

# ZŁOTY MARATON - 45 KM

B4SPORT

**Wydarzenie:** Dolnośląski Festiwal Biegów Górskich  
**Organizator:** Fundacja MARATONY GÓRSKIE  
**Data:** 2021-07-15  
**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>FLISIŃSKI Łukasz</b>	<b>5679</b>	ALPIN SPORT HOKA ONE ONE TEAM	Masters M - 40	1	00:58:36	02:08:09	03:08:27	<b>04:01:11.00</b>		5:21	11.2 (100%)
2	<b>PITUCH Grzegorz</b>	<b>5682</b>	KS WYSOKA	Masters M - 40	2	00:58:46	02:08:39	03:08:41	<b>04:05:02.15</b>	+00:03:51 (1.6%)	5:26	11 (98.2%)
3	<b>JAGIELSKI Łukasz</b>	<b>5076</b>	LESZNO LIMITS RUNNERS	Senior II M - 30	1	00:58:42	02:08:31	03:09:29	<b>04:09:38.80</b>	+00:08:27 (3.4%)	5:32	10.8 (96.4%)
4	<b>WOJTCZAK Jakub</b>	<b>5658</b>	I-SPORT TEAM	Senior I M - 20	1	00:58:45	02:08:24	03:08:24	<b>04:11:42.35</b>	+00:10:31 (4.2%)	5:35	10.7 (95.5%)
5	<b>SIWEK Michał</b>	<b>5309</b>	NIEPOŁOMICE BIEGAJĄ	Senior I M - 20	2	01:05:32	02:20:28	03:24:36	<b>04:28:32.70</b>	+00:27:21 (10.2%)	5:58	10.1 (90.2%)
6	<b>PLOCH Jakub</b>	<b>5758</b>		Senior II M - 30	2	01:04:11	02:21:29	03:26:25	<b>04:29:31.20</b>	+00:28:20 (10.5%)	5:59	10 (89.3%)
7	<b>CIECHANSKI Adam</b>	<b>5648</b>	TRUCHT.COM	Senior I M - 20	3	01:05:29	02:20:58	03:29:19	<b>04:32:58.35</b>	+00:31:47 (11.6%)	6:03	9.9 (88.4%)
8	<b>PAZDAN Piotr</b>	<b>5122</b>	140MINUT.PL	Senior II M - 30	3	01:01:15	02:17:09	03:27:18	<b>04:33:40.80</b>	+00:32:29 (11.9%)	6:04	9.9 (88.4%)
9	<b>HLAVATÍK Jan</b>	<b>5668</b>	JUMP SPORT FRÝDEK-MÍSTEK // KURACJUSZE Z WROCLAWIA	Senior II M - 30	4	01:04:18	02:19:08	03:26:40	<b>04:34:17.10</b>	+00:33:06 (12.1%)	6:05	9.8 (87.5%)
10	<b>RYŁKO Krzysztof</b>	<b>5410</b>	KS KANDAHAR/ZADYSZKA OŚWIĘCIM	Masters M - 40	3	01:09:24	02:24:38	03:30:02	<b>04:35:00.05</b>	+00:33:49 (12.3%)	6:06	9.8 (87.5%)
11	<b>JANKOWSKI Grzegorz</b>	<b>5348</b>		Masters M - 40	4	01:04:55	02:20:55	03:27:11	<b>04:35:02.00</b>	+00:33:51 (12.3%)	6:06	9.8 (87.5%)
12	<b>GREIVELDINGER Gilles</b>	<b>5534</b>	ŚWIAT BIEGACZA FEHLAU RUN TEAM	Weteran I M - 50	1	01:06:28	02:24:51	03:36:02	<b>04:38:46.05</b>	+00:37:35 (13.5%)	6:11	9.7 (86.6%)
13	<b>BANIAK Marcin</b>	<b>5513</b>	G.O.A.T. TEAM MICHAŁOWICE/MŁYN TRAIL MICHAŁOWICE	Masters M - 40	5	01:02:39	02:20:28	03:35:28	<b>04:41:21.15</b>	+00:40:10 (14.3%)	6:15	9.6 (85.7%)
14	<b>WIECZOREK Nina</b>	<b>5272</b>	MOCNA GRUPA CEZARA/SBRT WROCŁAW	Senior I K - 20	1	01:12:22	02:31:06	03:37:06	<b>04:42:00.80</b>	+00:40:49 (14.5%)	6:16	9.6 (85.7%)
15	<b>KACZMAREK Tomasz</b>	<b>5255</b>	NIEPOŁOMICE BIEGAJĄ	Masters M - 40	6	01:07:40	02:27:38	03:40:34	<b>04:44:10.10</b>	+00:42:59 (15.1%)	6:18	9.5 (84.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Różn	Tempo min/km	Tempo km/h
						B1 10km	B2 22km	A15 33km	netto 45km			
16	<b>ŻURAWSKI Sławomir</b>	<b>5078</b>	PGBSPORTOWAPACZKA	Masters M - 40	7	01:09:08	02:29:44	03:39:54	<b>04:44:14.80</b>	+00:43:03 (15.1%)	6:18	9.5 (84.8%)
17	<b>PIOTROWSKI Marek</b>	<b>5644</b>	SBRT WROCŁAW	Senior II M - 30	5	01:07:10	02:27:33	03:39:36	<b>04:48:27.50</b>	+00:47:16 (16.4%)	6:24	9.4 (83.9%)
18	<b>KUBICZEK Andrzej</b>	<b>5613</b>	DRINK TEAM	Senior II M - 30	6	01:07:10	02:25:51	03:41:08	<b>04:50:38.35</b>	+00:49:27 (17.0%)	6:27	9.3 (83.0%)
19	<b>BORZYSTOWSKI Patryk</b>	<b>5479</b>		Senior II M - 30	7	01:04:11	02:20:59	03:38:19	<b>04:50:38.70</b>	+00:49:27 (17.0%)	6:27	9.3 (83.0%)
20	<b>BIAŁOBŁOCKA Alicja</b>	<b>5125</b>	SOBASTEAM	Senior II K - 30	1	01:08:59	02:29:16	03:42:22	<b>04:50:58.35</b>	+00:49:47 (17.1%)	6:27	9.3 (83.0%)
21	<b>BARTKOWSKI Mariusz</b>	<b>5747</b>	KURŻĘTNIK BIEGA	Senior II M - 30	8	01:08:45	02:31:15	03:46:54	<b>04:52:32.30</b>	+00:51:21 (17.6%)	6:30	9.2 (82.1%)
22	<b>WAŚKO Paweł</b>	<b>5341</b>	CENTRUM MASAŻU	Masters M - 40	8	01:06:21	02:28:20	03:43:23	<b>04:53:58.05</b>	+00:52:47 (18.0%)	6:31	9.2 (82.1%)
23	<b>MIKA Andrzej</b>	<b>5697</b>		Senior II M - 30	9	01:13:14	02:34:21	03:47:17	<b>04:55:02.30</b>	+00:53:51 (18.3%)	6:33	9.2 (82.1%)
24	<b>KOZANECKI Przemysław</b>	<b>5081</b>	WYBIEGAĆ MARZENIA TEAM	Senior I M - 20	4	01:13:28	02:33:07	03:45:07	<b>04:56:44.85</b>	+00:55:33 (18.7%)	6:35	9.1 (81.3%)
25	<b>JAGIELA Rafał</b>	<b>5189</b>	KB ODRA OPOLE	Senior II M - 30	10	01:05:27	02:21:10	03:40:26	<b>04:58:21.80</b>	+00:57:10 (19.2%)	6:37	9 (80.4%)
26	<b>HOŁOWACZ Andrzej</b>	<b>5757</b>		Masters M - 40	9	01:12:13	02:32:40	03:47:42	<b>04:58:34.45</b>	+00:57:23 (19.2%)	6:38	9 (80.4%)
27	<b>WOLSKI Marcin</b>	<b>5545</b>		Senior II M - 30	11	01:06:38	02:27:34	03:46:03	<b>04:59:05.85</b>	+00:57:54 (19.4%)	6:38	9 (80.4%)
28	<b>ŁUKASIEWICZ Ewa</b>	<b>5651</b>	OLAWS ZŁOTORYJA	Weteran K - 50	1	01:11:46	02:36:47	03:53:48	<b>05:00:54.05</b>	+00:59:43 (19.8%)	6:41	9 (80.4%)
29	<b>STEFAŃSKI Krystian</b>	<b>5721</b>	RMT TEAM PRO	Senior II M - 30	12	01:12:30	02:38:20	03:54:19	<b>05:01:32.70</b>	+01:00:21 (20.0%)	6:42	9 (80.4%)
30	<b>FLOREK Katarzyna</b>	<b>5411</b>		Senior II K - 30	2	01:15:43	02:39:11	03:53:31	<b>05:03:52.10</b>	+01:02:41 (20.6%)	6:45	8.9 (79.5%)
31	<b>DUDEK Monika</b>	<b>5138</b>	PCH SPORT TEAM	Senior II K - 30	3	01:12:28	02:40:20	03:54:45	<b>05:05:38.00</b>	+01:04:27 (21.1%)	6:47	8.8 (78.6%)
32	<b>TOMCZYK Tomasz</b>	<b>5619</b>	RESHAPE RUNNERS	Senior II M - 30	13	01:08:41	02:34:53	03:52:57	<b>05:07:22.80</b>	+01:06:11 (21.5%)	6:49	8.8 (78.6%)
33	<b>WOJCIECHOWSKI Przemysław</b>	<b>5728</b>	CHAMPIONMAN TEAM	Senior II M - 30	14	01:12:51	02:37:40	03:55:45	<b>05:08:59.45</b>	+01:07:48 (21.9%)	6:51	8.7 (77.7%)
34	<b>ADAM Piotr</b>	<b>5575</b>	WROCLAW MARATHON TEAM	Masters M - 40	10	01:10:27	02:34:12	04:06:22	<b>05:10:35.85</b>	+01:09:24 (22.3%)	6:54	8.7 (77.7%)
35	<b>HADRYS Tomasz</b>	<b>5501</b>	FUNTRI	Senior II M - 30	15	01:13:34	02:38:14	03:55:44	<b>05:10:59.75</b>	+01:09:48 (22.4%)	6:54	8.7 (77.7%)
36	<b>WOŹNIAK Jerzy</b>	<b>5622</b>	#ZALINIAMETYTEAM	Senior II M - 30	16	01:10:37	02:33:51	03:56:41	<b>05:11:34.40</b>	+01:10:23 (22.6%)	6:55	8.7 (77.7%)
37	<b>ŁOPATYŃSKI Irek</b>	<b>5148</b>	REMA SPORT TEAM	Masters M - 40	11	01:11:58	02:36:45	04:01:02	<b>05:12:41.00</b>	+01:11:30 (22.9%)	6:56	8.6 (76.8%)
38	<b>SZYMURA Wojciech</b>	<b>5233</b>		Masters M - 40	12	01:10:00	02:37:49	03:57:48	<b>05:13:46.60</b>	+01:12:35 (23.1%)	6:58	8.6 (76.8%)

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									netto 45km	Różn		
39	KARPOWICZ Rafał	5214		Masters M - 40	13	01:08:45	02:34:02	03:56:57	<b>05:14:08.10</b>	+01:12:57 (23.2%)	6:58	8.6 (76.8%)
40	KLYSZCZ Michał	5100	IZBICKO W BIEGU	Senior I M - 20	5	01:20:58	02:49:16	04:03:17	<b>05:15:10.80</b>	+01:13:59 (23.5%)	7:00	8.6 (76.8%)
41	HNATIUK Anna	5345	MATNER RUNNING TEAM	Senior II K - 30	4	01:15:11	02:45:13	04:05:37	<b>05:15:32.10</b>	+01:14:21 (23.6%)	7:00	8.6 (76.8%)
42	SERWACKI Rafał	5756	STALOWOWOLSKI KLUB BIEGACZA	Senior II M - 30	17	01:13:55	02:42:07	04:04:34	<b>05:15:41.15</b>	+01:14:30 (23.6%)	7:00	8.6 (76.8%)
43	FLĄDRO Daniel	5417		Masters M - 40	14	01:06:51	02:29:32	03:55:39	<b>05:16:00.80</b>	+01:14:49 (23.7%)	7:01	8.5 (75.9%)
44	KOŁECKA Patrycja	5260	PIĄTKOWO NA BIEGOWO	Masters K - 40	1	01:17:59	02:47:27	04:07:18	<b>05:17:17.20</b>	+01:16:06 (24.0%)	7:03	8.5 (75.9%)
45	MACHALSKI Sebastian	5016	KCK	Masters M - 40	15	01:11:33	02:36:41	03:58:03	<b>05:18:00.90</b>	+01:16:49 (24.2%)	7:04	8.5 (75.9%)
46	MATCZAK Maciej	5561		Senior II M - 30	18	01:15:10	02:44:58	04:04:26	<b>05:18:18.30</b>	+01:17:07 (24.2%)	7:04	8.5 (75.9%)
47	ROMERO GARCIA Juan	5733	WITC	Senior II M - 30	19	01:15:04	02:38:16	03:58:08	<b>05:18:24.85</b>	+01:17:13 (24.3%)	7:04	8.5 (75.9%)
48	POPIEL Andrzej	5478	#FLEXISTAVTEAM	Senior II M - 30	20	01:13:37	02:39:52	04:02:42	<b>05:18:50.20</b>	+01:17:39 (24.4%)	7:05	8.5 (75.9%)
49	MIKOŁAJCZYK Krzysztof	5508		Masters M - 40	16	01:14:08	02:44:39	04:05:33	<b>05:19:58.30</b>	+01:18:47 (24.6%)	7:06	8.4 (75.0%)
50	MALEC Artur	5509		Masters M - 40	17	01:14:13	02:45:30	04:05:24	<b>05:19:58.45</b>	+01:18:47 (24.6%)	7:06	8.4 (75.0%)
51	URBAŃCZYK Jakub	5306		Senior I M - 20	6	01:19:54	02:45:58	04:08:19	<b>05:20:43.35</b>	+01:19:32 (24.8%)	7:07	8.4 (75.0%)
52	WINIARCZYK Krzysztof	5046		Senior II M - 30	21	01:20:05	02:51:34	04:13:20	<b>05:21:36.10</b>	+01:20:25 (25.0%)	7:08	8.4 (75.0%)
53	WUJDA Mirosław	5292	ERNI RULEZ	Masters M - 40	18	01:27:05	02:57:08	04:17:59	<b>05:22:26.95</b>	+01:21:15 (25.2%)	7:09	8.4 (75.0%)
54	FISZER Sebastian	5200		Masters M - 40	19	01:24:47	02:48:17	04:06:44	<b>05:22:43.65</b>	+01:21:32 (25.3%)	7:10	8.4 (75.0%)
55	JANIEWICZ Jacek	5525	ŁĄDEK-ZDRÓJ RUNNERS	Senior II M - 30	22	01:10:09	02:35:01	03:58:10	<b>05:23:50.15</b>	+01:22:39 (25.5%)	7:11	8.3 (74.1%)
56	BIAŁY Adam	5254		Masters M - 40	20	01:16:16	02:47:06	04:06:48	<b>05:24:07.60</b>	+01:22:56 (25.6%)	7:12	8.3 (74.1%)
57	LEŚNIAK Karolina	5485	FUNTRI	Senior II K - 30	5	01:23:17	02:57:39	04:15:53	<b>05:25:54.20</b>	+01:24:43 (26.0%)	7:14	8.3 (74.1%)
58	WYSZYŃSKI Roman	5385		Senior II M - 30	23	01:16:48	02:44:10	04:06:49	<b>05:26:18.85</b>	+01:25:07 (26.1%)	7:15	8.3 (74.1%)
59	DASZEWSKI Filip	5696	ICT POLAND	Senior I M - 20	7	01:13:13	02:39:36	04:13:24	<b>05:26:19.90</b>	+01:25:08 (26.1%)	7:15	8.3 (74.1%)
60	BERG Aleksander	5402		Senior II M - 30	24	01:12:48	02:37:38	04:04:47	<b>05:26:20.15</b>	+01:25:09 (26.1%)	7:15	8.3 (74.1%)
61	ŁUKOMSKI Krzysztof	5620		Senior II M - 30	25	01:17:51	02:51:11	04:16:25	<b>05:26:26.20</b>	+01:25:15 (26.1%)	7:15	8.3 (74.1%)

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									netto 45km	Różn		
62	<b>SAWICKI Bartosz</b>	<b>5383</b>	DZIKIE DZIKI GORZÓW	Senior II M - 30	26	01:22:46	02:53:17	04:14:04	<b>05:26:27.30</b>	+01:25:16 (26.1%)	7:15	8.3 (74.1%)
63	<b>MAJEWSKI Piotr</b>	<b>5235</b>	FIZJOBIEGACZE SZCZECIN	Masters M - 40	21	01:08:06	02:35:13	04:02:41	<b>05:27:06.35</b>	+01:25:55 (26.3%)	7:16	8.3 (74.1%)
64	<b>MOŻEJKO Artur</b>	<b>5307</b>	NIEPOŁOMICE BIEGAJĄ	Senior II M - 30	27	01:12:56	02:39:55	04:04:44	<b>05:27:09.55</b>	+01:25:58 (26.3%)	7:16	8.3 (74.1%)
65	<b>RATYŃSKI Marek</b>	<b>5552</b>	OTWOCKI TUPTACZ	Masters M - 40	22	01:12:21	02:40:22	04:09:05	<b>05:29:14.00</b>	+01:28:03 (26.7%)	7:18	8.2 (73.2%)
66	<b>BANAŚ Radosław</b>	<b>5701</b>		Senior II M - 30	28	01:15:51	02:46:14	04:14:32	<b>05:30:18.00</b>	+01:29:07 (27.0%)	7:20	8.2 (73.2%)
67	<b>ANDRZEJEWSKA Magdalena</b>	<b>5720</b>	SMYKOFSKI	Masters K - 40	2	01:12:33	02:43:07	04:06:35	<b>05:30:41.80</b>	+01:29:30 (27.1%)	7:20	8.2 (73.2%)
68	<b>GIL Stanisław</b>	<b>5418</b>	BIELAWSKA AKADEMIA BIEGANIA	Weteran II M - 60	1	01:14:50	02:45:35	04:13:06	<b>05:31:37.50</b>	+01:30:26 (27.3%)	7:22	8.1 (72.3%)
69	<b>LAWRENC Artur</b>	<b>5327</b>	MASATEAM	Senior II M - 30	29	01:20:54	02:51:46	04:16:29	<b>05:31:56.15</b>	+01:30:45 (27.3%)	7:22	8.1 (72.3%)
70	<b>MOSIOŁEK Monika</b>	<b>5719</b>	BIEGNĘ ŻEBY BARTEK MÓGL BIEGAĆ	Senior II K - 30	6	01:16:25	02:50:18	04:13:09	<b>05:32:51.40</b>	+01:31:40 (27.5%)	7:23	8.1 (72.3%)
71	<b>WIJATYK Adrian</b>	<b>5553</b>	KLUCZBORSKA GRUPA BIEGOWA	Senior II M - 30	30	01:16:31	02:48:10	04:19:25	<b>05:33:14.45</b>	+01:32:03 (27.6%)	7:24	8.1 (72.3%)
72	<b>ZIELIŃSKA Malwina</b>	<b>5041</b>	ZA LINIĄ METY TEAM	Senior I K - 20	2	01:18:02	02:48:40	04:16:02	<b>05:33:15.95</b>	+01:32:04 (27.6%)	7:24	8.1 (72.3%)
73	<b>WENCKA Maciej</b>	<b>5059</b>		Senior I M - 20	8	01:14:02	02:43:09	04:10:59	<b>05:34:20.45</b>	+01:33:09 (27.9%)	7:25	8.1 (72.3%)
74	<b>KODZIK Aleksandra Kodzik</b>	<b>5563</b>	#FITDZIADEK	Senior II K - 30	7	01:18:10	02:49:30	04:12:58	<b>05:35:02.35</b>	+01:33:51 (28.0%)	7:26	8.1 (72.3%)
75	<b>SZPAK Damian</b>	<b>5049</b>	DAMEK TEAM	Weteran II M - 60	2	01:20:31	02:53:52	04:15:39	<b>05:35:07.60</b>	+01:33:56 (28.0%)	7:26	8.1 (72.3%)
76	<b>WIZA Tomasz</b>	<b>5060</b>	TKKF MPK POZNAŃ	Masters M - 40	23	01:25:47	02:59:23	04:20:25	<b>05:35:41.85</b>	+01:34:30 (28.2%)	7:27	8 (71.4%)
77	<b>NOWOTNY Piotr</b>	<b>5607</b>	DRINKTEAM	Senior II M - 30	31	01:11:16	02:42:49	04:13:49	<b>05:37:11.80</b>	+01:36:00 (28.5%)	7:29	8 (71.4%)
78	<b>SZUKAŁA Piotr</b>	<b>5446</b>		Senior II M - 30	32	01:21:42	02:54:26	04:19:00	<b>05:37:14.85</b>	+01:36:03 (28.5%)	7:29	8 (71.4%)
79	<b>LUTOMSKA Dorota</b>	<b>5437</b>	OFIX.PL BIKE TEAM	Senior II K - 30	8	01:18:57	02:49:46	04:16:52	<b>05:37:23.20</b>	+01:36:12 (28.5%)	7:29	8 (71.4%)
80	<b>GRACZ Krzysztof</b>	<b>5714</b>		Masters M - 40	24	01:21:36	02:53:07	04:18:53	<b>05:37:25.25</b>	+01:36:14 (28.5%)	7:29	8 (71.4%)
81	<b>GAŁEK Aleksander</b>	<b>5555</b>	PRAGMATIQ.PL	Senior II M - 30	33	01:19:00	02:52:43	04:19:10	<b>05:37:31.00</b>	+01:36:20 (28.5%)	7:30	8 (71.4%)
82	<b>SKRABURSKI Piotr</b>	<b>5665</b>	AKADEMIA KARATE TRADYCYJNEGO W SOPOCIE	Masters M - 40	25	01:24:07	02:56:55	04:16:31	<b>05:37:39.20</b>	+01:36:28 (28.6%)	7:30	8 (71.4%)
83	<b>ROZNEKSKA Dagmara</b>	<b>5615</b>	KB SOBÓTKA	Senior II K - 30	9	01:23:37	02:59:05	04:22:38	<b>05:38:00.40</b>	+01:36:49 (28.6%)	7:30	8 (71.4%)
84	<b>GRZEGORZEK Marcin</b>	<b>5160</b>		Masters M - 40	26	01:18:45	02:52:15	04:18:16	<b>05:38:03.50</b>	+01:36:52 (28.7%)	7:30	8 (71.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas		Tempo min/km	Tempo km/h
									netto 45km	Różn		
