

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	JABŁOŃSKI Artur	3314	DREAM RUN / REEBOK RUN CREW	Senior II M - 30	1	00:55:13	01:54:04	02:50:36	03:44:10.05	03:44:12.10		4:58	12 (100%)
2	LISAK Krzysztof	3227	OTK RZEŹNIK	Senior II M - 30	2	01:01:36	02:05:18	03:07:01	04:05:47.15	04:05:50.15	+00:21:38 (8.8%)	5:27	11 (91.7%)
3	DYBEK Paweł	3306	SALOMON SUUNTO TEAM	Masters M - 40	1	00:58:43	02:04:26	03:07:33	04:07:14.85	04:07:16.60	+00:23:04 (9.3%)	5:29	10.9 (90.8%)
4	SEDLAK Michał	3148	LUBIETOBIEGANIE	Masters M - 40	2	00:59:18	02:04:20	03:12:18	04:19:37.90	04:19:41.00	+00:35:28 (13.7%)	5:46	10.4 (86.7%)
5	SZUMLIŃSKI Piotr	3171	MARCIN ŚWIERC TEAM	Senior II M - 30	3	01:00:47	02:08:10	03:15:19	04:20:15.65	04:20:17.55	+00:36:05 (13.9%)	5:47	10.4 (86.7%)
6	KOBRYŃ Dominik	3230	BYLEDOBIEC ANIN	Masters M - 40	3	01:00:22	02:07:51	03:15:11	04:21:11.95	04:21:17.05	+00:37:04 (14.2%)	5:48	10.3 (85.8%)
7	NOWOCIN Radosław	3182		Senior I M - 20	1	01:01:10	02:09:15	03:19:25	04:26:43.20	04:26:48.20	+00:42:36 (16.0%)	5:55	10.1 (84.2%)
8	RACZAK Maciej	3264		Senior II M - 30	4	01:01:35	02:09:16	03:19:21	04:29:22.80	04:29:26.70	+00:45:14 (16.8%)	5:59	10 (83.3%)
9	KAROLKIEWICZ Daniel	3229	ENTRE.PL TEAM	Senior II M - 30	5	01:01:01	02:09:23	03:19:27	04:30:13.55	04:30:17.50	+00:46:05 (17.1%)	6:00	10 (83.3%)
10	ŁĄCZAK Magdalena	3305		Senior II K - 30	1	01:03:29	02:15:31	03:25:59	04:34:12.90	04:34:15.30	+00:50:03 (18.3%)	6:05	9.8 (81.7%)
11	DUDZIK Robert	3234	LIMANOVA HOTEL	Senior II M - 30	6	01:06:01	02:18:44	03:30:09	04:35:34.65	04:35:38.45	+00:51:26 (18.7%)	6:07	9.8 (81.7%)
12	CICHOREK Dariusz	3220	KKB FINISZ KALISZ	Masters M - 40	4	01:00:16	02:05:28	03:17:11	04:37:58.00	04:38:02.20	+00:53:50 (19.4%)	6:10	9.7 (80.8%)
13	DURKOWSKI Marcin	3076		Senior II M - 30	7	01:00:59	02:12:22	03:26:10	04:39:08.80	04:39:13.35	+00:55:01 (19.7%)	6:12	9.7 (80.8%)
14	BENDIG Wojciech	3311		Masters M - 40	5	01:04:18	02:18:31	03:34:33	04:50:57.90	04:51:08.10	+01:06:56 (23.0%)	6:27	9.3 (77.5%)
15	NERS Maciek	3205	KINGRUNNER.COM / DREAM RUN	Senior II M - 30	8	01:10:06	02:25:33	03:42:21	04:56:28.60	04:56:32.60	+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	KOWALIK Andrzej	3176	BIEG OPOLSKI	Senior II M - 30	9	01:08:18	02:22:34	03:39:13	04:56:49.75	04:56:52.40	+01:12:40 (24.5%)	6:35	9.1 (75.8%)
17	WITKOWSKI Radosław	3024	KW GLIWICE	Senior I M - 20	2	01:07:18	02:23:20	03:40:05	04:57:01.50	04:57:06.05	+01:12:53 (24.5%)	6:36	9.1 (75.8%)
18	RODRIGO PEREIRA Oswald	3116	WILD FOR THE RUN / HERCOG RUNNING TEAM	Senior II M - 30	10	01:06:40	02:23:46	03:47:47	04:59:25.55	04:59:29.20	+01:15:17 (25.1%)	6:39	9 (75.0%)
19	MAŁEK Tomasz	3219		Senior I M - 20	3	01:05:47	02:23:54	03:43:34	05:01:43.45	05:01:48.65	+01:17:36 (25.7%)	6:42	8.9 (74.2%)
20	ZYCH Marcin	3100		Senior II M - 30	11	01:09:08	02:25:31	03:46:33	05:02:20.35	05:02:26.70	+01:18:14 (25.9%)	6:43	8.9 (74.2%)
21	FURMAN Sławomir	3063	AKB ESEMAS	Masters M - 40	6	01:08:27	02:28:12	03:49:25	05:04:56.25	05:05:01.50	+01:20:49 (26.5%)	6:46	8.9 (74.2%)
22	KSIĄŻEK Sebastian	3132	RUNNER SAM PO LESIE	Senior II M - 30	12	01:08:32	02:24:49	03:46:15	05:06:59.40	05:07:09.00	+01:22:56 (27.0%)	6:49	8.8 (73.3%)
23	KIK Iwona	3186	WOSIK TERVEL TEAM/KW KRAKÓW	Senior II K - 30	2	01:08:48	02:28:22	03:49:20	05:09:24.40	05:09:27.15	+01:25:15 (27.5%)	6:52	8.7 (72.5%)
24	WALASZCZYK Lucyna	3272	NATURAL BORN RUNNERS	Senior II K - 30	3	01:12:01	02:33:35	03:54:23	05:09:42.95	05:09:50.20	+01:25:38 (27.6%)	6:52	8.7 (72.5%)
25	JOKIEL Wojciech	3285	SPARTA ULTRA TEAM	Senior I M - 20	4	01:11:29	02:28:25	03:49:57	05:10:21.00	05:10:25.55	+01:26:13 (27.8%)	6:53	8.7 (72.5%)
26	BONDARA Sylwia	3301	ALPIN SPORT TEAM / JACEKBIEGA RUNNING TEAM	Senior II K - 30	4	01:15:24	02:35:30	03:59:31	05:13:51.50	05:13:57.20	+01:29:45 (28.6%)	6:58	8.6 (71.7%)
27	BOROWSKI Jacek	3183		Senior II M - 30	13	01:12:07	02:29:51	03:49:20	05:14:11.85	05:14:24.30	+01:30:12 (28.7%)	6:58	8.6 (71.7%)
28	LUBAŃSKI Robert	3126		Weteran I M - 50	1	01:10:05	02:30:16	03:51:13	05:14:47.45	05:14:49.50	+01:30:37 (28.8%)	6:59	8.6 (71.7%)
29	PRUGAR FUKOWSKA Paulina	3276	DREAM RUN	Senior II K - 30	5	01:15:36	02:38:06	04:02:50	05:15:07.50	05:15:16.60	+01:31:04 (28.9%)	7:00	8.6 (71.7%)
30	LUTYŃSKI Zbigniew	3273		Senior II M - 30	14	01:12:06	02:31:21	03:56:22	05:15:53.15	05:16:05.10	+01:31:53 (29.1%)	7:01	8.5 (70.8%)
31	WALENDA Arkadiusz	3275	VEGE ULTRA RUNNERS	Masters M - 40	7	01:11:07	02:31:53	03:56:32	05:17:38.30	05:17:43.10	+01:33:31 (29.4%)	7:03	8.5 (70.8%)
