



ZŁOTY PÓŁMARATON - 21 KM

B4SPORT

Wydarzenie: Dolnośląski Festiwal Biegów Górskich
Organizator: Fundacja MARATONY GÓRSKIE
Data: 2021-07-15
Miejsce: Łądek-Zdrój
Dystans: 21 km

B4SPORT
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
1	ŻOCHOWSKI Daniel	7686	ŻÓRAWSKI TEAM	Senior I M - 20	1	00:49:15	01:28:27.30		4:12	14.2 (100%)
2	GLAPIAK Damian	7937		Masters M - 40	1	00:53:09	01:34:28.35	+00:06:01 (6.4%)	4:29	13.3 (93.7%)
3	LAGNER Sebastian	7047	KB SOBÓTKA	Senior I M - 20	2	00:53:07	01:36:59.15	+00:08:31 (8.8%)	4:37	13 (91.5%)
4	TOMCZYK Piotr	7122	#ZALINIAMETYTEAM	Senior II M - 30	1	00:57:47	01:41:11.45	+00:12:44 (12.6%)	4:49	12.5 (88.0%)
5	KOS Adrian	7075	DOTI MANUFATURA	Senior I M - 20	3	00:59:02	01:44:03.65	+00:15:36 (15.0%)	4:57	12.1 (85.2%)
6	ZAMIELSKI Pawel	7284	PRZEDWOJEWSKI TEAM	Senior I M - 20	4	00:57:11	01:44:48.65	+00:16:21 (15.6%)	4:59	12 (84.5%)
7	WOLAŃSKI Jan	7870		Masters M - 40	2	01:01:07	01:45:23.00	+00:16:55 (16.1%)	5:01	12 (84.5%)
8	TOMASIAK Dominik	7700	AKUJO NO FUKA-NASAKE	Masters M - 40	3	00:58:20	01:45:53.35	+00:17:26 (16.5%)	5:02	11.9 (83.8%)
9	PIHIL Piotr	7219		Masters M - 40	4	00:59:21	01:46:15.60	+00:17:48 (16.8%)	5:03	11.9 (83.8%)
10	ROSKOSZ Bartosz	7783		Senior II M - 30	2	01:01:38	01:47:08.25	+00:18:40 (17.4%)	5:06	11.8 (83.1%)
11	RÓŻAŃSKI Łukasz	7562		Senior II M - 30	3	01:00:50	01:48:41.05	+00:20:13 (18.6%)	5:10	11.6 (81.7%)
12	MAZEK Emilia	7513	SBRT WARSZAWA / WILGA GARWOLIN	Senior I K - 20	1	01:03:15	01:49:23.85	+00:20:56 (19.1%)	5:12	11.5 (81.0%)
13	MICHAŁ Targosz	7833	#ADAMCZERWIŃSKITEAM	Masters M - 40	5	01:02:14	01:49:58.25	+00:21:30 (19.6%)	5:14	11.5 (81.0%)
14	GŁÓD Mateusz	7827		Masters M - 40	6	01:01:53	01:50:36.00	+00:22:08 (20.0%)	5:16	11.4 (80.3%)
15	FALANA Sebastian	7606		Senior II M - 30	4	01:00:42	01:50:37.60	+00:22:10 (20.0%)	5:16	11.4 (80.3%)
16	TOMASIAK Natalia	7883	SALOMON TEAM	Senior II K - 30	1	01:02:41	01:51:50.95	+00:23:23 (20.9%)	5:19	11.3 (79.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
17	DUCZMAL Dominika	7896		Senior I K - 20	2	01:03:33	01:52:38.45	+00:24:11 (21.5%)	5:21	11.2 (78.9%)
18	SUDOLSKI Emil	7322	GUSTAW TEŻ BIEGA	Masters M - 40	7	01:04:06	01:52:39.75	+00:24:12 (21.5%)	5:21	11.2 (78.9%)
19	KOWALIK Andrzej	7928	SALMING RUNNING POLSKA	Masters M - 40	8	01:04:07	01:53:57.10	+00:25:29 (22.4%)	5:25	11.1 (78.2%)
20	SZKOŁA Wojciech	7196	NATURAL BORN RUNNERS	Senior II M - 30	5	01:05:15	01:54:28.75	+00:26:01 (22.7%)	5:27	11 (77.5%)
21	STREICH Tomasz	7908		Senior I M - 20	5	01:03:16	01:54:32.05	+00:26:04 (22.8%)	5:27	11 (77.5%)
22	KUSAL Tomasz	7074		Senior I M - 20	6	01:06:04	01:55:19.90	+00:26:52 (23.3%)	5:29	10.9 (76.8%)
23	NOWAK Paweł	7007	LAND ROWER WROCŁAW	Senior II M - 30	6	01:04:50	01:55:21.80	+00:26:54 (23.3%)	5:29	10.9 (76.8%)
24	KURZYŃSKI Piotr	7661	TEAM BEROTU	Masters M - 40	9	01:06:14	01:58:17.50	+00:29:50 (25.2%)	5:37	10.7 (75.4%)
25	KOTLAREK Dawid	7108	VEGE RUNNERS / #SOBASTEAM	Masters M - 40	10	01:07:46	01:58:31.55	+00:30:04 (25.4%)	5:38	10.6 (74.6%)
26	CZAPKA Norbert	7840		Weteran I M - 50	1	01:06:09	01:58:47.25	+00:30:19 (25.5%)	5:39	10.6 (74.6%)
27	KUBISZTAL Wojciech	7109	KB PIONIER SZCZECIN	Senior II M - 30	7	01:05:04	01:59:06.95	+00:30:39 (25.7%)	5:40	10.6 (74.6%)
28	ZIOBROWSKI Łukasz	7211	SZTUKA RUCHU	Masters M - 40	11	01:08:02	01:59:08.60	+00:30:41 (25.8%)	5:40	10.6 (74.6%)
29	JACHYMSKI Krzysztof	7628	VEGE RUNNERS	Senior II M - 30	8	01:07:37	01:59:21.65	+00:30:54 (25.9%)	5:41	10.6 (74.6%)
30	KACZMARCZYK Przemysław	7131	140MINUT.PL	Senior I M - 20	7	01:06:29	01:59:29.20	+00:31:01 (26.0%)	5:41	10.5 (73.9%)
31	ŻEBROWSKI Juliusz	7453	BORN TO RUN	Senior II M - 30	9	01:10:43	01:59:32.00	+00:31:04 (26.0%)	5:41	10.5 (73.9%)
32	MÓLL Mateusz	7009	#SOBASTEAM	Senior II M - 30	10	01:05:58	01:59:36.50	+00:31:09 (26.0%)	5:41	10.5 (73.9%)
33	TOMASIAK Adam	7012	KB HARCOWNIK	Senior I M - 20	8	01:07:04	01:59:48.30	+00:31:21 (26.2%)	5:42	10.5 (73.9%)
34	KRAWCZYK Adriana	7681		Senior II K - 30	2	01:08:42	02:00:15.85	+00:31:48 (26.4%)	5:43	10.5 (73.9%)
35	SŁOBODZIAN Jerzy	7667	NYSZA BIEGA	Weteran I M - 50	2	01:09:07	02:00:25.10	+00:31:57 (26.5%)	5:44	10.5 (73.9%)
36	BAGIŃSKI Łukasz	7581		Masters M - 40	12	01:08:19	02:00:37.25	+00:32:09 (26.7%)	5:44	10.4 (73.2%)
37	ZAPORA Marek	7537	W POGONI ZA DUCHEM	Masters M - 40	13	01:07:49	02:00:40.55	+00:32:13 (26.7%)	5:44	10.4 (73.2%)
38	BAZUŁKA Aleksandra	7915	SALCO GARMIN TEAM	Senior I K - 20	3	01:07:45	02:00:52.60	+00:32:25 (26.8%)	5:45	10.4 (73.2%)
39	WAŚNIEWSKI Albert	7687	IG BERT87PL	Senior II M - 30	11	01:12:28	02:01:24.60	+00:32:57 (27.1%)	5:46	10.4 (73.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
40	KOBUSZEWSKI Artur	7521	SBRT WARSZAWA	Masters M - 40	14	01:09:51	02:02:17.80	+00:33:50 (27.7%)	5:49	10.3 (72.5%)
41	SZNUROWSKI Mariusz	7020	KB SOBÓTKA	Senior I M - 20	9	01:06:07	02:03:16.70	+00:34:49 (28.2%)	5:52	10.2 (71.8%)
42	KURASIK Tomasz Kurasik	7145		Masters M - 40	15	01:09:26	02:03:20.15	+00:34:52 (28.3%)	5:52	10.2 (71.8%)
43	GOLONKA Paweł	7341	KB WIKON NOWA SÓL	Senior II M - 30	12	01:10:54	02:04:29.85	+00:36:02 (29.0%)	5:55	10.1 (71.1%)
44	WICHER Bartłomiej	7523	SBRT WARSZAWA	Senior II M - 30	13	01:12:28	02:04:39.65	+00:36:12 (29.0%)	5:56	10.1 (71.1%)
45	SKÓRA Anastazja	7741	#SOBASTEAM	Senior I K - 20	4	01:09:53	02:04:44.00	+00:36:16 (29.1%)	5:56	10.1 (71.1%)
46	CYTAWA Adrian	7529	FIZJO -SPORT ŁĘCZNA/ OSP KSRG ŁĘCZNA	Senior I M - 20	10	01:11:26	02:05:13.85	+00:36:46 (29.4%)	5:57	10.1 (71.1%)
47	PIKOS Patryk	7159		Senior II M - 30	14	01:09:55	02:05:53.05	+00:37:25 (29.7%)	5:59	10 (70.4%)
48	FORTUNA Marcin	7789	ANTONTEAM/ŚWISZCZĄCY ŁAŃCUCH	Senior II M - 30	15	01:12:16	02:06:00.30	+00:37:33 (29.8%)	6:00	10 (70.4%)
49	NAPARTY Zbigniew	7875	KĘSY TEAM	Weteran I M - 50	3		02:06:06.00	+00:37:38 (29.9%)	6:00	10 (70.4%)
50	LUTY Mariusz	7050	RUUKKI	Masters M - 40	16	01:11:56	02:06:31.30	+00:38:04 (30.1%)	6:01	10 (70.4%)
51	DAUKSZO Maciej	7354	SBRT WARSZAWA	Senior I M - 20	11	01:13:56	02:06:35.90	+00:38:08 (30.1%)	6:01	10 (70.4%)
52	PIECHOWIAK Marek	7608		Senior II M - 30	16	01:12:00	02:06:44.10	+00:38:16 (30.2%)	6:02	9.9 (69.7%)
53	KOSIŃSKI Michał	7619		Senior II M - 30	17	01:11:56	02:07:11.35	+00:38:44 (30.5%)	6:03	9.9 (69.7%)
54	GLANOWSKI Marek	7178		Senior II M - 30	18	01:12:12	02:07:43.20	+00:39:15 (30.7%)	6:04	9.9 (69.7%)
55	KOWAL Tomasz	7607	FIZJOBIEGACZE SZCZECIN	Masters M - 40	17	01:11:41	02:07:51.65	+00:39:24 (30.8%)	6:05	9.9 (69.7%)
56	ŚNIERZYŃSKI Robert	7383		Senior II M - 30	19	01:13:48	02:08:20.10	+00:39:52 (31.1%)	6:06	9.8 (69.0%)
57	BEDNARCZYK Ewelina	7893	MOCNA GRUPA CEZARA	Senior II K - 30	3	01:16:02	02:08:27.30	+00:40:00 (31.1%)	6:07	9.8 (69.0%)
58	JUMA Maciej	7939	KB LUPUS OLEŚNICA	Masters M - 40	18	01:13:34	02:08:27.40	+00:40:00 (31.1%)	6:07	9.8 (69.0%)
59	HUCAŁ Tomasz	7475		Masters M - 40	19	01:13:29	02:08:30.60	+00:40:03 (31.2%)	6:07	9.8 (69.0%)
60	BOSAKIEWICZ Tomasz	7718	OLAWS ZLOTORYJA	Senior II M - 30	20	01:11:41	02:08:48.05	+00:40:20 (31.3%)	6:08	9.8 (69.0%)
61	SŁOWIŃSKI Michał	7538	SKLEPBIEGACZA	Senior I M - 20	12	01:09:39	02:09:15.75	+00:40:48 (31.6%)	6:09	9.7 (68.3%)
62	BUKAŁA Marcin	7151	VEGE RUNNERS	Senior I M - 20	13	01:14:48	02:09:27.15	+00:40:59 (31.7%)	6:09	9.7 (68.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
63	KAWA Hubert	7841	NKB CHYŻY NOWY TOMYŚL	Senior II M - 30	21	01:16:10	02:09:32.95	+00:41:05 (31.7%)	6:10	9.7 (68.3%)
64	STANISŁAWEK Mateusz	7861	SPARTA ULTRA TEAM	Senior II M - 30	22	01:15:20	02:09:41.85	+00:41:14 (31.8%)	6:10	9.7 (68.3%)
65	WOŹNICZKA Jolanta	7097	ADAM DRACZYŃSKI RUNNING TEAM	Masters K - 40	1	01:15:46	02:10:16.90	+00:41:49 (32.1%)	6:12	9.7 (68.3%)
66	PRZYBYLSKI Kamil	7589	18 BATALION DOWODZENIA	Senior II M - 30	23	01:12:29	02:10:45.70	+00:42:18 (32.4%)	6:13	9.6 (67.6%)
67	DURAJCZYK Michał	7905	ASENAYEBALEM	Senior II M - 30	24	01:15:14	02:10:55.05	+00:42:27 (32.4%)	6:14	9.6 (67.6%)
68	ZĄBEK Łukasz	7040	140MINUT.PL	Masters M - 40	20	01:13:27	02:11:05.90	+00:42:38 (32.5%)	6:14	9.6 (67.6%)
69	JEZUSEK Piotr	7460		Masters M - 40	21	01:14:11	02:11:09.65	+00:42:42 (32.6%)	6:14	9.6 (67.6%)
70	BUCHANIEC Katarzyna	7708	MIRAZ RACE TEAM	Senior II K - 30	4	01:15:23	02:11:32.60	+00:43:05 (32.8%)	6:15	9.6 (67.6%)
71	KOLANKO Sylwia	7740	NYSA BIEGA	Senior II K - 30	5	01:15:33	02:11:40.70	+00:43:13 (32.8%)	6:16	9.6 (67.6%)
72	ADAMSKI Krzysztof	7128		Masters M - 40	22	01:10:47	02:11:41.25	+00:43:13 (32.8%)	6:16	9.6 (67.6%)
73	KAYSIEWICZ Maciej	7340	NATURAL BORN RUNNERS TEAM	Weteran I M - 50	4	01:15:32	02:11:56.45	+00:43:29 (33.0%)	6:16	9.6 (67.6%)
74	ŚLIWIŃSKI Karol	7449	KLUCZBORSKA GRUPA TRUCHCIKOWA	Senior I M - 20	14	01:11:08	02:12:31.00	+00:44:03 (33.2%)	6:18	9.5 (66.9%)
75	ROSŁON Cezary	7324	MAMERO	Senior II M - 30	25	01:13:22	02:12:44.10	+00:44:16 (33.4%)	6:19	9.5 (66.9%)
76	GACHOWSKI Łukasz	7434		Masters M - 40	23	01:18:23	02:13:06.20	+00:44:38 (33.5%)	6:20	9.5 (66.9%)
77	ZIELIŃSKI Dominik	7885		Senior II M - 30	26	01:16:46	02:13:22.90	+00:44:55 (33.7%)	6:21	9.4 (66.2%)
78	OLESZOWSKI Marcin	7466		Senior II M - 30	27	01:15:33	02:13:33.90	+00:45:06 (33.8%)	6:21	9.4 (66.2%)
79	BROK Małgorzata	7204		Masters K - 40	2	01:16:51	02:13:37.50	+00:45:10 (33.8%)	6:21	9.4 (66.2%)
80	FERET Hubert	7073		Senior II M - 30	28	01:15:08	02:13:43.15	+00:45:15 (33.9%)	6:22	9.4 (66.2%)
81	MISIURKA Wiktor	7729		Senior I M - 20	15	01:16:46	02:13:49.05	+00:45:21 (33.9%)	6:22	9.4 (66.2%)
82	CIEPŁY Kamil	7916		Senior I M - 20	16	01:17:47	02:14:03.25	+00:45:35 (34.0%)	6:23	9.4 (66.2%)
83	KOT Klaudia	7662		Senior II K - 30	6	01:15:28	02:14:03.50	+00:45:36 (34.0%)	6:23	9.4 (66.2%)
84	KOZYRSKI Mariusz	7551	SKSM	Senior II M - 30	29	01:14:23	02:14:06.15	+00:45:38 (34.0%)	6:23	9.4 (66.2%)
85	BOĆKO Ewa	7126		Masters K - 40	3	01:15:24	02:14:06.60	+00:45:39 (34.0%)	6:23	9.4 (66.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
86	TWARDOCHLEB Kamil	7725		Senior I M - 20	17	01:18:07	02:14:10.70	+00:45:43 (34.1%)	6:23	9.4 (66.2%)
87	BOROWIEC Bartek	7226	PRO-RUN WROCŁAW	Senior II M - 30	30	01:15:42	02:14:27.10	+00:45:59 (34.2%)	6:24	9.4 (66.2%)
88	ŚLIWIŃSKI Paweł	7221		Senior II M - 30	31	01:16:30	02:14:28.05	+00:46:00 (34.2%)	6:24	9.4 (66.2%)
89	MRUK Paweł	7769	140MINUT.PL STARCON.COM.PL	Senior II M - 30	32	01:16:36	02:15:12.10	+00:46:44 (34.6%)	6:26	9.3 (65.5%)
90	KAWCZEPSKI Piotr	7922	GUSTAW TEŻ BIEGA	Masters M - 40	24	01:17:51	02:15:30.10	+00:47:02 (34.7%)	6:27	9.3 (65.5%)
91	SĘDZIK Kinga	7757	MOK MSZANA DOLNA	Senior I K - 20	5	01:15:44	02:16:22.75	+00:47:55 (35.1%)	6:29	9.2 (64.8%)
92	JESIONKOWSKI Paweł	7845		Senior I M - 20	18	01:21:28	02:16:45.45	+00:48:18 (35.3%)	6:30	9.2 (64.8%)
93	JANOWSKI Michał	7019		Senior II M - 30	33	01:14:20	02:17:18.40	+00:48:51 (35.6%)	6:32	9.2 (64.8%)
94	GROLEWSKI Karol	7476	ISKRA TEAM	Masters M - 40	25	01:16:27	02:18:03.50	+00:49:36 (35.9%)	6:34	9.1 (64.1%)
95	PANEK Damian	7857	RAFFLES EUROPEJSKI WARSAW/MUKS JEDLICZE	Senior I M - 20	19	01:19:15	02:19:07.50	+00:50:40 (36.4%)	6:37	9.1 (64.1%)
96	KOŁODZIEJ Roman	7694		Masters M - 40	26	01:15:08	02:19:16.85	+00:50:49 (36.5%)	6:37	9 (63.4%)
97	DUBAS Marek	7533		Senior II M - 30	34	01:18:44	02:19:27.25	+00:50:59 (36.6%)	6:38	9 (63.4%)
98	TYLKOWSKI Filip	7436		Senior I M - 20	20	01:21:54	02:19:42.15	+00:51:14 (36.7%)	6:39	9 (63.4%)
99	NIERADKA Anna	7733		Senior II K - 30	7	01:17:50	02:19:49.30	+00:51:22 (36.7%)	6:39	9 (63.4%)
