



**Wydarzenie:**  
**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

Dolnośląski Festiwal Biegów Górskich  
Fundacja MARATONY GÓRSKIE  
2024-07-18  
Lądek-Zdrój  
45 km

## ZŁOTY MARATON - 45 KM

B4SPORT  
INTELEKTUALNE ZAWODY SPORTOWE

**B4SPORT**  
INTELEKTUALNE ZAWODY SPORTOWE

Klasyfikacja: [Wszyscy](#)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
1	<b>PYSZEL Florian</b>	<b>5504</b>	ŚWIAT OKIEM BIEGACZA	Senior I M - 20	1	01:00:50	02:07:32	02:59:46	<b>03:52:58.30</b>	<b>03:53:00.20</b>		5:10	11.6 (100%)
2	<b>STAWIŃSKI Michał</b>	<b>5151</b>	AW SZYBCIEJ TEAM	Senior II M - 30	1	01:02:22	02:14:37	03:15:35	<b>04:10:09.75</b>	<b>04:10:14.85</b>	+00:17:14 (6.9%)	5:33	10.8 (93.1%)
3	<b>SZEWC Jonasz</b>	<b>5041</b>	MOCNA GRUPA CEZARA	Senior I M - 20	2	01:00:50	02:09:34	03:08:26	<b>04:11:39.00</b>	<b>04:11:42.10</b>	+00:18:41 (7.4%)	5:35	10.7 (92.2%)
4	<b>MAŁYGA Grzegorz</b>	<b>5401</b>	RMT TEAM PRO	Senior II M - 30	2	01:03:05	02:16:23	03:16:56	<b>04:12:39.90</b>	<b>04:12:42.40</b>	+00:19:42 (7.8%)	5:36	10.7 (92.2%)
5	<b>SZCZEŚNIEWSKI Miłosz</b>	<b>5741</b>	HOKA GARMIN TEAM	Senior II M - 30	3	01:00:49	02:10:40	03:20:49	<b>04:12:54.55</b>	<b>04:12:56.90</b>	+00:19:56 (7.9%)	5:37	10.7 (92.2%)
6	<b>JAKIMIUK Daniel</b>	<b>5399</b>	AURORA RUNNING TEAM	Senior II M - 30	4	01:00:44	02:07:44	03:14:35	<b>04:18:27.65</b>	<b>04:18:30.65</b>	+00:25:30 (9.9%)	5:44	10.4 (89.7%)
7	<b>BRYSZ Michał</b>	<b>5139</b>	SBG PODBIEG	Senior II M - 30	5	01:02:12	02:15:21	03:19:34	<b>04:18:29.20</b>	<b>04:18:34.20</b>	+00:25:34 (9.9%)	5:44	10.4 (89.7%)
8	<b>BRÝDL Pavel</b>	<b>5747</b>	SALOMON CZ	Masters M - 40	1	01:00:47	02:07:34	03:14:25	<b>04:25:05.50</b>	<b>04:25:07.25</b>	+00:32:07 (12.1%)	5:53	10.2 (87.9%)
9	<b>WILK Katarzyna</b>	<b>5749</b>	SALOMON	Senior II K - 30	1	01:06:51	02:23:04	03:27:57	<b>04:29:29.25</b>	<b>04:29:32.50</b>	+00:36:32 (13.6%)	5:59	10 (86.2%)
10	<b>PLOCH Jakub</b>	<b>5561</b>		Senior II M - 30	6	01:06:44	02:24:47	03:30:12	<b>04:30:48.90</b>	<b>04:30:52.00</b>	+00:37:51 (14.0%)	6:01	10 (86.2%)
11	<b>BANIAK Marcin</b>	<b>5350</b>	G.O.A.T. TEAM MICHAŁOWICE	Masters M - 40	2	01:04:02	02:21:08	03:29:28	<b>04:33:45.90</b>	<b>04:33:50.90</b>	+00:40:50 (14.9%)	6:05	9.9 (85.3%)
12	<b>GÓRAL Grzegorz</b>	<b>5599</b>	HEJ HEJ GÓRALU	Masters M - 40	3	01:07:14	02:25:07	03:35:23	<b>04:40:29.15</b>	<b>04:40:34.90</b>	+00:47:34 (17.0%)	6:13	9.6 (82.8%)
13	<b>LEKI Krzysztof</b>	<b>5106</b>		Masters M - 40	4	01:12:50	02:35:55	03:41:49	<b>04:43:59.85</b>	<b>04:44:08.30</b>	+00:51:08 (18.0%)	6:18	9.5 (81.9%)
14	<b>PTAK Mateusz</b>	<b>5448</b>	TRAIL IS OUR WAY	Masters M - 40	5	01:07:45	02:28:03	03:40:00	<b>04:45:33.80</b>	<b>04:45:38.70</b>	+00:52:38 (18.4%)	6:20	9.5 (81.9%)
15	<b>LAVELIN Vitalii</b>	<b>5602</b>	TRAIL RUNNING SCHOOL	Senior II M - 30	7	01:16:31	02:40:20	03:48:40	<b>04:46:56.75</b>	<b>04:47:05.55</b>	+00:54:05 (18.8%)	6:22	9.4 (81.0%)
16	<b>WALCZAK Paweł</b>	<b>5525</b>		Senior II M - 30	8	01:07:28	02:30:55	03:42:50	<b>04:48:20.75</b>	<b>04:48:35.80</b>	+00:55:35 (19.3%)	6:24	9.4 (81.0%)

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
17	<b>WINIARCZYK Krzysztof</b>	<b>5664</b>		Masters M - 40	6	01:09:34	02:33:00	03:44:36	<b>04:48:41.85</b>	<b>04:48:50.50</b>	+00:55:50 (19.3%)	6:24	9.4 (81.0%)
18	<b>JAGIELLICZ Marcin</b>	<b>5658</b>	KRUCZKOWSKI TEAM	Senior II M - 30	9	01:09:20	02:33:04	03:45:38	<b>04:50:06.05</b>	<b>04:50:31.00</b>	+00:57:30 (19.8%)	6:26	9.3 (80.2%)
19	<b>STASZCZAK Łukasz</b>	<b>5353</b>	SPORT GENERATION	Masters M - 40	7	01:03:28	02:19:16	03:31:26	<b>04:52:43.15</b>	<b>04:52:55.05</b>	+00:59:54 (20.5%)	6:30	9.2 (79.3%)
20	<b>MIROWSKI Kamil</b>	<b>5523</b>		Senior II M - 30	10	01:09:39	02:25:29	03:42:26	<b>04:53:18.25</b>	<b>04:55:32.55</b>	+01:02:32 (21.2%)	6:31	9.2 (79.3%)
21	<b>SZKODA Kasia</b>	<b>5013</b>	JESTEMODROMKA / NESSISPORTSWEAR	Senior II K - 30	2	01:15:57	02:40:54	03:52:28	<b>04:55:21.15</b>	<b>04:56:00.90</b>	+01:03:00 (21.3%)	6:33	9.1 (78.4%)
22	<b>LIGAS Bartosz</b>	<b>5729</b>	LUBAŃ TYLMANOWA	Senior II M - 30	11	01:07:32	02:29:07	03:48:55	<b>04:58:06.85</b>	<b>04:58:13.45</b>	+01:05:13 (21.9%)	6:37	9.1 (78.4%)
23	<b>MAJCHER Piotr</b>	<b>5580</b>	BW BIEGACZE WYMIATACZE	Weteran I M - 50	1	01:11:45	02:34:07	03:52:59	<b>05:00:28.90</b>	<b>05:00:33.05</b>	+01:07:32 (22.5%)	6:40	9 (77.6%)
24	<b>KORZENIOWSKI Oskar</b>	<b>5683</b>	ACCENTURE / INFINITY GYM ŁUKASZ SZAPORÓW	Senior II M - 30	12	01:08:25	02:31:19	03:48:16	<b>05:02:34.00</b>	<b>05:02:45.50</b>	+01:09:45 (23.0%)	6:43	8.9 (76.7%)
25	<b>PIETRZAK Konrad</b>	<b>5413</b>	AURORA RUNNING TEAM	Senior II M - 30	13	01:11:47	02:37:46	03:55:04	<b>05:02:42.70</b>	<b>05:02:48.10</b>	+01:09:47 (23.1%)	6:43	8.9 (76.7%)
26	<b>ČÍŽEK Vladimír</b>	<b>5568</b>		Masters M - 40	8	01:14:13	02:38:58	03:57:08	<b>05:03:13.20</b>	<b>05:03:13.20</b>	+01:10:13 (23.2%)	6:44	8.9 (76.7%)
27	<b>BUKOWIŃSKI Damian</b>	<b>5626</b>	TRAIL IS OUR WAY	Masters M - 40	9	01:11:43	02:39:10	03:55:06	<b>05:03:28.90</b>	<b>05:03:28.90</b>	+01:10:28 (23.2%)	6:44	8.9 (76.7%)
28	<b>SZPULARZ Adam</b>	<b>5384</b>		Masters M - 40	10	01:08:34	02:30:48	03:57:47	<b>05:03:40.50</b>	<b>05:03:44.20</b>	+01:10:44 (23.3%)	6:44	8.9 (76.7%)
29	<b>WOJCIK Paweł</b>	<b>5532</b>	ZADYSZKĄ OŚWIĘCIM	Senior I M - 20	3	01:11:16	02:36:29	03:54:17	<b>05:04:55.20</b>	<b>05:04:58.20</b>	+01:11:58 (23.6%)	6:46	8.9 (76.7%)
30	<b>RYŁKO Krzysztof</b>	<b>5412</b>	ZADYSZKA OŚWIĘCIM	Weteran I M - 50	2	01:11:43	02:36:31	03:54:09	<b>05:06:04.00</b>	<b>05:06:06.35</b>	+01:13:06 (23.9%)	6:48	8.8 (75.9%)
31	<b>PASTUSZKA Marek</b>	<b>5485</b>		Senior II M - 30	14	01:10:09	02:34:07	03:54:34	<b>05:06:38.75</b>	<b>05:06:44.85</b>	+01:13:44 (24.0%)	6:48	8.8 (75.9%)
32	<b>LAWRENC Artur</b>	<b>5538</b>	MASATEAM	Senior II M - 30	15	01:15:11	02:46:02	04:00:33	<b>05:07:49.55</b>	<b>05:07:49.55</b>	+01:14:49 (24.3%)	6:50	8.8 (75.9%)
33	<b>CZEKAŁA Krzysztof</b>	<b>5562</b>	EKO-OKNA RUNNERS	Masters M - 40	11	01:14:59	02:41:04	04:02:35	<b>05:09:50.25</b>	<b>05:11:35.95</b>	+01:18:35 (25.2%)	6:53	8.7 (75.0%)
34	<b>GORSIAK Paweł</b>	<b>5713</b>	POLISH RUNNING CLUB	Masters M - 40	12	01:15:37	02:39:18	03:55:57	<b>05:11:30.65</b>	<b>05:11:37.70</b>	+01:18:37 (25.2%)	6:55	8.7 (75.0%)
35	<b>BIAŁEK Beata</b>	<b>5494</b>	KB HERMES GRZYFINO	Masters K - 40	1	01:11:47	02:38:42	03:58:42	<b>05:15:00.60</b>	<b>05:15:06.30</b>	+01:22:06 (26.1%)	7:00	8.6 (74.1%)
36	<b>ŚWIERCZYŃSKI Adrian</b>	<b>5176</b>		Senior I M - 20	4	01:10:10	02:35:30	03:57:33	<b>05:16:18.70</b>	<b>05:16:22.00</b>	+01:23:21 (26.4%)	7:01	8.5 (73.3%)
37	<b>KORCZ Daniel</b>	<b>5748</b>	TERVEL BIEGACZ GÓRSKI / BESTTEXT.PL	Masters M - 40	13	01:12:27	02:40:02	04:02:23	<b>05:16:54.60</b>	<b>05:17:24.50</b>	+01:24:24 (26.6%)	7:02	8.5 (73.3%)
38	<b>WEŁNIAK Przemysław</b>	<b>5034</b>	WALKA KOSTRZYN	Masters M - 40	14	01:16:20	02:43:29	04:07:32	<b>05:17:12.45</b>	<b>05:17:30.35</b>	+01:24:30 (26.6%)	7:02	8.5 (73.3%)
39	<b>MIĄSIK Tomasz</b>	<b>5404</b>	NONAME/DRUM'N'BASS - BIENIAS TEAM	Masters M - 40	15	01:13:59	02:41:57	04:06:10	<b>05:18:19.55</b>	<b>05:18:40.55</b>	+01:25:40 (26.9%)	7:04	8.5 (73.3%)
40	<b>JANIK Rafał</b>	<b>5702</b>	TEAM ANKA	Masters M - 40	16	01:10:16	02:38:28	04:06:05	<b>05:21:30.10</b>	<b>05:21:36.90</b>	+01:28:36 (27.6%)	7:08	8.4 (72.4%)

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
41	ZAMBRZYCKI Maciej	5620		Masters M - 40	17	01:17:34	02:48:14	04:12:51	05:22:49.15	05:23:05.55	+01:30:05 (27.9%)	7:10	8.4 (72.4%)
42	BERLIK Piotr	5736	KB ODRA OPOLE	Senior II M - 30	16	01:11:07	02:46:21	04:19:21	05:23:59.30	05:24:12.75	+01:31:12 (28.1%)	7:11	8.3 (71.6%)
43	CIESIELSKI Bogdan	5174	#BIEGAJLESZNO	Senior II M - 30	17	01:13:36	02:40:35	04:11:17	05:24:00.45	05:24:28.65	+01:31:28 (28.2%)	7:12	8.3 (71.6%)
44	KOZŁOWSKI Jerzy	5376		Senior II M - 30	18	01:13:09	02:40:48	04:10:17	05:24:22.95	05:24:38.30	+01:31:38 (28.2%)	7:12	8.3 (71.6%)
45	WOWER Bartłomiej	5722	CSC ADVENTURE ACADEMY	Masters M - 40	18	01:23:04	02:53:58	04:13:10	05:24:08.85	05:24:53.70	+01:31:53 (28.3%)	7:12	8.3 (71.6%)
46	KLIŚ Marcin	5314		Senior II M - 30	19	01:18:29	02:46:41	04:03:49	05:25:29.70	05:26:08.10	+01:33:07 (28.6%)	7:13	8.3 (71.6%)
47	BOROWCZYK Jacek	5642		Weteran I M - 50	3	01:22:07	02:53:46	04:13:03	05:25:23.05	05:26:24.40	+01:33:24 (28.6%)	7:13	8.3 (71.6%)
48	PRZYBYLSKI Krzysztof	5686	KP PSP NOWE MIASTO LUBAWSKIE	Masters M - 40	19	01:11:13	02:38:54	04:07:09	05:26:03.30	05:26:32.25	+01:33:32 (28.6%)	7:14	8.3 (71.6%)
49	DAUKSZO Maciej	5258	JEM KLOPSA	Senior I M - 20	5	01:15:10	02:46:11	04:10:46	05:26:57.60	05:27:03.70	+01:34:03 (28.8%)	7:15	8.3 (71.6%)
50	SADOWSKI Kacper	5583	CARPE DIEM	Senior II M - 30	20	01:14:58	02:37:27	04:07:16	05:25:41.95	05:27:24.55	+01:34:24 (28.8%)	7:14	8.3 (71.6%)
51	KSIĄŻKIEWICZ Bartłomiej	5197	ROCKY BALBOA	Masters M - 40	20	01:16:51	02:46:26	04:11:06	05:29:52.70	05:30:08.55	+01:37:08 (29.4%)	7:19	8.2 (70.7%)
52	CZUBAKOWSKI Marcin	5503		Masters M - 40	21	01:21:25	02:51:29	04:14:27	05:30:20.55	05:30:46.60	+01:37:46 (29.6%)	7:20	8.2 (70.7%)
53	ŚWIĘCICKI Błażej	5603		Senior II M - 30	21	01:23:22	02:50:11	04:17:22	05:29:24.35	05:31:54.65	+01:38:54 (29.8%)	7:19	8.2 (70.7%)
54	PRZYBYŁA Paweł	5663		Senior I M - 20	6	01:08:58	02:34:04	04:06:44	05:31:47.60	05:32:35.60	+01:39:35 (29.9%)	7:22	8.1 (69.8%)
55	WIERZBICKI Witold	5628		Senior II M - 30	22	01:15:00	02:41:28	04:14:47	05:32:55.95	05:33:16.10	+01:40:15 (30.1%)	7:23	8.1 (69.8%)
56	REJEWSKA Eliza	5230	WM TRISELF	Masters K - 40	2	01:24:53	02:57:41	04:20:57	05:32:50.05	05:33:20.70	+01:40:20 (30.1%)	7:23	8.1 (69.8%)
57	DZIERŻEŃSKA Monika	5449	STAJNIA BALONA	Weteran K - 50	1	01:20:26	02:56:33	04:20:03	05:34:01.70	05:34:30.00	+01:41:29 (30.3%)	7:25	8.1 (69.8%)
58	KOŁECKA Patrycja	5457	PIĄTKOWO NA BIEGOWO/ ZALINIĄMETYTEAM	Masters K - 40	3	01:19:34	02:52:43	04:19:01	05:34:35.20	05:34:43.05	+01:41:42 (30.4%)	7:26	8.1 (69.8%)
59	GAŁOSZ Grzegorz	5246		Senior I M - 20	7	01:20:07	02:49:54	04:15:18	05:34:50.15	05:34:50.15	+01:41:49 (30.4%)	7:26	8.1 (69.8%)
60	VLASKIN Vladislav	5338	42RUN	Senior II M - 30	23	01:16:29	02:48:44	04:20:49	05:36:32.05	05:36:42.10	+01:43:41 (30.8%)	7:28	8 (69.0%)
61	CZARNECKI Mateusz	5254	BALTIC HUB TEAM	Senior I M - 20	8	01:20:36	02:55:09	04:21:50	05:36:33.80	05:36:53.70	+01:43:53 (30.8%)	7:28	8 (69.0%)
62	JASZCZAK Bogna	5299	FUNCLUB BODZIA BIEGA	Senior I K - 20	1	01:17:54	02:52:16	04:17:46	05:36:15.70	05:36:55.80	+01:43:55 (30.8%)	7:28	8 (69.0%)
63	SOSNOWSKI Roman	5119	LACHO TEAM	Weteran I M - 50	4	01:19:24	02:49:00	04:11:07	05:37:11.10	05:37:49.40	+01:44:49 (31.0%)	7:29	8 (69.0%)
64	ŚWIERCZEWSKI Jan	5018	BIEGOWA KUŹNIA	Senior I M - 20	9	01:21:48	02:57:43	04:24:02	05:38:01.65	05:38:07.95	+01:45:07 (31.1%)	7:30	8 (69.0%)

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
65	KONOPKA Łukasz	5585	ARTUR SOCHA - SKUTECZNA FIZJOTERAPIA	Senior II M - 30	24	01:15:12	02:48:20	04:20:30	<b>05:38:04.80</b>	<b>05:38:20.90</b>	+01:45:20 (31.1%)	7:30	8 (69.0%)
66	BAK Bartłomiej	5262	MOCNA GRUPA CEZARA	Senior I M - 20	10	01:14:13	02:47:38	04:15:58	<b>05:38:34.90</b>	<b>05:40:05.75</b>	+01:47:05 (31.5%)	7:31	8 (69.0%)
67	KOWALSKI Piotr	5289		Senior II M - 30	25	01:17:51	02:53:29	04:21:52	<b>05:39:46.50</b>	<b>05:40:07.50</b>	+01:47:07 (31.5%)	7:33	7.9 (68.1%)
68	KOPKIN Egor	5339	TRS	Senior II M - 30	26	01:26:27	02:59:16	04:24:20	<b>05:41:16.55</b>	<b>05:41:27.05</b>	+01:48:26 (31.8%)	7:35	7.9 (68.1%)
69	POKORSKI Piotr	5634	NO NAME PRASZKA	Weteran I M - 50	5	01:15:22	02:50:17	04:22:08	<b>05:42:12.15</b>	<b>05:42:32.90</b>	+01:49:32 (32.0%)	7:36	7.9 (68.1%)
70	ZIELIŃSKA Malwina	5264	SKLEP BIEGACZA	Senior II K - 30	3	01:21:39	02:58:10	04:25:47	<b>05:44:05.90</b>	<b>05:44:23.00</b>	+01:51:22 (32.3%)	7:38	7.8 (67.2%)
71	URBANEK Patryk	5507		Senior II M - 30	27	01:17:25	02:52:22	04:22:59	<b>05:44:28.65</b>	<b>05:44:28.65</b>	+01:51:28 (32.4%)	7:39	7.8 (67.2%)
72	MŁYNARSKI Mateusz	5671		Senior II M - 30	28	01:19:48	02:51:50	04:21:39	<b>05:43:18.80</b>	<b>05:44:28.90</b>	+01:51:28 (32.4%)	7:37	7.9 (68.1%)
73	BARTKIEWICZ Paweł	5225	TEAM DRACZYŃSKI	Weteran I M - 50	6	01:25:16	03:03:32	04:27:54	<b>05:43:52.80</b>	<b>05:44:58.70</b>	+01:51:58 (32.5%)	7:38	7.9 (68.1%)
74	WĘGLOWSKI Maciej	5681	#BIEGIEMWLAS	Weteran I M - 50	7	01:19:34	02:54:57	04:26:53	<b>05:44:36.60</b>	<b>05:45:02.05</b>	+01:52:01 (32.5%)	7:39	7.8 (67.2%)
75	WOŹNY Paweł	5347	RUNPROGRESS.PL TEAM	Masters M - 40	22	01:11:28	02:38:34	04:06:35	<b>05:45:25.55</b>	<b>05:45:47.20</b>	+01:52:47 (32.6%)	7:40	7.8 (67.2%)
76	KRAJEWSKI Marcin	5394	ZRYW PARZYMIECHY	Masters M - 40	23	01:19:37	02:51:26	04:16:43	<b>05:44:34.90</b>	<b>05:45:53.85</b>	+01:52:53 (32.6%)	7:39	7.8 (67.2%)
77	MICHALCZYK Michał	5341	SOBASTEAM	Masters M - 40	24	01:23:00	02:52:23	04:24:29	<b>05:46:31.00</b>	<b>05:46:55.15</b>	+01:53:54 (32.8%)	7:42	7.8 (67.2%)
78	KORDALSKA Karolina	5166	NIGHT RUNNERS PYSKOWICE	Senior I K - 20	2	01:20:57	02:59:07	04:30:35	<b>05:46:29.55</b>	<b>05:46:56.05</b>	+01:53:55 (32.8%)	7:41	7.8 (67.2%)
79	BOGUCKA Emilia	5742	BROWAR FORTUNA TEAM / WLKP MOUNTAINS ULTRA	Masters K - 40	4	01:19:07	02:57:47	04:27:54	<b>05:47:05.10</b>	<b>05:47:21.30</b>	+01:54:21 (32.9%)	7:42	7.8 (67.2%)
80	KARMOWSKI Jakub	5411		Masters M - 40	25	01:18:04	02:53:13	04:27:04	<b>05:47:05.45</b>	<b>05:47:22.20</b>	+01:54:22 (32.9%)	7:42	7.8 (67.2%)
81	DASZEWSKI Filip	5210		Senior I M - 20	11	01:21:48	03:04:03	04:28:58	<b>05:48:06.20</b>	<b>05:48:14.05</b>	+01:55:13 (33.1%)	7:44	7.8 (67.2%)
82	WOŹNIAK Joanna	5666		Senior II K - 30	4	01:23:02	03:01:49	04:32:20	<b>05:50:18.15</b>	<b>05:51:04.20</b>	+01:58:04 (33.6%)	7:47	7.7 (66.4%)
83	STAŚKOWIAK Rafał	5665	BRACTWO BIEGOWE BGK	Senior II M - 30	29	01:26:05	03:06:22	04:33:43	<b>05:51:26.30</b>	<b>05:51:44.70</b>	+01:58:44 (33.8%)	7:48	7.7 (66.4%)
84	URBAŃSKI Michał	5567	TEAM KURORT ŁĄDEK ZDRÓJ	Senior II M - 30	30	01:21:04	02:57:26	04:29:20	<b>05:51:33.90</b>	<b>05:52:03.30</b>	+01:59:03 (33.8%)	7:48	7.7 (66.4%)
85	STASIORCZYK Marek	5718	DRUŻYNA SMA	Masters M - 40	26	01:27:30	03:06:00	04:33:47	<b>05:51:32.10</b>	<b>05:52:29.00</b>	+01:59:28 (33.9%)	7:48	7.7 (66.4%)
86	SZKLARCZYK Piotr	5297	BRACTWO BIEGOWE BGK	Masters M - 40	27	01:24:26	03:02:25	04:33:44	<b>05:53:01.90</b>	<b>05:53:18.90</b>	+02:00:18 (34.1%)	7:50	7.6 (65.5%)
87	MYSIURA Daniel	5614	FIT FABRYKA	Masters M - 40	28	01:18:17	03:00:55	04:29:54	<b>05:52:38.40</b>	<b>05:53:20.35</b>	+02:00:20 (34.1%)	7:50	7.7 (66.4%)
88	TOMASZEWSKI Przemek	5638	RUN TEAM RYDZYNA	Senior II M - 30	31	01:21:21	02:58:04	04:33:06	<b>05:52:57.30</b>	<b>05:53:26.25</b>	+02:00:26 (34.1%)	7:50	7.6 (65.5%)

