57.9%)
137	BRZEZIŃSKA Sylwia	13	KLUB BIEGACZA RTV EURO AGD	K20	12	01:07:12.35	01:08:35.70	+00:28:59 (42.3%)	6:43	8.9 (58.6%)
138	PILCHOWSKI Konrad	77	BIEGACZA RTV EURO AGD	M30	37	01:07:19.35	01:08:40.30	+00:29:04 (42.3%)	6:44	8.9 (58.6%)
139	WIERZBIŃSKA Karolina	123	WARSZAWA	K30	27	01:08:40.50	01:09:03.35	+00:29:27 (42.6%)	6:52	8.7 (57.2%)
140	PLISZCZYŃSKA Justyna	79	LUBLIN	K40	18	01:08:55.30	01:09:08.10	+00:29:31 (42.7%)	6:53	8.7 (57.2%)
141	WĘGIERSKA Agnieszka	121	NIGHT RUNNERS ZABRZE	K20	13	01:08:27.50	01:09:09.50	+00:29:33 (42.7%)	6:50	8.8 (57.9%)
142	SZOSTAK Dorota	108	LUBLIN	K40	19	01:09:01.35	01:09:13.05	+00:29:36 (42.8%)	6:54	8.7 (57.2%)
143	SŁOMIAK Magdalena	94		K20	14	01:08:48.45	01:09:23.60	+00:29:47 (42.9%)	6:52	8.7 (57.2%)
144	MAJDA Dominika	152	KRAKÓW	K20	15	01:08:42.80	01:09:47.25	+00:30:11 (43.3%)	6:52	8.7 (57.2%)
145	WIERZBICKA Beata	153	KRAKÓW	K30	28	01:08:50.15	01:09:55.00	+00:30:18 (43.4%)	6:53	8.7 (57.2%)
146	GABRIEL Aleksandra	25	KRAKÓW	K30	29	01:10:11.70	01:10:30.05	+00:30:53 (43.8%)	7:01	8.5 (55.9%)
147	MERKLEJN Weronika	63	PZU SPORT TEAM	K30	30	01:10:05.85	01:10:38.65	+00:31:02 (43.9%)	7:00	8.6 (56.6%)
148	KLAS Justyna	44	NH TEAM	K30	31	01:10:31.90	01:10:50.50	+00:31:14 (44.1%)	7:03	8.5 (55.9%)
149	JEŻAK Joanna	37	NOWA HUTA TEAM	K20	16	01:09:45.55	01:10:50.80	+00:31:14 (44.1%)	6:58	8.6 (56.6%)
150	OBARSKA Małgorzata	71		K50	4	01:11:15.65	01:11:55.15	+00:32:18 (44.9%)	7:07	8.4 (55.3%)
151	ANTOSZ Monika	1	NORAFSPORT	K40	20	01:11:26.60	01:12:42.15	+00:33:05 (45.5%)	7:08	8.4 (55.3%)
152	STANISZEWSKA Ewa	98	BIEGAM BO LUBIĘ KRAKÓW, NORAFSPORT	K50	5	01:11:58.80	01:13:15.00	+00:33:38 (45.9%)	7:11	8.3 (54.6%)
153	SZUKALSKA-WALCZAK Ewa	147	PRUSZKÓW	K30	32	01:12:43.95	01:13:22.65	+00:33:46 (46.0%)	7:16	8.2 (53.9%)
154	POLEWKA Aneta	141	DĄBRÓWKA STARZEŃSKA	K40	21	01:14:53.50	01:15:00.95	+00:35:24 (47.2%)	7:29	8 (52.6%)
155	BOLANOWSKI Piotr	139	DOMARAC	M40	21	01:14:53.50	01:15:01.50	+00:35:25 (47.2%)	7:29	8 (52.6%)
156	KALMUS Grażyna	41	BBL TORUŃ	K50	6	01:14:24.05	01:15:40.60	+00:36:04 (47.7%)	7:26	8.1 (53.3%)
157	BOBELLA Erik	8	TRENDGLASS RUNNING TEAM	M30	38	01:21:22.50	01:21:46.95	+00:42:10 (51.6%)	8:08	7.4 (48.7%)
158	BOBELLA Kasia	9	TRENDGLASS RUNNING TEAM	K30	33	01:21:26.70	01:21:48.15	+00:42:11 (51.6%)	8:08	7.4 (48.7%)
159	PIETRZAK Olga	136		K20	17	01:21:11.05	01:22:26.90	+00:42:50 (52.0%)	8:07	7.4 (48.7%)
160	SOT Lucjan	155	WETLINA	M50	4	01:29:49.80	01:31:03.15	+00:51:26 (56.5%)	8:59	6.7 (44.1%)
161	MIRECKI Jan	65	WARSZAWA	M40	22	01:30:04.55	01:31:19.10	+00:51:42 (56.6%)	9:00	6.7 (44.1%)

