



ZŁOTY PÓŁMARATON - 21 KM

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Dolnośląski Festiwal Biegów Górskich
Fundacja MARATONY GÓRSKIE
2022-07-14
Lądek-Zdrój
21 km

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start Łądek 0.01km	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
1	GLAPIAK Damian	7679	FUNDACJA BIEGANIE NA ŚNIEDANIE	Masters M - 40	1	00:00:00	00:00:03	00:50:09	01:29:27.80	01:29:27.80		4:15	14.1 (100%)
2	SOBAS Jacek	21	ON RUN CREW POLAND	Senior II M - 30	1	00:00:00	00:00:03	00:52:04	01:31:41.20	01:31:41.20	+00:02:13 (2.4%)	4:21	13.7 (97.2%)
3	LAGNER Sebastian	7348	KB SOBÓTKA/ PRZEDWOJEWSKI_TEAM	Senior II M - 30	2	00:00:00	00:00:02	00:50:31	01:31:52.80	01:31:52.80	+00:02:25 (2.6%)	4:22	13.7 (97.2%)
4	SOBCZAK Daniel	7452	KB SOBÓTKA	Senior II M - 30	3	00:00:00	00:00:01	00:54:04	01:36:12.50	01:36:12.50	+00:06:44 (7.0%)	4:34	13.1 (92.9%)
5	BARNAŚ Piotr	7506		Senior I M - 20	1	00:00:00	00:00:03	00:56:05	01:38:11.80	01:38:11.80	+00:08:44 (8.9%)	4:40	12.8 (90.8%)
6	KINAL Karol	7517		Senior I M - 20	2	00:00:00	00:00:02	00:54:05	01:38:22.85	01:38:22.85	+00:08:55 (9.1%)	4:41	12.8 (90.8%)
7	PIHIL Piotr	25		Masters M - 40	2	00:00:00	00:00:04	00:56:09	01:39:24.30	01:39:24.30	+00:09:56 (10.0%)	4:44	12.7 (90.1%)
8	NICPOŃ Sebastian	7998	KARKONOSZ RUNNING TEAM	Senior I M - 20	3	00:00:00	00:00:03	00:54:54	01:39:49.20	01:39:49.20	+00:10:21 (10.4%)	4:45	12.6 (89.4%)
9	TOMCZYK Piotr	7929	#ZALINIAMETYTEAM	Senior II M - 30	4	00:00:00	00:00:02	00:55:34	01:41:53.05	01:41:53.05	+00:12:25 (12.2%)	4:51	12.4 (87.9%)
10	TESLUK Kuba	7224		Senior I M - 20	4	00:00:00	00:00:02	00:58:27	01:42:56.45	01:42:56.45	+00:13:28 (13.1%)	4:54	12.2 (86.5%)
11	HARASIUK Adam	7882	140MINUT.PL	Senior II M - 30	5	00:00:00	00:00:02	00:59:06	01:43:33.40	01:43:33.40	+00:14:05 (13.6%)	4:55	12.2 (86.5%)
12	KOTLAREK Dawid	7087	SOBAS TEAM / VEGE RUNNERS	Masters M - 40	3	00:00:00	00:00:06	00:59:21	01:44:19.95	01:44:19.95	+00:14:52 (14.3%)	4:58	12.1 (85.8%)
13	STRASZAK Patryk	7891	MOCNA GRUPA CEZARA	Senior I M - 20	5	00:00:00	00:00:06	00:58:08	01:44:26.50	01:44:26.50	+00:14:58 (14.3%)	4:58	12.1 (85.8%)
14	BRZOZOWSKA Monika	7996	12 WIELKOPOLSKA BRYGADA OBRONY TERYTORIALNEJ	Senior II K - 30	1	00:00:00	00:00:03	00:59:22	01:44:29.90	01:44:29.90	+00:15:02 (14.4%)	4:58	12.1 (85.8%)
15	POŁUBOK Kajetan	7900	KS KANDAHAR	Masters M - 40	4	00:00:00	00:00:03	00:58:14	01:44:48.25	01:44:48.25	+00:15:20 (14.6%)	4:59	12 (85.1%)
16	MACIĄG Iwona	14	TEAM BEROTU / 12 WIELKOPOLSKA BRYGADA OBRONY TERYTORIALNEJ	Senior II K - 30	2	00:00:00	00:00:05	01:02:20	01:46:23.65	01:46:23.65	+00:16:55 (15.9%)	5:03	11.8 (83.7%)
17	WOŹNIAK Grzegorz	13	12WBOT/MŁODZIEŻOWY OŚRODEK SOCJOTERAPII W KRAJENCE	Senior II M - 30	6	00:00:00	00:00:03	00:59:30	01:46:23.85	01:46:23.85	+00:16:56 (15.9%)	5:03	11.8 (83.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start		Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
							Lądek 0.01km	B1 10.3km					
18	NOWACKI Mateusz	7962	PRZEDWOJEWSKI TEAM	Senior II M - 30	7	00:00:00	00:00:01	00:59:14	01:46:45.45	01:46:45.45	+00:17:17 (16.2%)	5:05	11.8 (83.7%)
19	KOS Adrian	7090	DOTNI MANUFAKTURA	Senior II M - 30	8	00:00:00	00:00:02	00:59:21	01:46:59.15	01:46:59.15	+00:17:31 (16.4%)	5:05	11.8 (83.7%)
20	TARGOSZ Michał	7690	#ADAMCZERWIŃSKITEAM	Masters M - 40	5	00:00:00	00:00:02	01:00:03	01:47:53.25	01:47:53.25	+00:18:25 (17.1%)	5:08	11.7 (83.0%)
21	KOZIOŁ Kamil	7759	G.O.A.T TEAM MICHAŁOWICE	Senior II M - 30	9	00:00:00	00:00:10	01:03:28	01:48:36.85	01:48:36.85	+00:19:09 (17.6%)	5:10	11.6 (82.3%)
22	SZNUROWSKI Mariusz	7438	KB SOBÓTKA	Senior I M - 20	6	00:00:00	00:00:02	01:01:24	01:50:14.10	01:50:14.10	+00:20:46 (18.8%)	5:14	11.4 (80.9%)
23	OBSTÓJ Karolina	22	ON RUN CREW POLAND	Senior II K - 30	3	00:00:00	00:00:03	01:01:34	01:50:39.70	01:50:39.70	+00:21:11 (19.2%)	5:16	11.4 (80.9%)
24	SUDOLSKI Emil	7304	GUSTAW TEŻ BIEGA	Masters M - 40	6	00:00:00	00:00:04	01:01:23	01:50:51.70	01:50:51.70	+00:21:23 (19.3%)	5:16	11.4 (80.9%)
25	KURAS Szymon	7018	NKB CHYŻY NOWY TOMYŚL	Masters M - 40	7	00:00:00	00:00:11	01:02:14	01:51:44.20	01:51:44.20	+00:22:16 (19.9%)	5:19	11.3 (80.1%)
26	WOLSKI Marcin	7920		Senior II M - 30	10	00:00:00	00:00:04	01:01:22	01:52:00.55	01:52:00.55	+00:22:32 (20.1%)	5:20	11.3 (80.1%)
27	CHUDY Tobiasz	7185	RUN TEAM RYDZYNA	Senior II M - 30	11	00:00:00	00:00:34	01:03:26	01:52:01.00	01:52:01.00	+00:22:33 (20.1%)	5:20	11.2 (79.4%)
28	OWCZAREK Szymon	7457		Masters M - 40	8	00:00:00	00:00:15	01:01:21	01:52:11.90	01:52:11.90	+00:22:44 (20.3%)	5:20	11.2 (79.4%)
29	BOGACZ Krzysztof	7703		Senior II M - 30	12	00:00:00	00:01:28	01:06:09	01:52:18.80	01:52:18.80	+00:22:51 (20.3%)	5:20	11.2 (79.4%)
30	CHAJEC Michał	7992		Senior II M - 30	13	00:00:00	00:00:02	01:03:39	01:52:22.45	01:52:22.45	+00:22:54 (20.4%)	5:21	11.2 (79.4%)
31	KOWALIK Andrzej	7793	ADRUNALINE	Masters M - 40	9	00:00:00	00:00:04	01:03:26	01:52:42.90	01:52:42.90	+00:23:15 (20.6%)	5:22	11.2 (79.4%)
32	PODWÓJCI Michał	7416	GÓRAL Z MAZUR RUNNING TEAM	Masters M - 40	10	00:00:00	00:00:05	01:02:30	01:53:09.55	01:53:09.55	+00:23:41 (20.9%)	5:23	11.1 (78.7%)
33	GOLONKA Paweł	7586	KB WIKON NOWA SÓL	Senior II M - 30	14	00:00:00	00:00:03	01:01:59	01:53:29.35	01:53:29.35	+00:24:01 (21.2%)	5:24	11.1 (78.7%)
34	KUBICZEK Andrzej	7938	DRINKTEAM	Senior II M - 30	15	00:00:00	00:00:15	01:03:16	01:53:39.65	01:53:39.65	+00:24:11 (21.3%)	5:24	11.1 (78.7%)
35	FUKS Jarosław	7894		Masters M - 40	11	00:00:00	00:00:03	01:04:51	01:54:36.45	01:54:36.45	+00:25:08 (21.9%)	5:27	11 (78.0%)
36	KOZAK Tomasz	7672		Senior I M - 20	7	00:00:00	00:00:20	01:02:59	01:54:47.00	01:54:47.00	+00:25:19 (22.1%)	5:27	11 (78.0%)
37	MARZEC Tomasz	7198	RUNNERS TEAM NYSA	Masters M - 40	12	00:00:00	00:00:11	01:04:49	01:55:00.00	01:55:00.00	+00:25:32 (22.2%)	5:28	11 (78.0%)
38	ZAPORA Marek	7066	W POGONI ZA DUCHEM	Masters M - 40	13	00:00:00	00:00:18	01:03:58	01:55:14.95	01:55:14.95	+00:25:47 (22.4%)	5:29	10.9 (77.3%)
39	STELMACH Dominika	26		Masters K - 40	1	00:00:00	00:00:03	01:03:25	01:55:27.35	01:55:27.35	+00:25:59 (22.5%)	5:29	10.9 (77.3%)
40	KOŁODZIEJ Roman	7546	PERFEKTA KARŁOWICE	Masters M - 40	14	00:00:00	00:00:02	01:05:44	01:55:34.15	01:55:34.15	+00:26:06 (22.6%)	5:30	10.9 (77.3%)
41	KAMIŃSKI Artur	7556		Masters M - 40	15	00:00:00	00:00:04	01:04:51	01:55:38.95	01:55:38.95	+00:26:11 (22.6%)	5:30	10.9 (77.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start		Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
							Łądek 0.01km	B1 10.3km					
42	CHAMALA Krzysztof	7139	WEEGREE	Senior II M - 30	16	00:00:00	00:00:20	01:07:09	01:55:48.15	01:55:48.15	+00:26:20 (22.7%)	5:30	10.9 (77.3%)
43	MAKUCH Leszek	7864		Senior II M - 30	17	00:00:00	00:00:28	01:06:05	01:56:16.05	01:56:16.05	+00:26:48 (23.1%)	5:32	10.8 (76.6%)
44	ŻUREK Patryk	7982		Senior I M - 20	8	00:00:00	00:00:06	01:02:20	01:56:18.85	01:56:18.85	+00:26:51 (23.1%)	5:32	10.8 (76.6%)
45	ZANDECKI Maciej	7399		Weteran I M - 50	1	00:00:00	00:00:12	01:04:50	01:56:21.45	01:56:21.45	+00:26:53 (23.1%)	5:32	10.8 (76.6%)
46	FLOREK Paweł	7846	RUNADDICTS	Senior II M - 30	18	00:00:00	00:00:18	01:05:16	01:56:32.75	01:56:32.75	+00:27:04 (23.2%)	5:32	10.8 (76.6%)
47	SZAFRAŃSKI Jan	19	KOMPANIA PIWOWARSKA SA	Masters M - 40	16	00:00:00	00:00:23	01:07:12	01:56:56.70	01:56:56.70	+00:27:28 (23.5%)	5:34	10.8 (76.6%)
48	OSTASZEWSKI Michał	7075		Senior II M - 30	19	00:00:00	00:00:26	01:07:14	01:57:03.00	01:57:03.00	+00:27:35 (23.6%)	5:34	10.8 (76.6%)
49	NOWOTNY Piotr	7169	DRINKTEAM	Senior II M - 30	20	00:00:00	00:00:12	01:04:16	01:57:09.70	01:57:09.70	+00:27:41 (23.6%)	5:34	10.8 (76.6%)
50	KOLMAN Piotr	7823	ENDORFINA WSCHOWA	Masters M - 40	17	00:00:00	00:00:45	01:06:31	01:57:14.60	01:57:14.60	+00:27:46 (23.7%)	5:34	10.7 (75.9%)
51	LULIS Anna	7840	#SOBASTEAM	Masters K - 40	2	00:00:00	00:00:04	01:06:13	01:57:32.65	01:57:32.65	+00:28:04 (23.9%)	5:35	10.7 (75.9%)
52	BOSAKIEWICZ Tomasz	38		Senior II M - 30	21	00:00:00	00:00:14	01:06:04	01:57:50.25	01:57:50.25	+00:28:22 (24.1%)	5:36	10.7 (75.9%)
53	ŚLIWIŃSKI Paweł	7209	PKO BANK POLSKI	Senior II M - 30	22	00:00:00	00:00:24	01:07:11	01:58:13.50	01:58:13.50	+00:28:45 (24.3%)	5:37	10.7 (75.9%)
54	CIEPŁY Kamil	7282	140MINUT.PL / GARMIN WROCŁAW	Senior II M - 30	23	00:00:00	00:00:08	01:08:48	01:58:20.70	01:58:20.70	+00:28:52 (24.4%)	5:38	10.6 (75.2%)
55	MAJEWSKA Agata	7678		Masters K - 40	3	00:00:00	00:00:10	01:06:54	01:58:33.50	01:58:33.50	+00:29:05 (24.5%)	5:38	10.6 (75.2%)
56	KURASIK Tomasz Kurasik	7577		Masters M - 40	18	00:00:00	00:00:11	01:06:29	01:58:42.35	01:58:42.35	+00:29:14 (24.6%)	5:39	10.6 (75.2%)
57	BEDNAREK Bartłomiej	7116	MKS SIECHNICE	Senior II M - 30	24	00:00:00	00:01:56	01:08:56	01:59:17.85	01:59:17.85	+00:29:50 (25.0%)	5:40	10.6 (75.2%)
58	ROSKOSZ Michał	7161	KAC RUNNING TEAM	Masters M - 40	19	00:00:00	00:00:14	01:07:13	01:59:35.05	01:59:35.05	+00:30:07 (25.2%)	5:41	10.5 (74.5%)
59	BAŁYS Katarzyna	7912	HERCOG RUNNING TEAM	Senior II K - 30	4	00:00:00	00:00:05	01:08:00	01:59:44.10	01:59:44.10	+00:30:16 (25.3%)	5:42	10.5 (74.5%)
60	KUCHARSKI Robert	7693	ZAKOCHAJ SIĘ W BIEGANIU	Masters M - 40	20	00:00:00	00:00:01	01:06:56	01:59:49.90	01:59:49.90	+00:30:22 (25.3%)	5:42	10.5 (74.5%)
61	NOWORYTA Radosław	7031	ULTRA DIABŁY TEAM LUBRZA	Masters M - 40	21	00:00:00	00:00:07	01:06:09	02:00:15.90	02:00:15.90	+00:30:48 (25.6%)	5:43	10.5 (74.5%)
62	PAROL Piotr	7656		Senior I M - 20	9	00:00:00	00:01:03	01:07:15	02:00:25.50	02:00:25.50	+00:30:57 (25.7%)	5:44	10.5 (74.5%)
63	CHŁAD Aleksander	7941	EX TEAM	Senior II M - 30	25	00:00:00	00:00:13	01:09:33	02:01:56.95	02:01:56.95	+00:32:29 (26.6%)	5:48	10.3 (73.0%)
64	SUTKOWY Paweł	7847		Senior II M - 30	26	00:00:00	00:00:18	01:06:16	02:02:16.30	02:02:16.30	+00:32:48 (26.8%)	5:49	10.3 (73.0%)
65	FORTUNA Marcin	7815	ŚWISZCZĄCY ŁAŃCUCH/ANTOTEAM	Senior II M - 30	27	00:00:00	00:01:28	01:11:55	02:02:36.65	02:02:36.65	+00:33:08 (27.0%)	5:50	10.3 (73.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start		Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
							Lądek 0.01km	B1 10.3km					
66	GAJEWSKI Marek	7507	ADIDAS RUNNERS WARSAW	Senior II M - 30	28	00:00:00	00:00:09	01:09:17	02:02:57.65	02:02:57.65	+00:33:29 (27.2%)	5:51	10.2 (72.3%)
67	KORDALSKA Karolina	7424	NIGHT RUNNERS PYSKOWICE	Senior I K - 20	1	00:00:00	00:00:10	01:08:47	02:03:16.85	02:03:16.85	+00:33:49 (27.4%)	5:52	10.2 (72.3%)
68	FAROŃ Rafał	7954		Senior I M - 20	10	00:00:00	00:00:10	01:08:47	02:03:16.90	02:03:16.90	+00:33:49 (27.4%)	5:52	10.2 (72.3%)
69	WOSZEK Szymon	7811	WOSZKI	Senior I M - 20	11	00:00:00	00:00:02	01:09:09	02:03:20.10	02:03:20.10	+00:33:52 (27.5%)	5:52	10.2 (72.3%)
70	BRZESKI Szczepan	7567		Masters M - 40	22	00:00:00	00:01:05	01:10:07	02:03:27.35	02:03:27.35	+00:33:59 (27.5%)	5:52	10.2 (72.3%)
71	BAZYL Adam	7537	BREMBO	Senior II M - 30	29	00:00:00	00:00:19	01:11:45	02:03:33.40	02:03:33.40	+00:34:05 (27.6%)	5:53	10.2 (72.3%)
72	RĄCZKOWSKI Michał	7549	SZLACHETNA PACZKA	Senior I M - 20	12	00:00:00	00:03:21	01:13:16	02:03:52.00	02:03:52.00	+00:34:24 (27.8%)	5:53	10.2 (72.3%)
73	DORNIAK Jarosław	7322	PZU SPORT TEAM	Weteran I M - 50	2	00:00:00	00:00:07	01:10:26	02:04:52.50	02:04:52.50	+00:35:24 (28.4%)	5:56	10.1 (71.6%)
74	PAJOR Bartosz	7855	GVT	Senior II M - 30	30	00:00:00	00:00:28	01:09:42	02:04:54.80	02:04:54.80	+00:35:27 (28.4%)	5:56	10.1 (71.6%)
75	BROK Małgorzata	7364	RUNPASSION.PL TEAM	Masters K - 40	4	00:00:00	00:00:05	01:10:41	02:05:03.10	02:05:03.10	+00:35:35 (28.5%)	5:57	10.1 (71.6%)
76	KOŁECKA Patrycja	7501	PIĄTKOWO NA BIEGOWO	Masters K - 40	5	00:00:00	00:00:06	01:12:10	02:05:05.05	02:05:05.05	+00:35:37 (28.5%)	5:57	10.1 (71.6%)
77	BIERNAT Mateusz	7675		Senior II M - 30	31	00:00:00	00:00:28	01:11:46	02:05:08.85	02:05:08.85	+00:35:41 (28.5%)	5:57	10.1 (71.6%)
78	NOWIŃSKI Rafał	7013	ENDORFINA WSCHOWA	Masters M - 40	23	00:00:00	00:00:51	01:09:32	02:05:10.55	02:05:10.55	+00:35:42 (28.5%)	5:57	10.1 (71.6%)
79	BERGER Piotr	7561	RUNNERS TEAM NYSA	Masters M - 40	24	00:00:00	00:01:32	01:12:13	02:05:24.35	02:05:24.35	+00:35:56 (28.7%)	5:58	10 (70.9%)
80	DYKA Miłosz	7739	MATNER RUNNING TEAM	Senior I M - 20	13	00:00:00	00:00:36	01:14:00	02:05:27.45	02:05:27.45	+00:35:59 (28.7%)	5:58	10 (70.9%)
81	TOMASZKIEWICZ Wojciech	7434	RUNFOREST	Senior II M - 30	32	00:00:00	00:00:18	01:10:33	02:05:30.15	02:05:30.15	+00:36:02 (28.7%)	5:58	10 (70.9%)
82	LASEK Mikołaj	33	PAN WUEFISTA	Senior II M - 30	33	00:00:00	00:00:06	01:12:37	02:05:38.65	02:05:38.65	+00:36:10 (28.8%)	5:58	10 (70.9%)
83	OLESZOWSKI Marcin	7406		Senior II M - 30	34	00:00:00	00:00:28	01:09:11	02:05:43.75	02:05:43.75	+00:36:15 (28.8%)	5:59	10 (70.9%)
84	CHMIELEWSKI Tomasz	7461		Weteran I M - 50	3	00:00:00	00:00:25	01:08:30	02:06:17.55	02:06:17.55	+00:36:49 (29.2%)	6:00	10 (70.9%)
85	ŁABĘDŹ Mariusz	7218		Masters M - 40	25	00:00:00	00:00:07	01:10:44	02:06:19.75	02:06:19.75	+00:36:51 (29.2%)	6:00	10 (70.9%)
86	MÓLL Kacper	7291		Senior I M - 20	14	00:00:00	00:00:07	01:10:42	02:06:25.95	02:06:25.95	+00:36:58 (29.2%)	6:01	10 (70.9%)
87	SZAFRAŃSKI Dominik	7931	OBORNICKI KLUB LEKKOATLETYCZNY	Senior II M - 30	35	00:00:00	00:00:07	01:11:40	02:07:07.60	02:07:07.60	+00:37:39 (29.6%)	6:03	9.9 (70.2%)
88	ŁUSIAK Łukasz	7724		Senior II M - 30	36	00:00:00	00:00:04	01:10:12	02:07:13.95	02:07:13.95	+00:37:46 (29.7%)	6:03	9.9 (70.2%)
89	KĘDZIORA Norbert	45		Senior II M - 30	37	00:00:00	00:02:04	01:14:00	02:07:14.95	02:07:14.95	+00:37:47 (29.7%)	6:03	9.9 (70.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start		Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
							Lądek 0.01km	B1 10.3km					
90	BAHRANOWSKA-KILIAN Maria	7927	AZS AWF KRAKÓW MASTERS	Senior I K - 20	2	00:00:00	00:00:12	01:13:57	02:07:23.95	02:07:23.95	+00:37:56 (29.8%)	6:03	9.9 (70.2%)
91	MACIASZCZYK Marek	15		Masters M - 40	26	00:00:00	00:01:38	01:13:59	02:07:29.05	02:07:29.05	+00:38:01 (29.8%)	6:04	9.9 (70.2%)
92	WILK Łukasz	7848	RUNADDICTS	Senior II M - 30	38	00:00:00	00:00:19	01:11:14	02:07:29.65	02:07:29.65	+00:38:01 (29.8%)	6:04	9.9 (70.2%)
93	BIELSKI Seweryn	7801	MIRAZ RACE TEAM	Masters M - 40	27	00:00:00	00:00:22	01:11:04	02:07:33.90	02:07:33.90	+00:38:06 (29.9%)	6:04	9.9 (70.2%)
94	GURGUL Mateusz	7276	AROMAT NÓG	Senior II M - 30	39	00:00:00	00:00:08	01:11:54	02:07:56.90	02:07:56.90	+00:38:29 (30.1%)	6:05	9.8 (69.5%)
95	PAPROCKI Krzysztof	7971		Masters M - 40	28	00:00:00	00:01:00	01:14:53	02:08:21.80	02:08:21.80	+00:38:54 (30.3%)	6:06	9.8 (69.5%)
96	GAŁĘZYKA Rafał	7750	EUROVENT ATHLETICS	Masters M - 40	29	00:00:00	00:02:08	01:13:40	02:09:01.95	02:09:01.95	+00:39:34 (30.7%)	6:08	9.8 (69.5%)
97	KRAJEWSKI Marcin	7754	NOA	Senior II M - 30	40	00:00:00	00:00:06	01:13:41	02:09:16.95	02:09:16.95	+00:39:49 (30.8%)	6:09	9.7 (68.8%)
98	TKACZYK-CAŁKA Anna	7083	#ZALINIAMETYTEAM	Senior II K - 30	5	00:00:00	00:00:10	01:13:15	02:09:32.25	02:09:32.25	+00:40:04 (30.9%)	6:10	9.7 (68.8%)
99	PETA Rafał	7355		Masters M - 40	30	00:00:00	00:00:17	01:13:58	02:09:32.70	02:09:32.70	+00:40:04 (30.9%)	6:10	9.7 (68.8%)
100	SASIN Dominika	7615	ŻELAZNA ŚWIDNICA	Senior I K - 20	3	00:00:00	00:01:38	01:13:51	02:09:33.60	02:09:33.60	+00:40:05 (30.9%)	6:10	9.7 (68.8%)
101	RUSZCZEWSKI Andrzej	7267	VEGE RUNNERS / 140MINUT.PL	Senior II M - 30	41	00:00:00	00:01:57	01:18:57	02:09:35.55	02:09:35.55	+00:40:07 (31.0%)	6:10	9.7 (68.8%)
102	BRUVELE Liene	7568		Senior II K - 30	6	00:00:00	00:00:32	01:13:14	02:09:43.95	02:09:43.95	+00:40:16 (31.0%)	6:10	9.7 (68.8%)
103	PAWLAK Daniel	7505	LKS ISKRA JASZKOWA	Masters M - 40	31	00:00:00	00:00:37	01:12:49	02:09:46.55	02:09:46.55	+00:40:18 (31.1%)	6:10	9.7 (68.8%)
104	MARIN Alberto	7357		Senior II M - 30	42	00:00:00	00:02:11	01:17:12	02:09:55.50	02:09:55.50	+00:40:27 (31.1%)	6:11	9.7 (68.8%)
105	KLIMEK Marek	7154	ADIDAS RUNNERS WARSAW	Senior II M - 30	43	00:00:00	00:00:04	01:11:38	02:10:05.90	02:10:05.90	+00:40:38 (31.2%)	6:11	9.7 (68.8%)
106	KOKOTT Agnieszka	7095	140MINUT.PL	Senior II K - 30	7	00:00:00	00:00:24	01:14:01	02:10:07.50	02:10:07.50	+00:40:39 (31.2%)	6:11	9.7 (68.8%)
107	KRZEŚNIAK Natalia	7869	DREAM RUN	Senior I K - 20	4	00:00:00	00:00:15	01:15:17	02:10:29.85	02:10:29.85	+00:41:02 (31.4%)	6:12	9.7 (68.8%)
108	ROŚLICKI Jarosław	7504	DTR MARIO TEAM/UBEZPIECZENIA DLA AKTYWNYCH	Masters M - 40	32	00:00:00	00:00:14	01:14:53	02:10:32.00	02:10:32.00	+00:41:04 (31.5%)	6:12	9.7 (68.8%)
109	PIETRZYK Tomasz	7727	140MINUT.PL LANIE NA ŚLĘŻY	Masters M - 40	33	00:00:00	00:00:05	01:13:58	02:10:41.30	02:10:41.30	+00:41:13 (31.5%)	6:13	9.6 (68.1%)
110	KRZYSCIN Maciej	7854	STRUŚ KAŃKOLEWICE	Masters M - 40	34	00:00:00	00:00:08	01:11:44	02:10:48.60	02:10:48.60	+00:41:20 (31.6%)	6:13	9.6 (68.1%)
111	KIERSKI Piotr	7820	BLUSZCZA	Masters M - 40	35	00:00:00	00:00:15	01:14:02	02:10:50.55	02:10:50.55	+00:41:22 (31.6%)	6:13	9.6 (68.1%)
