



**Wydarzenie:** Dolnośląski Festiwal Biegów Górskich  
**Organizator:** Fundacja MARATONY GÓRSKIE  
**Data:** 2023-07-13  
**Miejsce:** Łądek-Zdrój  
**Dystans:** 45 km

## ZŁOTY MARATON - 45 KM

B4SPORT

**B4SPORT**  
INTELIĞENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
1	<b>BOULKHALF Abdellatif</b>	<b>5652</b>	KB WIKON NOWA SÓL	Senior II M - 30	1	01:00:24	02:09:10	03:07:25	<b>04:02:13.80</b>	<b>04:02:14.95</b>		5:22	11.1 (100%)
2	<b>ZBOZIEN Jarosław</b>	<b>5734</b>	ALPIN SPORT TEAM	Senior II M - 30	2	01:00:26	02:09:10	03:07:27	<b>04:05:04.85</b>	<b>04:05:06.95</b>	+00:02:52 (1.2%)	5:26	11 (99.1%)
3	<b>KRUBA Marcin</b>	<b>5578</b>	RMT TEAM PRO	Senior II M - 30	3	01:02:17	02:16:07	03:23:35	<b>04:24:52.75</b>	<b>04:24:55.10</b>	+00:22:40 (8.6%)	5:53	10.2 (91.9%)
4	<b>STACHOWIAK Adam</b>	<b>5716</b>	LESZ NO LIMITS RUNNERS	Senior II M - 30	4	01:06:36	02:23:31	03:29:22	<b>04:30:39.55</b>	<b>04:30:46.05</b>	+00:28:31 (10.5%)	6:00	10 (90.1%)
5	<b>ŁYJAK Błażej</b>	<b>5671</b>	BIKESTATS.PL	Masters M - 40	1	01:02:05	02:16:06	03:25:39	<b>04:31:08.10</b>	<b>04:31:11.20</b>	+00:28:56 (10.7%)	6:01	10 (90.1%)
6	<b>DUDA Karol</b>	<b>5136</b>	BLACK HAT PRO	Senior II M - 30	5		02:09:23	03:21:47	<b>04:37:28.20</b>	<b>04:37:29.45</b>	+00:35:14 (12.7%)	6:09	9.7 (87.4%)
7	<b>MAŃCZAK Filip</b>	<b>5092</b>	AKTYWNI RAZEM	Masters M - 40	2	01:07:30	02:26:12	03:39:32	<b>04:45:55.10</b>	<b>04:46:32.75</b>	+00:44:17 (15.5%)	6:21	9.4 (84.7%)
8	<b>HALSKA Ania</b>	<b>5649</b>	ANNA HALSKA COACHING	Senior II K - 30	1		02:31:37	03:41:13	<b>04:46:29.85</b>	<b>04:46:35.10</b>	+00:44:20 (15.5%)	6:21	9.4 (84.7%)
9	<b>BIELIŃSKI Maciek</b>	<b>5648</b>		Senior II M - 30	6	01:03:09	02:17:51	03:33:11	<b>04:47:29.70</b>	<b>04:47:31.15</b>	+00:45:16 (15.7%)	6:23	9.4 (84.7%)
10	<b>WYSOKIŃSKI Konrad</b>	<b>5625</b>	RUN INTO THE WILD / BARUNOWCE	Masters M - 40	3	01:07:38	02:28:02	03:41:01	<b>04:53:24.80</b>	<b>04:53:29.35</b>	+00:51:14 (17.5%)	6:31	9.2 (82.9%)
11	<b>ZBRUK Tomasz</b>	<b>5620</b>	W POGONI ZA DUCHEM	Masters M - 40	4	01:08:01	02:27:35	03:44:11	<b>04:53:50.85</b>	<b>04:53:59.70</b>	+00:51:44 (17.6%)	6:31	9.2 (82.9%)
12	<b>CICHOWSKI Wojciech</b>	<b>5214</b>	AW - SZYBCIEJ - TEAM	Senior II M - 30	7	01:08:02	02:28:33	03:42:30	<b>04:55:02.25</b>	<b>04:55:07.10</b>	+00:52:52 (17.9%)	6:33	9.2 (82.9%)
13	<b>PETRYNA Jagoda</b>	<b>5739</b>		Senior II K - 30	2	01:09:38	02:31:48	03:46:02	<b>04:55:29.35</b>	<b>04:55:31.20</b>	+00:53:16 (18.0%)	6:33	9.1 (82.0%)
14	<b>WINIARCZYK Krzysztof</b>	<b>5644</b>		Masters M - 40	5	01:09:10	02:32:25	03:49:15	<b>04:57:53.60</b>	<b>04:58:25.15</b>	+00:56:10 (18.8%)	6:37	9.1 (82.0%)
15	<b>ŻWIRSKI Marcin</b>	<b>5508</b>		Senior II M - 30	8	01:06:45	02:27:00	03:42:48	<b>05:01:26.05</b>	<b>05:01:29.80</b>	+00:59:14 (19.7%)	6:41	9 (81.1%)
16	<b>PYZIK Krzysztof</b>	<b>5642</b>	VEGESLONIK TEAM	Senior II M - 30	9	01:07:17	02:26:58	03:44:48	<b>05:01:50.90</b>	<b>05:01:55.10</b>	+00:59:40 (19.8%)	6:42	8.9 (80.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1	B2	A15	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						10km	22km	33km	45km	45km			
17	<b>WALKOSZ Mateusz</b>	<b>5077</b>	#SOBASTEAM	Senior II M - 30	10	01:05:14	02:26:56	03:50:14	<b>05:08:38.00</b>	<b>05:08:39.95</b>	+01:06:25 (21.5%)	6:51	8.7 (78.4%)
18	<b>WOJTKOWIAK Stefan</b>	<b>5300</b>	PIĄTKOWO NA BIEGOWO	Masters M - 40	6	01:11:00	02:35:10	03:56:08	<b>05:09:22.40</b>	<b>05:09:26.90</b>	+01:07:11 (21.7%)	6:52	8.7 (78.4%)
19	<b>CZERCHAWSKI Janusz</b>	<b>5713</b>		Weteran I M - 50	1	01:11:29	02:38:33	04:01:35	<b>05:20:33.25</b>	<b>05:20:48.45</b>	+01:18:33 (24.5%)	7:07	8.4 (75.7%)
20	<b>WYSOCKI Dariusz</b>	<b>5173</b>	MIĘDZYBORSKA GRUPA BIEGOWA	Senior II M - 30	11	01:14:13	02:41:48	04:03:53	<b>05:23:05.00</b>	<b>05:23:12.85</b>	+01:20:57 (25.0%)	7:10	8.4 (75.7%)
21	<b>CYTACKI Dawid</b>	<b>5517</b>	SG SQUAD/RYKOWISKO TEAM	Masters M - 40	7		02:44:34	04:07:40	<b>05:24:03.75</b>	<b>05:24:35.30</b>	+01:22:20 (25.4%)	7:12	8.3 (74.8%)
22	<b>KURKA Adam</b>	<b>5317</b>		Masters M - 40	8	01:17:56	02:47:06	04:10:30	<b>05:25:04.40</b>	<b>05:25:07.35</b>	+01:22:52 (25.5%)	7:13	8.3 (74.8%)
23	<b>ZAPIÓR Hubert</b>	<b>5428</b>		Senior II M - 30	12	01:10:25	02:37:49	04:04:19	<b>05:25:56.75</b>	<b>05:26:34.45</b>	+01:24:19 (25.8%)	7:14	8.3 (74.8%)
24	<b>DASZEWSKI Filip</b>	<b>5552</b>		Senior I M - 20	1	01:17:14	02:48:25	04:12:18	<b>05:29:05.10</b>	<b>05:29:08.20</b>	+01:26:53 (26.4%)	7:18	8.2 (73.9%)
25	<b>FUKS Szymon</b>	<b>5302</b>	MCBIEGACZE	Masters M - 40	9	01:12:03	02:40:45	04:09:25	<b>05:28:55.90</b>	<b>05:29:21.65</b>	+01:27:06 (26.4%)	7:18	8.2 (73.9%)
26	<b>KULLING Hubert</b>	<b>5670</b>		Masters M - 40	10	01:16:49	02:44:03	04:09:57	<b>05:29:42.15</b>	<b>05:30:12.75</b>	+01:27:57 (26.6%)	7:19	8.2 (73.9%)
27	<b>HEJDUK Heinz</b>	<b>5597</b>		Senior II M - 30	13	01:16:47	02:44:35	04:04:52	<b>05:30:20.65</b>	<b>05:30:59.95</b>	+01:28:45 (26.8%)	7:20	8.2 (73.9%)
28	<b>GOLONKA Paweł</b>	<b>5336</b>	KB WIKON NOWA SÓL	Masters M - 40	11	01:14:58	02:45:37	04:15:14	<b>05:32:02.80</b>	<b>05:32:28.55</b>	+01:30:13 (27.1%)	7:22	8.1 (73.0%)
29	<b>ŻYCHSKA Anna</b>	<b>5391</b>		Senior II K - 30	3	01:18:12	02:50:23	04:14:12	<b>05:32:02.00</b>	<b>05:32:35.80</b>	+01:30:20 (27.2%)	7:22	8.1 (73.0%)
30	<b>POPIEL Andrzej</b>	<b>5329</b>	POPSMART.PL	Senior II M - 30	14	01:15:22	02:48:22	04:14:12	<b>05:32:47.10</b>	<b>05:32:51.75</b>	+01:30:36 (27.2%)	7:23	8.1 (73.0%)
31	<b>BASAĞ Marek</b>	<b>5657</b>	GINGER POWER	Masters M - 40	12	01:15:29	02:46:06	04:14:13	<b>05:33:27.60</b>	<b>05:33:35.65</b>	+01:31:20 (27.4%)	7:24	8.1 (73.0%)
32	<b>BURLIDIS Elefterios</b>	<b>5544</b>	SPARTA TEAM	Masters M - 40	13		02:45:21	04:13:38	<b>05:33:09.45</b>	<b>05:33:47.85</b>	+01:31:32 (27.4%)	7:24	8.1 (73.0%)
33	<b>SPYCHALSKI Adam</b>	<b>5237</b>		Weteran I M - 50	2	01:15:04	02:42:38	04:07:38	<b>05:33:45.40</b>	<b>05:34:08.65</b>	+01:31:53 (27.5%)	7:25	8.1 (73.0%)
34	<b>MALICKI Grzegorz</b>	<b>5674</b>	ORANGE POLSKA	Masters M - 40	14	01:10:19	02:37:54	04:05:14	<b>05:35:30.50</b>	<b>05:35:33.45</b>	+01:33:18 (27.8%)	7:27	8 (72.1%)
35	<b>JAKUBOWSKI Zbyszek</b>	<b>5084</b>		Masters M - 40	15	01:17:18	02:47:37	04:13:46	<b>05:35:39.40</b>	<b>05:35:49.20</b>	+01:33:34 (27.9%)	7:27	8 (72.1%)
36	<b>BOGUSZ Paweł</b>	<b>5205</b>	CYBINA TEAM	Masters M - 40	16	01:14:50	02:47:43	04:13:38	<b>05:35:40.65</b>	<b>05:35:53.20</b>	+01:33:38 (27.9%)	7:27	8 (72.1%)
37	<b>CZERNAK Wioleta</b>	<b>5720</b>		Senior II K - 30	4	01:25:55	02:59:40	04:21:36	<b>05:35:24.80</b>	<b>05:35:56.20</b>	+01:33:41 (27.9%)	7:27	8.1 (73.0%)
38	<b>KANIA Tomasz</b>	<b>5103</b>	#SOBASTEAM	Masters M - 40	17	01:12:45	02:45:50	04:16:12	<b>05:37:04.20</b>	<b>05:37:15.40</b>	+01:35:00 (28.2%)	7:29	8 (72.1%)
39	<b>FIEDOROWICZ Asia</b>	<b>5161</b>	SKLEP BIEGACZA RUNNING TEAM	Senior II K - 30	5	01:18:16	02:52:55	04:17:49	<b>05:38:23.80</b>	<b>05:38:47.55</b>	+01:36:32 (28.5%)	7:31	8 (72.1%)
40	<b>MANIAK Rafal</b>	<b>5458</b>		Masters M - 40	18	01:11:40	02:43:18	04:16:44	<b>05:40:01.45</b>	<b>05:40:13.40</b>	+01:37:58 (28.8%)	7:33	7.9 (71.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1	B2	A15	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						10km	22km	33km	45km	45km			
41	<b>STACHOWIAK Łukasz</b>	<b>5615</b>	KAMIL LEŚNIAK TEAM / CITY TRAIL TEAM	Senior II M - 30	15	01:09:37	02:47:45	04:25:34	<b>05:40:45.15</b>	<b>05:40:49.15</b>	+01:38:34 (28.9%)	7:34	7.9 (71.2%)
42	<b>KORDALSKA Karolina</b>	<b>5154</b>	NIGHT RUNNERS PYSKOWICE	Senior I K - 20	1	01:19:26	02:55:04	04:18:04	<b>05:40:43.00</b>	<b>05:40:51.25</b>	+01:38:36 (28.9%)	7:34	7.9 (71.2%)
43	<b>SWĘDZIOŁ Robert</b>	<b>5588</b>	OLKUSZBIEGA.PL	Weteran I M - 50	3	01:14:37	02:45:13	04:14:14	<b>05:40:24.25</b>	<b>05:40:58.40</b>	+01:38:43 (29.0%)	7:33	7.9 (71.2%)
44	<b>KSIĄŻKIEWICZ Bartłomiej</b>	<b>5385</b>	ROCKY BALBOA	Masters M - 40	19	01:12:57	02:43:19	04:19:58	<b>05:41:27.80</b>	<b>05:41:28.80</b>	+01:39:13 (29.1%)	7:35	7.9 (71.2%)
45	<b>GÓRECKI Krzysztof</b>	<b>5128</b>		Senior I M - 20	2		02:55:29	04:22:18	<b>05:41:05.25</b>	<b>05:41:36.15</b>	+01:39:21 (29.1%)	7:34	7.9 (71.2%)
46	<b>TYLKOWSKI Filip</b>	<b>5637</b>		Senior I M - 20	3	01:15:00	02:45:22	04:15:05	<b>05:41:08.60</b>	<b>05:41:55.25</b>	+01:39:40 (29.2%)	7:34	7.9 (71.2%)
47	<b>WUJDA Mirosław</b>	<b>5193</b>	ERNI RULEZ	Masters M - 40	20		02:56:59	04:25:29	<b>05:42:24.35</b>	<b>05:42:40.95</b>	+01:40:26 (29.3%)	7:36	7.9 (71.2%)
48	<b>WILKOS Mateusz</b>	<b>5700</b>	NIEMCE TEAM	Senior II M - 30	16	01:02:02	02:25:17	04:19:27	<b>05:42:52.30</b>	<b>05:42:53.80</b>	+01:40:38 (29.4%)	7:37	7.9 (71.2%)
49	<b>KRZEMIŃSKI Marcin</b>	<b>5678</b>		Masters M - 40	21	01:12:59	02:43:15	04:20:13	<b>05:43:25.25</b>	<b>05:43:25.65</b>	+01:41:10 (29.5%)	7:37	7.9 (71.2%)
50	<b>LEWANDOWSKA Milena</b>	<b>5488</b>	GO APTIV!	Senior I K - 20	2		02:58:23	04:24:14	<b>05:43:09.55</b>	<b>05:43:29.35</b>	+01:41:14 (29.5%)	7:37	7.9 (71.2%)
51	<b>SERAFIN-GORSZKOWSKA Paulina</b>	<b>5426</b>	AW-SZYBCIEJ-TEAM	Masters K - 40	1	01:23:34	03:01:25	04:29:59	<b>05:43:33.90</b>	<b>05:43:46.95</b>	+01:41:32 (29.5%)	7:38	7.9 (71.2%)
52	<b>PIESZKO Magda</b>	<b>5556</b>	MKRAWCZYŃSKA TEAM	Masters K - 40	2	01:23:32	02:59:14	04:25:00	<b>05:44:55.85</b>	<b>05:45:19.60</b>	+01:43:04 (29.8%)	7:39	7.8 (70.3%)
53	<b>GRZEMSKI Marcin</b>	<b>5276</b>	WRONIECKI KLUB BIEGACZA	Senior II M - 30	17	01:14:34	02:47:41	04:24:52	<b>05:45:07.20</b>	<b>05:45:31.65</b>	+01:43:16 (29.9%)	7:40	7.8 (70.3%)
54	<b>OWCZAREK Szymon</b>	<b>5037</b>		Masters M - 40	22	01:15:34	02:49:54	04:21:04	<b>05:45:29.95</b>	<b>05:46:15.00</b>	+01:44:00 (30.0%)	7:40	7.8 (70.3%)
55	<b>JURDZIŃSKI Grzegorz</b>	<b>5374</b>	MOCNA GRUPA CEZARA	Senior I M - 20	4	01:23:05	03:00:47	04:28:32	<b>05:46:22.10</b>	<b>05:47:07.95</b>	+01:44:53 (30.2%)	7:41	7.8 (70.3%)
56	<b>BOGUCKI Sławomir</b>	<b>5495</b>		Weteran II M - 60	1	01:23:39	03:07:02	04:32:05	<b>05:46:48.95</b>	<b>05:47:36.25</b>	+01:45:21 (30.3%)	7:42	7.8 (70.3%)
57	<b>BRZEŃNIAK Łukasz</b>	<b>5654</b>	REHABILITACJA STHENOS GORZÓW WLKP.	Weteran I M - 50	4	01:20:39	02:50:34	04:23:39	<b>05:47:02.05</b>	<b>05:47:37.70</b>	+01:45:22 (30.3%)	7:42	7.8 (70.3%)
58	<b>PŁAZA Radosław</b>	<b>5721</b>	BARUNOWCE	Masters M - 40	23	01:24:09	02:56:56	04:21:55	<b>05:48:03.90</b>	<b>05:48:13.30</b>	+01:45:58 (30.4%)	7:44	7.8 (70.3%)
59	<b>WIECZERZAK Magdalena</b>	<b>5104</b>	ZABIEGANI MIELEC / MAGDY RULEZ	Senior II K - 30	6	01:22:37	03:02:37	04:31:18	<b>05:49:06.35</b>	<b>05:49:16.70</b>	+01:47:01 (30.6%)	7:45	7.7 (69.4%)
60	<b>KRZYŚKÓW Piotr</b>	<b>5268</b>		Masters M - 40	24	01:16:37	02:51:40	04:26:38	<b>05:50:18.15</b>	<b>05:50:35.35</b>	+01:48:20 (30.9%)	7:47	7.7 (69.4%)
61	<b>SPACHACZ Łukasz</b>	<b>5240</b>		Senior II M - 30	18	01:26:54	03:00:17	04:30:31	<b>05:50:32.65</b>	<b>05:51:02.50</b>	+01:48:47 (31.0%)	7:47	7.7 (69.4%)
62	<b>GARCZYK Rafał</b>	<b>5629</b>		Masters M - 40	25	01:27:09	03:08:37	04:34:30	<b>05:51:32.55</b>	<b>05:51:42.00</b>	+01:49:27 (31.1%)	7:48	7.7 (69.4%)
63	<b>KRUPA Norbert</b>	<b>5175</b>	METR PRZED KOŃCEM ŚWIATA	Masters M - 40	26	01:11:24	02:45:48	04:23:28	<b>05:52:52.60</b>	<b>05:53:02.30</b>	+01:50:47 (31.4%)	7:50	7.7 (69.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1	B2	A15	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						10km	22km	33km	45km	45km			
64	<b>CIENKOSZ Przemysław</b>	<b>5188</b>	#ZALINIAMETYTEAM	Senior I M - 20	5	01:22:18	02:56:34	04:25:04	<b>05:52:49.25</b>	<b>05:53:28.90</b>	+01:51:13 (31.5%)	7:50	7.7 (69.4%)
65	<b>DUBIAŁ Rafał</b>	<b>5279</b>	LESZ NO LIMITS RUNNER	Masters M - 40	27	01:25:23	03:03:42	04:31:00	<b>05:53:17.50</b>	<b>05:53:49.50</b>	+01:51:34 (31.5%)	7:51	7.6 (68.5%)
66	<b>ROZPARA Karolina</b>	<b>5473</b>		Senior I K - 20	3	01:25:36	03:02:47	04:29:25	<b>05:52:09.20</b>	<b>05:53:59.15</b>	+01:51:44 (31.6%)	7:49	7.7 (69.4%)
67	<b>ŚWIERCZYŃSKI Adrian</b>	<b>5400</b>		Senior I M - 20	6		02:33:34	04:08:52	<b>05:54:43.25</b>	<b>05:54:44.40</b>	+01:52:29 (31.7%)	7:52	7.6 (68.5%)
68	<b>PIOTROWIAK Angelika</b>	<b>5143</b>	GARMIN WROCŁAW	Senior I K - 20	4	01:24:14	03:01:44	04:34:05	<b>05:56:14.60</b>	<b>05:57:33.85</b>	+01:55:18 (32.3%)	7:54	7.6 (68.5%)
69	<b>CIERPIAŁ Piotr</b>	<b>5501</b>	KRAKÓW AIRPORT RUNNING TEAM	Senior I M - 20	7	01:30:01	03:06:12	04:33:45	<b>05:56:31.50</b>	<b>05:57:56.75</b>	+01:55:41 (32.3%)	7:55	7.6 (68.5%)
70	<b>TOMASZEK Sebastian</b>	<b>5592</b>		Weteran I M - 50	5	01:19:09	02:56:50	04:30:15	<b>05:57:41.10</b>	<b>05:58:07.95</b>	+01:55:53 (32.4%)	7:56	7.5 (67.6%)
71	<b>CARUK Damian</b>	<b>5465</b>	PGN NIERUCHOMOŚCI	Masters M - 40	28	01:21:02	02:59:17	04:34:32	<b>05:58:26.10</b>	<b>05:58:32.55</b>	+01:56:17 (32.4%)	7:57	7.5 (67.6%)
72	<b>JAMROZIAK Grzegorz</b>	<b>5470</b>	AARSLEFF.BIZ RUNNING TEAM	Masters M - 40	29	01:22:51	03:02:14	04:36:11	<b>05:59:07.90</b>	<b>05:59:14.90</b>	+01:56:59 (32.6%)	7:58	7.5 (67.6%)
73	<b>KOBYLECKI Bartosz</b>	<b>5641</b>		Masters M - 40	30	01:22:48	03:00:05	04:32:05	<b>05:58:22.05</b>	<b>05:59:21.70</b>	+01:57:06 (32.6%)	7:57	7.5 (67.6%)
74	<b>BALICKI Piotr</b>	<b>5653</b>	PENNY GONDEK TEAM OLEŚNICA / CAŁA OLEŚNICA BIEGA	Weteran I M - 50	6	01:17:15	02:54:18	04:33:55	<b>05:59:22.65</b>	<b>05:59:30.95</b>	+01:57:16 (32.6%)	7:59	7.5 (67.6%)
75	<b>NOWICKI Marcin</b>	<b>5569</b>	GO2TRI	Masters M - 40	31		02:59:38	04:31:37	<b>05:59:18.70</b>	<b>05:59:48.35</b>	+01:57:33 (32.7%)	7:59	7.5 (67.6%)
76	<b>BROJ Adrian</b>	<b>5309</b>	BROJ TEAM ŻLINICE	Weteran I M - 50	7	01:19:11	02:59:09	04:31:01	<b>05:59:32.05</b>	<b>05:59:53.55</b>	+01:57:38 (32.7%)	7:59	7.5 (67.6%)
77	<b>SKORUPIŃSKA Renata</b>	<b>5215</b>	SOKÓŁ WŁOSZAKOWICE	Masters K - 40	3	01:27:52	03:06:56	04:38:56	<b>05:59:26.65</b>	<b>06:00:00.50</b>	+01:57:45 (32.7%)	7:59	7.5 (67.6%)
78	<b>KODZIK Aleksandra</b>	<b>5526</b>		Senior II K - 30	7	01:25:20	03:04:06	04:38:56	<b>06:00:07.20</b>	<b>06:00:40.30</b>	+01:58:25 (32.8%)	8:00	7.5 (67.6%)
79	<b>BUHL Marcin</b>	<b>5246</b>		Masters M - 40	32		03:02:03	04:32:34	<b>06:00:41.95</b>	<b>06:00:50.90</b>	+01:58:35 (32.9%)	8:00	7.5 (67.6%)
80	<b>STUPEK Bogusław</b>	<b>5614</b>	GALMET TEAM	Weteran I M - 50	8	01:23:02	02:59:53	04:33:28	<b>06:00:33.10</b>	<b>06:01:09.50</b>	+01:58:54 (32.9%)	8:00	7.5 (67.6%)
81	<b>SALWA Aleksander</b>	<b>5496</b>		Masters M - 40	33	01:18:52	02:58:20	04:33:55	<b>06:00:31.55</b>	<b>06:01:29.10</b>	+01:59:14 (33.0%)	8:00	7.5 (67.6%)
