



ZŁOTY PÓŁMARATON - 21 KM

B4SPORT

Wydarzenie: Dolnośląski Festiwal Biegów Górskich
Organizator: Fundacja MARATONY GÓRSKIE
Data: 2023-07-13
Miejsce: Łądek-Zdrój
Dystans: 21 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
1	SOBAS Jacek	7874	ON RUNNING	Senior II M - 30	1	00:54:12	01:35:28.25	01:35:30.25		4:32	13.2 (100%)
2	KOZLOVSKÝ Vladimír	20		Senior I M - 20	1	00:53:41	01:36:30.60	01:36:31.65	+00:01:01 (1.1%)	4:35	13.1 (99.2%)
3	ŻUCHOWSKI Daniel	7929		Senior II M - 30	2	00:55:32	01:37:50.15	01:37:51.15	+00:02:20 (2.4%)	4:39	12.9 (97.7%)
4	ZAMIELSKI Pawel	7624	PRZEDWOJEWSKI TEAM	Senior II M - 30	3	00:57:59	01:45:34.70	01:45:35.85	+00:10:05 (9.6%)	5:01	11.9 (90.2%)
5	BROJ Marcel	7560	BROJ TEAM ŻLINICE	Senior I M - 20	2	00:56:53	01:46:49.15	01:46:50.90	+00:11:20 (10.6%)	5:05	11.8 (89.4%)
6	WOJTCZAK Jakub	7145	SPORT GENERATION	Senior II M - 30	4	01:00:27	01:47:04.65	01:47:08.55	+00:11:38 (10.9%)	5:05	11.8 (89.4%)
7	KOŹDOŃ Jarek	7972	TL ROW RYBNIK	Senior II M - 30	5	01:01:05	01:48:03.90	01:48:04.65	+00:12:34 (11.6%)	5:08	11.7 (88.6%)
8	ADAMKIEWICZ Michal	7967		Senior II M - 30	6		01:48:22.45	01:48:29.05	+00:12:58 (12.0%)	5:09	11.6 (87.9%)
9	SZCZEPANIAK Witold	7640		Masters M - 40	1	01:02:16	01:48:40.00	01:48:42.65	+00:13:12 (12.1%)	5:10	11.6 (87.9%)
10	FRANCZAK Mariusz	7575	DTR BIEGA / MARIO TEAM	Masters M - 40	2	01:01:12	01:49:30.65	01:49:32.35	+00:14:02 (12.8%)	5:12	11.5 (87.1%)
11	KUŚNIERCZAK Wiesław	7732	BROWAR FORTUNA	Masters M - 40	3	01:03:54	01:51:08.20	01:51:18.45	+00:15:48 (14.2%)	5:17	11.3 (85.6%)
12	PLESIŃSKI Mariusz	7962	17 WIELKOPOLSKA BRYGADA ZMECHANIZOWANA	Weteran I M - 50	1	01:02:10	01:51:53.75	01:51:55.35	+00:16:25 (14.7%)	5:19	11.3 (85.6%)
13	FICNER Anna	7896	MKS SIECHNICE/ OLAWS ZŁOTORYJA	Senior II K - 30	1	01:03:41	01:51:57.80	01:51:59.30	+00:16:29 (14.7%)	5:19	11.3 (85.6%)
14	BUCHERT Filip	7448	JUVENIA GŁUCHOŁAZY	Senior I M - 20	3	01:03:27	01:52:00.85	01:52:03.50	+00:16:33 (14.8%)	5:20	11.3 (85.6%)
15	BOGACZ Krzysztof	7015		Senior II M - 30	7	01:04:35	01:51:35.55	01:52:06.10	+00:16:35 (14.8%)	5:18	11.3 (85.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
16	WIECZOREK Nina	7869	SBG SALCO	Senior I K - 20	1	01:06:33	01:53:42.85	01:53:45.10	+00:18:14 (16.0%)	5:24	11.1 (84.1%)
17	PIHIL Piotr	7867		Masters M - 40	4	01:02:54	01:54:01.90	01:54:03.90	+00:18:33 (16.3%)	5:25	11.1 (84.1%)
18	HLAVATÍK Jan	7445	JUMP SPORT FRÝDEK-MÍSTEK	Senior II M - 30	8	01:01:46	01:54:27.75	01:54:28.35	+00:18:58 (16.6%)	5:27	11 (83.3%)
19	ZBOROWSKI Krzysztof	7747		Masters M - 40	5	01:05:27	01:54:53.60	01:54:55.50	+00:19:25 (16.9%)	5:28	11 (83.3%)
20	KOWAL Amadeusz	7809	NAPRZÓD MŁOCINY	Senior II M - 30	9	01:05:17	01:55:15.45	01:55:20.75	+00:19:50 (17.2%)	5:29	10.9 (82.6%)
21	ROSOLSKI Dawid	7170		Senior II M - 30	10	01:05:19	01:55:37.55	01:55:41.10	+00:20:10 (17.4%)	5:30	10.9 (82.6%)
22	URBAN Mirosław	7154	ITMBW KRAKÓW	Senior II M - 30	11	01:06:25	01:55:39.55	01:55:44.35	+00:20:14 (17.5%)	5:30	10.9 (82.6%)
23	SOŁTYSIK Kamil	7826		Senior II M - 30	12	01:05:04	01:56:31.00	01:56:33.00	+00:21:02 (18.1%)	5:32	10.8 (81.8%)
24	WIERZOWIECKI Grzegorz	7005	BERFIT ZIELONA GÓRA & STACHOWSKI TEM	Senior II M - 30	13	01:05:15	01:57:05.00	01:57:10.45	+00:21:40 (18.5%)	5:34	10.8 (81.8%)
25	SZAFRAŃSKI Jan	7993		Masters M - 40	6	01:07:23	01:57:28.90	01:57:34.95	+00:22:04 (18.8%)	5:35	10.7 (81.1%)
26	TOMASIAK Adam	13		Senior I M - 20	4	01:05:03	01:57:33.30	01:57:35.85	+00:22:05 (18.8%)	5:35	10.7 (81.1%)
27	LEWANDOWSKA Magdalena	7230	SPORT GENERATION	Senior I K - 20	2	01:08:34	01:57:34.95	01:57:38.60	+00:22:08 (18.8%)	5:35	10.7 (81.1%)
28	LUBIENIECKI Kamil	7841	JAGODA RUNNING TEAM	Senior II M - 30	14	01:07:01	01:57:29.95	01:57:43.00	+00:22:12 (18.9%)	5:35	10.7 (81.1%)
28	TRELA Daniel	7545	BIELAWSKA AKADEMIA BIEGANIA	Senior II M - 30	14		01:57:41.00	01:57:43.00	+00:22:12 (18.9%)	5:36	10.7 (81.1%)
30	WAŚNIEWSKI Albert	7695	SKLEP BIEGACZA/ŻÓRAWSKI TEAM	Senior II M - 30	16	01:09:41	01:57:53.65	01:57:58.45	+00:22:28 (19.0%)	5:36	10.7 (81.1%)
31	GÓRAL Karolina	7358		Senior II K - 30	2	01:09:41	01:58:24.65	01:58:32.70	+00:23:02 (19.4%)	5:38	10.6 (80.3%)
32	HUBNER Antoni	7628	TLENOWA RADOŚĆ TEAM	Masters M - 40	7	01:09:11	01:58:55.85	01:58:59.60	+00:23:29 (19.7%)	5:39	10.6 (80.3%)
33	ZACHURA Grzegorz	7958		Senior II M - 30	17	01:07:35	01:58:54.15	01:59:03.55	+00:23:33 (19.8%)	5:39	10.6 (80.3%)
34	KOWALIK Andrzej	7973	BIEG OPOLSKI/ ADRUNALINE	Masters M - 40	8	01:07:40	01:59:05.55	01:59:15.15	+00:23:44 (19.9%)	5:40	10.6 (80.3%)
35	KOS Adrian	7085	DOTI MANUFAKTURA	Senior II M - 30	18	01:06:45	01:59:52.85	01:59:55.10	+00:24:24 (20.4%)	5:42	10.5 (79.5%)
