



ZIMOWY  
PÓLMARATON  
GÓR STOŁOWYCH

**Organizator:** Fundacja MARATONY GÓRSKIE  
**Data:** 2020-01-18  
**Miejsce:** Karłów  
**Dystans:** 21 km

# ZIMOWY PÓLMARATON GÓR STOŁOWYCH 2020

B4SPORT  
INTELEKTUALNE ZAWODY SPORTOWE

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INTELEKTUALNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

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>BRÝDL Pavel</b>	<b>2</b>	SALOMON CZ/WILLA SPA SCALIANO	M-40	1	NIE	00:38:14	01:07:20	<b>01:42:34.60</b>	<b>01:42:35.95</b>		4:53	12.3 (100%)
2	<b>MISIAK Bartosz</b>	<b>520</b>	ALPIN SPORT HOKA ONE ONE TEAM	M-30	1	TAK	00:37:29	01:07:38	<b>01:42:41.20</b>	<b>01:42:43.65</b>	+00:00:07 (0.1%)	4:53	12.3 (100%)
3	<b>DUTKOWSKI Mikołaj</b>	<b>250</b>	UKS ARKADY RASZKÓW	M-20	1	NIE	00:39:08	01:11:37	<b>01:48:00.90</b>	<b>01:48:03.45</b>	+00:05:27 (5.1%)	5:08	11.7 (95.1%)
4	<b>NORBERT Michał</b>	<b>30</b>	KB SOBÓTKA	M-30	2	NIE	00:38:17	01:09:57	<b>01:48:16.55</b>	<b>01:48:23.85</b>	+00:05:47 (5.3%)	5:09	11.6 (94.3%)
5	<b>ANTOSIAK Tomasz</b>	<b>502</b>	ANTONTEAM	M-40	2	NIE	00:40:17	01:12:27	<b>01:50:53.75</b>	<b>01:50:56.75</b>	+00:08:20 (7.5%)	5:16	11.4 (92.7%)
6	<b>GUSTAW Łukasz</b>	<b>290</b>	KUDOWIANKA RUN	M-20	2	NIE	00:39:37	01:12:25	<b>01:52:36.85</b>	<b>01:52:41.75</b>	+00:10:05 (9.0%)	5:21	11.2 (91.1%)
7	<b>RUTKOWSKI Dawid</b>	<b>310</b>	GRIZZLYTEAM	M-30	3	TAK	00:40:49	01:14:42	<b>01:55:33.30</b>	<b>01:55:36.20</b>	+00:13:00 (11.2%)	5:30	10.9 (88.6%)
8	<b>MIŚ Zbyszek</b>	<b>373</b>		M-30	4	NIE	00:40:12	01:14:39	<b>01:56:06.55</b>	<b>01:56:16.45</b>	+00:13:40 (11.8%)	5:31	10.9 (88.6%)
9	<b>GRUND Marek</b>	<b>47</b>	MAFIA TEAM LUBLINIEC	M-30	5	NIE	00:42:58	01:17:16	<b>01:57:16.35</b>	<b>01:57:19.85</b>	+00:14:43 (12.6%)	5:35	10.7 (87.0%)
10	<b>SWOBODA Marek</b>	<b>388</b>		M-30	6	NIE	00:41:56	01:16:50	<b>01:57:31.20</b>	<b>01:57:46.75</b>	+00:15:10 (12.9%)	5:35	10.7 (87.0%)
11	<b>SOCHA Seweryn</b>	<b>360</b>	DZIKIE BOBRY	M-30	7	NO	00:42:53	01:18:13	<b>01:58:20.80</b>	<b>01:58:30.45</b>	+00:15:54 (13.4%)	5:38	10.6 (86.2%)
12	<b>KROSNY Sebastian</b>	<b>457</b>	STS BIEGATON MIKOŁÓW	M-30	8	NIE	00:43:02	01:17:41	<b>01:58:41.05</b>	<b>01:58:44.40</b>	+00:16:08 (13.6%)	5:39	10.6 (86.2%)
13	<b>FIRLET Daniel</b>	<b>152</b>	SUDECKI KLUB WYSOKOGÓRSKI & HOSNET	M-40	3	TAK	00:40:52	01:15:44	<b>01:59:48.70</b>	<b>01:59:50.95</b>	+00:17:15 (14.4%)	5:42	10.5 (85.4%)
14	<b>RUPIŃSKI Krzysztof</b>	<b>431</b>	TRAINING LAB	M-20	3	NIE	00:44:14	01:20:19	<b>02:01:29.50</b>	<b>02:01:37.85</b>	+00:19:01 (15.6%)	5:47	10.4 (84.6%)
15	<b>ZATOŃ Cezary</b>	<b>286</b>	TRIACTIV RIDLEY	M-30	9	TAK	00:42:56	01:19:05	<b>02:02:34.20</b>	<b>02:02:41.65</b>	+00:20:05 (16.4%)	5:50	10.3 (83.7%)
16	<b>KMIECIK Tomasz</b>	<b>58</b>		M-40	4	TAK	00:41:13	01:16:24	<b>02:03:02.20</b>	<b>02:03:06.15</b>	+00:20:30 (16.7%)	5:51	10.2 (82.9%)
17	<b>PODGÓRSKI Bogusz</b>	<b>352</b>	PLACKI ZIEMNIACZANE Z CUKREM SĄ SPOKO	M-30	10	NIE	00:46:07	01:21:47	<b>02:04:03.25</b>	<b>02:04:06.45</b>	+00:21:30 (17.3%)	5:54	10.2 (82.9%)
18	<b>LULIS Dawid</b>	<b>522</b>		M-30	11	NIE	00:44:43	01:21:06	<b>02:04:13.40</b>	<b>02:04:20.10</b>	+00:21:44 (17.5%)	5:54	10.1 (82.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 21km	brutto 21km			
19	<b>NIEPALA Jacek</b>	<b>147</b>	OBORYGENI	M-30	12	NIE	00:44:46	01:21:06	<b>02:04:21.35</b>	<b>02:04:27.25</b>	+00:21:51 (17.6%)	5:55	10.1 (82.1%)
20	<b>SZUKAŁA Piotr</b>	<b>168</b>		M-30	13	NIE	00:44:45	01:21:05	<b>02:04:35.75</b>	<b>02:04:39.85</b>	+00:22:03 (17.7%)	5:55	10.1 (82.1%)
21	<b>BALCAR Michał</b>	<b>525</b>	ČERVENÝ KOSTELEČ	M-30	14	NIE	00:42:49	01:18:41	<b>02:04:45.70</b>	<b>02:04:53.75</b>	+00:22:17 (17.9%)	5:56	10.1 (82.1%)
22	<b>ŁYJAK Błażej</b>	<b>512</b>	CHATA BIEGACZA K34	M-40	5	NO	00:45:31	01:22:45	<b>02:05:47.05</b>	<b>02:05:47.05</b>	+00:23:11 (18.4%)	5:59	10 (81.3%)
23	<b>TOMASIAK Natalia</b>	<b>1</b>	SALOMON SUUNTO TEAM/ KW ZAKOPANE	K-30	1	TAK	00:45:26	01:21:53	<b>02:06:11.35</b>	<b>02:06:15.10</b>	+00:23:39 (18.7%)	6:00	10 (81.3%)
24	<b>SZCZEŚNIAK Piotr</b>	<b>469</b>	GVT	M-40	6	NIE	00:46:08	01:22:52	<b>02:06:09.70</b>	<b>02:06:15.45</b>	+00:23:39 (18.7%)	6:00	10 (81.3%)
25	<b>MIKA Andrzej</b>	<b>231</b>		M-30	15	NIE	00:46:18	01:22:46	<b>02:06:10.35</b>	<b>02:06:16.40</b>	+00:23:40 (18.7%)	6:00	10 (81.3%)
26	<b>LACHOWSKI Robert</b>	<b>41</b>		M-30	16	NIE	00:45:29	01:22:46	<b>02:06:47.10</b>	<b>02:06:55.80</b>	+00:24:19 (19.2%)	6:02	9.9 (80.5%)
27	<b>OLKIS Rafał</b>	<b>123</b>	ŚNIEŻNY RATEMYTRAIL.COM	M-30	17	NIE	00:44:59	01:22:00	<b>02:07:29.20</b>	<b>02:07:36.35</b>	+00:25:00 (19.6%)	6:04	9.9 (80.5%)
28	<b>GAWLEWICZ Tomasz</b>	<b>243</b>	GAWĘŁKI TEAM /POZYTYWNIE ZABIEGANI SANOK	M-40	7	TAK	00:45:18	01:22:35	<b>02:07:48.85</b>	<b>02:07:58.45</b>	+00:25:22 (19.8%)	6:05	9.9 (80.5%)
29	<b>GORCZYŃSKI Norbert</b>	<b>21</b>	KUDOWIANKA RUN	M-20	4	NIE	00:45:30	01:22:43	<b>02:08:06.40</b>	<b>02:08:11.85</b>	+00:25:35 (20.0%)	6:06	9.8 (79.7%)
30	<b>HOŁYST Andrzej</b>	<b>18</b>	GT RAT	M-30	18	NIE	00:47:06	01:25:00	<b>02:08:28.45</b>	<b>02:08:33.75</b>	+00:25:57 (20.2%)	6:07	9.8 (79.7%)
31	<b>ŁAGOŻNY Łukasz</b>	<b>348</b>	BRUBECK TEAM / POZYTYWNIE ZABIEGANI SANOK	M-30	19	TAK	00:46:46	01:25:00	<b>02:08:51.45</b>	<b>02:08:54.95</b>	+00:26:19 (20.4%)	6:08	9.8 (79.7%)
32	<b>MAJCHRZAK Maciej</b>	<b>31</b>		M-30	20	TAK	00:44:29	01:22:27	<b>02:08:49.85</b>	<b>02:09:02.65</b>	+00:26:26 (20.5%)	6:08	9.8 (79.7%)
33	<b>WYRODEK Jakub</b>	<b>252</b>	TURBOPTYSIE	M-30	21	NIE	00:49:26	01:25:28	<b>02:08:59.15</b>	<b>02:09:47.35</b>	+00:27:11 (20.9%)	6:08	9.8 (79.7%)
34	<b>KRUPA Marcin</b>	<b>206</b>	AKTYWNA NOWA RUDA	M-40	8	NIE	00:45:50	01:24:37	<b>02:09:46.10</b>	<b>02:09:49.85</b>	+00:27:13 (21.0%)	6:10	9.7 (78.9%)
35	<b>OLSZAK Dariusz</b>	<b>367</b>	MSPORT TEAM	M-30	22	NIE	00:47:19	01:26:04	<b>02:10:30.20</b>	<b>02:10:35.65</b>	+00:27:59 (21.4%)	6:12	9.7 (78.9%)
36	<b>ŚRODA Michał</b>	<b>283</b>	TMTEAM	M-30	23	NO	00:48:31	01:26:03	<b>02:10:56.80</b>	<b>02:11:17.90</b>	+00:28:41 (21.9%)	6:14	9.6 (78.0%)
37	<b>HEWELT Maciej</b>	<b>508</b>	SKLEP TURYSTYCZNY E-HORYZONT.PL	M-30	24	NIE	00:45:07	01:24:00	<b>02:12:11.00</b>	<b>02:12:14.00</b>	+00:29:38 (22.4%)	6:17	9.5 (77.2%)
38	<b>KOZIEŁ Tomasz</b>	<b>547</b>	KUDOWIANKA RUN	M-40	9	NIE	00:46:50	01:26:21	<b>02:12:41.70</b>	<b>02:12:46.40</b>	+00:30:10 (22.7%)	6:19	9.5 (77.2%)
39	<b>DAMEC Aleksander</b>	<b>177</b>	OCHAJORUN&FRIENDS	M-40	10	NIE	00:48:30	01:26:58	<b>02:13:29.85</b>	<b>02:13:40.05</b>	+00:31:04 (23.2%)	6:21	9.4 (76.4%)
40	<b>DUNAJ Paweł</b>	<b>411</b>	GT RAT	M-30	25	NIE	00:47:54	01:26:29	<b>02:13:44.75</b>	<b>02:13:47.95</b>	+00:31:12 (23.3%)	6:22	9.4 (76.4%)
41	<b>KULIK Iwona</b>	<b>539</b>	KUDOWIANKA RUN	K-20	1	NIE	00:48:41	01:26:41	<b>02:13:53.90</b>	<b>02:13:58.65</b>	+00:31:22 (23.4%)	6:22	9.4 (76.4%)
42	<b>NOWAK Łukasz</b>	<b>343</b>	NOA / CS RUNNING TEAM	M-30	26	NIE	00:50:57	01:29:08	<b>02:13:34.90</b>	<b>02:14:10.80</b>	+00:31:34 (23.5%)	6:21	9.4 (76.4%)
43	<b>GOŁĄB Mateusz</b>	<b>534</b>	JURNE KNURY	M-30	27	NIE	00:47:42	01:27:20	<b>02:14:35.05</b>	<b>02:14:38.60</b>	+00:32:02 (23.8%)	6:24	9.4 (76.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 21km	brutto 21km			
44	<b>ZAWOJAK Aleksander</b>	<b>423</b>	RONAL POLSKA RUN	M-30	28	NIE	00:48:12	01:28:29	<b>02:15:10.05</b>	<b>02:15:16.35</b>	+00:32:40 (24.2%)	6:26	9.3 (75.6%)
45	<b>CIRKO Arkadiusz</b>	<b>424</b>	KGHM ZG RUN	M-40	11	NIE	00:49:12	01:28:11	<b>02:15:12.55</b>	<b>02:15:18.15</b>	+00:32:42 (24.2%)	6:26	9.3 (75.6%)
46	<b>JĘCEK Maciek</b>	<b>233</b>		M-30	29	NIE	00:49:09	01:27:17	<b>02:15:19.70</b>	<b>02:15:38.90</b>	+00:33:02 (24.4%)	6:26	9.3 (75.6%)
47	<b>MICHALSKI Piotr</b>	<b>100</b>		M-30	30	NO	00:49:11	01:27:53	<b>02:15:35.20</b>	<b>02:15:44.05</b>	+00:33:08 (24.4%)	6:27	9.3 (75.6%)
48	<b>ŁUKOMSKI Maciej</b>	<b>238</b>	ŁKW / SZAKALE BAŁUT ŁÓDŹ	M-40	12	TAK	00:51:07	01:30:51	<b>02:15:45.45</b>	<b>02:15:54.20</b>	+00:33:18 (24.5%)	6:27	9.3 (75.6%)
49	<b>KOZANECKI Przemysław</b>	<b>270</b>	WYBIEGAĆ MARZENIA TEAM	M-20	5	NO	00:45:42	01:22:13	<b>02:16:12.65</b>	<b>02:16:24.40</b>	+00:33:48 (24.8%)	6:29	9.2 (74.8%)
50	<b>KASZYŃSKI Tomek</b>	<b>82</b>		M-40	13	NIE	00:51:22	01:29:40	<b>02:16:08.35</b>	<b>02:16:25.30</b>	+00:33:49 (24.8%)	6:29	9.3 (75.6%)
51	<b>BOSAKIEWICZ Tomasz</b>	<b>259</b>	OLAWS ZŁOTORYJA	M-30	31	NIE	00:50:20	01:29:35	<b>02:16:31.60</b>	<b>02:16:40.65</b>	+00:34:04 (24.9%)	6:30	9.2 (74.8%)
52	<b>KRAJEWSKI Wojtek</b>	<b>463</b>		M-40	14	NIE	00:50:00	01:30:23	<b>02:16:36.25</b>	<b>02:16:47.50</b>	+00:34:11 (25.0%)	6:30	9.2 (74.8%)
53	<b>ŁAŻNIOWSKI Dawid</b>	<b>202</b>	KUDOWIANKA RUN	M-30	32	NIE	00:48:36	01:28:24	<b>02:17:04.35</b>	<b>02:17:09.05</b>	+00:34:33 (25.2%)	6:31	9.2 (74.8%)
54	<b>NIEZGÓDKA Tomasz</b>	<b>483</b>	ZĄLOGA GÓRSKA	M-50	1	NIE	00:49:52	01:28:42	<b>02:17:05.10</b>	<b>02:17:12.75</b>	+00:34:36 (25.2%)	6:31	9.2 (74.8%)
55	<b>BRONISZEWSKI Jarosław</b>	<b>132</b>	MIEKOWO	M-40	15	NIE	00:49:54	01:29:36	<b>02:17:15.80</b>	<b>02:17:18.65</b>	+00:34:42 (25.3%)	6:32	9.2 (74.8%)
56	<b>BAŁYS Katarzyna</b>	<b>371</b>		K-30	2	NIE	00:49:42	01:28:48	<b>02:17:42.70</b>	<b>02:17:50.30</b>	+00:35:14 (25.6%)	6:33	9.1 (74.0%)
57	<b>MOCZULSKI Rafał</b>	<b>537</b>	KUDOWIANKA CYKLON PROAL TEAM	M-30	33	NIE	00:49:25	01:29:02	<b>02:18:39.10</b>	<b>02:18:43.80</b>	+00:36:07 (26.0%)	6:36	9.1 (74.0%)