82	<b>ANDRZEJEWSKI Łukasz</b>	<b>5668</b>		Masters M - 40	34	01:26:06	03:05:11	04:39:21	<b>06:00:23.95</b>	<b>06:01:36.20</b>	+01:59:21 (33.0%)	8:00	7.5 (67.6%)
83	<b>HACUŚ Tomasz</b>	<b>5452</b>		Masters M - 40	35	01:22:40	03:05:33	04:38:28	<b>06:01:42.25</b>	<b>06:01:53.05</b>	+01:59:38 (33.1%)	8:02	7.5 (67.6%)
84	<b>STYLSKI Michał</b>	<b>5169</b>		Senior II M - 30	19		02:51:20	04:31:55	<b>06:01:56.85</b>	<b>06:02:02.25</b>	+01:59:47 (33.1%)	8:02	7.5 (67.6%)
85	<b>SMACZNY Bartłomiej</b>	<b>5155</b>		Senior II M - 30	20	01:16:20	03:01:20	04:34:27	<b>06:01:14.80</b>	<b>06:02:12.05</b>	+01:59:57 (33.1%)	8:01	7.5 (67.6%)
86	<b>TERESZKIEWICZ Joanna</b>	<b>5203</b>		Senior II K - 30	8	01:21:12	02:58:59	04:33:44	<b>06:02:07.30</b>	<b>06:02:17.90</b>	+02:00:02 (33.1%)	8:02	7.5 (67.6%)
87	<b>RESPONDEK Anna</b>	<b>5358</b>		Masters K - 40	4	01:22:36	03:01:23	04:38:56	<b>06:02:50.35</b>	<b>06:03:32.60</b>	+02:01:17 (33.4%)	8:03	7.4 (66.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1	B2	A15	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						10km	22km	33km	45km	45km			
88	<b>BEŁDOWSKI Sławomir</b>	<b>5677</b>	FUDU &CO	Weteran I M - 50	9	01:22:28	03:00:49	04:37:10	<b>06:03:35.15</b>	<b>06:03:39.15</b>	+02:01:24 (33.4%)	8:04	7.4 (66.7%)
89	<b>WOŹNICZKA Jolanta</b>	<b>5696</b>	ADAM DRACZYŃSKI RUNNIG TEAM	Masters K - 40	5	01:25:16	03:10:41	04:42:21	<b>06:04:29.75</b>	<b>06:04:32.00</b>	+02:02:17 (33.5%)	8:05	7.4 (66.7%)
90	<b>KRAWCZYK Dariusz</b>	<b>5226</b>		Masters M - 40	36	01:17:10	02:53:46	04:30:58	<b>06:05:08.35</b>	<b>06:05:15.10</b>	+02:03:00 (33.7%)	8:06	7.4 (66.7%)
91	<b>STORTZ Piotr</b>	<b>5196</b>		Senior II M - 30	21	01:14:44	02:56:33	04:34:49	<b>06:05:46.45</b>	<b>06:06:14.25</b>	+02:03:59 (33.9%)	8:07	7.4 (66.7%)
92	<b>KUROPATWIŃSKI Tomasz</b>	<b>5704</b>		Senior II M - 30	22	01:27:54	03:03:35	04:38:31	<b>06:04:06.85</b>	<b>06:06:57.05</b>	+02:04:42 (34.0%)	8:05	7.4 (66.7%)
93	<b>CZYŻAK Błażej</b>	<b>5676</b>		Masters M - 40	37		03:07:00	04:38:13	<b>06:06:54.30</b>	<b>06:07:22.95</b>	+02:05:08 (34.1%)	8:09	7.4 (66.7%)
94	<b>SZECÓWKA Andrzej</b>	<b>5687</b>	AS WŚRÓD MAS	Weteran I M - 50	10	01:29:58	03:07:33	04:45:12	<b>06:06:31.25</b>	<b>06:07:29.55</b>	+02:05:14 (34.1%)	8:08	7.4 (66.7%)
95	<b>ZACIERKA Krystian</b>	<b>5689</b>		Masters M - 40	38		02:55:56	04:31:30	<b>06:07:18.80</b>	<b>06:07:51.90</b>	+02:05:36 (34.1%)	8:09	7.4 (66.7%)
96	<b>KRAJEWSKI Tomasz</b>	<b>5551</b>	#ZALINIAMETYTEAM	Masters M - 40	39	01:23:21	03:07:56	04:46:40	<b>06:07:03.25</b>	<b>06:07:59.40</b>	+02:05:44 (34.2%)	8:09	7.4 (66.7%)
97	<b>BOJAŃSKI Zbigniew</b>	<b>5547</b>		Masters M - 40	40	01:25:03	03:08:18	04:44:07	<b>06:07:57.50</b>	<b>06:08:13.45</b>	+02:05:58 (34.2%)	8:10	7.3 (65.8%)
98	<b>STACHOWIAK Grzegorz</b>	<b>5650</b>		Masters M - 40	41	01:16:40	03:03:23	04:43:16	<b>06:07:58.05</b>	<b>06:08:29.50</b>	+02:06:14 (34.3%)	8:10	7.3 (65.8%)
99	<b>JASZCZAK Bogna</b>	<b>5387</b>		Senior I K - 20	5	01:22:15	02:59:24	04:34:26	<b>06:08:16.10</b>	<b>06:08:56.55</b>	+02:06:41 (34.3%)	8:11	7.3 (65.8%)
100	<b>WALKOWIAK Rafał</b>	<b>5733</b>	KONIN RUN	Weteran I M - 50	11	01:20:51	03:02:10	04:44:28	<b>06:08:11.20</b>	<b>06:09:05.50</b>	+02:06:50 (34.4%)	8:10	7.3 (65.8%)
101	<b>ZWOLIŃSKI Mariusz</b>	<b>5626</b>		Masters M - 40	42	01:18:26	02:56:50	04:35:45	<b>06:08:42.25</b>	<b>06:09:23.60</b>	+02:07:08 (34.4%)	8:11	7.3 (65.8%)
102	<b>BARTOS Virág</b>	<b>5177</b>		Senior II K - 30	9	01:29:47	03:12:37	04:43:48	<b>06:08:26.05</b>	<b>06:09:36.30</b>	+02:07:21 (34.5%)	8:11	7.3 (65.8%)
103	<b>JANKA Rácz</b>	<b>5183</b>		Senior II K - 30	10	01:29:47	03:12:41	04:43:49	<b>06:08:26.70</b>	<b>06:09:36.60</b>	+02:07:21 (34.5%)	8:11	7.3 (65.8%)
104	<b>OLTUCH Patryk</b>	<b>5619</b>	AW - SZYBCIEJ - TEAM	Senior I M - 20	8	01:20:49	02:54:08	04:40:27	<b>06:09:09.95</b>	<b>06:10:22.20</b>	+02:08:07 (34.6%)	8:12	7.3 (65.8%)
105	<b>BROZDOVÁ Karina</b>	<b>5225</b>	SPK ČESKÝ TĚŠÍN	Masters K - 40	6	01:25:35	03:06:04	04:42:01	<b>06:10:55.55</b>	<b>06:11:16.85</b>	+02:09:01 (34.8%)	8:14	7.3 (65.8%)
106	<b>ASŁANOWICZ Marcin</b>	<b>5599</b>	ŻÓRAWSKI TEAM	Masters M - 40	43	01:25:37	03:08:48	04:42:21	<b>06:12:05.40</b>	<b>06:12:17.05</b>	+02:10:02 (34.9%)	8:16	7.3 (65.8%)
107	<b>CHRZANOWSKI Paweł</b>	<b>5635</b>		Masters M - 40	44		02:58:17	04:43:53	<b>06:12:22.45</b>	<b>06:12:55.05</b>	+02:10:40 (35.0%)	8:16	7.3 (65.8%)
108	<b>CIESIELSKI Marcin</b>	<b>5509</b>		Masters M - 40	45	01:20:23	02:58:35	04:37:17	<b>06:13:54.85</b>	<b>06:13:56.60</b>	+02:11:41 (35.2%)	8:18	7.2 (64.9%)
109	<b>MARCINIAK Robert</b>	<b>5189</b>	HTF LUDWIK SIKORSKI	Senior II M - 30	23	01:29:03	03:07:02	04:47:40	<b>06:12:47.10</b>	<b>06:14:39.50</b>	+02:12:24 (35.3%)	8:17	7.2 (64.9%)
110	<b>JEGER Piotr</b>	<b>5142</b>	SKLEP BIEGACZA RUNNING TEAM	Senior II M - 30	24	01:29:02	03:12:11	04:47:01	<b>06:13:58.55</b>	<b>06:15:40.00</b>	+02:13:25 (35.5%)	8:18	7.2 (64.9%)
111	<b>PIOTROWSKI Kamil</b>	<b>5071</b>		Masters M - 40	46	01:16:46	02:59:17	04:41:22	<b>06:15:30.25</b>	<b>06:15:41.00</b>	+02:13:26 (35.5%)	8:20	7.2 (64.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1	B2	A15	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						10km	22km	33km	45km	45km			
112	KOMAR Krystian	5287	ZAWADOWCY	Senior II M - 30	25		03:01:52	04:45:43	06:14:58.95	06:16:18.65	+02:14:03 (35.6%)	8:19	7.2 (64.9%)
113	JÓZEF Tomasz	5232	TOMOBI	Masters M - 40	47	01:10:43	02:41:35	04:18:02	06:16:22.10	06:16:37.60	+02:14:22 (35.7%)	8:21	7.2 (64.9%)
114	BUKOWIŃSKI Damian	5481		Senior II M - 30	26	01:21:00	02:52:22	04:29:59	06:13:55.90	06:16:45.00	+02:14:30 (35.7%)	8:18	7.2 (64.9%)
115	MŁODZIENIAK Robert	5656	KONIN RUN	Masters M - 40	48	01:27:34	03:12:28	04:52:17	06:15:57.30	06:16:50.15	+02:14:35 (35.7%)	8:21	7.2 (64.9%)
116	OZIĘBŁO Rafał	5485	KS KANDAHAR / 42K.COM.PL	Masters M - 40	49	01:19:36	02:59:47	04:50:04	06:15:59.85	06:16:57.20	+02:14:42 (35.7%)	8:21	7.2 (64.9%)
117	MYSZKIEWICZ Paweł	5216	MOCNA GRUPA CEZARA	Masters M - 40	50	01:24:59	03:07:19	04:49:25	06:16:08.35	06:16:58.70	+02:14:43 (35.7%)	8:21	7.2 (64.9%)
118	SZCZOTKA Jakub	5518		Masters M - 40	51		03:05:02	04:44:22	06:17:39.30	06:17:41.05	+02:15:26 (35.9%)	8:23	7.1 (64.0%)
119	JABŁOŃSKI Jakub	5321	PRO366	Masters M - 40	52	01:23:28	03:04:28	04:45:56	06:17:19.85	06:17:45.75	+02:15:30 (35.9%)	8:23	7.2 (64.9%)
120	KOZŁOWSKI Jerzy	5541		Senior II M - 30	27	01:21:00	03:21:49	04:56:26	06:16:58.45	06:17:59.70	+02:15:44 (35.9%)	8:22	7.2 (64.9%)
121	SALUVEER Ago	5399	VOKA	Masters M - 40	53	01:30:54	03:12:19	04:50:00	06:16:09.70	06:18:40.95	+02:16:26 (36.0%)	8:21	7.2 (64.9%)
122	SYCHOWSKI Dawid	5052		Senior II M - 30	28	01:28:37	03:13:49	04:51:25	06:18:59.15	06:20:07.50	+02:17:52 (36.3%)	8:25	7.1 (64.0%)
123	MICHAŁSKI Damian	5548	ALIOR RUNNING TEAM	Masters M - 40	54	01:25:10	03:06:08	04:50:58	06:20:10.15	06:20:20.80	+02:18:05 (36.3%)	8:26	7.1 (64.0%)
124	RATAJCZAK Marcin	5295		Masters M - 40	55	01:29:25	03:05:56	04:46:43	06:18:56.05	06:20:51.00	+02:18:36 (36.4%)	8:25	7.1 (64.0%)
125	KWAŚNY Marcin	5682	WILD BUCHAYS	Masters M - 40	56	01:30:34	03:13:05	04:47:33	06:20:30.00	06:21:07.05	+02:18:52 (36.4%)	8:27	7.1 (64.0%)
126	PRZEMUS Karol	5711		Senior I M - 20	9	01:49:50	03:30:07	04:58:18	06:18:36.40	06:21:33.65	+02:19:18 (36.5%)	8:24	7.1 (64.0%)
127	RYBARCZYK Roman	5582	#BIEGIEMWLAS	Masters M - 40	57	01:31:06	03:15:18	04:53:29	06:19:04.00	06:21:50.85	+02:19:35 (36.6%)	8:25	7.1 (64.0%)
128	PACIOREK Ewa	5332	KOBIETA BIEGA. EWA PACIOREK	Senior II K - 30	11	01:31:25	03:18:48	04:56:13	06:21:42.60	06:21:51.85	+02:19:36 (36.6%)	8:28	7.1 (64.0%)
129	FUKS Jarosław	5351		Masters M - 40	58	01:24:23	03:04:01	04:46:15	06:22:40.10	06:22:46.10	+02:20:31 (36.7%)	8:30	7.1 (64.0%)
130	SUTKOWY Paweł	5296		Senior II M - 30	29	01:24:58	03:03:13	04:50:00	06:20:46.00	06:23:10.25	+02:20:55 (36.8%)	8:27	7.1 (64.0%)
131	SUCHORA Kacper	5144	***** ***	Senior I M - 20	10		03:05:54	04:49:38	06:23:10.00	06:23:21.05	+02:21:06 (36.8%)	8:30	7 (63.1%)
132	JAŚKIEWICZ Dagmara	5536	BEST BEASTS	Senior I K - 20	6	01:32:04	03:17:00	04:59:27	06:22:19.00	06:23:25.50	+02:21:10 (36.8%)	8:29	7.1 (64.0%)
133	CZERNECKI Jacek	5537	CARBON SILESIA SPORT	Senior II M - 30	30	01:32:43	03:17:00	05:03:17	06:22:19.60	06:23:25.85	+02:21:10 (36.8%)	8:29	7.1 (64.0%)
134	IZDEBSKI Tomek	5101	SPORT GENERATION	Masters M - 40	59	01:32:38	03:17:43	04:54:59	06:22:14.00	06:23:26.65	+02:21:11 (36.8%)	8:29	7.1 (64.0%)
135	GARSZTKA Mateusz	5673		Senior II M - 30	31	01:30:09	03:11:02	04:51:35	06:22:00.80	06:23:59.95	+02:21:45 (36.9%)	8:29	7.1 (64.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1	B2	A15	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						10km	22km	33km	45km	45km			
136	<b>KAZIMIEROWICZ Jacek</b>	<b>5456</b>		Masters M - 40	60	01:18:49	03:01:18	04:49:26	<b>06:23:28.50</b>	<b>06:24:17.65</b>	+02:22:02 (37.0%)	8:31	7 (63.1%)
137	<b>SIEWKO Piotr</b>	<b>5129</b>	SZWAGRY TEAM	Weteran I M - 50	12	01:24:59	03:11:22	04:54:44	<b>06:23:43.45</b>	<b>06:24:19.85</b>	+02:22:04 (37.0%)	8:31	7 (63.1%)
138	<b>KROPACZ Jacek</b>	<b>5471</b>	ALPINIKA	Masters M - 40	61	01:21:05	03:03:55	04:53:28	<b>06:25:12.10</b>	<b>06:25:39.60</b>	+02:23:24 (37.2%)	8:33	7 (63.1%)
139	<b>MAJEWSKI Radosław</b>	<b>5146</b>	NIGHT RUNNERS / PRO366	Masters M - 40	62	01:26:50	03:12:47	04:57:56	<b>06:25:14.45</b>	<b>06:25:40.95</b>	+02:23:26 (37.2%)	8:33	7 (63.1%)
140	<b>KORCZYŃSKI Łukasz</b>	<b>5534</b>	BIEGOWA POGORZAŁA	Masters M - 40	63	01:23:19	03:00:35	04:46:38	<b>06:24:51.50</b>	<b>06:25:51.50</b>	+02:23:36 (37.2%)	8:33	7 (63.1%)
141	<b>WRÓBEL Marcin</b>	<b>5604</b>		Masters M - 40	64	01:29:59	03:13:42	04:54:45	<b>06:25:19.25</b>	<b>06:25:58.05</b>	+02:23:43 (37.2%)	8:33	7 (63.1%)
142	<b>REJEWSKA Eliza</b>	<b>5267</b>		Masters K - 40	7	01:28:56	03:14:26	04:53:10	<b>06:23:54.90</b>	<b>06:26:08.15</b>	+02:23:53 (37.3%)	8:31	7 (63.1%)
143	<b>DOBROWOLSKI Maciej</b>	<b>5208</b>		Senior I M - 20	11	01:32:26	03:10:46	04:51:48	<b>06:25:00.85</b>	<b>06:26:26.80</b>	+02:24:11 (37.3%)	8:33	7 (63.1%)
144	<b>JURECZKO Damian</b>	<b>5395</b>		Masters M - 40	65	01:26:39	03:12:13	04:56:59	<b>06:25:45.80</b>	<b>06:26:49.30</b>	+02:24:34 (37.4%)	8:34	7 (63.1%)
145	<b>BARTCZAK Paweł</b>	<b>5082</b>	DRUŻYNA SZPIKU	Masters M - 40	66	01:29:47	03:13:38	04:52:12	<b>06:24:10.95</b>	<b>06:27:07.50</b>	+02:24:52 (37.4%)	8:32	7 (63.1%)
146	<b>JAKUBOWSKI Piotr</b>	<b>5510</b>		Masters M - 40	67	01:31:21	03:16:30	04:56:25	<b>06:25:36.80</b>	<b>06:27:24.75</b>	+02:25:09 (37.5%)	8:34	7 (63.1%)
147	<b>ŻETELSKI Kamil</b>	<b>5692</b>		Senior I M - 20	12	01:25:09	03:07:35	04:50:11	<b>06:27:22.25</b>	<b>06:28:04.05</b>	+02:25:49 (37.6%)	8:36	7 (63.1%)
148	<b>ZIÓŁEK Rafał</b>	<b>5585</b>		Senior II M - 30	32	01:30:04	03:12:08	04:53:29	<b>06:26:11.35</b>	<b>06:28:14.45</b>	+02:25:59 (37.6%)	8:34	7 (63.1%)
149	<b>DONAJ Łukasz</b>	<b>5168</b>		Senior II M - 30	33	01:18:56	03:01:14	04:54:20	<b>06:27:21.80</b>	<b>06:28:16.85</b>	+02:26:01 (37.6%)	8:36	7 (63.1%)
150	<b>MAJCHRZAK Oskar</b>	<b>5027</b>		Senior II M - 30	34	01:31:43	03:23:19	05:04:08	<b>06:28:05.15</b>	<b>06:28:27.25</b>	+02:26:12 (37.6%)	8:37	7 (63.1%)
151	<b>GIDZIŃSKA Larysa</b>	<b>5013</b>	OFF-ROAD RUNNERS BENEFIT SYSTEMS	Senior II K - 30	12	01:31:43	03:23:19	05:04:07	<b>06:28:06.15</b>	<b>06:28:28.10</b>	+02:26:13 (37.6%)	8:37	7 (63.1%)
152	<b>DUBOWICZ Maciej</b>	<b>5469</b>	TRITON KONIN	Senior II M - 30	35	01:26:02	03:11:26	04:56:44	<b>06:27:22.75</b>	<b>06:28:35.60</b>	+02:26:20 (37.7%)	8:36	7 (63.1%)
153	<b>BŁASZCZAK Marek</b>	<b>5051</b>	MOCNA GRUPA CEZARA	Senior II M - 30	36	01:25:00	03:07:46	04:55:23	<b>06:28:22.40</b>	<b>06:28:55.40</b>	+02:26:40 (37.7%)	8:37	7 (63.1%)
154	<b>MAJDER Klaudia</b>	<b>5543</b>	CAŁA OLEŚNICA BIEGA	Senior II K - 30	13	01:31:21	03:21:05	05:00:25	<b>06:29:01.25</b>	<b>06:29:08.80</b>	+02:26:53 (37.7%)	8:38	6.9 (62.2%)
155	<b>SALUMAA Marko</b>	<b>5384</b>	VOKA	Masters M - 40	68	01:28:53	03:10:44	04:57:08	<b>06:27:18.70</b>	<b>06:29:21.65</b>	+02:27:06 (37.8%)	8:36	7 (63.1%)
156	<b>LEHISMETS Priit</b>	<b>5398</b>	VOKA / BC KALEV/CRAMO	Masters M - 40	69	01:28:10	03:21:59	05:03:33	<b>06:26:49.35</b>	<b>06:29:21.95</b>	+02:27:07 (37.8%)	8:35	7 (63.1%)
157	<b>SOŁTYSIAK Karol</b>	<b>5460</b>		Masters M - 40	70	01:30:56	03:19:52	05:03:39	<b>06:29:25.80</b>	<b>06:29:54.10</b>	+02:27:39 (37.9%)	8:39	6.9 (62.2%)
158	<b>KWIECIEŃ Marcin</b>	<b>5618</b>	HRW	Masters M - 40	71	01:30:20	03:15:44	04:56:46	<b>06:27:02.55</b>	<b>06:30:05.60</b>	+02:27:50 (37.9%)	8:36	7 (63.1%)
159	<b>BARTOSIEWICZ Daria</b>	<b>5060</b>	DZIKIE GRUBASY SZATANA	Senior II K - 30	14		03:18:15	04:57:17	<b>06:28:16.05</b>	<b>06:30:06.35</b>	+02:27:51 (37.9%)	8:37	7 (63.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto			Czas brutto		Różn	Tempo min/km	Tempo km/h
						B1 10km	B2 22km	A15 33km	45km	45km			
160	<b>RESPONDEK Michał</b>	<b>5445</b>		Senior II M - 30	37	01:32:32	03:17:23	04:57:59	<b>06:27:11.55</b>	<b>06:30:34.50</b>	+02:28:19 (38.0%)	8:36	7 (63.1%)
161	<b>FISZER Paweł</b>	<b>5719</b>		Masters M - 40	72	01:22:46	03:07:08	04:56:15	<b>06:30:30.20</b>	<b>06:30:35.90</b>	+02:28:20 (38.0%)	8:40	6.9 (62.2%)
162	<b>ŚWIERCZYŃSKI Radosław</b>	<b>5408</b>	BIEGIEM PO PIWO	Senior II M - 30	38	01:25:04	03:15:06	04:59:06	<b>06:31:25.50</b>	<b>06:31:40.45</b>	+02:29:25 (38.2%)	8:41	6.9 (62.2%)
163	<b>ZAŁUSKI Dominik</b>	<b>5354</b>		Senior I M - 20	13	01:30:44	03:11:00	04:53:01	<b>06:29:31.50</b>	<b>06:32:07.90</b>	+02:29:52 (38.2%)	8:39	6.9 (62.2%)
164	<b>GOŁĄB Marcin</b>	<b>5621</b>	SPARTA TEAM	Masters M - 40	73	01:24:44	03:09:09	04:59:21	<b>06:31:41.55</b>	<b>06:32:20.45</b>	+02:30:05 (38.3%)	8:42	6.9 (62.2%)
165	<b>PIECHOWIAK Mateusz</b>	<b>5575</b>	Z GÓRKI I POD GÓRKĘ	Senior II M - 30	39	01:27:05	03:14:48	04:57:24	<b>06:33:10.85</b>	<b>06:33:20.85</b>	+02:31:05 (38.4%)	8:44	6.9 (62.2%)
166	<b>MACHNICKI Paweł</b>	<b>5691</b>		Masters M - 40	74	01:34:27	03:23:47	05:13:20	<b>06:29:57.65</b>	<b>06:33:26.15</b>	+02:31:11 (38.4%)	8:39	6.9 (62.2%)
167	<b>BIELECKI Tomasz</b>	<b>5560</b>	MISTRZOWSKI TRENING POZNAŃ	Senior I M - 20	14	01:28:53	03:20:08	05:00:03	<b>06:33:23.55</b>	<b>06:33:30.70</b>	+02:31:15 (38.4%)	8:44	6.9 (62.2%)
168	<b>WILK Łukasz</b>	<b>5341</b>	RUNADDICTS	Masters M - 40	75	01:25:05	03:09:40	05:02:00	<b>06:32:22.85</b>	<b>06:34:41.10</b>	+02:32:26 (38.6%)	8:43	6.9 (62.2%)
