

# ZŁOTY MARATON - 45 KM

B4SPORT

**Wydarzenie:** Dolnośląski Festiwal Biegów Górskich  
**Organizator:** Stowarzyszenie TKKF Kompas  
**Data:** 2017-07-20  
**Miejsce:** Łądek Zdrój  
**Dystans:** 45 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
1	<b>JABŁOŃSKI Artur</b>	<b>3314</b>	DREAM RUN / REEBOK RUN CREW	Senior II M - 30	1	00:55:13	01:54:04	02:50:36	<b>03:44:10.05</b>	<b>03:44:12.10</b>		4:58	12 (100%)
2	<b>LISAK Krzysztof</b>	<b>3227</b>	OTK RZEŹNIK	Senior II M - 30	2	01:01:36	02:05:18	03:07:01	<b>04:05:47.15</b>	<b>04:05:50.15</b>	+00:21:38 (8.8%)	5:27	11 (91.7%)
3	<b>DYBEK Paweł</b>	<b>3306</b>	SALOMON SUUNTO TEAM	Masters M - 40	1	00:58:43	02:04:26	03:07:33	<b>04:07:14.85</b>	<b>04:07:16.60</b>	+00:23:04 (9.3%)	5:29	10.9 (90.8%)
4	<b>SEDLAK Michał</b>	<b>3148</b>	LUBIETOBIEGANIE	Masters M - 40	2	00:59:18	02:04:20	03:12:18	<b>04:19:37.90</b>	<b>04:19:41.00</b>	+00:35:28 (13.7%)	5:46	10.4 (86.7%)
5	<b>SZUMLIŃSKI Piotr</b>	<b>3171</b>	MARCIN ŚWIERC TEAM	Senior II M - 30	3	01:00:47	02:08:10	03:15:19	<b>04:20:15.65</b>	<b>04:20:17.55</b>	+00:36:05 (13.9%)	5:47	10.4 (86.7%)
6	<b>KOBRYŃ Dominik</b>	<b>3230</b>	BYLEDOBIEC ANIN	Masters M - 40	3	01:00:22	02:07:51	03:15:11	<b>04:21:11.95</b>	<b>04:21:17.05</b>	+00:37:04 (14.2%)	5:48	10.3 (85.8%)
7	<b>NOWOCIN Radosław</b>	<b>3182</b>		Senior I M - 20	1	01:01:10	02:09:15	03:19:25	<b>04:26:43.20</b>	<b>04:26:48.20</b>	+00:42:36 (16.0%)	5:55	10.1 (84.2%)
8	<b>RACZAK Maciej</b>	<b>3264</b>		Senior II M - 30	4	01:01:35	02:09:16	03:19:21	<b>04:29:22.80</b>	<b>04:29:26.70</b>	+00:45:14 (16.8%)	5:59	10 (83.3%)
9	<b>KAROLKIEWICZ Daniel</b>	<b>3229</b>	ENTRE.PL TEAM	Senior II M - 30	5	01:01:01	02:09:23	03:19:27	<b>04:30:13.55</b>	<b>04:30:17.50</b>	+00:46:05 (17.1%)	6:00	10 (83.3%)
10	<b>ŁĄCZAK Magdalena</b>	<b>3305</b>		Senior II K - 30	1	01:03:29	02:15:31	03:25:59	<b>04:34:12.90</b>	<b>04:34:15.30</b>	+00:50:03 (18.3%)	6:05	9.8 (81.7%)
11	<b>DUDZIK Robert</b>	<b>3234</b>	LIMANOVA HOTEL	Senior II M - 30	6	01:06:01	02:18:44	03:30:09	<b>04:35:34.65</b>	<b>04:35:38.45</b>	+00:51:26 (18.7%)	6:07	9.8 (81.7%)
12	<b>CICHOREK Dariusz</b>	<b>3220</b>	KKB FINISZ KALISZ	Masters M - 40	4	01:00:16	02:05:28	03:17:11	<b>04:37:58.00</b>	<b>04:38:02.20</b>	+00:53:50 (19.4%)	6:10	9.7 (80.8%)
13	<b>DURKOWSKI Marcin</b>	<b>3076</b>		Senior II M - 30	7	01:00:59	02:12:22	03:26:10	<b>04:39:08.80</b>	<b>04:39:13.35</b>	+00:55:01 (19.7%)	6:12	9.7 (80.8%)
14	<b>BENDIG Wojciech</b>	<b>3311</b>		Masters M - 40	5	01:04:18	02:18:31	03:34:33	<b>04:50:57.90</b>	<b>04:51:08.10</b>	+01:06:56 (23.0%)	6:27	9.3 (77.5%)
15	<b>NERS Maciek</b>	<b>3205</b>	KINGRUNNER.COM / DREAM RUN	Senior II M - 30	8	01:10:06	02:25:33	03:42:21	<b>04:56:28.60</b>	<b>04:56:32.60</b>	+01:12:20 (24.4%)	6:35	9.1 (75.8%)

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
16	<b>KOWALIK Andrzej</b>	<b>3176</b>	BIEG OPOLSKI	Senior II M - 30	9	01:08:18	02:22:34	03:39:13	<b>04:56:49.75</b>	<b>04:56:52.40</b>	+01:12:40 (24.5%)	6:35	9.1 (75.8%)
17	<b>WITKOWSKI Radosław</b>	<b>3024</b>	KW GLIWICE	Senior I M - 20	2	01:07:18	02:23:20	03:40:05	<b>04:57:01.50</b>	<b>04:57:06.05</b>	+01:12:53 (24.5%)	6:36	9.1 (75.8%)
18	<b>RODRIGO PEREIRA Oswald</b>	<b>3116</b>	WILD FOR THE RUN / HERCOG RUNNING TEAM	Senior II M - 30	10	01:06:40	02:23:46	03:47:47	<b>04:59:25.55</b>	<b>04:59:29.20</b>	+01:15:17 (25.1%)	6:39	9 (75.0%)
19	<b>MAŁEK Tomasz</b>	<b>3219</b>		Senior I M - 20	3	01:05:47	02:23:54	03:43:34	<b>05:01:43.45</b>	<b>05:01:48.65</b>	+01:17:36 (25.7%)	6:42	8.9 (74.2%)
20	<b>ZYCH Marcin</b>	<b>3100</b>		Senior II M - 30	11	01:09:08	02:25:31	03:46:33	<b>05:02:20.35</b>	<b>05:02:26.70</b>	+01:18:14 (25.9%)	6:43	8.9 (74.2%)
21	<b>FURMAN Sławomir</b>	<b>3063</b>	AKB ESEMAS	Masters M - 40	6	01:08:27	02:28:12	03:49:25	<b>05:04:56.25</b>	<b>05:05:01.50</b>	+01:20:49 (26.5%)	6:46	8.9 (74.2%)
22	<b>KSIĄŻEK Sebastian</b>	<b>3132</b>	RUNNER SAM PO LESIE	Senior II M - 30	12	01:08:32	02:24:49	03:46:15	<b>05:06:59.40</b>	<b>05:07:09.00</b>	+01:22:56 (27.0%)	6:49	8.8 (73.3%)
23	<b>KIK Iwona</b>	<b>3186</b>	WOSIK TERVEL TEAM/KW KRAKÓW	Senior II K - 30	2	01:08:48	02:28:22	03:49:20	<b>05:09:24.40</b>	<b>05:09:27.15</b>	+01:25:15 (27.5%)	6:52	8.7 (72.5%)
24	<b>WALASZCZYK Lucyna</b>	<b>3272</b>	NATURAL BORN RUNNERS	Senior II K - 30	3	01:12:01	02:33:35	03:54:23	<b>05:09:42.95</b>	<b>05:09:50.20</b>	+01:25:38 (27.6%)	6:52	8.7 (72.5%)
25	<b>JOKIEL Wojciech</b>	<b>3285</b>	SPARTA ULTRA TEAM	Senior I M - 20	4	01:11:29	02:28:25	03:49:57	<b>05:10:21.00</b>	<b>05:10:25.55</b>	+01:26:13 (27.8%)	6:53	8.7 (72.5%)
26	<b>BONDARA Sylwia</b>	<b>3301</b>	ALPIN SPORT TEAM / JACEKBIEGA RUNNING TEAM	Senior II K - 30	4	01:15:24	02:35:30	03:59:31	<b>05:13:51.50</b>	<b>05:13:57.20</b>	+01:29:45 (28.6%)	6:58	8.6 (71.7%)
27	<b>BOROWSKI Jacek</b>	<b>3183</b>		Senior II M - 30	13	01:12:07	02:29:51	03:49:20	<b>05:14:11.85</b>	<b>05:14:24.30</b>	+01:30:12 (28.7%)	6:58	8.6 (71.7%)
28	<b>LUBAŃSKI Robert</b>	<b>3126</b>		Weteran I M - 50	1	01:10:05	02:30:16	03:51:13	<b>05:14:47.45</b>	<b>05:14:49.50</b>	+01:30:37 (28.8%)	6:59	8.6 (71.7%)
29	<b>PRUGAR FUKOWSKA Paulina</b>	<b>3276</b>	DREAM RUN	Senior II K - 30	5	01:15:36	02:38:06	04:02:50	<b>05:15:07.50</b>	<b>05:15:16.60</b>	+01:31:04 (28.9%)	7:00	8.6 (71.7%)
30	<b>LUTYŃSKI Zbigniew</b>	<b>3273</b>		Senior II M - 30	14	01:12:06	02:31:21	03:56:22	<b>05:15:53.15</b>	<b>05:16:05.10</b>	+01:31:53 (29.1%)	7:01	8.5 (70.8%)
31	<b>WALENDA Arkadiusz</b>	<b>3275</b>	VEGE ULTRA RUNNERS	Masters M - 40	7	01:11:07	02:31:53	03:56:32	<b>05:17:38.30</b>	<b>05:17:43.10</b>	+01:33:31 (29.4%)	7:03	8.5 (70.8%)
32	<b>GARDENER Jacek</b>	<b>3300</b>	ALPIN SPORT TEAM / JACEKBIEGA RUNNING TEAM	Weteran I M - 50	2	01:07:49	02:23:50	03:49:56	<b>05:18:12.80</b>	<b>05:18:15.95</b>	+01:34:03 (29.6%)	7:04	8.5 (70.8%)
33	<b>JASIŃSKI Piotr</b>	<b>3141</b>		Senior II M - 30	15	01:07:24	02:26:35	03:53:19	<b>05:18:15.80</b>	<b>05:18:22.55</b>	+01:34:10 (29.6%)	7:04	8.5 (70.8%)