58	<b>GRYSZKIEWICZ Paweł</b>	<b>490</b>	GVT	M-30	34	NIE	00:49:32	01:29:25	<b>02:18:52.70</b>	<b>02:18:57.75</b>	+00:36:21 (26.2%)	6:36	9.1 (74.0%)
59	<b>BIHUN Natalia</b>	<b>486</b>	GTRAT	K-30	3	NIE	00:49:46	01:28:50	<b>02:20:15.05</b>	<b>02:20:15.05</b>	+00:37:39 (26.8%)	6:40	9 (73.2%)
60	<b>SKUDLARSKI Jakub</b>	<b>305</b>	PRO-RUN WROCŁAW	M-20	6	NIE	00:54:11	01:34:06	<b>02:20:10.30</b>	<b>02:20:30.10</b>	+00:37:54 (27.0%)	6:40	9 (73.2%)
61	<b>CIURASZKIEWICZ Andrzej</b>	<b>294</b>		M-40	16	NIE	00:53:41	01:33:37	<b>02:20:10.95</b>	<b>02:20:33.10</b>	+00:37:57 (27.0%)	6:40	9 (73.2%)
62	<b>WIDZIAK Piotr</b>	<b>146</b>	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M-40	17	NIE	00:50:55	01:31:17	<b>02:20:41.70</b>	<b>02:20:54.35</b>	+00:38:18 (27.2%)	6:42	9 (73.2%)
63	<b>SANKOWSKI Paweł</b>	<b>477</b>		M-30	35	NIE	00:50:04	01:30:58	<b>02:21:18.55</b>	<b>02:21:29.55</b>	+00:38:53 (27.5%)	6:43	8.9 (72.4%)
64	<b>OPAŁKA Damian</b>	<b>351</b>	MYRACE	M-30	36	NIE	00:48:04	01:29:29	<b>02:21:25.55</b>	<b>02:21:32.10</b>	+00:38:56 (27.5%)	6:44	8.9 (72.4%)
65	<b>TRZECIAKIEWICZ Mieczysław</b>	<b>363</b>	MLKS RADKÓW	M-50	2	NIE	00:48:54	01:30:13	<b>02:21:49.80</b>	<b>02:21:52.35</b>	+00:39:16 (27.7%)	6:45	8.9 (72.4%)
66	<b>BUCHLA Marcin</b>	<b>377</b>		M-40	18	NIE	00:52:40	01:33:14	<b>02:21:48.75</b>	<b>02:21:58.05</b>	+00:39:22 (27.7%)	6:45	8.9 (72.4%)
67	<b>KRAWCZYK Jakub</b>	<b>59</b>		M-20	7	NIE	00:52:21	01:33:04	<b>02:21:53.60</b>	<b>02:22:05.95</b>	+00:39:30 (27.8%)	6:45	8.9 (72.4%)
68	<b>MAZIK Wojciech</b>	<b>399</b>	KW KRAKOW	M-20	8	TAK	00:49:52	01:31:40	<b>02:22:07.55</b>	<b>02:22:17.90</b>	+00:39:41 (27.9%)	6:46	8.9 (72.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 21km	brutto 21km			
69	WYSOCKI Łukasz	191		M-40	19	NO	00:52:27	01:34:24	02:22:08.15	02:22:24.25	+00:39:48 (28.0%)	6:46	8.9 (72.4%)
70	PALACZ Marcin	266		M-40	20	NIE	00:52:45	01:33:00	02:22:39.25	02:23:01.70	+00:40:25 (28.3%)	6:47	8.8 (71.5%)
71	BONIKOWSKI Tomasz	193		M-40	21	NIE	00:51:03	01:33:35	02:23:04.60	02:23:11.75	+00:40:35 (28.4%)	6:48	8.8 (71.5%)
72	MÓLL Mateusz	267		M-20	9	NIE	00:49:35	01:29:44	02:22:56.25	02:23:11.95	+00:40:36 (28.4%)	6:48	8.8 (71.5%)
73	SŁYSZ Szymon	23	NSK RUNS	M-30	37	NIE	00:49:02	01:28:59	02:22:51.70	02:23:15.35	+00:40:39 (28.4%)	6:48	8.8 (71.5%)
74	GOŁĄB Janusz	3		M-50	3	TAK	00:49:51	01:30:48	02:23:30.65	02:23:39.85	+00:41:03 (28.6%)	6:50	8.8 (71.5%)
75	ŁUCZYŃSKI Maciej	212	GAWRA	M-40	22	TAK	00:52:41	01:34:33	02:23:54.50	02:24:05.00	+00:41:29 (28.8%)	6:51	8.8 (71.5%)
76	MYŚLIWIEC Przemysław	504	NEUROCHIRURGIE UNIV. KLINIKUM DRESDEN	M-30	38	NIE	00:48:40	01:29:30	02:24:14.60	02:24:22.65	+00:41:46 (28.9%)	6:52	8.7 (70.7%)
77	LESIAK Tomasz	376		M-30	39	NO	00:50:23	01:32:30	02:24:16.65	02:24:24.45	+00:41:48 (29.0%)	6:52	8.7 (70.7%)
78	STEC Piotr	99		M-40	23	NIE	00:52:52	01:33:53	02:24:28.55	02:24:32.70	+00:41:56 (29.0%)	6:52	8.7 (70.7%)
79	SAJDUDA Adam	213	POKAZECISWIAT	M-20	10	NIE	00:51:52	01:33:11	02:24:18.40	02:24:36.25	+00:42:00 (29.0%)	6:52	8.7 (70.7%)
80	LULEK Paweł	105	WIELKOPOLSKI KLUB TATERNICTWA JASKINIOWEGO	M-30	40	TAK	00:50:32	01:32:48	02:24:38.85	02:24:52.25	+00:42:16 (29.2%)	6:53	8.7 (70.7%)
81	RATYŃSKI Marek	315	OTWOCKI TUPTACZ	M-40	24	NIE	00:52:18	01:33:40	02:25:02.55	02:25:06.65	+00:42:30 (29.3%)	6:54	8.7 (70.7%)
82	BŁASZKIEWICZ Bogusz	383	DZIKIE BOBRY/STR POZNAN	M-30	41	NIE	00:53:08	01:34:28	02:24:56.25	02:25:07.05	+00:42:31 (29.3%)	6:54	8.7 (70.7%)
83	SAK Tomasz	197	ALPINIŚCI Z BOGATYNI	M-40	25	TAK	00:52:52	01:34:29	02:24:58.95	02:25:17.70	+00:42:41 (29.4%)	6:54	8.7 (70.7%)
84	FOLCIK Ziemowit	405	NIGHT RUNNERS WROCŁAW	M-40	26	NIE	00:52:52	01:33:46	02:25:13.65	02:25:23.55	+00:42:47 (29.4%)	6:54	8.7 (70.7%)
85	URBANIAK Hubert	214	ROZBIEGANY RAWICZ	M-30	42	NIE	00:54:29	01:35:39	02:25:11.85	02:25:31.85	+00:42:55 (29.5%)	6:54	8.7 (70.7%)
86	KARWACKI Grzegorz	136	KAT CROSS/GLOBUS	M-40	27	NIE	00:54:12	01:35:20	02:25:47.35	02:25:58.15	+00:43:22 (29.7%)	6:56	8.6 (69.9%)
87	URBAŃSKI Krzysztof	37	MARMEL TORUŃ	M-40	28	NIE	00:55:00	01:36:22	02:25:47.50	02:26:00.35	+00:43:24 (29.7%)	6:56	8.6 (69.9%)
88	STANKIEWICZ Tomasz	279	SREBRNOGÓRSKA EKIPA BIEGOWA	M-30	43	NIE	00:52:16	01:34:22	02:26:13.65	02:26:27.05	+00:43:51 (29.9%)	6:57	8.6 (69.9%)
89	BEŚKA Sławomir	135	OCHAJORUN & FRIENDS	M-50	4	NIE	00:54:10	01:35:51	02:26:20.75	02:26:30.85	+00:43:54 (30.0%)	6:58	8.6 (69.9%)
90	KOŁODZIEJSKI Jarek	546	SAGE FOUNDATION	M-40	29	NIE	00:52:04	01:34:16	02:26:29.10	02:26:35.95	+00:44:00 (30.0%)	6:58	8.6 (69.9%)
91	KRYM Katarzyna	95	NIGHT RUNNERS WROCŁAW	K-40	1	NIE	00:54:42	01:36:13	02:26:33.95	02:26:40.25	+00:44:04 (30.0%)	6:58	8.6 (69.9%)
92	FEICHTINGER Marek	438		M-40	30	NIE	00:54:22	01:37:15	02:27:08.05	02:27:19.00	+00:44:43 (30.4%)	7:00	8.6 (69.9%)
93	STANUCHIEWCZ Oskar	289		M-40	31	NIE	00:53:19	01:36:39	02:27:17.75	02:27:28.55	+00:44:52 (30.4%)	7:00	8.6 (69.9%)

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
94	<b>TOŚ Sebastian</b>	<b>498</b>		M-40	32	NIE	00:52:32	01:35:41	<b>02:27:39.90</b>	<b>02:27:46.15</b>	+00:45:10 (30.6%)	7:01	8.5 (69.1%)
95	<b>CHOROSTKOWSKI Bartosz</b>	<b>227</b>	CHATA BIEGACZA K34 ZAKOPANE	M-30	44	NIE	00:55:05	01:36:55	<b>02:27:25.65</b>	<b>02:27:49.35</b>	+00:45:13 (30.6%)	7:01	8.5 (69.1%)
96	<b>ORACZ Mateusz</b>	<b>299</b>	BEZ LITOŚCI	M-30	45	NIE	00:54:09	01:37:14	<b>02:27:48.45</b>	<b>02:27:55.60</b>	+00:45:19 (30.6%)	7:02	8.5 (69.1%)
97	<b>RODRIGUEZ ESTEVEZ Jesus</b>	<b>462</b>	GT RAT	M-30	46	NO	00:52:03	01:33:34	<b>02:28:22.35</b>	<b>02:28:25.25</b>	+00:45:49 (30.9%)	7:03	8.5 (69.1%)
98	<b>ŁUCZAK Marcin</b>	<b>419</b>		M-30	47	NIE	00:54:29	01:36:47	<b>02:28:17.35</b>	<b>02:28:36.15</b>	+00:46:00 (31.0%)	7:03	8.5 (69.1%)
99	<b>BRODA Dominik</b>	<b>54</b>		M-30	48	NIE	00:54:46	01:37:13	<b>02:28:22.35</b>	<b>02:28:45.00</b>	+00:46:09 (31.0%)	7:03	8.5 (69.1%)
100	<b>PIECUCH Marcin</b>	<b>92</b>	LACHO TEAM	M-30	49	NIE	00:56:02	01:37:53	<b>02:28:43.55</b>	<b>02:29:02.05</b>	+00:46:26 (31.2%)	7:04	8.5 (69.1%)
101	<b>GOS Piotr</b>	<b>452</b>	NARAMOWICE BIEGAJĄ	M-40	33	NIE	00:55:19	01:37:08	<b>02:29:03.30</b>	<b>02:29:13.20</b>	+00:46:37 (31.2%)	7:05	8.5 (69.1%)
102	<b>ZARODA Zbyszek</b>	<b>107</b>	WQURW TEAM	M-50	5	NIE	00:54:56	01:37:46	<b>02:29:02.75</b>	<b>02:29:13.25</b>	+00:46:37 (31.2%)	7:05	8.5 (69.1%)
103	<b>MARZEC Karolina</b>	<b>384</b>	DZIKIE DZIKI GORZÓW	K-40	2	NIE	00:55:54	01:38:44	<b>02:29:04.70</b>	<b>02:29:14.10</b>	+00:46:38 (31.2%)	7:05	8.5 (69.1%)
104	<b>FERENC-SZMUC Edyta</b>	<b>211</b>	KUDOWIANKA RUN	K-30	4	NIE	00:52:58	01:36:27	<b>02:29:42.95</b>	<b>02:29:47.95</b>	+00:47:12 (31.5%)	7:07	8.4 (68.3%)
105	<b>WOLOSZYN Konrad</b>	<b>268</b>		M-40	34	NIE	00:51:37	01:33:03	<b>02:29:39.25</b>	<b>02:30:09.95</b>	+00:47:34 (31.7%)	7:07	8.4 (68.3%)
106	<b>PURCZYŃSKI Grzegorz</b>	<b>524</b>		M-40	35	NIE	00:53:07	01:37:32	<b>02:30:01.80</b>	<b>02:30:17.30</b>	+00:47:41 (31.7%)	7:08	8.4 (68.3%)
107	<b>ŁĄK Tomasz</b>	<b>272</b>	NOA	M-40	36	NIE	00:50:26	01:34:23	<b>02:30:59.70</b>	<b>02:31:06.70</b>	+00:48:30 (32.1%)	7:11	8.3 (67.5%)
108	<b>KRUŻOLEK Monika</b>	<b>246</b>	TURBOPTYSIE	K-30	5	NIE	00:56:33	01:39:25	<b>02:30:52.45</b>	<b>02:31:18.40</b>	+00:48:42 (32.2%)	7:11	8.4 (68.3%)
109	<b>CISKI Piotr</b>	<b>442</b>		M-40	37	NIE	00:54:07	01:37:14	<b>02:31:25.50</b>	<b>02:31:31.90</b>	+00:48:55 (32.3%)	7:12	8.3 (67.5%)
110	<b>PODOLUK Marek</b>	<b>394</b>		M-40	38	NIE	00:53:41	01:37:24	<b>02:31:32.65</b>	<b>02:31:49.00</b>	+00:49:13 (32.4%)	7:13	8.3 (67.5%)
111	<b>GREGUŁA Maciej</b>	<b>453</b>		M-30	50	NIE	00:55:31	01:38:03	<b>02:31:27.45</b>	<b>02:31:52.25</b>	+00:49:16 (32.4%)	7:12	8.3 (67.5%)
112	<b>NOWACKA Marlena</b>	<b>428</b>	JAN-MAR.PL	K-40	3	NIE	00:55:50	01:38:47	<b>02:32:09.90</b>	<b>02:32:14.70</b>	+00:49:38 (32.6%)	7:14	8.3 (67.5%)
113	<b>KĄCKI Paweł</b>	<b>311</b>	RĄCZE RACICZKI	M-40	39	NIE	00:55:45	01:36:59	<b>02:31:56.55</b>	<b>02:32:20.55</b>	+00:49:44 (32.7%)	7:14	8.3 (67.5%)
114	<b>DROPEK Sławomir</b>	<b>416</b>		M-30	51	NIE	00:52:01	01:36:20	<b>02:32:18.75</b>	<b>02:32:24.65</b>	+00:49:48 (32.7%)	7:15	8.3 (67.5%)
115	<b>REJMAN Grzegorz</b>	<b>183</b>	#BIEGAMGRZEGORZREJMAN	M-30	52	NIE	00:53:38	01:36:01	<b>02:32:19.90</b>	<b>02:32:27.95</b>	+00:49:52 (32.7%)	7:15	8.3 (67.5%)
116	<b>KRAKOWSKI Krzysztof</b>	<b>78</b>		M-30	53	NIE	00:53:29	01:36:01	<b>02:32:26.60</b>	<b>02:32:34.35</b>	+00:49:58 (32.8%)	7:15	8.3 (67.5%)
117	<b>KLABISZ Dawid</b>	<b>179</b>		M-30	54	NIE	00:55:57	01:37:55	<b>02:32:21.80</b>	<b>02:32:41.70</b>	+00:50:05 (32.8%)	7:15	8.3 (67.5%)
118	<b>DUDEK Krzysztof</b>	<b>157</b>	STRZEGOMSKA DWUNASTKA	M-40	40	NIE	00:56:23	01:38:39	<b>02:32:32.90</b>	<b>02:33:03.70</b>	+00:50:27 (33.0%)	7:15	8.3 (67.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 21km	brutto 21km			
119	<b>NICPOŃ Sebastian</b>	<b>81</b>	FALSTART RUDNIKI	M-20	11	NIE	00:54:02	01:37:55	<b>02:33:05.50</b>	<b>02:33:19.25</b>	+00:50:43 (33.1%)	7:17	8.2 (66.7%)
120	<b>FRĄCKOWIAK Dariusz</b>	<b>375</b>		M-30	55	NIE	00:56:03	01:38:48	<b>02:33:35.50</b>	<b>02:33:43.95</b>	+00:51:08 (33.3%)	7:18	8.2 (66.7%)
121	<b>MILER Marcin</b>	<b>150</b>	06 KLEOFAS	M-40	41	NIE	00:56:11	01:39:06	<b>02:33:23.40</b>	<b>02:33:44.75</b>	+00:51:08 (33.3%)	7:18	8.2 (66.7%)
122	<b>LEŚNIAK Karolina</b>	<b>338</b>	TMTEAM	K-30	6	NIE	00:58:52	01:41:08	<b>02:33:26.20</b>	<b>02:34:01.70</b>	+00:51:25 (33.4%)	7:18	8.2 (66.7%)