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
89	<b>BEDNARSKA Anna</b>	<b>5716</b>	MIRAZ RACE TEAM	Masters K - 40	5	01:22:18	02:58:54	04:29:47	<b>05:53:25.65</b>	<b>05:53:42.65</b>	+02:00:42 (34.1%)	7:51	7.6 (65.5%)
90	<b>CZEKAJ Łukasz</b>	<b>5382</b>		Masters M - 40	29	01:24:05	03:01:46	04:33:24	<b>05:51:40.15</b>	<b>05:53:55.60</b>	+02:00:55 (34.2%)	7:48	7.7 (66.4%)
91	<b>BIK Szymon</b>	<b>5093</b>		Senior II M - 30	32	01:24:07	03:03:01	04:37:11	<b>05:54:05.80</b>	<b>05:55:16.80</b>	+02:02:16 (34.4%)	7:52	7.6 (65.5%)
92	<b>POLIWOZAK Patryk</b>	<b>5099</b>		Senior II M - 30	33	01:22:11	02:59:38	04:34:11	<b>05:55:25.60</b>	<b>05:55:48.40</b>	+02:02:48 (34.5%)	7:53	7.6 (65.5%)
93	<b>BRZEŹNIAK Łukasz</b>	<b>5667</b>	REHABILITACJA STHENOS GORZÓW WIELKOPOLSKI	Weteran I M - 50	8	01:19:28	02:54:00	04:29:06	<b>05:55:50.70</b>	<b>05:56:01.80</b>	+02:03:01 (34.6%)	7:54	7.6 (65.5%)
94	<b>WIŚNIEWSKI Artur</b>	<b>5094</b>	ING BANK ŚLĄSKI	Senior II M - 30	34	01:28:36	03:04:03	04:36:07	<b>05:53:35.95</b>	<b>05:56:32.05</b>	+02:03:31 (34.6%)	7:51	7.6 (65.5%)
95	<b>KOLASA Filip</b>	<b>5650</b>	GEATE2ATHLETICS	Masters M - 40	30	01:17:49	02:58:23	04:34:42	<b>05:57:02.25</b>	<b>05:57:56.05</b>	+02:04:55 (34.9%)	7:56	7.6 (65.5%)
96	<b>GRZEGORCZYK Mateusz</b>	<b>5287</b>		Senior II M - 30	35	01:20:55	02:58:04	04:31:10	<b>05:58:49.75</b>	<b>05:58:53.50</b>	+02:05:53 (35.1%)	7:58	7.5 (64.7%)
97	<b>JANKOWSKI Krzysztof</b>	<b>5417</b>		Senior II M - 30	36	01:21:33	03:01:48	04:34:17	<b>05:59:12.95</b>	<b>05:59:34.25</b>	+02:06:34 (35.2%)	7:58	7.5 (64.7%)
98	<b>KOZAK Tomasz</b>	<b>5617</b>		Senior I M - 20	12	01:11:05	02:41:55	04:27:50	<b>06:01:33.95</b>	<b>06:01:52.80</b>	+02:08:52 (35.6%)	8:02	7.5 (64.7%)
99	<b>ŻARNIEWSKI Wojciech</b>	<b>5460</b>	GÓRAL Z MAZUR RUNNING TEAM	Masters M - 40	31	01:24:35	03:02:12	04:37:28	<b>06:00:15.10</b>	<b>06:02:59.60</b>	+02:09:59 (35.8%)	8:00	7.5 (64.7%)
100	<b>KRZYŻANOWSKA-KORZENIOWSKA Anna Maria</b>	<b>5389</b>	INFINITY GYM ŁUKASZ SZAPORÓW	Senior II K - 30	5	01:23:55	02:59:00	04:34:29	<b>06:03:12.45</b>	<b>06:03:59.30</b>	+02:10:59 (36.0%)	8:04	7.4 (63.8%)
101	<b>CAŁA Michał</b>	<b>5512</b>	KLUB JEŹDZIECKI DERA	Masters M - 40	32	01:25:55	03:10:25	04:45:25	<b>06:04:41.65</b>	<b>06:04:52.75</b>	+02:11:52 (36.1%)	8:06	7.4 (63.8%)
102	<b>FUDRO Piotr</b>	<b>5366</b>		Senior II M - 30	37	01:15:25	02:52:25	04:26:00	<b>06:04:56.90</b>	<b>06:05:46.00</b>	+02:12:45 (36.3%)	8:06	7.4 (63.8%)
103	<b>MIELCAREK Tomasz</b>	<b>5386</b>		Senior II M - 30	38	01:23:42	02:59:01	04:31:06	<b>06:05:19.15</b>	<b>06:05:52.05</b>	+02:12:51 (36.3%)	8:07	7.4 (63.8%)
104	<b>KOZŁOWSKI Szymon</b>	<b>5430</b>	KOZŁOWSKI FAMILY	Masters M - 40	33	01:10:14	02:53:08	04:36:09	<b>06:05:46.30</b>	<b>06:05:55.05</b>	+02:12:54 (36.3%)	8:07	7.4 (63.8%)
105	<b>NAWROT Marek</b>	<b>5309</b>	8A.PL	Senior II M - 30	39	01:25:26	03:03:21	04:39:00	<b>06:05:28.35</b>	<b>06:06:05.00</b>	+02:13:04 (36.4%)	8:07	7.4 (63.8%)
106	<b>BIELECKI Robert</b>	<b>5459</b>	KEEN ON RUNNING	Weteran I M - 50	9	01:25:46	03:09:08	04:42:43	<b>06:05:46.00</b>	<b>06:06:17.25</b>	+02:13:17 (36.4%)	8:07	7.4 (63.8%)
107	<b>SZPIKOWSKI Grzegorz</b>	<b>5325</b>		Masters M - 40	34	01:27:33	03:10:59	04:43:18	<b>06:05:00.60</b>	<b>06:06:35.15</b>	+02:13:34 (36.4%)	8:06	7.4 (63.8%)
108	<b>ZAJĄC Bartosz</b>	<b>5685</b>		Senior I M - 20	13	01:25:17	03:05:40	04:40:15	<b>06:05:11.75</b>	<b>06:07:02.90</b>	+02:14:02 (36.5%)	8:06	7.4 (63.8%)
109	<b>MIELCZAREK Sławomir</b>	<b>5418</b>	ANTEX TEAM	Senior II M - 30	40	01:28:38	03:08:53	04:41:41	<b>06:06:32.10</b>	<b>06:07:04.15</b>	+02:14:03 (36.5%)	8:08	7.4 (63.8%)
110	<b>BROJ Adrian</b>	<b>5364</b>	BROJ TEAM ŻLINICE	Weteran I M - 50	10	01:21:29	03:04:07	04:38:33	<b>06:06:44.70</b>	<b>06:07:05.35</b>	+02:14:05 (36.5%)	8:08	7.4 (63.8%)
111	<b>PIWKO Mateusz</b>	<b>5651</b>		Senior II M - 30	41	01:29:29	03:12:32	04:42:43	<b>06:05:36.75</b>	<b>06:07:13.35</b>	+02:14:13 (36.5%)	8:07	7.4 (63.8%)

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
112	<b>GĄŁKA Jacek</b>	<b>5480</b>	ULTRA DZIADY / VEGERUNNERS / PURA VIDA TEAM	Masters M - 40	35	01:27:00	03:02:51	04:35:06	<b>06:05:58.40</b>	<b>06:07:24.20</b>	+02:14:24 (36.6%)	8:07	7.4 (63.8%)
113	<b>BOGUCKI Sławomir</b>	<b>5349</b>		Weteran II M - 60	1	01:32:16	03:18:15	04:48:04	<b>06:06:49.20</b>	<b>06:07:39.65</b>	+02:14:39 (36.6%)	8:09	7.4 (63.8%)
114	<b>TOMASZKIEWICZ Wojciech</b>	<b>5572</b>	RUNFOREST	Masters M - 40	36	01:20:28	03:06:15	04:45:04	<b>06:07:20.70</b>	<b>06:07:44.45</b>	+02:14:44 (36.6%)	8:09	7.4 (63.8%)
115	<b>RABIEJ-OLSZEWSKA Hanna</b>	<b>5473</b>	SOBASTEAM	Senior II K - 30	6	01:25:43	03:13:43	04:43:07	<b>06:07:57.55</b>	<b>06:08:20.55</b>	+02:15:20 (36.7%)	8:10	7.3 (62.9%)
116	<b>PARUCKI Michał</b>	<b>5740</b>	VEGE RUNNERS - MJP DRUK	Masters M - 40	37	01:25:26	03:09:41	04:42:06	<b>06:07:37.50</b>	<b>06:08:20.85</b>	+02:15:20 (36.7%)	8:10	7.3 (62.9%)
117	<b>SZTYLKO Michał</b>	<b>5280</b>		Masters M - 40	38	01:26:04	03:10:20	04:51:57	<b>06:08:03.80</b>	<b>06:08:21.60</b>	+02:15:21 (36.7%)	8:10	7.3 (62.9%)
118	<b>ZALEWSKI Karol</b>	<b>5025</b>		Masters M - 40	39	01:22:09	03:01:26	04:38:15	<b>06:08:39.90</b>	<b>06:08:44.15</b>	+02:15:43 (36.8%)	8:11	7.3 (62.9%)
119	<b>SOCHANOWSKI Krzysztof</b>	<b>5590</b>		Senior II M - 30	42	01:19:33	03:05:05	04:51:18	<b>06:08:37.45</b>	<b>06:08:56.50</b>	+02:15:56 (36.8%)	8:11	7.3 (62.9%)
120	<b>MARCINIAK Rafał</b>	<b>5308</b>	8A.PL	Senior II M - 30	43	01:31:56	03:16:34	04:48:04	<b>06:08:11.45</b>	<b>06:09:18.00</b>	+02:16:17 (36.9%)	8:10	7.3 (62.9%)
121	<b>MODRZEJEWSKI Marcin</b>	<b>5191</b>		Masters M - 40	40	01:31:48	03:10:37	04:46:27	<b>06:06:56.80</b>	<b>06:09:21.70</b>	+02:16:21 (36.9%)	8:09	7.4 (63.8%)
122	<b>SŁOWIK Jarosław</b>	<b>5057</b>	PSZCZÓŁKOWSKI TEAM	Senior II M - 30	44	01:14:47	03:01:53	04:41:15	<b>06:09:33.85</b>	<b>06:10:12.75</b>	+02:17:12 (37.1%)	8:12	7.3 (62.9%)
123	<b>ŁADNO Paweł</b>	<b>5111</b>	TWC	Senior II M - 30	45	01:18:23	02:57:25	04:38:42	<b>06:09:53.15</b>	<b>06:10:34.45</b>	+02:17:34 (37.1%)	8:13	7.3 (62.9%)
124	<b>KSIĄŻEK Kacper</b>	<b>5426</b>	GÓRA KSIĄŻEK	Senior II M - 30	46	01:31:01	03:14:01	04:48:18	<b>06:08:52.35</b>	<b>06:11:12.85</b>	+02:18:12 (37.2%)	8:11	7.3 (62.9%)
125	<b>KINAL Piotr</b>	<b>5468</b>	KLUB LEKKOATLETYCZNY ZIEMIA KŁODZKA	Masters M - 40	41	01:09:56	02:41:57	04:26:09	<b>06:11:01.80</b>	<b>06:11:17.40</b>	+02:18:17 (37.2%)	8:14	7.3 (62.9%)
126	<b>OZIRANSKY Michael</b>	<b>5337</b>	TRS	Masters M - 40	42	01:26:27	03:09:13	04:46:24	<b>06:11:14.90</b>	<b>06:11:24.45</b>	+02:18:24 (37.3%)	8:14	7.3 (62.9%)
127	<b>GAJDEMSKI Rafał</b>	<b>5313</b>		Senior II M - 30	47	01:14:15	02:50:37	04:33:02	<b>06:09:37.95</b>	<b>06:12:06.15</b>	+02:19:05 (37.4%)	8:12	7.3 (62.9%)
128	<b>DUBOWICZ Maciej</b>	<b>5275</b>		Senior II M - 30	48	01:26:12	03:05:27	04:45:00	<b>06:09:29.95</b>	<b>06:12:22.55</b>	+02:19:22 (37.4%)	8:12	7.3 (62.9%)
129	<b>VOLKOV Vasiliy</b>	<b>5342</b>	TRAIL RUNNING SCHOOL	Senior II M - 30	49	01:24:30	03:07:54	04:51:59	<b>06:12:14.30</b>	<b>06:12:23.55</b>	+02:19:23 (37.4%)	8:16	7.3 (62.9%)
130	<b>KARKOSZ Andrzej</b>	<b>5301</b>		Senior II M - 30	50	01:33:07	03:18:11	04:51:56	<b>06:13:13.70</b>	<b>06:13:47.70</b>	+02:20:47 (37.7%)	8:17	7.2 (62.1%)
131	<b>KOWALCZYK Adam</b>	<b>5600</b>	STS BIEGATON	Weteran I M - 50	11	01:25:29	03:07:50	04:46:22	<b>06:13:25.45</b>	<b>06:14:08.75</b>	+02:21:08 (37.7%)	8:17	7.2 (62.1%)
132	<b>BIAŁCZYK Marcin</b>	<b>5066</b>	MARATOŃCZYK POZNAŃ	Senior II M - 30	51	01:10:56	02:48:53	04:49:01	<b>06:14:04.10</b>	<b>06:14:26.30</b>	+02:21:26 (37.8%)	8:18	7.2 (62.1%)
133	<b>KAROLCZAK Aleksander</b>	<b>5487</b>		Senior I M - 20	14	01:23:23	03:07:51	04:49:45	<b>06:13:54.55</b>	<b>06:14:45.00</b>	+02:21:44 (37.8%)	8:18	7.2 (62.1%)
134	<b>MIKOŁAJCZYK Krzysztof</b>	<b>5509</b>		Masters M - 40	43	01:18:18	03:01:11	04:43:39	<b>06:14:26.70</b>	<b>06:14:45.25</b>	+02:21:45 (37.8%)	8:19	7.2 (62.1%)

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
135	<b>SYCHOWSKI Dawid</b>	<b>5055</b>		Masters M - 40	44	01:28:04	03:13:31	04:51:32	<b>06:14:14.65</b>	<b>06:15:01.90</b>	+02:22:01 (37.9%)	8:18	7.2 (62.1%)
136	<b>KARWOWSKI Maciej</b>	<b>5530</b>	PEGO.CC	Senior II M - 30	52	01:34:44	03:16:59	04:49:53	<b>06:12:45.40</b>	<b>06:15:28.70</b>	+02:22:28 (37.9%)	8:17	7.2 (62.1%)
137	<b>TABIŚ-HUBKA Rafał</b>	<b>5706</b>	RESHAPERUNNERS	Masters M - 40	45	01:24:08	03:20:42	04:54:32	<b>06:15:07.10</b>	<b>06:15:40.00</b>	+02:22:39 (38.0%)	8:20	7.2 (62.1%)
138	<b>FIGIEL Bartosz</b>	<b>5675</b>		Senior II M - 30	53	01:25:07	03:05:13	04:49:00	<b>06:14:34.20</b>	<b>06:15:41.65</b>	+02:22:41 (38.0%)	8:19	7.2 (62.1%)
139	<b>KAŃDUŁA Bartosz</b>	<b>5012</b>	BUKOWSKI KLUB BIEGACZA	Masters M - 40	46	01:25:12	03:02:14	04:49:44	<b>06:14:53.50</b>	<b>06:15:45.40</b>	+02:22:45 (38.0%)	8:19	7.2 (62.1%)
140	<b>DARON Kornel</b>	<b>5398</b>		Senior II M - 30	54	01:31:55	03:16:50	04:51:34	<b>06:14:44.80</b>	<b>06:15:59.40</b>	+02:22:59 (38.0%)	8:19	7.2 (62.1%)
141	<b>KUROWSKI Aleksander</b>	<b>5069</b>		Masters M - 40	47	01:25:21	03:11:21	04:53:06	<b>06:15:16.60</b>	<b>06:16:14.35</b>	+02:23:14 (38.1%)	8:20	7.2 (62.1%)
142	<b>LYONS Toby</b>	<b>5495</b>		Senior II M - 30	55	01:37:13	03:18:56	04:58:23	<b>06:12:58.15</b>	<b>06:16:31.30</b>	+02:23:31 (38.1%)	8:17	7.2 (62.1%)
143	<b>PAŁGAN Paweł</b>	<b>5200</b>		Senior I M - 20	15	01:14:22	02:43:28	04:35:01	<b>06:16:33.20</b>	<b>06:17:13.75</b>	+02:24:13 (38.2%)	8:22	7.2 (62.1%)
144	<b>MICHLEWICZ Danny</b>	<b>5276</b>		Senior II M - 30	56	01:37:11	03:18:57	04:58:22	<b>06:13:40.20</b>	<b>06:17:14.15</b>	+02:24:13 (38.2%)	8:18	7.2 (62.1%)
145	<b>KONIECZNY Wojciech</b>	<b>5372</b>	SII RUNNING TEAM	Masters M - 40	48	01:40:37	03:19:42	04:53:52	<b>06:13:30.90</b>	<b>06:17:14.90</b>	+02:24:14 (38.2%)	8:18	7.2 (62.1%)
146	<b>KNAP Tomasz</b>	<b>5581</b>		Masters M - 40	49	01:30:31	03:13:29	04:48:52	<b>06:16:29.05</b>	<b>06:17:27.20</b>	+02:24:27 (38.3%)	8:21	7.2 (62.1%)
147	<b>SICIAK Łukasz</b>	<b>5625</b>	ORLA KORZEŃSKO	Masters M - 40	50	01:27:00	03:10:50	04:45:17	<b>06:16:05.75</b>	<b>06:17:34.95</b>	+02:24:34 (38.3%)	8:21	7.2 (62.1%)
148	<b>HOŁYŃSKI Leszek</b>	<b>5513</b>	PAŃSTWOWA STRAŻ POŻARNA	Senior II M - 30	57	01:24:58	03:05:26	04:45:52	<b>06:16:43.90</b>	<b>06:17:37.35</b>	+02:24:37 (38.3%)	8:22	7.2 (62.1%)
149	<b>POPRAWSKI Paweł</b>	<b>5646</b>		Masters M - 40	51	01:32:32	03:14:57	04:49:31	<b>06:16:15.10</b>	<b>06:17:44.85</b>	+02:24:44 (38.3%)	8:21	7.2 (62.1%)
150	<b>PAŁCZYŃSKI Paweł</b>	<b>5591</b>		Masters M - 40	52	01:24:53	03:10:56	04:53:24	<b>06:17:39.30</b>	<b>06:17:48.65</b>	+02:24:48 (38.3%)	8:23	7.1 (61.2%)
151	<b>SOSZYŃSKA-PSTROKOŃSKA Joanna</b>	<b>5723</b>	SPORT GENERATION TEAM	Masters K - 40	6	01:33:14	03:16:12	04:53:28	<b>06:16:24.10</b>	<b>06:18:40.30</b>	+02:25:40 (38.5%)	8:21	7.2 (62.1%)
152	<b>CHEŁMIKOWSKI Mateusz</b>	<b>5042</b>	GNIEZNO	Senior II M - 30	58	01:24:03	03:05:13	04:51:31	<b>06:17:33.50</b>	<b>06:18:48.90</b>	+02:25:48 (38.5%)	8:23	7.2 (62.1%)
153	<b>BUDYCH Arek</b>	<b>5643</b>		Masters M - 40	53	01:28:20	03:09:39	04:50:55	<b>06:19:01.00</b>	<b>06:19:37.95</b>	+02:26:37 (38.6%)	8:25	7.1 (61.2%)
154	<b>LESZKIEWICZ Piotr</b>	<b>5521</b>		Masters M - 40	54	01:25:07	03:01:50	04:50:23	<b>06:16:19.60</b>	<b>06:19:40.40</b>	+02:26:40 (38.6%)	8:21	7.2 (62.1%)
155	<b>ZGRAJ Leszek</b>	<b>5719</b>	STS BIEGATON	Weteran I M - 50	12	01:30:46	03:18:20	04:56:17	<b>06:18:59.55</b>	<b>06:19:42.05</b>	+02:26:41 (38.6%)	8:25	7.1 (61.2%)
156	<b>WINCENIAK Jan</b>	<b>5219</b>		Senior I M - 20	16	01:28:15	03:12:16	04:52:32	<b>06:19:22.25</b>	<b>06:20:03.10</b>	+02:27:02 (38.7%)	8:25	7.1 (61.2%)
157	<b>TRZPIOLA Tycjan</b>	<b>5010</b>	KURACJUSZE	Senior II M - 30	59	01:26:35	03:15:12	04:54:35	<b>06:20:29.10</b>	<b>06:20:29.10</b>	+02:27:28 (38.8%)	8:27	7.1 (61.2%)

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
158	<b>GALIKOWSKI Kamil</b>	<b>5717</b>		Senior II M - 30	60	01:18:18	02:59:35	04:52:36	<b>06:21:01.35</b>	<b>06:21:15.90</b>	+02:28:15 (38.9%)	8:28	7.1 (61.2%)
159	<b>SZYPULSKI Dariusz</b>	<b>5684</b>		Weteran I M - 50	13	01:23:20	03:10:06	04:56:15	<b>06:20:56.30</b>	<b>06:21:22.55</b>	+02:28:22 (38.9%)	8:27	7.1 (61.2%)
160	<b>KRZOS Piotr</b>	<b>5352</b>		Masters M - 40	55	01:34:59	03:15:20	04:53:56	<b>06:18:30.45</b>	<b>06:21:32.35</b>	+02:28:32 (38.9%)	8:24	7.1 (61.2%)
161	<b>PASIK Michał</b>	<b>5533</b>	KALISIA NORDIC TEAM KNT	Masters M - 40	56	01:30:48	03:15:48	04:58:03	<b>06:18:33.75</b>	<b>06:21:49.30</b>	+02:28:49 (39.0%)	8:24	7.1 (61.2%)
162	<b>OSICKA Emilia</b>	<b>5705</b>		Senior II K - 30	7	01:30:03	03:17:26	04:55:42	<b>06:22:21.00</b>	<b>06:22:52.35</b>	+02:29:52 (39.1%)	8:29	7.1 (61.2%)
163	<b>NALEWAJKO Jacek</b>	<b>5208</b>	#BIEGAJLESZNO	Masters M - 40	57	01:25:43	03:08:41	04:52:38	<b>06:22:26.55</b>	<b>06:22:53.70</b>	+02:29:53 (39.1%)	8:29	7.1 (61.2%)
164	<b>WISSENTIN Eric</b>	<b>5554</b>		Masters M - 40	58	01:29:53	03:21:44	05:00:07	<b>06:22:27.55</b>	<b>06:23:37.10</b>	+02:30:36 (39.3%)	8:29	7.1 (61.2%)
165	<b>SZCZEPANIAK Alan</b>	<b>5481</b>		Senior I M - 20	17	01:24:23	03:14:22	05:00:23	<b>06:21:55.90</b>	<b>06:23:45.85</b>	+02:30:45 (39.3%)	8:29	7.1 (61.2%)
166	<b>WÓJCIAK Kacper</b>	<b>5228</b>		Senior II M - 30	61	01:29:56	03:12:53	04:53:51	<b>06:21:04.80</b>	<b>06:24:18.40</b>	+02:31:18 (39.4%)	8:28	7.1 (61.2%)
167	<b>KOWNACKA Zuzanna</b>	<b>5569</b>		Senior II K - 30	8	01:31:39	03:18:25	04:55:36	<b>06:23:59.60</b>	<b>06:24:25.15</b>	+02:31:24 (39.4%)	8:31	7 (60.3%)
168	<b>MICHALAK Lesław</b>	<b>5631</b>	N-BIKE	Masters M - 40	59	01:39:39	03:21:05	04:50:40	<b>06:21:55.35</b>	<b>06:24:28.40</b>	+02:31:28 (39.4%)	8:29	7.1 (61.2%)
169	<b>KOZIOŁ Paweł</b>	<b>5655</b>	HEJ HEJ GÓRALU	Masters M - 40	60	01:32:10	03:19:23	04:57:43	<b>06:23:42.85</b>	<b>06:24:44.25</b>	+02:31:44 (39.4%)	8:31	7 (60.3%)
170	<b>KOCOŁ Tomasz</b>	<b>5170</b>	LEKKOATLETYCZNY KLUB SPORTOWY ZIĘBICE	Masters M - 40	61	01:29:41	03:13:27	04:54:53	<b>06:24:03.95</b>	<b>06:24:59.00</b>	+02:31:58 (39.5%)	8:32	7 (60.3%)
171	<b>RADAJEWSKI Arkadiusz</b>	<b>5488</b>	CROSS KRAPKOWICE	Weteran I M - 50	14	01:32:46	03:20:55	04:58:44	<b>06:24:44.50</b>	<b>06:25:20.75</b>	+02:32:20 (39.5%)	8:32	7 (60.3%)
172	<b>KROPACZ Jacek</b>	<b>5497</b>	ALPINIKA	Masters M - 40	62	01:25:21	03:07:43	04:54:51	<b>06:24:36.70</b>	<b>06:25:29.15</b>	+02:32:28 (39.6%)	8:32	7 (60.3%)
173	<b>KIEDROWSKI Bartosz</b>	<b>5400</b>		Senior II M - 30	62	01:29:38	03:12:27	04:57:48	<b>06:23:48.55</b>	<b>06:25:35.00</b>	+02:32:34 (39.6%)	8:31	7 (60.3%)
174	<b>SZARADOWSKI Piotr</b>	<b>5324</b>	AW-SZYBCIEJ-TEAM	Weteran I M - 50	15	01:26:57	03:15:28	04:54:03	<b>06:25:15.75</b>	<b>06:25:37.85</b>	+02:32:37 (39.6%)	8:33	7 (60.3%)
175	<b>SADOWSKI Mariusz</b>	<b>5236</b>	EDC.TEAM	Masters M - 40	63	01:28:15	03:17:22	04:57:02	<b>06:25:34.70</b>	<b>06:25:42.65</b>	+02:32:42 (39.6%)	8:34	7 (60.3%)
176	<b>GRUCHOT Waldemar</b>	<b>5320</b>		Masters M - 40	64	01:31:49	03:13:31	04:51:31	<b>06:24:09.00</b>	<b>06:26:02.20</b>	+02:33:02 (39.6%)	8:32	7 (60.3%)
177	<b>IZDEBSKI Tomek</b>	<b>5169</b>	SPORT GENERATION	Masters M - 40	65	01:29:38	03:18:25	04:57:38	<b>06:24:46.25</b>	<b>06:26:32.20</b>	+02:33:32 (39.7%)	8:33	7 (60.3%)
178	<b>HRYCAJ Marcin</b>	<b>5676</b>	KB ODRA OPOLE	Masters M - 40	66	01:28:20	03:19:56	05:04:41	<b>06:26:39.70</b>	<b>06:26:53.40</b>	+02:33:53 (39.8%)	8:35	7 (60.3%)
179	<b>IWASZCZYSZYN Tomasz</b>	<b>5329</b>	RMT TEAM & PRZYJACIELE / RATEMYTRAIL.COM	Senior II M - 30	63	01:28:36	03:12:42	04:50:42	<b>06:26:12.15</b>	<b>06:26:59.40</b>	+02:33:59 (39.8%)	8:34	7 (60.3%)
180	<b>RYSKALOK Karolina</b>	<b>5453</b>	OKIEM WILKA	Senior II K - 30	9	01:34:03	03:17:51	04:52:33	<b>06:24:59.75</b>	<b>06:27:00.70</b>	+02:34:00 (39.8%)	8:33	7 (60.3%)
181	<b>PLEWA Katarzyna</b>	<b>5223</b>	GÓRYLASY	Masters K - 40	7	01:27:52	03:16:44	04:58:49	<b>06:26:42.05</b>	<b>06:27:19.25</b>	+02:34:19 (39.8%)	8:35	7 (60.3%)



