

# ZŁOTY PÓŁMARATON - 21 KM

B4SPORT

**Wydarzenie:** Dolnośląski Festiwal Biegów Górskich  
**Organizator:** Fundacja MARATONY GÓRSKIE  
**Data:** 2018-07-19  
**Miejsce:** Łądek-Zdrój  
**Dystans:** 21 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
1	<b>RAJCA Michał</b>	<b>668</b>	GT RAT	Senior I M - 20	1	00:52:37	<b>01:32:58.40</b>	<b>01:32:58.95</b>		4:25	13.6 (100%)
2	<b>ZDANOWSKI Łukasz</b>	<b>653</b>	LEKI POLSKA	Senior I M - 20	2	00:55:47	<b>01:39:36.65</b>	<b>01:39:37.50</b>	+00:06:38 (6.7%)	4:44	12.6 (92.6%)
3	<b>SICIARZ Marcin</b>	<b>560</b>	GMINA OŁAWA	Masters M - 40	1	00:56:33	<b>01:40:00.55</b>	<b>01:40:06.10</b>	+00:07:07 (7.1%)	4:45	12.6 (92.6%)
4	<b>WŁODARKIEWICZ Dominik</b>	<b>614</b>	SQUEEZY POLSKA	Masters M - 40	2	00:56:37	<b>01:41:36.75</b>	<b>01:41:37.60</b>	+00:08:38 (8.5%)	4:50	12.4 (91.2%)
5	<b>ŻUCHOWSKI Daniel</b>	<b>589</b>	MUAY RUNNING TEAM	Senior II M - 30	1	00:58:06	<b>01:42:21.40</b>	<b>01:42:22.85</b>	+00:09:23 (9.2%)	4:52	12.3 (90.4%)
6	<b>BONIEC Radosław</b>	<b>4</b>		Senior I M - 20	3	00:58:04	<b>01:42:33.70</b>	<b>01:42:34.05</b>	+00:09:35 (9.3%)	4:53	12.3 (90.4%)
7	<b>ŻAKOWSKI Adrian</b>	<b>343</b>	KALENJI BY DECATHLON TEAM	Senior I M - 20	4	00:59:08	<b>01:44:37.20</b>	<b>01:44:37.75</b>	+00:11:38 (11.1%)	4:58	12 (88.2%)
8	<b>WOLAŃSKI Jan</b>	<b>559</b>		Senior II M - 30	2	00:59:31	<b>01:44:54.25</b>	<b>01:45:00.00</b>	+00:12:01 (11.4%)	4:59	12 (88.2%)
9	<b>STAWSKI Michał</b>	<b>335</b>	TRUCHT.COM	Senior II M - 30	3	01:00:11	<b>01:45:45.70</b>	<b>01:45:47.15</b>	+00:12:48 (12.1%)	5:02	11.9 (87.5%)
10	<b>MOCZEK Tomasz</b>	<b>285</b>	CROSS STRACENÓW TEAM	Masters M - 40	3	00:59:25	<b>01:45:59.20</b>	<b>01:46:02.95</b>	+00:13:04 (12.3%)	5:02	11.9 (87.5%)
11	<b>TOMASIAK Natalia</b>	<b>652</b>	SALOMON SUUNTO TEAM	Senior II K - 30	1	01:00:25	<b>01:47:58.80</b>	<b>01:48:01.50</b>	+00:15:02 (13.9%)	5:08	11.7 (86.0%)
12	<b>WOLBACH Tomasz</b>	<b>535</b>	WOLNE ŚLIMAKI	Senior II M - 30	4	01:03:50	<b>01:51:18.00</b>	<b>01:51:22.70</b>	+00:18:23 (16.5%)	5:18	11.3 (83.1%)
13	<b>KWARTA Maciej</b>	<b>199</b>	BATALION DOWODZENIA MARYNARKI WOJENNEJ7LP	Senior II M - 30	5	01:03:38	<b>01:52:23.45</b>	<b>01:52:24.05</b>	+00:19:25 (17.3%)	5:21	11.2 (82.4%)
14	<b>SYCHOWICZ Daniel</b>	<b>562</b>	GRAZIA RUNNING	Senior II M - 30	6	01:03:44	<b>01:52:24.45</b>	<b>01:52:25.80</b>	+00:19:26 (17.3%)	5:21	11.2 (82.4%)
15	<b>RYŁKO Krzysztof</b>	<b>232</b>	ZADYSZKA OŚWIĘCIM/KS KANDAHAR	Masters M - 40	4	01:03:44	<b>01:52:25.55</b>	<b>01:52:26.70</b>	+00:19:27 (17.3%)	5:21	11.2 (82.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
16	<b>MIERZLIKIN Natalia</b>	<b>603</b>	UKS GEPARD WARSZAWA	Senior I K - 20	1	01:04:46	<b>01:52:29.65</b>	<b>01:52:32.70</b>	+00:19:33 (17.4%)	5:21	11.2 (82.4%)
17	<b>ADAMCZYK Przemysław</b>	<b>194</b>	ADIDAS RUNNERS WARSAW	Masters M - 40	5	01:04:01	<b>01:52:57.75</b>	<b>01:53:00.20</b>	+00:20:01 (17.7%)	5:22	11.2 (82.4%)
18	<b>KOWALEWSKA Elżbieta</b>	<b>12</b>		Senior II K - 30	2	01:04:07	<b>01:53:11.45</b>	<b>01:53:14.50</b>	+00:20:15 (17.9%)	5:23	11.1 (81.6%)
19	<b>KLOCEK Bartłomiej</b>	<b>314</b>	CRAGMAGAZINE.PL	Senior II M - 30	7	01:03:26	<b>01:53:56.15</b>	<b>01:54:05.85</b>	+00:21:06 (18.5%)	5:25	11.1 (81.6%)
20	<b>STANKIEWICZ Błażej</b>	<b>656</b>	UKW BYDGOSZCZ	Masters M - 40	6	01:03:34	<b>01:54:08.15</b>	<b>01:54:10.55</b>	+00:21:11 (18.6%)	5:26	11 (80.9%)
21	<b>NIEWIEJSKI Nikodem</b>	<b>584</b>		Senior I M - 20	5	01:04:57	<b>01:53:40.20</b>	<b>01:54:17.75</b>	+00:21:18 (18.6%)	5:24	11.1 (81.6%)
22	<b>WYKA Błażej</b>	<b>655</b>	PCH RUN	Senior II M - 30	8	01:06:35	<b>01:54:49.25</b>	<b>01:54:54.45</b>	+00:21:55 (19.1%)	5:28	11 (80.9%)
23	<b>MIKUŚ Marcin</b>	<b>552</b>		Senior II M - 30	9	01:02:41	<b>01:54:28.45</b>	<b>01:55:15.60</b>	+00:22:16 (19.3%)	5:27	11 (80.9%)
24	<b>BRZAŃKALSKI Krzysiek</b>	<b>193</b>	ADIDAS RUNNERS WARSAW	Senior I M - 20	6	01:03:44	<b>01:55:15.80</b>	<b>01:55:18.35</b>	+00:22:19 (19.4%)	5:29	10.9 (80.1%)
25	<b>KOPYCZOK Michał</b>	<b>118</b>	TYSŁAWA TEAM	Senior II M - 30	10	01:05:07	<b>01:55:47.50</b>	<b>01:55:50.85</b>	+00:22:51 (19.7%)	5:30	10.9 (80.1%)
26	<b>URBAŃCZYK Grzegorz</b>	<b>511</b>	FOR RUN TEAM & ADRUNALINE	Senior II M - 30	11	01:03:42	<b>01:56:10.15</b>	<b>01:56:11.50</b>	+00:23:12 (20.0%)	5:31	10.8 (79.4%)
27	<b>IGNACZAK Marcin</b>	<b>473</b>	IFB BROKER	Masters M - 40	7	01:05:32	<b>01:56:39.05</b>	<b>01:56:40.20</b>	+00:23:41 (20.3%)	5:33	10.8 (79.4%)
28	<b>WASIEWICZ Adam</b>	<b>390</b>	TRENERBIEGANIA.PL	Senior II M - 30	12	01:04:35	<b>01:56:54.75</b>	<b>01:56:57.20</b>	+00:23:58 (20.5%)	5:34	10.8 (79.4%)
29	<b>GRABIŃSKI Wojciech</b>	<b>325</b>	GRUNWALD TEAM POZNAŃ	Senior I M - 20	7	01:06:05	<b>01:57:06.60</b>	<b>01:57:11.85</b>	+00:24:12 (20.7%)	5:34	10.8 (79.4%)
30	<b>MATREJEK Michał</b>	<b>620</b>	CRAGSPORT	Senior II M - 30	13	01:06:44	<b>01:57:34.70</b>	<b>01:57:45.35</b>	+00:24:46 (21.0%)	5:35	10.7 (78.7%)
31	<b>TOKARCZYK Marcin</b>	<b>163</b>		Masters M - 40	8	01:05:40	<b>01:57:40.85</b>	<b>01:57:52.10</b>	+00:24:53 (21.1%)	5:36	10.7 (78.7%)
32	<b>BŁASZYK Mateusz</b>	<b>498</b>	BETONOWY WOJTEK	Senior II M - 30	14	01:09:42	<b>01:59:26.20</b>	<b>01:59:28.60</b>	+00:26:29 (22.2%)	5:41	10.5 (77.2%)
33	<b>ŁĘŻNIAK Aleksander</b>	<b>526</b>	MONK SANDALS TEAM	Senior I M - 20	8	01:05:28	<b>01:59:54.85</b>	<b>01:59:59.55</b>	+00:27:00 (22.5%)	5:42	10.5 (77.2%)
34	<b>SONCIŃSKI Tomasz</b>	<b>496</b>		Senior II M - 30	15	01:09:32	<b>02:00:02.85</b>	<b>02:00:08.20</b>	+00:27:09 (22.6%)	5:43	10.5 (77.2%)
35	<b>KUTYBA Mariusz</b>	<b>347</b>	WOLNE ŚLIMAKI	Senior II M - 30	16	01:08:40	<b>02:00:06.60</b>	<b>02:00:12.35</b>	+00:27:13 (22.6%)	5:43	10.5 (77.2%)
36	<b>ZAŁUBSKI Jacek</b>	<b>607</b>	KB HARCOWNIK JELCZ-LASKOWICE	Senior II M - 30	17	01:06:33	<b>02:00:08.10</b>	<b>02:00:14.35</b>	+00:27:15 (22.7%)	5:43	10.5 (77.2%)
37	<b>ŻWIRSKI Marcin</b>	<b>644</b>		Senior I M - 20	9	01:07:13	<b>01:58:44.55</b>	<b>02:00:16.20</b>	+00:27:17 (22.7%)	5:39	10.6 (77.9%)
38	<b>JARZAB Piotr</b>	<b>123</b>	SOLEC KUJAWSKI	Senior II M - 30	18	01:11:08	<b>02:00:40.45</b>	<b>02:00:45.95</b>	+00:27:47 (23.0%)	5:44	10.4 (76.5%)

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39	<b>LASEK Jakub</b>	<b>521</b>	CHICKS&SPORT TEAM	Senior I M - 20	10	01:08:33	<b>02:01:54.30</b>	<b>02:01:56.55</b>	+00:28:57 (23.7%)	5:48	10.3 (75.7%)
40	<b>DUCZMAL Dominika</b>	<b>551</b>	SPARTA ULTRA TEAM	Senior I K - 20	2	01:11:04	<b>02:01:56.85</b>	<b>02:02:00.15</b>	+00:29:01 (23.8%)	5:48	10.3 (75.7%)
41	<b>ŁUŻNIAK Wojciech</b>	<b>550</b>	POCO LOCO ADVENTURE / JKJ	Senior II M - 30	19	01:08:32	<b>02:03:05.85</b>	<b>02:03:16.70</b>	+00:30:17 (24.6%)	5:51	10.2 (75.0%)
42	<b>KOWALIK Tomasz</b>	<b>657</b>	UKW BYDGOSZCZ	Senior II M - 30	20	01:05:07	<b>02:03:31.05</b>	<b>02:03:33.75</b>	+00:30:34 (24.7%)	5:52	10.2 (75.0%)
43	<b>KUBISZTAL Wojciech</b>	<b>2</b>	WIECZORNE BIEGANIE W SZCZECINIE	Senior II M - 30	21	01:07:13	<b>02:04:41.95</b>	<b>02:04:46.55</b>	+00:31:47 (25.5%)	5:56	10.1 (74.3%)
44	<b>BRUS Marcin</b>	<b>588</b>		Masters M - 40	9	01:10:23	<b>02:05:02.90</b>	<b>02:05:05.75</b>	+00:32:06 (25.7%)	5:57	10.1 (74.3%)
45	<b>ŁYJAK Olga</b>	<b>628</b>	ATTIQ TEAM	Senior II K - 30	3	01:10:00	<b>02:05:05.60</b>	<b>02:05:07.35</b>	+00:32:08 (25.7%)	5:57	10.1 (74.3%)
46	<b>KORZAŃSKI Krystian</b>	<b>451</b>	36HDCZB	Senior II M - 30	22	01:11:01	<b>02:05:06.55</b>	<b>02:05:13.10</b>	+00:32:14 (25.7%)	5:57	10.1 (74.3%)
47	<b>MORMUL Przemek</b>	<b>621</b>	PANALPINA	Senior II M - 30	23	01:13:08	<b>02:05:32.35</b>	<b>02:05:34.10</b>	+00:32:35 (26.0%)	5:58	10 (73.5%)
48	<b>SUCHY Roland</b>	<b>219</b>		Senior I M - 20	11	01:08:45	<b>02:04:35.90</b>	<b>02:05:54.55</b>	+00:32:55 (26.2%)	5:56	10.1 (74.3%)
49	<b>BLANIK Marek</b>	<b>289</b>	RADLIN	Senior II M - 30	24	01:11:26	<b>02:05:43.05</b>	<b>02:05:57.40</b>	+00:32:58 (26.2%)	5:59	10 (73.5%)
50	<b>WOSZEK Marzena</b>	<b>186</b>	STOWARZYSZENIE PRZYJACIÓŁ GRUDZIC	Masters K - 40	1	01:11:42	<b>02:06:17.00</b>	<b>02:06:25.85</b>	+00:33:26 (26.5%)	6:00	10 (73.5%)
51	<b>PIENIAŻEK Patryk</b>	<b>190</b>	KGHM ZG RUN	Senior I M - 20	12	01:10:48	<b>02:06:46.50</b>	<b>02:06:47.75</b>	+00:33:48 (26.7%)	6:02	9.9 (72.8%)
52	<b>DARMETKO Rafal</b>	<b>629</b>		Senior II M - 30	25	01:10:42	<b>02:06:52.05</b>	<b>02:06:58.15</b>	+00:33:59 (26.8%)	6:02	9.9 (72.8%)
53	<b>STANĚK Duřan</b>	<b>364</b>	OSTRAVA FACTORY RACING	Senior II M - 30	26	01:09:20	<b>02:08:34.65</b>	<b>02:08:42.25</b>	+00:35:43 (27.8%)	6:07	9.8 (72.1%)
54	<b>WITEK Karolina</b>	<b>182</b>		Senior I K - 20	3	01:11:35	<b>02:08:35.45</b>	<b>02:08:45.25</b>	+00:35:46 (27.8%)	6:07	9.8 (72.1%)
55	<b>MIAZGA Michał</b>	<b>553</b>	1974	Masters M - 40	10	01:10:34	<b>02:09:08.00</b>	<b>02:09:12.25</b>	+00:36:13 (28.0%)	6:08	9.8 (72.1%)
56	<b>BORMANN Margrit</b>	<b>111</b>	ZADYSZKA OŐWIECIM	Senior II K - 30	4	01:11:25	<b>02:09:30.70</b>	<b>02:09:39.00</b>	+00:36:40 (28.3%)	6:10	9.7 (71.3%)
57	<b>SIERŻANT Sławomir</b>	<b>304</b>	SE16N.COM	Senior II M - 30	27	01:10:37	<b>02:10:14.85</b>	<b>02:10:28.85</b>	+00:37:29 (28.7%)	6:12	9.7 (71.3%)
58	<b>WYROŚLAK Józef</b>	<b>8</b>		Senior II M - 30	28	01:11:22	<b>02:08:59.65</b>	<b>02:10:33.25</b>	+00:37:34 (28.8%)	6:08	9.8 (72.1%)
59	<b>ŚMIECH Daniel</b>	<b>612</b>	KB HARCOWNIK JELCZ-LASKOWICE	Senior II M - 30	29	01:12:46	<b>02:10:30.65</b>	<b>02:10:36.80</b>	+00:37:37 (28.8%)	6:12	9.7 (71.3%)
60	<b>KWIECIEŃ Sławomir</b>	<b>402</b>	KW KRAKÓW	Senior I M - 20	13	01:12:39	<b>02:10:57.10</b>	<b>02:11:05.75</b>	+00:38:06 (29.1%)	6:14	9.6 (70.6%)
61	<b>WITKOWSKI Piotr</b>	<b>541</b>	VEGE RUNNERS	Senior I M - 20	14	01:14:05	<b>02:10:30.95</b>	<b>02:11:09.10</b>	+00:38:10 (29.1%)	6:12	9.7 (71.3%)

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62	<b>PODWÓJCI Michał</b>	<b>433</b>		Senior II M - 30	30	01:14:38	<b>02:11:10.65</b>	<b>02:11:14.40</b>	+00:38:15 (29.2%)	6:14	9.6 (70.6%)
63	<b>SABAT Kamil</b>	<b>168</b>		Senior I M - 20	15	01:15:22	<b>02:11:38.55</b>	<b>02:11:49.25</b>	+00:38:50 (29.5%)	6:16	9.6 (70.6%)
64	<b>LEWANDOWSKI Wojciech</b>	<b>608</b>	TMTEAM	Senior II M - 30	31	01:13:53	<b>02:11:28.75</b>	<b>02:11:51.10</b>	+00:38:52 (29.5%)	6:15	9.6 (70.6%)
65	<b>OCHMAN Paweł</b>	<b>428</b>	FUTURE PROCESSING RUNNING TEAM	Senior II M - 30	32	01:15:20	<b>02:12:02.25</b>	<b>02:12:10.00</b>	+00:39:11 (29.6%)	6:17	9.5 (69.9%)
66	<b>JANISZEWSKI Wiktor</b>	<b>446</b>		Senior I M - 20	16	01:10:47	<b>02:11:32.85</b>	<b>02:12:23.85</b>	+00:39:24 (29.8%)	6:15	9.6 (70.6%)
67	<b>SZCZEPANIK Robert</b>	<b>587</b>		Masters M - 40	11	01:13:58	<b>02:12:29.70</b>	<b>02:12:33.90</b>	+00:39:34 (29.9%)	6:18	9.5 (69.9%)
68	<b>BORKOWSKI Mateusz</b>	<b>512</b>	WATAHA PÓŁNOCY/FOR RUN TEAM	Senior II M - 30	33	01:14:16	<b>02:12:00.55</b>	<b>02:12:34.85</b>	+00:39:35 (29.9%)	6:17	9.5 (69.9%)
69	<b>DEMKOWSKI Marcin</b>	<b>516</b>		Senior II M - 30	34	01:14:05	<b>02:12:06.80</b>	<b>02:12:49.25</b>	+00:39:50 (30.0%)	6:17	9.5 (69.9%)