123	<b>KOWALCZYK Paweł</b>	<b>436</b>	KĘCKIEHARPAGANY	M-40	42	NIE	00:53:53	01:38:48	<b>02:34:05.35</b>	<b>02:34:07.90</b>	+00:51:31 (33.4%)	7:20	8.2 (66.7%)
124	<b>OLSZEWSKI Artur</b>	<b>543</b>	PARKRUN KATOWICE	M-30	56	NIE	00:57:36	01:41:15	<b>02:34:03.25</b>	<b>02:34:40.20</b>	+00:52:04 (33.7%)	7:20	8.2 (66.7%)
125	<b>ŚMIGIELSKA Agnieszka</b>	<b>249</b>		K-30	7	NIE	00:56:21	01:38:55	<b>02:34:39.00</b>	<b>02:34:47.65</b>	+00:52:11 (33.7%)	7:21	8.1 (65.9%)
126	<b>CHRZANOWSKI Paweł</b>	<b>160</b>		M-30	57	NIE	00:54:26	01:38:48	<b>02:35:01.15</b>	<b>02:35:14.00</b>	+00:52:38 (33.9%)	7:22	8.1 (65.9%)
127	<b>LEWKOWSKI Aleksander</b>	<b>244</b>		M-30	58	NIE	00:56:02	01:38:46	<b>02:35:26.45</b>	<b>02:35:47.75</b>	+00:53:11 (34.1%)	7:24	8.1 (65.9%)
128	<b>KONOPNIAK Krzysztof</b>	<b>519</b>	ROZBIEGANY RAWICZ	M-40	43	NIE	00:54:48	01:38:43	<b>02:35:33.25</b>	<b>02:35:51.55</b>	+00:53:15 (34.2%)	7:24	8.1 (65.9%)
129	<b>HORAK Roland</b>	<b>440</b>	KĘCKIE HARPAGANY	M-30	59	NIE	00:58:33	01:41:27	<b>02:35:13.25</b>	<b>02:35:52.65</b>	+00:53:16 (34.2%)	7:23	8.1 (65.9%)
130	<b>KACZOR Marcin</b>	<b>510</b>		M-40	44	TAK	00:56:14	01:40:06	<b>02:35:49.20</b>	<b>02:36:15.60</b>	+00:53:39 (34.3%)	7:25	8.1 (65.9%)
131	<b>LESZCZYŃSKI Michał</b>	<b>400</b>	SYBERIAN HUSKY TEAM	M-40	45	NIE	00:53:43	01:38:17	<b>02:36:55.95</b>	<b>02:37:04.80</b>	+00:54:28 (34.7%)	7:28	8 (65.0%)
132	<b>ZERZUT Jarosław</b>	<b>61</b>	ŚRUNDUNIA SZCZECIN	M-50	6	NIE	00:58:53	01:43:34	<b>02:37:09.55</b>	<b>02:37:28.10</b>	+00:54:52 (34.8%)	7:29	8 (65.0%)
133	<b>HOSS Jan</b>	<b>402</b>		M-40	46	NIE	00:56:49	01:41:15	<b>02:37:39.15</b>	<b>02:37:45.35</b>	+00:55:09 (35.0%)	7:30	8 (65.0%)
134	<b>KURZAWIAK Grzegorz</b>	<b>195</b>	GRUPA BIEGOWA KAYSER	M-30	60	NIE	00:54:17	01:40:35	<b>02:37:42.55</b>	<b>02:37:56.60</b>	+00:55:20 (35.0%)	7:30	8 (65.0%)
135	<b>FRYBEL Damian</b>	<b>33</b>	WOLSZTYŃSKA AKADEMIA BIEGOWA	M-40	47	NIE	01:00:05	01:44:37	<b>02:37:39.35</b>	<b>02:38:00.25</b>	+00:55:24 (35.1%)	7:30	8 (65.0%)
136	<b>JARUS Andrzej</b>	<b>421</b>	WKURW_TEAM	M-40	48	NIE	00:58:16	01:42:41	<b>02:37:44.95</b>	<b>02:38:17.05</b>	+00:55:41 (35.2%)	7:30	8 (65.0%)
137	<b>ZIMNY Tomasz</b>	<b>323</b>	ŚRUNDUNIA SZCZECIN	M-60	1	NIE	00:58:15	01:42:17	<b>02:38:15.20</b>	<b>02:38:30.10</b>	+00:55:54 (35.3%)	7:32	8 (65.0%)
138	<b>DUDEK Mariusz</b>	<b>29</b>		M-40	49	NIE	00:59:07	01:44:03	<b>02:37:59.55</b>	<b>02:38:32.45</b>	+00:55:56 (35.3%)	7:31	8 (65.0%)
139	<b>KRUCZEK Mirosław</b>	<b>245</b>	KW OPOLE	M-50	7	TAK	00:55:53	01:40:44	<b>02:37:49.90</b>	<b>02:38:32.95</b>	+00:55:57 (35.3%)	7:30	8 (65.0%)
140	<b>PIECUCH Karolina</b>	<b>161</b>	LACHO TEAM	K-30	8	NIE	00:59:24	01:45:03	<b>02:38:43.05</b>	<b>02:39:00.80</b>	+00:56:24 (35.5%)	7:33	7.9 (64.2%)
141	<b>ROŚLICKI Jarosław</b>	<b>461</b>	UBEZPIECZENIA DLA AKTYWNYCH/OBORYGENI	M-40	50	NIE	00:55:13	01:40:05	<b>02:38:45.50</b>	<b>02:39:02.30</b>	+00:56:26 (35.5%)	7:33	7.9 (64.2%)
142	<b>SZNAJDER Paweł</b>	<b>187</b>	BUBBA&GUMP	M-30	61	NIE	00:56:23	01:40:50	<b>02:38:38.05</b>	<b>02:39:02.50</b>	+00:56:26 (35.5%)	7:33	7.9 (64.2%)
143	<b>ŚWIDERSKI Krzysztof</b>	<b>85</b>		M-30	62	NIE	00:55:55	01:40:53	<b>02:38:59.20</b>	<b>02:39:10.15</b>	+00:56:34 (35.5%)	7:34	7.9 (64.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 21km	brutto 21km			
144	<b>DZIUBA Piotr</b>	<b>324</b>		M-40	51	NIE	00:58:33	01:43:13	<b>02:38:53.55</b>	<b>02:39:13.95</b>	+00:56:38 (35.6%)	7:33	7.9 (64.2%)
145	<b>GRABOŚ Nina</b>	<b>320</b>		K-40	4	NIE	01:00:21	01:45:13	<b>02:39:01.45</b>	<b>02:39:14.75</b>	+00:56:38 (35.6%)	7:34	7.9 (64.2%)
146	<b>MALIK Agnieszka</b>	<b>555</b>	AGA MALIK TEAM	K-40	5	NIE	00:55:48	01:39:37	<b>02:38:34.35</b>	<b>02:39:18.25</b>	+00:56:42 (35.6%)	7:33	7.9 (64.2%)
147	<b>KRAWCZYK Adriana</b>	<b>418</b>		K-30	9	NIE	00:53:23	01:39:11	<b>02:39:41.55</b>	<b>02:39:45.05</b>	+00:57:09 (35.8%)	7:36	7.9 (64.2%)
148	<b>WERNO Bartłomiej</b>	<b>385</b>		M-30	63	NIE	00:58:53	01:43:13	<b>02:40:02.35</b>	<b>02:40:53.55</b>	+00:58:17 (36.2%)	7:37	7.9 (64.2%)
149	<b>MIKRUT Paweł</b>	<b>313</b>		M-30	64	NIE	00:59:17	01:44:15	<b>02:40:13.35</b>	<b>02:40:55.20</b>	+00:58:19 (36.2%)	7:37	7.9 (64.2%)
150	<b>PELIKAN Artur</b>	<b>22</b>	NGB KŁOBUCK/WKURW_TEAM	M-20	12	NIE	00:58:13	01:43:16	<b>02:40:56.45</b>	<b>02:41:01.75</b>	+00:58:25 (36.3%)	7:39	7.8 (63.4%)
151	<b>FRIDRICH Marcin</b>	<b>403</b>	TRAINING LAB	M-30	65	NIE	01:00:03	01:45:13	<b>02:40:27.80</b>	<b>02:41:21.75</b>	+00:58:45 (36.4%)	7:38	7.9 (64.2%)
152	<b>CHORZĘPA Adam</b>	<b>72</b>	KUDOWIANKA RUN	M-50	8	NIE	00:59:14	01:45:20	<b>02:41:36.25</b>	<b>02:41:46.20</b>	+00:59:10 (36.6%)	7:41	7.8 (63.4%)
153	<b>SIERŻANT Paweł</b>	<b>470</b>	PRZEDSIĘBIORSTWO KOMUNALNE PLESZEW	M-30	66	NIE	01:02:21	01:45:49	<b>02:41:10.80</b>	<b>02:41:57.40</b>	+00:59:21 (36.7%)	7:40	7.8 (63.4%)
153	<b>MACIEJEWSKI Dariusz</b>	<b>475</b>	BBL PLESZEW	M-20	13	NIE	01:01:54	01:45:49	<b>02:41:10.80</b>	<b>02:41:57.40</b>	+00:59:21 (36.7%)	7:40	7.8 (63.4%)
155	<b>KRYSIŃSKI Maciej</b>	<b>482</b>		M-30	67	NIE	00:56:24	01:41:55	<b>02:42:09.65</b>	<b>02:42:13.50</b>	+00:59:37 (36.8%)	7:43	7.8 (63.4%)
156	<b>SZAJEK Arkadiusz</b>	<b>372</b>		M-30	68	NIE	01:01:02	01:45:12	<b>02:41:22.40</b>	<b>02:42:14.10</b>	+00:59:38 (36.8%)	7:41	7.8 (63.4%)
157	<b>ZIEWIEC Marcin</b>	<b>538</b>		M-30	69	NIE	00:58:47	01:43:24	<b>02:41:37.25</b>	<b>02:42:19.40</b>	+00:59:43 (36.8%)	7:41	7.8 (63.4%)
158	<b>DURKIEWICZ Tomasz</b>	<b>129</b>	DOM KULTURY JOGI	M-40	52	NIE	00:57:57	01:44:33	<b>02:42:13.95</b>	<b>02:42:33.05</b>	+00:59:57 (36.9%)	7:43	7.8 (63.4%)
159	<b>ROJEWSKI Paweł</b>	<b>337</b>	EVERRUN	M-30	70	NIE	00:58:05	01:42:27	<b>02:42:24.05</b>	<b>02:42:36.55</b>	+01:00:00 (36.9%)	7:44	7.8 (63.4%)
160	<b>SZYMCZYSZYN Tomasz</b>	<b>111</b>		M-30	71	NIE	01:00:05	01:47:56	<b>02:42:46.50</b>	<b>02:42:53.65</b>	+01:00:17 (37.0%)	7:45	7.7 (62.6%)
161	<b>BIEŃ Magdalena</b>	<b>503</b>	CHATABIEGACZA K34	K-40	6	NIE	00:59:47	01:43:31	<b>02:42:54.00</b>	<b>02:42:59.75</b>	+01:00:23 (37.1%)	7:45	7.7 (62.6%)
162	<b>MARTEKLAS Jan</b>	<b>44</b>	NIGHT RUNNERS WROCŁAW	M-30	72	NIE	00:58:33	01:44:17	<b>02:42:46.20</b>	<b>02:43:00.70</b>	+01:00:24 (37.1%)	7:45	7.7 (62.6%)
163	<b>RESSEL Joanna</b>	<b>489</b>	BUKOWY PARK	K-30	10	NIE	01:00:08	01:45:27	<b>02:42:48.25</b>	<b>02:43:04.05</b>	+01:00:28 (37.1%)	7:45	7.7 (62.6%)
164	<b>KADŁUBOWSKI Piotr</b>	<b>112</b>	KOTWICA BRZEG / SRC TEAM	M-40	53	NIE	00:57:31	01:44:22	<b>02:42:42.55</b>	<b>02:43:12.10</b>	+01:00:36 (37.1%)	7:44	7.7 (62.6%)
165	<b>LACKOWSKI Andrzej</b>	<b>404</b>	AIKIDO UMK TORUŃ	M-30	73	NIE	00:54:29	01:41:15	<b>02:43:16.15</b>	<b>02:43:21.90</b>	+01:00:45 (37.2%)	7:46	7.7 (62.6%)
166	<b>BEDNARZ Sebastian</b>	<b>148</b>	OTM.B	M-40	54	NIE	00:58:17	01:44:35	<b>02:43:13.75</b>	<b>02:43:33.55</b>	+01:00:57 (37.3%)	7:46	7.7 (62.6%)
167	<b>BEDNARZ Małgorzata</b>	<b>451</b>	OTM.B	K-40	7	NIE	00:59:30	01:44:35	<b>02:43:14.40</b>	<b>02:43:34.00</b>	+01:00:58 (37.3%)	7:46	7.7 (62.6%)
168	<b>MATUSIAK Mateusz</b>	<b>159</b>		M-20	14	NIE	00:58:34	01:44:47	<b>02:43:03.55</b>	<b>02:43:37.80</b>	+01:01:01 (37.3%)	7:45	7.7 (62.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 21km	brutto 21km			
169	<b>TYŚ Radek</b>	<b>335</b>	NOWA RUDA BIEGA	M-30	74	NIE	00:56:07	01:42:43	<b>02:43:32.85</b>	<b>02:43:40.60</b>	+01:01:04 (37.3%)	7:47	7.7 (62.6%)
170	<b>SWIATEK Julia</b>	<b>494</b>		K-30	11	NIE	01:06:09	01:49:59	<b>02:43:13.70</b>	<b>02:43:41.15</b>	+01:01:05 (37.3%)	7:46	7.7 (62.6%)
171	<b>GALIŃSKI Kamil</b>	<b>221</b>	KOTWICA BRZEG	M-30	75	NIE	00:57:27	01:44:15	<b>02:43:05.75</b>	<b>02:43:42.55</b>	+01:01:06 (37.3%)	7:46	7.7 (62.6%)
172	<b>JANAS Dariusz</b>	<b>45</b>	JANAS TEAM	M-30	76	NIE	00:56:04	01:42:17	<b>02:43:57.90</b>	<b>02:44:07.20</b>	+01:01:31 (37.5%)	7:48	7.7 (62.6%)
173	<b>KRAŚNIEWSKI Jakub</b>	<b>493</b>	PTB TRANZYT	M-40	55	NIE	00:54:12	01:42:37	<b>02:43:54.05</b>	<b>02:44:08.55</b>	+01:01:32 (37.5%)	7:48	7.7 (62.6%)
174	<b>MUCHA Piotr</b>	<b>122</b>	FIZJOBIEGACZE SZCZECIN	M-40	56	NIE	01:00:02	01:50:05	<b>02:43:56.65</b>	<b>02:44:12.55</b>	+01:01:36 (37.5%)	7:48	7.7 (62.6%)
175	<b>SUDUŁ Jarosław</b>	<b>484</b>	KLUB WIERZBICKI RUNNING PROJECT	M-40	57	NIE	01:02:25	01:46:42	<b>02:43:56.10</b>	<b>02:44:25.65</b>	+01:01:49 (37.6%)	7:48	7.7 (62.6%)
176	<b>VONDRÁČKOVÁ Markéta</b>	<b>511</b>		K-40	8	NIE	00:58:57	01:44:35	<b>02:44:21.60</b>	<b>02:44:29.65</b>	+01:01:53 (37.6%)	7:49	7.7 (62.6%)
177	<b>ŁYSIAK Sylwia</b>	<b>141</b>	ROZBIEGANY RAWICZ	K-40	9	NIE	00:59:09	01:45:53	<b>02:44:23.05</b>	<b>02:44:34.50</b>	+01:01:58 (37.7%)	7:49	7.7 (62.6%)
178	<b>PRZYBYSZ Artur</b>	<b>332</b>	BIEGAJ PO ENDORFINY	M-20	15	NIE	01:01:33	01:46:08	<b>02:44:14.25</b>	<b>02:44:35.35</b>	+01:01:59 (37.7%)	7:49	7.7 (62.6%)
179	<b>PONIATOWSKI Seweryn</b>	<b>46</b>		M-30	77	NIE	00:58:17	01:44:55	<b>02:45:01.25</b>	<b>02:45:34.45</b>	+01:02:58 (38.0%)	7:51	7.6 (61.8%)
180	<b>KIEŁBASA Paweł</b>	<b>254</b>	GT RAT	M-40	58	NIE		01:45:37	<b>02:45:56.00</b>	<b>02:45:56.00</b>	+01:03:20 (38.2%)	7:54	7.6 (61.8%)
181	<b>AUGUST Kajetan</b>	<b>130</b>		M-20	16	NIE	01:00:01	01:45:49	<b>02:46:04.75</b>	<b>02:46:23.05</b>	+01:03:47 (38.3%)	7:54	7.6 (61.8%)
182	<b>GULCZYŃSKI Tomasz</b>	<b>208</b>	SPUHLAKI TEAM	M-30	78	NIE	00:57:30	01:45:24	<b>02:46:30.60</b>	<b>02:46:50.70</b>	+01:04:14 (38.5%)	7:55	7.6 (61.8%)
