

ZŁOTY PÓŁMARATON - 21 KM

B4SPORT

Wydarzenie: Dolnośląski Festiwal Biegów Górskich
Organizator: Fundacja MARATONY GÓRSKIE
Data: 2020-07-16
Miejsce: Łądek-Zdrój
Dystans: 21 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
1	PRZEDWOJEWSKI Bartłomiej	7530	TEAM SALOMON	Senior I M - 20	1	00:48:51	01:25:50.50		4:05	14.7 (100%)
2	BEDNAREK Adrian	7248	ADRIANBEDNAREK.PL	Senior II M - 30	1	00:53:08	01:30:15.05	+00:04:24 (4.9%)	4:17	14 (95.2%)
3	ŻOCHOWSKI Daniel	7355	ŻÓRAWSKI TEAM / SBRT WARSZAWA	Senior I M - 20	2	00:53:34	01:32:08.30	+00:06:17 (6.8%)	4:23	13.7 (93.2%)
4	KLIMCZAK Mikołaj	7057	PRZEDWOJEWSKI MOUNTAIN TEAM	Senior I M - 20	3	00:53:29	01:33:34.55	+00:07:44 (8.3%)	4:27	13.5 (91.8%)
5	NORBERT Michał	7174	KB SOBÓTKA	Senior II M - 30	2	00:54:33	01:36:37.35	+00:10:46 (11.2%)	4:36	13 (88.4%)
6	KRASULAK Daniel	7515	TRENUJZNAMI.PL	Senior II M - 30	3	00:57:14	01:40:36.60	+00:14:46 (14.7%)	4:47	12.5 (85.0%)
7	GREGORCZYK Łukasz	7546		Senior II M - 30	4	01:00:31	01:43:46.80	+00:17:56 (17.3%)	4:56	12.1 (82.3%)
8	KWARTA Maciej	7521	1BPANC WARSZAWA	Senior II M - 30	5	01:00:59	01:44:28.05	+00:18:37 (17.8%)	4:58	12.1 (82.3%)
9	DAWIDZIUK Maciej	7537	OLAWS ZŁOTORYJA	Masters M - 40	1	01:03:37	01:47:43.60	+00:21:53 (20.3%)	5:07	11.7 (79.6%)
10	KOWALSKI Konrad	7076	TRENUJZNAMI.PL	Senior II M - 30	6	01:01:59	01:48:46.35	+00:22:55 (21.1%)	5:10	11.6 (78.9%)
11	TABER Konrad	7420	STO-NOGI MILANÓWEK	Senior I M - 20	4	01:05:08	01:51:44.35	+00:25:53 (23.2%)	5:19	11.3 (76.9%)
12	KOS Adrian	7525		Senior I M - 20	5	01:02:42	01:51:45.65	+00:25:55 (23.2%)	5:19	11.3 (76.9%)
13	CHODOROWSKI Krzysztof	7168	PRZEDWOJEWSKI MOUNTAIN TEAM	Senior II M - 30	7	01:08:02	01:53:05.95	+00:27:15 (24.1%)	5:23	11.1 (75.5%)
14	KORZENIEWSKI Michał	7549		Senior II M - 30	8	01:06:53	01:53:24.40	+00:27:33 (24.3%)	5:24	11.1 (75.5%)
15	NOWACKI Mateusz	7187	MOJAMIGRENA.COM	Senior II M - 30	9	01:05:05	01:53:29.40	+00:27:38 (24.4%)	5:24	11.1 (75.5%)
16	MAZEK Emilia	7352	SBRT WARSZAWA	Senior I K - 20	1	01:08:18	01:54:44.05	+00:28:53 (25.2%)	5:27	11 (74.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
17	BAZUŁKA Aleksandra	7529	BUFF TEAM POLAND	Senior I K - 20	2	01:08:26	01:55:46.55	+00:29:56 (25.9%)	5:30	10.9 (74.1%)
18	CYRAN Piotr	7387		Senior II M - 30	10	01:08:19	01:55:57.80	+00:30:07 (26.0%)	5:31	10.9 (74.1%)
19	WIŚNIEWSKI Krzysztof	7550		Senior II M - 30	11	01:07:21	01:55:58.60	+00:30:08 (26.0%)	5:31	10.9 (74.1%)
20	OWCZAREK Maciej	7388	BIEGAJ POD OKIEM TRENERA - RAFAŁA KRZESZEWSKIEGO	Senior II M - 30	12	01:08:58	01:56:23.10	+00:30:32 (26.2%)	5:32	10.8 (73.5%)
21	BORAWSKI Juliusz	7404	VEGE RUNNERS	Senior II M - 30	13	01:07:56	01:57:00.15	+00:31:09 (26.6%)	5:34	10.8 (73.5%)
22	ŚRODA Michał	7468	TMTEAM	Senior II M - 30	14	01:09:50	01:58:00.25	+00:32:09 (27.3%)	5:37	10.7 (72.8%)
23	STRZELCZAK Robert	7463	BBL OPOLE	Masters M - 40	2	01:09:14	01:58:50.20	+00:32:59 (27.8%)	5:39	10.6 (72.1%)
24	KOWALIK Andrzej	7544	SALMING RUNNING POLSKA	Masters M - 40	3	01:08:29	01:58:58.45	+00:33:07 (27.8%)	5:39	10.6 (72.1%)
25	BEDNAREK Bartek	7360		Senior II M - 30	15	01:10:00	01:59:31.70	+00:33:41 (28.2%)	5:41	10.5 (71.4%)
26	KUBISZTAL Wojciech	7363	KB PIONIER SZCZECIN	Senior II M - 30	16	01:11:35	01:59:59.10	+00:34:08 (28.5%)	5:42	10.5 (71.4%)
27	DOMINIAK Michał	7454		Senior II M - 30	17	01:11:14	02:00:17.90	+00:34:27 (28.6%)	5:43	10.5 (71.4%)
28	WOJTKOWIAK Stefan	7130	PIĄTKOWO NA BIEGOWO	Masters M - 40	4	01:13:17	02:00:44.30	+00:34:53 (28.9%)	5:45	10.4 (70.7%)
29	KUTYBA Mariusz	7195	WOLNE ŚLIMAKI	Masters M - 40	5	01:13:40	02:00:57.90	+00:35:07 (29.0%)	5:45	10.4 (70.7%)
30	KWIATKOWSKI Przemysław	7176		Senior II M - 30	18	01:12:42	02:01:17.25	+00:35:26 (29.2%)	5:46	10.4 (70.7%)
31	MINORCZYK Karina	7016	140MINUT.PL	Senior I K - 20	3	01:14:37	02:04:45.90	+00:38:55 (31.2%)	5:56	10.1 (68.7%)
32	OWCZAREK Szymon	7113		Senior II M - 30	19	01:14:09	02:04:45.95	+00:38:55 (31.2%)	5:56	10.1 (68.7%)
33	HORNE Thomas	7545	VEGE RUNNERS	Weteran I M - 50	1	01:11:48	02:04:51.55	+00:39:01 (31.2%)	5:56	10.1 (68.7%)
34	SZULTK Magdalena	7491	ULTRA ALPACAS TEAM	Senior II K - 30	1	01:13:20	02:05:04.10	+00:39:13 (31.4%)	5:57	10.1 (68.7%)
35	PAPIÓR Jolanta	7526	WATAHA/ MKS PARASOL WROCŁAW	Senior I K - 20	4	01:13:42	02:06:02.75	+00:40:12 (31.9%)	6:00	10 (68.0%)
36	ŁUKASIEWICZ Ewa	7538	OLAWS ZŁOTORYJA	Weteran K - 50	1	01:15:58	02:06:29.65	+00:40:39 (32.1%)	6:01	10 (68.0%)
37	RĄCKI Dariusz	7292	RONAL POLSKA RUN	Weteran I M - 50	2	01:13:20	02:06:29.90	+00:40:39 (32.1%)	6:01	10 (68.0%)
38	HARKIEWICZ Piotr	7102	ODDYCHAJSWOBODNIE.PL	Senior II M - 30	20	01:16:05	02:07:03.60	+00:41:13 (32.4%)	6:03	9.9 (67.3%)
39	ŁĄTKA Piotr	7099		Senior II M - 30	21	01:15:17	02:07:13.25	+00:41:22 (32.5%)	6:03	9.9 (67.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
40	HUCAŁ Tomasz	7243		Masters M - 40	6	01:18:11	02:07:31.20	+00:41:40 (32.7%)	6:04	9.9 (67.3%)
41	BURMISTRZ Bartosz	7359	TARNOWO PODGÓRNE BIEGA	Senior II M - 30	22	01:15:17	02:07:54.55	+00:42:04 (32.9%)	6:05	9.9 (67.3%)
42	FORTUNA Marcin	7409	ŚWISZCZĄCY ŁAŃCUCH	Senior II M - 30	23	01:15:25	02:07:55.85	+00:42:05 (32.9%)	6:05	9.8 (66.7%)
43	DEMKOWSKI Marcin	7392		Senior II M - 30	24	01:15:42	02:08:00.65	+00:42:10 (32.9%)	6:05	9.8 (66.7%)
44	KRZYSZTOFIK Piotr	7133	CROSSFIT ETERNIA	Masters M - 40	7	01:16:29	02:08:55.25	+00:43:04 (33.4%)	6:08	9.8 (66.7%)
45	ZĄBEK Łukasz	7279	140MINUT.PL	Masters M - 40	8	01:15:32	02:08:56.10	+00:43:05 (33.4%)	6:08	9.8 (66.7%)
46	ZAJACZKOWSKA Anna	7440	ARKADIUSZ GARDZIELEWSKI RUNNING TEAM	Senior I K - 20	5	01:19:27	02:09:17.95	+00:43:27 (33.6%)	6:09	9.7 (66.0%)
47	NOWICKI Mateusz	7095		Senior I M - 20	6	01:18:14	02:09:48.20	+00:43:57 (33.9%)	6:10	9.7 (66.0%)
48	KURZYŃSKI Piotr	7198	TEAM BEROTU	Masters M - 40	9	01:16:45	02:10:29.00	+00:44:38 (34.2%)	6:12	9.7 (66.0%)
49	KOŁECKA Patrycja	7153	BLUE SKY TRAVEL	Masters K - 40	1	01:18:04	02:10:34.30	+00:44:43 (34.3%)	6:13	9.7 (66.0%)
50	ROGSCH Damian	7302	RADZYMIN RUN TEAM	Senior II M - 30	25	01:15:40	02:10:47.45	+00:44:56 (34.4%)	6:13	9.6 (65.3%)
51	BANASZAK Tomasz	7357	KD7W	Senior II M - 30	26	01:15:08	02:10:48.70	+00:44:58 (34.4%)	6:13	9.6 (65.3%)
52	ZIELIŃSKA Weronika	7380	12TRI.PL / ASICS FRONTRUNNER POLAND	Senior II K - 30	2	01:16:42	02:11:03.05	+00:45:12 (34.5%)	6:14	9.6 (65.3%)
53	MÓLL Mateusz	7011		Senior I M - 20	7	01:11:45	02:11:12.15	+00:45:21 (34.6%)	6:14	9.6 (65.3%)
54	CHAMALA Krzysztof	7330	WEEGREE	Senior II M - 30	27	01:20:19	02:11:14.20	+00:45:23 (34.6%)	6:14	9.6 (65.3%)
55	WALIGÓRA Mateusz	7503	EY RUNFORFUN	Senior II M - 30	28	01:16:20	02:11:28.20	+00:45:37 (34.7%)	6:15	9.6 (65.3%)
56	CICHOŃ Piotr	7496	BIELAWSKA AKADEMIA BIEGANIA	Masters M - 40	10	01:20:35	02:11:37.05	+00:45:46 (34.8%)	6:16	9.6 (65.3%)
57	PUCHALSKI Maciej	7237	ODDYCHAJSWOBODNIE.PL / NARAMOWICE BIEGAJĄ	Senior II M - 30	29	01:19:36	02:12:06.50	+00:46:16 (35.0%)	6:17	9.5 (64.6%)
58	GROLEWSKI Karol	7408	ISKRA TEAM	Masters M - 40	11	01:18:20	02:12:30.60	+00:46:40 (35.2%)	6:18	9.5 (64.6%)
