



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Dolnośląski Festiwal Biegów Górskich
Fundacja MARATONY GÓRSKIE
2022-07-14
Lądek-Zdrój
45 km

ZŁOTY MARATON - 45 KM

B4SPORT
INTELEKTUALNE ZAWODY SPORTOWE

B4SPORT
INTELEKTUALNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Lądek 0km	B1 10km	B2 22km	A15 33km	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
1	BOULKHALF Abdellatif	5630	KB WIKON	Senior II M - 30	1	00:00:03	00:54:41	02:00:00	02:58:34	03:49:37.75	03:49:37.75		5:06	11.8 (100%)
2	KASZUBA Michał	5668	GRUPA NOMAX	Masters M - 40	1	00:00:05	00:57:32	02:04:19	02:58:21	03:53:51.05	03:53:51.05	+00:04:13 (1.8%)	5:11	11.5 (97.5%)
3	WILK Maciej	5584	RAMBO 3	Masters M - 40	2	00:00:02	00:54:43	02:00:20	03:00:39	03:58:39.00	03:58:39.00	+00:09:01 (3.8%)	5:18	11.3 (95.8%)
4	SZKOŁUDA Miłosz	5390	BIEGOLAS KOSZALIN	Senior I M - 20	1	00:00:05	00:54:45	02:02:29	03:05:58	04:06:13.70	04:06:13.70	+00:16:35 (6.7%)	5:28	11 (93.2%)
5	MÜLLER Christoph	5447	LĄDEK-ZDRÓJ RUNNERS	Senior II M - 30	2	00:00:03	00:58:27	02:09:51	03:11:25	04:12:55.90	04:12:55.90	+00:23:18 (9.2%)	5:37	10.7 (90.7%)
6	WRÓBLEWSKI Robert	5628		Senior II M - 30	3	00:00:07	00:54:44	02:02:32	03:13:10	04:18:19.05	04:18:19.05	+00:28:41 (11.1%)	5:44	10.5 (89.0%)
7	WIECZOREK Nina	5375	MOCNA GRUPA CEZARA/SBRT WROCŁAW	Senior I K - 20	1	00:00:15	01:03:37	02:15:04	03:17:24	04:19:43.55	04:19:43.55	+00:30:05 (11.6%)	5:46	10.4 (88.1%)
8	SZAFRANEK Paweł	5252	STAŃCZAK TEAM	Senior II M - 30	4	00:00:47	01:02:28	02:14:46	03:17:52	04:21:11.60	04:21:11.60	+00:31:33 (12.1%)	5:48	10.3 (87.3%)
9	MIELEWCZYK Tomasz	5139	VERGE RUNNING TEAM	Masters M - 40	3	00:00:06	01:02:39	02:18:08	03:24:57	04:32:10.35	04:32:10.35	+00:42:32 (15.6%)	6:02	9.9 (83.9%)
10	TOMASIAK Natalia	5686	SALOMON TEAM	Senior II K - 30	1	00:00:03	01:02:34	02:15:04	03:23:54	04:32:24.50	04:32:24.50	+00:42:46 (15.7%)	6:03	9.9 (83.9%)
11	SZYMAŃCZUK Jacek	5535	#BIEGIEMWLAS/NARAMOWICE BIEGAJĄ	Senior II M - 30	5	00:00:04	00:57:25	02:11:12	03:24:56	04:34:53.50	04:34:53.50	+00:45:15 (16.5%)	6:06	9.8 (83.1%)
12	WALKOSZ Mateusz	5303	#SOBASTEAM	Senior II M - 30	6	00:00:04	01:02:41	02:20:42	03:27:52	04:35:12.50	04:35:12.50	+00:45:34 (16.6%)	6:06	9.8 (83.1%)
13	BEDNARCZYK Magdalena	5534	STRZEGOMSKA DWUNASTKA	Senior II K - 30	2	00:00:14	01:04:45	02:22:17	03:29:54	04:36:09.65	04:36:09.65	+00:46:31 (16.8%)	6:08	9.8 (83.1%)
14	FISZER Sebastian	5162		Masters M - 40	4	00:00:28	01:02:39	02:19:15	03:31:30	04:38:55.35	04:38:55.35	+00:49:17 (17.7%)	6:11	9.7 (82.2%)
15	KUPCZYK Sławomir	5555		Masters M - 40	5	00:00:36	01:03:54	02:20:43	03:33:38	04:43:00.15	04:43:00.15	+00:53:22 (18.9%)	6:17	9.5 (80.5%)
16	BIAŁOBLÓCKI Marcin	5660		Masters M - 40	6	00:00:21	01:03:22	02:18:03	03:32:06	04:43:24.00	04:43:24.00	+00:53:46 (19.0%)	6:17	9.5 (80.5%)
17	GREGORCZYK Lukasz	5608	VEGE RUNNERS	Senior II M - 30	7	00:00:05	01:01:57	02:21:06	03:33:14	04:43:46.75	04:43:46.75	+00:54:09 (19.1%)	6:18	9.5 (80.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start				Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
						Lądek 0km	B1 10km	B2 22km	A15 33km					
18	BRZOZA Adam	5449	NG POLAND	Weteran I M - 50	1	00:00:06	01:08:26	02:28:05	03:37:33	04:44:09.60	04:44:09.60	+00:54:31 (19.2%)	6:18	9.5 (80.5%)
19	BIAŁOBLÓCKA Alicja	5218		Senior II K - 30	3	00:00:16	01:05:54	02:25:08	03:41:06	04:44:57.90	04:44:57.90	+00:55:20 (19.4%)	6:19	9.5 (80.5%)
20	GREIVELDINGER Gilles	5622	FEHLAU RUN TEAM	Weteran I M - 50	2	00:00:14	01:04:50	02:25:12	03:41:31	04:45:33.35	04:45:33.35	+00:55:55 (19.6%)	6:20	9.5 (80.5%)
21	FLOREK Katarzyna	5206	140MINUT.PL	Senior II K - 30	4	00:00:06	01:05:53	02:25:04	03:39:10	04:45:48.90	04:45:48.90	+00:56:11 (19.7%)	6:21	9.4 (79.7%)
22	KRAJKA Jaroslaw	5241	AZS UMCS BIEGA	Masters M - 40	7	00:00:07	01:09:47	02:32:34	03:42:36	04:48:48.60	04:48:48.60	+00:59:10 (20.5%)	6:25	9.3 (78.8%)
23	STASIUKAITIS Simas	5673	BĒGIMO KLUBAS	Senior II M - 30	8	00:01:09	01:13:01	02:32:42	03:42:35	04:50:08.40	04:50:08.40	+01:00:30 (20.9%)	6:26	9.3 (78.8%)
24	SZKODA Kasia	5010	TATERNIKTEAM	Senior II K - 30	5	00:00:17	01:11:14	02:34:19	03:46:36	04:50:31.75	04:50:31.75	+01:00:54 (21.0%)	6:27	9.3 (78.8%)
25	DASZEWSKI Filip	5048	ICT POLAND	Senior I M - 20	2	00:00:06	01:06:48	02:28:32	03:46:54	04:53:16.85	04:53:16.85	+01:03:39 (21.7%)	6:31	9.2 (78.0%)
26	KARCZMARCZYK Mateusz	5406		Senior II M - 30	9	00:00:06	01:08:45	02:31:36	03:46:37	04:53:25.55	04:53:25.55	+01:03:47 (21.7%)	6:31	9.2 (78.0%)
27	GAWROŃSKI Paweł	5637		Masters M - 40	8	00:01:21	01:14:40	02:36:26	03:53:14	04:53:32.10	04:53:32.10	+01:03:54 (21.8%)	6:31	9.2 (78.0%)
28	GALUSKIN Alexey	5591	GRUPA NOMAX	Senior II M - 30	10	00:00:12	01:11:05	02:31:52	03:46:27	04:53:54.65	04:53:54.65	+01:04:16 (21.9%)	6:31	9.2 (78.0%)
29	SKRZYPCZYK Paulina	5035	TEAM FRUN / 42K PRO TEAM	Senior II K - 30	6	00:00:03	01:08:52	02:32:11	03:45:01	04:54:07.10	04:54:07.10	+01:04:29 (21.9%)	6:32	9.2 (78.0%)
30	WALASIK Jarosław	5054	42K PRO TEAM	Weteran I M - 50	3	00:00:04	01:07:10	02:30:05	03:45:03	04:54:22.45	04:54:22.45	+01:04:44 (22.0%)	6:32	9.2 (78.0%)
31	WINIARCZYK Krzysztof	5185		Masters M - 40	9	00:00:46	01:08:55	02:29:28	03:46:19	04:55:19.25	04:55:19.25	+01:05:41 (22.2%)	6:33	9.1 (77.1%)
32	SPYCHALSKI Adam	5199		Masters M - 40	10	00:00:37	01:07:44	02:31:36	03:46:58	04:56:03.35	04:56:03.35	+01:06:25 (22.4%)	6:34	9.1 (77.1%)
33	PIEKARSKI Jakub	5116	HURAGAN LIGOTA	Senior I M - 20	3	00:00:12	01:04:29	02:21:42	03:39:29	04:56:21.45	04:56:21.45	+01:06:43 (22.5%)	6:35	9.1 (77.1%)
34	LUZAR Rafal	5180		Masters M - 40	11	00:00:29	01:11:03	02:31:57	03:47:29	04:57:30.35	04:57:30.35	+01:07:52 (22.8%)	6:36	9.1 (77.1%)
35	BIENIEK Damian	5538	AZYMUT TEAM	Senior II M - 30	11	00:00:01	01:06:40	02:29:26	03:45:39	04:57:50.45	04:57:50.45	+01:08:12 (22.9%)	6:37	9.1 (77.1%)
36	GORSIAK Paweł	5250		Senior II M - 30	12	00:00:12	01:11:02	02:39:23	03:51:49	04:59:47.50	04:59:47.50	+01:10:09 (23.4%)	6:39	9 (76.3%)
37	WEŁNIAK Przemysław	5023	MOGILNO TEAM	Masters M - 40	12	00:00:18	01:11:15	02:34:33	03:49:52	05:01:37.05	05:01:37.05	+01:11:59 (23.9%)	6:42	9 (76.3%)
38	ANDRZEJEWSKI Tomasz	5585	MOGILNO TEAM	Masters M - 40	13	00:00:45	01:11:09	02:32:41	03:52:44	05:01:55.70	05:01:55.70	+01:12:17 (23.9%)	6:42	8.9 (75.4%)
39	TALAGA Dawid	5220	KGHM ZG RUN	Senior II M - 30	13	00:00:20	01:11:09	02:32:01	03:50:14	05:03:51.75	05:03:51.75	+01:14:14 (24.4%)	6:45	8.9 (75.4%)
40	GALLAMOVA Jekaterina	5600	SUPERVARONI	Senior II K - 30	7	00:00:28	01:12:29	02:38:59	03:54:51	05:04:13.60	05:04:13.60	+01:14:35 (24.5%)	6:45	8.9 (75.4%)
41	WOJNAROWICZ Paweł	5308		Senior II M - 30	14	00:00:31	01:12:09	02:36:02	03:52:38	05:04:48.15	05:04:48.15	+01:15:10 (24.7%)	6:46	8.9 (75.4%)
42	WOSZEK Marzena	5556	WOSZKI	Masters K - 40	1	00:00:04	01:11:48	02:38:05	03:55:09	05:05:11.70	05:05:11.70	+01:15:33 (24.8%)	6:46	8.8 (74.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start				Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
						Lądek 0km	B1 10km	B2 22km	A15 33km					
43	ŁACHACZ Karol	5465	GÓRAL Z MAZUR RUNNING TEAM	Senior II M - 30	15	00:00:13	01:10:58	02:36:55	03:55:35	05:07:45.25	05:07:45.25	+01:18:07 (25.4%)	6:50	8.8 (74.6%)
44	KOZANECKI Przemysław	5132	WYBIEGAĆ MARZENIA TEAM	Senior I M - 20	4	00:00:38	01:07:11	02:26:36	03:49:15	05:07:51.20	05:07:51.20	+01:18:13 (25.4%)	6:50	8.8 (74.6%)
45	WRÓBLEWSKI Adrian	5380	ZGRUPKA PROMOBIL TEAM	Senior II M - 30	16	00:00:32	01:11:06	02:36:34	03:55:21	05:08:58.00	05:08:58.00	+01:19:20 (25.7%)	6:51	8.7 (73.7%)
46	ŚNIERZYŃSKI Robert	5146		Senior II M - 30	17	00:00:36	01:10:59	02:35:58	03:55:07	05:09:41.60	05:09:41.60	+01:20:03 (25.9%)	6:52	8.7 (73.7%)
47	JAWORSKI Marek	5314		Senior I M - 20	5	00:01:26	01:16:36	02:40:46	03:58:07	05:10:09.95	05:10:09.95	+01:20:32 (26.0%)	6:53	8.7 (73.7%)
48	GAWLIK Tomasz	5521		Weteran I M - 50	4	00:00:55	01:13:03	02:43:28	04:00:56	05:11:04.75	05:11:04.75	+01:21:27 (26.2%)	6:54	8.7 (73.7%)
49	WÓJCIK Robert	5175	42K PRO TEAM	Senior II M - 30	18	00:00:04	01:10:58	02:37:09	03:56:42	05:11:23.10	05:11:23.10	+01:21:45 (26.3%)	6:55	8.7 (73.7%)
50	MICHAŁOWSKI Marcin	5212	MARCINSWIERCTEAM	Masters M - 40	14	00:00:10	01:11:52	02:39:13	04:01:22	05:11:32.80	05:11:32.80	+01:21:55 (26.3%)	6:55	8.7 (73.7%)
51	KOTARSKI Jarosław	5577		Senior II M - 30	19	00:00:06	01:07:45	02:28:31	03:55:36	05:12:59.75	05:12:59.75	+01:23:22 (26.6%)	6:57	8.6 (72.9%)
52	HOŁOWACZ Andrzej	5610		Masters M - 40	15	00:00:47	01:08:55	02:31:36	03:55:05	05:14:43.65	05:14:43.65	+01:25:05 (27.0%)	6:59	8.6 (72.9%)
53	ZIELIŃSKI Piotr	5066		Senior II M - 30	20	00:00:07	01:11:08	02:36:22	04:02:40	05:15:31.65	05:15:31.65	+01:25:53 (27.2%)	7:00	8.6 (72.9%)
54	SIKORA Łukasz	5624	GRUPA NOMAX	Senior II M - 30	21	00:00:12	01:15:25	02:45:32	04:03:41	05:16:57.90	05:16:57.90	+01:27:20 (27.6%)	7:02	8.5 (72.0%)
55	CITUK Grzegorz	5339	42K PRO TEAM	Masters M - 40	16	00:00:04	01:11:02	02:37:26	04:01:06	05:17:22.00	05:17:22.00	+01:27:44 (27.6%)	7:03	8.5 (72.0%)
56	ALLGÄUER Maximilian	5396		Senior II M - 30	22	00:01:24	01:18:04	02:48:35	04:09:59	05:17:23.70	05:17:23.70	+01:27:45 (27.7%)	7:03	8.5 (72.0%)
57	WOSZEK Tomasz	5557	WOSZKI	Masters M - 40	17	00:00:04	01:11:52	02:39:22	04:02:17	05:17:36.60	05:17:36.60	+01:27:58 (27.7%)	7:03	8.5 (72.0%)
58	TUREK Arletta	5616		Senior II K - 30	8	00:00:06	01:13:02	02:41:33	04:03:50	05:19:04.95	05:19:04.95	+01:29:27 (28.0%)	7:05	8.5 (72.0%)
59	BANASIAK Marcin	5335	FUJITSU RUNNING TEAM	Masters M - 40	18	00:01:03	01:20:02	02:44:19	04:00:42	05:19:30.70	05:19:30.70	+01:29:52 (28.1%)	7:06	8.5 (72.0%)
60	FELUCH Krzysztof	5645	JACEK BIEGA RUNNING TEAM	Masters M - 40	19	00:00:37	01:16:39	02:44:40	04:04:33	05:19:42.00	05:19:42.00	+01:30:04 (28.2%)	7:06	8.4 (71.2%)
61	KORONA-SIERADZKA Bogusława	5488		Senior II K - 30	9	00:00:36	01:20:01	02:51:51	04:10:46	05:20:40.25	05:20:40.25	+01:31:02 (28.4%)	7:07	8.4 (71.2%)
62	KRUPA Norbert	5454	1 METR PRZED KOŃCEM ŚWIATA	Masters M - 40	20	00:02:07	01:12:11	02:39:26	04:02:49	05:21:27.45	05:21:27.45	+01:31:49 (28.6%)	7:08	8.4 (71.2%)
63	CZAPIGA Grzegorz	5153	BURZA BORECZEK	Senior II M - 30	23	00:00:38	01:13:00	02:39:24	04:03:13	05:21:38.45	05:21:38.45	+01:32:00 (28.6%)	7:08	8.4 (71.2%)
64	DOMAŃ Joanna	5121	FEHLAU RUN TEAM	Masters K - 40	2	00:00:51	01:20:54	02:51:49	04:10:29	05:22:31.20	05:22:31.20	+01:32:53 (28.8%)	7:10	8.4 (71.2%)
65	JĘDRASIK Adam	5432		Senior II M - 30	24	00:00:10	01:11:06	02:35:06	04:07:36	05:23:29.30	05:23:29.30	+01:33:51 (29.0%)	7:11	8.3 (70.3%)
66	OLEJNICZAK Piotr	5031	LESZNO LIMITS RUNNERS	Masters M - 40	21	00:01:08	01:14:55	02:44:19	04:08:32	05:23:30.10	05:23:30.10	+01:33:52 (29.0%)	7:11	8.3 (70.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Łądek 0km	B1 10km	B2 22km	A15 33km	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
67	ZIELIŃSKI Mateusz	5438		Senior II M - 30	25	00:00:29	01:16:57	02:48:47	04:11:30	05:23:47.40	05:23:47.40	+01:34:09 (29.1%)	7:11	8.3 (70.3%)
68	JUSZKO Krzysztof	5355		Masters M - 40	22	00:00:26	01:18:07	02:50:14	04:10:33	05:24:28.15	05:24:28.15	+01:34:50 (29.2%)	7:12	8.3 (70.3%)
69	BURDA Maciej	5110	MARATOŃCZYK POZNAŃ	Masters M - 40	23	00:00:19	01:14:40	02:46:04	04:07:25	05:24:50.90	05:24:50.90	+01:35:13 (29.3%)	7:13	8.3 (70.3%)
70	FERENC-SZMUC Edyta	5321	KUDIWIANKA RUN	Senior II K - 30	10	00:00:04	01:15:43	02:48:30	04:11:17	05:25:59.55	05:25:59.55	+01:36:21 (29.6%)	7:14	8.3 (70.3%)
71	KOZIOŁ Kacper	5267	#CHASETHATWOLF	Senior I M - 20	6	00:01:27	01:18:34	02:46:20	04:07:34	05:27:27.40	05:27:27.40	+01:37:49 (29.9%)	7:16	8.2 (69.5%)
72	ŻÓŁDAK Przemysław	5459	#BIEGIEMWLAS / PNB	Masters M - 40	24	00:00:25	01:17:03	02:44:24	04:14:23	05:27:27.85	05:27:27.85	+01:37:50 (29.9%)	7:16	8.2 (69.5%)
73	RESPONDEK Anna	5081		Senior II K - 30	11	00:01:40	01:22:41	02:53:27	04:15:51	05:28:05.40	05:28:05.40	+01:38:27 (30.0%)	7:17	8.2 (69.5%)
74	ŚLĘCZEK Filip	5041		Senior II M - 30	26	00:00:25	01:14:06	02:43:29	04:07:31	05:28:33.25	05:28:33.25	+01:38:55 (30.1%)	7:18	8.2 (69.5%)
75	BROK Jacek	5096		Weteran I M - 50	5	00:00:36	01:17:01	02:46:19	04:10:27	05:28:58.15	05:28:58.15	+01:39:20 (30.2%)	7:18	8.2 (69.5%)
76	RYSZAWY Mikołaj	5167		Senior I M - 20	7	00:01:15	01:15:24	02:43:11	04:14:09	05:29:00.35	05:29:00.35	+01:39:22 (30.2%)	7:18	8.2 (69.5%)
