

ZŁOTY MARATON - 45 KM

B4SPORT

Wydarzenie: Dolnośląski Festiwal Biegów Górskich
Organizator: Fundacja MARATONY GÓRSKIE
Data: 2018-07-19
Miejsce: Łądek-Zdrój
Dystans: 45 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: OPEN

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	GRZĄDZIEL Dominik	38	ATTIQ TEAM SALMING	Senior II M - 30	1	00:57:23	02:02:10	02:59:19	03:54:30.60	03:54:32.45		5:12	11.5 (100%)
2	SZUMLIŃSKI Piotr	396	MARCIN ŚWIERC TEAM	Senior II M - 30	2	00:57:57	02:06:05	03:06:16	04:07:18.15	04:07:20.35	+00:12:47 (5.2%)	5:29	10.9 (94.8%)
3	CZERNIAK Paweł	175	KARKONOSZ RUNNING TEAM	Senior II M - 30	3	00:56:10	02:02:40	03:09:39	04:15:11.75	04:15:14.85	+00:20:42 (8.1%)	5:40	10.6 (92.2%)
4	BASIŃSKI Piotr	261	NOKIA	Senior I M - 20	1	01:00:21	02:13:09	03:18:45	04:23:38.10	04:23:41.45	+00:29:09 (11.1%)	5:51	10.2 (88.7%)
5	LANGNER Radosław	356	#DASHRADE TEAM	Senior II M - 30	4	01:02:15	02:15:09	03:22:41	04:26:50.60	04:26:53.30	+00:32:20 (12.1%)	5:55	10.1 (87.8%)
6	SZCZEPANIAK Kamil	408		Senior I M - 20	2	01:00:41	02:10:52	03:20:08	04:35:41.65	04:35:44.90	+00:41:12 (14.9%)	6:07	9.8 (85.2%)
7	HETMAN Radosław	118	GRUPA NOMAX	Senior II M - 30	5	00:57:24	02:07:19	03:20:33	04:35:50.50	04:35:53.25	+00:41:20 (15.0%)	6:07	9.8 (85.2%)
8	TERZONI Christian	306	MARCIN ŚWIERC TEAM	Senior II M - 30	6	01:02:49	02:21:32	03:33:01	04:40:01.70	04:40:03.80	+00:45:31 (16.3%)	6:13	9.6 (83.5%)
9	DOBROWOLSKI Alan	244	KALENJI BY DECATHON POLAND	Senior I M - 20	3	01:00:55	02:20:24	03:40:42	04:46:42.95	04:46:47.20	+00:52:14 (18.2%)	6:22	9.4 (81.7%)
10	WOJCZUK Kornel	18	DZIKIE ŻYCIE RUNTEAM	Senior II M - 30	7	01:04:47	02:26:29	03:40:34	04:50:07.60	04:50:12.65	+00:55:40 (19.2%)	6:26	9.3 (80.9%)
11	WINIARSKA Katarzyna	283	PRZEMYSKI KLUB BIEGACZA/HERCOG RUNNIG TEAM	Senior II K - 30	1	01:08:06	02:29:46	03:41:26	04:50:18.35	04:50:21.75	+00:55:49 (19.2%)	6:27	9.3 (80.9%)
12	SŁOCIAK Rafał	47	RAJSPOORT ACTIVE	Senior I M - 20	4	01:09:03	02:29:49	03:41:22	04:52:20.65	04:52:39.30	+00:58:06 (19.9%)	6:29	9.2 (80.0%)
13	TUROSZ Iwona	409	GOPR BIESZCZADY	Senior I K - 20	1	01:07:08	02:27:35	03:41:59	04:54:21.80	04:54:25.75	+00:59:53 (20.3%)	6:32	9.2 (80.0%)
14	MAŁEK Tomasz	80		Senior I M - 20	5	01:06:35	02:25:45	03:40:52	04:57:30.80	04:57:34.95	+01:03:02 (21.2%)	6:36	9.1 (79.1%)
15	KOSTASZ Mariusz	400	KB FAURECIA WALBRZYH STOOR	Senior II M - 30	8	01:07:13	02:29:17	03:45:25	05:00:07.95	05:00:10.45	+01:05:38 (21.9%)	6:40	9 (78.3%)
16	OLKIS Rafał	24	PRZEBIEGA.PL	Senior II M - 30	9	01:05:45	02:27:52	03:46:42	05:04:09.95	05:04:15.00	+01:09:42 (22.9%)	6:45	8.9 (77.4%)

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
17	SUSKI Marcin	206	LEPIEJ BIEGAĆ	Senior II M - 30	10	01:08:20	02:29:05	03:47:16	05:05:14.50	05:05:17.65	+01:10:45 (23.2%)	6:46	8.8 (76.5%)
18	GOMOŁYSEK Kinga	232	MATNER RUNNING TEAM	Senior II K - 30	2	01:08:32	02:30:13	03:47:45	05:05:14.00	05:05:18.35	+01:10:45 (23.2%)	6:46	8.8 (76.5%)
19	TARCZYŃSKI Grzegorz	155		Masters M - 40	1	01:08:33	02:33:36	03:51:24	05:08:05.30	05:08:07.80	+01:13:35 (23.9%)	6:50	8.8 (76.5%)
20	WUJDA Mirosław	140	ERNI RULEZ	Masters M - 40	2	01:09:48	02:36:23	03:51:47	05:09:56.60	05:10:06.20	+01:15:33 (24.4%)	6:53	8.7 (75.7%)
21	WITKOWSKI Radosław	33	KLUB WYSOKOGÓRSKI GLIWICE	Senior II M - 30	11	01:12:37	02:37:44	03:57:17	05:11:47.90	05:11:50.40	+01:17:17 (24.8%)	6:55	8.7 (75.7%)
22	MARGASIŃSKI Jacek	23	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	Senior II M - 30	12	01:07:15	02:32:29	03:57:03	05:13:14.25	05:13:17.30	+01:18:44 (25.1%)	6:57	8.6 (74.8%)
23	KOZAK Krzysztof	106	SPEED FEET '16	Senior I M - 20	6	01:08:07	02:34:48	03:54:22	05:13:33.90	05:13:37.15	+01:19:04 (25.2%)	6:58	8.6 (74.8%)
24	KOWALIK Andrzej	285	BIEG OPOLSKI	Senior II M - 30	13	01:09:18	02:35:28	03:58:18	05:15:56.75	05:15:59.85	+01:21:27 (25.8%)	7:01	8.5 (73.9%)
25	ROSKOSZ Michał	338	KAC RUNNING TEAM	Senior II M - 30	14	01:06:38	02:25:36	03:50:43	05:17:00.25	05:17:04.95	+01:22:32 (26.0%)	7:02	8.5 (73.9%)
26	MÜLLER Christoph	382	BAUERFEIND	Senior II M - 30	15	01:00:39	02:21:41	03:50:53	05:19:21.20	05:19:25.55	+01:24:53 (26.6%)	7:05	8.5 (73.9%)
27	BISOWSKI Mariusz	58	KOZY W UCHU	Masters M - 40	3	01:14:48	02:42:01	04:02:55	05:21:07.55	05:21:14.70	+01:26:42 (27.0%)	7:08	8.4 (73.0%)
28	URBAŃSKI Leszek	309	POCOLOCO ADVENTURE TEAM	Senior I M - 20	7	01:08:02	02:35:39	04:03:21	05:26:07.45	05:26:16.05	+01:31:43 (28.1%)	7:14	8.3 (72.2%)
29	PAWŁOWSKI Piotr	410		Masters M - 40	4	01:16:19	02:44:51	04:07:56	05:26:22.35	05:26:59.15	+01:32:26 (28.3%)	7:15	8.3 (72.2%)
30	BULIŃSKI Piotr	397	NIGHT RUNNERS	Senior II M - 30	16	01:13:29	02:39:42	04:03:51	05:27:40.50	05:27:55.60	+01:33:23 (28.5%)	7:16	8.2 (71.3%)
31	WOJCZUK Paweł	199		Senior II M - 30	17	01:14:33	02:42:46	04:07:05	05:29:06.25	05:29:23.95	+01:34:51 (28.8%)	7:18	8.2 (71.3%)
32	LUBAŃSKI Robert	369		Weteran I M - 50	1	01:11:18	02:40:59	04:06:49	05:30:07.35	05:30:10.70	+01:35:38 (29.0%)	7:20	8.2 (71.3%)
33	SIERADZKI Krzysztof	60		Senior I M - 20	8	01:09:15	02:32:16	03:57:25	05:30:52.00	05:30:59.10	+01:36:26 (29.1%)	7:21	8.2 (71.3%)
34	NOWICKI Mariusz	85		Masters M - 40	5	01:19:50	02:48:52	04:11:09	05:31:05.80	05:31:32.50	+01:37:00 (29.3%)	7:21	8.2 (71.3%)
35	MALENDOWICZ Przemysław	143	ZYGI&PĘPUSZEK	Senior II M - 30	18	01:17:05	02:47:23	04:08:07	05:31:19.00	05:32:09.45	+01:37:37 (29.4%)	7:21	8.1 (70.4%)
36	SIUDEK Robert	389	MARCIN ŚWIERC TEAM	Senior II M - 30	19	01:11:40	02:36:09	03:58:45	05:33:41.05	05:33:53.95	+01:39:21 (29.8%)	7:24	8.1 (70.4%)
37	WILK Jacek	379		Masters M - 40	6	01:17:39	02:49:13	04:13:24	05:36:50.90	05:37:01.95	+01:42:29 (30.4%)	7:29	8 (69.6%)
38	OLAŃSKI Krzysztof	351	TRAILA MATOR	Masters M - 40	7	01:13:34	02:42:43	04:12:00	05:38:00.05	05:38:09.65	+01:43:37 (30.6%)	7:30	8 (69.6%)
39	KOZIEŁ Grzegorz	344	SILESIA RUNNERS CLUB	Senior II M - 30	20	01:10:38	02:38:26	04:05:18	05:39:45.95	05:39:53.70	+01:45:21 (31.0%)	7:33	7.9 (68.7%)

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40	KSIĄŻKIEWICZ Bartłomiej	15	ROCKY BALBOA RUNNING CLUB	Senior II M - 30	21	01:12:26	02:41:52	04:12:44	05:40:33.35	05:40:35.30	+01:46:02 (31.1%)	7:34	7.9 (68.7%)
41	SIKORA Iwona	295		Senior II K - 30	3	01:21:49	02:53:52	04:18:26	05:41:33.85	05:41:40.40	+01:47:07 (31.4%)	7:35	7.9 (68.7%)
42	KYCIA Piotr	133	MUKS SZOK BOJANOWO	Masters M - 40	8	01:20:16	02:50:51	04:12:01	05:41:52.55	05:42:04.00	+01:47:31 (31.4%)	7:35	7.9 (68.7%)
43	STANUCHIEWICZ Oskar	186		Masters M - 40	9	01:14:15	02:44:52	04:12:49	05:42:31.70	05:42:42.85	+01:48:10 (31.6%)	7:36	7.9 (68.7%)
