

# ZŁOTY MARATON - 45 KM

B4SPORT

**Wydarzenie:** Dolnośląski Festiwal Biegów Górskich  
**Organizator:** Fundacja MARATONY GÓRSKIE  
**Data:** 2020-07-16  
**Miejsce:** Łądek-Zdrój  
**Dystans:** 45 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Różn	Tempo min/km	Tempo km/h
1	<b>KOZIOŁ Damian</b>	<b>5489</b>	MARCINSWIERCTEAM	Senior II M - 30	1	01:01:31	02:07:41	03:02:18	<b>03:55:58.30</b>		5:14	11.4 (100%)
2	<b>ŻUCHOWSKI Daniel</b>	<b>5523</b>	MUAY RUNNING TEAM	Senior II M - 30	2	01:01:23	02:07:30	03:03:55	<b>03:56:01.05</b>	+00:00:02 (0.0%)	5:14	11.4 (100%)
3	<b>SZUMLIŃSKI Piotr</b>	<b>5503</b>	ATTIQ TEAM	Senior II M - 30	3	01:01:14	02:08:37	03:04:46	<b>03:56:03.80</b>	+00:00:05 (0.0%)	5:14	11.4 (100%)
4	<b>CHLUPÁČ Dominik</b>	<b>5466</b>	SPORTOBCHOD.CZ	Senior I M - 20	1	01:00:40	02:07:59	03:04:15	<b>04:01:11.80</b>	+00:05:13 (2.2%)	5:21	11.2 (98.2%)
5	<b>SOBCZAK Daniel</b>	<b>5190</b>	KB SOBÓTKA	Senior II M - 30	4	01:01:51	02:14:12	03:12:11	<b>04:08:12.30</b>	+00:12:14 (4.9%)	5:30	10.9 (95.6%)
6	<b>BIAŁOWĄS Tomasz</b>	<b>5480</b>	STAJNIA BALONA	Senior II M - 30	5	01:01:57	02:10:23	03:09:33	<b>04:08:50.20</b>	+00:12:51 (5.2%)	5:31	10.9 (95.6%)
7	<b>CHYB Radosław</b>	<b>5435</b>	RUN-PASSION.PL TEAM	Masters M - 40	1	01:02:06	02:12:10	03:15:04	<b>04:14:09.05</b>	+00:18:10 (7.2%)	5:38	10.6 (93.0%)
8	<b>ŚWIDA Adam</b>	<b>5181</b>	MFINANSE	Senior II M - 30	6	01:04:56	02:15:11	03:19:34	<b>04:17:41.25</b>	+00:21:42 (8.4%)	5:43	10.5 (92.1%)
9	<b>FIRLET Daniel</b>	<b>5469</b>	HOSNET SKW IZERY BOGATYNIA	Masters M - 40	2	01:04:14	02:17:35	03:20:23	<b>04:18:54.95</b>	+00:22:56 (8.9%)	5:45	10.4 (91.2%)
10	<b>JUREK Michał</b>	<b>5007</b>		Senior II M - 30	7	01:05:11	02:17:31	03:20:52	<b>04:19:29.20</b>	+00:23:30 (9.1%)	5:45	10.4 (91.2%)
11	<b>TERZONI Christian</b>	<b>5164</b>	PANDA TEAM	Senior II M - 30	8	01:03:03	02:15:11	03:17:49	<b>04:21:11.70</b>	+00:25:13 (9.7%)	5:48	10.3 (90.4%)
12	<b>DEMBSKI Paweł</b>	<b>5188</b>	PRZEDWOJEWSKI MOUNTAIN TEAM	Senior II M - 30	9	01:05:43	02:18:49	03:21:25	<b>04:21:24.30</b>	+00:25:26 (9.7%)	5:48	10.3 (90.4%)
13	<b>MÜLLER Christoph</b>	<b>5375</b>	ZEULENRODA PRESSTECHNIK	Senior II M - 30	10	01:01:14	02:16:19	03:19:17	<b>04:22:06.95</b>	+00:26:08 (10.0%)	5:49	10.3 (90.4%)
14	<b>BRYSZ Michał</b>	<b>5212</b>	SBG PODBIEG	Senior II M - 30	11	01:05:08	02:18:47	03:20:48	<b>04:22:30.20</b>	+00:26:31 (10.1%)	5:50	10.3 (90.4%)
15	<b>FLISIŃSKI Łukasz</b>	<b>5383</b>		Senior II M - 30	12	00:59:48	02:27:51	03:24:21	<b>04:23:52.10</b>	+00:27:53 (10.6%)	5:51	10.2 (89.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Tempo min/km	Tempo km/h
						B1 10km	B2 22km	A15 33km	netto 45km	Różn		
16	<b>JAGIELSKI Łukasz</b>	<b>5404</b>	LESZNO LIMITS RUNNERS	Senior II M - 30	13	01:03:17	02:17:17	03:26:26	<b>04:31:25.15</b>	+00:35:26 (13.1%)	6:01	9.9 (86.8%)
17	<b>GOMOŁYSEK Kinga</b>	<b>5433</b>	KARKONOSZ RUNNING TEAM	Senior II K - 30	1	01:09:16	02:28:10	03:31:58	<b>04:33:02.15</b>	+00:37:03 (13.6%)	6:04	9.9 (86.8%)
18	<b>GRONDYS Paweł</b>	<b>5429</b>		Masters M - 40	3	01:06:56	02:21:40	03:27:18	<b>04:33:10.35</b>	+00:37:12 (13.6%)	6:04	9.9 (86.8%)
19	<b>GRUCEL Sławomir</b>	<b>5513</b>		Senior II M - 30	14	01:10:24	02:27:13	03:32:09	<b>04:34:49.10</b>	+00:38:50 (14.1%)	6:06	9.8 (86.0%)
20	<b>BRZAŃKALSKI Krzysiek</b>	<b>5034</b>	EAZYMUT.PL	Senior I M - 20	2	01:05:54	02:22:07	03:30:28	<b>04:34:52.35</b>	+00:38:54 (14.2%)	6:06	9.8 (86.0%)
21	<b>BANIAK Marcin</b>	<b>5366</b>	G.O.A.T. TEAM MICHAŁOWICE/MŁYN TRAIL MICHAŁOWICE	Masters M - 40	4	01:05:37	02:23:08	03:31:53	<b>04:40:07.30</b>	+00:44:09 (15.8%)	6:13	9.6 (84.2%)
22	<b>HYŻY Piotr</b>	<b>5006</b>	BONNIE & CLYDE	Masters M - 40	5	01:13:15	02:35:03	03:40:37	<b>04:43:08.95</b>	+00:47:10 (16.7%)	6:17	9.5 (83.3%)
23	<b>LASEK Jakub</b>	<b>5310</b>	KW OPOLE	Senior II M - 30	15	01:09:21	02:26:12	03:36:37	<b>04:43:59.25</b>	+00:48:00 (16.9%)	6:18	9.5 (83.3%)
24	<b>MATYSIAK Bartłomiej</b>	<b>5427</b>	WILD ULTRA WARRIORS	Masters M - 40	6	01:08:54	02:28:58	03:40:32	<b>04:44:11.60</b>	+00:48:13 (17.0%)	6:18	9.5 (83.3%)
25	<b>MAŁEK Tomasz</b>	<b>5483</b>		Senior I M - 20	3	01:09:32	02:28:05	03:38:13	<b>04:44:54.70</b>	+00:48:56 (17.2%)	6:19	9.5 (83.3%)
26	<b>PROMIRSKI Norbert</b>	<b>5498</b>		Masters M - 40	7	01:08:58	02:25:41	03:36:17	<b>04:45:03.00</b>	+00:49:04 (17.2%)	6:20	9.5 (83.3%)
27	<b>JURASZEK Andrzej</b>	<b>5295</b>	METHEORA SPORT TEAM	Senior I M - 20	4	01:07:28	02:26:19	03:38:36	<b>04:46:30.35</b>	+00:50:32 (17.6%)	6:22	9.4 (82.5%)
28	<b>SZAFRAŃSKI Jan</b>	<b>5511</b>	PANTHERS WROCŁAW	Senior II M - 30	16	01:13:13	02:33:22	03:41:17	<b>04:48:10.35</b>	+00:52:12 (18.1%)	6:24	9.4 (82.5%)
29	<b>HERCHEL Arkadiusz</b>	<b>5172</b>		Masters M - 40	8	01:14:28	02:33:46	03:41:51	<b>04:51:32.05</b>	+00:55:33 (19.1%)	6:28	9.3 (81.6%)
30	<b>MARKIEWICZ Agnieszka</b>	<b>5041</b>	PRORUNNING PROMOTION	Senior II K - 30	2	01:15:22	02:39:29	03:47:51	<b>04:51:57.00</b>	+00:55:58 (19.2%)	6:29	9.2 (80.7%)
31	<b>CHAJDAS Mateusz</b>	<b>5189</b>	INŻYNIERIA BIEGANIA	Senior I M - 20	5	01:14:19	02:34:15	03:44:05	<b>04:52:28.85</b>	+00:56:30 (19.3%)	6:29	9.2 (80.7%)
32	<b>CHMIELOWIEC Daniel</b>	<b>5051</b>	GORLICKA GRUPA BIEGOWA	Senior II M - 30	17	01:11:03	02:33:57	03:47:03	<b>04:53:21.60</b>	+00:57:23 (19.6%)	6:31	9.2 (80.7%)
33	<b>SIUDEK Robert</b>	<b>5516</b>	MARCIN ŚWIERC TEAM	Senior II M - 30	18	01:13:57	02:35:05	03:47:37	<b>04:53:48.55</b>	+00:57:50 (19.7%)	6:31	9.2 (80.7%)
34	<b>KLIMA Dariusz</b>	<b>5391</b>		Senior II M - 30	19	01:12:26	02:35:32	03:48:32	<b>04:55:24.40</b>	+00:59:26 (20.1%)	6:33	9.1 (79.8%)
35	<b>DĄBROWSKI Mariusz</b>	<b>5430</b>		Weteran I M - 50	1	01:12:16	02:35:48	03:49:19	<b>04:55:32.70</b>	+00:59:34 (20.2%)	6:34	9.1 (79.8%)
36	<b>GORCZYŃSKI Norbert</b>	<b>5037</b>	KUDOWIANKA RUN	Senior I M - 20	6	01:11:15	02:34:27	03:53:42	<b>04:59:51.25</b>	+01:03:52 (21.3%)	6:39	9 (78.9%)
37	<b>KOZANECKI Przemysław</b>	<b>5089</b>	WYBIEGAĆ MARZENIA TEAM	Senior I M - 20	7	01:18:18	02:39:37	03:51:40	<b>04:59:58.55</b>	+01:04:00 (21.3%)	6:39	9 (78.9%)
38	<b>MALINOWSKI Dawid</b>	<b>5505</b>		Senior I M - 20	8	01:16:25	02:41:56	03:53:55	<b>05:00:13.65</b>	+01:04:15 (21.4%)	6:40	9 (78.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Tempo min/km	Tempo km/h
						B1 10km	B2 22km	A15 33km	netto 45km	Różn		
39	<b>RINK Jan</b>	<b>5138</b>		Masters M - 40	9	01:15:07	02:38:27	03:52:33	<b>05:00:32.60</b>	+01:04:34 (21.5%)	6:40	9 (78.9%)
40	<b>WIERBICKI Krystian</b>	<b>5287</b>		Masters M - 40	10	01:20:12	02:50:10	04:01:53	<b>05:03:04.25</b>	+01:07:05 (22.1%)	6:44	8.9 (78.1%)
41	<b>KĘPSKI Robert</b>	<b>5187</b>		Masters M - 40	11	01:21:28	02:47:23	03:57:53	<b>05:04:00.70</b>	+01:08:02 (22.4%)	6:45	8.9 (78.1%)
42	<b>LACH Sebastian</b>	<b>5372</b>		Masters M - 40	12	01:19:51			<b>05:05:04.40</b>	+01:09:06 (22.7%)	6:46	8.9 (78.1%)
43	<b>POPIEL Andrzej</b>	<b>5106</b>	POPSMART.PL	Senior II M - 30	20	01:13:55	02:39:35	03:55:04	<b>05:05:50.75</b>	+01:09:52 (22.8%)	6:47	8.8 (77.2%)
44	<b>JANKOWSKI Sebastian</b>	<b>5477</b>	WIELISZEW HERON TEAM	Masters M - 40	13	01:18:11	02:43:51	03:56:56	<b>05:06:10.55</b>	+01:10:12 (22.9%)	6:48	8.8 (77.2%)
45	<b>SPYCHALSKI Adam</b>	<b>5313</b>		Masters M - 40	14	01:10:14	02:37:18	03:50:30	<b>05:06:28.30</b>	+01:10:30 (23.0%)	6:48	8.8 (77.2%)
46	<b>WANIOWSKI Jan Jakub</b>	<b>5403</b>		Senior II M - 30	21	01:15:09	02:38:45	03:53:02	<b>05:07:16.40</b>	+01:11:18 (23.2%)	6:49	8.8 (77.2%)
47	<b>MATUŠKA Filip</b>	<b>5303</b>	THERMO FISHER RUNNING TEAM	Masters M - 40	15	01:11:30	02:36:41	03:55:01	<b>05:09:32.20</b>	+01:13:33 (23.8%)	6:52	8.7 (76.3%)
48	<b>JĘDZURA Daniel</b>	<b>5349</b>	BP RUNNING TEAM GLIWICE	Masters M - 40	16	01:17:10	02:42:54	03:58:49	<b>05:09:42.40</b>	+01:13:44 (23.8%)	6:52	8.7 (76.3%)
49	<b>PAWŁOWSKI Tomasz</b>	<b>5203</b>		Masters M - 40	17	01:16:31	02:37:57	03:50:08	<b>05:11:02.05</b>	+01:15:03 (24.1%)	6:54	8.7 (76.3%)
50	<b>SOSNOWSKI Roman</b>	<b>5119</b>	LACHO TEAM	Weteran I M - 50	2	01:23:39	02:53:02	04:06:29	<b>05:12:03.70</b>	+01:16:05 (24.4%)	6:56	8.7 (76.3%)
51	<b>ŻURAWSKI Sławomir</b>	<b>5002</b>	PGBSPORTOWAPACZKA	Masters M - 40	18	01:16:59	02:41:50	03:57:58	<b>05:12:18.10</b>	+01:16:19 (24.4%)	6:56	8.6 (75.4%)
52	<b>SOBOLEWSKI Dariusz</b>	<b>5444</b>	BOREL MARATHON TEAM	Senior II M - 30	22	01:25:13			<b>05:12:58.30</b>	+01:17:00 (24.6%)	6:57	8.6 (75.4%)
53	<b>BERG Aleksander</b>	<b>5179</b>		Senior II M - 30	23	01:13:07	02:37:54	03:56:34	<b>05:13:20.30</b>	+01:17:22 (24.7%)	6:57	8.6 (75.4%)
54	<b>JAKUBOWSKI Marcin</b>	<b>5005</b>	GRUNWALD TEAM POZNAŃ	Senior II M - 30	24	01:25:05	02:50:26	04:03:45	<b>05:13:48.45</b>	+01:17:50 (24.8%)	6:58	8.6 (75.4%)
55	<b>SUSMANEK Joanna</b>	<b>5358</b>	EY RUN4FUN	Senior II K - 30	3	01:23:52	02:55:56	04:09:15	<b>05:14:32.55</b>	+01:18:34 (25.0%)	6:59	8.6 (75.4%)
56	<b>HOŁOWACZ Andrzej</b>	<b>5345</b>		Masters M - 40	19	01:16:38	02:48:06	04:03:02	<b>05:16:13.80</b>	+01:20:15 (25.4%)	7:01	8.5 (74.6%)
57	<b>WOŁOSZ Kacper</b>	<b>5382</b>	BLUE RUNNER	Senior II M - 30	25	01:19:04	02:44:33	04:01:05	<b>05:18:37.90</b>	+01:22:39 (25.9%)	7:04	8.5 (74.6%)
58	<b>POPRAWSKI Paweł</b>	<b>5517</b>		Senior II M - 30	26	01:17:49	02:42:25	03:55:58	<b>05:19:14.20</b>	+01:23:15 (26.1%)	7:05	8.5 (74.6%)