183	<b>DELONG Sebastian</b>	<b>430</b>	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M-40	59	NIE	00:59:43	01:47:18	<b>02:46:37.60</b>	<b>02:46:50.90</b>	+01:04:14 (38.5%)	7:56	7.6 (61.8%)
184	<b>KOCEMBA Kamil</b>	<b>426</b>	KĘCKIE HARPAGANY	M-30	79	NIE	01:00:31	01:45:28	<b>02:46:07.15</b>	<b>02:46:54.25</b>	+01:04:18 (38.5%)	7:54	7.6 (61.8%)
185	<b>DIERING Tomasz</b>	<b>242</b>	RM	M-30	80	NIE	01:02:32	01:47:54	<b>02:46:24.90</b>	<b>02:46:55.80</b>	+01:04:19 (38.5%)	7:55	7.6 (61.8%)
186	<b>LEŚNIEWSKA Justyna</b>	<b>158</b>	AKTYWNA NOWA RUDA	K-30	12	NIE	00:59:19	01:47:33	<b>02:46:51.55</b>	<b>02:46:55.95</b>	+01:04:20 (38.5%)	7:56	7.6 (61.8%)
187	<b>MARZEC Dominik</b>	<b>186</b>		M-30	81	NIE	01:02:12	01:48:01	<b>02:46:06.00</b>	<b>02:46:56.60</b>	+01:04:20 (38.5%)	7:54	7.6 (61.8%)
188	<b>ZGARDA Jacek</b>	<b>48</b>	TMTEAM	M-40	60	NIE		01:49:39	<b>02:46:59.15</b>	<b>02:46:59.15</b>	+01:04:23 (38.6%)	7:57	7.5 (61.0%)
189	<b>ANTOSIAK Tomasz</b>	<b>445</b>	TMTEAM	M-30	82	NIE	01:01:19	01:48:21	<b>02:46:22.80</b>	<b>02:46:59.45</b>	+01:04:23 (38.6%)	7:55	7.6 (61.8%)
190	<b>KAMIŃSKI Wiesław</b>	<b>557</b>		M-50	9		01:00:32	01:44:52	<b>02:46:47.70</b>	<b>02:47:06.30</b>	+01:04:30 (38.6%)	7:56	7.6 (61.8%)
191	<b>PAWIŃSKI Artur</b>	<b>533</b>	ADIDAS RUNNERS WARSAW	M-40	61	NIE	01:04:26	01:49:41	<b>02:46:12.25</b>	<b>02:47:07.55</b>	+01:04:31 (38.6%)	7:54	7.6 (61.8%)
192	<b>DUDA Monika</b>	<b>531</b>	RAZ SZCZECIN	K-40	10	NIE	01:02:54	01:50:11	<b>02:47:01.30</b>	<b>02:47:17.65</b>	+01:04:41 (38.7%)	7:57	7.5 (61.0%)
193	<b>IZYDORSKI Marcin</b>	<b>57</b>		M-30	83	NIE	01:01:30	01:47:26	<b>02:47:39.00</b>	<b>02:48:08.15</b>	+01:05:32 (39.0%)	7:59	7.5 (61.0%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 21km	brutto 21km			
194	MICHAŁEK Marian	175		M-40	62	NIE	01:00:42	01:49:10	02:48:09.40	02:48:26.35	+01:05:50 (39.1%)	8:00	7.5 (61.0%)
195	IGNACIUK Paweł	11		M-30	84	NIE	01:01:51	01:48:11	02:48:35.95	02:48:58.10	+01:06:22 (39.3%)	8:01	7.5 (61.0%)
196	FERET Hubert	66		M-30	85	TAK	00:54:24	01:37:14	02:48:32.00	02:49:06.10	+01:06:30 (39.3%)	8:01	7.5 (61.0%)
197	JURCZAK Szymon	8		M-30	86	NIE	00:58:48	01:48:34	02:49:33.85	02:49:38.15	+01:07:02 (39.5%)	8:04	7.4 (60.2%)
198	ANDRZEJEWSKI Drogosz	409	RUNATTACK	M-30	87	NIE	00:53:15	01:39:54	02:49:45.35	02:49:47.00	+01:07:11 (39.6%)	8:05	7.4 (60.2%)
199	BRYNIARSKI Bartosz	544		M-40	63	NIE	01:00:27	01:49:42	02:49:49.15	02:50:16.25	+01:07:40 (39.7%)	8:05	7.4 (60.2%)
200	ANTECKI Jacek	397		M-40	64	NIE	01:00:00	01:48:58	02:49:56.95	02:50:18.65	+01:07:42 (39.8%)	8:05	7.4 (60.2%)
201	MARKOWSKA Karolina	345	EUROPA UBEZPIECZENIA/NOA	K-30	13	NIE	01:00:07	01:48:17	02:50:13.60	02:50:39.10	+01:08:03 (39.9%)	8:06	7.4 (60.2%)
202	BUKAŁA Janusz	443	OTM.B	M-40	65	NIE	01:01:00	01:46:10	02:50:45.30	02:51:09.00	+01:08:33 (40.1%)	8:07	7.4 (60.2%)
203	GŁÓWKA Paweł	169	EUROPA UBEZPIECZENIA/ TMTEAM	M-20	17	NIE	01:01:50	01:48:50	02:50:34.15	02:51:10.25	+01:08:34 (40.1%)	8:07	7.4 (60.2%)
204	DREAS Jakub	83	WĘDZIKOWSKI TEAM / DZIKIE BOBRY	M-30	88	NIE	00:58:47	01:48:45	02:51:01.05	02:51:11.45	+01:08:35 (40.1%)	8:08	7.4 (60.2%)
205	MUSIELAK Piotr	281	PGB SPORTOWA PACZKA UP. P-Ń 56	M-50	10	NIE	01:04:10	01:51:36	02:50:51.90	02:51:12.20	+01:08:36 (40.1%)	8:08	7.4 (60.2%)
206	ADAMCZEWSKI Jakub	300	NIGHT RUNNERS/ NBR TEAM	M-30	89	NIE	00:59:30	01:47:22	02:50:25.35	02:51:12.90	+01:08:36 (40.1%)	8:06	7.4 (60.2%)
207	PILARSKA Magdalena	391	WKTJ POZNAN	K-30	14	TAK	01:03:26	01:50:36	02:51:18.25	02:51:37.35	+01:09:01 (40.2%)	8:09	7.4 (60.2%)
208	WALUŚKIEWICZ Artur	224	BOANERGES	M-50	11	NIE	01:07:50	01:52:50	02:51:01.95	02:51:42.45	+01:09:06 (40.2%)	8:08	7.4 (60.2%)
209	WOŹNIAK Paweł	62	CROSSFIT LESZNO/ENDORFINA WSCHOWA	M-40	66	NIE	00:58:37	01:46:30	02:51:28.85	02:51:43.35	+01:09:07 (40.3%)	8:09	7.3 (59.3%)
210	CWOJDZIŃSKI Piotr	84	NIGHT RUNNERS/ NO PROBLAMA TEAM	M-40	67	NIE	00:59:12	01:48:05	02:51:02.20	02:51:45.45	+01:09:09 (40.3%)	8:08	7.4 (60.2%)
211	RYMDEJKO Agnieszka	342	ULTRAKAYA TEAM	K-20	2	NIE	00:59:17	01:46:01	02:51:39.70	02:51:48.05	+01:09:12 (40.3%)	8:10	7.3 (59.3%)
212	KOTECKI Paweł	116	EXPANSJA ADVERTISING/ KING RUNNER ULTRA	M-20	18	NIE	00:59:54	01:48:27	02:51:33.85	02:51:56.50	+01:09:20 (40.3%)	8:10	7.3 (59.3%)
213	BARAŃSKI Piotr	317		M-30	90	NIE	01:04:42	01:52:01	02:51:32.40	02:52:09.95	+01:09:34 (40.4%)	8:10	7.3 (59.3%)
214	KIELEK Jakub	322	ZAWIANI KOŁOBRZEG	M-20	19	NIE	01:06:17	01:53:13	02:52:05.10	02:52:21.85	+01:09:45 (40.5%)	8:11	7.3 (59.3%)
215	LUBIK Adam	104		M-30	91	TAK	01:02:37	01:51:26	02:52:12.65	02:52:34.65	+01:09:58 (40.5%)	8:12	7.3 (59.3%)
216	GRZESIAK Wojciech	120	SPUHLAKI TEAM	M-30	92	NIE	01:00:06	01:48:03	02:52:12.60	02:52:35.65	+01:09:59 (40.6%)	8:12	7.3 (59.3%)
217	GÓRNY Aleksander	155	ZAKS TORUŃ	M-40	68	NIE	01:01:52	01:49:34	02:53:05.05	02:53:18.65	+01:10:42 (40.8%)	8:14	7.3 (59.3%)
218	BUKOWCZYK Paulina	133	BEZ BALASTU	K-30	15	NIE	01:02:00	01:49:57	02:53:12.15	02:53:19.00	+01:10:43 (40.8%)	8:14	7.3 (59.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 21km	brutto 21km			
219	<b>POSADOWSKI</b> Cyprian	<b>552</b>		M-30	93	NIE	01:03:48	01:50:45	<b>02:52:46.20</b>	<b>02:53:42.90</b>	+01:11:06 (40.9%)	8:13	7.3 (59.3%)
220	<b>SOŁTYSIAK</b> Marta	<b>303</b>		K-30	16	TAK	01:02:15	01:50:06	<b>02:53:27.75</b>	<b>02:53:50.80</b>	+01:11:14 (41.0%)	8:15	7.3 (59.3%)
221	<b>GAJDOWSKI</b> Przemysław	<b>14</b>		M-30	94	NIE	01:00:59	01:49:40	<b>02:53:46.50</b>	<b>02:54:13.30</b>	+01:11:37 (41.1%)	8:16	7.3 (59.3%)
222	<b>SZNAJDER</b> Joanna	<b>540</b>		K-40	11	NIE	01:01:09	01:50:04	<b>02:54:26.60</b>	<b>02:54:46.50</b>	+01:12:10 (41.3%)	8:18	7.2 (58.5%)
223	<b>ŚWIATOWIEC</b> Anna	<b>108</b>		K-40	12	NIE	01:04:22	01:52:56	<b>02:54:17.25</b>	<b>02:54:47.35</b>	+01:12:11 (41.3%)	8:17	7.2 (58.5%)
224	<b>WÓJCIK</b> Radosław	<b>325</b>		M-30	95	NIE	00:57:01	01:46:13	<b>02:54:39.10</b>	<b>02:54:53.80</b>	+01:12:17 (41.3%)	8:19	7.2 (58.5%)
225	<b>SKOKOWSKI</b> Jacek	<b>106</b>	ŚRUNDUNIA SZCZECIN	M-50	12	NIE	01:03:01	01:52:35	<b>02:54:43.30</b>	<b>02:55:01.30</b>	+01:12:25 (41.4%)	8:19	7.2 (58.5%)
226	<b>MŁYNARCZYK</b> Krzysztof	<b>140</b>	BIELAWA	M-40	69	NIE	01:03:55	01:52:35	<b>02:54:58.20</b>	<b>02:55:10.30</b>	+01:12:34 (41.4%)	8:19	7.2 (58.5%)
227	<b>PIETRZOK</b> Wojciech	<b>128</b>	NIGHT RUNNERS	M-30	96	NIE	01:04:39	01:52:19	<b>02:54:43.00</b>	<b>02:55:19.70</b>	+01:12:43 (41.5%)	8:19	7.2 (58.5%)
228	<b>TURLEJ</b> Dariusz	<b>196</b>	KONDYCJA	M-60	2	NIE	01:04:28	01:52:37	<b>02:55:46.85</b>	<b>02:56:31.05</b>	+01:13:55 (41.9%)	8:22	7.2 (58.5%)
229	<b>KUCHARSKI</b> Piotr	<b>190</b>	AMATOR - NIEZRZESZONY, CZYLI WSZYSTKO MOGĘ... NIC NIE MUSZĘ...!	M-50	13	NIE	01:02:59	01:52:53	<b>02:56:33.65</b>	<b>02:56:50.40</b>	+01:14:14 (42.0%)	8:24	7.1 (57.7%)
230	<b>TOL</b> Kamil	<b>527</b>	MAFIA TEAM LUBLINIEC	M-30	97	NIE	01:01:42	01:49:29	<b>02:56:18.60</b>	<b>02:56:55.30</b>	+01:14:19 (42.0%)	8:23	7.1 (57.7%)
231	<b>KURKOWIAK</b> Krzysztof	<b>295</b>	WKURW_TEAM	M-30	98	NIE	01:03:33	01:50:38	<b>02:56:38.30</b>	<b>02:56:55.60</b>	+01:14:19 (42.0%)	8:24	7.1 (57.7%)
232	<b>ROGÓRZ</b> Andrzej	<b>185</b>		M-40	70	NIE	01:00:43	01:50:55	<b>02:56:39.20</b>	<b>02:57:00.40</b>	+01:14:24 (42.0%)	8:24	7.1 (57.7%)
233	<b>KOZŁOWSKI</b> Wojciech	<b>51</b>		M-50	14	NIE	01:03:23	01:52:29	<b>02:56:49.70</b>	<b>02:57:07.25</b>	+01:14:31 (42.1%)	8:25	7.1 (57.7%)
234	<b>FRANKIEWICZ</b> Jakub	<b>43</b>	ANIOŁKI CHARLIEGO	M-40	71	NIE	01:04:07	01:53:07	<b>02:56:26.05</b>	<b>02:57:08.35</b>	+01:14:32 (42.1%)	8:24	7.1 (57.7%)
235	<b>ROLICZ</b> Tomasz	<b>530</b>		M-40	72	NIE	01:05:55	01:55:50	<b>02:56:36.05</b>	<b>02:57:18.75</b>	+01:14:42 (42.1%)	8:24	7.1 (57.7%)
236	<b>MIKOŁAJEC</b> Piotr	<b>374</b>		M-30	99	NIE	01:05:55	01:55:48	<b>02:56:21.85</b>	<b>02:57:19.05</b>	+01:14:43 (42.1%)	8:23	7.1 (57.7%)
237	<b>KURZYŃSKI</b> Michał	<b>69</b>	EFEKT GOMBAO	M-30	100	NIE	00:59:07	01:50:42	<b>02:57:46.35</b>	<b>02:57:54.45</b>	+01:15:18 (42.3%)	8:27	7.1 (57.7%)
238	<b>KASPERSKA</b> Barbara	<b>93</b>	BBL GORZÓW	K-40	13	NIE	01:05:42	01:54:51	<b>02:57:21.90</b>	<b>02:57:55.85</b>	+01:15:19 (42.3%)	8:26	7.1 (57.7%)
239	<b>ZATOŃ</b> Adrian	<b>276</b>	GRUBE PARUWY	M-40	73	YES	01:06:18	01:55:20	<b>02:57:25.50</b>	<b>02:57:57.75</b>	+01:15:21 (42.3%)	8:26	7.1 (57.7%)
240	<b>MACHTAŁOWICZ</b> Szymon	<b>89</b>		M-30	101	TAK	01:04:21	01:56:31	<b>02:57:35.75</b>	<b>02:57:58.05</b>	+01:15:22 (42.3%)	8:27	7.1 (57.7%)
241	<b>NOWAK</b> Marcin	<b>455</b>	TIM JEST TIM	M-30	102	NIE	01:05:57	01:54:12	<b>02:57:19.20</b>	<b>02:58:00.90</b>	+01:15:24 (42.4%)	8:26	7.1 (57.7%)
242	<b>JAŻWIŃSKI</b> Krzysztof	<b>114</b>	ROZBIEGANI ŻYCHLIN	M-40	74	NIE	01:05:55	01:56:28	<b>02:57:55.80</b>	<b>02:58:18.90</b>	+01:15:42 (42.5%)	8:28	7.1 (57.7%)
243	<b>ŁOPOKA</b> Przemysław	<b>314</b>	ABY DO METY	M-20	20	NIE	01:03:16	01:54:38	<b>02:58:27.65</b>	<b>02:58:36.95</b>	+01:16:01 (42.6%)	8:29	7.1 (57.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking		Bledne_Skaly		Czas		Różn	Tempo min/km	Tempo km/h
							7km	14km	21km	21km					
244	<b>CYNIAK Marek</b>	<b>480</b>	EVERRUN	M-50	15	NIE	00:59:31	01:49:46	<b>02:58:23.60</b>	<b>02:58:39.15</b>	+01:16:03 (42.6%)	8:29	7.1 (57.7%)		
245	<b>BAKA Marcin</b>	<b>334</b>	GTS	M-50	16	NIE	01:04:22	01:55:13	<b>02:58:27.45</b>	<b>02:58:41.60</b>	+01:16:05 (42.6%)	8:29	7.1 (57.7%)		