85	<b>PTASZYŃSKA Wioletta</b>	<b>5149</b>		Senior II K - 30	10	01:23:20	02:55:47	04:21:22	<b>05:38:10.55</b>	+01:36:59 (28.7%)	7:30	8 (71.4%)
86	<b>BURDA Maciej</b>	<b>5583</b>	MARATOŃCZYK POZNAŃ	Masters M - 40	27	01:15:33	02:45:43	04:15:00	<b>05:38:27.70</b>	+01:37:16 (28.7%)	7:31	8 (71.4%)
87	<b>KWIECIEŃ - LIPIŃSKA Kamila</b>	<b>5684</b>	TIGERS TEAM	Masters K - 40	3	01:23:09	02:57:20	04:21:41	<b>05:38:31.50</b>	+01:37:20 (28.8%)	7:31	8 (71.4%)
88	<b>DROGOSZEWSKA Magdalena</b>	<b>5362</b>		Senior II K - 30	11	01:23:45	02:59:27	04:21:56	<b>05:38:53.05</b>	+01:37:42 (28.8%)	7:31	8 (71.4%)
89	<b>SZOSTAK Anna</b>	<b>5456</b>	OLIMPIA ZABRZE	Senior II K - 30	12	01:16:26	02:48:55	04:13:53	<b>05:39:05.75</b>	+01:37:54 (28.9%)	7:32	8 (71.4%)
90	<b>BUJALSKI Szymon</b>	<b>5328</b>		Masters M - 40	28	01:22:47	02:56:29	04:19:56	<b>05:39:07.80</b>	+01:37:56 (28.9%)	7:32	8 (71.4%)
91	<b>ORDYŃSKA Anna</b>	<b>5727</b>	SUPADUPAFLY	Senior II K - 30	13	01:28:01	03:01:00	04:22:35	<b>05:39:44.10</b>	+01:38:33 (29.0%)	7:32	7.9 (70.5%)
92	<b>CHŁAD Aleksander</b>	<b>5616</b>	EX TEAM	Senior II M - 30	34	01:18:40	02:52:29	04:19:05	<b>05:40:40.10</b>	+01:39:29 (29.2%)	7:34	7.9 (70.5%)
93	<b>GROT Izabela</b>	<b>5565</b>	PREDATORS WAŁBRZYCH	Senior II K - 30	14	01:19:40	02:54:12	04:20:07	<b>05:41:02.00</b>	+01:39:51 (29.3%)	7:34	7.9 (70.5%)
94	<b>SIETKIEWICZ Piotr</b>	<b>5338</b>	GLEIPNIR SP. Z O.O.	Senior II M - 30	35	01:14:59	02:45:50	04:14:17	<b>05:41:31.00</b>	+01:40:20 (29.4%)	7:35	7.9 (70.5%)
95	<b>PODGÓRSKI Tomasz</b>	<b>5537</b>		Masters M - 40	29	01:19:25	02:50:10	04:17:04	<b>05:41:45.10</b>	+01:40:34 (29.4%)	7:35	7.9 (70.5%)
96	<b>GOLAŃSKI Maciej</b>	<b>5430</b>	POZRUNIACY	Masters M - 40	30	01:26:30	03:04:38	04:29:25	<b>05:41:55.55</b>	+01:40:44 (29.5%)	7:35	7.9 (70.5%)
97	<b>KORCZYŃSKI Łukasz</b>	<b>5320</b>	BIEGOWA POGORZAŁA	Masters M - 40	31	01:25:11	02:58:14	04:23:49	<b>05:42:01.60</b>	+01:40:50 (29.5%)	7:36	7.9 (70.5%)
98	<b>TARGOSZ Piotr</b>	<b>5376</b>	SPRINTEX TEAM	Masters M - 40	32	01:11:49	02:44:02	04:13:48	<b>05:42:08.40</b>	+01:40:57 (29.5%)	7:36	7.9 (70.5%)
99	<b>LITWIN Michał</b>	<b>5137</b>	LITEWIN	Senior II M - 30	36	01:19:30	02:54:14	04:21:16	<b>05:42:19.10</b>	+01:41:08 (29.5%)	7:36	7.9 (70.5%)
100	<b>KOZŁOWSKI Szymon</b>	<b>5596</b>	BIEGACZE Z PRZYLESIA	Senior II M - 30	37	01:13:07	02:40:30	04:09:42	<b>05:42:31.55</b>	+01:41:20 (29.6%)	7:36	7.9 (70.5%)
101	<b>URBAN Iwona</b>	<b>5762</b>	42K PRO TEAM	Masters K - 40	4	01:24:12	03:00:13	04:23:43	<b>05:43:56.35</b>	+01:42:45 (29.9%)	7:38	7.9 (70.5%)
102	<b>KUDREJ Grzegorz</b>	<b>5202</b>	MOCNA GRUPA CEZARA/SBRT WROCŁAW	Senior II M - 30	38	01:17:58	02:54:11	04:26:15	<b>05:44:23.50</b>	+01:43:12 (30.0%)	7:39	7.8 (69.6%)
103	<b>ZIELIŃSKI Przemysław</b>	<b>5443</b>	BEZ KLUBU	Masters M - 40	33	01:26:05	03:04:24	04:29:30	<b>05:44:54.95</b>	+01:43:43 (30.1%)	7:39	7.8 (69.6%)
104	<b>LEDWOŃ Izabela</b>	<b>5574</b>	CSZWS	Masters K - 40	5	01:28:52	03:05:37	04:28:06	<b>05:45:11.80</b>	+01:44:00 (30.1%)	7:40	7.8 (69.6%)
105	<b>ZIOBROWSKA Anna</b>	<b>5305</b>	BIEGIEM PO ZDROWIE	Senior I K - 20	3	01:18:31	02:50:25	04:17:43	<b>05:45:18.50</b>	+01:44:07 (30.2%)	7:40	7.8 (69.6%)
106	<b>ŚWIERCZYŃSKI Kacper</b>	<b>5510</b>	NIGHT RUNNERS	Senior II M - 30	39	01:19:46	02:58:49	04:32:50	<b>05:45:21.15</b>	+01:44:10 (30.2%)	7:40	7.8 (69.6%)
107	<b>WELTER Przemysław</b>	<b>5559</b>	KB SZAMOTUŁY	Senior II M - 30	40	01:15:45	02:47:25	04:23:12	<b>05:45:55.15</b>	+01:44:44 (30.3%)	7:41	7.8 (69.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas		Tempo min/km	Tempo km/h
									netto 45km	Różn		
108	<b>URBAŃSKI Michał</b>	<b>5526</b>	ŁĄDEK-ZDRÓJ RUNNERS	Senior II M - 30	41	01:20:38	02:54:51	04:27:40	<b>05:46:12.85</b>	+01:45:01 (30.3%)	7:41	7.8 (69.6%)
109	<b>SZYMAŃSKI Michał</b>	<b>5725</b>	TGV CLUB	Senior II M - 30	42	01:24:17	02:58:02	04:25:29	<b>05:47:58.25</b>	+01:46:47 (30.7%)	7:43	7.8 (69.6%)
110	<b>JABŁOŃSKA Weronika</b>	<b>5287</b>		Senior I K - 20	4	01:19:23	02:53:23	04:27:29	<b>05:48:10.65</b>	+01:46:59 (30.7%)	7:44	7.8 (69.6%)
111	<b>KRUKOWSKI Łukasz</b>	<b>5117</b>	MKS SIECHNICE	Senior II M - 30	43	01:28:01	03:05:13	04:29:38	<b>05:49:52.80</b>	+01:48:41 (31.1%)	7:46	7.7 (68.8%)
112	<b>DYSARZ Przemysław</b>	<b>5334</b>		Masters M - 40	34	01:25:45	02:58:17	04:26:14	<b>05:50:03.05</b>	+01:48:52 (31.1%)	7:46	7.7 (68.8%)
113	<b>MAJEWSKI Andrzej</b>	<b>5172</b>	OPOLEREKLAMA.PL	Senior II M - 30	44	01:16:40	02:51:03	04:24:23	<b>05:50:34.80</b>	+01:49:23 (31.2%)	7:47	7.7 (68.8%)
114	<b>GĄŁĘZYKA Rafał</b>	<b>5576</b>	EUROVENT ATHLETICS	Masters M - 40	35	01:19:36	02:58:18	04:31:12	<b>05:51:00.05</b>	+01:49:49 (31.3%)	7:48	7.7 (68.8%)
115	<b>JABŁOŃSKI Jakub</b>	<b>5520</b>	PRO366	Masters M - 40	36	01:23:48	02:59:03	04:28:52	<b>05:51:01.30</b>	+01:49:50 (31.3%)	7:48	7.7 (68.8%)
116	<b>POLACZEK Daniel</b>	<b>5068</b>	IZBICKO W BIEGU	Senior I M - 20	9	01:21:42	02:57:25	04:21:57	<b>05:51:01.65</b>	+01:49:50 (31.3%)	7:48	7.7 (68.8%)
117	<b>KULCZYCKI Emanuel</b>	<b>5624</b>	POLSKA	Senior II M - 30	45	01:18:16	02:53:06	04:25:07	<b>05:51:56.65</b>	+01:50:45 (31.5%)	7:49	7.7 (68.8%)
118	<b>ŁUCJANEK Justyna</b>	<b>5228</b>	KAJA TEAM	Masters K - 40	6	01:22:59	03:02:19	04:30:42	<b>05:52:37.20</b>	+01:51:26 (31.6%)	7:50	7.7 (68.8%)
119	<b>BRUDEREK Tomasz</b>	<b>5514</b>	PRIMUM CURRERE	Masters M - 40	37	01:22:42	03:01:13	04:31:18	<b>05:53:36.75</b>	+01:52:25 (31.8%)	7:51	7.6 (67.9%)
120	<b>MIRSKI Maciej</b>	<b>5662</b>		Masters M - 40	38	01:20:35	02:58:24	04:31:59	<b>05:53:39.80</b>	+01:52:28 (31.8%)	7:51	7.6 (67.9%)
121	<b>SZUMNARSKI Jakub</b>	<b>5724</b>		Senior II M - 30	46	01:24:17	02:58:56	04:29:34	<b>05:54:23.05</b>	+01:53:12 (31.9%)	7:52	7.6 (67.9%)
122	<b>SOBCZYK Grzesiu</b>	<b>5371</b>	WIELUŃ BIEGA	Senior II M - 30	47	01:27:27	03:02:45	04:30:24	<b>05:54:23.55</b>	+01:53:12 (31.9%)	7:52	7.6 (67.9%)
123	<b>MARCINKOWSKA Katarzyna</b>	<b>5587</b>		Masters K - 40	7	01:27:03	03:11:06	04:36:50	<b>05:56:27.60</b>	+01:55:16 (32.3%)	7:55	7.6 (67.9%)
124	<b>NOWAK Jacek</b>	<b>5386</b>	LESZNO LIMITS RUNNERS	Weteran I M - 50	2	01:22:58	03:01:31	04:33:40	<b>05:56:29.10</b>	+01:55:18 (32.3%)	7:55	7.6 (67.9%)
125	<b>KINCEL Krzysztof</b>	<b>5755</b>		Weteran I M - 50	3	01:28:01	03:01:40	04:31:39	<b>05:56:38.55</b>	+01:55:27 (32.4%)	7:55	7.6 (67.9%)
126	<b>ŚPIEWAK Radosław</b>	<b>5198</b>	BOHAR PALETY RUN & TRAVEL ZIELONA GÓRA	Masters M - 40	39	01:28:58	03:06:05	04:33:36	<b>05:56:56.90</b>	+01:55:45 (32.4%)	7:55	7.6 (67.9%)
127	<b>ADAMCZYK-NOWAK Beata</b>	<b>5058</b>	MIECHOWICKA GRUPA BIEGOWA	Masters K - 40	8	01:28:06	03:09:33	04:38:12	<b>05:57:27.40</b>	+01:56:16 (32.5%)	7:56	7.6 (67.9%)
128	<b>ZBĄSKI Krzesimir</b>	<b>5628</b>		Senior II M - 30	48	01:23:50	03:04:43	04:36:01	<b>05:57:38.85</b>	+01:56:27 (32.6%)	7:56	7.5 (67.0%)
129	<b>CHLABICZ Paweł</b>	<b>5546</b>	BIAŁYSTOK BIEGA TEAM	Senior I M - 20	10	01:26:21	02:59:47	04:34:52	<b>05:57:58.25</b>	+01:56:47 (32.6%)	7:57	7.5 (67.0%)
130	<b>MATYJANKA Piotr</b>	<b>5378</b>		Masters M - 40	40	01:29:02	03:09:09	04:36:52	<b>05:58:02.85</b>	+01:56:51 (32.6%)	7:57	7.5 (67.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas		Tempo min/km	Tempo km/h
									netto 45km	Różn		
131	<b>PAŁYSA Robert</b>	<b>5584</b>		Senior I M - 20	11	01:23:23	03:00:25	04:37:35	<b>05:58:20.60</b>	+01:57:09 (32.7%)	7:57	7.5 (67.0%)
132	<b>GALA Grzegorz</b>	<b>5681</b>	STC RUNNERS	Masters M - 40	41	01:28:30	03:07:44	04:52:04	<b>05:58:47.80</b>	+01:57:36 (32.8%)	7:58	7.5 (67.0%)
133	<b>PILECKI Łukasz</b>	<b>5095</b>	CAŁA OLEŚNICA BIEGA	Masters M - 40	42	01:26:53	03:05:07	04:40:50	<b>05:59:07.95</b>	+01:57:56 (32.8%)	7:58	7.5 (67.0%)
134	<b>NAUDZIUNAS Agnieszka</b>	<b>5699</b>	NATURAL BORN RUNNERS	Masters K - 40	9	01:26:14	03:10:26	04:39:52	<b>05:59:26.10</b>	+01:58:15 (32.9%)	7:59	7.5 (67.0%)
135	<b>GIDEL Witold</b>	<b>5397</b>		Weteran I M - 50	4	01:23:39	03:01:02	04:40:44	<b>05:59:39.10</b>	+01:58:28 (32.9%)	7:59	7.5 (67.0%)
136	<b>REGULSKI Cezary</b>	<b>5656</b>	JTCNW	Senior I M - 20	12	01:23:07	03:00:05	04:34:52	<b>06:00:05.85</b>	+01:58:54 (33.0%)	8:00	7.5 (67.0%)
137	<b>BETLEJ Mikołaj</b>	<b>5691</b>	NOA	Masters M - 40	43	01:24:52	03:08:22	04:43:01	<b>06:00:08.00</b>	+01:58:57 (33.0%)	8:00	7.5 (67.0%)
138	<b>MARIN IRIGARAY Alberto</b>	<b>5212</b>		Senior II M - 30	49	01:23:23	03:10:03	04:40:47	<b>06:00:12.45</b>	+01:59:01 (33.0%)	8:00	7.5 (67.0%)
139	<b>MUS Paweł</b>	<b>5326</b>	MASATEAM	Senior II M - 30	50	01:27:46	03:03:52	04:31:13	<b>06:00:32.50</b>	+01:59:21 (33.1%)	8:00	7.5 (67.0%)
140	<b>BLANIK Marek</b>	<b>5586</b>		Senior II M - 30	51	01:28:52	03:08:56	04:42:45	<b>06:00:45.70</b>	+01:59:34 (33.1%)	8:01	7.5 (67.0%)
141	<b>KANIEWSKA Agnieszka</b>	<b>5761</b>		Masters K - 40	10	01:25:41	03:08:59	04:39:29	<b>06:01:15.75</b>	+02:00:04 (33.2%)	8:01	7.5 (67.0%)
142	<b>KUŹMA Przemysław</b>	<b>5403</b>	NIEZRZESZONY	Weteran II M - 60	3	01:23:37	03:02:53	04:38:33	<b>06:01:21.80</b>	+02:00:10 (33.3%)	8:01	7.5 (67.0%)
143	<b>KOTARSKI Marek</b>	<b>5632</b>	KRS TKKF RELAKS WODZISŁAW ŚLĄSKI	Weteran I M - 50	5	01:22:11	03:09:01	04:38:36	<b>06:01:47.10</b>	+02:00:36 (33.3%)	8:02	7.5 (67.0%)
144	<b>POTOCKI Michał</b>	<b>5340</b>	BIEG OPOLSKI	Senior II M - 30	52	01:22:55	02:58:05	04:33:10	<b>06:01:56.05</b>	+02:00:45 (33.4%)	8:02	7.5 (67.0%)
145	<b>SAJEWICZ Grzegorz</b>	<b>5377</b>		Senior II M - 30	53	01:26:17	03:03:35	04:34:44	<b>06:01:56.35</b>	+02:00:45 (33.4%)	8:02	7.5 (67.0%)
146	<b>KUROPATWIŃSKI Tomasz</b>	<b>5693</b>		Senior II M - 30	54	01:26:28	03:04:34	04:36:51	<b>06:02:33.55</b>	+02:01:22 (33.5%)	8:03	7.4 (66.1%)
147	<b>DZIUBAŁA Jakub</b>	<b>5321</b>		Senior I M - 20	13	01:28:31	03:08:35	04:42:08	<b>06:02:53.35</b>	+02:01:42 (33.5%)	8:03	7.4 (66.1%)
148	<b>HAJDZIONA Agata</b>	<b>5047</b>	MARATOŃCZYK POZNAŃ	Senior II K - 30	15	01:27:45	03:09:53	04:45:44	<b>06:02:54.70</b>	+02:01:43 (33.5%)	8:03	7.4 (66.1%)
149	<b>PIECUCH Karolina</b>	<b>5415</b>		Senior II K - 30	16	01:22:11	03:02:16	04:37:41	<b>06:03:21.20</b>	+02:02:10 (33.6%)	8:04	7.4 (66.1%)
150	<b>OLEJNICZAK Piotr</b>	<b>5054</b>		Masters M - 40	44	01:26:03	03:02:50	04:39:26	<b>06:03:30.55</b>	+02:02:19 (33.7%)	8:04	7.4 (66.1%)
151	<b>RESPONDEK Anna</b>	<b>5221</b>		Senior II K - 30	17	01:19:27	03:01:13	04:41:30	<b>06:03:37.30</b>	+02:02:26 (33.7%)	8:04	7.4 (66.1%)
152	<b>GAWCZYŃSKI Marcel</b>	<b>5754</b>		Senior II M - 30	55	01:24:27	03:03:08	04:35:34	<b>06:03:41.65</b>	+02:02:30 (33.7%)	8:04	7.4 (66.1%)
153	<b>JURCZAK Szymon</b>	<b>5447</b>		Senior II M - 30	56	01:25:19	03:04:27	04:42:22	<b>06:03:57.40</b>	+02:02:46 (33.7%)	8:05	7.4 (66.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas		Tempo min/km	Tempo km/h
									netto 45km	Różn		
154	<b>HRYCAJ Marcin</b>	<b>5229</b>	KB ODRA OPOLE	Masters M - 40	45	01:22:14	03:03:48	04:40:37	<b>06:03:57.85</b>	+02:02:46 (33.7%)	8:05	7.4 (66.1%)
155	<b>ZIELIŃSKI Mateusz</b>	<b>5589</b>		Senior I M - 20	14	01:23:15	03:00:44	04:38:26	<b>06:04:29.15</b>	+02:03:18 (33.8%)	8:05	7.4 (66.1%)
156	<b>KALETA Leszek</b>	<b>5449</b>		Senior II M - 30	57	01:32:15	03:04:18	04:36:53	<b>06:04:41.30</b>	+02:03:30 (33.9%)	8:06	7.4 (66.1%)
157	<b>KĘDZIORA Magdalena</b>	<b>5405</b>	STRONGFITWOMEN.PL	Senior I K - 20	5	01:24:10	03:06:50	04:41:26	<b>06:05:34.25</b>	+02:04:23 (34.0%)	8:07	7.4 (66.1%)
158	<b>ŁUKACKI Daniel</b>	<b>5157</b>		Masters M - 40	46	01:27:30	03:08:39	04:42:28	<b>06:06:40.70</b>	+02:05:29 (34.2%)	8:08	7.4 (66.1%)
159	<b>MICHALSKA Agnieszka</b>	<b>5542</b>		Senior II K - 30	18	01:24:22	03:08:17	04:41:16	<b>06:06:49.75</b>	+02:05:38 (34.3%)	8:09	7.4 (66.1%)
160	<b>MATUSZEWSKI Łukasz</b>	<b>5469</b>	BIEGOWY WARIAT RUNNIG TEAM	Senior II M - 30	58	01:28:23	03:14:35	04:47:57	<b>06:08:28.40</b>	+02:07:17 (34.5%)	8:11	7.3 (65.2%)
161	<b>LEWANDOWSKI Grzegorz</b>	<b>5144</b>	GOLENIÓW	Masters M - 40	47	01:25:48	03:05:15	04:41:35	<b>06:09:01.05</b>	+02:07:50 (34.6%)	8:12	7.3 (65.2%)
162	<b>PATROŃSKI Adam</b>	<b>5550</b>		Senior I M - 20	15	01:28:59	03:07:06	04:43:27	<b>06:09:01.85</b>	+02:07:50 (34.6%)	8:12	7.3 (65.2%)
163	<b>JAKRZEWSKI Mikołaj</b>	<b>5319</b>	JB	Senior II M - 30	59	01:29:45	03:15:42	04:46:51	<b>06:09:10.75</b>	+02:07:59 (34.7%)	8:12	7.3 (65.2%)
164	<b>GRONAU Maciej</b>	<b>5641</b>		Senior II M - 30	60	01:27:19	03:07:57	04:42:46	<b>06:09:40.25</b>	+02:08:29 (34.8%)	8:12	7.3 (65.2%)
165	<b>ZGARDA Jacek</b>	<b>5486</b>	FUNTRI	Masters M - 40	48	01:29:51	03:15:44	04:48:10	<b>06:09:52.15</b>	+02:08:41 (34.8%)	8:13	7.3 (65.2%)
166	<b>WALEŃSKI Maciej</b>	<b>5232</b>	PROTON	Senior II M - 30	61	01:21:59	03:01:11	04:34:51	<b>06:10:02.90</b>	+02:08:51 (34.8%)	8:13	7.3 (65.2%)
167	<b>DZIUBEK Monika</b>	<b>5220</b>	W POGONI ZA DUCHEM	Masters K - 40	11	01:26:24	03:12:47	04:44:39	<b>06:10:10.85</b>	+02:08:59 (34.8%)	8:13	7.3 (65.2%)
168	<b>ŚWIDERGOŁ Piotr</b>	<b>5457</b>	MARELLI SOSNOWIEC POLAND	Senior II M - 30	62	01:26:47	03:08:03	04:43:06	<b>06:11:52.65</b>	+02:10:41 (35.1%)	8:15	7.3 (65.2%)
