



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

ZŁOTY MARATON - 45 KM

B4SPORT
INTELLIGENTNE ZAWODY SPORTOWE

B4SPORT
INTELLIGENTNE 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	BOULKHALF Abdellatif	5652	KB WIKON NOWA SÓL	Senior II M - 30	1	01:00:24	02:09:10	03:07:25	04:02:13.80	04:02:14.95		5:22	11.1 (100%)
2	ZBOZIEN Jarosław	5734	ALPIN SPORT TEAM	Senior II M - 30	2	01:00:26	02:09:10	03:07:27	04:05:04.85	04:05:06.95	+00:02:52 (1.2%)	5:26	11 (99.1%)
3	KRUBA Marcin	5578	RMT TEAM PRO	Senior II M - 30	3	01:02:17	02:16:07	03:23:35	04:24:52.75	04:24:55.10	+00:22:40 (8.6%)	5:53	10.2 (91.9%)
4	STACHOWIAK Adam	5716	LESZ NO LIMITS RUNNERS	Senior II M - 30	4	01:06:36	02:23:31	03:29:22	04:30:39.55	04:30:46.05	+00:28:31 (10.5%)	6:00	10 (90.1%)
5	ŁYJAK Błażej	5671	BIKESTATS.PL	Masters M - 40	1	01:02:05	02:16:06	03:25:39	04:31:08.10	04:31:11.20	+00:28:56 (10.7%)	6:01	10 (90.1%)
6	DUDA Karol	5136	BLACK HAT PRO	Senior II M - 30	5		02:09:23	03:21:47	04:37:28.20	04:37:29.45	+00:35:14 (12.7%)	6:09	9.7 (87.4%)
7	MAŃCZAK Filip	5092	AKTYWNI RAZEM	Masters M - 40	2	01:07:30	02:26:12	03:39:32	04:45:55.10	04:46:32.75	+00:44:17 (15.5%)	6:21	9.4 (84.7%)
8	HALSKA Ania	5649	ANNA HALSKA COACHING	Senior II K - 30	1		02:31:37	03:41:13	04:46:29.85	04:46:35.10	+00:44:20 (15.5%)	6:21	9.4 (84.7%)
9	BIELIŃSKI Maciek	5648		Senior II M - 30	6	01:03:09	02:17:51	03:33:11	04:47:29.70	04:47:31.15	+00:45:16 (15.7%)	6:23	9.4 (84.7%)
10	WYSOKIŃSKI Konrad	5625	RUN INTO THE WILD / BARUNOWCE	Masters M - 40	3	01:07:38	02:28:02	03:41:01	04:53:24.80	04:53:29.35	+00:51:14 (17.5%)	6:31	9.2 (82.9%)
11	ZBRUK Tomasz	5620	W POGONI ZA DUCHEM	Masters M - 40	4	01:08:01	02:27:35	03:44:11	04:53:50.85	04:53:59.70	+00:51:44 (17.6%)	6:31	9.2 (82.9%)
12	CICHOWSKI Wojciech	5214	AW - SZYBCIEJ - TEAM	Senior II M - 30	7	01:08:02	02:28:33	03:42:30	04:55:02.25	04:55:07.10	+00:52:52 (17.9%)	6:33	9.2 (82.9%)
13	PETRYNA Jagoda	5739		Senior II K - 30	2	01:09:38	02:31:48	03:46:02	04:55:29.35	04:55:31.20	+00:53:16 (18.0%)	6:33	9.1 (82.0%)
14	WINIARCZYK Krzysztof	5644		Masters M - 40	5	01:09:10	02:32:25	03:49:15	04:57:53.60	04:58:25.15	+00:56:10 (18.8%)	6:37	9.1 (82.0%)
15	ŻWIRSKI Marcin	5508		Senior II M - 30	8	01:06:45	02:27:00	03:42:48	05:01:26.05	05:01:29.80	+00:59:14 (19.7%)	6:41	9 (81.1%)
16	PYZIK Krzysztof	5642	VEGESLONIK TEAM	Senior II M - 30	9	01:07:17	02:26:58	03:44:48	05:01:50.90	05:01:55.10	+00:59:40 (19.8%)	6:42	8.9 (80.2%)

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			
17	WALKOSZ Mateusz	5077	#SOBASTEAM	Senior II M - 30	10	01:05:14	02:26:56	03:50:14	05:08:38.00	05:08:39.95	+01:06:25 (21.5%)	6:51	8.7 (78.4%)
18	WOJTKOWIAK Stefan	5300	PIĄTKOWO NA BIEGOWO	Masters M - 40	6	01:11:00	02:35:10	03:56:08	05:09:22.40	05:09:26.90	+01:07:11 (21.7%)	6:52	8.7 (78.4%)
19	CZERCHAWSKI Janusz	5713		Weteran I M - 50	1	01:11:29	02:38:33	04:01:35	05:20:33.25	05:20:48.45	+01:18:33 (24.5%)	7:07	8.4 (75.7%)
20	WYSOCKI Dariusz	5173	MIĘDZYBORSKA GRUPA BIEGOWA	Senior II M - 30	11	01:14:13	02:41:48	04:03:53	05:23:05.00	05:23:12.85	+01:20:57 (25.0%)	7:10	8.4 (75.7%)
21	CYTACKI Dawid	5517	SG SQUAD/RYKOWISKO TEAM	Masters M - 40	7		02:44:34	04:07:40	05:24:03.75	05:24:35.30	+01:22:20 (25.4%)	7:12	8.3 (74.8%)
22	KURKA Adam	5317		Masters M - 40	8	01:17:56	02:47:06	04:10:30	05:25:04.40	05:25:07.35	+01:22:52 (25.5%)	7:13	8.3 (74.8%)
23	ZAPIÓR Hubert	5428		Senior II M - 30	12	01:10:25	02:37:49	04:04:19	05:25:56.75	05:26:34.45	+01:24:19 (25.8%)	7:14	8.3 (74.8%)
24	DASZEWSKI Filip	5552		Senior I M - 20	1	01:17:14	02:48:25	04:12:18	05:29:05.10	05:29:08.20	+01:26:53 (26.4%)	7:18	8.2 (73.9%)
25	FUKS Szymon	5302	MCBIEGACZE	Masters M - 40	9	01:12:03	02:40:45	04:09:25	05:28:55.90	05:29:21.65	+01:27:06 (26.4%)	7:18	8.2 (73.9%)
26	KULLING Hubert	5670		Masters M - 40	10	01:16:49	02:44:03	04:09:57	05:29:42.15	05:30:12.75	+01:27:57 (26.6%)	7:19	8.2 (73.9%)
27	HEJDUK Heinz	5597		Senior II M - 30	13	01:16:47	02:44:35	04:04:52	05:30:20.65	05:30:59.95	+01:28:45 (26.8%)	7:20	8.2 (73.9%)
28	GOLONKA Paweł	5336	KB WIKON NOWA SÓL	Masters M - 40	11	01:14:58	02:45:37	04:15:14	05:32:02.80	05:32:28.55	+01:30:13 (27.1%)	7:22	8.1 (73.0%)
29	ŻYCHSKA Anna	5391		Senior II K - 30	3	01:18:12	02:50:23	04:14:12	05:32:02.00	05:32:35.80	+01:30:20 (27.2%)	7:22	8.1 (73.0%)
30	POPIEL Andrzej	5329	POPSMART.PL	Senior II M - 30	14	01:15:22	02:48:22	04:14:12	05:32:47.10	05:32:51.75	+01:30:36 (27.2%)	7:23	8.1 (73.0%)
31	BASAĞ Marek	5657	GINGER POWER	Masters M - 40	12	01:15:29	02:46:06	04:14:13	05:33:27.60	05:33:35.65	+01:31:20 (27.4%)	7:24	8.1 (73.0%)
32	BURLIDIS Elefterios	5544	SPARTA TEAM	Masters M - 40	13		02:45:21	04:13:38	05:33:09.45	05:33:47.85	+01:31:32 (27.4%)	7:24	8.1 (73.0%)
33	SPYCHALSKI Adam	5237		Weteran I M - 50	2	01:15:04	02:42:38	04:07:38	05:33:45.40	05:34:08.65	+01:31:53 (27.5%)	7:25	8.1 (73.0%)
34	MALICKI Grzegorz	5674	ORANGE POLSKA	Masters M - 40	14	01:10:19	02:37:54	04:05:14	05:35:30.50	05:35:33.45	+01:33:18 (27.8%)	7:27	8 (72.1%)
35	JAKUBOWSKI Zbyszek	5084		Masters M - 40	15	01:17:18	02:47:37	04:13:46	05:35:39.40	05:35:49.20	+01:33:34 (27.9%)	7:27	8 (72.1%)
36	BOGUSZ Paweł	5205	CYBINA TEAM	Masters M - 40	16	01:14:50	02:47:43	04:13:38	05:35:40.65	05:35:53.20	+01:33:38 (27.9%)	7:27	8 (72.1%)
37	CZERNAK Wioleta	5720		Senior II K - 30	4	01:25:55	02:59:40	04:21:36	05:35:24.80	05:35:56.20	+01:33:41 (27.9%)	7:27	8.1 (73.0%)
38	KANIA Tomasz	5103	#SOBASTEAM	Masters M - 40	17	01:12:45	02:45:50	04:16:12	05:37:04.20	05:37:15.40	+01:35:00 (28.2%)	7:29	8 (72.1%)
39	FIEDOROWICZ Asia	5161	SKLEP BIEGACZA RUNNING TEAM	Senior II K - 30	5	01:18:16	02:52:55	04:17:49	05:38:23.80	05:38:47.55	+01:36:32 (28.5%)	7:31	8 (72.1%)
40	MANIAK Rafal	5458		Masters M - 40	18	01:11:40	02:43:18	04:16:44	05:40:01.45	05:40:13.40	+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	STACHOWIAK Łukasz	5615	KAMIL LEŚNIAK TEAM / CITY TRAIL TEAM	Senior II M - 30	15	01:09:37	02:47:45	04:25:34	05:40:45.15	05:40:49.15	+01:38:34 (28.9%)	7:34	7.9 (71.2%)
42	KORDALSKA Karolina	5154	NIGHT RUNNERS PYSKOWICE	Senior I K - 20	1	01:19:26	02:55:04	04:18:04	05:40:43.00	05:40:51.25	+01:38:36 (28.9%)	7:34	7.9 (71.2%)
43	SWĘDZIOŁ Robert	5588	OLKUSZBIEGA.PL	Weteran I M - 50	3	01:14:37	02:45:13	04:14:14	05:40:24.25	05:40:58.40	+01:38:43 (29.0%)	7:33	7.9 (71.2%)
44	KSIAŹKIEWICZ Bartłomiej	5385	ROCKY BALBOA	Masters M - 40	19	01:12:57	02:43:19	04:19:58	05:41:27.80	05:41:28.80	+01:39:13 (29.1%)	7:35	7.9 (71.2%)
45	GÓRECKI Krzysztof	5128		Senior I M - 20	2		02:55:29	04:22:18	05:41:05.25	05:41:36.15	+01:39:21 (29.1%)	7:34	7.9 (71.2%)
46	TYLKOWSKI Filip	5637		Senior I M - 20	3	01:15:00	02:45:22	04:15:05	05:41:08.60	05:41:55.25	+01:39:40 (29.2%)	7:34	7.9 (71.2%)
47	WUJDA Mirosław	5193	ERNI RULEZ	Masters M - 40	20		02:56:59	04:25:29	05:42:24.35	05:42:40.95	+01:40:26 (29.3%)	7:36	7.9 (71.2%)
48	WILKOS Mateusz	5700	NIEMCE TEAM	Senior II M - 30	16	01:02:02	02:25:17	04:19:27	05:42:52.30	05:42:53.80	+01:40:38 (29.4%)	7:37	7.9 (71.2%)
49	KRZEMIŃSKI Marcin	5678		Masters M - 40	21	01:12:59	02:43:15	04:20:13	05:43:25.25	05:43:25.65	+01:41:10 (29.5%)	7:37	7.9 (71.2%)
50	LEWANDOWSKA Milena	5488	GO APTIV!	Senior I K - 20	2		02:58:23	04:24:14	05:43:09.55	05:43:29.35	+01:41:14 (29.5%)	7:37	7.9 (71.2%)
51	SERAFIN-GORSZKOWSKA Paulina	5426	AW-SZYBCIEJ-TEAM	Masters K - 40	1	01:23:34	03:01:25	04:29:59	05:43:33.90	05:43:46.95	+01:41:32 (29.5%)	7:38	7.9 (71.2%)
52	PIESZKO Magda	5556	MKRAWCZYŃSKA TEAM	Masters K - 40	2	01:23:32	02:59:14	04:25:00	05:44:55.85	05:45:19.60	+01:43:04 (29.8%)	7:39	7.8 (70.3%)
53	GRZEMSKI Marcin	5276	WRONIECKI KLUB BIEGACZA	Senior II M - 30	17	01:14:34	02:47:41	04:24:52	05:45:07.20	05:45:31.65	+01:43:16 (29.9%)	7:40	7.8 (70.3%)
54	OWCZAREK Szymon	5037		Masters M - 40	22	01:15:34	02:49:54	04:21:04	05:45:29.95	05:46:15.00	+01:44:00 (30.0%)	7:40	7.8 (70.3%)
55	JURDZIŃSKI Grzegorz	5374	MOCNA GRUPA CEZARA	Senior I M - 20	4	01:23:05	03:00:47	04:28:32	05:46:22.10	05:47:07.95	+01:44:53 (30.2%)	7:41	7.8 (70.3%)
56	BOGUCKI Sławomir	5495		Weteran II M - 60	1	01:23:39	03:07:02	04:32:05	05:46:48.95	05:47:36.25	+01:45:21 (30.3%)	7:42	7.8 (70.3%)
57	BRZEŹNIAK Łukasz	5654	REHABILITACJA STHENOS GORZÓW WLKP.	Weteran I M - 50	4	01:20:39	02:50:34	04:23:39	05:47:02.05	05:47:37.70	+01:45:22 (30.3%)	7:42	7.8 (70.3%)
58	PŁAZA Radosław	5721	BARUNOWCE	Masters M - 40	23	01:24:09	02:56:56	04:21:55	05:48:03.90	05:48:13.30	+01:45:58 (30.4%)	7:44	7.8 (70.3%)
59	WIECZERZAK Magdalena	5104	ZABIEGANI MIELEC / MAGDY RULEZ	Senior II K - 30	6	01:22:37	03:02:37	04:31:18	05:49:06.35	05:49:16.70	+01:47:01 (30.6%)	7:45	7.7 (69.4%)
60	KRZYŚKÓW Piotr	5268		Masters M - 40	24	01:16:37	02:51:40	04:26:38	05:50:18.15	05:50:35.35	+01:48:20 (30.9%)	7:47	7.7 (69.4%)
61	SPACHACZ Łukasz	5240		Senior II M - 30	18	01:26:54	03:00:17	04:30:31	05:50:32.65	05:51:02.50	+01:48:47 (31.0%)	7:47	7.7 (69.4%)
62	GARCZYK Rafał	5629		Masters M - 40	25	01:27:09	03:08:37	04:34:30	05:51:32.55	05:51:42.00	+01:49:27 (31.1%)	7:48	7.7 (69.4%)
63	KRUPA Norbert	5175	METR PRZED KOŃCEM ŚWIATA	Masters M - 40	26	01:11:24	02:45:48	04:23:28	05:52:52.60	05:53:02.30	+01:50:47 (31.4%)	7:50	7.7 (69.4%)

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						10km	22km	33km	45km	45km			
64	CIENKOSZ Przemysław	5188	#ZALINIAMETYTEAM	Senior I M - 20	5	01:22:18	02:56:34	04:25:04	05:52:49.25	05:53:28.90	+01:51:13 (31.5%)	7:50	7.7 (69.4%)
65	DUBIAŁ Rafał	5279	LESZ NO LIMITS RUNNER	Masters M - 40	27	01:25:23	03:03:42	04:31:00	05:53:17.50	05:53:49.50	+01:51:34 (31.5%)	7:51	7.6 (68.5%)
66	ROZPARA Karolina	5473		Senior I K - 20	3	01:25:36	03:02:47	04:29:25	05:52:09.20	05:53:59.15	+01:51:44 (31.6%)	7:49	7.7 (69.4%)
67	ŚWIERCZYŃSKI Adrian	5400		Senior I M - 20	6		02:33:34	04:08:52	05:54:43.25	05:54:44.40	+01:52:29 (31.7%)	7:52	7.6 (68.5%)
68	PIOTROWIAK Angelika	5143	GARMIN WROCŁAW	Senior I K - 20	4	01:24:14	03:01:44	04:34:05	05:56:14.60	05:57:33.85	+01:55:18 (32.3%)	7:54	7.6 (68.5%)
69	CIERPIAŁ Piotr	5501	KRAKÓW AIRPORT RUNNING TEAM	Senior I M - 20	7	01:30:01	03:06:12	04:33:45	05:56:31.50	05:57:56.75	+01:55:41 (32.3%)	7:55	7.6 (68.5%)
70	TOMASZEK Sebastian	5592		Weteran I M - 50	5	01:19:09	02:56:50	04:30:15	05:57:41.10	05:58:07.95	+01:55:53 (32.4%)	7:56	7.5 (67.6%)
71	CARUK Damian	5465	PGN NIERUCHOMOŚCI	Masters M - 40	28	01:21:02	02:59:17	04:34:32	05:58:26.10	05:58:32.55	+01:56:17 (32.4%)	7:57	7.5 (67.6%)
72	JAMROZIAK Grzegorz	5470	AARSLEFF.BIZ RUNNING TEAM	Masters M - 40	29	01:22:51	03:02:14	04:36:11	05:59:07.90	05:59:14.90	+01:56:59 (32.6%)	7:58	7.5 (67.6%)
