

# ZŁOTY PÓŁMARATON - 21 KM

B4SPORT

**Wydarzenie:** Dolnośląski Festiwal Biegów Górskich  
**Organizator:** Fundacja MARATONY GÓRSKIE  
**Data:** 2019-07-18  
**Miejsce:** Łądek-Zdrój  
**Dystans:** 21 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
1	<b>SKUPIEŃ Tomasz</b>	<b>6702</b>	MUAY RUNNING TEAM / XRUN	Senior II M - 30	1	00:51:59	<b>01:34:11.00</b>	<b>01:34:12.75</b>		4:29	13.4 (100%)
2	<b>SOBCZAK Daniel</b>	<b>6272</b>	KB SOBÓTKA	Senior II M - 30	2	00:56:11	<b>01:38:50.15</b>	<b>01:38:53.65</b>	+00:04:40 (4.7%)	4:42	12.7 (94.8%)
3	<b>GAWRON Paweł</b>	<b>6495</b>	ADIDAS RUNNERS WARSAW	Senior I M - 20	1	00:58:09	<b>01:39:41.75</b>	<b>01:39:46.70</b>	+00:05:33 (5.6%)	4:44	12.6 (94.0%)
4	<b>PODSIADŁO Mikołaj</b>	<b>6759</b>		Senior I M - 20	2	00:56:57	<b>01:40:53.65</b>	<b>01:40:55.35</b>	+00:06:42 (6.6%)	4:48	12.5 (93.3%)
5	<b>ROSKOSZ Bartosz</b>	<b>6749</b>	JELCZ TRIATHLON PROJECT	Senior II M - 30	3	00:56:03	<b>01:41:59.95</b>	<b>01:42:02.15</b>	+00:07:49 (7.7%)	4:51	12.4 (92.5%)
6	<b>LANGNER Radosław</b>	<b>6409</b>	VEGE RUNNERS	Senior II M - 30	4	00:58:14	<b>01:43:02.05</b>	<b>01:43:04.65</b>	+00:08:51 (8.6%)	4:54	12.2 (91.0%)
7	<b>KWARTA Maciej</b>	<b>6350</b>	JW4846	Senior II M - 30	5	00:58:15	<b>01:43:40.90</b>	<b>01:43:43.90</b>	+00:09:31 (9.2%)	4:56	12.2 (91.0%)
8	<b>GÓRAK Przemysław</b>	<b>6691</b>	KB SOBÓTKA	Senior II M - 30	6	00:59:21	<b>01:44:08.75</b>	<b>01:44:10.85</b>	+00:09:58 (9.6%)	4:57	12.1 (90.3%)
9	<b>FLISIŃSKI Łukasz</b>	<b>6520</b>	1981	Senior II M - 30	7	00:58:10	<b>01:45:32.60</b>	<b>01:45:35.95</b>	+00:11:23 (10.8%)	5:01	11.9 (88.8%)
10	<b>PIEGOWSKI Adam</b>	<b>6364</b>	EUROVENT ATHLETICS	Senior II M - 30	8	00:58:10	<b>01:45:02.05</b>	<b>01:45:45.40</b>	+00:11:32 (10.9%)	5:00	12 (89.6%)
11	<b>WYKA Błażej</b>	<b>6553</b>	PCH_RUN	Senior II M - 30	9	01:00:49	<b>01:46:53.70</b>	<b>01:46:55.40</b>	+00:12:42 (11.9%)	5:05	11.8 (88.1%)
12	<b>TOMASIAK Natalia</b>	<b>6000</b>	SALOMON SUUNTO TEAM	Senior II K - 30	1	01:00:13	<b>01:47:50.65</b>	<b>01:47:53.20</b>	+00:13:40 (12.7%)	5:08	11.7 (87.3%)
13	<b>GLINKA Szymon</b>	<b>6382</b>	RUNNING ACADEMY	Senior I M - 20	3	00:58:31	<b>01:47:56.25</b>	<b>01:47:59.60</b>	+00:13:46 (12.8%)	5:08	11.7 (87.3%)
14	<b>WOLAŃSKI Jan</b>	<b>6669</b>		Senior II M - 30	10	01:01:14	<b>01:49:16.90</b>	<b>01:49:19.45</b>	+00:15:06 (13.8%)	5:12	11.5 (85.8%)
15	<b>GRUCEL Sławomir</b>	<b>6574</b>	NOWAK-TEAM	Senior II M - 30	11	01:02:00	<b>01:50:31.55</b>	<b>01:50:35.00</b>	+00:16:22 (14.8%)	5:15	11.4 (85.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
16	<b>ZAJĄCZKOWSKA Anna</b>	<b>6593</b>		Senior I K - 20	1	01:03:24	<b>01:50:43.20</b>	<b>01:51:02.45</b>	+00:16:49 (15.2%)	5:16	11.4 (85.1%)
17	<b>TOMASIAK Dominik</b>	<b>6385</b>	DIE KUNST DER FUGE	Masters M - 40	1	01:01:56	<b>01:51:51.65</b>	<b>01:51:54.50</b>	+00:17:41 (15.8%)	5:19	11.3 (84.3%)
18	<b>SKALSKA Anna</b>	<b>6280</b>	FESTIWAL BIEGOWY KRYNICA ZDRÓJ CARBON OCR RACING TEAM	Senior II K - 30	2	01:03:00	<b>01:52:14.75</b>	<b>01:52:16.75</b>	+00:18:04 (16.1%)	5:20	11.2 (83.6%)
19	<b>PAJĄK Tomasz</b>	<b>6629</b>	VEGE RUNNERS	Senior II M - 30	12	01:03:02	<b>01:52:27.25</b>	<b>01:52:30.90</b>	+00:18:18 (16.3%)	5:21	11.2 (83.6%)
20	<b>BAKALARZ Emil</b>	<b>6700</b>		Senior II M - 30	13	01:04:10	<b>01:52:56.70</b>	<b>01:52:58.90</b>	+00:18:46 (16.6%)	5:22	11.2 (83.6%)
21	<b>GŁÓD Mateusz</b>	<b>6101</b>		Masters M - 40	2	01:01:46	<b>01:53:14.45</b>	<b>01:53:18.45</b>	+00:19:05 (16.9%)	5:23	11.1 (82.8%)
22	<b>ROSKOSZ Michał</b>	<b>6757</b>	KAC RUNNING TEAM	Senior II M - 30	14		<b>01:54:01.50</b>	<b>01:54:09.05</b>	+00:19:56 (17.5%)	5:25	11 (82.1%)
23	<b>GARDENER Jacek</b>	<b>6658</b>	JACEKBIEGA RUNNING TEAM	Weteran I M - 50	1	01:04:47	<b>01:54:54.35</b>	<b>01:55:00.55</b>	+00:20:47 (18.1%)	5:28	11 (82.1%)
24	<b>SOBOL Tomasz</b>	<b>6689</b>		Masters M - 40	3	01:05:24	<b>01:55:08.25</b>	<b>01:55:13.85</b>	+00:21:01 (18.2%)	5:28	10.9 (81.3%)
25	<b>BAZYL Adam</b>	<b>6373</b>	BREMBO	Senior II M - 30	15	01:05:52	<b>01:56:34.00</b>	<b>01:56:38.05</b>	+00:22:25 (19.2%)	5:33	10.8 (80.6%)
26	<b>MATUŠKA Filip</b>	<b>6088</b>		Senior II M - 30	16	01:03:15	<b>01:56:56.25</b>	<b>01:57:05.85</b>	+00:22:53 (19.5%)	5:34	10.8 (80.6%)
27	<b>HOLA Artur</b>	<b>6506</b>	ACTIVRUN NAMYSŁÓW	Senior I M - 20	4	01:03:09	<b>01:57:21.55</b>	<b>01:57:27.15</b>	+00:23:14 (19.8%)	5:35	10.7 (79.9%)
28	<b>GORCZYŃSKI Norbert</b>	<b>6468</b>	KUDOWIANKA RUN	Senior I M - 20	5	01:05:24	<b>01:57:44.60</b>	<b>01:58:09.15</b>	+00:23:56 (20.3%)	5:36	10.7 (79.9%)
29	<b>BIHUN Natalia</b>	<b>6763</b>	GT RAT	Senior II K - 30	3	01:05:22	<b>01:58:08.75</b>	<b>01:58:12.80</b>	+00:24:00 (20.3%)	5:37	10.7 (79.9%)
30	<b>PAWLAK Bartosz</b>	<b>6744</b>		Senior II M - 30	17	01:07:19	<b>01:58:37.75</b>	<b>01:58:42.80</b>	+00:24:30 (20.6%)	5:38	10.6 (79.1%)
31	<b>KOSTERKIEWICZ Jarosław</b>	<b>6420</b>		Senior II M - 30	18	01:05:18	<b>01:58:48.00</b>	<b>02:00:29.90</b>	+00:26:17 (21.8%)	5:39	10.6 (79.1%)
32	<b>LATAK Michał</b>	<b>6642</b>	JACEKBIEGA RUNNING TEAM	Masters M - 40	4	01:07:36	<b>02:00:35.30</b>	<b>02:00:42.00</b>	+00:26:29 (21.9%)	5:44	10.4 (77.6%)
33	<b>PRZYBYLSKI Tomasz</b>	<b>6661</b>	W POGONI ZA DUCHEM	Senior II M - 30	19	01:06:55	<b>02:00:45.85</b>	<b>02:00:49.10</b>	+00:26:36 (22.0%)	5:45	10.4 (77.6%)
34	<b>LADENBERGER Mateusz</b>	<b>6219</b>	WAWRZYNTTEAM	Senior II M - 30	20	01:06:35	<b>02:01:10.45</b>	<b>02:01:16.40</b>	+00:27:03 (22.3%)	5:46	10.4 (77.6%)
35	<b>OŚWIĘCIMKA Rafał</b>	<b>6621</b>	ITMBW KRAKÓW	Senior I M - 20	6	01:07:22	<b>02:01:00.60</b>	<b>02:01:25.90</b>	+00:27:13 (22.4%)	5:45	10.4 (77.6%)
36	<b>FRANASZCZUK Wojciech</b>	<b>6746</b>	KB SOBÓTKA	Masters M - 40	5	01:07:38	<b>02:01:36.45</b>	<b>02:01:40.05</b>	+00:27:27 (22.6%)	5:47	10.4 (77.6%)
37	<b>HARKIEWICZ Piotr</b>	<b>6150</b>	ODDYCHAJSWOBODNIE.PL	Senior II M - 30	21	01:09:03	<b>02:01:52.35</b>	<b>02:02:07.75</b>	+00:27:55 (22.9%)	5:48	10.3 (76.9%)
38	<b>WOJTKOWIAK Stefan</b>	<b>6321</b>	PIĄTKOWO NA BIEGOWO	Masters M - 40	6	01:05:08	<b>02:01:59.60</b>	<b>02:02:08.60</b>	+00:27:55 (22.9%)	5:48	10.3 (76.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 21km	brutto 21km			
39	<b>CATTI Roberto</b>	<b>6674</b>		Senior II M - 30	22	01:09:59	<b>02:02:17.95</b>	<b>02:03:28.55</b>	+00:29:15 (23.7%)	5:49	10.3 (76.9%)
40	<b>MOLIK Jakub</b>	<b>6626</b>	STR POZNAŃ	Senior II M - 30	23	01:08:16	<b>02:03:27.85</b>	<b>02:03:35.60</b>	+00:29:22 (23.8%)	5:52	10.2 (76.1%)
41	<b>KOZANECKI Przemysław</b>	<b>6167</b>	CONSTRAVIA	Senior I M - 20	7	01:07:37	<b>02:03:20.50</b>	<b>02:04:25.20</b>	+00:30:12 (24.3%)	5:52	10.2 (76.1%)
42	<b>PIKOS Patryk</b>	<b>6137</b>		Senior II M - 30	24	01:08:17	<b>02:04:12.30</b>	<b>02:04:28.30</b>	+00:30:15 (24.3%)	5:54	10.1 (75.4%)
43	<b>KRAWCZYK Adriana</b>	<b>6098</b>		Senior II K - 30	4	01:10:57	<b>02:04:26.10</b>	<b>02:04:30.35</b>	+00:30:17 (24.3%)	5:55	10.1 (75.4%)
44	<b>NOWAK Katarzyna</b>	<b>6466</b>	BIEGANIE NA ŚNIADANIE ŚMIGIEL	Senior II K - 30	5	01:08:53	<b>02:04:47.40</b>	<b>02:04:51.60</b>	+00:30:38 (24.5%)	5:56	10.1 (75.4%)
45	<b>ROZDZYNSKA Patrycja</b>	<b>6351</b>		Senior I K - 20	2	01:12:15	<b>02:05:07.40</b>	<b>02:05:12.20</b>	+00:30:59 (24.8%)	5:57	10.1 (75.4%)
46	<b>RZEŹNIK Przemysław</b>	<b>6437</b>	EDITEAM ZGORZELEC	Senior I M - 20	8	01:09:30	<b>02:04:11.85</b>	<b>02:05:34.00</b>	+00:31:21 (25.0%)	5:54	10.1 (75.4%)
47	<b>HENECZKOWSKA Anna</b>	<b>6308</b>	ENDŹI Z KALENJI/BORN TO RUN	Senior I K - 20	3	01:13:26	<b>02:05:33.40</b>	<b>02:05:41.45</b>	+00:31:28 (25.0%)	5:58	10 (74.6%)
48	<b>STRZELCZAK Robert</b>	<b>6548</b>		Masters M - 40	7	01:08:26	<b>02:05:38.85</b>	<b>02:05:45.65</b>	+00:31:32 (25.1%)	5:59	10 (74.6%)
49	<b>URBANEK Patryk</b>	<b>6638</b>		Senior I M - 20	9	01:10:28	<b>02:05:44.25</b>	<b>02:05:47.20</b>	+00:31:34 (25.1%)	5:59	10 (74.6%)
50	<b>JABŁOŃSKI Paweł</b>	<b>6189</b>	KUDOWSCY MIŁOŚNICY BIEGANIA	Masters M - 40	8	01:10:42	<b>02:06:35.75</b>	<b>02:06:59.40</b>	+00:32:46 (25.8%)	6:01	10 (74.6%)
51	<b>KORNOBIS Monika</b>	<b>6639</b>	GOAPTIV!	Senior I K - 20	4	01:11:50	<b>02:07:03.70</b>	<b>02:07:09.60</b>	+00:32:56 (25.9%)	6:03	9.9 (73.9%)
52	<b>JOKIEL Wojciech</b>	<b>6533</b>	SPARTA ULTRA TEAM	Senior I M - 20	10	01:12:09	<b>02:07:06.65</b>	<b>02:07:25.60</b>	+00:33:12 (26.1%)	6:03	9.9 (73.9%)
53	<b>NOWICKI Mateusz</b>	<b>6044</b>		Senior I M - 20	11	01:10:50	<b>02:07:50.45</b>	<b>02:07:55.30</b>	+00:33:42 (26.4%)	6:05	9.9 (73.9%)
54	<b>MAŁOLEPSZY Damian</b>	<b>6680</b>	SPARTA ULTRA TEAM	Senior II M - 30	25	01:09:46	<b>02:07:49.15</b>	<b>02:08:08.25</b>	+00:33:55 (26.5%)	6:05	9.9 (73.9%)
55	<b>OSTASZEWSKI Arek</b>	<b>6518</b>	KALENJI BY DECATHLON	Senior I M - 20	12	01:13:26	<b>02:08:20.25</b>	<b>02:08:28.90</b>	+00:34:16 (26.7%)	6:06	9.8 (73.1%)
56	<b>KURZAWSKI Michał</b>	<b>6102</b>	SZYBKI KURZ	Senior II M - 30	26	01:13:00	<b>02:08:37.85</b>	<b>02:08:44.65</b>	+00:34:31 (26.8%)	6:07	9.8 (73.1%)
57	<b>ŚLEZIAK Jarek</b>	<b>6547</b>	MATNER RUNNING TEAM	Masters M - 40	9	01:12:14	<b>02:08:44.30</b>	<b>02:08:48.70</b>	+00:34:35 (26.9%)	6:07	9.8 (73.1%)
58	<b>STAWIARZ Paweł</b>	<b>6032</b>	MATNER RUNNING TEAM	Senior II M - 30	27	01:11:16	<b>02:09:08.45</b>	<b>02:09:18.60</b>	+00:35:05 (27.1%)	6:08	9.8 (73.1%)
59	<b>CHRZANWSKI Paweł</b>	<b>6657</b>		Senior II M - 30	28	01:11:03	<b>02:09:15.90</b>	<b>02:09:19.95</b>	+00:35:07 (27.2%)	6:09	9.7 (72.4%)
60	<b>DUDEK Monika</b>	<b>6510</b>	PASJA CHRZANKA RUNNING TEAM	Senior II K - 30	6	01:12:16	<b>02:09:23.70</b>	<b>02:09:26.40</b>	+00:35:13 (27.2%)	6:09	9.7 (72.4%)
61	<b>KAYSIEWICZ Maciej</b>	<b>6417</b>	NATURAL BORN RUNNERS TEAM	Masters M - 40	10	01:13:02	<b>02:10:18.00</b>	<b>02:10:23.10</b>	+00:36:10 (27.7%)	6:12	9.7 (72.4%)

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							netto 21km	brutto 21km			
62	MISZTAL Kamil	6576		Senior II M - 30	29	01:09:44	02:10:27.90	02:10:51.40	+00:36:38 (28.0%)	6:12	9.7 (72.4%)
63	DRESZER Paweł	6018		Senior II M - 30	30		02:10:37.00	02:11:06.00	+00:36:53 (28.1%)	6:13	9.6 (71.6%)
64	ŁOMNICKA Barbara	6753	MKS SIECHNICE	Masters K - 40	1	01:13:35	02:11:49.40	02:11:57.75	+00:37:45 (28.6%)	6:16	9.6 (71.6%)
65	KALITA Marcin	6732		Senior II M - 30	31	01:14:12	02:11:04.85	02:11:57.90	+00:37:45 (28.6%)	6:14	9.6 (71.6%)
66	SZARSKI Jacek	6270		Senior I M - 20	13	01:14:08	02:10:54.70	02:12:10.60	+00:37:57 (28.7%)	6:14	9.6 (71.6%)
67	ARUSZTOWICZ Bartosz	6049	HARDCOROWE WYCHYLYLYBYMY	Senior II M - 30	32	01:12:47	02:12:07.85	02:12:20.60	+00:38:07 (28.8%)	6:17	9.5 (70.9%)
68	SALWA Ewelina	6021	4 RUN TEAM PIŁA	Senior II K - 30	7	01:15:03	02:12:18.05	02:12:22.60	+00:38:09 (28.8%)	6:18	9.5 (70.9%)
69	FLOREK Katarzyna	6182		Senior II K - 30	8	01:16:38	02:12:18.10	02:12:25.10	+00:38:12 (28.9%)	6:18	9.5 (70.9%)
70	GRABAREK Karol	6340	KAROL GRABAREK	Masters M - 40	11	01:12:09	02:12:29.80	02:12:42.00	+00:38:29 (29.0%)	6:18	9.5 (70.9%)
71	ZAWAL Przemysław	6149	TAK, TAK, CHCĘ JESZCZE	Masters M - 40	12	01:16:34	02:12:14.70	02:13:18.30	+00:39:05 (29.3%)	6:17	9.5 (70.9%)
72	BIEL Sławomir	6560		Senior II M - 30	33	01:10:00	02:13:16.65	02:13:26.10	+00:39:13 (29.4%)	6:20	9.5 (70.9%)
73	KOWALCZYK Adam	6597		Masters M - 40	13	01:14:45	02:13:29.70	02:14:12.05	+00:39:59 (29.8%)	6:21	9.4 (70.1%)
74	KODZIK Aleksandra	6709	#FITDZIADEK	Senior II K - 30	9	01:15:45	02:13:36.35	02:14:16.40	+00:40:03 (29.8%)	6:21	9.4 (70.1%)
75	PUCHALSKI Maciej	6380	ODDYCHAJSWOBODNIE.PL	Senior II M - 30	34	01:16:00	02:14:04.40	02:14:20.30	+00:40:07 (29.9%)	6:23	9.4 (70.1%)
76	ŻEBROWSKI Juliusz	6309	BORN TO RUN	Senior I M - 20	14	01:16:29	02:14:14.40	02:14:21.90	+00:40:09 (29.9%)	6:23	9.4 (70.1%)
77	BOSAKIEWICZ Tomasz	6358	OLAWS ZŁOTORYJA	Senior II M - 30	35	01:12:07	02:14:20.10	02:14:28.45	+00:40:15 (29.9%)	6:23	9.4 (70.1%)
78	JARASZKIEWICZ Hanna	6690	FEHLAU RUN TEAM	Senior II K - 30	10	01:11:44	02:14:23.95	02:14:32.35	+00:40:19 (30.0%)	6:24	9.4 (70.1%)
79	MARTOWSKI Maciej	6177	EUROPA UBEZPIECZENIA	Masters M - 40	14	01:13:16	02:14:53.65	02:15:02.60	+00:40:49 (30.2%)	6:25	9.3 (69.4%)
80	WOJTKOWSKI Ireneusz	6606	ASSECO ACTIVE TEAM	Weteran I M - 50	2	01:16:10	02:14:42.55	02:15:06.50	+00:40:53 (30.3%)	6:24	9.4 (70.1%)
81	DROŹDZIK Magdalena	6132	WKB META LUBLINIEC	Masters K - 40	2	01:16:11	02:15:04.00	02:15:10.80	+00:40:58 (30.3%)	6:25	9.3 (69.4%)