169	<b>STORTZ Piotr</b>	<b>5231</b>		Senior II M - 30	63	01:28:39	03:16:03	04:46:54	<b>06:12:08.50</b>	+02:10:57 (35.2%)	8:16	7.3 (65.2%)
170	<b>WALENDA Mateusz</b>	<b>5732</b>	KS KANAŁEK	Senior II M - 30	64	01:23:07	03:02:45	04:39:13	<b>06:12:42.65</b>	+02:11:31 (35.3%)	8:16	7.2 (64.3%)
171	<b>GANDYRA Rafał</b>	<b>5370</b>		Senior II M - 30	65	01:27:09	03:10:25	04:43:32	<b>06:12:55.90</b>	+02:11:44 (35.3%)	8:17	7.2 (64.3%)
172	<b>WRÓBEL Małgorzata</b>	<b>5278</b>	OBORYGENI	Senior II K - 30	19	01:32:51	03:14:55	04:48:30	<b>06:13:01.55</b>	+02:11:50 (35.3%)	8:17	7.2 (64.3%)
173	<b>BUSS Jakub</b>	<b>5140</b>	KUDOWIANKA RUN	Masters M - 40	49	01:30:55	03:11:42	04:46:02	<b>06:13:20.80</b>	+02:12:09 (35.4%)	8:17	7.2 (64.3%)
174	<b>LUBAŃSKI Mateusz</b>	<b>5393</b>	KS BARYCZ MILICZ	Senior II M - 30	66	01:16:51	02:56:13	04:48:55	<b>06:13:42.65</b>	+02:12:31 (35.5%)	8:18	7.2 (64.3%)
175	<b>SZRENIAWA Waldemar</b>	<b>5491</b>	MIRAZ RACE TEAM	Senior II M - 30	67	01:33:34	03:17:07	04:49:07	<b>06:13:51.20</b>	+02:12:40 (35.5%)	8:18	7.2 (64.3%)
176	<b>WYSOCZAŃSKI Adrian</b>	<b>5026</b>	PIETRZYKOWICE	Masters M - 40	50	01:16:59	02:59:19	04:40:47	<b>06:13:52.85</b>	+02:12:41 (35.5%)	8:18	7.2 (64.3%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1	B2	A15	Czas netto	Różn	Tempo min/km	Tempo km/h
						10km	22km	33km	45km			
177	<b>BARWICKI Marcin</b>	<b>5379</b>		Masters M - 40	51	01:29:09	03:14:37	04:48:39	<b>06:14:34.55</b>	+02:13:23 (35.6%)	8:19	7.2 (64.3%)
178	<b>MIKOŁAJEWSKA Justyna</b>	<b>5390</b>		Senior II K - 30	20	01:29:06	03:14:36	04:47:52	<b>06:15:16.70</b>	+02:14:05 (35.7%)	8:20	7.2 (64.3%)
179	<b>LIPIŃSKI Hubert</b>	<b>5722</b>	KS KANAŁEK	Senior II M - 30	68	01:23:44	03:02:46	04:45:52	<b>06:15:35.05</b>	+02:14:24 (35.8%)	8:20	7.2 (64.3%)
180	<b>MALINOWSKI Marek</b>	<b>5325</b>		Masters M - 40	52	01:30:41	03:12:21	04:48:08	<b>06:15:43.00</b>	+02:14:32 (35.8%)	8:20	7.2 (64.3%)
181	<b>WASZCZYKOWSKA Magdalena</b>	<b>5602</b>		Masters K - 40	12	01:28:54	03:17:37	04:51:03	<b>06:16:18.60</b>	+02:15:07 (35.9%)	8:21	7.2 (64.3%)
182	<b>GABRYEL Piotr</b>	<b>5588</b>		Masters M - 40	53	01:28:46	03:15:08	04:48:56	<b>06:16:22.00</b>	+02:15:11 (35.9%)	8:21	7.2 (64.3%)
183	<b>MAGDZIAK Łukasz</b>	<b>5667</b>	77HONEY	Senior II M - 30	69	01:29:47	03:14:10	04:49:06	<b>06:16:32.15</b>	+02:15:21 (35.9%)	8:22	7.2 (64.3%)
184	<b>KOŻYCZKOWSKI Marcin</b>	<b>5736</b>	42,2	Senior II M - 30	70	01:33:54	03:21:09	04:56:35	<b>06:17:05.85</b>	+02:15:54 (36.0%)	8:22	7.2 (64.3%)
185	<b>JASIURKOWSKI Daniel</b>	<b>5166</b>	IGEKA	Masters M - 40	54	01:29:42	03:14:00	04:51:15	<b>06:17:07.00</b>	+02:15:56 (36.0%)	8:22	7.2 (64.3%)
186	<b>RÓG Krzysztof</b>	<b>5664</b>	KB ZDYSZAAAANI CHOCIANÓW	Masters M - 40	55	01:22:55	03:02:12	04:42:52	<b>06:17:21.80</b>	+02:16:10 (36.1%)	8:23	7.2 (64.3%)
187	<b>MRÓZ Marcin</b>	<b>5718</b>	STR POZNAŃ / DZIKIE BOBRY	Masters M - 40	56	01:27:19	03:08:11	04:50:12	<b>06:17:21.95</b>	+02:16:10 (36.1%)	8:23	7.2 (64.3%)
188	<b>BARAŃCZAK Kamil</b>	<b>5672</b>		Senior II M - 30	71	01:24:51	03:07:37	04:45:40	<b>06:17:43.65</b>	+02:16:32 (36.1%)	8:23	7.1 (63.4%)
189	<b>SZYSZŁO Tomasz</b>	<b>5042</b>	POZYTYWNIIE ZABIEGANI SANOK	Masters M - 40	57	01:27:16	03:12:19	04:47:52	<b>06:17:50.55</b>	+02:16:39 (36.2%)	8:23	7.1 (63.4%)
190	<b>MAJEWSKI Artur</b>	<b>5531</b>		Masters M - 40	58	01:27:16	03:12:13	04:47:45	<b>06:18:12.60</b>	+02:17:01 (36.2%)	8:24	7.1 (63.4%)
191	<b>SZYDŁO Klaudia</b>	<b>5174</b>	BRAK	Senior II K - 30	21	01:25:37	03:04:39	04:49:54	<b>06:18:13.05</b>	+02:17:02 (36.2%)	8:24	7.1 (63.4%)
192	<b>ROSIECKI Marcin</b>	<b>5045</b>		Masters M - 40	59	01:24:32	03:03:50	04:44:00	<b>06:18:40.80</b>	+02:17:29 (36.3%)	8:24	7.1 (63.4%)
193	<b>TOMCZYK Angelika</b>	<b>5183</b>	RESHAPE RUNNERS	Senior II K - 30	22	01:31:22	03:20:07	04:54:24	<b>06:18:44.60</b>	+02:17:33 (36.3%)	8:24	7.1 (63.4%)
194	<b>VAKH Oksana</b>	<b>5226</b>	CAŁA OLEŚNICA BIEGA	Senior I K - 20	6	01:21:53	03:09:56	04:49:42	<b>06:18:58.15</b>	+02:17:47 (36.4%)	8:25	7.1 (63.4%)
195	<b>OSTROWSKI Rafał</b>	<b>5512</b>	LIPUSZ	Senior II M - 30	72	01:31:04	03:10:05	04:55:29	<b>06:19:37.50</b>	+02:18:26 (36.5%)	8:26	7.1 (63.4%)
196	<b>BURDAJEWICZ Katarzyna</b>	<b>5133</b>		Weteran K - 50	2	01:27:38	03:12:17	04:49:42	<b>06:20:05.00</b>	+02:18:54 (36.5%)	8:26	7.1 (63.4%)
197	<b>SAMBORSKI Bartosz</b>	<b>5037</b>	FIZJO-MED BARTOSZ SAMBORSKI	Masters M - 40	60	01:35:20	03:22:07	04:56:01	<b>06:20:18.80</b>	+02:19:07 (36.6%)	8:27	7.1 (63.4%)
198	<b>POKORA Kacper</b>	<b>5267</b>		Senior I M - 20	16	01:19:42	02:55:02	04:44:50	<b>06:20:24.10</b>	+02:19:13 (36.6%)	8:27	7.1 (63.4%)
199	<b>STAŃCO Mariola</b>	<b>5343</b>		Senior II K - 30	23	01:30:22	03:14:52	04:52:53	<b>06:20:35.60</b>	+02:19:24 (36.6%)	8:27	7.1 (63.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto				Różn	Tempo min/km	Tempo km/h
						B1 10km	B2 22km	A15 33km	45km			
200	<b>SOWIŃSKA-JANECZEK Joanna</b>	<b>5080</b>	KB MARATON TUREK	Senior II K - 30	24	01:29:40	03:16:06	04:52:41	<b>06:20:40.55</b>	+02:19:29 (36.6%)	8:27	7.1 (63.4%)
201	<b>RADECKI Wojciech</b>	<b>5707</b>	NIEPOŁOMICE BIEGAJĄ	Weteran I M - 50	6	01:29:54	03:14:10	04:51:19	<b>06:20:58.60</b>	+02:19:47 (36.7%)	8:27	7.1 (63.4%)
202	<b>DZIOB Grzegorz</b>	<b>5372</b>	NIEPOŁOMICE BIEGAJĄ	Senior II M - 30	73	01:19:10	02:51:51	04:40:16	<b>06:23:12.45</b>	+02:22:01 (37.1%)	8:30	7 (62.5%)
203	<b>KAPAŁKA Adrian</b>	<b>5627</b>	NATALIA TOMASIAK GÓRSKI STYL	Masters M - 40	61	01:29:42	03:13:44	04:50:40	<b>06:23:18.05</b>	+02:22:07 (37.1%)	8:31	7 (62.5%)
204	<b>PODLEŚNY Tomasz</b>	<b>5595</b>	DELOITTE ADVENTURE TEAM	Masters M - 40	62	01:27:46	03:12:58	04:52:58	<b>06:23:24.45</b>	+02:22:13 (37.1%)	8:31	7 (62.5%)
205	<b>KACZOR Michał</b>	<b>5435</b>	KLUCZBORSKA GRUPA BIEGOWA	Senior II M - 30	74	01:35:00	03:20:04	05:04:30	<b>06:23:36.00</b>	+02:22:25 (37.1%)	8:31	7 (62.5%)
206	<b>JADACH Grzegorz</b>	<b>5752</b>	VEGE RUNNERS	Senior II M - 30	75	01:29:27	03:12:37	04:54:29	<b>06:24:16.40</b>	+02:23:05 (37.2%)	8:32	7 (62.5%)
207	<b>JAMRÓZ Wojciech</b>	<b>5600</b>	KW GLIWICE	Masters M - 40	63	01:25:06	03:04:50	04:47:01	<b>06:25:31.70</b>	+02:24:20 (37.4%)	8:34	7 (62.5%)
208	<b>PAJDOSZ Katarzyna</b>	<b>5612</b>	KB BIAŁA BIEGA	Senior II K - 30	25	01:32:46	03:22:05	05:00:12	<b>06:26:27.95</b>	+02:25:16 (37.6%)	8:35	7 (62.5%)
209	<b>WOJTYCZKA Katarzyna</b>	<b>5751</b>	GÓRAL Z MAZUR RUNNING TEAM	Senior II K - 30	26	01:27:27	03:14:21	04:56:09	<b>06:26:33.10</b>	+02:25:22 (37.6%)	8:35	7 (62.5%)
210	<b>MILCZAREK Dominik</b>	<b>5683</b>		Masters M - 40	64	01:28:34	03:10:47	04:52:58	<b>06:26:44.50</b>	+02:25:33 (37.6%)	8:35	7 (62.5%)
211	<b>BOIŃSKI Bartosz</b>	<b>5451</b>	EUROCASH	Senior I M - 20	17	01:27:47	03:07:59	04:51:15	<b>06:26:44.65</b>	+02:25:33 (37.6%)	8:35	7 (62.5%)
212	<b>WAWRZYŃIAK Mariusz</b>	<b>5419</b>		Masters M - 40	65	01:22:56	03:06:15	04:59:29	<b>06:27:38.40</b>	+02:26:27 (37.8%)	8:36	7 (62.5%)
213	<b>HACUŚ Jacek</b>	<b>5439</b>		Senior II M - 30	76	01:28:11	03:15:37	04:52:07	<b>06:27:53.00</b>	+02:26:42 (37.8%)	8:37	7 (62.5%)
214	<b>SZYROCKI Krzysztof</b>	<b>5585</b>	KS FORMA WODZISLAW ŚLĄSKI	Senior II M - 30	77	01:30:19	03:14:44	04:55:39	<b>06:28:43.10</b>	+02:27:32 (38.0%)	8:38	6.9 (61.6%)
215	<b>KOCIMSKA Katarzyna</b>	<b>5685</b>	EUROVENT ATHLETICS	Masters K - 40	13	01:32:09	03:22:33	05:02:55	<b>06:28:54.65</b>	+02:27:43 (38.0%)	8:38	6.9 (61.6%)
216	<b>FALANDYSZ Janusz</b>	<b>5193</b>	WPRUNNING PRUSZKÓW	Weteran II M - 60	4	01:28:53	03:15:22	05:01:28	<b>06:29:09.90</b>	+02:27:58 (38.0%)	8:38	6.9 (61.6%)
217	<b>SAWICZ Piotr</b>	<b>5179</b>		Senior II M - 30	78	01:26:49	03:13:17	04:56:04	<b>06:29:19.45</b>	+02:28:08 (38.1%)	8:39	6.9 (61.6%)
218	<b>KITOWSKI Bartosz</b>	<b>5558</b>	GŁOGOVIĄ 1925 GŁOGÓW MAŁOPOLSKI	Masters M - 40	66	01:31:19	03:20:21	04:58:46	<b>06:29:36.30</b>	+02:28:25 (38.1%)	8:39	6.9 (61.6%)
219	<b>JACHYMSKI Ignacy</b>	<b>5540</b>	AKG ŁÓDŹ	Senior II M - 30	79	01:25:14	03:14:43	04:57:39	<b>06:29:54.55</b>	+02:28:43 (38.1%)	8:39	6.9 (61.6%)
220	<b>KOTRA Jacek</b>	<b>5678</b>	LAKOWA 1	Masters M - 40	67	01:26:17	03:13:30	04:56:24	<b>06:30:00.00</b>	+02:28:49 (38.2%)	8:40	6.9 (61.6%)
221	<b>NOWIK Łukasz</b>	<b>5767</b>		Masters M - 40	68	01:33:38	03:25:53	05:03:41	<b>06:30:22.90</b>	+02:29:11 (38.2%)	8:40	6.9 (61.6%)
222	<b>KUJAWSKA Agnieszka</b>	<b>5108</b>		Masters K - 40	14	01:32:17	03:22:13	05:00:14	<b>06:31:16.40</b>	+02:30:05 (38.4%)	8:41	6.9 (61.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas		Tempo min/km	Tempo km/h
									netto 45km	Różn		
223	<b>RYCHTYK Dawid</b>	<b>5673</b>	140MINUT.PL	Masters M - 40	69	01:23:11	03:13:31	05:06:26	<b>06:31:53.35</b>	+02:30:42 (38.5%)	8:42	6.9 (61.6%)
224	<b>BEDNARCZYK Paweł</b>	<b>5024</b>	PZU SPORT TEAM	Masters M - 40	70	01:28:44	03:15:43	04:59:42	<b>06:31:58.25</b>	+02:30:47 (38.5%)	8:42	6.9 (61.6%)
225	<b>CZERNAK Agnieszka</b>	<b>5364</b>	PIĄTKOWO NA BIEGOWO-POZNAŃ	Masters K - 40	15	01:30:05	03:13:08	04:54:29	<b>06:31:58.85</b>	+02:30:47 (38.5%)	8:42	6.9 (61.6%)
226	<b>BOMBA Alina</b>	<b>5591</b>		Senior II K - 30	27	01:33:43	03:24:55	05:04:18	<b>06:32:54.00</b>	+02:31:43 (38.6%)	8:43	6.9 (61.6%)
227	<b>ZAŁUSKI Dominik</b>	<b>5337</b>	PECNA TEAM	Senior I M - 20	18	01:29:15	03:13:21	05:02:34	<b>06:33:15.90</b>	+02:32:04 (38.7%)	8:44	6.9 (61.6%)
228	<b>DEMYDA Michał</b>	<b>5425</b>		Senior II M - 30	80	01:25:41	03:10:32	04:53:10	<b>06:33:34.00</b>	+02:32:23 (38.7%)	8:44	6.9 (61.6%)
229	<b>KORDALSKA Karolina</b>	<b>5273</b>	NIGHT RUNNERS PYSKOWICE	Senior I K - 20	7	01:34:13	03:25:49	05:10:14	<b>06:33:45.05</b>	+02:32:34 (38.7%)	8:45	6.9 (61.6%)
230	<b>HENECZKOWSKI Łukasz</b>	<b>5413</b>	BORN TO RUN	Masters M - 40	71	01:26:04	03:11:15	04:56:38	<b>06:33:49.35</b>	+02:32:38 (38.8%)	8:45	6.9 (61.6%)
231	<b>CHRZAŚCZ Damian</b>	<b>5092</b>	VEGE RUNNERS	Masters M - 40	72	01:28:42	03:16:35	05:01:47	<b>06:34:03.45</b>	+02:32:52 (38.8%)	8:45	6.9 (61.6%)
232	<b>ŻOŁYNIAK Szymon</b>	<b>5698</b>		Masters M - 40	73	01:28:15	03:12:38	04:57:25	<b>06:34:49.10</b>	+02:33:38 (38.9%)	8:46	6.8 (60.7%)
233	<b>BROMIRSKI Maciej</b>	<b>5716</b>	NYSA UNIWERSYTET	Masters M - 40	74	01:15:31	03:02:36	04:57:41	<b>06:35:10.45</b>	+02:33:59 (39.0%)	8:46	6.8 (60.7%)
234	<b>PUCHALSKI Piotr</b>	<b>5507</b>	POLISH FOREST GIN	Senior II M - 30	81	01:28:42	03:21:51	05:13:10	<b>06:35:19.60</b>	+02:34:08 (39.0%)	8:47	6.8 (60.7%)
235	<b>PUCHALSKI Tomasz</b>	<b>5505</b>		Senior II M - 30	82	01:28:43	03:21:52	05:10:46	<b>06:35:20.20</b>	+02:34:09 (39.0%)	8:47	6.8 (60.7%)
236	<b>SKOKOWSKI Jacek</b>	<b>5251</b>		Weteran I M - 50	7	01:33:20	03:26:07	05:07:24	<b>06:35:24.85</b>	+02:34:13 (39.0%)	8:47	6.8 (60.7%)
237	<b>JAROSŁAWSKI Marcin</b>	<b>5735</b>	KB-HARCOWNIK	Masters M - 40	75	01:35:20	03:09:13	04:53:04	<b>06:35:28.10</b>	+02:34:17 (39.0%)	8:47	6.8 (60.7%)
238	<b>PTAK Mateusz</b>	<b>5710</b>		Senior II M - 30	83	01:25:16	03:07:01	04:59:15	<b>06:35:56.70</b>	+02:34:45 (39.1%)	8:47	6.8 (60.7%)
239	<b>LICHOCKI Marcin</b>	<b>5120</b>		Senior II M - 30	84	01:30:52	03:25:03	05:05:42	<b>06:36:41.90</b>	+02:35:30 (39.2%)	8:48	6.8 (60.7%)
240	<b>MADALIŃSKI Mariusz</b>	<b>5524</b>	-	Senior I M - 20	19	01:31:14	03:24:42	05:12:02	<b>06:37:40.00</b>	+02:36:29 (39.4%)	8:50	6.8 (60.7%)
241	<b>ZAŁUSKI Piotr</b>	<b>5297</b>	PECNA TEAM	Masters M - 40	76	01:29:15	03:15:51	05:05:30	<b>06:38:27.90</b>	+02:37:16 (39.5%)	8:51	6.8 (60.7%)
242	<b>NOWAK-GÓRECKA Anna</b>	<b>5642</b>		Senior II K - 30	28	01:32:12	03:20:14	05:02:00	<b>06:38:28.65</b>	+02:37:17 (39.5%)	8:51	6.8 (60.7%)
243	<b>WOJTCZAK Krzysztof</b>	<b>5474</b>	WKB PIAST WROCŁAW	Masters M - 40	77	01:28:20	03:21:12	05:09:22	<b>06:38:32.80</b>	+02:37:21 (39.5%)	8:51	6.8 (60.7%)
244	<b>BATURO Artur</b>	<b>5571</b>	MARCINOWICE TEAM	Masters M - 40	78	01:26:22	03:14:47	05:17:32	<b>06:38:54.00</b>	+02:37:43 (39.5%)	8:51	6.8 (60.7%)
245	<b>IWANEK Przemysław</b>	<b>5294</b>		Senior II M - 30	85	01:28:40	03:10:16	05:01:38	<b>06:38:54.10</b>	+02:37:43 (39.5%)	8:51	6.8 (60.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Tempo min/km	Tempo km/h
						B1 10km	B2 22km	A15 33km	netto 45km	Różn		
246	<b>KORALEWSKA Edyta</b>	<b>5601</b>		Masters K - 40	16	01:29:02	03:23:40	05:07:30	<b>06:38:57.45</b>	+02:37:46 (39.5%)	8:51	6.8 (60.7%)
247	<b>DOMAŃSKI Henryk</b>	<b>5284</b>	STAN UMYŚŁU LEWIN BIEGA	Weteran I M - 50	8	01:31:37	03:19:46	05:07:26	<b>06:39:09.65</b>	+02:37:58 (39.6%)	8:52	6.8 (60.7%)
248	<b>ANTKOWICZ Marcin</b>	<b>5594</b>		Masters M - 40	79	01:29:51	03:16:27	05:04:46	<b>06:39:20.90</b>	+02:38:09 (39.6%)	8:52	6.8 (60.7%)
249	<b>JELEŃ Marek</b>	<b>5330</b>	PARKRUN CHRZANÓW	Masters M - 40	80	01:26:53	03:10:29	04:55:49	<b>06:39:30.45</b>	+02:38:19 (39.6%)	8:52	6.8 (60.7%)
250	<b>KUSTRA Klaudia</b>	<b>5535</b>		Senior II K - 30	29	01:30:37	03:20:30	05:04:46	<b>06:39:38.50</b>	+02:38:27 (39.7%)	8:52	6.8 (60.7%)
251	<b>NEUMANN Jacek</b>	<b>5249</b>	CENTRUM ŁĄKOWA 1	Weteran I M - 50	9	01:31:50	03:20:26	05:07:14	<b>06:40:00.85</b>	+02:38:49 (39.7%)	8:53	6.8 (60.7%)
