

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	FLISIŃSKI Łukasz	5679	ALPIN SPORT HOKA ONE ONE TEAM	Masters M - 40	1	00:58:36	02:08:09	03:08:27	04:01:11.00		5:21	11.2 (100%)
2	PITUCH Grzegorz	5682	KS WYSOKA	Masters M - 40	2	00:58:46	02:08:39	03:08:41	04:05:02.15	+00:03:51 (1.6%)	5:26	11 (98.2%)
3	JAGIELSKI Łukasz	5076	LESZNO LIMITS RUNNERS	Senior II M - 30	1	00:58:42	02:08:31	03:09:29	04:09:38.80	+00:08:27 (3.4%)	5:32	10.8 (96.4%)
4	WOJTCZAK Jakub	5658	I-SPORT TEAM	Senior I M - 20	1	00:58:45	02:08:24	03:08:24	04:11:42.35	+00:10:31 (4.2%)	5:35	10.7 (95.5%)
5	SIWEK Michał	5309	NIEPOŁOMICE BIEGAJĄ	Senior I M - 20	2	01:05:32	02:20:28	03:24:36	04:28:32.70	+00:27:21 (10.2%)	5:58	10.1 (90.2%)
6	PLOCH Jakub	5758		Senior II M - 30	2	01:04:11	02:21:29	03:26:25	04:29:31.20	+00:28:20 (10.5%)	5:59	10 (89.3%)
7	CIECHANSKI Adam	5648	TRUCHT.COM	Senior I M - 20	3	01:05:29	02:20:58	03:29:19	04:32:58.35	+00:31:47 (11.6%)	6:03	9.9 (88.4%)
8	PAZDAN Piotr	5122	140MINUT.PL	Senior II M - 30	3	01:01:15	02:17:09	03:27:18	04:33:40.80	+00:32:29 (11.9%)	6:04	9.9 (88.4%)
9	HLAVATÍK Jan	5668	JUMP SPORT FRÝDEK-MÍSTEK // KURACJUSZE Z WROCLAWIA	Senior II M - 30	4	01:04:18	02:19:08	03:26:40	04:34:17.10	+00:33:06 (12.1%)	6:05	9.8 (87.5%)
10	RYŁKO Krzysztof	5410	KS KANDAHAR/ZADYSZKA OŚWIĘCIM	Masters M - 40	3	01:09:24	02:24:38	03:30:02	04:35:00.05	+00:33:49 (12.3%)	6:06	9.8 (87.5%)
11	JANKOWSKI Grzegorz	5348		Masters M - 40	4	01:04:55	02:20:55	03:27:11	04:35:02.00	+00:33:51 (12.3%)	6:06	9.8 (87.5%)
12	GREIVELDINGER Gilles	5534	ŚWIAT BIEGACZA FEHLAU RUN TEAM	Weteran I M - 50	1	01:06:28	02:24:51	03:36:02	04:38:46.05	+00:37:35 (13.5%)	6:11	9.7 (86.6%)
13	BANIAK Marcin	5513	G.O.A.T. TEAM MICHAŁOWICE/MŁYN TRAIL MICHAŁOWICE	Masters M - 40	5	01:02:39	02:20:28	03:35:28	04:41:21.15	+00:40:10 (14.3%)	6:15	9.6 (85.7%)
14	WIECZOREK Nina	5272	MOCNA GRUPA CEZARA/SBRT WROCŁAW	Senior I K - 20	1	01:12:22	02:31:06	03:37:06	04:42:00.80	+00:40:49 (14.5%)	6:16	9.6 (85.7%)
15	KACZMAREK Tomasz	5255	NIEPOŁOMICE BIEGAJĄ	Masters M - 40	6	01:07:40	02:27:38	03:40:34	04:44:10.10	+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	ŻURAWSKI Sławomir	5078	PGBSPORTOWAPACZKA	Masters M - 40	7	01:09:08	02:29:44	03:39:54	04:44:14.80	+00:43:03 (15.1%)	6:18	9.5 (84.8%)
17	PIOTROWSKI Marek	5644	SBRT WROCŁAW	Senior II M - 30	5	01:07:10	02:27:33	03:39:36	04:48:27.50	+00:47:16 (16.4%)	6:24	9.4 (83.9%)
18	KUBICZEK Andrzej	5613	DRINK TEAM	Senior II M - 30	6	01:07:10	02:25:51	03:41:08	04:50:38.35	+00:49:27 (17.0%)	6:27	9.3 (83.0%)
19	BORZYSTOWSKI Patryk	5479		Senior II M - 30	7	01:04:11	02:20:59	03:38:19	04:50:38.70	+00:49:27 (17.0%)	6:27	9.3 (83.0%)
20	BIĄŁOBŁOCKA Alicja	5125	SOBASTEAM	Senior II K - 30	1	01:08:59	02:29:16	03:42:22	04:50:58.35	+00:49:47 (17.1%)	6:27	9.3 (83.0%)
21	BARTKOWSKI Mariusz	5747	KURŻĘTNIK BIEGA	Senior II M - 30	8	01:08:45	02:31:15	03:46:54	04:52:32.30	+00:51:21 (17.6%)	6:30	9.2 (82.1%)
22	WAŚKO Paweł	5341	CENTRUM MASAŻU	Masters M - 40	8	01:06:21	02:28:20	03:43:23	04:53:58.05	+00:52:47 (18.0%)	6:31	9.2 (82.1%)
23	MIKA Andrzej	5697		Senior II M - 30	9	01:13:14	02:34:21	03:47:17	04:55:02.30	+00:53:51 (18.3%)	6:33	9.2 (82.1%)
24	KOZANECKI Przemysław	5081	WYBIEGAĆ MARZENIA TEAM	Senior I M - 20	4	01:13:28	02:33:07	03:45:07	04:56:44.85	+00:55:33 (18.7%)	6:35	9.1 (81.3%)
25	JAGIELA Rafał	5189	KB ODRA OPOLE	Senior II M - 30	10	01:05:27	02:21:10	03:40:26	04:58:21.80	+00:57:10 (19.2%)	6:37	9 (80.4%)
26	HOŁOWACZ Andrzej	5757		Masters M - 40	9	01:12:13	02:32:40	03:47:42	04:58:34.45	+00:57:23 (19.2%)	6:38	9 (80.4%)
27	WOLSKI Marcin	5545		Senior II M - 30	11	01:06:38	02:27:34	03:46:03	04:59:05.85	+00:57:54 (19.4%)	6:38	9 (80.4%)
28	ŁUKASIEWICZ Ewa	5651	OLAWS ZŁOTORYJA	Weteran K - 50	1	01:11:46	02:36:47	03:53:48	05:00:54.05	+00:59:43 (19.8%)	6:41	9 (80.4%)
29	STEFAŃSKI Krystian	5721	RMT TEAM PRO	Senior II M - 30	12	01:12:30	02:38:20	03:54:19	05:01:32.70	+01:00:21 (20.0%)	6:42	9 (80.4%)
30	FLOREK Katarzyna	5411		Senior II K - 30	2	01:15:43	02:39:11	03:53:31	05:03:52.10	+01:02:41 (20.6%)	6:45	8.9 (79.5%)
31	DUDEK Monika	5138	PCH SPORT TEAM	Senior II K - 30	3	01:12:28	02:40:20	03:54:45	05:05:38.00	+01:04:27 (21.1%)	6:47	8.8 (78.6%)
32	TOMCZYK Tomasz	5619	RESHAPE RUNNERS	Senior II M - 30	13	01:08:41	02:34:53	03:52:57	05:07:22.80	+01:06:11 (21.5%)	6:49	8.8 (78.6%)
33	WOJCIECHOWSKI Przemysław	5728	CHAMPIONMAN TEAM	Senior II M - 30	14	01:12:51	02:37:40	03:55:45	05:08:59.45	+01:07:48 (21.9%)	6:51	8.7 (77.7%)
34	ADAM Piotr	5575	WROCLAW MARATHON TEAM	Masters M - 40	10	01:10:27	02:34:12	04:06:22	05:10:35.85	+01:09:24 (22.3%)	6:54	8.7 (77.7%)
35	HADRYS Tomasz	5501	FUNTRI	Senior II M - 30	15	01:13:34	02:38:14	03:55:44	05:10:59.75	+01:09:48 (22.4%)	6:54	8.7 (77.7%)
36	WOŹNIAK Jerzy	5622	#ZALINIAMETYTEAM	Senior II M - 30	16	01:10:37	02:33:51	03:56:41	05:11:34.40	+01:10:23 (22.6%)	6:55	8.7 (77.7%)
37	ŁOPATYŃSKI Irek	5148	REMA SPORT TEAM	Masters M - 40	11	01:11:58	02:36:45	04:01:02	05:12:41.00	+01:11:30 (22.9%)	6:56	8.6 (76.8%)
38	SZYMURA Wojciech	5233		Masters M - 40	12	01:10:00	02:37:49	03:57:48	05:13:46.60	+01:12:35 (23.1%)	6:58	8.6 (76.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas		Tempo min/km	Tempo km/h
									netto 45km	Różn		
39	KARPOWICZ Rafał	5214		Masters M - 40	13	01:08:45	02:34:02	03:56:57	05:14:08.10	+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	05:15:10.80	+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	05:15:32.10	+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	05:15:41.15	+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	05:16:00.80	+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	05:17:17.20	+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	05:18:00.90	+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	05:18:18.30	+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	05:18:24.85	+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	05:18:50.20	+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	05:19:58.30	+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	05:19:58.45	+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	05:20:43.35	+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	05:21:36.10	+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	05:22:26.95	+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	05:22:43.65	+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	05:23:50.15	+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	05:24:07.60	+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	05:25:54.20	+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	05:26:18.85	+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	05:26:19.90	+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	05:26:20.15	+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	05:26:26.20	+01:25:15 (26.1%)	7:15	8.3 (74.1%)

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

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									netto 45km	Różn		
85	PTASZYŃSKA Wioletta	5149		Senior II K - 30	10	01:23:20	02:55:47	04:21:22	05:38:10.55	+01:36:59 (28.7%)	7:30	8 (71.4%)
86	BURDA Maciej	5583	MARATOŃCZYK POZNAŃ	Masters M - 40	27	01:15:33	02:45:43	04:15:00	05:38:27.70	+01:37:16 (28.7%)	7:31	8 (71.4%)
87	KWIECIEŃ - LIPIŃSKA Kamila	5684	TIGERS TEAM	Masters K - 40	3	01:23:09	02:57:20	04:21:41	05:38:31.50	+01:37:20 (28.8%)	7:31	8 (71.4%)
88	DROGOSZEWSKA Magdalena	5362		Senior II K - 30	11	01:23:45	02:59:27	04:21:56	05:38:53.05	+01:37:42 (28.8%)	7:31	8 (71.4%)
89	SZOSTAK Anna	5456	OLIMPIA ZABRZE	Senior II K - 30	12	01:16:26	02:48:55	04:13:53	05:39:05.75	+01:37:54 (28.9%)	7:32	8 (71.4%)
90	BUJALSKI Szymon	5328		Masters M - 40	28	01:22:47	02:56:29	04:19:56	05:39:07.80	+01:37:56 (28.9%)	7:32	8 (71.4%)
91	ORDYŃSKA Anna	5727	SUPADUPAFLY	Senior II K - 30	13	01:28:01	03:01:00	04:22:35	05:39:44.10	+01:38:33 (29.0%)	7:32	7.9 (70.5%)
92	CHŁAD Aleksander	5616	EX TEAM	Senior II M - 30	34	01:18:40	02:52:29	04:19:05	05:40:40.10	+01:39:29 (29.2%)	7:34	7.9 (70.5%)
93	GROT Izabela	5565	PREDATORS WAŁBRZYCH	Senior II K - 30	14	01:19:40	02:54:12	04:20:07	05:41:02.00	+01:39:51 (29.3%)	7:34	7.9 (70.5%)
94	SIETKIEWICZ Piotr	5338	GLEIPNIR SP. Z O.O.	Senior II M - 30	35	01:14:59	02:45:50	04:14:17	05:41:31.00	+01:40:20 (29.4%)	7:35	7.9 (70.5%)
95	PODGÓRSKI Tomasz	5537		Masters M - 40	29	01:19:25	02:50:10	04:17:04	05:41:45.10	+01:40:34 (29.4%)	7:35	7.9 (70.5%)
96	GOLAŃSKI Maciej	5430	POZRUNIACY	Masters M - 40	30	01:26:30	03:04:38	04:29:25	05:41:55.55	+01:40:44 (29.5%)	7:35	7.9 (70.5%)
97	KORCZYŃSKI Łukasz	5320	BIEGOWA POGORZAŁA	Masters M - 40	31	01:25:11	02:58:14	04:23:49	05:42:01.60	+01:40:50 (29.5%)	7:36	7.9 (70.5%)
98	TARGOSZ Piotr	5376	SPRINTEX TEAM	Masters M - 40	32	01:11:49	02:44:02	04:13:48	05:42:08.40	+01:40:57 (29.5%)	7:36	7.9 (70.5%)
99	LITWIN Michał	5137	LITEWIN	Senior II M - 30	36	01:19:30	02:54:14	04:21:16	05:42:19.10	+01:41:08 (29.5%)	7:36	7.9 (70.5%)
100	KOZŁOWSKI Szymon	5596	BIEGACZE Z PRZYLESIA	Senior II M - 30	37	01:13:07	02:40:30	04:09:42	05:42:31.55	+01:41:20 (29.6%)	7:36	7.9 (70.5%)
101	URBAN Iwona	5762	42K PRO TEAM	Masters K - 40	4	01:24:12	03:00:13	04:23:43	05:43:56.35	+01:42:45 (29.9%)	7:38	7.9 (70.5%)
102	KUDREJ Grzegorz	5202	MOCNA GRUPA CEZARA/SBRT WROCŁAW	Senior II M - 30	38	01:17:58	02:54:11	04:26:15	05:44:23.50	+01:43:12 (30.0%)	7:39	7.8 (69.6%)