32	GARDENER Jacek	3300	ALPIN SPORT TEAM / JACEKBIEGA RUNNING TEAM	Weteran I M - 50	2	01:07:49	02:23:50	03:49:56	05:18:12.80	05:18:15.95	+01:34:03 (29.6%)	7:04	8.5 (70.8%)
33	JASIŃSKI Piotr	3141		Senior II M - 30	15	01:07:24	02:26:35	03:53:19	05:18:15.80	05:18:22.55	+01:34:10 (29.6%)	7:04	8.5 (70.8%)
34	GARNEK Piotr	3257		Senior II M - 30	16	01:14:32	02:35:40	03:54:11	05:18:56.30	05:19:04.90	+01:34:52 (29.7%)	7:05	8.5 (70.8%)
35	MYSZKOWSKI Jan	3223		Weteran I M - 50	3	01:08:12	02:28:22	03:55:18	05:19:07.05	05:19:11.25	+01:34:59 (29.8%)	7:05	8.5 (70.8%)
36	ŁUCZYŃSKI Maciej	3198	GAWRA	Masters M - 40	8	01:14:01	02:30:58	03:50:54	05:19:20.90	05:19:28.15	+01:35:16 (29.8%)	7:05	8.5 (70.8%)
37	MAJCHRZAK Michał	3149		Senior I M - 20	5	01:12:51	02:32:37	03:57:57	05:19:15.90	05:19:43.10	+01:35:31 (29.9%)	7:05	8.5 (70.8%)
38	WUJDA Mirosław	3160	ERNI RULEZ	Masters M - 40	9	01:13:57	02:37:07	03:56:07	05:20:08.25	05:20:21.05	+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	NIEZGÓDKA Tomasz	3309		Masters M - 40	10	01:13:03	02:35:28	04:03:12	05:23:19.75	05:23:28.05	+01:39:15 (30.7%)	7:11	8.4 (70.0%)
40	GEROWSKI Maciej	3010	NETBOX BIEGA / LESZ NO LIMITS RUNNERS	Masters M - 40	11	01:19:30	02:41:10	04:04:54	05:23:36.40	05:23:45.05	+01:39:32 (30.7%)	7:11	8.3 (69.2%)
41	SZCZERBAKOWICZ Kamil	3248		Senior I M - 20	6	01:08:50	02:25:52	03:55:46	05:25:27.95	05:25:31.25	+01:41:19 (31.1%)	7:13	8.3 (69.2%)
42	KOPROWSKI Adam	3164	HARPAGAN HO CHI MINH	Senior II M - 30	17	01:17:15	02:36:44	03:59:54	05:26:16.80	05:26:45.05	+01:42:32 (31.4%)	7:15	8.3 (69.2%)
43	KORBIK Marcin	3062		Senior II M - 30	18	01:11:21	02:33:23	04:02:06	05:28:49.75	05:28:58.60	+01:44:46 (31.8%)	7:18	8.2 (68.3%)
44	KUTYBA Mariusz	3077	WOLNE ŚLIMAKI	Senior II M - 30	19	01:10:46	02:33:43	04:05:22	05:30:24.00	05:30:40.80	+01:46:28 (32.2%)	7:20	8.2 (68.3%)
45	SOKALSKI Grzegorz	3281		Masters M - 40	12	01:21:22	02:48:13	04:12:15	05:31:02.10	05:31:17.30	+01:47:05 (32.3%)	7:21	8.2 (68.3%)
46	PIETLUSZENKO Dariusz	3255		Masters M - 40	13	01:13:21	02:41:25	04:14:23	05:30:57.15	05:31:32.00	+01:47:19 (32.4%)	7:21	8.2 (68.3%)
47	BIENIECKA Anna	3302	OTK RZEŹNIK	Senior II K - 30	6	01:13:02	02:43:23	04:14:28	05:31:34.00	05:31:39.00	+01:47:26 (32.4%)	7:22	8.1 (67.5%)
48	WAJDA Robert	3288		Masters M - 40	14	01:12:50	02:36:20	04:06:01	05:32:26.95	05:32:34.80	+01:48:22 (32.6%)	7:23	8.1 (67.5%)
49	TĘSIOROWSKI Mariusz	3145	OLIMPIA SYCÓW	Senior II M - 30	20	01:14:16	02:37:22		05:32:33.30	05:33:02.30	+01:48:50 (32.7%)	7:23	8.1 (67.5%)
50	PORĘBSKI Łukasz	3211	STOWARZYSZENIE PROSHARE CYCLING TEAM	Senior II M - 30	21	01:13:49	02:38:20	04:09:39	05:33:02.60	05:33:16.25	+01:49:04 (32.7%)	7:24	8.1 (67.5%)
51	BAŁYS Katarzyna	3269	HERCOG RUNNING TEAM/ KASIA I TOMEK	Senior II K - 30	7	01:19:55	02:44:48	04:12:11	05:34:52.15	05:34:58.95	+01:50:46 (33.1%)	7:26	8.1 (67.5%)
52	KUMASZKA Anna	3135		Senior II K - 30	8	01:13:44	02:41:58	04:19:18	05:38:26.85	05:38:40.70	+01:54:28 (33.8%)	7:31	8 (66.7%)
53	MACHALSKI Sebastian	3079		Masters M - 40	15	01:10:25	02:36:53	04:11:53	05:41:00.25	05:41:07.95	+01:56:55 (34.3%)	7:34	7.9 (65.8%)
54	PETRYNA Jagoda	3247	NOA	Senior I K - 20	1	01:22:19	02:50:33	04:20:08	05:41:02.70	05:41:09.35	+01:56:57 (34.3%)	7:34	7.9 (65.8%)
55	OBRAŁ Szymon	3195	BRONKO DZIK	Senior II M - 30	22	01:19:40	02:42:16	04:14:41	05:42:26.10	05:42:45.05	+01:58:32 (34.6%)	7:36	7.9 (65.8%)
56	MARCINKOWSKI Przemysław	3308	PROTON	Masters M - 40	16	01:20:02	02:47:53	04:15:07	05:42:52.40	05:43:02.10	+01:58:50 (34.6%)	7:37	7.9 (65.8%)
57	GAŁEK Aleksander	3204	PRAGMATIQ.PL	Senior II M - 30	23	01:21:41	02:47:22	04:15:26	05:43:12.30	05:43:25.95	+01:59:13 (34.7%)	7:37	7.9 (65.8%)
58	KAŃDUŁA Grzegorz	3027	NEST.POZNAN.PL	Senior II M - 30	24	01:22:18	02:48:01	04:16:23	05:43:07.65	05:43:43.65	+01:59:31 (34.8%)	7:37	7.9 (65.8%)
59	KOPSZAK Piotr	3274		Senior I M - 20	7	01:24:34	02:47:31	04:13:48	05:43:58.05	05:44:37.70	+02:00:25 (34.9%)	7:38	7.8 (65.0%)
60	MIKA Andrzej	3162		Senior II M - 30	25	01:11:59	02:32:40	04:07:51	05:44:53.10	05:45:05.75	+02:00:53 (35.0%)	7:39	7.8 (65.0%)
61	MAKOWSKA Olga	3207	JACEKBIEGA RUNNING TEAM	Senior II K - 30	9	01:20:03	02:50:58	04:22:10	05:46:38.00	05:46:45.90	+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	KOWALSKA Kasia	3102		Masters K - 40	1	01:24:00	02:54:11	04:22:32	05:46:51.25	05:47:11.40	+02:02:59 (35.4%)	7:42	7.8 (65.0%)
63	MELNYK Ivan	3262		Senior II M - 30	26	01:21:03	02:50:35	04:23:39	05:47:09.95	05:47:16.00	+02:03:03 (35.4%)	7:42	7.8 (65.0%)
64	SZYL Marek	3007	RUNNING TEAM QUIBL	Senior II M - 30	27	01:26:52	02:55:42	04:27:44	05:47:06.00	05:47:29.30	+02:03:17 (35.5%)	7:42	7.8 (65.0%)