82	HABERNIK Łukasz	6504	HELIOS CZEMPIŃ	Senior II M - 30	36	01:14:00	02:15:30.50	02:15:41.90	+00:41:29 (30.6%)	6:27	9.3 (69.4%)
83	KIECOŃ Michał	6367		Senior II M - 30	37	01:20:43	02:14:37.40	02:15:46.80	+00:41:34 (30.6%)	6:24	9.4 (70.1%)
84	ANTOLAK Adam	6274		Senior I M - 20	15	01:15:29	02:15:16.00	02:15:52.45	+00:41:39 (30.7%)	6:26	9.3 (69.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
85	MAGDA Katarzyna	6632		Masters K - 40	3	01:18:27	02:15:40.25	02:15:54.00	+00:41:41 (30.7%)	6:27	9.3 (69.4%)
86	SZACH Andrzej	6395	22KBPG	Masters M - 40	15	01:15:27	02:15:33.55	02:16:16.85	+00:42:04 (30.9%)	6:27	9.3 (69.4%)
87	MICHALEWSKI Paweł	6625		Senior II M - 30	38		02:15:16.65	02:16:41.00	+00:42:28 (31.1%)	6:26	9.3 (69.4%)
88	ŁAZNIOWSKI Dawid	6105	EBIEGI.PL	Senior II M - 30	39	01:15:12	02:16:34.20	02:16:58.05	+00:42:45 (31.2%)	6:30	9.2 (68.7%)
89	SZUMACHER Marta	6692		Senior I K - 20	5	01:16:25	02:16:54.25	02:17:11.85	+00:42:59 (31.3%)	6:31	9.2 (68.7%)
90	STRZELCZYK Wiktor	6226	HUSARIA RACE TEAM	Senior II M - 30	40	01:17:17	02:16:58.55	02:17:12.70	+00:42:59 (31.3%)	6:31	9.2 (68.7%)
91	ZĄBEK Łukasz	6209	MATNER RUNNING TEAM	Masters M - 40	16	01:15:53	02:17:12.85	02:17:23.00	+00:43:10 (31.4%)	6:32	9.2 (68.7%)
92	KURZAWIAK Grzegorz	6109		Senior II M - 30	41	01:17:14	02:17:12.55	02:17:27.70	+00:43:14 (31.5%)	6:32	9.2 (68.7%)
93	PAWELEC Mariusz	6296	KUDOWIANKA RUN	Senior II M - 30	42	01:16:15	02:17:43.40	02:18:07.25	+00:43:54 (31.8%)	6:33	9.1 (67.9%)
94	WIŚNIEWSKI Wojciech	6756		Masters M - 40	17	01:17:45	02:17:10.45	02:18:07.85	+00:43:55 (31.8%)	6:31	9.2 (68.7%)
95	BURA Tomasz	6433		Senior II M - 30	43	01:15:37	02:17:36.50	02:18:08.40	+00:43:55 (31.8%)	6:33	9.2 (68.7%)
96	LEKSY Robert	6600	TRAJLOWE BIEGI DUCHOWE	Masters M - 40	18	01:16:09	02:17:33.90	02:18:09.45	+00:43:56 (31.8%)	6:33	9.2 (68.7%)
97	JĘDRYCA Przemysław	6724	SPARTA ULTRA TEAM	Masters M - 40	19	01:15:44	02:18:31.70	02:18:50.65	+00:44:37 (32.1%)	6:35	9.1 (67.9%)
98	SOCKI Paweł	6467	KAUA	Senior II M - 30	44	01:14:45	02:18:49.60	02:19:08.25	+00:44:55 (32.3%)	6:36	9.1 (67.9%)
99	BIAŁOBLÓCKI Marcin	6637		Senior II M - 30	45	01:19:20	02:17:25.50	02:19:14.80	+00:45:02 (32.3%)	6:32	9.2 (68.7%)
100	HENDRYS Marek	6668	SPARTA ULTRA TEAM	Senior I M - 20	16	01:15:48	02:19:00.20	02:19:19.70	+00:45:06 (32.4%)	6:37	9.1 (67.9%)
101	TYSZER Łukasz	6538	HAPPY SMILE	Senior II M - 30	46	01:17:50	02:19:10.90	02:19:23.05	+00:45:10 (32.4%)	6:37	9.1 (67.9%)
102	GROCHOLEWSKI Włodzimierz	6729		Masters M - 40	20	01:18:21	02:18:56.05	02:19:52.40	+00:45:39 (32.6%)	6:36	9.1 (67.9%)
103	WÓJTOWICZ Marcin	6676		Masters M - 40	21	01:17:57	02:18:16.90	02:20:02.50	+00:45:49 (32.7%)	6:35	9.1 (67.9%)
104	DZIEDZIC Krystian	6302		Senior II M - 30	47	01:15:04	02:19:48.85	02:20:07.10	+00:45:54 (32.8%)	6:39	9 (67.2%)
105	MACHAJ Joanna	6214		Senior I K - 20	6	01:19:03	02:20:02.60	02:20:11.40	+00:45:58 (32.8%)	6:40	9 (67.2%)
106	MALIK Agnieszka	6675	ZUMBA AGA MALIK TEAM	Masters K - 40	4	01:18:34	02:20:11.00	02:20:20.10	+00:46:07 (32.9%)	6:40	9 (67.2%)
107	HARKIEWICZ Wiola	6154	NARAMOWICE BIEGAJĄ / ODDYCHAJSWOBODNIE.PL	Senior II K - 30	11	01:19:11	02:20:16.60	02:20:32.60	+00:46:19 (33.0%)	6:40	9 (67.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 21km	brutto 21km			
108	<b>HETMAŃSKI Filip</b>	<b>6295</b>	KUDOWIANKA RUN	Masters M - 40	22	01:15:20	<b>02:20:09.15</b>	<b>02:20:33.55</b>	+00:46:20 (33.0%)	6:40	9 (67.2%)
109	<b>KOŁTOWSKI Piotr</b>	<b>6688</b>		Masters M - 40	23	01:19:04	<b>02:20:29.15</b>	<b>02:20:37.55</b>	+00:46:24 (33.0%)	6:41	9 (67.2%)
110	<b>RĘKOSIEWICZ Jakub</b>	<b>6564</b>		Masters M - 40	24	01:16:12	<b>02:20:30.60</b>	<b>02:20:41.15</b>	+00:46:28 (33.0%)	6:41	9 (67.2%)
111	<b>ŚWIĘTEK Sylwia</b>	<b>6043</b>	LTT	Masters K - 40	5	01:18:42	<b>02:20:45.25</b>	<b>02:20:51.75</b>	+00:46:39 (33.1%)	6:42	9 (67.2%)
112	<b>PIWONSKI Adam</b>	<b>6594</b>		Senior II M - 30	48	01:21:20	<b>02:20:49.70</b>	<b>02:21:25.00</b>	+00:47:12 (33.4%)	6:42	8.9 (66.4%)
113	<b>NOWAK Łukasz</b>	<b>6546</b>		Senior II M - 30	49	01:19:33	<b>02:19:41.05</b>	<b>02:21:25.40</b>	+00:47:12 (33.4%)	6:39	9 (67.2%)
114	<b>DZIUBAŁKA Marcin</b>	<b>6314</b>		Masters M - 40	25	01:21:33	<b>02:19:58.45</b>	<b>02:21:27.20</b>	+00:47:14 (33.4%)	6:39	9 (67.2%)
115	<b>DZIEDZIŃSKI Łukasz</b>	<b>6503</b>	WOLNY BIEGACZ	Senior II M - 30	50	01:18:09	<b>02:21:15.90</b>	<b>02:21:46.00</b>	+00:47:33 (33.5%)	6:43	8.9 (66.4%)
116	<b>OPALIŃSKA-KLUSEK Małgorzata</b>	<b>6643</b>		Senior II K - 30	12	01:18:09	<b>02:21:17.85</b>	<b>02:21:47.60</b>	+00:47:34 (33.6%)	6:43	8.9 (66.4%)
117	<b>WOJNAROWSKA Weronika</b>	<b>6555</b>		Senior II K - 30	13	01:22:27	<b>02:21:15.90</b>	<b>02:21:47.80</b>	+00:47:35 (33.6%)	6:43	8.9 (66.4%)
118	<b>KŁODA Dariusz</b>	<b>6322</b>	DRUŻYNA SZPIKU	Masters M - 40	26	01:20:30	<b>02:21:11.40</b>	<b>02:22:05.00</b>	+00:47:52 (33.7%)	6:43	8.9 (66.4%)
119	<b>FLASZEWSKI Adam</b>	<b>6093</b>		Senior II M - 30	51	01:17:47	<b>02:21:30.95</b>	<b>02:22:09.65</b>	+00:47:56 (33.7%)	6:44	8.9 (66.4%)
120	<b>RATYMIRSKI Wojtek</b>	<b>6430</b>	#SOBASTEAM	Masters M - 40	27	01:16:22	<b>02:21:38.40</b>	<b>02:22:10.30</b>	+00:47:57 (33.7%)	6:44	8.9 (66.4%)
121	<b>DUPLA Konrad</b>	<b>6378</b>		Masters M - 40	28	01:18:47	<b>02:21:47.40</b>	<b>02:22:18.40</b>	+00:48:05 (33.8%)	6:45	8.9 (66.4%)
122	<b>BULIKOWSKI Tomasz</b>	<b>6711</b>		Masters M - 40	29	01:18:38	<b>02:22:00.80</b>	<b>02:22:23.35</b>	+00:48:10 (33.8%)	6:45	8.9 (66.4%)
123	<b>KUPCZAK Ewa</b>	<b>6534</b>	SPARTA ULTRA TEAM	Masters K - 40	6	01:21:57	<b>02:21:48.95</b>	<b>02:22:29.55</b>	+00:48:16 (33.9%)	6:45	8.9 (66.4%)
124	<b>SKÓRA Mirosław</b>	<b>6539</b>	SPARTA ULTRA TEAM	Masters M - 40	30	01:15:44	<b>02:22:16.10</b>	<b>02:22:33.95</b>	+00:48:21 (33.9%)	6:46	8.9 (66.4%)
125	<b>PRNOBIS-PROŃSKI Michał</b>	<b>6001</b>	SLOW JOGGING POLSKA	Senior II M - 30	52	01:14:39	<b>02:21:42.35</b>	<b>02:22:39.35</b>	+00:48:26 (34.0%)	6:44	8.9 (66.4%)
126	<b>FOGIEL-PAWŁOWSKA Agnieszka</b>	<b>6361</b>		Masters K - 40	7	01:20:37	<b>02:22:42.00</b>	<b>02:22:47.60</b>	+00:48:34 (34.0%)	6:47	8.8 (65.7%)
127	<b>PASZKE Maciej</b>	<b>6568</b>		Senior I M - 20	17	01:20:17	<b>02:21:48.85</b>	<b>02:22:56.55</b>	+00:48:43 (34.1%)	6:45	8.9 (66.4%)
128	<b>KAWA Hubert</b>	<b>6596</b>	NKB CHYŻY NOWY TOMYŚL	Senior II M - 30	53	01:21:19	<b>02:21:51.85</b>	<b>02:22:59.05</b>	+00:48:46 (34.1%)	6:45	8.9 (66.4%)
129	<b>HENECZKOWSKI Łukasz</b>	<b>6176</b>	POLSKA	Masters M - 40	31	01:18:52	<b>02:23:00.45</b>	<b>02:23:07.35</b>	+00:48:54 (34.2%)	6:48	8.8 (65.7%)
130	<b>PODOLSKI Marek</b>	<b>6554</b>	BIEGAMYRAZEM.PL	Senior II M - 30	54	01:20:51	<b>02:22:41.30</b>	<b>02:23:13.10</b>	+00:49:00 (34.2%)	6:47	8.8 (65.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 21km	brutto 21km			
131	<b>KOLANKO Sylwia</b>	<b>6446</b>	NYSA BIEGA	Senior II K - 30	14	01:21:26	<b>02:23:07.75</b>	<b>02:23:15.05</b>	+00:49:02 (34.2%)	6:48	8.8 (65.7%)
132	<b>STYŁA Kamil</b>	<b>6731</b>	LOS PILOTOS	Senior II M - 30	55	01:20:11	<b>02:22:08.20</b>	<b>02:23:18.95</b>	+00:49:06 (34.3%)	6:46	8.9 (66.4%)
133	<b>DUDEK Maciej</b>	<b>6613</b>		Senior II M - 30	56	01:16:19	<b>02:23:25.80</b>	<b>02:23:46.30</b>	+00:49:33 (34.5%)	6:49	8.8 (65.7%)
134	<b>RYCHLIK Magdalena</b>	<b>6620</b>	ITMBW KRAKÓW	Senior I K - 20	7	01:22:14	<b>02:23:22.85</b>	<b>02:23:49.35</b>	+00:49:36 (34.5%)	6:49	8.8 (65.7%)
135	<b>SKACZKOWSKA Barbara</b>	<b>6721</b>		Senior II K - 30	15	01:21:24	<b>02:23:43.10</b>	<b>02:23:59.60</b>	+00:49:46 (34.6%)	6:50	8.8 (65.7%)
136	<b>MAZUR Rafał</b>	<b>6229</b>		Senior II M - 30	57	01:15:18	<b>02:24:00.65</b>	<b>02:24:03.35</b>	+00:49:50 (34.6%)	6:51	8.7 (64.9%)
137	<b>TWARDOWSKI Krzysztof</b>	<b>6391</b>	AMATOR	Weteran I M - 50	3	01:20:36	<b>02:23:35.40</b>	<b>02:24:06.70</b>	+00:49:53 (34.6%)	6:50	8.8 (65.7%)
138	<b>KWACZ Paweł</b>	<b>6734</b>	BALLUFF RUNNING TEAM	Senior II M - 30	58	01:20:09	<b>02:22:40.05</b>	<b>02:24:28.50</b>	+00:50:15 (34.8%)	6:47	8.8 (65.7%)
139	<b>DESKA Michał</b>	<b>6286</b>	DESAK TEAM	Senior I M - 20	18	01:17:43	<b>02:24:36.35</b>	<b>02:24:40.80</b>	+00:50:28 (34.9%)	6:53	8.7 (64.9%)
140	<b>PODLEŚ Robert</b>	<b>6114</b>	COBI POLAND TEAM	Weteran I M - 50	4	01:17:22	<b>02:25:06.30</b>	<b>02:25:12.50</b>	+00:50:59 (35.1%)	6:54	8.7 (64.9%)
141	<b>SZUREK Paulina</b>	<b>6537</b>		Senior II K - 30	16	01:21:11	<b>02:25:12.90</b>	<b>02:25:16.05</b>	+00:51:03 (35.1%)	6:54	8.7 (64.9%)
142	<b>ABULEWICZ Wojciech</b>	<b>6647</b>	TRENING STUDIO 17	Weteran I M - 50	5	01:20:24	<b>02:25:09.55</b>	<b>02:25:19.95</b>	+00:51:07 (35.2%)	6:54	8.7 (64.9%)
143	<b>KRUK Kamil</b>	<b>6431</b>		Senior I M - 20	19	01:18:56	<b>02:24:08.90</b>	<b>02:25:30.95</b>	+00:51:18 (35.3%)	6:51	8.7 (64.9%)
144	<b>CHUDAŃSKI Maciej</b>	<b>6201</b>		Senior II M - 30	59	01:21:00	<b>02:24:48.05</b>	<b>02:25:32.50</b>	+00:51:19 (35.3%)	6:53	8.7 (64.9%)
145	<b>BYŚ Mateusz</b>	<b>6062</b>		Senior II M - 30	60	01:17:23	<b>02:25:23.50</b>	<b>02:25:51.10</b>	+00:51:38 (35.4%)	6:55	8.7 (64.9%)
146	<b>NOWOTARSKI Wojciech</b>	<b>6343</b>		Senior II M - 30	61	01:20:29	<b>02:25:33.15</b>	<b>02:25:53.75</b>	+00:51:41 (35.4%)	6:55	8.7 (64.9%)
147	<b>ROSPOND Piotr</b>	<b>6511</b>	TKKF MPK POZNAŃ	Weteran I M - 50	6	01:21:01	<b>02:24:35.20</b>	<b>02:26:00.10</b>	+00:51:47 (35.5%)	6:53	8.7 (64.9%)
148	<b>WIŚNIEWSKI Mariusz</b>	<b>6670</b>		Masters M - 40	32	01:21:51	<b>02:25:06.50</b>	<b>02:26:05.90</b>	+00:51:53 (35.5%)	6:54	8.7 (64.9%)
149	<b>STOLARZ Jędrzej</b>	<b>6654</b>		Senior I M - 20	20	01:21:02	<b>02:26:17.90</b>	<b>02:26:28.60</b>	+00:52:15 (35.7%)	6:58	8.6 (64.2%)
150	<b>KURCZEK Tomasz</b>	<b>6348</b>		Masters M - 40	33	01:21:52	<b>02:26:01.45</b>	<b>02:26:34.05</b>	+00:52:21 (35.7%)	6:57	8.6 (64.2%)
151	<b>JAROSŁAWSKI Mariusz</b>	<b>6720</b>	TERMY JAKYBA - OŁAWSKI PARK WODNY	Masters M - 40	34	01:23:24	<b>02:24:56.55</b>	<b>02:26:37.15</b>	+00:52:24 (35.7%)	6:54	8.7 (64.9%)
152	<b>WOJTASZEK Malgorzata</b>	<b>6313</b>		Senior II K - 30	17	01:24:17	<b>02:26:22.10</b>	<b>02:26:37.40</b>	+00:52:24 (35.7%)	6:58	8.6 (64.2%)
153	<b>DĄBROWSKA Natalia</b>	<b>6020</b>	BIEG OPOLSKI ZAŁOGA GÓRSKA	Senior II K - 30	18	01:25:02	<b>02:26:50.65</b>	<b>02:26:54.40</b>	+00:52:41 (35.9%)	6:59	8.6 (64.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 21km	brutto 21km			
154	<b>KASPEREK Kamila</b>	<b>6338</b>	RUUKKI	Senior II K - 30	19	01:21:07	<b>02:27:16.40</b>	<b>02:27:26.40</b>	+00:53:13 (36.1%)	7:00	8.6 (64.2%)
155	<b>KSIĄŻKIEWICZ Bartłomiej</b>	<b>6585</b>	ROCKY BALBOA RUNNING CLUB	Senior II M - 30	62	01:16:14	<b>02:27:20.65</b>	<b>02:27:30.00</b>	+00:53:17 (36.1%)	7:01	8.6 (64.2%)
156	<b>GAZDA Michał</b>	<b>6179</b>	CONSTRAVIA	Senior I M - 20	21	01:20:39	<b>02:26:39.80</b>	<b>02:27:44.30</b>	+00:53:31 (36.2%)	6:59	8.6 (64.2%)
157	<b>BISKUP Anna</b>	<b>6307</b>	STS BIEGATON MIKOŁÓW	Masters K - 40	8	01:20:52	<b>02:27:30.35</b>	<b>02:27:46.35</b>	+00:53:33 (36.2%)	7:01	8.5 (63.4%)
158	<b>LAZAROWICZ Krzysztof</b>	<b>6206</b>		Senior II M - 30	63	01:23:18	<b>02:26:02.60</b>	<b>02:27:47.25</b>	+00:53:34 (36.3%)	6:57	8.6 (64.2%)
159	<b>NESTEREWICZ Ryszard</b>	<b>6736</b>	LKS ISKRA JASZKOWA	Weteran II M - 60	1	01:23:12	<b>02:26:28.85</b>	<b>02:27:53.10</b>	+00:53:40 (36.3%)	6:58	8.6 (64.2%)
160	<b>PUSDROWSKI Michał</b>	<b>6516</b>	KALENJI BY DECATHLON	Senior II M - 30	64	01:22:22	<b>02:27:49.15</b>	<b>02:27:57.70</b>	+00:53:44 (36.3%)	7:02	8.5 (63.4%)
161	<b>BRYŃSKI Dariusz</b>	<b>6375</b>	1963	Weteran I M - 50	7	01:20:07	<b>02:27:36.00</b>	<b>02:28:05.45</b>	+00:53:52 (36.4%)	7:01	8.5 (63.4%)
162	<b>KORONA-SIERADZKA Bogusława</b>	<b>6006</b>	WKURWTEAM	Senior II K - 30	20	01:24:12	<b>02:27:49.00</b>	<b>02:28:06.00</b>	+00:53:53 (36.4%)	7:02	8.5 (63.4%)
163	<b>KOCOŁ Tomasz</b>	<b>6127</b>		Senior II M - 30	65	01:22:35	<b>02:27:28.70</b>	<b>02:28:06.40</b>	+00:53:53 (36.4%)	7:01	8.5 (63.4%)
164	<b>DENYSIUK Marek</b>	<b>6522</b>	WATAHA	Masters M - 40	35	01:22:28	<b>02:27:34.95</b>	<b>02:28:10.65</b>	+00:53:57 (36.4%)	7:01	8.5 (63.4%)
165	<b>KUBIŃSKI Sławomir</b>	<b>6258</b>	KB TKKF PROMYK CIECHANÓW	Weteran I M - 50	8	01:24:26	<b>02:28:06.30</b>	<b>02:28:24.65</b>	+00:54:11 (36.5%)	7:03	8.5 (63.4%)
