

ZŁOTY MARATON - 45 KM

B4SPORT

Wydarzenie: Dolnośląski Festiwal Biegów Górskich
Organizator: Fundacja MARATONY GÓRSKIE
Data: 2020-07-16
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	Różn	Tempo min/km	Tempo km/h
1	KOZIOŁ Damian	5489	MARCINSWIERCTEAM	Senior II M - 30	1	01:01:31	02:07:41	03:02:18	03:55:58.30		5:14	11.4 (100%)
2	ŻUCHOWSKI Daniel	5523	MUAY RUNNING TEAM	Senior II M - 30	2	01:01:23	02:07:30	03:03:55	03:56:01.05	+00:00:02 (0.0%)	5:14	11.4 (100%)
3	SZUMLIŃSKI Piotr	5503	ATTIQ TEAM	Senior II M - 30	3	01:01:14	02:08:37	03:04:46	03:56:03.80	+00:00:05 (0.0%)	5:14	11.4 (100%)
4	CHLUPÁČ Dominik	5466	SPORTOBCHOD.CZ	Senior I M - 20	1	01:00:40	02:07:59	03:04:15	04:01:11.80	+00:05:13 (2.2%)	5:21	11.2 (98.2%)
5	SOBCZAK Daniel	5190	KB SOBÓTKA	Senior II M - 30	4	01:01:51	02:14:12	03:12:11	04:08:12.30	+00:12:14 (4.9%)	5:30	10.9 (95.6%)
6	BIAŁOWAŚ Tomasz	5480	STAJNIA BALONA	Senior II M - 30	5	01:01:57	02:10:23	03:09:33	04:08:50.20	+00:12:51 (5.2%)	5:31	10.9 (95.6%)
7	CHYB Radosław	5435	RUN-PASSION.PL TEAM	Masters M - 40	1	01:02:06	02:12:10	03:15:04	04:14:09.05	+00:18:10 (7.2%)	5:38	10.6 (93.0%)
8	ŚWIDA Adam	5181	MFINANSE	Senior II M - 30	6	01:04:56	02:15:11	03:19:34	04:17:41.25	+00:21:42 (8.4%)	5:43	10.5 (92.1%)
9	FIRLET Daniel	5469	HOSNET SKW IZERY BOGATYNIA	Masters M - 40	2	01:04:14	02:17:35	03:20:23	04:18:54.95	+00:22:56 (8.9%)	5:45	10.4 (91.2%)
10	JUREK Michał	5007		Senior II M - 30	7	01:05:11	02:17:31	03:20:52	04:19:29.20	+00:23:30 (9.1%)	5:45	10.4 (91.2%)
11	TERZONI Christian	5164	PANDA TEAM	Senior II M - 30	8	01:03:03	02:15:11	03:17:49	04:21:11.70	+00:25:13 (9.7%)	5:48	10.3 (90.4%)
12	DEMBSKI Paweł	5188	PRZEDWOJEWSKI MOUNTAIN TEAM	Senior II M - 30	9	01:05:43	02:18:49	03:21:25	04:21:24.30	+00:25:26 (9.7%)	5:48	10.3 (90.4%)
13	MÜLLER Christoph	5375	ZEULENRODA PRESSTECHNIK	Senior II M - 30	10	01:01:14	02:16:19	03:19:17	04:22:06.95	+00:26:08 (10.0%)	5:49	10.3 (90.4%)
14	BRYSZ Michał	5212	SBG PODBIEG	Senior II M - 30	11	01:05:08	02:18:47	03:20:48	04:22:30.20	+00:26:31 (10.1%)	5:50	10.3 (90.4%)
15	FLISIŃSKI Łukasz	5383		Senior II M - 30	12	00:59:48	02:27:51	03:24:21	04:23:52.10	+00:27:53 (10.6%)	5:51	10.2 (89.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Tempo min/km	Tempo km/h
						B1 10km	B2 22km	A15 33km	netto 45km	Różn		
16	JAGIELSKI Łukasz	5404	LESZNO LIMITS RUNNERS	Senior II M - 30	13	01:03:17	02:17:17	03:26:26	04:31:25.15	+00:35:26 (13.1%)	6:01	9.9 (86.8%)
17	GOMOŁYSEK Kinga	5433	KARKONOSZ RUNNING TEAM	Senior II K - 30	1	01:09:16	02:28:10	03:31:58	04:33:02.15	+00:37:03 (13.6%)	6:04	9.9 (86.8%)
18	GRONDYS Paweł	5429		Masters M - 40	3	01:06:56	02:21:40	03:27:18	04:33:10.35	+00:37:12 (13.6%)	6:04	9.9 (86.8%)
19	GRUCEL Sławomir	5513		Senior II M - 30	14	01:10:24	02:27:13	03:32:09	04:34:49.10	+00:38:50 (14.1%)	6:06	9.8 (86.0%)
20	BRZAŃKALSKI Krzysiek	5034	EAZYMUT.PL	Senior I M - 20	2	01:05:54	02:22:07	03:30:28	04:34:52.35	+00:38:54 (14.2%)	6:06	9.8 (86.0%)
21	BANIAK Marcin	5366	G.O.A.T. TEAM MICHAŁOWICE/MŁYN TRAIL MICHAŁOWICE	Masters M - 40	4	01:05:37	02:23:08	03:31:53	04:40:07.30	+00:44:09 (15.8%)	6:13	9.6 (84.2%)
22	HYŻY Piotr	5006	BONNIE & CLYDE	Masters M - 40	5	01:13:15	02:35:03	03:40:37	04:43:08.95	+00:47:10 (16.7%)	6:17	9.5 (83.3%)
23	LASEK Jakub	5310	KW OPOLE	Senior II M - 30	15	01:09:21	02:26:12	03:36:37	04:43:59.25	+00:48:00 (16.9%)	6:18	9.5 (83.3%)
24	MATYSIAK Bartłomiej	5427	WILD ULTRA WARRIORS	Masters M - 40	6	01:08:54	02:28:58	03:40:32	04:44:11.60	+00:48:13 (17.0%)	6:18	9.5 (83.3%)
25	MAŁEK Tomasz	5483		Senior I M - 20	3	01:09:32	02:28:05	03:38:13	04:44:54.70	+00:48:56 (17.2%)	6:19	9.5 (83.3%)
26	PROMIRSKI Norbert	5498		Masters M - 40	7	01:08:58	02:25:41	03:36:17	04:45:03.00	+00:49:04 (17.2%)	6:20	9.5 (83.3%)
27	JURASZEK Andrzej	5295	METHEORA SPORT TEAM	Senior I M - 20	4	01:07:28	02:26:19	03:38:36	04:46:30.35	+00:50:32 (17.6%)	6:22	9.4 (82.5%)
28	SZAFRAŃSKI Jan	5511	PANTHERS WROCŁAW	Senior II M - 30	16	01:13:13	02:33:22	03:41:17	04:48:10.35	+00:52:12 (18.1%)	6:24	9.4 (82.5%)
29	HERCHEL Arkadiusz	5172		Masters M - 40	8	01:14:28	02:33:46	03:41:51	04:51:32.05	+00:55:33 (19.1%)	6:28	9.3 (81.6%)
30	MARKIEWICZ Agnieszka	5041	PRORUNNING PROMOTION	Senior II K - 30	2	01:15:22	02:39:29	03:47:51	04:51:57.00	+00:55:58 (19.2%)	6:29	9.2 (80.7%)
31	CHAJDAS Mateusz	5189	INŻYNIERIA BIEGANIA	Senior I M - 20	5	01:14:19	02:34:15	03:44:05	04:52:28.85	+00:56:30 (19.3%)	6:29	9.2 (80.7%)
32	CHMIELOWIEC Daniel	5051	GORLICKA GRUPA BIEGOWA	Senior II M - 30	17	01:11:03	02:33:57	03:47:03	04:53:21.60	+00:57:23 (19.6%)	6:31	9.2 (80.7%)
33	SIUDEK Robert	5516	MARCIN ŚWIERC TEAM	Senior II M - 30	18	01:13:57	02:35:05	03:47:37	04:53:48.55	+00:57:50 (19.7%)	6:31	9.2 (80.7%)
34	KLIMA Dariusz	5391		Senior II M - 30	19	01:12:26	02:35:32	03:48:32	04:55:24.40	+00:59:26 (20.1%)	6:33	9.1 (79.8%)
35	DĄBROWSKI Mariusz	5430		Weteran I M - 50	1	01:12:16	02:35:48	03:49:19	04:55:32.70	+00:59:34 (20.2%)	6:34	9.1 (79.8%)
36	GORCZYŃSKI Norbert	5037	KUDOWIANKA RUN	Senior I M - 20	6	01:11:15	02:34:27	03:53:42	04:59:51.25	+01:03:52 (21.3%)	6:39	9 (78.9%)
37	KOZANECKI Przemysław	5089	WYBIEGAĆ MARZENIA TEAM	Senior I M - 20	7	01:18:18	02:39:37	03:51:40	04:59:58.55	+01:04:00 (21.3%)	6:39	9 (78.9%)
38	MALINOWSKI Dawid	5505		Senior I M - 20	8	01:16:25	02:41:56	03:53:55	05:00:13.65	+01:04:15 (21.4%)	6:40	9 (78.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Tempo min/km	Tempo km/h
						B1 10km	B2 22km	A15 33km	netto 45km	Różn		
39	RINK Jan	5138		Masters M - 40	9	01:15:07	02:38:27	03:52:33	05:00:32.60	+01:04:34 (21.5%)	6:40	9 (78.9%)
40	WIERBICKI Krystian	5287		Masters M - 40	10	01:20:12	02:50:10	04:01:53	05:03:04.25	+01:07:05 (22.1%)	6:44	8.9 (78.1%)
41	KĘPSKI Robert	5187		Masters M - 40	11	01:21:28	02:47:23	03:57:53	05:04:00.70	+01:08:02 (22.4%)	6:45	8.9 (78.1%)
42	LACH Sebastian	5372		Masters M - 40	12	01:19:51			05:05:04.40	+01:09:06 (22.7%)	6:46	8.9 (78.1%)
43	POPIEL Andrzej	5106	POPSMART.PL	Senior II M - 30	20	01:13:55	02:39:35	03:55:04	05:05:50.75	+01:09:52 (22.8%)	6:47	8.8 (77.2%)
44	JANKOWSKI Sebastian	5477	WIELISZEW HERON TEAM	Masters M - 40	13	01:18:11	02:43:51	03:56:56	05:06:10.55	+01:10:12 (22.9%)	6:48	8.8 (77.2%)
45	SPYCHALSKI Adam	5313		Masters M - 40	14	01:10:14	02:37:18	03:50:30	05:06:28.30	+01:10:30 (23.0%)	6:48	8.8 (77.2%)
46	WANIOWSKI Jan Jakub	5403		Senior II M - 30	21	01:15:09	02:38:45	03:53:02	05:07:16.40	+01:11:18 (23.2%)	6:49	8.8 (77.2%)
47	MATUŠKA Filip	5303	THERMO FISHER RUNNING TEAM	Masters M - 40	15	01:11:30	02:36:41	03:55:01	05:09:32.20	+01:13:33 (23.8%)	6:52	8.7 (76.3%)
48	JĘDZURA Daniel	5349	BP RUNNING TEAM GLIWICE	Masters M - 40	16	01:17:10	02:42:54	03:58:49	05:09:42.40	+01:13:44 (23.8%)	6:52	8.7 (76.3%)
49	PAWŁOWSKI Tomasz	5203		Masters M - 40	17	01:16:31	02:37:57	03:50:08	05:11:02.05	+01:15:03 (24.1%)	6:54	8.7 (76.3%)
50	SOSNOWSKI Roman	5119	LACHO TEAM	Weteran I M - 50	2	01:23:39	02:53:02	04:06:29	05:12:03.70	+01:16:05 (24.4%)	6:56	8.7 (76.3%)
51	ŻURAWSKI Sławomir	5002	PGBSPORTOWAPACZKA	Masters M - 40	18	01:16:59	02:41:50	03:57:58	05:12:18.10	+01:16:19 (24.4%)	6:56	8.6 (75.4%)
52	SOBOLEWSKI Dariusz	5444	BOREL MARATHON TEAM	Senior II M - 30	22	01:25:13			05:12:58.30	+01:17:00 (24.6%)	6:57	8.6 (75.4%)
53	BERG Aleksander	5179		Senior II M - 30	23	01:13:07	02:37:54	03:56:34	05:13:20.30	+01:17:22 (24.7%)	6:57	8.6 (75.4%)
54	JAKUBOWSKI Marcin	5005	GRUNWALD TEAM POZNAŃ	Senior II M - 30	24	01:25:05	02:50:26	04:03:45	05:13:48.45	+01:17:50 (24.8%)	6:58	8.6 (75.4%)
55	SUSMANEK Joanna	5358	EY RUN4FUN	Senior II K - 30	3	01:23:52	02:55:56	04:09:15	05:14:32.55	+01:18:34 (25.0%)	6:59	8.6 (75.4%)
56	HOŁOWACZ Andrzej	5345		Masters M - 40	19	01:16:38	02:48:06	04:03:02	05:16:13.80	+01:20:15 (25.4%)	7:01	8.5 (74.6%)
57	WOŁOSZ Kacper	5382	BLUE RUNNER	Senior II M - 30	25	01:19:04	02:44:33	04:01:05	05:18:37.90	+01:22:39 (25.9%)	7:04	8.5 (74.6%)
58	POPRAWSKI Paweł	5517		Senior II M - 30	26	01:17:49	02:42:25	03:55:58	05:19:14.20	+01:23:15 (26.1%)	7:05	8.5 (74.6%)
59	TOKARCZYK Marcin	5057	ATHLETICS NYSA	Masters M - 40	20	01:16:22	02:47:10	04:05:42	05:20:18.25	+01:24:19 (26.3%)	7:07	8.4 (73.7%)