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
182	<b>MATOGA Przemysław</b>	<b>5669</b>		Senior I M - 20	18	01:28:56	03:13:35	04:58:00	<b>06:26:00.60</b>	<b>06:27:35.45</b>	+02:34:35 (39.9%)	8:34	7 (60.3%)
183	<b>BOREK Jacek</b>	<b>5086</b>		Senior II M - 30	64	01:29:08	03:13:57	04:52:14	<b>06:26:11.05</b>	<b>06:27:36.95</b>	+02:34:36 (39.9%)	8:34	7 (60.3%)
184	<b>JAKIMIEC Tadeusz</b>	<b>5674</b>	KLUB SPORTOWY HUSARIA SZCZECINEK	Weteran I M - 50	16	01:25:06	03:17:21	05:02:55	<b>06:27:59.80</b>	<b>06:28:07.35</b>	+02:35:07 (40.0%)	8:37	7 (60.3%)
185	<b>BALIŃSKI Wiktor</b>	<b>5442</b>	OPTOSZWADRON	Senior I M - 20	19	01:29:07	03:15:01	04:51:42	<b>06:27:28.50</b>	<b>06:28:56.45</b>	+02:35:56 (40.1%)	8:36	7 (60.3%)
186	<b>GÓRKA Sebastian</b>	<b>5403</b>	NONAME/ DNB BIENIAS-TEAM	Masters M - 40	67	01:19:05	03:07:54	04:57:22	<b>06:29:02.45</b>	<b>06:29:22.85</b>	+02:36:22 (40.2%)	8:38	6.9 (59.5%)
187	<b>PONIATOWSKI Seweryn</b>	<b>5577</b>	TEBIA RUNNERS	Masters M - 40	68	01:28:29	03:15:53	04:58:23	<b>06:29:34.15</b>	<b>06:29:47.60</b>	+02:36:47 (40.2%)	8:39	6.9 (59.5%)
188	<b>OSIEWAŁA Patryk</b>	<b>5165</b>		Senior I M - 20	20	01:31:30	03:15:02	04:54:47	<b>06:27:43.50</b>	<b>06:29:53.60</b>	+02:36:53 (40.2%)	8:36	7 (60.3%)
189	<b>GADOMSKI Łukasz</b>	<b>5009</b>	AKTYWNOŚĆ RODZI POZYTYWNOŚĆ	Senior II M - 30	65	01:27:29	03:13:16	04:56:35	<b>06:29:16.25</b>	<b>06:30:12.75</b>	+02:37:12 (40.3%)	8:39	6.9 (59.5%)
190	<b>PODLECKI Marek</b>	<b>5388</b>	NGK RUNNING TEAM / NIGHT RUNNERS PYSKOWICE	Senior II M - 30	66	01:22:34	03:02:48	05:07:17	<b>06:29:57.60</b>	<b>06:30:28.75</b>	+02:37:28 (40.3%)	8:39	6.9 (59.5%)
191	<b>MACIEJOWSKI Michał</b>	<b>5391</b>		Senior II M - 30	67	01:24:27	03:11:34	05:05:46	<b>06:28:11.30</b>	<b>06:30:29.35</b>	+02:37:29 (40.3%)	8:37	7 (60.3%)
192	<b>BURLIDIS Elefterios</b>	<b>5529</b>	SPARTA TEAM	Masters M - 40	69	01:38:38	03:29:49	05:02:07	<b>06:28:27.40</b>	<b>06:30:37.00</b>	+02:37:36 (40.3%)	8:37	7 (60.3%)
193	<b>JARUS Jan</b>	<b>5021</b>	JAGRO	Senior II M - 30	68	01:33:06	03:24:12	05:02:46	<b>06:31:10.95</b>	<b>06:31:24.10</b>	+02:38:23 (40.5%)	8:41	6.9 (59.5%)
194	<b>SZACHEWICZ Sławomir</b>	<b>5608</b>	NOA	Masters M - 40	70	01:22:07	02:55:41	04:57:15	<b>06:28:23.80</b>	<b>06:31:36.05</b>	+02:38:35 (40.5%)	8:37	7 (60.3%)
195	<b>SZCZYGIĘŁ Agnieszka</b>	<b>5369</b>		Senior II K - 30	10	01:29:28	03:22:34	05:03:21	<b>06:30:37.15</b>	<b>06:31:47.40</b>	+02:38:47 (40.5%)	8:40	6.9 (59.5%)
196	<b>SULMA Agnieszka</b>	<b>5115</b>	PRO-RUN	Masters K - 40	8	01:38:45	03:21:39	05:00:21	<b>06:28:38.50</b>	<b>06:31:56.15</b>	+02:38:55 (40.6%)	8:38	6.9 (59.5%)
197	<b>MARCINIAK Tomasz</b>	<b>5687</b>	RADOMNO BIEGA	Masters M - 40	71	01:41:40	03:25:44	05:04:41	<b>06:29:37.80</b>	<b>06:32:03.80</b>	+02:39:03 (40.6%)	8:39	6.9 (59.5%)
198	<b>PIÓRKO Piotr</b>	<b>5097</b>		Masters M - 40	72	01:28:45	03:18:29	04:57:53	<b>06:32:09.35</b>	<b>06:32:24.30</b>	+02:39:24 (40.6%)	8:42	6.9 (59.5%)
199	<b>BIERNACKI Radek</b>	<b>5002</b>	PROSTOZTRENINGU	Masters M - 40	73	01:23:07	03:09:43	05:03:33	<b>06:30:09.25</b>	<b>06:32:52.75</b>	+02:39:52 (40.7%)	8:40	6.9 (59.5%)
200	<b>ORECKI Radosław</b>	<b>5267</b>		Senior II M - 30	69	01:27:30	03:17:02	05:01:34	<b>06:32:29.55</b>	<b>06:33:53.00</b>	+02:40:52 (40.8%)	8:43	6.9 (59.5%)
201	<b>MARIN Alberto</b>	<b>5101</b>		Senior II M - 30	70	01:29:27	03:15:35	05:01:42	<b>06:31:42.55</b>	<b>06:34:03.05</b>	+02:41:02 (40.9%)	8:42	6.9 (59.5%)
202	<b>MACHNICKA Wiktoria</b>	<b>5560</b>		Senior I K - 20	3	01:29:56	03:18:03	05:04:07	<b>06:33:29.25</b>	<b>06:34:06.40</b>	+02:41:06 (40.9%)	8:44	6.9 (59.5%)
203	<b>KONIECZNY Justyna</b>	<b>5153</b>	NIGHT RUNNERS PYSKOWICE	Masters K - 40	9	01:32:40	03:28:07	05:11:11	<b>06:33:58.20</b>	<b>06:34:26.90</b>	+02:41:26 (40.9%)	8:45	6.9 (59.5%)
204	<b>KUJAWIŃSKI Artur</b>	<b>5693</b>	KB MANIAC POZNAŃ / MANIAC TEAM	Masters M - 40	74	01:28:57			<b>06:34:41.00</b>	<b>06:34:41.00</b>	+02:41:40 (41.0%)	8:46	6.8 (58.6%)
205	<b>ŁASSA Rafał</b>	<b>5266</b>	PARKABIEGA	Senior I M - 20	21	01:35:40	03:23:41	05:03:59	<b>06:32:52.85</b>	<b>06:34:41.70</b>	+02:41:41 (41.0%)	8:43	6.9 (59.5%)

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
206	<b>ŁASSA Eliza</b>	<b>5265</b>	SKLEP BIEGACZA RUNNING TEAM / PARKABIEGA	Senior I K - 20	4	01:35:40	03:23:42	05:03:59	<b>06:32:53.75</b>	<b>06:34:41.85</b>	+02:41:41 (41.0%)	8:43	6.9 (59.5%)
207	<b>ZGRAJ Katarzyna</b>	<b>5720</b>	STS BIEGATON MIKOŁÓW	Weteran K - 50	2	01:40:25	03:30:30	05:11:24	<b>06:33:13.95</b>	<b>06:34:49.60</b>	+02:41:49 (41.0%)	8:44	6.9 (59.5%)
208	<b>STRZYŻEWSKI Paweł</b>	<b>5556</b>		Masters M - 40	75	01:30:08	03:21:37	05:00:42	<b>06:34:34.50</b>	<b>06:35:09.70</b>	+02:42:09 (41.0%)	8:46	6.8 (58.6%)
209	<b>TOMASZEK Sebastian</b>	<b>5185</b>		Weteran I M - 50	17	01:23:02	03:10:04	05:01:14	<b>06:35:51.35</b>	<b>06:35:55.85</b>	+02:42:55 (41.2%)	8:47	6.8 (58.6%)
210	<b>KARLIK Łukasz</b>	<b>5419</b>	ES TEAM	Masters M - 40	76	01:33:25	03:22:22	05:01:35	<b>06:35:16.95</b>	<b>06:36:03.00</b>	+02:43:02 (41.2%)	8:47	6.8 (58.6%)
211	<b>BORKOWSKI Michał</b>	<b>5728</b>	CB163	Senior II M - 30	71	01:32:27	03:21:27	05:07:48	<b>06:35:22.55</b>	<b>06:36:07.45</b>	+02:43:07 (41.2%)	8:47	6.8 (58.6%)
212	<b>WNUK Tomasz</b>	<b>5707</b>	BREMBO	Masters M - 40	77	01:40:12	03:28:25	05:09:50	<b>06:35:01.50</b>	<b>06:36:41.25</b>	+02:43:41 (41.3%)	8:46	6.8 (58.6%)
213	<b>FLYNN Damien</b>	<b>5437</b>		Weteran I M - 50	18	01:27:49	03:16:18	05:10:28	<b>06:36:20.45</b>	<b>06:37:29.50</b>	+02:44:29 (41.4%)	8:48	6.8 (58.6%)
214	<b>BUJALSKA Agata</b>	<b>5378</b>		Senior II K - 30	11	01:36:52	03:26:26	05:07:19	<b>06:36:58.10</b>	<b>06:38:04.95</b>	+02:45:04 (41.5%)	8:49	6.8 (58.6%)
215	<b>BAJONCZAK Adam</b>	<b>5461</b>	MOCNA GRUPA CEZARA	Senior I M - 20	22	01:29:57	03:17:19	05:05:52	<b>06:36:38.65</b>	<b>06:38:11.30</b>	+02:45:11 (41.5%)	8:48	6.8 (58.6%)
216	<b>KOLASIŃSKI Jakub</b>	<b>5335</b>	DIRTY SPARROWS	Senior II M - 30	72	01:37:44	03:25:13	05:07:17	<b>06:36:30.95</b>	<b>06:38:28.95</b>	+02:45:28 (41.5%)	8:48	6.8 (58.6%)
217	<b>OLECHOWSKI Filip</b>	<b>5315</b>		Senior I M - 20	23				<b>06:39:11.00</b>	<b>06:39:11.00</b>	+02:46:10 (41.6%)	8:52	6.8 (58.6%)
218	<b>BACHURSKI Marek</b>	<b>5072</b>	PASJA 4K	Senior II M - 30	73	01:31:43	03:17:53	04:59:57	<b>06:37:38.60</b>	<b>06:39:34.40</b>	+02:46:34 (41.7%)	8:50	6.8 (58.6%)
219	<b>JANOSZCZYK Monika</b>	<b>5623</b>		Masters K - 40	10	01:40:22	03:25:35	05:08:40	<b>06:38:07.90</b>	<b>06:40:01.20</b>	+02:47:01 (41.8%)	8:50	6.8 (58.6%)
220	<b>FLORCZAK Sylwia</b>	<b>5285</b>	SZAKALE BAŁUT ŁÓDŹ	Weteran K - 50	3	01:32:53	03:26:53	05:14:53	<b>06:39:43.40</b>	<b>06:40:07.80</b>	+02:47:07 (41.8%)	8:52	6.8 (58.6%)
221	<b>HOMAN Stan</b>	<b>5641</b>	RYCERZE ORTALIONU POD WEZWANIEM ŚW. BACY Z PIOTROWA	Senior II M - 30	74	01:30:44	03:20:11	05:05:18	<b>06:39:43.10</b>	<b>06:40:29.50</b>	+02:47:29 (41.8%)	8:52	6.8 (58.6%)
222	<b>WALAS Andrzej</b>	<b>5158</b>	PRO-RUN WROCŁAW	Senior II M - 30	75	01:30:46	03:17:49	05:03:40	<b>06:37:26.15</b>	<b>06:40:44.10</b>	+02:47:43 (41.9%)	8:49	6.8 (58.6%)
223	<b>MIELNIK Karol</b>	<b>5084</b>		Senior II M - 30	76	01:38:05	03:27:46	05:09:17	<b>06:39:11.90</b>	<b>06:40:48.40</b>	+02:47:48 (41.9%)	8:52	6.8 (58.6%)
224	<b>WUJDA Mirosław</b>	<b>5133</b>	ERNI RULEZ	Masters M - 40	78	01:40:57	03:29:53	05:13:02	<b>06:40:06.60</b>	<b>06:41:02.45</b>	+02:48:02 (41.9%)	8:53	6.7 (57.8%)
225	<b>FEODORÓW Wojciech</b>	<b>5710</b>	RESHAPERUNNERS	Weteran I M - 50	19	01:28:14	03:20:43	05:02:24	<b>06:40:35.90</b>	<b>06:41:08.30</b>	+02:48:08 (41.9%)	8:54	6.7 (57.8%)
226	<b>SOKOŁOWSKI Sławomir</b>	<b>5083</b>	BESKID MAŁY JEST WSPANIAŁY	Masters M - 40	79	01:40:56	03:34:13	05:13:41	<b>06:40:21.00</b>	<b>06:41:34.40</b>	+02:48:34 (42.0%)	8:53	6.7 (57.8%)
227	<b>ZIELIŃSKI Marcin</b>	<b>5621</b>		Senior II M - 30	77	01:32:22	03:25:23	05:14:36	<b>06:38:45.55</b>	<b>06:41:35.25</b>	+02:48:35 (42.0%)	8:51	6.8 (58.6%)
228	<b>SASIM Jordan</b>	<b>5662</b>	ING BANK	Masters M - 40	80	01:42:35	03:34:22	05:16:49	<b>06:39:28.50</b>	<b>06:41:59.90</b>	+02:48:59 (42.0%)	8:52	6.8 (58.6%)
229	<b>PIASECKI Rafał</b>	<b>5564</b>		Senior II M - 30	78	01:27:52	03:16:50	05:10:14	<b>06:40:33.50</b>	<b>06:42:05.15</b>	+02:49:04 (42.1%)	8:54	6.7 (57.8%)

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
230	<b>BENZE Roberts</b>	<b>5037</b>		Masters M - 40	81	01:40:41	03:34:12	05:17:40	<b>06:40:45.30</b>	<b>06:42:28.20</b>	+02:49:28 (42.1%)	8:54	6.7 (57.8%)
231	<b>PIOTROWSKI Jan</b>	<b>5484</b>	KLUB BIEGOWY ODRA OPOLE	Masters M - 40	82	01:30:59	03:23:13	05:16:09	<b>06:42:42.05</b>	<b>06:42:56.95</b>	+02:49:56 (42.2%)	8:56	6.7 (57.8%)
232	<b>KUŚ Iwona</b>	<b>5553</b>	KLUB BIEGOWY ODRA OPOLE	Masters K - 40	11	01:31:12	03:23:12	05:15:56	<b>06:42:42.90</b>	<b>06:42:57.05</b>	+02:49:56 (42.2%)	8:56	6.7 (57.8%)
233	<b>RICHERT Wojciech</b>	<b>5371</b>	SII RUNNING TEAM	Senior I M - 20	24	01:31:33	03:22:16	05:07:15	<b>06:40:57.15</b>	<b>06:42:59.80</b>	+02:49:59 (42.2%)	8:54	6.7 (57.8%)
234	<b>NOSAL Przemysław</b>	<b>5302</b>		Masters M - 40	83	01:37:37	03:18:36	05:13:05	<b>06:40:55.40</b>	<b>06:43:03.25</b>	+02:50:03 (42.2%)	8:54	6.7 (57.8%)
235	<b>PAJDOSZ Katarzyna</b>	<b>5363</b>	KB BIAŁA BIEGA	Masters K - 40	12	01:43:24	03:39:44	05:19:55	<b>06:41:02.70</b>	<b>06:43:09.90</b>	+02:50:09 (42.2%)	8:54	6.7 (57.8%)
236	<b>KNUT-POTOCZNIK Gabriela</b>	<b>5475</b>		Masters K - 40	13	01:28:24	03:19:31	05:14:31	<b>06:42:49.45</b>	<b>06:43:14.00</b>	+02:50:13 (42.2%)	8:57	6.7 (57.8%)
237	<b>GÓRTATOWSKI Julian</b>	<b>5644</b>	BIKE CLUB PRABUTY	Senior I M - 20	25	01:33:54	03:24:52	05:13:35	<b>06:41:56.25</b>	<b>06:43:16.20</b>	+02:50:16 (42.2%)	8:55	6.7 (57.8%)
238	<b>LUBELSKI Adam</b>	<b>5598</b>	JOGIBABUUU	Masters M - 40	84	01:28:54	03:27:27	05:19:15	<b>06:44:23.65</b>	<b>06:44:23.65</b>	+02:51:23 (42.4%)	8:59	6.7 (57.8%)
239	<b>ŁAPAWA Tomasz</b>	<b>5068</b>	JUTROSIŃSKI KLUB BIEGACZY	Masters M - 40	85	01:33:26	03:26:58	05:16:22	<b>06:44:22.05</b>	<b>06:44:34.25</b>	+02:51:34 (42.4%)	8:59	6.7 (57.8%)
240	<b>DUMKIEWICZ Grzegorz</b>	<b>5333</b>		Masters M - 40	86	01:40:58	03:26:51	05:08:49	<b>06:42:17.45</b>	<b>06:45:09.80</b>	+02:52:09 (42.5%)	8:56	6.7 (57.8%)
241	<b>SCHWARZ Marek</b>	<b>5613</b>	PRO366	Senior II M - 30	79	01:30:18	03:25:29	05:16:17	<b>06:45:04.60</b>	<b>06:45:22.10</b>	+02:52:21 (42.5%)	9:00	6.7 (57.8%)
242	<b>WEBER Michał</b>	<b>5508</b>		Senior II M - 30	80	01:29:30	03:19:44	05:09:30	<b>06:44:59.85</b>	<b>06:46:03.65</b>	+02:53:03 (42.6%)	8:59	6.7 (57.8%)
243	<b>KULIK Karolina</b>	<b>5496</b>	TRAIL IS OUR WAY	Senior II K - 30	12	01:41:04	03:29:26	05:12:35	<b>06:43:39.80</b>	<b>06:46:05.20</b>	+02:53:05 (42.6%)	8:58	6.7 (57.8%)
244	<b>KOLLERTOVIÁ Lucie</b>	<b>5296</b>	STG TRINEC	Masters K - 40	14	01:37:08	03:30:03	05:14:11	<b>06:45:06.50</b>	<b>06:46:40.40</b>	+02:53:40 (42.7%)	9:00	6.7 (57.8%)
245	<b>GAWRECKA Beata</b>	<b>5056</b>	JUTROSIŃSKI KLUB BIEGACZY	Masters K - 40	15	01:35:25	03:33:11	05:17:00	<b>06:46:32.55</b>	<b>06:46:44.50</b>	+02:53:44 (42.7%)	9:02	6.6 (56.9%)
246	<b>ŁODEJ Krzysztof</b>	<b>5680</b>	LZS MAKOSZYN / STOKOWCZYKI TEAM	Masters M - 40	87	01:36:00	03:25:15	05:08:52	<b>06:45:12.00</b>	<b>06:47:12.10</b>	+02:54:11 (42.8%)	9:00	6.7 (57.8%)
247	<b>NOWAKOWSKI Paweł</b>	<b>5682</b>	LZS MAKOSZYN / STOKOWCZYKI TEAM	Senior II M - 30	81	01:36:02	03:25:13	05:08:52	<b>06:45:12.20</b>	<b>06:47:12.20</b>	+02:54:12 (42.8%)	9:00	6.7 (57.8%)
248	<b>MAJEWICZ Grzegorz</b>	<b>5054</b>		Masters M - 40	88	01:43:06	03:34:46	05:16:19	<b>06:46:12.80</b>	<b>06:47:21.65</b>	+02:54:21 (42.8%)	9:01	6.6 (56.9%)
249	<b>OLEJNIK Agnieszka</b>	<b>5392</b>	ENDORFINY WĄSOSZ	Masters K - 40	16	01:39:28	03:33:46	05:22:05	<b>06:47:14.65</b>	<b>06:47:26.95</b>	+02:54:26 (42.8%)	9:02	6.6 (56.9%)
250	<b>KAŃDUŁA Damian</b>	<b>5011</b>		Masters M - 40	89	01:30:26	03:23:52	05:19:13	<b>06:46:51.00</b>	<b>06:47:41.35</b>	+02:54:41 (42.8%)	9:02	6.6 (56.9%)
251	<b>BENEŠ Juraj</b>	<b>5550</b>	MALOKARPATACI	Weteran I M - 50	20	01:41:25	03:34:31	05:19:56	<b>06:46:52.55</b>	<b>06:47:45.15</b>	+02:54:44 (42.9%)	9:02	6.6 (56.9%)
252	<b>NOWAK Marta</b>	<b>5415</b>		Masters K - 40	17	01:44:28	03:39:09	05:21:14	<b>06:45:37.85</b>	<b>06:48:14.35</b>	+02:55:14 (42.9%)	9:00	6.7 (57.8%)