100	GĘBKA Małgorzata	7880		Senior II K - 30	8	01:21:35	02:20:07.15	+00:51:39 (36.9%)	6:40	9 (63.4%)
101	CHAMALA Krzysztof	7162	WEEGREE	Senior II M - 30	35	01:20:53	02:20:07.90	+00:51:40 (36.9%)	6:40	9 (63.4%)
102	OGRODNIK Tomasz	7758		Senior II M - 30	36	01:18:45	02:20:25.60	+00:51:58 (37.0%)	6:41	9 (63.4%)
103	JANOSZ Paweł	7017		Senior I M - 20	21	01:19:24	02:20:31.35	+00:52:04 (37.1%)	6:41	9 (63.4%)
104	KANCERSKI Krzysztof	7197		Weteran II M - 60	1	01:15:32	02:20:39.00	+00:52:11 (37.1%)	6:41	9 (63.4%)
105	BOHAREWICZ Paweł	7096	BOHAR PALETY RUN&TRAVEL ZIELONA GÓRA	Masters M - 40	27	01:21:12	02:20:46.75	+00:52:19 (37.2%)	6:42	9 (63.4%)
106	BANAŚ Łukasz	7852		Senior II M - 30	37	01:16:54	02:20:53.30	+00:52:26 (37.2%)	6:42	8.9 (62.7%)
107	FLASZEWSKI Adam	7161	SPORTOWY KAŻMIERZ	Senior II M - 30	38	01:19:44	02:20:56.95	+00:52:29 (37.2%)	6:42	8.9 (62.7%)
108	NIŻEWSKI Paweł	7909	KRAKOWIAK ULTRA TEAM	Masters M - 40	28	01:20:22	02:20:59.90	+00:52:32 (37.3%)	6:42	8.9 (62.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
109	JANUSZEWSKI Maciej	7003		Senior II M - 30	39	01:18:19	02:21:05.70	+00:52:38 (37.3%)	6:43	8.9 (62.7%)
110	KUBIK Jarosław	7430		Senior II M - 30	40	01:16:31	02:21:13.70	+00:52:46 (37.4%)	6:43	8.9 (62.7%)
111	GÓRECKI Krzysztof	7278		Senior I M - 20	22	01:20:13	02:21:13.75	+00:52:46 (37.4%)	6:43	8.9 (62.7%)
112	KRÓL Darek	7063	WYBIEGAĆ MARZENIA TEAM	Weteran I M - 50	5	01:18:26	02:21:15.60	+00:52:48 (37.4%)	6:43	8.9 (62.7%)
113	ŁABĘDŹ Mariusz	7756		Masters M - 40	29	01:16:22	02:21:22.45	+00:52:55 (37.4%)	6:43	8.9 (62.7%)
114	JASIŃSKI Paweł	7281	APTENEO RUNNING TEAM	Masters M - 40	30	01:20:45	02:21:26.80	+00:52:59 (37.5%)	6:44	8.9 (62.7%)
115	STUDZIŃSKI Rafał	7621	FOREST RUN	Senior II M - 30	41	01:20:28	02:21:29.15	+00:53:01 (37.5%)	6:44	8.9 (62.7%)
116	MATYLA Michał	7605		Senior II M - 30	42	01:20:12	02:21:32.65	+00:53:05 (37.5%)	6:44	8.9 (62.7%)
117	KLIMEK Marek	7396		Senior II M - 30	43	01:18:57	02:21:34.05	+00:53:06 (37.5%)	6:44	8.9 (62.7%)
118	LIPCZAK Amadeusz	7651	BIEG OPOLSKI	Masters M - 40	31	01:19:28	02:21:46.80	+00:53:19 (37.6%)	6:45	8.9 (62.7%)
119	SOŁTYSIAK Karol	7734		Masters M - 40	32	01:22:59	02:22:06.00	+00:53:38 (37.8%)	6:46	8.9 (62.7%)
120	BRASEL Marcin	7780	TRIGYM SZCZECIN	Weteran I M - 50	6	01:19:38	02:22:40.40	+00:54:13 (38.0%)	6:47	8.8 (62.0%)
121	JAROSZEWSKI Arkadiusz	7495	ISKRA TEAM	Senior II M - 30	44	01:20:47	02:22:54.95	+00:54:27 (38.1%)	6:48	8.8 (62.0%)
122	WOJTKOWSKI Mateusz	7379		Senior II M - 30	45	01:22:21	02:23:10.00	+00:54:42 (38.2%)	6:49	8.8 (62.0%)
123	URBANIAK Krzysztof	7326		Senior II M - 30	46	01:19:14	02:23:32.90	+00:55:05 (38.4%)	6:50	8.8 (62.0%)
124	GROCHOT Edyta	7158	#ADAMCZERWIŃSKITEAM	Masters K - 40	4	01:21:58	02:23:46.95	+00:55:19 (38.5%)	6:50	8.8 (62.0%)
125	MIKUĆ Cezary	7502	TEAM EUROCASH	Senior II M - 30	47	01:22:21	02:23:52.75	+00:55:25 (38.5%)	6:51	8.8 (62.0%)
126	KRYSIK Artur	7385		Senior II M - 30	48	01:20:03	02:23:55.90	+00:55:28 (38.5%)	6:51	8.8 (62.0%)
127	KĘDZIERSKI Michał	7918	HTF LUDWIK SIKORSKI	Senior II M - 30	49	01:21:18	02:24:00.45	+00:55:33 (38.6%)	6:51	8.8 (62.0%)
128	MAŁYSZKA Krzysztof	7186	KRIS TRANS MAŁYSZKA	Weteran I M - 50	7	01:21:54	02:24:06.05	+00:55:38 (38.6%)	6:51	8.7 (61.3%)
129	ZABOROWSKI Kamil	7720	ZALINIAMETY	Senior II M - 30	50	01:23:43	02:24:22.45	+00:55:55 (38.7%)	6:52	8.7 (61.3%)
130	BACHURSKI Tomasz	7785		Masters M - 40	33	01:21:24	02:24:23.25	+00:55:55 (38.7%)	6:52	8.7 (61.3%)
131	MATAK Paweł	7296	MAMERO	Senior II M - 30	51	01:22:20	02:24:31.70	+00:56:04 (38.8%)	6:52	8.7 (61.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
132	KOKOTT Agnieszka	7882	140MINUT.PL	Senior II K - 30	9	01:23:40	02:24:48.05	+00:56:20 (38.9%)	6:53	8.7 (61.3%)
133	FLIS Mirosław	7421		Weteran I M - 50	8	01:20:14	02:24:55.30	+00:56:28 (39.0%)	6:54	8.7 (61.3%)
134	LEWANDOWSKI Waldemar	7707	LEWANDOWSCY TEAM	Masters M - 40	34	01:18:43	02:25:04.65	+00:56:37 (39.0%)	6:54	8.7 (61.3%)
135	GRZEBIELUCH Katarzyna	7938	LEDWO ZIPA	Masters K - 40	5	01:19:18	02:25:07.75	+00:56:40 (39.1%)	6:54	8.7 (61.3%)
136	DUDEK Marek	7270		Senior II M - 30	52	01:22:50	02:25:08.10	+00:56:40 (39.1%)	6:54	8.7 (61.3%)
137	RESZKA Marek	7781	#BEERRUNNER	Senior II M - 30	53	01:26:32	02:25:08.95	+00:56:41 (39.1%)	6:54	8.7 (61.3%)
138	STANULA Krzysztof	7836	DOLNY ŚLĄSK	Masters M - 40	35	01:22:39	02:25:14.30	+00:56:47 (39.1%)	6:54	8.7 (61.3%)
139	PALACZ Marcin	7807		Masters M - 40	36	01:20:07	02:25:23.05	+00:56:55 (39.2%)	6:55	8.7 (61.3%)
140	SYNOWIEC Dawid	7847		Senior I M - 20	23	01:18:52	02:25:28.05	+00:57:00 (39.2%)	6:55	8.7 (61.3%)
141	JAŚKOWIAK Michał	7900		Senior II M - 30	54	01:24:17	02:25:34.95	+00:57:07 (39.2%)	6:55	8.7 (61.3%)
142	ZALIŃSKI Leszek	7934		Senior II M - 30	55	01:18:02	02:25:41.35	+00:57:14 (39.3%)	6:56	8.6 (60.6%)
143	WOŹNIAK Przemysław	7382	WIELISZEW HERON TEAM	Senior II M - 30	56	01:23:18	02:26:01.35	+00:57:34 (39.4%)	6:57	8.6 (60.6%)
144	WALAS Andrzej	7349	PRORUN WROCŁAW	Senior I M - 20	24	01:22:48	02:26:16.90	+00:57:49 (39.5%)	6:57	8.6 (60.6%)
145	KAPROŃ Martyna	7152	KB HARCOWNIK JELCZ-LASKOWICE	Senior I K - 20	6	01:25:09	02:26:45.65	+00:58:18 (39.7%)	6:59	8.6 (60.6%)
146	JAKRZEWSKI Hubert	7808		Senior II M - 30	57	01:27:39	02:26:49.40	+00:58:22 (39.8%)	6:59	8.6 (60.6%)
147	LORENC Joanna	7786	ENDORFINY WĄSOSZ	Senior II K - 30	10	01:25:06	02:26:53.75	+00:58:26 (39.8%)	6:59	8.6 (60.6%)
148	WARAKSA Tomasz	7723	VEGE RUNNERS	Senior II M - 30	58	01:25:54	02:26:59.90	+00:58:32 (39.8%)	6:59	8.6 (60.6%)
149	MUSIALSKI Tomasz	7871	TKM KANCELARIA	Masters M - 40	37	01:19:08	02:27:00.00	+00:58:32 (39.8%)	7:00	8.6 (60.6%)
150	KUCHARSKI Adrian	7673		Senior II M - 30	59	01:20:11	02:27:06.45	+00:58:39 (39.9%)	7:00	8.6 (60.6%)
151	PIETRZAK Michał	7081		Senior II M - 30	60	01:25:16	02:27:08.30	+00:58:41 (39.9%)	7:00	8.6 (60.6%)
152	LEWIŃSKI Filip	7302	OBORYGENI	Masters M - 40	38	01:21:58	02:27:21.05	+00:58:53 (40.0%)	7:01	8.6 (60.6%)
153	CHLIPAŁA Marek	7365		Senior II M - 30	61	01:22:33	02:27:29.10	+00:59:01 (40.0%)	7:01	8.5 (59.9%)
154	SERAFIŃCZUK Krzysztof	7692		Senior II M - 30	62	01:22:53	02:27:59.70	+00:59:32 (40.2%)	7:02	8.5 (59.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
155	GRABSKI Konrad	7924	NIEPOŁOMICE BIEGAJĄ	Senior II M - 30	63	01:26:21	02:28:15.35	+00:59:48 (40.3%)	7:03	8.5 (59.9%)
156	SMALEC Dominika	7866	MOCNA GRUPA CEZARA/SBRT WROCŁAW	Senior I K - 20	7	01:26:58	02:28:20.95	+00:59:53 (40.4%)	7:03	8.5 (59.9%)
157	BRUSIŁOWICZ Dagmara	7572		Masters K - 40	6	01:22:18	02:28:29.50	+01:00:02 (40.4%)	7:04	8.5 (59.9%)
158	KOTOWICZ Tomasz	7111		Masters M - 40	39	01:23:20	02:28:30.15	+01:00:02 (40.4%)	7:04	8.5 (59.9%)
159	SANIUK Joanna	7427		Senior II K - 30	11	01:25:08	02:28:31.00	+01:00:03 (40.4%)	7:04	8.5 (59.9%)
160	KAJDAS Gosia	7049	SŁAWA	Masters K - 40	7	01:27:40	02:28:37.45	+01:00:10 (40.5%)	7:04	8.5 (59.9%)
161	FRAŃSKI Łukasz	7330	NKB CHYŻY NOWY TOMYŚL	Masters M - 40	40	01:23:00	02:28:58.95	+01:00:31 (40.6%)	7:05	8.5 (59.9%)
162	TOMCZYK Rafał	7714		Senior II M - 30	64	01:21:41	02:29:05.90	+01:00:38 (40.7%)	7:05	8.5 (59.9%)
163	SZCZESZEK Arkadiusz	7184		Masters M - 40	41	01:26:54	02:29:17.65	+01:00:50 (40.8%)	7:06	8.4 (59.2%)
164	PAŁAC Piotr	7573		Weteran I M - 50	9	01:22:51	02:29:40.35	+01:01:13 (40.9%)	7:07	8.4 (59.2%)
165	KOZYRA Dariusz	7544	ADRIAN DANILEWICZ GROUP	Masters M - 40	42	01:27:57	02:29:49.50	+01:01:22 (41.0%)	7:08	8.4 (59.2%)
166	RATAJCZAK Tomasz	7821	PALETEAM	Masters M - 40	43	01:23:40	02:29:51.60	+01:01:24 (41.0%)	7:08	8.4 (59.2%)
167	KURZA Jakub	7229	BIEGAMY WE WROCŁAWIU	Senior II M - 30	65	01:21:38	02:29:57.50	+01:01:30 (41.0%)	7:08	8.4 (59.2%)
168	OLEJNIK Agnieszka	7413	ENDORFINY WĄSOSZ	Senior II K - 30	12	01:25:09	02:30:05.00	+01:01:37 (41.1%)	7:08	8.4 (59.2%)
169	OLEJNIK Piotr	7660		Senior II M - 30	66	01:23:32	02:30:06.30	+01:01:39 (41.1%)	7:08	8.4 (59.2%)
170	PĘCZAR Aneta Pęczar	7188		Senior I K - 20	8	01:25:15	02:30:14.05	+01:01:46 (41.1%)	7:09	8.4 (59.2%)
171	KOROŃSKI Tadeusz	7835	PARKRUN POZNAŃ	Weteran I M - 50	10	01:23:59	02:30:23.20	+01:01:55 (41.2%)	7:09	8.4 (59.2%)
172	ZASŁONKA Hubert	7543		Masters M - 40	44	01:23:38	02:30:27.55	+01:02:00 (41.2%)	7:09	8.4 (59.2%)
173	KACZYŃSKI Tomasz	7067		Masters M - 40	45	01:21:41	02:30:40.90	+01:02:13 (41.3%)	7:10	8.4 (59.2%)
174	WASILEWSKI Michał	7691		Masters M - 40	46	01:22:22	02:30:45.45	+01:02:18 (41.3%)	7:10	8.4 (59.2%)
175	WOJTOWICZ Karolina	7483		Senior II K - 30	13	01:25:35	02:30:48.05	+01:02:20 (41.3%)	7:10	8.4 (59.2%)
176	PONITKA Paweł	7668	DOCHODZIMY W 1:59	Senior II M - 30	67	01:25:27	02:31:22.10	+01:02:54 (41.6%)	7:12	8.3 (58.5%)
177	DUDZIK Tomek	7471		Senior II M - 30	68	01:26:33	02:31:22.20	+01:02:54 (41.6%)	7:12	8.3 (58.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
178	CYBULSKI Piotr	7669		Masters M - 40	47	01:24:51	02:31:31.70	+01:03:04 (41.6%)	7:12	8.3 (58.5%)
179	ANDRYSZCZUK Daniel	7206		Masters M - 40	48	01:25:43	02:31:34.95	+01:03:07 (41.6%)	7:13	8.3 (58.5%)
180	BUCZAK Jakub	7672		Senior II M - 30	69	01:23:53	02:31:38.65	+01:03:11 (41.7%)	7:13	8.3 (58.5%)
181	JAMROSZCZYK Przemysław	7201	TEAM PLESZEW	Masters M - 40	49	01:26:19	02:31:51.15	+01:03:23 (41.7%)	7:13	8.3 (58.5%)
182	NOWICKI Bartosz	7224		Masters M - 40	50	01:26:17	02:31:52.25	+01:03:24 (41.8%)	7:13	8.3 (58.5%)
183	MARCINIAK Magdalena	7577		Masters K - 40	8	01:26:11	02:32:05.50	+01:03:38 (41.8%)	7:14	8.3 (58.5%)
184	MARCINIAK Wojciech	7578		Masters M - 40	51	01:24:38	02:32:05.65	+01:03:38 (41.8%)	7:14	8.3 (58.5%)
185	KUMOR Dagmara	7517		Senior II K - 30	14	01:27:02	02:32:07.95	+01:03:40 (41.9%)	7:14	8.3 (58.5%)
186	KUMOR Tomasz	7822		Senior II M - 30	70	01:26:16	02:32:09.90	+01:03:42 (41.9%)	7:14	8.3 (58.5%)
187	MIŁOSZEWICZ Aleksandra	7778	FIZJOBIEGACZE SZCZECIN	Senior I K - 20	9	01:29:05	02:32:11.20	+01:03:43 (41.9%)	7:14	8.3 (58.5%)
188	JAZ Ernest	7825	ENDORFINY WĄSOSZ	Senior II M - 30	71	01:24:42	02:32:21.40	+01:03:54 (41.9%)	7:15	8.3 (58.5%)
189	KOŁAKOWSKA-FAŁKOWSKA Irena	7774		Senior II K - 30	15	01:26:48	02:32:23.15	+01:03:55 (42.0%)	7:15	8.3 (58.5%)
190	DEMUSZ Natalia	7721		Senior II K - 30	16	01:25:11	02:32:24.05	+01:03:56 (42.0%)	7:15	8.3 (58.5%)
191	LANDES Patrick	7575		Senior II M - 30	72	01:25:15	02:32:24.45	+01:03:57 (42.0%)	7:15	8.3 (58.5%)
192	KRUK Dariusz	7906		Senior II M - 30	73	01:27:42	02:32:26.30	+01:03:59 (42.0%)	7:15	8.3 (58.5%)
193	GUSAK Vladislav	7816	MATNER RUNNING TEAM	Masters M - 40	52	01:24:02	02:32:35.70	+01:04:08 (42.0%)	7:15	8.3 (58.5%)
194	KIJAS Maja	7886		Senior II K - 30	17	01:23:37	02:32:43.70	+01:04:16 (42.1%)	7:16	8.3 (58.5%)
195	OSEKOWSKI Michał	7004	MAMY MIÓD	Senior II M - 30	74	01:28:49	02:32:46.90	+01:04:19 (42.1%)	7:16	8.2 (57.7%)
196	RUPIK Jakub	7463		Senior II M - 30	75	01:27:11	02:32:55.70	+01:04:28 (42.2%)	7:16	8.2 (57.7%)
197	RUPIK Maria	7629		Senior II K - 30	18	01:26:41	02:32:56.35	+01:04:29 (42.2%)	7:16	8.2 (57.7%)
198	KROSZKA Jan	7314		Senior I M - 20	25	01:23:57	02:33:08.90	+01:04:41 (42.2%)	7:17	8.2 (57.7%)
199	MOKRZYŃSKI Marcin	7214	KLUB LEKKOATLETYCZNY ZIEMIA KŁODZKA	Masters M - 40	53	01:21:01	02:33:11.85	+01:04:44 (42.3%)	7:17	8.2 (57.7%)
200	BEREZIUK Michał	7625		Masters M - 40	54	01:28:58	02:33:15.65	+01:04:48 (42.3%)	7:17	8.2 (57.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
201	NOWAK Ireneusz	7053		Masters M - 40	55	01:26:09	02:33:17.30	+01:04:50 (42.3%)	7:17	8.2 (57.7%)
202	KOWALSKA Roma	7627	ROKIETNICA BIEGA	Senior II K - 30	19	01:30:10	02:33:21.20	+01:04:53 (42.3%)	7:18	8.2 (57.7%)