252	<b>MURGOSKI Zlatko</b>	<b>5290</b>		Senior II M - 30	86	01:31:43	03:20:06	05:05:06	<b>06:40:39.90</b>	+02:39:28 (39.8%)	8:54	6.7 (59.8%)
253	<b>KUDŁA Joanna</b>	<b>5090</b>		Senior II K - 30	30	01:31:21	03:25:04	05:06:23	<b>06:40:43.15</b>	+02:39:32 (39.8%)	8:54	6.7 (59.8%)
254	<b>WAWRZYŃIAK Lidia</b>	<b>5153</b>	ZAKRĘCENI ROWEROWO	Masters K - 40	17	01:29:38	03:18:27	05:03:49	<b>06:40:47.20</b>	+02:39:36 (39.8%)	8:54	6.7 (59.8%)
255	<b>HAŁAS Katarzyna</b>	<b>5643</b>		Masters K - 40	18	01:31:22	03:27:08	05:14:14	<b>06:40:55.60</b>	+02:39:44 (39.8%)	8:54	6.7 (59.8%)
256	<b>MOCZULSKI Kamil</b>	<b>5119</b>	MOCNA GRUPA CEZARA/SBRT WROCŁAW	Senior II M - 30	87	01:29:54	03:21:49	05:08:56	<b>06:41:21.10</b>	+02:40:10 (39.9%)	8:55	6.7 (59.8%)
257	<b>KACZOR Marcin</b>	<b>5635</b>	ADJ	Masters M - 40	81	01:34:48	03:26:30	05:10:32	<b>06:41:49.35</b>	+02:40:38 (40.0%)	8:55	6.7 (59.8%)
258	<b>ADAMOWICZ Daniel</b>	<b>5205</b>	KB PIONIER	Senior II M - 30	88	01:36:45	03:35:11	05:19:42	<b>06:41:54.85</b>	+02:40:43 (40.0%)	8:55	6.7 (59.8%)
259	<b>LISOWSKI Grzegorz</b>	<b>5582</b>		Masters M - 40	82	01:30:46	03:20:39	05:05:44	<b>06:41:58.95</b>	+02:40:47 (40.0%)	8:55	6.7 (59.8%)
260	<b>KOWALIŃSKI Marek</b>	<b>5639</b>	SPARTA ULTRA TEAM	Masters M - 40	83	01:30:11	03:19:45	05:03:30	<b>06:42:11.15</b>	+02:41:00 (40.0%)	8:56	6.7 (59.8%)
261	<b>PODJUK Juliusz</b>	<b>5738</b>	FRIENDS GOSTYŃ	Masters M - 40	84	01:29:29	03:23:07	05:14:29	<b>06:42:19.15</b>	+02:41:08 (40.1%)	8:56	6.7 (59.8%)
262	<b>GRZYBEK Sławomir</b>	<b>5597</b>	BARTOSZ GORCZYCA TEAM	Senior II M - 30	89	01:32:35	03:22:45	05:09:56	<b>06:42:48.65</b>	+02:41:37 (40.1%)	8:57	6.7 (59.8%)
263	<b>RAKOCZY Krzysztof</b>	<b>5347</b>		Senior II M - 30	90	01:30:08	03:12:17	04:51:19	<b>06:43:05.05</b>	+02:41:54 (40.2%)	8:57	6.7 (59.8%)
264	<b>MALEŃSKI Andrzej</b>	<b>5759</b>		Masters M - 40	85	01:24:01	03:15:05	05:03:17	<b>06:43:31.35</b>	+02:42:20 (40.2%)	8:58	6.7 (59.8%)
265	<b>RABIEJ OLSZEWSKA Hanna</b>	<b>5208</b>	ROZBIEGANI CHOJNÓW	Senior II K - 30	31	01:36:13	03:27:45	05:04:46	<b>06:43:53.55</b>	+02:42:42 (40.3%)	8:58	6.7 (59.8%)
266	<b>HENECZKOWSKA Anna</b>	<b>5412</b>	BORN TO RUN	Senior I K - 20	8	01:25:24	03:12:25	05:04:00	<b>06:43:56.60</b>	+02:42:45 (40.3%)	8:58	6.7 (59.8%)
267	<b>MUSIAŁ Anna</b>	<b>5484</b>	NIEPOŁOMICE BIEGAJĄ	Masters K - 40	19	01:32:47	03:24:12	05:10:11	<b>06:44:32.55</b>	+02:43:21 (40.4%)	8:59	6.7 (59.8%)
268	<b>MUSIAŁ Witold</b>	<b>5483</b>	NIEPOŁOMICE BIEGAJĄ	Masters M - 40	86	01:31:45	03:24:12	05:10:08	<b>06:44:33.35</b>	+02:43:22 (40.4%)	8:59	6.7 (59.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas		Tempo min/km	Tempo km/h
									netto 45km	Różn		
269	<b>DĄBKOWSKA Monika</b>	<b>5296</b>	ACIVERUNŁASK	Senior II K - 30	32	01:27:56	03:20:11	05:07:07	<b>06:44:37.60</b>	+02:43:26 (40.4%)	8:59	6.7 (59.8%)
270	<b>ZIELIŃSKI Sebastian</b>	<b>5213</b>	POZYTYWNIIE ZABIEGANI SANOK	Senior II M - 30	91	01:27:19	03:19:02	05:09:24	<b>06:44:46.95</b>	+02:43:35 (40.4%)	8:59	6.7 (59.8%)
271	<b>IWASZKOWSKI Andrzej</b>	<b>5022</b>		Masters M - 40	87	01:24:53	03:12:36	05:05:15	<b>06:44:47.35</b>	+02:43:36 (40.4%)	8:59	6.7 (59.8%)
272	<b>TELEON Piotr</b>	<b>5569</b>	PROSPER CAPITAL TEAM	Masters M - 40	88	01:24:03	03:15:04	05:14:00	<b>06:45:03.60</b>	+02:43:52 (40.5%)	9:00	6.7 (59.8%)
273	<b>MICHALSKI Łukasz</b>	<b>5295</b>	ACTIVERUNŁASK	Senior II M - 30	92	01:27:52	03:20:11	05:07:00	<b>06:45:13.95</b>	+02:44:02 (40.5%)	9:00	6.7 (59.8%)
274	<b>SZARADOWSKI Piotr</b>	<b>5118</b>	BIEGOWA ŚWIDNICA	Masters M - 40	89	01:28:15	03:17:00	05:00:13	<b>06:45:45.20</b>	+02:44:34 (40.6%)	9:01	6.7 (59.8%)
275	<b>PĘCHRA Mateusz</b>	<b>5538</b>		Senior II M - 30	93	01:30:43	03:21:35	05:09:57	<b>06:46:44.00</b>	+02:45:33 (40.7%)	9:02	6.6 (58.9%)
276	<b>ROKOSZEWSKI Andrzej</b>	<b>5669</b>		Senior II M - 30	94	01:25:44	03:12:38	05:05:40	<b>06:47:00.85</b>	+02:45:49 (40.7%)	9:02	6.6 (58.9%)
277	<b>TRUSZKO Agnieszka</b>	<b>5614</b>		Masters K - 40	20	01:35:23	03:32:56	05:27:22	<b>06:47:01.50</b>	+02:45:50 (40.7%)	9:02	6.6 (58.9%)
278	<b>DRAB Maciej</b>	<b>5548</b>	MŁODE WILKI	Senior I M - 20	20	01:33:43	03:20:32	05:05:58	<b>06:47:02.40</b>	+02:45:51 (40.7%)	9:02	6.6 (58.9%)
279	<b>BONISŁAWSKI Łukasz</b>	<b>5145</b>		Senior I M - 20	21	01:29:12	03:16:51	05:03:53	<b>06:47:07.15</b>	+02:45:56 (40.8%)	9:02	6.6 (58.9%)
280	<b>BARCZAK Katarzyna</b>	<b>5459</b>	RUN TEAM MILEJÓW	Masters K - 40	21	01:35:22	03:35:05	05:20:33	<b>06:47:19.45</b>	+02:46:08 (40.8%)	9:03	6.6 (58.9%)
281	<b>BARCZAK Tomasz</b>	<b>5458</b>	RUN TEAM MILEJÓW	Masters M - 40	90	01:35:24	03:35:06	05:20:47	<b>06:47:20.30</b>	+02:46:09 (40.8%)	9:03	6.6 (58.9%)
282	<b>TOKARCZYK Tomasz</b>	<b>5253</b>	DRUŻYNA SZPIKU	Masters M - 40	91	01:27:23	03:15:54	05:01:50	<b>06:47:45.80</b>	+02:46:34 (40.9%)	9:03	6.6 (58.9%)
282	<b>HENDZLIK Monika</b>	<b>5072</b>		Masters K - 40	22	01:29:52	03:19:49	05:12:38	<b>06:47:45.80</b>	+02:46:34 (40.9%)	9:03	6.6 (58.9%)
284	<b>ŻELAZOWSKA Ola</b>	<b>5283</b>	PRO-RUN WROCŁAW	Senior II K - 30	33	01:30:30	03:23:33	05:12:28	<b>06:47:54.20</b>	+02:46:43 (40.9%)	9:03	6.6 (58.9%)
285	<b>LESZCZYNOWICZ Jacek</b>	<b>5180</b>	POLACY BIEGAJĄ W UK	Senior II M - 30	95	01:33:04	03:24:27	05:14:46	<b>06:48:31.45</b>	+02:47:20 (41.0%)	9:04	6.6 (58.9%)
286	<b>PALIŃSKI Bartłomiej</b>	<b>5528</b>	ROZBIEGANI CHOJNÓW	Senior I M - 20	22	01:29:40	03:25:45	05:12:38	<b>06:48:46.80</b>	+02:47:35 (41.0%)	9:05	6.6 (58.9%)
287	<b>KAPCZYŃSKI Paweł</b>	<b>5279</b>		Masters M - 40	92	01:43:56	03:41:13	05:14:28	<b>06:49:04.40</b>	+02:47:53 (41.0%)	9:05	6.6 (58.9%)
288	<b>PACŁAWSKI Paweł</b>	<b>5143</b>	TWÓJ DOM S.C.	Masters M - 40	93	01:32:24	03:30:03	05:14:32	<b>06:49:25.50</b>	+02:48:14 (41.1%)	9:05	6.6 (58.9%)
289	<b>CZAJ Artur</b>	<b>5490</b>		Senior I M - 20	23	01:26:32	03:17:18	05:04:53	<b>06:49:26.15</b>	+02:48:15 (41.1%)	9:05	6.6 (58.9%)
290	<b>KRZESZOWIEC Jacek</b>	<b>5300</b>		Masters M - 40	94	01:28:06	03:13:28	05:04:55	<b>06:49:29.00</b>	+02:48:18 (41.1%)	9:05	6.6 (58.9%)
291	<b>WLAZŁOWSKI Michał</b>	<b>5151</b>	PRZEDWOJEWSKI TEAM	Senior II M - 30	96	01:27:04	03:20:42	05:06:41	<b>06:49:40.50</b>	+02:48:29 (41.1%)	9:06	6.6 (58.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1	B2	A15	Czas netto	Różn	Tempo min/km	Tempo km/h
						10km	22km	33km	45km			
292	<b>MAZEPA Tomasz</b>	<b>5088</b>	TOMEK M.S OŁAWA	Masters M - 40	95	01:37:51	03:32:09	05:16:28	<b>06:49:53.60</b>	+02:48:42 (41.2%)	9:06	6.6 (58.9%)
293	<b>KUTRZYK Przemysław</b>	<b>5086</b>		Masters M - 40	96	01:29:06	03:27:37	05:12:09	<b>06:50:35.05</b>	+02:49:24 (41.3%)	9:07	6.6 (58.9%)
294	<b>BRZOSKA Elżbieta</b>	<b>5129</b>	NIGHT RUNNERS PYSKOWICE	Masters K - 40	23	01:37:47	03:37:20	05:17:42	<b>06:50:43.75</b>	+02:49:32 (41.3%)	9:07	6.6 (58.9%)
295	<b>CYTRYŃSKI Mariusz</b>	<b>5532</b>		Masters M - 40	97	01:27:22	03:15:06	05:08:19	<b>06:50:45.50</b>	+02:49:34 (41.3%)	9:07	6.6 (58.9%)
296	<b>SZYSZKO Ewa</b>	<b>5621</b>	MARKOWI BIEGACZE	Masters K - 40	24	01:37:45	03:35:10	05:19:59	<b>06:50:53.10</b>	+02:49:42 (41.3%)	9:07	6.6 (58.9%)
297	<b>KOSICKA Iwona</b>	<b>5499</b>	MAMY BIEGAMY	Masters K - 40	25	01:35:51	03:35:41	05:26:39	<b>06:51:11.80</b>	+02:50:00 (41.3%)	9:08	6.6 (58.9%)
298	<b>MENDYK Maciej</b>	<b>5194</b>	RUNRX	Senior II M - 30	97	01:26:32	03:19:03	05:09:20	<b>06:51:16.15</b>	+02:50:05 (41.4%)	9:08	6.6 (58.9%)
299	<b>GORĄCZNIAK Maciej</b>	<b>5043</b>	PENER Z JEŻYC	Masters M - 40	98	01:37:25	03:29:24	05:16:10	<b>06:51:26.95</b>	+02:50:15 (41.4%)	9:08	6.6 (58.9%)
300	<b>ŁUBIAN Michał</b>	<b>5633</b>	CENTRUM E-ZDROWIA	Masters M - 40	99	01:27:55	03:18:52	05:13:49	<b>06:51:37.40</b>	+02:50:26 (41.4%)	9:08	6.6 (58.9%)
301	<b>NOWAK Bartosz</b>	<b>5630</b>	NKB CHYŻY NOWY TOMYŚL	Senior I M - 20	24	01:31:50	03:21:37	05:10:49	<b>06:51:39.90</b>	+02:50:28 (41.4%)	9:08	6.6 (58.9%)
302	<b>MARKOWSKI Michał</b>	<b>5301</b>		Masters M - 40	100	01:34:19	03:25:56	05:17:10	<b>06:51:41.60</b>	+02:50:30 (41.4%)	9:08	6.6 (58.9%)
303	<b>RUCIŃSKI Adam</b>	<b>5057</b>		Masters M - 40	101	01:40:29	03:37:06	05:19:20	<b>06:52:02.40</b>	+02:50:51 (41.5%)	9:09	6.6 (58.9%)
304	<b>MISTUR Szymon</b>	<b>5085</b>		Senior II M - 30	98	01:29:59	03:19:31	05:07:12	<b>06:52:03.40</b>	+02:50:52 (41.5%)	9:09	6.6 (58.9%)
305	<b>SIPIERA Tomasz</b>	<b>5097</b>	GRUPALUKTRANS.PL	Masters M - 40	102	01:29:23	03:23:35	05:17:04	<b>06:52:35.50</b>	+02:51:24 (41.5%)	9:10	6.5 (58.0%)
306	<b>MOSZ Tomasz</b>	<b>5313</b>	W POGONI ZA DUCHEM	Masters M - 40	103	01:33:55	03:29:11	05:15:58	<b>06:52:44.00</b>	+02:51:33 (41.6%)	9:10	6.5 (58.0%)
307	<b>ŁUSZCZYNA Agata</b>	<b>5163</b>	GMINA STRZELCE OPOLSKIE	Masters K - 40	26	01:34:24	03:32:03	05:18:51	<b>06:52:44.80</b>	+02:51:33 (41.6%)	9:10	6.5 (58.0%)
308	<b>OLSCHIMKE-MARMUROWICZ Barbara</b>	<b>5329</b>	ZAŁOGA GÓRSKA	Masters K - 40	27	01:35:29	03:35:11	05:21:42	<b>06:54:13.20</b>	+02:53:02 (41.8%)	9:12	6.5 (58.0%)
309	<b>WĘDRYCHOWICZ Grzegorz</b>	<b>5440</b>	JASZCZUR RUN4FUN	Weteran I M - 50	10	01:26:35	03:23:27	05:11:07	<b>06:54:24.45</b>	+02:53:13 (41.8%)	9:12	6.5 (58.0%)
310	<b>JANKA Krzysztof</b>	<b>5450</b>	EUROCASH	Masters M - 40	104	01:37:48	03:29:54	05:19:37	<b>06:54:26.05</b>	+02:53:15 (41.8%)	9:12	6.5 (58.0%)
311	<b>KONIECZNY Bartosz</b>	<b>5192</b>		Masters M - 40	105	01:30:19	03:19:10	05:05:53	<b>06:54:49.55</b>	+02:53:38 (41.9%)	9:13	6.5 (58.0%)
312	<b>PODGÓRNY Mariusz</b>	<b>5164</b>	TEAM OZIMEK	Senior I M - 20	25	01:30:59	03:19:24	05:01:00	<b>06:54:58.85</b>	+02:53:47 (41.9%)	9:13	6.5 (58.0%)
313	<b>PIJANKA Mariusz</b>	<b>5358</b>		Masters M - 40	106	01:34:32	03:27:09	05:09:32	<b>06:55:05.75</b>	+02:53:54 (41.9%)	9:13	6.5 (58.0%)
314	<b>HACHOŁ Justyna</b>	<b>5017</b>		Masters K - 40	28	01:29:55	03:28:37	05:19:35	<b>06:55:17.50</b>	+02:54:06 (41.9%)	9:13	6.5 (58.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas		Tempo min/km	Tempo km/h
									netto 45km	Różn		
315	<b>HACHOŁ Tomasz</b>	<b>5523</b>		Senior II M - 30	99	01:29:55	03:28:44	05:19:34	<b>06:55:21.40</b>	+02:54:10 (41.9%)	9:13	6.5 (58.0%)
316	--	<b>5355</b>		Masters M - 40	107	01:24:50	03:08:45	04:59:07	<b>06:55:36.35</b>	+02:54:25 (42.0%)	9:14	6.5 (58.0%)
317	<b>SALIŃSKI Bartosz</b>	<b>5527</b>	WKURW_TEAM	Senior II M - 30	100	01:35:08	03:33:57	05:22:45	<b>06:55:58.45</b>	+02:54:47 (42.0%)	9:14	6.5 (58.0%)
318	<b>PREGIEL Mateusz</b>	<b>5361</b>		Senior II M - 30	101	01:31:57	03:18:56	05:11:16	<b>06:55:59.45</b>	+02:54:48 (42.0%)	9:14	6.5 (58.0%)
319	<b>JÓZEF Mateusz</b>	<b>5010</b>		Senior I M - 20	26	01:30:12	03:22:43	05:21:18	<b>06:56:03.95</b>	+02:54:52 (42.0%)	9:14	6.5 (58.0%)
320	<b>FRONCZKOWSKA Barbara</b>	<b>5242</b>		Senior II K - 30	34	01:33:24	03:28:35	05:15:29	<b>06:56:14.65</b>	+02:55:03 (42.1%)	9:14	6.5 (58.0%)
320	<b>KUBICKA Magdalena</b>	<b>5653</b>		Masters K - 40	29	01:42:07	03:40:57	05:25:39	<b>06:56:14.65</b>	+02:55:03 (42.1%)	9:14	6.5 (58.0%)
322	<b>JASINSKI Maciej</b>	<b>5649</b>		Senior II M - 30	102	01:31:03	03:17:04	05:12:03	<b>06:56:34.20</b>	+02:55:23 (42.1%)	9:15	6.5 (58.0%)
323	<b>TULIK Przemysław</b>	<b>5363</b>		Weteran I M - 50	11	01:33:24	03:24:56	05:09:21	<b>06:57:02.05</b>	+02:55:51 (42.2%)	9:16	6.5 (58.0%)
324	<b>CZUBALA Beata</b>	<b>5504</b>	STRZEGOMSKA DWUNASTKA	Masters K - 40	30	01:38:30	03:42:14	05:24:57	<b>06:57:11.65</b>	+02:56:00 (42.2%)	9:16	6.5 (58.0%)
325	<b>KATRYCZ Krzysztof</b>	<b>5496</b>		Senior I M - 20	27	01:27:51	03:18:23	05:16:05	<b>06:57:41.90</b>	+02:56:30 (42.3%)	9:16	6.5 (58.0%)
326	<b>JANIA Przemysław</b>	<b>5634</b>		Senior II M - 30	103	01:32:04	03:28:51	05:26:41	<b>06:57:50.95</b>	+02:56:39 (42.3%)	9:17	6.5 (58.0%)
327	<b>GRZYMAŁA Sebastian</b>	<b>5315</b>	KLUB BIEGACZA RTVEUROAGD	Masters M - 40	108	01:28:08	03:43:23	05:31:00	<b>06:58:29.20</b>	+02:57:18 (42.4%)	9:17	6.5 (58.0%)
328	<b>GAWROŃSKI Roman</b>	<b>5083</b>	36 MINUT WRZEŚNIA	Masters M - 40	109	01:30:11	03:18:59	05:13:08	<b>06:58:40.45</b>	+02:57:29 (42.4%)	9:18	6.4 (57.1%)
329	<b>JAŻOWNIK Jacek</b>	<b>5150</b>		Masters M - 40	110	01:27:19	03:19:00	05:13:09	<b>06:58:41.50</b>	+02:57:30 (42.4%)	9:18	6.4 (57.1%)
330	<b>BARTOSIK Michał</b>	<b>5636</b>		Senior II M - 30	104	01:32:07	03:28:43	05:26:43	<b>06:59:02.65</b>	+02:57:51 (42.4%)	9:18	6.4 (57.1%)
331	<b>ZAJKOWSKA Ewa</b>	<b>5121</b>	VEGE RUNNERS	Senior II K - 30	35	01:41:16	03:43:37	05:29:51	<b>06:59:57.60</b>	+02:58:46 (42.6%)	9:19	6.4 (57.1%)
332	<b>CZESNY Bartosz</b>	<b>5573</b>	BIEGNĘ, ŻEBY BARTEK MÓGL BIEGAĆ	Senior I M - 20	28	01:39:55	03:27:54	05:11:29	<b>07:00:33.40</b>	+02:59:22 (42.7%)	9:20	6.4 (57.1%)
333	<b>SZUSTER Mariusz</b>	<b>5128</b>		Masters M - 40	111	01:34:36	03:28:20	05:20:46	<b>07:01:15.95</b>	+03:00:04 (42.7%)	9:21	6.4 (57.1%)
334	<b>ŚRODA Maciej</b>	<b>5158</b>		Senior II M - 30	105	01:30:31	03:22:22	05:15:39	<b>07:01:19.55</b>	+03:00:08 (42.8%)	9:21	6.4 (57.1%)
335	<b>FRĄCKOWIAK Aneta</b>	<b>5498</b>	MAMY-BIEGAMY/LOCO BABKI	Senior II K - 30	36	01:35:51	03:35:42	05:26:47	<b>07:01:22.10</b>	+03:00:11 (42.8%)	9:21	6.4 (57.1%)
336	<b>PODWÓJCI Michał</b>	<b>5618</b>		Masters M - 40	112	01:24:47	03:09:35	05:08:24	<b>07:01:38.50</b>	+03:00:27 (42.8%)	9:22	6.4 (57.1%)