36	PAROL Piotr	34		Senior I M - 20	5	01:07:24	02:00:41.85	02:01:05.40	+00:25:35 (21.1%)	5:44	10.4 (78.8%)
37	WIĄCEK Karol	7802		Senior II M - 30	19	01:05:16	02:01:25.65	02:01:29.80	+00:25:59 (21.4%)	5:46	10.4 (78.8%)
38	BŁASZYK Mateusz	7670	LASTRYKO	Senior II M - 30	20	01:07:33	02:01:19.00	02:01:30.75	+00:26:00 (21.4%)	5:46	10.4 (78.8%)

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39	KAMPA Paweł	7607	SPORTOWE TEOPE	Senior II M - 30	21	01:05:44	02:01:25.40	02:01:35.30	+00:26:05 (21.5%)	5:46	10.4 (78.8%)
40	BAZYL Adam	7184	BREMBO	Masters M - 40	9	01:10:01	02:01:53.30	02:01:59.65	+00:26:29 (21.7%)	5:48	10.3 (78.0%)
41	GAIK Natalia	7888		Senior I K - 20	3	01:08:04	02:01:50.85	02:02:00.85	+00:26:30 (21.7%)	5:48	10.3 (78.0%)
42	BAHRANOWSKA-KILIAN Maria	7845		Senior II K - 30	3	01:10:42	02:02:01.95	02:02:09.15	+00:26:38 (21.8%)	5:48	10.3 (78.0%)
43	MAJEWSKA Agata	7078		Masters K - 40	1	01:09:50	02:02:25.65	02:02:27.10	+00:26:56 (22.0%)	5:49	10.3 (78.0%)
44	BERLIK Piotr	7590	SUCHY BÓR PATATAJ	Senior II M - 30	22	01:08:31	02:02:21.30	02:02:30.35	+00:27:00 (22.0%)	5:49	10.3 (78.0%)
45	BOSAKIEWICZ Tomasz	2	AW SZYBCIEJ	Masters M - 40	10	01:08:23	02:02:26.40	02:02:33.55	+00:27:03 (22.1%)	5:49	10.3 (78.0%)
46	CHŁĄD Aleksander	7056	EX TEAM	Masters M - 40	11	01:08:35	02:02:39.30	02:02:45.25	+00:27:15 (22.2%)	5:50	10.3 (78.0%)
47	WIERZBICKI Michał	7255	WILLOW BATONY / ZGRUPKA PROMOBIL TEAM	Senior II M - 30	23	01:09:44	02:02:59.35	02:03:02.90	+00:27:32 (22.4%)	5:51	10.2 (77.3%)
48	JURA Maciej	7160		Senior II M - 30	24	01:09:41	02:03:29.75	02:03:36.10	+00:28:05 (22.7%)	5:52	10.2 (77.3%)
49	BIELA Łukasz	7698		Senior II M - 30	25	01:10:06	02:03:47.25	02:03:53.05	+00:28:22 (22.9%)	5:53	10.2 (77.3%)
50	GRYNKIEWICZ Krzysztof	7806		Senior I M - 20	6	01:10:11	02:03:42.75	02:04:24.50	+00:28:54 (23.2%)	5:53	10.2 (77.3%)
51	BORKOWSKI Mariusz	7526		Senior II M - 30	26	01:09:27	02:03:44.40	02:04:26.45	+00:28:56 (23.3%)	5:53	10.2 (77.3%)
52	FILUŚ Adam	7700		Senior I M - 20	7	01:10:14	02:05:07.45	02:05:37.65	+00:30:07 (24.0%)	5:57	10.1 (76.5%)
53	ŻUREK Patryk	7926		Senior II M - 30	27	01:08:37	02:05:36.30	02:05:41.35	+00:30:11 (24.0%)	5:58	10 (75.8%)
54	CHAMALA Krzysztof	7150	WEEGREE	Masters M - 40	12	01:10:45	02:05:36.70	02:05:43.55	+00:30:13 (24.0%)	5:58	10 (75.8%)
55	CWALINA Krzysztof	7937	FEHLAU RUN TEAM	Masters M - 40	13	01:10:36	02:05:56.50	02:05:58.85	+00:30:28 (24.2%)	5:59	10 (75.8%)
56	ŚWIĄTEK Agata	7667	OSP OPALENICA	Senior II K - 30	4	01:10:11	02:06:17.55	02:06:20.70	+00:30:50 (24.4%)	6:00	10 (75.8%)
57	KOZAK Tomasz	7994		Senior I M - 20	8	01:11:06	02:05:59.65	02:06:21.85	+00:30:51 (24.4%)	5:59	10 (75.8%)
58	NOWOTNY Piotr	7105	DRINKTEAM	Senior II M - 30	28	01:10:19	02:06:21.65	02:06:30.70	+00:31:00 (24.5%)	6:01	10 (75.8%)
59	LISEK Andrzej	7190	LISEK TEAM	Senior II M - 30	29	01:12:52	02:06:59.95	02:07:10.15	+00:31:39 (24.9%)	6:02	9.9 (75.0%)
60	ZACHARA Łukasz	7318	KLUB BIEGACZA KĄTY WROCŁAWSKIE	Masters M - 40	14	01:09:47	02:05:55.50	02:07:15.25	+00:31:45 (25.0%)	5:59	10 (75.8%)
61	SŁOWIŃSKI Marcin	7483	DREAM RUN	Masters M - 40	15	01:10:32	02:07:13.60	02:07:17.80	+00:31:47 (25.0%)	6:03	9.9 (75.0%)

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62	FAŁEK Paweł	7932		Senior II M - 30	30	01:10:39	02:07:27.20	02:07:30.95	+00:32:00 (25.1%)	6:04	9.9 (75.0%)
63	KLIMEK Marek	7048	ADIDAS RUNNERS WARSAW	Senior II M - 30	31	01:11:37	02:07:42.85	02:07:47.25	+00:32:17 (25.3%)	6:04	9.9 (75.0%)
64	ŚWIERK Przemek	7636	ULTRA DIABŁY TEAM LUBRZA	Masters M - 40	16	01:10:00	02:08:03.85	02:08:11.00	+00:32:40 (25.5%)	6:05	9.8 (74.2%)
65	GĄSIOROWSKI Jarek	7850	ADDED VALUE NIERUCHOMOŚCI	Senior II M - 30	32	01:29:20	02:07:24.25	02:08:28.00	+00:32:57 (25.7%)	6:04	9.9 (75.0%)
66	PIOTROWSKI Jan	7849		Masters M - 40	17	01:11:26	02:08:27.35	02:08:29.15	+00:32:58 (25.7%)	6:07	9.8 (74.2%)
67	KOLENDA Krzysztof	7778	FIZJOBIEGACZE SZCZECIN	Masters M - 40	18	01:10:33	02:08:31.70	02:08:40.35	+00:33:10 (25.8%)	6:07	9.8 (74.2%)
68	KAFARSKA Urszula	7422	FOR RUN	Senior II K - 30	5	01:12:32	02:08:47.25	02:09:00.20	+00:33:29 (26.0%)	6:07	9.8 (74.2%)
69	MAKUCH Leszek	7275		Senior II M - 30	33	01:09:07	02:09:20.80	02:09:24.00	+00:33:53 (26.2%)	6:09	9.7 (73.5%)
70	KIEŁBIK Beata	7081		Senior II K - 30	6	01:15:57	02:09:02.80	02:09:25.65	+00:33:55 (26.2%)	6:08	9.8 (74.2%)
71	MAJORCZYK Gerard	7604		Masters M - 40	19	01:14:02	02:09:17.70	02:09:38.40	+00:34:08 (26.3%)	6:09	9.7 (73.5%)
72	CHMIELEWSKI Tomasz	7342	PTTK ŚWIDNICA	Weteran I M - 50	2	01:12:23	02:10:07.70	02:10:09.40	+00:34:39 (26.6%)	6:11	9.7 (73.5%)
73	SZUKALSKI Krzysztof	7872		Masters M - 40	20	01:13:20	02:09:03.80	02:10:42.40	+00:35:12 (26.9%)	6:08	9.8 (74.2%)