112	HELMECKI Marcin	3	PRO-RUN WROCŁAW	Senior I M - 20	15	00:00:00	00:00:53	01:18:58	02:11:24.40	02:11:24.40	+00:41:56 (31.9%)	6:15	9.6 (68.1%)
113	KWIKERT Adrian	7942		Senior II M - 30	44	00:00:00	00:00:27	01:12:45	02:11:25.60	02:11:25.60	+00:41:57 (31.9%)	6:15	9.6 (68.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start		Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
							Łądek 0.01km	B1 10.3km					
114	RUTA Dariusz	7919		Weteran I M - 50	4	00:00:00	00:00:25	01:08:13	02:11:32.20	02:11:32.20	+00:42:04 (32.0%)	6:15	9.6 (68.1%)
115	BABIŃSKA-POPIŁKA Ewelina	7943		Senior II K - 30	8	00:00:00	00:00:07	01:13:13	02:11:43.00	02:11:43.00	+00:42:15 (32.1%)	6:16	9.6 (68.1%)
116	ŻEHALUK Paweł	7630		Senior II M - 30	45	00:00:00	00:04:01	01:18:46	02:11:56.30	02:11:56.30	+00:42:28 (32.2%)	6:16	9.6 (68.1%)
117	KULCZYCKI Emanuel	7439	#SOBASTEAM	Senior II M - 30	46	00:00:00	00:00:36	01:14:48	02:12:11.35	02:12:11.35	+00:42:43 (32.3%)	6:17	9.5 (67.4%)
118	BOĆKO Ewa	7613		Masters K - 40	6	00:00:00	00:00:57	01:16:06	02:12:16.05	02:12:16.05	+00:42:48 (32.4%)	6:17	9.5 (67.4%)
119	MAZUR Jan	7682		Senior I M - 20	16	00:00:00	00:00:52	01:11:19	02:12:19.10	02:12:19.10	+00:42:51 (32.4%)	6:18	9.5 (67.4%)
120	PAŁAC Piotr	7684		Weteran I M - 50	5	00:00:00	00:00:24	01:14:58	02:12:21.05	02:12:21.05	+00:42:53 (32.4%)	6:18	9.5 (67.4%)
121	ISHCHUK Aliaksandr	7147		Senior II M - 30	47	00:00:00	00:00:50	01:09:06	02:12:32.55	02:12:32.55	+00:43:04 (32.5%)	6:18	9.5 (67.4%)
122	KOMAR Patryk	7871	KOMAR TEAM	Senior II M - 30	48	00:00:00	00:01:54	01:14:03	02:12:47.00	02:12:47.00	+00:43:19 (32.6%)	6:19	9.5 (67.4%)
123	HACUŚ Tomasz	7865		Masters M - 40	36	00:00:00	00:00:17	01:14:52	02:12:52.80	02:12:52.80	+00:43:25 (32.7%)	6:19	9.5 (67.4%)
124	ORDYŃSKA Anna	7818		Senior II K - 30	9	00:00:00	00:01:12	01:18:45	02:13:01.75	02:13:01.75	+00:43:33 (32.7%)	6:20	9.5 (67.4%)
125	SZLAMA Tomasz	7553	POLISH RUNNERS CLUB IRELAND	Masters M - 40	37	00:00:00	00:01:14	01:18:46	02:13:02.20	02:13:02.20	+00:43:34 (32.8%)	6:20	9.5 (67.4%)
126	MALCÁNKOVÁ Kateřina	7842		Senior I K - 20	5	00:00:00	00:00:06	01:15:12	02:13:02.50	02:13:02.50	+00:43:34 (32.8%)	6:20	9.5 (67.4%)
127	PĘKALA Kamila	7076	#BIEGAJZESLAWKIEM	Senior I K - 20	6	00:00:00	00:00:12	01:16:41	02:13:18.55	02:13:18.55	+00:43:50 (32.9%)	6:20	9.5 (67.4%)
128	MATYKIEWICZ Michał	7061	FOXFONNA RUNNERS	Masters M - 40	38	00:00:00	00:01:16	01:16:58	02:13:19.15	02:13:19.15	+00:43:51 (32.9%)	6:20	9.5 (67.4%)
129	GÓRNY Marcin	7351	WYBIEGAĆ MARZENIA TEAM	Senior II M - 30	49	00:00:00	00:00:22	01:15:19	02:13:24.70	02:13:24.70	+00:43:56 (32.9%)	6:21	9.4 (66.7%)
130	SZERMENT Eryk	7098	MAZURTEAM	Masters M - 40	39	00:00:00	00:00:23	01:16:06	02:13:27.25	02:13:27.25	+00:43:59 (33.0%)	6:21	9.4 (66.7%)
131	MÓLL Mateusz	7040	#SOBASTEAM	Senior II M - 30	50	00:00:00	00:00:05	01:10:41	02:13:53.35	02:13:53.35	+00:44:25 (33.2%)	6:22	9.4 (66.7%)
132	JÓŹWIAK Dorota	7800	MIRAZ RACE TEAM	Masters K - 40	7	00:00:00	00:00:21	01:16:05	02:14:28.45	02:14:28.45	+00:45:00 (33.5%)	6:24	9.4 (66.7%)
133	CZAPKA Norbert	7886	EURODENT	Weteran I M - 50	6	00:00:00	00:00:10	01:04:49	02:14:32.70	02:14:32.70	+00:45:04 (33.5%)	6:24	9.4 (66.7%)
134	IWANOW Hubert	7977		Senior II M - 30	51	00:00:00	00:03:04	01:17:26	02:14:37.55	02:14:37.55	+00:45:09 (33.5%)	6:24	9.4 (66.7%)
135	KOKOTT Marcin	7102	140MINUT.PL	Senior II M - 30	52	00:00:00	00:00:24	01:13:55	02:14:59.15	02:14:59.15	+00:45:31 (33.7%)	6:25	9.3 (66.0%)
136	BACHURSKI Tomasz	7064	140MINUT.PL	Masters M - 40	40	00:00:00	00:00:51	01:17:45	02:15:23.10	02:15:23.10	+00:45:55 (33.9%)	6:26	9.3 (66.0%)
137	SZYSZKO Stanisław	7995	12 WIELKOPOLSKA BRYGADA OBRONY TERYTORIALNEJ	Senior II M - 30	53	00:00:00	00:00:19	01:19:18	02:15:24.40	02:15:24.40	+00:45:56 (33.9%)	6:26	9.3 (66.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start		Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
							Lądek 0.01km	B1 10.3km					
138	SZYMAŃSKA Agnieszka	7975	BIEGOWY WARIAT RUNNING TEAM	Masters K - 40	8	00:00:00	00:01:04	01:20:08	02:15:25.25	02:15:25.25	+00:45:57 (33.9%)	6:26	9.3 (66.0%)
139	MACHOWIAK Adam	7412		Senior II M - 30	54	00:00:00	00:00:34	01:16:28	02:15:25.95	02:15:25.95	+00:45:58 (33.9%)	6:26	9.3 (66.0%)
140	JAROSŁAWSKI Marcin	7845		Masters M - 40	41	00:00:00	00:00:55	01:18:59	02:15:26.80	02:15:26.80	+00:45:59 (33.9%)	6:26	9.3 (66.0%)
141	DAKUS Mykola	7944		Masters M - 40	42	00:00:00	00:00:07	01:15:00	02:15:38.60	02:15:38.60	+00:46:10 (34.0%)	6:27	9.3 (66.0%)
142	PAWŁOWSKI Mirosław	7904	FIGHT-GYM STRONIE ŚLĄSKIE	Senior I M - 20	17	00:00:00	00:01:07	01:20:27	02:15:51.25	02:15:51.25	+00:46:23 (34.1%)	6:28	9.3 (66.0%)
143	KAWCZYŃSKI Piotr	7640	GUSTAW TEŻ BIEGA	Masters M - 40	43	00:00:00	00:00:05	01:18:16	02:15:58.25	02:15:58.25	+00:46:30 (34.2%)	6:28	9.3 (66.0%)
144	HARETSKI Aleksander	7141		Senior II M - 30	55	00:00:00	00:00:50	01:11:53	02:16:01.65	02:16:01.65	+00:46:33 (34.2%)	6:28	9.3 (66.0%)
145	PIASKOWSKI Artur	7896		Masters M - 40	44	00:00:00	00:00:24	01:17:11	02:16:24.35	02:16:24.35	+00:46:56 (34.4%)	6:29	9.2 (65.2%)
146	DZIUBAŁKA Adrian	1		Senior II M - 30	56	00:00:00	00:01:28	01:22:30	02:16:28.00	02:16:28.00	+00:47:00 (34.4%)	6:29	9.2 (65.2%)
147	MAJEWSKA Ewa	7853		Masters K - 40	9	00:00:00	00:00:18	01:17:57	02:16:41.45	02:16:41.45	+00:47:13 (34.6%)	6:30	9.2 (65.2%)
148	SZKLARCZYK Piotr	7751	BRACHTWO BIEGOWE BGK	Senior II M - 30	57	00:00:00	00:01:02	01:16:56	02:16:50.60	02:16:50.60	+00:47:22 (34.6%)	6:30	9.2 (65.2%)
149	MAJKA Eryk	7186	SYNANDOJCIEC	Senior I M - 20	18	00:00:00	00:00:28	01:15:56	02:16:51.75	02:16:51.75	+00:47:23 (34.6%)	6:31	9.2 (65.2%)
150	RZYHA Hubert	30	RUNNER`S POWER	Senior II M - 30	58	00:00:00	00:00:11	01:16:40	02:17:23.15	02:17:23.15	+00:47:55 (34.9%)	6:32	9.2 (65.2%)
151	HAWRYLAK Wojciech	7538	KS DŁUGOŁĘKA 2000	Senior I M - 20	19	00:00:00	00:02:30	01:20:34	02:17:34.95	02:17:34.95	+00:48:07 (35.0%)	6:33	9.2 (65.2%)
152	BUJAK Magdalena	7469	NIGHT RUNNERS PYSKOWICE	Senior II K - 30	10	00:00:00	00:00:10	01:16:28	02:17:43.60	02:17:43.60	+00:48:15 (35.0%)	6:33	9.1 (64.5%)
153	KONIK Diana	7819	G.O.A.T. TEAM MICHAŁOWICE	Senior I K - 20	7	00:00:00	00:00:16	01:20:00	02:18:01.25	02:18:01.25	+00:48:33 (35.2%)	6:34	9.1 (64.5%)
154	MUSIAŁKOWSKI Bartosz	7202		Masters M - 40	45	00:00:00	00:00:51	01:19:45	02:18:08.20	02:18:08.20	+00:48:40 (35.2%)	6:34	9.1 (64.5%)
155	KUCZYŃSKI Michał	7964	GT RAT	Senior II M - 30	59	00:00:00	00:01:12	01:16:52	02:18:13.15	02:18:13.15	+00:48:45 (35.3%)	6:34	9.1 (64.5%)
156	ŁUCZAK Maciej	7875	BANDA RYCHA	Masters M - 40	46	00:00:00	00:01:00	01:19:49	02:18:15.85	02:18:15.85	+00:48:48 (35.3%)	6:35	9.1 (64.5%)
157	ZIĘBA Paweł	7677		Senior I M - 20	20	00:00:00	00:00:11	01:16:40	02:18:16.95	02:18:16.95	+00:48:49 (35.3%)	6:35	9.1 (64.5%)
158	ŚLIWIŃSKI Kamil	7476	KLUCZBORSKA GRUPA SPACEROWA	Senior I M - 20	21	00:00:00	00:01:32	01:15:44	02:18:26.80	02:18:26.80	+00:48:59 (35.4%)	6:35	9.1 (64.5%)
159	AUGUSTYNIAK Jakub	7548	DTR BIEGA / MARIO TEAM	Masters M - 40	47	00:00:00	00:00:54	01:20:49	02:18:41.80	02:18:41.80	+00:49:14 (35.5%)	6:36	9.1 (64.5%)
160	KĘDZIORA Magdalena	7163		Senior I K - 20	8	00:00:00	00:00:10	01:19:47	02:18:59.65	02:18:59.65	+00:49:31 (35.6%)	6:37	9.1 (64.5%)
161	BALCERZAK Tomasz	7333		Masters M - 40	48	00:00:00	00:01:19	01:24:11	02:19:22.75	02:19:22.75	+00:49:54 (35.8%)	6:38	9 (63.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start		Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
							Łądek 0.01km	B1 10.3km					
162	BUINAUSKIENÉ Lina	17	BÉGIMO KLUBAS	Masters K - 40	10	00:00:00	00:00:10	01:18:43	02:19:27.40	02:19:27.40	+00:49:59 (35.8%)	6:38	9 (63.8%)
163	SZYMAŃSKI Hubert	7976	BIEGOWY WARIAT RUNNING TEAM	Masters M - 40	49	00:00:00	00:01:05	01:21:17	02:19:29.60	02:19:29.60	+00:50:01 (35.9%)	6:38	9 (63.8%)
164	KINASZCZUK Michał	7393		Senior II M - 30	60	00:00:00	00:01:29	01:18:55	02:19:31.70	02:19:31.70	+00:50:03 (35.9%)	6:38	9 (63.8%)
165	WÓJCIK Kamila	7999	STRONIE BIEGA	Masters K - 40	11	00:00:00	00:00:08	01:18:55	02:19:40.00	02:19:40.00	+00:50:12 (35.9%)	6:39	9 (63.8%)
166	WASILEWSKI Tomasz	7278	AROMAT NÓG	Masters M - 40	50	00:00:00	00:00:07	01:17:50	02:19:46.50	02:19:46.50	+00:50:18 (36.0%)	6:39	9 (63.8%)
167	KUNIK Iwona	7498	DZIKIE DZIKI GORZÓW	Senior II K - 30	11	00:00:00	00:00:04	01:15:43	02:19:46.90	02:19:46.90	+00:50:19 (36.0%)	6:39	9 (63.8%)
167	KUNIK Artur	7499	DZIKIE DZIKI GORZÓW	Masters M - 40	51	00:00:00	00:00:04	01:15:43	02:19:46.90	02:19:46.90	+00:50:19 (36.0%)	6:39	9 (63.8%)
169	MACIASZCZYK Sylwia	7358		Senior II K - 30	12	00:00:00	00:01:38	01:21:45	02:19:50.05	02:19:50.05	+00:50:22 (36.0%)	6:39	9 (63.8%)
170	KURZA Jakub	7371	ADRIAN DANILEWICZ GROUP	Senior II M - 30	61	00:00:00	00:03:14	01:20:50	02:19:56.15	02:19:56.15	+00:50:28 (36.1%)	6:39	9 (63.8%)
171	WOŹNIAK Janusz	7632	PORMAT JEDLICZE BIEGA	Weteran I M - 50	7	00:00:00	00:00:32	01:18:42	02:19:59.05	02:19:59.05	+00:50:31 (36.1%)	6:39	9 (63.8%)
172	BRYŃSKI Dariusz	7637		Weteran I M - 50	8	00:00:00	00:01:16	01:19:52	02:20:03.60	02:20:03.60	+00:50:35 (36.1%)	6:40	9 (63.8%)
173	BODNAR Paweł	7723		Senior II M - 30	62	00:00:00	00:01:36	01:20:56	02:20:05.15	02:20:05.15	+00:50:37 (36.1%)	6:40	9 (63.8%)
174	KORCZYŃSKI Łukasz	7492	BIEGOWA POGORZAŁA	Masters M - 40	52	00:00:00	00:01:56	01:25:49	02:20:09.65	02:20:09.65	+00:50:41 (36.2%)	6:40	9 (63.8%)
175	BIDAS Michał	7049		Senior II M - 30	63	00:00:00	00:02:16	01:20:33	02:20:10.35	02:20:10.35	+00:50:42 (36.2%)	6:40	9 (63.8%)
176	MRUK Paweł	7374	140MINUT.PL STARCON.COM.PL	Senior II M - 30	64	00:00:00	00:02:07	01:21:45	02:20:14.45	02:20:14.45	+00:50:46 (36.2%)	6:40	9 (63.8%)
177	SZCZYGIEŁ-SOMMER Ola	7858	GRUPA NOMAX	Senior II K - 30	13	00:00:00	00:00:05	01:17:10	02:20:24.55	02:20:24.55	+00:50:56 (36.3%)	6:41	9 (63.8%)
178	WRÓBLEWSKI Wojciech	7136		Senior II M - 30	65	00:00:00	00:01:35	01:18:56	02:20:37.75	02:20:37.75	+00:51:09 (36.4%)	6:41	9 (63.8%)
179	MALIGRANDA Mariusz	7797		Senior II M - 30	66	00:00:00	00:00:35	01:19:40	02:20:39.80	02:20:39.80	+00:51:12 (36.4%)	6:41	9 (63.8%)
180	SARNA Tomasz	7879		Masters M - 40	53	00:00:00	00:00:47	01:18:44	02:20:40.25	02:20:40.25	+00:51:12 (36.4%)	6:41	9 (63.8%)
181	PIJANOWSKI Paweł	7422		Masters M - 40	54	00:00:00	00:01:45	01:19:11	02:20:43.00	02:20:43.00	+00:51:15 (36.4%)	6:42	9 (63.8%)
182	HADUŁA Justyna	7726	CAŁA OLEŚNICA BIEGA	Masters K - 40	12	00:00:00	00:00:16	01:18:25	02:20:53.45	02:20:53.45	+00:51:25 (36.5%)	6:42	8.9 (63.1%)
183	MACIASZEK Andrzej	7617		Masters M - 40	55	00:00:00	00:00:52	01:22:02	02:20:58.80	02:20:58.80	+00:51:31 (36.5%)	6:42	8.9 (63.1%)
184	KORCZYŃSKA Agata	7696		Senior II K - 30	14	00:00:00	00:00:37	01:18:33	02:21:03.05	02:21:03.05	+00:51:35 (36.6%)	6:43	8.9 (63.1%)
185	ROGOCZ Maciej	7807	ROGASIE Z DOLINY ROZTOKI	Masters M - 40	56	00:00:00	00:01:34	01:20:29	02:21:05.55	02:21:05.55	+00:51:37 (36.6%)	6:43	8.9 (63.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start		Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
							Łądek 0.01km	B1 10.3km					
186	PETROVA Katarina	7888		Masters K - 40	13	00:00:00	00:00:06	01:16:27	02:21:06.20	02:21:06.20	+00:51:38 (36.6%)	6:43	8.9 (63.1%)
187	SAJEWICZ Piotr	7034	KASZANKA SPORTVEREIN	Senior II M - 30	67	00:00:00	00:00:29	01:18:58	02:21:18.70	02:21:18.70	+00:51:50 (36.7%)	6:43	8.9 (63.1%)
188	ANDRZEJCZAK Anna	7182	NKB CHYŻY NOWY TOMYŚL	Senior II K - 30	15	00:00:00	00:00:25	01:20:32	02:21:28.20	02:21:28.20	+00:52:00 (36.8%)	6:44	8.9 (63.1%)
189	KACZMAREK Beata	12		Senior II K - 30	16	00:00:00	00:02:07	01:24:44	02:21:35.40	02:21:35.40	+00:52:07 (36.8%)	6:44	8.9 (63.1%)
190	CIEKAŃSKI Michał	7967		Masters M - 40	57	00:00:00	00:01:05	01:20:27	02:22:05.25	02:22:05.25	+00:52:37 (37.0%)	6:45	8.9 (63.1%)
191	WIELGOSZ-MATUŁA Maria	7688		Senior I K - 20	9	00:00:00	00:00:44	01:19:39	02:22:18.90	02:22:18.90	+00:52:51 (37.1%)	6:46	8.9 (63.1%)
192	LIPIŃSKI Hubert	7771	KS KANAŁEK	Senior II M - 30	68	00:00:00	00:01:19	01:23:43	02:22:19.55	02:22:19.55	+00:52:51 (37.1%)	6:46	8.9 (63.1%)
193	STASZEWSKI Dariusz	7339	7.BKPOW	Senior II M - 30	69	00:00:00	00:00:20	01:20:06	02:22:23.50	02:22:23.50	+00:52:55 (37.2%)	6:46	8.8 (62.4%)
194	ŻUK Marzena	39		Senior II K - 30	17	00:00:00	00:00:12	01:20:20	02:22:23.85	02:22:23.85	+00:52:56 (37.2%)	6:46	8.8 (62.4%)
195	FLIS Mirosław	7235		Weteran I M - 50	9	00:00:00	00:02:06	01:19:54	02:22:40.35	02:22:40.35	+00:53:12 (37.3%)	6:47	8.8 (62.4%)
196	PLEWA Katarzyna	7251		Senior II K - 30	18	00:00:00	00:00:19	01:21:41	02:22:47.75	02:22:47.75	+00:53:19 (37.3%)	6:47	8.8 (62.4%)
197	MICHALEWSKI Paweł	7667		Senior II M - 30	70	00:00:00	00:00:22	01:22:30	02:22:55.95	02:22:55.95	+00:53:28 (37.4%)	6:48	8.8 (62.4%)
198	FRERIKS Jeroen	7686	LEIDEN ATLETIEK	Senior II M - 30	71	00:00:00	00:00:17	01:21:49	02:23:15.50	02:23:15.50	+00:53:47 (37.6%)	6:49	8.8 (62.4%)
199	BEDNARZ Marcin	7889	TEAM KURORT ŁĄDEK ZDRÓJ	Senior II M - 30	72	00:00:00	00:02:59	01:23:44	02:23:18.60	02:23:18.60	+00:53:50 (37.6%)	6:49	8.8 (62.4%)
200	MALIK Agnieszka	23	RNB TEAM POLANICA ZDRÓJ	Masters K - 40	14	00:00:00	00:00:08	01:21:15	02:23:20.70	02:23:20.70	+00:53:52 (37.6%)	6:49	8.8 (62.4%)
201	KĘDZIERSKI Michał	31		Senior II M - 30	73	00:00:00	00:00:24	01:21:46	02:23:24.35	02:23:24.35	+00:53:56 (37.6%)	6:49	8.8 (62.4%)
202	KUBIK Jarosław	7671	KOŁO BIEGA	Senior II M - 30	74	00:00:00	00:00:41	01:16:54	02:23:25.75	02:23:25.75	+00:53:57 (37.6%)	6:49	8.8 (62.4%)
203	KORZEC Michał	7702	MILHAUSE	Masters M - 40	58	00:00:00	00:02:26	01:24:51	02:23:27.05	02:23:27.05	+00:53:59 (37.6%)	6:49	8.8 (62.4%)
204	MIŚ Piotr	7056	DIEHL CONTROL RUNNING TEAM	Senior II M - 30	75	00:00:00	00:00:35	01:22:49	02:23:27.60	02:23:27.60	+00:53:59 (37.6%)	6:49	8.8 (62.4%)
205	GONSIOR Tomasz	7442		Senior II M - 30	76	00:00:00	00:03:20	01:23:24	02:23:33.30	02:23:33.30	+00:54:05 (37.7%)	6:50	8.8 (62.4%)
206	PAWZUN Bartosz	7544	ZRYW PARZYMIECHY	Senior II M - 30	77	00:00:00	00:00:58	01:21:57	02:23:39.70	02:23:39.70	+00:54:11 (37.7%)	6:50	8.8 (62.4%)
207	FARION Marcin	7928	THE FARIONS	Weteran I M - 50	10	00:00:00	00:00:14	01:19:59	02:23:52.65	02:23:52.65	+00:54:24 (37.8%)	6:51	8.8 (62.4%)
208	SUPIŃSKI Paweł	7718		Senior II M - 30	78	00:00:00	00:01:39	01:22:44	02:23:53.30	02:23:53.30	+00:54:25 (37.8%)	6:51	8.8 (62.4%)
209	SOWIŃSKA Aleksandra	7861		Senior I K - 20	10	00:00:00	00:01:57	01:24:06	02:23:57.30	02:23:57.30	+00:54:29 (37.9%)	6:51	8.8 (62.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start		Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
							Lądek 0.01km	B1 10.3km					
210	IZDEBSKI Tomasz	7747		Masters M - 40	59	00:00:00	00:00:58	01:21:59	02:23:58.80	02:23:58.80	+00:54:31 (37.9%)	6:51	8.8 (62.4%)
211	KWAŚNIOK Rafał	7135	NIGHT RUNNERS PYSKOWICE	Senior II M - 30	79	00:00:00	00:00:51	01:20:01	02:24:09.25	02:24:09.25	+00:54:41 (37.9%)	6:51	8.7 (61.7%)
212	STRONIEWSKI Jacek	7449	NR PYSKOWICE	Masters M - 40	60	00:00:00	00:00:42	01:19:41	02:24:10.10	02:24:10.10	+00:54:42 (37.9%)	6:51	8.7 (61.7%)
213	KAWCZYŃSKA Monika	7638	GUSTAW TEŻ BIEGA	Masters K - 40	15	00:00:00	00:00:18	01:20:47	02:24:11.15	02:24:11.15	+00:54:43 (38.0%)	6:51	8.7 (61.7%)
214	HELMECKI Dariusz	2	PRO-RUN WROCŁAW	Weteran I M - 50	11	00:00:00	00:02:24	01:28:30	02:24:25.20	02:24:25.20	+00:54:57 (38.1%)	6:52	8.7 (61.7%)
215	BEDNAREK Marcin	7295	MARATOŃCZYK POZNAŃ	Senior II M - 30	80	00:00:00	00:01:13	01:24:40	02:24:36.85	02:24:36.85	+00:55:09 (38.1%)	6:53	8.7 (61.7%)
216	URBANIAK Jan	7787	140MINUT.PL	Masters M - 40	61	00:00:00	00:01:36	01:23:21	02:24:45.00	02:24:45.00	+00:55:17 (38.2%)	6:53	8.7 (61.7%)
217	POLIWOZAK Patryk	7315		Senior II M - 30	81	00:00:00	00:01:25	01:20:07	02:25:27.00	02:25:27.00	+00:55:59 (38.5%)	6:55	8.7 (61.7%)
218	GOŁĄB Andrzej	7664	CAŁA OLEŚNICA BIEGA	Weteran I M - 50	12	00:00:00	00:00:16	01:21:42	02:25:38.40	02:25:38.40	+00:56:10 (38.6%)	6:56	8.7 (61.7%)
219	ŚWIĄTEK Łukasz	7644	GVT	Senior II M - 30	82	00:00:00	00:02:17	01:25:54	02:25:43.20	02:25:43.20	+00:56:15 (38.6%)	6:56	8.6 (61.0%)
220	SARNOT Szymon	46	#ZALINIĄMETY	Senior II M - 30	83	00:00:00	00:01:17	01:26:06	02:25:47.30	02:25:47.30	+00:56:19 (38.6%)	6:56	8.6 (61.0%)
221	ŚRODA Maciej	7396		Senior II M - 30	84	00:00:00	00:00:11	01:20:26	02:26:01.85	02:26:01.85	+00:56:34 (38.7%)	6:57	8.6 (61.0%)
222	GÓRSKI Michał	7532	ZALINIAMIETYTEAM	Senior II M - 30	85	00:00:00	00:02:49	01:24:39	02:26:02.25	02:26:02.25	+00:56:34 (38.7%)	6:57	8.6 (61.0%)
223	GOŁĘBIEWICZ Wojciech	7329	ŻARŁOKI	Senior I M - 20	22	00:00:00	00:02:54	01:27:51	02:26:13.75	02:26:13.75	+00:56:45 (38.8%)	6:57	8.6 (61.0%)
224	RUTKOWSKA Izabela	7318		Senior II K - 30	19	00:00:00	00:02:11	01:24:07	02:26:15.85	02:26:15.85	+00:56:48 (38.8%)	6:57	8.6 (61.0%)
225	CHUDY Ariel	7176	RUN TEAM RYDZYNA	Senior II M - 30	86	00:00:00	00:00:37	01:20:25	02:26:33.75	02:26:33.75	+00:57:05 (39.0%)	6:58	8.6 (61.0%)