59	<b>TOKARCZYK Marcin</b>	<b>5057</b>	ATHLETICS NYSA	Masters M - 40	20	01:16:22	02:47:10	04:05:42	<b>05:20:18.25</b>	+01:24:19 (26.3%)	7:07	8.4 (73.7%)
60	<b>ADAM Piotr</b>	<b>5416</b>	WROCLAW MARATHON TEAM	Masters M - 40	21	01:19:07	02:49:24	04:08:47	<b>05:22:12.45</b>	+01:26:14 (26.8%)	7:09	8.4 (73.7%)
61	<b>MOŁODECKI Paweł</b>	<b>5462</b>		Masters M - 40	22	01:19:30	02:50:37	04:04:30	<b>05:23:20.95</b>	+01:27:22 (27.0%)	7:11	8.4 (73.7%)

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						B1 10km	B2 22km	A15 33km	netto 45km	Różn		
62	<b>WŁODARCZYK Jarosław</b>	<b>5431</b>	ZORKA JELONKI RUNNING TEAM	Masters M - 40	23	01:12:30	02:41:12	04:01:49	<b>05:23:36.85</b>	+01:27:38 (27.1%)	7:11	8.3 (72.8%)
63	<b>WUJDA Mirosław</b>	<b>5183</b>	ERNI RULEZ	Masters M - 40	24	01:28:21	03:04:01	04:19:17	<b>05:24:06.60</b>	+01:28:08 (27.2%)	7:12	8.3 (72.8%)
64	<b>SANCHIS Davy</b>	<b>5425</b>	TOUT CHAILLES COURT	Masters M - 40	25	01:20:08	02:51:07	04:13:27	<b>05:24:18.20</b>	+01:28:19 (27.2%)	7:12	8.3 (72.8%)
65	<b>BARANOWSKI Jacek</b>	<b>5496</b>	JACEKBIEGA RUNNING TEAM	Masters M - 40	26	01:23:37	02:53:25	04:13:04	<b>05:26:14.90</b>	+01:30:16 (27.7%)	7:15	8.3 (72.8%)
66	<b>CZAJKOWSKI Krzysztof</b>	<b>5159</b>	KOŁO BIEGA	Masters M - 40	27	01:17:19	02:45:20	04:07:14	<b>05:27:14.15</b>	+01:31:15 (27.9%)	7:16	8.3 (72.8%)
67	<b>KLYSZCZ Michał</b>	<b>5325</b>	IZBICKO W BIEGU	Senior I M - 20	9	01:26:18	03:01:57	04:19:54	<b>05:30:47.20</b>	+01:34:48 (28.7%)	7:21	8.2 (71.9%)
68	<b>BURZEC Tomasz</b>	<b>5438</b>	HFB	Masters M - 40	28	01:17:55	02:51:32	04:11:10	<b>05:31:19.80</b>	+01:35:21 (28.8%)	7:21	8.1 (71.1%)
69	<b>ZDZIECHOWICZ Natalia</b>	<b>5012</b>	AZS UJ	Senior I K - 20	1	01:23:56	02:50:17	04:10:53	<b>05:31:24.35</b>	+01:35:26 (28.8%)	7:21	8.1 (71.1%)
70	<b>NOWAK Marcin</b>	<b>5474</b>	KRAKOWIAK ULTRA TEAM	Senior II M - 30	27	01:19:00	02:52:33	04:17:35	<b>05:31:42.25</b>	+01:35:43 (28.9%)	7:22	8.1 (71.1%)
71	<b>CHUDY Piotr</b>	<b>5224</b>	KLIMA-ELEKTRO.PL	Masters M - 40	29	01:25:08	02:55:21	04:14:54	<b>05:33:16.30</b>	+01:37:18 (29.2%)	7:24	8.1 (71.1%)
72	<b>STROF Marcin</b>	<b>5274</b>	EKO-OKNA RUNNERS	Senior II M - 30	28	01:20:21	02:50:21	04:11:39	<b>05:34:11.20</b>	+01:38:12 (29.4%)	7:25	8.1 (71.1%)
73	<b>LEWANDOWSKI Wojciech</b>	<b>5456</b>		Masters M - 40	30	01:19:06	02:53:40	04:16:24	<b>05:34:43.10</b>	+01:38:44 (29.5%)	7:26	8.1 (71.1%)
74	<b>FERENC-SZMUC Edyta</b>	<b>5282</b>	KUDOWIANKA RUN	Senior II K - 30	4	01:25:36	02:56:41	04:16:41	<b>05:35:02.50</b>	+01:39:04 (29.6%)	7:26	8.1 (71.1%)
75	<b>CICHOŃ Magdalena</b>	<b>5458</b>		Masters K - 40	1	01:29:46	03:05:04	04:22:09	<b>05:35:11.85</b>	+01:39:13 (29.6%)	7:26	8.1 (71.1%)
76	<b>LASOCKI Marcin</b>	<b>5103</b>	12TRI.PL / TEAM ZABIEGANEDNI	Masters M - 40	31	01:16:44	02:47:02	04:11:20	<b>05:35:46.65</b>	+01:39:48 (29.7%)	7:27	8 (70.2%)
77	<b>GRUSZKA Janusz</b>	<b>5450</b>	KITA TEAM	Senior II M - 30	29	01:19:21	02:51:38	04:14:29	<b>05:36:26.15</b>	+01:40:27 (29.9%)	7:28	8 (70.2%)
78	<b>BABIARZ Jacek</b>	<b>5451</b>	KITA TEAM	Senior II M - 30	30	01:19:33	02:51:49	04:15:11	<b>05:36:37.95</b>	+01:40:39 (29.9%)	7:28	8 (70.2%)
79	<b>ZAWADA Mateusz</b>	<b>5269</b>	ZARAŻENI BÓLEM	Senior I M - 20	10	01:28:22	02:57:51	04:20:34	<b>05:37:03.40</b>	+01:41:05 (30.0%)	7:29	8 (70.2%)
80	<b>WASIAKOWSKI Norbert</b>	<b>5290</b>	ORANGE POLSKA	Masters M - 40	32	01:21:41	02:48:38	04:08:11	<b>05:37:35.60</b>	+01:41:37 (30.1%)	7:30	8 (70.2%)
81	<b>BOROWIEC Bartosz</b>	<b>5247</b>	PRO-RUN WROCŁAW	Senior II M - 30	31	01:19:22	02:51:56	04:14:23	<b>05:39:02.40</b>	+01:43:04 (30.4%)	7:32	8 (70.2%)
82	<b>ZYCH Katarzyna</b>	<b>5003</b>	BONNIE & CLYDE	Masters K - 40	2	01:24:04	03:01:39	04:22:02	<b>05:41:14.55</b>	+01:45:16 (30.8%)	7:34	7.9 (69.3%)
83	<b>MAŚLAK Radomił</b>	<b>5413</b>	STARE BABICE BIEGAJĄ	Masters M - 40	33	01:23:48	03:00:26	04:21:57	<b>05:41:48.00</b>	+01:45:49 (31.0%)	7:35	7.9 (69.3%)
84	<b>MAZIK Wojciech</b>	<b>5512</b>		Senior I M - 20	11	01:21:51	02:49:59	04:14:08	<b>05:42:10.65</b>	+01:46:12 (31.0%)	7:36	7.9 (69.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Tempo min/km	Tempo km/h
						B1 10km	B2 22km	A15 33km	netto 45km	Różn		
85	<b>BIEL Sławomir</b>	<b>5196</b>		Senior II M - 30	32	01:20:50	02:57:41	04:22:31	<b>05:43:08.20</b>	+01:47:09 (31.2%)	7:37	7.9 (69.3%)
86	<b>RŮŽIČKA Lukáš</b>	<b>5519</b>	RUNSPORT TEAM	Senior II M - 30	33	01:25:45	02:59:39	04:18:13	<b>05:43:23.00</b>	+01:47:24 (31.3%)	7:37	7.9 (69.3%)
87	<b>STRAUCHOLD Anna</b>	<b>5169</b>	PRO RUN WROCLAW	Masters K - 40	3	01:26:42	03:03:08	04:26:29	<b>05:44:03.00</b>	+01:48:04 (31.4%)	7:38	7.8 (68.4%)
88	<b>MAZUREK Artur</b>	<b>5389</b>	GMINA LUDZI Z PASJĄ	Weteran I M - 50	3	01:25:48	02:59:48	04:22:25	<b>05:44:05.55</b>	+01:48:07 (31.4%)	7:38	7.8 (68.4%)
89	<b>ŚMIECHOWSKI Michał</b>	<b>5514</b>	PANTHERS WROCLAW	Senior II M - 30	34	01:13:59	02:43:48	04:16:59	<b>05:45:05.70</b>	+01:49:07 (31.6%)	7:40	7.8 (68.4%)
90	<b>CHOJECKI Paweł</b>	<b>5398</b>	ZBUCKI RUCH	Masters M - 40	34	01:22:34	03:00:43	04:23:34	<b>05:45:47.30</b>	+01:49:49 (31.8%)	7:41	7.8 (68.4%)
91	<b>NOWAK Paweł</b>	<b>5525</b>		Weteran II M - 60	1	01:27:04	03:07:17	04:30:37	<b>05:46:41.15</b>	+01:50:42 (31.9%)	7:42	7.8 (68.4%)
92	<b>LAMEK Andrzej</b>	<b>5321</b>	AKTYWNY OSTRZESZÓW	Weteran I M - 50	4	01:25:13	03:03:55	04:27:46	<b>05:47:13.95</b>	+01:51:15 (32.0%)	7:42	7.8 (68.4%)
93	<b>BRUDEREK Tomasz</b>	<b>5333</b>	PRIMUM CURRERE	Masters M - 40	35	01:25:18	03:04:29	04:27:31	<b>05:47:15.00</b>	+01:51:16 (32.0%)	7:43	7.8 (68.4%)
94	<b>SKWAREK Marcin</b>	<b>5340</b>	SMASHING PAPKINS	Senior II M - 30	35	01:22:31	02:59:29	04:25:10	<b>05:47:16.75</b>	+01:51:18 (32.1%)	7:43	7.8 (68.4%)
95	<b>KUĆ Jarosław</b>	<b>5050</b>	LACHO TEAM	Weteran I M - 50	5	01:23:29	02:56:19	04:24:00	<b>05:47:54.60</b>	+01:51:56 (32.2%)	7:43	7.8 (68.4%)
96	<b>CZARNECKI Zbigniew</b>	<b>5415</b>	STARE BABICE BIEGAJĄ	Weteran I M - 50	6	01:24:22	03:02:23	04:26:29	<b>05:48:12.00</b>	+01:52:13 (32.2%)	7:44	7.8 (68.4%)
97	<b>WANDEL Piotr</b>	<b>5105</b>	PRO-RUN	Masters M - 40	36	01:26:31	03:03:00	04:27:01	<b>05:49:18.20</b>	+01:53:19 (32.4%)	7:45	7.7 (67.5%)
98	<b>ŻEBROWSKI Juliusz</b>	<b>5262</b>	BORN TO RUN	Senior I M - 20	12	01:23:51	02:58:48	04:31:55	<b>05:49:23.50</b>	+01:53:25 (32.5%)	7:45	7.7 (67.5%)
99	<b>GAŁECKI Robert</b>	<b>5437</b>	HFB	Senior II M - 30	36	01:17:44	02:51:22	04:23:27	<b>05:50:34.95</b>	+01:54:36 (32.7%)	7:47	7.7 (67.5%)
100	<b>WOJCIECHOWSKI Dariusz</b>	<b>5468</b>	KRAKOWIAK ULTRA TEAM	Masters M - 40	37	01:24:53	03:00:25	04:28:26	<b>05:50:51.30</b>	+01:54:53 (32.7%)	7:47	7.7 (67.5%)
101	<b>PARANDYK Krystian</b>	<b>5417</b>		Senior II M - 30	37	01:25:33	03:06:33	04:31:05	<b>05:51:10.70</b>	+01:55:12 (32.8%)	7:48	7.7 (67.5%)
102	<b>KOWALCZYK Adam</b>	<b>5518</b>		Masters M - 40	38	01:28:19	03:07:40	04:32:04	<b>05:52:18.80</b>	+01:56:20 (33.0%)	7:49	7.7 (67.5%)
103	<b>RÓLKA Mariola</b>	<b>5471</b>	BRACIA PIETRZAK RUNNING TEAM	Masters K - 40	4	01:27:57	03:09:25	04:36:38	<b>05:52:43.75</b>	+01:56:45 (33.1%)	7:50	7.7 (67.5%)
104	<b>MICHAŁ Łubian</b>	<b>5371</b>	CSIOZ	Masters M - 40	39	01:25:55	03:04:14	04:27:47	<b>05:53:37.15</b>	+01:57:38 (33.3%)	7:51	7.6 (66.7%)
105	<b>POCIEJOWSKI Fryderyk</b>	<b>5099</b>		Senior II M - 30	38	01:22:28	02:59:15	04:25:52	<b>05:53:38.65</b>	+01:57:40 (33.3%)	7:51	7.6 (66.7%)
106	<b>PIKOS Patryk</b>	<b>5083</b>		Senior II M - 30	39	01:19:04	02:52:31	04:25:06	<b>05:54:25.75</b>	+01:58:27 (33.4%)	7:52	7.6 (66.7%)
107	<b>WANSKI Michał</b>	<b>5347</b>		Masters M - 40	40	01:28:34	03:02:51	04:28:21	<b>05:54:29.95</b>	+01:58:31 (33.4%)	7:52	7.6 (66.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Tempo min/km	Tempo km/h
						B1 10km	B2 22km	A15 33km	netto 45km	Różn		
108	<b>GWOZDECKI Tomasz</b>	<b>5125</b>	ZWYCZUCIEMSMAKU.PL	Senior II M - 30	40	01:21:59	03:01:59	04:31:05	<b>05:54:35.60</b>	+01:58:37 (33.5%)	7:52	7.6 (66.7%)
109	<b>SNARSKI Piotr</b>	<b>5394</b>	ADIDAS RUNNERS WARSAW	Senior II M - 30	41	01:27:19	03:05:36	04:34:31	<b>05:54:39.75</b>	+01:58:41 (33.5%)	7:52	7.6 (66.7%)
110	<b>BIAŁEK Mirosław</b>	<b>5168</b>	WRONIECKI KLUB BIEGACZA - PANDA TEAM	Senior II M - 30	42	01:28:59	03:10:16	04:37:05	<b>05:55:01.20</b>	+01:59:02 (33.5%)	7:53	7.6 (66.7%)
111	<b>MŁYNARCZYK Krzysztof</b>	<b>5428</b>		Masters M - 40	41	01:30:10	03:12:26	04:35:33	<b>05:56:39.00</b>	+02:00:40 (33.8%)	7:55	7.6 (66.7%)
112	<b>BEDNARZ Marta</b>	<b>5385</b>	ADIDAS WARSAW RUNNERS	Senior II K - 30	5	01:27:37	03:10:21	04:35:56	<b>05:57:30.85</b>	+02:01:32 (34.0%)	7:56	7.6 (66.7%)
113	<b>PUDELKO Roman</b>	<b>5419</b>		Senior II M - 30	43	01:30:11	03:13:02	04:39:26	<b>05:57:43.65</b>	+02:01:45 (34.0%)	7:56	7.5 (65.8%)
114	<b>ABRAMOWICZ Agata</b>	<b>5304</b>		Senior I K - 20	2	01:26:13	03:07:25	04:35:30	<b>05:57:49.55</b>	+02:01:51 (34.1%)	7:57	7.5 (65.8%)
115	<b>ZERZUT Jarosław</b>	<b>5045</b>	ŚRUNDUNIA SZCZECIN	Weteran I M - 50	7	01:31:38	03:07:24	04:35:15	<b>05:58:35.45</b>	+02:02:37 (34.2%)	7:58	7.5 (65.8%)
116	<b>BARAŃSKI Paweł</b>	<b>5354</b>	WIECHLICE RUN	Senior II M - 30	44	01:27:28	03:03:26	04:34:51	<b>05:59:13.00</b>	+02:03:14 (34.3%)	7:58	7.5 (65.8%)
117	<b>WRÓBLEWSKI Radosław</b>	<b>5243</b>	VELUX	Senior II M - 30	45	01:35:08	03:15:11	04:37:10	<b>05:59:55.25</b>	+02:03:56 (34.4%)	7:59	7.5 (65.8%)