203	WIŚNIEWSKA Anna	7027		Senior II K - 30	20	01:32:07	02:33:27.50	+01:05:00 (42.4%)	7:18	8.2 (57.7%)
204	DOMAŃ Joanna	7054	FEHLAU RUN TEAM	Masters K - 40	9	01:28:55	02:33:29.45	+01:05:02 (42.4%)	7:18	8.2 (57.7%)
205	PIÓRKOWSKI Jarosław	7848	KOŁO BIEGA	Masters M - 40	56	01:27:10	02:33:40.35	+01:05:13 (42.4%)	7:19	8.2 (57.7%)
206	KINASZCZUK Michał	7234		Senior II M - 30	76	01:24:24	02:33:50.35	+01:05:23 (42.5%)	7:19	8.2 (57.7%)
207	BEDNAREK Jarosław	7574		Senior II M - 30	77	01:23:11	02:33:52.50	+01:05:25 (42.5%)	7:19	8.2 (57.7%)
208	KOWALSKI Artur	7805		Masters M - 40	57	01:27:02	02:33:53.85	+01:05:26 (42.5%)	7:19	8.2 (57.7%)
209	BAHR Marzena	7626		Senior II K - 30	21	01:26:52	02:34:02.45	+01:05:35 (42.6%)	7:20	8.2 (57.7%)
210	ŁESKE Jan	7137	ZA LINIĄ METY TEAM	Masters M - 40	58	01:29:35	02:34:26.15	+01:05:58 (42.7%)	7:21	8.2 (57.7%)
211	SZAFER Andrzej	7381		Masters M - 40	59	01:28:38	02:34:29.10	+01:06:01 (42.7%)	7:21	8.2 (57.7%)
212	MARKOWSKI Zbigniew	7222	BIEGAMDLAZDROWIA.PL	Weteran I M - 50	11	01:26:45	02:34:32.05	+01:06:04 (42.8%)	7:21	8.2 (57.7%)
213	HAWEŁKA Michał	7209		Senior II M - 30	78	01:29:18	02:34:38.45	+01:06:11 (42.8%)	7:21	8.1 (57.0%)
214	REPCZYŃSKI Mateusz	7664		Senior I M - 20	26	01:23:53	02:34:42.90	+01:06:15 (42.8%)	7:22	8.1 (57.0%)
215	SŁUGOCKI Mateusz	7498		Senior II M - 30	79	01:28:22	02:34:47.65	+01:06:20 (42.9%)	7:22	8.1 (57.0%)
216	BANASZAK Krzysztof	7503		Senior II M - 30	80	01:26:52	02:34:54.60	+01:06:27 (42.9%)	7:22	8.1 (57.0%)
217	BIRSKI Piotr	7904		Senior II M - 30	81	01:26:29	02:34:57.10	+01:06:29 (42.9%)	7:22	8.1 (57.0%)
218	KRZESIMOWSKI Damian	7689		Senior II M - 30	82	01:28:19	02:35:02.50	+01:06:35 (42.9%)	7:22	8.1 (57.0%)
219	PRZECHRZTA Michał	7451		Masters M - 40	60	01:26:42	02:35:09.90	+01:06:42 (43.0%)	7:23	8.1 (57.0%)
220	BOBROWSKI Michał	7541		Masters M - 40	61	01:26:00	02:35:13.30	+01:06:46 (43.0%)	7:23	8.1 (57.0%)
221	BUGAJ Alan	7474		Senior II M - 30	83	01:26:52	02:35:24.40	+01:06:57 (43.1%)	7:24	8.1 (57.0%)
222	HAWROT Marta	7518		Masters K - 40	10	01:28:14	02:35:25.85	+01:06:58 (43.1%)	7:24	8.1 (57.0%)
223	PATROŃSKA Magdalena	7558	ŻARŁOKI	Senior I K - 20	10	01:30:19	02:35:26.75	+01:06:59 (43.1%)	7:24	8.1 (57.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
224	MJAKA Eryk	7753	SYNANDOJCIEC	Senior I M - 20	27	01:26:21	02:35:29.20	+01:07:01 (43.1%)	7:24	8.1 (57.0%)
225	SKWIERCZYŃSKI Sylwester	7443		Senior I M - 20	28	01:26:38	02:35:33.75	+01:07:06 (43.1%)	7:24	8.1 (57.0%)
226	ZERBST Jacek	7448	NKB CHYŻY NOWY TOMYŚL	Masters M - 40	62	01:27:49	02:35:35.40	+01:07:08 (43.1%)	7:24	8.1 (57.0%)
227	SPYCHAŁA Jacek	7029	ROKIETNICA BIEGA	Masters M - 40	63	01:30:05	02:35:36.95	+01:07:09 (43.2%)	7:24	8.1 (57.0%)
228	MAJKA Jarek	7754	SYNANDOJCIEC	Masters M - 40	64	01:26:23	02:35:41.70	+01:07:14 (43.2%)	7:24	8.1 (57.0%)
229	SZPINEK Marcin	7809	TUTU TEAM	Masters M - 40	65	01:26:37	02:35:42.50	+01:07:15 (43.2%)	7:24	8.1 (57.0%)
230	RADOMSKI Wojciech	7633		Senior II M - 30	84	01:28:52	02:35:46.55	+01:07:19 (43.2%)	7:25	8.1 (57.0%)
231	MATUSZEWSKI Mariusz	7076		Masters M - 40	66	01:22:34	02:36:04.40	+01:07:37 (43.3%)	7:25	8.1 (57.0%)
232	JURDZIAK Jakub	7739		Senior II M - 30	85	01:27:47	02:36:05.20	+01:07:37 (43.3%)	7:25	8.1 (57.0%)
233	PRZEDASZEK Łukasz	7112		Senior II M - 30	86	01:28:46	02:36:06.15	+01:07:38 (43.3%)	7:26	8.1 (57.0%)
234	BABKIEWICZ Szymon	7331	LUBELSKI BIEGACZ TEAM	Senior II M - 30	87	01:27:28	02:36:07.70	+01:07:40 (43.3%)	7:26	8.1 (57.0%)
235	GĄSIOROWSKA Sara	7763		Senior I K - 20	11	01:27:31	02:36:26.65	+01:07:59 (43.5%)	7:26	8.1 (57.0%)
235	DOMAŃ Leszek	7062	FEHLAU RUN TEAM	Masters M - 40	67	01:28:55	02:36:26.65	+01:07:59 (43.5%)	7:26	8.1 (57.0%)
237	KOZŁEWSKA Beata	7085		Masters K - 40	11	01:29:08	02:36:32.45	+01:08:05 (43.5%)	7:27	8 (56.3%)
238	KOCISZEWSKI Łukasz	7313		Masters M - 40	68	01:29:27	02:36:33.80	+01:08:06 (43.5%)	7:27	8 (56.3%)
239	ŁAŻEWSKI Marcin	7038		Masters M - 40	69	01:29:34	02:36:44.50	+01:08:17 (43.6%)	7:27	8 (56.3%)
240	ŁAŻEWSKA Sylwia	7011		Masters K - 40	12	01:29:28	02:36:45.40	+01:08:18 (43.6%)	7:27	8 (56.3%)
241	BOCZKOWSKA Marzena	7431	STAN UMYSŁU LEWIN BIEGA	Senior II K - 30	22	01:33:29	02:36:45.50	+01:08:18 (43.6%)	7:27	8 (56.3%)
242	BARYSKI Maciej	7791		Senior II M - 30	88	01:24:58	02:36:46.90	+01:08:19 (43.6%)	7:27	8 (56.3%)
243	BEDLA Anna	7362	SKORUPA TRIATHLON	Masters K - 40	13	01:31:25	02:36:59.80	+01:08:32 (43.7%)	7:28	8 (56.3%)
244	PILARSKA Olga	7799	GUSTAW TEŻ BIEGA	Senior II K - 30	23	01:25:45	02:37:05.55	+01:08:38 (43.7%)	7:28	8 (56.3%)
245	DZIETCZYK Kamil	7663	AKTYWNE CHOSZCZNO	Senior II M - 30	89	01:25:22	02:37:13.00	+01:08:45 (43.7%)	7:29	8 (56.3%)
246	SUCHOCKA Yana	7828		Senior II K - 30	24	01:28:32	02:37:22.75	+01:08:55 (43.8%)	7:29	8 (56.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
247	ZEMBATY Marek	7442		Masters M - 40	70	01:29:05	02:37:57.30	+01:09:30 (44.0%)	7:31	8 (56.3%)
248	BAL Tomasz	7199		Masters M - 40	71	01:26:51	02:37:59.10	+01:09:31 (44.0%)	7:31	8 (56.3%)
249	PLOK Krzysztof	7470	TEAMPLOK	Weteran I M - 50	12	01:30:50	02:38:07.30	+01:09:40 (44.1%)	7:31	8 (56.3%)
250	LUBELCZYK Grzegorz	7210	SPELEOCLUB WROCŁAW	Weteran I M - 50	13	01:26:24	02:38:08.15	+01:09:40 (44.1%)	7:31	8 (56.3%)
251	KORZEC Michał	7842	MILHAUSE	Masters M - 40	72	01:30:07	02:38:16.90	+01:09:49 (44.1%)	7:32	8 (56.3%)
252	ZIAJA Wojciech	7248		Masters M - 40	73	01:26:48	02:38:17.30	+01:09:50 (44.1%)	7:32	8 (56.3%)
253	SZALENIEC Marcin	7408	RUNNERS TEAM NYSA	Masters M - 40	74	01:32:47	02:38:27.25	+01:09:59 (44.2%)	7:32	8 (56.3%)
254	SZALENIEC Joanna	7185	RUNNERS TEAM NYSA	Masters K - 40	14	01:32:50	02:38:28.10	+01:10:00 (44.2%)	7:32	8 (56.3%)
255	GRZEŚKOWIAK Rafał	7717		Masters M - 40	75	01:28:07	02:38:32.05	+01:10:04 (44.2%)	7:32	7.9 (55.6%)
256	MIKRUT Paweł	7839	DOLNY ŚLĄSK	Senior II M - 30	90	01:25:13	02:38:36.30	+01:10:09 (44.2%)	7:33	7.9 (55.6%)
257	KAROLCZAK Rafał	7561	MARATOŃCZYK POZNAŃ	Senior II M - 30	91	01:29:41	02:38:44.90	+01:10:17 (44.3%)	7:33	7.9 (55.6%)
258	GRONOWSKA-KAROLCZAK Agnieszka	7559	MARATOŃCZYK POZNAŃ	Senior II K - 30	25	01:29:42	02:38:46.15	+01:10:18 (44.3%)	7:33	7.9 (55.6%)
259	MORAWSKI Wojciech	7334		Senior II M - 30	92	01:27:48	02:38:59.80	+01:10:32 (44.4%)	7:34	7.9 (55.6%)
260	MOSKAL Izabela	7919	TKKF MPK POZNAŃ	Masters K - 40	15	01:31:40	02:39:02.20	+01:10:34 (44.4%)	7:34	7.9 (55.6%)
261	SZCZEPAŃSKA-BUDA Anna	7684		Senior II K - 30	26	01:29:55	02:39:07.00	+01:10:39 (44.4%)	7:34	7.9 (55.6%)
262	BERG Elwira	7445		Senior II K - 30	27	01:30:03	02:39:11.40	+01:10:44 (44.4%)	7:34	7.9 (55.6%)
263	ABULEWICZ Wojciech	7706	TRENING STUDIO 17	Weteran I M - 50	14	01:29:53	02:39:12.75	+01:10:45 (44.4%)	7:34	7.9 (55.6%)
264	DUBAS Anna	7705	SPRAWDZAMY-NIERUCHOMOSCI.PL	Senior II K - 30	28	01:30:51	02:39:17.60	+01:10:50 (44.5%)	7:35	7.9 (55.6%)
265	BABIŃSKA-POPIŁKA Ewelina	7748		Senior II K - 30	29	01:27:16	02:39:21.95	+01:10:54 (44.5%)	7:35	7.9 (55.6%)
266	KLUSKA Rafał	7437		Senior I M - 20	29	01:27:04	02:39:22.30	+01:10:55 (44.5%)	7:35	7.9 (55.6%)
267	MARCIŃCZYK Patrycja	7796		Senior I K - 20	12	01:27:55	02:39:29.35	+01:11:02 (44.5%)	7:35	7.9 (55.6%)
268	WIŚNIEWSKI Piotr	7187	GVT	Masters M - 40	76	01:33:52	02:39:30.95	+01:11:03 (44.5%)	7:35	7.9 (55.6%)
269	TOMYŚLAK Magdalena	7539		Senior II K - 30	30	01:31:05	02:39:32.25	+01:11:04 (44.6%)	7:35	7.9 (55.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
270	TURAJ-KACZYŃSKA Małgorzata	7103	GUSTAW TEŻ BIEGA	Masters K - 40	16	01:26:47	02:39:33.10	+01:11:05 (44.6%)	7:35	7.9 (55.6%)
271	WÓJCIK Katarzyna	7207	FIZJOBIEGACZE SZCZECIN	Senior II K - 30	31	01:31:37	02:39:33.35	+01:11:06 (44.6%)	7:35	7.9 (55.6%)
272	OWCZARCZYK Paweł	7344		Masters M - 40	77	01:30:10	02:39:35.70	+01:11:08 (44.6%)	7:35	7.9 (55.6%)
273	WIŚNIEWSKA Anna	7447		Senior II K - 30	32	01:32:53	02:39:47.80	+01:11:20 (44.6%)	7:36	7.9 (55.6%)
274	WENTYKIER Piotr	7091	POMYŁKA TEAM	Masters M - 40	78	01:30:34	02:39:48.55	+01:11:21 (44.6%)	7:36	7.9 (55.6%)
275	POPIEL Jan	7659		Masters M - 40	79	01:27:56	02:39:57.50	+01:11:30 (44.7%)	7:37	7.9 (55.6%)
276	KACZMAREK Katarzyna	7567		Masters K - 40	17	01:31:20	02:40:01.35	+01:11:34 (44.7%)	7:37	7.9 (55.6%)
277	PŁÓCIENNICZAK Jakub	7853	DREAM RUN	Masters M - 40	80	01:24:25	02:40:07.50	+01:11:40 (44.8%)	7:37	7.9 (55.6%)
278	GABRYEL Anna	7724		Masters K - 40	18	01:28:23	02:40:15.90	+01:11:48 (44.8%)	7:37	7.9 (55.6%)
279	CHABIŃSKA Paulina	7301	AKADEMIA BIEGANIA	Senior I K - 20	13	01:33:25	02:40:22.20	+01:11:54 (44.8%)	7:38	7.9 (55.6%)
280	MAKOLSKA-FRANKOWSKA Iwona	7648		Masters K - 40	19	01:30:15	02:40:32.70	+01:12:05 (44.9%)	7:38	7.8 (54.9%)
281	JAKUB Nowaczyk	7133	ROKIETNICA BIEGA	Senior II M - 30	93	01:31:04	02:40:39.95	+01:12:12 (44.9%)	7:39	7.8 (54.9%)
282	KUZIEL Marcin	7457	BLACK RUNNING STRONIE ŚLĄSKIE	Senior II M - 30	94	01:27:58	02:40:40.45	+01:12:13 (44.9%)	7:39	7.8 (54.9%)
283	WAJDA Maciej	7881	SPELOCLUB WROCŁAW	Senior II M - 30	95	01:24:36	02:40:40.55	+01:12:13 (44.9%)	7:39	7.8 (54.9%)
284	LIPIŃSKA Martyna	7157	ŚLĘZAK TEAM	Senior I K - 20	14	01:33:25	02:40:43.30	+01:12:16 (45.0%)	7:39	7.8 (54.9%)
285	SZYMAŃSKA Magdalena	7339		Senior II K - 30	33	01:32:23	02:40:56.25	+01:12:28 (45.0%)	7:39	7.8 (54.9%)
286	DZIADOWICZ Anna	7750		Masters K - 40	20	01:29:39	02:41:00.60	+01:12:33 (45.1%)	7:40	7.8 (54.9%)
287	ELMOLA Hamed	7557	ADIDAS RUNNERS WARSAW	Weteran I M - 50	15	01:34:51	02:41:01.45	+01:12:34 (45.1%)	7:40	7.8 (54.9%)
288	MÓLL Janusz	7055		Weteran I M - 50	16	01:23:59	02:41:01.75	+01:12:34 (45.1%)	7:40	7.8 (54.9%)
289	SNOCHOWSKI Leszek	7488	LESZEK TEAM	Weteran II M - 60	2	01:33:34	02:41:02.25	+01:12:34 (45.1%)	7:40	7.8 (54.9%)
290	TAMBORSKI Grzegorz	7429		Senior II M - 30	96	01:32:38	02:41:03.60	+01:12:36 (45.1%)	7:40	7.8 (54.9%)
291	SOJKA Przemek	7032	ORANGE POLSKA	Masters M - 40	81	01:28:54	02:41:03.85	+01:12:36 (45.1%)	7:40	7.8 (54.9%)
292	MIKŁUSZKA Dorota	7317		Masters K - 40	21	01:30:17	02:41:06.20	+01:12:38 (45.1%)	7:40	7.8 (54.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
293	RUTKOWSKI Mateusz	7435	WAKACYJNA DEMOLKA	Senior II M - 30	97	01:27:50	02:41:10.90	+01:12:43 (45.1%)	7:40	7.8 (54.9%)
294	WENTYKIER Beata	7044	POMYŁKA TEAM	Masters K - 40	22	01:30:34	02:41:11.40	+01:12:44 (45.1%)	7:40	7.8 (54.9%)
295	MICHALAK Adrian	7397		Senior II M - 30	98	01:32:20	02:41:12.65	+01:12:45 (45.1%)	7:40	7.8 (54.9%)
296	OLZACKA Agata	7021	ZA LINIĄ METY TEAM	Senior II K - 30	34	01:34:41	02:41:12.75	+01:12:45 (45.1%)	7:40	7.8 (54.9%)
297	DRÓŹDŹ Arkadiusz	7401		Senior II M - 30	99	01:32:41	02:41:14.85	+01:12:47 (45.1%)	7:40	7.8 (54.9%)
298	KICIŃSKI Patryk	7583		Senior I M - 20	30	01:29:17	02:41:33.75	+01:13:06 (45.3%)	7:41	7.8 (54.9%)
299	KAWCZYNSKA Monika	7794	GUSTAW TEŻ BIEGA	Masters K - 40	23	01:30:36	02:41:36.85	+01:13:09 (45.3%)	7:41	7.8 (54.9%)
300	GIMZICKA Ewa	7361		Masters K - 40	24	01:30:59	02:41:37.70	+01:13:10 (45.3%)	7:41	7.8 (54.9%)
301	HORODYSKI Marek	7352		Senior II M - 30	100	01:28:37	02:41:49.15	+01:13:21 (45.3%)	7:42	7.8 (54.9%)
302	WILK Piotr	7343	MSPORT TEAM	Masters M - 40	82	01:28:33	02:42:30.10	+01:14:02 (45.6%)	7:44	7.8 (54.9%)
303	BIELAWSKI Paweł	7490		Senior II M - 30	101	01:27:26	02:42:41.70	+01:14:14 (45.6%)	7:44	7.7 (54.2%)
304	KAMIŃSKI Robert	7102		Senior II M - 30	102	01:32:31	02:42:42.35	+01:14:15 (45.6%)	7:44	7.7 (54.2%)