59	PRZYSIWEK Patryk	7105		Senior II M - 30	30	01:16:55	02:12:33.15	+00:46:42 (35.2%)	6:18	9.5 (64.6%)
60	DENYSIUK Marek	7134	WATAHA	Masters M - 40	12	01:17:00	02:13:11.00	+00:47:20 (35.5%)	6:20	9.5 (64.6%)
61	OLEJNIK Marta	7427	ARKADIUSZ GARDZIELEWSKI RUNNING TEAM	Senior I K - 20	6	01:20:20	02:14:04.55	+00:48:14 (36.0%)	6:23	9.4 (63.9%)
62	PIECHOWIAK Marek	7354		Senior II M - 30	31	01:24:34	02:14:52.30	+00:49:01 (36.4%)	6:25	9.3 (63.3%)

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63	MOKRZYŃSKI Marcin	7548	KLUB LEKKOATLETYCZNY ZIEMIA KŁODZKA	Senior II M - 30	32	01:17:29	02:15:29.45	+00:49:38 (36.6%)	6:27	9.3 (63.3%)
64	ŚCISŁO Przemysław	7436		Masters M - 40	13	01:23:55	02:15:33.35	+00:49:42 (36.7%)	6:27	9.3 (63.3%)
65	SALWA Emil	7536		Senior II M - 30	33	01:18:31	02:16:09.45	+00:50:18 (37.0%)	6:29	9.3 (63.3%)
66	BUKAŁA Marcin	7365	VEGE RUNNERS	Senior I M - 20	8	01:22:55	02:16:31.30	+00:50:40 (37.1%)	6:30	9.2 (62.6%)
67	PIOTROWICZ Kamila	7533		Senior I K - 20	7	01:18:38	02:16:44.00	+00:50:53 (37.2%)	6:30	9.2 (62.6%)
68	PODESZWA Marek	7008	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	Weteran I M - 50	3	01:19:09	02:17:21.25	+00:51:30 (37.5%)	6:32	9.2 (62.6%)
69	KOBUSZEWSKI Artur	7414	SBRT WARSZAWA	Masters M - 40	14	01:26:15	02:17:46.10	+00:51:55 (37.7%)	6:33	9.1 (61.9%)
70	SOŁTYSIAK Robert	7304		Senior II M - 30	34	01:24:19	02:17:55.80	+00:52:05 (37.8%)	6:34	9.1 (61.9%)
71	CISZEWSKI Roman	7278		Masters M - 40	15	01:24:06	02:18:40.70	+00:52:50 (38.1%)	6:36	9.1 (61.9%)
72	KWIATKOWSKI Paweł	7175		Senior II M - 30	35	01:24:29	02:18:41.25	+00:52:50 (38.1%)	6:36	9.1 (61.9%)
73	WYSZYŃSKI Roman	7318		Senior II M - 30	36	01:20:30	02:18:44.45	+00:52:53 (38.1%)	6:36	9.1 (61.9%)
74	FILIPIAK Damian	7524		Senior I M - 20	9	01:23:03	02:18:49.80	+00:52:59 (38.2%)	6:36	9.1 (61.9%)
75	ADAMCZYK-NOWAK Beata	7228	MIECHOWICKA GRUPA BIEGOWA	Masters K - 40	2	01:23:34	02:19:17.95	+00:53:27 (38.4%)	6:37	9 (61.2%)
76	KUCIA Szymon	7469	RECARO	Senior I M - 20	10	01:24:20	02:19:30.45	+00:53:39 (38.5%)	6:38	9 (61.2%)
77	STORTZ Piotr	7343		Senior II M - 30	37	01:24:31	02:19:49.50	+00:53:59 (38.6%)	6:39	9 (61.2%)
78	LUBAŃSKI Mateusz	7520		Senior I M - 20	11	01:24:42	02:19:55.65	+00:54:05 (38.7%)	6:39	9 (61.2%)
79	POJDA Grzegorz	7072	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	Masters M - 40	16	01:22:08	02:20:12.95	+00:54:22 (38.8%)	6:40	9 (61.2%)
80	LEŚNIAK Karolina	7425	TMTEAM	Senior II K - 30	3	01:23:10	02:20:17.65	+00:54:27 (38.8%)	6:40	9 (61.2%)
81	GIBAS Rafał	7519		Masters M - 40	17	01:21:08	02:20:32.90	+00:54:42 (38.9%)	6:41	9 (61.2%)
82	MAŃKOWSKI Tomasz	7119		Senior I M - 20	12	01:23:13	02:20:55.00	+00:55:04 (39.1%)	6:42	8.9 (60.5%)
83	GAWCZYŃSKI Jakub	7377	TJ	Senior II M - 30	38	01:24:40	02:20:56.85	+00:55:06 (39.1%)	6:42	8.9 (60.5%)
84	BARWICKI Marcin	7395		Masters M - 40	18	01:24:20	02:21:12.45	+00:55:21 (39.2%)	6:43	8.9 (60.5%)
85	MIŚ Piotr	7058	DIEHL RUNNING TEAM	Senior II M - 30	39	01:24:18	02:21:24.90	+00:55:34 (39.3%)	6:44	8.9 (60.5%)

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86	PODLEŚ Robert	7053	COBI POLAND	Weteran I M - 50	4	01:25:58	02:21:37.75	+00:55:47 (39.4%)	6:44	8.9 (60.5%)
87	MIKA Tomasz	7331		Senior I M - 20	13	01:26:10	02:21:52.30	+00:56:01 (39.5%)	6:45	8.9 (60.5%)
88	ŁOPATYŃSKI Irek	7462	REMA SPORTEAM	Masters M - 40	19	01:19:35	02:22:17.40	+00:56:26 (39.7%)	6:46	8.9 (60.5%)
89	KUBIK Jarosław	7025		Senior II M - 30	40	01:22:16	02:22:19.70	+00:56:29 (39.7%)	6:46	8.9 (60.5%)
90	RZEWUSKI Jakub	7419		Senior I M - 20	14	01:21:49	02:22:25.75	+00:56:35 (39.7%)	6:46	8.8 (59.9%)
91	NIKOLIN Przemysław	7434		Masters M - 40	20	01:23:27	02:22:39.75	+00:56:49 (39.8%)	6:47	8.8 (59.9%)
92	KOTOWICZ Tomasz	7479	PRZEDWOJEWSKI MOUNTAIN TEAM	Masters M - 40	21	01:20:57	02:22:50.55	+00:57:00 (39.9%)	6:48	8.8 (59.9%)
93	KUTZMANN Magdalena	7038	WKB META LUBLINIEC	Masters K - 40	3	01:24:53	02:22:51.85	+00:57:01 (39.9%)	6:48	8.8 (59.9%)
94	BENETURSKI Adam	7378	TJ	Senior II M - 30	41	01:25:07	02:23:09.25	+00:57:18 (40.0%)	6:49	8.8 (59.9%)
95	WOSIEK Mateusz	7379	TJ	Senior II M - 30	42	01:24:55	02:23:13.60	+00:57:23 (40.1%)	6:49	8.8 (59.9%)
96	JÓZEFIAK Marek	7455	TJ	Senior II M - 30	43	01:25:06	02:23:34.45	+00:57:43 (40.2%)	6:50	8.8 (59.9%)
97	IWANIEK Przemysław	7356		Senior II M - 30	44	01:25:17	02:23:38.75	+00:57:48 (40.2%)	6:50	8.8 (59.9%)
98	JAROSZUK Ania	7103		Senior II K - 30	4	01:24:57	02:24:02.90	+00:58:12 (40.4%)	6:51	8.7 (59.2%)
99	ZGARDA Jacek	7424	TMTEAM	Masters M - 40	22	01:22:43	02:24:41.45	+00:58:50 (40.7%)	6:53	8.7 (59.2%)
100	HADAM Michał	7476	KB MANIAC POZNAN	Masters M - 40	23	01:27:42	02:25:12.90	+00:59:22 (40.9%)	6:54	8.7 (59.2%)
101	NIERADKA Anna	7172		Senior II K - 30	5	01:26:23	02:25:14.25	+00:59:23 (40.9%)	6:54	8.7 (59.2%)
102	LITWIN Monika	7270	LITEWIN	Senior II K - 30	6	01:22:40	02:25:32.15	+00:59:41 (41.0%)	6:55	8.7 (59.2%)
103	SOŁTYSIAK Karol	7368		Masters M - 40	24	01:27:21	02:25:38.50	+00:59:48 (41.1%)	6:56	8.7 (59.2%)
104	LECZKOWSKI Dariusz	7182		Weteran I M - 50	5	01:28:33	02:26:12.70	+01:00:22 (41.3%)	6:57	8.6 (58.5%)
105	PARZYCH Katarzyna	7012	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	Masters K - 40	4	01:28:19	02:26:20.95	+01:00:30 (41.3%)	6:58	8.6 (58.5%)
106	SAWICZ Piotrek	7416		Senior II M - 30	45	01:26:27	02:26:36.45	+01:00:45 (41.4%)	6:58	8.6 (58.5%)
107	LEMIESZKA Marta	7284	FRACHT SPORT CLUB	Senior I K - 20	8	01:25:30	02:27:06.70	+01:01:16 (41.6%)	7:00	8.6 (58.5%)
108	MICHALEWSKI Paweł	7107		Senior II M - 30	46	01:28:39	02:27:11.90	+01:01:21 (41.7%)	7:00	8.6 (58.5%)

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109	URBANIAK Daniel	7044		Masters M - 40	25	01:32:14	02:27:17.85	+01:01:27 (41.7%)	7:00	8.6 (58.5%)
110	PŁAZA Radosław	7415		Senior II M - 30	47	01:26:31	02:27:18.55	+01:01:28 (41.7%)	7:00	8.6 (58.5%)
111	MAKOWSKI Lukasz	7504	GRUPA PRO	Senior II M - 30	48	01:26:47	02:27:19.25	+01:01:28 (41.7%)	7:00	8.6 (58.5%)
112	JURASZEK Krzysztof	7317		Senior I M - 20	15	01:28:14	02:27:48.90	+01:01:58 (41.9%)	7:02	8.5 (57.8%)
113	ANTKIEWICZ Kamil	7325		Senior II M - 30	49	01:27:45	02:28:08.35	+01:02:17 (42.1%)	7:03	8.5 (57.8%)
114	MATUSZEWSKI Łukasz	7531	SBRT WARSZAWA	Senior II M - 30	50	01:31:34	02:29:05.55	+01:03:15 (42.4%)	7:05	8.5 (57.8%)
115	GROCHOT Edyta	7100	#ADAMCZERWIŃSKITEAM	Masters K - 40	5	01:29:07	02:29:11.40	+01:03:20 (42.5%)	7:06	8.4 (57.1%)
116	NOWAK Ireneusz	7124		Masters M - 40	26	01:25:02	02:29:14.40	+01:03:23 (42.5%)	7:06	8.4 (57.1%)
117	ZDEBSKA Magdalena	7101		Senior II K - 30	7	01:27:36	02:29:24.25	+01:03:33 (42.5%)	7:06	8.4 (57.1%)
118	ZIEWIEC Marcin	7112		Senior II M - 30	51	01:28:36	02:29:25.55	+01:03:35 (42.6%)	7:06	8.4 (57.1%)
119	MUĆKA Paweł	7282		Masters M - 40	27	01:28:34	02:29:26.30	+01:03:35 (42.6%)	7:06	8.4 (57.1%)
120	DĘBICKI Łukasz	7422	RCI WROCŁAW	Senior II M - 30	52	01:24:38	02:29:28.80	+01:03:38 (42.6%)	7:07	8.4 (57.1%)