103	ZIELIŃSKI Przemysław	5443	BEZ KLUBU	Masters M - 40	33	01:26:05	03:04:24	04:29:30	05:44:54.95	+01:43:43 (30.1%)	7:39	7.8 (69.6%)
104	LEDWOŃ Izabela	5574	CSZWS	Masters K - 40	5	01:28:52	03:05:37	04:28:06	05:45:11.80	+01:44:00 (30.1%)	7:40	7.8 (69.6%)
105	ZIOBROWSKA Anna	5305	BIEGIEM PO ZDROWIE	Senior I K - 20	3	01:18:31	02:50:25	04:17:43	05:45:18.50	+01:44:07 (30.2%)	7:40	7.8 (69.6%)
106	ŚWIERCZYŃSKI Kacper	5510	NIGHT RUNNERS	Senior II M - 30	39	01:19:46	02:58:49	04:32:50	05:45:21.15	+01:44:10 (30.2%)	7:40	7.8 (69.6%)
107	WELTER Przemysław	5559	KB SZAMOTUŁY	Senior II M - 30	40	01:15:45	02:47:25	04:23:12	05:45:55.15	+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	URBAŃSKI Michał	5526	ŁĄDEK-ZDRÓJ RUNNERS	Senior II M - 30	41	01:20:38	02:54:51	04:27:40	05:46:12.85	+01:45:01 (30.3%)	7:41	7.8 (69.6%)
109	SZYMAŃSKI Michał	5725	TGV CLUB	Senior II M - 30	42	01:24:17	02:58:02	04:25:29	05:47:58.25	+01:46:47 (30.7%)	7:43	7.8 (69.6%)
110	JABŁOŃSKA Weronika	5287		Senior I K - 20	4	01:19:23	02:53:23	04:27:29	05:48:10.65	+01:46:59 (30.7%)	7:44	7.8 (69.6%)
111	KRUKOWSKI Łukasz	5117	MKS SIECHNICE	Senior II M - 30	43	01:28:01	03:05:13	04:29:38	05:49:52.80	+01:48:41 (31.1%)	7:46	7.7 (68.8%)
112	DYSARZ Przemysław	5334		Masters M - 40	34	01:25:45	02:58:17	04:26:14	05:50:03.05	+01:48:52 (31.1%)	7:46	7.7 (68.8%)
113	MAJEWSKI Andrzej	5172	OPOLEREKLAMA.PL	Senior II M - 30	44	01:16:40	02:51:03	04:24:23	05:50:34.80	+01:49:23 (31.2%)	7:47	7.7 (68.8%)
114	GĄŁĘZYKA Rafał	5576	EUROVENT ATHLETICS	Masters M - 40	35	01:19:36	02:58:18	04:31:12	05:51:00.05	+01:49:49 (31.3%)	7:48	7.7 (68.8%)
115	JABŁOŃSKI Jakub	5520	PRO366	Masters M - 40	36	01:23:48	02:59:03	04:28:52	05:51:01.30	+01:49:50 (31.3%)	7:48	7.7 (68.8%)
116	POLACZEK Daniel	5068	IZBICKO W BIEGU	Senior I M - 20	9	01:21:42	02:57:25	04:21:57	05:51:01.65	+01:49:50 (31.3%)	7:48	7.7 (68.8%)
117	KULCZYCKI Emanuel	5624	POLSKA	Senior II M - 30	45	01:18:16	02:53:06	04:25:07	05:51:56.65	+01:50:45 (31.5%)	7:49	7.7 (68.8%)
118	ŁUCJANEK Justyna	5228	KAJA TEAM	Masters K - 40	6	01:22:59	03:02:19	04:30:42	05:52:37.20	+01:51:26 (31.6%)	7:50	7.7 (68.8%)
119	BRUDEREK Tomasz	5514	PRIMUM CURRERE	Masters M - 40	37	01:22:42	03:01:13	04:31:18	05:53:36.75	+01:52:25 (31.8%)	7:51	7.6 (67.9%)
120	MIRSKI Maciej	5662		Masters M - 40	38	01:20:35	02:58:24	04:31:59	05:53:39.80	+01:52:28 (31.8%)	7:51	7.6 (67.9%)
121	SZUMNARSKI Jakub	5724		Senior II M - 30	46	01:24:17	02:58:56	04:29:34	05:54:23.05	+01:53:12 (31.9%)	7:52	7.6 (67.9%)
122	SOBCZYK Grzesiu	5371	WIELUŃ BIEGA	Senior II M - 30	47	01:27:27	03:02:45	04:30:24	05:54:23.55	+01:53:12 (31.9%)	7:52	7.6 (67.9%)
123	MARCINKOWSKA Katarzyna	5587		Masters K - 40	7	01:27:03	03:11:06	04:36:50	05:56:27.60	+01:55:16 (32.3%)	7:55	7.6 (67.9%)
124	NOWAK Jacek	5386	LESZNO LIMITS RUNNERS	Weteran I M - 50	2	01:22:58	03:01:31	04:33:40	05:56:29.10	+01:55:18 (32.3%)	7:55	7.6 (67.9%)
125	KINCEL Krzysztof	5755		Weteran I M - 50	3	01:28:01	03:01:40	04:31:39	05:56:38.55	+01:55:27 (32.4%)	7:55	7.6 (67.9%)
126	ŚPIEWAK Radosław	5198	BOHAR PALETY RUN & TRAVEL ZIELONA GÓRA	Masters M - 40	39	01:28:58	03:06:05	04:33:36	05:56:56.90	+01:55:45 (32.4%)	7:55	7.6 (67.9%)
127	ADAMCZYK-NOWAK Beata	5058	MIECHOWICKA GRUPA BIEGOWA	Masters K - 40	8	01:28:06	03:09:33	04:38:12	05:57:27.40	+01:56:16 (32.5%)	7:56	7.6 (67.9%)
128	ZBĄSKI Krzesimir	5628		Senior II M - 30	48	01:23:50	03:04:43	04:36:01	05:57:38.85	+01:56:27 (32.6%)	7:56	7.5 (67.0%)
129	CHLABICZ Paweł	5546	BIAŁYSTOK BIEGA TEAM	Senior I M - 20	10	01:26:21	02:59:47	04:34:52	05:57:58.25	+01:56:47 (32.6%)	7:57	7.5 (67.0%)
130	MATYJANKA Piotr	5378		Masters M - 40	40	01:29:02	03:09:09	04:36:52	05:58:02.85	+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	PAŁYSA Robert	5584		Senior I M - 20	11	01:23:23	03:00:25	04:37:35	05:58:20.60	+01:57:09 (32.7%)	7:57	7.5 (67.0%)
132	GALA Grzegorz	5681	STC RUNNERS	Masters M - 40	41	01:28:30	03:07:44	04:52:04	05:58:47.80	+01:57:36 (32.8%)	7:58	7.5 (67.0%)
133	PILECKI Łukasz	5095	CAŁA OLEŚNICA BIEGA	Masters M - 40	42	01:26:53	03:05:07	04:40:50	05:59:07.95	+01:57:56 (32.8%)	7:58	7.5 (67.0%)
134	NAUDZIUNAS Agnieszka	5699	NATURAL BORN RUNNERS	Masters K - 40	9	01:26:14	03:10:26	04:39:52	05:59:26.10	+01:58:15 (32.9%)	7:59	7.5 (67.0%)
135	GIDEL Witold	5397		Weteran I M - 50	4	01:23:39	03:01:02	04:40:44	05:59:39.10	+01:58:28 (32.9%)	7:59	7.5 (67.0%)
136	REGULSKI Cezary	5656	JTCNW	Senior I M - 20	12	01:23:07	03:00:05	04:34:52	06:00:05.85	+01:58:54 (33.0%)	8:00	7.5 (67.0%)
137	BETLEJ Mikołaj	5691	NOA	Masters M - 40	43	01:24:52	03:08:22	04:43:01	06:00:08.00	+01:58:57 (33.0%)	8:00	7.5 (67.0%)
138	MARIN IRIGARAY Alberto	5212		Senior II M - 30	49	01:23:23	03:10:03	04:40:47	06:00:12.45	+01:59:01 (33.0%)	8:00	7.5 (67.0%)
139	MUS Paweł	5326	MASATEAM	Senior II M - 30	50	01:27:46	03:03:52	04:31:13	06:00:32.50	+01:59:21 (33.1%)	8:00	7.5 (67.0%)
140	BLANIK Marek	5586		Senior II M - 30	51	01:28:52	03:08:56	04:42:45	06:00:45.70	+01:59:34 (33.1%)	8:01	7.5 (67.0%)
141	KANIEWSKA Agnieszka	5761		Masters K - 40	10	01:25:41	03:08:59	04:39:29	06:01:15.75	+02:00:04 (33.2%)	8:01	7.5 (67.0%)
142	KUŻMA Przemysław	5403	NIEZRZESZONY	Weteran II M - 60	3	01:23:37	03:02:53	04:38:33	06:01:21.80	+02:00:10 (33.3%)	8:01	7.5 (67.0%)
143	KOTARSKI Marek	5632	KRS TKKF RELAKS WODZISŁAW ŚLĄSKI	Weteran I M - 50	5	01:22:11	03:09:01	04:38:36	06:01:47.10	+02:00:36 (33.3%)	8:02	7.5 (67.0%)
144	POTOCKI Michał	5340	BIEG OPOLSKI	Senior II M - 30	52	01:22:55	02:58:05	04:33:10	06:01:56.05	+02:00:45 (33.4%)	8:02	7.5 (67.0%)
145	SAJEWICZ Grzegorz	5377		Senior II M - 30	53	01:26:17	03:03:35	04:34:44	06:01:56.35	+02:00:45 (33.4%)	8:02	7.5 (67.0%)
146	KUROPATWIŃSKI Tomasz	5693		Senior II M - 30	54	01:26:28	03:04:34	04:36:51	06:02:33.55	+02:01:22 (33.5%)	8:03	7.4 (66.1%)
147	DZIUBAŁA Jakub	5321		Senior I M - 20	13	01:28:31	03:08:35	04:42:08	06:02:53.35	+02:01:42 (33.5%)	8:03	7.4 (66.1%)
148	HAJDZIONA Agata	5047	MARATOŃCZYK POZNAŃ	Senior II K - 30	15	01:27:45	03:09:53	04:45:44	06:02:54.70	+02:01:43 (33.5%)	8:03	7.4 (66.1%)
149	PIECUCH Karolina	5415		Senior II K - 30	16	01:22:11	03:02:16	04:37:41	06:03:21.20	+02:02:10 (33.6%)	8:04	7.4 (66.1%)
150	OLEJNICZAK Piotr	5054		Masters M - 40	44	01:26:03	03:02:50	04:39:26	06:03:30.55	+02:02:19 (33.7%)	8:04	7.4 (66.1%)
151	RESPONDEK Anna	5221		Senior II K - 30	17	01:19:27	03:01:13	04:41:30	06:03:37.30	+02:02:26 (33.7%)	8:04	7.4 (66.1%)
152	GAWCZYŃSKI Marcel	5754		Senior II M - 30	55	01:24:27	03:03:08	04:35:34	06:03:41.65	+02:02:30 (33.7%)	8:04	7.4 (66.1%)
153	JURCZAK Szymon	5447		Senior II M - 30	56	01:25:19	03:04:27	04:42:22	06:03:57.40	+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	HRYCAJ Marcin	5229	KB ODRA OPOLE	Masters M - 40	45	01:22:14	03:03:48	04:40:37	06:03:57.85	+02:02:46 (33.7%)	8:05	7.4 (66.1%)
155	ZIELIŃSKI Mateusz	5589		Senior I M - 20	14	01:23:15	03:00:44	04:38:26	06:04:29.15	+02:03:18 (33.8%)	8:05	7.4 (66.1%)
156	KALETA Leszek	5449		Senior II M - 30	57	01:32:15	03:04:18	04:36:53	06:04:41.30	+02:03:30 (33.9%)	8:06	7.4 (66.1%)
157	KĘDZIORA Magdalena	5405	STRONGFITWOMEN.PL	Senior I K - 20	5	01:24:10	03:06:50	04:41:26	06:05:34.25	+02:04:23 (34.0%)	8:07	7.4 (66.1%)
158	ŁUKACKI Daniel	5157		Masters M - 40	46	01:27:30	03:08:39	04:42:28	06:06:40.70	+02:05:29 (34.2%)	8:08	7.4 (66.1%)
159	MICHALSKA Agnieszka	5542		Senior II K - 30	18	01:24:22	03:08:17	04:41:16	06:06:49.75	+02:05:38 (34.3%)	8:09	7.4 (66.1%)
160	MATUSZEWSKI Łukasz	5469	BIEGOWY WARIAT RUNNIG TEAM	Senior II M - 30	58	01:28:23	03:14:35	04:47:57	06:08:28.40	+02:07:17 (34.5%)	8:11	7.3 (65.2%)
161	LEWANDOWSKI Grzegorz	5144	GOLENIÓW	Masters M - 40	47	01:25:48	03:05:15	04:41:35	06:09:01.05	+02:07:50 (34.6%)	8:12	7.3 (65.2%)
162	PATROŃSKI Adam	5550		Senior I M - 20	15	01:28:59	03:07:06	04:43:27	06:09:01.85	+02:07:50 (34.6%)	8:12	7.3 (65.2%)
163	JAKRZEWSKI Mikołaj	5319	JB	Senior II M - 30	59	01:29:45	03:15:42	04:46:51	06:09:10.75	+02:07:59 (34.7%)	8:12	7.3 (65.2%)
164	GRONAU Maciej	5641		Senior II M - 30	60	01:27:19	03:07:57	04:42:46	06:09:40.25	+02:08:29 (34.8%)	8:12	7.3 (65.2%)
165	ZGARDA Jacek	5486	FUNTRI	Masters M - 40	48	01:29:51	03:15:44	04:48:10	06:09:52.15	+02:08:41 (34.8%)	8:13	7.3 (65.2%)
166	WALEŃSKI Maciej	5232	PROTON	Senior II M - 30	61	01:21:59	03:01:11	04:34:51	06:10:02.90	+02:08:51 (34.8%)	8:13	7.3 (65.2%)
167	DZIUBEK Monika	5220	W POGONI ZA DUCHEM	Masters K - 40	11	01:26:24	03:12:47	04:44:39	06:10:10.85	+02:08:59 (34.8%)	8:13	7.3 (65.2%)
168	ŚWIDERGOŁ Piotr	5457	MARELLI SOSNOWIEC POLAND	Senior II M - 30	62	01:26:47	03:08:03	04:43:06	06:11:52.65	+02:10:41 (35.1%)	8:15	7.3 (65.2%)
169	STORTZ Piotr	5231		Senior II M - 30	63	01:28:39	03:16:03	04:46:54	06:12:08.50	+02:10:57 (35.2%)	8:16	7.3 (65.2%)
170	WALENDA Mateusz	5732	KS KANAŁEK	Senior II M - 30	64	01:23:07	03:02:45	04:39:13	06:12:42.65	+02:11:31 (35.3%)	8:16	7.2 (64.3%)
171	GANDYRA Rafał	5370		Senior II M - 30	65	01:27:09	03:10:25	04:43:32	06:12:55.90	+02:11:44 (35.3%)	8:17	7.2 (64.3%)
172	WRÓBEL Małgorzata	5278	OBORYGENI	Senior II K - 30	19	01:32:51	03:14:55	04:48:30	06:13:01.55	+02:11:50 (35.3%)	8:17	7.2 (64.3%)
173	BUSS Jakub	5140	KUDOWIANKA RUN	Masters M - 40	49	01:30:55	03:11:42	04:46:02	06:13:20.80	+02:12:09 (35.4%)	8:17	7.2 (64.3%)
174	LUBAŃSKI Mateusz	5393	KS BARYCZ MILICZ	Senior II M - 30	66	01:16:51	02:56:13	04:48:55	06:13:42.65	+02:12:31 (35.5%)	8:18	7.2 (64.3%)
175	SZRENIAWA Waldemar	5491	MIRAZ RACE TEAM	Senior II M - 30	67	01:33:34	03:17:07	04:49:07	06:13:51.20	+02:12:40 (35.5%)	8:18	7.2 (64.3%)