73	KOBYLECKI Bartosz	5641		Masters M - 40	30	01:22:48	03:00:05	04:32:05	05:58:22.05	05:59:21.70	+01:57:06 (32.6%)	7:57	7.5 (67.6%)
74	BALICKI Piotr	5653	PENNY GONDEK TEAM OLEŚNICA / CAŁA OLEŚNICA BIEGA	Weteran I M - 50	6	01:17:15	02:54:18	04:33:55	05:59:22.65	05:59:30.95	+01:57:16 (32.6%)	7:59	7.5 (67.6%)
75	NOWICKI Marcin	5569	GO2TRI	Masters M - 40	31		02:59:38	04:31:37	05:59:18.70	05:59:48.35	+01:57:33 (32.7%)	7:59	7.5 (67.6%)
76	BROJ Adrian	5309	BROJ TEAM ŻLINICE	Weteran I M - 50	7	01:19:11	02:59:09	04:31:01	05:59:32.05	05:59:53.55	+01:57:38 (32.7%)	7:59	7.5 (67.6%)
77	SKORUPIŃSKA Renata	5215	SOKÓŁ WŁOSZAKOWICE	Masters K - 40	3	01:27:52	03:06:56	04:38:56	05:59:26.65	06:00:00.50	+01:57:45 (32.7%)	7:59	7.5 (67.6%)
78	KODZIK Aleksandra	5526		Senior II K - 30	7	01:25:20	03:04:06	04:38:56	06:00:07.20	06:00:40.30	+01:58:25 (32.8%)	8:00	7.5 (67.6%)
79	BUHL Marcin	5246		Masters M - 40	32		03:02:03	04:32:34	06:00:41.95	06:00:50.90	+01:58:35 (32.9%)	8:00	7.5 (67.6%)
80	STUPEK Bogusław	5614	GALMET TEAM	Weteran I M - 50	8	01:23:02	02:59:53	04:33:28	06:00:33.10	06:01:09.50	+01:58:54 (32.9%)	8:00	7.5 (67.6%)
81	SALWA Aleksander	5496		Masters M - 40	33	01:18:52	02:58:20	04:33:55	06:00:31.55	06:01:29.10	+01:59:14 (33.0%)	8:00	7.5 (67.6%)
82	ANDRZEJEWSKI Łukasz	5668		Masters M - 40	34	01:26:06	03:05:11	04:39:21	06:00:23.95	06:01:36.20	+01:59:21 (33.0%)	8:00	7.5 (67.6%)
83	HACUŚ Tomasz	5452		Masters M - 40	35	01:22:40	03:05:33	04:38:28	06:01:42.25	06:01:53.05	+01:59:38 (33.1%)	8:02	7.5 (67.6%)
84	STYLSKI Michał	5169		Senior II M - 30	19		02:51:20	04:31:55	06:01:56.85	06:02:02.25	+01:59:47 (33.1%)	8:02	7.5 (67.6%)
85	SMACZNY Bartłomiej	5155		Senior II M - 30	20	01:16:20	03:01:20	04:34:27	06:01:14.80	06:02:12.05	+01:59:57 (33.1%)	8:01	7.5 (67.6%)
86	TERESZKIEWICZ Joanna	5203		Senior II K - 30	8	01:21:12	02:58:59	04:33:44	06:02:07.30	06:02:17.90	+02:00:02 (33.1%)	8:02	7.5 (67.6%)
87	RESPONDEK Anna	5358		Masters K - 40	4	01:22:36	03:01:23	04:38:56	06:02:50.35	06:03:32.60	+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	BEŁDOWSKI Sławomir	5677	FUDU &CO	Weteran I M - 50	9	01:22:28	03:00:49	04:37:10	06:03:35.15	06:03:39.15	+02:01:24 (33.4%)	8:04	7.4 (66.7%)
89	WOŹNICZKA Jolanta	5696	ADAM DRACZYŃSKI RUNNIG TEAM	Masters K - 40	5	01:25:16	03:10:41	04:42:21	06:04:29.75	06:04:32.00	+02:02:17 (33.5%)	8:05	7.4 (66.7%)
90	KRAWCZYK Dariusz	5226		Masters M - 40	36	01:17:10	02:53:46	04:30:58	06:05:08.35	06:05:15.10	+02:03:00 (33.7%)	8:06	7.4 (66.7%)
91	STORTZ Piotr	5196		Senior II M - 30	21	01:14:44	02:56:33	04:34:49	06:05:46.45	06:06:14.25	+02:03:59 (33.9%)	8:07	7.4 (66.7%)
92	KUROPATWIŃSKI Tomasz	5704		Senior II M - 30	22	01:27:54	03:03:35	04:38:31	06:04:06.85	06:06:57.05	+02:04:42 (34.0%)	8:05	7.4 (66.7%)
93	CZYŻAK Błażej	5676		Masters M - 40	37		03:07:00	04:38:13	06:06:54.30	06:07:22.95	+02:05:08 (34.1%)	8:09	7.4 (66.7%)
94	SZECÓWKA Andrzej	5687	AS WŚRÓD MAS	Weteran I M - 50	10	01:29:58	03:07:33	04:45:12	06:06:31.25	06:07:29.55	+02:05:14 (34.1%)	8:08	7.4 (66.7%)
95	ZACIERKA Krystian	5689		Masters M - 40	38		02:55:56	04:31:30	06:07:18.80	06:07:51.90	+02:05:36 (34.1%)	8:09	7.4 (66.7%)
96	KRAJEWSKI Tomasz	5551	#ZALINIAMETYTEAM	Masters M - 40	39	01:23:21	03:07:56	04:46:40	06:07:03.25	06:07:59.40	+02:05:44 (34.2%)	8:09	7.4 (66.7%)
97	BOJAŃSKI Zbigniew	5547		Masters M - 40	40	01:25:03	03:08:18	04:44:07	06:07:57.50	06:08:13.45	+02:05:58 (34.2%)	8:10	7.3 (65.8%)
98	STACHOWIAK Grzegorz	5650		Masters M - 40	41	01:16:40	03:03:23	04:43:16	06:07:58.05	06:08:29.50	+02:06:14 (34.3%)	8:10	7.3 (65.8%)
99	JASZCZAK Bogna	5387		Senior I K - 20	5	01:22:15	02:59:24	04:34:26	06:08:16.10	06:08:56.55	+02:06:41 (34.3%)	8:11	7.3 (65.8%)
100	WALKOWIAK Rafał	5733	KONIN RUN	Weteran I M - 50	11	01:20:51	03:02:10	04:44:28	06:08:11.20	06:09:05.50	+02:06:50 (34.4%)	8:10	7.3 (65.8%)
101	ZWOLIŃSKI Mariusz	5626		Masters M - 40	42	01:18:26	02:56:50	04:35:45	06:08:42.25	06:09:23.60	+02:07:08 (34.4%)	8:11	7.3 (65.8%)
102	BARTOS Virág	5177		Senior II K - 30	9	01:29:47	03:12:37	04:43:48	06:08:26.05	06:09:36.30	+02:07:21 (34.5%)	8:11	7.3 (65.8%)
103	JANKA Rácz	5183		Senior II K - 30	10	01:29:47	03:12:41	04:43:49	06:08:26.70	06:09:36.60	+02:07:21 (34.5%)	8:11	7.3 (65.8%)
104	OLTUCH Patryk	5619	AW - SZYBCIEJ - TEAM	Senior I M - 20	8	01:20:49	02:54:08	04:40:27	06:09:09.95	06:10:22.20	+02:08:07 (34.6%)	8:12	7.3 (65.8%)
105	BROZDOVÁ Karina	5225	SPK ČESKÝ TĚŠÍN	Masters K - 40	6	01:25:35	03:06:04	04:42:01	06:10:55.55	06:11:16.85	+02:09:01 (34.8%)	8:14	7.3 (65.8%)
106	ASŁANOWICZ Marcin	5599	ŻÓRAWSKI TEAM	Masters M - 40	43	01:25:37	03:08:48	04:42:21	06:12:05.40	06:12:17.05	+02:10:02 (34.9%)	8:16	7.3 (65.8%)
107	CHRZANOWSKI Paweł	5635		Masters M - 40	44		02:58:17	04:43:53	06:12:22.45	06:12:55.05	+02:10:40 (35.0%)	8:16	7.3 (65.8%)
108	CIESIELSKI Marcin	5509		Masters M - 40	45	01:20:23	02:58:35	04:37:17	06:13:54.85	06:13:56.60	+02:11:41 (35.2%)	8:18	7.2 (64.9%)
109	MARCINIAK Robert	5189	HTF LUDWIK SIKORSKI	Senior II M - 30	23	01:29:03	03:07:02	04:47:40	06:12:47.10	06:14:39.50	+02:12:24 (35.3%)	8:17	7.2 (64.9%)
110	JEGER Piotr	5142	SKLEP BIEGACZA RUNNING TEAM	Senior II M - 30	24	01:29:02	03:12:11	04:47:01	06:13:58.55	06:15:40.00	+02:13:25 (35.5%)	8:18	7.2 (64.9%)
111	PIOTROWSKI Kamil	5071		Masters M - 40	46	01:16:46	02:59:17	04:41:22	06:15:30.25	06:15:41.00	+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	KAZIMIEROWICZ Jacek	5456		Masters M - 40	60	01:18:49	03:01:18	04:49:26	06:23:28.50	06:24:17.65	+02:22:02 (37.0%)	8:31	7 (63.1%)
137	SIEWKO Piotr	5129	SZWAGRY TEAM	Weteran I M - 50	12	01:24:59	03:11:22	04:54:44	06:23:43.45	06:24:19.85	+02:22:04 (37.0%)	8:31	7 (63.1%)
138	KROPACZ Jacek	5471	ALPINIKA	Masters M - 40	61	01:21:05	03:03:55	04:53:28	06:25:12.10	06:25:39.60	+02:23:24 (37.2%)	8:33	7 (63.1%)
139	MAJEWSKI Radosław	5146	NIGHT RUNNERS / PRO366	Masters M - 40	62	01:26:50	03:12:47	04:57:56	06:25:14.45	06:25:40.95	+02:23:26 (37.2%)	8:33	7 (63.1%)
140	KORCZYŃSKI Łukasz	5534	BIEGOWA POGORZAŁA	Masters M - 40	63	01:23:19	03:00:35	04:46:38	06:24:51.50	06:25:51.50	+02:23:36 (37.2%)	8:33	7 (63.1%)
141	WRÓBEL Marcin	5604		Masters M - 40	64	01:29:59	03:13:42	04:54:45	06:25:19.25	06:25:58.05	+02:23:43 (37.2%)	8:33	7 (63.1%)
142	REJEWSKA Eliza	5267		Masters K - 40	7	01:28:56	03:14:26	04:53:10	06:23:54.90	06:26:08.15	+02:23:53 (37.3%)	8:31	7 (63.1%)
143	DOBROWOLSKI Maciej	5208		Senior I M - 20	11	01:32:26	03:10:46	04:51:48	06:25:00.85	06:26:26.80	+02:24:11 (37.3%)	8:33	7 (63.1%)
144	JURECZKO Damian	5395		Masters M - 40	65	01:26:39	03:12:13	04:56:59	06:25:45.80	06:26:49.30	+02:24:34 (37.4%)	8:34	7 (63.1%)
145	BARTCZAK Paweł	5082	DRUŻYNA SZPIKU	Masters M - 40	66	01:29:47	03:13:38	04:52:12	06:24:10.95	06:27:07.50	+02:24:52 (37.4%)	8:32	7 (63.1%)
146	JAKUBOWSKI Piotr	5510		Masters M - 40	67	01:31:21	03:16:30	04:56:25	06:25:36.80	06:27:24.75	+02:25:09 (37.5%)	8:34	7 (63.1%)
147	ŻETELSKI Kamil	5692		Senior I M - 20	12	01:25:09	03:07:35	04:50:11	06:27:22.25	06:28:04.05	+02:25:49 (37.6%)	8:36	7 (63.1%)
148	ZIÓŁEK Rafał	5585		Senior II M - 30	32	01:30:04	03:12:08	04:53:29	06:26:11.35	06:28:14.45	+02:25:59 (37.6%)	8:34	7 (63.1%)
149	DONAJ Łukasz	5168		Senior II M - 30	33	01:18:56	03:01:14	04:54:20	06:27:21.80	06:28:16.85	+02:26:01 (37.6%)	8:36	7 (63.1%)
150	MAJCHRZAK Oskar	5027		Senior II M - 30	34	01:31:43	03:23:19	05:04:08	06:28:05.15	06:28:27.25	+02:26:12 (37.6%)	8:37	7 (63.1%)
151	GIDZIŃSKA Larysa	5013	OFF-ROAD RUNNERS BENEFIT SYSTEMS	Senior II K - 30	12	01:31:43	03:23:19	05:04:07	06:28:06.15	06:28:28.10	+02:26:13 (37.6%)	8:37	7 (63.1%)
152	DUBOWICZ Maciej	5469	TRITON KONIN	Senior II M - 30	35	01:26:02	03:11:26	04:56:44	06:27:22.75	06:28:35.60	+02:26:20 (37.7%)	8:36	7 (63.1%)
153	BŁASZCZAK Marek	5051	MOCNA GRUPA CEZARA	Senior II M - 30	36	01:25:00	03:07:46	04:55:23	06:28:22.40	06:28:55.40	+02:26:40 (37.7%)	8:37	7 (63.1%)
154	MAJDER Klaudia	5543	CAŁA OLEŚNICA BIEGA	Senior II K - 30	13	01:31:21	03:21:05	05:00:25	06:29:01.25	06:29:08.80	+02:26:53 (37.7%)	8:38	6.9 (62.2%)
155	SALUMAA Marko	5384	VOKA	Masters M - 40	68	01:28:53	03:10:44	04:57:08	06:27:18.70	06:29:21.65	+02:27:06 (37.8%)	8:36	7 (63.1%)
156	LEHISMETS Priit	5398	VOKA / BC KALEV/CRAMO	Masters M - 40	69	01:28:10	03:21:59	05:03:33	06:26:49.35	06:29:21.95	+02:27:07 (37.8%)	8:35	7 (63.1%)
157	SOŁTYSIAK Karol	5460		Masters M - 40	70	01:30:56	03:19:52	05:03:39	06:29:25.80	06:29:54.10	+02:27:39 (37.9%)	8:39	6.9 (62.2%)
158	KWIECIEŃ Marcin	5618	HRW	Masters M - 40	71	01:30:20	03:15:44	04:56:46	06:27:02.55	06:30:05.60	+02:27:50 (37.9%)	8:36	7 (63.1%)
159	BARTOSIEWICZ Daria	5060	DZIKIE GRUBASY SZATANA	Senior II K - 30	14		03:18:15	04:57:17	06:28:16.05	06:30:06.35	+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	RESPONDEK Michał	5445		Senior II M - 30	37	01:32:32	03:17:23	04:57:59	06:27:11.55	06:30:34.50	+02:28:19 (38.0%)	8:36	7 (63.1%)
161	FISZER Paweł	5719		Masters M - 40	72	01:22:46	03:07:08	04:56:15	06:30:30.20	06:30:35.90	+02:28:20 (38.0%)	8:40	6.9 (62.2%)
162	ŚWIERCZYŃSKI Radosław	5408	BIEGIEM PO PIWO	Senior II M - 30	38	01:25:04	03:15:06	04:59:06	06:31:25.50	06:31:40.45	+02:29:25 (38.2%)	8:41	6.9 (62.2%)
163	ZAŁUSKI Dominik	5354		Senior I M - 20	13	01:30:44	03:11:00	04:53:01	06:29:31.50	06:32:07.90	+02:29:52 (38.2%)	8:39	6.9 (62.2%)
164	GOŁĄB Marcin	5621	SPARTA TEAM	Masters M - 40	73	01:24:44	03:09:09	04:59:21	06:31:41.55	06:32:20.45	+02:30:05 (38.3%)	8:42	6.9 (62.2%)
165	PIECHOWIAK Mateusz	5575	Z GÓRKI I POD GÓRKĘ	Senior II M - 30	39	01:27:05	03:14:48	04:57:24	06:33:10.85	06:33:20.85	+02:31:05 (38.4%)	8:44	6.9 (62.2%)
166	MACHNICKI Paweł	5691		Masters M - 40	74	01:34:27	03:23:47	05:13:20	06:29:57.65	06:33:26.15	+02:31:11 (38.4%)	8:39	6.9 (62.2%)
167	BIELECKI Tomasz	5560	MISTRZOWSKI TRENING POZNAŃ	Senior I M - 20	14	01:28:53	03:20:08	05:00:03	06:33:23.55	06:33:30.70	+02:31:15 (38.4%)	8:44	6.9 (62.2%)
168	WILK Łukasz	5341	RUNADDICTS	Masters M - 40	75	01:25:05	03:09:40	05:02:00	06:32:22.85	06:34:41.10	+02:32:26 (38.6%)	8:43	6.9 (62.2%)
169	WALKOWIAK Bartek	5679	MB MOTORS POZNAŃ	Senior I M - 20	15	01:33:46	03:20:11	05:01:10	06:33:06.20	06:34:46.25	+02:32:31 (38.6%)	8:44	6.9 (62.2%)
170	PAJĄK Rozalia	5418	DARSOFT RUNNING TEAM/KALINOWSKI TEAM	Senior I K - 20	7	01:32:07	03:20:25	05:07:52	06:32:59.45	06:34:46.65	+02:32:31 (38.6%)	8:43	6.9 (62.2%)
171	SZCZESZEK Arkadiusz	5024		Masters M - 40	76	01:29:09	03:14:48	04:58:22	06:33:35.75	06:35:07.05	+02:32:52 (38.7%)	8:44	6.9 (62.2%)