34	<b>GARNEK Piotr</b>	<b>3257</b>		Senior II M - 30	16	01:14:32	02:35:40	03:54:11	<b>05:18:56.30</b>	<b>05:19:04.90</b>	+01:34:52 (29.7%)	7:05	8.5 (70.8%)
35	<b>MYSZKOWSKI Jan</b>	<b>3223</b>		Weteran I M - 50	3	01:08:12	02:28:22	03:55:18	<b>05:19:07.05</b>	<b>05:19:11.25</b>	+01:34:59 (29.8%)	7:05	8.5 (70.8%)
36	<b>ŁUCZYŃSKI Maciej</b>	<b>3198</b>	GAWRA	Masters M - 40	8	01:14:01	02:30:58	03:50:54	<b>05:19:20.90</b>	<b>05:19:28.15</b>	+01:35:16 (29.8%)	7:05	8.5 (70.8%)
37	<b>MAJCHRZAK Michał</b>	<b>3149</b>		Senior I M - 20	5	01:12:51	02:32:37	03:57:57	<b>05:19:15.90</b>	<b>05:19:43.10</b>	+01:35:31 (29.9%)	7:05	8.5 (70.8%)
38	<b>WUJDA Mirosław</b>	<b>3160</b>	ERNI RULEZ	Masters M - 40	9	01:13:57	02:37:07	03:56:07	<b>05:20:08.25</b>	<b>05:20:21.05</b>	+01:36:08 (30.0%)	7:06	8.4 (70.0%)

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
39	<b>NIEZGÓDKA Tomasz</b>	<b>3309</b>		Masters M - 40	10	01:13:03	02:35:28	04:03:12	<b>05:23:19.75</b>	<b>05:23:28.05</b>	+01:39:15 (30.7%)	7:11	8.4 (70.0%)
40	<b>GEROWSKI Maciej</b>	<b>3010</b>	NETBOX BIEGA / LESZ NO LIMITS RUNNERS	Masters M - 40	11	01:19:30	02:41:10	04:04:54	<b>05:23:36.40</b>	<b>05:23:45.05</b>	+01:39:32 (30.7%)	7:11	8.3 (69.2%)
41	<b>SZCZERBAKOWICZ Kamil</b>	<b>3248</b>		Senior I M - 20	6	01:08:50	02:25:52	03:55:46	<b>05:25:27.95</b>	<b>05:25:31.25</b>	+01:41:19 (31.1%)	7:13	8.3 (69.2%)
42	<b>KOPROWSKI Adam</b>	<b>3164</b>	HARPAGAN HO CHI MINH	Senior II M - 30	17	01:17:15	02:36:44	03:59:54	<b>05:26:16.80</b>	<b>05:26:45.05</b>	+01:42:32 (31.4%)	7:15	8.3 (69.2%)
43	<b>KORBIK Marcin</b>	<b>3062</b>		Senior II M - 30	18	01:11:21	02:33:23	04:02:06	<b>05:28:49.75</b>	<b>05:28:58.60</b>	+01:44:46 (31.8%)	7:18	8.2 (68.3%)
44	<b>KUTYBA Mariusz</b>	<b>3077</b>	WOLNE ŚLIMAKI	Senior II M - 30	19	01:10:46	02:33:43	04:05:22	<b>05:30:24.00</b>	<b>05:30:40.80</b>	+01:46:28 (32.2%)	7:20	8.2 (68.3%)
45	<b>SOKALSKI Grzegorz</b>	<b>3281</b>		Masters M - 40	12	01:21:22	02:48:13	04:12:15	<b>05:31:02.10</b>	<b>05:31:17.30</b>	+01:47:05 (32.3%)	7:21	8.2 (68.3%)
46	<b>PIETLUSZENKO Dariusz</b>	<b>3255</b>		Masters M - 40	13	01:13:21	02:41:25	04:14:23	<b>05:30:57.15</b>	<b>05:31:32.00</b>	+01:47:19 (32.4%)	7:21	8.2 (68.3%)
47	<b>BIENIECKA Anna</b>	<b>3302</b>	OTK RZEŹNIK	Senior II K - 30	6	01:13:02	02:43:23	04:14:28	<b>05:31:34.00</b>	<b>05:31:39.00</b>	+01:47:26 (32.4%)	7:22	8.1 (67.5%)
48	<b>WAJDA Robert</b>	<b>3288</b>		Masters M - 40	14	01:12:50	02:36:20	04:06:01	<b>05:32:26.95</b>	<b>05:32:34.80</b>	+01:48:22 (32.6%)	7:23	8.1 (67.5%)
49	<b>TĘSIOROWSKI Mariusz</b>	<b>3145</b>	OLIMPIA SYCÓW	Senior II M - 30	20	01:14:16	02:37:22		<b>05:32:33.30</b>	<b>05:33:02.30</b>	+01:48:50 (32.7%)	7:23	8.1 (67.5%)
50	<b>PORĘBSKI Łukasz</b>	<b>3211</b>	STOWARZYSZENIE PROSHARE CYCLING TEAM	Senior II M - 30	21	01:13:49	02:38:20	04:09:39	<b>05:33:02.60</b>	<b>05:33:16.25</b>	+01:49:04 (32.7%)	7:24	8.1 (67.5%)
51	<b>BAŁYS Katarzyna</b>	<b>3269</b>	HERCOG RUNNING TEAM/ KASIA I TOMEK	Senior II K - 30	7	01:19:55	02:44:48	04:12:11	<b>05:34:52.15</b>	<b>05:34:58.95</b>	+01:50:46 (33.1%)	7:26	8.1 (67.5%)
52	<b>KUMASZKA Anna</b>	<b>3135</b>		Senior II K - 30	8	01:13:44	02:41:58	04:19:18	<b>05:38:26.85</b>	<b>05:38:40.70</b>	+01:54:28 (33.8%)	7:31	8 (66.7%)
53	<b>MACHALSKI Sebastian</b>	<b>3079</b>		Masters M - 40	15	01:10:25	02:36:53	04:11:53	<b>05:41:00.25</b>	<b>05:41:07.95</b>	+01:56:55 (34.3%)	7:34	7.9 (65.8%)
54	<b>PETRYNA Jagoda</b>	<b>3247</b>	NOA	Senior I K - 20	1	01:22:19	02:50:33	04:20:08	<b>05:41:02.70</b>	<b>05:41:09.35</b>	+01:56:57 (34.3%)	7:34	7.9 (65.8%)
55	<b>OBRAŁ Szymon</b>	<b>3195</b>	BRONKO DZIK	Senior II M - 30	22	01:19:40	02:42:16	04:14:41	<b>05:42:26.10</b>	<b>05:42:45.05</b>	+01:58:32 (34.6%)	7:36	7.9 (65.8%)
56	<b>MARCINKOWSKI Przemysław</b>	<b>3308</b>	PROTON	Masters M - 40	16	01:20:02	02:47:53	04:15:07	<b>05:42:52.40</b>	<b>05:43:02.10</b>	+01:58:50 (34.6%)	7:37	7.9 (65.8%)
57	<b>GAŁEK Aleksander</b>	<b>3204</b>	PRAGMATIQ.PL	Senior II M - 30	23	01:21:41	02:47:22	04:15:26	<b>05:43:12.30</b>	<b>05:43:25.95</b>	+01:59:13 (34.7%)	7:37	7.9 (65.8%)
58	<b>KAŃDUŁA Grzegorz</b>	<b>3027</b>	NEST.POZNAN.PL	Senior II M - 30	24	01:22:18	02:48:01	04:16:23	<b>05:43:07.65</b>	<b>05:43:43.65</b>	+01:59:31 (34.8%)	7:37	7.9 (65.8%)
59	<b>KOPSZAK Piotr</b>	<b>3274</b>		Senior I M - 20	7	01:24:34	02:47:31	04:13:48	<b>05:43:58.05</b>	<b>05:44:37.70</b>	+02:00:25 (34.9%)	7:38	7.8 (65.0%)
60	<b>MIKA Andrzej</b>	<b>3162</b>		Senior II M - 30	25	01:11:59	02:32:40	04:07:51	<b>05:44:53.10</b>	<b>05:45:05.75</b>	+02:00:53 (35.0%)	7:39	7.8 (65.0%)
61	<b>MAKOWSKA Olga</b>	<b>3207</b>	JACEKBIEGA RUNNING TEAM	Senior II K - 30	9	01:20:03	02:50:58	04:22:10	<b>05:46:38.00</b>	<b>05:46:45.90</b>	+02:02:33 (35.3%)	7:42	7.8 (65.0%)

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
62	<b>KOWALSKA Kasia</b>	<b>3102</b>		Masters K - 40	1	01:24:00	02:54:11	04:22:32	<b>05:46:51.25</b>	<b>05:47:11.40</b>	+02:02:59 (35.4%)	7:42	7.8 (65.0%)
63	<b>MELNYK Ivan</b>	<b>3262</b>		Senior II M - 30	26	01:21:03	02:50:35	04:23:39	<b>05:47:09.95</b>	<b>05:47:16.00</b>	+02:03:03 (35.4%)	7:42	7.8 (65.0%)
64	<b>SZYL Marek</b>	<b>3007</b>	RUNNING TEAM QUIBL	Senior II M - 30	27	01:26:52	02:55:42	04:27:44	<b>05:47:06.00</b>	<b>05:47:29.30</b>	+02:03:17 (35.5%)	7:42	7.8 (65.0%)
65	<b>WÓJCIK Robert</b>	<b>3124</b>	NOA	Senior II M - 30	28	01:20:02	02:48:12	04:23:02	<b>05:50:26.05</b>	<b>05:50:31.05</b>	+02:06:18 (36.0%)	7:47	7.7 (64.2%)
66	<b>OLKIS Rafał</b>	<b>3129</b>	PRZEBIEGA.PL	Senior II M - 30	29	01:11:57	02:40:19	04:20:08	<b>05:50:55.40</b>	<b>05:51:01.10</b>	+02:06:49 (36.1%)	7:47	7.7 (64.2%)
67	<b>DUPLA Konrad</b>	<b>3172</b>	WKB PIAST WROCŁAW	Senior II M - 30	30	01:22:12	02:46:00	04:16:49	<b>05:50:29.45</b>	<b>05:51:03.45</b>	+02:06:51 (36.1%)	7:47	7.7 (64.2%)