77	KUSAL Tomasz	5076		Senior I M - 20	8	00:00:03	01:05:12	02:29:06	03:56:21	05:29:36.45	05:29:36.45	+01:39:58 (30.3%)	7:19	8.2 (69.5%)
78	WUJDA Mirosław	5255	ERNI RULEZ	Masters M - 40	25	00:00:35	01:20:10	02:54:44	04:15:59	05:30:00.90	05:30:00.90	+01:40:23 (30.4%)	7:20	8.2 (69.5%)
79	FANGOR-GRAB Agata	5529	RESHAPE RUNNERS	Senior II K - 30	12	00:00:09	01:20:28	02:54:29	04:16:55	05:30:42.45	05:30:42.45	+01:41:04 (30.6%)	7:20	8.2 (69.5%)
80	DROGOŚ Kajetan	5516	BOWIE TO SUPER PIESEK	Senior I M - 20	9	00:02:30	01:23:36	02:53:08	04:15:47	05:30:47.00	05:30:47.00	+01:41:09 (30.6%)	7:21	8.2 (69.5%)
81	LESNIAK Tomasz	5581		Masters M - 40	26	00:00:12	01:11:14	02:37:44	04:10:19	05:31:21.90	05:31:21.90	+01:41:44 (30.7%)	7:21	8.1 (68.6%)
82	KACPRZYK Katarzyna	5071	KB MCKIS JAWORZNO	Senior II K - 30	13	00:00:45	01:20:14	02:52:55	04:15:37	05:31:39.05	05:31:39.05	+01:42:01 (30.8%)	7:22	8.1 (68.6%)
83	BAKOWICZ Kamil	5238	AKTYWNI KAMIENSK	Senior II M - 30	27	00:00:34	01:19:52	02:56:04	04:22:12	05:32:29.20	05:32:29.20	+01:42:51 (30.9%)	7:23	8.1 (68.6%)
84	BANDUROWSKI Andrzej	5366	KB SPOCENI NOWA SÓL	Weteran I M - 50	6	00:00:30	01:20:00	02:50:15	04:15:25	05:32:33.10	05:32:33.10	+01:42:55 (30.9%)	7:23	8.1 (68.6%)
85	KACZOR Piotr	5644	SAMOTNY WILK Z KOTOWIC	Masters M - 40	27	00:00:30	01:20:13	02:50:59	04:15:26	05:32:33.65	05:32:33.65	+01:42:55 (31.0%)	7:23	8.1 (68.6%)
86	SZKOŁUDA Sabina	5389	BIEGOLAS KOSZALIN	Senior I K - 20	2	00:00:07	01:17:53	02:55:44	04:18:02	05:33:55.90	05:33:55.90	+01:44:18 (31.2%)	7:25	8.1 (68.6%)
87	KARPOWICZ Rafal	5586		Masters M - 40	28	00:00:13	01:11:02	02:39:43	04:16:51	05:34:01.70	05:34:01.70	+01:44:23 (31.3%)	7:25	8.1 (68.6%)
88	KLAJA Kasia	5499		Senior II K - 30	14	00:01:53	01:21:10	02:53:04	04:16:28	05:34:30.90	05:34:30.90	+01:44:53 (31.4%)	7:26	8.1 (68.6%)
89	PACZKOWSKA Katarzyna	5045	BIEGAJĄCE KREJZOLE	Senior II K - 30	15	00:00:34	01:22:50	02:58:21	04:19:41	05:34:37.45	05:34:37.45	+01:44:59 (31.4%)	7:26	8.1 (68.6%)
90	WOŹNIAK Paweł	5089	KLEP	Masters M - 40	29	00:00:21	01:11:34	02:40:55	04:09:27	05:35:09.35	05:35:09.35	+01:45:31 (31.5%)	7:26	8.1 (68.6%)
91	STAWIŃSKI Michał	5236	NIGHT RUNNERS	Senior II M - 30	28	00:00:03	01:04:09	02:26:24	04:00:07	05:35:55.25	05:35:55.25	+01:46:17 (31.6%)	7:27	8 (67.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Łądek 0km	B1 10km	B2 22km	A15 33km	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
92	ŁATWIŃSKI Łukasz	5078	MOCNA GRUPA CEZARA	Senior II M - 30	29	00:01:21	01:21:45	02:56:23	04:23:06	05:35:57.05	05:35:57.05	+01:46:19 (31.6%)	7:27	8 (67.8%)
93	KULAS Łukasz	5606	ZAWSZE SOLO	Masters M - 40	30	00:00:34	01:18:25	02:52:45	04:17:07	05:35:58.35	05:35:58.35	+01:46:20 (31.7%)	7:27	8 (67.8%)
93	PLIS Grzegorz	5246		Senior II M - 30	30	00:01:51	01:29:28	02:57:32	04:24:14	05:35:58.35	05:35:58.35	+01:46:20 (31.7%)	7:27	8 (67.8%)
95	ZGRAJ Leszek	5659	STS BIEGATON	Weteran I M - 50	7	00:00:19	01:18:23	02:53:07	04:18:47	05:36:03.40	05:36:03.40	+01:46:25 (31.7%)	7:28	8 (67.8%)
96	GORZELANY Rafał	5602		Senior II M - 30	31	00:00:29	01:20:15	02:48:40	04:20:12	05:36:58.05	05:36:58.05	+01:47:20 (31.9%)	7:29	8 (67.8%)
97	BODZIOCH Grzegorz	5095	GORLICKA GRUPA BIEGOWA	Masters M - 40	31	00:00:56	01:25:38	02:59:22	04:22:39	05:37:11.25	05:37:11.25	+01:47:33 (31.9%)	7:29	8 (67.8%)
98	HAJDZIONA Agata	5042	MARATOŃCZYK POZNAŃ	Senior II K - 30	16	00:00:21	01:18:42	02:52:41	04:22:38	05:37:12.40	05:37:12.40	+01:47:34 (31.9%)	7:29	8 (67.8%)
99	BALCEREK Mariusz	5070	FOKA TEAM	Senior II M - 30	32	00:00:26	01:12:07	02:41:31	04:12:02	05:37:36.15	05:37:36.15	+01:47:58 (32.0%)	7:30	8 (67.8%)
100	NIEDŹWIEDŹ Tomasz	5551	SOBASTEAM	Masters M - 40	32	00:00:13	01:15:13	02:45:25	04:15:51	05:37:39.15	05:37:39.15	+01:48:01 (32.0%)	7:30	8 (67.8%)
101	KOSIŃSKI Michał	5050		Senior II M - 30	33	00:00:11	01:12:51	02:44:58	04:16:54	05:37:39.95	05:37:39.95	+01:48:02 (32.0%)	7:30	8 (67.8%)
102	MACHOWIAK Maciej	5330		Senior II M - 30	34	00:00:50	01:13:00	02:41:48	04:11:55	05:38:19.70	05:38:19.70	+01:48:41 (32.1%)	7:31	8 (67.8%)
103	PRĘGOWSKI Michał	5271	STARE BABICE BIEGAJĄ / VEGE RUNNERS	Masters M - 40	33	00:00:21	01:17:08	02:53:08	04:22:10	05:38:32.50	05:38:32.50	+01:48:54 (32.2%)	7:31	8 (67.8%)
104	SPYTKOWSKA Katarzyna	5650		Senior I K - 20	3	00:00:10	01:18:03	02:52:23	04:18:08	05:38:36.55	05:38:36.55	+01:48:58 (32.2%)	7:31	8 (67.8%)
105	MARCZEWSKI Maciej	5415		Senior II M - 30	35	00:01:45	01:24:02	02:55:23	04:19:58	05:39:11.95	05:39:11.95	+01:49:34 (32.3%)	7:32	8 (67.8%)
106	KOBYLECKI Bartosz	5536		Masters M - 40	34	00:02:32	01:23:35	02:55:15	04:22:31	05:39:34.25	05:39:34.25	+01:49:56 (32.4%)	7:32	8 (67.8%)
107	JANOWSKI Michał	5082		Senior II M - 30	36	00:00:11	01:13:35	02:52:19	04:23:39	05:40:11.45	05:40:11.45	+01:50:33 (32.5%)	7:33	7.9 (66.9%)
108	JAKUBOWSKI Zbyszek	5058		Masters M - 40	35	00:00:38	01:18:09	02:51:41	04:19:50	05:40:33.75	05:40:33.75	+01:50:56 (32.6%)	7:34	7.9 (66.9%)
109	SKARŻYŃSKI Kamil	5083	PLANYBIEGOWE.PL / WLKP MOUNTAINS ULTRA	Senior I M - 20	10	00:00:39	01:23:59	02:59:55	04:23:26	05:40:42.25	05:40:42.25	+01:51:04 (32.6%)	7:34	7.9 (66.9%)
110	KURANT Elena	5501		Masters K - 40	3	00:00:14	01:22:05	02:55:03	04:19:16	05:41:06.40	05:41:06.40	+01:51:28 (32.7%)	7:34	7.9 (66.9%)
111	WESOŁOWSKI Michał	5511		Senior II M - 30	37	00:01:26	01:17:32	02:50:13	04:20:30	05:41:33.15	05:41:33.15	+01:51:55 (32.8%)	7:35	7.9 (66.9%)
112	GODLEWSKI Mariusz	5632		Senior II M - 30	38	00:00:18	01:18:58	02:59:34	04:25:17	05:41:37.55	05:41:37.55	+01:51:59 (32.8%)	7:35	7.9 (66.9%)
113	WIECZOREK Maria	5458	PRZEDWOJEWSKI TEAM	Senior II K - 30	17	00:00:10	01:19:01	02:50:46	04:19:08	05:41:41.15	05:41:41.15	+01:52:03 (32.8%)	7:35	7.9 (66.9%)
114	KURZAWIAK Grzegorz	5439	KUDOWIANKA RUN	Masters M - 40	36	00:00:03	01:15:44	02:48:31	04:19:10	05:42:03.40	05:42:03.40	+01:52:25 (32.9%)	7:36	7.9 (66.9%)
115	SŁOMIAN Marcelina	5566		Senior II K - 30	18	00:00:06	01:19:01	02:54:38	04:19:00	05:42:07.90	05:42:07.90	+01:52:30 (32.9%)	7:36	7.9 (66.9%)
116	MOCZULSKI Kamil	5179	SBRT WROCŁAW	Senior II M - 30	39	00:01:19	01:20:18	02:52:21	04:21:53	05:42:53.45	05:42:53.45	+01:53:15 (33.0%)	7:37	7.9 (66.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Łądek 0km	B1 10km	B2 22km	A15 33km	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
117	TOMELA Maciej	5075	TEAM GOSZKA	Senior II M - 30	40	00:01:42	01:17:04	02:44:54	04:15:55	05:43:05.05	05:43:05.05	+01:53:27 (33.1%)	7:37	7.9 (66.9%)
118	MARKOWSKI Łukasz	5170		Masters M - 40	37	00:00:35	01:11:07	02:41:40	04:16:06	05:43:14.75	05:43:14.75	+01:53:37 (33.1%)	7:37	7.9 (66.9%)
119	ABRAMOWICZ Agata	5604		Senior I K - 20	4	00:00:54	01:18:33	02:55:03	04:24:20	05:43:29.70	05:43:29.70	+01:53:51 (33.1%)	7:37	7.9 (66.9%)
120	KOTOWSKI Paweł	5681	GT RAT - CATIUS	Senior II M - 30	41	00:00:53	01:17:07	02:52:19	04:24:09	05:43:29.75	05:43:29.75	+01:53:52 (33.1%)	7:37	7.9 (66.9%)
121	DUBAS Marek	5369	WWW.SPRAWDZAMY-NIERUCHOMOSCI.PL	Senior II M - 30	42	00:01:07	01:18:06	02:52:21	04:18:07	05:43:33.90	05:43:33.90	+01:53:56 (33.2%)	7:38	7.9 (66.9%)
122	RODZIEWICZ Zbigniew	5494	CAŁA OLEŚNICA BIEGA	Masters M - 40	38	00:00:13	01:13:36	02:45:26	04:18:28	05:43:34.70	05:43:34.70	+01:53:56 (33.2%)	7:38	7.9 (66.9%)
123	BUHL Marcin	5504		Senior II M - 30	43	00:00:11	01:16:58	02:50:08	04:23:08	05:44:02.50	05:44:02.50	+01:54:24 (33.3%)	7:38	7.8 (66.1%)
124	KLIŚ Marcin	5656		Senior II M - 30	44	00:00:11	01:16:57	02:50:05	04:23:07	05:44:02.75	05:44:02.75	+01:54:25 (33.3%)	7:38	7.8 (66.1%)
125	GAŁEK Aleksander	5381	PRAGMATIQ.PL	Senior II M - 30	45	00:00:16	01:18:35	02:53:06	04:25:20	05:44:14.75	05:44:14.75	+01:54:37 (33.3%)	7:38	7.8 (66.1%)
126	URBAŃSKI Bartłomiej	5258		Senior II M - 30	46	00:00:56	01:20:50	02:53:35	04:24:28	05:46:20.35	05:46:20.35	+01:56:42 (33.7%)	7:41	7.8 (66.1%)
127	KĘDZIA Dominik	5553		Weteran I M - 50	8	00:00:54	01:17:02	02:50:28	04:21:09	05:46:33.95	05:46:33.95	+01:56:56 (33.7%)	7:42	7.8 (66.1%)
128	ŚLIWKA Arkadiusz	5243	OLZA CIESZYN	Masters M - 40	39	00:01:29	01:22:08	02:53:37	04:25:40	05:46:48.90	05:46:48.90	+01:57:11 (33.8%)	7:42	7.8 (66.1%)
129	WITKOWSKI Wojciech	5186		Senior II M - 30	47	00:00:07	01:11:57	02:43:35	04:32:54	05:46:48.95	05:46:48.95	+01:57:11 (33.8%)	7:42	7.8 (66.1%)
130	JAZ Ernest	5299	ENDORFINY WAŚOSZ	Senior II M - 30	48	00:01:07	01:17:05	02:50:44	04:21:02	05:47:13.15	05:47:13.15	+01:57:35 (33.9%)	7:42	7.8 (66.1%)
131	BŁAŻEJCZAK Tomasz	5490	#BIEGAJLESZNO	Senior II M - 30	49	00:00:17	01:20:34	02:51:02	04:23:19	05:47:27.45	05:47:27.45	+01:57:49 (33.9%)	7:43	7.8 (66.1%)
132	JESIONKOWSKI Paweł	5567	#BIEGIEMWLAS	Senior I M - 20	11	00:00:25	01:15:41	02:48:28	04:27:43	05:47:37.00	05:47:37.00	+01:57:59 (33.9%)	7:43	7.8 (66.1%)
133	MATYJA Rafał	5440	LESZNOLIMITS RUNNERS	Senior II M - 30	50	00:00:30	01:22:21	03:02:58	04:29:20	05:47:40.55	05:47:40.55	+01:58:02 (34.0%)	7:43	7.8 (66.1%)
134	REDMANN Edyta	5417		Weteran K - 50	1	00:01:12	01:23:31	02:59:57	04:27:49	05:47:43.15	05:47:43.15	+01:58:05 (34.0%)	7:43	7.8 (66.1%)
135	LIDTKE Marcin	5537	ŻARY RUNNERS TEAM	Masters M - 40	40	00:00:30	01:11:01	02:43:03	04:29:06	05:47:58.70	05:47:58.70	+01:58:20 (34.0%)	7:43	7.8 (66.1%)
136	BIELECKI Robert	5582	KEEN ON RUNNING	Weteran I M - 50	9	00:00:05	01:18:57	02:57:48	04:27:53	05:49:00.95	05:49:00.95	+01:59:23 (34.2%)	7:45	7.7 (65.3%)
137	SIEWKO Piotr	5269	SZWAGRY TEAM	Weteran I M - 50	10	00:00:58	01:18:08	02:53:59	04:27:10	05:49:20.55	05:49:20.55	+01:59:42 (34.3%)	7:45	7.7 (65.3%)
138	GARSTKA Zbigniew	5614		Masters M - 40	41	00:00:10	01:16:56	03:00:08	04:32:48	05:49:43.95	05:49:43.95	+02:00:06 (34.3%)	7:46	7.7 (65.3%)
139	KORYTKOWSKI Jakub	5411		Senior I M - 20	12	00:01:20	01:26:33	03:03:01	04:37:09	05:50:22.05	05:50:22.05	+02:00:44 (34.5%)	7:47	7.7 (65.3%)
140	MAJEWSKI Krzysztof	5666	ZDROWYWARIAT SZCZECIN	Senior II M - 30	51	00:02:33	01:29:28	02:58:57	04:28:38	05:50:24.70	05:50:24.70	+02:00:46 (34.5%)	7:47	7.7 (65.3%)
141	KUROWSKI Artur	5242	PURA VIDA TEAM	Senior II M - 30	52	00:01:48	01:28:32	03:03:27	04:32:11	05:50:30.85	05:50:30.85	+02:00:53 (34.5%)	7:47	7.7 (65.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Łądek 0km	B1 10km	B2 22km	A15 33km	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
142	SCHLEGEL Michał	5012	MARATOŃCZYK POZNAŃ / POKONAJLENIA.PL	Senior II M - 30	53	00:00:27	01:20:12	02:56:05	04:29:40	05:51:08.60	05:51:08.60	+02:01:30 (34.6%)	7:48	7.7 (65.3%)
143	ODOLAK Piotr	5005	STANWEX LL	Senior II M - 30	54	00:02:02	01:29:24	03:01:53	04:30:39	05:51:52.30	05:51:52.30	+02:02:14 (34.7%)	7:49	7.7 (65.3%)
144	STORTZ Piotr	5200		Senior II M - 30	55	00:01:22	01:17:09	02:54:21	04:32:43	05:52:41.80	05:52:41.80	+02:03:04 (34.9%)	7:50	7.7 (65.3%)
145	KINSNER Zenon	5079	MOCNA GRUPA CEZARA	Masters M - 40	42	00:01:19	01:20:20	02:52:19	04:22:03	05:53:12.00	05:53:12.00	+02:03:34 (35.0%)	7:50	7.6 (64.4%)
146	KOWALSKI Grzegorz	5093	W POGONI ZA DUCHEM	Masters M - 40	43	00:01:54	01:23:52	02:52:38	04:20:23	05:53:20.45	05:53:20.45	+02:03:42 (35.0%)	7:51	7.6 (64.4%)
147	KLEPACKA-GANCARZ Barbara	5594	RESHAPE RUNNERS	Masters K - 40	4	00:00:08	01:23:34	03:04:07	04:32:33	05:53:43.20	05:53:43.20	+02:04:05 (35.1%)	7:51	7.6 (64.4%)
148	GRZEBIELUCH Kasia	5688	LEDWOZIPIA	Masters K - 40	5	00:00:19	01:20:48	03:03:47	04:30:10	05:54:30.50	05:54:30.50	+02:04:52 (35.2%)	7:52	7.6 (64.4%)
149	BRUDNY Agnieszka	5223	PORANNY BESKID RUN	Masters K - 40	6	00:01:32	01:29:45	03:10:15	04:37:56	05:54:31.05	05:54:31.05	+02:04:53 (35.2%)	7:52	7.6 (64.4%)
150	WOJCIECHOWSKI Arkadiusz	5502	KTÓRĘDYNADMORSKIEOKO	Masters M - 40	44	00:00:58	01:28:07	03:08:00	04:37:10	05:54:51.95	05:54:51.95	+02:05:14 (35.3%)	7:53	7.6 (64.4%)
151	BORDYCH Jacek	5674	BOREL MARATHON TEAM	Weteran I M - 50	11	00:01:29	01:23:07	03:01:58	04:32:15	05:54:53.25	05:54:53.25	+02:05:15 (35.3%)	7:53	7.6 (64.4%)
152	SENFLEBEN Marek	5111		Senior II M - 30	56	00:00:52	01:23:50	03:01:47	04:32:03	05:55:03.85	05:55:03.85	+02:05:26 (35.3%)	7:53	7.6 (64.4%)
153	SZYMAŃSKI Michał	5195	TGV CLUB	Masters M - 40	45	00:00:33	01:20:55	02:55:40	04:28:12	05:55:19.25	05:55:19.25	+02:05:41 (35.4%)	7:53	7.6 (64.4%)
154	TOMCZYK Angelika	5639		Senior II K - 30	19	00:00:08	01:23:33	03:02:54	04:32:08	05:55:25.60	05:55:25.60	+02:05:47 (35.4%)	7:53	7.6 (64.4%)