44	BENDIG Wojciech	77		Masters M - 40	10	01:09:08	02:38:25	04:19:41	05:43:57.15	05:44:07.00	+01:49:34 (31.8%)	7:38	7.8 (67.8%)
45	BOGUCKA Emilia	362	PRACOWNIA RZEŹBIARSKA BOGUCCY	Masters K - 40	1	01:16:31	02:52:56	04:21:27	05:43:58.55	05:44:09.35	+01:49:36 (31.9%)	7:38	7.8 (67.8%)
46	PETA Rafał	174	MARCIN ŚWIERC TEAM	Masters M - 40	11	01:14:11	02:42:55	04:09:41	05:44:39.40	05:44:45.00	+01:50:12 (32.0%)	7:39	7.8 (67.8%)
47	POPRAWSKI Mateusz	86	MUKS SZOK BOJANOWO	Senior II M - 30	22	01:21:52	02:56:30	04:27:02	05:45:18.65	05:45:31.05	+01:50:58 (32.1%)	7:40	7.8 (67.8%)
48	BOCHEŃSKA Aleksandra	126	PRO-RUN WROCŁAW	Masters K - 40	2	01:22:06	03:00:35	04:28:01	05:45:17.50	05:45:34.30	+01:51:01 (32.1%)	7:40	7.8 (67.8%)
49	MAKOWSKA Olga	278	JACEKBIEGA RUNNING TEAM	Senior II K - 30	4	01:20:09	02:56:16	04:21:50	05:46:57.05	05:47:07.50	+01:52:35 (32.4%)	7:42	7.8 (67.8%)
50	KOWALCZYK Adam	336		Masters M - 40	12	01:18:16	02:54:19	04:25:41	05:49:32.45	05:49:41.70	+01:55:09 (32.9%)	7:46	7.7 (67.0%)
51	CIMACHOWSKI Jakub	93	CIMATECH	Senior II M - 30	23	01:21:54	03:05:28	04:31:29	05:50:06.95	05:50:10.70	+01:55:38 (33.0%)	7:46	7.7 (67.0%)
52	KUCA Szymon	95	OLAWS ZLOTORYJA	Senior II M - 30	24	01:15:03	02:44:12	04:12:24	05:50:40.90	05:50:44.75	+01:56:12 (33.1%)	7:47	7.7 (67.0%)
53	BASIŃSKA Paulina	259		Senior II K - 30	5	01:25:45	03:05:59	04:28:36	05:51:00.30	05:51:06.55	+01:56:34 (33.2%)	7:48	7.7 (67.0%)
54	ADLER Łukasz	371	LESZ NO LIMITS RUNNERS	Senior II M - 30	25	01:18:44	02:54:09	04:23:19	05:51:24.25	05:51:57.55	+01:57:25 (33.4%)	7:48	7.7 (67.0%)
55	DWORZYŃSKI Rafał	255	NOKIA	Senior II M - 30	26	01:17:43	02:51:54	04:24:43	05:53:03.45	05:53:12.75	+01:58:40 (33.6%)	7:50	7.6 (66.1%)
56	ŚMIGIELSKA Danuta	333	CZERWONAK BIEGA	Senior I K - 20	2	01:21:46	02:58:00	04:29:32	05:54:58.35	05:55:09.65	+02:00:37 (34.0%)	7:53	7.6 (66.1%)
57	DYRGA Sebastian	280	MUAY RUNNING TEAM	Masters M - 40	13	01:19:00	02:57:50	04:28:54	05:55:22.95	05:55:34.55	+02:01:02 (34.0%)	7:53	7.6 (66.1%)
58	KAYSIEWICZ Maciej	213	NATURAL BORN RUNNERS TEAM	Masters M - 40	14	01:17:45	02:55:51	04:28:31	05:56:40.65	05:56:46.65	+02:02:14 (34.3%)	7:55	7.6 (66.1%)
59	LASEK Mikołaj	375	PAN WUEFISTA	Senior II M - 30	27	01:16:19	02:49:22	04:20:24	05:57:07.70	05:57:13.95	+02:02:41 (34.3%)	7:56	7.6 (66.1%)
60	GURGUL Sebastian	210	AROMAT NÓG	Senior II M - 30	28	01:14:34	02:49:12	04:24:09	05:57:04.90	05:57:14.05	+02:02:41 (34.3%)	7:56	7.6 (66.1%)
61	LESZCZYŃSKI Paweł	401		Weteran I M - 50	2	01:27:34	03:02:44	04:32:00	05:57:56.05	05:58:23.85	+02:03:51 (34.6%)	7:57	7.5 (65.2%)
62	RAKOWSKA Magdalena	276	DRUŻYNA TVN	Masters K - 40	3	01:23:44	03:04:09	04:36:59	05:59:31.75	05:59:41.80	+02:05:09 (34.8%)	7:59	7.5 (65.2%)

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						B1 10km	B2 22km	A15 33km					
63	KRYGIER Tomasz	178		Senior I M - 20	9	01:12:18	02:46:59	04:23:42	06:00:42.05	06:00:51.35	+02:06:18 (35.0%)	8:00	7.5 (65.2%)
64	PAŁETKO Agnieszka	39	NYSA BIEGA	Senior II K - 30	6	01:27:12	03:09:05	04:36:38	06:00:55.60	06:01:23.75	+02:06:51 (35.1%)	8:01	7.5 (65.2%)
65	REDMANN Edyta	319		Masters K - 40	4	01:27:24	03:07:40	04:38:48	06:01:51.00	06:02:05.35	+02:07:32 (35.2%)	8:02	7.5 (65.2%)
66	HENECZKOWSKA Anna	245	KALENJI BY DECATHLON	Senior I K - 20	3	01:20:08	02:55:53	04:30:57	06:03:45.60	06:03:57.50	+02:09:25 (35.6%)	8:05	7.4 (64.3%)
67	PŁAZA Artur	208		Senior II M - 30	29	01:25:44	03:02:44	04:36:31	06:03:24.25	06:04:01.10	+02:09:28 (35.6%)	8:04	7.4 (64.3%)
68	MACHALSKI Sebastian	240		Masters M - 40	15	01:12:23	02:46:07	04:25:56	06:04:59.50	06:05:07.00	+02:10:34 (35.8%)	8:06	7.4 (64.3%)
69	KOSINSKA Bozena	373		Masters K - 40	5	01:27:11	03:10:34	04:41:57	06:05:01.75	06:05:29.95	+02:10:57 (35.8%)	8:06	7.4 (64.3%)
70	WOJTKOWIAK Renata	10	PIĄTKOWO NA BIEGOWO	Masters K - 40	6	01:24:37	03:07:25	04:42:30	06:06:23.30	06:06:41.95	+02:12:09 (36.0%)	8:08	7.4 (64.3%)
71	WOJTKOWIAK Stefan	292	PIĄTKOWO NA BIEGOWO	Masters M - 40	16	01:24:37	03:07:25	04:42:35	06:06:23.75	06:06:42.70	+02:12:10 (36.0%)	8:08	7.4 (64.3%)
72	CZEPUKOJC Michal	284	MR	Senior II M - 30	30	01:14:26	02:45:15	04:26:14	06:07:33.50	06:07:36.35	+02:13:03 (36.2%)	8:10	7.3 (63.5%)
73	KŁOSOWSKI Kamil	360	METALPRESS	Senior II M - 30	31	01:19:49	02:58:49	04:33:06	06:07:24.40	06:07:38.15	+02:13:05 (36.2%)	8:09	7.3 (63.5%)
74	MIKA Andrzej	301		Senior II M - 30	32	01:14:12	02:49:51	04:31:27	06:07:39.35	06:07:46.95	+02:13:14 (36.2%)	8:10	7.3 (63.5%)
75	WALEŃSKA Ewa	189	GT RAT	Masters K - 40	7	01:21:43	03:05:06	04:39:28	06:08:29.30	06:08:45.65	+02:14:13 (36.4%)	8:11	7.3 (63.5%)
76	URBANIAK Agata	233		Senior II K - 30	7	01:22:54	03:05:18	04:37:12	06:08:53.75	06:09:04.55	+02:14:32 (36.5%)	8:11	7.3 (63.5%)
77	KAŁOL Krzysztof	262		Senior I M - 20	10	01:19:20	02:55:36	04:34:04	06:08:06.65	06:09:07.65	+02:14:35 (36.5%)	8:10	7.3 (63.5%)
78	ADAM Piotr	287	WROCLAW MARATHON TEAM	Masters M - 40	17	01:21:50	03:02:50	04:35:19	06:08:59.25	06:09:08.00	+02:14:35 (36.5%)	8:12	7.3 (63.5%)
79	ZUB Arkadiusz	90	KB SOBÓTKA	Masters M - 40	18	01:26:04	03:10:37	04:47:00	06:09:30.50	06:09:36.75	+02:15:04 (36.5%)	8:12	7.3 (63.5%)
80	LEWANDOWSKI Krzysztof	348	REEBOK RUN CREW	Masters M - 40	19	01:17:49	02:55:30	04:35:42	06:10:39.20	06:10:42.60	+02:16:10 (36.7%)	8:14	7.3 (63.5%)
81	BOROWIAK Maciej	108	WOZIMYSIE.PL	Senior II M - 30	33	01:29:28	03:13:03	04:45:44	06:11:28.05	06:11:50.20	+02:17:17 (36.9%)	8:15	7.3 (63.5%)
82	KICH Marek	282		Senior II M - 30	34	01:23:25	03:08:27	04:42:57	06:12:13.05	06:12:26.55	+02:17:54 (37.0%)	8:16	7.3 (63.5%)
83	BALICKA-KOCHEL Monika	353	KOWARY BIEGAJĄ	Masters K - 40	8	01:24:40	03:08:43	04:43:58	06:14:11.20	06:14:23.90	+02:19:51 (37.4%)	8:18	7.2 (62.6%)
84	CIEŚLA Grzegorz	364		Senior I M - 20	11	01:21:45	03:00:12	04:36:11	06:13:46.95	06:14:26.80	+02:19:54 (37.4%)	8:18	7.2 (62.6%)
85	MUSIELAK Marek	168	M&M&M&M	Senior II M - 30	35	01:29:06	03:08:14	04:40:24	06:15:38.55	06:15:42.90	+02:21:10 (37.6%)	8:20	7.2 (62.6%)

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
86	ZWĘGLIŃSKI Andrzej	258		Masters M - 40	20	01:21:20	03:03:39	04:43:04	06:15:34.90	06:16:09.75	+02:21:37 (37.6%)	8:20	7.2 (62.6%)
87	SOCHA Piotr	83		Senior II M - 30	36	01:17:07	02:53:43	04:38:11	06:16:06.85	06:16:15.80	+02:21:43 (37.7%)	8:21	7.2 (62.6%)
88	DEREŃ Beata	149	TEAM KURORT ŁĄDEK ZDRÓJ	Senior I K - 20	4	01:30:52	03:12:55	04:43:33	06:16:41.55	06:17:21.65	+02:22:49 (37.8%)	8:22	7.2 (62.6%)
89	KAPAŁKA Adrian	173	NATALIA TOMASIAK GÓRSKI STYL	Masters M - 40	21	01:28:20	03:13:20	04:46:20	06:18:44.10	06:18:53.95	+02:24:21 (38.1%)	8:24	7.1 (61.7%)