60	ADAM Piotr	5416	WROCLAW MARATHON TEAM	Masters M - 40	21	01:19:07	02:49:24	04:08:47	05:22:12.45	+01:26:14 (26.8%)	7:09	8.4 (73.7%)
61	MOŁODECKI Paweł	5462		Masters M - 40	22	01:19:30	02:50:37	04:04:30	05:23:20.95	+01:27:22 (27.0%)	7:11	8.4 (73.7%)

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						B1 10km	B2 22km	A15 33km	netto 45km	Różn		
62	WŁODARCZYK Jarosław	5431	ZORKA JELONKI RUNNING TEAM	Masters M - 40	23	01:12:30	02:41:12	04:01:49	05:23:36.85	+01:27:38 (27.1%)	7:11	8.3 (72.8%)
63	WUJDA Mirosław	5183	ERNI RULEZ	Masters M - 40	24	01:28:21	03:04:01	04:19:17	05:24:06.60	+01:28:08 (27.2%)	7:12	8.3 (72.8%)
64	SANCHIS Davy	5425	TOUT CHAILLES COURT	Masters M - 40	25	01:20:08	02:51:07	04:13:27	05:24:18.20	+01:28:19 (27.2%)	7:12	8.3 (72.8%)
65	BARANOWSKI Jacek	5496	JACEKBIEGA RUNNING TEAM	Masters M - 40	26	01:23:37	02:53:25	04:13:04	05:26:14.90	+01:30:16 (27.7%)	7:15	8.3 (72.8%)
66	CZAJKOWSKI Krzysztof	5159	KOŁO BIEGA	Masters M - 40	27	01:17:19	02:45:20	04:07:14	05:27:14.15	+01:31:15 (27.9%)	7:16	8.3 (72.8%)
67	KLYSZCZ Michał	5325	IZBICKO W BIEGU	Senior I M - 20	9	01:26:18	03:01:57	04:19:54	05:30:47.20	+01:34:48 (28.7%)	7:21	8.2 (71.9%)
68	BURZEC Tomasz	5438	HFB	Masters M - 40	28	01:17:55	02:51:32	04:11:10	05:31:19.80	+01:35:21 (28.8%)	7:21	8.1 (71.1%)
69	ZDZIECHOWICZ Natalia	5012	AZS UJ	Senior I K - 20	1	01:23:56	02:50:17	04:10:53	05:31:24.35	+01:35:26 (28.8%)	7:21	8.1 (71.1%)
70	NOWAK Marcin	5474	KRAKOWIAK ULTRA TEAM	Senior II M - 30	27	01:19:00	02:52:33	04:17:35	05:31:42.25	+01:35:43 (28.9%)	7:22	8.1 (71.1%)
71	CHUDY Piotr	5224	KLIMA-ELEKTRO.PL	Masters M - 40	29	01:25:08	02:55:21	04:14:54	05:33:16.30	+01:37:18 (29.2%)	7:24	8.1 (71.1%)
72	STROF Marcin	5274	EKO-OKNA RUNNERS	Senior II M - 30	28	01:20:21	02:50:21	04:11:39	05:34:11.20	+01:38:12 (29.4%)	7:25	8.1 (71.1%)
73	LEWANDOWSKI Wojciech	5456		Masters M - 40	30	01:19:06	02:53:40	04:16:24	05:34:43.10	+01:38:44 (29.5%)	7:26	8.1 (71.1%)
74	FERENC-SZMUC Edyta	5282	KUDOWIANKA RUN	Senior II K - 30	4	01:25:36	02:56:41	04:16:41	05:35:02.50	+01:39:04 (29.6%)	7:26	8.1 (71.1%)
75	CICHOŃ Magdalena	5458		Masters K - 40	1	01:29:46	03:05:04	04:22:09	05:35:11.85	+01:39:13 (29.6%)	7:26	8.1 (71.1%)
76	LASOCKI Marcin	5103	12TRI.PL / TEAM ZABIEGANEDNI	Masters M - 40	31	01:16:44	02:47:02	04:11:20	05:35:46.65	+01:39:48 (29.7%)	7:27	8 (70.2%)
77	GRUSZKA Janusz	5450	KITA TEAM	Senior II M - 30	29	01:19:21	02:51:38	04:14:29	05:36:26.15	+01:40:27 (29.9%)	7:28	8 (70.2%)
78	BABIARZ Jacek	5451	KITA TEAM	Senior II M - 30	30	01:19:33	02:51:49	04:15:11	05:36:37.95	+01:40:39 (29.9%)	7:28	8 (70.2%)
79	ZAWADA Mateusz	5269	ZARAŻENI BÓLEM	Senior I M - 20	10	01:28:22	02:57:51	04:20:34	05:37:03.40	+01:41:05 (30.0%)	7:29	8 (70.2%)
80	WASIAKOWSKI Norbert	5290	ORANGE POLSKA	Masters M - 40	32	01:21:41	02:48:38	04:08:11	05:37:35.60	+01:41:37 (30.1%)	7:30	8 (70.2%)
81	BOROWIEC Bartosz	5247	PRO-RUN WROCŁAW	Senior II M - 30	31	01:19:22	02:51:56	04:14:23	05:39:02.40	+01:43:04 (30.4%)	7:32	8 (70.2%)
82	ZYCH Katarzyna	5003	BONNIE & CLYDE	Masters K - 40	2	01:24:04	03:01:39	04:22:02	05:41:14.55	+01:45:16 (30.8%)	7:34	7.9 (69.3%)
83	MAŚLAK Radomił	5413	STARE BABICE BIEGAJĄ	Masters M - 40	33	01:23:48	03:00:26	04:21:57	05:41:48.00	+01:45:49 (31.0%)	7:35	7.9 (69.3%)
84	MAZIK Wojciech	5512		Senior I M - 20	11	01:21:51	02:49:59	04:14:08	05:42:10.65	+01:46:12 (31.0%)	7:36	7.9 (69.3%)

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						B1 10km	B2 22km	A15 33km	netto 45km	Różn		
85	BIEL Sławomir	5196		Senior II M - 30	32	01:20:50	02:57:41	04:22:31	05:43:08.20	+01:47:09 (31.2%)	7:37	7.9 (69.3%)
86	RŮŽIČKA Lukáš	5519	RUNSPORT TEAM	Senior II M - 30	33	01:25:45	02:59:39	04:18:13	05:43:23.00	+01:47:24 (31.3%)	7:37	7.9 (69.3%)
87	STRAUCHOLD Anna	5169	PRO RUN WROCŁAW	Masters K - 40	3	01:26:42	03:03:08	04:26:29	05:44:03.00	+01:48:04 (31.4%)	7:38	7.8 (68.4%)
88	MAZUREK Artur	5389	GMINA LUDZI Z PASJĄ	Weteran I M - 50	3	01:25:48	02:59:48	04:22:25	05:44:05.55	+01:48:07 (31.4%)	7:38	7.8 (68.4%)
89	ŚMIECHOWSKI Michał	5514	PANTHERS WROCŁAW	Senior II M - 30	34	01:13:59	02:43:48	04:16:59	05:45:05.70	+01:49:07 (31.6%)	7:40	7.8 (68.4%)
90	CHOJECKI Paweł	5398	ZBUCKI RUCH	Masters M - 40	34	01:22:34	03:00:43	04:23:34	05:45:47.30	+01:49:49 (31.8%)	7:41	7.8 (68.4%)
91	NOWAK Paweł	5525		Weteran II M - 60	1	01:27:04	03:07:17	04:30:37	05:46:41.15	+01:50:42 (31.9%)	7:42	7.8 (68.4%)
92	LAMEK Andrzej	5321	AKTYWNY OSTRZESZÓW	Weteran I M - 50	4	01:25:13	03:03:55	04:27:46	05:47:13.95	+01:51:15 (32.0%)	7:42	7.8 (68.4%)
93	BRUDEREK Tomasz	5333	PRIMUM CURRERE	Masters M - 40	35	01:25:18	03:04:29	04:27:31	05:47:15.00	+01:51:16 (32.0%)	7:43	7.8 (68.4%)
94	SKWAREK Marcin	5340	SMASHING PĄPKINS	Senior II M - 30	35	01:22:31	02:59:29	04:25:10	05:47:16.75	+01:51:18 (32.1%)	7:43	7.8 (68.4%)
95	KUĆ Jarosław	5050	LACHO TEAM	Weteran I M - 50	5	01:23:29	02:56:19	04:24:00	05:47:54.60	+01:51:56 (32.2%)	7:43	7.8 (68.4%)
96	CZARNECKI Zbigniew	5415	STARE BABICE BIEGAJĄ	Weteran I M - 50	6	01:24:22	03:02:23	04:26:29	05:48:12.00	+01:52:13 (32.2%)	7:44	7.8 (68.4%)
97	WANDEL Piotr	5105	PRO-RUN	Masters M - 40	36	01:26:31	03:03:00	04:27:01	05:49:18.20	+01:53:19 (32.4%)	7:45	7.7 (67.5%)
98	ŻEBROWSKI Juliusz	5262	BORN TO RUN	Senior I M - 20	12	01:23:51	02:58:48	04:31:55	05:49:23.50	+01:53:25 (32.5%)	7:45	7.7 (67.5%)
99	GAŁECKI Robert	5437	HFB	Senior II M - 30	36	01:17:44	02:51:22	04:23:27	05:50:34.95	+01:54:36 (32.7%)	7:47	7.7 (67.5%)
100	WOJCIECHOWSKI Dariusz	5468	KRAKOWIAK ULTRA TEAM	Masters M - 40	37	01:24:53	03:00:25	04:28:26	05:50:51.30	+01:54:53 (32.7%)	7:47	7.7 (67.5%)
101	PARANDYK Krystian	5417		Senior II M - 30	37	01:25:33	03:06:33	04:31:05	05:51:10.70	+01:55:12 (32.8%)	7:48	7.7 (67.5%)
102	KOWALCZYK Adam	5518		Masters M - 40	38	01:28:19	03:07:40	04:32:04	05:52:18.80	+01:56:20 (33.0%)	7:49	7.7 (67.5%)
103	RÓLKA Mariola	5471	BRACIA PIETRZAK RUNNING TEAM	Masters K - 40	4	01:27:57	03:09:25	04:36:38	05:52:43.75	+01:56:45 (33.1%)	7:50	7.7 (67.5%)
104	MICHAŁ Łubian	5371	CSIOZ	Masters M - 40	39	01:25:55	03:04:14	04:27:47	05:53:37.15	+01:57:38 (33.3%)	7:51	7.6 (66.7%)
105	POCIEJOWSKI Fryderyk	5099		Senior II M - 30	38	01:22:28	02:59:15	04:25:52	05:53:38.65	+01:57:40 (33.3%)	7:51	7.6 (66.7%)
106	PIKOS Patryk	5083		Senior II M - 30	39	01:19:04	02:52:31	04:25:06	05:54:25.75	+01:58:27 (33.4%)	7:52	7.6 (66.7%)
107	WANSKI Michał	5347		Masters M - 40	40	01:28:34	03:02:51	04:28:21	05:54:29.95	+01:58:31 (33.4%)	7:52	7.6 (66.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Tempo min/km	Tempo km/h
						B1 10km	B2 22km	A15 33km	netto 45km	Różn		
108	GWOZDECKI Tomasz	5125	ZWYCZUCIEMSMAKU.PL	Senior II M - 30	40	01:21:59	03:01:59	04:31:05	05:54:35.60	+01:58:37 (33.5%)	7:52	7.6 (66.7%)
109	SNARSKI Piotr	5394	ADIDAS RUNNERS WARSAW	Senior II M - 30	41	01:27:19	03:05:36	04:34:31	05:54:39.75	+01:58:41 (33.5%)	7:52	7.6 (66.7%)
110	BIAŁEK Mirosław	5168	WRONIECKI KLUB BIEGACZA - PANDA TEAM	Senior II M - 30	42	01:28:59	03:10:16	04:37:05	05:55:01.20	+01:59:02 (33.5%)	7:53	7.6 (66.7%)
111	MŁYNARCZYK Krzysztof	5428		Masters M - 40	41	01:30:10	03:12:26	04:35:33	05:56:39.00	+02:00:40 (33.8%)	7:55	7.6 (66.7%)
112	BEDNARZ Marta	5385	ADIDAS WARSAW RUNNERS	Senior II K - 30	5	01:27:37	03:10:21	04:35:56	05:57:30.85	+02:01:32 (34.0%)	7:56	7.6 (66.7%)
113	PUDELKO Roman	5419		Senior II M - 30	43	01:30:11	03:13:02	04:39:26	05:57:43.65	+02:01:45 (34.0%)	7:56	7.5 (65.8%)
114	ABRAMOWICZ Agata	5304		Senior I K - 20	2	01:26:13	03:07:25	04:35:30	05:57:49.55	+02:01:51 (34.1%)	7:57	7.5 (65.8%)
115	ZERZUT Jarosław	5045	ŚRUNDUNIA SZCZECIN	Weteran I M - 50	7	01:31:38	03:07:24	04:35:15	05:58:35.45	+02:02:37 (34.2%)	7:58	7.5 (65.8%)
116	BARAŃSKI Paweł	5354	WIECHLICE RUN	Senior II M - 30	44	01:27:28	03:03:26	04:34:51	05:59:13.00	+02:03:14 (34.3%)	7:58	7.5 (65.8%)
117	WRÓBLEWSKI Radosław	5243	VELUX	Senior II M - 30	45	01:35:08	03:15:11	04:37:10	05:59:55.25	+02:03:56 (34.4%)	7:59	7.5 (65.8%)
118	KARCZEWSKI Andrzej	5363		Senior II M - 30	46				06:00:00.00	+02:04:01 (34.5%)	8:00	7.5 (65.8%)
