



ZIMOWY  
PÓLMARATON  
GÓR STOŁOWYCH

**Organizator:** Fundacja MARATONY GÓRSKIE  
**Data:** 2019-01-19  
**Miejsce:** Karłów  
**Dystans:** 21 km

# ZIMOWY PÓLMARATON GÓR STOŁOWYCH 2019

B4SPORT  
INTELEGENNE ZAWODY SPORTOWE

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INTELEGENNE ZAWODY SPORTOWE

Klasyfikacja: OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
1	<b>BRYDL Pavel</b>	<b>12</b>		M-30	1	NIE	00:40:46	01:24:18	<b>02:16:31.31</b>	<b>02:16:32.35</b>		6:30	9.2 (100%)
2	<b>BONIEC Radosław</b>	<b>508</b>		M-20	1	NIE	00:42:13	01:25:58	<b>02:17:59.67</b>	<b>02:18:01.70</b>	+00:01:29 (1.1%)	6:34	9.1 (98.9%)
3	<b>PIEKARZ Mariusz</b>	<b>315</b>	UKS LUDWIKOWICE	M-30	2	NIE	00:41:00	01:25:40	<b>02:18:37.13</b>	<b>02:18:39.20</b>	+00:02:06 (1.5%)	6:36	9.1 (98.9%)
4	<b>WŁODARKIEWICZ Dominik</b>	<b>511</b>	DYNAFIT POLSKA	M-40	1	NIE	00:42:19	01:26:59	<b>02:19:10.40</b>	<b>02:19:12.45</b>	+00:02:40 (1.9%)	6:37	9.1 (98.9%)
5	<b>KOZIOŁ Damian</b>	<b>558</b>	MARCIN ŚWIERC TEAM	M-30	3		00:43:10	01:29:25	<b>02:21:39.50</b>	<b>02:21:41.50</b>	+00:05:09 (3.6%)	6:44	8.9 (96.7%)
6	<b>DOSTAL Jan</b>	<b>540</b>	VELLA NACHOD	M-30	4	NIE	00:42:07	01:28:24	<b>02:22:07.75</b>	<b>02:22:10.75</b>	+00:05:38 (4.0%)	6:46	8.9 (96.7%)
7	<b>MIEDZIEJEWSKI Andrzej</b>	<b>386</b>	WPRUNNING	M-30	5	NIE	00:44:48	01:30:45	<b>02:26:01.49</b>	<b>02:26:08.50</b>	+00:09:36 (6.6%)	6:57	8.6 (93.5%)
8	<b>GEZELA Mariusz</b>	<b>296</b>	TJ EUFORIABIEGACZA.PL	M-30	6	NIE	00:44:32	01:32:10	<b>02:26:53.19</b>	<b>02:26:58.20</b>	+00:10:25 (7.1%)	6:59	8.6 (93.5%)
9	<b>GONCZARENKO Jarek</b>	<b>497</b>		M-30	7	NIE	00:44:45	01:32:46	<b>02:28:12.78</b>	<b>02:28:15.85</b>	+00:11:43 (7.9%)	7:03	8.5 (92.4%)
10	<b>MIS Zbigniew</b>	<b>541</b>		M-30	8	NIE	00:48:00	01:35:57	<b>02:29:05.34</b>	<b>02:29:15.35</b>	+00:12:43 (8.5%)	7:05	8.5 (92.4%)
11	<b>ORZEL Michal</b>	<b>47</b>	ADIDAS RUNNERS WARSAW	M-30	9	NIE	00:45:43	01:34:10	<b>02:29:44.76</b>	<b>02:29:46.85</b>	+00:13:14 (8.8%)	7:07	8.4 (91.3%)
12	<b>TOMASIAK Natalia</b>	<b>9</b>	SALOMON SUUNTO TEAM / KW ZAKOPANE	K-30	1	TAK	00:46:00		<b>02:30:42.28</b>	<b>02:30:45.30</b>	+00:14:12 (9.4%)	7:10	8.4 (91.3%)
13	<b>SARNOWSKI Paweł</b>	<b>383</b>	ULTRASARNY	M-30	10	TAK	00:45:44	01:34:59	<b>02:32:25.80</b>	<b>02:32:28.85</b>	+00:15:56 (10.5%)	7:15	8.3 (90.2%)
14	<b>GRUND Marek</b>	<b>29</b>	MAFIA TEAM LUBLINIEC	M-30	11	NIE	00:46:32	01:36:05	<b>02:32:41.41</b>	<b>02:32:43.50</b>	+00:16:11 (10.6%)	7:16	8.3 (90.2%)
15	<b>WOLBACH Tomasz</b>	<b>337</b>	WOLNE ŚLIMAKI	M-30	12	NO	00:49:39	01:37:51	<b>02:33:18.64</b>	<b>02:33:28.65</b>	+00:16:56 (11.0%)	7:18	8.2 (89.1%)
16	<b>MILKOWSKI Rafał</b>	<b>51</b>	DECATHLON RYBNIK & PRZYJACIELE / OTK RZEŹNIK	M-30	13	NIE	00:47:48	01:37:00	<b>02:34:09.28</b>	<b>02:34:14.30</b>	+00:17:41 (11.5%)	7:20	8.2 (89.1%)
17	<b>SZOPA Marek</b>	<b>431</b>	TEAM KOPEĆ	M-40	2	NIE	00:49:12	01:37:58	<b>02:35:08.25</b>	<b>02:35:14.35</b>	+00:18:42 (12.0%)	7:23	8.1 (88.0%)
18	<b>DURKOWSKI Marcin</b>	<b>185</b>	SKLEP 'W FORMIE' / OBORYGENI	M-30	14	NIE	00:47:49	01:36:46	<b>02:35:36.79</b>	<b>02:35:40.80</b>	+00:19:08 (12.3%)	7:24	8.1 (88.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking		Bledne_Skaly		Czas		Tempo min/km	Tempo km/h
							7km	14km	21km	21km	Różn			
19	<b>LINKOWSKI Michał</b>	<b>46</b>	ILOVEZIEMEK	M-40	3	NIE	00:49:34	01:38:42	<b>02:35:41.87</b>	<b>02:35:47.90</b>	+00:19:15 (12.4%)	7:24	8.1 (88.0%)	
20	<b>MAZURKIEWICZ Jerzy</b>	<b>92</b>	NIGHT RUNNERS WROCLAW	M-30	15	NIE	00:47:33	01:37:50	<b>02:35:50.14</b>	<b>02:35:59.15</b>	+00:19:26 (12.5%)	7:25	8.1 (88.0%)	
21	<b>ZATOŃ Cezary</b>	<b>69</b>	TRIACTIV RIDLEY	M-30	16	TAK	00:47:37	01:38:00	<b>02:37:33.69</b>	<b>02:37:36.70</b>	+00:21:04 (13.4%)	7:30	8 (87.0%)	
22	<b>ŻARECKI Łukasz</b>	<b>392</b>		M-30	17	NIE	00:49:57	01:39:21	<b>02:38:50.54</b>	<b>02:38:59.55</b>	+00:22:27 (14.1%)	7:33	7.9 (85.9%)	
23	<b>KRUPA Marcin</b>	<b>102</b>	AKTYWNA NOWA RUDA	M-40	4	NIE	00:48:13	01:39:01	<b>02:39:02.49</b>	<b>02:39:12.50</b>	+00:22:40 (14.2%)	7:34	7.9 (85.9%)	
24	<b>MYSZCZYSZYN Łukasz</b>	<b>98</b>	KUDOWA BIEGA	M-30	18	NIE	00:51:30	01:44:18	<b>02:39:39.04</b>	<b>02:39:43.05</b>	+00:23:10 (14.5%)	7:36	7.9 (85.9%)	
25	<b>PODGÓRSKI Bogusz</b>	<b>307</b>	EMITT RACE TEAM	M-30	19	NIE	00:48:03	01:38:48	<b>02:39:41.27</b>	<b>02:39:47.35</b>	+00:23:15 (14.6%)	7:36	7.9 (85.9%)	
26	<b>PISAREK Maciej</b>	<b>338</b>		M-40	5	NIE	00:47:28	01:37:44	<b>02:40:30.37</b>	<b>02:40:43.45</b>	+00:24:11 (15.0%)	7:38	7.9 (85.9%)	
27	<b>NIEPALA Jacek</b>	<b>64</b>	OBORYGENI	M-30	20	NIE	00:50:41	01:42:34	<b>02:42:40.49</b>	<b>02:42:45.50</b>	+00:26:13 (16.1%)	7:44	7.7 (83.7%)	
28	<b>KAMMER Krzysztof</b>	<b>226</b>	PRO366	M-30	21	NIE	00:48:52	01:41:37	<b>02:45:08.49</b>	<b>02:45:10.55</b>	+00:28:38 (17.3%)	7:51	7.6 (82.6%)	
29	<b>MAZIK Wojciech</b>	<b>442</b>	KW KRAKOW	M-20	2	TAK	00:49:56	01:42:13	<b>02:45:47.74</b>	<b>02:45:51.75</b>	+00:29:19 (17.7%)	7:53	7.6 (82.6%)	
30	<b>TRZECIAKIEWICZ Mieczysław</b>	<b>447</b>	MLKS RADKÓW	M-50	1	NIE	00:51:13	01:42:55	<b>02:45:56.29</b>	<b>02:46:00.30</b>	+00:29:27 (17.7%)	7:54	7.6 (82.6%)	
31	<b>KUŁAK Piotr</b>	<b>483</b>	PASSION LIFE JOY	M-30	22	NIE	00:46:14	01:37:39	<b>02:46:29.69</b>	<b>02:46:31.75</b>	+00:29:59 (18.0%)	7:55	7.6 (82.6%)	
32	<b>UGOREK Jarosław</b>	<b>60</b>	TEAM KOPEĆ	M-40	6	NIE	00:48:58	01:41:32	<b>02:47:07.86</b>	<b>02:47:13.95</b>	+00:30:41 (18.4%)	7:57	7.5 (81.5%)	
33	<b>KOZIEŁ Tomasz</b>	<b>105</b>	#WAWRZYNTTEAM	M-40	7	NIE	00:49:02	01:41:40	<b>02:47:31.64</b>	<b>02:47:34.65</b>	+00:31:02 (18.5%)	7:58	7.5 (81.5%)	
34	<b>SKUDLARSKI Jakub</b>	<b>464</b>	PRO-RUN WROCLAW	M-20	3	NIE	00:54:48	01:47:01	<b>02:47:51.79</b>	<b>02:48:05.85</b>	+00:31:33 (18.8%)	7:59	7.5 (81.5%)	
35	<b>MILER Marcin</b>	<b>61</b>	06 KLEOFAS	M-40	8	NIE	00:52:41	01:46:27	<b>02:48:09.64</b>	<b>02:48:15.65</b>	+00:31:43 (18.9%)	8:00	7.5 (81.5%)	
36	<b>GUSTAW Łukasz</b>	<b>371</b>	SOBASTEAM	M-20	4	NIE	00:49:18	01:44:24	<b>02:48:25.56</b>	<b>02:48:28.65</b>	+00:31:56 (19.0%)	8:01	7.5 (81.5%)	
37	<b>THIER Dominik</b>	<b>514</b>	KANDAHAR	M-40	9	TAK	00:54:46	01:48:23	<b>02:48:49.49</b>	<b>02:49:06.50</b>	+00:32:34 (19.3%)	8:02	7.5 (81.5%)	
38	<b>OLKIS Rafał</b>	<b>66</b>	PRZEBIEGA.PL	M-30	23	NIE	00:50:24	01:45:45	<b>02:50:35.26</b>	<b>02:50:43.30</b>	+00:34:10 (20.0%)	8:07	7.4 (80.4%)	
39	<b>NIEZGÓDKA Tomasz</b>	<b>216</b>	FAKTORINGEKSPERT.PL	M-40	10	NIE	00:51:09	01:46:23	<b>02:50:43.09</b>	<b>02:50:48.10</b>	+00:34:15 (20.1%)	8:07	7.4 (80.4%)	
40	<b>IGNACZAK Marcin</b>	<b>203</b>	IFB BROKER	M-40	11	NIE	00:51:08	01:46:12	<b>02:51:47.85</b>	<b>02:51:50.85</b>	+00:35:18 (20.5%)	8:10	7.3 (79.3%)	
41	<b>GEZELA Robert</b>	<b>310</b>	EUFORIA BIEGACZA TEAM	M-40	12	NIE	00:52:19	01:47:05	<b>02:51:52.74</b>	<b>02:51:56.75</b>	+00:35:24 (20.6%)	8:11	7.3 (79.3%)	
41	<b>KRAJEWSKI Wojtek</b>	<b>478</b>		M-40	13	NIE	00:53:51	01:49:24	<b>02:51:51.74</b>	<b>02:51:56.75</b>	+00:35:24 (20.6%)	8:11	7.3 (79.3%)	
43	<b>SZCZESZEK Robert</b>	<b>438</b>	RANO	M-30	24	NIE	00:51:08	01:45:50	<b>02:52:03.48</b>	<b>02:52:10.50</b>	+00:35:38 (20.7%)	8:11	7.3 (79.3%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking		Bledne_Skaly		Czas		Tempo min/km	Tempo km/h
							7km	14km	21km	21km	Różn			
44	<b>TEKIELI Kacper</b>	<b>8</b>	KW TRÓJMIASTO	M-30	25	TAK	00:49:51	01:45:58	<b>02:52:17.00</b>	<b>02:52:18.05</b>	+00:35:45 (20.8%)	8:12	7.3 (79.3%)	
45	<b>KWIATKOWSKA Kinga</b>	<b>498</b>	ALPIN SPORT TEAM	K-30	2	NIE	00:54:49	01:49:51	<b>02:53:29.99</b>	<b>02:53:34.00</b>	+00:37:01 (21.3%)	8:15	7.3 (79.3%)	
46	<b>SMOLIS Ivo</b>	<b>449</b>		M-30	26	NIE	00:56:43	01:51:19	<b>02:53:18.39</b>	<b>02:53:39.40</b>	+00:37:07 (21.4%)	8:15	7.3 (79.3%)	
47	<b>PIASECKI Mariusz</b>	<b>372</b>		M-40	14	NIE	00:56:33	01:49:36	<b>02:53:39.24</b>	<b>02:53:55.25</b>	+00:37:22 (21.5%)	8:16	7.3 (79.3%)	
48	<b>BALWIERCZAK Piotr</b>	<b>202</b>	HERCOG RUNNING TEAM	M-20	5	NIE	00:49:51	01:46:22	<b>02:53:54.56</b>	<b>02:53:56.65</b>	+00:37:24 (21.5%)	8:16	7.2 (78.3%)	
49	<b>ŁĄTKA Piotr</b>	<b>459</b>		M-30	27	NIE	00:54:46	01:49:12	<b>02:53:43.75</b>	<b>02:53:56.85</b>	+00:37:24 (21.5%)	8:16	7.3 (79.3%)	
50	<b>ORACZ Mateusz</b>	<b>188</b>	BEZ LITOŚCI/KALENJI BY DECATHLON	M-30	28	NIE	00:53:51	01:51:32	<b>02:54:39.64</b>	<b>02:54:46.70</b>	+00:38:14 (21.9%)	8:19	7.2 (78.3%)	
51	<b>DUNAJ Paweł</b>	<b>494</b>	LITWIN TRIATHLON TEAM	M-30	29	NIE	00:55:22	01:48:25	<b>02:55:12.68</b>	<b>02:55:18.75</b>	+00:38:46 (22.1%)	8:20	7.2 (78.3%)	
52	<b>ŻOŁDAK Przemysław</b>	<b>144</b>	PIĄTKOWO NA BIEGOWO	M-40	15	NIE	00:52:41	01:49:43	<b>02:55:17.55</b>	<b>02:55:20.60</b>	+00:38:48 (22.1%)	8:20	7.2 (78.3%)	
53	<b>JABŁOŃSKI Paweł</b>	<b>48</b>	KUDOWSCY MIŁOŚNICZY BIEGANIA	M-40	16	NIE	00:54:16	01:52:09	<b>02:55:48.53</b>	<b>02:55:52.55</b>	+00:39:20 (22.4%)	8:22	7.2 (78.3%)	
54	<b>LANGE Mariusz</b>	<b>561</b>	KW KATOWICE	M-40	17		00:56:30		<b>02:58:11.75</b>	<b>02:58:11.75</b>	+00:41:39 (23.4%)	8:29	7.1 (77.2%)	
55	<b>KOŁODZIEJSKI Jarek</b>	<b>38</b>	PNB	M-40	18	NIE	00:54:38	01:51:41	<b>02:58:10.52</b>	<b>02:58:12.55</b>	+00:41:40 (23.4%)	8:29	7.1 (77.2%)	
56	<b>ŁĄŻNIEWSKI Dawid</b>	<b>173</b>	EBIEGI.PL	M-30	30	NIE	00:53:59	01:52:11	<b>02:58:40.05</b>	<b>02:58:40.05</b>	+00:42:07 (23.6%)	8:30	7.1 (77.2%)	
57	<b>ROWIŃSKI Michał</b>	<b>432</b>		M-30	31	NIE	00:54:53	01:54:07	<b>02:59:43.35</b>	<b>02:59:52.45</b>	+00:43:20 (24.1%)	8:33	7 (76.1%)	
58	<b>MAJCHRZAK Maciej</b>	<b>104</b>		M-30	32	TAK	00:51:26	01:48:46	<b>02:59:58.28</b>	<b>03:00:07.35</b>	+00:43:35 (24.2%)	8:34	7 (76.1%)	