172	TWARDOWSKI Krzysztof	5583	AMATOR	Weteran I M - 50	13	01:26:42	03:21:05	05:06:02	06:35:31.25	06:36:01.55	+02:33:46 (38.8%)	8:47	6.8 (61.3%)
173	MACIEJEWSKI Adam	5439		Senior II M - 30	40	01:29:26	03:16:16	04:59:17	06:34:35.10	06:36:22.40	+02:34:07 (38.9%)	8:46	6.8 (61.3%)
174	RYCHLEWICZ Tomasz	5217		Senior II M - 30	41	01:30:21	03:14:54	05:02:32	06:37:43.15	06:38:37.15	+02:36:22 (39.2%)	8:50	6.8 (61.3%)
175	SZYMAŃSKI Tomasz	5602	PARTYZANCI KONIN	Masters M - 40	77	01:26:18	03:11:43	05:02:56	06:37:47.65	06:38:42.60	+02:36:27 (39.2%)	8:50	6.8 (61.3%)
176	JARZĘBOWICZ Iwona	5666		Masters K - 40	8	01:34:40	03:27:21	05:07:47	06:39:06.90	06:39:50.65	+02:37:35 (39.4%)	8:52	6.8 (61.3%)
176	JARZĘBOWICZ Adam	5667		Masters M - 40	78		03:25:25	05:09:38	06:39:06.60	06:39:50.65	+02:37:35 (39.4%)	8:52	6.8 (61.3%)
178	PINKOWSKA Monika	5715		Senior II K - 30	15	01:33:16	03:23:28	05:07:43	06:38:05.00	06:40:15.40	+02:38:00 (39.5%)	8:50	6.8 (61.3%)
179	KACZOR Piotr	5283	SAMOTNY WILK Z KOTOWIC	Masters M - 40	79		03:12:38	05:00:38	06:40:56.40	06:41:00.40	+02:38:45 (39.6%)	8:54	6.7 (60.4%)
180	WOŹNIAK Paweł	5211	AW-SZYBCIEJ-TEAM	Masters M - 40	80	01:19:13	02:58:22	04:52:03	06:41:06.85	06:41:39.75	+02:39:24 (39.7%)	8:54	6.7 (60.4%)
181	LINDNER Paweł	5368		Senior II M - 30	42	01:21:12	03:13:40	05:04:08	06:41:01.90	06:41:47.70	+02:39:32 (39.7%)	8:54	6.7 (60.4%)
182	JANOWSKI Michał	5008		Senior II M - 30	43	01:18:52	03:02:56	05:04:21	06:42:36.40	06:42:56.95	+02:40:42 (39.9%)	8:56	6.7 (60.4%)
183	KOCOŁ Tomasz	5525		Masters M - 40	81	01:30:01	03:12:50	05:03:45	06:42:12.20	06:42:59.50	+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	DAWIDZIŃSKI Tomasz	5224	AKTYWNI RAZEM	Senior II M - 30	44	01:26:06	03:17:36	05:07:45	06:41:48.55	06:43:08.40	+02:40:53 (39.9%)	8:55	6.7 (60.4%)	
185	JAKRZEWSKI Hubert	5511		Senior II M - 30	45	01:22:49	03:08:13	05:03:09	06:42:08.90	06:43:41.25	+02:41:26 (40.0%)	8:56	6.7 (60.4%)	
186	STEC Adam	5549		Masters M - 40	82				06:42:06.15	06:43:41.40	+02:41:26 (40.0%)	8:56	6.7 (60.4%)	
187	RYSZCZYK Adam	5634	RUN2BFREE	Masters M - 40	83		03:48:47	05:22:07	06:43:45.95	06:43:49.95	+02:41:35 (40.0%)	8:58	6.7 (60.4%)	
188	KOPER Marcin	5659		Senior II M - 30	46	01:32:14	03:18:16	05:15:16	06:42:20.20	06:43:54.85	+02:41:39 (40.0%)	8:56	6.7 (60.4%)	
189	SCHULZE Jörg	5663	DAV ZITTAU	Weteran II M - 60	2		03:31:31	05:12:29	06:42:34.30	06:43:55.95	+02:41:41 (40.0%)	8:56	6.7 (60.4%)	
190	CZERWINSKI Dominik	5461	ALVO RACING TEAM	Masters M - 40	84	01:29:39	03:22:22	05:09:24	06:44:12.80	06:45:14.20	+02:42:59 (40.2%)	8:58	6.7 (60.4%)	
191	BANKIEWICZ Damian	5270	ASSECO ACTIVE TEAM	Weteran I M - 50	14	01:31:51	03:18:09	05:07:18	06:43:18.50	06:45:18.90	+02:43:03 (40.2%)	8:57	6.7 (60.4%)	
192	NIERADKA Anna	5459		Senior II K - 30	16	01:32:35	03:31:57	05:17:44	06:45:15.00	06:45:43.95	+02:43:29 (40.3%)	9:00	6.7 (60.4%)	
193	KOZŁOWSKI Paweł	5382	HURAGAN LIGOTA	Masters M - 40	85	01:31:04	03:20:23	05:10:16	06:45:59.15	06:46:16.35	+02:44:01 (40.4%)	9:01	6.7 (60.4%)	
194	BRUDEREK Tomasz	5643	PRIMUM CURRERE	Masters M - 40	86	01:27:46	03:20:42	05:15:23	06:47:20.20	06:47:56.15	+02:45:41 (40.6%)	9:03	6.6 (59.5%)	
195	ŁAMPIKA Kinga	5397	NIGHT RUNNERS WROCŁAW, POLISH WINGS ULTRA TEAM	Masters K - 40	9	01:35:07	03:29:24	05:13:16	06:46:57.90	06:48:11.15	+02:45:56 (40.7%)	9:02	6.6 (59.5%)	
196	BAKSALARY Lidia	5616	#BIEGAJLESZNO	Weteran K - 50	1	01:35:16	03:32:22	05:18:20	06:48:11.15	06:48:25.20	+02:46:10 (40.7%)	9:04	6.6 (59.5%)	
197	KĘSIK Michał	5433	RKS HUWDU	Senior II M - 30	47	01:30:54	03:20:17	05:09:36	06:46:15.55	06:48:30.55	+02:46:15 (40.7%)	9:01	6.6 (59.5%)	
198	ALEKSANDROWICZ Marlena	5206		Masters K - 40	10	01:35:02	03:25:36	05:13:21	06:45:04.80	06:48:31.80	+02:46:16 (40.7%)	9:00	6.7 (60.4%)	
199	AUGUSTYNIAK Mirosława	5068	MAMY TO	Masters K - 40	11	01:41:25	03:30:03	05:12:46	06:47:01.30	06:48:45.85	+02:46:30 (40.7%)	9:02	6.6 (59.5%)	
200	CYMBORSKA Jolanta	5257	NEW BALANCE RUN CLUB	Masters K - 40	12	01:32:39	03:23:40	05:11:46	06:47:46.20	06:49:04.35	+02:46:49 (40.8%)	9:03	6.6 (59.5%)	
201	RUKUSZEWICZ Wawrzyniec	5310	DZIKIE GRUBASY SZATANA	Masters M - 40	87	01:29:37	03:18:17	05:06:06	06:47:31.35	06:49:20.85	+02:47:05 (40.8%)	9:03	6.6 (59.5%)	
202	KRAWCZYK Karol	5714	TATA KAZIKA	Senior II M - 30	48	01:17:17	03:00:53	05:04:37	06:49:25.00	06:49:39.35	+02:47:24 (40.9%)	9:05	6.6 (59.5%)	
203	BUCZAK Jakub	5035		Senior II M - 30	49	01:34:47	03:23:30	05:13:08	06:46:41.85	06:49:41.05	+02:47:26 (40.9%)	9:02	6.6 (59.5%)	
204	REPCZYŃSKI Mateusz	5036		Senior II M - 30	50	01:34:46	03:23:30	05:13:07	06:46:43.65	06:49:43.45	+02:47:28 (40.9%)	9:02	6.6 (59.5%)	
205	MUCOWSKI Jaromir	5631	EMERYCI I RENCISCI.	Masters M - 40	88	01:23:52	03:12:41	04:56:27	06:49:17.20	06:49:55.75	+02:47:40 (40.9%)	9:05	6.6 (59.5%)	
206	BARTYKOWSKA Marta	5622	BESTIE OCR LEGIONOWO	Senior II K - 30	17	01:31:08	03:26:12	05:15:20	06:51:18.95	06:51:31.10	+02:49:16 (41.1%)	9:08	6.6 (59.5%)	
207	BALCEWICZ Mariusz	5416	BBL LEGNICA	Weteran I M - 50	15	01:29:27	03:23:44	05:10:45	06:49:29.50	06:51:33.65	+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	ZAKRZEWSKA-BEKIER Joanna	5222	SWIM2TRI	Masters K - 40	14	01:42:33	03:44:14	05:31:47	07:00:10.00	07:00:33.20	+02:58:18 (42.4%)	9:20	6.4 (57.7%)
233	OSTROWSKI Rafał	5194	AKTYWNIE-UZALEŻNIAMY	Masters M - 40	101	01:35:17	03:24:13	05:23:13	06:58:07.55	07:00:34.95	+02:58:20 (42.4%)	9:17	6.5 (58.6%)
234	TOMAS Paweł	5281		Senior I M - 20	16	01:52:31	03:48:35	05:29:11	06:58:15.65	07:00:56.80	+02:58:41 (42.5%)	9:17	6.5 (58.6%)
235	MOŚ Katarzyna	5207	CIDRY LOTAJOM	Senior II K - 30	22	01:35:08	03:34:08	05:29:11	07:00:31.30	07:01:12.25	+02:58:57 (42.5%)	9:20	6.4 (57.7%)
236	BARTKIEWICZ Halina	5172		Masters K - 40	15	01:33:39	03:34:15	05:20:23	07:00:28.50	07:01:40.05	+02:59:25 (42.5%)	9:20	6.4 (57.7%)
237	ZIELIŃSKA Katarzyna	5383	HURAGAN LIGOTA	Senior II K - 30	23	01:36:43	03:31:08	05:16:57	07:01:05.90	07:02:10.05	+02:59:55 (42.6%)	9:21	6.4 (57.7%)
238	LACH-BRZOZOWSKA Edyta	5515	WIOSKA BIEGACZY	Masters K - 40	16	01:42:39	03:41:41	05:27:27	07:01:25.20	07:02:35.45	+03:00:20 (42.7%)	9:21	6.4 (57.7%)
239	PUDEŁKO Rafał	5009	MAMYTO	Masters M - 40	102	01:41:24	03:36:21	05:26:52	07:01:20.00	07:03:06.15	+03:00:51 (42.7%)	9:21	6.4 (57.7%)
240	SZYMCZYK Michał	5577	DRUŻYNA CHROBREGO	Weteran I M - 50	16	01:33:01	03:30:39	05:20:16	07:01:54.65	07:03:08.40	+03:00:53 (42.7%)	9:22	6.4 (57.7%)
241	JAKUBOWSKA Natasza	5085		Masters K - 40	17	01:39:03	03:32:22	05:21:06	07:02:24.45	07:03:09.70	+03:00:54 (42.8%)	9:23	6.4 (57.7%)
242	WALKOWIAK Dominika	5707	#BIEGAJLESZNO	Senior II K - 30	24	01:35:38	03:36:14	05:25:07	07:04:51.80	07:05:06.70	+03:02:51 (43.0%)	9:26	6.4 (57.7%)
243	GRYZ Jacek	5519	SUNFIT STUDIO	Masters M - 40	103	01:38:04	03:28:12	05:19:21	07:03:55.55	07:05:17.25	+03:03:02 (43.0%)	9:25	6.4 (57.7%)
244	LENART Jakub	5130		Senior II M - 30	58	01:27:42	03:22:10		07:04:09.75	07:05:29.90	+03:03:14 (43.1%)	9:25	6.4 (57.7%)
245	GOLEŃ Waldek	5478	BBL LEGNICA	Senior II M - 30	59	01:32:14	03:30:06	05:24:56	07:03:03.60	07:05:43.85	+03:03:28 (43.1%)	9:24	6.4 (57.7%)
246	ZAREMBA Monika	5046	WIELUŃ BIEGA	Senior I K - 20	8	01:33:49	03:33:07	05:26:23	07:05:43.45	07:06:32.45	+03:04:17 (43.2%)	9:27	6.3 (56.8%)
247	ŚLIWKA Arkadiusz	5394	OLZA CIESZYN	Masters M - 40	104	01:30:11	03:26:40	05:22:01	07:05:19.25	07:06:36.70	+03:04:21 (43.2%)	9:27	6.3 (56.8%)
248	KIERENKO Paweł	5514	SONSIEDZI	Masters M - 40	105	01:36:11	03:39:03	05:27:54	07:05:39.05	07:07:09.75	+03:04:54 (43.3%)	9:27	6.3 (56.8%)
249	BIENIAS Piotr	5722		Weteran I M - 50	17	01:33:20	03:28:02	05:20:22	07:06:30.25	07:09:23.80	+03:07:08 (43.6%)	9:28	6.3 (56.8%)
250	STANKOW Piotr	5011	SŁOŃCA JURY	Weteran I M - 50	18	01:35:56	03:39:02	05:33:17	07:07:30.80	07:09:25.70	+03:07:10 (43.6%)	9:30	6.3 (56.8%)
251	GAJEWSKI Bartłomiej	5486	ALBATROSY	Senior II M - 30	60	01:38:20	03:32:35	05:28:17	07:06:15.40	07:09:33.20	+03:07:18 (43.6%)	9:28	6.3 (56.8%)
252	ZYCHOWICZ Zbigniew	5298	MOCNA GRUPA CEZARA	Masters M - 40	106	01:40:25	03:37:00	05:30:25	07:08:35.55	07:09:40.55	+03:07:25 (43.6%)	9:31	6.3 (56.8%)
253	BANACHOWSKI Waldemar	5540		Masters M - 40	107	01:32:10	03:34:16	05:33:03	07:08:11.75	07:09:49.45	+03:07:34 (43.6%)	9:30	6.3 (56.8%)
254	PEPLAK Jarosław Szymon	5730	GAMENESS KONSTANCIN	Masters M - 40	108		03:32:24	05:26:53	07:08:31.95	07:10:02.40	+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	MARCZAK Agnieszka	5299	NIGHT RUNNERS/PRO366	Masters K - 40	18	01:38:56	03:38:47	05:31:21	07:09:35.15	07:10:03.55	+03:07:48 (43.7%)	9:32	6.3 (56.8%)
256	DOMINIAK Katarzyna	5454	PSIA EDUKACJA	Weteran K - 50	2	01:46:52	03:48:53	05:38:16	07:09:31.85	07:10:09.65	+03:07:54 (43.7%)	9:32	6.3 (56.8%)
257	TOKARZEWSKA Kasia	5531	NBR TEAM	Masters K - 40	19	01:42:05	03:43:20	05:32:53	07:09:09.30	07:10:11.30	+03:07:56 (43.7%)	9:32	6.3 (56.8%)
258	BEKAS Jędrzej	5171	NIGHT RUNNERS POZNAŃ	Masters M - 40	109	01:45:36	03:41:16	05:30:15	07:07:04.00	07:10:11.70	+03:07:56 (43.7%)	9:29	6.3 (56.8%)
259	ŁYSIAK Bartek	5335	LISEK TEAM	Senior II M - 30	61	01:27:47	03:18:43	05:20:55	07:09:42.30	07:10:22.55	+03:08:07 (43.7%)	9:32	6.3 (56.8%)
260	PLEWA Katarzyna	5260	GÓRYLASY	Senior II K - 30	25	01:26:50	03:22:31	05:24:19	07:09:38.25	07:10:27.75	+03:08:12 (43.7%)	9:32	6.3 (56.8%)
261	OCZKOWICZ Beata	5266	MOCNA GRUPA CEZARA	Senior II K - 30	26	01:45:21	03:47:32	05:27:38	07:08:39.90	07:10:49.10	+03:08:34 (43.8%)	9:31	6.3 (56.8%)
262	KUBAS Krystian	5116	SUT - STRASZYN ULTRA TEAM	Masters M - 40	110	01:29:09	03:22:08	05:32:39	07:08:39.50	07:10:49.30	+03:08:34 (43.8%)	9:31	6.3 (56.8%)
263	KACZMAREK Maria	5505		Masters K - 40	20	01:47:45	03:52:50	05:35:49	07:10:00.95	07:11:01.75	+03:08:46 (43.8%)	9:33	6.3 (56.8%)
264	ZORAN Henryk	5617	WARTKIE PIERONY	Weteran I M - 50	19	01:36:37	03:34:50	05:24:55	07:10:59.65	07:11:49.05	+03:09:34 (43.9%)	9:34	6.3 (56.8%)
265	ANTONIUK Adam	5686		Weteran I M - 50	20	01:41:43	03:37:41	05:30:59	07:09:38.05	07:11:52.30	+03:09:37 (43.9%)	9:32	6.3 (56.8%)
266	WALIGÓRA Mateusz	5017		Masters M - 40	111	01:27:26	03:15:26	05:16:06	07:12:01.55	07:12:06.35	+03:09:51 (43.9%)	9:36	6.2 (55.9%)
267	WALKOWIAK Dawid	5126	MASARNIA	Masters M - 40	112	01:41:06	03:30:34	05:20:23	07:09:16.15	07:12:30.20	+03:10:15 (44.0%)	9:32	6.3 (56.8%)
267	BUGAJ Alan	5120		Senior II M - 30	62	01:37:58	03:37:28	05:36:30	07:10:04.60	07:12:30.20	+03:10:15 (44.0%)	9:33	6.3 (56.8%)
269	RZESZOTARSKI Tomasz	5308	KTÓRĘDYNADMORSKIEOKO	Senior II M - 30	63	01:38:50	03:39:11	05:30:28	07:11:35.40	07:12:38.15	+03:10:23 (44.0%)	9:35	6.3 (56.8%)