68	<b>PIEUCH Karolina</b>	<b>3099</b>	LACHO TEAM/SKLEPBIEGOWY.COM	Senior II K - 30	10	01:20:29	02:50:11	04:21:58	<b>05:50:47.75</b>	<b>05:51:08.35</b>	+02:06:56 (36.2%)	7:47	7.7 (64.2%)
69	<b>MAĆKOWIAK Magda</b>	<b>3203</b>	NOA	Senior I K - 20	2	01:20:47	02:55:50	04:27:50	<b>05:51:07.70</b>	<b>05:51:12.00</b>	+02:06:59 (36.2%)	7:48	7.7 (64.2%)
70	<b>RELIGA Andrzej</b>	<b>3279</b>		Senior II M - 30	31	01:18:03	02:44:44	04:19:35	<b>05:52:28.75</b>	<b>05:52:39.25</b>	+02:08:27 (36.4%)	7:49	7.7 (64.2%)
71	<b>MICIAK Krzysztof</b>	<b>3074</b>		Weteran I M - 50	4	01:17:48	02:49:36	04:24:28	<b>05:53:28.55</b>	<b>05:53:32.65</b>	+02:09:20 (36.6%)	7:51	7.6 (63.3%)
72	<b>STRZELEC Łukasz</b>	<b>3163</b>	HARPAGAN HO CHI MINH	Senior II M - 30	32	01:15:55	02:41:28	04:15:14	<b>05:53:16.20</b>	<b>05:53:43.70</b>	+02:09:31 (36.6%)	7:51	7.6 (63.3%)
73	<b>ILKIEWICZ Adam</b>	<b>3166</b>	3BRO	Senior II M - 30	33	01:13:08	02:36:26	04:15:30	<b>05:54:35.55</b>	<b>05:54:38.95</b>	+02:10:26 (36.8%)	7:52	7.6 (63.3%)
74	<b>URBAŃSKI Michał</b>	<b>3221</b>	FLUNKYBALLTEAM ŁĄDEK-ZDRÓJ	Senior I M - 20	8	01:22:37	02:50:08	04:22:44	<b>05:54:49.65</b>	<b>05:55:13.90</b>	+02:11:01 (36.9%)	7:53	7.6 (63.3%)
75	<b>JURA Dorota</b>	<b>3271</b>	ULTRA BESKID SPORT	Senior II K - 30	11	01:25:32	02:59:46	04:30:31	<b>05:55:55.80</b>	<b>05:56:17.10</b>	+02:12:05 (37.1%)	7:54	7.6 (63.3%)
76	<b>KSIĘŻNIK Dorota</b>	<b>3303</b>		Weteran K - 50	1	01:27:17	03:01:44	04:33:40	<b>05:58:30.45</b>	<b>05:58:54.85</b>	+02:14:42 (37.5%)	7:58	7.5 (62.5%)
77	<b>KOSMOWSKI Wiesław</b>	<b>3008</b>	LESZ NO LIMITS RUNNERS	Senior II M - 30	34	01:20:28	02:48:13	04:27:50	<b>05:58:37.25</b>	<b>05:58:59.25</b>	+02:14:47 (37.5%)	7:58	7.5 (62.5%)
78	<b>PACZKOWSKI Rafał</b>	<b>3092</b>	KUŹNIA TRIATHLONU CZERWONAK BIEGA	Senior II M - 30	35	01:20:47	02:51:28	04:27:55	<b>05:58:55.45</b>	<b>05:59:00.45</b>	+02:14:48 (37.5%)	7:58	7.5 (62.5%)
79	<b>TRETIAK Mateusz</b>	<b>3154</b>		Senior II M - 30	36	01:16:16	02:47:24	04:24:36	<b>05:59:04.70</b>	<b>05:59:16.85</b>	+02:15:04 (37.6%)	7:58	7.5 (62.5%)
80	<b>ZAŁUSKA-LIPA Agnieszka</b>	<b>3030</b>	MOSINA BIEGA	Senior II K - 30	12	01:26:10	02:57:26	04:29:53	<b>05:58:58.85</b>	<b>05:59:18.70</b>	+02:15:06 (37.6%)	7:58	7.5 (62.5%)
81	<b>BRATEK Łukasz</b>	<b>3294</b>	OTK RZEŹNIK	Masters M - 40	17	01:20:48	02:50:20	04:28:06	<b>06:00:10.70</b>	<b>06:00:20.20</b>	+02:16:08 (37.8%)	8:00	7.5 (62.5%)
82	<b>PANEK Krzysztof</b>	<b>3312</b>		Masters M - 40	18	01:23:53	02:54:57	04:29:44	<b>05:59:48.90</b>	<b>06:00:27.05</b>	+02:16:14 (37.8%)	7:59	7.5 (62.5%)
83	<b>NADOLNA Ewa</b>	<b>3313</b>		Senior II K - 30	13	01:23:54	02:55:21	04:30:13	<b>05:59:49.15</b>	<b>06:00:27.60</b>	+02:16:15 (37.8%)	7:59	7.5 (62.5%)
84	<b>BALCERZAK Tomasz</b>	<b>3028</b>	MARATOŃCZYK POZNAŃ	Masters M - 40	19	01:23:25	02:48:13	04:29:02	<b>06:03:21.55</b>	<b>06:03:47.75</b>	+02:19:35 (38.4%)	8:04	7.4 (61.7%)

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
85	<b>STRASZKO Monika</b>	<b>3212</b>		Senior II K - 30	14	01:28:24	03:00:03	04:34:53	<b>06:04:58.80</b>	<b>06:05:19.70</b>	+02:21:07 (38.6%)	8:06	7.4 (61.7%)
86	<b>MUSIELAK Marek</b>	<b>3191</b>	M&M&M	Senior II M - 30	37	01:20:34	02:51:18	04:29:18	<b>06:06:05.95</b>	<b>06:06:07.20</b>	+02:21:55 (38.8%)	8:08	7.4 (61.7%)
87	<b>ZAPIÓR Mateusz</b>	<b>3021</b>	TURBO SLIMAKI	Senior II M - 30	38	01:13:42	02:38:16	04:26:22	<b>06:05:55.05</b>	<b>06:06:13.90</b>	+02:22:01 (38.8%)	8:07	7.4 (61.7%)
88	<b>ZYDORCZAK Mateusz</b>	<b>3127</b>		Senior II M - 30	39	01:13:29	02:40:56	04:27:25	<b>06:05:36.15</b>	<b>06:06:14.00</b>	+02:22:01 (38.8%)	8:07	7.4 (61.7%)
89	<b>KOBYLECKI Bartosz</b>	<b>3039</b>		Senior II M - 30	40	01:17:06	02:47:54	04:32:07	<b>06:05:52.60</b>	<b>06:06:24.70</b>	+02:22:12 (38.8%)	8:07	7.4 (61.7%)
90	<b>KOCIK Marcin</b>	<b>3179</b>	FATBOY SPRINT	Masters M - 40	20	01:21:20	02:54:25	04:33:36	<b>06:06:29.95</b>	<b>06:06:37.85</b>	+02:22:25 (38.8%)	8:08	7.4 (61.7%)
91	<b>POLAŃSKI Bartosz</b>	<b>3107</b>		Senior II M - 30	41	01:14:33	02:40:54	04:25:06	<b>06:07:28.25</b>	<b>06:07:37.15</b>	+02:23:25 (39.0%)	8:09	7.3 (60.8%)
92	<b>SZUKAŁA Damian</b>	<b>3246</b>	ŻARY RUNNERS TEAM	Senior II M - 30	42	01:28:17	03:04:49	04:42:49	<b>06:07:11.10</b>	<b>06:07:37.90</b>	+02:23:25 (39.0%)	8:09	7.4 (61.7%)
93	<b>SOBCZAK Tomasz</b>	<b>3202</b>	SASKA KĘPA	Masters M - 40	21	01:27:20	03:00:35	04:38:39	<b>06:07:29.10</b>	<b>06:07:51.35</b>	+02:23:39 (39.1%)	8:09	7.3 (60.8%)
94	<b>RYŻEWSKI Krzysztof</b>	<b>3155</b>	QUADIMODO RACING	Masters M - 40	22	01:20:43	02:54:25	04:35:42	<b>06:08:03.15</b>	<b>06:08:16.10</b>	+02:24:04 (39.1%)	8:10	7.3 (60.8%)
95	<b>KIK Marcin</b>	<b>3187</b>	KW KRAKOW	Senior II M - 30	43	01:07:03	02:28:04	04:09:40	<b>06:08:43.70</b>	<b>06:08:46.20</b>	+02:24:34 (39.2%)	8:11	7.3 (60.8%)
96	<b>MAJOCH Anna</b>	<b>3005</b>	GVT	Masters K - 40	2	01:24:17	03:01:48	04:39:12	<b>06:08:40.15</b>	<b>06:08:52.30</b>	+02:24:40 (39.2%)	8:11	7.3 (60.8%)
97	<b>KISŁO Lukasz</b>	<b>3243</b>	WILLSOOR.PL	Senior II M - 30	44	01:10:57	02:40:11	04:25:19	<b>06:09:38.90</b>	<b>06:09:44.30</b>	+02:25:32 (39.4%)	8:12	7.3 (60.8%)
98	<b>WIŚNIEWSKI Mariusz</b>	<b>3094</b>	18BDP	Senior II M - 30	45	01:29:22	03:01:12	04:32:29	<b>06:07:52.80</b>	<b>06:09:47.20</b>	+02:25:35 (39.4%)	8:10	7.3 (60.8%)
99	<b>DROŹDZIK Paweł</b>	<b>3022</b>	WKB META LUBLINIEC	Masters M - 40	23	01:22:03	02:59:38	04:38:24	<b>06:10:40.50</b>	<b>06:10:43.25</b>	+02:26:31 (39.5%)	8:14	7.3 (60.8%)
100	<b>FOGIEL-PAWŁOWSKA Agnieszka</b>	<b>3280</b>	LOS BIEGANEROS	Senior II K - 30	15	01:32:27	03:06:57	04:39:35	<b>06:11:18.10</b>	<b>06:11:52.85</b>	+02:27:40 (39.7%)	8:15	7.3 (60.8%)
101	<b>JURCZAK Roman</b>	<b>3241</b>		Weteran I M - 50	5	01:20:41	02:54:17	04:35:24	<b>06:12:10.45</b>	<b>06:12:12.20</b>	+02:28:00 (39.8%)	8:16	7.3 (60.8%)
102	<b>OSIŃSKI Robert</b>	<b>3043</b>		Senior II M - 30	46	01:25:34	03:03:31	04:44:21	<b>06:12:11.25</b>	<b>06:12:19.80</b>	+02:28:07 (39.8%)	8:16	7.3 (60.8%)