74	ZAPORA Marek	7221	W POGONI ZA DUCHEM	Masters M - 40	21	01:11:00	02:11:05.40	02:11:11.60	+00:35:41 (27.2%)	6:14	9.6 (72.7%)
75	PABIAŃSKA Marta	7987	NOA	Senior II K - 30	7	01:15:41	02:11:08.15	02:11:15.30	+00:35:45 (27.2%)	6:14	9.6 (72.7%)
76	SASIN Dominika	7368	ŻELAZNA ŚWIDNICA	Senior I K - 20	4	01:14:10	02:11:36.95	02:11:43.00	+00:36:12 (27.5%)	6:16	9.6 (72.7%)
77	MIELCZAREK Krystian	7790	TRIGYM SZCZECIN	Senior II M - 30	34	01:15:23	02:11:35.30	02:11:46.15	+00:36:15 (27.5%)	6:15	9.6 (72.7%)
78	MÓLL Kacper	7444		Senior I M - 20	9	01:16:16	02:12:08.65	02:12:11.55	+00:36:41 (27.8%)	6:17	9.5 (72.0%)
79	NIEZGÓDKA Tomasz	37	DFBG TEAM	Weteran I M - 50	3	01:13:43	02:12:41.15	02:12:43.80	+00:37:13 (28.0%)	6:19	9.5 (72.0%)
80	FUDRO Piotr	7808		Senior II M - 30	35	01:13:42	02:12:56.75	02:13:20.75	+00:37:50 (28.4%)	6:19	9.5 (72.0%)
81	BALUTA-MAŁECKA Edyta	7798		Senior I K - 20	5	01:13:46	02:13:08.60	02:13:29.50	+00:37:59 (28.5%)	6:20	9.5 (72.0%)
82	MACIEJEWSKI Łukasz	7852	SMOLECKA ZA10	Masters M - 40	22	01:16:22	02:13:27.45	02:13:37.10	+00:38:06 (28.5%)	6:21	9.4 (71.2%)
83	ŚWINIARSKI Dawid	7613		Senior II M - 30	36	01:12:53	02:13:37.70	02:13:39.40	+00:38:09 (28.5%)	6:21	9.4 (71.2%)
84	ADAMSKI Krzysztof	7821		Senior II M - 30	37	01:15:59	02:12:12.85	02:13:55.95	+00:38:25 (28.7%)	6:17	9.5 (72.0%)

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85	JURKOWSKA Dominika	7599	ENDORFINA WSCHOWA	Senior II K - 30	8	01:16:16	02:12:25.20	02:14:00.40	+00:38:30 (28.7%)	6:18	9.5 (72.0%)
86	LASOCKI Marcin	17	TEAM ZABIEGANEDNI	Masters M - 40	23	01:13:41	02:13:14.00	02:14:15.45	+00:38:45 (28.9%)	6:20	9.5 (72.0%)
87	PAPIÓR Jolanta	7957	WATAHA / KOCHAM MF	Senior I K - 20	6	01:14:36	02:13:37.80	02:14:23.95	+00:38:53 (28.9%)	6:21	9.4 (71.2%)
88	RYBARCZYK Weronika	7644	KW DZIABKA	Senior II K - 30	9	01:15:36	02:12:41.00	02:15:00.35	+00:39:30 (29.3%)	6:19	9.5 (72.0%)
89	KULUS Przemysław	7216	PHOENIX CONTACT	Masters M - 40	24	01:15:59	02:13:17.30	02:15:03.50	+00:39:33 (29.3%)	6:20	9.5 (72.0%)
90	GAPSKI Mateusz	7762		Senior II M - 30	38	01:18:11	02:15:00.05	02:15:07.35	+00:39:37 (29.3%)	6:25	9.3 (70.5%)
91	NOWICKI Mateusz	7107	AUTOMATT	Senior I M - 20	10	01:16:59	02:15:14.95	02:15:18.10	+00:39:47 (29.4%)	6:26	9.3 (70.5%)
92	KOKOTT Agnieszka	7986	AW - SZYBCIEJ - TEAM	Masters K - 40	2	01:18:02	02:14:58.80	02:15:21.65	+00:39:51 (29.4%)	6:25	9.3 (70.5%)
93	TOPOLSKI Marcin	7818	BRZESKI KLUB BIEGACZA CZARNA PERŁA	Masters M - 40	25	01:16:01	02:15:11.80	02:15:28.75	+00:39:58 (29.5%)	6:26	9.3 (70.5%)
94	PYCH Tomasz	7920	NIEZRZESZONY	Senior II M - 30	39	01:15:47	02:13:36.80	02:15:31.10	+00:40:00 (29.5%)	6:21	9.4 (71.2%)
95	ŁUSIAK Łukasz	7887		Senior II M - 30	40	01:15:29	02:15:27.50	02:15:36.15	+00:40:05 (29.6%)	6:27	9.3 (70.5%)
96	SPOLSKA Weronika	7702	SOBASTEAM	Senior II K - 30	10	01:18:51	02:15:40.90	02:15:51.60	+00:40:21 (29.7%)	6:27	9.3 (70.5%)
97	ROSKOSZ Michał	7050	KAC RUNNING TEAM	Masters M - 40	26	01:15:22	02:15:44.85	02:15:54.45	+00:40:24 (29.7%)	6:27	9.3 (70.5%)
98	KACZMAREK Beata	7284		Senior II K - 30	11	01:20:30	02:15:26.80	02:16:00.05	+00:40:29 (29.8%)	6:26	9.3 (70.5%)
99	GĄSIOR Piotr	7307	ROZBIEGANY SUSZ	Senior II M - 30	41	01:16:56	02:14:40.30	02:16:01.40	+00:40:31 (29.8%)	6:24	9.4 (71.2%)
100	HISZCZYŃSKA Aleksandra	7875		Senior I K - 20	7	01:18:18	02:15:58.45	02:16:10.85	+00:40:40 (29.9%)	6:28	9.3 (70.5%)
101	ŚLIWIŃSKI Paweł	7423	#TEAMKOTLAREK RUNNERS	Masters M - 40	27	01:10:55	02:16:03.60	02:16:11.95	+00:40:41 (29.9%)	6:28	9.3 (70.5%)
102	FURICH Dariusz	7400	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	Weteran I M - 50	4	01:18:40	02:15:42.65	02:16:17.40	+00:40:47 (29.9%)	6:27	9.3 (70.5%)
103	HRYCAJ Mariusz	7563	KB ODRA OPOLE	Masters M - 40	28	01:17:34	02:16:10.70	02:16:21.55	+00:40:51 (30.0%)	6:29	9.3 (70.5%)
104	SZPIKOWSKI Grzegorz	7270		Masters M - 40	29	01:17:38	02:16:10.30	02:16:48.30	+00:41:18 (30.2%)	6:29	9.3 (70.5%)
105	CHUDY Michał	7894		Senior II M - 30	42	01:14:50	02:16:48.60	02:16:56.70	+00:41:26 (30.3%)	6:30	9.2 (69.7%)
106	GAWCZYŃSKI Jakub	7720	TJ!	Senior II M - 30	43	01:17:59	02:16:49.40	02:17:05.45	+00:41:35 (30.3%)	6:30	9.2 (69.7%)
107	MEZYKOWSKI Michał	7546		Masters M - 40	30	01:15:03	02:17:16.15	02:17:20.85	+00:41:50 (30.5%)	6:32	9.2 (69.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
108	PAWLAK Przemek	7801	NIE PIJEMY	Masters M - 40	31	01:16:53	02:16:08.90	02:17:35.55	+00:42:05 (30.6%)	6:28	9.3 (70.5%)
109	ŻMIJA Liliana	7041	FSD RUN DREZDENKO	Senior II K - 30	12	01:18:38	02:17:21.70	02:17:38.95	+00:42:08 (30.6%)	6:32	9.2 (69.7%)
110	BIAŁCZYK Marcin	7633	MARATOŃCZYK POZNAŃ	Senior II M - 30	44	01:16:18	02:17:55.75	02:18:08.05	+00:42:37 (30.9%)	6:34	9.1 (68.9%)