155	STILLER Ireneusz	5254	LIBER POLAND TEAM	Masters M - 40	46	00:01:20	01:30:29	03:07:59	04:41:02	05:55:30.65	05:55:30.65	+02:05:52 (35.4%)	7:54	7.6 (64.4%)
156	ZIMNY Tomasz	5483	FARTY PUSZCZY	Weteran II M - 60	1	00:00:05	01:23:03	03:05:41	04:36:39	05:55:41.40	05:55:41.40	+02:06:03 (35.4%)	7:54	7.6 (64.4%)
157	DAWIDOWICZ Wojciech	5177		Senior II M - 30	57	00:01:07	01:22:23	03:00:06	04:33:37	05:55:42.25	05:55:42.25	+02:06:04 (35.4%)	7:54	7.6 (64.4%)
158	BIELECKI Tomasz	5513		Senior I M - 20	13	00:00:39	01:20:03	02:56:01	04:24:08	05:56:37.30	05:56:37.30	+02:06:59 (35.6%)	7:55	7.6 (64.4%)
159	ZWOLIŃSKI Mariusz	5597		Masters M - 40	47	00:01:24	01:20:53	02:56:37	04:29:30	05:56:38.90	05:56:38.90	+02:07:01 (35.6%)	7:55	7.6 (64.4%)
160	BARTYKOWSKA Marta	5285	PGB SPORTOWA PACZKA	Senior II K - 30	20	00:01:59	01:36:15	03:08:55	04:39:05	05:56:46.25	05:56:46.25	+02:07:08 (35.6%)	7:55	7.6 (64.4%)
161	WIZA Anna	5040		Masters K - 40	7	00:00:22	01:20:32	03:04:27	04:41:16	05:56:52.55	05:56:52.55	+02:07:14 (35.7%)	7:55	7.6 (64.4%)
162	WIZA Tomasz	5190		Masters M - 40	48	00:00:23	01:20:31	03:04:25	04:41:16	05:56:52.65	05:56:52.65	+02:07:14 (35.7%)	7:55	7.6 (64.4%)
163	SZYPULSKI Dariusz	5168	SKS CHMIELOWICE	Masters M - 40	49	00:01:36	01:24:31	03:03:17	04:37:12	05:57:43.05	05:57:43.05	+02:08:05 (35.8%)	7:56	7.5 (63.6%)
164	SCHWARZ Marek	5333	PRO366	Senior II M - 30	58	00:00:54	01:20:56	02:57:31	04:37:46	05:58:27.00	05:58:27.00	+02:08:49 (35.9%)	7:57	7.5 (63.6%)
165	KOBYŁKA Marek	5392	SUPERMARATON KALISZ	Weteran I M - 50	12	00:01:49	01:25:37	03:03:32	04:33:47	05:58:29.55	05:58:29.55	+02:08:51 (35.9%)	7:57	7.5 (63.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Łądek 0km	B1 10km	B2 22km	A15 33km	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
166	SROKA Marcin	5224	ST RUNNERS	Masters M - 40	50	00:00:40	01:21:03	02:58:51	04:38:19	05:58:32.50	05:58:32.50	+02:08:54 (36.0%)	7:58	7.5 (63.6%)
167	KUTERA Robert	5450	NOA	Masters M - 40	51	00:01:56	01:33:14	03:12:08	04:41:20	05:58:33.55	05:58:33.55	+02:08:55 (36.0%)	7:58	7.5 (63.6%)
168	PAŁYSA Robert	5161	STANWEX II	Senior I M - 20	14	00:02:26	01:31:12	03:08:19	04:38:12	05:58:51.90	05:58:51.90	+02:09:14 (36.0%)	7:58	7.5 (63.6%)
169	SIROČÁK Petr	5519	TŘI KŘÍŽKY OSTRAVA	Masters M - 40	52	00:01:09	01:18:38	02:54:01	04:37:32	05:59:08.90	05:59:08.90	+02:09:31 (36.1%)	7:58	7.5 (63.6%)
170	RÓŻAŃSKI Eryk	5130	MARATOŃCZYK POZNAŃ	Senior II M - 30	59	00:00:20	01:18:21	02:55:09	04:28:22	05:59:11.00	05:59:11.00	+02:09:33 (36.1%)	7:58	7.5 (63.6%)
171	CIEŚLIK Paweł	5568	CHATEAU CHALIN	Masters M - 40	53	00:02:06	01:29:36	03:04:08	04:39:15	05:59:25.70	05:59:25.70	+02:09:47 (36.1%)	7:59	7.5 (63.6%)
172	TALAREK Robert	5484	TELERANEK	Masters M - 40	54	00:00:44	01:24:45	03:06:53	04:38:26	06:00:37.95	06:00:37.95	+02:11:00 (36.3%)	8:00	7.5 (63.6%)
173	KAJDAS Gosia	5227	CROOS STRATEŃCÓW TEAM	Masters K - 40	8	00:00:16	01:24:57	03:08:55	04:41:47	06:00:45.65	06:00:45.65	+02:11:07 (36.3%)	8:01	7.5 (63.6%)
174	MROWCA Paweł	5181		Senior II M - 30	60	00:01:57	01:26:19	03:03:57	04:38:15	06:00:53.25	06:00:53.25	+02:11:15 (36.4%)	8:01	7.5 (63.6%)
175	SPYTKOWSKI Patryk	5651		Senior II M - 30	61	00:00:10	01:22:07	03:01:57	04:38:00	06:01:41.50	06:01:41.50	+02:12:03 (36.5%)	8:02	7.5 (63.6%)
176	GROCHOLEWSKI Włodzimierz	5402	MOTOR LUBON TEAM	Weteran I M - 50	13	00:02:00	01:28:20	03:02:33	04:36:55	06:01:59.45	06:01:59.45	+02:12:21 (36.6%)	8:02	7.5 (63.6%)
177	HACZ Paweł	5603		Masters M - 40	55	00:00:09	01:18:37	02:55:36	04:34:57	06:02:51.20	06:02:51.20	+02:13:13 (36.7%)	8:03	7.4 (62.7%)
178	STOLIŃSKI Przemek	5569		Masters M - 40	56	00:00:18	01:14:41	02:52:22	04:39:10	06:03:08.10	06:03:08.10	+02:13:30 (36.8%)	8:04	7.4 (62.7%)
179	WARZECHA Teresa	5618	RUNNERS TEAM NYSA	Weteran II K - 60	1	00:00:37	01:23:28	03:04:08	04:38:05	06:03:31.65	06:03:31.65	+02:13:53 (36.8%)	8:04	7.4 (62.7%)
180	BORECKI Piotr	5113	CZAJKERSI	Senior II M - 30	62	00:01:27	01:27:32	03:03:55	04:33:54	06:03:38.30	06:03:38.30	+02:14:00 (36.9%)	8:04	7.4 (62.7%)
181	BINIENDA Agnieszka	5575	KOBIETY WATAHY	Masters K - 40	9	00:00:07	01:23:38	03:05:51	04:40:56	06:03:57.85	06:03:57.85	+02:14:20 (36.9%)	8:05	7.4 (62.7%)
182	ŁYSIAK Bartek	5371		Senior II M - 30	63	00:00:41	01:20:14	02:53:22	04:34:07	06:04:31.40	06:04:31.40	+02:14:53 (37.0%)	8:06	7.4 (62.7%)
183	UPTAS Tomasz	5019	CROSS STRACEŃCÓW TEAM	Masters M - 40	57	00:00:53	01:20:32	02:57:03	04:37:58	06:04:48.65	06:04:48.65	+02:15:10 (37.1%)	8:06	7.4 (62.7%)
184	WESOŁOWSKA Kinga	5342	ASICS FRONTRUNNER POLAND	Senior I K - 20	5	00:00:39	01:22:20	03:06:17	04:39:44	06:04:48.70	06:04:48.70	+02:15:10 (37.1%)	8:06	7.4 (62.7%)
185	GRZELAK Jakub	5627	MARMUROWE DZIKI	Senior II M - 30	64	00:00:19	01:19:02	02:56:37	04:36:03	06:04:50.35	06:04:50.35	+02:15:12 (37.1%)	8:06	7.4 (62.7%)
186	MAŁYSZKA Krzysztof	5126	KRIS TRANS MAŁYSZKA	Weteran I M - 50	14	00:00:07	01:17:54	02:58:51	04:32:29	06:04:56.45	06:04:56.45	+02:15:18 (37.1%)	8:06	7.4 (62.7%)
187	KAWECKI Marek	5182	DRUŻYNA KONOPIELKI	Masters M - 40	58	00:00:45	01:15:45	02:58:14	04:41:49	06:05:30.55	06:05:30.55	+02:15:52 (37.2%)	8:07	7.4 (62.7%)
188	SIELIWONIK Anita	5205		Masters K - 40	10	00:02:18	01:33:11	03:14:19	04:44:05	06:05:59.15	06:05:59.15	+02:16:21 (37.3%)	8:07	7.4 (62.7%)
189	KALKA Katarzyna	5069	MARATOŃCZYK POZNAŃ	Senior II K - 30	21	00:00:28	01:19:46	03:03:01	04:38:51	06:06:14.70	06:06:14.70	+02:16:36 (37.3%)	8:08	7.4 (62.7%)
190	DARUL Albert	5676	KUPIEC TEAM	Senior I M - 20	15	00:01:29	01:29:50	03:08:29	04:46:56	06:06:21.10	06:06:21.10	+02:16:43 (37.3%)	8:08	7.4 (62.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Łądek 0km	B1 10km	B2 22km	A15 33km	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
191	OSTACH Daria	5425		Masters K - 40	11	00:00:23	01:26:32	03:09:52	04:42:31	06:07:10.35	06:07:10.35	+02:17:32 (37.5%)	8:09	7.4 (62.7%)
192	ASŁANOWICZ Marcin	5587	ŻÓRAWSKI TEAM	Masters M - 40	59	00:00:16	01:22:04	03:06:33	04:41:06	06:07:47.90	06:07:47.90	+02:18:10 (37.6%)	8:10	7.3 (61.9%)
193	JARYSZ Piotr	5160	KRISTRANS MAŁYSZKA	Senior II M - 30	65	00:00:17	01:18:29	02:57:16	04:36:45	06:08:34.40	06:08:34.40	+02:18:56 (37.7%)	8:11	7.3 (61.9%)
194	SEMENIUK Konrad	5617	RZEPIN CITY	Senior II M - 30	66	00:01:28	01:29:49	03:08:29	04:46:56	06:08:41.10	06:08:41.10	+02:19:03 (37.7%)	8:11	7.3 (61.9%)
195	MRÓWKA Małgorzata	5001		Senior II K - 30	22	00:00:18	01:23:41	03:09:09	04:43:04	06:08:42.95	06:08:42.95	+02:19:05 (37.7%)	8:11	7.3 (61.9%)
196	RATAJCZAK Dorota	5671	TRIO FORTIS	Masters K - 40	12	00:00:24	01:28:49	03:14:30	04:51:08	06:09:09.95	06:09:09.95	+02:19:32 (37.8%)	8:12	7.3 (61.9%)
197	PAJESTKA Wojtek	5547	GÓRAL Z MAZUR RUNNING TEAM	Masters M - 40	60	00:01:28	01:28:09	03:09:55	04:45:59	06:09:43.50	06:09:43.50	+02:20:05 (37.9%)	8:12	7.3 (61.9%)
198	BROŻYNA Miłosz	5278		Senior I M - 20	16	00:00:59	01:22:38	03:05:50	04:39:20	06:09:50.25	06:09:50.25	+02:20:12 (37.9%)	8:13	7.3 (61.9%)
199	KRÓLEWICZ Daria	5359		Senior I K - 20	6	00:01:24	01:28:31	03:11:43	04:48:17	06:10:58.25	06:10:58.25	+02:21:20 (38.1%)	8:14	7.3 (61.9%)
200	SAMBORSKI Piotr	5474	WKURW_TEAM	Senior II M - 30	67	00:02:26	01:39:04	03:16:54	04:45:22	06:11:02.35	06:11:02.35	+02:21:24 (38.1%)	8:14	7.3 (61.9%)
201	HANS Michał	5496		Senior II M - 30	68	00:00:06	01:09:53	02:41:17	04:24:50	06:11:07.55	06:11:07.55	+02:21:29 (38.1%)	8:14	7.3 (61.9%)
202	GRONOWSKA-KAROLCZAK Agnieszka	5008	MARATOŃCZYK POZNAŃ	Senior II K - 30	23	00:00:27	01:23:48	03:09:47	04:50:16	06:11:30.15	06:11:30.15	+02:21:52 (38.2%)	8:15	7.3 (61.9%)
203	KAROLCZAK Rafał	5020	MARATOŃCZYK POZNAŃ	Senior II M - 30	69	00:00:27	01:24:03	03:09:47	04:50:19	06:11:30.45	06:11:30.45	+02:21:52 (38.2%)	8:15	7.3 (61.9%)
204	RADECKI Wojciech	5495	NIEPOŁOMICE BIEGAJĄ	Weteran I M - 50	15	00:00:53	01:33:23	03:16:41	04:46:29	06:11:32.30	06:11:32.30	+02:21:54 (38.2%)	8:15	7.3 (61.9%)
205	TOKARZEWSKA Katarzyna	5541		Masters K - 40	13	00:01:16	01:39:02	03:21:35	04:52:50	06:13:19.60	06:13:19.60	+02:23:41 (38.5%)	8:17	7.2 (61.0%)
206	WYRZYKOWSKI Andrzej	5311	GRUPA BIEGOWA 65	Weteran I M - 50	16	00:01:21	01:32:01	03:13:55	04:51:54	06:13:19.95	06:13:19.95	+02:23:42 (38.5%)	8:17	7.2 (61.0%)
207	SZELIGA Tomasz	5482		Senior II M - 30	70	00:00:59	01:30:17	03:14:29	04:46:02	06:13:26.65	06:13:26.65	+02:23:48 (38.5%)	8:17	7.2 (61.0%)
208	KLAMA Maciej	5021	KKM	Masters M - 40	61	00:02:26	01:37:59	03:23:23	04:54:10	06:13:36.90	06:13:36.90	+02:23:59 (38.5%)	8:18	7.2 (61.0%)
209	KATRYCZ Krzysztof	5571		Senior I M - 20	17	00:02:32	01:33:26	03:10:26	04:47:26	06:13:44.05	06:13:44.05	+02:24:06 (38.6%)	8:18	7.2 (61.0%)
210	MATYSIK Marta	5286	WYZNAWCY BRONKA LIBIĄŻ	Senior II K - 30	24	00:00:48	01:25:36	03:09:49	04:47:32	06:13:45.65	06:13:45.65	+02:24:07 (38.6%)	8:18	7.2 (61.0%)
211	JARZĄBEK Michał	5142		Senior II M - 30	71	00:01:18	01:25:19	03:09:03	04:51:21	06:13:57.20	06:13:57.20	+02:24:19 (38.6%)	8:18	7.2 (61.0%)
212	ODIJA Leszek	5652		Masters M - 40	62	00:00:51	01:29:18	03:13:37	04:45:55	06:14:33.25	06:14:33.25	+02:24:55 (38.7%)	8:19	7.2 (61.0%)
213	HRONOWSKI Jakub	5203		Senior I M - 20	18	00:01:28	01:29:19	03:07:21	04:39:32	06:14:35.10	06:14:35.10	+02:24:57 (38.7%)	8:19	7.2 (61.0%)
214	SOBCZAK Marcin	5444		Senior II M - 30	72	00:00:36	01:26:38	03:11:10	04:50:54	06:14:44.15	06:14:44.15	+02:25:06 (38.7%)	8:19	7.2 (61.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start				Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
						Lądek 0km	B1 10km	B2 22km	A15 33km					
215	JAKRZEWSKI Hubert	5281		Senior II M - 30	73	00:00:32	01:23:08	03:04:21	04:45:33	06:15:05.65	06:15:05.65	+02:25:27 (38.8%)	8:20	7.2 (61.0%)
216	RUDNICKA Magdalena	5451		Senior II K - 30	25	00:02:09	01:36:43	03:18:21	04:52:51	06:15:35.80	06:15:35.80	+02:25:58 (38.9%)	8:20	7.2 (61.0%)
217	STANKIEWICZ Krzysztof	5214	KÓRNIK	Masters M - 40	63	00:01:37	01:36:44	03:22:03	04:54:57	06:15:49.80	06:15:49.80	+02:26:12 (38.9%)	8:21	7.2 (61.0%)
218	SZYMAŃSKI Jarosław	5174		Senior I M - 20	19	00:00:47	01:27:33	03:19:49	04:54:35	06:15:50.90	06:15:50.90	+02:26:13 (38.9%)	8:21	7.2 (61.0%)
219	SYCHOWSKI Dawid	5068		Senior II M - 30	74	00:01:35	01:28:11	03:13:49	04:51:15	06:15:57.20	06:15:57.20	+02:26:19 (38.9%)	8:21	7.2 (61.0%)
220	SMIERZCHAŁA Adam	5517		Weteran I M - 50	17	00:00:49	01:29:37	03:16:09	04:54:33	06:16:55.20	06:16:55.20	+02:27:17 (39.1%)	8:22	7.2 (61.0%)
221	FEODORÓW Wojciech	5667	RESHAPE RUNNERS	Weteran I M - 50	18	00:00:15	01:20:49	03:05:46	04:44:56	06:17:30.35	06:17:30.35	+02:27:52 (39.2%)	8:23	7.2 (61.0%)
222	OLEJNIK Agnieszka	5114	ENDORFINY WAŚOSZ	Senior II K - 30	26	00:01:02	01:28:10	03:15:50	04:51:09	06:17:37.25	06:17:37.25	+02:27:59 (39.2%)	8:23	7.2 (61.0%)
223	OLEŚ Daniel	5466		Senior II M - 30	75	00:00:22	01:19:59	03:05:48	04:52:42	06:18:13.00	06:18:13.00	+02:28:35 (39.3%)	8:24	7.1 (60.2%)
224	KONIECZNY Cyprian	5272		Senior II M - 30	76	00:01:22	01:30:30	03:13:25	04:51:35	06:18:24.65	06:18:24.65	+02:28:46 (39.3%)	8:24	7.1 (60.2%)
225	ZYWERT Antonina	5318		Senior I K - 20	7	00:02:30	01:37:59	03:22:25	04:52:59	06:18:43.60	06:18:43.60	+02:29:05 (39.4%)	8:24	7.1 (60.2%)
226	KARMOWSKI Jakub	5014	MOCNA GRUPA CEZARA	Senior II M - 30	77	00:00:45	01:28:13	03:17:04	04:56:30	06:19:38.00	06:19:38.00	+02:30:00 (39.5%)	8:26	7.1 (60.2%)
227	KUSZTELSKA Lucyna	5654	WLKP MOUNTAINS ULTRA	Masters K - 40	14	00:00:43	01:35:24	03:24:05	04:59:45	06:20:16.85	06:20:16.85	+02:30:39 (39.6%)	8:27	7.1 (60.2%)
228	PROCHNO Piotr	5682	TRAIL IS OUR WAY TEAM	Senior II M - 30	78	00:01:13	01:29:42	03:14:56	04:55:07	06:20:39.10	06:20:39.10	+02:31:01 (39.7%)	8:27	7.1 (60.2%)
229	LASKOWSKI Krzysztof	5344		Weteran I M - 50	19	00:00:52	01:26:37	03:13:16	04:50:24	06:20:46.60	06:20:46.60	+02:31:08 (39.7%)	8:27	7.1 (60.2%)
230	KUBISIAK Dariusz	5605		Weteran I M - 50	20	00:02:47	01:37:20	03:22:26	04:57:41	06:21:17.65	06:21:17.65	+02:31:39 (39.8%)	8:28	7.1 (60.2%)
231	MACIEJEWSKI Łukasz	5391		Senior II M - 30	79	00:01:49	01:28:07	03:10:03	04:49:10	06:21:19.85	06:21:19.85	+02:31:42 (39.8%)	8:28	7.1 (60.2%)
232	ROSZYK Tomasz	5235	TKKF MPK POZNAŃ	Masters M - 40	64	00:01:19	01:36:46	03:24:48	05:01:49	06:21:31.40	06:21:31.40	+02:31:53 (39.8%)	8:28	7.1 (60.2%)