166	<b>BUDA Marek</b>	<b>6216</b>	VISEGRAD MARATON RYTRO	Weteran I M - 50	9		<b>02:28:23.55</b>	<b>02:28:28.90</b>	+00:54:16 (36.5%)	7:03	8.5 (63.4%)
167	<b>JOŃCZYK Ada</b>	<b>6268</b>		Senior I K - 20	8	01:21:49	<b>02:27:31.80</b>	<b>02:28:48.40</b>	+00:54:35 (36.7%)	7:01	8.5 (63.4%)
168	<b>PONIATOWSKI Seweryn</b>	<b>6009</b>	PRZEDWOJEWSKI MOUNTAIN TEAM	Senior II M - 30	66	01:22:27	<b>02:28:14.80</b>	<b>02:28:53.45</b>	+00:54:40 (36.7%)	7:03	8.5 (63.4%)
169	<b>MAZUREK Tomasz</b>	<b>6726</b>		Senior II M - 30	67	01:20:10	<b>02:28:35.75</b>	<b>02:29:01.60</b>	+00:54:48 (36.8%)	7:04	8.5 (63.4%)
170	<b>PODSADNY Bartosz</b>	<b>6090</b>		Senior II M - 30	68	01:18:20	<b>02:28:56.40</b>	<b>02:29:18.65</b>	+00:55:05 (36.9%)	7:05	8.5 (63.4%)
171	<b>KACZOR Mariusz</b>	<b>6570</b>		Masters M - 40	36	01:23:50	<b>02:28:17.75</b>	<b>02:29:34.60</b>	+00:55:21 (37.0%)	7:03	8.5 (63.4%)
172	<b>JASICKA Ewa</b>	<b>6524</b>		Senior II K - 30	21	01:22:43	<b>02:29:19.35</b>	<b>02:29:37.60</b>	+00:55:24 (37.0%)	7:06	8.4 (62.7%)
173	<b>ROŚŁON Cezary</b>	<b>6706</b>		Senior II M - 30	69	01:24:31	<b>02:29:01.80</b>	<b>02:29:40.75</b>	+00:55:28 (37.1%)	7:05	8.5 (63.4%)
174	<b>ŁUNIEWSKA Katarzyna</b>	<b>6048</b>	HARDCOROWE WYCHYLYLYBYMY	Senior II K - 30	22	01:24:06	<b>02:29:58.45</b>	<b>02:30:11.85</b>	+00:55:59 (37.3%)	7:08	8.4 (62.7%)
175	<b>KULER Bartosz</b>	<b>6551</b>	PGB SPORTOWA PACZKA	Senior I M - 20	22	01:19:42	<b>02:29:44.45</b>	<b>02:30:14.60</b>	+00:56:01 (37.3%)	7:07	8.4 (62.7%)
176	<b>PŁÓCIENNICZAK Jakub</b>	<b>6627</b>	DREAM RUN	Masters M - 40	37	01:19:22	<b>02:30:01.15</b>	<b>02:30:18.70</b>	+00:56:05 (37.3%)	7:08	8.4 (62.7%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 21km	brutto 21km			
177	<b>BUDZIŃSKA Damiam</b>	<b>6133</b>	WKB META LUBLINIEC	Masters M - 40	38	01:21:06	<b>02:29:53.35</b>	<b>02:30:23.85</b>	+00:56:11 (37.4%)	7:08	8.4 (62.7%)
178	<b>TALARCZYK-WIECZOREK Karolina</b>	<b>6652</b>		Masters K - 40	9	01:24:04	<b>02:29:46.75</b>	<b>02:30:31.20</b>	+00:56:18 (37.4%)	7:07	8.4 (62.7%)
179	<b>WYGLĄDAŁA Michał</b>	<b>6106</b>		Senior II M - 30	70	01:19:54	<b>02:30:17.65</b>	<b>02:30:52.20</b>	+00:56:39 (37.6%)	7:09	8.4 (62.7%)
180	<b>STOŃ Wojciech</b>	<b>6478</b>		Senior II M - 30	71	01:19:55	<b>02:30:17.80</b>	<b>02:30:52.50</b>	+00:56:39 (37.6%)	7:09	8.4 (62.7%)
181	<b>BIELAWA Kamila</b>	<b>6287</b>	NKB CHYZY NOWY TOMYŚL	Senior II K - 30	23	01:25:33	<b>02:29:46.15</b>	<b>02:30:52.80</b>	+00:56:40 (37.6%)	7:07	8.4 (62.7%)
182	<b>NOWAK Paweł</b>	<b>6508</b>	LAND ROWER WROCŁAW	Senior II M - 30	72	01:21:22	<b>02:30:58.10</b>	<b>02:31:19.30</b>	+00:57:06 (37.7%)	7:11	8.3 (61.9%)
183	<b>NOWAK Krystian</b>	<b>6602</b>	NKB CHYZY NOWY TOMYŚL	Senior I M - 20	23	01:21:50	<b>02:30:17.90</b>	<b>02:31:27.55</b>	+00:57:14 (37.8%)	7:09	8.4 (62.7%)
184	<b>LASEK Mikołaj</b>	<b>6649</b>	PAN WUEFISTA	Senior II M - 30	73	01:25:05	<b>02:30:46.80</b>	<b>02:31:28.80</b>	+00:57:16 (37.8%)	7:10	8.4 (62.7%)
185	<b>OGRODOWCZYK Daria</b>	<b>6569</b>	KALENJI BY DECATHLON	Senior I K - 20	9	01:24:00	<b>02:31:22.05</b>	<b>02:31:29.80</b>	+00:57:17 (37.8%)	7:12	8.3 (61.9%)
186	<b>KALISZEWSKI Adam</b>	<b>6464</b>	MPK POZNAŃ	Weteran I M - 50	10	01:22:59	<b>02:30:11.10</b>	<b>02:31:31.20</b>	+00:57:18 (37.8%)	7:09	8.4 (62.7%)
187	<b>MACIEJEWSKI Łukasz</b>	<b>6519</b>		Senior II M - 30	74	01:21:04	<b>02:31:14.40</b>	<b>02:31:35.90</b>	+00:57:23 (37.9%)	7:12	8.3 (61.9%)
187	<b>SZYSZKA Anna</b>	<b>6579</b>		Senior I K - 20	10	01:23:19	<b>02:31:25.70</b>	<b>02:31:35.90</b>	+00:57:23 (37.9%)	7:12	8.3 (61.9%)
189	<b>PASZKIEWICZ Maciej</b>	<b>6615</b>	PARK DZIEJE	Weteran I M - 50	11	01:26:59	<b>02:31:20.40</b>	<b>02:31:38.05</b>	+00:57:25 (37.9%)	7:12	8.3 (61.9%)
190	<b>RYCHLEWICZ Tomasz</b>	<b>6033</b>		Senior II M - 30	75	01:23:27	<b>02:30:50.40</b>	<b>02:31:44.70</b>	+00:57:31 (37.9%)	7:10	8.4 (62.7%)
191	<b>SZKÓDLINSKI Bartosz</b>	<b>6080</b>	ODDYCHAJSWOBODNIE.PL	Masters M - 40	39	01:24:15	<b>02:31:36.30</b>	<b>02:31:51.40</b>	+00:57:38 (38.0%)	7:13	8.3 (61.9%)
192	<b>HETMAŃSKI Jakub</b>	<b>6055</b>		Senior I M - 20	24	01:21:58	<b>02:31:33.55</b>	<b>02:31:58.25</b>	+00:57:45 (38.0%)	7:13	8.3 (61.9%)
193	<b>ZAKRZEWICZ Marcin</b>	<b>6754</b>	KTB KUNY	Masters M - 40	40	01:20:44	<b>02:31:52.80</b>	<b>02:32:04.35</b>	+00:57:51 (38.0%)	7:13	8.3 (61.9%)
194	<b>SZUMNY Paweł</b>	<b>6163</b>		Senior II M - 30	76	01:23:41	<b>02:30:57.10</b>	<b>02:32:06.50</b>	+00:57:53 (38.1%)	7:11	8.3 (61.9%)
195	<b>STRZYŻEWSKI Paweł</b>	<b>6529</b>		Masters M - 40	41	01:24:01	<b>02:32:02.25</b>	<b>02:32:07.55</b>	+00:57:54 (38.1%)	7:14	8.3 (61.9%)
196	<b>CYL Dawid</b>	<b>6449</b>	FORDONRUNNERS	Senior II M - 30	77	01:25:54	<b>02:31:45.80</b>	<b>02:32:15.95</b>	+00:58:03 (38.1%)	7:13	8.3 (61.9%)
197	<b>JANKOWSKI Krzysztof</b>	<b>6715</b>	MUAY RUNNING TEAM	Senior I M - 20	25	01:23:19	<b>02:31:01.20</b>	<b>02:32:22.70</b>	+00:58:09 (38.2%)	7:11	8.3 (61.9%)
198	<b>SKORUPSKI Szymon</b>	<b>6648</b>	KURACJUSZE	Senior II M - 30	78	01:21:22	<b>02:32:07.80</b>	<b>02:32:39.00</b>	+00:58:26 (38.3%)	7:14	8.3 (61.9%)
199	<b>SADOWSKI Marek</b>	<b>6393</b>	MUKS SZOK BOJANOWO	Weteran I M - 50	12	01:23:34	<b>02:31:20.85</b>	<b>02:32:47.65</b>	+00:58:34 (38.3%)	7:12	8.3 (61.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 21km	brutto 21km			
200	<b>KOTNIEWICZ Piotr</b>	<b>6760</b>		Senior I M - 20	26	01:26:03	<b>02:31:29.90</b>	<b>02:32:48.45</b>	+00:58:35 (38.3%)	7:12	8.3 (61.9%)
201	<b>HŁASKO Ania</b>	<b>6515</b>		Senior I K - 20	11	01:27:00	<b>02:31:48.90</b>	<b>02:32:54.00</b>	+00:58:41 (38.4%)	7:13	8.3 (61.9%)
202	<b>ZWOLIŃSKI Mariusz</b>	<b>6672</b>		Masters M - 40	42	01:26:06	<b>02:31:58.90</b>	<b>02:33:17.00</b>	+00:59:04 (38.5%)	7:14	8.3 (61.9%)
203	<b>BARTNICKI Bartosz</b>	<b>6631</b>	SCM POLANICA-ZDRÓJ	Senior I M - 20	27	01:22:18	<b>02:33:00.80</b>	<b>02:33:24.00</b>	+00:59:11 (38.6%)	7:17	8.2 (61.2%)
204	<b>DRAGANEK Ewelina</b>	<b>6222</b>		Senior II K - 30	24	01:23:20	<b>02:32:08.60</b>	<b>02:33:28.10</b>	+00:59:15 (38.6%)	7:14	8.3 (61.9%)
205	<b>WÓJCIAK Łukasz</b>	<b>6029</b>		Senior II M - 30	79	01:22:02	<b>02:33:05.15</b>	<b>02:33:38.60</b>	+00:59:25 (38.7%)	7:17	8.2 (61.2%)
206	<b>MAKOWSKI Maciej</b>	<b>6333</b>		Senior II M - 30	80	01:21:36	<b>02:32:27.90</b>	<b>02:33:40.95</b>	+00:59:28 (38.7%)	7:15	8.3 (61.9%)
207	<b>JURCZAK Szymon</b>	<b>6641</b>		Senior II M - 30	81	01:22:30	<b>02:33:00.45</b>	<b>02:33:45.20</b>	+00:59:32 (38.7%)	7:17	8.2 (61.2%)
208	<b>WYSADA Katarzyna</b>	<b>6578</b>		Senior II K - 30	25	01:22:48	<b>02:33:24.60</b>	<b>02:34:04.45</b>	+00:59:51 (38.9%)	7:18	8.2 (61.2%)
209	<b>STRĄK Izabela</b>	<b>6173</b>		Masters K - 40	10	01:24:07	<b>02:34:04.20</b>	<b>02:34:06.40</b>	+00:59:53 (38.9%)	7:20	8.2 (61.2%)
210	<b>KUBIK Jarosław</b>	<b>6145</b>		Senior II M - 30	82	01:24:23	<b>02:33:54.30</b>	<b>02:34:10.00</b>	+00:59:57 (38.9%)	7:19	8.2 (61.2%)
211	<b>MACHULA Arkadiusz</b>	<b>6275</b>		Masters M - 40	43	01:27:11	<b>02:33:45.15</b>	<b>02:34:13.05</b>	+01:00:00 (38.9%)	7:19	8.2 (61.2%)
212	<b>WISZNIEWICZ Piotr</b>	<b>6300</b>	BANA DZIEWIONA	Senior II M - 30	83	01:24:58	<b>02:32:52.35</b>	<b>02:34:33.05</b>	+01:00:20 (39.0%)	7:16	8.2 (61.2%)
213	<b>GORĄCZNIAK Maciej</b>	<b>6423</b>		Masters M - 40	44	01:24:48	<b>02:33:52.05</b>	<b>02:34:48.10</b>	+01:00:35 (39.1%)	7:19	8.2 (61.2%)
214	<b>WĄSOWICZ Magdalena</b>	<b>6714</b>	HUSARIA RACE TEAM	Senior I K - 20	12	01:28:06	<b>02:34:14.05</b>	<b>02:34:48.70</b>	+01:00:35 (39.1%)	7:20	8.2 (61.2%)
215	<b>GRABARZ Michał</b>	<b>6601</b>		Masters M - 40	45	01:24:25	<b>02:34:40.10</b>	<b>02:34:50.50</b>	+01:00:37 (39.2%)	7:21	8.1 (60.4%)
216	<b>SMORAWSKA Lidia</b>	<b>6248</b>	TARNOWO PODGÓRNE BIEGA	Senior II K - 30	26	01:26:59	<b>02:34:23.85</b>	<b>02:34:56.20</b>	+01:00:43 (39.2%)	7:21	8.2 (61.2%)
217	<b>KRUSZEK Małgorzata</b>	<b>6462</b>	PRZEKOTY	Senior II K - 30	27	01:27:32	<b>02:34:43.05</b>	<b>02:34:56.60</b>	+01:00:43 (39.2%)	7:22	8.1 (60.4%)
218	<b>PÓŁROLNICZAK Paweł</b>	<b>6644</b>		Senior II M - 30	84	01:24:50	<b>02:34:33.60</b>	<b>02:34:56.95</b>	+01:00:44 (39.2%)	7:21	8.2 (61.2%)
219	<b>RAKOCZY Jerzy</b>	<b>6727</b>		Masters M - 40	46	01:21:46	<b>02:34:32.95</b>	<b>02:35:05.95</b>	+01:00:53 (39.3%)	7:21	8.2 (61.2%)
220	<b>TOMCZYK Marta</b>	<b>6630</b>		Senior I K - 20	13	01:28:23	<b>02:34:53.90</b>	<b>02:35:10.50</b>	+01:00:57 (39.3%)	7:22	8.1 (60.4%)
221	<b>SNIEGOCKI Paweł</b>	<b>6208</b>	TARNOWO PODGÓRNE BIEGA	Masters M - 40	47	01:21:32	<b>02:34:37.70</b>	<b>02:35:10.80</b>	+01:00:58 (39.3%)	7:21	8.1 (60.4%)
222	<b>KOPACZYŃSKI Michał</b>	<b>6404</b>		Senior I M - 20	28	01:20:45	<b>02:34:42.80</b>	<b>02:35:42.50</b>	+01:01:29 (39.5%)	7:22	8.1 (60.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 21km	brutto 21km			
223	<b>PIELA Dawid</b>	<b>6755</b>		Senior II M - 30	85	01:26:48	<b>02:34:28.85</b>	<b>02:36:08.15</b>	+01:01:55 (39.7%)	7:21	8.2 (61.2%)
224	<b>DRZEWOWSKI Piotr</b>	<b>6667</b>		Senior II M - 30	86	01:24:20	<b>02:34:11.10</b>	<b>02:36:08.70</b>	+01:01:55 (39.7%)	7:20	8.2 (61.2%)
225	<b>RUDNICKI Krzysztof</b>	<b>6218</b>		Senior II M - 30	87	01:28:42	<b>02:34:47.60</b>	<b>02:36:20.80</b>	+01:02:08 (39.7%)	7:22	8.1 (60.4%)
226	<b>MARTOWSKA Barbara</b>	<b>6178</b>		Masters K - 40	11	01:27:50	<b>02:36:11.40</b>	<b>02:36:20.95</b>	+01:02:08 (39.7%)	7:26	8.1 (60.4%)
227	<b>SOBIERAJ Aleksander</b>	<b>6590</b>	BRUPA BIEGOWA WALIM	Masters M - 40	48	01:31:05	<b>02:35:22.70</b>	<b>02:36:40.20</b>	+01:02:27 (39.9%)	7:23	8.1 (60.4%)
228	<b>KUCHARSKA Aleksandra</b>	<b>6014</b>	DREAM RUN	Senior II K - 30	28	01:29:13	<b>02:36:07.15</b>	<b>02:36:42.40</b>	+01:02:29 (39.9%)	7:26	8.1 (60.4%)
229	<b>WOŹNIAK Łukasz</b>	<b>6170</b>	NIGHT RUNNERS	Senior II M - 30	88	01:29:22	<b>02:36:41.75</b>	<b>02:36:46.70</b>	+01:02:33 (39.9%)	7:27	8 (59.7%)
230	<b>CHOJNACKI Grzegorz</b>	<b>6598</b>	RUNNING ACADEMY	Masters M - 40	49	01:25:30	<b>02:36:37.20</b>	<b>02:36:50.45</b>	+01:02:37 (39.9%)	7:27	8 (59.7%)
231	<b>BRUSIŁOWICZ Dagmara</b>	<b>6383</b>	WIECZORNE BIEGANIE W SZCZECINIE	Masters K - 40	12	01:28:06	<b>02:36:48.25</b>	<b>02:36:51.15</b>	+01:02:38 (39.9%)	7:28	8 (59.7%)
232	<b>DUTKOWIAK Aleksandra</b>	<b>6303</b>	PIĄTKOWO NA BIEGOWO	Senior II K - 30	29	01:27:02	<b>02:36:33.15</b>	<b>02:37:06.05</b>	+01:02:53 (40.0%)	7:27	8 (59.7%)
233	<b>NIECHAJ Anna</b>	<b>6174</b>	POMIDOROWA ALTERNATYWA	Masters K - 40	13	01:26:24	<b>02:36:52.85</b>	<b>02:37:32.25</b>	+01:03:19 (40.2%)	7:28	8 (59.7%)
234	<b>PASZKIEWICZ Józef</b>	<b>6591</b>		Senior I M - 20	29	01:26:24	<b>02:37:20.70</b>	<b>02:37:39.15</b>	+01:03:26 (40.2%)	7:29	8 (59.7%)
235	<b>PIELA Katarzyna</b>	<b>6285</b>		Senior II K - 30	30	01:27:38	<b>02:36:16.35</b>	<b>02:37:52.90</b>	+01:03:40 (40.3%)	7:26	8.1 (60.4%)
236	<b>ŁUBIK Renata</b>	<b>6339</b>	PRO-RUN WROCŁAW	Masters K - 40	14	01:28:32	<b>02:37:14.10</b>	<b>02:37:55.30</b>	+01:03:42 (40.3%)	7:29	8 (59.7%)
237	<b>POSPIECH Michał</b>	<b>6735</b>		Senior I M - 20	30	01:21:38	<b>02:36:25.05</b>	<b>02:38:04.80</b>	+01:03:52 (40.4%)	7:26	8.1 (60.4%)
238	<b>ZAMIATOWSKA Kinga</b>	<b>6115</b>	BELLA LINE BDG	Masters K - 40	15	01:27:22	<b>02:38:19.85</b>	<b>02:38:27.70</b>	+01:04:14 (40.5%)	7:32	8 (59.7%)
239	<b>POCHWAŁA Justyna</b>	<b>6079</b>	NATALIA TOMASIAK GÓRSKI STYL TEAM	Senior II K - 30	31	01:30:36	<b>02:37:58.85</b>	<b>02:38:34.60</b>	+01:04:21 (40.6%)	7:31	8 (59.7%)
240	<b>DWORCZYŃSKA Martyna</b>	<b>6490</b>	ADIDAS RUNNERS WARSAW	Senior I K - 20	14	01:30:27	<b>02:37:29.65</b>	<b>02:38:37.50</b>	+01:04:24 (40.6%)	7:30	8 (59.7%)
241	<b>MISTUR Szymon</b>	<b>6030</b>		Senior II M - 30	89	01:30:26	<b>02:37:20.10</b>	<b>02:38:44.15</b>	+01:04:31 (40.6%)	7:29	8 (59.7%)
242	<b>GIERLIK Grzegorz</b>	<b>6113</b>	NCDC	Masters M - 40	50	01:30:06	<b>02:37:37.30</b>	<b>02:39:05.00</b>	+01:04:52 (40.8%)	7:30	8 (59.7%)
243	<b>NOGANOWICZ Agata</b>	<b>6342</b>	PRO-RUN WROCŁAW	Masters K - 40	16	01:32:20	<b>02:37:37.55</b>	<b>02:39:05.10</b>	+01:04:52 (40.8%)	7:30	8 (59.7%)
244	<b>WITKOWSKI Witold</b>	<b>6655</b>		Masters M - 40	51	01:28:10	<b>02:37:24.90</b>	<b>02:39:19.65</b>	+01:05:06 (40.9%)	7:29	8 (59.7%)
245	<b>OBRZUD Katarzyna</b>	<b>6328</b>		Masters K - 40	17	01:27:08	<b>02:38:28.90</b>	<b>02:39:22.70</b>	+01:05:09 (40.9%)	7:32	8 (59.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 21km	brutto 21km			