111	ZANDECKI Maciej	7148	PARKRUN JEZIORO SZWARZĘDZKIE	Weteran I M - 50	5	01:14:30	02:18:11.45	02:18:16.00	+00:42:45 (30.9%)	6:34	9.1 (68.9%)
112	PIETROSZEK-DOMORADZKA Agata	7943	AKADEMIA WOJSK LĄDOWYCH	Senior II K - 30	13	01:18:25	02:17:35.75	02:18:35.85	+00:43:05 (31.1%)	6:33	9.2 (69.7%)
113	SZYPKOWSKI Marek	35		Masters M - 40	32	01:17:04	02:18:10.40	02:18:44.20	+00:43:13 (31.2%)	6:34	9.1 (68.9%)
114	KRAICZICZEK Krzysztof	4	RESHAPE RUNNERS	Masters M - 40	33	01:20:50	02:18:26.60	02:18:50.00	+00:43:19 (31.2%)	6:35	9.1 (68.9%)
115	ZIÓŁKOWSKI Marek	7374	OBORYGENI	Weteran I M - 50	6	01:17:46	02:19:21.00	02:19:44.95	+00:44:14 (31.7%)	6:38	9 (68.2%)
116	DIBELKA Kamil	7244	MIĘCZAKI WOLĄ CZTEROPAKI	Senior II M - 30	45	01:20:46	02:18:09.35	02:19:53.75	+00:44:23 (31.7%)	6:34	9.1 (68.9%)
117	DONDAJEWSKI Mikołaj	7696		Senior I M - 20	11	01:17:41	02:19:35.45	02:20:05.30	+00:44:35 (31.8%)	6:38	9 (68.2%)
118	GLIMASIŃSKI Kacper	7497		Senior I M - 20	12	01:17:43	02:16:41.35	02:20:08.85	+00:44:38 (31.9%)	6:30	9.2 (69.7%)
119	JAMRÓZ Karina	7658		Masters K - 40	3	01:20:12	02:19:45.20	02:20:12.25	+00:44:42 (31.9%)	6:39	9 (68.2%)
120	DORNIAC Jarosław	7226	PZU SPORT TEAM	Weteran I M - 50	7	01:20:02	02:20:27.00	02:20:34.65	+00:45:04 (32.1%)	6:41	9 (68.2%)
121	KOKOTT Marcin	7985	AW - SZYBCIEJ - TEAM	Senior II M - 30	46	01:18:10	02:20:54.80	02:21:15.45	+00:45:45 (32.4%)	6:42	8.9 (67.4%)
122	JEKA Mateusz	7969		Senior II M - 30	47	01:20:46	02:21:01.20	02:21:25.45	+00:45:55 (32.5%)	6:42	8.9 (67.4%)
123	SŁOMIAN Marcelina	7741	HERCOG RUNNING TEAM	Senior II K - 30	14	01:21:10	02:21:21.60	02:21:27.20	+00:45:56 (32.5%)	6:43	8.9 (67.4%)
124	ALBERT Dawid	7615		Senior II M - 30	48	01:19:40	02:21:46.50	02:21:53.35	+00:46:23 (32.7%)	6:45	8.9 (67.4%)
125	ŁUKOMSKI Marcin	7495		Senior II M - 30	49	01:17:11	02:22:15.30	02:22:30.50	+00:47:00 (33.0%)	6:46	8.9 (67.4%)
126	NOWAKOWSKI Bartosz	7813		Masters M - 40	34	01:19:50	02:22:24.55	02:22:41.55	+00:47:11 (33.1%)	6:46	8.8 (66.7%)
127	TKACZYK-CAŁKA Anna	7335	#ZALINIAMETYTEAM	Senior II K - 30	15	01:20:02	02:22:34.15	02:22:44.05	+00:47:13 (33.1%)	6:47	8.8 (66.7%)
128	KRAWCZYK Paweł	7299	TRIGYM SZCZECIN	Senior II M - 30	50	01:21:04	02:22:12.65	02:23:02.95	+00:47:32 (33.2%)	6:46	8.9 (67.4%)
129	BROK Małgorzata	7197		Masters K - 40	4	01:22:06	02:23:10.05	02:23:21.60	+00:47:51 (33.4%)	6:49	8.8 (66.7%)
130	MENDALA Adam	7730		Senior II M - 30	51	01:21:19	02:21:42.45	02:23:42.05	+00:48:11 (33.5%)	6:44	8.9 (67.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
131	BLACHA Mateusz	7565		Senior I M - 20	13		02:23:54.00	02:23:56.00	+00:48:25 (33.6%)	6:51	8.8 (66.7%)
132	SZUKALSKA Milena	7954		Senior II K - 30	16	01:22:04	02:22:40.25	02:24:17.00	+00:48:46 (33.8%)	6:47	8.8 (66.7%)
133	SZTEJKA Damian	7507		Masters M - 40	35	01:17:20	02:24:04.40	02:24:19.30	+00:48:49 (33.8%)	6:51	8.7 (65.9%)
134	PAŚNIEWSKI Piotr	7892	PRZEDWOJEWSKI TEAM	Senior II M - 30	52	01:20:54	02:24:17.55	02:24:26.00	+00:48:55 (33.9%)	6:52	8.7 (65.9%)
135	CHORBOTOWICZ Tomasz	7641	DZG RUNNERS ZGORZELEC	Weteran I M - 50	8	01:21:32	02:24:17.25	02:24:37.55	+00:49:07 (34.0%)	6:52	8.7 (65.9%)
136	ZAREMBA Sylwester	7820	ZMĘCZENI NA STARCIE DOBIEGNIĘW	Masters M - 40	36	01:20:35	02:24:20.10	02:24:47.10	+00:49:16 (34.0%)	6:52	8.7 (65.9%)
137	LITWIN Monika	7805	LITEWIN	Masters K - 40	5	01:20:41	02:24:36.75	02:24:47.85	+00:49:17 (34.0%)	6:53	8.7 (65.9%)
138	SZYMAŃSKI Kamil	7329		Senior II M - 30	53	01:21:45	02:24:34.70	02:24:59.15	+00:49:28 (34.1%)	6:53	8.7 (65.9%)
139	PILETSKI Maksim	7674	BIEGACZE STU MOSTÓW	Senior II M - 30	54	01:20:53	02:22:59.90	02:25:11.85	+00:49:41 (34.2%)	6:48	8.8 (66.7%)
140	KAMYK Jakub	7740	SWORDS ATHLETICS	Senior II M - 30	55	01:20:02	02:23:24.00	02:25:32.80	+00:50:02 (34.4%)	6:49	8.8 (66.7%)
141	CIECIOROWSKA Aleksandra	7625	OFF-ROAD RUNNERS	Senior I K - 20	8	01:20:27	02:25:31.70	02:25:41.90	+00:50:11 (34.5%)	6:55	8.7 (65.9%)
142	JAKUBIEC Ewa	7812		Senior I K - 20	9	01:20:53	02:25:39.05	02:25:50.15	+00:50:19 (34.5%)	6:56	8.7 (65.9%)
143	MICHALSKI Kuba	7616		Senior I M - 20	14	01:17:33	02:25:44.70	02:25:51.80	+00:50:21 (34.5%)	6:56	8.6 (65.2%)
144	GACHOWSKI Łukasz	7131		Masters M - 40	37	01:21:12	02:25:00.60	02:26:18.05	+00:50:47 (34.7%)	6:54	8.7 (65.9%)
145	WORONOWICZ Piotr	7939		Senior II M - 30	56	01:20:07	02:26:38.70	02:27:46.35	+00:52:16 (35.4%)	6:58	8.6 (65.2%)
146	KORZEC Michał	7671	MILHAUSE	Masters M - 40	38	01:23:25	02:27:13.25	02:27:52.00	+00:52:21 (35.4%)	7:00	8.6 (65.2%)
147	CZYSZCZOŃ Marcin	7630		Senior II M - 30	57	01:23:35	02:26:00.20	02:27:52.25	+00:52:22 (35.4%)	6:57	8.6 (65.2%)
148	WACHOWIAK Michalina	7780	EUROPA UBEZPIECZENIA	Senior II K - 30	17	01:22:37	02:24:32.15	02:27:53.45	+00:52:23 (35.4%)	6:52	8.7 (65.9%)