103	<b>TREGUB Igor</b>	<b>3263</b>	KAPITOSZKA	Senior I M - 20	9	01:29:44	02:58:58	04:35:28	<b>06:12:12.90</b>	<b>06:12:45.10</b>	+02:28:33 (39.9%)	8:16	7.3 (60.8%)
104	<b>ARUSZTOWICZ Bartosz</b>	<b>3083</b>	HARDCOROWE WYCHYLYLYBYMY	Senior II M - 30	47	01:14:59	02:42:49	04:34:04	<b>06:13:00.55</b>	<b>06:13:10.85</b>	+02:28:58 (39.9%)	8:17	7.2 (60.0%)
105	<b>STRYŁA Leszek</b>	<b>3217</b>	TWARDE LESZCZE	Senior II M - 30	48	01:24:10	03:00:11	04:40:54	<b>06:14:07.35</b>	<b>06:14:39.65</b>	+02:30:27 (40.2%)	8:18	7.2 (60.0%)
106	<b>PASTUSZKA Michał</b>	<b>3307</b>	RUN ŁDZ	Senior I M - 20	10	01:23:06	02:52:13	04:35:04	<b>06:15:00.00</b>	<b>06:15:21.75</b>	+02:31:09 (40.3%)	8:20	7.2 (60.0%)
107	<b>STĘPIEŃ Marcin</b>	<b>3215</b>	22 BPG	Senior II M - 30	49	01:23:51	03:01:55	04:49:06	<b>06:15:15.95</b>	<b>06:15:36.45</b>	+02:31:24 (40.3%)	8:20	7.2 (60.0%)

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
108	MIRR Marcin	3181	DRUŻYNA SZPIKU	Senior II M - 30	50	01:15:27	02:48:30	04:29:04	06:15:17.05	06:15:39.70	+02:31:27 (40.3%)	8:20	7.2 (60.0%)
109	CZUPKIEWICZ Michał	3046	RAJSPOORT ACTIVE	Senior II M - 30	51	01:11:35	02:39:10	04:26:45	06:15:38.40	06:15:44.30	+02:31:32 (40.3%)	8:20	7.2 (60.0%)
110	KAMER Joanna	3045	UKA	Senior II K - 30	16	01:30:42	03:08:46	04:45:08	06:15:42.30	06:15:51.60	+02:31:39 (40.3%)	8:20	7.2 (60.0%)
111	TEKIELI Jerzy	3085		Senior II M - 30	52	01:11:21	02:43:05	04:41:40	06:15:47.95	06:16:12.75	+02:32:00 (40.4%)	8:21	7.2 (60.0%)
112	KONIECZNY Andrzej	3110	KONIECZNY TEAM	Masters M - 40	24	01:27:02	03:00:15	04:38:17	06:15:58.85	06:16:24.50	+02:32:12 (40.4%)	8:21	7.2 (60.0%)
113	KASPROWSKI Łukasz	3287	GARAGEGYM KRAPKOWICE	Senior II M - 30	53	01:21:09	02:55:48	04:41:27	06:16:14.30	06:16:30.40	+02:32:18 (40.5%)	8:21	7.2 (60.0%)
114	GAJDECKI Tomek	3106	ACCENTURE	Senior II M - 30	54	01:22:05	02:48:46	04:36:54	06:17:27.05	06:17:37.35	+02:33:25 (40.6%)	8:23	7.2 (60.0%)
115	MAŚLANKA Andrzej	3084		Senior II M - 30	55	01:21:19	02:53:41	04:37:03	06:17:45.10	06:18:09.60	+02:33:57 (40.7%)	8:23	7.1 (59.2%)
116	RELEWICZ Maciej	3101	WOLNE ŚLIMAKI	Senior II M - 30	56	01:25:32	02:59:38	04:42:54	06:18:10.05	06:18:27.70	+02:34:15 (40.8%)	8:24	7.1 (59.2%)
117	PIECH Michał	3134	ALUSTAL	Masters M - 40	25	01:26:45	03:05:54	04:45:32	06:18:45.10	06:18:58.50	+02:34:46 (40.8%)	8:25	7.1 (59.2%)
118	KOSTRZEWSKI Sławomir	3225	10 BRYGADA LOGISTYCZNA	Masters M - 40	26	01:22:13	02:59:58	04:39:59	06:18:56.50	06:19:22.60	+02:35:10 (40.9%)	8:25	7.1 (59.2%)
119	PAŚ Tomek	3173	1975	Masters M - 40	27	01:20:06	02:54:03	04:38:35	06:19:19.90	06:19:30.80	+02:35:18 (40.9%)	8:25	7.1 (59.2%)
120	KOKUREWICZ Konrad	3044		Senior II M - 30	57	01:20:33	02:57:17	04:44:52	06:19:04.35	06:19:36.50	+02:35:24 (40.9%)	8:25	7.1 (59.2%)
121	STOLIŃSKI Przemysław	3073		Senior II M - 30	58	01:15:28	02:57:25	04:47:13	06:19:48.80	06:20:10.10	+02:35:58 (41.0%)	8:26	7.1 (59.2%)
122	OLEJNIK Sylwester	3304		Masters M - 40	28	01:20:58	03:02:23	04:47:07	06:20:54.60	06:21:04.65	+02:36:52 (41.2%)	8:27	7.1 (59.2%)
123	HADAM Michał	3252	KB MANIAC POZNAŃ/NBR	Masters M - 40	29	01:25:53	03:02:40	04:47:10	06:21:21.10	06:21:30.30	+02:37:18 (41.2%)	8:28	7.1 (59.2%)
124	BOROWIAK Maciej	3121	WOZIMYSIE.PL / TRENERTRIATHLONU.PL	Senior II M - 30	59	01:28:03	03:07:49	04:47:08	06:21:37.80	06:22:11.10	+02:37:59 (41.3%)	8:28	7.1 (59.2%)
125	POLAK Michalina	3006		Senior I K - 20	3	01:28:35	03:09:58	04:51:50	06:23:05.35	06:23:19.95	+02:39:07 (41.5%)	8:30	7 (58.3%)
126	KOSZ Dariusz	3284		Senior I M - 20	11	01:24:33	02:58:24	04:47:09	06:22:43.75	06:23:24.20	+02:39:12 (41.5%)	8:30	7.1 (59.2%)
127	ŁYCZYWEK Marcin	3199		Weteran I M - 50	6	01:29:01	02:58:32	04:45:04	06:22:59.95	06:23:24.70	+02:39:12 (41.5%)	8:30	7 (58.3%)
128	BOK Rafał	3249		Senior II M - 30	60	01:27:16	02:57:17	04:43:50	06:23:23.15	06:23:57.50	+02:39:45 (41.6%)	8:31	7 (58.3%)
129	ZAMBRZYCKI Maciej	3286	NIGHT RUNNERS ZABRZE	Senior II M - 30	61	01:27:17	02:57:20	04:43:50	06:23:23.90	06:23:57.80	+02:39:45 (41.6%)	8:31	7 (58.3%)
130	JAKUSZEK Krzysztof	3114	CEGIELNIA PIASKI	Masters M - 40	30	01:25:25	03:02:43	04:45:02	06:23:56.50	06:24:22.10	+02:40:10 (41.7%)	8:31	7 (58.3%)

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
131	<b>PAWLIK Joanna</b>	<b>3053</b>	PRETORIUM/ NBR	Senior II K - 30	17	01:27:40	03:07:51	04:51:46	<b>06:24:18.35</b>	<b>06:24:31.40</b>	+02:40:19 (41.7%)	8:32	7 (58.3%)
132	<b>MICHALAK Sławomir</b>	<b>3157</b>	INZYNIER.EU NOSI TRAILOWE BOTKI	Weteran I M - 50	7	01:30:10	03:09:58	04:50:55	<b>06:25:36.80</b>	<b>06:26:01.90</b>	+02:41:49 (41.9%)	8:34	7 (58.3%)
133	<b>STACHURSKI Paweł</b>	<b>3120</b>		Senior II M - 30	62	01:14:29	02:43:43	04:31:04	<b>06:25:50.85</b>	<b>06:26:01.95</b>	+02:41:49 (41.9%)	8:34	7 (58.3%)
134	<b>MAJEWSKI Maciej</b>	<b>3088</b>		Weteran I M - 50	8	01:19:30	03:00:29	04:49:34	<b>06:25:54.50</b>	<b>06:26:05.55</b>	+02:41:53 (41.9%)	8:34	7 (58.3%)
135	<b>KOT Klaudia</b>	<b>3236</b>	NIGHT RUNNERS	Senior I K - 20	4	01:21:26	03:02:39	05:00:25	<b>06:27:04.60</b>	<b>06:27:10.30</b>	+02:42:58 (42.1%)	8:36	7 (58.3%)
136	<b>MARCIN Goleń</b>	<b>3111</b>	DA STYGMATYK	Senior I M - 20	12	01:23:32	02:58:26	04:44:13	<b>06:26:57.25</b>	<b>06:27:25.30</b>	+02:43:13 (42.1%)	8:35	7 (58.3%)
137	<b>LEJA Wojciech</b>	<b>3112</b>	DA STYGMATYK	Senior I M - 20	13	01:23:32	02:58:26	04:43:34	<b>06:27:11.00</b>	<b>06:27:39.15</b>	+02:43:27 (42.2%)	8:36	7 (58.3%)
138	<b>REDMANN Edyta</b>	<b>3123</b>	TEAMOCHAL	Masters K - 40	3	01:34:50	03:14:43	04:54:41	<b>06:27:16.70</b>	<b>06:27:43.95</b>	+02:43:31 (42.2%)	8:36	7 (58.3%)
139	<b>OSIKOWSKA Teresa</b>	<b>3193</b>		Senior II K - 30	18	01:31:37	03:10:41	04:53:18	<b>06:28:39.65</b>	<b>06:28:54.60</b>	+02:44:42 (42.4%)	8:38	6.9 (57.5%)
140	<b>SZNAJDER Marcin</b>	<b>3226</b>	MESONDŽI LAJF STAJL	Senior II M - 30	63			04:59:56	<b>06:29:52.05</b>	<b>06:29:57.05</b>	+02:45:44 (42.5%)	8:39	6.9 (57.5%)
