



# 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	<b>ŻOCHOWSKI Daniel</b>	<b>7686</b>	ŻÓRAWSKI TEAM	Senior I M - 20	1	00:49:15	<b>01:28:27.30</b>		4:12	14.2 (100%)
2	<b>GLAPIAK Damian</b>	<b>7937</b>		Masters M - 40	1	00:53:09	<b>01:34:28.35</b>	+00:06:01 (6.4%)	4:29	13.3 (93.7%)
3	<b>LAGNER Sebastian</b>	<b>7047</b>	KB SOBÓTKA	Senior I M - 20	2	00:53:07	<b>01:36:59.15</b>	+00:08:31 (8.8%)	4:37	13 (91.5%)
4	<b>TOMCZYK Piotr</b>	<b>7122</b>	#ZALINIAMETYTEAM	Senior II M - 30	1	00:57:47	<b>01:41:11.45</b>	+00:12:44 (12.6%)	4:49	12.5 (88.0%)
5	<b>KOS Adrian</b>	<b>7075</b>	DOTI MANUFAKTURA	Senior I M - 20	3	00:59:02	<b>01:44:03.65</b>	+00:15:36 (15.0%)	4:57	12.1 (85.2%)
6	<b>ZAMIELSKI Pawel</b>	<b>7284</b>	PRZEDWOJEWSKI TEAM	Senior I M - 20	4	00:57:11	<b>01:44:48.65</b>	+00:16:21 (15.6%)	4:59	12 (84.5%)
7	<b>WOLAŃSKI Jan</b>	<b>7870</b>		Masters M - 40	2	01:01:07	<b>01:45:23.00</b>	+00:16:55 (16.1%)	5:01	12 (84.5%)
8	<b>TOMASIAK Dominik</b>	<b>7700</b>	AKUJO NO FUKA-NASAKE	Masters M - 40	3	00:58:20	<b>01:45:53.35</b>	+00:17:26 (16.5%)	5:02	11.9 (83.8%)
9	<b>PIHIL Piotr</b>	<b>7219</b>		Masters M - 40	4	00:59:21	<b>01:46:15.60</b>	+00:17:48 (16.8%)	5:03	11.9 (83.8%)
10	<b>ROSKOSZ Bartosz</b>	<b>7783</b>		Senior II M - 30	2	01:01:38	<b>01:47:08.25</b>	+00:18:40 (17.4%)	5:06	11.8 (83.1%)
11	<b>RÓŻAŃSKI Łukasz</b>	<b>7562</b>		Senior II M - 30	3	01:00:50	<b>01:48:41.05</b>	+00:20:13 (18.6%)	5:10	11.6 (81.7%)
12	<b>MAZEK Emilia</b>	<b>7513</b>	SBRT WARSZAWA / WILGA GARWOLIN	Senior I K - 20	1	01:03:15	<b>01:49:23.85</b>	+00:20:56 (19.1%)	5:12	11.5 (81.0%)
13	<b>MICHAŁ Targosz</b>	<b>7833</b>	#ADAMCZERWIŃSKITEAM	Masters M - 40	5	01:02:14	<b>01:49:58.25</b>	+00:21:30 (19.6%)	5:14	11.5 (81.0%)
14	<b>GŁÓD Mateusz</b>	<b>7827</b>		Masters M - 40	6	01:01:53	<b>01:50:36.00</b>	+00:22:08 (20.0%)	5:16	11.4 (80.3%)
15	<b>FALANA Sebastian</b>	<b>7606</b>		Senior II M - 30	4	01:00:42	<b>01:50:37.60</b>	+00:22:10 (20.0%)	5:16	11.4 (80.3%)
16	<b>TOMASIAK Natalia</b>	<b>7883</b>	SALOMON TEAM	Senior II K - 30	1	01:02:41	<b>01:51:50.95</b>	+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	<b>DUCZMAL Dominika</b>	<b>7896</b>		Senior I K - 20	2	01:03:33	<b>01:52:38.45</b>	+00:24:11 (21.5%)	5:21	11.2 (78.9%)
18	<b>SUDOLSKI Emil</b>	<b>7322</b>	GUSTAW TEŻ BIEGA	Masters M - 40	7	01:04:06	<b>01:52:39.75</b>	+00:24:12 (21.5%)	5:21	11.2 (78.9%)
19	<b>KOWALIK Andrzej</b>	<b>7928</b>	SALMING RUNNING POLSKA	Masters M - 40	8	01:04:07	<b>01:53:57.10</b>	+00:25:29 (22.4%)	5:25	11.1 (78.2%)
20	<b>SZKOŁA Wojciech</b>	<b>7196</b>	NATURAL BORN RUNNERS	Senior II M - 30	5	01:05:15	<b>01:54:28.75</b>	+00:26:01 (22.7%)	5:27	11 (77.5%)
21	<b>STREICH Tomasz</b>	<b>7908</b>		Senior I M - 20	5	01:03:16	<b>01:54:32.05</b>	+00:26:04 (22.8%)	5:27	11 (77.5%)
22	<b>KUSAL Tomasz</b>	<b>7074</b>		Senior I M - 20	6	01:06:04	<b>01:55:19.90</b>	+00:26:52 (23.3%)	5:29	10.9 (76.8%)
23	<b>NOWAK Paweł</b>	<b>7007</b>	LAND ROWER WROCŁAW	Senior II M - 30	6	01:04:50	<b>01:55:21.80</b>	+00:26:54 (23.3%)	5:29	10.9 (76.8%)
24	<b>KURZYŃSKI Piotr</b>	<b>7661</b>	TEAM BEROTU	Masters M - 40	9	01:06:14	<b>01:58:17.50</b>	+00:29:50 (25.2%)	5:37	10.7 (75.4%)
25	<b>KOTLAREK Dawid</b>	<b>7108</b>	VEGE RUNNERS / #SOBASTEAM	Masters M - 40	10	01:07:46	<b>01:58:31.55</b>	+00:30:04 (25.4%)	5:38	10.6 (74.6%)
26	<b>CZAPKA Norbert</b>	<b>7840</b>		Weteran I M - 50	1	01:06:09	<b>01:58:47.25</b>	+00:30:19 (25.5%)	5:39	10.6 (74.6%)
27	<b>KUBISZTAL Wojciech</b>	<b>7109</b>	KB PIONIER SZCZECIN	Senior II M - 30	7	01:05:04	<b>01:59:06.95</b>	+00:30:39 (25.7%)	5:40	10.6 (74.6%)
28	<b>ZIOBROWSKI Łukasz</b>	<b>7211</b>	SZTUKA RUCHU	Masters M - 40	11	01:08:02	<b>01:59:08.60</b>	+00:30:41 (25.8%)	5:40	10.6 (74.6%)
29	<b>JACHYMSKI Krzysztof</b>	<b>7628</b>	VEGE RUNNERS	Senior II M - 30	8	01:07:37	<b>01:59:21.65</b>	+00:30:54 (25.9%)	5:41	10.6 (74.6%)
30	<b>KACZMARCZYK Przemysław</b>	<b>7131</b>	140MINUT.PL	Senior I M - 20	7	01:06:29	<b>01:59:29.20</b>	+00:31:01 (26.0%)	5:41	10.5 (73.9%)
31	<b>ŻEBROWSKI Juliusz</b>	<b>7453</b>	BORN TO RUN	Senior II M - 30	9	01:10:43	<b>01:59:32.00</b>	+00:31:04 (26.0%)	5:41	10.5 (73.9%)
32	<b>MÓLL Mateusz</b>	<b>7009</b>	#SOBASTEAM	Senior II M - 30	10	01:05:58	<b>01:59:36.50</b>	+00:31:09 (26.0%)	5:41	10.5 (73.9%)
33	<b>TOMASIAK Adam</b>	<b>7012</b>	KB HARCOWNIK	Senior I M - 20	8	01:07:04	<b>01:59:48.30</b>	+00:31:21 (26.2%)	5:42	10.5 (73.9%)
34	<b>KRAWCZYK Adriana</b>	<b>7681</b>		Senior II K - 30	2	01:08:42	<b>02:00:15.85</b>	+00:31:48 (26.4%)	5:43	10.5 (73.9%)
35	<b>SŁOBODZIAN Jerzy</b>	<b>7667</b>	NYSA BIEGA	Weteran I M - 50	2	01:09:07	<b>02:00:25.10</b>	+00:31:57 (26.5%)	5:44	10.5 (73.9%)
36	<b>BAGIŃSKI Łukasz</b>	<b>7581</b>		Masters M - 40	12	01:08:19	<b>02:00:37.25</b>	+00:32:09 (26.7%)	5:44	10.4 (73.2%)
37	<b>ZAPORA Marek</b>	<b>7537</b>	W POGONI ZA DUCHEM	Masters M - 40	13	01:07:49	<b>02:00:40.55</b>	+00:32:13 (26.7%)	5:44	10.4 (73.2%)
38	<b>BAZUŁKA Aleksandra</b>	<b>7915</b>	SALCO GARMIN TEAM	Senior I K - 20	3	01:07:45	<b>02:00:52.60</b>	+00:32:25 (26.8%)	5:45	10.4 (73.2%)
39	<b>WAŚNIEWSKI Albert</b>	<b>7687</b>	IG BERT87PL	Senior II M - 30	11	01:12:28	<b>02:01:24.60</b>	+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	<b>KOBUSZEWSKI Artur</b>	<b>7521</b>	SBRT WARSZAWA	Masters M - 40	14	01:09:51	<b>02:02:17.80</b>	+00:33:50 (27.7%)	5:49	10.3 (72.5%)
41	<b>SZNUROWSKI Mariusz</b>	<b>7020</b>	KB SOBÓTKA	Senior I M - 20	9	01:06:07	<b>02:03:16.70</b>	+00:34:49 (28.2%)	5:52	10.2 (71.8%)
42	<b>KURASIK Tomasz Kurasik</b>	<b>7145</b>		Masters M - 40	15	01:09:26	<b>02:03:20.15</b>	+00:34:52 (28.3%)	5:52	10.2 (71.8%)
43	<b>GOLONKA Paweł</b>	<b>7341</b>	KB WIKON NOWA SÓL	Senior II M - 30	12	01:10:54	<b>02:04:29.85</b>	+00:36:02 (29.0%)	5:55	10.1 (71.1%)
44	<b>WICHER Bartłomiej</b>	<b>7523</b>	SBRT WARSZAWA	Senior II M - 30	13	01:12:28	<b>02:04:39.65</b>	+00:36:12 (29.0%)	5:56	10.1 (71.1%)
45	<b>SKÓRA Anastazja</b>	<b>7741</b>	#SOBASTEAM	Senior I K - 20	4	01:09:53	<b>02:04:44.00</b>	+00:36:16 (29.1%)	5:56	10.1 (71.1%)
46	<b>CYTAWA Adrian</b>	<b>7529</b>	FIZJO -SPORT ŁĘCZNA/ OSP KSRG ŁĘCZNA	Senior I M - 20	10	01:11:26	<b>02:05:13.85</b>	+00:36:46 (29.4%)	5:57	10.1 (71.1%)
47	<b>PIKOS Patryk</b>	<b>7159</b>		Senior II M - 30	14	01:09:55	<b>02:05:53.05</b>	+00:37:25 (29.7%)	5:59	10 (70.4%)
48	<b>FORTUNA Marcin</b>	<b>7789</b>	ANTONTEAM/ŚWISZCZĄCY ŁAŃCUCH	Senior II M - 30	15	01:12:16	<b>02:06:00.30</b>	+00:37:33 (29.8%)	6:00	10 (70.4%)
49	<b>NAPARTY Zbigniew</b>	<b>7875</b>	KĘSY TEAM	Weteran I M - 50	3		<b>02:06:06.00</b>	+00:37:38 (29.9%)	6:00	10 (70.4%)
50	<b>LUTY Mariusz</b>	<b>7050</b>	RUUKKI	Masters M - 40	16	01:11:56	<b>02:06:31.30</b>	+00:38:04 (30.1%)	6:01	10 (70.4%)
51	<b>DAUKSZO Maciej</b>	<b>7354</b>	SBRT WARSZAWA	Senior I M - 20	11	01:13:56	<b>02:06:35.90</b>	+00:38:08 (30.1%)	6:01	10 (70.4%)
52	<b>PIECHOWIAK Marek</b>	<b>7608</b>		Senior II M - 30	16	01:12:00	<b>02:06:44.10</b>	+00:38:16 (30.2%)	6:02	9.9 (69.7%)
53	<b>KOSIŃSKI Michał</b>	<b>7619</b>		Senior II M - 30	17	01:11:56	<b>02:07:11.35</b>	+00:38:44 (30.5%)	6:03	9.9 (69.7%)
54	<b>GLANOWSKI Marek</b>	<b>7178</b>		Senior II M - 30	18	01:12:12	<b>02:07:43.20</b>	+00:39:15 (30.7%)	6:04	9.9 (69.7%)
55	<b>KOWAL Tomasz</b>	<b>7607</b>	FIZJOBIEGACZE SZCZECIN	Masters M - 40	17	01:11:41	<b>02:07:51.65</b>	+00:39:24 (30.8%)	6:05	9.9 (69.7%)
56	<b>ŚNIERZYŃSKI Robert</b>	<b>7383</b>		Senior II M - 30	19	01:13:48	<b>02:08:20.10</b>	+00:39:52 (31.1%)	6:06	9.8 (69.0%)
57	<b>BEDNARCZYK Ewelina</b>	<b>7893</b>	MOCNA GRUPA CEZARA	Senior II K - 30	3	01:16:02	<b>02:08:27.30</b>	+00:40:00 (31.1%)	6:07	9.8 (69.0%)
58	<b>JUMA Maciej</b>	<b>7939</b>	KB LUPUS OLEŚNICA	Masters M - 40	18	01:13:34	<b>02:08:27.40</b>	+00:40:00 (31.1%)	6:07	9.8 (69.0%)
59	<b>HUCAŁ Tomasz</b>	<b>7475</b>		Masters M - 40	19	01:13:29	<b>02:08:30.60</b>	+00:40:03 (31.2%)	6:07	9.8 (69.0%)
60	<b>BOSAKIEWICZ Tomasz</b>	<b>7718</b>	OLAWS ZLOTORYJA	Senior II M - 30	20	01:11:41	<b>02:08:48.05</b>	+00:40:20 (31.3%)	6:08	9.8 (69.0%)
61	<b>SŁOWIŃSKI Michał</b>	<b>7538</b>	SKLEPBIEGACZA	Senior I M - 20	12	01:09:39	<b>02:09:15.75</b>	+00:40:48 (31.6%)	6:09	9.7 (68.3%)
62	<b>BUKAŁA Marcin</b>	<b>7151</b>	VEGE RUNNERS	Senior I M - 20	13	01:14:48	<b>02:09:27.15</b>	+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	<b>KAWA Hubert</b>	<b>7841</b>	NKB CHYŻY NOWY TOMYŚL	Senior II M - 30	21	01:16:10	<b>02:09:32.95</b>	+00:41:05 (31.7%)	6:10	9.7 (68.3%)
64	<b>STANISŁAWEK Mateusz</b>	<b>7861</b>	SPARTA ULTRA TEAM	Senior II M - 30	22	01:15:20	<b>02:09:41.85</b>	+00:41:14 (31.8%)	6:10	9.7 (68.3%)
65	<b>WOŹNICZKA Jolanta</b>	<b>7097</b>	ADAM DRACZYŃSKI RUNNING TEAM	Masters K - 40	1	01:15:46	<b>02:10:16.90</b>	+00:41:49 (32.1%)	6:12	9.7 (68.3%)
66	<b>PRZYBYLSKI Kamil</b>	<b>7589</b>	18 BATALION DOWODZENIA	Senior II M - 30	23	01:12:29	<b>02:10:45.70</b>	+00:42:18 (32.4%)	6:13	9.6 (67.6%)
67	<b>DURAJCZYK Michał</b>	<b>7905</b>	ASENAYEBALEM	Senior II M - 30	24	01:15:14	<b>02:10:55.05</b>	+00:42:27 (32.4%)	6:14	9.6 (67.6%)
68	<b>ZĄBEK Łukasz</b>	<b>7040</b>	140MINUT.PL	Masters M - 40	20	01:13:27	<b>02:11:05.90</b>	+00:42:38 (32.5%)	6:14	9.6 (67.6%)
69	<b>JEZUSEK Piotr</b>	<b>7460</b>		Masters M - 40	21	01:14:11	<b>02:11:09.65</b>	+00:42:42 (32.6%)	6:14	9.6 (67.6%)
70	<b>BUCHANIEC Katarzyna</b>	<b>7708</b>	MIRAZ RACE TEAM	Senior II K - 30	4	01:15:23	<b>02:11:32.60</b>	+00:43:05 (32.8%)	6:15	9.6 (67.6%)
71	<b>KOLANKO Sylwia</b>	<b>7740</b>	NYSA BIEGA	Senior II K - 30	5	01:15:33	<b>02:11:40.70</b>	+00:43:13 (32.8%)	6:16	9.6 (67.6%)
72	<b>ADAMSKI Krzysztof</b>	<b>7128</b>		Masters M - 40	22	01:10:47	<b>02:11:41.25</b>	+00:43:13 (32.8%)	6:16	9.6 (67.6%)
73	<b>KAYSIEWICZ Maciej</b>	<b>7340</b>	NATURAL BORN RUNNERS TEAM	Weteran I M - 50	4	01:15:32	<b>02:11:56.45</b>	+00:43:29 (33.0%)	6:16	9.6 (67.6%)
74	<b>ŚLIWIŃSKI Karol</b>	<b>7449</b>	KLUCZBORSKA GRUPA TRUCHCIKOWA	Senior I M - 20	14	01:11:08	<b>02:12:31.00</b>	+00:44:03 (33.2%)	6:18	9.5 (66.9%)
75	<b>ROSŁON Cezary</b>	<b>7324</b>	MAMERO	Senior II M - 30	25	01:13:22	<b>02:12:44.10</b>	+00:44:16 (33.4%)	6:19	9.5 (66.9%)
76	<b>GACHOWSKI Łukasz</b>	<b>7434</b>		Masters M - 40	23	01:18:23	<b>02:13:06.20</b>	+00:44:38 (33.5%)	6:20	9.5 (66.9%)
77	<b>ZIELIŃSKI Dominik</b>	<b>7885</b>		Senior II M - 30	26	01:16:46	<b>02:13:22.90</b>	+00:44:55 (33.7%)	6:21	9.4 (66.2%)
78	<b>OLESZOWSKI Marcin</b>	<b>7466</b>		Senior II M - 30	27	01:15:33	<b>02:13:33.90</b>	+00:45:06 (33.8%)	6:21	9.4 (66.2%)
79	<b>BROK Małgorzata</b>	<b>7204</b>		Masters K - 40	2	01:16:51	<b>02:13:37.50</b>	+00:45:10 (33.8%)	6:21	9.4 (66.2%)
80	<b>FERET Hubert</b>	<b>7073</b>		Senior II M - 30	28	01:15:08	<b>02:13:43.15</b>	+00:45:15 (33.9%)	6:22	9.4 (66.2%)
81	<b>MISIURKA Wiktor</b>	<b>7729</b>		Senior I M - 20	15	01:16:46	<b>02:13:49.05</b>	+00:45:21 (33.9%)	6:22	9.4 (66.2%)
82	<b>CIEPŁY Kamil</b>	<b>7916</b>		Senior I M - 20	16	01:17:47	<b>02:14:03.25</b>	+00:45:35 (34.0%)	6:23	9.4 (66.2%)
83	<b>KOT Klaudia</b>	<b>7662</b>		Senior II K - 30	6	01:15:28	<b>02:14:03.50</b>	+00:45:36 (34.0%)	6:23	9.4 (66.2%)
84	<b>KOZYRSKI Mariusz</b>	<b>7551</b>	SKSM	Senior II M - 30	29	01:14:23	<b>02:14:06.15</b>	+00:45:38 (34.0%)	6:23	9.4 (66.2%)
85	<b>BOĆKO Ewa</b>	<b>7126</b>		Masters K - 40	3	01:15:24	<b>02:14:06.60</b>	+00:45:39 (34.0%)	6:23	9.4 (66.2%)

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86	<b>TWARDOCHLEB Kamil</b>	<b>7725</b>		Senior I M - 20	17	01:18:07	<b>02:14:10.70</b>	+00:45:43 (34.1%)	6:23	9.4 (66.2%)
87	<b>BOROWIEC Bartek</b>	<b>7226</b>	PRO-RUN WROCŁAW	Senior II M - 30	30	01:15:42	<b>02:14:27.10</b>	+00:45:59 (34.2%)	6:24	9.4 (66.2%)
88	<b>ŚLIWIŃSKI Paweł</b>	<b>7221</b>		Senior II M - 30	31	01:16:30	<b>02:14:28.05</b>	+00:46:00 (34.2%)	6:24	9.4 (66.2%)
89	<b>MRUK Paweł</b>	<b>7769</b>	140MINUT.PL   STARCON.COM.PL	Senior II M - 30	32	01:16:36	<b>02:15:12.10</b>	+00:46:44 (34.6%)	6:26	9.3 (65.5%)
90	<b>KAWCZEPSKI Piotr</b>	<b>7922</b>	GUSTAW TEŻ BIEGA	Masters M - 40	24	01:17:51	<b>02:15:30.10</b>	+00:47:02 (34.7%)	6:27	9.3 (65.5%)
91	<b>SĘDZIK Kinga</b>	<b>7757</b>	MOK MSZANA DOLNA	Senior I K - 20	5	01:15:44	<b>02:16:22.75</b>	+00:47:55 (35.1%)	6:29	9.2 (64.8%)
92	<b>JESIONKOWSKI Paweł</b>	<b>7845</b>		Senior I M - 20	18	01:21:28	<b>02:16:45.45</b>	+00:48:18 (35.3%)	6:30	9.2 (64.8%)