149	IWASZKOWSKI Andrzej	7019		Weteran I M - 50	9	01:19:38	02:27:34.50	02:28:01.95	+00:52:31 (35.5%)	7:01	8.5 (64.4%)
150	ZALEWSKA Marta	7718	GÓRAL Z MAZUR RUNNING TEAM	Senior II K - 30	18	01:24:13	02:27:44.40	02:28:02.95	+00:52:32 (35.5%)	7:02	8.5 (64.4%)
151	FLIS Mirosław	7277	CHOSZCZEŃSKA DZIESIĄTKA	Weteran II M - 60	1	01:21:03	02:28:07.50	02:28:13.75	+00:52:43 (35.6%)	7:03	8.5 (64.4%)
152	JAMROSZCZYK Przemysław	7482	TEAM PLESZEW	Masters M - 40	39	01:26:10	02:25:38.60	02:28:19.85	+00:52:49 (35.6%)	6:56	8.7 (65.9%)
153	ŚPIEWAK Radosław	7224		Masters M - 40	40	01:20:12	02:28:10.40	02:28:24.00	+00:52:53 (35.6%)	7:03	8.5 (64.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
154	PYTEL Sergiusz	7618	SEROWY	Senior II M - 30	58	01:18:15	02:26:03.65	02:28:31.90	+00:53:01 (35.7%)	6:57	8.6 (65.2%)
155	NIESŁONY Dominika	7419	EX TEAM	Senior I K - 20	10	01:25:08	02:27:38.70	02:28:40.35	+00:53:10 (35.8%)	7:01	8.5 (64.4%)
156	WOLAŃSKI Jan	7779	BIEGNIJ OŁAWO	Masters M - 40	41	01:23:27	02:27:43.65	02:28:44.60	+00:53:14 (35.8%)	7:02	8.5 (64.4%)
157	KAWA Hubert	7970	NKB CHYŻY NOWY TOMYŚL	Senior II M - 30	59	01:24:35	02:28:21.20	02:28:49.95	+00:53:19 (35.8%)	7:03	8.5 (64.4%)
158	KUCZERA Natalia	7899		Senior II K - 30	19	01:24:45	02:27:41.00	02:28:50.55	+00:53:20 (35.8%)	7:01	8.5 (64.4%)
159	RUDNICKI Krzysztof	7063		Senior II M - 30	60	01:22:04	02:28:25.90	02:28:50.90	+00:53:20 (35.8%)	7:04	8.5 (64.4%)
160	WALKOWIAK Marcin	7166		Senior I M - 20	15	01:18:05	02:29:08.15	02:29:15.90	+00:53:45 (36.0%)	7:06	8.4 (63.6%)
161	GRZEGOROWSKI Krzysztof	7132	SPORTOWY KAŻMIERZ	Senior II M - 30	61	01:24:32	02:28:17.05	02:29:39.50	+00:54:09 (36.2%)	7:03	8.5 (64.4%)
162	KUŹMA Przemysław	7168		Weteran II M - 60	2	01:25:10	02:28:54.35	02:29:59.65	+00:54:29 (36.3%)	7:05	8.5 (64.4%)
163	MURASZKO Tomasz	7651	BBL LEGNICA	Senior II M - 30	62	01:18:16	02:29:59.50	02:30:07.75	+00:54:37 (36.4%)	7:08	8.4 (63.6%)
164	KRAJEWSKI Tomasz	7822		Masters M - 40	42	01:19:57	02:29:28.20	02:30:09.15	+00:54:38 (36.4%)	7:07	8.4 (63.6%)
165	KACZMAREK Anna	7217		Senior II K - 30	20	01:26:46	02:27:35.80	02:30:14.85	+00:54:44 (36.4%)	7:01	8.5 (64.4%)
166	PAWLAK Daniel	7096	LKS ISKRA JASZKOWA	Masters M - 40	43	01:18:07	02:29:54.65	02:30:16.50	+00:54:46 (36.4%)	7:08	8.4 (63.6%)
167	KWIATKOWSKI Dawid	7879		Senior II M - 30	63	01:28:17	02:27:43.75	02:30:23.20	+00:54:52 (36.5%)	7:02	8.5 (64.4%)
168	GOŁOFIT Piotr	7314	ACCESTO	Senior II M - 30	64	01:23:53	02:29:48.15	02:30:35.15	+00:55:04 (36.6%)	7:08	8.4 (63.6%)
169	NOWAK Łukasz	7789		Masters M - 40	44	01:26:17	02:27:24.40	02:30:37.70	+00:55:07 (36.6%)	7:01	8.5 (64.4%)
170	STYK Marek	7323		Senior II M - 30	65	01:17:58	02:30:48.05	02:30:56.40	+00:55:26 (36.7%)	7:10	8.4 (63.6%)
171	ŁUCZAK Maciej	7610	BANDA RYCHA	Masters M - 40	45	01:23:14	02:30:51.40	02:31:10.75	+00:55:40 (36.8%)	7:11	8.4 (63.6%)
172	HAJDZIONA Agata	7840	MARATOŃCZYK POZNAŃ	Senior II K - 30	21	01:26:53	02:31:02.35	02:31:15.00	+00:55:44 (36.9%)	7:11	8.3 (62.9%)
173	BORKOWSKA Justyna	7677		Senior II K - 30	22	01:22:45	02:30:06.50	02:31:16.50	+00:55:46 (36.9%)	7:08	8.4 (63.6%)
174	MAZUR Rafał	7713		Senior II M - 30	66	01:16:22	02:31:17.35	02:31:18.95	+00:55:48 (36.9%)	7:12	8.3 (62.9%)
175	KOZERA Katarzyna	7871	BUSHIDO	Senior II K - 30	23	01:24:39	02:30:14.65	02:31:37.10	+00:56:06 (37.0%)	7:09	8.4 (63.6%)
176	ŁUKASIK Marek	7286		Masters M - 40	46	01:23:18	02:30:33.30	02:31:48.95	+00:56:18 (37.1%)	7:10	8.4 (63.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
177	IWANOW Hubert	7776	MAINEVENT	Senior II M - 30	67	01:21:11	02:30:33.95	02:31:51.10	+00:56:20 (37.1%)	7:10	8.4 (63.6%)
178	URBANEK Krzysztof	7751	SPORT GENERATION	Masters M - 40	47	01:25:17	02:31:06.85	02:31:53.00	+00:56:22 (37.1%)	7:11	8.3 (62.9%)
179	JAROS Mirek	7617		Masters M - 40	48	01:23:59	02:31:37.35	02:31:53.65	+00:56:23 (37.1%)	7:13	8.3 (62.9%)
180	MAJIK Jacek	7285		Senior II M - 30	68	01:23:54	02:31:31.55	02:31:58.45	+00:56:28 (37.2%)	7:12	8.3 (62.9%)
181	LIPIŃSKA Marta	7995		Senior II K - 30	24	01:26:11	02:31:50.70	02:32:20.25	+00:56:50 (37.3%)	7:13	8.3 (62.9%)
182	KOZUBEK Wiktoria	7817		Senior I K - 20	11	01:25:56	02:31:29.95	02:32:25.70	+00:56:55 (37.3%)	7:12	8.3 (62.9%)
183	ZALEWSKI Radosław	7020	WITKOWSKI RUNNING TEAM	Senior II M - 30	69	01:21:49	02:32:08.70	02:32:27.15	+00:56:56 (37.4%)	7:14	8.3 (62.9%)
184	MATYSIAK Marcin	7775	T.S. IRON MAN	Masters M - 40	49		02:32:32.45	02:32:34.45	+00:57:04 (37.4%)	7:15	8.3 (62.9%)
185	GOLA Henryk	7851		Weteran I M - 50	10	01:25:45	02:32:07.55	02:32:41.35	+00:57:11 (37.5%)	7:14	8.3 (62.9%)
