

ZIMOWY MARATON BIESZCZADZKI 2015 - 44,6KM

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Organizator: OTK Rzeźnik
Data: 2015-01-25
Miejsce: Cisna
Dystans: 44,6 km

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	34.2km	Czas netto 44.6km	Czas brutto 44.6km	Różn	Tempo min/km	Tempo km/h
1	STOPA Michał	348	ULICAFINANSOWA.PL	M30	1		02:57:17.35	02:57:33.00		3:58	15.1 (100%)
2	SOBAS Jacek	332	RUNNERSCLUB.PL	M30	2	02:21:23	03:08:43.05	03:08:45.15	+00:11:12 (5.9%)	4:13	14.2 (94.0%)
3	PIASECKA Monika	502	POZNAŃ	K40	1		03:12:21.20	03:12:25.95	+00:14:52 (7.7%)	4:18	13.9 (92.1%)
4	KRAWCZYK Paweł	193	CW RENI SPORT	M30	3	02:28:59	03:12:56.60	03:13:00.70	+00:15:27 (8.0%)	4:19	13.9 (92.1%)
5	CEBERAK Bartosz	48	LUBARTÓW	M20	1	02:29:20	03:16:42.70	03:16:50.15	+00:19:17 (9.8%)	4:24	13.6 (90.1%)
6	KAZIMIROW Aleksander	449	MAKIEJEWKA	M30	4	02:29:14	03:20:14.30	03:20:16.65	+00:22:43 (11.3%)	4:29	13.4 (88.7%)
7	KOSIN Paweł	453	KIELCE	M30	5		03:20:12.10	03:20:51.25	+00:23:18 (11.6%)	4:29	13.4 (88.7%)
8	MŁODZIKOWSKI Paweł	249	KB V-MAX ADAMÓW	M20	2	02:30:17	03:22:19.85	03:22:26.75	+00:24:53 (12.3%)	4:32	13.2 (87.4%)
9	ZIMA Paweł	438	KKB MOSIR KROSNO	M30	6	02:33:54	03:24:36.55	03:24:39.40	+00:27:06 (13.2%)	4:35	13.1 (86.8%)
10	CZYŻ Grzegorz	64	AUTOMATYKA TARNÓW-GRUPA AZOTY	M40	1	02:35:04	03:26:05.65	03:26:09.30	+00:28:36 (13.9%)	4:37	13 (86.1%)
11	MACHLOWSKI Łukasz	479	KRAKÓW	M20	3	02:36:10	03:27:50.05	03:27:53.30	+00:30:20 (14.6%)	4:39	12.9 (85.4%)
12	KRZYSZTOŃ Marcin	196	GMP LASY - KRAŚNIK	M30	7	02:38:56	03:30:34.80	03:30:42.05	+00:33:09 (15.7%)	4:43	12.7 (84.1%)
13	KOZDROWICKI Robert	187	JGB SOKÓŁ	M40	2	02:39:30	03:34:18.35	03:34:59.70	+00:37:26 (17.4%)	4:48	12.5 (82.8%)
14	DĄBROWSKA Anna	3		K30	1		03:35:13.20	03:36:13.85	+00:38:40 (17.9%)	4:49	12.4 (82.1%)
15	POŻAK Grzegorz	298	LUBARTÓW	M30	8	02:45:29	03:36:15.10	03:36:36.15	+00:39:03 (18.0%)	4:50	12.4 (82.1%)
16	DOMISZEWSKI Ignacy	80	USTRZYKI DOLNE	M20	4	02:38:21	03:36:55.45	03:37:03.45	+00:39:30 (18.2%)	4:51	12.3 (81.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	34.2km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 44.6km	brutto 44.6km			
17	KOMISARZ Tomasz	176	RZESZOWSKIE GAZELE I GEPARDY	M30	9	02:46:53	03:37:25.10	03:37:32.80	+00:39:59 (18.4%)	4:52	12.3 (81.5%)
18	RUSNARCZYK Adam	316	14DAS JAROSŁAW	M20	5		03:39:16.75	03:39:44.95	+00:42:11 (19.2%)	4:54	12.2 (80.8%)
19	ZIOŁO Jarosław	439	SANOK	M30	10	02:48:44	03:40:05.40	03:40:12.60	+00:42:39 (19.4%)	4:56	12.2 (80.8%)
20	PREJZMAR Marcin	299	NADOLE	M30	11	02:46:56	03:40:50.50	03:40:54.95	+00:43:21 (19.6%)	4:57	12.1 (80.1%)
21	KUBAS Michał	199	BIEGUNKA TEAM	M30	12		03:40:30.10	03:41:08.45	+00:43:35 (19.7%)	4:56	12.1 (80.1%)
22	RZYWUCKI Wojtek	318	RUNNERSCLUB.PL	M40	3	02:48:30	03:42:25.45	03:42:33.45	+00:45:00 (20.2%)	4:59	12 (79.5%)
23	GAŁASZKIEWICZ Karol	95	INTERSPORT / TRI-ZONE.PL	M20	6	02:48:35	03:42:59.05	03:43:07.55	+00:45:34 (20.4%)	4:59	12 (79.5%)
24	KOCZWARA Tomek	172	RADOMYŚL WIELKI	M30	13	02:45:48	03:42:45.40	03:43:32.40	+00:45:59 (20.6%)	4:59	12 (79.5%)
25	NIEZGODA Marcin	259	KKB MOSIR KROSNO	M20	7	02:46:50	03:43:55.70	03:43:58.00	+00:46:25 (20.7%)	5:01	12 (79.5%)
26	GARDENER Jacek	503	WARSZAWA	M40	4	02:48:43	03:44:16.75	03:44:19.10	+00:46:46 (20.8%)	5:01	11.9 (78.8%)
27	BRZEZIŃSKI Andrzej	43	NIGHT RUNNERS PŁOCK	M40	5	02:50:57	03:45:18.50	03:45:21.75	+00:47:48 (21.2%)	5:03	11.9 (78.8%)
28	MARCIN Ignatowicz	464	ZAWADA	M30	14	02:53:01	03:45:25.50	03:46:08.75	+00:48:35 (21.5%)	5:03	11.9 (78.8%)
29	GRABIEC Marcin	112	UKS TIKI-TAKA KOLLBUSZOWA	M30	15	02:50:52	03:45:26.90	03:46:08.85	+00:48:35 (21.5%)	5:03	11.9 (78.8%)
30	BACHORSKI Tomasz	18	OWSISZCZE	M40	6	02:52:01	03:46:18.70	03:46:21.55	+00:48:48 (21.6%)	5:04	11.8 (78.1%)
31	CEBERAK Maciej	49	LUBARTÓW	M20	8	02:52:25	03:46:22.90	03:46:30.15	+00:48:57 (21.6%)	5:04	11.8 (78.1%)
32	GAWLIK Sławek	99	KRAKÓW	M30	16	02:52:16	03:46:49.45	03:47:36.05	+00:50:03 (22.0%)	5:05	11.8 (78.1%)
33	JASTRZĄB Piotr	141	LESKO	M40	7	02:51:17	03:48:09.90	03:48:14.80	+00:50:41 (22.2%)	5:06	11.7 (77.5%)
34	GÓRKA Marcin	110	WWW.MARCINGORKA.PL	M20	9	02:54:26	03:47:52.85	03:48:42.60	+00:51:09 (22.4%)	5:06	11.7 (77.5%)
35	DYBALSKI Mariusz	84	BEŁCHATÓW	M30	17	02:54:39	03:50:26.55	03:50:35.20	+00:53:02 (23.0%)	5:10	11.6 (76.8%)
36	KILIAN Mateusz	165	JÓZEFIŃSKA TEAM KRAKÓW	M30	18	02:51:28	03:50:56.30	03:51:02.95	+00:53:29 (23.2%)	5:10	11.6 (76.8%)
37	ZAKRZEWSKI Aleksander	428	ZGORZELEC	M40	8	02:51:33	03:52:33.10	03:52:42.50	+00:55:09 (23.7%)	5:12	11.5 (76.2%)
38	BARANIAK Radosław	19	LUBOŃ	M40	9	02:51:27	03:52:03.40	03:53:15.30	+00:55:42 (23.9%)	5:12	11.5 (76.2%)
39	BASIS Marcin	21		M40	10	02:51:56	03:53:32.10	03:53:43.15	+00:56:10 (24.0%)	5:14	11.5 (76.2%)

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							netto 44.6km	brutto 44.6km			
40	ARSENIUK Anna	484	T.S. OPATRUNKI TORUŃ/OTK RZEŹNIK	K30	2	02:58:52	03:53:49.85	03:53:53.85	+00:56:20 (24.1%)	5:14	11.4 (75.5%)
41	VARGA Jozef	488	PRESZOW	M40	11	02:55:12	03:54:27.85	03:54:40.25	+00:57:07 (24.3%)	5:15	11.4 (75.5%)
42	ZWIERZCHOWSKI Andrzej	442	BIEGUNKA TEAM POLSKA	M30	19	02:51:41	03:54:32.30	03:54:58.95	+00:57:25 (24.4%)	5:15	11.4 (75.5%)
43	DESSAUER Wioletta	75	LUBARTÓW	K40	2	02:58:41	03:54:50.40	03:55:07.05	+00:57:34 (24.5%)	5:15	11.4 (75.5%)
44	PIKUŁA Marcin	485	JASLO	M30	20	02:56:50	03:54:27.15	03:55:10.55	+00:57:37 (24.5%)	5:15	11.4 (75.5%)
45	CHODAKOWSKI Marcei	53	K.B.GEOTERMIA UNIEJÓW	M30	21	03:01:07	03:55:36.50	03:55:55.40	+00:58:22 (24.7%)	5:16	11.4 (75.5%)
46	SŁUJA Adam	331	RANIŻÓW	M30	22	02:58:04	03:56:25.75	03:56:35.55	+00:59:02 (25.0%)	5:18	11.3 (74.8%)
47	DOROTA Zbigniew	81	RUN RUN OLESZYCE	M40	12	02:58:04	03:56:15.25	03:56:37.45	+00:59:04 (25.0%)	5:17	11.3 (74.8%)
48	SUJAK Mirosław	352	MKB DREPTAK	M50	1	03:00:31	03:56:59.70	03:57:06.15	+00:59:33 (25.1%)	5:18	11.3 (74.8%)
49	STRONKA Dawid	350	200YRS	M20	10	02:57:10	03:56:34.70	03:57:11.75	+00:59:38 (25.1%)	5:18	11.3 (74.8%)
50	CZEKAJ Maciej	499	KIELCE	M30	23	02:59:55	03:56:56.75	03:57:42.35	+01:00:09 (25.3%)	5:18	11.3 (74.8%)
51	WOJCIECHOWSKI Wojciech	414		M40	13	03:00:01	03:57:58.40	03:58:42.40	+01:01:09 (25.6%)	5:20	11.2 (74.2%)
52	BARTOSZ Marek	20	KRAKÓW	M30	24	03:04:39	03:59:27.25	03:59:42.90	+01:02:09 (25.9%)	5:22	11.2 (74.2%)
53	GRONO Krzysztof	119	V-MAX ADAMÓW	M40	14	03:00:52	03:59:38.95	04:00:02.35	+01:02:29 (26.0%)	5:22	11.2 (74.2%)
54	AKSTINAS Petras	472	VILNIUS	M40	15	02:58:23	04:00:20.70	04:00:27.75	+01:02:54 (26.2%)	5:23	11.1 (73.5%)
55	ŚWIDEREK Jacek	459	JÓZEFOSŁAW	M30	25	03:03:25	04:00:31.15	04:00:42.65	+01:03:09 (26.2%)	5:23	11.1 (73.5%)
56	ROGAŁA Maciej	314	SM "ORŁOWIEC"	M40	16	03:09:21	04:01:01.30	04:01:05.30	+01:03:32 (26.4%)	5:24	11.1 (73.5%)