246	<b>BONIKOWSKI Mateusz</b>	<b>441</b>		M-30	103	NIE	01:02:40	01:52:19	<b>02:58:24.45</b>	<b>02:58:41.70</b>	+01:16:05 (42.6%)	8:29	7.1 (57.7%)		
247	<b>PILARSKI Jacek</b>	<b>194</b>	AKTYWNI KONIN	M-50	17	NIE	01:03:37	01:52:50	<b>02:58:27.70</b>	<b>02:58:47.80</b>	+01:16:11 (42.6%)	8:29	7.1 (57.7%)		
248	<b>CHOJNACKA Marta</b>	<b>156</b>		K-30	17	NIE	01:06:53	01:56:15	<b>02:58:27.90</b>	<b>02:58:49.55</b>	+01:16:13 (42.6%)	8:29	7.1 (57.7%)		
249	<b>KUBIAK Karolina</b>	<b>165</b>	EXCALIBUR	K-40	14	NIE	01:03:27	01:54:01	<b>02:58:06.55</b>	<b>02:58:51.95</b>	+01:16:16 (42.6%)	8:28	7.1 (57.7%)		
250	<b>SOBKOWIAK Marcin</b>	<b>127</b>	CROSSFATPOZNAŃ	M-30	104	NIE	01:08:21	01:58:31	<b>02:57:58.90</b>	<b>02:58:52.40</b>	+01:16:16 (42.6%)	8:28	7.1 (57.7%)		
251	<b>SZKUDŁO Oskar</b>	<b>500</b>	BEZ BALASTU	M-40	75	NIE	01:07:07	01:57:06	<b>02:58:46.65</b>	<b>02:58:53.65</b>	+01:16:17 (42.6%)	8:30	7 (56.9%)		
252	<b>SIKORSKI Dariusz</b>	<b>110</b>	INSERT TEAM	M-30	105	TAK	01:04:25	01:51:40	<b>02:58:28.80</b>	<b>02:58:56.60</b>	+01:16:20 (42.7%)	8:29	7.1 (57.7%)		
253	<b>NEUMANN Jacek</b>	<b>476</b>	CENTRUM ŁĄKOWA 1	M-50	18	NIE	01:07:02	01:57:58	<b>02:58:06.70</b>	<b>02:58:57.50</b>	+01:16:21 (42.7%)	8:28	7.1 (57.7%)		
254	<b>FIGAS Joanna</b>	<b>407</b>	PREDATORS WAŁBRZYCH	K-30	18	NIE	01:06:48	01:55:26	<b>02:58:35.80</b>	<b>02:59:17.20</b>	+01:16:41 (42.8%)	8:30	7.1 (57.7%)		
255	<b>ŁABĘDZKI Mariusz</b>	<b>53</b>	STARGARD JA SIĘ NIE ŚCIGAM	M-40	76	NIE	01:04:50	01:54:06	<b>02:58:36.05</b>	<b>02:59:20.65</b>	+01:16:44 (42.8%)	8:30	7.1 (57.7%)		
256	<b>GAJEWSKI Sebastian</b>	<b>379</b>	STARGARD JA SIĘ NIE ŚCIGAM	M-30	106	NIE	01:05:25	01:55:28	<b>02:58:38.35</b>	<b>02:59:23.30</b>	+01:16:47 (42.8%)	8:30	7.1 (57.7%)		
257	<b>PIOTROWICZ Kamila</b>	<b>200</b>		K-20	3	NIE	01:02:53	01:51:17	<b>02:58:58.10</b>	<b>02:59:31.55</b>	+01:16:55 (42.8%)	8:31	7 (56.9%)		
258	<b>GINTER Grzegorz</b>	<b>523</b>	AZS COLLEGIUM MEDICUM UJ	M-30	107	NIE	01:03:42	01:53:45	<b>02:59:55.45</b>	<b>03:00:07.00</b>	+01:17:31 (43.0%)	8:34	7 (56.9%)		
259	<b>POPIELA Sebastian</b>	<b>163</b>	BARTKOWIAK OPTYK TEAM	M-30	108	NIE	01:02:25	01:52:59	<b>03:00:26.95</b>	<b>03:00:40.95</b>	+01:18:05 (43.2%)	8:35	7 (56.9%)		
260	<b>KOLIBABSKI Radosław</b>	<b>265</b>	HARDCOROWE WYCHYLYLYBYMY	M-30	109	NIE	01:05:52	01:53:11	<b>03:00:43.55</b>	<b>03:01:07.85</b>	+01:18:31 (43.4%)	8:36	7 (56.9%)		
261	<b>POCIĘGIEL Michał</b>	<b>16</b>	SKAWINA BIEGA	M-30	110	NIE	01:08:41	01:57:39	<b>03:00:37.20</b>	<b>03:01:08.50</b>	+01:18:32 (43.4%)	8:36	7 (56.9%)		
262	<b>ZYCHOWICZ Paweł</b>	<b>330</b>	OTM.B	M-40	77	NIE	01:04:43	01:53:41	<b>03:00:46.60</b>	<b>03:01:12.60</b>	+01:18:36 (43.4%)	8:36	7 (56.9%)		
263	<b>DŁUGOSZ Marek</b>	<b>232</b>	KB GEOTERMIA UNIEJÓW	M-50	19	NIE	00:59:08	01:50:17	<b>03:01:11.70</b>	<b>03:01:20.40</b>	+01:18:44 (43.4%)	8:37	7 (56.9%)		
264	<b>BIAŁOBŁOCKA Alicja</b>	<b>467</b>		K-30	19	NIE	01:01:36	01:50:04	<b>03:01:09.95</b>	<b>03:01:24.20</b>	+01:18:48 (43.4%)	8:37	7 (56.9%)		
265	<b>BOĆKO Ewa</b>	<b>551</b>	WATAHA	K-30	20	NIE	01:01:39	01:50:06	<b>03:01:12.05</b>	<b>03:01:25.75</b>	+01:18:49 (43.4%)	8:37	7 (56.9%)		
266	<b>KONOPKA-LULEK Agnieszka</b>	<b>137</b>	RUN IS FUN	K-40	15	TAK	01:04:33	01:54:22	<b>03:01:04.85</b>	<b>03:01:28.40</b>	+01:18:52 (43.5%)	8:37	7 (56.9%)		
267	<b>DOBROCHOWSKI Marek</b>	<b>153</b>	STRZEGOMSKA DWUNASTKA	M-30	111	NIE	01:01:43	01:51:55	<b>03:01:01.30</b>	<b>03:01:32.50</b>	+01:18:56 (43.5%)	8:37	7 (56.9%)		
268	<b>KRZESIMOWSKI Damian</b>	<b>282</b>		M-30	112	NIE	01:04:19	01:56:20	<b>03:01:40.15</b>	<b>03:01:53.40</b>	+01:19:17 (43.6%)	8:39	6.9 (56.1%)		

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 21km	brutto 21km			
269	<b>WALA Patryk</b>	<b>7</b>	BIEG OPOLSKI / ZAŁOGA GÓRSKA	M-20	21	NIE	01:04:58	01:55:08	<b>03:01:34.95</b>	<b>03:01:53.75</b>	+01:19:17 (43.6%)	8:38	6.9 (56.1%)
270	<b>ĆWIKLIŃSKI Maciej</b>	<b>496</b>		M-40	78	NIE	01:04:47	01:55:03	<b>03:01:34.35</b>	<b>03:02:02.60</b>	+01:19:26 (43.6%)	8:38	6.9 (56.1%)
271	<b>WSZĘDYBYŁ Dorota</b>	<b>497</b>		K-30	21	NIE	01:06:07	01:55:05	<b>03:01:41.00</b>	<b>03:02:06.40</b>	+01:19:30 (43.7%)	8:39	6.9 (56.1%)
272	<b>DOLSKA Sara</b>	<b>528</b>		K-30	22	NIE	01:06:56	01:56:11	<b>03:01:40.45</b>	<b>03:02:07.65</b>	+01:19:31 (43.7%)	8:39	6.9 (56.1%)
273	<b>WRZESIŃSKI Piotr</b>	<b>488</b>	GAPPAG TEAM	M-40	79	NIE	01:06:53	01:56:50	<b>03:02:12.20</b>	<b>03:02:35.00</b>	+01:19:59 (43.8%)	8:40	6.9 (56.1%)
274	<b>JANOWSKI Michał</b>	<b>387</b>		M-30	113	NIE	00:58:52	01:48:15	<b>03:02:11.00</b>	<b>03:02:36.90</b>	+01:20:00 (43.8%)	8:40	6.9 (56.1%)
275	<b>SKRZYPIŃSKA Olga</b>	<b>13</b>	CHATA BIEGACZA K34 ZAKOPANE	K-30	23	NIE	01:06:56	01:57:12	<b>03:02:14.20</b>	<b>03:02:38.45</b>	+01:20:02 (43.8%)	8:40	6.9 (56.1%)
276	<b>PIDANTY Grzegorz</b>	<b>50</b>	ZHR STRZEGOM	M-40	80	NIE	01:06:08	01:59:18	<b>03:02:11.00</b>	<b>03:02:42.50</b>	+01:20:06 (43.8%)	8:40	6.9 (56.1%)
277	<b>FIGUŁA Sławomir</b>	<b>256</b>		M-30	114	NIE	01:05:05	01:56:21	<b>03:02:33.90</b>	<b>03:02:48.75</b>	+01:20:12 (43.9%)	8:41	6.9 (56.1%)
278	<b>BUSS Konrad</b>	<b>9</b>	KUDOWIANKA RUN	M-30	115	NIE	01:11:57	02:03:42	<b>03:02:03.25</b>	<b>03:02:51.40</b>	+01:20:15 (43.9%)	8:40	6.9 (56.1%)
279	<b>BUSS Jakub</b>	<b>52</b>	KUDOWIANKA RUN	M-40	81	NIE	01:12:09	02:03:42	<b>03:02:26.95</b>	<b>03:03:14.95</b>	+01:20:39 (44.0%)	8:41	6.9 (56.1%)
280	<b>ŁUKASZEWICZ Bartosz</b>	<b>492</b>	PTB TRANZYKT RUNNING, CYCLING, YACHTING TEAM	M-20	22	NIE	01:04:39	01:55:06	<b>03:03:10.00</b>	<b>03:03:25.30</b>	+01:20:49 (44.1%)	8:43	6.9 (56.1%)
281	<b>OLSCHIMKE MARMUROWICZ Barbara</b>	<b>34</b>	KOLOROWA DRUŻYNA NESSI	K-40	16	NIE	01:06:50	01:56:06	<b>03:03:07.30</b>	<b>03:03:37.80</b>	+01:21:01 (44.1%)	8:43	6.9 (56.1%)
282	<b>FARION Marzena</b>	<b>297</b>	THE FARIONS	K-30	24	NIE	01:06:00	01:54:56	<b>03:03:14.45</b>	<b>03:04:06.40</b>	+01:21:30 (44.3%)	8:43	6.9 (56.1%)
283	<b>FRONCZKOWSKA Barbara</b>	<b>447</b>	AKADEMICKI KLUB GÓRSKI	K-30	25	NIE	01:10:48	02:02:17	<b>03:03:48.55</b>	<b>03:04:22.30</b>	+01:21:46 (44.4%)	8:45	6.9 (56.1%)
284	<b>ZABŁOTNY Paweł</b>	<b>328</b>		M-40	82	NIE	01:06:01	01:55:45	<b>03:03:30.70</b>	<b>03:04:26.35</b>	+01:21:50 (44.4%)	8:44	6.9 (56.1%)
285	<b>FURGAŁ Dorota</b>	<b>17</b>	ELLITERUNNERSCLUB.PL	K-40	17	NIE	01:07:57	01:59:45	<b>03:04:35.15</b>	<b>03:04:50.85</b>	+01:22:14 (44.5%)	8:47	6.8 (55.3%)
286	<b>MAĆKOWIAK Damian</b>	<b>262</b>		M-30	116	NO	01:02:54	01:54:50	<b>03:04:46.70</b>	<b>03:05:04.55</b>	+01:22:28 (44.6%)	8:47	6.8 (55.3%)
287	<b>KRÓL-PIDANTY Marzena</b>	<b>134</b>		K-40	18	NIE	01:06:40	01:59:20	<b>03:04:39.25</b>	<b>03:05:11.55</b>	+01:22:35 (44.6%)	8:47	6.8 (55.3%)
288	<b>GAZDA Michał</b>	<b>269</b>	CONSTRAVIA	M-20	23	NIE	01:04:28	01:55:14	<b>03:05:52.25</b>	<b>03:06:08.10</b>	+01:23:32 (44.9%)	8:51	6.8 (55.3%)
289	<b>MICHNIEWICZ Mariusz</b>	<b>307</b>	ALPINIŚCI Z BOGATYNI	M-40	83	TAK	01:02:01	01:54:30	<b>03:05:50.55</b>	<b>03:06:09.95</b>	+01:23:34 (44.9%)	8:50	6.8 (55.3%)
290	<b>KRAWIEC Piotr</b>	<b>349</b>	KOTWICA BRZEG	M-30	117	NIE	01:06:53	01:59:16	<b>03:05:43.30</b>	<b>03:06:16.25</b>	+01:23:40 (44.9%)	8:50	6.8 (55.3%)
291	<b>ZDYB Grzegorz</b>	<b>115</b>	BOHAR PALETY RUNNERS	M-40	84	NIE	01:07:15	01:59:36	<b>03:05:51.55</b>	<b>03:06:40.60</b>	+01:24:04 (45.0%)	8:51	6.8 (55.3%)
292	<b>NETOLICKÝ Martin</b>	<b>548</b>		M-30	118	NIE	01:08:50	02:00:13	<b>03:05:45.80</b>	<b>03:06:43.10</b>	+01:24:07 (45.1%)	8:50	6.8 (55.3%)
293	<b>BARAN Paulina</b>	<b>124</b>	RĄCZE RACICZKI	K-30	26	NIE	01:06:57	01:57:12	<b>03:06:25.85</b>	<b>03:06:53.80</b>	+01:24:17 (45.1%)	8:52	6.8 (55.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 21km	brutto 21km			
294	<b>JELENIOWSKA Barbara</b>	<b>389</b>		K-30	27	NIE	01:09:11	01:57:33	<b>03:06:29.25</b>	<b>03:06:56.00</b>	+01:24:20 (45.1%)	8:52	6.8 (55.3%)
295	<b>GRUNDKOWSKI Oskar</b>	<b>449</b>		M-20	24	NIE	01:06:12	01:57:16	<b>03:06:34.15</b>	<b>03:06:57.35</b>	+01:24:21 (45.1%)	8:53	6.8 (55.3%)
296	<b>SYGNAT Marcin</b>	<b>49</b>		M-30	119	NIE	01:12:04	02:02:08	<b>03:06:48.05</b>	<b>03:07:19.95</b>	+01:24:44 (45.2%)	8:53	6.7 (54.5%)
297	<b>WESOŁEK Daniel</b>	<b>517</b>		M-30	120	NIE	01:04:14	01:55:40	<b>03:07:31.15</b>	<b>03:07:41.35</b>	+01:25:05 (45.3%)	8:55	6.7 (54.5%)
298	<b>KARAWACKI Grzegorz</b>	<b>119</b>	KĘCKIE HARPAGANY	M-30	121	NIE	01:05:53	01:55:40	<b>03:07:09.70</b>	<b>03:07:47.80</b>	+01:25:11 (45.4%)	8:54	6.7 (54.5%)
299	<b>RABSZTYN Andrzej</b>	<b>353</b>	TMTEAM	M-40	85	NIE	01:08:45	02:00:09	<b>03:07:03.30</b>	<b>03:07:49.60</b>	+01:25:13 (45.4%)	8:54	6.7 (54.5%)
300	<b>SKRZEK Marcin</b>	<b>173</b>	PRO-RUN WROCŁAW	M-40	86	NIE	01:09:25	02:00:21	<b>03:07:22.20</b>	<b>03:07:51.15</b>	+01:25:15 (45.4%)	8:55	6.7 (54.5%)
301	<b>EMILIANÓW Agnieszka</b>	<b>293</b>		K-30	28	NIE	01:07:31	02:01:08	<b>03:08:08.10</b>	<b>03:08:30.90</b>	+01:25:54 (45.6%)	8:57	6.7 (54.5%)
302	<b>KACZMAREK Karol</b>	<b>178</b>	ROZBIEGANY RAWICZ	M-40	87	NIE	01:07:14	02:00:33	<b>03:08:13.10</b>	<b>03:08:31.95</b>	+01:25:56 (45.6%)	8:57	6.7 (54.5%)
303	<b>KOLAŚNIEWSKI Marek</b>	<b>499</b>		M-40	88	TAK	01:09:34	02:00:33	<b>03:08:41.70</b>	<b>03:09:05.85</b>	+01:26:29 (45.7%)	8:59	6.7 (54.5%)
304	<b>JASICKI Krzysztof</b>	<b>240</b>	NIEDZIELNI BIEGACZE	M-40	89	NIE	01:09:03	02:00:44	<b>03:08:41.60</b>	<b>03:09:09.25</b>	+01:26:33 (45.8%)	8:59	6.7 (54.5%)