118	<b>KARCZEWSKI Andrzej</b>	<b>5363</b>		Senior II M - 30	46				<b>06:00:00.00</b>	+02:04:01 (34.5%)	8:00	7.5 (65.8%)
119	<b>CZERWIŃSKI Łukasz</b>	<b>5066</b>	RAFFLES EUROPEJSKI WARSAW	Masters M - 40	42	01:22:00	02:55:55	04:33:26	<b>06:00:31.80</b>	+02:04:33 (34.5%)	8:00	7.5 (65.8%)
120	<b>HORDEY Yaroslav</b>	<b>5461</b>	SPRINTERPRĄDY	Masters M - 40	43	01:17:30	02:45:34	04:45:13	<b>06:01:00.50</b>	+02:05:02 (34.6%)	8:01	7.5 (65.8%)
121	<b>JARNOT Konrad</b>	<b>5194</b>	BIEGAM W KATO ;)	Senior II M - 30	47	01:35:53	03:13:40	04:39:33	<b>06:01:14.30</b>	+02:05:16 (34.7%)	8:01	7.5 (65.8%)
122	<b>PASZKIEWICZ Józef</b>	<b>5390</b>		Senior II M - 30	48	01:28:38	03:04:09	04:32:57	<b>06:01:24.35</b>	+02:05:26 (34.7%)	8:01	7.5 (65.8%)
123	<b>STYK Marek</b>	<b>5205</b>		Senior II M - 30	49	01:30:46	03:03:59	04:33:13	<b>06:01:29.45</b>	+02:05:31 (34.7%)	8:02	7.5 (65.8%)
124	<b>WOŹNIAK Paweł</b>	<b>5217</b>	KLEP	Masters M - 40	44	01:20:09	03:01:17	04:29:52	<b>06:01:42.65</b>	+02:05:44 (34.8%)	8:02	7.5 (65.8%)
125	<b>KIŃCZYK Tomasz</b>	<b>5488</b>	TERMY JAKUBA	Masters M - 40	45	01:35:08	03:16:02	04:43:29	<b>06:01:48.65</b>	+02:05:50 (34.8%)	8:02	7.5 (65.8%)
126	<b>STASIAK Włodzimierz Stasiak</b>	<b>5040</b>	PRO-RUN WROCŁAW	Senior II M - 30	50	01:26:22	03:07:00	04:37:31	<b>06:01:58.15</b>	+02:05:59 (34.8%)	8:02	7.5 (65.8%)
127	<b>LEJA Wojciech</b>	<b>5232</b>	LEJOWIE	Senior I M - 20	13	01:23:05	03:00:26	04:32:24	<b>06:02:04.05</b>	+02:06:05 (34.8%)	8:02	7.5 (65.8%)
128	<b>BIŃCZARSKI Patryk</b>	<b>5060</b>		Senior II M - 30	51	01:28:47	03:11:50	04:41:22	<b>06:02:22.10</b>	+02:06:23 (34.9%)	8:03	7.5 (65.8%)
129	<b>HŁASKO Ania</b>	<b>5284</b>		Senior I K - 20	3	01:29:13	03:08:24	04:39:01	<b>06:05:21.70</b>	+02:09:23 (35.4%)	8:07	7.4 (64.9%)
130	<b>RUDNICKI Krzysztof</b>	<b>5343</b>		Senior II M - 30	52	01:30:13	03:14:31	04:42:19	<b>06:05:38.10</b>	+02:09:39 (35.5%)	8:07	7.4 (64.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Tempo min/km	Tempo km/h
						B1 10km	B2 22km	A15 33km	netto 45km	Różn		
131	<b>CEBULA Grzegorz</b>	<b>5457</b>		Weteran I M - 50	8	01:22:42	03:07:37	04:38:48	<b>06:06:49.05</b>	+02:10:50 (35.7%)	8:09	7.4 (64.9%)
132	<b>KIEŁCZYŃSKI Rajmund</b>	<b>5023</b>	OVER 40 TEAM	Masters M - 40	46	01:35:36	03:22:51	04:50:02	<b>06:07:19.85</b>	+02:11:21 (35.8%)	8:09	7.4 (64.9%)
133	<b>WARZECHA Teresa</b>	<b>5367</b>	RUNNERS TEAM NYSA	Weteran K - 50	1	01:33:39	03:15:28	04:44:20	<b>06:07:58.20</b>	+02:11:59 (35.9%)	8:10	7.3 (64.0%)
134	<b>POPŁAWSKI Piotr</b>	<b>5432</b>	PGB SPORTOWA PACZKA	Senior II M - 30	53	01:34:27	03:24:10	04:50:24	<b>06:09:18.35</b>	+02:13:20 (36.1%)	8:12	7.3 (64.0%)
135	<b>ANTOSIAK Tomasz</b>	<b>5501</b>	TMTEAM	Senior II M - 30	54	01:26:41	03:12:26	04:43:33	<b>06:09:52.35</b>	+02:13:54 (36.2%)	8:13	7.3 (64.0%)
136	<b>ŚLIWKA Arkadiusz</b>	<b>5182</b>	OLZA CIESZYN	Masters M - 40	47	01:27:22	03:10:40	04:41:48	<b>06:09:57.30</b>	+02:13:59 (36.2%)	8:13	7.3 (64.0%)
137	<b>OSMOLAK Agnieszka</b>	<b>5210</b>	PRO-RUN WROCŁAW	Senior II K - 30	6	01:33:46	03:17:17	04:46:04	<b>06:10:17.85</b>	+02:14:19 (36.3%)	8:13	7.3 (64.0%)
138	<b>BIELECKI Robert</b>	<b>5027</b>	KEEN ON RUNNING	Weteran I M - 50	9	01:33:00	03:13:34	04:44:32	<b>06:11:25.25</b>	+02:15:26 (36.5%)	8:15	7.3 (64.0%)
139	<b>GONCERZEWICZ Anna</b>	<b>5350</b>	BASSET ROLLING TEAM/STARE BABICE BIEGAJA	Senior II K - 30	7	01:40:19	03:23:40	04:47:54	<b>06:11:26.50</b>	+02:15:28 (36.5%)	8:15	7.3 (64.0%)
140	<b>SKOKOWSKI Jacek</b>	<b>5047</b>	ŚRUNDUNIA SZCZECIN	Weteran I M - 50	10	01:33:44	03:19:21	04:50:33	<b>06:11:33.15</b>	+02:15:34 (36.5%)	8:15	7.3 (64.0%)
141	<b>WIATER Tomasz</b>	<b>5042</b>		Masters M - 40	48	01:19:53	02:52:25	04:35:12	<b>06:12:08.65</b>	+02:16:10 (36.6%)	8:16	7.3 (64.0%)
142	<b>DRAGANEK Ewelina</b>	<b>5202</b>		Senior II K - 30	8	01:30:35	03:13:54	04:45:07	<b>06:12:46.00</b>	+02:16:47 (36.7%)	8:17	7.2 (63.2%)
143	<b>GORALEWSKI Mateusz</b>	<b>5162</b>		Senior II M - 30	55				<b>06:13:12.00</b>	+02:17:13 (36.8%)	8:17	7.2 (63.2%)
144	<b>WIERZBICKI Daniel</b>	<b>5241</b>	EBIEGI.PL	Senior II M - 30	56	01:37:30	03:27:38	04:56:36	<b>06:13:17.40</b>	+02:17:19 (36.8%)	8:17	7.2 (63.2%)
145	<b>WIERZBICKA Beata</b>	<b>5240</b>	EBIEGI.PL	Senior II K - 30	9	01:37:39	03:27:47	04:56:45	<b>06:13:21.35</b>	+02:17:23 (36.8%)	8:17	7.2 (63.2%)
146	<b>WERNO Bartłomiej</b>	<b>5271</b>		Senior II M - 30	57	01:26:35	03:02:35	04:34:33	<b>06:13:44.55</b>	+02:17:46 (36.9%)	8:18	7.2 (63.2%)
147	<b>STELMACH Krzysztof</b>	<b>5206</b>		Masters M - 40	49	01:32:20	03:13:57	04:45:17	<b>06:15:41.85</b>	+02:19:43 (37.2%)	8:20	7.2 (63.2%)
148	<b>TURLEJ Dariusz</b>	<b>5211</b>	KONDYCJA	Weteran II M - 60	2	01:38:08	03:23:37	04:52:01	<b>06:16:51.35</b>	+02:20:53 (37.4%)	8:22	7.2 (63.2%)
149	<b>BODZIOCH Grzegorz</b>	<b>5011</b>	GORLICKA GRUPA BIEGOWA	Masters M - 40	50	01:38:55	03:22:04	04:51:52	<b>06:17:01.80</b>	+02:21:03 (37.4%)	8:22	7.2 (63.2%)
150	<b>ZŁOTNICKA Olga</b>	<b>5118</b>		Masters K - 40	5	01:37:04	03:25:05	04:55:11	<b>06:18:15.75</b>	+02:22:17 (37.6%)	8:24	7.1 (62.3%)
151	<b>SKURZYŃSKI Mariusz</b>	<b>5075</b>		Masters M - 40	51	01:30:19	03:18:02	04:51:52	<b>06:18:16.25</b>	+02:22:17 (37.6%)	8:24	7.1 (62.3%)
152	<b>KOWALCZYK Rafał</b>	<b>5351</b>	ASICS FRONTRUNNER POLAND	Senior I M - 20	14	01:29:37	03:12:21	04:45:19	<b>06:18:25.15</b>	+02:22:26 (37.6%)	8:24	7.1 (62.3%)
153	<b>SIENNICA Joanna</b>	<b>5097</b>		Masters K - 40	6	01:37:16	03:25:15	04:55:23	<b>06:18:25.80</b>	+02:22:27 (37.6%)	8:24	7.1 (62.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Tempo min/km	Tempo km/h
						B1 10km	B2 22km	A15 33km	netto 45km	Różn		
154	<b>FRONCZKOWSKA Barbara</b>	<b>5281</b>		Senior II K - 30	10	01:38:23	03:25:09	04:55:14	<b>06:19:38.20</b>	+02:23:39 (37.8%)	8:26	7.1 (62.3%)
155	<b>PARFIENIUK Michał</b>	<b>5348</b>	BIAŁYSTOK BIEGA TEAM	Senior I M - 20	15	01:36:56	03:26:50	05:00:09	<b>06:20:03.50</b>	+02:24:05 (37.9%)	8:26	7.1 (62.3%)
156	<b>DOBEK Tomasz</b>	<b>5297</b>	BIEGAMPŁOCK TEAM	Masters M - 40	52	01:34:43	03:16:37	04:47:25	<b>06:20:30.75</b>	+02:24:32 (38.0%)	8:27	7.1 (62.3%)
157	<b>ŻEHALUK Paweł</b>	<b>5280</b>		Senior I M - 20	16	02:04:53	03:38:06	04:59:30	<b>06:21:20.05</b>	+02:25:21 (38.1%)	8:28	7.1 (62.3%)
158	<b>GŁUSZKO Krzysztof</b>	<b>5215</b>	MIRA TEAM	Weteran II M - 60	3	01:31:10	03:14:01	04:53:11	<b>06:22:13.35</b>	+02:26:15 (38.3%)	8:29	7.1 (62.3%)
159	<b>ROSIECKI Marcin</b>	<b>5267</b>		Masters M - 40	53	01:26:53	03:09:55	04:46:13	<b>06:22:37.45</b>	+02:26:39 (38.3%)	8:30	7.1 (62.3%)
160	<b>GŁOWACKI Krzysztof</b>	<b>5126</b>		Senior II M - 30	58	01:23:52	03:10:03	04:52:29	<b>06:24:02.35</b>	+02:28:04 (38.6%)	8:32	7 (61.4%)
161	<b>GINTER Grzegorz</b>	<b>5436</b>	AZS COLLEGIUM MEDICUM UJ	Senior II M - 30	59	01:37:04	03:24:42	04:55:25	<b>06:24:22.15</b>	+02:28:23 (38.6%)	8:32	7 (61.4%)
162	<b>ŁOAZA Krzysztof</b>	<b>5065</b>	NIGHT RUNNERS PYSKOWICE	Masters M - 40	54	01:42:15	03:21:42	04:56:57	<b>06:24:39.35</b>	+02:28:41 (38.7%)	8:32	7 (61.4%)
163	<b>GOŁUCKI Przemysław</b>	<b>5218</b>		Masters M - 40	55	01:35:11	03:17:01	04:50:52	<b>06:24:43.80</b>	+02:28:45 (38.7%)	8:32	7 (61.4%)
164	<b>GÓRECKA Milena</b>	<b>5165</b>	PANDA TEAM	Senior II K - 30	11	01:44:34	03:36:13	05:07:07	<b>06:25:06.85</b>	+02:29:08 (38.7%)	8:33	7 (61.4%)
165	<b>KISIEL Krzysztof</b>	<b>5081</b>	CYKLO KWIDZYN	Masters M - 40	56	01:36:22	03:22:37	04:59:11	<b>06:25:25.15</b>	+02:29:26 (38.8%)	8:33	7 (61.4%)
166	<b>KWIATKOWSKI Tomasz</b>	<b>5275</b>	KWIDZYN BIEGA	Senior II M - 30	60	01:37:41	03:25:52	04:56:32	<b>06:26:02.35</b>	+02:30:04 (38.9%)	8:34	7 (61.4%)
167	<b>BATURO Artur</b>	<b>5226</b>	MARCINOWICE TEAM	Masters M - 40	57	01:28:19	03:17:15	04:52:26	<b>06:26:06.00</b>	+02:30:07 (38.9%)	8:34	7 (61.4%)
168	<b>JAWORSKI Łukasz</b>	<b>5249</b>		Masters M - 40	58	01:37:49	03:20:34	04:57:19	<b>06:26:29.60</b>	+02:30:31 (38.9%)	8:35	7 (61.4%)
169	<b>CHĘCIŃSKI Łukasz</b>	<b>5121</b>		Masters M - 40	59	01:34:13	03:15:22	04:53:14	<b>06:26:43.10</b>	+02:30:44 (39.0%)	8:35	7 (61.4%)
170	<b>MARCINIAK Rafał</b>	<b>5410</b>		Senior II M - 30	61	01:33:30	03:22:51	04:58:37	<b>06:26:50.50</b>	+02:30:52 (39.0%)	8:35	7 (61.4%)
171	<b>GMAJ Daniel</b>	<b>5128</b>	1983	Senior II M - 30	62	01:39:07	03:23:19	04:55:00	<b>06:27:22.25</b>	+02:31:23 (39.1%)	8:36	7 (61.4%)
172	<b>JANISZEWSKI Dominik</b>	<b>5061</b>		Senior II M - 30	63	01:37:31	03:22:55	05:01:09	<b>06:27:34.05</b>	+02:31:35 (39.1%)	8:36	7 (61.4%)
173	<b>KUJAWSKA Agnieszka</b>	<b>5098</b>		Masters K - 40	7	01:36:03	03:26:37	04:58:18	<b>06:27:34.65</b>	+02:31:36 (39.1%)	8:36	7 (61.4%)
174	<b>HENECZKOWSKA Anna</b>	<b>5263</b>	BORN TO RUN	Senior I K - 20	4	01:26:26	03:08:21	04:51:26	<b>06:28:11.15</b>	+02:32:12 (39.2%)	8:37	7 (61.4%)
175	<b>KŁODA Dariusz</b>	<b>5018</b>	DRUŻYNA SZPIKU	Masters M - 40	60	01:37:52	03:23:59	05:00:26	<b>06:29:06.20</b>	+02:33:07 (39.4%)	8:38	6.9 (60.5%)
176	<b>PTASZYŃSKI Krzysztof</b>	<b>5131</b>		Senior I M - 20	17	01:38:31	03:27:53	05:02:29	<b>06:29:43.25</b>	+02:33:44 (39.5%)	8:39	6.9 (60.5%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Tempo min/km	Tempo km/h
						B1 10km	B2 22km	A15 33km	netto 45km	Różn		
177	<b>SAJEWICZ Grzegorz</b>	<b>5320</b>		Senior II M - 30	64	01:48:48	03:32:53	05:02:38	<b>06:29:48.90</b>	+02:33:50 (39.5%)	8:39	6.9 (60.5%)