226	KRZESIMOWSKI Damian	7057		Masters M - 40	62	00:00:00	00:00:40	01:23:04	02:26:36.10	02:26:36.10	+00:57:08 (39.0%)	6:58	8.6 (61.0%)
227	PIOTROWIAK Angelika	7809	GARMIN	Senior I K - 20	11	00:00:00	00:00:09	01:23:48	02:26:46.00	02:26:46.00	+00:57:18 (39.0%)	6:59	8.6 (61.0%)
228	JASIŃSKI Paweł	7804	APTENEO TEAM	Masters M - 40	63	00:00:00	00:01:40	01:23:02	02:27:16.60	02:27:16.60	+00:57:48 (39.3%)	7:00	8.6 (61.0%)
229	KOREWO Marcin	7493	WKURW_ TEAM	Masters M - 40	64	00:00:00	00:02:18	01:27:43	02:27:21.10	02:27:21.10	+00:57:53 (39.3%)	7:01	8.6 (61.0%)
230	ŁUKASIK Joanna	7826	MLKS „RAKOWICE"	Weteran K - 50	1	00:00:00	00:01:31	01:25:46	02:27:33.25	02:27:33.25	+00:58:05 (39.4%)	7:01	8.5 (60.3%)
231	BUGAŃSKI Damian	7778	CARBON SILESIA SPORT	Senior II M - 30	87	00:00:00	00:02:48	01:26:04	02:27:35.80	02:27:35.80	+00:58:08 (39.4%)	7:01	8.5 (60.3%)
232	FERENC Stanisław	7694	ZRYW PARZYMIECHY	Senior II M - 30	88	00:00:00	00:00:58	01:21:18	02:27:36.40	02:27:36.40	+00:58:08 (39.4%)	7:01	8.5 (60.3%)
233	SIWEK Grzegorz	7260	LANRUNS	Masters M - 40	65	00:00:00	00:00:31	01:21:44	02:27:45.10	02:27:45.10	+00:58:17 (39.5%)	7:02	8.5 (60.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start		Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
							Łądek 0.01km	B1 10.3km					
234	MIELNIK Krzysztof	7055	DC TRIATHLON TEAM	Senior II M - 30	89	00:00:00	00:00:35	01:25:07	02:27:48.00	02:27:48.00	+00:58:20 (39.5%)	7:02	8.5 (60.3%)
235	BURNETKO Michał	7196	HUTASY RUNNERS TEAM	Senior II M - 30	90	00:00:00	00:00:53	01:25:51	02:27:48.65	02:27:48.65	+00:58:20 (39.5%)	7:02	8.5 (60.3%)
236	PARZONKA Michał	7816	ŚWISZCZĄCY ŁAŃCUCH	Senior II M - 30	91	00:00:00	00:01:29	01:26:26	02:28:03.30	02:28:03.30	+00:58:35 (39.6%)	7:03	8.5 (60.3%)
237	GRZELAK Anna	7907	MARMUROWE DZIKI	Senior II K - 30	20	00:00:00	00:00:11	01:24:09	02:28:07.90	02:28:07.90	+00:58:40 (39.6%)	7:03	8.5 (60.3%)
238	RUSNARCZYK Michał	7349	KGHM ZG RUN	Senior II M - 30	92	00:00:00	00:01:15	01:22:00	02:28:09.85	02:28:09.85	+00:58:42 (39.6%)	7:03	8.5 (60.3%)
239	STACHOWIAK Kamil	7596	GRUPA OLX TEAM	Senior II M - 30	93	00:00:00	00:00:56	01:21:11	02:28:30.85	02:28:30.85	+00:59:03 (39.8%)	7:04	8.5 (60.3%)
240	STANULA Krzysztof	20	DOLNY ŚLĄSK	Masters M - 40	66	00:00:00	00:03:03	01:26:08	02:28:39.75	02:28:39.75	+00:59:11 (39.8%)	7:04	8.5 (60.3%)
241	PTASZEK Katarzyna	7305	TRENUJZNAMI.PL	Weteran K - 50	2	00:00:00	00:00:31	01:24:32	02:28:43.15	02:28:43.15	+00:59:15 (39.8%)	7:04	8.5 (60.3%)
242	NAKONECZNA Anna	7140		Masters K - 40	16	00:00:00	00:00:31	01:24:30	02:28:49.00	02:28:49.00	+00:59:21 (39.9%)	7:05	8.5 (60.3%)
243	SZYMAŃSKI Roman	7084	BUKOWSKI KLUB BIEGACZA	Weteran I M - 50	13	00:00:00	00:00:43	01:24:05	02:28:52.60	02:28:52.60	+00:59:24 (39.9%)	7:05	8.5 (60.3%)
244	DURCZEWSKA Daria	7828	PRO-RUN	Masters K - 40	17	00:00:00	00:02:16	01:29:08	02:28:53.55	02:28:53.55	+00:59:25 (39.9%)	7:05	8.5 (60.3%)
245	BOROWSKA-NAJDEREK Paulina	7917		Masters K - 40	18	00:00:00	00:00:54	01:24:41	02:28:57.10	02:28:57.10	+00:59:29 (39.9%)	7:05	8.5 (60.3%)
246	MADEJ Anna	7223	VEGE RUNNERS	Masters K - 40	19	00:00:00	00:00:31	01:25:53	02:28:59.15	02:28:59.15	+00:59:31 (40.0%)	7:05	8.5 (60.3%)
247	WILCZYŃSKA Beata	7280	#ZALINIAMETYTEAM	Senior II K - 30	21	00:00:00	00:01:08	01:24:44	02:29:00.65	02:29:00.65	+00:59:32 (40.0%)	7:05	8.5 (60.3%)
248	ŁUKASZEWSKI Michał	7279	#ZALINIAMETYTEAM	Senior II M - 30	94	00:00:00	00:01:08	01:24:43	02:29:00.80	02:29:00.80	+00:59:33 (40.0%)	7:05	8.5 (60.3%)
249	TOMKOWIAK Sławomir	7814		Senior II M - 30	95	00:00:00	00:02:33	01:28:01	02:29:01.40	02:29:01.40	+00:59:33 (40.0%)	7:05	8.5 (60.3%)
250	PYTA Adam	7990		Masters M - 40	67	00:00:00	00:01:21	01:29:22	02:29:12.10	02:29:12.10	+00:59:44 (40.0%)	7:06	8.4 (59.6%)
251	JAMROSZCZYK Przemysław	7127	TEAM PLESZEW	Masters M - 40	68	00:00:00	00:01:06	01:26:04	02:29:15.15	02:29:15.15	+00:59:47 (40.1%)	7:06	8.4 (59.6%)
252	OLEŚ-ZDECHLIK Beata	7953	MIRAZ RACE TEAM	Senior II K - 30	22	00:00:00	00:01:19	01:30:56	02:29:17.60	02:29:17.60	+00:59:49 (40.1%)	7:06	8.4 (59.6%)
253	ŁUSIAK Katarzyna	7725		Senior II K - 30	23	00:00:00	00:00:05	01:21:43	02:29:19.80	02:29:19.80	+00:59:52 (40.1%)	7:06	8.4 (59.6%)
254	BANACH Tomasz	7111		Weteran II M - 60	1	00:00:00	00:00:54	01:21:10	02:29:25.00	02:29:25.00	+00:59:57 (40.1%)	7:06	8.4 (59.6%)
255	OFFERT Eryk	7908	PIAST PONIEC	Senior I M - 20	23	00:00:00	00:02:00	01:29:40	02:29:25.55	02:29:25.55	+00:59:57 (40.1%)	7:06	8.4 (59.6%)
256	SKORUPSKI Szymon	7298	KURACJUSZE	Senior II M - 30	96	00:00:00	00:00:30	01:22:22	02:29:34.00	02:29:34.00	+01:00:06 (40.2%)	7:07	8.4 (59.6%)
257	RYCHLEWICZ Tomasz	7210		Senior II M - 30	97	00:00:00	00:00:55	01:23:53	02:29:40.95	02:29:40.95	+01:00:13 (40.2%)	7:07	8.4 (59.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start		Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
							Lądek 0.01km	B1 10.3km					
258	MICHALAK Kamil	7426	SZYNKARNIA	Senior II M - 30	98	00:00:00	00:01:21	01:21:49	02:29:43.95	02:29:43.95	+01:00:16 (40.3%)	7:07	8.4 (59.6%)
259	JANKOWSKI Krzysztof	7922		Senior II M - 30	99	00:00:00	00:01:36	01:25:50	02:29:54.60	02:29:54.60	+01:00:26 (40.3%)	7:08	8.4 (59.6%)
260	KOCIUBA Katarzyna	7465		Senior II K - 30	24	00:00:00	00:01:45	01:27:59	02:30:05.15	02:30:05.15	+01:00:37 (40.4%)	7:08	8.4 (59.6%)
261	MICHALAK-KLIMCZAK Lucyna	7415		Masters K - 40	20	00:00:00	00:01:20	01:25:48	02:30:18.90	02:30:18.90	+01:00:51 (40.5%)	7:09	8.4 (59.6%)
262	RADZIKOWSKI Grzegorz	7123		Masters M - 40	69	00:00:00	00:04:00	01:29:44	02:30:19.45	02:30:19.45	+01:00:51 (40.5%)	7:09	8.4 (59.6%)
263	TOMYŚLAK Magdalena	7618	TAKE CONTROL	Senior II K - 30	25	00:00:00	00:00:14	01:25:43	02:30:33.85	02:30:33.85	+01:01:06 (40.6%)	7:10	8.4 (59.6%)
264	MICHALAK Jacek	7831	OVIME RUN	Masters M - 40	70	00:00:00	00:03:38	01:28:03	02:30:33.90	02:30:33.90	+01:01:06 (40.6%)	7:10	8.4 (59.6%)
265	WAWRZY尼亚K Mariusz	7885		Masters M - 40	71	00:00:00	00:01:35	01:24:56	02:30:40.10	02:30:40.10	+01:01:12 (40.6%)	7:10	8.4 (59.6%)
266	LIPIŃSKI Bartosz	7769		Senior II M - 30	100	00:00:00	00:01:21	01:29:10	02:30:41.05	02:30:41.05	+01:01:13 (40.6%)	7:10	8.4 (59.6%)
267	NIKOLIN Przemysław	7895	KS OCZKO	Masters M - 40	72	00:00:00	00:00:53	01:25:28	02:30:55.75	02:30:55.75	+01:01:27 (40.7%)	7:11	8.3 (58.9%)
268	KRUPIŃSKI Zbigniew	7795	KOŁO BIEGA	Masters M - 40	73	00:00:00	00:01:03	01:26:34	02:30:56.15	02:30:56.15	+01:01:28 (40.7%)	7:11	8.3 (58.9%)
269	POPIEL Jan	7745		Masters M - 40	74	00:00:00	00:01:47	01:25:14	02:31:07.15	02:31:07.15	+01:01:39 (40.8%)	7:11	8.3 (58.9%)
270	MAKOWSKI Konrad	7627		Senior I M - 20	24	00:00:00	00:02:34	01:28:09	02:31:14.05	02:31:14.05	+01:01:46 (40.8%)	7:12	8.3 (58.9%)
271	JOPEK Tomasz	7579		Masters M - 40	75	00:00:00	00:03:15	01:29:41	02:31:22.75	02:31:22.75	+01:01:54 (40.9%)	7:12	8.3 (58.9%)
272	WAWRZYN Wiktor	7713		Senior II M - 30	101	00:00:00	00:01:49	01:27:54	02:31:34.25	02:31:34.25	+01:02:06 (41.0%)	7:13	8.3 (58.9%)
273	FÓRMAN Daniel	7277	PCH_RUN	Masters M - 40	76	00:00:00	00:00:09	01:24:42	02:31:34.35	02:31:34.35	+01:02:06 (41.0%)	7:13	8.3 (58.9%)
274	HENDEL Magda	7867	AZS AWF KRAKÓW MASTERS	Senior I K - 20	12	00:00:00	00:00:55	01:25:02	02:31:39.25	02:31:39.25	+01:02:11 (41.0%)	7:13	8.3 (58.9%)
275	JORDAN Robert	7290	TARNOWO PODGÓRNE BIEGA	Masters M - 40	77	00:00:00	00:00:26	01:25:34	02:31:40.75	02:31:40.75	+01:02:12 (41.0%)	7:13	8.3 (58.9%)
276	PRZYBYLAK Kasia	7281	#ZALINIAMETYTEAM	Senior I K - 20	13	00:00:00	00:01:09	01:26:35	02:31:42.15	02:31:42.15	+01:02:14 (41.0%)	7:13	8.3 (58.9%)
277	MACZYŃSKA Justyna	7772	BOX88	Senior II K - 30	26	00:00:00	00:01:54	01:28:12	02:31:44.20	02:31:44.20	+01:02:16 (41.0%)	7:13	8.3 (58.9%)
278	STRUCKA Aleksandra	7697	DOMDATA RUN TEAM	Senior II K - 30	27	00:00:00	00:00:22	01:24:38	02:31:54.85	02:31:54.85	+01:02:27 (41.1%)	7:14	8.3 (58.9%)
279	BUDZOWSKA Agnieszka	7337	ROZBIEGANE DOBCZYCE	Senior II K - 30	28	00:00:00	00:02:07	01:30:59	02:32:02.45	02:32:02.45	+01:02:34 (41.2%)	7:14	8.3 (58.9%)
280	SYNAK Katarzyna	7255	TGV CLUB	Masters K - 40	21	00:00:00	00:01:19	01:26:33	02:32:07.55	02:32:07.55	+01:02:39 (41.2%)	7:14	8.3 (58.9%)
281	KACZYŃSKI Tomasz	7002		Masters M - 40	78	00:00:00	00:03:07	01:25:42	02:32:18.55	02:32:18.55	+01:02:50 (41.3%)	7:15	8.3 (58.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start		Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
							Ładek 0.01km	B1 10.3km					
282	BANDUROWSKA Agnieszka	7514	KB WIKON NOWA SÓL	Masters K - 40	22	00:00:00	00:00:08	01:27:37	02:32:29.55	02:32:29.55	+01:03:01 (41.3%)	7:15	8.3 (58.9%)
283	KRAWCZYK Oskar	7085	KONKRET TEAM	Senior I M - 20	25	00:00:00	00:03:10	01:29:43	02:32:54.00	02:32:54.00	+01:03:26 (41.5%)	7:16	8.2 (58.2%)
284	DROZD Michał	7458	EXTREME CLUB RABKA-ZDROJ	Masters M - 40	79	00:00:00	00:00:20	01:19:10	02:33:05.30	02:33:05.30	+01:03:37 (41.6%)	7:17	8.2 (58.2%)
285	KŁOSIŃSKI Jarosław	7714		Weteran II M - 60	2	00:00:00	00:02:11	01:32:41	02:33:08.35	02:33:08.35	+01:03:40 (41.6%)	7:17	8.2 (58.2%)
286	KLUZA Piotr	7405	WKTJ	Weteran I M - 50	14	00:00:00	00:01:11	01:27:39	02:33:11.80	02:33:11.80	+01:03:44 (41.6%)	7:17	8.2 (58.2%)
287	KAROLEWSKI Maciej	7033	KROTOSZYŃSKA GRUPA BIEGOWA	Senior II M - 30	102	00:00:00	00:02:07	01:27:43	02:33:13.15	02:33:13.15	+01:03:45 (41.6%)	7:17	8.2 (58.2%)
288	KOCOŁ Tomasz	7649		Masters M - 40	80	00:00:00	00:01:41	01:29:41	02:33:13.95	02:33:13.95	+01:03:46 (41.6%)	7:17	8.2 (58.2%)
289	NOWICKI Bartosz	7263		Masters M - 40	81	00:00:00	00:01:06	01:26:02	02:33:21.05	02:33:21.05	+01:03:53 (41.7%)	7:18	8.2 (58.2%)
290	SKROBAŃSKA Laura	7421	KANTOR RUNNING TEAM, SKROBKITEAM	Senior I K - 20	14	00:00:00	00:00:31	01:28:07	02:33:43.25	02:33:43.25	+01:04:15 (41.8%)	7:19	8.2 (58.2%)
291	PITERA Paweł	7783		Senior II M - 30	103	00:00:00	00:00:56	01:26:17	02:33:44.15	02:33:44.15	+01:04:16 (41.8%)	7:19	8.2 (58.2%)
292	PITERA Anna	7784		Senior II K - 30	29	00:00:00	00:00:56	01:26:23	02:33:44.50	02:33:44.50	+01:04:16 (41.8%)	7:19	8.2 (58.2%)
293	MALOTTA Konrad	7527	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	Senior II M - 30	104	00:00:00	00:01:25	01:32:04	02:33:45.65	02:33:45.65	+01:04:17 (41.8%)	7:19	8.2 (58.2%)
294	GRZYB Kazimierz	7487	LOS PANTALONES ROJOS	Weteran I M - 50	15	00:00:00	00:02:05	01:36:21	02:33:46.05	02:33:46.05	+01:04:18 (41.8%)	7:19	8.2 (58.2%)
295	PONIATOWSKI Krzysztof	7490		Masters M - 40	82	00:00:00	00:01:46	01:29:03	02:33:56.25	02:33:56.25	+01:04:28 (41.9%)	7:19	8.2 (58.2%)
296	ZALEWSKI Karol	7093		Senior II M - 30	105	00:00:00	00:02:43	01:29:16	02:34:02.60	02:34:02.60	+01:04:34 (41.9%)	7:20	8.2 (58.2%)
297	LUBELCZYK Grzegorz	7160	SPELEOCLUB WROCŁAW	Weteran I M - 50	16	00:00:00	00:03:28	01:32:42	02:34:02.95	02:34:02.95	+01:04:35 (41.9%)	7:20	8.2 (58.2%)
298	KOZŁEWSKA Beata	7089	GÓRYLASY	Weteran K - 50	3	00:00:00	00:00:35	01:27:01	02:34:07.25	02:34:07.25	+01:04:39 (42.0%)	7:20	8.2 (58.2%)
299	JAMRÓZ Karina	7776	KARKONOSZ RUNNING TEAM	Masters K - 40	23	00:00:00	00:20:39	01:38:46	02:34:10.85	02:34:10.85	+01:04:43 (42.0%)	7:20	8.2 (58.2%)
300	BRUSŁOWICZ Dagmara	7225		Masters K - 40	24	00:00:00	00:00:24	01:24:50	02:34:15.75	02:34:15.75	+01:04:47 (42.0%)	7:20	8.2 (58.2%)
301	STASIAK Łukasz	7699		Senior II M - 30	106	00:00:00	00:01:22	01:27:07	02:34:34.45	02:34:34.45	+01:05:06 (42.1%)	7:21	8.2 (58.2%)
302	MORAWSKI Wojciech	7078		Senior II M - 30	107	00:00:00	00:03:10	01:32:06	02:34:35.55	02:34:35.55	+01:05:07 (42.1%)	7:21	8.2 (58.2%)
303	SKRZYPCZAK Hanna	7207		Weteran K - 50	4	00:00:00	00:00:06	01:27:00	02:34:36.45	02:34:36.45	+01:05:08 (42.1%)	7:21	8.2 (58.2%)
304	MILASZEWSKI Przemek	7734	AMBRA PL	Senior II M - 30	108	00:00:00	00:00:08	01:27:52	02:34:40.25	02:34:40.25	+01:05:12 (42.2%)	7:21	8.1 (57.4%)
305	SZÓSTAK Krzysztof	7382	KB HARCOWNIK JELCZ-LASKOWICE	Weteran II M - 60	3	00:00:00	00:01:41	01:30:56	02:34:49.15	02:34:49.15	+01:05:21 (42.2%)	7:22	8.1 (57.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start		Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
							Łądek 0.01km	B1 10.3km					
306	REJEWSKA Eliza	7003		Masters K - 40	25	00:00:00	00:03:14	01:30:20	02:34:53.65	02:34:53.65	+01:05:25 (42.2%)	7:22	8.1 (57.4%)
307	KUCHCIŃSKI Bartosz	7118	STRASZYN BIEGA	Masters M - 40	83	00:00:00	00:01:08	01:26:25	02:34:57.00	02:34:57.00	+01:05:29 (42.3%)	7:22	8.1 (57.4%)
308	ZALEWSKI Radosław	7006		Senior II M - 30	109	00:00:00	00:00:37	01:27:44	02:35:00.25	02:35:00.25	+01:05:32 (42.3%)	7:22	8.1 (57.4%)
309	KRÓLEWICZ Ewa	7462		Senior II K - 30	30	00:00:00	00:00:15	01:26:00	02:35:25.00	02:35:25.00	+01:05:57 (42.4%)	7:24	8.1 (57.4%)
310	PATROŃSKA Magdalena	7091	ŻARŁOKI	Senior I K - 20	15	00:00:00	00:02:54	01:33:22	02:35:29.95	02:35:29.95	+01:06:02 (42.5%)	7:24	8.1 (57.4%)
311	RYBKOWSKA Ewa	7775		Senior II K - 30	31	00:00:00	00:01:30	01:32:10	02:35:32.95	02:35:32.95	+01:06:05 (42.5%)	7:24	8.1 (57.4%)
312	KOSTOWSKI Roman	7625		Senior II M - 30	110	00:00:00	00:01:58	01:26:33	02:35:35.15	02:35:35.15	+01:06:07 (42.5%)	7:24	8.1 (57.4%)
313	ABULEWICZ Wojciech	7753	TRENING STUDIO 17	Weteran I M - 50	17	00:00:00	00:02:38	01:27:58	02:35:38.45	02:35:38.45	+01:06:10 (42.5%)	7:24	8.1 (57.4%)
314	ZAPAŁA Katarzyna	7082	KONKRET TEAM	Senior I K - 20	16	00:00:00	00:03:09	01:32:23	02:35:41.10	02:35:41.10	+01:06:13 (42.5%)	7:24	8.1 (57.4%)
315	KAMIŃSKA Ewelina	7825	BIEGAJĄCE KREJZOLE	Masters K - 40	26	00:00:00	00:00:37	01:27:50	02:35:45.80	02:35:45.80	+01:06:18 (42.6%)	7:25	8.1 (57.4%)
316	GAJDA Maria	7887		Senior II K - 30	32	00:00:00	00:00:12	01:27:53	02:35:47.60	02:35:47.60	+01:06:19 (42.6%)	7:25	8.1 (57.4%)
317	BĄTRUK Hubert	7529		Senior II M - 30	111	00:00:00	00:00:43	01:26:50	02:35:51.65	02:35:51.65	+01:06:23 (42.6%)	7:25	8.1 (57.4%)
318	TROJNAR Daniel	7762		Senior II M - 30	112	00:00:00	00:01:53	01:27:49	02:35:54.95	02:35:54.95	+01:06:27 (42.6%)	7:25	8.1 (57.4%)
319	MILCZAREK Kinga	7836		Senior II K - 30	33	00:00:00	00:01:30	01:26:07	02:36:04.45	02:36:04.45	+01:06:36 (42.7%)	7:25	8.1 (57.4%)
320	SEFTLEBEN Mirosława	7386		Senior II K - 30	34	00:00:00	00:01:07	01:28:08	02:36:07.80	02:36:07.80	+01:06:40 (42.7%)	7:26	8.1 (57.4%)
321	MAJCHRZYCKI Sławomir	7916	TKKF MPK POZNAŃ	Senior II M - 30	113	00:00:00	00:02:04	01:30:58	02:36:11.85	02:36:11.85	+01:06:44 (42.7%)	7:26	8.1 (57.4%)
322	OCHEJ Joanna	7495	APTENEO RUNNING TEAM	Senior II K - 30	35	00:00:00	00:01:40	01:29:38	02:36:25.75	02:36:25.75	+01:06:57 (42.8%)	7:26	8.1 (57.4%)
323	HEYMANN Małgorzata	7600	GRUPA BIEGOWA ENERGY KACZORY	Senior II K - 30	36	00:00:00	00:01:17	01:31:02	02:36:27.45	02:36:27.45	+01:06:59 (42.8%)	7:27	8.1 (57.4%)
324	CHRAMĘGA Krystian	7612	KONKRET TEAM	Senior I M - 20	26	00:00:00	00:03:08	01:25:51	02:36:31.35	02:36:31.35	+01:07:03 (42.8%)	7:27	8.1 (57.4%)
325	SOWIŃSKI Konrad	7862		Senior II M - 30	114	00:00:00	00:01:58	01:24:35	02:36:36.60	02:36:36.60	+01:07:08 (42.9%)	7:27	8 (56.7%)
326	CIEMNY Wojciech	7441	NIGHT RUNNERS PYSKOWICE	Masters M - 40	84	00:00:00	00:00:51	01:27:55	02:36:40.80	02:36:40.80	+01:07:13 (42.9%)	7:27	8 (56.7%)
327	GRYGIEL Leszek	7222	AWL WROCŁAW	Weteran I M - 50	18	00:00:00	00:00:26	01:21:31	02:36:52.65	02:36:52.65	+01:07:24 (43.0%)	7:28	8 (56.7%)
328	TRZECIAK Tomasz	7271		Masters M - 40	85	00:00:00	00:00:30	01:25:58	02:36:56.10	02:36:56.10	+01:07:28 (43.0%)	7:28	8 (56.7%)
329	KLOZA Iwona	7453	NIGHT RUNNERS PYSKOWICE	Masters K - 40	27	00:00:00	00:00:48	01:29:05	02:36:58.75	02:36:58.75	+01:07:30 (43.0%)	7:28	8 (56.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start		Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
							Łądek 0.01km	B1 10.3km					
330	KUTKA Krzysztof	7827		Masters M - 40	86	00:00:00	00:00:09	01:25:40	02:36:59.55	02:36:59.55	+01:07:31 (43.0%)	7:28	8 (56.7%)
331	SMALEC Dominika	7423	MOCNA GRUPA CEZARA/SBRT WROCŁAW	Senior I K - 20	17	00:00:00	00:01:02	01:30:18	02:37:01.60	02:37:01.60	+01:07:33 (43.0%)	7:28	8 (56.7%)
332	TURAJ-KACZYŃSKA Małgorzata	7211	GUSTAW TEŻ BIEGA	Masters K - 40	28	00:00:00	00:00:17	01:28:05	02:37:15.35	02:37:15.35	+01:07:47 (43.1%)	7:29	8 (56.7%)
333	POŹNIAK Marcin	7107	NIGHT RUNNERS PYSKOWICE	Senior II M - 30	115	00:00:00	00:00:46	01:29:07	02:37:28.50	02:37:28.50	+01:08:00 (43.2%)	7:29	8 (56.7%)
334	ZIOMBKA Kuba	7025		Masters M - 40	87	00:00:00	00:01:09	01:27:38	02:37:29.25	02:37:29.25	+01:08:01 (43.2%)	7:29	8 (56.7%)
335	HACZ Marta	7877		Senior II K - 30	37	00:00:00	00:00:49	01:27:17	02:37:34.70	02:37:34.70	+01:08:06 (43.2%)	7:30	8 (56.7%)
336	WÓJCICKI Adam	7863		Senior II M - 30	116	00:00:00	00:01:22	01:31:08	02:37:42.75	02:37:42.75	+01:08:14 (43.3%)	7:30	8 (56.7%)
337	WALKOWIAK Damian	7838	#BIEGAJLESZNO	Senior II M - 30	117	00:00:00	00:00:45	01:30:34	02:37:47.60	02:37:47.60	+01:08:19 (43.3%)	7:30	8 (56.7%)