90	KOKUREWICZ Konrad	117	MEDUZO.PL	Senior II M - 30	37	01:22:29	03:03:16	04:41:07	06:17:17.45	06:18:59.85	+02:24:27 (38.1%)	8:23	7.2 (62.6%)
91	GOLEŃ Marcin	253	DA STYGMATYK	Senior I M - 20	12	01:14:47	02:52:08	04:47:08	06:18:54.45	06:19:00.85	+02:24:28 (38.1%)	8:25	7.1 (61.7%)
92	KOSACKA Emilia	330	AKM OLSZTYN / SKLEPBIEGACZA.PL	Senior II K - 30	8	01:27:32	03:11:17	04:51:13	06:21:12.20	06:21:22.40	+02:26:49 (38.5%)	8:28	7.1 (61.7%)
93	SZYMAŃSKA Katarzyna	345	1982	Senior II K - 30	9	01:21:52	03:09:51	04:50:10	06:22:04.75	06:22:13.40	+02:27:40 (38.6%)	8:29	7.1 (61.7%)
94	MAJCHRZAK Marcin	317	DELOITTE ADVENTURE TEAM	Masters M - 40	22	01:16:12	02:58:54	04:40:47	06:22:50.30	06:23:01.30	+02:28:28 (38.8%)	8:30	7.1 (61.7%)
95	BEDNARCZYK Bogdan	116	PRO-RUN WROCŁAW	Weteran I M - 50	3	01:29:57	03:15:56	04:49:57	06:22:45.10	06:23:32.95	+02:29:00 (38.8%)	8:30	7.1 (61.7%)
96	WARZECHA Teresa	293	RUNNERS TEAM NYSA	Weteran K - 50	1	01:37:48	03:24:27	04:56:48	06:23:12.75	06:23:54.30	+02:29:21 (38.9%)	8:30	7 (60.9%)
97	SKONIECKI Michał	241		Masters M - 40	23	01:25:13	03:06:48	04:43:13	06:23:13.65	06:24:07.65	+02:29:35 (38.9%)	8:30	7 (60.9%)
98	BIELECKI Robert	204	KEEN ON RUNNING	Weteran I M - 50	4	01:21:46	03:10:41	04:51:00	06:24:27.00	06:24:33.40	+02:30:00 (39.0%)	8:32	7 (60.9%)
99	GAJEK Patrycja	122		Senior II K - 30	10	01:31:45	03:16:33	04:50:43	06:24:37.25	06:24:47.15	+02:30:14 (39.0%)	8:32	7 (60.9%)
100	FALKOWSKI Piotr	390	KS PEGAZ PIASECZNO	Masters M - 40	24	01:25:47	03:08:11	04:50:29	06:24:22.75	06:24:48.10	+02:30:15 (39.0%)	8:32	7 (60.9%)
101	BURDAJEWICZ Katarzyna	124	RUNNERS POWER ŚREM	Masters K - 40	9	01:25:55	03:15:18	04:53:23	06:24:57.40	06:25:06.55	+02:30:34 (39.1%)	8:33	7 (60.9%)
102	KOSMAŁA Szymon	263		Senior II M - 30	38	01:24:14	03:07:14	04:46:19	06:24:41.65	06:25:19.55	+02:30:47 (39.1%)	8:32	7 (60.9%)
103	FREIHOEFER Michał	62		Senior I M - 20	13	01:21:41	03:03:57	04:40:29	06:25:31.25	06:25:45.00	+02:31:12 (39.2%)	8:34	7 (60.9%)
104	LIPIEC Kasia	368	VEGAN RUNNERS	Senior II K - 30	11	01:35:23	03:25:11	04:58:08	06:25:27.85	06:26:11.90	+02:31:39 (39.3%)	8:33	7 (60.9%)
105	ULICZNY Paweł	203	REMBERTÓW TEAM	Masters M - 40	25	01:25:54	03:11:32	04:51:21	06:26:17.35	06:26:42.40	+02:32:09 (39.3%)	8:35	7 (60.9%)
106	STOLARZ Jędrzej	222		Senior I M - 20	14	01:21:04	03:09:01	04:48:21	06:27:11.55	06:27:28.95	+02:32:56 (39.5%)	8:36	7 (60.9%)
107	STRZELECKI Michał	7	PZSF/ SMASHING PĄPKINS	Senior II M - 30	39	01:24:02	03:11:42	04:55:22	06:27:07.50	06:27:34.55	+02:33:02 (39.5%)	8:36	7 (60.9%)
108	ZĄBKIEWICZ Grzegorz	119	ASSECO BUSINESS SOLUTIONS	Senior II M - 30	40	01:21:51	03:08:51	05:01:15	06:27:40.90	06:27:53.30	+02:33:20 (39.5%)	8:36	7 (60.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
						B1 10km	B2 22km	A15 33km					
109	BEŚKA Sławomir	296	OCHAJORUN & FRIENDS	Masters M - 40	26	01:24:18	03:06:35	04:49:34	06:27:21.90	06:27:57.80	+02:33:25 (39.5%)	8:36	7 (60.9%)
110	LEJA Wojciech	254	DA STYGMATYK	Senior I M - 20	15	01:14:12	02:52:18	04:47:08	06:28:01.75	06:28:07.40	+02:33:34 (39.6%)	8:37	7 (60.9%)
111	TALAGA Dawid	79	OLKUSZBIEGA.PL	Senior I M - 20	16	01:27:51	03:11:24	04:57:11	06:29:18.00	06:29:26.55	+02:34:54 (39.8%)	8:39	6.9 (60.0%)
112	GIEMZIK Marcin	76	OLKUSZBIEGA.PL	Senior II M - 30	41	01:27:53	03:11:24	04:57:08	06:29:19.35	06:29:26.85	+02:34:54 (39.8%)	8:39	6.9 (60.0%)
113	ORDÁŇ Petr	200	TEAM JESENÍKY	Weteran I M - 50	5	01:29:51	03:17:44	04:57:17	06:28:34.85	06:29:32.95	+02:35:00 (39.8%)	8:38	6.9 (60.0%)
114	DOMAGAŁA Grażyna	265	NIGHT RUNNERS WROCŁAW	Senior II K - 30	12	01:29:10	03:12:58	04:50:46	06:29:15.40	06:29:50.25	+02:35:17 (39.8%)	8:39	6.9 (60.0%)
115	NOWAK Jacek	78	LESZ NO LIMITS RUNNERS / ENDORFINA WSCHOWA	Masters M - 40	27	01:29:16	03:13:33	04:52:08	06:29:30.65	06:30:04.45	+02:35:32 (39.9%)	8:39	6.9 (60.0%)
116	MOWNY Adam	334	ORANGE POLSKA	Masters M - 40	28	01:22:24	03:07:58	04:55:57	06:30:00.40	06:30:12.15	+02:35:39 (39.9%)	8:40	6.9 (60.0%)
117	NAJDEREK Maciej	246	NAJDERKI4	Senior II M - 30	42	01:29:29	03:11:28	04:51:00	06:30:02.90	06:30:38.80	+02:36:06 (40.0%)	8:40	6.9 (60.0%)
118	KLESZCZ Tomek	247	NIGHT RUNNERS WROCŁAW	Senior II M - 30	43	01:29:30	03:12:57	04:50:49	06:30:03.25	06:30:38.85	+02:36:06 (40.0%)	8:40	6.9 (60.0%)
119	HERMAN Michał	161		Senior I M - 20	17	01:20:37	03:00:14	04:40:36	06:30:01.00	06:30:48.05	+02:36:15 (40.0%)	8:40	6.9 (60.0%)
120	WYBRANOWSKI Sylwester	54	DOM DEVELOPMENT ADVENTURE TEAM	Masters M - 40	29	01:28:37	03:18:05	04:59:02	06:30:43.50	06:31:17.00	+02:36:44 (40.1%)	8:40	6.9 (60.0%)
121	GŁOWACKA Renata	36	TRI AKTYWNY PIOTRKÓW	Masters K - 40	10	01:28:15	03:14:16	04:57:05	06:31:32.35	06:31:38.30	+02:37:05 (40.1%)	8:42	6.9 (60.0%)
122	RYBARCZYK Ilona	74	KOŁO BIEGA	Senior I K - 20	5	01:26:10	03:15:56	04:57:44	06:31:44.70	06:31:57.95	+02:37:25 (40.2%)	8:42	6.9 (60.0%)
123	KOSTROWICKI Jakub	320		Senior II M - 30	44	01:23:47	03:12:25	04:51:20	06:31:57.45	06:32:22.80	+02:37:50 (40.2%)	8:42	6.9 (60.0%)
124	PATKOWSKI Mateusz	359		Senior II M - 30	45	01:19:33	03:06:32	04:47:04	06:32:34.80	06:32:34.80	+02:38:02 (40.3%)	8:43	6.9 (60.0%)
125	NOWICKI Marek	191	PORANNI BIEGACZE	Masters M - 40	30	01:35:29	03:28:32	05:06:09	06:32:55.60	06:33:23.60	+02:38:51 (40.4%)	8:43	6.9 (60.0%)
126	HERBINGER Maciej	411		Masters M - 40	31	01:15:01	02:53:54	04:39:18	06:33:37.40	06:33:46.85	+02:39:14 (40.4%)	8:44	6.9 (60.0%)
127	MIKSA Sławomir	275		Weteran I M - 50	6	01:29:24	03:14:22	04:52:51	06:33:37.30	06:33:56.95	+02:39:24 (40.5%)	8:44	6.9 (60.0%)
128	PEISERT Tomasz	358	BIEGOLOGIA.PL	Senior II M - 30	46	01:24:04	03:14:30	04:57:48	06:33:58.95	06:34:04.45	+02:39:32 (40.5%)	8:45	6.9 (60.0%)
129	TOMCZAK Mariusz	104		Masters M - 40	32	01:30:46	03:19:53	04:59:11	06:35:30.70	06:35:37.15	+02:41:04 (40.7%)	8:47	6.8 (59.1%)
130	GRĘDA Mariusz	63		Senior II M - 30	47	01:19:21	03:17:41	05:03:41	06:35:49.15	06:35:57.50	+02:41:25 (40.8%)	8:47	6.8 (59.1%)
131	MARGASIŃSKI Michał	195		Senior I M - 20	18	01:21:57	03:10:08	04:57:23	06:37:30.10	06:37:35.30	+02:43:02 (41.0%)	8:50	6.8 (59.1%)

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
132	MALISZEWSKI Adam	266	PARKRUN POZNAŃ / RUNNERSCLUB.PL POZNAŃ / KB UE POZNAŃ	Senior I M - 20	19	01:24:45	03:13:50	04:57:03	06:37:57.60	06:38:03.10	+02:43:30 (41.1%)	8:50	6.8 (59.1%)
133	ŻUKOWSKI Paweł	120	GRUPA BIEGOWA DZIKOWIEC	Masters M - 40	33	01:21:45	03:12:01	04:58:40	06:38:55.55	06:39:02.90	+02:44:30 (41.2%)	8:51	6.8 (59.1%)
134	MOLIK Jakub	327	STR POZNAŃ	Senior I M - 20	20	01:25:06	03:14:47	05:01:30	06:39:06.90	06:39:14.95	+02:44:42 (41.3%)	8:52	6.8 (59.1%)