119	CZERWIŃSKI Łukasz	5066	RAFFLES EUROPEJSKI WARSAW	Masters M - 40	42	01:22:00	02:55:55	04:33:26	06:00:31.80	+02:04:33 (34.5%)	8:00	7.5 (65.8%)
120	HORDEY Yaroslav	5461	SPRINTERPRĄDY	Masters M - 40	43	01:17:30	02:45:34	04:45:13	06:01:00.50	+02:05:02 (34.6%)	8:01	7.5 (65.8%)
121	JARNOT Konrad	5194	BIEGAM W KATO ;)	Senior II M - 30	47	01:35:53	03:13:40	04:39:33	06:01:14.30	+02:05:16 (34.7%)	8:01	7.5 (65.8%)
122	PASZKIEWICZ Józef	5390		Senior II M - 30	48	01:28:38	03:04:09	04:32:57	06:01:24.35	+02:05:26 (34.7%)	8:01	7.5 (65.8%)
123	STYK Marek	5205		Senior II M - 30	49	01:30:46	03:03:59	04:33:13	06:01:29.45	+02:05:31 (34.7%)	8:02	7.5 (65.8%)
124	WOŹNIAK Paweł	5217	KLEP	Masters M - 40	44	01:20:09	03:01:17	04:29:52	06:01:42.65	+02:05:44 (34.8%)	8:02	7.5 (65.8%)
125	KIŃCZYK Tomasz	5488	TERMY JAKUBA	Masters M - 40	45	01:35:08	03:16:02	04:43:29	06:01:48.65	+02:05:50 (34.8%)	8:02	7.5 (65.8%)
126	STASIAK Włodzimierz Stasiak	5040	PRO-RUN WROCŁAW	Senior II M - 30	50	01:26:22	03:07:00	04:37:31	06:01:58.15	+02:05:59 (34.8%)	8:02	7.5 (65.8%)
127	LEJA Wojciech	5232	LEJOWIE	Senior I M - 20	13	01:23:05	03:00:26	04:32:24	06:02:04.05	+02:06:05 (34.8%)	8:02	7.5 (65.8%)
128	BIŃCZARSKI Patryk	5060		Senior II M - 30	51	01:28:47	03:11:50	04:41:22	06:02:22.10	+02:06:23 (34.9%)	8:03	7.5 (65.8%)
129	HŁASKO Ania	5284		Senior I K - 20	3	01:29:13	03:08:24	04:39:01	06:05:21.70	+02:09:23 (35.4%)	8:07	7.4 (64.9%)
130	RUDNICKI Krzysztof	5343		Senior II M - 30	52	01:30:13	03:14:31	04:42:19	06:05:38.10	+02:09:39 (35.5%)	8:07	7.4 (64.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Tempo min/km	Tempo km/h
						B1 10km	B2 22km	A15 33km	netto 45km	Różn		
131	CEBULA Grzegorz	5457		Weteran I M - 50	8	01:22:42	03:07:37	04:38:48	06:06:49.05	+02:10:50 (35.7%)	8:09	7.4 (64.9%)
132	KIEŁCZYŃSKI Rajmund	5023	OVER 40 TEAM	Masters M - 40	46	01:35:36	03:22:51	04:50:02	06:07:19.85	+02:11:21 (35.8%)	8:09	7.4 (64.9%)
133	WARZECHA Teresa	5367	RUNNERS TEAM NYSA	Weteran K - 50	1	01:33:39	03:15:28	04:44:20	06:07:58.20	+02:11:59 (35.9%)	8:10	7.3 (64.0%)
134	POPŁAWSKI Piotr	5432	PGB SPORTOWA PACZKA	Senior II M - 30	53	01:34:27	03:24:10	04:50:24	06:09:18.35	+02:13:20 (36.1%)	8:12	7.3 (64.0%)
135	ANTOSIAK Tomasz	5501	TMTEAM	Senior II M - 30	54	01:26:41	03:12:26	04:43:33	06:09:52.35	+02:13:54 (36.2%)	8:13	7.3 (64.0%)
136	ŚLIWKA Arkadiusz	5182	OLZA CIESZYN	Masters M - 40	47	01:27:22	03:10:40	04:41:48	06:09:57.30	+02:13:59 (36.2%)	8:13	7.3 (64.0%)
137	OSMOLAK Agnieszka	5210	PRO-RUN WROCŁAW	Senior II K - 30	6	01:33:46	03:17:17	04:46:04	06:10:17.85	+02:14:19 (36.3%)	8:13	7.3 (64.0%)
138	BIELECKI Robert	5027	KEEN ON RUNNING	Weteran I M - 50	9	01:33:00	03:13:34	04:44:32	06:11:25.25	+02:15:26 (36.5%)	8:15	7.3 (64.0%)
139	GONCERZEWICZ Anna	5350	BASSET ROLLING TEAM/STARE BABICE BIEGAJA	Senior II K - 30	7	01:40:19	03:23:40	04:47:54	06:11:26.50	+02:15:28 (36.5%)	8:15	7.3 (64.0%)
140	SKOKOWSKI Jacek	5047	ŚRUNDUNIA SZCZECIN	Weteran I M - 50	10	01:33:44	03:19:21	04:50:33	06:11:33.15	+02:15:34 (36.5%)	8:15	7.3 (64.0%)
141	WIATER Tomasz	5042		Masters M - 40	48	01:19:53	02:52:25	04:35:12	06:12:08.65	+02:16:10 (36.6%)	8:16	7.3 (64.0%)
142	DRAGANEK Ewelina	5202		Senior II K - 30	8	01:30:35	03:13:54	04:45:07	06:12:46.00	+02:16:47 (36.7%)	8:17	7.2 (63.2%)
143	GORALEWSKI Mateusz	5162		Senior II M - 30	55				06:13:12.00	+02:17:13 (36.8%)	8:17	7.2 (63.2%)
144	WIERZBICKI Daniel	5241	EBIEGI.PL	Senior II M - 30	56	01:37:30	03:27:38	04:56:36	06:13:17.40	+02:17:19 (36.8%)	8:17	7.2 (63.2%)
145	WIERZBICKA Beata	5240	EBIEGI.PL	Senior II K - 30	9	01:37:39	03:27:47	04:56:45	06:13:21.35	+02:17:23 (36.8%)	8:17	7.2 (63.2%)
146	WERNO Bartłomiej	5271		Senior II M - 30	57	01:26:35	03:02:35	04:34:33	06:13:44.55	+02:17:46 (36.9%)	8:18	7.2 (63.2%)
147	STELMACH Krzysztof	5206		Masters M - 40	49	01:32:20	03:13:57	04:45:17	06:15:41.85	+02:19:43 (37.2%)	8:20	7.2 (63.2%)
148	TURLEJ Dariusz	5211	KONDYCJA	Weteran II M - 60	2	01:38:08	03:23:37	04:52:01	06:16:51.35	+02:20:53 (37.4%)	8:22	7.2 (63.2%)
149	BODZIOCH Grzegorz	5011	GORLICKA GRUPA BIEGOWA	Masters M - 40	50	01:38:55	03:22:04	04:51:52	06:17:01.80	+02:21:03 (37.4%)	8:22	7.2 (63.2%)
150	ZŁOTNICKA Olga	5118		Masters K - 40	5	01:37:04	03:25:05	04:55:11	06:18:15.75	+02:22:17 (37.6%)	8:24	7.1 (62.3%)
151	SKURZYŃSKI Mariusz	5075		Masters M - 40	51	01:30:19	03:18:02	04:51:52	06:18:16.25	+02:22:17 (37.6%)	8:24	7.1 (62.3%)
152	KOWALCZYK Rafał	5351	ASICS FRONTRUNNER POLAND	Senior I M - 20	14	01:29:37	03:12:21	04:45:19	06:18:25.15	+02:22:26 (37.6%)	8:24	7.1 (62.3%)
153	SIENNICA Joanna	5097		Masters K - 40	6	01:37:16	03:25:15	04:55:23	06:18:25.80	+02:22:27 (37.6%)	8:24	7.1 (62.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Tempo min/km	Tempo km/h
						B1 10km	B2 22km	A15 33km	netto 45km	Różn		
154	FRONCZKOWSKA Barbara	5281		Senior II K - 30	10	01:38:23	03:25:09	04:55:14	06:19:38.20	+02:23:39 (37.8%)	8:26	7.1 (62.3%)
155	PARFIENIUK Michał	5348	BIAŁYSTOK BIEGA TEAM	Senior I M - 20	15	01:36:56	03:26:50	05:00:09	06:20:03.50	+02:24:05 (37.9%)	8:26	7.1 (62.3%)
156	DOBEK Tomasz	5297	BIEGAMPŁOCK TEAM	Masters M - 40	52	01:34:43	03:16:37	04:47:25	06:20:30.75	+02:24:32 (38.0%)	8:27	7.1 (62.3%)
157	ŻEHALUK Paweł	5280		Senior I M - 20	16	02:04:53	03:38:06	04:59:30	06:21:20.05	+02:25:21 (38.1%)	8:28	7.1 (62.3%)
158	GŁUSZKO Krzysztof	5215	MIRA TEAM	Weteran II M - 60	3	01:31:10	03:14:01	04:53:11	06:22:13.35	+02:26:15 (38.3%)	8:29	7.1 (62.3%)
159	ROSIECKI Marcin	5267		Masters M - 40	53	01:26:53	03:09:55	04:46:13	06:22:37.45	+02:26:39 (38.3%)	8:30	7.1 (62.3%)
160	GŁOWACKI Krzysztof	5126		Senior II M - 30	58	01:23:52	03:10:03	04:52:29	06:24:02.35	+02:28:04 (38.6%)	8:32	7 (61.4%)
161	GINTER Grzegorz	5436	AZS COLLEGIUM MEDICUM UJ	Senior II M - 30	59	01:37:04	03:24:42	04:55:25	06:24:22.15	+02:28:23 (38.6%)	8:32	7 (61.4%)
162	ŁOAZA Krzysztof	5065	NIGHT RUNNERS PYSKOWICE	Masters M - 40	54	01:42:15	03:21:42	04:56:57	06:24:39.35	+02:28:41 (38.7%)	8:32	7 (61.4%)
163	GOŁUCKI Przemysław	5218		Masters M - 40	55	01:35:11	03:17:01	04:50:52	06:24:43.80	+02:28:45 (38.7%)	8:32	7 (61.4%)
164	GÓRECKA Milena	5165	PANDA TEAM	Senior II K - 30	11	01:44:34	03:36:13	05:07:07	06:25:06.85	+02:29:08 (38.7%)	8:33	7 (61.4%)
165	KISIEL Krzysztof	5081	CYKLO KWIDZYN	Masters M - 40	56	01:36:22	03:22:37	04:59:11	06:25:25.15	+02:29:26 (38.8%)	8:33	7 (61.4%)
166	KWIATKOWSKI Tomasz	5275	KWIDZYN BIEGA	Senior II M - 30	60	01:37:41	03:25:52	04:56:32	06:26:02.35	+02:30:04 (38.9%)	8:34	7 (61.4%)
167	BATURO Artur	5226	MARCINOWICE TEAM	Masters M - 40	57	01:28:19	03:17:15	04:52:26	06:26:06.00	+02:30:07 (38.9%)	8:34	7 (61.4%)
168	JAWORSKI Łukasz	5249		Masters M - 40	58	01:37:49	03:20:34	04:57:19	06:26:29.60	+02:30:31 (38.9%)	8:35	7 (61.4%)
169	CHĘCIŃSKI Łukasz	5121		Masters M - 40	59	01:34:13	03:15:22	04:53:14	06:26:43.10	+02:30:44 (39.0%)	8:35	7 (61.4%)
170	MARCINIAK Rafał	5410		Senior II M - 30	61	01:33:30	03:22:51	04:58:37	06:26:50.50	+02:30:52 (39.0%)	8:35	7 (61.4%)
171	GMAJ Daniel	5128	1983	Senior II M - 30	62	01:39:07	03:23:19	04:55:00	06:27:22.25	+02:31:23 (39.1%)	8:36	7 (61.4%)
172	JANISZEWSKI Dominik	5061		Senior II M - 30	63	01:37:31	03:22:55	05:01:09	06:27:34.05	+02:31:35 (39.1%)	8:36	7 (61.4%)
173	KUJAWSKA Agnieszka	5098		Masters K - 40	7	01:36:03	03:26:37	04:58:18	06:27:34.65	+02:31:36 (39.1%)	8:36	7 (61.4%)
174	HENECZKOWSKA Anna	5263	BORN TO RUN	Senior I K - 20	4	01:26:26	03:08:21	04:51:26	06:28:11.15	+02:32:12 (39.2%)	8:37	7 (61.4%)
175	KŁODA Dariusz	5018	DRUŻYNA SZPIKU	Masters M - 40	60	01:37:52	03:23:59	05:00:26	06:29:06.20	+02:33:07 (39.4%)	8:38	6.9 (60.5%)
176	PTASZYŃSKI Krzysztof	5131		Senior I M - 20	17	01:38:31	03:27:53	05:02:29	06:29:43.25	+02:33:44 (39.5%)	8:39	6.9 (60.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Tempo min/km	Tempo km/h
						B1 10km	B2 22km	A15 33km	netto 45km	Różn		
177	SAJEWICZ Grzegorz	5320		Senior II M - 30	64	01:48:48	03:32:53	05:02:38	06:29:48.90	+02:33:50 (39.5%)	8:39	6.9 (60.5%)
178	KRUCZEK Mirosław	5086	KW OPOLE	Weteran I M - 50	11	01:31:56	03:18:34	04:50:33	06:30:31.05	+02:34:32 (39.6%)	8:40	6.9 (60.5%)
179	KLOSEK Jacek	5502	INSTAL-TECH TEAM	Senior II M - 30	65	01:40:10	03:26:28	04:58:37	06:30:44.70	+02:34:46 (39.6%)	8:41	6.9 (60.5%)