246	WYBRANIEC Tomasz	6269		Senior II M - 30	90	01:27:48	<b>02:37:56.40</b>	<b>02:39:31.70</b>	+01:05:18 (40.9%)	7:31	8 (59.7%)
247	ZAWADZKA Monika	6684	MKS SIECHNICE	Senior II K - 30	32	01:33:03	<b>02:38:51.05</b>	<b>02:39:33.05</b>	+01:05:20 (41.0%)	7:33	7.9 (59.0%)
248	MICHALAK Kamil	6121		Senior II M - 30	91	01:26:04	<b>02:38:58.10</b>	<b>02:40:10.50</b>	+01:05:57 (41.2%)	7:34	7.9 (59.0%)
249	KARAŚ Jacek	6743	ZAŁOGA GÓRSKA	Senior II M - 30	92	01:21:28	<b>02:40:10.15</b>	<b>02:40:22.30</b>	+01:06:09 (41.3%)	7:37	7.9 (59.0%)
250	PŁUCIENNICZAK Bartosz	6031	KOŁO BIEGA	Senior II M - 30	93	01:24:17	<b>02:39:56.20</b>	<b>02:40:35.45</b>	+01:06:22 (41.3%)	7:36	7.9 (59.0%)
251	JOŃCZYK Anna	6379		Senior II K - 30	33	01:28:00	<b>02:39:47.65</b>	<b>02:40:39.85</b>	+01:06:27 (41.4%)	7:36	7.9 (59.0%)
252	AUCH Bartłomiej	6712		Senior I M - 20	31	01:28:05	<b>02:40:23.30</b>	<b>02:40:50.00</b>	+01:06:37 (41.4%)	7:38	7.9 (59.0%)
253	JANECZEK Jarosław	6266	KAJTEX RUNNERS	Masters M - 40	52	01:27:50	<b>02:39:24.90</b>	<b>02:40:53.80</b>	+01:06:41 (41.4%)	7:35	7.9 (59.0%)
254	CHOLEWA Agnieszka	6633	MATNER RUNNING TEAM	Senior II K - 30	34	01:29:03	<b>02:40:33.55</b>	<b>02:40:55.45</b>	+01:06:42 (41.5%)	7:38	7.8 (58.2%)
255	MAGIERECKI Krzysztof	6646		Weteran I M - 50	13	01:26:52	<b>02:39:27.55</b>	<b>02:41:13.65</b>	+01:07:00 (41.6%)	7:35	7.9 (59.0%)
256	POPŁAWSKI Krzysiek	6046	REEBOK RUN CREW	Masters M - 40	53	01:26:55	<b>02:40:10.20</b>	<b>02:41:15.55</b>	+01:07:02 (41.6%)	7:37	7.9 (59.0%)
257	PRAWDA Sebastian	6679	WIECZORNE BIEGANIE W SZCZECINIE	Masters M - 40	54	01:27:18	<b>02:41:15.00</b>	<b>02:41:19.85</b>	+01:07:07 (41.6%)	7:40	7.8 (58.2%)
258	SKRZELINSKI Pawel	6428	FAURECIA SPORTS TEAM	Senior II M - 30	94	01:28:52	<b>02:40:49.50</b>	<b>02:41:37.20</b>	+01:07:24 (41.7%)	7:39	7.8 (58.2%)
259	MICHALAK-KLIMCZAK Lucyna	6357		Senior II K - 30	35	01:30:03	<b>02:40:27.85</b>	<b>02:41:37.80</b>	+01:07:25 (41.7%)	7:38	7.9 (59.0%)
260	PANCZOCHA Adam	6540		Senior I M - 20	32	01:25:02	<b>02:40:36.55</b>	<b>02:41:43.00</b>	+01:07:30 (41.7%)	7:38	7.8 (58.2%)
261	NAPIÓRKOWSKA Katarzyna	6135		Masters K - 40	18	01:33:18	<b>02:41:19.15</b>	<b>02:41:52.60</b>	+01:07:39 (41.8%)	7:40	7.8 (58.2%)
262	BŁASZKOWIAK Błażej	6710		Senior II M - 30	95	01:22:42	<b>02:40:21.25</b>	<b>02:41:53.80</b>	+01:07:41 (41.8%)	7:38	7.9 (59.0%)
263	MAJEROWSKA Magdalena	6447	BAUMAT TEAM	Senior I K - 20	15	01:29:59	<b>02:40:08.25</b>	<b>02:41:58.90</b>	+01:07:46 (41.8%)	7:37	7.9 (59.0%)
264	MORAWSKI Wojciech	6312		Senior II M - 30	96	01:28:32	<b>02:40:09.40</b>	<b>02:42:06.90</b>	+01:07:54 (41.9%)	7:37	7.9 (59.0%)
265	STEFANOWSKI Mariusz	6685		Masters M - 40	55	01:28:49	<b>02:41:19.75</b>	<b>02:42:07.95</b>	+01:07:55 (41.9%)	7:40	7.8 (58.2%)
266	KUBÓW Agnieszka	6324	ZLB ZŁOTORYJA	Senior II K - 30	36	01:33:54	<b>02:42:05.70</b>	<b>02:42:14.85</b>	+01:08:02 (41.9%)	7:43	7.8 (58.2%)
267	WOLAK Izabela	6439	JKS SALAMANDRA	Senior I K - 20	16	01:27:14	<b>02:41:56.40</b>	<b>02:42:44.50</b>	+01:08:31 (42.1%)	7:42	7.8 (58.2%)
268	ZYZAŃSKI Andrzej	6761		Masters M - 40	56	01:29:51	<b>02:42:26.15</b>	<b>02:42:51.15</b>	+01:08:38 (42.1%)	7:44	7.8 (58.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 21km	brutto 21km			
269	<b>SZAMOSI Szabolcs</b>	<b>6484</b>		Masters M - 40	57	01:32:08	<b>02:41:19.95</b>	<b>02:42:55.95</b>	+01:08:43 (42.2%)	7:40	7.8 (58.2%)
270	<b>SKONIECKI Michał</b>	<b>6331</b>		Masters M - 40	58	01:26:25	<b>02:42:20.00</b>	<b>02:43:02.30</b>	+01:08:49 (42.2%)	7:43	7.8 (58.2%)
271	<b>SROKOWSKI Łukasz</b>	<b>6713</b>		Senior II M - 30	97	01:35:44	<b>02:41:35.80</b>	<b>02:43:20.80</b>	+01:09:08 (42.3%)	7:41	7.8 (58.2%)
272	<b>LECH Marcin</b>	<b>6077</b>	NOA	Senior II M - 30	98	01:27:22	<b>02:42:11.00</b>	<b>02:43:22.65</b>	+01:09:09 (42.3%)	7:43	7.8 (58.2%)
273	<b>KOPACKA Eliza</b>	<b>6099</b>		Senior II K - 30	37	01:33:33	<b>02:43:03.00</b>	<b>02:43:32.90</b>	+01:09:20 (42.4%)	7:45	7.7 (57.5%)
274	<b>BŁASZCZYK Jacek</b>	<b>6451</b>	WOJART TEAM	Masters M - 40	59	01:34:41	<b>02:42:39.75</b>	<b>02:43:45.30</b>	+01:09:32 (42.5%)	7:44	7.7 (57.5%)
275	<b>NOWICKA-BŁASZCZYK Izabela</b>	<b>6452</b>	WOJART TEAM	Senior II K - 30	38	01:34:42	<b>02:42:39.60</b>	<b>02:43:45.45</b>	+01:09:32 (42.5%)	7:44	7.7 (57.5%)
276	<b>FLAKA Paweł</b>	<b>6610</b>		Senior II M - 30	99	01:33:50	<b>02:41:59.50</b>	<b>02:43:54.85</b>	+01:09:42 (42.5%)	7:42	7.8 (58.2%)
277	<b>SOBAŃSKI Roman</b>	<b>6235</b>	TARNOWO PODGÓRNE BIEGA	Senior II M - 30	100	01:29:11	<b>02:43:22.60</b>	<b>02:43:55.50</b>	+01:09:42 (42.5%)	7:46	7.7 (57.5%)
278	<b>DANIEL Maria</b>	<b>6563</b>		Senior II K - 30	39	01:30:48	<b>02:43:23.15</b>	<b>02:43:56.70</b>	+01:09:43 (42.5%)	7:46	7.7 (57.5%)
279	<b>KUICH Aleksnadra</b>	<b>6238</b>		Senior II K - 30	40	01:38:36	<b>02:43:40.35</b>	<b>02:43:56.95</b>	+01:09:44 (42.5%)	7:47	7.7 (57.5%)
280	<b>STRĘK Joanna</b>	<b>6065</b>	NATALIA TOMASIAK GÓRSKI STYL TEAM	Senior II K - 30	41	01:30:58	<b>02:43:59.95</b>	<b>02:44:03.70</b>	+01:09:50 (42.6%)	7:48	7.7 (57.5%)
281	<b>GARBACZ Damian</b>	<b>6588</b>		Senior II M - 30	101	01:30:36	<b>02:43:10.95</b>	<b>02:44:05.55</b>	+01:09:52 (42.6%)	7:46	7.7 (57.5%)
282	<b>SZAWARA-ZIÓŁKOWSKA Ewelina</b>	<b>6289</b>	KB HARCOWNIK JELCZ-LASKOWICE	Senior II K - 30	42	01:33:01	<b>02:43:28.15</b>	<b>02:44:12.65</b>	+01:09:59 (42.6%)	7:47	7.7 (57.5%)
283	<b>WŁODARCZYK Maciej</b>	<b>6436</b>	KB HARCWIWNIK	Senior II M - 30	102	01:32:59	<b>02:43:28.95</b>	<b>02:44:12.75</b>	+01:10:00 (42.6%)	7:47	7.7 (57.5%)
284	<b>GAWEŁKO Janusz</b>	<b>6762</b>		Weteran I M - 50	14	01:27:46	<b>02:43:06.10</b>	<b>02:44:15.35</b>	+01:10:02 (42.6%)	7:46	7.7 (57.5%)
285	<b>CIERPIKOWSKA Agnieszka</b>	<b>6330</b>		Masters K - 40	19	01:35:34	<b>02:43:16.40</b>	<b>02:44:36.30</b>	+01:10:23 (42.8%)	7:46	7.7 (57.5%)
286	<b>ADAMCZYK Wojciech</b>	<b>6068</b>	WEST COAST RUNNERS CYPRUS	Weteran I M - 50	15	01:30:50	<b>02:44:40.00</b>	<b>02:44:51.10</b>	+01:10:38 (42.9%)	7:50	7.7 (57.5%)
287	<b>BARON Przem</b>	<b>6224</b>	CONSTRAVIA	Senior II M - 30	103	01:23:54	<b>02:43:46.50</b>	<b>02:44:53.75</b>	+01:10:41 (42.9%)	7:47	7.7 (57.5%)
288	<b>WOLEK Jerzy</b>	<b>6557</b>		Weteran II M - 60	2	01:31:36	<b>02:44:43.00</b>	<b>02:44:54.70</b>	+01:10:41 (42.9%)	7:50	7.6 (56.7%)
289	<b>PIOTROWSKA Magdalena</b>	<b>6751</b>	KB JURUNT SZCZYTNO	Senior II K - 30	43	01:30:09	<b>02:45:29.50</b>	<b>02:45:35.10</b>	+01:11:22 (43.1%)	7:52	7.6 (56.7%)
290	<b>ŚWIERCZYŃSKI Radosław</b>	<b>6304</b>	BIEGIEM PO PIWO	Senior I M - 20	33	01:35:52	<b>02:43:53.15</b>	<b>02:45:47.00</b>	+01:11:34 (43.2%)	7:48	7.7 (57.5%)
291	<b>FIGAS Sebastian</b>	<b>6100</b>	LTT	Masters M - 40	60	01:28:24	<b>02:45:53.10</b>	<b>02:45:59.20</b>	+01:11:46 (43.2%)	7:53	7.6 (56.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 21km	brutto 21km			
292	<b>POGORZELSKI Grzegorz</b>	<b>6656</b>	BWM TEAM	Senior II M - 30	104	01:26:34	<b>02:45:29.45</b>	<b>02:46:06.90</b>	+01:11:54 (43.3%)	7:52	7.6 (56.7%)
293	<b>KOSTECZKA Paulina</b>	<b>6211</b>	DRUŻYNA BIEGĄCEGO ORIONA	Senior II K - 30	44	01:35:15	<b>02:45:39.10</b>	<b>02:46:07.80</b>	+01:11:55 (43.3%)	7:53	7.6 (56.7%)
294	<b>MAŃCZAK Bartłomiej</b>	<b>6609</b>	ŚWIDNICKA GRUPA BIEGOWA	Masters M - 40	61	01:33:49	<b>02:44:29.70</b>	<b>02:46:25.45</b>	+01:12:12 (43.4%)	7:50	7.7 (57.5%)
295	<b>OSKWAREK Bogdan</b>	<b>6583</b>		Masters M - 40	62	01:33:20	<b>02:44:54.85</b>	<b>02:46:35.25</b>	+01:12:22 (43.4%)	7:51	7.6 (56.7%)
296	<b>SIEPIELSKI Damian</b>	<b>6153</b>		Senior II M - 30	105	01:29:49	<b>02:46:08.60</b>	<b>02:46:48.20</b>	+01:12:35 (43.5%)	7:54	7.6 (56.7%)
297	<b>MUSIELAK Magdalena</b>	<b>6363</b>	KUPA WIARY TEJ	Senior II K - 30	45	01:37:06	<b>02:45:13.10</b>	<b>02:46:52.15</b>	+01:12:39 (43.5%)	7:52	7.6 (56.7%)
298	<b>DZIERGWA Agnieszka</b>	<b>6640</b>	#SOBASTEAM	Senior II K - 30	46	01:34:55	<b>02:45:42.00</b>	<b>02:46:53.45</b>	+01:12:40 (43.5%)	7:53	7.6 (56.7%)
299	<b>PYZIK Ewa</b>	<b>6255</b>	MATNER RUNNING TEAM	Masters K - 40	20	01:34:33	<b>02:46:36.65</b>	<b>02:46:57.90</b>	+01:12:45 (43.6%)	7:56	7.6 (56.7%)
300	<b>TWARDOWSKI Tomasz</b>	<b>6151</b>	TRENUJZNAMI.PL	Masters M - 40	63	01:35:29	<b>02:46:26.50</b>	<b>02:47:00.65</b>	+01:12:47 (43.6%)	7:55	7.6 (56.7%)
301	<b>PLISZCZYŃSKA Justyna</b>	<b>6682</b>		Masters K - 40	21	01:34:30	<b>02:46:35.15</b>	<b>02:47:12.60</b>	+01:12:59 (43.7%)	7:55	7.6 (56.7%)
302	<b>GUDZ Beata</b>	<b>6607</b>		Senior II K - 30	47	01:33:39	<b>02:46:42.20</b>	<b>02:47:50.20</b>	+01:13:37 (43.9%)	7:56	7.6 (56.7%)
303	<b>RZEPKA Aleksandra</b>	<b>6622</b>	WKURW_TEAM	Senior I K - 20	17	01:33:33	<b>02:46:25.20</b>	<b>02:47:58.10</b>	+01:13:45 (43.9%)	7:55	7.6 (56.7%)
304	<b>BĘDKOWSKI Paweł</b>	<b>6612</b>		Senior I M - 20	34	01:30:07	<b>02:47:52.45</b>	<b>02:48:12.45</b>	+01:13:59 (44.0%)	7:59	7.5 (56.0%)
305	<b>BUSS Jakub</b>	<b>6012</b>	KUDOWSCY MIŁOŚNICZY BIEGANIA	Masters M - 40	64	01:36:57	<b>02:46:40.75</b>	<b>02:48:28.80</b>	+01:14:16 (44.1%)	7:56	7.6 (56.7%)
306	<b>BUSS Konrad</b>	<b>6475</b>	KUDOWIANKA RUN	Senior II M - 30	106	01:36:53	<b>02:46:41.55</b>	<b>02:48:29.05</b>	+01:14:16 (44.1%)	7:56	7.6 (56.7%)
307	<b>MARCINKIEWICZ Jerzy</b>	<b>6398</b>		Weteran I M - 50	16	01:42:16	<b>02:47:30.40</b>	<b>02:48:29.40</b>	+01:14:16 (44.1%)	7:58	7.5 (56.0%)
308	<b>ZIĘBA Emilia</b>	<b>6440</b>	ŚLĄSK WROCŁAW	Senior I K - 20	18	01:30:47	<b>02:47:46.55</b>	<b>02:48:30.55</b>	+01:14:17 (44.1%)	7:59	7.5 (56.0%)
309	<b>KRAUSE Anna</b>	<b>6686</b>	HOLYFITNESS	Senior II K - 30	48	01:33:20	<b>02:48:14.20</b>	<b>02:48:42.20</b>	+01:14:29 (44.2%)	8:00	7.5 (56.0%)
310	<b>CHORAŻYK Adam</b>	<b>6532</b>	NOWOSOLSKA GRUPA BIEGOWA	Weteran I M - 50	17	01:33:19	<b>02:48:21.20</b>	<b>02:48:43.40</b>	+01:14:30 (44.2%)	8:01	7.5 (56.0%)
311	<b>SZMYT Piotr</b>	<b>6072</b>	4 RUNNERS GROUP	Masters M - 40	65	01:30:07	<b>02:48:25.30</b>	<b>02:48:49.55</b>	+01:14:36 (44.2%)	8:01	7.5 (56.0%)
312	<b>CZESKA Karolina</b>	<b>6561</b>	LAMPART TRENING	Senior I K - 20	19	01:35:08	<b>02:48:20.15</b>	<b>02:49:04.40</b>	+01:14:51 (44.3%)	8:00	7.5 (56.0%)
313	<b>HRYCIUK Katarzyna</b>	<b>6195</b>	EKOBIEGI	Masters K - 40	22	01:39:05	<b>02:47:31.30</b>	<b>02:49:07.15</b>	+01:14:54 (44.3%)	7:58	7.5 (56.0%)
314	<b>SEWERYN-CZYŻ Bożena</b>	<b>6695</b>	CROSS KRAPKOWICE	Masters K - 40	23		<b>02:49:15.00</b>	<b>02:49:42.00</b>	+01:15:29 (44.5%)	8:03	7.4 (55.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
314	<b>CZYŻ Grzegorz</b>	<b>6696</b>	CROSS KRAPKOWICE	Masters M - 40	66		<b>02:49:15.00</b>	<b>02:49:42.00</b>	+01:15:29 (44.5%)	8:03	7.4 (55.2%)
316	<b>MAJCHRZYCKI Sławomir</b>	<b>6450</b>	TKKF MPK POZNAŃ	Senior II M - 30	107	01:28:28	<b>02:49:20.95</b>	<b>02:50:43.60</b>	+01:16:30 (44.8%)	8:03	7.4 (55.2%)
316	<b>ROSZYK Tomasz</b>	<b>6456</b>	TKKF MPK POZNAŃ	Masters M - 40	67	01:28:32	<b>02:49:17.75</b>	<b>02:50:43.60</b>	+01:16:30 (44.8%)	8:03	7.4 (55.2%)
318	<b>WRÓBLEWSKA Olga</b>	<b>6139</b>	VEGE RUNNERS	Masters K - 40	24	01:38:12	<b>02:50:19.05</b>	<b>02:50:45.75</b>	+01:16:33 (44.8%)	8:06	7.4 (55.2%)
319	<b>MAJEWSKA Fabiana</b>	<b>6677</b>		Senior I K - 20	20	01:38:18	<b>02:49:18.95</b>	<b>02:50:58.80</b>	+01:16:46 (44.9%)	8:03	7.4 (55.2%)
320	<b>LUBAŃSKA Alicja</b>	<b>6494</b>	SSW TEAM KROŚNICE	Weteran K - 50	1	01:34:44	<b>02:50:55.70</b>	<b>02:51:07.25</b>	+01:16:54 (44.9%)	8:08	7.4 (55.2%)
321	<b>MALEK- BERNADZIKOWSKA Marta</b>	<b>6603</b>	EUROPA UBEZPIECZENIA	Senior II K - 30	49	01:37:21	<b>02:50:14.10</b>	<b>02:51:09.40</b>	+01:16:56 (45.0%)	8:06	7.4 (55.2%)
322	<b>MAGDIJ Krzysztof</b>	<b>6543</b>	MEGKURSY.PL	Masters M - 40	68	01:38:29	<b>02:52:00.80</b>	<b>02:52:15.35</b>	+01:18:02 (45.3%)	8:11	7.3 (54.5%)
323	<b>MAGDIJ Kamila</b>	<b>6544</b>	MEGKURSY.PL	Masters K - 40	25	01:38:29	<b>02:52:00.85</b>	<b>02:52:15.45</b>	+01:18:02 (45.3%)	8:11	7.3 (54.5%)
324	<b>BERNADZIKOWSKI Michał</b>	<b>6604</b>		Senior II M - 30	108	01:37:22	<b>02:51:23.60</b>	<b>02:52:19.55</b>	+01:18:06 (45.3%)	8:09	7.4 (55.2%)
325	<b>PLEWA Katarzyna</b>	<b>6191</b>	NORDIC16.COM	Senior II K - 30	50	01:33:03	<b>02:51:45.45</b>	<b>02:52:23.15</b>	+01:18:10 (45.3%)	8:10	7.3 (54.5%)