59	<b>STANUCHIEWICZ Oskar</b>	<b>456</b>		M-40	19	NIE	00:52:20	01:49:42	<b>03:00:05.98</b>	<b>03:00:13.00</b>	+00:43:40 (24.2%)	8:34	7 (76.1%)	
60	<b>TOŚ Sebastian</b>	<b>238</b>		M-40	20	NIE	00:52:14	01:51:15	<b>03:00:39.15</b>	<b>03:00:44.15</b>	+00:44:11 (24.5%)	8:36	7 (76.1%)	
61	<b>PIWOŃSKI Arkadiusz</b>	<b>530</b>	PODGÓRZ TORUŃ	M-40	21	NIE	00:49:48	01:48:25	<b>03:00:52.21</b>	<b>03:00:55.25</b>	+00:44:22 (24.5%)	8:36	7 (76.1%)	
62	<b>FRANKIEWICZ Artur</b>	<b>426</b>		M-30	33	TAK	00:56:10	01:55:06	<b>03:00:56.96</b>	<b>03:01:00.00</b>	+00:44:27 (24.6%)	8:37	7 (76.1%)	
63	<b>JUDA Witold</b>	<b>274</b>		M-40	22	NIE	01:02:04	01:57:02	<b>03:00:00.70</b>	<b>03:01:08.80</b>	+00:44:36 (24.6%)	8:34	7 (76.1%)	
64	<b>KRAWCZYK Artur</b>	<b>430</b>	ZĄŁOGA GÓRSKA	M-20	6	TAK	00:49:59	01:44:30	<b>03:01:20.92</b>	<b>03:01:25.00</b>	+00:44:52 (24.7%)	8:38	6.9 (75.0%)	
65	<b>WAHL Daniel</b>	<b>155</b>	T.S. AKS CHORZÓW	M-40	23	TAK	00:56:58	01:57:22	<b>03:02:13.54</b>	<b>03:02:17.55</b>	+00:45:45 (25.1%)	8:40	6.9 (75.0%)	
66	<b>DAMEC Aleksander</b>	<b>63</b>	OCHAJO RUN&FRENDS	M-40	24	NIE	00:53:55	01:51:35	<b>03:02:33.34</b>	<b>03:02:36.35</b>	+00:46:04 (25.2%)	8:41	6.9 (75.0%)	
67	<b>ZIMKOWSKI Marcin</b>	<b>31</b>	KGHM ZG RUN	M-30	34	NIE	00:54:42	01:51:07	<b>03:02:25.27</b>	<b>03:02:37.35</b>	+00:46:05 (25.2%)	8:41	6.9 (75.0%)	
68	<b>LASOCKI Marcin</b>	<b>397</b>	PIG-PIB	M-40	25	NIE	00:56:49	01:53:18	<b>03:02:20.49</b>	<b>03:02:37.50</b>	+00:46:05 (25.2%)	8:40	6.9 (75.0%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 21km	brutto 21km			
69	<b>ANTOSIAK Tomasz</b>	<b>77</b>		M-30	35	NIE	00:58:26	01:57:14	<b>03:02:36.69</b>	<b>03:02:50.70</b>	+00:46:18 (25.3%)	8:41	6.9 (75.0%)
70	<b>KRĘZEL Krzysztof</b>	<b>506</b>	NIGHT RUNNERS WROCŁAW	M-20	7	NIE	00:48:20	01:50:23	<b>03:03:00.15</b>	<b>03:03:02.20</b>	+00:46:29 (25.4%)	8:42	6.9 (75.0%)
71	<b>MAZUR Andrzej</b>	<b>108</b>	MARTOMBIKE	M-30	36	NIE	00:56:28	01:55:16	<b>03:02:49.14</b>	<b>03:03:03.15</b>	+00:46:30 (25.4%)	8:42	6.9 (75.0%)
72	<b>LULEK Paweł</b>	<b>501</b>	WIELKOPOLSKI KLUB TATERNICTWA JASKINIOWEGO	M-30	37	TAK	00:55:34	01:55:26	<b>03:02:56.98</b>	<b>03:03:04.05</b>	+00:46:31 (25.4%)	8:42	6.9 (75.0%)
73	<b>WOŁOSZYN Konrad</b>	<b>127</b>		M-40	26	NIE	00:55:50	01:49:34	<b>03:02:42.36</b>	<b>03:03:05.45</b>	+00:46:33 (25.4%)	8:42	6.9 (75.0%)
74	<b>MĘŻYŃSKI Szymon</b>	<b>418</b>		M-20	8	NIE	00:54:49	01:53:33	<b>03:04:08.98</b>	<b>03:04:12.05</b>	+00:47:39 (25.9%)	8:46	6.8 (73.9%)
75	<b>OPAŁKA Damian</b>	<b>391</b>	MYRACE	M-30	38	NIE	00:51:04	01:49:13	<b>03:04:40.99</b>	<b>03:04:50.00</b>	+00:48:17 (26.1%)	8:47	6.8 (73.9%)
76	<b>KORZENIEWSKI Jarosław</b>	<b>474</b>		M-40	27	NIE	00:58:40	01:56:16	<b>03:04:40.46</b>	<b>03:05:00.50</b>	+00:48:28 (26.2%)	8:47	6.8 (73.9%)
77	<b>SANKOWSKI Paweł</b>	<b>445</b>	PLACKI TEAM	M-30	39	NIE	00:56:54	01:56:27	<b>03:05:37.38</b>	<b>03:05:49.45</b>	+00:49:17 (26.5%)	8:50	6.8 (73.9%)
78	<b>RUPIETA Maksym</b>	<b>50</b>	WUEF TRI TEAM	M-40	28	NIE	00:58:34	02:01:03	<b>03:06:02.55</b>	<b>03:06:09.60</b>	+00:49:37 (26.7%)	8:51	6.8 (73.9%)
79	<b>ŁUKOMSKI Maciej</b>	<b>192</b>	GANG CHÓDEGO	M-40	29	NIE	00:56:32	01:57:32	<b>03:06:03.59</b>	<b>03:06:09.65</b>	+00:49:37 (26.7%)	8:51	6.8 (73.9%)
80	<b>MRÓZ Marcin</b>	<b>209</b>	DZIKIE BOBRY / STR POZNAŃ	M-40	30	NIE	00:56:39	01:57:24	<b>03:06:36.88</b>	<b>03:06:44.95</b>	+00:50:12 (26.9%)	8:53	6.8 (73.9%)
81	<b>KURZAWIAK Grzegorz</b>	<b>80</b>	GRUPA BIEGOWA KAYSER AUTOMOTIVE SYSTEM	M-30	40	NIE	00:56:36	01:57:29	<b>03:06:50.54</b>	<b>03:07:00.55</b>	+00:50:28 (27.0%)	8:53	6.7 (72.8%)
82	<b>KRÓL Marcin</b>	<b>94</b>	OŚ RACING TEAM	M-40	31	NIE	00:53:13	01:52:12	<b>03:07:16.71</b>	<b>03:07:23.75</b>	+00:50:51 (27.1%)	8:55	6.7 (72.8%)
83	<b>CHODAKOWSKI Marcel</b>	<b>525</b>	KB GEOTERMIA UNIEJÓW	M-40	32	NIE	00:57:02	01:56:26	<b>03:07:19.96</b>	<b>03:07:25.00</b>	+00:50:52 (27.1%)	8:55	6.7 (72.8%)
84	<b>PURCZYŃSKI Grzegorz</b>	<b>480</b>		M-40	33	NIE	00:51:24	01:51:25	<b>03:07:38.94</b>	<b>03:07:45.95</b>	+00:51:13 (27.3%)	8:56	6.7 (72.8%)
85	<b>PELIKAN Artur</b>	<b>82</b>	NGB KŁOBUCK/WKURW_TEAM	M-20	9	NIE	00:57:09	02:00:23	<b>03:08:13.54</b>	<b>03:08:16.55</b>	+00:51:44 (27.5%)	8:57	6.7 (72.8%)
86	<b>OLSZYNA Jakub</b>	<b>504</b>		M-20	10	NIE	00:58:54	01:58:24	<b>03:08:42.34</b>	<b>03:08:57.35</b>	+00:52:25 (27.7%)	8:59	6.7 (72.8%)
87	<b>ZERZĄN Dominik</b>	<b>183</b>	NITRO NÁCHOD	M-40	34	NIE	00:54:57	01:56:26	<b>03:09:14.43</b>	<b>03:09:17.45</b>	+00:52:45 (27.9%)	9:00	6.7 (72.8%)
88	<b>NIESPODZIANY Maciej</b>	<b>493</b>	EXTREME OUTDOOR	M-40	35	NIE	00:58:05	01:58:14	<b>03:09:19.84</b>	<b>03:09:30.85</b>	+00:52:58 (28.0%)	9:00	6.7 (72.8%)
89	<b>CHODOROWSKI Krzysztof</b>	<b>89</b>	PRZEDWOJEWSKI MOUNTAIN TEAM	M-30	41	NIE	00:53:12	01:56:22	<b>03:09:44.62</b>	<b>03:09:49.70</b>	+00:53:17 (28.1%)	9:02	6.6 (71.7%)
90	<b>STACHOWIAK Łukasz</b>	<b>40</b>	STR POZNAŃ / DZIKIE BOBRY	M-30	42	NIE	00:56:30		<b>03:09:50.60</b>	<b>03:09:57.65</b>	+00:53:25 (28.1%)	9:02	6.6 (71.7%)
91	<b>PIECUCH Marcin</b>	<b>232</b>	LACHO TEAM	M-30	43	NIE	00:59:14	02:00:22	<b>03:09:58.79</b>	<b>03:10:14.80</b>	+00:53:42 (28.2%)	9:02	6.6 (71.7%)
92	<b>ZAWOJAK Aleksander</b>	<b>290</b>	RONAL POLSA RUN	M-20	11	NIE	00:54:52	01:57:13	<b>03:10:03.75</b>	<b>03:10:15.85</b>	+00:53:43 (28.2%)	9:03	6.6 (71.7%)
93	<b>WIKTOR Wojciech</b>	<b>351</b>	DECATHLON TEAM	M-20	12	NIE	00:56:20	01:58:23	<b>03:10:34.98</b>	<b>03:10:43.00</b>	+00:54:10 (28.4%)	9:04	6.6 (71.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 21km	brutto 21km			
94	<b>BOSAKIEWICZ Tomasz</b>	<b>465</b>	MAGBOS	M-30	44	NIE	00:56:55	01:57:57	<b>03:10:45.34</b>	<b>03:10:55.35</b>	+00:54:23 (28.5%)	9:05	6.6 (71.7%)
95	<b>SAJEWICZ Dominik</b>	<b>255</b>		M-20	13	NIE	00:59:02	01:58:34	<b>03:10:44.64</b>	<b>03:11:04.65</b>	+00:54:32 (28.5%)	9:04	6.6 (71.7%)
96	<b>JAKUBOWSKI Marcin</b>	<b>377</b>	GRUNWALD TEAM POZNAŃ	M-30	45	TAK	01:00:51	02:00:54	<b>03:10:38.75</b>	<b>03:11:05.85</b>	+00:54:33 (28.5%)	9:04	6.6 (71.7%)
97	<b>SULIK Agnieszka</b>	<b>461</b>	WARSAW MASTERS TEAM	K-30	3	NIE			<b>03:11:08.30</b>	<b>03:11:08.30</b>	+00:54:35 (28.6%)	9:06	6.6 (71.7%)
98	<b>CZYŻ Paweł</b>	<b>42</b>	AKG ŁÓDŹ	M-20	14	TAK	00:58:28	01:58:13	<b>03:11:08.49</b>	<b>03:11:24.50</b>	+00:54:52 (28.7%)	9:06	6.6 (71.7%)
99	<b>STANISŁAWSKI Karol</b>	<b>160</b>	RUNNER.PL	M-30	46	NIE	00:58:26	01:58:23	<b>03:11:15.89</b>	<b>03:11:28.90</b>	+00:54:56 (28.7%)	9:06	6.6 (71.7%)
100	<b>BONIKOWSKI Tomasz</b>	<b>320</b>		M-40	36	NIE	00:56:38	01:58:42	<b>03:12:19.57</b>	<b>03:12:26.65</b>	+00:55:54 (29.0%)	9:09	6.6 (71.7%)
101	<b>DUBIEL Piotr</b>	<b>198</b>	SUDECKI KLUB WYSOKOGÓRSKI/WILD DOGS TEAM	M-40	37	TAK	00:54:30	01:57:54	<b>03:13:09.12</b>	<b>03:13:16.15</b>	+00:56:43 (29.4%)	9:11	6.5 (70.7%)
102	<b>TAMBORSKA Agata</b>	<b>533</b>	DZIK KOMANDO	K-30	4	NIE	01:01:06	02:02:03	<b>03:13:09.95</b>	<b>03:13:17.05</b>	+00:56:44 (29.4%)	9:11	6.5 (70.7%)
103	<b>DROŹDZIK Magdalena</b>	<b>317</b>	WKB META LUBLINIEC	K-40	1	NIE	00:58:31	02:00:41	<b>03:13:22.49</b>	<b>03:13:33.50</b>	+00:57:01 (29.5%)	9:12	6.5 (70.7%)
104	<b>STEC Piotr</b>	<b>126</b>		M-40	38	NIE	00:54:50	01:57:22	<b>03:13:51.55</b>	<b>03:13:51.55</b>	+00:57:19 (29.6%)	9:13	6.5 (70.7%)
105	<b>MICHALSKI Piotr</b>	<b>314</b>		M-30	47	NIE	01:01:23	02:01:42	<b>03:13:40.39</b>	<b>03:14:04.40</b>	+00:57:32 (29.6%)	9:13	6.5 (70.7%)
106	<b>BŁASZKIEWICZ Bogusz</b>	<b>151</b>	STR POZNAN	M-30	48	NIE	00:56:29	01:59:40	<b>03:14:22.95</b>	<b>03:14:31.00</b>	+00:57:58 (29.8%)	9:15	6.5 (70.7%)
107	<b>KRYSIŃSKI Maciej</b>	<b>240</b>		M-30	49	NIE	00:56:02	01:58:11	<b>03:14:21.14</b>	<b>03:14:33.15</b>	+00:58:00 (29.8%)	9:15	6.5 (70.7%)
108	<b>WÓJCIK Robert</b>	<b>376</b>	NOA	M-30	50	NIE	00:58:56	01:59:05	<b>03:14:23.14</b>	<b>03:14:40.15</b>	+00:58:07 (29.9%)	9:15	6.5 (70.7%)
109	<b>BASZAK Tomasz</b>	<b>560</b>		M-40	39		01:03:46	02:04:21	<b>03:14:17.81</b>	<b>03:14:45.85</b>	+00:58:13 (29.9%)	9:15	6.5 (70.7%)
110	<b>PAWŁOWSKI Janusz</b>	<b>85</b>	AGROTURYSTYKA POGRANICZNA	M-40	40	TAK	00:58:48	02:00:35	<b>03:14:58.74</b>	<b>03:15:08.75</b>	+00:58:36 (30.0%)	9:17	6.5 (70.7%)
111	<b>PIEC Michał</b>	<b>556</b>		M-20	15	NIE	00:58:19	01:55:34	<b>03:14:46.27</b>	<b>03:15:14.30</b>	+00:58:41 (30.1%)	9:16	6.5 (70.7%)
112	<b>ZIMNY Tomasz</b>	<b>332</b>		M-60	1	NIE	00:59:16	02:02:42	<b>03:15:45.34</b>	<b>03:15:50.35</b>	+00:59:18 (30.3%)	9:19	6.4 (69.6%)
113	<b>JACH Paweł</b>	<b>543</b>		M-50	2	TAK	00:58:31	02:00:58	<b>03:15:46.32</b>	<b>03:15:52.40</b>	+00:59:20 (30.3%)	9:19	6.4 (69.6%)
114	<b>ROJEWSKI Paweł</b>	<b>242</b>	EVERRUN	M-30	51	NIE	00:58:26	02:00:48	<b>03:15:36.82</b>	<b>03:15:56.90</b>	+00:59:24 (30.3%)	9:18	6.4 (69.6%)
115	<b>KRAWCZYK Adriana</b>	<b>142</b>		K-30	5	NIE	00:55:59	02:00:29	<b>03:15:52.69</b>	<b>03:15:57.70</b>	+00:59:25 (30.3%)	9:19	6.4 (69.6%)
116	<b>WIDZIAK Piotr</b>	<b>95</b>	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M-40	41	NIE	00:59:22	02:00:27	<b>03:15:46.41</b>	<b>03:16:00.45</b>	+00:59:28 (30.3%)	9:19	6.4 (69.6%)
117	<b>HOŁYST Andrzej</b>	<b>25</b>	AKTYWNA NOWA RUDA	M-30	52	NIE	00:58:26	02:00:54	<b>03:15:48.29</b>	<b>03:16:01.35</b>	+00:59:29 (30.3%)	9:19	6.4 (69.6%)
118	<b>MAJEWICZ Filip</b>	<b>435</b>	JAKDOJADE	M-30	53	NIE	00:59:01	02:01:27	<b>03:15:36.08</b>	<b>03:16:03.15</b>	+00:59:30 (30.4%)	9:18	6.4 (69.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 21km	brutto 21km			
119	<b>HETMAŃSKI Filip</b>	<b>450</b>	KUDOWSCY MIŁOSNYCY BIEGANIA	M-40	42	NIE	01:01:14	02:01:49	<b>03:16:19.48</b>	<b>03:16:34.50</b>	+01:00:02 (30.5%)	9:20	6.4 (69.6%)