180	ILKÓW Marcin	5307	NSK RUNS	Masters M - 40	61	01:27:12	03:10:44	04:51:38	06:30:47.05	+02:34:48 (39.6%)	8:41	6.9 (60.5%)
181	BOROWSKI Tomasz	5423	HAMER	Weteran I M - 50	12	01:31:23	03:25:31	05:07:12	06:31:38.25	+02:35:39 (39.7%)	8:42	6.9 (60.5%)
182	PSZENICZNA Joanna	5013	VEGE RUNNERS	Senior II K - 30	12	01:39:34	03:32:22	05:03:52	06:31:53.55	+02:35:55 (39.8%)	8:42	6.9 (60.5%)
183	DZIUBEK Monika	5236	W POGONI ZA DUCHEM	Masters K - 40	8	01:40:17	03:31:34	05:07:05	06:32:28.05	+02:36:29 (39.9%)	8:43	6.9 (60.5%)
184	KÓZKA Przem	5335	BIEGAM, BO NIE LUBIĘ	Masters M - 40	62	01:27:35	03:16:17	04:57:09	06:33:10.80	+02:37:12 (40.0%)	8:44	6.9 (60.5%)
185	KUŻEL Adrian	5147	LATAJACE GRYFY	Masters M - 40	63	01:38:18	03:31:45	05:04:58	06:33:12.40	+02:37:14 (40.0%)	8:44	6.9 (60.5%)
186	CHYLIŃSKI Sławomir	5149	KASTA Z MAŁEGO MIASTA	Masters M - 40	64	01:38:20	03:31:54	05:05:08	06:33:20.30	+02:37:22 (40.0%)	8:44	6.9 (60.5%)
187	TWARDOWSKI Krzysztof	5222	AMATOR	Weteran I M - 50	13	01:35:51	03:27:02	05:04:49	06:33:27.90	+02:37:29 (40.0%)	8:44	6.9 (60.5%)
188	ŚWIATOWIEC Anna	5062		Masters K - 40	9	01:41:50	03:32:07	05:05:50	06:34:30.60	+02:38:32 (40.2%)	8:46	6.8 (59.6%)
189	OLSZEWSKI Michał	5293		Masters M - 40	65	01:36:19	03:26:05	05:00:05	06:34:48.30	+02:38:50 (40.2%)	8:46	6.8 (59.6%)
190	GIEL Jarosław	5096	NKB CHYŻY	Senior II M - 30	66	01:38:33	03:30:49	05:09:09	06:35:13.70	+02:39:15 (40.3%)	8:46	6.8 (59.6%)
191	NOWAK Krystian	5184	NKB CHYŻY NOWY TOMYŚL	Senior I M - 20	18	01:46:30	03:37:37	05:10:33	06:35:24.15	+02:39:25 (40.3%)	8:47	6.8 (59.6%)
192	ZAŁUSKI Piotr	5238	PECNA TEAM	Masters M - 40	66	01:39:13	03:27:03	05:11:16	06:35:30.35	+02:39:32 (40.3%)	8:47	6.8 (59.6%)
193	WIERZCHOŃ Michał	5033		Masters M - 40	67	01:32:58	03:22:55	05:03:15	06:35:37.15	+02:39:38 (40.4%)	8:47	6.8 (59.6%)
194	KIERSKI Jan	5186	AZS POLITECHNIKA WARSZAWSKA	Senior I M - 20	19	01:34:58	03:25:35	05:05:05	06:35:54.85	+02:39:56 (40.4%)	8:47	6.8 (59.6%)
195	SZKÓDLIŃSKI Bartosz	5025	ODDYCHAJSWOBODNIE.PL	Masters M - 40	68	01:40:13	03:29:15	05:07:09	06:36:20.45	+02:40:22 (40.5%)	8:48	6.8 (59.6%)
196	SZYMANIK Paweł	5309	REEBOK RUN CREW	Masters M - 40	69	01:59:11	03:43:45	05:10:28	06:36:35.30	+02:40:37 (40.5%)	8:48	6.8 (59.6%)
197	LASZEWSKI Mateusz	5123	ZAYAVA	Senior I M - 20	20	01:39:17	03:29:57	04:59:44	06:36:47.50	+02:40:49 (40.5%)	8:49	6.8 (59.6%)
198	SZYNDLAREWICZ Tomasz	5277	VOLVO POLSKA	Masters M - 40	70	01:32:18	03:25:03	05:04:35	06:36:59.60	+02:41:01 (40.6%)	8:49	6.8 (59.6%)
199	OLESIŃSKA Martyna	5506	W POGONI ZA DUCHEM	Senior II K - 30	13	01:40:08	03:31:31	05:09:34	06:39:00.05	+02:43:01 (40.9%)	8:52	6.8 (59.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Tempo min/km	Tempo km/h
						B1 10km	B2 22km	A15 33km	netto 45km	Różn		
200	LEŚNIAK Marcin	5137	ZARAŻENI BÓLEM	Senior II M - 30	67	01:35:55	03:29:48	05:06:18	06:39:01.60	+02:43:03 (40.9%)	8:52	6.8 (59.6%)
201	KARDAS Piotr	5155		Masters M - 40	71	01:37:24	03:23:37	05:05:46	06:40:24.40	+02:44:26 (41.1%)	8:53	6.7 (58.8%)
202	KOLAJ Ewelina	5515		Senior II K - 30	14	01:44:02	03:40:22	05:15:43	06:40:26.55	+02:44:28 (41.1%)	8:53	6.7 (58.8%)
203	ZALEWSKA Agata	5379	KLUB BIEGACZA BOLESŁAWIEC	Senior II K - 30	15	01:40:46	03:33:02	05:08:27	06:40:29.70	+02:44:31 (41.1%)	8:54	6.7 (58.8%)
204	ZMYSŁOWSKI Piotr	5276	KKM MXTECH CYKLOTEAM	Senior II M - 30	68	01:34:50	03:22:37	05:02:39	06:40:30.15	+02:44:31 (41.1%)	8:54	6.7 (58.8%)
205	STANISZ Marcin	5216	NIGHT RUNNERS PYSKOWICE	Senior II M - 30	69	01:42:06	03:21:33	05:04:08	06:40:35.05	+02:44:36 (41.1%)	8:54	6.7 (58.8%)
206	GRĘBOWICZ Andrzej	5476	KB HARCOWNIK JELCZ-LASKOWICE	Masters M - 40	72	01:36:07	03:28:57	05:10:38	06:40:43.85	+02:44:45 (41.1%)	8:54	6.7 (58.8%)
207	SZAWARA-ZIÓŁKOWSKA Ewelina	5448	KB HARCOWNIK JELCZ-LASKOWICE	Senior II K - 30	16	01:36:10	03:29:02	05:10:44	06:40:49.65	+02:44:51 (41.1%)	8:54	6.7 (58.8%)
208	SKRZYPCZAK Hanna	5090	BROWAR FORTUNA	Weteran K - 50	2	01:38:33	03:36:05	05:10:25	06:40:54.30	+02:44:56 (41.1%)	8:54	6.7 (58.8%)
209	KORBANEK Emilia	5508	GRUNWALD TEAM POZNAŃ	Masters K - 40	10	01:44:50	03:42:22	05:14:54	06:41:34.45	+02:45:36 (41.2%)	8:55	6.7 (58.8%)
210	KOSIOROWSKI Leszek	5485	BIEG PIASTÓW TEAM	Weteran I M - 50	14	01:37:23	03:37:19	05:12:04	06:41:52.55	+02:45:54 (41.3%)	8:55	6.7 (58.8%)
211	KOPYTEK Grzegorz	5048		Masters M - 40	73	01:40:28	03:31:29	05:09:08	06:42:04.20	+02:46:05 (41.3%)	8:56	6.7 (58.8%)
212	PORCZYK Zbigniew	5478	POWER TRAINING	Senior II M - 30	70	01:21:53	03:57:40	05:23:35	06:42:44.50	+02:46:46 (41.4%)	8:57	6.7 (58.8%)
213	PTAK Jarek	5397		Masters M - 40	74	01:37:12	03:29:17	05:08:49	06:42:52.40	+02:46:54 (41.4%)	8:57	6.7 (58.8%)
214	CZUBA Michał	5490		Senior II M - 30	71	01:38:36	03:33:40	05:09:45	06:42:56.75	+02:46:58 (41.4%)	8:57	6.7 (58.8%)
215	PEKALA Kamila	5336	WKURW_TEAM	Senior I K - 20	5	01:45:14	03:38:43	05:13:32	06:43:04.10	+02:47:05 (41.5%)	8:57	6.7 (58.8%)
216	KOPIEC Izabela	5305	INTER ROPE TEAM	Senior II K - 30	17	01:37:01	03:36:28	05:16:21	06:43:22.15	+02:47:23 (41.5%)	8:57	6.7 (58.8%)
217	KRAKOWIAK Rafał	5467	KRAKOWIAK ULTRA TEAM	Senior II M - 30	72	01:18:37	04:05:56	05:30:04	06:44:40.00	+02:48:41 (41.7%)	8:59	6.7 (58.8%)
218	PAWLUK Anna	5376		Senior II K - 30	18	01:40:37	03:40:59	05:15:26	06:44:53.45	+02:48:55 (41.7%)	8:59	6.7 (58.8%)
219	SZELA Łukasz	5163	BIEGAJĄCA KASTA MIEDZIOWEGO MIASTA	Senior II M - 30	73	01:43:41	03:38:40	05:13:12	06:44:53.80	+02:48:55 (41.7%)	8:59	6.7 (58.8%)
220	ROSZYK Magdalena	5043	DRUŻYNA SZPIKU	Masters K - 40	11	01:48:56	03:42:19	05:18:56	06:44:58.60	+02:49:00 (41.7%)	8:59	6.7 (58.8%)
221	JASAK Michał	5449	ROYAL RUNNERS TEAM	Senior II M - 30	74	01:36:16	03:34:23	05:18:43	06:45:01.70	+02:49:03 (41.7%)	9:00	6.7 (58.8%)
221	PIJANKA Mariusz	5132		Masters M - 40	75	01:45:10	03:38:45	05:16:22	06:45:01.70	+02:49:03 (41.7%)	9:00	6.7 (58.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1	B2	A15	Czas	Różn	Tempo min/km	Tempo km/h
						10km	22km	33km	netto 45km			
223	ZAŁUSKI Dominik	5239	PECNA TEAM	Senior I M - 20	21	01:38:43	03:26:54	05:08:56	06:45:09.00	+02:49:10 (41.8%)	9:00	6.7 (58.8%)
224	NOWAKOWSKI Wiesław	5250	-	Weteran II M - 60	4		03:29:52	05:10:22	06:45:20.40	+02:49:22 (41.8%)	9:00	6.7 (58.8%)
225	GRZYB Krzysztof	5360		Masters M - 40	76	01:44:55	03:35:24	05:14:16	06:45:41.05	+02:49:42 (41.8%)	9:00	6.7 (58.8%)
226	SARNOWSKA Karolina	5266	PRORUNNING PROMOTION	Masters K - 40	12	01:39:08	03:33:38	05:17:33	06:46:27.50	+02:50:29 (41.9%)	9:01	6.6 (57.9%)
227	KAROLCZAK Tomasz	5270	KILIŃSKIEGO TEAM	Masters M - 40	77	01:36:34	03:30:20	05:12:49	06:46:53.95	+02:50:55 (42.0%)	9:02	6.6 (57.9%)
228	FRAŃSKI Łukasz	5019	NKB CHYŻY NOWY TOMYŚL	Masters M - 40	78	01:46:37	03:43:44	05:20:28	06:47:02.10	+02:51:03 (42.0%)	9:02	6.6 (57.9%)
229	WAŚCIŃSKI Roman	5361	PĘDZI - PARA	Weteran I M - 50	15	01:36:33	03:30:41	05:13:08	06:47:12.80	+02:51:14 (42.1%)	9:02	6.6 (57.9%)
230	BADOWSKI Sebastian	5145	SEBASTIAN BADOWSKI	Masters M - 40	79	01:39:57	03:36:00	05:14:21	06:48:05.85	+02:52:07 (42.2%)	9:04	6.6 (57.9%)
231	KUCZYŃSKI Szymon	5409		Masters M - 40	80	01:40:08	03:36:10	05:14:33	06:48:07.40	+02:52:09 (42.2%)	9:04	6.6 (57.9%)
232	MOSKAL Izabella	5154	TKKF MPK POZNAŃ	Masters K - 40	13	01:39:20	03:36:37	05:16:41	06:48:48.70	+02:52:50 (42.3%)	9:05	6.6 (57.9%)
233	OLIŃSKI Paweł	5016	KIBOLE W BIEGU	Senior II M - 30	75	01:38:17	03:29:08	05:10:28	06:49:29.40	+02:53:31 (42.4%)	9:06	6.6 (57.9%)
234	KOPIEC Arkadiusz	5306		Masters M - 40	81	01:36:51	03:36:37	05:16:20	06:49:46.80	+02:53:48 (42.4%)	9:06	6.6 (57.9%)
235	LAZAROWICZ Krzysztof	5079		Senior II M - 30	76	01:45:34	03:42:09	05:18:02	06:50:28.20	+02:54:29 (42.5%)	9:07	6.6 (57.9%)
236	KOSZAŁKA Marcin	5302		Senior I M - 20	22	01:40:54	03:34:01	05:16:12	06:50:31.75	+02:54:33 (42.5%)	9:07	6.6 (57.9%)
237	SKRZYPIŃSKI Arkadiusz	5294	PSI PATROL	Masters M - 40	82	01:39:31	03:40:25	05:20:15	06:50:37.15	+02:54:38 (42.5%)	9:07	6.6 (57.9%)
238	HAPUNOWICZ Tomasz	5400	ZBUCKI RUCH	Masters M - 40	83	01:23:08	03:03:32	05:03:18	06:50:44.95	+02:54:46 (42.6%)	9:07	6.6 (57.9%)