70	<b>KURZAWSKI Michał</b>	<b>86</b>	SZYBKI KURZ	Senior II M - 30	35	01:17:08	<b>02:12:43.95</b>	<b>02:12:50.70</b>	+00:39:51 (30.0%)	6:19	9.5 (69.9%)
71	<b>WOSZEK Tomasz</b>	<b>187</b>	STOWARZYSZENIE PRZYJACIÓŁ GRUDZIC	Masters M - 40	12	01:13:10	<b>02:12:49.00</b>	<b>02:12:57.30</b>	+00:39:58 (30.1%)	6:19	9.5 (69.9%)
72	<b>DĘBICKI Łukasz</b>	<b>406</b>	RCI WROCŁAW	Senior II M - 30	36	01:12:40	<b>02:11:41.35</b>	<b>02:13:02.90</b>	+00:40:03 (30.1%)	6:16	9.6 (70.6%)
73	<b>WIERZBOWY Przemek</b>	<b>604</b>		Senior II M - 30	37	01:08:32	<b>02:13:04.25</b>	<b>02:13:11.60</b>	+00:40:12 (30.2%)	6:20	9.5 (69.9%)
74	<b>CHODOROWSKI Krzysztof</b>	<b>32</b>	PRZEDWOJEWSKI MOUNTAIN TEAM	Senior II M - 30	38	01:13:42	<b>02:13:01.90</b>	<b>02:13:19.45</b>	+00:40:20 (30.3%)	6:20	9.5 (69.9%)
75	<b>OLESZOWSKI Marcin</b>	<b>602</b>	LUXON LED	Senior II M - 30	39	01:14:21	<b>02:13:35.25</b>	<b>02:13:39.75</b>	+00:40:40 (30.4%)	6:21	9.4 (69.1%)
76	<b>KRAWCZYK Adriana</b>	<b>181</b>		Senior II K - 30	5	01:15:26	<b>02:14:12.00</b>	<b>02:14:16.25</b>	+00:41:17 (30.8%)	6:23	9.4 (69.1%)
77	<b>BALCERZAK Tomasz</b>	<b>160</b>	PASZCZAKI 3	Masters M - 40	13	01:14:31	<b>02:14:12.20</b>	<b>02:14:18.15</b>	+00:41:19 (30.8%)	6:23	9.4 (69.1%)
78	<b>NIEDŹWIADEK Czesław</b>	<b>529</b>	NIEDŹWIADKI RUNNING TEAM	Weteran II M - 60	1	01:17:56	<b>02:14:53.55</b>	<b>02:15:09.75</b>	+00:42:10 (31.2%)	6:25	9.3 (68.4%)
79	<b>WAŻNY Dariusz</b>	<b>120</b>	WAŻNY TEAM	Senior II M - 30	40	01:13:43	<b>02:15:12.85</b>	<b>02:15:31.75</b>	+00:42:32 (31.4%)	6:26	9.3 (68.4%)
80	<b>NETOLICKÝ Kamil</b>	<b>39</b>	SRTG VYŠKOV	Senior I M - 20	17	01:13:04	<b>02:14:43.05</b>	<b>02:15:45.40</b>	+00:42:46 (31.5%)	6:24	9.4 (69.1%)
81	<b>MARKIEWICZ Agnieszka</b>	<b>33</b>	PRORUNNING PROMOTION	Senior II K - 30	6	01:18:06	<b>02:16:01.80</b>	<b>02:16:10.30</b>	+00:43:11 (31.7%)	6:28	9.3 (68.4%)
82	<b>WISŁOBOCKI Maciej</b>	<b>322</b>		Senior II M - 30	41	01:13:20	<b>02:15:18.10</b>	<b>02:16:32.95</b>	+00:43:34 (31.9%)	6:26	9.3 (68.4%)
83	<b>KRUPIŃSKI Zbigniew</b>	<b>345</b>	KOŁO BIEGA	Senior II M - 30	42	01:18:51	<b>02:16:33.65</b>	<b>02:17:12.30</b>	+00:44:13 (32.2%)	6:30	9.2 (67.6%)
84	<b>KORCZYK Jakub</b>	<b>393</b>		Senior II M - 30	43	01:16:18	<b>02:17:22.15</b>	<b>02:17:30.65</b>	+00:44:31 (32.4%)	6:32	9.2 (67.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
85	<b>DUBIEL Piotr</b>	<b>306</b>	WILD DOGS TEAM/SUDECKI KLUB WYSOKOGÓRSKI	Senior II M - 30	44	01:13:36	<b>02:17:35.80</b>	<b>02:17:37.90</b>	+00:44:38 (32.4%)	6:33	9.2 (67.6%)
86	<b>MATEJCZUK Jarosław</b>	<b>539</b>	KS ALASKA	Senior II M - 30	45	01:13:21	<b>02:18:08.10</b>	<b>02:18:16.10</b>	+00:45:17 (32.8%)	6:34	9.1 (66.9%)
87	<b>JAGŁA Kamil</b>	<b>287</b>	GRUNWALD TEAM POZNAŃ	Senior I M - 20	18	01:16:34	<b>02:18:17.90</b>	<b>02:18:24.15</b>	+00:45:25 (32.8%)	6:35	9.1 (66.9%)
88	<b>SZMIDT Karol</b>	<b>454</b>		Senior II M - 30	46	01:16:30	<b>02:18:24.30</b>	<b>02:18:27.00</b>	+00:45:28 (32.8%)	6:35	9.1 (66.9%)
89	<b>POTURALSKA Agata</b>	<b>533</b>	MOODBOX TEAM	Senior II K - 30	7	01:17:14	<b>02:18:20.45</b>	<b>02:18:31.70</b>	+00:45:32 (32.9%)	6:35	9.1 (66.9%)
90	<b>FISZER Lukasz</b>	<b>252</b>	LESZ NO LIMITS RUNNERS	Senior II M - 30	47	01:19:52	<b>02:17:36.00</b>	<b>02:18:34.95</b>	+00:45:36 (32.9%)	6:33	9.2 (67.6%)
91	<b>WYWROT Grzegorz</b>	<b>162</b>		Senior II M - 30	48	01:17:55	<b>02:18:12.30</b>	<b>02:18:35.95</b>	+00:45:37 (32.9%)	6:34	9.1 (66.9%)
92	<b>DROZDIK Magdalena</b>	<b>99</b>	WKB META LUBLINIEC	Senior II K - 30	8	01:18:06	<b>02:18:28.95</b>	<b>02:18:39.50</b>	+00:45:40 (32.9%)	6:35	9.1 (66.9%)
93	<b>GŁOMBIOWSKA Zuzanna</b>	<b>175</b>	BIGYELLOWFOOT ADVENTURE TEAM	Senior I K - 20	4	01:18:46	<b>02:18:42.65</b>	<b>02:18:45.70</b>	+00:45:46 (33.0%)	6:36	9.1 (66.9%)
94	<b>REMPUSZEWSKI Mateusz</b>	<b>236</b>		Senior I M - 20	19	01:15:34	<b>02:18:36.90</b>	<b>02:18:47.85</b>	+00:45:48 (33.0%)	6:36	9.1 (66.9%)
95	<b>GRAMALA Mateusz</b>	<b>218</b>	ŻEBY BIEGAĆ TRZEBA BIEGAĆ	Senior I M - 20	20	01:17:02	<b>02:18:01.65</b>	<b>02:19:18.95</b>	+00:46:20 (33.3%)	6:34	9.1 (66.9%)
96	<b>KOTKIEWICZ Karol</b>	<b>425</b>	LOTOS RUNNING TEAM	Senior II M - 30	49	01:17:09	<b>02:19:20.45</b>	<b>02:19:22.45</b>	+00:46:23 (33.3%)	6:38	9 (66.2%)
97	<b>WASILEWSKI Bartłomiej</b>	<b>257</b>		Masters M - 40	14	01:17:39	<b>02:18:32.90</b>	<b>02:19:30.00</b>	+00:46:31 (33.3%)	6:35	9.1 (66.9%)
98	<b>KOCOŁ Tomasz</b>	<b>424</b>		Senior II M - 30	50	01:20:21	<b>02:19:26.45</b>	<b>02:19:53.10</b>	+00:46:54 (33.5%)	6:38	9 (66.2%)
99	<b>PAWLAK Gabriel</b>	<b>131</b>	ERGOCONCEPT	Senior II M - 30	51	01:18:31	<b>02:19:30.20</b>	<b>02:19:59.80</b>	+00:47:00 (33.6%)	6:38	9 (66.2%)
100	<b>MIKOŁAJCZYK Piotr</b>	<b>342</b>	KALENJI BY DECATHLON	Senior I M - 20	21	01:18:13	<b>02:20:24.60</b>	<b>02:20:33.75</b>	+00:47:34 (33.8%)	6:41	9 (66.2%)
101	<b>GAŁEK Aleksander</b>	<b>248</b>	PRAGMATIQ.PL	Senior II M - 30	52	01:21:10	<b>02:21:07.90</b>	<b>02:21:17.75</b>	+00:48:18 (34.2%)	6:43	8.9 (65.4%)
102	<b>KRAWCZYK Tomasz</b>	<b>349</b>		Senior I M - 20	22	01:13:44	<b>02:21:32.50</b>	<b>02:21:38.30</b>	+00:48:39 (34.4%)	6:44	8.9 (65.4%)
103	<b>SAŁEK Mateusz</b>	<b>367</b>	ADIDAS RUNNERS WARSAW	Senior I M - 20	23	01:18:05	<b>02:21:42.80</b>	<b>02:21:49.45</b>	+00:48:50 (34.4%)	6:44	8.9 (65.4%)
104	<b>PIĘTA Marcin</b>	<b>273</b>	GRUPA PANA TOLKA	Senior II M - 30	53	01:20:24	<b>02:20:40.30</b>	<b>02:22:13.25</b>	+00:49:14 (34.6%)	6:41	9 (66.2%)
105	<b>SZYSZKA Anna</b>	<b>415</b>		Senior I K - 20	5	01:21:43	<b>02:22:06.60</b>	<b>02:22:15.55</b>	+00:49:16 (34.6%)	6:46	8.9 (65.4%)
106	<b>KSIĄŻKIEWICZ Tomasz</b>	<b>18</b>	#RUSZ4LITERY	Masters M - 40	15	01:20:01	<b>02:20:30.65</b>	<b>02:22:30.50</b>	+00:49:31 (34.8%)	6:41	9 (66.2%)
107	<b>RADOMYSKI Łukasz</b>	<b>595</b>		Masters M - 40	16	01:21:03	<b>02:21:53.10</b>	<b>02:22:35.85</b>	+00:49:36 (34.8%)	6:45	8.9 (65.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
108	<b>KARDAS Piotr</b>	<b>177</b>		Masters M - 40	17	01:17:16	<b>02:22:42.85</b>	<b>02:22:50.10</b>	+00:49:51 (34.9%)	6:47	8.8 (64.7%)
109	<b>PIETRASZEWSKI Witold</b>	<b>176</b>	NETBOX BIEGA / GOSTYŃ EASY TRAIL / LESZNO LIMITS RUNNERS	Senior II M - 30	54	01:20:47	<b>02:22:54.05</b>	<b>02:22:56.05</b>	+00:49:57 (34.9%)	6:48	8.8 (64.7%)
110	<b>PERENC Michał</b>	<b>281</b>	HUSARIA RACE TEAM	Senior I M - 20	24	01:19:39	<b>02:22:50.95</b>	<b>02:22:58.65</b>	+00:49:59 (35.0%)	6:48	8.8 (64.7%)
111	<b>KULCZYCKI Marek</b>	<b>361</b>		Senior II M - 30	55	01:15:39	<b>02:23:02.90</b>	<b>02:23:07.80</b>	+00:50:08 (35.0%)	6:48	8.8 (64.7%)
112	<b>PIÓRKOWSKI Jarosław</b>	<b>55</b>	KOŁO BIEGA	Masters M - 40	18	01:22:20	<b>02:22:35.35</b>	<b>02:23:11.05</b>	+00:50:12 (35.1%)	6:47	8.8 (64.7%)
113	<b>CHRZANOWSKI Paweł</b>	<b>520</b>		Senior II M - 30	56	01:16:54	<b>02:23:20.10</b>	<b>02:23:21.65</b>	+00:50:22 (35.1%)	6:49	8.8 (64.7%)
114	<b>NIZAR Wioletta</b>	<b>549</b>	CSC ADWENTURE ACADEMY	Masters K - 40	2	01:22:40	<b>02:23:24.75</b>	<b>02:23:35.20</b>	+00:50:36 (35.2%)	6:49	8.8 (64.7%)
115	<b>ROŹKO Sebastian</b>	<b>19</b>	GRYF-INO TEAM	Senior II M - 30	57	01:19:53	<b>02:22:48.65</b>	<b>02:23:36.90</b>	+00:50:37 (35.3%)	6:48	8.8 (64.7%)
116	<b>SOŁTYSIAK Karol</b>	<b>574</b>		Masters M - 40	19	01:23:12	<b>02:23:33.10</b>	<b>02:23:41.00</b>	+00:50:42 (35.3%)	6:50	8.8 (64.7%)
117	<b>MIŃCZYK Piotr</b>	<b>336</b>	FAMILY MIŃCZYK	Masters M - 40	20	01:19:40	<b>02:22:49.30</b>	<b>02:23:54.35</b>	+00:50:55 (35.4%)	6:48	8.8 (64.7%)
118	<b>BOSIANEK Kamila</b>	<b>374</b>	4RUN TEAM PIŁA	Masters K - 40	3	01:22:43	<b>02:24:00.90</b>	<b>02:24:07.55</b>	+00:51:08 (35.5%)	6:51	8.7 (64.0%)
119	<b>MIELNIK Michał</b>	<b>266</b>		Senior I M - 20	25	01:20:57	<b>02:23:10.65</b>	<b>02:24:12.15</b>	+00:51:13 (35.5%)	6:49	8.8 (64.7%)
120	<b>GAŁUSZKA Wojciech</b>	<b>575</b>		Senior II M - 30	58	01:20:41	<b>02:22:59.30</b>	<b>02:24:13.25</b>	+00:51:14 (35.5%)	6:48	8.8 (64.7%)
121	<b>CHRZAŚCZ Damian</b>	<b>164</b>		Senior II M - 30	59	01:21:11	<b>02:23:32.95</b>	<b>02:24:14.80</b>	+00:51:15 (35.5%)	6:50	8.8 (64.7%)
122	<b>HERBICH-SAR Violetta</b>	<b>294</b>	FUDU & CO SPORT TEAM	Masters K - 40	4	01:23:08	<b>02:23:58.95</b>	<b>02:24:27.95</b>	+00:51:29 (35.6%)	6:51	8.8 (64.7%)
123	<b>BUDYCH Arek</b>	<b>456</b>	PACHNĄCE PAPCIE	Senior II M - 30	60	01:21:29	<b>02:24:02.30</b>	<b>02:24:28.40</b>	+00:51:29 (35.6%)	6:51	8.7 (64.0%)
124	<b>PODEJMA Rafał</b>	<b>531</b>	SPARTA ULTRA TEAM	Masters M - 40	21	01:24:55	<b>02:23:49.85</b>	<b>02:24:29.40</b>	+00:51:30 (35.6%)	6:50	8.8 (64.7%)
125	<b>SYGNAT Marcin</b>	<b>180</b>		Senior II M - 30	61	01:20:00	<b>02:24:23.80</b>	<b>02:24:30.95</b>	+00:51:32 (35.7%)	6:52	8.7 (64.0%)
126	<b>WOLANIN Tomasz</b>	<b>191</b>		Masters M - 40	22	01:21:15	<b>02:24:06.30</b>	<b>02:24:33.75</b>	+00:51:34 (35.7%)	6:51	8.7 (64.0%)
127	<b>BUDZOWSKI Roman</b>	<b>296</b>	WORLD UNCOVERED	Masters M - 40	23	01:21:49	<b>02:24:17.50</b>	<b>02:24:36.15</b>	+00:51:37 (35.7%)	6:52	8.7 (64.0%)
128	<b>MARCINKOWSKA Eliza</b>	<b>313</b>	SZWLA	Masters K - 40	5	01:22:13	<b>02:24:20.45</b>	<b>02:24:38.75</b>	+00:51:39 (35.7%)	6:52	8.7 (64.0%)
129	<b>SAFARYN Dariusz</b>	<b>470</b>		Senior I M - 20	26	01:18:35	<b>02:24:32.45</b>	<b>02:24:53.25</b>	+00:51:54 (35.8%)	6:53	8.7 (64.0%)
130	<b>JAKUBCZAK Konrad</b>	<b>96</b>	DEBEŚCIAK	Senior II M - 30	62	01:18:56	<b>02:24:34.00</b>	<b>02:24:54.55</b>	+00:51:55 (35.8%)	6:53	8.7 (64.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
131	<b>RELEWICZ Maciej</b>	<b>536</b>	WOLNE ŚLIMAKI	Senior II M - 30	63	01:23:30	<b>02:24:35.60</b>	<b>02:25:00.00</b>	+00:52:01 (35.9%)	6:53	8.7 (64.0%)
132	<b>DRESZER Bartosz</b>	<b>658</b>		Senior II M - 30	64	01:18:11	<b>02:25:20.65</b>	<b>02:25:24.00</b>	+00:52:25 (36.1%)	6:55	8.7 (64.0%)
133	<b>MARZEC Łukasz</b>	<b>238</b>		Senior II M - 30	65	01:19:30	<b>02:24:41.65</b>	<b>02:25:26.90</b>	+00:52:27 (36.1%)	6:53	8.7 (64.0%)
134	<b>ŚWIERCZYŃSKI Radosław</b>	<b>179</b>	BIEGIEM PO PIWO	Senior I M - 20	27	01:18:08	<b>02:25:17.30</b>	<b>02:25:27.20</b>	+00:52:28 (36.1%)	6:55	8.7 (64.0%)
135	<b>BYŚ Mateusz</b>	<b>37</b>		Senior II M - 30	66	01:20:55	<b>02:25:32.55</b>	<b>02:25:58.75</b>	+00:52:59 (36.3%)	6:55	8.7 (64.0%)
136	<b>RYBARSKA Marta</b>	<b>3</b>	LESZ NO LIMITS RUNNERS	Senior I K - 20	6	01:20:12	<b>02:25:41.85</b>	<b>02:26:10.70</b>	+00:53:11 (36.4%)	6:56	8.6 (63.2%)
137	<b>CZAUDErna Adrian</b>	<b>269</b>		Masters M - 40	24	01:23:03	<b>02:24:52.25</b>	<b>02:26:21.75</b>	+00:53:22 (36.5%)	6:53	8.7 (64.0%)
138	<b>GRABOWSKA Maja</b>	<b>275</b>		Senior I K - 20	7	01:23:16	<b>02:25:26.95</b>	<b>02:26:39.65</b>	+00:53:40 (36.6%)	6:55	8.7 (64.0%)
139	<b>JĘDRYCHA Artur</b>	<b>519</b>		Masters M - 40	25	01:21:25	<b>02:26:25.10</b>	<b>02:26:48.60</b>	+00:53:49 (36.7%)	6:58	8.6 (63.2%)
140	<b>STRZELCZYK Wiktor</b>	<b>288</b>	HUSARIA RACE TEAM	Senior II M - 30	67	01:17:08	<b>02:26:41.05</b>	<b>02:26:49.75</b>	+00:53:50 (36.7%)	6:59	8.6 (63.2%)