93	<b>JANOWSKI Michał</b>	<b>7019</b>		Senior II M - 30	33	01:14:20	<b>02:17:18.40</b>	+00:48:51 (35.6%)	6:32	9.2 (64.8%)
94	<b>GROLEWSKI Karol</b>	<b>7476</b>	ISKRA TEAM	Masters M - 40	25	01:16:27	<b>02:18:03.50</b>	+00:49:36 (35.9%)	6:34	9.1 (64.1%)
95	<b>PANEK Damian</b>	<b>7857</b>	RAFFLES EUROPEJSKI WARSAW/MUKS JEDLICZE	Senior I M - 20	19	01:19:15	<b>02:19:07.50</b>	+00:50:40 (36.4%)	6:37	9.1 (64.1%)
96	<b>KOŁODZIEJ Roman</b>	<b>7694</b>		Masters M - 40	26	01:15:08	<b>02:19:16.85</b>	+00:50:49 (36.5%)	6:37	9 (63.4%)
97	<b>DUBAS Marek</b>	<b>7533</b>		Senior II M - 30	34	01:18:44	<b>02:19:27.25</b>	+00:50:59 (36.6%)	6:38	9 (63.4%)
98	<b>TYLKOWSKI Filip</b>	<b>7436</b>		Senior I M - 20	20	01:21:54	<b>02:19:42.15</b>	+00:51:14 (36.7%)	6:39	9 (63.4%)
99	<b>NIERADKA Anna</b>	<b>7733</b>		Senior II K - 30	7	01:17:50	<b>02:19:49.30</b>	+00:51:22 (36.7%)	6:39	9 (63.4%)
100	<b>GĘBKA Małgorzata</b>	<b>7880</b>		Senior II K - 30	8	01:21:35	<b>02:20:07.15</b>	+00:51:39 (36.9%)	6:40	9 (63.4%)
101	<b>CHAMALA Krzysztof</b>	<b>7162</b>	WEEGREE	Senior II M - 30	35	01:20:53	<b>02:20:07.90</b>	+00:51:40 (36.9%)	6:40	9 (63.4%)
102	<b>OGRODNIK Tomasz</b>	<b>7758</b>		Senior II M - 30	36	01:18:45	<b>02:20:25.60</b>	+00:51:58 (37.0%)	6:41	9 (63.4%)
103	<b>JANOSZ Paweł</b>	<b>7017</b>		Senior I M - 20	21	01:19:24	<b>02:20:31.35</b>	+00:52:04 (37.1%)	6:41	9 (63.4%)
104	<b>KANCERSKI Krzysztof</b>	<b>7197</b>		Weteran II M - 60	1	01:15:32	<b>02:20:39.00</b>	+00:52:11 (37.1%)	6:41	9 (63.4%)
105	<b>BOHAREWICZ Paweł</b>	<b>7096</b>	BOHAR PALETY RUN&TRAVEL ZIELONA GÓRA	Masters M - 40	27	01:21:12	<b>02:20:46.75</b>	+00:52:19 (37.2%)	6:42	9 (63.4%)
106	<b>BANAŚ Łukasz</b>	<b>7852</b>		Senior II M - 30	37	01:16:54	<b>02:20:53.30</b>	+00:52:26 (37.2%)	6:42	8.9 (62.7%)
107	<b>FLASZEWSKI Adam</b>	<b>7161</b>	SPORTOWY KAŻMIERZ	Senior II M - 30	38	01:19:44	<b>02:20:56.95</b>	+00:52:29 (37.2%)	6:42	8.9 (62.7%)
108	<b>NIŻEWSKI Paweł</b>	<b>7909</b>	KRAKOWIAK ULTRA TEAM	Masters M - 40	28	01:20:22	<b>02:20:59.90</b>	+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	<b>JANUSZEWSKI Maciej</b>	<b>7003</b>		Senior II M - 30	39	01:18:19	<b>02:21:05.70</b>	+00:52:38 (37.3%)	6:43	8.9 (62.7%)
110	<b>KUBIK Jarosław</b>	<b>7430</b>		Senior II M - 30	40	01:16:31	<b>02:21:13.70</b>	+00:52:46 (37.4%)	6:43	8.9 (62.7%)
111	<b>GÓRECKI Krzysztof</b>	<b>7278</b>		Senior I M - 20	22	01:20:13	<b>02:21:13.75</b>	+00:52:46 (37.4%)	6:43	8.9 (62.7%)
112	<b>KRÓL Darek</b>	<b>7063</b>	WYBIEGAĆ MARZENIA TEAM	Weteran I M - 50	5	01:18:26	<b>02:21:15.60</b>	+00:52:48 (37.4%)	6:43	8.9 (62.7%)
113	<b>ŁABĘDŹ Mariusz</b>	<b>7756</b>		Masters M - 40	29	01:16:22	<b>02:21:22.45</b>	+00:52:55 (37.4%)	6:43	8.9 (62.7%)
114	<b>JASIŃSKI Paweł</b>	<b>7281</b>	APTENEO RUNNING TEAM	Masters M - 40	30	01:20:45	<b>02:21:26.80</b>	+00:52:59 (37.5%)	6:44	8.9 (62.7%)
115	<b>STUDZIŃSKI Rafał</b>	<b>7621</b>	FOREST RUN	Senior II M - 30	41	01:20:28	<b>02:21:29.15</b>	+00:53:01 (37.5%)	6:44	8.9 (62.7%)
116	<b>MATYLA Michał</b>	<b>7605</b>		Senior II M - 30	42	01:20:12	<b>02:21:32.65</b>	+00:53:05 (37.5%)	6:44	8.9 (62.7%)
117	<b>KLIMEK Marek</b>	<b>7396</b>		Senior II M - 30	43	01:18:57	<b>02:21:34.05</b>	+00:53:06 (37.5%)	6:44	8.9 (62.7%)
118	<b>LIPCZAK Amadeusz</b>	<b>7651</b>	BIEG OPOLSKI	Masters M - 40	31	01:19:28	<b>02:21:46.80</b>	+00:53:19 (37.6%)	6:45	8.9 (62.7%)
119	<b>SOŁTYSIAK Karol</b>	<b>7734</b>		Masters M - 40	32	01:22:59	<b>02:22:06.00</b>	+00:53:38 (37.8%)	6:46	8.9 (62.7%)
120	<b>BRASEL Marcin</b>	<b>7780</b>	TRIGYM SZCZECIN	Weteran I M - 50	6	01:19:38	<b>02:22:40.40</b>	+00:54:13 (38.0%)	6:47	8.8 (62.0%)
121	<b>JAROSZEWSKI Arkadiusz</b>	<b>7495</b>	ISKRA TEAM	Senior II M - 30	44	01:20:47	<b>02:22:54.95</b>	+00:54:27 (38.1%)	6:48	8.8 (62.0%)
122	<b>WOJTKOWSKI Mateusz</b>	<b>7379</b>		Senior II M - 30	45	01:22:21	<b>02:23:10.00</b>	+00:54:42 (38.2%)	6:49	8.8 (62.0%)
123	<b>URBANIAK Krzysztof</b>	<b>7326</b>		Senior II M - 30	46	01:19:14	<b>02:23:32.90</b>	+00:55:05 (38.4%)	6:50	8.8 (62.0%)
124	<b>GROCHOT Edyta</b>	<b>7158</b>	#ADAMCZERWIŃSKITEAM	Masters K - 40	4	01:21:58	<b>02:23:46.95</b>	+00:55:19 (38.5%)	6:50	8.8 (62.0%)
125	<b>MIKUĆ Cezary</b>	<b>7502</b>	TEAM EUROCASH	Senior II M - 30	47	01:22:21	<b>02:23:52.75</b>	+00:55:25 (38.5%)	6:51	8.8 (62.0%)
126	<b>KRYSIAK Artur</b>	<b>7385</b>		Senior II M - 30	48	01:20:03	<b>02:23:55.90</b>	+00:55:28 (38.5%)	6:51	8.8 (62.0%)
127	<b>KĘDZIERSKI Michał</b>	<b>7918</b>	HTF LUDWIK SIKORSKI	Senior II M - 30	49	01:21:18	<b>02:24:00.45</b>	+00:55:33 (38.6%)	6:51	8.8 (62.0%)
128	<b>MAŁYSZKA Krzysztof</b>	<b>7186</b>	KRIS TRANS MAŁYSZKA	Weteran I M - 50	7	01:21:54	<b>02:24:06.05</b>	+00:55:38 (38.6%)	6:51	8.7 (61.3%)
129	<b>ZABOROWSKI Kamil</b>	<b>7720</b>	ZALINIAMETY	Senior II M - 30	50	01:23:43	<b>02:24:22.45</b>	+00:55:55 (38.7%)	6:52	8.7 (61.3%)
130	<b>BACHURSKI Tomasz</b>	<b>7785</b>		Masters M - 40	33	01:21:24	<b>02:24:23.25</b>	+00:55:55 (38.7%)	6:52	8.7 (61.3%)
131	<b>MATAK Paweł</b>	<b>7296</b>	MAMERO	Senior II M - 30	51	01:22:20	<b>02:24:31.70</b>	+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	<b>KOKOTT Agnieszka</b>	<b>7882</b>	140MINUT.PL	Senior II K - 30	9	01:23:40	<b>02:24:48.05</b>	+00:56:20 (38.9%)	6:53	8.7 (61.3%)
133	<b>FLIS Mirosław</b>	<b>7421</b>		Weteran I M - 50	8	01:20:14	<b>02:24:55.30</b>	+00:56:28 (39.0%)	6:54	8.7 (61.3%)
134	<b>LEWANDOWSKI Waldemar</b>	<b>7707</b>	LEWANDOWSCY TEAM	Masters M - 40	34	01:18:43	<b>02:25:04.65</b>	+00:56:37 (39.0%)	6:54	8.7 (61.3%)
135	<b>GRZEBIELUCH Katarzyna</b>	<b>7938</b>	LEDWO ZIPA	Masters K - 40	5	01:19:18	<b>02:25:07.75</b>	+00:56:40 (39.1%)	6:54	8.7 (61.3%)
136	<b>DUDEK Marek</b>	<b>7270</b>		Senior II M - 30	52	01:22:50	<b>02:25:08.10</b>	+00:56:40 (39.1%)	6:54	8.7 (61.3%)
137	<b>RESZKA Marek</b>	<b>7781</b>	#BEERRUNNER	Senior II M - 30	53	01:26:32	<b>02:25:08.95</b>	+00:56:41 (39.1%)	6:54	8.7 (61.3%)
138	<b>STANULA Krzysztof</b>	<b>7836</b>	DOLNY ŚLĄSK	Masters M - 40	35	01:22:39	<b>02:25:14.30</b>	+00:56:47 (39.1%)	6:54	8.7 (61.3%)
139	<b>PALACZ Marcin</b>	<b>7807</b>		Masters M - 40	36	01:20:07	<b>02:25:23.05</b>	+00:56:55 (39.2%)	6:55	8.7 (61.3%)
140	<b>SYNOWIEC Dawid</b>	<b>7847</b>		Senior I M - 20	23	01:18:52	<b>02:25:28.05</b>	+00:57:00 (39.2%)	6:55	8.7 (61.3%)
141	<b>JAŚKOWIAK Michał</b>	<b>7900</b>		Senior II M - 30	54	01:24:17	<b>02:25:34.95</b>	+00:57:07 (39.2%)	6:55	8.7 (61.3%)
142	<b>ZALIŃSKI Leszek</b>	<b>7934</b>		Senior II M - 30	55	01:18:02	<b>02:25:41.35</b>	+00:57:14 (39.3%)	6:56	8.6 (60.6%)
143	<b>WOŹNIAK Przemysław</b>	<b>7382</b>	WIELISZEW HERON TEAM	Senior II M - 30	56	01:23:18	<b>02:26:01.35</b>	+00:57:34 (39.4%)	6:57	8.6 (60.6%)
144	<b>WALAS Andrzej</b>	<b>7349</b>	PRORUN WROCŁAW	Senior I M - 20	24	01:22:48	<b>02:26:16.90</b>	+00:57:49 (39.5%)	6:57	8.6 (60.6%)
145	<b>KAPROŃ Martyna</b>	<b>7152</b>	KB HARCOWNIK JELCZ-LASKOWICE	Senior I K - 20	6	01:25:09	<b>02:26:45.65</b>	+00:58:18 (39.7%)	6:59	8.6 (60.6%)
146	<b>JAKRZEWSKI Hubert</b>	<b>7808</b>		Senior II M - 30	57	01:27:39	<b>02:26:49.40</b>	+00:58:22 (39.8%)	6:59	8.6 (60.6%)
147	<b>LORENC Joanna</b>	<b>7786</b>	ENDORFINY WĄSOSZ	Senior II K - 30	10	01:25:06	<b>02:26:53.75</b>	+00:58:26 (39.8%)	6:59	8.6 (60.6%)
148	<b>WARAKSA Tomasz</b>	<b>7723</b>	VEGE RUNNERS	Senior II M - 30	58	01:25:54	<b>02:26:59.90</b>	+00:58:32 (39.8%)	6:59	8.6 (60.6%)
149	<b>MUSIALSKI Tomasz</b>	<b>7871</b>	TKM KANCELARIA	Masters M - 40	37	01:19:08	<b>02:27:00.00</b>	+00:58:32 (39.8%)	7:00	8.6 (60.6%)
150	<b>KUCHARSKI Adrian</b>	<b>7673</b>		Senior II M - 30	59	01:20:11	<b>02:27:06.45</b>	+00:58:39 (39.9%)	7:00	8.6 (60.6%)
151	<b>PIETRZAK Michał</b>	<b>7081</b>		Senior II M - 30	60	01:25:16	<b>02:27:08.30</b>	+00:58:41 (39.9%)	7:00	8.6 (60.6%)
152	<b>LEWIŃSKI Filip</b>	<b>7302</b>	OBORYGENI	Masters M - 40	38	01:21:58	<b>02:27:21.05</b>	+00:58:53 (40.0%)	7:01	8.6 (60.6%)
153	<b>CHLIPAŁA Marek</b>	<b>7365</b>		Senior II M - 30	61	01:22:33	<b>02:27:29.10</b>	+00:59:01 (40.0%)	7:01	8.5 (59.9%)
154	<b>SERAFIŃCZUK Krzysztof</b>	<b>7692</b>		Senior II M - 30	62	01:22:53	<b>02:27:59.70</b>	+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	<b>GRABSKI Konrad</b>	<b>7924</b>	NIEPOŁOMICE BIEGAJĄ	Senior II M - 30	63	01:26:21	<b>02:28:15.35</b>	+00:59:48 (40.3%)	7:03	8.5 (59.9%)
156	<b>SMALEC Dominika</b>	<b>7866</b>	MOCNA GRUPA CEZARA/SBRT WROCŁAW	Senior I K - 20	7	01:26:58	<b>02:28:20.95</b>	+00:59:53 (40.4%)	7:03	8.5 (59.9%)
157	<b>BRUSIŁOWICZ Dagmara</b>	<b>7572</b>		Masters K - 40	6	01:22:18	<b>02:28:29.50</b>	+01:00:02 (40.4%)	7:04	8.5 (59.9%)
158	<b>KOTOWICZ Tomasz</b>	<b>7111</b>		Masters M - 40	39	01:23:20	<b>02:28:30.15</b>	+01:00:02 (40.4%)	7:04	8.5 (59.9%)
159	<b>SANIUK Joanna</b>	<b>7427</b>		Senior II K - 30	11	01:25:08	<b>02:28:31.00</b>	+01:00:03 (40.4%)	7:04	8.5 (59.9%)
160	<b>KAJDAS Gosia</b>	<b>7049</b>	SŁAWA	Masters K - 40	7	01:27:40	<b>02:28:37.45</b>	+01:00:10 (40.5%)	7:04	8.5 (59.9%)
161	<b>FRAŃSKI Łukasz</b>	<b>7330</b>	NKB CHYŻY NOWY TOMYŚL	Masters M - 40	40	01:23:00	<b>02:28:58.95</b>	+01:00:31 (40.6%)	7:05	8.5 (59.9%)
162	<b>TOMCZYK Rafał</b>	<b>7714</b>		Senior II M - 30	64	01:21:41	<b>02:29:05.90</b>	+01:00:38 (40.7%)	7:05	8.5 (59.9%)
163	<b>SZCZESZEK Arkadiusz</b>	<b>7184</b>		Masters M - 40	41	01:26:54	<b>02:29:17.65</b>	+01:00:50 (40.8%)	7:06	8.4 (59.2%)
164	<b>PAŁAC Piotr</b>	<b>7573</b>		Weteran I M - 50	9	01:22:51	<b>02:29:40.35</b>	+01:01:13 (40.9%)	7:07	8.4 (59.2%)
165	<b>KOZYRA Dariusz</b>	<b>7544</b>	ADRIAN DANILEWICZ GROUP	Masters M - 40	42	01:27:57	<b>02:29:49.50</b>	+01:01:22 (41.0%)	7:08	8.4 (59.2%)
166	<b>RATAJCZAK Tomasz</b>	<b>7821</b>	PALETEAM	Masters M - 40	43	01:23:40	<b>02:29:51.60</b>	+01:01:24 (41.0%)	7:08	8.4 (59.2%)
167	<b>KURZA Jakub</b>	<b>7229</b>	BIEGAMY WE WROCŁAWIU	Senior II M - 30	65	01:21:38	<b>02:29:57.50</b>	+01:01:30 (41.0%)	7:08	8.4 (59.2%)
168	<b>OLEJNIK Agnieszka</b>	<b>7413</b>	ENDORFINY WĄSOSZ	Senior II K - 30	12	01:25:09	<b>02:30:05.00</b>	+01:01:37 (41.1%)	7:08	8.4 (59.2%)
169	<b>OLEJNIK Piotr</b>	<b>7660</b>		Senior II M - 30	66	01:23:32	<b>02:30:06.30</b>	+01:01:39 (41.1%)	7:08	8.4 (59.2%)
170	<b>PĘCZAR Aneta Pęczar</b>	<b>7188</b>		Senior I K - 20	8	01:25:15	<b>02:30:14.05</b>	+01:01:46 (41.1%)	7:09	8.4 (59.2%)
171	<b>KOROŃSKI Tadeusz</b>	<b>7835</b>	PARKRUN POZNAŃ	Weteran I M - 50	10	01:23:59	<b>02:30:23.20</b>	+01:01:55 (41.2%)	7:09	8.4 (59.2%)
172	<b>ZASŁONKA Hubert</b>	<b>7543</b>		Masters M - 40	44	01:23:38	<b>02:30:27.55</b>	+01:02:00 (41.2%)	7:09	8.4 (59.2%)
173	<b>KACZYŃSKI Tomasz</b>	<b>7067</b>		Masters M - 40	45	01:21:41	<b>02:30:40.90</b>	+01:02:13 (41.3%)	7:10	8.4 (59.2%)
174	<b>WASILEWSKI Michał</b>	<b>7691</b>		Masters M - 40	46	01:22:22	<b>02:30:45.45</b>	+01:02:18 (41.3%)	7:10	8.4 (59.2%)
175	<b>WOJTOWICZ Karolina</b>	<b>7483</b>		Senior II K - 30	13	01:25:35	<b>02:30:48.05</b>	+01:02:20 (41.3%)	7:10	8.4 (59.2%)
176	<b>PONITKA Paweł</b>	<b>7668</b>	DOCHODZIMY W 1:59	Senior II M - 30	67	01:25:27	<b>02:31:22.10</b>	+01:02:54 (41.6%)	7:12	8.3 (58.5%)
177	<b>DUDZIK Tomek</b>	<b>7471</b>		Senior II M - 30	68	01:26:33	<b>02:31:22.20</b>	+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	<b>CYBULSKI Piotr</b>	<b>7669</b>		Masters M - 40	47	01:24:51	<b>02:31:31.70</b>	+01:03:04 (41.6%)	7:12	8.3 (58.5%)
179	<b>ANDRYSZCZUK Daniel</b>	<b>7206</b>		Masters M - 40	48	01:25:43	<b>02:31:34.95</b>	+01:03:07 (41.6%)	7:13	8.3 (58.5%)
180	<b>BUCZAK Jakub</b>	<b>7672</b>		Senior II M - 30	69	01:23:53	<b>02:31:38.65</b>	+01:03:11 (41.7%)	7:13	8.3 (58.5%)
181	<b>JAMROSZCZYK Przemysław</b>	<b>7201</b>	TEAM PLESZEW	Masters M - 40	49	01:26:19	<b>02:31:51.15</b>	+01:03:23 (41.7%)	7:13	8.3 (58.5%)
182	<b>NOWICKI Bartosz</b>	<b>7224</b>		Masters M - 40	50	01:26:17	<b>02:31:52.25</b>	+01:03:24 (41.8%)	7:13	8.3 (58.5%)
183	<b>MARCINIAK Magdalena</b>	<b>7577</b>		Masters K - 40	8	01:26:11	<b>02:32:05.50</b>	+01:03:38 (41.8%)	7:14	8.3 (58.5%)
184	<b>MARCINIAK Wojciech</b>	<b>7578</b>		Masters M - 40	51	01:24:38	<b>02:32:05.65</b>	+01:03:38 (41.8%)	7:14	8.3 (58.5%)
185	<b>KUMOR Dagmara</b>	<b>7517</b>		Senior II K - 30	14	01:27:02	<b>02:32:07.95</b>	+01:03:40 (41.9%)	7:14	8.3 (58.5%)