65	WÓJCIK Robert	3124	NOA	Senior II M - 30	28	01:20:02	02:48:12	04:23:02	05:50:26.05	05:50:31.05	+02:06:18 (36.0%)	7:47	7.7 (64.2%)
66	OLKIS Rafał	3129	PRZEBIEGA.PL	Senior II M - 30	29	01:11:57	02:40:19	04:20:08	05:50:55.40	05:51:01.10	+02:06:49 (36.1%)	7:47	7.7 (64.2%)
67	DUPLA Konrad	3172	WKB PIAST WROCŁAW	Senior II M - 30	30	01:22:12	02:46:00	04:16:49	05:50:29.45	05:51:03.45	+02:06:51 (36.1%)	7:47	7.7 (64.2%)
68	PIECUCH Karolina	3099	LACHO TEAM/SKLEPBIEGOWY.COM	Senior II K - 30	10	01:20:29	02:50:11	04:21:58	05:50:47.75	05:51:08.35	+02:06:56 (36.2%)	7:47	7.7 (64.2%)
69	MAĆKOWIAK Magda	3203	NOA	Senior I K - 20	2	01:20:47	02:55:50	04:27:50	05:51:07.70	05:51:12.00	+02:06:59 (36.2%)	7:48	7.7 (64.2%)
70	RELIGA Andrzej	3279		Senior II M - 30	31	01:18:03	02:44:44	04:19:35	05:52:28.75	05:52:39.25	+02:08:27 (36.4%)	7:49	7.7 (64.2%)
71	MICIAK Krzysztof	3074		Weteran I M - 50	4	01:17:48	02:49:36	04:24:28	05:53:28.55	05:53:32.65	+02:09:20 (36.6%)	7:51	7.6 (63.3%)
72	STRZELEC Łukasz	3163	HARPAGAN HO CHI MINH	Senior II M - 30	32	01:15:55	02:41:28	04:15:14	05:53:16.20	05:53:43.70	+02:09:31 (36.6%)	7:51	7.6 (63.3%)
73	ILKIEWICZ Adam	3166	3BRO	Senior II M - 30	33	01:13:08	02:36:26	04:15:30	05:54:35.55	05:54:38.95	+02:10:26 (36.8%)	7:52	7.6 (63.3%)
74	URBAŃSKI Michał	3221	FLUNKYBALLTEAM ŁĄDEK-ZDRÓJ	Senior I M - 20	8	01:22:37	02:50:08	04:22:44	05:54:49.65	05:55:13.90	+02:11:01 (36.9%)	7:53	7.6 (63.3%)
75	JURA Dorota	3271	ULTRA BESKID SPORT	Senior II K - 30	11	01:25:32	02:59:46	04:30:31	05:55:55.80	05:56:17.10	+02:12:05 (37.1%)	7:54	7.6 (63.3%)
76	KSIĘŻNIK Dorota	3303		Weteran K - 50	1	01:27:17	03:01:44	04:33:40	05:58:30.45	05:58:54.85	+02:14:42 (37.5%)	7:58	7.5 (62.5%)
77	KOSMOWSKI Wiesław	3008	LESZ NO LIMITS RUNNERS	Senior II M - 30	34	01:20:28	02:48:13	04:27:50	05:58:37.25	05:58:59.25	+02:14:47 (37.5%)	7:58	7.5 (62.5%)
78	PACZKOWSKI Rafał	3092	KUŹNIA TRIATHLONU CZERWONAK BIEGA	Senior II M - 30	35	01:20:47	02:51:28	04:27:55	05:58:55.45	05:59:00.45	+02:14:48 (37.5%)	7:58	7.5 (62.5%)
79	TRETIAK Mateusz	3154		Senior II M - 30	36	01:16:16	02:47:24	04:24:36	05:59:04.70	05:59:16.85	+02:15:04 (37.6%)	7:58	7.5 (62.5%)
80	ZAŁUSKA-LIPA Agnieszka	3030	MOSINA BIEGA	Senior II K - 30	12	01:26:10	02:57:26	04:29:53	05:58:58.85	05:59:18.70	+02:15:06 (37.6%)	7:58	7.5 (62.5%)
81	BRATEK Łukasz	3294	OTK RZEŹNIK	Masters M - 40	17	01:20:48	02:50:20	04:28:06	06:00:10.70	06:00:20.20	+02:16:08 (37.8%)	8:00	7.5 (62.5%)
82	PANEK Krzysztof	3312		Masters M - 40	18	01:23:53	02:54:57	04:29:44	05:59:48.90	06:00:27.05	+02:16:14 (37.8%)	7:59	7.5 (62.5%)
83	NADOLNA Ewa	3313		Senior II K - 30	13	01:23:54	02:55:21	04:30:13	05:59:49.15	06:00:27.60	+02:16:15 (37.8%)	7:59	7.5 (62.5%)
84	BALCERZAK Tomasz	3028	MARATOŃCZYK POZNAŃ	Masters M - 40	19	01:23:25	02:48:13	04:29:02	06:03:21.55	06:03:47.75	+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	STRASZKO Monika	3212		Senior II K - 30	14	01:28:24	03:00:03	04:34:53	06:04:58.80	06:05:19.70	+02:21:07 (38.6%)	8:06	7.4 (61.7%)
86	MUSIELAK Marek	3191	M&M&M	Senior II M - 30	37	01:20:34	02:51:18	04:29:18	06:06:05.95	06:06:07.20	+02:21:55 (38.8%)	8:08	7.4 (61.7%)
87	ZAPIÓR Mateusz	3021	TURBO SLIMAKI	Senior II M - 30	38	01:13:42	02:38:16	04:26:22	06:05:55.05	06:06:13.90	+02:22:01 (38.8%)	8:07	7.4 (61.7%)
88	ZYDORCZAK Mateusz	3127		Senior II M - 30	39	01:13:29	02:40:56	04:27:25	06:05:36.15	06:06:14.00	+02:22:01 (38.8%)	8:07	7.4 (61.7%)
89	KOBYLECKI Bartosz	3039		Senior II M - 30	40	01:17:06	02:47:54	04:32:07	06:05:52.60	06:06:24.70	+02:22:12 (38.8%)	8:07	7.4 (61.7%)
90	KOCIK Marcin	3179	FATBOY SPRINT	Masters M - 40	20	01:21:20	02:54:25	04:33:36	06:06:29.95	06:06:37.85	+02:22:25 (38.8%)	8:08	7.4 (61.7%)
91	POLAŃSKI Bartosz	3107		Senior II M - 30	41	01:14:33	02:40:54	04:25:06	06:07:28.25	06:07:37.15	+02:23:25 (39.0%)	8:09	7.3 (60.8%)
92	SZUKAŁA Damian	3246	ŻARY RUNNERS TEAM	Senior II M - 30	42	01:28:17	03:04:49	04:42:49	06:07:11.10	06:07:37.90	+02:23:25 (39.0%)	8:09	7.4 (61.7%)
93	SOBCZAK Tomasz	3202	SASKA KĘPA	Masters M - 40	21	01:27:20	03:00:35	04:38:39	06:07:29.10	06:07:51.35	+02:23:39 (39.1%)	8:09	7.3 (60.8%)
94	RYŻEWSKI Krzysztof	3155	QUADIMODO RACING	Masters M - 40	22	01:20:43	02:54:25	04:35:42	06:08:03.15	06:08:16.10	+02:24:04 (39.1%)	8:10	7.3 (60.8%)
95	KIK Marcin	3187	KW KRAKOW	Senior II M - 30	43	01:07:03	02:28:04	04:09:40	06:08:43.70	06:08:46.20	+02:24:34 (39.2%)	8:11	7.3 (60.8%)
96	MAJOCH Anna	3005	GVT	Masters K - 40	2	01:24:17	03:01:48	04:39:12	06:08:40.15	06:08:52.30	+02:24:40 (39.2%)	8:11	7.3 (60.8%)