233	CICHOCKI Dawid	5120	NIGHT RUNNERS PYSKOWICE	Senior II M - 30	80	00:00:50	01:24:00	03:07:30	04:52:12	06:21:40.40	06:21:40.40	+02:32:02 (39.8%)	8:28	7.1 (60.2%)
234	KRENN Peter	5388	DIE KOCHANILES	Masters M - 40	65	00:00:01		03:18:02	04:58:52	06:22:16.30	06:22:16.30	+02:32:38 (39.9%)	8:29	7.1 (60.2%)
235	STASZYŃSKA Karolina	5108	BIEGAJĄCE KREJZOLE	Masters K - 40	15	00:00:35	01:27:24	03:17:00	04:55:56	06:22:20.45	06:22:20.45	+02:32:42 (39.9%)	8:29	7.1 (60.2%)
236	POPŁAWSKI Piotr	5625	PGB SPORTOWA PACZKA	Masters M - 40	66	00:00:06	01:28:27	03:22:04	05:00:16	06:22:59.75	06:22:59.75	+02:33:22 (40.0%)	8:30	7 (59.3%)
237	SYREK Rafał	5098		Masters M - 40	67	00:02:43	01:23:52	03:02:28	04:52:01	06:23:22.80	06:23:22.80	+02:33:45 (40.1%)	8:31	7 (59.3%)
238	KURZYNIC Łukasz	5197		Senior II M - 30	81	00:03:01	01:32:40	03:11:32	04:48:18	06:23:29.40	06:23:29.40	+02:33:51 (40.1%)	8:31	7 (59.3%)
239	SZUMIATO Jakub	5372	PRZEDWOJEWSKI TEAM	Senior II M - 30	82	00:01:46	01:34:46	03:20:06	05:01:00	06:23:57.70	06:23:57.70	+02:34:19 (40.2%)	8:31	7 (59.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start				Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
						Lądek 0km	B1 10km	B2 22km	A15 33km					
240	ZUBRZAK Jacek	5409		Masters M - 40	68	00:02:16	01:36:32	03:23:37	05:00:22	06:24:05.55	06:24:05.55	+02:34:27 (40.2%)	8:32	7 (59.3%)
241	MATUSZCZYK Marek	5032	RYBNICKA GRUPA BIEGOWA	Masters M - 40	69	00:02:25	01:41:57	03:29:13	04:53:33	06:24:38.00	06:24:38.00	+02:35:00 (40.3%)	8:32	7 (59.3%)
242	WALCZAK Agnieszka	5245	PKO BANK POLSKI	Masters K - 40	16	00:00:57	01:31:56	03:17:22	04:58:47	06:24:45.50	06:24:45.50	+02:35:07 (40.3%)	8:33	7 (59.3%)
243	SALIŃSKI Bartosz	5510	AUGUSTEAM	Senior II M - 30	83	00:00:03	01:22:33	03:11:13	04:52:57	06:24:49.15	06:24:49.15	+02:35:11 (40.3%)	8:33	7 (59.3%)
244	BARTOSZAK Piotr	5408		Senior II M - 30	84	00:00:11	01:17:56	03:00:26	04:48:30	06:24:51.05	06:24:51.05	+02:35:13 (40.3%)	8:33	7 (59.3%)
245	RYBKOWSKI Hubert	5492	KTÓRĘDYNADMORSKIEOKO	Senior II M - 30	85	00:00:58	01:31:57	03:12:12	04:49:11	06:25:09.55	06:25:09.55	+02:35:31 (40.4%)	8:33	7 (59.3%)
246	PORAJ Paweł	5464		Senior II M - 30	86	00:01:08	01:33:13	03:18:55	04:59:35	06:25:47.60	06:25:47.60	+02:36:09 (40.5%)	8:34	7 (59.3%)
247	DUBAS Anna	5328	SPRAWDZAMY-NIERUCHOMOSCI.PL	Senior II K - 30	27	00:01:04	01:28:02	03:14:50	04:53:33	06:25:48.55	06:25:48.55	+02:36:10 (40.5%)	8:34	7 (59.3%)
248	REDKIEWICZ Agnieszka	5445	TEAM ZABIEGANEDNI	Senior II K - 30	28	00:02:28	01:33:25	03:20:07	05:00:54	06:25:58.25	06:25:58.25	+02:36:20 (40.5%)	8:34	7 (59.3%)
249	WOJCIECHOWSKA Dorota	5633		Masters K - 40	17	00:00:44	01:27:05	03:17:24	04:55:50	06:26:02.80	06:26:02.80	+02:36:25 (40.5%)	8:34	7 (59.3%)
250	PILONIS Paweł	5456	BIEGOSTACJA	Masters M - 40	70	00:01:40	01:28:06	03:08:20	04:54:33	06:26:02.90	06:26:02.90	+02:36:25 (40.5%)	8:34	7 (59.3%)
251	RZECZYCKI Dariusz	5034		Weteran I M - 50	21	00:00:32	01:29:04	03:17:14	04:58:54	06:26:11.55	06:26:11.55	+02:36:33 (40.5%)	8:34	7 (59.3%)
252	RZECZYCKA Małgorzata	5033		Masters K - 40	18	00:00:32	01:29:03	03:17:17	04:58:53	06:26:12.00	06:26:12.00	+02:36:34 (40.5%)	8:34	7 (59.3%)
253	GOŁOWICZ Ania	5657		Senior II K - 30	29	00:02:40	01:37:58	03:21:42	05:00:33	06:26:19.45	06:26:19.45	+02:36:41 (40.6%)	8:35	7 (59.3%)
254	BIK Andrzej	5165		Weteran I M - 50	22	00:01:05	01:31:09	03:14:44	04:56:29	06:26:20.75	06:26:20.75	+02:36:43 (40.6%)	8:35	7 (59.3%)
255	OLIŃSKI Paweł	5117		Senior II M - 30	87	00:01:17	01:29:02	03:11:25	04:52:11	06:26:54.05	06:26:54.05	+02:37:16 (40.6%)	8:35	7 (59.3%)
256	BOCIAGA Paweł	5559	RODZINNA GRUPA ROWEROWA Z MIASTA ŁODZI	Masters M - 40	71	00:02:08	01:36:30	03:20:57	05:02:23	06:27:19.85	06:27:19.85	+02:37:42 (40.7%)	8:36	7 (59.3%)
257	SMORAWSKA Lidia	5137	ZAKŁADKA TEAM / TARNOWO PODGÓRNE BIEGA	Senior II K - 30	30	00:01:01	01:29:35	03:17:02	04:54:26	06:27:42.15	06:27:42.15	+02:38:04 (40.8%)	8:36	7 (59.3%)
258	BURMISTRZ Bartosz	5140	ZAKŁADKA TEAM / TARNOWO PODGÓRNE BIEGA	Senior II M - 30	88	00:01:01	01:29:34	03:17:03	04:54:27	06:27:42.50	06:27:42.50	+02:38:04 (40.8%)	8:36	7 (59.3%)
259	KODZIS Lesław	5403		Masters M - 40	72	00:02:00	01:41:28	03:26:43	05:06:39	06:29:14.50	06:29:14.50	+02:39:36 (41.0%)	8:38	6.9 (58.5%)
260	SZARADOWSKI Piotr	5101	140 MINUT	Weteran I M - 50	23	00:01:16	01:29:10	03:24:36	05:04:30	06:29:24.85	06:29:24.85	+02:39:47 (41.0%)	8:39	6.9 (58.5%)
261	SITEK Piotr	5486		Masters M - 40	73	00:00:13	01:20:03	03:10:30	04:56:32	06:29:26.40	06:29:26.40	+02:39:48 (41.0%)	8:39	6.9 (58.5%)
262	KACZOR Marcin	5385	ADJ	Masters M - 40	74	00:01:39	01:28:21	03:12:48	04:59:28	06:29:41.40	06:29:41.40	+02:40:03 (41.1%)	8:39	6.9 (58.5%)
263	STACHAK Krzysztof	5090	MIRAZ RACE TEAM	Masters M - 40	75	00:00:25	01:33:09	03:26:35	05:03:25	06:30:14.90	06:30:14.90	+02:40:37 (41.2%)	8:40	6.9 (58.5%)
264	RUKUSZEWICZ Wawrzyniec	5364	DZIKIE GRUBASY SZATANA	Masters M - 40	76	00:00:53	01:23:44	03:09:05	04:55:13	06:30:34.55	06:30:34.55	+02:40:56 (41.2%)	8:40	6.9 (58.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start				Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
						Lądek 0km	B1 10km	B2 22km	A15 33km					
265	KRZYŻYK Agnieszka	5678	TRIO FORTIS	Masters K - 40	19	00:00:24	01:27:31	03:18:30	04:59:55	06:31:06.75	06:31:06.75	+02:41:29 (41.3%)	8:41	6.9 (58.5%)
266	GAWROŃSKI Roman	5025		Masters M - 40	77	00:01:04	01:31:07	03:15:25	05:02:41	06:31:29.45	06:31:29.45	+02:41:51 (41.3%)	8:41	6.9 (58.5%)
267	WRÓBEL Małgorzata	5144	OBORYGENI	Senior II K - 30	31	00:00:49	01:33:28	03:19:47	05:09:01	06:31:38.00	06:31:38.00	+02:42:00 (41.4%)	8:42	6.9 (58.5%)
268	ZIELONKA Witold	5295	MARATOŃCZYK POZNAŃ	Masters M - 40	78	00:00:40	01:26:31	03:20:48	05:07:33	06:32:15.00	06:32:15.00	+02:42:37 (41.5%)	8:43	6.9 (58.5%)
269	POŁĘĆ Leszek	5357	MOCNA GRUPA CEZARA	Senior II M - 30	89	00:01:43	01:31:30	03:12:12	04:57:36	06:32:20.40	06:32:20.40	+02:42:42 (41.5%)	8:43	6.9 (58.5%)
270	ZIAJA Wojciech	5548	JAWORZNO RUNNERS	Masters M - 40	79	00:00:19	01:23:04	03:11:00	05:09:28	06:32:48.00	06:32:48.00	+02:43:10 (41.5%)	8:43	6.9 (58.5%)
271	KĘDZIOR Jarek	5462	PORANNY BESKID RUN	Masters M - 40	80	00:01:40	01:36:38	03:28:07	05:06:03	06:32:49.05	06:32:49.05	+02:43:11 (41.5%)	8:43	6.9 (58.5%)
272	KAFKA Ewelina	5176	PORANNY BESKID RUN	Masters K - 40	20	00:01:32	01:34:39	03:28:04	05:09:27	06:32:49.10	06:32:49.10	+02:43:11 (41.5%)	8:43	6.9 (58.5%)
273	SOCHANOWSKI Krzysztof	5433		Senior II M - 30	90	00:00:26	01:26:25	03:19:13	05:10:15	06:33:04.60	06:33:04.60	+02:43:26 (41.6%)	8:44	6.9 (58.5%)
274	MUSIALSKI Tomasz	5400	TKM KANCELARIA	Masters M - 40	81	00:00:13	01:23:59	03:16:05	05:00:00	06:33:21.05	06:33:21.05	+02:43:43 (41.6%)	8:44	6.9 (58.5%)
275	DOMAŃ Leszek	5122	FEHLAU RUN TEAM	Masters M - 40	82	00:00:55	01:27:06	03:15:47	05:02:39	06:33:32.20	06:33:32.20	+02:43:54 (41.6%)	8:44	6.9 (58.5%)
275	STACHOWIAK Marek	5047	ROKIETNICA BIEGA	Masters M - 40	82	00:00:40	01:22:53	03:11:13	05:02:39	06:33:32.20	06:33:32.20	+02:43:54 (41.6%)	8:44	6.9 (58.5%)
277	DALECKA Dorota	5508		Masters K - 40	21	00:02:00	01:42:23	03:33:41	05:07:02	06:33:49.05	06:33:49.05	+02:44:11 (41.7%)	8:45	6.9 (58.5%)
278	SZYDŁOWSKI Robert	5640		Masters M - 40	84	00:00:50	01:33:23	03:17:14	05:09:02	06:33:58.50	06:33:58.50	+02:44:20 (41.7%)	8:45	6.9 (58.5%)
279	KOGUT Maciej	5641		Masters M - 40	85	00:01:43	01:19:04	02:56:30	05:03:57	06:34:18.80	06:34:18.80	+02:44:41 (41.8%)	8:45	6.8 (57.6%)
280	MATYSIAK Maciej	5274	OSH	Masters M - 40	86	00:01:51	01:33:10	03:21:10	05:03:19	06:34:24.75	06:34:24.75	+02:44:47 (41.8%)	8:45	6.8 (57.6%)
281	GŁOWACKA Renata	5189	ULTRA PIOTRKÓW	Weteran K - 50	2	00:00:41	01:29:02	03:20:32	05:06:49	06:34:28.75	06:34:28.75	+02:44:51 (41.8%)	8:45	6.8 (57.6%)
282	WERESZCZYŃSKI Tomasz	5270	SZWAGRY TEAM	Masters M - 40	87	00:00:58	01:37:04	03:24:35	05:09:37	06:34:29.80	06:34:29.80	+02:44:52 (41.8%)	8:45	6.8 (57.6%)
283	POMIANOWSKI Szymon	5356		Senior II M - 30	91	00:00:25	01:20:12	03:09:52	05:03:12	06:34:50.90	06:34:50.90	+02:45:13 (41.8%)	8:46	6.8 (57.6%)
284	DUBILIS Mateusz	5525		Senior I M - 20	20	00:02:12	01:36:48	03:19:47	05:03:15	06:35:32.90	06:35:32.90	+02:45:55 (41.9%)	8:47	6.8 (57.6%)
285	WOLNY Krzysztof	5687	ULTRA KREW	Masters M - 40	88	00:00:14	01:23:29	03:16:29	05:01:42	06:35:36.60	06:35:36.60	+02:45:58 (42.0%)	8:47	6.8 (57.6%)
286	GIERSZEWSKA Anna	5017	KB SZAMOTUŁY	Masters K - 40	22	00:01:07	01:35:06	03:29:36	05:07:13	06:36:09.40	06:36:09.40	+02:46:31 (42.0%)	8:48	6.8 (57.6%)
287	TARNOWSKI Bartosz	5419		Masters M - 40	89	00:01:14	01:34:11	03:18:32	05:01:11	06:36:26.50	06:36:26.50	+02:46:48 (42.1%)	8:48	6.8 (57.6%)
288	NIKODEM Klaudiusz	5115	CZAJKERSI	Masters M - 40	90	00:01:31	01:32:13	03:17:27	05:02:22	06:36:39.85	06:36:39.85	+02:47:02 (42.1%)	8:48	6.8 (57.6%)
289	DEBSKI Marcin	5428		Senior II M - 30	92	00:01:33	01:33:14	03:25:10	05:11:26	06:36:45.95	06:36:45.95	+02:47:08 (42.1%)	8:49	6.8 (57.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Łądek 0km	B1 10km	B2 22km	A15 33km	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
290	MICHOŃ Kacper	5527	NIGHT RUNNERS	Senior I M - 20	21	00:00:04	01:30:25	03:19:57	05:02:29	06:37:14.65	06:37:14.65	+02:47:36 (42.2%)	8:49	6.8 (57.6%)
291	BURA Tomasz	5276		Senior II M - 30	93	00:00:49	01:29:19	03:21:04	05:07:03	06:37:25.55	06:37:25.55	+02:47:47 (42.2%)	8:49	6.8 (57.6%)
292	RZEPKA Aleksandra	5615		Senior II K - 30	32	00:01:15	01:28:30	03:22:13	05:02:09	06:37:35.45	06:37:35.45	+02:47:57 (42.2%)	8:50	6.8 (57.6%)
293	KUREK Damian	5324		Senior I M - 20	22	00:02:29	01:38:06	03:27:26	05:13:18	06:38:35.20	06:38:35.20	+02:48:57 (42.4%)	8:51	6.8 (57.6%)
294	KORBUS Piotr	5226	PORANNY BESKID RUN	Masters M - 40	91	00:01:37	01:30:37	03:24:32	05:05:27	06:39:08.55	06:39:08.55	+02:49:30 (42.5%)	8:52	6.8 (57.6%)
295	MOKRZYCKA Weronika	5430		Senior II K - 30	33	00:00:23	01:36:28	03:32:22	05:13:22	06:40:02.00	06:40:02.00	+02:50:24 (42.6%)	8:53	6.7 (56.8%)
296	MAGIERA Przemysław	5345	NOWOSOLSKA GRUPA BIEGOWA	Masters M - 40	92	00:01:02	01:22:39	03:10:29	05:03:44	06:40:09.95	06:40:09.95	+02:50:32 (42.6%)	8:53	6.7 (56.8%)
297	ŚMIGIELSKI Arkadiusz	5038		Masters M - 40	93	00:02:04	01:29:31	03:08:04	05:03:46	06:40:23.90	06:40:23.90	+02:50:46 (42.6%)	8:53	6.7 (56.8%)
298	KURCZEK Tomasz	5452	RUN FORREST RUN!	Masters M - 40	94	00:02:20	01:36:39	03:22:54	05:13:21	06:40:33.35	06:40:33.35	+02:50:55 (42.7%)	8:54	6.7 (56.8%)
299	CISZEK Bartosz	5202	8A TEAM	Senior II M - 30	94	00:01:43	01:37:28	03:28:04	05:12:31	06:40:36.60	06:40:36.60	+02:50:58 (42.7%)	8:54	6.7 (56.8%)
300	WAWRZYNIAK Krystian	5493	KB ODRA OPOLE	Senior II M - 30	95	00:01:47	01:45:38	03:38:10	05:17:56	06:41:20.25	06:41:20.25	+02:51:42 (42.8%)	8:55	6.7 (56.8%)
301	MOKRZYŃSKI Marcin	5546	TEAM KURORT ŁĄDEK ZDRÓJ	Masters M - 40	95	00:02:07	01:42:26	03:40:24	05:17:54	06:41:53.75	06:41:53.75	+02:52:16 (42.9%)	8:55	6.7 (56.8%)
302	KOMORKIEWICZ Karol	5565	RUNEDA/FINASTRA	Senior II M - 30	96	00:00:31	01:29:30	03:18:24	05:04:02	06:42:28.70	06:42:28.70	+02:52:50 (42.9%)	8:56	6.7 (56.8%)
303	HINC-ZARDECKA Natalia	5564	RUNEDA	Senior II K - 30	34	00:00:31	01:29:25	03:18:22	05:04:03	06:42:28.90	06:42:28.90	+02:52:51 (42.9%)	8:56	6.7 (56.8%)
304	KALISZEWSKI Adam	5626	MPK POZNAŃ	Weteran I M - 50	24	00:01:20	01:38:05	03:28:18	05:10:07	06:42:33.80	06:42:33.80	+02:52:56 (43.0%)	8:56	6.7 (56.8%)
305	OLEJNIK Marcin	5576		Masters M - 40	96	00:02:28	01:44:04	03:33:46	05:18:26	06:43:26.95	06:43:26.95	+02:53:49 (43.1%)	8:57	6.7 (56.8%)
306	BARTOSIEWICZ Daria	5376		Senior II K - 30	35	00:00:49	01:34:38	03:24:50	05:10:53	06:44:14.25	06:44:14.25	+02:54:36 (43.2%)	8:58	6.7 (56.8%)
307	TOKARCZYK Tomasz	5531	DRUŻYNA SZPIKU	Masters M - 40	97	00:01:17	01:26:43	03:12:09	05:05:57	06:44:14.35	06:44:14.35	+02:54:36 (43.2%)	8:58	6.7 (56.8%)
308	JURKIEWICZ Karol	5497	OKB ODRA OPOLE	Senior II M - 30	97	00:01:44	01:37:06	03:22:27	05:18:55	06:44:44.75	06:44:44.75	+02:55:07 (43.3%)	8:59	6.7 (56.8%)
309	GRZYB Jacek	5613	BIEGOWA KUŹNIA	Masters M - 40	98	00:02:19	01:45:03	03:39:58	05:18:50	06:45:10.15	06:45:10.15	+02:55:32 (43.3%)	9:00	6.7 (56.8%)
310	BEDNARCZYK Paweł	5393	PZU SPORT TEAM	Masters M - 40	99	00:02:03	01:35:49	03:21:35	05:14:28	06:45:38.70	06:45:38.70	+02:56:00 (43.4%)	9:00	6.7 (56.8%)