141	<b>KLESZCZ Tomek</b>	<b>3178</b>	PRO-RUN WROCŁAW	Senior II M - 30	64	01:24:58	02:56:34	04:46:08	<b>06:29:21.00</b>	<b>06:29:58.65</b>	+02:45:46 (42.5%)	8:39	6.9 (57.5%)
141	<b>DOMAGAŁA Grażyna</b>	<b>3002</b>	NIGHT RUNNERS WROCŁAW	Senior II K - 30	19	01:24:59	03:11:17	04:56:54	<b>06:29:21.35</b>	<b>06:29:58.65</b>	+02:45:46 (42.5%)	8:39	6.9 (57.5%)
143	<b>STAWARZ Paweł</b>	<b>3061</b>	KB LUPUS	Masters M - 40	31	01:28:03	03:09:30	04:53:14	<b>06:29:57.40</b>	<b>06:30:12.60</b>	+02:46:00 (42.5%)	8:39	6.9 (57.5%)
144	<b>SONNEK Marta</b>	<b>3060</b>	KB LUPUS	Senior II K - 30	20	01:23:32	03:01:44	04:53:40	<b>06:30:07.00</b>	<b>06:30:21.60</b>	+02:46:09 (42.6%)	8:40	6.9 (57.5%)
145	<b>HENDRYS Marek</b>	<b>3283</b>	SPARTA ULTRA TEAM	Senior I M - 20	14	01:25:16	02:58:19	04:50:41	<b>06:31:04.80</b>	<b>06:31:11.45</b>	+02:46:59 (42.7%)	8:41	6.9 (57.5%)
146	<b>MARCINIAK Janusz</b>	<b>3133</b>	NIGHT RUNNERS	Masters M - 40	32	01:33:21	03:09:42		<b>06:31:41.35</b>	<b>06:31:46.35</b>	+02:47:34 (42.8%)	8:42	6.9 (57.5%)
147	<b>KOSIELSKI Robert</b>	<b>3156</b>		Senior II M - 30	65	01:21:33	02:54:36	04:42:39	<b>06:31:53.45</b>	<b>06:32:24.60</b>	+02:48:12 (42.9%)	8:42	6.9 (57.5%)
148	<b>KOTYSZ Waldemar</b>	<b>3174</b>	BBL OPOLE	Weteran I M - 50	9	01:22:03	03:03:37	04:53:33	<b>06:32:23.05</b>	<b>06:32:26.40</b>	+02:48:14 (42.9%)	8:43	6.9 (57.5%)
149	<b>SAWICZ Monika</b>	<b>3086</b>	FINISZ MORĄG	Senior I K - 20	5	01:24:16	03:07:38	04:51:47	<b>06:34:03.00</b>	<b>06:34:11.90</b>	+02:49:59 (43.1%)	8:45	6.9 (57.5%)
150	<b>NÓŻKA Andrzej</b>	<b>3251</b>		Senior II M - 30	66	01:28:18	03:05:38	04:55:10	<b>06:34:33.90</b>	<b>06:35:00.60</b>	+02:50:48 (43.2%)	8:46	6.8 (56.7%)
151	<b>ŚWIST Michał</b>	<b>3238</b>		Senior I M - 20	15	01:30:20	03:07:56	04:59:59	<b>06:35:30.35</b>	<b>06:35:48.30</b>	+02:51:36 (43.4%)	8:47	6.8 (56.7%)
152	<b>PYTLARZ Waldemar</b>	<b>3050</b>	4RUN TEAM PIŁA	Weteran I M - 50	10	01:31:30	03:10:30	04:55:21	<b>06:37:20.55</b>	<b>06:37:44.15</b>	+02:53:32 (43.6%)	8:49	6.8 (56.7%)
153	<b>TYPIŃSKI Paweł</b>	<b>3056</b>	PIĄTKOWO NA BIEGOWO	Senior I M - 20	16	01:31:03	03:15:48	05:00:40	<b>06:37:31.00</b>	<b>06:37:49.45</b>	+02:53:37 (43.6%)	8:50	6.8 (56.7%)

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
154	<b>CHELIŃSKA Daria</b>	<b>3210</b>	PIĄTKOWO NA BIEGOWO	Senior I K - 20	6	01:31:04	03:15:49	05:00:42	<b>06:37:32.15</b>	<b>06:37:49.80</b>	+02:53:37 (43.6%)	8:50	6.8 (56.7%)
155	<b>LESZCZYŃSKI Paweł</b>	<b>3293</b>	LASY WAWERSKIE	Weteran I M - 50	11	01:29:02	03:09:22	04:55:03	<b>06:37:47.60</b>	<b>06:38:07.60</b>	+02:53:55 (43.7%)	8:50	6.8 (56.7%)
156	<b>MAJEWSKI Błażej</b>	<b>3167</b>		Senior I M - 20	17	01:24:28	03:07:49	05:02:55	<b>06:38:31.05</b>	<b>06:38:57.65</b>	+02:54:45 (43.8%)	8:51	6.8 (56.7%)
157	<b>CZUDEK Szymon</b>	<b>3177</b>		Senior II M - 30	67	01:22:00	03:02:33	04:58:30	<b>06:39:14.30</b>	<b>06:39:24.90</b>	+02:55:12 (43.9%)	8:52	6.8 (56.7%)
158	<b>MAĆZKA Bronisław</b>	<b>3298</b>	OTK RZEŹNIK	Weteran II M - 60	1	01:30:28	03:11:56	05:00:21	<b>06:38:55.95</b>	<b>06:39:32.25</b>	+02:55:20 (43.9%)	8:51	6.8 (56.7%)
159	<b>CISEK Mirosław Tomasz</b>	<b>3242</b>		Masters M - 40	33	01:28:48	03:06:28	04:57:14	<b>06:39:37.35</b>	<b>06:39:47.15</b>	+02:55:35 (43.9%)	8:52	6.8 (56.7%)
160	<b>PTAK Jarosław</b>	<b>3289</b>		Masters M - 40	34	01:26:04	03:04:03	04:54:54	<b>06:40:16.05</b>	<b>06:40:33.15</b>	+02:56:21 (44.0%)	8:53	6.7 (55.8%)
161	<b>DZIEDZINA Tomasz</b>	<b>3175</b>	NIGHT RUNNERS	Senior II M - 30	68	01:27:27	03:10:38	05:01:38	<b>06:41:31.85</b>	<b>06:41:38.20</b>	+02:57:26 (44.2%)	8:55	6.7 (55.8%)
162	<b>ZUBOWICZ Jakub</b>	<b>3267</b>	ŻWAWĘ ŻUBRY / BZ WBK FAKTOR	Senior II M - 30	69	01:26:49	03:03:55	04:56:15	<b>06:41:17.60</b>	<b>06:41:45.35</b>	+02:57:33 (44.2%)	8:55	6.7 (55.8%)
163	<b>NOSZCZYK Tomasz</b>	<b>3218</b>	#ULTRARUNNINGTOMMY	Senior I M - 20	18	01:26:07	03:02:09	04:55:20	<b>06:42:00.55</b>	<b>06:42:12.40</b>	+02:58:00 (44.3%)	8:56	6.7 (55.8%)
164	<b>BUŁATEWICZ Małgorzata</b>	<b>3158</b>		Senior I K - 20	7	01:34:17	03:21:24	05:07:14	<b>06:43:32.90</b>	<b>06:43:59.50</b>	+02:59:47 (44.5%)	8:58	6.7 (55.8%)
165	<b>FILIPIAK Jarosław</b>	<b>3253</b>		Senior I M - 20	19	01:19:39	02:53:29	04:46:43	<b>06:43:41.50</b>	<b>06:44:04.85</b>	+02:59:52 (44.5%)	8:58	6.7 (55.8%)
166	<b>LESZCZYŃSKI Wacław</b>	<b>3122</b>		Weteran I M - 50	12	01:32:35	03:16:52	05:03:46	<b>06:43:34.20</b>	<b>06:44:06.60</b>	+02:59:54 (44.5%)	8:58	6.7 (55.8%)
167	<b>MRUGALSKA Liliana</b>	<b>3014</b>	NETBOX BIEGA	Senior I K - 20	8	01:35:15	03:20:14	05:08:59	<b>06:44:07.65</b>	<b>06:44:21.95</b>	+03:00:09 (44.6%)	8:58	6.7 (55.8%)
168	<b>GIBASZEWSKA Justyna</b>	<b>3093</b>		Masters K - 40	4	01:39:57	03:23:43	05:10:14	<b>06:44:13.10</b>	<b>06:44:22.50</b>	+03:00:10 (44.6%)	8:58	6.7 (55.8%)
169	<b>MAŁOLEPSZY Damian</b>	<b>3268</b>	KS LENIWIEC	Senior II M - 30	70	01:21:02	03:03:15	04:55:21	<b>06:44:20.75</b>	<b>06:44:28.60</b>	+03:00:16 (44.6%)	8:59	6.7 (55.8%)
170	<b>ŻARSKI Jarosław</b>	<b>3233</b>	FUDU&CO SPORT TEAM	Masters M - 40	35	01:36:53	03:23:18	05:13:49	<b>06:46:38.05</b>	<b>06:46:49.15</b>	+03:02:37 (44.9%)	9:02	6.6 (55.0%)
171	<b>HASIUK Ewelina</b>	<b>3140</b>	VEGE RUNNERS	Senior II K - 30	21	01:33:29	03:22:24	05:08:23	<b>06:47:38.80</b>	<b>06:47:49.30</b>	+03:03:37 (45.0%)	9:03	6.6 (55.0%)
172	<b>RADOSŁAW Musiał</b>	<b>3188</b>	DOLBY	Senior II M - 30	71	01:26:01	03:07:14	05:03:06	<b>06:47:23.30</b>	<b>06:47:58.40</b>	+03:03:46 (45.0%)	9:03	6.6 (55.0%)
173	<b>KARASIAK Piotr</b>	<b>3189</b>	DOLBY	Senior II M - 30	72	01:30:00	03:05:59	05:03:08	<b>06:47:23.05</b>	<b>06:47:58.60</b>	+03:03:46 (45.0%)	9:03	6.6 (55.0%)
174	<b>KRZOS Piotr</b>	<b>3131</b>		Senior II M - 30	73	01:37:10	03:21:18	05:10:36	<b>06:48:12.00</b>	<b>06:48:37.40</b>	+03:04:25 (45.1%)	9:04	6.6 (55.0%)
175	<b>DUDEK Remigiusz</b>	<b>3089</b>	ZIĘBICE	Senior II M - 30	74	01:31:11	03:12:04	05:04:37	<b>06:48:55.40</b>	<b>06:49:07.30</b>	+03:04:55 (45.2%)	9:05	6.6 (55.0%)