97	KISŁO Lukasz	3243	WILLSOOR.PL	Senior II M - 30	44	01:10:57	02:40:11	04:25:19	06:09:38.90	06:09:44.30	+02:25:32 (39.4%)	8:12	7.3 (60.8%)
98	WIŚNIEWSKI Mariusz	3094	18BDP	Senior II M - 30	45	01:29:22	03:01:12	04:32:29	06:07:52.80	06:09:47.20	+02:25:35 (39.4%)	8:10	7.3 (60.8%)
99	DROŹDZIK Paweł	3022	WKB META LUBLINIEC	Masters M - 40	23	01:22:03	02:59:38	04:38:24	06:10:40.50	06:10:43.25	+02:26:31 (39.5%)	8:14	7.3 (60.8%)
100	FOGIEL-PAWŁOWSKA Agnieszka	3280	LOS BIEGANEROS	Senior II K - 30	15	01:32:27	03:06:57	04:39:35	06:11:18.10	06:11:52.85	+02:27:40 (39.7%)	8:15	7.3 (60.8%)
101	JURCZAK Roman	3241		Weteran I M - 50	5	01:20:41	02:54:17	04:35:24	06:12:10.45	06:12:12.20	+02:28:00 (39.8%)	8:16	7.3 (60.8%)
102	OSIŃSKI Robert	3043		Senior II M - 30	46	01:25:34	03:03:31	04:44:21	06:12:11.25	06:12:19.80	+02:28:07 (39.8%)	8:16	7.3 (60.8%)
103	TREGUB Igor	3263	KAPITOSZKA	Senior I M - 20	9	01:29:44	02:58:58	04:35:28	06:12:12.90	06:12:45.10	+02:28:33 (39.9%)	8:16	7.3 (60.8%)
104	ARUSZTOWICZ Bartosz	3083	HARDCOROWE WYCHYLYLYBYMY	Senior II M - 30	47	01:14:59	02:42:49	04:34:04	06:13:00.55	06:13:10.85	+02:28:58 (39.9%)	8:17	7.2 (60.0%)
105	STRYŁA Leszek	3217	TWARDE LESZCZE	Senior II M - 30	48	01:24:10	03:00:11	04:40:54	06:14:07.35	06:14:39.65	+02:30:27 (40.2%)	8:18	7.2 (60.0%)
106	PASTUSZKA Michał	3307	RUN ŁDZ	Senior I M - 20	10	01:23:06	02:52:13	04:35:04	06:15:00.00	06:15:21.75	+02:31:09 (40.3%)	8:20	7.2 (60.0%)
107	STĘPIEŃ Marcin	3215	22 BPG	Senior II M - 30	49	01:23:51	03:01:55	04:49:06	06:15:15.95	06:15:36.45	+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	PAWLIK Joanna	3053	PRETORIUM/ NBR	Senior II K - 30	17	01:27:40	03:07:51	04:51:46	06:24:18.35	06:24:31.40	+02:40:19 (41.7%)	8:32	7 (58.3%)
132	MICHALAK Sławomir	3157	INZYNIER.EU NOSI TRAILOWE BOTKI	Weteran I M - 50	7	01:30:10	03:09:58	04:50:55	06:25:36.80	06:26:01.90	+02:41:49 (41.9%)	8:34	7 (58.3%)
133	STACHURSKI Paweł	3120		Senior II M - 30	62	01:14:29	02:43:43	04:31:04	06:25:50.85	06:26:01.95	+02:41:49 (41.9%)	8:34	7 (58.3%)
134	MAJEWSKI Maciej	3088		Weteran I M - 50	8	01:19:30	03:00:29	04:49:34	06:25:54.50	06:26:05.55	+02:41:53 (41.9%)	8:34	7 (58.3%)
135	KOT Klaudia	3236	NIGHT RUNNERS	Senior I K - 20	4	01:21:26	03:02:39	05:00:25	06:27:04.60	06:27:10.30	+02:42:58 (42.1%)	8:36	7 (58.3%)
136	MARCIN Goleń	3111	DA STYGMATYK	Senior I M - 20	12	01:23:32	02:58:26	04:44:13	06:26:57.25	06:27:25.30	+02:43:13 (42.1%)	8:35	7 (58.3%)
137	LEJA Wojciech	3112	DA STYGMATYK	Senior I M - 20	13	01:23:32	02:58:26	04:43:34	06:27:11.00	06:27:39.15	+02:43:27 (42.2%)	8:36	7 (58.3%)
138	REDMANN Edyta	3123	TEAMOCHAL	Masters K - 40	3	01:34:50	03:14:43	04:54:41	06:27:16.70	06:27:43.95	+02:43:31 (42.2%)	8:36	7 (58.3%)
139	OSIKOWSKA Teresa	3193		Senior II K - 30	18	01:31:37	03:10:41	04:53:18	06:28:39.65	06:28:54.60	+02:44:42 (42.4%)	8:38	6.9 (57.5%)
140	SZNAJDER Marcin	3226	MESONDŽI LAJF STAJL	Senior II M - 30	63			04:59:56	06:29:52.05	06:29:57.05	+02:45:44 (42.5%)	8:39	6.9 (57.5%)
141	KLESZCZ Tomek	3178	PRO-RUN WROCŁAW	Senior II M - 30	64	01:24:58	02:56:34	04:46:08	06:29:21.00	06:29:58.65	+02:45:46 (42.5%)	8:39	6.9 (57.5%)
141	DOMAGAŁA Grażyna	3002	NIGHT RUNNERS WROCŁAW	Senior II K - 30	19	01:24:59	03:11:17	04:56:54	06:29:21.35	06:29:58.65	+02:45:46 (42.5%)	8:39	6.9 (57.5%)
143	STAWARZ Paweł	3061	KB LUPUS	Masters M - 40	31	01:28:03	03:09:30	04:53:14	06:29:57.40	06:30:12.60	+02:46:00 (42.5%)	8:39	6.9 (57.5%)
144	SONNEK Marta	3060	KB LUPUS	Senior II K - 30	20	01:23:32	03:01:44	04:53:40	06:30:07.00	06:30:21.60	+02:46:09 (42.6%)	8:40	6.9 (57.5%)
145	HENDRYS Marek	3283	SPARTA ULTRA TEAM	Senior I M - 20	14	01:25:16	02:58:19	04:50:41	06:31:04.80	06:31:11.45	+02:46:59 (42.7%)	8:41	6.9 (57.5%)
146	MARCINIAK Janusz	3133	NIGHT RUNNERS	Masters M - 40	32	01:33:21	03:09:42		06:31:41.35	06:31:46.35	+02:47:34 (42.8%)	8:42	6.9 (57.5%)
147	KOSIELSKI Robert	3156		Senior II M - 30	65	01:21:33	02:54:36	04:42:39	06:31:53.45	06:32:24.60	+02:48:12 (42.9%)	8:42	6.9 (57.5%)
148	KOTYSZ Waldemar	3174	BBL OPOLE	Weteran I M - 50	9	01:22:03	03:03:37	04:53:33	06:32:23.05	06:32:26.40	+02:48:14 (42.9%)	8:43	6.9 (57.5%)
149	SAWICZ Monika	3086	FINISZ MORĄG	Senior I K - 20	5	01:24:16	03:07:38	04:51:47	06:34:03.00	06:34:11.90	+02:49:59 (43.1%)	8:45	6.9 (57.5%)
150	NÓŻKA Andrzej	3251		Senior II M - 30	66	01:28:18	03:05:38	04:55:10	06:34:33.90	06:35:00.60	+02:50:48 (43.2%)	8:46	6.8 (56.7%)
151	ŚWIST Michał	3238		Senior I M - 20	15	01:30:20	03:07:56	04:59:59	06:35:30.35	06:35:48.30	+02:51:36 (43.4%)	8:47	6.8 (56.7%)