178	<b>KRUCZEK Mirosław</b>	<b>5086</b>	KW OPOLE	Weteran I M - 50	11	01:31:56	03:18:34	04:50:33	<b>06:30:31.05</b>	+02:34:32 (39.6%)	8:40	6.9 (60.5%)
179	<b>KLOSEK Jacek</b>	<b>5502</b>	INSTAL-TECH TEAM	Senior II M - 30	65	01:40:10	03:26:28	04:58:37	<b>06:30:44.70</b>	+02:34:46 (39.6%)	8:41	6.9 (60.5%)
180	<b>ILKÓW Marcin</b>	<b>5307</b>	NSK RUNS	Masters M - 40	61	01:27:12	03:10:44	04:51:38	<b>06:30:47.05</b>	+02:34:48 (39.6%)	8:41	6.9 (60.5%)
181	<b>BOROWSKI Tomasz</b>	<b>5423</b>	HAMER	Weteran I M - 50	12	01:31:23	03:25:31	05:07:12	<b>06:31:38.25</b>	+02:35:39 (39.7%)	8:42	6.9 (60.5%)
182	<b>PSZENICZNA Joanna</b>	<b>5013</b>	VEGE RUNNERS	Senior II K - 30	12	01:39:34	03:32:22	05:03:52	<b>06:31:53.55</b>	+02:35:55 (39.8%)	8:42	6.9 (60.5%)
183	<b>DZIUBEK Monika</b>	<b>5236</b>	W POGONI ZA DUCHEM	Masters K - 40	8	01:40:17	03:31:34	05:07:05	<b>06:32:28.05</b>	+02:36:29 (39.9%)	8:43	6.9 (60.5%)
184	<b>KÓZKA Przem</b>	<b>5335</b>	BIEGAM, BO NIE LUBIĘ	Masters M - 40	62	01:27:35	03:16:17	04:57:09	<b>06:33:10.80</b>	+02:37:12 (40.0%)	8:44	6.9 (60.5%)
185	<b>KUŻEL Adrian</b>	<b>5147</b>	LATAJACE GRYFY	Masters M - 40	63	01:38:18	03:31:45	05:04:58	<b>06:33:12.40</b>	+02:37:14 (40.0%)	8:44	6.9 (60.5%)
186	<b>CHYLIŃSKI Sławomir</b>	<b>5149</b>	KASTA Z MAŁEGO MIASTA	Masters M - 40	64	01:38:20	03:31:54	05:05:08	<b>06:33:20.30</b>	+02:37:22 (40.0%)	8:44	6.9 (60.5%)
187	<b>TWARDOWSKI Krzysztof</b>	<b>5222</b>	AMATOR	Weteran I M - 50	13	01:35:51	03:27:02	05:04:49	<b>06:33:27.90</b>	+02:37:29 (40.0%)	8:44	6.9 (60.5%)
188	<b>ŚWIATOWIEC Anna</b>	<b>5062</b>		Masters K - 40	9	01:41:50	03:32:07	05:05:50	<b>06:34:30.60</b>	+02:38:32 (40.2%)	8:46	6.8 (59.6%)
189	<b>OLSZEWSKI Michał</b>	<b>5293</b>		Masters M - 40	65	01:36:19	03:26:05	05:00:05	<b>06:34:48.30</b>	+02:38:50 (40.2%)	8:46	6.8 (59.6%)
190	<b>GIEL Jarosław</b>	<b>5096</b>	NKB CHYŻY	Senior II M - 30	66	01:38:33	03:30:49	05:09:09	<b>06:35:13.70</b>	+02:39:15 (40.3%)	8:46	6.8 (59.6%)
191	<b>NOWAK Krystian</b>	<b>5184</b>	NKB CHYŻY NOWY TOMYŚL	Senior I M - 20	18	01:46:30	03:37:37	05:10:33	<b>06:35:24.15</b>	+02:39:25 (40.3%)	8:47	6.8 (59.6%)
192	<b>ZAŁUSKI Piotr</b>	<b>5238</b>	PECNA TEAM	Masters M - 40	66	01:39:13	03:27:03	05:11:16	<b>06:35:30.35</b>	+02:39:32 (40.3%)	8:47	6.8 (59.6%)
193	<b>WIERZCHOŃ Michał</b>	<b>5033</b>		Masters M - 40	67	01:32:58	03:22:55	05:03:15	<b>06:35:37.15</b>	+02:39:38 (40.4%)	8:47	6.8 (59.6%)
194	<b>KIERSKI Jan</b>	<b>5186</b>	AZS POLITECHNIKA WARSZAWSKA	Senior I M - 20	19	01:34:58	03:25:35	05:05:05	<b>06:35:54.85</b>	+02:39:56 (40.4%)	8:47	6.8 (59.6%)
195	<b>SZKÓDLIŃSKI Bartosz</b>	<b>5025</b>	ODDYCHAJSWOBODNIE.PL	Masters M - 40	68	01:40:13	03:29:15	05:07:09	<b>06:36:20.45</b>	+02:40:22 (40.5%)	8:48	6.8 (59.6%)
196	<b>SZYMANIK Pawel</b>	<b>5309</b>	REEBOK RUN CREW	Masters M - 40	69	01:59:11	03:43:45	05:10:28	<b>06:36:35.30</b>	+02:40:37 (40.5%)	8:48	6.8 (59.6%)
197	<b>LASZEWSKI Mateusz</b>	<b>5123</b>	ZAYAVA	Senior I M - 20	20	01:39:17	03:29:57	04:59:44	<b>06:36:47.50</b>	+02:40:49 (40.5%)	8:49	6.8 (59.6%)
198	<b>SZYNDLAREWICZ Tomasz</b>	<b>5277</b>	VOLVO POLSKA	Masters M - 40	70	01:32:18	03:25:03	05:04:35	<b>06:36:59.60</b>	+02:41:01 (40.6%)	8:49	6.8 (59.6%)
199	<b>OLESIŃSKA Martyna</b>	<b>5506</b>	W POGONI ZA DUCHEM	Senior II K - 30	13	01:40:08	03:31:31	05:09:34	<b>06:39:00.05</b>	+02:43:01 (40.9%)	8:52	6.8 (59.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Tempo min/km	Tempo km/h
						B1 10km	B2 22km	A15 33km	netto 45km	Różn		
200	<b>LEŚNIAK Marcin</b>	<b>5137</b>	ZARAŻENI BÓLEM	Senior II M - 30	67	01:35:55	03:29:48	05:06:18	<b>06:39:01.60</b>	+02:43:03 (40.9%)	8:52	6.8 (59.6%)
201	<b>KARDAS Piotr</b>	<b>5155</b>		Masters M - 40	71	01:37:24	03:23:37	05:05:46	<b>06:40:24.40</b>	+02:44:26 (41.1%)	8:53	6.7 (58.8%)
202	<b>KOLAJ Ewelina</b>	<b>5515</b>		Senior II K - 30	14	01:44:02	03:40:22	05:15:43	<b>06:40:26.55</b>	+02:44:28 (41.1%)	8:53	6.7 (58.8%)
203	<b>ZALEWSKA Agata</b>	<b>5379</b>	KLUB BIEGACZA BOLESŁAWIEC	Senior II K - 30	15	01:40:46	03:33:02	05:08:27	<b>06:40:29.70</b>	+02:44:31 (41.1%)	8:54	6.7 (58.8%)
204	<b>ZMYŚŁOWSKI Piotr</b>	<b>5276</b>	KKM MXTECH CYKLOTEAM	Senior II M - 30	68	01:34:50	03:22:37	05:02:39	<b>06:40:30.15</b>	+02:44:31 (41.1%)	8:54	6.7 (58.8%)
205	<b>STANISZ Marcin</b>	<b>5216</b>	NIGHT RUNNERS PYSKOWICE	Senior II M - 30	69	01:42:06	03:21:33	05:04:08	<b>06:40:35.05</b>	+02:44:36 (41.1%)	8:54	6.7 (58.8%)
206	<b>GRĘBOWICZ Andrzej</b>	<b>5476</b>	KB HARCOWNIK JELCZ-LASKOWICE	Masters M - 40	72	01:36:07	03:28:57	05:10:38	<b>06:40:43.85</b>	+02:44:45 (41.1%)	8:54	6.7 (58.8%)
207	<b>SZAWARA-ZIÓŁKOWSKA Ewelina</b>	<b>5448</b>	KB HARCOWNIK JELCZ-LASKOWICE	Senior II K - 30	16	01:36:10	03:29:02	05:10:44	<b>06:40:49.65</b>	+02:44:51 (41.1%)	8:54	6.7 (58.8%)
208	<b>SKRZYPCZAK Hanna</b>	<b>5090</b>	BROWAR FORTUNA	Weteran K - 50	2	01:38:33	03:36:05	05:10:25	<b>06:40:54.30</b>	+02:44:56 (41.1%)	8:54	6.7 (58.8%)
209	<b>KORBANEK Emilia</b>	<b>5508</b>	GRUNWALD TEAM POZNAŃ	Masters K - 40	10	01:44:50	03:42:22	05:14:54	<b>06:41:34.45</b>	+02:45:36 (41.2%)	8:55	6.7 (58.8%)
210	<b>KOSIOROWSKI Leszek</b>	<b>5485</b>	BIEG PIASTÓW TEAM	Weteran I M - 50	14	01:37:23	03:37:19	05:12:04	<b>06:41:52.55</b>	+02:45:54 (41.3%)	8:55	6.7 (58.8%)
211	<b>KOPYTEK Grzegorz</b>	<b>5048</b>		Masters M - 40	73	01:40:28	03:31:29	05:09:08	<b>06:42:04.20</b>	+02:46:05 (41.3%)	8:56	6.7 (58.8%)
212	<b>PORCZYK Zbigniew</b>	<b>5478</b>	POWER TRAINING	Senior II M - 30	70	01:21:53	03:57:40	05:23:35	<b>06:42:44.50</b>	+02:46:46 (41.4%)	8:57	6.7 (58.8%)
213	<b>PTAK Jarek</b>	<b>5397</b>		Masters M - 40	74	01:37:12	03:29:17	05:08:49	<b>06:42:52.40</b>	+02:46:54 (41.4%)	8:57	6.7 (58.8%)
214	<b>CZUBA Michał</b>	<b>5490</b>		Senior II M - 30	71	01:38:36	03:33:40	05:09:45	<b>06:42:56.75</b>	+02:46:58 (41.4%)	8:57	6.7 (58.8%)
215	<b>PĘKALA Kamila</b>	<b>5336</b>	WKURW_TEAM	Senior I K - 20	5	01:45:14	03:38:43	05:13:32	<b>06:43:04.10</b>	+02:47:05 (41.5%)	8:57	6.7 (58.8%)
216	<b>KOPIEC Izabela</b>	<b>5305</b>	INTER ROPE TEAM	Senior II K - 30	17	01:37:01	03:36:28	05:16:21	<b>06:43:22.15</b>	+02:47:23 (41.5%)	8:57	6.7 (58.8%)
217	<b>KRAKOWIAK Rafał</b>	<b>5467</b>	KRAKOWIAK ULTRA TEAM	Senior II M - 30	72	01:18:37	04:05:56	05:30:04	<b>06:44:40.00</b>	+02:48:41 (41.7%)	8:59	6.7 (58.8%)
218	<b>PAWLUK Anna</b>	<b>5376</b>		Senior II K - 30	18	01:40:37	03:40:59	05:15:26	<b>06:44:53.45</b>	+02:48:55 (41.7%)	8:59	6.7 (58.8%)
219	<b>SZELA Łukasz</b>	<b>5163</b>	BIEGAJĄCA KASTA MIEDZIOWEGO MIASTA	Senior II M - 30	73	01:43:41	03:38:40	05:13:12	<b>06:44:53.80</b>	+02:48:55 (41.7%)	8:59	6.7 (58.8%)
220	<b>ROSZYK Magdalena</b>	<b>5043</b>	DRUŻYNA SZPIKU	Masters K - 40	11	01:48:56	03:42:19	05:18:56	<b>06:44:58.60</b>	+02:49:00 (41.7%)	8:59	6.7 (58.8%)
221	<b>JASAK Michał</b>	<b>5449</b>	ROYAL RUNNERS TEAM	Senior II M - 30	74	01:36:16	03:34:23	05:18:43	<b>06:45:01.70</b>	+02:49:03 (41.7%)	9:00	6.7 (58.8%)
221	<b>PIJANKA Mariusz</b>	<b>5132</b>		Masters M - 40	75	01:45:10	03:38:45	05:16:22	<b>06:45:01.70</b>	+02:49:03 (41.7%)	9:00	6.7 (58.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1	B2	A15	Czas netto	Różn	Tempo min/km	Tempo km/h
						10km	22km	33km	45km			
223	<b>ZAŁUSKI Dominik</b>	<b>5239</b>	PECNA TEAM	Senior I M - 20	21	01:38:43	03:26:54	05:08:56	<b>06:45:09.00</b>	+02:49:10 (41.8%)	9:00	6.7 (58.8%)
224	<b>NOWAKOWSKI Wiesław</b>	<b>5250</b>	-	Weteran II M - 60	4		03:29:52	05:10:22	<b>06:45:20.40</b>	+02:49:22 (41.8%)	9:00	6.7 (58.8%)
225	<b>GRZYB Krzysztof</b>	<b>5360</b>		Masters M - 40	76	01:44:55	03:35:24	05:14:16	<b>06:45:41.05</b>	+02:49:42 (41.8%)	9:00	6.7 (58.8%)
226	<b>SARNOWSKA Karolina</b>	<b>5266</b>	PRORUNNING PROMOTION	Masters K - 40	12	01:39:08	03:33:38	05:17:33	<b>06:46:27.50</b>	+02:50:29 (41.9%)	9:01	6.6 (57.9%)
227	<b>KAROLCZAK Tomasz</b>	<b>5270</b>	KILIŃSKIEGO TEAM	Masters M - 40	77	01:36:34	03:30:20	05:12:49	<b>06:46:53.95</b>	+02:50:55 (42.0%)	9:02	6.6 (57.9%)
228	<b>FRAŃSKI Łukasz</b>	<b>5019</b>	NKB CHYŻY NOWY TOMYŚL	Masters M - 40	78	01:46:37	03:43:44	05:20:28	<b>06:47:02.10</b>	+02:51:03 (42.0%)	9:02	6.6 (57.9%)
229	<b>WAŚCIŃSKI Roman</b>	<b>5361</b>	PĘDZI - PARA	Weteran I M - 50	15	01:36:33	03:30:41	05:13:08	<b>06:47:12.80</b>	+02:51:14 (42.1%)	9:02	6.6 (57.9%)
230	<b>BADOWSKI Sebastian</b>	<b>5145</b>	SEBASTIAN BADOWSKI	Masters M - 40	79	01:39:57	03:36:00	05:14:21	<b>06:48:05.85</b>	+02:52:07 (42.2%)	9:04	6.6 (57.9%)
231	<b>KUCZYŃSKI Szymon</b>	<b>5409</b>		Masters M - 40	80	01:40:08	03:36:10	05:14:33	<b>06:48:07.40</b>	+02:52:09 (42.2%)	9:04	6.6 (57.9%)
232	<b>MOSKAL Izabella</b>	<b>5154</b>	TKKF MPK POZNAŃ	Masters K - 40	13	01:39:20	03:36:37	05:16:41	<b>06:48:48.70</b>	+02:52:50 (42.3%)	9:05	6.6 (57.9%)
233	<b>OLIŃSKI Paweł</b>	<b>5016</b>	KIBOLE W BIEGU	Senior II M - 30	75	01:38:17	03:29:08	05:10:28	<b>06:49:29.40</b>	+02:53:31 (42.4%)	9:06	6.6 (57.9%)
234	<b>KOPIEC Arkadiusz</b>	<b>5306</b>		Masters M - 40	81	01:36:51	03:36:37	05:16:20	<b>06:49:46.80</b>	+02:53:48 (42.4%)	9:06	6.6 (57.9%)
235	<b>LAZAROWICZ Krzysztof</b>	<b>5079</b>		Senior II M - 30	76	01:45:34	03:42:09	05:18:02	<b>06:50:28.20</b>	+02:54:29 (42.5%)	9:07	6.6 (57.9%)