337	<b>GIERASIMOWICZ Szymon</b>	<b>5186</b>	TOTALSPORT.PL	Masters M - 40	113	01:35:40	03:36:04	05:23:01	<b>07:02:08.90</b>	+03:00:57 (42.9%)	9:22	6.4 (57.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto					Tempo min/km	Tempo km/h
						B1 10km	B2 22km	A15 33km	45km	Różn		
338	<b>DRZYMAŁA Marcin</b>	<b>5064</b>		Senior II M - 30	106	01:30:15	03:27:29	05:19:46	<b>07:02:10.65</b>	+03:00:59 (42.9%)	9:22	6.4 (57.1%)
339	<b>KAMIŃSKA Ewelina</b>	<b>5570</b>		Senior II K - 30	37	01:44:46	03:41:36	05:28:23	<b>07:02:52.25</b>	+03:01:41 (43.0%)	9:23	6.4 (57.1%)
340	<b>SKRZYPCZYŃSKI Marcin</b>	<b>5019</b>	TETRYCY PLUS	Masters M - 40	114	01:36:13	03:29:45	05:25:19	<b>07:03:28.10</b>	+03:02:17 (43.0%)	9:24	6.4 (57.1%)
341	<b>ROSZYK Tomasz</b>	<b>5155</b>	TKKF MPK POZNAŃ	Masters M - 40	115	01:35:27	03:29:56	05:26:51	<b>07:03:28.75</b>	+03:02:17 (43.0%)	9:24	6.4 (57.1%)
342	<b>KUBAS Krystian</b>	<b>5239</b>	PRUSZCZ BIEGA / STRASZYN BIEGA	Senior II M - 30	107	01:23:26	03:18:23	05:22:33	<b>07:04:13.70</b>	+03:03:02 (43.1%)	9:25	6.4 (57.1%)
343	<b>JAŚKIEWICZ Szymon</b>	<b>5394</b>	SŁYNNI KENIJCZYCY	Senior II M - 30	108	01:36:51	03:38:29	05:26:40	<b>07:04:29.90</b>	+03:03:18 (43.2%)	9:25	6.4 (57.1%)
344	<b>PEŁCZYŃSKI Maciej</b>	<b>5742</b>		Masters M - 40	116	01:36:52	03:35:31	05:26:44	<b>07:04:30.30</b>	+03:03:19 (43.2%)	9:26	6.4 (57.1%)
345	<b>ŁUBIAN Michał</b>	<b>5706</b>		Senior II M - 30	109	01:41:39	03:43:06	05:34:52	<b>07:04:51.90</b>	+03:03:40 (43.2%)	9:26	6.4 (57.1%)
346	<b>PAWLAK Aleksander</b>	<b>5547</b>	MŁODE WILKI	Senior I M - 20	29		03:20:34	05:14:18	<b>07:05:06.80</b>	+03:03:55 (43.3%)	9:26	6.4 (57.1%)
347	<b>ADAMSKI Miłosz</b>	<b>5608</b>	MŁODE WILKI	Senior I M - 20	30	01:31:03	03:20:40	05:12:57	<b>07:05:07.45</b>	+03:03:56 (43.3%)	9:26	6.4 (57.1%)
348	<b>BOCHM Szymon</b>	<b>5549</b>		Senior II M - 30	110	01:34:39	03:32:58	05:16:08	<b>07:05:08.80</b>	+03:03:57 (43.3%)	9:26	6.4 (57.1%)
349	<b>PIASKOWSKI Marcin</b>	<b>5414</b>	BIEGAM BO LUBIĘ KROSNO ODRZAŃSKIE	Masters M - 40	117	01:36:15	03:29:44	05:25:20	<b>07:05:37.05</b>	+03:04:26 (43.3%)	9:27	6.3 (56.3%)
350	<b>KRZEPKOWSKI Radosław</b>	<b>5470</b>	ADIDAS RUNNERS WARSAW	Masters M - 40	118	01:39:17	03:39:41	05:29:51	<b>07:05:44.35</b>	+03:04:33 (43.3%)	9:27	6.3 (56.3%)
351	<b>RUSNARCZYK Michał</b>	<b>5199</b>	KGHM ZG RUN	Senior II M - 30	111	01:31:14	03:42:02	05:31:55	<b>07:05:57.10</b>	+03:04:46 (43.4%)	9:27	6.3 (56.3%)
352	<b>IGRAS Mieczysław</b>	<b>5560</b>	RUNNERS TEAM NYSA	Weteran II M - 60	5	01:34:34	03:34:38	05:26:44	<b>07:06:02.15</b>	+03:04:51 (43.4%)	9:28	6.3 (56.3%)
353	<b>WIEDYSKA Jakub</b>	<b>5557</b>		Senior II M - 30	112	01:36:21	03:32:07	05:24:00	<b>07:06:58.90</b>	+03:05:47 (43.5%)	9:29	6.3 (56.3%)
354	<b>LEWANDOWSKI Rafał</b>	<b>5629</b>	SPC	Masters M - 40	119	01:28:57	03:28:04	05:20:40	<b>07:07:17.15</b>	+03:06:06 (43.6%)	9:29	6.3 (56.3%)
355	<b>GAJ-JURCZYK Renata</b>	<b>5567</b>	STAN UMYSŁU LEWIN BIEGA	Masters K - 40	31	01:42:28	03:46:51	05:32:30	<b>07:07:18.65</b>	+03:06:07 (43.6%)	9:29	6.3 (56.3%)
356	<b>MOŃKA Karolina</b>	<b>5703</b>	SPARTA ULTRA TEAM	Senior II K - 30	38	01:35:57	03:34:27	05:27:22	<b>07:07:19.80</b>	+03:06:08 (43.6%)	9:29	6.3 (56.3%)
357	<b>ZWOLIŃSKI Mariusz</b>	<b>5195</b>		Masters M - 40	120	01:33:18	03:29:43	05:20:40	<b>07:07:46.90</b>	+03:06:35 (43.6%)	9:30	6.3 (56.3%)
358	<b>KLOZA Iwona</b>	<b>5111</b>	NIGHT RUNNERS PYSKOWICE	Senior II K - 30	39	01:38:05	03:40:54	05:31:07	<b>07:07:48.40</b>	+03:06:37 (43.6%)	9:30	6.3 (56.3%)
359	<b>KUBIAK Przemysław</b>	<b>5502</b>	STRZEGOMSKA DWUNASTKA	Masters M - 40	121	01:38:27	03:38:58	05:26:45	<b>07:08:09.60</b>	+03:06:58 (43.7%)	9:30	6.3 (56.3%)
360	<b>NIENARTOWICZ Pawel</b>	<b>5271</b>		Senior II M - 30	113	01:31:23	03:26:07	05:21:28	<b>07:08:14.35</b>	+03:07:03 (43.7%)	9:30	6.3 (56.3%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas		Tempo min/km	Tempo km/h
									netto 45km	Różn		
361	<b>JABKOWSKI Łukasz</b>	<b>5426</b>		Senior I M - 20	31	01:34:40	03:36:17	05:33:40	<b>07:08:31.15</b>	+03:07:20 (43.7%)	9:31	6.3 (56.3%)
361	<b>OLSZEWSKI Jacek</b>	<b>5654</b>	ONE MAN IRONBEERMAN CLUB	Masters M - 40	122	01:38:00	03:42:13	05:32:03	<b>07:08:31.15</b>	+03:07:20 (43.7%)	9:31	6.3 (56.3%)
363	<b>SOBIESZCZAŃSKI Bartłomiej</b>	<b>5012</b>	MTB MEBLOPOL	Masters M - 40	123	01:31:37	03:34:45	05:18:38	<b>07:08:58.20</b>	+03:07:47 (43.8%)	9:31	6.3 (56.3%)
364	<b>STASZEWSKI Dariusz</b>	<b>5124</b>	7.BKPOW	Senior II M - 30	114	01:35:49	03:34:18	05:23:52	<b>07:09:17.90</b>	+03:08:06 (43.8%)	9:32	6.3 (56.3%)
365	<b>JESZKIE Piotr</b>	<b>5169</b>	NOMTEK	Senior II M - 30	115	01:31:17	03:34:57	05:37:02	<b>07:09:44.05</b>	+03:08:33 (43.9%)	9:32	6.3 (56.3%)
366	<b>RYPUŁA Jacek</b>	<b>5368</b>	ZEN RUNNING TEAM	Senior II M - 30	116	01:40:45	03:36:57	05:35:03	<b>07:09:44.50</b>	+03:08:33 (43.9%)	9:32	6.3 (56.3%)
367	<b>RYPUŁA Maria</b>	<b>5369</b>	ZEN RUNNING TEAM	Senior II K - 30	40	01:40:46	03:36:58	05:35:03	<b>07:09:44.75</b>	+03:08:33 (43.9%)	9:32	6.3 (56.3%)
368	<b>NOWAKOWSKI Wiesław</b>	<b>5477</b>	-	Weteran II M - 60	6	01:32:47	03:32:38	05:31:37	<b>07:09:45.40</b>	+03:08:34 (43.9%)	9:33	6.3 (56.3%)
369	<b>CISZEWSKI Krzysztof</b>	<b>5578</b>		Senior II M - 30	117	01:33:06	03:31:17	05:36:36	<b>07:10:02.20</b>	+03:08:51 (43.9%)	9:33	6.3 (56.3%)
370	<b>KOWALSKI Ireneusz</b>	<b>5015</b>	SLOW NIE SLOW RUN	Weteran I M - 50	12	01:33:38	03:33:32	05:31:12	<b>07:10:13.70</b>	+03:09:02 (43.9%)	9:33	6.3 (56.3%)
371	<b>SOŁTYSIAK Marta</b>	<b>5073</b>		Senior II K - 30	41	01:29:22	03:33:45	05:28:43	<b>07:10:14.10</b>	+03:09:03 (43.9%)	9:33	6.3 (56.3%)
372	<b>LEWANDOWSKI Rafał</b>	<b>5130</b>	BIEGAM BO NIE LUBIE	Senior II M - 30	118	01:35:32	03:41:35	05:40:50	<b>07:10:17.75</b>	+03:09:06 (43.9%)	9:33	6.3 (56.3%)
373	<b>JAGIEŁŁO Joanna</b>	<b>5455</b>	RUN TEAM MILEJÓW	Masters K - 40	32	01:35:20	03:42:29	05:30:00	<b>07:10:19.95</b>	+03:09:08 (44.0%)	9:33	6.3 (56.3%)
374	<b>JAGIEŁŁO Konrad</b>	<b>5454</b>	RUN TEAM MILEJÓW	Masters M - 40	124	01:35:21	03:42:29	05:29:58	<b>07:10:20.75</b>	+03:09:09 (44.0%)	9:33	6.3 (56.3%)
375	<b>KAMYSZ Robert</b>	<b>5533</b>	KW KRAKÓW	Weteran I M - 50	13	01:36:52	03:36:56	05:31:09	<b>07:10:21.15</b>	+03:09:10 (44.0%)	9:33	6.3 (56.3%)
376	<b>KOWALSKI Krzysztof</b>	<b>5055</b>	STS BIEGATON MIKOŁÓW	Masters M - 40	125	01:43:30	03:44:59	05:38:48	<b>07:10:22.45</b>	+03:09:11 (44.0%)	9:33	6.3 (56.3%)
377	<b>BOSZKO Krzysztof</b>	<b>5027</b>	GIT	Senior II M - 30	119	01:34:58	03:35:43	05:24:46	<b>07:10:43.10</b>	+03:09:32 (44.0%)	9:34	6.3 (56.3%)
378	<b>GORĄCZNIAK Anna</b>	<b>5009</b>	KOBIETY BIEGAJĄ	Senior II K - 30	42	01:40:46	03:41:46	05:33:08	<b>07:11:22.05</b>	+03:10:11 (44.1%)	9:35	6.3 (56.3%)
379	<b>NAKONECZNA Anna</b>	<b>5039</b>	SLOW NIE SLOW RUNNERS	Masters K - 40	33	01:33:43	03:33:37	05:31:09	<b>07:11:23.60</b>	+03:10:12 (44.1%)	9:35	6.3 (56.3%)
380	<b>KRECHOWIEC Marcin</b>	<b>5106</b>		Masters M - 40	126	01:35:40	03:31:48	05:26:16	<b>07:11:26.35</b>	+03:10:15 (44.1%)	9:35	6.3 (56.3%)
381	<b>CYGAN Krzysztof</b>	<b>5610</b>		Masters M - 40	127	01:35:25	03:32:55	05:27:25	<b>07:11:34.75</b>	+03:10:23 (44.1%)	9:35	6.3 (56.3%)
382	<b>FISZ Radosław</b>	<b>5765</b>		Masters M - 40	128	01:32:10	03:22:55	05:28:38	<b>07:11:35.55</b>	+03:10:24 (44.1%)	9:35	6.3 (56.3%)
383	<b>OZIMINA Hubert</b>	<b>5190</b>	OBORYGENI	Masters M - 40	129	01:36:36	03:35:36	05:30:09	<b>07:11:58.60</b>	+03:10:47 (44.2%)	9:35	6.3 (56.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas		Tempo min/km	Tempo km/h
									netto 45km	Różn		
384	<b>OGONOWSKI Mikołaj</b>	<b>5215</b>		Senior I M - 20	32	01:33:35	03:33:57	05:31:26	<b>07:12:23.40</b>	+03:11:12 (44.2%)	9:36	6.2 (55.4%)
385	<b>KARDAS Piotr</b>	<b>5201</b>		Weteran I M - 50	14	01:33:13	03:30:20	05:26:30	<b>07:12:43.65</b>	+03:11:32 (44.3%)	9:36	6.2 (55.4%)
386	<b>ROGOCZ Maciej</b>	<b>5590</b>	ROGASIE Z DOLINY ROZTOKI	Masters M - 40	130	01:32:36	03:33:06	05:34:56	<b>07:13:17.30</b>	+03:12:06 (44.3%)	9:37	6.2 (55.4%)
387	<b>PODBIELSKA Gosia</b>	<b>5543</b>		Senior II K - 30	43	01:38:52	03:39:54	05:40:59	<b>07:13:23.15</b>	+03:12:12 (44.3%)	9:37	6.2 (55.4%)
388	<b>ŻELEZNY Maciej</b>	<b>5647</b>		Masters M - 40	131	01:37:12	03:41:47	05:35:25	<b>07:13:49.25</b>	+03:12:38 (44.4%)	9:38	6.2 (55.4%)
389	<b>JOŃCZYK Anna</b>	<b>5392</b>		Senior II K - 30	44	01:34:07	03:34:47	05:31:40	<b>07:14:10.10</b>	+03:12:59 (44.4%)	9:38	6.2 (55.4%)
390	<b>BAKOWSKI Tomasz</b>	<b>5110</b>	CAMP-RUN	Masters M - 40	132	01:39:48	03:41:42	05:33:19	<b>07:14:37.20</b>	+03:13:26 (44.5%)	9:39	6.2 (55.4%)
391	<b>FALISZEWSKI Sebastian</b>	<b>5288</b>		Masters M - 40	133	01:35:11	03:41:33	05:37:11	<b>07:14:58.70</b>	+03:13:47 (44.6%)	9:39	6.2 (55.4%)
392	<b>MASŁOWSKI Robert</b>	<b>5480</b>		Masters M - 40	134	01:27:24	03:15:53	05:24:10	<b>07:15:10.70</b>	+03:13:59 (44.6%)	9:40	6.2 (55.4%)
393	<b>BRUSS Krzysztof</b>	<b>5105</b>	DRUŻYNA SZPIKU	Weteran I M - 50	15	01:37:15	03:39:01	05:36:06	<b>07:15:28.15</b>	+03:14:17 (44.6%)	9:40	6.2 (55.4%)
394	<b>ROŻEK Gerard</b>	<b>5603</b>	OLECKO BIEGA	Masters M - 40	135	01:33:52	03:37:45	05:38:35	<b>07:15:52.75</b>	+03:14:41 (44.7%)	9:41	6.2 (55.4%)
395	<b>KLOZA Mariusz</b>	<b>5113</b>	NIGHT RUNNERS PYSKOWICE	Masters M - 40	136	01:38:02	03:40:51	05:30:27	<b>07:16:04.40</b>	+03:14:53 (44.7%)	9:41	6.2 (55.4%)
396	<b>WIŚNIEWSKI Grzegorz</b>	<b>5530</b>		Masters M - 40	137	01:30:27	03:19:21	05:18:46	<b>07:16:49.20</b>	+03:15:38 (44.8%)	9:42	6.2 (55.4%)
397	<b>KOWALEWSKI Dariusz</b>	<b>5224</b>	CAŁA OLEŚNICA BIEGA	Weteran I M - 50	16	01:33:53	03:38:51	05:28:11	<b>07:16:54.60</b>	+03:15:43 (44.8%)	9:42	6.2 (55.4%)
398	<b>RÓŻYCKA Elżbieta</b>	<b>5688</b>	SOKOŁ ZAGÓRZ	Weteran K - 50	3	01:37:33	03:41:14	05:37:42	<b>07:16:57.70</b>	+03:15:46 (44.8%)	9:42	6.2 (55.4%)
399	<b>RÓŻYCKI Ryszard</b>	<b>5687</b>	SOKOŁ ZAGÓRZ	Weteran II M - 60	7	01:37:34	03:41:15	05:37:41	<b>07:16:58.10</b>	+03:15:47 (44.8%)	9:42	6.2 (55.4%)
400	<b>SZARF Paweł</b>	<b>5191</b>	ZAŁOGA GÓRSKA	Senior II M - 30	120	01:27:28	03:29:41	05:27:49	<b>07:17:27.15</b>	+03:16:16 (44.9%)	9:43	6.2 (55.4%)
401	<b>GŁUSZKO Krzysztof</b>	<b>5298</b>	MIRA TEAM	Weteran II M - 60	8	01:37:35	03:43:25	05:42:14	<b>07:17:44.00</b>	+03:16:33 (44.9%)	9:43	6.2 (55.4%)
402	<b>WIŚNIEWSKI Tomasz</b>	<b>5156</b>		Masters M - 40	138	01:37:04	03:39:45	05:40:45	<b>07:17:53.75</b>	+03:16:42 (44.9%)	9:43	6.2 (55.4%)
403	<b>NIZIOŁEK Piotr</b>	<b>5516</b>		Senior I M - 20	33	01:37:47	03:31:22	05:22:04	<b>07:18:12.85</b>	+03:17:01 (45.0%)	9:44	6.2 (55.4%)
404	<b>MAJEWSKA Anna</b>	<b>5541</b>	AKG ŁÓDŹ	Senior II K - 30	45	01:38:10	03:43:58	05:34:54	<b>07:18:24.80</b>	+03:17:13 (45.0%)	9:44	6.2 (55.4%)
405	<b>JANUSZEWSKA Izabela</b>	<b>5316</b>	BIEGAM U KOLESI	Senior II K - 30	46	01:40:58	03:44:09	05:35:50	<b>07:18:36.30</b>	+03:17:25 (45.0%)	9:44	6.2 (55.4%)
406	<b>SZKLARSKI Przemysław</b>	<b>5740</b>	CARBON SILESIA SPORT	Masters M - 40	139	01:26:47	03:24:37	05:26:11	<b>07:18:49.40</b>	+03:17:38 (45.0%)	9:45	6.2 (55.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1	B2	A15	Czas netto	Różn	Tempo min/km	Tempo km/h
						10km	22km	33km	45km			
407	<b>KOPKA Paweł</b>	<b>5356</b>		Senior II M - 30	121	01:33:57	03:32:37	05:25:06	<b>07:19:02.25</b>	+03:17:51 (45.1%)	9:45	6.1 (54.5%)
408	<b>MAKOWSKI Dariusz</b>	<b>5135</b>	KM TEAM	Weteran I M - 50	17	01:38:09	03:44:15	05:38:41	<b>07:19:12.00</b>	+03:18:01 (45.1%)	9:45	6.1 (54.5%)
409	<b>SOBAŃSKI Roman</b>	<b>5395</b>	TARNOWO PODGÓRNE BIEGA	Masters M - 40	140	01:37:21	03:39:03	05:33:26	<b>07:19:38.80</b>	+03:18:27 (45.1%)	9:46	6.1 (54.5%)
410	<b>TALAR Zenon</b>	<b>5051</b>	KĘSY TEAM	Weteran II M - 60	9	01:42:35	03:41:45	05:34:47	<b>07:19:41.75</b>	+03:18:30 (45.1%)	9:46	6.1 (54.5%)
411	<b>BALCERZAK Krysia</b>	<b>5409</b>	DROGA DO ULTRA / SZAKALE BAŁUT	Masters K - 40	34	01:41:01	03:45:08	05:33:42	<b>07:20:12.40</b>	+03:19:01 (45.2%)	9:46	6.1 (54.5%)
412	<b>STAWCZYK Szczepan</b>	<b>5210</b>	BIEGACZE W RADOMSKU	Weteran II M - 60	10	01:40:03	03:49:26	05:46:50	<b>07:20:12.85</b>	+03:19:01 (45.2%)	9:46	6.1 (54.5%)
413	<b>BUREK Bartosz</b>	<b>5182</b>	JAKDOJADE	Senior II M - 30	122	01:28:41	03:24:08	05:28:36	<b>07:20:20.20</b>	+03:19:09 (45.2%)	9:47	6.1 (54.5%)
414	<b>MICHALSKI Dawid</b>	<b>5066</b>	KLUB PRZYJACIÓŁ MYSZKI MIKI	Senior II M - 30	123	01:38:51	03:43:40	05:35:55	<b>07:20:24.20</b>	+03:19:13 (45.2%)	9:47	6.1 (54.5%)
415	<b>BYŚ Mateusz</b>	<b>5050</b>		Senior II M - 30	124	01:27:50	03:20:39	05:21:17	<b>07:21:27.65</b>	+03:20:16 (45.4%)	9:48	6.1 (54.5%)
416	<b>LESZCZYŃSKI Paweł</b>	<b>5472</b>	LASY WAWERSKIE	Weteran II M - 60	11	01:34:26	03:38:04	05:41:30	<b>07:21:34.60</b>	+03:20:23 (45.4%)	9:48	6.1 (54.5%)
417	<b>LUBIŃSKI Mikołaj</b>	<b>5234</b>	BIEGAM BO NIE LUBIE...	Senior II M - 30	125	01:28:03	03:20:29	05:42:40	<b>07:21:37.45</b>	+03:20:26 (45.4%)	9:48	6.1 (54.5%)
418	<b>RYŚNIK Błażej</b>	<b>5564</b>		Senior II M - 30	126	01:36:55	03:38:31	05:35:21	<b>07:21:56.80</b>	+03:20:45 (45.4%)	9:49	6.1 (54.5%)