152	PYTLARZ Waldemar	3050	4RUN TEAM PIŁA	Weteran I M - 50	10	01:31:30	03:10:30	04:55:21	06:37:20.55	06:37:44.15	+02:53:32 (43.6%)	8:49	6.8 (56.7%)
153	TYPIŃSKI Paweł	3056	PIĄTKOWO NA BIEGOWO	Senior I M - 20	16	01:31:03	03:15:48	05:00:40	06:37:31.00	06:37:49.45	+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	CHELIŃSKA Daria	3210	PIĄTKOWO NA BIEGOWO	Senior I K - 20	6	01:31:04	03:15:49	05:00:42	06:37:32.15	06:37:49.80	+02:53:37 (43.6%)	8:50	6.8 (56.7%)
155	LESZCZYŃSKI Paweł	3293	LASY WAWERSKIE	Weteran I M - 50	11	01:29:02	03:09:22	04:55:03	06:37:47.60	06:38:07.60	+02:53:55 (43.7%)	8:50	6.8 (56.7%)
156	MAJEWSKI Błażej	3167		Senior I M - 20	17	01:24:28	03:07:49	05:02:55	06:38:31.05	06:38:57.65	+02:54:45 (43.8%)	8:51	6.8 (56.7%)
157	CZUDEK Szymon	3177		Senior II M - 30	67	01:22:00	03:02:33	04:58:30	06:39:14.30	06:39:24.90	+02:55:12 (43.9%)	8:52	6.8 (56.7%)
158	MAĆZKA Bronisław	3298	OTK RZEŹNIK	Weteran II M - 60	1	01:30:28	03:11:56	05:00:21	06:38:55.95	06:39:32.25	+02:55:20 (43.9%)	8:51	6.8 (56.7%)
159	CISEK Mirosław Tomasz	3242		Masters M - 40	33	01:28:48	03:06:28	04:57:14	06:39:37.35	06:39:47.15	+02:55:35 (43.9%)	8:52	6.8 (56.7%)
160	PTAK Jarosław	3289		Masters M - 40	34	01:26:04	03:04:03	04:54:54	06:40:16.05	06:40:33.15	+02:56:21 (44.0%)	8:53	6.7 (55.8%)
161	DZIEDZINA Tomasz	3175	NIGHT RUNNERS	Senior II M - 30	68	01:27:27	03:10:38	05:01:38	06:41:31.85	06:41:38.20	+02:57:26 (44.2%)	8:55	6.7 (55.8%)
162	ZUBOWICZ Jakub	3267	ŻWAWĘ ŻUBRY / BZ WBK FAKTOR	Senior II M - 30	69	01:26:49	03:03:55	04:56:15	06:41:17.60	06:41:45.35	+02:57:33 (44.2%)	8:55	6.7 (55.8%)
163	NOSZCZYK Tomasz	3218	#ULTRARUNNINGTOMMY	Senior I M - 20	18	01:26:07	03:02:09	04:55:20	06:42:00.55	06:42:12.40	+02:58:00 (44.3%)	8:56	6.7 (55.8%)
164	BUŁATEWICZ Małgorzata	3158		Senior I K - 20	7	01:34:17	03:21:24	05:07:14	06:43:32.90	06:43:59.50	+02:59:47 (44.5%)	8:58	6.7 (55.8%)
165	FILIPIAK Jarosław	3253		Senior I M - 20	19	01:19:39	02:53:29	04:46:43	06:43:41.50	06:44:04.85	+02:59:52 (44.5%)	8:58	6.7 (55.8%)
166	LESZCZYŃSKI Wacław	3122		Weteran I M - 50	12	01:32:35	03:16:52	05:03:46	06:43:34.20	06:44:06.60	+02:59:54 (44.5%)	8:58	6.7 (55.8%)
167	MRUGALSKA Liliana	3014	NETBOX BIEGA	Senior I K - 20	8	01:35:15	03:20:14	05:08:59	06:44:07.65	06:44:21.95	+03:00:09 (44.6%)	8:58	6.7 (55.8%)
168	GIBASZEWSKA Justyna	3093		Masters K - 40	4	01:39:57	03:23:43	05:10:14	06:44:13.10	06:44:22.50	+03:00:10 (44.6%)	8:58	6.7 (55.8%)
169	MAŁOLEPSZY Damian	3268	KS LENIWIEC	Senior II M - 30	70	01:21:02	03:03:15	04:55:21	06:44:20.75	06:44:28.60	+03:00:16 (44.6%)	8:59	6.7 (55.8%)
170	ŻARSKI Jarosław	3233	FUDU&CO SPORT TEAM	Masters M - 40	35	01:36:53	03:23:18	05:13:49	06:46:38.05	06:46:49.15	+03:02:37 (44.9%)	9:02	6.6 (55.0%)
171	HASIUK Ewelina	3140	VEGE RUNNERS	Senior II K - 30	21	01:33:29	03:22:24	05:08:23	06:47:38.80	06:47:49.30	+03:03:37 (45.0%)	9:03	6.6 (55.0%)
172	RADOSŁAW Musiał	3188	DOLBY	Senior II M - 30	71	01:26:01	03:07:14	05:03:06	06:47:23.30	06:47:58.40	+03:03:46 (45.0%)	9:03	6.6 (55.0%)
173	KARASIAK Piotr	3189	DOLBY	Senior II M - 30	72	01:30:00	03:05:59	05:03:08	06:47:23.05	06:47:58.60	+03:03:46 (45.0%)	9:03	6.6 (55.0%)
174	KRZOS Piotr	3131		Senior II M - 30	73	01:37:10	03:21:18	05:10:36	06:48:12.00	06:48:37.40	+03:04:25 (45.1%)	9:04	6.6 (55.0%)
175	DUDEK Remigiusz	3089	ZIĘBICE	Senior II M - 30	74	01:31:11	03:12:04	05:04:37	06:48:55.40	06:49:07.30	+03:04:55 (45.2%)	9:05	6.6 (55.0%)
176	KRAWISZ Maciej	3258	LP 500	Masters M - 40	36	01:40:57	03:21:08	05:09:03	06:48:31.90	06:49:13.60	+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	SKOCZYLAS Jerzy	3201	WKURW_TEAM	Masters M - 40	37	01:29:19	03:01:25	04:52:36	06:49:40.85	06:50:14.20	+03:06:02 (45.3%)	9:06	6.6 (55.0%)
178	JĘDRASZEK Maciej	3299		Masters M - 40	38	01:29:56	03:09:34	05:06:15	06:50:08.15	06:50:23.65	+03:06:11 (45.4%)	9:06	6.6 (55.0%)
179	KWIECIEŃ Michał	3213	BIERUTOWSKA GRUPA BIEGOWA	Senior II M - 30	75	01:29:26	03:06:53	05:01:38	06:49:48.85	06:50:23.75	+03:06:11 (45.4%)	9:06	6.6 (55.0%)
180	POPRAWSKI Mateusz	3209	MUKS SZOK BOJANOWO	Senior I M - 20	20	01:20:28	02:54:29	05:00:06	06:50:02.15	06:50:25.00	+03:06:12 (45.4%)	9:06	6.6 (55.0%)
181	GAŁECKI Tomasz	3278	KLUB BIEGACZA EURO RTV AGD	Masters M - 40	39	01:32:03	03:16:04	05:05:06	06:50:08.30	06:50:34.30	+03:06:22 (45.4%)	9:06	6.6 (55.0%)
182	FIGLEWICZ Maria	3064		Senior II K - 30	22	01:35:22	03:23:44	05:14:56	06:50:59.15	06:51:06.10	+03:06:54 (45.5%)	9:08	6.6 (55.0%)
183	KORBA Ewa	3065		Masters K - 40	5	01:34:01	03:24:14	05:14:33	06:52:36.40	06:52:58.95	+03:08:46 (45.7%)	9:10	6.5 (54.2%)