326	<b>WOWKONOWICZ Wojciech</b>	<b>6410</b>	BBL WROCŁAW	Weteran I M - 50	18		<b>02:52:36.30</b>	<b>02:52:36.30</b>	+01:18:23 (45.4%)	8:13	7.3 (54.5%)
327	<b>ANDRZEJCZAK Michał</b>	<b>6374</b>		Senior II M - 30	109	01:41:57	<b>02:51:25.45</b>	<b>02:52:38.05</b>	+01:18:25 (45.4%)	8:09	7.3 (54.5%)
328	<b>JAWORSKA Magdalena</b>	<b>6159</b>	GB WIELKOPOLSCY BIEGACZE/TEAM KGB	Masters K - 40	26	01:37:08	<b>02:51:26.05</b>	<b>02:53:04.05</b>	+01:18:51 (45.6%)	8:09	7.3 (54.5%)
329	<b>KAMIŃSKI Marek</b>	<b>6545</b>		Senior I M - 20	35	01:34:02	<b>02:51:22.55</b>	<b>02:53:08.80</b>	+01:18:56 (45.6%)	8:09	7.4 (55.2%)
330	<b>GORĄCZNIK Anna</b>	<b>6422</b>	KOBIETYBIEGAJĄ.PL	Senior I K - 20	21	01:41:18	<b>02:52:13.20</b>	<b>02:53:09.30</b>	+01:18:56 (45.6%)	8:12	7.3 (54.5%)
331	<b>KLESZCZ Tomek</b>	<b>6346</b>	KLESZCZE TRZY	Senior II M - 30	110	01:34:02	<b>02:51:17.60</b>	<b>02:53:09.90</b>	+01:18:57 (45.6%)	8:09	7.4 (55.2%)
332	<b>NAJDEREK Maciej</b>	<b>6056</b>	NAJDERKI4	Senior II M - 30	111	01:34:06	<b>02:51:18.05</b>	<b>02:53:10.15</b>	+01:18:57 (45.6%)	8:09	7.4 (55.2%)
333	<b>SIWIASZCZYK Tomasz</b>	<b>6158</b>		Masters M - 40	69	01:37:11	<b>02:51:37.65</b>	<b>02:53:15.75</b>	+01:19:03 (45.6%)	8:10	7.3 (54.5%)
334	<b>PASŁAWSKA Olga</b>	<b>6381</b>	PRZEBIEGA.PL	Senior II K - 30	51	01:36:31	<b>02:52:27.30</b>	<b>02:53:22.30</b>	+01:19:09 (45.7%)	8:12	7.3 (54.5%)
335	<b>ŁOAZA Krzysztof</b>	<b>6414</b>	NIGHT RUNNERS PYSKOWICE	Masters M - 40	70	01:27:03	<b>02:52:29.70</b>	<b>02:53:24.00</b>	+01:19:11 (45.7%)	8:12	7.3 (54.5%)
336	<b>GALEWSKI Mariusz</b>	<b>6738</b>		Weteran I M - 50	19	01:34:27	<b>02:53:21.00</b>	<b>02:53:33.00</b>	+01:19:20 (45.7%)	8:15	7.3 (54.5%)
337	<b>WRÓBLEWSKI Radosław</b>	<b>6530</b>	VELUX	Senior II M - 30	112	01:40:48	<b>02:52:01.60</b>	<b>02:53:34.95</b>	+01:19:22 (45.7%)	8:11	7.3 (54.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						10.3km	21km	21km			
338	<b>GŁĄBICA Justyna</b>	<b>6425</b>		Masters K - 40	27	01:38:22	<b>02:52:54.20</b>	<b>02:53:56.45</b>	+01:19:43 (45.8%)	8:14	7.3 (54.5%)
339	<b>JAWOROWSKA Aneta</b>	<b>6060</b>	ZLB ZŁOTORYJA	Masters K - 40	28	01:38:28	<b>02:53:54.55</b>	<b>02:54:03.05</b>	+01:19:50 (45.9%)	8:16	7.2 (53.7%)
340	<b>MIKUTANIEC Sebastian</b>	<b>6514</b>		Masters M - 40	71	01:38:15	<b>02:52:22.10</b>	<b>02:54:03.20</b>	+01:19:50 (45.9%)	8:12	7.3 (54.5%)
341	<b>SZEWCZYK Mariusz</b>	<b>6210</b>		Masters M - 40	72	01:38:57	<b>02:52:33.65</b>	<b>02:54:29.65</b>	+01:20:16 (46.0%)	8:13	7.3 (54.5%)
342	<b>PTASZYŃSKA Joanna</b>	<b>6057</b>		Weteran K - 50	2	01:35:07	<b>02:54:33.45</b>	<b>02:54:50.55</b>	+01:20:37 (46.1%)	8:18	7.2 (53.7%)
343	<b>NASARZEWSKA Joanna</b>	<b>6184</b>	WEST COAST RUNNERS CYPRUS	Masters K - 40	29	01:33:35	<b>02:54:49.30</b>	<b>02:55:00.70</b>	+01:20:47 (46.2%)	8:19	7.2 (53.7%)
344	<b>GŁĘBOWSKA Daria</b>	<b>6192</b>	KB MANIAC POZNAŃ	Senior I K - 20	22	01:41:11	<b>02:53:54.65</b>	<b>02:55:08.25</b>	+01:20:55 (46.2%)	8:16	7.2 (53.7%)
345	<b>WOJCIECHOWSKI Maciej</b>	<b>6168</b>		Senior II M - 30	113	01:31:13	<b>02:54:23.50</b>	<b>02:55:13.25</b>	+01:21:00 (46.2%)	8:18	7.2 (53.7%)
346	<b>GROCHOT Edyta</b>	<b>6501</b>	#ADAMCZERWIŃSKITEAM	Masters K - 40	30	01:37:57	<b>02:55:19.65</b>	<b>02:55:27.80</b>	+01:21:15 (46.3%)	8:20	7.2 (53.7%)
347	<b>SZCZERBA Michał</b>	<b>6366</b>		Masters M - 40	73	01:42:53	<b>02:54:03.65</b>	<b>02:55:47.70</b>	+01:21:34 (46.4%)	8:17	7.2 (53.7%)
348	<b>LACHOWICZ Marta</b>	<b>6542</b>		Senior II K - 30	52		<b>02:54:34.55</b>	<b>02:55:58.00</b>	+01:21:45 (46.5%)	8:18	7.2 (53.7%)
349	<b>KIJAS Maja</b>	<b>6541</b>		Senior II K - 30	53	01:36:33	<b>02:54:34.45</b>	<b>02:55:58.70</b>	+01:21:45 (46.5%)	8:18	7.2 (53.7%)
350	<b>WACŁAWEK Marta</b>	<b>6434</b>	POWER TRAINING	Senior II K - 30	54	01:39:05	<b>02:55:19.15</b>	<b>02:56:05.40</b>	+01:21:52 (46.5%)	8:20	7.2 (53.7%)
351	<b>PRIGAN Anna</b>	<b>6205</b>		Masters K - 40	31	01:38:38	<b>02:55:56.55</b>	<b>02:56:08.90</b>	+01:21:56 (46.5%)	8:22	7.2 (53.7%)
352	<b>KLIN Robert</b>	<b>6157</b>	WATAHA GRUPA TRENINGOWA	Masters M - 40	74	01:30:57	<b>02:54:47.50</b>	<b>02:56:22.75</b>	+01:22:10 (46.6%)	8:19	7.2 (53.7%)
353	<b>TKACZ Natalia</b>	<b>6469</b>		Senior I K - 20	23	01:36:01	<b>02:54:44.55</b>	<b>02:56:24.60</b>	+01:22:11 (46.6%)	8:19	7.2 (53.7%)
354	<b>KASSNER Ewelina</b>	<b>6053</b>		Senior I K - 20	24	01:43:27	<b>02:56:11.70</b>	<b>02:56:26.50</b>	+01:22:13 (46.6%)	8:23	7.2 (53.7%)
355	<b>MAGDA Piotr</b>	<b>6413</b>		Masters M - 40	75	01:36:52	<b>02:55:33.15</b>	<b>02:56:26.55</b>	+01:22:13 (46.6%)	8:21	7.2 (53.7%)
356	<b>SZULC Rafał</b>	<b>6396</b>	RUN BYDGOSZCZ	Senior II M - 30	114	01:46:23	<b>02:54:44.30</b>	<b>02:56:27.75</b>	+01:22:15 (46.6%)	8:19	7.2 (53.7%)
357	<b>BIELECKA Iwona</b>	<b>6042</b>	PRO RUN WROCLAW	Senior II K - 30	55	01:41:43	<b>02:55:04.20</b>	<b>02:56:35.00</b>	+01:22:22 (46.6%)	8:20	7.2 (53.7%)
357	<b>KATA Aleksandra</b>	<b>6565</b>		Senior I K - 20	25	01:41:44	<b>02:55:04.10</b>	<b>02:56:35.00</b>	+01:22:22 (46.6%)	8:20	7.2 (53.7%)
359	<b>TYLKA Gosia</b>	<b>6332</b>		Senior II K - 30	56	01:35:03	<b>02:55:59.50</b>	<b>02:56:37.50</b>	+01:22:24 (46.7%)	8:22	7.2 (53.7%)
360	<b>GONERA Kazimierz</b>	<b>6078</b>	KB HARCOWNIK JELCZ-LASKOWICE	Weteran II M - 60	3	01:35:29	<b>02:56:09.80</b>	<b>02:56:45.05</b>	+01:22:32 (46.7%)	8:23	7.2 (53.7%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
361	<b>GONET Marek</b>	<b>6169</b>		Weteran I M - 50	20	01:39:06	<b>02:56:00.65</b>	<b>02:56:47.10</b>	+01:22:34 (46.7%)	8:22	7.2 (53.7%)
362	<b>CHOŁUJ Małgorzata</b>	<b>6352</b>	PRU-RUN WROCŁAW	Weteran K - 50	3	01:41:54	<b>02:56:09.20</b>	<b>02:56:49.95</b>	+01:22:37 (46.7%)	8:23	7.2 (53.7%)
363	<b>ZAWIS Marek</b>	<b>6240</b>		Weteran I M - 50	21	01:42:48	<b>02:55:42.60</b>	<b>02:56:54.90</b>	+01:22:42 (46.7%)	8:22	7.2 (53.7%)
364	<b>MAUSCH Joanna</b>	<b>6752</b>		Senior II K - 30	57	01:42:06	<b>02:55:13.25</b>	<b>02:56:56.85</b>	+01:22:44 (46.8%)	8:20	7.2 (53.7%)
365	<b>OLIVEIRA Jose</b>	<b>6310</b>		Weteran I M - 50	22	01:30:20	<b>02:56:14.50</b>	<b>02:57:01.90</b>	+01:22:49 (46.8%)	8:23	7.1 (53.0%)
366	<b>WARDA Justyna</b>	<b>6052</b>	HARDCOROWE WYCHYLYLYBYMY	Senior I K - 20	26	01:37:00	<b>02:56:50.15</b>	<b>02:57:03.55</b>	+01:22:50 (46.8%)	8:25	7.1 (53.0%)
367	<b>MUSIAŁ Ewa</b>	<b>6015</b>	EBIEGI.PL	Masters K - 40	32	01:40:42	<b>02:55:21.35</b>	<b>02:57:07.25</b>	+01:22:54 (46.8%)	8:21	7.2 (53.7%)
368	<b>KUŹNIAK Martyna</b>	<b>6227</b>		Masters K - 40	33	01:43:56	<b>02:56:14.50</b>	<b>02:57:18.50</b>	+01:23:05 (46.9%)	8:23	7.1 (53.0%)
369	<b>FRANKLIN Bernard</b>	<b>6634</b>		Weteran II M - 60	4	01:42:33	<b>02:55:47.95</b>	<b>02:57:19.00</b>	+01:23:06 (46.9%)	8:22	7.2 (53.7%)
370	<b>MOŃKA Karolina</b>	<b>6575</b>	SPARTA ULTRA TEAM	Senior I K - 20	27	01:31:07	<b>02:56:40.75</b>	<b>02:57:21.55</b>	+01:23:08 (46.9%)	8:24	7.1 (53.0%)
371	<b>SZOJDA Małgorzata</b>	<b>6421</b>	INŻYNIERIA BIEGANIA TEAM	Senior II K - 30	58	01:45:06	<b>02:55:38.75</b>	<b>02:57:21.75</b>	+01:23:09 (46.9%)	8:21	7.2 (53.7%)
372	<b>RACZEWSKA-FRANKLIN Ania</b>	<b>6635</b>		Masters K - 40	34	01:42:35	<b>02:55:52.40</b>	<b>02:57:24.20</b>	+01:23:11 (46.9%)	8:22	7.2 (53.7%)
373	<b>GŁĄBICA Adam</b>	<b>6424</b>		Weteran I M - 50	23	01:39:14	<b>02:56:59.25</b>	<b>02:58:01.00</b>	+01:23:48 (47.1%)	8:25	7.1 (53.0%)
374	<b>WÓJKOWSKI Kamil</b>	<b>6045</b>	PRO-RUN WROCŁAW/RAZEM TRENUJEMY SPORT	Senior II M - 30	115	01:35:48	<b>02:56:35.25</b>	<b>02:58:03.60</b>	+01:23:50 (47.1%)	8:24	7.1 (53.0%)
375	<b>MAGIERECKA Marta</b>	<b>6740</b>		Senior II K - 30	59	01:42:38	<b>02:56:33.65</b>	<b>02:58:15.55</b>	+01:24:02 (47.1%)	8:24	7.1 (53.0%)
376	<b>STASZEWSKI Dariusz</b>	<b>6022</b>		Senior II M - 30	116	01:32:11	<b>02:56:54.35</b>	<b>02:58:19.50</b>	+01:24:06 (47.2%)	8:25	7.1 (53.0%)
377	<b>KOZIARA Maciek</b>	<b>6435</b>	SKLEP BIEGACZA RUNNING TEAM	Senior II M - 30	117	01:43:26	<b>02:58:04.80</b>	<b>02:58:20.90</b>	+01:24:08 (47.2%)	8:28	7.1 (53.0%)
378	<b>POŚPIECH Marcin</b>	<b>6257</b>		Senior I M - 20	36	01:35:10	<b>02:58:06.45</b>	<b>02:58:24.90</b>	+01:24:12 (47.2%)	8:28	7.1 (53.0%)
379	<b>MICHALSKI Grzegorz</b>	<b>6392</b>	SEZONSTARTOWY.PL	Masters M - 40	76	01:39:43	<b>02:57:02.80</b>	<b>02:58:55.80</b>	+01:24:43 (47.3%)	8:25	7.1 (53.0%)
380	<b>KRYCZEK Piotr</b>	<b>6438</b>	TEAM URODZENI BIEGACZE	Masters M - 40	77	01:34:57	<b>02:58:34.95</b>	<b>02:59:04.15</b>	+01:24:51 (47.4%)	8:30	7.1 (53.0%)
381	<b>KOŚCIELNIAK Szymon</b>	<b>6500</b>	CZERWONAK BIEGA	Masters M - 40	78	01:34:32	<b>02:57:56.15</b>	<b>02:59:13.60</b>	+01:25:00 (47.4%)	8:28	7.1 (53.0%)
382	<b>ZAWADZKA Anna</b>	<b>6207</b>	MARATON TEAM	Senior II K - 30	60	01:37:59	<b>02:58:31.00</b>	<b>02:59:23.70</b>	+01:25:10 (47.5%)	8:30	7.1 (53.0%)
383	<b>MROZIŃSKA Renata</b>	<b>6141</b>		Masters K - 40	35	01:41:11	<b>02:58:36.65</b>	<b>02:59:25.55</b>	+01:25:12 (47.5%)	8:30	7.1 (53.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 21km	brutto 21km			
384	<b>MROZIŃSKI Albert</b>	<b>6142</b>		Masters M - 40	79	01:41:09	<b>02:58:36.80</b>	<b>02:59:25.70</b>	+01:25:12 (47.5%)	8:30	7.1 (53.0%)
385	<b>ŁACHAN Patryk</b>	<b>6152</b>	WKURW_TEAM	Masters M - 40	80	01:42:55	<b>02:57:56.25</b>	<b>02:59:26.95</b>	+01:25:14 (47.5%)	8:28	7.1 (53.0%)
386	<b>PIETRZYK Janusz</b>	<b>6666</b>	NIGHT RUNNERS	Weteran I M - 50	24	01:35:41	<b>02:58:12.05</b>	<b>02:59:35.00</b>	+01:25:22 (47.5%)	8:29	7.1 (53.0%)
387	<b>SKOLASIŃSKA Olga</b>	<b>6386</b>		Senior II K - 30	61	01:38:06	<b>02:58:43.85</b>	<b>02:59:39.80</b>	+01:25:27 (47.6%)	8:30	7 (52.2%)
388	<b>PŁOTNICKI Bolesław</b>	<b>6180</b>		Masters M - 40	81	01:42:13	<b>02:58:16.25</b>	<b>02:59:41.45</b>	+01:25:28 (47.6%)	8:29	7.1 (53.0%)
389	<b>STRONIKOWSKI Wojciech</b>	<b>6716</b>	MUAY RUNNING TEAM	Senior II M - 30	118	01:40:38	<b>02:58:04.40</b>	<b>02:59:47.25</b>	+01:25:34 (47.6%)	8:28	7.1 (53.0%)
390	<b>WOLSKA Dominika</b>	<b>6463</b>		Senior I K - 20	28	01:34:46	<b>02:59:24.40</b>	<b>03:00:08.05</b>	+01:25:55 (47.7%)	8:32	7 (52.2%)
391	<b>DARMOCHWAŁ Alina</b>	<b>6146</b>	DZIKIE BOBRY	Senior II K - 30	62	01:41:55	<b>02:59:43.40</b>	<b>03:00:09.15</b>	+01:25:56 (47.7%)	8:33	7 (52.2%)
392	<b>ŚLIWKA Beata</b>	<b>6223</b>	OLZA CIESZYN	Masters K - 40	36	01:41:20	<b>02:59:10.55</b>	<b>03:00:15.05</b>	+01:26:02 (47.7%)	8:31	7 (52.2%)
393	<b>KWECZKA-JANECZEK Anna</b>	<b>6265</b>	KAJTEX RUNNERS	Senior II K - 30	63	01:40:28	<b>02:59:37.05</b>	<b>03:01:05.90</b>	+01:26:53 (48.0%)	8:33	7 (52.2%)
394	<b>KAMIŃSKI Marek</b>	<b>6004</b>		Senior II M - 30	119	01:43:11	<b>03:00:19.65</b>	<b>03:01:22.00</b>	+01:27:09 (48.1%)	8:35	7 (52.2%)
395	<b>PORTACHA Katarzyna</b>	<b>6037</b>		Masters K - 40	37	01:43:09	<b>03:00:19.65</b>	<b>03:01:22.30</b>	+01:27:09 (48.1%)	8:35	7 (52.2%)
396	<b>ANUSZ Roksana</b>	<b>6698</b>	ŻARÓW BIEGA	Senior II K - 30	64	01:37:03	<b>03:01:28.25</b>	<b>03:01:45.60</b>	+01:27:32 (48.2%)	8:38	6.9 (51.5%)
397	<b>TASZAREK Ewa</b>	<b>6147</b>		Masters K - 40	38	01:41:54	<b>03:01:13.10</b>	<b>03:01:58.45</b>	+01:27:45 (48.2%)	8:37	7 (52.2%)
398	<b>CHMIELEWSKA-KOZIOŁ Magdalena</b>	<b>6187</b>		Weteran K - 50	4	01:43:26	<b>03:01:35.40</b>	<b>03:02:00.40</b>	+01:27:47 (48.2%)	8:38	6.9 (51.5%)
399	<b>GRUCHOT Małgorzata</b>	<b>6758</b>	GOGOLIN BIEGA	Masters K - 40	39	01:39:52	<b>03:02:02.85</b>	<b>03:02:02.85</b>	+01:27:50 (48.2%)	8:40	6.9 (51.5%)
400	<b>SMARUJ Edyta</b>	<b>6488</b>		Masters K - 40	40	01:46:12	<b>03:01:33.30</b>	<b>03:02:10.15</b>	+01:27:57 (48.3%)	8:38	6.9 (51.5%)
401	<b>RAPACZ-TOPIŁKO Anna</b>	<b>6623</b>	SPEEDO POLSKA	Masters K - 40	41	01:43:36	<b>03:01:10.00</b>	<b>03:02:20.40</b>	+01:28:07 (48.3%)	8:37	7 (52.2%)
402	<b>GRISZCZENKO Ela</b>	<b>6645</b>		Senior II K - 30	65	01:41:54	<b>03:00:33.55</b>	<b>03:02:30.35</b>	+01:28:17 (48.4%)	8:35	7 (52.2%)
403	<b>TOCZEWSKA Anna</b>	<b>6681</b>	JACEK BIEGA RUNNING TEAM	Weteran K - 50	5	01:40:55	<b>03:01:33.05</b>	<b>03:02:33.10</b>	+01:28:20 (48.4%)	8:38	6.9 (51.5%)
404	<b>KAMIŃSKA Anna</b>	<b>6461</b>		Senior II K - 30	66	01:42:15	<b>03:01:51.00</b>	<b>03:02:46.60</b>	+01:28:33 (48.5%)	8:39	6.9 (51.5%)
405	<b>KUJAWA Magdalena</b>	<b>6185</b>	GRAŻKA TEAM	Senior II K - 30	67	01:42:32	<b>03:02:44.50</b>	<b>03:02:58.35</b>	+01:28:45 (48.5%)	8:42	6.9 (51.5%)