305	SZUBERT-WALENCZAK Magdalena	7588	TEAM ZABIEGANE DNI	Masters K - 40	25	01:31:51	02:42:42.55	+01:14:15 (45.6%)	7:44	7.7 (54.2%)
306	REDKIEWICZ Agnieszka	7587	TEAM ZABIEGANE DNI	Senior II K - 30	35	01:31:51	02:42:43.85	+01:14:16 (45.6%)	7:44	7.7 (54.2%)
307	BIENIAS Anna	7461		Senior II K - 30	36	01:31:15	02:42:45.20	+01:14:17 (45.7%)	7:45	7.7 (54.2%)
308	BLICHARSKI Ireneusz	7509	25 BKPOW	Masters M - 40	83	01:31:46	02:42:55.35	+01:14:28 (45.7%)	7:45	7.7 (54.2%)
309	DUTKOWIAK Aleksandra	7765	PIĄTKOWO NA BIEGOWO	Masters K - 40	26	01:32:59	02:42:59.80	+01:14:32 (45.7%)	7:45	7.7 (54.2%)
310	KSIEZKA Joanna	7261	STRZEGOMSKA DWUNASTKA	Senior II K - 30	37	01:27:07	02:43:02.05	+01:14:34 (45.7%)	7:45	7.7 (54.2%)
311	JARZĄBEK Michał	7304	MRUNNERS	Senior II M - 30	103	01:32:34	02:43:02.30	+01:14:35 (45.7%)	7:45	7.7 (54.2%)
312	TYMOSZEWSKI Waldemar	7935		Weteran I M - 50	17	01:31:27	02:43:03.20	+01:14:35 (45.8%)	7:45	7.7 (54.2%)
313	KRÓLAK-DUBLAGA Dorota	7713	#BIEGIWLKP	Senior II K - 30	38	01:31:18	02:43:18.85	+01:14:51 (45.8%)	7:46	7.7 (54.2%)
314	WOJCIECHOWSKI Maciej	7601		Senior II M - 30	104	01:31:07	02:43:24.10	+01:14:56 (45.9%)	7:46	7.7 (54.2%)
315	KOPYŚCIAŃSKI Aleksander	7124	FITNESS PIEKARY	Masters M - 40	84	01:32:46	02:43:29.00	+01:15:01 (45.9%)	7:47	7.7 (54.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
316	SPÓLNY Robert	7872		Weteran I M - 50	18	01:32:51	02:43:34.90	+01:15:07 (45.9%)	7:47	7.7 (54.2%)
317	PIELA Katarzyna	7936		Senior II K - 30	39	01:30:42	02:43:36.05	+01:15:08 (45.9%)	7:47	7.7 (54.2%)
318	SOKULSKI Grzegorz	7391		Senior II M - 30	105	01:27:40	02:43:38.30	+01:15:11 (45.9%)	7:47	7.7 (54.2%)
319	PAWZUN Bartek	7592	PRACOWNIA FIZJOTEKA	Senior II M - 30	106	01:25:57	02:43:45.70	+01:15:18 (46.0%)	7:47	7.7 (54.2%)
320	SIWEK Grzegorz	7241	LANRUNS	Masters M - 40	85	01:31:17	02:43:47.90	+01:15:20 (46.0%)	7:47	7.7 (54.2%)
321	GOŁĄBEK Dariusz	7035	BBL/BIEGATON MIKOŁÓW	Weteran I M - 50	19	01:31:45	02:43:51.00	+01:15:23 (46.0%)	7:48	7.7 (54.2%)
322	ZGRAJ Katarzyna	7286		Masters K - 40	27	01:31:47	02:43:52.10	+01:15:24 (46.0%)	7:48	7.7 (54.2%)
323	KRZYŻYK Adam	7838		Masters M - 40	86	01:33:59	02:43:57.50	+01:15:30 (46.1%)	7:48	7.7 (54.2%)
324	NOWAK Łukasz	7656		Masters M - 40	87	01:22:31	02:44:01.00	+01:15:33 (46.1%)	7:48	7.7 (54.2%)
325	RABIEGA Marcin	7110	ROKIETNICA BIEGA	Masters M - 40	88	01:34:26	02:44:03.40	+01:15:36 (46.1%)	7:48	7.7 (54.2%)
326	MIERNIK Marzena	7620		Masters K - 40	28	01:34:58	02:44:03.65	+01:15:36 (46.1%)	7:48	7.7 (54.2%)
327	DZIARNOWSKA Magda	7100	MECHANIKA ZDROWIA	Senior II K - 30	40	01:32:21	02:44:06.20	+01:15:38 (46.1%)	7:48	7.7 (54.2%)
328	BABIARZ Jacek	7516		Senior II M - 30	107	01:31:51	02:44:08.80	+01:15:41 (46.1%)	7:48	7.7 (54.2%)
329	SAPIA Darek	7742	TRYTON BIKE TEAM	Masters M - 40	89	01:31:52	02:44:10.20	+01:15:42 (46.1%)	7:49	7.7 (54.2%)
330	CHOCIAJ Daniel	7414	ENDORFINY WĄSOSZ	Masters M - 40	90	01:35:14	02:44:24.90	+01:15:57 (46.2%)	7:49	7.7 (54.2%)
331	WOJCIECHOWSKI Roman	7703		Weteran I M - 50	20	01:33:10	02:44:25.05	+01:15:57 (46.2%)	7:49	7.7 (54.2%)
332	ZYDORCZAK Mateusz	7540		Masters M - 40	91	01:26:54	02:44:25.35	+01:15:58 (46.2%)	7:49	7.7 (54.2%)
333	GIEL Jarosław	7327		Senior II M - 30	108	01:30:03	02:44:29.70	+01:16:02 (46.2%)	7:49	7.7 (54.2%)
334	ŻABA Jacek	7876		Weteran I M - 50	21	01:34:08	02:44:39.05	+01:16:11 (46.3%)	7:50	7.7 (54.2%)
335	WÓJCIK Kamila	7616	STRONIE BIEGA	Masters K - 40	29	01:29:34	02:44:48.70	+01:16:21 (46.3%)	7:50	7.6 (53.5%)
336	BUJAK Magdalena	7844	NIGHT RUNNERS PYSKOWICE	Senior II K - 30	41	01:32:50	02:44:53.25	+01:16:25 (46.4%)	7:51	7.6 (53.5%)
337	WOLANO Marcin	7907	HATTON DARTS	Senior II M - 30	109	01:30:01	02:44:57.05	+01:16:29 (46.4%)	7:51	7.6 (53.5%)
338	ROGOŹNICKI Paweł	7120	#ZALINIAMETYTEAM	Masters M - 40	92	01:30:27	02:44:57.10	+01:16:29 (46.4%)	7:51	7.6 (53.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
339	KOCIUBA Katarzyna	7423		Senior II K - 30	42	01:34:51	02:44:57.80	+01:16:30 (46.4%)	7:51	7.6 (53.5%)
340	HERBEĆ-LABOCHA Magdalena	7868		Masters K - 40	30	01:36:51	02:44:57.90	+01:16:30 (46.4%)	7:51	7.6 (53.5%)
341	LABOCHA Aleksander	7869		Masters M - 40	93	01:36:51	02:44:58.30	+01:16:31 (46.4%)	7:51	7.6 (53.5%)
342	BARTKIEWICZ Ireneusz	7293		Masters M - 40	94	01:27:49	02:45:01.75	+01:16:34 (46.4%)	7:51	7.6 (53.5%)
343	ZAPALSKA Aleksandra	7069		Senior I K - 20	15	01:35:59	02:45:04.90	+01:16:37 (46.4%)	7:51	7.6 (53.5%)
344	ADAMSKA Karolina	7058		Senior I K - 20	16	01:34:23	02:45:15.45	+01:16:48 (46.5%)	7:52	7.6 (53.5%)
345	DUBLAGA Michał	7712	#BIEGIWLKP	Senior II M - 30	110	01:31:20	02:45:18.30	+01:16:51 (46.5%)	7:52	7.6 (53.5%)
346	BARAN Bogdan	7622		Weteran II M - 60	3	01:34:07	02:45:23.20	+01:16:55 (46.5%)	7:52	7.6 (53.5%)
347	BARTEK Łukasz	7931	OTK RZEŹNIK	Masters M - 40	95	01:32:14	02:45:25.95	+01:16:58 (46.5%)	7:52	7.6 (53.5%)
348	CABAJ Paweł	7154		Senior II M - 30	111	01:25:43	02:45:36.70	+01:17:09 (46.6%)	7:53	7.6 (53.5%)
349	DREKO Krzysztof	7802	PROGRES	Masters M - 40	96	01:29:45	02:45:45.70	+01:17:18 (46.6%)	7:53	7.6 (53.5%)
350	SIKORA Mateusz	7456	BORN TO RUN	Senior I M - 20	31	01:33:40	02:45:46.00	+01:17:18 (46.6%)	7:53	7.6 (53.5%)
351	MACHUL Ewa	7524		Senior II K - 30	43	01:36:50	02:45:46.25	+01:17:18 (46.6%)	7:53	7.6 (53.5%)
352	DREKO Anna	7800	AD GROUP	Masters K - 40	31	01:29:47	02:45:47.50	+01:17:20 (46.6%)	7:53	7.6 (53.5%)
353	GUZERA Tomasz	7450		Senior II M - 30	112	01:26:26	02:45:47.85	+01:17:20 (46.6%)	7:53	7.6 (53.5%)
354	JANCZAREK Łukasz	7770	PATORUNNERS	Senior II M - 30	113	01:31:09	02:45:51.95	+01:17:24 (46.7%)	7:53	7.6 (53.5%)
355	BILIŃSKI Rafał	7584		Masters M - 40	97	01:30:43	02:45:58.75	+01:17:31 (46.7%)	7:54	7.6 (53.5%)
356	MARYSZCZAK Maciej	7548	ADIDAS RUNNERS WARSAW	Masters M - 40	98	01:34:38	02:46:14.75	+01:17:47 (46.8%)	7:54	7.6 (53.5%)
357	KOZAK Paweł	7348		Senior II M - 30	114	01:30:05	02:46:14.80	+01:17:47 (46.8%)	7:54	7.6 (53.5%)
358	KOWAL Andrzej	7135		Weteran I M - 50	22	01:37:27	02:46:15.30	+01:17:48 (46.8%)	7:55	7.6 (53.5%)
359	JAKUBISIAK Renata	7065	AEGONRUN	Masters K - 40	32	01:34:56	02:46:20.30	+01:17:53 (46.8%)	7:55	7.6 (53.5%)
360	LISOWSKA Kamila	7913	YNO ULTRA	Senior II K - 30	44	01:37:55	02:46:43.70	+01:18:16 (46.9%)	7:56	7.6 (53.5%)
361	LEWALSKI Krzysztof	7585		Masters M - 40	99	01:32:21	02:46:44.50	+01:18:17 (47.0%)	7:56	7.6 (53.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
362	ANDRZEJCZAK Michał	7479		Senior II M - 30	115	01:27:27	02:46:48.95	+01:18:21 (47.0%)	7:56	7.6 (53.5%)
363	KORCZYŃSKA Alicja	7360	BIEGOWA POGORZAŁA	Masters K - 40	33	01:38:30	02:47:11.85	+01:18:44 (47.1%)	7:57	7.5 (52.8%)
364	LEWICKA Magdalena	7417	CAŁA OLEŚNICA BIEGA	Masters K - 40	34	01:38:11	02:47:13.50	+01:18:46 (47.1%)	7:57	7.5 (52.8%)
365	JEKA Piotr	7744		Weteran I M - 50	23	01:34:11	02:47:21.60	+01:18:54 (47.1%)	7:58	7.5 (52.8%)
366	IMIŃSKI Cezary	7308		Weteran I M - 50	24	01:32:28	02:47:28.95	+01:19:01 (47.2%)	7:58	7.5 (52.8%)
367	ZAJĄCZKOWSKI Damian	7643		Masters M - 40	100	01:36:56	02:47:33.90	+01:19:06 (47.2%)	7:58	7.5 (52.8%)
368	ADAMCZYK Grzegorz	7452	OŁAWSKA GRUPA BIEGOWA	Masters M - 40	101	01:31:55	02:47:49.35	+01:19:22 (47.3%)	7:59	7.5 (52.8%)
369	KRZYŻANOWSKI Marcin	7105	ŚWIAT MARATOŃCZYKA	Senior II M - 30	116	01:34:43	02:47:55.40	+01:19:28 (47.3%)	7:59	7.5 (52.8%)
370	MODZELEWSKA Anna	7056		Senior I K - 20	17	01:36:50	02:47:55.85	+01:19:28 (47.3%)	7:59	7.5 (52.8%)
371	KIECOŃ Maria	7812		Senior II K - 30	45	01:33:49	02:48:08.90	+01:19:41 (47.4%)	8:00	7.5 (52.8%)
372	NIERADKO Arkadiusz	7482		Masters M - 40	102	01:31:30	02:48:09.35	+01:19:42 (47.4%)	8:00	7.5 (52.8%)
373	PODULKA Grzegorz	7795		Masters M - 40	103	01:33:34	02:48:15.15	+01:19:47 (47.4%)	8:00	7.5 (52.8%)
374	DANKOWSKA Ewelina	7418	ENDORFINY WĄSOSZ	Masters K - 40	35	01:35:24	02:48:15.80	+01:19:48 (47.4%)	8:00	7.5 (52.8%)
375	ALBERT Damian	7266	FIZJOBIEGACZE SZCZECIN	Senior II M - 30	117	01:33:09	02:48:21.90	+01:19:54 (47.5%)	8:01	7.5 (52.8%)
376	WOJCIESZUK Anna	7350		Senior I K - 20	18	01:38:17	02:48:30.20	+01:20:02 (47.5%)	8:01	7.5 (52.8%)
377	NICOŚ Marcin	7245		Senior II M - 30	118	01:38:17	02:48:32.35	+01:20:05 (47.5%)	8:01	7.5 (52.8%)
378	MANNA Przemysław	7531	RAZ SZCZECIN	Masters M - 40	104	01:36:45	02:48:34.10	+01:20:06 (47.5%)	8:01	7.5 (52.8%)
379	PAMUŁA Marta	7546		Senior I K - 20	19	01:35:21	02:48:45.10	+01:20:17 (47.6%)	8:02	7.5 (52.8%)
380	SZCZERBA Katarzyna	7025		Senior II K - 30	46	01:37:35	02:48:55.00	+01:20:27 (47.6%)	8:02	7.5 (52.8%)
381	KONCA Aleksander	7030	KB OŻARÓW MAZOWIECKI BIEGA	Senior I M - 20	32	01:38:22	02:48:55.10	+01:20:27 (47.6%)	8:02	7.5 (52.8%)
382	REWIŃSKI Sławek	7428		Masters M - 40	105	01:31:01	02:48:57.80	+01:20:30 (47.6%)	8:02	7.5 (52.8%)
383	WIŚLIŃSKA Agnieszka	7863		Senior II K - 30	47	01:36:01	02:49:02.00	+01:20:34 (47.7%)	8:02	7.5 (52.8%)
384	MICHALAK Kamil	7506	SZYNKARNIA	Senior II M - 30	119	01:30:24	02:49:02.70	+01:20:35 (47.7%)	8:02	7.5 (52.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
385	LACHOWSKI Karol	7036	AEGONRUN	Senior II M - 30	120	01:34:58	02:49:06.20	+01:20:38 (47.7%)	8:03	7.5 (52.8%)
386	GRUSZCZYŃSKI Paweł	7253	GRUCHY DAJĄ CZADU !!!	Masters M - 40	106	01:41:13	02:49:24.75	+01:20:57 (47.8%)	8:04	7.4 (52.1%)
387	MENDYKA Marcin	7856	12TRI	Masters M - 40	107	01:33:48	02:49:26.15	+01:20:58 (47.8%)	8:04	7.4 (52.1%)
388	FERENC Stanisław	7593		Senior II M - 30	121	01:31:11	02:49:37.20	+01:21:09 (47.9%)	8:04	7.4 (52.1%)
389	ZASADA Michał	7843	PRO-RUN WROCŁAW	Masters M - 40	108	01:37:45	02:49:38.00	+01:21:10 (47.9%)	8:04	7.4 (52.1%)
390	MATUKIN Aleksandra	7930		Senior II K - 30	48	01:37:13	02:49:41.15	+01:21:13 (47.9%)	8:04	7.4 (52.1%)
391	PONIATOWSKI Krzysztof	7903		Masters M - 40	109	01:35:50	02:49:43.00	+01:21:15 (47.9%)	8:04	7.4 (52.1%)
392	STOLPE Maciej	7046	TKKF MPK POZNAŃ	Weteran I M - 50	25	01:38:37	02:49:45.95	+01:21:18 (47.9%)	8:05	7.4 (52.1%)
393	ŁĘKAWA Sebastian	7510	140MINUT.PL	Masters M - 40	110	01:33:32	02:49:48.00	+01:21:20 (47.9%)	8:05	7.4 (52.1%)
394	SŁODKIEWICZ Piotr	7716	KNEIPPTEAM	Senior II M - 30	122	01:35:40	02:49:51.80	+01:21:24 (47.9%)	8:05	7.4 (52.1%)
395	SŁODKIEWICZ Dagmara	7715	KNEIPPTEAM	Senior II K - 30	49	01:35:45	02:49:51.85	+01:21:24 (47.9%)	8:05	7.4 (52.1%)
396	LACHOWICZ Marta	7140	MAE KEAGE KYOKUSHIN TEAM	Senior II K - 30	50	01:34:29	02:50:06.40	+01:21:39 (48.0%)	8:06	7.4 (52.1%)
397	OCHEJ Joanna	7280	APTENEO RUNNING TEAM	Senior II K - 30	51	01:35:34	02:50:14.10	+01:21:46 (48.0%)	8:06	7.4 (52.1%)
398	BRZOSTOWIECKA Angelika	7912		Senior I K - 20	20	01:35:52	02:50:19.90	+01:21:52 (48.1%)	8:06	7.4 (52.1%)
399	MIROWSKI Dominik	7265		Senior II M - 30	123	01:35:23	02:50:28.00	+01:22:00 (48.1%)	8:07	7.4 (52.1%)
400	SPYTEK Justyna	7675		Masters K - 40	36	01:33:07	02:50:33.85	+01:22:06 (48.1%)	8:07	7.4 (52.1%)
401	JAŚKOWIEC Michał	7497		Senior I M - 20	33	01:36:59	02:50:44.50	+01:22:17 (48.2%)	8:07	7.4 (52.1%)
402	GRZĄDZIEL Paweł	7555	ADIDAS RUNNERS WARSAW	Weteran I M - 50	26	01:38:03	02:51:05.05	+01:22:37 (48.3%)	8:08	7.4 (52.1%)
403	DERBICH Mariusz	7867	KOWALEW RUNERS	Masters M - 40	111	01:35:00	02:51:07.20	+01:22:39 (48.3%)	8:08	7.4 (52.1%)
404	PEKAŁA Dawid	7193	ŻARY RUNNERS TEAM	Masters M - 40	112	01:36:57	02:51:09.20	+01:22:41 (48.3%)	8:09	7.4 (52.1%)
404	ORŁOWSKI Robert	7702	BIEGNĘ NA PÓŁNOC	Senior II M - 30	124	01:35:14	02:51:09.20	+01:22:41 (48.3%)	8:09	7.4 (52.1%)
406	POCZTAREK Ewelina	7743		Senior II K - 30	52	01:38:50	02:51:10.45	+01:22:43 (48.3%)	8:09	7.4 (52.1%)