419	<b>PAKUŁA Włodzimierz</b>	<b>5366</b>		Masters M - 40	141	01:42:04	03:50:53	05:54:05	<b>07:22:17.60</b>	+03:21:06 (45.5%)	9:49	6.1 (54.5%)
420	<b>WINCZURA Leszek</b>	<b>5650</b>		Masters M - 40	142	01:39:50	03:42:25	05:38:37	<b>07:22:19.80</b>	+03:21:08 (45.5%)	9:49	6.1 (54.5%)
421	<b>OBRZUD Katarzyna</b>	<b>5344</b>		Masters K - 40	35	01:30:22	03:42:05	05:44:49	<b>07:22:30.75</b>	+03:21:19 (45.5%)	9:50	6.1 (54.5%)
422	<b>DUDEK Mariusz</b>	<b>5250</b>		Masters M - 40	143	01:30:31	03:29:20	05:36:30	<b>07:23:27.60</b>	+03:22:16 (45.6%)	9:51	6.1 (54.5%)
423	<b>PELC Tomasz</b>	<b>5476</b>	DTR BIEGA / MARIO TEAM	Senior II M - 30	127	01:30:41	03:27:59	05:31:26	<b>07:23:37.55</b>	+03:22:26 (45.6%)	9:51	6.1 (54.5%)
424	<b>MROZIK Adam Mrozik</b>	<b>5422</b>	FOREST GANG	Weteran I M - 50	18	01:41:35	03:41:21	05:35:51	<b>07:23:51.05</b>	+03:22:40 (45.7%)	9:51	6.1 (54.5%)
425	<b>ANUSZ Roksana</b>	<b>5562</b>		Senior II K - 30	47	01:35:41	03:42:43	05:43:04	<b>07:23:53.75</b>	+03:22:42 (45.7%)	9:51	6.1 (54.5%)
426	<b>ZABROCKI Andrzej</b>	<b>5031</b>	PODLASIAKI TEAM	Weteran I M - 50	19	01:32:39	03:38:33	05:33:29	<b>07:23:56.25</b>	+03:22:45 (45.7%)	9:51	6.1 (54.5%)
427	<b>OLCZYK Joanna</b>	<b>5626</b>		Senior II K - 30	48	01:42:45	03:52:43	05:44:15	<b>07:24:12.70</b>	+03:23:01 (45.7%)	9:52	6.1 (54.5%)
428	<b>ZAKRZEWICZ Marcin</b>	<b>5204</b>	KTB KUNY	Masters M - 40	144	01:26:53	03:23:27	05:35:36	<b>07:25:06.85</b>	+03:23:55 (45.8%)	9:53	6.1 (54.5%)
429	<b>OSINSKA Marta</b>	<b>5444</b>		Senior II K - 30	49	01:42:04	03:51:45	05:39:52	<b>07:25:21.25</b>	+03:24:10 (45.8%)	9:53	6.1 (54.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas		Tempo min/km	Tempo km/h
									netto 45km	Różn		
430	<b>KUBIACZYK Malwina</b>	<b>5079</b>	NIGHT RUNNERS PYSKOWICE	Senior II K - 30	50	01:45:01	03:57:48	05:51:27	<b>07:25:21.70</b>	+03:24:10 (45.8%)	9:53	6.1 (54.5%)
431	<b>SZUKAŁA Izabela</b>	<b>5445</b>		Senior II K - 30	51	01:42:04	03:51:48	05:39:53	<b>07:25:22.25</b>	+03:24:11 (45.8%)	9:53	6.1 (54.5%)
432	<b>GRĘDA Elżbieta</b>	<b>5181</b>	TIM JEST TIM	Masters K - 40	36	01:42:11	03:57:50	05:55:36	<b>07:25:28.80</b>	+03:24:17 (45.9%)	9:53	6.1 (54.5%)
433	<b>HALESZCZUK Tomasz</b>	<b>5291</b>		Masters M - 40	145	01:35:21	03:34:20	05:30:43	<b>07:25:33.00</b>	+03:24:22 (45.9%)	9:54	6.1 (54.5%)
434	<b>PILONIS Paweł</b>	<b>5071</b>	BIEGOSTACJA	Masters M - 40	146	01:21:48	03:20:17	05:37:42	<b>07:25:37.05</b>	+03:24:26 (45.9%)	9:54	6.1 (54.5%)
435	<b>WITKOWSKI Marek</b>	<b>5126</b>		Weteran I M - 50	20	01:43:23	03:50:58	05:41:59	<b>07:25:51.05</b>	+03:24:40 (45.9%)	9:54	6.1 (54.5%)
436	<b>MITAS Damian</b>	<b>5711</b>	CIDRY LOTAJOM	Masters M - 40	147	01:36:37	03:35:27	05:30:49	<b>07:25:52.55</b>	+03:24:41 (45.9%)	9:54	6.1 (54.5%)
437	<b>KUBIAK Anna</b>	<b>5503</b>	STRZEGOMSKA DWUNASTKA	Masters K - 40	37	01:38:32	03:45:03	05:44:12	<b>07:26:56.30</b>	+03:25:45 (46.0%)	9:55	6 (53.6%)
438	<b>BARSZCZEWSKI Sebastian</b>	<b>5114</b>		Masters M - 40	148	01:41:50	03:52:29	05:51:08	<b>07:27:31.35</b>	+03:26:20 (46.1%)	9:56	6 (53.6%)
439	<b>KWIECIEŃ Robert</b>	<b>5442</b>		Masters M - 40	149	01:36:31	03:39:30	05:43:25	<b>07:27:46.75</b>	+03:26:35 (46.1%)	9:57	6 (53.6%)
440	<b>WOŹNIAK Jakub</b>	<b>5223</b>	PRAWIE JAK ŁĄDCZANIN	Senior I M - 20	34	01:34:14	03:28:10	05:31:18	<b>07:28:29.65</b>	+03:27:18 (46.2%)	9:57	6 (53.6%)
441	<b>ZAJKOWSKI Michał</b>	<b>5136</b>	VEGE RUNNERS	Masters M - 40	150	01:41:08	03:44:22	05:39:49	<b>07:28:30.25</b>	+03:27:19 (46.2%)	9:58	6 (53.6%)
442	<b>MARCINKOWSKA Jadwiga</b>	<b>5464</b>		Weteran K - 50	4	01:49:47	03:59:32	05:47:37	<b>07:29:08.95</b>	+03:27:57 (46.3%)	9:58	6 (53.6%)
443	<b>NAWROT Dawid</b>	<b>5506</b>	MIRAZ RACE TEAM	Senior II M - 30	128	01:35:08	03:45:45	05:54:22	<b>07:29:17.35</b>	+03:28:06 (46.3%)	9:59	6 (53.6%)
444	<b>ZAREMBA Piotr</b>	<b>5209</b>		Masters M - 40	151	01:36:18	03:46:48	05:52:44	<b>07:29:31.90</b>	+03:28:20 (46.3%)	9:59	6 (53.6%)
445	<b>WALKOWIAK Mateusz</b>	<b>5077</b>	BTB	Senior II M - 30	129	01:35:07	03:35:09	05:57:42	<b>07:29:49.50</b>	+03:28:38 (46.4%)	9:59	6 (53.6%)
446	<b>KOWAL Ireneusz</b>	<b>5750</b>		Masters M - 40	152	01:35:39	03:50:45	05:50:05	<b>07:29:57.75</b>	+03:28:46 (46.4%)	9:59	6 (53.6%)
447	<b>STROIŃSKA Iwona</b>	<b>5744</b>	LESZ NO LIMITS RUNNERS	Masters K - 40	38	01:35:30	03:50:48	05:50:07	<b>07:29:57.90</b>	+03:28:46 (46.4%)	9:59	6 (53.6%)
448	<b>STROIŃSKI Wojciech</b>	<b>5746</b>	LESZ NO LIMITS RUNNERS	Masters M - 40	153	01:35:33	03:50:46	05:50:11	<b>07:29:59.40</b>	+03:28:48 (46.4%)	9:59	6 (53.6%)
449	<b>MIELNIK Krzysztof</b>	<b>5141</b>	DIEHL CONTROLS TRIATHLON TEAM	Senior II M - 30	130	01:40:50	03:49:55	05:42:36	<b>07:30:04.90</b>	+03:28:53 (46.4%)	10:00	6 (53.6%)
450	<b>KOWALSKI Grzegorz</b>	<b>5222</b>	W POGONI ZA DUCHEM	Masters M - 40	154	01:26:21	03:47:14	05:51:59	<b>07:30:53.70</b>	+03:29:42 (46.5%)	10:01	6 (53.6%)
451	<b>MADAJ Paweł</b>	<b>5387</b>	MADGOLD TEAM	Weteran I M - 50	21	01:40:53	03:50:05	05:44:29	<b>07:30:57.45</b>	+03:29:46 (46.5%)	10:01	6 (53.6%)
452	<b>DECHNIK Łukasz</b>	<b>5139</b>	I W GÓRĘ I W DÓŁ	Masters M - 40	155	01:36:21	03:43:58	05:44:48	<b>07:31:24.60</b>	+03:30:13 (46.6%)	10:01	6 (53.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Różn	Tempo min/km	Tempo km/h
453	<b>PIETRZAK Marek</b>	<b>5497</b>		Masters M - 40	156			05:24:15	<b>07:31:40.00</b>	+03:30:29 (46.6%)	10:02	6 (53.6%)
454	<b>SKRZĄTEK Anna</b>	<b>5132</b>		Masters K - 40	39	01:42:30	03:52:30	05:51:10	<b>07:32:01.05</b>	+03:30:50 (46.6%)	10:02	6 (53.6%)
455	<b>PISZCZEK Piotr</b>	<b>5216</b>		Senior II M - 30	131	01:36:00	03:32:19	05:57:01	<b>07:32:34.05</b>	+03:31:23 (46.7%)	10:03	6 (53.6%)
456	<b>SEMENIUK Konrad</b>	<b>5551</b>	RZEPIN CITY	Senior II M - 30	132	01:36:56	03:44:25	05:45:16	<b>07:32:50.80</b>	+03:31:39 (46.7%)	10:03	6 (53.6%)
457	<b>JĘDROWSKI Ryszard</b>	<b>5580</b>	ULTRA RZEPIN	Senior II M - 30	133	01:37:15	03:44:24	05:45:52	<b>07:33:10.05</b>	+03:31:59 (46.8%)	10:04	6 (53.6%)
458	<b>KARCZEWSKI Tomasz</b>	<b>5275</b>	OSP PUSZCZYKOWO	Masters M - 40	157	01:37:33	03:37:50	05:36:09	<b>07:33:16.75</b>	+03:32:05 (46.8%)	10:04	6 (53.6%)
459	<b>BURLIGA Marzena</b>	<b>5154</b>	BP RUNNING TEAM GLIWICE	Masters K - 40	40	01:44:49	03:52:53	05:53:14	<b>07:33:42.00</b>	+03:32:31 (46.8%)	10:04	6 (53.6%)
460	<b>SZADKOWSKI Paweł</b>	<b>5713</b>	BPRT GLIWICE	Senior II M - 30	134	01:42:04	03:45:10	05:46:17	<b>07:34:57.05</b>	+03:33:46 (47.0%)	10:06	5.9 (52.7%)
461	<b>POMIANOWSKA Anna</b>	<b>5606</b>	RĄCZELACZKI	Masters K - 40	41	01:45:19	03:59:00	05:54:36	<b>07:35:00.55</b>	+03:33:49 (47.0%)	10:06	5.9 (52.7%)
462	<b>KURENDA Radosław</b>	<b>5494</b>	KLUB BIEGACZA RTVEUROAGD	Senior II M - 30	135	01:34:17	03:25:56	05:41:37	<b>07:35:11.90</b>	+03:34:00 (47.0%)	10:06	5.9 (52.7%)
463	<b>KURENDA Krzysztof</b>	<b>5539</b>	KW OPOLE	Senior II M - 30	136	01:34:12	03:26:52	05:35:43	<b>07:35:15.60</b>	+03:34:04 (47.0%)	10:07	5.9 (52.7%)
464	<b>RADOSZ Jacek</b>	<b>5680</b>		Senior II M - 30	137	01:40:12	03:33:45	05:33:05	<b>07:35:21.50</b>	+03:34:10 (47.0%)	10:07	5.9 (52.7%)
465	<b>KRUPA Piotr</b>	<b>5749</b>		Senior II M - 30	138	01:44:00	03:51:51	05:51:46	<b>07:35:47.50</b>	+03:34:36 (47.1%)	10:07	5.9 (52.7%)
466	<b>BYRDY Marta</b>	<b>5748</b>		Senior I K - 20	9	01:44:01	03:51:52	05:51:46	<b>07:35:47.55</b>	+03:34:36 (47.1%)	10:07	5.9 (52.7%)
467	<b>JAKUBOWSKI Rafał</b>	<b>5171</b>	LEŚNE DZIKI / R-TEAM RYDZYNA	Masters M - 40	158	01:39:12	03:42:56	05:39:49	<b>07:35:52.25</b>	+03:34:41 (47.1%)	10:07	5.9 (52.7%)
468	<b>BEDNARKIEWICZ Bartosz</b>	<b>5365</b>		Masters M - 40	159	01:34:34	03:39:12	05:37:43	<b>07:36:15.75</b>	+03:35:04 (47.1%)	10:08	5.9 (52.7%)
469	<b>STACHOWIAK Magda</b>	<b>5176</b>	RTEAM RYDZYNA	Senior II K - 30	52	01:40:14	03:54:43	05:57:42	<b>07:37:04.50</b>	+03:35:53 (47.2%)	10:09	5.9 (52.7%)
470	<b>WEBER Agata</b>	<b>5161</b>	VELO ŁOSIE NA SZOSIE	Masters K - 40	42	01:55:58	04:11:54	06:00:47	<b>07:37:48.65</b>	+03:36:37 (47.3%)	10:10	5.9 (52.7%)
471	<b>WOJCIECHOWSKA Anna</b>	<b>5025</b>	PIĄTKOWO NA BIEGOWO	Weteran K - 50	5	01:38:34	03:53:13	06:02:07	<b>07:38:07.10</b>	+03:36:56 (47.4%)	10:10	5.9 (52.7%)
472	<b>FELKEL Ewa</b>	<b>5146</b>	PIĄTKOWO NA BIEGOWO	Masters K - 40	43	01:38:36	03:53:15	06:02:07	<b>07:38:07.85</b>	+03:36:56 (47.4%)	10:10	5.9 (52.7%)
473	<b>LENARTOWICZ Barbara</b>	<b>5631</b>		Weteran K - 50	6	01:42:23	03:53:00	05:59:22	<b>07:40:08.80</b>	+03:38:57 (47.6%)	10:13	5.9 (52.7%)
474	<b>SZWED Monika</b>	<b>5646</b>		Masters K - 40	44	01:42:25	03:53:20	05:51:40	<b>07:40:15.20</b>	+03:39:04 (47.6%)	10:13	5.9 (52.7%)
475	<b>SKORNIAK Katarzyna</b>	<b>5572</b>	WOLNE ŚLIMAKI	Senior II K - 30	53	01:43:24	03:52:56	05:54:12	<b>07:40:48.40</b>	+03:39:37 (47.7%)	10:14	5.9 (52.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas		Tempo min/km	Tempo km/h
									netto 45km	Różn		
476	<b>PTAK Dorota</b>	<b>5048</b>	PIĄTKOWO NA BIEGOWO	Masters K - 40	45	01:38:39	03:47:46	06:00:37	<b>07:41:58.75</b>	+03:40:47 (47.8%)	10:15	5.8 (51.8%)
477	<b>MIKICKI Dariusz</b>	<b>5645</b>		Senior II M - 30	139	01:32:19	03:26:52	05:39:45	<b>07:42:13.10</b>	+03:41:02 (47.8%)	10:16	5.8 (51.8%)
478	<b>GARBACZ Damian</b>	<b>5577</b>		Senior II M - 30	140	01:36:03	03:49:50	06:00:49	<b>07:42:15.55</b>	+03:41:04 (47.8%)	10:16	5.8 (51.8%)
479	<b>CHWALISZ Paweł</b>	<b>5604</b>		Masters M - 40	160	01:40:28	03:49:08	05:56:27	<b>07:42:35.00</b>	+03:41:24 (47.9%)	10:16	5.8 (51.8%)
480	<b>ADAMSKI Łukasz</b>	<b>5244</b>	BIEGAM BO NIE LUBIĘ	Senior II M - 30	141	01:30:33	03:29:44	05:42:41	<b>07:42:38.65</b>	+03:41:27 (47.9%)	10:16	5.8 (51.8%)
481	<b>TRZCINA Agata</b>	<b>5489</b>		Masters K - 40	46	01:37:03	03:48:38	05:44:21	<b>07:43:22.60</b>	+03:42:11 (48.0%)	10:17	5.8 (51.8%)
482	<b>ROGOWSKI Sławomir</b>	<b>5333</b>	MTB KOŁO TEAM	Masters M - 40	161	01:40:25	03:51:03	05:57:03	<b>07:43:22.80</b>	+03:42:11 (48.0%)	10:17	5.8 (51.8%)
483	<b>FALENDER Anna</b>	<b>5640</b>	CENTRUM FORMY 58-100	Masters K - 40	47	01:40:25	03:55:42	05:54:37	<b>07:43:32.85</b>	+03:42:21 (48.0%)	10:18	5.8 (51.8%)
484	<b>MATYSIAK Karol</b>	<b>5692</b>	OSH	Masters M - 40	162	01:42:51	03:42:23	05:58:03	<b>07:43:42.35</b>	+03:42:31 (48.0%)	10:18	5.8 (51.8%)
485	<b>PAWLAK Katarzyna</b>	<b>5536</b>	KOŁO BIEGA	Masters K - 40	48	01:40:25	03:51:06	05:57:00	<b>07:43:47.85</b>	+03:42:36 (48.0%)	10:18	5.8 (51.8%)
486	<b>CIĄPAŁA Jakub</b>	<b>5173</b>		Senior II M - 30	142	01:36:09	03:44:43	05:57:04	<b>07:43:55.15</b>	+03:42:44 (48.0%)	10:18	5.8 (51.8%)
487	<b>PODHAJNY Piotr</b>	<b>5471</b>	ROZBIEGANI CHOJNÓW	Masters M - 40	163	01:41:15	03:45:44	05:52:18	<b>07:43:59.90</b>	+03:42:48 (48.0%)	10:18	5.8 (51.8%)
488	<b>PAUL Violetta</b>	<b>5743</b>	BP RUNNING TEAM GLIWICE	Masters K - 40	49	01:51:03	04:03:33	06:01:19	<b>07:44:32.20</b>	+03:43:21 (48.1%)	10:19	5.8 (51.8%)
489	<b>PIĘTNIK Ewelina</b>	<b>5481</b>		Senior II K - 30	54	01:45:33	03:58:33	05:56:58	<b>07:44:53.50</b>	+03:43:42 (48.1%)	10:19	5.8 (51.8%)
490	<b>NIEZNAJ Beata</b>	<b>5521</b>		Senior II K - 30	55	01:42:52	03:55:01	05:57:57	<b>07:45:21.70</b>	+03:44:10 (48.2%)	10:20	5.8 (51.8%)
491	<b>NAKLICKI Marcin</b>	<b>5269</b>	DRUŻYNA STASIA	Senior II M - 30	143	01:44:50	03:52:56	05:58:44	<b>07:45:24.45</b>	+03:44:13 (48.2%)	10:20	5.8 (51.8%)
492	<b>LAJTER Jerzy</b>	<b>5423</b>	4 RUN TEAM PIŁA	Weteran II M - 60	12	01:49:00	04:01:00	05:59:44	<b>07:45:31.85</b>	+03:44:20 (48.2%)	10:20	5.8 (51.8%)
493	<b>GOSPODAREK Łukasz</b>	<b>5018</b>	DRUŻYNA STASIA	Masters M - 40	164	01:44:48	03:55:19	05:58:41	<b>07:45:38.35</b>	+03:44:27 (48.2%)	10:20	5.8 (51.8%)
494	<b>CHŁADZYŃSKI Piotr</b>	<b>5686</b>	OLD BOXING CLUB	Weteran I M - 50	22	01:36:46	03:44:05	05:44:51	<b>07:45:40.85</b>	+03:44:29 (48.2%)	10:20	5.8 (51.8%)
495	<b>HADRYSIAK Adam</b>	<b>5303</b>	NAPIERACZE	Senior II M - 30	144	01:42:40	03:49:48	05:53:50	<b>07:46:05.00</b>	+03:44:54 (48.3%)	10:21	5.8 (51.8%)
496	<b>WALCZAK Agnieszka</b>	<b>5694</b>	DOLNY ŚLĄSK	Masters K - 40	50	01:44:46	03:57:59	06:00:36	<b>07:46:53.20</b>	+03:45:42 (48.3%)	10:22	5.8 (51.8%)
497	<b>SZELAĞ Piotr</b>	<b>5134</b>	TURBO JEŻE TEAM	Masters M - 40	165	01:44:42	03:58:00	06:00:35	<b>07:46:54.20</b>	+03:45:43 (48.3%)	10:22	5.8 (51.8%)
498	<b>HANOUSKOVÁ Ester</b>	<b>5277</b>		Senior II K - 30	56	01:41:52	03:52:57	05:52:49	<b>07:46:58.95</b>	+03:45:47 (48.4%)	10:22	5.8 (51.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas		Tempo min/km	Tempo km/h
									netto 45km	Różn		
499	<b>JESSA Andrzej</b>	<b>5062</b>	BIEGACZE JÓZEFA NOJI	Weteran I M - 50	23	01:39:44	03:54:45	05:58:20	<b>07:47:12.50</b>	+03:46:01 (48.4%)	10:22	5.8 (51.8%)
500	<b>STELMACH Mariusz</b>	<b>5177</b>		Senior II M - 30	145	01:36:21	03:44:19	06:00:48	<b>07:48:13.90</b>	+03:47:02 (48.5%)	10:24	5.8 (51.8%)
501	<b>BARAŃSKI Jakub</b>	<b>5399</b>	AZS UJ	Senior I M - 20	35	01:33:55	03:44:59	05:59:06	<b>07:48:18.75</b>	+03:47:07 (48.5%)	10:24	5.8 (51.8%)
502	<b>PIEKARSKI Andrzej</b>	<b>5717</b>	45	Masters M - 40	166	01:52:44	04:07:59	06:04:42	<b>07:49:14.50</b>	+03:48:03 (48.6%)	10:25	5.8 (51.8%)