406	<b>JAKOWICZ Agnieszka</b>	<b>6719</b>	LABOSPORT	Masters K - 40	42	01:43:31	<b>03:02:45.55</b>	<b>03:03:12.35</b>	+01:28:59 (48.6%)	8:42	6.9 (51.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 21km	brutto 21km			
407	<b>KOŁODZIEJ Aleksandra</b>	<b>6329</b>		Senior I K - 20	29	01:39:08	<b>03:03:17.05</b>	<b>03:03:30.10</b>	+01:29:17 (48.7%)	8:43	6.9 (51.5%)
408	<b>DZIUBEK Monika</b>	<b>6186</b>		Senior II K - 30	68	01:42:02	<b>03:02:24.25</b>	<b>03:03:33.45</b>	+01:29:20 (48.7%)	8:41	6.9 (51.5%)
409	<b>KOWALCZYK Katarzyna</b>	<b>6360</b>		Senior II K - 30	69	01:42:03	<b>03:02:24.70</b>	<b>03:03:33.90</b>	+01:29:21 (48.7%)	8:41	6.9 (51.5%)
410	<b>KOWALCZYK Marcin</b>	<b>6704</b>	VEGERUNNERS	Weteran II M - 60	5	01:43:17	<b>03:02:27.10</b>	<b>03:03:48.00</b>	+01:29:35 (48.7%)	8:41	6.9 (51.5%)
411	<b>ZAJĄCZKOWSKA Agnieszka</b>	<b>6699</b>		Senior I K - 20	30	01:38:22	<b>03:02:15.80</b>	<b>03:03:52.20</b>	+01:29:39 (48.8%)	8:40	6.9 (51.5%)
412	<b>KARPATI Zoltan</b>	<b>6470</b>		Masters M - 40	82	01:40:42	<b>03:02:52.70</b>	<b>03:04:29.10</b>	+01:30:16 (48.9%)	8:42	6.9 (51.5%)
412	<b>DOBROVOCZKY Peter</b>	<b>6730</b>		Masters M - 40	83	01:40:43	<b>03:02:52.90</b>	<b>03:04:29.10</b>	+01:30:16 (48.9%)	8:42	6.9 (51.5%)
414	<b>STACHURSKA Monika</b>	<b>6507</b>		Masters K - 40	43	01:43:17	<b>03:04:03.80</b>	<b>03:04:31.40</b>	+01:30:18 (48.9%)	8:45	6.8 (50.7%)
415	<b>LEWANDOWSKA Ewa</b>	<b>6671</b>		Masters K - 40	44	01:44:57	<b>03:03:12.25</b>	<b>03:04:32.95</b>	+01:30:20 (48.9%)	8:43	6.9 (51.5%)
416	<b>STASZCZUK Jarosław</b>	<b>6217</b>	WATAHA-ŁĄCZY NAS BIEGANIE	Masters M - 40	84	01:41:42	<b>03:04:35.10</b>	<b>03:05:02.10</b>	+01:30:49 (49.1%)	8:47	6.8 (50.7%)
417	<b>PLACKOWSKI Marcin</b>	<b>6261</b>	GOSTYŃ	Senior I M - 20	37	01:33:08	<b>03:04:33.15</b>	<b>03:05:08.30</b>	+01:30:55 (49.1%)	8:47	6.8 (50.7%)
418	<b>PATYRA Łukasz</b>	<b>6111</b>	GOMIND	Senior II M - 30	120	01:41:35	<b>03:04:52.20</b>	<b>03:05:13.10</b>	+01:31:00 (49.1%)	8:48	6.8 (50.7%)
419	<b>BARTKIEWICZ Ireneusz</b>	<b>6457</b>		Senior II M - 30	121	01:36:50	<b>03:05:16.10</b>	<b>03:05:54.50</b>	+01:31:41 (49.3%)	8:49	6.8 (50.7%)
420	<b>LULA Radosław</b>	<b>6244</b>		Masters M - 40	85	01:41:10	<b>03:06:29.95</b>	<b>03:06:52.15</b>	+01:32:39 (49.6%)	8:52	6.8 (50.7%)
421	<b>CICHY Roman</b>	<b>6116</b>	MUAY RUNNING TEAM	Senior II M - 30	122	01:38:29	<b>03:07:10.90</b>	<b>03:07:18.20</b>	+01:33:05 (49.7%)	8:54	6.7 (50.0%)
422	<b>PRĘGOWSKI Grzegorz</b>	<b>6103</b>	EKOBIEGI	Weteran I M - 50	25	01:46:31	<b>03:05:48.15</b>	<b>03:07:24.25</b>	+01:33:11 (49.7%)	8:50	6.8 (50.7%)
423	<b>KUREK Ewa</b>	<b>6172</b>		Senior II K - 30	70	01:40:04	<b>03:07:19.65</b>	<b>03:07:29.60</b>	+01:33:16 (49.8%)	8:55	6.7 (50.0%)
424	<b>BRZEZIŃSKI Paweł</b>	<b>6064</b>	BIEG OPOLSKI	Senior II M - 30	123	01:32:44	<b>03:07:05.00</b>	<b>03:08:01.85</b>	+01:33:49 (49.9%)	8:54	6.7 (50.0%)
425	<b>TOPIŁKO Wojciech</b>	<b>6624</b>	SPEEDO POLSKA	Masters M - 40	86	01:43:37	<b>03:07:26.30</b>	<b>03:08:36.70</b>	+01:34:23 (50.0%)	8:55	6.7 (50.0%)
426	<b>WIDMAN Paweł</b>	<b>6075</b>		Masters M - 40	87	01:36:26	<b>03:08:19.60</b>	<b>03:08:42.20</b>	+01:34:29 (50.1%)	8:58	6.7 (50.0%)
427	<b>MARCINIAK Marek</b>	<b>6230</b>		Masters M - 40	88	01:37:01	<b>03:07:51.55</b>	<b>03:09:04.90</b>	+01:34:52 (50.2%)	8:56	6.7 (50.0%)
428	<b>ZEBZDA Łukasz</b>	<b>6664</b>	22BPG	Senior II M - 30	124	01:43:21	<b>03:07:54.50</b>	<b>03:09:06.15</b>	+01:34:53 (50.2%)	8:56	6.7 (50.0%)
429	<b>GRYGIEL Agnieszka</b>	<b>6347</b>	KARKONOSZ RAUNNING TEAM	Masters K - 40	45	01:48:12	<b>03:07:48.00</b>	<b>03:09:14.65</b>	+01:35:01 (50.2%)	8:56	6.7 (50.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 21km	brutto 21km			
430	<b>ORŁOWSKI Robert</b>	<b>6589</b>	BIEGNĘ DO MORDORU	Senior II M - 30	125	01:38:57	<b>03:07:55.20</b>	<b>03:09:15.80</b>	+01:35:03 (50.2%)	8:56	6.7 (50.0%)
431	<b>PIJANKA Monika</b>	<b>6262</b>	BBL OPOLE	Masters K - 40	46	01:48:29	<b>03:08:57.00</b>	<b>03:10:11.00</b>	+01:35:58 (50.5%)	8:59	6.7 (50.0%)
432	<b>WOŹNIAK Mirosław</b>	<b>6444</b>	TKKF MPK POZNAŃ	Weteran I M - 50	26	01:50:14	<b>03:08:59.35</b>	<b>03:10:14.20</b>	+01:36:01 (50.5%)	9:00	6.7 (50.0%)
433	<b>RASZCZUK Martyna</b>	<b>6203</b>	POMIDOROWA ALTERNATYWA	Senior II K - 30	71	01:49:26	<b>03:09:48.30</b>	<b>03:10:27.65</b>	+01:36:14 (50.5%)	9:02	6.6 (49.3%)
434	<b>MAŃCZAK Agnieszka</b>	<b>6365</b>	CZERWONAK BIEGA	Masters K - 40	47	01:46:50	<b>03:09:13.25</b>	<b>03:10:28.25</b>	+01:36:15 (50.5%)	9:00	6.7 (50.0%)
435	<b>WÓJCIK Joanna</b>	<b>6327</b>		Senior II K - 30	72	01:46:25	<b>03:08:47.90</b>	<b>03:10:32.85</b>	+01:36:20 (50.6%)	8:59	6.7 (50.0%)
436	<b>SUWALD Andrzej</b>	<b>6076</b>	JACEK BIEGA RUNNING TEAM	Weteran I M - 50	27	01:42:04	<b>03:09:15.20</b>	<b>03:10:35.20</b>	+01:36:22 (50.6%)	9:00	6.7 (50.0%)
437	<b>POKROP Agnieszka</b>	<b>6097</b>	NATALIA TOMASIAK GÓRSKI STYL TEAM	Senior II K - 30	73	01:50:02	<b>03:10:02.15</b>	<b>03:10:39.15</b>	+01:36:26 (50.6%)	9:02	6.6 (49.3%)
438	<b>PERKA Barbara</b>	<b>6066</b>	BIEG OPOLSKI	Masters K - 40	48	01:45:13	<b>03:11:08.65</b>	<b>03:11:14.30</b>	+01:37:01 (50.7%)	9:06	6.6 (49.3%)
439	<b>MAZUR Michał</b>	<b>6659</b>	KB SOBÓTKA	Senior II M - 30	126	01:50:48	<b>03:10:17.30</b>	<b>03:11:15.80</b>	+01:37:03 (50.7%)	9:03	6.6 (49.3%)
440	<b>GŁOWACKI Dariusz</b>	<b>6197</b>	TRI AKTYWNY PIOTRKÓW	Masters M - 40	89	01:47:46	<b>03:09:49.45</b>	<b>03:11:17.20</b>	+01:37:04 (50.7%)	9:02	6.6 (49.3%)
441	<b>LADEK Marcin</b>	<b>6010</b>	GRUNWALD TEAM POZNAŃ	Senior II M - 30	127	01:47:02	<b>03:10:46.35</b>	<b>03:11:41.50</b>	+01:37:28 (50.9%)	9:05	6.6 (49.3%)
442	<b>WOŁCZEK Małgorzata</b>	<b>6707</b>		Senior II K - 30	74	01:48:26	<b>03:10:34.90</b>	<b>03:11:48.20</b>	+01:37:35 (50.9%)	9:04	6.6 (49.3%)
443	<b>BARAŃSKA Małgorzata</b>	<b>6293</b>	BBL OPOLE	Masters K - 40	49	01:43:35	<b>03:11:22.05</b>	<b>03:12:08.65</b>	+01:37:55 (51.0%)	9:06	6.6 (49.3%)
444	<b>PAŁAC Piotr</b>	<b>6384</b>	PROARTE	Weteran I M - 50	28	01:51:19	<b>03:12:06.65</b>	<b>03:12:10.55</b>	+01:37:57 (51.0%)	9:08	6.6 (49.3%)
445	<b>PAPIERNIAK Anna</b>	<b>6107</b>		Senior II K - 30	75	01:49:19	<b>03:10:33.75</b>	<b>03:12:10.85</b>	+01:37:58 (51.0%)	9:04	6.6 (49.3%)
446	<b>JAROS Aleksandra</b>	<b>6160</b>		Senior I K - 20	31	01:49:19	<b>03:10:33.40</b>	<b>03:12:11.15</b>	+01:37:58 (51.0%)	9:04	6.6 (49.3%)
447	<b>KLÁROVÁ Andrea</b>	<b>6581</b>	TEAM JESEŇIKY	Senior II K - 30	76	01:43:32	<b>03:11:53.10</b>	<b>03:12:21.45</b>	+01:38:08 (51.0%)	9:08	6.6 (49.3%)
448	<b>KRYSIAK Łukasz</b>	<b>6650</b>	PIĄTKOWO NA BIEGOWO	Masters M - 40	90	01:44:35	<b>03:11:53.15</b>	<b>03:12:21.55</b>	+01:38:08 (51.0%)	9:08	6.6 (49.3%)
449	<b>ŠVÁBENSKÁ Ladislava</b>	<b>6582</b>	TEAM JESEŇIKY	Masters K - 40	50	01:43:34	<b>03:11:54.85</b>	<b>03:12:21.85</b>	+01:38:09 (51.0%)	9:08	6.6 (49.3%)
450	<b>KARPIŃSKI Grzegorz</b>	<b>6016</b>	MESONDŽI LAJF STAJL	Senior II M - 30	128	01:44:14	<b>03:10:33.80</b>	<b>03:12:25.50</b>	+01:38:12 (51.0%)	9:04	6.6 (49.3%)
451	<b>JĘDZURA Agnieszka</b>	<b>6747</b>		Masters K - 40	51	01:48:13	<b>03:12:30.95</b>	<b>03:12:45.50</b>	+01:38:32 (51.1%)	9:10	6.5 (48.5%)
452	<b>DOWNAR-ZAPOLSKA Laura</b>	<b>6291</b>	MOM&DAUGHTER RUN	Senior I K - 20	32	01:44:27	<b>03:11:45.90</b>	<b>03:12:56.80</b>	+01:38:44 (51.2%)	9:07	6.6 (49.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 21km	brutto 21km			
453	<b>CIEMNY Wojciech</b>	<b>6071</b>	NIGHT RUNNERS PYSKOWICE	Masters M - 40	91	01:34:06	<b>03:12:05.70</b>	<b>03:12:58.70</b>	+01:38:45 (51.2%)	9:08	6.6 (49.3%)
454	<b>JÓZEFIAK Magdalena</b>	<b>6408</b>	ASSECO ACTIVE TEAM	Weteran K - 50	6	01:48:50	<b>03:11:08.60</b>	<b>03:12:59.05</b>	+01:38:46 (51.2%)	9:06	6.6 (49.3%)
455	<b>KOWALSKA Małgorzata</b>	<b>6512</b>	KB HARCOWNIK	Masters K - 40	52	01:44:42	<b>03:12:16.45</b>	<b>03:13:00.90</b>	+01:38:48 (51.2%)	9:09	6.6 (49.3%)
456	<b>GRĘBOWICZ Agnieszka</b>	<b>6175</b>	KB HARCOWNIK JELCZ - LASKOWICE	Senior II K - 30	77	01:44:43	<b>03:12:17.60</b>	<b>03:13:01.10</b>	+01:38:48 (51.2%)	9:09	6.6 (49.3%)
457	<b>ŻYLUK Bożena</b>	<b>6058</b>	WIECZORNE BIEGANIE W SZCZECINIE	Masters K - 40	53	01:47:52	<b>03:13:00.30</b>	<b>03:13:05.70</b>	+01:38:52 (51.2%)	9:11	6.5 (48.5%)
458	<b>MAJCHRZAK Monika</b>	<b>6271</b>	WKURW_TEAM	Masters K - 40	54	01:50:13	<b>03:11:33.70</b>	<b>03:13:06.30</b>	+01:38:53 (51.2%)	9:07	6.6 (49.3%)
459	<b>SAWALA Eryk</b>	<b>6129</b>		Senior I M - 20	38	01:47:24	<b>03:12:00.80</b>	<b>03:13:08.90</b>	+01:38:56 (51.2%)	9:08	6.6 (49.3%)
460	<b>SAWALA Aneta</b>	<b>6128</b>	TRANCE ONLY	Masters K - 40	55	01:47:24	<b>03:12:00.75</b>	<b>03:13:09.40</b>	+01:38:56 (51.2%)	9:08	6.6 (49.3%)
461	<b>WEBER Agata</b>	<b>6660</b>	JACEKBIEGA RUNNING TEAM	Masters K - 40	56	01:52:26	<b>03:13:12.15</b>	<b>03:13:19.45</b>	+01:39:06 (51.3%)	9:12	6.5 (48.5%)
462	<b>CZECH Dorota</b>	<b>6094</b>	PRO-RUN WROCŁAW	Masters K - 40	57	01:45:10	<b>03:12:54.65</b>	<b>03:13:35.50</b>	+01:39:22 (51.3%)	9:11	6.5 (48.5%)
463	<b>KWAPIŃSKA Anna</b>	<b>6095</b>		Senior II K - 30	78	01:48:34	<b>03:12:54.55</b>	<b>03:13:35.70</b>	+01:39:22 (51.3%)	9:11	6.5 (48.5%)
464	<b>TANJGA-NAWROT Konstancja</b>	<b>6572</b>	DELOITTE ADVENTURE TEAM	Senior II K - 30	79	01:47:18	<b>03:12:31.40</b>	<b>03:14:01.40</b>	+01:39:48 (51.4%)	9:10	6.5 (48.5%)
465	<b>PUCHALSKI Przemysław</b>	<b>6290</b>		Senior II M - 30	129	01:43:19	<b>03:13:18.50</b>	<b>03:14:14.45</b>	+01:40:01 (51.5%)	9:12	6.5 (48.5%)
466	<b>KUDLIŃSKA Marlena</b>	<b>6723</b>	BUKOWSKI KLUB BIEGACZA	Senior II K - 30	80	01:46:58	<b>03:13:11.80</b>	<b>03:14:18.00</b>	+01:40:05 (51.5%)	9:12	6.5 (48.5%)
467	<b>LACH Agnieszka</b>	<b>6528</b>		Masters K - 40	58	01:47:34	<b>03:13:47.45</b>	<b>03:14:24.25</b>	+01:40:11 (51.5%)	9:13	6.5 (48.5%)
468	<b>IMIŃSKI Cezary</b>	<b>6220</b>		Weteran I M - 50	29	01:39:22	<b>03:14:15.40</b>	<b>03:14:43.50</b>	+01:40:30 (51.6%)	9:15	6.5 (48.5%)
469	<b>SZELIGA Daria</b>	<b>6483</b>		Senior I K - 20	33	01:45:29	<b>03:14:00.20</b>	<b>03:14:43.80</b>	+01:40:31 (51.6%)	9:14	6.5 (48.5%)
470	<b>BARZYCKA Sylwia</b>	<b>6221</b>		Senior II K - 30	81	01:49:37	<b>03:14:09.25</b>	<b>03:14:57.75</b>	+01:40:45 (51.7%)	9:14	6.5 (48.5%)
471	<b>BANACH Sebastian</b>	<b>6562</b>	YNO ULTRA	Masters M - 40	92	01:47:04	<b>03:14:08.70</b>	<b>03:15:06.10</b>	+01:40:53 (51.7%)	9:14	6.5 (48.5%)
472	<b>ZAWADZKA Małgorzata</b>	<b>6486</b>		Senior II K - 30	82	01:43:06	<b>03:14:19.10</b>	<b>03:15:11.50</b>	+01:40:58 (51.7%)	9:15	6.5 (48.5%)
473	<b>KONIECZNY Piotr</b>	<b>6259</b>	NKB CHYŻY NOWY TOMYŚL	Senior II M - 30	130	01:47:22	<b>03:14:11.90</b>	<b>03:15:20.50</b>	+01:41:07 (51.8%)	9:14	6.5 (48.5%)
474	<b>KOZERA Kamil</b>	<b>6748</b>	HARPAGAN SOSNOWIEC	Senior II M - 30	131	01:45:59	<b>03:14:06.40</b>	<b>03:15:21.90</b>	+01:41:09 (51.8%)	9:14	6.5 (48.5%)
475	<b>JASKOT Joanna</b>	<b>6443</b>	FIT STORY	Senior II K - 30	83	01:44:54	<b>03:14:02.75</b>	<b>03:15:37.70</b>	+01:41:24 (51.8%)	9:14	6.5 (48.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
476	<b>FRĄCZEK Rafał</b>	<b>6441</b>	FIT-STORY	Senior II M - 30	132	01:44:53	<b>03:14:02.90</b>	<b>03:15:37.90</b>	+01:41:25 (51.8%)	9:14	6.5 (48.5%)
477	<b>DROŹDŻAL Izabela</b>	<b>6442</b>		Senior I K - 20	34	01:44:52	<b>03:14:03.95</b>	<b>03:15:38.20</b>	+01:41:25 (51.8%)	9:14	6.5 (48.5%)
478	<b>JAROSZ Michał</b>	<b>6617</b>		Senior II M - 30	133	01:44:50	<b>03:14:00.15</b>	<b>03:15:39.45</b>	+01:41:26 (51.8%)	9:14	6.5 (48.5%)
479	<b>CISZAK Karol</b>	<b>6694</b>	DELOITTE ADVENTURE TEAM	Senior II M - 30	134	01:49:30	<b>03:13:55.15</b>	<b>03:15:42.25</b>	+01:41:29 (51.9%)	9:14	6.5 (48.5%)
480	<b>KRYPA Aleksandra</b>	<b>6693</b>		Senior II K - 30	84	01:49:31	<b>03:13:55.10</b>	<b>03:15:42.40</b>	+01:41:29 (51.9%)	9:14	6.5 (48.5%)
481	<b>CZESKI Wojciech</b>	<b>6573</b>	MOSINA BIEGA	Senior II M - 30	135	01:43:53	<b>03:14:58.10</b>	<b>03:15:43.30</b>	+01:41:30 (51.9%)	9:17	6.5 (48.5%)
482	<b>TALAGA Alicja</b>	<b>6708</b>	OLKUSZBIEGA.PL	Senior I K - 20	35	01:48:39	<b>03:15:46.70</b>	<b>03:16:04.10</b>	+01:41:51 (51.9%)	9:19	6.4 (47.8%)
483	<b>KOŃKA Mariusz</b>	<b>6089</b>		Masters M - 40	93	01:48:22	<b>03:15:30.10</b>	<b>03:16:20.10</b>	+01:42:07 (52.0%)	9:18	6.4 (47.8%)
484	<b>KRZYŻAŃSKA Anna</b>	<b>6143</b>		Senior II K - 30	85	01:47:01	<b>03:15:25.55</b>	<b>03:16:33.85</b>	+01:42:21 (52.1%)	9:18	6.4 (47.8%)