121	RADOMSKI Grzegorz	7373	RUN MOKRE	Masters M - 40	28	01:27:42	02:29:47.40	+01:03:56 (42.7%)	7:07	8.4 (57.1%)
122	MIKOŁAJEWSKA Justyna	7410		Senior II K - 30	8	01:29:12	02:29:59.05	+01:04:08 (42.8%)	7:08	8.4 (57.1%)
123	TELEON Piotr	7087	JACEKBIEGA RUNNING TEAM	Masters M - 40	29	01:27:29	02:30:11.80	+01:04:21 (42.8%)	7:09	8.4 (57.1%)
124	PŁÓCIENNIK Patrycja	7413		Senior I K - 20	9	01:31:21	02:30:19.05	+01:04:28 (42.9%)	7:09	8.4 (57.1%)
125	CICHOCKI Dawid	7293	NIGHT RUNNERS PYSKOWICE	Senior II M - 30	53	01:32:47	02:30:30.20	+01:04:39 (43.0%)	7:10	8.4 (57.1%)
126	JAROSZEWSKI Arkadiusz	7256	ISKRA KSIĘGINICE	Senior II M - 30	54	01:28:43	02:30:34.35	+01:04:43 (43.0%)	7:10	8.4 (57.1%)
127	MARCINKIEWICZ Jerzy	7335	ŁEMKO TEAM	Weteran I M - 50	6	01:30:30	02:30:47.25	+01:04:56 (43.1%)	7:10	8.4 (57.1%)
128	LEWIŃSKI Filip	7499	OBORYGENI	Masters M - 40	30	01:29:11	02:31:00.85	+01:05:10 (43.2%)	7:11	8.3 (56.5%)
129	JAKRZEWSKI Mikołaj	7042	JARACZEWOBIEGA	Senior II M - 30	55	01:29:14	02:31:39.05	+01:05:48 (43.4%)	7:13	8.3 (56.5%)
130	ŚWIRAD Mirosław	7197		Senior II M - 30	56	01:28:55	02:31:45.85	+01:05:55 (43.4%)	7:13	8.3 (56.5%)
131	WASILEWSKI Michał	7494		Masters M - 40	31	01:33:36	02:32:11.80	+01:06:21 (43.6%)	7:14	8.3 (56.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
132	GAŁĘZYKA Rafał	7475	ONE MAN TEAM	Masters M - 40	32	01:29:13	02:32:17.75	+01:06:27 (43.6%)	7:15	8.3 (56.5%)
133	DUDEK Marek	7527	LKS KRZYŻANOWICE	Senior II M - 30	57	01:28:09	02:32:51.50	+01:07:01 (43.8%)	7:16	8.2 (55.8%)
134	KRWAWNIK Maciej	7438		Senior II M - 30	58	01:28:02	02:33:01.30	+01:07:10 (43.9%)	7:17	8.2 (55.8%)
135	KOWALEWSKI Dariusz	7486	DZIADZIA-RUN	Weteran I M - 50	7	01:28:09	02:33:17.70	+01:07:27 (44.0%)	7:17	8.2 (55.8%)
136	KOCIMSKA Katarzyna	7466	EUROVENT ATHLETICS	Masters K - 40	6	01:29:27	02:33:30.00	+01:07:39 (44.1%)	7:18	8.2 (55.8%)
137	ZDUNEK Mariusz	7490	ROXY	Senior II M - 30	59	01:30:31	02:33:33.10	+01:07:42 (44.1%)	7:18	8.2 (55.8%)
138	KĄDZIOŁKA Artur	7001	DOCHODZIMY W 2H ;-)	Senior II M - 30	60		02:33:48.50	+01:07:58 (44.2%)	7:19	8.2 (55.8%)
139	HNATIUK Anna	7221	MATNER RUNNING TEAM	Senior II K - 30	9	01:33:57	02:33:57.30	+01:08:06 (44.2%)	7:19	8.2 (55.8%)
140	NOGANOWICZ Agata	7346	PRO-RUN WROCŁAW	Weteran K - 50	2	01:31:55	02:34:08.40	+01:08:17 (44.3%)	7:20	8.2 (55.8%)
141	SZYMANOWSKI Paweł	7271		Senior II M - 30	61	01:32:55	02:34:17.15	+01:08:26 (44.4%)	7:20	8.2 (55.8%)
142	PIÓRKOWSKI Jarosław	7122	KOŁO BIEGA	Masters M - 40	33	01:30:31	02:34:27.00	+01:08:36 (44.4%)	7:21	8.2 (55.8%)
143	ŁUCZAK Maciej	7552		Masters M - 40	34	01:29:38	02:34:40.95	+01:08:50 (44.5%)	7:21	8.1 (55.1%)
144	MAZAN Przemysław	7069	VEGE RUNNERS	Masters M - 40	35	01:30:22	02:34:44.15	+01:08:53 (44.5%)	7:22	8.1 (55.1%)
145	SADOWSKI Jakub	7157		Senior I M - 20	16	01:33:51	02:35:53.90	+01:10:03 (44.9%)	7:25	8.1 (55.1%)
146	PANKOWSKI Owidiusz	7326	NKB CHYŻY NOWY TOMYŚL	Senior I M - 20	17	01:37:18	02:36:26.70	+01:10:36 (45.1%)	7:27	8.1 (55.1%)
147	GLAPA Patryk	7429		Senior II M - 30	62	01:35:55	02:36:48.45	+01:10:57 (45.3%)	7:28	8 (54.4%)
148	KAWA Hubert	7179	NKB CHYŻY NOWY TOMYŚL	Senior II M - 30	63	01:37:06	02:36:48.75	+01:10:58 (45.3%)	7:28	8 (54.4%)
149	KUNKEL Mariusz	7316	SMARUJ NA TRENING TEAM	Masters M - 40	36	01:34:01	02:36:57.40	+01:11:06 (45.3%)	7:28	8 (54.4%)
150	GANDYRA Rafał	7349		Senior II M - 30	64	01:30:54	02:37:06.75	+01:11:16 (45.4%)	7:28	8 (54.4%)
151	OBRZUD Katarzyna	7460		Masters K - 40	7	01:32:12	02:37:37.20	+01:11:46 (45.5%)	7:30	8 (54.4%)
152	BERG Elwira	7177		Senior II K - 30	10	01:31:16	02:37:56.90	+01:12:06 (45.7%)	7:31	8 (54.4%)
153	MOLTZAN-MAŁKOWSKA Liliana	7511		Senior I K - 20	10	01:32:20	02:38:05.25	+01:12:14 (45.7%)	7:31	8 (54.4%)
154	MORAWSKI Wojciech	7167		Senior II M - 30	65	01:32:40	02:38:06.95	+01:12:16 (45.7%)	7:31	8 (54.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
155	BOSZKO Krzysztof	7030		Senior II M - 30	66	01:32:06	02:38:14.95	+01:12:24 (45.8%)	7:32	8 (54.4%)
156	KOWALCZUK Anna	7517		Masters K - 40	8	01:30:27	02:38:31.50	+01:12:41 (45.8%)	7:32	7.9 (53.7%)
157	ROGÓZ Elżbieta	7286	PRORUNNING PROMOTION	Masters K - 40	9	01:35:36	02:38:38.60	+01:12:48 (45.9%)	7:33	7.9 (53.7%)
158	UCHEREK Kazimierz	7106		Weteran I M - 50	8	01:31:27	02:38:43.75	+01:12:53 (45.9%)	7:33	7.9 (53.7%)
159	GRONEK Magdalena	7398	BIEGAMDLAZDROWIA.PL	Masters K - 40	10	01:34:38	02:38:52.60	+01:13:02 (46.0%)	7:33	7.9 (53.7%)
160	ŚLIWKA Beata	7180	OLZA CIESZYN	Masters K - 40	11	01:31:27	02:38:55.60	+01:13:05 (46.0%)	7:34	7.9 (53.7%)
161	ŚRODA Maciej	7403		Senior II M - 30	67	01:31:59	02:39:02.80	+01:13:12 (46.0%)	7:34	7.9 (53.7%)
162	WNUK Dominik	7384	ZAWIANI KOŁOBRZEG	Senior I M - 20	18	01:30:18	02:39:03.55	+01:13:13 (46.0%)	7:34	7.9 (53.7%)
163	SIP Mirosław	7170		Weteran I M - 50	9	01:34:32	02:39:32.45	+01:13:41 (46.2%)	7:35	7.9 (53.7%)
164	SKULIMA Szymon	7068		Senior I M - 20	19	01:30:08	02:39:43.60	+01:13:53 (46.3%)	7:36	7.9 (53.7%)
165	REDKIEWICZ Agnieszka	7508	PSYCHORUN	Senior II K - 30	11	01:33:15	02:39:47.10	+01:13:56 (46.3%)	7:36	7.9 (53.7%)
166	NOWOPOLSKI Leszek	7394		Masters M - 40	37	01:32:28	02:40:07.40	+01:14:16 (46.4%)	7:37	7.9 (53.7%)
167	DENYSENKO Lech	7539	BOOT CAMP KATOWICE	Weteran II M - 60	1	01:34:31	02:40:11.15	+01:14:20 (46.4%)	7:37	7.9 (53.7%)
168	GUGA Paweł	7471	BIEGAM BO LUBIĘ	Senior II M - 30	68	01:32:01	02:40:46.90	+01:14:56 (46.6%)	7:39	7.8 (53.1%)
169	BOROWSKI Marcin	7516		Masters M - 40	38	01:33:29	02:40:47.40	+01:14:56 (46.6%)	7:39	7.8 (53.1%)
170	SOWIŃSKA-JANECZEK Joanna	7028	KB MARATON TUREK	Senior II K - 30	12	01:36:58	02:41:07.10	+01:15:16 (46.7%)	7:40	7.8 (53.1%)
171	KUCIŃSKA Magdalena	7019	BASSET ROLLING TEAM	Senior II K - 30	13	01:33:41	02:41:20.05	+01:15:29 (46.8%)	7:40	7.8 (53.1%)
172	SUSKI Bartłomiej	7173		Senior II M - 30	69	01:38:23	02:41:24.85	+01:15:34 (46.8%)	7:41	7.8 (53.1%)
173	PIETRZAK Marek	7202		Masters M - 40	39	01:36:13	02:41:30.65	+01:15:40 (46.9%)	7:41	7.8 (53.1%)
174	HOREJDA Sara	7114	WATAHA- ŁĄCZY NAS BIEGANIE	Senior I K - 20	11	01:38:03	02:41:35.65	+01:15:45 (46.9%)	7:41	7.8 (53.1%)
175	FIGUŁA Sławomir	7514		Senior II M - 30	70	01:32:25	02:41:40.20	+01:15:49 (46.9%)	7:41	7.8 (53.1%)
176	KINER ROMAŃCZUK Gosia	7171		Senior II K - 30	14	01:34:20	02:41:43.20	+01:15:52 (46.9%)	7:42	7.8 (53.1%)
177	KĘDZIOR Grzegorz	7467		Senior I M - 20	20	01:32:05	02:42:02.55	+01:16:12 (47.0%)	7:43	7.8 (53.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
178	WAWRZY尼亚K Krystian	7324	KB ODRA OPOLE	Senior II M - 30	71	01:30:55	02:42:08.35	+01:16:17 (47.1%)	7:43	7.8 (53.1%)
179	GAWCZYŃSKI Kacper	7435		Senior I M - 20	21	01:39:46	02:42:09.90	+01:16:19 (47.1%)	7:43	7.8 (53.1%)
180	CHMIELEWSKA-KOZIOŁ Magdalena	7165		Weteran K - 50	3	01:35:58	02:42:20.35	+01:16:29 (47.1%)	7:43	7.8 (53.1%)
181	BAL Tomasz	7291		Senior II M - 30	72	01:33:55	02:42:28.80	+01:16:38 (47.2%)	7:44	7.8 (53.1%)
182	DORNIAC Natalia	7081		Senior I K - 20	12	01:35:36	02:42:54.40	+01:17:03 (47.3%)	7:45	7.7 (52.4%)