176	WYSOCZAŃSKI Adrian	5026	PIETRZYKOWICE	Masters M - 40	50	01:16:59	02:59:19	04:40:47	06:13:52.85	+02:12:41 (35.5%)	8:18	7.2 (64.3%)

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

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Różn	Tempo min/km	Tempo km/h
						B1 10km	B2 22km	A15 33km	netto 45km			
200	SOWIŃSKA-JANECZEK Joanna	5080	KB MARATON TUREK	Senior II K - 30	24	01:29:40	03:16:06	04:52:41	06:20:40.55	+02:19:29 (36.6%)	8:27	7.1 (63.4%)
201	RADECKI Wojciech	5707	NIEPOŁOMICE BIEGAJĄ	Weteran I M - 50	6	01:29:54	03:14:10	04:51:19	06:20:58.60	+02:19:47 (36.7%)	8:27	7.1 (63.4%)
202	DZIOB Grzegorz	5372	NIEPOŁOMICE BIEGAJĄ	Senior II M - 30	73	01:19:10	02:51:51	04:40:16	06:23:12.45	+02:22:01 (37.1%)	8:30	7 (62.5%)
203	KAPAŁKA Adrian	5627	NATALIA TOMASIAK GÓRSKI STYL	Masters M - 40	61	01:29:42	03:13:44	04:50:40	06:23:18.05	+02:22:07 (37.1%)	8:31	7 (62.5%)
204	PODLEŚNY Tomasz	5595	DELOITTE ADVENTURE TEAM	Masters M - 40	62	01:27:46	03:12:58	04:52:58	06:23:24.45	+02:22:13 (37.1%)	8:31	7 (62.5%)
205	KACZOR Michał	5435	KLUCZBORSKA GRUPA BIEGOWA	Senior II M - 30	74	01:35:00	03:20:04	05:04:30	06:23:36.00	+02:22:25 (37.1%)	8:31	7 (62.5%)
206	JADACH Grzegorz	5752	VEGE RUNNERS	Senior II M - 30	75	01:29:27	03:12:37	04:54:29	06:24:16.40	+02:23:05 (37.2%)	8:32	7 (62.5%)
207	JAMRÓZ Wojciech	5600	KW GLIWICE	Masters M - 40	63	01:25:06	03:04:50	04:47:01	06:25:31.70	+02:24:20 (37.4%)	8:34	7 (62.5%)
208	PAJDOSZ Katarzyna	5612	KB BIAŁA BIEGA	Senior II K - 30	25	01:32:46	03:22:05	05:00:12	06:26:27.95	+02:25:16 (37.6%)	8:35	7 (62.5%)
209	WOJTYCZKA Katarzyna	5751	GÓRAL Z MAZUR RUNNING TEAM	Senior II K - 30	26	01:27:27	03:14:21	04:56:09	06:26:33.10	+02:25:22 (37.6%)	8:35	7 (62.5%)
210	MILCZAREK Dominik	5683		Masters M - 40	64	01:28:34	03:10:47	04:52:58	06:26:44.50	+02:25:33 (37.6%)	8:35	7 (62.5%)
211	BOIŃSKI Bartosz	5451	EUROCASH	Senior I M - 20	17	01:27:47	03:07:59	04:51:15	06:26:44.65	+02:25:33 (37.6%)	8:35	7 (62.5%)
212	WAWRZYŃIAK Mariusz	5419		Masters M - 40	65	01:22:56	03:06:15	04:59:29	06:27:38.40	+02:26:27 (37.8%)	8:36	7 (62.5%)
213	HACUŚ Jacek	5439		Senior II M - 30	76	01:28:11	03:15:37	04:52:07	06:27:53.00	+02:26:42 (37.8%)	8:37	7 (62.5%)
214	SZYROCKI Krzysztof	5585	KS FORMA WODZISLAW ŚLĄSKI	Senior II M - 30	77	01:30:19	03:14:44	04:55:39	06:28:43.10	+02:27:32 (38.0%)	8:38	6.9 (61.6%)
215	KOCIMSKA Katarzyna	5685	EUROVENT ATHLETICS	Masters K - 40	13	01:32:09	03:22:33	05:02:55	06:28:54.65	+02:27:43 (38.0%)	8:38	6.9 (61.6%)
216	FALANDYSZ Janusz	5193	WPRUNNING PRUSZKÓW	Weteran II M - 60	4	01:28:53	03:15:22	05:01:28	06:29:09.90	+02:27:58 (38.0%)	8:38	6.9 (61.6%)
217	SAWICZ Piotr	5179		Senior II M - 30	78	01:26:49	03:13:17	04:56:04	06:29:19.45	+02:28:08 (38.1%)	8:39	6.9 (61.6%)
218	KITOWSKI Bartosz	5558	GŁOGOŃ 1925 GŁOGÓW MAŁOPOLSKI	Masters M - 40	66	01:31:19	03:20:21	04:58:46	06:29:36.30	+02:28:25 (38.1%)	8:39	6.9 (61.6%)
219	JACHYMSKI Ignacy	5540	AKG ŁÓDŹ	Senior II M - 30	79	01:25:14	03:14:43	04:57:39	06:29:54.55	+02:28:43 (38.1%)	8:39	6.9 (61.6%)
220	KOTRA Jacek	5678	LAKOWA 1	Masters M - 40	67	01:26:17	03:13:30	04:56:24	06:30:00.00	+02:28:49 (38.2%)	8:40	6.9 (61.6%)
221	NOWIK Łukasz	5767		Masters M - 40	68	01:33:38	03:25:53	05:03:41	06:30:22.90	+02:29:11 (38.2%)	8:40	6.9 (61.6%)
222	KUJAWSKA Agnieszka	5108		Masters K - 40	14	01:32:17	03:22:13	05:00:14	06:31:16.40	+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	RYCHTYK Dawid	5673	140MINUT.PL	Masters M - 40	69	01:23:11	03:13:31	05:06:26	06:31:53.35	+02:30:42 (38.5%)	8:42	6.9 (61.6%)
224	BEDNARCZYK Paweł	5024	PZU SPORT TEAM	Masters M - 40	70	01:28:44	03:15:43	04:59:42	06:31:58.25	+02:30:47 (38.5%)	8:42	6.9 (61.6%)
225	CZERNAK Agnieszka	5364	PIĄTKOWO NA BIEGOWO-POZNAŃ	Masters K - 40	15	01:30:05	03:13:08	04:54:29	06:31:58.85	+02:30:47 (38.5%)	8:42	6.9 (61.6%)
226	BOMBA Alina	5591		Senior II K - 30	27	01:33:43	03:24:55	05:04:18	06:32:54.00	+02:31:43 (38.6%)	8:43	6.9 (61.6%)
227	ZAŁUSKI Dominik	5337	PECNA TEAM	Senior I M - 20	18	01:29:15	03:13:21	05:02:34	06:33:15.90	+02:32:04 (38.7%)	8:44	6.9 (61.6%)
228	DEMYDA Michał	5425		Senior II M - 30	80	01:25:41	03:10:32	04:53:10	06:33:34.00	+02:32:23 (38.7%)	8:44	6.9 (61.6%)
229	KORDALSKA Karolina	5273	NIGHT RUNNERS PYSKOWICE	Senior I K - 20	7	01:34:13	03:25:49	05:10:14	06:33:45.05	+02:32:34 (38.7%)	8:45	6.9 (61.6%)
230	HENECZKOWSKI Łukasz	5413	BORN TO RUN	Masters M - 40	71	01:26:04	03:11:15	04:56:38	06:33:49.35	+02:32:38 (38.8%)	8:45	6.9 (61.6%)
231	CHRZAŚCZ Damian	5092	VEGE RUNNERS	Masters M - 40	72	01:28:42	03:16:35	05:01:47	06:34:03.45	+02:32:52 (38.8%)	8:45	6.9 (61.6%)
232	ŻOŁYNIAK Szymon	5698		Masters M - 40	73	01:28:15	03:12:38	04:57:25	06:34:49.10	+02:33:38 (38.9%)	8:46	6.8 (60.7%)
233	BROMIRSKI Maciej	5716	NYSA UNIWERSYTET	Masters M - 40	74	01:15:31	03:02:36	04:57:41	06:35:10.45	+02:33:59 (39.0%)	8:46	6.8 (60.7%)
234	PUCHALSKI Piotr	5507	POLISH FOREST GIN	Senior II M - 30	81	01:28:42	03:21:51	05:13:10	06:35:19.60	+02:34:08 (39.0%)	8:47	6.8 (60.7%)
235	PUCHALSKI Tomasz	5505		Senior II M - 30	82	01:28:43	03:21:52	05:10:46	06:35:20.20	+02:34:09 (39.0%)	8:47	6.8 (60.7%)
236	SKOKOWSKI Jacek	5251		Weteran I M - 50	7	01:33:20	03:26:07	05:07:24	06:35:24.85	+02:34:13 (39.0%)	8:47	6.8 (60.7%)
237	JAROSŁAWSKI Marcin	5735	KB-HARCOWNIK	Masters M - 40	75	01:35:20	03:09:13	04:53:04	06:35:28.10	+02:34:17 (39.0%)	8:47	6.8 (60.7%)
238	PTAK Mateusz	5710		Senior II M - 30	83	01:25:16	03:07:01	04:59:15	06:35:56.70	+02:34:45 (39.1%)	8:47	6.8 (60.7%)
239	LICHOCKI Marcin	5120		Senior II M - 30	84	01:30:52	03:25:03	05:05:42	06:36:41.90	+02:35:30 (39.2%)	8:48	6.8 (60.7%)
240	MADALIŃSKI Mariusz	5524	-	Senior I M - 20	19	01:31:14	03:24:42	05:12:02	06:37:40.00	+02:36:29 (39.4%)	8:50	6.8 (60.7%)
241	ZAŁUSKI Piotr	5297	PECNA TEAM	Masters M - 40	76	01:29:15	03:15:51	05:05:30	06:38:27.90	+02:37:16 (39.5%)	8:51	6.8 (60.7%)
242	NOWAK-GÓRECKA Anna	5642		Senior II K - 30	28	01:32:12	03:20:14	05:02:00	06:38:28.65	+02:37:17 (39.5%)	8:51	6.8 (60.7%)
243	WOJTCZAK Krzysztof	5474	WKB PIAST WROCŁAW	Masters M - 40	77	01:28:20	03:21:12	05:09:22	06:38:32.80	+02:37:21 (39.5%)	8:51	6.8 (60.7%)
244	BATURO Artur	5571	MARCINOWICE TEAM	Masters M - 40	78	01:26:22	03:14:47	05:17:32	06:38:54.00	+02:37:43 (39.5%)	8:51	6.8 (60.7%)
245	IWANЕК Przemysław	5294		Senior II M - 30	85	01:28:40	03:10:16	05:01:38	06:38:54.10	+02:37:43 (39.5%)	8:51	6.8 (60.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1	B2	A15	Czas netto	Różn	Tempo min/km	Tempo km/h
						10km	22km	33km	45km			
246	KORALEWSKA Edyta	5601		Masters K - 40	16	01:29:02	03:23:40	05:07:30	06:38:57.45	+02:37:46 (39.5%)	8:51	6.8 (60.7%)
247	DOMAŃSKI Henryk	5284	STAN UMYŚLU LEWIN BIEGA	Weteran I M - 50	8	01:31:37	03:19:46	05:07:26	06:39:09.65	+02:37:58 (39.6%)	8:52	6.8 (60.7%)
248	ANTKOWICZ Marcin	5594		Masters M - 40	79	01:29:51	03:16:27	05:04:46	06:39:20.90	+02:38:09 (39.6%)	8:52	6.8 (60.7%)
249	JELEŃ Marek	5330	PARKRUN CHRZANÓW	Masters M - 40	80	01:26:53	03:10:29	04:55:49	06:39:30.45	+02:38:19 (39.6%)	8:52	6.8 (60.7%)
250	KUSTRA Klaudia	5535		Senior II K - 30	29	01:30:37	03:20:30	05:04:46	06:39:38.50	+02:38:27 (39.7%)	8:52	6.8 (60.7%)
251	NEUMANN Jacek	5249	CENTRUM ŁĄKOWA 1	Weteran I M - 50	9	01:31:50	03:20:26	05:07:14	06:40:00.85	+02:38:49 (39.7%)	8:53	6.8 (60.7%)
252	MURGOSKI Zlatko	5290		Senior II M - 30	86	01:31:43	03:20:06	05:05:06	06:40:39.90	+02:39:28 (39.8%)	8:54	6.7 (59.8%)
253	KUDŁA Joanna	5090		Senior II K - 30	30	01:31:21	03:25:04	05:06:23	06:40:43.15	+02:39:32 (39.8%)	8:54	6.7 (59.8%)
254	WAWRZYŃIAK Lidia	5153	ZAKRĘCENI ROWEROWO	Masters K - 40	17	01:29:38	03:18:27	05:03:49	06:40:47.20	+02:39:36 (39.8%)	8:54	6.7 (59.8%)
255	HAŁAS Katarzyna	5643		Masters K - 40	18	01:31:22	03:27:08	05:14:14	06:40:55.60	+02:39:44 (39.8%)	8:54	6.7 (59.8%)
256	MOCZULSKI Kamil	5119	MOCNA GRUPA CEZARA/SBRT WROCŁAW	Senior II M - 30	87	01:29:54	03:21:49	05:08:56	06:41:21.10	+02:40:10 (39.9%)	8:55	6.7 (59.8%)
257	KACZOR Marcin	5635	ADJ	Masters M - 40	81	01:34:48	03:26:30	05:10:32	06:41:49.35	+02:40:38 (40.0%)	8:55	6.7 (59.8%)
258	ADAMOWICZ Daniel	5205	KB PIONIER	Senior II M - 30	88	01:36:45	03:35:11	05:19:42	06:41:54.85	+02:40:43 (40.0%)	8:55	6.7 (59.8%)
259	LISOWSKI Grzegorz	5582		Masters M - 40	82	01:30:46	03:20:39	05:05:44	06:41:58.95	+02:40:47 (40.0%)	8:55	6.7 (59.8%)
260	KOWALIŃSKI Marek	5639	SPARTA ULTRA TEAM	Masters M - 40	83	01:30:11	03:19:45	05:03:30	06:42:11.15	+02:41:00 (40.0%)	8:56	6.7 (59.8%)
261	PODJUK Juliusz	5738	FRIENDS GOSTYŃ	Masters M - 40	84	01:29:29	03:23:07	05:14:29	06:42:19.15	+02:41:08 (40.1%)	8:56	6.7 (59.8%)
262	GRZYBEK Sławomir	5597	BARTOSZ GORCZYCA TEAM	Senior II M - 30	89	01:32:35	03:22:45	05:09:56	06:42:48.65	+02:41:37 (40.1%)	8:57	6.7 (59.8%)
263	RAKOCZY Krzysztof	5347		Senior II M - 30	90	01:30:08	03:12:17	04:51:19	06:43:05.05	+02:41:54 (40.2%)	8:57	6.7 (59.8%)
264	MALEŃSKI Andrzej	5759		Masters M - 40	85	01:24:01	03:15:05	05:03:17	06:43:31.35	+02:42:20 (40.2%)	8:58	6.7 (59.8%)
265	RABIEJ OLSZEWSKA Hanna	5208	ROZBIEGANI CHOJNÓW	Senior II K - 30	31	01:36:13	03:27:45	05:04:46	06:43:53.55	+02:42:42 (40.3%)	8:58	6.7 (59.8%)
266	HENECZKOWSKA Anna	5412	BORN TO RUN	Senior I K - 20	8	01:25:24	03:12:25	05:04:00	06:43:56.60	+02:42:45 (40.3%)	8:58	6.7 (59.8%)
267	MUSIAŁ Anna	5484	NIEPOŁOMICE BIEGAJĄ	Masters K - 40	19	01:32:47	03:24:12	05:10:11	06:44:32.55	+02:43:21 (40.4%)	8:59	6.7 (59.8%)