141	<b>JĘDRASZEK Alicja</b>	<b>632</b>	COEMI.PL	Masters K - 40	6	01:24:27	<b>02:26:04.55</b>	<b>02:27:08.50</b>	+00:54:09 (36.8%)	6:57	8.6 (63.2%)
142	<b>NOGA Jarek</b>	<b>311</b>	CRAGMAGAZINE.PL	Senior II M - 30	68	01:19:35	<b>02:27:08.85</b>	<b>02:27:19.25</b>	+00:54:20 (36.9%)	7:00	8.6 (63.2%)
143	<b>ZYWAN Michał</b>	<b>650</b>		Senior II M - 30	69	01:23:14	<b>02:26:58.95</b>	<b>02:27:42.45</b>	+00:54:43 (37.0%)	6:59	8.6 (63.2%)
144	<b>ZGARDA Jacek</b>	<b>308</b>	TMTEAM	Masters M - 40	26	01:21:36	<b>02:27:42.35</b>	<b>02:28:04.00</b>	+00:55:05 (37.2%)	7:02	8.5 (62.5%)
145	<b>RATYMIRSKI Wojtek</b>	<b>466</b>	#SOBASTEAM	Masters M - 40	27	01:20:05	<b>02:27:30.60</b>	<b>02:28:13.75</b>	+00:55:14 (37.3%)	7:01	8.5 (62.5%)
146	<b>WOŹNIAK Waldemar</b>	<b>623</b>		Senior II M - 30	70	01:22:52	<b>02:28:34.10</b>	<b>02:28:42.50</b>	+00:55:43 (37.5%)	7:04	8.5 (62.5%)
147	<b>PISAREK Marcin</b>	<b>417</b>		Senior II M - 30	71	01:23:13	<b>02:28:19.05</b>	<b>02:28:56.95</b>	+00:55:58 (37.6%)	7:03	8.5 (62.5%)
148	<b>PASZKE Maciej</b>	<b>357</b>		Senior I M - 20	28	01:24:10	<b>02:27:56.25</b>	<b>02:29:17.95</b>	+00:56:19 (37.7%)	7:02	8.5 (62.5%)
149	<b>TROJANOWSKI Jakub</b>	<b>250</b>	1982	Senior II M - 30	72	01:26:29	<b>02:29:04.90</b>	<b>02:29:26.55</b>	+00:56:27 (37.8%)	7:05	8.5 (62.5%)
150	<b>NERKOWSKI Paweł</b>	<b>319</b>		Senior II M - 30	73	01:21:12	<b>02:29:20.25</b>	<b>02:29:27.85</b>	+00:56:28 (37.8%)	7:06	8.4 (61.8%)
151	<b>PIETRUSZKA Ewa</b>	<b>47</b>		Senior II K - 30	9	01:28:15	<b>02:28:39.05</b>	<b>02:29:35.05</b>	+00:56:36 (37.8%)	7:04	8.5 (62.5%)
152	<b>WŁODARCZYK Maciej</b>	<b>616</b>	KB HARCOWNIK JELCZ-LASKOWICE	Senior II M - 30	74	01:23:49	<b>02:29:08.50</b>	<b>02:29:39.95</b>	+00:56:41 (37.9%)	7:06	8.4 (61.8%)
153	<b>GĄTKIEWICZ Paweł</b>	<b>72</b>	ESKADRA KRAKÓW	Masters M - 40	28	01:19:25	<b>02:29:56.35</b>	<b>02:29:58.90</b>	+00:56:59 (38.0%)	7:08	8.4 (61.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
154	<b>ORDYNIEC Sławomir</b>	<b>151</b>	KB LEROY MERLIN	Senior I M - 20	29	01:18:55	<b>02:29:55.85</b>	<b>02:30:08.40</b>	+00:57:09 (38.1%)	7:08	8.4 (61.8%)
155	<b>PIOTROWICZ Kamila</b>	<b>429</b>	KLUB GÓRSKI OLIMP	Senior I K - 20	8	01:24:01	<b>02:30:03.70</b>	<b>02:30:20.20</b>	+00:57:21 (38.2%)	7:08	8.4 (61.8%)
156	<b>ŁABĘDZKI Łukasz</b>	<b>556</b>		Senior II M - 30	75	01:24:03	<b>02:30:03.95</b>	<b>02:30:20.60</b>	+00:57:21 (38.2%)	7:08	8.4 (61.8%)
157	<b>SZABAT Daniel</b>	<b>247</b>		Senior II M - 30	76	01:21:33	<b>02:29:27.80</b>	<b>02:30:23.15</b>	+00:57:24 (38.2%)	7:07	8.4 (61.8%)
158	<b>WĘGRZYŃSKI Paweł</b>	<b>60</b>	ITMBW KRAKÓW	Senior II M - 30	77	01:21:30	<b>02:30:28.05</b>	<b>02:30:38.05</b>	+00:57:39 (38.3%)	7:09	8.4 (61.8%)
159	<b>MASTALERZ Michał</b>	<b>134</b>	RAJSPOORT ACTIVE	Senior II M - 30	78	01:20:10	<b>02:30:50.75</b>	<b>02:30:55.55</b>	+00:57:56 (38.4%)	7:11	8.4 (61.8%)
160	<b>GRĘBOWICZ Andrzej</b>	<b>609</b>	KB HARCOWNIK JELCZ-LASKOWICE	Masters M - 40	29	01:25:12	<b>02:30:26.10</b>	<b>02:30:57.05</b>	+00:57:58 (38.4%)	7:09	8.4 (61.8%)
161	<b>WOJTOWICZ Ernest</b>	<b>636</b>	KB HARCOWNIK	Senior II M - 30	79	01:23:57	<b>02:30:28.75</b>	<b>02:30:59.85</b>	+00:58:00 (38.4%)	7:09	8.4 (61.8%)
162	<b>NIMSZ Kamila</b>	<b>611</b>	KB HARCOWNIK JELCZ-LASKOWICE	Senior II K - 30	10	01:28:28	<b>02:30:48.65</b>	<b>02:31:19.00</b>	+00:58:20 (38.6%)	7:10	8.4 (61.8%)
163	<b>LANDWÓJTOWICZ Sebastian</b>	<b>613</b>	KB HARCOWNIK JELCZ-LASKOWICE	Masters M - 40	30	01:28:28	<b>02:30:47.50</b>	<b>02:31:19.30</b>	+00:58:20 (38.6%)	7:10	8.4 (61.8%)
164	<b>KRAWCZYK Konrad</b>	<b>606</b>		Senior I M - 20	30	01:24:10	<b>02:29:57.80</b>	<b>02:31:20.90</b>	+00:58:21 (38.6%)	7:08	8.4 (61.8%)
165	<b>PARKITNY Mikolaj</b>	<b>515</b>		Senior I M - 20	31	01:21:30	<b>02:31:14.80</b>	<b>02:31:34.60</b>	+00:58:35 (38.7%)	7:12	8.3 (61.0%)
166	<b>CUKROWSKI Marcin</b>	<b>261</b>	BALLUFF RUNNING TEAM	Senior II M - 30	80	01:27:46	<b>02:30:45.00</b>	<b>02:32:02.60</b>	+00:59:03 (38.8%)	7:10	8.4 (61.8%)
167	<b>GARBACZ Marek</b>	<b>280</b>	TULIP RUNNERS	Masters M - 40	31	01:22:49	<b>02:32:13.30</b>	<b>02:32:40.65</b>	+00:59:41 (39.1%)	7:14	8.3 (61.0%)
168	<b>BUKAŁA Janusz</b>	<b>510</b>	ŚLĘZAK TEAM, OTM.B	Masters M - 40	32	01:24:12	<b>02:32:04.20</b>	<b>02:32:51.00</b>	+00:59:52 (39.2%)	7:14	8.3 (61.0%)
169	<b>OŻÓG Grzegorz</b>	<b>630</b>		Senior II M - 30	81	01:23:32	<b>02:32:46.30</b>	<b>02:33:01.70</b>	+01:00:02 (39.2%)	7:16	8.2 (60.3%)
170	<b>MAZUR Rafał</b>	<b>358</b>		Senior I M - 20	32	01:17:50	<b>02:33:15.25</b>	<b>02:33:18.55</b>	+01:00:19 (39.3%)	7:17	8.2 (60.3%)
171	<b>WIŚNIEWSKA Marlena</b>	<b>416</b>	MUAY RUNNING TEAM	Senior II K - 30	11	01:29:17	<b>02:33:01.50</b>	<b>02:33:22.00</b>	+01:00:23 (39.4%)	7:17	8.2 (60.3%)
172	<b>KIRILENKO Aneta</b>	<b>442</b>		Masters K - 40	7	01:25:19	<b>02:33:22.05</b>	<b>02:33:31.95</b>	+01:00:33 (39.4%)	7:18	8.2 (60.3%)
173	<b>KIRILENKO Marcin</b>	<b>441</b>		Masters M - 40	33	01:25:17	<b>02:33:22.65</b>	<b>02:33:32.40</b>	+01:00:33 (39.4%)	7:18	8.2 (60.3%)
174	<b>GORZELANCZYK Marek</b>	<b>590</b>		Senior I M - 20	33	01:22:05	<b>02:32:55.45</b>	<b>02:33:34.60</b>	+01:00:35 (39.5%)	7:16	8.2 (60.3%)
175	<b>LATOS Bartłomiej</b>	<b>94</b>		Masters M - 40	34	01:23:15	<b>02:32:56.75</b>	<b>02:33:58.15</b>	+01:00:59 (39.6%)	7:17	8.2 (60.3%)
176	<b>RATAJCZYK Iwona</b>	<b>51</b>		Senior II K - 30	12	01:28:35	<b>02:33:53.10</b>	<b>02:34:10.45</b>	+01:01:11 (39.7%)	7:19	8.2 (60.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
177	<b>PIĘTNIK Ewelina</b>	<b>305</b>		Senior II K - 30	13	01:27:36	<b>02:32:39.45</b>	<b>02:34:15.05</b>	+01:01:16 (39.7%)	7:16	8.3 (61.0%)
178	<b>PLEŚNIAR Paweł</b>	<b>98</b>	NIEFORMALNY KLUB TYGRYSKÓW	Weteran I M - 50	1	01:22:54	<b>02:34:25.55</b>	<b>02:34:30.55</b>	+01:01:31 (39.8%)	7:21	8.2 (60.3%)
179	<b>WIECZOREK Piotr</b>	<b>337</b>		Senior II M - 30	82	01:24:58	<b>02:34:22.40</b>	<b>02:34:53.95</b>	+01:01:55 (40.0%)	7:21	8.2 (60.3%)
180	<b>SĄSIADEK Sławomir</b>	<b>333</b>	ŚWIAT BIEGACZA FEHLAU RUN TEAM	Weteran I M - 50	2	01:26:51	<b>02:34:56.45</b>	<b>02:35:18.15</b>	+01:02:19 (40.1%)	7:22	8.1 (59.6%)
181	<b>WĄSACZ Arkadiusz</b>	<b>565</b>		Senior I M - 20	34	01:23:34	<b>02:35:31.30</b>	<b>02:35:45.00</b>	+01:02:46 (40.3%)	7:24	8.1 (59.6%)
182	<b>BANASZKIEWICZ Marcin</b>	<b>410</b>	LIDER WINNICA	Senior II M - 30	83	01:32:33	<b>02:35:47.95</b>	<b>02:35:55.30</b>	+01:02:56 (40.4%)	7:25	8.1 (59.6%)
183	<b>NOWAK Łukasz</b>	<b>379</b>		Senior II M - 30	84	01:32:46	<b>02:34:17.80</b>	<b>02:35:56.25</b>	+01:02:57 (40.4%)	7:20	8.2 (60.3%)
184	<b>BUDZIŃSKI Krzysztof</b>	<b>502</b>	STOWARZYSZENIE SPORTOWE FENIKS	Weteran I M - 50	3	01:25:55	<b>02:35:03.40</b>	<b>02:35:56.75</b>	+01:02:57 (40.4%)	7:23	8.1 (59.6%)
185	<b>BUDZIŃSKI Damian</b>	<b>133</b>	WKB META LUBLINIEC	Masters M - 40	35	01:25:44	<b>02:35:53.10</b>	<b>02:36:18.55</b>	+01:03:19 (40.5%)	7:25	8.1 (59.6%)
186	<b>PIETRZYK Tomasz</b>	<b>1</b>	ŚWIDNICKA GRUPA BIEGOWA	Senior II M - 30	85	01:27:09	<b>02:36:11.50</b>	<b>02:36:21.35</b>	+01:03:22 (40.5%)	7:26	8.1 (59.6%)
187	<b>ROŚŁON Cezary</b>	<b>461</b>	MAMERO	Senior II M - 30	86	01:27:12	<b>02:36:33.40</b>	<b>02:36:35.15</b>	+01:03:36 (40.6%)	7:27	8 (58.8%)
188	<b>KAROLCZAK Tomasz</b>	<b>398</b>	MUKS SZOK BOJANOWO	Masters M - 40	36	01:31:41	<b>02:35:27.40</b>	<b>02:36:39.50</b>	+01:03:40 (40.6%)	7:24	8.1 (59.6%)
189	<b>MARZYŃSKA Barbara</b>	<b>452</b>		Weteran K - 50	1	01:27:42	<b>02:36:36.95</b>	<b>02:36:49.10</b>	+01:03:50 (40.7%)	7:27	8 (58.8%)
190	<b>ANDRUSZEWICZ Maksymilian</b>	<b>663</b>		Senior II M - 30	87	01:28:56	<b>02:35:12.80</b>	<b>02:36:50.85</b>	+01:03:51 (40.7%)	7:23	8.1 (59.6%)
191	<b>BIEL Sławomir</b>	<b>557</b>		Senior II M - 30	88	01:19:03	<b>02:37:04.35</b>	<b>02:37:10.80</b>	+01:04:11 (40.8%)	7:28	8 (58.8%)
192	<b>KMIECIAK Stanisław</b>	<b>522</b>	NIGHT RUNNERS	Senior I M - 20	35	01:24:46	<b>02:36:42.25</b>	<b>02:37:17.10</b>	+01:04:18 (40.9%)	7:27	8 (58.8%)
193	<b>NOWICKI Kamil</b>	<b>334</b>		Senior I M - 20	36	01:25:38	<b>02:36:47.50</b>	<b>02:37:17.90</b>	+01:04:18 (40.9%)	7:27	8 (58.8%)
194	<b>KONIKOWSKI Krzysztof</b>	<b>507</b>	MAMY BIEGAMY WSPARCIE TECHNICZNE	Masters M - 40	37	01:21:08	<b>02:37:18.95</b>	<b>02:37:28.40</b>	+01:04:29 (41.0%)	7:29	8 (58.8%)
195	<b>TYSZER Łukasz</b>	<b>514</b>	HAPPY SMILE	Senior I M - 20	37	01:25:51	<b>02:37:23.50</b>	<b>02:37:28.65</b>	+01:04:29 (41.0%)	7:29	8 (58.8%)
196	<b>GŁÓWKA Maciej</b>	<b>201</b>	BE BETTER	Senior II M - 30	89	01:26:30	<b>02:36:41.15</b>	<b>02:37:31.60</b>	+01:04:32 (41.0%)	7:27	8 (58.8%)
197	<b>KLATE Łukasz</b>	<b>22</b>	ŁÓDŹ KOCHA SPORT	Masters M - 40	38	01:23:31	<b>02:36:40.70</b>	<b>02:37:35.25</b>	+01:04:36 (41.0%)	7:27	8 (58.8%)
198	<b>IGNATOWSKA Justyna</b>	<b>483</b>	SEZONSTARTOWY.PL	Senior II K - 30	14	01:28:21	<b>02:37:36.25</b>	<b>02:38:10.10</b>	+01:05:11 (41.2%)	7:30	8 (58.8%)
199	<b>OLSZEWSKI Michał</b>	<b>318</b>		Senior II M - 30	90	01:28:49	<b>02:37:52.30</b>	<b>02:38:12.00</b>	+01:05:13 (41.2%)	7:31	8 (58.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
200	<b>WISZNIEWICZ Piotr</b>	<b>338</b>	BANA DZIEWIONA	Senior II M - 30	91	01:27:06	<b>02:36:44.45</b>	<b>02:38:17.75</b>	+01:05:18 (41.3%)	7:27	8 (58.8%)
201	<b>SKRZYPCZAK Hanna</b>	<b>241</b>	MIŁOSŁAW FORTUNA TEAM	Weteran K - 50	2	01:29:55	<b>02:37:08.25</b>	<b>02:38:19.60</b>	+01:05:20 (41.3%)	7:28	8 (58.8%)
202	<b>RZOŃCA Michał</b>	<b>282</b>		Senior I M - 20	38	01:26:54	<b>02:37:14.15</b>	<b>02:38:30.05</b>	+01:05:31 (41.3%)	7:29	8 (58.8%)
203	<b>DOMIŃCZK Jakub</b>	<b>292</b>		Senior II M - 30	92	01:34:50	<b>02:37:54.25</b>	<b>02:38:32.60</b>	+01:05:33 (41.4%)	7:31	8 (58.8%)
204	<b>OSKWAREK Bogdan</b>	<b>577</b>		Masters M - 40	39	01:27:02	<b>02:37:56.60</b>	<b>02:38:39.25</b>	+01:05:40 (41.4%)	7:31	8 (58.8%)
205	<b>KOSTERA Tomasz</b>	<b>166</b>	VEGE RUNNERS	Masters M - 40	40	01:25:02	<b>02:37:36.35</b>	<b>02:38:41.15</b>	+01:05:42 (41.4%)	7:30	8 (58.8%)
206	<b>OBZARNY Paweł</b>	<b>71</b>		Senior II M - 30	93	01:26:38	<b>02:38:36.65</b>	<b>02:38:48.35</b>	+01:05:49 (41.4%)	7:33	7.9 (58.1%)
207	<b>STOLINSKI Dominik</b>	<b>16</b>	VEGE RUNNERS	Masters M - 40	41	01:27:19	<b>02:37:20.40</b>	<b>02:38:58.75</b>	+01:05:59 (41.5%)	7:29	8 (58.8%)
208	<b>WILK Magdalena</b>	<b>585</b>	TEAM ZABIEGANE DNI	Masters K - 40	8	01:26:14	<b>02:38:33.50</b>	<b>02:39:26.85</b>	+01:06:27 (41.7%)	7:33	7.9 (58.1%)
209	<b>JASTER Anna</b>	<b>501</b>		Senior II K - 30	15	01:27:32	<b>02:39:55.20</b>	<b>02:40:04.45</b>	+01:07:05 (41.9%)	7:36	7.9 (58.1%)
210	<b>TOKARCZYK Tomasz</b>	<b>11</b>	DRUŻYNA SZPIKU	Masters M - 40	42	01:31:08	<b>02:38:19.50</b>	<b>02:40:07.45</b>	+01:07:08 (41.9%)	7:32	8 (58.8%)
211	<b>CZERWONKA Zbigniew</b>	<b>202</b>	1983	Senior II M - 30	94	01:32:23	<b>02:40:13.10</b>	<b>02:40:16.45</b>	+01:07:17 (42.0%)	7:37	7.9 (58.1%)
212	<b>PŁUCIENNICZAK Bartosz</b>	<b>67</b>	KOŁO BIEGA	Senior II M - 30	95	01:32:18	<b>02:39:35.90</b>	<b>02:40:16.65</b>	+01:07:17 (42.0%)	7:36	7.9 (58.1%)