120	<b>PAWELEC Mariusz</b>	<b>451</b>	KUDOWSCY MIŁOSNYCY BIEGANIA	M-30	54	NIE	00:56:22	02:01:56	<b>03:16:29.78</b>	<b>03:16:34.80</b>	+01:00:02 (30.5%)	9:21	6.4 (69.6%)
121	<b>ZALEWSKI Bartłomiej</b>	<b>549</b>	BBL ZDUŃSKA WOLA	M-40	43	NIE	01:01:24	02:02:06	<b>03:16:29.54</b>	<b>03:16:39.55</b>	+01:00:07 (30.6%)	9:21	6.4 (69.6%)
122	<b>SZOPA Krzysztof</b>	<b>117</b>	SISU-OWB TEAM	M-30	55	NIE	01:00:51	02:02:51	<b>03:16:18.80</b>	<b>03:16:41.90</b>	+01:00:09 (30.6%)	9:20	6.4 (69.6%)
123	<b>KOCEMBA Kamil</b>	<b>106</b>	KĘCKIE HARPAGANY	M-30	56	NIE	01:03:47	02:03:08	<b>03:17:12.56</b>	<b>03:17:30.60</b>	+01:00:58 (30.9%)	9:23	6.4 (69.6%)
124	<b>SKALSKI Radosław</b>	<b>132</b>	KB AKTYWNI KONIN	M-40	44	NIE	01:01:05	02:02:22	<b>03:17:14.65</b>	<b>03:17:30.75</b>	+01:00:58 (30.9%)	9:23	6.4 (69.6%)
125	<b>ZALEWSKA Anna</b>	<b>550</b>	BBL ZDUŃSKA WOLA	K-40	2	NIE	01:03:24	02:06:04	<b>03:17:22.69</b>	<b>03:17:31.70</b>	+01:00:59 (30.9%)	9:23	6.4 (69.6%)
126	<b>RUSIN Jakub</b>	<b>45</b>		M-30	57	NIE	00:59:32	02:03:43	<b>03:17:27.29</b>	<b>03:17:32.30</b>	+01:00:59 (30.9%)	9:24	6.4 (69.6%)
127	<b>KOWALCZYK Paweł</b>	<b>212</b>	KĘCKIE HARPAGANY	M-40	45	NIE	00:57:01	02:01:55	<b>03:17:51.70</b>	<b>03:17:53.70</b>	+01:01:21 (31.0%)	9:25	6.4 (69.6%)
128	<b>FEICHTINGER Marek</b>	<b>285</b>		M-40	46	NIE	00:59:29	02:02:19	<b>03:17:36.90</b>	<b>03:17:55.00</b>	+01:01:22 (31.0%)	9:24	6.4 (69.6%)
129	<b>MARTEKLAS Jan</b>	<b>400</b>	NIGHT RUNNERS WROCŁAW	M-20	16	NIE	01:01:05	02:04:25	<b>03:18:09.49</b>	<b>03:18:21.50</b>	+01:01:49 (31.2%)	9:26	6.4 (69.6%)
130	<b>GŁÓWKA Paweł</b>	<b>323</b>	EUROPA UBEZPIECZENIA / TMTEAM	M-20	17	NIE	01:03:23	02:06:02	<b>03:18:05.05</b>	<b>03:18:22.10</b>	+01:01:49 (31.2%)	9:25	6.4 (69.6%)
131	<b>HORAK Roland</b>	<b>283</b>	KĘCKIE HARPAGANY	M-30	58	NIE	01:02:52	02:04:50	<b>03:18:19.99</b>	<b>03:18:36.00</b>	+01:02:03 (31.2%)	9:26	6.4 (69.6%)
132	<b>GRABOŚ Nina</b>	<b>273</b>		K-40	3	NIE	01:02:36	02:06:07	<b>03:18:30.74</b>	<b>03:18:45.75</b>	+01:02:13 (31.3%)	9:27	6.3 (68.5%)
133	<b>MADOŃ Rafał</b>	<b>257</b>		M-30	59	NIE	01:03:15	02:05:44	<b>03:18:24.26</b>	<b>03:18:48.30</b>	+01:02:15 (31.3%)	9:26	6.4 (69.6%)
134	<b>ZGARDA Jacek</b>	<b>99</b>	TMTEAM	M-40	47	NIE	00:59:21	02:01:47	<b>03:18:39.44</b>	<b>03:18:55.45</b>	+01:02:23 (31.4%)	9:27	6.3 (68.5%)
135	<b>BEŚKA Sławomir</b>	<b>110</b>	OCHAJORUN & FRIENDS	M-40	48	NIE	01:03:00	02:05:59	<b>03:19:20.90</b>	<b>03:19:32.95</b>	+01:03:00 (31.6%)	9:29	6.3 (68.5%)
136	<b>HOŁOWNIA Tomasz</b>	<b>536</b>	GRUPA BIEGOWA 'BEZ GRANIC'	M-30	60	NIE	01:02:24	02:05:42	<b>03:19:23.64</b>	<b>03:19:37.65</b>	+01:03:05 (31.6%)	9:29	6.3 (68.5%)
137	<b>ŁĄK Tomasz</b>	<b>319</b>		M-40	49	NIE	00:59:17	02:03:09	<b>03:19:46.68</b>	<b>03:20:00.75</b>	+01:03:28 (31.7%)	9:30	6.3 (68.5%)
138	<b>FERENC-SZMUC Edyta</b>	<b>381</b>		K-30	6	NIE	00:59:08	02:02:26	<b>03:20:07.74</b>	<b>03:20:16.75</b>	+01:03:44 (31.8%)	9:31	6.3 (68.5%)
139	<b>GILENSKI Artur</b>	<b>562</b>		M-40	50		00:59:50		<b>03:20:17.50</b>	<b>03:20:17.50</b>	+01:03:45 (31.8%)	9:32	6.3 (68.5%)
140	<b>BIEŃ Magdalena</b>	<b>134</b>	SKLEPBIEGACZA	K-40	4	NIE	01:00:25	02:06:00	<b>03:20:27.29</b>	<b>03:20:33.30</b>	+01:04:00 (31.9%)	9:32	6.3 (68.5%)
141	<b>PIECUCH Karolina</b>	<b>218</b>	LACHO TEAM	K-30	7	NIE	01:01:19	02:07:33	<b>03:20:19.54</b>	<b>03:20:35.55</b>	+01:04:03 (31.9%)	9:32	6.3 (68.5%)
142	<b>PRUCIAK Krzysztof</b>	<b>327</b>	LECYMY DURŚ	M-30	61	NIE	00:54:10	02:02:26	<b>03:20:49.23</b>	<b>03:20:54.25</b>	+01:04:21 (32.0%)	9:33	6.3 (68.5%)
143	<b>SAJDUDA Adam</b>	<b>489</b>		M-20	18	NIE	00:58:49	02:02:30	<b>03:21:25.06</b>	<b>03:21:38.10</b>	+01:05:05 (32.3%)	9:35	6.3 (68.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 21km	brutto 21km			
144	<b>FLORCZAK Maciej</b>	<b>557</b>	MUMIE MTB TEAM	M-50	3		01:02:17	02:05:55	<b>03:21:28.34</b>	<b>03:21:48.35</b>	+01:05:16 (32.3%)	9:35	6.3 (68.5%)
145	<b>ZERZUT Jarosław</b>	<b>388</b>	PUSZCZYK BUKOWY	M-50	4	NIE	01:03:55	02:07:39	<b>03:22:05.04</b>	<b>03:22:19.05</b>	+01:05:46 (32.5%)	9:37	6.2 (67.4%)
146	<b>KRYM Katarzyna</b>	<b>57</b>	NIGHT RUNNERS WROCŁAW	K-40	5	NIE	01:03:18	02:07:25	<b>03:22:16.52</b>	<b>03:22:38.60</b>	+01:06:06 (32.6%)	9:37	6.2 (67.4%)
147	<b>MIKOŁAJCZYK Piotr</b>	<b>341</b>	KALENJI BY DECATHLON	M-20	19	NIE	00:58:40	02:01:41	<b>03:22:27.77</b>	<b>03:22:39.85</b>	+01:06:07 (32.6%)	9:38	6.2 (67.4%)
148	<b>NOGAJ Janusz</b>	<b>90</b>	OCHAJORUN & FRIENDS	M-40	51	NIE	01:03:43	02:07:44	<b>03:23:06.14</b>	<b>03:23:17.15</b>	+01:06:44 (32.8%)	9:40	6.2 (67.4%)
149	<b>REJMAN Grzegorz</b>	<b>81</b>	DREAM RUN	M-30	62	NIE	01:01:32	02:05:55	<b>03:23:23.25</b>	<b>03:23:23.25</b>	+01:06:50 (32.9%)	9:41	6.2 (67.4%)
150	<b>MASEWICZ Grzegorz</b>	<b>214</b>	KB ZOFANNA GORZÓW WLKP.	M-30	63	NIE	01:07:10	02:08:46	<b>03:22:53.29</b>	<b>03:23:24.30</b>	+01:06:51 (32.9%)	9:39	6.2 (67.4%)
151	<b>KUCHARSKI Piotr</b>	<b>65</b>	AMATOR - NIEZRZESZONY, CZYLI WSZYSTKO MOGĘ... NIC NIE MUSZĘ...!	M-50	5	NIE	00:58:27	02:04:36	<b>03:23:25.49</b>	<b>03:23:31.50</b>	+01:06:59 (32.9%)	9:41	6.2 (67.4%)
152	<b>FEDER Marcin</b>	<b>354</b>		M-30	64	NIE	00:56:42	01:57:54	<b>03:23:23.84</b>	<b>03:23:33.85</b>	+01:07:01 (32.9%)	9:41	6.2 (67.4%)
153	<b>SZMIDT Karol</b>	<b>133</b>	SZMIDT I SYN	M-30	65	NIE	01:01:21	02:07:22	<b>03:23:32.54</b>	<b>03:23:38.55</b>	+01:07:06 (33.0%)	9:41	6.2 (67.4%)
154	<b>CIURASZKIEWICZ Andrzej</b>	<b>213</b>		M-40	52	NIE	01:04:47	02:08:24	<b>03:23:11.03</b>	<b>03:23:40.05</b>	+01:07:07 (33.0%)	9:40	6.2 (67.4%)
155	<b>MARKIEWICZ Artur</b>	<b>172</b>	PODDĘBICKI KB ZDYSZANI.PL	M-30	66	NIE	00:59:21	02:06:39	<b>03:23:49.04</b>	<b>03:23:55.05</b>	+01:07:22 (33.0%)	9:42	6.2 (67.4%)
156	<b>PAŚ Tomek</b>	<b>267</b>	PASIOL TEAM WROCŁAW	M-40	53	NIE	01:03:47	02:09:02	<b>03:23:49.49</b>	<b>03:24:13.50</b>	+01:07:41 (33.1%)	9:42	6.2 (67.4%)
157	<b>HAWRYLISZYN Jan</b>	<b>311</b>		M-30	67	NIE	00:59:02	02:04:41	<b>03:24:18.09</b>	<b>03:24:24.10</b>	+01:07:51 (33.2%)	9:43	6.2 (67.4%)
158	<b>GULCZYŃSKI Tomasz</b>	<b>181</b>	KSE ON-SIGHT	M-30	68	NIE	01:01:39	02:05:48	<b>03:25:04.16</b>	<b>03:25:21.25</b>	+01:08:48 (33.5%)	9:45	6.1 (66.3%)
159	<b>SZPINEK Marcin</b>	<b>419</b>	TUTU TEAM	M-30	69	NIE	01:03:39	02:08:27	<b>03:24:58.44</b>	<b>03:25:22.50</b>	+01:08:50 (33.5%)	9:45	6.1 (66.3%)
160	<b>PRZYBYSZ Artur</b>	<b>293</b>	BIEGAJ PO ENDORFINY	M-20	20	NIE	01:03:36	02:08:20	<b>03:25:15.27</b>	<b>03:25:36.30</b>	+01:09:03 (33.6%)	9:46	6.1 (66.3%)
161	<b>CHORZĘPA Adam</b>	<b>453</b>		M-50	6	NIE	01:02:28	02:09:07	<b>03:25:34.49</b>	<b>03:25:40.50</b>	+01:09:08 (33.6%)	9:47	6.1 (66.3%)
162	<b>SZNAJDER Marcin</b>	<b>496</b>		M-30	70	NIE	01:03:26	02:09:26	<b>03:25:25.91</b>	<b>03:25:41.95</b>	+01:09:09 (33.6%)	9:46	6.1 (66.3%)
163	<b>MIKODA Igor</b>	<b>205</b>	KSE ON-SIGHT	M-30	71	NIE	01:01:21	02:05:54	<b>03:26:07.32</b>	<b>03:26:28.35</b>	+01:09:56 (33.9%)	9:48	6.1 (66.3%)
164	<b>PAZERA Karol</b>	<b>420</b>	KLUB KOLARSKI ZIEMI KŁODZKIEJ	M-40	54	NIE	00:58:29	02:07:25	<b>03:26:29.70</b>	<b>03:26:29.70</b>	+01:09:57 (33.9%)	9:49	6.1 (66.3%)
165	<b>DYSARZ Przemysław</b>	<b>136</b>	ALIANCE TECHNOLOGY FEHLAU RUN TEAM	M-30	72	NIE	01:05:29	02:09:04	<b>03:25:57.86</b>	<b>03:26:30.95</b>	+01:09:58 (33.9%)	9:48	6.1 (66.3%)
166	<b>HOSS Jan</b>	<b>417</b>		M-30	73	NIE	00:59:10	02:07:47	<b>03:26:27.64</b>	<b>03:26:31.65</b>	+01:09:59 (33.9%)	9:49	6.1 (66.3%)
167	<b>MARKOWSKA Karolina</b>	<b>413</b>	EUROPA UBEZPIECZENIA/NOA	K-30	8	NIE	01:03:32	02:10:23	<b>03:26:53.34</b>	<b>03:27:07.35</b>	+01:10:35 (34.1%)	9:51	6.1 (66.3%)
168	<b>ROSZYK Przemek</b>	<b>245</b>	PARKRUN POZNAŃ	M-40	55	NIE	00:58:45	02:05:07	<b>03:26:52.29</b>	<b>03:27:08.30</b>	+01:10:35 (34.1%)	9:51	6.1 (66.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 21km	brutto 21km			
169	<b>BAŁYS Katarzyna</b>	<b>147</b>	HERCOG RUNNING TEAM	K-30	9	NO	01:03:13	02:09:51	<b>03:27:02.64</b>	<b>03:27:09.65</b>	+01:10:37 (34.1%)	9:51	6.1 (66.3%)
170	<b>MALIK Agnieszka</b>	<b>524</b>	ZUMBA BIEGA	K-40	6	NIE	01:02:41	02:07:48	<b>03:26:44.74</b>	<b>03:27:14.75</b>	+01:10:42 (34.1%)	9:50	6.1 (66.3%)
171	<b>KAMIŃSKI Cezary</b>	<b>68</b>		M-30	74	NIE	01:05:22	02:09:07	<b>03:26:42.75</b>	<b>03:27:15.85</b>	+01:10:43 (34.1%)	9:50	6.1 (66.3%)
172	<b>KOŁODZIEJ Mariusz</b>	<b>263</b>	TMTEAM	M-40	56	NIE	01:03:45	02:09:45	<b>03:27:15.69</b>	<b>03:27:29.70</b>	+01:10:57 (34.2%)	9:52	6.1 (66.3%)
173	<b>LEBDA Małgorzata</b>	<b>7</b>		K-30	10	TAK	01:03:50	02:09:12	<b>03:27:10.89</b>	<b>03:27:37.90</b>	+01:11:05 (34.2%)	9:51	6.1 (66.3%)
174	<b>BIERNACIK Piotr</b>	<b>362</b>		M-40	57	TAK	01:03:02	02:09:07	<b>03:28:21.20</b>	<b>03:28:29.25</b>	+01:11:56 (34.5%)	9:55	6 (65.2%)
175	<b>KOWALSKI Andrzej</b>	<b>375</b>		M-50	7	NIE	01:04:59	02:08:30	<b>03:28:04.51</b>	<b>03:28:32.60</b>	+01:12:00 (34.5%)	9:54	6.1 (66.3%)
176	<b>ZATOŃ Adrian</b>	<b>479</b>		M-30	75	TAK	01:01:38	02:08:59	<b>03:28:25.34</b>	<b>03:28:33.35</b>	+01:12:01 (34.5%)	9:55	6 (65.2%)
177	<b>HETMANCZYK Jakub</b>	<b>109</b>	XIN CHAO RIDERS	M-30	76	TAK	01:05:51	02:11:53	<b>03:27:54.16</b>	<b>03:28:34.20</b>	+01:12:01 (34.5%)	9:54	6.1 (66.3%)
178	<b>SMOTER Damian</b>	<b>52</b>		M-30	77	NIE	01:04:18	02:09:25	<b>03:28:43.04</b>	<b>03:29:03.05</b>	+01:12:30 (34.7%)	9:56	6 (65.2%)
179	<b>SZOTA Robert</b>	<b>178</b>	SMT SZCZECIN	M-30	78	NIE	01:01:34	02:08:15	<b>03:29:08.59</b>	<b>03:29:31.60</b>	+01:12:59 (34.8%)	9:57	6 (65.2%)
180	<b>PAWŁOWSKI Tomasz</b>	<b>403</b>	NIEZRZESZONY	M-40	58	NIE	01:07:32	02:13:54	<b>03:29:40.12</b>	<b>03:30:00.20</b>	+01:13:27 (35.0%)	9:59	6 (65.2%)