407	BOMBA Tomasz	7683		Masters M - 40	113	01:34:56	02:51:20.50	+01:22:53 (48.4%)	8:09	7.4 (52.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
408	PIÓRKOWSKA Jolanta	7849	KOŁO BIEGA	Masters K - 40	37	01:38:07	02:51:26.85	+01:22:59 (48.4%)	8:09	7.3 (51.4%)
409	ŻARSKA Ilona	7719		Senior II K - 30	53	01:37:04	02:51:28.70	+01:23:01 (48.4%)	8:09	7.3 (51.4%)
410	JASKÓŁKA Hubert	7271	VENUS-BRUK	Weteran II M - 60	4	01:38:41	02:51:39.70	+01:23:12 (48.5%)	8:10	7.3 (51.4%)
411	KRYCH Joanna	7291		Masters K - 40	38	01:34:23	02:52:06.00	+01:23:38 (48.6%)	8:11	7.3 (51.4%)
412	DOMAŃSKA Małgorzata	7318	STAN UMYSŁU LEWIN BIEGA	Masters K - 40	39	01:35:10	02:52:09.90	+01:23:42 (48.6%)	8:11	7.3 (51.4%)
413	PYZIO Magdalena	7534		Senior II K - 30	54	01:31:52	02:52:11.90	+01:23:44 (48.6%)	8:11	7.3 (51.4%)
414	KOŚCIELNIAK Szymon	7762	CZERWONACKIE KIJANKI / ZAŁOGA GÓRSKA	Masters M - 40	114	01:34:04	02:52:22.30	+01:23:55 (48.7%)	8:12	7.3 (51.4%)
415	SIBIELAK Tomasz	7416	BIEGOWA KUŹNIA	Masters M - 40	115	01:33:49	02:52:24.60	+01:23:57 (48.7%)	8:12	7.3 (51.4%)
416	BOSY Hubert	7926		Masters M - 40	116	01:32:49	02:52:25.00	+01:23:57 (48.7%)	8:12	7.3 (51.4%)
417	BYRCZEK Daria	7823		Senior II K - 30	55	01:32:52	02:52:25.25	+01:23:57 (48.7%)	8:12	7.3 (51.4%)
418	STASIAK Łukasz	7701	LEŚNE DZIKI PRZYJACIELSKA GRUPA BIEGOWA	Masters M - 40	117	01:33:18	02:52:25.65	+01:23:58 (48.7%)	8:12	7.3 (51.4%)
419	SZERSZEŃ Agata	7277	DTR BIEGA / MARIO TEAM	Senior II K - 30	56	01:39:57	02:52:34.60	+01:24:07 (48.7%)	8:13	7.3 (51.4%)
420	JÓZEFIAK Grzegorz	7492		Weteran I M - 50	27	01:35:14	02:52:40.95	+01:24:13 (48.8%)	8:13	7.3 (51.4%)
421	KUŚWIK Beata	7373		Senior II K - 30	57	01:38:26	02:52:49.30	+01:24:22 (48.8%)	8:13	7.3 (51.4%)
422	MARCINKOWSKI Przemysław	7563		Masters M - 40	118	01:35:17	02:52:52.35	+01:24:25 (48.8%)	8:13	7.3 (51.4%)
423	KOWALEWSKA Anna	7132		Senior II K - 30	58	01:36:05	02:52:53.85	+01:24:26 (48.8%)	8:13	7.3 (51.4%)
424	NIEDZIELA Danuta	7136	GOSTYŃ	Masters K - 40	40	01:35:26	02:52:56.05	+01:24:28 (48.9%)	8:14	7.3 (51.4%)
425	HAREMZA Bartek	7493		Senior II M - 30	125	01:32:57	02:53:01.85	+01:24:34 (48.9%)	8:14	7.3 (51.4%)
426	KAŻMIERCZAK-MOLIK Anna	7026		Senior II K - 30	59	01:39:56	02:53:08.60	+01:24:41 (48.9%)	8:14	7.3 (51.4%)
427	ANGOWSKI Andrzej	7393		Senior II M - 30	126	01:35:51	02:53:22.25	+01:24:54 (49.0%)	8:15	7.3 (51.4%)
428	CIECHOMSKA Agata	7652	HTF LUDWIK SIKORSKI	Senior II K - 30	60	01:31:49	02:53:30.35	+01:25:03 (49.0%)	8:15	7.3 (51.4%)
429	WYBRANIEC Tomasz	7459		Senior II M - 30	127	01:33:19	02:53:33.30	+01:25:06 (49.0%)	8:15	7.3 (51.4%)
430	ANDRZEJEWSKI Marcin	7732	ŁÓDZKI KLUB WYSOKOGÓRSKI	Senior I M - 20	34	01:28:13	02:53:37.15	+01:25:09 (49.1%)	8:16	7.3 (51.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
431	BURDUKIEWICZ Błażej	7731		Senior I M - 20	35	01:28:13	02:53:38.05	+01:25:10 (49.1%)	8:16	7.3 (51.4%)
432	WOJAS Justyna	7407	NIEPOŁOMICE BIEGAJĄ	Senior II K - 30	61	01:38:45	02:53:44.85	+01:25:17 (49.1%)	8:16	7.3 (51.4%)
433	KAPELSKI Michał	7771		Masters M - 40	119	01:36:18	02:53:50.60	+01:25:23 (49.1%)	8:16	7.2 (50.7%)
434	BUDA Marek	7850	WISEGRAD MARATON RYTRO NOWY SĄCZ	Weteran II M - 60	5	01:34:11	02:53:51.90	+01:25:24 (49.1%)	8:16	7.2 (50.7%)
435	KRYSIAK Dawid	7316	WIECZORNE BIEGANIE W SZCZECINIE	Masters M - 40	120	01:36:57	02:53:52.50	+01:25:25 (49.1%)	8:16	7.2 (50.7%)
436	SZARSKI Jacek	7005	KAPCIOCHY	Senior I M - 20	36	01:30:29	02:53:52.80	+01:25:25 (49.1%)	8:16	7.2 (50.7%)
437	DZIERGWA Agnieszka	7925	PRZEDWOJEWSKI TEAM	Senior II K - 30	62	01:35:46	02:53:54.30	+01:25:27 (49.1%)	8:16	7.2 (50.7%)
438	MARCINKOWSKA Anita	7191	POMIOTY SZATANA	Senior II K - 30	63	01:40:18	02:54:09.05	+01:25:41 (49.2%)	8:17	7.2 (50.7%)
439	OLSZAK Maciej	7260	5 MBOT	Senior II M - 30	128	01:34:03	02:54:21.25	+01:25:53 (49.3%)	8:18	7.2 (50.7%)
440	ROBAKOWSKA Joanna	7353	NIGHT RUNNERS	Senior II K - 30	64	01:39:23	02:54:27.40	+01:26:00 (49.3%)	8:18	7.2 (50.7%)
441	POŁCZYŃSKI Paweł	7697	STALOWA ŁYDA	Senior II M - 30	129	01:32:03	02:54:37.60	+01:26:10 (49.3%)	8:18	7.2 (50.7%)
442	JASKÓŁKA Rafał	7267	VENUS-BRUK	Masters M - 40	121	01:38:45	02:54:52.40	+01:26:25 (49.4%)	8:19	7.2 (50.7%)
443	BANASZYK Norbert	7425		Masters M - 40	122	01:34:39	02:55:18.95	+01:26:51 (49.5%)	8:20	7.2 (50.7%)
444	KOMADA Wojciech	7640	PASTERKA PANY	Masters M - 40	123	01:38:01	02:55:20.70	+01:26:53 (49.6%)	8:20	7.2 (50.7%)
445	DYCFELD Piotr	7647	SZTUKA RUCHU	Senior II M - 30	130	01:33:03	02:55:21.70	+01:26:54 (49.6%)	8:21	7.2 (50.7%)
446	SUDÓŁ Robert	7262	RUN4FUN	Masters M - 40	124	01:33:02	02:55:21.75	+01:26:54 (49.6%)	8:21	7.2 (50.7%)
447	STROJNY Łukasz	7693		Masters M - 40	125	01:41:45	02:55:25.20	+01:26:57 (49.6%)	8:21	7.2 (50.7%)
448	KOSZYKA Weronika	7095	WYBIEGAĆ MARZENIA TEAM	Senior I K - 20	21	01:40:06	02:55:28.65	+01:27:01 (49.6%)	8:21	7.2 (50.7%)
449	WOJCIECHOWSKI Tomasz	7644		Masters M - 40	126	01:34:34	02:55:29.10	+01:27:01 (49.6%)	8:21	7.2 (50.7%)
450	DANKOWSKI Bartosz	7412	ENDORFINY WĄSOSZ	Senior II M - 30	131	01:35:55	02:55:50.55	+01:27:23 (49.7%)	8:22	7.2 (50.7%)
451	LORENC Paweł	7623	ENDORFINY WĄSOSZ	Senior II M - 30	132	01:35:56	02:55:52.90	+01:27:25 (49.7%)	8:22	7.2 (50.7%)
452	BEDNORZ Monika	7249		Senior II K - 30	65	01:38:26	02:55:53.60	+01:27:26 (49.7%)	8:22	7.2 (50.7%)
453	NOWAK Filip	7830		Senior II M - 30	133	01:39:43	02:56:08.80	+01:27:41 (49.8%)	8:23	7.2 (50.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
454	NOWAK Michał	7250	WOJOWNICY WÓDY	Senior II M - 30	134	01:40:21	02:56:14.70	+01:27:47 (49.8%)	8:23	7.1 (50.0%)
455	KŁOPOTEK Nina	7320	EXTREME FAMILY	Senior I K - 20	22	01:40:19	02:56:22.25	+01:27:54 (49.8%)	8:23	7.1 (50.0%)
456	NAJDEREK Robert	7099	-	Masters M - 40	127	01:37:14	02:56:28.65	+01:28:01 (49.9%)	8:24	7.1 (50.0%)
457	ZACHARIASZ Małgorzata	7897		Senior II K - 30	66	01:41:29	02:56:37.30	+01:28:10 (49.9%)	8:24	7.1 (50.0%)
458	PORADA Małgorzata	7440		Masters K - 40	41	01:40:47	02:56:38.55	+01:28:11 (49.9%)	8:24	7.1 (50.0%)
459	CZECH Dorota	7106	ASICSFRONTRUNNER POLAND	Masters K - 40	42	01:41:46	02:56:39.15	+01:28:11 (49.9%)	8:24	7.1 (50.0%)
460	KOSSOK-ZAWADA Marta	7141	CAŁA OLEŚNICA BIEGA	Senior II K - 30	67	01:44:53	02:56:39.90	+01:28:12 (49.9%)	8:24	7.1 (50.0%)
461	KLIMALA Angelika	7215	CAŁA OLEŚNICA BIEGA	Masters K - 40	43	01:44:54	02:56:41.60	+01:28:14 (49.9%)	8:24	7.1 (50.0%)
462	JÓZEF Dorota	7033		Senior I K - 20	23	01:38:41	02:56:41.75	+01:28:14 (49.9%)	8:24	7.1 (50.0%)
463	SIEMION Artur	7888		Masters M - 40	128	01:38:08	02:56:42.55	+01:28:15 (49.9%)	8:24	7.1 (50.0%)
464	LUBOWSKA-KUCHTA Małgorzata	7832	RUNPROGRESSP	Senior II K - 30	68	01:39:56	02:56:53.40	+01:28:26 (50.0%)	8:25	7.1 (50.0%)
465	MICHALAK Tomasz	7042		Masters M - 40	129	01:36:16	02:57:07.45	+01:28:40 (50.1%)	8:26	7.1 (50.0%)
466	KROGULECKI Michał	7273	MIRAZ RACE TEAM	Senior II M - 30	135	01:37:55	02:57:12.20	+01:28:44 (50.1%)	8:26	7.1 (50.0%)
467	PŁAŻYŃSKI Bartosz	7797	W POGONI ZA DUCHEM	Masters M - 40	130	01:38:26	02:57:29.65	+01:29:02 (50.2%)	8:27	7.1 (50.0%)
468	JÓZEF Marek	7014		Masters M - 40	131	01:38:42	02:57:37.95	+01:29:10 (50.2%)	8:27	7.1 (50.0%)
469	BRZEZIŃSKI Andrzej	7258		Weteran II M - 60	6	01:34:56	02:57:42.75	+01:29:15 (50.2%)	8:27	7.1 (50.0%)
470	KOZAK Ewa	7590	KOZAKI	Masters K - 40	44	01:35:22	02:57:43.55	+01:29:16 (50.2%)	8:27	7.1 (50.0%)
471	PERWENIS Krzysztof	7246		Masters M - 40	132	01:40:55	02:57:49.30	+01:29:22 (50.3%)	8:28	7.1 (50.0%)
472	MARCINKOWSKA Katarzyna	7860		Masters K - 40	45	01:41:45	02:57:50.10	+01:29:22 (50.3%)	8:28	7.1 (50.0%)
473	TCHÓRZEWSKA Monika	7455		Masters K - 40	46	01:47:14	02:57:53.20	+01:29:25 (50.3%)	8:28	7.1 (50.0%)
474	LEWICKA Katarzyna	7484		Senior II K - 30	69	01:40:59	02:57:53.30	+01:29:26 (50.3%)	8:28	7.1 (50.0%)
475	GRUŻLEWSKA Patrycja	7698	BIEGAM U KOLESI	Senior I K - 20	24	01:40:58	02:57:53.35	+01:29:26 (50.3%)	8:28	7.1 (50.0%)
476	SZCZAWIŃSKI Grzegorz	7554	SBRT WARSZAWA	Masters M - 40	133	01:39:33	02:57:57.10	+01:29:29 (50.3%)	8:28	7.1 (50.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
477	ŁOBODZIEC Monika	7655		Masters K - 40	47	01:40:07	02:57:59.80	+01:29:32 (50.3%)	8:28	7.1 (50.0%)
478	STACHOWIAK Danuta	7150	ROKIETNICA BIEGA	Masters K - 40	48	01:43:43	02:58:03.50	+01:29:36 (50.3%)	8:28	7.1 (50.0%)
479	JANIEC Tomasz	7315		Senior II M - 30	136	01:35:59	02:58:07.75	+01:29:40 (50.3%)	8:28	7.1 (50.0%)
480	KOMAN Michał	7078		Senior II M - 30	137	01:39:28	02:58:16.45	+01:29:49 (50.4%)	8:29	7.1 (50.0%)
481	FILIPIŃSKI Paweł	7580		Senior I M - 20	37	01:39:05	02:58:18.45	+01:29:51 (50.4%)	8:29	7.1 (50.0%)
482	GRABOWSKI Adam	7121		Masters M - 40	134	01:42:22	02:58:32.40	+01:30:05 (50.5%)	8:30	7.1 (50.0%)
483	RÓŻAŃSKA Magdalena	7057		Masters K - 40	49	01:40:25	02:58:41.90	+01:30:14 (50.5%)	8:30	7.1 (50.0%)
484	BAJER Karol	7231		Masters M - 40	135	01:37:04	02:58:52.80	+01:30:25 (50.6%)	8:31	7 (49.3%)
485	CHOŁUJ Małgorzata	7115		Weteran K - 50	1	01:40:00	02:59:23.05	+01:30:55 (50.7%)	8:32	7 (49.3%)
486	MARCINIAK Grażyna	7364		Senior II K - 30	70	01:42:05	02:59:27.00	+01:30:59 (50.7%)	8:32	7 (49.3%)
487	STRZAŁKOWSKA Urszula	7688	BBL OPOLE	Senior II K - 30	71	01:38:12	02:59:50.70	+01:31:23 (50.8%)	8:33	7 (49.3%)
488	KOZAK Bartosz	7591	KOZAKI	Masters M - 40	136	01:34:29	02:59:59.25	+01:31:31 (50.9%)	8:34	7 (49.3%)
489	KUCHCZYŃSKI Krzysztof	7127		Senior II M - 30	138	01:35:54	03:00:01.05	+01:31:33 (50.9%)	8:34	7 (49.3%)
490	ROGÓŻ Rafał	7570		Masters M - 40	137	01:30:15	03:00:03.25	+01:31:35 (50.9%)	8:34	7 (49.3%)
491	MUSZYŃSKI Andrzej	7824		Senior II M - 30	139	01:32:45	03:00:11.15	+01:31:43 (50.9%)	8:34	7 (49.3%)
492	SZPINEK Stella	7810	TUTU TEAM	Senior II K - 30	72	01:40:40	03:00:20.45	+01:31:53 (51.0%)	8:35	7 (49.3%)
493	FRANKIEWICZ Łukasz	7305		Senior II M - 30	140	01:40:37	03:00:24.50	+01:31:57 (51.0%)	8:35	7 (49.3%)
494	KRUK Anna	7751		Senior I K - 20	25	01:41:32	03:00:26.05	+01:31:58 (51.0%)	8:35	7 (49.3%)
495	PODBOROŻNY Karol	7600		Senior II M - 30	141	01:47:59	03:00:36.65	+01:32:09 (51.0%)	8:36	7 (49.3%)
496	KROSZKA Krzysztof	7311		Weteran I M - 50	28	01:39:27	03:00:42.30	+01:32:15 (51.1%)	8:36	7 (49.3%)
497	STASZYŃSKA Karolina	7820		Masters K - 40	50	01:40:23	03:00:42.95	+01:32:15 (51.1%)	8:36	7 (49.3%)
498	HALA Krzysztof	7902		Masters M - 40	138	01:45:13	03:01:10.75	+01:32:43 (51.2%)	8:37	7 (49.3%)
499	SKIBA-DZIADYK Dominika	7179		Masters K - 40	51	01:41:01	03:01:11.45	+01:32:44 (51.2%)	8:37	7 (49.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
500	KRZYŻYK Agnieszka	7086	TRIO FORTIS	Masters K - 40	52	01:39:53	03:01:13.55	+01:32:46 (51.2%)	8:37	7 (49.3%)
501	SIKORA Agnieszka	7395		Senior II K - 30	73	01:36:54	03:01:31.90	+01:33:04 (51.3%)	8:38	6.9 (48.6%)
502	KOSTECZKA Paulina	7309	DRUŻYNA BIEGNAĆCEGO ORIONA	Masters K - 40	53	01:39:30	03:01:34.70	+01:33:07 (51.3%)	8:38	6.9 (48.6%)
503	KACHNIARZ Tomasz	7699	NBS TEAM	Senior II M - 30	142	01:38:33	03:01:41.15	+01:33:13 (51.3%)	8:39	6.9 (48.6%)
504	WOŹNY Krzysztof	7710	SPORTOWY KAŻMIERZ	Senior II M - 30	143	01:45:45	03:02:18.00	+01:33:50 (51.5%)	8:40	6.9 (48.6%)
505	ZIARNIAK Anna	7192	POMIOTY SZATANA	Senior II K - 30	74	01:40:34	03:02:21.45	+01:33:54 (51.5%)	8:41	6.9 (48.6%)
506	MOSKWA Martyna	7368	MASZ PRZEBIEGANE	Senior I K - 20	26	01:44:50	03:02:25.10	+01:33:57 (51.5%)	8:41	6.9 (48.6%)
507	JURASZ Aleksandra	7092		Senior II K - 30	75	01:42:23	03:02:53.60	+01:34:26 (51.6%)	8:42	6.9 (48.6%)