213	<b>MALIHIN Dragos</b>	<b>570</b>		Senior II M - 30	96	01:25:46	<b>02:40:33.20</b>	<b>02:40:44.25</b>	+01:07:45 (42.2%)	7:38	7.8 (57.4%)
214	<b>JAROSZ Jolanta</b>	<b>372</b>		Senior II K - 30	16	01:32:42	<b>02:39:25.85</b>	<b>02:41:05.75</b>	+01:08:06 (42.3%)	7:35	7.9 (58.1%)
215	<b>BOCHAN Lidia</b>	<b>645</b>		Senior II K - 30	17	01:31:44	<b>02:40:58.10</b>	<b>02:41:24.00</b>	+01:08:25 (42.4%)	7:39	7.8 (57.4%)
216	<b>PODJUK Juliusz</b>	<b>610</b>		Masters M - 40	43	01:26:31	<b>02:41:14.80</b>	<b>02:41:30.65</b>	+01:08:31 (42.4%)	7:40	7.8 (57.4%)
217	<b>WIŚNIEWSKI Mariusz</b>	<b>328</b>		Masters M - 40	44	01:31:31	<b>02:40:30.75</b>	<b>02:41:37.95</b>	+01:08:39 (42.5%)	7:38	7.9 (58.1%)
218	<b>NOWICKI Daniel</b>	<b>600</b>	SPORTOWY CZŁUCHÓW	Senior I M - 20	39	01:31:13	<b>02:41:18.40</b>	<b>02:42:04.55</b>	+01:09:05 (42.6%)	7:40	7.8 (57.4%)
219	<b>JACH-BALICKA Aleksandra</b>	<b>121</b>		Senior II K - 30	18	01:32:20	<b>02:41:47.40</b>	<b>02:42:17.35</b>	+01:09:18 (42.7%)	7:42	7.8 (57.4%)
220	<b>PASTUSZKA Mirosław</b>	<b>486</b>	RUNLDZ	Weteran I M - 50	4	01:28:37	<b>02:41:32.45</b>	<b>02:42:29.00</b>	+01:09:30 (42.8%)	7:41	7.8 (57.4%)
221	<b>KULESZA Paweł</b>	<b>203</b>		Senior I M - 20	40	01:23:46	<b>02:41:47.40</b>	<b>02:42:33.55</b>	+01:09:34 (42.8%)	7:42	7.8 (57.4%)
222	<b>DROŹDŹ Krzysztof</b>	<b>669</b>		Senior I M - 20	41	01:29:14	<b>02:41:57.25</b>	<b>02:42:35.40</b>	+01:09:36 (42.8%)	7:42	7.8 (57.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
223	<b>DEJA Dariusz</b>	<b>113</b>		Masters M - 40	45	01:28:20	<b>02:41:53.25</b>	<b>02:42:41.70</b>	+01:09:42 (42.8%)	7:42	7.8 (57.4%)
224	<b>OSICA Łukasz</b>	<b>528</b>		Senior II M - 30	97	01:32:06	<b>02:41:25.10</b>	<b>02:43:02.75</b>	+01:10:03 (43.0%)	7:41	7.8 (57.4%)
225	<b>GRABOWSKA Agnieszka</b>	<b>310</b>	CRAGMAGAZINE.PL	Senior I K - 20	9	01:29:03	<b>02:43:04.10</b>	<b>02:43:15.75</b>	+01:10:16 (43.0%)	7:45	7.7 (56.6%)
226	<b>DROZD Przemysław</b>	<b>246</b>	RAISPORT ACTIVE	Masters M - 40	46	01:28:26	<b>02:43:15.15</b>	<b>02:43:20.35</b>	+01:10:21 (43.1%)	7:46	7.7 (56.6%)
227	<b>KOZANECKA Marta</b>	<b>617</b>	KB GEOTERMIA UNIEJÓW	Senior II K - 30	19	01:27:54	<b>02:43:09.85</b>	<b>02:43:22.65</b>	+01:10:23 (43.1%)	7:46	7.7 (56.6%)
228	<b>KĘDZIERSKI Tomasz</b>	<b>42</b>		Senior II M - 30	98	01:29:53	<b>02:43:27.55</b>	<b>02:43:29.55</b>	+01:10:30 (43.1%)	7:47	7.7 (56.6%)
229	<b>PAWLAK Jarosław</b>	<b>430</b>	KOŁO BIEGA	Senior II M - 30	99	01:31:52	<b>02:43:01.00</b>	<b>02:43:37.95</b>	+01:10:39 (43.2%)	7:45	7.7 (56.6%)
230	<b>JANKOWSKI Rafał</b>	<b>28</b>	KOŁO BIEGA	Senior II M - 30	100	01:28:27	<b>02:43:04.70</b>	<b>02:43:40.55</b>	+01:10:41 (43.2%)	7:45	7.7 (56.6%)
231	<b>MACIASZCZYK Magdalena</b>	<b>487</b>	MACZAS SZCZECIN	Masters K - 40	9	01:29:26	<b>02:43:05.40</b>	<b>02:43:46.95</b>	+01:10:48 (43.2%)	7:45	7.7 (56.6%)
232	<b>GRĘDA Elżbieta</b>	<b>249</b>		Senior II K - 30	20	01:34:41	<b>02:43:27.60</b>	<b>02:43:48.95</b>	+01:10:50 (43.2%)	7:47	7.7 (56.6%)
233	<b>STRĄK Izabela</b>	<b>490</b>	WIECZORNE BIEGANIE W SZCZECINIE	Masters K - 40	10	01:32:38	<b>02:43:40.85</b>	<b>02:43:54.85</b>	+01:10:55 (43.3%)	7:47	7.7 (56.6%)
234	<b>BAZYLY Wojciech</b>	<b>340</b>	POCO LOCO	Senior II M - 30	101	01:24:31	<b>02:43:35.20</b>	<b>02:43:58.35</b>	+01:10:59 (43.3%)	7:47	7.7 (56.6%)
235	<b>MICHALAK Jakub</b>	<b>317</b>		Senior II M - 30	102	01:28:12	<b>02:42:55.50</b>	<b>02:44:16.05</b>	+01:11:17 (43.4%)	7:45	7.7 (56.6%)
236	<b>JĘDRASZEK Maciej</b>	<b>633</b>		Masters M - 40	47	01:32:40	<b>02:43:14.35</b>	<b>02:44:19.15</b>	+01:11:20 (43.4%)	7:46	7.7 (56.6%)
237	<b>TOMCZYK Marta</b>	<b>380</b>		Senior I K - 20	10	01:34:04	<b>02:44:18.05</b>	<b>02:44:33.25</b>	+01:11:34 (43.5%)	7:49	7.7 (56.6%)
238	<b>MISZCZAK Szymon</b>	<b>647</b>		Senior II M - 30	103	01:34:02	<b>02:44:17.70</b>	<b>02:44:33.75</b>	+01:11:34 (43.5%)	7:49	7.7 (56.6%)
239	<b>NIEZGÓDKA Marcin</b>	<b>518</b>		Masters M - 40	48	01:30:07	<b>02:44:16.15</b>	<b>02:44:42.35</b>	+01:11:43 (43.5%)	7:49	7.7 (56.6%)
240	<b>MATAK Paweł</b>	<b>464</b>	MAMERO	Senior II M - 30	104	01:27:13	<b>02:44:53.00</b>	<b>02:44:54.15</b>	+01:11:55 (43.6%)	7:51	7.6 (55.9%)
241	<b>ZAMIATOWSKA Kinga</b>	<b>126</b>	BELLA LINE BDG	Masters K - 40	11	01:29:01	<b>02:44:34.45</b>	<b>02:45:02.60</b>	+01:12:03 (43.7%)	7:50	7.7 (56.6%)
242	<b>MASIEWSKA Agata</b>	<b>665</b>		Senior II K - 30	21	01:32:28	<b>02:44:54.20</b>	<b>02:45:20.95</b>	+01:12:22 (43.8%)	7:51	7.6 (55.9%)
243	<b>STUHLIK Dawid</b>	<b>386</b>	POTRZYM MI PIWO	Senior II M - 30	105	01:32:53	<b>02:44:11.50</b>	<b>02:45:44.05</b>	+01:12:45 (43.9%)	7:49	7.7 (56.6%)
244	<b>CHODARCEWICZ Aleksandra</b>	<b>548</b>	NIGHT RUNNERS	Masters K - 40	12	01:35:11	<b>02:44:30.95</b>	<b>02:45:49.95</b>	+01:12:51 (43.9%)	7:50	7.7 (56.6%)
245	<b>ZYGMUNT Małgorzata</b>	<b>569</b>	ZYGI&PEMPUSZEK	Senior II K - 30	22	01:30:38	<b>02:44:40.00</b>	<b>02:46:00.95</b>	+01:13:02 (44.0%)	7:50	7.7 (56.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
246	<b>GAJDECKI Tomek</b>	<b>327</b>	ACCENTURE	Masters M - 40	49	01:31:16	<b>02:45:04.45</b>	<b>02:46:15.60</b>	+01:13:16 (44.1%)	7:51	7.6 (55.9%)
247	<b>JASTRZĄBEK Agnieszka</b>	<b>172</b>	EVERRUN	Senior II K - 30	23	01:33:22	<b>02:45:18.60</b>	<b>02:46:19.75</b>	+01:13:20 (44.1%)	7:52	7.6 (55.9%)
248	<b>KAMIŃSKA Anna</b>	<b>580</b>		Senior I K - 20	11	01:34:52	<b>02:45:37.65</b>	<b>02:46:21.00</b>	+01:13:22 (44.1%)	7:53	7.6 (55.9%)
249	<b>PAWLAK Katarzyna</b>	<b>431</b>	KOŁO BIEGA	Senior II K - 30	24	01:31:52	<b>02:45:44.45</b>	<b>02:46:21.10</b>	+01:13:22 (44.1%)	7:53	7.6 (55.9%)
250	<b>KRYSIAK Tomasz</b>	<b>156</b>	WIECZORNE BIEGANIE W SZCZECINIE	Senior II M - 30	106	01:33:59	<b>02:45:13.15</b>	<b>02:46:21.90</b>	+01:13:22 (44.1%)	7:52	7.6 (55.9%)
251	<b>MARKOWSKI Andrzej</b>	<b>332</b>	DRUŻYN GAZETY ZIELONA GÓRA	Masters M - 40	50	01:31:28	<b>02:45:27.60</b>	<b>02:46:22.70</b>	+01:13:23 (44.1%)	7:52	7.6 (55.9%)
252	<b>DŁUGOSZ Marek</b>	<b>639</b>	KB GEOTERMIA UNIEJÓW	Weteran I M - 50	5	01:26:52	<b>02:46:21.25</b>	<b>02:46:29.65</b>	+01:13:30 (44.2%)	7:55	7.6 (55.9%)
253	<b>KMITA Gabriela</b>	<b>567</b>	NOWA HUTA TEAM	Senior I K - 20	12	01:32:54	<b>02:44:57.80</b>	<b>02:46:33.90</b>	+01:13:34 (44.2%)	7:51	7.6 (55.9%)
254	<b>KOPUCZOK Justyna</b>	<b>667</b>		Senior I K - 20	13	01:35:10	<b>02:46:05.55</b>	<b>02:46:35.15</b>	+01:13:36 (44.2%)	7:54	7.6 (55.9%)
255	<b>SKELTON Sarah</b>	<b>497</b>	VEGE RUNNERS	Senior II K - 30	25	01:33:51	<b>02:46:01.35</b>	<b>02:46:40.10</b>	+01:13:41 (44.2%)	7:54	7.6 (55.9%)
256	<b>BALICKI Marcin</b>	<b>122</b>		Senior II M - 30	107	01:29:08	<b>02:46:30.05</b>	<b>02:47:00.00</b>	+01:14:01 (44.3%)	7:55	7.6 (55.9%)
257	<b>ZIĘBA Lucyna</b>	<b>48</b>	BIEGAM BO LUBIĘ GŁOGÓW	Senior II K - 30	26	01:35:27	<b>02:47:05.20</b>	<b>02:47:18.65</b>	+01:14:19 (44.4%)	7:57	7.5 (55.1%)
258	<b>ŁOŻYŃSKI Kamil</b>	<b>245</b>	KW GLIWICE	Senior II M - 30	108	01:27:31	<b>02:47:16.30</b>	<b>02:47:27.60</b>	+01:14:28 (44.5%)	7:57	7.5 (55.1%)
259	<b>SZUMNY Paweł</b>	<b>472</b>		Senior II M - 30	109	01:33:40	<b>02:46:44.10</b>	<b>02:47:30.05</b>	+01:14:31 (44.5%)	7:56	7.6 (55.9%)
260	<b>WYBRANIEC Tomasz</b>	<b>453</b>		Senior II M - 30	110	01:32:54	<b>02:46:14.30</b>	<b>02:47:47.80</b>	+01:14:48 (44.6%)	7:54	7.6 (55.9%)
261	<b>WISTUBA Łukasz</b>	<b>506</b>		Senior I M - 20	42	01:27:59	<b>02:47:03.65</b>	<b>02:47:54.20</b>	+01:14:55 (44.6%)	7:57	7.5 (55.1%)
262	<b>KRAWCZYK Michał</b>	<b>276</b>	ORANGE IRON TEAM	Senior II M - 30	111	01:29:35	<b>02:46:56.20</b>	<b>02:47:54.90</b>	+01:14:55 (44.6%)	7:56	7.5 (55.1%)
263	<b>PASŁAWSKA Olga</b>	<b>532</b>		Senior II K - 30	27	01:37:10	<b>02:47:47.70</b>	<b>02:48:05.20</b>	+01:15:06 (44.7%)	7:59	7.5 (55.1%)
264	<b>GLINA-KRAWCZYK Małgorzata</b>	<b>131</b>	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	Masters K - 40	13	01:36:04	<b>02:46:51.70</b>	<b>02:48:12.85</b>	+01:15:13 (44.7%)	7:56	7.6 (55.9%)
265	<b>WOJRACH Marcin</b>	<b>649</b>	WILDCAT TEAM	Senior II M - 30	112	01:27:46	<b>02:46:59.85</b>	<b>02:48:18.95</b>	+01:15:20 (44.8%)	7:57	7.5 (55.1%)
266	<b>MICHALSKI Grzegorz</b>	<b>474</b>	SEZON STARTOWY.PL	Masters M - 40	51	01:30:53	<b>02:47:55.15</b>	<b>02:48:29.15</b>	+01:15:30 (44.8%)	7:59	7.5 (55.1%)
267	<b>KORDASZEWSKA Sylwia</b>	<b>264</b>	ORANGE IRON TEAM	Senior I K - 20	14	01:35:47	<b>02:47:34.40</b>	<b>02:48:36.10</b>	+01:15:37 (44.9%)	7:58	7.5 (55.1%)
268	<b>RACZYŃSKA Magdalena</b>	<b>500</b>	VEGE RUNNERS	Senior I K - 20	15	01:30:48	<b>02:47:58.95</b>	<b>02:48:37.00</b>	+01:15:38 (44.9%)	7:59	7.5 (55.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
268	<b>MERCHELSKI Piotr</b>	<b>389</b>	BEZ CIŚNIEŃ	Senior II M - 30	113	01:38:57	<b>02:47:19.65</b>	<b>02:48:37.00</b>	+01:15:38 (44.9%)	7:58	7.5 (55.1%)
270	<b>RATKOWSKA Izabela</b>	<b>216</b>		Senior I K - 20	16	01:33:00	<b>02:48:09.35</b>	<b>02:48:45.95</b>	+01:15:47 (44.9%)	8:00	7.5 (55.1%)
271	<b>HABELSKI Jarosław</b>	<b>369</b>	SPARTA ULTRA TEAM	Masters M - 40	52	01:28:22	<b>02:48:15.10</b>	<b>02:48:54.80</b>	+01:15:55 (45.0%)	8:00	7.5 (55.1%)
272	<b>TERKA Barbara</b>	<b>211</b>		Senior II K - 30	28	01:33:10	<b>02:48:36.40</b>	<b>02:49:00.50</b>	+01:16:01 (45.0%)	8:01	7.5 (55.1%)
273	<b>ZIELIŃSKI Krzysztof</b>	<b>108</b>	NIGHT RUNNERS	Senior II M - 30	114	01:33:00	<b>02:48:24.90</b>	<b>02:49:00.60</b>	+01:16:01 (45.0%)	8:01	7.5 (55.1%)
274	<b>SZYSZKA Konrad</b>	<b>578</b>	WIECZORNE BIEGANIE W SZCZECINIE	Senior II M - 30	115	01:34:51	<b>02:48:51.10</b>	<b>02:49:04.50</b>	+01:16:05 (45.0%)	8:02	7.5 (55.1%)
275	<b>SZUDERA Kamila</b>	<b>157</b>	WIECZORNE BIEGANIE W SZCZECINIE	Senior II K - 30	29	01:34:52	<b>02:48:51.55</b>	<b>02:49:04.65</b>	+01:16:05 (45.0%)	8:02	7.5 (55.1%)
276	<b>LOCHYŃSKI Szymon</b>	<b>599</b>		Masters M - 40	53	01:26:18	<b>02:48:45.80</b>	<b>02:49:12.95</b>	+01:16:14 (45.1%)	8:02	7.5 (55.1%)
277	<b>HANOUSKOVÁ Ester</b>	<b>239</b>		Senior II K - 30	30	01:34:00	<b>02:48:18.30</b>	<b>02:49:26.40</b>	+01:16:27 (45.1%)	8:00	7.5 (55.1%)
278	<b>CZAUADERNA Klaudia</b>	<b>112</b>	OCHAJORUN & FRIENDS	Masters K - 40	14	01:35:24	<b>02:47:57.50</b>	<b>02:49:28.05</b>	+01:16:29 (45.1%)	7:59	7.5 (55.1%)
279	<b>ZWĘGLIŃSKA Anna</b>	<b>368</b>	URZĄD MIASTA KĘDZIERZYN-KOŹLE	Masters K - 40	15	01:35:10	<b>02:49:03.10</b>	<b>02:49:43.60</b>	+01:16:44 (45.2%)	8:03	7.5 (55.1%)
280	<b>DUDZIAK Bartłomiej</b>	<b>161</b>	GREATGRATULA OSIECZNA	Masters M - 40	54	01:36:40	<b>02:49:35.20</b>	<b>02:49:58.75</b>	+01:16:59 (45.3%)	8:04	7.4 (54.4%)
281	<b>BIELAWA Kamila</b>	<b>315</b>	NKB CHYŻY NOWY TOMYŚL	Senior II K - 30	31	01:36:58	<b>02:48:58.00</b>	<b>02:49:59.40</b>	+01:17:00 (45.3%)	8:02	7.5 (55.1%)
282	<b>BRZYSKI Grzegorz</b>	<b>561</b>		Senior II M - 30	116	01:36:32	<b>02:48:45.20</b>	<b>02:50:07.35</b>	+01:17:08 (45.3%)	8:02	7.5 (55.1%)
283	<b>GONERA Kazimierz</b>	<b>143</b>	CSWIICH WROCŁAW	Weteran II M - 60	2	01:36:15	<b>02:50:01.90</b>	<b>02:50:33.50</b>	+01:17:34 (45.5%)	8:05	7.4 (54.4%)