57	CZYSZCZOŃ Andrzej	62	SPORTRUN.PL WARSZTATFORMY.PL	M30	26	02:58:57	04:01:44.55	04:02:04.95	+01:04:31 (26.7%)	5:25	11.1 (73.5%)
58	SIKORA Michał	324	GLIWICE	M30	27	03:02:30	04:02:14.05	04:02:34.25	+01:05:01 (26.8%)	5:25	11 (72.8%)
59	NAWROCIK Jakub	255	PAWŁOWICE	M20	11	03:05:43	04:02:25.70	04:02:39.10	+01:05:06 (26.8%)	5:26	11 (72.8%)
60	WIECZOREK Marcin	405	MOSINA	M30	28	02:57:55	04:02:58.30	04:03:04.35	+01:05:31 (27.0%)	5:26	11 (72.8%)
61	BAK Adam	8		M50	2	03:03:29	04:02:28.35	04:03:14.15	+01:05:41 (27.0%)	5:26	11 (72.8%)
62	BONDARA Sylwia	504	BYDGOSZCZ	K20	1	03:03:29	04:04:30.05	04:04:33.55	+01:07:00 (27.4%)	5:28	10.9 (72.2%)

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							netto 44.6km	brutto 44.6km			
63	CZECHOWICZ Mateusz	60	NOWA RUDA	M20	12	02:57:53	04:04:49.10	04:04:58.60	+01:07:25 (27.5%)	5:29	10.9 (72.2%)
64	DARSKI Rafał	68	WIRY	M40	17	03:04:13	04:05:10.85	04:06:23.10	+01:08:50 (27.9%)	5:29	10.9 (72.2%)
65	TYLEK Rafał	390		M40	18	03:03:00	04:06:04.35	04:07:12.65	+01:09:39 (28.2%)	5:31	10.9 (72.2%)
66	MAĆZYŃSKI Mateusz	242	TSA SANDOMIERZ	M30	29	03:11:25	04:07:36.00	04:08:04.25	+01:10:31 (28.4%)	5:33	10.8 (71.5%)
67	TRZCIELIŃSKI Roman	385	PSY WARSZAWA	Mężczyźni	1	03:09:48	04:07:30.85	04:08:11.30	+01:10:38 (28.5%)	5:32	10.8 (71.5%)
68	SIWIECKI Tomasz	327	JASIEK MELA TEAM	M40	19	03:05:49	04:08:27.35	04:08:35.85	+01:11:02 (28.6%)	5:34	10.8 (71.5%)
69	MAJCHRZAK Tymoteusz	229	ZAPIERDALACZE	M30	30	03:03:18	04:08:46.45	04:09:00.60	+01:11:27 (28.7%)	5:34	10.8 (71.5%)
70	BARANOWSKI Jacek	509	WARSZAWA	M30	31	03:02:37	04:09:06.65	04:09:12.30	+01:11:39 (28.8%)	5:35	10.7 (70.9%)
71	ŻABA Igor	467	BĘDZIN	M20	13	03:09:30	04:09:05.35	04:09:18.95	+01:11:45 (28.8%)	5:35	10.7 (70.9%)
72	ZMYSŁOWSKI Igor	440	PERFECT RUNNER	M20	14		04:09:46.40	04:10:12.65	+01:12:39 (29.0%)	5:36	10.7 (70.9%)
73	KONOPKA Sławek	486	NOWY SĄCZ	M40	20	03:09:43	04:11:09.20	04:11:29.70	+01:13:56 (29.4%)	5:37	10.7 (70.9%)
74	TYBUREK Michał	389	LUBLIN	M30	32	03:08:52	04:11:02.50	04:11:39.25	+01:14:06 (29.4%)	5:37	10.7 (70.9%)
75	KRYGIER Marcin	478	GDYNIA	M30	33	03:12:48	04:11:45.90	04:11:52.20	+01:14:19 (29.5%)	5:38	10.6 (70.2%)
76	WIERNUSZ Krzysztof	406	FINISZ RYMANÓW	M30	34	03:09:55	04:11:53.30	04:12:07.95	+01:14:34 (29.6%)	5:38	10.6 (70.2%)
77	PIŁATOWSKI Andrzej	289	STOWARZYSZENIE BIEGÓW GÓRSKICH	M50	3	03:09:43	04:10:50.80	04:12:31.50	+01:14:58 (29.7%)	5:37	10.7 (70.9%)
78	BLUMENFELD Jacek	33	DŹ	M20	15	03:10:20	04:12:33.80	04:13:01.05	+01:15:28 (29.8%)	5:39	10.6 (70.2%)
79	ZAJKOWSKI Jarosław	427	PĘDZIWIATR.BIAŁYSTOK	M40	21	03:07:32	04:12:47.35	04:13:10.70	+01:15:37 (29.9%)	5:40	10.6 (70.2%)
80	KUŹNIAR Paweł	206	LUKS KROŚNIANKA	M30	35	03:17:02	04:13:18.50	04:13:29.70	+01:15:56 (30.0%)	5:40	10.6 (70.2%)
81	JAKUBCZYK Dariusz	135	BIEGNĘ, ŻEBY BARTEK MÓGL BIEGAĆ	M30	36	03:15:10	04:12:43.05	04:13:30.90	+01:15:57 (30.0%)	5:39	10.6 (70.2%)
82	CZELEJ Rafał	61	BIEGAJĄCY ŚWIDNIK	M30	37	03:09:41	04:13:15.45	04:13:50.00	+01:16:17 (30.1%)	5:40	10.6 (70.2%)
83	KACZOREK Marcin	146	VW GRUPA KACZOREK	M40	22	03:09:05	04:13:33.50	04:13:53.10	+01:16:20 (30.1%)	5:41	10.6 (70.2%)
84	TIMOFIEJUK Paweł	379	NIGHT RUNNERS ALBATROS	M30	38	03:12:34	04:13:50.65	04:14:02.95	+01:16:29 (30.1%)	5:41	10.5 (69.5%)
85	BRONCEL Sebastian	41	TYCHY	M40	23	03:10:08	04:13:50.35	04:14:06.30	+01:16:33 (30.1%)	5:41	10.5 (69.5%)

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86	KAMIŃSKI Paweł	153	WARSZAWA	M30	39	03:12:38	04:14:00.15	04:14:06.80	+01:16:33 (30.1%)	5:41	10.5 (69.5%)
87	ZIELIŃSKI Wojciech	437	DŹ	M30	40	03:10:29	04:13:58.85	04:14:09.15	+01:16:36 (30.1%)	5:41	10.5 (69.5%)
88	KONIA RZ Michał	177		M40	24	03:16:41	04:13:30.75	04:14:21.10	+01:16:48 (30.2%)	5:41	10.6 (70.2%)
89	DERLATKA Paweł	72	NOWA HUTA TEAM	M30	41	03:08:36	04:14:16.00	04:14:31.90	+01:16:58 (30.2%)	5:42	10.5 (69.5%)
90	SŁOMA Paweł	330	SŁOMIANE BAMBUSY	M30	42	03:13:53	04:13:59.20	04:14:45.60	+01:17:12 (30.3%)	5:41	10.5 (69.5%)
91	PASUTO Janusz	466	MIKOLÓW	M30	43	03:13:49	04:15:21.25	04:15:34.00	+01:18:01 (30.5%)	5:43	10.5 (69.5%)
92	KAZIMIERCZAK Michał	470	BYTOM	M20	16	03:13:49	04:15:19.85	04:15:34.15	+01:18:01 (30.5%)	5:43	10.5 (69.5%)
93	STYCZEŃ Piotr	351	BIEGŃĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ	M30	44	03:15:32	04:14:51.95	04:15:38.55	+01:18:05 (30.5%)	5:42	10.5 (69.5%)
94	WILK Dawid	409	NIGHT RUNNERS ZABRE	M20	17	03:09:21	04:16:29.65	04:16:35.15	+01:19:02 (30.8%)	5:45	10.4 (68.9%)
95	SOPEL Arkadiusz	446	OTK RZEŹNIK	M40	25	03:11:50	04:16:40.10	04:16:49.15	+01:19:16 (30.9%)	5:45	10.4 (68.9%)
96	SADŁOCHA Jacek	319	MONTE CASSINO	M40	26	03:16:29	04:16:04.75	04:16:51.75	+01:19:18 (30.9%)	5:44	10.5 (69.5%)
97	KOŻŁOWSKA Agnieszka	500	KIELCE	K40	3	03:16:28	04:16:09.65	04:16:56.05	+01:19:23 (30.9%)	5:44	10.4 (68.9%)
98	LEBIODA Adam	211	WUJEK BIEGA KATOWICE	M40	27	03:15:02	04:17:01.10	04:17:26.15	+01:19:53 (31.0%)	5:45	10.4 (68.9%)
99	CHMIEŁOWSKI Andrzej	51	KRAKÓW	M30	45	03:13:57	04:17:32.70	04:17:40.85	+01:20:07 (31.1%)	5:46	10.4 (68.9%)
100	REJDYCH Aleksander	312	JACEKBIEGA RUNNING TEAM	M20	18	03:12:38	04:17:41.50	04:17:49.20	+01:20:16 (31.1%)	5:46	10.4 (68.9%)
101	KOŻUCH Rafał	190	REDLINETEAM	M20	19	03:09:23	04:17:06.20	04:17:49.60	+01:20:16 (31.1%)	5:45	10.4 (68.9%)
102	BURDA Andrzej	46	WIKLINKI RUDNIK NAD SANEM	M30	46	03:11:26	04:16:44.70	04:17:55.65	+01:20:22 (31.2%)	5:45	10.4 (68.9%)
103	ŁOPATA Grzegorz	220	BODY4U TEAM	M30	47	03:09:55	04:17:32.30	04:17:55.70	+01:20:22 (31.2%)	5:46	10.4 (68.9%)
104	KUBICKI Darek	200	WÓJTOWO	M30	48	03:05:32	04:17:26.15	04:18:03.50	+01:20:30 (31.2%)	5:46	10.4 (68.9%)
105	MICHALSKI Ryszard	456	WARSZAWA	M30	49	03:14:51	04:18:19.20	04:18:26.00	+01:20:53 (31.3%)	5:47	10.4 (68.9%)
106	WĘGRZYN Krzysztof	403	RZESZOWSKIE GAZELE I GEPARDY	M40	28	03:10:01	04:18:18.55	04:18:26.25	+01:20:53 (31.3%)	5:47	10.4 (68.9%)
107	KAMIŃSKA Jolanta	151	12TRI.PL	K20	2	03:15:18	04:16:45.10	04:18:33.90	+01:21:00 (31.3%)	5:45	10.4 (68.9%)
108	JANIUK Jarosław	139	BIAŁYSTOK	M40	29	03:15:43	04:18:06.95	04:18:47.30	+01:21:14 (31.4%)	5:47	10.4 (68.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	34.2km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 44.6km	brutto 44.6km			
109	WASYLÓW Jacek	399	SPARTAKUS PRZEMYŚL	M30	50	03:14:09	04:18:16.95	04:18:50.80	+01:21:17 (31.4%)	5:47	10.4 (68.9%)
110	WÓJCIAK Wojciech	420	OLSZANICA BIESZCZADZKIE WILKI	M40	30	03:09:42	04:18:47.80	04:18:56.40	+01:21:23 (31.4%)	5:48	10.3 (68.2%)
111	KĄKOL Zbigniew	161	WATER TEAM	M30	51	03:16:59	04:18:23.90	04:19:10.35	+01:21:37 (31.5%)	5:47	10.4 (68.9%)
112	TUROSZ Iwona	477	AZS PWSZ SANOK	K20	3	03:15:21	04:18:54.80	04:19:12.10	+01:21:39 (31.5%)	5:48	10.3 (68.2%)
113	MURAK Robert	253		M30	52	03:14:21	04:18:42.80	04:19:16.10	+01:21:43 (31.5%)	5:48	10.3 (68.2%)
114	WOJCIECHOWSKI Dariusz	469	BOCHNIA	M30	53	03:13:51	04:19:23.75	04:19:39.35	+01:22:06 (31.6%)	5:48	10.3 (68.2%)