239	KALISZEWSKI Adam	5268	MPK POZNAŃ	Weteran I M - 50	16	01:41:50	03:39:08	05:19:11	06:51:19.80	+02:55:21 (42.6%)	9:08	6.6 (57.9%)
240	KARBOWSKI Jarosław	5108		Masters M - 40	84	01:30:56	03:26:33	05:10:30	06:51:43.25	+02:55:44 (42.7%)	9:08	6.6 (57.9%)
241	KOZICZAK Katarzyna	5377		Senior II K - 30	19	01:49:56	03:43:32	05:22:30	06:52:56.90	+02:56:58 (42.9%)	9:10	6.5 (57.0%)
242	ŚWIĘTONIOWSKA Justyna	5017	SPARTAN TRAINING GROUP RZESZÓW	Senior II K - 30	20	01:48:53	03:43:18	05:21:01	06:52:57.75	+02:56:59 (42.9%)	9:10	6.5 (57.0%)
243	KURZACZ Orfeusz	5199	4 RUN TEAM PIŁA	Masters M - 40	85	01:38:12	03:33:43	05:16:17	06:52:59.95	+02:57:01 (42.9%)	9:10	6.5 (57.0%)
244	BRUSS Krzysztof	5233	DRUŻYNA SZPIKU	Masters M - 40	86	01:39:54	03:36:08	05:19:59	06:53:42.55	+02:57:44 (43.0%)	9:11	6.5 (57.0%)
245	NOZDRYN-PŁOTNICKI Bolesław	5330		Masters M - 40	87	01:42:05	03:43:32	05:22:36	06:54:15.25	+02:58:16 (43.0%)	9:12	6.5 (57.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Tempo min/km	Tempo km/h
						B1 10km	B2 22km	A15 33km	netto 45km	Różn		
246	STACHURA Damian	5455		Senior II M - 30	77	01:07:08	04:11:51	05:30:40	06:54:57.70	+02:58:59 (43.1%)	9:13	6.5 (57.0%)
247	OSTROUCH Tymon	5049	PARKRUN	Senior II M - 30	78	01:29:28	03:07:38	05:30:44	06:55:12.20	+02:59:13 (43.2%)	9:13	6.5 (57.0%)
248	ŻELAZOWSKA Ola	5246	PRO-RUN WROCLAW	Senior II K - 30	21	01:43:05	03:39:02	05:15:05	06:55:48.45	+02:59:50 (43.2%)	9:14	6.5 (57.0%)
249	LACHOWICZ Marta	5109	NIGHT RUNNERS WROCLAW	Senior II K - 30	22	01:40:18	03:35:11	05:19:42	06:56:04.10	+03:00:05 (43.3%)	9:14	6.5 (57.0%)
250	LECKI Seweryn	5370	TEAM BIEGOWY SZCZECINEK	Senior II M - 30	79	01:33:30	03:31:55	05:18:20	06:56:28.05	+03:00:29 (43.3%)	9:15	6.5 (57.0%)
251	MISTUR Szymon	5030		Senior II M - 30	80	01:39:33	03:33:52	05:15:51	06:56:38.40	+03:00:40 (43.4%)	9:15	6.5 (57.0%)
252	SMUGA Łukasz	5318	SZEREGOWY BIEGACZ	Senior II M - 30	81	01:47:44	03:42:08	05:25:56	06:56:43.20	+03:00:44 (43.4%)	9:15	6.5 (57.0%)
253	KRZYZIŃSKA Sylwia	5481	DOGOŃ GRODZISK MAZOWIECKI	Masters K - 40	14	01:45:30	03:49:42	05:29:49	06:57:03.85	+03:01:05 (43.4%)	9:16	6.5 (57.0%)
254	SUCHANEK Aleksandra	5214	NIGHT RUNNERS PYSKOWICE	Senior II K - 30	23	01:52:32	03:46:32	05:28:40	06:57:15.55	+03:01:17 (43.4%)	9:16	6.5 (57.0%)
255	LIBERACKA-KOPYTEK Ewa	5046		Masters K - 40	15	01:40:16	03:31:17	05:17:11	06:57:29.00	+03:01:30 (43.5%)	9:16	6.5 (57.0%)
256	LIPIŃSKI Oskar	5192		Senior II M - 30	82	01:49:50	03:36:54	05:19:22	06:57:43.55	+03:01:45 (43.5%)	9:16	6.5 (57.0%)
257	SAJEWICZ Piotr	5300	TURBINA BAŁAKOWO	Senior II M - 30	83	01:42:54	03:40:28	05:25:57	06:58:03.05	+03:02:04 (43.6%)	9:17	6.5 (57.0%)
258	ROLIŃSKI Radosław	5258		Masters M - 40	88	01:39:13	03:38:36	05:21:22	06:58:24.00	+03:02:25 (43.6%)	9:17	6.5 (57.0%)
259	WIECZOREK Elżbieta	5178	POMIDOROWA ALTERNATYWA	Masters K - 40	16	01:46:23	03:43:49	05:31:10	06:58:46.25	+03:02:47 (43.7%)	9:18	6.4 (56.1%)
260	ZYGNER Sławomir	5069	R-TEAM RYDZYNA	Masters M - 40	89	01:34:25	03:28:49	05:17:04	06:58:52.40	+03:02:54 (43.7%)	9:18	6.4 (56.1%)
261	LEONARSKA Małgorzata	5291	ZDEZORIENTOWANI	Senior II K - 30	24	01:47:54	03:42:35	05:26:35	07:00:06.50	+03:04:08 (43.8%)	9:20	6.4 (56.1%)
262	ŻELAZNY Agnieszka	5032	GORLICKA GRUPA BIEGOWA	Masters K - 40	17	01:38:12	03:35:55	05:22:11	07:00:22.45	+03:04:24 (43.9%)	9:20	6.4 (56.1%)
263	GRESER Artur	5143	ORGANIC RACE TEAM	Masters M - 40	90	01:37:41	03:30:18	05:16:55	07:00:57.25	+03:04:58 (43.9%)	9:21	6.4 (56.1%)
264	BURA Tomasz	5107		Senior II M - 30	84	01:38:20	03:30:17	05:21:45	07:01:19.30	+03:05:21 (44.0%)	9:21	6.4 (56.1%)
265	WIŚNIEWSKI Grzegorz	5434		Masters M - 40	91	01:29:15	03:17:54	05:00:58	07:01:26.40	+03:05:28 (44.0%)	9:21	6.4 (56.1%)
266	WRZEŚNIAK Adam	5464	DZIKI Z PSIEGO POLA	Masters M - 40	92	01:33:31	03:30:38	05:16:56	07:01:34.25	+03:05:35 (44.0%)	9:22	6.4 (56.1%)
267	SZCZEPANKIEWICZ Marcin	5301	PCC ULTRA RUNNERS	Senior II M - 30	85	01:33:40	03:30:47	05:16:14	07:01:45.35	+03:05:47 (44.1%)	9:22	6.4 (56.1%)
268	GONET Marek	5053	MB BIURO RACHUNKOWE SERWIS OPOLE	Weteran I M - 50	17	01:36:43	03:34:56	05:17:42	07:02:11.50	+03:06:13 (44.1%)	9:22	6.4 (56.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Tempo min/km	Tempo km/h
						B1 10km	B2 22km	A15 33km	netto 45km	Różn		
269	STRONIKOWSKI Wojciech	5524	MUAY RUNNING TEAM	Senior II M - 30	86	01:49:40	03:40:50	05:20:18	07:02:32.15	+03:06:33 (44.2%)	9:23	6.4 (56.1%)
270	WALAC Jacek	5479	DOGOŃ GRODZISK MAZOWIECKI	Senior II M - 30	87	01:45:20	03:42:49	05:29:38	07:04:23.70	+03:08:25 (44.4%)	9:25	6.4 (56.1%)
271	FLORCZAK Monika	5024	RB ACTIVE	Senior II K - 30	25	01:46:38	03:44:46	05:29:28	07:04:52.45	+03:08:54 (44.5%)	9:26	6.4 (56.1%)
272	IHNATOWICZ Łukasz	5414		Senior II M - 30	88	01:34:00	03:33:42	05:22:31	07:05:09.25	+03:09:10 (44.5%)	9:26	6.4 (56.1%)
273	PABIJAŃCZYK Damian	5396		Senior II M - 30	89	01:39:13	03:41:22	05:23:21	07:06:03.75	+03:10:05 (44.6%)	9:28	6.3 (55.3%)
274	KWAŚNIOK Rafał	5020	NIGHT RUNNERS PYSKOWICE	Senior II M - 30	90	01:52:02	03:46:02	05:34:22	07:06:49.45	+03:10:51 (44.7%)	9:29	6.3 (55.3%)
275	SZCZEPANIAK Grzegorz	5443	BOŚ	Weteran I M - 50	18	01:45:56	03:42:01	05:28:54	07:07:58.15	+03:11:59 (44.9%)	9:30	6.3 (55.3%)
276	RZEPKA Aleksandra	5344	WKURW_TEAM	Senior I K - 20	6	01:45:42	03:44:53	05:34:51	07:09:13.60	+03:13:15 (45.0%)	9:32	6.3 (55.3%)
277	ZIELIŃSKA Mirona	5113		Masters K - 40	18	01:53:40	03:51:45	05:31:05	07:09:28.05	+03:13:29 (45.1%)	9:32	6.3 (55.3%)
278	SITAREK Grzegorz	5527		Masters M - 40	93	01:34:56	03:40:57	05:20:54	07:09:53.35	+03:13:55 (45.1%)	9:33	6.3 (55.3%)
279	SZELA Tomasz	5235	KKSW LUBIN TAE-KWON DO	Senior II M - 30	91	01:43:53	03:42:04	05:33:48	07:11:03.30	+03:15:05 (45.3%)	9:34	6.3 (55.3%)
280	SZEWczyk Mariusz	5228		Masters M - 40	94	01:57:12	04:00:42	05:37:06	07:11:14.45	+03:15:16 (45.3%)	9:35	6.3 (55.3%)
281	PAWLIK Joanna	5094	KS PRETORIUM POZNAŃ	Senior II K - 30	26	01:51:19	03:53:20	05:38:10	07:11:25.35	+03:15:27 (45.3%)	9:35	6.3 (55.3%)
282	WÓJCIAK Łukasz	5039	UMAWIANIENABIEGANIETEAM	Senior II M - 30	92	01:39:13	03:45:52	05:36:44	07:11:31.70	+03:15:33 (45.3%)	9:35	6.3 (55.3%)
283	WIJAS Mariusz	5251		Masters M - 40	95	01:49:37	03:49:13	05:37:06	07:11:52.25	+03:15:53 (45.4%)	9:35	6.3 (55.3%)
284	HALESZCZUK Tomasz	5442	PRO-RUN WROCŁAW	Masters M - 40	96	01:41:12	03:40:07	05:27:45	07:12:32.20	+03:16:33 (45.4%)	9:36	6.2 (54.4%)
285	DUKAŁA Arkadiusz	5418	NATIONALE-NEDERLANDEN TEAM	Masters M - 40	97	01:47:11	03:47:41	05:33:30	07:12:32.90	+03:16:34 (45.4%)	9:36	6.2 (54.4%)
286	BORUTA-KOŁODZIEJ Emilia	5441	PRO-RUN WROCŁAW	Senior II K - 30	27	01:41:22	03:40:08	05:27:48	07:12:40.80	+03:16:42 (45.5%)	9:36	6.2 (54.4%)
287	URBANIK Radek	5475		Masters M - 40	98	01:36:08	03:41:32	05:36:56	07:12:45.95	+03:16:47 (45.5%)	9:37	6.2 (54.4%)
288	URBANIK Zuzanna	5446		Masters K - 40	19	01:36:19	03:41:48	05:37:07	07:12:56.75	+03:16:58 (45.5%)	9:37	6.2 (54.4%)
289	NIŻEWSKI Paweł	5465	KRAKOWIAK ULTRA TEAM	Masters M - 40	99	01:35:04	03:45:33	05:31:15	07:12:59.55	+03:17:01 (45.5%)	9:37	6.2 (54.4%)
290	PRZYŁUDZKI Janusz	5365		Weteran II M - 60	5	01:51:21	03:53:50	05:35:20	07:13:34.95	+03:17:36 (45.6%)	9:38	6.2 (54.4%)
291	HAAS Przemysław	5008	BACKPACKING OKAPI TEAM	Senior II M - 30	93	01:57:23	03:55:19	05:36:53	07:13:56.85	+03:17:58 (45.6%)	9:38	6.2 (54.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Tempo min/km	Tempo km/h
						B1 10km	B2 22km	A15 33km	netto 45km	Różn		
292	KOBLAŃSKI Tomasz	5133	FITNESS PIEKARY LEGNICA	Senior II M - 30	94	01:38:44	03:30:35	05:14:05	07:14:22.60	+03:18:24 (45.7%)	9:39	6.2 (54.4%)
293	STRZYŻEWSKI Paweł	5193		Masters M - 40	100	01:45:17	03:48:21	05:33:30	07:14:54.25	+03:18:55 (45.7%)	9:39	6.2 (54.4%)
294	BOROWICZ Marcin	5392	QUAY POZNAŃ	Masters M - 40	101	01:47:24	03:50:52	05:40:34	07:15:25.30	+03:19:27 (45.8%)	9:40	6.2 (54.4%)
295	YÜCE Gökhan	5153	VELESBITOS	Senior II M - 30	95	01:55:16	03:53:33	05:41:24	07:15:31.55	+03:19:33 (45.8%)	9:40	6.2 (54.4%)
296	BOROWICZ Paulina	5393	QUAY POZNAŃ	Masters K - 40	20	01:47:34	03:51:02	05:40:45	07:15:34.15	+03:19:35 (45.8%)	9:40	6.2 (54.4%)