183	FIĄCEK Adam	7375	HARTUJĘ CHARTA	Masters M - 40	40	01:32:02	02:42:58.55	+01:17:08 (47.3%)	7:45	7.7 (52.4%)
184	TOMASZEWSKA Ewa	7505		Masters K - 40	12	01:38:48	02:43:03.95	+01:17:13 (47.4%)	7:45	7.7 (52.4%)
185	ZAMECKI Radosław	7502		Senior II M - 30	73	01:32:13	02:43:15.65	+01:17:25 (47.4%)	7:46	7.7 (52.4%)
186	ANDRZEJCZAK Michał	7348		Senior II M - 30	74	01:32:30	02:43:24.85	+01:17:34 (47.5%)	7:46	7.7 (52.4%)
187	STĘPIEŃ Patrycja	7056		Senior I K - 20	13	01:41:12	02:43:33.75	+01:17:43 (47.5%)	7:47	7.7 (52.4%)
188	GAWCZYŃSKI Marcel	7433		Senior II M - 30	75	01:39:36	02:43:36.50	+01:17:46 (47.5%)	7:47	7.7 (52.4%)
189	KRZESZEWSKA Dorota	7240		Masters K - 40	13	01:35:21	02:43:46.10	+01:17:55 (47.6%)	7:47	7.7 (52.4%)
190	MAŁKOWSKI Piotr	7155		Weteran II M - 60	2	01:38:22	02:43:59.10	+01:18:08 (47.7%)	7:48	7.7 (52.4%)
191	KUCHARCZYK Kamil	7449	TRI NOT TO DIE	Senior II M - 30	76	01:39:18	02:44:12.25	+01:18:21 (47.7%)	7:49	7.7 (52.4%)
192	KASZUBSKI Marek	7126		Masters M - 40	41	01:40:30	02:44:20.25	+01:18:29 (47.8%)	7:49	7.7 (52.4%)
193	DUTKOWIAK Aleksandra	7052	PIĄTKOWO NA BIEGOWO	Senior II K - 30	15	01:39:46	02:44:40.90	+01:18:50 (47.9%)	7:50	7.7 (52.4%)
194	KOT Klaudia	7186		Senior I K - 20	14	01:35:25	02:44:42.20	+01:18:51 (47.9%)	7:50	7.7 (52.4%)
195	SOBOLEWSKI Bartłomiej	7457		Weteran II M - 60	3	01:35:41	02:45:01.10	+01:19:10 (48.0%)	7:51	7.6 (51.7%)
196	TRZCINOWICZ Maciej	7366	OPTOMI	Masters M - 40	42	01:31:11	02:45:01.60	+01:19:11 (48.0%)	7:51	7.6 (51.7%)
197	MICHALAK-KLIMCZAK Lucyna	7143		Senior II K - 30	16	01:36:26	02:45:02.55	+01:19:12 (48.0%)	7:51	7.6 (51.7%)
198	ŁAGOWSKI Dariusz	7500	TKKF MPK POZNAŃ	Masters M - 40	43	01:38:08	02:45:49.90	+01:19:59 (48.2%)	7:53	7.6 (51.7%)
199	WETULA Zofia	7547		Senior II K - 30	17	01:36:24	02:46:42.10	+01:20:51 (48.5%)	7:56	7.6 (51.7%)
200	URBAŃSKI Tomasz	7219	FLUNKYBALL TEAM ŁĄDEK-ZDRÓJ	Senior II M - 30	77	01:38:15	02:46:45.75	+01:20:55 (48.5%)	7:56	7.6 (51.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
201	DRZYMAŁA Marcin	7131		Senior II M - 30	78	01:36:16	02:46:52.50	+01:21:02 (48.6%)	7:56	7.6 (51.7%)
202	ANDRZEJCZAK Łukasz	7193	NKB CHYŻY NOWY TOMYŚL	Senior II M - 30	79	01:39:45	02:47:01.00	+01:21:10 (48.6%)	7:57	7.5 (51.0%)
203	ANDRZEJCZAK Anna	7192	NKB CHYŻY NOWY TOMYŚL	Senior II K - 30	18	01:39:55	02:47:10.80	+01:21:20 (48.7%)	7:57	7.5 (51.0%)
204	DRÓZDŹ Arkadiusz	7332		Senior II M - 30	80	01:39:29	02:47:15.15	+01:21:24 (48.7%)	7:57	7.5 (51.0%)
205	GLUSZKO Katarzyna	7327	MIRA TEAM	Senior II K - 30	19	01:37:35	02:47:38.80	+01:21:48 (48.8%)	7:59	7.5 (51.0%)
206	SOJKA Przemek	7329	ORANGE POLSKA	Masters M - 40	44	01:38:06	02:48:01.85	+01:22:11 (48.9%)	8:00	7.5 (51.0%)
207	PLINIEWICZ Joanna	7362	STRONSKA GRUPA ROWEROWA	Senior II K - 30	20	01:38:14	02:48:13.05	+01:22:22 (49.0%)	8:00	7.5 (51.0%)
208	PTASZYŃSKI Marcin	7018		Senior I M - 20	22	01:38:19	02:48:18.85	+01:22:28 (49.0%)	8:00	7.5 (51.0%)
209	DOŁASIŃSKI Jarek	7015		Senior II M - 30	81	01:34:34	02:48:22.25	+01:22:31 (49.0%)	8:01	7.5 (51.0%)
210	MATUSZCZYK Marek	7250	RYBNICKA GRUPA BIEGOWA	Masters M - 40	45	01:38:57	02:48:22.60	+01:22:32 (49.0%)	8:01	7.5 (51.0%)
211	SMUDA Ryszard	7127		Weteran II M - 60	4	01:38:14	02:48:31.40	+01:22:40 (49.1%)	8:01	7.5 (51.0%)
212	IZDEBSKI Tomasz	7488	NBS	Masters M - 40	46	01:37:25	02:48:38.80	+01:22:48 (49.1%)	8:01	7.5 (51.0%)
213	PARZYCH Wojciech	7005	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	Masters M - 40	47	01:39:16	02:48:41.75	+01:22:51 (49.1%)	8:01	7.5 (51.0%)
214	HELMAN Jaroslaw	7452		Masters M - 40	48	01:36:09	02:48:47.55	+01:22:57 (49.1%)	8:02	7.5 (51.0%)
215	CHRZANOWSKA Olga	7509	PSYCHORUN	Senior II K - 30	21	01:41:31	02:49:24.00	+01:23:33 (49.3%)	8:04	7.4 (50.3%)
216	KOWALSKI Krzysztof	7374	STS BIEGATON	Masters M - 40	49	01:41:24	02:49:42.00	+01:23:51 (49.4%)	8:04	7.4 (50.3%)
217	BOGDAŁ Michał	7166		Senior II M - 30	82	01:39:28	02:50:08.95	+01:24:18 (49.5%)	8:06	7.4 (50.3%)
218	MICHNO Krzysztof	7333		Senior II M - 30	83	01:33:40	02:50:23.15	+01:24:32 (49.6%)	8:06	7.4 (50.3%)
219	SĄSIADK Sławomir	7501	ŚWIAT BIEGACZA FEHLAU RUN TEAM	Weteran I M - 50	10	01:44:16	02:50:26.60	+01:24:36 (49.6%)	8:07	7.4 (50.3%)
220	LENARTOWICZ Barbara	7249		Weteran K - 50	4	01:44:46	02:50:39.50	+01:24:49 (49.7%)	8:07	7.4 (50.3%)
221	DURCZEWSKA Daria	7439	PRO-RUN WROCŁAW	Masters K - 40	14	01:44:47	02:50:44.95	+01:24:54 (49.7%)	8:07	7.4 (50.3%)
222	HANYŹ Mateusz	7551		Masters M - 40	50	01:44:03	02:50:50.50	+01:25:00 (49.8%)	8:08	7.4 (50.3%)
223	MIKUŁA Grzegorz	7361		Masters M - 40	51	01:40:35	02:51:11.85	+01:25:21 (49.9%)	8:09	7.4 (50.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
224	BUREK Bartosz	7345	JAKDOJADE	Senior II M - 30	84	01:39:02	02:51:28.40	+01:25:37 (49.9%)	8:09	7.3 (49.7%)
225	ROSOLSKI Paweł	7301	WSOWA	Masters M - 40	52	01:37:06	02:51:38.15	+01:25:47 (50.0%)	8:10	7.3 (49.7%)
226	KULINA Maciej	7261		Senior I M - 20	23	01:52:25	02:51:54.15	+01:26:03 (50.1%)	8:11	7.3 (49.7%)
227	KONIECZNY Przemysław	7458		Senior II M - 30	85	01:39:30	02:51:56.55	+01:26:06 (50.1%)	8:11	7.3 (49.7%)
228	MADEJ Weronika	7421		Senior I K - 20	15	01:43:11	02:51:59.00	+01:26:08 (50.1%)	8:11	7.3 (49.7%)
229	MAJ Marek	7393	ŚLĘZAK TEAM	Masters M - 40	53	01:40:34	02:51:59.65	+01:26:09 (50.1%)	8:11	7.3 (49.7%)
230	MICHALAK Kamil	7142		Senior II M - 30	86	01:36:16	02:52:02.20	+01:26:11 (50.1%)	8:11	7.3 (49.7%)
231	GĘBKA Małgorzata	7451	CRAZY RUNNERS	Senior II K - 30	22	01:44:13	02:52:08.25	+01:26:17 (50.1%)	8:11	7.3 (49.7%)
232	BRONIEWSKA Anna	7247		Weteran K - 50	5	01:41:31	02:52:35.65	+01:26:45 (50.3%)	8:13	7.3 (49.7%)
233	KOPYŚCIAŃSKI Aleksander	7111	LEGNICKIE MORSY	Masters M - 40	54	01:42:14	02:52:47.10	+01:26:56 (50.3%)	8:13	7.3 (49.7%)
234	SZKUDLAREK Arkadiusz	7437		Masters M - 40	55	01:38:55	02:52:48.55	+01:26:58 (50.3%)	8:13	7.3 (49.7%)
235	GIMZICKA Ewa	7303		Masters K - 40	15	01:41:38	02:52:51.80	+01:27:01 (50.3%)	8:13	7.3 (49.7%)
236	BARTKIEWICZ Halina	7009		Masters K - 40	16	01:45:19	02:52:52.00	+01:27:01 (50.3%)	8:13	7.3 (49.7%)
237	BAŃKOWSKI Igor	7423		Weteran I M - 50	11	01:39:56	02:52:56.30	+01:27:05 (50.4%)	8:14	7.3 (49.7%)
238	LUBELCZYK Grzegorz	7426	SPELEOCLUB WROCŁAW	Masters M - 40	56	01:42:53	02:53:17.95	+01:27:27 (50.5%)	8:15	7.3 (49.7%)
239	WISZNIEWICZ Piotr	7264	BANA DZIEWIONA	Senior II M - 30	87	01:41:45	02:53:28.60	+01:27:38 (50.5%)	8:15	7.3 (49.7%)
240	MAŚLANKA Łukasz	7097		Senior II M - 30	88	01:45:29	02:53:36.40	+01:27:45 (50.6%)	8:16	7.3 (49.7%)
241	WYBRANIEC Tomasz	7272		Senior II M - 30	89	01:42:23	02:53:39.00	+01:27:48 (50.6%)	8:16	7.3 (49.7%)
242	BOGUSZ Marek	7314	WALKA KOSTRZYN	Weteran II M - 60	5	01:40:38	02:53:43.70	+01:27:53 (50.6%)	8:16	7.3 (49.7%)
243	WOJCIECHOWSKA Anna	7050	PIĄTKOWO NA BIEGOWO	Masters K - 40	17	01:47:50	02:53:48.40	+01:27:57 (50.6%)	8:16	7.2 (49.0%)
244	WESOŁOWSKA Kinga	7406	#55TEAM / ASICS FRONTRUNNER POLAND	Senior I K - 20	16	01:40:50	02:54:00.05	+01:28:09 (50.7%)	8:17	7.2 (49.0%)