115	PORĘBSKI Rafał	297		M30	54	03:11:03	04:19:25.45	04:19:43.35	+01:22:10 (31.6%)	5:48	10.3 (68.2%)
116	FURMAN Tomasz	91	KLUB MATIEGO	M40	31	03:10:08	04:19:46.55	04:20:03.95	+01:22:30 (31.7%)	5:49	10.3 (68.2%)
117	TUCZAPSKI Artur	386	RZESZÓW	M50	4	03:20:23	04:21:23.30	04:22:04.95	+01:24:31 (32.3%)	5:51	10.2 (67.5%)
118	STRABEL Łukasz	349	HARPAGAN KUYAVIA BYDGOSZCZ	M20	20	03:24:21	04:21:00.40	04:22:08.75	+01:24:35 (32.3%)	5:51	10.3 (68.2%)
119	KUKIER Andrzej	203		M20	21	03:15:50	04:22:14.55	04:22:44.55	+01:25:11 (32.4%)	5:52	10.2 (67.5%)
120	HORACZY Krzysztof	126	BIALYSTOK	M40	32	03:14:06	04:23:13.00	04:23:36.85	+01:26:03 (32.6%)	5:54	10.2 (67.5%)
121	MŁOST Tomasz	247	ENDORFINY WADOWICE	M30	55	03:20:20	04:23:11.00	04:23:55.55	+01:26:22 (32.7%)	5:54	10.2 (67.5%)
122	KLIMCZEWSKI Andrzej	168	FOREVER YOUNG ŁÓDŹ	M50	5	03:20:33	04:23:51.90	04:23:58.30	+01:26:25 (32.7%)	5:54	10.1 (66.9%)
123	MOLL Bartosz	451	TOROŃ	M40	33	03:20:39	04:23:32.55	04:24:00.95	+01:26:27 (32.8%)	5:54	10.2 (67.5%)
124	WÓJTOWICZ Paweł	422	BIEGAJZNAMI.PL	M30	56	03:13:22	04:23:41.90	04:24:26.35	+01:26:53 (32.9%)	5:54	10.1 (66.9%)
125	DZIUBAN Łukasz	86	GAJOWY Z ZAPOROWEGO MARATONU	M30	57	03:20:17	04:23:52.60	04:24:29.25	+01:26:56 (32.9%)	5:54	10.1 (66.9%)
126	MAZURKIEWICZ Tomasz	239	ZAPOROWY MARATON	M40	34	03:20:15	04:23:52.85	04:24:29.40	+01:26:56 (32.9%)	5:54	10.1 (66.9%)
127	WNĘK Paweł	413	WATER TEAM	M40	35	03:16:59	04:24:20.45	04:25:07.35	+01:27:34 (33.0%)	5:55	10.1 (66.9%)
128	DUBAJ Michał	82	NAJKOWCY.PL	M20	22	03:09:32	04:25:21.45	04:25:42.90	+01:28:09 (33.2%)	5:56	10.1 (66.9%)
129	GRYGO Krzysztof	120	KS ŁOMŻANIE	M50	6	03:11:25	04:26:01.10	04:26:06.00	+01:28:33 (33.3%)	5:57	10.1 (66.9%)
130	FORGEL Paweł	88	RONIN CZERWIEŃSK	M40	36	03:16:58	04:25:06.80	04:26:07.25	+01:28:34 (33.3%)	5:56	10.1 (66.9%)
131	USZYŃSKA Aldona	445	GLIWICE	K40	4	03:23:03	04:26:04.10	04:26:15.35	+01:28:42 (33.3%)	5:57	10.1 (66.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	34.2km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 44.6km	brutto 44.6km			
132	GRABOWSKA Maria	462	TRZEMESZNO	K40	5	03:23:05	04:26:07.00	04:26:15.60	+01:28:42 (33.3%)	5:58	10.1 (66.9%)
133	PYRKOSZ Damian	306	RZESZOWSKIE GAZELE I GEPARDY	M40	37	03:20:29	04:26:09.30	04:26:15.90	+01:28:42 (33.3%)	5:58	10.1 (66.9%)
134	KAWALEC Krzysztof	159	JABŁONNA LUBELSKA	M30	58	03:24:44	04:26:35.30	04:26:52.40	+01:29:19 (33.5%)	5:58	10 (66.2%)
135	TOMALSKI Marcin	380	KRAKÓW	M30	59	03:21:16	04:26:50.50	04:27:17.00	+01:29:44 (33.6%)	5:58	10 (66.2%)
136	PITAS Andrzej	291	ZAPIERDALACZE.PL	M30	60	03:22:09	04:27:21.10	04:27:36.15	+01:30:03 (33.7%)	5:59	10 (66.2%)
137	MICHALSKI Arkadiusz	245	NOWY STYL RUNNING TEAM	M30	61	03:22:36	04:27:40.50	04:27:52.00	+01:30:19 (33.7%)	6:00	10 (66.2%)
138	KADZIK Marcin	148	ZAKOPANE	M20	23	03:29:45	04:27:09.05	04:27:54.05	+01:30:21 (33.7%)	5:59	10 (66.2%)
139	GAWLIK Piotr	98	YEAH BUY ME COSMETICS	M30	62	03:22:31	04:28:07.85	04:28:13.85	+01:30:40 (33.8%)	6:00	10 (66.2%)
140	DACHNO Marek	66	TOMASZOWICE KOLONIA	M30	63	03:24:25	04:28:04.25	04:28:24.15	+01:30:51 (33.8%)	6:00	10 (66.2%)
141	OLEKSY Jarosław	271	KS LIMANOWA FORREST	M50	7	03:23:24	04:28:33.20	04:28:58.80	+01:31:25 (34.0%)	6:01	10 (66.2%)
142	BINIECKI Michał	32	CHORZÓW	M40	38	03:21:45	04:29:16.10	04:29:20.45	+01:31:47 (34.1%)	6:02	9.9 (65.6%)
143	WRONA Mateusz	468	NOWA WIEŚ	M20	24	03:20:38	04:29:28.70	04:29:45.95	+01:32:12 (34.2%)	6:02	9.9 (65.6%)
144	MAZIARZ Jakub	237	MIELEC	M30	64	03:30:42	04:28:59.05	04:29:58.50	+01:32:25 (34.2%)	6:01	9.9 (65.6%)
145	NIŻNIK Marcin	261	NOWY STYL RUNNING TEAM	M30	65	03:22:48	04:29:50.05	04:30:01.25	+01:32:28 (34.2%)	6:03	9.9 (65.6%)
146	POBŁOCKI Jan	295	GDAŃSK	M50	8	03:20:37	04:29:02.55	04:30:01.90	+01:32:28 (34.2%)	6:01	9.9 (65.6%)
147	NOWICKI Artur	264	WARSZTAT FORMY TYCHY	M30	66	03:22:58	04:29:45.45	04:30:06.50	+01:32:33 (34.3%)	6:02	9.9 (65.6%)
148	LIGĘZA Joasia	216	KRAKÓW	K40	6	03:28:22	04:29:24.15	04:30:17.30	+01:32:44 (34.3%)	6:02	9.9 (65.6%)
149	KORDOWICZ Łukasz	182	BIŁGORAJ	M30	67	03:21:40	04:30:14.10	04:30:33.50	+01:33:00 (34.4%)	6:03	9.9 (65.6%)
150	MADEJSKI Sławomir	226	SPELEOKLUB ŚWIĘTOKRZYSKI KIELCE	M30	68	03:20:24	04:30:02.30	04:30:39.35	+01:33:06 (34.4%)	6:03	9.9 (65.6%)
151	ŚWIDZIŃSKI Tomasz	377	VEGE RUNNERS	M30	69	03:31:46	04:29:33.75	04:30:41.30	+01:33:08 (34.4%)	6:02	9.9 (65.6%)
152	AKSAMIT Jakub	11	KM AKTYWNI SOCHACZEW	M20	25	03:31:38	04:30:01.50	04:30:42.15	+01:33:09 (34.4%)	6:03	9.9 (65.6%)
153	STĘPIEŃ Tomasz	346	KIELCE BRYGADA ŚW.	M30	70	03:26:04	04:30:01.50	04:30:51.55	+01:33:18 (34.4%)	6:03	9.9 (65.6%)
154	WÓJCIK Mirosław	421	TIME4RUNNING	M40	39	03:24:26	04:30:36.75	04:31:27.90	+01:33:54 (34.6%)	6:04	9.9 (65.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	34.2km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 44.6km	brutto 44.6km			
155	MADEYSKI Michał	227	KRAKÓW	M30	71	03:22:51	04:30:41.65	04:31:39.65	+01:34:06 (34.6%)	6:04	9.9 (65.6%)
156	SOBULSKI Karol	336	KALIŃSKA TEAM	M40	40	03:27:47	04:31:25.55	04:31:49.25	+01:34:16 (34.7%)	6:05	9.9 (65.6%)
157	MAJEWSKI Piotr	230	JSC JASŁO	M30	72	03:29:09	04:31:00.55	04:31:50.10	+01:34:17 (34.7%)	6:04	9.9 (65.6%)
158	WISZNIEWSKI Karol	411	AKS POLONIA WARSZAWA	M30	73	03:28:47	04:31:27.70	04:32:22.55	+01:34:49 (34.8%)	6:05	9.9 (65.6%)
159	FARON Agnieszka	2		K30	3	03:24:03	04:32:16.45	04:32:22.90	+01:34:49 (34.8%)	6:06	9.8 (64.9%)
160	GLUCK Witold	103	DŹ	M50	9	03:27:50	04:32:24.90	04:32:35.15	+01:35:02 (34.9%)	6:06	9.8 (64.9%)
161	TRETER Sebastian	383	WĘGLESZYN-OGRODY	M20	26	03:19:18	04:32:30.15	04:33:04.55	+01:35:31 (35.0%)	6:06	9.8 (64.9%)
162	GWIZDAŁA Łukasz	123	KRZESZOWICE	M30	74	03:28:25	04:32:08.85	04:33:05.40	+01:35:32 (35.0%)	6:06	9.8 (64.9%)
163	ŁOCHAŃSKI Grzegorz	219	BRYŚIE	M30	75	03:21:21	04:32:58.55	04:33:23.50	+01:35:50 (35.1%)	6:07	9.8 (64.9%)
164	GAJOS Daniel	94	KRAKÓW	M30	76	03:24:27	04:32:29.75	04:33:37.75	+01:36:04 (35.1%)	6:06	9.8 (64.9%)
165	CHOROŚ Piotr	54	VEGE RUNNERS	M30	77	03:34:44	04:32:37.70	04:33:38.85	+01:36:05 (35.1%)	6:06	9.8 (64.9%)
166	PERYKASZA Paweł	284	NIGHTRUNNERS KRAKÓW	M30	78	03:26:39	04:32:51.30	04:33:45.25	+01:36:12 (35.1%)	6:07	9.8 (64.9%)
167	OPOZDA Michał	273	KRAKÓW	M30	79	03:29:43	04:33:00.35	04:33:48.65	+01:36:15 (35.2%)	6:07	9.8 (64.9%)
168	DANIEL Jarek	67	MM ULTRA	M30	80	03:28:11	04:33:35.30	04:33:50.25	+01:36:17 (35.2%)	6:08	9.8 (64.9%)
169	BIENIECKA Anna	1		K30	4	03:25:56	04:33:45.55	04:33:51.55	+01:36:18 (35.2%)	6:08	9.8 (64.9%)
170	SZPINDA Sebastian	364	BIŁGORAJ	M30	81	03:32:54	04:33:53.60	04:33:53.60	+01:36:20 (35.2%)	6:08	9.8 (64.9%)
171	WAWRESZUK Wiktor	450	BIAŁA PODLASKA	M50	10	03:28:03	04:33:52.40	04:34:00.85	+01:36:27 (35.2%)	6:08	9.8 (64.9%)