236	<b>KOSZAŁKA Marcin</b>	<b>5302</b>		Senior I M - 20	22	01:40:54	03:34:01	05:16:12	<b>06:50:31.75</b>	+02:54:33 (42.5%)	9:07	6.6 (57.9%)
237	<b>SKRZYPIŃSKI Arkadiusz</b>	<b>5294</b>	PSI PATROL	Masters M - 40	82	01:39:31	03:40:25	05:20:15	<b>06:50:37.15</b>	+02:54:38 (42.5%)	9:07	6.6 (57.9%)
238	<b>HAPUNOWICZ Tomasz</b>	<b>5400</b>	ZBUCKI RUCH	Masters M - 40	83	01:23:08	03:03:32	05:03:18	<b>06:50:44.95</b>	+02:54:46 (42.6%)	9:07	6.6 (57.9%)
239	<b>KALISZEWSKI Adam</b>	<b>5268</b>	MPK POZNAŃ	Weteran I M - 50	16	01:41:50	03:39:08	05:19:11	<b>06:51:19.80</b>	+02:55:21 (42.6%)	9:08	6.6 (57.9%)
240	<b>KARBOWSKI Jarosław</b>	<b>5108</b>		Masters M - 40	84	01:30:56	03:26:33	05:10:30	<b>06:51:43.25</b>	+02:55:44 (42.7%)	9:08	6.6 (57.9%)
241	<b>KOZICZAK Katarzyna</b>	<b>5377</b>		Senior II K - 30	19	01:49:56	03:43:32	05:22:30	<b>06:52:56.90</b>	+02:56:58 (42.9%)	9:10	6.5 (57.0%)
242	<b>ŚWIĘTONIOWSKA Justyna</b>	<b>5017</b>	SPARTAN TRAINING GROUP RZESZÓW	Senior II K - 30	20	01:48:53	03:43:18	05:21:01	<b>06:52:57.75</b>	+02:56:59 (42.9%)	9:10	6.5 (57.0%)
243	<b>KURZACZ Orfeusz</b>	<b>5199</b>	4 RUN TEAM PIŁA	Masters M - 40	85	01:38:12	03:33:43	05:16:17	<b>06:52:59.95</b>	+02:57:01 (42.9%)	9:10	6.5 (57.0%)
244	<b>BRUSS Krzysztof</b>	<b>5233</b>	DRUŻYNA SZPIKU	Masters M - 40	86	01:39:54	03:36:08	05:19:59	<b>06:53:42.55</b>	+02:57:44 (43.0%)	9:11	6.5 (57.0%)
245	<b>NOZDRYN-PŁOTNICKI Bolesław</b>	<b>5330</b>		Masters M - 40	87	01:42:05	03:43:32	05:22:36	<b>06:54:15.25</b>	+02:58:16 (43.0%)	9:12	6.5 (57.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Tempo min/km	Tempo km/h
						B1 10km	B2 22km	A15 33km	netto 45km	Różn		
246	<b>STACHURA Damian</b>	<b>5455</b>		Senior II M - 30	77	01:07:08	04:11:51	05:30:40	<b>06:54:57.70</b>	+02:58:59 (43.1%)	9:13	6.5 (57.0%)
247	<b>OSTROUCH Tymon</b>	<b>5049</b>	PARKRUN	Senior II M - 30	78	01:29:28	03:07:38	05:30:44	<b>06:55:12.20</b>	+02:59:13 (43.2%)	9:13	6.5 (57.0%)
248	<b>ŻELAZOWSKA Ola</b>	<b>5246</b>	PRO-RUN WROCLAW	Senior II K - 30	21	01:43:05	03:39:02	05:15:05	<b>06:55:48.45</b>	+02:59:50 (43.2%)	9:14	6.5 (57.0%)
249	<b>LACHOWICZ Marta</b>	<b>5109</b>	NIGHT RUNNERS WROCLAW	Senior II K - 30	22	01:40:18	03:35:11	05:19:42	<b>06:56:04.10</b>	+03:00:05 (43.3%)	9:14	6.5 (57.0%)
250	<b>LECKI Seweryn</b>	<b>5370</b>	TEAM BIEGOWY SZCZECINEK	Senior II M - 30	79	01:33:30	03:31:55	05:18:20	<b>06:56:28.05</b>	+03:00:29 (43.3%)	9:15	6.5 (57.0%)
251	<b>MISTUR Szymon</b>	<b>5030</b>		Senior II M - 30	80	01:39:33	03:33:52	05:15:51	<b>06:56:38.40</b>	+03:00:40 (43.4%)	9:15	6.5 (57.0%)
252	<b>SMUGA Łukasz</b>	<b>5318</b>	SZEREGOWY BIEGACZ	Senior II M - 30	81	01:47:44	03:42:08	05:25:56	<b>06:56:43.20</b>	+03:00:44 (43.4%)	9:15	6.5 (57.0%)
253	<b>KRZYZIŃSKA Sylwia</b>	<b>5481</b>	DOGOŃ GRODZISK MAZOWIECKI	Masters K - 40	14	01:45:30	03:49:42	05:29:49	<b>06:57:03.85</b>	+03:01:05 (43.4%)	9:16	6.5 (57.0%)
254	<b>SUCHANEK Aleksandra</b>	<b>5214</b>	NIGHT RUNNERS PYSKOWICE	Senior II K - 30	23	01:52:32	03:46:32	05:28:40	<b>06:57:15.55</b>	+03:01:17 (43.4%)	9:16	6.5 (57.0%)
255	<b>LIBERACKA-KOPYTEK Ewa</b>	<b>5046</b>		Masters K - 40	15	01:40:16	03:31:17	05:17:11	<b>06:57:29.00</b>	+03:01:30 (43.5%)	9:16	6.5 (57.0%)
256	<b>LIPIŃSKI Oskar</b>	<b>5192</b>		Senior II M - 30	82	01:49:50	03:36:54	05:19:22	<b>06:57:43.55</b>	+03:01:45 (43.5%)	9:16	6.5 (57.0%)
257	<b>SAJEWICZ Piotr</b>	<b>5300</b>	TURBINA BAŁAKOWO	Senior II M - 30	83	01:42:54	03:40:28	05:25:57	<b>06:58:03.05</b>	+03:02:04 (43.6%)	9:17	6.5 (57.0%)
258	<b>ROLIŃSKI Radosław</b>	<b>5258</b>		Masters M - 40	88	01:39:13	03:38:36	05:21:22	<b>06:58:24.00</b>	+03:02:25 (43.6%)	9:17	6.5 (57.0%)
259	<b>WIECZOREK Elżbieta</b>	<b>5178</b>	POMIDOROWA ALTERNATYWA	Masters K - 40	16	01:46:23	03:43:49	05:31:10	<b>06:58:46.25</b>	+03:02:47 (43.7%)	9:18	6.4 (56.1%)
260	<b>ZYGNER Sławomir</b>	<b>5069</b>	R-TEAM RYDZYNA	Masters M - 40	89	01:34:25	03:28:49	05:17:04	<b>06:58:52.40</b>	+03:02:54 (43.7%)	9:18	6.4 (56.1%)
261	<b>LEONARSKA Małgorzata</b>	<b>5291</b>	ZDEZORIENTOWANI	Senior II K - 30	24	01:47:54	03:42:35	05:26:35	<b>07:00:06.50</b>	+03:04:08 (43.8%)	9:20	6.4 (56.1%)
262	<b>ŻELAZNY Agnieszka</b>	<b>5032</b>	GORLICKA GRUPA BIEGOWA	Masters K - 40	17	01:38:12	03:35:55	05:22:11	<b>07:00:22.45</b>	+03:04:24 (43.9%)	9:20	6.4 (56.1%)
263	<b>GRESER Artur</b>	<b>5143</b>	ORGANIC RACE TEAM	Masters M - 40	90	01:37:41	03:30:18	05:16:55	<b>07:00:57.25</b>	+03:04:58 (43.9%)	9:21	6.4 (56.1%)
264	<b>BURA Tomasz</b>	<b>5107</b>		Senior II M - 30	84	01:38:20	03:30:17	05:21:45	<b>07:01:19.30</b>	+03:05:21 (44.0%)	9:21	6.4 (56.1%)
265	<b>WIŚNIEWSKI Grzegorz</b>	<b>5434</b>		Masters M - 40	91	01:29:15	03:17:54	05:00:58	<b>07:01:26.40</b>	+03:05:28 (44.0%)	9:21	6.4 (56.1%)
266	<b>WRZEŚNIAK Adam</b>	<b>5464</b>	DZIKI Z PSIEGO POLA	Masters M - 40	92	01:33:31	03:30:38	05:16:56	<b>07:01:34.25</b>	+03:05:35 (44.0%)	9:22	6.4 (56.1%)
267	<b>SZCZEPANKIEWICZ Marcin</b>	<b>5301</b>	PCC ULTRA RUNNERS	Senior II M - 30	85	01:33:40	03:30:47	05:16:14	<b>07:01:45.35</b>	+03:05:47 (44.1%)	9:22	6.4 (56.1%)
268	<b>GONET Marek</b>	<b>5053</b>	MB BIURO RACHUNKOWE SERWIS OPOLE	Weteran I M - 50	17	01:36:43	03:34:56	05:17:42	<b>07:02:11.50</b>	+03:06:13 (44.1%)	9:22	6.4 (56.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1	B2	A15	Czas	Różn	Tempo min/km	Tempo km/h
						10km	22km	33km	netto 45km			
269	<b>STRONIKOWSKI Wojciech</b>	<b>5524</b>	MUAY RUNNING TEAM	Senior II M - 30	86	01:49:40	03:40:50	05:20:18	<b>07:02:32.15</b>	+03:06:33 (44.2%)	9:23	6.4 (56.1%)
270	<b>WALAC Jacek</b>	<b>5479</b>	DOGOŃ GRODZISK MAZOWIECKI	Senior II M - 30	87	01:45:20	03:42:49	05:29:38	<b>07:04:23.70</b>	+03:08:25 (44.4%)	9:25	6.4 (56.1%)
271	<b>FLORCZAK Monika</b>	<b>5024</b>	RB ACTIVE	Senior II K - 30	25	01:46:38	03:44:46	05:29:28	<b>07:04:52.45</b>	+03:08:54 (44.5%)	9:26	6.4 (56.1%)
272	<b>IHNATOWICZ Łukasz</b>	<b>5414</b>		Senior II M - 30	88	01:34:00	03:33:42	05:22:31	<b>07:05:09.25</b>	+03:09:10 (44.5%)	9:26	6.4 (56.1%)
273	<b>PABIJAŃCZYK Damian</b>	<b>5396</b>		Senior II M - 30	89	01:39:13	03:41:22	05:23:21	<b>07:06:03.75</b>	+03:10:05 (44.6%)	9:28	6.3 (55.3%)
274	<b>KWAŚNIOK Rafał</b>	<b>5020</b>	NIGHT RUNNERS PYSKOWICE	Senior II M - 30	90	01:52:02	03:46:02	05:34:22	<b>07:06:49.45</b>	+03:10:51 (44.7%)	9:29	6.3 (55.3%)
275	<b>SZCZEPANIAK Grzegorz</b>	<b>5443</b>	BOŚ	Weteran I M - 50	18	01:45:56	03:42:01	05:28:54	<b>07:07:58.15</b>	+03:11:59 (44.9%)	9:30	6.3 (55.3%)
276	<b>RZEPKA Aleksandra</b>	<b>5344</b>	WKURW_TEAM	Senior I K - 20	6	01:45:42	03:44:53	05:34:51	<b>07:09:13.60</b>	+03:13:15 (45.0%)	9:32	6.3 (55.3%)
277	<b>ZIELIŃSKA Mirona</b>	<b>5113</b>		Masters K - 40	18	01:53:40	03:51:45	05:31:05	<b>07:09:28.05</b>	+03:13:29 (45.1%)	9:32	6.3 (55.3%)
278	<b>SITAREK Grzegorz</b>	<b>5527</b>		Masters M - 40	93	01:34:56	03:40:57	05:20:54	<b>07:09:53.35</b>	+03:13:55 (45.1%)	9:33	6.3 (55.3%)
279	<b>SZELA Tomasz</b>	<b>5235</b>	KKSW LUBIN TAE-KWON DO	Senior II M - 30	91	01:43:53	03:42:04	05:33:48	<b>07:11:03.30</b>	+03:15:05 (45.3%)	9:34	6.3 (55.3%)
280	<b>SZEWczyk Mariusz</b>	<b>5228</b>		Masters M - 40	94	01:57:12	04:00:42	05:37:06	<b>07:11:14.45</b>	+03:15:16 (45.3%)	9:35	6.3 (55.3%)
281	<b>PAWLIK Joanna</b>	<b>5094</b>	KS PRETORIUM POZNAŃ	Senior II K - 30	26	01:51:19	03:53:20	05:38:10	<b>07:11:25.35</b>	+03:15:27 (45.3%)	9:35	6.3 (55.3%)
282	<b>WÓJCIAK Łukasz</b>	<b>5039</b>	UMAWIANIENABIEGANIETEAM	Senior II M - 30	92	01:39:13	03:45:52	05:36:44	<b>07:11:31.70</b>	+03:15:33 (45.3%)	9:35	6.3 (55.3%)
283	<b>WIJAS Mariusz</b>	<b>5251</b>		Masters M - 40	95	01:49:37	03:49:13	05:37:06	<b>07:11:52.25</b>	+03:15:53 (45.4%)	9:35	6.3 (55.3%)
284	<b>HALESZCZUK Tomasz</b>	<b>5442</b>	PRO-RUN WROCŁAW	Masters M - 40	96	01:41:12	03:40:07	05:27:45	<b>07:12:32.20</b>	+03:16:33 (45.4%)	9:36	6.2 (54.4%)
285	<b>DUKAŁA Arkadiusz</b>	<b>5418</b>	NATIONALE-NEDERLANDEN TEAM	Masters M - 40	97	01:47:11	03:47:41	05:33:30	<b>07:12:32.90</b>	+03:16:34 (45.4%)	9:36	6.2 (54.4%)
286	<b>BORUTA-KOŁODZIEJ Emilia</b>	<b>5441</b>	PRO-RUN WROCŁAW	Senior II K - 30	27	01:41:22	03:40:08	05:27:48	<b>07:12:40.80</b>	+03:16:42 (45.5%)	9:36	6.2 (54.4%)
287	<b>URBANIK Radek</b>	<b>5475</b>		Masters M - 40	98	01:36:08	03:41:32	05:36:56	<b>07:12:45.95</b>	+03:16:47 (45.5%)	9:37	6.2 (54.4%)
288	<b>URBANIK Zuzanna</b>	<b>5446</b>		Masters K - 40	19	01:36:19	03:41:48	05:37:07	<b>07:12:56.75</b>	+03:16:58 (45.5%)	9:37	6.2 (54.4%)
289	<b>NIŻEWSKI Paweł</b>	<b>5465</b>	KRAKOWIAK ULTRA TEAM	Masters M - 40	99	01:35:04	03:45:33	05:31:15	<b>07:12:59.55</b>	+03:17:01 (45.5%)	9:37	6.2 (54.4%)
290	<b>PRZYŁUDZKI Janusz</b>	<b>5365</b>		Weteran II M - 60	5	01:51:21	03:53:50	05:35:20	<b>07:13:34.95</b>	+03:17:36 (45.6%)	9:38	6.2 (54.4%)
291	<b>HAAS Przemysław</b>	<b>5008</b>	BACKPACKING OKAPI TEAM	Senior II M - 30	93	01:57:23	03:55:19	05:36:53	<b>07:13:56.85</b>	+03:17:58 (45.6%)	9:38	6.2 (54.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Tempo min/km	Tempo km/h
						B1 10km	B2 22km	A15 33km	netto 45km	Różn		
292	<b>KOBLAŃSKI Tomasz</b>	<b>5133</b>	FITNESS PIEKARY LEGNICA	Senior II M - 30	94	01:38:44	03:30:35	05:14:05	<b>07:14:22.60</b>	+03:18:24 (45.7%)	9:39	6.2 (54.4%)
293	<b>STRZYŻEWSKI Paweł</b>	<b>5193</b>		Masters M - 40	100	01:45:17	03:48:21	05:33:30	<b>07:14:54.25</b>	+03:18:55 (45.7%)	9:39	6.2 (54.4%)