268	MUSIAŁ Witold	5483	NIEPOŁOMICE BIEGAJĄ	Masters M - 40	86	01:31:45	03:24:12	05:10:08	06:44:33.35	+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	DĄBKOWSKA Monika	5296	ACIVERUNŁASK	Senior II K - 30	32	01:27:56	03:20:11	05:07:07	06:44:37.60	+02:43:26 (40.4%)	8:59	6.7 (59.8%)
270	ZIELIŃSKI Sebastian	5213	POZYTYWNIIE ZABIEGANI SANOK	Senior II M - 30	91	01:27:19	03:19:02	05:09:24	06:44:46.95	+02:43:35 (40.4%)	8:59	6.7 (59.8%)
271	IWASZKOWSKI Andrzej	5022		Masters M - 40	87	01:24:53	03:12:36	05:05:15	06:44:47.35	+02:43:36 (40.4%)	8:59	6.7 (59.8%)
272	TELEON Piotr	5569	PROSPER CAPITAL TEAM	Masters M - 40	88	01:24:03	03:15:04	05:14:00	06:45:03.60	+02:43:52 (40.5%)	9:00	6.7 (59.8%)
273	MICHALSKI Łukasz	5295	ACTIVERUNŁASK	Senior II M - 30	92	01:27:52	03:20:11	05:07:00	06:45:13.95	+02:44:02 (40.5%)	9:00	6.7 (59.8%)
274	SZARADOWSKI Piotr	5118	BIEGOWA ŚWIDNICA	Masters M - 40	89	01:28:15	03:17:00	05:00:13	06:45:45.20	+02:44:34 (40.6%)	9:01	6.7 (59.8%)
275	PĘCHRA Mateusz	5538		Senior II M - 30	93	01:30:43	03:21:35	05:09:57	06:46:44.00	+02:45:33 (40.7%)	9:02	6.6 (58.9%)
276	ROKOSZEWSKI Andrzej	5669		Senior II M - 30	94	01:25:44	03:12:38	05:05:40	06:47:00.85	+02:45:49 (40.7%)	9:02	6.6 (58.9%)
277	TRUSZKO Agnieszka	5614		Masters K - 40	20	01:35:23	03:32:56	05:27:22	06:47:01.50	+02:45:50 (40.7%)	9:02	6.6 (58.9%)
278	DRAB Maciej	5548	MŁODE WILKI	Senior I M - 20	20	01:33:43	03:20:32	05:05:58	06:47:02.40	+02:45:51 (40.7%)	9:02	6.6 (58.9%)
279	BONISŁAWSKI Łukasz	5145		Senior I M - 20	21	01:29:12	03:16:51	05:03:53	06:47:07.15	+02:45:56 (40.8%)	9:02	6.6 (58.9%)
280	BARCZAK Katarzyna	5459	RUN TEAM MILEJÓW	Masters K - 40	21	01:35:22	03:35:05	05:20:33	06:47:19.45	+02:46:08 (40.8%)	9:03	6.6 (58.9%)
281	BARCZAK Tomasz	5458	RUN TEAM MILEJÓW	Masters M - 40	90	01:35:24	03:35:06	05:20:47	06:47:20.30	+02:46:09 (40.8%)	9:03	6.6 (58.9%)
282	TOKARCZYK Tomasz	5253	DRUŻYNA SZPIKU	Masters M - 40	91	01:27:23	03:15:54	05:01:50	06:47:45.80	+02:46:34 (40.9%)	9:03	6.6 (58.9%)
282	HENDZLIK Monika	5072		Masters K - 40	22	01:29:52	03:19:49	05:12:38	06:47:45.80	+02:46:34 (40.9%)	9:03	6.6 (58.9%)
284	ŻELAZOWSKA Ola	5283	PRO-RUN WROCŁAW	Senior II K - 30	33	01:30:30	03:23:33	05:12:28	06:47:54.20	+02:46:43 (40.9%)	9:03	6.6 (58.9%)
285	LESZCZYNOWICZ Jacek	5180	POLACY BIEGAJĄ W UK	Senior II M - 30	95	01:33:04	03:24:27	05:14:46	06:48:31.45	+02:47:20 (41.0%)	9:04	6.6 (58.9%)
286	PALIŃSKI Bartłomiej	5528	ROZBIEGANI CHOJNÓW	Senior I M - 20	22	01:29:40	03:25:45	05:12:38	06:48:46.80	+02:47:35 (41.0%)	9:05	6.6 (58.9%)
287	KAPCZYŃSKI Paweł	5279		Masters M - 40	92	01:43:56	03:41:13	05:14:28	06:49:04.40	+02:47:53 (41.0%)	9:05	6.6 (58.9%)
288	PACŁAWSKI Paweł	5143	TWÓJ DOM S.C.	Masters M - 40	93	01:32:24	03:30:03	05:14:32	06:49:25.50	+02:48:14 (41.1%)	9:05	6.6 (58.9%)
289	CZAJ Artur	5490		Senior I M - 20	23	01:26:32	03:17:18	05:04:53	06:49:26.15	+02:48:15 (41.1%)	9:05	6.6 (58.9%)
290	KRZESZOWIEC Jacek	5300		Masters M - 40	94	01:28:06	03:13:28	05:04:55	06:49:29.00	+02:48:18 (41.1%)	9:05	6.6 (58.9%)
291	WLAZŁOWSKI Michał	5151	PRZEDWOJEWSKI TEAM	Senior II M - 30	96	01:27:04	03:20:42	05:06:41	06:49:40.50	+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	MAZEPA Tomasz	5088	TOMEK M.S OŁAWA	Masters M - 40	95	01:37:51	03:32:09	05:16:28	06:49:53.60	+02:48:42 (41.2%)	9:06	6.6 (58.9%)
293	KUTRZYK Przemysław	5086		Masters M - 40	96	01:29:06	03:27:37	05:12:09	06:50:35.05	+02:49:24 (41.3%)	9:07	6.6 (58.9%)
294	BRZOSKA Elżbieta	5129	NIGHT RUNNERS PYSKOWICE	Masters K - 40	23	01:37:47	03:37:20	05:17:42	06:50:43.75	+02:49:32 (41.3%)	9:07	6.6 (58.9%)
295	CYTRYŃSKI Mariusz	5532		Masters M - 40	97	01:27:22	03:15:06	05:08:19	06:50:45.50	+02:49:34 (41.3%)	9:07	6.6 (58.9%)
296	SZYSZKO Ewa	5621	MARKOWI BIEGACZE	Masters K - 40	24	01:37:45	03:35:10	05:19:59	06:50:53.10	+02:49:42 (41.3%)	9:07	6.6 (58.9%)
297	KOSICKA Iwona	5499	MAMY BIEGAMY	Masters K - 40	25	01:35:51	03:35:41	05:26:39	06:51:11.80	+02:50:00 (41.3%)	9:08	6.6 (58.9%)
298	MENDYK Maciej	5194	RUNRX	Senior II M - 30	97	01:26:32	03:19:03	05:09:20	06:51:16.15	+02:50:05 (41.4%)	9:08	6.6 (58.9%)
299	GORĄCZNIAK Maciej	5043	PENER Z JEŻYC	Masters M - 40	98	01:37:25	03:29:24	05:16:10	06:51:26.95	+02:50:15 (41.4%)	9:08	6.6 (58.9%)
300	ŁUBIAN Michał	5633	CENTRUM E-ZDROWIA	Masters M - 40	99	01:27:55	03:18:52	05:13:49	06:51:37.40	+02:50:26 (41.4%)	9:08	6.6 (58.9%)
301	NOWAK Bartosz	5630	NKB CHYŻY NOWY TOMYŚL	Senior I M - 20	24	01:31:50	03:21:37	05:10:49	06:51:39.90	+02:50:28 (41.4%)	9:08	6.6 (58.9%)
302	MARKOWSKI Michał	5301		Masters M - 40	100	01:34:19	03:25:56	05:17:10	06:51:41.60	+02:50:30 (41.4%)	9:08	6.6 (58.9%)
303	RUCIŃSKI Adam	5057		Masters M - 40	101	01:40:29	03:37:06	05:19:20	06:52:02.40	+02:50:51 (41.5%)	9:09	6.6 (58.9%)
304	MISTUR Szymon	5085		Senior II M - 30	98	01:29:59	03:19:31	05:07:12	06:52:03.40	+02:50:52 (41.5%)	9:09	6.6 (58.9%)
305	SIPIERA Tomasz	5097	GRUPALUKTRANS.PL	Masters M - 40	102	01:29:23	03:23:35	05:17:04	06:52:35.50	+02:51:24 (41.5%)	9:10	6.5 (58.0%)
306	MOSZ Tomasz	5313	W POGONI ZA DUCHEM	Masters M - 40	103	01:33:55	03:29:11	05:15:58	06:52:44.00	+02:51:33 (41.6%)	9:10	6.5 (58.0%)
307	ŁUSZCZYNA Agata	5163	GMINA STRZELCE OPOLSKIE	Masters K - 40	26	01:34:24	03:32:03	05:18:51	06:52:44.80	+02:51:33 (41.6%)	9:10	6.5 (58.0%)
308	OLSCHIMKE-MARMUROWICZ Barbara	5329	ZAŁOGA GÓRSKA	Masters K - 40	27	01:35:29	03:35:11	05:21:42	06:54:13.20	+02:53:02 (41.8%)	9:12	6.5 (58.0%)
309	WĘDRYCHOWICZ Grzegorz	5440	JASZCZUR RUN4FUN	Weteran I M - 50	10	01:26:35	03:23:27	05:11:07	06:54:24.45	+02:53:13 (41.8%)	9:12	6.5 (58.0%)
310	JANKA Krzysztof	5450	EUROCASH	Masters M - 40	104	01:37:48	03:29:54	05:19:37	06:54:26.05	+02:53:15 (41.8%)	9:12	6.5 (58.0%)
311	KONIECZNY Bartosz	5192		Masters M - 40	105	01:30:19	03:19:10	05:05:53	06:54:49.55	+02:53:38 (41.9%)	9:13	6.5 (58.0%)
312	PODGÓRNY Mariusz	5164	TEAM OZIMEK	Senior I M - 20	25	01:30:59	03:19:24	05:01:00	06:54:58.85	+02:53:47 (41.9%)	9:13	6.5 (58.0%)
313	PIJANKA Mariusz	5358		Masters M - 40	106	01:34:32	03:27:09	05:09:32	06:55:05.75	+02:53:54 (41.9%)	9:13	6.5 (58.0%)
314	HACHOŁ Justyna	5017		Masters K - 40	28	01:29:55	03:28:37	05:19:35	06:55:17.50	+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	HACHOŁ Tomasz	5523		Senior II M - 30	99	01:29:55	03:28:44	05:19:34	06:55:21.40	+02:54:10 (41.9%)	9:13	6.5 (58.0%)
316	--	5355		Masters M - 40	107	01:24:50	03:08:45	04:59:07	06:55:36.35	+02:54:25 (42.0%)	9:14	6.5 (58.0%)
317	SALIŃSKI Bartosz	5527	WKURW_TEAM	Senior II M - 30	100	01:35:08	03:33:57	05:22:45	06:55:58.45	+02:54:47 (42.0%)	9:14	6.5 (58.0%)
318	PREGIEL Mateusz	5361		Senior II M - 30	101	01:31:57	03:18:56	05:11:16	06:55:59.45	+02:54:48 (42.0%)	9:14	6.5 (58.0%)
319	JÓZEF Mateusz	5010		Senior I M - 20	26	01:30:12	03:22:43	05:21:18	06:56:03.95	+02:54:52 (42.0%)	9:14	6.5 (58.0%)
320	FRONCZKOWSKA Barbara	5242		Senior II K - 30	34	01:33:24	03:28:35	05:15:29	06:56:14.65	+02:55:03 (42.1%)	9:14	6.5 (58.0%)
320	KUBICKA Magdalena	5653		Masters K - 40	29	01:42:07	03:40:57	05:25:39	06:56:14.65	+02:55:03 (42.1%)	9:14	6.5 (58.0%)
322	JASINSKI Maciej	5649		Senior II M - 30	102	01:31:03	03:17:04	05:12:03	06:56:34.20	+02:55:23 (42.1%)	9:15	6.5 (58.0%)
323	TULIK Przemysław	5363		Weteran I M - 50	11	01:33:24	03:24:56	05:09:21	06:57:02.05	+02:55:51 (42.2%)	9:16	6.5 (58.0%)
324	CZUBALA Beata	5504	STRZEGOMSKA DWUNASTKA	Masters K - 40	30	01:38:30	03:42:14	05:24:57	06:57:11.65	+02:56:00 (42.2%)	9:16	6.5 (58.0%)
325	KATRYCZ Krzysztof	5496		Senior I M - 20	27	01:27:51	03:18:23	05:16:05	06:57:41.90	+02:56:30 (42.3%)	9:16	6.5 (58.0%)
326	JANIA Przemysław	5634		Senior II M - 30	103	01:32:04	03:28:51	05:26:41	06:57:50.95	+02:56:39 (42.3%)	9:17	6.5 (58.0%)
327	GRZYMAŁA Sebastian	5315	KLUB BIEGACZA RTVEUROAGD	Masters M - 40	108	01:28:08	03:43:23	05:31:00	06:58:29.20	+02:57:18 (42.4%)	9:17	6.5 (58.0%)
328	GAWROŃSKI Roman	5083	36 MINUT WRZEŚNIA	Masters M - 40	109	01:30:11	03:18:59	05:13:08	06:58:40.45	+02:57:29 (42.4%)	9:18	6.4 (57.1%)
329	JAŻOWNIK Jacek	5150		Masters M - 40	110	01:27:19	03:19:00	05:13:09	06:58:41.50	+02:57:30 (42.4%)	9:18	6.4 (57.1%)
330	BARTOSIK Michał	5636		Senior II M - 30	104	01:32:07	03:28:43	05:26:43	06:59:02.65	+02:57:51 (42.4%)	9:18	6.4 (57.1%)
331	ZAJKOWSKA Ewa	5121	VEGE RUNNERS	Senior II K - 30	35	01:41:16	03:43:37	05:29:51	06:59:57.60	+02:58:46 (42.6%)	9:19	6.4 (57.1%)
332	CZESNY Bartosz	5573	BIEGNĘ, ŻEBY BARTEK MÓGL BIEGAĆ	Senior I M - 20	28	01:39:55	03:27:54	05:11:29	07:00:33.40	+02:59:22 (42.7%)	9:20	6.4 (57.1%)
333	SZUSTER Mariusz	5128		Masters M - 40	111	01:34:36	03:28:20	05:20:46	07:01:15.95	+03:00:04 (42.7%)	9:21	6.4 (57.1%)
334	ŚRODA Maciej	5158		Senior II M - 30	105	01:30:31	03:22:22	05:15:39	07:01:19.55	+03:00:08 (42.8%)	9:21	6.4 (57.1%)
335	FRĄCKOWIAK Aneta	5498	MAMY-BIEGAMY/LOCO BABKI	Senior II K - 30	36	01:35:51	03:35:42	05:26:47	07:01:22.10	+03:00:11 (42.8%)	9:21	6.4 (57.1%)
336	PODWÓJCI Michał	5618		Masters M - 40	112	01:24:47	03:09:35	05:08:24	07:01:38.50	+03:00:27 (42.8%)	9:22	6.4 (57.1%)
337	GIERASIMOWICZ Szymon	5186	TOTALSPORT.PL	Masters M - 40	113	01:35:40	03:36:04	05:23:01	07:02:08.90	+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	DRZYMAŁA Marcin	5064		Senior II M - 30	106	01:30:15	03:27:29	05:19:46	07:02:10.65	+03:00:59 (42.9%)	9:22	6.4 (57.1%)
339	KAMIŃSKA Ewelina	5570		Senior II K - 30	37	01:44:46	03:41:36	05:28:23	07:02:52.25	+03:01:41 (43.0%)	9:23	6.4 (57.1%)