338	WIŚNIEWSKA Anna	7560		Senior II K - 30	38	00:00:00	00:01:39	01:30:44	02:37:56.90	02:37:56.90	+01:08:29 (43.4%)	7:31	8 (56.7%)
339	CZELNY Tomasz	7014	SMASHING PĄPKINS	Masters M - 40	88	00:00:00	00:01:13	01:27:41	02:38:06.75	02:38:06.75	+01:08:38 (43.4%)	7:31	8 (56.7%)
340	SENDER Jakub	7833	BW RUNNING TEAM	Senior II M - 30	118	00:00:00	00:01:09	01:33:09	02:38:15.35	02:38:15.35	+01:08:47 (43.5%)	7:32	8 (56.7%)
341	PAWLIK Katarzyna	7874		Masters K - 40	29	00:00:00	00:00:05	01:29:13	02:38:15.75	02:38:15.75	+01:08:47 (43.5%)	7:32	8 (56.7%)
342	HEFFNER Jakub	7320		Senior II M - 30	119	00:00:00	00:00:58	01:30:33	02:38:18.50	02:38:18.50	+01:08:50 (43.5%)	7:32	8 (56.7%)
343	KOT Wojciech	7550		Senior I M - 20	27	00:00:00	00:03:34	01:32:43	02:38:22.35	02:38:22.35	+01:08:54 (43.5%)	7:32	8 (56.7%)
344	ŁUKASZEK Marek	7068	ŁUKASZKI TEAM	Senior II M - 30	120	00:00:00	00:00:42	01:29:39	02:38:41.60	02:38:41.60	+01:09:13 (43.6%)	7:33	7.9 (56.0%)
345	SZUMIŃSKI Artur	7915		Masters M - 40	89	00:00:00	00:00:11	01:19:48	02:38:44.30	02:38:44.30	+01:09:16 (43.6%)	7:33	7.9 (56.0%)
346	ANDRZEJCZAK Łukasz	7200	NKB CHYŻY NOWY TOMYŚL	Senior II M - 30	121	00:00:00	00:01:17	01:31:33	02:38:52.25	02:38:52.25	+01:09:24 (43.7%)	7:33	7.9 (56.0%)
347	ZAWIDZKI Jarosław	7932		Senior II M - 30	122	00:00:00	00:00:21	01:23:28	02:39:08.15	02:39:08.15	+01:09:40 (43.8%)	7:34	7.9 (56.0%)
348	SYDORCZYK Magdalena	7447	ENDORFINA WSCHOWA ŚLĘZAK TEAM	Masters K - 40	30	00:00:00	00:00:50	01:29:33	02:39:14.70	02:39:14.70	+01:09:46 (43.8%)	7:34	7.9 (56.0%)
349	KRZYKWA Artur	7595		Weteran I M - 50	19	00:00:00	00:02:37	01:33:30	02:39:17.00	02:39:17.00	+01:09:49 (43.8%)	7:35	7.9 (56.0%)
350	PÖPKE Anna	7939	RUNDOMSKO	Senior II K - 30	39	00:00:00	00:03:27	01:33:56	02:39:24.95	02:39:24.95	+01:09:57 (43.9%)	7:35	7.9 (56.0%)
351	PILARSKA Olga	7635	GUSTAW TEŻ BIEGA	Senior II K - 30	40	00:00:00	00:00:17	01:25:38	02:39:25.70	02:39:25.70	+01:09:57 (43.9%)	7:35	7.9 (56.0%)
352	KOŁODKO Natalia	7420	TP BIEGA	Masters K - 40	31	00:00:00	00:00:26	01:30:47	02:39:29.60	02:39:29.60	+01:10:01 (43.9%)	7:35	7.9 (56.0%)
353	WALENCIAK Michał	7609	TARNOWO PODGÓRNE BIEGA	Masters M - 40	90	00:00:00	00:00:27	01:30:47	02:39:30.95	02:39:30.95	+01:10:03 (43.9%)	7:35	7.9 (56.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start		Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
							Łądek 0.01km	B1 10.3km					
354	NOGANOWICZ Agata	7497	PRO-RUN WROCŁAW	Weteran K - 50	5	00:00:00	00:02:20	01:33:16	02:39:43.35	02:39:43.35	+01:10:15 (44.0%)	7:36	7.9 (56.0%)
355	PILICH-ZAREMBA Magdalena	47		Masters K - 40	32	00:00:00	00:01:32	01:32:20	02:40:00.10	02:40:00.10	+01:10:32 (44.1%)	7:37	7.9 (56.0%)
356	KRUPIŃSKI Mateusz	7361		Senior II M - 30	123	00:00:00	00:01:21	01:26:02	02:40:01.30	02:40:01.30	+01:10:33 (44.1%)	7:37	7.9 (56.0%)
357	WISZNIEWICZ Piotr	4	BANA DZIEWIONA	Senior II M - 30	124	00:00:00	00:03:36	01:32:19	02:40:12.70	02:40:12.70	+01:10:44 (44.2%)	7:37	7.9 (56.0%)
358	LUBAŃSKA Alicja	7526		Weteran K - 50	6	00:00:00	00:00:42	01:29:15	02:40:13.05	02:40:13.05	+01:10:45 (44.2%)	7:37	7.9 (56.0%)
359	ŁYCZEK Rafał	7376	JA I MÓJ BRZUCH	Senior II M - 30	125	00:00:00	00:01:02	01:28:00	02:40:19.85	02:40:19.85	+01:10:52 (44.2%)	7:38	7.9 (56.0%)
360	KUBACKA Irena	7666	BEBS SPORT CLUB	Senior II K - 30	41	00:00:00	00:00:14	01:27:42	02:40:20.95	02:40:20.95	+01:10:53 (44.2%)	7:38	7.9 (56.0%)
361	JAWORSKI Jarosław	7558	BIEGOWY ZDRÓJ	Senior II M - 30	126	00:00:00	00:03:17	01:36:58	02:40:28.95	02:40:28.95	+01:11:01 (44.3%)	7:38	7.9 (56.0%)
362	KOROŃSKI Tadeusz	7250	PARKRUN POZNAŃ	Weteran I M - 50	20	00:00:00	00:03:39	01:36:20	02:40:29.20	02:40:29.20	+01:11:01 (44.3%)	7:38	7.9 (56.0%)
363	MIELNIK Karol	7248		Senior II M - 30	127	00:00:00	00:02:52	01:32:22	02:40:42.60	02:40:42.60	+01:11:14 (44.3%)	7:39	7.8 (55.3%)
364	SZTUKA Monika	7046	WIELUŃ BIEGA	Senior I K - 20	18	00:00:00	00:01:30	01:28:08	02:40:47.50	02:40:47.50	+01:11:19 (44.4%)	7:39	7.8 (55.3%)
365	ŚLIWIŃSKI Paweł	7597		Senior II M - 30	128	00:00:00	00:02:09	01:37:48	02:41:07.95	02:41:07.95	+01:11:40 (44.5%)	7:40	7.8 (55.3%)
366	JANKOWIAK Paulina	7518		Masters K - 40	33	00:00:00	00:01:15	01:32:39	02:41:17.65	02:41:17.65	+01:11:49 (44.5%)	7:40	7.8 (55.3%)
367	GOŁOFIT Piotr	7720	PRO-RUN WROCŁAW	Senior II M - 30	129	00:00:00	00:03:17	01:33:40	02:41:17.75	02:41:17.75	+01:11:49 (44.5%)	7:40	7.8 (55.3%)
368	KOWAL Agata	7562	WIELUŃ BIEGA	Masters K - 40	34	00:00:00	00:01:31	01:31:44	02:41:26.60	02:41:26.60	+01:11:58 (44.6%)	7:41	7.8 (55.3%)
369	MOSKWA Martyna	7512	MASZ PRZEBIEGANE	Senior I K - 20	19	00:00:00	00:00:36	01:33:13	02:41:31.80	02:41:31.80	+01:12:04 (44.6%)	7:41	7.8 (55.3%)
370	TOMCZAK Tomasz	7918	NARAMOWICE BIEGAJĄ	Masters M - 40	91	00:00:00	00:02:30	01:32:26	02:41:38.95	02:41:38.95	+01:12:11 (44.7%)	7:41	7.8 (55.3%)
371	KĘDZIOR Bartłomiej	7653		Masters M - 40	92	00:00:00	00:03:42	01:29:37	02:41:41.45	02:41:41.45	+01:12:13 (44.7%)	7:41	7.8 (55.3%)
372	RADLAK Marcin	6		Senior II M - 30	130	00:00:00	00:00:30	01:24:10	02:41:46.50	02:41:46.50	+01:12:18 (44.7%)	7:42	7.8 (55.3%)
373	KROSZKA Krzysztof	7231		Weteran I M - 50	21	00:00:00	00:00:39	01:31:30	02:41:48.30	02:41:48.30	+01:12:20 (44.7%)	7:42	7.8 (55.3%)
374	PRZYBYLSKA Ewelina	7446	ENDORFINA WSCHOWA	Masters K - 40	35	00:00:00	00:00:51	01:33:13	02:41:52.45	02:41:52.45	+01:12:24 (44.7%)	7:42	7.8 (55.3%)
375	SMUSZ Grzegorz	7832		Masters M - 40	93	00:00:00	00:01:09	01:25:59	02:42:16.25	02:42:16.25	+01:12:48 (44.9%)	7:43	7.8 (55.3%)
376	ZABOROWSKI Kamil	7059	ZALINIAMETY	Senior II M - 30	131	00:00:00	00:01:23	01:30:45	02:42:17.25	02:42:17.25	+01:12:49 (44.9%)	7:43	7.8 (55.3%)
377	JASKÓLSKA Joanna	7391	ZWIADOWCY	Masters K - 40	36	00:00:00	00:01:41	01:33:24	02:42:24.40	02:42:24.40	+01:12:56 (44.9%)	7:44	7.8 (55.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start		Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
							Łądek 0.01km	B1 10.3km					
378	ŁAGOWSKI Dariusz	7153	TKKF MPK POZNAŃ	Masters M - 40	94	00:00:00	00:04:10	01:36:13	02:42:28.75	02:42:28.75	+01:13:00 (44.9%)	7:44	7.8 (55.3%)
379	OWSIŃSKI Krzysztof	7530		Senior II M - 30	132	00:00:00	00:03:11	01:41:04	02:42:32.45	02:42:32.45	+01:13:04 (45.0%)	7:44	7.8 (55.3%)
380	RADCZAK Marcin	7563		Masters M - 40	95	00:00:00	00:00:13	01:33:05	02:42:41.80	02:42:41.80	+01:13:14 (45.0%)	7:44	7.7 (54.6%)
381	MICHAŁOWSKI Piotr	7010		Senior II M - 30	133	00:00:00	00:03:33	01:37:51	02:42:45.45	02:42:45.45	+01:13:17 (45.0%)	7:45	7.7 (54.6%)
382	ILNICKA Monika	7238	WIECZORNE BIEGANIE W OPOLU	Senior II K - 30	42	00:00:00	00:02:53	01:38:53	02:42:47.15	02:42:47.15	+01:13:19 (45.0%)	7:45	7.7 (54.6%)
383	ZAMIATOWSKA Kinga	7738		Masters K - 40	37	00:00:00	00:00:20	01:29:22	02:42:52.20	02:42:52.20	+01:13:24 (45.1%)	7:45	7.7 (54.6%)
384	SARNA Jolanta	7878		Masters K - 40	38	00:00:00	00:00:48	01:30:13	02:43:07.80	02:43:07.80	+01:13:40 (45.2%)	7:46	7.7 (54.6%)
385	DZIARNOWSKA Magda	7710	MECHANIKA ZDROWIA	Senior II K - 30	43	00:00:00	00:00:16	01:32:03	02:43:16.05	02:43:16.05	+01:13:48 (45.2%)	7:46	7.7 (54.6%)
386	ŁUĆ Łukasz	7921		Masters M - 40	96	00:00:00	00:02:16	01:36:14	02:43:20.15	02:43:20.15	+01:13:52 (45.2%)	7:46	7.7 (54.6%)
387	WODZYŃSKI Adam	7973	BIEG DLA HANI	Senior II M - 30	134	00:00:00	00:03:23	01:39:45	02:43:26.15	02:43:26.15	+01:13:58 (45.3%)	7:46	7.7 (54.6%)
388	KĘSY Ania	7038	KĘSY TEAM	Weteran K - 50	7	00:00:00	00:00:41	01:36:57	02:43:39.60	02:43:39.60	+01:14:11 (45.3%)	7:47	7.7 (54.6%)
389	MAŚLANKA Łukasz	7324	ALOHA TRIATHLON TEAM WROCŁAW	Senior II M - 30	135	00:00:00	00:01:44	01:34:13	02:43:50.15	02:43:50.15	+01:14:22 (45.4%)	7:48	7.7 (54.6%)
390	GLOWCZEWSKA Lucyna	7642	RKS PILA-PODLASIE	Masters K - 40	39	00:00:00	00:01:33	01:38:24	02:43:51.95	02:43:51.95	+01:14:24 (45.4%)	7:48	7.7 (54.6%)
391	KROPIAK Katarzyna	7331	VEGE RUNNERS / TRAIL IS OUR WAY	Senior II K - 30	44	00:00:00	00:01:05	01:36:16	02:43:54.95	02:43:54.95	+01:14:27 (45.4%)	7:48	7.7 (54.6%)
392	ŁAŻEWSKI Marcin	7070		Masters M - 40	97	00:00:00	00:01:43	01:33:22	02:43:57.15	02:43:57.15	+01:14:29 (45.4%)	7:48	7.7 (54.6%)
393	ŁAŻEWSKA Sylwia	7065		Masters K - 40	40	00:00:00	00:01:43	01:33:26	02:43:57.30	02:43:57.30	+01:14:29 (45.4%)	7:48	7.7 (54.6%)
394	SIP Mirosław	7323		Weteran I M - 50	22	00:00:00	00:00:50	01:27:46	02:44:08.45	02:44:08.45	+01:14:40 (45.5%)	7:48	7.7 (54.6%)
395	SIKOŃ Katarzyna	7824	PRO-RUN WROCŁAW/FUNTRI	Masters K - 40	41	00:00:00	00:02:23	01:33:11	02:44:08.70	02:44:08.70	+01:14:40 (45.5%)	7:48	7.7 (54.6%)
396	ANDRZEJCZAK Piotr	7531		Masters M - 40	98	00:00:00	00:01:16	01:32:40	02:44:09.60	02:44:09.60	+01:14:41 (45.5%)	7:49	7.7 (54.6%)
397	SZNOBER Dorota	7427	TARNOWO PODGÓRNE BIEGA	Senior II K - 30	45	00:00:00	00:00:25	01:30:49	02:44:13.90	02:44:13.90	+01:14:46 (45.5%)	7:49	7.7 (54.6%)
398	MARTAN Iwona	7611		Masters K - 40	42	00:00:00	00:00:20	01:33:12	02:44:16.35	02:44:16.35	+01:14:48 (45.5%)	7:49	7.7 (54.6%)
399	BEKER Katarzyna	7007		Senior II K - 30	46	00:00:00	00:03:13	01:37:00	02:44:18.40	02:44:18.40	+01:14:50 (45.6%)	7:49	7.7 (54.6%)
400	WOLEK Jerzy	7913		Weteran II M - 60	4	00:00:00	00:02:40	01:34:27	02:44:24.95	02:44:24.95	+01:14:57 (45.6%)	7:49	7.7 (54.6%)
401	JAKSA Juliusz	7670		Masters M - 40	99	00:00:00	00:01:51	01:33:32	02:44:26.45	02:44:26.45	+01:14:58 (45.6%)	7:49	7.7 (54.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start		Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
							Łądek 0.01km	B1 10.3km					
402	GWÓZDŹ Szymon	7880		Senior I M - 20	28	00:00:00	00:02:31	01:29:37	02:44:29.10	02:44:29.10	+01:15:01 (45.6%)	7:49	7.7 (54.6%)
403	WALESZCZYK Krzysiek	7803	KB ODRA OPOLE	Senior II M - 30	136	00:00:00	00:01:30	01:31:34	02:44:30.45	02:44:30.45	+01:15:02 (45.6%)	7:50	7.7 (54.6%)
404	ANDRZEJCZAK Michał	7394		Senior II M - 30	137	00:00:00	00:02:40	01:39:02	02:44:34.45	02:44:34.45	+01:15:06 (45.6%)	7:50	7.7 (54.6%)
405	ANGOWSKI Andrzej	7164		Senior II M - 30	138	00:00:00	00:03:19	01:33:39	02:44:41.50	02:44:41.50	+01:15:13 (45.7%)	7:50	7.7 (54.6%)
406	BIZIEL Michał	7910		Masters M - 40	100	00:00:00	00:02:17	01:36:17	02:44:59.85	02:44:59.85	+01:15:32 (45.8%)	7:51	7.6 (53.9%)
407	JAROSZUK Ania	7012		Masters K - 40	43	00:00:00	00:02:20	01:35:55	02:45:01.00	02:45:01.00	+01:15:33 (45.8%)	7:51	7.6 (53.9%)
408	BEDNAREK Borys	7805		Senior II M - 30	139	00:00:00	00:02:46	01:31:10	02:45:03.95	02:45:03.95	+01:15:36 (45.8%)	7:51	7.6 (53.9%)
409	SIUDAK Anna	7581		Masters K - 40	44	00:00:00	00:00:05	01:32:38	02:45:11.60	02:45:11.60	+01:15:43 (45.8%)	7:51	7.6 (53.9%)
410	OLSZEWSKI Jacek	7736		Masters M - 40	101	00:00:00	00:01:56	01:35:43	02:45:12.25	02:45:12.25	+01:15:44 (45.8%)	7:52	7.6 (53.9%)
411	MAZUREK Piotr	7005		Senior II M - 30	140	00:00:00	00:02:17	01:37:50	02:45:12.65	02:45:12.65	+01:15:44 (45.8%)	7:52	7.6 (53.9%)
412	PONDEL Marzena	7859		Masters K - 40	45	00:00:00	00:03:10	01:37:00	02:45:13.25	02:45:13.25	+01:15:45 (45.9%)	7:52	7.6 (53.9%)
413	PASZT Łukasz	7368	ROZBIEGANE DOBCZYCE	Senior I M - 20	29	00:00:00	00:02:15	01:31:32	02:45:26.95	02:45:26.95	+01:15:59 (45.9%)	7:52	7.6 (53.9%)
414	BECHTA Damian	7715		Senior I M - 20	30	00:00:00	00:01:25	01:33:07	02:45:39.45	02:45:39.45	+01:16:11 (46.0%)	7:53	7.6 (53.9%)
415	TELEGA Radek	40	ZAŁOGA GÓRSKA	Masters M - 40	102	00:00:00	00:00:04	01:26:45	02:45:41.45	02:45:41.45	+01:16:13 (46.0%)	7:53	7.6 (53.9%)
416	SZYMAŃSKI Krzysztof	7650	TTKF MPK POZNAŃ	Masters M - 40	103	00:00:00	00:04:06	01:46:09	02:45:42.55	02:45:42.55	+01:16:14 (46.0%)	7:53	7.6 (53.9%)
417	WALCZAK Krzysztof	7109		Masters M - 40	104	00:00:00	00:02:43	01:38:23	02:45:43.80	02:45:43.80	+01:16:16 (46.0%)	7:53	7.6 (53.9%)
418	JOŃCZYK Tomasz	7314		Senior II M - 30	141	00:00:00	00:02:13	01:35:19	02:45:56.20	02:45:56.20	+01:16:28 (46.1%)	7:54	7.6 (53.9%)
419	REIJMERS Agnieszka	7689	LEIDEN ATLETIEK	Masters K - 40	46	00:00:00	00:00:18	01:33:10	02:46:08.75	02:46:08.75	+01:16:40 (46.2%)	7:54	7.6 (53.9%)
420	CHORAŻEWICZ Patryk	7883	KUNA W AGREŚCIE	Masters M - 40	105	00:00:00	00:02:25	01:36:18	02:46:10.15	02:46:10.15	+01:16:42 (46.2%)	7:54	7.6 (53.9%)
421	TOL Kamil	43	KUNA W AGREŚCIE	Senior II M - 30	142	00:00:00	00:02:27	01:36:19	02:46:16.10	02:46:16.10	+01:16:48 (46.2%)	7:55	7.6 (53.9%)
422	BAŚ Tomasz	7004	STOKOWCZYKI TEAM	Masters M - 40	106	00:00:00	00:00:08	01:30:44	02:46:21.90	02:46:21.90	+01:16:54 (46.2%)	7:55	7.6 (53.9%)
423	GAWRYSIAK Marek	7705	BIEGOSTACJA	Weteran I M - 50	23	00:00:00	00:03:50	01:34:18	02:46:22.35	02:46:22.35	+01:16:54 (46.2%)	7:55	7.6 (53.9%)
424	WALCZAK Anna	7114	ZABIEGANY SULECHÓW	Masters K - 40	47	00:00:00	00:00:40	01:34:08	02:46:31.80	02:46:31.80	+01:17:04 (46.3%)	7:55	7.6 (53.9%)
425	PEPŁOŃSKI Grzegorz	7691	SII RUNNING TEAM	Masters M - 40	107	00:00:00	00:04:11	01:36:57	02:46:37.30	02:46:37.30	+01:17:09 (46.3%)	7:56	7.6 (53.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start		Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
							Łądek 0.01km	B1 10.3km					
426	SZUMSKI Zbigniew	7735		Weteran I M - 50	24	00:00:00	00:01:18	01:36:09	02:46:43.60	02:46:43.60	+01:17:15 (46.3%)	7:56	7.6 (53.9%)
427	RÓŻAŃSKA Magdalena	7073		Masters K - 40	48	00:00:00	00:00:47	01:36:54	02:46:54.75	02:46:54.75	+01:17:26 (46.4%)	7:56	7.5 (53.2%)
428	OCHOCKI Marcin	7658	WIR	Masters M - 40	108	00:00:00	00:01:52	01:40:38	02:47:06.95	02:47:06.95	+01:17:39 (46.5%)	7:57	7.5 (53.2%)
429	ROSOLSKI Paweł	7195		Masters M - 40	109	00:00:00	00:00:44	01:30:26	02:47:15.70	02:47:15.70	+01:17:47 (46.5%)	7:57	7.5 (53.2%)
430	OLZACKA Agata Olzacka	7117	#ZALINIAMIETYTEAM	Masters K - 40	49	00:00:00	00:02:49	01:36:56	02:47:27.15	02:47:27.15	+01:17:59 (46.6%)	7:58	7.5 (53.2%)
431	MÓLL Janusz	7044		Weteran I M - 50	25	00:00:00	00:00:06	01:27:22	02:47:42.70	02:47:42.70	+01:18:14 (46.7%)	7:59	7.5 (53.2%)
432	OLSZEWSKI Andrzej	7081		Weteran I M - 50	26	00:00:00	00:00:56	01:28:29	02:47:45.95	02:47:45.95	+01:18:18 (46.7%)	7:59	7.5 (53.2%)
433	PTAK Dawid	7948	BIEGAJĄCE KREJZOLE	Masters M - 40	110	00:00:00	00:00:37	01:30:06	02:47:48.50	02:47:48.50	+01:18:20 (46.7%)	7:59	7.5 (53.2%)
434	ZIĘBA Grzegorz	7806		Senior II M - 30	143	00:00:00	00:02:47	01:32:07	02:47:51.85	02:47:51.85	+01:18:24 (46.7%)	7:59	7.5 (53.2%)
435	FRYSIAK Barbara	7389	WIELUŃ	Weteran K - 50	8	00:00:00	00:00:16	01:34:12	02:47:54.65	02:47:54.65	+01:18:26 (46.7%)	7:59	7.5 (53.2%)
436	ZAPOTOCZNY Mariusz	7610		Masters M - 40	111	00:00:00	00:00:20	01:33:12	02:47:58.05	02:47:58.05	+01:18:30 (46.7%)	7:59	7.5 (53.2%)
437	IDZIK Marcin	7378		Senior II M - 30	144	00:00:00	00:03:30	01:39:27	02:48:00.45	02:48:00.45	+01:18:32 (46.8%)	8:00	7.5 (53.2%)
438	NOWACZYŃSKA Katarzyna	7206	TEAM ZABIEGANEDNI	Masters K - 40	50	00:00:00	00:02:33	01:39:42	02:48:12.05	02:48:12.05	+01:18:44 (46.8%)	8:00	7.5 (53.2%)
439	PIELA Katarzyna	7411		Senior II K - 30	47	00:00:00	00:03:37	01:39:01	02:48:16.70	02:48:16.70	+01:18:48 (46.8%)	8:00	7.5 (53.2%)
440	MÓWIŃSKI Tomasz	7367		Weteran I M - 50	27	00:00:00	00:01:34	01:38:58	02:48:21.45	02:48:21.45	+01:18:53 (46.9%)	8:01	7.5 (53.2%)
441	KORCZYŃSKA Alicja	7275	BIEGAM Z ROZUMEM	Masters K - 40	51	00:00:00	00:01:56	01:41:52	02:48:23.55	02:48:23.55	+01:18:55 (46.9%)	8:01	7.5 (53.2%)
442	PAWŁOWSKI Łukasz	7712		Senior II M - 30	145	00:00:00	00:01:50	01:36:18	02:48:53.20	02:48:53.20	+01:19:25 (47.0%)	8:02	7.5 (53.2%)
443	APOLINARSKA Natalia	7957	NULL	Senior II K - 30	48	00:00:00	00:02:29	01:39:23	02:48:54.85	02:48:54.85	+01:19:27 (47.0%)	8:02	7.5 (53.2%)
444	STOLPE Maciej	34	TKKF MPK POZNAŃ	Weteran I M - 50	28	00:00:00	00:04:07	01:46:30	02:49:15.80	02:49:15.80	+01:19:48 (47.1%)	8:03	7.4 (52.5%)
445	DZIĘGIELEWSKA Dominika	7897		Senior II K - 30	49	00:00:00	00:01:23	01:38:03	02:49:40.10	02:49:40.10	+01:20:12 (47.3%)	8:04	7.4 (52.5%)
446	GAPSKI Adam	44	KB AKTYWNI KONIN	Masters M - 40	112	00:00:00	00:01:27	01:39:05	02:49:45.75	02:49:45.75	+01:20:17 (47.3%)	8:05	7.4 (52.5%)
447	NAKRASZEWICZ Dawid	7204		Senior I M - 20	31	00:00:00	00:00:51	01:33:08	02:49:58.15	02:49:58.15	+01:20:30 (47.4%)	8:05	7.4 (52.5%)
448	JEKA Piotr	7860	JEKA TEAM	Weteran I M - 50	29	00:00:00	00:01:27	01:38:22	02:50:07.75	02:50:07.75	+01:20:39 (47.4%)	8:06	7.4 (52.5%)
449	WOJCIECHOWSKI Maciej	7170		Senior II M - 30	146	00:00:00	00:01:22	01:33:28	02:50:09.80	02:50:09.80	+01:20:42 (47.4%)	8:06	7.4 (52.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start		Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
							Łądek 0.01km	B1 10.3km					
450	SĄSIADK Sławomir	7792	ŚWIAT BIEGACZA FEHLAU RUN TEAM	Weteran I M - 50	30	00:00:00	00:02:58	01:40:37	02:50:14.70	02:50:14.70	+01:20:46 (47.5%)	8:06	7.4 (52.5%)
451	KARCZEWSKI Tomasz	7924		Masters M - 40	113	00:00:00	00:03:44	01:39:23	02:50:18.25	02:50:18.25	+01:20:50 (47.5%)	8:06	7.4 (52.5%)
452	KUSZ Joanna	7035	CROSS STRACENCÓW GŁOGÓW	Senior II K - 30	50	00:00:00	00:00:20	01:33:18	02:50:19.55	02:50:19.55	+01:20:51 (47.5%)	8:06	7.4 (52.5%)