169	<b>WALKOWIAK Bartek</b>	<b>5679</b>	MB MOTORS POZNAŃ	Senior I M - 20	15	01:33:46	03:20:11	05:01:10	<b>06:33:06.20</b>	<b>06:34:46.25</b>	+02:32:31 (38.6%)	8:44	6.9 (62.2%)
170	<b>PAJĄK Rozalia</b>	<b>5418</b>	DARSOFT RUNNING TEAM/KALINOWSKI TEAM	Senior I K - 20	7	01:32:07	03:20:25	05:07:52	<b>06:32:59.45</b>	<b>06:34:46.65</b>	+02:32:31 (38.6%)	8:43	6.9 (62.2%)
171	<b>SZCZESZEK Arkadiusz</b>	<b>5024</b>		Masters M - 40	76	01:29:09	03:14:48	04:58:22	<b>06:33:35.75</b>	<b>06:35:07.05</b>	+02:32:52 (38.7%)	8:44	6.9 (62.2%)
172	<b>TWARDOWSKI Krzysztof</b>	<b>5583</b>	AMATOR	Weteran I M - 50	13	01:26:42	03:21:05	05:06:02	<b>06:35:31.25</b>	<b>06:36:01.55</b>	+02:33:46 (38.8%)	8:47	6.8 (61.3%)
173	<b>MACIEJEWSKI Adam</b>	<b>5439</b>		Senior II M - 30	40	01:29:26	03:16:16	04:59:17	<b>06:34:35.10</b>	<b>06:36:22.40</b>	+02:34:07 (38.9%)	8:46	6.8 (61.3%)
174	<b>RYCHLEWICZ Tomasz</b>	<b>5217</b>		Senior II M - 30	41	01:30:21	03:14:54	05:02:32	<b>06:37:43.15</b>	<b>06:38:37.15</b>	+02:36:22 (39.2%)	8:50	6.8 (61.3%)
175	<b>SZYMAŃSKI Tomasz</b>	<b>5602</b>	PARTYZANCI KONIN	Masters M - 40	77	01:26:18	03:11:43	05:02:56	<b>06:37:47.65</b>	<b>06:38:42.60</b>	+02:36:27 (39.2%)	8:50	6.8 (61.3%)
176	<b>JARZĘBOWICZ Iwona</b>	<b>5666</b>		Masters K - 40	8	01:34:40	03:27:21	05:07:47	<b>06:39:06.90</b>	<b>06:39:50.65</b>	+02:37:35 (39.4%)	8:52	6.8 (61.3%)
176	<b>JARZĘBOWICZ Adam</b>	<b>5667</b>		Masters M - 40	78		03:25:25	05:09:38	<b>06:39:06.60</b>	<b>06:39:50.65</b>	+02:37:35 (39.4%)	8:52	6.8 (61.3%)
178	<b>PINKOWSKA Monika</b>	<b>5715</b>		Senior II K - 30	15	01:33:16	03:23:28	05:07:43	<b>06:38:05.00</b>	<b>06:40:15.40</b>	+02:38:00 (39.5%)	8:50	6.8 (61.3%)
179	<b>KACZOR Piotr</b>	<b>5283</b>	SAMOTNY WILK Z KOTOWIC	Masters M - 40	79		03:12:38	05:00:38	<b>06:40:56.40</b>	<b>06:41:00.40</b>	+02:38:45 (39.6%)	8:54	6.7 (60.4%)
180	<b>WOŹNIAK Paweł</b>	<b>5211</b>	AW-SZYBCIEJ-TEAM	Masters M - 40	80	01:19:13	02:58:22	04:52:03	<b>06:41:06.85</b>	<b>06:41:39.75</b>	+02:39:24 (39.7%)	8:54	6.7 (60.4%)
181	<b>LINDNER Paweł</b>	<b>5368</b>		Senior II M - 30	42	01:21:12	03:13:40	05:04:08	<b>06:41:01.90</b>	<b>06:41:47.70</b>	+02:39:32 (39.7%)	8:54	6.7 (60.4%)
182	<b>JANOWSKI Michał</b>	<b>5008</b>		Senior II M - 30	43	01:18:52	03:02:56	05:04:21	<b>06:42:36.40</b>	<b>06:42:56.95</b>	+02:40:42 (39.9%)	8:56	6.7 (60.4%)
183	<b>KOCOŁ Tomasz</b>	<b>5525</b>		Masters M - 40	81	01:30:01	03:12:50	05:03:45	<b>06:42:12.20</b>	<b>06:42:59.50</b>	+02:40:44 (39.9%)	8:56	6.7 (60.4%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1			Czas netto		Czas brutto		Tempo min/km	Tempo km/h
						10km	B2 22km	A15 33km	45km	45km	Różn			
184	<b>DAWIDZIŃSKI Tomasz</b>	<b>5224</b>	AKTYWNI RAZEM	Senior II M - 30	44	01:26:06	03:17:36	05:07:45	<b>06:41:48.55</b>	<b>06:43:08.40</b>	+02:40:53 (39.9%)	8:55	6.7 (60.4%)	
185	<b>JAKRZEWSKI Hubert</b>	<b>5511</b>		Senior II M - 30	45	01:22:49	03:08:13	05:03:09	<b>06:42:08.90</b>	<b>06:43:41.25</b>	+02:41:26 (40.0%)	8:56	6.7 (60.4%)	
186	<b>STEC Adam</b>	<b>5549</b>		Masters M - 40	82				<b>06:42:06.15</b>	<b>06:43:41.40</b>	+02:41:26 (40.0%)	8:56	6.7 (60.4%)	
187	<b>RYSZCZYK Adam</b>	<b>5634</b>	RUN2BFREE	Masters M - 40	83		03:48:47	05:22:07	<b>06:43:45.95</b>	<b>06:43:49.95</b>	+02:41:35 (40.0%)	8:58	6.7 (60.4%)	
188	<b>KOPER Marcin</b>	<b>5659</b>		Senior II M - 30	46	01:32:14	03:18:16	05:15:16	<b>06:42:20.20</b>	<b>06:43:54.85</b>	+02:41:39 (40.0%)	8:56	6.7 (60.4%)	
189	<b>SCHULZE Jörg</b>	<b>5663</b>	DAV ZITTAU	Weteran II M - 60	2		03:31:31	05:12:29	<b>06:42:34.30</b>	<b>06:43:55.95</b>	+02:41:41 (40.0%)	8:56	6.7 (60.4%)	
190	<b>CZERWINSKI Dominik</b>	<b>5461</b>	ALVO RACING TEAM	Masters M - 40	84	01:29:39	03:22:22	05:09:24	<b>06:44:12.80</b>	<b>06:45:14.20</b>	+02:42:59 (40.2%)	8:58	6.7 (60.4%)	
191	<b>BANKIEWICZ Damian</b>	<b>5270</b>	ASSECO ACTIVE TEAM	Weteran I M - 50	14	01:31:51	03:18:09	05:07:18	<b>06:43:18.50</b>	<b>06:45:18.90</b>	+02:43:03 (40.2%)	8:57	6.7 (60.4%)	
192	<b>NIERADKA Anna</b>	<b>5459</b>		Senior II K - 30	16	01:32:35	03:31:57	05:17:44	<b>06:45:15.00</b>	<b>06:45:43.95</b>	+02:43:29 (40.3%)	9:00	6.7 (60.4%)	
193	<b>KOZŁOWSKI Paweł</b>	<b>5382</b>	HURAGAN LIGOTA	Masters M - 40	85	01:31:04	03:20:23	05:10:16	<b>06:45:59.15</b>	<b>06:46:16.35</b>	+02:44:01 (40.4%)	9:01	6.7 (60.4%)	
194	<b>BRUDEREK Tomasz</b>	<b>5643</b>	PRIMUM CURRERE	Masters M - 40	86	01:27:46	03:20:42	05:15:23	<b>06:47:20.20</b>	<b>06:47:56.15</b>	+02:45:41 (40.6%)	9:03	6.6 (59.5%)	
195	<b>ŁAMPIKA Kinga</b>	<b>5397</b>	NIGHT RUNNERS WROCŁAW, POLISH WINGS ULTRA TEAM	Masters K - 40	9	01:35:07	03:29:24	05:13:16	<b>06:46:57.90</b>	<b>06:48:11.15</b>	+02:45:56 (40.7%)	9:02	6.6 (59.5%)	
196	<b>BAKSALARY Lidia</b>	<b>5616</b>	#BIEGAJLESZNO	Weteran K - 50	1	01:35:16	03:32:22	05:18:20	<b>06:48:11.15</b>	<b>06:48:25.20</b>	+02:46:10 (40.7%)	9:04	6.6 (59.5%)	
197	<b>KĘSIK Michał</b>	<b>5433</b>	RKS HUWDU	Senior II M - 30	47	01:30:54	03:20:17	05:09:36	<b>06:46:15.55</b>	<b>06:48:30.55</b>	+02:46:15 (40.7%)	9:01	6.6 (59.5%)	
198	<b>ALEKSANDROWICZ Marlena</b>	<b>5206</b>		Masters K - 40	10	01:35:02	03:25:36	05:13:21	<b>06:45:04.80</b>	<b>06:48:31.80</b>	+02:46:16 (40.7%)	9:00	6.7 (60.4%)	
199	<b>AUGUSTYNIAK Mirosława</b>	<b>5068</b>	MAMY TO	Masters K - 40	11	01:41:25	03:30:03	05:12:46	<b>06:47:01.30</b>	<b>06:48:45.85</b>	+02:46:30 (40.7%)	9:02	6.6 (59.5%)	
200	<b>CYMBORSKA Jolanta</b>	<b>5257</b>	NEW BALANCE RUN CLUB	Masters K - 40	12	01:32:39	03:23:40	05:11:46	<b>06:47:46.20</b>	<b>06:49:04.35</b>	+02:46:49 (40.8%)	9:03	6.6 (59.5%)	
201	<b>RUKUSZEWICZ Wawrzyniec</b>	<b>5310</b>	DZIKIE GRUBASY SZATANA	Masters M - 40	87	01:29:37	03:18:17	05:06:06	<b>06:47:31.35</b>	<b>06:49:20.85</b>	+02:47:05 (40.8%)	9:03	6.6 (59.5%)	
202	<b>KRAWCZYK Karol</b>	<b>5714</b>	TATA KAZIKA	Senior II M - 30	48	01:17:17	03:00:53	05:04:37	<b>06:49:25.00</b>	<b>06:49:39.35</b>	+02:47:24 (40.9%)	9:05	6.6 (59.5%)	
203	<b>BUCZAK Jakub</b>	<b>5035</b>		Senior II M - 30	49	01:34:47	03:23:30	05:13:08	<b>06:46:41.85</b>	<b>06:49:41.05</b>	+02:47:26 (40.9%)	9:02	6.6 (59.5%)	
204	<b>REPCZYŃSKI Mateusz</b>	<b>5036</b>		Senior II M - 30	50	01:34:46	03:23:30	05:13:07	<b>06:46:43.65</b>	<b>06:49:43.45</b>	+02:47:28 (40.9%)	9:02	6.6 (59.5%)	
205	<b>MUCOWSKI Jaromir</b>	<b>5631</b>	EMERYCI I RENCISCI.	Masters M - 40	88	01:23:52	03:12:41	04:56:27	<b>06:49:17.20</b>	<b>06:49:55.75</b>	+02:47:40 (40.9%)	9:05	6.6 (59.5%)	
206	<b>BARTYKOWSKA Marta</b>	<b>5622</b>	BESTIE OCR LEGIONOWO	Senior II K - 30	17	01:31:08	03:26:12	05:15:20	<b>06:51:18.95</b>	<b>06:51:31.10</b>	+02:49:16 (41.1%)	9:08	6.6 (59.5%)	
207	<b>BALCEWICZ Mariusz</b>	<b>5416</b>	BBL LEGNICA	Weteran I M - 50	15	01:29:27	03:23:44	05:10:45	<b>06:49:29.50</b>	<b>06:51:33.65</b>	+02:49:18 (41.1%)	9:05	6.6 (59.5%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1	B2	A15	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						10km	22km	33km	45km	45km			
208	STASIAK Łukasz	5745		Masters M - 40	89	01:33:17	03:26:30	05:14:45	06:49:59.95	06:52:06.10	+02:49:51 (41.2%)	9:06	6.6 (59.5%)
209	MAJKA Jarek	5307	FAMILIAMAJKA	Masters M - 40	90	01:24:41	03:09:00	05:09:56	06:51:50.75	06:52:42.90	+02:50:27 (41.3%)	9:09	6.6 (59.5%)
210	KUBIAK Marcin	5533	KUBIAKI BIEGAJĄ	Masters M - 40	91	01:25:22	03:18:25	05:09:31	06:52:13.15	06:52:43.70	+02:50:28 (41.3%)	9:09	6.5 (58.6%)
211	SILSKI Artur	5609	MIGHTY ZAKOLA/FIZOL TEAM	Senior II M - 30	51	01:39:30	03:23:22	05:02:50	06:51:19.60	06:54:33.45	+02:52:18 (41.6%)	9:08	6.6 (59.5%)
212	KORBECKA Ula	5477		Senior II K - 30	18	01:38:29	03:36:04	05:18:11	06:53:02.75	06:54:36.40	+02:52:21 (41.6%)	9:10	6.5 (58.6%)
213	PIĘTKA Marzena	5738	WYBIEGAJ SIEBIE	Masters K - 40	13	01:31:48	03:24:46	05:13:55	06:53:44.00	06:55:08.35	+02:52:53 (41.6%)	9:11	6.5 (58.6%)
214	BUJALSKA Agata	5571		Senior II K - 30	19	01:36:23	03:30:31	05:18:16	06:54:05.45	06:55:09.65	+02:52:54 (41.6%)	9:12	6.5 (58.6%)
215	WYLEGAŁA Michał	5503	PCH_RUN	Masters M - 40	92	01:27:06	03:22:59	05:15:08	06:55:11.65	06:55:24.90	+02:53:09 (41.7%)	9:13	6.5 (58.6%)
215	WALCZAK Tomasz	5306	PCH_RUN	Masters M - 40	92	01:30:54	03:22:54	05:15:25	06:55:06.95	06:55:24.90	+02:53:09 (41.7%)	9:13	6.5 (58.6%)
217	PŁUDOWSKI Bartosz	5453	PCH_RUN / CHTR	Senior II M - 30	52	01:27:13	03:22:26	05:15:04	06:55:11.10	06:55:25.05	+02:53:10 (41.7%)	9:13	6.5 (58.6%)
218	MOKRZYŃSKI Marcin	5152	KURORT ŁĄDEK-ZDRÓJ	Masters M - 40	94		03:40:39	05:23:49	06:53:24.50	06:55:26.25	+02:53:11 (41.7%)	9:11	6.5 (58.6%)
219	CHUDY Ariel	5072	RUN TEAM RYDZYNA	Masters M - 40	95		03:20:57	05:14:47	06:54:39.95	06:55:33.40	+02:53:18 (41.7%)	9:12	6.5 (58.6%)
220	TROJNAR Daniel	5258		Senior II M - 30	53	01:31:51	03:26:51	05:15:27	06:54:56.75	06:56:10.40	+02:53:55 (41.8%)	9:13	6.5 (58.6%)
221	SAMOLAK Maciek	5117	NSK RUNS	Masters M - 40	96	01:33:20	03:17:40	05:26:55	06:54:13.20	06:56:29.20	+02:54:14 (41.8%)	9:12	6.5 (58.6%)
222	ZAWISTOWSKI Marek	5524		Masters M - 40	97	01:38:02	03:30:41	05:20:46	06:55:51.45	06:57:10.50	+02:54:55 (41.9%)	9:14	6.5 (58.6%)
223	JEDRZEJEK Lukasz	5521	DFDS POLSKA RUNNING TEAM	Masters M - 40	98	01:44:01	03:32:56	05:19:52	06:53:59.75	06:57:21.35	+02:55:06 (42.0%)	9:11	6.5 (58.6%)
224	TORZEWSKI Przemysław	5681		Senior II M - 30	54	01:35:32	03:21:01	05:12:42	06:56:26.15	06:57:42.90	+02:55:27 (42.0%)	9:15	6.5 (58.6%)
225	KLIMECKI Krzysztof	5363	NSK RUNS	Senior II M - 30	55	01:40:51	03:32:29	05:20:17	06:55:36.50	06:57:53.95	+02:55:39 (42.0%)	9:14	6.5 (58.6%)
226	ŻELAZOWSKA Ola	5004	ATLAS RUNNING TEAM	Senior II K - 30	20	01:36:44	03:28:38	05:13:46	06:55:08.75	06:58:20.80	+02:56:05 (42.1%)	9:13	6.5 (58.6%)
227	GAŁUSZKA Filip	5557	KOKOSZKA36TEAM	Senior II M - 30	56	01:29:54	03:16:41	05:17:07	06:57:15.65	06:58:39.10	+02:56:24 (42.1%)	9:16	6.5 (58.6%)
228	WIDERA Tomasz	5031	KOKOSZKA36TEAM	Masters M - 40	99		03:16:40	05:17:07	06:57:15.30	06:58:39.55	+02:56:24 (42.1%)	9:16	6.5 (58.6%)
229	PACYNA Wojciech	5014	BEZ SPINY	Masters M - 40	100	01:34:49	03:28:06	05:17:57	06:55:59.00	06:58:41.95	+02:56:27 (42.1%)	9:14	6.5 (58.6%)
230	FLORCZAK Monika	5409		Senior II K - 30	21	01:40:07	03:40:06	05:27:30	06:55:45.30	06:58:50.80	+02:56:35 (42.2%)	9:14	6.5 (58.6%)
231	PISAREK Rafał	5567		Senior II M - 30	57	01:30:24	03:28:47	05:19:05	06:59:37.60	07:00:18.65	+02:58:03 (42.4%)	9:19	6.4 (57.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1	B2	A15	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						10km	22km	33km	45km	45km			
232	<b>ZAKRZEWSKA-BEKIER Joanna</b>	<b>5222</b>	SWIM2TRI	Masters K - 40	14	01:42:33	03:44:14	05:31:47	<b>07:00:10.00</b>	<b>07:00:33.20</b>	+02:58:18 (42.4%)	9:20	6.4 (57.7%)
233	<b>OSTROWSKI Rafał</b>	<b>5194</b>	AKTYWNIE-UZALEŻNIAMY	Masters M - 40	101	01:35:17	03:24:13	05:23:13	<b>06:58:07.55</b>	<b>07:00:34.95</b>	+02:58:20 (42.4%)	9:17	6.5 (58.6%)
234	<b>TOMAS Paweł</b>	<b>5281</b>		Senior I M - 20	16	01:52:31	03:48:35	05:29:11	<b>06:58:15.65</b>	<b>07:00:56.80</b>	+02:58:41 (42.5%)	9:17	6.5 (58.6%)
235	<b>MOŚ Katarzyna</b>	<b>5207</b>	CIDRY LOTAJOM	Senior II K - 30	22	01:35:08	03:34:08	05:29:11	<b>07:00:31.30</b>	<b>07:01:12.25</b>	+02:58:57 (42.5%)	9:20	6.4 (57.7%)
236	<b>BARTKIEWICZ Halina</b>	<b>5172</b>		Masters K - 40	15	01:33:39	03:34:15	05:20:23	<b>07:00:28.50</b>	<b>07:01:40.05</b>	+02:59:25 (42.5%)	9:20	6.4 (57.7%)
237	<b>ZIELIŃSKA Katarzyna</b>	<b>5383</b>	HURAGAN LIGOTA	Senior II K - 30	23	01:36:43	03:31:08	05:16:57	<b>07:01:05.90</b>	<b>07:02:10.05</b>	+02:59:55 (42.6%)	9:21	6.4 (57.7%)
238	<b>LACH-BRZOZOWSKA Edyta</b>	<b>5515</b>	WIOSKA BIEGACZY	Masters K - 40	16	01:42:39	03:41:41	05:27:27	<b>07:01:25.20</b>	<b>07:02:35.45</b>	+03:00:20 (42.7%)	9:21	6.4 (57.7%)
239	<b>PUDEŁKO Rafał</b>	<b>5009</b>	MAMYTO	Masters M - 40	102	01:41:24	03:36:21	05:26:52	<b>07:01:20.00</b>	<b>07:03:06.15</b>	+03:00:51 (42.7%)	9:21	6.4 (57.7%)
240	<b>SZYMCZYK Michał</b>	<b>5577</b>	DRUŻYNA CHROBREGO	Weteran I M - 50	16	01:33:01	03:30:39	05:20:16	<b>07:01:54.65</b>	<b>07:03:08.40</b>	+03:00:53 (42.7%)	9:22	6.4 (57.7%)
241	<b>JAKUBOWSKA Natasza</b>	<b>5085</b>		Masters K - 40	17	01:39:03	03:32:22	05:21:06	<b>07:02:24.45</b>	<b>07:03:09.70</b>	+03:00:54 (42.8%)	9:23	6.4 (57.7%)
242	<b>WALKOWIAK Dominika</b>	<b>5707</b>	#BIEGAJLESZNO	Senior II K - 30	24	01:35:38	03:36:14	05:25:07	<b>07:04:51.80</b>	<b>07:05:06.70</b>	+03:02:51 (43.0%)	9:26	6.4 (57.7%)
243	<b>GRYZ Jacek</b>	<b>5519</b>	SUNFIT STUDIO	Masters M - 40	103	01:38:04	03:28:12	05:19:21	<b>07:03:55.55</b>	<b>07:05:17.25</b>	+03:03:02 (43.0%)	9:25	6.4 (57.7%)
244	<b>LENART Jakub</b>	<b>5130</b>		Senior II M - 30	58	01:27:42	03:22:10		<b>07:04:09.75</b>	<b>07:05:29.90</b>	+03:03:14 (43.1%)	9:25	6.4 (57.7%)
245	<b>GOLEŃ Waldek</b>	<b>5478</b>	BBL LEGNICA	Senior II M - 30	59	01:32:14	03:30:06	05:24:56	<b>07:03:03.60</b>	<b>07:05:43.85</b>	+03:03:28 (43.1%)	9:24	6.4 (57.7%)
246	<b>ZAREMBA Monika</b>	<b>5046</b>	WIELUŃ BIEGA	Senior I K - 20	8	01:33:49	03:33:07	05:26:23	<b>07:05:43.45</b>	<b>07:06:32.45</b>	+03:04:17 (43.2%)	9:27	6.3 (56.8%)
247	<b>ŚLIWKA Arkadiusz</b>	<b>5394</b>	OLZA CIESZYN	Masters M - 40	104	01:30:11	03:26:40	05:22:01	<b>07:05:19.25</b>	<b>07:06:36.70</b>	+03:04:21 (43.2%)	9:27	6.3 (56.8%)
248	<b>KIERENKO Paweł</b>	<b>5514</b>	SONSIEDZI	Masters M - 40	105	01:36:11	03:39:03	05:27:54	<b>07:05:39.05</b>	<b>07:07:09.75</b>	+03:04:54 (43.3%)	9:27	6.3 (56.8%)
249	<b>BIENIAS Piotr</b>	<b>5722</b>		Weteran I M - 50	17	01:33:20	03:28:02	05:20:22	<b>07:06:30.25</b>	<b>07:09:23.80</b>	+03:07:08 (43.6%)	9:28	6.3 (56.8%)
250	<b>STANKOW Piotr</b>	<b>5011</b>	SŁOŃCA JURY	Weteran I M - 50	18	01:35:56	03:39:02	05:33:17	<b>07:07:30.80</b>	<b>07:09:25.70</b>	+03:07:10 (43.6%)	9:30	6.3 (56.8%)
251	<b>GAJEWSKI Bartłomiej</b>	<b>5486</b>	ALBATROSY	Senior II M - 30	60	01:38:20	03:32:35	05:28:17	<b>07:06:15.40</b>	<b>07:09:33.20</b>	+03:07:18 (43.6%)	9:28	6.3 (56.8%)
252	<b>ZYCHOWICZ Zbigniew</b>	<b>5298</b>	MOCNA GRUPA CEZARA	Masters M - 40	106	01:40:25	03:37:00	05:30:25	<b>07:08:35.55</b>	<b>07:09:40.55</b>	+03:07:25 (43.6%)	9:31	6.3 (56.8%)
253	<b>BANACHOWSKI Waldemar</b>	<b>5540</b>		Masters M - 40	107	01:32:10	03:34:16	05:33:03	<b>07:08:11.75</b>	<b>07:09:49.45</b>	+03:07:34 (43.6%)	9:30	6.3 (56.8%)
254	<b>PEPLAK Jarosław Szymon</b>	<b>5730</b>	GAMENESS KONSTANCIN	Masters M - 40	108		03:32:24	05:26:53	<b>07:08:31.95</b>	<b>07:10:02.40</b>	+03:07:47 (43.7%)	9:31	6.3 (56.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto			Czas brutto	Różn	Tempo min/km	Tempo km/h	