340	SKRZYPCZYŃSKI Marcin	5019	TETRYCY PLUS	Masters M - 40	114	01:36:13	03:29:45	05:25:19	07:03:28.10	+03:02:17 (43.0%)	9:24	6.4 (57.1%)
341	ROSZYK Tomasz	5155	TKKF MPK POZNAŃ	Masters M - 40	115	01:35:27	03:29:56	05:26:51	07:03:28.75	+03:02:17 (43.0%)	9:24	6.4 (57.1%)
342	KUBAS Krystian	5239	PRUSZCZ BIEGA / STRASZYN BIEGA	Senior II M - 30	107	01:23:26	03:18:23	05:22:33	07:04:13.70	+03:03:02 (43.1%)	9:25	6.4 (57.1%)
343	JAŚKIEWICZ Szymon	5394	SŁYNNI KENIJCZYCY	Senior II M - 30	108	01:36:51	03:38:29	05:26:40	07:04:29.90	+03:03:18 (43.2%)	9:25	6.4 (57.1%)
344	PEŁCZYŃSKI Maciej	5742		Masters M - 40	116	01:36:52	03:35:31	05:26:44	07:04:30.30	+03:03:19 (43.2%)	9:26	6.4 (57.1%)
345	ŁUBIAN Michał	5706		Senior II M - 30	109	01:41:39	03:43:06	05:34:52	07:04:51.90	+03:03:40 (43.2%)	9:26	6.4 (57.1%)
346	PAWLAK Aleksander	5547	MŁODE WILKI	Senior I M - 20	29		03:20:34	05:14:18	07:05:06.80	+03:03:55 (43.3%)	9:26	6.4 (57.1%)
347	ADAMSKI Miłosz	5608	MŁODE WILKI	Senior I M - 20	30	01:31:03	03:20:40	05:12:57	07:05:07.45	+03:03:56 (43.3%)	9:26	6.4 (57.1%)
348	BOCHM Szymon	5549		Senior II M - 30	110	01:34:39	03:32:58	05:16:08	07:05:08.80	+03:03:57 (43.3%)	9:26	6.4 (57.1%)
349	PIASKOWSKI Marcin	5414	BIEGAM BO LUBIĘ KROSNO ODRZAŃSKIE	Masters M - 40	117	01:36:15	03:29:44	05:25:20	07:05:37.05	+03:04:26 (43.3%)	9:27	6.3 (56.3%)
350	KRZEPKOWSKI Radosław	5470	ADIDAS RUNNERS WARSAW	Masters M - 40	118	01:39:17	03:39:41	05:29:51	07:05:44.35	+03:04:33 (43.3%)	9:27	6.3 (56.3%)
351	RUSNARCZYK Michał	5199	KGHM ZG RUN	Senior II M - 30	111	01:31:14	03:42:02	05:31:55	07:05:57.10	+03:04:46 (43.4%)	9:27	6.3 (56.3%)
352	IGRAS Mieczysław	5560	RUNNERS TEAM NYSA	Weteran II M - 60	5	01:34:34	03:34:38	05:26:44	07:06:02.15	+03:04:51 (43.4%)	9:28	6.3 (56.3%)
353	WIEDYSKA Jakub	5557		Senior II M - 30	112	01:36:21	03:32:07	05:24:00	07:06:58.90	+03:05:47 (43.5%)	9:29	6.3 (56.3%)
354	LEWANDOWSKI Rafał	5629	SPC	Masters M - 40	119	01:28:57	03:28:04	05:20:40	07:07:17.15	+03:06:06 (43.6%)	9:29	6.3 (56.3%)
355	GAJ-JURCZYK Renata	5567	STAN UMYSŁU LEWIN BIEGA	Masters K - 40	31	01:42:28	03:46:51	05:32:30	07:07:18.65	+03:06:07 (43.6%)	9:29	6.3 (56.3%)
356	MOŃKA Karolina	5703	SPARTA ULTRA TEAM	Senior II K - 30	38	01:35:57	03:34:27	05:27:22	07:07:19.80	+03:06:08 (43.6%)	9:29	6.3 (56.3%)
357	ZWOLIŃSKI Mariusz	5195		Masters M - 40	120	01:33:18	03:29:43	05:20:40	07:07:46.90	+03:06:35 (43.6%)	9:30	6.3 (56.3%)
358	KLOZA Iwona	5111	NIGHT RUNNERS PYSKOWICE	Senior II K - 30	39	01:38:05	03:40:54	05:31:07	07:07:48.40	+03:06:37 (43.6%)	9:30	6.3 (56.3%)
359	KUBIAK Przemysław	5502	STRZEGOMSKA DWUNASTKA	Masters M - 40	121	01:38:27	03:38:58	05:26:45	07:08:09.60	+03:06:58 (43.7%)	9:30	6.3 (56.3%)
360	NIENARTOWICZ Pawel	5271		Senior II M - 30	113	01:31:23	03:26:07	05:21:28	07:08:14.35	+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	JABKOWSKI Łukasz	5426		Senior I M - 20	31	01:34:40	03:36:17	05:33:40	07:08:31.15	+03:07:20 (43.7%)	9:31	6.3 (56.3%)
361	OLSZEWSKI Jacek	5654	ONE MAN IRONBEERMAN CLUB	Masters M - 40	122	01:38:00	03:42:13	05:32:03	07:08:31.15	+03:07:20 (43.7%)	9:31	6.3 (56.3%)
363	SOBIESZCZAŃSKI Bartłomiej	5012	MTB MEBLOPOL	Masters M - 40	123	01:31:37	03:34:45	05:18:38	07:08:58.20	+03:07:47 (43.8%)	9:31	6.3 (56.3%)
364	STASZEWSKI Dariusz	5124	7.BKPOW	Senior II M - 30	114	01:35:49	03:34:18	05:23:52	07:09:17.90	+03:08:06 (43.8%)	9:32	6.3 (56.3%)
365	JESZKIE Piotr	5169	NOMTEK	Senior II M - 30	115	01:31:17	03:34:57	05:37:02	07:09:44.05	+03:08:33 (43.9%)	9:32	6.3 (56.3%)
366	RYPUŁA Jacek	5368	ZEN RUNNING TEAM	Senior II M - 30	116	01:40:45	03:36:57	05:35:03	07:09:44.50	+03:08:33 (43.9%)	9:32	6.3 (56.3%)
367	RYPUŁA Maria	5369	ZEN RUNNING TEAM	Senior II K - 30	40	01:40:46	03:36:58	05:35:03	07:09:44.75	+03:08:33 (43.9%)	9:32	6.3 (56.3%)
368	NOWAKOWSKI Wiesław	5477	-	Weteran II M - 60	6	01:32:47	03:32:38	05:31:37	07:09:45.40	+03:08:34 (43.9%)	9:33	6.3 (56.3%)
369	CISZEWSKI Krzysztof	5578		Senior II M - 30	117	01:33:06	03:31:17	05:36:36	07:10:02.20	+03:08:51 (43.9%)	9:33	6.3 (56.3%)
370	KOWALSKI Ireneusz	5015	SLOW NIE SLOW RUN	Weteran I M - 50	12	01:33:38	03:33:32	05:31:12	07:10:13.70	+03:09:02 (43.9%)	9:33	6.3 (56.3%)
371	SOŁTYSIAK Marta	5073		Senior II K - 30	41	01:29:22	03:33:45	05:28:43	07:10:14.10	+03:09:03 (43.9%)	9:33	6.3 (56.3%)
372	LEWANDOWSKI Rafał	5130	BIEGAM BO NIE LUBIE	Senior II M - 30	118	01:35:32	03:41:35	05:40:50	07:10:17.75	+03:09:06 (43.9%)	9:33	6.3 (56.3%)
373	JAGIEŁŁO Joanna	5455	RUN TEAM MILEJÓW	Masters K - 40	32	01:35:20	03:42:29	05:30:00	07:10:19.95	+03:09:08 (44.0%)	9:33	6.3 (56.3%)
374	JAGIEŁŁO Konrad	5454	RUN TEAM MILEJÓW	Masters M - 40	124	01:35:21	03:42:29	05:29:58	07:10:20.75	+03:09:09 (44.0%)	9:33	6.3 (56.3%)
375	KAMYSZ Robert	5533	KW KRAKÓW	Weteran I M - 50	13	01:36:52	03:36:56	05:31:09	07:10:21.15	+03:09:10 (44.0%)	9:33	6.3 (56.3%)
376	KOWALSKI Krzysztof	5055	STS BIEGATON MIKOŁÓW	Masters M - 40	125	01:43:30	03:44:59	05:38:48	07:10:22.45	+03:09:11 (44.0%)	9:33	6.3 (56.3%)
377	BOSZKO Krzysztof	5027	GIT	Senior II M - 30	119	01:34:58	03:35:43	05:24:46	07:10:43.10	+03:09:32 (44.0%)	9:34	6.3 (56.3%)
378	GORĄCZNIAK Anna	5009	KOBIETY BIEGAJĄ	Senior II K - 30	42	01:40:46	03:41:46	05:33:08	07:11:22.05	+03:10:11 (44.1%)	9:35	6.3 (56.3%)
379	NAKONECZNA Anna	5039	SLOW NIE SLOW RUNNERS	Masters K - 40	33	01:33:43	03:33:37	05:31:09	07:11:23.60	+03:10:12 (44.1%)	9:35	6.3 (56.3%)
380	KRECHOWIEC Marcin	5106		Masters M - 40	126	01:35:40	03:31:48	05:26:16	07:11:26.35	+03:10:15 (44.1%)	9:35	6.3 (56.3%)
381	CYGAN Krzysztof	5610		Masters M - 40	127	01:35:25	03:32:55	05:27:25	07:11:34.75	+03:10:23 (44.1%)	9:35	6.3 (56.3%)
382	FISZ Radosław	5765		Masters M - 40	128	01:32:10	03:22:55	05:28:38	07:11:35.55	+03:10:24 (44.1%)	9:35	6.3 (56.3%)
383	OZIMINA Hubert	5190	OBORYGENI	Masters M - 40	129	01:36:36	03:35:36	05:30:09	07:11:58.60	+03:10:47 (44.2%)	9:35	6.3 (56.3%)

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

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas		Tempo min/km	Tempo km/h
									netto 45km	Różn		
407	KOPKA Paweł	5356		Senior II M - 30	121	01:33:57	03:32:37	05:25:06	07:19:02.25	+03:17:51 (45.1%)	9:45	6.1 (54.5%)
408	MAKOWSKI Dariusz	5135	KM TEAM	Weteran I M - 50	17	01:38:09	03:44:15	05:38:41	07:19:12.00	+03:18:01 (45.1%)	9:45	6.1 (54.5%)
409	SOBAŃSKI Roman	5395	TARNOWO PODGÓRNE BIEGA	Masters M - 40	140	01:37:21	03:39:03	05:33:26	07:19:38.80	+03:18:27 (45.1%)	9:46	6.1 (54.5%)
410	TALAR Zenon	5051	KĘSY TEAM	Weteran II M - 60	9	01:42:35	03:41:45	05:34:47	07:19:41.75	+03:18:30 (45.1%)	9:46	6.1 (54.5%)
411	BALCERZAK Krysia	5409	DROGA DO ULTRA / SZAKALE BAŁUT	Masters K - 40	34	01:41:01	03:45:08	05:33:42	07:20:12.40	+03:19:01 (45.2%)	9:46	6.1 (54.5%)
412	STAWCZYK Szczepan	5210	BIEGACZE W RADOMSKU	Weteran II M - 60	10	01:40:03	03:49:26	05:46:50	07:20:12.85	+03:19:01 (45.2%)	9:46	6.1 (54.5%)
413	BUREK Bartosz	5182	JAKDOJADE	Senior II M - 30	122	01:28:41	03:24:08	05:28:36	07:20:20.20	+03:19:09 (45.2%)	9:47	6.1 (54.5%)
414	MICHALSKI Dawid	5066	KLUB PRZYJACIÓŁ MYSZKI MIKI	Senior II M - 30	123	01:38:51	03:43:40	05:35:55	07:20:24.20	+03:19:13 (45.2%)	9:47	6.1 (54.5%)
415	BYŚ Mateusz	5050		Senior II M - 30	124	01:27:50	03:20:39	05:21:17	07:21:27.65	+03:20:16 (45.4%)	9:48	6.1 (54.5%)
416	LESZCZYŃSKI Paweł	5472	LASY WAWERSKIE	Weteran II M - 60	11	01:34:26	03:38:04	05:41:30	07:21:34.60	+03:20:23 (45.4%)	9:48	6.1 (54.5%)
417	LUBIŃSKI Mikołaj	5234	BIEGAM BO NIE LUBIE...	Senior II M - 30	125	01:28:03	03:20:29	05:42:40	07:21:37.45	+03:20:26 (45.4%)	9:48	6.1 (54.5%)
418	RYŚNIK Błażej	5564		Senior II M - 30	126	01:36:55	03:38:31	05:35:21	07:21:56.80	+03:20:45 (45.4%)	9:49	6.1 (54.5%)
419	PAKUŁA Włodzimierz	5366		Masters M - 40	141	01:42:04	03:50:53	05:54:05	07:22:17.60	+03:21:06 (45.5%)	9:49	6.1 (54.5%)
420	WINCZURA Leszek	5650		Masters M - 40	142	01:39:50	03:42:25	05:38:37	07:22:19.80	+03:21:08 (45.5%)	9:49	6.1 (54.5%)
421	OBRZUD Katarzyna	5344		Masters K - 40	35	01:30:22	03:42:05	05:44:49	07:22:30.75	+03:21:19 (45.5%)	9:50	6.1 (54.5%)
422	DUDEK Mariusz	5250		Masters M - 40	143	01:30:31	03:29:20	05:36:30	07:23:27.60	+03:22:16 (45.6%)	9:51	6.1 (54.5%)
423	PELC Tomasz	5476	DTR BIEGA / MARIO TEAM	Senior II M - 30	127	01:30:41	03:27:59	05:31:26	07:23:37.55	+03:22:26 (45.6%)	9:51	6.1 (54.5%)
424	MROZIK Adam Mrozik	5422	FOREST GANG	Weteran I M - 50	18	01:41:35	03:41:21	05:35:51	07:23:51.05	+03:22:40 (45.7%)	9:51	6.1 (54.5%)
425	ANUSZ Roksana	5562		Senior II K - 30	47	01:35:41	03:42:43	05:43:04	07:23:53.75	+03:22:42 (45.7%)	9:51	6.1 (54.5%)
426	ZABROCKI Andrzej	5031	PODLASIAKI TEAM	Weteran I M - 50	19	01:32:39	03:38:33	05:33:29	07:23:56.25	+03:22:45 (45.7%)	9:51	6.1 (54.5%)
427	OLCZYK Joanna	5626		Senior II K - 30	48	01:42:45	03:52:43	05:44:15	07:24:12.70	+03:23:01 (45.7%)	9:52	6.1 (54.5%)
428	ZAKRZEWICZ Marcin	5204	KTB KUNY	Masters M - 40	144	01:26:53	03:23:27	05:35:36	07:25:06.85	+03:23:55 (45.8%)	9:53	6.1 (54.5%)
429	OSINSKA Marta	5444		Senior II K - 30	49	01:42:04	03:51:45	05:39:52	07:25:21.25	+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	KUBIACZYK Malwina	5079	NIGHT RUNNERS PYSKOWICE	Senior II K - 30	50	01:45:01	03:57:48	05:51:27	07:25:21.70	+03:24:10 (45.8%)	9:53	6.1 (54.5%)
431	SZUKAŁA Izabela	5445		Senior II K - 30	51	01:42:04	03:51:48	05:39:53	07:25:22.25	+03:24:11 (45.8%)	9:53	6.1 (54.5%)