297	PLEWA Piotr	5257	4 RUN TEAM PIŁA	Masters M - 40	102	01:44:04	03:42:11	05:32:18	07:16:03.35	+03:20:05 (45.9%)	9:41	6.2 (54.4%)
298	WÓJCIK Kamila	5510	LACHO TEAM	Masters K - 40	21	01:54:17	04:07:16	05:49:25	07:16:15.00	+03:20:16 (45.9%)	9:41	6.2 (54.4%)
299	MORAWA Mateusz	5484	LACHO TEAM	Masters M - 40	103	01:54:11	04:07:10	05:49:16	07:16:21.45	+03:20:23 (45.9%)	9:41	6.2 (54.4%)
300	CZECH Dorota	5104	PRO-RUN WROCŁAW	Masters K - 40	22	01:47:29	03:51:56	05:39:11	07:16:59.25	+03:21:00 (46.0%)	9:42	6.2 (54.4%)
301	TOKARCZYK Tomasz	5115	DRUŻYNA SZPIKU	Masters M - 40	104	01:42:48	03:41:04	05:31:06	07:17:26.40	+03:21:28 (46.1%)	9:43	6.2 (54.4%)
302	POGORZELSKA Alina	5223	DB LESZCZYNY	Weteran K - 50	3	01:56:38	04:05:32	05:50:23	07:17:27.70	+03:21:29 (46.1%)	9:43	6.2 (54.4%)
303	HENECZKOWSKI Łukasz	5213	BORN TO RUN	Masters M - 40	105	01:37:21	03:41:52	05:35:52	07:18:28.30	+03:22:30 (46.2%)	9:44	6.2 (54.4%)
304	MARMUROWICZ Krystian	5055	KOLOROWA DRUŻYNA NESSI	Masters M - 40	106	01:35:57	03:39:10	05:33:16	07:18:31.00	+03:22:32 (46.2%)	9:44	6.2 (54.4%)
305	SADOWSKI Marek	5497	MUKS SZOK BOJANOWO	Weteran I M - 50	19	01:31:00	03:17:27	05:35:15	07:18:42.80	+03:22:44 (46.2%)	9:44	6.2 (54.4%)
306	HRYCIUK Katarzyna	5122	EKOBIEGI	Masters K - 40	23	01:49:02	03:51:40	05:39:11	07:18:47.50	+03:22:49 (46.2%)	9:45	6.2 (54.4%)
307	BEDNARSKI Krzysztof	5408	KLUCZBORSKA GRUPA BIEGOWA	Senior I M - 20	23	01:46:50	04:06:58	05:44:04	07:19:17.75	+03:23:19 (46.3%)	9:45	6.1 (53.5%)
308	SZYSZKA Marek	5244	STS BIEGATON MIKOŁÓW	Senior II M - 30	96	01:52:00	03:54:39	05:37:37	07:19:41.90	+03:23:43 (46.3%)	9:46	6.1 (53.5%)
309	ILKIEWICZ Michał	5352	AMCIU	Masters M - 40	107	01:48:22	03:58:49	05:45:22	07:19:46.10	+03:23:47 (46.3%)	9:46	6.1 (53.5%)
310	ŁASKAWSKA Justyna	5504		Masters K - 40	24	01:39:23	03:44:05	05:32:11	07:20:03.25	+03:24:04 (46.4%)	9:46	6.1 (53.5%)
311	LEWANDOWSKI Mariusz	5265	KKM MXTECH CYKLOTEAM	Masters M - 40	108	01:50:27	04:01:21	05:43:20	07:20:54.35	+03:24:56 (46.5%)	9:47	6.1 (53.5%)
312	POCIĘGIEL Michał	5426	SKAWINA BIEGA	Senior II M - 30	97	01:47:48	03:58:12	05:43:31	07:21:07.05	+03:25:08 (46.5%)	9:48	6.1 (53.5%)
313	POŹNIAK Marcin	5380	NIGHT RUNNERS PYSKOWICE	Senior II M - 30	98	01:45:16	03:46:19	05:39:36	07:21:07.60	+03:25:09 (46.5%)	9:48	6.1 (53.5%)
314	JAWORSKA Katarzyna	5248		Masters K - 40	25	01:49:24	04:00:06	05:45:53	07:21:18.75	+03:25:20 (46.5%)	9:48	6.1 (53.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1	B2	A15	Czas	Różn	Tempo min/km	Tempo km/h
						10km	22km	33km	netto 45km			
315	KRUSZEWSKI Jacek	5117	MARKOWI BIEGACZE	Masters M - 40	109	01:45:10	03:47:20	05:37:44	07:21:19.45	+03:25:21 (46.5%)	9:48	6.1 (53.5%)
316	SIKORSKI Grzegorz	5197		Masters M - 40	110	01:41:44	03:41:20	05:34:53	07:22:04.60	+03:26:06 (46.6%)	9:49	6.1 (53.5%)
317	MARCINKOWSKA Anita	5259		Senior II K - 30	28	01:45:42	03:51:41	05:34:06	07:22:32.00	+03:26:33 (46.7%)	9:50	6.1 (53.5%)
318	WYRĄBKIEWICZ Janusz	5459	NO LIMITS	Weteran II M - 60	6	01:42:05	03:37:33	05:23:21	07:22:56.20	+03:26:57 (46.7%)	9:50	6.1 (53.5%)
319	KUCHARSKI Jakub	5201	JKU1979	Masters M - 40	111	01:56:38	03:56:33	05:42:42	07:23:15.05	+03:27:16 (46.8%)	9:51	6.1 (53.5%)
320	SOSNÓWKA Bartosz	5342	KLUB SOSNOWY	Senior II M - 30	99	01:50:03	03:51:57	05:44:36	07:23:17.00	+03:27:18 (46.8%)	9:51	6.1 (53.5%)
321	DĄBROWSKI Artur	5285		Senior II M - 30	100	01:39:23	03:44:38	05:38:18	07:23:53.00	+03:27:54 (46.8%)	9:51	6.1 (53.5%)
322	ZIELINSKI Grzegorz	5308		Masters M - 40	112	01:57:03	03:59:57	05:52:27	07:25:37.10	+03:29:38 (47.0%)	9:54	6.1 (53.5%)
323	ADAMSKA Agnieszka	5319	AKTYWNY OSTRZESZÓW	Masters K - 40	26	01:57:12	04:00:04	05:52:00	07:25:46.45	+03:29:48 (47.1%)	9:54	6.1 (53.5%)
324	TWARDY Dariusz	5077		Weteran I M - 50	20	01:37:48	04:04:27	05:46:41	07:25:52.95	+03:29:54 (47.1%)	9:54	6.1 (53.5%)
325	NOWAK Kornel	5078		Masters M - 40	113	01:37:59	04:04:38	05:46:52	07:26:03.85	+03:30:05 (47.1%)	9:54	6.1 (53.5%)
326	WIENER Marcin	5387	JESUS SAVES	Masters M - 40	114	01:43:20	03:55:46	05:50:47	07:26:08.75	+03:30:10 (47.1%)	9:54	6.1 (53.5%)
327	NOWAK Maciej	5029		Senior II M - 30	101	01:44:51	03:57:06	05:48:21	07:27:04.60	+03:31:06 (47.2%)	9:56	6 (52.6%)
328	MAGDA Piotr	5026	NIGHT RUNNERS PYSKOWICE	Masters M - 40	115	01:45:38	03:48:02	05:44:08	07:28:36.45	+03:32:38 (47.4%)	9:58	6 (52.6%)
329	DWORNIK Małgorzata	5010	WARCZĄCE SZPRYCHY	Senior II K - 30	29	01:48:54	03:47:38	05:37:19	07:28:45.25	+03:32:46 (47.4%)	9:58	6 (52.6%)
330	PIECUCH Małgorzata	5031		Weteran K - 50	4	01:53:14	04:01:27	05:52:00	07:28:57.05	+03:32:58 (47.4%)	9:58	6 (52.6%)
331	ŁATKOWSKI Łukasz	5331	GRUPA BIEGOWA CHTMO	Masters M - 40	116	01:51:42	03:57:17	05:52:27	07:30:07.70	+03:34:09 (47.6%)	10:00	6 (52.6%)
332	PIĄTEK Waldemar	5311		Masters M - 40	117	01:44:12	03:52:27	05:43:55	07:30:12.45	+03:34:14 (47.6%)	10:00	6 (52.6%)
333	ŁATKOWSKA Monika	5288	GRUPA BIEGOWA CHTMO	Masters K - 40	27	01:51:38	03:58:24	05:52:31	07:30:13.60	+03:34:15 (47.6%)	10:00	6 (52.6%)
334	KAPELSKA-KOBLAŃSKA Milena	5134	MATNER RUNNING TEAM	Masters K - 40	28	01:50:24	03:50:49	05:47:45	07:31:07.75	+03:35:09 (47.7%)	10:01	6 (52.6%)
335	SIWIASZCZYK Tomasz	5091		Masters M - 40	118	01:46:41	03:55:46	05:50:05	07:31:18.65	+03:35:20 (47.7%)	10:01	6 (52.6%)
336	JAWORSKA Magdalena	5088	GB WIELKOPOLSCY BIEGACZE/TEAM KGB	Masters K - 40	29	01:46:50	03:55:54	05:50:13	07:31:23.50	+03:35:25 (47.7%)	10:01	6 (52.6%)
337	SADEL Krzysztof	5191		Weteran I M - 50	21	01:49:29	03:57:07	05:52:34	07:32:15.95	+03:36:17 (47.8%)	10:03	6 (52.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Tempo min/km	Tempo km/h
						B1 10km	B2 22km	A15 33km	netto 45km	Różn		
338	SZYSZKO Ewa	5085	MARKOWI BIEGACZE	Masters K - 40	30	01:54:07	04:05:04	05:59:10	07:32:36.50	+03:36:38 (47.9%)	10:03	6 (52.6%)
339	LACH Agnieszka	5326		Masters K - 40	31	01:44:55	03:51:13	05:49:14	07:32:37.25	+03:36:38 (47.9%)	10:03	6 (52.6%)
340	WILK Magdalena	5445	ULTRAPOŚLADACH/TEAM ZABIEGANEDNI	Masters K - 40	32	01:43:55	03:53:11	05:54:17	07:33:02.00	+03:37:03 (47.9%)	10:04	6 (52.6%)
341	KAMINSKA Magdalena	5152		Senior II K - 30	30	01:50:04	04:02:08	05:53:10	07:33:26.45	+03:37:28 (48.0%)	10:04	6 (52.6%)
342	SURDAKCI Jerzy	5021	DRUŻYNA SZPIKU	Masters M - 40	119	01:40:10	03:45:03	05:39:13	07:33:49.30	+03:37:51 (48.0%)	10:05	5.9 (51.8%)
343	GRECH-BARAN Marta	5402		Senior II K - 30	31	01:50:18	04:01:42	05:50:25	07:34:19.40	+03:38:21 (48.1%)	10:05	5.9 (51.8%)
344	BARAN Jakub	5401	LEMIESZ TEAM	Senior II M - 30	102	01:50:19	04:01:51	05:50:28	07:34:26.05	+03:38:27 (48.1%)	10:05	5.9 (51.8%)
345	KURKUS Aleksander	5486	DOGOŃ GRODZISK MAZOWIECKI	Masters M - 40	120	01:45:07	03:50:37	05:44:56	07:34:28.70	+03:38:30 (48.1%)	10:05	5.9 (51.8%)
346	CZACHOWSKI Michał	5447	ŻWAWĘ ŻÓŁWIE	Weteran I M - 50	22	01:53:35	04:03:00	05:56:43	07:34:31.70	+03:38:33 (48.1%)	10:06	5.9 (51.8%)
347	CZARNY Anna	5227		Masters K - 40	33	01:56:45	04:06:19	05:56:17	07:35:19.30	+03:39:21 (48.2%)	10:07	5.9 (51.8%)
348	BANAŚ Marcin	5368	WIECZORNE BIEGANIE W SZCZECINIE	Masters M - 40	121	01:48:54	03:59:47	05:58:49	07:35:26.05	+03:39:27 (48.2%)	10:07	5.9 (51.8%)
349	BAIER-JASTRZĄBEK Marta	5076	OBORNICKI KLUB LEEKOATLETYCZNY	Masters K - 40	34	01:57:20	04:02:10	05:58:35	07:35:28.40	+03:39:30 (48.2%)	10:07	5.9 (51.8%)
350	NIEDŹWIECKA Kasia	5492	EKOBIEGI	Weteran K - 50	5	01:52:13	04:08:39	06:00:13	07:37:29.55	+03:41:31 (48.4%)	10:09	5.9 (51.8%)
351	CHORAŹYCZEWSKI Michał	5135	OBORNICKI KLUB LEKKOATLETYCZNY	Senior II M - 30	103	01:56:51	04:01:49	05:57:56	07:37:36.70	+03:41:38 (48.4%)	10:10	5.9 (51.8%)
352	RUNOWICZ Magdalena	5056		Masters K - 40	35	01:52:34	03:56:38	05:44:38	07:37:37.35	+03:41:39 (48.4%)	10:10	5.9 (51.8%)
353	LEWICKA Magdalena	5095	OBORNICKI KLUB LEEKOATLETYCZNY	Senior II K - 30	32	01:57:02	04:02:01	05:58:07	07:37:43.35	+03:41:45 (48.4%)	10:10	5.9 (51.8%)
354	IWACHÓW Sławomir	5080	KKM / MXTECH KWIDZYN	Masters M - 40	122	01:50:19	04:01:04	05:49:19	07:39:15.10	+03:43:16 (48.6%)	10:12	5.9 (51.8%)
355	KONDRAKIEWICZ Rafał	5312		Masters M - 40	123	01:52:38	04:00:48	05:53:36	07:39:32.20	+03:43:33 (48.7%)	10:12	5.9 (51.8%)