485	<b>JANUSZAK Gosia</b>	<b>6155</b>	SKS OBORNIKI	Weteran K - 50	7	01:52:47	<b>03:16:06.20</b>	<b>03:16:42.70</b>	+01:42:29 (52.1%)	9:20	6.4 (47.8%)
486	<b>GRZELAKOWSKA Agata</b>	<b>6161</b>		Masters K - 40	59	01:50:00	<b>03:15:17.70</b>	<b>03:16:54.50</b>	+01:42:41 (52.2%)	9:18	6.5 (48.5%)
487	<b>ANDRZEJCZAK Łukasz</b>	<b>6376</b>		Senior II M - 30	136	01:41:59	<b>03:15:45.05</b>	<b>03:16:55.85</b>	+01:42:43 (52.2%)	9:19	6.4 (47.8%)
488	<b>KOWALEWSKA Kinga</b>	<b>6536</b>		Senior II K - 30	86	01:51:36	<b>03:16:05.40</b>	<b>03:17:04.80</b>	+01:42:52 (52.2%)	9:20	6.4 (47.8%)
489	<b>SIKORA Agnieszka</b>	<b>6273</b>		Senior II K - 30	87	01:46:53	<b>03:15:29.85</b>	<b>03:17:08.45</b>	+01:42:55 (52.2%)	9:18	6.4 (47.8%)
490	<b>TARASZEWSKA Paulina</b>	<b>6069</b>	PWPW S.A.	Senior II K - 30	88	01:50:13	<b>03:16:09.20</b>	<b>03:17:12.35</b>	+01:42:59 (52.2%)	9:20	6.4 (47.8%)
491	<b>PTASZYŃSKA Anna</b>	<b>6608</b>	SPEED FEET'16	Masters K - 40	60	01:52:58	<b>03:16:59.40</b>	<b>03:17:35.30</b>	+01:43:22 (52.3%)	9:22	6.4 (47.8%)
492	<b>MAĆKOWIAK-RYDZYŃSKA Anna</b>	<b>6448</b>		Masters K - 40	61	01:49:21	<b>03:15:41.85</b>	<b>03:17:35.70</b>	+01:43:22 (52.3%)	9:19	6.4 (47.8%)
493	<b>KOŃ Aleksandra</b>	<b>6126</b>		Masters K - 40	62	01:49:45	<b>03:16:55.55</b>	<b>03:17:36.65</b>	+01:43:23 (52.3%)	9:22	6.4 (47.8%)
494	<b>SŁABA Igor</b>	<b>6389</b>		Senior II M - 30	137	01:35:32	<b>03:17:46.20</b>	<b>03:17:52.50</b>	+01:43:39 (52.4%)	9:25	6.4 (47.8%)
495	<b>KRAWCZYK Sławomir</b>	<b>6580</b>		Weteran I M - 50	30	01:46:44	<b>03:16:36.70</b>	<b>03:17:52.60</b>	+01:43:39 (52.4%)	9:21	6.4 (47.8%)
496	<b>KONIECZNY Izabella</b>	<b>6316</b>		Masters K - 40	63	01:51:19	<b>03:17:39.30</b>	<b>03:18:01.10</b>	+01:43:48 (52.4%)	9:24	6.4 (47.8%)
497	<b>SŁUJA Paweł</b>	<b>6701</b>		Senior II M - 30	138	01:44:56	<b>03:16:32.05</b>	<b>03:18:16.55</b>	+01:44:03 (52.5%)	9:21	6.4 (47.8%)
498	<b>BĄCZYŃSKA Małgorzata</b>	<b>6458</b>		Masters K - 40	64	01:48:33	<b>03:17:53.20</b>	<b>03:18:22.35</b>	+01:44:09 (52.5%)	9:25	6.4 (47.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 21km	brutto 21km			
499	<b>ŁUSIAK Ewa</b>	<b>6509</b>		Masters K - 40	65	01:51:42	<b>03:17:58.70</b>	<b>03:18:26.80</b>	+01:44:14 (52.5%)	9:25	6.4 (47.8%)
500	<b>ORDON Dorota</b>	<b>6119</b>		Senior II K - 30	89	01:50:00	<b>03:16:56.15</b>	<b>03:18:33.55</b>	+01:44:20 (52.6%)	9:22	6.4 (47.8%)
501	<b>WIŚNIEWSKI Tomasz</b>	<b>6003</b>		Masters M - 40	94	01:55:36	<b>03:17:12.25</b>	<b>03:18:34.60</b>	+01:44:21 (52.6%)	9:23	6.4 (47.8%)
502	<b>KRAJEWSKA-KŁODA Katarzyna</b>	<b>6323</b>	DRUŻYNA SZPIKU	Masters K - 40	66	01:55:27	<b>03:17:16.55</b>	<b>03:18:49.65</b>	+01:44:36 (52.6%)	9:23	6.4 (47.8%)
503	<b>KRZESZOWSKA Iga</b>	<b>6282</b>		Senior I K - 20	36	01:42:41	<b>03:17:20.75</b>	<b>03:18:58.45</b>	+01:44:45 (52.7%)	9:23	6.4 (47.8%)
504	<b>MANDZIAK Rafał</b>	<b>6388</b>		Masters M - 40	95	01:43:13	<b>03:18:17.25</b>	<b>03:19:00.30</b>	+01:44:47 (52.7%)	9:26	6.4 (47.8%)
505	<b>JANUSZAK Przemysław</b>	<b>6156</b>	TEAM JANO	Masters M - 40	96	01:52:45	<b>03:18:41.95</b>	<b>03:19:18.20</b>	+01:45:05 (52.7%)	9:27	6.3 (47.0%)
506	<b>URBAN Mieczysław</b>	<b>6215</b>	ROZBIEGANY RAWICZ	Weteran II M - 60	6	01:46:52	<b>03:19:12.60</b>	<b>03:19:23.40</b>	+01:45:10 (52.7%)	9:29	6.3 (47.0%)
507	<b>WOLEK Marcin</b>	<b>6558</b>		Masters M - 40	97	01:51:27	<b>03:19:13.60</b>	<b>03:19:26.55</b>	+01:45:13 (52.8%)	9:29	6.3 (47.0%)
508	<b>KRUSZEWSKI Jacek</b>	<b>6124</b>	MUKAINADA RUNNING TEAM	Masters M - 40	98	01:48:25	<b>03:18:09.50</b>	<b>03:19:30.00</b>	+01:45:17 (52.8%)	9:26	6.4 (47.8%)
509	<b>SZULTK Piotr</b>	<b>6411</b>		Weteran I M - 50	31	01:42:53	<b>03:18:43.65</b>	<b>03:19:37.15</b>	+01:45:24 (52.8%)	9:27	6.3 (47.0%)
510	<b>ŚRÓDKA Aleksandra</b>	<b>6134</b>		Senior II K - 30	90	01:51:03	<b>03:19:05.05</b>	<b>03:19:37.55</b>	+01:45:24 (52.8%)	9:28	6.3 (47.0%)
511	<b>RUCIŃSKA Magdalena</b>	<b>6246</b>	WKURW_TEAM	Senior I K - 20	37	01:42:22	<b>03:18:25.15</b>	<b>03:19:37.70</b>	+01:45:24 (52.8%)	9:26	6.4 (47.8%)
512	<b>SWOROWSKI Adam</b>	<b>6247</b>	WKURW_TEAM	Senior II M - 30	139	01:42:21	<b>03:18:25.40</b>	<b>03:19:38.45</b>	+01:45:25 (52.8%)	9:26	6.4 (47.8%)
513	<b>SKUPNIK Anna</b>	<b>6481</b>		Masters K - 40	67	01:45:15	<b>03:19:35.20</b>	<b>03:19:49.20</b>	+01:45:36 (52.9%)	9:30	6.3 (47.0%)
514	<b>RYCHŁOWSKI Ryszard</b>	<b>6011</b>	DDKON BYDGOSZCZ	Masters M - 40	99	01:45:14	<b>03:19:35.90</b>	<b>03:19:49.30</b>	+01:45:36 (52.9%)	9:30	6.3 (47.0%)
515	<b>PODGRUDNY Radosław</b>	<b>6085</b>	RESCUE TEAM	Masters M - 40	100	01:42:08	<b>03:19:30.45</b>	<b>03:19:49.90</b>	+01:45:37 (52.9%)	9:30	6.3 (47.0%)
516	<b>OWSIANIK Sylwia</b>	<b>6493</b>		Masters K - 40	68	01:38:23	<b>03:19:39.30</b>	<b>03:19:51.40</b>	+01:45:38 (52.9%)	9:30	6.3 (47.0%)
517	<b>KOŚNY Damian</b>	<b>6087</b>	GIT	Masters M - 40	101	01:44:18	<b>03:18:04.65</b>	<b>03:19:58.20</b>	+01:45:45 (52.9%)	9:25	6.4 (47.8%)
518	<b>GRABARZ Emila</b>	<b>6605</b>	O CO BIEGA	Masters K - 40	69	01:47:54	<b>03:19:56.05</b>	<b>03:20:06.00</b>	+01:45:53 (52.9%)	9:31	6.3 (47.0%)
518	<b>JAREMEK Wojtek</b>	<b>6162</b>		Senior II M - 30	140	01:48:22	<b>03:18:47.05</b>	<b>03:20:06.00</b>	+01:45:53 (52.9%)	9:28	6.3 (47.0%)
520	<b>RUDNIK Katarzyna</b>	<b>6183</b>		Senior II K - 30	91	01:53:26	<b>03:19:06.40</b>	<b>03:20:07.20</b>	+01:45:54 (52.9%)	9:28	6.3 (47.0%)
521	<b>CENDROWICZ Magdalena</b>	<b>6200</b>	SONKOTEAM	Senior II K - 30	92	01:49:40	<b>03:19:04.30</b>	<b>03:20:15.95</b>	+01:46:03 (53.0%)	9:28	6.3 (47.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 21km	brutto 21km			
522	<b>HANSZ Donat</b>	<b>6683</b>	NETBOX BIEGA	Senior I M - 20	39	01:42:59	<b>03:20:04.40</b>	<b>03:20:36.70</b>	+01:46:23 (53.0%)	9:31	6.3 (47.0%)
523	<b>LESZKO Tomasz</b>	<b>6232</b>	AKADEMIABIEGACZA.PL S.L. SALOS-WODNA ŁÓDŹ	Masters M - 40	102	01:52:47	<b>03:20:32.60</b>	<b>03:21:36.65</b>	+01:47:23 (53.3%)	9:32	6.3 (47.0%)
524	<b>SENDERSKA-PŁONOWSKA Magdalena</b>	<b>6213</b>		Senior I K - 20	38	01:43:06	<b>03:20:52.75</b>	<b>03:21:51.45</b>	+01:47:38 (53.3%)	9:33	6.3 (47.0%)
525	<b>KAYSIEWICZ Joanna</b>	<b>6418</b>		Masters K - 40	70	01:56:03	<b>03:21:45.60</b>	<b>03:22:14.65</b>	+01:48:01 (53.4%)	9:36	6.2 (46.3%)
526	<b>WISZNIOWSKA Agata</b>	<b>6019</b>	NIGHT RUNNERS WROCŁAW	Senior II K - 30	93	01:57:51	<b>03:21:24.45</b>	<b>03:22:48.00</b>	+01:48:35 (53.5%)	9:35	6.3 (47.0%)
527	<b>DURALEK Anna</b>	<b>6492</b>		Masters K - 40	71	01:48:59	<b>03:22:19.50</b>	<b>03:22:49.70</b>	+01:48:36 (53.6%)	9:38	6.2 (46.3%)
528	<b>BILIŃSKI Marek</b>	<b>6371</b>	:-)	Senior II M - 30	141	01:47:38	<b>03:21:36.50</b>	<b>03:22:53.50</b>	+01:48:40 (53.6%)	9:36	6.3 (47.0%)
529	<b>PAKUŁA Arkadiusz</b>	<b>6728</b>		Masters M - 40	103	01:43:42	<b>03:22:46.00</b>	<b>03:22:58.70</b>	+01:48:45 (53.6%)	9:39	6.2 (46.3%)
530	<b>KOCZYK Artur</b>	<b>6407</b>		Senior II M - 30	142	01:55:07	<b>03:21:03.25</b>	<b>03:23:01.35</b>	+01:48:48 (53.6%)	9:34	6.3 (47.0%)
531	<b>MATYJEWICZ Klaudia</b>	<b>6406</b>		Senior I K - 20	39	01:55:07	<b>03:21:04.05</b>	<b>03:23:01.75</b>	+01:48:49 (53.6%)	9:34	6.3 (47.0%)
532	<b>BOSZKO Krzysztof</b>	<b>6086</b>	GIT	Senior II M - 30	143	01:46:09	<b>03:21:12.70</b>	<b>03:23:06.35</b>	+01:48:53 (53.6%)	9:34	6.3 (47.0%)
533	<b>NOWAK Iwona</b>	<b>6122</b>	ZLB ZŁOTORYJA	Masters K - 40	72	01:49:46	<b>03:23:19.05</b>	<b>03:23:27.85</b>	+01:49:15 (53.7%)	9:40	6.2 (46.3%)
534	<b>SKRZĄTEK Anna</b>	<b>6349</b>		Masters K - 40	73	01:52:42	<b>03:23:52.35</b>	<b>03:24:08.75</b>	+01:49:56 (53.9%)	9:42	6.2 (46.3%)
535	<b>STANISŁAWSKI Piotr</b>	<b>6663</b>		Masters M - 40	104	01:48:43	<b>03:23:24.60</b>	<b>03:24:10.25</b>	+01:49:57 (53.9%)	9:41	6.2 (46.3%)
536	<b>BATURA Magdalena</b>	<b>6636</b>		Senior II K - 30	94	01:55:24	<b>03:23:10.15</b>	<b>03:24:27.65</b>	+01:50:14 (53.9%)	9:40	6.2 (46.3%)
537	<b>NEUMANN Beata</b>	<b>6241</b>	CENTRUM ŁĄKOWA 1	Weteran K - 50	8	01:52:35	<b>03:23:00.05</b>	<b>03:24:50.40</b>	+01:50:37 (54.0%)	9:40	6.2 (46.3%)
538	<b>SOSNOWSKA Barbara</b>	<b>6426</b>		Masters K - 40	74	01:55:41	<b>03:23:50.75</b>	<b>03:24:51.70</b>	+01:50:38 (54.0%)	9:42	6.2 (46.3%)
539	<b>SZPONAR Bartłomiej</b>	<b>6204</b>	OTORI OŁAWA	Senior II M - 30	144	01:42:48	<b>03:23:52.20</b>	<b>03:24:53.00</b>	+01:50:40 (54.0%)	9:42	6.2 (46.3%)
540	<b>NESTOROWICZ Monika</b>	<b>6234</b>	KLUB BIEGACZA JURUND SZCZYTNO	Masters K - 40	75	01:58:51	<b>03:25:16.45</b>	<b>03:25:44.55</b>	+01:51:31 (54.2%)	9:46	6.1 (45.5%)
541	<b>WARA-WĄSOWSKI Maciej</b>	<b>6611</b>		Weteran I M - 50	32	01:49:35	<b>03:25:29.95</b>	<b>03:26:43.95</b>	+01:52:31 (54.4%)	9:47	6.1 (45.5%)
542	<b>KRZECZKOWSKI Roman</b>	<b>6552</b>	BIEGOWA ŚWIDNICA	Masters M - 40	105	01:49:33	<b>03:25:34.25</b>	<b>03:26:49.25</b>	+01:52:36 (54.4%)	9:47	6.1 (45.5%)
543	<b>BŁASZCZYK Michał</b>	<b>6445</b>	TKKF MPK POZNAŃ	Senior II M - 30	145	01:55:25	<b>03:25:34.85</b>	<b>03:26:50.75</b>	+01:52:38 (54.5%)	9:47	6.1 (45.5%)
544	<b>MIKUTANIEC Patrycja</b>	<b>6513</b>		Masters K - 40	76	01:48:56	<b>03:25:29.80</b>	<b>03:27:10.70</b>	+01:52:57 (54.5%)	9:47	6.1 (45.5%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 21km	brutto 21km			
545	<b>MAKAREWICZ Sylwia</b>	<b>6567</b>		Senior II K - 30	95	01:52:21	<b>03:26:22.25</b>	<b>03:27:25.55</b>	+01:53:12 (54.6%)	9:49	6.1 (45.5%)
546	<b>KRYJAK Tomasz</b>	<b>6294</b>		Senior II M - 30	146	01:55:37	<b>03:25:49.75</b>	<b>03:27:48.05</b>	+01:53:35 (54.7%)	9:48	6.1 (45.5%)
547	<b>WÓJTOWICZ Edyta</b>	<b>6112</b>	LOVELASY	Masters K - 40	77	01:56:23	<b>03:27:28.50</b>	<b>03:27:59.80</b>	+01:53:47 (54.7%)	9:52	6.1 (45.5%)
548	<b>BALCERZAK Krysia</b>	<b>6284</b>		Masters K - 40	78	02:01:11	<b>03:27:20.35</b>	<b>03:28:11.90</b>	+01:53:59 (54.7%)	9:52	6.1 (45.5%)
549	<b>WRÓBEL Marzena</b>	<b>6498</b>		Senior II K - 30	96	01:57:53	<b>03:27:19.35</b>	<b>03:28:36.35</b>	+01:54:23 (54.8%)	9:52	6.1 (45.5%)
550	<b>PYTA Grzegorz</b>	<b>6549</b>	NIEZRZESZONY	Weteran I M - 50	33	01:57:47	<b>03:27:18.50</b>	<b>03:28:37.50</b>	+01:54:24 (54.8%)	9:52	6.1 (45.5%)
551	<b>KOZIOŁ Ewa</b>	<b>6305</b>	KOZIOŁKI	Masters K - 40	79	01:55:47	<b>03:28:53.65</b>	<b>03:29:11.65</b>	+01:54:58 (55.0%)	9:56	6 (44.8%)
552	<b>FIKSA Katarzyna</b>	<b>6453</b>	BIEGAJĄCY WOJART TEAM	Masters K - 40	80	01:55:25	<b>03:28:13.20</b>	<b>03:29:19.65</b>	+01:55:06 (55.0%)	9:54	6.1 (45.5%)
553	<b>CHMIELEWSKI Paweł</b>	<b>6416</b>	WKURW_TEAM	Senior II M - 30	147	01:57:21	<b>03:27:51.95</b>	<b>03:29:25.20</b>	+01:55:12 (55.0%)	9:53	6.1 (45.5%)
554	<b>MARCZUKIEWICZ Aleksandra</b>	<b>6228</b>	WKURW_TEAM	Senior II K - 30	97	01:57:24	<b>03:27:55.55</b>	<b>03:29:27.85</b>	+01:55:15 (55.0%)	9:54	6.1 (45.5%)
555	<b>PODSIADŁY Robert</b>	<b>6084</b>	CHATA BIEGACZA K34	Weteran II M - 60	7	01:54:39	<b>03:27:48.80</b>	<b>03:29:37.60</b>	+01:55:24 (55.1%)	9:53	6.1 (45.5%)
556	<b>KAPAŁKA Agnieszka</b>	<b>6123</b>		Masters K - 40	81	01:55:37	<b>03:28:40.80</b>	<b>03:29:44.10</b>	+01:55:31 (55.1%)	9:56	6 (44.8%)
557	<b>KWAŚNIOK Rafał</b>	<b>6073</b>	NIGHT RUNNERS PYSKOWICE	Senior II M - 30	148	01:55:03	<b>03:28:54.85</b>	<b>03:29:49.70</b>	+01:55:36 (55.1%)	9:56	6 (44.8%)
558	<b>MAZUR Ewelina</b>	<b>6412</b>	BIEGAJ Z TRENERAMI	Masters K - 40	82	01:55:49	<b>03:28:57.75</b>	<b>03:29:52.15</b>	+01:55:39 (55.1%)	9:57	6 (44.8%)
559	<b>WYPCHOŁ Piotr</b>	<b>6370</b>		Weteran I M - 50	34	01:46:54	<b>03:29:08.85</b>	<b>03:29:55.80</b>	+01:55:43 (55.1%)	9:57	6 (44.8%)
560	<b>ŚWITA Tomasz</b>	<b>6035</b>	PRO-RUN WROCŁAW	Senior II M - 30	149	01:50:04	<b>03:28:34.20</b>	<b>03:30:08.35</b>	+01:55:55 (55.2%)	9:55	6 (44.8%)
561	<b>STANOWSKA Katarzyna</b>	<b>6415</b>		Masters K - 40	83	01:56:59	<b>03:29:33.95</b>	<b>03:30:24.55</b>	+01:56:11 (55.2%)	9:58	6 (44.8%)
562	<b>ZASTAWNY Michał</b>	<b>6025</b>		Senior II M - 30	150	01:53:43	<b>03:29:23.45</b>	<b>03:30:53.00</b>	+01:56:40 (55.3%)	9:58	6 (44.8%)
563	<b>KUROWSKA Bianka</b>	<b>6038</b>		Senior I K - 20	40	01:55:01	<b>03:29:41.10</b>	<b>03:31:10.60</b>	+01:56:57 (55.4%)	9:59	6 (44.8%)
564	<b>KANIASTY Marta</b>	<b>6750</b>		Senior II K - 30	98	01:57:23	<b>03:29:23.50</b>	<b>03:31:13.20</b>	+01:57:00 (55.4%)	9:58	6 (44.8%)
565	<b>GEZELA Joanna</b>	<b>6096</b>	EUFORIA BIEGACZA TEAM	Masters K - 40	84	01:59:05	<b>03:30:31.30</b>	<b>03:31:17.25</b>	+01:57:04 (55.4%)	10:01	6 (44.8%)