432	GRĘDA Elżbieta	5181	TIM JEST TIM	Masters K - 40	36	01:42:11	03:57:50	05:55:36	07:25:28.80	+03:24:17 (45.9%)	9:53	6.1 (54.5%)
433	HALESZCZUK Tomasz	5291		Masters M - 40	145	01:35:21	03:34:20	05:30:43	07:25:33.00	+03:24:22 (45.9%)	9:54	6.1 (54.5%)
434	PILONIS Paweł	5071	BIEGOSTACJA	Masters M - 40	146	01:21:48	03:20:17	05:37:42	07:25:37.05	+03:24:26 (45.9%)	9:54	6.1 (54.5%)
435	WITKOWSKI Marek	5126		Weteran I M - 50	20	01:43:23	03:50:58	05:41:59	07:25:51.05	+03:24:40 (45.9%)	9:54	6.1 (54.5%)
436	MITAS Damian	5711	CIDRY LOTAJOM	Masters M - 40	147	01:36:37	03:35:27	05:30:49	07:25:52.55	+03:24:41 (45.9%)	9:54	6.1 (54.5%)
437	KUBIAK Anna	5503	STRZEGOMSKA DWUNASTKA	Masters K - 40	37	01:38:32	03:45:03	05:44:12	07:26:56.30	+03:25:45 (46.0%)	9:55	6 (53.6%)
438	BARSZCZEWSKI Sebastian	5114		Masters M - 40	148	01:41:50	03:52:29	05:51:08	07:27:31.35	+03:26:20 (46.1%)	9:56	6 (53.6%)
439	KWIECIEŃ Robert	5442		Masters M - 40	149	01:36:31	03:39:30	05:43:25	07:27:46.75	+03:26:35 (46.1%)	9:57	6 (53.6%)
440	WOŹNIAK Jakub	5223	PRAWIE JAK ŁĄDCZANIN	Senior I M - 20	34	01:34:14	03:28:10	05:31:18	07:28:29.65	+03:27:18 (46.2%)	9:57	6 (53.6%)
441	ZAJKOWSKI Michał	5136	VEGE RUNNERS	Masters M - 40	150	01:41:08	03:44:22	05:39:49	07:28:30.25	+03:27:19 (46.2%)	9:58	6 (53.6%)
442	MARCINKOWSKA Jadwiga	5464		Weteran K - 50	4	01:49:47	03:59:32	05:47:37	07:29:08.95	+03:27:57 (46.3%)	9:58	6 (53.6%)
443	NAWROT Dawid	5506	MIRAZ RACE TEAM	Senior II M - 30	128	01:35:08	03:45:45	05:54:22	07:29:17.35	+03:28:06 (46.3%)	9:59	6 (53.6%)
444	ZAREMBA Piotr	5209		Masters M - 40	151	01:36:18	03:46:48	05:52:44	07:29:31.90	+03:28:20 (46.3%)	9:59	6 (53.6%)
445	WALKOWIAK Mateusz	5077	BTB	Senior II M - 30	129	01:35:07	03:35:09	05:57:42	07:29:49.50	+03:28:38 (46.4%)	9:59	6 (53.6%)
446	KOWAL Ireneusz	5750		Masters M - 40	152	01:35:39	03:50:45	05:50:05	07:29:57.75	+03:28:46 (46.4%)	9:59	6 (53.6%)
447	STROIŃSKA Iwona	5744	LESZ NO LIMITS RUNNERS	Masters K - 40	38	01:35:30	03:50:48	05:50:07	07:29:57.90	+03:28:46 (46.4%)	9:59	6 (53.6%)
448	STROIŃSKI Wojciech	5746	LESZ NO LIMITS RUNNERS	Masters M - 40	153	01:35:33	03:50:46	05:50:11	07:29:59.40	+03:28:48 (46.4%)	9:59	6 (53.6%)
449	MIELNIK Krzysztof	5141	DIEHL CONTROLS TRIATHLON TEAM	Senior II M - 30	130	01:40:50	03:49:55	05:42:36	07:30:04.90	+03:28:53 (46.4%)	10:00	6 (53.6%)
450	KOWALSKI Grzegorz	5222	W POGONI ZA DUCHEM	Masters M - 40	154	01:26:21	03:47:14	05:51:59	07:30:53.70	+03:29:42 (46.5%)	10:01	6 (53.6%)
451	MADAJ Paweł	5387	MADGOLD TEAM	Weteran I M - 50	21	01:40:53	03:50:05	05:44:29	07:30:57.45	+03:29:46 (46.5%)	10:01	6 (53.6%)
452	DECHNIK Łukasz	5139	I W GÓRĘ I W DÓŁ	Masters M - 40	155	01:36:21	03:43:58	05:44:48	07:31:24.60	+03:30:13 (46.6%)	10:01	6 (53.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Tempo min/km	Tempo km/h	
						B1 10km	B2 22km	A15 33km	netto 45km			Różn
453	PIETRZAK Marek	5497		Masters M - 40	156			05:24:15	07:31:40.00	+03:30:29 (46.6%)	10:02	6 (53.6%)
454	SKRZĄTEK Anna	5132		Masters K - 40	39	01:42:30	03:52:30	05:51:10	07:32:01.05	+03:30:50 (46.6%)	10:02	6 (53.6%)
455	PISZCZEK Piotr	5216		Senior II M - 30	131	01:36:00	03:32:19	05:57:01	07:32:34.05	+03:31:23 (46.7%)	10:03	6 (53.6%)
456	SEMENIUK Konrad	5551	RZEPIN CITY	Senior II M - 30	132	01:36:56	03:44:25	05:45:16	07:32:50.80	+03:31:39 (46.7%)	10:03	6 (53.6%)
457	JĘDROWSKI Ryszard	5580	ULTRA RZEPIN	Senior II M - 30	133	01:37:15	03:44:24	05:45:52	07:33:10.05	+03:31:59 (46.8%)	10:04	6 (53.6%)
458	KARCZEWSKI Tomasz	5275	OSP PUSZCZYKOWO	Masters M - 40	157	01:37:33	03:37:50	05:36:09	07:33:16.75	+03:32:05 (46.8%)	10:04	6 (53.6%)
459	BURLIGA Marzena	5154	BP RUNNING TEAM GLIWICE	Masters K - 40	40	01:44:49	03:52:53	05:53:14	07:33:42.00	+03:32:31 (46.8%)	10:04	6 (53.6%)
460	SZADKOWSKI Paweł	5713	BPRT GLIWICE	Senior II M - 30	134	01:42:04	03:45:10	05:46:17	07:34:57.05	+03:33:46 (47.0%)	10:06	5.9 (52.7%)
461	POMIANOWSKA Anna	5606	RĄCZELACZKI	Masters K - 40	41	01:45:19	03:59:00	05:54:36	07:35:00.55	+03:33:49 (47.0%)	10:06	5.9 (52.7%)
462	KURENDA Radosław	5494	KLUB BIEGACZA RTVEUROAGD	Senior II M - 30	135	01:34:17	03:25:56	05:41:37	07:35:11.90	+03:34:00 (47.0%)	10:06	5.9 (52.7%)
463	KURENDA Krzysztof	5539	KW OPOLE	Senior II M - 30	136	01:34:12	03:26:52	05:35:43	07:35:15.60	+03:34:04 (47.0%)	10:07	5.9 (52.7%)
464	RADOSZ Jacek	5680		Senior II M - 30	137	01:40:12	03:33:45	05:33:05	07:35:21.50	+03:34:10 (47.0%)	10:07	5.9 (52.7%)
465	KRUPA Piotr	5749		Senior II M - 30	138	01:44:00	03:51:51	05:51:46	07:35:47.50	+03:34:36 (47.1%)	10:07	5.9 (52.7%)
466	BYRDY Marta	5748		Senior I K - 20	9	01:44:01	03:51:52	05:51:46	07:35:47.55	+03:34:36 (47.1%)	10:07	5.9 (52.7%)
467	JAKUBOWSKI Rafał	5171	LEŚNE DZIKI / R-TEAM RYDZYNA	Masters M - 40	158	01:39:12	03:42:56	05:39:49	07:35:52.25	+03:34:41 (47.1%)	10:07	5.9 (52.7%)
468	BEDNARKIEWICZ Bartosz	5365		Masters M - 40	159	01:34:34	03:39:12	05:37:43	07:36:15.75	+03:35:04 (47.1%)	10:08	5.9 (52.7%)
469	STACHOWIAK Magda	5176	RTEAM RYDZYNA	Senior II K - 30	52	01:40:14	03:54:43	05:57:42	07:37:04.50	+03:35:53 (47.2%)	10:09	5.9 (52.7%)
470	WEBER Agata	5161	VELO ŁOSIE NA SZOSIE	Masters K - 40	42	01:55:58	04:11:54	06:00:47	07:37:48.65	+03:36:37 (47.3%)	10:10	5.9 (52.7%)
471	WOJCIECHOWSKA Anna	5025	PIĄTKOWO NA BIEGOWO	Weteran K - 50	5	01:38:34	03:53:13	06:02:07	07:38:07.10	+03:36:56 (47.4%)	10:10	5.9 (52.7%)
472	FELKEL Ewa	5146	PIĄTKOWO NA BIEGOWO	Masters K - 40	43	01:38:36	03:53:15	06:02:07	07:38:07.85	+03:36:56 (47.4%)	10:10	5.9 (52.7%)
473	LENARTOWICZ Barbara	5631		Weteran K - 50	6	01:42:23	03:53:00	05:59:22	07:40:08.80	+03:38:57 (47.6%)	10:13	5.9 (52.7%)
474	SZWED Monika	5646		Masters K - 40	44	01:42:25	03:53:20	05:51:40	07:40:15.20	+03:39:04 (47.6%)	10:13	5.9 (52.7%)
475	SKORNIAK Katarzyna	5572	WOLNE ŚLIMAKI	Senior II K - 30	53	01:43:24	03:52:56	05:54:12	07:40:48.40	+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	PTAK Dorota	5048	PIĄTKOWO NA BIEGOWO	Masters K - 40	45	01:38:39	03:47:46	06:00:37	07:41:58.75	+03:40:47 (47.8%)	10:15	5.8 (51.8%)
477	MIKICKI Dariusz	5645		Senior II M - 30	139	01:32:19	03:26:52	05:39:45	07:42:13.10	+03:41:02 (47.8%)	10:16	5.8 (51.8%)
478	GARBACZ Damian	5577		Senior II M - 30	140	01:36:03	03:49:50	06:00:49	07:42:15.55	+03:41:04 (47.8%)	10:16	5.8 (51.8%)
479	CHWALISZ Paweł	5604		Masters M - 40	160	01:40:28	03:49:08	05:56:27	07:42:35.00	+03:41:24 (47.9%)	10:16	5.8 (51.8%)
480	ADAMSKI Łukasz	5244	BIEGAM BO NIE LUBIĘ	Senior II M - 30	141	01:30:33	03:29:44	05:42:41	07:42:38.65	+03:41:27 (47.9%)	10:16	5.8 (51.8%)
481	TRZCINA Agata	5489		Masters K - 40	46	01:37:03	03:48:38	05:44:21	07:43:22.60	+03:42:11 (48.0%)	10:17	5.8 (51.8%)
482	ROGOWSKI Sławomir	5333	MTB KOŁO TEAM	Masters M - 40	161	01:40:25	03:51:03	05:57:03	07:43:22.80	+03:42:11 (48.0%)	10:17	5.8 (51.8%)
483	FALENDER Anna	5640	CENTRUM FORMY 58-100	Masters K - 40	47	01:40:25	03:55:42	05:54:37	07:43:32.85	+03:42:21 (48.0%)	10:18	5.8 (51.8%)
484	MATYSIAK Karol	5692	OSH	Masters M - 40	162	01:42:51	03:42:23	05:58:03	07:43:42.35	+03:42:31 (48.0%)	10:18	5.8 (51.8%)
485	PAWLAK Katarzyna	5536	KOŁO BIEGA	Masters K - 40	48	01:40:25	03:51:06	05:57:00	07:43:47.85	+03:42:36 (48.0%)	10:18	5.8 (51.8%)
486	CIĄPAŁA Jakub	5173		Senior II M - 30	142	01:36:09	03:44:43	05:57:04	07:43:55.15	+03:42:44 (48.0%)	10:18	5.8 (51.8%)
487	PODHAJNY Piotr	5471	ROZBIEGANI CHOJNÓW	Masters M - 40	163	01:41:15	03:45:44	05:52:18	07:43:59.90	+03:42:48 (48.0%)	10:18	5.8 (51.8%)
488	PAUL Violetta	5743	BP RUNNING TEAM GLIWICE	Masters K - 40	49	01:51:03	04:03:33	06:01:19	07:44:32.20	+03:43:21 (48.1%)	10:19	5.8 (51.8%)
489	PIĘTNIK Ewelina	5481		Senior II K - 30	54	01:45:33	03:58:33	05:56:58	07:44:53.50	+03:43:42 (48.1%)	10:19	5.8 (51.8%)
490	NIEZNAJ Beata	5521		Senior II K - 30	55	01:42:52	03:55:01	05:57:57	07:45:21.70	+03:44:10 (48.2%)	10:20	5.8 (51.8%)
491	NAKLICKI Marcin	5269	DRUŻYNA STASIA	Senior II M - 30	143	01:44:50	03:52:56	05:58:44	07:45:24.45	+03:44:13 (48.2%)	10:20	5.8 (51.8%)
492	LAJTER Jerzy	5423	4 RUN TEAM PIŁA	Weteran II M - 60	12	01:49:00	04:01:00	05:59:44	07:45:31.85	+03:44:20 (48.2%)	10:20	5.8 (51.8%)
493	GOSPODAREK Łukasz	5018	DRUŻYNA STASIA	Masters M - 40	164	01:44:48	03:55:19	05:58:41	07:45:38.35	+03:44:27 (48.2%)	10:20	5.8 (51.8%)
494	CHŁADZYŃSKI Piotr	5686	OLD BOXING CLUB	Weteran I M - 50	22	01:36:46	03:44:05	05:44:51	07:45:40.85	+03:44:29 (48.2%)	10:20	5.8 (51.8%)
495	HADRYSIAK Adam	5303	NAPIERACZE	Senior II M - 30	144	01:42:40	03:49:48	05:53:50	07:46:05.00	+03:44:54 (48.3%)	10:21	5.8 (51.8%)
496	WALCZAK Agnieszka	5694	DOLNY ŚLĄSK	Masters K - 40	50	01:44:46	03:57:59	06:00:36	07:46:53.20	+03:45:42 (48.3%)	10:22	5.8 (51.8%)
497	SZELAĞ Piotr	5134	TURBO JEŻE TEAM	Masters M - 40	165	01:44:42	03:58:00	06:00:35	07:46:54.20	+03:45:43 (48.3%)	10:22	5.8 (51.8%)
498	HANOUSKOVÁ Ester	5277		Senior II K - 30	56	01:41:52	03:52:57	05:52:49	07:46:58.95	+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	JESSA Andrzej	5062	BIEGACZE JÓZEFA NOJI	Weteran I M - 50	23	01:39:44	03:54:45	05:58:20	07:47:12.50	+03:46:01 (48.4%)	10:22	5.8 (51.8%)
500	STELMACH Mariusz	5177		Senior II M - 30	145	01:36:21	03:44:19	06:00:48	07:48:13.90	+03:47:02 (48.5%)	10:24	5.8 (51.8%)
501	BARAŃSKI Jakub	5399	AZS UJ	Senior I M - 20	35	01:33:55	03:44:59	05:59:06	07:48:18.75	+03:47:07 (48.5%)	10:24	5.8 (51.8%)
502	PIEKARSKI Andrzej	5717	45	Masters M - 40	166	01:52:44	04:07:59	06:04:42	07:49:14.50	+03:48:03 (48.6%)	10:25	5.8 (51.8%)