135	TURLEJ Dariusz	165	KONDYCJA	Weteran II M - 60	1	01:37:34	03:31:30	05:09:35	06:38:48.95	06:39:15.85	+02:44:43 (41.3%)	8:51	6.8 (59.1%)
136	KUBIAK Paweł	198		Senior I M - 20	21	01:19:44	02:58:39	04:47:49	06:38:35.80	06:39:18.00	+02:44:45 (41.3%)	8:51	6.8 (59.1%)
137	JANOWSKI Witek	98		Senior II M - 30	48	01:35:41	03:25:52	05:06:41	06:40:17.55	06:40:36.60	+02:46:04 (41.5%)	8:53	6.7 (58.3%)
138	JANOWSKA Kinga	99		Senior II K - 30	13	01:35:41	03:25:51	05:06:39	06:40:17.20	06:40:36.95	+02:46:04 (41.5%)	8:53	6.7 (58.3%)
139	KREMPA Mateusz	312	#WPISZCOKOLWIEK	Senior I M - 20	22	01:27:37	03:24:39	05:11:03	06:40:37.55	06:40:44.65	+02:46:12 (41.5%)	8:54	6.7 (58.3%)
140	SZOPIŃSKA Agnieszka	177	BRAK	Senior II K - 30	14	01:32:33	03:26:44	05:07:03	06:40:31.70	06:40:45.85	+02:46:13 (41.5%)	8:54	6.7 (58.3%)
141	WITKOWSKI Maciej	22	KLUB KRÓLIKA STEFANA	Senior II M - 30	49	01:25:52	03:12:22	04:55:28	06:40:32.70	06:40:57.95	+02:46:25 (41.5%)	8:54	6.7 (58.3%)
142	POMIANOWSKI Szymon	329	KURACJUSZE	Senior II M - 30	50	01:21:36	03:10:35	04:58:36	06:41:02.50	06:41:32.50	+02:47:00 (41.6%)	8:54	6.7 (58.3%)
143	KWIATKOWSKA Aleksandra	315	WIECZORNE BIEGANIE W SZCZECINIE	Senior I K - 20	6	01:37:52	03:34:48	05:12:12	06:42:31.60	06:42:39.30	+02:48:06 (41.8%)	8:56	6.7 (58.3%)
144	KULAS Łukasz	392	SOLO	Senior II M - 30	51	01:25:54	03:15:05	04:58:35	06:42:43.10	06:42:59.00	+02:48:26 (41.8%)	8:56	6.7 (58.3%)
145	GAŁECKI Tomasz	376		Masters M - 40	34	01:31:00	03:20:16	05:03:35	06:42:11.00	06:43:06.45	+02:48:34 (41.8%)	8:56	6.7 (58.3%)
146	PATYNEK Sebastian	239		Senior II M - 30	52	01:30:34	03:13:00	05:03:19	06:42:33.60	06:43:08.85	+02:48:36 (41.8%)	8:56	6.7 (58.3%)
147	WASZYK Anita	230	MUAY RUNNING TEAM	Senior II K - 30	15	01:32:01	03:27:00	05:06:44	06:42:42.90	06:43:11.50	+02:48:39 (41.8%)	8:56	6.7 (58.3%)
148	TOMCZAK Agnieszka	316		Masters K - 40	11	01:27:08	03:31:52	05:11:54	06:43:31.70	06:43:40.55	+02:49:08 (41.9%)	8:58	6.7 (58.3%)
149	KRZYSZTOSZEK Jakub	50	BIEGAM DLA NADISI I LEOSIA :)	Senior II M - 30	53	01:28:58	03:24:19	05:06:33	06:42:48.95	06:43:41.90	+02:49:09 (41.9%)	8:57	6.7 (58.3%)
150	STĘPIEŃ Grzegorz	141		Masters M - 40	35	01:31:35	03:20:02	05:03:22	06:43:25.15	06:43:45.75	+02:49:13 (41.9%)	8:57	6.7 (58.3%)
151	ŚRÓDKA Bartłomiej	27		Senior II M - 30	54	01:31:09	03:19:20	04:57:30	06:43:19.15	06:43:51.55	+02:49:19 (41.9%)	8:57	6.7 (58.3%)
152	SOBCZYŃSKA Magdalena	138	#TEAMBIEGIWLKP	Senior I K - 20	7	01:25:41	03:17:32	05:07:09	06:43:55.15	06:44:20.05	+02:49:47 (42.0%)	8:58	6.7 (58.3%)
153	KWIATEK Agnieszka	299		Senior I K - 20	8	01:30:24	03:21:44	05:06:05	06:43:43.30	06:44:29.95	+02:49:57 (42.0%)	8:58	6.7 (58.3%)
154	BATOR Michał	1	CAPGEMINI	Senior II M - 30	55	01:24:25	03:09:51	04:57:35	06:44:23.30	06:44:52.55	+02:50:20 (42.1%)	8:59	6.7 (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
155	ABRAHAMOWICZ Jakub	12		Senior II M - 30	56	01:42:38	03:31:54	05:07:08	06:44:41.30	06:45:00.85	+02:50:28 (42.1%)	8:59	6.7 (58.3%)
156	GINTER Grzegorz	207	AZS COLLEGIUM MEDICUM UJ	Senior II M - 30	57	01:36:38	03:27:57	05:10:50	06:46:11.25	06:46:28.65	+02:51:56 (42.3%)	9:01	6.6 (57.4%)
157	DUBYNA Mariia	145		Senior I K - 20	9	01:32:49	03:27:43	05:11:18	06:46:40.00	06:47:02.00	+02:52:29 (42.4%)	9:02	6.6 (57.4%)
158	KRUPIANIK Tomasz	332		Senior II M - 30	58	01:32:40	03:23:06	05:04:38	06:46:32.35	06:47:31.35	+02:52:58 (42.4%)	9:02	6.6 (57.4%)
159	GESLER Łukasz	231	BIESY	Senior II M - 30	59	01:24:05	03:13:48	05:06:50	06:48:44.25	06:48:52.80	+02:54:20 (42.6%)	9:04	6.6 (57.4%)
160	PIENIĘŻNY Marek	154	KOŹMIN BIEGA	Senior II M - 30	60	01:35:14	03:28:32	05:10:07	06:48:43.80	06:49:08.85	+02:54:36 (42.7%)	9:04	6.6 (57.4%)
161	DĄBROWSKA Katarzyna	34	HUTNIK WARSZAWA	Senior II K - 30	16	01:38:05	03:32:44	05:15:47	06:48:42.00	06:49:09.80	+02:54:37 (42.7%)	9:04	6.6 (57.4%)
162	GAPSKA Anna	180		Senior I K - 20	10	01:42:57	03:37:53	05:19:12	06:50:21.10	06:50:36.55	+02:56:04 (42.9%)	9:07	6.6 (57.4%)
163	PASTUSZKA Michał	328		Senior I M - 20	23	01:29:07	03:17:54	05:03:03	06:50:12.80	06:50:39.15	+02:56:06 (42.9%)	9:06	6.6 (57.4%)
164	BARAN Mateusz	304	GORLICKA GRUPA BIEGOWA	Senior I M - 20	24	01:17:35	03:00:49	05:04:01	06:50:45.60	06:51:00.25	+02:56:27 (42.9%)	9:07	6.6 (57.4%)
165	KOSEL Szczepan	170		Senior II M - 30	61	01:14:45	03:04:50	04:58:38	06:51:03.35	06:51:30.40	+02:56:57 (43.0%)	9:08	6.6 (57.4%)
166	LESIAK Tomasz	314	1981	Senior II M - 30	62	01:20:21	03:07:55	05:01:05	06:51:58.30	06:52:03.15	+02:57:30 (43.1%)	9:09	6.6 (57.4%)
167	NAWAROWSKI Marcin	88		Masters M - 40	36	01:26:05	03:23:40	05:07:17	06:52:25.20	06:52:34.05	+02:58:01 (43.2%)	9:09	6.5 (56.5%)
168	KOWALCZYK Rafał	193		Masters M - 40	37	01:36:43	03:27:03	05:14:46	06:52:24.20	06:52:48.05	+02:58:15 (43.2%)	9:09	6.5 (56.5%)
169	SMAŻYK Ewelina	192		Masters K - 40	12	01:36:09	03:27:03	05:14:47	06:52:24.65	06:52:48.60	+02:58:16 (43.2%)	9:09	6.5 (56.5%)
170	PABICH Krzysztof	343	4RUN TEAM PIŁA	Masters M - 40	38	01:26:02	03:21:46	05:08:23	06:52:44.95	06:52:55.00	+02:58:22 (43.2%)	9:10	6.5 (56.5%)
171	TARCZYŃSKA Halina	366		Masters K - 40	13	01:31:29	03:25:54	05:11:47	06:52:47.30	06:53:10.90	+02:58:38 (43.2%)	9:10	6.5 (56.5%)
172	MILKA Mirosław	384		Masters M - 40	39	01:17:42	03:06:30	05:07:06	06:53:18.40	06:53:24.05	+02:58:51 (43.3%)	9:11	6.5 (56.5%)
173	EMILIANÓW Agnieszka	313		Senior II K - 30	17	01:32:34	03:29:05	05:14:50	06:53:52.55	06:54:20.10	+02:59:47 (43.4%)	9:11	6.5 (56.5%)
174	BRYŚKIEWICZ Jacek	281	LIDER WINNICA	Senior II M - 30	63	01:20:10	03:03:19	05:01:23	06:54:46.20	06:54:53.95	+03:00:21 (43.5%)	9:13	6.5 (56.5%)
175	SZYMAŃSKI Łukasz	167		Masters M - 40	40	01:39:11	03:27:16	05:13:18	06:54:30.90	06:55:32.00	+03:00:59 (43.6%)	9:12	6.5 (56.5%)
176	BARTKOWIAK Anna	277	PROJEKT240	Senior II K - 30	18	01:31:03	03:26:35	05:17:38	06:55:41.60	06:55:52.65	+03:01:20 (43.6%)	9:14	6.5 (56.5%)
177	BODZIOCH Grzegorz	267	GORLICKA GRUPA BIEGOWA	Masters M - 40	41	01:30:32	03:26:36	05:13:04	06:55:52.10	06:56:07.70	+03:01:35 (43.6%)	9:14	6.5 (56.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
						B1 10km	B2 22km	A15 33km					
178	ŻELAZOWSKA Ola	102	PRO-RUN WROCŁAW	Senior II K - 30	19	01:30:30	03:13:36	05:03:06	06:56:03.70	06:56:21.45	+03:01:49 (43.7%)	9:14	6.5 (56.5%)
179	BOROWIEC Bartosz	101	PRO-RUN WROCŁAW	Senior II M - 30	64	01:30:31	03:13:34	05:03:17	06:56:03.85	06:56:21.70	+03:01:49 (43.7%)	9:14	6.5 (56.5%)
180	KRUK Krzysztof	297	NIGHTRUNNERS ZABRZE	Masters M - 40	42	01:42:43	03:32:36	05:18:53	06:55:51.75	06:56:37.05	+03:02:04 (43.7%)	9:14	6.5 (56.5%)