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
253	<b>KOBIERSKI Michał</b>	<b>5082</b>	BEZ SPINY	Masters M - 40	90	01:42:00	03:35:09	05:14:44	<b>06:45:23.80</b>	<b>06:48:31.75</b>	+02:55:31 (43.0%)	9:00	6.7 (57.8%)
254	<b>PYSZYNSKI Mariusz</b>	<b>5547</b>		Masters M - 40	91	01:41:23	03:31:04	05:10:51	<b>06:48:00.70</b>	<b>06:48:41.40</b>	+02:55:41 (43.0%)	9:04	6.6 (56.9%)
255	<b>ZONKOVÁ Petra</b>	<b>5455</b>	OPAVA	Senior II K - 30	13	01:35:35	03:35:14	05:18:00	<b>06:48:39.20</b>	<b>06:49:29.00</b>	+02:56:28 (43.1%)	9:04	6.6 (56.9%)
256	<b>IHNATOWICZ Aleksandra</b>	<b>5237</b>		Masters K - 40	18	01:31:34	03:22:21	05:21:04	<b>06:47:30.75</b>	<b>06:49:32.60</b>	+02:56:32 (43.1%)	9:03	6.6 (56.9%)
257	<b>GRZEŚKOWIAK Adam</b>	<b>5510</b>		Senior I M - 20	26	01:42:00	03:29:17	05:20:25	<b>06:48:58.60</b>	<b>06:49:47.30</b>	+02:56:47 (43.1%)	9:05	6.6 (56.9%)
258	<b>KIŃCZYK Tomasz</b>	<b>5482</b>	BIEGNIJ OŁAWO	Masters M - 40	92	01:37:33	03:31:14	05:17:05	<b>06:49:37.20</b>	<b>06:49:56.35</b>	+02:56:56 (43.2%)	9:06	6.6 (56.9%)
259	<b>KRUPIŃSKA Andżelika</b>	<b>5452</b>	DROGA DO ULTRA / POLITECHNIKA POZNAŃSKA	Senior II K - 30	14	01:37:41	03:31:16	05:16:29	<b>06:49:38.35</b>	<b>06:49:56.45</b>	+02:56:56 (43.2%)	9:06	6.6 (56.9%)
260	<b>KARCZ Bartłomiej</b>	<b>5274</b>	MILANO BAĆKOWICE	Senior I M - 20	27	01:32:03	03:26:48	05:15:01	<b>06:49:36.50</b>	<b>06:50:38.50</b>	+02:57:38 (43.3%)	9:06	6.6 (56.9%)
261	<b>PIWKO Artur</b>	<b>5348</b>		Masters M - 40	93	01:43:32	03:37:37	05:21:07	<b>06:50:55.80</b>	<b>06:50:55.80</b>	+02:57:55 (43.3%)	9:07	6.6 (56.9%)
262	<b>CZAJKOWSKI Stefan</b>	<b>5470</b>	OBORNICKI KLUB LEKKOATLETYCZNY	Senior I M - 20	28	01:28:49	03:16:32	05:11:27	<b>06:49:25.30</b>	<b>06:51:12.45</b>	+02:58:12 (43.3%)	9:05	6.6 (56.9%)
263	<b>PRZYBYLSKI Krzysztof</b>	<b>5541</b>	Q-TEAM	Weteran I M - 50	21	01:37:33	03:34:26	05:23:37	<b>06:49:09.65</b>	<b>06:51:18.10</b>	+02:58:17 (43.3%)	9:05	6.6 (56.9%)
264	<b>TYLKOWSKI Filip</b>	<b>5601</b>		Senior I M - 20	29	01:25:46	03:23:18	05:16:56	<b>06:50:06.85</b>	<b>06:51:22.65</b>	+02:58:22 (43.4%)	9:06	6.6 (56.9%)
265	<b>WITCZAK Marysia</b>	<b>5321</b>	STREET RUN RADOM	Senior II K - 30	15	01:31:56	03:19:41	05:10:38	<b>06:51:14.00</b>	<b>06:51:28.25</b>	+02:58:28 (43.4%)	9:08	6.6 (56.9%)
266	<b>ŠTENCEL Jiří</b>	<b>5639</b>	FULNEK	Weteran II M - 60	2	01:34:18	03:32:45	05:20:52	<b>06:50:45.30</b>	<b>06:51:34.90</b>	+02:58:34 (43.4%)	9:07	6.6 (56.9%)
267	<b>GIBALSKA Marzena</b>	<b>5709</b>	OBORYGENI	Weteran K - 50	4	01:34:27	03:32:50	05:18:43	<b>06:51:03.70</b>	<b>06:52:09.30</b>	+02:59:09 (43.5%)	9:08	6.6 (56.9%)
268	<b>CZERNIAK Agnieszka</b>	<b>5206</b>	PIĄTKOWO NA BIEGOWO POZNAŃ	Masters K - 40	19	01:41:13	03:30:11	05:15:00	<b>06:50:46.00</b>	<b>06:52:13.10</b>	+02:59:12 (43.5%)	9:07	6.6 (56.9%)
269	<b>FRYZIEL Norbert</b>	<b>5565</b>	ULTRA DZIADY	Weteran I M - 50	22	01:33:53	03:27:25	05:19:52	<b>06:51:01.90</b>	<b>06:52:19.20</b>	+02:59:19 (43.5%)	9:08	6.6 (56.9%)
270	<b>PASEK Paweł</b>	<b>5396</b>		Senior II M - 30	82	01:37:04	03:30:33	05:12:49	<b>06:49:13.60</b>	<b>06:52:28.80</b>	+02:59:28 (43.5%)	9:05	6.6 (56.9%)
271	<b>CIEŚLAK Krzysztof</b>	<b>5699</b>	ULTRAFAZA	Masters M - 40	94	01:40:41	03:40:10	05:38:56	<b>06:48:56.40</b>	<b>06:52:35.20</b>	+02:59:35 (43.5%)	9:05	6.6 (56.9%)
272	<b>ZIÓŁEK Rafał</b>	<b>5322</b>		Senior II M - 30	83	01:30:41	03:18:29	05:11:31	<b>06:50:31.80</b>	<b>06:52:55.65</b>	+02:59:55 (43.6%)	9:07	6.6 (56.9%)
273	<b>GRADEL Dawid</b>	<b>5001</b>		Masters M - 40	95	01:34:02	03:30:11	05:18:19	<b>06:53:04.20</b>	<b>06:53:39.90</b>	+03:00:39 (43.7%)	9:10	6.5 (56.0%)
274	<b>DZIOPA Aleksander</b>	<b>5123</b>		Senior I M - 20	30	01:41:10	03:29:58	05:16:52	<b>06:51:49.15</b>	<b>06:53:41.20</b>	+03:00:41 (43.7%)	9:09	6.6 (56.9%)
275	<b>PIORUN Maciej</b>	<b>5087</b>		Senior I M - 20	31	01:41:08	03:29:57	05:16:51	<b>06:51:50.20</b>	<b>06:53:43.70</b>	+03:00:43 (43.7%)	9:09	6.6 (56.9%)
276	<b>STASIAK Łukasz</b>	<b>5248</b>		Masters M - 40	96	01:43:45	03:38:45	05:20:34	<b>06:50:52.55</b>	<b>06:53:49.40</b>	+03:00:49 (43.7%)	9:07	6.6 (56.9%)

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
277	<b>MARCINKIEWICZ Agnieszka</b>	<b>5721</b>		Senior II K - 30	16	01:34:40	03:31:32	05:21:00	<b>06:53:30.30</b>	<b>06:54:16.05</b>	+03:01:15 (43.8%)	9:11	6.5 (56.0%)
278	<b>CZARDYBON Laura</b>	<b>5434</b>		Masters K - 40	20	01:45:23	03:41:37	05:24:37	<b>06:52:39.25</b>	<b>06:54:16.15</b>	+03:01:15 (43.8%)	9:10	6.5 (56.0%)
279	<b>TOMICZEK Tomasz</b>	<b>5436</b>	HEINEKEN KRAKOW RUNNING CLUB	Senior II M - 30	84	01:40:52	03:24:18	05:21:48	<b>06:51:26.70</b>	<b>06:54:26.70</b>	+03:01:26 (43.8%)	9:08	6.6 (56.9%)
280	<b>ZIELIŃSKA Dorota</b>	<b>5420</b>	ADIDAS RUNNERS WARSAW	Senior I K - 20	5	01:28:06	03:21:33	05:05:27	<b>06:54:12.40</b>	<b>06:54:37.05</b>	+03:01:36 (43.8%)	9:12	6.5 (56.0%)
281	<b>KORCZYŃSKA Agata</b>	<b>5726</b>		Masters K - 40	21	01:41:20	03:42:05	05:29:01	<b>06:53:29.60</b>	<b>06:55:01.40</b>	+03:02:01 (43.9%)	9:11	6.5 (56.0%)
282	<b>FRAŃSKI Łukasz</b>	<b>5131</b>	NKB CHYŻY NOWY TOMYŚL	Masters M - 40	97	01:39:21	03:30:24	05:21:33	<b>06:52:49.55</b>	<b>06:55:12.40</b>	+03:02:12 (43.9%)	9:10	6.5 (56.0%)
283	<b>GOIKE Piotr</b>	<b>5306</b>		Senior I M - 20	32	01:29:14	03:20:41	05:20:24	<b>06:53:09.75</b>	<b>06:55:13.75</b>	+03:02:13 (43.9%)	9:10	6.5 (56.0%)
284	<b>GRYCMAN Łukasz</b>	<b>5661</b>	SPARTA ULTRA TEAM	Masters M - 40	98	01:33:32	03:25:48	05:21:50	<b>06:53:21.15</b>	<b>06:55:17.40</b>	+03:02:17 (43.9%)	9:11	6.5 (56.0%)
285	<b>KŁACZKIEWICZ Magdalena</b>	<b>5593</b>	KB SZAMOTUŁY	Senior I K - 20	6	01:35:22	03:26:53	05:22:19	<b>06:54:01.90</b>	<b>06:56:06.30</b>	+03:03:06 (44.0%)	9:12	6.5 (56.0%)
286	<b>SMIESZKOŁ Sonia</b>	<b>5691</b>		Masters K - 40	22	01:36:30	03:34:37	05:27:47	<b>06:55:10.30</b>	<b>06:56:10.00</b>	+03:03:09 (44.0%)	9:13	6.5 (56.0%)
287	<b>BUGAJ Alan</b>	<b>5334</b>		Senior II M - 30	85	01:34:26	03:29:07	05:23:18	<b>06:54:58.45</b>	<b>06:56:17.95</b>	+03:03:17 (44.0%)	9:13	6.5 (56.0%)
288	<b>BUTRYN Wojciech</b>	<b>5016</b>		Weteran I M - 50	23	01:42:05	03:34:51	05:20:59	<b>06:55:49.00</b>	<b>06:56:40.25</b>	+03:03:40 (44.1%)	9:14	6.5 (56.0%)
289	<b>GOŁOFIT Piotr</b>	<b>5163</b>	PRO-RUN WROCŁAW	Senior II M - 30	86	01:33:24	03:32:12	05:27:44	<b>06:53:27.80</b>	<b>06:56:51.15</b>	+03:03:50 (44.1%)	9:11	6.5 (56.0%)
290	<b>WICZKOWSKI Konrad</b>	<b>5695</b>		Senior II M - 30	87	01:24:19	03:16:39	05:26:59	<b>06:55:34.25</b>	<b>06:57:03.15</b>	+03:04:02 (44.1%)	9:14	6.5 (56.0%)
291	<b>POWĘŻKA Jacek</b>	<b>5410</b>	ORANGE POLSKA	Senior II M - 30	88	01:46:25	03:41:10	05:27:20	<b>06:54:21.10</b>	<b>06:57:07.05</b>	+03:04:06 (44.1%)	9:12	6.5 (56.0%)
292	<b>GRZYBOWSKI Rafał</b>	<b>5528</b>		Masters M - 40	99	01:31:46	03:34:06	05:28:41	<b>06:55:43.30</b>	<b>06:57:27.75</b>	+03:04:27 (44.2%)	9:14	6.5 (56.0%)
293	<b>JASCHOK Marcin</b>	<b>5263</b>	MANGOMARACUJA	Masters M - 40	100	01:40:31	03:29:31	05:28:29	<b>06:54:48.80</b>	<b>06:58:06.15</b>	+03:05:05 (44.3%)	9:13	6.5 (56.0%)
294	<b>PERLIŃSKI Mirosław</b>	<b>5261</b>	ASSECO ACTIVE TEAM	Masters M - 40	101	01:43:34	03:41:53	05:27:31	<b>06:55:05.80</b>	<b>06:58:14.10</b>	+03:05:13 (44.3%)	9:13	6.5 (56.0%)
295	<b>BIESZCZAD Maciej</b>	<b>5317</b>		Senior II M - 30	89	01:27:40	03:23:41	05:16:32	<b>06:57:10.05</b>	<b>06:58:21.80</b>	+03:05:21 (44.3%)	9:16	6.5 (56.0%)
296	<b>PIELATOWSKI Adam</b>	<b>5367</b>	#ZALINIAMETY / DIRTY SPARROWS	Senior II M - 30	90	01:28:08	03:14:38	05:07:46	<b>06:57:40.40</b>	<b>06:58:30.90</b>	+03:05:30 (44.3%)	9:16	6.5 (56.0%)
297	<b>ŁATKA Mateusz</b>	<b>5278</b>		Senior II M - 30	91	01:42:33	03:42:36	05:30:28	<b>06:55:45.70</b>	<b>06:58:34.95</b>	+03:05:34 (44.3%)	9:14	6.5 (56.0%)
298	<b>MARZEC Katarzyna</b>	<b>5604</b>	STRZELCE OPOLSKIE	Masters K - 40	23	01:33:09	03:29:37	05:22:31	<b>06:58:17.75</b>	<b>06:58:44.05</b>	+03:05:43 (44.4%)	9:17	6.5 (56.0%)
299	<b>RAJZER Piotr</b>	<b>5030</b>		Senior II M - 30	92	01:42:50	03:39:50	05:26:47	<b>06:57:36.65</b>	<b>06:58:50.90</b>	+03:05:50 (44.4%)	9:16	6.5 (56.0%)
300	<b>SURÓWKA Wiktoria</b>	<b>5579</b>		Senior II K - 30	17	01:37:15	03:35:11	05:28:10	<b>06:58:26.35</b>	<b>06:59:20.45</b>	+03:06:20 (44.4%)	9:17	6.5 (56.0%)

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
301	<b>SURÓWKA Franciszka</b>	<b>5578</b>	RUNNERS TEAM NYSA	Weteran II K - 60	1	01:37:25	03:35:37	05:28:10	<b>06:58:34.45</b>	<b>06:59:28.75</b>	+03:06:28 (44.5%)	9:18	6.5 (56.0%)
302	<b>POTERSKI Mateusz</b>	<b>5739</b>	MJP DRUK	Masters M - 40	102	01:32:36	03:31:20	05:22:13	<b>06:58:54.65</b>	<b>06:59:38.55</b>	+03:06:38 (44.5%)	9:18	6.4 (55.2%)
303	<b>ANDRZEJEWSKI Martin</b>	<b>5527</b>	VALHALLA!	Senior II M - 30	93	01:50:40	03:39:50	05:27:24	<b>06:56:20.20</b>	<b>07:00:06.00</b>	+03:07:05 (44.5%)	9:15	6.5 (56.0%)
304	<b>GANDYRA Rafał</b>	<b>5469</b>		Masters M - 40	103	01:28:11	03:21:57	05:13:56	<b>06:59:15.10</b>	<b>07:00:12.45</b>	+03:07:12 (44.6%)	9:19	6.4 (55.2%)
305	<b>ZDAŃSKI Paweł</b>	<b>5120</b>		Masters M - 40	104	01:37:30	03:31:24	05:26:59	<b>06:59:28.55</b>	<b>07:00:19.80</b>	+03:07:19 (44.6%)	9:19	6.4 (55.2%)
306	<b>KĘDZIORA Aleksandra</b>	<b>5360</b>		Masters K - 40	24	01:43:13	03:43:36	05:28:50	<b>06:59:59.75</b>	<b>07:01:02.95</b>	+03:08:02 (44.7%)	9:19	6.4 (55.2%)
307	<b>WALASZCZYK Anna</b>	<b>5632</b>		Masters K - 40	25	01:37:43	03:35:37	05:28:58	<b>07:01:05.15</b>	<b>07:01:05.15</b>	+03:08:04 (44.7%)	9:21	6.4 (55.2%)
308	<b>KRUSZEWSKA Asia</b>	<b>5204</b>	ADIDAS RUNNERS POZNAŃ	Senior II K - 30	18		03:43:52	05:30:38	<b>06:58:17.70</b>	<b>07:01:05.55</b>	+03:08:05 (44.7%)	9:17	6.5 (56.0%)
309	<b>GRACH Aleksandra</b>	<b>5690</b>		Masters K - 40	26	01:36:30	03:35:05	05:28:00	<b>07:00:05.35</b>	<b>07:01:05.65</b>	+03:08:05 (44.7%)	9:20	6.4 (55.2%)
310	<b>KUBAREK Michał</b>	<b>5319</b>		Senior II M - 30	94	01:40:27	03:33:53	05:22:26	<b>06:58:15.15</b>	<b>07:01:16.90</b>	+03:08:16 (44.7%)	9:17	6.5 (56.0%)
311	<b>TILZEN Krystian</b>	<b>5737</b>	DRUŻYNA ORZECHA ŻYRARDÓW	Senior I M - 20	33	01:28:26	03:17:18	05:26:05	<b>06:59:11.00</b>	<b>07:01:22.10</b>	+03:08:21 (44.7%)	9:18	6.4 (55.2%)
312	<b>WYWIĄŁ Łukasz</b>	<b>5476</b>	SAINT-GOBAIN SQUAD	Masters M - 40	105	01:39:08	03:30:01	05:26:11	<b>06:58:21.60</b>	<b>07:01:33.75</b>	+03:08:33 (44.7%)	9:17	6.5 (56.0%)
313	<b>WOJTOWICZ Karolina</b>	<b>5239</b>	4T TARNOWSKIE TERMY TRIATHLON TEAM	Senior II K - 30	19	01:42:04	03:35:10	05:22:08	<b>06:58:38.55</b>	<b>07:01:37.45</b>	+03:08:37 (44.7%)	9:18	6.4 (55.2%)
314	<b>KIEŁBASIŃSKI Michał</b>	<b>5064</b>	SPORT GENERATION	Senior II M - 30	95	01:29:36	03:19:45	05:08:37	<b>07:00:08.90</b>	<b>07:01:56.15</b>	+03:08:55 (44.8%)	9:20	6.4 (55.2%)
315	<b>URBANEK Krzysztof</b>	<b>5549</b>	SPORT GENERATION	Masters M - 40	106	01:29:37	03:19:46	05:10:52	<b>07:00:09.70</b>	<b>07:01:56.30</b>	+03:08:56 (44.8%)	9:20	6.4 (55.2%)
316	<b>ANDRZEJCZAK Anna</b>	<b>5255</b>	NKB CHYŻY NOWY TOMYŚL	Masters K - 40	27	01:40:26	03:41:56	05:28:47	<b>06:59:33.45</b>	<b>07:02:12.60</b>	+03:09:12 (44.8%)	9:19	6.4 (55.2%)
317	<b>ANDRZEJCZAK Łukasz</b>	<b>5256</b>	NKB CHYŻY NOWY TOMYŚL	Senior II M - 30	96	01:40:24	03:41:56	05:28:48	<b>06:59:33.25</b>	<b>07:02:12.85</b>	+03:09:12 (44.8%)	9:19	6.4 (55.2%)
318	<b>DYCZKOWSKI Bartosz</b>	<b>5385</b>		Senior II M - 30	97	01:51:40	03:47:01	05:44:04	<b>06:59:13.80</b>	<b>07:02:45.70</b>	+03:09:45 (44.9%)	9:18	6.4 (55.2%)
319	<b>WADZIŃSKA Paulina</b>	<b>5125</b>	TEAMOCHAL	Masters K - 40	28	01:45:27	03:41:28	05:30:23	<b>06:59:14.00</b>	<b>07:02:51.40</b>	+03:09:51 (44.9%)	9:18	6.4 (55.2%)
320	<b>KRAWCZYK Konrad</b>	<b>5506</b>	WENET RUNNERS	Senior II M - 30	98	01:41:34	03:34:43	05:27:34	<b>07:01:38.50</b>	<b>07:03:27.90</b>	+03:10:27 (45.0%)	9:22	6.4 (55.2%)
321	<b>KWISSA Małgorzata</b>	<b>5179</b>	ZALINIAMETY	Senior II K - 30	20	01:40:47	03:35:20	05:26:35	<b>07:02:12.80</b>	<b>07:03:31.40</b>	+03:10:31 (45.0%)	9:22	6.4 (55.2%)
322	<b>KWISSA Nikodem</b>	<b>5180</b>	#ZALINIAMETYTEAM	Senior II M - 30	99	01:40:49	03:35:21	05:26:35	<b>07:02:13.65</b>	<b>07:03:31.60</b>	+03:10:31 (45.0%)	9:22	6.4 (55.2%)
323	<b>WIERZCHOŃ Michał</b>	<b>5421</b>	TRENINGOWO_LECĘ	Weteran I M - 50	24	01:37:32	03:39:00	05:31:44	<b>07:03:29.05</b>	<b>07:03:52.80</b>	+03:10:52 (45.0%)	9:24	6.4 (55.2%)

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
324	<b>KOBELIS-SZOSTAKOWSKI Maciej</b>	<b>5490</b>		Senior II M - 30	100	01:47:08	03:40:53	05:28:33	<b>07:00:57.05</b>	<b>07:04:01.25</b>	+03:11:01 (45.0%)	9:21	6.4 (55.2%)
325	<b>SACHARCZUK Wioletta</b>	<b>5291</b>		Masters K - 40	29	01:41:24	03:42:52		<b>07:03:30.25</b>	<b>07:04:07.80</b>	+03:11:07 (45.1%)	9:24	6.4 (55.2%)
326	<b>PIETRZAK Sławomir</b>	<b>5361</b>		Masters M - 40	107	01:34:50	03:34:18	05:27:08	<b>07:02:52.80</b>	<b>07:04:31.60</b>	+03:11:31 (45.1%)	9:23	6.4 (55.2%)
327	<b>PÓŁGĘSEK Bartosz</b>	<b>5273</b>	HARPAGAN RUNNERS	Senior II M - 30	101	01:33:50	03:29:00	05:27:01	<b>07:02:56.00</b>	<b>07:04:37.50</b>	+03:11:37 (45.1%)	9:23	6.4 (55.2%)
328	<b>SZYSZKO Stanisław</b>	<b>5725</b>	12 WIELKOPOLSKA BRYGADA OBRONY TERYTORIALNEJ	Senior II M - 30	102	01:45:58	03:49:00	05:33:00	<b>07:03:06.25</b>	<b>07:05:03.20</b>	+03:12:03 (45.2%)	9:24	6.4 (55.2%)
329	<b>DZIOB Paweł</b>	<b>5498</b>	DZYBKIE BUTY	Senior II M - 30	103	01:43:55	03:41:32	05:23:31	<b>07:02:22.40</b>	<b>07:05:04.30</b>	+03:12:04 (45.2%)	9:23	6.4 (55.2%)
330	<b>CIEPŁY Kamil</b>	<b>5140</b>	AUTOLIV RUN TEAM/AW - SZYBCIEJ - TEAM	Senior II M - 30	104	01:41:02	03:29:48	05:19:06	<b>07:04:03.35</b>	<b>07:05:07.20</b>	+03:12:07 (45.2%)	9:25	6.4 (55.2%)
331	<b>PITERA Paweł</b>	<b>5444</b>		Masters M - 40	108	01:34:56	03:30:44	05:29:40	<b>07:03:51.75</b>	<b>07:05:16.45</b>	+03:12:16 (45.2%)	9:25	6.4 (55.2%)
332	<b>PITERA Anna</b>	<b>5445</b>		Senior II K - 30	21	01:34:56	03:30:42	05:25:44	<b>07:03:52.15</b>	<b>07:05:16.55</b>	+03:12:16 (45.2%)	9:25	6.4 (55.2%)
333	<b>CIERACH Leszek</b>	<b>5199</b>	PARKRUN GORZÓW WLKP.	Masters M - 40	109	01:43:00	03:36:03	05:31:32	<b>07:03:24.35</b>	<b>07:05:31.10</b>	+03:12:30 (45.2%)	9:24	6.4 (55.2%)
334	<b>ROSZYK Magdalena</b>	<b>5575</b>	BIEGAJĄCE KREJZOLE	Masters K - 40	30	01:42:24	03:46:08	05:37:57	<b>07:05:00.35</b>	<b>07:05:33.95</b>	+03:12:33 (45.2%)	9:26	6.4 (55.2%)
335	<b>BIELECKI Mariusz</b>	<b>5362</b>	PROGRESS TEAM	Weteran I M - 50	25	01:36:45	03:31:13	05:14:23	<b>07:05:15.00</b>	<b>07:05:56.00</b>	+03:12:55 (45.3%)	9:27	6.3 (54.3%)
336	<b>KOCZAN Marcin</b>	<b>5483</b>		Masters M - 40	110	01:41:07	03:34:59	05:28:36	<b>07:04:46.50</b>	<b>07:06:32.65</b>	+03:13:32 (45.4%)	9:26	6.4 (55.2%)
337	<b>KLITA Patryk</b>	<b>5145</b>		Senior I M - 20	34	01:40:10	03:23:16	05:09:27	<b>07:04:57.90</b>	<b>07:07:04.05</b>	+03:14:03 (45.4%)	9:26	6.4 (55.2%)
338	<b>BARANOWSKI Adam</b>	<b>5735</b>		Masters M - 40	111	01:36:15	03:42:39	05:29:49	<b>07:05:45.50</b>	<b>07:07:12.40</b>	+03:14:12 (45.5%)	9:27	6.3 (54.3%)
339	<b>DĄBROWSKI Artur</b>	<b>5745</b>		Senior II M - 30	105	01:41:54	03:43:42	05:33:52	<b>07:03:57.55</b>	<b>07:07:15.90</b>	+03:14:15 (45.5%)	9:25	6.4 (55.2%)
340	<b>FLORCZAK Monika</b>	<b>5252</b>		Senior II K - 30	22	01:44:23	03:48:10	05:35:08	<b>07:04:49.90</b>	<b>07:07:16.90</b>	+03:14:16 (45.5%)	9:26	6.4 (55.2%)
341	<b>HAUZER Łukasz</b>	<b>5520</b>		Senior II M - 30	106	01:39:24	03:24:07	05:17:21	<b>07:03:49.65</b>	<b>07:07:17.10</b>	+03:14:16 (45.5%)	9:25	6.4 (55.2%)
342	<b>KOMOR Natalia</b>	<b>5424</b>		Senior I K - 20	7	01:41:39	03:40:22	05:29:56	<b>07:06:04.40</b>	<b>07:07:19.25</b>	+03:14:19 (45.5%)	9:28	6.3 (54.3%)
343	<b>BERAN Jan</b>	<b>5454</b>	VITKOV	Weteran I M - 50	26	01:34:15	03:38:30	05:30:44	<b>07:07:24.20</b>	<b>07:08:13.70</b>	+03:15:13 (45.6%)	9:29	6.3 (54.3%)
344	<b>PODSADNI-KRYSIK Paulina</b>	<b>5249</b>		Senior II K - 30	23	01:43:42	03:49:57	05:32:20	<b>07:08:00.75</b>	<b>07:08:30.65</b>	+03:15:30 (45.6%)	9:30	6.3 (54.3%)
345	<b>CAROLINE Girouard</b>	<b>5377</b>		Masters K - 40	31	01:29:33	03:15:34	05:31:20	<b>07:06:57.80</b>	<b>07:08:38.75</b>	+03:15:38 (45.6%)	9:29	6.3 (54.3%)
346	<b>GARBACIAK Łukasz</b>	<b>5091</b>	KSW TEAM POLICE	Masters M - 40	112	01:37:25	03:36:57	05:30:48	<b>07:07:38.20</b>	<b>07:08:57.10</b>	+03:15:56 (45.7%)	9:30	6.3 (54.3%)