270	MATAK Paweł	5429	ŁASUCH	Senior II M - 30	64	01:31:01	03:32:38	05:34:35	07:13:09.35	07:13:13.40	+03:10:58 (44.1%)	9:37	6.2 (55.9%)
271	KALBARCZYK Jakub	5476		Senior II M - 30	65	01:39:59	03:32:59	05:26:26	07:11:19.95	07:14:06.15	+03:11:51 (44.2%)	9:35	6.3 (56.8%)
272	MATUSZCZYK Paweł	5349		Weteran I M - 50	21	01:47:32	03:43:16	05:30:56	07:10:51.80	07:14:10.55	+03:11:55 (44.2%)	9:34	6.3 (56.8%)
273	NOVÁK Martin	5516	NOWIS TRAILRUNNER	Senior II M - 30	66	01:29:28	03:39:04	05:37:19	07:14:40.20	07:14:59.65	+03:12:44 (44.3%)	9:39	6.2 (55.9%)
274	PODSADNI-KRYSIK Paulina	5271		Senior II K - 30	27	01:34:11	03:38:56	05:31:01	07:13:40.85	07:15:00.55	+03:12:45 (44.3%)	9:38	6.2 (55.9%)
275	NOWACZYŃSKA Katarzyna	5026	TEAM ZABIEGANEDNI	Masters K - 40	21	01:46:00	03:52:07	05:39:00	07:12:06.75	07:15:01.30	+03:12:46 (44.3%)	9:36	6.2 (55.9%)
276	CISZAK Karol	5212		Masters M - 40	113	01:39:42	03:30:48	05:25:45	07:11:56.35	07:15:02.90	+03:12:47 (44.3%)	9:35	6.3 (56.8%)
277	PAMUŁA Marta	5089		Senior I K - 20	9	01:40:00	03:40:30	05:33:36	07:12:40.65	07:15:26.35	+03:13:11 (44.4%)	9:36	6.2 (55.9%)
278	KUPŚĆ Daniel	5125		Senior II M - 30	67		03:26:51	05:20:11	07:15:26.25	07:15:28.25	+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	MILER Urszula	5316	KBKS RADOMSKO	Masters K - 40	22	01:42:56	03:41:48	05:31:00	07:15:13.85	07:15:38.95	+03:13:24 (44.4%)	9:40 6.2 (55.9%)
280	JOŃCA Michał	5594		Senior II M - 30	68		03:33:09	05:36:00	07:15:38.10	07:15:39.10	+03:13:24 (44.4%)	9:40 6.2 (55.9%)
281	STEBEL Bartosz	5680		Masters M - 40	114	01:36:48	03:30:28	05:25:53	07:13:38.80	07:16:13.05	+03:13:58 (44.5%)	9:38 6.2 (55.9%)
282	GUZERA Tomasz	5285		Senior II M - 30	69		03:28:47	05:32:48	07:16:30.00	07:17:07.20	+03:14:52 (44.6%)	9:42 6.2 (55.9%)
283	SUSZA Małgorzata	5640		Masters K - 40	23	01:38:17	03:41:22	05:30:46	07:14:50.85	07:17:16.60	+03:15:01 (44.6%)	9:39 6.2 (55.9%)
284	SZYDŁOWSKI Patryk	5184		Senior II M - 30	70	01:38:52	03:42:56	05:38:35	07:18:31.40	07:19:25.90	+03:17:10 (44.9%)	9:44 6.2 (55.9%)
285	SOPCZYŃSKA Beata	5661	AS CAMPS	Senior II K - 30	28	01:38:07	03:41:09	05:31:38	07:17:52.95	07:19:25.95	+03:17:11 (44.9%)	9:43 6.2 (55.9%)
286	CHROSTEK Adam	5150	ADAM_BIEGA	Masters M - 40	115	01:36:41	03:31:08	05:28:49	07:19:56.70	07:20:39.90	+03:18:24 (45.0%)	9:46 6.1 (55.0%)
287	PAPIERNIK Aneta	5330	MARKOWI BIEGACZE	Masters K - 40	24	01:40:46	03:43:28	05:39:38	07:20:24.05	07:21:07.35	+03:18:52 (45.1%)	9:47 6.1 (55.0%)
288	WOJTKOWIAK Paweł	5350		Weteran I M - 50	22	01:32:59	03:24:42	05:13:35	07:18:34.50	07:21:23.85	+03:19:08 (45.1%)	9:44 6.2 (55.9%)
289	MATKOWSKA Martyna	5201	VEGE RUNNERS	Senior II K - 30	29	01:46:17	03:49:15	05:41:34	07:19:55.70	07:22:02.35	+03:19:47 (45.2%)	9:46 6.1 (55.0%)
290	BEŁCZYKOWSKI Zbigniew	5600	TEAM PAPRY	Senior II M - 30	71	01:38:20	03:40:39	05:30:27	07:19:16.20	07:22:03.90	+03:19:48 (45.2%)	9:45 6.1 (55.0%)
291	BABIRECKI Krzysztof	5288	FU FU FU TEAM	Masters M - 40	116	01:32:39	03:23:59	05:28:45	07:21:07.65	07:23:21.85	+03:21:06 (45.4%)	9:48 6.1 (55.0%)
292	JAGIELSKA Magdalena	5289	POŁAWIACZKI PEREŁ, KS STASZEWSKY	Weteran K - 50	3	01:51:34	03:57:44	05:48:34	07:20:50.75	07:23:29.25	+03:21:14 (45.4%)	9:47 6.1 (55.0%)
293	WOJTCZAK Mateusz	5574		Senior II M - 30	72	01:39:17	03:41:33	05:36:38	07:22:17.75	07:23:44.35	+03:21:29 (45.4%)	9:49 6.1 (55.0%)
294	WENTYKIER Beata	5219	POMYŁKA TEAM	Masters K - 40	25	01:33:31	03:38:12	05:37:13	07:22:04.20	07:24:24.85	+03:22:09 (45.5%)	9:49 6.1 (55.0%)
295	KAMIŃSKI Maciej	5591		Masters M - 40	117	01:30:55	03:25:16	05:35:47	07:21:00.50	07:24:26.00	+03:22:11 (45.5%)	9:48 6.1 (55.0%)
296	ŚNIEGOSKA Sandra	5018	KNEIPP TEAM	Senior II K - 30	30	01:39:53	03:54:54	05:51:06	07:24:31.85	07:24:32.85	+03:22:17 (45.5%)	9:52 6.1 (55.0%)
297	CNOTALSKA Aneta	5253		Masters K - 40	26	01:51:28	03:58:32	05:48:23	07:21:46.95	07:24:32.95	+03:22:18 (45.5%)	9:49 6.1 (55.0%)
298	KIBART Antoni	5586		Senior I M - 20	17	01:34:01	03:25:14	05:36:08	07:23:00.20	07:24:37.30	+03:22:22 (45.5%)	9:50 6.1 (55.0%)
299	KIBART Robert	5587		Weteran I M - 50	23	01:35:51	03:27:08	05:36:07	07:22:59.80	07:24:37.65	+03:22:22 (45.5%)	9:50 6.1 (55.0%)
300	GIBALSKA Marzena	5490	OBORYGENI	Weteran K - 50	4	01:40:29	03:43:16	05:37:53	07:24:28.85	07:25:11.55	+03:22:56 (45.6%)	9:52 6.1 (55.0%)
301	GŁADECKI Sebastian	5100	KĘSY TEAM	Masters M - 40	118	01:32:16	03:22:41	05:25:52	07:24:17.05	07:25:24.70	+03:23:09 (45.6%)	9:52 6.1 (55.0%)
302	BOSZKO Krzysztof	5012		Senior II M - 30	73	01:34:55	03:36:09	05:35:31	07:24:46.60	07:26:26.95	+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	SŁAWIŃSKI Patryk	5729	AKADEMIA SPORTU OTWOCK	Masters M - 40	119	01:41:20	03:39:07	05:42:05	07:25:11.60	07:26:41.50	+03:24:26 (45.8%)	9:53	6.1 (55.0%)
304	DOKRZEWSKA Katarzyna	5230		Senior II K - 30	31	01:40:40	03:45:05	05:48:46	07:26:25.55	07:27:12.20	+03:24:57 (45.8%)	9:55	6 (54.1%)
305	KUKOBNIKAVA Vitaliya	5504	BIEGACZE STU MOSTÓW	Senior II K - 30	32	01:43:28	03:51:19	05:37:08	07:26:02.75	07:27:56.70	+03:25:41 (45.9%)	9:54	6.1 (55.0%)
306	STROIŃSKA Iwona	5334	LESZ NO LIMITS RUNNERS	Masters K - 40	27	01:42:34	03:53:32	05:46:25	07:27:42.85	07:28:19.85	+03:26:04 (46.0%)	9:56	6 (54.1%)
307	BOGUSZ Grzegorz	5474		Masters M - 40	120	01:30:11	03:25:48	05:17:34	07:26:11.10	07:28:25.35	+03:26:10 (46.0%)	9:54	6.1 (55.0%)
308	DĘBICKI Artur	5434		Weteran I M - 50	24	01:49:52	03:52:53	05:47:42	07:25:07.70	07:28:30.35	+03:26:15 (46.0%)	9:53	6.1 (55.0%)
309	KONDRAKIEWICZ Rafał	5243	HARCOWNIK	Masters M - 40	121	01:44:56	03:44:01	05:45:30	07:26:28.25	07:29:06.00	+03:26:51 (46.1%)	9:55	6 (54.1%)
310	LEŚNIAK Marcin	5636	STANWEX II	Senior II M - 30	74	01:47:37	03:56:52	05:50:04	07:27:50.55	07:29:16.10	+03:27:01 (46.1%)	9:57	6 (54.1%)
311	POGODA Adam	5522		Masters M - 40	122	01:40:23	03:48:05	05:46:10	07:29:13.00	07:30:17.25	+03:28:02 (46.2%)	9:58	6 (54.1%)
312	CHĘCIŃSKI Łukasz	5075		Masters M - 40	123	01:39:22	03:43:20	05:42:59	07:29:02.15	07:30:23.05	+03:28:08 (46.2%)	9:58	6 (54.1%)
313	OLEJNIK Ilona	5149		Weteran K - 50	5	01:36:09	03:50:26	05:45:43	07:29:40.45	07:30:52.15	+03:28:37 (46.3%)	9:59	6 (54.1%)
314	BOJARSKA Beata	5352	BW BIEGACZE WYMIATACZE	Senior II K - 30	33	01:42:20	03:42:41	05:40:53	07:29:20.75	07:30:54.50	+03:28:39 (46.3%)	9:59	6 (54.1%)
315	SIEPIELSKI Damian	5005		Senior II M - 30	75	01:33:35	03:29:42	05:35:17	07:30:36.85	07:30:57.25	+03:28:42 (46.3%)	10:00	6 (54.1%)
316	SKARŻYŃSKI Kamil	5331	WLKP MOUNTAINS ULTRA	Senior I M - 20	18	01:40:48	03:35:59	05:32:29	07:27:58.20	07:31:02.75	+03:28:47 (46.3%)	9:57	6 (54.1%)
317	NOWAK Mateusz	5613		Senior I M - 20	19	01:38:15	03:39:40	05:44:41	07:30:13.30	07:31:11.90	+03:28:56 (46.3%)	10:00	6 (54.1%)
318	GÓRNA Jagoda	5118		Senior II K - 30	34	01:45:46	03:47:06	05:45:10	07:28:14.55	07:31:18.95	+03:29:04 (46.3%)	9:57	6 (54.1%)
319	WNUK Tomasz	5159	BREMBO	Masters M - 40	124	01:41:32	03:43:19	05:38:18	07:29:51.00	07:32:14.95	+03:30:00 (46.4%)	9:59	6 (54.1%)
320	ZIÓŁKOWSKA-WNUK Monika	5157		Masters K - 40	28	01:41:28	03:43:17	05:38:36	07:29:51.00	07:32:15.00	+03:30:00 (46.4%)	9:59	6 (54.1%)
321	PISKORSKI Łukasz	5247		Masters M - 40	125	01:45:44	03:42:23	05:32:06	07:29:21.65	07:32:34.20	+03:30:19 (46.5%)	9:59	6 (54.1%)
322	FRANKOWSKA Katarzyna	5322	PRO366	Masters K - 40	29	01:39:27	03:49:40	05:51:33	07:32:10.85	07:32:39.30	+03:30:24 (46.5%)	10:02	6 (54.1%)
323	MALIGA Katarzyna	5001		Weteran K - 50	6	01:41:22	03:46:25	05:46:24	07:30:59.70	07:33:36.60	+03:31:21 (46.6%)	10:01	6 (54.1%)
324	JANKOWIAK Paulina	5158		Masters K - 40	30	01:37:08	03:45:48	05:44:49	07:33:41.15	07:34:15.95	+03:32:01 (46.7%)	10:04	6 (54.1%)
325	RABIEJ Kazimierz	5108	ROZBIEGANI CHOJNÓW	Weteran II M - 60	3	01:39:09	03:50:29	05:50:22	07:33:44.40	07:34:20.05	+03:32:05 (46.7%)	10:04	6 (54.1%)
326	FIKTUS Paweł	5523		Masters M - 40	126	01:35:32	03:36:00	05:35:57	07:32:28.05	07:34:21.25	+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	DYCKOWSKI Andrzej	5539	TYGRYSKI KUBUSIA PUCHATKA	Weteran II M - 60	4	01:35:49	03:40:56	05:49:43	07:32:26.30	07:34:22.95	+03:32:08 (46.7%)	10:03	6 (54.1%)
328	ZAWADA Maciej	5259	KGB/SHAPE_LINE	Weteran I M - 50	25	01:40:58	03:52:16	05:50:40	07:32:35.75	07:35:00.55	+03:32:45 (46.8%)	10:03	6 (54.1%)
329	BERGER Edyta	5109	RUNNERS TEAM NYSA	Masters K - 40	31	01:44:56	03:53:51	05:52:52	07:34:10.50	07:35:08.80	+03:32:53 (46.8%)	10:05	5.9 (53.2%)
330	BERGER Piotr	5111	RUNNERS TEAM NYSA	Masters M - 40	127	01:44:52	03:53:52	05:52:53	07:34:12.25	07:35:09.40	+03:32:54 (46.8%)	10:05	5.9 (53.2%)
331	SOLAREWICZ Andrzej	5250	KGB KLUCZBORK	Weteran I M - 50	26	01:41:01	03:52:17	05:50:42	07:32:47.10	07:35:11.10	+03:32:56 (46.8%)	10:03	6 (54.1%)
332	BORYSEWICZ Wojciech	5645	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	Senior II M - 30	76	01:47:08	04:02:41	05:51:28	07:32:54.45	07:35:14.10	+03:32:59 (46.8%)	10:03	6 (54.1%)
333	BUŁACIŃSKI Filip	5294		Masters M - 40	128	01:33:33	03:33:34	05:37:42	07:35:11.85	07:35:25.30	+03:33:10 (46.8%)	10:06	5.9 (53.2%)
334	ANTKOWIAK-BRONOWICKA Agnieszka	5119	DRUŻYNA SZPIKU, ŻÓŁW I ZAJĄC	Masters K - 40	32	01:45:57	03:48:38	05:51:12	07:32:49.20	07:35:34.45	+03:33:19 (46.8%)	10:03	6 (54.1%)
335	KOSTOWSKI Roman	5124		Senior II M - 30	77	01:39:57	03:47:40	05:54:56	07:35:41.45	07:35:43.45	+03:33:28 (46.8%)	10:07	5.9 (53.2%)
336	SŁODKIEWICZ Dagmara	5200		Senior II K - 30	35	01:37:55	03:44:41	05:44:42	07:35:58.25	07:36:20.50	+03:34:05 (46.9%)	10:07	5.9 (53.2%)
337	SŁODKIEWICZ Piotr	5199		Senior II M - 30	78	01:37:54	03:44:37	05:43:23	07:35:58.30	07:36:21.10	+03:34:06 (46.9%)	10:07	5.9 (53.2%)
338	ŻŁOBIŃSKI Tomek	5579		Senior II M - 30	79	01:54:13	03:59:24	05:52:36	07:34:23.90	07:36:23.75	+03:34:08 (46.9%)	10:05	5.9 (53.2%)
339	OGÓRKIEWICZ Michał	5170		Masters M - 40	129	01:28:34	03:34:14	05:56:37	07:36:06.60	07:36:33.45	+03:34:18 (46.9%)	10:08	5.9 (53.2%)
340	STARSAK Marcin	5235	DĘBOWA GÓRA RUN !	Masters M - 40	130	01:39:34	03:49:23	05:52:22	07:35:27.10	07:36:34.55	+03:34:19 (46.9%)	10:07	5.9 (53.2%)
341	ŻMIJEWSKA Dominika	5234	DĘBOWA GÓRA RUN !	Senior II K - 30	36	01:39:34	03:49:26	05:52:23	07:35:27.85	07:36:34.75	+03:34:19 (46.9%)	10:07	5.9 (53.2%)
342	ŁUKASZEWSKI Michał	5318	#ZALINIAMETYTEAM	Senior II M - 30	80	01:37:45	03:46:47	05:52:11	07:36:09.25	07:37:00.95	+03:34:46 (47.0%)	10:08	5.9 (53.2%)
343	WILCZYŃSKA Beata	5314	#ZALINIAMETYTEAM	Senior II K - 30	37	01:34:02	03:46:48	05:52:12	07:36:10.00	07:37:01.65	+03:34:46 (47.0%)	10:08	5.9 (53.2%)