503	<b>SOLAREWICZ Andrzej</b>	<b>5259</b>	KGB	Masters M - 40	167	01:40:44	03:54:50	06:04:56	<b>07:49:30.25</b>	+03:48:19 (48.6%)	10:26	5.8 (51.8%)
504	<b>ZAWADA Maciej Marcin Zawada</b>	<b>5152</b>	KGB	Masters M - 40	168	01:40:52	03:54:59	06:05:03	<b>07:49:41.60</b>	+03:48:30 (48.7%)	10:26	5.7 (50.9%)
505	<b>SIKORSKA Karolina</b>	<b>5109</b>	NOA	Senior II K - 30	57	01:43:04	03:53:29	05:58:14	<b>07:49:57.00</b>	+03:48:46 (48.7%)	10:26	5.7 (50.9%)
506	<b>RYMARSKI Arkadiusz</b>	<b>5280</b>		Masters M - 40	169	01:43:03	03:53:30	05:58:13	<b>07:49:58.10</b>	+03:48:47 (48.7%)	10:26	5.7 (50.9%)
507	<b>TUREK Paweł</b>	<b>5708</b>		Masters M - 40	170	01:52:41	04:07:59	06:04:44	<b>07:50:01.55</b>	+03:48:50 (48.7%)	10:26	5.7 (50.9%)
508	<b>ŁAGODA Łukasz</b>	<b>5519</b>	AKTIV REHABILITACJA	Masters M - 40	171	01:48:45	03:56:32	05:58:33	<b>07:50:13.95</b>	+03:49:02 (48.7%)	10:26	5.7 (50.9%)
509	<b>DOMAGAŁA Konrad</b>	<b>5336</b>	KLUCZBORSKA GRUPA BIEGOWA	Senior II M - 30	146	01:40:47	03:54:52	06:05:01	<b>07:50:18.30</b>	+03:49:07 (48.7%)	10:27	5.7 (50.9%)
510	<b>WOŹNIAK Marek</b>	<b>5739</b>		Weteran I M - 50	24	01:43:26	03:52:37	05:55:44	<b>07:50:21.90</b>	+03:49:10 (48.7%)	10:27	5.7 (50.9%)
511	<b>GIŻEWSKI Grzegorz</b>	<b>5373</b>		Masters M - 40	172	01:42:02	03:57:45	06:03:51	<b>07:50:32.30</b>	+03:49:21 (48.7%)	10:27	5.7 (50.9%)
512	<b>OKRASA Tomasz</b>	<b>5225</b>	CAŁA OLEŚNICA BIEGA	Senior II M - 30	147	01:34:02	03:44:13	05:49:08	<b>07:50:53.40</b>	+03:49:42 (48.8%)	10:27	5.7 (50.9%)
513	<b>MORAWSKA Anna</b>	<b>5089</b>		Weteran II K - 60	1	01:47:26	03:56:25	06:00:08	<b>07:51:14.00</b>	+03:50:03 (48.8%)	10:28	5.7 (50.9%)
514	<b>KAROLAK Karol</b>	<b>5351</b>	M.I.L.A.	Masters M - 40	173	01:38:12	03:51:22	05:53:28	<b>07:51:27.75</b>	+03:50:16 (48.8%)	10:28	5.7 (50.9%)
515	<b>KAROLAK Monika</b>	<b>5352</b>	M.I.L.A.	Senior II K - 30	58	01:38:11	03:51:22	05:53:28	<b>07:51:28.05</b>	+03:50:17 (48.8%)	10:28	5.7 (50.9%)
516	<b>KRYSIAK Łukasz</b>	<b>5013</b>	PIĄTKOWO NA BIEGOWO	Masters M - 40	174	01:34:31	04:02:03	06:07:08	<b>07:52:23.65</b>	+03:51:12 (48.9%)	10:29	5.7 (50.9%)
517	<b>GONERA Kazimierz</b>	<b>5038</b>	KB HARCOWNIK JELCZ-LASKOWICE	Weteran II M - 60	13	01:43:30	04:01:31	06:04:32	<b>07:52:34.70</b>	+03:51:23 (49.0%)	10:30	5.7 (50.9%)
518	<b>POPIELSKI Grzegorz</b>	<b>5033</b>	ROZBIEGANI CHOJNÓW	Masters M - 40	175	01:43:22	03:53:56	05:52:07	<b>07:53:03.20</b>	+03:51:52 (49.0%)	10:30	5.7 (50.9%)
519	<b>PODBIELSKI Krystian</b>	<b>5544</b>		Senior II M - 30	148	01:34:55	03:45:32	05:56:26	<b>07:53:11.25</b>	+03:52:00 (49.0%)	10:30	5.7 (50.9%)
520	<b>CZUB Łukasz</b>	<b>5211</b>		Masters M - 40	176	01:32:51	03:46:35	05:58:57	<b>07:53:29.10</b>	+03:52:18 (49.1%)	10:31	5.7 (50.9%)
521	<b>NAJDUK Daniel</b>	<b>5028</b>	ROZBIEGANI CHOJNÓW	Senior II M - 30	149	01:43:43	03:54:16	05:52:32	<b>07:53:40.05</b>	+03:52:29 (49.1%)	10:31	5.7 (50.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas		Tempo min/km	Tempo km/h
									netto 45km	Różn		
522	<b>MODRZYŃSKI Przemysław</b>	<b>5324</b>	NGT PROBAR	Weteran I M - 50	25	01:45:13	04:03:10	06:10:56	<b>07:54:04.00</b>	+03:52:53 (49.1%)	10:32	5.7 (50.9%)
523	<b>MARCZEWSKI Tomasz</b>	<b>5091</b>	GORZÓW	Weteran I M - 50	26	01:32:18	03:48:07	05:55:38	<b>07:54:23.10</b>	+03:53:12 (49.2%)	10:32	5.7 (50.9%)
524	<b>GRABOWSKA Zuzanna</b>	<b>5401</b>	IZBICKO W BIEGU	Senior I K - 20	10	01:50:21	04:03:42	06:08:28	<b>07:54:32.40</b>	+03:53:21 (49.2%)	10:32	5.7 (50.9%)
525	<b>MASZKOWSKI Piotr</b>	<b>5702</b>	OBORYGENI	Masters M - 40	177	01:40:02	03:46:53	06:01:29	<b>07:54:43.25</b>	+03:53:32 (49.2%)	10:32	5.7 (50.9%)
526	<b>NOWACKI Łukasz</b>	<b>5705</b>	MAŁA I NIEDŹWIEDŹ	Masters M - 40	178	01:40:46	03:57:20	06:10:29	<b>07:54:54.15</b>	+03:53:43 (49.2%)	10:33	5.7 (50.9%)
527	<b>LEPOROWSKA Anetta</b>	<b>5704</b>	MAŁA I NIEDŹWIEDŹ	Masters K - 40	51	01:40:43	03:57:20	06:10:31	<b>07:54:54.80</b>	+03:53:43 (49.2%)	10:33	5.7 (50.9%)
528	<b>LESZCZYŃSKI Bartłomiej</b>	<b>5529</b>	LASY WAWERSKIE	Senior II M - 30	150	01:37:03	03:50:46	06:06:28	<b>07:54:55.95</b>	+03:53:44 (49.2%)	10:33	5.7 (50.9%)
529	<b>BĄCZYK Monika</b>	<b>5187</b>	QCE SPARTY - MONIA GYM	Masters K - 40	52	01:44:48	04:04:33	06:06:34	<b>07:55:11.00</b>	+03:54:00 (49.2%)	10:33	5.7 (50.9%)
530	<b>DZIEDZIŃSKI Szymon</b>	<b>5452</b>		Masters M - 40	179	01:35:32	03:44:17	05:56:03	<b>07:55:18.85</b>	+03:54:07 (49.3%)	10:33	5.7 (50.9%)
531	<b>SIKORSKA Agnieszka</b>	<b>5731</b>		Senior II K - 30	59	01:47:18	04:00:54	06:07:29	<b>07:56:30.45</b>	+03:55:19 (49.4%)	10:35	5.7 (50.9%)
532	<b>SZCZODRZYŃSKA Kasia</b>	<b>5462</b>		Masters K - 40	53	01:48:22	04:05:34	06:14:49	<b>07:57:28.35</b>	+03:56:17 (49.5%)	10:36	5.7 (50.9%)
533	<b>GRZYB Beata</b>	<b>5465</b>	KOBIETY BIEGAJĄ	Masters K - 40	54	01:48:23	04:05:33	06:06:20	<b>07:57:32.05</b>	+03:56:21 (49.5%)	10:36	5.7 (50.9%)
534	<b>MADEJAK Sylwia</b>	<b>5346</b>	KLUB BIEGACZA RTVEUROAGD	Masters K - 40	55	01:46:02	04:00:32	06:05:25	<b>07:57:42.75</b>	+03:56:31 (49.5%)	10:36	5.7 (50.9%)
535	<b>GAŁECKI Tomasz</b>	<b>5592</b>		Weteran I M - 50	27	01:45:48	03:58:00	06:11:21	<b>07:57:43.35</b>	+03:56:32 (49.5%)	10:36	5.7 (50.9%)
536	<b>SOSIŃSKI Tomasz</b>	<b>5302</b>	NAPIERACZE	Senior II M - 30	151	01:42:35	03:57:06	06:10:35	<b>07:57:59.65</b>	+03:56:48 (49.5%)	10:37	5.6 (50.0%)
537	<b>FIRAZA Łukasz</b>	<b>5304</b>	NAPIERACZE	Senior II M - 30	152	01:42:23	03:57:05	06:10:35	<b>07:58:00.00</b>	+03:56:49 (49.5%)	10:37	5.6 (50.0%)
538	<b>NEUMANN Beata</b>	<b>5248</b>	CENTRUM ŁĄKOWA 1	Weteran K - 50	7	01:49:48	04:11:11	06:11:45	<b>07:58:11.70</b>	+03:57:00 (49.6%)	10:37	5.6 (50.0%)
539	<b>ROSOLSKI Paweł</b>	<b>5188</b>		Masters M - 40	180	01:41:29	03:59:44	06:05:37	<b>07:58:28.10</b>	+03:57:17 (49.6%)	10:37	5.6 (50.0%)
540	<b>ŻELAZNY Agnieszka</b>	<b>5082</b>	GORLICKA GRUPA BIEGOWA	Masters K - 40	56	01:37:46	03:41:58	05:44:20	<b>07:58:28.95</b>	+03:57:17 (49.6%)	10:37	5.6 (50.0%)
541	<b>KĘDZIOR Grzegorz</b>	<b>5021</b>		Senior I M - 20	36	01:40:52	03:45:46	05:46:01	<b>07:58:30.55</b>	+03:57:19 (49.6%)	10:38	5.6 (50.0%)
542	<b>KUŚMIDER Michał</b>	<b>5671</b>	TAŃCZĄCE MUCHOMORKI	Masters M - 40	181	01:36:26	03:55:52	06:12:55	<b>07:58:31.60</b>	+03:57:20 (49.6%)	10:38	5.6 (50.0%)
543	<b>GAWŁOWSKI Arkadiusz</b>	<b>5096</b>	CZMOŃ NIGHT RUNNERS	Weteran I M - 50	28	01:42:23	03:53:59	06:05:01	<b>07:58:39.85</b>	+03:57:28 (49.6%)	10:38	5.6 (50.0%)
544	<b>BĄCZYK Adam</b>	<b>5236</b>	MONIA GYM	Masters M - 40	182	01:35:26	03:49:13	05:59:59	<b>07:58:40.85</b>	+03:57:29 (49.6%)	10:38	5.6 (50.0%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat				Czas netto		Tempo min/km	Tempo km/h
						B1 10km	B2 22km	A15 33km	45km	Różn		
545	<b>SADOWSKA Justyna</b>	<b>5063</b>		Weteran K - 50	8	01:57:59	04:22:01	06:21:47	<b>07:59:02.90</b>	+03:57:51 (49.7%)	10:38	5.6 (50.0%)
546	<b>ZAWISZA Beata</b>	<b>5661</b>		Weteran K - 50	9	01:43:14	04:02:29	06:08:01	<b>07:59:40.85</b>	+03:58:29 (49.7%)	10:39	5.6 (50.0%)
547	<b>JASEK Wioletta</b>	<b>5663</b>	KOBIETY WATAHY	Masters K - 40	57	01:45:03	03:58:07	06:08:05	<b>07:59:42.55</b>	+03:58:31 (49.7%)	10:39	5.6 (50.0%)
548	<b>GABRYSIAK Mariusz</b>	<b>5763</b>	WIELUN BIEGA	Masters M - 40	183	01:52:55	04:11:51	06:22:08	<b>07:59:58.50</b>	+03:58:47 (49.8%)	10:39	5.6 (50.0%)
549	<b>JAWORSKI Sylwek</b>	<b>5206</b>		Masters M - 40	184	01:37:32	03:41:49	06:02:04	<b>08:00:02.15</b>	+03:58:51 (49.8%)	10:40	5.6 (50.0%)
550	<b>CHROSTEK Adam</b>	<b>5638</b>		Masters M - 40	185	01:51:31	04:07:58	06:16:10	<b>08:00:35.15</b>	+03:59:24 (49.8%)	10:40	5.6 (50.0%)
551	<b>CHROSTEK Dorota</b>	<b>5637</b>	FRANTA GROUP	Masters K - 40	58	01:51:30	04:07:58	06:16:09	<b>08:00:35.55</b>	+03:59:24 (49.8%)	10:40	5.6 (50.0%)
552	<b>KAMIONKA Andrzej</b>	<b>5753</b>	14ZBOT	Senior II M - 30	153	01:33:06	03:47:17	06:19:03	<b>08:01:22.90</b>	+04:00:11 (49.9%)	10:41	5.6 (50.0%)
553	<b>HAREMZA Joanna</b>	<b>5448</b>		Senior II K - 30	60	01:42:29	04:02:45	06:11:46	<b>08:02:57.40</b>	+04:01:46 (50.1%)	10:43	5.6 (50.0%)
554	<b>KEGEL Zbigniew</b>	<b>5147</b>	PIĄTKOWO NA BIEGOWO	Weteran I M - 50	29	01:51:30	04:06:40	06:12:58	<b>08:03:54.45</b>	+04:02:43 (50.2%)	10:45	5.6 (50.0%)
555	<b>MAJCHRZAK Monika</b>	<b>5040</b>	WKURW_TEAM	Masters K - 40	59	01:46:15	04:04:58	06:14:28	<b>08:04:42.30</b>	+04:03:31 (50.2%)	10:46	5.6 (50.0%)
556	<b>BANAŚ Marcin</b>	<b>5075</b>		Masters M - 40	186	01:42:39	03:56:41	06:15:31	<b>08:04:44.30</b>	+04:03:33 (50.2%)	10:46	5.6 (50.0%)
557	<b>BUDZIŃSKI Krzysztof</b>	<b>5554</b>		Weteran I M - 50	30	01:41:07	03:43:37	05:45:55	<b>08:05:40.55</b>	+04:04:29 (50.3%)	10:47	5.6 (50.0%)
558	<b>GRUCHOT Małgorzata</b>	<b>5566</b>	WBO	Masters K - 40	60	01:34:48	03:39:33	05:43:54	<b>08:05:41.70</b>	+04:04:30 (50.3%)	10:47	5.6 (50.0%)
559	<b>CHOLEWIŃSKI Rafał</b>	<b>5726</b>	SUPADUPAFLY	Senior II M - 30	154	01:37:36	04:02:15	06:12:45	<b>08:06:14.25</b>	+04:05:03 (50.4%)	10:48	5.6 (50.0%)
560	<b>JĘDRZEJEWSKA Beata</b>	<b>5741</b>		Masters K - 40	61	01:45:48	04:08:01	06:12:57	<b>08:07:26.45</b>	+04:06:15 (50.5%)	10:49	5.5 (49.1%)
561	<b>SZCZĘSNY Romuald</b>	<b>5197</b>	NIGHT RUNNERS PYSKOWICE	Senior II M - 30	155	01:44:11	04:03:10	06:22:03	<b>08:07:50.05</b>	+04:06:39 (50.6%)	10:50	5.5 (49.1%)
562	<b>DOJS Aleksandra</b>	<b>5659</b>	NIGHT RUNNERS	Masters K - 40	62	01:50:44	04:17:41	06:22:32	<b>08:10:06.30</b>	+04:08:55 (50.8%)	10:53	5.5 (49.1%)
563	<b>SOKOŁOWSKA Katarzyna</b>	<b>5257</b>		Masters K - 40	63	01:45:52	04:07:27	06:14:55	<b>08:10:20.45</b>	+04:09:09 (50.8%)	10:53	5.5 (49.1%)
564	<b>BINEK Katarzyna</b>	<b>5511</b>	NIGHT RUNNERS	Senior II K - 30	61	01:51:07	04:12:33	06:24:56	<b>08:10:46.30</b>	+04:09:35 (50.9%)	10:54	5.5 (49.1%)
565	<b>SCHMIDT Jacek</b>	<b>5011</b>		Weteran I M - 50	31	01:42:51	04:03:45	06:15:10	<b>08:11:02.55</b>	+04:09:51 (50.9%)	10:54	5.5 (49.1%)
566	<b>GŁĄBICA Adam</b>	<b>5241</b>		Weteran I M - 50	32	01:43:57	04:02:58	06:13:45	<b>08:11:04.65</b>	+04:09:53 (50.9%)	10:54	5.5 (49.1%)
567	<b>NIEDŹWIEDŹ Grzegorz</b>	<b>5655</b>	STS BIEGATON MIKOŁÓW	Masters M - 40	187	01:45:21	04:05:54	06:18:20	<b>08:11:41.30</b>	+04:10:30 (50.9%)	10:55	5.5 (49.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Tempo min/km	Tempo km/h
						B1 10km	B2 22km	A15 33km	netto 45km	Różn		
568	<b>JARMUDA Justyna</b>	<b>5245</b>		Senior II K - 30	62	01:48:46	04:09:51	06:21:10	<b>08:11:41.65</b>	+04:10:30 (50.9%)	10:55	5.5 (49.1%)
569	<b>KWIATKOWSKA Zuzanna</b>	<b>5488</b>	HERNIK TEAM	Senior I K - 20	11	01:48:25	04:09:51	06:21:12	<b>08:11:42.35</b>	+04:10:31 (50.9%)	10:55	5.5 (49.1%)
570	<b>STAŃCZUK Dorota</b>	<b>5281</b>	SLOW JOGGING SIEDLCE	Weteran K - 50	10	01:44:20	04:05:01	06:13:44	<b>08:12:17.45</b>	+04:11:06 (51.0%)	10:56	5.5 (49.1%)
571	<b>PLEWA Katarzyna</b>	<b>5256</b>		Senior II K - 30	63	01:41:57	04:03:11	06:15:00	<b>08:12:19.90</b>	+04:11:08 (51.0%)	10:56	5.5 (49.1%)
572	<b>KUŁAKOWSKI Piotr</b>	<b>5467</b>	CZŁAPACZE	Weteran II M - 60	14	01:48:29	04:03:59	06:21:24	<b>08:13:53.40</b>	+04:12:42 (51.2%)	10:58	5.5 (49.1%)
573	<b>MALINOWSKI Konrad</b>	<b>5112</b>		Senior II M - 30	156	01:40:40	03:52:26	06:07:53	<b>08:15:24.40</b>	+04:14:13 (51.3%)	11:00	5.5 (49.1%)
574	<b>BARAŃSKA Wanda</b>	<b>5398</b>		Weteran K - 50	11	01:48:40	04:15:03	06:27:50	<b>08:15:57.35</b>	+04:14:46 (51.4%)	11:01	5.4 (48.2%)
575	<b>CIEMNY Wojciech</b>	<b>5098</b>	NIGHT RUNNERS PYSKOWICE	Masters M - 40	188	01:45:01	04:04:04	06:26:31	<b>08:16:12.35</b>	+04:15:01 (51.4%)	11:01	5.4 (48.2%)
576	<b>ZNAMIEC Marcin</b>	<b>5184</b>	ULTRA KSP	Masters M - 40	189	01:55:02	04:10:04	06:16:50	<b>08:17:50.75</b>	+04:16:39 (51.6%)	11:03	5.4 (48.2%)
577	<b>PAKUŁA Marta</b>	<b>5367</b>		Masters K - 40	64	01:49:29	04:12:40	06:27:10	<b>08:19:02.05</b>	+04:17:51 (51.7%)	11:05	5.4 (48.2%)
578	<b>OWCZARZAK Daria</b>	<b>5175</b>		Senior II K - 30	64	01:52:59	04:18:18	06:30:35	<b>08:19:08.70</b>	+04:17:57 (51.7%)	11:05	5.4 (48.2%)
579	<b>KUBÓW Jarek</b>	<b>5493</b>		Senior II M - 30	157	01:39:07	03:56:49	06:23:00	<b>08:19:17.05</b>	+04:18:06 (51.7%)	11:05	5.4 (48.2%)
580	<b>KRZOS Piotr</b>	<b>5353</b>		Senior II M - 30	158	01:41:52	03:56:37	06:01:39	<b>08:19:20.85</b>	+04:18:09 (51.7%)	11:05	5.4 (48.2%)
581	<b>KRZOS Dominika</b>	<b>5354</b>		Senior II K - 30	65	01:42:00	03:56:38	05:58:23	<b>08:19:22.55</b>	+04:18:11 (51.7%)	11:05	5.4 (48.2%)
582	<b>DOMAGALSKI Krzysztof</b>	<b>5723</b>	NIGHT RUNNERS PYSKOWICE	Masters M - 40	190	01:45:31	04:10:20	06:28:03	<b>08:19:32.65</b>	+04:18:21 (51.7%)	11:06	5.4 (48.2%)
583	<b>MAŚLANKA Łukasz</b>	<b>5032</b>		Senior II M - 30	159	01:43:08	04:05:20	06:22:13	<b>08:20:02.50</b>	+04:18:51 (51.8%)	11:06	5.4 (48.2%)
584	<b>KOTOWSKA Joanna</b>	<b>5312</b>	FOREST GANG	Masters K - 40	65	01:53:07	04:12:29	06:21:01	<b>08:20:59.65</b>	+04:19:48 (51.9%)	11:07	5.4 (48.2%)
585	<b>RÓLKA Mariola</b>	<b>5093</b>	BP RUNNING TEAM	Masters K - 40	66	01:46:46	04:14:05	06:23:04	<b>08:21:36.30</b>	+04:20:25 (51.9%)	11:08	5.4 (48.2%)