245	SZWED Monika	7239		Masters K - 40	18	01:44:40	02:54:04.55	+01:28:14 (50.7%)	8:17	7.2 (49.0%)
246	CZERNAK Agnieszka	7207	PIĄTKOWO NA BIEGOWO	Masters K - 40	19	01:48:10	02:54:15.35	+01:28:24 (50.7%)	8:17	7.2 (49.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
247	RAJCZAK Łukasz	7443		Senior II M - 30	90	01:41:36	02:54:20.35	+01:28:29 (50.8%)	8:18	7.2 (49.0%)
248	MICHALSKI Grzegorz	7364		Masters M - 40	57	01:41:32	02:54:32.25	+01:28:41 (50.8%)	8:18	7.2 (49.0%)
249	ORŁOWSKI Robert	7418	BIEGNĘ DO MORDORU	Senior II M - 30	91	01:44:36	02:54:45.05	+01:28:54 (50.9%)	8:19	7.2 (49.0%)
250	SZCZEPANIAK Wiesław	7480		Weteran II M - 60	6	01:42:07	02:54:57.00	+01:29:06 (50.9%)	8:19	7.2 (49.0%)
251	MIELOSZYK Wojtek	7351		Senior II M - 30	92	01:48:32	02:55:09.20	+01:29:18 (51.0%)	8:20	7.2 (49.0%)
252	KOŚNY Damian	7027	GIT	Masters M - 40	58	01:39:58	02:55:10.50	+01:29:20 (51.0%)	8:20	7.2 (49.0%)
253	LECH Grzegorz	7138	KB ODRA OPOLE	Senior II M - 30	93	01:42:57	02:55:28.60	+01:29:38 (51.1%)	8:21	7.2 (49.0%)
254	KRUPIŃSKI Zbigniew	7328	KOŁO BIEGA	Senior II M - 30	94	01:49:49	02:55:37.35	+01:29:46 (51.1%)	8:21	7.2 (49.0%)
255	BARANOWSKI Szymon	7194		Senior II M - 30	95	01:41:20	02:55:39.05	+01:29:48 (51.1%)	8:21	7.2 (49.0%)
256	ZINIEWICZ Małgorzata	7495		Masters K - 40	20	01:44:35	02:55:39.80	+01:29:49 (51.1%)	8:21	7.2 (49.0%)
257	KOPKA Pawel	7257		Senior II M - 30	96	01:39:28	02:55:45.95	+01:29:55 (51.2%)	8:22	7.2 (49.0%)
258	WOJCIECHOWSKI Maciej	7145		Senior II M - 30	97	01:44:32	02:56:08.75	+01:30:18 (51.3%)	8:23	7.2 (49.0%)
259	ZATAJ Igor	7144	KB MANIAC /CHARTY CHARTOWO	Masters M - 40	59	01:42:49	02:56:16.60	+01:30:26 (51.3%)	8:23	7.1 (48.3%)
260	DUMIŃSKI Tomasz	7289	STRZEGOMSKA DWUNASTKA	Masters M - 40	60	01:39:41	02:56:36.50	+01:30:46 (51.4%)	8:24	7.1 (48.3%)
261	GUDZ Beata	7522		Senior II K - 30	23	01:43:33	02:56:37.35	+01:30:46 (51.4%)	8:24	7.1 (48.3%)
262	HELLWING Wojciech	7048	POLSKIE TOWARZYSTWO ASTRONOMICZNE	Masters M - 40	61	01:43:46	02:56:48.25	+01:30:57 (51.4%)	8:25	7.1 (48.3%)
263	MENTONE Dario	7445		Senior II M - 30	98	01:43:45	02:57:02.90	+01:31:12 (51.5%)	8:25	7.1 (48.3%)
264	VAKH Oksana	7485		Senior I K - 20	17	01:39:24	02:57:38.85	+01:31:48 (51.7%)	8:27	7.1 (48.3%)
265	SAMBORSKI Daniel	7397	BIEGACZE W RADOMSKU / WIECZORNE BIEGANIE W OPOLU	Masters M - 40	62	01:46:36	02:57:39.30	+01:31:48 (51.7%)	8:27	7.1 (48.3%)
266	KACZMAREK Dorota	7382	RADZIKI	Senior II K - 30	24	01:48:25	02:57:40.55	+01:31:50 (51.7%)	8:27	7.1 (48.3%)
267	KACZMAREK Radosław	7383	RADZIKI	Weteran I M - 50	12	01:48:15	02:57:43.25	+01:31:52 (51.7%)	8:27	7.1 (48.3%)
268	SAMBORSKA Monika	7396	BIEGACZE W RADOMSKU	Senior II K - 30	25	01:46:45	02:57:48.55	+01:31:58 (51.7%)	8:28	7.1 (48.3%)
269	SZTACHELSKI Krzysztof	7297	SIWY TEAM	Masters M - 40	63	01:41:07	02:57:51.80	+01:32:01 (51.7%)	8:28	7.1 (48.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
270	JAROCIŃSKI Michał	7484	JANUSZE PRZYGODY	Masters M - 40	64	01:45:33	02:57:54.00	+01:32:03 (51.7%)	8:28	7.1 (48.3%)
271	OKRASA Tomasz	7481		Senior II M - 30	99	01:39:44	02:57:58.60	+01:32:08 (51.8%)	8:28	7.1 (48.3%)
272	MAJCHRZYCKI Sławomir	7430	TKKF MPK POZNAŃ	Senior II M - 30	100	01:47:19	02:57:58.65	+01:32:08 (51.8%)	8:28	7.1 (48.3%)
273	WOŹNIAK Mirosław	7518	TKKF MPK POZNAŃ	Weteran II M - 60	7	01:47:29	02:58:09.85	+01:32:19 (51.8%)	8:29	7.1 (48.3%)
274	SZCZERBA Kasia	7214		Senior II K - 30	26	01:47:14	02:58:44.85	+01:32:54 (52.0%)	8:30	7 (47.6%)
275	KACZMAREK Maciej	7220	TEAM BEROTU	Senior II M - 30	101	01:51:13	02:58:46.90	+01:32:56 (52.0%)	8:30	7 (47.6%)
276	DUSZA Izabela	7185	AZS PW	Senior I K - 20	18	01:48:46	02:58:47.35	+01:32:56 (52.0%)	8:30	7 (47.6%)
277	KOWALSKI Łukasz	7323	KB ODRA OPOLE	Senior II M - 30	102	01:36:41	02:59:04.90	+01:33:14 (52.1%)	8:31	7 (47.6%)
278	KUTRZYK Przemysław	7376		Masters M - 40	65	01:42:50	02:59:26.85	+01:33:36 (52.2%)	8:32	7 (47.6%)
279	STUDZIŃSKA Joanna	7098		Senior II K - 30	27	01:45:09	02:59:27.30	+01:33:36 (52.2%)	8:32	7 (47.6%)
280	SKWIERCZYŃSKI Sylwester	7260		Senior I M - 20	24	01:40:24	02:59:51.20	+01:34:00 (52.3%)	8:33	7 (47.6%)
281	HAGEL Julita	7446		Senior II K - 30	28	01:42:35	03:00:04.70	+01:34:14 (52.3%)	8:34	7 (47.6%)
282	SZCZEPANOWSKI Andrzej	7063	ŚRUNDUNIA SZCZECIN	Masters M - 40	66	01:47:37	03:00:36.10	+01:34:45 (52.5%)	8:36	7 (47.6%)
283	JERSZ Bartosz	7447		Masters M - 40	67	01:51:18	03:00:39.85	+01:34:49 (52.5%)	8:36	7 (47.6%)
284	APANASEWICZ Dominika	7400		Masters K - 40	21	01:51:28	03:00:58.95	+01:35:08 (52.6%)	8:37	7 (47.6%)
285	KIEŁPIŃSKI Mikołaj	7528	FOREST GANG	Senior I M - 20	25	01:44:02	03:01:03.10	+01:35:12 (52.6%)	8:37	7 (47.6%)
286	BUŁAJ Bartosz	7411		Senior II M - 30	103	01:51:32	03:01:23.70	+01:35:33 (52.7%)	8:38	6.9 (46.9%)
287	RYBICKI Przemysław	7353	SKLEP BIEGACZA	Masters M - 40	68	01:44:02	03:01:34.05	+01:35:43 (52.7%)	8:38	6.9 (46.9%)
288	STAŃCZYK Andrzej	7162	KS KOZIOŁEK KĘDZIERZYN-KOŹLE	Weteran I M - 50	13	01:47:20	03:01:36.75	+01:35:46 (52.7%)	8:38	6.9 (46.9%)
289	SZUCHTA Zuzanna	7390	ADIDAS RUNNERS WARSAW	Senior II K - 30	29	01:51:50	03:01:57.30	+01:36:06 (52.8%)	8:39	6.9 (46.9%)
290	RATAJ Robert	7208	PIĄTKOWO NA BIEGOWO - POZNAŃ	Masters M - 40	69	01:56:54	03:02:04.40	+01:36:13 (52.9%)	8:40	6.9 (46.9%)
291	SKRZĄTEK Anna	7116		Masters K - 40	22	01:51:08	03:02:11.80	+01:36:21 (52.9%)	8:40	6.9 (46.9%)
292	FLISEK Jakub	7031	MNTW	Senior II M - 30	104	01:50:08	03:02:19.40	+01:36:28 (52.9%)	8:40	6.9 (46.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
293	WIŚNIEWSKI Sławomir	7498	1984	Senior II M - 30	105	01:45:30	03:02:23.70	+01:36:33 (52.9%)	8:41	6.9 (46.9%)
294	PERKA Barbara	7090	,ZAŁOGA GÓRSKA	Masters K - 40	23	01:46:30	03:02:50.45	+01:36:59 (53.1%)	8:42	6.9 (46.9%)
295	TKACZ-BRODACKA Natalia	7222		Senior I K - 20	19	01:44:28	03:02:54.40	+01:37:03 (53.1%)	8:42	6.9 (46.9%)
296	SZCZYGIEŁ Zbigniew	7246		Weteran I M - 50	14	01:52:07	03:03:17.85	+01:37:27 (53.2%)	8:43	6.9 (46.9%)
297	KRYSIAK Joachim	7188		Weteran I M - 50	15	01:50:13	03:03:18.95	+01:37:28 (53.2%)	8:43	6.9 (46.9%)
298	KRYSIAK Artur	7543		Senior II M - 30	106	01:50:18	03:03:24.40	+01:37:33 (53.2%)	8:44	6.9 (46.9%)
299	JAGUSIAK Piotr	7281		Masters M - 40	70	01:52:22	03:03:32.85	+01:37:42 (53.2%)	8:44	6.9 (46.9%)
300	MICHAEL Monika	7389	ADIDAS RUNNERS WARSAW	Senior II K - 30	30	01:51:37	03:04:15.35	+01:38:24 (53.4%)	8:46	6.8 (46.3%)
301	JUREWICZ Agata	7477	VEGERUNNERS	Senior II K - 30	31	01:48:44	03:04:39.35	+01:38:48 (53.5%)	8:47	6.8 (46.3%)
302	KOZŁOWSKI Piotr	7150	KS HUSARIA SZCZECINEK	Masters M - 40	71	01:48:34	03:05:01.25	+01:39:10 (53.6%)	8:48	6.8 (46.3%)
303	KRÓL Karol	7226		Masters M - 40	72	01:51:12	03:05:16.05	+01:39:25 (53.7%)	8:49	6.8 (46.3%)
304	GALEWSKI Mariusz	7139		Weteran I M - 50	16	01:47:33	03:05:21.95	+01:39:31 (53.7%)	8:49	6.8 (46.3%)
305	JURASZ Aleksandra	7201		Senior II K - 30	32	01:46:23	03:05:33.20	+01:39:42 (53.7%)	8:50	6.8 (46.3%)