176	<b>KRAWISZ Maciej</b>	<b>3258</b>	LP 500	Masters M - 40	36	01:40:57	03:21:08	05:09:03	<b>06:48:31.90</b>	<b>06:49:13.60</b>	+03:05:01 (45.2%)	9:04	6.6 (55.0%)



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
177	<b>SKOCZYLAS Jerzy</b>	<b>3201</b>	WKURW_TEAM	Masters M - 40	37	01:29:19	03:01:25	04:52:36	<b>06:49:40.85</b>	<b>06:50:14.20</b>	+03:06:02 (45.3%)	9:06	6.6 (55.0%)
178	<b>JĘDRASZEK Maciej</b>	<b>3299</b>		Masters M - 40	38	01:29:56	03:09:34	05:06:15	<b>06:50:08.15</b>	<b>06:50:23.65</b>	+03:06:11 (45.4%)	9:06	6.6 (55.0%)
179	<b>KWIECIEŃ Michał</b>	<b>3213</b>	BIERUTOWSKA GRUPA BIEGOWA	Senior II M - 30	75	01:29:26	03:06:53	05:01:38	<b>06:49:48.85</b>	<b>06:50:23.75</b>	+03:06:11 (45.4%)	9:06	6.6 (55.0%)
180	<b>POPRAWSKI Mateusz</b>	<b>3209</b>	MUKS SZOK BOJANOWO	Senior I M - 20	20	01:20:28	02:54:29	05:00:06	<b>06:50:02.15</b>	<b>06:50:25.00</b>	+03:06:12 (45.4%)	9:06	6.6 (55.0%)
181	<b>GAŁECKI Tomasz</b>	<b>3278</b>	KLUB BIEGACZA EURO RTV AGD	Masters M - 40	39	01:32:03	03:16:04	05:05:06	<b>06:50:08.30</b>	<b>06:50:34.30</b>	+03:06:22 (45.4%)	9:06	6.6 (55.0%)
182	<b>FIGLEWICZ Maria</b>	<b>3064</b>		Senior II K - 30	22	01:35:22	03:23:44	05:14:56	<b>06:50:59.15</b>	<b>06:51:06.10</b>	+03:06:54 (45.5%)	9:08	6.6 (55.0%)
183	<b>KORBA Ewa</b>	<b>3065</b>		Masters K - 40	5	01:34:01	03:24:14	05:14:33	<b>06:52:36.40</b>	<b>06:52:58.95</b>	+03:08:46 (45.7%)	9:10	6.5 (54.2%)
184	<b>PODWÓJCI Michał</b>	<b>3235</b>	ZABIEGANI LUSÓWKO	Senior II M - 30	76	01:25:27	03:05:55	05:01:45	<b>06:52:44.30</b>	<b>06:53:01.65</b>	+03:08:49 (45.7%)	9:10	6.5 (54.2%)
185	<b>STACHOWIAK Maciej</b>	<b>3013</b>	PAKIECIARZE TEAM	Masters M - 40	40	01:33:10	03:10:43	05:00:17	<b>06:52:32.50</b>	<b>06:53:03.00</b>	+03:08:50 (45.7%)	9:10	6.5 (54.2%)
186	<b>DOBROSIELSKI Marcin</b>	<b>3115</b>	TKD SZAKAL JEŻYCE RUNNERS	Masters M - 40	41	01:28:48	03:14:34	05:08:58	<b>06:53:30.45</b>	<b>06:54:04.15</b>	+03:09:52 (45.9%)	9:11	6.5 (54.2%)
187	<b>TOMASZEWSKI Dominik</b>	<b>3125</b>		Senior II M - 30	77	01:29:03	03:13:06	05:05:51	<b>06:54:00.85</b>	<b>06:54:06.70</b>	+03:09:54 (45.9%)	9:12	6.5 (54.2%)
188	<b>KOSTECZKA Paulina</b>	<b>3023</b>	KB MANIAC POZNAŃ	Senior II K - 30	23	01:32:28	03:19:23	05:11:22	<b>06:55:09.40</b>	<b>06:55:25.35</b>	+03:11:13 (46.0%)	9:13	6.5 (54.2%)
189	<b>POPIEL Marta</b>	<b>3057</b>		Senior II K - 30	24	01:34:30	03:23:46	05:14:08	<b>06:57:00.05</b>	<b>06:57:18.05</b>	+03:13:05 (46.3%)	9:16	6.5 (54.2%)
190	<b>WOZNIAK Wojciech</b>	<b>3208</b>	BETTER THAN A THOUSAND	Masters M - 40	42	01:25:15	03:08:04	05:10:40	<b>06:57:33.95</b>	<b>06:57:43.70</b>	+03:13:31 (46.3%)	9:16	6.5 (54.2%)
191	<b>BUK Sławomir</b>	<b>3147</b>	BIEGAM BO LUBIĘ	Senior II M - 30	78	01:36:32	03:20:12	05:13:04	<b>06:57:55.90</b>	<b>06:58:09.30</b>	+03:13:57 (46.4%)	9:17	6.5 (54.2%)
192	<b>PĘCZEK Dawid</b>	<b>3296</b>	ZELKA ASEK RUNNING DIVISION	Senior I M - 20	21	01:30:15	03:12:55	05:14:16	<b>06:59:26.30</b>	<b>06:59:39.05</b>	+03:15:26 (46.6%)	9:19	6.4 (53.3%)
193	<b>MANEL Mariusz</b>	<b>3078</b>	NETBOX BIEGA / LESZ NO LIMITS RUNNERS	Masters M - 40	43	01:26:39	03:12:51	05:15:39	<b>06:59:34.80</b>	<b>06:59:48.55</b>	+03:15:36 (46.6%)	9:19	6.4 (53.3%)
194	<b>KULESZA Paweł</b>	<b>3068</b>		Senior I M - 20	22	01:23:09	03:10:54	05:07:56	<b>07:00:38.20</b>	<b>07:00:51.25</b>	+03:16:39 (46.7%)	9:20	6.4 (53.3%)
195	<b>KIWIOR Jan</b>	<b>3295</b>	TEAM-TOMJ	Weteran II M - 60	2	01:32:12	03:17:21	05:16:40	<b>07:00:50.30</b>	<b>07:01:18.15</b>	+03:17:06 (46.8%)	9:21	6.4 (53.3%)
196	<b>KAMINSKI Krystian</b>	<b>3049</b>		Senior II M - 30	79	01:37:34	03:22:19	05:19:31	<b>07:04:09.65</b>	<b>07:04:43.65</b>	+03:20:31 (47.2%)	9:25	6.4 (53.3%)
197	<b>KLAGA Michał</b>	<b>3310</b>		Senior II M - 30	80	01:27:45	03:14:00	05:11:11	<b>07:05:15.65</b>	<b>07:05:30.95</b>	+03:21:18 (47.3%)	9:27	6.3 (52.5%)
198	<b>GURBIEL Tomasz</b>	<b>3067</b>	ONEMAN TEAM	Senior II M - 30	81	01:31:02	03:15:46	05:14:39	<b>07:04:44.25</b>	<b>07:06:38.50</b>	+03:22:26 (47.4%)	9:26	6.4 (53.3%)
199	<b>KAŃDUŁA Klaudia</b>	<b>3026</b>	TKD SZAKAL JEŻYCE RUNNERS	Senior II K - 30	25	01:41:37	03:34:21	05:22:43	<b>07:07:49.20</b>	<b>07:08:25.20</b>	+03:24:13 (47.7%)	9:30	6.3 (52.5%)

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
200	<b>DURKIEWICZ Tomasz</b>	<b>3075</b>	DOM KULTURY JOGI	Masters M - 40	44	01:34:22	03:22:23	05:16:41	<b>07:08:08.55</b>	<b>07:08:36.70</b>	+03:24:24 (47.7%)	9:30	6.3 (52.5%)
201	<b>PAROL Paweł</b>	<b>3142</b>		Masters M - 40	45	01:19:34	03:11:04	05:33:47	<b>07:09:38.25</b>	<b>07:09:48.65</b>	+03:25:36 (47.8%)	9:32	6.3 (52.5%)
202	<b>CHMIEL Grzegorz</b>	<b>3161</b>	HQ MNC NE	Masters M - 40	46	01:24:45	03:19:31	05:24:43	<b>07:10:59.05</b>	<b>07:11:12.00</b>	+03:26:59 (48.0%)	9:34	6.3 (52.5%)
203	<b>BARANIECKI Zbigniew</b>	<b>3250</b>	BRYLANT KÖRNIK	Weteran I M - 50	13	01:37:20	03:23:28	05:24:03	<b>07:11:03.95</b>	<b>07:11:43.00</b>	+03:27:30 (48.1%)	9:34	6.3 (52.5%)
204	<b>SZYMANKIEWICZ Kalina</b>	<b>3256</b>		Masters K - 40	6	01:36:39	03:25:50	05:22:42	<b>07:12:27.10</b>	<b>07:12:54.85</b>	+03:28:42 (48.2%)	9:36	6.2 (51.7%)
205	<b>SIECZKOWSKI Artur</b>	<b>3012</b>	NATURAL BORN RUNNERS	Masters M - 40	47	01:36:19	03:28:46	05:21:21	<b>07:12:18.60</b>	<b>07:12:54.95</b>	+03:28:42 (48.2%)	9:36	6.2 (51.7%)
206	<b>SZURKOWSKI Michał</b>	<b>3113</b>	NIGHT RUNNERS	Senior II M - 30	82	01:38:12	03:23:31	05:16:40	<b>07:12:31.75</b>	<b>07:13:01.00</b>	+03:28:48 (48.2%)	9:36	6.2 (51.7%)
207	<b>PIECH Jarek</b>	<b>3239</b>		Weteran I M - 50	14	01:30:37	03:16:59	05:22:39	<b>07:14:02.10</b>	<b>07:14:13.80</b>	+03:30:01 (48.4%)	9:38	6.2 (51.7%)
208	<b>STEFANIAK Marcin</b>	<b>3034</b>	TKD SZAKAL JEŻYCE RUNNERS	Senior II M - 30	83	01:27:56	03:12:45	05:19:28	<b>07:15:39.10</b>	<b>07:16:16.10</b>	+03:32:04 (48.6%)	9:40	6.2 (51.7%)
209	<b>STEFANOWICZ Piotr</b>	<b>3104</b>	HARDCOROWE WYCHYLYBYMY	Senior II M - 30	84	01:25:19	03:08:49	05:11:08	<b>07:16:35.90</b>	<b>07:16:46.30</b>	+03:32:34 (48.7%)	9:42	6.2 (51.7%)