186	ANDRZEJCZAK Łukasz	7405	NKB CHYŻY NOWY TOMYŚL	Senior II M - 30	70	01:26:58	02:32:31.80	02:33:07.05	+00:57:36 (37.6%)	7:15	8.3 (62.9%)
187	STANULA Krzysztof	7675	DOLNY ŚLĄSK	Masters M - 40	50	01:22:31	02:30:18.05	02:33:11.55	+00:57:41 (37.7%)	7:09	8.4 (63.6%)
188	MAĆKOWIAK Robert	7860	POLSKA	Senior II M - 30	71	01:29:26	02:30:55.10	02:33:12.85	+00:57:42 (37.7%)	7:11	8.3 (62.9%)
189	KIEPEL Mateusz	7905		Senior II M - 30	72	01:23:28	02:29:59.85	02:33:13.35	+00:57:43 (37.7%)	7:08	8.4 (63.6%)
190	OLEJNIK Piotr	7057		Senior II M - 30	73	01:25:30	02:30:31.05	02:33:42.30	+00:58:12 (37.9%)	7:10	8.4 (63.6%)
191	SIWAK Natalia	7580		Senior II K - 30	25	01:29:08	02:31:30.75	02:34:02.80	+00:58:32 (38.0%)	7:12	8.3 (62.9%)
192	ZIĘTEK Krzysztof	7824	NATURALEPO TEAM	Masters M - 40	51	01:19:55	02:33:09.95	02:34:21.40	+00:58:51 (38.1%)	7:17	8.2 (62.1%)
193	DUŻY Karol	7518		Senior II M - 30	74		02:34:26.75	02:34:28.75	+00:58:58 (38.2%)	7:21	8.2 (62.1%)
194	BRASEL Marcin	7430	TRIGYM	Weteran I M - 50	11	01:25:05	02:34:03.80	02:34:50.75	+00:59:20 (38.3%)	7:20	8.2 (62.1%)
195	SZTYPKA Justyna	7393	WKB MARATOŃCZYK WŁOCŁAWEK	Masters K - 40	6	01:30:23	02:35:13.45	02:35:17.05	+00:59:46 (38.5%)	7:23	8.1 (61.4%)
196	AUGUSTYNIAK Jakub	7023	DTR BIEGA / MARIO TEAM	Masters M - 40	52	01:23:24	02:35:29.95	02:35:38.90	+01:00:08 (38.6%)	7:24	8.1 (61.4%)
197	BAK Agnieszka	7823	MORSY OŚNO LUBUSKIE	Masters K - 40	7	01:27:56	02:35:11.35	02:35:46.20	+01:00:15 (38.7%)	7:23	8.1 (61.4%)
198	NAPIERAŁA Tomasz	7708	FRUNĘ TEAM	Masters M - 40	53	01:28:22	02:33:42.20	02:35:51.30	+01:00:21 (38.7%)	7:19	8.2 (62.1%)
199	SOBCZAK Magdalena	7998	WIELISZEW HERON TEAM	Senior II K - 30	26	01:28:01	02:35:50.35	02:36:04.30	+01:00:34 (38.8%)	7:25	8.1 (61.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
200	RUTKOWSKA Izabela	7080		Senior II K - 30	27	01:27:34	02:34:38.10	02:36:08.10	+01:00:37 (38.8%)	7:21	8.1 (61.4%)
201	IRLA Mariusz	7009	NULLPTR	Masters M - 40	54	01:24:21	02:35:37.60	02:36:22.65	+01:00:52 (38.9%)	7:24	8.1 (61.4%)
202	RADECKI Wojciech	7815		Weteran I M - 50	12	01:28:23	02:36:03.00	02:36:29.20	+01:00:58 (39.0%)	7:25	8.1 (61.4%)
203	WYJATEK Wojciech	7661		Masters M - 40	55	01:29:41	02:34:23.50	02:36:31.45	+01:01:01 (39.0%)	7:21	8.2 (62.1%)
204	WUJDA Karolina	7514	ŚLĘŻAK TEAM	Senior II K - 30	28	01:32:40	02:33:49.20	02:36:53.95	+01:01:23 (39.1%)	7:19	8.2 (62.1%)
205	DALEMBA Tomasz	7784		Masters M - 40	56	01:23:15	02:36:51.70	02:37:09.20	+01:01:38 (39.2%)	7:28	8 (60.6%)
206	REDMANN Edyta	7916		Weteran K - 50	1	01:29:06	02:36:55.70	02:37:18.40	+01:01:48 (39.3%)	7:28	8 (60.6%)
207	STASZCZAK Małgorzata	7155	TRI TEAM LUBAŃ	Senior II K - 30	29	01:31:02	02:37:11.10	02:37:56.45	+01:02:26 (39.5%)	7:29	8 (60.6%)
208	JAROWICZ Konrad	7626		Weteran II M - 60	3	01:28:34	02:38:02.50	02:38:13.50	+01:02:43 (39.6%)	7:31	8 (60.6%)
209	PIETRUCHA Jagoda	7415	TARNOWO PODGÓRNE BIEGA	Senior II K - 30	30	01:33:41	02:35:33.70	02:38:16.00	+01:02:45 (39.7%)	7:24	8.1 (61.4%)
210	DZIAŁO Wojciech	7175		Senior II M - 30	75	01:28:16	02:36:02.55	02:38:16.55	+01:02:46 (39.7%)	7:25	8.1 (61.4%)
211	BRYCHCY Dariusz	7433	ENDORFINA WSCHOWA	Senior II M - 30	76	01:30:10	02:36:47.20	02:38:18.30	+01:02:48 (39.7%)	7:27	8 (60.6%)
212	WIĘCEK Maria	7940		Senior II K - 30	31	01:28:23	02:37:14.40	02:38:20.55	+01:02:50 (39.7%)	7:29	8 (60.6%)
213	GIL Łukasz	7011		Senior II M - 30	77	01:33:25	02:34:55.80	02:38:21.80	+01:02:51 (39.7%)	7:22	8.1 (61.4%)
214	SOCHA Mateusz	7596		Senior II M - 30	78	01:24:52	02:37:31.50	02:38:37.40	+01:03:07 (39.8%)	7:30	8 (60.6%)
215	BŁASZKIEWICZ Bogusz	7811	DZIKIE BOBRY	Masters M - 40	57	01:24:43	02:38:28.10	02:39:06.50	+01:03:36 (40.0%)	7:32	8 (60.6%)
216	ZWIERZCHOWSKI Andrzej	7955		Weteran I M - 50	13	01:29:23	02:37:03.95	02:39:18.90	+01:03:48 (40.1%)	7:28	8 (60.6%)
217	BIŁGORAJSKI Adam	7524		Senior I M - 20	16	01:30:11	02:38:03.65	02:39:32.10	+01:04:01 (40.1%)	7:31	8 (60.6%)
218	WALAS Andrzej	7045	PRO-RUN WROCŁAW	Senior II M - 30	79	01:27:46	02:39:06.55	02:39:48.30	+01:04:18 (40.2%)	7:34	7.9 (59.8%)
219	PILARSKI Bartłomiej	7345	WYZNAWCY BRONKA LIBIĄŻ	Masters M - 40	58	01:31:07	02:39:15.15	02:39:54.90	+01:04:24 (40.3%)	7:35	7.9 (59.8%)
220	DUBAS Anna	7562	SPRAWDZAMY-NIERUCHOMOSCI.PL	Senior II K - 30	32	01:28:56	02:39:56.70	02:40:03.50	+01:04:33 (40.3%)	7:36	7.9 (59.8%)
221	CHANCEREL Stephane	7959		Weteran I M - 50	14	01:33:56	02:39:12.15	02:40:22.90	+01:04:52 (40.5%)	7:34	7.9 (59.8%)
222	WOŹNIAK Tomasz	7556	DOMDATA RUN TEAM	Weteran I M - 50	15	01:23:03	02:39:12.60	02:40:25.35	+01:04:55 (40.5%)	7:34	7.9 (59.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
223	KOZŁEWSKA Beata	7917	GÓRYLASY	Weteran K - 50	2	01:31:15	02:40:19.25	02:40:35.60	+01:05:05 (40.5%)	7:38	7.9 (59.8%)