306	NIERADKO Arkadiusz	7115		Masters M - 40	73	01:52:21	03:05:44.30	+01:39:53 (53.8%)	8:50	6.8 (46.3%)
307	KAPELSKI Michał	7152		Masters M - 40	74	01:49:19	03:06:10.80	+01:40:20 (53.9%)	8:51	6.8 (46.3%)
308	CHOŁUJ Małgorzata	7320		Weteran K - 50	6	01:49:09	03:06:14.15	+01:40:23 (53.9%)	8:52	6.8 (46.3%)
309	RĘBECKA Violetta	7041	BIEGAMDLAZDROWIA.PL	Masters K - 40	24	01:52:57	03:06:19.15	+01:40:28 (53.9%)	8:52	6.8 (46.3%)
310	GONTARCZYK Dawid	7047		Senior I M - 20	26	01:52:07	03:07:38.25	+01:41:47 (54.3%)	8:56	6.7 (45.6%)
311	CIEMNY Wojciech	7077	NIGHT RUNNERS PYSKOWICE	Masters M - 40	75	01:50:01	03:07:53.95	+01:42:03 (54.3%)	8:56	6.7 (45.6%)
312	SIENKIEWICZ Grzegorz	7181	NKB CHYŻY NOWY TOMYŚL	Senior II M - 30	107	01:45:13	03:08:12.95	+01:42:22 (54.4%)	8:57	6.7 (45.6%)
313	ZASŁAWSKI Lech	7060		Senior II M - 30	108	01:54:14	03:08:20.65	+01:42:30 (54.4%)	8:58	6.7 (45.6%)
314	PAWLAK Gabriel	7002		Masters M - 40	76	01:52:59	03:08:54.90	+01:43:04 (54.6%)	8:59	6.7 (45.6%)
315	BABICA Paulina	7136	KOBIETY BIEGAJĄ	Senior II K - 30	33	01:53:52	03:09:16.05	+01:43:25 (54.6%)	9:00	6.7 (45.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
316	WOŹNIAK Jakub	7273		Senior I M - 20	27	01:50:38	03:09:18.35	+01:43:27 (54.7%)	9:00	6.7 (45.6%)
317	SMURA Ewa	7372		Senior II K - 30	34	01:54:04	03:09:29.45	+01:43:38 (54.7%)	9:01	6.6 (44.9%)
318	GRABOWSKI Adam	7223		Masters M - 40	77	01:50:36	03:09:30.70	+01:43:40 (54.7%)	9:01	6.6 (44.9%)
319	HYRA Patryk	7310		Senior I M - 20	28	01:43:41	03:09:53.45	+01:44:02 (54.8%)	9:02	6.6 (44.9%)
320	JAKUBOWSKI Rafał	7065	R-TEAM RYDZYNA	Masters M - 40	78	01:54:50	03:09:55.90	+01:44:05 (54.8%)	9:02	6.6 (44.9%)
321	PORADA Małgorzata	7255		Masters K - 40	25	01:55:11	03:09:58.70	+01:44:08 (54.8%)	9:02	6.6 (44.9%)
322	BOJEK Beata	7064	R-TEAM RYDZYNA	Masters K - 40	26	01:55:00	03:10:06.70	+01:44:16 (54.8%)	9:03	6.6 (44.9%)
323	KOKOSZKIEWICZ Jarosław	7497	GRZYBIANY TEAM	Senior II M - 30	109	01:51:13	03:10:08.45	+01:44:17 (54.9%)	9:03	6.6 (44.9%)
324	KUBIACZYK Malwina	7464	NIGHT RUNNERS PYSKOWICE	Senior II K - 30	35	01:52:32	03:10:12.85	+01:44:22 (54.9%)	9:03	6.6 (44.9%)
325	TABACZYŃSKA Monika	7071		Senior I K - 20	20	01:45:22	03:10:52.90	+01:45:02 (55.0%)	9:05	6.6 (44.9%)
326	LUBAŃSKA Alicja	7109		Weteran K - 50	7	01:55:38	03:11:00.00	+01:45:09 (55.1%)	9:05	6.6 (44.9%)
327	HATAŁA Tomasz	7054	BARCA	Senior II M - 30	110	01:52:25	03:11:35.35	+01:45:44 (55.2%)	9:07	6.6 (44.9%)
328	KRÓL Katarzyna	7227		Senior II K - 30	36	01:53:44	03:11:52.80	+01:46:02 (55.3%)	9:08	6.6 (44.9%)
329	WITKOWSKI Marek	7032		Masters M - 40	79	01:58:44	03:11:58.60	+01:46:08 (55.3%)	9:08	6.6 (44.9%)
330	ANDRZEJCZAK Łukasz	7347		Senior II M - 30	111	01:53:47	03:12:04.70	+01:46:14 (55.3%)	9:08	6.6 (44.9%)
331	GAJDA Mateusz	7128	SPRÓCHNIALI HERKULESI	Senior II M - 30	112	01:49:55	03:13:28.35	+01:47:37 (55.6%)	9:12	6.5 (44.2%)
332	MARONKA Agnieszka	7350		Masters K - 40	27	01:53:18	03:13:55.65	+01:48:05 (55.7%)	9:14	6.5 (44.2%)
333	BARAŃSKI Rafał	7456	BIEGA BO MUSZĘ	Masters M - 40	80	01:53:36	03:14:06.20	+01:48:15 (55.8%)	9:14	6.5 (44.2%)
334	KOZŁOWSKA Renata	7265	LADY AEROBIK NYSA	Senior II K - 30	37	01:50:43	03:14:07.00	+01:48:16 (55.8%)	9:14	6.5 (44.2%)
335	WALKOWIAK Marek	7244	PECNA TEAM	Masters M - 40	81	01:52:57	03:14:12.80	+01:48:22 (55.8%)	9:14	6.5 (44.2%)
336	WYGLĄDAŁA Michał	7033	DRUŻYNA JEDNOROŻCA	Senior II M - 30	113	01:53:31	03:14:15.85	+01:48:25 (55.8%)	9:15	6.5 (44.2%)
337	CZUCHWICKI Marek	7006		Masters M - 40	82	01:54:37	03:14:30.10	+01:48:39 (55.9%)	9:15	6.5 (44.2%)
338	PAPIERNIAK Anna	7034		Senior II K - 30	38	01:53:52	03:14:35.90	+01:48:45 (55.9%)	9:16	6.5 (44.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
339	NOWICKA-BŁASZCZYK Izabela	7230		Masters K - 40	28	01:58:35	03:14:36.45	+01:48:45 (55.9%)	9:16	6.5 (44.2%)
340	FIKSA Katarzyna	7231	WOJART TEAM	Masters K - 40	29	01:58:36	03:14:44.65	+01:48:54 (55.9%)	9:16	6.5 (44.2%)
341	BŁASZCZYK Jacek	7229		Masters M - 40	83	01:58:50	03:14:54.60	+01:49:04 (56.0%)	9:16	6.5 (44.2%)
342	MARCINKOWSKA Katarzyna	7266	LADY AEROBIK NYSA	Masters K - 40	30	01:53:20	03:15:13.40	+01:49:22 (56.0%)	9:17	6.5 (44.2%)
343	SKRZYPIŃSKA Agnieszka	7315	PSI PATROL	Senior II K - 30	39	01:57:44	03:15:15.15	+01:49:24 (56.0%)	9:17	6.5 (44.2%)
344	BOREK Mateusz	7080		Senior I M - 20	29	01:55:17	03:15:34.35	+01:49:43 (56.1%)	9:18	6.4 (43.5%)
345	SOSZYŃSKA Małgorzata	7542		Weteran K - 50	8	01:50:15	03:15:54.65	+01:50:04 (56.2%)	9:19	6.4 (43.5%)
346	HERMAN Barbara	7209		Senior II K - 30	40	01:51:10	03:16:34.50	+01:50:44 (56.3%)	9:21	6.4 (43.5%)
347	MARCINKIEWICZ Agnieszka	7534		Senior II K - 30	41	01:59:55	03:16:50.95	+01:51:00 (56.4%)	9:22	6.4 (43.5%)
348	JĘDRYCHOWSKI Przemysław	7252		Masters M - 40	84	01:54:49	03:17:14.95	+01:51:24 (56.5%)	9:23	6.4 (43.5%)
349	KOPKA - JĘDRYCHOWSKA Monika	7253		Masters K - 40	31	01:55:02	03:17:25.30	+01:51:34 (56.5%)	9:24	6.4 (43.5%)
350	SZCZEPAŃSKI Wojciech	7412	BIAŁYSTOK BIEGA TEAM	Senior II M - 30	114	02:01:35	03:17:37.25	+01:51:46 (56.6%)	9:24	6.4 (43.5%)
351	NOSZCZYŃSKI Kamil	7453	FUNDACJA BIAŁYSTOK BIEGA	Senior II M - 30	115	02:01:44	03:17:47.30	+01:51:56 (56.6%)	9:25	6.4 (43.5%)
352	GAJDECKI Tomek	7224	ACCENTURE	Masters M - 40	85	01:57:19	03:18:15.50	+01:52:25 (56.7%)	9:26	6.4 (43.5%)
353	GERMAN-GIENTKOWSKA Iwona	7344		Masters K - 40	32	01:59:23	03:18:22.85	+01:52:32 (56.7%)	9:26	6.4 (43.5%)
354	GAJDECKA Adriana	7225	ORANGE	Masters K - 40	33	01:57:52	03:18:25.20	+01:52:34 (56.7%)	9:26	6.4 (43.5%)
355	CENDROWICZ Magdalena	7512	AMBASADRZYFB	Senior II K - 30	42	01:58:03	03:18:27.85	+01:52:37 (56.7%)	9:27	6.3 (42.9%)
356	WISZNIEWICZ Agnieszka	7472		Senior II K - 30	43	01:57:24	03:18:42.60	+01:52:52 (56.8%)	9:27	6.3 (42.9%)
357	SIKORSKA Karolina	7407		Senior II K - 30	44	01:58:49	03:19:05.05	+01:53:14 (56.9%)	9:28	6.3 (42.9%)
358	KOŃ Aleksandra	7149		Masters K - 40	34	01:59:36	03:19:48.00	+01:53:57 (57.0%)	9:30	6.3 (42.9%)
359	STRZELCZYK Paulina	7051	NESSI	Senior II K - 30	45	02:03:58	03:20:03.60	+01:54:13 (57.1%)	9:31	6.3 (42.9%)
360	GIDASZEWSKA Jolanta	7049	NESSI	Masters K - 40	35	02:04:11	03:20:16.25	+01:54:25 (57.1%)	9:32	6.3 (42.9%)
361	NIEWCZAS Barbara	7199		Senior II K - 30	46	01:56:22	03:20:28.40	+01:54:37 (57.2%)	9:32	6.3 (42.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
362	GRZELAKOWSKA Agata	7037		Weteran K - 50	9	02:01:26	03:20:59.80	+01:55:09 (57.3%)	9:34	6.3 (42.9%)
363	JÓZEFczyk Justyna	7010	PIĄTKOWO NA BIEGOWO	Masters K - 40	36	02:02:14	03:21:04.50	+01:55:14 (57.3%)	9:34	6.3 (42.9%)
364	POKORNY Tomasz	7191	ZAKOCHAJ SIĘ W BIEGANIU	Masters M - 40	86	02:04:41	03:21:08.90	+01:55:18 (57.3%)	9:34	6.3 (42.9%)
365	BIENIASZ-KRZYWIEC Patryk	7043		Senior I M - 20	30	01:56:42	03:21:30.00	+01:55:39 (57.4%)	9:35	6.3 (42.9%)
366	MAĆCZAK Katarzyna	7337		Senior I K - 20	21	02:01:09	03:21:33.85	+01:55:43 (57.4%)	9:35	6.3 (42.9%)
367	HYLIŃSKA Hanna	7045		Senior II K - 30	47	01:54:29	03:21:40.50	+01:55:50 (57.4%)	9:36	6.2 (42.2%)