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
347	<b>KULIŃSKI Daniel</b>	<b>5288</b>		Masters M - 40	113	01:45:31	03:45:24	05:38:51	<b>07:05:32.70</b>	<b>07:08:58.00</b>	+03:15:57 (45.7%)	9:27	6.3 (54.3%)
348	<b>WOŹNIAK Waldemar</b>	<b>5535</b>	EBIEGI.PL	Masters M - 40	114	01:45:31	03:45:24	05:38:51	<b>07:05:32.45</b>	<b>07:08:58.50</b>	+03:15:58 (45.7%)	9:27	6.3 (54.3%)
349	<b>CIERPISZ Krzysztof</b>	<b>5251</b>		Senior II M - 30	107	01:39:07	03:38:27	05:25:02	<b>07:07:12.15</b>	<b>07:09:47.85</b>	+03:16:47 (45.8%)	9:29	6.3 (54.3%)
350	<b>KUBISIAK Dariusz</b>	<b>5727</b>		Weteran I M - 50	27	01:39:23	03:40:13	05:27:26	<b>07:08:34.20</b>	<b>07:09:55.40</b>	+03:16:55 (45.8%)	9:31	6.3 (54.3%)
351	<b>KUCZEWSKI Marek</b>	<b>5279</b>		Senior II M - 30	108	01:46:50	03:48:11	05:34:49	<b>07:08:03.05</b>	<b>07:09:56.65</b>	+03:16:56 (45.8%)	9:30	6.3 (54.3%)
352	<b>DŁUGOSZEWSKI Grzegorz</b>	<b>5336</b>		Masters M - 40	115	01:46:39	03:45:43	05:44:53	<b>07:06:22.20</b>	<b>07:09:57.80</b>	+03:16:57 (45.8%)	9:28	6.3 (54.3%)
353	<b>SYREK Rafał</b>	<b>5282</b>		Weteran I M - 50	28	01:38:46	03:31:10	05:22:29	<b>07:05:56.95</b>	<b>07:10:06.35</b>	+03:17:06 (45.8%)	9:27	6.3 (54.3%)
354	<b>BENKO Marek</b>	<b>5551</b>	BEHÁ CELÉ ZÁHORIE	Masters M - 40	116	01:41:36	03:43:59	05:38:20	<b>07:10:13.10</b>	<b>07:11:09.00</b>	+03:18:08 (46.0%)	9:33	6.3 (54.3%)
355	<b>LIPINA Rafał</b>	<b>5597</b>		Masters M - 40	117	01:44:45	03:41:11	05:28:15	<b>07:08:45.55</b>	<b>07:11:14.20</b>	+03:18:14 (46.0%)	9:31	6.3 (54.3%)
356	<b>RUCIŃSKI Adam</b>	<b>5205</b>		Weteran I M - 50	29	01:46:25	03:46:49	05:35:21	<b>07:08:56.75</b>	<b>07:11:43.45</b>	+03:18:43 (46.0%)	9:31	6.3 (54.3%)
357	<b>KRAWCZYK Robert</b>	<b>5076</b>		Senior II M - 30	109	01:40:27	03:36:34	05:35:20	<b>07:10:16.55</b>	<b>07:12:00.05</b>	+03:18:59 (46.1%)	9:33	6.3 (54.3%)
358	<b>BANIEWSKI Jakub</b>	<b>5464</b>		Senior II M - 30	110	01:40:48	03:31:00	05:29:36	<b>07:09:50.70</b>	<b>07:12:01.40</b>	+03:19:01 (46.1%)	9:33	6.3 (54.3%)
359	<b>WINCENCIAK Krzysztof</b>	<b>5586</b>	BW BIEGACZE WYMIATACZE	Masters M - 40	118	01:41:03	03:43:31	05:45:01	<b>07:09:16.55</b>	<b>07:12:23.90</b>	+03:19:23 (46.1%)	9:32	6.3 (54.3%)
360	<b>ŁABĘDZKI Mariusz</b>	<b>5433</b>		Masters M - 40	119	01:42:50	03:44:33	05:35:01	<b>07:12:20.25</b>	<b>07:12:35.90</b>	+03:19:35 (46.1%)	9:36	6.2 (53.4%)
361	<b>LACHOWICZ Izabela</b>	<b>5428</b>	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	Senior II K - 30	24	01:55:19	04:06:56	05:47:07	<b>07:12:02.15</b>	<b>07:13:17.55</b>	+03:20:17 (46.2%)	9:36	6.2 (53.4%)
362	<b>JAŚKIEWICZ Dagmara</b>	<b>5159</b>		Senior II K - 30	25	01:51:27	03:49:47	05:40:11	<b>07:11:51.55</b>	<b>07:13:39.25</b>	+03:20:39 (46.3%)	9:35	6.3 (54.3%)
363	<b>OZDOBA Marek</b>	<b>5213</b>	KB INTREX POZNAŃ	Masters M - 40	120	01:35:50	03:40:59	05:37:26	<b>07:11:04.80</b>	<b>07:13:39.55</b>	+03:20:39 (46.3%)	9:34	6.3 (54.3%)
364	<b>WILHELMI Marcin</b>	<b>5240</b>		Masters M - 40	121	01:51:01	03:46:57	05:44:04	<b>07:10:08.40</b>	<b>07:13:40.50</b>	+03:20:40 (46.3%)	9:33	6.3 (54.3%)
365	<b>SOPCZYŃSKA Beata</b>	<b>5649</b>		Senior II K - 30	26	01:41:33	03:39:14	05:34:07	<b>07:13:48.50</b>	<b>07:14:51.10</b>	+03:21:50 (46.4%)	9:38	6.2 (53.4%)
366	<b>LICHACZ Anna</b>	<b>5351</b>		Masters K - 40	32	01:42:22	03:49:16	05:38:20	<b>07:13:58.60</b>	<b>07:15:02.75</b>	+03:22:02 (46.4%)	9:38	6.2 (53.4%)
367	<b>GRABOWSKI Bartosz</b>	<b>5616</b>		Senior II M - 30	111	01:39:09	03:27:17	05:27:42	<b>07:12:24.45</b>	<b>07:15:08.65</b>	+03:22:08 (46.5%)	9:36	6.2 (53.4%)
368	<b>TURKOWSKI Maciej</b>	<b>5027</b>	SLOW JOGGING SIEDLCE	Weteran I M - 50	30	01:42:59	03:52:46	05:41:24	<b>07:14:30.65</b>	<b>07:15:50.45</b>	+03:22:50 (46.5%)	9:39	6.2 (53.4%)
369	<b>MYŚLEWSKI Janusz</b>	<b>5004</b>	NIEBKO TERROR / NOCNY POYEB	Masters M - 40	122	01:41:10	03:37:38	05:34:30	<b>07:13:47.95</b>	<b>07:16:07.55</b>	+03:23:07 (46.6%)	9:38	6.2 (53.4%)
370	<b>CHORZĘPA - PASIK Agnieszka</b>	<b>5492</b>	KB HERMES GRYFINO	Weteran K - 50	5	01:45:58	03:42:10	05:36:19	<b>07:13:52.90</b>	<b>07:17:09.40</b>	+03:24:09 (46.7%)	9:38	6.2 (53.4%)



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
371	<b>SAJNÓG Justyna</b>	<b>5121</b>	#BIEGAJLESZNO	Masters K - 40	33	01:37:30	03:38:41	05:38:55	<b>07:17:18.00</b>	<b>07:17:45.80</b>	+03:24:45 (46.8%)	9:43	6.2 (53.4%)
372	<b>BALWIERCZAK Piotr</b>	<b>5020</b>		Senior II M - 30	112	01:37:56	03:39:59	05:42:34	<b>07:16:11.10</b>	<b>07:18:00.85</b>	+03:25:00 (46.8%)	9:41	6.2 (53.4%)
373	<b>ZIÓŁKOWSKA-WNUK Monika</b>	<b>5708</b>		Masters K - 40	34	01:43:34	03:47:21	05:36:28	<b>07:16:32.30</b>	<b>07:18:11.55</b>	+03:25:11 (46.8%)	9:42	6.2 (53.4%)
374	<b>JANAS Kacper</b>	<b>5501</b>	SPOD KRZYŻA	Senior II M - 30	113	01:48:34	03:56:01	05:44:22	<b>07:17:32.15</b>	<b>07:18:14.40</b>	+03:25:14 (46.8%)	9:43	6.2 (53.4%)
375	<b>KORSAK Agata</b>	<b>5500</b>		Senior II K - 30	27	01:48:35	03:56:04	05:40:54	<b>07:17:32.45</b>	<b>07:18:14.55</b>	+03:25:14 (46.8%)	9:43	6.2 (53.4%)
376	<b>SMYK Sylwester</b>	<b>5134</b>	AUTOLIV RUN TEAM	Masters M - 40	123	01:40:50	03:41:36	05:37:25	<b>07:15:52.90</b>	<b>07:18:29.60</b>	+03:25:29 (46.9%)	9:41	6.2 (53.4%)
377	<b>SOSNOWSKA-SMYK Joanna</b>	<b>5277</b>	AUTOLIV RUN TEAM	Masters K - 40	35	01:40:52	03:41:37	05:35:27	<b>07:15:56.30</b>	<b>07:18:32.60</b>	+03:25:32 (46.9%)	9:41	6.2 (53.4%)
378	<b>BARAŃSKA Justyna</b>	<b>5478</b>		Masters K - 40	36	01:45:42	03:51:38	05:43:14	<b>07:17:05.05</b>	<b>07:18:34.40</b>	+03:25:34 (46.9%)	9:42	6.2 (53.4%)
379	<b>BARAŃSKI Andrzej</b>	<b>5531</b>	MOCNA GRUPA CEZARA	Masters M - 40	124	01:45:42	03:51:40	05:43:12	<b>07:17:05.80</b>	<b>07:18:35.40</b>	+03:25:35 (46.9%)	9:42	6.2 (53.4%)
380	<b>AKUTKO Sebastian</b>	<b>5188</b>		Masters M - 40	125	01:46:41	03:47:19	05:39:51	<b>07:15:40.55</b>	<b>07:19:08.15</b>	+03:26:07 (46.9%)	9:40	6.2 (53.4%)
381	<b>AKUTKO Dawid</b>	<b>5193</b>		Senior II M - 30	114	01:46:40	03:47:27	05:39:52	<b>07:16:01.65</b>	<b>07:19:30.05</b>	+03:26:29 (47.0%)	9:41	6.2 (53.4%)
382	<b>ŻELAZOWSKA Ola</b>	<b>5143</b>	ATLAS RUNNING TEAM	Senior II K - 30	28	01:45:01	03:48:27	05:34:10	<b>07:16:23.00</b>	<b>07:19:41.70</b>	+03:26:41 (47.0%)	9:41	6.2 (53.4%)
383	<b>KARASIŃSKA Karolina</b>	<b>5052</b>		Masters K - 40	37	01:42:30	03:51:10	05:44:34	<b>07:18:43.95</b>	<b>07:20:01.95</b>	+03:27:01 (47.0%)	9:44	6.2 (53.4%)
384	<b>ŚLIWA Marcin</b>	<b>5724</b>	INNOVA-THERM BIEGA	Masters M - 40	126	01:48:04	03:51:34	05:39:33	<b>07:20:31.45</b>	<b>07:20:31.45</b>	+03:27:31 (47.1%)	9:47	6.1 (52.6%)
385	<b>HRAPKOWICZ Marek</b>	<b>5406</b>	CZANIECKIE MAKARONY	Senior II M - 30	115	01:47:51	03:50:25	05:50:43	<b>07:18:19.45</b>	<b>07:20:32.00</b>	+03:27:31 (47.1%)	9:44	6.2 (53.4%)
386	<b>NOWAK Patryk</b>	<b>5090</b>		Senior II M - 30	116	01:38:18	03:40:02	05:40:22	<b>07:19:33.30</b>	<b>07:20:58.80</b>	+03:27:58 (47.2%)	9:46	6.1 (52.6%)
387	<b>CIEŚLAK Jakub</b>	<b>5712</b>	CIESLAKTEAM	Masters M - 40	127	01:40:42	03:40:09	05:38:55	<b>07:17:21.15</b>	<b>07:21:00.20</b>	+03:28:00 (47.2%)	9:43	6.2 (53.4%)
388	<b>BRACISZEWSKA Katarzyna</b>	<b>5048</b>		Senior II K - 30	29	01:51:01	03:52:59	05:47:13	<b>07:19:05.35</b>	<b>07:21:24.05</b>	+03:28:23 (47.2%)	9:45	6.1 (52.6%)
389	<b>DANIELCZYK Maria</b>	<b>5450</b>	#ULTRAWAYRUNNINGTEAM	Senior II K - 30	30	01:41:35	03:42:38	05:36:41	<b>07:19:25.70</b>	<b>07:21:24.95</b>	+03:28:24 (47.2%)	9:45	6.1 (52.6%)
390	<b>LIS Tomasz</b>	<b>5499</b>		Weteran I M - 50	31	01:40:25	03:38:29	05:46:46	<b>07:20:27.70</b>	<b>07:22:16.20</b>	+03:29:16 (47.3%)	9:47	6.1 (52.6%)
391	<b>DOČEKALOVÁ Libuše</b>	<b>5566</b>		Senior II K - 30	31			05:43:12	<b>07:22:34.50</b>	<b>07:22:34.50</b>	+03:29:34 (47.4%)	9:50	6.1 (52.6%)
392	<b>MUSIALIK Tomek</b>	<b>5563</b>		Masters M - 40	128	01:45:01	03:48:41	05:38:29	<b>07:20:42.90</b>	<b>07:22:48.10</b>	+03:29:47 (47.4%)	9:47	6.1 (52.6%)
393	<b>KORAL Jakub</b>	<b>5511</b>		Senior II M - 30	117	01:43:56	03:46:42	05:47:01	<b>07:20:34.30</b>	<b>07:23:19.30</b>	+03:30:19 (47.4%)	9:47	6.1 (52.6%)
394	<b>DENYSENKO Lech</b>	<b>5029</b>	BDB TEAM	Weteran II M - 60	3	01:45:55	03:43:00	05:36:23	<b>07:19:42.00</b>	<b>07:23:29.60</b>	+03:30:29 (47.5%)	9:46	6.1 (52.6%)

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
395	<b>MACIEJEWSKI Hubert</b>	<b>5118</b>	TEAM BEROTU	Masters M - 40	129	01:43:38	03:47:03	05:43:14	<b>07:22:23.50</b>	<b>07:23:57.00</b>	+03:30:56 (47.5%)	9:49	6.1 (52.6%)
396	<b>PIETRZAK Marek</b>	<b>5305</b>		Masters M - 40	130	01:38:55	03:38:49	05:37:30	<b>07:22:44.35</b>	<b>07:24:06.15</b>	+03:31:05 (47.5%)	9:50	6.1 (52.6%)
397	<b>BOSZKO Krzysztof</b>	<b>5038</b>		Masters M - 40	131	01:40:36	03:46:38	05:40:13	<b>07:22:49.95</b>	<b>07:24:11.55</b>	+03:31:11 (47.5%)	9:50	6.1 (52.6%)
398	<b>KOZIOŁ Krzysztof</b>	<b>5122</b>	ADIDAS RUNNERS TRICITY / BIEGAM BO MNIE LUDZKOŚĆ WKURWIA	Masters M - 40	132	01:38:25	03:43:15	05:44:45	<b>07:23:04.40</b>	<b>07:24:19.70</b>	+03:31:19 (47.6%)	9:50	6.1 (52.6%)
399	<b>WĘZIK Rafał</b>	<b>5516</b>		Senior II M - 30	118	01:38:54	03:36:06	05:42:59	<b>07:20:58.30</b>	<b>07:24:20.45</b>	+03:31:20 (47.6%)	9:47	6.1 (52.6%)
400	<b>MAREK Małgorzata</b>	<b>5103</b>	ŚWO	Masters K - 40	38	01:44:51	03:41:14	05:43:12	<b>07:22:21.65</b>	<b>07:24:26.85</b>	+03:31:26 (47.6%)	9:49	6.1 (52.6%)
401	<b>KARGUL Michał</b>	<b>5102</b>	ŚWO	Senior II M - 30	119	01:44:57	03:47:28	05:43:10	<b>07:22:21.00</b>	<b>07:24:27.15</b>	+03:31:26 (47.6%)	9:49	6.1 (52.6%)
402	<b>WOJCIECHOWSKI Marcin</b>	<b>5232</b>		Masters M - 40	133	01:43:34	03:50:07	05:48:46	<b>07:23:14.60</b>	<b>07:24:37.45</b>	+03:31:37 (47.6%)	9:50	6.1 (52.6%)
403	<b>HALESZCZUK Tomasz</b>	<b>5227</b>	PRO-RUN WROCŁAW	Masters M - 40	134	01:45:36	03:48:09	05:47:56	<b>07:21:31.40</b>	<b>07:24:50.80</b>	+03:31:50 (47.6%)	9:48	6.1 (52.6%)
404	<b>PYREK Dawid</b>	<b>5060</b>	TOROS DE ESPANA	Senior II M - 30	120	01:46:11	03:46:15	05:46:39	<b>07:23:53.35</b>	<b>07:26:23.00</b>	+03:33:22 (47.8%)	9:51	6.1 (52.6%)
405	<b>LIPÍŃSKI Krzysztof</b>	<b>5660</b>	KB MANIAC POZNAŃ	Weteran II M - 60	4	01:48:59	03:57:13	05:57:01	<b>07:25:55.15</b>	<b>07:27:04.25</b>	+03:34:04 (47.9%)	9:54	6.1 (52.6%)
406	<b>GŁUC Mirosław</b>	<b>5092</b>	OKIEM WILKA / RUNNINGTEAM	Masters M - 40	135	01:35:24	03:40:44	05:39:34	<b>07:25:50.50</b>	<b>07:27:54.40</b>	+03:34:54 (48.0%)	9:54	6.1 (52.6%)
407	<b>BARANOWSKI Robert</b>	<b>5635</b>		Weteran I M - 50	32	01:41:13	03:48:30	05:51:35	<b>07:26:59.95</b>	<b>07:29:17.55</b>	+03:36:17 (48.1%)	9:55	6 (51.7%)
408	<b>DĄBROWSKI Mariusz</b>	<b>5167</b>		Senior II M - 30	121	01:38:52	03:41:26	05:47:19	<b>07:26:24.15</b>	<b>07:29:37.10</b>	+03:36:36 (48.2%)	9:55	6 (51.7%)
409	<b>NADOBNIK Bartek</b>	<b>5049</b>	SPORTOWY KAŻMIERZ	Senior I M - 20	35	01:43:12	03:41:55	05:44:03	<b>07:27:50.70</b>	<b>07:29:48.30</b>	+03:36:48 (48.2%)	9:57	6 (51.7%)
410	<b>MIŃSKI Mateusz</b>	<b>5422</b>	TWC	Masters M - 40	136	01:42:06	03:51:56	05:51:15	<b>07:29:10.35</b>	<b>07:29:50.30</b>	+03:36:50 (48.2%)	9:58	6 (51.7%)
411	<b>KOZACZEWSKI Oskar</b>	<b>5432</b>	TWC	Senior II M - 30	122	01:42:44	03:51:46	05:52:00	<b>07:29:50.40</b>	<b>07:29:50.40</b>	+03:36:50 (48.2%)	9:59	6 (51.7%)
412	<b>MACIEJEWSKI Marek</b>	<b>5423</b>		Senior II M - 30	123	01:42:04	03:51:57	05:51:21	<b>07:29:11.15</b>	<b>07:29:50.65</b>	+03:36:50 (48.2%)	9:58	6 (51.7%)
413	<b>MAKAROŃSKA Teresa</b>	<b>5537</b>	RUNNERS TEAM NYSA	Weteran K - 50	6	01:38:43	03:45:30	05:46:07	<b>07:29:19.05</b>	<b>07:30:14.40</b>	+03:37:14 (48.2%)	9:59	6 (51.7%)
414	<b>SZWARGA Bożena</b>	<b>5536</b>	RUNNERS TEAM NYSA	Masters K - 40	39	01:38:43	03:45:30	05:46:00	<b>07:29:20.40</b>	<b>07:30:15.00</b>	+03:37:14 (48.3%)	9:59	6 (51.7%)
415	<b>LEWICKA Magdalena</b>	<b>5659</b>		Masters K - 40	40	01:44:19	03:54:26	05:55:22	<b>07:29:48.60</b>	<b>07:30:53.35</b>	+03:37:53 (48.3%)	9:59	6 (51.7%)
416	<b>KOSSOK-ZAWADA Marta</b>	<b>5472</b>	CAŁA OLEŚNICA BIEGA	Senior II K - 30	32	01:44:17	03:54:26	05:49:48	<b>07:29:45.80</b>	<b>07:30:54.05</b>	+03:37:53 (48.3%)	9:59	6 (51.7%)
417	<b>PAUKSZTA Aleksandra</b>	<b>5582</b>		Senior II K - 30	33	01:44:56	03:52:05	05:47:48	<b>07:28:56.25</b>	<b>07:31:13.10</b>	+03:38:12 (48.4%)	9:58	6 (51.7%)
418	<b>MURANOWICZ Marek</b>	<b>5226</b>		Weteran I M - 50	33	01:46:43	03:52:58	05:52:38	<b>07:29:01.85</b>	<b>07:31:20.60</b>	+03:38:20 (48.4%)	9:58	6 (51.7%)