453	JAKÓBEK Piotr	7850	RUNADDICTS	Senior II M - 30	147	00:00:00	00:00:27	01:32:34	02:50:24.40	02:50:24.40	+01:20:56 (47.5%)	8:06	7.4 (52.5%)
454	PAPROCKA Natalia	7972		Masters K - 40	52	00:00:00	00:01:01	01:39:08	02:50:29.95	02:50:29.95	+01:21:02 (47.5%)	8:07	7.4 (52.5%)
455	BURZYŃSKA Emilia	7152	MAMY-BIEGAMY / LOCO SPORT	Senior II K - 30	51	00:00:00	00:00:45	01:37:47	02:50:37.45	02:50:37.45	+01:21:09 (47.6%)	8:07	7.4 (52.5%)
455	BAJER Anna	7184	TARNOWO PODGÓRNE BIEGA	Masters K - 40	53	00:00:00	00:00:52	01:36:02	02:50:37.45	02:50:37.45	+01:21:09 (47.6%)	8:07	7.4 (52.5%)
457	JASKULSKI Darek	7951		Masters M - 40	114	00:00:00	00:03:51	01:43:10	02:50:40.50	02:50:40.50	+01:21:12 (47.6%)	8:07	7.4 (52.5%)
458	POCIĘGIEL Michał	7983	SKAWINA BIEGA	Masters M - 40	115	00:00:00	00:03:32	01:43:24	02:50:48.15	02:50:48.15	+01:21:20 (47.6%)	8:08	7.4 (52.5%)
459	RUP Krzysztof	7539	BLUES BROTHERS	Masters M - 40	116	00:00:00	00:03:22	01:43:04	02:50:54.55	02:50:54.55	+01:21:26 (47.7%)	8:08	7.4 (52.5%)
460	WÓJKOWSKI Kamil	7991	ATLAS RUNNING TEAM	Masters M - 40	117	00:00:00	00:03:03	01:43:07	02:50:56.55	02:50:56.55	+01:21:28 (47.7%)	8:08	7.4 (52.5%)
461	KORALEWSKA Edyta	7094		Masters K - 40	54	00:00:00	00:00:52	01:38:54	02:51:01.45	02:51:01.45	+01:21:33 (47.7%)	8:08	7.4 (52.5%)
462	MĄDRA Milena	7674	BON ŻYWNOSCIOWY	Senior I K - 20	20	00:00:00	00:00:44	01:33:21	02:51:01.85	02:51:01.85	+01:21:34 (47.7%)	8:08	7.4 (52.5%)
463	ŁĘSKI Sławek	7788		Senior II M - 30	148	00:00:00	00:03:29	01:43:25	02:51:06.05	02:51:06.05	+01:21:38 (47.7%)	8:08	7.4 (52.5%)
464	ANTOSZCZUK Aneta	7220		Masters K - 40	55	00:00:00	00:02:24	01:40:43	02:51:12.25	02:51:12.25	+01:21:44 (47.7%)	8:09	7.4 (52.5%)
465	CHMIELEWSKA Karolina	7407		Masters K - 40	56	00:00:00	00:00:28	01:36:08	02:51:15.75	02:51:15.75	+01:21:47 (47.8%)	8:09	7.4 (52.5%)
466	DYLONG Andrea	11	TRAIL IS OUR WAY TEAM	Senior I K - 20	21	00:00:00	00:01:04	01:39:06	02:51:27.35	02:51:27.35	+01:21:59 (47.8%)	8:09	7.3 (51.8%)
467	RYBAK Paweł	7899	HERBAK SPORT	Masters M - 40	118	00:00:00	00:00:51	01:39:32	02:51:28.00	02:51:28.00	+01:22:00 (47.8%)	8:09	7.3 (51.8%)
468	SZERMENT Magdalena	7121		Masters K - 40	57	00:00:00	00:01:18	01:40:53	02:51:43.85	02:51:43.85	+01:22:16 (47.9%)	8:10	7.3 (51.8%)
469	WAJDA Andrzej	7958		Senior II M - 30	149	00:00:00	00:02:03	01:40:54	02:51:45.15	02:51:45.15	+01:22:17 (47.9%)	8:10	7.3 (51.8%)
470	CHMIELEWSKA Sylwia	7765	BIEGACZKA GÓRSKA	Weteran K - 50	9	00:00:00	00:01:34	01:39:39	02:51:45.90	02:51:45.90	+01:22:18 (47.9%)	8:10	7.3 (51.8%)
471	KRAWIEC Piotr	7336		Weteran I M - 50	31	00:00:00	00:03:35	01:39:00	02:51:51.10	02:51:51.10	+01:22:23 (47.9%)	8:11	7.3 (51.8%)
472	PAPRZYCKA Katarzyna	7460	SZAKAL JEŻYCE	Senior II K - 30	52	00:00:00	00:00:41	01:35:02	02:51:51.85	02:51:51.85	+01:22:24 (47.9%)	8:11	7.3 (51.8%)
473	FANAJŁO Wojciech	7755		Senior II M - 30	150	00:00:00	00:01:36	01:42:12	02:51:52.05	02:51:52.05	+01:22:24 (47.9%)	8:11	7.3 (51.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start		Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
							Łądek 0.01km	B1 10.3km					
474	BALAS Tomasz Tomski	9	NOLOGOCREW	Senior II M - 30	151	00:00:00	00:02:47	01:39:03	02:51:53.25	02:51:53.25	+01:22:25 (48.0%)	8:11	7.3 (51.8%)
475	WYBRANIEC Tomasz	7940		Senior II M - 30	152	00:00:00	00:03:36	01:39:38	02:52:00.15	02:52:00.15	+01:22:32 (48.0%)	8:11	7.3 (51.8%)
476	KĘPSKI Grzegorz	7404		Senior II M - 30	153	00:00:00	00:00:48	01:37:39	02:52:03.45	02:52:03.45	+01:22:35 (48.0%)	8:11	7.3 (51.8%)
477	KLUSKA Rafał	7856	KS DŁUGOŁĘKA 2000	Senior I M - 20	32	00:00:00	00:02:30	01:40:41	02:52:14.05	02:52:14.05	+01:22:46 (48.1%)	8:12	7.3 (51.8%)
478	GÓRA Adam	7708		Senior II M - 30	154	00:00:00	00:02:57	01:40:33	02:52:15.85	02:52:15.85	+01:22:48 (48.1%)	8:12	7.3 (51.8%)
479	RYBUS Maciej	7986		Masters M - 40	119	00:00:00	00:03:16	01:40:30	02:52:20.30	02:52:20.30	+01:22:52 (48.1%)	8:12	7.3 (51.8%)
480	KŁOS Monika	7873		Masters K - 40	58	00:00:00	00:02:15	01:42:44	02:52:38.55	02:52:38.55	+01:23:10 (48.2%)	8:13	7.3 (51.8%)
481	IMIŃSKI Cezary	7321		Weteran I M - 50	32	00:00:00	00:00:55	01:34:45	02:52:42.75	02:52:42.75	+01:23:14 (48.2%)	8:13	7.3 (51.8%)
482	DOLECKA Elżbieta	7402	NOWY TOMYŚL	Masters K - 40	59	00:00:00	00:01:17	01:38:47	02:52:43.65	02:52:43.65	+01:23:15 (48.2%)	8:13	7.3 (51.8%)
483	WYRWICKI Przemek	7155		Masters M - 40	120	00:00:00	00:01:30	01:37:47	02:52:49.45	02:52:49.45	+01:23:21 (48.2%)	8:13	7.3 (51.8%)
484	BIEDA Piotr	7430	RUNNERS TEAM NYSA	Senior II M - 30	155	00:00:00	00:01:37	01:36:07	02:52:49.95	02:52:49.95	+01:23:22 (48.2%)	8:13	7.3 (51.8%)
485	GUTOWSKI Piotr	7578		Senior II M - 30	156	00:00:00	00:01:03	01:36:03	02:52:53.15	02:52:53.15	+01:23:25 (48.3%)	8:13	7.3 (51.8%)
486	TĘCZA Sara	7749		Senior I K - 20	22	00:00:00	00:00:42	01:36:47	02:52:53.80	02:52:53.80	+01:23:26 (48.3%)	8:13	7.3 (51.8%)
487	MIŚTA Grzegorz	7936	DTR BIEGA / MARIO TEAM	Masters M - 40	121	00:00:00	00:02:35	01:43:26	02:52:58.65	02:52:58.65	+01:23:30 (48.3%)	8:14	7.3 (51.8%)
488	KARCZEWSKI Sławomi	7665		Senior II M - 30	157	00:00:00	00:01:55	01:42:42	02:53:07.50	02:53:07.50	+01:23:39 (48.3%)	8:14	7.3 (51.8%)
489	MALINOWSKI Jakub	7790	ZIELONOWO DRINKERS	Senior II M - 30	158	00:00:00	00:03:27	01:39:09	02:53:11.15	02:53:11.15	+01:23:43 (48.3%)	8:14	7.3 (51.8%)
490	PENCONEK Agata	7732		Senior II K - 30	53	00:00:00	00:03:25	01:46:11	02:53:14.55	02:53:14.55	+01:23:46 (48.4%)	8:14	7.3 (51.8%)
491	DZIWIŃSKA Agata	7551		Senior II K - 30	54	00:00:00	00:02:10	01:44:01	02:53:24.05	02:53:24.05	+01:23:56 (48.4%)	8:15	7.3 (51.8%)
492	GAWRECKA Beata	7316	JUTROSIŃSKI KLUB BIEGACZY	Masters K - 40	60	00:00:00	00:00:37	01:40:40	02:53:32.35	02:53:32.35	+01:24:04 (48.4%)	8:15	7.3 (51.8%)
493	WOJTYŚ Adam	7266	JUTROSIŃSKI KLUB BIEGACZA	Masters M - 40	122	00:00:00	00:00:36	01:39:37	02:53:32.65	02:53:32.65	+01:24:04 (48.4%)	8:15	7.3 (51.8%)
494	WOJTYŚ Monika	7257	JUTROSIŃSKI KLUB BIEGACZA	Masters K - 40	61	00:00:00	00:00:36	01:39:40	02:53:32.95	02:53:32.95	+01:24:05 (48.5%)	8:15	7.3 (51.8%)
495	SOBAŃSKA Paulina	7974	TARNOWO PODGÓRNE BIEGA	Masters K - 40	62	00:00:00	00:00:26	01:39:42	02:53:47.45	02:53:47.45	+01:24:19 (48.5%)	8:16	7.3 (51.8%)
496	KRYCH Rafał	7433		Masters M - 40	123	00:00:00	00:01:26	01:39:00	02:53:51.05	02:53:51.05	+01:24:23 (48.5%)	8:16	7.2 (51.1%)
497	MACIEJEWSKI Robert	7994	BOLUBIĘ	Masters M - 40	124	00:00:00	00:02:08	01:35:55	02:53:53.05	02:53:53.05	+01:24:25 (48.6%)	8:16	7.2 (51.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start		Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
							Łądek 0.01km	B1 10.3km					
498	CNOTALSKA Aneta	7400		Masters K - 40	63	00:00:00	00:01:14	01:43:15	02:53:54.15	02:53:54.15	+01:24:26 (48.6%)	8:16	7.2 (51.1%)
499	KORSAK Agata	7450		Senior II K - 30	55	00:00:00	00:00:21	01:37:45	02:53:57.40	02:53:57.40	+01:24:29 (48.6%)	8:17	7.2 (51.1%)
500	KROSZKA Beata	7130		Weteran K - 50	10	00:00:00	00:00:38	01:40:44	02:54:05.45	02:54:05.45	+01:24:37 (48.6%)	8:17	7.2 (51.1%)
501	SZPONAR Bartłomiej	7027		Senior II M - 30	159	00:00:00	00:02:02	01:37:46	02:54:14.50	02:54:14.50	+01:24:46 (48.7%)	8:17	7.2 (51.1%)
501	ŚMIETANKO Marek	7151		Masters M - 40	125	00:00:00	00:00:34	01:40:32	02:54:14.50	02:54:14.50	+01:24:46 (48.7%)	8:17	7.2 (51.1%)
503	SZYMURA Izabela	7362	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	Masters K - 40	64	00:00:00	00:01:13	01:42:13	02:54:18.10	02:54:18.10	+01:24:50 (48.7%)	8:18	7.2 (51.1%)
504	BANDEL Aneta	7661		Senior II K - 30	56	00:00:00	00:01:52	01:40:42	02:54:18.15	02:54:18.15	+01:24:50 (48.7%)	8:18	7.2 (51.1%)
505	DANILUK Marta	7142		Masters K - 40	65	00:00:00	00:00:35	01:40:31	02:54:19.10	02:54:19.10	+01:24:51 (48.7%)	8:18	7.2 (51.1%)
506	CZARNECKI Piotr	7285	BIEGNIEMY DLA HANI	Senior II M - 30	160	00:00:00	00:03:18	01:43:31	02:54:34.30	02:54:34.30	+01:25:06 (48.8%)	8:18	7.2 (51.1%)
507	CHYLINŚKI Radek	7950	ANWILTEAM	Senior II M - 30	161	00:00:00	00:03:35	01:47:41	02:54:37.75	02:54:37.75	+01:25:09 (48.8%)	8:18	7.2 (51.1%)
508	RUSECKA Agnieszka	7557	BDB TEAM	Senior II K - 30	57	00:00:00	00:01:03	01:43:21	02:54:58.35	02:54:58.35	+01:25:30 (48.9%)	8:19	7.2 (51.1%)
508	CHWASTEK Marcin	7261	ALSTOM KATOWICE	Senior II M - 30	162	00:00:00	00:03:55	01:43:03	02:54:58.35	02:54:58.35	+01:25:30 (48.9%)	8:19	7.2 (51.1%)
510	SZYMANEK Beata	7628	APTENEO RUNNING TEAM	Masters K - 40	66	00:00:00	00:01:34	01:42:15	02:55:05.00	02:55:05.00	+01:25:37 (48.9%)	8:20	7.2 (51.1%)
511	KOZANECKA Weronika	7097	WYBIEGAĆ MARZENIA TEAM	Senior I K - 20	23	00:00:00	00:02:38	01:39:36	02:55:06.60	02:55:06.60	+01:25:38 (48.9%)	8:20	7.2 (51.1%)
512	LUBOWIECKA Katarzyna	7945		Weteran K - 50	11	00:00:00	00:03:15	01:46:20	02:55:10.85	02:55:10.85	+01:25:43 (48.9%)	8:20	7.2 (51.1%)
513	GRZEGORZEWICZ Katarzyna	7023		Senior II K - 30	58	00:00:00	00:03:14	01:43:24	02:55:17.30	02:55:17.30	+01:25:49 (49.0%)	8:20	7.2 (51.1%)
514	KOPEĆ - MARCINKOWSKA Maria	7700		Senior II K - 30	59	00:00:00	00:01:59	01:46:13	02:55:24.55	02:55:24.55	+01:25:56 (49.0%)	8:21	7.2 (51.1%)
515	WAJER Marita	7477		Senior I K - 20	24	00:00:00	00:02:56	01:43:58	02:55:37.60	02:55:37.60	+01:26:09 (49.1%)	8:21	7.2 (51.1%)
516	LESIK Łukasz	7570		Masters M - 40	126	00:00:00	00:01:51	01:39:43	02:55:39.60	02:55:39.60	+01:26:11 (49.1%)	8:21	7.2 (51.1%)
517	ŁABUDA Dawid	7241		Senior II M - 30	163	00:00:00	00:02:18	01:46:26	02:55:55.15	02:55:55.15	+01:26:27 (49.1%)	8:22	7.2 (51.1%)
518	LUBAŃSKA Monika	7317		Senior I K - 20	25	00:00:00	00:00:43	01:36:55	02:56:03.95	02:56:03.95	+01:26:36 (49.2%)	8:23	7.2 (51.1%)
519	RUDA Kamila	7032	KURACJUSZE	Senior II K - 30	60	00:00:00	00:03:47	01:39:22	02:56:05.70	02:56:05.70	+01:26:37 (49.2%)	8:23	7.2 (51.1%)
520	STANKIEWICZ Łukasz	7448		Senior II M - 30	164	00:00:00	00:01:53	01:39:01	02:56:16.00	02:56:16.00	+01:26:48 (49.2%)	8:23	7.1 (50.4%)
521	ŻELAZOWSKA Ola	7575	ATLAS RUNNING TEAM	Senior II K - 30	61	00:00:00	00:03:04	01:43:29	02:56:20.15	02:56:20.15	+01:26:52 (49.3%)	8:23	7.1 (50.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start		Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
							Lądek 0.01km	B1 10.3km					
522	FISZER Klaudia	7029	PRZYJACIELETEAM	Senior II K - 30	62	00:00:00	00:03:00	01:46:14	02:56:30.45	02:56:30.45	+01:27:02 (49.3%)	8:24	7.1 (50.4%)
523	ŚLUSARCZYK Tomasz	7821	BIEGUSY CZAPLE	Masters M - 40	127	00:00:00	00:01:35	01:39:47	02:56:37.80	02:56:37.80	+01:27:10 (49.3%)	8:24	7.1 (50.4%)
524	HOŁOWNIA Patrycja	7777	BIEGUSY CZAPLE	Senior II K - 30	63	00:00:00	00:01:35	01:41:38	02:56:45.05	02:56:45.05	+01:27:17 (49.4%)	8:25	7.1 (50.4%)
525	PAŃCZYSZYN Mariusz	7341		Masters M - 40	128	00:00:00	00:02:42	01:42:40	02:56:46.85	02:56:46.85	+01:27:19 (49.4%)	8:25	7.1 (50.4%)
526	GRUSZECKA Olga	42		Senior I K - 20	26	00:00:00	00:02:29	01:41:01	02:56:50.95	02:56:50.95	+01:27:23 (49.4%)	8:25	7.1 (50.4%)
527	DUBOWICZ Maciej	41	TRITON KONIN	Senior I M - 20	33	00:00:00	00:02:30	01:41:02	02:56:51.05	02:56:51.05	+01:27:23 (49.4%)	8:25	7.1 (50.4%)
528	ŁYSZCZAK Wojtek	7779	REAL SALCESON	Masters M - 40	129	00:00:00	00:02:43	01:43:59	02:56:52.15	02:56:52.15	+01:27:24 (49.4%)	8:25	7.1 (50.4%)
529	KACHNIARZ Tomasz	7748	SPORT GENERATION	Senior II M - 30	165	00:00:00	00:00:59	01:40:36	02:56:53.40	02:56:53.40	+01:27:25 (49.4%)	8:25	7.1 (50.4%)
530	KARCZMARCZYK Mirosław	7464		Senior II M - 30	166	00:00:00	00:02:58	01:46:24	02:56:54.60	02:56:54.60	+01:27:26 (49.4%)	8:25	7.1 (50.4%)
531	BELTER Agnieszka	7634	RKS PIŁA PODLASIE	Masters K - 40	67	00:00:00	00:01:32	01:40:45	02:56:57.45	02:56:57.45	+01:27:29 (49.4%)	8:25	7.1 (50.4%)
532	OLEJNIK Małgorzata	7752		Masters K - 40	68	00:00:00	00:00:05	01:33:01	02:57:11.15	02:57:11.15	+01:27:43 (49.5%)	8:26	7.1 (50.4%)
533	ORSZULSKA Magdalena	7216	WIECZORNE BIEGANIE.W SZCZECINIE	Masters K - 40	69	00:00:00	00:00:29	01:39:20	02:57:11.25	02:57:11.25	+01:27:43 (49.5%)	8:26	7.1 (50.4%)
534	BORKOWSKI Krzysztof	7695		Masters M - 40	130	00:00:00	00:00:39	01:39:31	02:57:12.35	02:57:12.35	+01:27:44 (49.5%)	8:26	7.1 (50.4%)
535	FRANEK Aneta	7884		Masters K - 40	70	00:00:00	00:00:09	01:37:59	02:57:22.40	02:57:22.40	+01:27:54 (49.6%)	8:26	7.1 (50.4%)
536	GALEWSKI Mariusz	7236	KOTLIN	Weteran I M - 50	33	00:00:00	00:01:11	01:41:14	02:57:22.75	02:57:22.75	+01:27:54 (49.6%)	8:26	7.1 (50.4%)
537	WOJCIECHOWSKA Anna	7069	PIĄTKOWO NA BIEGOWO	Weteran K - 50	12	00:00:00	00:03:16	01:42:31	02:57:29.95	02:57:29.95	+01:28:02 (49.6%)	8:27	7.1 (50.4%)
538	MACIEJEWSKI Piotr	7028		Masters M - 40	131	00:00:00	00:00:23	01:37:02	02:57:38.35	02:57:38.35	+01:28:10 (49.6%)	8:27	7.1 (50.4%)
539	BRZĘCZEK Izabela	7115		Weteran K - 50	13	00:00:00	00:01:17	01:43:16	02:57:48.40	02:57:48.40	+01:28:20 (49.7%)	8:28	7.1 (50.4%)
540	RUTKOVSKA Simona	7989	SUPERVARONI	Senior I K - 20	27	00:00:00	00:01:16	01:40:22	02:57:49.75	02:57:49.75	+01:28:21 (49.7%)	8:28	7.1 (50.4%)
541	WIDŁAK Krzysztof	7796		Senior II M - 30	167	00:00:00	00:02:42	01:44:00	02:57:49.80	02:57:49.80	+01:28:22 (49.7%)	8:28	7.1 (50.4%)
542	CZEKALSKI Tomasz	7988	NARAMOWICE BIEGAJĄ	Masters M - 40	132	00:00:00	00:03:03	01:43:16	02:58:04.05	02:58:04.05	+01:28:36 (49.8%)	8:28	7.1 (50.4%)
543	MORAWIEC Jarosław	7313	GYPY BROTHERS	Senior II M - 30	168	00:00:00	00:02:13	01:37:41	02:58:04.30	02:58:04.30	+01:28:36 (49.8%)	8:28	7.1 (50.4%)
544	CZEKALSKA Magdalena	7987	NARAMOWICE BIEGAJĄ	Masters K - 40	71	00:00:00	00:03:03	01:43:19	02:58:04.50	02:58:04.50	+01:28:36 (49.8%)	8:28	7.1 (50.4%)
545	NATKANIEC Grazyna	7181		Weteran K - 50	14	00:00:00	00:01:22	01:40:56	02:58:05.30	02:58:05.30	+01:28:37 (49.8%)	8:28	7.1 (50.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start		Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
							Lądek 0.01km	B1 10.3km					
546	KLOZA Mariusz	7455	NIGHT RUNNERS PYSKOWICE	Masters M - 40	133	00:00:00	00:00:49	01:35:12	02:58:21.10	02:58:21.10	+01:28:53 (49.8%)	8:29	7.1 (50.4%)
547	SKOWRONEK Tomasz	7108		Senior II M - 30	169	00:00:00	00:01:06	01:31:24	02:58:23.15	02:58:23.15	+01:28:55 (49.8%)	8:29	7.1 (50.4%)
548	WRÓBLEWSKI Borys	7741		Senior II M - 30	170	00:00:00	00:03:15	01:41:23	02:58:25.75	02:58:25.75	+01:28:57 (49.9%)	8:29	7.1 (50.4%)
549	FLIS Danuta	27	10 CHOSZCZEŃSKA	Weteran K - 50	15	00:00:00	00:00:10	01:38:21	02:58:27.85	02:58:27.85	+01:29:00 (49.9%)	8:29	7.1 (50.4%)
549	PIJANKA Mariusz	7381		Weteran I M - 50	34	00:00:00	00:02:22	01:40:47	02:58:27.85	02:58:27.85	+01:29:00 (49.9%)	8:29	7.1 (50.4%)
551	KRAJEWSKI Przemysław	7722	12TRI.PL	Masters M - 40	134	00:00:00	00:03:38	01:44:35	02:58:43.90	02:58:43.90	+01:29:16 (49.9%)	8:30	7.1 (50.4%)
552	TURCZYŃSKA Monika	7721	12TRI.PL	Masters K - 40	72	00:00:00	00:03:39	01:46:12	02:58:44.05	02:58:44.05	+01:29:16 (49.9%)	8:30	7 (49.6%)
553	STACIWO Justyna	7228	KURACJUSZE	Senior II K - 30	64	00:00:00	00:03:47	01:44:32	02:58:45.15	02:58:45.15	+01:29:17 (50.0%)	8:30	7 (49.6%)
554	KOŚNIEWSKA-NOWAK Joanna	7166	WIECZORNE BIEGANIE W OPOLU	Masters K - 40	73	00:00:00	00:02:52	01:43:57	02:58:48.70	02:58:48.70	+01:29:20 (50.0%)	8:30	7 (49.6%)
555	NOWAK Łukasz	7077	WIECZORNE BIEGANIE W OPOLU	Senior II M - 30	171	00:00:00	00:02:53	01:43:34	02:58:48.80	02:58:48.80	+01:29:21 (50.0%)	8:30	7 (49.6%)
556	BOGUSZ Marek	7756	WALKA KOSTRZYŃ	Weteran II M - 60	5	00:00:00	00:01:05	01:40:17	02:58:52.35	02:58:52.35	+01:29:24 (50.0%)	8:31	7 (49.6%)
557	NAWROT Dawid	7810	MIRAZ RACE TEAM	Senior II M - 30	172	00:00:00	00:01:48	01:43:11	02:59:25.60	02:59:25.60	+01:29:57 (50.1%)	8:32	7 (49.6%)
558	STASIŃSKA-KOSTOWSKA Wiktoria	7657		Senior I K - 20	28	00:00:00	00:01:58	01:46:01	02:59:32.85	02:59:32.85	+01:30:05 (50.2%)	8:32	7 (49.6%)
559	WARWAS Katarzyna	7993		Masters K - 40	74	00:00:00	00:03:04	01:43:28	02:59:35.75	02:59:35.75	+01:30:07 (50.2%)	8:33	7 (49.6%)
560	ORDYNIEC Alicja	7074	KĘSY TEAM	Masters K - 40	75	00:00:00	00:00:41	01:42:16	02:59:41.40	02:59:41.40	+01:30:13 (50.2%)	8:33	7 (49.6%)
561	ŚWIDERSKI Wojciech	7817		Senior I M - 20	34	00:00:00	00:03:31	01:44:14	02:59:42.30	02:59:42.30	+01:30:14 (50.2%)	8:33	7 (49.6%)
562	GOŁEMBECKA Bogumiła	7191		Masters K - 40	76	00:00:00	00:00:08	01:38:56	02:59:52.20	02:59:52.20	+01:30:24 (50.3%)	8:33	7 (49.6%)
562	GOŁEMBECKI Jakub	7190		Masters M - 40	135	00:00:00	00:00:08	01:38:57	02:59:52.20	02:59:52.20	+01:30:24 (50.3%)	8:33	7 (49.6%)
564	GMAJ Karolina	7425		Masters K - 40	77	00:00:00	00:02:34	01:46:04	02:59:59.65	02:59:59.65	+01:30:31 (50.3%)	8:34	7 (49.6%)
565	JUREWICZ Agata	7486	VEGE RUNNERS	Senior II K - 30	65	00:00:00	00:02:13	01:46:02	03:00:08.70	03:00:08.70	+01:30:40 (50.3%)	8:34	7 (49.6%)
565	MŁYNARCZYK Magdalena	7536		Senior II K - 30	65	00:00:00	00:02:14	01:45:55	03:00:08.70	03:00:08.70	+01:30:40 (50.3%)	8:34	7 (49.6%)
567	KAROŃ Krzysztof	7969		Weteran I M - 50	35	00:00:00	00:02:50	01:45:52	03:00:16.85	03:00:16.85	+01:30:49 (50.4%)	8:35	7 (49.6%)