305	<b>ŻERKO Klaudia</b>	<b>225</b>		K-30	29	NIE	01:05:48	02:00:14	<b>03:08:49.80</b>	<b>03:09:38.30</b>	+01:27:02 (45.9%)	8:59	6.7 (54.5%)
306	<b>SIEPIELSKI Damian</b>	<b>398</b>		M-30	122	NIE	01:07:20	01:58:58	<b>03:09:13.85</b>	<b>03:09:40.60</b>	+01:27:04 (45.9%)	9:00	6.7 (54.5%)
307	<b>MUSIAŁ Ewa</b>	<b>42</b>	EBIEGI.PL	K-40	19	NIE	01:06:42	01:59:32	<b>03:10:07.50</b>	<b>03:10:15.25</b>	+01:27:39 (46.1%)	9:03	6.6 (53.7%)
308	<b>BIECHOŃSKI Jarosław</b>	<b>102</b>		M-40	90	NIE	01:12:12	02:02:08	<b>03:09:24.95</b>	<b>03:10:16.45</b>	+01:27:40 (46.1%)	9:01	6.7 (54.5%)
309	<b>RZEŹNIK Mariusz</b>	<b>199</b>	ROZBIEGANY RAWICZ	M-40	91	NIE	01:07:27	02:00:36	<b>03:09:55.80</b>	<b>03:10:16.70</b>	+01:27:40 (46.1%)	9:02	6.6 (53.7%)
310	<b>URBANOWICZ Cezary</b>	<b>39</b>		M-30	123	NIE	01:12:24	02:02:10	<b>03:09:26.50</b>	<b>03:10:17.80</b>	+01:27:41 (46.1%)	9:01	6.7 (54.5%)
311	<b>PISOWŁODZKA Dagmara</b>	<b>487</b>		K-40	20	NIE	01:09:07	02:02:34	<b>03:09:58.55</b>	<b>03:10:19.45</b>	+01:27:43 (46.1%)	9:02	6.6 (53.7%)
312	<b>STAWIŃSKI Michał</b>	<b>237</b>		M-30	124	NO	01:04:08	01:54:03	<b>03:09:57.35</b>	<b>03:10:25.00</b>	+01:27:49 (46.1%)	9:02	6.6 (53.7%)
313	<b>SOBAŁA Łukasz</b>	<b>518</b>	MORSY POZNAŃ	M-30	125	NIE	01:10:50	02:04:28	<b>03:09:51.85</b>	<b>03:10:32.35</b>	+01:27:56 (46.2%)	9:02	6.6 (53.7%)
314	<b>BARAN Zenon</b>	<b>216</b>	RĄCZE RACICZKI	M-60	3	NIE	01:13:10	02:05:08	<b>03:10:22.35</b>	<b>03:11:01.70</b>	+01:28:25 (46.3%)	9:03	6.6 (53.7%)
315	<b>GRUDZIEN Małgorzata</b>	<b>255</b>		K-30	30	NIE	01:11:45	02:04:01	<b>03:11:02.50</b>	<b>03:11:51.85</b>	+01:29:15 (46.5%)	9:05	6.6 (53.7%)
316	<b>FEDOROWICZ Jovita</b>	<b>180</b>	KOTWICA BRZEG	K-30	31	NIE	01:10:02	02:03:52	<b>03:11:57.30</b>	<b>03:12:33.80</b>	+01:29:57 (46.7%)	9:08	6.6 (53.7%)
317	<b>MARMUROWICZ Krystian</b>	<b>170</b>	KOLOROWA DRUŻYNA NESSI	M-40	92	NIE	01:09:52	02:02:23	<b>03:12:05.85</b>	<b>03:12:34.30</b>	+01:29:58 (46.7%)	9:08	6.6 (53.7%)
318	<b>LITWINOWICZ Karolina</b>	<b>75</b>		K-30	32	NIE	01:09:29	02:04:05	<b>03:12:22.25</b>	<b>03:12:42.85</b>	+01:30:06 (46.8%)	9:09	6.5 (52.8%)

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>MNICH Tomasz</b>	<b>67</b>		M-40	93	NIE	01:06:58	02:01:30	<b>03:12:02.65</b>	<b>03:12:47.00</b>	+01:30:11 (46.8%)	9:08	6.6 (53.7%)
320	<b>SIWEK Jagoda</b>	<b>288</b>		K-20	4	NIE	01:14:44	02:06:24	<b>03:12:05.70</b>	<b>03:12:49.25</b>	+01:30:13 (46.8%)	9:08	6.6 (53.7%)
321	<b>WIJAS Robert</b>	<b>466</b>	TRAINING LAB	M-40	94	NIE	01:06:21	01:59:15	<b>03:12:35.40</b>	<b>03:13:18.05</b>	+01:30:42 (46.9%)	9:10	6.5 (52.8%)
322	<b>PAKULSKA-TOMZA Dorota</b>	<b>226</b>		K-40	21	NIE	01:11:33	02:05:57	<b>03:13:05.10</b>	<b>03:13:40.70</b>	+01:31:04 (47.0%)	9:11	6.5 (52.8%)
323	<b>TRZECIAK Przemysław</b>	<b>507</b>	BIEGADEBIEC-POZNAŃ	M-50	20	NIE	01:10:53	02:02:24	<b>03:13:18.65</b>	<b>03:14:04.05</b>	+01:31:28 (47.1%)	9:12	6.5 (52.8%)
324	<b>URBAŃSKA Paulina</b>	<b>417</b>	TRAINING LAB	K-30	33	NIE	01:10:46	02:03:33	<b>03:13:14.20</b>	<b>03:14:08.75</b>	+01:31:32 (47.2%)	9:12	6.5 (52.8%)
325	<b>CZERWONKA Zbigniew</b>	<b>149</b>	ESKADRA WROCŁAW	M-30	126	NO	01:07:55	02:02:38	<b>03:14:27.50</b>	<b>03:14:39.65</b>	+01:32:03 (47.3%)	9:15	6.5 (52.8%)
326	<b>SOSZYŃSKA-PSTROKOŃSKA Joanna</b>	<b>427</b>	GAZELE NA STARCIE	K-30	34	TAK	01:12:49	02:05:38	<b>03:13:53.50</b>	<b>03:14:42.15</b>	+01:32:06 (47.3%)	9:14	6.5 (52.8%)
327	<b>SZYMCZAK Tomasz</b>	<b>357</b>	PRATT & WHITNEY KALISZ	M-40	95	NIE	01:12:59	02:06:17	<b>03:14:02.55</b>	<b>03:14:50.15</b>	+01:32:14 (47.3%)	9:14	6.5 (52.8%)
328	<b>RUKS Jarosław</b>	<b>182</b>		M-30	127	NO	01:08:25	02:02:26	<b>03:14:08.00</b>	<b>03:14:58.00</b>	+01:32:22 (47.4%)	9:14	6.5 (52.8%)
329	<b>ŻMUDKA Bartek</b>	<b>142</b>	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M-40	96	NIE	01:09:03	02:04:36	<b>03:15:34.10</b>	<b>03:15:50.10</b>	+01:33:14 (47.6%)	9:18	6.4 (52.0%)
330	<b>WYSOCKI Tomasz</b>	<b>36</b>	OCHAJORUN&FRIENDS	M-40	97	NIE	01:08:57	02:04:44	<b>03:15:34.55</b>	<b>03:15:51.00</b>	+01:33:15 (47.6%)	9:18	6.4 (52.0%)
331	<b>CZERNYSZ Grzegorz</b>	<b>257</b>	SZWAGIERKOLASKA	M-40	98	NIE	01:12:59	02:05:47	<b>03:15:08.55</b>	<b>03:16:05.25</b>	+01:33:29 (47.7%)	9:17	6.5 (52.8%)
332	<b>JANKOWSKI Maciej</b>	<b>35</b>		M-40	99	NIE	01:11:13	02:04:56	<b>03:15:32.75</b>	<b>03:16:21.65</b>	+01:33:45 (47.7%)	9:18	6.4 (52.0%)
333	<b>STEFANIAK Marcin</b>	<b>460</b>	STR POZNAŃ	M-40	100	NIE	01:10:11	02:05:33	<b>03:17:27.60</b>	<b>03:17:39.75</b>	+01:35:03 (48.1%)	9:24	6.4 (52.0%)
334	<b>ODOLCZYK Joanna</b>	<b>236</b>	RĄCZE RACICZKI	K-50	1	NIE	01:12:15	02:05:09	<b>03:16:57.00</b>	<b>03:17:40.70</b>	+01:35:04 (48.1%)	9:22	6.4 (52.0%)
335	<b>GĘBICKA Agata</b>	<b>126</b>	STARGARD JA SIĘ NIE ŚCIGAM	K-30	35	NIE	01:13:07	02:09:00	<b>03:16:57.65</b>	<b>03:17:42.90</b>	+01:35:06 (48.1%)	9:22	6.4 (52.0%)
336	<b>WOJCIECHOWSKI Aleksander</b>	<b>260</b>	RM	M-30	128	NIE	01:08:33	02:03:22	<b>03:17:12.20</b>	<b>03:17:43.70</b>	+01:35:07 (48.1%)	9:23	6.4 (52.0%)
337	<b>LEDNICKI Michał</b>	<b>513</b>		M-30	129	TAK	01:11:45	02:05:33	<b>03:16:52.40</b>	<b>03:17:44.90</b>	+01:35:08 (48.1%)	9:22	6.4 (52.0%)
338	<b>JANOWSKI Michał</b>	<b>474</b>	TRAINING LAB	M-20	25	NIE	01:06:35	02:02:48	<b>03:17:09.30</b>	<b>03:18:03.55</b>	+01:35:27 (48.2%)	9:23	6.4 (52.0%)
339	<b>PŁOK Krzysztof</b>	<b>434</b>	TEAM PŁOK	M-50	21	TAK	01:10:33	02:07:31	<b>03:17:50.80</b>	<b>03:18:30.55</b>	+01:35:54 (48.3%)	9:25	6.4 (52.0%)
340	<b>WIŚNIEWSKA Dorota</b>	<b>553</b>	BRUBECK TEAM	K-40	22	NIE	01:12:43	02:05:45	<b>03:18:17.55</b>	<b>03:18:51.70</b>	+01:36:15 (48.4%)	9:26	6.4 (52.0%)
341	<b>BALWIERCZAK Piotr</b>	<b>73</b>	NIGHT RUNNERS WROCŁAW / RMT TEAM	M-30	130	NIE	01:17:50	02:19:47	<b>03:18:22.30</b>	<b>03:18:59.10</b>	+01:36:23 (48.4%)	9:26	6.4 (52.0%)
342	<b>JAKUBOWSKI Wojciech</b>	<b>296</b>	KB GEOTERMIA UNIEJÓW	M-40	101	NIE	01:04:56	01:58:20	<b>03:18:51.25</b>	<b>03:19:16.45</b>	+01:36:40 (48.5%)	9:28	6.3 (51.2%)
343	<b>TURNIAK Miłosz</b>	<b>309</b>	HIRERIGHT RUNNING TEAM	M-30	131	NO	01:10:52	02:04:46	<b>03:18:32.80</b>	<b>03:19:18.85</b>	+01:36:42 (48.5%)	9:27	6.3 (51.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 21km	brutto 21km			
344	SWIATEK Jarek	495		M-30	132	NIE	01:18:14	02:09:21	03:19:23.65	03:19:51.30	+01:37:15 (48.7%)	9:29	6.3 (51.2%)
345	BŁACHNO Marcin	277		M-40	102	NIE	01:08:35	02:04:21	03:19:29.45	03:20:13.30	+01:37:37 (48.8%)	9:30	6.3 (51.2%)
346	LESZCZYŃSKA Weronika	415	SYBERIAN HUSKY TEAM	K-30	36	NIE	01:12:14	02:09:08	03:19:49.45	03:20:15.65	+01:37:39 (48.8%)	9:30	6.3 (51.2%)
347	PIOTROWSKA Agnieszka	38		K-30	37	NIE	01:06:07	02:06:05	03:20:01.90	03:20:17.15	+01:37:41 (48.8%)	9:31	6.3 (51.2%)
348	CIESIELSKA Nikola	15		K-30	38	NIE	01:11:38	02:11:11	03:20:01.45	03:20:17.45	+01:37:41 (48.8%)	9:31	6.3 (51.2%)
349	CZAPRAN Magdalena	333	HIRERIGHT RUNNING TEAM	K-30	39	NO	01:11:55	02:04:45	03:19:30.25	03:20:18.50	+01:37:42 (48.8%)	9:30	6.3 (51.2%)
350	GOLABIEWSKI Jarek	464	BIEGACZE SWINOUJSCIE/W_KURW TEAM	M-50	22	NIE	01:09:20	02:05:54	03:20:43.45	03:21:05.05	+01:38:29 (49.0%)	9:33	6.3 (51.2%)
351	MIERZEJEWSKA Aleksandra	471	TRAINING LAB	K-20	5	NIE	01:13:11	02:10:28	03:21:18.70	03:22:12.50	+01:39:36 (49.3%)	9:35	6.3 (51.2%)
352	SUROWIEC Robert	501		M-40	103	NIE	01:12:59	02:07:53	03:21:48.60	03:22:22.85	+01:39:46 (49.3%)	9:36	6.2 (50.4%)
353	SERWATKIEWICZ Grzegorz	395		M-30	133	NIE	01:10:54	02:05:58	03:21:58.20	03:22:22.90	+01:39:46 (49.3%)	9:37	6.2 (50.4%)
354	GLINA-KRAWCZYK Małgorzata	361	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	K-40	23	NIE	01:13:52	02:11:44	03:21:44.60	03:22:27.10	+01:39:51 (49.3%)	9:36	6.2 (50.4%)
355	OLEJNIK Marcin	545		M-30	134	NIE	01:11:54	02:09:52	03:22:21.20	03:23:13.75	+01:40:37 (49.5%)	9:38	6.2 (50.4%)
356	GAŁOSZ Łukasz	550		M-20	26	NIE	01:11:51	02:09:52	03:22:23.05	03:23:15.15	+01:40:39 (49.5%)	9:38	6.2 (50.4%)
357	OCHMAŃSKI Adam	472	AGB TORFY	M-40	104	NIE	01:07:24	02:05:26	03:23:12.25	03:23:29.65	+01:40:53 (49.6%)	9:40	6.2 (50.4%)
358	KOLEJ Monika	406	DZIKIE DZIKI GORZÓW	K-40	24	NIE	01:12:33	02:09:43	03:23:03.10	03:23:31.50	+01:40:55 (49.6%)	9:40	6.2 (50.4%)
359	SZUKAŁA Izabela	154		K-30	40	NO	01:13:01	02:10:30	03:23:03.50	03:23:38.25	+01:41:02 (49.6%)	9:40	6.2 (50.4%)
360	NAPIERAŁA Katarzyna	70		K-40	25	NIE	01:14:52	02:09:28	03:23:01.95	03:23:38.95	+01:41:03 (49.6%)	9:40	6.2 (50.4%)
361	JELINSKI Sebastian	369	NOA	M-40	105	NIE	01:14:45	02:10:56	03:23:29.90	03:24:00.35	+01:41:24 (49.7%)	9:41	6.2 (50.4%)
362	NIESPODZIANA Anna	241	ROGOZIŃSKI KLUB BIEGACZA	K-30	41	NIE	01:15:02	02:13:50	03:24:07.60	03:24:41.35	+01:42:05 (49.9%)	9:43	6.2 (50.4%)
363	KULA Piotr	71	ZDEZORIENTOWANI	M-40	106	NIE	01:10:06	02:07:12	03:24:26.90	03:25:00.05	+01:42:24 (50.0%)	9:44	6.2 (50.4%)
364	WILANOWSKI Tomasz	366		M-50	23	NIE	01:14:41	02:09:07	03:24:20.45	03:25:06.75	+01:42:30 (50.0%)	9:43	6.2 (50.4%)
365	HOREGLAD Maria	558	NOA	K-30	42		01:13:08	02:09:48	03:24:36.70	03:25:07.40	+01:42:31 (50.0%)	9:44	6.2 (50.4%)
366	BIS Marcin	339	BBL GORZÓW WLKP.	M-30	135	NIE	01:11:20	02:08:14	03:24:43.80	03:25:13.95	+01:42:38 (50.0%)	9:44	6.2 (50.4%)
367	RUSIN Szymon	26		M-30	136	TAK	01:11:24	02:06:36	03:25:25.40	03:25:53.35	+01:43:17 (50.2%)	9:46	6.1 (49.6%)