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
419	<b>LOREK Paweł</b>	<b>5380</b>		Masters M - 40	137	01:41:33	03:44:21	05:35:50	<b>07:27:41.05</b>	<b>07:31:21.95</b>	+03:38:21 (48.4%)	9:56	6 (51.7%)
420	<b>JURKIEWICZ Aldona</b>	<b>5113</b>	ROZBIEGANY SUSZ	Masters K - 40	41	01:43:40	03:52:57	05:46:19	<b>07:30:07.10</b>	<b>07:31:27.25</b>	+03:38:27 (48.4%)	10:00	6 (51.7%)
421	<b>NOWAK Tomasz</b>	<b>5008</b>		Masters M - 40	138	01:43:51	03:43:27	05:49:11	<b>07:30:30.75</b>	<b>07:31:49.65</b>	+03:38:49 (48.4%)	10:00	6 (51.7%)
422	<b>SAMOLAK Maciek</b>	<b>5081</b>	NSK RUNS	Masters M - 40	139	01:34:31	03:39:36	05:46:42	<b>07:31:42.35</b>	<b>07:32:40.30</b>	+03:39:40 (48.5%)	10:02	6 (51.7%)
423	<b>MRÓZ Tomasz</b>	<b>5446</b>		Senior II M - 30	124	01:32:00	03:39:48	05:48:19	<b>07:32:06.25</b>	<b>07:33:42.95</b>	+03:40:42 (48.6%)	10:02	6 (51.7%)
424	<b>SKALIK Wojtek</b>	<b>5387</b>	BLUEBIRDS RUN	Senior II M - 30	125	01:36:36	03:28:25	05:43:42	<b>07:30:38.05</b>	<b>07:33:45.05</b>	+03:40:44 (48.6%)	10:00	6 (51.7%)
425	<b>JURGA Anna</b>	<b>5668</b>	SPEED FEET '16	Senior II K - 30	34	01:41:56	03:44:50	05:44:45	<b>07:33:25.40</b>	<b>07:34:17.45</b>	+03:41:17 (48.7%)	10:04	6 (51.7%)
426	<b>MORAWSKI Szymon</b>	<b>5526</b>	VALHALLA!	Senior II M - 30	126	01:52:40	03:54:17	05:51:57	<b>07:31:07.80</b>	<b>07:34:53.80</b>	+03:41:53 (48.8%)	10:01	6 (51.7%)
427	<b>KUŹNIAK Szymon</b>	<b>5624</b>		Masters M - 40	140	01:43:28	03:53:03	05:57:15	<b>07:34:17.35</b>	<b>07:35:48.35</b>	+03:42:48 (48.9%)	10:05	5.9 (50.9%)
428	<b>LATANOWICZ Bernard</b>	<b>5633</b>		Masters M - 40	141	01:43:28	03:53:19	05:57:13	<b>07:34:21.45</b>	<b>07:35:51.40</b>	+03:42:51 (48.9%)	10:05	5.9 (50.9%)
429	<b>KĘDZIORA Alicja</b>	<b>5326</b>	BBL BOGDANIEC	Senior II K - 30	35	01:50:36	03:58:08	05:55:59	<b>07:33:10.05</b>	<b>07:36:03.25</b>	+03:43:03 (48.9%)	10:04	6 (51.7%)
430	<b>DARUL Karolina</b>	<b>5493</b>		Senior II K - 30	36	01:50:37	03:58:09	05:56:00	<b>07:33:09.90</b>	<b>07:36:03.30</b>	+03:43:03 (48.9%)	10:04	6 (51.7%)
430	<b>MILLER Agnieszka</b>	<b>5024</b>	BBL LASY BOGDANIEC	Senior II K - 30	36	01:50:47	04:01:41	05:56:19	<b>07:33:29.45</b>	<b>07:36:03.30</b>	+03:43:03 (48.9%)	10:04	6 (51.7%)
432	<b>BIEDA Bernard</b>	<b>5607</b>	ŚWIĘTE ŚWIRY	Senior II M - 30	127	01:37:22	03:45:58	05:50:38	<b>07:35:58.75</b>	<b>07:36:27.85</b>	+03:43:27 (49.0%)	10:07	5.9 (50.9%)
433	<b>ŁUCZKO Karolina</b>	<b>5618</b>		Senior I K - 20	8	01:52:54	04:06:44	06:08:07	<b>07:35:46.45</b>	<b>07:36:45.70</b>	+03:43:45 (49.0%)	10:07	5.9 (50.9%)
434	<b>NIEDŹWIECKA Kasia</b>	<b>5462</b>	EKOBIEGI	Weteran K - 50	7	01:53:15	04:02:44	05:55:00	<b>07:34:00.65</b>	<b>07:37:24.25</b>	+03:44:24 (49.1%)	10:05	5.9 (50.9%)
435	<b>JĘSIEK Aleksander</b>	<b>5534</b>	MARATON LESZNO	Weteran II M - 60	5	01:51:58	03:54:58	05:49:13	<b>07:34:58.10</b>	<b>07:37:24.50</b>	+03:44:24 (49.1%)	10:06	5.9 (50.9%)
436	<b>RUP Krzysztof</b>	<b>5173</b>	BLUES BROTHERS	Masters M - 40	142	01:52:03	04:02:45	06:02:40	<b>07:34:54.25</b>	<b>07:37:31.65</b>	+03:44:31 (49.1%)	10:06	5.9 (50.9%)
437	<b>NARODOWSKI Piotr</b>	<b>5177</b>		Masters M - 40	143	01:40:39	03:49:50	05:54:45	<b>07:35:42.70</b>	<b>07:37:48.35</b>	+03:44:48 (49.1%)	10:07	5.9 (50.9%)
438	<b>PATYCKA Edyta</b>	<b>5157</b>	NIGHT RUNNERS PYSKOWICE	Weteran K - 50	8	01:42:08	03:54:56	06:04:01	<b>07:37:23.45</b>	<b>07:37:51.60</b>	+03:44:51 (49.1%)	10:09	5.9 (50.9%)
439	<b>FELKEL Ewa</b>	<b>5108</b>	PIATKOWO NA BIEGOWO	Weteran K - 50	9	01:48:34	04:01:45	06:01:55	<b>07:36:22.70</b>	<b>07:37:52.95</b>	+03:44:52 (49.1%)	10:08	5.9 (50.9%)
440	<b>MŁYNARCZYK Adam</b>	<b>5234</b>		Senior II M - 30	128	01:50:26	03:54:15	05:50:54	<b>07:35:35.20</b>	<b>07:38:21.50</b>	+03:45:21 (49.2%)	10:07	5.9 (50.9%)
441	<b>MILA Marcelli</b>	<b>5357</b>	PARCZ JURAJSKI	Masters M - 40	144	01:47:23	03:55:35	06:00:57	<b>07:36:03.50</b>	<b>07:38:44.50</b>	+03:45:44 (49.2%)	10:08	5.9 (50.9%)
442	<b>WORACH Marcin</b>	<b>5365</b>		Masters M - 40	145	01:29:46	03:30:55	05:55:39	<b>07:38:25.80</b>	<b>07:39:11.10</b>	+03:46:10 (49.3%)	10:11	5.9 (50.9%)

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
443	<b>BAK Kamil</b>	<b>5154</b>		Senior I M - 20	36	01:40:48	03:43:12	05:50:25	<b>07:37:00.05</b>	<b>07:39:14.85</b>	+03:46:14 (49.3%)	10:09	5.9 (50.9%)
444	<b>DZIEWONSKI Konrad</b>	<b>5477</b>		Weteran I M - 50	34	01:45:35	03:47:48	05:51:37	<b>07:36:23.15</b>	<b>07:39:33.25</b>	+03:46:33 (49.3%)	10:08	5.9 (50.9%)
445	<b>HERNIK Klaudia</b>	<b>5637</b>		Senior II K - 30	38	01:42:52	03:50:25	06:00:45	<b>07:37:28.00</b>	<b>07:39:35.10</b>	+03:46:34 (49.3%)	10:09	5.9 (50.9%)
446	<b>OKURZAŁY Joanna</b>	<b>5343</b>	KB HARCOWNIK JELCZ-LASKOWICE	Senior II K - 30	39	01:51:26	04:01:58	06:04:46	<b>07:37:15.00</b>	<b>07:39:36.40</b>	+03:46:36 (49.3%)	10:09	5.9 (50.9%)
447	<b>BAK Grzegorz</b>	<b>5152</b>	KB MCKIS JAWORZNO	Senior II M - 30	129	01:44:30	03:51:15	05:58:21	<b>07:37:12.55</b>	<b>07:39:37.35</b>	+03:46:37 (49.3%)	10:09	5.9 (50.9%)
448	<b>PATALAS Agnieszka</b>	<b>5023</b>		Weteran K - 50	10	01:46:14	03:47:47	05:57:15	<b>07:37:42.00</b>	<b>07:39:55.20</b>	+03:46:55 (49.3%)	10:10	5.9 (50.9%)
449	<b>NIKOLIN Andrzej</b>	<b>5714</b>	TRITOGO	Senior II M - 30	130	01:34:20	03:38:59	05:47:03	<b>07:38:46.55</b>	<b>07:39:57.35</b>	+03:46:57 (49.3%)	10:11	5.9 (50.9%)
450	<b>HRYCIUK Katarzyna</b>	<b>5431</b>	MARKOWI BIEGACZE	Masters K - 40	42	01:53:17	03:56:50	05:55:01	<b>07:37:03.05</b>	<b>07:40:26.25</b>	+03:47:26 (49.4%)	10:09	5.9 (50.9%)
451	<b>FILIPPO Rosario</b>	<b>5295</b>	ATLETICA SALENTO ARADEO	Weteran I M - 50	35	01:47:58	03:52:09	05:58:06	<b>07:39:37.10</b>	<b>07:40:53.60</b>	+03:47:53 (49.4%)	10:12	5.9 (50.9%)
452	<b>KUPCZYK Michał</b>	<b>5711</b>	WALBET TEAM	Senior II M - 30	131	01:39:29	03:46:29	06:05:47	<b>07:38:40.00</b>	<b>07:41:30.05</b>	+03:48:29 (49.5%)	10:11	5.9 (50.9%)
453	<b>KRZYŻANIAK Damian</b>	<b>5356</b>	BBL LUBOŃ	Senior II M - 30	132	01:43:26	03:57:00	05:57:45	<b>07:39:46.80</b>	<b>07:41:42.25</b>	+03:48:42 (49.5%)	10:13	5.9 (50.9%)
454	<b>JABŁOŃSKI Marcin</b>	<b>5196</b>	SMARTNOW	Masters M - 40	146	01:41:40	03:35:19	05:45:01	<b>07:40:06.35</b>	<b>07:41:51.10</b>	+03:48:50 (49.6%)	10:13	5.9 (50.9%)
455	<b>JACKOWIAK Karolina</b>	<b>5654</b>	NIGHT RUNNERS POZNAŃ	Senior II K - 30	40	01:45:29	03:53:13	05:55:48	<b>07:38:45.90</b>	<b>07:41:59.60</b>	+03:48:59 (49.6%)	10:11	5.9 (50.9%)
456	<b>KURPISZ-KASPRZAK Magda</b>	<b>5574</b>		Masters K - 40	43	01:51:55	04:05:09	06:07:02	<b>07:40:25.00</b>	<b>07:42:00.85</b>	+03:49:00 (49.6%)	10:13	5.9 (50.9%)
457	<b>KACHNIARZ Tomasz</b>	<b>5104</b>	SPORT GENERATION	Senior II M - 30	133	01:51:18	04:12:25	06:07:47	<b>07:40:11.25</b>	<b>07:42:03.80</b>	+03:49:03 (49.6%)	10:13	5.9 (50.9%)
458	<b>PISKORSKI Łukasz</b>	<b>5312</b>	NIGHT RUNNERS	Masters M - 40	147	01:45:29	03:53:15	05:55:48	<b>07:38:59.80</b>	<b>07:42:12.65</b>	+03:49:12 (49.6%)	10:11	5.9 (50.9%)
459	<b>MEDUNA Zbigniew</b>	<b>5088</b>		Weteran I M - 50	36	01:51:27	03:59:27	06:03:46	<b>07:39:23.40</b>	<b>07:42:30.80</b>	+03:49:30 (49.6%)	10:12	5.9 (50.9%)
460	<b>BORKOWSKI Marek</b>	<b>5063</b>		Masters M - 40	148	01:43:10	03:47:49	06:02:00	<b>07:38:59.90</b>	<b>07:42:36.20</b>	+03:49:36 (49.6%)	10:11	5.9 (50.9%)
461	<b>KACZMAREK Aleksandra</b>	<b>5218</b>	CROSSELITE	Weteran K - 50	11	01:53:28	04:06:58	06:06:20	<b>07:40:11.95</b>	<b>07:42:50.25</b>	+03:49:50 (49.7%)	10:13	5.9 (50.9%)
462	<b>SOBOL Agnieszka</b>	<b>5137</b>		Masters K - 40	44	01:42:34	03:48:09	05:56:08	<b>07:41:05.00</b>	<b>07:42:53.60</b>	+03:49:53 (49.7%)	10:14	5.9 (50.9%)
463	<b>GŁOWACKA Kasia</b>	<b>5074</b>		Weteran K - 50	12	01:47:49	04:00:46	05:57:32	<b>07:41:24.90</b>	<b>07:43:14.40</b>	+03:50:14 (49.7%)	10:15	5.9 (50.9%)
464	<b>WILCZYNSKA ANDRADE Asia</b>	<b>5272</b>		Senior II K - 30	41	01:46:05	03:58:46	06:04:33	<b>07:42:28.95</b>	<b>07:43:39.85</b>	+03:50:39 (49.7%)	10:16	5.8 (50.0%)
465	<b>CIMOSZKO Katarzyna</b>	<b>5486</b>	WATAHA MKW TEAM	Masters K - 40	45	01:46:18	03:58:17	06:00:05	<b>07:43:43.05</b>	<b>07:43:51.20</b>	+03:50:51 (49.8%)	10:18	5.8 (50.0%)

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
466	<b>KONIECZNY Jacek</b>	<b>5215</b>	NIGHT RUNNERS PYSKOWICE	Masters M - 40	149	01:42:13	03:44:56	06:04:01	<b>07:43:54.20</b>	<b>07:44:22.10</b>	+03:51:21 (49.8%)	10:18	5.8 (50.0%)
467	<b>PUSZYŃSKI Robert</b>	<b>5522</b>		Senior I M - 20	37	01:41:02	03:40:57	05:59:42	<b>07:41:38.65</b>	<b>07:44:59.55</b>	+03:51:59 (49.9%)	10:15	5.8 (50.0%)
468	<b>GABRUŚ Iwona</b>	<b>5270</b>	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	Weteran K - 50	13	01:55:21	04:07:03	06:07:28	<b>07:44:17.15</b>	<b>07:45:30.70</b>	+03:52:30 (49.9%)	10:19	5.8 (50.0%)
469	<b>SOLAREWICZ Andrzej</b>	<b>5290</b>	KLUCZBORSKA GRUPA BIEGOWA	Weteran I M - 50	37	01:50:53	04:04:42	06:06:07	<b>07:42:36.70</b>	<b>07:45:37.55</b>	+03:52:37 (50.0%)	10:16	5.8 (50.0%)
470	<b>ZAWADA Maciej</b>	<b>5451</b>	KGB	Weteran I M - 50	38	01:50:57	04:04:48	06:06:06	<b>07:42:37.25</b>	<b>07:45:37.85</b>	+03:52:37 (50.0%)	10:16	5.8 (50.0%)
471	<b>LACH Agnieszka</b>	<b>5622</b>	MOCNA GRUPA CEZARA	Weteran K - 50	14	01:51:53	04:02:51	05:59:22	<b>07:44:16.60</b>	<b>07:45:46.25</b>	+03:52:46 (50.0%)	10:19	5.8 (50.0%)
472	<b>NOLAS Jolanta</b>	<b>5211</b>	KB HARCOWNIK	Weteran K - 50	15	02:00:06	04:11:09	06:05:38	<b>07:43:24.20</b>	<b>07:46:18.50</b>	+03:53:18 (50.0%)	10:17	5.8 (50.0%)
473	<b>ROMANOWSKA Agnieszka</b>	<b>5250</b>	AKTYWNOŚĆ RODZI POZYTYWNOŚĆ	Senior II K - 30	42	01:48:22	04:07:25	06:14:07	<b>07:46:18.85</b>	<b>07:47:16.10</b>	+03:54:15 (50.1%)	10:21	5.8 (50.0%)
474	<b>BERNAS-KUJAWIŃSKA Magdalena</b>	<b>5559</b>	HERCOG RUNNING TEAM	Masters K - 40	46	01:42:43	03:58:27	05:56:28	<b>07:47:16.15</b>	<b>07:47:20.45</b>	+03:54:20 (50.1%)	10:23	5.8 (50.0%)
475	<b>HERNIK Piotr</b>	<b>5636</b>		Senior II M - 30	134	01:42:53	03:50:26	06:00:46	<b>07:45:31.95</b>	<b>07:47:39.35</b>	+03:54:39 (50.2%)	10:20	5.8 (50.0%)
476	<b>URBAN Jacek</b>	<b>5124</b>	FAMOT TEAM	Senior II M - 30	135	01:41:57	03:43:17	05:58:41	<b>07:46:06.65</b>	<b>07:47:42.35</b>	+03:54:42 (50.2%)	10:21	5.8 (50.0%)
477	<b>GEMBIAK Tomasz</b>	<b>5114</b>		Masters M - 40	150	01:41:00	03:45:24	05:49:35	<b>07:45:42.40</b>	<b>07:48:33.50</b>	+03:55:33 (50.3%)	10:20	5.8 (50.0%)
478	<b>MUSZYŃSKI Jakub</b>	<b>5147</b>		Masters M - 40	151	01:43:45	03:53:21	05:58:47	<b>07:45:29.00</b>	<b>07:48:54.30</b>	+03:55:54 (50.3%)	10:20	5.8 (50.0%)
479	<b>BOJARSKA Beata</b>	<b>5587</b>	BW BIEGACZE WYMIATACZE	Masters K - 40	47	01:51:05	04:07:58	06:13:35	<b>07:46:42.30</b>	<b>07:48:56.10</b>	+03:55:55 (50.3%)	10:22	5.8 (50.0%)
480	<b>MARCINIAK Paulina</b>	<b>5358</b>		Senior II K - 30	43	01:52:07	04:12:17	06:11:38	<b>07:47:50.90</b>	<b>07:48:57.45</b>	+03:55:57 (50.3%)	10:23	5.8 (50.0%)
481	<b>BALCZYŃSKA Anna</b>	<b>5231</b>	PIĄTKOWO NA BIEGOWO	Masters K - 40	48	01:52:09	04:08:12	06:08:41	<b>07:48:53.40</b>	<b>07:50:22.00</b>	+03:57:21 (50.5%)	10:25	5.8 (50.0%)
482	<b>BIAŁOBRZESKI Piotr</b>	<b>5677</b>	BIALOBRZESKI TEAM	Senior II M - 30	136	01:39:55	04:14:45	06:10:30	<b>07:50:12.50</b>	<b>07:50:32.60</b>	+03:57:32 (50.5%)	10:26	5.7 (49.1%)
483	<b>DOMAŃSKI Piotr</b>	<b>5694</b>	RUN DE GIRARD	Masters M - 40	152	01:51:02	04:07:56	06:15:42	<b>07:48:28.10</b>	<b>07:50:44.65</b>	+03:57:44 (50.5%)	10:24	5.8 (50.0%)
484	<b>KOWALSKA Renata</b>	<b>5505</b>		Senior II K - 30	44	01:51:27	04:05:34	06:07:10	<b>07:47:32.60</b>	<b>07:50:48.90</b>	+03:57:48 (50.5%)	10:23	5.8 (50.0%)
485	<b>WODZYŃSKI Adam</b>	<b>5269</b>	BIEGNIEMY DLA HANI	Senior II M - 30	137	01:53:12	03:58:08	06:03:21	<b>07:47:34.60</b>	<b>07:50:56.70</b>	+03:57:56 (50.5%)	10:23	5.8 (50.0%)
486	<b>KRYK Mirosław</b>	<b>5244</b>	AKTYWNY MARGONIN	Senior II M - 30	138	01:36:39	03:51:17	06:08:28	<b>07:49:44.30</b>	<b>07:51:12.10</b>	+03:58:11 (50.6%)	10:26	5.7 (49.1%)
487	<b>KAŹMIERSKI Marcin</b>	<b>5242</b>	PCH_RUN	Masters M - 40	153	01:37:01	03:56:50	06:08:28	<b>07:49:44.20</b>	<b>07:51:12.25</b>	+03:58:12 (50.6%)	10:26	5.7 (49.1%)
488	<b>PISZCZEK Lidia</b>	<b>5393</b>		Senior II K - 30	45	01:54:34	04:11:35	06:06:11	<b>07:48:52.20</b>	<b>07:51:21.65</b>	+03:58:21 (50.6%)	10:25	5.8 (50.0%)

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
489	<b>ANDRZEJEWSKA Anna</b>	<b>5241</b>	ROGIEWICZ TEAM RUNNING	Senior II K - 30	46	01:54:33	04:11:35	06:06:10	<b>07:48:52.55</b>	<b>07:51:21.75</b>	+03:58:21 (50.6%)	10:25	5.8 (50.0%)
490	<b>WIERZBINSKI Kryspin</b>	<b>5323</b>		Weteran I M - 50	39	01:42:33	03:55:07	06:11:09	<b>07:49:54.60</b>	<b>07:51:27.55</b>	+03:58:27 (50.6%)	10:26	5.7 (49.1%)
491	<b>KUTKA Krzysztof</b>	<b>5514</b>		Weteran I M - 50	40	01:36:48	03:51:10	06:08:21	<b>07:49:55.45</b>	<b>07:51:27.85</b>	+03:58:27 (50.6%)	10:26	5.7 (49.1%)
492	<b>CZARNECKI Piotr</b>	<b>5040</b>	BIEGNIEMY DLA HANI STRYBUĆ	Senior II M - 30	139	01:50:37	03:58:06	06:01:49	<b>07:48:32.85</b>	<b>07:51:53.75</b>	+03:58:53 (50.6%)	10:24	5.8 (50.0%)
493	<b>DUBOWIK Anna</b>	<b>5746</b>		Masters K - 40	49	01:46:06	04:10:31	06:10:38	<b>07:51:53.20</b>	<b>07:52:22.60</b>	+03:59:22 (50.7%)	10:29	5.7 (49.1%)
494	<b>GADZAŁA Agnieszka</b>	<b>5328</b>	5R061E-7R4MPK1	Masters K - 40	50	01:45:24	04:03:06	05:55:43	<b>07:52:03.90</b>	<b>07:53:10.10</b>	+04:00:09 (50.8%)	10:29	5.7 (49.1%)
495	<b>GADZAŁA Bartosz</b>	<b>5327</b>	5R061E-7R4MPK1	Masters M - 40	154	01:44:22	04:00:11	05:56:57	<b>07:52:03.30</b>	<b>07:53:10.45</b>	+04:00:10 (50.8%)	10:29	5.7 (49.1%)
496	<b>SZABLA Magdalena</b>	<b>5704</b>	SAINT GOBAIN SQUAD	Masters K - 40	51	01:51:36	04:04:52	06:15:36	<b>07:51:31.25</b>	<b>07:53:11.25</b>	+04:00:11 (50.8%)	10:28	5.7 (49.1%)
497	<b>MAZUREK Piotr</b>	<b>5003</b>		Senior II M - 30	140	01:51:33	04:05:53	06:04:21	<b>07:50:48.75</b>	<b>07:53:36.15</b>	+04:00:35 (50.8%)	10:27	5.7 (49.1%)
498	<b>NIEDLICH Anna</b>	<b>5198</b>	KSW TEAM POLICE	Masters K - 40	52	01:42:06	04:00:43	06:14:43	<b>07:52:23.65</b>	<b>07:53:41.25</b>	+04:00:41 (50.8%)	10:29	5.7 (49.1%)
499	<b>SKIBA Piotr</b>	<b>5187</b>		Masters M - 40	155	01:43:13	03:54:34	06:05:46	<b>07:51:29.50</b>	<b>07:53:43.45</b>	+04:00:43 (50.8%)	10:28	5.7 (49.1%)
500	<b>TOMČÍK Petr</b>	<b>5546</b>		Weteran I M - 50	41	01:41:49	04:08:54	06:14:24	<b>07:50:04.00</b>	<b>07:53:43.95</b>	+04:00:43 (50.8%)	10:26	5.7 (49.1%)
501	<b>ŠEVČÍKOVÁ Lada</b>	<b>5548</b>		Weteran K - 50	16	01:41:48	04:08:56	06:14:24	<b>07:50:04.80</b>	<b>07:53:44.80</b>	+04:00:44 (50.8%)	10:26	5.7 (49.1%)
502	<b>KUŚMIREK Grzegorz</b>	<b>5573</b>		Weteran I M - 50	42	01:54:47	04:06:19	06:15:04	<b>07:50:51.50</b>	<b>07:53:48.80</b>	+04:00:48 (50.8%)	10:27	5.7 (49.1%)
503	<b>WOJCIECHOWSKA Justyna</b>	<b>5005</b>	STAJNIACROSSFIT	Masters K - 40	53	01:41:50	03:50:24	06:14:46	<b>07:52:56.20</b>	<b>07:53:55.00</b>	+04:00:54 (50.8%)	10:30	5.7 (49.1%)
504	<b>WOJCIECHOWSKI Marcin</b>	<b>5007</b>		Masters M - 40	156	01:41:50	03:50:26	06:14:45	<b>07:52:54.90</b>	<b>07:53:55.20</b>	+04:00:55 (50.8%)	10:30	5.7 (49.1%)
505	<b>KUŁAKOWSKI Piotr</b>	<b>5479</b>		Weteran II M - 60	6	01:56:23	04:13:11	06:14:12	<b>07:52:01.55</b>	<b>07:54:03.60</b>	+04:01:03 (50.8%)	10:29	5.7 (49.1%)
506	<b>MODZELEWSKI Piotr</b>	<b>5181</b>	TARNOWO PODGÓRNE BIEGA / BIEG LWA	Weteran I M - 50	43	01:51:44	04:03:22	06:10:49	<b>07:51:23.75</b>	<b>07:54:03.65</b>	+04:01:03 (50.8%)	10:28	5.7 (49.1%)
507	<b>BIEGAŃSKA Joanna</b>	<b>5182</b>	TARNOWO PODGÓRNE BIEGA / BIEG LWA	Masters K - 40	54	01:51:42	04:02:29	06:10:46	<b>07:51:23.45</b>	<b>07:54:03.90</b>	+04:01:03 (50.8%)	10:28	5.7 (49.1%)
508	<b>SZPILA Robert</b>	<b>5053</b>		Masters M - 40	157	01:41:14	03:49:54	06:09:00	<b>07:53:27.95</b>	<b>07:54:52.80</b>	+04:01:52 (50.9%)	10:31	5.7 (49.1%)
509	<b>SIKORSKA Agnieszka</b>	<b>5584</b>		Masters K - 40	55	01:56:23	04:12:51	06:14:13	<b>07:53:21.15</b>	<b>07:55:23.60</b>	+04:02:23 (51.0%)	10:31	5.7 (49.1%)
510	<b>TOWPIK Piotr</b>	<b>5047</b>		Masters M - 40	158	01:45:12	03:58:07	06:07:58	<b>07:54:11.05</b>	<b>07:56:14.25</b>	+04:03:14 (51.1%)	10:32	5.7 (49.1%)
511	<b>RUGA Andy</b>	<b>5190</b>		Masters M - 40	159	01:45:15	03:51:31	06:15:09	<b>07:54:42.15</b>	<b>07:56:17.10</b>	+04:03:16 (51.1%)	10:32	5.7 (49.1%)
512	<b>STELMACH Piotr</b>	<b>5648</b>	BIEGAJĄCE KREJZOLE	Masters M - 40	160	01:48:40	03:56:14	06:07:54	<b>07:56:34.10</b>	<b>07:57:08.40</b>	+04:04:08 (51.2%)	10:35	5.7 (49.1%)