224	BISKUPSKI Jakub	7964		Masters M - 40	59	01:30:53	02:38:48.80	02:40:52.10	+01:05:21 (40.6%)	7:33	7.9 (59.8%)
225	PAŁAC Piotr	7559		Weteran I M - 50	16	01:24:21	02:40:10.50	02:40:57.85	+01:05:27 (40.7%)	7:37	7.9 (59.8%)
226	KOWALCZYK Artur	7771		Senior II M - 30	80	01:25:03	02:37:46.95	02:41:02.10	+01:05:31 (40.7%)	7:30	8 (60.6%)
227	BINEK Michał	7923		Senior I M - 20	17	01:26:27	02:38:42.75	02:41:12.20	+01:05:41 (40.8%)	7:33	7.9 (59.8%)
228	KAŃDUŁA Damian	7079	PHOENIX CONTACT	Masters M - 40	60	01:27:19	02:39:51.95	02:41:20.30	+01:05:50 (40.8%)	7:36	7.9 (59.8%)
229	KAŃDUŁA Bartosz	7033	BUKOWSKI KLUB BIEGACZA	Masters M - 40	61	01:26:03	02:39:50.60	02:41:20.45	+01:05:50 (40.8%)	7:36	7.9 (59.8%)
230	ANDRZEJCZAK Anna	7403	NKB CHYŻY NOWY TOMYŚL	Senior II K - 30	33	01:33:52	02:40:49.85	02:41:24.55	+01:05:54 (40.8%)	7:39	7.8 (59.1%)
231	WILCZYNSKI Arkadiusz	7982	DZG RUNNERS	Masters M - 40	62	01:30:58	02:40:32.70	02:41:27.40	+01:05:57 (40.8%)	7:38	7.8 (59.1%)
232	MAJKA Eryk	7395	FAMILIAMAJKA	Senior I M - 20	18	01:23:32	02:41:00.05	02:41:33.00	+01:06:02 (40.9%)	7:40	7.8 (59.1%)
233	ZALESKA Joanna	7722		Senior II K - 30	34	01:34:57	02:40:55.80	02:42:04.05	+01:06:33 (41.1%)	7:39	7.8 (59.1%)
234	PAWLISZ Łukasz	7272		Senior I M - 20	19	01:34:10	02:40:58.05	02:42:05.10	+01:06:34 (41.1%)	7:39	7.8 (59.1%)
235	PICZ Michał	7723	POMPEJANKA TEAM	Senior II M - 30	81	01:34:39	02:40:16.80	02:42:16.25	+01:06:46 (41.1%)	7:37	7.9 (59.8%)
236	PYSZYŃSKI Mariusz	12		Masters M - 40	63	01:31:41	02:41:03.05	02:42:22.50	+01:06:52 (41.2%)	7:40	7.8 (59.1%)
237	NAJDEREK Michał	7223	PCH_RUN/ FURIA_TEAM	Senior II M - 30	82	01:35:43	02:41:38.20	02:42:34.30	+01:07:04 (41.3%)	7:41	7.8 (59.1%)
238	TURCZYŃSKA Monika	7880	SEKCJA BIEGOWA OIL WARSZAWA	Weteran K - 50	3	01:30:21	02:41:59.50	02:42:35.25	+01:07:05 (41.3%)	7:42	7.8 (59.1%)
239	WIĘCKOWSKI Wiktor	7797		Senior II M - 30	83	01:33:26	02:40:44.80	02:42:37.85	+01:07:07 (41.3%)	7:39	7.8 (59.1%)
240	POLÍVKOVÁ Jana	7541	KLUB TROJČAT	Senior II K - 30	35	01:35:18	02:40:51.45	02:42:42.50	+01:07:12 (41.3%)	7:39	7.8 (59.1%)
241	BROMIRSKI Maciej	7799		Masters M - 40	64	01:22:22	02:42:43.20	02:42:45.75	+01:07:15 (41.3%)	7:44	7.7 (58.3%)
242	RUDZKI Martin	7947	PIAST LUTYNIA	Senior II M - 30	84	01:27:06	02:41:01.10	02:42:49.60	+01:07:19 (41.3%)	7:40	7.8 (59.1%)
243	NOWAK Marcin	7978	PCH_RUN	Masters K - 40	8	01:30:53	02:41:57.80	02:42:55.50	+01:07:25 (41.4%)	7:42	7.8 (59.1%)
244	WOŹNIAK Janusz	7106	PORMAT JEDLICZE BIEGA	Weteran II M - 60	4	01:29:42	02:42:38.60	02:43:03.75	+01:07:33 (41.4%)	7:44	7.7 (58.3%)
245	KOŹMINSKI Łukasz	7359		Masters M - 40	65	01:32:37	02:41:23.00	02:43:05.05	+01:07:34 (41.4%)	7:41	7.8 (59.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
246	ŁUKOWICZ Łukasz	7026		Masters M - 40	66	01:33:33	02:39:40.55	02:43:06.80	+01:07:36 (41.4%)	7:36	7.9 (59.8%)
247	KNAP Katarzyna	7303	RUN YOUR TRAIL	Senior I K - 20	12	01:33:48	02:40:40.90	02:43:20.90	+01:07:50 (41.5%)	7:39	7.8 (59.1%)
248	TOMYŚLAK Magdalena	7187	TAKE CONTROL	Senior II K - 30	36	01:29:53	02:43:34.80	02:43:41.75	+01:08:11 (41.7%)	7:47	7.7 (58.3%)
249	ŁUSIAK Katarzyna	7886	NIGHT RUNNERS WROCŁAW	Senior II K - 30	37	01:30:26	02:43:34.30	02:43:44.25	+01:08:14 (41.7%)	7:47	7.7 (58.3%)
250	PIECUCH Karolina	7469		Senior II K - 30	38	01:31:00	02:43:26.15	02:43:44.30	+01:08:14 (41.7%)	7:46	7.7 (58.3%)
251	PÓŁTORAK Piotr	7511		Senior II M - 30	85	01:33:59	02:40:25.80	02:43:45.65	+01:08:15 (41.7%)	7:38	7.9 (59.8%)
252	SZYMAŃSKI Maciej	7949		Senior II M - 30	86	01:27:36	02:41:18.80	02:43:46.55	+01:08:16 (41.7%)	7:40	7.8 (59.1%)
253	KASIEWICZ Marcin	7773	MOCNA GRUPA CEZARA	Masters M - 40	67	01:29:51	02:43:14.35	02:43:47.00	+01:08:16 (41.7%)	7:46	7.7 (58.3%)
254	ŚRODA Maciej	7861		Senior II M - 30	87	01:23:26	02:43:42.25	02:43:50.35	+01:08:20 (41.7%)	7:47	7.7 (58.3%)
255	MACHULA Arkadiusz	7827	LEKKOATLETYCZNY KLUB SPORTOWY ZIĘBICE	Weteran I M - 50	17	01:35:48	02:42:54.60	02:43:54.20	+01:08:23 (41.7%)	7:45	7.7 (58.3%)
256	CHLIPAŁA Marek	7752		Senior II M - 30	88	01:31:28	02:43:47.95	02:44:05.60	+01:08:35 (41.8%)	7:47	7.7 (58.3%)
257	MÓLL Janusz	7025		Weteran II M - 60	5	01:26:06	02:44:04.20	02:44:06.80	+01:08:36 (41.8%)	7:48	7.7 (58.3%)
258	BANDUROWSKA Agnieszka	7901	KB WIKON NOWA SÓL	Masters K - 40	9	01:35:12	02:43:16.00	02:44:10.80	+01:08:40 (41.8%)	7:46	7.7 (58.3%)
259	REDLICKI Dariusz	7927		Weteran I M - 50	18	01:31:09	02:43:12.10	02:44:12.00	+01:08:41 (41.8%)	7:46	7.7 (58.3%)
260	RABEL Michał	7953		Senior II M - 30	89	01:27:33	02:41:49.45	02:44:19.40	+01:08:49 (41.9%)	7:42	7.8 (59.1%)
261	WYSOKIŃSKA Justyna	7119	BBF	Senior II K - 30	39	01:30:17	02:44:23.20	02:44:28.05	+01:08:57 (41.9%)	7:49	7.7 (58.3%)