294	<b>BOROWICZ Marcin</b>	<b>5392</b>	QUAY POZNAŃ	Masters M - 40	101	01:47:24	03:50:52	05:40:34	<b>07:15:25.30</b>	+03:19:27 (45.8%)	9:40	6.2 (54.4%)
295	<b>YÜCE Gökhan</b>	<b>5153</b>	VELESBITOS	Senior II M - 30	95	01:55:16	03:53:33	05:41:24	<b>07:15:31.55</b>	+03:19:33 (45.8%)	9:40	6.2 (54.4%)
296	<b>BOROWICZ Paulina</b>	<b>5393</b>	QUAY POZNAŃ	Masters K - 40	20	01:47:34	03:51:02	05:40:45	<b>07:15:34.15</b>	+03:19:35 (45.8%)	9:40	6.2 (54.4%)
297	<b>PLEWA Piotr</b>	<b>5257</b>	4 RUN TEAM PIŁA	Masters M - 40	102	01:44:04	03:42:11	05:32:18	<b>07:16:03.35</b>	+03:20:05 (45.9%)	9:41	6.2 (54.4%)
298	<b>WÓJCIK Kamila</b>	<b>5510</b>	LACHO TEAM	Masters K - 40	21	01:54:17	04:07:16	05:49:25	<b>07:16:15.00</b>	+03:20:16 (45.9%)	9:41	6.2 (54.4%)
299	<b>MORAWA Mateusz</b>	<b>5484</b>	LACHO TEAM	Masters M - 40	103	01:54:11	04:07:10	05:49:16	<b>07:16:21.45</b>	+03:20:23 (45.9%)	9:41	6.2 (54.4%)
300	<b>CZECH Dorota</b>	<b>5104</b>	PRO-RUN WROCŁAW	Masters K - 40	22	01:47:29	03:51:56	05:39:11	<b>07:16:59.25</b>	+03:21:00 (46.0%)	9:42	6.2 (54.4%)
301	<b>TOKARCZYK Tomasz</b>	<b>5115</b>	DRUŻYNA SZPIKU	Masters M - 40	104	01:42:48	03:41:04	05:31:06	<b>07:17:26.40</b>	+03:21:28 (46.1%)	9:43	6.2 (54.4%)
302	<b>POGORZELSKA Alina</b>	<b>5223</b>	DB LESZCZYNY	Weteran K - 50	3	01:56:38	04:05:32	05:50:23	<b>07:17:27.70</b>	+03:21:29 (46.1%)	9:43	6.2 (54.4%)
303	<b>HENECZKOWSKI Łukasz</b>	<b>5213</b>	BORN TO RUN	Masters M - 40	105	01:37:21	03:41:52	05:35:52	<b>07:18:28.30</b>	+03:22:30 (46.2%)	9:44	6.2 (54.4%)
304	<b>MARMUROWICZ Krystian</b>	<b>5055</b>	KOLOROWA DRUŻYNA NESSI	Masters M - 40	106	01:35:57	03:39:10	05:33:16	<b>07:18:31.00</b>	+03:22:32 (46.2%)	9:44	6.2 (54.4%)
305	<b>SADOWSKI Marek</b>	<b>5497</b>	MUKS SZOK BOJANOWO	Weteran I M - 50	19	01:31:00	03:17:27	05:35:15	<b>07:18:42.80</b>	+03:22:44 (46.2%)	9:44	6.2 (54.4%)
306	<b>HRYCIUK Katarzyna</b>	<b>5122</b>	EKOBIEGI	Masters K - 40	23	01:49:02	03:51:40	05:39:11	<b>07:18:47.50</b>	+03:22:49 (46.2%)	9:45	6.2 (54.4%)
307	<b>BEDNARSKI Krzysztof</b>	<b>5408</b>	KLUCZBORSKA GRUPA BIEGOWA	Senior I M - 20	23	01:46:50	04:06:58	05:44:04	<b>07:19:17.75</b>	+03:23:19 (46.3%)	9:45	6.1 (53.5%)
308	<b>SZYSZKA Marek</b>	<b>5244</b>	STS BIEGATON MIKOŁÓW	Senior II M - 30	96	01:52:00	03:54:39	05:37:37	<b>07:19:41.90</b>	+03:23:43 (46.3%)	9:46	6.1 (53.5%)
309	<b>ILKIEWICZ Michał</b>	<b>5352</b>	AMCIU	Masters M - 40	107	01:48:22	03:58:49	05:45:22	<b>07:19:46.10</b>	+03:23:47 (46.3%)	9:46	6.1 (53.5%)
310	<b>ŁASKAWSKA Justyna</b>	<b>5504</b>		Masters K - 40	24	01:39:23	03:44:05	05:32:11	<b>07:20:03.25</b>	+03:24:04 (46.4%)	9:46	6.1 (53.5%)
311	<b>LEWANDOWSKI Mariusz</b>	<b>5265</b>	KKM MXTECH CYKLOTEAM	Masters M - 40	108	01:50:27	04:01:21	05:43:20	<b>07:20:54.35</b>	+03:24:56 (46.5%)	9:47	6.1 (53.5%)
312	<b>POCIĘGIEL Michał</b>	<b>5426</b>	SKAWINA BIEGA	Senior II M - 30	97	01:47:48	03:58:12	05:43:31	<b>07:21:07.05</b>	+03:25:08 (46.5%)	9:48	6.1 (53.5%)
313	<b>POŹNIAK Marcin</b>	<b>5380</b>	NIGHT RUNNERS PYSKOWICE	Senior II M - 30	98	01:45:16	03:46:19	05:39:36	<b>07:21:07.60</b>	+03:25:09 (46.5%)	9:48	6.1 (53.5%)
314	<b>JAWORSKA Katarzyna</b>	<b>5248</b>		Masters K - 40	25	01:49:24	04:00:06	05:45:53	<b>07:21:18.75</b>	+03:25:20 (46.5%)	9:48	6.1 (53.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1	B2	A15	Czas	Różn	Tempo min/km	Tempo km/h
						10km	22km	33km	netto 45km			
315	<b>KRUSZEWSKI Jacek</b>	<b>5117</b>	MARKOWI BIEGACZE	Masters M - 40	109	01:45:10	03:47:20	05:37:44	<b>07:21:19.45</b>	+03:25:21 (46.5%)	9:48	6.1 (53.5%)
316	<b>SIKORSKI Grzegorz</b>	<b>5197</b>		Masters M - 40	110	01:41:44	03:41:20	05:34:53	<b>07:22:04.60</b>	+03:26:06 (46.6%)	9:49	6.1 (53.5%)
317	<b>MARCINKOWSKA Anita</b>	<b>5259</b>		Senior II K - 30	28	01:45:42	03:51:41	05:34:06	<b>07:22:32.00</b>	+03:26:33 (46.7%)	9:50	6.1 (53.5%)
318	<b>WYRĄBKIEWICZ Janusz</b>	<b>5459</b>	NO LIMITS	Weteran II M - 60	6	01:42:05	03:37:33	05:23:21	<b>07:22:56.20</b>	+03:26:57 (46.7%)	9:50	6.1 (53.5%)
319	<b>KUCHARSKI Jakub</b>	<b>5201</b>	JKU1979	Masters M - 40	111	01:56:38	03:56:33	05:42:42	<b>07:23:15.05</b>	+03:27:16 (46.8%)	9:51	6.1 (53.5%)
320	<b>SOSNÓWKA Bartosz</b>	<b>5342</b>	KLUB SOSNOWY	Senior II M - 30	99	01:50:03	03:51:57	05:44:36	<b>07:23:17.00</b>	+03:27:18 (46.8%)	9:51	6.1 (53.5%)
321	<b>DĄBROWSKI Artur</b>	<b>5285</b>		Senior II M - 30	100	01:39:23	03:44:38	05:38:18	<b>07:23:53.00</b>	+03:27:54 (46.8%)	9:51	6.1 (53.5%)
322	<b>ZIELINSKI Grzegorz</b>	<b>5308</b>		Masters M - 40	112	01:57:03	03:59:57	05:52:27	<b>07:25:37.10</b>	+03:29:38 (47.0%)	9:54	6.1 (53.5%)
323	<b>ADAMSKA Agnieszka</b>	<b>5319</b>	AKTYWNY OSTRZESZÓW	Masters K - 40	26	01:57:12	04:00:04	05:52:00	<b>07:25:46.45</b>	+03:29:48 (47.1%)	9:54	6.1 (53.5%)
324	<b>TWARDY Dariusz</b>	<b>5077</b>		Weteran I M - 50	20	01:37:48	04:04:27	05:46:41	<b>07:25:52.95</b>	+03:29:54 (47.1%)	9:54	6.1 (53.5%)
325	<b>NOWAK Kornel</b>	<b>5078</b>		Masters M - 40	113	01:37:59	04:04:38	05:46:52	<b>07:26:03.85</b>	+03:30:05 (47.1%)	9:54	6.1 (53.5%)
326	<b>WIENER Marcin</b>	<b>5387</b>	JESUS SAVES	Masters M - 40	114	01:43:20	03:55:46	05:50:47	<b>07:26:08.75</b>	+03:30:10 (47.1%)	9:54	6.1 (53.5%)
327	<b>NOWAK Maciej</b>	<b>5029</b>		Senior II M - 30	101	01:44:51	03:57:06	05:48:21	<b>07:27:04.60</b>	+03:31:06 (47.2%)	9:56	6 (52.6%)
328	<b>MAGDA Piotr</b>	<b>5026</b>	NIGHT RUNNERS PYSKOWICE	Masters M - 40	115	01:45:38	03:48:02	05:44:08	<b>07:28:36.45</b>	+03:32:38 (47.4%)	9:58	6 (52.6%)
329	<b>DWORNIK Małgorzata</b>	<b>5010</b>	WARCZĄCE SZPRYCHY	Senior II K - 30	29	01:48:54	03:47:38	05:37:19	<b>07:28:45.25</b>	+03:32:46 (47.4%)	9:58	6 (52.6%)
330	<b>PIECUCH Małgorzata</b>	<b>5031</b>		Weteran K - 50	4	01:53:14	04:01:27	05:52:00	<b>07:28:57.05</b>	+03:32:58 (47.4%)	9:58	6 (52.6%)
331	<b>ŁATKOWSKI Łukasz</b>	<b>5331</b>	GRUPA BIEGOWA CHTMO	Masters M - 40	116	01:51:42	03:57:17	05:52:27	<b>07:30:07.70</b>	+03:34:09 (47.6%)	10:00	6 (52.6%)
332	<b>PIĄTEK Waldemar</b>	<b>5311</b>		Masters M - 40	117	01:44:12	03:52:27	05:43:55	<b>07:30:12.45</b>	+03:34:14 (47.6%)	10:00	6 (52.6%)
333	<b>ŁATKOWSKA Monika</b>	<b>5288</b>	GRUPA BIEGOWA CHTMO	Masters K - 40	27	01:51:38	03:58:24	05:52:31	<b>07:30:13.60</b>	+03:34:15 (47.6%)	10:00	6 (52.6%)
334	<b>KAPELSKA-KOBLAŃSKA Milena</b>	<b>5134</b>	MATNER RUNNING TEAM	Masters K - 40	28	01:50:24	03:50:49	05:47:45	<b>07:31:07.75</b>	+03:35:09 (47.7%)	10:01	6 (52.6%)
335	<b>SIWIASZCZYK Tomasz</b>	<b>5091</b>		Masters M - 40	118	01:46:41	03:55:46	05:50:05	<b>07:31:18.65</b>	+03:35:20 (47.7%)	10:01	6 (52.6%)
336	<b>JAWORSKA Magdalena</b>	<b>5088</b>	GB WIELKOPOLSCY BIEGACZE/TEAM KGB	Masters K - 40	29	01:46:50	03:55:54	05:50:13	<b>07:31:23.50</b>	+03:35:25 (47.7%)	10:01	6 (52.6%)
337	<b>SADEL Krzysztof</b>	<b>5191</b>		Weteran I M - 50	21	01:49:29	03:57:07	05:52:34	<b>07:32:15.95</b>	+03:36:17 (47.8%)	10:03	6 (52.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Tempo min/km	Tempo km/h
						B1 10km	B2 22km	A15 33km	netto 45km	Różn		
338	<b>SZYSZKO Ewa</b>	<b>5085</b>	MARKOWI BIEGACZE	Masters K - 40	30	01:54:07	04:05:04	05:59:10	<b>07:32:36.50</b>	+03:36:38 (47.9%)	10:03	6 (52.6%)
339	<b>LACH Agnieszka</b>	<b>5326</b>		Masters K - 40	31	01:44:55	03:51:13	05:49:14	<b>07:32:37.25</b>	+03:36:38 (47.9%)	10:03	6 (52.6%)
340	<b>WILK Magdalena</b>	<b>5445</b>	ULTRAPOŚLADACH/TEAM ZABIEGANEDNI	Masters K - 40	32	01:43:55	03:53:11	05:54:17	<b>07:33:02.00</b>	+03:37:03 (47.9%)	10:04	6 (52.6%)
341	<b>KAMINSKA Magdalena</b>	<b>5152</b>		Senior II K - 30	30	01:50:04	04:02:08	05:53:10	<b>07:33:26.45</b>	+03:37:28 (48.0%)	10:04	6 (52.6%)
342	<b>SURDAKCI Jerzy</b>	<b>5021</b>	DRUŻYNA SZPIKU	Masters M - 40	119	01:40:10	03:45:03	05:39:13	<b>07:33:49.30</b>	+03:37:51 (48.0%)	10:05	5.9 (51.8%)
343	<b>GRECH-BARAN Marta</b>	<b>5402</b>		Senior II K - 30	31	01:50:18	04:01:42	05:50:25	<b>07:34:19.40</b>	+03:38:21 (48.1%)	10:05	5.9 (51.8%)
344	<b>BARAN Jakub</b>	<b>5401</b>	LEMIESZ TEAM	Senior II M - 30	102	01:50:19	04:01:51	05:50:28	<b>07:34:26.05</b>	+03:38:27 (48.1%)	10:05	5.9 (51.8%)
345	<b>KURKUS Aleksander</b>	<b>5486</b>	DOGOŃ GRODZISK MAZOWIECKI	Masters M - 40	120	01:45:07	03:50:37	05:44:56	<b>07:34:28.70</b>	+03:38:30 (48.1%)	10:05	5.9 (51.8%)
346	<b>CZACHOWSKI Michał</b>	<b>5447</b>	ŻWAWĘ ŻÓŁWIE	Weteran I M - 50	22	01:53:35	04:03:00	05:56:43	<b>07:34:31.70</b>	+03:38:33 (48.1%)	10:06	5.9 (51.8%)
347	<b>CZARNY Anna</b>	<b>5227</b>		Masters K - 40	33	01:56:45	04:06:19	05:56:17	<b>07:35:19.30</b>	+03:39:21 (48.2%)	10:07	5.9 (51.8%)
348	<b>BANAŚ Marcin</b>	<b>5368</b>	WIECZORNE BIEGANIE W SZCZECINIE	Masters M - 40	121	01:48:54	03:59:47	05:58:49	<b>07:35:26.05</b>	+03:39:27 (48.2%)	10:07	5.9 (51.8%)
349	<b>BAIER-JASTRZĄBEK Marta</b>	<b>5076</b>	OBORNICKI KLUB LEEKOATLETYCZNY	Masters K - 40	34	01:57:20	04:02:10	05:58:35	<b>07:35:28.40</b>	+03:39:30 (48.2%)	10:07	5.9 (51.8%)
350	<b>NIEDŹWIECKA Kasia</b>	<b>5492</b>	EKOBIEGI	Weteran K - 50	5	01:52:13	04:08:39	06:00:13	<b>07:37:29.55</b>	+03:41:31 (48.4%)	10:09	5.9 (51.8%)
351	<b>CHORAŹYCZEWSKI Michał</b>	<b>5135</b>	OBORNICKI KLUB LEKKOATLETYCZNY	Senior II M - 30	103	01:56:51	04:01:49	05:57:56	<b>07:37:36.70</b>	+03:41:38 (48.4%)	10:10	5.9 (51.8%)
352	<b>RUNOWICZ Magdalena</b>	<b>5056</b>		Masters K - 40	35	01:52:34	03:56:38	05:44:38	<b>07:37:37.35</b>	+03:41:39 (48.4%)	10:10	5.9 (51.8%)