311	LPIŃSKI Krzysztof	5475	KB MANIAC POZNAŃ	Weteran II M - 60	2	00:00:38	01:36:35	03:32:20	05:17:21	06:46:00.25	06:46:00.25	+02:56:22 (43.4%)	9:01	6.7 (56.8%)
312	DAWIDOWICZ Konrad	5222		Senior II M - 30	98	00:00:45	01:28:30	03:17:05	05:08:46	06:46:08.50	06:46:08.50	+02:56:30 (43.5%)	9:01	6.6 (55.9%)
313	OGÓRKIEWICZ Michał	5131		Masters M - 40	100	00:01:56	01:31:11	03:20:59	05:16:03	06:46:28.85	06:46:28.85	+02:56:51 (43.5%)	9:01	6.6 (55.9%)
314	LEONHARD Gosia	5198	W POGONI ZA DUCHEM	Masters K - 40	23	00:01:55	01:43:06	03:34:40	05:20:56	06:47:17.75	06:47:17.75	+02:57:40 (43.6%)	9:03	6.6 (55.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Łądek 0km	B1 10km	B2 22km	A15 33km	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
315	DRZYMAŁA Marcin	5085		Senior II M - 30	99	00:01:52	01:38:07	03:29:47	05:14:18	06:47:28.55	06:47:28.55	+02:57:50 (43.6%)	9:03	6.6 (55.9%)
316	BOSZKO Krzysztof	5055		Senior II M - 30	100	00:01:52	01:38:09	03:30:00	05:14:19	06:47:53.70	06:47:53.70	+02:58:15 (43.7%)	9:03	6.6 (55.9%)
317	KACZOR Michał	5158	KLUCZBORSKI GRUPA BIEGOWA	Senior II M - 30	101	00:01:02	01:25:18	03:15:12	05:19:13	06:47:56.70	06:47:56.70	+02:58:18 (43.7%)	9:03	6.6 (55.9%)
318	MATAK Paweł	5154	ŁASUCH	Senior II M - 30	102	00:00:03	01:29:23	03:24:26	05:19:32	06:48:04.40	06:48:04.40	+02:58:26 (43.7%)	9:04	6.6 (55.9%)
319	ROSŁON Cezary	5187		Senior II M - 30	103	00:00:28	01:29:13	03:24:26	05:19:33	06:48:05.25	06:48:05.25	+02:58:27 (43.7%)	9:04	6.6 (55.9%)
320	STROMIDŁO Sebastian	5163	KB AKTYWNI KRZYŻ WLKP	Masters M - 40	101	00:00:16	01:18:12	03:01:48	04:55:56	06:48:14.40	06:48:14.40	+02:58:36 (43.8%)	9:04	6.6 (55.9%)
321	BOROWIAK Lukasz	5217	#BIEGAJLESZNO	Masters M - 40	102	00:00:17	01:25:17	03:16:59	05:04:49	06:48:17.45	06:48:17.45	+02:58:39 (43.8%)	9:04	6.6 (55.9%)
322	RADWAŃSKA Justyna	5672		Senior II K - 30	36	00:01:02	01:42:35	03:37:14	05:24:43	06:48:34.65	06:48:34.65	+02:58:56 (43.8%)	9:04	6.6 (55.9%)
323	LICHOCKI Marcin	5043	ŁĄCZY NAS PUSZCZA	Senior II M - 30	104	00:00:27	01:29:20	03:27:20	05:14:25	06:48:35.55	06:48:35.55	+02:58:57 (43.8%)	9:04	6.6 (55.9%)
324	JANULEWICZ Wojciech	5629	BIEGNĄC OD ŚWIATEŁ	Masters M - 40	103	00:01:42	01:43:07	03:37:10	05:23:50	06:48:46.25	06:48:46.25	+02:59:08 (43.8%)	9:05	6.6 (55.9%)
325	RELEWICZ Maciej	5545	WOLNE SLIMAKI	Masters M - 40	104	00:00:18	01:29:17	03:25:10	05:12:52	06:49:13.90	06:49:13.90	+02:59:36 (43.9%)	9:05	6.6 (55.9%)
326	SPÓLNY Robert	5669		Weteran I M - 50	25	00:00:46	01:33:29	03:32:27	05:20:19	06:49:22.95	06:49:22.95	+02:59:45 (43.9%)	9:05	6.6 (55.9%)
327	MAZAN Wojciech	5309		Senior II M - 30	105	00:02:41	01:34:37	03:29:27	05:17:44	06:49:32.00	06:49:32.00	+02:59:54 (43.9%)	9:06	6.6 (55.9%)
328	RUCIŃSKI Adam	5178		Weteran I M - 50	26	00:02:09	01:43:42	03:35:52	05:17:14	06:49:32.60	06:49:32.60	+02:59:54 (43.9%)	9:06	6.6 (55.9%)
329	KRZESZEWSKA Dorota	5346		Masters K - 40	24	00:01:13	01:31:28	03:36:49	05:23:36	06:49:44.60	06:49:44.60	+03:00:06 (44.0%)	9:06	6.6 (55.9%)
330	HANSZ Donat	5288	NETBOX BIEGA	Senior I M - 20	23	00:01:06	01:31:06	03:23:20	05:12:46	06:50:16.00	06:50:16.00	+03:00:38 (44.0%)	9:07	6.6 (55.9%)
331	PIEKARSKI Andrzej	5679	140 MINUT	Masters M - 40	105	00:01:49	01:40:57	03:34:07	05:16:32	06:50:25.30	06:50:25.30	+03:00:47 (44.1%)	9:07	6.6 (55.9%)
332	ŚWIDER Zbigniew	5044	PORANNY BESKID RUN	Masters M - 40	106	00:01:28	01:29:16	03:15:19	05:06:05	06:50:43.20	06:50:43.20	+03:01:05 (44.1%)	9:07	6.6 (55.9%)
333	KLABIK Maciej	5498	EL RAPIDO	Weteran I M - 50	27	00:01:00	01:33:59	03:29:38	05:19:04	06:50:47.80	06:50:47.80	+03:01:10 (44.1%)	9:07	6.6 (55.9%)
334	PATROŃSKI Paweł	5670		Masters M - 40	107	00:01:50	01:40:07	03:33:21	05:19:52	06:51:01.05	06:51:01.05	+03:01:23 (44.1%)	9:08	6.6 (55.9%)
335	CHROSTEK Adam	5151		Masters M - 40	108	00:01:56	01:40:32	03:31:03	05:20:24	06:51:20.55	06:51:20.55	+03:01:42 (44.2%)	9:08	6.6 (55.9%)
336	BUTRYN Wojciech	5002		Masters M - 40	109	00:00:22	01:29:21	03:20:20	05:12:16	06:51:24.15	06:51:24.15	+03:01:46 (44.2%)	9:08	6.6 (55.9%)
337	KONDRACKI Jacek	5611	KUNA W AGREŚCIE	Senior II M - 30	106	00:00:38	01:31:07	03:23:11	05:16:13	06:51:25.75	06:51:25.75	+03:01:48 (44.2%)	9:08	6.6 (55.9%)
338	MAZUR Anna	5015		Masters K - 40	25	00:02:19	01:41:08	03:39:01	05:28:03	06:51:54.45	06:51:54.45	+03:02:16 (44.3%)	9:09	6.6 (55.9%)
339	TOMCZYK Rafał	5262	PODDĘBICKI KLUB BIEGACZA ZDYSZANI.PL	Senior II M - 30	107	00:00:20	01:26:54	03:21:57	05:12:56	06:52:14.65	06:52:14.65	+03:02:36 (44.3%)	9:09	6.5 (55.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Łądek 0km	B1 10km	B2 22km	A15 33km	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
340	KWIECIEŃ Robert	5361		Masters M - 40	110	00:01:31	01:40:40	03:30:12	05:20:38	06:52:27.05	06:52:27.05	+03:02:49 (44.3%)	9:09	6.5 (55.1%)
341	POJDA Grzegorz	5133	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	Weteran I M - 50	28	00:02:25	01:37:11	03:31:35	05:29:49	06:52:36.55	06:52:36.55	+03:02:58 (44.3%)	9:10	6.5 (55.1%)
342	SKOCZEK Sebastian	5522		Masters M - 40	111	00:01:13	01:36:31	03:28:34	05:21:05	06:52:36.90	06:52:36.90	+03:02:59 (44.3%)	9:10	6.5 (55.1%)
343	STROIŃSKI Wojciech	5210	LESZ NO LIMITS RUNNERS	Masters M - 40	112	00:00:15	01:33:44	03:37:23	05:22:27	06:52:42.05	06:52:42.05	+03:03:04 (44.4%)	9:10	6.5 (55.1%)
344	STROIŃSKA Iwona	5209	LESZ NO LIMITS RUNNERS	Masters K - 40	26	00:00:15	01:33:46	03:37:37	05:22:22	06:52:42.10	06:52:42.10	+03:03:04 (44.4%)	9:10	6.5 (55.1%)
345	PAPIEROWSKA Dagmara	5500	KB DĘBIEC	Senior II K - 30	37	00:01:35	01:46:43	03:49:29	05:34:40	06:52:53.75	06:52:53.75	+03:03:16 (44.4%)	9:10	6.5 (55.1%)
346	ZYCHOWICZ Zbigniew	5077	SBRT WROCŁAW	Masters M - 40	113	00:01:02	01:43:14	03:36:17	05:25:02	06:53:15.35	06:53:15.35	+03:03:37 (44.4%)	9:11	6.5 (55.1%)
347	NAPIERAŁA Andrzej	5664	MTS DRUŻYNA SZPIKU KGHM	Weteran II M - 60	3	00:03:02	01:40:13	03:31:53	05:24:07	06:53:21.90	06:53:21.90	+03:03:44 (44.4%)	9:11	6.5 (55.1%)
348	GRZĘDA Jolanta	5219	NAJLEPSZY POD SŁOŃCEM	Senior II K - 30	38	00:01:02	01:37:50	03:35:56	05:25:11	06:53:27.30	06:53:27.30	+03:03:49 (44.5%)	9:11	6.5 (55.1%)
349	WAWRZYŃIAK Robert	5480	#BIEGIEMWLAS	Masters M - 40	114	00:01:58	01:42:00	03:34:35	05:20:11	06:53:33.15	06:53:33.15	+03:03:55 (44.5%)	9:11	6.5 (55.1%)
350	LEWICKA Magdalena	5208	CAŁA OLEŚNICA BIEGA	Masters K - 40	27	00:00:23	01:35:05	03:32:26	05:25:00	06:53:33.55	06:53:33.55	+03:03:55 (44.5%)	9:11	6.5 (55.1%)
351	WUJEK Marcin	5675	DZIKA KUNA GOSTYŃ	Masters M - 40	115	00:00:42	01:26:42	03:22:09	05:21:29	06:53:34.30	06:53:34.30	+03:03:56 (44.5%)	9:11	6.5 (55.1%)
352	PIETRYKOWSKI Norbert	5282	VITALABO	Masters M - 40	116	00:00:12	01:33:07	03:31:52	05:19:46	06:54:08.45	06:54:08.45	+03:04:30 (44.6%)	9:12	6.5 (55.1%)
353	KĄZMIERCZAK Piotr	5147	NARAMOWICE BIEGAJA/BIEGIEMWLAS#	Masters M - 40	117	00:02:03	01:36:23	03:20:47	05:14:32	06:54:30.85	06:54:30.85	+03:04:53 (44.6%)	9:12	6.5 (55.1%)
354	GRACH Aleksandra	5292		Masters K - 40	28	00:00:01	01:31:04	03:39:26	05:21:49	06:54:43.40	06:54:43.40	+03:05:05 (44.6%)	9:12	6.5 (55.1%)
355	SZCZESŃIAK Mariusz	5059	LONE WOLF	Masters M - 40	118	00:01:57	01:41:15	03:38:40	05:29:37	06:54:58.65	06:54:58.65	+03:05:20 (44.7%)	9:13	6.5 (55.1%)
356	WOJCIECHOWSKA Małgorzata	5593		Senior II K - 30	39	00:00:42	01:37:39	03:36:25	05:30:45	06:55:07.20	06:55:07.20	+03:05:29 (44.7%)	9:13	6.5 (55.1%)
357	ŁASOCHA Kamila	5592	OWOCBIEGA TEAM	Masters K - 40	29	00:00:43	01:37:42	03:39:07	05:30:46	06:55:07.30	06:55:07.30	+03:05:29 (44.7%)	9:13	6.5 (55.1%)
358	POLAŃSKI Bartosz	5543		Masters M - 40	119	00:01:31	01:26:28	03:18:17	05:23:02	06:55:43.10	06:55:43.10	+03:06:05 (44.8%)	9:14	6.5 (55.1%)
359	PLASZCZAK Jarosław	5340		Masters M - 40	120	00:00:37	01:32:08	03:25:59	05:15:45	06:55:48.50	06:55:48.50	+03:06:10 (44.8%)	9:14	6.5 (55.1%)
360	GRZELIŃSKI Michał	5249	□	Senior II M - 30	108	00:02:41	01:45:22	03:42:08	05:27:41	06:55:54.95	06:55:54.95	+03:06:17 (44.8%)	9:14	6.5 (55.1%)
361	ORLIKOWSKI Jacek	5410		Masters M - 40	121	00:01:25	01:41:10	03:33:52	05:19:45	06:55:58.75	06:55:58.75	+03:06:21 (44.8%)	9:14	6.5 (55.1%)
362	GOŁUCH Arkadiusz	5638	STRZEGOMSKA DWUNASTKA	Masters M - 40	122	00:01:45	01:43:15	03:37:16	05:25:03	06:56:02.30	06:56:02.30	+03:06:24 (44.8%)	9:14	6.5 (55.1%)
363	KOWALIK Dorota	5184		Masters K - 40	30	00:01:36	01:42:04	03:42:33	05:24:18	06:56:07.75	06:56:07.75	+03:06:30 (44.8%)	9:14	6.5 (55.1%)
364	GARCZYŃSKA Ania	5232		Masters K - 40	31	00:01:39	01:46:50	03:43:52	05:22:10	06:56:16.00	06:56:16.00	+03:06:38 (44.8%)	9:15	6.5 (55.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Łądek 0km	B1 10km	B2 22km	A15 33km	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
365	PIETRUSIAK Krzysztof	5368	ZA_LINIA_METY	Masters M - 40	123	00:02:27	01:43:59	03:37:55	05:22:41	06:56:46.70	06:56:46.70	+03:07:08 (44.9%)	9:15	6.5 (55.1%)
366	DZIERŻANOWSKI Łukasz	5463		Masters M - 40	124	00:00:01	01:23:39	03:16:04	05:17:41	06:56:51.55	06:56:51.55	+03:07:13 (44.9%)	9:15	6.5 (55.1%)
367	SZABAT Daniel	5293		Masters M - 40	125	00:01:22	01:33:47	03:20:59	05:04:25	06:56:59.10	06:56:59.10	+03:07:21 (44.9%)	9:15	6.5 (55.1%)
368	DANKOWSKA Ewelina	5119	ENDORFINY WAŚOSZ	Masters K - 40	32	00:01:04	01:35:00	03:30:53	05:19:54	06:57:04.15	06:57:04.15	+03:07:26 (44.9%)	9:16	6.5 (55.1%)
369	NOWAK Andrzej	5539		Senior II M - 30	109	00:01:00	01:36:36	03:29:12	05:19:28	06:57:06.80	06:57:06.80	+03:07:29 (44.9%)	9:16	6.5 (55.1%)
370	JOŃCZYK Anna	5268		Senior II K - 30	40	00:01:52	01:39:35	03:31:05	05:19:37	06:57:08.00	06:57:08.00	+03:07:30 (45.0%)	9:16	6.5 (55.1%)
371	FIK - KIONA Joanna	5283	KB SZAMOTUŁY	Masters K - 40	33	00:01:06	01:29:26	03:26:31	05:28:04	06:57:31.65	06:57:31.65	+03:07:53 (45.0%)	9:16	6.5 (55.1%)
372	DANKOWSKI Bartosz	5029	ENDORFINY WAŚOSZ	Senior II M - 30	110	00:01:06	01:28:15	03:24:10	05:19:56	06:57:55.10	06:57:55.10	+03:08:17 (45.1%)	9:17	6.5 (55.1%)
373	GRZEGORCZYK Krzysztof	5320		Masters M - 40	126	00:01:18	01:33:49	03:31:29	05:29:08	06:57:57.05	06:57:57.05	+03:08:19 (45.1%)	9:17	6.5 (55.1%)
374	SZEP CZYŃSKA Anna	5329	ŻARY RUNERS TEAM	Masters K - 40	34	00:01:17	01:34:06	03:27:25	05:34:58	06:57:57.25	06:57:57.25	+03:08:19 (45.1%)	9:17	6.5 (55.1%)
375	DERBICH Mariusz	5351	KOWALEW RUNERS	Masters M - 40	127	00:01:57	01:37:57	03:35:51	05:27:47	06:58:02.05	06:58:02.05	+03:08:24 (45.1%)	9:17	6.5 (55.1%)
376	SZARSKI Jacek	5074	KAPCIOCHY	Senior I M - 20	24	00:00:49	01:31:54	03:30:08	05:28:18	06:59:43.85	06:59:43.85	+03:10:06 (45.3%)	9:19	6.4 (54.2%)
377	BUGAJ Alan	5196		Senior II M - 30	111	00:01:04	01:33:12	03:31:42	05:29:18	06:59:55.35	06:59:55.35	+03:10:17 (45.3%)	9:19	6.4 (54.2%)
378	GADZAŁA Bartosz	5006	5R061E-7R4MPK1	Senior II M - 30	112	00:01:30	01:28:14	03:24:56	05:27:23	07:00:07.05	07:00:07.05	+03:10:29 (45.3%)	9:20	6.4 (54.2%)
379	JÓZEF CZYK Justyna	5087		Masters K - 40	35	00:02:07	01:46:48	03:44:32	05:34:45	07:00:35.80	07:00:35.80	+03:10:58 (45.4%)	9:20	6.4 (54.2%)
380	ROLIŃSKI Radosław	5643		Weteran I M - 50	29	00:01:33	01:43:46	03:43:56	05:30:44	07:00:49.85	07:00:49.85	+03:11:12 (45.4%)	9:21	6.4 (54.2%)
381	KUBIAK Anna	5157	STRZEGOMSKA DWUNASTKA	Masters K - 40	36	00:01:42	01:45:30	03:44:53	05:32:03	07:01:04.60	07:01:04.60	+03:11:26 (45.5%)	9:21	6.4 (54.2%)
382	CZUBALA Beata	5247	STRZEGOMSKA DWUNASTKA	Masters K - 40	37	00:01:42	01:45:31	03:44:52	05:32:01	07:01:04.85	07:01:04.85	+03:11:27 (45.5%)	9:21	6.4 (54.2%)
383	NOWAK Katarzyna	5349	DZIKIE GRUBASY SZATANA	Senior II K - 30	41	00:00:48	01:36:47	03:30:46	05:18:54	07:01:11.05	07:01:11.05	+03:11:33 (45.5%)	9:21	6.4 (54.2%)
384	MUSIOLIK Mariusz	5647		Senior II M - 30	113	00:01:44	01:43:41	03:40:36	05:30:39	07:01:26.20	07:01:26.20	+03:11:48 (45.5%)	9:21	6.4 (54.2%)
385	HOLIK Iwona	5570	GGG	Masters K - 40	38	00:00:58	01:42:32	03:42:43	05:28:59	07:01:41.20	07:01:41.20	+03:12:03 (45.5%)	9:22	6.4 (54.2%)
386	KLIMEK Radosław	5234	BRAK	Senior II M - 30	114	00:00:50	01:33:15	03:30:54	05:25:35	07:01:42.60	07:01:42.60	+03:12:04 (45.5%)	9:22	6.4 (54.2%)
387	KUCHCINSKA Monika	5107		Masters K - 40	39	00:00:51	01:33:35	03:34:34	05:27:14	07:01:59.60	07:01:59.60	+03:12:21 (45.6%)	9:22	6.4 (54.2%)
388	MOSKAL Izabella	5528	TKKF MPK POZNAŃ	Masters K - 40	40	00:01:19	01:40:26	03:43:43	05:31:00	07:02:21.75	07:02:21.75	+03:12:44 (45.6%)	9:23	6.4 (54.2%)