508	GALEWSKI Mariusz	7500	KOTLIN	Weteran I M - 50	29	01:40:47	03:02:57.80	+01:34:30 (51.7%)	8:42	6.9 (48.6%)
509	WŁODAREK Urszula	7854	DENTALCARE	Weteran K - 50	2	01:40:20	03:03:07.75	+01:34:40 (51.7%)	8:43	6.9 (48.6%)
510	DUCH Aleksandra	7022		Senior I K - 20	27	01:45:36	03:03:18.75	+01:34:51 (51.7%)	8:43	6.9 (48.6%)
511	KOZŁOWSKA Renata	7859		Senior II K - 30	76	01:42:13	03:03:24.45	+01:34:57 (51.8%)	8:44	6.9 (48.6%)
512	LINKIEWICZ-MANNA Eliza	7532	RAZ SZCZECIN	Senior II K - 30	77	01:46:22	03:03:32.50	+01:35:05 (51.8%)	8:44	6.9 (48.6%)
513	PIETRZAK Sylwia	7247	12TRI.PL	Senior II K - 30	78	01:42:25	03:03:32.80	+01:35:05 (51.8%)	8:44	6.9 (48.6%)
514	FIĄCEK Adam	7312	HARTUJĘ CHARTA	Masters M - 40	139	01:38:18	03:03:55.10	+01:35:27 (51.9%)	8:45	6.9 (48.6%)
515	LASKOWSKI Dariusz	7400	NIEPOŁOMICE BIEGAJĄ	Weteran I M - 50	30	01:40:51	03:03:59.80	+01:35:32 (51.9%)	8:45	6.8 (47.9%)
516	KOZŁOWSKA Anna	7358		Masters K - 40	54	01:44:48	03:04:02.85	+01:35:35 (51.9%)	8:45	6.8 (47.9%)
517	WÓJCIK Justyna	7356	W POGONI ZA DUCHEM	Masters K - 40	55	01:44:49	03:04:02.95	+01:35:35 (51.9%)	8:45	6.8 (47.9%)
518	DIUWE Marzena	7638	PASTERKA PANY	Senior II K - 30	79	01:43:54	03:04:04.70	+01:35:37 (51.9%)	8:45	6.8 (47.9%)
519	WILKIN Mirosław	7722	FUNTRI	Weteran I M - 50	31	01:43:33	03:04:07.65	+01:35:40 (52.0%)	8:46	6.8 (47.9%)
520	ZARANEK Barbara	7887	KĘSY TEAM	Weteran K - 50	3	01:47:59	03:04:17.15	+01:35:49 (52.0%)	8:46	6.8 (47.9%)
521	MAJCHRZYCKI Sławomir	7746	TKKF MPK POZNAŃ	Senior II M - 30	144	01:42:35	03:04:20.30	+01:35:53 (52.0%)	8:46	6.8 (47.9%)
522	KASZUBA Paweł	7609		Masters M - 40	140	01:42:30	03:04:20.65	+01:35:53 (52.0%)	8:46	6.8 (47.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
523	KLUZA Piotr	7553	WKTJ	Weteran I M - 50	32	01:42:43	03:04:21.55	+01:35:54 (52.0%)	8:46	6.8 (47.9%)
524	KNOBLOCH Tomasz	7346	THE PINDOLS	Masters M - 40	141	01:42:38	03:04:22.75	+01:35:55 (52.0%)	8:46	6.8 (47.9%)
525	WOŹNIAK Mirosław	7612	TKKF MPK POZNAŃ	Weteran II M - 60	7	01:44:49	03:04:24.60	+01:35:57 (52.0%)	8:46	6.8 (47.9%)
526	WINCZURA Joanna	7569		Masters K - 40	56	01:41:35	03:04:29.05	+01:36:01 (52.1%)	8:47	6.8 (47.9%)
527	PNIEWSKA Anna	7156		Masters K - 40	57	01:40:40	03:04:29.70	+01:36:02 (52.1%)	8:47	6.8 (47.9%)
528	APANOVA Ekaterina	7603		Senior II K - 30	80	01:41:59	03:04:31.30	+01:36:04 (52.1%)	8:47	6.8 (47.9%)
529	PYRAK Joanna	7104	AEGON RUN	Senior II K - 30	81	01:46:38	03:04:33.80	+01:36:06 (52.1%)	8:47	6.8 (47.9%)
530	PASZKIEWICZ-ŻAK Monika	7256		Senior I K - 20	28	01:43:29	03:04:46.55	+01:36:19 (52.1%)	8:47	6.8 (47.9%)
531	WALCZAK Tomasz	7788	PCH_RUN	Masters M - 40	142	01:38:10	03:04:53.20	+01:36:25 (52.2%)	8:48	6.8 (47.9%)
532	WALCZAK Michał	7238		Masters M - 40	143	01:43:56	03:04:53.50	+01:36:26 (52.2%)	8:48	6.8 (47.9%)
533	WALCZAK Małgorzata	7787	PCH_RUN	Masters K - 40	58	01:38:11	03:04:53.80	+01:36:26 (52.2%)	8:48	6.8 (47.9%)
534	SZMIGIEL Maciej	7070		Senior II M - 30	145	01:45:59	03:04:59.30	+01:36:32 (52.2%)	8:48	6.8 (47.9%)
535	ROGE Michał	7465		Senior II M - 30	146	01:45:39	03:05:00.00	+01:36:32 (52.2%)	8:48	6.8 (47.9%)
536	MARKOWSKA-GRUSZCZYŃSKA Hanna	7254	GRUCHY DAJĄ CZADU !!!	Masters K - 40	59	01:41:22	03:05:38.55	+01:37:11 (52.4%)	8:50	6.8 (47.9%)
537	LEWANDOWSKA Maria	7139	BIEGAM BO NIE LUBIE	Senior II K - 30	82	01:44:54	03:05:39.85	+01:37:12 (52.4%)	8:50	6.8 (47.9%)
538	BAŃKOWSKA Ewa	7347		Senior II K - 30	83	01:41:32	03:05:55.10	+01:37:27 (52.4%)	8:51	6.8 (47.9%)
539	JAWORSKA Magdalena	7183	GB WIELKOPOLSCY BIEGACZE / TEAM KGB	Masters K - 40	60	01:39:48	03:05:56.45	+01:37:29 (52.4%)	8:51	6.8 (47.9%)
540	SIWIASZCZYK Tomasz	7202		Masters M - 40	144	01:39:47	03:05:57.65	+01:37:30 (52.4%)	8:51	6.8 (47.9%)
541	BOROWICZ Marcin	7911		Masters M - 40	145	01:46:35	03:05:57.80	+01:37:30 (52.4%)	8:51	6.8 (47.9%)
542	IGNASZEWSKA Marta	7052	DRUŻYNA SZPIKU	Masters K - 40	61	01:44:12	03:06:03.05	+01:37:35 (52.5%)	8:51	6.8 (47.9%)
543	TOPIŁKO Wojciech	7426	SPEEDO POLSKA	Masters M - 40	146	01:43:41	03:06:14.35	+01:37:47 (52.5%)	8:52	6.8 (47.9%)
544	PACYNA Marek	7489	#BBKTS	Weteran I M - 50	33	01:43:48	03:06:14.65	+01:37:47 (52.5%)	8:52	6.8 (47.9%)
545	KĘDZIA Edyta	7846		Weteran K - 50	4	01:46:33	03:06:21.85	+01:37:54 (52.5%)	8:52	6.8 (47.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
546	ANDRZEJCZAK Łukasz	7480		Senior II M - 30	147	01:38:02	03:06:23.40	+01:37:56 (52.5%)	8:52	6.8 (47.9%)
547	FLISEK Jakub	7468	MNTW	Senior II M - 30	148	01:38:11	03:06:33.20	+01:38:05 (52.6%)	8:53	6.8 (47.9%)
548	TOMAL Lidia	7858		Masters K - 40	62	01:41:39	03:06:40.55	+01:38:13 (52.6%)	8:53	6.8 (47.9%)
549	DERES Julia	7792	BIEGOWA KUŹNIA	Senior I K - 20	29	01:39:35	03:06:48.95	+01:38:21 (52.7%)	8:53	6.7 (47.2%)
550	PIÓRKOWSKI Marek	7194	BIEGOWA KUŹNIA	Weteran I M - 50	34	01:39:36	03:06:49.10	+01:38:21 (52.7%)	8:53	6.7 (47.2%)
551	OCHLIŃSKI Tomasz	7363		Masters M - 40	147	01:44:24	03:06:56.80	+01:38:29 (52.7%)	8:54	6.7 (47.2%)
552	SZCZAPA Karol	7790	12TRI.PL	Senior II M - 30	149	01:39:17	03:07:01.95	+01:38:34 (52.7%)	8:54	6.7 (47.2%)
553	KRYSIAK Joachim	7384		Weteran II M - 60	8	01:40:34	03:07:03.85	+01:38:36 (52.7%)	8:54	6.7 (47.2%)
554	BOROWICZ Paulina	7542		Masters K - 40	63	01:46:38	03:07:05.95	+01:38:38 (52.7%)	8:54	6.7 (47.2%)
555	GŁUCHOWSKA Ewelina	7389		Senior II K - 30	84	01:40:01	03:07:12.35	+01:38:45 (52.7%)	8:54	6.7 (47.2%)
556	MARTYNIAK Rafał	7342		Masters M - 40	148	01:41:50	03:07:12.90	+01:38:45 (52.8%)	8:54	6.7 (47.2%)
557	GŁÓWKA Barbara	7392		Senior II K - 30	85	01:44:08	03:07:14.00	+01:38:46 (52.8%)	8:54	6.7 (47.2%)
558	KORNACKA Monika	7526		Masters K - 40	64	01:48:46	03:07:17.20	+01:38:49 (52.8%)	8:55	6.7 (47.2%)
559	ROSZCZYK Tatiana	7367		Masters K - 40	65	01:47:19	03:07:19.30	+01:38:52 (52.8%)	8:55	6.7 (47.2%)
560	POSIŁA Joanna	7200		Masters K - 40	66	01:49:00	03:07:33.85	+01:39:06 (52.8%)	8:55	6.7 (47.2%)
561	KRUPA Ewa	7087		Senior I K - 20	30	01:41:00	03:07:47.00	+01:39:19 (52.9%)	8:56	6.7 (47.2%)
562	DROZDZ Dorota	7167	#KĘSYTEAM	Masters K - 40	67	01:51:12	03:07:55.70	+01:39:28 (52.9%)	8:56	6.7 (47.2%)
563	KASPRZYK Rafał	7508	SPORTOWY KAŻMIERZ	Masters M - 40	149	01:45:48	03:08:05.70	+01:39:38 (53.0%)	8:57	6.7 (47.2%)
564	GOŁĄBEK Damian	7268		Senior II M - 30	150	01:37:42	03:08:11.70	+01:39:44 (53.0%)	8:57	6.7 (47.2%)
565	NAWROCKI Jarosław	7499		Weteran I M - 50	35	01:39:05	03:08:29.30	+01:40:02 (53.1%)	8:58	6.7 (47.2%)
566	GMEREK Zuzanna	7008		Senior I K - 20	31	01:42:43	03:08:37.00	+01:40:09 (53.1%)	8:58	6.7 (47.2%)
567	JESIOŁOWSKI Robert	7337		Weteran I M - 50	36	01:37:33	03:08:37.95	+01:40:10 (53.1%)	8:58	6.7 (47.2%)
568	BORKOWSKI Marcel	7624		Senior II M - 30	151	01:38:53	03:08:40.05	+01:40:12 (53.1%)	8:59	6.7 (47.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
569	ŁOŚ Krzysztof	7665	SBRT WARSZAWA	Weteran II M - 60	9	01:49:37	03:08:46.15	+01:40:18 (53.1%)	8:59	6.7 (47.2%)
570	MARCINIAK Paulina	7371		Senior II K - 30	86	01:47:29	03:08:46.85	+01:40:19 (53.1%)	8:59	6.7 (47.2%)
571	GONERA-BATOR Anna	7747	KB HARCOWNIK JELCZ-LASKOWICE	Senior II K - 30	87	01:44:49	03:08:53.05	+01:40:25 (53.2%)	8:59	6.7 (47.2%)
572	MOLSKI Andrzej	7933		Weteran I M - 50	37	01:41:54	03:08:59.60	+01:40:32 (53.2%)	8:59	6.7 (47.2%)
573	WISNIEWSKA Małgorzata	7332	FFF	Masters K - 40	68	01:44:44	03:09:10.50	+01:40:43 (53.2%)	9:00	6.7 (47.2%)
574	SZUBARGA Tomasz	7170	ROKIETNICA BIEGA	Senior II M - 30	152	01:40:44	03:09:10.85	+01:40:43 (53.2%)	9:00	6.7 (47.2%)
575	MATELSKI Karol	7171	ROKIETNICA BIEGA	Masters M - 40	150	01:40:44	03:09:11.15	+01:40:43 (53.2%)	9:00	6.7 (47.2%)
576	WOJCIECHOWSKI Andrzej	7772	NIGHT RUNNERS	Senior II M - 30	153	01:45:36	03:09:17.60	+01:40:50 (53.3%)	9:00	6.7 (47.2%)
577	JARCZYŃSKI Piotr	7775	NIGHT RUNNERS	Senior II M - 30	154	01:45:39	03:09:20.40	+01:40:53 (53.3%)	9:00	6.7 (47.2%)
578	NOWAKOWSKI Karol	7514	SBRT WARSZAWA	Senior II M - 30	155	01:37:37	03:09:22.60	+01:40:55 (53.3%)	9:01	6.7 (47.2%)
579	RYBICKI Przemysław	7525	SKLEP BIEGACZA	Masters M - 40	151	01:37:37	03:09:23.65	+01:40:56 (53.3%)	9:01	6.7 (47.2%)
580	SZCZOTKA Katarzyna	7088		Senior I K - 20	32	01:43:47	03:09:38.90	+01:41:11 (53.4%)	9:01	6.6 (46.5%)
581	BARANOWSKI Szymon	7094		Senior II M - 30	156	01:41:25	03:09:39.50	+01:41:12 (53.4%)	9:01	6.6 (46.5%)
582	ZIELIŃSKA Mirona	7153		Masters K - 40	69	01:42:32	03:09:41.75	+01:41:14 (53.4%)	9:01	6.6 (46.5%)
583	ŻAK Piotr	7932		Weteran I M - 50	38	01:45:03	03:09:47.95	+01:41:20 (53.4%)	9:02	6.6 (46.5%)
584	WICIŃSKI Grzegorz	7232	G13	Weteran I M - 50	39	01:35:14	03:09:51.80	+01:41:24 (53.4%)	9:02	6.6 (46.5%)
585	MIKUTANIEC Sebastian	7300		Masters M - 40	152	01:43:13	03:10:06.15	+01:41:38 (53.5%)	9:03	6.6 (46.5%)
586	BRZĘCZEK Izabela	7768		Weteran K - 50	5	01:44:41	03:10:10.35	+01:41:43 (53.5%)	9:03	6.6 (46.5%)
587	SOKOLOWSKA Anna	7478		Senior II K - 30	88	01:42:56	03:10:12.70	+01:41:45 (53.5%)	9:03	6.6 (46.5%)
588	KALINOWSKA Patrycja	7879		Senior II K - 30	89	01:45:54	03:10:16.10	+01:41:48 (53.5%)	9:03	6.6 (46.5%)
589	FRUCZ Jacek	7272		Weteran I M - 50	40	01:48:30	03:10:38.30	+01:42:11 (53.6%)	9:04	6.6 (46.5%)
590	GWORYS Katarzyna	7125	ZRYW PARZYMIECHY	Senior II K - 30	90	01:45:03	03:10:59.85	+01:42:32 (53.7%)	9:05	6.6 (46.5%)
591	GWORYS Krzysztof	7130	ZRYW PARZYMIECHY	Senior II M - 30	157	01:45:05	03:11:00.60	+01:42:33 (53.7%)	9:05	6.6 (46.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
592	JAGIEŁŁO Małgorzata	7307	STAN UMYSŁU LEWIN BIEGA	Weteran K - 50	6	01:48:36	03:11:13.75	+01:42:46 (53.7%)	9:06	6.6 (46.5%)
593	PLEWA Remigiusz	7464		Masters M - 40	153	01:42:07	03:11:42.65	+01:43:15 (53.9%)	9:07	6.6 (46.5%)
594	SOCHA Dorota	7477		Senior II K - 30	91	01:42:59	03:11:44.15	+01:43:16 (53.9%)	9:07	6.6 (46.5%)
595	KUGLARZ Tomasz	7072	BIEGACZE ZJADACZE KM	Masters M - 40	154	01:40:26	03:11:47.50	+01:43:20 (53.9%)	9:07	6.6 (46.5%)
596	STACIWO Justyna	7174	KURACJUSZE	Senior II K - 30	92	01:43:40	03:12:01.00	+01:43:33 (53.9%)	9:08	6.6 (46.5%)
597	PRZYBYŁ Tomasz	7759	NIGHT RUNNERS	Masters M - 40	155	01:42:29	03:12:16.10	+01:43:48 (54.0%)	9:09	6.6 (46.5%)
598	HYLIŃSKA Hanna	7064	KOMU CZEMU	Senior II K - 30	93	01:44:22	03:12:20.30	+01:43:53 (54.0%)	9:09	6.6 (46.5%)
599	DZIARNOWSKI Włodzimierz	7890		Weteran II M - 60	10	01:39:26	03:12:25.20	+01:43:57 (54.0%)	9:09	6.5 (45.8%)
600	NIZIOŁEK Aleksander	7604		Masters M - 40	156	01:38:12	03:12:27.50	+01:44:00 (54.0%)	9:09	6.5 (45.8%)
601	MARKOWSKA Lilianna	7223	BIEGAMDLAZDROWIA.PL	Weteran K - 50	7	01:53:09	03:12:48.10	+01:44:20 (54.1%)	9:10	6.5 (45.8%)
602	WOJCIECHOWSKI Paweł	7602		Masters M - 40	157	01:40:12	03:12:50.65	+01:44:23 (54.1%)	9:10	6.5 (45.8%)
603	FASZCZA Agnieszka	7148	MARATOŃCZYK POZNAŃ	Senior II K - 30	94	01:48:20	03:12:53.20	+01:44:25 (54.1%)	9:11	6.5 (45.8%)
604	TARKA Konrad	7819	MARATOŃCZYK POZNAŃ	Senior II M - 30	158	01:48:19	03:12:53.95	+01:44:26 (54.1%)	9:11	6.5 (45.8%)
605	POPOWICZ Justyna	7801	KOBIETY WATAHY	Masters K - 40	70	01:41:15	03:13:23.70	+01:44:56 (54.3%)	9:12	6.5 (45.8%)
606	KAMIŃSKA Katarzyna	7736		Masters K - 40	71	01:48:31	03:14:00.30	+01:45:33 (54.4%)	9:14	6.5 (45.8%)
607	SZWEJK Krzysztof	7752		Masters M - 40	158	01:48:21	03:14:37.30	+01:46:10 (54.6%)	9:16	6.5 (45.8%)
608	CHOJNACKI Jakub	7138		Senior II M - 30	159	01:48:23	03:14:38.20	+01:46:10 (54.6%)	9:16	6.5 (45.8%)
609	PIETRZAK Agnieszka	7666	KB DĘBIEC	Masters K - 40	72	01:47:49	03:14:46.60	+01:46:19 (54.6%)	9:16	6.5 (45.8%)