353	<b>LEWICKA Magdalena</b>	<b>5095</b>	OBORNICKI KLUB LEEKOATLETYCZNY	Senior II K - 30	32	01:57:02	04:02:01	05:58:07	<b>07:37:43.35</b>	+03:41:45 (48.4%)	10:10	5.9 (51.8%)
354	<b>IWACHÓW Sławomir</b>	<b>5080</b>	KKM / MXTECH KWIDZYN	Masters M - 40	122	01:50:19	04:01:04	05:49:19	<b>07:39:15.10</b>	+03:43:16 (48.6%)	10:12	5.9 (51.8%)
355	<b>KONDRAKIEWICZ Rafał</b>	<b>5312</b>		Masters M - 40	123	01:52:38	04:00:48	05:53:36	<b>07:39:32.20</b>	+03:43:33 (48.7%)	10:12	5.9 (51.8%)
356	<b>GIENTKOWSKI Sławomir</b>	<b>5317</b>		Masters M - 40	124	01:40:07	03:52:25	05:49:28	<b>07:39:54.80</b>	+03:43:56 (48.7%)	10:13	5.9 (51.8%)
357	<b>WOJTAS Ryszard</b>	<b>5175</b>		Weteran I M - 50	23	01:48:38	04:01:27	06:06:48	<b>07:39:56.80</b>	+03:43:58 (48.7%)	10:13	5.9 (51.8%)
358	<b>STAWCZYK Szczepan</b>	<b>5111</b>	BIEGACZE W RADOMSKU	Weteran II M - 60	7	01:52:48	04:03:51	06:01:57	<b>07:40:29.75</b>	+03:44:31 (48.8%)	10:14	5.9 (51.8%)
359	<b>TATYS Łukasz</b>	<b>5207</b>		Senior II M - 30	104	02:11:41	04:27:05	06:06:24	<b>07:40:59.40</b>	+03:45:01 (48.8%)	10:14	5.9 (51.8%)
360	<b>JĘDRZAK Przemysław</b>	<b>5272</b>	WYBIEGANI TEAM	Masters M - 40	125	01:43:45	03:46:11	05:43:22	<b>07:41:00.40</b>	+03:45:02 (48.8%)	10:14	5.9 (51.8%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Tempo min/km	Tempo km/h
						B1 10km	B2 22km	A15 33km	netto 45km	Różn		
361	<b>GRĘZEL-GAWRON Jolanta</b>	<b>5329</b>	J.G JOLANTA GRĘZEL-GAWRON	Masters K - 40	36	01:51:43	04:06:31	05:56:52	<b>07:42:23.15</b>	+03:46:24 (49.0%)	10:16	5.8 (50.9%)
362	<b>WÓDKIEWICZ Maciej</b>	<b>5070</b>	WLKP MOUNTAINS ULTRA RUNNERS TEAM	Masters M - 40	126	01:50:40	03:59:40	05:58:50	<b>07:43:35.60</b>	+03:47:37 (49.1%)	10:18	5.8 (50.9%)
363	<b>MAKOWSKI Dariusz</b>	<b>5139</b>	KM TEAM	Weteran I M - 50	24	01:54:03	04:02:23	05:56:09	<b>07:44:00.90</b>	+03:48:02 (49.1%)	10:18	5.8 (50.9%)
364	<b>ROSZYK Tomasz</b>	<b>5038</b>	TKKF MPK POZNAŃ	Masters M - 40	127	01:49:13	04:02:03	06:07:01	<b>07:44:42.70</b>	+03:48:44 (49.2%)	10:19	5.8 (50.9%)
365	<b>KAMIŃSKI Łukasz</b>	<b>5151</b>		Senior II M - 30	105	01:50:18	04:01:54	06:01:32	<b>07:44:54.20</b>	+03:48:55 (49.2%)	10:19	5.8 (50.9%)
366	<b>ŁUCZKÓW Andrzej</b>	<b>5173</b>		Weteran I M - 50	25	01:51:36	03:57:40	06:01:08	<b>07:45:00.10</b>	+03:49:01 (49.3%)	10:20	5.8 (50.9%)
367	<b>JANOWSKA Ula</b>	<b>5093</b>		Masters K - 40	37	01:48:36	03:58:00	05:41:39	<b>07:45:15.10</b>	+03:49:16 (49.3%)	10:20	5.8 (50.9%)
368	<b>BORC Marzanna</b>	<b>5120</b>	AKADEMIA BIEGANIA GRUDZIĄDZ.	Weteran K - 50	6	01:48:46	03:58:11	05:41:49	<b>07:45:24.55</b>	+03:49:26 (49.3%)	10:20	5.8 (50.9%)
369	<b>ZAPIÓR Marek</b>	<b>5493</b>	ZET	Weteran I M - 50	26	01:54:53	04:12:16	06:06:38	<b>07:46:48.15</b>	+03:50:49 (49.4%)	10:22	5.8 (50.9%)
370	<b>KNOBLOCH Tomasz</b>	<b>5364</b>	THE PINDOLS	Masters M - 40	128	01:46:13	03:49:23	05:40:45	<b>07:46:59.50</b>	+03:51:01 (49.5%)	10:22	5.8 (50.9%)
371	<b>IGNASZEWSKI Michał</b>	<b>5009</b>	DRUŻYNA SZPIKU	Senior II M - 30	106	01:48:26	04:01:13	06:06:14	<b>07:48:12.10</b>	+03:52:13 (49.6%)	10:24	5.8 (50.9%)
372	<b>IGNASZEWSKA Marta</b>	<b>5015</b>	DRUŻYNA SZPIKU	Masters K - 40	38	01:48:43	04:01:33	06:06:25	<b>07:48:31.60</b>	+03:52:33 (49.6%)	10:24	5.8 (50.9%)
373	<b>HANGIEL Urszula</b>	<b>5399</b>	ŻWAWĘ ŻÓŁWIE	Senior II K - 30	33	02:02:52	04:22:14	06:11:13	<b>07:49:49.90</b>	+03:53:51 (49.8%)	10:26	5.7 (50.0%)
374	<b>GMAJ Karolina</b>	<b>5127</b>		Masters K - 40	39	01:51:34	04:09:36	06:04:15	<b>07:49:57.90</b>	+03:53:59 (49.8%)	10:26	5.7 (50.0%)
375	<b>SZYMAŃSKA Dominika</b>	<b>5334</b>	POMYKACZE	Senior I K - 20	7	01:53:33	04:11:27	06:04:03	<b>07:50:45.80</b>	+03:54:47 (49.9%)	10:27	5.7 (50.0%)
376	<b>PAWLIK-NIEDZIELA Sandra</b>	<b>5195</b>	BIEGOWA KUŹNIA	Senior II K - 30	34	01:53:43	04:11:39	06:04:13	<b>07:50:56.05</b>	+03:54:57 (49.9%)	10:27	5.7 (50.0%)
377	<b>KUŁAKOWSKI Piotr</b>	<b>5359</b>	CZŁAPACZE	Weteran II M - 60	8	01:58:39	04:22:38	06:09:44	<b>07:51:09.90</b>	+03:55:11 (49.9%)	10:28	5.7 (50.0%)
378	<b>SKIBICKA Dorota</b>	<b>5355</b>	PZU SPORT TEAM	Masters K - 40	40	01:52:03	04:09:34	06:08:34	<b>07:51:13.55</b>	+03:55:15 (49.9%)	10:28	5.7 (50.0%)
379	<b>GAJDA Grzegorz</b>	<b>5470</b>		Senior II M - 30	107	01:51:58	04:04:17	06:09:14	<b>07:53:07.10</b>	+03:57:08 (50.1%)	10:30	5.7 (50.0%)
380	<b>GAJEWSKA Agnieszka</b>	<b>5035</b>	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	Masters K - 40	41	01:52:06	04:04:25	06:09:21	<b>07:53:14.20</b>	+03:57:15 (50.1%)	10:31	5.7 (50.0%)
381	<b>KOWALSKA Małgorzata</b>	<b>5296</b>		Masters K - 40	42	02:06:16	04:20:00	06:09:25	<b>07:54:05.35</b>	+03:58:07 (50.2%)	10:32	5.7 (50.0%)
382	<b>GRĘBOWICZ Agnieszka</b>	<b>5234</b>		Senior II K - 30	35	02:06:26	04:20:10	06:09:35	<b>07:54:15.35</b>	+03:58:17 (50.2%)	10:32	5.7 (50.0%)
383	<b>FOLARON Rafał</b>	<b>5509</b>		Senior II M - 30	108	01:43:45	03:49:42	06:02:11	<b>07:54:31.40</b>	+03:58:33 (50.3%)	10:32	5.7 (50.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Tempo min/km	Tempo km/h
						B1 10km	B2 22km	A15 33km	netto 45km	Różn		
384	LUPA Mirosław	5074		Weteran I M - 50	27	01:43:30	03:58:00	05:55:44	<b>07:55:08.15</b>	+03:59:09 (50.3%)	10:33	5.7 (50.0%)
385	LEWANDOWSKI Krzysztof	5454		Weteran I M - 50	28	01:50:21	04:18:15	06:16:43	<b>07:55:12.25</b>	+03:59:13 (50.3%)	10:33	5.7 (50.0%)
386	PYTLARCZYK Piotr	5204	KLUB BIEGACZA WARTA	Masters M - 40	129	01:55:32	04:09:14	06:05:14	<b>07:55:14.50</b>	+03:59:16 (50.3%)	10:33	5.7 (50.0%)
387	GŁĄBICA Justyna	5231		Masters K - 40	43	01:48:57	04:20:49	06:26:31	<b>07:56:18.80</b>	+04:00:20 (50.5%)	10:35	5.7 (50.0%)
388	WAŚCIŃSKA Edyta	5362	PĘDZI - PARA	Weteran K - 50	7	01:58:59	04:14:11	06:07:57	<b>07:57:05.55</b>	+04:01:07 (50.5%)	10:36	5.7 (50.0%)
389	BAGIŃSKA Paulina	5374		Masters K - 40	44	01:36:59	03:48:17	05:54:59	<b>07:57:12.30</b>	+04:01:14 (50.6%)	10:36	5.7 (50.0%)
390	POMIANOWSKA Anna	5386		Masters K - 40	45	01:58:22	04:14:31	06:12:12	<b>07:59:09.55</b>	+04:03:11 (50.8%)	10:38	5.6 (49.1%)
391	MALINOWSKI Konrad	5339		Senior II M - 30	109	01:49:49	03:57:06	05:58:40	<b>07:59:25.25</b>	+04:03:26 (50.8%)	10:39	5.6 (49.1%)
392	STOLPE Maciej	5439	MPKPOZNAŃ	Weteran I M - 50	29	01:47:44	04:04:07	06:05:08	<b>07:59:39.05</b>	+04:03:40 (50.8%)	10:39	5.6 (49.1%)
393	MAJCHRZAK Monika	5044	WKURW_TEAM	Masters K - 40	46	01:59:46	04:19:09	06:14:51	<b>08:01:23.90</b>	+04:05:25 (51.0%)	10:41	5.6 (49.1%)
394	WIELICZKO Dagmara	5064		Senior II K - 30	36	01:56:51	04:14:13	06:21:37	<b>08:04:23.10</b>	+04:08:24 (51.3%)	10:45	5.6 (49.1%)
395	BEDNARSKI Krzysztof	5406	KLUCZBORSKA GRUPA BIEGOWA	Weteran I M - 50	30	01:47:00	04:10:42	06:10:23	<b>08:04:23.70</b>	+04:08:25 (51.3%)	10:45	5.6 (49.1%)
396	WIELICZKO Rafał	5063		Senior II M - 30	110	01:56:57	04:14:22	06:21:46	<b>08:04:32.00</b>	+04:08:33 (51.3%)	10:46	5.6 (49.1%)
397	KALINOWSKA Katarzyna	5463		Senior II K - 30	37	01:53:34	04:09:59	06:13:08	<b>08:06:01.65</b>	+04:10:03 (51.4%)	10:48	5.6 (49.1%)
398	JABŁOŃSKI Kazimierz	5460	SPRINTER PRĄDY	Weteran II M - 60	9	01:54:16	04:14:30	06:13:26	<b>08:06:44.10</b>	+04:10:45 (51.5%)	10:48	5.5 (48.2%)
399	RZYWUCKA Jolanta	5198	4 RUN TEAM PIŁA	Masters K - 40	47	02:09:47	04:24:04	06:18:21	<b>08:06:55.10</b>	+04:10:56 (51.5%)	10:49	5.5 (48.2%)
400	BĘBAS Paweł	5286		Masters M - 40	130	01:56:01	04:12:19	06:14:04	<b>08:06:55.40</b>	+04:10:57 (51.5%)	10:49	5.5 (48.2%)
401	GUZIK Tomasz	5255		Senior II M - 30	111	01:46:36	04:02:23	06:07:22	<b>08:07:41.30</b>	+04:11:43 (51.6%)	10:50	5.5 (48.2%)
402	ZAWIS Marek	5112		Weteran I M - 50	31	01:50:36	04:08:14	06:03:17	<b>08:08:53.85</b>	+04:12:55 (51.7%)	10:51	5.5 (48.2%)
403	ŁACHAN Patryk	5100	WKURW_TEAM	Masters M - 40	131	01:56:01	04:22:02	06:26:10	<b>08:13:13.20</b>	+04:17:14 (52.2%)	10:57	5.5 (48.2%)
404	TOMANEK Bartosz	5507	SSW PRAGMATIC SOLUTIONS	Senior II M - 30	112	01:34:27	03:40:36	06:00:40	<b>08:13:14.50</b>	+04:17:16 (52.2%)	10:57	5.5 (48.2%)
405	CHUDZIK Radosław	5453		Masters M - 40	132	01:33:52	04:20:37	06:10:19	<b>08:13:23.20</b>	+04:17:24 (52.2%)	10:57	5.5 (48.2%)
406	KRAJEWSKA-KŁODA Katarzyna	5058	DRUŻYNA SZPIKU	Masters K - 40	48	02:11:42	04:40:00	06:38:03	<b>08:14:39.05</b>	+04:18:40 (52.3%)	10:59	5.5 (48.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Tempo min/km	Tempo km/h
						B1 10km	B2 22km	A15 33km	netto 45km	Różn		
407	<b>BARANIAK Beata</b>	<b>5176</b>	DRUŻYNA SZPIKU	Masters K - 40	49	02:11:52	04:40:07	06:38:15	<b>08:14:49.25</b>	+04:18:50 (52.3%)	10:59	5.5 (48.2%)
408	<b>DOMAGAŁA Tomasz</b>	<b>5245</b>	DOMAGAŁA	Senior II M - 30	113	02:03:16	04:21:51	06:26:18	<b>08:16:27.10</b>	+04:20:28 (52.5%)	11:01	5.4 (47.4%)
409	<b>ZASŁAWSKA Katarzyna</b>	<b>5494</b>	ZAKOCHAJ SIĘ W BIEGANIU	Weteran K - 50	8	01:50:36	04:10:42	06:17:54	<b>08:16:33.55</b>	+04:20:35 (52.5%)	11:02	5.4 (47.4%)
410	<b>TRZECIAK Ewelina</b>	<b>5283</b>		Masters K - 40	50	02:00:02	04:31:53	06:34:23	<b>08:16:34.85</b>	+04:20:36 (52.5%)	11:02	5.4 (47.4%)
411	<b>MAŁGORZATA Modelska</b>	<b>5338</b>		Senior II K - 30	38	02:06:14	04:27:35	06:29:35	<b>08:16:56.35</b>	+04:20:58 (52.5%)	11:02	5.4 (47.4%)
412	<b>FOJCIK Katarzyna</b>	<b>5254</b>	PIERUNSKIE CANGÓRY	Senior I K - 20	8	01:51:25	04:15:04	06:18:54	<b>08:17:22.05</b>	+04:21:23 (52.6%)	11:03	5.4 (47.4%)