181	<b>ZARODA Zbyszek</b>	<b>112</b>	BIEGAM BO MNIE LUDZKOŚĆ WQURWIA	M-40	59	NIE	01:03:47	02:10:54	<b>03:29:55.89</b>	<b>03:30:15.90</b>	+01:13:43 (35.1%)	9:59	6 (65.2%)
182	<b>MUCHA Piotr</b>	<b>100</b>	FIZJOBIEGACZE SZCZECIN	M-40	60	NIE	00:59:59	02:08:08	<b>03:30:31.12</b>	<b>03:30:44.20</b>	+01:14:11 (35.2%)	10:01	6 (65.2%)
182	<b>DUDA Bartosz</b>	<b>131</b>	FIZJOBIEGACZE SZCZECIN	M-40	61	TAK	01:01:36	02:08:13	<b>03:30:31.10</b>	<b>03:30:44.20</b>	+01:14:11 (35.2%)	10:01	6 (65.2%)
184	<b>BIELNIK Maciej</b>	<b>342</b>	MOTURYSTYKA.PL	M-30	79	NIE	01:08:36	02:13:04	<b>03:30:25.99</b>	<b>03:31:14.00</b>	+01:14:41 (35.4%)	10:01	6 (65.2%)
185	<b>WÓJCIK Marcin</b>	<b>516</b>		M-40	62	TAK	00:58:23	02:05:44	<b>03:31:12.74</b>	<b>03:31:21.75</b>	+01:14:49 (35.4%)	10:03	6 (65.2%)
186	<b>PROKOPIUK Jarosław</b>	<b>295</b>	PROCAR GDYNIA	M-50	8	NIE	01:03:15	02:11:04	<b>03:31:12.82</b>	<b>03:31:25.85</b>	+01:14:53 (35.4%)	10:03	6 (65.2%)
187	<b>ŁUKASZCZUK Grzegorz</b>	<b>14</b>	DAREZTRI TEAM	M-30	80	NIE	00:58:27	02:07:13	<b>03:31:59.34</b>	<b>03:32:09.35</b>	+01:15:37 (35.6%)	10:05	5.9 (64.1%)
188	<b>SIOMA Konrad</b>	<b>339</b>	ROKIETNICA BIEGA	M-30	81	NIE	01:03:41	02:11:47	<b>03:31:52.44</b>	<b>03:32:10.45</b>	+01:15:38 (35.6%)	10:05	5.9 (64.1%)
189	<b>SZCZOTKA Katarzyna</b>	<b>58</b>		K-40	7	NIE	01:08:45	02:16:48	<b>03:31:47.44</b>	<b>03:32:14.45</b>	+01:15:42 (35.7%)	10:05	5.9 (64.1%)
190	<b>HENECZKOWSKA Anna</b>	<b>552</b>	ENDŹI Z KALENJI/KALENJI BY DECATHLON	K-20	1	NIE	01:03:35	02:08:27	<b>03:33:01.54</b>	<b>03:33:21.55</b>	+01:16:49 (36.0%)	10:08	5.9 (64.1%)
191	<b>RODAK Zbigniew</b>	<b>334</b>	GRUPA BIEGOWA 'BEZ GRANIC'	M-30	82	NIE	01:02:22	02:10:21	<b>03:34:00.39</b>	<b>03:34:14.40</b>	+01:17:42 (36.3%)	10:11	5.9 (64.1%)
192	<b>KOSTRUBIEC Maciej</b>	<b>421</b>		M-20	21	NIE	01:00:07	02:08:05	<b>03:34:20.58</b>	<b>03:34:27.60</b>	+01:17:55 (36.3%)	10:12	5.9 (64.1%)
193	<b>HOTAŁA Sylwia</b>	<b>28</b>		K-30	11	NIE	01:01:30	02:12:25	<b>03:34:26.74</b>	<b>03:34:32.75</b>	+01:18:00 (36.4%)	10:12	5.9 (64.1%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 21km	brutto 21km			
194	KONDZIELNIK Magdalena	24		K-40	8	NIE	01:08:49	02:17:16	03:34:12.89	03:34:39.90	+01:18:07 (36.4%)	10:12	5.9 (64.1%)
195	BONIKOWSKI Mateusz	335		M-30	83	NIE	01:01:06	02:10:59	03:34:59.19	03:35:08.20	+01:18:35 (36.5%)	10:14	5.9 (64.1%)
196	LEŚNIEWSKA Justyna	349	AKTYWNA NOWA RUDA	K-30	12	NIE	01:03:44	02:13:39	03:35:06.54	03:35:17.55	+01:18:45 (36.6%)	10:14	5.9 (64.1%)
197	BOCHNAK Paweł	87		M-30	84	NIE	01:14:23	02:17:15	03:34:48.64	03:35:19.65	+01:18:47 (36.6%)	10:13	5.9 (64.1%)
198	JĘDRUCH Marcin	539	FIREEAGLES	M-20	22	NIE	01:07:14	02:12:30	03:35:03.13	03:35:31.15	+01:18:58 (36.6%)	10:14	5.9 (64.1%)
199	KOPCZYŃSKI Łukasz	269	K-TEAM	M-30	85	NIE	01:03:19	02:13:10	03:35:06.98	03:35:45.05	+01:19:12 (36.7%)	10:14	5.9 (64.1%)
200	DUDEK Mariusz	262	NIGHT RUNNERS	M-30	86	NIE	01:09:52	02:18:54	03:34:59.19	03:35:45.20	+01:19:12 (36.7%)	10:14	5.9 (64.1%)
201	STRĄŚ Jarosław	355		M-30	87	TAK	01:14:26	02:20:39	03:35:03.89	03:35:50.90	+01:19:18 (36.7%)	10:14	5.9 (64.1%)
202	JANUSZ Tomasz	145		M-40	63	NIE	01:07:00	02:15:02	03:36:44.91	03:37:14.00	+01:20:41 (37.1%)	10:19	5.8 (63.0%)
203	OLSZAK Maksymilian	443	DRUŻYNA SZPIKU	M-20	23	NIE	01:04:51	02:13:50	03:36:51.84	03:37:14.85	+01:20:42 (37.2%)	10:19	5.8 (63.0%)
204	SAWICKI Bartosz	18	DZIKIE DZIKI GORZÓW	M-20	24	NIE	01:05:57	02:15:00	03:37:20.15	03:37:41.25	+01:21:08 (37.3%)	10:20	5.8 (63.0%)
205	RAKOWSKA Magdalena	224	DRUŻYNA TVN	K-40	9	NIE	01:07:42	02:17:26	03:37:37.94	03:37:53.95	+01:21:21 (37.3%)	10:21	5.8 (63.0%)
206	WOJCIECHOWICZ Leszek	547		M-30	88	NIE	01:01:52	02:12:49	03:37:51.98	03:37:59.00	+01:21:26 (37.4%)	10:22	5.8 (63.0%)
207	WESOŁEK Daniel	393		M-30	89	NIE	01:07:43	02:14:44	03:37:58.14	03:38:40.15	+01:22:07 (37.6%)	10:22	5.8 (63.0%)
208	GNITECKA Katarzyna	328	EBIEGI	K-20	2	NIE	01:03:41	02:15:13	03:38:47.44	03:38:53.45	+01:22:21 (37.6%)	10:25	5.8 (63.0%)
209	LUBIK Adam	128	KSE ON-SIGHT, SPUCHLAKI TEAM	M-30	90	TAK	01:05:37	02:16:38	03:39:02.00	03:39:24.10	+01:22:51 (37.8%)	10:25	5.8 (63.0%)
210	DŁUGOSZ Marek	379	KB GEOTERMIA UNIEJÓW	M-50	9	NIE	01:04:00	02:15:10	03:39:17.43	03:39:30.50	+01:22:58 (37.8%)	10:26	5.7 (62.0%)
211	ZIEMBA Damian	251	ANTONTEAM	M-40	64	NIE	01:03:45	02:16:16	03:39:25.10	03:39:33.15	+01:23:00 (37.8%)	10:26	5.7 (62.0%)
212	DREAS Jakub	196	DZIKIE BOBRY/WĘDZIKOWSKITEAM	M-30	91	NIE	01:02:53	02:15:13	03:39:22.74	03:39:33.75	+01:23:01 (37.8%)	10:26	5.7 (62.0%)
213	MŁYNARCZYK Krzysztof	156	BIELAWA	M-40	65	NIE	01:04:14	02:15:28	03:39:48.35	03:39:48.35	+01:23:16 (37.9%)	10:28	5.7 (62.0%)
214	BIELNIK Dariusz	233	BB RUNNERS	M-30	92	NIE	01:10:11	02:17:57	03:39:02.59	03:39:50.60	+01:23:18 (37.9%)	10:25	5.8 (63.0%)
215	GAŁECKA-PIGUŁA Anna	353	BIEGAMDLAZDROWIA.PL	K-30	13	NIE	01:08:50	02:17:35	03:40:10.50	03:40:37.55	+01:24:05 (38.1%)	10:29	5.7 (62.0%)
216	PIGUŁA Sebastian	291	BIEGAMDLAZDROWIA. PL	M-30	93	NIE	01:08:38	02:17:36	03:40:11.24	03:40:38.25	+01:24:05 (38.1%)	10:29	5.7 (62.0%)
217	SZAREK Rafał	288	KB MCKIS JAWORZNO	M-40	66	NIE	01:08:11	02:17:13	03:40:16.40	03:40:39.50	+01:24:07 (38.1%)	10:29	5.7 (62.0%)
218	POTOCZNY Łukasz	535	EUFORIA BIEGACZA TEAM	M-30	94	NIE	01:09:49	02:18:35	03:40:22.99	03:40:44.00	+01:24:11 (38.1%)	10:29	5.7 (62.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 21km	brutto 21km			
219	ZAMBRZYCKA-ROZNER Ewa	79		K-30	14	NO	01:10:28	02:21:23	03:41:06.10	03:41:06.10	+01:24:33 (38.2%)	10:31	5.7 (62.0%)
220	KWIATEK Agnieszka	505		K-20	3	NIE	01:03:59	02:16:45	03:41:18.33	03:41:27.35	+01:24:55 (38.3%)	10:32	5.7 (62.0%)
221	OPOWICZ Rafał	41	FIZJOBIEGACZE SZCZECIN	M-40	67	NIE	01:03:29	02:09:34	03:41:13.56	03:41:28.65	+01:24:56 (38.4%)	10:32	5.7 (62.0%)
222	JAROSŁAWSKI Mariusz	271	TERMY JAKUBA OŁAWSKI PARK WODNY	M-40	68	TAK	01:05:49	02:18:26	03:41:17.89	03:41:29.95	+01:24:57 (38.4%)	10:32	5.7 (62.0%)
223	CISKI Piotr	446		M-40	69	NIE	01:09:59	02:16:31	03:40:57.32	03:41:30.35	+01:24:58 (38.4%)	10:31	5.7 (62.0%)
224	KRAKOWSKI Krzysztof	49		M-30	95	NIE	01:01:37	02:13:15	03:41:23.93	03:41:41.95	+01:25:09 (38.4%)	10:32	5.7 (62.0%)
225	WYTYKOWSKA Joanna	164	RYSIE	K-30	15	TAK	01:14:29	02:22:30	03:41:15.94	03:42:02.95	+01:25:30 (38.5%)	10:32	5.7 (62.0%)
226	MATLAG Michał	177	KB MANIAC	M-40	70	TAK	01:11:57	02:19:15	03:41:22.74	03:42:13.75	+01:25:41 (38.6%)	10:32	5.7 (62.0%)
227	BUREK Bartosz	427	JAKDOJADE	M-30	96	NIE	01:09:59	02:17:24	03:41:54.18	03:42:43.25	+01:26:10 (38.7%)	10:34	5.7 (62.0%)
228	CZARNIECKI Daniel	27	TIE	M-30	97	NIE	01:00:00	02:12:18	03:42:54.74	03:43:05.75	+01:26:33 (38.8%)	10:36	5.7 (62.0%)
229	PIERZCHAŁA Anna	410	KB MCKIS JAWORZNO	K-40	10	NIE	01:08:59	02:18:44	03:42:55.34	03:43:14.35	+01:26:42 (38.8%)	10:36	5.7 (62.0%)
230	LEWANDOWSKI Paweł	343		M-30	98	NIE	01:10:12	02:22:04	03:43:22.68	03:43:44.70	+01:27:12 (39.0%)	10:38	5.6 (60.9%)
231	NOGA Angelika	244	KĘCKIE HARPAGANY	K-20	4	NIE	01:06:58	02:16:39	03:43:40.64	03:43:59.65	+01:27:27 (39.0%)	10:39	5.6 (60.9%)
232	NIERADKA Anna	444	JAKDOJADE	K-30	16	NIE	01:10:25	02:20:49	03:43:18.40	03:44:07.50	+01:27:35 (39.1%)	10:38	5.6 (60.9%)
233	WYSOCKI Tomasz	43	OCHAJORUN & FRIENDS	M-40	71	NIE	01:06:47	02:18:59	03:44:29.29	03:44:41.30	+01:28:08 (39.2%)	10:41	5.6 (60.9%)
234	ŻMUDKA Bartek	83	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M-40	72	NIE	01:06:11	02:18:47	03:44:30.15	03:44:42.25	+01:28:09 (39.2%)	10:41	5.6 (60.9%)
235	KANECKI Mirosław	357	KOWARY BIEGAJĄ	M-40	73	NIE	01:08:59	02:21:09	03:44:54.99	03:45:18.00	+01:28:45 (39.4%)	10:42	5.6 (60.9%)
236	DENEKO Paweł	318	PNB	M-30	99	NIE	01:08:39	02:21:20	03:45:29.27	03:45:31.30	+01:28:58 (39.5%)	10:44	5.6 (60.9%)
237	MNICH Tomasz	402		M-40	74	NIE	01:12:10	02:22:44	03:44:56.99	03:45:32.00	+01:28:59 (39.5%)	10:42	5.6 (60.9%)
238	OLSCHIMKE-MARUROWICZ Barbara	199	KOLOROWA DRUŻYNA NESSI	K-40	11	NIE	01:15:50	02:26:21	03:44:49.44	03:45:33.50	+01:29:01 (39.5%)	10:42	5.6 (60.9%)
239	PILARSKA Magdalena	441		K-30	17	NIE	01:15:54	02:23:23	03:44:57.26	03:45:35.35	+01:29:03 (39.5%)	10:42	5.6 (60.9%)
240	BUKOWCZYK Paulina	534	BEZ BALASTU	K-30	18	NIE	01:12:37	02:23:05	03:45:07.40	03:45:44.45	+01:29:12 (39.5%)	10:43	5.6 (60.9%)
241	RUKS Jarosław	141		M-30	100	NO	01:09:49	02:20:51	03:45:18.63	03:45:52.65	+01:29:20 (39.6%)	10:43	5.6 (60.9%)
242	CHRAPLEWSKA Karolina	312	PRO366	K-30	19	NIE	01:10:09	02:23:50	03:46:01.72	03:46:13.75	+01:29:41 (39.6%)	10:45	5.6 (60.9%)
243	ROZDZYNSKA Patrycja	321		K-20	5	NIE	01:10:46	02:22:48	03:46:08.50	03:46:35.60	+01:30:03 (39.7%)	10:46	5.6 (60.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 21km	brutto 21km			
244	<b>KUBIAK Karolina</b>	<b>502</b>		K-40	12	NIE	01:10:38	02:23:28	<b>03:46:10.54</b>	<b>03:46:36.55</b>	+01:30:04 (39.7%)	10:46	5.6 (60.9%)
245	<b>KOZŁOWSKI Wojciech</b>	<b>352</b>	SUDETY MTB CHALLENGE	M-50	10	NIE	01:08:05	02:19:28	<b>03:46:40.61</b>	<b>03:47:07.65</b>	+01:30:35 (39.9%)	10:47	5.6 (60.9%)
246	<b>SZYCHTA Rafał</b>	<b>559</b>	JAKDOJADE	M-20	25		01:11:58	02:23:06	<b>03:46:20.19</b>	<b>03:47:09.20</b>	+01:30:36 (39.9%)	10:46	5.6 (60.9%)
247	<b>NOWAKOWSKA Angelina</b>	<b>19</b>	SISU OWB TEAM	K-30	20	NIE	01:08:35	02:22:31	<b>03:46:46.59</b>	<b>03:47:10.60</b>	+01:30:38 (39.9%)	10:47	5.6 (60.9%)
248	<b>SOKOŁOWSKI Marcin</b>	<b>236</b>	KW OPOLE	M-40	75	TAK	01:10:42	02:24:30	<b>03:47:31.60</b>	<b>03:47:49.65</b>	+01:31:17 (40.1%)	10:50	5.5 (59.8%)
249	<b>HETMAŃSKI Jakub</b>	<b>91</b>		M-20	26	NIE	01:15:31	02:25:13	<b>03:47:11.14</b>	<b>03:47:55.15</b>	+01:31:22 (40.1%)	10:49	5.5 (59.8%)