184	PODWÓJCI Michał	3235	ZABIEGANI LUSÓWKO	Senior II M - 30	76	01:25:27	03:05:55	05:01:45	06:52:44.30	06:53:01.65	+03:08:49 (45.7%)	9:10	6.5 (54.2%)
185	STACHOWIAK Maciej	3013	PAKIECIARZE TEAM	Masters M - 40	40	01:33:10	03:10:43	05:00:17	06:52:32.50	06:53:03.00	+03:08:50 (45.7%)	9:10	6.5 (54.2%)
186	DOBROSIELSKI Marcin	3115	TKD SZAKAL JEŻYCE RUNNERS	Masters M - 40	41	01:28:48	03:14:34	05:08:58	06:53:30.45	06:54:04.15	+03:09:52 (45.9%)	9:11	6.5 (54.2%)
187	TOMASZEWSKI Dominik	3125		Senior II M - 30	77	01:29:03	03:13:06	05:05:51	06:54:00.85	06:54:06.70	+03:09:54 (45.9%)	9:12	6.5 (54.2%)
188	KOSTECZKA Paulina	3023	KB MANIAC POZNAŃ	Senior II K - 30	23	01:32:28	03:19:23	05:11:22	06:55:09.40	06:55:25.35	+03:11:13 (46.0%)	9:13	6.5 (54.2%)
189	POPIEL Marta	3057		Senior II K - 30	24	01:34:30	03:23:46	05:14:08	06:57:00.05	06:57:18.05	+03:13:05 (46.3%)	9:16	6.5 (54.2%)
190	WOZNIAK Wojciech	3208	BETTER THAN A THOUSAND	Masters M - 40	42	01:25:15	03:08:04	05:10:40	06:57:33.95	06:57:43.70	+03:13:31 (46.3%)	9:16	6.5 (54.2%)
191	BUK Sławomir	3147	BIEGAM BO LUBIĘ	Senior II M - 30	78	01:36:32	03:20:12	05:13:04	06:57:55.90	06:58:09.30	+03:13:57 (46.4%)	9:17	6.5 (54.2%)
192	PĘCZEK Dawid	3296	ZELKA ASEK RUNNING DIVISION	Senior I M - 20	21	01:30:15	03:12:55	05:14:16	06:59:26.30	06:59:39.05	+03:15:26 (46.6%)	9:19	6.4 (53.3%)
193	MANEL Mariusz	3078	NETBOX BIEGA / LESZ NO LIMITS RUNNERS	Masters M - 40	43	01:26:39	03:12:51	05:15:39	06:59:34.80	06:59:48.55	+03:15:36 (46.6%)	9:19	6.4 (53.3%)
194	KULESZA Paweł	3068		Senior I M - 20	22	01:23:09	03:10:54	05:07:56	07:00:38.20	07:00:51.25	+03:16:39 (46.7%)	9:20	6.4 (53.3%)
195	KIWIOR Jan	3295	TEAM-TOMJ	Weteran II M - 60	2	01:32:12	03:17:21	05:16:40	07:00:50.30	07:01:18.15	+03:17:06 (46.8%)	9:21	6.4 (53.3%)
196	KAMINSKI Krystian	3049		Senior II M - 30	79	01:37:34	03:22:19	05:19:31	07:04:09.65	07:04:43.65	+03:20:31 (47.2%)	9:25	6.4 (53.3%)
197	KLAGA Michał	3310		Senior II M - 30	80	01:27:45	03:14:00	05:11:11	07:05:15.65	07:05:30.95	+03:21:18 (47.3%)	9:27	6.3 (52.5%)
198	GURBIEL Tomasz	3067	ONEMAN TEAM	Senior II M - 30	81	01:31:02	03:15:46	05:14:39	07:04:44.25	07:06:38.50	+03:22:26 (47.4%)	9:26	6.4 (53.3%)
199	KAŃDUŁA Klaudia	3026	TKD SZAKAL JEŻYCE RUNNERS	Senior II K - 30	25	01:41:37	03:34:21	05:22:43	07:07:49.20	07:08:25.20	+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	DURKIEWICZ Tomasz	3075	DOM KULTURY JOGI	Masters M - 40	44	01:34:22	03:22:23	05:16:41	07:08:08.55	07:08:36.70	+03:24:24 (47.7%)	9:30	6.3 (52.5%)
201	PAROL Paweł	3142		Masters M - 40	45	01:19:34	03:11:04	05:33:47	07:09:38.25	07:09:48.65	+03:25:36 (47.8%)	9:32	6.3 (52.5%)
202	CHMIEL Grzegorz	3161	HQ MNC NE	Masters M - 40	46	01:24:45	03:19:31	05:24:43	07:10:59.05	07:11:12.00	+03:26:59 (48.0%)	9:34	6.3 (52.5%)
203	BARANIECKI Zbigniew	3250	BRYLANT KÖRNIK	Weteran I M - 50	13	01:37:20	03:23:28	05:24:03	07:11:03.95	07:11:43.00	+03:27:30 (48.1%)	9:34	6.3 (52.5%)
204	SZYMANKIEWICZ Kalina	3256		Masters K - 40	6	01:36:39	03:25:50	05:22:42	07:12:27.10	07:12:54.85	+03:28:42 (48.2%)	9:36	6.2 (51.7%)
205	SIECZKOWSKI Artur	3012	NATURAL BORN RUNNERS	Masters M - 40	47	01:36:19	03:28:46	05:21:21	07:12:18.60	07:12:54.95	+03:28:42 (48.2%)	9:36	6.2 (51.7%)
206	SZURKOWSKI Michał	3113	NIGHT RUNNERS	Senior II M - 30	82	01:38:12	03:23:31	05:16:40	07:12:31.75	07:13:01.00	+03:28:48 (48.2%)	9:36	6.2 (51.7%)
207	PIECH Jarek	3239		Weteran I M - 50	14	01:30:37	03:16:59	05:22:39	07:14:02.10	07:14:13.80	+03:30:01 (48.4%)	9:38	6.2 (51.7%)
208	STEFANIAK Marcin	3034	TKD SZAKAL JEŻYCE RUNNERS	Senior II M - 30	83	01:27:56	03:12:45	05:19:28	07:15:39.10	07:16:16.10	+03:32:04 (48.6%)	9:40	6.2 (51.7%)
209	STEFANOWICZ Piotr	3104	HARDCOROWE WYCHYLYBYMY	Senior II M - 30	84	01:25:19	03:08:49	05:11:08	07:16:35.90	07:16:46.30	+03:32:34 (48.7%)	9:42	6.2 (51.7%)
210	CIEŚLAK Łukasz	3277		Senior II M - 30	85	01:30:32	03:16:54	05:24:33	07:17:39.75	07:17:49.95	+03:33:37 (48.8%)	9:43	6.2 (51.7%)
211	WYBRANOWSKI Sylwester	3033		Senior II M - 30	86	01:38:16	03:28:49	05:28:10	07:17:59.95	07:18:14.35	+03:34:02 (48.8%)	9:44	6.2 (51.7%)
212	KACZMARSKI Piotr	3119	HARDCOROWE WYHYLYBYMY	Senior II M - 30	87	01:25:57	03:10:15	05:11:40	07:19:12.15	07:19:20.00	+03:35:07 (49.0%)	9:45	6.1 (50.8%)
213	BRAUN Maria	3265	SMARTOYS	Masters K - 40	7	01:43:12	03:36:36	05:37:25	07:20:25.05	07:20:31.85	+03:36:19 (49.1%)	9:47	6.1 (50.8%)
214	PIETROWICZ Marek	3190	ZABIEGANI LUSÓWKO	Masters M - 40	48	01:34:41	03:27:19	05:24:06	07:20:38.90	07:20:56.05	+03:36:43 (49.2%)	9:47	6.1 (50.8%)
215	GŁOWACKA Renata	3009	TRI AKTYWNY PIOTRKÓW	Masters K - 40	8	01:36:54	03:35:32	05:38:47	07:21:46.55	07:21:57.45	+03:37:45 (49.3%)	9:49	6.1 (50.8%)