368	STAŃCZUK Dorota	7295	SLOW JOGGING SIEDLCE	Weteran K - 50	10	02:00:11	03:21:45.30	+01:55:54 (57.5%)	9:36	6.2 (42.2%)
369	KRYSIAK Łukasz	7023	PIĄTKOWO NA BIEGOWO	Masters M - 40	87	02:02:03	03:22:16.70	+01:56:26 (57.6%)	9:37	6.2 (42.2%)
370	DUBIŃSKI Przemysław	7132	PRZEMEK DUBIŃSKI - BIEGIEMPRZEZŚWIAT	Masters M - 40	88	02:10:43	03:22:35.25	+01:56:44 (57.6%)	9:38	6.2 (42.2%)
371	KWIATKOWSKI Daniel	7083	PARKRUN GRUDZIĄDZ	Senior II M - 30	116	01:56:36	03:23:07.80	+01:57:17 (57.7%)	9:40	6.2 (42.2%)
372	KUCHCZYŃSKI Krzysztof	7369	BIEGAJĄCA KASTA MIEDZIOWEGO MIASTA	Senior II M - 30	117	02:09:41	03:23:17.15	+01:57:26 (57.8%)	9:40	6.2 (42.2%)
373	PROCHOŃ Krzysztof	7540		Weteran I M - 50	17	01:54:02	03:23:17.80	+01:57:27 (57.8%)	9:40	6.2 (42.2%)
374	KOZIOŁ Joanna	7158		Masters K - 40	37	02:03:32	03:23:51.40	+01:58:00 (57.9%)	9:42	6.2 (42.2%)
375	SZCZODRZYŃSKA Kasia	7473		Masters K - 40	38	02:05:39	03:24:25.05	+01:58:34 (58.0%)	9:44	6.2 (42.2%)
376	GRZYB Beata	7478	KOBIETY BIEGAJĄ	Masters K - 40	39	02:05:52	03:24:37.35	+01:58:46 (58.0%)	9:44	6.2 (42.2%)
377	CHORZĘPA Wojciech	7506		Senior II M - 30	118	01:59:23	03:25:16.80	+01:59:26 (58.2%)	9:46	6.1 (41.5%)
378	ŁAŻNIAK-PFAJFER Agata	7306	CARDIORUNNERS	Senior II K - 30	48	02:04:37	03:26:25.30	+02:00:34 (58.4%)	9:49	6.1 (41.5%)
379	SIKORA Agnieszka	7269		Senior II K - 30	49	01:57:12	03:26:33.60	+02:00:43 (58.4%)	9:50	6.1 (41.5%)
380	RYPUŁA Grażyna	7183	ZEN RUNNING TEAM	Weteran II K - 60	1	01:58:55	03:27:05.80	+02:01:15 (58.5%)	9:51	6.1 (41.5%)
381	RAPACZ Danuta	7205	ANMAR	Weteran II K - 60	2	02:06:54	03:27:14.10	+02:01:23 (58.6%)	9:52	6.1 (41.5%)
382	MAGDA Natasza	7091	NIGHT RUNNERS PYSKOWICE	Masters K - 40	40	01:59:46	03:27:16.25	+02:01:25 (58.6%)	9:52	6.1 (41.5%)
383	RYPUŁA Zenon	7218	ZEN RUNING TEAM	Weteran II M - 60	8	01:58:43	03:27:27.60	+02:01:37 (58.6%)	9:52	6.1 (41.5%)
384	TCHÓRZEWSKA Monika	7288		Senior II K - 30	50	02:06:21	03:27:29.80	+02:01:39 (58.6%)	9:52	6.1 (41.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas		Tempo min/km	Tempo km/h
							netto 21km	Różn		
385	WYPCHOŁ Piotr	7340	BIEGAJ Z TRENERAMI	Weteran I M - 50	18	02:04:37	03:27:37.30	+02:01:46 (58.7%)	9:53	6.1 (41.5%)
386	KODZIS Sylwia	7200	BIEGAM W GÓRACH BARDZKICH	Senior II K - 30	51	02:06:14	03:27:38.85	+02:01:48 (58.7%)	9:53	6.1 (41.5%)
387	TCHÓRZEWSKA-PIETRZYK Anna	7287		Masters K - 40	41	02:06:34	03:27:39.80	+02:01:49 (58.7%)	9:53	6.1 (41.5%)
388	KOWALEWSKA Anna	7125	KOBIETY W BIEGU	Senior II K - 30	52	02:06:22	03:27:46.95	+02:01:56 (58.7%)	9:53	6.1 (41.5%)
389	KNOBLOCH Ewa	7441		Masters K - 40	42	02:07:15	03:27:59.20	+02:02:08 (58.7%)	9:54	6.1 (41.5%)
390	PIETRZAK Sylwia	7401	12TRI	Senior II K - 30	53	02:08:42	03:28:14.20	+02:02:23 (58.8%)	9:54	6.1 (41.5%)
391	KLAJA Agnieszka	7017		Senior II K - 30	54	02:07:31	03:28:17.85	+02:02:27 (58.8%)	9:55	6 (40.8%)
392	WIZE-ZIELONKA Karolina	7442		Masters K - 40	43	02:07:35	03:28:19.30	+02:02:28 (58.8%)	9:55	6 (40.8%)
393	CZERWONKA Zbigniew	7513	1983	Senior II M - 30	119	02:03:06	03:28:51.20	+02:03:00 (58.9%)	9:56	6 (40.8%)
394	MORAWSKA Anna	7189		Weteran II K - 60	3	02:02:26	03:28:53.65	+02:03:03 (58.9%)	9:56	6 (40.8%)
395	PRZESTRZELSKA-HAAS Marta	7004	BACKPACKING OKAPI TEAM	Masters K - 40	44	02:05:39	03:28:57.30	+02:03:06 (58.9%)	9:57	6 (40.8%)
396	SZCZYGIEŁ Beata	7245		Masters K - 40	45	02:04:30	03:29:04.35	+02:03:13 (58.9%)	9:57	6 (40.8%)
397	KAYSIEWICZ Joanna	7381		Masters K - 40	46	02:05:53	03:29:35.40	+02:03:44 (59.0%)	9:58	6 (40.8%)
398	RAKOWSKI Damian	7070		Senior I M - 20	31	01:51:07	03:30:01.05	+02:04:10 (59.1%)	10:00	6 (40.8%)
399	STACHURSKA Monika	7046		Weteran K - 50	11	02:05:44	03:30:23.25	+02:04:32 (59.2%)	10:01	6 (40.8%)
400	JOŃCZYK Jerzy	7211		Weteran I M - 50	19	01:50:51	03:30:28.65	+02:04:38 (59.2%)	10:01	6 (40.8%)
401	SIARKIEWICZ Jola	7073	BIEGAMDLAZDROWIA.PL	Weteran K - 50	12	02:01:43	03:30:36.45	+02:04:45 (59.2%)	10:01	6 (40.8%)
402	JASICKI Julian	7156	STROŃSKA GRUPA ROWEROWA	Weteran II M - 60	9	01:58:21	03:30:57.60	+02:05:07 (59.3%)	10:02	6 (40.8%)
403	KONCA Mariusz	7215	KB OŻARÓW MAZOWIECKI BIEGA	Masters M - 40	89	02:20:11	03:32:40.90	+02:06:50 (59.6%)	10:07	5.9 (40.1%)
404	NESTOROWICZ Monika	7154	KLUB BIEGACZA JURUND SZCZYTNO	Masters K - 40	47	02:09:06	03:32:57.45	+02:07:06 (59.7%)	10:08	5.9 (40.1%)
405	POWAŁA Janusz	7311	JIL	Weteran II M - 60	10	02:03:57	03:33:02.20	+02:07:11 (59.7%)	10:08	5.9 (40.1%)
406	RUDA Kamila	7371	KURACJUSZE	Senior II K - 30	55	01:53:21	03:34:16.10	+02:08:25 (59.9%)	10:12	5.9 (40.1%)
407	URBANIAK Alina	7474	KURACJUSZE	Senior II K - 30	56	01:53:30	03:34:32.50	+02:08:42 (60.0%)	10:12	5.9 (40.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
408	STOMPEL Ewelina	7151		Senior II K - 30	57	02:01:48	03:34:49.35	+02:08:58 (60.0%)	10:13	5.9 (40.1%)
409	SZCZEPKOWSKI Paweł	7523	ARTEQUIPMENT	Weteran II M - 60	11	02:05:45	03:34:52.90	+02:09:02 (60.1%)	10:13	5.9 (40.1%)
410	SOBIŃSKI Waldemar	7062	BIEGAMDLAZDROWIA.PL	Weteran I M - 50	20	02:03:26	03:34:54.85	+02:09:04 (60.1%)	10:14	5.9 (40.1%)
411	TRELA Mirosław	7276	DB LESZCZYNY	Weteran I M - 50	21	02:09:55	03:34:57.45	+02:09:06 (60.1%)	10:14	5.9 (40.1%)
412	TRELA Anieli	7275	DB LESZCZYNY	Masters K - 40	48	02:10:03	03:35:07.90	+02:09:17 (60.1%)	10:14	5.9 (40.1%)
413	SIENKIEWICZ Joanna	7140	ORGANIC RACE TEAM	Senior II K - 30	58	02:08:17	03:35:38.55	+02:09:48 (60.2%)	10:16	5.8 (39.5%)
414	GRESER Beata	7141	ORGANIC RACE TEAM	Masters K - 40	49	02:08:26	03:35:48.80	+02:09:58 (60.2%)	10:16	5.8 (39.5%)
415	SAWICKA Izabela	7022	PARKRUN	Senior II K - 30	59	02:16:38	03:36:08.45	+02:10:17 (60.3%)	10:17	5.8 (39.5%)
416	PACIA Beata	7402		Senior II K - 30	60	02:06:36	03:36:44.45	+02:10:53 (60.4%)	10:19	5.8 (39.5%)
417	HETMAŃSKA Diana	7078	LOVELASY	Senior II K - 30	61	02:16:26	03:37:30.40	+02:11:39 (60.5%)	10:21	5.8 (39.5%)
418	PALUSIŃSKA Agnieszka	7039	LOVELASY	Masters K - 40	50	02:16:33	03:37:39.70	+02:11:49 (60.6%)	10:21	5.8 (39.5%)
419	SOBCZYK Marek	7213	KB OŻARÓW MAZOWIECKI BIEGA	Masters M - 40	90	02:20:19	03:38:09.35	+02:12:18 (60.7%)	10:23	5.8 (39.5%)
420	SZCZEPANIAK Sylwia	7432		Senior II K - 30	62	02:05:33	03:38:32.00	+02:12:41 (60.7%)	10:24	5.8 (39.5%)
421	KONCA Beata	7216	KB OŻARÓW MAZOWIECKI BIEGA	Masters K - 40	51	02:18:39	03:38:40.00	+02:12:49 (60.7%)	10:24	5.8 (39.5%)
422	KORYBSKI Tomasz	7431		Masters M - 40	91	02:14:56	03:38:47.55	+02:12:57 (60.8%)	10:25	5.8 (39.5%)
423	SARNOWSKI Maciej	7040	TKKF MPK POZNAŃ	Masters M - 40	92	02:05:31	03:38:54.75	+02:13:04 (60.8%)	10:25	5.8 (39.5%)
424	WILMOWSKI Marek	7417		Weteran I M - 50	22	02:06:18	03:39:38.60	+02:13:48 (60.9%)	10:27	5.7 (38.8%)
425	JUSKOWIAK Mikołaj	7217		Senior II M - 30	120	02:15:26	03:40:01.05	+02:14:10 (61.0%)	10:28	5.7 (38.8%)
426	DZIAŁAK Marian	7169	KB AKTYWNI KONIN	Weteran II M - 60	12	02:15:36	03:40:02.40	+02:14:11 (61.0%)	10:28	5.7 (38.8%)
427	CHRZANOWSKI Paweł	7510		Senior II M - 30	121	02:09:21	03:40:43.40	+02:14:52 (61.1%)	10:30	5.7 (38.8%)