172	KACZMAREK Paweł	145	KRAKÓW	M30	82	03:28:14	04:33:10.15	04:34:02.20	+01:36:29 (35.2%)	6:07	9.8 (64.9%)
173	ZIELIŃSKI Marcin	434	AKTYWNA STRONA ŻYCIA	M20	27	03:28:14	04:33:10.15	04:34:02.35	+01:36:29 (35.2%)	6:07	9.8 (64.9%)
174	KWIATKOWSKI Michael	208	BIALI KENIJCZYCY	M20	28	03:28:28	04:33:15.20	04:34:02.70	+01:36:29 (35.2%)	6:07	9.8 (64.9%)
175	MAZURKIEWICZ Wojciech	240	AKTYWNA STRONA ŻYCIA	M20	29	03:28:18	04:33:05.70	04:34:02.95	+01:36:29 (35.2%)	6:07	9.8 (64.9%)
176	JAREMA Marek	140	KRAKÓW	M40	41	03:27:06	04:33:52.45	04:34:12.95	+01:36:39 (35.3%)	6:08	9.8 (64.9%)
177	GRELA Marcin	115	KRAKOW	M30	83	03:25:30	04:33:40.50	04:34:17.85	+01:36:44 (35.3%)	6:08	9.8 (64.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	34.2km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 44.6km	brutto 44.6km			
178	KURA Tomasz	455	GLIWICE	M40	42	03:25:42	04:34:04.85	04:34:24.20	+01:36:51 (35.3%)	6:08	9.8 (64.9%)
179	WIĄCEK Marcin	404	JSC JASŁO	M30	84	03:31:00	04:34:12.35	04:34:56.05	+01:37:23 (35.4%)	6:08	9.8 (64.9%)
180	FALKOWSKI Piotr	4		M40	43	03:25:07	04:34:38.65	04:35:10.55	+01:37:37 (35.5%)	6:09	9.7 (64.2%)
181	CIESLAK Marek	58		M40	44	03:27:28	04:35:52.85	04:36:09.65	+01:38:36 (35.7%)	6:11	9.7 (64.2%)
182	ŚMIECHOWICZ Filip	376		M40	45	03:30:07	04:35:52.15	04:36:24.95	+01:38:51 (35.8%)	6:11	9.7 (64.2%)
183	ŚLIWIŃSKI Andrzej	374	KOMAŃCZA	M50	11	03:27:36	04:35:49.00	04:36:35.00	+01:39:02 (35.8%)	6:11	9.7 (64.2%)
184	UBER Marek	507	KRAKÓW	M40	46		04:37:15.75	04:37:15.75	+01:39:42 (36.0%)	6:12	9.7 (64.2%)
185	BAK Marek	24	M&M ULTRA	M40	47	03:30:12	04:37:22.80	04:37:36.35	+01:40:03 (36.0%)	6:13	9.6 (63.6%)
186	OLESIAK Grzegorz	272	NIGHT RUNNERS	M50	12	03:25:23	04:37:39.55	04:37:52.45	+01:40:19 (36.1%)	6:13	9.6 (63.6%)
187	ZIELIŃSKA Beata	433	RUTKOW-SKI SPORTS CLUB	K30	5	03:29:44	04:37:58.00	04:38:25.05	+01:40:52 (36.2%)	6:13	9.6 (63.6%)
188	PILECKI Maciej	288	WROCŁAW	M30	85	03:32:19	04:37:21.95	04:38:27.70	+01:40:54 (36.2%)	6:13	9.6 (63.6%)
189	MAKOWSKI Łukasz	231		M30	86	03:31:04	04:38:41.25	04:39:03.70	+01:41:30 (36.4%)	6:14	9.6 (63.6%)
190	CISEK Piotr	59	FINISZ RYMANÓW	M30	87	03:30:09	04:38:53.20	04:39:27.25	+01:41:54 (36.5%)	6:15	9.6 (63.6%)
191	BENESZ Robert	28	RZESZOWSKIE GAZELE I GEPARDY	M40	48	03:31:58	04:39:39.95	04:39:47.65	+01:42:14 (36.5%)	6:16	9.6 (63.6%)
192	KAMIŃSKI Michał	152	12TRI.PL	M30	88	03:31:59	04:38:04.20	04:39:53.55	+01:42:20 (36.6%)	6:14	9.6 (63.6%)
193	WYTYKOWSKA Joanna	425	RYSIE	K30	6	03:33:46	04:39:14.90	04:40:13.95	+01:42:40 (36.6%)	6:15	9.6 (63.6%)
194	ROLLA Dorian	315	WARZYMICE	M30	89	03:29:48	04:40:07.35	04:40:21.50	+01:42:48 (36.7%)	6:16	9.6 (63.6%)
195	KUSTROŃ Adam	448	KROSNO	M50	13	03:33:55	04:39:58.10	04:40:46.65	+01:43:13 (36.8%)	6:16	9.6 (63.6%)
196	PIETRUSZCZAK Agnieszka	286	TOMASZÓW MAZOWIECKI	K40	7	03:30:00	04:40:30.65	04:41:14.50	+01:43:41 (36.9%)	6:17	9.5 (62.9%)
197	GRODNA-PANTERA Angelika	118	KW WARSZAWA	K30	7	03:27:56	04:40:28.55	04:41:33.75	+01:44:00 (36.9%)	6:17	9.5 (62.9%)
198	SURWIŁO Sandro	355	BRZOZY	M30	90	03:36:03	04:41:23.70	04:41:38.95	+01:44:05 (37.0%)	6:18	9.5 (62.9%)
199	HEC Piotr	125	KROSNO	M30	91	03:31:51	04:42:12.20	04:42:20.05	+01:44:47 (37.1%)	6:19	9.5 (62.9%)
200	KIRKIEWICZ Ireneusz	166	OŁAWA	M40	49	03:35:10	04:41:57.75	04:42:23.15	+01:44:50 (37.1%)	6:19	9.5 (62.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	34.2km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 44.6km	brutto 44.6km			
201	KRZYSZTOŃ Piotr	197	GMP LASY - KRAŚNIK	M30	92	03:30:28	04:42:22.40	04:42:38.90	+01:45:05 (37.2%)	6:19	9.5 (62.9%)
202	GMITEREK Tomasz	108	LUBLIN	M40	50	03:31:46	04:41:33.45	04:42:41.30	+01:45:08 (37.2%)	6:18	9.5 (62.9%)
203	TUROSZ Zbigniew	388	LEŻAJSK	M50	14	03:30:51	04:42:21.95	04:42:42.45	+01:45:09 (37.2%)	6:19	9.5 (62.9%)
204	KOSTYRA Patryk	185		M20	30	03:31:00	04:42:59.00	04:42:59.00	+01:45:26 (37.3%)	6:20	9.5 (62.9%)
204	KOZIEŁ Szymon	188	GOLECZEWO	M30	93	03:37:08	04:42:59.00	04:42:59.00	+01:45:26 (37.3%)	6:20	9.5 (62.9%)
206	OLBRYŚ Stanisław Adam	270	KB LEGIONOWO	M40	51	03:37:59	04:42:49.75	04:42:59.35	+01:45:26 (37.3%)	6:20	9.5 (62.9%)
207	SZCZEPAŃSKI Grzegorz	361	KLUB BIEGACZA RTV EURO AGD	M30	94	03:32:01	04:42:00.25	04:43:19.90	+01:45:46 (37.3%)	6:19	9.5 (62.9%)
208	PORĘBA Eugeniusz	296	MIECHÓW	M50	15	03:32:37	04:42:36.05	04:43:22.50	+01:45:49 (37.3%)	6:20	9.5 (62.9%)
209	PUSKARCZYK Wojciech	304	UKS POGORZE	M30	95	03:42:33	04:44:22.45	04:44:22.45	+01:46:49 (37.6%)	6:22	9.4 (62.3%)
210	DERSLEY Stephen	73	POZNAN	M40	52	03:32:03	04:43:59.85	04:44:33.10	+01:47:00 (37.6%)	6:22	9.4 (62.3%)
211	WAŁCZYK Krzysztof	397	OWCE	M30	96	03:34:41	04:44:21.50	04:44:44.85	+01:47:11 (37.6%)	6:22	9.4 (62.3%)
212	SZWAJKA Jakub	368	STALOWA WOLA	M20	31	03:36:13	04:44:19.10	04:45:03.95	+01:47:30 (37.7%)	6:22	9.4 (62.3%)
212	SZWAJKA Robert	369	STALOWA WOLA	M40	53	03:35:44	04:44:19.80	04:45:03.95	+01:47:30 (37.7%)	6:22	9.4 (62.3%)
214	KONIECZNY Mariusz	179	AŃCUT	M50	16	03:29:36	04:45:00.50	04:45:07.75	+01:47:34 (37.7%)	6:23	9.4 (62.3%)
215	SZYBIAK Waldemar	370	PRZEMYŚL	M50	17	03:29:34	04:44:59.95	04:45:07.95	+01:47:34 (37.7%)	6:23	9.4 (62.3%)
216	SIKORSKI Wojciech	325	RARAMURI KLUCZBORK	M30	97	03:32:14	04:44:36.45	04:45:19.35	+01:47:46 (37.8%)	6:22	9.4 (62.3%)
217	WRÓBEL Łukasz	423	KB BIAŁA BIEGA, MIĘDZYRZEC PODLASKI	M30	98	03:32:49	04:45:01.65	04:45:40.35	+01:48:07 (37.8%)	6:23	9.4 (62.3%)
218	WORCH Paweł	417	BŁONIE	M30	99	03:37:15	04:45:24.45	04:46:09.80	+01:48:36 (38.0%)	6:23	9.4 (62.3%)
219	JAKUBOWICZ Katarzyna	136	GAZELE I GEPARDY	K40	8	03:36:23	04:47:15.35	04:47:20.85	+01:49:47 (38.2%)	6:26	9.3 (61.6%)
220	SZPYT Ryszard	365	BIŁGORAJ	M40	54	03:37:13	04:47:04.70	04:47:23.30	+01:49:50 (38.2%)	6:26	9.3 (61.6%)
221	KANIA Marian	155	RYBNIK	M40	55	03:32:41	04:47:29.45	04:47:50.45	+01:50:17 (38.3%)	6:26	9.3 (61.6%)
222	MACHNIKOWSKI Marek	223		M40	56	03:29:04	04:47:08.15	04:47:59.95	+01:50:26 (38.4%)	6:26	9.3 (61.6%)
223	MROŻEK Andrzej	252	KKB DYSTANS KRAKÓW	Mężczyźni	2	03:40:44	04:47:19.30	04:48:14.45	+01:50:41 (38.4%)	6:26	9.3 (61.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	34.2km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 44.6km	brutto 44.6km			
224	RAWŁUSZEWICZ Waldemar	310	ASTERINA	M40	57	03:32:22	04:47:12.70	04:48:14.75	+01:50:41 (38.4%)	6:26	9.3 (61.6%)
225	PLACZEK Paweł	293	WETLINA	M30	100	03:37:27	04:47:59.00	04:48:17.95	+01:50:44 (38.4%)	6:27	9.3 (61.6%)
226	KAMIŃSKI Robert	154	12TRI.PL	M30	101	03:36:15	04:46:29.70	04:48:19.35	+01:50:46 (38.4%)	6:25	9.3 (61.6%)
227	KRAUSE Dariusz	192	FORMA WODZISŁAW ŚLĄSKI	M40	58	03:25:30	04:48:26.40	04:48:30.70	+01:50:57 (38.5%)	6:28	9.3 (61.6%)
228	LACHOWICZ Przemek	209	LIBERTÓW	M30	102	03:32:25	04:47:18.10	04:48:31.15	+01:50:58 (38.5%)	6:26	9.3 (61.6%)
229	SZCZEPANEK Monika	360	SPORT.SANEA.PL	K40	9	03:36:25	04:48:08.60	04:48:40.20	+01:51:07 (38.5%)	6:27	9.3 (61.6%)