284	<b>KĘPKA Waldemar</b>	<b>148</b>		Weteran II M - 60	3	01:32:33	<b>02:50:22.30</b>	<b>02:50:36.90</b>	+01:17:37 (45.5%)	8:06	7.4 (54.4%)
285	<b>DZIWIĘC-GUZYK Justyna</b>	<b>10</b>		Masters K - 40	16	01:38:30	<b>02:49:59.05</b>	<b>02:50:39.35</b>	+01:17:40 (45.5%)	8:05	7.4 (54.4%)
286	<b>MORAWSKI Wojciech</b>	<b>540</b>		Senior II M - 30	117	01:38:44	<b>02:49:02.55</b>	<b>02:50:41.40</b>	+01:17:42 (45.5%)	8:03	7.5 (55.1%)
287	<b>GWOZDECKI Tomasz</b>	<b>189</b>		Senior II M - 30	118	01:35:43	<b>02:50:00.80</b>	<b>02:50:49.65</b>	+01:17:50 (45.6%)	8:05	7.4 (54.4%)
288	<b>HOFFMANN Grzegorz</b>	<b>124</b>		Masters M - 40	55	01:32:29	<b>02:50:36.95</b>	<b>02:50:59.20</b>	+01:18:00 (45.6%)	8:07	7.4 (54.4%)
289	<b>MAŃCZYŃSKI Marcin</b>	<b>635</b>	GANG DZIKICH WIEPRZY	Masters M - 40	56	01:28:34	<b>02:50:45.95</b>	<b>02:51:00.65</b>	+01:18:01 (45.6%)	8:07	7.4 (54.4%)
290	<b>STAŃCZYK Andrzej</b>	<b>139</b>	KS KOZIOŁEK KĘDZIERZYN-KOŹLE	Weteran I M - 50	6	01:34:57	<b>02:50:14.40</b>	<b>02:51:11.50</b>	+01:18:12 (45.7%)	8:06	7.4 (54.4%)
291	<b>ZYŁA Katarzyna</b>	<b>40</b>	OPOLE BIEGA	Senior I K - 20	17	01:38:03	<b>02:50:15.70</b>	<b>02:51:22.05</b>	+01:18:23 (45.7%)	8:06	7.4 (54.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
292	<b>SZMYT Piotr</b>	<b>377</b>		Masters M - 40	57	01:34:14	<b>02:51:08.55</b>	<b>02:51:26.85</b>	+01:18:27 (45.8%)	8:08	7.4 (54.4%)
293	<b>SOKOŁOWSKI Artur</b>	<b>586</b>	TEAM ZABIEGANE DNI	Masters M - 40	58	01:32:44	<b>02:50:48.05</b>	<b>02:51:42.10</b>	+01:18:43 (45.8%)	8:08	7.4 (54.4%)
294	<b>CALANCA Tadeusz</b>	<b>579</b>		Masters M - 40	59	01:33:41	<b>02:50:35.35</b>	<b>02:51:58.20</b>	+01:18:59 (45.9%)	8:07	7.4 (54.4%)
295	<b>BRODA Dominik</b>	<b>43</b>	POSITIVE VIBRATION	Senior II M - 30	119	01:29:06	<b>02:51:57.85</b>	<b>02:52:01.90</b>	+01:19:02 (46.0%)	8:11	7.3 (53.7%)
296	<b>GARCZYŃSKA Ania</b>	<b>183</b>	FIOLETPRINT	Masters K - 40	17	01:37:33	<b>02:51:53.45</b>	<b>02:52:11.75</b>	+01:19:12 (46.0%)	8:11	7.3 (53.7%)
297	<b>CZESKA Karolina</b>	<b>566</b>	MOSINA BIEGA	Senior I K - 20	18	01:41:36	<b>02:50:55.55</b>	<b>02:52:12.20</b>	+01:19:13 (46.0%)	8:08	7.4 (54.4%)
298	<b>TUREK Magdalena</b>	<b>476</b>	CHAMPIONMAN TEAM	Senior II K - 30	32	01:38:24	<b>02:51:30.75</b>	<b>02:52:15.95</b>	+01:19:17 (46.0%)	8:10	7.3 (53.7%)
299	<b>KOBLAŃSKI Tomasz</b>	<b>65</b>		Senior II M - 30	120	01:37:36	<b>02:52:18.85</b>	<b>02:52:35.30</b>	+01:19:36 (46.1%)	8:12	7.3 (53.7%)
300	<b>RYCHLEWICZ Tomasz</b>	<b>35</b>	EXPLAIN EVERYTHING	Senior II M - 30	121	01:31:59	<b>02:52:04.55</b>	<b>02:52:41.70</b>	+01:19:42 (46.2%)	8:11	7.3 (53.7%)
301	<b>KORNAŚ Marcin</b>	<b>14</b>	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	Masters M - 40	60	01:33:57	<b>02:51:32.60</b>	<b>02:52:58.45</b>	+01:19:59 (46.2%)	8:10	7.3 (53.7%)
302	<b>JUSKOWIAK Alina</b>	<b>547</b>	GRUNWALD TEAM POZNAŃ	Senior II K - 30	33	01:34:09	<b>02:53:02.75</b>	<b>02:53:10.00</b>	+01:20:11 (46.3%)	8:14	7.3 (53.7%)
303	<b>GAPSKI Piotr</b>	<b>411</b>	LOFT TEAM EXTREME	Senior II M - 30	122	01:37:58	<b>02:53:01.45</b>	<b>02:53:24.00</b>	+01:20:25 (46.4%)	8:14	7.3 (53.7%)
304	<b>CZACHOWSKI Michal</b>	<b>593</b>		Masters M - 40	61	01:45:21	<b>02:52:00.95</b>	<b>02:53:28.60</b>	+01:20:29 (46.4%)	8:11	7.3 (53.7%)
305	<b>PORADA Magdalena</b>	<b>173</b>		Senior II K - 30	34	01:33:14	<b>02:53:12.85</b>	<b>02:53:36.05</b>	+01:20:37 (46.4%)	8:14	7.3 (53.7%)
306	<b>LENARTOWICZ Barbara</b>	<b>321</b>		Weteran K - 50	3	01:39:39	<b>02:53:12.90</b>	<b>02:53:37.15</b>	+01:20:38 (46.4%)	8:14	7.3 (53.7%)
307	<b>BOCHENEK Gosia</b>	<b>508</b>		Senior I K - 20	19	01:42:11	<b>02:53:22.15</b>	<b>02:53:41.80</b>	+01:20:42 (46.5%)	8:15	7.3 (53.7%)
308	<b>SZARLEJ Anna</b>	<b>154</b>		Senior II K - 30	35	01:38:08	<b>02:53:32.70</b>	<b>02:53:44.25</b>	+01:20:45 (46.5%)	8:15	7.3 (53.7%)
309	<b>SAWALA Eryk</b>	<b>137</b>	TRANCE ONLY	Senior I M - 20	43	01:32:36	<b>02:52:51.15</b>	<b>02:53:54.35</b>	+01:20:55 (46.5%)	8:13	7.3 (53.7%)
310	<b>PLEWA Katarzyna</b>	<b>228</b>	NORDIC16	Senior II K - 30	36	01:35:29	<b>02:53:35.10</b>	<b>02:53:54.60</b>	+01:20:55 (46.5%)	8:15	7.3 (53.7%)
311	<b>SAWALA Sławomir</b>	<b>92</b>	TRANCE ONLY	Masters M - 40	62	01:32:39	<b>02:52:51.70</b>	<b>02:53:55.00</b>	+01:20:56 (46.5%)	8:13	7.3 (53.7%)
312	<b>MAZUR Agnieszka</b>	<b>662</b>		Senior II K - 30	37	01:42:36	<b>02:52:33.60</b>	<b>02:53:59.15</b>	+01:21:00 (46.6%)	8:13	7.3 (53.7%)
313	<b>WARDA Justyna</b>	<b>227</b>	HARDCOROWE WYCHYLYBYMY	Senior I K - 20	20	01:35:50	<b>02:53:54.15</b>	<b>02:54:06.95</b>	+01:21:08 (46.6%)	8:16	7.2 (52.9%)
314	<b>KOPACKA Eliza</b>	<b>97</b>	FOLLOWME - ZMIENIAMYFINANSE.PL	Senior II K - 30	38	01:41:39	<b>02:53:56.40</b>	<b>02:54:24.85</b>	+01:21:25 (46.7%)	8:16	7.2 (52.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
315	<b>MACHOWSKI Kris</b>	<b>434</b>	BEZ GRANIC	Senior II M - 30	123	01:41:27	<b>02:52:56.60</b>	<b>02:54:25.85</b>	+01:21:26 (46.7%)	8:14	7.3 (53.7%)
316	<b>SZULC Edyta</b>	<b>170</b>		Masters K - 40	18	01:40:45	<b>02:54:34.20</b>	<b>02:54:47.60</b>	+01:21:48 (46.8%)	8:18	7.2 (52.9%)
317	<b>ZIELIŃSKA Mirona</b>	<b>144</b>	NIGHT RUNNERS WROCLAW	Masters K - 40	19	01:40:01	<b>02:53:28.60</b>	<b>02:54:52.35</b>	+01:21:53 (46.8%)	8:15	7.3 (53.7%)
318	<b>HACUŚ Tomasz</b>	<b>85</b>		Masters M - 40	63	01:37:46	<b>02:54:22.55</b>	<b>02:54:58.75</b>	+01:21:59 (46.9%)	8:18	7.2 (52.9%)
319	<b>BAR Aleksandra</b>	<b>596</b>	GMINA STRZELCE OPOLSKIE	Masters K - 40	20	01:38:01	<b>02:54:46.45</b>	<b>02:55:00.75</b>	+01:22:01 (46.9%)	8:19	7.2 (52.9%)
320	<b>LISOWSKI Maciej</b>	<b>420</b>		Senior II M - 30	124	01:32:58	<b>02:53:45.85</b>	<b>02:55:05.85</b>	+01:22:06 (46.9%)	8:16	7.3 (53.7%)
321	<b>PORADA Małgorzata</b>	<b>481</b>		Masters K - 40	21	01:40:32	<b>02:54:11.25</b>	<b>02:55:05.90</b>	+01:22:06 (46.9%)	8:17	7.2 (52.9%)
322	<b>PRIGAN Anna</b>	<b>128</b>		Masters K - 40	22	01:38:44	<b>02:55:05.65</b>	<b>02:55:13.25</b>	+01:22:14 (46.9%)	8:20	7.2 (52.9%)
323	<b>KĘPSKI Grzegorz</b>	<b>469</b>		Senior II M - 30	125	01:39:00	<b>02:55:00.65</b>	<b>02:55:25.65</b>	+01:22:26 (47.0%)	8:20	7.2 (52.9%)
324	<b>NOWACKA-WOŁCZEK Jagoda</b>	<b>184</b>		Senior II K - 30	39	01:40:14	<b>02:54:43.75</b>	<b>02:55:29.10</b>	+01:22:30 (47.0%)	8:19	7.2 (52.9%)
325	<b>TALARCZYK-WIECZOREK Karolina</b>	<b>563</b>		Senior II K - 30	40	01:39:45	<b>02:54:16.95</b>	<b>02:55:33.60</b>	+01:22:34 (47.0%)	8:17	7.2 (52.9%)
326	<b>STEFANOWICZ Piotr</b>	<b>651</b>	HARDCOROWE WYCHYLYBYMY	Senior II M - 30	126	01:33:24	<b>02:55:26.50</b>	<b>02:55:38.95</b>	+01:22:40 (47.1%)	8:21	7.2 (52.9%)
327	<b>KANDORA Joanna</b>	<b>116</b>	MIECHOWICKA GRUPA BIEGOWA	Masters K - 40	23	01:42:50	<b>02:54:09.75</b>	<b>02:55:41.60</b>	+01:22:42 (47.1%)	8:17	7.2 (52.9%)
328	<b>KANDORA Piotr</b>	<b>115</b>	MIECHOWICKA GRUPA BIEGOWA	Masters M - 40	64	01:42:37	<b>02:54:09.70</b>	<b>02:55:41.65</b>	+01:22:42 (47.1%)	8:17	7.2 (52.9%)
329	<b>JÓŹWIAK Piotr</b>	<b>542</b>	FIZJOTERAPEUTASPORTOWY.PL	Masters M - 40	65	01:47:11	<b>02:54:22.90</b>	<b>02:55:47.55</b>	+01:22:48 (47.1%)	8:18	7.2 (52.9%)
330	<b>LEWANDOWSKI Rafal</b>	<b>87</b>	BIEGAM BO NIE LUBIE	Senior II M - 30	127	01:38:05	<b>02:55:40.85</b>	<b>02:55:53.45</b>	+01:22:54 (47.1%)	8:21	7.2 (52.9%)
331	<b>NAMNI Fatih</b>	<b>571</b>		Senior II M - 30	128	01:37:41	<b>02:54:33.15</b>	<b>02:56:04.90</b>	+01:23:05 (47.2%)	8:18	7.2 (52.9%)
332	<b>SKORUPSKA Ewa</b>	<b>573</b>		Senior I K - 20	21	01:41:57	<b>02:55:20.95</b>	<b>02:56:16.70</b>	+01:23:17 (47.3%)	8:21	7.2 (52.9%)
333	<b>DAMASIEWICZ Paula</b>	<b>538</b>	SPARTA ULTRA TEAM	Senior I K - 20	22	01:41:12	<b>02:56:13.20</b>	<b>02:56:28.00</b>	+01:23:29 (47.3%)	8:23	7.1 (52.2%)
334	<b>PIELA Katarzyna</b>	<b>664</b>		Senior II K - 30	41	01:38:42	<b>02:55:10.25</b>	<b>02:56:44.05</b>	+01:23:45 (47.4%)	8:20	7.2 (52.9%)
335	<b>WYSOCKI Grzegorz</b>	<b>546</b>	MORSY TUREK	Masters M - 40	66	01:42:34	<b>02:55:14.05</b>	<b>02:56:50.70</b>	+01:23:51 (47.4%)	8:20	7.2 (52.9%)
336	<b>ROKSELA Wojciech</b>	<b>268</b>		Weteran I M - 50	7	01:35:25	<b>02:55:57.65</b>	<b>02:57:01.70</b>	+01:24:02 (47.5%)	8:22	7.2 (52.9%)
337	<b>GACEK Mariusz</b>	<b>205</b>		Senior I M - 20	44	01:36:37	<b>02:56:15.75</b>	<b>02:57:05.60</b>	+01:24:06 (47.5%)	8:23	7.1 (52.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
338	<b>ROZDZYNSKA Patrycja</b>	<b>462</b>		Senior I K - 20	23	01:34:55	<b>02:56:41.75</b>	<b>02:57:16.00</b>	+01:24:17 (47.5%)	8:24	7.1 (52.2%)
339	<b>RYTYCH Grzegorz</b>	<b>626</b>	HUSARIA RACE TEAM	Senior II M - 30	129	01:38:19	<b>02:56:27.75</b>	<b>02:57:24.55</b>	+01:24:25 (47.6%)	8:24	7.1 (52.2%)
340	<b>GOŹDZIKOWSKI Bartosz</b>	<b>61</b>	KOŁO BIEGA	Senior II M - 30	130	01:37:05	<b>02:56:50.55</b>	<b>02:57:31.75</b>	+01:24:32 (47.6%)	8:25	7.1 (52.2%)
341	<b>STASZEWSKI Dariusz</b>	<b>91</b>		Senior II M - 30	131	01:35:24	<b>02:57:25.50</b>	<b>02:57:57.35</b>	+01:24:58 (47.7%)	8:26	7.1 (52.2%)
342	<b>ZAWORONEK Marcin</b>	<b>395</b>		Senior I M - 20	45	01:35:37	<b>02:57:43.90</b>	<b>02:58:18.75</b>	+01:25:19 (47.9%)	8:27	7.1 (52.2%)
343	<b>SKOKOWSKI Stanisław</b>	<b>326</b>	BIEGAM 60+	Weteran II M - 60	4	01:39:55	<b>02:58:16.40</b>	<b>02:58:35.00</b>	+01:25:36 (47.9%)	8:29	7.1 (52.2%)
344	<b>CIPORA Katarzyna</b>	<b>423</b>		Masters K - 40	24	01:42:02	<b>02:58:35.30</b>	<b>02:58:52.65</b>	+01:25:53 (48.0%)	8:30	7.1 (52.2%)
345	<b>CIPORA Maciej</b>	<b>422</b>		Masters M - 40	67	01:42:02	<b>02:58:35.35</b>	<b>02:58:52.90</b>	+01:25:53 (48.0%)	8:30	7.1 (52.2%)
346	<b>DOMINIAK Katarzyna</b>	<b>543</b>	PSIA EDUKACJA	Masters K - 40	25	01:41:43	<b>02:58:23.70</b>	<b>02:59:12.45</b>	+01:26:13 (48.1%)	8:29	7.1 (52.2%)
347	<b>KAPELSKA-KOBLAŃSKA Milena</b>	<b>62</b>	MATNER RUNNING TEAM	Senior II K - 30	42	01:41:37	<b>02:59:04.10</b>	<b>02:59:19.65</b>	+01:26:20 (48.1%)	8:31	7 (51.5%)
348	<b>ŁUNIEWSKA Katarzyna</b>	<b>26</b>		Senior I K - 20	24	01:43:59	<b>02:59:08.45</b>	<b>02:59:19.90</b>	+01:26:20 (48.2%)	8:31	7 (51.5%)
349	<b>WRĘCZYCKI Łukasz</b>	<b>350</b>		Senior I M - 20	46	01:34:38	<b>02:59:03.85</b>	<b>02:59:28.40</b>	+01:26:29 (48.2%)	8:31	7 (51.5%)
350	<b>STRZELECKI Krzysztof</b>	<b>253</b>		Masters M - 40	68	01:38:52	<b>02:59:12.70</b>	<b>02:59:40.25</b>	+01:26:41 (48.2%)	8:32	7 (51.5%)
351	<b>ADAMIAK Marta</b>	<b>444</b>	ABY DO METY!	Senior II K - 30	43	01:39:20	<b>02:58:41.75</b>	<b>03:00:06.65</b>	+01:27:07 (48.4%)	8:30	7.1 (52.2%)
352	<b>TOBERA Alicja</b>	<b>381</b>	TECZOWE MISIE	Senior II K - 30	44	01:40:08	<b>03:00:14.85</b>	<b>03:00:29.85</b>	+01:27:30 (48.5%)	8:34	7 (51.5%)
353	<b>ZIUBIŃSKI Paweł</b>	<b>419</b>		Senior II M - 30	132	01:40:38	<b>02:59:15.80</b>	<b>03:01:01.95</b>	+01:28:03 (48.6%)	8:32	7 (51.5%)
354	<b>JÓZEFOWICZ Edyta</b>	<b>499</b>	KOŚCIAN TEAM	Masters K - 40	26	01:43:10	<b>03:01:05.85</b>	<b>03:01:51.15</b>	+01:28:52 (48.9%)	8:37	7 (51.5%)
355	<b>CICHY Roman</b>	<b>222</b>	MUAY RUNNING TEAM	Senior II M - 30	133	01:42:52	<b>03:00:48.35</b>	<b>03:01:54.65</b>	+01:28:55 (48.9%)	8:36	7 (51.5%)