344	SZYMCZYSZYN Jerzy	5712		Weteran I M - 50	27		03:49:04	05:44:43	07:38:05.65	07:38:06.65	+03:35:51 (47.1%)	10:10	5.9 (53.2%)
344	BUDZIŃSKI Krzysztof	5724	STOWARZYSZENIE SPORTOWE FENIKS PRZY EL OPOLE	Weteran I M - 50	27	01:46:21	03:46:12	05:42:27	07:35:48.45	07:38:06.65	+03:35:51 (47.1%)	10:07	5.9 (53.2%)
346	KOCZUREK Jerzy	5348		Masters M - 40	131	01:39:31	03:43:12	05:41:05	07:37:58.15	07:39:11.25	+03:36:56 (47.2%)	10:10	5.9 (53.2%)
347	RÓŻAK-RUKUSZEWICZ Magdalena	5311	DZIKIE GRUBASY SZATANA	Masters K - 40	33	01:49:45	03:59:11	05:52:39	07:37:24.45	07:39:15.00	+03:37:00 (47.3%)	10:09	5.9 (53.2%)
348	KOŁOCH Krzysztof	5601		Senior I M - 20	20	01:42:40	03:41:54	05:41:06	07:38:11.65	07:39:50.55	+03:37:35 (47.3%)	10:10	5.9 (53.2%)
349	DRZYMAŁA Marcin	5016		Masters M - 40	132	01:34:55	03:45:26	05:52:31	07:38:11.80	07:39:53.30	+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	MUSIALSKI Tomasz	5558	TKM TAX SP. Z O.O.	Masters M - 40	133	01:26:17	03:17:50	05:34:53	07:39:15.25	07:40:18.25	+03:38:03 (47.4%)	10:12	5.9 (53.2%)
351	GRUDNIEWSKI Jakub	5627		Senior II M - 30	81	01:46:10	03:57:05	05:58:16	07:39:01.55	07:40:37.00	+03:38:22 (47.4%)	10:12	5.9 (53.2%)
352	SKORUPSKI Szymon	5605	KURACJUSZE	Senior II M - 30	82	01:35:02	03:37:22	05:52:35	07:39:01.45	07:40:37.75	+03:38:22 (47.4%)	10:12	5.9 (53.2%)
353	MARMUROWICZ Krystian	5440	KATOWICKIE WODOCIAGI BIEGAJĄ	Masters M - 40	134	01:38:59	03:45:36	05:50:18	07:40:23.00	07:40:39.90	+03:38:24 (47.4%)	10:13	5.9 (53.2%)
354	STALKA Krzysztof	5672	STANWEX II	Senior II M - 30	83	01:29:48	03:33:54	05:51:26	07:39:28.35	07:40:53.30	+03:38:38 (47.4%)	10:12	5.9 (53.2%)
355	MATYSIAK Aleksandra	5611		Senior I K - 20	10	01:46:33	04:01:25	06:01:14	07:40:21.55	07:41:21.80	+03:39:06 (47.5%)	10:13	5.9 (53.2%)
356	STANKIEWICZ Katarzyna	5073	AKTYWNI RAZEM	Masters K - 40	34	01:45:50	03:54:54	05:52:22	07:40:26.20	07:41:57.50	+03:39:42 (47.6%)	10:13	5.9 (53.2%)
357	FLUDER Marlena	5450	OSP DĘBNICA	Senior II K - 30	38	01:44:04	03:52:53	05:57:47	07:38:44.20	07:41:59.85	+03:39:44 (47.6%)	10:11	5.9 (53.2%)
358	FLUDER Roman	5451	OSP DĘBNICA	Senior II M - 30	84	01:44:08	03:52:54	05:57:50	07:38:44.05	07:42:00.05	+03:39:45 (47.6%)	10:11	5.9 (53.2%)
359	DEDERKO Piotr	5381	PODLASKI ODDZIAŁ STRAŻY GRANICZNEJ	Weteran I M - 50	29	01:40:03	03:39:35	05:48:45	07:39:23.90	07:42:13.00	+03:39:58 (47.6%)	10:12	5.9 (53.2%)
360	OCHREMIAK Jędrzej	5427	OBOZYBIEGOWE.PL	Senior II M - 30	85	01:37:48	03:39:57	05:41:26	07:40:08.00	07:42:18.10	+03:40:03 (47.6%)	10:13	5.9 (53.2%)
361	GIERADA Mateusz	5388		Senior II M - 30	86	01:33:30	03:29:18	05:43:28	07:42:17.55	07:42:46.80	+03:40:31 (47.7%)	10:16	5.8 (52.3%)
362	ZIELIŃSKI Grzegorz	5581		Masters M - 40	135	01:40:16	03:40:37	05:51:14	07:40:29.15	07:43:00.85	+03:40:45 (47.7%)	10:13	5.9 (53.2%)
363	BIENIEK Michał	5708		Masters M - 40	136	01:51:41	03:48:46	05:48:45	07:39:54.65	07:43:01.05	+03:40:46 (47.7%)	10:13	5.9 (53.2%)
364	NOWAK Dawid	5069	#BIEGAJLESZNO	Senior II M - 30	87	01:26:10	03:24:22	05:50:56	07:43:06.20	07:43:20.30	+03:41:05 (47.7%)	10:17	5.8 (52.3%)
365	KRAJEWSKA-PALUCH Ewa	5480		Masters K - 40	35	01:37:17	03:44:57	05:52:06	07:43:32.90	07:43:46.95	+03:41:32 (47.8%)	10:18	5.8 (52.3%)
366	BERNHARD Paweł	5623	MPK	Weteran I M - 50	30	01:33:53	03:45:21	05:49:45	07:43:57.00	07:43:59.80	+03:41:44 (47.8%)	10:18	5.8 (52.3%)
367	KOPKA Paweł	5658		Masters M - 40	137	01:30:48	03:29:01	05:45:20	07:43:12.60	07:44:03.65	+03:41:48 (47.8%)	10:17	5.8 (52.3%)
368	HATAŁA Tomasz	5431	BARCA	Senior II M - 30	88	01:45:19	03:46:58	05:57:58	07:40:49.90	07:44:11.60	+03:41:56 (47.8%)	10:14	5.9 (53.2%)
369	NOWICKI Tomasz	5346		Weteran I M - 50	31	01:40:02	03:42:49	05:48:19	07:41:47.70	07:44:43.05	+03:42:28 (47.9%)	10:15	5.8 (52.3%)
370	BIERNAT Kacper	5596	GOLDEN PORKY TEAM	Senior I M - 20	21	01:38:56	03:37:50	05:38:06	07:42:32.20	07:45:12.85	+03:42:57 (47.9%)	10:16	5.8 (52.3%)
371	WOJEWODA-POKORA Lena	5019		Masters K - 40	36	01:49:50	04:00:23	05:59:42	07:42:38.45	07:45:13.00	+03:42:58 (47.9%)	10:16	5.8 (52.3%)
372	DOMAŃSKI Piotr	5744	RUN DE GIRARD	Masters M - 40	138	01:42:20	03:43:09	05:54:56	07:43:39.65	07:45:14.00	+03:42:59 (47.9%)	10:18	5.8 (52.3%)
373	HORODYSKI Marek	5438		Masters M - 40	139	01:36:56	03:48:53	05:57:16	07:43:34.25	07:45:16.90	+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	07:46:54.10	07:49:46.45	+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	07:48:17.45	07:49:53.75	+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	07:47:59.40	07:49:56.25	+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	07:48:35.95	07:50:13.05	+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	07:47:16.05	07:50:42.35	+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	07:49:39.75	07:50:45.75	+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	07:49:37.25	07:52:07.35	+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	07:49:38.35	07:52:07.55	+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	07:50:50.05	07:52:35.10	+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	07:50:49.95	07:53:11.75	+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	07:50:08.70	07:53:18.10	+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	07:50:35.00	07:53:18.20	+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	07:53:16.00	07:53:19.60	+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	07:51:30.80	07:53:20.00	+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	07:50:41.20	07:53:24.70	+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	07:51:17.85	07:53:26.10	+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	07:51:58.10	07:53:38.55	+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	07:51:31.90	07:53:43.85	+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	07:51:36.40	07:54:01.65	+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	07:50:45.90	07:54:02.55	+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	07:50:59.40	07:54:06.55	+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	07:53:24.90	07:54:15.25	+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	07:53:15.95	07:54:24.15	+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	07:53:15.35	07:54:24.45	+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	BORKOWSKI Krzysztof	5048		Masters M - 40	153	01:41:37	03:56:02	05:55:19	07:53:42.95	07:54:51.70	+03:52:36 (49.0%)	10:31	5.7 (51.4%)
423	CIECHOMSKA Agata	5379	HTF LUDWIK SIKORSKI	Senior II K - 30	45	01:37:11	03:44:45	06:01:00	07:52:14.35	07:54:59.00	+03:52:44 (49.0%)	10:29	5.7 (51.4%)
424	KOWALEWSKA Anna	5010		Masters K - 40	46	01:44:46	04:03:21	06:10:28	07:55:14.20	07:55:34.00	+03:53:19 (49.1%)	10:33	5.7 (51.4%)
425	WOJCIECHOWSKA Wioletta	5466	STARGARD,JA SIĘ NIE ŚCIGAM	Weteran K - 50	11	01:46:03	04:01:18	06:09:02	07:54:27.40	07:55:46.00	+03:53:31 (49.1%)	10:32	5.7 (51.4%)
426	WOJCIECHOWSKI Krzysztof	5467	STARGARD,JA SIĘ NIE ŚCIGAM	Weteran I M - 50	35	01:46:00	04:01:17	06:09:02	07:54:27.60	07:55:46.05	+03:53:31 (49.1%)	10:32	5.7 (51.4%)
427	BURZYŃSKA Emilia	5002	BIEGAJĄCE KREJZOLE	Senior II K - 30	46	01:52:15	04:07:19	06:13:39	07:55:36.35	07:56:14.45	+03:53:59 (49.1%)	10:34	5.7 (51.4%)
428	NORMAN Winston	5669	RUN FATBOY RUN	Weteran I M - 50	36	01:30:24	03:35:43	05:49:33	07:56:23.90	07:56:41.65	+03:54:26 (49.2%)	10:35	5.7 (51.4%)
429	KOMORKIEWICZ Karol	5444	RUNEDA	Senior II M - 30	100	01:41:12	03:49:38	05:54:51	07:55:48.65	07:56:48.15	+03:54:33 (49.2%)	10:34	5.7 (51.4%)
430	HINC-ZARDECKA Natalia	5432	RUNEDA/FINASTRA	Senior II K - 30	47	01:41:12	03:49:35	05:54:50	07:55:48.35	07:56:48.20	+03:54:33 (49.2%)	10:34	5.7 (51.4%)
431	PODBOROŻNY Karol	5238		Senior II M - 30	101	01:30:15	03:35:05	05:55:42	07:58:03.45	07:59:07.55	+03:56:52 (49.4%)	10:37	5.6 (50.5%)
432	NAKRASZEWICZ Dawid	5050		Senior I M - 20	24	01:53:52	04:10:57	06:12:50	07:56:43.35	07:59:23.55	+03:57:08 (49.5%)	10:35	5.7 (51.4%)
433	KUCHARSKI Michał	5156	BANDA ŚWIRÓW AUU	Senior II M - 30	102	01:44:52	03:50:59	06:05:27	07:56:44.60	07:59:43.80	+03:57:28 (49.5%)	10:35	5.7 (51.4%)
434	SZMATLOCH Maciek	5360	RETROBAJTEL	Masters M - 40	154	01:42:36	03:50:01	05:56:24	07:58:52.50	08:00:08.65	+03:57:53 (49.5%)	10:38	5.6 (50.5%)
435	SZMATLOCH Bartłomiej	5242		Senior II M - 30	103	01:38:30	03:48:46	05:51:19	07:58:53.30	08:00:10.40	+03:57:55 (49.5%)	10:38	5.6 (50.5%)
436	JONCZAK Radosław	5021	AKTYWNIIE UZALEŻNIAMY	Weteran I M - 50	37	01:46:14	03:53:00	06:08:36	07:58:03.55	08:00:32.00	+03:58:17 (49.6%)	10:37	5.6 (50.5%)
437	PODLEWSKI Piotr	5098		Masters M - 40	155	01:35:30	03:46:57	06:08:14	08:01:00.40	08:01:40.70	+03:59:25 (49.7%)	10:41	5.6 (50.5%)
438	MOSZONKA Irena	5695		Masters K - 40	47	01:51:58	04:04:21	06:09:42	08:01:02.05	08:02:44.05	+04:00:29 (49.8%)	10:41	5.6 (50.5%)
439	KOŁBUC Rafał	5153		Senior II M - 30	104	01:41:25	03:59:11	06:06:36	08:01:05.50	08:03:25.85	+04:01:10 (49.9%)	10:41	5.6 (50.5%)
440	LEŚNIAK Grzegorz	5562	LUŻNE PIĄTKI	Masters M - 40	156	01:45:08	04:02:27	06:19:05	08:02:01.95	08:04:43.65	+04:02:28 (50.0%)	10:42	5.6 (50.5%)
441	KOZERA Mariusz	5325	GRUPA BIEGOWA ENERGY KACZORY	Masters M - 40	157	01:45:28	03:55:00	06:12:23	08:02:49.75	08:04:57.40	+04:02:42 (50.0%)	10:43	5.6 (50.5%)
442	SZYMANOWSKI Marek	5342		Weteran I M - 50	38	01:42:05	03:49:05	06:16:20	08:03:20.70	08:05:12.25	+04:02:57 (50.1%)	10:44	5.6 (50.5%)
443	WESOŁOWSKA Iwona	5442		Senior II K - 30	48	01:49:24	04:14:45	06:17:40	08:02:19.70	08:05:31.95	+04:03:17 (50.1%)	10:43	5.6 (50.5%)
444	ŚLIWIŃSKI Marcin	5612		Masters M - 40	158	01:50:23	03:53:01	06:06:06	08:02:54.80	08:05:47.70	+04:03:32 (50.1%)	10:43	5.6 (50.5%)
445	MULARCZYK Marta	5415	WKURW_TEAM	Senior II K - 30	49	01:54:58	04:14:15	06:19:36	08:04:39.95	08:05:49.75	+04:03:34 (50.1%)	10:46	5.6 (50.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B			Czas		Różn	Tempo min/km	Tempo km/h
						10km	22km	A15 33km	netto 45km	brutto 45km			
446	LEGIEĆ-KWAŚNY Monika	5683	WILD BUCHAYS	Masters K - 40	48	01:47:18	03:59:26	06:09:27	08:04:12.55	08:06:01.30	+04:03:46 (50.2%)	10:45	5.6 (50.5%)
447	SOBAŃSKI Roman	5328	TARNOWO PODGÓRNE BIEGA	Masters M - 40	159	01:50:12	04:01:11	06:17:03	08:04:18.90	08:06:47.65	+04:04:32 (50.2%)	10:45	5.6 (50.5%)
448	HILDEBRAND Daniel	5160	A MOGŁEM JEŹDZIĆ NA ROWERZE	Masters M - 40	160	01:43:05	03:54:35	06:14:04	08:04:09.15	08:06:59.50	+04:04:44 (50.3%)	10:45	5.6 (50.5%)
449	ZIELIŃSKI Karol	5561		Masters M - 40	161	01:43:06	04:02:20	06:13:41	08:04:15.85	08:07:07.00	+04:04:52 (50.3%)	10:45	5.6 (50.5%)