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
513	<b>KACPRZYCKI Tomasz</b>	<b>5110</b>		Senior II M - 30	141	01:50:29	04:01:33	06:18:14	<b>07:54:09.05</b>	<b>07:57:12.65</b>	+04:04:12 (51.2%)	10:32	5.7 (49.1%)
514	<b>KOPKA Paweł</b>	<b>5471</b>		Masters M - 40	161	01:35:29	03:43:55	05:58:02	<b>07:56:21.85</b>	<b>07:57:18.30</b>	+04:04:18 (51.2%)	10:35	5.7 (49.1%)
515	<b>DUTKOWIAK Aleksandra</b>	<b>5229</b>	PIĄTKOWO NA BIEGOWO	Masters K - 40	56	01:53:12	04:11:58	06:15:42	<b>07:56:34.55</b>	<b>07:58:01.55</b>	+04:05:01 (51.3%)	10:35	5.7 (49.1%)
516	<b>RAJTAR Robert</b>	<b>5657</b>	BRYGADA RR	Masters M - 40	162	01:53:16	04:05:10	06:12:32	<b>07:55:01.90</b>	<b>07:58:16.40</b>	+04:05:16 (51.3%)	10:33	5.7 (49.1%)
517	<b>STEMPNIAK Krzysztof</b>	<b>5355</b>		Weteran I M - 50	44	01:51:45	04:13:52	06:19:58	<b>07:56:23.25</b>	<b>07:58:26.70</b>	+04:05:26 (51.3%)	10:35	5.7 (49.1%)
518	<b>LEWIŃSKI Filip</b>	<b>5183</b>	OBORYGENI	Masters M - 40	163	01:38:35	03:50:01	05:51:07	<b>07:57:31.45</b>	<b>07:58:34.95</b>	+04:05:34 (51.3%)	10:36	5.7 (49.1%)
519	<b>TOMASZEWSKA Marlena</b>	<b>5405</b>		Senior II K - 30	47	01:46:07	04:03:07	06:13:01	<b>07:58:45.20</b>	<b>07:59:07.10</b>	+04:06:06 (51.4%)	10:38	5.6 (48.3%)
520	<b>BEŁZOWSKI Jarosław</b>	<b>5539</b>		Masters M - 40	164	01:43:21	03:48:46	06:09:46	<b>07:58:07.30</b>	<b>07:59:10.05</b>	+04:06:09 (51.4%)	10:37	5.6 (48.3%)
521	<b>SZYSZKO Ewa</b>	<b>5344</b>	MARKOWI BIEGACZE	Masters K - 40	57	01:54:11	04:15:21	06:24:32	<b>07:59:00.25</b>	<b>07:59:36.95</b>	+04:06:36 (51.4%)	10:38	5.6 (48.3%)
522	<b>REINHARDT Hannah</b>	<b>5379</b>		Senior II K - 30	48	01:55:22	04:17:04	06:18:22	<b>07:58:31.55</b>	<b>07:59:42.95</b>	+04:06:42 (51.4%)	10:38	5.6 (48.3%)
523	<b>BOJARSKA Zuzanna</b>	<b>5408</b>	BW BIEGACZE WYMIATACZE	Senior I K - 20	9	01:57:04	04:19:00	06:24:06	<b>07:57:51.25</b>	<b>08:00:08.75</b>	+04:07:08 (51.5%)	10:37	5.7 (49.1%)
524	<b>ŚNIEGOSKI Sebastian</b>	<b>5107</b>		Masters M - 40	165	01:44:03	04:02:32	06:12:12	<b>07:57:35.90</b>	<b>08:00:12.30</b>	+04:07:12 (51.5%)	10:36	5.7 (49.1%)
525	<b>WIELGOPOLAN Natalia</b>	<b>5571</b>	Z KAWĄ NA SZLAK	Senior II K - 30	49	01:45:32	03:57:04	06:19:59	<b>07:59:07.25</b>	<b>08:00:33.95</b>	+04:07:33 (51.5%)	10:38	5.6 (48.3%)
526	<b>JANKOWSKI Adam</b>	<b>5359</b>	ULTRAWAY.PL	Senior II M - 30	142	01:47:16	04:13:16	06:19:57	<b>07:59:27.60</b>	<b>08:00:38.50</b>	+04:07:38 (51.5%)	10:39	5.6 (48.3%)
527	<b>MICHALAK Monika</b>	<b>5447</b>	KBDEBIEC POZNAŃ	Weteran K - 50	17	01:54:40	04:11:24	06:19:17	<b>07:59:01.75</b>	<b>08:01:50.05</b>	+04:08:49 (51.6%)	10:38	5.6 (48.3%)
528	<b>MALISZ Agnieszka</b>	<b>5028</b>	MALISKŁAD	Masters K - 40	58	01:48:23	04:16:28	06:25:15	<b>08:02:48.70</b>	<b>08:03:19.20</b>	+04:10:19 (51.8%)	10:43	5.6 (48.3%)
529	<b>SZURKO Michał</b>	<b>5253</b>		Masters M - 40	166	01:50:30	04:01:43	06:18:55	<b>08:00:37.60</b>	<b>08:03:41.00</b>	+04:10:40 (51.8%)	10:40	5.6 (48.3%)
530	<b>RĄCZKOWIAK Mateusz</b>	<b>5129</b>	USZŁO POWIETRZE Z DĘTKI	Senior II M - 30	143	01:40:33	03:58:11	06:07:14	<b>08:03:09.60</b>	<b>08:03:46.05</b>	+04:10:45 (51.8%)	10:44	5.6 (48.3%)
531	<b>CISLOWSKI Arkadiusz</b>	<b>5576</b>	100MIESZKAŃ	Masters M - 40	167	01:43:07	03:41:56	06:19:25	<b>08:00:22.80</b>	<b>08:04:04.70</b>	+04:11:04 (51.9%)	10:40	5.6 (48.3%)
532	<b>GUZIK Daniel</b>	<b>5733</b>		Weteran I M - 50	45	01:49:00	04:07:33	06:21:37	<b>08:03:20.95</b>	<b>08:05:03.15</b>	+04:12:02 (52.0%)	10:44	5.6 (48.3%)
533	<b>KOZUBSKI Maciej</b>	<b>5146</b>		Senior II M - 30	144	01:50:16	04:07:58	06:18:56	<b>08:02:04.70</b>	<b>08:05:04.65</b>	+04:12:04 (52.0%)	10:42	5.6 (48.3%)
534	<b>BUKA Paulina</b>	<b>5096</b>		Senior II K - 30	50	01:50:17	04:07:58	06:18:56	<b>08:02:05.10</b>	<b>08:05:04.80</b>	+04:12:04 (52.0%)	10:42	5.6 (48.3%)
535	<b>GŁUCHOWSKA Ewelina</b>	<b>5300</b>		Senior II K - 30	51	01:50:07	04:06:13	06:07:13	<b>08:01:32.15</b>	<b>08:05:05.10</b>	+04:12:04 (52.0%)	10:42	5.6 (48.3%)
536	<b>SZABLA Marcin</b>	<b>5703</b>	SZABELKA TEAM	Masters M - 40	168	01:51:29	04:07:16	06:20:53	<b>08:03:20.30</b>	<b>08:05:05.40</b>	+04:12:05 (52.0%)	10:44	5.6 (48.3%)

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
537	<b>GŁÓWKA Barbara</b>	<b>5080</b>		Senior II K - 30	52	01:50:06	04:06:14	06:07:53	<b>08:01:32.50</b>	<b>08:05:06.05</b>	+04:12:05 (52.0%)	10:42	5.6 (48.3%)
538	<b>BUDZIŃSKI Krzysztof</b>	<b>5552</b>	STOWARZYSZENIE SPORTOWE FENIKS PRZY ELEKTROWNI OPOLE	Weteran I M - 50	46	01:46:17	03:58:20	06:09:03	<b>08:04:42.45</b>	<b>08:06:20.15</b>	+04:13:19 (52.1%)	10:46	5.6 (48.3%)
539	<b>KARAŚ Michał</b>	<b>5558</b>		Senior II M - 30	145	01:53:18	04:11:41	06:22:22	<b>08:02:53.30</b>	<b>08:06:25.65</b>	+04:13:25 (52.1%)	10:43	5.6 (48.3%)
540	<b>SZIBURIS Sven</b>	<b>5456</b>		Weteran I M - 50	47	01:54:29	04:07:54	06:17:02	<b>08:04:28.50</b>	<b>08:06:29.90</b>	+04:13:29 (52.1%)	10:45	5.6 (48.3%)
541	<b>KOSTYK Grzegorz</b>	<b>5138</b>		Masters M - 40	169	01:47:27	04:09:22	06:11:20	<b>08:05:38.85</b>	<b>08:06:51.20</b>	+04:13:51 (52.1%)	10:47	5.6 (48.3%)
542	<b>FAJER Marek</b>	<b>5077</b>	ZWIK MYSZKÓW	Weteran II M - 60	7	01:53:31	04:15:06	06:24:38	<b>08:06:13.60</b>	<b>08:07:18.50</b>	+04:14:18 (52.2%)	10:48	5.6 (48.3%)
543	<b>JASKULSKI Dariusz</b>	<b>5019</b>		Masters M - 40	170	01:45:34	04:12:00	06:29:59	<b>08:04:24.60</b>	<b>08:07:19.15</b>	+04:14:18 (52.2%)	10:45	5.6 (48.3%)
544	<b>KUCHMECKI Maciej</b>	<b>5543</b>		Masters M - 40	171	01:50:48	04:07:13	06:10:50	<b>08:04:48.90</b>	<b>08:07:39.40</b>	+04:14:39 (52.2%)	10:46	5.6 (48.3%)
545	<b>SZPUNAR Paweł</b>	<b>5271</b>	NIGHT RUNNERS PYSKOWICE	Senior II M - 30	146	01:42:52	04:05:43	06:17:42	<b>08:07:48.25</b>	<b>08:08:18.75</b>	+04:15:18 (52.3%)	10:50	5.5 (47.4%)
546	<b>BORKOWSKI Maciej</b>	<b>5656</b>		Senior I M - 20	38	01:56:03	04:10:01	06:24:07	<b>08:06:11.35</b>	<b>08:08:46.30</b>	+04:15:46 (52.3%)	10:48	5.6 (48.3%)
547	<b>MAZUR Filip</b>	<b>5502</b>		Senior I M - 20	39	01:56:05	04:10:02	06:24:13	<b>08:06:11.85</b>	<b>08:08:46.55</b>	+04:15:46 (52.3%)	10:48	5.6 (48.3%)
548	<b>PIECHOTA Marcin</b>	<b>5407</b>	DRUŻYNA SZPIKU	Masters M - 40	172	01:42:52	03:52:42	06:07:14	<b>08:07:14.50</b>	<b>08:09:26.90</b>	+04:16:26 (52.4%)	10:49	5.5 (47.4%)
549	<b>MICHALSKI Grzegorz</b>	<b>5178</b>	USLUGIDRONOWE.PL	Masters M - 40	173	01:50:59	04:06:33	06:16:33	<b>08:07:55.05</b>	<b>08:10:57.40</b>	+04:17:57 (52.5%)	10:50	5.5 (47.4%)
550	<b>BIRECKA Kamilla</b>	<b>5259</b>		Weteran K - 50	18	01:51:46	04:04:04	06:25:26	<b>08:07:55.85</b>	<b>08:11:11.50</b>	+04:18:11 (52.6%)	10:50	5.5 (47.4%)
551	<b>WĄGRODZKA Małgorzata</b>	<b>5373</b>	KLUB BIEGACZA BIAŁA BIEGA	Masters K - 40	59	01:55:20	04:16:19	06:23:39	<b>08:09:34.10</b>	<b>08:11:42.80</b>	+04:18:42 (52.6%)	10:52	5.5 (47.4%)
552	<b>GAWLIK Tomasz</b>	<b>5142</b>		Senior I M - 20	40	01:41:47	03:44:33	06:24:39	<b>08:10:45.45</b>	<b>08:12:51.90</b>	+04:19:51 (52.7%)	10:54	5.5 (47.4%)
553	<b>ILKIEWICZ Oskar</b>	<b>5374</b>		Senior I M - 20	41	01:49:42	03:57:17	06:16:27	<b>08:09:41.50</b>	<b>08:13:23.60</b>	+04:20:23 (52.8%)	10:52	5.5 (47.4%)
554	<b>ILKIEWICZ Michał</b>	<b>5375</b>		Masters M - 40	174	01:49:42	04:06:09	06:16:24	<b>08:09:43.00</b>	<b>08:13:26.40</b>	+04:20:26 (52.8%)	10:52	5.5 (47.4%)
555	<b>WILIŃSKI Ryszard</b>	<b>5022</b>	JUTROSIŃSKI KLUB BIEGACZY	Masters M - 40	175	01:47:21	04:07:52	06:25:34	<b>08:13:21.00</b>	<b>08:13:33.50</b>	+04:20:33 (52.8%)	10:57	5.5 (47.4%)
556	<b>NAWROCKA Sylwia</b>	<b>5630</b>		Weteran K - 50	19	01:52:24	04:21:55	06:26:34	<b>08:13:11.10</b>	<b>08:14:23.50</b>	+04:21:23 (52.9%)	10:57	5.5 (47.4%)
557	<b>ŚWIERCZEWSKI Krzysztof</b>	<b>5112</b>	BIEGOWA KUŹNIA	Masters M - 40	176	01:44:42	04:08:34	06:24:45	<b>08:14:43.35</b>	<b>08:15:22.85</b>	+04:22:22 (53.0%)	10:59	5.5 (47.4%)
558	<b>KOPYŚĆ Jarosław</b>	<b>5540</b>	PSZCZÓŁKOWSKI TEAM	Masters M - 40	177	01:54:23	04:17:26	06:23:01	<b>08:13:59.30</b>	<b>08:16:42.55</b>	+04:23:42 (53.1%)	10:58	5.5 (47.4%)
559	<b>ECKSTEIN Nikoleta</b>	<b>5679</b>		Masters K - 40	60	01:53:57	04:08:03	06:20:46	<b>08:13:32.95</b>	<b>08:16:44.65</b>	+04:23:44 (53.1%)	10:58	5.5 (47.4%)
560	<b>BARAN Przemysław</b>	<b>5043</b>	BIEGNIEMY DLA HANI	Senior II M - 30	147	01:53:14	04:11:13	06:15:36	<b>08:13:31.25</b>	<b>08:16:51.35</b>	+04:23:51 (53.1%)	10:58	5.5 (47.4%)



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
561	<b>DANILUK-DUPLA Ewa</b>	<b>5155</b>	WIECZORNE BIEGANIE W SZCZECINIE	Masters K - 40	61	01:48:13	04:09:15	06:33:29	<b>08:16:07.20</b>	<b>08:18:03.90</b>	+04:25:03 (53.2%)	11:01	5.4 (46.6%)
562	<b>TOKARSKI Rafał</b>	<b>5156</b>	RAZ SZCZECIN	Weteran I M - 50	48	01:48:14	04:09:14	06:33:28	<b>08:16:06.20</b>	<b>08:18:03.95</b>	+04:25:03 (53.2%)	11:01	5.4 (46.6%)
563	<b>CHMIELEWSKA Karolina</b>	<b>5596</b>	PTTK TERAZ SUDETY	Masters K - 40	62	01:42:16	03:53:36	06:26:29	<b>08:17:20.30</b>	<b>08:18:04.60</b>	+04:25:04 (53.2%)	11:03	5.4 (46.6%)
564	<b>PTASZYŃSKI Krzysztof</b>	<b>5070</b>	PKO BANK POLSKI	Weteran I M - 50	49	01:54:34	04:15:51	06:25:45	<b>08:16:18.95</b>	<b>08:18:28.95</b>	+04:25:28 (53.3%)	11:01	5.4 (46.6%)
565	<b>GMIŃSKI Dariusz</b>	<b>5127</b>	POZNAŃ	Senior II M - 30	148	01:54:35	04:14:30	06:25:42	<b>08:16:22.15</b>	<b>08:18:30.85</b>	+04:25:30 (53.3%)	11:01	5.4 (46.6%)
566	<b>ZIMMER Dominik</b>	<b>5429</b>	NIGHT RUNNERS POZNAŃ	Senior II M - 30	149	01:45:36	04:02:42	06:18:52	<b>08:15:27.60</b>	<b>08:18:32.55</b>	+04:25:32 (53.3%)	11:00	5.4 (46.6%)
567	<b>PICCINNO Maurizio</b>	<b>5294</b>	ATLETICA SALENTO ARADEO	Weteran I M - 50	50	01:55:09	04:22:05	06:44:37	<b>08:17:30.20</b>	<b>08:18:46.80</b>	+04:25:46 (53.3%)	11:03	5.4 (46.6%)
568	<b>BINKIEWICZ-KOWALCZYK Agnieszka</b>	<b>5175</b>		Senior II K - 30	53	02:06:11	04:30:48	06:34:48	<b>08:19:08.90</b>	<b>08:20:02.60</b>	+04:27:02 (53.4%)	11:05	5.4 (46.6%)
569	<b>GRUCHOT Małgorzata</b>	<b>5738</b>	WIECZORNE BIEGANIE W OPOLU	Masters K - 40	63	01:46:34	04:11:39	06:22:53	<b>08:18:49.15</b>	<b>08:20:26.75</b>	+04:27:26 (53.4%)	11:05	5.4 (46.6%)
570	<b>BILSKI Michał</b>	<b>5595</b>		Masters M - 40	178	01:52:06	04:13:32	06:21:01	<b>08:18:08.70</b>	<b>08:20:50.30</b>	+04:27:50 (53.5%)	11:04	5.4 (46.6%)
571	<b>BEDNAREK Michał</b>	<b>5217</b>	CROSSELITE	Masters M - 40	179	01:53:27	04:09:16	06:20:12	<b>08:19:46.95</b>	<b>08:22:25.30</b>	+04:29:25 (53.6%)	11:06	5.4 (46.6%)
572	<b>ADAMEK Katarzyna</b>	<b>5310</b>	AKADEMIABIEGACZA.PL	Senior II K - 30	54	01:55:56	04:22:38	06:36:34	<b>08:22:03.40</b>	<b>08:24:31.10</b>	+04:31:30 (53.8%)	11:09	5.4 (46.6%)
573	<b>JANKOWIAK Bartosz</b>	<b>5594</b>	SOKÓŁ WŁOSZAKOWICE	Masters M - 40	180	01:45:44	04:12:09	06:37:03	<b>08:23:11.75</b>	<b>08:24:32.65</b>	+04:31:32 (53.8%)	11:10	5.4 (46.6%)
574	<b>PORZYCH Zbigniew</b>	<b>5268</b>	VESTAS	Masters M - 40	181	01:55:12	04:16:41	06:40:30	<b>08:23:42.10</b>	<b>08:25:06.35</b>	+04:32:06 (53.9%)	11:11	5.4 (46.6%)
575	<b>WALENCIAK Michał</b>	<b>5171</b>	TP BIEGA TARNOWO PODGÓRNE	Masters M - 40	182	01:51:54	04:03:03	06:35:04	<b>08:23:15.85</b>	<b>08:26:14.15</b>	+04:33:13 (54.0%)	11:11	5.4 (46.6%)
576	<b>MROWIŃSKA Marta</b>	<b>5238</b>	SHOOTBOXER MOSINA	Weteran K - 50	20	02:01:05	04:25:07	06:35:39	<b>08:24:39.20</b>	<b>08:26:34.05</b>	+04:33:33 (54.0%)	11:12	5.4 (46.6%)
577	<b>KRAJEWSKA-KŁODA Katarzyna</b>	<b>5491</b>	SPORT GENERATION	Weteran K - 50	21	02:01:04	04:25:09	06:35:40	<b>08:24:40.10</b>	<b>08:26:34.10</b>	+04:33:33 (54.0%)	11:12	5.4 (46.6%)
578	<b>BĄTRUK Hubert</b>	<b>5370</b>		Senior II M - 30	150	01:45:20	04:07:50	06:28:10	<b>08:25:33.05</b>	<b>08:26:49.50</b>	+04:33:49 (54.0%)	11:14	5.3 (45.7%)
579	<b>SZYMANKIEWICZ Edyta</b>	<b>5640</b>	CROSS STRACENICÓW TEAM	Weteran K - 50	22	01:51:48	04:18:53	06:35:32	<b>08:26:31.90</b>	<b>08:28:12.75</b>	+04:35:12 (54.2%)	11:15	5.3 (45.7%)
580	<b>BEKAS Paulina</b>	<b>5195</b>	NIGHT RUNNERS	Masters K - 40	64	01:54:39	04:18:50	06:34:01	<b>08:25:21.15</b>	<b>08:28:32.40</b>	+04:35:32 (54.2%)	11:13	5.3 (45.7%)
581	<b>BUGAJ Krzysztof</b>	<b>5692</b>	NIENAŻARTE MISIE	Senior II M - 30	151	01:56:43	04:21:45	06:40:41	<b>08:28:32.05</b>	<b>08:30:51.65</b>	+04:37:51 (54.4%)	11:18	5.3 (45.7%)
582	<b>KEGEL Zbigniew</b>	<b>5109</b>	PIĄTKOWO NA BIEGOWO	Weteran II M - 60	8	01:55:15	04:20:15	06:29:56	<b>08:29:27.40</b>	<b>08:31:01.60</b>	+04:38:01 (54.4%)	11:19	5.3 (45.7%)
583	<b>BASTA Grzegorz</b>	<b>5032</b>	BBL LASY BOGDANIEC	Weteran I M - 50	51	01:51:26	04:16:44	06:35:13	<b>08:29:04.70</b>	<b>08:31:27.95</b>	+04:38:27 (54.4%)	11:18	5.3 (45.7%)