186	<b>KUMOR Tomasz</b>	<b>7822</b>		Senior II M - 30	70	01:26:16	<b>02:32:09.90</b>	+01:03:42 (41.9%)	7:14	8.3 (58.5%)
187	<b>MIŁOSZEWICZ Aleksandra</b>	<b>7778</b>	FIZJOBIEGACZE SZCZECIN	Senior I K - 20	9	01:29:05	<b>02:32:11.20</b>	+01:03:43 (41.9%)	7:14	8.3 (58.5%)
188	<b>JAZ Ernest</b>	<b>7825</b>	ENDORFINY WĄSOSZ	Senior II M - 30	71	01:24:42	<b>02:32:21.40</b>	+01:03:54 (41.9%)	7:15	8.3 (58.5%)
189	<b>KOŁAKOWSKA-FAŁKOWSKA Irena</b>	<b>7774</b>		Senior II K - 30	15	01:26:48	<b>02:32:23.15</b>	+01:03:55 (42.0%)	7:15	8.3 (58.5%)
190	<b>DEMUSZ Natalia</b>	<b>7721</b>		Senior II K - 30	16	01:25:11	<b>02:32:24.05</b>	+01:03:56 (42.0%)	7:15	8.3 (58.5%)
191	<b>LANDES Patrick</b>	<b>7575</b>		Senior II M - 30	72	01:25:15	<b>02:32:24.45</b>	+01:03:57 (42.0%)	7:15	8.3 (58.5%)
192	<b>KRUK Dariusz</b>	<b>7906</b>		Senior II M - 30	73	01:27:42	<b>02:32:26.30</b>	+01:03:59 (42.0%)	7:15	8.3 (58.5%)
193	<b>GUSAK Vladislav</b>	<b>7816</b>	MATNER RUNNING TEAM	Masters M - 40	52	01:24:02	<b>02:32:35.70</b>	+01:04:08 (42.0%)	7:15	8.3 (58.5%)
194	<b>KIJAS Maja</b>	<b>7886</b>		Senior II K - 30	17	01:23:37	<b>02:32:43.70</b>	+01:04:16 (42.1%)	7:16	8.3 (58.5%)
195	<b>OSEKOWSKI Michał</b>	<b>7004</b>	MAMY MIÓD	Senior II M - 30	74	01:28:49	<b>02:32:46.90</b>	+01:04:19 (42.1%)	7:16	8.2 (57.7%)
196	<b>RUPIK Jakub</b>	<b>7463</b>		Senior II M - 30	75	01:27:11	<b>02:32:55.70</b>	+01:04:28 (42.2%)	7:16	8.2 (57.7%)
197	<b>RUPIK Maria</b>	<b>7629</b>		Senior II K - 30	18	01:26:41	<b>02:32:56.35</b>	+01:04:29 (42.2%)	7:16	8.2 (57.7%)
198	<b>KROSZKA Jan</b>	<b>7314</b>		Senior I M - 20	25	01:23:57	<b>02:33:08.90</b>	+01:04:41 (42.2%)	7:17	8.2 (57.7%)
199	<b>MOKRZYŃSKI Marcin</b>	<b>7214</b>	KLUB LEKKOATLETYCZNY ZIEMIA KŁODZKA	Masters M - 40	53	01:21:01	<b>02:33:11.85</b>	+01:04:44 (42.3%)	7:17	8.2 (57.7%)
200	<b>BEREZIUK Michał</b>	<b>7625</b>		Masters M - 40	54	01:28:58	<b>02:33:15.65</b>	+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	<b>NOWAK Ireneusz</b>	<b>7053</b>		Masters M - 40	55	01:26:09	<b>02:33:17.30</b>	+01:04:50 (42.3%)	7:17	8.2 (57.7%)
202	<b>KOWALSKA Roma</b>	<b>7627</b>	ROKIETNICA BIEGA	Senior II K - 30	19	01:30:10	<b>02:33:21.20</b>	+01:04:53 (42.3%)	7:18	8.2 (57.7%)
203	<b>WIŚNIEWSKA Anna</b>	<b>7027</b>		Senior II K - 30	20	01:32:07	<b>02:33:27.50</b>	+01:05:00 (42.4%)	7:18	8.2 (57.7%)
204	<b>DOMAŃ Joanna</b>	<b>7054</b>	FEHLAU RUN TEAM	Masters K - 40	9	01:28:55	<b>02:33:29.45</b>	+01:05:02 (42.4%)	7:18	8.2 (57.7%)
205	<b>PIÓRKOWSKI Jarosław</b>	<b>7848</b>	KOŁO BIEGA	Masters M - 40	56	01:27:10	<b>02:33:40.35</b>	+01:05:13 (42.4%)	7:19	8.2 (57.7%)
206	<b>KINASZCZUK Michał</b>	<b>7234</b>		Senior II M - 30	76	01:24:24	<b>02:33:50.35</b>	+01:05:23 (42.5%)	7:19	8.2 (57.7%)
207	<b>BEDNAREK Jarosław</b>	<b>7574</b>		Senior II M - 30	77	01:23:11	<b>02:33:52.50</b>	+01:05:25 (42.5%)	7:19	8.2 (57.7%)
208	<b>KOWALSKI Artur</b>	<b>7805</b>		Masters M - 40	57	01:27:02	<b>02:33:53.85</b>	+01:05:26 (42.5%)	7:19	8.2 (57.7%)
209	<b>BAHR Marzena</b>	<b>7626</b>		Senior II K - 30	21	01:26:52	<b>02:34:02.45</b>	+01:05:35 (42.6%)	7:20	8.2 (57.7%)
210	<b>ŁESKE Jan</b>	<b>7137</b>	ZA LINIĄ METY TEAM	Masters M - 40	58	01:29:35	<b>02:34:26.15</b>	+01:05:58 (42.7%)	7:21	8.2 (57.7%)
211	<b>SZAFER Andrzej</b>	<b>7381</b>		Masters M - 40	59	01:28:38	<b>02:34:29.10</b>	+01:06:01 (42.7%)	7:21	8.2 (57.7%)
212	<b>MARKOWSKI Zbigniew</b>	<b>7222</b>	BIEGAMDLAZDROWIA.PL	Weteran I M - 50	11	01:26:45	<b>02:34:32.05</b>	+01:06:04 (42.8%)	7:21	8.2 (57.7%)
213	<b>HAWEŁKA Michał</b>	<b>7209</b>		Senior II M - 30	78	01:29:18	<b>02:34:38.45</b>	+01:06:11 (42.8%)	7:21	8.1 (57.0%)
214	<b>REPCZYŃSKI Mateusz</b>	<b>7664</b>		Senior I M - 20	26	01:23:53	<b>02:34:42.90</b>	+01:06:15 (42.8%)	7:22	8.1 (57.0%)
215	<b>SŁUGOCKI Mateusz</b>	<b>7498</b>		Senior II M - 30	79	01:28:22	<b>02:34:47.65</b>	+01:06:20 (42.9%)	7:22	8.1 (57.0%)
216	<b>BANASZAK Krzysztof</b>	<b>7503</b>		Senior II M - 30	80	01:26:52	<b>02:34:54.60</b>	+01:06:27 (42.9%)	7:22	8.1 (57.0%)
217	<b>BIRSKI Piotr</b>	<b>7904</b>		Senior II M - 30	81	01:26:29	<b>02:34:57.10</b>	+01:06:29 (42.9%)	7:22	8.1 (57.0%)
218	<b>KRZESIMOWSKI Damian</b>	<b>7689</b>		Senior II M - 30	82	01:28:19	<b>02:35:02.50</b>	+01:06:35 (42.9%)	7:22	8.1 (57.0%)
219	<b>PRZECHRZTA Michał</b>	<b>7451</b>		Masters M - 40	60	01:26:42	<b>02:35:09.90</b>	+01:06:42 (43.0%)	7:23	8.1 (57.0%)
220	<b>BOBROWSKI Michał</b>	<b>7541</b>		Masters M - 40	61	01:26:00	<b>02:35:13.30</b>	+01:06:46 (43.0%)	7:23	8.1 (57.0%)
221	<b>BUGAJ Alan</b>	<b>7474</b>		Senior II M - 30	83	01:26:52	<b>02:35:24.40</b>	+01:06:57 (43.1%)	7:24	8.1 (57.0%)
222	<b>HAWROT Marta</b>	<b>7518</b>		Masters K - 40	10	01:28:14	<b>02:35:25.85</b>	+01:06:58 (43.1%)	7:24	8.1 (57.0%)
223	<b>PATROŃSKA Magdalena</b>	<b>7558</b>	ŻARŁOKI	Senior I K - 20	10	01:30:19	<b>02:35:26.75</b>	+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	<b>MJAKA Eryk</b>	<b>7753</b>	SYNANDOJCIEC	Senior I M - 20	27	01:26:21	<b>02:35:29.20</b>	+01:07:01 (43.1%)	7:24	8.1 (57.0%)
225	<b>SKWIERCZYŃSKI Sylwester</b>	<b>7443</b>		Senior I M - 20	28	01:26:38	<b>02:35:33.75</b>	+01:07:06 (43.1%)	7:24	8.1 (57.0%)
226	<b>ZERBST Jacek</b>	<b>7448</b>	NKB CHYŻY NOWY TOMYŚL	Masters M - 40	62	01:27:49	<b>02:35:35.40</b>	+01:07:08 (43.1%)	7:24	8.1 (57.0%)
227	<b>SPYCHAŁA Jacek</b>	<b>7029</b>	ROKIETNICA BIEGA	Masters M - 40	63	01:30:05	<b>02:35:36.95</b>	+01:07:09 (43.2%)	7:24	8.1 (57.0%)
228	<b>MAJKA Jarek</b>	<b>7754</b>	SYNANDOJCIEC	Masters M - 40	64	01:26:23	<b>02:35:41.70</b>	+01:07:14 (43.2%)	7:24	8.1 (57.0%)
229	<b>SZPINEK Marcin</b>	<b>7809</b>	TUTU TEAM	Masters M - 40	65	01:26:37	<b>02:35:42.50</b>	+01:07:15 (43.2%)	7:24	8.1 (57.0%)
230	<b>RADOMSKI Wojciech</b>	<b>7633</b>		Senior II M - 30	84	01:28:52	<b>02:35:46.55</b>	+01:07:19 (43.2%)	7:25	8.1 (57.0%)
231	<b>MATUSZEWSKI Mariusz</b>	<b>7076</b>		Masters M - 40	66	01:22:34	<b>02:36:04.40</b>	+01:07:37 (43.3%)	7:25	8.1 (57.0%)
232	<b>JURDZIAK Jakub</b>	<b>7739</b>		Senior II M - 30	85	01:27:47	<b>02:36:05.20</b>	+01:07:37 (43.3%)	7:25	8.1 (57.0%)
233	<b>PRZEDASZEK Łukasz</b>	<b>7112</b>		Senior II M - 30	86	01:28:46	<b>02:36:06.15</b>	+01:07:38 (43.3%)	7:26	8.1 (57.0%)
234	<b>BABKIEWICZ Szymon</b>	<b>7331</b>	LUBELSKI BIEGACZ TEAM	Senior II M - 30	87	01:27:28	<b>02:36:07.70</b>	+01:07:40 (43.3%)	7:26	8.1 (57.0%)
235	<b>GĄSIOROWSKA Sara</b>	<b>7763</b>		Senior I K - 20	11	01:27:31	<b>02:36:26.65</b>	+01:07:59 (43.5%)	7:26	8.1 (57.0%)
235	<b>DOMAŃ Leszek</b>	<b>7062</b>	FEHLAU RUN TEAM	Masters M - 40	67	01:28:55	<b>02:36:26.65</b>	+01:07:59 (43.5%)	7:26	8.1 (57.0%)
237	<b>KOZŁEWSKA Beata</b>	<b>7085</b>		Masters K - 40	11	01:29:08	<b>02:36:32.45</b>	+01:08:05 (43.5%)	7:27	8 (56.3%)
238	<b>KOCISZEWSKI Łukasz</b>	<b>7313</b>		Masters M - 40	68	01:29:27	<b>02:36:33.80</b>	+01:08:06 (43.5%)	7:27	8 (56.3%)
239	<b>ŁAŻEWSKI Marcin</b>	<b>7038</b>		Masters M - 40	69	01:29:34	<b>02:36:44.50</b>	+01:08:17 (43.6%)	7:27	8 (56.3%)
240	<b>ŁAŻEWSKA Sylwia</b>	<b>7011</b>		Masters K - 40	12	01:29:28	<b>02:36:45.40</b>	+01:08:18 (43.6%)	7:27	8 (56.3%)
241	<b>BOCZKOWSKA Marzena</b>	<b>7431</b>	STAN UMYSŁU LEWIN BIEGA	Senior II K - 30	22	01:33:29	<b>02:36:45.50</b>	+01:08:18 (43.6%)	7:27	8 (56.3%)
242	<b>BARYSKI Maciej</b>	<b>7791</b>		Senior II M - 30	88	01:24:58	<b>02:36:46.90</b>	+01:08:19 (43.6%)	7:27	8 (56.3%)
243	<b>BEDLA Anna</b>	<b>7362</b>	SKORUPA TRIATHLON	Masters K - 40	13	01:31:25	<b>02:36:59.80</b>	+01:08:32 (43.7%)	7:28	8 (56.3%)
244	<b>PILARSKA Olga</b>	<b>7799</b>	GUSTAW TEŻ BIEGA	Senior II K - 30	23	01:25:45	<b>02:37:05.55</b>	+01:08:38 (43.7%)	7:28	8 (56.3%)
245	<b>DZIETCZYK Kamil</b>	<b>7663</b>	AKTYWNE CHOSZCZNO	Senior II M - 30	89	01:25:22	<b>02:37:13.00</b>	+01:08:45 (43.7%)	7:29	8 (56.3%)
246	<b>SUCHOCKA Yana</b>	<b>7828</b>		Senior II K - 30	24	01:28:32	<b>02:37:22.75</b>	+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	<b>TURAJ-KACZYŃSKA Małgorzata</b>	<b>7103</b>	GUSTAW TEŻ BIEGA	Masters K - 40	16	01:26:47	<b>02:39:33.10</b>	+01:11:05 (44.6%)	7:35	7.9 (55.6%)
271	<b>WÓJCIK Katarzyna</b>	<b>7207</b>	FIZJOBIEGACZE SZCZECIN	Senior II K - 30	31	01:31:37	<b>02:39:33.35</b>	+01:11:06 (44.6%)	7:35	7.9 (55.6%)
272	<b>OWCZARCZYK Paweł</b>	<b>7344</b>		Masters M - 40	77	01:30:10	<b>02:39:35.70</b>	+01:11:08 (44.6%)	7:35	7.9 (55.6%)
273	<b>WIŚNIEWSKA Anna</b>	<b>7447</b>		Senior II K - 30	32	01:32:53	<b>02:39:47.80</b>	+01:11:20 (44.6%)	7:36	7.9 (55.6%)
274	<b>WENTYKIER Piotr</b>	<b>7091</b>	POMYŁKA TEAM	Masters M - 40	78	01:30:34	<b>02:39:48.55</b>	+01:11:21 (44.6%)	7:36	7.9 (55.6%)
275	<b>POPIEL Jan</b>	<b>7659</b>		Masters M - 40	79	01:27:56	<b>02:39:57.50</b>	+01:11:30 (44.7%)	7:37	7.9 (55.6%)
276	<b>KACZMAREK Katarzyna</b>	<b>7567</b>		Masters K - 40	17	01:31:20	<b>02:40:01.35</b>	+01:11:34 (44.7%)	7:37	7.9 (55.6%)
277	<b>PŁÓCIENNICZAK Jakub</b>	<b>7853</b>	DREAM RUN	Masters M - 40	80	01:24:25	<b>02:40:07.50</b>	+01:11:40 (44.8%)	7:37	7.9 (55.6%)
278	<b>GABRYEL Anna</b>	<b>7724</b>		Masters K - 40	18	01:28:23	<b>02:40:15.90</b>	+01:11:48 (44.8%)	7:37	7.9 (55.6%)
279	<b>CHABIŃSKA Paulina</b>	<b>7301</b>	AKADEMIA BIEGANIA	Senior I K - 20	13	01:33:25	<b>02:40:22.20</b>	+01:11:54 (44.8%)	7:38	7.9 (55.6%)
280	<b>MAKOLSKA-FRANKOWSKA Iwona</b>	<b>7648</b>		Masters K - 40	19	01:30:15	<b>02:40:32.70</b>	+01:12:05 (44.9%)	7:38	7.8 (54.9%)
281	<b>JAKUB Nowaczyk</b>	<b>7133</b>	ROKIETNICA BIEGA	Senior II M - 30	93	01:31:04	<b>02:40:39.95</b>	+01:12:12 (44.9%)	7:39	7.8 (54.9%)
282	<b>KUZIEL Marcin</b>	<b>7457</b>	BLACK RUNNING STRONIE ŚLĄSKIE	Senior II M - 30	94	01:27:58	<b>02:40:40.45</b>	+01:12:13 (44.9%)	7:39	7.8 (54.9%)
283	<b>WAJDA Maciej</b>	<b>7881</b>	SPELOCLUB WROCŁAW	Senior II M - 30	95	01:24:36	<b>02:40:40.55</b>	+01:12:13 (44.9%)	7:39	7.8 (54.9%)
284	<b>LIPIŃSKA Martyna</b>	<b>7157</b>	ŚLĘZAK TEAM	Senior I K - 20	14	01:33:25	<b>02:40:43.30</b>	+01:12:16 (45.0%)	7:39	7.8 (54.9%)
285	<b>SZYMAŃSKA Magdalena</b>	<b>7339</b>		Senior II K - 30	33	01:32:23	<b>02:40:56.25</b>	+01:12:28 (45.0%)	7:39	7.8 (54.9%)
286	<b>DZIADOWICZ Anna</b>	<b>7750</b>		Masters K - 40	20	01:29:39	<b>02:41:00.60</b>	+01:12:33 (45.1%)	7:40	7.8 (54.9%)
287	<b>ELMOLA Hamed</b>	<b>7557</b>	ADIDAS RUNNERS WARSAW	Weteran I M - 50	15	01:34:51	<b>02:41:01.45</b>	+01:12:34 (45.1%)	7:40	7.8 (54.9%)
288	<b>MÓLL Janusz</b>	<b>7055</b>		Weteran I M - 50	16	01:23:59	<b>02:41:01.75</b>	+01:12:34 (45.1%)	7:40	7.8 (54.9%)
289	<b>SNOCHOWSKI Leszek</b>	<b>7488</b>	LESZEK TEAM	Weteran II M - 60	2	01:33:34	<b>02:41:02.25</b>	+01:12:34 (45.1%)	7:40	7.8 (54.9%)
290	<b>TAMBORSKI Grzegorz</b>	<b>7429</b>		Senior II M - 30	96	01:32:38	<b>02:41:03.60</b>	+01:12:36 (45.1%)	7:40	7.8 (54.9%)
291	<b>SOJKA Przemek</b>	<b>7032</b>	ORANGE POLSKA	Masters M - 40	81	01:28:54	<b>02:41:03.85</b>	+01:12:36 (45.1%)	7:40	7.8 (54.9%)
292	<b>MIKŁUSZKA Dorota</b>	<b>7317</b>		Masters K - 40	21	01:30:17	<b>02:41:06.20</b>	+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	<b>RUTKOWSKI Mateusz</b>	<b>7435</b>	WAKACYJNA DEMOLKA	Senior II M - 30	97	01:27:50	<b>02:41:10.90</b>	+01:12:43 (45.1%)	7:40	7.8 (54.9%)
294	<b>WENTYKIER Beata</b>	<b>7044</b>	POMYŁKA TEAM	Masters K - 40	22	01:30:34	<b>02:41:11.40</b>	+01:12:44 (45.1%)	7:40	7.8 (54.9%)
295	<b>MICHALAK Adrian</b>	<b>7397</b>		Senior II M - 30	98	01:32:20	<b>02:41:12.65</b>	+01:12:45 (45.1%)	7:40	7.8 (54.9%)
296	<b>OLZACKA Agata</b>	<b>7021</b>	ZA LINIĄ METY TEAM	Senior II K - 30	34	01:34:41	<b>02:41:12.75</b>	+01:12:45 (45.1%)	7:40	7.8 (54.9%)
297	<b>DRÓŹDŹ Arkadiusz</b>	<b>7401</b>		Senior II M - 30	99	01:32:41	<b>02:41:14.85</b>	+01:12:47 (45.1%)	7:40	7.8 (54.9%)
298	<b>KICIŃSKI Patryk</b>	<b>7583</b>		Senior I M - 20	30	01:29:17	<b>02:41:33.75</b>	+01:13:06 (45.3%)	7:41	7.8 (54.9%)
299	<b>KAWCZYŃSKA Monika</b>	<b>7794</b>	GUSTAW TEŻ BIEGA	Masters K - 40	23	01:30:36	<b>02:41:36.85</b>	+01:13:09 (45.3%)	7:41	7.8 (54.9%)
300	<b>GIMZICKA Ewa</b>	<b>7361</b>		Masters K - 40	24	01:30:59	<b>02:41:37.70</b>	+01:13:10 (45.3%)	7:41	7.8 (54.9%)
301	<b>HORODYSKI Marek</b>	<b>7352</b>		Senior II M - 30	100	01:28:37	<b>02:41:49.15</b>	+01:13:21 (45.3%)	7:42	7.8 (54.9%)
302	<b>WILK Piotr</b>	<b>7343</b>	MSPORT TEAM	Masters M - 40	82	01:28:33	<b>02:42:30.10</b>	+01:14:02 (45.6%)	7:44	7.8 (54.9%)