368	KRUZEL Rafał	506	BIEGOWE MISIE	M-40	107	NIE	01:14:57	02:13:43	03:25:16.45	03:25:54.60	+01:43:18 (50.2%)	9:46	6.1 (49.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 21km	brutto 21km			
369	<b>GULINSKI Artur</b>	<b>218</b>	218CREW	M-40	108	NO	01:11:52	02:06:14	<b>03:25:08.20</b>	<b>03:26:00.60</b>	+01:43:24 (50.2%)	9:46	6.1 (49.6%)
370	<b>PACZKOWSKI Bartosz</b>	<b>145</b>	218 CREW	M-40	109	NIE	01:11:57	02:06:59	<b>03:25:11.45</b>	<b>03:26:03.10</b>	+01:43:27 (50.2%)	9:46	6.1 (49.6%)
371	<b>PRYSZCZ Mirosław</b>	<b>79</b>		M-40	110	NIE	01:12:20	02:08:40	<b>03:25:41.80</b>	<b>03:26:03.95</b>	+01:43:28 (50.2%)	9:47	6.1 (49.6%)
372	<b>KRUSZEWSKI Jacek</b>	<b>336</b>	MUKAINADA RUNNING TEAM	M-40	111	NO	01:11:58	02:08:44	<b>03:25:35.40</b>	<b>03:26:13.45</b>	+01:43:37 (50.2%)	9:47	6.1 (49.6%)
373	<b>HOMA Marta</b>	<b>370</b>	KŁODZKO PRZY TWIERDZA BIEGANIE	K-40	26	NIE	01:14:57	02:13:18	<b>03:25:46.65</b>	<b>03:26:16.00</b>	+01:43:40 (50.3%)	9:47	6.1 (49.6%)
374	<b>ZAUCHA Marta</b>	<b>217</b>	KŁODZKO PRZYTWIERDZA BIEGANIE	K-30	43	NIE	01:14:22	02:11:48	<b>03:25:46.95</b>	<b>03:26:16.15</b>	+01:43:40 (50.3%)	9:47	6.1 (49.6%)
375	<b>CHRZUSZCZ Anna</b>	<b>263</b>		K-30	44	NIE	01:12:36	02:08:26	<b>03:25:44.90</b>	<b>03:26:18.55</b>	+01:43:42 (50.3%)	9:47	6.1 (49.6%)
376	<b>PŁUCIENNICZAK Bartosz</b>	<b>386</b>		M-30	137	NIE	01:09:59	02:02:19	<b>03:26:38.65</b>	<b>03:27:05.40</b>	+01:44:29 (50.5%)	9:50	6.1 (49.6%)
377	<b>DOJS Aleksandra</b>	<b>189</b>	NIGHT RUNNERS	K-40	27	NIE	01:17:42	02:17:29	<b>03:26:47.20</b>	<b>03:27:28.05</b>	+01:44:52 (50.5%)	9:50	6.1 (49.6%)
378	<b>CZOCHARA Robert</b>	<b>201</b>	AMATOR	M-40	112	NIE	01:20:03	02:15:28	<b>03:27:43.60</b>	<b>03:28:29.05</b>	+01:45:53 (50.8%)	9:53	6.1 (49.6%)
379	<b>GOSTEVS Filip</b>	<b>251</b>		M-40	113	NIE	01:12:30	02:11:43	<b>03:27:54.85</b>	<b>03:28:36.15</b>	+01:46:00 (50.8%)	9:54	6.1 (49.6%)
380	<b>MAŚLAK Jacek</b>	<b>321</b>	POZYTYWNIIE ZABIEGANI SANOK	M-40	114	NIE	01:21:28	02:13:58	<b>03:28:23.75</b>	<b>03:28:53.05</b>	+01:46:17 (50.9%)	9:55	6 (48.8%)
381	<b>MAŚLAK Marzena</b>	<b>319</b>	POZYTYWNIIE ZABIEGANI SANOK	K-40	28	NIE	01:21:49	02:14:02	<b>03:28:23.55</b>	<b>03:28:53.30</b>	+01:46:17 (50.9%)	9:55	6 (48.8%)
382	<b>POŁCZYŃSKI Maciej</b>	<b>341</b>	STALOWA ŁYDA	M-30	138	NIE	01:20:22	02:15:20	<b>03:28:49.40</b>	<b>03:29:38.65</b>	+01:47:02 (51.1%)	9:56	6 (48.8%)
383	<b>FEDYSZYN Anna</b>	<b>285</b>	ŚRUNDUNIA SZCZECIN	K-30	45	NIE	01:19:17	02:16:52	<b>03:29:19.00</b>	<b>03:29:47.45</b>	+01:47:11 (51.1%)	9:58	6 (48.8%)
384	<b>ŻAK Dominika</b>	<b>329</b>	PIERDY PUSZCZY	K-30	46	NIE	01:19:15	02:16:49	<b>03:29:18.90</b>	<b>03:29:47.75</b>	+01:47:11 (51.1%)	9:58	6 (48.8%)
385	<b>JANUS Katarzyna</b>	<b>292</b>		K-40	29	NIE	01:17:45	02:13:56	<b>03:29:15.50</b>	<b>03:29:50.15</b>	+01:47:14 (51.1%)	9:57	6 (48.8%)
386	<b>ANDRZEJCZAK Paweł</b>	<b>19</b>		M-40	115	NIE	01:06:17	02:04:48	<b>03:29:41.45</b>	<b>03:29:58.50</b>	+01:47:22 (51.1%)	9:59	6 (48.8%)
387	<b>MIGDAŁ Adrian</b>	<b>425</b>		M-40	116	NIE	01:16:53	02:14:29	<b>03:30:25.80</b>	<b>03:31:10.75</b>	+01:48:34 (51.4%)	10:01	6 (48.8%)
388	<b>DUDEK Agnieszka</b>	<b>101</b>		K-30	47	NIE	01:13:55	02:13:10	<b>03:31:24.60</b>	<b>03:31:59.30</b>	+01:49:23 (51.6%)	10:04	6 (48.8%)
389	<b>MAKLES Wioletta</b>	<b>280</b>	NOA	K-40	30	NIE	01:14:47	02:18:26	<b>03:32:28.35</b>	<b>03:33:16.20</b>	+01:50:40 (51.9%)	10:07	5.9 (48.0%)
390	<b>HRUBÁ Hana</b>	<b>223</b>	NITRO NÁCHOD	K-40	31	NIE	01:13:40	02:13:29	<b>03:33:24.45</b>	<b>03:33:28.95</b>	+01:50:53 (51.9%)	10:09	5.9 (48.0%)
391	<b>PETANOVÁ Jana</b>	<b>248</b>	NITRO NÁCHOD	K-40	32	NIE	01:13:35	02:14:59	<b>03:33:25.00</b>	<b>03:33:29.15</b>	+01:50:53 (51.9%)	10:09	5.9 (48.0%)
392	<b>JARACZ-PATEREK Alina</b>	<b>306</b>	NOA	K-40	33	NIE	01:14:47	02:19:54	<b>03:32:44.90</b>	<b>03:33:31.80</b>	+01:50:55 (52.0%)	10:07	5.9 (48.0%)
393	<b>PIECUCH Małgorzata</b>	<b>96</b>		K-50	2	NIE	01:19:51	02:18:44	<b>03:32:59.95</b>	<b>03:33:32.60</b>	+01:50:56 (52.0%)	10:08	5.9 (48.0%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 21km	brutto 21km			
394	<b>KOWALSKA Małgorzata</b>	<b>401</b>		K-30	48	NIE	01:13:37	02:15:43	<b>03:33:58.30</b>	<b>03:34:10.45</b>	+01:51:34 (52.1%)	10:11	5.9 (48.0%)
395	<b>SZCZUKA Joanna</b>	<b>344</b>	POLITECHNIKA POZNAŃSKA	K-20	6	NIE	01:20:14	02:15:24	<b>03:34:21.45</b>	<b>03:35:08.80</b>	+01:52:32 (52.3%)	10:12	5.9 (48.0%)
396	<b>WNUK Dominik</b>	<b>308</b>	ZAWIANI KOŁOBRZEG	M-20	27	NIE	01:10:12	02:09:26	<b>03:35:20.95</b>	<b>03:35:38.50</b>	+01:53:02 (52.4%)	10:15	5.9 (48.0%)
397	<b>KOCHMAŃSKA Marta</b>	<b>514</b>		K-30	49	NIE	01:12:08	02:09:17	<b>03:35:26.60</b>	<b>03:35:51.85</b>	+01:53:15 (52.5%)	10:15	5.8 (47.2%)
398	<b>PAWŁOWSKI Sławek</b>	<b>312</b>	KALENJI BY DECATHLON	M-20	28	NIE	01:15:18	02:13:32	<b>03:35:15.20</b>	<b>03:35:54.15</b>	+01:53:18 (52.5%)	10:15	5.9 (48.0%)
399	<b>KURZAWIAK Wojciech</b>	<b>77</b>	ZGÓRMYSYNY	M-40	117	TAK	01:19:51	02:20:44	<b>03:35:47.80</b>	<b>03:36:15.15</b>	+01:53:39 (52.6%)	10:16	5.8 (47.2%)
400	<b>AUGUSTOWSKA Izabela</b>	<b>222</b>	KB GEOTERMIA UNIEJÓW	K-40	34	NIE	01:18:50	02:18:14	<b>03:36:10.45</b>	<b>03:36:22.25</b>	+01:53:46 (52.6%)	10:17	5.8 (47.2%)
401	<b>SZYMCZAK Katarzyna</b>	<b>354</b>		K-50	3	NIE	01:17:31	02:15:12	<b>03:35:38.65</b>	<b>03:36:23.10</b>	+01:53:47 (52.6%)	10:16	5.8 (47.2%)
402	<b>BARTNICKI Jędrzej</b>	<b>68</b>	SIERADZBIEGA.PL	M-20	29	NIE	01:19:19	02:17:20	<b>03:35:46.15</b>	<b>03:36:39.65</b>	+01:54:03 (52.6%)	10:16	5.8 (47.2%)
403	<b>BŁASZCZYK Rafał</b>	<b>144</b>	SIERADZBIEGA.PL	M-50	24	NIE	01:18:57	02:17:17	<b>03:35:46.75</b>	<b>03:36:40.45</b>	+01:54:04 (52.6%)	10:16	5.8 (47.2%)
404	<b>KARWAT Dawid</b>	<b>340</b>		M-30	139	NIE	01:19:28	02:19:16	<b>03:35:55.40</b>	<b>03:36:41.75</b>	+01:54:05 (52.7%)	10:16	5.8 (47.2%)
405	<b>JEDYNAK-DOROSZ Izabela</b>	<b>465</b>	KB MANIAC POZNAŃ	K-40	35	NIE	01:19:36	02:19:19	<b>03:36:08.15</b>	<b>03:36:48.40</b>	+01:54:12 (52.7%)	10:17	5.8 (47.2%)
406	<b>WAŚCIŃSKA Edyta</b>	<b>74</b>	PĘDZI - PARA	K-50	4	NIE	01:25:58	02:23:56	<b>03:36:46.15</b>	<b>03:37:41.10</b>	+01:55:05 (52.9%)	10:19	5.8 (47.2%)
407	<b>WAŚCIŃSKI Roman</b>	<b>151</b>	PĘDZI - PARA	M-50	25	NIE	01:19:54	02:22:47	<b>03:36:46.55</b>	<b>03:37:41.15</b>	+01:55:05 (52.9%)	10:19	5.8 (47.2%)
408	<b>PASZKE Agnieszka Regina</b>	<b>549</b>		K-20	7	NIE	01:16:54	02:19:38	<b>03:37:30.55</b>	<b>03:37:42.10</b>	+01:55:06 (52.9%)	10:21	5.8 (47.2%)
409	<b>PRZYBYŁ Tomasz</b>	<b>541</b>	NIGHT RUNNERS OSTRÓW WLKP	M-40	118	NIE	01:20:47	02:21:50	<b>03:37:40.95</b>	<b>03:38:36.80</b>	+01:56:00 (53.1%)	10:21	5.8 (47.2%)
410	<b>HETMANCZYK Maciej</b>	<b>258</b>		M-30	140	YES	01:17:23	02:16:40	<b>03:38:23.55</b>	<b>03:39:13.35</b>	+01:56:37 (53.2%)	10:24	5.8 (47.2%)
411	<b>KOPACKA Edyta</b>	<b>433</b>	ADRIAN DANILEWICZ GROUP	K-30	50	NIE	01:22:59	02:23:15	<b>03:40:06.95</b>	<b>03:40:06.95</b>	+01:57:31 (53.4%)	10:28	5.7 (46.3%)
412	<b>STANKOWSKI Przemysław</b>	<b>458</b>		M-40	119	NIE	01:17:13	02:15:25	<b>03:39:42.80</b>	<b>03:40:12.60</b>	+01:57:36 (53.4%)	10:27	5.7 (46.3%)
413	<b>KORNAŚ Marcin</b>	<b>378</b>	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	M-40	120	NIE	01:17:49	02:18:22	<b>03:39:40.65</b>	<b>03:40:24.25</b>	+01:57:48 (53.4%)	10:27	5.7 (46.3%)
414	<b>DAMM Beata</b>	<b>220</b>	DAMMTEAMRUNNERS	K-30	51	NIE	01:20:21	02:18:42	<b>03:40:16.40</b>	<b>03:40:53.95</b>	+01:58:18 (53.6%)	10:29	5.7 (46.3%)
415	<b>MARCINKIEWICZ Marta</b>	<b>113</b>	MATNER RUNNING TEAM	K-50	5	NIE	01:20:39	02:24:55	<b>03:41:09.65</b>	<b>03:41:43.40</b>	+01:59:07 (53.7%)	10:31	5.7 (46.3%)
416	<b>SKONECZNY Artur</b>	<b>20</b>		M-40	121	NIE	01:19:16	02:20:51	<b>03:41:57.30</b>	<b>03:42:31.85</b>	+01:59:55 (53.9%)	10:34	5.7 (46.3%)
417	<b>FLORCZAK Monika</b>	<b>408</b>		K-30	52	NIE	01:17:28	02:18:21	<b>03:42:25.80</b>	<b>03:43:02.00</b>	+02:00:26 (54.0%)	10:35	5.7 (46.3%)
418	<b>MASZEWSKA Agata</b>	<b>382</b>		K-30	53	NIE	01:20:11	02:18:45	<b>03:43:12.55</b>	<b>03:43:47.75</b>	+02:01:11 (54.2%)	10:37	5.6 (45.5%)

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
419	<b>BUJALSKI Szymon</b>	<b>381</b>		M-40	122	NIE	01:20:08	02:18:36	<b>03:43:12.55</b>	<b>03:43:47.85</b>	+02:01:11 (54.2%)	10:37	5.6 (45.5%)
420	<b>MACHTAŁOWICZ Beata</b>	<b>166</b>		K-30	54	TAK	01:21:19	02:24:11	<b>03:43:27.10</b>	<b>03:43:48.60</b>	+02:01:12 (54.2%)	10:38	5.6 (45.5%)
421	<b>WILK Magdalena</b>	<b>138</b>	TEAM ZABIEGANEDNI	K-40	36	NIE	01:10:42	02:18:41	<b>03:43:05.40</b>	<b>03:43:51.10</b>	+02:01:15 (54.2%)	10:37	5.6 (45.5%)
422	<b>DĄBROWSKI Michał</b>	<b>97</b>	TEAM ZABIEGANEDNI	M-40	123	NIE	01:14:51	02:18:41	<b>03:43:06.15</b>	<b>03:43:51.30</b>	+02:01:15 (54.2%)	10:37	5.6 (45.5%)
423	<b>ŁAMPIKA Kinga</b>	<b>139</b>	NIGHT RUNNERS WROCLAW	K-40	37	NIE	01:21:05	02:23:59	<b>03:43:38.40</b>	<b>03:44:14.35</b>	+02:01:38 (54.2%)	10:39	5.6 (45.5%)
424	<b>BARTOSIK Kamila</b>	<b>121</b>	NIGHT RUNNERS WROCLAW/#SOBASTEAM	K-40	38	NIE	01:21:08	02:24:00	<b>03:43:38.25</b>	<b>03:44:14.45</b>	+02:01:38 (54.2%)	10:38	5.6 (45.5%)
425	<b>ZARABSKA Kamila</b>	<b>420</b>		K-30	55	NIE	01:18:59	02:21:45	<b>03:44:00.20</b>	<b>03:44:32.00</b>	+02:01:56 (54.3%)	10:40	5.6 (45.5%)
425	<b>MARCIA Oliwia</b>	<b>444</b>	UKA	K-30	55	TAK	01:19:09	02:22:18	<b>03:44:00.30</b>	<b>03:44:32.00</b>	+02:01:56 (54.3%)	10:40	5.6 (45.5%)
427	<b>BORKOWSKA Patrycja</b>	<b>350</b>		K-40	39	NIE	01:21:02	02:23:55	<b>03:43:57.15</b>	<b>03:44:34.35</b>	+02:01:58 (54.3%)	10:39	5.6 (45.5%)