230	DOMINIAK Klaudia	78	WERTYKAL BIKEBOARD TEAM	K30	8	03:43:40	04:47:45.40	04:48:57.60	+01:51:24 (38.6%)	6:27	9.3 (61.6%)
231	SABANOS Gejza	490	PRESZOW	M50	18	03:35:04	04:47:47.85	04:48:58.90	+01:51:25 (38.6%)	6:27	9.3 (61.6%)
232	MOLTZAN Zbigniew	250	TORUŃ	M30	103	03:41:20	04:48:14.60	04:49:02.65	+01:51:29 (38.6%)	6:27	9.3 (61.6%)
233	MOLTZAN-MAŁKOWSKA Magdalena	251	TORUŃ	K40	10	03:41:33	04:48:14.70	04:49:02.85	+01:51:29 (38.6%)	6:27	9.3 (61.6%)
234	DERWICH Łukasz	74	DUKLA	M40	59	03:33:44	04:49:08.70	04:49:24.10	+01:51:51 (38.6%)	6:28	9.3 (61.6%)
235	MATUSZEWICZ Ewa	235	KONDYCJA	K50	1	03:41:04	04:49:12.25	04:49:38.45	+01:52:05 (38.7%)	6:29	9.3 (61.6%)
236	KARUŚ Waldemar	157	14 DAS	M40	60	03:24:56	04:49:21.80	04:49:44.30	+01:52:11 (38.7%)	6:29	9.2 (60.9%)
237	CIACH Wojciech	56	KOPRZYWNICA	M40	61	03:33:16	04:50:11.00	04:50:14.15	+01:52:41 (38.8%)	6:30	9.2 (60.9%)
238	GRĘBOWIEC Mateusz	117	LKS TENCZA SANDOMIERZ	M30	104	03:40:04	04:49:54.10	04:50:20.30	+01:52:47 (38.8%)	6:30	9.2 (60.9%)
239	ŁUBIEŃSKI Wojciech	221	POZNAŃ	M30	105	03:39:04	04:49:58.60	04:51:05.15	+01:53:32 (39.0%)	6:30	9.2 (60.9%)
240	ŚWIERCZEK Grzegorz	378		M40	62	03:42:03	04:50:54.90	04:51:08.30	+01:53:35 (39.0%)	6:31	9.2 (60.9%)
241	KOZŁOWSKA Marta	189		K30	9	03:41:54	04:50:55.75	04:51:08.45	+01:53:35 (39.0%)	6:31	9.2 (60.9%)
242	KOŁTUNICKI Krzysztof	175		M30	106	03:43:35	04:50:12.05	04:51:13.60	+01:53:40 (39.0%)	6:30	9.2 (60.9%)
243	BORKOWSKI Jakub	40	UKA WARSZAWA	M30	107	03:37:11	04:50:01.65	04:51:17.10	+01:53:44 (39.0%)	6:30	9.2 (60.9%)
244	KOPER Wiktor	181	DŹ	M20	32	03:34:12	04:50:13.70	04:51:24.20	+01:53:51 (39.1%)	6:30	9.2 (60.9%)
245	KOŁODZIEJCZYK Dawid	174	KRAKÓW	M30	108	03:42:07	04:50:33.25	04:51:30.50	+01:53:57 (39.1%)	6:30	9.2 (60.9%)
246	KOSMAŁA Bartosz	184	KRAKÓW	M40	63	03:41:50	04:51:05.60	04:51:47.45	+01:54:14 (39.2%)	6:31	9.2 (60.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	34.2km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 44.6km	brutto 44.6km			
247	KOŁKOWSKI Andrzej	173	SPARTANIE DZIECIOM	M40	64	03:41:29	04:50:48.15	04:51:48.30	+01:54:15 (39.2%)	6:31	9.2 (60.9%)
248	TROCHIMCZYK Piotr	384	PRZEMYŚL	M30	109	03:42:41	04:51:00.45	04:51:50.15	+01:54:17 (39.2%)	6:31	9.2 (60.9%)
249	BEBELSKI Rafał	25	KUŹNIA TRIATHLONU	M30	110	03:40:41	04:51:16.05	04:51:53.35	+01:54:20 (39.2%)	6:31	9.2 (60.9%)
250	OSTROWSKI Michał	276	CRAZY GUIDES	M30	111	03:38:18	04:51:07.50	04:51:53.45	+01:54:20 (39.2%)	6:31	9.2 (60.9%)
251	GŁEMBSKI Daniel	104		M30	112	03:36:26	04:50:59.60	04:52:06.70	+01:54:33 (39.2%)	6:31	9.2 (60.9%)
252	NOWAK Piotr	262	BIESZCZADY	M40	65	03:40:17	04:51:58.25	04:52:07.20	+01:54:34 (39.2%)	6:32	9.2 (60.9%)
253	MŁODECKA Sylwia	248	SPARTANIE DZIECIOM	K40	11	03:46:01	04:51:09.75	04:52:12.05	+01:54:39 (39.2%)	6:31	9.2 (60.9%)
254	KRYPCZYK Michał	195		M40	66	03:41:12	04:52:15.55	04:52:40.70	+01:55:07 (39.3%)	6:33	9.2 (60.9%)
255	MAŁYSZA Sławomir	232	PZU SPORT TEAM	M40	67	03:35:27	04:51:55.50	04:53:03.05	+01:55:30 (39.4%)	6:32	9.2 (60.9%)
256	PRZYBYŁA Marcin	302	NUTREND TEAM / SZCZYRK	M30	113	03:36:54	04:53:04.70	04:53:13.65	+01:55:40 (39.4%)	6:34	9.1 (60.3%)
257	WOJCIESZAK Ewa	416	BIEGIEM PRZEZ GÓRY - POMOC DLA ALKA	K30	10	03:35:49	04:52:45.45	04:53:21.05	+01:55:48 (39.5%)	6:33	9.1 (60.3%)
258	NALEPKA Zdzisław	254	BIEGIEM PRZEZ GÓRY - POMOC DLA ALKA	M30	114	03:35:50	04:52:44.45	04:53:21.20	+01:55:48 (39.5%)	6:33	9.1 (60.3%)
259	MAZUREK Michał	238	ORTOREH TEAM	M30	115	03:42:09	04:53:12.95	04:53:50.45	+01:56:17 (39.6%)	6:34	9.1 (60.3%)
260	SKRZYPCZAK Piotr	9		M30	116	03:52:08	04:52:57.35	04:53:58.55	+01:56:25 (39.6%)	6:34	9.1 (60.3%)
261	LEBDA Małgorzata	210	KRAKÓW	K30	11	03:45:02	04:54:01.25	04:54:18.35	+01:56:45 (39.7%)	6:35	9.1 (60.3%)
262	DUDEK Bartłomiej	83	12TRI.PL	M30	117	03:39:45	04:52:37.85	04:54:26.60	+01:56:53 (39.7%)	6:33	9.1 (60.3%)
263	SYSUŁA Janusz	357	PĘDZIWIATR BIAŁYSTOK	M50	19	03:37:49	04:54:26.30	04:54:49.00	+01:57:16 (39.8%)	6:36	9.1 (60.3%)
264	LEŚNOWOLSKI Piotr	215	KLUB BIEGACZA RTV EURO AGD	M40	68	03:45:07	04:53:32.00	04:54:51.65	+01:57:18 (39.8%)	6:34	9.1 (60.3%)
265	GRZEBIELUCH Katarzyna	121	RYBNIK	K30	12	03:37:53	04:54:37.65	04:54:58.15	+01:57:25 (39.8%)	6:36	9.1 (60.3%)
266	KLAMUT Ryszard	447	JABLONICA POLSKA	M50	20	03:39:24	04:54:33.50	04:55:19.10	+01:57:46 (39.9%)	6:36	9.1 (60.3%)
267	SŁOMIAK Marian	7		M50	21	03:40:59	04:54:55.90	04:55:30.05	+01:57:57 (39.9%)	6:36	9.1 (60.3%)
268	KOLASIŃSKI Jarosław	493	WARSZAWA	M50	22	03:47:02	04:54:38.50	04:55:32.65	+01:57:59 (39.9%)	6:36	9.1 (60.3%)
269	SOBCZAK Marcin	334	WARSZAWA	M30	118	03:44:35	04:55:28.75	04:55:42.15	+01:58:09 (40.0%)	6:37	9.1 (60.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	34.2km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 44.6km	brutto 44.6km			
270	KAŻMIERCZAK Marcin	160	SOCHACZEW	M20	33	03:41:58	04:54:44.65	04:55:44.45	+01:58:11 (40.0%)	6:36	9.1 (60.3%)
271	WACH Zdzisław	394	AUGUSTÓW	Mężczyźni	3	03:42:04	04:55:45.10	04:55:49.85	+01:58:16 (40.0%)	6:37	9 (59.6%)
272	GUTKOWSKI Tomek	122	TREND GLASS RUNNING TEAM	M30	119	03:44:55	04:55:25.65	04:55:55.05	+01:58:22 (40.0%)	6:37	9.1 (60.3%)
273	WENTLAND Tomasz	460	KRAKOW	M30	120	03:40:53	04:54:48.20	04:56:02.10	+01:58:29 (40.0%)	6:36	9.1 (60.3%)
274	BEM Jakub	27	NOWA HUTA TEAM	M20	34	03:40:55	04:54:48.70	04:56:02.25	+01:58:29 (40.0%)	6:36	9.1 (60.3%)
275	CHMIELEWSKI Tomasz	50	WARSZAWA	M30	121	03:42:32	04:55:39.05	04:56:03.15	+01:58:30 (40.0%)	6:37	9.1 (60.3%)
276	LIS Marek	217	POZNAN	M20	35	03:40:06	04:55:06.05	04:56:04.35	+01:58:31 (40.0%)	6:36	9.1 (60.3%)
277	MARCZAK Albert	234		M20	36	03:41:55	04:55:44.35	04:56:44.95	+01:59:11 (40.2%)	6:37	9 (59.6%)
278	SIWIEC Tomasz	326	RZESZÓW	M30	122	03:37:56	04:56:58.65	04:57:44.30	+02:00:11 (40.4%)	6:39	9 (59.6%)
279	KULAKOWSKI Piotr	204	CZŁAPACZE	M50	23	03:45:36	04:57:17.70	04:57:53.55	+02:00:20 (40.4%)	6:39	9 (59.6%)
280	GAŁECKI Tomasz	96	KLUB BIEGACZA EURO	M40	69	03:41:38	04:56:55.75	04:58:17.10	+02:00:44 (40.5%)	6:39	9 (59.6%)
281	PENAR Jarosław	283	FESTINA LENTE	M50	24	03:44:56	04:58:46.25	04:58:50.40	+02:01:17 (40.6%)	6:41	9 (59.6%)
282	SZULC Sebastian	366		M40	70	03:40:13	04:58:29.45	04:58:50.55	+02:01:17 (40.6%)	6:41	9 (59.6%)
283	MACIEJEWSKI Piotr	224	LUBLIN	M30	123	03:34:51	04:57:59.60	04:59:02.10	+02:01:29 (40.6%)	6:40	9 (59.6%)
284	BŁĄKAŁA Mateusz	35	WARSZAWA	M20	37	03:44:25	04:58:33.90	04:59:14.45	+02:01:41 (40.7%)	6:41	9 (59.6%)
285	CHOCHOŁ Paweł	52	KRZESZOWICE	M40	71	03:44:06	04:57:47.75	04:59:21.15	+02:01:48 (40.7%)	6:40	9 (59.6%)
286	REMLEIN Katarzyna	313	KUŹNIA TRIATHLONU	K30	13	03:44:28	04:59:16.85	04:59:28.65	+02:01:55 (40.7%)	6:42	8.9 (58.9%)
287	JEŻYNA Marcin	143	GŁĘBOKIE TALERZE	M30	124	03:48:49	04:59:24.80	04:59:35.05	+02:02:02 (40.7%)	6:42	8.9 (58.9%)