303	<b>BIELAWSKI Paweł</b>	<b>7490</b>		Senior II M - 30	101	01:27:26	<b>02:42:41.70</b>	+01:14:14 (45.6%)	7:44	7.7 (54.2%)
304	<b>KAMIŃSKI Robert</b>	<b>7102</b>		Senior II M - 30	102	01:32:31	<b>02:42:42.35</b>	+01:14:15 (45.6%)	7:44	7.7 (54.2%)
305	<b>SZUBERT-WALENCZAK Magdalena</b>	<b>7588</b>	TEAM ZABIEGANE DNI	Masters K - 40	25	01:31:51	<b>02:42:42.55</b>	+01:14:15 (45.6%)	7:44	7.7 (54.2%)
306	<b>REDKIEWICZ Agnieszka</b>	<b>7587</b>	TEAM ZABIEGANE DNI	Senior II K - 30	35	01:31:51	<b>02:42:43.85</b>	+01:14:16 (45.6%)	7:44	7.7 (54.2%)
307	<b>BIENIAS Anna</b>	<b>7461</b>		Senior II K - 30	36	01:31:15	<b>02:42:45.20</b>	+01:14:17 (45.7%)	7:45	7.7 (54.2%)
308	<b>BLICHARSKI Ireneusz</b>	<b>7509</b>	25 BKPOW	Masters M - 40	83	01:31:46	<b>02:42:55.35</b>	+01:14:28 (45.7%)	7:45	7.7 (54.2%)
309	<b>DUTKOWIAK Aleksandra</b>	<b>7765</b>	PIĄTKOWO NA BIEGOWO	Masters K - 40	26	01:32:59	<b>02:42:59.80</b>	+01:14:32 (45.7%)	7:45	7.7 (54.2%)
310	<b>KSIEZKA Joanna</b>	<b>7261</b>	STRZEGOMSKA DWUNASTKA	Senior II K - 30	37	01:27:07	<b>02:43:02.05</b>	+01:14:34 (45.7%)	7:45	7.7 (54.2%)
311	<b>JARZĄBEK Michał</b>	<b>7304</b>	MRUNNERS	Senior II M - 30	103	01:32:34	<b>02:43:02.30</b>	+01:14:35 (45.7%)	7:45	7.7 (54.2%)
312	<b>TYMOSZEWSKI Waldemar</b>	<b>7935</b>		Weteran I M - 50	17	01:31:27	<b>02:43:03.20</b>	+01:14:35 (45.8%)	7:45	7.7 (54.2%)
313	<b>KRÓLAK-DUBLAGA Dorota</b>	<b>7713</b>	#BIEGIWLKP	Senior II K - 30	38	01:31:18	<b>02:43:18.85</b>	+01:14:51 (45.8%)	7:46	7.7 (54.2%)
314	<b>WOJCIECHOWSKI Maciej</b>	<b>7601</b>		Senior II M - 30	104	01:31:07	<b>02:43:24.10</b>	+01:14:56 (45.9%)	7:46	7.7 (54.2%)
315	<b>KOPYŚCIAŃSKI Aleksander</b>	<b>7124</b>	FITNESS PIEKARY	Masters M - 40	84	01:32:46	<b>02:43:29.00</b>	+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	<b>SPÓLNY Robert</b>	<b>7872</b>		Weteran I M - 50	18	01:32:51	<b>02:43:34.90</b>	+01:15:07 (45.9%)	7:47	7.7 (54.2%)
317	<b>PIELA Katarzyna</b>	<b>7936</b>		Senior II K - 30	39	01:30:42	<b>02:43:36.05</b>	+01:15:08 (45.9%)	7:47	7.7 (54.2%)
318	<b>SOKULSKI Grzegorz</b>	<b>7391</b>		Senior II M - 30	105	01:27:40	<b>02:43:38.30</b>	+01:15:11 (45.9%)	7:47	7.7 (54.2%)
319	<b>PAWZUN Bartek</b>	<b>7592</b>	PRACOWNIA FIZJOTEKA	Senior II M - 30	106	01:25:57	<b>02:43:45.70</b>	+01:15:18 (46.0%)	7:47	7.7 (54.2%)
320	<b>SIWEK Grzegorz</b>	<b>7241</b>	LANRUNS	Masters M - 40	85	01:31:17	<b>02:43:47.90</b>	+01:15:20 (46.0%)	7:47	7.7 (54.2%)
321	<b>GOŁĄBEK Dariusz</b>	<b>7035</b>	BBL/BIEGATON MIKOŁÓW	Weteran I M - 50	19	01:31:45	<b>02:43:51.00</b>	+01:15:23 (46.0%)	7:48	7.7 (54.2%)
322	<b>ZGRAJ Katarzyna</b>	<b>7286</b>		Masters K - 40	27	01:31:47	<b>02:43:52.10</b>	+01:15:24 (46.0%)	7:48	7.7 (54.2%)
323	<b>KRZYŻYK Adam</b>	<b>7838</b>		Masters M - 40	86	01:33:59	<b>02:43:57.50</b>	+01:15:30 (46.1%)	7:48	7.7 (54.2%)
324	<b>NOWAK Łukasz</b>	<b>7656</b>		Masters M - 40	87	01:22:31	<b>02:44:01.00</b>	+01:15:33 (46.1%)	7:48	7.7 (54.2%)
325	<b>RABIEGA Marcin</b>	<b>7110</b>	ROKIETNICA BIEGA	Masters M - 40	88	01:34:26	<b>02:44:03.40</b>	+01:15:36 (46.1%)	7:48	7.7 (54.2%)
326	<b>MIERNIK Marzena</b>	<b>7620</b>		Masters K - 40	28	01:34:58	<b>02:44:03.65</b>	+01:15:36 (46.1%)	7:48	7.7 (54.2%)
327	<b>DZIARNOWSKA Magda</b>	<b>7100</b>	MECHANIKA ZDROWIA	Senior II K - 30	40	01:32:21	<b>02:44:06.20</b>	+01:15:38 (46.1%)	7:48	7.7 (54.2%)
328	<b>BABIARZ Jacek</b>	<b>7516</b>		Senior II M - 30	107	01:31:51	<b>02:44:08.80</b>	+01:15:41 (46.1%)	7:48	7.7 (54.2%)
329	<b>SAPIA Darek</b>	<b>7742</b>	TRYTON BIKE TEAM	Masters M - 40	89	01:31:52	<b>02:44:10.20</b>	+01:15:42 (46.1%)	7:49	7.7 (54.2%)
330	<b>CHOCIAJ Daniel</b>	<b>7414</b>	ENDORFINY WĄSOSZ	Masters M - 40	90	01:35:14	<b>02:44:24.90</b>	+01:15:57 (46.2%)	7:49	7.7 (54.2%)
331	<b>WOJCIECHOWSKI Roman</b>	<b>7703</b>		Weteran I M - 50	20	01:33:10	<b>02:44:25.05</b>	+01:15:57 (46.2%)	7:49	7.7 (54.2%)
332	<b>ZYDORCZAK Mateusz</b>	<b>7540</b>		Masters M - 40	91	01:26:54	<b>02:44:25.35</b>	+01:15:58 (46.2%)	7:49	7.7 (54.2%)
333	<b>GIEL Jarosław</b>	<b>7327</b>		Senior II M - 30	108	01:30:03	<b>02:44:29.70</b>	+01:16:02 (46.2%)	7:49	7.7 (54.2%)
334	<b>ŻABA Jacek</b>	<b>7876</b>		Weteran I M - 50	21	01:34:08	<b>02:44:39.05</b>	+01:16:11 (46.3%)	7:50	7.7 (54.2%)
335	<b>WÓJCIK Kamila</b>	<b>7616</b>	STRONIE BIEGA	Masters K - 40	29	01:29:34	<b>02:44:48.70</b>	+01:16:21 (46.3%)	7:50	7.6 (53.5%)
336	<b>BUJAK Magdalena</b>	<b>7844</b>	NIGHT RUNNERS PYSKOWICE	Senior II K - 30	41	01:32:50	<b>02:44:53.25</b>	+01:16:25 (46.4%)	7:51	7.6 (53.5%)
337	<b>WOLANO Marcin</b>	<b>7907</b>	HATTON DARTS	Senior II M - 30	109	01:30:01	<b>02:44:57.05</b>	+01:16:29 (46.4%)	7:51	7.6 (53.5%)
338	<b>ROGOŹNICKI Paweł</b>	<b>7120</b>	#ZALINIAMETYTEAM	Masters M - 40	92	01:30:27	<b>02:44:57.10</b>	+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	HERBEC-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	<b>ANDRZEJCZAK Michał</b>	<b>7479</b>		Senior II M - 30	115	01:27:27	<b>02:46:48.95</b>	+01:18:21 (47.0%)	7:56	7.6 (53.5%)
363	<b>KORCZYŃSKA Alicja</b>	<b>7360</b>	BIEGOWA POGORZAŁA	Masters K - 40	33	01:38:30	<b>02:47:11.85</b>	+01:18:44 (47.1%)	7:57	7.5 (52.8%)
364	<b>LEWICKA Magdalena</b>	<b>7417</b>	CAŁA OLEŚNICA BIEGA	Masters K - 40	34	01:38:11	<b>02:47:13.50</b>	+01:18:46 (47.1%)	7:57	7.5 (52.8%)
365	<b>JEKA Piotr</b>	<b>7744</b>		Weteran I M - 50	23	01:34:11	<b>02:47:21.60</b>	+01:18:54 (47.1%)	7:58	7.5 (52.8%)
366	<b>IMIŃSKI Cezary</b>	<b>7308</b>		Weteran I M - 50	24	01:32:28	<b>02:47:28.95</b>	+01:19:01 (47.2%)	7:58	7.5 (52.8%)
367	<b>ZAJĄCZKOWSKI Damian</b>	<b>7643</b>		Masters M - 40	100	01:36:56	<b>02:47:33.90</b>	+01:19:06 (47.2%)	7:58	7.5 (52.8%)
368	<b>ADAMCZYK Grzegorz</b>	<b>7452</b>	OŁAWSKA GRUPA BIEGOWA	Masters M - 40	101	01:31:55	<b>02:47:49.35</b>	+01:19:22 (47.3%)	7:59	7.5 (52.8%)
369	<b>KRZYŻANOWSKI Marcin</b>	<b>7105</b>	ŚWIAT MARATOŃCZYKA	Senior II M - 30	116	01:34:43	<b>02:47:55.40</b>	+01:19:28 (47.3%)	7:59	7.5 (52.8%)
370	<b>MODZELEWSKA Anna</b>	<b>7056</b>		Senior I K - 20	17	01:36:50	<b>02:47:55.85</b>	+01:19:28 (47.3%)	7:59	7.5 (52.8%)
371	<b>KIECOŃ Maria</b>	<b>7812</b>		Senior II K - 30	45	01:33:49	<b>02:48:08.90</b>	+01:19:41 (47.4%)	8:00	7.5 (52.8%)
372	<b>NIERADKO Arkadiusz</b>	<b>7482</b>		Masters M - 40	102	01:31:30	<b>02:48:09.35</b>	+01:19:42 (47.4%)	8:00	7.5 (52.8%)
373	<b>PODULKA Grzegorz</b>	<b>7795</b>		Masters M - 40	103	01:33:34	<b>02:48:15.15</b>	+01:19:47 (47.4%)	8:00	7.5 (52.8%)
374	<b>DANKOWSKA Ewelina</b>	<b>7418</b>	ENDORFINY WĄSOSZ	Masters K - 40	35	01:35:24	<b>02:48:15.80</b>	+01:19:48 (47.4%)	8:00	7.5 (52.8%)
375	<b>ALBERT Damian</b>	<b>7266</b>	FIZJOBIEGACZE SZCZECIN	Senior II M - 30	117	01:33:09	<b>02:48:21.90</b>	+01:19:54 (47.5%)	8:01	7.5 (52.8%)
376	<b>WOJCIESZUK Anna</b>	<b>7350</b>		Senior I K - 20	18	01:38:17	<b>02:48:30.20</b>	+01:20:02 (47.5%)	8:01	7.5 (52.8%)
377	<b>NICOŚ Marcin</b>	<b>7245</b>		Senior II M - 30	118	01:38:17	<b>02:48:32.35</b>	+01:20:05 (47.5%)	8:01	7.5 (52.8%)
378	<b>MANNA Przemysław</b>	<b>7531</b>	RAZ SZCZECIN	Masters M - 40	104	01:36:45	<b>02:48:34.10</b>	+01:20:06 (47.5%)	8:01	7.5 (52.8%)
379	<b>PAMUŁA Marta</b>	<b>7546</b>		Senior I K - 20	19	01:35:21	<b>02:48:45.10</b>	+01:20:17 (47.6%)	8:02	7.5 (52.8%)
380	<b>SZCZERBA Katarzyna</b>	<b>7025</b>		Senior II K - 30	46	01:37:35	<b>02:48:55.00</b>	+01:20:27 (47.6%)	8:02	7.5 (52.8%)
381	<b>KONCA Aleksander</b>	<b>7030</b>	KB OŻARÓW MAZOWIECKI BIEGA	Senior I M - 20	32	01:38:22	<b>02:48:55.10</b>	+01:20:27 (47.6%)	8:02	7.5 (52.8%)
382	<b>REWIŃSKI Sławek</b>	<b>7428</b>		Masters M - 40	105	01:31:01	<b>02:48:57.80</b>	+01:20:30 (47.6%)	8:02	7.5 (52.8%)
383	<b>WIŚLIŃSKA Agnieszka</b>	<b>7863</b>		Senior II K - 30	47	01:36:01	<b>02:49:02.00</b>	+01:20:34 (47.7%)	8:02	7.5 (52.8%)
384	<b>MICHALAK Kamil</b>	<b>7506</b>	SZYNKARNIA	Senior II M - 30	119	01:30:24	<b>02:49:02.70</b>	+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	<b>LACHOWSKI Karol</b>	<b>7036</b>	AEGONRUN	Senior II M - 30	120	01:34:58	<b>02:49:06.20</b>	+01:20:38 (47.7%)	8:03	7.5 (52.8%)
386	<b>GRUSZCZYŃSKI Paweł</b>	<b>7253</b>	GRUCHY DAJĄ CZADU !!!	Masters M - 40	106	01:41:13	<b>02:49:24.75</b>	+01:20:57 (47.8%)	8:04	7.4 (52.1%)
387	<b>MENDYKA Marcin</b>	<b>7856</b>	12TRI	Masters M - 40	107	01:33:48	<b>02:49:26.15</b>	+01:20:58 (47.8%)	8:04	7.4 (52.1%)
388	<b>FERENC Stanisław</b>	<b>7593</b>		Senior II M - 30	121	01:31:11	<b>02:49:37.20</b>	+01:21:09 (47.9%)	8:04	7.4 (52.1%)
389	<b>ZASADA Michał</b>	<b>7843</b>	PRO-RUN WROCŁAW	Masters M - 40	108	01:37:45	<b>02:49:38.00</b>	+01:21:10 (47.9%)	8:04	7.4 (52.1%)
390	<b>MATUKIN Aleksandra</b>	<b>7930</b>		Senior II K - 30	48	01:37:13	<b>02:49:41.15</b>	+01:21:13 (47.9%)	8:04	7.4 (52.1%)
391	<b>PONIATOWSKI Krzysztof</b>	<b>7903</b>		Masters M - 40	109	01:35:50	<b>02:49:43.00</b>	+01:21:15 (47.9%)	8:04	7.4 (52.1%)
392	<b>STOLPE Maciej</b>	<b>7046</b>	TKKF MPK POZNAŃ	Weteran I M - 50	25	01:38:37	<b>02:49:45.95</b>	+01:21:18 (47.9%)	8:05	7.4 (52.1%)
393	<b>ŁĘKAWA Sebastian</b>	<b>7510</b>	140MINUT.PL	Masters M - 40	110	01:33:32	<b>02:49:48.00</b>	+01:21:20 (47.9%)	8:05	7.4 (52.1%)
394	<b>SŁODKIEWICZ Piotr</b>	<b>7716</b>	KNEIPPTEAM	Senior II M - 30	122	01:35:40	<b>02:49:51.80</b>	+01:21:24 (47.9%)	8:05	7.4 (52.1%)
395	<b>SŁODKIEWICZ Dagmara</b>	<b>7715</b>	KNEIPPTEAM	Senior II K - 30	49	01:35:45	<b>02:49:51.85</b>	+01:21:24 (47.9%)	8:05	7.4 (52.1%)
396	<b>LACHOWICZ Marta</b>	<b>7140</b>	MAE KEAGE KYOKUSHIN TEAM	Senior II K - 30	50	01:34:29	<b>02:50:06.40</b>	+01:21:39 (48.0%)	8:06	7.4 (52.1%)
397	<b>OCHEJ Joanna</b>	<b>7280</b>	APTENEO RUNNING TEAM	Senior II K - 30	51	01:35:34	<b>02:50:14.10</b>	+01:21:46 (48.0%)	8:06	7.4 (52.1%)
398	<b>BRZOSTOWIECKA Angelika</b>	<b>7912</b>		Senior I K - 20	20	01:35:52	<b>02:50:19.90</b>	+01:21:52 (48.1%)	8:06	7.4 (52.1%)
399	<b>MIROWSKI Dominik</b>	<b>7265</b>		Senior II M - 30	123	01:35:23	<b>02:50:28.00</b>	+01:22:00 (48.1%)	8:07	7.4 (52.1%)
400	<b>SPYTEK Justyna</b>	<b>7675</b>		Masters K - 40	36	01:33:07	<b>02:50:33.85</b>	+01:22:06 (48.1%)	8:07	7.4 (52.1%)
401	<b>JAŚKOWIEC Michał</b>	<b>7497</b>		Senior I M - 20	33	01:36:59	<b>02:50:44.50</b>	+01:22:17 (48.2%)	8:07	7.4 (52.1%)
402	<b>GRZĄDZIEL Paweł</b>	<b>7555</b>	ADIDAS RUNNERS WARSAW	Weteran I M - 50	26	01:38:03	<b>02:51:05.05</b>	+01:22:37 (48.3%)	8:08	7.4 (52.1%)
403	<b>DERBICH Mariusz</b>	<b>7867</b>	KOWALEW RUNERS	Masters M - 40	111	01:35:00	<b>02:51:07.20</b>	+01:22:39 (48.3%)	8:08	7.4 (52.1%)
404	<b>PEKAŁA Dawid</b>	<b>7193</b>	ŻARY RUNNERS TEAM	Masters M - 40	112	01:36:57	<b>02:51:09.20</b>	+01:22:41 (48.3%)	8:09	7.4 (52.1%)
404	<b>ORŁOWSKI Robert</b>	<b>7702</b>	BIEGNĘ NA PÓŁNOC	Senior II M - 30	124	01:35:14	<b>02:51:09.20</b>	+01:22:41 (48.3%)	8:09	7.4 (52.1%)
406	<b>POCZTAREK Ewelina</b>	<b>7743</b>		Senior II K - 30	52	01:38:50	<b>02:51:10.45</b>	+01:22:43 (48.3%)	8:09	7.4 (52.1%)
407	<b>BOMBA Tomasz</b>	<b>7683</b>		Masters M - 40	113	01:34:56	<b>02:51:20.50</b>	+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	<b>PIÓRKOWSKA Jolanta</b>	<b>7849</b>	KOŁO BIEGA	Masters K - 40	37	01:38:07	<b>02:51:26.85</b>	+01:22:59 (48.4%)	8:09	7.3 (51.4%)
409	<b>ŻARSKA Ilona</b>	<b>7719</b>		Senior II K - 30	53	01:37:04	<b>02:51:28.70</b>	+01:23:01 (48.4%)	8:09	7.3 (51.4%)
410	<b>JASKÓŁKA Hubert</b>	<b>7271</b>	VENUS-BRUK	Weteran II M - 60	4	01:38:41	<b>02:51:39.70</b>	+01:23:12 (48.5%)	8:10	7.3 (51.4%)
411	<b>KRYCH Joanna</b>	<b>7291</b>		Masters K - 40	38	01:34:23	<b>02:52:06.00</b>	+01:23:38 (48.6%)	8:11	7.3 (51.4%)
412	<b>DOMAŃSKA Małgorzata</b>	<b>7318</b>	STAN UMYSŁU LEWIN BIEGA	Masters K - 40	39	01:35:10	<b>02:52:09.90</b>	+01:23:42 (48.6%)	8:11	7.3 (51.4%)
413	<b>PYZIO Magdalena</b>	<b>7534</b>		Senior II K - 30	54	01:31:52	<b>02:52:11.90</b>	+01:23:44 (48.6%)	8:11	7.3 (51.4%)
414	<b>KOŚCIELNIAK Szymon</b>	<b>7762</b>	CZERWONACKIE KIJANKI / ZAŁOGA GÓRSKA	Masters M - 40	114	01:34:04	<b>02:52:22.30</b>	+01:23:55 (48.7%)	8:12	7.3 (51.4%)
415	<b>SIBIELAK Tomasz</b>	<b>7416</b>	BIEGOWA KUŹNIA	Masters M - 40	115	01:33:49	<b>02:52:24.60</b>	+01:23:57 (48.7%)	8:12	7.3 (51.4%)
416	<b>BOSY Hubert</b>	<b>7926</b>		Masters M - 40	116	01:32:49	<b>02:52:25.00</b>	+01:23:57 (48.7%)	8:12	7.3 (51.4%)
417	<b>BYRCZEK Daria</b>	<b>7823</b>		Senior II K - 30	55	01:32:52	<b>02:52:25.25</b>	+01:23:57 (48.7%)	8:12	7.3 (51.4%)