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
584	WICHEREK Marta	5515	WKURW_TEAM KRAKÓW	Masters K - 40	65	01:59:33	04:20:16	06:39:31	<b>08:27:45.95</b>	<b>08:31:30.25</b>	+04:38:30 (54.4%)	11:17	5.3 (45.7%)
585	FURDYNA Maria	5465		Masters K - 40	66	02:03:56	04:36:34	06:40:17	<b>08:29:25.30</b>	<b>08:32:27.75</b>	+04:39:27 (54.5%)	11:19	5.3 (45.7%)
586	NOWACZEWSKA Anita	5161	NIGHT RUNNERS POZNAŃ	Masters K - 40	67	01:54:55	04:18:59	06:29:38	<b>08:29:59.15</b>	<b>08:33:03.15</b>	+04:40:02 (54.6%)	11:19	5.3 (45.7%)
587	MARCZYK Kamil	5316	PRESS GLASS BIEGAMY I WSPIERAMY	Senior II M - 30	152	01:57:12	04:19:53	06:39:38	<b>08:31:07.05</b>	<b>08:33:18.25</b>	+04:40:18 (54.6%)	11:21	5.3 (45.7%)
588	PELCZER Agnieszka	5207	KB HARCOWNIK JELCZ-LASKOWICE	Weteran K - 50	23	02:05:54	04:29:09	06:41:46	<b>08:30:32.70</b>	<b>08:33:27.30</b>	+04:40:27 (54.6%)	11:20	5.3 (45.7%)
589	WOJCIECHOWSKI Tomasz	5678		Masters M - 40	183	01:44:31	04:19:45	06:38:13	<b>08:34:03.35</b>	<b>08:34:51.05</b>	+04:41:50 (54.7%)	11:25	5.3 (45.7%)
590	MARTYNIAK Rafał	5089		Masters M - 40	184	01:52:20	04:13:30	06:32:06	<b>08:32:28.95</b>	<b>08:35:11.30</b>	+04:42:11 (54.8%)	11:23	5.3 (45.7%)
591	MILEWSKA Dominika	5222		Masters K - 40	68	01:52:35	04:24:57	06:39:53	<b>08:34:12.30</b>	<b>08:35:51.95</b>	+04:42:51 (54.8%)	11:25	5.3 (45.7%)
592	ŚNIEG Paulina	5283		Weteran K - 50	24	01:52:29	04:24:56	06:39:53	<b>08:34:13.45</b>	<b>08:35:52.15</b>	+04:42:51 (54.8%)	11:25	5.3 (45.7%)
593	NERKA Krystian	5466		Senior II M - 30	153	01:51:51	04:11:06	06:40:40	<b>08:34:03.75</b>	<b>08:36:15.20</b>	+04:43:15 (54.9%)	11:25	5.3 (45.7%)
594	CHADUŁA Adrian	5203	NIENAŻARTE MISIE	Senior II M - 30	154	01:56:55	04:26:35	06:39:17	<b>08:35:08.25</b>	<b>08:37:34.55</b>	+04:44:34 (55.0%)	11:26	5.2 (44.8%)
595	SUWAJ Roman	5044	HORACY	Weteran II M - 60	9	01:47:17	04:17:32	06:44:33	<b>08:37:00.55</b>	<b>08:37:36.10</b>	+04:44:35 (55.0%)	11:29	5.2 (44.8%)
596	PLESIŃSKI Marcin	5517	ŚLĘZAK TEAM	Senior II M - 30	155	02:02:43	04:26:37	06:56:15	<b>08:34:57.60</b>	<b>08:38:21.80</b>	+04:45:21 (55.1%)	11:26	5.2 (44.8%)
597	LIS Wojciech	5059	WIERZBICKI RUNNING PROJECT	Masters M - 40	185	01:50:39	04:09:59	06:32:23	<b>08:36:26.75</b>	<b>08:39:00.30</b>	+04:46:00 (55.1%)	11:28	5.2 (44.8%)
598	WAŚCIŃSKI Roman	5670		Weteran I M - 50	52	02:02:57	04:28:44	06:47:57	<b>08:36:22.85</b>	<b>08:39:29.10</b>	+04:46:28 (55.1%)	11:28	5.2 (44.8%)
599	WAŚCIŃSKA Edyta	5645		Weteran K - 50	25	01:59:52	04:29:08	06:47:59	<b>08:36:24.15</b>	<b>08:39:29.95</b>	+04:46:29 (55.1%)	11:28	5.2 (44.8%)
600	ZIELIŃSKI Paweł	5605		Senior II M - 30	156	02:00:20	04:32:45	06:54:17	<b>08:36:56.50</b>	<b>08:39:45.50</b>	+04:46:45 (55.2%)	11:29	5.2 (44.8%)
601	GAŁĄZKA Jarosław	5141	BBL BOGDANIEC	Masters M - 40	186	01:52:09	04:16:33	06:39:22	<b>08:37:20.00</b>	<b>08:39:47.85</b>	+04:46:47 (55.2%)	11:29	5.2 (44.8%)
602	KSIĄŻEK Leszek	5427	GÓRA KSIĄŻEK	Weteran I M - 50	53	01:52:09	04:24:49	06:44:37	<b>08:39:52.20</b>	<b>08:42:13.20</b>	+04:49:13 (55.4%)	11:33	5.2 (44.8%)
603	BUDEK Tomasz	5557		Senior II M - 30	157	01:59:49	04:26:08	06:41:40	<b>08:39:29.80</b>	<b>08:43:04.55</b>	+04:50:04 (55.5%)	11:32	5.2 (44.8%)
604	WUJTKO Romuald	5286		Weteran I M - 50	54	01:51:39	04:14:14	06:28:47	<b>08:40:22.85</b>	<b>08:43:08.60</b>	+04:50:08 (55.5%)	11:33	5.2 (44.8%)
605	GOŁĘBIEWSKI Jędrzej	5606		Senior I M - 20	42	01:58:31	04:28:24	06:43:21	<b>08:41:49.05</b>	<b>08:43:12.50</b>	+04:50:12 (55.5%)	11:35	5.2 (44.8%)
606	PRYMUŁA Krystian	5441		Senior I M - 20	43	01:51:46	04:19:32	06:37:21	<b>08:41:50.10</b>	<b>08:43:31.75</b>	+04:50:31 (55.5%)	11:35	5.2 (44.8%)
607	PALTIAN Piotr	5061	SĄ WOLNIEJSI	Weteran I M - 50	55	01:51:04	04:15:00	06:39:04	<b>08:41:01.40</b>	<b>08:43:43.70</b>	+04:50:43 (55.5%)	11:34	5.2 (44.8%)

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
608	<b>CYCULAK Aleksandra</b>	<b>5046</b>		Senior I K - 20	10	01:54:49	04:31:27	06:40:35	<b>08:42:25.05</b>	<b>08:44:50.45</b>	+04:51:50 (55.6%)	11:36	5.2 (44.8%)
609	<b>CZERWIŃSKA Arleta</b>	<b>5245</b>		Weteran II K - 60	2	01:54:20	04:28:19	06:40:43	<b>08:43:57.35</b>	<b>08:46:30.75</b>	+04:53:30 (55.7%)	11:38	5.2 (44.8%)
610	<b>BASA-ANYŻ Anna</b>	<b>5544</b>		Masters K - 40	69	01:59:49	04:26:31	06:46:59	<b>08:43:38.60</b>	<b>08:46:48.00</b>	+04:53:47 (55.8%)	11:38	5.2 (44.8%)
611	<b>ANYŻ Łukasz</b>	<b>5545</b>		Masters M - 40	187	02:00:12	04:30:29	06:46:55	<b>08:43:38.45</b>	<b>08:46:48.95</b>	+04:53:48 (55.8%)	11:38	5.2 (44.8%)
612	<b>BAUMGART Katarzyna</b>	<b>5304</b>		Masters K - 40	70	01:51:55	04:12:59	06:44:14	<b>08:45:00.65</b>	<b>08:47:23.95</b>	+04:54:23 (55.8%)	11:40	5.1 (44.0%)
613	<b>BAUMGART Grzegorz</b>	<b>5303</b>	GRUPA OLX	Masters M - 40	188	01:51:53	04:12:56	06:44:07	<b>08:45:00.00</b>	<b>08:47:24.05</b>	+04:54:23 (55.8%)	11:40	5.1 (44.0%)
614	<b>SEIFERT Adrian</b>	<b>5611</b>		Senior I M - 20	44	01:44:28	04:30:40	06:51:09	<b>08:45:21.45</b>	<b>08:47:36.75</b>	+04:54:36 (55.8%)	11:40	5.1 (44.0%)
615	<b>JÓZEF Marek</b>	<b>5058</b>	ULTRAJÓZKI	Masters M - 40	189	01:46:05	04:09:57	06:37:02	<b>08:46:46.05</b>	<b>08:49:28.70</b>	+04:56:28 (56.0%)	11:42	5.1 (44.0%)
616	<b>PAWLUS Marek</b>	<b>5588</b>	PEPPA RUNNING TEAM	Senior II M - 30	158	01:57:57	04:30:12	06:53:12	<b>08:48:09.30</b>	<b>08:49:31.80</b>	+04:56:31 (56.0%)	11:44	5.1 (44.0%)
617	<b>BIENIARZ Ilona</b>	<b>5589</b>	PEPPA RUNNING TEAM	Senior II K - 30	55	01:57:56	04:30:13	06:47:14	<b>08:48:10.15</b>	<b>08:49:32.40</b>	+04:56:32 (56.0%)	11:44	5.1 (44.0%)
618	<b>KONIECZNY Andrzej</b>	<b>5673</b>		Weteran I M - 50	56	02:01:19	04:35:54	06:50:50	<b>08:47:05.90</b>	<b>08:49:57.80</b>	+04:56:57 (56.0%)	11:42	5.1 (44.0%)
619	<b>SZYMANOWSKI Marcin</b>	<b>5284</b>		Senior II M - 30	159	01:50:57	04:07:42	06:45:14	<b>08:47:07.45</b>	<b>08:50:01.35</b>	+04:57:01 (56.0%)	11:42	5.1 (44.0%)
620	<b>HRYŃ-MORAWSKA Elżbieta</b>	<b>5085</b>		Masters K - 40	71	01:59:40	04:25:30	06:46:52	<b>08:47:00.35</b>	<b>08:50:24.30</b>	+04:57:24 (56.1%)	11:42	5.1 (44.0%)
621	<b>SAŁEK Mateusz</b>	<b>5619</b>		Senior II M - 30	160	02:03:04	04:40:58	06:51:27	<b>08:52:57.35</b>	<b>08:53:56.55</b>	+05:00:56 (56.4%)	11:50	5.1 (44.0%)
622	<b>STRZELCZYK Ilona</b>	<b>5689</b>	KĘSY TEAM	Weteran II K - 60	3	01:55:31	04:34:19	06:56:10	<b>08:53:04.55</b>	<b>08:54:06.20</b>	+05:01:06 (56.4%)	11:50	5.1 (44.0%)
623	<b>KORCZYŃSKA Alicja</b>	<b>5281</b>		Masters K - 40	72	01:55:57	04:25:10	06:54:11	<b>08:52:33.50</b>	<b>08:54:32.90</b>	+05:01:32 (56.4%)	11:50	5.1 (44.0%)
624	<b>WASZKIEWICZ Joanna</b>	<b>5518</b>	NIGHT RUNNERS	Masters K - 40	73	01:55:51	04:26:50	06:43:29	<b>08:51:33.55</b>	<b>08:54:43.60</b>	+05:01:43 (56.4%)	11:48	5.1 (44.0%)
625	<b>KACZMAREK Magdalena</b>	<b>5381</b>		Masters K - 40	74	01:59:00	04:45:06	07:01:56	<b>08:52:01.55</b>	<b>08:55:20.65</b>	+05:02:20 (56.5%)	11:49	5.1 (44.0%)
626	<b>URBANEK Karolina</b>	<b>5164</b>	PSI SPRINT GRODZISK WIELKOPOLSKI	Masters K - 40	75	02:04:17	04:37:51	06:58:09	<b>08:54:04.65</b>	<b>08:55:55.20</b>	+05:02:55 (56.5%)	11:52	5.1 (44.0%)
627	<b>URBANEK Marcin</b>	<b>5194</b>		Masters M - 40	190	02:04:18	04:37:50	06:58:10	<b>08:54:06.00</b>	<b>08:55:56.85</b>	+05:02:56 (56.5%)	11:52	5.1 (44.0%)
628	<b>BECHTA Damian</b>	<b>5135</b>		Senior II M - 30	161	01:52:11	04:21:46	06:58:14	<b>08:54:36.15</b>	<b>08:56:06.95</b>	+05:03:06 (56.5%)	11:52	5.1 (44.0%)
629	<b>KOZŁOWSKI Piotr</b>	<b>5652</b>	KLUB SPORTOWY HUSARIA SZCZECINEK	Masters M - 40	191	02:06:44	04:42:18	06:59:53	<b>08:53:09.15</b>	<b>08:56:38.50</b>	+05:03:38 (56.6%)	11:50	5.1 (44.0%)
630	<b>URBAN Anna Maria</b>	<b>5409</b>	ZABIEGANI REYKJAVIK	Senior II K - 30	56	01:59:36	04:36:30	06:59:18	<b>08:53:46.90</b>	<b>08:56:42.40</b>	+05:03:42 (56.6%)	11:51	5.1 (44.0%)

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
631	<b>SZNOBER Dorota</b>	<b>5132</b>	TARNOWO PODGÓRNE BIEGA	Senior II K - 30	57	01:51:53	04:25:48	06:49:50	<b>08:53:48.00</b>	<b>08:56:47.00</b>	+05:03:46 (56.6%)	11:51	5.1 (44.0%)
632	<b>ZIÓLKOWSKI Piotr</b>	<b>5354</b>	KB HARCOWNIK JELCZ-LASKOWICE	Weteran I M - 50	57	02:01:35	04:32:32	06:47:54	<b>08:56:20.75</b>	<b>08:58:42.90</b>	+05:05:42 (56.7%)	11:55	5 (43.1%)
633	<b>TALAR Zenon</b>	<b>5160</b>	KĘSY TEAM	Weteran II M - 60	10	02:01:36	04:43:08	07:01:16	<b>08:58:01.25</b>	<b>08:59:09.60</b>	+05:06:09 (56.8%)	11:57	5 (43.1%)
634	<b>PUSZEK Jacek</b>	<b>5383</b>	KW CZĘSTOCHOWA	Masters M - 40	192	01:54:49	04:23:20	06:51:55	<b>08:57:27.05</b>	<b>08:59:09.95</b>	+05:06:09 (56.8%)	11:56	5 (43.1%)
635	<b>CHOJNOWSKA Barbara</b>	<b>5555</b>		Weteran K - 50	26	02:12:28	04:53:21	07:05:25	<b>08:55:52.25</b>	<b>08:59:30.40</b>	+05:06:30 (56.8%)	11:54	5 (43.1%)
636	<b>KAMIŃSKI Marek</b>	<b>5144</b>		Senior II M - 30	162	01:59:30	04:28:49	06:48:10	<b>08:56:35.45</b>	<b>09:00:02.00</b>	+05:07:01 (56.9%)	11:55	5 (43.1%)
637	<b>POŁĘĆ Grzegorz</b>	<b>5260</b>		Weteran II M - 60	11	02:08:05	04:44:08	07:01:16	<b>08:57:09.25</b>	<b>09:00:33.55</b>	+05:07:33 (56.9%)	11:56	5 (43.1%)
638	<b>WALKOWIAK Marek</b>	<b>5221</b>	PECNA TEAM	Weteran I M - 50	58	01:52:55	04:34:49	07:00:18	<b>08:59:35.30</b>	<b>09:00:45.50</b>	+05:07:45 (56.9%)	11:59	5 (43.1%)
639	<b>PILARCZYK Agnieszka</b>	<b>5438</b>		Masters K - 40	76	02:01:08	04:38:08	06:57:29	<b>08:58:54.10</b>	<b>09:01:44.70</b>	+05:08:44 (57.0%)	11:58	5 (43.1%)
640	<b>SADLAK Michal</b>	<b>5697</b>	BBL LUBOŃ	Masters M - 40	193	01:44:43	04:15:26	06:47:58	<b>09:00:22.40</b>	<b>09:02:16.80</b>	+05:09:16 (57.0%)	12:00	5 (43.1%)
641	<b>ROSŁAŃ Krzysztof</b>	<b>5033</b>		Senior II M - 30	163	01:43:42	04:00:43	06:36:19	<b>08:59:20.60</b>	<b>09:02:56.90</b>	+05:09:56 (57.1%)	11:59	5 (43.1%)
642	<b>CZERWONKA Krzysztof</b>	<b>5071</b>		Masters M - 40	194	01:57:48	04:29:33	06:53:29	<b>09:00:42.65</b>	<b>09:04:16.95</b>	+05:11:16 (57.2%)	12:00	5 (43.1%)
643	<b>CEDOR Katarzyna</b>	<b>5467</b>		Senior II K - 30	58	02:05:39	04:51:33	07:11:52	<b>09:02:48.10</b>	<b>09:04:44.50</b>	+05:11:44 (57.2%)	12:03	5 (43.1%)
644	<b>GAWORECKI Sławomir</b>	<b>5653</b>	KLUB SPORTOWY HUSARIA SZCZECINEK	Masters M - 40	195	01:53:49	04:38:30	07:00:27	<b>09:02:01.25</b>	<b>09:05:29.50</b>	+05:12:29 (57.3%)	12:02	5 (43.1%)
645	<b>MUCHA Natalia</b>	<b>5629</b>	BIEGAJĄCE KREJZOLE	Weteran K - 50	27	01:59:15	04:32:39	07:03:45	<b>09:06:33.10</b>	<b>09:07:06.90</b>	+05:14:06 (57.4%)	12:08	4.9 (42.2%)
646	<b>MACIEJEWSKA Beata</b>	<b>5612</b>		Senior II K - 30	59	02:13:10	04:58:50	07:12:32	<b>09:04:44.60</b>	<b>09:08:15.40</b>	+05:15:15 (57.5%)	12:06	5 (43.1%)
647	<b>ADAMEK Grzegorz</b>	<b>5311</b>	ŁÓDŹ KOCHA SPORT	Masters M - 40	196	02:05:02	04:45:28	07:05:41	<b>09:05:54.90</b>	<b>09:08:23.20</b>	+05:15:23 (57.5%)	12:07	4.9 (42.2%)
648	<b>SZPERNALOWSKI Grzegorz</b>	<b>5095</b>	ING BANK ŚLĄSKI	Senior II M - 30	164	01:52:30	04:23:45	07:05:44	<b>09:08:54.95</b>	<b>09:09:33.45</b>	+05:16:33 (57.6%)	12:11	4.9 (42.2%)
649	<b>POTERAŁSKA Emilia</b>	<b>5186</b>	KBKS RADOMSKO	Senior II K - 30	60	02:08:05	04:55:05	07:19:15	<b>09:09:56.65</b>	<b>09:12:57.80</b>	+05:19:57 (57.9%)	12:13	4.9 (42.2%)
650	<b>DUMAŃSKA Iwona</b>	<b>5298</b>		Masters K - 40	77	02:00:13	04:45:04	07:10:27	<b>09:10:38.70</b>	<b>09:13:16.50</b>	+05:20:16 (57.9%)	12:14	4.9 (42.2%)
651	<b>WOROSZYŁO Monika</b>	<b>5136</b>	RYKOWISKO	Masters K - 40	78	02:23:51	05:13:33	07:31:42	<b>09:12:39.60</b>	<b>09:14:38.10</b>	+05:21:37 (58.0%)	12:16	4.9 (42.2%)
652	<b>DUNOWSKI Przemysław</b>	<b>5050</b>	BBL LASY BOGDANIEC	Weteran I M - 50	59	02:03:40	04:50:46	07:14:28	<b>09:16:22.30</b>	<b>09:18:54.75</b>	+05:25:54 (58.3%)	12:21	4.9 (42.2%)
653	<b>DUNOWSKA Ilona</b>	<b>5051</b>	BBL LASY BOGDANIEC	Weteran K - 50	28	02:03:51	04:50:58	07:14:19	<b>09:16:22.15</b>	<b>09:18:55.25</b>	+05:25:55 (58.3%)	12:21	4.9 (42.2%)
654	<b>WIŚNIEWSKI Zbigniew</b>	<b>5414</b>	BRZOZA BIEGA	Weteran I M - 50	60	02:09:59	05:02:21	07:25:58	<b>09:16:49.85</b>	<b>09:20:00.80</b>	+05:27:00 (58.4%)	12:22	4.8 (41.4%)

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
655	<b>KRAKOWSKI Paweł</b>	<b>5698</b>	MIKI TEAM	Senior II M - 30	165	02:00:44	04:54:42	07:20:25	<b>09:18:24.75</b>	<b>09:20:56.40</b>	+05:27:56 (58.5%)	12:24	4.8 (41.4%)
656	<b>GASIOR Paweł</b>	<b>5189</b>	ROZBIEGANY SUSZ	Senior II M - 30	166	02:11:01	04:54:11	07:16:37	<b>09:20:08.15</b>	<b>09:21:28.75</b>	+05:28:28 (58.5%)	12:26	4.8 (41.4%)
657	<b>NOWAK - KASPRZAK Anna</b>	<b>5609</b>		Senior II K - 30	61	02:02:59	04:52:09	07:10:50	<b>09:20:20.70</b>	<b>09:23:47.85</b>	+05:30:47 (58.7%)	12:27	4.8 (41.4%)
658	<b>KASPRZAK Łukasz</b>	<b>5610</b>		Senior II M - 30	167	02:02:58	04:52:04	07:10:47	<b>09:20:18.90</b>	<b>09:23:48.00</b>	+05:30:47 (58.7%)	12:27	4.8 (41.4%)
659	<b>PRZESTRZELSKA-HAAS Marta</b>	<b>5014</b>	BACKPACKING OKAPI	Masters K - 40	79	02:15:11	04:55:11	07:11:37	<b>09:25:10.30</b>	<b>09:27:23.20</b>	+05:34:23 (58.9%)	12:33	4.8 (41.4%)
660	<b>HAAS Przemysław</b>	<b>5592</b>	BACKPACKING OKAPI TEAM	Masters M - 40	197	02:14:14	04:52:32	07:23:58	<b>09:25:10.25</b>	<b>09:27:23.40</b>	+05:34:23 (58.9%)	12:33	4.8 (41.4%)
661	<b>MIKOŁAJCZAK Jaromir</b>	<b>5647</b>	NIGHT RUNNERS	Weteran I M - 50	61	02:02:48	04:49:05	07:17:45	<b>09:30:29.30</b>	<b>09:33:42.25</b>	+05:40:42 (59.4%)	12:40	4.7 (40.5%)
662	<b>KOZŁOWSKI Maciej</b>	<b>5730</b>	ROADBIKE.PL	Senior II M - 30	168	02:13:30	05:01:12	07:26:59	<b>09:33:02.45</b>	<b>09:35:58.60</b>	+05:42:58 (59.5%)	12:44	4.7 (40.5%)
663	<b>DUDA Roland</b>	<b>5073</b>		Weteran I M - 50	62	02:00:53	04:51:39	07:30:24	<b>09:39:47.80</b>	<b>09:41:43.00</b>	+05:48:42 (59.9%)	12:53	4.7 (40.5%)
664	<b>JAKRZEWSKA Karolina</b>	<b>5192</b>	LOCO SPORT	Masters K - 40	80	02:00:03	04:59:05	07:36:32	<b>09:43:00.20</b>	<b>09:45:47.35</b>	+05:52:47 (60.2%)	12:57	4.6 (39.7%)
665	<b>CZAJCZYŃSKI Daniel</b>	<b>5744</b>	SFORA BMK	Weteran I M - 50	63	01:57:22	04:26:37	07:43:26	<b>09:44:26.20</b>	<b>09:46:58.30</b>	+05:53:58 (60.3%)	12:59	4.6 (39.7%)
<b>Przekroczony limit czasu: 10:00:00</b>													
666	<b>FRĄCKOWIAK Anna</b>	<b>5209</b>	KB HARCOWNIK JELCZ-LASKOWICE	Weteran K - 50	29	02:14:47	05:35:29	08:13:30	<b>10:37:33.45</b>	<b>10:40:28.80</b>	+06:47:28 (63.6%)	14:10	4.2 (36.2%)
	<b>SZCZYGIEŁ Łukasz</b>	<b>5368</b>		Senior II M - 30		01:19:08 DNF	02:52:16 DNF	04:34:43 DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>FREIHOEFER Klaudia</b>	<b>5416</b>	TRAIL IS OUR WAY/DEXTRO ENERGY	Senior II K - 30		01:23:33 DNF	03:07:58 DNF	04:56:39 DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>RŮŽIČKA Lukáš</b>	<b>5390</b>	RUNSPORT TEAM	Senior II M - 30		01:20:56 DNF	03:02:30 DNF	05:01:12 DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>DRZYMAŁA Marcin</b>	<b>5035</b>		Masters M - 40		01:40:36 DNF	03:46:38 DNF	05:44:18 DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>BORZYSTOWSKI Patryk</b>	<b>5257</b>		Masters M - 40		01:03:38 DNF	02:25:46 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>KACZOR Piotr</b>	<b>5224</b>	SAMOTNY WILK Z KOTOWIC	Masters M - 40		01:25:17 DNF	03:12:40 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>BODNAR Paweł</b>	<b>5079</b>		Masters M - 40		01:23:18 DNF	03:21:03 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>SAJNÓG Leszek</b>	<b>5214</b>	#BIEGAJLESZNO	Masters M - 40		01:31:02 DNF	03:38:15 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>ZIOMBKA Kuba</b>	<b>5017</b>	WAWRZYTEAM	Masters M - 40		01:32:57 DNF	03:40:51 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>OKULARCZYK Przemek</b>	<b>5672</b>		Senior II M - 30		01:32:46 DNF	03:42:49 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>DOMICZEK Rafał</b>	<b>5340</b>		Senior II M - 30		01:30:42 DNF	03:46:49 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
	<b>BORECKI Dariusz</b>	<b>5519</b>	KILOMETRY POMOCY	Masters M - 40		01:25:14 DNF	03:51:08 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>BARTKIEWICZ Halina</b>	<b>5168</b>		Weteran K - 50		01:35:05 DNF	03:55:39 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>KOBIERSKI Michał</b>	<b>5031</b>	#BIEGAJLESZNO	Masters M - 40		01:40:33 DNF	04:02:54 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>ZARZECZNY Radosław</b>	<b>5734</b>		Senior II M - 30		01:44:47 DNF	04:08:01 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>ANTKOWIAK-BRONOWICKA Agnieszka</b>	<b>5216</b>	DRUŻYNA SZPIKU	Masters K - 40		01:52:03 DNF	04:14:10 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>LACHCIK Iwona</b>	<b>5395</b>		Masters K - 40		01:43:08 DNF	04:25:51 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>KOZYRA Dariusz</b>	<b>5292</b>		Masters M - 40		01:50:17 DNF	04:26:51 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>LEWIŃSKI Bartosz</b>	<b>5443</b>		Senior I M - 20		01:51:28 DNF	04:37:18 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>JAŹDŻEWSKI Dawid</b>	<b>5715</b>		Senior II M - 30		02:04:12 DNF	04:59:08 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>KULESZA Radosław</b>	<b>5732</b>	ROADBIKE.PL	Masters M - 40		02:13:13 DNF	05:01:32 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>ŁOPIAN Wojciech</b>	<b>5149</b>	KB SOBÓTKA	Masters M - 40		02:17:45 DNF	05:03:24 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>KAWAŁKO Ryszard</b>	<b>5743</b>	WOLNY RYŚ	Weteran I M - 50		02:12:39 DNF	05:29:35 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>URBAŃSKI Filip</b>	<b>5162</b>	NIGHT RUNNERS POZNAŃ	Senior II M - 30		02:08:51 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>NOVÁK Martin</b>	<b>5126</b>	NOWIS TRAILRUNNER	Senior II M - 30		DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>KEMPKA Maciej</b>	<b>5615</b>		Senior II M - 30		DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)

Znaleziono 692 wynik(ów)