						B1 10km	B2 22km	A15 33km					
255	<b>MARCZAK Agnieszka</b>	<b>5299</b>	NIGHT RUNNERS/PRO366	Masters K - 40	18	01:38:56	03:38:47	05:31:21	<b>07:09:35.15</b>	<b>07:10:03.55</b>	+03:07:48 (43.7%)	9:32	6.3 (56.8%)
256	<b>DOMINIAK Katarzyna</b>	<b>5454</b>	PSIA EDUKACJA	Weteran K - 50	2	01:46:52	03:48:53	05:38:16	<b>07:09:31.85</b>	<b>07:10:09.65</b>	+03:07:54 (43.7%)	9:32	6.3 (56.8%)
257	<b>TOKARZEWSKA Kasia</b>	<b>5531</b>	NBR TEAM	Masters K - 40	19	01:42:05	03:43:20	05:32:53	<b>07:09:09.30</b>	<b>07:10:11.30</b>	+03:07:56 (43.7%)	9:32	6.3 (56.8%)
258	<b>BEKAS Jędrzej</b>	<b>5171</b>	NIGHT RUNNERS POZNAŃ	Masters M - 40	109	01:45:36	03:41:16	05:30:15	<b>07:07:04.00</b>	<b>07:10:11.70</b>	+03:07:56 (43.7%)	9:29	6.3 (56.8%)
259	<b>ŁYSIAK Bartek</b>	<b>5335</b>	LISEK TEAM	Senior II M - 30	61	01:27:47	03:18:43	05:20:55	<b>07:09:42.30</b>	<b>07:10:22.55</b>	+03:08:07 (43.7%)	9:32	6.3 (56.8%)
260	<b>PLEWA Katarzyna</b>	<b>5260</b>	GÓRYLASY	Senior II K - 30	25	01:26:50	03:22:31	05:24:19	<b>07:09:38.25</b>	<b>07:10:27.75</b>	+03:08:12 (43.7%)	9:32	6.3 (56.8%)
261	<b>OCZKOWICZ Beata</b>	<b>5266</b>	MOCNA GRUPA CEZARA	Senior II K - 30	26	01:45:21	03:47:32	05:27:38	<b>07:08:39.90</b>	<b>07:10:49.10</b>	+03:08:34 (43.8%)	9:31	6.3 (56.8%)
262	<b>KUBAS Krystian</b>	<b>5116</b>	SUT - STRASZYN ULTRA TEAM	Masters M - 40	110	01:29:09	03:22:08	05:32:39	<b>07:08:39.50</b>	<b>07:10:49.30</b>	+03:08:34 (43.8%)	9:31	6.3 (56.8%)
263	<b>KACZMAREK Maria</b>	<b>5505</b>		Masters K - 40	20	01:47:45	03:52:50	05:35:49	<b>07:10:00.95</b>	<b>07:11:01.75</b>	+03:08:46 (43.8%)	9:33	6.3 (56.8%)
264	<b>ZORAN Henryk</b>	<b>5617</b>	WARTKIE PIERONY	Weteran I M - 50	19	01:36:37	03:34:50	05:24:55	<b>07:10:59.65</b>	<b>07:11:49.05</b>	+03:09:34 (43.9%)	9:34	6.3 (56.8%)
265	<b>ANTONIUK Adam</b>	<b>5686</b>		Weteran I M - 50	20	01:41:43	03:37:41	05:30:59	<b>07:09:38.05</b>	<b>07:11:52.30</b>	+03:09:37 (43.9%)	9:32	6.3 (56.8%)
266	<b>WALIGÓRA Mateusz</b>	<b>5017</b>		Masters M - 40	111	01:27:26	03:15:26	05:16:06	<b>07:12:01.55</b>	<b>07:12:06.35</b>	+03:09:51 (43.9%)	9:36	6.2 (55.9%)
267	<b>WALKOWIAK Dawid</b>	<b>5126</b>	MASARNIA	Masters M - 40	112	01:41:06	03:30:34	05:20:23	<b>07:09:16.15</b>	<b>07:12:30.20</b>	+03:10:15 (44.0%)	9:32	6.3 (56.8%)
267	<b>BUGAJ Alan</b>	<b>5120</b>		Senior II M - 30	62	01:37:58	03:37:28	05:36:30	<b>07:10:04.60</b>	<b>07:12:30.20</b>	+03:10:15 (44.0%)	9:33	6.3 (56.8%)
269	<b>RZESZOTARSKI Tomasz</b>	<b>5308</b>	KTÓRĘDYNADMORSKIEOKO	Senior II M - 30	63	01:38:50	03:39:11	05:30:28	<b>07:11:35.40</b>	<b>07:12:38.15</b>	+03:10:23 (44.0%)	9:35	6.3 (56.8%)
270	<b>MATAK Paweł</b>	<b>5429</b>	ŁASUCH	Senior II M - 30	64	01:31:01	03:32:38	05:34:35	<b>07:13:09.35</b>	<b>07:13:13.40</b>	+03:10:58 (44.1%)	9:37	6.2 (55.9%)
271	<b>KALBARCZYK Jakub</b>	<b>5476</b>		Senior II M - 30	65	01:39:59	03:32:59	05:26:26	<b>07:11:19.95</b>	<b>07:14:06.15</b>	+03:11:51 (44.2%)	9:35	6.3 (56.8%)
272	<b>MATUSZCZYK Paweł</b>	<b>5349</b>		Weteran I M - 50	21	01:47:32	03:43:16	05:30:56	<b>07:10:51.80</b>	<b>07:14:10.55</b>	+03:11:55 (44.2%)	9:34	6.3 (56.8%)
273	<b>NOVÁK Martin</b>	<b>5516</b>	NOWIS TRAILRUNNER	Senior II M - 30	66	01:29:28	03:39:04	05:37:19	<b>07:14:40.20</b>	<b>07:14:59.65</b>	+03:12:44 (44.3%)	9:39	6.2 (55.9%)
274	<b>PODSADNI-KRYSIK Paulina</b>	<b>5271</b>		Senior II K - 30	27	01:34:11	03:38:56	05:31:01	<b>07:13:40.85</b>	<b>07:15:00.55</b>	+03:12:45 (44.3%)	9:38	6.2 (55.9%)
275	<b>NOWACZYŃSKA Katarzyna</b>	<b>5026</b>	TEAM ZABIEGANEDNI	Masters K - 40	21	01:46:00	03:52:07	05:39:00	<b>07:12:06.75</b>	<b>07:15:01.30</b>	+03:12:46 (44.3%)	9:36	6.2 (55.9%)
276	<b>CISZAK Karol</b>	<b>5212</b>		Masters M - 40	113	01:39:42	03:30:48	05:25:45	<b>07:11:56.35</b>	<b>07:15:02.90</b>	+03:12:47 (44.3%)	9:35	6.3 (56.8%)
277	<b>PAMUŁA Marta</b>	<b>5089</b>		Senior I K - 20	9	01:40:00	03:40:30	05:33:36	<b>07:12:40.65</b>	<b>07:15:26.35</b>	+03:13:11 (44.4%)	9:36	6.2 (55.9%)
278	<b>KUPŚĆ Daniel</b>	<b>5125</b>		Senior II M - 30	67		03:26:51	05:20:11	<b>07:15:26.25</b>	<b>07:15:28.25</b>	+03:13:13 (44.4%)	9:40	6.2 (55.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto			Czas brutto	Różn	Tempo min/km	Tempo km/h
						B1 10km	B2 22km	A15 33km				
279	<b>MILER Urszula</b>	<b>5316</b>	KBKS RADOMSKO	Masters K - 40	22	01:42:56	03:41:48	05:31:00	<b>07:15:13.85</b>	<b>07:15:38.95</b>	+03:13:24 (44.4%)	9:40 6.2 (55.9%)
280	<b>JOŃCA Michał</b>	<b>5594</b>		Senior II M - 30	68		03:33:09	05:36:00	<b>07:15:38.10</b>	<b>07:15:39.10</b>	+03:13:24 (44.4%)	9:40 6.2 (55.9%)
281	<b>STEBEL Bartosz</b>	<b>5680</b>		Masters M - 40	114	01:36:48	03:30:28	05:25:53	<b>07:13:38.80</b>	<b>07:16:13.05</b>	+03:13:58 (44.5%)	9:38 6.2 (55.9%)
282	<b>GUZERA Tomasz</b>	<b>5285</b>		Senior II M - 30	69		03:28:47	05:32:48	<b>07:16:30.00</b>	<b>07:17:07.20</b>	+03:14:52 (44.6%)	9:42 6.2 (55.9%)
283	<b>SUSZA Małgorzata</b>	<b>5640</b>		Masters K - 40	23	01:38:17	03:41:22	05:30:46	<b>07:14:50.85</b>	<b>07:17:16.60</b>	+03:15:01 (44.6%)	9:39 6.2 (55.9%)
284	<b>SZYDŁOWSKI Patryk</b>	<b>5184</b>		Senior II M - 30	70	01:38:52	03:42:56	05:38:35	<b>07:18:31.40</b>	<b>07:19:25.90</b>	+03:17:10 (44.9%)	9:44 6.2 (55.9%)
285	<b>SOPCZYŃSKA Beata</b>	<b>5661</b>	AS CAMPS	Senior II K - 30	28	01:38:07	03:41:09	05:31:38	<b>07:17:52.95</b>	<b>07:19:25.95</b>	+03:17:11 (44.9%)	9:43 6.2 (55.9%)
286	<b>CHROSTEK Adam</b>	<b>5150</b>	ADAM_BIEGA	Masters M - 40	115	01:36:41	03:31:08	05:28:49	<b>07:19:56.70</b>	<b>07:20:39.90</b>	+03:18:24 (45.0%)	9:46 6.1 (55.0%)
287	<b>PAPIERNIK Aneta</b>	<b>5330</b>	MARKOWI BIEGACZE	Masters K - 40	24	01:40:46	03:43:28	05:39:38	<b>07:20:24.05</b>	<b>07:21:07.35</b>	+03:18:52 (45.1%)	9:47 6.1 (55.0%)
288	<b>WOJTKOWIAK Paweł</b>	<b>5350</b>		Weteran I M - 50	22	01:32:59	03:24:42	05:13:35	<b>07:18:34.50</b>	<b>07:21:23.85</b>	+03:19:08 (45.1%)	9:44 6.2 (55.9%)
289	<b>MATKOWSKA Martyna</b>	<b>5201</b>	VEGE RUNNERS	Senior II K - 30	29	01:46:17	03:49:15	05:41:34	<b>07:19:55.70</b>	<b>07:22:02.35</b>	+03:19:47 (45.2%)	9:46 6.1 (55.0%)
290	<b>BEŁCZYKOWSKI Zbigniew</b>	<b>5600</b>	TEAM PAPRY	Senior II M - 30	71	01:38:20	03:40:39	05:30:27	<b>07:19:16.20</b>	<b>07:22:03.90</b>	+03:19:48 (45.2%)	9:45 6.1 (55.0%)
291	<b>BABIRECKI Krzysztof</b>	<b>5288</b>	FU FU FU TEAM	Masters M - 40	116	01:32:39	03:23:59	05:28:45	<b>07:21:07.65</b>	<b>07:23:21.85</b>	+03:21:06 (45.4%)	9:48 6.1 (55.0%)
292	<b>JAGIELSKA Magdalena</b>	<b>5289</b>	POŁAWIACZKI PEREŁ, KS STASZEWSKY	Weteran K - 50	3	01:51:34	03:57:44	05:48:34	<b>07:20:50.75</b>	<b>07:23:29.25</b>	+03:21:14 (45.4%)	9:47 6.1 (55.0%)
293	<b>WOJTCZAK Mateusz</b>	<b>5574</b>		Senior II M - 30	72	01:39:17	03:41:33	05:36:38	<b>07:22:17.75</b>	<b>07:23:44.35</b>	+03:21:29 (45.4%)	9:49 6.1 (55.0%)
294	<b>WENTYKIER Beata</b>	<b>5219</b>	POMYŁKA TEAM	Masters K - 40	25	01:33:31	03:38:12	05:37:13	<b>07:22:04.20</b>	<b>07:24:24.85</b>	+03:22:09 (45.5%)	9:49 6.1 (55.0%)
295	<b>KAMIŃSKI Maciej</b>	<b>5591</b>		Masters M - 40	117	01:30:55	03:25:16	05:35:47	<b>07:21:00.50</b>	<b>07:24:26.00</b>	+03:22:11 (45.5%)	9:48 6.1 (55.0%)
296	<b>ŚNIEGOSKA Sandra</b>	<b>5018</b>	KNEIPP TEAM	Senior II K - 30	30	01:39:53	03:54:54	05:51:06	<b>07:24:31.85</b>	<b>07:24:32.85</b>	+03:22:17 (45.5%)	9:52 6.1 (55.0%)
297	<b>CNOTALSKA Aneta</b>	<b>5253</b>		Masters K - 40	26	01:51:28	03:58:32	05:48:23	<b>07:21:46.95</b>	<b>07:24:32.95</b>	+03:22:18 (45.5%)	9:49 6.1 (55.0%)
298	<b>KIBART Antoni</b>	<b>5586</b>		Senior I M - 20	17	01:34:01	03:25:14	05:36:08	<b>07:23:00.20</b>	<b>07:24:37.30</b>	+03:22:22 (45.5%)	9:50 6.1 (55.0%)
299	<b>KIBART Robert</b>	<b>5587</b>		Weteran I M - 50	23	01:35:51	03:27:08	05:36:07	<b>07:22:59.80</b>	<b>07:24:37.65</b>	+03:22:22 (45.5%)	9:50 6.1 (55.0%)
300	<b>GIBALSKA Marzena</b>	<b>5490</b>	OBORYGENI	Weteran K - 50	4	01:40:29	03:43:16	05:37:53	<b>07:24:28.85</b>	<b>07:25:11.55</b>	+03:22:56 (45.6%)	9:52 6.1 (55.0%)
301	<b>GŁADECKI Sebastian</b>	<b>5100</b>	KĘSY TEAM	Masters M - 40	118	01:32:16	03:22:41	05:25:52	<b>07:24:17.05</b>	<b>07:25:24.70</b>	+03:23:09 (45.6%)	9:52 6.1 (55.0%)
302	<b>BOSZKO Krzysztof</b>	<b>5012</b>		Senior II M - 30	73	01:34:55	03:36:09	05:35:31	<b>07:24:46.60</b>	<b>07:26:26.95</b>	+03:24:12 (45.7%)	9:53 6.1 (55.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1	B2	A15	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						10km	22km	33km	45km	45km			
303	<b>SŁAWIŃSKI Patryk</b>	<b>5729</b>	AKADEMIA SPORTU OTWOCK	Masters M - 40	119	01:41:20	03:39:07	05:42:05	<b>07:25:11.60</b>	<b>07:26:41.50</b>	+03:24:26 (45.8%)	9:53	6.1 (55.0%)
304	<b>DOKRZEWSKA Katarzyna</b>	<b>5230</b>		Senior II K - 30	31	01:40:40	03:45:05	05:48:46	<b>07:26:25.55</b>	<b>07:27:12.20</b>	+03:24:57 (45.8%)	9:55	6 (54.1%)
305	<b>KUKOBNIKAVA Vitaliya</b>	<b>5504</b>	BIEGACZE STU MOSTÓW	Senior II K - 30	32	01:43:28	03:51:19	05:37:08	<b>07:26:02.75</b>	<b>07:27:56.70</b>	+03:25:41 (45.9%)	9:54	6.1 (55.0%)
306	<b>STROIŃSKA Iwona</b>	<b>5334</b>	LESZ NO LIMITS RUNNERS	Masters K - 40	27	01:42:34	03:53:32	05:46:25	<b>07:27:42.85</b>	<b>07:28:19.85</b>	+03:26:04 (46.0%)	9:56	6 (54.1%)
307	<b>BOGUSZ Grzegorz</b>	<b>5474</b>		Masters M - 40	120	01:30:11	03:25:48	05:17:34	<b>07:26:11.10</b>	<b>07:28:25.35</b>	+03:26:10 (46.0%)	9:54	6.1 (55.0%)
308	<b>DĘBICKI Artur</b>	<b>5434</b>		Weteran I M - 50	24	01:49:52	03:52:53	05:47:42	<b>07:25:07.70</b>	<b>07:28:30.35</b>	+03:26:15 (46.0%)	9:53	6.1 (55.0%)
309	<b>KONDRAKIEWICZ Rafał</b>	<b>5243</b>	HARCOWNIK	Masters M - 40	121	01:44:56	03:44:01	05:45:30	<b>07:26:28.25</b>	<b>07:29:06.00</b>	+03:26:51 (46.1%)	9:55	6 (54.1%)
310	<b>LEŚNIAK Marcin</b>	<b>5636</b>	STANWEX II	Senior II M - 30	74	01:47:37	03:56:52	05:50:04	<b>07:27:50.55</b>	<b>07:29:16.10</b>	+03:27:01 (46.1%)	9:57	6 (54.1%)
311	<b>POGODA Adam</b>	<b>5522</b>		Masters M - 40	122	01:40:23	03:48:05	05:46:10	<b>07:29:13.00</b>	<b>07:30:17.25</b>	+03:28:02 (46.2%)	9:58	6 (54.1%)
312	<b>CHĘCIŃSKI Łukasz</b>	<b>5075</b>		Masters M - 40	123	01:39:22	03:43:20	05:42:59	<b>07:29:02.15</b>	<b>07:30:23.05</b>	+03:28:08 (46.2%)	9:58	6 (54.1%)
313	<b>OLEJNIK Ilona</b>	<b>5149</b>		Weteran K - 50	5	01:36:09	03:50:26	05:45:43	<b>07:29:40.45</b>	<b>07:30:52.15</b>	+03:28:37 (46.3%)	9:59	6 (54.1%)
314	<b>BOJARSKA Beata</b>	<b>5352</b>	BW BIEGACZE WYMIATACZE	Senior II K - 30	33	01:42:20	03:42:41	05:40:53	<b>07:29:20.75</b>	<b>07:30:54.50</b>	+03:28:39 (46.3%)	9:59	6 (54.1%)
315	<b>SIEPIELSKI Damian</b>	<b>5005</b>		Senior II M - 30	75	01:33:35	03:29:42	05:35:17	<b>07:30:36.85</b>	<b>07:30:57.25</b>	+03:28:42 (46.3%)	10:00	6 (54.1%)
316	<b>SKARŻYŃSKI Kamil</b>	<b>5331</b>	WLKP MOUNTAINS ULTRA	Senior I M - 20	18	01:40:48	03:35:59	05:32:29	<b>07:27:58.20</b>	<b>07:31:02.75</b>	+03:28:47 (46.3%)	9:57	6 (54.1%)
317	<b>NOWAK Mateusz</b>	<b>5613</b>		Senior I M - 20	19	01:38:15	03:39:40	05:44:41	<b>07:30:13.30</b>	<b>07:31:11.90</b>	+03:28:56 (46.3%)	10:00	6 (54.1%)
318	<b>GÓRNA Jagoda</b>	<b>5118</b>		Senior II K - 30	34	01:45:46	03:47:06	05:45:10	<b>07:28:14.55</b>	<b>07:31:18.95</b>	+03:29:04 (46.3%)	9:57	6 (54.1%)
319	<b>WNUK Tomasz</b>	<b>5159</b>	BREMBO	Masters M - 40	124	01:41:32	03:43:19	05:38:18	<b>07:29:51.00</b>	<b>07:32:14.95</b>	+03:30:00 (46.4%)	9:59	6 (54.1%)
320	<b>ZIÓŁKOWSKA-WNUK Monika</b>	<b>5157</b>		Masters K - 40	28	01:41:28	03:43:17	05:38:36	<b>07:29:51.00</b>	<b>07:32:15.00</b>	+03:30:00 (46.4%)	9:59	6 (54.1%)
321	<b>PISKORSKI Łukasz</b>	<b>5247</b>		Masters M - 40	125	01:45:44	03:42:23	05:32:06	<b>07:29:21.65</b>	<b>07:32:34.20</b>	+03:30:19 (46.5%)	9:59	6 (54.1%)
322	<b>FRANKOWSKA Katarzyna</b>	<b>5322</b>	PRO366	Masters K - 40	29	01:39:27	03:49:40	05:51:33	<b>07:32:10.85</b>	<b>07:32:39.30</b>	+03:30:24 (46.5%)	10:02	6 (54.1%)
323	<b>MALIGA Katarzyna</b>	<b>5001</b>		Weteran K - 50	6	01:41:22	03:46:25	05:46:24	<b>07:30:59.70</b>	<b>07:33:36.60</b>	+03:31:21 (46.6%)	10:01	6 (54.1%)
324	<b>JANKOWIAK Paulina</b>	<b>5158</b>		Masters K - 40	30	01:37:08	03:45:48	05:44:49	<b>07:33:41.15</b>	<b>07:34:15.95</b>	+03:32:01 (46.7%)	10:04	6 (54.1%)
325	<b>RABIEJ Kazimierz</b>	<b>5108</b>	ROZBIEGANI CHOJNÓW	Weteran II M - 60	3	01:39:09	03:50:29	05:50:22	<b>07:33:44.40</b>	<b>07:34:20.05</b>	+03:32:05 (46.7%)	10:04	6 (54.1%)
326	<b>FIKTUS Paweł</b>	<b>5523</b>		Masters M - 40	126	01:35:32	03:36:00	05:35:57	<b>07:32:28.05</b>	<b>07:34:21.25</b>	+03:32:06 (46.7%)	10:03	6 (54.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto			Czas brutto		Różn	Tempo min/km	Tempo km/h
						B1 10km	B2 22km	A15 33km	45km	45km			
327	<b>DYCKOWSKI Andrzej</b>	<b>5539</b>	TYGRYSKI KUBUSIA PUCHATKA	Weteran II M - 60	4	01:35:49	03:40:56	05:49:43	<b>07:32:26.30</b>	<b>07:34:22.95</b>	+03:32:08 (46.7%)	10:03	6 (54.1%)
328	<b>ZAWADA Maciej</b>	<b>5259</b>	KGB/SHAPE_LINE	Weteran I M - 50	25	01:40:58	03:52:16	05:50:40	<b>07:32:35.75</b>	<b>07:35:00.55</b>	+03:32:45 (46.8%)	10:03	6 (54.1%)
329	<b>BERGER Edyta</b>	<b>5109</b>	RUNNERS TEAM NYSA	Masters K - 40	31	01:44:56	03:53:51	05:52:52	<b>07:34:10.50</b>	<b>07:35:08.80</b>	+03:32:53 (46.8%)	10:05	5.9 (53.2%)
330	<b>BERGER Piotr</b>	<b>5111</b>	RUNNERS TEAM NYSA	Masters M - 40	127	01:44:52	03:53:52	05:52:53	<b>07:34:12.25</b>	<b>07:35:09.40</b>	+03:32:54 (46.8%)	10:05	5.9 (53.2%)
331	<b>SOLAREWICZ Andrzej</b>	<b>5250</b>	KGB KLUCZBORK	Weteran I M - 50	26	01:41:01	03:52:17	05:50:42	<b>07:32:47.10</b>	<b>07:35:11.10</b>	+03:32:56 (46.8%)	10:03	6 (54.1%)
332	<b>BORYSEWICZ Wojciech</b>	<b>5645</b>	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	Senior II M - 30	76	01:47:08	04:02:41	05:51:28	<b>07:32:54.45</b>	<b>07:35:14.10</b>	+03:32:59 (46.8%)	10:03	6 (54.1%)
333	<b>BUŁACIŃSKI Filip</b>	<b>5294</b>		Masters M - 40	128	01:33:33	03:33:34	05:37:42	<b>07:35:11.85</b>	<b>07:35:25.30</b>	+03:33:10 (46.8%)	10:06	5.9 (53.2%)
334	<b>ANTKOWIAK-BRONOWICKA Agnieszka</b>	<b>5119</b>	DRUŻYNA SZPIKU, ŻÓŁW I ZAJĄC	Masters K - 40	32	01:45:57	03:48:38	05:51:12	<b>07:32:49.20</b>	<b>07:35:34.45</b>	+03:33:19 (46.8%)	10:03	6 (54.1%)
335	<b>KOSTOWSKI Roman</b>	<b>5124</b>		Senior II M - 30	77	01:39:57	03:47:40	05:54:56	<b>07:35:41.45</b>	<b>07:35:43.45</b>	+03:33:28 (46.8%)	10:07	5.9 (53.2%)
336	<b>SŁODKIEWICZ Dagmara</b>	<b>5200</b>		Senior II K - 30	35	01:37:55	03:44:41	05:44:42	<b>07:35:58.25</b>	<b>07:36:20.50</b>	+03:34:05 (46.9%)	10:07	5.9 (53.2%)