418	<b>STASIAK Łukasz</b>	<b>7701</b>	LEŚNE DZIKI PRZYJACIELSKA GRUPA BIEGOWA	Masters M - 40	117	01:33:18	<b>02:52:25.65</b>	+01:23:58 (48.7%)	8:12	7.3 (51.4%)
419	<b>SZERSZEŃ Agata</b>	<b>7277</b>	DTR BIEGA / MARIO TEAM	Senior II K - 30	56	01:39:57	<b>02:52:34.60</b>	+01:24:07 (48.7%)	8:13	7.3 (51.4%)
420	<b>JÓZEFIAK Grzegorz</b>	<b>7492</b>		Weteran I M - 50	27	01:35:14	<b>02:52:40.95</b>	+01:24:13 (48.8%)	8:13	7.3 (51.4%)
421	<b>KUŚWIK Beata</b>	<b>7373</b>		Senior II K - 30	57	01:38:26	<b>02:52:49.30</b>	+01:24:22 (48.8%)	8:13	7.3 (51.4%)
422	<b>MARCINKOWSKI Przemysław</b>	<b>7563</b>		Masters M - 40	118	01:35:17	<b>02:52:52.35</b>	+01:24:25 (48.8%)	8:13	7.3 (51.4%)
423	<b>KOWALEWSKA Anna</b>	<b>7132</b>		Senior II K - 30	58	01:36:05	<b>02:52:53.85</b>	+01:24:26 (48.8%)	8:13	7.3 (51.4%)
424	<b>NIEDZIELA Danuta</b>	<b>7136</b>	GOSTYŃ	Masters K - 40	40	01:35:26	<b>02:52:56.05</b>	+01:24:28 (48.9%)	8:14	7.3 (51.4%)
425	<b>HAREMZA Bartek</b>	<b>7493</b>		Senior II M - 30	125	01:32:57	<b>02:53:01.85</b>	+01:24:34 (48.9%)	8:14	7.3 (51.4%)
426	<b>KAŻMIERCZAK-MOLIK Anna</b>	<b>7026</b>		Senior II K - 30	59	01:39:56	<b>02:53:08.60</b>	+01:24:41 (48.9%)	8:14	7.3 (51.4%)
427	<b>ANGOWSKI Andrzej</b>	<b>7393</b>		Senior II M - 30	126	01:35:51	<b>02:53:22.25</b>	+01:24:54 (49.0%)	8:15	7.3 (51.4%)
428	<b>CIECHOMSKA Agata</b>	<b>7652</b>	HTF LUDWIK SIKORSKI	Senior II K - 30	60	01:31:49	<b>02:53:30.35</b>	+01:25:03 (49.0%)	8:15	7.3 (51.4%)
429	<b>WYBRANIEC Tomasz</b>	<b>7459</b>		Senior II M - 30	127	01:33:19	<b>02:53:33.30</b>	+01:25:06 (49.0%)	8:15	7.3 (51.4%)
430	<b>ANDRZEJEWSKI Marcin</b>	<b>7732</b>	ŁÓDZKI KLUB WYSOKOGÓRSKI	Senior I M - 20	34	01:28:13	<b>02:53:37.15</b>	+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	<b>BURDUKIEWICZ Błażej</b>	<b>7731</b>		Senior I M - 20	35	01:28:13	<b>02:53:38.05</b>	+01:25:10 (49.1%)	8:16	7.3 (51.4%)
432	<b>WOJAS Justyna</b>	<b>7407</b>	NIEPOŁOMICE BIEGAJĄ	Senior II K - 30	61	01:38:45	<b>02:53:44.85</b>	+01:25:17 (49.1%)	8:16	7.3 (51.4%)
433	<b>KAPELSKI Michał</b>	<b>7771</b>		Masters M - 40	119	01:36:18	<b>02:53:50.60</b>	+01:25:23 (49.1%)	8:16	7.2 (50.7%)
434	<b>BUDA Marek</b>	<b>7850</b>	WISEGRAD MARATON RYTRO NOWY SĄCZ	Weteran II M - 60	5	01:34:11	<b>02:53:51.90</b>	+01:25:24 (49.1%)	8:16	7.2 (50.7%)
435	<b>KRYSIAK Dawid</b>	<b>7316</b>	WIECZORNE BIEGANIE W SZCZECINIE	Masters M - 40	120	01:36:57	<b>02:53:52.50</b>	+01:25:25 (49.1%)	8:16	7.2 (50.7%)
436	<b>SZARSKI Jacek</b>	<b>7005</b>	KAPCIOCHY	Senior I M - 20	36	01:30:29	<b>02:53:52.80</b>	+01:25:25 (49.1%)	8:16	7.2 (50.7%)
437	<b>DZIERGWA Agnieszka</b>	<b>7925</b>	PRZEDWOJEWSKI TEAM	Senior II K - 30	62	01:35:46	<b>02:53:54.30</b>	+01:25:27 (49.1%)	8:16	7.2 (50.7%)
438	<b>MARCINKOWSKA Anita</b>	<b>7191</b>	POMIOTY SZATANA	Senior II K - 30	63	01:40:18	<b>02:54:09.05</b>	+01:25:41 (49.2%)	8:17	7.2 (50.7%)
439	<b>OLSZAK Maciej</b>	<b>7260</b>	5 MBOT	Senior II M - 30	128	01:34:03	<b>02:54:21.25</b>	+01:25:53 (49.3%)	8:18	7.2 (50.7%)
440	<b>ROBAKOWSKA Joanna</b>	<b>7353</b>	NIGHT RUNNERS	Senior II K - 30	64	01:39:23	<b>02:54:27.40</b>	+01:26:00 (49.3%)	8:18	7.2 (50.7%)
441	<b>POŁCZYŃSKI Paweł</b>	<b>7697</b>	STALOWA ŁYDA	Senior II M - 30	129	01:32:03	<b>02:54:37.60</b>	+01:26:10 (49.3%)	8:18	7.2 (50.7%)
442	<b>JASKÓŁKA Rafał</b>	<b>7267</b>	VENUS-BRUK	Masters M - 40	121	01:38:45	<b>02:54:52.40</b>	+01:26:25 (49.4%)	8:19	7.2 (50.7%)
443	<b>BANASZYK Norbert</b>	<b>7425</b>		Masters M - 40	122	01:34:39	<b>02:55:18.95</b>	+01:26:51 (49.5%)	8:20	7.2 (50.7%)
444	<b>KOMADA Wojciech</b>	<b>7640</b>	PASTERKA PANY	Masters M - 40	123	01:38:01	<b>02:55:20.70</b>	+01:26:53 (49.6%)	8:20	7.2 (50.7%)
445	<b>DYCFELD Piotr</b>	<b>7647</b>	SZTUKA RUCHU	Senior II M - 30	130	01:33:03	<b>02:55:21.70</b>	+01:26:54 (49.6%)	8:21	7.2 (50.7%)
446	<b>SUDÓŁ Robert</b>	<b>7262</b>	RUN4FUN	Masters M - 40	124	01:33:02	<b>02:55:21.75</b>	+01:26:54 (49.6%)	8:21	7.2 (50.7%)
447	<b>STROJNY Łukasz</b>	<b>7693</b>		Masters M - 40	125	01:41:45	<b>02:55:25.20</b>	+01:26:57 (49.6%)	8:21	7.2 (50.7%)
448	<b>KOSZYKA Weronika</b>	<b>7095</b>	WYBIEGAĆ MARZENIA TEAM	Senior I K - 20	21	01:40:06	<b>02:55:28.65</b>	+01:27:01 (49.6%)	8:21	7.2 (50.7%)
449	<b>WOJCIECHOWSKI Tomasz</b>	<b>7644</b>		Masters M - 40	126	01:34:34	<b>02:55:29.10</b>	+01:27:01 (49.6%)	8:21	7.2 (50.7%)
450	<b>DANKOWSKI Bartosz</b>	<b>7412</b>	ENDORFINY WĄSOSZ	Senior II M - 30	131	01:35:55	<b>02:55:50.55</b>	+01:27:23 (49.7%)	8:22	7.2 (50.7%)
451	<b>LORENC Paweł</b>	<b>7623</b>	ENDORFINY WĄSOSZ	Senior II M - 30	132	01:35:56	<b>02:55:52.90</b>	+01:27:25 (49.7%)	8:22	7.2 (50.7%)
452	<b>BEDNORZ Monika</b>	<b>7249</b>		Senior II K - 30	65	01:38:26	<b>02:55:53.60</b>	+01:27:26 (49.7%)	8:22	7.2 (50.7%)
453	<b>NOWAK Filip</b>	<b>7830</b>		Senior II M - 30	133	01:39:43	<b>02:56:08.80</b>	+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	<b>NOWAK Michał</b>	<b>7250</b>	WOJOWNICY WÓDY	Senior II M - 30	134	01:40:21	<b>02:56:14.70</b>	+01:27:47 (49.8%)	8:23	7.1 (50.0%)
455	<b>KŁOPOTEK Nina</b>	<b>7320</b>	EXTREME FAMILY	Senior I K - 20	22	01:40:19	<b>02:56:22.25</b>	+01:27:54 (49.8%)	8:23	7.1 (50.0%)
456	<b>NAJDEREK Robert</b>	<b>7099</b>	-	Masters M - 40	127	01:37:14	<b>02:56:28.65</b>	+01:28:01 (49.9%)	8:24	7.1 (50.0%)
457	<b>ZACHARIASZ Małgorzata</b>	<b>7897</b>		Senior II K - 30	66	01:41:29	<b>02:56:37.30</b>	+01:28:10 (49.9%)	8:24	7.1 (50.0%)
458	<b>PORADA Małgorzata</b>	<b>7440</b>		Masters K - 40	41	01:40:47	<b>02:56:38.55</b>	+01:28:11 (49.9%)	8:24	7.1 (50.0%)
459	<b>CZECH Dorota</b>	<b>7106</b>	ASICSFRONTRUNNER POLAND	Masters K - 40	42	01:41:46	<b>02:56:39.15</b>	+01:28:11 (49.9%)	8:24	7.1 (50.0%)
460	<b>KOSSOK-ZAWADA Marta</b>	<b>7141</b>	CAŁA OLEŚNICA BIEGA	Senior II K - 30	67	01:44:53	<b>02:56:39.90</b>	+01:28:12 (49.9%)	8:24	7.1 (50.0%)
461	<b>KLIMALA Angelika</b>	<b>7215</b>	CAŁA OLEŚNICA BIEGA	Masters K - 40	43	01:44:54	<b>02:56:41.60</b>	+01:28:14 (49.9%)	8:24	7.1 (50.0%)
462	<b>JÓZEF Dorota</b>	<b>7033</b>		Senior I K - 20	23	01:38:41	<b>02:56:41.75</b>	+01:28:14 (49.9%)	8:24	7.1 (50.0%)
463	<b>SIEMION Artur</b>	<b>7888</b>		Masters M - 40	128	01:38:08	<b>02:56:42.55</b>	+01:28:15 (49.9%)	8:24	7.1 (50.0%)
464	<b>LUBOWSKA-KUCHTA Małgorzata</b>	<b>7832</b>	RUNPROGRESSP	Senior II K - 30	68	01:39:56	<b>02:56:53.40</b>	+01:28:26 (50.0%)	8:25	7.1 (50.0%)
465	<b>MICHALAK Tomasz</b>	<b>7042</b>		Masters M - 40	129	01:36:16	<b>02:57:07.45</b>	+01:28:40 (50.1%)	8:26	7.1 (50.0%)
466	<b>KROGULECKI Michał</b>	<b>7273</b>	MIRAZ RACE TEAM	Senior II M - 30	135	01:37:55	<b>02:57:12.20</b>	+01:28:44 (50.1%)	8:26	7.1 (50.0%)
467	<b>PŁAŻYŃSKI Bartosz</b>	<b>7797</b>	W POGONI ZA DUCHEM	Masters M - 40	130	01:38:26	<b>02:57:29.65</b>	+01:29:02 (50.2%)	8:27	7.1 (50.0%)
468	<b>JÓZEF Marek</b>	<b>7014</b>		Masters M - 40	131	01:38:42	<b>02:57:37.95</b>	+01:29:10 (50.2%)	8:27	7.1 (50.0%)
469	<b>BRZEZIŃSKI Andrzej</b>	<b>7258</b>		Weteran II M - 60	6	01:34:56	<b>02:57:42.75</b>	+01:29:15 (50.2%)	8:27	7.1 (50.0%)
470	<b>KOZAK Ewa</b>	<b>7590</b>	KOZAKI	Masters K - 40	44	01:35:22	<b>02:57:43.55</b>	+01:29:16 (50.2%)	8:27	7.1 (50.0%)
471	<b>PERWENIS Krzysztof</b>	<b>7246</b>		Masters M - 40	132	01:40:55	<b>02:57:49.30</b>	+01:29:22 (50.3%)	8:28	7.1 (50.0%)
472	<b>MARCINKOWSKA Katarzyna</b>	<b>7860</b>		Masters K - 40	45	01:41:45	<b>02:57:50.10</b>	+01:29:22 (50.3%)	8:28	7.1 (50.0%)
473	<b>TCHÓRZEWSKA Monika</b>	<b>7455</b>		Masters K - 40	46	01:47:14	<b>02:57:53.20</b>	+01:29:25 (50.3%)	8:28	7.1 (50.0%)
474	<b>LEWICKA Katarzyna</b>	<b>7484</b>		Senior II K - 30	69	01:40:59	<b>02:57:53.30</b>	+01:29:26 (50.3%)	8:28	7.1 (50.0%)
475	<b>GRUŻLEWSKA Patrycja</b>	<b>7698</b>	BIEGAM U KOLESI	Senior I K - 20	24	01:40:58	<b>02:57:53.35</b>	+01:29:26 (50.3%)	8:28	7.1 (50.0%)
476	<b>SZCZAWIŃSKI Grzegorz</b>	<b>7554</b>	SBRT WARSZAWA	Masters M - 40	133	01:39:33	<b>02:57:57.10</b>	+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	<b>ŁOBODZIEC Monika</b>	<b>7655</b>		Masters K - 40	47	01:40:07	<b>02:57:59.80</b>	+01:29:32 (50.3%)	8:28	7.1 (50.0%)
478	<b>STACHOWIAK Danuta</b>	<b>7150</b>	ROKIETNICA BIEGA	Masters K - 40	48	01:43:43	<b>02:58:03.50</b>	+01:29:36 (50.3%)	8:28	7.1 (50.0%)
479	<b>JANIEC Tomasz</b>	<b>7315</b>		Senior II M - 30	136	01:35:59	<b>02:58:07.75</b>	+01:29:40 (50.3%)	8:28	7.1 (50.0%)
480	<b>KOMAN Michał</b>	<b>7078</b>		Senior II M - 30	137	01:39:28	<b>02:58:16.45</b>	+01:29:49 (50.4%)	8:29	7.1 (50.0%)
481	<b>FILIPIŃSKI Paweł</b>	<b>7580</b>		Senior I M - 20	37	01:39:05	<b>02:58:18.45</b>	+01:29:51 (50.4%)	8:29	7.1 (50.0%)
482	<b>GRABOWSKI Adam</b>	<b>7121</b>		Masters M - 40	134	01:42:22	<b>02:58:32.40</b>	+01:30:05 (50.5%)	8:30	7.1 (50.0%)
483	<b>RÓŻAŃSKA Magdalena</b>	<b>7057</b>		Masters K - 40	49	01:40:25	<b>02:58:41.90</b>	+01:30:14 (50.5%)	8:30	7.1 (50.0%)
484	<b>BAJER Karol</b>	<b>7231</b>		Masters M - 40	135	01:37:04	<b>02:58:52.80</b>	+01:30:25 (50.6%)	8:31	7 (49.3%)
485	<b>CHOŁUJ Małgorzata</b>	<b>7115</b>		Weteran K - 50	1	01:40:00	<b>02:59:23.05</b>	+01:30:55 (50.7%)	8:32	7 (49.3%)
486	<b>MARCINIAK Grażyna</b>	<b>7364</b>		Senior II K - 30	70	01:42:05	<b>02:59:27.00</b>	+01:30:59 (50.7%)	8:32	7 (49.3%)
487	<b>STRZAŁKOWSKA Urszula</b>	<b>7688</b>	BBL OPOLE	Senior II K - 30	71	01:38:12	<b>02:59:50.70</b>	+01:31:23 (50.8%)	8:33	7 (49.3%)
488	<b>KOZAK Bartosz</b>	<b>7591</b>	KOZAKI	Masters M - 40	136	01:34:29	<b>02:59:59.25</b>	+01:31:31 (50.9%)	8:34	7 (49.3%)
489	<b>KUCHCZYŃSKI Krzysztof</b>	<b>7127</b>		Senior II M - 30	138	01:35:54	<b>03:00:01.05</b>	+01:31:33 (50.9%)	8:34	7 (49.3%)
490	<b>ROGÓŻ Rafał</b>	<b>7570</b>		Masters M - 40	137	01:30:15	<b>03:00:03.25</b>	+01:31:35 (50.9%)	8:34	7 (49.3%)
491	<b>MUSZYŃSKI Andrzej</b>	<b>7824</b>		Senior II M - 30	139	01:32:45	<b>03:00:11.15</b>	+01:31:43 (50.9%)	8:34	7 (49.3%)
492	<b>SZPINEK Stella</b>	<b>7810</b>	TUTU TEAM	Senior II K - 30	72	01:40:40	<b>03:00:20.45</b>	+01:31:53 (51.0%)	8:35	7 (49.3%)
493	<b>FRANKIEWICZ Łukasz</b>	<b>7305</b>		Senior II M - 30	140	01:40:37	<b>03:00:24.50</b>	+01:31:57 (51.0%)	8:35	7 (49.3%)
494	<b>KRUK Anna</b>	<b>7751</b>		Senior I K - 20	25	01:41:32	<b>03:00:26.05</b>	+01:31:58 (51.0%)	8:35	7 (49.3%)
495	<b>PODBOROŻNY Karol</b>	<b>7600</b>		Senior II M - 30	141	01:47:59	<b>03:00:36.65</b>	+01:32:09 (51.0%)	8:36	7 (49.3%)
496	<b>KROSZKA Krzysztof</b>	<b>7311</b>		Weteran I M - 50	28	01:39:27	<b>03:00:42.30</b>	+01:32:15 (51.1%)	8:36	7 (49.3%)
497	<b>STASZYŃSKA Karolina</b>	<b>7820</b>		Masters K - 40	50	01:40:23	<b>03:00:42.95</b>	+01:32:15 (51.1%)	8:36	7 (49.3%)
498	<b>HALA Krzysztof</b>	<b>7902</b>		Masters M - 40	138	01:45:13	<b>03:01:10.75</b>	+01:32:43 (51.2%)	8:37	7 (49.3%)
499	<b>SKIBA-DZIADYK Dominika</b>	<b>7179</b>		Masters K - 40	51	01:41:01	<b>03:01:11.45</b>	+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	<b>KRZYŻYK Agnieszka</b>	<b>7086</b>	TRIO FORTIS	Masters K - 40	52	01:39:53	<b>03:01:13.55</b>	+01:32:46 (51.2%)	8:37	7 (49.3%)
501	<b>SIKORA Agnieszka</b>	<b>7395</b>		Senior II K - 30	73	01:36:54	<b>03:01:31.90</b>	+01:33:04 (51.3%)	8:38	6.9 (48.6%)
502	<b>KOSTECZKA Paulina</b>	<b>7309</b>	DRUŻYNA BIEGNAĆCEGO ORIONA	Masters K - 40	53	01:39:30	<b>03:01:34.70</b>	+01:33:07 (51.3%)	8:38	6.9 (48.6%)
503	<b>KACHNIARZ Tomasz</b>	<b>7699</b>	NBS TEAM	Senior II M - 30	142	01:38:33	<b>03:01:41.15</b>	+01:33:13 (51.3%)	8:39	6.9 (48.6%)
504	<b>WOŹNY Krzysztof</b>	<b>7710</b>	SPORTOWY KAŻMIERZ	Senior II M - 30	143	01:45:45	<b>03:02:18.00</b>	+01:33:50 (51.5%)	8:40	6.9 (48.6%)
505	<b>ZIARNIAK Anna</b>	<b>7192</b>	POMIOTY SZATANA	Senior II K - 30	74	01:40:34	<b>03:02:21.45</b>	+01:33:54 (51.5%)	8:41	6.9 (48.6%)
506	<b>MOSKWA Martyna</b>	<b>7368</b>	MASZ PRZEBIEGANE	Senior I K - 20	26	01:44:50	<b>03:02:25.10</b>	+01:33:57 (51.5%)	8:41	6.9 (48.6%)
507	<b>JURASZ Aleksandra</b>	<b>7092</b>		Senior II K - 30	75	01:42:23	<b>03:02:53.60</b>	+01:34:26 (51.6%)	8:42	6.9 (48.6%)
508	<b>GALEWSKI Mariusz</b>	<b>7500</b>	KOTLIN	Weteran I M - 50	29	01:40:47	<b>03:02:57.80</b>	+01:34:30 (51.7%)	8:42	6.9 (48.6%)
509	<b>WŁODAREK Urszula</b>	<b>7854</b>	DENTALCARE	Weteran K - 50	2	01:40:20	<b>03:03:07.75</b>	+01:34:40 (51.7%)	8:43	6.9 (48.6%)