389	DĄBROWSKI Kamil	5429		Masters M - 40	128	00:00:55	01:36:27	03:34:06	05:21:51	07:03:11.70	07:03:11.70	+03:13:33 (45.7%)	9:24	6.4 (54.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Łądek 0km	B1 10km	B2 22km	A15 33km	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
390	KOSSOK-ZAWADA Marta	5259	CAŁA OLEŚNICA BIEGA	Senior II K - 30	42	00:00:24	01:39:00	03:47:17	05:34:04	07:04:02.10	07:04:02.10	+03:14:24 (45.8%)	9:25	6.4 (54.2%)
391	SPYRA Adam	5319	ŻARY RUNNERS TEAM	Masters M - 40	129	00:01:18	01:35:47	03:34:12	05:26:58	07:04:11.70	07:04:11.70	+03:14:33 (45.9%)	9:25	6.4 (54.2%)
392	FLORCZAK Monika	5476		Senior II K - 30	43	00:02:25	01:42:00	03:42:58	05:34:10	07:04:13.60	07:04:13.60	+03:14:35 (45.9%)	9:25	6.4 (54.2%)
393	FELKEL Ewa	5685	PIĄTKOWO NA BIEGOWO	Masters K - 40	41	00:02:08	01:46:47	03:44:32	05:34:32	07:04:18.70	07:04:18.70	+03:14:40 (45.9%)	9:25	6.4 (54.2%)
394	KRYSIAK Łukasz	5109	PIĄTKOWO NA BIEGOWO	Masters M - 40	130	00:02:09	01:43:23	03:41:54	05:37:24	07:04:20.25	07:04:20.25	+03:14:42 (45.9%)	9:25	6.4 (54.2%)
395	BERNAS-KUJAWIŃSKA Magdalena	5623	HRT	Masters K - 40	42	00:00:29	01:35:07	03:33:59	05:32:22	07:04:21.75	07:04:21.75	+03:14:44 (45.9%)	9:25	6.4 (54.2%)
396	MATYSIAK Karol	5277	OSH/ GALAXYOG.CO	Masters M - 40	131	00:01:52	01:36:42	03:31:48	05:30:31	07:04:44.15	07:04:44.15	+03:15:06 (45.9%)	9:26	6.4 (54.2%)
397	CHUDY Kamil	5413		Senior II M - 30	115	00:01:30	01:33:59	03:30:24	05:27:06	07:06:39.65	07:06:39.65	+03:17:01 (46.2%)	9:28	6.3 (53.4%)
398	RÓŻAK-RUKUSZEWICZ Magdalena	5353	DZIKIE GRUBASY SZATANA	Masters K - 40	43	00:00:51	01:40:31	03:40:46	05:33:47	07:06:57.05	07:06:57.05	+03:17:19 (46.2%)	9:29	6.3 (53.4%)
399	CZYŻAK Błażej	5661	GLADIATOR	Masters M - 40	132	00:01:55	01:40:36	03:36:32	05:31:31	07:07:00.35	07:07:00.35	+03:17:22 (46.2%)	9:29	6.3 (53.4%)
400	FURTAK Krzysztof	5677	KTOŚ MUSI BYĆ OSTATNI	Weteran II M - 60	4	00:02:07	01:33:24	03:34:23	05:28:01	07:07:20.50	07:07:20.50	+03:17:42 (46.3%)	9:29	6.3 (53.4%)
401	KLIMALA Angelika	5289	CAŁA OLEŚNICA BIEGA	Masters K - 40	44	00:00:24	01:37:04	03:43:16	05:34:01	07:07:21.90	07:07:21.90	+03:17:44 (46.3%)	9:29	6.3 (53.4%)
402	LEWARDOWSKI Konrad	5689	KTB KUNY	Weteran I M - 50	30	00:01:38	01:45:02	03:40:31	05:30:11	07:07:29.65	07:07:29.65	+03:17:51 (46.3%)	9:29	6.3 (53.4%)
403	GŁOWACKI Radosław	5363		Senior I M - 20	25	00:01:55	01:35:10	03:29:31	05:34:07	07:07:53.55	07:07:53.55	+03:18:15 (46.3%)	9:30	6.3 (53.4%)
404	BANASZCZAK Dawid	5362		Senior II M - 30	116	00:01:31	01:31:10	03:18:02	05:40:31	07:08:01.75	07:08:01.75	+03:18:24 (46.4%)	9:30	6.3 (53.4%)
405	KOBIERECKA Monika	5367		Masters K - 40	45	00:00:31	01:32:39	03:37:44	05:35:19	07:08:23.30	07:08:23.30	+03:18:45 (46.4%)	9:31	6.3 (53.4%)
406	PIETRZAK Krzysztof	5018	BIEGAMBOLUBIĘ - GORZÓW	Senior II M - 30	117	00:02:19	01:44:57	03:42:19	05:34:26	07:08:59.55	07:08:59.55	+03:19:21 (46.5%)	9:31	6.3 (53.4%)
407	CZYŻ Barbara	5194		Senior II K - 30	44	00:02:08	01:46:46	03:45:05	05:36:51	07:09:12.25	07:09:12.25	+03:19:34 (46.5%)	9:32	6.3 (53.4%)
408	JASKÓLSKA-PIETRZYK Kinga	5155	BIEGOWA KUŹNIA	Masters K - 40	46	00:02:20	01:45:05	03:47:13	05:44:52	07:09:15.20	07:09:15.20	+03:19:37 (46.5%)	9:32	6.3 (53.4%)
409	OLEJNIK Ilona	5441	ZGZB	Weteran K - 50	3	00:02:12	01:51:31	03:52:03	05:36:49	07:09:43.40	07:09:43.40	+03:20:05 (46.6%)	9:32	6.3 (53.4%)
410	SZCZODRZYŃSKA Kasia	5590		Masters K - 40	47	00:02:38	01:46:54	03:45:59	05:36:40	07:11:54.55	07:11:54.55	+03:22:16 (46.8%)	9:35	6.3 (53.4%)
411	BANASZEK Urszula	5469	NIGHT RUNNERS WROCŁAW	Masters K - 40	48	00:01:58	01:49:47	03:49:32	05:38:11	07:12:01.80	07:12:01.80	+03:22:24 (46.8%)	9:36	6.2 (52.5%)
412	JAKUBOWSKA Natasza	5173		Senior II K - 30	45	00:01:06	01:37:08	03:48:04	05:33:27	07:13:11.30	07:13:11.30	+03:23:33 (47.0%)	9:37	6.2 (52.5%)
413	JAKUBOWSKI Przemysław	5171		Masters M - 40	133	00:01:06	01:37:08	03:48:04	05:38:23	07:13:12.00	07:13:12.00	+03:23:34 (47.0%)	9:37	6.2 (52.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Łądek 0km	B1 10km	B2 22km	A15 33km	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
414	TERETYKA Dorota	5558		Masters K - 40	49	00:01:34	01:46:11	03:49:29	05:41:01	07:13:22.95	07:13:22.95	+03:23:45 (47.0%)	9:37	6.2 (52.5%)
415	WALIGÓRA Aleksandra	5404	NIAGARA FITNESS KLUB KOORDYNACJI	Senior II K - 30	46	00:02:34	01:49:46	03:49:31	05:41:01	07:13:23.05	07:13:23.05	+03:23:45 (47.0%)	9:37	6.2 (52.5%)
416	BUSZTA Robert	5060		Weteran I M - 50	31	00:05:03	01:44:37	03:45:40	05:46:28	07:13:23.25	07:13:23.25	+03:23:45 (47.0%)	9:37	6.2 (52.5%)
417	BUDZIŃSKI Krzysztof	5662	STOWARZYSZENIE SPORTOWE FENIKS PRZY ELEKTROWNI OPOLE	Weteran I M - 50	32	00:01:11	01:42:23	03:46:36	05:43:25	07:13:32.80	07:13:32.80	+03:23:55 (47.0%)	9:38	6.2 (52.5%)
418	WYSMOLIŃSKI Jan	5479		Senior I M - 20	26	00:01:23	01:43:45	03:48:13	05:41:40	07:13:51.00	07:13:51.00	+03:24:13 (47.1%)	9:38	6.2 (52.5%)
419	TRZYSZCZYK Julia	5507		Senior I K - 20	8	00:02:10	01:42:06	03:39:07	05:33:30	07:13:53.65	07:13:53.65	+03:24:15 (47.1%)	9:38	6.2 (52.5%)
420	DATA Marek	5646	KUGUAR XTREME RUNNERS	Senior II M - 30	118	00:01:13	01:41:19	03:35:14	05:31:29	07:14:12.75	07:14:12.75	+03:24:35 (47.1%)	9:38	6.2 (52.5%)
421	DATA Dariusz	5027	KUGUAR XTREME RUNNERS	Weteran I M - 50	33	00:01:12	01:41:18	03:36:27	05:31:28	07:14:13.15	07:14:13.15	+03:24:35 (47.1%)	9:38	6.2 (52.5%)
422	SZALBOT Marek	5230	PORANNY BESKID RUN	Senior II M - 30	119	00:01:41	01:30:38	03:24:32	05:33:05	07:14:37.00	07:14:37.00	+03:24:59 (47.2%)	9:39	6.2 (52.5%)
423	KOWAL Ireneusz	5072		Masters M - 40	134	00:00:15	01:33:16	03:41:22	05:40:31	07:14:41.30	07:14:41.30	+03:25:03 (47.2%)	9:39	6.2 (52.5%)
424	SZYSZKO Ewa	5573	MARKOWI BIEGACZE	Masters K - 40	50	00:00:29	01:42:53	03:44:05	05:38:47	07:14:43.10	07:14:43.10	+03:25:05 (47.2%)	9:39	6.2 (52.5%)
425	WIĘCKOWSKI Tomasz	5373	ORANGE POLSKA	Weteran I M - 50	34	00:00:50	01:43:05	04:09:18	05:44:34	07:15:11.45	07:15:11.45	+03:25:33 (47.2%)	9:40	6.2 (52.5%)
426	KOCZOROWSKA Anna	5421	TEAM ZABIEGANEDNI	Masters K - 40	51	00:02:27	01:43:53	03:41:59	05:35:30	07:15:25.60	07:15:25.60	+03:25:47 (47.3%)	9:40	6.2 (52.5%)
427	KOCZOROWSKI Marcin	5420	TEAM ZABIEGANEDNI	Masters M - 40	135	00:02:28	01:43:54	03:41:58	05:35:29	07:15:25.65	07:15:25.65	+03:25:47 (47.3%)	9:40	6.2 (52.5%)
428	FILUT Tomasz	5503		Masters M - 40	136	00:02:14	01:37:26	03:43:53	05:40:50	07:16:06.45	07:16:06.45	+03:26:28 (47.3%)	9:41	6.2 (52.5%)
429	MARCINIAK Paulina	5291		Senior II K - 30	47	00:01:28	01:46:35	03:54:05	05:41:10	07:16:18.50	07:16:18.50	+03:26:40 (47.4%)	9:41	6.2 (52.5%)
430	KĄDZIOŁKA Jan	5414	K2	Weteran I M - 50	35	00:01:46	01:42:35	03:46:09	05:45:55	07:16:58.60	07:16:58.60	+03:27:20 (47.5%)	9:42	6.2 (52.5%)
431	ZACZYŃSKA Dagmara	5211	ALSTOM KATOWICE	Senior II K - 30	48	00:01:15	01:43:49	03:44:50	05:38:27	07:17:27.35	07:17:27.35	+03:27:49 (47.5%)	9:43	6.2 (52.5%)
432	SIEPIELSKI Damian	5080	SOLETANCHE POLSKA	Senior II M - 30	120	00:00:11	01:30:09	03:32:55	05:31:10	07:17:43.15	07:17:43.15	+03:28:05 (47.5%)	9:43	6.2 (52.5%)
433	FASZCZA Agnieszka	5221	MARATOŃCZYK POZNAŃ	Senior II K - 30	49	00:00:37	01:44:28	03:50:21	05:41:24	07:17:46.30	07:17:46.30	+03:28:08 (47.5%)	9:43	6.2 (52.5%)
434	KAMIONKA Andrzej	5635	14 ZBOT/141BLP	Senior II M - 30	121	00:01:35	01:34:47	03:38:54	05:43:09	07:18:10.55	07:18:10.55	+03:28:32 (47.6%)	9:44	6.2 (52.5%)
435	POMIANOWSKA Anna	5599		Masters K - 40	52	00:01:58	01:45:22	03:51:31	05:44:49	07:18:46.85	07:18:46.85	+03:29:09 (47.7%)	9:45	6.2 (52.5%)
436	KOZAK Bartosz	5128	KOZAKI	Masters M - 40	137	00:00:47	01:35:09	03:35:44	05:48:18	07:18:47.20	07:18:47.20	+03:29:09 (47.7%)	9:45	6.2 (52.5%)
437	GIEŁAŻYS Tomek	5148	JAROSŁAW JAKIMOWICZ KATALIZATORY RUNNING TEAM	Senior II M - 30	122	00:02:35	01:41:06	03:40:43	05:47:53	07:19:06.40	07:19:06.40	+03:29:28 (47.7%)	9:45	6.1 (51.7%)
438	KOZAK Ewa	5129		Masters K - 40	53	00:00:44	01:35:48	03:43:07	05:45:28	07:19:23.00	07:19:23.00	+03:29:45 (47.7%)	9:45	6.1 (51.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start				Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
						Lądek 0km	B1 10km	B2 22km	A15 33km					
439	PODBIELSKI Krystian	5680	OSPRO OCR TEAM	Masters M - 40	138	00:02:39	01:41:29	03:41:00	05:47:05	07:19:35.20	07:19:35.20	+03:29:57 (47.8%)	9:46	6.1 (51.7%)
440	SZYMCZAK Tomasz	5204	PRATT & WHITNEY KALISZ	Weteran I M - 50	36	00:00:49	01:39:32	03:46:13	05:42:12	07:19:53.75	07:19:53.75	+03:30:16 (47.8%)	9:46	6.1 (51.7%)
441	ŁOŚ Krzysztof	5007	SBRT/BIEGUNI2022	Weteran II M - 60	5	00:01:11	01:52:10	04:02:25	05:50:21	07:21:50.35	07:21:50.35	+03:32:12 (48.0%)	9:49	6.1 (51.7%)
442	PACIULON Krzysztof	5549		Masters M - 40	139	00:02:01	01:36:33	03:39:54	05:44:16	07:22:27.75	07:22:27.75	+03:32:50 (48.1%)	9:49	6.1 (51.7%)
443	FRANKIEWICZ Łukasz	5145		Senior II M - 30	123	00:02:37	01:44:01	03:45:34	05:43:54	07:22:36.10	07:22:36.10	+03:32:58 (48.1%)	9:50	6.1 (51.7%)
444	TOMASZYK Elżbieta	5426		Senior II K - 30	50	00:02:17	01:41:14	03:41:41	05:42:55	07:23:15.75	07:23:15.75	+03:33:38 (48.2%)	9:51	6.1 (51.7%)
444	KORBIK Mikołaj	5453		Senior II M - 30	124	00:02:17	01:41:12	03:41:41	05:42:56	07:23:15.75	07:23:15.75	+03:33:38 (48.2%)	9:51	6.1 (51.7%)
446	JURASZ Aleksandra	5097		Senior II K - 30	51	00:00:26	01:34:45	03:40:09	05:34:48	07:23:55.95	07:23:55.95	+03:34:18 (48.3%)	9:51	6.1 (51.7%)
447	SYNOWIEC Grzegorz	5648		Masters M - 40	140	00:01:22	01:40:30	03:40:35	05:40:58	07:24:11.20	07:24:11.20	+03:34:33 (48.3%)	9:52	6.1 (51.7%)
448	KURBIEL Sylwia	5472	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	Masters K - 40	54	00:00:56	01:42:31	03:53:31	05:46:14	07:24:12.70	07:24:12.70	+03:34:34 (48.3%)	9:52	6.1 (51.7%)
449	BOJARSKA Beata	5152	BW BIEGACZE WYMIATACZE	Senior II K - 30	52	00:00:16	01:43:13	03:52:23	05:44:29	07:24:27.30	07:24:27.30	+03:34:49 (48.3%)	9:52	6.1 (51.7%)
450	DOMAŃSKI Piotr	5166	RUN DE GIRARD	Masters M - 40	141	00:00:16	01:43:11	03:52:23	05:54:37	07:24:29.65	07:24:29.65	+03:34:51 (48.3%)	9:52	6.1 (51.7%)
451	ZARZECZNY Radosław	5003	JUNIOR AMATOR SUPERSTAR	Senior II M - 30	125	00:01:11	01:45:54	03:50:26	05:43:53	07:25:00.30	07:25:00.30	+03:35:22 (48.4%)	9:53	6.1 (51.7%)
452	SAMBORSKA Anna	5620	ROSSMANN	Senior II K - 30	53	00:01:59	01:48:06	03:49:46	05:46:26	07:25:03.25	07:25:03.25	+03:35:25 (48.4%)	9:53	6.1 (51.7%)
453	GRYGIER Tomasz	5530		Masters M - 40	142	00:00:28	01:28:03	03:26:35	05:44:15	07:25:04.30	07:25:04.30	+03:35:26 (48.4%)	9:53	6.1 (51.7%)
454	BOBER Sebastian	5580	SPORTOWY KAŻMIERZ	Senior I M - 20	27	00:01:50	01:42:38	03:48:09	05:47:31	07:25:42.60	07:25:42.60	+03:36:04 (48.5%)	9:54	6.1 (51.7%)
455	SZYSZKOWSKI Włodzimierz	5550	DUKE NUKEM PRINCE OF WARSAW	Weteran I M - 50	37	00:00:55	01:36:20	03:41:10	05:36:31	07:26:02.95	07:26:02.95	+03:36:25 (48.5%)	9:54	6.1 (51.7%)
456	OKULICZ Anita	5431	MUD FOXES	Senior II K - 30	54	00:00:21	01:40:53	03:47:14	05:51:07	07:26:06.00	07:26:06.00	+03:36:28 (48.5%)	9:54	6.1 (51.7%)
457	SZTURC Klaudia	5518	ING	Senior II K - 30	55	00:00:01	01:49:49	04:00:31	05:52:55	07:27:00.55	07:27:00.55	+03:37:22 (48.6%)	9:56	6 (50.8%)
458	SZOPA Grzegorz	5183		Weteran I M - 50	38	00:00:30	01:37:29	03:46:05	05:47:03	07:27:06.85	07:27:06.85	+03:37:29 (48.6%)	9:56	6 (50.8%)
459	LISIECKI Przemysław	5542		Masters M - 40	143	00:01:38	01:31:08	03:24:51	05:47:53	07:27:11.15	07:27:11.15	+03:37:33 (48.7%)	9:56	6 (50.8%)
460	WŁODARCZYK Paweł	5063	KB ODRA OPOLE	Masters M - 40	144	00:01:45	01:37:05	03:30:09	05:41:22	07:27:12.80	07:27:12.80	+03:37:35 (48.7%)	9:56	6 (50.8%)
461	MORAWSKA Anna	5084		Weteran II K - 60	2	00:01:41	01:46:00	03:56:17	05:47:38	07:27:16.95	07:27:16.95	+03:37:39 (48.7%)	9:56	6 (50.8%)
462	DUDEK Mariusz	5455		Masters M - 40	145	00:00:01	01:33:24	03:38:58	05:46:09	07:27:33.45	07:27:33.45	+03:37:55 (48.7%)	9:56	6 (50.8%)
463	NIEMYT Michał	5201	8A TEAM	Senior II M - 30	126	00:01:42	01:40:55	03:36:13	05:58:06	07:27:35.00	07:27:35.00	+03:37:57 (48.7%)	9:56	6 (50.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Łądek 0km	B1 10km	B2 22km	A15 33km	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
464	HUDZIAK-OWCZAREK Ewa	5448	DZIKI BRZEG DOLNY	Masters K - 40	55	00:01:00	01:41:09	03:45:37	05:47:00	07:27:38.10	07:27:38.10	+03:38:00 (48.7%)	9:56	6 (50.8%)