356	<b>REJTERADA Aleksandra</b>	<b>286</b>	VEGE RUNNERS	Senior II K - 30	45	01:38:58	<b>03:01:47.70</b>	<b>03:01:55.65</b>	+01:28:56 (48.9%)	8:39	6.9 (50.7%)
357	<b>BALICKI Miłosz</b>	<b>412</b>		Masters M - 40	69	01:31:02	<b>03:01:41.90</b>	<b>03:02:03.35</b>	+01:29:04 (48.9%)	8:39	6.9 (50.7%)
358	<b>WRÓBEL Paweł</b>	<b>303</b>		Senior I M - 20	47	01:37:44	<b>03:01:00.30</b>	<b>03:02:05.45</b>	+01:29:06 (48.9%)	8:37	7 (51.5%)
359	<b>SZYMAŃSKI Piotr</b>	<b>534</b>		Masters M - 40	70	01:50:17	<b>03:00:53.95</b>	<b>03:02:07.75</b>	+01:29:08 (48.9%)	8:36	7 (51.5%)
360	<b>BIJAK Aleksandra</b>	<b>631</b>		Senior II K - 30	46	01:41:58	<b>03:01:12.20</b>	<b>03:02:10.05</b>	+01:29:11 (49.0%)	8:37	7 (51.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
361	KARASIŃSKI Jacek	638		Senior II M - 30	134	01:41:56	03:01:12.15	03:02:10.35	+01:29:11 (49.0%)	8:37	7 (51.5%)
362	SPYCHAŁA Agnieszka	399		Masters K - 40	27	01:43:15	03:01:29.85	03:02:12.80	+01:29:13 (49.0%)	8:38	6.9 (50.7%)
363	TERLECKA Justyna	9		Senior II K - 30	47	01:42:56	03:01:14.00	03:02:14.60	+01:29:15 (49.0%)	8:37	7 (51.5%)
364	LUBAŃSKA Alicja	583	DOBIEGNĘ! BUKOWICE	Weteran K - 50	4	01:41:20	03:02:29.05	03:02:32.85	+01:29:33 (49.1%)	8:41	6.9 (50.7%)
365	PATYRA Łukasz	82		Senior II M - 30	135	01:38:52	03:02:13.80	03:02:34.25	+01:29:35 (49.1%)	8:40	6.9 (50.7%)
366	NETOLICKÝ Martin	13	BLEEDING NIPPLE RUNNER	Senior II M - 30	136	01:43:30	03:01:20.25	03:03:07.50	+01:30:08 (49.2%)	8:38	6.9 (50.7%)
367	PUCHALSKI Przemysław	233		Senior II M - 30	137	01:43:58	03:01:51.90	03:03:07.95	+01:30:09 (49.2%)	8:39	6.9 (50.7%)
368	SZPILAREWICZ Basia	437	RADIO WROCŁAW/ABY DO METY	Masters K - 40	28	01:35:58	03:01:50.05	03:03:12.40	+01:30:13 (49.2%)	8:39	6.9 (50.7%)
369	HALINIAK Marek	320	NKB CHYŻY NOWY TOMYŚL	Masters M - 40	71	01:37:50	03:02:34.00	03:03:31.55	+01:30:32 (49.3%)	8:41	6.9 (50.7%)
370	PAKULSKA Ewelina	564	GRAŻYNKI OCR	Senior II K - 30	48	01:40:28	03:03:48.15	03:04:00.40	+01:31:01 (49.5%)	8:45	6.9 (50.7%)
371	GALEWSKI Mariusz	209		Weteran I M - 50	8	01:34:50	03:03:52.85	03:04:05.30	+01:31:06 (49.5%)	8:45	6.9 (50.7%)
372	ZASTAWNY Michal	213		Senior II M - 30	138	01:42:46	03:02:50.30	03:04:05.45	+01:31:06 (49.5%)	8:42	6.9 (50.7%)
373	WÓJCIK Kamila	627	LACHO TEAM	Masters K - 40	29	01:40:53	03:03:39.20	03:04:12.05	+01:31:13 (49.5%)	8:44	6.9 (50.7%)
374	MICHALSKA Anna	494	OBOZYBIEGOWE.PL	Weteran K - 50	5	01:46:38	03:04:11.35	03:04:13.35	+01:31:14 (49.5%)	8:46	6.8 (50.0%)
375	GIMZICKA Ewa	262		Masters K - 40	30	01:43:24	03:03:33.15	03:04:23.60	+01:31:24 (49.6%)	8:44	6.9 (50.7%)
376	WESOŁOWSKA Marta	330		Senior II K - 30	49	01:38:51	03:04:18.15	03:04:26.35	+01:31:27 (49.6%)	8:46	6.8 (50.0%)
377	PODSADNY Bartosz	301		Senior II M - 30	139	01:35:07	03:03:56.45	03:04:30.65	+01:31:31 (49.6%)	8:45	6.9 (50.7%)
378	TASZAREK Ewa	492		Masters K - 40	31	01:41:28	03:04:10.50	03:04:32.50	+01:31:33 (49.6%)	8:46	6.8 (50.0%)
379	FRAĆKOWIAK Anita	654		Senior II K - 30	50	01:44:18	03:03:42.55	03:04:38.15	+01:31:39 (49.6%)	8:44	6.9 (50.7%)
380	PIÓRKOWSKA Jolanta	54	KOŁO BIEGA	Masters K - 40	32	01:44:34	03:04:02.10	03:04:41.95	+01:31:43 (49.7%)	8:45	6.8 (50.0%)
381	IMIŃSKI Cezary	283		Weteran I M - 50	9	01:41:51	03:04:20.30	03:04:48.80	+01:31:49 (49.7%)	8:46	6.8 (50.0%)
382	ZAKRZEWSKI Piotr	30		Senior II M - 30	140	01:36:33	03:05:00.30	03:05:15.60	+01:32:16 (49.8%)	8:48	6.8 (50.0%)
383	WOŹNIAK Agata	640		Senior I K - 20	25	01:41:57	03:05:00.30	03:05:25.05	+01:32:26 (49.9%)	8:48	6.8 (50.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
384	<b>SAMOJLUK-ŚLUSARSKA Bożena</b>	<b>392</b>	DRUŻYNA TVN	Weteran K - 50	6	01:44:35	<b>03:04:36.30</b>	<b>03:05:41.95</b>	+01:32:43 (49.9%)	8:47	6.8 (50.0%)
385	<b>FILIPIAK Beata</b>	<b>263</b>	MIECHOWICKA GRUPA BIEGOWA	Masters K - 40	33	01:43:02	<b>03:04:37.25</b>	<b>03:06:07.85</b>	+01:33:08 (50.0%)	8:47	6.8 (50.0%)
386	<b>MARMUROWICZ Krystian</b>	<b>107</b>	NESSI TEAM	Masters M - 40	72	01:42:34	<b>03:04:34.85</b>	<b>03:06:16.15</b>	+01:33:17 (50.1%)	8:47	6.8 (50.0%)
387	<b>IWIŃSKI Marcin</b>	<b>637</b>	WOLNE ŚLIMAKI	Senior II M - 30	141	01:40:28	<b>03:05:25.30</b>	<b>03:06:17.65</b>	+01:33:18 (50.1%)	8:49	6.8 (50.0%)
388	<b>KWAŚNIOK Rafał</b>	<b>119</b>	NIGHT RUNNERS PYSKOWICE	Senior II M - 30	142	01:40:59	<b>03:04:58.35</b>	<b>03:06:26.95</b>	+01:33:28 (50.1%)	8:48	6.8 (50.0%)
389	<b>LACH Iwona</b>	<b>155</b>	NIGHT RUNNERS PYSKOWICE	Senior II K - 30	51	01:40:57	<b>03:04:58.15</b>	<b>03:06:27.10</b>	+01:33:28 (50.1%)	8:48	6.8 (50.0%)
390	<b>JAKUBOWSKA Beata</b>	<b>504</b>	BIEGAMY WE WROCŁAWIU	Senior II K - 30	52	01:43:34	<b>03:04:45.60</b>	<b>03:06:31.45</b>	+01:33:32 (50.1%)	8:47	6.8 (50.0%)
391	<b>GRELA Michał</b>	<b>544</b>	BIEGAMY WE WROCŁAWIU	Masters M - 40	73	01:43:35	<b>03:04:45.80</b>	<b>03:06:31.55</b>	+01:33:32 (50.2%)	8:47	6.8 (50.0%)
392	<b>JAGUSIAK Piotr</b>	<b>530</b>		Masters M - 40	74	01:49:57	<b>03:05:04.25</b>	<b>03:06:38.55</b>	+01:33:39 (50.2%)	8:48	6.8 (50.0%)
393	<b>AUGUSTYN Emil</b>	<b>158</b>	NIEFORMALNY KLUB TYGRYSKÓW	Weteran I M - 50	10	01:39:15	<b>03:06:44.05</b>	<b>03:06:49.55</b>	+01:33:50 (50.2%)	8:53	6.7 (49.3%)
394	<b>KOZŁOWSKI Artur</b>	<b>215</b>		Masters M - 40	75	01:41:54	<b>03:06:47.95</b>	<b>03:07:09.95</b>	+01:34:11 (50.3%)	8:53	6.7 (49.3%)
395	<b>CZEPIEC Agata</b>	<b>460</b>	MUAY RUNNING TEAM	Masters K - 40	34	01:46:05	<b>03:06:46.60</b>	<b>03:07:10.20</b>	+01:34:11 (50.3%)	8:53	6.7 (49.3%)
396	<b>ŚLIWAK Katarzyna</b>	<b>324</b>		Senior I K - 20	26	01:46:10	<b>03:05:58.75</b>	<b>03:07:11.50</b>	+01:34:12 (50.3%)	8:51	6.8 (50.0%)
397	<b>KOWALEWSKA Kinga</b>	<b>624</b>		Senior II K - 30	53	01:47:32	<b>03:06:36.45</b>	<b>03:07:27.15</b>	+01:34:28 (50.4%)	8:53	6.8 (50.0%)
398	<b>PŁUCIENNIK Katarzyna</b>	<b>598</b>		Masters K - 40	35	01:46:15	<b>03:06:12.80</b>	<b>03:07:27.50</b>	+01:34:28 (50.4%)	8:52	6.8 (50.0%)
399	<b>WISZNIOWSKA Agata</b>	<b>146</b>	NIGHT RUNNERS WROCŁAW	Senior II K - 30	54	01:48:54	<b>03:06:33.30</b>	<b>03:07:57.60</b>	+01:34:58 (50.5%)	8:53	6.8 (50.0%)
400	<b>WESOŁY Maciej</b>	<b>66</b>	KOLO BIEGA	Senior II M - 30	143	01:37:12	<b>03:07:24.40</b>	<b>03:08:05.50</b>	+01:35:06 (50.6%)	8:55	6.7 (49.3%)
401	<b>BAJDA Justyna</b>	<b>421</b>	IZERSKA GRUPA BIEGOWA	Senior II K - 30	55	01:42:49	<b>03:06:52.80</b>	<b>03:08:11.65</b>	+01:35:12 (50.6%)	8:53	6.7 (49.3%)
402	<b>MICHALSKA Daria</b>	<b>206</b>		Senior II K - 30	56	01:41:10	<b>03:07:07.65</b>	<b>03:08:19.75</b>	+01:35:20 (50.6%)	8:54	6.7 (49.3%)
403	<b>ŚPIEWAK Radosław</b>	<b>83</b>		Senior II M - 30	144	01:41:17	<b>03:07:09.40</b>	<b>03:08:19.95</b>	+01:35:21 (50.6%)	8:54	6.7 (49.3%)
404	<b>SOKOŁOWSKI Szymon</b>	<b>354</b>		Senior I M - 20	48	01:42:34	<b>03:07:01.15</b>	<b>03:08:27.05</b>	+01:35:28 (50.7%)	8:54	6.7 (49.3%)
405	<b>CIEŚLAK Łukasz</b>	<b>572</b>		Senior II M - 30	145	01:43:28	<b>03:07:51.05</b>	<b>03:08:35.30</b>	+01:35:36 (50.7%)	8:56	6.7 (49.3%)
406	<b>MRÓZ Izabela</b>	<b>537</b>	WOLNE ŚLIMAKI	Senior II K - 30	57	01:47:41	<b>03:08:09.35</b>	<b>03:08:51.50</b>	+01:35:52 (50.8%)	8:57	6.7 (49.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
407	<b>GOSTYŃSKA Weronika</b>	<b>100</b>		Senior II K - 30	58	01:38:47	<b>03:08:36.10</b>	<b>03:08:59.15</b>	+01:36:00 (50.8%)	8:58	6.7 (49.3%)
408	<b>SOŁDON Katarzyna</b>	<b>396</b>		Senior I K - 20	27	01:38:14	<b>03:08:33.15</b>	<b>03:09:07.95</b>	+01:36:09 (50.8%)	8:58	6.7 (49.3%)
409	<b>KALEK Krzysztof</b>	<b>52</b>	KOŁO BIEGA	Weteran I M - 50	11	01:41:34	<b>03:08:22.55</b>	<b>03:09:12.30</b>	+01:36:13 (50.9%)	8:58	6.7 (49.3%)
410	<b>FLORCZAK Monika</b>	<b>558</b>	KOBIETA W BIEGU/ RUN BABY	Senior I K - 20	28	01:46:16	<b>03:08:30.70</b>	<b>03:09:23.05</b>	+01:36:24 (50.9%)	8:58	6.7 (49.3%)
411	<b>KOZŁOWSKA Iwona</b>	<b>78</b>		Masters K - 40	36	01:49:59	<b>03:09:07.25</b>	<b>03:09:24.10</b>	+01:36:25 (50.9%)	9:00	6.7 (49.3%)
412	<b>MACIEJEWSKA Aleksandra</b>	<b>109</b>	NIGHT RUNNERS POZNAŃ	Senior I K - 20	29	01:46:55	<b>03:09:06.05</b>	<b>03:09:39.70</b>	+01:36:40 (51.0%)	9:00	6.7 (49.3%)
413	<b>SOSZYŃSKA Gosia</b>	<b>210</b>	CZŁAPACZE	Weteran K - 50	7	01:49:46	<b>03:08:54.70</b>	<b>03:10:13.35</b>	+01:37:14 (51.1%)	8:59	6.7 (49.3%)
414	<b>KONOPACKI Krzysztof</b>	<b>443</b>	ABY DO METY!	Masters M - 40	76	01:36:33	<b>03:08:51.35</b>	<b>03:10:15.35</b>	+01:37:16 (51.1%)	8:59	6.7 (49.3%)
415	<b>SMOGORZEWSKI Michał</b>	<b>79</b>	WKURW_TEAM	Senior II M - 30	146	01:43:27	<b>03:09:13.70</b>	<b>03:10:28.05</b>	+01:37:29 (51.2%)	9:00	6.7 (49.3%)
416	<b>PRĘGOWSKI Grzegorz</b>	<b>370</b>	EKOBIEGI	Weteran I M - 50	12	01:51:44	<b>03:09:25.40</b>	<b>03:10:31.70</b>	+01:37:32 (51.2%)	9:01	6.7 (49.3%)
417	<b>PORSCH Arkadiusz</b>	<b>670</b>		Masters M - 40	77	01:52:09	<b>03:08:51.75</b>	<b>03:10:31.95</b>	+01:37:33 (51.2%)	8:59	6.7 (49.3%)
418	<b>KRZYŻEWSKI Roger</b>	<b>165</b>		Senior II M - 30	147	01:44:01	<b>03:10:27.95</b>	<b>03:10:33.80</b>	+01:37:34 (51.2%)	9:04	6.6 (48.5%)
419	<b>SOWIŃSKI Adam</b>	<b>251</b>		Weteran II M - 60	5	01:43:41	<b>03:09:45.25</b>	<b>03:10:34.90</b>	+01:37:35 (51.2%)	9:02	6.6 (48.5%)
420	<b>QUIRINI Aleksandra</b>	<b>140</b>		Senior II K - 30	59	01:41:40	<b>03:09:29.25</b>	<b>03:10:38.35</b>	+01:37:39 (51.2%)	9:01	6.6 (48.5%)
421	<b>KUBIAK Przemek</b>	<b>376</b>		Senior II M - 30	148	01:41:39	<b>03:09:32.15</b>	<b>03:10:42.70</b>	+01:37:43 (51.2%)	9:01	6.6 (48.5%)
422	<b>CICHOŃ Rafał</b>	<b>277</b>	ORANGE IRON TEAM	Senior I M - 20	49	01:41:18	<b>03:10:02.45</b>	<b>03:11:05.25</b>	+01:38:06 (51.3%)	9:03	6.6 (48.5%)
423	<b>ADAMCZUK Feliks</b>	<b>291</b>		Masters M - 40	78	01:49:57	<b>03:10:42.00</b>	<b>03:11:53.85</b>	+01:38:54 (51.5%)	9:04	6.6 (48.5%)
424	<b>BARAŃSKA Małgorzata</b>	<b>234</b>	BBL OPOLE	Masters K - 40	37	01:43:15	<b>03:12:15.50</b>	<b>03:13:10.00</b>	+01:40:11 (51.9%)	9:09	6.6 (48.5%)
425	<b>STRZAŁKOWSKA Urszula</b>	<b>243</b>	GYMBOX OPOLE	Senior II K - 30	60	01:41:17	<b>03:12:12.30</b>	<b>03:13:10.30</b>	+01:40:11 (51.9%)	9:09	6.6 (48.5%)
426	<b>KOTYSZ Katarzyna</b>	<b>240</b>		Weteran K - 50	8	01:42:55	<b>03:12:10.60</b>	<b>03:13:10.35</b>	+01:40:11 (51.9%)	9:09	6.6 (48.5%)
427	<b>SKORNIAK Katarzyna</b>	<b>255</b>	KATARZYNA SKORNIAK	Senior II K - 30	61	01:49:34	<b>03:12:18.40</b>	<b>03:13:10.70</b>	+01:40:11 (51.9%)	9:09	6.6 (48.5%)
428	<b>GŁĄBICA Justyna</b>	<b>130</b>		Senior II K - 30	62	01:48:29	<b>03:11:45.80</b>	<b>03:13:24.35</b>	+01:40:25 (51.9%)	9:07	6.6 (48.5%)
429	<b>RATAJCZAK Monika</b>	<b>270</b>		Senior I K - 20	30	01:54:21	<b>03:13:04.65</b>	<b>03:13:39.75</b>	+01:40:40 (52.0%)	9:11	6.5 (47.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
430	<b>CHOJNACKI Kamil</b>	<b>463</b>	LIDER WINNICA	Senior I M - 20	50	01:52:43	<b>03:13:42.25</b>	<b>03:13:50.95</b>	+01:40:52 (52.0%)	9:13	6.5 (47.8%)
431	<b>KONIECZNY Piotr</b>	<b>316</b>	NKB CHYŻY NOWY TOMYŚL	Senior II M - 30	149	01:50:06	<b>03:13:32.80</b>	<b>03:14:33.60</b>	+01:41:34 (52.2%)	9:13	6.5 (47.8%)
432	<b>OLCZYK Joanna</b>	<b>468</b>		Senior I K - 20	31	01:50:09	<b>03:13:42.65</b>	<b>03:14:44.95</b>	+01:41:46 (52.3%)	9:13	6.5 (47.8%)