210	<b>CIEŚLAK Łukasz</b>	<b>3277</b>		Senior II M - 30	85	01:30:32	03:16:54	05:24:33	<b>07:17:39.75</b>	<b>07:17:49.95</b>	+03:33:37 (48.8%)	9:43	6.2 (51.7%)
211	<b>WYBRANOWSKI Sylwester</b>	<b>3033</b>		Senior II M - 30	86	01:38:16	03:28:49	05:28:10	<b>07:17:59.95</b>	<b>07:18:14.35</b>	+03:34:02 (48.8%)	9:44	6.2 (51.7%)
212	<b>KACZMARSKI Piotr</b>	<b>3119</b>	HARDCOROWE WYHYLYBYMY	Senior II M - 30	87	01:25:57	03:10:15	05:11:40	<b>07:19:12.15</b>	<b>07:19:20.00</b>	+03:35:07 (49.0%)	9:45	6.1 (50.8%)
213	<b>BRAUN Maria</b>	<b>3265</b>	SMARTOYS	Masters K - 40	7	01:43:12	03:36:36	05:37:25	<b>07:20:25.05</b>	<b>07:20:31.85</b>	+03:36:19 (49.1%)	9:47	6.1 (50.8%)
214	<b>PIETROWICZ Marek</b>	<b>3190</b>	ZABIEGANI LUSÓWKO	Masters M - 40	48	01:34:41	03:27:19	05:24:06	<b>07:20:38.90</b>	<b>07:20:56.05</b>	+03:36:43 (49.2%)	9:47	6.1 (50.8%)
215	<b>GŁOWACKA Renata</b>	<b>3009</b>	TRI AKTYWNY PIOTRKÓW	Masters K - 40	8	01:36:54	03:35:32	05:38:47	<b>07:21:46.55</b>	<b>07:21:57.45</b>	+03:37:45 (49.3%)	9:49	6.1 (50.8%)
216	<b>ŚWITALSKI Andrzej</b>	<b>3090</b>	ŻYCIE CZĘSTOCHOWY TEAM / KAPITAN POLSKA	Senior II M - 30	88	01:37:09	03:26:54	05:25:37	<b>07:23:26.15</b>	<b>07:23:41.05</b>	+03:39:28 (49.5%)	9:51	6.1 (50.8%)
217	<b>JAWORSKI Paweł</b>	<b>3244</b>	WEST SPORTS TEAM	Senior I M - 20	23	01:29:23	03:20:34	05:30:54	<b>07:23:46.50</b>	<b>07:24:02.00</b>	+03:39:49 (49.5%)	9:51	6.1 (50.8%)
218	<b>MAŚLANKA Klaudia</b>	<b>3245</b>		Senior I K - 20	9	01:29:22	03:20:32	05:30:54	<b>07:23:45.75</b>	<b>07:24:02.35</b>	+03:39:50 (49.5%)	9:51	6.1 (50.8%)
219	<b>STALA-KONDRAKIEWICZ Katarzyna</b>	<b>3025</b>	KB HARCOWNIK JELCZ-LASKOWICE	Senior II K - 30	26	01:40:32	03:35:32	05:33:15	<b>07:24:18.55</b>	<b>07:24:36.50</b>	+03:40:24 (49.6%)	9:52	6.1 (50.8%)
220	<b>KRYSMALSKI Maciej</b>	<b>3138</b>		Senior II M - 30	89	01:28:22	03:01:44	04:47:26	<b>07:25:56.20</b>	<b>07:26:15.95</b>	+03:42:03 (49.8%)	9:54	6.1 (50.8%)
221	<b>PRZYBYŁ Piotr</b>	<b>3037</b>	BIEGOLOGIA.PL / EASY RUNNERS	Masters M - 40	49	01:18:51	02:59:39	05:22:15	<b>07:30:39.20</b>	<b>07:30:46.60</b>	+03:46:34 (50.3%)	10:00	6 (50.0%)
222	<b>PARYSZ Anna</b>	<b>3041</b>	STARE BABICE BIEGAJĄ	Weteran K - 50	2	01:44:21	03:44:38	05:43:52	<b>07:30:52.75</b>	<b>07:31:16.55</b>	+03:47:04 (50.3%)	10:01	6 (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
223	<b>BADOWSKI Rafal</b>	<b>3270</b>	WSZYSTKO JEST W GŁOWIE!	Masters M - 40	50	01:28:30	03:15:48	05:25:33	<b>07:31:29.50</b>	<b>07:31:45.70</b>	+03:47:33 (50.4%)	10:01	6 (50.0%)
224	<b>CHABKO Jacek</b>	<b>3072</b>	2. WOJSKOWY ODDZIAŁ GOSPODARCZY	Masters M - 40	51	01:29:56	03:28:34	05:37:00	<b>07:31:48.75</b>	<b>07:32:20.15</b>	+03:48:08 (50.4%)	10:02	6 (50.0%)
225	<b>ODZIMKOWSKI Marcin</b>	<b>3035</b>		Senior II M - 30	90	01:36:40	03:22:21	05:34:17	<b>07:31:46.10</b>	<b>07:32:23.00</b>	+03:48:10 (50.4%)	10:02	6 (50.0%)
226	<b>CYGAN Krzysztof</b>	<b>3109</b>		Senior II M - 30	91	01:28:31	03:18:55	05:20:35	<b>07:33:54.10</b>	<b>07:34:12.40</b>	+03:50:00 (50.6%)	10:05	5.9 (49.2%)
227	<b>ŚWIST Beata</b>	<b>3237</b>		Masters K - 40	9	01:42:54	03:39:27	05:45:56	<b>07:34:52.55</b>	<b>07:35:10.85</b>	+03:50:58 (50.7%)	10:06	5.9 (49.2%)
228	<b>STOKŁOSA Michał</b>	<b>3216</b>		Senior I M - 20	24	01:37:19	03:22:28	05:34:03	<b>07:35:55.35</b>	<b>07:36:23.90</b>	+03:52:11 (50.9%)	10:07	5.9 (49.2%)
229	<b>PRZYBYŚLAWSKI Miłosz</b>	<b>3165</b>	SŁYNNI KENIJCZYCY	Senior II M - 30	92	01:40:38	03:31:59	05:33:27	<b>07:36:25.05</b>	<b>07:36:44.10</b>	+03:52:32 (50.9%)	10:08	5.9 (49.2%)
230	<b>KIEŁBOWICZ Aneta</b>	<b>3159</b>	SŁYNNI KENIJCZYCY	Senior II K - 30	27	01:40:38	03:35:02	05:38:35	<b>07:36:25.20</b>	<b>07:36:44.35</b>	+03:52:32 (50.9%)	10:08	5.9 (49.2%)
231	<b>KOZŁOWSKI Artur</b>	<b>3029</b>		Masters M - 40	52	01:32:39	03:30:28	05:32:29	<b>07:38:02.25</b>	<b>07:38:24.25</b>	+03:54:12 (51.1%)	10:10	5.9 (49.2%)
232	<b>GALASIŃSKI Andrzej</b>	<b>3139</b>		Weteran I M - 50	15	01:32:21	03:20:32	05:33:46	<b>07:38:17.95</b>	<b>07:38:37.20</b>	+03:54:25 (51.1%)	10:11	5.9 (49.2%)
233	<b>WYRWAS-ZYGARŁOWSKA Izabela</b>	<b>3136</b>	KOBIETY BIEGAJĄ	Senior II K - 30	28	01:35:48	03:28:49	05:27:50	<b>07:38:18.65</b>	<b>07:38:37.35</b>	+03:54:25 (51.1%)	10:11	5.9 (49.2%)
234	<b>GĄSIOROWSKA Dorota</b>	<b>3003</b>	ŚNIĘTY SUM	Masters K - 40	10	01:44:10	03:44:42	05:52:05	<b>07:38:32.80</b>	<b>07:38:48.70</b>	+03:54:36 (51.1%)	10:11	5.9 (49.2%)
235	<b>MAZURCZAK Ewa</b>	<b>3194</b>	KOBIETAWBIEGU.PL	Masters K - 40	11	01:44:00	03:43:46	05:47:31	<b>07:40:57.20</b>	<b>07:41:08.45</b>	+03:56:56 (51.4%)	10:14	5.9 (49.2%)
236	<b>PIETRZAK Monika</b>	<b>3098</b>		Masters K - 40	12	01:47:25	03:48:26	05:47:36	<b>07:41:29.80</b>	<b>07:41:51.60</b>	+03:57:39 (51.5%)	10:15	5.9 (49.2%)
237	<b>PIETRZAK Dariusz</b>	<b>3097</b>		Masters M - 40	53	01:47:26	03:47:21	05:47:24	<b>07:41:45.55</b>	<b>07:42:06.35</b>	+03:57:54 (51.5%)	10:15	5.8 (48.3%)
238	<b>FISHCHUK Oleh</b>	<b>3261</b>		Senior I M - 20	25	01:36:19	03:22:02	05:27:45	<b>07:42:04.50</b>	<b>07:42:35.20</b>	+03:58:23 (51.5%)	10:16	5.8 (48.3%)
239	<b>DOBOSZ Leszek</b>	<b>3118</b>		Senior II M - 30	93	01:24:32	03:08:59	05:34:05	<b>07:43:33.40</b>	<b>07:44:02.35</b>	+03:59:50 (51.7%)	10:18	5.8 (48.3%)
240	<b>SIWEK Krzysztof</b>	<b>3240</b>		Weteran I M - 50	16	01:48:46	03:46:09	05:51:36	<b>07:44:26.05</b>	<b>07:44:37.60</b>	+04:00:25 (51.7%)	10:19	5.8 (48.3%)
241	<b>KOWALCZYK Marcin</b>	<b>3048</b>		Weteran II M - 60	3	01:43:18	03:46:30	05:51:06	<b>07:45:21.90</b>	<b>07:46:02.75</b>	+04:01:50 (51.9%)	10:20	5.8 (48.3%)
242	<b>CZYŻ Dorota</b>	<b>3266</b>		Masters K - 40	13	01:44:08	03:44:33	05:49:43	<b>07:45:47.20</b>	<b>07:46:12.55</b>	+04:02:00 (51.9%)	10:21	5.8 (48.3%)
243	<b>BOIŃSKI Bartosz</b>	<b>3290</b>	KLUB BIEGACZA RTV EURO AGD	Senior I M - 20	26	01:44:53	03:28:38	05:53:26	<b>07:47:40.35</b>	<b>07:47:56.30</b>	+04:03:44 (52.1%)	10:23	5.8 (48.3%)