503	SOLAREWICZ Andrzej	5259	KGB	Masters M - 40	167	01:40:44	03:54:50	06:04:56	07:49:30.25	+03:48:19 (48.6%)	10:26	5.8 (51.8%)
504	ZAWADA Maciej Marcin Zawada	5152	KGB	Masters M - 40	168	01:40:52	03:54:59	06:05:03	07:49:41.60	+03:48:30 (48.7%)	10:26	5.7 (50.9%)
505	SIKORSKA Karolina	5109	NOA	Senior II K - 30	57	01:43:04	03:53:29	05:58:14	07:49:57.00	+03:48:46 (48.7%)	10:26	5.7 (50.9%)
506	RYMARSKI Arkadiusz	5280		Masters M - 40	169	01:43:03	03:53:30	05:58:13	07:49:58.10	+03:48:47 (48.7%)	10:26	5.7 (50.9%)
507	TUREK Paweł	5708		Masters M - 40	170	01:52:41	04:07:59	06:04:44	07:50:01.55	+03:48:50 (48.7%)	10:26	5.7 (50.9%)
508	ŁAGODA Łukasz	5519	AKTIV REHABILITACJA	Masters M - 40	171	01:48:45	03:56:32	05:58:33	07:50:13.95	+03:49:02 (48.7%)	10:26	5.7 (50.9%)
509	DOMAGAŁA Konrad	5336	KLUCZBORSKA GRUPA BIEGOWA	Senior II M - 30	146	01:40:47	03:54:52	06:05:01	07:50:18.30	+03:49:07 (48.7%)	10:27	5.7 (50.9%)
510	WOŹNIAK Marek	5739		Weteran I M - 50	24	01:43:26	03:52:37	05:55:44	07:50:21.90	+03:49:10 (48.7%)	10:27	5.7 (50.9%)
511	GIŻEWSKI Grzegorz	5373		Masters M - 40	172	01:42:02	03:57:45	06:03:51	07:50:32.30	+03:49:21 (48.7%)	10:27	5.7 (50.9%)
512	OKRASA Tomasz	5225	CAŁA OLEŚNICA BIEGA	Senior II M - 30	147	01:34:02	03:44:13	05:49:08	07:50:53.40	+03:49:42 (48.8%)	10:27	5.7 (50.9%)
513	MORAWSKA Anna	5089		Weteran II K - 60	1	01:47:26	03:56:25	06:00:08	07:51:14.00	+03:50:03 (48.8%)	10:28	5.7 (50.9%)
514	KAROLAK Karol	5351	M.I.L.A.	Masters M - 40	173	01:38:12	03:51:22	05:53:28	07:51:27.75	+03:50:16 (48.8%)	10:28	5.7 (50.9%)
515	KAROLAK Monika	5352	M.I.L.A.	Senior II K - 30	58	01:38:11	03:51:22	05:53:28	07:51:28.05	+03:50:17 (48.8%)	10:28	5.7 (50.9%)
516	KRYSIAK Łukasz	5013	PIĄTKOWO NA BIEGOWO	Masters M - 40	174	01:34:31	04:02:03	06:07:08	07:52:23.65	+03:51:12 (48.9%)	10:29	5.7 (50.9%)
517	GONERA Kazimierz	5038	KB HARCOWNIK JELCZ-LASKOWICE	Weteran II M - 60	13	01:43:30	04:01:31	06:04:32	07:52:34.70	+03:51:23 (49.0%)	10:30	5.7 (50.9%)
518	POPIELSKI Grzegorz	5033	ROZBIEGANI CHOJNÓW	Masters M - 40	175	01:43:22	03:53:56	05:52:07	07:53:03.20	+03:51:52 (49.0%)	10:30	5.7 (50.9%)
519	PODBIELSKI Krystian	5544		Senior II M - 30	148	01:34:55	03:45:32	05:56:26	07:53:11.25	+03:52:00 (49.0%)	10:30	5.7 (50.9%)
520	CZUB Łukasz	5211		Masters M - 40	176	01:32:51	03:46:35	05:58:57	07:53:29.10	+03:52:18 (49.1%)	10:31	5.7 (50.9%)
521	NAJDUK Daniel	5028	ROZBIEGANI CHOJNÓW	Senior II M - 30	149	01:43:43	03:54:16	05:52:32	07:53:40.05	+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	MODRZYŃSKI Przemysław	5324	NGT PROBAR	Weteran I M - 50	25	01:45:13	04:03:10	06:10:56	07:54:04.00	+03:52:53 (49.1%)	10:32	5.7 (50.9%)
523	MARCZEWSKI Tomasz	5091	GORZÓW	Weteran I M - 50	26	01:32:18	03:48:07	05:55:38	07:54:23.10	+03:53:12 (49.2%)	10:32	5.7 (50.9%)
524	GRABOWSKA Zuzanna	5401	IZBICKO W BIEGU	Senior I K - 20	10	01:50:21	04:03:42	06:08:28	07:54:32.40	+03:53:21 (49.2%)	10:32	5.7 (50.9%)
525	MASZKOWSKI Piotr	5702	OBORYGENI	Masters M - 40	177	01:40:02	03:46:53	06:01:29	07:54:43.25	+03:53:32 (49.2%)	10:32	5.7 (50.9%)
526	NOWACKI Łukasz	5705	MAŁA I NIEDŹWIEDŹ	Masters M - 40	178	01:40:46	03:57:20	06:10:29	07:54:54.15	+03:53:43 (49.2%)	10:33	5.7 (50.9%)
527	LEPOROWSKA Anetta	5704	MAŁA I NIEDŹWIEDŹ	Masters K - 40	51	01:40:43	03:57:20	06:10:31	07:54:54.80	+03:53:43 (49.2%)	10:33	5.7 (50.9%)
528	LESZCZYŃSKI Bartłomiej	5529	LASY WAWERSKIE	Senior II M - 30	150	01:37:03	03:50:46	06:06:28	07:54:55.95	+03:53:44 (49.2%)	10:33	5.7 (50.9%)
529	BĄCZYK Monika	5187	QCE SPARTY - MONIA GYM	Masters K - 40	52	01:44:48	04:04:33	06:06:34	07:55:11.00	+03:54:00 (49.2%)	10:33	5.7 (50.9%)
530	DZIEDZIŃSKI Szymon	5452		Masters M - 40	179	01:35:32	03:44:17	05:56:03	07:55:18.85	+03:54:07 (49.3%)	10:33	5.7 (50.9%)
531	SIKORSKA Agnieszka	5731		Senior II K - 30	59	01:47:18	04:00:54	06:07:29	07:56:30.45	+03:55:19 (49.4%)	10:35	5.7 (50.9%)
532	SZCZODRZYŃSKA Kasia	5462		Masters K - 40	53	01:48:22	04:05:34	06:14:49	07:57:28.35	+03:56:17 (49.5%)	10:36	5.7 (50.9%)
533	GRZYB Beata	5465	KOBIETY BIEGAJĄ	Masters K - 40	54	01:48:23	04:05:33	06:06:20	07:57:32.05	+03:56:21 (49.5%)	10:36	5.7 (50.9%)
534	MADEJAK Sylwia	5346	KLUB BIEGACZA RTVEUROAGD	Masters K - 40	55	01:46:02	04:00:32	06:05:25	07:57:42.75	+03:56:31 (49.5%)	10:36	5.7 (50.9%)
535	GAŁECKI Tomasz	5592		Weteran I M - 50	27	01:45:48	03:58:00	06:11:21	07:57:43.35	+03:56:32 (49.5%)	10:36	5.7 (50.9%)
536	SOSIŃSKI Tomasz	5302	NAPIERACZE	Senior II M - 30	151	01:42:35	03:57:06	06:10:35	07:57:59.65	+03:56:48 (49.5%)	10:37	5.6 (50.0%)
537	FIRAZA Łukasz	5304	NAPIERACZE	Senior II M - 30	152	01:42:23	03:57:05	06:10:35	07:58:00.00	+03:56:49 (49.5%)	10:37	5.6 (50.0%)
538	NEUMANN Beata	5248	CENTRUM ŁĄKOWA 1	Weteran K - 50	7	01:49:48	04:11:11	06:11:45	07:58:11.70	+03:57:00 (49.6%)	10:37	5.6 (50.0%)
539	ROSOLSKI Paweł	5188		Masters M - 40	180	01:41:29	03:59:44	06:05:37	07:58:28.10	+03:57:17 (49.6%)	10:37	5.6 (50.0%)
540	ŻELAZNY Agnieszka	5082	GORLICKA GRUPA BIEGOWA	Masters K - 40	56	01:37:46	03:41:58	05:44:20	07:58:28.95	+03:57:17 (49.6%)	10:37	5.6 (50.0%)
541	KĘDZIOR Grzegorz	5021		Senior I M - 20	36	01:40:52	03:45:46	05:46:01	07:58:30.55	+03:57:19 (49.6%)	10:38	5.6 (50.0%)
542	KUŚMIDER Michał	5671	TAŃCZĄCE MUCHOMORKI	Masters M - 40	181	01:36:26	03:55:52	06:12:55	07:58:31.60	+03:57:20 (49.6%)	10:38	5.6 (50.0%)
543	GAWŁOWSKI Arkadiusz	5096	CZMOŃ NIGHT RUNNERS	Weteran I M - 50	28	01:42:23	03:53:59	06:05:01	07:58:39.85	+03:57:28 (49.6%)	10:38	5.6 (50.0%)
544	BĄCZYK Adam	5236	MONIA GYM	Masters M - 40	182	01:35:26	03:49:13	05:59:59	07:58:40.85	+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	SADOWSKA Justyna	5063		Weteran K - 50	8	01:57:59	04:22:01	06:21:47	07:59:02.90	+03:57:51 (49.7%)	10:38	5.6 (50.0%)
546	ZAWISZA Beata	5661		Weteran K - 50	9	01:43:14	04:02:29	06:08:01	07:59:40.85	+03:58:29 (49.7%)	10:39	5.6 (50.0%)
547	JASEK Wioletta	5663	KOBIETY WATAHY	Masters K - 40	57	01:45:03	03:58:07	06:08:05	07:59:42.55	+03:58:31 (49.7%)	10:39	5.6 (50.0%)
548	GABRYSIAK Mariusz	5763	WIELUN BIEGA	Masters M - 40	183	01:52:55	04:11:51	06:22:08	07:59:58.50	+03:58:47 (49.8%)	10:39	5.6 (50.0%)
549	JAWORSKI Sylwek	5206		Masters M - 40	184	01:37:32	03:41:49	06:02:04	08:00:02.15	+03:58:51 (49.8%)	10:40	5.6 (50.0%)
550	CHROSTEK Adam	5638		Masters M - 40	185	01:51:31	04:07:58	06:16:10	08:00:35.15	+03:59:24 (49.8%)	10:40	5.6 (50.0%)
551	CHROSTEK Dorota	5637	FRANTA GROUP	Masters K - 40	58	01:51:30	04:07:58	06:16:09	08:00:35.55	+03:59:24 (49.8%)	10:40	5.6 (50.0%)
552	KAMIONKA Andrzej	5753	14ZBOT	Senior II M - 30	153	01:33:06	03:47:17	06:19:03	08:01:22.90	+04:00:11 (49.9%)	10:41	5.6 (50.0%)
553	HAREMZA Joanna	5448		Senior II K - 30	60	01:42:29	04:02:45	06:11:46	08:02:57.40	+04:01:46 (50.1%)	10:43	5.6 (50.0%)
554	KEGEL Zbigniew	5147	PIĄTKOWO NA BIEGOWO	Weteran I M - 50	29	01:51:30	04:06:40	06:12:58	08:03:54.45	+04:02:43 (50.2%)	10:45	5.6 (50.0%)
555	MAJCHRZAK Monika	5040	WKURW_TEAM	Masters K - 40	59	01:46:15	04:04:58	06:14:28	08:04:42.30	+04:03:31 (50.2%)	10:46	5.6 (50.0%)
556	BANAŚ Marcin	5075		Masters M - 40	186	01:42:39	03:56:41	06:15:31	08:04:44.30	+04:03:33 (50.2%)	10:46	5.6 (50.0%)
557	BUDZIŃSKI Krzysztof	5554		Weteran I M - 50	30	01:41:07	03:43:37	05:45:55	08:05:40.55	+04:04:29 (50.3%)	10:47	5.6 (50.0%)
558	GRUCHOT Małgorzata	5566	WBO	Masters K - 40	60	01:34:48	03:39:33	05:43:54	08:05:41.70	+04:04:30 (50.3%)	10:47	5.6 (50.0%)
559	CHOLEWIŃSKI Rafał	5726	SUPADUPAFLY	Senior II M - 30	154	01:37:36	04:02:15	06:12:45	08:06:14.25	+04:05:03 (50.4%)	10:48	5.6 (50.0%)
560	JĘDRZEJEWSKA Beata	5741		Masters K - 40	61	01:45:48	04:08:01	06:12:57	08:07:26.45	+04:06:15 (50.5%)	10:49	5.5 (49.1%)
561	SZCZĘSNY Romuald	5197	NIGHT RUNNERS PYSKOWICE	Senior II M - 30	155	01:44:11	04:03:10	06:22:03	08:07:50.05	+04:06:39 (50.6%)	10:50	5.5 (49.1%)
562	DOJS Aleksandra	5659	NIGHT RUNNERS	Masters K - 40	62	01:50:44	04:17:41	06:22:32	08:10:06.30	+04:08:55 (50.8%)	10:53	5.5 (49.1%)
563	SOKOŁOWSKA Katarzyna	5257		Masters K - 40	63	01:45:52	04:07:27	06:14:55	08:10:20.45	+04:09:09 (50.8%)	10:53	5.5 (49.1%)
564	BINEK Katarzyna	5511	NIGHT RUNNERS	Senior II K - 30	61	01:51:07	04:12:33	06:24:56	08:10:46.30	+04:09:35 (50.9%)	10:54	5.5 (49.1%)
565	SCHMIDT Jacek	5011		Weteran I M - 50	31	01:42:51	04:03:45	06:15:10	08:11:02.55	+04:09:51 (50.9%)	10:54	5.5 (49.1%)
566	GŁĄBICA Adam	5241		Weteran I M - 50	32	01:43:57	04:02:58	06:13:45	08:11:04.65	+04:09:53 (50.9%)	10:54	5.5 (49.1%)
567	NIEDŹWIEDŹ Grzegorz	5655	STS BIEGATON MIKOŁÓW	Masters M - 40	187	01:45:21	04:05:54	06:18:20	08:11:41.30	+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	JARMUDA Justyna	5245		Senior II K - 30	62	01:48:46	04:09:51	06:21:10	08:11:41.65	+04:10:30 (50.9%)	10:55	5.5 (49.1%)
569	KWIATKOWSKA Zuzanna	5488	HERNIK TEAM	Senior I K - 20	11	01:48:25	04:09:51	06:21:12	08:11:42.35	+04:10:31 (50.9%)	10:55	5.5 (49.1%)
570	STAŃCZUK Dorota	5281	SLOW JOGGING SIEDLCE	Weteran K - 50	10	01:44:20	04:05:01	06:13:44	08:12:17.45	+04:11:06 (51.0%)	10:56	5.5 (49.1%)
571	PLEWA Katarzyna	5256		Senior II K - 30	63	01:41:57	04:03:11	06:15:00	08:12:19.90	+04:11:08 (51.0%)	10:56	5.5 (49.1%)
572	KUŁAKOWSKI Piotr	5467	CZŁAPACZE	Weteran II M - 60	14	01:48:29	04:03:59	06:21:24	08:13:53.40	+04:12:42 (51.2%)	10:58	5.5 (49.1%)
573	MALINOWSKI Konrad	5112		Senior II M - 30	156	01:40:40	03:52:26	06:07:53	08:15:24.40	+04:14:13 (51.3%)	11:00	5.5 (49.1%)
574	BARAŃSKA Wanda	5398		Weteran K - 50	11	01:48:40	04:15:03	06:27:50	08:15:57.35	+04:14:46 (51.4%)	11:01	5.4 (48.2%)