433	<b>OLCZYK Andrzej</b>	<b>467</b>	PRZEDBÓRZ	Weteran I M - 50	13	01:50:09	<b>03:13:42.75</b>	<b>03:14:45.05</b>	+01:41:46 (52.3%)	9:13	6.5 (47.8%)
434	<b>MAĆZYŃSKI Wiktor</b>	<b>278</b>		Senior II M - 30	150	01:38:35	<b>03:14:12.05</b>	<b>03:14:51.75</b>	+01:41:52 (52.3%)	9:14	6.5 (47.8%)
435	<b>SATURNIEWICZ Daria</b>	<b>53</b>	NIGHT RUNNERS	Senior I K - 20	32	01:46:05	<b>03:14:19.85</b>	<b>03:14:52.70</b>	+01:41:53 (52.3%)	9:15	6.5 (47.8%)
436	<b>HANGIEL Urszula</b>	<b>594</b>	ŻWAWIE ŻÓŁWIE	Senior II K - 30	63	01:49:59	<b>03:13:33.45</b>	<b>03:15:02.85</b>	+01:42:03 (52.3%)	9:13	6.5 (47.8%)
437	<b>BARZAK Justyna</b>	<b>439</b>		Senior II K - 30	64	01:49:31	<b>03:14:43.50</b>	<b>03:15:15.95</b>	+01:42:17 (52.4%)	9:16	6.5 (47.8%)
438	<b>BARTOSIEWICZ Dorota</b>	<b>479</b>		Senior II K - 30	65	01:41:09	<b>03:15:09.10</b>	<b>03:15:21.70</b>	+01:42:22 (52.4%)	9:17	6.5 (47.8%)
439	<b>SALONI-SADOWSKA Maria</b>	<b>480</b>	SN KLASYK	Masters K - 40	38	01:47:36	<b>03:14:17.75</b>	<b>03:15:24.05</b>	+01:42:25 (52.4%)	9:15	6.5 (47.8%)
440	<b>TABACZYŃSKA Monika</b>	<b>524</b>		Senior I K - 20	33	01:44:34	<b>03:14:05.35</b>	<b>03:15:32.60</b>	+01:42:33 (52.4%)	9:14	6.5 (47.8%)
441	<b>MARCZUKIEWICZ Aleksandra</b>	<b>344</b>	WKURW_TEAM	Senior II K - 30	66	01:51:42	<b>03:14:24.30</b>	<b>03:15:39.55</b>	+01:42:40 (52.5%)	9:15	6.5 (47.8%)
442	<b>JASIAK Piotr</b>	<b>44</b>	CHARTY	Masters M - 40	79	01:44:15	<b>03:14:13.80</b>	<b>03:15:58.45</b>	+01:42:59 (52.6%)	9:14	6.5 (47.8%)
443	<b>JÓŹWIAK Sonia</b>	<b>475</b>	FIZJOTERAPEUTASPORTOWY.PL	Senior I K - 20	34	01:48:41	<b>03:15:12.00</b>	<b>03:16:36.60</b>	+01:43:37 (52.7%)	9:17	6.5 (47.8%)
444	<b>IŃSKI Grzegorz</b>	<b>75</b>	MESONDŽI LAJF STAJL	Senior II M - 30	151	01:45:38	<b>03:14:50.45</b>	<b>03:16:37.70</b>	+01:43:38 (52.7%)	9:16	6.5 (47.8%)
445	<b>SMYK Agnieszka</b>	<b>24</b>	42DOSZCZESCIA.PL	Senior I K - 20	35	01:51:43	<b>03:15:39.55</b>	<b>03:16:57.45</b>	+01:43:58 (52.8%)	9:19	6.4 (47.1%)
446	<b>ŁUCZKIEWICZ Jarosław</b>	<b>605</b>	KARKONOSZ RUNNING TEAM	Masters M - 40	80	01:47:01	<b>03:16:07.00</b>	<b>03:17:06.25</b>	+01:44:07 (52.8%)	9:20	6.4 (47.1%)
447	<b>WYSOCKA Agnieszka</b>	<b>198</b>		Masters K - 40	39	01:47:01	<b>03:16:07.00</b>	<b>03:17:06.55</b>	+01:44:07 (52.8%)	9:20	6.4 (47.1%)
448	<b>MACIAS Małgorzata</b>	<b>448</b>	W POGONI ZA DUCHEM	Senior II K - 30	67	01:53:04	<b>03:16:45.95</b>	<b>03:17:30.40</b>	+01:44:31 (52.9%)	9:22	6.4 (47.1%)
449	<b>KULIBERDA Sylwia</b>	<b>426</b>		Masters K - 40	40	01:50:56	<b>03:16:52.70</b>	<b>03:17:30.75</b>	+01:44:31 (52.9%)	9:22	6.4 (47.1%)
450	<b>GRĘBOWICZ Agnieszka</b>	<b>666</b>	KB HARCOWNIK JELCZ-LASKOWICE	Senior II K - 30	68	01:49:31	<b>03:17:18.15</b>	<b>03:17:48.85</b>	+01:44:49 (53.0%)	9:23	6.4 (47.1%)
451	<b>SOKOŁOWSKA Joanna</b>	<b>634</b>		Masters K - 40	41		<b>03:17:48.00</b>	<b>03:17:49.00</b>	+01:44:50 (53.0%)	9:25	6.4 (47.1%)
452	<b>URBAN Mieczysław</b>	<b>149</b>	ROZBIEGANY RAWICZ	Weteran II M - 60	6	01:50:23	<b>03:18:07.45</b>	<b>03:18:21.15</b>	+01:45:22 (53.1%)	9:26	6.4 (47.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
453	<b>BĄCZYŃSKA Małgorzata</b>	<b>339</b>		Masters K - 40	42	01:51:17	<b>03:16:44.90</b>	<b>03:18:27.45</b>	+01:45:28 (53.1%)	9:22	6.4 (47.1%)
454	<b>RAKOWSKI Damian</b>	<b>525</b>		Senior I M - 20	51	01:44:33	<b>03:17:01.95</b>	<b>03:18:29.10</b>	+01:45:30 (53.2%)	9:22	6.4 (47.1%)
455	<b>ŁATA Katarzyna</b>	<b>418</b>		Senior II K - 30	69	01:45:58	<b>03:17:49.55</b>	<b>03:18:38.55</b>	+01:45:39 (53.2%)	9:25	6.4 (47.1%)
456	<b>DUDA-RELIGA Ewelina</b>	<b>485</b>	OZKB	Masters K - 40	43	01:50:04	<b>03:18:29.85</b>	<b>03:18:44.75</b>	+01:45:45 (53.2%)	9:27	6.3 (46.3%)
457	<b>ZUBOWICZ Monika</b>	<b>375</b>		Senior II K - 30	70	01:49:35	<b>03:18:00.25</b>	<b>03:19:36.20</b>	+01:46:37 (53.4%)	9:25	6.4 (47.1%)
458	<b>DOMINIAK-KLESZCZYŃSKA Elżbieta</b>	<b>642</b>		Weteran K - 50	9	01:54:01	<b>03:18:39.50</b>	<b>03:19:38.55</b>	+01:46:39 (53.4%)	9:27	6.3 (46.3%)
459	<b>CZYŻ Dorota</b>	<b>554</b>		Masters K - 40	44	01:50:25	<b>03:19:12.85</b>	<b>03:19:51.45</b>	+01:46:52 (53.5%)	9:29	6.3 (46.3%)
460	<b>GŁĄBICA Adam</b>	<b>129</b>	PRO-RUN WROCŁAW	Weteran I M - 50	14	01:48:32	<b>03:18:32.90</b>	<b>03:20:11.60</b>	+01:47:12 (53.6%)	9:27	6.3 (46.3%)
461	<b>PABICH Magdalena</b>	<b>348</b>	4RUN TEAM PIŁA	Masters K - 40	45	01:56:54	<b>03:18:51.15</b>	<b>03:20:36.55</b>	+01:47:37 (53.6%)	9:28	6.3 (46.3%)
462	<b>PRZĄDO Monika</b>	<b>436</b>		Senior II K - 30	71	01:49:36	<b>03:19:10.35</b>	<b>03:20:39.60</b>	+01:47:40 (53.7%)	9:29	6.3 (46.3%)
463	<b>SZPONAR Bartłomiej</b>	<b>41</b>		Senior II M - 30	152	01:40:06	<b>03:19:29.75</b>	<b>03:20:47.95</b>	+01:47:49 (53.7%)	9:29	6.3 (46.3%)
464	<b>ŚWISTUŃ Izolda</b>	<b>517</b>		Masters K - 40	46	01:49:54	<b>03:20:29.55</b>	<b>03:20:51.95</b>	+01:47:53 (53.7%)	9:32	6.3 (46.3%)
465	<b>SZTANDERA Berenika</b>	<b>545</b>	VEGE RUNNERS	Senior II K - 30	72	01:45:18	<b>03:19:37.00</b>	<b>03:20:54.05</b>	+01:47:55 (53.7%)	9:30	6.3 (46.3%)
466	<b>DOWNAR-ZAPOLSKA Rita</b>	<b>27</b>	@MD_RUN	Masters K - 40	47	01:53:58	<b>03:20:48.20</b>	<b>03:20:56.10</b>	+01:47:57 (53.7%)	9:33	6.3 (46.3%)
467	<b>STAWSKA Natalia</b>	<b>244</b>		Senior II K - 30	73	01:52:57	<b>03:19:48.20</b>	<b>03:21:03.65</b>	+01:48:04 (53.8%)	9:30	6.3 (46.3%)
468	<b>DRUZD Krzysztof</b>	<b>366</b>	KADRA BOBREK	Weteran I M - 50	15	01:49:31	<b>03:19:38.15</b>	<b>03:21:08.95</b>	+01:48:10 (53.8%)	9:30	6.3 (46.3%)
469	<b>KWIATKOWSKA Marta</b>	<b>15</b>	BEAGLE RUNNERS TEAM	Senior II K - 30	74	01:47:15	<b>03:20:04.25</b>	<b>03:21:11.20</b>	+01:48:12 (53.8%)	9:31	6.3 (46.3%)
470	<b>POMIANOWSKA Anna</b>	<b>447</b>	GDZIETAMETA	Senior II K - 30	75	01:51:06	<b>03:20:38.55</b>	<b>03:21:14.45</b>	+01:48:15 (53.8%)	9:33	6.3 (46.3%)
471	<b>KOCZAJA Malgorzata</b>	<b>68</b>		Senior I K - 20	36	01:49:00	<b>03:21:00.85</b>	<b>03:21:20.35</b>	+01:48:21 (53.8%)	9:34	6.3 (46.3%)
472	<b>PAWEŁAS Marta</b>	<b>659</b>	POMIJALNI	Senior II K - 30	76	01:52:19	<b>03:20:46.40</b>	<b>03:21:21.50</b>	+01:48:22 (53.8%)	9:33	6.3 (46.3%)
473	<b>BARTAS Agnieszka</b>	<b>568</b>	W POGONI ZA DUCHEM	Senior II K - 30	77	01:53:15	<b>03:20:45.85</b>	<b>03:21:29.50</b>	+01:48:30 (53.9%)	9:33	6.3 (46.3%)
474	<b>SZULC Joanna</b>	<b>84</b>	ALBATROSY	Masters K - 40	48	01:55:17	<b>03:20:51.55</b>	<b>03:21:31.05</b>	+01:48:32 (53.9%)	9:33	6.3 (46.3%)
475	<b>FRANKOWICZ Magdalena</b>	<b>58</b>		Senior II K - 30	78	01:52:01	<b>03:21:10.85</b>	<b>03:22:02.45</b>	+01:49:03 (54.0%)	9:34	6.3 (46.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
476	WASZKIEWICZ Joanna	135	NIGHT RUNNERS	Senior II K - 30	79	01:53:35	<b>03:21:31.70</b>	<b>03:22:05.05</b>	+01:49:06 (54.0%)	9:35	6.3 (46.3%)
477	STANISŁAWSKI Piotr	597		Masters M - 40	81	01:51:24	<b>03:21:11.70</b>	<b>03:22:22.75</b>	+01:49:23 (54.1%)	9:34	6.3 (46.3%)
478	SZAŁAJSKA Monika	74		Senior I K - 20	37	01:49:20	<b>03:21:27.30</b>	<b>03:22:31.85</b>	+01:49:32 (54.1%)	9:35	6.3 (46.3%)
479	LULA Radosław	362		Masters M - 40	82	01:42:25	<b>03:21:47.45</b>	<b>03:22:46.45</b>	+01:49:47 (54.1%)	9:36	6.2 (45.6%)
480	WIADEREK Sławomir	298	PĘDZĄCE ŻÓŁWIE	Weteran I M - 50	16	01:56:57	<b>03:21:09.10</b>	<b>03:22:50.40</b>	+01:49:51 (54.2%)	9:34	6.3 (46.3%)
481	WIADEREK Piotr	297	PĘDZĄCE ŻÓŁWIE	Senior II M - 30	153	01:56:55	<b>03:21:09.10</b>	<b>03:22:50.55</b>	+01:49:51 (54.2%)	9:34	6.3 (46.3%)
482	STRAMOWSKA Kasia	329		Masters K - 40	49	01:57:08	<b>03:22:31.85</b>	<b>03:23:27.10</b>	+01:50:28 (54.3%)	9:38	6.2 (45.6%)
483	TALAGA Alicja	484	OLKUSZBIEGA.PL	Senior I K - 20	38	01:49:53	<b>03:23:40.40</b>	<b>03:23:51.75</b>	+01:50:52 (54.4%)	9:41	6.2 (45.6%)
484	LEWANDOWSKA Maria	88	BIEGAM BO NIE LUBIE	Senior II K - 30	80	01:57:04	<b>03:24:10.80</b>	<b>03:24:22.75</b>	+01:51:23 (54.5%)	9:43	6.2 (45.6%)
485	DRYNKORN Hanna	353		Senior I K - 20	39	01:54:46	<b>03:23:34.15</b>	<b>03:24:47.00</b>	+01:51:48 (54.6%)	9:41	6.2 (45.6%)
486	JABŁOŃSKI Kazimierz	601		Weteran II M - 60	7	01:54:15	<b>03:24:50.55</b>	<b>03:25:08.60</b>	+01:52:09 (54.7%)	9:45	6.2 (45.6%)
487	SIMANKOWICZ Sebastian	482		Senior II M - 30	154	01:52:14	<b>03:23:30.75</b>	<b>03:25:17.20</b>	+01:52:18 (54.7%)	9:41	6.2 (45.6%)
488	KOWALSKA Daria	136		Senior II K - 30	81	01:57:44	<b>03:24:29.20</b>	<b>03:25:25.45</b>	+01:52:26 (54.7%)	9:44	6.2 (45.6%)
489	WOJNO Małgorzata	64	HUSARIA RACE TEAM	Senior II K - 30	82	01:46:52	<b>03:24:38.65</b>	<b>03:25:34.85</b>	+01:52:35 (54.8%)	9:44	6.2 (45.6%)
490	TCHÓRZEWSKA-PIETRZYK Anna	110		Masters K - 40	50	01:56:06	<b>03:24:33.05</b>	<b>03:25:36.40</b>	+01:52:37 (54.8%)	9:44	6.2 (45.6%)
491	KAYSIEWICZ Joanna	290		Masters K - 40	51	01:56:47	<b>03:24:04.40</b>	<b>03:25:46.20</b>	+01:52:47 (54.8%)	9:43	6.2 (45.6%)
492	SZCZYGIEŁ Zbigniew	356		Weteran I M - 50	17	01:58:48	<b>03:24:14.00</b>	<b>03:25:48.60</b>	+01:52:49 (54.8%)	9:43	6.2 (45.6%)
493	GALEJA Tomasz	435	BEZ GRANIC	Senior II M - 30	155	01:49:36	<b>03:24:45.40</b>	<b>03:26:13.55</b>	+01:53:14 (54.9%)	9:45	6.2 (45.6%)
494	MUSIELAK Magdalena	237	M&M&M&M	Senior II K - 30	83	01:48:50	<b>03:20:51.40</b>	<b>03:26:14.75</b>	+01:53:15 (54.9%)	9:33	6.3 (46.3%)
495	KULIK Damian	254	M&M&M&M	Senior II M - 30	156	01:48:58	<b>03:20:52.60</b>	<b>03:26:15.95</b>	+01:53:17 (54.9%)	9:33	6.3 (46.3%)
496	BUŁAJ Bartosz	405	RUNFORDREAMS	Senior I M - 20	52	01:51:36	<b>03:24:55.40</b>	<b>03:26:17.65</b>	+01:53:18 (54.9%)	9:45	6.1 (44.9%)
497	KRZESZOWSKA Iga	388		Senior I K - 20	40	01:45:27	<b>03:25:05.40</b>	<b>03:26:40.15</b>	+01:53:41 (55.0%)	9:46	6.1 (44.9%)
498	RAJTAR Renata	660	RONTIL	Weteran K - 50	10	01:51:21	<b>03:27:22.45</b>	<b>03:27:26.55</b>	+01:54:27 (55.2%)	9:52	6.1 (44.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
499	<b>CENDROWICZ Magdalena</b>	<b>503</b>	BLUEMUTEAM	Senior II K - 30	84	01:56:04	<b>03:27:10.90</b>	<b>03:28:14.20</b>	+01:55:15 (55.3%)	9:51	6.1 (44.9%)
500	<b>TRZECIAK Ewelina</b>	<b>7</b>		Masters K - 40	52	01:58:12	<b>03:28:13.05</b>	<b>03:28:28.65</b>	+01:55:29 (55.4%)	9:54	6.1 (44.9%)
501	<b>KARAMON Marcin</b>	<b>63</b>	OPOLEBIEGA	Masters M - 40	83	01:55:55	<b>03:27:20.80</b>	<b>03:28:29.90</b>	+01:55:30 (55.4%)	9:52	6.1 (44.9%)
502	<b>KARAMON Magdalena</b>	<b>214</b>	OPOLE BIEGA	Senior II K - 30	85	01:55:54	<b>03:27:21.45</b>	<b>03:28:30.80</b>	+01:55:31 (55.4%)	9:52	6.1 (44.9%)
503	<b>LIS Marcin</b>	<b>619</b>	TEAM WIOSKA	Masters M - 40	84	01:59:41	<b>03:28:33.20</b>	<b>03:28:35.20</b>	+01:55:36 (55.4%)	9:55	6 (44.1%)
504	<b>BUCHERT Mariola</b>	<b>477</b>	CHAMPIONMAN TEAM	Senior II K - 30	86	01:56:22	<b>03:28:34.00</b>	<b>03:29:19.85</b>	+01:56:20 (55.6%)	9:55	6 (44.1%)
505	<b>SALAMONIK Kasia</b>	<b>527</b>	3:33 TEAM	Senior II K - 30	87	01:53:51	<b>03:29:01.35</b>	<b>03:29:21.65</b>	+01:56:22 (55.6%)	9:57	6 (44.1%)
506	<b>KRUSZEWSKI Jacek</b>	<b>455</b>	MUKAINADA RUNNING TEAM	Masters M - 40	85	01:50:26	<b>03:28:59.25</b>	<b>03:30:00.50</b>	+01:57:01 (55.7%)	9:57	6 (44.1%)