568	OLEJNICZAK Paulina	7043		Senior II K - 30	67	00:00:00	00:00:42	01:40:51	03:00:23.15	03:00:23.15	+01:30:55 (50.4%)	8:35	7 (49.6%)
569	JANKOWIAK Bartosz	7516		Masters M - 40	136	00:00:00	00:01:15	01:40:33	03:00:26.25	03:00:26.25	+01:30:58 (50.4%)	8:35	7 (49.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start		Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
							Łądek 0.01km	B1 10.3km					
570	PATYCKA Edyta	7125	NIGHT RUNNERS PYSKOWICE	Weteran K - 50	16	00:00:00	00:01:02	01:40:52	03:00:32.35	03:00:32.35	+01:31:04 (50.4%)	8:35	7 (49.6%)
571	WRÓBEL Marzena	7334	TARNOWO PODGÓRNE BIEGA	Masters K - 40	78	00:00:00	00:00:28	01:37:38	03:00:49.75	03:00:49.75	+01:31:21 (50.5%)	8:36	7 (49.6%)
572	WRÓBEL Zbigniew	7332	TARNOWO PODGÓRNE BIEGA	Weteran I M - 50	36	00:00:00	00:00:28	01:32:22	03:00:50.05	03:00:50.05	+01:31:22 (50.5%)	8:36	7 (49.6%)
573	FAFARA Agnieszka	7300	BIEGNIĘTE LASKI	Masters K - 40	79	00:00:00	00:02:33	01:52:12	03:00:51.00	03:00:51.00	+01:31:23 (50.5%)	8:36	7 (49.6%)
574	STEPUCH Włodzimierz Tomasz	7651		Masters M - 40	137	00:00:00	00:04:02	01:49:49	03:00:51.50	03:00:51.50	+01:31:23 (50.5%)	8:36	7 (49.6%)
575	SKAWINA-POŁĘC Anna	7338	TOPOLICE TEAM	Senior II K - 30	68	00:00:00	00:01:20	01:38:00	03:00:52.90	03:00:52.90	+01:31:25 (50.5%)	8:36	7 (49.6%)
576	NOLAS Jolanta	7698	KB HARCOWNIK	Weteran K - 50	17	00:00:00	00:01:41	01:43:07	03:01:08.65	03:01:08.65	+01:31:40 (50.6%)	8:37	7 (49.6%)
577	WIŚNIEWSKA Iwona	7360	BIEGAMBOLUBIE	Senior II K - 30	69	00:00:00	00:01:24	01:43:13	03:01:10.95	03:01:10.95	+01:31:43 (50.6%)	8:37	7 (49.6%)
578	WIŚNIEWSKI Rafał	7359	KWP POZNAŃ	Senior II M - 30	173	00:00:00	00:01:23	01:43:12	03:01:11.05	03:01:11.05	+01:31:43 (50.6%)	8:37	7 (49.6%)
579	KOTWICKI Mateusz	7978	BRAK	Senior II M - 30	174	00:00:00	00:02:25	01:45:56	03:01:18.25	03:01:18.25	+01:31:50 (50.7%)	8:38	6.9 (48.9%)
580	BERGA Madara	7966		Masters K - 40	80	00:00:00	00:01:26	01:46:05	03:01:22.15	03:01:22.15	+01:31:54 (50.7%)	8:38	6.9 (48.9%)
581	DATA Izabela	7037	KUGUAR XTREME RUNNERS	Weteran K - 50	18	00:00:00	00:04:02	01:46:03	03:01:23.45	03:01:23.45	+01:31:55 (50.7%)	8:38	6.9 (48.9%)
582	GOŁUCH Joanna	7934		Masters K - 40	81	00:00:00	00:01:43	01:44:03	03:01:23.75	03:01:23.75	+01:31:55 (50.7%)	8:38	6.9 (48.9%)
583	BINKOWSKA Marta	7763	ŚWIERCZEWO RUN	Senior II K - 30	70	00:00:00	00:00:45	01:39:34	03:01:31.65	03:01:31.65	+01:32:03 (50.7%)	8:38	6.9 (48.9%)
584	BARAŃSKA Agnieszka	7952		Senior II K - 30	71	00:00:00	00:02:03	01:43:23	03:01:33.85	03:01:33.85	+01:32:06 (50.7%)	8:38	6.9 (48.9%)
585	BIELECKI Grzegorz	7654	HAPPY SCHOOL	Masters M - 40	138	00:00:00	00:01:50	01:45:53	03:01:45.95	03:01:45.95	+01:32:18 (50.8%)	8:39	6.9 (48.9%)
586	KUCHCZYŃSKI Krzysztof	7592		Masters M - 40	139	00:00:00	00:02:57	01:44:34	03:01:47.20	03:01:47.20	+01:32:19 (50.8%)	8:39	6.9 (48.9%)
587	GIMZICKA Ewa	7345		Masters K - 40	82	00:00:00	00:03:14	01:48:00	03:01:51.85	03:01:51.85	+01:32:24 (50.8%)	8:39	6.9 (48.9%)
588	SOJKA Przemek	7343	ORANGE POLSKA	Masters M - 40	140	00:00:00	00:00:59	01:43:09	03:01:54.05	03:01:54.05	+01:32:26 (50.8%)	8:39	6.9 (48.9%)
589	KOMAR Agata	7737	KOMARTEAM	Senior II K - 30	72	00:00:00	00:01:56	01:47:15	03:01:54.30	03:01:54.30	+01:32:26 (50.8%)	8:39	6.9 (48.9%)
590	BARTKIEWICZ Ireneusz	7120		Masters M - 40	141	00:00:00	00:02:16	01:39:22	03:02:01.30	03:02:01.30	+01:32:33 (50.9%)	8:40	6.9 (48.9%)
591	DARGA Paulina	7949	ANWILTEAM	Senior II K - 30	73	00:00:00	00:03:34	01:51:58	03:02:05.45	03:02:05.45	+01:32:37 (50.9%)	8:40	6.9 (48.9%)
592	GIERSZEWSKA Grażyna	7781		Weteran K - 50	19	00:00:00	00:00:21	01:41:21	03:02:16.00	03:02:16.00	+01:32:48 (50.9%)	8:40	6.9 (48.9%)
593	MICHNIEWICZ-MRUK Dagmara	7307	STARCON.COM.PL	Senior II K - 30	74	00:00:00	00:02:07	01:51:57	03:02:40.60	03:02:40.60	+01:33:12 (51.0%)	8:41	6.9 (48.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start		Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
							Łądek 0.01km	B1 10.3km					
594	SZCZEPANIAK Małgorzata	7641	RKS PIŁA PODLASIE	Weteran K - 50	20	00:00:00	00:01:33	01:42:21	03:02:52.95	03:02:52.95	+01:33:25 (51.1%)	8:42	6.9 (48.9%)
595	KIRCUŃ Paweł	7508		Masters M - 40	142	00:00:00	00:01:50	01:45:54	03:03:15.55	03:03:15.55	+01:33:47 (51.2%)	8:43	6.9 (48.9%)
596	HANUSIK-JERUZEL Zofia	7258		Masters K - 40	83	00:00:00	00:00:06	01:42:28	03:03:22.80	03:03:22.80	+01:33:55 (51.2%)	8:43	6.9 (48.9%)
597	PIĘTKA Wojciech	7489		Senior I M - 20	35	00:00:00	00:03:11	01:53:35	03:03:23.55	03:03:23.55	+01:33:55 (51.2%)	8:43	6.9 (48.9%)
598	KWAŚNIEWICZ Rafał	7158		Senior II M - 30	175	00:00:00	00:03:50	01:42:17	03:03:37.90	03:03:37.90	+01:34:10 (51.3%)	8:44	6.9 (48.9%)
599	BRZEZIŃSKI Andrzej	7192	LANRUNS	Weteran II M - 60	6	00:00:00	00:00:11	01:33:06	03:03:40.20	03:03:40.20	+01:34:12 (51.3%)	8:44	6.9 (48.9%)
600	TYLKA Gosia	7050		Senior II K - 30	75	00:00:00	00:02:18	01:43:17	03:03:46.35	03:03:46.35	+01:34:18 (51.3%)	8:45	6.9 (48.9%)
601	BRZEZIŃSKA Dorota	7680		Masters K - 40	84	00:00:00	00:01:43	01:49:46	03:03:52.85	03:03:52.85	+01:34:25 (51.3%)	8:45	6.9 (48.9%)
602	CNOTALSKI Adam	7766		Senior II M - 30	176	00:00:00	00:01:14	01:43:56	03:04:23.20	03:04:23.20	+01:34:55 (51.5%)	8:46	6.8 (48.2%)
603	ŚNIEGOSKA Sandra	7534	KNEIPP TEAM	Senior II K - 30	76	00:00:00	00:01:38	01:43:40	03:04:37.40	03:04:37.40	+01:35:09 (51.5%)	8:47	6.8 (48.2%)
604	ŚNIEGOSKI Sebastian	7535	KNEIPP TEAM	Masters M - 40	143	00:00:00	00:01:38	01:43:50	03:04:37.45	03:04:37.45	+01:35:09 (51.5%)	8:47	6.8 (48.2%)
605	NAPIERAŁA Agnieszka	7312	MARATOŃCZYK POZNAŃ	Senior II K - 30	77	00:00:00	00:01:12	01:44:13	03:04:40.85	03:04:40.85	+01:35:13 (51.6%)	8:47	6.8 (48.2%)
606	SŁOCIŃSKA Natasza	7909	MARATOŃCZYK POZNAŃ	Senior II K - 30	78	00:00:00	00:01:11	01:44:15	03:04:41.05	03:04:41.05	+01:35:13 (51.6%)	8:47	6.8 (48.2%)
607	SZWAGIERCZAK-STEFANIAK Magda	7311	MARATOŃCZYK	Senior II K - 30	79	00:00:00	00:01:11	01:44:12	03:04:41.55	03:04:41.55	+01:35:13 (51.6%)	8:47	6.8 (48.2%)
608	ZDYB Grzegorz	7016		Masters M - 40	144	00:00:00	00:03:57	01:46:04	03:04:50.80	03:04:50.80	+01:35:23 (51.6%)	8:48	6.8 (48.2%)
609	MATYNIAK Barbara	7398	WYZNAWCY BRONKA LIBIĄŻ	Senior II K - 30	80	00:00:00	00:02:33	01:46:10	03:04:54.25	03:04:54.25	+01:35:26 (51.6%)	8:48	6.8 (48.2%)
610	RYCHTER Maciej	7541	ONE STEP	Senior II M - 30	177	00:00:00	00:03:27	01:53:50	03:04:57.65	03:04:57.65	+01:35:29 (51.6%)	8:48	6.8 (48.2%)
611	OGIEGŁO Dominik	7799		Senior II M - 30	178	00:00:00	00:01:39	01:42:43	03:05:03.25	03:05:03.25	+01:35:35 (51.7%)	8:48	6.8 (48.2%)
612	SZYMAŃSKA Anna	7096	ROZBIEGANY GOLENIÓW	Weteran II K - 60	1	00:00:00	00:01:07	01:40:29	03:05:06.40	03:05:06.40	+01:35:38 (51.7%)	8:48	6.8 (48.2%)
613	PIECHOTA Remigiusz	7542	ONE STEP / RYNNY.NET	Senior II M - 30	179	00:00:00	00:03:28	01:53:51	03:05:07.10	03:05:07.10	+01:35:39 (51.7%)	8:48	6.8 (48.2%)
614	RATAJCZAK Grzegorz	7150		Weteran I M - 50	37	00:00:00	00:01:10	01:40:19	03:05:15.15	03:05:15.15	+01:35:47 (51.7%)	8:49	6.8 (48.2%)
615	NAWARA Paweł	7926	BALERUNY	Senior II M - 30	180	00:00:00	00:03:02	01:46:22	03:05:49.50	03:05:49.50	+01:36:21 (51.9%)	8:50	6.8 (48.2%)
616	WARYSZAK Joanna	7189	DZIK KOMANDO	Senior II K - 30	81	00:00:00	00:01:29	01:46:50	03:05:52.90	03:05:52.90	+01:36:25 (51.9%)	8:51	6.8 (48.2%)
617	KRYCH Joanna	7327		Masters K - 40	85	00:00:00	00:01:27	01:41:00	03:05:57.05	03:05:57.05	+01:36:29 (51.9%)	8:51	6.8 (48.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start		Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
							Łądek 0.01km	B1 10.3km					
618	CIEKAŃSKA Joanna	7249		Masters K - 40	86	00:00:00	00:02:58	01:47:39	03:06:13.05	03:06:13.05	+01:36:45 (52.0%)	8:52	6.8 (48.2%)
619	HEJNE Agnieszka	7326		Masters K - 40	87	00:00:00	00:00:16	01:36:52	03:06:14.90	03:06:14.90	+01:36:47 (52.0%)	8:52	6.8 (48.2%)
620	KRZESZEWSKI Krzysztof	7475		Masters M - 40	145	00:00:00	00:01:52	01:37:43	03:06:19.65	03:06:19.65	+01:36:51 (52.0%)	8:52	6.8 (48.2%)
621	KOLENDA Mateusz	7483	DRIN TEAM	Senior II M - 30	181	00:00:00	00:03:26	01:53:43	03:06:22.85	03:06:22.85	+01:36:55 (52.0%)	8:52	6.8 (48.2%)
622	MALISZ Agnieszka	7179		Senior II K - 30	82	00:00:00	00:01:20	01:39:35	03:06:23.15	03:06:23.15	+01:36:55 (52.0%)	8:52	6.8 (48.2%)
623	CHARLES Xavier	7709		Weteran I M - 50	38	00:00:00	00:00:56	01:40:17	03:06:32.75	03:06:32.75	+01:37:04 (52.0%)	8:52	6.8 (48.2%)
624	DOLIŃSKA Marta	7437		Senior I K - 20	29	00:00:00	00:00:07	01:42:30	03:06:45.15	03:06:45.15	+01:37:17 (52.1%)	8:53	6.7 (47.5%)
625	LUBOWIECKA Paulina	7947		Senior I K - 20	30	00:00:00	00:03:16	01:49:34	03:06:51.55	03:06:51.55	+01:37:23 (52.1%)	8:53	6.7 (47.5%)
626	KILIAN Daniel	7743	PWPW S.A.	Masters M - 40	146	00:00:00	00:03:34	01:53:41	03:06:52.30	03:06:52.30	+01:37:24 (52.1%)	8:53	6.7 (47.5%)
627	KUKUCZKA Wioletta	7435	KLUCZBORSKA GRUPA BIEGOWA	Weteran K - 50	21	00:00:00	00:01:24	01:46:25	03:06:54.70	03:06:54.70	+01:37:26 (52.1%)	8:54	6.7 (47.5%)
628	ŚLIWIŃSKA Anna	7227		Senior I K - 20	31	00:00:00	00:02:09	01:48:49	03:06:55.55	03:06:55.55	+01:37:27 (52.1%)	8:54	6.7 (47.5%)
629	BARAN Przemysław	7286	BIEGNIEMY DLA HANI	Senior II M - 30	182	00:00:00	00:03:24	01:47:40	03:07:08.75	03:07:08.75	+01:37:40 (52.2%)	8:54	6.7 (47.5%)
630	KUCIŃSKI Andrzej	7193	BAZA ZDROWIA FRESCO	Weteran II M - 60	7	00:00:00	00:03:07	01:48:42	03:07:33.55	03:07:33.55	+01:38:05 (52.3%)	8:55	6.7 (47.5%)
631	JACKOWSKA Katarzyna	7683		Masters K - 40	88	00:00:00	00:01:08	01:42:12	03:07:34.15	03:07:34.15	+01:38:06 (52.3%)	8:55	6.7 (47.5%)
632	DOBOSZ Leszek	7960		Masters M - 40	147	00:00:00	00:03:54	01:53:52	03:07:35.95	03:07:35.95	+01:38:08 (52.3%)	8:55	6.7 (47.5%)
633	ANDRZEJCZAK Łukasz	7403		Masters M - 40	148	00:00:00	00:02:35	01:43:14	03:07:36.80	03:07:36.80	+01:38:09 (52.3%)	8:56	6.7 (47.5%)
634	CZECH Dominika	7234		Senior II K - 30	83	00:00:00	00:00:40	01:42:20	03:07:45.35	03:07:45.35	+01:38:17 (52.4%)	8:56	6.7 (47.5%)
635	MODZELEWSKA Anna	7761		Senior I K - 20	32	00:00:00	00:01:46	01:49:37	03:07:51.20	03:07:51.20	+01:38:23 (52.4%)	8:56	6.7 (47.5%)
636	GAWĘDZKA Aneta	7629	OBORYGENI	Masters K - 40	89	00:00:00	00:02:22	01:54:57	03:08:00.95	03:08:00.95	+01:38:33 (52.4%)	8:57	6.7 (47.5%)
637	TEKIELI Ewelina	8	TEKIELI FAMILY	Masters K - 40	90	00:00:00	00:02:54	01:49:45	03:08:14.55	03:08:14.55	+01:38:46 (52.5%)	8:57	6.7 (47.5%)
638	WIĘCKOWSKA Agata	7297	ZAKOCHAJ SIĘ W BIEGANIU	Senior II K - 30	84	00:00:00	00:02:31	01:48:49	03:08:15.95	03:08:15.95	+01:38:48 (52.5%)	8:57	6.7 (47.5%)
639	RÓŻYCKI Patryk	7205		Senior I M - 20	36	00:00:00	00:01:46	01:43:30	03:08:18.70	03:08:18.70	+01:38:50 (52.5%)	8:58	6.7 (47.5%)
640	MICHALIK Aleksandra	7370		Senior I K - 20	33	00:00:00	00:01:46	01:43:37	03:08:19.65	03:08:19.65	+01:38:51 (52.5%)	8:58	6.7 (47.5%)
641	GÓRNA Małgorzata	7350		Senior II K - 30	85	00:00:00	00:03:02	01:48:48	03:08:32.90	03:08:32.90	+01:39:05 (52.6%)	8:58	6.7 (47.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start		Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
							Lądek 0.01km	B1 10.3km					
642	KORDYLEWSKA Marlena	7767	KTÓRĘDYNADMORSKIEOKO	Senior II K - 30	86	00:00:00	00:01:31	01:52:45	03:08:45.30	03:08:45.30	+01:39:17 (52.6%)	8:59	6.7 (47.5%)
643	WIECZOREK Artur	7843		Masters M - 40	149	00:00:00	00:02:04	01:53:59	03:08:46.20	03:08:46.20	+01:39:18 (52.6%)	8:59	6.7 (47.5%)
644	MACIEJEWSKI Paweł	7395		Senior II M - 30	183	00:00:00	00:02:04	01:54:00	03:08:52.45	03:08:52.45	+01:39:24 (52.6%)	8:59	6.7 (47.5%)
645	CYBULA Ewa	7283		Masters K - 40	91	00:00:00	00:03:29	01:49:35	03:09:02.00	03:09:02.00	+01:39:34 (52.7%)	9:00	6.7 (47.5%)
646	NOWAK Michał	7669	DARŁOWO	Senior II M - 30	184	00:00:00	00:02:52	01:53:34	03:09:05.15	03:09:05.15	+01:39:37 (52.7%)	9:00	6.7 (47.5%)
647	BLAJCHERT Adam	7328		Masters M - 40	150	00:00:00	00:01:39	01:49:36	03:09:07.75	03:09:07.75	+01:39:39 (52.7%)	9:00	6.7 (47.5%)
648	KODYM Anna	7607	LASKI Z LASKU (MARCELIŃSKIEGO)	Senior II K - 30	87	00:00:00	00:03:23	01:53:37	03:09:08.80	03:09:08.80	+01:39:41 (52.7%)	9:00	6.7 (47.5%)
648	MATUSZEK Małgorzata	7608	LASKI Z LASKU (MARCELIŃSKIEGO)	Senior I K - 20	34	00:00:00	00:03:23	01:53:37	03:09:08.80	03:09:08.80	+01:39:41 (52.7%)	9:00	6.7 (47.5%)
650	NOWICKA-BŁASZCZYK Izabela	7606	LASKI Z LASKU (MARCELIŃSKIEGO)	Masters K - 40	92	00:00:00	00:03:22	01:53:36	03:09:08.90	03:09:08.90	+01:39:41 (52.7%)	9:00	6.7 (47.5%)
651	BONICH Magdalena	10	WIECZORNE BIEGANIE W OPOLU	Senior II K - 30	88	00:00:00	00:02:53	01:45:57	03:09:09.00	03:09:09.00	+01:39:41 (52.7%)	9:00	6.7 (47.5%)
652	BARTŁOMIEJCZYK Sylwia	7866	SOCIOS SILESIA	Masters K - 40	93	00:00:00	00:01:28	01:46:53	03:09:09.45	03:09:09.45	+01:39:41 (52.7%)	9:00	6.7 (47.5%)
653	KIEDROWSKI Łukasz	7590		Senior II M - 30	185	00:00:00	00:02:46	01:52:04	03:09:12.50	03:09:12.50	+01:39:44 (52.7%)	9:00	6.7 (47.5%)
654	WRĘCZYCKA Izabela	7901	CIDRY LOTAJOM	Weteran K - 50	22	00:00:00	00:02:27	01:53:35	03:09:15.75	03:09:15.75	+01:39:47 (52.7%)	9:00	6.7 (47.5%)
655	SZYMCZAK Katarzyna	7890		Weteran K - 50	23	00:00:00	00:00:27	01:43:54	03:09:22.45	03:09:22.45	+01:39:54 (52.8%)	9:01	6.7 (47.5%)
656	SZCZEPANIAK Sylwia	7851		Senior II K - 30	89	00:00:00	00:02:20	01:46:00	03:09:24.45	03:09:24.45	+01:39:56 (52.8%)	9:01	6.7 (47.5%)
657	GOGOŁOK Patryk	7812		Masters M - 40	151	00:00:00	00:03:06	01:51:35	03:09:26.35	03:09:26.35	+01:39:58 (52.8%)	9:01	6.7 (47.5%)
658	KOLENDA Katarzyna	7484	DRIN TEAM	Senior II K - 30	90	00:00:00	00:03:25	01:53:42	03:09:40.90	03:09:40.90	+01:40:13 (52.8%)	9:01	6.6 (46.8%)
659	KACZMAREK Agata	7414		Masters K - 40	94	00:00:00	00:00:41	01:49:39	03:09:51.80	03:09:51.80	+01:40:24 (52.9%)	9:02	6.6 (46.8%)
660	WOSZCZYK Agnieszka	7478		Senior II K - 30	91	00:00:00	00:02:55	01:46:28	03:10:08.50	03:10:08.50	+01:40:40 (52.9%)	9:03	6.6 (46.8%)
661	GŁĄBICA Adam	7214	AFK RAPORT WROCŁAW	Weteran I M - 50	39	00:00:00	00:01:44	01:47:35	03:10:08.55	03:10:08.55	+01:40:40 (52.9%)	9:03	6.6 (46.8%)
662	KWIATKOWSKA Marta	7731		Masters K - 40	95	00:00:00	00:01:13	01:43:02	03:10:10.25	03:10:10.25	+01:40:42 (53.0%)	9:03	6.6 (46.8%)
663	PĘCZKOWSKA Magdalena	7432		Masters K - 40	96	00:00:00	00:02:32	01:49:33	03:10:17.15	03:10:17.15	+01:40:49 (53.0%)	9:03	6.6 (46.8%)
664	KUCHCINSKA Diana	7583		Masters K - 40	97	00:00:00	00:02:58	01:47:40	03:10:28.90	03:10:28.90	+01:41:01 (53.0%)	9:04	6.6 (46.8%)
665	KARPIŃSKI Grzegorz	7242	SALCESON	Senior II M - 30	186	00:00:00	00:02:42	01:43:59	03:10:29.70	03:10:29.70	+01:41:01 (53.0%)	9:04	6.6 (46.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start		Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
							Łądek 0.01km	B1 10.3km					
666	LUBOWIECKI Tomek	7946		Weteran I M - 50	40	00:00:00	00:03:14	01:51:36	03:10:30.25	03:10:30.25	+01:41:02 (53.0%)	9:04	6.6 (46.8%)
667	ROBASZKIEWICZ Jan	7802		Weteran I M - 50	41	00:00:00	00:01:01	01:38:55	03:10:31.35	03:10:31.35	+01:41:03 (53.0%)	9:04	6.6 (46.8%)
668	KOPEĆ Julia	7701		Senior I K - 20	35	00:00:00	00:01:59	01:51:34	03:10:31.55	03:10:31.55	+01:41:03 (53.0%)	9:04	6.6 (46.8%)
669	ZIÓŁKOWSKI Krzysztof	7272	PRO-RUN WROCŁAW	Weteran II M - 60	8	00:00:00	00:02:16	01:51:42	03:10:32.60	03:10:32.60	+01:41:04 (53.0%)	9:04	6.6 (46.8%)
670	SOWIŃSKA Anetta	7903		Masters K - 40	98	00:00:00	00:01:18	01:49:58	03:10:52.50	03:10:52.50	+01:41:24 (53.1%)	9:05	6.6 (46.8%)
671	PERLAK Magdalena	7676	TRAIL IS OUR WAY	Senior II K - 30	92	00:00:00	00:01:48	01:54:32	03:10:57.95	03:10:57.95	+01:41:30 (53.2%)	9:05	6.6 (46.8%)
672	BANACH-SKOWRONEK Joanna	7110		Senior II K - 30	93	00:00:00	00:01:07	01:46:15	03:11:04.25	03:11:04.25	+01:41:36 (53.2%)	9:05	6.6 (46.8%)
673	KACZMAREK Monika	7122	NKB CHYŻY NOWY TOMYŚL	Masters K - 40	99	00:00:00	00:01:18	01:49:31	03:11:18.00	03:11:18.00	+01:41:50 (53.2%)	9:06	6.6 (46.8%)
674	NIEMAS Anna	7655		Masters K - 40	100	00:00:00	00:01:28	01:47:13	03:11:25.55	03:11:25.55	+01:41:57 (53.3%)	9:06	6.6 (46.8%)
675	DRZEWIECKI-ZARZECZNY Grzegorz	7045	MD RUN TRAINING	Weteran II M - 60	9	00:00:00	00:02:14	01:47:19	03:11:26.75	03:11:26.75	+01:41:58 (53.3%)	9:06	6.6 (46.8%)
676	KARPIŃSKA Katarzyna	7488	KLUCZBORSKA GRUPA BIEGOWA	Masters K - 40	101	00:00:00	00:01:24	01:47:22	03:11:33.10	03:11:33.10	+01:42:05 (53.3%)	9:07	6.6 (46.8%)
677	MENDEL Martyna	7436	KLUCZBORSKA GRUPA BIEGOWA	Senior II K - 30	94	00:00:00	00:01:24	01:47:21	03:11:33.40	03:11:33.40	+01:42:05 (53.3%)	9:07	6.6 (46.8%)
678	ZAWIS Marek	7259		Weteran I M - 50	42	00:00:00	00:01:42	01:51:55	03:11:40.95	03:11:40.95	+01:42:13 (53.3%)	9:07	6.6 (46.8%)
679	BARAŃSKA Małgorzata	7254	BBL OPOLE	Weteran K - 50	24	00:00:00	00:01:37	01:50:28	03:12:09.90	03:12:09.90	+01:42:42 (53.4%)	9:09	6.6 (46.8%)
680	WICIŃSKI Grzegorz	7126	G13	Weteran I M - 50	43	00:00:00	00:03:32	01:49:38	03:12:16.20	03:12:16.20	+01:42:48 (53.5%)	9:09	6.6 (46.8%)