510	<b>DUCH Aleksandra</b>	<b>7022</b>		Senior I K - 20	27	01:45:36	<b>03:03:18.75</b>	+01:34:51 (51.7%)	8:43	6.9 (48.6%)
511	<b>KOZŁOWSKA Renata</b>	<b>7859</b>		Senior II K - 30	76	01:42:13	<b>03:03:24.45</b>	+01:34:57 (51.8%)	8:44	6.9 (48.6%)
512	<b>LINKIEWICZ-MANNA Eliza</b>	<b>7532</b>	RAZ SZCZECIN	Senior II K - 30	77	01:46:22	<b>03:03:32.50</b>	+01:35:05 (51.8%)	8:44	6.9 (48.6%)
513	<b>PIETRZAK Sylwia</b>	<b>7247</b>	12TRI.PL	Senior II K - 30	78	01:42:25	<b>03:03:32.80</b>	+01:35:05 (51.8%)	8:44	6.9 (48.6%)
514	<b>FIĄCEK Adam</b>	<b>7312</b>	HARTUJĘ CHARTA	Masters M - 40	139	01:38:18	<b>03:03:55.10</b>	+01:35:27 (51.9%)	8:45	6.9 (48.6%)
515	<b>LASKOWSKI Dariusz</b>	<b>7400</b>	NIEPOŁOMICE BIEGAJĄ	Weteran I M - 50	30	01:40:51	<b>03:03:59.80</b>	+01:35:32 (51.9%)	8:45	6.8 (47.9%)
516	<b>KOZŁOWSKA Anna</b>	<b>7358</b>		Masters K - 40	54	01:44:48	<b>03:04:02.85</b>	+01:35:35 (51.9%)	8:45	6.8 (47.9%)
517	<b>WÓJCIK Justyna</b>	<b>7356</b>	W POGONI ZA DUCHEM	Masters K - 40	55	01:44:49	<b>03:04:02.95</b>	+01:35:35 (51.9%)	8:45	6.8 (47.9%)
518	<b>DIUWE Marzena</b>	<b>7638</b>	PASTERKA PANY	Senior II K - 30	79	01:43:54	<b>03:04:04.70</b>	+01:35:37 (51.9%)	8:45	6.8 (47.9%)
519	<b>WILKIN Mirosław</b>	<b>7722</b>	FUNTRI	Weteran I M - 50	31	01:43:33	<b>03:04:07.65</b>	+01:35:40 (52.0%)	8:46	6.8 (47.9%)
520	<b>ZARANEK Barbara</b>	<b>7887</b>	KĘSY TEAM	Weteran K - 50	3	01:47:59	<b>03:04:17.15</b>	+01:35:49 (52.0%)	8:46	6.8 (47.9%)
521	<b>MAJCHRZYCKI Sławomir</b>	<b>7746</b>	TKKF MPK POZNAŃ	Senior II M - 30	144	01:42:35	<b>03:04:20.30</b>	+01:35:53 (52.0%)	8:46	6.8 (47.9%)
522	<b>KASZUBA Paweł</b>	<b>7609</b>		Masters M - 40	140	01:42:30	<b>03:04:20.65</b>	+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	<b>KLUZA Piotr</b>	<b>7553</b>	WKTJ	Weteran I M - 50	32	01:42:43	<b>03:04:21.55</b>	+01:35:54 (52.0%)	8:46	6.8 (47.9%)
524	<b>KNOBLOCH Tomasz</b>	<b>7346</b>	THE PINDOLS	Masters M - 40	141	01:42:38	<b>03:04:22.75</b>	+01:35:55 (52.0%)	8:46	6.8 (47.9%)
525	<b>WOŹNIAK Mirosław</b>	<b>7612</b>	TKKF MPK POZNAŃ	Weteran II M - 60	7	01:44:49	<b>03:04:24.60</b>	+01:35:57 (52.0%)	8:46	6.8 (47.9%)
526	<b>WINCZURA Joanna</b>	<b>7569</b>		Masters K - 40	56	01:41:35	<b>03:04:29.05</b>	+01:36:01 (52.1%)	8:47	6.8 (47.9%)
527	<b>PNIEWSKA Anna</b>	<b>7156</b>		Masters K - 40	57	01:40:40	<b>03:04:29.70</b>	+01:36:02 (52.1%)	8:47	6.8 (47.9%)
528	<b>APANOVA Ekaterina</b>	<b>7603</b>		Senior II K - 30	80	01:41:59	<b>03:04:31.30</b>	+01:36:04 (52.1%)	8:47	6.8 (47.9%)
529	<b>PYRAK Joanna</b>	<b>7104</b>	AEGON RUN	Senior II K - 30	81	01:46:38	<b>03:04:33.80</b>	+01:36:06 (52.1%)	8:47	6.8 (47.9%)
530	<b>PASZKIEWICZ-ŻAK Monika</b>	<b>7256</b>		Senior I K - 20	28	01:43:29	<b>03:04:46.55</b>	+01:36:19 (52.1%)	8:47	6.8 (47.9%)
531	<b>WALCZAK Tomasz</b>	<b>7788</b>	PCH_RUN	Masters M - 40	142	01:38:10	<b>03:04:53.20</b>	+01:36:25 (52.2%)	8:48	6.8 (47.9%)
532	<b>WALCZAK Michał</b>	<b>7238</b>		Masters M - 40	143	01:43:56	<b>03:04:53.50</b>	+01:36:26 (52.2%)	8:48	6.8 (47.9%)
533	<b>WALCZAK Małgorzata</b>	<b>7787</b>	PCH_RUN	Masters K - 40	58	01:38:11	<b>03:04:53.80</b>	+01:36:26 (52.2%)	8:48	6.8 (47.9%)
534	<b>SZMIGIEL Maciej</b>	<b>7070</b>		Senior II M - 30	145	01:45:59	<b>03:04:59.30</b>	+01:36:32 (52.2%)	8:48	6.8 (47.9%)
535	<b>ROGE Michał</b>	<b>7465</b>		Senior II M - 30	146	01:45:39	<b>03:05:00.00</b>	+01:36:32 (52.2%)	8:48	6.8 (47.9%)
536	<b>MARKOWSKA-GRUSZCZYŃSKA Hanna</b>	<b>7254</b>	GRUCHY DAJĄ CZADU !!!	Masters K - 40	59	01:41:22	<b>03:05:38.55</b>	+01:37:11 (52.4%)	8:50	6.8 (47.9%)
537	<b>LEWANDOWSKA Maria</b>	<b>7139</b>	BIEGAM BO NIE LUBIE	Senior II K - 30	82	01:44:54	<b>03:05:39.85</b>	+01:37:12 (52.4%)	8:50	6.8 (47.9%)
538	<b>BAŃKOWSKA Ewa</b>	<b>7347</b>		Senior II K - 30	83	01:41:32	<b>03:05:55.10</b>	+01:37:27 (52.4%)	8:51	6.8 (47.9%)
539	<b>JAWORSKA Magdalena</b>	<b>7183</b>	GB WIELKOPOLSCY BIEGACZE / TEAM KGB	Masters K - 40	60	01:39:48	<b>03:05:56.45</b>	+01:37:29 (52.4%)	8:51	6.8 (47.9%)
540	<b>SIWIASZCZYK Tomasz</b>	<b>7202</b>		Masters M - 40	144	01:39:47	<b>03:05:57.65</b>	+01:37:30 (52.4%)	8:51	6.8 (47.9%)
541	<b>BOROWICZ Marcin</b>	<b>7911</b>		Masters M - 40	145	01:46:35	<b>03:05:57.80</b>	+01:37:30 (52.4%)	8:51	6.8 (47.9%)
542	<b>IGNASZEWSKA Marta</b>	<b>7052</b>	DRUŻYNA SZPIKU	Masters K - 40	61	01:44:12	<b>03:06:03.05</b>	+01:37:35 (52.5%)	8:51	6.8 (47.9%)
543	<b>TOPIŁKO Wojciech</b>	<b>7426</b>	SPEEDO POLSKA	Masters M - 40	146	01:43:41	<b>03:06:14.35</b>	+01:37:47 (52.5%)	8:52	6.8 (47.9%)
544	<b>PACYNA Marek</b>	<b>7489</b>	#BBKTS	Weteran I M - 50	33	01:43:48	<b>03:06:14.65</b>	+01:37:47 (52.5%)	8:52	6.8 (47.9%)
545	<b>KĘDZIA Edyta</b>	<b>7846</b>		Weteran K - 50	4	01:46:33	<b>03:06:21.85</b>	+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	<b>ANDRZEJCZAK Łukasz</b>	<b>7480</b>		Senior II M - 30	147	01:38:02	<b>03:06:23.40</b>	+01:37:56 (52.5%)	8:52	6.8 (47.9%)
547	<b>FLISEK Jakub</b>	<b>7468</b>	MNTW	Senior II M - 30	148	01:38:11	<b>03:06:33.20</b>	+01:38:05 (52.6%)	8:53	6.8 (47.9%)
548	<b>TOMAL Lidia</b>	<b>7858</b>		Masters K - 40	62	01:41:39	<b>03:06:40.55</b>	+01:38:13 (52.6%)	8:53	6.8 (47.9%)
549	<b>DERES Julia</b>	<b>7792</b>	BIEGOWA KUŹNIA	Senior I K - 20	29	01:39:35	<b>03:06:48.95</b>	+01:38:21 (52.7%)	8:53	6.7 (47.2%)
550	<b>PIÓRKOWSKI Marek</b>	<b>7194</b>	BIEGOWA KUŹNIA	Weteran I M - 50	34	01:39:36	<b>03:06:49.10</b>	+01:38:21 (52.7%)	8:53	6.7 (47.2%)
551	<b>OCHLIŃSKI Tomasz</b>	<b>7363</b>		Masters M - 40	147	01:44:24	<b>03:06:56.80</b>	+01:38:29 (52.7%)	8:54	6.7 (47.2%)
552	<b>SZCZAPA Karol</b>	<b>7790</b>	12TRI.PL	Senior II M - 30	149	01:39:17	<b>03:07:01.95</b>	+01:38:34 (52.7%)	8:54	6.7 (47.2%)
553	<b>KRYSIAK Joachim</b>	<b>7384</b>		Weteran II M - 60	8	01:40:34	<b>03:07:03.85</b>	+01:38:36 (52.7%)	8:54	6.7 (47.2%)
554	<b>BOROWICZ Paulina</b>	<b>7542</b>		Masters K - 40	63	01:46:38	<b>03:07:05.95</b>	+01:38:38 (52.7%)	8:54	6.7 (47.2%)
555	<b>GŁUCHOWSKA Ewelina</b>	<b>7389</b>		Senior II K - 30	84	01:40:01	<b>03:07:12.35</b>	+01:38:45 (52.7%)	8:54	6.7 (47.2%)
556	<b>MARTYNIAK Rafał</b>	<b>7342</b>		Masters M - 40	148	01:41:50	<b>03:07:12.90</b>	+01:38:45 (52.8%)	8:54	6.7 (47.2%)
557	<b>GŁÓWKA Barbara</b>	<b>7392</b>		Senior II K - 30	85	01:44:08	<b>03:07:14.00</b>	+01:38:46 (52.8%)	8:54	6.7 (47.2%)
558	<b>KORNACKA Monika</b>	<b>7526</b>		Masters K - 40	64	01:48:46	<b>03:07:17.20</b>	+01:38:49 (52.8%)	8:55	6.7 (47.2%)
559	<b>ROSZCZYK Tatiana</b>	<b>7367</b>		Masters K - 40	65	01:47:19	<b>03:07:19.30</b>	+01:38:52 (52.8%)	8:55	6.7 (47.2%)
560	<b>POSIŁA Joanna</b>	<b>7200</b>		Masters K - 40	66	01:49:00	<b>03:07:33.85</b>	+01:39:06 (52.8%)	8:55	6.7 (47.2%)
561	<b>KRUPA Ewa</b>	<b>7087</b>		Senior I K - 20	30	01:41:00	<b>03:07:47.00</b>	+01:39:19 (52.9%)	8:56	6.7 (47.2%)
562	<b>DROZDZ Dorota</b>	<b>7167</b>	#KĘSYTEAM	Masters K - 40	67	01:51:12	<b>03:07:55.70</b>	+01:39:28 (52.9%)	8:56	6.7 (47.2%)
563	<b>KASPRZYK Rafał</b>	<b>7508</b>	SPORTOWY KAŻMIERZ	Masters M - 40	149	01:45:48	<b>03:08:05.70</b>	+01:39:38 (53.0%)	8:57	6.7 (47.2%)
564	<b>GOŁĄBEK Damian</b>	<b>7268</b>		Senior II M - 30	150	01:37:42	<b>03:08:11.70</b>	+01:39:44 (53.0%)	8:57	6.7 (47.2%)
565	<b>NAWROCKI Jarosław</b>	<b>7499</b>		Weteran I M - 50	35	01:39:05	<b>03:08:29.30</b>	+01:40:02 (53.1%)	8:58	6.7 (47.2%)
566	<b>GMEREK Zuzanna</b>	<b>7008</b>		Senior I K - 20	31	01:42:43	<b>03:08:37.00</b>	+01:40:09 (53.1%)	8:58	6.7 (47.2%)
567	<b>JESIOŁOWSKI Robert</b>	<b>7337</b>		Weteran I M - 50	36	01:37:33	<b>03:08:37.95</b>	+01:40:10 (53.1%)	8:58	6.7 (47.2%)
568	<b>BORKOWSKI Marcel</b>	<b>7624</b>		Senior II M - 30	151	01:38:53	<b>03:08:40.05</b>	+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	<b>ŁOŚ Krzysztof</b>	<b>7665</b>	SBRT WARSZAWA	Weteran II M - 60	9	01:49:37	<b>03:08:46.15</b>	+01:40:18 (53.1%)	8:59	6.7 (47.2%)
570	<b>MARCINIAK Paulina</b>	<b>7371</b>		Senior II K - 30	86	01:47:29	<b>03:08:46.85</b>	+01:40:19 (53.1%)	8:59	6.7 (47.2%)
571	<b>GONERA-BATOR Anna</b>	<b>7747</b>	KB HARCOWNIK JELCZ-LASKOWICE	Senior II K - 30	87	01:44:49	<b>03:08:53.05</b>	+01:40:25 (53.2%)	8:59	6.7 (47.2%)
572	<b>MOLSKI Andrzej</b>	<b>7933</b>		Weteran I M - 50	37	01:41:54	<b>03:08:59.60</b>	+01:40:32 (53.2%)	8:59	6.7 (47.2%)
573	<b>WISNIEWSKA Małgorzata</b>	<b>7332</b>	FFF	Masters K - 40	68	01:44:44	<b>03:09:10.50</b>	+01:40:43 (53.2%)	9:00	6.7 (47.2%)
574	<b>SZUBARGA Tomasz</b>	<b>7170</b>	ROKIETNICA BIEGA	Senior II M - 30	152	01:40:44	<b>03:09:10.85</b>	+01:40:43 (53.2%)	9:00	6.7 (47.2%)
575	<b>MATELSKI Karol</b>	<b>7171</b>	ROKIETNICA BIEGA	Masters M - 40	150	01:40:44	<b>03:09:11.15</b>	+01:40:43 (53.2%)	9:00	6.7 (47.2%)
576	<b>WOJCIECHOWSKI Andrzej</b>	<b>7772</b>	NIGHT RUNNERS	Senior II M - 30	153	01:45:36	<b>03:09:17.60</b>	+01:40:50 (53.3%)	9:00	6.7 (47.2%)
577	<b>JARCZYŃSKI Piotr</b>	<b>7775</b>	NIGHT RUNNERS	Senior II M - 30	154	01:45:39	<b>03:09:20.40</b>	+01:40:53 (53.3%)	9:00	6.7 (47.2%)
578	<b>NOWAKOWSKI Karol</b>	<b>7514</b>	SBRT WARSZAWA	Senior II M - 30	155	01:37:37	<b>03:09:22.60</b>	+01:40:55 (53.3%)	9:01	6.7 (47.2%)
579	<b>RYBICKI Przemysław</b>	<b>7525</b>	SKLEP BIEGACZA	Masters M - 40	151	01:37:37	<b>03:09:23.65</b>	+01:40:56 (53.3%)	9:01	6.7 (47.2%)
580	<b>SZCZOTKA Katarzyna</b>	<b>7088</b>		Senior I K - 20	32	01:43:47	<b>03:09:38.90</b>	+01:41:11 (53.4%)	9:01	6.6 (46.5%)
581	<b>BARANOWSKI Szymon</b>	<b>7094</b>		Senior II M - 30	156	01:41:25	<b>03:09:39.50</b>	+01:41:12 (53.4%)	9:01	6.6 (46.5%)
582	<b>ZIELIŃSKA Mirona</b>	<b>7153</b>		Masters K - 40	69	01:42:32	<b>03:09:41.75</b>	+01:41:14 (53.4%)	9:01	6.6 (46.5%)
583	<b>ŻAK Piotr</b>	<b>7932</b>		Weteran I M - 50	38	01:45:03	<b>03:09:47.95</b>	+01:41:20 (53.4%)	9:02	6.6 (46.5%)
584	<b>WICIŃSKI Grzegorz</b>	<b>7232</b>	G13	Weteran I M - 50	39	01:35:14	<b>03:09:51.80</b>	+01:41:24 (53.4%)	9:02	6.6 (46.5%)
585	<b>MIKUTANIEC Sebastian</b>	<b>7300</b>		Masters M - 40	152	01:43:13	<b>03:10:06.15</b>	+01:41:38 (53.5%)	9:03	6.6 (46.5%)
586	<b>BRZĘCZEK Izabela</b>	<b>7768</b>		Weteran K - 50	5	01:44:41	<b>03:10:10.35</b>	+01:41:43 (53.5%)	9:03	6.6 (46.5%)
587	<b>SOKOLOWSKA Anna</b>	<b>7478</b>		Senior II K - 30	88	01:42:56	<b>03:10:12.70</b>	+01:41:45 (53.5%)	9:03	6.6 (46.5%)
588	<b>KALINOWSKA Patrycja</b>	<b>7879</b>		Senior II K - 30	89	01:45:54	<b>03:10:16.10</b>	+01:41:48 (53.5%)	9:03	6.6 (46.5%)
589	<b>FRUCZ Jacek</b>	<b>7272</b>		Weteran I M - 50	40	01:48:30	<b>03:10:38.30</b>	+01:42:11 (53.6%)	9:04	6.6 (46.5%)
590	<b>GWORYS Katarzyna</b>	<b>7125</b>	ZRYW PARZYMIECHY	Senior II K - 30	90	01:45:03	<b>03:10:59.85</b>	+01:42:32 (53.7%)	9:05	6.6 (46.5%)
591	<b>GWORYS Krzysztof</b>	<b>7130</b>	ZRYW PARZYMIECHY	Senior II M - 30	157	01:45:05	<b>03:11:00.60</b>	+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	<b>JAGIEŁŁO Małgorzata</b>	<b>7307</b>	STAN UMYSŁU LEWIN BIEGA	Weteran K - 50	6	01:48:36	<b>03:11:13.75</b>	+01:42:46 (53.7%)	9:06	6.6 (46.5%)
593	<b>PLEWA Remigiusz</b>	<b>7464</b>		Masters M - 40	153	01:42:07	<b>03:11:42.65</b>	+01:43:15 (53.9%)	9:07	6.6 (46.5%)
594	<b>SOCHA Dorota</b>	<b>7477</b>		Senior II K - 30	91	01:42:59	<b>03:11:44.15</b>	+01:43:16 (53.9%)	9:07	6.6 (46.5%)
595	<b>KUGLARZ Tomasz</b>	<b>7072</b>	BIEGACZE ZJADACZE KM	Masters M - 40	154	01:40:26	<b>03:11:47.50</b>	+01:43:20 (53.9%)	9:07	6.6 (46.5%)
596	<b>STACIWO Justyna</b>	<b>7174</b>	KURACJUSZE	Senior II K - 30	92	01:43:40	<b>03:12:01.00</b>	+01:43:33 (53.9%)	9:08	6.6 (46.5%)
597	<b>PRZYBYŁ Tomasz</b>	<b>7759</b>	NIGHT RUNNERS	Masters M - 40	155	01:42:29	<b>03:12:16.10</b>	+01:43:48 (54.0%)	9:09	6.6 (46.5%)
598	<b>HYLIŃSKA Hanna</b>	<b>7064</b>	KOMU CZEMU	Senior II K - 30	93	01:44:22	<b>03:12:20.30</b>	+01:43:53 (54.0%)	9:09	6.6 (46.5%)
599	<b>DZIARNOWSKI Włodzimierz</b>	<b>7890</b>		Weteran II M - 60	10	01:39:26	<b>03:12:25.20</b>	+01:43:57 (54.0%)	9:09	6.5 (45.8%)
600	<b>NIZIOŁEK Aleksander</b>	<b>7604</b>		Masters M - 40	156	01:38:12	<b>03:12:27.50</b>	+01:44:00 (54.0%)	9:09	6.5 (45.8%)
601	<b>MARKOWSKA Lilianna</b>	<b>7223</b>	BIEGAMDLAZDROWIA.PL	Weteran K - 50	7	01:53:09	<b>03:12:48.10</b>	+01:44:20 (54.1%)	9:10	6.5 (45.8%)
602	<b>WOJCIECHOWSKI Paweł</b>	<b>7602</b>		Masters M - 40	157	01:40:12	<b>03:12:50.65</b>	+01:44:23 (54.1%)	9:10	6.5 (45.8%)
603	<b>FASZCZA Agnieszka</b>	<b>7148</b>	MARATOŃCZYK POZNAŃ	Senior II K - 30	94	01:48:20	<b>03:12:53.20</b>	+01:44:25 (54.1%)	9:11	6.5 (45.8%)