250	<b>SKRZYPIEC Karol</b>	<b>299</b>	ŻARÓW BIEGA	M-30	101	NIE	01:10:16	02:22:45	<b>03:48:06.46</b>	<b>03:48:29.50</b>	+01:31:57 (40.2%)	10:51	5.5 (59.8%)
251	<b>FRANEK Sebastian</b>	<b>389</b>	MUAY RUNNING TEAM	M-40	76	NIE	01:05:12	02:20:52	<b>03:48:42.09</b>	<b>03:48:53.10</b>	+01:32:20 (40.3%)	10:53	5.5 (59.8%)
252	<b>KOPEĆ Dariusz</b>	<b>455</b>		M-50	11	NIE	01:08:06	02:22:55	<b>03:48:49.13</b>	<b>03:49:00.15</b>	+01:32:27 (40.4%)	10:53	5.5 (59.8%)
253	<b>JEDRUSZEK Damian</b>	<b>344</b>	KUDOWSCY MIŁOSNOCY BIEGANIA	M-30	102	NO	00:59:26	02:12:14	<b>03:48:59.14</b>	<b>03:49:08.15</b>	+01:32:35 (40.4%)	10:54	5.5 (59.8%)
254	<b>KRZESIMOWSKI Damian</b>	<b>201</b>		M-30	103	NIE	01:10:01	02:23:27	<b>03:49:30.44</b>	<b>03:49:53.45</b>	+01:33:21 (40.6%)	10:55	5.5 (59.8%)
255	<b>NEUMANN Jacek</b>	<b>129</b>	CENTRUM ŁĄKOWA 1	M-50	12	NIE	01:09:52	02:21:36	<b>03:49:44.71</b>	<b>03:50:17.75</b>	+01:33:45 (40.7%)	10:56	5.5 (59.8%)
256	<b>SKOKOWSKI Jacek</b>	<b>138</b>	AKTYWNE PRAWOBRZEŻE SZCZECIN	M-50	13	NIE	01:08:58	02:23:12	<b>03:51:39.66</b>	<b>03:52:07.70</b>	+01:35:35 (41.2%)	11:01	5.4 (58.7%)
257	<b>NATKAŃSKI Jerzy</b>	<b>3</b>	PHZ	M-60	2	TAK	01:10:41	02:23:50	<b>03:52:13.30</b>	<b>03:52:39.35</b>	+01:36:07 (41.3%)	11:03	5.4 (58.7%)
258	<b>PANEK Damian</b>	<b>158</b>	ADIDAS RUNNERS WARSAW	M-20	27	NO	01:07:28	02:23:41	<b>03:53:04.34</b>	<b>03:53:15.35</b>	+01:36:43 (41.5%)	11:05	5.4 (58.7%)
259	<b>SRODKA Bartłomiej</b>	<b>463</b>		M-30	104	NIE	01:10:12	02:22:38	<b>03:53:36.74</b>	<b>03:54:08.75</b>	+01:37:36 (41.7%)	11:07	5.4 (58.7%)
260	<b>GOŁĄB Janusz</b>	<b>4</b>		M-50	14	TAK	01:16:07	02:28:39	<b>03:53:35.86</b>	<b>03:54:09.90</b>	+01:37:37 (41.7%)	11:07	5.4 (58.7%)
261	<b>MARZEC Karolina</b>	<b>270</b>	DZIKIE DZIKI GORZÓW	K-40	13	NIE	01:04:04	02:15:23	<b>03:54:12.94</b>	<b>03:54:18.95</b>	+01:37:46 (41.7%)	11:09	5.4 (58.7%)
262	<b>DROPEK Sławomir</b>	<b>503</b>	OGNIWO PIWNICZNA - ZDRÓJ	M-20	28	NIE	00:59:53	02:07:23	<b>03:53:59.68</b>	<b>03:54:21.70</b>	+01:37:49 (41.7%)	11:08	5.4 (58.7%)
263	<b>KUJDA Arkadiusz</b>	<b>495</b>	1 BRYGADA LOGISTYCZNA	M-40	77	NIE	01:04:18	02:16:40	<b>03:54:09.99</b>	<b>03:54:26.00</b>	+01:37:53 (41.8%)	11:09	5.4 (58.7%)
264	<b>CZEKALSKA Maria</b>	<b>139</b>		K-30	21	NIE	01:12:18	02:28:44	<b>03:54:06.99</b>	<b>03:54:32.00</b>	+01:37:59 (41.8%)	11:08	5.4 (58.7%)
265	<b>WOLFF Maria</b>	<b>387</b>		K-30	22	NIE	01:07:47	02:24:52	<b>03:54:16.28</b>	<b>03:54:35.30</b>	+01:38:02 (41.8%)	11:09	5.4 (58.7%)
266	<b>WIŚNIEWSKI Artur</b>	<b>303</b>		M-30	105	NIE	01:09:59	02:22:41	<b>03:54:17.39</b>	<b>03:54:39.40</b>	+01:38:07 (41.8%)	11:09	5.4 (58.7%)
267	<b>MUSIELAK Piotr</b>	<b>425</b>	PGB SPOTROWA PACZKA UP P-Ń 56	M-40	78	NIE	01:07:31	02:23:30	<b>03:54:42.58</b>	<b>03:54:50.65</b>	+01:38:18 (41.9%)	11:10	5.4 (58.7%)
268	<b>HRUBÁ Hana</b>	<b>219</b>	NITRO NÁCHOD	K-40	14	NIE	01:10:04	02:25:49	<b>03:55:09.40</b>	<b>03:55:12.45</b>	+01:38:40 (41.9%)	11:11	5.4 (58.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 21km	brutto 21km			
269	<b>BURANT Agnieszka</b>	<b>23</b>		K-30	23	NIE	01:12:01	02:28:46	<b>03:54:57.30</b>	<b>03:55:22.30</b>	+01:38:49 (42.0%)	11:11	5.4 (58.7%)
270	<b>CZERWONKA Zbigniew</b>	<b>206</b>	ESKADRA WROCLAW	M-30	106	NIE	01:14:46	02:29:21	<b>03:55:06.34</b>	<b>03:55:34.35</b>	+01:39:02 (42.0%)	11:11	5.4 (58.7%)
271	<b>SŁOMKOWSKI Mateusz</b>	<b>542</b>	BTA KOMPAS	M-20	29	NIE	01:05:36	02:23:22	<b>03:55:24.49</b>	<b>03:55:38.50</b>	+01:39:06 (42.1%)	11:12	5.4 (58.7%)
272	<b>ONAK Izabela</b>	<b>16</b>	OCHAJORUN & FRIENDS	K-40	15	NIE	01:16:32	02:32:00	<b>03:55:21.09</b>	<b>03:55:47.10</b>	+01:39:14 (42.1%)	11:12	5.4 (58.7%)
273	<b>KOCZEWSKI Paweł</b>	<b>434</b>	MALTAŃSKA GRUPA BIEGOWA	M-50	15	NIE	01:11:20	02:27:23	<b>03:55:27.59</b>	<b>03:55:58.60</b>	+01:39:26 (42.1%)	11:12	5.4 (58.7%)
274	<b>KADŁUBOWSKI Piotr</b>	<b>409</b>	KOTWICA BRZEG / AUTOGAZEXPERTRUNNERS TEAM	M-40	79	NIE	01:14:35	02:27:27	<b>03:55:27.88</b>	<b>03:56:02.90</b>	+01:39:30 (42.2%)	11:12	5.4 (58.7%)
275	<b>ZŁOTNICKA Olga</b>	<b>364</b>	ŚWIDNICKA GRUPA BIEGOWA	K-40	16	NIE	01:15:54	02:29:39	<b>03:55:38.44</b>	<b>03:56:07.45</b>	+01:39:35 (42.2%)	11:13	5.3 (57.6%)
276	<b>SIENNICA Joanna</b>	<b>360</b>	ŚWIDNICKA GRUPA BIEGOWA	K-40	17	NIE	01:15:45	02:29:39	<b>03:55:38.54</b>	<b>03:56:07.55</b>	+01:39:35 (42.2%)	11:13	5.3 (57.6%)
277	<b>KRZECZKOWSKI Roman</b>	<b>340</b>	BIEGOWA ŚWIDNICA	M-40	80	NIE	01:13:26	02:29:06	<b>03:55:38.19</b>	<b>03:56:08.20</b>	+01:39:35 (42.2%)	11:13	5.3 (57.6%)
278	<b>RUSIN Szymon</b>	<b>210</b>		M-30	107	TAK	01:11:45	02:26:15	<b>03:55:42.89</b>	<b>03:56:09.90</b>	+01:39:37 (42.2%)	11:13	5.3 (57.6%)
279	<b>SUCHY Łukasz</b>	<b>229</b>	HIRERIGHT RUNNING TEAM	M-30	108	NIE	01:14:09	02:28:03	<b>03:55:32.71</b>	<b>03:56:11.75</b>	+01:39:39 (42.2%)	11:12	5.3 (57.6%)
280	<b>BABIŃSKA Ewelina</b>	<b>53</b>		K-30	24	NIE	01:09:39	02:25:21	<b>03:55:49.81</b>	<b>03:56:18.85</b>	+01:39:46 (42.2%)	11:13	5.3 (57.6%)
281	<b>PASTECKI Marcin</b>	<b>330</b>		M-30	109	NO	01:16:21	02:27:24	<b>03:55:24.35</b>	<b>03:56:19.40</b>	+01:39:47 (42.2%)	11:12	5.4 (58.7%)
282	<b>KIEŁBASA Paweł</b>	<b>302</b>	GT RAT	M-40	81	NIE	01:15:53	02:29:09	<b>03:56:03.11</b>	<b>03:56:53.20</b>	+01:40:20 (42.4%)	11:14	5.3 (57.6%)
283	<b>STAJER Edyta</b>	<b>429</b>	DZIKIE BOBRY	K-30	25	NIE	01:16:13	02:29:26	<b>03:56:48.99</b>	<b>03:57:14.00</b>	+01:40:41 (42.4%)	11:16	5.3 (57.6%)
284	<b>LITWINOWICZ Karolina</b>	<b>378</b>	PARA NIE DO PARY	K-30	26	NIE	01:10:07	02:26:55	<b>03:57:22.33</b>	<b>03:57:30.35</b>	+01:40:58 (42.5%)	11:18	5.3 (57.6%)
285	<b>BARAŃSKA Aleksandra</b>	<b>554</b>		K-20	6	NIE	01:16:38	02:28:52	<b>03:56:34.34</b>	<b>03:57:35.35</b>	+01:41:03 (42.5%)	11:15	5.3 (57.6%)
286	<b>STEFANOWSKI Marcin</b>	<b>37</b>	ŻARÓW BIEGA	M-40	82	NIE	01:08:04	02:22:37	<b>03:57:13.08</b>	<b>03:57:37.15</b>	+01:41:04 (42.5%)	11:17	5.3 (57.6%)
287	<b>HANCZAR Paweł</b>	<b>537</b>	TMTEAM	M-40	83	NIE	01:16:03	02:28:50	<b>03:56:55.24</b>	<b>03:57:38.25</b>	+01:41:05 (42.5%)	11:16	5.3 (57.6%)
288	<b>SZPILAREWICZ Barbara</b>	<b>492</b>	ABY DO METY/RADIO WROCLAW	K-40	18	NIE	01:13:02	02:31:07	<b>03:57:04.45</b>	<b>03:57:39.50</b>	+01:41:07 (42.5%)	11:17	5.3 (57.6%)
289	<b>PONIATOWSKI Seweryn</b>	<b>152</b>	PRZEDWOJEWSKI MOUNTAIN TEAM	M-30	110	NIE	01:14:19	02:29:25	<b>03:57:10.69</b>	<b>03:57:41.70</b>	+01:41:09 (42.6%)	11:17	5.3 (57.6%)
290	<b>PAKKINEN Laura</b>	<b>17</b>		K-30	27	NO	01:17:54	02:34:00	<b>03:56:52.78</b>	<b>03:57:42.85</b>	+01:41:10 (42.6%)	11:16	5.3 (57.6%)
291	<b>TOL Kamil</b>	<b>125</b>	MAFIA TEAM LUBLINIEC	M-30	111	NIE	01:10:38	02:26:33	<b>03:57:36.24</b>	<b>03:57:55.25</b>	+01:41:22 (42.6%)	11:18	5.3 (57.6%)
292	<b>BARANOWSKI Szymon</b>	<b>140</b>	KSE-ON SIGHT, SPUCHLAKI TEAM	M-20	30	NIE	01:10:16	02:28:16	<b>03:57:34.99</b>	<b>03:57:56.00</b>	+01:41:23 (42.6%)	11:18	5.3 (57.6%)
293	<b>JAŻOWNIK Jacek</b>	<b>278</b>		M-40	84	NO	01:15:34	02:29:00	<b>03:57:11.49</b>	<b>03:57:58.50</b>	+01:41:26 (42.6%)	11:17	5.3 (57.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 21km	brutto 21km			
294	<b>GRUDZIEN Malgorzata</b>	<b>481</b>		K-30	28	NO	01:17:15	02:32:17	<b>03:57:29.19</b>	<b>03:58:12.20</b>	+01:41:39 (42.7%)	11:18	5.3 (57.6%)
295	<b>KONIECZNY Bartosz</b>	<b>207</b>		M-40	85	NIE	01:16:01	02:29:26	<b>03:57:55.91</b>	<b>03:58:30.95</b>	+01:41:58 (42.8%)	11:19	5.3 (57.6%)
296	<b>POŁCZYŃSKI Paweł</b>	<b>331</b>	STALOWA ŁYDA	M-30	112	NIE	01:09:12	02:28:53	<b>03:58:37.94</b>	<b>03:58:49.95</b>	+01:42:17 (42.8%)	11:21	5.3 (57.6%)
297	<b>SZYMCZYSZYN Tomasz</b>	<b>470</b>		M-30	113	NO	01:16:44	02:31:59	<b>03:58:30.19</b>	<b>03:58:55.20</b>	+01:42:22 (42.9%)	11:21	5.3 (57.6%)
298	<b>SZMANIA Jakub</b>	<b>241</b>	HKT AZYMUT	M-30	114	NIE	01:16:02	02:31:25	<b>03:58:47.57</b>	<b>03:59:23.60</b>	+01:42:51 (43.0%)	11:22	5.3 (57.6%)
299	<b>LENKOWSKA Adrianna</b>	<b>436</b>	RANO	K-20	7	NIE	01:12:34	02:29:34	<b>03:59:14.69</b>	<b>03:59:24.70</b>	+01:42:52 (43.0%)	11:23	5.3 (57.6%)
300	<b>HAREMZA Kinga</b>	<b>130</b>	NIGHT RUNNERS	K-40	19	NIE	01:12:31	02:31:34	<b>03:59:24.74</b>	<b>03:59:35.75</b>	+01:43:03 (43.0%)	11:24	5.3 (57.6%)
301	<b>JAKUB Buss</b>	<b>437</b>	KUDOWSCY MIŁOŚNICY BIEGANIA	M-40	86	NIE	01:14:12	02:29:09	<b>03:59:05.73</b>	<b>03:59:42.75</b>	+01:43:10 (43.0%)	11:23	5.3 (57.6%)
302	<b>BŁACHNO Marcin</b>	<b>221</b>		M-40	87	NIE	01:14:23	02:31:25	<b>03:59:49.90</b>	<b>04:00:43.90</b>	+01:44:11 (43.3%)	11:25	5.3 (57.6%)
303	<b>KOMADA Wojciech</b>	<b>316</b>		M-40	88	NO	01:17:55	02:35:17	<b>03:59:57.14</b>	<b>04:00:45.15</b>	+01:44:12 (43.3%)	11:25	5.3 (57.6%)
304	<b>RYMDEJKO Agnieszka</b>	<b>324</b>	EMITT RACE TEAM	K-20	8	NIE	01:15:41	02:29:00	<b>04:00:31.25</b>	<b>04:01:10.25</b>	+01:44:37 (43.4%)	11:27	5.2 (56.5%)
305	<b>STOKŁOSA Michał</b>	<b>265</b>		M-30	115	NIE	01:16:48	02:32:08	<b>04:00:15.09</b>	<b>04:01:11.10</b>	+01:44:38 (43.4%)	11:26	5.2 (56.5%)
306	<b>BARTNICKI Bartosz</b>	<b>88</b>	SCM POLANICA-ZDRÓJ	M-20	31	NIE	01:16:25	02:32:05	<b>04:00:16.09</b>	<b>04:01:12.10</b>	+01:44:39 (43.4%)	11:26	5.2 (56.5%)
307	<b>SÓWKA Waldemar</b>	<b>149</b>	WUEF CLUB	M-50	16	NIE	01:09:07	02:23:05	<b>04:02:10.34</b>	<b>04:02:19.35</b>	+01:45:47 (43.7%)	11:31	5.2 (56.5%)
308	<b>BIEDRZYŃSKI Michał</b>	<b>266</b>		M-30	116	NO	01:15:48	02:31:51	<b>04:01:43.54</b>	<b>04:02:19.55</b>	+01:45:47 (43.7%)	11:30	5.2 (56.5%)
309	<b>PAWŁOWSKI Radosław</b>	<b>249</b>	KSE-ON SIGHT, SPUCHLAKI TEAM	M-20	32	NIE	01:03:41	02:13:27	<b>04:01:59.84</b>	<b>04:02:19.85</b>	+01:45:47 (43.7%)	11:31	5.2 (56.5%)