681	AUGUSTYNOWICZ Andrzej	7482		Weteran I M - 50	44	00:00:00	00:00:05	01:45:47	03:12:21.70	03:12:21.70	+01:42:53 (53.5%)	9:09	6.6 (46.8%)
682	AUGUSTYNOWICZ Aurelia	7481		Masters K - 40	102	00:00:00	00:00:05	01:45:50	03:12:23.25	03:12:23.25	+01:42:55 (53.5%)	9:09	6.5 (46.1%)
683	RODZIŃSKA Anita	7020	PARKRUN GRUDZIĄDZ	Weteran K - 50	25	00:00:00	00:00:33	01:47:59	03:12:26.90	03:12:26.90	+01:42:59 (53.5%)	9:09	6.5 (46.1%)
684	ZAWADZKI Piotr	7733		Senior II M - 30	187	00:00:00	00:03:25	01:49:41	03:13:08.90	03:13:08.90	+01:43:41 (53.7%)	9:11	6.5 (46.1%)
685	RATAJCZAK Jacek	7602	ATLAS RUNNING TEAM	Masters M - 40	152	00:00:00	00:02:28	01:47:19	03:13:22.75	03:13:22.75	+01:43:54 (53.7%)	9:12	6.5 (46.1%)
686	GAWEŁ Tomasz	7603	ATLAS RUNNING TEAM	Masters M - 40	153	00:00:00	00:02:28	01:47:21	03:13:22.85	03:13:22.85	+01:43:55 (53.7%)	9:12	6.5 (46.1%)
687	SOCZYŃSKA Małgorzata	28	CZŁAPACZE	Weteran II K - 60	2	00:00:00	00:03:05	01:55:52	03:13:55.55	03:13:55.55	+01:44:27 (53.9%)	9:14	6.5 (46.1%)
688	SZAŁ Monika	7785	WALKA KOSTRZYN	Weteran K - 50	26	00:00:00	00:01:07	01:53:01	03:14:16.40	03:14:16.40	+01:44:48 (53.9%)	9:15	6.5 (46.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start		Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
							Łądek 0.01km	B1 10.3km					
689	GALUS Tomasz	16		Masters M - 40	154	00:00:00	00:03:12	01:55:04	03:14:17.25	03:14:17.25	+01:44:49 (54.0%)	9:15	6.5 (46.1%)
690	POSIŁA Joanna	7648	EUROCASH/#MUZACZŁAPAKA	Masters K - 40	103	00:00:00	00:03:06	01:57:28	03:14:20.00	03:14:20.00	+01:44:52 (54.0%)	9:15	6.5 (46.1%)
691	SAMULSKA Agata	7159	BLLASYBOGDANIEC	Weteran K - 50	27	00:00:00	00:00:40	01:49:30	03:14:29.45	03:14:29.45	+01:45:01 (54.0%)	9:15	6.5 (46.1%)
692	IWANOWSKI Wojciech	7309		Masters M - 40	155	00:00:00	00:02:41	01:56:14	03:14:31.50	03:14:31.50	+01:45:03 (54.0%)	9:15	6.5 (46.1%)
693	WRÓBLEWSKI Witek	7132		Senior II M - 30	188	00:00:00	00:02:02	01:46:19	03:14:38.10	03:14:38.10	+01:45:10 (54.0%)	9:16	6.5 (46.1%)
694	SKORNOWICZ Paweł	7791		Weteran I M - 50	45	00:00:00	00:02:45	01:55:33	03:14:39.45	03:14:39.45	+01:45:11 (54.0%)	9:16	6.5 (46.1%)
695	SKORNOWICZ Agnieszka	7080	SPORTOWY KAŻMIERZ	Weteran K - 50	28	00:00:00	00:02:45	01:55:34	03:14:39.55	03:14:39.55	+01:45:11 (54.0%)	9:16	6.5 (46.1%)
696	FILIPOWICZ Katarzyna	7287		Senior II K - 30	95	00:00:00	00:02:59	01:51:53	03:14:40.15	03:14:40.15	+01:45:12 (54.0%)	9:16	6.5 (46.1%)
697	WRÓBLEWSKA Małgorzata	7543	LOCO SPORT/SKANSEN CISOWNIK	Senior II K - 30	96	00:00:00	00:02:15	01:55:00	03:14:44.25	03:14:44.25	+01:45:16 (54.1%)	9:16	6.5 (46.1%)
698	WOŹNIAK MACIEJEWSKA Edyta	7024		Masters K - 40	104	00:00:00	00:00:23	01:51:29	03:15:07.40	03:15:07.40	+01:45:39 (54.2%)	9:17	6.5 (46.1%)
699	GODYŃ Sylwiusz	7616	DZIEWIĘSIŁ	Weteran I M - 50	46	00:00:00	00:02:02	01:47:06	03:15:13.30	03:15:13.30	+01:45:45 (54.2%)	9:17	6.5 (46.1%)
700	SOBKÓW Katarzyna	7980	MISIE BIEGAJĄ	Senior II K - 30	97	00:00:00	00:03:20	01:51:54	03:15:16.15	03:15:16.15	+01:45:48 (54.2%)	9:17	6.5 (46.1%)
701	DRELINKIEWICZ Michał	7979	MISIE BIEGAJĄ	Masters M - 40	156	00:00:00	00:03:21	01:51:54	03:15:16.45	03:15:16.45	+01:45:48 (54.2%)	9:17	6.5 (46.1%)
702	LEWIKOWSKA Patrycja	7409		Masters K - 40	105	00:00:00	00:03:01	01:52:00	03:15:22.35	03:15:22.35	+01:45:54 (54.2%)	9:18	6.4 (45.4%)
703	GÓRECKI Mirosław	7408		Masters M - 40	157	00:00:00	00:03:01	01:52:01	03:15:22.45	03:15:22.45	+01:45:54 (54.2%)	9:18	6.4 (45.4%)
704	CENDROWICZ Magdalena	7707	KNEIPP TEAM	Masters K - 40	106	00:00:00	00:00:33	01:47:26	03:15:49.65	03:15:49.65	+01:46:21 (54.3%)	9:19	6.4 (45.4%)
705	DRÓŹDŹ Arkadiusz	7451		Senior II M - 30	189	00:00:00	00:03:13	01:44:09	03:15:54.15	03:15:54.15	+01:46:26 (54.3%)	9:19	6.4 (45.4%)
706	DRAIM Jacek	7857		Weteran II M - 60	10	00:00:00	00:02:53	01:54:45	03:15:54.75	03:15:54.75	+01:46:26 (54.3%)	9:19	6.4 (45.4%)
707	JASICKI Julian	7717	STROŃSKA GRUPA ROWEROWA	Weteran II M - 60	11	00:00:00	00:00:46	01:42:44	03:16:02.90	03:16:02.90	+01:46:35 (54.4%)	9:20	6.4 (45.4%)
708	BOCHNIAK Andrzej	7963		Weteran II M - 60	12	00:00:00	00:02:06	01:57:29	03:16:48.70	03:16:48.70	+01:47:20 (54.5%)	9:22	6.4 (45.4%)
709	KASZUBA Paweł	7301	TKKF MPK POZNAŃ	Masters M - 40	158	00:00:00	00:04:08	01:54:33	03:17:08.20	03:17:08.20	+01:47:40 (54.6%)	9:23	6.4 (45.4%)
710	BUDA Marek	7365	VISEGRAD MARATON RYTRO NOWY SĄCZ	Weteran II M - 60	13	00:00:00	00:03:24	01:52:41	03:17:14.35	03:17:14.35	+01:47:46 (54.6%)	9:23	6.4 (45.4%)
711	BOJARSKA Zuzanna	7173	BW BIEGACZE WYMIATACZE	Senior I K - 20	36	00:00:00	00:02:05	02:00:05	03:17:15.15	03:17:15.15	+01:47:47 (54.6%)	9:23	6.4 (45.4%)
712	PAWELCZYK Adriana	7852	BIEGAM BO NIE LUBIE	Masters K - 40	107	00:00:00	00:00:46	01:48:18	03:17:35.95	03:17:35.95	+01:48:08 (54.7%)	9:24	6.4 (45.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start		Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
							Łądek 0.01km	B1 10.3km					
713	KAŹMIERCZAK Piotr	7626		Senior II M - 30	190	00:00:00	00:02:56	01:49:48	03:17:38.75	03:17:38.75	+01:48:10 (54.7%)	9:24	6.4 (45.4%)
714	GIENTKOWSKI Sławomir	7199		Masters M - 40	159	00:00:00	00:01:46	01:51:41	03:17:40.60	03:17:40.60	+01:48:12 (54.7%)	9:24	6.4 (45.4%)
715	PACIUCH Dorota	7547		Senior II K - 30	98	00:00:00	00:02:10	01:55:02	03:17:45.45	03:17:45.45	+01:48:17 (54.8%)	9:25	6.4 (45.4%)
716	OGRODNIK Anna	7072	ZAKOCHAJ SIĘ W BIEGANIU	Senior II K - 30	99	00:00:00	00:02:35	01:53:48	03:17:46.95	03:17:46.95	+01:48:19 (54.8%)	9:25	6.4 (45.4%)
717	BIELECKA Arleta	7585	GRUPA BIEGOWA ENERGY KACZORY	Weteran K - 50	29	00:00:00	00:02:23	01:55:36	03:17:53.55	03:17:53.55	+01:48:25 (54.8%)	9:25	6.4 (45.4%)
718	BAJERSKA Renata	7599	GRUPA BIEGOWA ENERGY KACZORY	Weteran K - 50	30	00:00:00	00:02:24	01:55:32	03:17:53.65	03:17:53.65	+01:48:25 (54.8%)	9:25	6.4 (45.4%)
719	KLOC Maciej	7704	ORTHOS TEAM	Senior I M - 20	37	00:00:00	00:01:51	01:46:18	03:18:02.85	03:18:02.85	+01:48:35 (54.8%)	9:25	6.4 (45.4%)
720	SULIGA Wioletta	7524	AUGUSTEAM	Masters K - 40	108	00:00:00	00:00:31	01:51:32	03:18:13.05	03:18:13.05	+01:48:45 (54.9%)	9:26	6.4 (45.4%)
721	KOZŁOWSKI Marcin	7143	UKS DIAMENT GODÓW	Masters M - 40	160	00:00:00	00:01:59	01:51:40	03:18:29.50	03:18:29.50	+01:49:01 (54.9%)	9:27	6.3 (44.7%)
722	KOZŁOWSKA Karolina	7144	UKS DIAMENT GODÓW	Senior II K - 30	100	00:00:00	00:01:59	01:51:39	03:18:29.55	03:18:29.55	+01:49:01 (54.9%)	9:27	6.3 (44.7%)
723	WISZNIEWICZ Agnieszka	7668		Senior II K - 30	101	00:00:00	00:03:38	01:54:50	03:18:32.05	03:18:32.05	+01:49:04 (54.9%)	9:27	6.3 (44.7%)
724	MULARCZYK Marta	7685	WKURW_TEAM	Senior II K - 30	102	00:00:00	00:03:40	01:55:01	03:18:39.05	03:18:39.05	+01:49:11 (55.0%)	9:27	6.3 (44.7%)
725	GRZELCZAK Tomasz	7984		Weteran I M - 50	47	00:00:00	00:02:22	01:49:25	03:18:52.35	03:18:52.35	+01:49:24 (55.0%)	9:28	6.3 (44.7%)
726	SKRZYPIŃSKA Agnieszka	7157	PSI PATROL	Masters K - 40	109	00:00:00	00:01:58	01:55:31	03:18:55.60	03:18:55.60	+01:49:27 (55.0%)	9:28	6.3 (44.7%)
727	MIELNIK Natalia	7247		Senior II K - 30	103	00:00:00	00:02:51	01:54:54	03:19:01.05	03:19:01.05	+01:49:33 (55.0%)	9:28	6.3 (44.7%)
728	STROMIDŁO Anna	7203	BROWAR DOMOWY HATAK	Masters K - 40	110	00:00:00	00:00:30	01:46:20	03:19:19.75	03:19:19.75	+01:49:51 (55.1%)	9:29	6.3 (44.7%)
729	PACHOLSKA Justyna	7103	GOLENIÓW	Masters K - 40	111	00:00:00	00:01:58	01:53:40	03:19:23.10	03:19:23.10	+01:49:55 (55.1%)	9:29	6.3 (44.7%)
730	MARCINKOWSKI Artur	7711		Senior II M - 30	191	00:00:00	00:02:02	01:53:47	03:19:29.65	03:19:29.65	+01:50:01 (55.2%)	9:29	6.3 (44.7%)
731	GÓRAL Jakub	7914		Senior II M - 30	192	00:00:00	00:01:37	01:45:44	03:19:38.55	03:19:38.55	+01:50:10 (55.2%)	9:30	6.3 (44.7%)
732	TOCZEK Hana	7881		Senior II K - 30	104	00:00:00	00:03:32	01:57:43	03:20:00.90	03:20:00.90	+01:50:33 (55.3%)	9:31	6.3 (44.7%)
733	JEZIERSKA Karina	7729	12TRI.PL / TEAM ZABIEGANEDNI	Masters K - 40	112	00:00:00	00:03:40	01:56:18	03:20:06.10	03:20:06.10	+01:50:38 (55.3%)	9:31	6.3 (44.7%)
734	WYPCHOŁ Piotr	7572	BIEGAJ Z TRENERAMI	Weteran I M - 50	48	00:00:00	00:01:54	01:51:51	03:20:15.50	03:20:15.50	+01:50:47 (55.3%)	9:32	6.3 (44.7%)
735	CIŚWICKI Jarosław	7870		Masters M - 40	161	00:00:00	00:03:43	01:55:58	03:20:40.15	03:20:40.15	+01:51:12 (55.4%)	9:33	6.3 (44.7%)
736	MILLER Edyta	7604	FORMA FITNESS KLUB CZ-WA	Weteran K - 50	31	00:00:00	00:03:27	01:53:49	03:20:40.30	03:20:40.30	+01:51:12 (55.4%)	9:33	6.3 (44.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start		Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
							Łądek 0.01km	B1 10.3km					
737	KULA Damian	7194		Senior II M - 30	193	00:00:00	00:03:25	01:54:48	03:20:42.85	03:20:42.85	+01:51:15 (55.4%)	9:33	6.3 (44.7%)
738	ŁAWNICZAK Justyna	7390	JUTROSIŃSKI KLUB BIEGACZY	Masters K - 40	113	00:00:00	00:00:35	01:54:39	03:20:45.55	03:20:45.55	+01:51:17 (55.4%)	9:33	6.3 (44.7%)
739	SOBCZYK-SPYT Agata	7621		Masters K - 40	114	00:00:00	00:02:57	01:56:13	03:21:01.15	03:21:01.15	+01:51:33 (55.5%)	9:34	6.3 (44.7%)
740	KACZMAREK Adam	7521		Masters M - 40	162	00:00:00	00:01:56	01:57:05	03:21:12.95	03:21:12.95	+01:51:45 (55.5%)	9:34	6.3 (44.7%)
741	KACZMAREK Anna	7523		Senior II K - 30	105	00:00:00	00:01:55	01:57:04	03:21:13.25	03:21:13.25	+01:51:45 (55.5%)	9:34	6.3 (44.7%)
742	MOŁODECKI Adam	7213		Senior II M - 30	194	00:00:00	00:02:41	01:56:15	03:22:04.30	03:22:04.30	+01:52:36 (55.7%)	9:37	6.2 (44.0%)
743	NARKUN Tomasz	7876	WIG20 TO THE MOON	Masters M - 40	163	00:00:00	00:01:36	01:46:19	03:22:28.15	03:22:28.15	+01:53:00 (55.8%)	9:38	6.2 (44.0%)
744	SIKORA Agnieszka	7149		Senior II K - 30	106	00:00:00	00:03:37	01:54:38	03:22:28.25	03:22:28.25	+01:53:00 (55.8%)	9:38	6.2 (44.0%)
745	GERMAN-GIENTKOWSKA Iwona	7197		Masters K - 40	115	00:00:00	00:01:45	01:55:59	03:22:32.75	03:22:32.75	+01:53:04 (55.8%)	9:38	6.2 (44.0%)
746	BUNIEWSKA Wiktoria	7		Senior I K - 20	37	00:00:00	00:03:16	01:58:55	03:22:40.35	03:22:40.35	+01:53:12 (55.9%)	9:39	6.2 (44.0%)
747	DUDA Wojciech	7730	SKAWINA BIEGA	Weteran I M - 50	49	00:00:00	00:01:33	01:56:16	03:22:49.60	03:22:49.60	+01:53:21 (55.9%)	9:39	6.2 (44.0%)
748	KASZYŃSKA Dorota	7397		Weteran K - 50	32	00:00:00	00:02:37	01:56:01	03:23:08.25	03:23:08.25	+01:53:40 (56.0%)	9:40	6.2 (44.0%)
749	GRZYB Beata	7770	KOBIETY BIEGAJĄ	Masters K - 40	116	00:00:00	00:03:18	01:59:19	03:23:12.75	03:23:12.75	+01:53:44 (56.0%)	9:40	6.2 (44.0%)
750	SZMATLOCH Karolina	7058		Senior II K - 30	107	00:00:00	00:03:11	01:57:04	03:23:30.85	03:23:30.85	+01:54:03 (56.0%)	9:41	6.2 (44.0%)
751	WOŹNIAK Lidia	7633	PORMAT JEDLICZE BIEGA	Weteran K - 50	33	00:00:00	00:01:19	01:55:28	03:23:39.05	03:23:39.05	+01:54:11 (56.1%)	9:41	6.2 (44.0%)
752	GONERA-BATOR Anna	7471	KB HARCOWNIK JELCZ-LASKOWICE	Senior II K - 30	108	00:00:00	00:03:10	01:56:28	03:23:45.05	03:23:45.05	+01:54:17 (56.1%)	9:42	6.2 (44.0%)
753	FRĄCKOWIAK Wojciech	7354		Senior II M - 30	195	00:00:00	00:03:03	01:54:30	03:23:46.40	03:23:46.40	+01:54:18 (56.1%)	9:42	6.2 (44.0%)
754	TOMCZAK Paulina	7933		Masters K - 40	117	00:00:00	00:03:03	01:54:30	03:23:47.30	03:23:47.30	+01:54:19 (56.1%)	9:42	6.2 (44.0%)
755	OCIEPA Ewa	7366		Masters K - 40	118	00:00:00	00:02:14	01:56:21	03:23:49.55	03:23:49.55	+01:54:21 (56.1%)	9:42	6.2 (44.0%)
756	NAJDEREK Robert	7937		Masters M - 40	164	00:00:00	00:03:35	02:00:00	03:24:15.30	03:24:15.30	+01:54:47 (56.2%)	9:43	6.2 (44.0%)
757	STĘPLEWSKA Małgorzata	7619		Masters K - 40	119	00:00:00	00:02:41	01:56:01	03:24:27.65	03:24:27.65	+01:54:59 (56.2%)	9:44	6.2 (44.0%)
758	CZYŻEWSKA Marlena	7589		Weteran K - 50	34	00:00:00	00:02:41	01:57:41	03:24:27.95	03:24:27.95	+01:55:00 (56.2%)	9:44	6.2 (44.0%)
759	KRZYKWA Agnieszka	7594		Weteran K - 50	35	00:00:00	00:02:40	01:57:41	03:24:28.25	03:24:28.25	+01:55:00 (56.2%)	9:44	6.2 (44.0%)
760	JAKRZEWSKA Karolina	7352	LOCO BABKI/MAMY-BIEGAMY	Senior II K - 30	109	00:00:00	00:02:15	01:57:00	03:24:57.90	03:24:57.90	+01:55:30 (56.4%)	9:45	6.1 (43.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start		Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
							Łądek 0.01km	B1 10.3km					
761	KARAMON Magdalena	7148		Masters K - 40	120	00:00:00	00:01:57	01:54:02	03:25:14.10	03:25:14.10	+01:55:46 (56.4%)	9:46	6.1 (43.3%)
762	JURCZYK Robert	7808	NULL	Weteran I M - 50	50	00:00:00	00:02:44	01:58:26	03:25:31.15	03:25:31.15	+01:56:03 (56.5%)	9:47	6.1 (43.3%)
763	KOZŁOWSKI Piotr	7104		Senior II M - 30	196	00:00:00	00:03:05	01:52:20	03:25:52.85	03:25:52.85	+01:56:25 (56.5%)	9:48	6.1 (43.3%)
764	AUTH Kari	7026		Senior II K - 30	110	00:00:00	00:03:46	01:57:03	03:26:06.70	03:26:06.70	+01:56:38 (56.6%)	9:48	6.1 (43.3%)
765	SOKOŁOWSKI Artur	36	TEAM ZABIEGANEDNI	Masters M - 40	165	00:00:00	00:01:08	01:50:18	03:26:32.05	03:26:32.05	+01:57:04 (56.7%)	9:50	6.1 (43.3%)
766	WOLEK Marcin	7911		Masters M - 40	166	00:00:00	00:02:41	01:51:38	03:26:37.55	03:26:37.55	+01:57:09 (56.7%)	9:50	6.1 (43.3%)
767	DRZEWI Tola	7970	MARATON LESZNO	Senior I K - 20	38	00:00:00	00:03:04	01:58:15	03:26:37.65	03:26:37.65	+01:57:09 (56.7%)	9:50	6.1 (43.3%)
768	FILIPIAK Beata	5	MIECHOWICKA GRUPA BIEGOWA	Masters K - 40	121	00:00:00	00:02:30	01:53:33	03:26:55.90	03:26:55.90	+01:57:28 (56.8%)	9:51	6.1 (43.3%)
769	PLASZCZAK Bogumiła	7470	PIEKIELNIE ZGRANI	Masters K - 40	122	00:00:00	00:02:56	01:57:02	03:27:11.65	03:27:11.65	+01:57:43 (56.8%)	9:51	6.1 (43.3%)
770	KAMIŃSKA Paulina	7905		Senior II K - 30	111	00:00:00	00:03:30	01:55:18	03:27:58.70	03:27:58.70	+01:58:30 (57.0%)	9:54	6.1 (43.3%)
771	JANSON Marleen	7687	LEIDEN ATLETIEK	Senior II K - 30	112	00:00:00	00:00:49	02:03:28	03:28:07.20	03:28:07.20	+01:58:39 (57.0%)	9:54	6.1 (43.3%)
772	ABAKANOWICZ Michał	7786	WALKA KOSTRZYN	Masters M - 40	167	00:00:00	00:01:10	01:51:57	03:28:17.20	03:28:17.20	+01:58:49 (57.0%)	9:55	6 (42.6%)
773	LITKE Andżelika	7310	EAZYMUT.PL	Senior I K - 20	39	00:00:00	00:01:49	01:52:44	03:28:18.15	03:28:18.15	+01:58:50 (57.1%)	9:55	6 (42.6%)
774	KROMOLICKI Leszek	7377	CHODZIEŻ	Weteran II M - 60	14	00:00:00	00:02:49	01:53:58	03:28:24.75	03:28:24.75	+01:58:56 (57.1%)	9:55	6 (42.6%)
775	DUDA KRZEMIENIEWSKA Jadwiga	7145	KB SZAMOTUŁY	Weteran II K - 60	3	00:00:00	00:01:27	02:00:21	03:28:26.40	03:28:26.40	+01:58:58 (57.1%)	9:55	6 (42.6%)
776	SŁOMKA Mariusz	7459		Senior II M - 30	197	00:00:00	00:02:18	01:55:22	03:28:29.80	03:28:29.80	+01:59:02 (57.1%)	9:55	6 (42.6%)
777	KEMPISTY Anna	7062	12TRI.PL	Weteran K - 50	36	00:00:00	00:03:39	02:02:12	03:28:55.15	03:28:55.15	+01:59:27 (57.2%)	9:56	6 (42.6%)
778	SZCZAPA Karol	7868	12TRI.PL	Senior II M - 30	198	00:00:00	00:03:40	01:56:23	03:28:56.95	03:28:56.95	+01:59:29 (57.2%)	9:56	6 (42.6%)
779	GRYGIEL Agnieszka	7219	PRO RUN WROCŁAW	Weteran K - 50	37	00:00:00	00:02:15	01:58:17	03:29:23.95	03:29:23.95	+01:59:56 (57.3%)	9:58	6 (42.6%)
780	WACHEL Katarzyna	7528		Masters K - 40	123	00:00:00	00:03:41	01:56:24	03:29:34.85	03:29:34.85	+02:00:07 (57.3%)	9:58	6 (42.6%)
781	PIWOWARCZYK Weronika	7133	ROZBIEGANE DOBCZYCE	Senior I K - 20	40	00:00:00	00:02:15	02:02:16	03:30:31.45	03:30:31.45	+02:01:03 (57.5%)	10:01	6 (42.6%)
782	DOMAGAŁA Tomasz	7902	BIELAWSKA AKADEMIA BIEGANIA	Masters M - 40	168	00:00:00	00:02:19	01:53:20	03:30:31.60	03:30:31.60	+02:01:03 (57.5%)	10:01	6 (42.6%)
783	SZYCA-ŚMIESZNIK Marta	7138		Senior I K - 20	41	00:00:00	00:03:37	02:00:06	03:30:45.15	03:30:45.15	+02:01:17 (57.6%)	10:02	6 (42.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start		Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
							Lądek 0.01km	B1 10.3km					
784	WOŻNA Marta	7319	RUN TEAM RYDZYNA	Senior II K - 30	113	00:00:00	00:01:41	01:54:51	03:30:58.90	03:30:58.90	+02:01:31 (57.6%)	10:02	6 (42.6%)
785	GISZCZYŃSKA Wanda	7212	RUN TEAM RYDZYNA	Masters K - 40	124	00:00:00	00:01:43	01:54:54	03:30:59.20	03:30:59.20	+02:01:31 (57.6%)	10:02	6 (42.6%)
786	MŁYNARCZYK Marta	7042	HARD WORK BEATS TALENT	Senior II K - 30	114	00:00:00	00:02:30	01:59:41	03:31:01.35	03:31:01.35	+02:01:33 (57.6%)	10:02	6 (42.6%)
787	PIETRUSIAK Agnieszka	7515		Masters K - 40	125	00:00:00	00:03:36	01:59:28	03:31:14.95	03:31:14.95	+02:01:47 (57.7%)	10:03	6 (42.6%)
788	WOJTYLAK-OSUCH Anna	7545		Masters K - 40	126	00:00:00	00:03:36	01:59:30	03:31:17.15	03:31:17.15	+02:01:49 (57.7%)	10:03	6 (42.6%)
789	MRACHACZ Dorota	7454	MIECHOWICKA GRUPA BIEGOWA	Weteran K - 50	38	00:00:00	00:02:27	01:58:53	03:31:24.65	03:31:24.65	+02:01:56 (57.7%)	10:04	6 (42.6%)
790	ADAMCZYK Rafał	7456		Masters M - 40	169	00:00:00	00:02:28	01:58:47	03:31:24.90	03:31:24.90	+02:01:57 (57.7%)	10:04	6 (42.6%)
791	URBAŃCZYK Krzysztof	7494	IZBICKO W BIEGU	Senior I M - 20	38	00:00:00	00:03:31	01:57:01	03:32:14.10	03:32:14.10	+02:02:46 (57.8%)	10:06	5.9 (41.8%)
792	BŁOCH Arleta	7384	WRONIECKI KLUB BIEGACZA	Weteran K - 50	39	00:00:00	00:00:33	01:56:05	03:32:28.95	03:32:28.95	+02:03:01 (57.9%)	10:07	5.9 (41.8%)