288	KUPCZAK Dawid	463	CZERWIONKA-LESZCZYNY	M20	38	03:55:15	04:58:40.00	04:59:38.45	+02:02:05 (40.7%)	6:41	9 (59.6%)
289	JABŁONKA Bartosz	130	DĘBIEŃSKO	M30	125	03:55:19	04:58:41.30	04:59:38.55	+02:02:05 (40.7%)	6:41	9 (59.6%)
290	SZWAJKA Aneta	367	STALOWA WOLA	K40	12	03:44:16	04:59:05.55	04:59:44.90	+02:02:11 (40.8%)	6:42	8.9 (58.9%)
291	MICHALIK Adam	244	KRAKÓW	M40	72	03:52:47	04:59:17.95	05:00:06.40	+02:02:33 (40.8%)	6:42	8.9 (58.9%)
292	ANDRUSZEWSKI Tomasz	13	KB GEOTERMIA UNIEJÓW	M30	126	03:43:55	04:59:56.80	05:00:26.60	+02:02:53 (40.9%)	6:43	8.9 (58.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	34.2km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 44.6km	brutto 44.6km			
293	STARZYŃSKI Piotr	344		M40	73	03:48:37	05:00:14.50	05:00:29.65	+02:02:56 (40.9%)	6:43	8.9 (58.9%)
294	SUPROŃ Piotr	354	ARCADIS RUNNING TEAM	M30	127	03:44:59	04:59:47.55	05:00:51.55	+02:03:18 (41.0%)	6:43	8.9 (58.9%)
295	KACZOROWSKI Przemysław	147	SZCZECIN	M40	74	03:45:02	04:59:47.95	05:00:51.85	+02:03:18 (41.0%)	6:43	8.9 (58.9%)
296	ZEMŁA Małgorzata	432		K30	14	03:51:41	05:00:44.50	05:00:56.95	+02:03:23 (41.0%)	6:44	8.9 (58.9%)
297	ZAPŁATA Wojciech	430	GORLICE	M30	128	03:41:02	05:00:48.15	05:01:10.55	+02:03:37 (41.0%)	6:44	8.9 (58.9%)
298	SZACHNA Krzysztof	358	RUNNINGCOUPLE	M40	75	03:45:45	05:00:41.35	05:01:20.70	+02:03:47 (41.1%)	6:44	8.9 (58.9%)
299	GRANDA Paweł	114	21 DAPLOT JAROSŁAW	M30	129	03:46:24	05:00:33.75	05:01:27.25	+02:03:54 (41.1%)	6:44	8.9 (58.9%)
300	PROŃCZUK Adam	300	CA AKTYWNI	M40	76	03:51:08	05:01:56.60	05:02:50.95	+02:05:17 (41.4%)	6:46	8.9 (58.9%)
301	GĄSZCZYK Grzegorz	100	NOWA HUTA TEAM	M40	77	03:35:17	05:02:50.55	05:03:10.80	+02:05:37 (41.4%)	6:47	8.8 (58.3%)
302	WINIECKI Mateusz	410	DŹ RUNNING TEAM	M20	39	03:46:39	05:03:09.90	05:03:38.35	+02:06:05 (41.5%)	6:47	8.8 (58.3%)
303	SOWIŃSKA Agata	343	#JANADALTYMZYJE	K30	15	03:42:05	05:03:21.40	05:03:56.05	+02:06:23 (41.6%)	6:48	8.8 (58.3%)
304	SOLECKI Tomasz	339	BIERUŃ GOMOLA TRANS AIRCO	M30	130	03:42:05	05:03:21.05	05:03:56.30	+02:06:23 (41.6%)	6:48	8.8 (58.3%)
305	SOBCZAK Maciej	333	NIGHT RUNNERS	M30	131	03:47:46	05:03:23.55	05:03:57.50	+02:06:24 (41.6%)	6:48	8.8 (58.3%)
306	PIWOWARCZYK Piotr	292	KRAKÓW	M30	132	03:46:03	05:03:41.65	05:04:08.70	+02:06:35 (41.6%)	6:48	8.8 (58.3%)
307	KOTLARSKI Marcin	186	LEŚNE CYMBAŁY	M30	133	03:50:02	05:05:04.70	05:05:36.30	+02:08:03 (41.9%)	6:50	8.8 (58.3%)
308	TOMCZYK Michał	381	INOWROCLAW	M30	134	03:49:52	05:04:27.95	05:06:11.15	+02:08:38 (42.0%)	6:49	8.8 (58.3%)
309	STĘPIEŃ Wojciech	347	NIGHT RUNNERS GLIWICE	M40	78	03:52:51	05:04:55.40	05:06:14.10	+02:08:41 (42.0%)	6:50	8.8 (58.3%)
310	BUSZ Jacek	47	DRUŻYNA KORMORANA	M30	135	03:43:22	05:05:52.35	05:06:17.10	+02:08:44 (42.0%)	6:51	8.7 (57.6%)
311	REDŁOWSKA Bożena	311	WARSZAWA	K30	16	03:55:39	05:06:10.35	05:06:35.65	+02:09:02 (42.1%)	6:51	8.7 (57.6%)
312	KĘCIK Janusz	162	SPARTANIE DZIECIOM	Mężczyźni	4	03:52:22	05:05:39.55	05:06:39.60	+02:09:06 (42.1%)	6:51	8.8 (58.3%)
313	DEMBY Michał	71	MUD GOATS	M20	40	03:42:39	05:05:54.50	05:06:45.45	+02:09:12 (42.1%)	6:51	8.7 (57.6%)
314	OGORZAŁEK Mateusz	268	REDLINETEAM	M20	41	03:49:35	05:06:15.30	05:07:00.15	+02:09:27 (42.2%)	6:51	8.7 (57.6%)
315	KOBELUK Damian	171	BIŁGORAJ	M30	136	03:39:51	05:06:59.55	05:07:23.25	+02:09:50 (42.2%)	6:52	8.7 (57.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	34.2km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 44.6km	brutto 44.6km			
316	GEZELA Mariusz	101	BBL POZNAŃ, RODZINA GEZELA	M30	137	03:52:02	05:07:42.70	05:08:24.35	+02:10:51 (42.4%)	6:53	8.7 (57.6%)
317	GEZELA Robert	102	RODZNA GEZELA	M30	138	03:52:01	05:07:43.70	05:08:26.30	+02:10:53 (42.4%)	6:53	8.7 (57.6%)
318	MADEJ Paweł	225	KRAKÓW	M30	139	03:52:48	05:07:32.60	05:08:43.65	+02:11:10 (42.5%)	6:53	8.7 (57.6%)
319	ZAGDAŃSKI Robert	426	MACHNÓWKA	M30	140	03:56:14	05:09:29.15	05:10:10.10	+02:12:37 (42.8%)	6:56	8.6 (57.0%)
320	ŚLĄCZKA Arkadiusz	372	FINISZ RYMANÓW	M30	141	03:56:10	05:09:27.20	05:10:10.35	+02:12:37 (42.8%)	6:56	8.6 (57.0%)
321	WASIAK Michał	508	RADOM	M30	142	03:50:26	05:09:52.00	05:10:20.15	+02:12:47 (42.8%)	6:56	8.6 (57.0%)
322	GĄSIENICA-GROŃ Jan	465	ZAKOPANE	M20	42	04:01:48	05:10:22.95	05:11:06.95	+02:13:33 (42.9%)	6:57	8.6 (57.0%)
323	KMIEĆ Marcin	170	BIŁGORAJ	M30	143	03:53:07	05:11:03.05	05:11:23.75	+02:13:50 (43.0%)	6:58	8.6 (57.0%)
324	SYPNIEWSKA Hanna	356	GDYNIA	Kobiety	1	03:50:03	05:10:50.00	05:11:47.45	+02:14:14 (43.1%)	6:58	8.6 (57.0%)
325	SIELICKI Krzysztof	323		M30	144	03:52:19	05:10:45.15	05:11:51.80	+02:14:18 (43.1%)	6:58	8.6 (57.0%)
326	MAŁŻ Daniel	233	JAKTORÓW	M20	43	03:54:47	05:12:31.80	05:12:58.20	+02:15:25 (43.3%)	7:00	8.6 (57.0%)
327	GAJEWSKA Justyna	92	KRAKÓW	K30	17	03:57:40	05:12:22.75	05:13:35.55	+02:16:02 (43.4%)	7:00	8.6 (57.0%)
328	DĄBEK Paweł	70	WIKLINKI RUDNIK NAD SANEM	M40	79	03:51:31	05:12:25.10	05:13:36.70	+02:16:03 (43.4%)	7:00	8.6 (57.0%)
329	JAWORSKI Daniel	142	TOMASZÓW MAZOWIECKI	M30	145	03:53:41	05:13:26.70	05:13:52.50	+02:16:19 (43.4%)	7:01	8.5 (56.3%)
330	KOZA Jan	494	MAJDAN	M20	44	03:53:41	05:13:37.75	05:13:52.65	+02:16:19 (43.4%)	7:01	8.5 (56.3%)
331	PUZIO Waldemar	305	KB MARATOŃCZYK DĘBICA	M50	25	03:57:11	05:13:34.95	05:14:20.85	+02:16:47 (43.5%)	7:01	8.5 (56.3%)
332	GÓRSKI Mariusz	111	TYCHY	M30	146	03:54:19	05:14:15.00	05:14:31.50	+02:16:58 (43.5%)	7:02	8.5 (56.3%)
333	SOKÓŁ Sylwia	338	ZYRARDÓW	K30	18	04:11:06	05:14:09.65	05:14:59.40	+02:17:26 (43.6%)	7:02	8.5 (56.3%)
334	SZCZERBA Rafał	362	DŹ	M30	147	04:01:46	05:13:56.45	05:15:13.75	+02:17:40 (43.7%)	7:02	8.5 (56.3%)
335	SARAT Ewa	321	TARNÓW	K40	13	04:03:04	05:14:40.10	05:15:32.70	+02:17:59 (43.7%)	7:03	8.5 (56.3%)
336	ORACZ Sylwia	274	ROZBUJANY GRUBAS Z TARNOWA	K40	14	04:03:03	05:14:49.00	05:15:42.25	+02:18:09 (43.8%)	7:03	8.5 (56.3%)
337	GAŁUSZKA Bogdan	97	JGB "SOKÓŁ"	M40	80	04:01:56	05:15:23.55	05:16:10.15	+02:18:37 (43.8%)	7:04	8.5 (56.3%)
338	PAŁASZYŃSKI Jacek	277	87-600 LIPNO	M30	148	03:52:58	05:15:36.25	05:16:28.30	+02:18:55 (43.9%)	7:04	8.5 (56.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	34.2km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 44.6km	brutto 44.6km			
339	ARKUSZYŃSKA Beata	16	TIME4RUNNING	K40	15	03:54:27	05:16:07.95	05:16:58.35	+02:19:25 (44.0%)	7:05	8.5 (56.3%)
340	ARKUSZYŃSKI Paweł	17	TIME4RUNNING	M40	81	03:54:24	05:16:06.50	05:16:58.45	+02:19:25 (44.0%)	7:05	8.5 (56.3%)
341	PAŁASZYŃSKI Tomasz	278	CZERNIKOWO	M40	82	03:52:59	05:16:10.55	05:17:02.80	+02:19:29 (44.0%)	7:05	8.5 (56.3%)
342	APANASIEWICZ Bartosz	14	CENTRUM BYDGOSZCZ	M30	149	03:59:26	05:16:05.90	05:17:14.50	+02:19:41 (44.0%)	7:05	8.5 (56.3%)
343	PASELA Bartosz	282	SMASHING PĄPKINS	M30	150	04:00:43	05:16:10.20	05:17:14.75	+02:19:41 (44.0%)	7:05	8.5 (56.3%)