450	SIKORSKA Agnieszka	5598		Masters K - 40	49	01:54:18	04:08:49	06:15:43	08:05:08.75	08:07:36.15	+04:05:21 (50.3%)	10:46	5.6 (50.5%)
451	DYCKOWSKI Bartosz	5455		Senior II M - 30	105		03:28:11	05:54:25	08:05:52.00	08:08:04.95	+04:05:50 (50.4%)	10:47	5.6 (50.5%)
452	BĄTRUK Hubert	5284		Senior II M - 30	106	01:39:34	03:46:47	06:00:18	08:06:16.05	08:08:13.40	+04:05:58 (50.4%)	10:48	5.6 (50.5%)
453	GARBACZ Jan	5457		Masters M - 40	162	01:42:59	03:50:22	06:12:12	08:05:15.55	08:08:20.35	+04:06:05 (50.4%)	10:47	5.6 (50.5%)
454	WOŹNA Marta	5058	RUN TEAM RYDZYNA	Senior II K - 30	50	01:56:34	04:10:52	06:21:57	08:06:50.55	08:08:36.35	+04:06:21 (50.4%)	10:49	5.5 (49.5%)
455	BUJAKIEWICZ Jacek	5651	OBORYGENI	Senior II M - 30	107	01:48:15	03:57:49	06:17:46	08:05:31.00	08:08:56.00	+04:06:41 (50.5%)	10:47	5.6 (50.5%)
456	WASZKIEWICZ Joanna	5269	NIGHT RUNNERS	Masters K - 40	50	01:52:05	04:01:42	06:15:46	08:05:58.30	08:09:08.40	+04:06:53 (50.5%)	10:47	5.6 (50.5%)
457	ŁUNKIEWICZ Jagna	5356		Masters K - 40	51	01:50:11	04:05:37	06:09:18	08:06:13.55	08:09:40.75	+04:07:25 (50.5%)	10:48	5.6 (50.5%)
458	MICHALAK Anna	5546		Senior II K - 30	51	01:48:23	03:59:01	06:15:01	08:06:44.90	08:09:57.25	+04:07:42 (50.6%)	10:48	5.5 (49.5%)
459	MAJDER Paweł	5743	CAŁA OLEŚNICA BIEGA	Masters M - 40	163	01:36:38	03:43:08	05:52:51	08:10:57.95	08:11:07.05	+04:08:52 (50.7%)	10:54	5.5 (49.5%)
460	MĘCZYŃSKI Maciej	5239		Masters M - 40	164	01:39:54	03:51:17	06:20:52	08:10:27.35	08:11:39.40	+04:09:24 (50.7%)	10:53	5.5 (49.5%)
461	ZBROJA-HAMANOWICZ Magdalena	5263	SPORT GENERATION	Masters K - 40	52	01:56:53	04:13:49	06:20:56	08:11:06.10	08:12:29.45	+04:10:14 (50.8%)	10:54	5.5 (49.5%)
462	KORDYLEWSKA Marlena	5303	KTÓRĘDYNADMORSKIEOKO	Senior II K - 30	52	01:47:46	04:00:37	06:17:09	08:11:30.05	08:12:33.60	+04:10:18 (50.8%)	10:55	5.5 (49.5%)
463	ILNICKA Monika	5464	WIECZORNE BIEGANIE W OPOLU	Senior II K - 30	53	01:41:24	03:58:48	06:20:42	08:11:34.35	08:13:03.20	+04:10:48 (50.9%)	10:55	5.5 (49.5%)
464	NOWAK Łukasz	5123	WIECZORNE BIEGANIE W OPOLU	Masters M - 40	165	01:41:26	03:58:49	06:20:32	08:11:34.50	08:13:03.45	+04:10:48 (50.9%)	10:55	5.5 (49.5%)
465	WYPIÓR Dariusz	5182		Senior II M - 30	108	01:33:45	03:51:07	06:01:24	08:11:47.80	08:13:35.90	+04:11:20 (50.9%)	10:55	5.5 (49.5%)
466	SZYSZKO Ewa	5430	MARKOWI BIEGACZE	Masters K - 40	53	01:52:09	04:09:54	06:16:19	08:12:57.15	08:13:41.95	+04:11:27 (50.9%)	10:57	5.5 (49.5%)
467	WORONOWICZ Przemek	5628	GRUPA BIEGOWA ENERGY KACZORY	Masters M - 40	166	01:45:39	03:59:17	06:22:57	08:11:53.05	08:13:54.80	+04:11:39 (51.0%)	10:55	5.5 (49.5%)
468	KLOZIK Agnieszka	5520	4A	Masters K - 40	54	01:51:37	04:00:50	06:19:28	08:11:37.55	08:14:16.30	+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	PABIJAŃCZYK Damian	5717		Senior II M - 30	109	01:53:44	04:18:57	06:22:13	08:11:49.40	08:14:47.05	+04:12:32 (51.0%)	10:55	5.5 (49.5%)
470	TRASKEVICH Yuliya	5313	RUN4FUN.BY	Senior II K - 30	54	01:44:32	04:03:37	06:17:21	08:12:01.00	08:14:57.15	+04:12:42 (51.1%)	10:56	5.5 (49.5%)
470	LIAUKOUSKI Vasiliy	5312	RUN4FUN.BY	Masters M - 40	167	01:44:30	04:03:32	06:17:35	08:12:01.70	08:14:57.15	+04:12:42 (51.1%)	10:56	5.5 (49.5%)
472	ROMANOW Mateusz	5489	MATT-RUN	Senior II M - 30	110	01:30:54	03:57:13	06:20:47	08:13:56.60	08:15:45.65	+04:13:30 (51.1%)	10:58	5.5 (49.5%)
473	JAKÓBEK Piotr	5406	RUNADDICTS	Senior II M - 30	111	01:51:26	04:04:43	06:15:28	08:14:15.25	08:16:35.50	+04:14:20 (51.2%)	10:59	5.5 (49.5%)
474	GRAJ Marianna	5333	GORAJ MORENA TRAIL TEAM / STRZESZYN BIEGA / SUPMANIA.PL	Masters K - 40	55	01:54:46	04:10:20	06:26:50	08:14:20.25	08:17:16.20	+04:15:01 (51.3%)	10:59	5.5 (49.5%)
475	BUREK Bartosz	5286	JAKDOJADE	Senior II M - 30	112	01:33:07	03:44:19	06:04:22	08:17:59.75	08:18:29.00	+04:16:14 (51.4%)	11:03	5.4 (48.6%)
476	GWÓŹDŹ Szymon	5185		Senior I M - 20	25	01:37:17	03:53:48	06:22:10	08:18:25.10	08:19:15.45	+04:17:00 (51.5%)	11:04	5.4 (48.6%)
477	KUŁAKOWSKI Piotr	5593	CZŁAPACZE	Weteran II M - 60	5	01:54:19	04:10:51	06:15:40	08:17:10.10	08:19:38.55	+04:17:23 (51.5%)	11:02	5.4 (48.6%)
478	DRABIK Jacek	5702		Weteran I M - 50	39	01:53:16	04:12:18	06:22:41	08:19:14.80	08:20:17.75	+04:18:02 (51.6%)	11:05	5.4 (48.6%)
478	JAGIELSKI Paweł	5291		Weteran I M - 50	39	01:51:38	04:04:34	06:25:55	08:17:38.90	08:20:17.75	+04:18:02 (51.6%)	11:03	5.4 (48.6%)
480	NESTEREWICZ Ryszard	5647	LKS ISKRA JASZKOWA	Weteran II M - 60	6	01:37:38	03:41:42	06:17:53	08:18:17.00	08:20:38.15	+04:18:23 (51.6%)	11:04	5.4 (48.6%)
481	MATEJCZYK-WALETKO Dorota	5022	MAMY TO	Masters K - 40	56	01:45:44	04:07:24	06:24:20	08:20:26.75	08:22:12.30	+04:19:57 (51.8%)	11:07	5.4 (48.6%)
482	PRAŻANOWSKI Mariusz	5055		Weteran I M - 50	41	01:51:31	04:07:43	06:27:59	08:20:45.45	08:22:13.65	+04:19:58 (51.8%)	11:07	5.4 (48.6%)
483	COULON Agata	5114	STARGARD JA SIĘ NIE ŚCIGAN	Senior II K - 30	55	01:56:05	04:22:27	06:34:03	08:19:25.10	08:22:21.65	+04:20:06 (51.8%)	11:05	5.4 (48.6%)
484	JASKÓŁKA Hubert	5447		Weteran II M - 60	7	01:51:48	04:09:10	06:26:36	08:19:19.65	08:22:38.70	+04:20:23 (51.8%)	11:05	5.4 (48.6%)
485	MIŚTA Grzegorz	5320	DTR BIEGA / MARIO TEAM	Masters M - 40	168	01:50:11	04:13:17	06:21:59	08:20:18.70	08:23:10.70	+04:20:55 (51.9%)	11:07	5.4 (48.6%)
486	WYSOWSKI Wojtek	5690		Senior II M - 30	113	01:40:46	04:00:44	06:16:58	08:22:21.75	08:25:01.40	+04:22:46 (52.0%)	11:09	5.4 (48.6%)
487	TYCNER Paweł	5042	KURACJUSZE	Senior II M - 30	114	01:34:19	03:47:14	06:16:53	08:24:14.50	08:25:43.55	+04:23:28 (52.1%)	11:12	5.4 (48.6%)
488	WISNIEWSKI Rafal	5106	KWP POZNAŃ	Senior II M - 30	115	01:47:29	04:02:00	06:23:42	08:24:57.95	08:26:04.30	+04:23:49 (52.1%)	11:13	5.3 (47.7%)
489	GOŁUCH Arkadiusz	5472	WYBIEGANI ŁAGIEWNIKI S12	Masters M - 40	169	01:46:19	04:10:30	06:29:06	08:25:08.55	08:26:05.10	+04:23:50 (52.1%)	11:13	5.3 (47.7%)
490	GOŁUCH Joanna	5538	WYBIEGANI ŁAGIEWNIKI	Masters K - 40	57	01:46:20	04:10:31	06:29:07	08:25:08.90	08:26:05.35	+04:23:50 (52.1%)	11:13	5.3 (47.7%)
491	PIETRZAK Marek	5500		Masters M - 40	170	01:51:47	04:02:44	06:15:30	08:23:30.90	08:26:06.40	+04:23:51 (52.1%)	11:11	5.4 (48.6%)
492	SZYSZKA Michał	5499		Masters M - 40	171	01:53:52	04:23:24	06:40:06	08:24:55.60	08:26:07.35	+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	SKRABA Grzegorz	5220	DZIAŁKOWICZE	Senior II M - 30	116	01:49:41	04:08:00	06:25:36	08:23:02.70	08:26:07.35	+04:23:52 (52.1%)	11:10	5.4 (48.6%)
494	DOBROWOLSKI Bartosz	5221		Senior II M - 30	117	01:49:39	04:08:01	06:25:47	08:23:03.15	08:26:08.05	+04:23:53 (52.1%)	11:10	5.4 (48.6%)
495	WOJTYŚ Adam	5080	JUTROSIŃSKI KLUB BIEGACZA	Masters M - 40	172	01:50:17	04:08:48	06:27:52	08:23:44.70	08:26:21.70	+04:24:06 (52.2%)	11:11	5.4 (48.6%)
496	WOJTYŚ Monika	5079	JUTROSINSKI KLUB BIEGACZA	Masters K - 40	58	01:50:20	04:08:49	06:27:37	08:23:45.95	08:26:22.40	+04:24:07 (52.2%)	11:11	5.4 (48.6%)
497	DRABARZ Jacek	5277	NIGHT RUNNERS POZNAŃ	Weteran I M - 50	42	01:50:43	04:02:40	06:26:38	08:23:13.85	08:26:23.30	+04:24:08 (52.2%)	11:10	5.4 (48.6%)
498	ŁUŻNY Agnieszka	5218	TEAM PAPRY	Senior II K - 30	56	01:53:39	04:13:37	06:14:58	08:23:52.10	08:26:38.90	+04:24:23 (52.2%)	11:11	5.4 (48.6%)
499	GAWRYLIK Joanna	5261	SPORT GENERATION	Weteran K - 50	12	01:55:39	04:23:27	06:37:00	08:25:32.50	08:26:56.15	+04:24:41 (52.2%)	11:14	5.3 (47.7%)
500	CYKOWSKI Wojciech	5564	KM PSP OPOLE	Senior II M - 30	118	01:38:58	03:43:01	06:19:31	08:26:00.40	08:27:57.05	+04:25:42 (52.3%)	11:14	5.3 (47.7%)
500	PISULA Paulina	5507	DEER OPOLE	Senior II K - 30	57	01:38:59	03:43:01	06:19:34	08:26:01.55	08:27:57.05	+04:25:42 (52.3%)	11:14	5.3 (47.7%)
502	GŁOWACKA Kasia	5462		Weteran K - 50	13	01:50:49	04:15:55	06:27:16	08:25:47.15	08:27:59.10	+04:25:44 (52.3%)	11:14	5.3 (47.7%)
503	MISZCZAK Katarzyna	5049	MIRAZ RACE TEAM	Masters K - 40	59	01:52:36	04:27:34	06:30:38	08:26:31.05	08:27:59.25	+04:25:44 (52.3%)	11:15	5.3 (47.7%)
504	SZCZYRBA Izabela	5662	MIRAZ RACE TEAM	Masters K - 40	60	01:52:36	04:27:35	06:39:17	08:26:30.95	08:28:00.10	+04:25:45 (52.3%)	11:15	5.3 (47.7%)
505	RZESZOWSKI Tomasz	5424	MIRAZ RACE TEAM	Masters M - 40	173	01:48:29	04:09:37	06:21:53	08:26:39.40	08:28:03.55	+04:25:48 (52.3%)	11:15	5.3 (47.7%)
506	MUSIAŁ Paweł	5369		Masters M - 40	174	01:54:21	04:09:52	06:25:41	08:26:31.40	08:28:25.05	+04:26:10 (52.4%)	11:15	5.3 (47.7%)
507	WILCZEK Małgorzata	5121	RAJSPORT ACTIVE	Senior II K - 30	58	01:54:21	04:09:53	06:25:41	08:26:31.80	08:28:25.30	+04:26:10 (52.4%)	11:15	5.3 (47.7%)
508	MAJERSKI Michał	5223		Masters M - 40	175	01:54:32	04:15:01	06:13:33	08:25:54.70	08:28:30.80	+04:26:15 (52.4%)	11:14	5.3 (47.7%)
509	MAGOCSY Helena	5265		Masters K - 40	61	01:54:33	04:15:01	06:13:33	08:25:55.80	08:28:31.35	+04:26:16 (52.4%)	11:14	5.3 (47.7%)
510	BANIEWSKI Jakub	5545	SPARTA TEAM ŚWIDNICA	Senior II M - 30	119	01:53:51	04:17:12	06:39:36	08:26:22.55	08:29:02.00	+04:26:47 (52.4%)	11:15	5.3 (47.7%)
511	KAMIŃSKI Marek	5297	KLUB BIEGACZA	Senior II M - 30	120	01:56:42	04:40:55	06:01:56	08:26:06.90	08:29:08.95	+04:26:54 (52.4%)	11:14	5.3 (47.7%)
512	PERLIŃSKI Mirosław	5264	ASSECO ACTIVE TEAM	Masters M - 40	176	01:50:58	04:05:11	06:19:50	08:25:55.75	08:29:15.90	+04:27:00 (52.4%)	11:14	5.3 (47.7%)
513	MICHALKIEWICZ Marek	5535		Masters M - 40	177	01:52:59	04:40:07	06:53:34	08:28:38.05	08:29:26.15	+04:27:11 (52.4%)	11:18	5.3 (47.7%)
514	SKARŻEŃSKA-SOKOŁOWSKA Jagoda	5742	NIEZWYCIĘŻENI Z WRZOSOWEJ	Masters K - 40	62	01:52:07	04:10:15	06:19:59	08:26:30.85	08:29:43.60	+04:27:28 (52.5%)	11:15	5.3 (47.7%)
515	GRZEGORZEWSKA Marlena	5401	DAISYPLESS	Weteran K - 50	14	01:54:10	04:05:39	06:38:13	08:27:43.50	08:29:52.45	+04:27:37 (52.5%)	11:16	5.3 (47.7%)

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			
516	KASIŃSKI Wojciech	5402	ULTRAPLESS	Weteran II M - 60	8	01:54:11	04:05:41	06:38:14	08:27:44.40	08:29:53.05	+04:27:38 (52.5%)	11:16	5.3 (47.7%)
517	MATYNIAK Barbara	5053	WYZNAWCY BRONKA LIBIAŻ	Senior II K - 30	59	02:00:38	04:32:08	06:47:40	08:27:54.10	08:30:06.35	+04:27:51 (52.5%)	11:17	5.3 (47.7%)
518	WREMBEL Przemysław	5411		Masters M - 40	178	01:50:20	04:02:47	06:15:03	08:28:16.30	08:30:22.85	+04:28:07 (52.5%)	11:17	5.3 (47.7%)
519	MICHALAK Violetta	5437		Masters K - 40	63	01:50:22	04:02:49	06:24:04	08:28:19.40	08:30:25.00	+04:28:10 (52.5%)	11:17	5.3 (47.7%)
520	GAŚIOR Paweł	5443		Senior II M - 30	121	01:44:34	04:06:56	06:27:07	08:29:36.10	08:30:45.25	+04:28:30 (52.6%)	11:19	5.3 (47.7%)
521	MUDLAFF Katarzyna	5070	AKTYWNI RAZEM	Senior II K - 30	60	01:51:20	04:11:28	06:35:37	08:29:29.40	08:31:01.50	+04:28:46 (52.6%)	11:19	5.3 (47.7%)