356	GIENTKOWSKI Sławomir	5317		Masters M - 40	124	01:40:07	03:52:25	05:49:28	07:39:54.80	+03:43:56 (48.7%)	10:13	5.9 (51.8%)
357	WOJTAS Ryszard	5175		Weteran I M - 50	23	01:48:38	04:01:27	06:06:48	07:39:56.80	+03:43:58 (48.7%)	10:13	5.9 (51.8%)
358	STAWCZYK Szczepan	5111	BIEGACZE W RADOMSKU	Weteran II M - 60	7	01:52:48	04:03:51	06:01:57	07:40:29.75	+03:44:31 (48.8%)	10:14	5.9 (51.8%)
359	TATYS Łukasz	5207		Senior II M - 30	104	02:11:41	04:27:05	06:06:24	07:40:59.40	+03:45:01 (48.8%)	10:14	5.9 (51.8%)
360	JĘDRZAK Przemysław	5272	WYBIEGANI TEAM	Masters M - 40	125	01:43:45	03:46:11	05:43:22	07:41:00.40	+03:45:02 (48.8%)	10:14	5.9 (51.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Tempo min/km	Tempo km/h
						B1 10km	B2 22km	A15 33km	netto 45km	Różn		
361	GRĘZEL-GAWRON Jolanta	5329	J.G JOLANTA GRĘZEL-GAWRON	Masters K - 40	36	01:51:43	04:06:31	05:56:52	07:42:23.15	+03:46:24 (49.0%)	10:16	5.8 (50.9%)
362	WÓDKIEWICZ Maciej	5070	WLKP MOUNTAINS ULTRA RUNNERS TEAM	Masters M - 40	126	01:50:40	03:59:40	05:58:50	07:43:35.60	+03:47:37 (49.1%)	10:18	5.8 (50.9%)
363	MAKOWSKI Dariusz	5139	KM TEAM	Weteran I M - 50	24	01:54:03	04:02:23	05:56:09	07:44:00.90	+03:48:02 (49.1%)	10:18	5.8 (50.9%)
364	ROSZYK Tomasz	5038	TKKF MPK POZNAŃ	Masters M - 40	127	01:49:13	04:02:03	06:07:01	07:44:42.70	+03:48:44 (49.2%)	10:19	5.8 (50.9%)
365	KAMIŃSKI Łukasz	5151		Senior II M - 30	105	01:50:18	04:01:54	06:01:32	07:44:54.20	+03:48:55 (49.2%)	10:19	5.8 (50.9%)
366	ŁUCZKÓW Andrzej	5173		Weteran I M - 50	25	01:51:36	03:57:40	06:01:08	07:45:00.10	+03:49:01 (49.3%)	10:20	5.8 (50.9%)
367	JANOWSKA Ula	5093		Masters K - 40	37	01:48:36	03:58:00	05:41:39	07:45:15.10	+03:49:16 (49.3%)	10:20	5.8 (50.9%)
368	BORC Marzanna	5120	AKADEMIA BIEGANIA GRUDZIĄDZ.	Weteran K - 50	6	01:48:46	03:58:11	05:41:49	07:45:24.55	+03:49:26 (49.3%)	10:20	5.8 (50.9%)
369	ZAPIÓR Marek	5493	ZET	Weteran I M - 50	26	01:54:53	04:12:16	06:06:38	07:46:48.15	+03:50:49 (49.4%)	10:22	5.8 (50.9%)
370	KNOBLOCH Tomasz	5364	THE PINDOLS	Masters M - 40	128	01:46:13	03:49:23	05:40:45	07:46:59.50	+03:51:01 (49.5%)	10:22	5.8 (50.9%)
371	IGNASZEWSKI Michał	5009	DRUŻYNA SZPIKU	Senior II M - 30	106	01:48:26	04:01:13	06:06:14	07:48:12.10	+03:52:13 (49.6%)	10:24	5.8 (50.9%)
372	IGNASZEWSKA Marta	5015	DRUŻYNA SZPIKU	Masters K - 40	38	01:48:43	04:01:33	06:06:25	07:48:31.60	+03:52:33 (49.6%)	10:24	5.8 (50.9%)
373	HANGIEL Urszula	5399	ŻWAWĘ ŻÓŁWIE	Senior II K - 30	33	02:02:52	04:22:14	06:11:13	07:49:49.90	+03:53:51 (49.8%)	10:26	5.7 (50.0%)
374	GMAJ Karolina	5127		Masters K - 40	39	01:51:34	04:09:36	06:04:15	07:49:57.90	+03:53:59 (49.8%)	10:26	5.7 (50.0%)
375	SZYMAŃSKA Dominika	5334	POMYKACZE	Senior I K - 20	7	01:53:33	04:11:27	06:04:03	07:50:45.80	+03:54:47 (49.9%)	10:27	5.7 (50.0%)
376	PAWLIK-NIEDZIELA Sandra	5195	BIEGOWA KUŹNIA	Senior II K - 30	34	01:53:43	04:11:39	06:04:13	07:50:56.05	+03:54:57 (49.9%)	10:27	5.7 (50.0%)
377	KUŁAKOWSKI Piotr	5359	CZŁAPACZE	Weteran II M - 60	8	01:58:39	04:22:38	06:09:44	07:51:09.90	+03:55:11 (49.9%)	10:28	5.7 (50.0%)
378	SKIBICKA Dorota	5355	PZU SPORT TEAM	Masters K - 40	40	01:52:03	04:09:34	06:08:34	07:51:13.55	+03:55:15 (49.9%)	10:28	5.7 (50.0%)
379	GAJDA Grzegorz	5470		Senior II M - 30	107	01:51:58	04:04:17	06:09:14	07:53:07.10	+03:57:08 (50.1%)	10:30	5.7 (50.0%)
380	GAJEWSKA Agnieszka	5035	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	Masters K - 40	41	01:52:06	04:04:25	06:09:21	07:53:14.20	+03:57:15 (50.1%)	10:31	5.7 (50.0%)
381	KOWALSKA Małgorzata	5296		Masters K - 40	42	02:06:16	04:20:00	06:09:25	07:54:05.35	+03:58:07 (50.2%)	10:32	5.7 (50.0%)
382	GRĘBOWICZ Agnieszka	5234		Senior II K - 30	35	02:06:26	04:20:10	06:09:35	07:54:15.35	+03:58:17 (50.2%)	10:32	5.7 (50.0%)
383	FOLARON Rafał	5509		Senior II M - 30	108	01:43:45	03:49:42	06:02:11	07:54:31.40	+03:58:33 (50.3%)	10:32	5.7 (50.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Tempo min/km	Tempo km/h
						B1 10km	B2 22km	A15 33km	netto 45km	Różn		
384	LUPA Mirosław	5074		Weteran I M - 50	27	01:43:30	03:58:00	05:55:44	07:55:08.15	+03:59:09 (50.3%)	10:33	5.7 (50.0%)
385	LEWANDOWSKI Krzysztof	5454		Weteran I M - 50	28	01:50:21	04:18:15	06:16:43	07:55:12.25	+03:59:13 (50.3%)	10:33	5.7 (50.0%)
386	PYTLARCZYK Piotr	5204	KLUB BIEGACZA WARTA	Masters M - 40	129	01:55:32	04:09:14	06:05:14	07:55:14.50	+03:59:16 (50.3%)	10:33	5.7 (50.0%)
387	GŁĄBICA Justyna	5231		Masters K - 40	43	01:48:57	04:20:49	06:26:31	07:56:18.80	+04:00:20 (50.5%)	10:35	5.7 (50.0%)
388	WAŚCIŃSKA Edyta	5362	PĘDZI - PARA	Weteran K - 50	7	01:58:59	04:14:11	06:07:57	07:57:05.55	+04:01:07 (50.5%)	10:36	5.7 (50.0%)
389	BAGIŃSKA Paulina	5374		Masters K - 40	44	01:36:59	03:48:17	05:54:59	07:57:12.30	+04:01:14 (50.6%)	10:36	5.7 (50.0%)
390	POMIANOWSKA Anna	5386		Masters K - 40	45	01:58:22	04:14:31	06:12:12	07:59:09.55	+04:03:11 (50.8%)	10:38	5.6 (49.1%)
391	MALINOWSKI Konrad	5339		Senior II M - 30	109	01:49:49	03:57:06	05:58:40	07:59:25.25	+04:03:26 (50.8%)	10:39	5.6 (49.1%)
392	STOLPE Maciej	5439	MPKPOZNAN	Weteran I M - 50	29	01:47:44	04:04:07	06:05:08	07:59:39.05	+04:03:40 (50.8%)	10:39	5.6 (49.1%)
393	MAJCHRZAK Monika	5044	WKURW_TEAM	Masters K - 40	46	01:59:46	04:19:09	06:14:51	08:01:23.90	+04:05:25 (51.0%)	10:41	5.6 (49.1%)
394	WIELICZKO Dagmara	5064		Senior II K - 30	36	01:56:51	04:14:13	06:21:37	08:04:23.10	+04:08:24 (51.3%)	10:45	5.6 (49.1%)
395	BEDNARSKI Krzysztof	5406	KLUCZBORSKA GRUPA BIEGOWA	Weteran I M - 50	30	01:47:00	04:10:42	06:10:23	08:04:23.70	+04:08:25 (51.3%)	10:45	5.6 (49.1%)
396	WIELICZKO Rafał	5063		Senior II M - 30	110	01:56:57	04:14:22	06:21:46	08:04:32.00	+04:08:33 (51.3%)	10:46	5.6 (49.1%)
397	KALINOWSKA Katarzyna	5463		Senior II K - 30	37	01:53:34	04:09:59	06:13:08	08:06:01.65	+04:10:03 (51.4%)	10:48	5.6 (49.1%)
398	JABŁOŃSKI Kazimierz	5460	SPRINTER PRĄDY	Weteran II M - 60	9	01:54:16	04:14:30	06:13:26	08:06:44.10	+04:10:45 (51.5%)	10:48	5.5 (48.2%)
399	RZYWUCKA Jolanta	5198	4 RUN TEAM PIŁA	Masters K - 40	47	02:09:47	04:24:04	06:18:21	08:06:55.10	+04:10:56 (51.5%)	10:49	5.5 (48.2%)
400	BĘBAS Paweł	5286		Masters M - 40	130	01:56:01	04:12:19	06:14:04	08:06:55.40	+04:10:57 (51.5%)	10:49	5.5 (48.2%)
401	GUZIK Tomasz	5255		Senior II M - 30	111	01:46:36	04:02:23	06:07:22	08:07:41.30	+04:11:43 (51.6%)	10:50	5.5 (48.2%)
402	ZAWIS Marek	5112		Weteran I M - 50	31	01:50:36	04:08:14	06:03:17	08:08:53.85	+04:12:55 (51.7%)	10:51	5.5 (48.2%)
403	ŁACHAN Patryk	5100	WKURW_TEAM	Masters M - 40	131	01:56:01	04:22:02	06:26:10	08:13:13.20	+04:17:14 (52.2%)	10:57	5.5 (48.2%)
404	TOMANEK Bartosz	5507	SSW PRAGMATIC SOLUTIONS	Senior II M - 30	112	01:34:27	03:40:36	06:00:40	08:13:14.50	+04:17:16 (52.2%)	10:57	5.5 (48.2%)
405	CHUDZIK Radosław	5453		Masters M - 40	132	01:33:52	04:20:37	06:10:19	08:13:23.20	+04:17:24 (52.2%)	10:57	5.5 (48.2%)
406	KRAJEWSKA-KŁODA Katarzyna	5058	DRUŻYNA SZPIKU	Masters K - 40	48	02:11:42	04:40:00	06:38:03	08:14:39.05	+04:18:40 (52.3%)	10:59	5.5 (48.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Tempo min/km	Tempo km/h
						B1 10km	B2 22km	A15 33km	netto 45km	Różn		
407	BARANIAK Beata	5176	DRUŻYNA SZPIKU	Masters K - 40	49	02:11:52	04:40:07	06:38:15	08:14:49.25	+04:18:50 (52.3%)	10:59	5.5 (48.2%)
408	DOMAGAŁA Tomasz	5245	DOMAGAŁA	Senior II M - 30	113	02:03:16	04:21:51	06:26:18	08:16:27.10	+04:20:28 (52.5%)	11:01	5.4 (47.4%)
409	ZASŁAWSKA Katarzyna	5494	ZAKOCHAJ SIĘ W BIEGANIU	Weteran K - 50	8	01:50:36	04:10:42	06:17:54	08:16:33.55	+04:20:35 (52.5%)	11:02	5.4 (47.4%)
410	TRZECIAK Ewelina	5283		Masters K - 40	50	02:00:02	04:31:53	06:34:23	08:16:34.85	+04:20:36 (52.5%)	11:02	5.4 (47.4%)
411	MAŁGORZATA Modelska	5338		Senior II K - 30	38	02:06:14	04:27:35	06:29:35	08:16:56.35	+04:20:58 (52.5%)	11:02	5.4 (47.4%)
412	FOJCIK Katarzyna	5254	PIERUNSKIE CANGÓRY	Senior I K - 20	8	01:51:25	04:15:04	06:18:54	08:17:22.05	+04:21:23 (52.6%)	11:03	5.4 (47.4%)
413	POPŁAWSKI Krzysiek	5022	DEPARTAMENT BIEGÓW GÓRSKICH	Masters M - 40	133	01:59:42	04:29:32	06:33:50	08:17:47.50	+04:21:49 (52.6%)	11:03	5.4 (47.4%)