216	ŚWITALSKI Andrzej	3090	ŻYCIE CZĘSTOCHOWY TEAM / KAPITAN POLSKA	Senior II M - 30	88	01:37:09	03:26:54	05:25:37	07:23:26.15	07:23:41.05	+03:39:28 (49.5%)	9:51	6.1 (50.8%)
217	JAWORSKI Paweł	3244	WEST SPORTS TEAM	Senior I M - 20	23	01:29:23	03:20:34	05:30:54	07:23:46.50	07:24:02.00	+03:39:49 (49.5%)	9:51	6.1 (50.8%)
218	MAŚLANKA Klaudia	3245		Senior I K - 20	9	01:29:22	03:20:32	05:30:54	07:23:45.75	07:24:02.35	+03:39:50 (49.5%)	9:51	6.1 (50.8%)
219	STALA-KONDRAKIEWICZ Katarzyna	3025	KB HARCOWNIK JELCZ-LASKOWICE	Senior II K - 30	26	01:40:32	03:35:32	05:33:15	07:24:18.55	07:24:36.50	+03:40:24 (49.6%)	9:52	6.1 (50.8%)
220	KRYSMALSKI Maciej	3138		Senior II M - 30	89	01:28:22	03:01:44	04:47:26	07:25:56.20	07:26:15.95	+03:42:03 (49.8%)	9:54	6.1 (50.8%)
221	PRZYBYŁ Piotr	3037	BIEGOLOGIA.PL / EASY RUNNERS	Masters M - 40	49	01:18:51	02:59:39	05:22:15	07:30:39.20	07:30:46.60	+03:46:34 (50.3%)	10:00	6 (50.0%)
222	PARYSZ Anna	3041	STARE BABICE BIEGAJĄ	Weteran K - 50	2	01:44:21	03:44:38	05:43:52	07:30:52.75	07:31:16.55	+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	BADOWSKI Rafal	3270	WSZYSTKO JEST W GŁOWIE!	Masters M - 40	50	01:28:30	03:15:48	05:25:33	07:31:29.50	07:31:45.70	+03:47:33 (50.4%)	10:01	6 (50.0%)
224	CHABKO Jacek	3072	2. WOJSKOWY ODDZIAŁ GOSPODARCZY	Masters M - 40	51	01:29:56	03:28:34	05:37:00	07:31:48.75	07:32:20.15	+03:48:08 (50.4%)	10:02	6 (50.0%)
225	ODZIMKOWSKI Marcin	3035		Senior II M - 30	90	01:36:40	03:22:21	05:34:17	07:31:46.10	07:32:23.00	+03:48:10 (50.4%)	10:02	6 (50.0%)
226	CYGAN Krzysztof	3109		Senior II M - 30	91	01:28:31	03:18:55	05:20:35	07:33:54.10	07:34:12.40	+03:50:00 (50.6%)	10:05	5.9 (49.2%)
227	ŚWIST Beata	3237		Masters K - 40	9	01:42:54	03:39:27	05:45:56	07:34:52.55	07:35:10.85	+03:50:58 (50.7%)	10:06	5.9 (49.2%)
228	STOKŁOSA Michał	3216		Senior I M - 20	24	01:37:19	03:22:28	05:34:03	07:35:55.35	07:36:23.90	+03:52:11 (50.9%)	10:07	5.9 (49.2%)
229	PRZYBYŚLAWSKI Miłosz	3165	SŁYNNI KENIJCZYCY	Senior II M - 30	92	01:40:38	03:31:59	05:33:27	07:36:25.05	07:36:44.10	+03:52:32 (50.9%)	10:08	5.9 (49.2%)
230	KIEŁBOWICZ Aneta	3159	SŁYNNI KENIJCZYCY	Senior II K - 30	27	01:40:38	03:35:02	05:38:35	07:36:25.20	07:36:44.35	+03:52:32 (50.9%)	10:08	5.9 (49.2%)
231	KOZŁOWSKI Artur	3029		Masters M - 40	52	01:32:39	03:30:28	05:32:29	07:38:02.25	07:38:24.25	+03:54:12 (51.1%)	10:10	5.9 (49.2%)
232	GALASIŃSKI Andrzej	3139		Weteran I M - 50	15	01:32:21	03:20:32	05:33:46	07:38:17.95	07:38:37.20	+03:54:25 (51.1%)	10:11	5.9 (49.2%)
233	WYRWAS-ZYGARŁOWSKA Izabela	3136	KOBIETY BIEGAJĄ	Senior II K - 30	28	01:35:48	03:28:49	05:27:50	07:38:18.65	07:38:37.35	+03:54:25 (51.1%)	10:11	5.9 (49.2%)
234	GĄSIOROWSKA Dorota	3003	ŚNIĘTY SUM	Masters K - 40	10	01:44:10	03:44:42	05:52:05	07:38:32.80	07:38:48.70	+03:54:36 (51.1%)	10:11	5.9 (49.2%)
235	MAZURCZAK Ewa	3194	KOBIETAWBIEGU.PL	Masters K - 40	11	01:44:00	03:43:46	05:47:31	07:40:57.20	07:41:08.45	+03:56:56 (51.4%)	10:14	5.9 (49.2%)
236	PIETRZAK Monika	3098		Masters K - 40	12	01:47:25	03:48:26	05:47:36	07:41:29.80	07:41:51.60	+03:57:39 (51.5%)	10:15	5.9 (49.2%)
237	PIETRZAK Dariusz	3097		Masters M - 40	53	01:47:26	03:47:21	05:47:24	07:41:45.55	07:42:06.35	+03:57:54 (51.5%)	10:15	5.8 (48.3%)
238	FISHCHUK Oleh	3261		Senior I M - 20	25	01:36:19	03:22:02	05:27:45	07:42:04.50	07:42:35.20	+03:58:23 (51.5%)	10:16	5.8 (48.3%)
239	DOBOSZ Leszek	3118		Senior II M - 30	93	01:24:32	03:08:59	05:34:05	07:43:33.40	07:44:02.35	+03:59:50 (51.7%)	10:18	5.8 (48.3%)
240	SIWEK Krzysztof	3240		Weteran I M - 50	16	01:48:46	03:46:09	05:51:36	07:44:26.05	07:44:37.60	+04:00:25 (51.7%)	10:19	5.8 (48.3%)
241	KOWALCZYK Marcin	3048		Weteran II M - 60	3	01:43:18	03:46:30	05:51:06	07:45:21.90	07:46:02.75	+04:01:50 (51.9%)	10:20	5.8 (48.3%)
242	CZYŻ Dorota	3266		Masters K - 40	13	01:44:08	03:44:33	05:49:43	07:45:47.20	07:46:12.55	+04:02:00 (51.9%)	10:21	5.8 (48.3%)
243	BOIŃSKI Bartosz	3290	KLUB BIEGACZA RTV EURO AGD	Senior I M - 20	26	01:44:53	03:28:38	05:53:26	07:47:40.35	07:47:56.30	+04:03:44 (52.1%)	10:23	5.8 (48.3%)
243	KLIMCZAK Arkadiusz	3150	KLUB BIEGACZA RTV EURO AGD	Masters M - 40	54	01:44:54	03:34:00	05:54:07	07:47:41.00	07:47:56.30	+04:03:44 (52.1%)	10:23	5.8 (48.3%)
245	GRZYB Krzysztof	3070	KLUB BIEGACZA RTV EURO AGD/JEŻYCE BIEGAJĄ	Senior II M - 30	94	01:41:55	03:33:55	05:54:35	07:47:43.80	07:47:58.50	+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	KUKLA-KOWALSKA Alicja	3018	BIEGAM BO NIE LUBIĘ	Senior II K - 30	29	01:45:27	03:46:21	05:49:27	07:49:09.65	07:49:32.25	+04:05:20 (52.3%)	10:25	5.8 (48.3%)