428	<b>BOREK Mateusz</b>	<b>56</b>		M-20	30	NIE	01:19:56	02:23:47	<b>03:45:35.65</b>	<b>03:46:26.55</b>	+02:03:50 (54.7%)	10:44	5.6 (45.5%)
429	<b>KACIUPA Agnieszka</b>	<b>327</b>	WIERZBICKI RUNNING PROJECT	K-40	40	NIE	01:21:54	02:24:25	<b>03:45:59.90</b>	<b>03:46:40.90</b>	+02:04:04 (54.7%)	10:45	5.6 (45.5%)
430	<b>KOTECKA-CYZA Małgorzata</b>	<b>207</b>	KOTWICA BRZEG	K-30	57	NIE	01:25:01	02:25:49	<b>03:46:06.85</b>	<b>03:46:42.65</b>	+02:04:06 (54.7%)	10:46	5.6 (45.5%)
431	<b>WYSOCKI Grzegorz</b>	<b>117</b>		M-40	124	NIE	01:12:48	02:18:02	<b>03:47:45.40</b>	<b>03:48:11.70</b>	+02:05:35 (55.0%)	10:50	5.5 (44.7%)
432	<b>BAGIŃSKA Paula</b>	<b>516</b>		K-20	8	NIE	01:24:41	02:26:05	<b>03:48:19.80</b>	<b>03:48:50.55</b>	+02:06:14 (55.2%)	10:52	5.5 (44.7%)
433	<b>POWAŁA Janusz</b>	<b>65</b>	JIL	M-60	4	NIE	01:18:38	02:21:29	<b>03:48:24.90</b>	<b>03:49:06.45</b>	+02:06:30 (55.2%)	10:52	5.5 (44.7%)
434	<b>STANISZEWSKA-DUDA Katarzyna</b>	<b>209</b>	TIM JEST TIM	K-40	41	NIE	01:17:34	02:19:25	<b>03:48:27.00</b>	<b>03:49:06.75</b>	+02:06:30 (55.2%)	10:52	5.5 (44.7%)
435	<b>GIBAS Wojciech</b>	<b>275</b>		M-30	141	YES	01:22:54	02:22:27	<b>03:48:18.10</b>	<b>03:49:07.75</b>	+02:06:31 (55.2%)	10:52	5.5 (44.7%)
436	<b>NOWAK Katarzyna</b>	<b>446</b>	TIM JEST TIM	K-30	58	NIE	01:24:16	02:25:05	<b>03:48:34.20</b>	<b>03:49:12.00</b>	+02:06:36 (55.2%)	10:53	5.5 (44.7%)
437	<b>GRĘDA Elżbieta</b>	<b>473</b>	TIM JEST TIM	K-40	42	NIE	01:17:30	02:19:28	<b>03:48:38.65</b>	<b>03:49:20.65</b>	+02:06:44 (55.3%)	10:53	5.5 (44.7%)
438	<b>PLĄTEK Katarzyna</b>	<b>456</b>	WKURW_TEAM	K-30	59	NIE	01:23:16	02:26:15	<b>03:50:11.85</b>	<b>03:50:23.05</b>	+02:07:47 (55.5%)	10:57	5.5 (44.7%)
439	<b>MALINOWSKI Przemysław</b>	<b>219</b>		M-40	125	NIE	01:20:06	02:22:23	<b>03:50:16.00</b>	<b>03:50:30.80</b>	+02:07:54 (55.5%)	10:57	5.5 (44.7%)
440	<b>NIEDOBA Barbara</b>	<b>532</b>		K-30	60	NIE	01:24:14	02:25:02	<b>03:50:22.75</b>	<b>03:51:03.00</b>	+02:08:27 (55.6%)	10:58	5.5 (44.7%)
441	<b>CICHOMSKA Marzena</b>	<b>228</b>	BIEGAM BO MUSZĘ INACZEJ SIĘ UDUSZĘ	K-30	61	NIE	01:25:48	02:31:49	<b>03:50:25.60</b>	<b>03:51:03.95</b>	+02:08:28 (55.6%)	10:58	5.5 (44.7%)
442	<b>MALISZAK Agnieszka</b>	<b>347</b>		K-30	62	NIE	01:21:20	02:30:54	<b>03:50:43.80</b>	<b>03:51:17.30</b>	+02:08:41 (55.6%)	10:59	5.5 (44.7%)
443	<b>FRĄCZEK Iwona</b>	<b>365</b>		K-30	63	NIE	01:19:22	02:20:02	<b>03:52:37.25</b>	<b>03:53:24.80</b>	+02:10:48 (56.0%)	11:04	5.4 (43.9%)

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>OLECHOWSKI Marcin</b>	<b>554</b>	BRUBECK TEAM	M-40	126	NIE	01:22:03	02:28:39	<b>03:52:56.85</b>	<b>03:53:34.70</b>	+02:10:58 (56.1%)	11:05	5.4 (43.9%)
445	<b>KOSZYKA Weronika</b>	<b>261</b>	WYBIEGAĆ MARZENIA TEAM	K-20	9	NO	01:26:17	02:30:42	<b>03:53:09.05</b>	<b>03:53:47.10</b>	+02:11:11 (56.1%)	11:06	5.4 (43.9%)
446	<b>DUDEK Mariola</b>	<b>205</b>	STRZEGOMSKA DWUNASTKA	K-40	43	NIE	01:23:41	02:28:47	<b>03:53:23.80</b>	<b>03:53:55.70</b>	+02:11:19 (56.1%)	11:06	5.4 (43.9%)
447	<b>BEDNARSKA-ZKOZIOŁ Danuta</b>	<b>273</b>	WKURW_TEAM	K-40	44	NIE	01:23:11	02:34:38	<b>03:57:26.30</b>	<b>03:58:06.25</b>	+02:15:30 (56.9%)	11:18	5.3 (43.1%)
448	<b>BULKOWSKA Asia</b>	<b>509</b>		K-40	45	NIE	01:23:30	02:35:29	<b>03:58:37.05</b>	<b>03:59:14.05</b>	+02:16:38 (57.1%)	11:21	5.3 (43.1%)
449	<b>MICHALSKA Agnieszka</b>	<b>362</b>	KŁODZKO PRZYTWIERDZA BIEGANIE	K-40	46	NIE	01:25:21	02:32:06	<b>04:00:01.30</b>	<b>04:00:28.05</b>	+02:17:52 (57.3%)	11:25	5.2 (42.3%)
450	<b>MORAWSKA Anna</b>	<b>98</b>		K-60	1	NIE	01:23:58	02:29:48	<b>04:00:14.50</b>	<b>04:00:57.60</b>	+02:18:21 (57.4%)	11:26	5.2 (42.3%)
451	<b>SOWIŃSKA Anetta</b>	<b>302</b>	BBL	K-40	47	NIE	01:21:32	02:26:48	<b>04:00:34.95</b>	<b>04:01:01.05</b>	+02:18:25 (57.4%)	11:27	5.2 (42.3%)
452	<b>SOKOŁOWSKI Artur</b>	<b>64</b>	TEAM ZABIEGANEDNI	M-40	127	NIE	01:25:28	02:31:15	<b>04:00:30.45</b>	<b>04:01:22.25</b>	+02:18:46 (57.5%)	11:27	5.2 (42.3%)
453	<b>GINTER Katarzyna</b>	<b>210</b>	ESKADRA KRAKÓW	K-30	64	NIE	01:25:04	02:33:40	<b>04:01:17.20</b>	<b>04:01:49.85</b>	+02:19:13 (57.6%)	11:29	5.2 (42.3%)
454	<b>WARA-WĄSOWSKI Maciej</b>	<b>109</b>		M-50	26	NIE	01:24:37	02:32:32	<b>04:01:54.30</b>	<b>04:02:43.35</b>	+02:20:07 (57.7%)	11:31	5.2 (42.3%)
455	<b>WOŁCZEK Małgorzata</b>	<b>215</b>		K-30	65	NIE	01:25:37	02:32:25	<b>04:02:16.20</b>	<b>04:03:05.15</b>	+02:20:29 (57.8%)	11:32	5.2 (42.3%)
456	<b>PAŁUCKA Marta</b>	<b>287</b>	PROJEKT ULTRA	K-30	66	NIE	01:23:27	02:31:40	<b>04:02:46.45</b>	<b>04:03:26.35</b>	+02:20:50 (57.9%)	11:33	5.2 (42.3%)
457	<b>KWAPIŃSKA Anna</b>	<b>60</b>	ŚWIĘTUJĘ URODZINY DOROTKI	K-30	67	NIE	01:26:50	02:36:18	<b>04:02:45.45</b>	<b>04:03:26.45</b>	+02:20:50 (57.9%)	11:33	5.2 (42.3%)
457	<b>CZECH Dorota</b>	<b>87</b>	PRO-RUN WROCŁAW	K-40	48	NIE	01:26:51	02:36:19	<b>04:02:45.95</b>	<b>04:03:26.45</b>	+02:20:50 (57.9%)	11:33	5.2 (42.3%)
459	<b>RUSIN Jakub</b>	<b>10</b>		M-30	142	NIE	01:23:28	02:30:05	<b>04:04:09.30</b>	<b>04:04:42.45</b>	+02:22:06 (58.1%)	11:37	5.2 (42.3%)
460	<b>FLACZYŃSKI Michał</b>	<b>63</b>	IMENEL	M-30	143	NO	01:23:38	02:30:28	<b>04:04:10.85</b>	<b>04:04:42.90</b>	+02:22:06 (58.1%)	11:37	5.2 (42.3%)
461	<b>SZOŁTYSEK Beata</b>	<b>235</b>	OCHAJO&RUN	K-40	49	NIE	01:28:13	02:37:56	<b>04:06:40.10</b>	<b>04:06:58.65</b>	+02:24:22 (58.5%)	11:44	5.1 (41.5%)
461	<b>PISINGAS Mariusz</b>	<b>188</b>	BIEGANIE TO MÓJ TRZEŻWY WYBÓR	M-40	128	NIE	01:27:40	02:37:54	<b>04:06:37.75</b>	<b>04:06:58.65</b>	+02:24:22 (58.5%)	11:44	5.1 (41.5%)
463	<b>KOHUT Rafał</b>	<b>560</b>		M-50	27		01:32:40	02:44:46	<b>04:09:50.95</b>	<b>04:10:49.35</b>	+02:28:13 (59.1%)	11:53	5 (40.7%)
464	<b>PISKORSKA Katarzyna Ewa</b>	<b>542</b>		K-40	50	NIE	01:31:42	02:39:16	<b>04:12:06.40</b>	<b>04:12:45.50</b>	+02:30:09 (59.4%)	12:00	5 (40.7%)
465	<b>SZYMAŃSKA Hanna</b>	<b>24</b>	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	K-40	51	NO	01:28:45	02:36:52	<b>04:12:04.25</b>	<b>04:12:50.05</b>	+02:30:14 (59.4%)	12:00	5 (40.7%)
466	<b>SZYMAŃSKI Jacek</b>	<b>27</b>		M-50	28	NIE	01:28:13	02:36:56	<b>04:12:04.10</b>	<b>04:12:50.60</b>	+02:30:14 (59.4%)	12:00	5 (40.7%)
467	<b>KUCOWSKA Anna</b>	<b>481</b>	TRAINING LAB	K-30	68	NIE	01:29:40	02:43:53	<b>04:12:36.30</b>	<b>04:13:30.70</b>	+02:30:54 (59.5%)	12:01	5 (40.7%)
468	<b>CISŁAK Anna</b>	<b>239</b>		K-30	69	NIE	01:24:48	02:35:46	<b>04:12:46.55</b>	<b>04:13:32.15</b>	+02:30:56 (59.5%)	12:02	5 (40.7%)

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
469	PEPŁOWSKA Sylwia	91		K-40	52	NIE	01:25:46	02:35:55	04:12:49.30	04:13:32.25	+02:30:56 (59.5%)	12:02	5 (40.7%)
470	NASTAWSKA Monika	40		K-40	53	NIE	01:29:07	02:42:32	04:13:02.60	04:13:43.75	+02:31:07 (59.6%)	12:02	5 (40.7%)
471	ZEMŁA Krzysztof	393		M-50	29	NIE	01:28:14	02:38:43	04:15:55.40	04:16:39.40	+02:34:03 (60.0%)	12:11	4.9 (39.8%)
472	SZCZYPEK Ola	278		K-30	70	NIE	01:28:54	02:43:13	04:17:48.10	04:18:18.70	+02:35:42 (60.3%)	12:16	4.9 (39.8%)
473	CZOCHARA Marta	164	AMATORKA	K-40	54	NIE	01:29:57	02:43:44	04:20:24.70	04:21:09.60	+02:38:33 (60.7%)	12:24	4.8 (39.0%)
474	PIELICHATA Magdalena	253		K-30	71	NIE	01:28:43	02:42:04	04:26:42.65	04:27:35.75	+02:44:59 (61.7%)	12:42	4.7 (38.2%)
475	ADAMIAK Marta	556		K-30	72		01:27:20	02:42:03	04:26:42.80	04:27:35.95	+02:45:00 (61.7%)	12:42	4.7 (38.2%)
476	FURMAN Michał	76	OCHAJORUN & FRIENDS	M-30	144	NIE	01:32:02	02:47:50	04:28:16.00	04:28:41.50	+02:46:05 (61.8%)	12:46	4.7 (38.2%)
477	FURMAN Agnieszka	6	OCHAJORUN & FRIENDS	K-30	73	NIE	01:32:04	02:47:47	04:28:16.50	04:28:42.10	+02:46:06 (61.8%)	12:46	4.7 (38.2%)
478	BASZCZYŃSKA Barbara	318	WKURW_TEAM	K-50	6	NIE	01:33:39	02:50:31	04:29:27.55	04:30:05.00	+02:47:29 (62.0%)	12:49	4.7 (38.2%)
479	ZAJĄC Krzysztof	171		M-40	129	NIE	01:32:46	02:50:14	04:29:43.15	04:30:39.35	+02:48:03 (62.1%)	12:50	4.7 (38.2%)
480	TATARATA Paweł	435	TRAINING LAB	M-30	145	NIE	01:28:22	02:52:19	04:35:33.45	04:36:26.20	+02:53:50 (62.9%)	13:07	4.6 (37.4%)
481	ŁAGOŻNY Jolanta	355	POZYTYWNIIE ZABIEGANI SANOK	K-30	74	NIE	01:36:50	02:50:47	04:39:17.55	04:39:47.45	+02:57:11 (63.3%)	13:18	4.5 (36.6%)
482	WIŚNIEWSKA Ewelina	174	HARDCOROWE WYCHYLYBYMY	K-30	75	NIE	01:40:14	03:04:41	04:51:25.10	04:51:48.85	+03:09:12 (64.8%)	13:52	4.3 (35.0%)
483	BARAŃSKA Marta	32	GORZÓW BIEGA	K-20	10	NIE	01:46:38	03:06:26	04:51:13.30	04:52:05.50	+03:09:29 (64.9%)	13:52	4.3 (35.0%)
484	BARAŃSKI Damian	5	GORZÓW BIEGA	M-20	31	NIE	01:46:38	03:06:26	04:51:13.50	04:52:05.75	+03:09:29 (64.9%)	13:52	4.3 (35.0%)
<b>Przekroczony limit czasu: 05:00:00</b>													
485	PODSIADŁY Robert	192	CHATA BIEGACZA K34 ZAKOPANE	M-60	5	NIE	01:50:49		05:01:28.65	05:02:19.25	+03:19:43 (66.1%)	14:21	4.2 (34.1%)
486	GILEWSKI Artur	412	KUDOWIANKACYKLONPROALTEAM	M-40	130	NIE	00:50:26	01:30:07			+00:22:51	6:26	9.3 (75.6%)
	GAWLEWICZ Krystyna	234	GAWĘŁKI TEAM /POZYTYWNIIE ZABIEGANI SANOK	K-40		NIE	00:51:20 DNF	01:31:44 DNF	DNF	DNF	-	-	- (0.0%)
	TEKIELI Kacper	4	POLAR SPORT / KW TRÓJMIASTO	M-30		TAK	00:56:03 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	BOROWIECKI Krzysztof	184	GT RAT	M-30		NIE	01:08:40 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	FRĄCZEK Marcin	358	TMTEAM	M-40		NIE	01:28:50 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	BONIEC Radosław	515		M-20		NIE	DNF	DNF	DNF	DNF	-	-	- (0.0%)