414	BĘDZIŃSKA Jolanta	5279		Masters K - 40	51	02:06:16	04:35:04	06:32:19	08:18:10.95	+04:22:12 (52.6%)	11:04	5.4 (47.4%)
415	PIETRUSIAK Agnieszka	5278		Senior II K - 30	39	02:06:25	04:35:13	06:32:27	08:18:22.05	+04:22:23 (52.7%)	11:04	5.4 (47.4%)
416	KUKLA-KOWALSKA Alicja	5114		Masters K - 40	52	01:58:52	04:23:39	06:28:27	08:18:34.65	+04:22:36 (52.7%)	11:04	5.4 (47.4%)
417	STAWSKA-KISIAŁA Natalia	5220	LACHO TEAM	Senior II K - 30	40	02:16:41	04:40:35	06:36:16	08:18:47.85	+04:22:49 (52.7%)	11:05	5.4 (47.4%)
418	SOBAŃSKA Paulina	5124	TARNOWO PODGÓRNE BIEGA	Senior II K - 30	41	02:06:17	04:31:58	06:32:58	08:20:05.25	+04:24:06 (52.8%)	11:06	5.4 (47.4%)
419	GRZESIAK Rafał	5142	EMERYT	Masters M - 40	134	01:37:09	04:23:57	06:16:21	08:20:06.35	+04:24:08 (52.8%)	11:06	5.4 (47.4%)
420	ZIELIŃSKA CZERBNIAK Izabela	5200	TARNOWO PODGÓRNA BIEGA	Masters K - 40	53	02:06:27	04:32:07	06:33:07	08:20:14.10	+04:24:15 (52.8%)	11:06	5.4 (47.4%)
421	SZULC Joanna	5082	WYBIEGANIA MPK	Masters K - 40	54	02:05:04	04:33:26	06:34:53	08:24:36.40	+04:28:38 (53.2%)	11:12	5.4 (47.4%)
422	SKROBEK Marcin	5292		Senior II M - 30	114	01:59:38	04:15:25	06:18:59	08:24:44.05	+04:28:45 (53.2%)	11:12	5.3 (46.5%)
423	MRUCZYŃSKA-PIETRUCZANIS Katarzyna	5071	WKURW_TEAM / AKTYWNI WĘGRÓW	Masters K - 40	55	02:03:47	04:29:56	06:31:54	08:25:26.60	+04:29:28 (53.3%)	11:13	5.3 (46.5%)
424	LATOS Joanna	5180		Masters K - 40	56	02:11:24	04:37:40	06:37:28	08:25:41.60	+04:29:43 (53.3%)	11:14	5.3 (46.5%)
425	KIEŁCZYŃSKA Katarzyna	5036	OVER 40 TEAM	Masters K - 40	57	01:55:48	04:29:51	06:36:42	08:25:43.60	+04:29:45 (53.3%)	11:14	5.3 (46.5%)
426	BĄCZYK Adam	5421	MONIAGYM	Masters M - 40	135	02:00:02	04:18:36	06:24:59	08:25:46.15	+04:29:47 (53.3%)	11:14	5.3 (46.5%)
427	ROMAN Ewelina	5161	MONIA GYM	Senior II K - 30	42	02:00:03	04:18:40	06:24:59	08:25:47.15	+04:29:48 (53.3%)	11:14	5.3 (46.5%)
428	BĄCZYK Monika	5160	MONIA GYM	Masters K - 40	58	02:00:04	04:18:41	06:25:03	08:25:47.60	+04:29:49 (53.3%)	11:14	5.3 (46.5%)
429	RYCHŁOWSKI Ryszard	5054		Masters M - 40	136	01:54:34	04:23:45	06:32:06	08:26:30.65	+04:30:32 (53.4%)	11:15	5.3 (46.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Tempo min/km	Tempo km/h
						B1 10km	B2 22km	A15 33km	netto 45km	Różn		
430	GŁĄBICA Adam	5230		Weteran I M - 50	32	01:53:01	04:21:00	06:26:20	08:27:09.10	+04:31:10 (53.5%)	11:16	5.3 (46.5%)
431	ADAMIAK Marta	5526		Senior II K - 30	43	01:56:35	04:23:52	06:33:33	08:28:29.55	+04:32:31 (53.6%)	11:18	5.3 (46.5%)
432	LEWANDOWSKA Ewa	5110		Masters K - 40	59	02:01:46	04:19:22	06:26:44	08:32:11.45	+04:36:13 (53.9%)	11:22	5.3 (46.5%)
433	KATA Aleksandra	5299		Senior II K - 30	44	02:02:10	04:25:30	06:23:42	08:33:13.95	+04:37:15 (54.0%)	11:24	5.3 (46.5%)
434	BIELECKA Iwona	5072	PRO-RUN WROCLAW	Senior II K - 30	45	02:02:20	04:25:40	06:24:43	08:33:23.80	+04:37:25 (54.0%)	11:24	5.3 (46.5%)
435	SOKOŁOWSKI Artur	5324	TEAM ZABIEGANEDNI	Masters M - 40	137	01:52:35	04:21:30	06:34:06	08:35:27.20	+04:39:28 (54.2%)	11:27	5.2 (45.6%)
436	BARZAK Justyna	5256		Senior II K - 30	46	01:58:24	04:40:35	06:52:36	08:40:55.55	+04:44:57 (54.7%)	11:34	5.2 (45.6%)
437	GÓRNA Aldona	5101	ŻÓŁWICE W BIEGU	Masters K - 40	60	02:00:37	04:38:53	06:42:51	08:43:34.30	+04:47:36 (54.9%)	11:38	5.2 (45.6%)
438	LANGE Hanna	5102	ŻÓŁWICE W BIEGU	Masters K - 40	61	02:00:47	04:39:05	06:43:00	08:43:45.45	+04:47:47 (54.9%)	11:38	5.2 (45.6%)
439	SIWEK Jarek	5144		Masters M - 40	138	02:16:44	04:51:52	06:55:41	08:44:48.30	+04:48:50 (55.0%)	11:39	5.1 (44.7%)
440	FRANKENBERG Małgorzata	5482	BIEGACZ NOWOSOLNA	Weteran II K - 60	1	02:14:49	04:55:14	07:04:30	08:45:31.70	+04:49:33 (55.1%)	11:40	5.1 (44.7%)
441	JASIŃSKI Paweł	5341	ZMASAKROWANI	Masters M - 40	139	02:01:44	04:23:35	06:34:11	08:46:12.75	+04:50:14 (55.2%)	11:41	5.1 (44.7%)
442	TARASZEWSKA Paulina	5129		Senior II K - 30	47	01:59:35	04:29:25	06:33:42	08:46:15.15	+04:50:16 (55.2%)	11:41	5.1 (44.7%)
443	WÓJCIK Łukasz	5225	CYTRYNOWE CURRY???	Senior II M - 30	115	01:59:02	04:35:56	06:43:04	08:49:27.85	+04:53:29 (55.4%)	11:45	5.1 (44.7%)
444	SZYLIŃSKI Jakub	5140		Weteran I M - 50	33	02:16:57	04:52:09	06:55:53	08:55:22.65	+04:59:24 (55.9%)	11:53	5 (43.9%)
445	KOZŁOWSKA Joanna	5356		Weteran K - 50	9	02:09:31	04:30:32	06:31:15	08:56:35.35	+05:00:37 (56.0%)	11:55	5 (43.9%)
446	KAMIŃSKI Marek	5337	STRZELIŃSKI KLUB BIEGACZA	Senior II M - 30	116	01:58:10	04:40:26	06:56:16	09:07:15.60	+05:11:17 (56.9%)	12:09	4.9 (43.0%)
447	PLASZCZYK Bartłomiej	5491	4 RBLOG	Senior II M - 30	117	02:00:09	04:46:40	07:00:53	09:10:47.55	+05:14:49 (57.2%)	12:14	4.9 (43.0%)
448	REGULSKA Aneta	5059	DRUŻYNA SZPIKU	Senior II K - 30	48	02:24:28	05:07:28	07:22:19	09:28:50.30	+05:32:52 (58.5%)	12:38	4.7 (41.2%)
449	RAJCAKOWSKA Anna	5253		Weteran K - 50	10	02:24:38	05:07:40	07:22:31	09:30:18.60	+05:34:20 (58.6%)	12:40	4.7 (41.2%)
450	MOSKWA Martyna	5209	MASZ PRZEBIEGANE	Senior I K - 20	9	02:17:07	05:03:24	07:17:02	09:34:40.70	+05:38:42 (58.9%)	12:46	4.7 (41.2%)
451	WIETRZYŃSKA Agnieszka	5208	MASZ PRZEBIEGANE	Senior II K - 30	49	02:17:17	05:03:33	07:17:11	09:34:51.75	+05:38:53 (59.0%)	12:46	4.7 (41.2%)
452	WOŁCZEK Małgorzata	5157		Senior II K - 30	50	02:30:59	05:22:58	07:46:43	09:40:56.75	+05:44:58 (59.4%)	12:54	4.6 (40.4%)

Msc	Zawodnik	Numer		Klub	Kategoria	Mkat	Czas				Tempo min/km	Tempo km/h	
							B1 10km	B2 22km	A15 33km	netto 45km			Różn
453	WAŁECKA Agnieszka	5381	3W		Masters K - 40	62	02:31:09	05:23:07	07:46:47	09:41:03.45	+05:45:05 (59.4%)	12:54	4.6 (40.4%)
454	WARA-WĄSOWSKI Maciej	5156			Weteran I M - 50	34	02:31:19	05:23:17	07:46:53	09:41:09.30	+05:45:11 (59.4%)	12:54	4.6 (40.4%)
455	JAWORSKA-NIZIOŁ Magdalena	5136			Senior II K - 30	51	02:18:38	05:52:02	07:48:03	09:45:52.70	+05:49:54 (59.7%)	13:01	4.6 (40.4%)
456	MIŚKIEWICZ Wojciech	5412			Senior II M - 30	118	02:12:44	05:07:48	07:29:58	09:48:34.85	+05:52:36 (59.9%)	13:04	4.6 (40.4%)
457	FORMELA Justyna	5411			Masters K - 40	63	02:12:51	05:07:55	07:29:51	09:48:39.95	+05:52:41 (59.9%)	13:04	4.6 (40.4%)
458	LESZCZYŃSKA-DOMINIAK Elżbieta	5473	LASY WAWERSKIE		Weteran II K - 60	2	02:16:36	05:02:18	07:35:39	10:03:39.35	+06:07:41 (60.9%)	13:24	4.5 (39.5%)
459	MAKAREWICZ Sylwia	5520			Masters K - 40	64	02:14:19	04:56:33	07:26:12	10:09:58.70	+06:14:00 (61.3%)	13:33	4.4 (38.6%)
Przekroczony limit czasu: 10:45:00													
460	MALONG Aleksander	5499	KLUCZBORSKA GRUPA BIEGOWA		Weteran I M - 50	35	02:49:24	05:53:04	08:11:14	10:57:19.05	+07:01:20 (64.1%)	14:36	4.1 (36.0%)
461	PAWŁOWSKA Danuta	5369			Masters K - 40	65	02:41:15	05:52:22	08:33:57	11:36:25.10	+07:40:26 (66.1%)	15:28	3.9 (34.2%)
DQ	NIEZGÓDKA Tomasz	5521	ZĄLOGA GÓRSKA		Weteran I M - 50		01:12:35 DQ	DQ	DQ	02:09:20.90 DQ		0:00	20.9 (183.3%)
DQ	MORAWSKI Filip	5264	MARCINSWIERCTEAM		Masters M - 40		01:16:50 DQ	DQ	DQ	02:11:21.50 DQ		0:00	20.6 (180.7%)
DQ	ŁĘCKI Piotr	5487	BP RUNNING TEAM GLIWICE		Senior II M - 30		01:18:21 DQ	DQ	DQ	02:14:00.10 DQ		0:00	20.1 (176.3%)
DQ	JURCZAK Roman	5522	GEPARDY I GAZELE RZESZÓW		Weteran II M - 60		01:20:59 DQ	DQ	DQ	02:23:15.40 DQ		0:00	18.8 (164.9%)
DQ	GORZELANY Rafał	5346			Senior II M - 30		01:23:11 DQ	DQ	DQ	02:30:37.10 DQ		0:00	17.9 (157.0%)
	MAJEWSKI Artur	5177	DIRETA GNIEZNO		Masters M - 40		01:23:26 DNF	DNF	03:29:58 DNF	DNF		-	- (0.0%)
	KIEDOWSKI Artur	5424			Masters M - 40		01:28:24 DNF	DNF	03:28:08 DNF	DNF		-	- (0.0%)
	PACZOS Andrzej	5384			Senior I M - 20		01:16:17 DNF	03:11:36 DNF	DNF	DNF		-	- (0.0%)
	SITEK Arkadiusz	5452	AKTYWNI WĘGRÓW		Masters M - 40		01:31:08 DNF	03:19:24 DNF	DNF	DNF		-	- (0.0%)
	SMUSZ Grzegorz	5314			Masters M - 40		01:39:26 DNF	03:59:07 DNF	DNF	DNF		-	- (0.0%)
	KUBICKI Piotr	5237	KOŚCIAN TEAM		Senior II M - 30		01:55:41 DNF	04:32:51 DNF	DNF	DNF		-	- (0.0%)
	FEDOROWICZ Emil	5092	ULTRINO AMATEUR		Senior I M - 20		02:23:20 DNF	05:20:40 DNF	DNF	DNF		-	- (0.0%)
	LUZAR Rafal	5353			Masters M - 40		01:17:04 DNF	DNF	DNF	DNF		-	- (0.0%)
	MALECKA-LEŃ Patrycja	5440	STAJNIA BALONA		Senior II K - 30		01:20:59 DNF	DNF	DNF	DNF		-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Różn	Tempo min/km	Tempo km/h
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Znaleziono 475 wynik(ów)