566	<b>OLCZYK Anna</b>	<b>6136</b>		Masters K - 40	85	01:58:27	<b>03:31:16.30</b>	<b>03:31:43.90</b>	+01:57:31 (55.5%)	10:03	6 (44.8%)
567	<b>PASTUSZKA Joanna</b>	<b>6527</b>	RUN ŁDZ	Weteran K - 50	9	01:58:25	<b>03:31:16.25</b>	<b>03:31:44.05</b>	+01:57:31 (55.5%)	10:03	6 (44.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 21km	brutto 21km			
568	<b>GOLONKA Kinga</b>	<b>6047</b>	SYNGENIT	Senior I K - 20	41	01:56:37	<b>03:30:55.55</b>	<b>03:31:46.10</b>	+01:57:33 (55.5%)	10:02	6 (44.8%)
569	<b>KAMIŃSKA Małgorzata</b>	<b>6369</b>		Senior II K - 30	99	01:55:53	<b>03:31:31.75</b>	<b>03:32:32.45</b>	+01:58:19 (55.7%)	10:04	6 (44.8%)
570	<b>BARADZIEJ Barbara</b>	<b>6130</b>	TERMINAL LOGISTYCZNY PROMONT	Senior II K - 30	100	01:50:19	<b>03:31:09.75</b>	<b>03:32:35.60</b>	+01:58:22 (55.7%)	10:03	6 (44.8%)
571	<b>KARLIKOWSKI Jarek</b>	<b>6526</b>		Senior II M - 30	151	01:54:56	<b>03:31:49.85</b>	<b>03:32:41.40</b>	+01:58:28 (55.7%)	10:05	5.9 (44.0%)
572	<b>PĘCKA Beata</b>	<b>6399</b>		Senior II K - 30	101	01:57:57	<b>03:31:06.15</b>	<b>03:32:45.70</b>	+01:58:32 (55.7%)	10:03	6 (44.8%)
573	<b>SZCZODRZYŃSKA Kasia</b>	<b>6521</b>		Masters K - 40	86	01:58:49	<b>03:32:35.15</b>	<b>03:33:06.25</b>	+01:58:53 (55.8%)	10:07	5.9 (44.0%)
574	<b>MRÓZ Izabela</b>	<b>6616</b>	WOLNE ŚLIMAKI	Senior II K - 30	102	01:58:41	<b>03:32:36.25</b>	<b>03:33:07.10</b>	+01:58:54 (55.8%)	10:07	5.9 (44.0%)
575	<b>MACIĄŻEK Dominik</b>	<b>6595</b>	MEZZOFORTE	Senior I M - 20	40	01:56:34	<b>03:34:58.45</b>	<b>03:35:21.50</b>	+02:01:08 (56.3%)	10:14	5.9 (44.0%)
576	<b>WALCZAK-WOJTKOWSKA Iwona</b>	<b>6586</b>		Weteran K - 50	10	01:59:37	<b>03:34:14.00</b>	<b>03:35:46.25</b>	+02:01:33 (56.3%)	10:12	5.9 (44.0%)
577	<b>MITEK Marta</b>	<b>6104</b>		Senior II K - 30	103	01:59:32	<b>03:34:24.20</b>	<b>03:36:04.05</b>	+02:01:51 (56.4%)	10:12	5.9 (44.0%)
578	<b>LORENC-KRUSZYŃSKA Sylwia</b>	<b>6061</b>	WKURW_TEAM	Senior II K - 30	104	01:56:21	<b>03:35:45.60</b>	<b>03:36:22.40</b>	+02:02:09 (56.5%)	10:16	5.8 (43.3%)
579	<b>ANDRZEJEWSKA Karolina</b>	<b>6619</b>		Senior II K - 30	105	01:57:21	<b>03:35:26.35</b>	<b>03:37:12.45</b>	+02:02:59 (56.6%)	10:15	5.8 (43.3%)
580	<b>PŁUCIENNIK Katarzyna</b>	<b>6662</b>		Masters K - 40	87	01:54:49	<b>03:36:36.30</b>	<b>03:37:23.15</b>	+02:03:10 (56.7%)	10:18	5.8 (43.3%)
581	<b>DRYNKORN Hanna</b>	<b>6403</b>		Senior II K - 30	106	01:58:19	<b>03:36:54.40</b>	<b>03:37:48.10</b>	+02:03:35 (56.7%)	10:19	5.8 (43.3%)
582	<b>HERBUT Malwina</b>	<b>6703</b>	IZERSKA GRUPA BIEGOWA	Senior II K - 30	107	01:56:35	<b>03:36:10.00</b>	<b>03:37:54.00</b>	+02:03:41 (56.8%)	10:17	5.8 (43.3%)
583	<b>GWAJ Dominika</b>	<b>6359</b>	IZERSKA GRUPA BIEGOWA	Masters K - 40	88	01:57:26	<b>03:36:19.20</b>	<b>03:38:03.30</b>	+02:03:50 (56.8%)	10:18	5.8 (43.3%)
584	<b>SARNOWSKI Maciej</b>	<b>6429</b>	TKKF MPK POZNAŃ	Masters M - 40	106	01:55:20	<b>03:38:17.80</b>	<b>03:39:41.20</b>	+02:05:28 (57.1%)	10:23	5.8 (43.3%)
585	<b>MELON Iga</b>	<b>6559</b>		Senior I K - 20	42	02:00:59	<b>03:38:33.10</b>	<b>03:40:16.75</b>	+02:06:04 (57.2%)	10:24	5.8 (43.3%)
586	<b>NOWAK Anna</b>	<b>6745</b>		Senior II K - 30	108	02:00:17	<b>03:38:24.30</b>	<b>03:40:17.20</b>	+02:06:04 (57.2%)	10:24	5.8 (43.3%)
587	<b>MAŁEK Piotr</b>	<b>6571</b>	KB MARATON TUREK	Masters M - 40	107	02:00:17	<b>03:38:30.35</b>	<b>03:40:23.40</b>	+02:06:10 (57.3%)	10:24	5.8 (43.3%)
588	<b>OLEK-WYSOCKA Monika</b>	<b>6264</b>	MORSY TUREK	Senior II K - 30	109	02:00:16	<b>03:38:30.80</b>	<b>03:40:23.90</b>	+02:06:11 (57.3%)	10:24	5.8 (43.3%)
589	<b>OGRODNIK Anna</b>	<b>6082</b>	RUNNING ACADEMY	Senior II K - 30	110	01:59:20	<b>03:40:22.00</b>	<b>03:40:36.50</b>	+02:06:23 (57.3%)	10:29	5.7 (42.5%)
590	<b>KAŁKA Marcin</b>	<b>6697</b>		Senior II M - 30	152	01:42:23	<b>03:38:53.40</b>	<b>03:40:38.75</b>	+02:06:26 (57.3%)	10:25	5.8 (43.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 21km	brutto 21km			
591	<b>TWARDOWSKI Wojciech</b>	<b>6397</b>	RUN BYDGOSZCZ	Weteran I M - 50	35	01:57:52	<b>03:40:31.80</b>	<b>03:42:15.25</b>	+02:08:02 (57.6%)	10:30	5.7 (42.5%)
592	<b>KOŚCIELNIAK Maciej</b>	<b>6502</b>	CZERWONAK BIEGA	Senior I M - 20	41	02:00:57	<b>03:41:51.10</b>	<b>03:43:05.60</b>	+02:08:52 (57.8%)	10:33	5.7 (42.5%)
593	<b>PUZIO Anna</b>	<b>6739</b>	MARATOŃCZYK DĘBICA	Weteran K - 50	11	01:57:27	<b>03:41:17.70</b>	<b>03:43:08.25</b>	+02:08:55 (57.8%)	10:32	5.7 (42.5%)
594	<b>MICHALSKA Agnieszka</b>	<b>6260</b>		Weteran K - 50	12	01:52:31	<b>03:41:47.25</b>	<b>03:43:15.60</b>	+02:09:02 (57.8%)	10:33	5.7 (42.5%)
595	<b>SZAFRAŃSKA Joanna</b>	<b>6281</b>		Weteran K - 50	13	01:52:35	<b>03:41:48.20</b>	<b>03:43:16.50</b>	+02:09:03 (57.8%)	10:33	5.7 (42.5%)
596	<b>PAWŁOWSKA-LIS Maria</b>	<b>6249</b>		Masters K - 40	89	01:54:55	<b>03:42:45.55</b>	<b>03:43:27.30</b>	+02:09:14 (57.8%)	10:36	5.7 (42.5%)
597	<b>PIECHACZEK Marek</b>	<b>6387</b>	BOOT CAMP	Senior II M - 30	153	01:52:15	<b>03:42:24.75</b>	<b>03:43:27.35</b>	+02:09:14 (57.8%)	10:35	5.7 (42.5%)
598	<b>NOWICKA Iwona</b>	<b>6277</b>	BOOTCAMP	Senior II K - 30	111	01:52:13	<b>03:42:25.95</b>	<b>03:43:27.70</b>	+02:09:14 (57.8%)	10:35	5.7 (42.5%)
599	<b>JASIUL Mariola</b>	<b>6250</b>		Masters K - 40	90	01:58:13	<b>03:42:45.90</b>	<b>03:43:28.20</b>	+02:09:15 (57.8%)	10:36	5.7 (42.5%)
600	<b>ANTONIEWICZ Nataliya</b>	<b>6253</b>		Senior II K - 30	112	01:59:48	<b>03:42:47.40</b>	<b>03:43:35.80</b>	+02:09:23 (57.9%)	10:36	5.7 (42.5%)
601	<b>WITKO Dorota</b>	<b>6531</b>	NOWOSOLSKA GRUPA BIEGOWA	Weteran K - 50	14	02:02:29	<b>03:44:13.55</b>	<b>03:44:36.40</b>	+02:10:23 (58.1%)	10:40	5.6 (41.8%)
602	<b>ZIELIŃSKA CZERBNIAK Izabela</b>	<b>6356</b>	TARNOWO PODGÓRNE BIEGA	Masters K - 40	91	01:59:43	<b>03:44:30.95</b>	<b>03:45:05.50</b>	+02:10:52 (58.1%)	10:41	5.6 (41.8%)
603	<b>LECHNA Mirella</b>	<b>6718</b>		Masters K - 40	92	02:05:45	<b>03:45:09.85</b>	<b>03:45:21.95</b>	+02:11:09 (58.2%)	10:43	5.6 (41.8%)
604	<b>SKROBEK Marcin</b>	<b>6651</b>		Senior II M - 30	154	01:58:41	<b>03:42:59.90</b>	<b>03:45:29.55</b>	+02:11:16 (58.2%)	10:37	5.7 (42.5%)
605	<b>PRZYBYLSKI Witold</b>	<b>6231</b>	MUAY RUNNING TEAM	Masters M - 40	108	02:06:02	<b>03:44:06.30</b>	<b>03:45:48.50</b>	+02:11:35 (58.3%)	10:40	5.6 (41.8%)
606	<b>ARCHANIOŁOWICZ Joanna</b>	<b>6717</b>	MUAY RUNNING TEAM	Masters K - 40	93	02:06:03	<b>03:44:06.40</b>	<b>03:45:49.05</b>	+02:11:36 (58.3%)	10:40	5.6 (41.8%)
607	<b>DOMINIAK - LESZCZYŃSKA Elżbieta</b>	<b>6725</b>	LASY WAWERSKIE	Weteran K - 50	15	02:04:57	<b>03:45:07.55</b>	<b>03:46:39.35</b>	+02:12:26 (58.4%)	10:43	5.6 (41.8%)
608	<b>TOMALAK Anna</b>	<b>6212</b>		Senior II K - 30	113	02:02:48	<b>03:45:46.90</b>	<b>03:47:41.25</b>	+02:13:28 (58.6%)	10:45	5.6 (41.8%)
609	<b>FORMELA Justyna</b>	<b>6687</b>		Masters K - 40	94	02:03:01	<b>03:45:46.85</b>	<b>03:47:41.30</b>	+02:13:28 (58.6%)	10:45	5.6 (41.8%)
610	<b>ZIÓŁEK Teresa</b>	<b>6298</b>	STAIN INSANE	Weteran K - 50	16	02:06:52	<b>03:47:31.35</b>	<b>03:48:23.60</b>	+02:14:10 (58.7%)	10:50	5.5 (41.0%)
611	<b>WIŚNIEWSKA Dorota</b>	<b>6013</b>		Masters K - 40	95	02:07:47	<b>03:50:13.20</b>	<b>03:51:35.35</b>	+02:17:22 (59.3%)	10:57	5.5 (41.0%)
612	<b>GŁOWACKA Aleksandra</b>	<b>6140</b>	MŁODY VS. STARY	Masters K - 40	96	02:02:27	<b>03:50:23.55</b>	<b>03:51:44.85</b>	+02:17:32 (59.3%)	10:58	5.5 (41.0%)
613	<b>REGULSKA Aneta</b>	<b>6007</b>	DRUŻYNA SZPIKU	Senior II K - 30	114	02:06:31	<b>03:50:41.05</b>	<b>03:51:53.60</b>	+02:17:40 (59.4%)	10:59	5.5 (41.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 21km	brutto 21km			
614	<b>RAJCZAKOWSKA Anna</b>	<b>6131</b>		Weteran K - 50	17	02:06:31	<b>03:51:06.40</b>	<b>03:52:19.40</b>	+02:18:06 (59.4%)	11:00	5.5 (41.0%)
615	<b>SKRZYPIEC Karolina</b>	<b>6237</b>		Senior II K - 30	115	02:04:06	<b>03:51:44.25</b>	<b>03:52:37.00</b>	+02:18:24 (59.5%)	11:02	5.4 (40.3%)
616	<b>GRZYWACZ Ryszard</b>	<b>6742</b>	BOOT CAMP POLSKA	Weteran I M - 50	36	02:00:59	<b>03:52:49.25</b>	<b>03:53:52.10</b>	+02:19:39 (59.7%)	11:05	5.4 (40.3%)
617	<b>MAKOWSKA Magdalena</b>	<b>6737</b>	BOOTCAMP JAWORZNO	Senior II K - 30	116	02:02:12	<b>03:53:00.00</b>	<b>03:54:34.65</b>	+02:20:21 (59.8%)	11:05	5.4 (40.3%)
618	<b>SPOZ Magdalena</b>	<b>6372</b>	NEST TEAM	Masters K - 40	97	02:01:49	<b>03:55:27.70</b>	<b>03:55:54.30</b>	+02:21:41 (60.1%)	11:12	5.4 (40.3%)
619	<b>SOSULSKA Janina</b>	<b>6733</b>	TIGERS PRUDNIK/RUNNERS TEAM NYSA	Weteran K - 50	18	02:06:16	<b>03:53:57.80</b>	<b>03:55:54.70</b>	+02:21:41 (60.1%)	11:08	5.4 (40.3%)
619	<b>ŚNIEŻAWSKA Gabriela</b>	<b>6279</b>		Masters K - 40	98	02:06:17	<b>03:53:58.40</b>	<b>03:55:54.70</b>	+02:21:41 (60.1%)	11:08	5.4 (40.3%)
621	<b>KALLAS-LIPSKA Anetta</b>	<b>6067</b>		Masters K - 40	99	02:06:15	<b>03:56:16.65</b>	<b>03:56:30.95</b>	+02:22:18 (60.2%)	11:15	5.3 (39.6%)
622	<b>ROLIŃSKI Radosław</b>	<b>6317</b>		Masters M - 40	109	02:34:13	<b>03:56:06.90</b>	<b>03:56:40.75</b>	+02:22:28 (60.2%)	11:14	5.3 (39.6%)
623	<b>ŚLIWAK Katarzyna</b>	<b>6460</b>	KATARZYNA ŚLIWAK	Senior II K - 30	117	01:51:35	<b>03:56:15.05</b>	<b>03:57:04.40</b>	+02:22:51 (60.3%)	11:15	5.3 (39.6%)
624	<b>ŚLIWAK Tomasz</b>	<b>6459</b>	TOMASZ ŚLIWAK	Senior II M - 30	155	01:51:47	<b>03:56:15.40</b>	<b>03:57:04.60</b>	+02:22:51 (60.3%)	11:15	5.3 (39.6%)
625	<b>SPRINGER Marta</b>	<b>6479</b>	NIGHT RUNNERS	Senior II K - 30	118	02:11:43	<b>03:56:48.45</b>	<b>03:57:08.25</b>	+02:22:55 (60.3%)	11:16	5.3 (39.6%)
626	<b>SUCHANKO Alicja</b>	<b>6485</b>	NIGHT RUNNERS	Masters K - 40	100	02:11:07	<b>03:56:49.90</b>	<b>03:57:09.55</b>	+02:22:56 (60.3%)	11:16	5.3 (39.6%)
627	<b>WASZKIEWICZ Joanna</b>	<b>6705</b>	NIGHT RUNNERS	Senior II K - 30	119	02:11:38	<b>03:56:50.30</b>	<b>03:57:10.70</b>	+02:22:57 (60.3%)	11:16	5.3 (39.6%)
628	<b>LECIEJEWSKA Małgorzata</b>	<b>6480</b>	NIGHT RUNNERS POZNAŃ	Masters K - 40	101	02:10:37	<b>03:56:51.25</b>	<b>03:57:12.35</b>	+02:22:59 (60.3%)	11:16	5.3 (39.6%)
629	<b>ANIOŁ Michał</b>	<b>6556</b>		Senior II M - 30	156	02:02:57	<b>03:57:28.45</b>	<b>03:58:49.65</b>	+02:24:36 (60.6%)	11:18	5.3 (39.6%)
630	<b>MUSIELAK Maria</b>	<b>6362</b>	KUPA WIARY TEJ	Senior II K - 30	120	02:15:27	<b>04:02:05.45</b>	<b>04:03:44.60</b>	+02:29:31 (61.3%)	11:31	5.2 (38.8%)
631	<b>WIŚNIEWSKA Ewelina</b>	<b>6054</b>	HARDCOROWE WYCHYLYLYBYMY	Senior II K - 30	121	02:10:26	<b>04:03:05.35</b>	<b>04:04:04.60</b>	+02:29:51 (61.4%)	11:34	5.2 (38.8%)
632	<b>JUSZKO Aleksandra</b>	<b>6325</b>		Senior I K - 20	43	02:12:33	<b>04:08:58.80</b>	<b>04:09:24.45</b>	+02:35:11 (62.2%)	11:51	5.1 (38.1%)
632	<b>JUSZKO Monika</b>	<b>6070</b>		Masters K - 40	102	02:12:46	<b>04:08:58.90</b>	<b>04:09:24.45</b>	+02:35:11 (62.2%)	11:51	5.1 (38.1%)
634	<b>SZCZEPANIAK Sławomir</b>	<b>6523</b>	KS LENIWIEC	Weteran I M - 50	37	02:09:41	<b>04:10:34.75</b>	<b>04:12:09.10</b>	+02:37:56 (62.6%)	11:55	5 (37.3%)
635	<b>PAWŁOWSKA Danuta</b>	<b>6039</b>	WKURW_TEAM	Masters K - 40	103	02:16:09	<b>04:11:44.10</b>	<b>04:12:33.90</b>	+02:38:21 (62.7%)	11:59	5 (37.3%)
636	<b>GOŁĄBEK Dariusz</b>	<b>6138</b>	BIEGATON/BBL MIKOŁÓW	Weteran I M - 50	38	02:14:11	<b>04:14:48.20</b>	<b>04:15:22.05</b>	+02:41:09 (63.1%)	12:08	4.9 (36.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
637	<b>PRZYBYŁ Jolanta</b>	<b>6125</b>	EASY RUNNERS	Masters K - 40	104	02:09:01	<b>04:14:51.35</b>	<b>04:15:43.70</b>	+02:41:30 (63.2%)	12:08	4.9 (36.6%)
638	<b>KACZMAREK Agnieszka</b>	<b>6188</b>		Masters K - 40	105	02:23:42	<b>04:18:55.50</b>	<b>04:19:20.70</b>	+02:45:07 (63.7%)	12:19	4.9 (36.6%)
639	<b>RATAJCZAK Aurelia</b>	<b>6193</b>	ŻÓŁTO KRÓLEWSKCY	Senior II K - 30	122	02:24:16	<b>04:23:55.60</b>	<b>04:24:11.50</b>	+02:49:58 (64.3%)	12:34	4.8 (35.8%)
640	<b>CIESIELSKI Tomasz</b>	<b>6306</b>		Senior II M - 30	157	02:20:07	<b>04:27:33.70</b>	<b>04:28:41.20</b>	+02:54:28 (64.9%)	12:44	4.7 (35.1%)
641	<b>MAZUR Marta</b>	<b>6024</b>		Senior II K - 30	123	01:59:52	<b>04:31:16.50</b>	<b>04:32:33.10</b>	+02:58:20 (65.4%)	12:55	4.6 (34.3%)
	<b>KOCERKA Jacek</b>	<b>6614</b>		Masters M - 40		01:46:18 DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>ANTOSZCZUK Aneta</b>	<b>6377</b>	PRO-RUN WROCŁAW	Masters K - 40		DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)

Znaleziono 643 wynik(ów)