465	ADAMCZYK Grzegorz	5374	OŁAWSKA GRUPA BIEGOWA / TIM.PL	Masters M - 40	146	00:01:29	01:40:29	03:48:30	05:51:54	07:27:55.85	07:27:55.85	+03:38:18 (48.7%)	9:57	6 (50.8%)
466	GROMADZKA Justyna	5574	KOBIETY WATAHA	Masters K - 40	56	00:00:08	01:42:41	03:51:50	05:50:10	07:28:25.60	07:28:25.60	+03:38:47 (48.8%)	9:57	6 (50.8%)
467	BEDNARCZYK Magdalena	5225	BIEGOWA KUŹNIA	Masters K - 40	57	00:02:18	01:52:10	03:59:57	05:54:44	07:28:26.15	07:28:26.15	+03:38:48 (48.8%)	9:57	6 (50.8%)
468	BRZÓZKA Norbert	5612	POGORIA BIEGA	Masters M - 40	147	00:02:19	01:52:11	03:59:58	05:54:44	07:28:26.30	07:28:26.30	+03:38:48 (48.8%)	9:57	6 (50.8%)
469	MROZOWSKA-KLAJNERT Agata	5520	NIE PODDAM CIĘ	Senior II K - 30	56	00:00:57	01:41:55	03:48:55	05:54:06	07:29:14.00	07:29:14.00	+03:39:36 (48.9%)	9:58	6 (50.8%)
470	LATOSIŃSKA Kamila	5690	O-SOWA BIEGA	Senior II K - 30	57	00:00:57	01:41:53	03:48:55	05:47:49	07:29:14.45	07:29:14.45	+03:39:36 (48.9%)	9:58	6 (50.8%)
471	CZECH Dorota	5334	ASICSFRONTRUNER POLAND	Masters K - 40	58	00:00:39	01:42:52	03:55:30	05:52:23	07:29:46.85	07:29:46.85	+03:40:09 (48.9%)	9:59	6 (50.8%)
472	JUSKOWIAK Mikołaj	5149	WKURW_TEAM	Senior II M - 30	127	00:02:18	01:45:29	03:53:19	05:51:09	07:30:04.75	07:30:04.75	+03:40:27 (49.0%)	10:00	6 (50.8%)
473	STACHOWIAK Magda	5653	RUN TEAM RYDZYNA	Senior II K - 30	58	00:02:11	01:44:36	03:53:31	05:51:08	07:30:56.60	07:30:56.60	+03:41:18 (49.1%)	10:01	6 (50.8%)
474	KONIECZNY Justyna	5327	NIGHT RUNNERS PYSKOWICE	Senior II K - 30	59	00:00:53	01:44:00	03:54:22	05:52:11	07:31:25.90	07:31:25.90	+03:41:48 (49.1%)	10:01	6 (50.8%)
475	TYMOREK Maciej	5398		Senior II M - 30	128	00:02:32	01:45:24	03:43:07	05:38:32	07:31:29.15	07:31:29.15	+03:41:51 (49.1%)	10:01	6 (50.8%)
476	GRABOWSKA Zuzanna	5460	IZBICKO W BIEGU	Senior I K - 20	9	00:01:37	01:47:01	03:56:32	06:00:17	07:31:30.55	07:31:30.55	+03:41:52 (49.1%)	10:02	6 (50.8%)
477	ŁOJEWSKI Mariusz	5011	1 BRYGADA LOGISTYCZNA	Masters M - 40	148	00:00:28	01:36:21	03:40:48	05:49:10	07:31:44.90	07:31:44.90	+03:42:07 (49.2%)	10:02	6 (50.8%)
478	WOŹNY Krzysztof	5636	SPORTOWY KAŻMIERZ	Masters M - 40	149	00:01:50	01:42:05	03:38:01	05:43:02	07:32:37.40	07:32:37.40	+03:42:59 (49.3%)	10:03	6 (50.8%)
479	ZEIDLER Aleksander	5562	MIRAZRACETEAM	Masters M - 40	150	00:00:26	01:36:29	03:39:05	05:49:06	07:33:22.20	07:33:22.20	+03:43:44 (49.4%)	10:04	6 (50.8%)
480	HALESZCZUK Tomasz	5261	PRO-RUN WROCŁAW	Masters M - 40	151	00:02:15	01:52:32	03:56:05	05:56:53	07:33:50.65	07:33:50.65	+03:44:12 (49.4%)	10:05	5.9 (50.0%)
481	BOŹKIEWICZ Jacek	5341		Masters M - 40	152	00:00:34	01:43:01	03:55:23	05:55:19	07:34:01.10	07:34:01.10	+03:44:23 (49.4%)	10:05	5.9 (50.0%)
482	BOŹKIEWICZ Patrycja	5338	PIEKIELNIE ZGRANI/ WWW.AZYLBIEGACZA.PL	Masters K - 40	59	00:00:33	01:43:00	03:55:26	05:55:31	07:34:01.35	07:34:01.35	+03:44:23 (49.4%)	10:05	5.9 (50.0%)
483	SIBIELAK Tomasz	5164	BIEGOWA KUŹNIA	Masters M - 40	153	00:02:19	01:44:03	03:51:49	05:49:08	07:34:35.40	07:34:35.40	+03:44:57 (49.5%)	10:06	5.9 (50.0%)
484	LISOWSKI Maciej	5332	DESTYLATOR RUNNING TEAM	Masters M - 40	154	00:02:22	01:41:46	03:39:02	06:00:50	07:34:38.55	07:34:38.55	+03:45:00 (49.5%)	10:06	5.9 (50.0%)
485	BAJER Karol	5266		Masters M - 40	155	00:02:37	01:44:58	03:54:15	05:55:08	07:35:11.35	07:35:11.35	+03:45:33 (49.6%)	10:06	5.9 (50.0%)
486	OLECH Witold	5572		Weteran I M - 50	39	00:01:05	01:43:39	03:50:34	05:52:13	07:35:28.30	07:35:28.30	+03:45:50 (49.6%)	10:07	5.9 (50.0%)
487	SROKA Lucyna	5578		Masters K - 40	60	00:01:05	01:43:40	03:50:32	05:52:10	07:35:28.55	07:35:28.55	+03:45:50 (49.6%)	10:07	5.9 (50.0%)
488	ŚLUSAREK Grzegorz	5387		Masters M - 40	156	00:01:31	01:48:56	03:56:45	05:58:22	07:35:35.00	07:35:35.00	+03:45:57 (49.6%)	10:07	5.9 (50.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Łądek 0km	B1 10km	B2 22km	A15 33km	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
489	OCHREMIAK Jędrzej	5125		Senior II M - 30	129	00:01:30	01:37:28	03:42:39	05:49:50	07:35:35.55	07:35:35.55	+03:45:57 (49.6%)	10:07	5.9 (50.0%)
490	GAŚSIOR Paweł	5135	ROZBIEGANY SUSZ	Senior II M - 30	130	00:01:44	01:43:50	03:46:12	05:49:19	07:35:36.40	07:35:36.40	+03:45:58 (49.6%)	10:07	5.9 (50.0%)
491	BEREZIUK Michał	5588		Masters M - 40	157	00:02:40	01:38:03	03:30:45	05:45:00	07:35:53.55	07:35:53.55	+03:46:15 (49.6%)	10:07	5.9 (50.0%)
492	JOŃCZYK Jerzy	5248	TUP TUP	Weteran I M - 50	40	00:01:34	01:44:15	03:57:18	05:59:35	07:36:18.60	07:36:18.60	+03:46:40 (49.7%)	10:08	5.9 (50.0%)
493	TASZAREK Ewa	5487		Masters K - 40	61	00:01:22	01:46:42	04:07:38	06:04:28	07:36:33.70	07:36:33.70	+03:46:55 (49.7%)	10:08	5.9 (50.0%)
494	ZARANEK Barbara	5105	KĘSY TEAM	Weteran K - 50	4	00:02:35	01:54:18	04:05:07	05:58:31	07:36:56.85	07:36:56.85	+03:47:19 (49.7%)	10:09	5.9 (50.0%)
495	TALAR Zenon	5036	KĘSY TEAM	Weteran II M - 60	6	00:02:35	01:54:17	04:04:46	05:58:39	07:36:57.10	07:36:57.10	+03:47:19 (49.7%)	10:09	5.9 (50.0%)
496	JANKOWSKA Barbara	5642		Masters K - 40	62	00:01:16	02:00:22	04:25:17	06:10:07	07:37:03.00	07:37:03.00	+03:47:25 (49.8%)	10:09	5.9 (50.0%)
497	BUGAJNY Damian	5394	SUPERMARATON KALISZ	Masters M - 40	158	00:01:44	01:37:18	03:37:21	05:51:37	07:37:04.15	07:37:04.15	+03:47:26 (49.8%)	10:09	5.9 (50.0%)
498	KĘDZIA Edyta	5296		Weteran K - 50	5	00:02:17	01:55:45	04:10:56	06:01:19	07:37:09.35	07:37:09.35	+03:47:31 (49.8%)	10:09	5.9 (50.0%)
499	CHUDA Joanna	5412		Senior II K - 30	60	00:01:30	01:42:24	03:48:39	06:01:12	07:39:12.80	07:39:12.80	+03:49:35 (50.0%)	10:12	5.9 (50.0%)
500	SWĘDZIOŁ Monika	5489	W POGONI ZA DUCHEM	Senior II K - 30	61	00:01:56	01:52:40	04:02:24	06:05:20	07:40:53.70	07:40:53.70	+03:51:15 (50.2%)	10:14	5.9 (50.0%)
501	LACH Agnieszka	5533		Masters K - 40	63	00:00:32	01:41:51	03:54:58	06:01:57	07:40:55.60	07:40:55.60	+03:51:17 (50.2%)	10:14	5.9 (50.0%)
502	KUBICA Anna	5313		Senior II K - 30	62	00:00:54	01:37:03	03:49:33	05:51:46	07:41:06.85	07:41:06.85	+03:51:29 (50.2%)	10:14	5.9 (50.0%)
503	GAJEWSKI Paweł	5663	BEAUTY SPORT	Weteran I M - 50	41	00:01:47	01:53:01	04:14:59	06:06:34	07:41:46.25	07:41:46.25	+03:52:08 (50.3%)	10:15	5.8 (49.2%)
504	GAJEWSKA Magdalena	5649		Weteran K - 50	6	00:01:47	01:53:14	04:07:29	06:06:34	07:41:46.60	07:41:46.60	+03:52:08 (50.3%)	10:15	5.8 (49.2%)
505	CZARNOTA Dorota	5273	WYBIEGAJ SIEBIE	Masters K - 40	64	00:00:45	01:37:56	03:52:53	05:48:52	07:41:48.60	07:41:48.60	+03:52:10 (50.3%)	10:15	5.8 (49.2%)
506	SZUMNY Paweł	5053		Senior II M - 30	131	00:01:38	01:36:24	03:42:45	05:54:46	07:42:39.20	07:42:39.20	+03:53:01 (50.4%)	10:16	5.8 (49.2%)
507	CZAJKA Piotr	5279	CZAJKI	Weteran I M - 50	42	00:02:01	01:45:20	03:59:46	05:58:23	07:42:44.70	07:42:44.70	+03:53:06 (50.4%)	10:16	5.8 (49.2%)
508	OCHLIŃSKI Tomasz	5287	JARACZEWO BIEGA	Weteran I M - 50	43	00:00:01		03:45:27	05:54:35	07:42:49.85	07:42:49.85	+03:53:12 (50.4%)	10:17	5.8 (49.2%)
509	ZIEMBIŃSKA-BUCZYŃSKA Aleksandra	5477	COMPANIEROS ASFALT TEAM	Masters K - 40	65	00:02:33	01:52:40	04:07:29	06:08:01	07:43:51.90	07:43:51.90	+03:54:14 (50.5%)	10:18	5.8 (49.2%)
510	LEKS-MASZKOWSKA Ryszarda	5343	OBORYBENI	Masters K - 40	66	00:00:48	01:43:04	04:09:18	06:06:56	07:43:58.60	07:43:58.60	+03:54:20 (50.5%)	10:18	5.8 (49.2%)
511	SAVVA Xenophon	5665	DRO.ME.A	Masters M - 40	159	00:02:30	01:48:01	04:08:23	06:02:43	07:44:11.90	07:44:11.90	+03:54:34 (50.5%)	10:18	5.8 (49.2%)
512	GAWLE Katarzyna	5424	MARATOŃCZYK DĘBICA	Masters K - 40	67	00:00:09	01:41:45	04:01:40	06:03:58	07:45:57.20	07:45:57.20	+03:56:19 (50.7%)	10:21	5.8 (49.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start				Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
						Lądek 0km	B1 10km	B2 22km	A15 33km					
513	GAWLE Mirosław	5423	MARATOŃCZYK DĘBICA	Masters M - 40	160	00:00:09	01:41:45	04:01:39	06:04:00	07:45:57.30	07:45:57.30	+03:56:19 (50.7%)	10:21	5.8 (49.2%)
514	KOWALEWSKA Anna	5062		Masters K - 40	68	00:01:12	01:44:28	03:58:05	06:01:39	07:46:30.30	07:46:30.30	+03:56:52 (50.8%)	10:22	5.8 (49.2%)
515	JACHYMEK Robert	5619	TEAM ZABIEGANEDNI	Masters M - 40	161	00:02:29	01:43:52	03:40:32	05:45:59	07:46:37.75	07:46:37.75	+03:57:00 (50.8%)	10:22	5.8 (49.2%)
516	JEDYNAK-DOROSZ Izabela	5467	KB MANIAC POZNAŃ	Masters K - 40	69	00:00:43	01:49:39	04:06:25	06:02:26	07:46:39.15	07:46:39.15	+03:57:01 (50.8%)	10:22	5.8 (49.2%)
517	KANIEWSKI Wojciech	5583		Weteran I M - 50	44	00:01:03	01:41:27	04:01:09	06:11:40	07:46:41.10	07:46:41.10	+03:57:03 (50.8%)	10:22	5.8 (49.2%)
518	MAJEROWSKA Magdalena	5595		Senior II K - 30	63	00:02:33	01:53:11	04:12:51	06:08:57	07:47:34.80	07:47:34.80	+03:57:57 (50.9%)	10:23	5.8 (49.2%)
519	CHŁADZYŃSKI Piotr	5323		Weteran I M - 50	45	00:02:18	01:43:43	03:46:06	05:51:05	07:48:27.90	07:48:27.90	+03:58:50 (51.0%)	10:24	5.8 (49.2%)
520	SIKORSKA Agnieszka	5473		Senior II K - 30	64	00:02:36	01:55:55	04:15:08	06:10:44	07:48:48.50	07:48:48.50	+03:59:10 (51.0%)	10:25	5.8 (49.2%)
521	MARCINIAK Grażyna	5435		Senior II K - 30	65	00:01:28	01:48:15	04:03:27	06:02:48	07:49:03.85	07:49:03.85	+03:59:26 (51.0%)	10:25	5.8 (49.2%)
522	KALINOWSKA Patrycja	5061		Senior II K - 30	66	00:01:53	01:45:56	04:03:14	06:02:48	07:49:05.70	07:49:05.70	+03:59:27 (51.0%)	10:25	5.8 (49.2%)
523	HELIŃSKI Jacek	5307	DZIKIE ŻYCIE RUN TEAM	Weteran I M - 50	46	00:00:35	01:35:37	03:55:02	06:11:41	07:49:12.10	07:49:12.10	+03:59:34 (51.1%)	10:25	5.8 (49.2%)
524	GWORYS Katarzyna	5100	ZRYW PARZYMIECHY	Masters K - 40	70	00:00:21	01:44:49	04:00:33	06:04:37	07:49:17.75	07:49:17.75	+03:59:40 (51.1%)	10:25	5.8 (49.2%)
525	GWORYS Krzysztof	5102	ZRYW PARZYMIECHY	Masters M - 40	162	00:00:22	01:44:49	04:00:32	06:04:38	07:49:17.85	07:49:17.85	+03:59:40 (51.1%)	10:25	5.8 (49.2%)
526	GRUCHOT Małgorzata	5461	WIECZORNE BIEGANIE W OPOLU	Masters K - 40	71	00:01:09	01:42:26	03:51:26	05:58:20	07:49:35.15	07:49:35.15	+03:59:57 (51.1%)	10:26	5.7 (48.3%)
527	BEDNARSKI Krzysztof	5658	KLUCZBORSKA GRUPA BIEGOWA	Weteran I M - 50	47	00:01:07	01:43:48	03:55:44	06:04:50	07:50:51.90	07:50:51.90	+04:01:14 (51.2%)	10:27	5.7 (48.3%)
528	KOCHAN Piotr	5159	KOCHANY TEAM	Masters M - 40	163	00:02:27	01:57:09	04:03:36	06:02:46	07:51:00.35	07:51:00.35	+04:01:22 (51.2%)	10:28	5.7 (48.3%)
529	LECH Marcin	5039	NOA	Senior II M - 30	132	00:01:51	01:43:55	03:56:23	06:04:06	07:51:15.75	07:51:15.75	+04:01:38 (51.3%)	10:28	5.7 (48.3%)
530	PIETRZAK Agnieszka	5275	BIEGAJĄCE KREJZOLE	Masters K - 40	72	00:00:46	01:45:00	03:57:04	06:05:01	07:51:55.90	07:51:55.90	+04:02:18 (51.3%)	10:29	5.7 (48.3%)
531	AKKERMAN Berber	5405	FRYSMAN	Masters K - 40	73	00:00:42	01:42:22	03:54:43	06:05:48	07:53:13.90	07:53:13.90	+04:03:36 (51.5%)	10:30	5.7 (48.3%)
532	WYSMOLINSKA Karolina	5471		Masters K - 40	74	00:01:15	01:47:19	04:09:32	06:13:25	07:53:54.85	07:53:54.85	+04:04:17 (51.5%)	10:31	5.7 (48.3%)
533	KARDAS Piotr	5240		Weteran I M - 50	48	00:01:23	01:39:34	03:46:53	06:07:04	07:54:19.15	07:54:19.15	+04:04:41 (51.6%)	10:32	5.7 (48.3%)
534	SAMOLAK Łukasz	5213		Masters M - 40	164	00:02:46	01:41:05	03:51:09	06:01:26	07:54:27.00	07:54:27.00	+04:04:49 (51.6%)	10:32	5.7 (48.3%)
535	HAGEL Julita	5103		Masters K - 40	75	00:01:15	01:44:12	04:09:00		07:54:51.00	07:54:51.00	+04:05:13 (51.6%)	10:33	5.7 (48.3%)
536	BAK Bogdan	5443		Weteran I M - 50	49	00:01:54	01:41:11	03:50:29	06:01:31	07:55:15.80	07:55:15.80	+04:05:38 (51.7%)	10:33	5.7 (48.3%)
537	NOWICKA Katarzyna	5515		Senior II K - 30	67	00:02:11	01:41:57			08:00:13.00	08:00:13.00	+04:10:35 (52.2%)	10:40	5.6 (47.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start				Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
						Lądek 0km	B1 10km	B2 22km	A15 33km					
538	DEMCZAR Jacek	5112		Weteran I M - 50	50	00:01:59	01:49:57	04:09:46	06:16:24	08:00:14.05	08:00:14.05	+04:10:36 (52.2%)	10:40	5.6 (47.5%)
539	CHORAŻY Łukasz	5336		Senior II M - 30	133	00:00:59	01:37:56	03:43:08	05:55:30	08:00:29.35	08:00:29.35	+04:10:51 (52.2%)	10:40	5.6 (47.5%)
540	PIECUCH Małgorzata	5013		Weteran II K - 60	3	00:02:14	01:52:17	04:11:30	06:20:05	08:00:59.95	08:00:59.95	+04:11:22 (52.3%)	10:41	5.6 (47.5%)
541	BĄCZEK Agata	5552		Masters K - 40	76	00:02:24	01:52:38	04:10:26	06:17:14	08:01:53.40	08:01:53.40	+04:12:15 (52.3%)	10:42	5.6 (47.5%)