247	HEJMAN Maciej	3196	WKURW_TEAM	Masters M - 40	55	01:41:29	03:40:40	05:49:25	07:50:56.65	07:51:29.30	+04:07:17 (52.4%)	10:27	5.7 (47.5%)
247	WILK Łukasz	3197	WKURW_TEAM	Senior II M - 30	95	01:41:28	03:38:07	05:49:27	07:50:56.20	07:51:29.30	+04:07:17 (52.4%)	10:27	5.7 (47.5%)
249	ZAWADZKA Marzena	3052	4RUN TEAM PIŁA	Masters K - 40	14	01:43:28		06:03:02	07:52:46.80	07:53:09.05	+04:08:56 (52.6%)	10:30	5.7 (47.5%)
250	BLAJCHERT Adam	3069	4RUN TEAM PIŁA	Masters M - 40	56	01:43:28		06:03:17	07:52:48.50	07:53:12.00	+04:08:59 (52.6%)	10:30	5.7 (47.5%)
251	DOBREK Wojtek	3152	WIECZORNE BIEGANIE	Weteran I M - 50	17	01:45:48		06:00:59	08:05:36.75	08:05:41.30	+04:21:29 (53.8%)	10:47	5.6 (46.7%)
252	BRYKSA Iwona	3222		Weteran K - 50	3	01:49:07		06:21:28	08:10:48.45	08:11:02.55	+04:26:50 (54.3%)	10:54	5.5 (45.8%)
253	GAŁAT Jakub	3032	BCPLUS.PL	Masters M - 40	57	01:48:21		06:13:32	08:11:36.30	08:11:43.70	+04:27:31 (54.4%)	10:55	5.5 (45.8%)
254	KICINSKA Dorota	3206	ROZBIEGANY RAWICZ	Senior II K - 30	30	01:42:57	03:41:55	05:51:45	08:11:45.75	08:12:07.35	+04:27:55 (54.4%)	10:55	5.5 (45.8%)
255	RAK Cezary	3103	HARDCOROWE WYCHYLYLYBYMY	Senior I M - 20	27	01:44:47	03:47:57	06:00:41	08:12:00.30	08:12:07.75	+04:27:55 (54.4%)	10:56	5.5 (45.8%)
256	BEREZIUK Michał	3170	LZS DZIEWIĘTLICE	Senior II M - 30	96	01:43:27	03:48:04	06:12:55	08:11:38.75	08:12:21.15	+04:28:09 (54.5%)	10:55	5.5 (45.8%)
257	SADOWSKI Andrzej	3096		Weteran II M - 60	4	01:43:28	03:46:08	06:12:55	08:11:40.20	08:12:22.50	+04:28:10 (54.5%)	10:55	5.5 (45.8%)
258	KLIKS Adam	3137		Masters M - 40	58	01:49:12	03:48:19		08:14:59.75	08:15:29.70	+04:31:17 (54.8%)	11:00	5.5 (45.8%)
259	GMEREK Pawel	3254		Masters M - 40	59	01:49:11	03:48:19		08:15:00.10	08:15:30.10	+04:31:18 (54.8%)	11:00	5.5 (45.8%)
260	ADAMSKI Tomasz	3297	KIBOLE W BIEGU	Senior II M - 30	97	01:45:43		06:38:34	08:28:19.30	08:28:49.60	+04:44:37 (55.9%)	11:17	5.3 (44.2%)
261	FRAĆKOWIAK Jacek	3117	RUNNER'S POWER	Senior II M - 30	98				08:30:54.90	08:31:03.65	+04:46:51 (56.1%)	11:21	5.3 (44.2%)
LIM	SZYMCZAK Mateusz	3168		Senior I M - 20		01:24:28	03:07:49	05:09:46				-	- (0.0%)
	ZIELIŃSKI Marcin	3228	SAINT GOBAIN SQUAD	Senior II M - 30		01:38:10 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	WŁODARKIEWICZ Dominik	3200	SQUEEZY POLSKA	Masters M - 40		01:01:04 DNF	02:15:31 DNF	DNF	DNF	DNF		-	- (0.0%)
	ZAWIDZKI Dariusz	3259	CZERWONAK BIEGA	Senior II M - 30		01:07:04 DNF	02:33:23 DNF	DNF	DNF	DNF		-	- (0.0%)
	PIENIO Adam	3146		Senior II M - 30		01:27:49 DNF	03:23:07 DNF	DNF	DNF	DNF		-	- (0.0%)
	MACIASZCZYK Magda	3130		Masters K - 40		01:34:50 DNF	03:26:08 DNF	DNF	DNF	DNF		-	- (0.0%)
	MICHALAK Tomasz	3058	TEAM BIEGAJ POD OKIEM TRENERA	Masters M - 40		01:33:22 DNF	03:28:55 DNF	DNF	DNF	DNF		-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
	BIENIAS Piotr	3214		Masters M - 40		01:34:31 DNF	03:38:45 DNF	DNF	DNF	DNF	-	-	(0.0%)
	MELSON Maciej	3185	BIZON TEAM	Senior I M - 20		01:34:21 DNF	03:40:14 DNF	DNF	DNF	DNF	-	-	(0.0%)
	WAŁEK Piotr	3001	RUNNING TEAM QUIBL	Masters M - 40		01:39:27 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	RONKOWSKA Małgorzata	3128	POLKASPORT	Senior I K - 20		01:46:05 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	KIELASZEWSK Karol	3108	LESZ NO LIMITS RUNNERS	Senior II M - 30		01:48:53 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	KARPIŃSKI Grzegorz	3020	MESONDZI LAJF STAJL	Senior II M - 30		01:49:47 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	PIECUCH Małgorzata	3038	PRZEWORSKA GRUPA BIEGOWA	Weteran K - 50		01:49:55 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	KUPPER Paweł	3042		Senior II M - 30		01:52:16 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	DOMINIAK - LESZCZYŃSKA Elżbieta	3292	LASY WAWERSKIE	Weteran K - 50		01:58:08 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	SZCZEPANIAK Sławomir	3047	K.S.LENIWIEC KĘPNO	Weteran I M - 50		01:58:11 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	BAKA Elzbieta	3031		Masters K - 40		02:02:11 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	ZUBOWICZ Janina	3080		Weteran K - 50		02:08:54 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	KNAPIK Jerzy	3016		Weteran II M - 60		DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	KANCLERZ-JANUSZEWSKA Katarzyna	3144	KOBIETY NA 5+	Weteran K - 50		DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	JANUSZEWSKI Tomasz	3143		Weteran I M - 50		DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)

Znaleziono 283 wynik(ów)