604	<b>TARKA Konrad</b>	<b>7819</b>	MARATOŃCZYK POZNAŃ	Senior II M - 30	158	01:48:19	<b>03:12:53.95</b>	+01:44:26 (54.1%)	9:11	6.5 (45.8%)
605	<b>POPOWICZ Justyna</b>	<b>7801</b>	KOBIETY WATAHY	Masters K - 40	70	01:41:15	<b>03:13:23.70</b>	+01:44:56 (54.3%)	9:12	6.5 (45.8%)
606	<b>KAMIŃSKA Katarzyna</b>	<b>7736</b>		Masters K - 40	71	01:48:31	<b>03:14:00.30</b>	+01:45:33 (54.4%)	9:14	6.5 (45.8%)
607	<b>SZWEJK Krzysztof</b>	<b>7752</b>		Masters M - 40	158	01:48:21	<b>03:14:37.30</b>	+01:46:10 (54.6%)	9:16	6.5 (45.8%)
608	<b>CHOJNACKI Jakub</b>	<b>7138</b>		Senior II M - 30	159	01:48:23	<b>03:14:38.20</b>	+01:46:10 (54.6%)	9:16	6.5 (45.8%)
609	<b>PIETRZAK Agnieszka</b>	<b>7666</b>	KB DĘBIEC	Masters K - 40	72	01:47:49	<b>03:14:46.60</b>	+01:46:19 (54.6%)	9:16	6.5 (45.8%)
610	<b>KORYBUT-BARSKA Anna</b>	<b>7240</b>		Masters K - 40	73	01:49:40	<b>03:15:00.90</b>	+01:46:33 (54.6%)	9:17	6.5 (45.8%)
611	<b>SZCZEPANIAK Marta</b>	<b>7357</b>		Masters K - 40	74	01:49:41	<b>03:15:01.65</b>	+01:46:34 (54.6%)	9:17	6.5 (45.8%)
612	<b>ŁUŻNY Agnieszka</b>	<b>7386</b>	MUAY RUNNING TEAM	Senior II K - 30	95	01:48:42	<b>03:15:04.35</b>	+01:46:37 (54.7%)	9:17	6.5 (45.8%)
613	<b>WICIŃSKA Izabela</b>	<b>7929</b>		Weteran K - 50	8	01:47:35	<b>03:15:44.60</b>	+01:47:17 (54.8%)	9:19	6.4 (45.1%)
614	<b>BOGUSZ Marek</b>	<b>7735</b>	WALKA KOSTRZYN	Weteran II M - 60	11	01:48:12	<b>03:16:01.65</b>	+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	<b>NITSCHKE Karol</b>	<b>7738</b>	TKKF MPK POZNAŃ	Masters M - 40	159	01:47:57	<b>03:16:17.55</b>	+01:47:50 (54.9%)	9:20	6.4 (45.1%)
616	<b>NITSCHKE Grażyna</b>	<b>7598</b>	TKKF MPK POZNAŃ	Masters K - 40	75	01:47:57	<b>03:16:18.35</b>	+01:47:51 (54.9%)	9:20	6.4 (45.1%)
617	<b>BAKOWSKA Magdalena</b>	<b>7599</b>	LOCO BABKI	Senior II K - 30	96	01:47:58	<b>03:16:19.85</b>	+01:47:52 (54.9%)	9:20	6.4 (45.1%)
618	<b>KRUPIŃSKI Mateusz</b>	<b>7761</b>		Senior II M - 30	160	01:46:45	<b>03:17:31.35</b>	+01:49:04 (55.2%)	9:24	6.4 (45.1%)
619	<b>KRUPIŃSKA Andżelika</b>	<b>7760</b>	CZERWONACKIE KIJANKI	Senior II K - 30	97	01:46:46	<b>03:17:32.00</b>	+01:49:04 (55.2%)	9:24	6.4 (45.1%)
620	<b>HUTNIK Wojciech</b>	<b>7282</b>	APTENEO RUNNING TEAM	Senior II M - 30	161	01:44:42	<b>03:17:39.45</b>	+01:49:12 (55.2%)	9:24	6.4 (45.1%)
621	<b>PIJANKA Monika</b>	<b>7399</b>		Masters K - 40	76	01:54:38	<b>03:17:44.20</b>	+01:49:16 (55.3%)	9:24	6.4 (45.1%)
622	<b>PACIUCH Dorota</b>	<b>7002</b>		Senior II K - 30	98	01:45:50	<b>03:18:00.20</b>	+01:49:32 (55.3%)	9:25	6.4 (45.1%)
623	<b>KALIŃSKA Dorota</b>	<b>7817</b>	NIEMANIE	Senior II K - 30	99	01:48:35	<b>03:18:07.80</b>	+01:49:40 (55.4%)	9:26	6.4 (45.1%)
624	<b>MILCARZ Andrzej</b>	<b>7737</b>	FESTINA LENTE	Weteran II M - 60	12	01:42:28	<b>03:18:15.50</b>	+01:49:48 (55.4%)	9:26	6.4 (45.1%)
625	<b>MICHALSKI Tomasz</b>	<b>7310</b>	WKURW_TEAM	Masters M - 40	160	01:44:48	<b>03:18:24.85</b>	+01:49:57 (55.4%)	9:26	6.4 (45.1%)
626	<b>MARKIEWICZ Joanna Zuza</b>	<b>7039</b>	TJ	Masters K - 40	77	01:50:06	<b>03:18:26.45</b>	+01:49:59 (55.4%)	9:26	6.3 (44.4%)
627	<b>JACHYMSKA Zofia</b>	<b>7653</b>		Senior I K - 20	33	01:50:10	<b>03:18:28.75</b>	+01:50:01 (55.4%)	9:27	6.3 (44.4%)
628	<b>LUBAŃSKA Alicja</b>	<b>7116</b>		Weteran K - 50	9	01:52:30	<b>03:18:30.55</b>	+01:50:03 (55.4%)	9:27	6.3 (44.4%)
629	<b>ZAKRZEWSKA Beata</b>	<b>7119</b>		Senior II K - 30	100	01:44:44	<b>03:18:43.95</b>	+01:50:16 (55.5%)	9:27	6.3 (44.4%)
630	<b>WACHEL Katarzyna</b>	<b>7149</b>		Masters K - 40	78	01:46:06	<b>03:18:58.70</b>	+01:50:31 (55.5%)	9:28	6.3 (44.4%)
631	<b>FILIPOWICZ Katarzyna</b>	<b>7422</b>		Senior II K - 30	101	01:47:32	<b>03:19:03.40</b>	+01:50:36 (55.6%)	9:28	6.3 (44.4%)
632	<b>PODULKA Małgorzata</b>	<b>7798</b>		Senior II K - 30	102	01:54:56	<b>03:19:18.15</b>	+01:50:50 (55.6%)	9:29	6.3 (44.4%)
633	<b>SZCZERBA Anna</b>	<b>7275</b>		Masters K - 40	79	01:51:24	<b>03:19:23.00</b>	+01:50:55 (55.6%)	9:29	6.3 (44.4%)
634	<b>BOSY Joanna</b>	<b>7239</b>		Senior II K - 30	103	01:47:41	<b>03:19:36.35</b>	+01:51:09 (55.7%)	9:30	6.3 (44.4%)
635	<b>SADOWSKA Paula</b>	<b>7420</b>	SADOSZCZAKI	Senior II K - 30	104	01:50:22	<b>03:19:52.80</b>	+01:51:25 (55.7%)	9:31	6.3 (44.4%)
636	<b>TUCHARZ Sebastian</b>	<b>7556</b>	SBRT WARSZAWA	Masters M - 40	161	01:50:28	<b>03:20:09.20</b>	+01:51:41 (55.8%)	9:31	6.3 (44.4%)
637	<b>ŻERKO Klaudia</b>	<b>7016</b>		Senior II K - 30	105	01:47:05	<b>03:20:34.80</b>	+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	<b>LE FELIC Monika</b>	<b>7677</b>		Masters K - 40	80	01:44:51	<b>03:20:40.20</b>	+01:52:12 (55.9%)	9:33	6.3 (44.4%)
639	<b>PLASZCZAK Jarosław</b>	<b>7370</b>		Masters M - 40	162	01:49:01	<b>03:21:11.00</b>	+01:52:43 (56.0%)	9:34	6.3 (44.4%)
640	<b>WALIŃSKA Agata</b>	<b>7530</b>		Senior II K - 30	106	01:49:34	<b>03:21:12.55</b>	+01:52:45 (56.0%)	9:34	6.3 (44.4%)
641	<b>LICHEŃSKI Bartosz</b>	<b>7636</b>		Senior I M - 20	38	01:48:48	<b>03:21:33.20</b>	+01:53:05 (56.1%)	9:35	6.3 (44.4%)
642	<b>BARAŃSKA Małgorzata</b>	<b>7351</b>		Weteran K - 50	10	01:53:07	<b>03:21:41.55</b>	+01:53:14 (56.1%)	9:36	6.2 (43.7%)
643	<b>WOŹNICKA Marta</b>	<b>7155</b>		Masters K - 40	81	01:52:23	<b>03:22:00.55</b>	+01:53:33 (56.2%)	9:37	6.2 (43.7%)
643	<b>NIEWITECKI Krzysztof</b>	<b>7172</b>		Masters M - 40	163	01:52:09	<b>03:22:00.55</b>	+01:53:33 (56.2%)	9:37	6.2 (43.7%)
645	<b>BARTKIEWICZ Lech</b>	<b>7777</b>		Masters M - 40	164	01:39:19	<b>03:22:39.95</b>	+01:54:12 (56.4%)	9:39	6.2 (43.7%)
646	<b>KASPRZYK Marcin</b>	<b>7205</b>		Senior I M - 20	39	01:48:08	<b>03:22:48.25</b>	+01:54:20 (56.4%)	9:39	6.2 (43.7%)
647	<b>NOWACZYK Sylwia</b>	<b>7114</b>	DRUŻYNA SZPIKU	Masters K - 40	82	01:53:10	<b>03:22:49.25</b>	+01:54:21 (56.4%)	9:39	6.2 (43.7%)
648	<b>KMIECIKOWSKI Jakub</b>	<b>7203</b>		Senior I M - 20	40	01:48:08	<b>03:22:58.85</b>	+01:54:31 (56.4%)	9:39	6.2 (43.7%)
649	<b>GÓRNA Małgorzata</b>	<b>7511</b>		Senior II K - 30	107	01:55:26	<b>03:23:02.25</b>	+01:54:34 (56.4%)	9:40	6.2 (43.7%)
650	<b>TCHÓRZEWSKA-PIETRZYK Anna</b>	<b>7454</b>		Masters K - 40	83	01:54:35	<b>03:23:04.40</b>	+01:54:37 (56.4%)	9:40	6.2 (43.7%)
651	<b>NAWROT Katarzyna</b>	<b>7597</b>	MIRAZ RACE TEAM	Senior II K - 30	108	01:50:22	<b>03:23:06.75</b>	+01:54:39 (56.5%)	9:40	6.2 (43.7%)
652	<b>KULAKOWSKI Tomasz</b>	<b>7618</b>		Weteran I M - 50	41	01:50:22	<b>03:23:31.10</b>	+01:55:03 (56.5%)	9:41	6.2 (43.7%)
653	<b>NAGAŃSKA-PILAK Małgorzata</b>	<b>7263</b>		Weteran K - 50	11	01:58:30	<b>03:23:52.10</b>	+01:55:24 (56.6%)	9:42	6.2 (43.7%)
654	<b>WOŹNIAK MACIEJEWSKA Edyta</b>	<b>7182</b>		Masters K - 40	84	01:58:03	<b>03:24:08.70</b>	+01:55:41 (56.7%)	9:43	6.2 (43.7%)
655	<b>KOJDECKI Radosław</b>	<b>7107</b>		Masters M - 40	165	01:48:18	<b>03:24:18.75</b>	+01:55:51 (56.7%)	9:43	6.2 (43.7%)
656	<b>KOWALCZYK Tadeusz</b>	<b>7472</b>	LUX TORPEDA MAŁOPOLSKA	Weteran II M - 60	13	01:48:46	<b>03:24:23.85</b>	+01:55:56 (56.7%)	9:43	6.2 (43.7%)
657	<b>ŚWIĄTEK Agnieszka</b>	<b>7090</b>		Senior II K - 30	109	01:55:05	<b>03:24:48.30</b>	+01:56:21 (56.8%)	9:45	6.2 (43.7%)
658	<b>PURWIN Karolina</b>	<b>7083</b>		Senior I K - 20	34	01:55:05	<b>03:24:48.75</b>	+01:56:21 (56.8%)	9:45	6.2 (43.7%)
659	<b>GAJĘCKA Joanna</b>	<b>7093</b>	ONEONONE	Senior I K - 20	35		<b>03:25:00.00</b>	+01:56:32 (56.9%)	9:45	6.1 (43.0%)
660	<b>GADZINOWSKI Ignacy</b>	<b>7439</b>		Weteran II M - 60	14	01:53:24	<b>03:25:05.70</b>	+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	<b>KOTLIŃSKI Tomasz</b>	<b>7336</b>	KB SZAMOTUŁY	Weteran I M - 50	43	01:56:17	<b>03:30:57.15</b>	+02:02:29 (58.1%)	10:02	6 (42.3%)
685	<b>RYPUŁA Grażyna</b>	<b>7505</b>	ZENRUNNINGTEAM	Weteran II K - 60	1	01:56:07	<b>03:31:16.60</b>	+02:02:49 (58.1%)	10:03	6 (42.3%)
686	<b>SAMULSKA Agata Samulska</b>	<b>7098</b>		Weteran K - 50	13	01:57:25	<b>03:31:18.00</b>	+02:02:50 (58.1%)	10:03	6 (42.3%)
687	<b>BARTKIEWICZ Halina</b>	<b>7168</b>		Masters K - 40	95	01:50:57	<b>03:31:30.10</b>	+02:03:02 (58.2%)	10:04	6 (42.3%)
688	<b>PROZOROWSKA Lidia</b>	<b>7082</b>	MARATON LESZNO	Weteran K - 50	14	01:57:04	<b>03:31:45.10</b>	+02:03:17 (58.2%)	10:05	6 (42.3%)
689	<b>ŁASEK Dariusz</b>	<b>7878</b>	BEUT RUNNER TEAM	Weteran II M - 60	15	01:49:51	<b>03:31:58.10</b>	+02:03:30 (58.3%)	10:05	5.9 (41.5%)
690	<b>ŁASEK-PIETRZAK Agnieszka</b>	<b>7877</b>		Senior II K - 30	114	01:49:46	<b>03:31:58.45</b>	+02:03:31 (58.3%)	10:05	5.9 (41.5%)
691	<b>BOROWIK Agata</b>	<b>7160</b>	CAŁA OLEŚNICA BIEGA	Senior II K - 30	115	01:54:57	<b>03:32:14.70</b>	+02:03:47 (58.3%)	10:06	5.9 (41.5%)
692	<b>GIL Marta</b>	<b>7767</b>		Senior II K - 30	116	01:54:48	<b>03:32:21.60</b>	+02:03:54 (58.3%)	10:06	5.9 (41.5%)
693	<b>LESZKIEWICZ Katarzyna</b>	<b>7213</b>		Senior I K - 20	38	01:51:51	<b>03:32:28.00</b>	+02:04:00 (58.4%)	10:07	5.9 (41.5%)
694	<b>MIKUTANIEC Patrycja</b>	<b>7177</b>		Masters K - 40	96	01:56:10	<b>03:32:43.60</b>	+02:04:16 (58.4%)	10:07	5.9 (41.5%)
695	<b>KRAJEWSKA Magdalena</b>	<b>7424</b>		Masters K - 40	97	02:03:57	<b>03:33:00.25</b>	+02:04:32 (58.5%)	10:08	5.9 (41.5%)
696	<b>NESTOROWICZ Monika</b>	<b>7372</b>	KLUB BIEGACZA JURUND SZCZYTNO	Masters K - 40	98	02:01:38	<b>03:33:25.80</b>	+02:04:58 (58.6%)	10:09	5.9 (41.5%)
697	<b>TARASZEWSKA Paulina</b>	<b>7894</b>		Senior II K - 30	117	01:56:36	<b>03:34:00.90</b>	+02:05:33 (58.7%)	10:11	5.9 (41.5%)
698	<b>DANIELEK Ewa</b>	<b>7255</b>		Senior II K - 30	118	01:56:36	<b>03:34:04.10</b>	+02:05:36 (58.7%)	10:11	5.9 (41.5%)
699	<b>SOWIŃSKA Anna</b>	<b>7411</b>		Masters K - 40	99	01:54:08	<b>03:34:23.40</b>	+02:05:56 (58.7%)	10:12	5.9 (41.5%)
700	<b>WODAŁA Jolanta</b>	<b>7410</b>	KLUB BIEGACZA RTV EURO AGD	Senior II K - 30	119	01:54:07	<b>03:34:24.20</b>	+02:05:56 (58.7%)	10:12	5.9 (41.5%)
701	<b>WALKOWIAK Marek</b>	<b>7338</b>	PECNA TEAM	Masters M - 40	167	01:53:53	<b>03:34:55.05</b>	+02:06:27 (58.8%)	10:14	5.9 (41.5%)
702	<b>JANKOWIAK Kasia</b>	<b>7813</b>	ORANGE POLSKA	Masters K - 40	100	01:53:14	<b>03:35:20.65</b>	+02:06:53 (58.9%)	10:15	5.9 (41.5%)
703	<b>KANIEWSKI Michał</b>	<b>7814</b>	ORANGE POLSKA	Masters M - 40	168	01:53:16	<b>03:35:21.75</b>	+02:06:54 (58.9%)	10:15	5.9 (41.5%)
704	<b>GOLONKA Kinga</b>	<b>7726</b>		Senior I K - 20	39	02:02:21	<b>03:35:26.10</b>	+02:06:58 (58.9%)	10:15	5.8 (40.8%)
705	<b>NOWAK Magdalena</b>	<b>7028</b>		Senior II K - 30	120	02:03:32	<b>03:35:35.30</b>	+02:07:08 (59.0%)	10:15	5.8 (40.8%)
706	<b>HELWICH Agnieszka</b>	<b>7467</b>		Senior II K - 30	121	01:53:10	<b>03:35:56.15</b>	+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	<b>STRZELCZYK Ilona</b>	<b>7048</b>	KĘSY TEAM	Weteran K - 50	15	01:56:59	<b>03:35:58.50</b>	+02:07:31 (59.0%)	10:17	5.8 (40.8%)
708	<b>ZIÓŁEK Teresa</b>	<b>7749</b>	STAY INSANE	Weteran II K - 60	2	02:02:07	<b>03:36:01.20</b>	+02:07:33 (59.1%)	10:17	5.8 (40.8%)
709	<b>MUSIALSKA Anna</b>	<b>7294</b>	PNB	Masters K - 40	101	02:02:33	<b>03:36:27.25</b>	+02:07:59 (59.1%)	10:18	5.8 (40.8%)
710	<b>URBANIĄK Alina</b>	<b>7236</b>	KURACJUSZE	Senior II K - 30	122	01:49:21	<b>03:36:35.50</b>	+02:08:08 (59.2%)	10:18	5.8 (40.8%)
711	<b>OGRODNIK Anna</b>	<b>7195</b>	ZAKOCHAJ SIE W BIEGANIU	Senior II K - 30	123	01:59:38	<b>03:36:56.65</b>	+02:08:29 (59.2%)	10:19	5.8 (40.8%)
712	<b>ROSLAN-KRASIŃSKA Barbara</b>	<b>7388</b>		Masters K - 40	102	02:02:29	<b>03:37:06.30</b>	+02:08:39 (59.3%)	10:20	5.8 (40.8%)
713	<b>SMARZYŃSKA Karolina</b>	<b>7366</b>		Masters K - 40	103	02:02:30	<b>03:37:07.10</b>	+02:08:39 (59.3%)	10:20	5.8 (40.8%)
714	<b>KĘDZIORA Alicja</b>	<b>7657</b>	GSK FIT PIORUNY	Senior II K - 30	124	01:58:22	<b>03:37:20.40</b>	+02:08:53 (59.3%)	10:20	5.8 (40.8%)
715	<b>DORDZIK Małgorzata</b>	<b>7487</b>		Weteran II K - 60	3	02:06:10	<b>03:37:43.65</b>	+02:09:16 (59.4%)	10:22	5.8 (40.8%)
716	<b>BRZEZIŃSKA Teresa</b>	<b>7895</b>		Masters K - 40	104	02:06:24	<b>03:38:29.30</b>	+02:10:02 (59.5%)	10:24	5.8 (40.8%)
717	<b>JAKRZEWSKA Karolina</b>	<b>7818</b>	MAMY-BIEGAMY/LOCO BABKI	Senior II K - 30	125	01:58:39	<b>03:38:35.70</b>	+02:10:08 (59.5%)	10:24	5.8 (40.8%)
718	<b>SOSZYŃSKA Małgorzata</b>	<b>7927</b>	CZŁAPACZE	Weteran K - 50	16	01:58:07	<b>03:38:36.85</b>	+02:10:09 (59.5%)	10:24	5.8 (40.8%)