610	KORYBUT-BARSKA Anna	7240		Masters K - 40	73	01:49:40	03:15:00.90	+01:46:33 (54.6%)	9:17	6.5 (45.8%)
611	SZCZEPANIAK Marta	7357		Masters K - 40	74	01:49:41	03:15:01.65	+01:46:34 (54.6%)	9:17	6.5 (45.8%)
612	ŁUŻNY Agnieszka	7386	MUAY RUNNING TEAM	Senior II K - 30	95	01:48:42	03:15:04.35	+01:46:37 (54.7%)	9:17	6.5 (45.8%)
613	WICIŃSKA Izabela	7929		Weteran K - 50	8	01:47:35	03:15:44.60	+01:47:17 (54.8%)	9:19	6.4 (45.1%)
614	BOGUSZ Marek	7735	WALKA KOSTRZYN	Weteran II M - 60	11	01:48:12	03:16:01.65	+01:47:34 (54.9%)	9:20	6.4 (45.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
615	NITSCHKE Karol	7738	TKKF MPK POZNAŃ	Masters M - 40	159	01:47:57	03:16:17.55	+01:47:50 (54.9%)	9:20	6.4 (45.1%)
616	NITSCHKE Grażyna	7598	TKKF MPK POZNAŃ	Masters K - 40	75	01:47:57	03:16:18.35	+01:47:51 (54.9%)	9:20	6.4 (45.1%)
617	BAKOWSKA Magdalena	7599	LOCO BABKI	Senior II K - 30	96	01:47:58	03:16:19.85	+01:47:52 (54.9%)	9:20	6.4 (45.1%)
618	KRUPIŃSKI Mateusz	7761		Senior II M - 30	160	01:46:45	03:17:31.35	+01:49:04 (55.2%)	9:24	6.4 (45.1%)
619	KRUPIŃSKA Andżelika	7760	CZERWONACKIE KIJANKI	Senior II K - 30	97	01:46:46	03:17:32.00	+01:49:04 (55.2%)	9:24	6.4 (45.1%)
620	HUTNIK Wojciech	7282	APTENEO RUNNING TEAM	Senior II M - 30	161	01:44:42	03:17:39.45	+01:49:12 (55.2%)	9:24	6.4 (45.1%)
621	PIJANKA Monika	7399		Masters K - 40	76	01:54:38	03:17:44.20	+01:49:16 (55.3%)	9:24	6.4 (45.1%)
622	PACIUCH Dorota	7002		Senior II K - 30	98	01:45:50	03:18:00.20	+01:49:32 (55.3%)	9:25	6.4 (45.1%)
623	KALIŃSKA Dorota	7817	NIEMANIE	Senior II K - 30	99	01:48:35	03:18:07.80	+01:49:40 (55.4%)	9:26	6.4 (45.1%)
624	MILCARZ Andrzej	7737	FESTINA LENTE	Weteran II M - 60	12	01:42:28	03:18:15.50	+01:49:48 (55.4%)	9:26	6.4 (45.1%)
625	MICHALSKI Tomasz	7310	WKURW_TEAM	Masters M - 40	160	01:44:48	03:18:24.85	+01:49:57 (55.4%)	9:26	6.4 (45.1%)
626	MARKIEWICZ Joanna Zuza	7039	TJ	Masters K - 40	77	01:50:06	03:18:26.45	+01:49:59 (55.4%)	9:26	6.3 (44.4%)
627	JACHYMSKA Zofia	7653		Senior I K - 20	33	01:50:10	03:18:28.75	+01:50:01 (55.4%)	9:27	6.3 (44.4%)
628	LUBAŃSKA Alicja	7116		Weteran K - 50	9	01:52:30	03:18:30.55	+01:50:03 (55.4%)	9:27	6.3 (44.4%)
629	ZAKRZEWSKA Beata	7119		Senior II K - 30	100	01:44:44	03:18:43.95	+01:50:16 (55.5%)	9:27	6.3 (44.4%)
630	WACHEL Katarzyna	7149		Masters K - 40	78	01:46:06	03:18:58.70	+01:50:31 (55.5%)	9:28	6.3 (44.4%)
631	FILIPOWICZ Katarzyna	7422		Senior II K - 30	101	01:47:32	03:19:03.40	+01:50:36 (55.6%)	9:28	6.3 (44.4%)
632	PODULKA Małgorzata	7798		Senior II K - 30	102	01:54:56	03:19:18.15	+01:50:50 (55.6%)	9:29	6.3 (44.4%)
633	SZCZERBA Anna	7275		Masters K - 40	79	01:51:24	03:19:23.00	+01:50:55 (55.6%)	9:29	6.3 (44.4%)
634	BOSY Joanna	7239		Senior II K - 30	103	01:47:41	03:19:36.35	+01:51:09 (55.7%)	9:30	6.3 (44.4%)
635	SADOWSKA Paula	7420	SADOSZCZAKI	Senior II K - 30	104	01:50:22	03:19:52.80	+01:51:25 (55.7%)	9:31	6.3 (44.4%)
636	TUCHARZ Sebastian	7556	SBRT WARSZAWA	Masters M - 40	161	01:50:28	03:20:09.20	+01:51:41 (55.8%)	9:31	6.3 (44.4%)
637	ŻERKO Klaudia	7016		Senior II K - 30	105	01:47:05	03:20:34.80	+01:52:07 (55.9%)	9:33	6.3 (44.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
638	LE FELIC Monika	7677		Masters K - 40	80	01:44:51	03:20:40.20	+01:52:12 (55.9%)	9:33	6.3 (44.4%)
639	PLASZCZAK Jarosław	7370		Masters M - 40	162	01:49:01	03:21:11.00	+01:52:43 (56.0%)	9:34	6.3 (44.4%)
640	WALIŃSKA Agata	7530		Senior II K - 30	106	01:49:34	03:21:12.55	+01:52:45 (56.0%)	9:34	6.3 (44.4%)
641	LICHEŃSKI Bartosz	7636		Senior I M - 20	38	01:48:48	03:21:33.20	+01:53:05 (56.1%)	9:35	6.3 (44.4%)
642	BARAŃSKA Małgorzata	7351		Weteran K - 50	10	01:53:07	03:21:41.55	+01:53:14 (56.1%)	9:36	6.2 (43.7%)
643	WOŹNICKA Marta	7155		Masters K - 40	81	01:52:23	03:22:00.55	+01:53:33 (56.2%)	9:37	6.2 (43.7%)
643	NIEWITECKI Krzysztof	7172		Masters M - 40	163	01:52:09	03:22:00.55	+01:53:33 (56.2%)	9:37	6.2 (43.7%)
645	BARTKIEWICZ Lech	7777		Masters M - 40	164	01:39:19	03:22:39.95	+01:54:12 (56.4%)	9:39	6.2 (43.7%)
646	KASPRZYK Marcin	7205		Senior I M - 20	39	01:48:08	03:22:48.25	+01:54:20 (56.4%)	9:39	6.2 (43.7%)
647	NOWACZYK Sylwia	7114	DRUŻYNA SZPIKU	Masters K - 40	82	01:53:10	03:22:49.25	+01:54:21 (56.4%)	9:39	6.2 (43.7%)
648	KMIECIKOWSKI Jakub	7203		Senior I M - 20	40	01:48:08	03:22:58.85	+01:54:31 (56.4%)	9:39	6.2 (43.7%)
649	GÓRNA Małgorzata	7511		Senior II K - 30	107	01:55:26	03:23:02.25	+01:54:34 (56.4%)	9:40	6.2 (43.7%)
650	TCHÓRZEWSKA-PIETRZYK Anna	7454		Masters K - 40	83	01:54:35	03:23:04.40	+01:54:37 (56.4%)	9:40	6.2 (43.7%)
651	NAWROT Katarzyna	7597	MIRAZ RACE TEAM	Senior II K - 30	108	01:50:22	03:23:06.75	+01:54:39 (56.5%)	9:40	6.2 (43.7%)
652	KULAKOWSKI Tomasz	7618		Weteran I M - 50	41	01:50:22	03:23:31.10	+01:55:03 (56.5%)	9:41	6.2 (43.7%)
653	NAGAŃSKA-PILAK Małgorzata	7263		Weteran K - 50	11	01:58:30	03:23:52.10	+01:55:24 (56.6%)	9:42	6.2 (43.7%)
654	WOŹNIAK MACIEJEWSKA Edyta	7182		Masters K - 40	84	01:58:03	03:24:08.70	+01:55:41 (56.7%)	9:43	6.2 (43.7%)
655	KOJDECKI Radosław	7107		Masters M - 40	165	01:48:18	03:24:18.75	+01:55:51 (56.7%)	9:43	6.2 (43.7%)
656	KOWALCZYK Tadeusz	7472	LUX TORPEDA MAŁOPOLSKA	Weteran II M - 60	13	01:48:46	03:24:23.85	+01:55:56 (56.7%)	9:43	6.2 (43.7%)
657	ŚWIĄTEK Agnieszka	7090		Senior II K - 30	109	01:55:05	03:24:48.30	+01:56:21 (56.8%)	9:45	6.2 (43.7%)
658	PURWIN Karolina	7083		Senior I K - 20	34	01:55:05	03:24:48.75	+01:56:21 (56.8%)	9:45	6.2 (43.7%)
659	GAJĘCKA Joanna	7093	ONEONONE	Senior I K - 20	35		03:25:00.00	+01:56:32 (56.9%)	9:45	6.1 (43.0%)
660	GADZINOWSKI Ignacy	7439		Weteran II M - 60	14	01:53:24	03:25:05.70	+01:56:38 (56.9%)	9:45	6.1 (43.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
661	SITKO Grzegorz	7851		Senior II M - 30	162	01:58:45	03:25:18.95	+01:56:51 (56.9%)	9:46	6.1 (43.0%)
662	MOŃKA-PODGÓRNA Ola	7212	WIECZORNE BIEGANIE W OPOLU	Senior I K - 20	36	01:57:28	03:25:29.10	+01:57:01 (57.0%)	9:47	6.1 (43.0%)
663	SZYMAŃSKI Kamil	7066		Senior II M - 30	163	01:44:16	03:25:30.20	+01:57:02 (57.0%)	9:47	6.1 (43.0%)
664	JANKOWSKA Alicja	7639	GANG SŁODZIAKÓW	Senior II K - 30	110	01:49:41	03:25:35.35	+01:57:08 (57.0%)	9:47	6.1 (43.0%)
665	KUCZYŃSKA-LESZCZYŃSKA Joanna	7143	PODLASIAKI TEAM	Masters K - 40	85	01:59:19	03:26:06.20	+01:57:38 (57.1%)	9:48	6.1 (43.0%)
666	PERKA Barbara	7117		Masters K - 40	86	01:53:59	03:27:04.40	+01:58:37 (57.3%)	9:51	6.1 (43.0%)
667	ZARĘBCZAN Kamil	7560	OSTATNICH GRYŻĄ PSY	Senior II M - 30	164	01:56:07	03:27:21.55	+01:58:54 (57.3%)	9:52	6.1 (43.0%)
668	SZYMURA Izabela	7252		Masters K - 40	87	01:54:43	03:27:24.95	+01:58:57 (57.4%)	9:52	6.1 (43.0%)
669	KUCZERA Łukasz	7815		Senior II M - 30	165	01:54:43	03:27:26.70	+01:58:59 (57.4%)	9:52	6.1 (43.0%)
670	PLINIEWICZ Joanna	7617	STRONIE BIEGA	Senior II K - 30	111	01:47:19	03:27:34.80	+01:59:07 (57.4%)	9:53	6.1 (43.0%)
671	DŁUGI Martyna	7274	***** ***	Senior I K - 20	37	02:01:34	03:27:54.75	+01:59:27 (57.5%)	9:54	6.1 (43.0%)
672	PATYCKA Edyta	7325		Weteran K - 50	12	01:51:45	03:29:54.15	+02:01:26 (57.9%)	9:59	6 (42.3%)
673	ZIELIŃSKA-CZERBNIAK Izabela	7899	TARNOWO PODGÓRNE BIEGA.	Masters K - 40	88	01:57:50	03:29:56.75	+02:01:29 (57.9%)	9:59	6 (42.3%)
674	WYPCHOŁ Piotr	7811	BIEGAJ Z TRENERAMI	Weteran I M - 50	42	01:48:00	03:30:17.25	+02:01:49 (57.9%)	10:00	6 (42.3%)
675	SWARŻEŃSKA - SOKOŁOWSKA Jagoda	7917		Senior II K - 30	112		03:30:26.90	+02:01:59 (58.0%)	10:01	6 (42.3%)
676	SZCZAWIŃSKA Małgorzata	7552	SBRT WARSZAWA	Masters K - 40	89	02:00:35	03:30:34.35	+02:02:07 (58.0%)	10:01	6 (42.3%)
677	MARYSZCZAK Magda	7549	ADIDAS RUNNERS WARSAW	Masters K - 40	90	02:00:46	03:30:37.00	+02:02:09 (58.0%)	10:01	6 (42.3%)
678	JĘDRUCHNIEWICZ Jolanta	7547	ADIDAS RUNNERS WARSAW	Senior II K - 30	113	02:00:42	03:30:37.75	+02:02:10 (58.0%)	10:01	6 (42.3%)
679	TUCHARZ Anna	7550	ADIDAS RUNNERS WARSAW	Masters K - 40	91	02:00:38	03:30:38.35	+02:02:11 (58.0%)	10:01	6 (42.3%)
680	ŁUCZAK Maciej	7680	BANDA RYCHA	Masters M - 40	166	01:58:40	03:30:38.40	+02:02:11 (58.0%)	10:01	6 (42.3%)
681	ŁUCZAK Roma	7678		Masters K - 40	92	01:58:38	03:30:38.75	+02:02:11 (58.0%)	10:01	6 (42.3%)
682	ŻARSKA-CYNK Patrycja	7242	CAŁA OLEŚNICA BIEGA	Masters K - 40	93	01:52:57	03:30:39.95	+02:02:12 (58.0%)	10:01	6 (42.3%)
683	KUŹNIAK Justyna	7335	KB SZAMOTUŁY	Masters K - 40	94	01:56:16	03:30:56.25	+02:02:28 (58.1%)	10:02	6 (42.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
684	KOTLIŃSKI Tomasz	7336	KB SZAMOTUŁY	Weteran I M - 50	43	01:56:17	03:30:57.15	+02:02:29 (58.1%)	10:02	6 (42.3%)
685	RYPUŁA Grażyna	7505	ZENRUNNINGTEAM	Weteran II K - 60	1	01:56:07	03:31:16.60	+02:02:49 (58.1%)	10:03	6 (42.3%)
686	SAMULSKA Agata Samulska	7098		Weteran K - 50	13	01:57:25	03:31:18.00	+02:02:50 (58.1%)	10:03	6 (42.3%)
687	BARTKIEWICZ Halina	7168		Masters K - 40	95	01:50:57	03:31:30.10	+02:03:02 (58.2%)	10:04	6 (42.3%)
688	PROZOROWSKA Lidia	7082	MARATON LESZNO	Weteran K - 50	14	01:57:04	03:31:45.10	+02:03:17 (58.2%)	10:05	6 (42.3%)
689	ŁASEK Dariusz	7878	BEUT RUNNER TEAM	Weteran II M - 60	15	01:49:51	03:31:58.10	+02:03:30 (58.3%)	10:05	5.9 (41.5%)
690	ŁASEK-PIETRZAK Agnieszka	7877		Senior II K - 30	114	01:49:46	03:31:58.45	+02:03:31 (58.3%)	10:05	5.9 (41.5%)
691	BOROWIK Agata	7160	CAŁA OLEŚNICA BIEGA	Senior II K - 30	115	01:54:57	03:32:14.70	+02:03:47 (58.3%)	10:06	5.9 (41.5%)
692	GIL Marta	7767		Senior II K - 30	116	01:54:48	03:32:21.60	+02:03:54 (58.3%)	10:06	5.9 (41.5%)
693	LESZKIEWICZ Katarzyna	7213		Senior I K - 20	38	01:51:51	03:32:28.00	+02:04:00 (58.4%)	10:07	5.9 (41.5%)
694	MIKUTANIEC Patrycja	7177		Masters K - 40	96	01:56:10	03:32:43.60	+02:04:16 (58.4%)	10:07	5.9 (41.5%)
695	KRAJEWSKA Magdalena	7424		Masters K - 40	97	02:03:57	03:33:00.25	+02:04:32 (58.5%)	10:08	5.9 (41.5%)
696	NESTOROWICZ Monika	7372	KLUB BIEGACZA JURUND SZCZYTNO	Masters K - 40	98	02:01:38	03:33:25.80	+02:04:58 (58.6%)	10:09	5.9 (41.5%)
697	TARASZEWSKA Paulina	7894		Senior II K - 30	117	01:56:36	03:34:00.90	+02:05:33 (58.7%)	10:11	5.9 (41.5%)
698	DANIELEK Ewa	7255		Senior II K - 30	118	01:56:36	03:34:04.10	+02:05:36 (58.7%)	10:11	5.9 (41.5%)
699	SOWIŃSKA Anna	7411		Masters K - 40	99	01:54:08	03:34:23.40	+02:05:56 (58.7%)	10:12	5.9 (41.5%)
700	WODAŁA Jolanta	7410	KLUB BIEGACZA RTV EURO AGD	Senior II K - 30	119	01:54:07	03:34:24.20	+02:05:56 (58.7%)	10:12	5.9 (41.5%)
701	WALKOWIAK Marek	7338	PECNA TEAM	Masters M - 40	167	01:53:53	03:34:55.05	+02:06:27 (58.8%)	10:14	5.9 (41.5%)
702	JANKOWIAK Kasia	7813	ORANGE POLSKA	Masters K - 40	100	01:53:14	03:35:20.65	+02:06:53 (58.9%)	10:15	5.9 (41.5%)
703	KANIEWSKI Michał	7814	ORANGE POLSKA	Masters M - 40	168	01:53:16	03:35:21.75	+02:06:54 (58.9%)	10:15	5.9 (41.5%)
704	GOLONKA Kinga	7726		Senior I K - 20	39	02:02:21	03:35:26.10	+02:06:58 (58.9%)	10:15	5.8 (40.8%)
705	NOWAK Magdalena	7028		Senior II K - 30	120	02:03:32	03:35:35.30	+02:07:08 (59.0%)	10:15	5.8 (40.8%)
706	HELWICH Agnieszka	7467		Senior II K - 30	121	01:53:10	03:35:56.15	+02:07:28 (59.0%)	10:16	5.8 (40.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
707	STRZELCZYK Ilona	7048	KĘSY TEAM	Weteran K - 50	15	01:56:59	03:35:58.50	+02:07:31 (59.0%)	10:17	5.8 (40.8%)
708	ZIÓŁEK Teresa	7749	STAY INSANE	Weteran II K - 60	2	02:02:07	03:36:01.20	+02:07:33 (59.1%)	10:17	5.8 (40.8%)
709	MUSIALSKA Anna	7294	PNB	Masters K - 40	101	02:02:33	03:36:27.25	+02:07:59 (59.1%)	10:18	5.8 (40.8%)
710	URBANIĄK Alina	7236	KURACJUSZE	Senior II K - 30	122	01:49:21	03:36:35.50	+02:08:08 (59.2%)	10:18	5.8 (40.8%)