344	MICHALCZYK Artur	243	BOCHNIA	M50	26	04:01:48	05:17:04.85	05:17:23.65	+02:19:50 (44.1%)	7:06	8.4 (55.6%)
345	FIEGA Ryszard	87	MARATON GORLICE - FESTIWAL BIEGOWY KRYNICA	M50	27	04:02:40	05:17:10.55	05:17:38.15	+02:20:05 (44.1%)	7:06	8.4 (55.6%)
346	CHUDYBA Michał	55	LEŚNE CYMBAŁY	M30	151	03:57:45	05:17:49.25	05:18:23.30	+02:20:50 (44.2%)	7:07	8.4 (55.6%)
347	BIERĆ Jarek	31	PĘDZIWIATR BIAŁYSTOK	M40	83	03:54:49	05:18:05.30	05:18:32.65	+02:20:59 (44.3%)	7:07	8.4 (55.6%)
347	LESZCZYŃSKI Maciek	213	M&M ULTRA BIELSKO-BAŁA	M40	83	03:53:40	05:18:18.65	05:18:32.65	+02:20:59 (44.3%)	7:08	8.4 (55.6%)
349	GÓRALCZYK Andrzej	109	KW KRAKÓW	M30	152	04:00:34	05:17:27.15	05:18:43.15	+02:21:10 (44.3%)	7:07	8.4 (55.6%)
350	BRZOZOWSKI Jerzy	44	RZESZÓW	M30	153	04:07:42	05:17:50.10	05:19:02.10	+02:21:29 (44.3%)	7:07	8.4 (55.6%)
351	DAWGIERT Daniel	69	BRYGADA ŚW.	M30	154	03:54:28	05:18:44.50	05:19:34.60	+02:22:01 (44.4%)	7:08	8.4 (55.6%)
352	ZALEWSKI Piotr	429	PMKW	M20	45	03:57:02	05:19:39.85	05:19:51.75	+02:22:18 (44.5%)	7:10	8.4 (55.6%)
353	ĆWIEK Dariusz	65	DARIUS	M40	85	04:00:59	05:19:06.35	05:19:55.25	+02:22:22 (44.5%)	7:09	8.4 (55.6%)
354	HYZIAK Jakub	127	JJ.RUNNERS GORLICE	M40	86	04:06:11	05:19:49.15	05:20:00.95	+02:22:27 (44.5%)	7:10	8.4 (55.6%)
355	BORKOWSKA Aneta	39	STOCZEK	K20	4	04:01:53	05:19:00.40	05:20:15.75	+02:22:42 (44.6%)	7:09	8.4 (55.6%)
356	KUCA Roman	201	PIENIĘŻNO	M50	28	03:52:45	05:19:25.55	05:20:30.30	+02:22:57 (44.6%)	7:09	8.4 (55.6%)
357	BRONISZEWSKI Jakub	42	ZĄBKI	M40	87	04:07:17	05:21:32.70	05:21:50.70	+02:24:17 (44.8%)	7:12	8.3 (55.0%)
358	MIKSA Sławomir	246	DŹ	M40	88	04:04:47	05:21:01.10	05:22:11.90	+02:24:38 (44.9%)	7:11	8.3 (55.0%)
359	BIŃKOWSKI Leon	501	RADOM	M50	29	04:03:28	05:22:53.25	05:22:59.30	+02:25:26 (45.0%)	7:14	8.3 (55.0%)
360	IGNASZAK Marek	128	JÓZEFIŃSK TEAM KRAKÓW	Mężczyźni	5	04:04:34	05:23:37.30	05:24:31.00	+02:26:58 (45.3%)	7:15	8.3 (55.0%)
361	DOMIAN Marta	77	WARSZAWA	K30	19	04:11:16	05:24:30.40	05:24:44.10	+02:27:11 (45.3%)	7:16	8.2 (54.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	34.2km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 44.6km	brutto 44.6km			
362	PARTYKA Andrzej	458	RZESZÓW	M30	155	03:59:53	05:24:45.00	05:24:50.50	+02:27:17 (45.3%)	7:16	8.2 (54.3%)
363	SZEWczyk Katarzyna	363		K20	5	04:03:31	05:25:16.50	05:25:37.95	+02:28:04 (45.5%)	7:17	8.2 (54.3%)
364	OLEsIEJUK Michał	498	LUBARTÓW	M20	46	04:05:10	05:25:20.50	05:25:44.65	+02:28:11 (45.5%)	7:17	8.2 (54.3%)
365	LESZCZYŃSKA Katarzyna	212	MOSINA BIEGA	K30	20	04:13:01	05:25:41.65	05:25:48.70	+02:28:15 (45.5%)	7:18	8.2 (54.3%)
366	KONIECZNY Jacek	178	MOSINA	M40	89	04:12:59	05:25:39.25	05:25:49.50	+02:28:16 (45.5%)	7:18	8.2 (54.3%)
367	DOMISZEWSKI Wojciech	79	USTRZYKI DOLNE	M50	30	04:07:54	05:26:34.15	05:27:30.25	+02:29:57 (45.8%)	7:19	8.2 (54.3%)
368	ZYGMAŃSKA Monika	443	TREND GLASS RUNNING TEAM	K30	21	04:06:04	05:27:02.30	05:27:32.65	+02:29:59 (45.8%)	7:19	8.2 (54.3%)
369	JUCHA Jacek	144	CA AKTYWNI/CA BROKER	M40	90	03:57:30	05:26:41.15	05:27:35.20	+02:30:02 (45.8%)	7:19	8.2 (54.3%)
370	TRZECIAK Rafał	491	WARZYCE	M30	156	04:04:25	05:26:49.95	05:27:55.70	+02:30:22 (45.9%)	7:19	8.2 (54.3%)
371	OKARMA Wojtek	269	SPOREST	M30	157	04:04:30	05:26:50.95	05:27:55.90	+02:30:22 (45.9%)	7:19	8.2 (54.3%)
372	SZANECKI Jakub	359	RZESZÓW	M30	158	04:09:47	05:27:02.40	05:27:58.00	+02:30:25 (45.9%)	7:19	8.2 (54.3%)
373	PARŚNIAK Michał	280	WARSZAWA - SZLACHETNA PACZKA	M20	47	04:11:54	05:28:30.95	05:29:10.75	+02:31:37 (46.1%)	7:21	8.1 (53.6%)
374	DUJKA Dariusz	471	WOLA GUTOWSKA	M40	91	04:11:42	05:28:13.30	05:29:31.30	+02:31:58 (46.1%)	7:21	8.2 (54.3%)
375	LEŚNIAK Arkadiusz	505	WARSZAWA	M30	159	04:11:53	05:29:37.40	05:29:42.60	+02:32:09 (46.1%)	7:23	8.1 (53.6%)
376	RZESZÓTKO Marzena	496	BIELSKO BIAŁA	K50	2	04:05:55	05:29:29.25	05:29:53.50	+02:32:20 (46.2%)	7:23	8.1 (53.6%)
376	RZESZÓTKO Leszek	497	BIELSKO BIAŁA	M50	31	04:06:38	05:29:30.25	05:29:53.50	+02:32:20 (46.2%)	7:23	8.1 (53.6%)
378	PLASZCZYK Tomasz	294	SPORT-EVO GDAŃSK	M30	160	04:07:55	05:28:37.75	05:29:55.65	+02:32:22 (46.2%)	7:22	8.1 (53.6%)
379	KRUDYSZ Przemysław	194		M20	48	04:06:48	05:29:11.30	05:30:02.00	+02:32:29 (46.2%)	7:22	8.1 (53.6%)
380	GRANDA Marcin	113	ZARZECZE	M30	161	03:56:49	05:29:50.55	05:30:41.20	+02:33:08 (46.3%)	7:23	8.1 (53.6%)
381	MAZUR-RUDNICKA Marlena	241	WARSZAWA	K20	6	04:12:23	05:30:03.90	05:30:43.85	+02:33:10 (46.3%)	7:24	8.1 (53.6%)
382	SMURA Rafał	476	TUREK	M20	49	04:17:05	05:30:16.95	05:31:27.10	+02:33:54 (46.4%)	7:24	8.1 (53.6%)
383	PIEKARSKI Andrzej	285	GRODZISK MAZOWIECKI	M30	162	03:55:52	05:31:13.45	05:31:35.85	+02:34:02 (46.5%)	7:25	8.1 (53.6%)
384	TYROWICZ Agata	391	WARSZAWA	K30	22		05:31:14.10	05:31:36.00	+02:34:03 (46.5%)	7:25	8.1 (53.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	34.2km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 44.6km	brutto 44.6km			
385	WOŹNIACKA Joanna	418	KRAKÓW	K20	7	04:15:27	05:30:49.50	05:31:43.65	+02:34:10 (46.5%)	7:25	8.1 (53.6%)
386	ZMYŚŁOWSKI Łukasz	441	MOTYCZ	M30	163	04:07:07	05:32:03.70	05:32:31.25	+02:34:58 (46.6%)	7:26	8.1 (53.6%)
387	DZIEDZIC Artur	85	LEŚNE CYMBAŁY	M30	164	04:06:10	05:32:30.90	05:33:08.75	+02:35:35 (46.7%)	7:27	8 (53.0%)
388	MARAS Ladislav	487	PRESZOW	M50	32	04:15:55	05:32:55.40	05:34:08.60	+02:36:35 (46.9%)	7:27	8 (53.0%)
389	WŁODARCZYK Teresa	412	BBL TORUŃ	K40	16	04:17:32	05:34:09.95	05:34:59.50	+02:37:26 (47.0%)	7:29	8 (53.0%)
390	URBAŃSKI Józef	393	KKB MOSIR KROSNO	M50	33	04:18:51	05:35:03.80	05:36:00.85	+02:38:27 (47.2%)	7:30	8 (53.0%)
390	PYSIEWICZ Krzysztof	308	NIEZRZESZONY	M50	33	04:18:42	05:34:54.35	05:36:00.85	+02:38:27 (47.2%)	7:30	8 (53.0%)
392	SOKOL Tomasz	337	YRARDÓW	M30	165	04:11:07	05:35:31.95	05:36:21.10	+02:38:48 (47.2%)	7:31	8 (53.0%)
393	JACHACZ-ŁOPATA Małgorzata	131	MIKOŁÓW	K20	8	04:18:44	05:36:08.80	05:36:31.20	+02:38:58 (47.2%)	7:32	8 (53.0%)
394	SOSZYŃSKA Gosia	342	CZŁAPACZE	K50	3	04:18:31	05:36:32.85	05:37:09.30	+02:39:36 (47.3%)	7:32	8 (53.0%)
395	OBRZUT Bartek	267	REMSKA GRUPA NIEUSTANNYCH OPTYMISTÓW KRÓWKI MAŁA	M20	50	04:15:03	05:36:55.80	05:38:10.00	+02:40:37 (47.5%)	7:33	7.9 (52.3%)
396	GAJEWSKA Monika	93	TORUŃ	K30	23	04:19:10	05:37:36.45	05:38:37.60	+02:41:04 (47.6%)	7:34	7.9 (52.3%)
396	ARGALSKI Grzegorz	15	KW TRÓJMIASTO	M40	92	04:19:12	05:37:36.30	05:38:37.60	+02:41:04 (47.6%)	7:34	7.9 (52.3%)
398	PYRZEWSKI Dariusz	307	TORUŃ	M40	93	04:19:10	05:37:35.70	05:38:38.00	+02:41:05 (47.6%)	7:34	7.9 (52.3%)
399	MATUSZEWSKA Nina	236	ALBATROSY	K20	9	04:21:36	05:39:04.75	05:39:21.25	+02:41:48 (47.7%)	7:36	7.9 (52.3%)
400	BODNIAK Tomasz	36	WOP	M30	166	04:15:57	05:39:07.25	05:39:48.20	+02:42:15 (47.7%)	7:36	7.9 (52.3%)
401	OBARSKI Norbert	266		M50	35	04:17:13	05:39:18.70	05:39:56.15	+02:42:23 (47.8%)	7:36	7.9 (52.3%)