181	DĄBROWSKI Roman	67	SGB	Senior II M - 30	65	01:29:06	03:31:06	05:20:12	06:56:31.95	06:56:38.55	+03:02:06 (43.7%)	9:15	6.5 (56.5%)
182	DEREŃ Agata	148	TEAM KURORT ŁĄDEK ZDRÓJ	Senior I K - 20	11	01:37:48	03:36:48	05:22:13	06:56:23.55	06:57:03.80	+03:02:31 (43.8%)	9:15	6.5 (56.5%)
183	CHAŁADYN Sławek	65	DĄBROWSKI TEAM	Senior II M - 30	66	01:21:47	03:18:39	05:10:00	06:57:04.90	06:57:19.70	+03:02:47 (43.8%)	9:16	6.5 (56.5%)
184	DEMBNY Bogdan	202	TEAM WIOSKA	Senior II M - 30	67	01:37:28	03:35:16	05:21:13	06:56:48.25	06:57:29.35	+03:02:56 (43.8%)	9:15	6.5 (56.5%)
185	WALCZAK Maciej	137		Senior II M - 30	68	01:27:47	03:13:56	05:12:38	06:57:58.00	06:58:12.05	+03:03:39 (43.9%)	9:17	6.5 (56.5%)
186	TRYK Sebastian	398	PRO-RUN WROCŁAW	Masters M - 40	43	01:36:01	03:27:16	05:13:07	06:57:13.60	06:58:15.35	+03:03:42 (43.9%)	9:16	6.5 (56.5%)
187	STRÓŻNIAK Mikołaj	110	FOR RUN TEA	Senior II M - 30	69	01:32:12	03:32:01	05:19:09	06:58:00.25	06:58:47.30	+03:04:14 (44.0%)	9:17	6.5 (56.5%)
188	SARNA Kamil	11	W POGONI ZA DUCHEM	Senior II M - 30	70	01:28:42	03:25:37	05:21:22	07:00:57.65	07:01:02.05	+03:06:29 (44.3%)	9:21	6.4 (55.7%)
189	CHMIEL Grzegorz	162	HQMNCNE	Masters M - 40	44	01:29:11	03:33:11	05:23:11	07:01:00.60	07:01:18.60	+03:06:46 (44.3%)	9:21	6.4 (55.7%)
190	WOLFF Maria	383		Senior II K - 30	20	01:30:34	03:27:37	05:21:59	07:02:17.10	07:02:26.35	+03:07:53 (44.5%)	9:23	6.4 (55.7%)
191	BIELEŃ Agnieszka	388	MUAY RUNNING TEAM	Senior II K - 30	21	01:36:30	03:31:58	05:23:01	07:02:11.45	07:02:41.85	+03:08:09 (44.5%)	9:22	6.4 (55.7%)
192	NIEMIRO Paweł	249	JAGODOWO-KALINOWY TEAM	Senior II M - 30	71	01:26:03	03:26:40	05:19:10	07:03:40.65	07:04:00.60	+03:09:28 (44.7%)	9:24	6.4 (55.7%)
193	BRZĘCZEK Izabela	56		Masters K - 40	14	01:36:11	03:34:42	05:24:12	07:03:39.95	07:04:01.95	+03:09:29 (44.7%)	9:24	6.4 (55.7%)
194	CZARNECKA Kamila	121	ENDOHOLICS	Senior II K - 30	22	01:42:46	03:38:38	05:23:48	07:04:06.40	07:04:27.65	+03:09:55 (44.7%)	9:25	6.4 (55.7%)
195	BARADZIEJ Bartłomiej	324	TERMINAL LOGISTYCZNY PROMONT	Senior II M - 30	72	01:31:10	03:26:48	05:16:18	07:05:13.50	07:05:25.70	+03:10:53 (44.9%)	9:26	6.3 (54.8%)
196	MRÓWCZYŃSKI Tomasz	272	KS SOKÓŁ GAŚAWA	Senior II M - 30	73	01:29:07	03:15:37	05:02:25	07:05:07.75	07:05:43.70	+03:11:11 (44.9%)	9:26	6.4 (55.7%)
197	RABSCH Bartek	134		Masters M - 40	45	01:37:39	03:35:10	05:22:35	07:05:23.85	07:05:45.45	+03:11:13 (44.9%)	9:27	6.3 (54.8%)
198	PRZYŁUDZKI Janusz	337	STS BIEGATON MIKOŁÓW	Weteran II M - 60	2	01:36:31	03:27:22	05:18:55	07:06:13.75	07:06:48.10	+03:12:15 (45.0%)	9:28	6.3 (54.8%)
199	JĘDRYCA Przemysław	403	SPARTAN ULTRA TEAM	Masters M - 40	46	01:28:31	03:38:51	05:27:39	07:07:34.60	07:07:52.45	+03:13:20 (45.2%)	9:30	6.3 (54.8%)
200	BANDUROWSKA Agnieszka	176	KB SPOCENI NOWA SÓL	Masters K - 40	15	01:36:44	03:32:02	05:23:18	07:07:47.95	07:08:03.70	+03:13:31 (45.2%)	9:30	6.3 (54.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
						B1 10km	B2 22km	A15 33km					
201	KOSINSKI Andrzej	374		Masters M - 40	47	01:40:17	03:38:11	05:23:31	07:07:32.35	07:08:23.50	+03:13:51 (45.3%)	9:30	6.3 (54.8%)
202	REITER Eugeniusz	294	1947	Weteran II M - 60	3	01:36:54	03:47:17	05:34:02	07:07:51.85	07:08:27.45	+03:13:55 (45.3%)	9:30	6.3 (54.8%)
203	SZNAJDER Joanna	354	BIEGAM BRUM BRUM	Masters K - 40	16	01:35:23	03:36:38	05:25:46	07:08:23.20	07:08:37.35	+03:14:04 (45.3%)	9:31	6.3 (54.8%)
204	KUBISIAK Dariusz	14		Weteran I M - 50	7	01:36:21	03:37:14	05:28:01	07:08:44.60	07:09:28.00	+03:14:55 (45.4%)	9:31	6.3 (54.8%)
205	SUŁKOWSKI Tomasz	395		Senior II M - 30	74	01:43:04	03:43:38	05:32:26	07:09:08.90	07:09:47.85	+03:15:15 (45.4%)	9:32	6.3 (54.8%)
206	TERLECKI Marcin	305	1973	Masters M - 40	48	01:32:55	03:37:14	05:24:33	07:09:30.40	07:09:56.80	+03:15:24 (45.4%)	9:32	6.3 (54.8%)
207	KOZŁOWSKI Marcin	187		Masters M - 40	49	01:33:09	03:28:14	05:23:58	07:10:19.35	07:10:35.25	+03:16:02 (45.5%)	9:33	6.3 (54.8%)
208	ZOWAL Anna	45	W POGONI ZA DUCHEM	Masters K - 40	17	01:42:09	03:43:29	05:32:36	07:10:46.55	07:10:51.85	+03:16:19 (45.6%)	9:34	6.3 (54.8%)
209	HERMANOWICZ Aneta	271	PZU SPORT TEAM	Senior II K - 30	23	01:51:42	03:51:23	05:33:59	07:10:20.25	07:10:57.65	+03:16:25 (45.6%)	9:33	6.3 (54.8%)
210	GAŚOWSKA Renata	21	DREAM RUN / RADOSNE-TRENOWANIE.BLOGSPOT.COM	Masters K - 40	18	01:44:51	03:49:26	05:34:29	07:11:02.30	07:11:50.65	+03:17:18 (45.7%)	9:34	6.3 (54.8%)
211	KANIEWSKI Wojciech	326		Masters M - 40	50	01:40:16	03:51:51	05:35:37	07:12:47.70	07:12:57.45	+03:18:25 (45.8%)	9:37	6.2 (53.9%)
212	STĘPIEŃ Kamila	142		Senior II K - 30	24	01:33:45	03:42:04	05:37:07	07:12:59.60	07:13:19.85	+03:18:47 (45.9%)	9:37	6.2 (53.9%)
213	SOLL Dawid	87	OPOLE BIEGA	Senior I M - 20	25	01:24:41	03:20:26	05:21:37	07:13:26.05	07:13:41.20	+03:19:08 (45.9%)	9:37	6.2 (53.9%)
214	POMASKI Paweł	41	ADIDAS RUNNERS WARSAW	Weteran I M - 50	8	01:32:26	03:32:28	05:22:59	07:13:14.55	07:13:46.45	+03:19:14 (45.9%)	9:37	6.2 (53.9%)
215	GÓRNY Robert	109		Masters M - 40	51	01:26:40	03:29:34	05:31:11	07:13:40.10	07:13:50.55	+03:19:18 (45.9%)	9:38	6.2 (53.9%)
216	CIERPIKOWSKA Agnieszka	242		Masters K - 40	19	01:44:27	03:42:38	05:32:28	07:13:00.40	07:13:54.20	+03:19:21 (45.9%)	9:37	6.2 (53.9%)
217	SOBORSKA Sylwia	347	SAINT-GOBAIN SQUAD	Masters K - 40	20	01:42:50	03:49:38	05:39:13	07:13:46.75	07:14:05.40	+03:19:32 (46.0%)	9:38	6.2 (53.9%)
218	ŻARSKI Jarosław	289	FUDU&CO SPORT TEAM	Masters M - 40	52	01:34:45	03:42:32	05:31:11	07:13:12.05	07:14:07.20	+03:19:34 (46.0%)	9:37	6.2 (53.9%)
219	RANDAK Marek	92	W POGONI ZA DUCHEM	Masters M - 40	53	01:32:49	03:33:17	05:27:12	07:13:48.50	07:14:27.10	+03:19:54 (46.0%)	9:38	6.2 (53.9%)
220	ROSZKOWSKI Marcin	307	MARCON MARCIN ROSZKOWSKI	Senior II M - 30	75	01:36:27	03:34:24	05:24:59	07:13:47.90	07:14:53.00	+03:20:20 (46.1%)	9:38	6.2 (53.9%)
221	NIEMOTKO Juliusz	310		Masters M - 40	54	01:32:25	03:32:33	05:27:41	07:14:18.30	07:14:56.70	+03:20:24 (46.1%)	9:39	6.2 (53.9%)
222	HENEL Marcin	252		Senior II M - 30	76	01:46:13	03:49:54	05:34:29	07:14:33.15	07:15:17.20	+03:20:44 (46.1%)	9:39	6.2 (53.9%)
223	NOWAK Natalia	159	1986	Senior II K - 30	25	01:37:38	03:39:28	05:32:01	07:16:05.70	07:16:25.25	+03:21:52 (46.3%)	9:41	6.2 (53.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1	B2	A15	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						10km	22km	33km	45km	45km			
224	BINEK Mariusz	52	KLUB SPORTOWY FABRYKA BIEGANIA OSTRÓW WIELKOPOLSKI	Senior II M - 30	77	01:24:09	03:20:12	05:17:25	07:16:17.70	07:16:29.45	+03:21:57 (46.3%)	9:41	6.2 (53.9%)