310	<b>WYBIERAŁA Andrzej</b>	<b>457</b>	ROZBIEGANY RAWICZA	M-50	17	NIE	01:08:38	02:22:08	<b>04:02:06.16</b>	<b>04:02:56.20</b>	+01:46:23 (43.8%)	11:31	5.2 (56.5%)
311	<b>BANKIEWICZ Damian</b>	<b>67</b>	ASSECO ACTIVE TEAM	M-40	89	NIE	01:15:52	02:29:51	<b>04:02:19.04</b>	<b>04:02:58.10</b>	+01:46:25 (43.8%)	11:32	5.2 (56.5%)
312	<b>AUGUSTOWSKA Izabela</b>	<b>374</b>	KB GEOTERMIA UNIEJÓW	K-40	20	NIE	01:13:28	02:32:10	<b>04:02:47.80</b>	<b>04:03:00.85</b>	+01:46:28 (43.8%)	11:33	5.2 (56.5%)
313	<b>MIGDAŁ Adrian</b>	<b>189</b>		M-40	90	TAK	01:14:21	02:31:28	<b>04:02:17.04</b>	<b>04:03:11.05</b>	+01:46:38 (43.9%)	11:32	5.2 (56.5%)
314	<b>PAPROCKI Krzysztof</b>	<b>55</b>		M-40	91	NIE	01:14:16	02:32:23	<b>04:04:30.48</b>	<b>04:05:01.55</b>	+01:48:29 (44.3%)	11:38	5.2 (56.5%)
315	<b>PAPROCKA Natalia</b>	<b>122</b>		K-40	21	NIE	01:14:15	02:32:26	<b>04:04:30.74</b>	<b>04:05:01.75</b>	+01:48:29 (44.3%)	11:38	5.2 (56.5%)
316	<b>ANDRZEJCZAK Paweł</b>	<b>74</b>		M-40	92	NIE	01:10:45	02:29:02	<b>04:04:37.44</b>	<b>04:05:03.45</b>	+01:48:31 (44.3%)	11:38	5.2 (56.5%)
317	<b>NARECKI Jarosław</b>	<b>166</b>		M-40	93	NIE	01:18:10	02:34:03	<b>04:04:48.34</b>	<b>04:05:20.35</b>	+01:48:48 (44.3%)	11:39	5.1 (55.4%)
318	<b>MACHTAŁOWICZ Szymon</b>	<b>305</b>		M-30	117	NIE	01:14:31	02:31:35	<b>04:05:29.34</b>	<b>04:05:48.35</b>	+01:49:16 (44.5%)	11:41	5.1 (55.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 21km	brutto 21km			
319	<b>JAŻWIŃSKI Krzysztof</b>	<b>325</b>	ROZBIEGANI-ŻYCHLIN	M-40	94	NIE	01:14:34	02:31:31	<b>04:05:32.40</b>	<b>04:05:50.50</b>	+01:49:18 (44.5%)	11:41	5.1 (55.4%)
320	<b>RABSZTYN Andrzej</b>	<b>243</b>	TMTEAM	M-40	95	NIE	01:15:41	02:34:02	<b>04:05:15.12</b>	<b>04:05:54.15</b>	+01:49:21 (44.5%)	11:40	5.1 (55.4%)
321	<b>MIREK Waldemar</b>	<b>146</b>	EASYRUN	M-50	18	NIE	01:16:15	02:34:18	<b>04:06:43.94</b>	<b>04:07:13.95</b>	+01:50:41 (44.8%)	11:44	5.1 (55.4%)
322	<b>MAJKA Tomasz</b>	<b>477</b>		M-30	118	NIE	01:15:34	02:36:33	<b>04:07:11.32</b>	<b>04:07:29.40</b>	+01:50:57 (44.8%)	11:46	5.1 (55.4%)
323	<b>DOLSKA Sara</b>	<b>191</b>	MARTOMBIKE	K-30	29	NIE	01:17:50	02:38:33	<b>04:07:14.38</b>	<b>04:07:30.45</b>	+01:50:58 (44.8%)	11:46	5.1 (55.4%)
324	<b>KOCHMAŃSKA Marta</b>	<b>469</b>		K-30	30	NIE	01:14:16	02:31:13	<b>04:07:06.29</b>	<b>04:07:51.30</b>	+01:51:18 (44.9%)	11:46	5.1 (55.4%)
325	<b>GWOZDECKI Tomasz</b>	<b>252</b>		M-30	119	NIE	01:14:15	02:30:25	<b>04:07:29.75</b>	<b>04:08:07.85</b>	+01:51:35 (45.0%)	11:47	5.1 (55.4%)
326	<b>GINTER Grzegorz</b>	<b>279</b>	AZS COLLEGIUM MEDICUM UJ	M-30	120	NIE	01:13:55	02:35:57	<b>04:08:31.45</b>	<b>04:08:31.45</b>	+01:51:59 (45.1%)	11:50	5.1 (55.4%)
327	<b>BIEŁUŃSKI Sebastian</b>	<b>361</b>		M-40	96	NIE	01:16:31	02:35:21	<b>04:08:12.89</b>	<b>04:08:54.90</b>	+01:52:22 (45.1%)	11:49	5.1 (55.4%)
328	<b>BARAN Zenon</b>	<b>439</b>	BUTALIONY	M-50	19	NIE	01:23:28	02:37:57	<b>04:07:58.39</b>	<b>04:09:01.40</b>	+01:52:29 (45.2%)	11:48	5.1 (55.4%)
329	<b>GRZESIAK Rafał</b>	<b>193</b>		M-40	97	NIE	01:13:43	02:32:10	<b>04:09:45.14</b>	<b>04:10:20.15</b>	+01:53:47 (45.5%)	11:53	5 (54.3%)
330	<b>SŁUŻENKO Agata</b>	<b>170</b>		K-30	31	NIE	01:16:37	02:34:32	<b>04:09:57.74</b>	<b>04:10:36.75</b>	+01:54:04 (45.5%)	11:54	5 (54.3%)
331	<b>KOZINOGA Gabriela</b>	<b>13</b>		K-40	22	NIE	01:16:33	02:34:29	<b>04:09:57.94</b>	<b>04:10:36.95</b>	+01:54:04 (45.5%)	11:54	5 (54.3%)
332	<b>TURNIAK Miłosz</b>	<b>32</b>	HIRERIGHT RUNNING TEAM	M-30	121	NIE	01:14:31	02:32:14	<b>04:10:31.09</b>	<b>04:11:09.10</b>	+01:54:36 (45.6%)	11:55	5 (54.3%)
333	<b>KRÓL-PIDANTY Marzena</b>	<b>124</b>		K-40	23	NIE	01:17:09	02:38:38	<b>04:10:41.44</b>	<b>04:11:10.45</b>	+01:54:38 (45.6%)	11:56	5 (54.3%)
334	<b>FIJAŁKOWSKI Wojciech</b>	<b>398</b>	MONAR-GRACZE	M-50	20	NIE	01:16:50	02:38:05	<b>04:11:18.80</b>	<b>04:11:48.85</b>	+01:55:16 (45.8%)	11:58	5 (54.3%)
335	<b>SYGNAT Marcin</b>	<b>75</b>		M-30	122	NIE	01:22:59	02:40:09	<b>04:11:09.84</b>	<b>04:11:49.85</b>	+01:55:17 (45.8%)	11:57	5 (54.3%)
336	<b>STANISZEWSKA-DUDA Katarzyna</b>	<b>101</b>	TIM JEST TIM	K-40	24	NIE	01:17:14	02:38:43	<b>04:11:19.04</b>	<b>04:11:51.05</b>	+01:55:18 (45.8%)	11:58	5 (54.3%)
337	<b>NOWAK Katarzyna</b>	<b>346</b>	TIM JEST TIM	K-30	32	NIE	01:18:06	02:38:40	<b>04:11:19.29</b>	<b>04:11:51.30</b>	+01:55:18 (45.8%)	11:58	5 (54.3%)
338	<b>BARANOWSKI Filip</b>	<b>21</b>		M-40	98	NIE	01:15:54	02:33:51	<b>04:11:42.56</b>	<b>04:12:14.60</b>	+01:55:42 (45.9%)	11:59	5 (54.3%)
339	<b>KOBYŁECKI Rafał</b>	<b>123</b>	RYSIE	M-30	123	NIE	01:21:53	02:38:10	<b>04:11:34.79</b>	<b>04:12:21.80</b>	+01:55:49 (45.9%)	11:58	5 (54.3%)
340	<b>ROZNER Artur</b>	<b>153</b>		M-30	124	NO	01:15:45	02:40:24	<b>04:12:07.64</b>	<b>04:12:34.65</b>	+01:56:02 (45.9%)	12:00	5 (54.3%)
341	<b>WLAZŁOWSKI Michał</b>	<b>111</b>		M-30	125	NIE	01:19:25	02:37:29	<b>04:11:27.84</b>	<b>04:12:34.85</b>	+01:56:02 (45.9%)	11:58	5 (54.3%)
342	<b>DUDEK Agnieszka</b>	<b>258</b>	NIGHT RUNNERS	K-30	33	NIE	01:18:29	02:40:27	<b>04:11:51.26</b>	<b>04:12:36.30</b>	+01:56:03 (45.9%)	11:59	5 (54.3%)
343	<b>CHOJNACKA Marta</b>	<b>369</b>		K-30	34	NIE	01:29:00	02:47:28	<b>04:12:03.79</b>	<b>04:12:54.80</b>	+01:56:22 (46.0%)	12:00	5 (54.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 21km	brutto 21km			
344	<b>WYSOCKI Grzegorz</b>	<b>358</b>	MORSY TUREK	M-40	99	NIE	01:16:17	02:35:46	<b>04:12:34.19</b>	<b>04:13:05.20</b>	+01:56:32 (46.1%)	12:01	5 (54.3%)
345	<b>STEC Adam</b>	<b>70</b>		M-30	126	NIE	01:16:40	02:37:12	<b>04:12:36.03</b>	<b>04:13:10.10</b>	+01:56:37 (46.1%)	12:01	5 (54.3%)
346	<b>BUDKA Agata</b>	<b>416</b>	KB MCKIS JAWORZNO	K-40	25	NIE	01:15:53	02:38:15	<b>04:13:00.44</b>	<b>04:13:17.45</b>	+01:56:45 (46.1%)	12:02	5 (54.3%)
347	<b>GERLICH Bartłomiej</b>	<b>467</b>		M-30	127	NIE	01:12:54	02:30:52	<b>04:12:24.25</b>	<b>04:13:19.35</b>	+01:56:47 (46.1%)	12:01	5 (54.3%)
348	<b>BAKA Marcin</b>	<b>103</b>	GTS TRADYCJA	M-50	21	NIE	01:10:37	02:32:11	<b>04:13:22.19</b>	<b>04:13:31.20</b>	+01:56:58 (46.1%)	12:03	5 (54.3%)
349	<b>MARMUROWICZ Krystian</b>	<b>222</b>	KOLOROWA DRUŻYNA NESSI	M-40	100	NIE	01:26:24	02:40:25	<b>04:12:42.14</b>	<b>04:13:32.15</b>	+01:56:59 (46.1%)	12:02	5 (54.3%)
350	<b>MARZEC Dominik</b>	<b>272</b>		M-30	128	NIE	01:28:43	02:47:11	<b>04:12:48.94</b>	<b>04:13:34.95</b>	+01:57:02 (46.2%)	12:02	5 (54.3%)
351	<b>SZKUDŁO Oskar</b>	<b>515</b>	BEZ BALASTU	M-40	101	NIE	01:12:05	02:26:34	<b>04:14:20.50</b>	<b>04:14:20.50</b>	+01:57:48 (46.3%)	12:06	5 (54.3%)
352	<b>DOBROCHOWSKI Marek</b>	<b>297</b>	STRZEGOMSKA DWUNASTKA	M-30	129	NIE	01:13:55	02:33:24	<b>04:13:52.64</b>	<b>04:14:33.65</b>	+01:58:01 (46.4%)	12:05	5 (54.3%)
353	<b>DOBROCHOWSKA Ilona</b>	<b>308</b>	STRZEGOMSKA DWUNASTKA	K-40	26	NIE	01:13:54	02:33:34	<b>04:13:53.84</b>	<b>04:14:33.85</b>	+01:58:01 (46.4%)	12:05	5 (54.3%)
354	<b>KOMEJKO Dariusz</b>	<b>399</b>		M-40	102	NIE	01:14:56	02:38:32	<b>04:14:27.39</b>	<b>04:14:35.40</b>	+01:58:03 (46.4%)	12:07	5 (54.3%)
355	<b>TARCZYŃSKA Halina</b>	<b>529</b>		K-40	27	NIE	01:17:50	02:38:38	<b>04:13:56.44</b>	<b>04:14:36.45</b>	+01:58:04 (46.4%)	12:05	5 (54.3%)
356	<b>JASIŃSKI Marcin</b>	<b>363</b>	ROGOZIŃSKI KLUB BIEGACZA	M-40	103	NIE	01:19:17	02:40:20	<b>04:13:48.79</b>	<b>04:14:36.80</b>	+01:58:04 (46.4%)	12:05	5 (54.3%)
357	<b>KEMPA Ewelina</b>	<b>548</b>	ASICS FRONTRUNNER POLAND	K-20	9	NIE	01:16:04	02:39:27	<b>04:15:10.39</b>	<b>04:15:35.40</b>	+01:59:03 (46.6%)	12:09	4.9 (53.3%)
358	<b>WILANOWSKI Tomasz</b>	<b>546</b>		M-40	104	NIE	01:07:34	02:30:37	<b>04:15:48.45</b>	<b>04:15:48.45</b>	+01:59:16 (46.6%)	12:10	4.9 (53.3%)
359	<b>SZUKAŁA Izabela</b>	<b>475</b>		K-30	35	NIE	01:26:14	02:42:52	<b>04:15:04.94</b>	<b>04:16:01.95</b>	+01:59:29 (46.7%)	12:08	4.9 (53.3%)
360	<b>DĘBSKA Klaudyna</b>	<b>476</b>		K-30	36	NIE	01:16:43	02:38:18	<b>04:15:48.34</b>	<b>04:16:13.35</b>	+01:59:41 (46.7%)	12:10	4.9 (53.3%)
361	<b>PAWŁOWSKI Sławomir</b>	<b>382</b>	DO PRZODU/KALENJI BY DECATHLON	M-20	33	NIE	01:16:11	02:38:26	<b>04:16:08.99</b>	<b>04:16:38.00</b>	+02:00:05 (46.8%)	12:11	4.9 (53.3%)
362	<b>HAREMZA Joanna</b>	<b>472</b>		K-30	37	TAK	01:26:15	02:42:55	<b>04:15:45.92</b>	<b>04:16:43.00</b>	+02:00:10 (46.8%)	12:10	4.9 (53.3%)
363	<b>WRZESIŃSKI Piotr</b>	<b>491</b>	GAPPAG TEAM	M-40	105	NIE	01:13:15	02:40:27	<b>04:16:24.29</b>	<b>04:16:44.30</b>	+02:00:11 (46.8%)	12:12	4.9 (53.3%)
364	<b>PŁAZA Artur</b>	<b>248</b>		M-40	106	NIE	01:23:35	02:40:03	<b>04:15:53.08</b>	<b>04:16:46.15</b>	+02:00:13 (46.8%)	12:11	4.9 (53.3%)
365	<b>PŁAZA Bartosz</b>	<b>275</b>	PŁAZA TEAM	M-30	130	NIE	01:23:36	02:40:02	<b>04:15:55.05</b>	<b>04:16:48.10</b>	+02:00:15 (46.8%)	12:11	4.9 (53.3%)
366	<b>GLINA-KRAWCZYK Małgorzata</b>	<b>254</b>	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	K-40	28	NO	01:19:14	02:41:12	<b>04:16:30.42</b>	<b>04:17:04.45</b>	+02:00:32 (46.9%)	12:12	4.9 (53.3%)
367	<b>MILKOWSKA Justyna</b>	<b>121</b>	DECATHLON RYBNIK & PRZYJACIELE	K-30	38	NIE	01:15:56	02:38:36	<b>04:17:05.41</b>	<b>04:17:22.50</b>	+02:00:50 (46.9%)	12:14	4.9 (53.3%)
368	<b>JANKIEWICZ Katarzyna</b>	<b>163</b>	RYSIE	K-30	39	NIE	01:22:40	02:40:03	<b>04:16:50.83</b>	<b>04:17:37.90</b>	+02:01:05 (47.0%)	12:13	4.9 (53.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 21km	brutto 21km			
369	<b>JANKIEWICZ Michał</b>	<b>180</b>	RYSIE	M-30	131	NIE	01:22:51	02:39:20	<b>04:16:52.15</b>	<b>04:17:38.20</b>	+02:01:05 (47.0%)	12:13	4.9 (53.3%)
370	<b>KOLEJ Monika</b>	<b>485</b>	DZIKIE DZIKI GORZÓW	K-40	29	NIE	01:16:14	02:40:07	<b>04:17:17.54</b>	<b>04:17:38.55</b>	+02:01:06 (47.0%)	12:15	4.9 (53.3%)