402	KASZYCKA Renata	158	WOP	K40	17	04:15:57	05:39:25.90	05:40:06.95	+02:42:33 (47.8%)	7:36	7.9 (52.3%)
403	KALINOWSKI Sławomir	149	HUSKY TEAM	M30	167	04:12:45	05:39:04.05	05:40:07.90	+02:42:34 (47.8%)	7:36	7.9 (52.3%)
404	KOSANOVIĆ Nikola	495	RAKOVICA	M30	168	04:15:03	05:39:51.85	05:40:19.65	+02:42:46 (47.8%)	7:37	7.9 (52.3%)
405	SZYSZKOWSKI Włodzimierz	371	DUKE NUKEM PRINCE OF WARSAW	M40	94	04:10:15	05:40:37.05	05:40:49.75	+02:43:16 (47.9%)	7:38	7.9 (52.3%)
406	FRESZEL Krzysztof	89	BOERNEROWO BIEGA	M30	169	04:17:04	05:40:58.95	05:41:58.55	+02:44:25 (48.1%)	7:38	7.8 (51.7%)
407	LORINCOVA Stefania	489	PRESZOW	K30	24	04:16:02	05:41:02.30	05:42:14.60	+02:44:41 (48.1%)	7:38	7.8 (51.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	34.2km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 44.6km	brutto 44.6km			
408	KHAN David	164	LESZNO	M30	170	04:17:03	05:41:22.85	05:42:22.35	+02:44:49 (48.1%)	7:39	7.8 (51.7%)
409	NIEDŹWIECKI Marek	256	SKIPARK WYSOWA-ZDRÓJ	M50	36	04:17:24	05:42:08.50	05:42:36.35	+02:45:03 (48.2%)	7:40	7.8 (51.7%)
410	ZBIJOWSKA Ewelina	431	BIELSKO-BIALA	K30	25	04:14:15	05:42:33.00	05:43:11.35	+02:45:38 (48.3%)	7:40	7.8 (51.7%)
411	WYSOCKI Arkadiusz	424	BB RUNNERAS	M30	171	04:11:01	05:42:33.75	05:43:11.50	+02:45:38 (48.3%)	7:40	7.8 (51.7%)
412	DUDEK Jan	481	TARNOWSKIE GÓRY	Mężczyźni	6	04:17:59	05:45:25.60	05:46:27.95	+02:48:54 (48.8%)	7:44	7.7 (51.0%)
413	RUTKOWSKA Małgorzata	317	GOLUB-DOBRZYŃ	K40	18	04:17:33	05:46:17.35	05:47:06.80	+02:49:33 (48.8%)	7:45	7.7 (51.0%)
414	KAIM Tomasz	473	KRAKOW	M30	172	04:27:37	05:46:49.60	05:47:54.35	+02:50:21 (49.0%)	7:46	7.7 (51.0%)
414	PIĄTEK Roman	474	KRAKÓW	M40	95	04:27:37	05:46:50.95	05:47:54.35	+02:50:21 (49.0%)	7:46	7.7 (51.0%)
416	JAKUBOWSKI Wojciech	137	KB GEOTERMIA UNIEJÓW	M40	96	04:18:19	05:47:38.30	05:48:10.70	+02:50:37 (49.0%)	7:47	7.7 (51.0%)
417	NIEMCZYK Katarzyna	258	KRAKÓW	K30	26	04:19:52	05:47:15.25	05:48:11.00	+02:50:38 (49.0%)	7:47	7.7 (51.0%)
418	BUĆKO Artur	45	JELEŃ GÓRA	M50	37	04:25:40	05:47:28.10	05:48:46.10	+02:51:13 (49.1%)	7:47	7.7 (51.0%)
419	TWARDY Stanisław	461	RZESZÓW	M30	173	04:24:39	05:49:41.80	05:49:55.05	+02:52:22 (49.3%)	7:50	7.7 (51.0%)
420	BATOR Marek	22	WARSZAWA	M40	97	04:26:45	05:52:09.45	05:52:39.35	+02:55:06 (49.7%)	7:53	7.6 (50.3%)
421	KITA Ewa	167		K50	4	04:27:28	05:52:08.70	05:52:56.25	+02:55:23 (49.7%)	7:53	7.6 (50.3%)
422	WĄSOWSKA Jagoda	402	KALIŃSKA TEAM - PIASECZNO	K40	19	04:34:09	05:52:39.05	05:53:14.15	+02:55:41 (49.7%)	7:54	7.6 (50.3%)
423	TOMECKO Józef	382	MARAS TEAM	Mężczyźni	7	04:17:47	05:52:30.85	05:53:21.30	+02:55:48 (49.8%)	7:54	7.6 (50.3%)
424	SAKOWSKA Aneta	320	MARATONKA GRAJEWO	K40	20	04:30:54	05:53:37.70	05:54:19.65	+02:56:46 (49.9%)	7:55	7.6 (50.3%)
425	ŚRODA Janusz	482	TARNOWSKIE GÓRY	M50	38	04:30:46	05:53:58.10	05:55:00.10	+02:57:27 (50.0%)	7:56	7.6 (50.3%)
426	ADAMSKI Michał	10	WOP	M30	174	04:25:42	05:55:49.75	05:56:29.25	+02:58:56 (50.2%)	7:58	7.5 (49.7%)
427	KWARTA Tomasz	207	WOP	M30	175	04:25:47	05:55:50.05	05:56:29.35	+02:58:56 (50.2%)	7:58	7.5 (49.7%)
428	KOPER Jacek	180	DŹ	M40	98	04:20:32	05:56:18.55	05:57:28.50	+02:59:55 (50.3%)	7:59	7.5 (49.7%)
429	WAŚKIEWICZ Zbigniew	400	AWF KATOWICE	M40	99	04:27:57	05:56:27.95	05:57:42.85	+03:00:09 (50.4%)	7:59	7.5 (49.7%)
430	ŁUKASIK Andrzej	222	LUBLIN	M50	39	04:26:47	06:01:43.15	06:02:53.15	+03:05:20 (51.1%)	8:06	7.4 (49.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	34.2km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 44.6km	brutto 44.6km			
431	KUCHARSKI Darek	202	SPARTANIE DZIECIOM	M30	176	04:35:43	06:04:07.70	06:05:05.10	+03:07:32 (51.4%)	8:09	7.3 (48.3%)
432	DOBAJ Katarzyna	76	SPARTANIE DZIECIOM	K30	27	04:35:44	06:04:10.20	06:05:05.30	+03:07:32 (51.4%)	8:09	7.3 (48.3%)
433	LEŚNIEWSKI Michał	214	SPARTANIE DZIECIOM	M40	100	04:35:46	06:04:07.95	06:05:05.35	+03:07:32 (51.4%)	8:09	7.3 (48.3%)
434	ALEKSANDROWICZ Łukasz	12	SPARTANIE DZIECIOM	M30	177	04:38:23	06:08:11.15	06:08:55.60	+03:11:22 (51.9%)	8:15	7.3 (48.3%)
435	PLATA Tomasz	492	KRAKÓW	M40	101	04:36:20	06:08:12.60	06:09:22.45	+03:11:49 (51.9%)	8:15	7.3 (48.3%)
436	PATRYK Bałazy	475	KRAKOW	M30	178	04:42:39	06:12:52.40	06:13:55.50	+03:16:22 (52.5%)	8:21	7.2 (47.7%)
437	PRZYBYLAK Paweł	301	MOSINA BIEGA	M30	179	04:49:04	06:14:57.10	06:15:06.30	+03:17:33 (52.7%)	8:24	7.1 (47.0%)
438	SĘPKA Daria	322	SPARTANIE DZIECIOM	K40	21	04:45:09	06:17:03.85	06:17:59.35	+03:20:26 (53.0%)	8:27	7.1 (47.0%)
439	ZIELIŃSKI Michał	436	SPARTANIE DZIECIOM	M40	102	04:45:11	06:17:03.20	06:17:59.85	+03:20:26 (53.0%)	8:27	7.1 (47.0%)
440	WARDZALA Anna	398	JACEK BIEGA	Kobiety	2	04:50:04	06:18:59.60	06:19:23.85	+03:21:50 (53.2%)	8:29	7.1 (47.0%)
441	TURKO Katarzyna	387	PKO BANK POLSKI	K40	22	04:42:15	06:19:26.95	06:20:18.10	+03:22:45 (53.3%)	8:30	7.1 (47.0%)
442	UCHMAN Natalia	392	TOUR DE RUN	K30	28	04:48:20	06:20:46.60	06:20:46.60	+03:23:13 (53.4%)	8:32	7 (46.4%)
443	GAJEK Jarosław	480	NIEPOŁOMICE	M40	103	04:42:36	06:21:17.35	06:22:24.50	+03:24:51 (53.6%)	8:32	7 (46.4%)
444	ZATORSKI Andrzej	457	STARACHOWICE	M50	40	04:43:38	06:23:05.65	06:24:03.15	+03:26:30 (53.8%)	8:35	7 (46.4%)
445	BOGUCKA Martyna	37	JACEKBIEGA RUNNING TEAM	K40	23	04:50:06	06:27:40.70	06:28:04.95	+03:30:31 (54.2%)	8:41	6.9 (45.7%)
446	WILGA Ewa	408	JÓZEFIŃSKA TEAM KRAKÓW	K20	10	04:49:52	06:27:37.80	06:28:30.95	+03:30:57 (54.3%)	8:41	6.9 (45.7%)
447	BŁAŻEJEWSKI Marcin	34	14 DAS JAROSŁAW	M30	180	04:45:08	06:28:36.40	06:29:28.35	+03:31:55 (54.4%)	8:42	6.9 (45.7%)
448	NOWOSIELSKI Piotr	265	14DAS JAROSŁAW	M40	104	04:45:07	06:28:35.85	06:29:28.40	+03:31:55 (54.4%)	8:42	6.9 (45.7%)
449	RACHOWSKI Michał	309	SZCZECIN BIEGA	M30	181	04:54:26	06:34:51.50	06:35:06.45	+03:37:33 (55.1%)	8:51	6.8 (45.0%)
450	ŚMIECHOWICZ Gerard	375	WARSZAWA	M40	105	05:15:15	06:42:39.10	06:43:48.25	+03:46:15 (56.0%)	9:01	6.6 (43.7%)
451	GŁUSZCZAK Jerzy	107	DŹ	M50	41	04:54:40	06:45:13.15	06:45:44.35	+03:48:11 (56.2%)	9:05	6.6 (43.7%)
452	HUZIOR Elżbieta	483	ORZESZE	K40	24	05:15:06	06:50:17.45	06:51:35.75	+03:54:02 (56.9%)	9:11	6.5 (43.0%)
453	SKUBIS Barbara	452	GLIWICE	K30	29	05:15:02	06:50:17.45	06:51:37.70	+03:54:04 (56.9%)	9:11	6.5 (43.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	34.2km	Czas netto 44.6km	Czas brutto 44.6km	Różn	Tempo min/km	Tempo km/h
454	SMYK Robert	454	GLIWICE	M40	106	05:15:03	06:50:17.35	06:51:37.80	+03:54:04 (56.9%)	9:11	6.5 (43.0%)
455	SKALSKI Maciej Jakub	328	BIAŁYSTOK	M30	182	05:15:22	06:55:50.65	06:56:58.55	+03:59:25 (57.4%)	9:19	6.4 (42.4%)
456	BICZYK Adam	29	KLUB BIEGACZA RTV EURO AGD	M30	183	05:15:07	06:57:02.45	06:58:23.00	+04:00:50 (57.6%)	9:21	6.4 (42.4%)
	PIKOR Jacek	287	BIEGUSIEM.PL	M40		03:25:54 DNF	DNF	DNF		-	- (0.0%)
	KRZYŚKO Barbara	198	MITUTOYO DEMA PWR	K20		05:41:07 DNF	DNF	DNF		-	- (0.0%)

Znaleziono 458 wynik(ów)