243	<b>KLIMCZAK Arkadiusz</b>	<b>3150</b>	KLUB BIEGACZA RTV EURO AGD	Masters M - 40	54	01:44:54	03:34:00	05:54:07	<b>07:47:41.00</b>	<b>07:47:56.30</b>	+04:03:44 (52.1%)	10:23	5.8 (48.3%)
245	<b>GRZYB Krzysztof</b>	<b>3070</b>	KLUB BIEGACZA RTV EURO AGD/JEŻYCE BIEGAJĄ	Senior II M - 30	94	01:41:55	03:33:55	05:54:35	<b>07:47:43.80</b>	<b>07:47:58.50</b>	+04:03:46 (52.1%)	10:23	5.8 (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
246	<b>KUKLA-KOWALSKA Alicja</b>	<b>3018</b>	BIEGAM BO NIE LUBIĘ	Senior II K - 30	29	01:45:27	03:46:21	05:49:27	<b>07:49:09.65</b>	<b>07:49:32.25</b>	+04:05:20 (52.3%)	10:25	5.8 (48.3%)
247	<b>HEJMAN Maciej</b>	<b>3196</b>	WKURW_TEAM	Masters M - 40	55	01:41:29	03:40:40	05:49:25	<b>07:50:56.65</b>	<b>07:51:29.30</b>	+04:07:17 (52.4%)	10:27	5.7 (47.5%)
247	<b>WILK Łukasz</b>	<b>3197</b>	WKURW_TEAM	Senior II M - 30	95	01:41:28	03:38:07	05:49:27	<b>07:50:56.20</b>	<b>07:51:29.30</b>	+04:07:17 (52.4%)	10:27	5.7 (47.5%)
249	<b>ZAWADZKA Marzena</b>	<b>3052</b>	4RUN TEAM PIŁA	Masters K - 40	14	01:43:28		06:03:02	<b>07:52:46.80</b>	<b>07:53:09.05</b>	+04:08:56 (52.6%)	10:30	5.7 (47.5%)
250	<b>BLAJCHERT Adam</b>	<b>3069</b>	4RUN TEAM PIŁA	Masters M - 40	56	01:43:28		06:03:17	<b>07:52:48.50</b>	<b>07:53:12.00</b>	+04:08:59 (52.6%)	10:30	5.7 (47.5%)
251	<b>DOBREK Wojtek</b>	<b>3152</b>	WIECZORNE BIEGANIE	Weteran I M - 50	17	01:45:48		06:00:59	<b>08:05:36.75</b>	<b>08:05:41.30</b>	+04:21:29 (53.8%)	10:47	5.6 (46.7%)
252	<b>BRYKSA Iwona</b>	<b>3222</b>		Weteran K - 50	3	01:49:07		06:21:28	<b>08:10:48.45</b>	<b>08:11:02.55</b>	+04:26:50 (54.3%)	10:54	5.5 (45.8%)
253	<b>GAŁAT Jakub</b>	<b>3032</b>	BCPLUS.PL	Masters M - 40	57	01:48:21		06:13:32	<b>08:11:36.30</b>	<b>08:11:43.70</b>	+04:27:31 (54.4%)	10:55	5.5 (45.8%)
254	<b>KICINSKA Dorota</b>	<b>3206</b>	ROZBIEGANY RAWICZ	Senior II K - 30	30	01:42:57	03:41:55	05:51:45	<b>08:11:45.75</b>	<b>08:12:07.35</b>	+04:27:55 (54.4%)	10:55	5.5 (45.8%)
255	<b>RAK Cezary</b>	<b>3103</b>	HARDCOROWE WYCHYLYLYBYMY	Senior I M - 20	27	01:44:47	03:47:57	06:00:41	<b>08:12:00.30</b>	<b>08:12:07.75</b>	+04:27:55 (54.4%)	10:56	5.5 (45.8%)
256	<b>BEREZIUK Michał</b>	<b>3170</b>	LZS DZIEWIĘTLICE	Senior II M - 30	96	01:43:27	03:48:04	06:12:55	<b>08:11:38.75</b>	<b>08:12:21.15</b>	+04:28:09 (54.5%)	10:55	5.5 (45.8%)
257	<b>SADOWSKI Andrzej</b>	<b>3096</b>		Weteran II M - 60	4	01:43:28	03:46:08	06:12:55	<b>08:11:40.20</b>	<b>08:12:22.50</b>	+04:28:10 (54.5%)	10:55	5.5 (45.8%)
258	<b>KLIKS Adam</b>	<b>3137</b>		Masters M - 40	58	01:49:12	03:48:19		<b>08:14:59.75</b>	<b>08:15:29.70</b>	+04:31:17 (54.8%)	11:00	5.5 (45.8%)
259	<b>GMEREK Pawel</b>	<b>3254</b>		Masters M - 40	59	01:49:11	03:48:19		<b>08:15:00.10</b>	<b>08:15:30.10</b>	+04:31:18 (54.8%)	11:00	5.5 (45.8%)
260	<b>ADAMSKI Tomasz</b>	<b>3297</b>	KIBOLE W BIEGU	Senior II M - 30	97	01:45:43		06:38:34	<b>08:28:19.30</b>	<b>08:28:49.60</b>	+04:44:37 (55.9%)	11:17	5.3 (44.2%)
261	<b>FRAĆKOWIAK Jacek</b>	<b>3117</b>	RUNNER'S POWER	Senior II M - 30	98				<b>08:30:54.90</b>	<b>08:31:03.65</b>	+04:46:51 (56.1%)	11:21	5.3 (44.2%)
LIM	<b>SZYMCZAK Mateusz</b>	<b>3168</b>		Senior I M - 20		01:24:28	03:07:49	05:09:46				-	- (0.0%)
	<b>ZIELIŃSKI Marcin</b>	<b>3228</b>	SAINT GOBAIN SQUAD	Senior II M - 30		01:38:10 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>WŁODARKIEWICZ Dominik</b>	<b>3200</b>	SQUEEZY POLSKA	Masters M - 40		01:01:04 DNF	02:15:31 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>ZAWIDZKI Dariusz</b>	<b>3259</b>	CZERWONAK BIEGA	Senior II M - 30		01:07:04 DNF	02:33:23 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>PIENIO Adam</b>	<b>3146</b>		Senior II M - 30		01:27:49 DNF	03:23:07 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>MACIASZCZYK Magda</b>	<b>3130</b>		Masters K - 40		01:34:50 DNF	03:26:08 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>MICHALAK Tomasz</b>	<b>3058</b>	TEAM BIEGAJ POD OKIEM TRENERA	Masters M - 40		01:33:22 DNF	03:28:55 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>BIENIAS Piotr</b>	<b>3214</b>		Masters M - 40		01:34:31 DNF	03:38:45 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>MELSON Maciej</b>	<b>3185</b>	BIZON TEAM	Senior I M - 20		01:34:21 DNF	03:40:14 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>WAŁEK Piotr</b>	<b>3001</b>	RUNNING TEAM QUIBL	Masters M - 40		01:39:27 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>RONKOWSKA Małgorzata</b>	<b>3128</b>	POLKASPORT	Senior I K - 20		01:46:05 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>KIELASZEWSK Karol</b>	<b>3108</b>	LESZ NO LIMITS RUNNERS	Senior II M - 30		01:48:53 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>KARPIŃSKI Grzegorz</b>	<b>3020</b>	MESONDZI LAJF STAJL	Senior II M - 30		01:49:47 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>PIECUCH Małgorzata</b>	<b>3038</b>	PRZEWORSKA GRUPA BIEGOWA	Weteran K - 50		01:49:55 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>KUPPER Paweł</b>	<b>3042</b>		Senior II M - 30		01:52:16 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>DOMINIAK - LESZCZYŃSKA Elżbieta</b>	<b>3292</b>	LASY WAWERSKIE	Weteran K - 50		01:58:08 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>SZCZEPANIAK Sławomir</b>	<b>3047</b>	K.S.LENIWIEC KĘPNO	Weteran I M - 50		01:58:11 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>BAKA Elzbieta</b>	<b>3031</b>		Masters K - 40		02:02:11 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>ZUBOWICZ Janina</b>	<b>3080</b>		Weteran K - 50		02:08:54 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>KNAPIK Jerzy</b>	<b>3016</b>		Weteran II M - 60		DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>KANCLERZ-JANUSZEWSKA Katarzyna</b>	<b>3144</b>	KOBIETY NA 5+	Weteran K - 50		DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>JANUSZEWSKI Tomasz</b>	<b>3143</b>		Weteran I M - 50		DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)

Znaleziono 283 wynik(ów)