522	LEKS-MASZKOWSKA Ryszarda	5723	OBORYGENI	Masters K - 40	64	01:50:54	04:14:32	06:25:49	08:31:41.45	08:32:26.05	+04:30:11 (52.7%)	11:22	5.3 (47.7%)
523	SZCZOTKA Katarzyna	5198		Senior I K - 20	11	01:45:51	03:59:22	06:09:46	08:31:11.55	08:32:39.05	+04:30:24 (52.7%)	11:21	5.3 (47.7%)
524	BARANOWSKI Szymon	5197		Senior II M - 30	122	01:45:59	03:49:28	06:06:30	08:31:12.50	08:32:39.35	+04:30:24 (52.7%)	11:21	5.3 (47.7%)
525	PODBIELSKI Krystian	5675	EN CASA RACE TEAM	Masters M - 40	179	01:41:08	04:03:06	06:33:54	08:31:54.80	08:33:46.85	+04:31:31 (52.8%)	11:22	5.3 (47.7%)
526	WYKA Angelika	5054	PCH_RUN	Senior II K - 30	61	01:53:23	04:21:56	06:34:07	08:33:32.55	08:33:51.60	+04:31:36 (52.9%)	11:24	5.3 (47.7%)
527	WYLEGAŁA Izabela	5502	PCH_RUN	Masters K - 40	65	01:53:26	04:21:54	06:35:43	08:33:32.40	08:33:51.65	+04:31:36 (52.9%)	11:24	5.3 (47.7%)
528	NOWAK Marta	5323	PCH_RUN	Senior II K - 30	62	01:53:46	04:21:56	06:35:45	08:33:31.05	08:33:51.80	+04:31:36 (52.9%)	11:24	5.3 (47.7%)
529	WALCZAK Małgorzata	5305	PCH_RUN	Masters K - 40	66	01:53:37	04:21:53	06:35:50	08:33:31.35	08:33:51.90	+04:31:36 (52.9%)	11:24	5.3 (47.7%)
530	BOSY Hubert	5737	DRUŻYNA SZPIKU	Masters M - 40	180	01:46:11	04:18:20	06:34:04	08:33:52.10	08:34:07.10	+04:31:52 (52.9%)	11:25	5.3 (47.7%)
531	BEŁDOWSKA Beata	5684	FUDU & CO.SPORT.TEAM	Weteran K - 50	15	01:52:10	04:20:34	06:28:43	08:33:55.65	08:34:07.85	+04:31:52 (52.9%)	11:25	5.3 (47.7%)
532	MICHALSKI Tomasz	5057		Masters M - 40	181	01:53:09	04:20:35	06:30:09	08:32:31.30	08:34:15.55	+04:32:00 (52.9%)	11:23	5.3 (47.7%)
533	BIERNAT Maciej	5589	GOLDEN PORKY RACING	Masters M - 40	182	01:51:02	04:13:47	06:29:46	08:33:09.00	08:35:50.70	+04:33:35 (53.0%)	11:24	5.3 (47.7%)
534	STRZELECKI Krzysztof	5610	LEŚNE ULTRA DZIADY	Weteran I M - 50	43	01:47:02	04:05:11	06:22:40	08:34:13.35	08:36:03.00	+04:33:48 (53.1%)	11:25	5.3 (47.7%)
535	GARBACZ Marek	5607	LEŚNE ULTRA DZIADY	Weteran I M - 50	44	01:47:05	04:03:22	06:15:28	08:34:15.90	08:36:04.05	+04:33:49 (53.1%)	11:25	5.3 (47.7%)
536	ADAMSKI Lukasz	5423	BIEGAM BO NIE LUBIE	Masters M - 40	183	01:50:17	04:12:43	06:26:51	08:33:52.00	08:36:09.15	+04:33:54 (53.1%)	11:25	5.3 (47.7%)
537	PAWELCZYK Adriana	5422	BIEGAM BO NIE LUBIE	Masters K - 40	67	01:50:17	04:12:59	06:26:38	08:33:54.75	08:36:11.00	+04:33:56 (53.1%)	11:25	5.3 (47.7%)
538	KAŁUSKI Jan	5076	AKTYWNI RAZEM	Masters M - 40	184		04:16:30	06:41:20	08:35:06.30	08:37:18.00	+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	JURASZ Aleksandra	5047		Senior II K - 30	63	01:49:25	04:13:08	06:29:52	08:36:13.90	08:37:18.80	+04:35:03 (53.2%)	11:28	5.2 (46.8%)
540	GOGOŁOK Patryk	5262	SILESIA MARATHON CLUB	Masters M - 40	185	01:52:22	04:11:22	06:26:41	08:34:31.05	08:37:19.50	+04:35:04 (53.2%)	11:26	5.2 (46.8%)
541	PAWLAK Sławomir	5573	#PAWLAKTEAM	Masters M - 40	186	01:50:00	04:20:31	06:50:17	08:34:41.50	08:37:31.35	+04:35:16 (53.2%)	11:26	5.2 (46.8%)
542	GOŁKOWSKI Zbigniew	5728	EAZYMUT.PL	Weteran I M - 50	45	01:45:16	04:18:14	06:31:47	08:37:06.50	08:37:33.00	+04:35:18 (53.2%)	11:29	5.2 (46.8%)
543	LASKOWIEC Joanna	5344		Senior II K - 30	64	01:52:37	04:20:16	06:45:10	08:37:14.35	08:38:47.25	+04:36:32 (53.3%)	11:29	5.2 (46.8%)
544	JAKÓBCZYK Ewelina	5343		Senior II K - 30	65	01:52:37	04:20:15	06:45:10	08:37:13.90	08:38:47.35	+04:36:32 (53.3%)	11:29	5.2 (46.8%)
545	DOLIŃSKA Marta	5007	JESTEM LOCO	Senior I K - 20	12	01:58:59	04:38:32	06:45:17	08:38:09.00	08:38:48.45	+04:36:33 (53.3%)	11:30	5.2 (46.8%)
546	SOIŃSKI Przemysław	5493	KB MANIAC POZNAŃ	Masters M - 40	187	01:49:39	04:37:50	06:51:19	08:38:06.15	08:39:21.10	+04:37:06 (53.4%)	11:30	5.2 (46.8%)
547	CZYŻEWSKA Justyna	5034		Masters K - 40	68	01:55:38	04:22:44	06:45:42	08:37:26.95	08:39:27.80	+04:37:12 (53.4%)	11:29	5.2 (46.8%)
548	STANISZEWSKI Maciej	5045		Masters M - 40	188	01:52:32	04:10:43	06:36:58	08:38:31.90	08:41:16.30	+04:39:01 (53.5%)	11:31	5.2 (46.8%)
549	DYKO Jakub	5685	SPARTA ŚWIDNICA	Senior I M - 20	26		04:17:21	06:39:43	08:39:59.15	08:42:30.65	+04:40:15 (53.6%)	11:33	5.2 (46.8%)
550	ZARANEK Barbara	5088	KĘSY TEAM	Weteran K - 50	16	02:00:20	04:46:12	06:51:32	08:40:33.50	08:42:41.65	+04:40:26 (53.7%)	11:34	5.2 (46.8%)
551	WEBER Agata	5559	VELO ŁOSIE NA SZOSIE	Masters K - 40	69	02:04:55	04:39:07	06:50:53	08:41:55.30	08:42:44.40	+04:40:29 (53.7%)	11:35	5.2 (46.8%)
552	WÓJCIK Grzegorz	5141	BIEGING TEAM ZELÓW	Weteran I M - 50	46	01:49:47	04:06:00	06:37:34	08:40:10.30	08:43:04.85	+04:40:49 (53.7%)	11:33	5.2 (46.8%)
553	WRZESIAK Marcin	5140		Masters M - 40	189	01:49:44	04:06:06	06:38:04	08:40:11.30	08:43:05.45	+04:40:50 (53.7%)	11:33	5.2 (46.8%)
554	MAZIAKOWSKI Adam	5033		Senior I M - 20	27	01:53:19	04:11:45	06:48:37	08:40:07.90	08:43:16.15	+04:41:01 (53.7%)	11:33	5.2 (46.8%)
555	BURGHARDT Renata	5090	KB HERMES	Weteran K - 50	17	01:53:28	04:22:13	06:45:37	08:43:43.95	08:45:23.40	+04:43:08 (53.9%)	11:38	5.2 (46.8%)
556	JASIŃSKI Jarosław	5393	SŁOŃCA JURY	Senior II M - 30	123	01:42:23	04:07:42	06:44:44	08:45:19.05	08:45:37.20	+04:43:22 (53.9%)	11:40	5.1 (45.9%)
557	MAKOWSKI Dariusz	5122	KM TEAM	Weteran I M - 50	47	01:53:28	04:22:12	06:45:40	08:44:05.75	08:45:44.75	+04:43:29 (53.9%)	11:38	5.2 (46.8%)
558	SOBÓL Paweł	5664		Masters M - 40	190	01:48:14	04:11:04	06:30:39	08:44:46.55	08:46:03.50	+04:43:48 (54.0%)	11:39	5.1 (45.9%)
559	KLAJA Agnieszka	5319		Senior II K - 30	66	02:00:08	04:29:54	06:34:08	08:43:15.65	08:46:18.45	+04:44:03 (54.0%)	11:37	5.2 (46.8%)
560	PIETRUSZKA Łukasz	5229		Senior II M - 30	124	01:42:00	04:00:52	06:23:02	08:45:27.90	08:46:44.05	+04:44:29 (54.0%)	11:40	5.1 (45.9%)
561	PIECZARKA Patryk	5228		Senior II M - 30	125	01:41:59	04:00:55	06:21:04	08:45:28.50	08:46:44.35	+04:44:29 (54.0%)	11:40	5.1 (45.9%)
562	PIETRZAK Agnieszka	5484	BIEGAJĄCE KREJZOLE	Weteran K - 50	18	01:54:45	04:24:26	06:46:22	08:46:03.40	08:46:47.20	+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	JURKIEWICZ Dominik	5727		Senior II M - 30	126	01:52:21	04:15:29	06:27:32	08:45:13.50	08:47:00.85	+04:44:45 (54.0%)	11:40	5.1 (45.9%)
564	RUTKOWSKA Izabela	5353	SPORTOWY KAŻMIERZ	Masters K - 40	70	01:54:35	04:25:50	06:50:55	08:44:35.25	08:47:05.35	+04:44:50 (54.0%)	11:39	5.1 (45.9%)
565	SZWARGOT Marta	5324	SPORTOWY KAŻMIERZ	Senior II K - 30	67	01:54:35	04:25:50	06:55:41	08:44:40.00	08:47:09.50	+04:44:54 (54.0%)	11:39	5.1 (45.9%)
566	KRÓL Maciej	5347	NIGHT RUNNERS POZNAŃ	Masters M - 40	191	01:52:50	04:00:06	06:34:58	08:44:40.90	08:47:51.65	+04:45:36 (54.1%)	11:39	5.1 (45.9%)
567	PRZEPIÓRKA Beata	5709		Senior II K - 30	68	01:53:50	04:24:59	06:59:11	08:45:40.75	08:48:38.60	+04:46:23 (54.2%)	11:40	5.1 (45.9%)
568	WALESKI Bartek	5191		Senior II M - 30	127	02:01:49	04:34:51	06:50:11	08:46:32.95	08:49:25.40	+04:47:10 (54.2%)	11:42	5.1 (45.9%)
569	MISZCZAK Anna	5192		Senior II K - 30	69	02:03:05	04:36:01	06:51:21	08:47:42.25	08:49:25.85	+04:47:10 (54.2%)	11:43	5.1 (45.9%)
570	BĄCZEK Agata	5706		Masters K - 40	71	01:57:52	04:33:25	06:47:26	08:47:25.15	08:49:52.15	+04:47:37 (54.3%)	11:43	5.1 (45.9%)
571	MĘTLAK Małgorzata	5697		Senior I K - 20	13	01:57:53	04:33:25	06:47:26	08:47:25.65	08:49:52.25	+04:47:37 (54.3%)	11:43	5.1 (45.9%)
572	GABRUŚ Iwona	5584	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	Weteran K - 50	19	01:56:50	04:33:31	07:02:04	08:48:10.00	08:50:21.15	+04:48:06 (54.3%)	11:44	5.1 (45.9%)
573	GÓRA Adam	5078		Senior II M - 30	128		04:14:43	06:43:16	08:49:23.25	08:50:21.60	+04:48:06 (54.3%)	11:45	5.1 (45.9%)
574	JAKRZEWSKA Karolina	5512	LOCO SPORT/MAMY-BIEGAMY	Senior II K - 30	70	01:56:32	04:30:14	06:48:42	08:49:44.20	08:51:28.70	+04:49:13 (54.4%)	11:46	5.1 (45.9%)
575	SUPIŃSKI Paweł	5065		Senior II M - 30	129	01:40:44	04:01:50	06:52:05	08:50:56.90	08:52:16.10	+04:50:01 (54.5%)	11:47	5.1 (45.9%)
576	KOTULA Weronika	5595		Senior II K - 30	71	01:53:47	04:24:58	06:59:08	08:49:37.25	08:52:35.65	+04:50:20 (54.5%)	11:46	5.1 (45.9%)
577	RĄCZKOWIAK Mateusz	5181	USZŁO POWIETRZE Z DĘTKI	Senior II M - 30	130	01:49:57	04:34:54	06:58:17	08:52:59.45	08:54:14.25	+04:51:59 (54.7%)	11:50	5.1 (45.9%)
578	DRYMEL Piotr	5326	DESTYLATOR	Masters M - 40	192	02:05:18	04:38:32	06:58:21	08:52:54.50	08:54:29.15	+04:52:14 (54.7%)	11:50	5.1 (45.9%)
579	BINKIEWICZ-KOWALCZYK Agnieszka	5105		Senior II K - 30	72	01:53:20	04:27:39	06:55:54	08:53:48.20	08:54:31.05	+04:52:16 (54.7%)	11:51	5.1 (45.9%)
580	PLATA Małgorzata	5555	ENERGY KACZORY	Weteran K - 50	20	01:54:07	04:33:48	06:54:35	08:53:31.15	08:55:30.60	+04:53:15 (54.8%)	11:51	5.1 (45.9%)
581	KALINOWSKA Patrycja	5528		Senior II K - 30	73	01:57:17	04:26:54	06:53:35	08:53:07.90	08:55:30.90	+04:53:15 (54.8%)	11:50	5.1 (45.9%)
582	STRZELCZYK Ilona	5044	KĘSYTEAM	Weteran II K - 60	1	01:58:12	04:29:44	06:51:47	08:54:48.80	08:56:58.15	+04:54:43 (54.9%)	11:53	5 (45.0%)
583	HARAJ Robert	5367	AKTYWNI RAZEM	Senior I M - 20	28	01:59:31	04:27:23	07:06:37	08:54:58.60	08:57:00.15	+04:54:45 (54.9%)	11:53	5 (45.0%)
584	MAŃCZAK Agnieszka	5741	AKTYWNI RAZEM	Masters K - 40	72	01:57:02	04:27:49	07:07:36	08:55:30.20	08:57:02.10	+04:54:47 (54.9%)	11:54	5 (45.0%)
585	HARAJ Honorata	5093	AKTYWNI RAZEM	Masters K - 40	73	01:59:35			08:55:07.40	08:57:05.00	+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	LUBSZCZYK Adrian	5064		Senior II M - 30	131	01:54:21	04:29:17	07:02:05	09:00:19.20	09:02:30.00	+05:00:15 (55.3%)	12:00	5 (45.0%)
587	WISNIEWSKA Małgorzata	5404		Masters K - 40	74	01:55:54	04:22:45	07:01:11	09:00:24.40	09:02:47.65	+05:00:32 (55.4%)	12:00	5 (45.0%)
588	JANKOWIAK Kasia	5624	ORANGE POLSKA	Masters K - 40	75	02:07:48	04:42:02	07:05:55	09:02:08.15	09:02:52.65	+05:00:37 (55.4%)	12:02	5 (45.0%)
589	BIZIEL Michał	5274		Masters M - 40	193	01:50:57	03:59:06	07:00:50	09:00:24.25	09:03:12.40	+05:00:57 (55.4%)	12:00	5 (45.0%)
590	MAZAN Wojciech	5396		Senior II M - 30	132	01:49:13	04:00:18	06:57:29	09:01:23.45	09:04:43.25	+05:02:28 (55.5%)	12:01	5 (45.0%)
591	POŁĘĆ Grzegorz	5282		Weteran II M - 60	9	02:05:36	04:43:47	07:04:33	09:02:44.90	09:04:51.95	+05:02:37 (55.5%)	12:03	5 (45.0%)
592	WIELAND Lidia	5580	RUN TEAM RYDZYNA	Weteran K - 50	21	02:04:00	04:36:15	07:00:21	09:03:32.20	09:05:18.45	+05:03:03 (55.6%)	12:04	5 (45.0%)
593	GISZCZYŃSKA Wanda	5096		Weteran K - 50	22	02:03:58	04:36:15	07:00:18	09:03:32.30	09:05:18.65	+05:03:03 (55.6%)	12:04	5 (45.0%)
594	MURASZEW - DĄBROWSKA Katarzyna	5550		Masters K - 40	76	01:52:41	04:31:10	06:58:08	09:03:55.90	09:05:58.75	+05:03:43 (55.6%)	12:05	5 (45.0%)