586	<b>CIUK Bartosz</b>	<b>5065</b>	BP RUNNING TEAM GLIWICE	Weteran I M - 50	33	01:46:49	04:14:07	06:23:07	<b>08:21:38.25</b>	+04:20:27 (51.9%)	11:08	5.4 (48.2%)
587	<b>JĘDRYCHOWSKI Przemysław</b>	<b>5374</b>		Masters M - 40	191	01:45:58	04:11:14	06:16:37	<b>08:21:47.10</b>	+04:20:36 (51.9%)	11:09	5.4 (48.2%)
588	<b>KOPKA-JĘDRYCHOWSKA Monika</b>	<b>5375</b>		Masters K - 40	67	01:46:02	04:11:15	06:16:40	<b>08:21:49.20</b>	+04:20:38 (51.9%)	11:09	5.4 (48.2%)
589	<b>IWAŃCZUK Zbigniew</b>	<b>5579</b>		Weteran I M - 50	34	01:34:21	03:53:24	06:18:37	<b>08:22:30.60</b>	+04:21:19 (52.0%)	11:10	5.4 (48.2%)
590	<b>ZAJĄC Aga</b>	<b>5434</b>	77CATS	Masters K - 40	68	01:52:29	04:31:49	06:25:16	<b>08:22:36.70</b>	+04:21:25 (52.0%)	11:10	5.4 (48.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas		Tempo min/km	Tempo km/h
									netto 45km	Różn		
591	<b>SZYSZKA Agnieszka</b>	<b>5431</b>	NIGHT RUNNERS	Masters K - 40	69	01:46:08	04:06:16	06:19:51	<b>08:22:54.70</b>	+04:21:43 (52.0%)	11:10	5.4 (48.2%)
592	<b>JERCZYŃSKA Beata</b>	<b>5349</b>		Senior II K - 30	66	01:48:05	04:06:16	06:19:51	<b>08:22:55.45</b>	+04:21:44 (52.0%)	11:10	5.4 (48.2%)
593	<b>LEWANDOWSKA Ewa</b>	<b>5598</b>		Masters K - 40	70	01:58:40	04:20:32	06:25:48	<b>08:23:03.80</b>	+04:21:52 (52.1%)	11:10	5.4 (48.2%)
594	<b>FEDOROWICZ Jowita</b>	<b>5675</b>	KOTWICA BRZEG	Senior II K - 30	67	02:01:10	04:27:40	06:38:56	<b>08:23:11.85</b>	+04:22:00 (52.1%)	11:10	5.4 (48.2%)
595	<b>MARCINKOWSKI Piotr</b>	<b>5463</b>		Weteran I M - 50	35	01:59:04	04:26:11	06:30:20	<b>08:23:46.85</b>	+04:22:35 (52.1%)	11:11	5.4 (48.2%)
596	<b>NETOLICKÝ Martin</b>	<b>5276</b>		Masters M - 40	192	01:43:39	04:00:04	06:22:55	<b>08:25:37.10</b>	+04:24:26 (52.3%)	11:14	5.3 (47.3%)
597	<b>KARAŚ Agnieszka</b>	<b>5014</b>	STARE BABICE BIEGAJĄ	Masters K - 40	71	01:55:15	04:18:40	06:28:20	<b>08:25:54.60</b>	+04:24:43 (52.3%)	11:14	5.3 (47.3%)
598	<b>POPCZYK Magdalena</b>	<b>5623</b>	BIEGOWA KUŹNIA	Senior I K - 20	12	01:53:29	04:23:46	06:33:12	<b>08:26:38.70</b>	+04:25:27 (52.4%)	11:15	5.3 (47.3%)
599	<b>GLIWICKA-WOJDAKOWSKA Aneta</b>	<b>5730</b>	BIEGOWA KUŹNIA	Senior II K - 30	68	01:53:29	04:23:49	06:33:50	<b>08:26:38.75</b>	+04:25:27 (52.4%)	11:15	5.3 (47.3%)
600	<b>POŚPIECH Anna</b>	<b>5709</b>	BIEGOWA KUŹNIA	Senior II K - 30	69	01:53:49	04:23:46	06:34:39	<b>08:26:39.10</b>	+04:25:28 (52.4%)	11:15	5.3 (47.3%)
601	<b>HAGEL Julita</b>	<b>5056</b>		Senior II K - 30	70	01:45:40	04:07:21	06:22:35	<b>08:28:41.95</b>	+04:27:30 (52.6%)	11:18	5.3 (47.3%)
602	<b>NOWAK-KASPRZAK Anna</b>	<b>5005</b>		Senior II K - 30	71	01:48:15	04:08:18	06:24:58	<b>08:28:59.10</b>	+04:27:48 (52.6%)	11:18	5.3 (47.3%)
603	<b>KNOBLOCH Ewa</b>	<b>5127</b>	LEŚNE KUNY	Masters K - 40	72	01:49:17	04:17:43	06:35:57	<b>08:30:11.85</b>	+04:29:00 (52.7%)	11:20	5.3 (47.3%)
604	<b>WIZE-ZIELONKA Karolina</b>	<b>5159</b>	LEŚNE KUNY	Masters K - 40	73	01:49:17	04:17:43	06:35:57	<b>08:30:12.15</b>	+04:29:01 (52.7%)	11:20	5.3 (47.3%)
605	<b>BĄKAŁA Łukasz</b>	<b>5142</b>		Masters M - 40	193	01:43:57	04:13:34	06:28:45	<b>08:31:35.60</b>	+04:30:24 (52.9%)	11:22	5.3 (47.3%)
606	<b>SZOJDA Małgorzata</b>	<b>5003</b>	INŻYNIERIA BIEGANIA TEAM	Senior II K - 30	72	01:45:23	04:03:05	06:21:10	<b>08:32:09.90</b>	+04:30:58 (52.9%)	11:22	5.3 (47.3%)
607	<b>SZAŁ Monika</b>	<b>5380</b>	WALKA - KOSTRZYN	Weteran K - 50	12	01:51:51	04:15:03	06:34:18	<b>08:32:13.00</b>	+04:31:02 (52.9%)	11:22	5.3 (47.3%)
608	<b>POKORNY Tomasz</b>	<b>5432</b>		Masters M - 40	194	01:45:38	03:54:48	06:15:17	<b>08:33:23.15</b>	+04:32:12 (53.0%)	11:24	5.3 (47.3%)
609	<b>GÓRSKA Yvonne</b>	<b>5218</b>	ORANGE POLSKA	Masters K - 40	74		04:34:49	06:50:33	<b>08:35:18.10</b>	+04:34:07 (53.2%)	11:27	5.2 (46.4%)
610	<b>BĘBAS Paweł</b>	<b>5165</b>		Masters M - 40	195	01:41:46	03:53:25	06:17:39	<b>08:37:20.10</b>	+04:36:09 (53.4%)	11:29	5.2 (46.4%)
611	<b>ZIELIŃSKA Magdalena</b>	<b>5674</b>	SALMING RUNNING POLSKA	Masters K - 40	75	01:52:42	04:19:16	06:40:52	<b>08:37:40.00</b>	+04:36:29 (53.4%)	11:30	5.2 (46.4%)
612	<b>SŁOMKA Mariusz</b>	<b>5492</b>		Senior II M - 30	160	01:42:44	03:58:53	06:15:55	<b>08:37:41.80</b>	+04:36:30 (53.4%)	11:30	5.2 (46.4%)
613	<b>MARKIEWICZ Tomasz</b>	<b>5424</b>	RYBNICKA GRUPA BIEGOWA "PĘDZIMY RAZEM"	Masters M - 40	196	01:47:38	04:19:22	06:40:08	<b>08:39:17.85</b>	+04:38:06 (53.6%)	11:32	5.2 (46.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas		Tempo min/km	Tempo km/h
									netto 45km	Różn		
614	<b>PYSZNY Mirosław</b>	<b>5428</b>	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	Weteran I M - 50	36	01:47:57	04:19:23	06:41:04	<b>08:39:19.30</b>	+04:38:08 (53.6%)	11:32	5.2 (46.4%)
615	<b>KAŁŁAUR Krzysztof</b>	<b>5429</b>		Senior II M - 30	161	01:48:14	04:09:44	06:30:44	<b>08:39:20.55</b>	+04:38:09 (53.6%)	11:32	5.2 (46.4%)
616	<b>JUSKOWIAK Mikołaj</b>	<b>5061</b>	WKURW_TEAM	Senior II M - 30	162	01:48:29	04:29:11	06:45:31	<b>08:39:22.85</b>	+04:38:11 (53.6%)	11:32	5.2 (46.4%)
617	<b>CHOJNOWSKA Dominika</b>	<b>5008</b>	PUSIA TEAM	Senior I K - 20	13	01:55:57	04:20:29	06:44:09	<b>08:40:59.55</b>	+04:39:48 (53.7%)	11:34	5.2 (46.4%)
618	<b>SZTYLER Konrad</b>	<b>5044</b>		Senior II M - 30	163	01:53:28	04:20:29	06:44:12	<b>08:41:03.80</b>	+04:39:52 (53.7%)	11:34	5.2 (46.4%)
619	<b>CHOJNOWSKA Barbara</b>	<b>5029</b>	PUSIA TEAM	Weteran K - 50	13	01:55:59	04:26:50	06:44:09	<b>08:41:05.40</b>	+04:39:54 (53.7%)	11:34	5.2 (46.4%)
620	<b>CIELICA Anna</b>	<b>5666</b>	SIPB	Masters K - 40	76	01:50:29	04:15:43	06:37:16	<b>08:42:32.95</b>	+04:41:21 (53.8%)	11:36	5.2 (46.4%)
621	<b>DOBEK Agata</b>	<b>5230</b>	PZU SPORT TEAM	Senior II K - 30	73	01:50:29	04:15:41	06:37:21	<b>08:42:33.70</b>	+04:41:22 (53.8%)	11:36	5.2 (46.4%)
622	<b>KUCZYŃSKI Marcin</b>	<b>5004</b>	KGHM ZG RUN	Masters M - 40	197	01:48:25	04:15:00	06:38:34	<b>08:43:24.35</b>	+04:42:13 (53.9%)	11:37	5.2 (46.4%)
623	<b>ZASŁAWSKA Katarzyna</b>	<b>5729</b>	ZAKOCHAJ SIĘ W BIEGANIU	Weteran K - 50	14	01:49:36	04:24:18	06:37:52	<b>08:43:39.35</b>	+04:42:28 (53.9%)	11:38	5.2 (46.4%)
624	<b>ALEKSANDROWICZ Łukasz</b>	<b>5745</b>	SPARTANIE DZIECIOM	Masters M - 40	198	01:56:20	04:22:36	06:39:51	<b>08:44:03.85</b>	+04:42:52 (54.0%)	11:38	5.2 (46.4%)
625	<b>KOZŁOWSKI Piotr</b>	<b>5408</b>		Senior II M - 30	164	01:46:01	03:59:35	06:14:33	<b>08:44:17.00</b>	+04:43:06 (54.0%)	11:39	5.1 (45.5%)
626	<b>OLBRICH Barbara</b>	<b>5670</b>	MIRAZ RACE TEAM	Masters K - 40	77	01:50:15	04:27:17	06:46:35	<b>08:44:37.60</b>	+04:43:26 (54.0%)	11:39	5.1 (45.5%)
627	<b>MURZYNIC Adam Murzyniec</b>	<b>5196</b>		Weteran I M - 50	37	01:44:12	04:10:08	06:31:51	<b>08:45:05.05</b>	+04:43:54 (54.1%)	11:40	5.1 (45.5%)
628	<b>SITKO Adam</b>	<b>5185</b>	BIEGIEM_PRZEZ_SLASK	Senior I M - 20	37	01:42:35	04:10:57	06:29:07	<b>08:45:21.70</b>	+04:44:10 (54.1%)	11:40	5.1 (45.5%)
629	<b>JARYSZ Piotr</b>	<b>5240</b>	KRIS TRANS MAŁYSZKA	Senior II M - 30	165	01:56:29	04:25:26	06:44:48	<b>08:46:25.25</b>	+04:45:14 (54.2%)	11:41	5.1 (45.5%)
630	<b>JASIUL Mariola</b>	<b>5270</b>		Masters K - 40	78	01:57:16	04:26:25	06:44:49	<b>08:46:25.30</b>	+04:45:14 (54.2%)	11:41	5.1 (45.5%)
631	<b>BUBICZ Krzysztof</b>	<b>5115</b>	BIEGAJĄCY ŚWIDNIK	Masters M - 40	199	02:13:00	04:56:01	07:12:08	<b>08:48:33.45</b>	+04:47:22 (54.4%)	11:44	5.1 (45.5%)
632	<b>GARCZEWSKA-PASZKO Joanna</b>	<b>5002</b>		Masters K - 40	79	01:49:20	04:31:38	07:04:05	<b>08:48:44.00</b>	+04:47:33 (54.4%)	11:44	5.1 (45.5%)
633	<b>BOBIN Anna</b>	<b>5131</b>	ZOCHU TEAM	Masters K - 40	80	01:55:39	04:21:41	06:46:13	<b>08:49:16.50</b>	+04:48:05 (54.4%)	11:45	5.1 (45.5%)
634	<b>SWRWATKA Angelika</b>	<b>5657</b>	KOBIETY WATAHY	Senior II K - 30	74	01:51:09	04:25:57	06:45:04	<b>08:49:53.95</b>	+04:48:42 (54.5%)	11:46	5.1 (45.5%)
635	<b>JÓZEFIAK Magdalena</b>	<b>5323</b>	ASSECO ACTIVE TEAM	Weteran K - 50	15	01:59:09	04:37:28	06:50:51	<b>08:51:29.60</b>	+04:50:18 (54.6%)	11:48	5.1 (45.5%)
636	<b>KOTULA Jakub</b>	<b>5258</b>		Senior II M - 30	166	01:54:28	04:32:29	06:50:16	<b>08:51:46.80</b>	+04:50:35 (54.6%)	11:49	5.1 (45.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto				Różn	Tempo min/km	Tempo km/h
						B1 10km	B2 22km	A15 33km	45km			
637	<b>MZYK Fabian</b>	<b>5609</b>	STS BIEGATON MIKOŁÓW	Masters M - 40	200	01:49:22	04:19:51	06:45:16	<b>08:54:08.80</b>	+04:52:57 (54.8%)	11:52	5.1 (45.5%)
638	<b>MRÓZ Izabela</b>	<b>5676</b>	WOLNE ŚLIMAKI	Senior II K - 30	75	02:02:02	04:38:12	06:45:08	<b>09:01:33.20</b>	+05:00:22 (55.5%)	12:02	5 (44.6%)
639	<b>KOZERA Kamil</b>	<b>5522</b>	HARPAGAN SOSNOWIEC	Senior II M - 30	167	01:47:01	04:19:58	06:42:11	<b>09:06:01.70</b>	+05:04:50 (55.8%)	12:08	4.9 (43.8%)
640	<b>BEDNARSKA-KOZIOŁ Danuta</b>	<b>5023</b>	KOTWICA BRZEG	Masters K - 40	81	02:12:58	04:56:02	07:14:23	<b>09:11:38.35</b>	+05:10:27 (56.3%)	12:15	4.9 (43.8%)
641	<b>MAZUR Ewelina</b>	<b>5036</b>		Masters K - 40	82	01:57:46	04:47:08	07:17:23	<b>09:12:00.35</b>	+05:10:49 (56.3%)	12:16	4.9 (43.8%)
642	<b>KOŚNY Damian</b>	<b>5074</b>	GIT	Masters M - 40	201	01:56:33	04:37:51	07:01:30	<b>09:12:30.35</b>	+05:11:19 (56.3%)	12:16	4.9 (43.8%)
643	<b>KOŁDA Halina</b>	<b>5407</b>	PCH_RUN	Weteran K - 50	16	01:54:51	04:34:14	07:08:43	<b>09:14:38.80</b>	+05:13:27 (56.5%)	12:19	4.9 (43.8%)
644	<b>WAJMAN-GRASZA Katarzyna</b>	<b>5712</b>	EKSTREMALNE OTK NA RELAKSIE	Senior II K - 30	76	01:59:42	04:40:15	07:10:24	<b>09:15:01.30</b>	+05:13:50 (56.5%)	12:20	4.9 (43.8%)
645	<b>JÓZWIAKOWSKA Justyna</b>	<b>5350</b>		Masters K - 40	83	01:59:04	04:39:33	07:07:34	<b>09:15:30.80</b>	+05:14:19 (56.6%)	12:20	4.9 (43.8%)
646	<b>GRZELA Ilona</b>	<b>5433</b>	NIGHT RUNNERS	Masters K - 40	84	01:59:11	04:39:43	07:02:00	<b>09:16:37.60</b>	+05:15:26 (56.7%)	12:22	4.9 (43.8%)
647	<b>NOWAK Jakub</b>	<b>5067</b>	POMIOTY SZATANA	Senior II M - 30	168	01:50:31	04:35:47	06:56:27	<b>09:18:32.10</b>	+05:17:21 (56.8%)	12:24	4.8 (42.9%)
648	<b>SARNOWSKI Maciej</b>	<b>5099</b>	TKKF MPK POZNAŃ	Masters M - 40	202	01:55:31	04:42:52	07:14:28	<b>09:20:35.20</b>	+05:19:24 (57.0%)	12:27	4.8 (42.9%)
649	<b>STELMASZCZYK Michalina</b>	<b>5104</b>		Senior I K - 20	14	01:58:50	04:49:08	07:12:14	<b>09:28:50.05</b>	+05:27:39 (57.6%)	12:38	4.7 (42.0%)
650	<b>GIENTKOWSKI Sławomir</b>	<b>5342</b>		Masters M - 40	203	01:45:55	04:30:17	07:13:09	<b>09:30:48.50</b>	+05:29:37 (57.7%)	12:41	4.7 (42.0%)
651	<b>GIDEL Halina</b>	<b>5396</b>	FOTOTRIO.PL	Weteran K - 50	17	02:16:46	05:04:22	07:28:45	<b>09:39:46.10</b>	+05:38:35 (58.4%)	12:53	4.7 (42.0%)
652	<b>KAMIŃSKI Marek</b>	<b>5420</b>		Senior I M - 20	38	01:47:21	04:23:06	07:00:16	<b>09:40:17.90</b>	+05:39:06 (58.4%)	12:53	4.7 (42.0%)
653	<b>KAWA Tomasz</b>	<b>5382</b>		Senior II M - 30	169	02:02:29	04:49:40	07:27:22	<b>09:42:12.50</b>	+05:41:01 (58.6%)	12:56	4.6 (41.1%)
654	<b>BARZAK Justyna</b>	<b>5381</b>		Senior II K - 30	77	02:02:32	04:49:40	07:27:24	<b>09:42:13.10</b>	+05:41:02 (58.6%)	12:56	4.6 (41.1%)
655	<b>ZAWORONEK Marcin</b>	<b>5421</b>		Senior I M - 20	39	01:47:17	04:23:58	06:58:22	<b>09:42:14.70</b>	+05:41:03 (58.6%)	12:56	4.6 (41.1%)
656	<b>CICHOCKA Natalia</b>	<b>5101</b>	NIGHT RUNNERS PYSKOWICE	Senior II K - 30	78	01:59:33	04:58:28	07:43:51	<b>09:45:32.20</b>	+05:44:21 (58.8%)	13:00	4.6 (41.1%)
657	<b>STASZEWSKA Aneta</b>	<b>5034</b>	NIGHT RUNNERS PYSKOWICE	Masters K - 40	85	01:55:52	04:58:28	07:44:01	<b>09:45:33.55</b>	+05:44:22 (58.8%)	13:00	4.6 (41.1%)
658	<b>KOŁACIŃSKA Ewelina</b>	<b>5262</b>	LEŚNE SZYCHY	Masters K - 40	86	02:04:50	05:28:08	08:10:56	<b>10:14:02.55</b>	+06:12:51 (60.7%)	13:38	4.4 (39.3%)
	<b>ROSKOSZ Michał</b>	<b>5438</b>	KAC RUNNING TEAM	Masters M - 40		01:05:12 DNF	02:22:26 DNF	03:55:01 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
	<b>STARUCH Robert</b>	<b>5764</b>	KUDOWIANKA RUN	Senior II M - 30		01:13:10 DNF	02:47:01 DNF	04:35:58 DNF	<b>DNF</b>	-	-	(0.0%)
	<b>DRAIM Jacek</b>	<b>5263</b>	FOREST GANG	Weteran II M - 60		01:50:21 DNF	04:53:49 DNF	07:42:07 DNF	<b>DNF</b>	-	-	(0.0%)
	<b>TERZONI Christian</b>	<b>5227</b>	PRZEDWOJEWSKI TEAM	Senior II M - 30		01:01:37 DNF	02:17:12 DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>KATARZYNA Bałys</b>	<b>5766</b>	HERCOG RUNNING TEAM	Senior II K - 30		01:11:33 DNF	02:39:35 DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>KWIATKOWSKI Daniel</b>	<b>5203</b>	KLUB PRZYJACIÓŁ MYSZKI MIKI	Senior II M - 30		01:46:57 DNF	04:32:28 DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>DANILUK Andrzej</b>	<b>5360</b>		Masters M - 40		02:22:57 DNF	05:37:27 DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>SZAWARA-ZIÓŁKOWSKA Ewelina</b>	<b>5677</b>		Senior II K - 30		01:35:18 DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>PLACKOWSKI Marcin</b>	<b>5299</b>	GOSTYŃ	Senior I M - 20		01:41:06 DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>PAWLIK-NIEDZIELA Sandra</b>	<b>5617</b>	BIEGOWA KUŹNIA	Senior II K - 30		01:45:14 DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>LACH Agnieszka</b>	<b>5700</b>	NIEBIESKA	Masters K - 40		01:59:55 DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)

Znaleziono 669 wynik(ów)