371	<b>BARAN Paulina</b>	<b>448</b>	BUTALIONY	K-20	10	NIE	01:20:09	02:40:22	<b>04:17:32.04</b>	<b>04:18:07.05</b>	+02:01:34 (47.1%)	12:15	4.9 (53.3%)
372	<b>BAGIŃSKA Paula</b>	<b>390</b>		K-20	11	NIE	01:26:00	02:44:47	<b>04:17:42.31</b>	<b>04:18:25.35</b>	+02:01:53 (47.2%)	12:16	4.9 (53.3%)
373	<b>PASŁAWSKA Olga</b>	<b>137</b>	PRZEBIEGA.PL	K-30	40	NIE	01:16:22	02:37:08	<b>04:18:01.61</b>	<b>04:18:26.70</b>	+02:01:54 (47.2%)	12:17	4.9 (53.3%)
374	<b>PIECUCH Małgorzata</b>	<b>174</b>	PRZEWORSKA GRUPA BIEGOWA	K-50	1	NIE	01:20:54	02:45:11	<b>04:18:09.02</b>	<b>04:18:27.10</b>	+02:01:54 (47.2%)	12:17	4.9 (53.3%)
375	<b>KOLAŚNIEWSKI Marek</b>	<b>76</b>		M-40	107	TAK	01:29:23	02:49:05	<b>04:18:26.52</b>	<b>04:19:07.55</b>	+02:02:35 (47.3%)	12:18	4.9 (53.3%)
376	<b>WĘGRZYNOWSKA Ewa</b>	<b>118</b>	EBIEGI.PL	K-40	30	NIE	01:15:16	02:41:12	<b>04:19:18.02</b>	<b>04:19:28.05</b>	+02:02:55 (47.4%)	12:20	4.9 (53.3%)
377	<b>SIEMIERNIK Dariusz</b>	<b>220</b>	TYMO	M-40	108	NIE	01:14:11	02:38:27	<b>04:19:15.13</b>	<b>04:19:36.20</b>	+02:03:03 (47.4%)	12:20	4.9 (53.3%)
378	<b>PIDANTY Grzegorz</b>	<b>148</b>		M-40	109	NIE	01:17:09	02:40:14	<b>04:19:07.39</b>	<b>04:19:37.40</b>	+02:03:05 (47.4%)	12:20	4.9 (53.3%)
379	<b>RZEŹNIK Mariusz</b>	<b>553</b>	ROZBIEGANY RAWICZ	M-40	110	NIE	01:22:07	02:40:36	<b>04:18:45.38</b>	<b>04:19:38.45</b>	+02:03:06 (47.4%)	12:19	4.9 (53.3%)
380	<b>FRĄCZEK Iwona</b>	<b>215</b>		K-30	41	NIE	01:22:56	02:43:07	<b>04:19:11.15</b>	<b>04:19:51.20</b>	+02:03:18 (47.5%)	12:20	4.9 (53.3%)
381	<b>FIGUŁA Sławomir</b>	<b>412</b>		M-30	132	NIE	01:27:41	02:43:41	<b>04:19:05.89</b>	<b>04:19:51.90</b>	+02:03:19 (47.5%)	12:20	4.9 (53.3%)
382	<b>JAKUBOWSKI Wojciech</b>	<b>365</b>	KB GEOTERMIA UNIEJÓW	M-40	111	NIE	01:05:54	02:26:59	<b>04:20:21.39</b>	<b>04:20:51.40</b>	+02:04:19 (47.7%)	12:23	4.8 (52.2%)
383	<b>BINKOWSKI Marcin</b>	<b>359</b>		M-40	112	NIE	01:26:05	02:47:21	<b>04:20:25.43</b>	<b>04:21:11.45</b>	+02:04:39 (47.7%)	12:24	4.8 (52.2%)
384	<b>BURDAJEWICZ Magdalena</b>	<b>348</b>		K-30	42	NIE	01:26:24	02:47:32	<b>04:20:26.49</b>	<b>04:21:11.55</b>	+02:04:39 (47.7%)	12:24	4.8 (52.2%)
385	<b>MASŁO Andrzej</b>	<b>499</b>		M-40	113	NIE	01:16:32	02:43:05	<b>04:21:37.39</b>	<b>04:22:08.40</b>	+02:05:36 (47.9%)	12:27	4.8 (52.2%)
386	<b>SZULECKA Kamila</b>	<b>20</b>		K-30	43	NIE	01:28:40	02:50:36	<b>04:21:48.34</b>	<b>04:22:31.35</b>	+02:05:59 (48.0%)	12:28	4.8 (52.2%)
387	<b>SZEWCZYK Jarosław</b>	<b>287</b>		M-40	114	NIE	01:28:40	02:50:32	<b>04:21:49.45</b>	<b>04:22:33.55</b>	+02:06:01 (48.0%)	12:28	4.8 (52.2%)
388	<b>CZAPRAN Magdalena</b>	<b>231</b>	HIRERIGHT RUNNING TEAM	K-30	44	NIE	01:18:19	02:46:53	<b>04:21:58.04</b>	<b>04:22:36.05</b>	+02:06:03 (48.0%)	12:28	4.8 (52.2%)
389	<b>TURKIEWICZ Dawid</b>	<b>538</b>	WOLIBÓRZ W BIEGU	M-30	133	NIE	01:19:37	02:39:52	<b>04:21:56.92</b>	<b>04:22:51.00</b>	+02:06:18 (48.1%)	12:28	4.8 (52.2%)
390	<b>BIENIEK Rafał</b>	<b>162</b>		M-40	115	NIE	01:29:23	02:51:26	<b>04:23:07.74</b>	<b>04:23:47.75</b>	+02:07:15 (48.2%)	12:31	4.8 (52.2%)
391	<b>ZAUCHA Marta</b>	<b>86</b>	KŁODZKO PRZYTWIERDZA BIEGANIE	K-30	45	NIE	01:24:44	02:47:17	<b>04:23:36.73</b>	<b>04:24:13.75</b>	+02:07:41 (48.3%)	12:33	4.8 (52.2%)
392	<b>KACZMARCZYK Wojciech</b>	<b>367</b>		M-50	22	NIE	01:29:04	02:45:02	<b>04:24:14.94</b>	<b>04:25:06.95</b>	+02:08:34 (48.5%)	12:34	4.8 (52.2%)
393	<b>KACZOREK Robert</b>	<b>289</b>		M-40	116	NIE	01:27:40	02:48:40	<b>04:24:18.57</b>	<b>04:25:08.65</b>	+02:08:36 (48.5%)	12:35	4.8 (52.2%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 21km	brutto 21km			
394	<b>FILIPIAK Sebastian</b>	<b>78</b>	LZS LIPA	M-40	117	NIE	01:29:40	02:47:33	<b>04:24:15.25</b>	<b>04:25:10.30</b>	+02:08:37 (48.5%)	12:35	4.8 (52.2%)
395	<b>FRYDRYCKI Dariusz</b>	<b>411</b>		M-40	118	NIE	01:20:29	02:43:45	<b>04:24:27.18</b>	<b>04:25:15.20</b>	+02:08:42 (48.5%)	12:35	4.8 (52.2%)
396	<b>SARNOWSKA Joanna</b>	<b>385</b>	ULTRASARNY	K-20	12	NIE	01:26:26	02:51:18	<b>04:24:54.39</b>	<b>04:25:35.45</b>	+02:09:03 (48.6%)	12:36	4.8 (52.2%)
397	<b>STAWIŃSKI Michał</b>	<b>484</b>		M-30	134	NO	01:19:45	02:43:27	<b>04:25:02.56</b>	<b>04:25:47.60</b>	+02:09:15 (48.6%)	12:37	4.8 (52.2%)
398	<b>OSTACH Daria</b>	<b>15</b>		K-40	31	NIE	01:26:53	02:48:35	<b>04:25:08.56</b>	<b>04:25:59.60</b>	+02:09:27 (48.7%)	12:37	4.8 (52.2%)
398	<b>PRUSIEWICZ Beata</b>	<b>59</b>	ANTONTEAM	K-50	2	NIE	01:27:14	02:48:43	<b>04:25:08.59</b>	<b>04:25:59.60</b>	+02:09:27 (48.7%)	12:37	4.8 (52.2%)
400	<b>FEDOROWICZ Jowita</b>	<b>415</b>	KOTWICA BRZEG	K-30	46	NIE	01:26:37		<b>04:25:54.34</b>	<b>04:26:30.40</b>	+02:09:58 (48.8%)	12:39	4.7 (51.1%)
401	<b>ROGÓRZ Andrzej</b>	<b>116</b>		M-40	119	NIE	01:12:08	02:38:00	<b>04:26:21.69</b>	<b>04:26:41.70</b>	+02:10:09 (48.8%)	12:41	4.7 (51.1%)
402	<b>PISOWŁODZKA Dagmara</b>	<b>490</b>		K-40	32	NIE	01:21:25	02:50:35	<b>04:26:44.93</b>	<b>04:27:03.95</b>	+02:10:31 (48.9%)	12:42	4.7 (51.1%)
403	<b>KAWAŁKO Ryszard</b>	<b>551</b>	ZBYT WOLNY RYŚ	M-50	23	NIE	01:27:12	02:54:10	<b>04:26:01.04</b>	<b>04:27:11.05</b>	+02:10:38 (48.9%)	12:40	4.7 (51.1%)
404	<b>MACIEJEC Dorota</b>	<b>513</b>		K-40	33	TAK	01:25:33	02:50:50	<b>04:26:48.10</b>	<b>04:27:13.20</b>	+02:10:40 (48.9%)	12:42	4.7 (51.1%)
405	<b>KRAHL Radek</b>	<b>26</b>	YOLO	M-40	120	NO	01:24:34	02:47:08	<b>04:26:25.69</b>	<b>04:27:14.75</b>	+02:10:42 (48.9%)	12:41	4.7 (51.1%)
406	<b>SZCZYPEK Ola</b>	<b>165</b>	SMT SZCZECIN	K-30	47	NIE	01:23:50	02:51:03	<b>04:26:43.67</b>	<b>04:27:20.75</b>	+02:10:48 (48.9%)	12:42	4.7 (51.1%)
407	<b>WELCHOWSKI Rafał</b>	<b>34</b>		M-30	135	NIE	01:22:23	02:48:26	<b>04:26:47.53</b>	<b>04:27:23.60</b>	+02:10:51 (48.9%)	12:42	4.7 (51.1%)
407	<b>JUCHACZ Michał</b>	<b>44</b>	DZIKI Z BALCZEWA	M-40	121	NIE	01:23:01	02:48:26	<b>04:26:46.57</b>	<b>04:27:23.60</b>	+02:10:51 (48.9%)	12:42	4.7 (51.1%)
409	<b>KUBÓW Agnieszka</b>	<b>284</b>	ZLB ZŁOTORYJA	K-30	48	NIE	01:29:00	02:54:10	<b>04:29:33.84</b>	<b>04:30:28.85</b>	+02:13:56 (49.5%)	12:50	4.7 (51.1%)
410	<b>PASZKE Agnieszka</b>	<b>326</b>		K-20	13	NIE	01:29:15	02:55:39	<b>04:29:48.92</b>	<b>04:30:41.00</b>	+02:14:08 (49.6%)	12:50	4.7 (51.1%)
411	<b>GAŚSIOROWSKA Dorota</b>	<b>347</b>	MPK WYBIEGANIE / ŚNIĘTY SUM	K-50	3	NIE	01:32:22	02:56:15	<b>04:30:42.10</b>	<b>04:31:24.20</b>	+02:14:51 (49.7%)	12:53	4.7 (51.1%)
412	<b>CZACHOWSKI Michał</b>	<b>184</b>	ŻWAWĘ ŻÓŁWIE	M-40	122	NIE	01:28:54	02:57:15	<b>04:30:59.22</b>	<b>04:31:38.25</b>	+02:15:05 (49.7%)	12:54	4.6 (50.0%)
413	<b>JAWOROWSKA Aneta</b>	<b>280</b>	ZLB ZŁOTORYJA	K-40	34	NIE	01:29:03	02:54:44	<b>04:31:43.14</b>	<b>04:32:34.20</b>	+02:16:01 (49.9%)	12:56	4.6 (50.0%)
414	<b>CUKROWSKI Andrzej</b>	<b>304</b>	ZLB OLAWS ZŁOTORYJA	M-40	123	NIE	01:28:43	02:54:48	<b>04:31:43.94</b>	<b>04:32:35.95</b>	+02:16:03 (49.9%)	12:56	4.6 (50.0%)
415	<b>WALISZEWSKA Zofia</b>	<b>309</b>		K-30	49	NIE	01:29:02	02:56:19	<b>04:31:46.74</b>	<b>04:32:36.80</b>	+02:16:04 (49.9%)	12:56	4.6 (50.0%)
416	<b>GINTER Katarzyna</b>	<b>268</b>		K-30	50	NIE	01:29:20	02:55:32	<b>04:33:15.94</b>	<b>04:34:01.95</b>	+02:17:29 (50.2%)	13:00	4.6 (50.0%)
417	<b>MICHALSKA Agnieszka</b>	<b>276</b>	KŁODZKO PRZYTWIERDZA BIEGANIE	K-40	35	NIE	01:25:23	02:50:58	<b>04:33:27.99</b>	<b>04:34:05.00</b>	+02:17:32 (50.2%)	13:01	4.6 (50.0%)
418	<b>POŁCZYŃSKI Maciej</b>	<b>333</b>	STALOWA ŁYDA	M-30	136	NIE	01:31:43	02:55:31	<b>04:33:10.04</b>	<b>04:34:08.05</b>	+02:17:35 (50.2%)	13:00	4.6 (50.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 21km	brutto 21km			
419	<b>NEUMANN Beata</b>	<b>71</b>	CENTRUM ŁĄKOWA 1	K-50	4	NIE	01:29:14	02:55:23	<b>04:34:11.58</b>	<b>04:34:56.65</b>	+02:18:24 (50.3%)	13:03	4.6 (50.0%)
420	<b>WICHER Romuald</b>	<b>260</b>		M-60	3	NIE	01:24:45	02:53:56	<b>04:34:33.27</b>	<b>04:34:57.35</b>	+02:18:25 (50.3%)	13:04	4.6 (50.0%)
420	<b>CZEKALSKA Elżbieta</b>	<b>182</b>		K-50	5	NIE	01:24:59	02:54:08	<b>04:34:34.26</b>	<b>04:34:57.35</b>	+02:18:25 (50.3%)	13:04	4.6 (50.0%)
422	<b>KARWECKA-WIELICKA Katarzyna</b>	<b>6</b>		K-40	36	TAK	01:30:02	02:55:15	<b>04:34:26.09</b>	<b>04:34:58.10</b>	+02:18:25 (50.3%)	13:04	4.6 (50.0%)
423	<b>CZOPEK Agnieszka</b>	<b>72</b>	KB MCKIS JAWORZNO	K-40	37	NIE	01:25:01	02:54:49	<b>04:34:43.99</b>	<b>04:34:59.00</b>	+02:18:26 (50.3%)	13:04	4.6 (50.0%)
424	<b>KOWALCZY-GROCHLA Agata</b>	<b>186</b>	KB MCKIS JAWORZNO	K-40	38	NIE	01:24:05	02:54:29	<b>04:34:43.14</b>	<b>04:34:59.15</b>	+02:18:26 (50.3%)	13:04	4.6 (50.0%)
425	<b>WASIAK Grzegorz</b>	<b>171</b>	WWW.BIEGAM-I-MYSLE.PL	M-40	124	NIE	01:22:14	02:51:33	<b>04:34:44.89</b>	<b>04:34:59.90</b>	+02:18:27 (50.3%)	13:04	4.6 (50.0%)
426	<b>KUŚ Gabriela</b>	<b>408</b>	KB MCKIS JAWORZNO	K-40	39	NIE	01:27:24	02:54:43	<b>04:34:36.30</b>	<b>04:35:00.40</b>	+02:18:28 (50.4%)	13:04	4.6 (50.0%)
427	<b>JĘDRZEJCZAK Anna</b>	<b>407</b>	KB MCKIS JAWORZNO	K-40	40	NIE	01:27:46	02:54:50	<b>04:34:39.09</b>	<b>04:35:01.15</b>	+02:18:28 (50.4%)	13:04	4.6 (50.0%)
428	<b>KROENKE Barbara</b>	<b>150</b>	OBOZYBIEGOWE.PL	K-60	1	NIE	01:28:27	02:56:44	<b>04:36:05.14</b>	<b>04:36:40.15</b>	+02:20:07 (50.6%)	13:08	4.6 (50.0%)
429	<b>SITEK Anna</b>	<b>157</b>	LZS LIPA	K-30	51	NIE	01:29:39	02:54:08	<b>04:36:23.71</b>	<b>04:37:17.80</b>	+02:20:45 (50.8%)	13:09	4.6 (50.0%)
430	<b>NATKANIEC Grażyna</b>	<b>190</b>	LZS LIPA	K-50	6	NIE	01:29:40	02:54:07	<b>04:36:23.95</b>	<b>04:37:18.05</b>	+02:20:45 (50.8%)	13:09	4.6 (50.0%)
431	<b>ROSZYK Sylwia</b>	<b>256</b>	PARKRUN POZNAŃ/ ALBIONE	K-40	41	NIE	01:23:46	02:54:09	<b>04:36:55.99</b>	<b>04:37:24.00</b>	+02:20:51 (50.8%)	13:11	4.5 (48.9%)