225	KWASEK Kazek	8	ESKADRA KRAKÓW	Masters M - 40	55	01:32:11	03:38:00	05:34:58	07:16:18.55	07:16:30.65	+03:21:58 (46.3%)	9:41	6.2 (53.9%)
226	WIS Modesta	331		Senior I K - 20	12	01:39:32	03:38:37	05:31:51	07:17:13.85	07:17:54.80	+03:23:22 (46.4%)	9:42	6.2 (53.9%)
227	LADENBERGER Mateusz	251	DR. SCHNEIDER AUTOMOTIVE POLSKA	Senior II M - 30	78	01:18:53	03:13:57	05:21:06	07:18:28.30	07:18:52.15	+03:24:19 (46.6%)	9:44	6.2 (53.9%)
228	KAROLCZYK Sylwia	20	POWER TRAINING	Senior II K - 30	26	01:42:57	03:43:12	05:37:16	07:18:47.85	07:19:01.05	+03:24:28 (46.6%)	9:45	6.2 (53.9%)
229	BADOWSKI Rafał	51	WSZYSTKO JEST W GŁOWIE!	Masters M - 40	56	01:34:34	03:35:49	05:31:36	07:19:57.10	07:20:10.20	+03:25:37 (46.7%)	9:46	6.1 (53.0%)
230	KRAWCZYŃSKI Marcin	205		Masters M - 40	57	01:31:34	03:37:30	05:29:19	07:20:18.80	07:20:25.70	+03:25:53 (46.7%)	9:47	6.1 (53.0%)
231	SOBKOWIAK Przemysław	156	BRAK	Masters M - 40	58	01:32:42	03:35:07	05:31:22	07:20:04.55	07:20:53.15	+03:26:20 (46.8%)	9:46	6.1 (53.0%)
232	DANIELIK-SŁODKOWSKA Sylwia	112		Masters K - 40	21	01:36:39	03:44:56	05:33:26	07:21:24.55	07:21:32.35	+03:26:59 (46.9%)	9:48	6.1 (53.0%)
233	KALIŃSKA Dorota Lidia	342	NIEMANIE	Senior II K - 30	27	01:46:38	03:47:55	05:39:12	07:20:34.80	07:21:33.80	+03:27:01 (46.9%)	9:47	6.1 (53.0%)
234	PUCHALSKA Olga	380		Masters K - 40	22	01:41:08	03:47:50	05:38:22	07:21:34.25	07:21:58.75	+03:27:26 (46.9%)	9:48	6.1 (53.0%)
235	WESOŁOWSKA Joanna	136	WKS B	Masters K - 40	23	01:40:33	03:45:14	05:34:23	07:21:53.65	07:22:14.00	+03:27:41 (47.0%)	9:49	6.1 (53.0%)
236	WESOŁOWSKI Maciej	135	WKS B	Masters M - 40	59	01:40:34	03:45:12	05:34:24	07:21:53.25	07:22:14.20	+03:27:41 (47.0%)	9:49	6.1 (53.0%)
237	NIEDZIELA Krzysztof	226	GOSTYŃ	Masters M - 40	60	01:35:08	03:38:52	05:34:21	07:21:55.20	07:22:21.35	+03:27:48 (47.0%)	9:49	6.1 (53.0%)
238	CZARNIECKI Daniel	4	THIS IS ENGLISH	Senior II M - 30	79	01:36:12	03:37:26	05:34:46	07:22:04.75	07:22:36.65	+03:28:04 (47.0%)	9:49	6.1 (53.0%)
239	KUPISZ Zbigniew	234		Weteran II M - 60	4	01:35:17	03:42:00	05:36:14	07:22:38.65	07:23:20.30	+03:28:47 (47.1%)	9:50	6.1 (53.0%)
240	PODOLSKI Marek	352	BIEGAMYRAZEM.PL	Senior II M - 30	80	01:29:34	03:27:56	05:26:06	07:23:43.75	07:23:55.80	+03:29:23 (47.2%)	9:51	6.1 (53.0%)
241	DUDZIŃSKA Aleksandra	243	RUN BYDGOSZCZ	Weteran K - 50	2	01:37:04	03:38:47	05:33:13	07:24:01.40	07:24:24.60	+03:29:52 (47.2%)	9:52	6.1 (53.0%)
242	GÓRSKA-NOWAK Tatiana	128	AGB TORFY	Masters K - 40	24	01:43:14	03:49:01	05:42:59	07:24:31.50	07:25:20.25	+03:30:47 (47.3%)	9:52	6.1 (53.0%)
243	LESZCZYŃSKA Iwona	413	AIR CONSULTING	Masters K - 40	25	01:35:11	03:44:06	05:33:48	07:25:00.80	07:25:51.95	+03:31:19 (47.4%)	9:53	6.1 (53.0%)
244	LESZCZYŃSKI Radek	412	AIR CONSULTING	Masters M - 40	61	01:35:12	03:43:41	05:34:43	07:25:01.10	07:25:52.25	+03:31:19 (47.4%)	9:53	6.1 (53.0%)
245	PARTYKA Andrzej	399	1979	Senior II M - 30	81	01:44:01	03:50:03	05:42:02	07:25:53.65	07:26:55.75	+03:32:23 (47.5%)	9:54	6.1 (53.0%)
246	BEREZIUK Michał	107	DZIIEWIĘTLICE	Senior II M - 30	82	01:37:33	03:31:05	05:34:57	07:27:17.25	07:28:13.40	+03:33:40 (47.7%)	9:56	6 (52.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
						B1 10km	B2 22km	A15 33km					
247	NORWA Sylwester	268	3N PATKÓW	Masters M - 40	62	01:41:19	03:43:55	05:41:39	07:27:26.60	07:28:27.10	+03:33:54 (47.7%)	9:56	6 (52.2%)
248	POŁOMSKA Agnieszka	264	AKTYWNY OSTRZESZÓW	Masters K - 40	26	01:44:54	03:52:54		07:29:10.00	07:29:10.00	+03:34:37 (47.8%)	9:58	6 (52.2%)
249	BAŃKA Grzegorz	224		Senior II M - 30	83	01:46:00	03:44:17	05:44:23	07:28:57.25	07:29:43.15	+03:35:10 (47.8%)	9:58	6 (52.2%)
250	BAREJKA Rafał	385	NATALIA TOMASIAK GÓRSKI STYL	Masters M - 40	63	01:44:58	03:52:02	05:41:48	07:29:24.05	07:29:44.35	+03:35:11 (47.8%)	9:59	6 (52.2%)
251	OLEJNICZAK Paweł	26		Senior II M - 30	84	01:42:38	03:44:59	05:41:11	07:29:09.80	07:29:59.90	+03:35:27 (47.9%)	9:58	6 (52.2%)
252	PIJANKA Mariusz	152	BBL OPOLE	Masters M - 40	64	01:47:47	03:59:00	05:49:24	07:29:19.70	07:30:04.65	+03:35:32 (47.9%)	9:59	6 (52.2%)
253	PIJANKA Monika	153	BBL OPOLE	Masters K - 40	27	01:47:46	03:58:59	05:49:27	07:29:19.55	07:30:05.10	+03:35:32 (47.9%)	9:59	6 (52.2%)
254	JUSZCZAK Włodzimierz	407		Weteran I M - 50	9	01:44:18	03:51:45	05:46:15	07:29:08.85	07:30:14.75	+03:35:42 (47.9%)	9:58	6 (52.2%)
255	MAZAN Wojciech	221		Senior I M - 20	26		03:41:54	05:49:20	07:30:43.60	07:30:43.60	+03:36:11 (48.0%)	10:00	6 (52.2%)
256	SKRUDLIK Wojciech	367	NIGHT RUNNERS	Masters M - 40	65	01:42:44	03:48:30	05:43:18	07:30:01.85	07:30:46.15	+03:36:13 (48.0%)	10:00	6 (52.2%)
257	ZARĘBSKA Ewa	321	MROŻNE PĄCZKI	Senior I K - 20	13	01:40:14	03:53:23	05:51:17	07:30:22.50	07:31:02.55	+03:36:30 (48.0%)	10:00	6 (52.2%)
258	GRYGIER Robert	197		Senior I M - 20	27	01:37:44	03:52:40	05:51:35	07:30:55.40	07:31:13.95	+03:36:41 (48.0%)	10:01	6 (52.2%)
259	WITKOWSKA Maria	31	KLUB KRÓLIKA STEFANA	Weteran II K - 60	1	01:46:02	03:57:03	05:51:41	07:30:48.55	07:31:19.85	+03:36:47 (48.0%)	10:01	6 (52.2%)
260	RADOSŁAW Musiał	365	DOLBY	Senior II M - 30	85	01:32:14	03:46:46	05:47:09	07:31:13.20	07:31:50.50	+03:37:18 (48.1%)	10:01	6 (52.2%)
261	CHWIAŁKOWSKI Wiesław	144		Weteran I M - 50	10	01:37:48	03:39:36	05:42:14	07:32:49.60	07:33:08.25	+03:38:35 (48.2%)	10:03	6 (52.2%)
262	GRYGIER Joanna	53		Senior II K - 30	28	01:47:13	03:54:23	05:41:25	07:33:31.05	07:33:48.00	+03:39:15 (48.3%)	10:04	6 (52.2%)
263	GRYGIER Tomasz	288		Masters M - 40	66	01:47:12	03:54:34	05:41:32	07:33:32.30	07:33:48.95	+03:39:16 (48.3%)	10:04	6 (52.2%)
264	ŻUKOWSKI Cezary	129	FOR-REST-RUN / ROZBIEGANY KOSZALIN / MIGAWKOWE.PL	Senior II M - 30	86	01:43:14	03:49:44	05:49:12	07:37:00.45	07:37:16.65	+03:42:44 (48.7%)	10:09	5.9 (51.3%)
265	SAWICKA Agnieszka	115	DELOITTE ADVENTURE TEAM	Senior II K - 30	29	01:44:25	04:01:22	05:56:06	07:36:54.20	07:37:23.05	+03:42:50 (48.7%)	10:09	5.9 (51.3%)
266	SOBKOWIAK Radosław	146	RUN FOR IT	Senior II M - 30	87	01:37:19	03:43:13	05:45:49	07:36:57.45	07:37:46.65	+03:43:14 (48.8%)	10:09	5.9 (51.3%)
267	MAJOR Sandra	308		Senior II K - 30	30	01:39:34	03:48:21	05:41:11	07:37:19.45	07:37:48.80	+03:43:16 (48.8%)	10:09	5.9 (51.3%)
268	BIAŁY Michał	196	ORANGE IRON TEAM	Senior II M - 30	88	01:34:02	03:35:24	05:33:57	07:37:21.20	07:38:07.50	+03:43:35 (48.8%)	10:09	5.9 (51.3%)
269	NORWICZ Dominika	237		Senior II K - 30	31	01:38:27	03:44:24	05:38:11	07:37:22.00	07:38:08.05	+03:43:35 (48.8%)	10:09	5.9 (51.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1	B2	A15	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						10km	22km	33km	45km	45km			