711	OGRODNIK Anna	7195	ZAKOCHAJ SIE W BIEGANIU	Senior II K - 30	123	01:59:38	03:36:56.65	+02:08:29 (59.2%)	10:19	5.8 (40.8%)
712	ROSLAN-KRASIŃSKA Barbara	7388		Masters K - 40	102	02:02:29	03:37:06.30	+02:08:39 (59.3%)	10:20	5.8 (40.8%)
713	SMARZYŃSKA Karolina	7366		Masters K - 40	103	02:02:30	03:37:07.10	+02:08:39 (59.3%)	10:20	5.8 (40.8%)
714	KĘDZIORA Alicja	7657	GSK FIT PIORUNY	Senior II K - 30	124	01:58:22	03:37:20.40	+02:08:53 (59.3%)	10:20	5.8 (40.8%)
715	DORDZIK Małgorzata	7487		Weteran II K - 60	3	02:06:10	03:37:43.65	+02:09:16 (59.4%)	10:22	5.8 (40.8%)
716	BRZEZIŃSKA Teresa	7895		Masters K - 40	104	02:06:24	03:38:29.30	+02:10:02 (59.5%)	10:24	5.8 (40.8%)
717	JAKRZEWSKA Karolina	7818	MAMY-BIEGAMY/LOCO BABKI	Senior II K - 30	125	01:58:39	03:38:35.70	+02:10:08 (59.5%)	10:24	5.8 (40.8%)
718	SOSZYŃSKA Małgorzata	7927	CZŁAPACZE	Weteran K - 50	16	01:58:07	03:38:36.85	+02:10:09 (59.5%)	10:24	5.8 (40.8%)
719	KOSIOREK Anna	7855		Senior II K - 30	126	02:02:53	03:38:39.05	+02:10:11 (59.5%)	10:24	5.8 (40.8%)
720	KWIT Anna	7089		Masters K - 40	105	01:54:44	03:39:12.80	+02:10:45 (59.6%)	10:26	5.7 (40.1%)
721	SZNABEL Alina	7299	RUNNING 5	Weteran II K - 60	4	01:58:15	03:39:36.70	+02:11:09 (59.7%)	10:27	5.7 (40.1%)
722	JASICKI Julian	7288	STROŃSKA GRUPA ROWEROWA	Weteran II M - 60	16	01:57:35	03:40:01.40	+02:11:34 (59.8%)	10:28	5.7 (40.1%)
723	GARBACIAK Marcin	7018	KRISPOL ACTIVE TEAM	Masters M - 40	169	01:59:04	03:40:31.70	+02:12:04 (59.9%)	10:30	5.7 (40.1%)
724	KOZŁOWSKA-WOYCIECHOWSKA Hanna	7793		Masters K - 40	106	01:59:33	03:40:39.80	+02:12:12 (59.9%)	10:30	5.7 (40.1%)
725	JEZIERSKA Karina	7164	12TRI.PL / TEAM ZABIEGANEDNI	Masters K - 40	107	01:59:35	03:40:40.25	+02:12:12 (59.9%)	10:30	5.7 (40.1%)
726	WIŚNIEWSKA Dorota	7163		Masters K - 40	108	02:03:49	03:40:52.45	+02:12:25 (60.0%)	10:31	5.7 (40.1%)
727	BAJSAROWICZ Zuzanna	7375		Senior II K - 30	127	01:55:53	03:41:12.05	+02:12:44 (60.0%)	10:32	5.7 (40.1%)
728	PILAK Zbigniew	7264		Weteran II M - 60	17	02:03:52	03:42:03.65	+02:13:36 (60.2%)	10:34	5.7 (40.1%)
729	RAPACZ Danuta	7345	AN-MAR	Weteran II K - 60	5	02:03:50	03:42:13.05	+02:13:45 (60.2%)	10:34	5.7 (40.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
730	JAŚKIEWICZ Katarzyna	7834		Masters K - 40	109	02:12:52	03:42:38.25	+02:14:10 (60.3%)	10:36	5.7 (40.1%)
731	KULIK Dominika	7873	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	Masters K - 40	110	02:00:34	03:42:50.65	+02:14:23 (60.3%)	10:36	5.7 (40.1%)
732	CIARKOWSKA Maria	7611		Senior I K - 20	40	01:58:19	03:43:24.80	+02:14:57 (60.4%)	10:38	5.6 (39.4%)
733	ZELMANOWICZ - SZŁAPA Ewa	7169	IZBICKO W BIEGU	Masters K - 40	111	02:06:06	03:46:22.40	+02:17:55 (60.9%)	10:46	5.6 (39.4%)
734	SULIGA Wioletta	7755		Senior II K - 30	128	02:05:09	03:46:26.05	+02:17:58 (60.9%)	10:46	5.6 (39.4%)
735	MATEJCZUK Julia	7519	BIAŁYSTOK BIEGA TEAM	Senior I K - 20	41	01:59:03	03:47:16.75	+02:18:49 (61.1%)	10:49	5.5 (38.7%)
736	NOSZCZYŃSKI Kamil	7776	FUNDACJA BIALYSTOK BIEGA	Senior II M - 30	166	01:59:03	03:47:16.85	+02:18:49 (61.1%)	10:49	5.5 (38.7%)
737	SZCZEPAŃSKI Wojciech	7779	BIAŁYSTOK BIEGA TEAM	Senior II M - 30	167	01:59:01	03:47:21.30	+02:18:54 (61.1%)	10:49	5.5 (38.7%)
738	RUDA Kamila	7101	KURACJUSZE	Senior II K - 30	129	01:59:01	03:49:52.95	+02:21:25 (61.5%)	10:56	5.5 (38.7%)
739	SZCZEPANSKA Karolina	7458	KLUB BIEGACZA RTV EURO AGD	Senior II K - 30	130	02:09:25	03:51:17.20	+02:22:49 (61.8%)	11:00	5.4 (38.0%)
740	HETEL Beata	7727		Senior II K - 30	131	02:09:31	03:51:18.50	+02:22:51 (61.8%)	11:00	5.4 (38.0%)
741	WIETRZYŃSKA Agnieszka	7369	MASZ PRZEBIEGANE	Senior II K - 30	132	01:58:10	03:53:02.90	+02:24:35 (62.0%)	11:05	5.4 (38.0%)
742	RYPUŁA Zenon	7504	ZEN RUNNING TEAM	Weteran II M - 60	18	02:11:44	03:54:20.00	+02:25:52 (62.3%)	11:09	5.4 (38.0%)
743	SUCHOCKI Tomasz	7829		Masters M - 40	170	01:51:32	03:54:42.40	+02:26:15 (62.3%)	11:10	5.4 (38.0%)
744	MISZCZAK Katarzyna	7166	MIRAZ RACE TEAM	Masters K - 40	112	02:13:30	03:55:14.95	+02:26:47 (62.4%)	11:12	5.4 (38.0%)
745	KŁOPOTEK Aneta	7321	EXTREME FAMILY	Weteran K - 50	17	02:11:23	03:55:48.55	+02:27:21 (62.5%)	11:13	5.3 (37.3%)
746	SZYMAŃSKI Paweł	7259		Masters M - 40	171	02:06:17	03:56:26.80	+02:27:59 (62.6%)	11:15	5.3 (37.3%)
747	SADOWSKI Andrzej	7654		Weteran II M - 60	19	02:00:12	03:57:47.95	+02:29:20 (62.8%)	11:19	5.3 (37.3%)
748	PROZOROWSKI Wiesław	7077	MARATON LESZNO	Weteran I M - 50	44	02:14:32	03:58:05.60	+02:29:38 (62.8%)	11:20	5.3 (37.3%)
749	ŚWISTUŃ Grzegorz	7180	WKURW_TEAM	Masters M - 40	172	02:05:14	03:58:26.10	+02:29:58 (62.9%)	11:21	5.3 (37.3%)
750	BARTKOWIAK Ludmiła	7676		Masters K - 40	113	02:09:35	03:58:34.10	+02:30:06 (62.9%)	11:21	5.3 (37.3%)
751	WAWRZEŁA Arkadiusz	7630		Masters M - 40	173	01:59:49	03:58:34.95	+02:30:07 (62.9%)	11:21	5.3 (37.3%)
752	TRAJDOS Agata	7579		Senior II K - 30	133	02:09:38	03:58:38.00	+02:30:10 (62.9%)	11:21	5.3 (37.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
753	DOBROWOLSKI Robert	7650	SPORTOWI EMERYCI JELENIA GÓRA	Weteran II M - 60	20	02:15:48	03:59:31.80	+02:31:04 (63.1%)	11:24	5.3 (37.3%)
754	RÓŻAŃSKI Robert	7923		Weteran I M - 50	45	02:08:32	03:59:33.80	+02:31:06 (63.1%)	11:24	5.3 (37.3%)
755	ŻAK Artur	7586		Senior I M - 20	41	02:06:03	03:59:51.40	+02:31:24 (63.1%)	11:25	5.3 (37.3%)
756	ŻAK Renata	7446		Masters K - 40	114	02:06:05	03:59:52.50	+02:31:25 (63.1%)	11:25	5.3 (37.3%)
757	DOBROWOLSKA Bożena	7649	SPORTOWI EMERYCI JELENIA GÓRA	Weteran II K - 60	6	02:15:48	04:00:13.85	+02:31:46 (63.2%)	11:26	5.2 (36.6%)
758	JĘDROWSKA Emilia	7709	ULTRA RZEPIN	Senior II K - 30	134	01:59:40	04:02:51.00	+02:34:23 (63.6%)	11:33	5.2 (36.6%)
759	JUSZKO Monika	7303		Masters K - 40	115	02:15:54	04:04:00.25	+02:35:32 (63.7%)	11:37	5.2 (36.6%)
760	PERKOWSKI Tomasz	7920		Masters M - 40	174	02:18:27	04:04:02.75	+02:35:35 (63.8%)	11:37	5.2 (36.6%)
761	BIAŁOKOS Anna	7921		Masters K - 40	116	02:18:28	04:04:02.85	+02:35:35 (63.8%)	11:37	5.2 (36.6%)
762	SAWICKA Izabela	7118	PARKRUN	Senior II K - 30	135	02:20:48	04:05:10.25	+02:36:42 (63.9%)	11:40	5.1 (35.9%)
763	BARWICKA Marta	7402		Masters K - 40	117	02:11:44	04:05:27.65	+02:37:00 (64.0%)	11:41	5.1 (35.9%)
764	NOSKOWIAK-BAJNO Alicja	7766		Masters K - 40	118	02:15:39	04:05:29.35	+02:37:02 (64.0%)	11:41	5.1 (35.9%)
765	JACHIM-SZUBA Magdalena	7826		Masters K - 40	119	02:13:35	04:05:36.15	+02:37:08 (64.0%)	11:41	5.1 (35.9%)
766	BŁASZKIEWICZ Marzena	7129	CHOŁE KŁÓLIKI	Masters K - 40	120	02:16:59	04:05:37.55	+02:37:10 (64.0%)	11:41	5.1 (35.9%)
767	JUSZKO Aleksandra	7444		Senior I K - 20	42	02:18:09	04:08:16.75	+02:39:49 (64.4%)	11:49	5.1 (35.9%)
768	DZIAŁAK Marian	7501	KB AKTYWNI KONIN	Weteran II M - 60	21	02:02:58	04:09:10.30	+02:40:43 (64.5%)	11:51	5.1 (35.9%)
769	MACIASZEK Andrzej	7545		Senior II M - 30	168	02:02:57	04:09:10.40	+02:40:43 (64.5%)	11:51	5.1 (35.9%)
770	KONIECZNA Natalia	7615		Senior I K - 20	43	02:12:43	04:09:15.80	+02:40:48 (64.5%)	11:52	5.1 (35.9%)
771	CZERCZAK Andrzej	7378		Weteran I M - 50	46	02:15:02	04:09:37.80	+02:41:10 (64.6%)	11:53	5 (35.2%)
772	KRYSZTOFIAK Marta	7679		Senior II K - 30	136	02:18:22	04:09:56.90	+02:41:29 (64.6%)	11:54	5 (35.2%)
773	CIBOREK Ania	7674		Senior II K - 30	137	02:18:22	04:09:58.60	+02:41:31 (64.6%)	11:54	5 (35.2%)
774	MYSZYWODA Monika	7043		Senior II K - 30	138	02:23:47	04:11:08.65	+02:42:41 (64.8%)	11:57	5 (35.2%)
775	KARCZEWSKA Marta	7306		Masters K - 40	121	02:22:30	04:13:58.00	+02:45:30 (65.2%)	12:05	5 (35.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
776	SZOSTAKOWSKA-BALUKIN Dorota	7728	KLUB BIEGACZA RTV EURO AGD	Masters K - 40	122	02:21:21	04:17:09.55	+02:48:42 (65.6%)	12:14	4.9 (34.5%)
777	SIECZKOWSKA Małgorzata	7704	KLUB BIEGACZA RTV EURO AGD	Masters K - 40	123	02:21:22	04:17:10.65	+02:48:43 (65.6%)	12:14	4.9 (34.5%)
778	ZIELONKA Marek	7237		Weteran I M - 50	47	02:17:04	04:17:29.60	+02:49:02 (65.6%)	12:15	4.9 (34.5%)
779	WINIARCZYK Iwona	7910	KORNELCIA TEAM	Senior II K - 30	139	02:25:35	04:17:31.30	+02:49:04 (65.7%)	12:15	4.9 (34.5%)
780	SMUG Ewelina	7175		Senior II K - 30	140	02:32:07	04:20:10.30	+02:51:43 (66.0%)	12:23	4.8 (33.8%)
781	SZYMAŃSKI Jarosław	7037	FUJITSU RUNNING TEAM	Senior II M - 30	169	02:17:05	04:20:28.80	+02:52:01 (66.0%)	12:24	4.8 (33.8%)
782	BALCERZAK Bogdan	7419		Weteran I M - 50	48	02:18:40	04:22:08.00	+02:53:40 (66.3%)	12:28	4.8 (33.8%)
783	GRACZYK Dąbrówka	7217		Senior I K - 20	44	02:32:28	04:22:13.85	+02:53:46 (66.3%)	12:29	4.8 (33.8%)
784	MICHALIK Katarzyna	7031	PRT - PRECEL RACING TEAM	Senior II K - 30	141	02:21:19	04:22:35.55	+02:54:08 (66.3%)	12:30	4.8 (33.8%)
785	WITKOWSKA Ania	7134		Masters K - 40	124	02:20:48	04:26:50.60	+02:58:23 (66.9%)	12:42	4.7 (33.1%)
786	PAWŁOWSKA Danuta	7898		Masters K - 40	125	02:25:52	04:27:30.55	+02:59:03 (66.9%)	12:44	4.7 (33.1%)
787	DRZEWIECKI-ZARZECZNY Grzegorz	7080	BIAŁYSTOK BIEGA TEAM	Weteran II M - 60	22	02:21:08	04:29:47.95	+03:01:20 (67.2%)	12:50	4.7 (33.1%)
788	KRÓL Marek	7257	BIEGAMBOLUBIĘ BIAŁYSTOK	Weteran I M - 50	49	02:21:08	04:29:48.65	+03:01:21 (67.2%)	12:50	4.7 (33.1%)
789	JEZIOREK Jozi	7671		Masters M - 40	175	02:25:19	04:32:06.40	+03:03:39 (67.5%)	12:57	4.6 (32.4%)
790	OSTROWSKA Justyna	7251	BZP	Senior II K - 30	142	02:25:44	04:33:37.20	+03:05:09 (67.7%)	13:01	4.6 (32.4%)
791	GRUBE Bartosz	7013	SUT - STRASZYN ULTRA TEAM	Senior II M - 30	170	02:30:49	04:48:26.35	+03:19:59 (69.3%)	13:44	4.4 (31.0%)
792	PODSIADŁY Robert	7060	CHATA BIEGACZA K34 ZAKOPANE	Weteran II M - 60	23	02:34:38	04:48:39.60	+03:20:12 (69.4%)	13:44	4.4 (31.0%)
793	LEWANDOWSKA-JACKOWSKA Katarzyna	7208		Masters K - 40	126	02:34:52	04:52:00.70	+03:23:33 (69.7%)	13:54	4.3 (30.3%)
794	JANICKA Barbara	7390	STAN UMYSŁU LEWIN BIEGA	Senior II K - 30	143	02:40:50	04:56:58.05	+03:28:30 (70.2%)	14:08	4.2 (29.6%)
795	KRUCZEK Ewa	7233	STAN UMYSŁU LEWIN BIEGA	Senior II K - 30	144	02:40:52	04:56:58.15	+03:28:30 (70.2%)	14:08	4.2 (29.6%)
796	LATA Violetta	7228	STAN UMYSŁU LEWIN BIEGA	Weteran K - 50	18	02:40:53	04:56:58.65	+03:28:31 (70.2%)	14:08	4.2 (29.6%)
797	PIETRASZEK Ewa	7613	KOBIETY WATAHY	Weteran K - 50	19	02:36:23	04:58:12.80	+03:29:45 (70.3%)	14:12	4.2 (29.6%)
Przekroczony limit czasu: 05:00:00										
798	JACKOWSKI Dariusz	7220		Senior II M - 30	171	02:34:59	05:04:02.65	+03:35:35 (70.9%)	14:28	4.1 (28.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
799	KACZOROWSKA Anna	7319	SLOW JOGGING SIEDLCE	Weteran K - 50	20	02:49:18	05:05:12.60	+03:36:45 (71.0%)	14:32	4.1 (28.9%)
800	JAKUBEK Karina	7494		Weteran K - 50	21	02:45:49	05:18:11.85	+03:49:44 (72.2%)	15:09	4 (28.2%)
801	WOŹNIAK Anna	7614		Masters K - 40	127	02:56:43	05:20:19.15	+03:51:51 (72.4%)	15:15	3.9 (27.5%)
802	KOŚCIELNIAK Dagmara	7528	CZERWONACKIE KIJANKI/ZAŁOGA GÓRSKA	Masters K - 40	128	02:54:11	05:24:37.00	+03:56:09 (72.8%)	15:27	3.9 (27.5%)
	SZPOCINSKA Sylwia	7147	GT RAT	Senior II K - 30		01:30:03 DNF	DNF		-	- (0.0%)
	NIEZGODA Miłostawa	7864		Senior II K - 30		01:37:43 DNF	DNF		-	- (0.0%)
	WESOŁOWSKI Tomasz	7637		Masters M - 40		02:18:10 DNF	DNF		-	- (0.0%)
	KOLAKOWSKA Anna	7889	POLACY BIEGAJĄ W NL	Masters K - 40		02:58:08 DNF	DNF		-	- (0.0%)
	WĄSOWICZ Martyna	7023	36 MINUT WRZEŚNIA	Senior I K - 20		03:12:03 DNF	DNF		-	- (0.0%)
	DZIEWICKA Ewa	7806		Weteran II K - 60		03:30:46 DNF	DNF		-	- (0.0%)
	CICHY Roman	7377	MUAY RUNNING TEAM	Masters M - 40		DNF	DNF		-	- (0.0%)
	GAŁOSZ Łukasz	7914		Senior I M - 20		DNF	DNF		-	- (0.0%)

Znaleziono 810 wynik(ów)