719	<b>KOSIOREK Anna</b>	<b>7855</b>		Senior II K - 30	126	02:02:53	<b>03:38:39.05</b>	+02:10:11 (59.5%)	10:24	5.8 (40.8%)
720	<b>KWIT Anna</b>	<b>7089</b>		Masters K - 40	105	01:54:44	<b>03:39:12.80</b>	+02:10:45 (59.6%)	10:26	5.7 (40.1%)
721	<b>SZNABEL Alina</b>	<b>7299</b>	RUNNING 5	Weteran II K - 60	4	01:58:15	<b>03:39:36.70</b>	+02:11:09 (59.7%)	10:27	5.7 (40.1%)
722	<b>JASICKI Julian</b>	<b>7288</b>	STROŃSKA GRUPA ROWEROWA	Weteran II M - 60	16	01:57:35	<b>03:40:01.40</b>	+02:11:34 (59.8%)	10:28	5.7 (40.1%)
723	<b>GARBACIAK Marcin</b>	<b>7018</b>	KRISPOL ACTIVE TEAM	Masters M - 40	169	01:59:04	<b>03:40:31.70</b>	+02:12:04 (59.9%)	10:30	5.7 (40.1%)
724	<b>KOZŁOWSKA-WOYCIECHOWSKA Hanna</b>	<b>7793</b>		Masters K - 40	106	01:59:33	<b>03:40:39.80</b>	+02:12:12 (59.9%)	10:30	5.7 (40.1%)
725	<b>JEZIERSKA Karina</b>	<b>7164</b>	12TRI.PL / TEAM ZABIEGANEDNI	Masters K - 40	107	01:59:35	<b>03:40:40.25</b>	+02:12:12 (59.9%)	10:30	5.7 (40.1%)
726	<b>WIŚNIEWSKA Dorota</b>	<b>7163</b>		Masters K - 40	108	02:03:49	<b>03:40:52.45</b>	+02:12:25 (60.0%)	10:31	5.7 (40.1%)
727	<b>BAJSAROWICZ Zuzanna</b>	<b>7375</b>		Senior II K - 30	127	01:55:53	<b>03:41:12.05</b>	+02:12:44 (60.0%)	10:32	5.7 (40.1%)
728	<b>PILAK Zbigniew</b>	<b>7264</b>		Weteran II M - 60	17	02:03:52	<b>03:42:03.65</b>	+02:13:36 (60.2%)	10:34	5.7 (40.1%)
729	<b>RAPACZ Danuta</b>	<b>7345</b>	AN-MAR	Weteran II K - 60	5	02:03:50	<b>03:42:13.05</b>	+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	<b>JAŚKIEWICZ Katarzyna</b>	<b>7834</b>		Masters K - 40	109	02:12:52	<b>03:42:38.25</b>	+02:14:10 (60.3%)	10:36	5.7 (40.1%)
731	<b>KULIK Dominika</b>	<b>7873</b>	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	Masters K - 40	110	02:00:34	<b>03:42:50.65</b>	+02:14:23 (60.3%)	10:36	5.7 (40.1%)
732	<b>CIARKOWSKA Maria</b>	<b>7611</b>		Senior I K - 20	40	01:58:19	<b>03:43:24.80</b>	+02:14:57 (60.4%)	10:38	5.6 (39.4%)
733	<b>ZELMANOWICZ - SZŁAPA Ewa</b>	<b>7169</b>	IZBICKO W BIEGU	Masters K - 40	111	02:06:06	<b>03:46:22.40</b>	+02:17:55 (60.9%)	10:46	5.6 (39.4%)
734	<b>SULIGA Wioletta</b>	<b>7755</b>		Senior II K - 30	128	02:05:09	<b>03:46:26.05</b>	+02:17:58 (60.9%)	10:46	5.6 (39.4%)
735	<b>MATEJCZUK Julia</b>	<b>7519</b>	BIAŁYSTOK BIEGA TEAM	Senior I K - 20	41	01:59:03	<b>03:47:16.75</b>	+02:18:49 (61.1%)	10:49	5.5 (38.7%)
736	<b>NOSZCZYŃSKI Kamil</b>	<b>7776</b>	FUNDACJA BIALYSTOK BIEGA	Senior II M - 30	166	01:59:03	<b>03:47:16.85</b>	+02:18:49 (61.1%)	10:49	5.5 (38.7%)
737	<b>SZCZEPAŃSKI Wojciech</b>	<b>7779</b>	BIAŁYSTOK BIEGA TEAM	Senior II M - 30	167	01:59:01	<b>03:47:21.30</b>	+02:18:54 (61.1%)	10:49	5.5 (38.7%)
738	<b>RUDA Kamila</b>	<b>7101</b>	KURACJUSZE	Senior II K - 30	129	01:59:01	<b>03:49:52.95</b>	+02:21:25 (61.5%)	10:56	5.5 (38.7%)
739	<b>SZCZEPANSKA Karolina</b>	<b>7458</b>	KLUB BIEGACZA RTV EURO AGD	Senior II K - 30	130	02:09:25	<b>03:51:17.20</b>	+02:22:49 (61.8%)	11:00	5.4 (38.0%)
740	<b>HETEL Beata</b>	<b>7727</b>		Senior II K - 30	131	02:09:31	<b>03:51:18.50</b>	+02:22:51 (61.8%)	11:00	5.4 (38.0%)
741	<b>WIETRZYŃSKA Agnieszka</b>	<b>7369</b>	MASZ PRZEBIEGANE	Senior II K - 30	132	01:58:10	<b>03:53:02.90</b>	+02:24:35 (62.0%)	11:05	5.4 (38.0%)
742	<b>RYPUŁA Zenon</b>	<b>7504</b>	ZEN RUNNING TEAM	Weteran II M - 60	18	02:11:44	<b>03:54:20.00</b>	+02:25:52 (62.3%)	11:09	5.4 (38.0%)
743	<b>SUCHOCKI Tomasz</b>	<b>7829</b>		Masters M - 40	170	01:51:32	<b>03:54:42.40</b>	+02:26:15 (62.3%)	11:10	5.4 (38.0%)
744	<b>MISZCZAK Katarzyna</b>	<b>7166</b>	MIRAZ RACE TEAM	Masters K - 40	112	02:13:30	<b>03:55:14.95</b>	+02:26:47 (62.4%)	11:12	5.4 (38.0%)
745	<b>KŁOPOTEK Aneta</b>	<b>7321</b>	EXTREME FAMILY	Weteran K - 50	17	02:11:23	<b>03:55:48.55</b>	+02:27:21 (62.5%)	11:13	5.3 (37.3%)
746	<b>SZYMAŃSKI Paweł</b>	<b>7259</b>		Masters M - 40	171	02:06:17	<b>03:56:26.80</b>	+02:27:59 (62.6%)	11:15	5.3 (37.3%)
747	<b>SADOWSKI Andrzej</b>	<b>7654</b>		Weteran II M - 60	19	02:00:12	<b>03:57:47.95</b>	+02:29:20 (62.8%)	11:19	5.3 (37.3%)
748	<b>PROZOROWSKI Wiesław</b>	<b>7077</b>	MARATON LESZNO	Weteran I M - 50	44	02:14:32	<b>03:58:05.60</b>	+02:29:38 (62.8%)	11:20	5.3 (37.3%)
749	<b>ŚWISTUŃ Grzegorz</b>	<b>7180</b>	WKURW_TEAM	Masters M - 40	172	02:05:14	<b>03:58:26.10</b>	+02:29:58 (62.9%)	11:21	5.3 (37.3%)
750	<b>BARTKOWIAK Ludmiła</b>	<b>7676</b>		Masters K - 40	113	02:09:35	<b>03:58:34.10</b>	+02:30:06 (62.9%)	11:21	5.3 (37.3%)
751	<b>WAWRZEŁA Arkadiusz</b>	<b>7630</b>		Masters M - 40	173	01:59:49	<b>03:58:34.95</b>	+02:30:07 (62.9%)	11:21	5.3 (37.3%)
752	<b>TRAJDOS Agata</b>	<b>7579</b>		Senior II K - 30	133	02:09:38	<b>03:58:38.00</b>	+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	<b>DOBROWOLSKI Robert</b>	<b>7650</b>	SPORTOWI EMERYCI JELENIA GÓRA	Weteran II M - 60	20	02:15:48	<b>03:59:31.80</b>	+02:31:04 (63.1%)	11:24	5.3 (37.3%)
754	<b>RÓŻAŃSKI Robert</b>	<b>7923</b>		Weteran I M - 50	45	02:08:32	<b>03:59:33.80</b>	+02:31:06 (63.1%)	11:24	5.3 (37.3%)
755	<b>ŻAK Artur</b>	<b>7586</b>		Senior I M - 20	41	02:06:03	<b>03:59:51.40</b>	+02:31:24 (63.1%)	11:25	5.3 (37.3%)
756	<b>ŻAK Renata</b>	<b>7446</b>		Masters K - 40	114	02:06:05	<b>03:59:52.50</b>	+02:31:25 (63.1%)	11:25	5.3 (37.3%)
757	<b>DOBROWOLSKA Bożena</b>	<b>7649</b>	SPORTOWI EMERYCI JELENIA GÓRA	Weteran II K - 60	6	02:15:48	<b>04:00:13.85</b>	+02:31:46 (63.2%)	11:26	5.2 (36.6%)
758	<b>JĘDROWSKA Emilia</b>	<b>7709</b>	ULTRA RZEPIN	Senior II K - 30	134	01:59:40	<b>04:02:51.00</b>	+02:34:23 (63.6%)	11:33	5.2 (36.6%)
759	<b>JUSZKO Monika</b>	<b>7303</b>		Masters K - 40	115	02:15:54	<b>04:04:00.25</b>	+02:35:32 (63.7%)	11:37	5.2 (36.6%)
760	<b>PERKOWSKI Tomasz</b>	<b>7920</b>		Masters M - 40	174	02:18:27	<b>04:04:02.75</b>	+02:35:35 (63.8%)	11:37	5.2 (36.6%)
761	<b>BIAŁOKOS Anna</b>	<b>7921</b>		Masters K - 40	116	02:18:28	<b>04:04:02.85</b>	+02:35:35 (63.8%)	11:37	5.2 (36.6%)
762	<b>SAWICKA Izabela</b>	<b>7118</b>	PARKRUN	Senior II K - 30	135	02:20:48	<b>04:05:10.25</b>	+02:36:42 (63.9%)	11:40	5.1 (35.9%)
763	<b>BARWICKA Marta</b>	<b>7402</b>		Masters K - 40	117	02:11:44	<b>04:05:27.65</b>	+02:37:00 (64.0%)	11:41	5.1 (35.9%)
764	<b>NOSKOWIAK-BAJNO Alicja</b>	<b>7766</b>		Masters K - 40	118	02:15:39	<b>04:05:29.35</b>	+02:37:02 (64.0%)	11:41	5.1 (35.9%)
765	<b>JACHIM-SZUBA Magdalena</b>	<b>7826</b>		Masters K - 40	119	02:13:35	<b>04:05:36.15</b>	+02:37:08 (64.0%)	11:41	5.1 (35.9%)
766	<b>BŁASZKIEWICZ Marzena</b>	<b>7129</b>	CHOŁE KŁÓLIKI	Masters K - 40	120	02:16:59	<b>04:05:37.55</b>	+02:37:10 (64.0%)	11:41	5.1 (35.9%)
767	<b>JUSZKO Aleksandra</b>	<b>7444</b>		Senior I K - 20	42	02:18:09	<b>04:08:16.75</b>	+02:39:49 (64.4%)	11:49	5.1 (35.9%)
768	<b>DZIAŁAK Marian</b>	<b>7501</b>	KB AKTYWNI KONIN	Weteran II M - 60	21	02:02:58	<b>04:09:10.30</b>	+02:40:43 (64.5%)	11:51	5.1 (35.9%)
769	<b>MACIASZEK Andrzej</b>	<b>7545</b>		Senior II M - 30	168	02:02:57	<b>04:09:10.40</b>	+02:40:43 (64.5%)	11:51	5.1 (35.9%)
770	<b>KONIECZNA Natalia</b>	<b>7615</b>		Senior I K - 20	43	02:12:43	<b>04:09:15.80</b>	+02:40:48 (64.5%)	11:52	5.1 (35.9%)
771	<b>CZERCZAK Andrzej</b>	<b>7378</b>		Weteran I M - 50	46	02:15:02	<b>04:09:37.80</b>	+02:41:10 (64.6%)	11:53	5 (35.2%)
772	<b>KRYSZTOFIAK Marta</b>	<b>7679</b>		Senior II K - 30	136	02:18:22	<b>04:09:56.90</b>	+02:41:29 (64.6%)	11:54	5 (35.2%)
773	<b>CIBOREK Ania</b>	<b>7674</b>		Senior II K - 30	137	02:18:22	<b>04:09:58.60</b>	+02:41:31 (64.6%)	11:54	5 (35.2%)
774	<b>MYSZYWODA Monika</b>	<b>7043</b>		Senior II K - 30	138	02:23:47	<b>04:11:08.65</b>	+02:42:41 (64.8%)	11:57	5 (35.2%)
775	<b>KARCZEWSKA Marta</b>	<b>7306</b>		Masters K - 40	121	02:22:30	<b>04:13:58.00</b>	+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	<b>SZOSTAKOWSKA-BALUKIN Dorota</b>	<b>7728</b>	KLUB BIEGACZA RTV EURO AGD	Masters K - 40	122	02:21:21	<b>04:17:09.55</b>	+02:48:42 (65.6%)	12:14	4.9 (34.5%)
777	<b>SIECZKOWSKA Małgorzata</b>	<b>7704</b>	KLUB BIEGACZA RTV EURO AGD	Masters K - 40	123	02:21:22	<b>04:17:10.65</b>	+02:48:43 (65.6%)	12:14	4.9 (34.5%)
778	<b>ZIELONKA Marek</b>	<b>7237</b>		Weteran I M - 50	47	02:17:04	<b>04:17:29.60</b>	+02:49:02 (65.6%)	12:15	4.9 (34.5%)
779	<b>WINIARCZYK Iwona</b>	<b>7910</b>	KORNELCIA TEAM	Senior II K - 30	139	02:25:35	<b>04:17:31.30</b>	+02:49:04 (65.7%)	12:15	4.9 (34.5%)
780	<b>SMUG Ewelina</b>	<b>7175</b>		Senior II K - 30	140	02:32:07	<b>04:20:10.30</b>	+02:51:43 (66.0%)	12:23	4.8 (33.8%)
781	<b>SZYMAŃSKI Jarosław</b>	<b>7037</b>	FUJITSU RUNNING TEAM	Senior II M - 30	169	02:17:05	<b>04:20:28.80</b>	+02:52:01 (66.0%)	12:24	4.8 (33.8%)
782	<b>BALCERZAK Bogdan</b>	<b>7419</b>		Weteran I M - 50	48	02:18:40	<b>04:22:08.00</b>	+02:53:40 (66.3%)	12:28	4.8 (33.8%)
783	<b>GRACZYK Dąbrówka</b>	<b>7217</b>		Senior I K - 20	44	02:32:28	<b>04:22:13.85</b>	+02:53:46 (66.3%)	12:29	4.8 (33.8%)
784	<b>MICHALIK Katarzyna</b>	<b>7031</b>	PRT - PRECEL RACING TEAM	Senior II K - 30	141	02:21:19	<b>04:22:35.55</b>	+02:54:08 (66.3%)	12:30	4.8 (33.8%)
785	<b>WITKOWSKA Ania</b>	<b>7134</b>		Masters K - 40	124	02:20:48	<b>04:26:50.60</b>	+02:58:23 (66.9%)	12:42	4.7 (33.1%)
786	<b>PAWŁOWSKA Danuta</b>	<b>7898</b>		Masters K - 40	125	02:25:52	<b>04:27:30.55</b>	+02:59:03 (66.9%)	12:44	4.7 (33.1%)
787	<b>DRZEWIECKI-ZARZECZNY Grzegorz</b>	<b>7080</b>	BIAŁYSTOK BIEGA TEAM	Weteran II M - 60	22	02:21:08	<b>04:29:47.95</b>	+03:01:20 (67.2%)	12:50	4.7 (33.1%)
788	<b>KRÓL Marek</b>	<b>7257</b>	BIEGAMBOLUBIĘ BIAŁYSTOK	Weteran I M - 50	49	02:21:08	<b>04:29:48.65</b>	+03:01:21 (67.2%)	12:50	4.7 (33.1%)
789	<b>JEZIOREK Jozi</b>	<b>7671</b>		Masters M - 40	175	02:25:19	<b>04:32:06.40</b>	+03:03:39 (67.5%)	12:57	4.6 (32.4%)
790	<b>OSTROWSKA Justyna</b>	<b>7251</b>	BZP	Senior II K - 30	142	02:25:44	<b>04:33:37.20</b>	+03:05:09 (67.7%)	13:01	4.6 (32.4%)
791	<b>GRUBE Bartosz</b>	<b>7013</b>	SUT - STRASZYN ULTRA TEAM	Senior II M - 30	170	02:30:49	<b>04:48:26.35</b>	+03:19:59 (69.3%)	13:44	4.4 (31.0%)
792	<b>PODSIADŁY Robert</b>	<b>7060</b>	CHATA BIEGACZA K34 ZAKOPANE	Weteran II M - 60	23	02:34:38	<b>04:48:39.60</b>	+03:20:12 (69.4%)	13:44	4.4 (31.0%)
793	<b>LEWANDOWSKA-JACKOWSKA Katarzyna</b>	<b>7208</b>		Masters K - 40	126	02:34:52	<b>04:52:00.70</b>	+03:23:33 (69.7%)	13:54	4.3 (30.3%)
794	<b>JANICKA Barbara</b>	<b>7390</b>	STAN UMYSŁU LEWIN BIEGA	Senior II K - 30	143	02:40:50	<b>04:56:58.05</b>	+03:28:30 (70.2%)	14:08	4.2 (29.6%)
795	<b>KRUCZEK Ewa</b>	<b>7233</b>	STAN UMYSŁU LEWIN BIEGA	Senior II K - 30	144	02:40:52	<b>04:56:58.15</b>	+03:28:30 (70.2%)	14:08	4.2 (29.6%)
796	<b>LATA Violetta</b>	<b>7228</b>	STAN UMYSŁU LEWIN BIEGA	Weteran K - 50	18	02:40:53	<b>04:56:58.65</b>	+03:28:31 (70.2%)	14:08	4.2 (29.6%)
797	<b>PIETRASZEK Ewa</b>	<b>7613</b>	KOBIETY WATAHY	Weteran K - 50	19	02:36:23	<b>04:58:12.80</b>	+03:29:45 (70.3%)	14:12	4.2 (29.6%)
<b>Przekroczony limit czasu: 05:00:00</b>										
798	<b>JACKOWSKI Dariusz</b>	<b>7220</b>		Senior II M - 30	171	02:34:59	<b>05:04:02.65</b>	+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	<b>KACZOROWSKA Anna</b>	<b>7319</b>	SLOW JOGGING SIEDLCE	Weteran K - 50	20	02:49:18	<b>05:05:12.60</b>	+03:36:45 (71.0%)	14:32	4.1 (28.9%)
800	<b>JAKUBEK Karina</b>	<b>7494</b>		Weteran K - 50	21	02:45:49	<b>05:18:11.85</b>	+03:49:44 (72.2%)	15:09	4 (28.2%)
801	<b>WOŹNIAK Anna</b>	<b>7614</b>		Masters K - 40	127	02:56:43	<b>05:20:19.15</b>	+03:51:51 (72.4%)	15:15	3.9 (27.5%)
802	<b>KOŚCIELNIAK Dagmara</b>	<b>7528</b>	CZERWONACKIE KIJANKI/ZAŁOGA GÓRSKA	Masters K - 40	128	02:54:11	<b>05:24:37.00</b>	+03:56:09 (72.8%)	15:27	3.9 (27.5%)
	<b>SZPOCINSKA Sylwia</b>	<b>7147</b>	GT RAT	Senior II K - 30		01:30:03 DNF	<b>DNF</b>		-	- (0.0%)
	<b>NIEZGODA Miłostawa</b>	<b>7864</b>		Senior II K - 30		01:37:43 DNF	<b>DNF</b>		-	- (0.0%)
	<b>WESOŁOWSKI Tomasz</b>	<b>7637</b>		Masters M - 40		02:18:10 DNF	<b>DNF</b>		-	- (0.0%)
	<b>KOLAKOWSKA Anna</b>	<b>7889</b>	POLACY BIEGAJĄ W NL	Masters K - 40		02:58:08 DNF	<b>DNF</b>		-	- (0.0%)
	<b>WĄSOWICZ Martyna</b>	<b>7023</b>	36 MINUT WRZEŚNIA	Senior I K - 20		03:12:03 DNF	<b>DNF</b>		-	- (0.0%)
	<b>DZIEWICKA Ewa</b>	<b>7806</b>		Weteran II K - 60		03:30:46 DNF	<b>DNF</b>		-	- (0.0%)
	<b>CICHY Roman</b>	<b>7377</b>	MUAY RUNNING TEAM	Masters M - 40		DNF	<b>DNF</b>		-	- (0.0%)
	<b>GAŁOSZ Łukasz</b>	<b>7914</b>		Senior I M - 20		DNF	<b>DNF</b>		-	- (0.0%)

Znaleziono 810 wynik(ów)