337	<b>SŁODKIEWICZ Piotr</b>	<b>5199</b>		Senior II M - 30	78	01:37:54	03:44:37	05:43:23	<b>07:35:58.30</b>	<b>07:36:21.10</b>	+03:34:06 (46.9%)	10:07	5.9 (53.2%)
338	<b>ŻŁOBIŃSKI Tomek</b>	<b>5579</b>		Senior II M - 30	79	01:54:13	03:59:24	05:52:36	<b>07:34:23.90</b>	<b>07:36:23.75</b>	+03:34:08 (46.9%)	10:05	5.9 (53.2%)
339	<b>OGÓRKIEWICZ Michał</b>	<b>5170</b>		Masters M - 40	129	01:28:34	03:34:14	05:56:37	<b>07:36:06.60</b>	<b>07:36:33.45</b>	+03:34:18 (46.9%)	10:08	5.9 (53.2%)
340	<b>STARSZAK Marcin</b>	<b>5235</b>	DĘBOWA GÓRA RUN !	Masters M - 40	130	01:39:34	03:49:23	05:52:22	<b>07:35:27.10</b>	<b>07:36:34.55</b>	+03:34:19 (46.9%)	10:07	5.9 (53.2%)
341	<b>ŻMIJEWSKA Dominika</b>	<b>5234</b>	DĘBOWA GÓRA RUN !	Senior II K - 30	36	01:39:34	03:49:26	05:52:23	<b>07:35:27.85</b>	<b>07:36:34.75</b>	+03:34:19 (46.9%)	10:07	5.9 (53.2%)
342	<b>ŁUKASZEWSKI Michał</b>	<b>5318</b>	#ZALINIAMETYTEAM	Senior II M - 30	80	01:37:45	03:46:47	05:52:11	<b>07:36:09.25</b>	<b>07:37:00.95</b>	+03:34:46 (47.0%)	10:08	5.9 (53.2%)
343	<b>WILCZYŃSKA Beata</b>	<b>5314</b>	#ZALINIAMETYTEAM	Senior II K - 30	37	01:34:02	03:46:48	05:52:12	<b>07:36:10.00</b>	<b>07:37:01.65</b>	+03:34:46 (47.0%)	10:08	5.9 (53.2%)
344	<b>SZYMCZYSZYN Jerzy</b>	<b>5712</b>		Weteran I M - 50	27		03:49:04	05:44:43	<b>07:38:05.65</b>	<b>07:38:06.65</b>	+03:35:51 (47.1%)	10:10	5.9 (53.2%)
344	<b>BUDZIŃSKI Krzysztof</b>	<b>5724</b>	STOWARZYSZENIE SPORTOWE FENIKS PRZY EL OPOLE	Weteran I M - 50	27	01:46:21	03:46:12	05:42:27	<b>07:35:48.45</b>	<b>07:38:06.65</b>	+03:35:51 (47.1%)	10:07	5.9 (53.2%)
346	<b>KOCZUREK Jerzy</b>	<b>5348</b>		Masters M - 40	131	01:39:31	03:43:12	05:41:05	<b>07:37:58.15</b>	<b>07:39:11.25</b>	+03:36:56 (47.2%)	10:10	5.9 (53.2%)
347	<b>RÓŻAK-RUKUSZEWICZ Magdalena</b>	<b>5311</b>	DZIKIE GRUBASY SZATANA	Masters K - 40	33	01:49:45	03:59:11	05:52:39	<b>07:37:24.45</b>	<b>07:39:15.00</b>	+03:37:00 (47.3%)	10:09	5.9 (53.2%)
348	<b>KOŁOCH Krzysztof</b>	<b>5601</b>		Senior I M - 20	20	01:42:40	03:41:54	05:41:06	<b>07:38:11.65</b>	<b>07:39:50.55</b>	+03:37:35 (47.3%)	10:10	5.9 (53.2%)
349	<b>DRZYMAŁA Marcin</b>	<b>5016</b>		Masters M - 40	132	01:34:55	03:45:26	05:52:31	<b>07:38:11.80</b>	<b>07:39:53.30</b>	+03:37:38 (47.3%)	10:10	5.9 (53.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1	B2	A15	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						10km	22km	33km	45km	45km			
350	<b>MUSIALSKI Tomasz</b>	<b>5558</b>	TKM TAX SP. Z O.O.	Masters M - 40	133	01:26:17	03:17:50	05:34:53	<b>07:39:15.25</b>	<b>07:40:18.25</b>	+03:38:03 (47.4%)	10:12	5.9 (53.2%)
351	<b>GRUDNIEWSKI Jakub</b>	<b>5627</b>		Senior II M - 30	81	01:46:10	03:57:05	05:58:16	<b>07:39:01.55</b>	<b>07:40:37.00</b>	+03:38:22 (47.4%)	10:12	5.9 (53.2%)
352	<b>SKORUPSKI Szymon</b>	<b>5605</b>	KURACJUSZE	Senior II M - 30	82	01:35:02	03:37:22	05:52:35	<b>07:39:01.45</b>	<b>07:40:37.75</b>	+03:38:22 (47.4%)	10:12	5.9 (53.2%)
353	<b>MARMUROWICZ Krystian</b>	<b>5440</b>	KATOWICKIE WODOCIAGI BIEGAJĄ	Masters M - 40	134	01:38:59	03:45:36	05:50:18	<b>07:40:23.00</b>	<b>07:40:39.90</b>	+03:38:24 (47.4%)	10:13	5.9 (53.2%)
354	<b>STALKA Krzysztof</b>	<b>5672</b>	STANWEX II	Senior II M - 30	83	01:29:48	03:33:54	05:51:26	<b>07:39:28.35</b>	<b>07:40:53.30</b>	+03:38:38 (47.4%)	10:12	5.9 (53.2%)
355	<b>MATYSIAK Aleksandra</b>	<b>5611</b>		Senior I K - 20	10	01:46:33	04:01:25	06:01:14	<b>07:40:21.55</b>	<b>07:41:21.80</b>	+03:39:06 (47.5%)	10:13	5.9 (53.2%)
356	<b>STANKIEWICZ Katarzyna</b>	<b>5073</b>	AKTYWNI RAZEM	Masters K - 40	34	01:45:50	03:54:54	05:52:22	<b>07:40:26.20</b>	<b>07:41:57.50</b>	+03:39:42 (47.6%)	10:13	5.9 (53.2%)
357	<b>FLUDER Marlena</b>	<b>5450</b>	OSP DĘBNICA	Senior II K - 30	38	01:44:04	03:52:53	05:57:47	<b>07:38:44.20</b>	<b>07:41:59.85</b>	+03:39:44 (47.6%)	10:11	5.9 (53.2%)
358	<b>FLUDER Roman</b>	<b>5451</b>	OSP DĘBNICA	Senior II M - 30	84	01:44:08	03:52:54	05:57:50	<b>07:38:44.05</b>	<b>07:42:00.05</b>	+03:39:45 (47.6%)	10:11	5.9 (53.2%)
359	<b>DEDERKO Piotr</b>	<b>5381</b>	PODLASKI ODDZIAŁ STRAŻY GRANICZNEJ	Weteran I M - 50	29	01:40:03	03:39:35	05:48:45	<b>07:39:23.90</b>	<b>07:42:13.00</b>	+03:39:58 (47.6%)	10:12	5.9 (53.2%)
360	<b>OCHREMIAK Jędrzej</b>	<b>5427</b>	OBOZYBIEGOWE.PL	Senior II M - 30	85	01:37:48	03:39:57	05:41:26	<b>07:40:08.00</b>	<b>07:42:18.10</b>	+03:40:03 (47.6%)	10:13	5.9 (53.2%)
361	<b>GIERADA Mateusz</b>	<b>5388</b>		Senior II M - 30	86	01:33:30	03:29:18	05:43:28	<b>07:42:17.55</b>	<b>07:42:46.80</b>	+03:40:31 (47.7%)	10:16	5.8 (52.3%)
362	<b>ZIELIŃSKI Grzegorz</b>	<b>5581</b>		Masters M - 40	135	01:40:16	03:40:37	05:51:14	<b>07:40:29.15</b>	<b>07:43:00.85</b>	+03:40:45 (47.7%)	10:13	5.9 (53.2%)
363	<b>BIENIEK Michał</b>	<b>5708</b>		Masters M - 40	136	01:51:41	03:48:46	05:48:45	<b>07:39:54.65</b>	<b>07:43:01.05</b>	+03:40:46 (47.7%)	10:13	5.9 (53.2%)
364	<b>NOWAK Dawid</b>	<b>5069</b>	#BIEGAJLESZNO	Senior II M - 30	87	01:26:10	03:24:22	05:50:56	<b>07:43:06.20</b>	<b>07:43:20.30</b>	+03:41:05 (47.7%)	10:17	5.8 (52.3%)
365	<b>KRAJEWSKA-PALUCH Ewa</b>	<b>5480</b>		Masters K - 40	35	01:37:17	03:44:57	05:52:06	<b>07:43:32.90</b>	<b>07:43:46.95</b>	+03:41:32 (47.8%)	10:18	5.8 (52.3%)
366	<b>BERNHARD Paweł</b>	<b>5623</b>	MPK	Weteran I M - 50	30	01:33:53	03:45:21	05:49:45	<b>07:43:57.00</b>	<b>07:43:59.80</b>	+03:41:44 (47.8%)	10:18	5.8 (52.3%)
367	<b>KOPKA Paweł</b>	<b>5658</b>		Masters M - 40	137	01:30:48	03:29:01	05:45:20	<b>07:43:12.60</b>	<b>07:44:03.65</b>	+03:41:48 (47.8%)	10:17	5.8 (52.3%)
368	<b>HATAŁA Tomasz</b>	<b>5431</b>	BARCA	Senior II M - 30	88	01:45:19	03:46:58	05:57:58	<b>07:40:49.90</b>	<b>07:44:11.60</b>	+03:41:56 (47.8%)	10:14	5.9 (53.2%)
369	<b>NOWICKI Tomasz</b>	<b>5346</b>		Weteran I M - 50	31	01:40:02	03:42:49	05:48:19	<b>07:41:47.70</b>	<b>07:44:43.05</b>	+03:42:28 (47.9%)	10:15	5.8 (52.3%)
370	<b>BIERNAT Kacper</b>	<b>5596</b>	GOLDEN PORKY TEAM	Senior I M - 20	21	01:38:56	03:37:50	05:38:06	<b>07:42:32.20</b>	<b>07:45:12.85</b>	+03:42:57 (47.9%)	10:16	5.8 (52.3%)
371	<b>WOJEWODA-POKORA Lena</b>	<b>5019</b>		Masters K - 40	36	01:49:50	04:00:23	05:59:42	<b>07:42:38.45</b>	<b>07:45:13.00</b>	+03:42:58 (47.9%)	10:16	5.8 (52.3%)
372	<b>DOMAŃSKI Piotr</b>	<b>5744</b>	RUN DE GIRARD	Masters M - 40	138	01:42:20	03:43:09	05:54:56	<b>07:43:39.65</b>	<b>07:45:14.00</b>	+03:42:59 (47.9%)	10:18	5.8 (52.3%)
373	<b>HORODYSKI Marek</b>	<b>5438</b>		Masters M - 40	139	01:36:56	03:48:53	05:57:16	<b>07:43:34.25</b>	<b>07:45:16.90</b>	+03:43:01 (47.9%)	10:18	5.8 (52.3%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1	B2	A15	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						10km	22km	33km	45km	45km			
374	JAKUBIAK Anna	5087		Weteran K - 50	7	01:48:33	04:01:28	06:02:25	07:44:36.80	07:45:32.45	+03:43:17 (48.0%)	10:19	5.8 (52.3%)
375	GARSZTKA Dominik	5099		Masters M - 40	140	01:33:28	03:50:45	05:59:34	07:43:52.10	07:45:52.15	+03:43:37 (48.0%)	10:18	5.8 (52.3%)
376	ORZECHOWSKA Agnieszka	5655		Masters K - 40	37	01:54:22	04:03:18	05:55:51	07:44:22.95	07:46:16.00	+03:44:01 (48.0%)	10:19	5.8 (52.3%)
377	BUSZTA Robert	5190		Weteran I M - 50	32	01:53:48	04:01:44	06:07:27	07:46:14.95	07:46:17.40	+03:44:02 (48.0%)	10:21	5.8 (52.3%)
378	ŻABKO Aleksandra	5570	NIGHT RUNNERS POZNAŃ	Senior II K - 30	39	01:43:31	04:02:40	06:06:22	07:45:06.25	07:46:45.55	+03:44:30 (48.1%)	10:20	5.8 (52.3%)
379	SZALENIEC Joanna	5061	RUNNERS TEAM NYSA	Masters K - 40	38	01:46:41	04:00:19	06:02:02	07:45:53.40	07:46:51.05	+03:44:36 (48.1%)	10:21	5.8 (52.3%)
379	SZALENIEC Marcin	5062	RUNNERS TEAM NYSA	Masters M - 40	141	01:46:39	04:00:17	06:02:01	07:45:52.10	07:46:51.05	+03:44:36 (48.1%)	10:21	5.8 (52.3%)
381	FILIPIAK Damian	5337		Senior II M - 30	89	01:31:12	03:27:46	05:44:18	07:45:05.30	07:47:00.95	+03:44:46 (48.1%)	10:20	5.8 (52.3%)
382	RUBIN Andrzej	5003	WKURW TEAM	Masters M - 40	142	01:46:37	03:56:23	05:56:33	07:45:02.60	07:47:06.80	+03:44:51 (48.1%)	10:20	5.8 (52.3%)
383	TOCZEWSKA Anna	5506		Weteran K - 50	8	01:47:34	04:06:11	06:05:26	07:46:19.20	07:47:07.70	+03:44:52 (48.1%)	10:21	5.8 (52.3%)
384	SIECZKOWSKI Artur	5703	NBRTEAM	Masters M - 40	143	01:41:24	03:58:10	05:55:45	07:44:34.55	07:47:07.95	+03:44:53 (48.1%)	10:19	5.8 (52.3%)
385	WALIGÓRA Judyta	5131		Senior II K - 30	40		03:45:48	05:46:39	07:46:43.25	07:47:17.90	+03:45:02 (48.2%)	10:22	5.8 (52.3%)
386	GWOŹDZIEWICZ Tomasz	5425		Masters M - 40	144	01:39:26	03:52:07	06:02:47	07:46:14.65	07:47:22.20	+03:45:07 (48.2%)	10:21	5.8 (52.3%)
387	PRZEDASZEK Łukasz	5227		Senior II M - 30	90	01:35:31	03:45:26	05:43:26	07:47:07.10	07:47:27.80	+03:45:12 (48.2%)	10:22	5.8 (52.3%)
388	ŚWIDERSKI Wojciech	5028		Senior II M - 30	91	01:50:48	04:05:20	06:04:14	07:44:59.45	07:47:28.95	+03:45:14 (48.2%)	10:19	5.8 (52.3%)
389	RANDMÄE Margus	5376	VOKA	Masters M - 40	145	01:30:46	03:30:14	05:39:04	07:45:14.85	07:47:48.00	+03:45:33 (48.2%)	10:20	5.8 (52.3%)
390	KOŁODZIEJ Marcin	5025		Senior II M - 30	92	01:43:27	03:41:54	05:54:15	07:45:11.15	07:47:48.90	+03:45:33 (48.2%)	10:20	5.8 (52.3%)
391	KRILOVS Ringo	5375	VOKA	Masters M - 40	146	01:30:46	03:37:14	05:47:07	07:45:15.25	07:47:49.50	+03:45:34 (48.2%)	10:20	5.8 (52.3%)
392	ŁATWIŃSKI Mateusz	5249	MOCNA GRUPA CEZARA	Senior I M - 20	22	01:34:59	03:47:05	05:53:31	07:47:17.70	07:47:50.20	+03:45:35 (48.2%)	10:23	5.8 (52.3%)
393	HUDEREK Łukasz	5290	NIGHT RUNNERS POZNAŃ	Masters M - 40	147	01:45:48	03:59:47	06:09:04	07:44:52.25	07:48:01.35	+03:45:46 (48.2%)	10:19	5.8 (52.3%)
394	GŁOWACKA Renata	5340	ULTRA PIOTRKÓW	Weteran K - 50	9	01:42:29	04:02:22	06:09:27	07:49:18.95	07:49:31.75	+03:47:16 (48.4%)	10:25	5.8 (52.3%)
395	KOŚCIOŁEK Mariusz	5176	RUNNERSI	Senior II M - 30	93	01:30:41	03:26:24	05:19:47	07:49:30.20	07:49:36.50	+03:47:21 (48.4%)	10:26	5.8 (52.3%)
396	RAKOWSKI Krzysztof	5086	RUNNERSI	Masters M - 40	148	01:35:40	03:50:23	05:47:57	07:49:30.75	07:49:37.10	+03:47:22 (48.4%)	10:26	5.8 (52.3%)
397	MITER Damian	5083	RUNNERSI	Senior II M - 30	94		03:17:06	05:18:07	07:49:30.00	07:49:37.25	+03:47:22 (48.4%)	10:26	5.8 (52.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto			Czas brutto		Różn	Tempo min/km	Tempo km/h
						B1 10km	B2 22km	A15 33km	45km	45km			
398	RUCIŃSKI Adam	5361		Weteran I M - 50	33		03:52:24	05:53:11	<b>07:46:54.10</b>	<b>07:49:46.45</b>	+03:47:31 (48.4%)	10:22	5.8 (52.3%)
399	REMISZ Wojciech	5436	MATNER RUNNING TEAM	Senior II M - 30	95	01:35:58	03:37:13	06:00:01	<b>07:48:17.45</b>	<b>07:49:53.75</b>	+03:47:38 (48.4%)	10:24	5.8 (52.3%)
400	MIKOŁAJCZYK Agnieszka	5483	SII RUNNING TEAM	Senior II K - 30	41	01:48:50	04:01:33	06:02:54	<b>07:47:59.40</b>	<b>07:49:56.25</b>	+03:47:41 (48.5%)	10:23	5.8 (52.3%)
401	WASZAK Bartosz	5414		Senior I M - 20	23	01:41:13	03:43:52	05:48:45	<b>07:48:35.95</b>	<b>07:50:13.05</b>	+03:47:58 (48.5%)	10:24	5.8 (52.3%)
402	MICHALAK Monika	5148	KB DĘBIEC POZNAŃ	Masters K - 40	39	01:51:17	03:59:54	06:02:27	<b>07:47:16.05</b>	<b>07:50:42.35</b>	+03:48:27 (48.5%)	10:23	5.8 (52.3%)
403	WIŚNIEWSKA Iwona	5107	BIEGAMBOLUBIĘ	Senior II K - 30	42	01:47:30		06:06:15	<b>07:49:39.75</b>	<b>07:50:45.75</b>	+03:48:30 (48.5%)	10:26	5.7 (51.4%)
404	DĄBKOWSKI Tomasz	5209	AKTYWNIE UZALEŻNIAMY	Masters M - 40	149	01:46:34	03:55:28	06:08:33	<b>07:49:37.25</b>	<b>07:52:07.35</b>	+03:49:52 (48.7%)	10:26	5.7 (51.4%)
405	ŁAKOMA Małgorzata	5482	PŁOCK AKTYWNIE UZALEŻNIAMY	Masters K - 40	40	01:46:37	03:55:29	06:08:32	<b>07:49:38.35</b>	<b>07:52:07.55</b>	+03:49:52 (48.7%)	10:26	5.7 (51.4%)
406	BRATKOWSKA Agnieszka	5491		Masters K - 40	41		03:45:49	05:59:01	<b>07:50:50.05</b>	<b>07:52:35.10</b>	+03:50:20 (48.7%)	10:27	5.7 (51.4%)
407	DZIOB Paweł	5603	SZYBKIE BUTY	Senior II M - 30	96	01:46:44	03:47:47	05:57:27	<b>07:50:49.95</b>	<b>07:53:11.75</b>	+03:50:56 (48.8%)	10:27	5.7 (51.4%)
408	MURAS Agnieszka	5339	NIGHT RUNNERS	Masters K - 40	42	01:50:56	04:00:07	06:15:45	<b>07:50:08.70</b>	<b>07:53:18.10</b>	+03:51:03 (48.8%)	10:26	5.7 (51.4%)
409	WRÓBEL Grzegorz	5390		Masters M - 40	150	01:37:19	03:43:07	05:51:48	<b>07:50:35.00</b>	<b>07:53:18.20</b>	+03:51:03 (48.8%)	10:27	5.7 (51.4%)
410	BEREZIUK Michał	5532		Masters M - 40	151	01:29:22	03:39:37	05:43:34	<b>07:53:16.00</b>	<b>07:53:19.60</b>	+03:51:04 (48.8%)	10:31	5.7 (51.4%)
411	ILKÓW Marcin	5362		Masters M - 40	152	01:25:41	03:21:15	05:22:51	<b>07:51:30.80</b>	<b>07:53:20.00</b>	+03:51:05 (48.8%)	10:28	5.7 (51.4%)
412	KRAJCER Jolanta	5568		Weteran K - 50	10	01:52:36	04:05:13	06:06:17	<b>07:50:41.20</b>	<b>07:53:24.70</b>	+03:51:09 (48.8%)	10:27	5.7 (51.4%)
413	ZDUNEK Małgorzata	5254	#NOLIMITS	Masters K - 40	43	01:54:01	04:11:12	06:07:20	<b>07:51:17.85</b>	<b>07:53:26.10</b>	+03:51:11 (48.8%)	10:28	5.7 (51.4%)
414	URBAŃSKA Magdalena	5576	HAPPY RUNNERS	Masters K - 40	44	01:53:24	04:05:19	06:09:45	<b>07:51:58.10</b>	<b>07:53:38.55</b>	+03:51:23 (48.9%)	10:29	5.7 (51.4%)
415	DANKOWSKI Bartosz	5179	ENDORFINY WĄSOSZ	Senior II M - 30	97	01:37:13	03:47:32	06:06:05	<b>07:51:31.90</b>	<b>07:53:43.85</b>	+03:51:28 (48.9%)	10:28	5.7 (51.4%)
416	GLUCK Witold	5701		Weteran I M - 50	34	01:44:48	03:53:34	05:57:28	<b>07:51:36.40</b>	<b>07:54:01.65</b>	+03:51:46 (48.9%)	10:28	5.7 (51.4%)
417	PUZIO Maciej	5542		Senior II M - 30	98	01:50:36	03:58:37	06:04:46	<b>07:50:45.90</b>	<b>07:54:02.55</b>	+03:51:47 (48.9%)	10:27	5.7 (51.4%)
418	DAROWICKI Bartosz	5694		Senior II M - 30	99	01:49:21	03:45:48	05:57:53	<b>07:50:59.40</b>	<b>07:54:06.55</b>	+03:51:51 (48.9%)	10:27	5.7 (51.4%)
419	URBAN Katarzyna	5273		Masters K - 40	45	01:52:26	03:59:38	06:02:13	<b>07:53:24.90</b>	<b>07:54:15.25</b>	+03:52:00 (48.9%)	10:31	5.7 (51.4%)
420	KĘDZIORA Alicja	5463	BBL BOGDANIEC	Senior II K - 30	43	01:55:02	04:00:37	06:13:18	<b>07:53:15.95</b>	<b>07:54:24.15</b>	+03:52:09 (48.9%)	10:31	5.7 (51.4%)
421	KĘDZIORA Karolina	5487		Senior II K - 30	44	01:53:12	04:01:49	06:13:18	<b>07:53:15.35</b>	<b>07:54:24.45</b>	+03:52:09 (48.9%)	10:31	5.7 (51.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1	B2	A15	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						10km	22km	33km	45km	45km			
422	<b>BORKOWSKI Krzysztof</b>	<b>5048</b>		Masters M - 40	153	01:41:37	03:56:02	05:55:19	<b>07:53:42.95</b>	<b>07:54:51.70</b>	+03:52:36 (49.0%)	10:31	5.7 (51.4%)
423	<b>CIECHOMSKA Agata</b>	<b>5379</b>	HTF LUDWIK SIKORSKI	Senior II K - 30	45	01:37:11	03:44:45	06:01:00	<b>07:52:14.35</b>	<b>07:54:59.00</b>	+03:52:44 (49.0%)	10:29	5.7 (51.4%)
424	<b>KOWALEWSKA Anna</b>	<b>5010</b>		Masters K - 40	46	01:44:46	04:03:21	06:10:28	<b>07:55:14.20</b>	<b>07:55:34.00</b>	+03:53:19 (49.1%)	10:33	5.7 (51.4%)