575	CIEMNY Wojciech	5098	NIGHT RUNNERS PYSKOWICE	Masters M - 40	188	01:45:01	04:04:04	06:26:31	08:16:12.35	+04:15:01 (51.4%)	11:01	5.4 (48.2%)
576	ZNAMIEC Marcin	5184	ULTRA KSP	Masters M - 40	189	01:55:02	04:10:04	06:16:50	08:17:50.75	+04:16:39 (51.6%)	11:03	5.4 (48.2%)
577	PAKUŁA Marta	5367		Masters K - 40	64	01:49:29	04:12:40	06:27:10	08:19:02.05	+04:17:51 (51.7%)	11:05	5.4 (48.2%)
578	OWCZARZAK Daria	5175		Senior II K - 30	64	01:52:59	04:18:18	06:30:35	08:19:08.70	+04:17:57 (51.7%)	11:05	5.4 (48.2%)
579	KUBÓW Jarek	5493		Senior II M - 30	157	01:39:07	03:56:49	06:23:00	08:19:17.05	+04:18:06 (51.7%)	11:05	5.4 (48.2%)
580	KRZOS Piotr	5353		Senior II M - 30	158	01:41:52	03:56:37	06:01:39	08:19:20.85	+04:18:09 (51.7%)	11:05	5.4 (48.2%)
581	KRZOS Dominika	5354		Senior II K - 30	65	01:42:00	03:56:38	05:58:23	08:19:22.55	+04:18:11 (51.7%)	11:05	5.4 (48.2%)
582	DOMAGALSKI Krzysztof	5723	NIGHT RUNNERS PYSKOWICE	Masters M - 40	190	01:45:31	04:10:20	06:28:03	08:19:32.65	+04:18:21 (51.7%)	11:06	5.4 (48.2%)
583	MAŚLANKA Łukasz	5032		Senior II M - 30	159	01:43:08	04:05:20	06:22:13	08:20:02.50	+04:18:51 (51.8%)	11:06	5.4 (48.2%)
584	KOTOWSKA Joanna	5312	FOREST GANG	Masters K - 40	65	01:53:07	04:12:29	06:21:01	08:20:59.65	+04:19:48 (51.9%)	11:07	5.4 (48.2%)
585	RÓLKA Mariola	5093	BP RUNNING TEAM	Masters K - 40	66	01:46:46	04:14:05	06:23:04	08:21:36.30	+04:20:25 (51.9%)	11:08	5.4 (48.2%)
586	CIUK Bartosz	5065	BP RUNNING TEAM GLIWICE	Weteran I M - 50	33	01:46:49	04:14:07	06:23:07	08:21:38.25	+04:20:27 (51.9%)	11:08	5.4 (48.2%)
587	JĘDRYCHOWSKI Przemysław	5374		Masters M - 40	191	01:45:58	04:11:14	06:16:37	08:21:47.10	+04:20:36 (51.9%)	11:09	5.4 (48.2%)
588	KOPKA-JĘDRYCHOWSKA Monika	5375		Masters K - 40	67	01:46:02	04:11:15	06:16:40	08:21:49.20	+04:20:38 (51.9%)	11:09	5.4 (48.2%)
589	IWAŃCZUK Zbigniew	5579		Weteran I M - 50	34	01:34:21	03:53:24	06:18:37	08:22:30.60	+04:21:19 (52.0%)	11:10	5.4 (48.2%)
590	ZAJĄC Aga	5434	77CATS	Masters K - 40	68	01:52:29	04:31:49	06:25:16	08:22:36.70	+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	SZYSZKA Agnieszka	5431	NIGHT RUNNERS	Masters K - 40	69	01:46:08	04:06:16	06:19:51	08:22:54.70	+04:21:43 (52.0%)	11:10	5.4 (48.2%)
592	JERCZYŃSKA Beata	5349		Senior II K - 30	66	01:48:05	04:06:16	06:19:51	08:22:55.45	+04:21:44 (52.0%)	11:10	5.4 (48.2%)
593	LEWANDOWSKA Ewa	5598		Masters K - 40	70	01:58:40	04:20:32	06:25:48	08:23:03.80	+04:21:52 (52.1%)	11:10	5.4 (48.2%)
594	FEDOROWICZ Jowita	5675	KOTWICA BRZEG	Senior II K - 30	67	02:01:10	04:27:40	06:38:56	08:23:11.85	+04:22:00 (52.1%)	11:10	5.4 (48.2%)
595	MARCINKOWSKI Piotr	5463		Weteran I M - 50	35	01:59:04	04:26:11	06:30:20	08:23:46.85	+04:22:35 (52.1%)	11:11	5.4 (48.2%)
596	NETOLICKÝ Martin	5276		Masters M - 40	192	01:43:39	04:00:04	06:22:55	08:25:37.10	+04:24:26 (52.3%)	11:14	5.3 (47.3%)
597	KARAŚ Agnieszka	5014	STARE BABICE BIEGAJĄ	Masters K - 40	71	01:55:15	04:18:40	06:28:20	08:25:54.60	+04:24:43 (52.3%)	11:14	5.3 (47.3%)
598	POPCZYK Magdalena	5623	BIEGOWA KUŹNIA	Senior I K - 20	12	01:53:29	04:23:46	06:33:12	08:26:38.70	+04:25:27 (52.4%)	11:15	5.3 (47.3%)
599	GLIWICKA-WOJDAKOWSKA Aneta	5730	BIEGOWA KUŹNIA	Senior II K - 30	68	01:53:29	04:23:49	06:33:50	08:26:38.75	+04:25:27 (52.4%)	11:15	5.3 (47.3%)
600	POŚPIECH Anna	5709	BIEGOWA KUŹNIA	Senior II K - 30	69	01:53:49	04:23:46	06:34:39	08:26:39.10	+04:25:28 (52.4%)	11:15	5.3 (47.3%)
601	HAGEL Julita	5056		Senior II K - 30	70	01:45:40	04:07:21	06:22:35	08:28:41.95	+04:27:30 (52.6%)	11:18	5.3 (47.3%)
602	NOWAK-KASPRZAK Anna	5005		Senior II K - 30	71	01:48:15	04:08:18	06:24:58	08:28:59.10	+04:27:48 (52.6%)	11:18	5.3 (47.3%)
603	KNOBLOCH Ewa	5127	LEŚNE KUNY	Masters K - 40	72	01:49:17	04:17:43	06:35:57	08:30:11.85	+04:29:00 (52.7%)	11:20	5.3 (47.3%)
604	WIZE-ZIELONKA Karolina	5159	LEŚNE KUNY	Masters K - 40	73	01:49:17	04:17:43	06:35:57	08:30:12.15	+04:29:01 (52.7%)	11:20	5.3 (47.3%)
605	BĄKAŁA Łukasz	5142		Masters M - 40	193	01:43:57	04:13:34	06:28:45	08:31:35.60	+04:30:24 (52.9%)	11:22	5.3 (47.3%)
606	SZOJDA Małgorzata	5003	INŻYNIERIA BIEGANIA TEAM	Senior II K - 30	72	01:45:23	04:03:05	06:21:10	08:32:09.90	+04:30:58 (52.9%)	11:22	5.3 (47.3%)
607	SZAŁ Monika	5380	WALKA - KOSTRZYN	Weteran K - 50	12	01:51:51	04:15:03	06:34:18	08:32:13.00	+04:31:02 (52.9%)	11:22	5.3 (47.3%)
608	POKORNY Tomasz	5432		Masters M - 40	194	01:45:38	03:54:48	06:15:17	08:33:23.15	+04:32:12 (53.0%)	11:24	5.3 (47.3%)
609	GÓRSKA Yvonne	5218	ORANGE POLSKA	Masters K - 40	74		04:34:49	06:50:33	08:35:18.10	+04:34:07 (53.2%)	11:27	5.2 (46.4%)
610	BĘBAS Paweł	5165		Masters M - 40	195	01:41:46	03:53:25	06:17:39	08:37:20.10	+04:36:09 (53.4%)	11:29	5.2 (46.4%)
611	ZIELIŃSKA Magdalena	5674	SALMING RUNNING POLSKA	Masters K - 40	75	01:52:42	04:19:16	06:40:52	08:37:40.00	+04:36:29 (53.4%)	11:30	5.2 (46.4%)
612	SŁOMKA Mariusz	5492		Senior II M - 30	160	01:42:44	03:58:53	06:15:55	08:37:41.80	+04:36:30 (53.4%)	11:30	5.2 (46.4%)
613	MARKIEWICZ Tomasz	5424	RYBNICKA GRUPA BIEGOWA "PĘDZIMY RAZEM"	Masters M - 40	196	01:47:38	04:19:22	06:40:08	08:39:17.85	+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	PYSZNY Mirosław	5428	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	Weteran I M - 50	36	01:47:57	04:19:23	06:41:04	08:39:19.30	+04:38:08 (53.6%)	11:32	5.2 (46.4%)
615	KAŁŁAUR Krzysztof	5429		Senior II M - 30	161	01:48:14	04:09:44	06:30:44	08:39:20.55	+04:38:09 (53.6%)	11:32	5.2 (46.4%)
616	JUSKOWIAK Mikołaj	5061	WKURW_TEAM	Senior II M - 30	162	01:48:29	04:29:11	06:45:31	08:39:22.85	+04:38:11 (53.6%)	11:32	5.2 (46.4%)
617	CHOJNOWSKA Dominika	5008	PUSIA TEAM	Senior I K - 20	13	01:55:57	04:20:29	06:44:09	08:40:59.55	+04:39:48 (53.7%)	11:34	5.2 (46.4%)
618	SZTYLER Konrad	5044		Senior II M - 30	163	01:53:28	04:20:29	06:44:12	08:41:03.80	+04:39:52 (53.7%)	11:34	5.2 (46.4%)
619	CHOJNOWSKA Barbara	5029	PUSIA TEAM	Weteran K - 50	13	01:55:59	04:26:50	06:44:09	08:41:05.40	+04:39:54 (53.7%)	11:34	5.2 (46.4%)
620	CIELICA Anna	5666	SIPB	Masters K - 40	76	01:50:29	04:15:43	06:37:16	08:42:32.95	+04:41:21 (53.8%)	11:36	5.2 (46.4%)
621	DOBEK Agata	5230	PZU SPORT TEAM	Senior II K - 30	73	01:50:29	04:15:41	06:37:21	08:42:33.70	+04:41:22 (53.8%)	11:36	5.2 (46.4%)
622	KUCZYŃSKI Marcin	5004	KGHM ZG RUN	Masters M - 40	197	01:48:25	04:15:00	06:38:34	08:43:24.35	+04:42:13 (53.9%)	11:37	5.2 (46.4%)
623	ZASŁAWSKA Katarzyna	5729	ZAKOCHAJ SIĘ W BIEGANIU	Weteran K - 50	14	01:49:36	04:24:18	06:37:52	08:43:39.35	+04:42:28 (53.9%)	11:38	5.2 (46.4%)
624	ALEKSANDROWICZ Łukasz	5745	SPARTANIE DZIECIOM	Masters M - 40	198	01:56:20	04:22:36	06:39:51	08:44:03.85	+04:42:52 (54.0%)	11:38	5.2 (46.4%)
625	KOZŁOWSKI Piotr	5408		Senior II M - 30	164	01:46:01	03:59:35	06:14:33	08:44:17.00	+04:43:06 (54.0%)	11:39	5.1 (45.5%)
626	OLBRICH Barbara	5670	MIRAZ RACE TEAM	Masters K - 40	77	01:50:15	04:27:17	06:46:35	08:44:37.60	+04:43:26 (54.0%)	11:39	5.1 (45.5%)
627	MURZYNIC Adam Murzyniec	5196		Weteran I M - 50	37	01:44:12	04:10:08	06:31:51	08:45:05.05	+04:43:54 (54.1%)	11:40	5.1 (45.5%)
628	SITKO Adam	5185	BIEGIEM_PRZEZ_SLASK	Senior I M - 20	37	01:42:35	04:10:57	06:29:07	08:45:21.70	+04:44:10 (54.1%)	11:40	5.1 (45.5%)
629	JARYSZ Piotr	5240	KRIS TRANS MAŁYSZKA	Senior II M - 30	165	01:56:29	04:25:26	06:44:48	08:46:25.25	+04:45:14 (54.2%)	11:41	5.1 (45.5%)
630	JASIUL Mariola	5270		Masters K - 40	78	01:57:16	04:26:25	06:44:49	08:46:25.30	+04:45:14 (54.2%)	11:41	5.1 (45.5%)
631	BUBICZ Krzysztof	5115	BIEGAJĄCY ŚWIDNIK	Masters M - 40	199	02:13:00	04:56:01	07:12:08	08:48:33.45	+04:47:22 (54.4%)	11:44	5.1 (45.5%)
632	GARCZEWSKA-PASZKO Joanna	5002		Masters K - 40	79	01:49:20	04:31:38	07:04:05	08:48:44.00	+04:47:33 (54.4%)	11:44	5.1 (45.5%)
633	BOBIN Anna	5131	ZOCHU TEAM	Masters K - 40	80	01:55:39	04:21:41	06:46:13	08:49:16.50	+04:48:05 (54.4%)	11:45	5.1 (45.5%)
634	SWRWATKA Angelika	5657	KOBIETY WATAHY	Senior II K - 30	74	01:51:09	04:25:57	06:45:04	08:49:53.95	+04:48:42 (54.5%)	11:46	5.1 (45.5%)
635	JÓZEFIAK Magdalena	5323	ASSECO ACTIVE TEAM	Weteran K - 50	15	01:59:09	04:37:28	06:50:51	08:51:29.60	+04:50:18 (54.6%)	11:48	5.1 (45.5%)
636	KOTULA Jakub	5258		Senior II M - 30	166	01:54:28	04:32:29	06:50:16	08:51:46.80	+04:50:35 (54.6%)	11:49	5.1 (45.5%)

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

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Różn	Tempo min/km	Tempo km/h
	STARUCH Robert	5764	KUDOWIANKA RUN	Senior II M - 30		01:13:10 DNF	02:47:01 DNF	04:35:58 DNF	DNF	-	-	(0.0%)
	DRAIM Jacek	5263	FOREST GANG	Weteran II M - 60		01:50:21 DNF	04:53:49 DNF	07:42:07 DNF	DNF	-	-	(0.0%)
	TERZONI Christian	5227	PRZEDWOJEWSKI TEAM	Senior II M - 30		01:01:37 DNF	02:17:12 DNF	DNF	DNF	-	-	(0.0%)
	KATARZYNA Bałys	5766	HERCOG RUNNING TEAM	Senior II K - 30		01:11:33 DNF	02:39:35 DNF	DNF	DNF	-	-	(0.0%)
	KWIATKOWSKI Daniel	5203	KLUB PRZYJACIÓŁ MYSZKI MIKI	Senior II M - 30		01:46:57 DNF	04:32:28 DNF	DNF	DNF	-	-	(0.0%)
	DANILUK Andrzej	5360		Masters M - 40		02:22:57 DNF	05:37:27 DNF	DNF	DNF	-	-	(0.0%)
	SZAWARA-ZIÓŁKOWSKA Ewelina	5677		Senior II K - 30		01:35:18 DNF	DNF	DNF	DNF	-	-	(0.0%)
	PLACKOWSKI Marcin	5299	GOSTYŃ	Senior I M - 20		01:41:06 DNF	DNF	DNF	DNF	-	-	(0.0%)
	PAWLIK-NIEDZIELA Sandra	5617	BIEGOWA KUŹNIA	Senior II K - 30		01:45:14 DNF	DNF	DNF	DNF	-	-	(0.0%)
	LACH Agnieszka	5700	NIEBIESKA	Masters K - 40		01:59:55 DNF	DNF	DNF	DNF	-	-	(0.0%)

Znaleziono 669 wynik(ów)