

ZŁOTY PÓŁMARATON - 21 KM

B4SPORT

Event: Dolnośląski Festiwal Biegów Górskich
Organiser: Fundacja MARATONY GÓRSKIE
Date: 2018-07-19
Place: Łądek-Zdrój
Distance: 21 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Classification: All

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Place	Participant	Number	Club	Category	MCat	B1 10km	Net time 21km	Czas brutto 21km	Gap	Pace min/km	Pace 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	GRAŻYŃKI 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 Michał	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%)

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

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

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

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

Place	Participant	Number	Club	Category	MCat	B1 10km	Net time 21km	Czas brutto 21km	Gap	Pace min/km	Pace km/h
476	WASZKIEWICZ Joanna	135	NIGHT RUNNERS	Senior II K - 30	79	01:53:35	03:21:31.70	03:22:05.05	+01:49:06 (54.0%)	9:35	6.3 (46.3%)
477	STANISŁAWSKI Piotr	597		Masters M - 40	81	01:51:24	03:21:11.70	03:22:22.75	+01:49:23 (54.1%)	9:34	6.3 (46.3%)
478	SZAŁAJSKA Monika	74		Senior I K - 20	37	01:49:20	03:21:27.30	03:22:31.85	+01:49:32 (54.1%)	9:35	6.3 (46.3%)
479	LULA Radosław	362		Masters M - 40	82	01:42:25	03:21:47.45	03:22:46.45	+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	03:21:09.10	03:22:50.40	+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	03:21:09.10	03:22:50.55	+01:49:51 (54.2%)	9:34	6.3 (46.3%)
482	STRAMOWSKA Kasia	329		Masters K - 40	49	01:57:08	03:22:31.85	03:23:27.10	+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	03:23:40.40	03:23:51.75	+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	03:24:10.80	03:24:22.75	+01:51:23 (54.5%)	9:43	6.2 (45.6%)
485	DRYNKORN Hanna	353		Senior I K - 20	39	01:54:46	03:23:34.15	03:24:47.00	+01:51:48 (54.6%)	9:41	6.2 (45.6%)
486	JABŁOŃSKI Kazimierz	601		Weteran II M - 60	7	01:54:15	03:24:50.55	03:25:08.60	+01:52:09 (54.7%)	9:45	6.2 (45.6%)
487	SIMANKOWICZ Sebastian	482		Senior II M - 30	154	01:52:14	03:23:30.75	03:25:17.20	+01:52:18 (54.7%)	9:41	6.2 (45.6%)
488	KOWALSKA Daria	136		Senior II K - 30	81	01:57:44	03:24:29.20	03:25:25.45	+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	03:24:38.65	03:25:34.85	+01:52:35 (54.8%)	9:44	6.2 (45.6%)
490	TCHÓRZEWSKA-PIETRZYK Anna	110		Masters K - 40	50	01:56:06	03:24:33.05	03:25:36.40	+01:52:37 (54.8%)	9:44	6.2 (45.6%)
491	KAYSIEWICZ Joanna	290		Masters K - 40	51	01:56:47	03:24:04.40	03:25:46.20	+01:52:47 (54.8%)	9:43	6.2 (45.6%)
492	SZCZYGIEL Zbigniew	356		Weteran I M - 50	17	01:58:48	03:24:14.00	03:25:48.60	+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	03:24:45.40	03:26:13.55	+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	03:20:51.40	03:26:14.75	+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	03:20:52.60	03:26:15.95	+01:53:17 (54.9%)	9:33	6.3 (46.3%)
496	BUŁAJ Bartosz	405	RUNFORDREAMS	Senior I M - 20	52	01:51:36	03:24:55.40	03:26:17.65	+01:53:18 (54.9%)	9:45	6.1 (44.9%)
497	KRZESZOWSKA Iga	388		Senior I K - 20	40	01:45:27	03:25:05.40	03:26:40.15	+01:53:41 (55.0%)	9:46	6.1 (44.9%)
498	RAJTAR Renata	660	RONTIL	Weteran K - 50	10	01:51:21	03:27:22.45	03:27:26.55	+01:54:27 (55.2%)	9:52	6.1 (44.9%)

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

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

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

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

Total 580 results.