270	BANASIK Karolina	339	WKURW_TEAM	Senior II K - 30	32	01:40:47	03:57:38	05:56:56	07:38:41.30	07:39:34.65	+03:45:02 (49.0%)	10:11	5.9 (51.3%)
271	WAŁEK Piotr	303	RUNNERS TEAM QUIBL	Masters M - 40	67	01:38:26	03:46:44	05:43:35	07:39:46.60	07:39:50.70	+03:45:18 (49.0%)	10:13	5.9 (51.3%)
272	CIĘŻKOWSKA-SZYMAŃSKA Katarzyna	166	VEGE RUNNERS	Senior II K - 30	33	01:45:31	04:02:34	05:56:46	07:39:32.05	07:40:32.90	+03:46:00 (49.1%)	10:12	5.9 (51.3%)
273	IZDEBSKI Grzegorz	216	SPARTA ZIĘBICE	Senior I M - 20	28	01:40:02	03:48:09	05:47:14	07:40:35.30	07:40:58.65	+03:46:26 (49.1%)	10:14	5.9 (51.3%)
274	PIETROWICZ Marek	290		Masters M - 40	68	01:45:59	03:56:52	05:44:52	07:42:24.00	07:42:58.85	+03:48:26 (49.3%)	10:16	5.8 (50.4%)
275	KRUPA Bartłomiej	184		Senior II M - 30	89	01:42:17	03:44:57	06:00:12	07:42:01.95	07:43:05.40	+03:48:32 (49.4%)	10:16	5.8 (50.4%)
276	WESOŁOWSKA-KRUPA Paulina	185		Senior II K - 30	34	01:42:20	03:44:59	06:00:10	07:42:03.90	07:43:06.55	+03:48:34 (49.4%)	10:16	5.8 (50.4%)
277	KLIMEK Radosław	127	KS.M.E.T.A.	Senior I M - 20	29	01:42:51	03:50:11	05:56:10	07:43:57.10	07:44:26.25	+03:49:53 (49.5%)	10:18	5.8 (50.4%)
278	KOTWICA Andrzej	194	NOKIA	Masters M - 40	69	01:34:29	03:52:43	05:55:22	07:44:23.20	07:44:38.80	+03:50:06 (49.5%)	10:19	5.8 (50.4%)
279	BARANIECKI Zbigniew	355		Weteran II M - 60	5	01:44:21	03:55:01	05:55:31	07:45:19.45	07:45:54.20	+03:51:21 (49.7%)	10:20	5.8 (50.4%)
280	SOBAŃSKA Paulina	130	TARNOWO PODGÓRNE BIEGA	Senior II K - 30	35	01:47:07	03:59:59	06:02:29	07:45:33.55	07:45:59.70	+03:51:27 (49.7%)	10:20	5.8 (50.4%)
281	ŚNIEGOCKA Magdalena	270	TARNOWO PODGÓRNE BIEGA	Senior II K - 30	36	01:47:07	03:59:59	06:02:26	07:45:33.45	07:45:59.75	+03:51:27 (49.7%)	10:20	5.8 (50.4%)
282	KRAWCZYŃSKI Mariusz	201	TRI AKTYWNY PIOTRKÓW	Masters M - 40	70	01:32:46	03:54:04	05:55:37	07:46:14.55	07:46:22.90	+03:51:50 (49.7%)	10:21	5.8 (50.4%)
283	KOŚCIELNIAK Marek	386	MUAY RUNNING TEAM	Masters M - 40	71	01:43:35	03:52:36	05:52:43	07:46:56.85	07:47:27.25	+03:52:54 (49.8%)	10:22	5.8 (50.4%)
284	DRAJERCZAK Marlena	387	MUAY RUNNING TEAM	Masters K - 40	28	01:43:35	03:52:44	05:52:43	07:46:57.15	07:47:27.60	+03:52:55 (49.8%)	10:22	5.8 (50.4%)
285	MENESIAK Błażej	171		Senior II M - 30	90	01:43:49	03:55:27	05:58:19	07:47:31.30	07:47:44.75	+03:53:12 (49.9%)	10:23	5.8 (50.4%)
286	BOROWIEC Renata	66	MAMY-BIEGAMY KIELCE	Masters K - 40	29	01:44:57	03:55:05	05:56:04	07:47:36.85	07:48:27.10	+03:53:54 (49.9%)	10:23	5.8 (50.4%)
287	LECHOWSKA Katarzyna	64	MAMY BIEGAMY KIELCE, WKURW_TEAM	Masters K - 40	30	01:44:56	03:54:49	05:54:50	07:47:36.90	07:48:27.55	+03:53:55 (49.9%)	10:23	5.8 (50.4%)
288	CIOŁEK Łukasz	350	BREMBO	Senior II M - 30	91	01:36:54	03:42:59	05:44:04	07:48:29.40	07:48:37.15	+03:54:04 (50.0%)	10:24	5.8 (50.4%)
289	PORTACHA Katarzyna	37		Masters K - 40	31	01:44:58	04:06:13	06:01:31	07:48:19.55	07:48:57.45	+03:54:25 (50.0%)	10:24	5.8 (50.4%)
290	STAWSKA Anna	209	WQRW_TEAM	Senior II K - 30	37	01:54:48	04:08:18	06:03:38	07:48:08.85	07:49:15.35	+03:54:42 (50.0%)	10:24	5.8 (50.4%)
291	WAŚCIŃSKA Edyta	151	PĘDZI - PARA	Masters K - 40	32	01:44:38	03:53:07		07:50:05.35	07:50:18.35	+03:55:45 (50.1%)	10:26	5.7 (49.6%)
292	ONAK Izabela	235	OCHAJORUN & FRIENDS	Masters K - 40	33	01:46:08	04:05:30	06:03:12	07:50:33.80	07:50:58.15	+03:56:25 (50.2%)	10:27	5.7 (49.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
						B1 10km	B2 22km	A15 33km					
293	DUCH Emil	256	JB WARSAW	Senior II M - 30	92	01:36:02	03:48:14	05:49:49	07:51:16.55	07:51:48.95	+03:57:16 (50.3%)	10:28	5.7 (49.6%)
294	WIERZBICKI Bartek	238		Senior II M - 30	93	01:36:04	03:48:16	05:49:54	07:51:17.95	07:51:50.65	+03:57:18 (50.3%)	10:28	5.7 (49.6%)
295	PRZYBYŁO Sonia	125	NIGHT RUNNERS GLIWICE	Senior I K - 20	14	01:49:16	04:04:33	06:04:14	07:51:23.00	07:51:54.00	+03:57:21 (50.3%)	10:28	5.7 (49.6%)
296	LESZCZYŃSKA Lidia	72		Masters K - 40	34	01:43:18	03:56:20	06:09:05	07:52:26.30	07:52:47.50	+03:58:15 (50.4%)	10:29	5.7 (49.6%)
297	CIESIELSKI Sebastian	172	KIBOLE W BIEGU / PAKIECIARZE TEAM	Senior II M - 30	94	01:43:16	03:56:20	06:08:44	07:52:29.20	07:52:50.60	+03:58:18 (50.4%)	10:29	5.7 (49.6%)
298	SMOLEŃ Dagmara	381		Masters K - 40	35	01:49:18	04:09:19	06:05:07	07:52:28.85	07:52:53.30	+03:58:20 (50.4%)	10:29	5.7 (49.6%)
299	PIETRAS Ewelina	91	1986	Senior II K - 30	38	01:47:17	04:03:46	06:05:12	07:52:59.65	07:53:38.65	+03:59:06 (50.5%)	10:30	5.7 (49.6%)
300	DĄBROWSKA Edyta	9		Senior II K - 30	39	01:44:54	03:57:56	06:01:55	07:53:21.90	07:53:49.10	+03:59:16 (50.5%)	10:31	5.7 (49.6%)
301	IZDEBSKI Marek	217	SPARTA ZIĘBICE	Weteran I M - 50	11	01:40:06	03:55:47	06:00:51	07:54:05.00	07:54:26.90	+03:59:54 (50.6%)	10:32	5.7 (49.6%)
302	WAŚ Marek	391	MARIAN BIEGA	Masters M - 40	72	01:43:50	03:58:09	06:04:53	07:53:25.75	07:54:28.60	+03:59:56 (50.6%)	10:31	5.7 (49.6%)
303	WOJEWODA Renata	44	RUN THE PARK TRIWAWA	Masters K - 40	36	01:44:58	03:57:55	06:02:58	07:53:50.10	07:54:38.85	+04:00:06 (50.6%)	10:31	5.7 (49.6%)
304	BIAŁOBRZEWSKI Wojciech	94	KLUB BIEGACZA JURUND SZCZYTNO	Masters M - 40	73	01:31:40	03:49:36	05:55:58	07:57:35.05	07:57:45.75	+04:03:13 (50.9%)	10:36	5.7 (49.6%)
305	SZOŁTYSEK Beata	406	OCHAJORUN & FRIENDS	Masters K - 40	37	01:46:17	04:05:31	06:03:17	07:57:51.50	07:58:15.75	+04:03:43 (51.0%)	10:37	5.7 (49.6%)
306	BAREŁKOWSKA Katarzyna	19	NIGHT RUNNERS	Masters K - 40	38	01:44:56	04:03:59	06:14:12	07:58:01.00	07:58:49.15	+04:04:16 (51.0%)	10:37	5.6 (48.7%)
307	DĄBROWSKI Paweł	57	NIGHT RUNNERS	Masters M - 40	74	01:44:49	04:04:13	06:12:58	07:58:00.60	07:58:50.10	+04:04:17 (51.0%)	10:37	5.6 (48.7%)
308	GOŁEMBECKI Jakub	114	PCH_RUN	Masters M - 40	75	01:43:14	04:07:01	06:09:54	07:59:01.05	07:59:22.25	+04:04:49 (51.1%)	10:38	5.6 (48.7%)
Przekroczony limit czasu: 08:00:00													
309	PORZYCKI Tomasz	3	42DOSZCZESCIA.PL	Senior II M - 30	95	01:43:14	03:49:08	06:04:51	08:00:24.45	08:01:14.35	+04:06:41 (51.3%)	10:40	5.6 (48.7%)
310	ŚWIĄTEK Agnieszka	183		Senior I K - 20	15	01:45:55	04:04:12	06:07:33	08:01:25.75	08:02:06.10	+04:07:33 (51.4%)	10:41	5.6 (48.7%)
311	ŚWIĄTEK Karolina	182		Senior I K - 20	16	01:45:57	04:04:12	06:07:29	08:01:25.65	08:02:06.30	+04:07:33 (51.4%)	10:41	5.6 (48.7%)
312	KUCIŃSKA Magdalena	318		Senior II K - 30	40	01:38:42	03:53:44	06:13:49	08:04:08.15	08:04:40.60	+04:10:08 (51.6%)	10:45	5.6 (48.7%)
313	DUDARONEK Paulina	40	XRUNNERS	Senior I K - 20	17	01:43:21	03:58:52	06:08:37	08:04:25.15	08:04:47.85	+04:10:15 (51.6%)	10:45	5.6 (48.7%)