542	MĘTLAK Małgorzata	5634		Senior I K - 20	10	00:02:24	01:52:38	04:10:25	06:17:15	08:01:53.70	08:01:53.70	+04:12:15 (52.3%)	10:42	5.6 (47.5%)
543	KOTWICA Andrzej	5086	SMOLECKA ZADYSZKA	Masters M - 40	165	00:01:32	01:36:25	03:35:15	06:07:28	08:01:59.05	08:01:59.05	+04:12:21 (52.4%)	10:42	5.6 (47.5%)
544	PYTEL Roman	5143	IZBICKO W BIEGU	Masters M - 40	166	00:01:37	01:52:24	04:12:08	06:21:58	08:02:38.40	08:02:38.40	+04:13:00 (52.4%)	10:43	5.6 (47.5%)
545	ZGÓRSKI Maciej	5057	WKURW_TEAM	Masters M - 40	167	00:01:40	01:50:40	04:12:11	06:18:54	08:02:42.40	08:02:42.40	+04:13:04 (52.4%)	10:43	5.6 (47.5%)
546	MICHALIK Kamila	5239		Senior I K - 20	11	00:02:04	01:46:33	04:04:11	06:09:35	08:04:23.55	08:04:23.55	+04:14:45 (52.6%)	10:45	5.6 (47.5%)
547	PŁOCIŃSKI Norbert	5325		Senior I M - 20	28	00:02:05	01:46:34	04:04:11	06:09:36	08:04:24.25	08:04:24.25	+04:14:46 (52.6%)	10:45	5.6 (47.5%)
548	POPCZYK Piotr	5065	ZATYRANI GRATISOWNIA.PL GMINA PILCHOWICE	Masters M - 40	168	00:02:38	01:55:46	04:16:44	06:21:31	08:05:04.50	08:05:04.50	+04:15:26 (52.7%)	10:46	5.6 (47.5%)
549	BURGHARDT Renata	5395	KB HERMES	Weteran K - 50	7	00:02:21	01:54:20	04:11:48	06:20:56	08:06:47.95	08:06:47.95	+04:17:10 (52.8%)	10:49	5.5 (46.6%)
550	MAKOWSKI Dariusz	5216	KM TEAM	Weteran I M - 50	51	00:02:21	01:54:20	04:11:49	06:21:59	08:06:57.20	08:06:57.20	+04:17:19 (52.8%)	10:49	5.5 (46.6%)
551	KORYBUT-BARSKA Anna	5123		Masters K - 40	77	00:01:13	01:50:03	04:13:31	06:19:57	08:06:58.05	08:06:58.05	+04:17:20 (52.8%)	10:49	5.5 (46.6%)
552	SZCZEPANIAK Marta	5207		Masters K - 40	78	00:01:13	01:50:06	04:13:31	06:19:57	08:07:14.35	08:07:14.35	+04:17:36 (52.9%)	10:49	5.5 (46.6%)
553	JANKOWIAK Kasia	5401	ORANGE POLSKA	Masters K - 40	79	00:01:35	01:47:58	04:08:36	06:10:40	08:08:09.65	08:08:09.65	+04:18:31 (53.0%)	10:50	5.5 (46.6%)
554	DWORZAŃSKA Anna	5348	MARATOŃCZYK POZNAŃ	Senior II K - 30	68	00:00:38	01:45:26	04:09:32	06:22:38	08:08:17.75	08:08:17.75	+04:18:40 (53.0%)	10:51	5.5 (46.6%)
555	MROZIŃSKI Albert	5377		Masters M - 40	169	00:01:04	01:44:10	04:16:37	06:24:34	08:08:29.85	08:08:29.85	+04:18:52 (53.0%)	10:51	5.5 (46.6%)
556	MROZIŃSKA Renata	5378		Masters K - 40	80	00:01:03	01:49:45	04:16:38	06:24:33	08:08:29.90	08:08:29.90	+04:18:52 (53.0%)	10:51	5.5 (46.6%)
557	ZACZYŃSKI Mariusz	5052		Senior II M - 30	134	00:02:37		03:50:36	06:17:23	08:09:00.50	08:09:00.50	+04:19:22 (53.0%)	10:52	5.5 (46.6%)
558	GRABOWIECKA Marta	5134	NULL	Masters K - 40	81	00:02:10	01:53:49	04:20:50	06:30:07	08:09:53.90	08:09:53.90	+04:20:16 (53.1%)	10:53	5.5 (46.6%)
559	BOGACKA Aneta	5150	ZIELONA GÓRO ZACZNIJ BIEGAĆ	Senior II K - 30	69	00:02:10	01:53:50	04:20:51	06:30:08	08:09:54.70	08:09:54.70	+04:20:16 (53.1%)	10:53	5.5 (46.6%)
560	BARTKIEWICZ Halina	5064		Masters K - 40	82	00:02:12	01:53:48	04:22:12	06:30:10	08:09:55.95	08:09:55.95	+04:20:18 (53.1%)	10:53	5.5 (46.6%)
561	PYZIO Magdalena	5317		Senior II K - 30	70	00:02:02	01:51:37	04:12:06	06:24:09	08:10:32.25	08:10:32.25	+04:20:54 (53.2%)	10:54	5.5 (46.6%)
562	KAŁŁAUR Krzysztof	5358		Senior II M - 30	135	00:01:26	01:55:35	03:58:18	06:10:04	08:10:34.75	08:10:34.75	+04:20:57 (53.2%)	10:54	5.5 (46.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Łądek 0km	B1 10km	B2 22km	A15 33km	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
563	KAMIŃSKI Marek	5418	KLUB BIEGACZA STRZELIN	Senior II M - 30	136	00:02:32	01:52:28	04:13:48	06:22:27	08:10:36.70	08:10:36.70	+04:20:58 (53.2%)	10:54	5.5 (46.6%)
564	KEGEL Zbigniew	5684	PIĄTKOWO NA BIEGOWO	Weteran II M - 60	7	00:02:04	01:55:44	04:18:44	06:23:39	08:11:41.90	08:11:41.90	+04:22:04 (53.3%)	10:55	5.5 (46.6%)
565	WALKOWIAK Marek	5264	PECNA TEAM	Masters M - 40	170	00:00:44	01:42:29	04:04:30	06:17:39	08:12:54.35	08:12:54.35	+04:23:16 (53.4%)	10:57	5.5 (46.6%)
566	KOŁDA Halina	5294	BORKOWSKI TEAM /PCH_RUN	Weteran II K - 60	4	00:01:15	01:55:32	04:21:18	06:29:25	08:13:12.00	08:13:12.00	+04:23:34 (53.4%)	10:57	5.5 (46.6%)
567	RUBINOWSKI Jarek	5304		Masters M - 40	171	00:01:18	01:55:33	04:20:43	06:29:20	08:13:12.10	08:13:12.10	+04:23:34 (53.4%)	10:57	5.5 (46.6%)
568	KONIECZNY Jacek	5326	NIGHT RUNNERS PYSKOWICE	Masters M - 40	172	00:00:48	01:55:47	04:10:26	06:18:46	08:14:12.50	08:14:12.50	+04:24:34 (53.5%)	10:58	5.5 (46.6%)
569	KAMIŃSKA Beata	5073		Weteran K - 50	8	00:01:12	01:46:45	04:09:40	06:34:24	08:17:50.90	08:17:50.90	+04:28:13 (53.9%)	11:03	5.4 (45.8%)
570	LEDWOCH Wioleta	5094		Senior II K - 30	71	00:01:11	01:48:55	04:21:21	06:34:25	08:18:47.30	08:18:47.30	+04:29:09 (54.0%)	11:05	5.4 (45.8%)
571	WALIŃSKA Agata	5316	WWW.SPRAWDZAMY-NIERUCHOMOSCI.PL	Senior II K - 30	72	00:02:02	01:51:41	04:12:06	06:24:09	08:21:18.20	08:21:18.20	+04:31:40 (54.2%)	11:08	5.4 (45.8%)
572	SZYMAŃSKI Kamil	5322		Senior II M - 30	137	00:02:43	01:50:08	04:01:39	06:29:41	08:21:42.45	08:21:42.45	+04:32:04 (54.2%)	11:08	5.4 (45.8%)
573	JÓZEFIAK Magdalena	5298	ASSECO ACTIVE TEAM	Weteran K - 50	9	00:01:23	01:55:34	04:21:33	06:30:06	08:21:53.15	08:21:53.15	+04:32:15 (54.2%)	11:09	5.4 (45.8%)
574	JÓZEFIAK Grzegorz	5297		Weteran I M - 50	52	00:01:23	01:55:29	04:20:30	06:30:10	08:21:53.25	08:21:53.25	+04:32:15 (54.2%)	11:09	5.4 (45.8%)
575	KOTLIŃSKI Tomasz	5030	KB SZAMOTUŁY	Weteran I M - 50	53	00:01:11	01:55:11	04:19:36	06:27:57	08:23:15.20	08:23:15.20	+04:33:37 (54.4%)	11:11	5.4 (45.8%)
576	KUŹNIAK Justyna	5022	KB SZAMOTUŁY	Masters K - 40	83	00:01:08	01:55:10	04:19:40	06:28:11	08:23:15.60	08:23:15.60	+04:33:37 (54.4%)	11:11	5.4 (45.8%)
577	KUNA Kasia	5563	BIEGOWA KUŹNIA	Masters K - 40	84	00:02:23	01:59:53	04:33:14	06:38:08	08:24:29.70	08:24:29.70	+04:34:51 (54.5%)	11:12	5.4 (45.8%)
578	LEWANDOWSKA Ewa	5561		Masters K - 40	85	00:02:34	02:00:27	04:27:37	06:36:01	08:25:00.25	08:25:00.25	+04:35:22 (54.5%)	11:13	5.3 (44.9%)
579	POŁĘĆ Grzegorz	5305		Weteran II M - 60	8	00:00:35	01:57:06	04:26:29	06:33:36	08:25:06.55	08:25:06.55	+04:35:28 (54.5%)	11:13	5.3 (44.9%)
580	MACULEWICZ Norbert	5596	RYCERZE HARDCORU	Senior II M - 30	138	00:01:58	01:53:44	04:18:44	06:33:21	08:25:30.90	08:25:30.90	+04:35:53 (54.6%)	11:14	5.3 (44.9%)
581	KROMER Ludwik	5026		Weteran II M - 60	9	00:00:12	01:49:55	04:18:48	06:37:36	08:26:44.50	08:26:44.50	+04:37:06 (54.7%)	11:15	5.3 (44.9%)
582	NAWROT Katarzyna	5301	MIRAZ RACE TEAM	Senior II K - 30	73	00:00:25	01:57:07	04:28:24	06:35:09	08:27:52.00	08:27:52.00	+04:38:14 (54.8%)	11:17	5.3 (44.9%)
583	ŁUSIAK Ewa	5280	KNEIPPTEAM	Masters K - 40	86	00:02:16	01:53:57	04:18:11	06:29:38	08:31:09.85	08:31:09.85	+04:41:32 (55.1%)	11:21	5.3 (44.9%)
584	CHOJNACKI Jakub	5383		Masters M - 40	173	00:02:25	01:44:56	04:11:25	06:31:52	08:31:51.05	08:31:51.05	+04:42:13 (55.1%)	11:22	5.3 (44.9%)
585	SZWEJK Krzysztof	5384	STARE DZIADY	Masters M - 40	174	00:02:26	01:44:57	04:11:25	06:31:51	08:31:51.75	08:31:51.75	+04:42:14 (55.1%)	11:22	5.3 (44.9%)
586	KUCHARCZYK Marcin	5370	3:33 TEAM	Masters M - 40	175	00:02:27	01:46:03	04:20:42	06:42:13	08:34:43.65	08:34:43.65	+04:45:05 (55.4%)	11:26	5.2 (44.1%)
587	CUPIAŁ Mariola	5284	W POGONI ZA DUCHEM	Weteran K - 50	10	00:01:57	02:06:05	04:40:33	06:44:38	08:35:56.50	08:35:56.50	+04:46:18 (55.5%)	11:27	5.2 (44.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Łądek 0km	B1 10km	B2 22km	A15 33km	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
588	ROSIŃSKA Agnieszka	5028	ŚWIERCZEWO RUN/ #BIEGIEMWLAS	Masters K - 40	87	00:02:15	01:58:27	04:30:50	06:41:58	08:37:06.35	08:37:06.35	+04:47:28 (55.6%)	11:29	5.2 (44.1%)
589	DRAJERCZAK Marlena	5172	MUAY RUNING TEAM	Masters K - 40	88	00:02:16	01:57:41	04:30:47	06:42:01	08:37:06.60	08:37:06.60	+04:47:28 (55.6%)	11:29	5.2 (44.1%)
590	SARNOWSKI Maciej	5067	TKKF MPK POZNAŃ	Masters M - 40	176	00:01:27	01:57:10	04:29:19	06:45:32	08:39:51.95	08:39:51.95	+04:50:14 (55.8%)	11:33	5.2 (44.1%)
591	LUTOMSKI Dariusz	5427		Weteran I M - 50	54	00:01:33	01:58:06	04:32:11	06:54:32	08:44:10.80	08:44:10.80	+04:54:33 (56.2%)	11:38	5.2 (44.1%)
592	PAKUŁA Marta	5233		Masters K - 40	89	00:00:36	01:49:43	04:29:19	06:48:07	08:47:03.55	08:47:03.55	+04:57:25 (56.4%)	11:42	5.1 (43.2%)
593	KUGLER Kamila	5354		Senior II K - 30	74	00:00:01		04:17:11		08:47:12.00	08:47:12.00	+04:57:34 (56.4%)	11:42	5.1 (43.2%)
594	WIŚNIEWSKA Dorota	5337	METAL CHERRY	Masters K - 40	90	00:01:14	02:09:53	04:43:53	06:55:18	08:49:23.65	08:49:23.65	+04:59:45 (56.6%)	11:45	5.1 (43.2%)
595	MUCHA-KRUCZYŃSKI Wacław	5621	MUKK ENPI	Weteran II M - 60	10	00:02:42	01:57:25	04:28:08	06:56:51	08:50:36.25	08:50:36.25	+05:00:58 (56.7%)	11:47	5.1 (43.2%)
596	NOSKOWIAK-BAJNO Alicja	5118		Masters K - 40	91	00:01:53	02:02:20	04:43:06	07:07:22	08:50:41.45	08:50:41.45	+05:01:03 (56.7%)	11:47	5.1 (43.2%)
597	NOWAK Piotr	5524		Weteran I M - 50	55	00:00:01		04:25:01		08:53:03.00	08:53:03.00	+05:03:25 (56.9%)	11:50	5.1 (43.2%)
598	GOŹDZICKA Iwona	5141	ZIELONA GÓRO ZACZNIJ BIEGAĆ	Masters K - 40	92	00:02:11	01:57:11	04:35:24	06:59:27	08:54:48.15	08:54:48.15	+05:05:10 (57.1%)	11:53	5 (42.4%)
599	SKRZYŃSKA Marlena	5683	ZIELONA GÓRO ZACZNIJ BIEGAĆ	Senior II K - 30	75	00:02:10	01:57:12	04:35:26	06:59:30	08:54:50.60	08:54:50.60	+05:05:12 (57.1%)	11:53	5 (42.4%)
600	DENKOWSKI Wojciech	5169	BP RUNNING TEAM GLIWICE	Weteran I M - 50	56	00:02:23	02:20:15	04:57:21	07:19:43	08:57:27.45	08:57:27.45	+05:07:49 (57.3%)	11:56	5 (42.4%)
601	BARZAK Justyna	5263		Senior II K - 30	76	00:02:31	02:00:25	04:40:08	06:57:44	08:57:47.35	08:57:47.35	+05:08:09 (57.3%)	11:57	5 (42.4%)
602	SABOK-MUSZYŃSKA Katarzyna	5253		Senior II K - 30	77	00:02:31	02:00:25	04:40:09	06:57:45	08:57:47.80	08:57:47.80	+05:08:10 (57.3%)	11:57	5 (42.4%)
Przekroczony limit czasu: 09:00:00														
603	BŁASZKIEWICZ Marzena	5091	CHOŁE KŁÓLIKI	Masters K - 40	93	00:01:54	02:11:44	04:56:16	07:12:56	09:06:57.30	09:06:57.30	+05:17:19 (58.0%)	12:09	4.9 (41.5%)
604	DZIĘCIELSKA Agnieszka	5016		Masters K - 40	94	00:02:17	02:09:04	04:50:44	07:08:54	09:08:00.20	09:08:00.20	+05:18:22 (58.1%)	12:10	4.9 (41.5%)
605	GIZELSKA Agnieszka	5589	PIĄTKOWO NA BIEGOWO	Weteran K - 50	11	00:02:13	02:12:32	05:01:52	07:25:57	09:24:33.60	09:24:33.60	+05:34:55 (59.3%)	12:32	4.8 (40.7%)
606	STAJER Małgorzata	5598		Weteran K - 50	12	00:02:13	02:14:02	05:03:08	07:25:58	09:24:34.10	09:24:34.10	+05:34:56 (59.3%)	12:32	4.8 (40.7%)
607	SCHICKENDANTZ Liselore	5579	FRYSMAN	Masters K - 40	95	00:00:41	02:15:40	05:09:47	07:31:28	09:38:18.25	09:38:18.25	+05:48:40 (60.3%)	12:51	4.7 (39.8%)
608	PROCHOŃ Krzysztof	5231		Weteran I M - 50	57	00:00:40	02:19:41	05:16:15		09:39:11.00	09:39:11.00	+05:49:33 (60.4%)	12:52	4.7 (39.8%)
609	LEWANDOWSKA-JACKOWSKA Katarzyna	5290	NIGHT RUNNERS PYSKOWICE	Masters K - 40	96	00:00:54	02:12:08	05:30:16	07:56:59	09:57:45.95	09:57:45.95	+06:08:08 (61.6%)	13:17	4.5 (38.1%)
610	PYZIO Dominik	5481	KAPRYZ	Senior II M - 30	139	00:01:12	01:58:10	04:37:26	07:24:55	09:58:38.05	09:58:38.05	+06:09:00 (61.6%)	13:18	4.5 (38.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Łądek 0km	B1 10km	B2 22km	A15 33km	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
	PODGÓRNY Mariusz	5540	TEAM OZIMEK	Senior I M - 20		00:00:30 DNF	01:21:40 DNF	03:09:27 DNF	05:33:28 DNF	DNF	DNF	-	-	(0.0%)
	WALCZAK Grzegorz	5310	BIEGAJĄCE KREJZOLE	Masters M - 40		00:00:45 DNF	01:43:36 DNF	05:51:58 DNF	09:25:57 DNF	DNF	DNF	-	-	(0.0%)
	BOCHYŃSKI Adam	5347		Senior I M - 20		00:02:42 DNF	01:50:07 DNF	04:03:57 DNF	DNF	DNF	DNF	-	-	(0.0%)
	GOŁĘBIEWSKI Sebastian	5386	EBIEGI.PL	Masters M - 40		00:02:36 DNF	01:45:08 DNF	04:23:31 DNF	DNF	DNF	DNF	-	-	(0.0%)
	POKORNY Tomasz	5256		Weteran I M - 50		00:01:34 DNF	01:59:47 DNF	04:51:04 DNF	DNF	DNF	DNF	-	-	(0.0%)
	GARCZEWSKA- PASZKO Joanna	5024		Weteran K - 50		00:01:36 DNF	01:55:35 DNF	05:11:33 DNF	DNF	DNF	DNF	-	-	(0.0%)
	KROGULECKI Michał	5188		Senior II M - 30		00:00:05 DNF	01:50:30 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	NOWICKI Jarosław	5442		Weteran I M - 50		00:01:54 DNF	02:14:45 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	DADAŚ Elżbieta	5088	BP RUNNING TEAM GLIWICE	Masters K - 40		00:02:24 DNF	02:20:16 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	GRYGORUK Cezary	5360		Weteran I M - 50		00:00:05 DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	WALCZAK Agnieszka	5099		Masters K - 40		00:02:38 DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)

Znaleziono 621 wynik(ów)