413	<b>POPŁAWSKI Krzysiek</b>	<b>5022</b>	DEPARTAMENT BIEGÓW GÓRSKICH	Masters M - 40	133	01:59:42	04:29:32	06:33:50	<b>08:17:47.50</b>	+04:21:49 (52.6%)	11:03	5.4 (47.4%)
414	<b>BĘDZIŃSKA Jolanta</b>	<b>5279</b>		Masters K - 40	51	02:06:16	04:35:04	06:32:19	<b>08:18:10.95</b>	+04:22:12 (52.6%)	11:04	5.4 (47.4%)
415	<b>PIETRUSIAK Agnieszka</b>	<b>5278</b>		Senior II K - 30	39	02:06:25	04:35:13	06:32:27	<b>08:18:22.05</b>	+04:22:23 (52.7%)	11:04	5.4 (47.4%)
416	<b>KUKLA-KOWALSKA Alicja</b>	<b>5114</b>		Masters K - 40	52	01:58:52	04:23:39	06:28:27	<b>08:18:34.65</b>	+04:22:36 (52.7%)	11:04	5.4 (47.4%)
417	<b>STAWSKA-KISIAŁA Natalia</b>	<b>5220</b>	LACHO TEAM	Senior II K - 30	40	02:16:41	04:40:35	06:36:16	<b>08:18:47.85</b>	+04:22:49 (52.7%)	11:05	5.4 (47.4%)
418	<b>SOBAŃSKA Paulina</b>	<b>5124</b>	TARNOWO PODGÓRNE BIEGA	Senior II K - 30	41	02:06:17	04:31:58	06:32:58	<b>08:20:05.25</b>	+04:24:06 (52.8%)	11:06	5.4 (47.4%)
419	<b>GRZESIAK Rafał</b>	<b>5142</b>	EMERYT	Masters M - 40	134	01:37:09	04:23:57	06:16:21	<b>08:20:06.35</b>	+04:24:08 (52.8%)	11:06	5.4 (47.4%)
420	<b>ZIELIŃSKA CZERBNIAK Izabela</b>	<b>5200</b>	TARNOWO PODGÓRNA BIEGA	Masters K - 40	53	02:06:27	04:32:07	06:33:07	<b>08:20:14.10</b>	+04:24:15 (52.8%)	11:06	5.4 (47.4%)
421	<b>SZULC Joanna</b>	<b>5082</b>	WYBIEGANIA MPK	Masters K - 40	54	02:05:04	04:33:26	06:34:53	<b>08:24:36.40</b>	+04:28:38 (53.2%)	11:12	5.4 (47.4%)
422	<b>SKROBEK Marcin</b>	<b>5292</b>		Senior II M - 30	114	01:59:38	04:15:25	06:18:59	<b>08:24:44.05</b>	+04:28:45 (53.2%)	11:12	5.3 (46.5%)
423	<b>MRUCZYŃSKA-PIETRUCZANIS Katarzyna</b>	<b>5071</b>	WKURW_TEAM / AKTYWNI WĘGRÓW	Masters K - 40	55	02:03:47	04:29:56	06:31:54	<b>08:25:26.60</b>	+04:29:28 (53.3%)	11:13	5.3 (46.5%)
424	<b>LATOS Joanna</b>	<b>5180</b>		Masters K - 40	56	02:11:24	04:37:40	06:37:28	<b>08:25:41.60</b>	+04:29:43 (53.3%)	11:14	5.3 (46.5%)
425	<b>KIEŁCZYŃSKA Katarzyna</b>	<b>5036</b>	OVER 40 TEAM	Masters K - 40	57	01:55:48	04:29:51	06:36:42	<b>08:25:43.60</b>	+04:29:45 (53.3%)	11:14	5.3 (46.5%)
426	<b>BĄCZYK Adam</b>	<b>5421</b>	MONIAGYM	Masters M - 40	135	02:00:02	04:18:36	06:24:59	<b>08:25:46.15</b>	+04:29:47 (53.3%)	11:14	5.3 (46.5%)
427	<b>ROMAN Ewelina</b>	<b>5161</b>	MONIA GYM	Senior II K - 30	42	02:00:03	04:18:40	06:24:59	<b>08:25:47.15</b>	+04:29:48 (53.3%)	11:14	5.3 (46.5%)
428	<b>BĄCZYK Monika</b>	<b>5160</b>	MONIA GYM	Masters K - 40	58	02:00:04	04:18:41	06:25:03	<b>08:25:47.60</b>	+04:29:49 (53.3%)	11:14	5.3 (46.5%)
429	<b>RYCHŁOWSKI Ryszard</b>	<b>5054</b>		Masters M - 40	136	01:54:34	04:23:45	06:32:06	<b>08:26:30.65</b>	+04:30:32 (53.4%)	11:15	5.3 (46.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Tempo min/km	Tempo km/h
						B1 10km	B2 22km	A15 33km	netto 45km	Różn		
430	<b>GŁĄBICA Adam</b>	<b>5230</b>		Weteran I M - 50	32	01:53:01	04:21:00	06:26:20	<b>08:27:09.10</b>	+04:31:10 (53.5%)	11:16	5.3 (46.5%)
431	<b>ADAMIAK Marta</b>	<b>5526</b>		Senior II K - 30	43	01:56:35	04:23:52	06:33:33	<b>08:28:29.55</b>	+04:32:31 (53.6%)	11:18	5.3 (46.5%)
432	<b>LEWANDOWSKA Ewa</b>	<b>5110</b>		Masters K - 40	59	02:01:46	04:19:22	06:26:44	<b>08:32:11.45</b>	+04:36:13 (53.9%)	11:22	5.3 (46.5%)
433	<b>KATA Aleksandra</b>	<b>5299</b>		Senior II K - 30	44	02:02:10	04:25:30	06:23:42	<b>08:33:13.95</b>	+04:37:15 (54.0%)	11:24	5.3 (46.5%)
434	<b>BIELECKA Iwona</b>	<b>5072</b>	PRO-RUN WROCLAW	Senior II K - 30	45	02:02:20	04:25:40	06:24:43	<b>08:33:23.80</b>	+04:37:25 (54.0%)	11:24	5.3 (46.5%)
435	<b>SOKOŁOWSKI Artur</b>	<b>5324</b>	TEAM ZABIEGANEDNI	Masters M - 40	137	01:52:35	04:21:30	06:34:06	<b>08:35:27.20</b>	+04:39:28 (54.2%)	11:27	5.2 (45.6%)
436	<b>BARZAK Justyna</b>	<b>5256</b>		Senior II K - 30	46	01:58:24	04:40:35	06:52:36	<b>08:40:55.55</b>	+04:44:57 (54.7%)	11:34	5.2 (45.6%)
437	<b>GÓRNA Aldona</b>	<b>5101</b>	ŻÓŁWICE W BIEGU	Masters K - 40	60	02:00:37	04:38:53	06:42:51	<b>08:43:34.30</b>	+04:47:36 (54.9%)	11:38	5.2 (45.6%)
438	<b>LANGE Hanna</b>	<b>5102</b>	ŻÓŁWICE W BIEGU	Masters K - 40	61	02:00:47	04:39:05	06:43:00	<b>08:43:45.45</b>	+04:47:47 (54.9%)	11:38	5.2 (45.6%)
439	<b>SIWEK Jarek</b>	<b>5144</b>		Masters M - 40	138	02:16:44	04:51:52	06:55:41	<b>08:44:48.30</b>	+04:48:50 (55.0%)	11:39	5.1 (44.7%)
440	<b>FRANKENBERG Małgorzata</b>	<b>5482</b>	BIEGACZ NOWOSOLNA	Weteran II K - 60	1	02:14:49	04:55:14	07:04:30	<b>08:45:31.70</b>	+04:49:33 (55.1%)	11:40	5.1 (44.7%)
441	<b>JASIŃSKI Paweł</b>	<b>5341</b>	ZMASAKROWANI	Masters M - 40	139	02:01:44	04:23:35	06:34:11	<b>08:46:12.75</b>	+04:50:14 (55.2%)	11:41	5.1 (44.7%)
442	<b>TARASZEWSKA Paulina</b>	<b>5129</b>		Senior II K - 30	47	01:59:35	04:29:25	06:33:42	<b>08:46:15.15</b>	+04:50:16 (55.2%)	11:41	5.1 (44.7%)
443	<b>WÓJCIK Łukasz</b>	<b>5225</b>	CYTRYNOWE CURRY???	Senior II M - 30	115	01:59:02	04:35:56	06:43:04	<b>08:49:27.85</b>	+04:53:29 (55.4%)	11:45	5.1 (44.7%)
444	<b>SZYLIŃSKI Jakub</b>	<b>5140</b>		Weteran I M - 50	33	02:16:57	04:52:09	06:55:53	<b>08:55:22.65</b>	+04:59:24 (55.9%)	11:53	5 (43.9%)
445	<b>KOZŁOWSKA Joanna</b>	<b>5356</b>		Weteran K - 50	9	02:09:31	04:30:32	06:31:15	<b>08:56:35.35</b>	+05:00:37 (56.0%)	11:55	5 (43.9%)
446	<b>KAMIŃSKI Marek</b>	<b>5337</b>	STRZELIŃSKI KLUB BIEGACZA	Senior II M - 30	116	01:58:10	04:40:26	06:56:16	<b>09:07:15.60</b>	+05:11:17 (56.9%)	12:09	4.9 (43.0%)
447	<b>PLASZCZYK Bartłomiej</b>	<b>5491</b>	4 RBLOG	Senior II M - 30	117	02:00:09	04:46:40	07:00:53	<b>09:10:47.55</b>	+05:14:49 (57.2%)	12:14	4.9 (43.0%)
448	<b>REGULSKA Aneta</b>	<b>5059</b>	DRUŻYNA SZPIKU	Senior II K - 30	48	02:24:28	05:07:28	07:22:19	<b>09:28:50.30</b>	+05:32:52 (58.5%)	12:38	4.7 (41.2%)
449	<b>RAJCAKOWSKA Anna</b>	<b>5253</b>		Weteran K - 50	10	02:24:38	05:07:40	07:22:31	<b>09:30:18.60</b>	+05:34:20 (58.6%)	12:40	4.7 (41.2%)
450	<b>MOSKWA Martyna</b>	<b>5209</b>	MASZ PRZEBIEGANE	Senior I K - 20	9	02:17:07	05:03:24	07:17:02	<b>09:34:40.70</b>	+05:38:42 (58.9%)	12:46	4.7 (41.2%)
451	<b>WIETRZYŃSKA Agnieszka</b>	<b>5208</b>	MASZ PRZEBIEGANE	Senior II K - 30	49	02:17:17	05:03:33	07:17:11	<b>09:34:51.75</b>	+05:38:53 (59.0%)	12:46	4.7 (41.2%)
452	<b>WOŁCZEK Małgorzata</b>	<b>5157</b>		Senior II K - 30	50	02:30:59	05:22:58	07:46:43	<b>09:40:56.75</b>	+05:44:58 (59.4%)	12:54	4.6 (40.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas						
						B1 10km	B2 22km	A15 33km	netto 45km	Różn	Tempo min/km	Tempo km/h
453	WAŁECKA Agnieszka	5381	3W	Masters K - 40	62	02:31:09	05:23:07	07:46:47	<b>09:41:03.45</b>	+05:45:05 (59.4%)	12:54	4.6 (40.4%)
454	WARA-WĄSOWSKI Maciej	5156		Weteran I M - 50	34	02:31:19	05:23:17	07:46:53	<b>09:41:09.30</b>	+05:45:11 (59.4%)	12:54	4.6 (40.4%)
455	JAWORSKA-NIZIOŁ Magdalena	5136		Senior II K - 30	51	02:18:38	05:52:02	07:48:03	<b>09:45:52.70</b>	+05:49:54 (59.7%)	13:01	4.6 (40.4%)
456	MIŚKIEWICZ Wojciech	5412		Senior II M - 30	118	02:12:44	05:07:48	07:29:58	<b>09:48:34.85</b>	+05:52:36 (59.9%)	13:04	4.6 (40.4%)
457	FORMELA Justyna	5411		Masters K - 40	63	02:12:51	05:07:55	07:29:51	<b>09:48:39.95</b>	+05:52:41 (59.9%)	13:04	4.6 (40.4%)
458	LESZCZYŃSKA-DOMINIAK Elżbieta	5473	LASY WAWERSKIE	Weteran II K - 60	2	02:16:36	05:02:18	07:35:39	<b>10:03:39.35</b>	+06:07:41 (60.9%)	13:24	4.5 (39.5%)
459	MAKAREWICZ Sylwia	5520		Masters K - 40	64	02:14:19	04:56:33	07:26:12	<b>10:09:58.70</b>	+06:14:00 (61.3%)	13:33	4.4 (38.6%)
<b>Przekroczony limit czasu: 10:45:00</b>												
460	MALONG Aleksander	5499	KLUCZBORSKA GRUPA BIEGOWA	Weteran I M - 50	35	02:49:24	05:53:04	08:11:14	<b>10:57:19.05</b>	+07:01:20 (64.1%)	14:36	4.1 (36.0%)
461	PAWŁOWSKA Danuta	5369		Masters K - 40	65	02:41:15	05:52:22	08:33:57	<b>11:36:25.10</b>	+07:40:26 (66.1%)	15:28	3.9 (34.2%)
DQ	NIEZGÓDKA Tomasz	5521	ZĄLOGA GÓRSKA	Weteran I M - 50		01:12:35 DQ	DQ	DQ	<b>02:09:20.90 DQ</b>		0:00	20.9 (183.3%)
DQ	MORAWSKI Filip	5264	MARCINSWIERCTEAM	Masters M - 40		01:16:50 DQ	DQ	DQ	<b>02:11:21.50 DQ</b>		0:00	20.6 (180.7%)
DQ	ŁĘCKI Piotr	5487	BP RUNNING TEAM GLIWICE	Senior II M - 30		01:18:21 DQ	DQ	DQ	<b>02:14:00.10 DQ</b>		0:00	20.1 (176.3%)
DQ	JURCZAK Roman	5522	GEPARDY I GAZELE RZESZÓW	Weteran II M - 60		01:20:59 DQ	DQ	DQ	<b>02:23:15.40 DQ</b>		0:00	18.8 (164.9%)
DQ	GORZELANY Rafał	5346		Senior II M - 30		01:23:11 DQ	DQ	DQ	<b>02:30:37.10 DQ</b>		0:00	17.9 (157.0%)
	MAJEWSKI Artur	5177	DIRETA GNIEZNO	Masters M - 40		01:23:26 DNF	DNF	03:29:58 DNF	<b>DNF</b>		-	- (0.0%)
	KIEDOWSKI Artur	5424		Masters M - 40		01:28:24 DNF	DNF	03:28:08 DNF	<b>DNF</b>		-	- (0.0%)
	PACZOS Andrzej	5384		Senior I M - 20		01:16:17 DNF	03:11:36 DNF	DNF	<b>DNF</b>		-	- (0.0%)
	SITEK Arkadiusz	5452	AKTYWNI WĘGRÓW	Masters M - 40		01:31:08 DNF	03:19:24 DNF	DNF	<b>DNF</b>		-	- (0.0%)
	SMUSZ Grzegorz	5314		Masters M - 40		01:39:26 DNF	03:59:07 DNF	DNF	<b>DNF</b>		-	- (0.0%)
	KUBICKI Piotr	5237	KOŚCIAN TEAM	Senior II M - 30		01:55:41 DNF	04:32:51 DNF	DNF	<b>DNF</b>		-	- (0.0%)
	FEDOROWICZ Emil	5092	ULTRINO AMATEUR	Senior I M - 20		02:23:20 DNF	05:20:40 DNF	DNF	<b>DNF</b>		-	- (0.0%)
	LUZAR Rafal	5353		Masters M - 40		01:17:04 DNF	DNF	DNF	<b>DNF</b>		-	- (0.0%)
	MALECKA-LEŃ Patrycja	5440	STAJNIA BALONA	Senior II K - 30		01:20:59 DNF	DNF	DNF	<b>DNF</b>		-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Różn	Tempo min/km	Tempo km/h
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Znaleziono 475 wynik(ów)