507	<b>TADRAŁA Mirosław</b>	<b>302</b>		Weteran I M - 50	18	01:57:24	<b>03:29:26.05</b>	<b>03:30:07.25</b>	+01:57:08 (55.7%)	9:58	6 (44.1%)
508	<b>SABOK- MUSZYŃSKA Katarzyna</b>	<b>440</b>	STRZELIŃSKI KLUB BIEGACZA GRANIT	Senior II K - 30	88	01:56:31	<b>03:30:20.70</b>	<b>03:30:52.45</b>	+01:57:53 (55.9%)	10:01	6 (44.1%)
509	<b>SPOZ Magdalena</b>	<b>102</b>	SZAKAL RUNNERS/WKURW_TEAM	Masters K - 40	53	01:52:17	<b>03:30:15.90</b>	<b>03:30:53.05</b>	+01:57:54 (55.9%)	10:00	6 (44.1%)
510	<b>STANOWSKA Katarzyna</b>	<b>307</b>		Masters K - 40	54	01:55:31	<b>03:30:29.30</b>	<b>03:30:54.30</b>	+01:57:55 (55.9%)	10:01	6 (44.1%)
511	<b>JANUSZEWSKA Joanna</b>	<b>387</b>	POTRZYM MI PIWO	Senior I K - 20	41	01:53:00	<b>03:29:30.10</b>	<b>03:31:04.70</b>	+01:58:05 (55.9%)	9:58	6 (44.1%)
512	<b>ZEMŁA Krzysztof</b>	<b>505</b>	RANANDFAN	Weteran I M - 50	19	01:53:46	<b>03:30:02.95</b>	<b>03:31:11.40</b>	+01:58:12 (56.0%)	10:00	6 (44.1%)
513	<b>ZAJĄCZKOWSKA Agnieszka</b>	<b>646</b>		Senior I K - 20	42	01:53:26	<b>03:30:29.45</b>	<b>03:31:14.75</b>	+01:58:15 (56.0%)	10:01	6 (44.1%)
514	<b>PIELICHOWSKA Justyna</b>	<b>117</b>	BIEGAJĄC Z WILKAMI	Senior II K - 30	89	01:52:42	<b>03:30:22.20</b>	<b>03:31:18.40</b>	+01:58:19 (56.0%)	10:01	6 (44.1%)
515	<b>SENFLEBEN Mirosława</b>	<b>404</b>		Senior I K - 20	43	01:58:24	<b>03:30:10.85</b>	<b>03:31:21.30</b>	+01:58:22 (56.0%)	10:00	6 (44.1%)
516	<b>KURKIEWICZ-PARA Katarzyna</b>	<b>438</b>		Senior II K - 30	90	01:58:28	<b>03:30:11.05</b>	<b>03:31:21.50</b>	+01:58:22 (56.0%)	10:00	6 (44.1%)
517	<b>CZECH Dorota</b>	<b>272</b>	PRO-RUN WROCŁAW	Masters K - 40	55	01:54:29	<b>03:30:36.30</b>	<b>03:31:23.65</b>	+01:58:24 (56.0%)	10:01	6 (44.1%)
517	<b>KWAPIŃSKA Anna</b>	<b>274</b>		Senior II K - 30	91	01:54:31	<b>03:30:36.50</b>	<b>03:31:23.65</b>	+01:58:24 (56.0%)	10:01	6 (44.1%)
519	<b>WIERZBICKA Natalia</b>	<b>576</b>	PCH_RUN	Senior II K - 30	92	02:01:13	<b>03:31:10.20</b>	<b>03:31:26.05</b>	+01:58:27 (56.0%)	10:03	6 (44.1%)
520	<b>DEMBNA Anna</b>	<b>341</b>	TEAM WIOSKA	Senior II K - 30	93	01:58:22	<b>03:31:18.05</b>	<b>03:31:43.55</b>	+01:58:44 (56.1%)	10:03	6 (44.1%)
521	<b>ŁASEK-PIETRZAK Agnieszka</b>	<b>196</b>	WKURW_TEAM	Senior I K - 20	44	01:56:47	<b>03:30:59.30</b>	<b>03:32:18.70</b>	+01:59:19 (56.2%)	10:02	6 (44.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
522	<b>SZCZEPANIAK Sławomir</b>	<b>195</b>	KS LENIWIEC	Weteran I M - 50	20	01:56:53	<b>03:30:51.65</b>	<b>03:32:27.90</b>	+01:59:28 (56.2%)	10:02	6 (44.1%)
523	<b>NOWACZYK Zuzanna</b>	<b>413</b>		Senior I K - 20	45	01:52:28	<b>03:32:00.55</b>	<b>03:32:29.05</b>	+01:59:30 (56.2%)	10:05	5.9 (43.4%)
524	<b>PIETROWICZ Weronika</b>	<b>432</b>		Senior I K - 20	46	01:52:26	<b>03:31:59.95</b>	<b>03:32:29.25</b>	+01:59:30 (56.2%)	10:05	5.9 (43.4%)
525	<b>PERKA Barbara</b>	<b>36</b>	RAJSPORT	Masters K - 40	56	01:56:57	<b>03:32:43.55</b>	<b>03:32:47.45</b>	+01:59:48 (56.3%)	10:07	5.9 (43.4%)
526	<b>AUGUSTYŃSKA Kinga</b>	<b>208</b>	LACHO TEAM	Masters K - 40	57	02:01:32	<b>03:32:36.40</b>	<b>03:33:29.85</b>	+02:00:30 (56.4%)	10:07	5.9 (43.4%)
527	<b>PUZIO Anna</b>	<b>643</b>	KB MARATOŃCZYK	Weteran K - 50	11	01:57:12	<b>03:32:12.15</b>	<b>03:33:32.30</b>	+02:00:33 (56.5%)	10:06	5.9 (43.4%)
528	<b>CIASTOWICZ- TOMCZAK Inga</b>	<b>142</b>		Masters K - 40	58	02:00:42	<b>03:32:52.15</b>	<b>03:33:34.45</b>	+02:00:35 (56.5%)	10:08	5.9 (43.4%)
529	<b>WALCZAK-WOJTKOWSKA Iwona</b>	<b>363</b>		Weteran K - 50	12	02:02:24	<b>03:32:45.50</b>	<b>03:33:46.35</b>	+02:00:47 (56.5%)	10:07	5.9 (43.4%)
530	<b>SIENKIEWICZ Wojtek</b>	<b>70</b>	OGARY DOLORES	Masters M - 40	86	01:50:00	<b>03:32:42.00</b>	<b>03:34:21.10</b>	+02:01:22 (56.6%)	10:07	5.9 (43.4%)
531	<b>SKROBEK Marcin</b>	<b>523</b>		Senior II M - 30	157	01:56:19	<b>03:33:13.30</b>	<b>03:34:34.65</b>	+02:01:35 (56.7%)	10:09	5.9 (43.4%)
532	<b>KACZMAREK Magdalena</b>	<b>106</b>	NEST TEAM	Masters K - 40	59	01:56:38	<b>03:34:23.50</b>	<b>03:35:01.35</b>	+02:02:02 (56.8%)	10:12	5.9 (43.4%)
533	<b>MARKIEWICZ Joanna Zuza</b>	<b>271</b>	KOBIETY BIEGAJĄ	Masters K - 40	60	01:54:06	<b>03:34:12.10</b>	<b>03:35:03.40</b>	+02:02:04 (56.8%)	10:12	5.9 (43.4%)
534	<b>SIENKIEWICZ Gabrysia</b>	<b>145</b>	OGARY DOLORES	Senior I K - 20	47	01:57:02	<b>03:34:43.30</b>	<b>03:36:22.70</b>	+02:03:23 (57.0%)	10:13	5.9 (43.4%)
535	<b>WÓJTOWICZ Edyta</b>	<b>6</b>	LOVELASY	Masters K - 40	61	01:58:09	<b>03:36:48.40</b>	<b>03:37:07.65</b>	+02:04:08 (57.2%)	10:19	5.8 (42.6%)
536	<b>GRANIEWSKI Aleksander</b>	<b>21</b>		Masters M - 40	87	01:49:17	<b>03:36:20.15</b>	<b>03:38:04.35</b>	+02:05:05 (57.4%)	10:18	5.8 (42.6%)
537	<b>DEMNICKA Monika</b>	<b>5</b>	GRUPA BIEGOWA UM W-WA	Senior II K - 30	94	01:49:16	<b>03:36:20.35</b>	<b>03:38:05.25</b>	+02:05:06 (57.4%)	10:18	5.8 (42.6%)
538	<b>ERENBERG Małgorzata</b>	<b>226</b>	FUDU&CO SPORT TEAM	Senior II K - 30	95	01:56:20	<b>03:38:40.35</b>	<b>03:39:08.90</b>	+02:06:09 (57.6%)	10:24	5.8 (42.6%)
539	<b>ŻARSKA Izabela</b>	<b>661</b>	FUDU&CO SPORT TEAM	Masters K - 40	62	01:56:22	<b>03:38:41.20</b>	<b>03:39:08.95</b>	+02:06:10 (57.6%)	10:24	5.8 (42.6%)
540	<b>JEŻEWSKA Sylwia</b>	<b>171</b>	DRUŻYNA SZPIKU	Masters K - 40	63	01:57:16	<b>03:38:29.40</b>	<b>03:39:12.55</b>	+02:06:13 (57.6%)	10:24	5.8 (42.6%)
541	<b>WIERZGAŁA Iwona</b>	<b>312</b>		Masters K - 40	64	01:59:18	<b>03:39:37.00</b>	<b>03:40:41.75</b>	+02:07:42 (57.9%)	10:27	5.7 (41.9%)
542	<b>FURMAN Agnieszka</b>	<b>23</b>	OCHAJORUN & FRIENDS	Senior II K - 30	96	01:59:26	<b>03:39:30.95</b>	<b>03:41:03.65</b>	+02:08:04 (57.9%)	10:27	5.7 (41.9%)
543	<b>BAKA Elzbieta</b>	<b>77</b>	FLY MEYSI	Masters K - 40	65	01:57:19	<b>03:41:26.75</b>	<b>03:42:40.35</b>	+02:09:41 (58.2%)	10:32	5.7 (41.9%)
544	<b>MATUSZCZAK-SZULC Iwona</b>	<b>188</b>		Masters K - 40	66	02:05:41	<b>03:42:16.25</b>	<b>03:42:42.55</b>	+02:09:43 (58.2%)	10:35	5.7 (41.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
545	ZMARZLIK Marta	641		Senior I K - 20	48	01:59:16	<b>03:42:19.90</b>	<b>03:42:45.25</b>	+02:09:46 (58.3%)	10:35	5.7 (41.9%)
546	LECHNA Mirella	323		Masters K - 40	67	02:04:05	<b>03:42:16.35</b>	<b>03:43:30.35</b>	+02:10:31 (58.4%)	10:35	5.7 (41.9%)
547	DUDZIŃSKI Marek	618		Weteran I M - 50	21	01:52:01	<b>03:43:39.05</b>	<b>03:44:31.60</b>	+02:11:32 (58.6%)	10:39	5.6 (41.2%)
548	NOWAK-KASPRZAK Anna	458		Senior II K - 30	97	01:54:25	<b>03:22:50.35</b>	<b>03:46:28.15</b>	+02:13:29 (58.9%)	9:39	6.2 (45.6%)
549	SZCZYGIĘŁ Beata	355	MAJA HANUSZEK	Masters K - 40	68	02:04:38	<b>03:45:38.25</b>	<b>03:47:13.90</b>	+02:14:14 (59.1%)	10:44	5.6 (41.2%)
550	KRAŚNER Łukasz	20	GREAT GRATULA	Senior II M - 30	158	02:04:55	<b>03:46:59.50</b>	<b>03:47:24.70</b>	+02:14:25 (59.1%)	10:48	5.6 (41.2%)
551	MAŚLANKA Andrzej	93		Senior II M - 30	159	01:58:20	<b>03:47:47.10</b>	<b>03:47:51.95</b>	+02:14:53 (59.2%)	10:50	5.5 (40.4%)
551	GRIESMANN Krzysztof	382	PALACSINTA PATAVAL	Senior II M - 30	160	01:58:22	<b>03:47:48.00</b>	<b>03:47:51.95</b>	+02:14:53 (59.2%)	10:50	5.5 (40.4%)
553	MAJDA-KONIECZNA Alicja	256		Senior II K - 30	98	02:07:27	<b>03:47:35.80</b>	<b>03:47:57.15</b>	+02:14:58 (59.2%)	10:50	5.5 (40.4%)
554	KOCIAK Magdalena	371		Masters K - 40	69	02:04:36	<b>03:47:25.35</b>	<b>03:48:08.40</b>	+02:15:09 (59.2%)	10:49	5.5 (40.4%)
555	FURMAN Michał	31	OCHAJORUN & FRIENDS	Senior II M - 30	161	01:59:43	<b>03:47:54.00</b>	<b>03:49:26.95</b>	+02:16:28 (59.5%)	10:51	5.5 (40.4%)
556	JAGUSIAK Barbara	352		Masters K - 40	70	02:05:33	<b>03:48:12.90</b>	<b>03:49:48.35</b>	+02:16:49 (59.5%)	10:52	5.5 (40.4%)
557	ŁAPACZYŃSKI Robert	385		Weteran I M - 50	22	01:56:27	<b>03:50:03.85</b>	<b>03:50:05.70</b>	+02:17:06 (59.6%)	10:57	5.5 (40.4%)
558	KACZYŃSKA Laura	50	KACZYŚ TEAM	Masters K - 40	71	01:59:11	<b>03:49:01.80</b>	<b>03:50:46.95</b>	+02:17:48 (59.7%)	10:54	5.5 (40.4%)
559	KACZYŃSKI Michał	46	MEGAVISION	Masters M - 40	88	02:04:06	<b>03:49:02.70</b>	<b>03:50:47.95</b>	+02:17:49 (59.7%)	10:54	5.5 (40.4%)
560	PTAK Dorota	57		Masters K - 40	72	02:08:38	<b>03:52:23.95</b>	<b>03:52:34.25</b>	+02:19:35 (60.0%)	11:04	5.4 (39.7%)
561	ZAJĄC Agnieszka	279		Masters K - 40	73	02:05:41	<b>03:52:21.20</b>	<b>03:52:51.45</b>	+02:19:52 (60.1%)	11:03	5.4 (39.7%)
562	KARDACH Magdalena	509	WATAHA - ŁĄCZY NAS BIEGANIE	Senior II K - 30	99	02:04:27	<b>03:51:09.35</b>	<b>03:52:52.60</b>	+02:19:53 (60.1%)	11:00	5.5 (40.4%)
563	DOMINO Małgorzata	105	RADIO WROCŁAW	Weteran K - 50	13	02:08:40	<b>03:53:50.05</b>	<b>03:54:53.95</b>	+02:21:55 (60.4%)	11:08	5.4 (39.7%)
564	ROSZAK Romana	478		Senior II K - 30	100	02:05:27	<b>03:55:31.50</b>	<b>03:55:59.45</b>	+02:23:00 (60.6%)	11:12	5.3 (39.0%)
565	KOSTERA Katarzyna	167	VEGE RUNNERS	Senior II K - 30	101	02:08:32	<b>03:55:06.20</b>	<b>03:56:22.10</b>	+02:23:23 (60.7%)	11:11	5.4 (39.7%)
566	FURTACZ Anna	591		Masters K - 40	74	02:15:04	<b>03:57:28.55</b>	<b>03:58:16.05</b>	+02:25:17 (61.0%)	11:18	5.3 (39.0%)
567	WISNIEWSKA Małgorzata	147		Senior II K - 30	102	02:15:49	<b>04:00:56.70</b>	<b>04:02:39.95</b>	+02:29:41 (61.7%)	11:28	5.2 (38.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
568	<b>BEDNARCZYK Joanna</b>	<b>400</b>	AXA RUNNING TEAM	Senior II K - 30	103	02:15:49	<b>04:00:56.45</b>	<b>04:02:40.20</b>	+02:29:41 (61.7%)	11:28	5.2 (38.2%)
569	<b>GAJGER Joanna</b>	<b>225</b>		Senior II K - 30	104	02:07:19	<b>04:02:58.15</b>	<b>04:03:21.15</b>	+02:30:22 (61.8%)	11:34	5.2 (38.2%)
570	<b>KUTNA Agnieszka</b>	<b>242</b>		Senior II K - 30	105	02:16:55	<b>04:08:27.85</b>	<b>04:09:53.40</b>	+02:36:54 (62.8%)	11:49	5.1 (37.5%)
571	<b>ŁEMPICKA-GROMEK Joanna</b>	<b>672</b>		Masters K - 40	75	02:13:57	<b>04:09:24.90</b>	<b>04:11:05.30</b>	+02:38:06 (63.0%)	11:52	5.1 (37.5%)
572	<b>WÓJCIK Robert</b>	<b>671</b>		Masters M - 40	89	02:13:56	<b>04:09:24.70</b>	<b>04:11:05.55</b>	+02:38:06 (63.0%)	11:52	5.1 (37.5%)
573	<b>MICHNO Anna</b>	<b>260</b>	LACHO TEAM	Masters K - 40	76	02:24:06	<b>04:13:31.00</b>	<b>04:14:29.40</b>	+02:41:30 (63.5%)	12:04	5 (36.8%)
574	<b>WINTER Małgorzata</b>	<b>150</b>		Senior II K - 30	106	02:18:38	<b>04:14:26.05</b>	<b>04:15:05.75</b>	+02:42:06 (63.5%)	12:06	5 (36.8%)
575	<b>FURTACZ Marek</b>	<b>592</b>		Weteran II M - 60	8	02:16:32	<b>04:24:41.20</b>	<b>04:25:29.45</b>	+02:52:30 (65.0%)	12:36	4.8 (35.3%)
576	<b>BILSKA-MROCZKA Henryka</b>	<b>414</b>		Masters K - 40	77		<b>04:40:48.65</b>	<b>04:41:21.60</b>	+03:08:22 (67.0%)	13:22	4.5 (33.1%)
577	<b>ANDRYSZAK Karolina</b>	<b>17</b>	#TEAMFARFALLA	Masters K - 40	78	02:21:36	<b>04:43:04.80</b>	<b>04:44:49.10</b>	+03:11:50 (67.4%)	13:28	4.5 (33.1%)
577	<b>GORGOL Renata</b>	<b>178</b>	LP 500	Masters K - 40	79	02:22:35	<b>04:43:04.80</b>	<b>04:44:49.10</b>	+03:11:50 (67.4%)	13:28	4.5 (33.1%)
	<b>KANTOR Martyna</b>	<b>615</b>	BUFF TEAM POLSKA	Senior I K - 20		01:21:50 DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>KORONA-SIERADZKA Bogusława</b>	<b>73</b>		Senior I K - 20		02:00:41 DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 580 wynik(ów)