432	<b>MARCINIAK Agata</b>	<b>518</b>	RAZEM TRENUJEMY SPORT	K-40	42	NIE	01:28:35	02:54:42	<b>04:37:05.92</b>	<b>04:37:50.00</b>	+02:21:17 (50.9%)	13:11	4.5 (48.9%)
433	<b>SKWARNECKI Damian</b>	<b>517</b>	RAZEM TRENUJEMY SPORT	M-30	137	NIE	01:28:28	02:54:43	<b>04:37:05.13</b>	<b>04:37:50.15</b>	+02:21:17 (50.9%)	13:11	4.5 (48.9%)
434	<b>DOROŻAŁA Natalia</b>	<b>519</b>		K-30	52	NIE	01:29:09	02:55:03	<b>04:37:09.32</b>	<b>04:37:50.40</b>	+02:21:18 (50.9%)	13:11	4.5 (48.9%)
435	<b>DOROŻAŁA Lechosław</b>	<b>520</b>		M-40	125	NIE	01:29:09	02:55:04	<b>04:37:08.50</b>	<b>04:37:50.50</b>	+02:21:18 (50.9%)	13:11	4.5 (48.9%)
436	<b>CIOZDA Katarzyna</b>	<b>187</b>		K-40	43	NIE	01:29:59	03:02:22	<b>04:37:38.72</b>	<b>04:38:08.75</b>	+02:21:36 (50.9%)	13:13	4.5 (48.9%)
437	<b>NAGLIK Dominik</b>	<b>380</b>		M-30	138	TAK	01:26:26	02:53:27	<b>04:37:46.84</b>	<b>04:38:28.85</b>	+02:21:56 (51.0%)	13:13	4.5 (48.9%)
438	<b>KUCHARSKI Piotr</b>	<b>277</b>		M-40	126	NIE	01:29:34	02:59:12	<b>04:37:34.80</b>	<b>04:38:31.80</b>	+02:21:59 (51.0%)	13:13	4.5 (48.9%)
439	<b>GAWENDA Michał</b>	<b>509</b>		M-30	139	NIE	01:19:55	02:45:51	<b>04:38:01.46</b>	<b>04:38:35.55</b>	+02:22:03 (51.0%)	13:14	4.5 (48.9%)
440	<b>PUSTELNIK Piotr</b>	<b>2</b>	SOUTH POLE EXPEDITION	M-60	4	TAK	01:29:32	02:55:49	<b>04:38:36.68</b>	<b>04:39:36.70</b>	+02:23:04 (51.2%)	13:16	4.5 (48.9%)
441	<b>WAŚOWSKI Łukasz</b>	<b>114</b>	DZIKI Z BALCZEWA	M-40	127	NIE	01:22:49	02:50:30	<b>04:39:14.11</b>	<b>04:39:51.20</b>	+02:23:18 (51.2%)	13:17	4.5 (48.9%)
442	<b>CIPORA Maciej</b>	<b>466</b>	FOUR RUNNERS GROUP	M-40	128	NIE	01:31:39	03:02:18	<b>04:39:45.19</b>	<b>04:40:39.20</b>	+02:24:06 (51.3%)	13:19	4.5 (48.9%)
443	<b>CIPORA Katarzyna</b>	<b>468</b>	FOUR RUNNERS GROUP	K-40	44	NIE	01:31:40	03:01:54	<b>04:39:45.39</b>	<b>04:40:39.40</b>	+02:24:07 (51.4%)	13:19	4.5 (48.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 21km	brutto 21km			
444	<b>GRZESICZEK Piotr</b>	<b>292</b>	HIRERIGHT RUNNING TEAM	M-20	34	NIE	01:33:26	03:03:53	<b>04:40:42.74</b>	<b>04:41:30.75</b>	+02:24:58 (51.5%)	13:22	4.5 (48.9%)
445	<b>BĄCZYK Adam</b>	<b>228</b>	MONIA GYM	M-40	129	NIE	01:23:58	02:52:03	<b>04:41:10.44</b>	<b>04:41:36.45</b>	+02:25:04 (51.5%)	13:23	4.5 (48.9%)
446	<b>BĄCZYK Monika</b>	<b>237</b>	MONIA GYM	K-40	45	NIE	01:23:59	02:52:36	<b>04:41:09.53</b>	<b>04:41:36.55</b>	+02:25:04 (51.5%)	13:23	4.5 (48.9%)
447	<b>FIT Olga</b>	<b>235</b>	HIRERIGHT RUNNING TEAM	K-30	53	NIE	01:33:29	03:04:03	<b>04:40:48.25</b>	<b>04:41:37.25</b>	+02:25:04 (51.5%)	13:22	4.5 (48.9%)
448	<b>WIELICKI Krzysztof</b>	<b>1</b>		M-60	5	TAK	01:30:59	03:02:14	<b>04:41:15.27</b>	<b>04:41:48.35</b>	+02:25:16 (51.5%)	13:23	4.5 (48.9%)
449	<b>GAJDOWSKI Przemysław</b>	<b>384</b>		M-30	140	NIE	01:29:17	02:59:00	<b>04:42:05.18</b>	<b>04:43:00.20</b>	+02:26:27 (51.8%)	13:25	4.5 (48.9%)
450	<b>ZIEMKOWSKA Monika</b>	<b>93</b>		K-40	46	NIE	01:27:40	03:00:56	<b>04:43:01.94</b>	<b>04:43:22.95</b>	+02:26:50 (51.8%)	13:28	4.5 (48.9%)
451	<b>FEDYSZYN Anna</b>	<b>208</b>	AKTYWNE PRAWOBRZEŻE SZCZECIN	K-30	54	NIE	01:29:39	03:01:54	<b>04:42:52.49</b>	<b>04:43:43.50</b>	+02:27:11 (51.9%)	13:28	4.5 (48.9%)
452	<b>STRZYŻEWSKI Paweł</b>	<b>39</b>		M-40	130	NO	01:31:38	03:04:57	<b>04:43:45.64</b>	<b>04:44:44.70</b>	+02:28:12 (52.0%)	13:30	4.4 (47.8%)
453	<b>BARAŃSKI Grzegorz</b>	<b>531</b>		M-60	6	NIE	01:33:57	03:02:06	<b>04:43:51.17</b>	<b>04:44:56.20</b>	+02:28:23 (52.1%)	13:31	4.4 (47.8%)
454	<b>SŁOTA Małgorzata</b>	<b>405</b>	TMTEAM	K-40	47	NIE	01:27:47	03:02:23	<b>04:44:34.96</b>	<b>04:45:16.05</b>	+02:28:43 (52.1%)	13:33	4.4 (47.8%)
455	<b>BRYSIAK Ziemowit</b>	<b>404</b>	TMTEAM	M-40	131	NIE	01:28:02	03:02:25	<b>04:44:37.12</b>	<b>04:45:18.20</b>	+02:28:45 (52.1%)	13:33	4.4 (47.8%)
456	<b>GIBAS Wojciech</b>	<b>168</b>	HIRERIGHT RUNNING TEAM	M-30	141	NO	01:30:45	03:01:54	<b>04:44:30.98</b>	<b>04:45:20.05</b>	+02:28:47 (52.1%)	13:32	4.4 (47.8%)
457	<b>MARCINKIEWICZ Marta</b>	<b>406</b>	MATNER RUNNING TEAM	K-50	7	NIE	01:29:35	03:06:37	<b>04:44:27.94</b>	<b>04:45:20.95</b>	+02:28:48 (52.2%)	13:32	4.4 (47.8%)
458	<b>SIKORA Agnieszka</b>	<b>414</b>	MATNER RUNNING TEAM	K-40	48	NIE	01:30:37	03:07:57	<b>04:44:28.23</b>	<b>04:45:21.25</b>	+02:28:48 (52.2%)	13:32	4.4 (47.8%)
459	<b>FRĄCZEK Marcin</b>	<b>179</b>	TMTEAM	M-30	142	NIE	01:28:49	03:02:26	<b>04:47:02.79</b>	<b>04:47:44.80</b>	+02:31:12 (52.5%)	13:40	4.4 (47.8%)
460	<b>MATCZUK-PISAREK Marta</b>	<b>161</b>		K-30	55	NIE	01:28:40	03:01:46	<b>04:47:22.09</b>	<b>04:47:58.10</b>	+02:31:25 (52.6%)	13:41	4.4 (47.8%)
461	<b>HANGIEL Urszula</b>	<b>167</b>	ŻWAWE ŻÓŁWIE	K-30	56	NIE	01:29:41	03:06:38	<b>04:47:23.14</b>	<b>04:48:01.15</b>	+02:31:28 (52.6%)	13:41	4.4 (47.8%)
462	<b>KUDEŁKA Janusz</b>	<b>113</b>		M-50	24	NIE	01:34:27	03:06:37	<b>04:49:01.35</b>	<b>04:49:37.45</b>	+02:33:05 (52.9%)	13:45	4.4 (47.8%)
463	<b>PRUCHNIEWSKA Agnieszka</b>	<b>422</b>	ROKIETNICA BIEGA	K-40	49	NIE		03:07:43	<b>04:49:53.65</b>	<b>04:49:53.65</b>	+02:33:21 (52.9%)	13:48	4.3 (46.7%)
464	<b>MUCHAJER Dawid</b>	<b>423</b>		M-40	132	NIE		03:07:28	<b>04:49:54.35</b>	<b>04:49:54.35</b>	+02:33:22 (52.9%)	13:48	4.3 (46.7%)
465	<b>KACZMARCZYK Anna</b>	<b>366</b>		K-20	14	NIE	01:35:00	03:08:00	<b>04:49:25.30</b>	<b>04:50:17.35</b>	+02:33:45 (53.0%)	13:46	4.4 (47.8%)
466	<b>KURIATA Andżelika</b>	<b>33</b>		K-30	57	TAK		03:08:08	<b>04:50:45.90</b>	<b>04:50:45.90</b>	+02:34:13 (53.0%)	13:50	4.3 (46.7%)
467	<b>BIADAŁA Paulina</b>	<b>526</b>		K-30	58	NIE	01:23:54	03:00:06	<b>04:51:01.15</b>	<b>04:51:25.25</b>	+02:34:52 (53.1%)	13:51	4.3 (46.7%)
468	<b>KAMIŃSKI Tomasz</b>	<b>528</b>		M-50	25	NIE	01:22:35	03:00:09	<b>04:51:02.29</b>	<b>04:51:25.35</b>	+02:34:53 (53.1%)	13:51	4.3 (46.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 21km	brutto 21km			
469	<b>BOREK Mateusz</b>	<b>115</b>		M-20	35	NIE	01:29:25	03:07:36	<b>04:55:50.04</b>	<b>04:56:36.05</b>	+02:40:03 (54.0%)	14:05	4.3 (46.7%)
470	<b>FEDYCZKOWSKA Justyna</b>	<b>454</b>	STRZEGOMSKA DWUNASTKA	K-40	50	NIE	01:32:35	03:12:00	<b>04:57:40.29</b>	<b>04:58:23.30</b>	+02:41:50 (54.2%)	14:10	4.2 (45.7%)
471	<b>DUDEK Mariola</b>	<b>176</b>	STRZEGOMSKA DWUNASTKA	K-40	51	NIE	01:33:28	03:12:06	<b>04:57:40.78</b>	<b>04:58:23.85</b>	+02:41:51 (54.2%)	14:10	4.2 (45.7%)
472	<b>DUDEK Krzysztof</b>	<b>211</b>	STRZEGOMSKA DWUNASTKA	M-40	133	NIE	01:33:23	03:12:01	<b>04:57:40.55</b>	<b>04:58:24.60</b>	+02:41:52 (54.2%)	14:10	4.2 (45.7%)
473	<b>LOSOR Andrzej</b>	<b>282</b>		M-40	134	NIE	01:19:44	03:01:45	<b>04:58:26.90</b>	<b>04:58:46.90</b>	+02:42:14 (54.3%)	14:12	4.2 (45.7%)
<b>Przekroczony limit czasu: 05:00:00</b>													
474	<b>BARAŃSKI Damian</b>	<b>154</b>	GORZÓW BIEGA	M-20	36	NIE	01:28:44	03:05:21	<b>04:59:37.95</b>	<b>05:00:30.00</b>	+02:43:57 (54.6%)	14:16	4.2 (45.7%)
475	<b>ZAJĄC Krzysztof</b>	<b>482</b>	DRUŻYNA SZPIKU/WKURW_TEAM/BEZULTRADZIKI	M-40	135	NIE	01:32:28	03:08:45	<b>05:00:19.54</b>	<b>05:01:02.55</b>	+02:44:30 (54.6%)	14:18	4.2 (45.7%)
476	<b>GAĆIARSKI Krystian</b>	<b>84</b>	FIZJOBIEGACZE SZCZECIN	M-20	37	NIE	01:29:36	03:15:29	<b>05:01:34.99</b>	<b>05:01:52.00</b>	+02:45:19 (54.8%)	14:21	4.2 (45.7%)
477	<b>MALINOWSKI Przemysław</b>	<b>107</b>		M-40	136	NIE	01:32:22	03:08:18	<b>05:04:03.69</b>	<b>05:04:21.75</b>	+02:47:49 (55.1%)	14:28	4.1 (44.6%)
478	<b>HETMANCZYK Maciej</b>	<b>223</b>	XIN CHAO RIDERS	M-30	143	NO	01:30:43	03:10:58	<b>05:03:37.72</b>	<b>05:04:27.75</b>	+02:47:55 (55.2%)	14:27	4.1 (44.6%)
479	<b>LOSOR Agnieszka</b>	<b>486</b>		K-40	52	NIE	01:26:30	03:14:30	<b>05:04:17.01</b>	<b>05:04:36.05</b>	+02:48:03 (55.2%)	14:29	4.1 (44.6%)
480	<b>PODSIADŁY Robert</b>	<b>119</b>	CHATA BIEGACZA K34	M-60	7	NIE	01:42:42	03:26:16	<b>05:08:22.39</b>	<b>05:09:22.45</b>	+02:52:50 (55.9%)	14:41	4.1 (44.6%)
481	<b>BAKA Elżbieta</b>	<b>336</b>	FLY MEYSI	K-40	53	NIE	01:39:23	03:20:59	<b>05:09:32.87</b>	<b>05:10:14.95</b>	+02:53:42 (56.0%)	14:44	4.1 (44.6%)
482	<b>KOWALCZYK Anita</b>	<b>30</b>	TEAMKRÓLAK	K-20	15	NIE	01:41:42	03:23:33	<b>05:14:21.88</b>	<b>05:15:09.90</b>	+02:58:37 (56.7%)	14:58	4 (43.5%)
483	<b>KRÓLAK Krystian</b>	<b>35</b>	#TEAMKRÓLAK	M-20	38	NIE	01:41:41	03:23:35	<b>05:14:23.14</b>	<b>05:15:11.15</b>	+02:58:38 (56.7%)	14:58	4 (43.5%)
484	<b>BĄDZIUL Dorota</b>	<b>36</b>		K-30	59	NIE	01:42:21	03:25:52	<b>05:15:34.34</b>	<b>05:16:23.35</b>	+02:59:51 (56.8%)	15:01	4 (43.5%)
485	<b>JĘDZURA Agnieszka</b>	<b>373</b>		K-40	54	NIE	01:43:20	03:25:51	<b>05:18:05.77</b>	<b>05:18:31.85</b>	+03:01:59 (57.1%)	15:08	4 (43.5%)
486	<b>MAŚLANIK Piotr</b>	<b>433</b>	WIECZORNE BIEGANIE W SZCZECINIE	M-40	137	NIE	01:40:06	03:26:14	<b>05:19:09.72</b>	<b>05:20:07.75</b>	+03:03:35 (57.3%)	15:11	3.9 (42.4%)
487	<b>KUCHARSKA Aneta</b>	<b>264</b>		K-40	55	NIE	01:38:55	03:28:08	<b>05:22:02.04</b>	<b>05:22:58.05</b>	+03:06:25 (57.7%)	15:20	3.9 (42.4%)
488	<b>TWARDOWSKA Ewa</b>	<b>368</b>	KB GEOTERMIA UNIEJÓW	K-30	60	NIE	01:39:25	03:27:46	<b>05:24:29.92</b>	<b>05:24:59.00</b>	+03:08:26 (58.0%)	15:27	3.9 (42.4%)
489	<b>STANKOWSKI Przemysław</b>	<b>394</b>		M-40	138	NIE	01:56:52	03:50:16	<b>05:54:41.92</b>	<b>05:55:26.00</b>	+03:38:53 (61.6%)	16:53	3.6 (39.1%)
490	<b>STANKOWSKA Dorota</b>	<b>401</b>		K-40	56	NIE	01:56:52	03:50:16	<b>05:54:44.90</b>	<b>05:55:28.00</b>	+03:38:55 (61.6%)	16:53	3.6 (39.1%)
491	<b>PAWŁOWSKA Danuta</b>	<b>458</b>		K-40	57	NIE	01:49:47	03:48:59			+02:25:16	16:21	3.7 (40.2%)
	<b>OMIELJANIUK Konrad</b>	<b>300</b>		M-20		NIE	00:58:22 DNF	02:05:39 DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>DZIEKONSKI Jacek</b>	<b>253</b>		M-60		NIE	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 493 wynik(ów)