428	SZCZAPA Karol	7399		Senior II M - 30	122	02:08:39	03:40:53.95	+02:15:03 (61.1%)	10:31	5.7 (38.8%)
429	SZCZYGIELSKA Patrycja	7274		Senior II K - 30	63	02:16:22	03:41:02.55	+02:15:12 (61.2%)	10:31	5.7 (38.8%)
430	IMIŃSKI Cezary	7206		Weteran I M - 50	23	02:03:57	03:41:16.10	+02:15:25 (61.2%)	10:32	5.7 (38.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
431	KONIECZNY Piotr	7251	NKB CHYŻY NOWY TOMYŚL	Senior II M - 30	123	02:19:40	03:41:55.55	+02:16:05 (61.3%)	10:34	5.7 (38.8%)
432	KACZMAREK Monika	7299	PHOENIX CONTACT WIELKOPOLSKA	Masters K - 40	52	02:19:49	03:42:03.00	+02:16:12 (61.3%)	10:34	5.7 (38.8%)
433	DADAŚ Elżbieta	7007	BP RUNNING TEAM GLIWICE	Masters K - 40	53	02:19:25	03:42:04.30	+02:16:13 (61.3%)	10:34	5.7 (38.8%)
434	STASZEWSKA Aneta	7305	NIGHT RUNNERS PYSKOWICE	Masters K - 40	54	02:16:12	03:42:40.95	+02:16:50 (61.5%)	10:36	5.7 (38.8%)
435	SOBCZYK Ela	7212	KB OŻARÓW MAZOWIECKI BIEGA	Masters K - 40	55	02:20:29	03:43:26.05	+02:17:35 (61.6%)	10:38	5.6 (38.1%)
436	BARAŃSKA Małgorzata	7277	BOB OPOLE	Weteran K - 50	13	02:24:30	03:43:36.60	+02:17:46 (61.6%)	10:38	5.6 (38.1%)
437	PIJANKA Monika	7121		Masters K - 40	56	02:24:43	03:43:45.65	+02:17:55 (61.6%)	10:39	5.6 (38.1%)
438	GADZINOWSKI Ignacy	7298		Weteran II M - 60	13	02:14:47	03:44:54.25	+02:19:03 (61.8%)	10:42	5.6 (38.1%)
439	CHOJNOWSKA Barbara	7026	PUSIA TEAM	Masters K - 40	57	02:15:17	03:44:59.05	+02:19:08 (61.8%)	10:42	5.6 (38.1%)
440	CHOJNOWSKA Dominika	7024	PUSIA TEAM	Senior I K - 20	22	02:15:18	03:45:08.55	+02:19:18 (61.9%)	10:43	5.6 (38.1%)
441	NAMYŚLAK Radosław	7482	KOŁO BIEGA	Masters M - 40	93	02:10:29	03:46:00.45	+02:20:09 (62.0%)	10:45	5.6 (38.1%)
442	BLICHERT Anna	7507	1986	Senior II K - 30	64	02:18:50	03:46:04.85	+02:20:14 (62.0%)	10:45	5.6 (38.1%)
443	JANKOWSKA Magdalena	7487	KOŁO BIEGA	Senior II K - 30	65	02:13:36	03:46:08.05	+02:20:17 (62.0%)	10:46	5.6 (38.1%)
444	NAMYŚLAK Renata	7483	KOŁO BIEGA	Masters K - 40	58	02:13:47	03:46:17.70	+02:20:27 (62.1%)	10:46	5.6 (38.1%)
445	GAJ-JURCZYK Renata	7465	STAN UMYSŁU LEWIN BIEGA	Masters K - 40	59	02:10:31	03:49:11.75	+02:23:21 (62.5%)	10:54	5.5 (37.4%)
446	STOŁOWSKA Natalia	7258		Masters K - 40	60	02:15:46	03:49:31.85	+02:23:41 (62.6%)	10:55	5.5 (37.4%)
447	NOWAK Jakub	7405	POMIOTY SZATANA	Senior II M - 30	124	01:58:44	03:50:02.05	+02:24:11 (62.7%)	10:57	5.5 (37.4%)
448	SMUG Ewelina	7061		Senior II K - 30	66	02:16:05	03:50:27.00	+02:24:36 (62.8%)	10:58	5.5 (37.4%)
449	SZALSKA Elżbieta	7532		Senior II K - 30	67	02:05:19	03:50:54.20	+02:25:03 (62.8%)	10:59	5.5 (37.4%)
450	SŁOMKA Karolina	7159		Senior I K - 20	23	02:11:57	03:51:05.20	+02:25:14 (62.9%)	11:00	5.5 (37.4%)
451	RUTKOWSKI Konrad	7535		Senior II M - 30	125	02:12:08	03:51:16.45	+02:25:25 (62.9%)	11:00	5.4 (36.7%)
452	PAKUŁA Beata	7203		Masters K - 40	61	02:10:58	03:53:05.30	+02:27:14 (63.2%)	11:05	5.4 (36.7%)
453	JAGUSIAK Barbara	7358		Weteran K - 50	14	02:21:07	03:54:31.80	+02:28:41 (63.4%)	11:10	5.4 (36.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
454	SOSNOWSKA Barbara	7108	LACHO TEAM	Masters K - 40	62	02:23:46	03:54:41.05	+02:28:50 (63.4%)	11:10	5.4 (36.7%)
455	URBANIAK Agnieszka	7123		Masters K - 40	63	02:19:29	03:55:32.90	+02:29:42 (63.6%)	11:13	5.3 (36.1%)
456	NIEDŹWIECKA Dorota	7338	SKIPARK-WYSOWA	Weteran K - 50	15	02:20:21	03:56:56.15	+02:31:05 (63.8%)	11:16	5.3 (36.1%)
457	ŁABOWICZ Magdalena	7493		Masters K - 40	64		03:58:23.00	+02:32:32 (64.0%)	11:21	5.3 (36.1%)
458	SIEWIERA Katarzyna	7492		Masters K - 40	65	02:25:23	03:58:26.25	+02:32:35 (64.0%)	11:21	5.3 (36.1%)
459	PILAK Zbigniew	7036		Weteran II M - 60	14	02:24:29	03:59:44.30	+02:33:53 (64.2%)	11:24	5.3 (36.1%)
460	NAGAŃSKA-PILAK Małgorzata	7035		Weteran K - 50	16	02:24:28	03:59:54.90	+02:34:04 (64.2%)	11:25	5.3 (36.1%)
461	KOSTULSKA Olga	7236	WKURW_TEAM	Senior II K - 30	68	02:20:44	03:59:58.90	+02:34:08 (64.2%)	11:25	5.3 (36.1%)
462	BASZCZYŃSKA Barbara	7386	WKURW_TEAM	Weteran K - 50	17	02:26:55	04:00:08.65	+02:34:18 (64.3%)	11:26	5.2 (35.4%)
463	DOBROWOLSKI Robert	7075	SPORTOWI EMERYCI	Weteran II M - 60	15	02:29:34	04:00:43.75	+02:34:53 (64.3%)	11:27	5.2 (35.4%)
464	JEZIERSKA Karina	7094		Masters K - 40	66	02:22:39	04:02:00.20	+02:36:09 (64.5%)	11:31	5.2 (35.4%)
465	FRANKOWSKA Ania	7470	MIECHOWICKA GRUPA BIEGOWA	Weteran K - 50	18	02:23:30	04:02:22.20	+02:36:31 (64.6%)	11:32	5.2 (35.4%)
466	MAZZARA Dominika	7459	PROGRESS	Senior II K - 30	69	02:42:51	04:04:20.80	+02:38:30 (64.9%)	11:38	5.2 (35.4%)
467	BEDNARCZYK Sylwia	7003		Masters K - 40	67	02:37:37	04:04:32.05	+02:38:41 (64.9%)	11:38	5.2 (35.4%)
468	JARCZYŃSKA Adriana	7450		Senior II K - 30	70	02:42:44	04:05:52.90	+02:40:02 (65.1%)	11:42	5.1 (34.7%)
469	KOSZYKA Weronika	7082	WYBIEGAĆ MARZENIA TEAM	Senior I K - 20	24	02:27:44	04:05:57.95	+02:40:07 (65.1%)	11:42	5.1 (34.7%)
470	WITKOWSKA Ania	7029	PARKRUN GORZÓW WIELKOPOLSKI	Senior II K - 30	71	02:28:39	04:07:37.45	+02:41:46 (65.3%)	11:47	5.1 (34.7%)
471	JUSZKO Aleksandra	7259		Senior I K - 20	25	02:24:37	04:10:22.70	+02:44:32 (65.7%)	11:55	5 (34.0%)
472	JUSZKO Monika	7235		Masters K - 40	68	02:24:47	04:10:39.70	+02:44:49 (65.8%)	11:56	5 (34.0%)
473	PODSIADŁY Robert	7118	CHATA BIEGACZA K34	Weteran II M - 60	16	02:28:23	04:10:48.05	+02:44:57 (65.8%)	11:56	5 (34.0%)
474	DOBROWOLSKA Bożena	7074	SPORTOWI EMERYCI	Weteran II K - 60	4	02:29:45	04:10:50.05	+02:44:59 (65.8%)	11:56	5 (34.0%)
475	SZCZEPANIAK Sławomir	7385	KS LENIWIEC	Weteran I M - 50	24	02:18:23	04:10:57.05	+02:45:06 (65.8%)	11:57	5 (34.0%)
476	KRUCZEK Ewa	7084	KW OPOLE	Senior II K - 30	72	02:25:25	04:11:26.60	+02:45:36 (65.9%)	11:58	5 (34.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
477	SCISŁOWSKA Anna	7093		Senior II K - 30	73	02:29:14	04:11:38.15	+02:45:47 (65.9%)	11:58	5 (34.0%)
478	POLOWCZYK Dominika	7092		Senior II K - 30	74	02:29:24	04:11:48.00	+02:45:57 (65.9%)	11:59	5 (34.0%)
479	KNOSOWSKI Sławomir	7085	HEKI TEAM	Masters M - 40	94	02:29:57	04:11:55.95	+02:46:05 (65.9%)	11:59	5 (34.0%)
480	KNOSOWSKA Sylwia	7086	HEKI TEAM	Masters K - 40	69	02:30:08	04:12:05.65	+02:46:15 (65.9%)	12:00	5 (34.0%)
481	ROGIŃSKA Katarzyna	7014	WKURW_TEAM	Weteran K - 50	19	02:28:22	04:13:52.75	+02:48:02 (66.2%)	12:05	5 (34.0%)
482	WÓJCIK Jacek	7117		Masters M - 40	95	02:32:43	04:32:09.25	+03:06:18 (68.5%)	12:57	4.6 (31.3%)
483	KOWALSKI Andrzej	7067		Senior I M - 20	32	02:35:55	04:35:10.15	+03:09:19 (68.8%)	13:06	4.6 (31.3%)
484	ORDON Dorota	7059		Senior II K - 30	75	02:36:15	04:35:28.65	+03:09:38 (68.8%)	13:07	4.6 (31.3%)
485	KACZOROWSKA Anna	7296	SLOW JOGGING SIEDLCE	Weteran K - 50	20	02:47:02	04:45:05.85	+03:19:15 (69.9%)	13:34	4.4 (29.9%)
Przekroczony limit czasu: 05:00:00										
486	MRÓWCZYŃSKA PĘZIOŁ Ewa	7541		Masters K - 40	70	02:54:06	05:08:40.00	+03:42:49 (72.2%)	14:41	4.1 (27.9%)
487	STASIAK Mateusz	7448	ITFF	Senior II M - 30	126	03:22:03	05:25:39.25	+03:59:48 (73.6%)	15:30	3.9 (26.5%)
	JANIEWICZ Jacek	7161		Senior II M - 30		DNF	DNF	-	-	(0.0%)

Znaleziono 488 wynik(ów)