595	MORAWSKA Anna	5029		Weteran II K - 60	2	01:57:46	04:36:35	06:55:21	09:04:26.45	09:06:24.80	+05:04:09 (55.7%)	12:05	5 (45.0%)
596	SABOK-MUSZYŃSKA Katarzyna	5195		Senior II K - 30	74	01:58:28	04:39:57	07:08:51	09:05:29.55	09:08:30.50	+05:06:15 (55.8%)	12:07	4.9 (44.1%)
597	LEŚNICZAK Barbara	5134	#WKURW_TEAM	Masters K - 40	77	01:56:23	04:42:49	07:07:54	09:07:33.45	09:09:24.20	+05:07:09 (55.9%)	12:10	4.9 (44.1%)
598	JANKOWSKA Marzena	5272	FU FU FU TEAM	Masters K - 40	78	02:00:35	04:38:16	06:54:15	09:07:53.40	09:10:07.35	+05:07:52 (56.0%)	12:10	4.9 (44.1%)
599	KESY-KOWALSKA Hanna	5392		Weteran K - 50	23	02:03:13	04:47:52	07:10:05	09:10:07.10	09:12:36.85	+05:10:21 (56.2%)	12:13	4.9 (44.1%)
600	KLIMECKI Łukasz	5256		Senior II M - 30	133	02:01:56	04:41:34	07:05:35	09:15:06.90	09:18:17.85	+05:16:02 (56.6%)	12:20	4.9 (44.1%)
601	MINKISIEWICZ Agnieszka	5255		Senior II K - 30	75	02:01:58	04:41:35	07:05:38	09:15:07.35	09:18:18.25	+05:16:03 (56.6%)	12:20	4.9 (44.1%)
602	GROSZAK Joanna	5494		Senior II K - 30	76	01:49:54	04:38:16	07:05:23	09:18:25.40	09:19:40.55	+05:17:25 (56.7%)	12:24	4.8 (43.2%)
603	LAMPRYCHT-JANEK Natalia	5492		Senior II K - 30	77	01:49:57	04:38:16	07:02:35	09:18:26.45	09:19:40.75	+05:17:25 (56.7%)	12:24	4.8 (43.2%)
604	BARZAK Justyna	5202		Senior II K - 30	78	01:58:25	04:39:33	07:08:16	09:17:28.10	09:20:28.95	+05:18:14 (56.8%)	12:23	4.8 (43.2%)
605	FIJĄŁKOWSKA Karolina	5419		Senior II K - 30	79	01:59:51	04:40:03	07:00:04	09:20:24.55	09:22:07.35	+05:19:52 (56.9%)	12:27	4.8 (43.2%)
606	BOROWIEC-RÓŻYCKA Magdalena	5441	BIEGAJĄCY ŚWIDNIK	Masters K - 40	79	02:00:46	04:40:15	07:01:08	09:20:26.65	09:22:09.40	+05:19:54 (56.9%)	12:27	4.8 (43.2%)
607	CUPIAŁ Mariola	5081	W POGONI ZA DUCHEM	Weteran K - 50	24	02:12:47	04:58:34	07:21:16	09:21:54.30	09:23:35.05	+05:21:20 (57.0%)	12:29	4.8 (43.2%)

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			
608	OLESZCZYK Adam	5407	GRUPA BIEGOWA ENERGY KACZORY	Masters M - 40	194	01:53:58	04:33:50	06:54:24	09:22:52.50	09:24:59.15	+05:22:44 (57.1%)	12:30	4.8 (43.2%)
609	BAJERSKA Renata	5248	GRUPA BIEGOWA ENERGY KACZORY	Weteran K - 50	25	01:54:04	04:34:00	06:54:33	09:23:01.35	09:25:00.00	+05:22:45 (57.1%)	12:30	4.8 (43.2%)
610	ROSTEK Andrzej	5403	MARKOWI BIEGACZE	Weteran I M - 50	48	01:51:36	04:44:29	07:17:48	09:27:44.60	09:28:32.80	+05:26:17 (57.4%)	12:36	4.8 (43.2%)
611	KONIECZNY Izabella	5110		Masters K - 40	80	02:08:33	04:49:58	07:18:13	09:26:46.90	09:28:44.90	+05:26:29 (57.4%)	12:35	4.8 (43.2%)
612	MIECHOWIECKA Maja	5420	HUSKY W PASKI	Senior II K - 30	80	01:55:29	04:38:37	07:12:25	09:28:57.20	09:29:50.00	+05:27:35 (57.5%)	12:38	4.7 (42.3%)
613	STRAMEK Lukasz	5421		Senior II M - 30	134	01:55:23	04:38:32	07:12:46	09:28:56.95	09:29:50.80	+05:27:35 (57.5%)	12:38	4.7 (42.3%)
614	ŚNIEGOSKI Sebastian	5245	KNEIPP TEAM	Masters M - 40	195	01:52:15	04:33:47	07:10:23	09:30:13.35	09:30:38.45	+05:28:23 (57.5%)	12:40	4.7 (42.3%)
615	OCHNIO Ewa	5646		Masters K - 40	81	02:07:20	04:44:27	07:17:33	09:28:51.55	09:31:24.35	+05:29:09 (57.6%)	12:38	4.7 (42.3%)
616	KEMPISTY Anna	5590	SEKCJA BIEGOWA OIL WARSZAWA/12TRI.PL	Weteran K - 50	26	02:04:00	04:49:14	07:14:21	09:29:20.70	09:31:26.10	+05:29:11 (57.6%)	12:39	4.7 (42.3%)
617	STANOWSKA Katarzyna	5630		Weteran K - 50	27	02:04:35	04:52:34	07:19:03	09:30:23.90	09:33:35.55	+05:31:20 (57.8%)	12:40	4.7 (42.3%)
618	ŁAPA Aleksandra	5527	4A	Masters K - 40	82	02:04:48	04:50:31	07:19:41	09:31:10.50	09:33:50.40	+05:31:35 (57.8%)	12:41	4.7 (42.3%)
619	JANKOWIAK Bartosz	5241	ZSO WŁOSZAKOWICE / SOKÓŁ WŁOSZAKOWICE	Masters M - 40	196	01:42:42	04:18:03	07:01:45	09:36:36.30	09:37:11.65	+05:34:56 (58.0%)	12:48	4.7 (42.3%)
620	KOŁACIŃSKA Ewelina	5740	ADIDAS RUNNERS WARSAW	Masters K - 40	83	02:14:08	04:59:01	07:25:14	09:49:34.25	09:52:49.05	+05:50:34 (59.1%)	13:06	4.6 (41.4%)
621	NOWAK Michał	5304		Senior II M - 30	135	01:51:50	04:19:37	07:28:01	09:53:54.70	09:55:53.80	+05:53:38 (59.3%)	13:11	4.5 (40.5%)
622	WILMAN Andrzej	5529		Senior II M - 30	136	01:51:13	04:00:24	06:21:29	09:54:35.30	09:57:26.35	+05:55:11 (59.5%)	13:12	4.5 (40.5%)
623	MALEC Aleksandra	5293	NIGHT RUNNERS PYSKOWICE	Senior II K - 30	81	02:03:28	04:48:44	07:37:27	10:01:27.30	10:01:36.05	+05:59:21 (59.7%)	13:21	4.5 (40.5%)
624	POKORA Łukasz	5020		Masters M - 40	197	01:49:50	04:44:28	07:27:08	10:11:41.35	10:14:15.80	+06:12:00 (60.6%)	13:35	4.4 (39.6%)
	GOLEBIOWSKA Małgorzata	5041	RUN TEAM RYDZYNA	Masters K - 40		02:08:01 DNF	04:53:55 DNF	07:30:09 DNF	DNF	DNF	-	-	- (0.0%)
	KOCZAN Marcin	5660		Masters M - 40		01:36:38 DNF	03:31:17 DNF	06:17:47 DNF	DNF	DNF	-	-	- (0.0%)
	NOSKOWIAK-BAJNO Alicja	5530		Masters K - 40		02:12:54 DNF	05:14:36 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	DZIECIELSKA Agnieszka	5066		Masters K - 40		DNF	05:10:21 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	BŁASZKIEWICZ Marzena	5693		Masters K - 40		02:21:33 DNF	05:24:32 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	KRUSZEWSKI Jacek	5606	MARKOWI BIEGACZE	Masters M - 40		01:48:13 DNF	DNF	03:52:32 DNF	DNF	DNF	-	-	- (0.0%)
	NOWAKOWSKI Marcin	5251		Masters M - 40		01:23:44 DNF	03:16:06 DNF	05:14:05 DNF	DNF	DNF	-	-	- (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
	JAKSA Juliusz	5112		Masters M - 40	01:45:26 DNF	03:50:37 DNF	05:51:54 DNF	DNF	DNF		-	- (0.0%)
	RERYCH Marcin	5412	PODDĘBICKI KLUB BIEGACZA ZDYSZANI.PL	Masters M - 40	01:44:39 DNF	03:46:11 DNF	06:13:17 DNF	DNF	DNF		-	- (0.0%)
	GADZAŁA Agnieszka	5043	5R061E-7R4MPK1	Senior II K - 30	01:46:45 DNF	04:12:50 DNF	06:37:03 DNF	DNF	DNF		-	- (0.0%)
	SZCZEPANIAK Sylwia	5736		Senior II K - 30	01:54:10 DNF	04:31:19 DNF	07:02:39 DNF	DNF	DNF		-	- (0.0%)
	WRÓBLEWSKA Małgorzata	5032	LOCOSPORT	Senior II K - 30	02:04:01 DNF	04:38:09 DNF	07:06:43 DNF	DNF	DNF		-	- (0.0%)
	PIECUCH Małgorzata	5097		Weteran II K - 60	01:58:52 DNF	04:51:47 DNF	07:43:31 DNF	DNF	DNF		-	- (0.0%)
	PROCHOŃ Krzysztof	5380		Weteran I M - 50	02:10:05 DNF	05:04:27 DNF	07:43:43 DNF	DNF	DNF		-	- (0.0%)
	BOROWIK Agata	5030	CAŁA OLEŚNICA BIEGA	Senior II K - 30	02:16:37 DNF	05:34:08 DNF	08:39:50 DNF	DNF	DNF		-	- (0.0%)
	TERZONI Christian	5187	PRZEDWOJEWSKI TEAM	Masters M - 40	01:05:57 DNF	02:26:24 DNF	DNF	DNF	DNF		-	- (0.0%)
	ŻURAWSKI Sławomir	5405	PGBSPORTOWAPACZKA/BARUNOWCE	Masters M - 40	01:16:16 DNF	02:56:18 DNF	DNF	DNF	DNF		-	- (0.0%)
	JAKÓBCZAK Jakub	5364		Senior II M - 30	01:19:07 DNF	03:09:42 DNF	DNF	DNF	DNF		-	- (0.0%)
	GANDYRA Rafał	5301		Masters M - 40	01:29:50 DNF	03:27:44 DNF	DNF	DNF	DNF		-	- (0.0%)
	RYBKOWSKI Hubert	5233	KTÓRĘDYNADMORSKIEOKO	Masters M - 40	01:38:49 DNF	03:53:54 DNF	DNF	DNF	DNF		-	- (0.0%)
	BARANOWSKI Robert	5553		Weteran I M - 50	01:33:29 DNF	03:55:21 DNF	DNF	DNF	DNF		-	- (0.0%)
	JASKÓŁKA Rafał	5448	VENUS BRUK	Masters M - 40	01:51:51 DNF	04:09:17 DNF	DNF	DNF	DNF		-	- (0.0%)
	JÓZEF Marek	5039	ULTRAJÓZKI	Masters M - 40	01:35:49 DNF	04:11:25 DNF	DNF	DNF	DNF		-	- (0.0%)
	BEDNAREK Borys	5386		Senior II M - 30	01:50:20 DNF	04:14:07 DNF	DNF	DNF	DNF		-	- (0.0%)
	KARDAS Piotr	5186		Weteran I M - 50	01:42:53 DNF	04:17:02 DNF	DNF	DNF	DNF		-	- (0.0%)
	WOJCIECHOWSKI Maksymilian	5468		Senior I M - 20	01:45:57 DNF	04:24:55 DNF	DNF	DNF	DNF		-	- (0.0%)
	LACHOWICZ Izabela	5479	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	Senior II K - 30	01:51:49 DNF	04:33:25 DNF	DNF	DNF	DNF		-	- (0.0%)
	SMOLARCZYK Grzegorz	5366		Weteran I M - 50	01:57:01 DNF	04:33:42 DNF	DNF	DNF	DNF		-	- (0.0%)
	KUREK Jarosław	5365	RAJ-D ORZESZE	Weteran I M - 50	01:57:02 DNF	04:48:05 DNF	DNF	DNF	DNF		-	- (0.0%)
	TALAR Zenon	5067	KĘSY TEAM	Weteran II M - 60	02:00:38 DNF	04:48:54 DNF	DNF	DNF	DNF		-	- (0.0%)
	PRZESTRZELSKA-HAAS Marta	5038	BACKPACKING OKAPI TEAM	Masters K - 40	02:06:05 DNF	04:51:17 DNF	DNF	DNF	DNF		-	- (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
	LEWANDOWSKA Ewa	5497		Masters K - 40	02:06:59 DNF	04:56:03 DNF	DNF	DNF	DNF	-	-	(0.0%)
	WEYNA Anna	5091	AKTYWNI RAZEM	Masters K - 40	02:12:41 DNF	04:58:46 DNF	DNF	DNF	DNF	-	-	(0.0%)
	PTAK Arkadiusz	5718	CRAZY BIRDS	Masters M - 40	01:53:16 DNF	05:01:02 DNF	DNF	DNF	DNF	-	-	(0.0%)
	DOMINIAK-LESZCZYŃSKA Elżbieta	5731	LASY WAWERSKIE	Weteran II K - 60	02:16:19 DNF	05:05:09 DNF	DNF	DNF	DNF	-	-	(0.0%)
	BĘBAS Paweł	5373	DANIEL WOSIK TERVEL MOUNTAIN RUNNER	Masters M - 40	01:56:11 DNF	05:14:37 DNF	DNF	DNF	DNF	-	-	(0.0%)
	WOROSZYŁO Monika	5370	RYKOWISKO	Masters K - 40	02:24:06 DNF	05:21:27 DNF	DNF	DNF	DNF	-	-	(0.0%)
	TUREK Karolina	5102	AKTYWNI RAZEM	Masters K - 40	02:14:20 DNF	05:21:56 DNF	DNF	DNF	DNF	-	-	(0.0%)
	STAJER Edyta	5213		Weteran K - 50	02:14:35 DNF	05:41:37 DNF	DNF	DNF	DNF	-	-	(0.0%)
	WALCZAK Patryk	5725	PRZEDWOJEWSKITEAM	Senior II M - 30	01:12:27 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	KUCZYŃSKI Michał	5699	V-MOTORS	Senior II M - 30	01:27:35 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	SAMOLAK Łukasz	5639	POMYŁKA TEAM	Masters M - 40	01:33:18 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	KORCZYŃSKA Agata	5705		Masters K - 40	01:37:17 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	SAJNÓG Justyna	5138	#BIEGAJLESZNO	Masters K - 40	01:38:20 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	BOROWIAK Łukasz	5278	#BIEGAJLESZNO	Masters M - 40	01:39:26 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	WALKOWIAK Marek	5252	PECNA TEAM	Weteran I M - 50	01:55:44 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	SURZYN Aleksandra	5244	SLOW MO KITTEN	Senior II K - 30	02:11:25 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	KOPYŚĆ Jarosław	5572	PSZCZÓŁKOWSKI TEAM	Masters M - 40	02:12:45 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	SYGUŁA Katarzyna	5056	WKURW TEAM	Weteran K - 50	02:26:07 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	JÓZEFIAK Grzegorz	5167	BIEGAJ Z DĘBAMI	Weteran II M - 60	02:47:06 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	JÓZEFIAK Magdalena	5166	BIEGAJ Z DĘBAMI	Weteran II K - 60	02:47:10 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	FRĄCKOWIAK Michał	5413	AKTYWNI RAZEM	Masters M - 40	02:49:15 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	WOŹNIAK Kasia	5417	AKTYWNI RAZEM	Masters K - 40	02:49:22 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	MARIN Alberto	5151		Senior II M - 30	DNF	DNF	DNF	DNF	DNF	-	-	(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
	JANKOWSKA Barbara	5726		Masters K - 40		DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	HOŁOWACZ Andrzej	5665		Weteran I M - 50		DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 680 wynik(ów)