425	<b>WOJCIECHOWSKA Wioletta</b>	<b>5466</b>	STARGARD,JA SIĘ NIE ŚCIGAM	Weteran K - 50	11	01:46:03	04:01:18	06:09:02	<b>07:54:27.40</b>	<b>07:55:46.00</b>	+03:53:31 (49.1%)	10:32	5.7 (51.4%)
426	<b>WOJCIECHOWSKI Krzysztof</b>	<b>5467</b>	STARGARD,JA SIĘ NIE ŚCIGAM	Weteran I M - 50	35	01:46:00	04:01:17	06:09:02	<b>07:54:27.60</b>	<b>07:55:46.05</b>	+03:53:31 (49.1%)	10:32	5.7 (51.4%)
427	<b>BURZYŃSKA Emilia</b>	<b>5002</b>	BIEGAJĄCE KREJZOLE	Senior II K - 30	46	01:52:15	04:07:19	06:13:39	<b>07:55:36.35</b>	<b>07:56:14.45</b>	+03:53:59 (49.1%)	10:34	5.7 (51.4%)
428	<b>NORMAN Winston</b>	<b>5669</b>	RUN FATBOY RUN	Weteran I M - 50	36	01:30:24	03:35:43	05:49:33	<b>07:56:23.90</b>	<b>07:56:41.65</b>	+03:54:26 (49.2%)	10:35	5.7 (51.4%)
429	<b>KOMORKIEWICZ Karol</b>	<b>5444</b>	RUNEDA	Senior II M - 30	100	01:41:12	03:49:38	05:54:51	<b>07:55:48.65</b>	<b>07:56:48.15</b>	+03:54:33 (49.2%)	10:34	5.7 (51.4%)
430	<b>HINC-ZARDECKA Natalia</b>	<b>5432</b>	RUNEDA/FINASTRA	Senior II K - 30	47	01:41:12	03:49:35	05:54:50	<b>07:55:48.35</b>	<b>07:56:48.20</b>	+03:54:33 (49.2%)	10:34	5.7 (51.4%)
431	<b>PODBOROŻNY Karol</b>	<b>5238</b>		Senior II M - 30	101	01:30:15	03:35:05	05:55:42	<b>07:58:03.45</b>	<b>07:59:07.55</b>	+03:56:52 (49.4%)	10:37	5.6 (50.5%)
432	<b>NAKRASZEWICZ Dawid</b>	<b>5050</b>		Senior I M - 20	24	01:53:52	04:10:57	06:12:50	<b>07:56:43.35</b>	<b>07:59:23.55</b>	+03:57:08 (49.5%)	10:35	5.7 (51.4%)
433	<b>KUCHARSKI Michał</b>	<b>5156</b>	BANDA ŚWIRÓW AUU	Senior II M - 30	102	01:44:52	03:50:59	06:05:27	<b>07:56:44.60</b>	<b>07:59:43.80</b>	+03:57:28 (49.5%)	10:35	5.7 (51.4%)
434	<b>SZMATLOCH Maciek</b>	<b>5360</b>	RETROBAJTEL	Masters M - 40	154	01:42:36	03:50:01	05:56:24	<b>07:58:52.50</b>	<b>08:00:08.65</b>	+03:57:53 (49.5%)	10:38	5.6 (50.5%)
435	<b>SZMATLOCH Bartłomiej</b>	<b>5242</b>		Senior II M - 30	103	01:38:30	03:48:46	05:51:19	<b>07:58:53.30</b>	<b>08:00:10.40</b>	+03:57:55 (49.5%)	10:38	5.6 (50.5%)
436	<b>JONCZAK Radosław</b>	<b>5021</b>	AKTYWNIIE UZALEŻNIAMY	Weteran I M - 50	37	01:46:14	03:53:00	06:08:36	<b>07:58:03.55</b>	<b>08:00:32.00</b>	+03:58:17 (49.6%)	10:37	5.6 (50.5%)
437	<b>PODLEWSKI Piotr</b>	<b>5098</b>		Masters M - 40	155	01:35:30	03:46:57	06:08:14	<b>08:01:00.40</b>	<b>08:01:40.70</b>	+03:59:25 (49.7%)	10:41	5.6 (50.5%)
438	<b>MOSZONKA Irena</b>	<b>5695</b>		Masters K - 40	47	01:51:58	04:04:21	06:09:42	<b>08:01:02.05</b>	<b>08:02:44.05</b>	+04:00:29 (49.8%)	10:41	5.6 (50.5%)
439	<b>KOŁBUC Rafał</b>	<b>5153</b>		Senior II M - 30	104	01:41:25	03:59:11	06:06:36	<b>08:01:05.50</b>	<b>08:03:25.85</b>	+04:01:10 (49.9%)	10:41	5.6 (50.5%)
440	<b>LEŚNIAK Grzegorz</b>	<b>5562</b>	LUŻNE PIĄTKI	Masters M - 40	156	01:45:08	04:02:27	06:19:05	<b>08:02:01.95</b>	<b>08:04:43.65</b>	+04:02:28 (50.0%)	10:42	5.6 (50.5%)
441	<b>KOZERA Mariusz</b>	<b>5325</b>	GRUPA BIEGOWA ENERGY KACZORY	Masters M - 40	157	01:45:28	03:55:00	06:12:23	<b>08:02:49.75</b>	<b>08:04:57.40</b>	+04:02:42 (50.0%)	10:43	5.6 (50.5%)
442	<b>SZYMANOWSKI Marek</b>	<b>5342</b>		Weteran I M - 50	38	01:42:05	03:49:05	06:16:20	<b>08:03:20.70</b>	<b>08:05:12.25</b>	+04:02:57 (50.1%)	10:44	5.6 (50.5%)
443	<b>WESOŁOWSKA Iwona</b>	<b>5442</b>		Senior II K - 30	48	01:49:24	04:14:45	06:17:40	<b>08:02:19.70</b>	<b>08:05:31.95</b>	+04:03:17 (50.1%)	10:43	5.6 (50.5%)
444	<b>ŚLIWIŃSKI Marcin</b>	<b>5612</b>		Masters M - 40	158	01:50:23	03:53:01	06:06:06	<b>08:02:54.80</b>	<b>08:05:47.70</b>	+04:03:32 (50.1%)	10:43	5.6 (50.5%)
445	<b>MULARCZYK Marta</b>	<b>5415</b>	WKURW_TEAM	Senior II K - 30	49	01:54:58	04:14:15	06:19:36	<b>08:04:39.95</b>	<b>08:05:49.75</b>	+04:03:34 (50.1%)	10:46	5.6 (50.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1	B2	A15	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						10km	22km	33km	45km	45km			
446	<b>LEGIEĆ-KWAŚNY Monika</b>	<b>5683</b>	WILD BUCHAYS	Masters K - 40	48	01:47:18	03:59:26	06:09:27	<b>08:04:12.55</b>	<b>08:06:01.30</b>	+04:03:46 (50.2%)	10:45	5.6 (50.5%)
447	<b>SOBAŃSKI Roman</b>	<b>5328</b>	TARNOWO PODGÓRNE BIEGA	Masters M - 40	159	01:50:12	04:01:11	06:17:03	<b>08:04:18.90</b>	<b>08:06:47.65</b>	+04:04:32 (50.2%)	10:45	5.6 (50.5%)
448	<b>HILDEBRAND Daniel</b>	<b>5160</b>	A MOGŁEM JEŹDZIĆ NA ROWERZE	Masters M - 40	160	01:43:05	03:54:35	06:14:04	<b>08:04:09.15</b>	<b>08:06:59.50</b>	+04:04:44 (50.3%)	10:45	5.6 (50.5%)
449	<b>ZIELIŃSKI Karol</b>	<b>5561</b>		Masters M - 40	161	01:43:06	04:02:20	06:13:41	<b>08:04:15.85</b>	<b>08:07:07.00</b>	+04:04:52 (50.3%)	10:45	5.6 (50.5%)
450	<b>SIKORSKA Agnieszka</b>	<b>5598</b>		Masters K - 40	49	01:54:18	04:08:49	06:15:43	<b>08:05:08.75</b>	<b>08:07:36.15</b>	+04:05:21 (50.3%)	10:46	5.6 (50.5%)
451	<b>DYCKOWSKI Bartosz</b>	<b>5455</b>		Senior II M - 30	105		03:28:11	05:54:25	<b>08:05:52.00</b>	<b>08:08:04.95</b>	+04:05:50 (50.4%)	10:47	5.6 (50.5%)
452	<b>BĄTRUK Hubert</b>	<b>5284</b>		Senior II M - 30	106	01:39:34	03:46:47	06:00:18	<b>08:06:16.05</b>	<b>08:08:13.40</b>	+04:05:58 (50.4%)	10:48	5.6 (50.5%)
453	<b>GARBACZ Jan</b>	<b>5457</b>		Masters M - 40	162	01:42:59	03:50:22	06:12:12	<b>08:05:15.55</b>	<b>08:08:20.35</b>	+04:06:05 (50.4%)	10:47	5.6 (50.5%)
454	<b>WOŹNA Marta</b>	<b>5058</b>	RUN TEAM RYDZYNA	Senior II K - 30	50	01:56:34	04:10:52	06:21:57	<b>08:06:50.55</b>	<b>08:08:36.35</b>	+04:06:21 (50.4%)	10:49	5.5 (49.5%)
455	<b>BUJAKIEWICZ Jacek</b>	<b>5651</b>	OBORYGENI	Senior II M - 30	107	01:48:15	03:57:49	06:17:46	<b>08:05:31.00</b>	<b>08:08:56.00</b>	+04:06:41 (50.5%)	10:47	5.6 (50.5%)
456	<b>WASZKIEWICZ Joanna</b>	<b>5269</b>	NIGHT RUNNERS	Masters K - 40	50	01:52:05	04:01:42	06:15:46	<b>08:05:58.30</b>	<b>08:09:08.40</b>	+04:06:53 (50.5%)	10:47	5.6 (50.5%)
457	<b>ŁUNKIEWICZ Jagna</b>	<b>5356</b>		Masters K - 40	51	01:50:11	04:05:37	06:09:18	<b>08:06:13.55</b>	<b>08:09:40.75</b>	+04:07:25 (50.5%)	10:48	5.6 (50.5%)
458	<b>MICHALAK Anna</b>	<b>5546</b>		Senior II K - 30	51	01:48:23	03:59:01	06:15:01	<b>08:06:44.90</b>	<b>08:09:57.25</b>	+04:07:42 (50.6%)	10:48	5.5 (49.5%)
459	<b>MAJDER Paweł</b>	<b>5743</b>	CAŁA OLEŚNICA BIEGA	Masters M - 40	163	01:36:38	03:43:08	05:52:51	<b>08:10:57.95</b>	<b>08:11:07.05</b>	+04:08:52 (50.7%)	10:54	5.5 (49.5%)
460	<b>MĘCZYŃSKI Maciej</b>	<b>5239</b>		Masters M - 40	164	01:39:54	03:51:17	06:20:52	<b>08:10:27.35</b>	<b>08:11:39.40</b>	+04:09:24 (50.7%)	10:53	5.5 (49.5%)
461	<b>ZBROJA-HAMANOWICZ Magdalena</b>	<b>5263</b>	SPORT GENERATION	Masters K - 40	52	01:56:53	04:13:49	06:20:56	<b>08:11:06.10</b>	<b>08:12:29.45</b>	+04:10:14 (50.8%)	10:54	5.5 (49.5%)
462	<b>KORDYLEWSKA Marlena</b>	<b>5303</b>	KTÓRĘDYNADMORSKIEOKO	Senior II K - 30	52	01:47:46	04:00:37	06:17:09	<b>08:11:30.05</b>	<b>08:12:33.60</b>	+04:10:18 (50.8%)	10:55	5.5 (49.5%)
463	<b>ILNICKA Monika</b>	<b>5464</b>	WIECZORNE BIEGANIE W OPOLU	Senior II K - 30	53	01:41:24	03:58:48	06:20:42	<b>08:11:34.35</b>	<b>08:13:03.20</b>	+04:10:48 (50.9%)	10:55	5.5 (49.5%)
464	<b>NOWAK Łukasz</b>	<b>5123</b>	WIECZORNE BIEGANIE W OPOLU	Masters M - 40	165	01:41:26	03:58:49	06:20:32	<b>08:11:34.50</b>	<b>08:13:03.45</b>	+04:10:48 (50.9%)	10:55	5.5 (49.5%)
465	<b>WYPIÓR Dariusz</b>	<b>5182</b>		Senior II M - 30	108	01:33:45	03:51:07	06:01:24	<b>08:11:47.80</b>	<b>08:13:35.90</b>	+04:11:20 (50.9%)	10:55	5.5 (49.5%)
466	<b>SZYSZKO Ewa</b>	<b>5430</b>	MARKOWI BIEGACZE	Masters K - 40	53	01:52:09	04:09:54	06:16:19	<b>08:12:57.15</b>	<b>08:13:41.95</b>	+04:11:27 (50.9%)	10:57	5.5 (49.5%)
467	<b>WORONOWICZ Przemek</b>	<b>5628</b>	GRUPA BIEGOWA ENERGY KACZORY	Masters M - 40	166	01:45:39	03:59:17	06:22:57	<b>08:11:53.05</b>	<b>08:13:54.80</b>	+04:11:39 (51.0%)	10:55	5.5 (49.5%)
468	<b>KLOZIK Agnieszka</b>	<b>5520</b>	4A	Masters K - 40	54	01:51:37	04:00:50	06:19:28	<b>08:11:37.55</b>	<b>08:14:16.30</b>	+04:12:01 (51.0%)	10:55	5.5 (49.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto			Czas brutto		Różn	Tempo min/km	Tempo km/h
						B1 10km	B2 22km	A15 33km	45km	45km			
469	<b>PABIJAŃCZYK Damian</b>	<b>5717</b>		Senior II M - 30	109	01:53:44	04:18:57	06:22:13	<b>08:11:49.40</b>	<b>08:14:47.05</b>	+04:12:32 (51.0%)	10:55	5.5 (49.5%)
470	<b>TRASKEVICH Yuliya</b>	<b>5313</b>	RUN4FUN.BY	Senior II K - 30	54	01:44:32	04:03:37	06:17:21	<b>08:12:01.00</b>	<b>08:14:57.15</b>	+04:12:42 (51.1%)	10:56	5.5 (49.5%)
470	<b>LIAUKOUSKI Vasiliy</b>	<b>5312</b>	RUN4FUN.BY	Masters M - 40	167	01:44:30	04:03:32	06:17:35	<b>08:12:01.70</b>	<b>08:14:57.15</b>	+04:12:42 (51.1%)	10:56	5.5 (49.5%)
472	<b>ROMANOW Mateusz</b>	<b>5489</b>	MATT-RUN	Senior II M - 30	110	01:30:54	03:57:13	06:20:47	<b>08:13:56.60</b>	<b>08:15:45.65</b>	+04:13:30 (51.1%)	10:58	5.5 (49.5%)
473	<b>JAKÓBEK Piotr</b>	<b>5406</b>	RUNADDICTS	Senior II M - 30	111	01:51:26	04:04:43	06:15:28	<b>08:14:15.25</b>	<b>08:16:35.50</b>	+04:14:20 (51.2%)	10:59	5.5 (49.5%)
474	<b>GRAJ Marianna</b>	<b>5333</b>	GORAJ MORENA TRAIL TEAM / STRZESZYN BIEGA / SUPMANIA.PL	Masters K - 40	55	01:54:46	04:10:20	06:26:50	<b>08:14:20.25</b>	<b>08:17:16.20</b>	+04:15:01 (51.3%)	10:59	5.5 (49.5%)
475	<b>BUREK Bartosz</b>	<b>5286</b>	JAKDOJADE	Senior II M - 30	112	01:33:07	03:44:19	06:04:22	<b>08:17:59.75</b>	<b>08:18:29.00</b>	+04:16:14 (51.4%)	11:03	5.4 (48.6%)
476	<b>GWÓZDŹ Szymon</b>	<b>5185</b>		Senior I M - 20	25	01:37:17	03:53:48	06:22:10	<b>08:18:25.10</b>	<b>08:19:15.45</b>	+04:17:00 (51.5%)	11:04	5.4 (48.6%)
477	<b>KUŁAKOWSKI Piotr</b>	<b>5593</b>	CZŁAPACZE	Weteran II M - 60	5	01:54:19	04:10:51	06:15:40	<b>08:17:10.10</b>	<b>08:19:38.55</b>	+04:17:23 (51.5%)	11:02	5.4 (48.6%)
478	<b>DRABIK Jacek</b>	<b>5702</b>		Weteran I M - 50	39	01:53:16	04:12:18	06:22:41	<b>08:19:14.80</b>	<b>08:20:17.75</b>	+04:18:02 (51.6%)	11:05	5.4 (48.6%)
478	<b>JAGIELSKI Paweł</b>	<b>5291</b>		Weteran I M - 50	39	01:51:38	04:04:34	06:25:55	<b>08:17:38.90</b>	<b>08:20:17.75</b>	+04:18:02 (51.6%)	11:03	5.4 (48.6%)
480	<b>NESTEREWICZ Ryszard</b>	<b>5647</b>	LKS ISKRA JASZKOWA	Weteran II M - 60	6	01:37:38	03:41:42	06:17:53	<b>08:18:17.00</b>	<b>08:20:38.15</b>	+04:18:23 (51.6%)	11:04	5.4 (48.6%)
481	<b>MATEJCZYK-WALETKO Dorota</b>	<b>5022</b>	MAMY TO	Masters K - 40	56	01:45:44	04:07:24	06:24:20	<b>08:20:26.75</b>	<b>08:22:12.30</b>	+04:19:57 (51.8%)	11:07	5.4 (48.6%)
482	<b>PRAŻANOWSKI Mariusz</b>	<b>5055</b>		Weteran I M - 50	41	01:51:31	04:07:43	06:27:59	<b>08:20:45.45</b>	<b>08:22:13.65</b>	+04:19:58 (51.8%)	11:07	5.4 (48.6%)
483	<b>COULON Agata</b>	<b>5114</b>	STARGARD JA SIĘ NIE ŚCIGAN	Senior II K - 30	55	01:56:05	04:22:27	06:34:03	<b>08:19:25.10</b>	<b>08:22:21.65</b>	+04:20:06 (51.8%)	11:05	5.4 (48.6%)
484	<b>JASKÓŁKA Hubert</b>	<b>5447</b>		Weteran II M - 60	7	01:51:48	04:09:10	06:26:36	<b>08:19:19.65</b>	<b>08:22:38.70</b>	+04:20:23 (51.8%)	11:05	5.4 (48.6%)
485	<b>MIŚTA Grzegorz</b>	<b>5320</b>	DTR BIEGA / MARIO TEAM	Masters M - 40	168	01:50:11	04:13:17	06:21:59	<b>08:20:18.70</b>	<b>08:23:10.70</b>	+04:20:55 (51.9%)	11:07	5.4 (48.6%)
486	<b>WYSOWSKI Wojtek</b>	<b>5690</b>		Senior II M - 30	113	01:40:46	04:00:44	06:16:58	<b>08:22:21.75</b>	<b>08:25:01.40</b>	+04:22:46 (52.0%)	11:09	5.4 (48.6%)
487	<b>TYCNER Paweł</b>	<b>5042</b>	KURACJUSZE	Senior II M - 30	114	01:34:19	03:47:14	06:16:53	<b>08:24:14.50</b>	<b>08:25:43.55</b>	+04:23:28 (52.1%)	11:12	5.4 (48.6%)
488	<b>WISNIEWSKI Rafal</b>	<b>5106</b>	KWP POZNAŃ	Senior II M - 30	115	01:47:29	04:02:00	06:23:42	<b>08:24:57.95</b>	<b>08:26:04.30</b>	+04:23:49 (52.1%)	11:13	5.3 (47.7%)
489	<b>GOŁUCH Arkadiusz</b>	<b>5472</b>	WYBIEGANI ŁAGIEWNIKI S12	Masters M - 40	169	01:46:19	04:10:30	06:29:06	<b>08:25:08.55</b>	<b>08:26:05.10</b>	+04:23:50 (52.1%)	11:13	5.3 (47.7%)
490	<b>GOŁUCH Joanna</b>	<b>5538</b>	WYBIEGANI ŁAGIEWNIKI	Masters K - 40	57	01:46:20	04:10:31	06:29:07	<b>08:25:08.90</b>	<b>08:26:05.35</b>	+04:23:50 (52.1%)	11:13	5.3 (47.7%)
491	<b>PIETRZAK Marek</b>	<b>5500</b>		Masters M - 40	170	01:51:47	04:02:44	06:15:30	<b>08:23:30.90</b>	<b>08:26:06.40</b>	+04:23:51 (52.1%)	11:11	5.4 (48.6%)
492	<b>SZYSZKA Michał</b>	<b>5499</b>		Masters M - 40	171	01:53:52	04:23:24	06:40:06	<b>08:24:55.60</b>	<b>08:26:07.35</b>	+04:23:52 (52.1%)	11:13	5.3 (47.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto			Czas brutto		Różn	Tempo min/km	Tempo km/h
						B1 10km	B2 22km	A15 33km	45km	45km			
492	<b>SKRABA Grzegorz</b>	<b>5220</b>	DZIAŁKOWICZE	Senior II M - 30	116	01:49:41	04:08:00	06:25:36	<b>08:23:02.70</b>	<b>08:26:07.35</b>	+04:23:52 (52.1%)	11:10	5.4 (48.6%)
494	<b>DOBROWOLSKI Bartosz</b>	<b>5221</b>		Senior II M - 30	117	01:49:39	04:08:01	06:25:47	<b>08:23:03.15</b>	<b>08:26:08.05</b>	+04:23:53 (52.1%)	11:10	5.4 (48.6%)
495	<b>WOJTYŚ Adam</b>	<b>5080</b>	JUTROSIŃSKI KLUB BIEGACZA	Masters M - 40	172	01:50:17	04:08:48	06:27:52	<b>08:23:44.70</b>	<b>08:26:21.70</b>	+04:24:06 (52.2%)	11:11	5.4 (48.6%)
496	<b>WOJTYŚ Monika</b>	<b>5079</b>	JUTROSINSKI KLUB BIEGACZA	Masters K - 40	58	01:50:20	04:08:49	06:27:37	<b>08:23:45.95</b>	<b>08:26:22.40</b>	+04:24:07 (52.2%)	11:11	5.4 (48.6%)
497	<b>DRABARZ Jacek</b>	<b>5277</b>	NIGHT RUNNERS POZNAŃ	Weteran I M - 50	42	01:50:43	04:02:40	06:26:38	<b>08:23:13.85</b>	<b>08:26:23.30</b>	+04:24:08 (52.2%)	11:10	5.4 (48.6%)
498	<b>ŁUŻNY Agnieszka</b>	<b>5218</b>	TEAM PAPRY	Senior II K - 30	56	01:53:39	04:13:37	06:14:58	<b>08:23:52.10</b>	<b>08:26:38.90</b>	+04:24:23 (52.2%)	11:11	5.4 (48.6%)
499	<b>GAWRYLIK Joanna</b>	<b>5261</b>	SPORT GENERATION	Weteran K - 50	12	01:55:39	04:23:27	06:37:00	<b>08:25:32.50</b>	<b>08:26:56.15</b>	+04:24:41 (52.2%)	11:14	5.3 (47.7%)
500	<b>CYKOWSKI Wojciech</b>	<b>5564</b>	KM PSP OPOLE	Senior II M - 30	118	01:38:58	03:43:01	06:19:31	<b>08:26:00.40</b>	<b>08:27:57.05</b>	+04:25:42 (52.3%)	11:14	5.3 (47.7%)
500	<b>PISULA Paulina</b>	<b>5507</b>	DEER OPOLE	Senior II K - 30	57	01:38:59	03:43:01	06:19:34	<b>08:26:01.55</b>	<b>08:27:57.05</b>	+04:25:42 (52.3%)	11:14	5.3 (47.7%)
502	<b>GŁOWACKA Kasia</b>	<b>5462</b>		Weteran K - 50	13	01:50:49	04:15:55	06:27:16	<b>08:25:47.15</b>	<b>08:27:59.10</b>	+04:25:44 (52.3%)	11:14	5.3 (47.7%)
503	<b>MISZCZAK Katarzyna</b>	<b>5049</b>	MIRAZ RACE TEAM	Masters K - 40	59	01:52:36	04:27:34	06:30:38	<b>08:26:31.05</b>	<b>08:27:59.25</b>	+04:25:44 (52.3%)	11:15	5.3 (47.7%)
504	<b>SZCZYRBA Izabela</b>	<b>5662</b>	MIRAZ RACE TEAM	Masters K - 40	60	01:52:36	04:27:35	06:39:17	<b>08:26:30.95</b>	<b>08:28:00.10</b>	+04:25:45 (52.3%)	11:15	5.3 (47.7%)