314	PIECUCH Małgorzata	25	PRZEWORSKA GRUPA BIEGOWA	Weteran K - 50	3	01:48:51	04:16:24	06:17:25	08:05:50.70	08:06:42.85	+04:12:10 (51.8%)	10:47	5.6 (48.7%)
315	SZELOCH Wojciech	248	HOVNO CLIMBING TEAM	Senior II M - 30	96	01:53:11	04:10:05	06:15:48	08:06:52.25	08:06:52.25	+04:12:19 (51.8%)	10:49	5.5 (47.8%)

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
316	ŚWIERCZEK Paweł	250	HOVNO CLIMBING TEAM	Senior II M - 30	97	01:52:02	04:09:12	06:14:57	08:05:56.95	08:06:53.70	+04:12:21 (51.8%)	10:47	5.6 (48.7%)
317	GARCZEWSKA-PASZKO Joanna	82		Masters K - 40	39	01:43:01	04:13:49	06:21:44	08:13:57.15	08:14:14.85	+04:19:42 (52.5%)	10:58	5.5 (47.8%)
318	BRZĘCZEK Roland	55		Masters M - 40	76	01:46:08	04:14:43	06:17:31	08:14:54.85	08:15:17.20	+04:20:44 (52.6%)	10:59	5.5 (47.8%)
319	BOCHENEK Janusz	42	WKURW_TEAM	Weteran II M - 60	6	01:41:47	04:07:17	06:17:37	08:15:10.85	08:15:53.35	+04:21:20 (52.7%)	11:00	5.5 (47.8%)
320	KLIKS Adam	220		Masters M - 40	77	01:51:59	04:11:39	06:20:56	08:17:07.05	08:18:11.25	+04:23:38 (52.9%)	11:02	5.4 (47.0%)
321	GMEREK Paweł	219		Masters M - 40	78	01:51:58	04:11:38	06:20:56	08:17:06.55	08:18:11.35	+04:23:38 (52.9%)	11:02	5.4 (47.0%)
322	MOŃKA Karolina	273	SPARTA ULTRA TEAM	Senior I K - 20	18	01:34:29	04:00:54	06:11:00	08:18:13.80	08:18:30.50	+04:23:58 (53.0%)	11:04	5.4 (47.0%)
323	MOŃKA Łukasz	274	SPARTA ULTRA TEAM	Senior I M - 20	30	01:34:29	04:00:52	06:10:59	08:18:13.40	08:18:31.30	+04:23:58 (53.0%)	11:04	5.4 (47.0%)
324	ZUBOWICZ Janina	236		Weteran K - 50	4	01:55:30	04:23:08	06:32:20	08:22:06.95	08:22:53.00	+04:28:20 (53.4%)	11:09	5.4 (47.0%)
325	MORAWSKA Anna	84		Weteran II K - 60	2	01:46:38	04:07:16	06:19:33	08:24:04.10	08:24:29.65	+04:29:57 (53.5%)	11:12	5.4 (47.0%)
326	KUPPER Paweł	68		Senior II M - 30	98	01:44:37	04:13:18		08:25:35.95	08:26:06.65	+04:31:34 (53.7%)	11:14	5.3 (46.1%)
327	KIWIOR Jan	402		Weteran II M - 60	7	01:44:37	04:11:03	06:28:02	08:26:00.95	08:26:14.60	+04:31:42 (53.7%)	11:14	5.3 (46.1%)
328	WŁODARCZYK Olga	188	#BANANATEAM	Senior I K - 20	19	01:48:49	04:04:23	06:12:56	08:26:52.70	08:27:51.10	+04:33:18 (53.8%)	11:15	5.3 (46.1%)
329	KACZMAREK Agata	71	NEST TEAM	Masters K - 40	40	01:50:55	04:17:13	06:30:00	08:28:39.85	08:28:54.80	+04:34:22 (53.9%)	11:18	5.3 (46.1%)
330	KOWAL Ewa	211		Masters K - 40	41	01:52:02	04:20:38	06:26:19	08:28:32.35	08:28:55.15	+04:34:22 (53.9%)	11:18	5.3 (46.1%)
331	GAWRON Bartłomiej	49		Masters M - 40	79	01:49:57	04:20:58	06:38:26	08:35:57.80	08:36:33.35	+04:42:00 (54.6%)	11:27	5.2 (45.2%)
332	GRĘZEL-GAWRON Jolanta	48		Masters K - 40	42	01:50:00	04:21:00	06:38:29	08:36:00.60	08:36:34.95	+04:42:02 (54.6%)	11:28	5.2 (45.2%)
333	SILSKI Marek	349		Masters M - 40	80	01:47:48	04:14:32	06:31:37	08:42:28.05	08:42:55.40	+04:48:22 (55.1%)	11:36	5.2 (45.2%)
334	POCIĘGIEL Michał	16	SKAWINA BIEGA	Senior II M - 30	99	01:46:07	04:15:06	06:35:18	08:45:36.40	08:46:23.90	+04:51:51 (55.4%)	11:40	5.1 (44.3%)
335	TRZPIOŁA Tycjan	28	KURACJUSZE	Senior II M - 30	100	01:50:08	04:24:41	06:36:22	08:45:35.25	08:46:29.40	+04:51:56 (55.5%)	11:40	5.1 (44.3%)
336	SKORUPSKI Szymon	46	KURACJUSZE	Senior II M - 30	101	01:35:08	03:57:29	06:29:38	08:45:38.55	08:46:30.30	+04:51:57 (55.5%)	11:40	5.1 (44.3%)
337	KALIŃSKI Kamil Norbert	361	NIEMANIE TĘCZOWE MISIE	Senior I M - 20	31	01:46:37	03:58:52	06:30:24	08:46:51.25	08:47:51.15	+04:53:18 (55.6%)	11:42	5.1 (44.3%)
338	SKOREK Karol	229		Senior II M - 30	102	01:48:06	04:16:01	06:40:36	08:49:14.65	08:50:11.90	+04:55:39 (55.8%)	11:45	5.1 (44.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
						B1 10km	B2 22km	A15 33km					
339	BAJAK Mirosław	69		Masters M - 40	81	01:55:06	04:23:33	06:36:42	08:50:00.65	08:50:30.05	+04:55:57 (55.8%)	11:46	5.1 (44.3%)
340	HERBUT Malwina	157	IZERSKA GRUPA BIEGOWA	Senior II K - 30	41	01:52:30	04:19:16	06:40:52	08:51:46.45	08:52:31.35	+04:57:58 (56.0%)	11:49	5.1 (44.3%)
341	MATUZIK Mateusz	32	NIGHT RUNNERS	Senior II M - 30	103	01:54:11	04:20:08	06:49:42	08:55:46.15	08:56:02.70	+05:01:30 (56.2%)	11:54	5 (43.5%)
	KOWALSKI Jacek	70		Masters M - 40		01:45:29 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	KORZUS Katarzyna	73	W POGONI ZA DUCHEM	Senior II K - 30		01:41:37 DNF	03:42:01 DNF	05:39:52 DNF	DNF	DNF		-	- (0.0%)
	NESTEREWICZ Ryszard	341		Weteran II M - 60		01:19:51 DNF	03:06:09 DNF	05:40:50 DNF	DNF	DNF		-	- (0.0%)
	PABIAN Piotr	322	1986	Senior II M - 30		DNF	DNF	05:49:50 DNF	DNF	DNF		-	- (0.0%)
	DUKAŁA Arkadiusz	377	PZU SPORT TEAM	Masters M - 40		01:51:43 DNF	04:19:33 DNF	06:40:56 DNF	DNF	DNF		-	- (0.0%)
	BIERNAWSKI Piotr	394	ATTIQ TEAM / SALMING	Masters M - 40		00:57:22 DNF	02:06:34 DNF	DNF	DNF	DNF		-	- (0.0%)
	PARANDYK Krystian	291	NADARZYN BIEGA	Senior II M - 30		01:20:41 DNF	03:20:03 DNF	DNF	DNF	DNF		-	- (0.0%)
	PEISERT Ola	357	BIEGOLOGIA.PL	Senior II K - 30		01:24:44 DNF	03:27:48 DNF	DNF	DNF	DNF		-	- (0.0%)
	SAJEWICZ Piotr	6	TURBINA BAŁAKOWO	Senior II M - 30		01:35:56 DNF	03:44:48 DNF	DNF	DNF	DNF		-	- (0.0%)
	SONNEK Marta	404	KB LUPUS	Senior II K - 30		01:42:58 DNF	04:06:42 DNF	DNF	DNF	DNF		-	- (0.0%)
	STRAMEK Lukasz	212		Senior II M - 30		01:46:52 DNF	04:23:52 DNF	DNF	DNF	DNF		-	- (0.0%)
	HEJMAN Maciej	340	WKURW_TEAM	Masters M - 40		01:49:38 DNF	04:33:30 DNF	DNF	DNF	DNF		-	- (0.0%)
	NAMYŚLAK Renata	160	KOŁO BIEGA	Masters K - 40		01:55:16 DNF	04:36:21 DNF	DNF	DNF	DNF		-	- (0.0%)
	PTASZYŃSKA Anna	105	SPEED FEET '16	Masters K - 40		01:57:32 DNF	04:38:07 DNF	DNF	DNF	DNF		-	- (0.0%)
	POLAK Agnieszka	363	AGIREH	Masters K - 40		01:42:57 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	SIERAKOWSKI Maciej	215		Senior II M - 30		01:49:41 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	SKIBICKA Dorota	372	PZU SPORT TEAM	Masters K - 40		01:51:42 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	SOSULSKA Janina	123	RUNNERS TEAM NYSA	Weteran K - 50		02:08:17 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	MICHALSKA Małgorzata	132	FUDU&CO SPORT TEAM	Masters K - 40		03:00:00 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	MUSIELAK Marek	417	M&M&M&M	Senior II M - 30		DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
	MALIK Agnieszka	414		Masters K - 40		DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	PISZCZAŁKA Tomasz	418	ABY DO METY	Senior II M - 30		DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	KULIK Damian	415		Senior II M - 30		DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	MUSZELAK Magdalena	416		Senior II K - 30		DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	WODZIEN Andrzej	419		Masters M - 40		DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 366 wynik(ów)