793	GARCZYK Przemek	7773	GARCZYK TEAM	Senior II M - 30	199	00:00:00	00:00:53	01:56:43	03:32:31.40	03:32:31.40	+02:03:03 (57.9%)	10:07	5.9 (41.8%)
794	GARCZYK Agnieszka	7774	GARCZYK TEAM	Senior II K - 30	115	00:00:00	00:00:53	01:56:50	03:32:31.80	03:32:31.80	+02:03:04 (57.9%)	10:07	5.9 (41.8%)
795	STASZEWSKA Aneta	48	NIGHT RUNNERS PYSKOWICE	Masters K - 40	127	00:00:00	00:00:47	01:55:57	03:32:33.65	03:32:33.65	+02:03:05 (57.9%)	10:07	5.9 (41.8%)
796	JAWOREK Henryk	7444	NIGHT RUNNERS PYSKOWICE	Weteran I M - 50	51	00:00:00	00:00:53	01:54:31	03:32:35.35	03:32:35.35	+02:03:07 (57.9%)	10:07	5.9 (41.8%)
797	DERES Julia	7681		Senior I K - 20	42	00:00:00	00:00:56	01:51:45	03:32:36.90	03:32:36.90	+02:03:09 (57.9%)	10:07	5.9 (41.8%)
798	SOBCZAK Aleksander	7849	BIELAWSKA AKADEMIA BIEGANIA	Masters M - 40	170	00:00:00	00:02:19	01:53:23	03:32:40.45	03:32:40.45	+02:03:12 (57.9%)	10:07	5.9 (41.8%)
799	HOFFMANN Małgorzata	7385	WRONIECKI KLUB BIEGACZA	Weteran K - 50	40	00:00:00	00:00:34	01:56:10	03:32:52.90	03:32:52.90	+02:03:25 (58.0%)	10:08	5.9 (41.8%)
800	CIĄPAŁA Paulina	7392		Senior II K - 30	116	00:00:00	00:03:45	01:58:24	03:32:53.10	03:32:53.10	+02:03:25 (58.0%)	10:08	5.9 (41.8%)
801	SKWAREK Agnieszka	7417		Senior II K - 30	117	00:00:00	00:03:45	01:58:25	03:32:54.45	03:32:54.45	+02:03:26 (58.0%)	10:08	5.9 (41.8%)
802	BIENIECKA Anna	7230	KLUB BIEGACZA SZAMOTUŁY	Masters K - 40	128	00:00:00	00:01:28	02:08:03	03:32:54.80	03:32:54.80	+02:03:27 (58.0%)	10:08	5.9 (41.8%)
803	KARŁOWSKA Olga	7593	NULL	Masters K - 40	129	00:00:00	00:02:48	01:56:57	03:33:05.15	03:33:05.15	+02:03:37 (58.0%)	10:08	5.9 (41.8%)
804	WAŚOWICZ Irena	7131		Weteran K - 50	41	00:00:00	00:01:48	01:57:53	03:33:28.15	03:33:28.15	+02:04:00 (58.1%)	10:09	5.9 (41.8%)
805	LEMBICZ Agnieszka	7473	DRIN TEAM	Senior II K - 30	118	00:00:00	00:03:26	02:03:31	03:34:04.50	03:34:04.50	+02:04:36 (58.2%)	10:11	5.9 (41.8%)
806	LEMBICZ Dariusz	7474	DRIN TEAM	Senior II M - 30	200	00:00:00	00:03:25	02:03:29	03:34:05.45	03:34:05.45	+02:04:37 (58.2%)	10:11	5.9 (41.8%)
807	SZYMAŃSKI Paweł	7646	MUAY RUNNING TEAM	Masters M - 40	171	00:00:00	00:02:50	02:02:14	03:34:22.95	03:34:22.95	+02:04:55 (58.3%)	10:12	5.9 (41.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start		Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
							Łądek 0.01km	B1 10.3km					
808	SZEWCZYK Marlena	7623		Senior II K - 30	119	00:00:00	00:03:42	02:04:09	03:34:23.20	03:34:23.20	+02:04:55 (58.3%)	10:12	5.9 (41.8%)
809	BORECKA Ola	7588		Masters K - 40	130	00:00:00	00:02:28	01:59:43	03:34:51.35	03:34:51.35	+02:05:23 (58.4%)	10:13	5.9 (41.8%)
810	SZYMCZAK Jaroslaw	7587		Weteran I M - 50	52	00:00:00	00:02:28	01:59:57	03:34:51.55	03:34:51.55	+02:05:23 (58.4%)	10:13	5.9 (41.8%)
811	MICHALIK Aleksandra	7353	PRECEL RACING TEAM	Senior II K - 30	120	00:00:00	00:03:51	02:05:46	03:35:07.15	03:35:07.15	+02:05:39 (58.4%)	10:14	5.9 (41.8%)
812	CZAJA Agnieszka	7485	VEGE RUNNERS	Senior II K - 30	121	00:00:00	00:02:14	02:02:26	03:35:26.65	03:35:26.65	+02:05:58 (58.5%)	10:15	5.8 (41.1%)
813	ZALEWSKI Cezary	7744	PĘDZĄCE LENIWCE	Masters M - 40	172	00:00:00	00:01:08	01:58:23	03:36:11.80	03:36:11.80	+02:06:44 (58.6%)	10:17	5.8 (41.1%)
814	KOZACZUK Katarzyna	7742	PĘDZĄCE LENIWCE	Masters K - 40	131	00:00:00	00:01:08	01:58:22	03:36:12.60	03:36:12.60	+02:06:44 (58.6%)	10:17	5.8 (41.1%)
815	SPRIDZĄNE Aija	7663	VSK NOSKRIEN	Masters K - 40	132	00:00:00	00:02:57	01:59:22	03:36:13.15	03:36:13.15	+02:06:45 (58.6%)	10:17	5.8 (41.1%)
816	JASTRZĘBSKA-DEM CZAR Aneta	7146		Masters K - 40	133	00:00:00	00:01:26	02:05:01	03:36:37.15	03:36:37.15	+02:07:09 (58.7%)	10:18	5.8 (41.1%)
817	SEREK Adam	7935	ZNAM KRZYSIA 15	Senior I M - 20	39	00:00:00	00:01:33	01:59:59	03:36:49.80	03:36:49.80	+02:07:22 (58.7%)	10:19	5.8 (41.1%)
818	SZACHT Izabela	7245		Masters K - 40	134	00:00:00	00:03:33	02:01:17	03:37:07.55	03:37:07.55	+02:07:39 (58.8%)	10:20	5.8 (41.1%)
818	SZYMCZAK Marcin	7246		Masters M - 40	173	00:00:00	00:03:33	02:01:41	03:37:07.55	03:37:07.55	+02:07:39 (58.8%)	10:20	5.8 (41.1%)
820	GĘCA Małgorzata	7419	UMCS BIEGA	Masters K - 40	135	00:00:00	00:00:55	02:10:31	03:37:16.10	03:37:16.10	+02:07:48 (58.8%)	10:20	5.8 (41.1%)
821	SĘK Jarosław	7325		Masters M - 40	174	00:00:00	00:04:03	01:59:32	03:37:33.20	03:37:33.20	+02:08:05 (58.9%)	10:21	5.8 (41.1%)
822	BARASIŃSKA Marta	7965		Senior II K - 30	122	00:00:00	00:01:14	02:03:33	03:37:45.95	03:37:45.95	+02:08:18 (58.9%)	10:22	5.8 (41.1%)
823	ZIELIŃSKA Magdalena	7841		Masters K - 40	136	00:00:00	00:01:47	01:56:54	03:37:56.90	03:37:56.90	+02:08:29 (59.0%)	10:22	5.8 (41.1%)
824	STRZAŁKOWSKA Urszula	7510		Senior II K - 30	123	00:00:00	00:02:51	01:55:56	03:37:57.35	03:37:57.35	+02:08:29 (59.0%)	10:22	5.8 (41.1%)
825	PIEKAROWICZ Piotr	35		Weteran I M - 50	53	00:00:00	00:02:55	02:02:06	03:38:13.35	03:38:13.35	+02:08:45 (59.0%)	10:23	5.8 (41.1%)
826	SZOJDA Małgorzata	7379	INŻYNIERIA BIEGANIA	Senior II K - 30	124	00:00:00	00:02:09	01:55:02	03:38:20.60	03:38:20.60	+02:08:52 (59.0%)	10:23	5.8 (41.1%)
827	BERNAT Monika	7719	KNEIPP TEAM	Masters K - 40	137	00:00:00	00:01:21	01:59:18	03:39:11.00	03:39:11.00	+02:09:43 (59.2%)	10:26	5.7 (40.4%)
828	GRYDZIUSZKO Aneta	7270		Weteran K - 50	42	00:00:00	00:01:21	01:59:17	03:39:11.10	03:39:11.10	+02:09:43 (59.2%)	10:26	5.7 (40.4%)
829	COPIJA Jarosław	7930	TKKF MPK POZNAŃ	Weteran I M - 50	54	00:00:00	00:02:06	02:05:02	03:39:46.05	03:39:46.05	+02:10:18 (59.3%)	10:27	5.7 (40.4%)
830	OLCZYK Anna	7022		Weteran K - 50	43	00:00:00	00:00:30	02:07:26	03:40:08.55	03:40:08.55	+02:10:40 (59.4%)	10:28	5.7 (40.4%)
831	OZIMEK-MADEJ Milena	7340	SPORTOWY KAŻMIERZ	Senior II K - 30	125	00:00:00	00:02:44	02:07:32	03:40:28.65	03:40:28.65	+02:11:00 (59.4%)	10:29	5.7 (40.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start		Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
							Łądek 0.01km	B1 10.3km					
831	OZIMEK Jacek	7092	SPORTOWY KAŻMIERZ	Weteran II M - 60	15	00:00:00	00:02:36	02:07:42	03:40:28.65	03:40:28.65	+02:11:00 (59.4%)	10:29	5.7 (40.4%)
833	BANASZCZAK Dagmara	7119	ŚWIDNICKA GRUPA BIEGOWA	Senior II K - 30	126	00:00:00	00:03:22	02:05:17	03:40:58.50	03:40:58.50	+02:11:30 (59.5%)	10:31	5.7 (40.4%)
834	SOBOŃ Łukasz	7243		Senior II M - 30	201	00:00:00	00:02:12	02:03:26	03:41:12.50	03:41:12.50	+02:11:44 (59.6%)	10:32	5.7 (40.4%)
835	WIĘCKOWSKA Marta	7252		Senior II K - 30	127	00:00:00	00:02:12	02:03:26	03:41:12.80	03:41:12.80	+02:11:45 (59.6%)	10:32	5.7 (40.4%)
836	STRUG Agnieszka	7099		Weteran K - 50	44	00:00:00	00:03:17	02:05:43	03:41:16.80	03:41:16.80	+02:11:49 (59.6%)	10:32	5.7 (40.4%)
837	STRUG Dariusz	7100		Weteran II M - 60	16	00:00:00	00:03:17	02:05:44	03:41:16.85	03:41:16.85	+02:11:49 (59.6%)	10:32	5.7 (40.4%)
838	SZÓSTAK Marzena	7383	KB HARCOWNIK JELCZ-LASKOWICE	Weteran II K - 60	4	00:00:00	00:01:59	02:06:28	03:41:17.95	03:41:17.95	+02:11:50 (59.6%)	10:32	5.7 (40.4%)
839	MAGDA Natasza	7429	NIGHT RUNNERS	Masters K - 40	138	00:00:00	00:01:02	01:54:29	03:41:28.90	03:41:28.90	+02:12:01 (59.6%)	10:32	5.7 (40.4%)
840	POŁOK Monika	7388	MIRAZ RACE TEAM	Masters K - 40	139	00:00:00	00:01:53	02:07:17	03:41:31.70	03:41:31.70	+02:12:03 (59.6%)	10:32	5.7 (40.4%)
841	SZŁĘZAK Sławomir	7292	MIRAZ RACE TEAM	Masters M - 40	175	00:00:00	00:01:53	02:07:16	03:41:31.95	03:41:31.95	+02:12:04 (59.6%)	10:32	5.7 (40.4%)
842	MAZUR-ZYCH Aleksandra	7631		Senior II K - 30	128	00:00:00	00:01:40	01:56:08	03:42:36.65	03:42:36.65	+02:13:08 (59.8%)	10:36	5.7 (40.4%)
843	MATUSZAK Paula	7764	KURACJUSZE	Senior II K - 30	129	00:00:00	00:03:46	02:01:42	03:42:55.10	03:42:55.10	+02:13:27 (59.9%)	10:36	5.7 (40.4%)
844	POMIANOWSKA Romana	7178		Senior II K - 30	130	00:00:00	00:03:47	02:01:37	03:42:58.75	03:42:58.75	+02:13:30 (59.9%)	10:37	5.7 (40.4%)
845	PAŁASZYŃSKA Beata	18	MUD FOXES	Senior II K - 30	131	00:00:00	00:00:32	02:06:27	03:44:18.25	03:44:18.25	+02:14:50 (60.1%)	10:40	5.6 (39.7%)
846	SADOWSKI Andrzej	7660		Weteran II M - 60	17	00:00:00	00:04:03	01:57:59	03:46:34.35	03:46:34.35	+02:17:06 (60.5%)	10:47	5.6 (39.7%)
847	SZKUDLARZ Agata	7502		Masters K - 40	140	00:00:00	00:02:09	02:07:07	03:46:46.95	03:46:46.95	+02:17:19 (60.6%)	10:47	5.6 (39.7%)
848	SUTA Anna	7503		Masters K - 40	141	00:00:00	00:02:09	02:07:02	03:46:47.35	03:46:47.35	+02:17:19 (60.6%)	10:47	5.6 (39.7%)
849	PLEWIŃSKA Sylwia	7167	MIRAZ RACE TEAM	Senior II K - 30	132	00:00:00	00:01:49	02:08:44	03:47:48.05	03:47:48.05	+02:18:20 (60.7%)	10:50	5.5 (39.0%)
850	BARAŁKIEWICZ - SOKAL Karolina	7009		Masters K - 40	142	00:00:00	00:02:57	02:08:58	03:48:30.25	03:48:30.25	+02:19:02 (60.8%)	10:52	5.5 (39.0%)
851	OPŁOCZYŃSKA Gosia	7706	NIGHT RUNNERS	Masters K - 40	143	00:00:00	00:00:39	02:00:25	03:49:21.40	03:49:21.40	+02:19:53 (61.0%)	10:55	5.5 (39.0%)
852	BŁĄDEK-GRZELCZAK Katarzyna	7985		Weteran K - 50	45	00:00:00	00:02:21	02:14:09	03:50:03.00	03:50:03.00	+02:20:35 (61.1%)	10:57	5.5 (39.0%)
853	JUSZKO Aleksandra	7509		Senior I K - 20	43	00:00:00	00:00:58	02:07:16	03:50:40.60	03:50:40.60	+02:21:12 (61.2%)	10:59	5.5 (39.0%)
854	JUSZKO Monika	7500		Masters K - 40	144	00:00:00	00:00:57	02:07:21	03:50:40.75	03:50:40.75	+02:21:12 (61.2%)	10:59	5.5 (39.0%)
855	STAWSKA-KISIAŁA Natalia	7226	MAMA WOJTUSIA <3	Senior II K - 30	133	00:00:00	00:02:02	02:12:35	03:52:46.95	03:52:46.95	+02:23:19 (61.6%)	11:05	5.4 (38.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start		Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
							Lądek 0.01km	B1 10.3km					
856	STAJER Edyta	7335		Masters K - 40	145	00:00:00	00:02:59	02:07:31	03:53:06.10	03:53:06.10	+02:23:38 (61.6%)	11:06	5.4 (38.3%)
857	WOJCIECHOWSKI Andrzej	7221	NIGHT RUNNERS	Masters M - 40	176	00:00:00	00:00:39	02:00:27	03:53:45.20	03:53:45.20	+02:24:17 (61.7%)	11:07	5.4 (38.3%)
858	WIETRZYŃSKA Agnieszka	7513	MASZ PRZEBIEGANE	Senior II K - 30	134	00:00:00	00:02:51	02:08:26	03:54:10.90	03:54:10.90	+02:24:43 (61.8%)	11:09	5.4 (38.3%)
859	KOSTULSKA Olga	7956	WKURW_TEAM	Senior II K - 30	135	00:00:00	00:01:33	02:13:03	03:54:48.35	03:54:48.35	+02:25:20 (61.9%)	11:10	5.4 (38.3%)
860	BIENIECKI Jacek	7229	KLUB BIEGACZA SZAMOTUŁY	Weteran I M - 50	55	00:00:00	00:01:27	02:10:03	03:55:12.05	03:55:12.05	+02:25:44 (62.0%)	11:12	5.4 (38.3%)
861	DOMINIAK Katarzyna	7872	RGR ŁÓDŹ	Senior II K - 30	136	00:00:00	00:02:09	01:58:20	03:56:08.85	03:56:08.85	+02:26:41 (62.1%)	11:14	5.3 (37.6%)
862	BIERNACKA Teresa	7168	MIRAZ RACE TEAM	Senior II K - 30	137	00:00:00	00:01:49	02:07:23	03:57:33.55	03:57:33.55	+02:28:05 (62.3%)	11:18	5.3 (37.6%)
863	CZERCZAK Andrzej	7342		Weteran I M - 50	56	00:00:00	00:03:34	02:08:55	03:57:44.25	03:57:44.25	+02:28:16 (62.4%)	11:19	5.3 (37.6%)
864	KOBYŁKA Małgorzata	7740	SUPERMARATON KALISZ	Weteran K - 50	46	00:00:00	00:02:05	02:18:43	03:58:19.80	03:58:19.80	+02:28:52 (62.5%)	11:20	5.3 (37.6%)
865	FABIANSKI Czesław	7574	SUPERMARATON KALISZ	Weteran II M - 60	18	00:00:00	00:02:07	02:18:42	03:58:20.00	03:58:20.00	+02:28:52 (62.5%)	11:20	5.3 (37.6%)
866	URBANIAK Agnieszka	7997		Masters K - 40	146	00:00:00	00:03:38	02:18:21	03:59:13.00	03:59:13.00	+02:29:45 (62.6%)	11:23	5.3 (37.6%)
867	GOLEBIEWSKA Malgorzata	7008	RUN TEAM RYDZYNA	Masters K - 40	147	00:00:00	00:01:04	02:16:22	03:59:32.85	03:59:32.85	+02:30:05 (62.7%)	11:24	5.3 (37.6%)
868	LESNIEWICZ Agnieszka	7039		Senior II K - 30	138	00:00:00	00:01:04	02:16:24	03:59:33.65	03:59:33.65	+02:30:05 (62.7%)	11:24	5.3 (37.6%)
869	SOSNOWSKA Justyna	7401		Senior II K - 30	139	00:00:00	00:02:48	02:12:33	03:59:35.50	03:59:35.50	+02:30:07 (62.7%)	11:24	5.3 (37.6%)
870	WRONKOWSKA Katarzyna	7369		Masters K - 40	148	00:00:00	00:02:48	02:12:32	03:59:35.55	03:59:35.55	+02:30:07 (62.7%)	11:24	5.3 (37.6%)
871	KRUCZEK Ewa	7113	STAN UMYSŁU- LEWIN BIEGA	Masters K - 40	149	00:00:00	00:02:39	02:20:29	03:59:41.15	03:59:41.15	+02:30:13 (62.7%)	11:24	5.3 (37.6%)
872	KARCZEWSKA Marta	7925		Masters K - 40	150	00:00:00	00:03:44	02:18:19	04:00:07.90	04:00:07.90	+02:30:40 (62.7%)	11:26	5.2 (36.9%)
873	REGULSKA Aneta	7052	DRUŻYNA SZPIKU	Masters K - 40	151	00:00:00	00:03:31	02:14:19	04:01:11.95	04:01:11.95	+02:31:44 (62.9%)	11:29	5.2 (36.9%)
874	PYTEL Anna	7162	IZBICKO W BIEGU	Masters K - 40	152	00:00:00	00:01:00	02:17:36	04:01:13.30	04:01:13.30	+02:31:45 (62.9%)	11:29	5.2 (36.9%)
875	RAJCAKOWSKA Anna	7217		Weteran II K - 60	5	00:00:00	00:03:31	02:14:18	04:01:22.25	04:01:22.25	+02:31:54 (62.9%)	11:29	5.2 (36.9%)
876	RÓŻAŃSKI Robert	32		Weteran I M - 50	57	00:00:00	00:00:49	02:15:50	04:01:40.80	04:01:40.80	+02:32:13 (63.0%)	11:30	5.2 (36.9%)
877	SZYPULSKA Katarzyna	7183	SKS CHMIELOWICE	Masters K - 40	153	00:00:00	00:01:00	02:17:48	04:01:50.45	04:01:50.45	+02:32:22 (63.0%)	11:30	5.2 (36.9%)
878	ZIELIŃSKI Radosław	7760	BASSET ROLLING TEAM	Masters M - 40	177	00:00:00	00:04:11	02:15:09	04:01:54.95	04:01:54.95	+02:32:27 (63.0%)	11:31	5.2 (36.9%)
879	BARTNIK Michał	7746	BASSET ROLLING TEAM	Masters M - 40	178	00:00:00	00:04:11	02:28:59	04:01:56.40	04:01:56.40	+02:32:28 (63.0%)	11:31	5.2 (36.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start		Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
							Łądek 0.01km	B1 10.3km					
880	ALEKSANDROWICZ Urszula	7614		Senior II K - 30	140	00:00:00	00:02:55	02:14:28	04:04:50.60	04:04:50.60	+02:35:22 (63.5%)	11:39	5.1 (36.2%)
881	WOLNIEWICZ Joanna	7240		Weteran K - 50	47	00:00:00	00:02:37	02:15:23	04:05:54.65	04:05:54.65	+02:36:26 (63.6%)	11:42	5.1 (36.2%)
882	SKUBISZAK Andrzej	7239		Weteran I M - 50	58	00:00:00	00:02:36	02:15:24	04:05:54.70	04:05:54.70	+02:36:26 (63.6%)	11:42	5.1 (36.2%)
883	NGUYEN Long	7981	OH MY GEARS	Senior II M - 30	202	00:00:00	00:03:29	02:17:00	04:06:09.35	04:06:09.35	+02:36:41 (63.7%)	11:43	5.1 (36.2%)
884	ŚWISTUŃ Grzegorz	7156		Masters M - 40	179	00:00:00	00:03:49	02:13:25	04:07:36.35	04:07:36.35	+02:38:08 (63.9%)	11:47	5.1 (36.2%)
885	MIKOŁAJCZAK Magdalena	7294	HRMAX ZORY	Masters K - 40	154	00:00:00	00:03:02	02:06:27	04:07:48.90	04:07:48.90	+02:38:21 (63.9%)	11:48	5.1 (36.2%)
886	SMUG Ewelina	7418		Masters K - 40	155	00:00:00	00:02:10	02:18:16	04:11:47.45	04:11:47.45	+02:42:19 (64.5%)	11:59	5 (35.5%)
887	GĄSKA Sandra	7961		Senior II K - 30	141	00:00:00	00:01:15	02:18:18	04:11:54.95	04:11:54.95	+02:42:27 (64.5%)	11:59	5 (35.5%)
888	SZUMLAS Anna	7794	#SZUMITEAM/ ULTRAWAY TEAM	Masters K - 40	156	00:00:00	00:03:30	02:22:03	04:12:08.65	04:12:08.65	+02:42:40 (64.5%)	12:00	5 (35.5%)
889	CZYŻAK Justyna	7968		Masters K - 40	157	00:00:00	00:02:26	02:21:01	04:15:19.00	04:15:19.00	+02:45:51 (65.0%)	12:09	4.9 (34.8%)
890	CHROSTEK Dorota	7171	FRANTA GROUP	Masters K - 40	158	00:00:00	00:02:26	02:21:00	04:15:19.25	04:15:19.25	+02:45:51 (65.0%)	12:09	4.9 (34.8%)
891	KOLASA Barbara	7293	KLUB J.SŁOWACKIEGO	Weteran II K - 60	6	00:00:00	00:00:32	02:21:39	04:24:41.25	04:24:41.25	+02:55:13 (66.2%)	12:36	4.8 (34.0%)
892	JANICKA Barbara	7844	STAN UMYSŁU LEWIN BIEGA	Masters K - 40	159	00:00:00	00:02:38	02:31:37	04:29:23.65	04:29:23.65	+02:59:55 (66.8%)	12:49	4.7 (33.3%)
893	LATA Robert	7036	STAN UMYSŁU LEWIN BIEGA	Weteran I M - 50	59	00:00:00	00:02:41	02:31:50	04:30:18.95	04:30:18.95	+03:00:51 (66.9%)	12:52	4.7 (33.3%)
894	LATA Violetta	7048	STAN UMYSŁU LEWIN BIEGA	Weteran K - 50	48	00:00:00	00:02:40	02:31:49	04:30:19.45	04:30:19.45	+03:00:51 (66.9%)	12:52	4.7 (33.3%)
895	WALCZAK Sławomir	7375		Weteran I M - 50	60	00:00:00	00:02:12	02:33:08	04:44:25.95	04:44:25.95	+03:14:58 (68.5%)	13:32	4.4 (31.2%)
896	MALEC Aleksandra	7440	NIGHT RUNNERS PYSKOWICE	Senior II K - 30	142	00:00:00	00:01:01	02:49:12	04:46:12.35	04:46:12.35	+03:16:44 (68.7%)	13:37	4.4 (31.2%)
897	KISIEL Edyta	7001		Masters K - 40	160	00:00:00	00:00:56	02:49:01	04:46:14.85	04:46:14.85	+03:16:47 (68.7%)	13:37	4.4 (31.2%)
898	PODSIADŁY Robert	7180		Weteran II M - 60	19	00:00:00	00:03:56	02:30:06	04:47:59.60	04:47:59.60	+03:18:31 (68.9%)	13:42	4.4 (31.2%)
Przekroczony limit czasu: 05:00:00													
899	PIETRASZEK Ewa	7839	KOBIETY WATAHY	Weteran K - 50	49	00:00:00	00:01:44	03:01:09	05:08:10.35	05:08:10.35	+03:38:42 (71.0%)	14:40	4.1 (29.1%)
900	WOŹNIAK Anna	7837	KOBIETY WATAHY	Masters K - 40	161	00:00:00	00:01:45	03:01:03	05:08:14.90	05:08:14.90	+03:38:47 (71.0%)	14:40	4.1 (29.1%)
	GOCLIK Marcin	7923	MIRAZ RACE TEAM	Senior II M - 30		DNF	00:01:19 DNF	01:39:04 DNF	DNF	DNF		-	- (0.0%)
	LASOCKI Marcin	7647	TEAM ZABIEGANEDNI / 12TRI.PL	Masters M - 40		DNF	00:02:11 DNF	01:39:41 DNF	DNF	DNF		-	- (0.0%)
	BARTOSZEWSKA Katarzyna	7540	TEAM RÓŻOWEJ PELERYNKI	Masters K - 40		DNF	00:02:24 DNF	01:54:44 DNF	DNF	DNF		-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start Łądek 0.01km	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
	SEMENIUK Marzena	7692	KOTWICA BRZEG	Senior II K - 30		DNF	00:01:14 DNF	DNF	DNF	DNF		-	- (0.0%)
	PĘKAŁA Dawid	7822	DZIKI Z AFRYKI	Masters M - 40		DNF	00:03:19 DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 905 wynik(ów)