505	<b>RZESZOWSKI Tomasz</b>	<b>5424</b>	MIRAZ RACE TEAM	Masters M - 40	173	01:48:29	04:09:37	06:21:53	<b>08:26:39.40</b>	<b>08:28:03.55</b>	+04:25:48 (52.3%)	11:15	5.3 (47.7%)
506	<b>MUSIAŁ Paweł</b>	<b>5369</b>		Masters M - 40	174	01:54:21	04:09:52	06:25:41	<b>08:26:31.40</b>	<b>08:28:25.05</b>	+04:26:10 (52.4%)	11:15	5.3 (47.7%)
507	<b>WILCZEK Małgorzata</b>	<b>5121</b>	RAJSPORT ACTIVE	Senior II K - 30	58	01:54:21	04:09:53	06:25:41	<b>08:26:31.80</b>	<b>08:28:25.30</b>	+04:26:10 (52.4%)	11:15	5.3 (47.7%)
508	<b>MAJERSKI Michał</b>	<b>5223</b>		Masters M - 40	175	01:54:32	04:15:01	06:13:33	<b>08:25:54.70</b>	<b>08:28:30.80</b>	+04:26:15 (52.4%)	11:14	5.3 (47.7%)
509	<b>MAGOCSY Helena</b>	<b>5265</b>		Masters K - 40	61	01:54:33	04:15:01	06:13:33	<b>08:25:55.80</b>	<b>08:28:31.35</b>	+04:26:16 (52.4%)	11:14	5.3 (47.7%)
510	<b>BANIEWSKI Jakub</b>	<b>5545</b>	SPARTA TEAM ŚWIDNICA	Senior II M - 30	119	01:53:51	04:17:12	06:39:36	<b>08:26:22.55</b>	<b>08:29:02.00</b>	+04:26:47 (52.4%)	11:15	5.3 (47.7%)
511	<b>KAMIŃSKI Marek</b>	<b>5297</b>	KLUB BIEGACZA	Senior II M - 30	120	01:56:42	04:40:55	06:01:56	<b>08:26:06.90</b>	<b>08:29:08.95</b>	+04:26:54 (52.4%)	11:14	5.3 (47.7%)
512	<b>PERLIŃSKI Mirosław</b>	<b>5264</b>	ASSECO ACTIVE TEAM	Masters M - 40	176	01:50:58	04:05:11	06:19:50	<b>08:25:55.75</b>	<b>08:29:15.90</b>	+04:27:00 (52.4%)	11:14	5.3 (47.7%)
513	<b>MICHALKIEWICZ Marek</b>	<b>5535</b>		Masters M - 40	177	01:52:59	04:40:07	06:53:34	<b>08:28:38.05</b>	<b>08:29:26.15</b>	+04:27:11 (52.4%)	11:18	5.3 (47.7%)
514	<b>SKARŻEŃSKA-SOKOŁOWSKA Jagoda</b>	<b>5742</b>	NIEZWYCIĘŻENI Z WRZOSOWEJ	Masters K - 40	62	01:52:07	04:10:15	06:19:59	<b>08:26:30.85</b>	<b>08:29:43.60</b>	+04:27:28 (52.5%)	11:15	5.3 (47.7%)
515	<b>GRZEGORZEWSKA Marlena</b>	<b>5401</b>	DAISYPLESS	Weteran K - 50	14	01:54:10	04:05:39	06:38:13	<b>08:27:43.50</b>	<b>08:29:52.45</b>	+04:27:37 (52.5%)	11:16	5.3 (47.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto			Czas brutto		Różn	Tempo min/km	Tempo km/h
						B1 10km	B2 22km	A15 33km	45km	45km			
516	<b>KASIŃSKI Wojciech</b>	<b>5402</b>	ULTRAPLESS	Weteran II M - 60	8	01:54:11	04:05:41	06:38:14	<b>08:27:44.40</b>	<b>08:29:53.05</b>	+04:27:38 (52.5%)	11:16	5.3 (47.7%)
517	<b>MATYNIAK Barbara</b>	<b>5053</b>	WYZNAWCY BRONKA LIBIAŻ	Senior II K - 30	59	02:00:38	04:32:08	06:47:40	<b>08:27:54.10</b>	<b>08:30:06.35</b>	+04:27:51 (52.5%)	11:17	5.3 (47.7%)
518	<b>WREMBEL Przemysław</b>	<b>5411</b>		Masters M - 40	178	01:50:20	04:02:47	06:15:03	<b>08:28:16.30</b>	<b>08:30:22.85</b>	+04:28:07 (52.5%)	11:17	5.3 (47.7%)
519	<b>MICHALAK Violetta</b>	<b>5437</b>		Masters K - 40	63	01:50:22	04:02:49	06:24:04	<b>08:28:19.40</b>	<b>08:30:25.00</b>	+04:28:10 (52.5%)	11:17	5.3 (47.7%)
520	<b>GAŚSIOR Paweł</b>	<b>5443</b>		Senior II M - 30	121	01:44:34	04:06:56	06:27:07	<b>08:29:36.10</b>	<b>08:30:45.25</b>	+04:28:30 (52.6%)	11:19	5.3 (47.7%)
521	<b>MUDLAFF Katarzyna</b>	<b>5070</b>	AKTYWNI RAZEM	Senior II K - 30	60	01:51:20	04:11:28	06:35:37	<b>08:29:29.40</b>	<b>08:31:01.50</b>	+04:28:46 (52.6%)	11:19	5.3 (47.7%)
522	<b>LEKS-MASZKOWSKA Ryszarda</b>	<b>5723</b>	OBORYGENI	Masters K - 40	64	01:50:54	04:14:32	06:25:49	<b>08:31:41.45</b>	<b>08:32:26.05</b>	+04:30:11 (52.7%)	11:22	5.3 (47.7%)
523	<b>SZCZOTKA Katarzyna</b>	<b>5198</b>		Senior I K - 20	11	01:45:51	03:59:22	06:09:46	<b>08:31:11.55</b>	<b>08:32:39.05</b>	+04:30:24 (52.7%)	11:21	5.3 (47.7%)
524	<b>BARANOWSKI Szymon</b>	<b>5197</b>		Senior II M - 30	122	01:45:59	03:49:28	06:06:30	<b>08:31:12.50</b>	<b>08:32:39.35</b>	+04:30:24 (52.7%)	11:21	5.3 (47.7%)
525	<b>PODBIELSKI Krystian</b>	<b>5675</b>	EN CASA RACE TEAM	Masters M - 40	179	01:41:08	04:03:06	06:33:54	<b>08:31:54.80</b>	<b>08:33:46.85</b>	+04:31:31 (52.8%)	11:22	5.3 (47.7%)
526	<b>WYKA Angelika</b>	<b>5054</b>	PCH_RUN	Senior II K - 30	61	01:53:23	04:21:56	06:34:07	<b>08:33:32.55</b>	<b>08:33:51.60</b>	+04:31:36 (52.9%)	11:24	5.3 (47.7%)
527	<b>WYLEGAŁA Izabela</b>	<b>5502</b>	PCH_RUN	Masters K - 40	65	01:53:26	04:21:54	06:35:43	<b>08:33:32.40</b>	<b>08:33:51.65</b>	+04:31:36 (52.9%)	11:24	5.3 (47.7%)
528	<b>NOWAK Marta</b>	<b>5323</b>	PCH_RUN	Senior II K - 30	62	01:53:46	04:21:56	06:35:45	<b>08:33:31.05</b>	<b>08:33:51.80</b>	+04:31:36 (52.9%)	11:24	5.3 (47.7%)
529	<b>WALCZAK Małgorzata</b>	<b>5305</b>	PCH_RUN	Masters K - 40	66	01:53:37	04:21:53	06:35:50	<b>08:33:31.35</b>	<b>08:33:51.90</b>	+04:31:36 (52.9%)	11:24	5.3 (47.7%)
530	<b>BOSY Hubert</b>	<b>5737</b>	DRUŻYNA SZPIKU	Masters M - 40	180	01:46:11	04:18:20	06:34:04	<b>08:33:52.10</b>	<b>08:34:07.10</b>	+04:31:52 (52.9%)	11:25	5.3 (47.7%)
531	<b>BEŁDOWSKA Beata</b>	<b>5684</b>	FUDU & CO.SPORT.TEAM	Weteran K - 50	15	01:52:10	04:20:34	06:28:43	<b>08:33:55.65</b>	<b>08:34:07.85</b>	+04:31:52 (52.9%)	11:25	5.3 (47.7%)
532	<b>MICHALSKI Tomasz</b>	<b>5057</b>		Masters M - 40	181	01:53:09	04:20:35	06:30:09	<b>08:32:31.30</b>	<b>08:34:15.55</b>	+04:32:00 (52.9%)	11:23	5.3 (47.7%)
533	<b>BIERNAT Maciej</b>	<b>5589</b>	GOLDEN PORKY RACING	Masters M - 40	182	01:51:02	04:13:47	06:29:46	<b>08:33:09.00</b>	<b>08:35:50.70</b>	+04:33:35 (53.0%)	11:24	5.3 (47.7%)
534	<b>STRZELECKI Krzysztof</b>	<b>5610</b>	LEŚNE ULTRA DZIADY	Weteran I M - 50	43	01:47:02	04:05:11	06:22:40	<b>08:34:13.35</b>	<b>08:36:03.00</b>	+04:33:48 (53.1%)	11:25	5.3 (47.7%)
535	<b>GARBACZ Marek</b>	<b>5607</b>	LEŚNE ULTRA DZIADY	Weteran I M - 50	44	01:47:05	04:03:22	06:15:28	<b>08:34:15.90</b>	<b>08:36:04.05</b>	+04:33:49 (53.1%)	11:25	5.3 (47.7%)
536	<b>ADAMSKI Lukasz</b>	<b>5423</b>	BIEGAM BO NIE LUBIE	Masters M - 40	183	01:50:17	04:12:43	06:26:51	<b>08:33:52.00</b>	<b>08:36:09.15</b>	+04:33:54 (53.1%)	11:25	5.3 (47.7%)
537	<b>PAWELCZYK Adriana</b>	<b>5422</b>	BIEGAM BO NIE LUBIE	Masters K - 40	67	01:50:17	04:12:59	06:26:38	<b>08:33:54.75</b>	<b>08:36:11.00</b>	+04:33:56 (53.1%)	11:25	5.3 (47.7%)
538	<b>KAŁUSKI Jan</b>	<b>5076</b>	AKTYWNI RAZEM	Masters M - 40	184		04:16:30	06:41:20	<b>08:35:06.30</b>	<b>08:37:18.00</b>	+04:35:03 (53.2%)	11:26	5.2 (46.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
539	<b>JURASZ Aleksandra</b>	<b>5047</b>		Senior II K - 30	63	01:49:25	04:13:08	06:29:52	<b>08:36:13.90</b>	<b>08:37:18.80</b>	+04:35:03 (53.2%)	11:28	5.2 (46.8%)
540	<b>GOGOŁOK Patryk</b>	<b>5262</b>	SILESIA MARATHON CLUB	Masters M - 40	185	01:52:22	04:11:22	06:26:41	<b>08:34:31.05</b>	<b>08:37:19.50</b>	+04:35:04 (53.2%)	11:26	5.2 (46.8%)
541	<b>PAWLAK Sławomir</b>	<b>5573</b>	#PAWLAKTEAM	Masters M - 40	186	01:50:00	04:20:31	06:50:17	<b>08:34:41.50</b>	<b>08:37:31.35</b>	+04:35:16 (53.2%)	11:26	5.2 (46.8%)
542	<b>GOŁKOWSKI Zbigniew</b>	<b>5728</b>	EAZYMUT.PL	Weteran I M - 50	45	01:45:16	04:18:14	06:31:47	<b>08:37:06.50</b>	<b>08:37:33.00</b>	+04:35:18 (53.2%)	11:29	5.2 (46.8%)
543	<b>LASKOWIEC Joanna</b>	<b>5344</b>		Senior II K - 30	64	01:52:37	04:20:16	06:45:10	<b>08:37:14.35</b>	<b>08:38:47.25</b>	+04:36:32 (53.3%)	11:29	5.2 (46.8%)
544	<b>JAKÓBCZYK Ewelina</b>	<b>5343</b>		Senior II K - 30	65	01:52:37	04:20:15	06:45:10	<b>08:37:13.90</b>	<b>08:38:47.35</b>	+04:36:32 (53.3%)	11:29	5.2 (46.8%)
545	<b>DOLIŃSKA Marta</b>	<b>5007</b>	JESTEM LOCO	Senior I K - 20	12	01:58:59	04:38:32	06:45:17	<b>08:38:09.00</b>	<b>08:38:48.45</b>	+04:36:33 (53.3%)	11:30	5.2 (46.8%)
546	<b>SOIŃSKI Przemysław</b>	<b>5493</b>	KB MANIAC POZNAŃ	Masters M - 40	187	01:49:39	04:37:50	06:51:19	<b>08:38:06.15</b>	<b>08:39:21.10</b>	+04:37:06 (53.4%)	11:30	5.2 (46.8%)
547	<b>CZYŻEWSKA Justyna</b>	<b>5034</b>		Masters K - 40	68	01:55:38	04:22:44	06:45:42	<b>08:37:26.95</b>	<b>08:39:27.80</b>	+04:37:12 (53.4%)	11:29	5.2 (46.8%)
548	<b>STANISZEWSKI Maciej</b>	<b>5045</b>		Masters M - 40	188	01:52:32	04:10:43	06:36:58	<b>08:38:31.90</b>	<b>08:41:16.30</b>	+04:39:01 (53.5%)	11:31	5.2 (46.8%)
549	<b>DYKO Jakub</b>	<b>5685</b>	SPARTA ŚWIDNICA	Senior I M - 20	26		04:17:21	06:39:43	<b>08:39:59.15</b>	<b>08:42:30.65</b>	+04:40:15 (53.6%)	11:33	5.2 (46.8%)
550	<b>ZARANEK Barbara</b>	<b>5088</b>	KĘSY TEAM	Weteran K - 50	16	02:00:20	04:46:12	06:51:32	<b>08:40:33.50</b>	<b>08:42:41.65</b>	+04:40:26 (53.7%)	11:34	5.2 (46.8%)
551	<b>WEBER Agata</b>	<b>5559</b>	VELO ŁOSIE NA SZOSIE	Masters K - 40	69	02:04:55	04:39:07	06:50:53	<b>08:41:55.30</b>	<b>08:42:44.40</b>	+04:40:29 (53.7%)	11:35	5.2 (46.8%)
552	<b>WÓJCIK Grzegorz</b>	<b>5141</b>	BIEGING TEAM ZELÓW	Weteran I M - 50	46	01:49:47	04:06:00	06:37:34	<b>08:40:10.30</b>	<b>08:43:04.85</b>	+04:40:49 (53.7%)	11:33	5.2 (46.8%)
553	<b>WRZESIAK Marcin</b>	<b>5140</b>		Masters M - 40	189	01:49:44	04:06:06	06:38:04	<b>08:40:11.30</b>	<b>08:43:05.45</b>	+04:40:50 (53.7%)	11:33	5.2 (46.8%)
554	<b>MAZIAKOWSKI Adam</b>	<b>5033</b>		Senior I M - 20	27	01:53:19	04:11:45	06:48:37	<b>08:40:07.90</b>	<b>08:43:16.15</b>	+04:41:01 (53.7%)	11:33	5.2 (46.8%)
555	<b>BURGHARDT Renata</b>	<b>5090</b>	KB HERMES	Weteran K - 50	17	01:53:28	04:22:13	06:45:37	<b>08:43:43.95</b>	<b>08:45:23.40</b>	+04:43:08 (53.9%)	11:38	5.2 (46.8%)
556	<b>JASIŃSKI Jarosław</b>	<b>5393</b>	SŁOŃCA JURY	Senior II M - 30	123	01:42:23	04:07:42	06:44:44	<b>08:45:19.05</b>	<b>08:45:37.20</b>	+04:43:22 (53.9%)	11:40	5.1 (45.9%)
557	<b>MAKOWSKI Dariusz</b>	<b>5122</b>	KM TEAM	Weteran I M - 50	47	01:53:28	04:22:12	06:45:40	<b>08:44:05.75</b>	<b>08:45:44.75</b>	+04:43:29 (53.9%)	11:38	5.2 (46.8%)
558	<b>SOBÓL Paweł</b>	<b>5664</b>		Masters M - 40	190	01:48:14	04:11:04	06:30:39	<b>08:44:46.55</b>	<b>08:46:03.50</b>	+04:43:48 (54.0%)	11:39	5.1 (45.9%)
559	<b>KLAJA Agnieszka</b>	<b>5319</b>		Senior II K - 30	66	02:00:08	04:29:54	06:34:08	<b>08:43:15.65</b>	<b>08:46:18.45</b>	+04:44:03 (54.0%)	11:37	5.2 (46.8%)
560	<b>PIETRUSZKA Łukasz</b>	<b>5229</b>		Senior II M - 30	124	01:42:00	04:00:52	06:23:02	<b>08:45:27.90</b>	<b>08:46:44.05</b>	+04:44:29 (54.0%)	11:40	5.1 (45.9%)
561	<b>PIECZARKA Patryk</b>	<b>5228</b>		Senior II M - 30	125	01:41:59	04:00:55	06:21:04	<b>08:45:28.50</b>	<b>08:46:44.35</b>	+04:44:29 (54.0%)	11:40	5.1 (45.9%)
562	<b>PIETRZAK Agnieszka</b>	<b>5484</b>	BIEGAJĄCE KREJZOLE	Weteran K - 50	18	01:54:45	04:24:26	06:46:22	<b>08:46:03.40</b>	<b>08:46:47.20</b>	+04:44:32 (54.0%)	11:41	5.1 (45.9%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
563	<b>JURKIEWICZ Dominik</b>	<b>5727</b>		Senior II M - 30	126	01:52:21	04:15:29	06:27:32	<b>08:45:13.50</b>	<b>08:47:00.85</b>	+04:44:45 (54.0%)	11:40	5.1 (45.9%)
564	<b>RUTKOWSKA Izabela</b>	<b>5353</b>	SPORTOWY KAŻMIERZ	Masters K - 40	70	01:54:35	04:25:50	06:50:55	<b>08:44:35.25</b>	<b>08:47:05.35</b>	+04:44:50 (54.0%)	11:39	5.1 (45.9%)
565	<b>SZWARGOT Marta</b>	<b>5324</b>	SPORTOWY KAŻMIERZ	Senior II K - 30	67	01:54:35	04:25:50	06:55:41	<b>08:44:40.00</b>	<b>08:47:09.50</b>	+04:44:54 (54.0%)	11:39	5.1 (45.9%)
566	<b>KRÓL Maciej</b>	<b>5347</b>	NIGHT RUNNERS POZNAŃ	Masters M - 40	191	01:52:50	04:00:06	06:34:58	<b>08:44:40.90</b>	<b>08:47:51.65</b>	+04:45:36 (54.1%)	11:39	5.1 (45.9%)
567	<b>PRZEPIÓRKA Beata</b>	<b>5709</b>		Senior II K - 30	68	01:53:50	04:24:59	06:59:11	<b>08:45:40.75</b>	<b>08:48:38.60</b>	+04:46:23 (54.2%)	11:40	5.1 (45.9%)
568	<b>WALESKI Bartek</b>	<b>5191</b>		Senior II M - 30	127	02:01:49	04:34:51	06:50:11	<b>08:46:32.95</b>	<b>08:49:25.40</b>	+04:47:10 (54.2%)	11:42	5.1 (45.9%)
569	<b>MISZCZAK Anna</b>	<b>5192</b>		Senior II K - 30	69	02:03:05	04:36:01	06:51:21	<b>08:47:42.25</b>	<b>08:49:25.85</b>	+04:47:10 (54.2%)	11:43	5.1 (45.9%)
570	<b>BĄCZEK Agata</b>	<b>5706</b>		Masters K - 40	71	01:57:52	04:33:25	06:47:26	<b>08:47:25.15</b>	<b>08:49:52.15</b>	+04:47:37 (54.3%)	11:43	5.1 (45.9%)
571	<b>MĘTLAK Małgorzata</b>	<b>5697</b>		Senior I K - 20	13	01:57:53	04:33:25	06:47:26	<b>08:47:25.65</b>	<b>08:49:52.25</b>	+04:47:37 (54.3%)	11:43	5.1 (45.9%)
572	<b>GABRUŚ Iwona</b>	<b>5584</b>	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	Weteran K - 50	19	01:56:50	04:33:31	07:02:04	<b>08:48:10.00</b>	<b>08:50:21.15</b>	+04:48:06 (54.3%)	11:44	5.1 (45.9%)
573	<b>GÓRA Adam</b>	<b>5078</b>		Senior II M - 30	128		04:14:43	06:43:16	<b>08:49:23.25</b>	<b>08:50:21.60</b>	+04:48:06 (54.3%)	11:45	5.1 (45.9%)
574	<b>JAKRZEWSKA Karolina</b>	<b>5512</b>	LOCO SPORT/MAMY-BIEGAMY	Senior II K - 30	70	01:56:32	04:30:14	06:48:42	<b>08:49:44.20</b>	<b>08:51:28.70</b>	+04:49:13 (54.4%)	11:46	5.1 (45.9%)
575	<b>SUPIŃSKI Paweł</b>	<b>5065</b>		Senior II M - 30	129	01:40:44	04:01:50	06:52:05	<b>08:50:56.90</b>	<b>08:52:16.10</b>	+04:50:01 (54.5%)	11:47	5.1 (45.9%)
576	<b>KOTULA Weronika</b>	<b>5595</b>		Senior II K - 30	71	01:53:47	04:24:58	06:59:08	<b>08:49:37.25</b>	<b>08:52:35.65</b>	+04:50:20 (54.5%)	11:46	5.1 (45.9%)
577	<b>RĄCZKOWIAK Mateusz</b>	<b>5181</b>	USZŁO POWIETRZE Z DĘTKI	Senior II M - 30	130	01:49:57	04:34:54	06:58:17	<b>08:52:59.45</b>	<b>08:54:14.25</b>	+04:51:59 (54.7%)	11:50	5.1 (45.9%)
578	<b>DRYMEL Piotr</b>	<b>5326</b>	DESTYLATOR	Masters M - 40	192	02:05:18	04:38:32	06:58:21	<b>08:52:54.50</b>	<b>08:54:29.15</b>	+04:52:14 (54.7%)	11:50	5.1 (45.9%)
579	<b>BINKIEWICZ-KOWALCZYK Agnieszka</b>	<b>5105</b>		Senior II K - 30	72	01:53:20	04:27:39	06:55:54	<b>08:53:48.20</b>	<b>08:54:31.05</b>	+04:52:16 (54.7%)	11:51	5.1 (45.9%)
580	<b>PLATA Małgorzata</b>	<b>5555</b>	ENERGY KACZORY	Weteran K - 50	20	01:54:07	04:33:48	06:54:35	<b>08:53:31.15</b>	<b>08:55:30.60</b>	+04:53:15 (54.8%)	11:51	5.1 (45.9%)
581	<b>KALINOWSKA Patrycja</b>	<b>5528</b>		Senior II K - 30	73	01:57:17	04:26:54	06:53:35	<b>08:53:07.90</b>	<b>08:55:30.90</b>	+04:53:15 (54.8%)	11:50	5.1 (45.9%)
582	<b>STRZELCZYK Ilona</b>	<b>5044</b>	KĘSYTEAM	Weteran II K - 60	1	01:58:12	04:29:44	06:51:47	<b>08:54:48.80</b>	<b>08:56:58.15</b>	+04:54:43 (54.9%)	11:53	5 (45.0%)
583	<b>HARAJ Robert</b>	<b>5367</b>	AKTYWNI RAZEM	Senior I M - 20	28	01:59:31	04:27:23	07:06:37	<b>08:54:58.60</b>	<b>08:57:00.15</b>	+04:54:45 (54.9%)	11:53	5 (45.0%)
584	<b>MAŃCZAK Agnieszka</b>	<b>5741</b>	AKTYWNI RAZEM	Masters K - 40	72	01:57:02	04:27:49	07:07:36	<b>08:55:30.20</b>	<b>08:57:02.10</b>	+04:54:47 (54.9%)	11:54	5 (45.0%)
585	<b>HARAJ Honorata</b>	<b>5093</b>	AKTYWNI RAZEM	Masters K - 40	73	01:59:35			<b>08:55:07.40</b>	<b>08:57:05.00</b>	+04:54:50 (54.9%)	11:53	5 (45.0%)

**Przekroczony limit czasu: 09:00:00**

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1	B2	A15	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						10km	22km	33km	45km	45km			
586	<b>LUBSZCZYK Adrian</b>	<b>5064</b>		Senior II M - 30	131	01:54:21	04:29:17	07:02:05	<b>09:00:19.20</b>	<b>09:02:30.00</b>	+05:00:15 (55.3%)	12:00	5 (45.0%)
587	<b>WISNIEWSKA Małgorzata</b>	<b>5404</b>		Masters K - 40	74	01:55:54	04:22:45	07:01:11	<b>09:00:24.40</b>	<b>09:02:47.65</b>	+05:00:32 (55.4%)	12:00	5 (45.0%)
588	<b>JANKOWIAK Kasia</b>	<b>5624</b>	ORANGE POLSKA	Masters K - 40	75	02:07:48	04:42:02	07:05:55	<b>09:02:08.15</b>	<b>09:02:52.65</b>	+05:00:37 (55.4%)	12:02	5 (45.0%)
589	<b>BIZIEL Michał</b>	<b>5274</b>		Masters M - 40	193	01:50:57	03:59:06	07:00:50	<b>09:00:24.25</b>	<b>09:03:12.40</b>	+05:00:57 (55.4%)	12:00	5 (45.0%)
590	<b>MAZAN Wojciech</b>	<b>5396</b>		Senior II M - 30	132	01:49:13	04:00:18	06:57:29	<b>09:01:23.45</b>	<b>09:04:43.25</b>	+05:02:28 (55.5%)	12:01	5 (45.0%)
591	<b>POŁĘĆ Grzegorz</b>	<b>5282</b>		Weteran II M - 60	9	02:05:36	04:43:47	07:04:33	<b>09:02:44.90</b>	<b>09:04:51.95</b>	+05:02:37 (55.5%)	12:03	5 (45.0%)
592	<b>WIELAND Lidia</b>	<b>5580</b>	RUN TEAM RYDZYNA	Weteran K - 50	21	02:04:00	04:36:15	07:00:21	<b>09:03:32.20</b>	<b>09:05:18.45</b>	+05:03:03 (55.6%)	12:04	5 (45.0%)
593	<b>GISZCZYŃSKA Wanda</b>	<b>5096</b>		Weteran K - 50	22	02:03:58	04:36:15	07:00:18	<b>09:03:32.30</b>	<b>09:05:18.65</b>	+05:03:03 (55.6%)	12:04	5 (45.0%)
594	<b>MURASZEW - DĄBROWSKA Katarzyna</b>	<b>5550</b>		Masters K - 40	76	01:52:41	04:31:10	06:58:08	<b>09:03:55.90</b>	<b>09:05:58.75</b>	+05:03:43 (55.6%)	12:05	5 (45.0%)
595	<b>MORAWSKA Anna</b>	<b>5029</b>		Weteran II K - 60	2	01:57:46	04:36:35	06:55:21	<b>09:04:26.45</b>	<b>09:06:24.80</b>	+05:04:09 (55.7%)	12:05	5 (45.0%)
596	<b>SABOK-MUSZYŃSKA Katarzyna</b>	<b>5195</b>		Senior II K - 30	74	01:58:28	04:39:57	07:08:51	<b>09:05:29.55</b>	<b>09:08:30.50</b>	+05:06:15 (55.8%)	12:07	4.9 (44.1%)
597	<b>LEŚNICZAK Barbara</b>	<b>5134</b>	#WKURW_TEAM	Masters K - 40	77	01:56:23	04:42:49	07:07:54	<b>09:07:33.45</b>	<b>09:09:24.20</b>	+05:07:09 (55.9%)	12:10	4.9 (44.1%)
598	<b>JANKOWSKA Marzena</b>	<b>5272</b>	FU FU FU TEAM	Masters K - 40	78	02:00:35	04:38:16	06:54:15	<b>09:07:53.40</b>	<b>09:10:07.35</b>	+05:07:52 (56.0%)	12:10	4.9 (44.1%)
599	<b>KESY-KOWALSKA Hanna</b>	<b>5392</b>		Weteran K - 50	23	02:03:13	04:47:52	07:10:05	<b>09:10:07.10</b>	<b>09:12:36.85</b>	+05:10:21 (56.2%)	12:13	4.9 (44.1%)
600	<b>KLIMECKI Łukasz</b>	<b>5256</b>		Senior II M - 30	133	02:01:56	04:41:34	07:05:35	<b>09:15:06.90</b>	<b>09:18:17.85</b>	+05:16:02 (56.6%)	12:20	4.9 (44.1%)
601	<b>MINKISIEWICZ Agnieszka</b>	<b>5255</b>		Senior II K - 30	75	02:01:58	04:41:35	07:05:38	<b>09:15:07.35</b>	<b>09:18:18.25</b>	+05:16:03 (56.6%)	12:20	4.9 (44.1%)
602	<b>GROSZAK Joanna</b>	<b>5494</b>		Senior II K - 30	76	01:49:54	04:38:16	07:05:23	<b>09:18:25.40</b>	<b>09:19:40.55</b>	+05:17:25 (56.7%)	12:24	4.8 (43.2%)
603	<b>LAMPRYCHT-JANEK Natalia</b>	<b>5492</b>		Senior II K - 30	77	01:49:57	04:38:16	07:02:35	<b>09:18:26.45</b>	<b>09:19:40.75</b>	+05:17:25 (56.7%)	12:24	4.8 (43.2%)
604	<b>BARZAK Justyna</b>	<b>5202</b>		Senior II K - 30	78	01:58:25	04:39:33	07:08:16	<b>09:17:28.10</b>	<b>09:20:28.95</b>	+05:18:14 (56.8%)	12:23	4.8 (43.2%)
605	<b>FIJAŁKOWSKA Karolina</b>	<b>5419</b>		Senior II K - 30	79	01:59:51	04:40:03	07:00:04	<b>09:20:24.55</b>	<b>09:22:07.35</b>	+05:19:52 (56.9%)	12:27	4.8 (43.2%)
606	<b>BOROWIEC-RÓŻYCKA Magdalena</b>	<b>5441</b>	BIEGAJĄCY ŚWIDNIK	Masters K - 40	79	02:00:46	04:40:15	07:01:08	<b>09:20:26.65</b>	<b>09:22:09.40</b>	+05:19:54 (56.9%)	12:27	4.8 (43.2%)
607	<b>CUPIAŁ Mariola</b>	<b>5081</b>	W POGONI ZA DUCHEM	Weteran K - 50	24	02:12:47	04:58:34	07:21:16	<b>09:21:54.30</b>	<b>09:23:35.05</b>	+05:21:20 (57.0%)	12:29	4.8 (43.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto			Czas brutto	Różn	Tempo min/km	Tempo km/h	
						B1 10km	B2 22km	A15 33km					
608	<b>OLESZCZYK Adam</b>	<b>5407</b>	GRUPA BIEGOWA ENERGY KACZORY	Masters M - 40	194	01:53:58	04:33:50	06:54:24	<b>09:22:52.50</b>	<b>09:24:59.15</b>	+05:22:44 (57.1%)	12:30	4.8 (43.2%)
609	<b>BAJERSKA Renata</b>	<b>5248</b>	GRUPA BIEGOWA ENERGY KACZORY	Weteran K - 50	25	01:54:04	04:34:00	06:54:33	<b>09:23:01.35</b>	<b>09:25:00.00</b>	+05:22:45 (57.1%)	12:30	4.8 (43.2%)
610	<b>ROSTEK Andrzej</b>	<b>5403</b>	MARKOWI BIEGACZE	Weteran I M - 50	48	01:51:36	04:44:29	07:17:48	<b>09:27:44.60</b>	<b>09:28:32.80</b>	+05:26:17 (57.4%)	12:36	4.8 (43.2%)
611	<b>KONIECZNY Izabella</b>	<b>5110</b>		Masters K - 40	80	02:08:33	04:49:58	07:18:13	<b>09:26:46.90</b>	<b>09:28:44.90</b>	+05:26:29 (57.4%)	12:35	4.8 (43.2%)
612	<b>MIECHOWIECKA Maja</b>	<b>5420</b>	HUSKY W PASKI	Senior II K - 30	80	01:55:29	04:38:37	07:12:25	<b>09:28:57.20</b>	<b>09:29:50.00</b>	+05:27:35 (57.5%)	12:38	4.7 (42.3%)
613	<b>STRAMEK Lukasz</b>	<b>5421</b>		Senior II M - 30	134	01:55:23	04:38:32	07:12:46	<b>09:28:56.95</b>	<b>09:29:50.80</b>	+05:27:35 (57.5%)	12:38	4.7 (42.3%)
614	<b>ŚNIEGOSKI Sebastian</b>	<b>5245</b>	KNEIPP TEAM	Masters M - 40	195	01:52:15	04:33:47	07:10:23	<b>09:30:13.35</b>	<b>09:30:38.45</b>	+05:28:23 (57.5%)	12:40	4.7 (42.3%)
615	<b>OCHNIO Ewa</b>	<b>5646</b>		Masters K - 40	81	02:07:20	04:44:27	07:17:33	<b>09:28:51.55</b>	<b>09:31:24.35</b>	+05:29:09 (57.6%)	12:38	4.7 (42.3%)
616	<b>KEMPISTY Anna</b>	<b>5590</b>	SEKCJA BIEGOWA OIL WARSZAWA/12TRI.PL	Weteran K - 50	26	02:04:00	04:49:14	07:14:21	<b>09:29:20.70</b>	<b>09:31:26.10</b>	+05:29:11 (57.6%)	12:39	4.7 (42.3%)
617	<b>STANOWSKA Katarzyna</b>	<b>5630</b>		Weteran K - 50	27	02:04:35	04:52:34	07:19:03	<b>09:30:23.90</b>	<b>09:33:35.55</b>	+05:31:20 (57.8%)	12:40	4.7 (42.3%)
618	<b>ŁAPA Aleksandra</b>	<b>5527</b>	4A	Masters K - 40	82	02:04:48	04:50:31	07:19:41	<b>09:31:10.50</b>	<b>09:33:50.40</b>	+05:31:35 (57.8%)	12:41	4.7 (42.3%)
619	<b>JANKOWIAK Bartosz</b>	<b>5241</b>	ZSO WŁOSZAKOWICE / SOKÓŁ WŁOSZAKOWICE	Masters M - 40	196	01:42:42	04:18:03	07:01:45	<b>09:36:36.30</b>	<b>09:37:11.65</b>	+05:34:56 (58.0%)	12:48	4.7 (42.3%)
620	<b>KOŁACIŃSKA Ewelina</b>	<b>5740</b>	ADIDAS RUNNERS WARSAW	Masters K - 40	83	02:14:08	04:59:01	07:25:14	<b>09:49:34.25</b>	<b>09:52:49.05</b>	+05:50:34 (59.1%)	13:06	4.6 (41.4%)
621	<b>NOWAK Michał</b>	<b>5304</b>		Senior II M - 30	135	01:51:50	04:19:37	07:28:01	<b>09:53:54.70</b>	<b>09:55:53.80</b>	+05:53:38 (59.3%)	13:11	4.5 (40.5%)
622	<b>WILMAN Andrzej</b>	<b>5529</b>		Senior II M - 30	136	01:51:13	04:00:24	06:21:29	<b>09:54:35.30</b>	<b>09:57:26.35</b>	+05:55:11 (59.5%)	13:12	4.5 (40.5%)
623	<b>MALEC Aleksandra</b>	<b>5293</b>	NIGHT RUNNERS PYSKOWICE	Senior II K - 30	81	02:03:28	04:48:44	07:37:27	<b>10:01:27.30</b>	<b>10:01:36.05</b>	+05:59:21 (59.7%)	13:21	4.5 (40.5%)
624	<b>POKORA Łukasz</b>	<b>5020</b>		Masters M - 40	197	01:49:50	04:44:28	07:27:08	<b>10:11:41.35</b>	<b>10:14:15.80</b>	+06:12:00 (60.6%)	13:35	4.4 (39.6%)
	<b>GOLEBIOWSKA Małgorzata</b>	<b>5041</b>	RUN TEAM RYDZYNA	Masters K - 40		02:08:01 DNF	04:53:55 DNF	07:30:09 DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>KOCZAN Marcin</b>	<b>5660</b>		Masters M - 40		01:36:38 DNF	03:31:17 DNF	06:17:47 DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>NOSKOWIAK-BAJNO Alicja</b>	<b>5530</b>		Masters K - 40		02:12:54 DNF	05:14:36 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>DZIECIELSKA Agnieszka</b>	<b>5066</b>		Masters K - 40		DNF	05:10:21 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>BŁASZKIEWICZ Marzena</b>	<b>5693</b>		Masters K - 40		02:21:33 DNF	05:24:32 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>KRUSZEWSKI Jacek</b>	<b>5606</b>	MARKOWI BIEGACZE	Masters M - 40		01:48:13 DNF	DNF	03:52:32 DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>NOWAKOWSKI Marcin</b>	<b>5251</b>		Masters M - 40		01:23:44 DNF	03:16:06 DNF	05:14:05 DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria Mkat	B1	B2	A15	Czas netto	Czas brutto	Różn	Tempo	Tempo
					10km	22km	33km	45km	45km		min/km	km/h
	<b>JAKSA Juliusz</b>	<b>5112</b>		Masters M - 40	01:45:26 DNF	03:50:37 DNF	05:51:54 DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>RERYCH Marcin</b>	<b>5412</b>	PODDĘBICKI KLUB BIEGACZA ZDYSZANI.PL	Masters M - 40	01:44:39 DNF	03:46:11 DNF	06:13:17 DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>GADZAŁA Agnieszka</b>	<b>5043</b>	5R061E-7R4MPK1	Senior II K - 30	01:46:45 DNF	04:12:50 DNF	06:37:03 DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>SZCZEPANIAK Sylwia</b>	<b>5736</b>		Senior II K - 30	01:54:10 DNF	04:31:19 DNF	07:02:39 DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>WRÓBLEWSKA Małgorzata</b>	<b>5032</b>	LOCOSPORT	Senior II K - 30	02:04:01 DNF	04:38:09 DNF	07:06:43 DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>PIECUCH Małgorzata</b>	<b>5097</b>		Weteran II K - 60	01:58:52 DNF	04:51:47 DNF	07:43:31 DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>PROCHOŃ Krzysztof</b>	<b>5380</b>		Weteran I M - 50	02:10:05 DNF	05:04:27 DNF	07:43:43 DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>BOROWIK Agata</b>	<b>5030</b>	CAŁA OLEŚNICA BIEGA	Senior II K - 30	02:16:37 DNF	05:34:08 DNF	08:39:50 DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>TERZONI Christian</b>	<b>5187</b>	PRZEDWOJEWSKI TEAM	Masters M - 40	01:05:57 DNF	02:26:24 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>ŻURAWSKI Sławomir</b>	<b>5405</b>	PGBSPORTOWAPACZKA/BARUNOWCE	Masters M - 40	01:16:16 DNF	02:56:18 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>JAKÓBCZAK Jakub</b>	<b>5364</b>		Senior II M - 30	01:19:07 DNF	03:09:42 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>GANDYRA Rafał</b>	<b>5301</b>		Masters M - 40	01:29:50 DNF	03:27:44 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>RYBKOWSKI Hubert</b>	<b>5233</b>	KTÓRĘDYNADMORSKIEOKO	Masters M - 40	01:38:49 DNF	03:53:54 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>BARANOWSKI Robert</b>	<b>5553</b>		Weteran I M - 50	01:33:29 DNF	03:55:21 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>JASKÓŁKA Rafał</b>	<b>5448</b>	VENUS BRUK	Masters M - 40	01:51:51 DNF	04:09:17 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>JÓZEF Marek</b>	<b>5039</b>	ULTRAJÓZKI	Masters M - 40	01:35:49 DNF	04:11:25 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>BEDNAREK Borys</b>	<b>5386</b>		Senior II M - 30	01:50:20 DNF	04:14:07 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>KARDAS Piotr</b>	<b>5186</b>		Weteran I M - 50	01:42:53 DNF	04:17:02 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>WOJCIECHOWSKI Maksymilian</b>	<b>5468</b>		Senior I M - 20	01:45:57 DNF	04:24:55 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>LACHOWICZ Izabela</b>	<b>5479</b>	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	Senior II K - 30	01:51:49 DNF	04:33:25 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>SMOLARCZYK Grzegorz</b>	<b>5366</b>		Weteran I M - 50	01:57:01 DNF	04:33:42 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>KUREK Jarosław</b>	<b>5365</b>	RAJ-D ORZESZE	Weteran I M - 50	01:57:02 DNF	04:48:05 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>TALAR Zenon</b>	<b>5067</b>	KĘSY TEAM	Weteran II M - 60	02:00:38 DNF	04:48:54 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>PRZESTRZELSKA-HAAS Marta</b>	<b>5038</b>	BACKPACKING OKAPI TEAM	Masters K - 40	02:06:05 DNF	04:51:17 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
	<b>LEWANDOWSKA Ewa</b>	<b>5497</b>		Masters K - 40	02:06:59 DNF	04:56:03 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>WEYNA Anna</b>	<b>5091</b>	AKTYWNI RAZEM	Masters K - 40	02:12:41 DNF	04:58:46 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>PTAK Arkadiusz</b>	<b>5718</b>	CRAZY BIRDS	Masters M - 40	01:53:16 DNF	05:01:02 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>DOMINIAK-LESZCZYŃSKA Elżbieta</b>	<b>5731</b>	LASY WAWERSKIE	Weteran II K - 60	02:16:19 DNF	05:05:09 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>BĘBAS Paweł</b>	<b>5373</b>	DANIEL WOSIK TERVEL MOUNTAIN RUNNER	Masters M - 40	01:56:11 DNF	05:14:37 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>WOROSZYŁO Monika</b>	<b>5370</b>	RYKOWISKO	Masters K - 40	02:24:06 DNF	05:21:27 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>TUREK Karolina</b>	<b>5102</b>	AKTYWNI RAZEM	Masters K - 40	02:14:20 DNF	05:21:56 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>STAJER Edyta</b>	<b>5213</b>		Weteran K - 50	02:14:35 DNF	05:41:37 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>WALCZAK Patryk</b>	<b>5725</b>	PRZEDWOJEWSKITEAM	Senior II M - 30	01:12:27 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>KUCZYŃSKI Michał</b>	<b>5699</b>	V-MOTORS	Senior II M - 30	01:27:35 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>SAMOLAK Łukasz</b>	<b>5639</b>	POMYŁKA TEAM	Masters M - 40	01:33:18 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>KORCZYŃSKA Agata</b>	<b>5705</b>		Masters K - 40	01:37:17 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>SAJNÓG Justyna</b>	<b>5138</b>	#BIEGAJLESZNO	Masters K - 40	01:38:20 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>BOROWIAK Łukasz</b>	<b>5278</b>	#BIEGAJLESZNO	Masters M - 40	01:39:26 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>WALKOWIAK Marek</b>	<b>5252</b>	PECNA TEAM	Weteran I M - 50	01:55:44 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>SURZYN Aleksandra</b>	<b>5244</b>	SLOW MO KITTEN	Senior II K - 30	02:11:25 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>KOPYŚĆ Jarosław</b>	<b>5572</b>	PSZCZÓŁKOWSKI TEAM	Masters M - 40	02:12:45 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>SYGUŁA Katarzyna</b>	<b>5056</b>	WKURW TEAM	Weteran K - 50	02:26:07 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>JÓZEFIAK Grzegorz</b>	<b>5167</b>	BIEGAJ Z DĘBAMI	Weteran II M - 60	02:47:06 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>JÓZEFIAK Magdalena</b>	<b>5166</b>	BIEGAJ Z DĘBAMI	Weteran II K - 60	02:47:10 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>FRĄCKOWIAK Michał</b>	<b>5413</b>	AKTYWNI RAZEM	Masters M - 40	02:49:15 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>WOŹNIAK Kasia</b>	<b>5417</b>	AKTYWNI RAZEM	Masters K - 40	02:49:22 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>MARIN Alberto</b>	<b>5151</b>		Senior II M - 30	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
	<b>JANKOWSKA Barbara</b>	<b>5726</b>		Masters K - 40		DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>HOŁOWACZ Andrzej</b>	<b>5665</b>		Weteran I M - 50		DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 680 wynik(ów)