262	STARCZEWSKI Grzegorz	7716		Weteran I M - 50	19	01:32:28	02:41:54.10	02:44:38.85	+01:09:08 (42.0%)	7:42	7.8 (59.1%)
263	RATAJCZAK Paweł	7745		Masters M - 40	68	01:32:08	02:42:05.45	02:45:13.25	+01:09:43 (42.2%)	7:43	7.8 (59.1%)
264	JESIONOWSKI Piotr	7694		Senior I M - 20	20	01:29:59	02:45:28.65	02:45:31.70	+01:10:01 (42.3%)	7:52	7.6 (57.6%)
265	SZTYPKA Konrad	7394	WKB MARATOŃCZYK WŁOCŁAWEK	Masters M - 40	69	01:31:23	02:45:28.60	02:45:33.00	+01:10:02 (42.3%)	7:52	7.6 (57.6%)
266	PRUSZCZYŃSKI Piotr	7003		Masters M - 40	70	01:34:53	02:43:47.35	02:45:42.15	+01:10:11 (42.4%)	7:47	7.7 (58.3%)
267	MATYSIAK Karol	7884	KONOPYA.PL	Masters M - 40	71	01:31:16	02:45:50.95	02:46:04.50	+01:10:34 (42.5%)	7:53	7.6 (57.6%)
268	MODZELEWSKI Piotr	7069	TARNOWO PODGÓRNE BIEGA	Weteran I M - 50	20	01:33:19	02:45:37.50	02:46:09.15	+01:10:38 (42.5%)	7:53	7.6 (57.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
269	SPANILY Patryk	7726		Senior II M - 30	90	01:32:54	02:43:52.90	02:46:15.15	+01:10:44 (42.6%)	7:48	7.7 (58.3%)
270	KIEŁB Wojciech	7645	KW DZIABKA	Senior II M - 30	91	01:33:56	02:44:05.15	02:46:25.10	+01:10:54 (42.6%)	7:48	7.7 (58.3%)
271	KAYSIEWICZ Maciej	7491	NATURAL BORN RUNNERS TEAM	Weteran I M - 50	21		02:46:18.65	02:46:43.20	+01:11:12 (42.7%)	7:55	7.6 (57.6%)
272	ZIĘBA Marcin	32		Masters M - 40	72	01:30:14	02:44:10.55	02:46:48.25	+01:11:18 (42.7%)	7:49	7.7 (58.3%)
273	HAMKALO Dawid	7997	HOST	Masters M - 40	73	01:32:24	02:44:02.60	02:47:04.40	+01:11:34 (42.8%)	7:48	7.7 (58.3%)
274	WACHOWIAK Karol	7781		Senior II M - 30	92	01:32:45	02:43:57.65	02:47:19.30	+01:11:49 (42.9%)	7:48	7.7 (58.3%)
275	CZAPIEWSKI Paweł	7450	EUROCASH RUNNING TEAM	Senior I M - 20	21	01:28:43	02:45:18.45	02:47:29.20	+01:11:58 (43.0%)	7:52	7.6 (57.6%)
276	MAREK Jarosław	7989		Masters M - 40	74	01:33:20	02:44:31.50	02:47:33.35	+01:12:03 (43.0%)	7:50	7.7 (58.3%)
277	KULKA Jan	7219		Senior I M - 20	22	01:34:40	02:47:12.70	02:47:41.45	+01:12:11 (43.0%)	7:57	7.5 (56.8%)
278	LESZCZYŃSKI Grzegorz	7480		Weteran I M - 50	22	01:29:45	02:45:59.20	02:47:47.20	+01:12:16 (43.1%)	7:54	7.6 (57.6%)
279	BENETURSKI Adam	7721	TJ	Senior II M - 30	93	01:33:05	02:45:42.35	02:47:58.70	+01:12:28 (43.1%)	7:53	7.6 (57.6%)
280	WOJCIECHOWSKI Tadeusz	7232	LULINEK	Senior II M - 30	94	01:36:08	02:46:55.25	02:48:00.85	+01:12:30 (43.2%)	7:56	7.5 (56.8%)
281	MICHALAK Kamil	7564	SZYNKARNIA	Senior II M - 30	95	01:27:01	02:46:42.85	02:48:07.40	+01:12:37 (43.2%)	7:56	7.6 (57.6%)
282	KMIECIK Jakub	7227	TARNOWO PODGÓRNE BIEGA	Masters M - 40	75	01:31:03	02:47:38.70	02:48:10.95	+01:12:40 (43.2%)	7:58	7.5 (56.8%)
283	HALAK Aleksandra	7496		Senior I K - 20	13	01:37:16	02:44:54.30	02:48:20.85	+01:12:50 (43.3%)	7:51	7.6 (57.6%)
284	MALOLEPSZY Dawid	7204	SPORT GENERATION	Senior I M - 20	23	01:31:03	02:47:30.90	02:48:22.25	+01:12:52 (43.3%)	7:58	7.5 (56.8%)
285	KOZYRA Dariusz	7601	ADRIAN DANILEWICZ GROUP	Masters M - 40	76	01:38:51	02:45:37.45	02:48:33.75	+01:13:03 (43.3%)	7:53	7.6 (57.6%)
286	RADWAN Justyna	7608		Senior II K - 30	40	01:34:43	02:46:03.30	02:48:35.10	+01:13:04 (43.3%)	7:54	7.6 (57.6%)
287	POWIERTOWSKA Aleksandra	7693	BIEGACZE JUNIORA - RUNNERS TEAM	Masters K - 40	10	01:36:02	02:47:36.55	02:48:35.25	+01:13:05 (43.4%)	7:58	7.5 (56.8%)
288	KRUSZEWSKA Asia	7120	AR ADIDAS RUNNERS POZNAŃ	Senior II K - 30	41	01:36:12	02:48:35.35	02:48:44.60	+01:13:14 (43.4%)	8:01	7.5 (56.8%)
289	GOŹDZICKA Agnieszka	7047	STRZELECKA BIEGAJĄCA CZAROWNICA	Masters K - 40	11	01:33:57	02:48:32.95	02:48:54.75	+01:13:24 (43.5%)	8:01	7.5 (56.8%)
290	KASZUBA Jacek	7753		Weteran I M - 50	23	01:32:39	02:48:42.05	02:48:57.45	+01:13:27 (43.5%)	8:02	7.5 (56.8%)
291	POWIERTOWSKI Adam	7678		Masters M - 40	77	01:30:44	02:46:57.25	02:49:04.85	+01:13:34 (43.5%)	7:57	7.5 (56.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
292	ZGOŁA Przemysław	7257	TARNOWO PODGÓRNE BIEGA	Weteran I M - 50	24	01:33:22	02:48:37.05	02:49:09.30	+01:13:39 (43.5%)	8:01	7.5 (56.8%)
293	ABULEWICZ Wojciech	7535	TRENING STUDIO 17	Weteran I M - 50	25	01:29:36	02:48:48.50	02:49:11.30	+01:13:41 (43.6%)	8:02	7.5 (56.8%)
294	ŁUCZAK Estera	7459	CAŁA OLEŚNICA BIEGA	Senior II K - 30	42	01:34:37	02:48:45.90	02:49:22.55	+01:13:52 (43.6%)	8:02	7.5 (56.8%)
295	MICHALAK Paweł	30		Senior II M - 30	96	01:40:40	02:46:52.05	02:49:23.85	+01:13:53 (43.6%)	7:56	7.6 (57.6%)
296	HOLAK Tomasz	7687	PANKRACY ENTERTIMENT	Masters M - 40	78	01:33:38	02:47:03.90	02:49:29.35	+01:13:59 (43.7%)	7:57	7.5 (56.8%)
297	MASNYK Łukasz	7766	KB ODRA OPOLE	Masters M - 40	79	01:41:02	02:48:27.25	02:49:30.15	+01:13:59 (43.7%)	8:01	7.5 (56.8%)
298	PASZKIEWICZ Józef	7843		Senior II M - 30	97	01:35:08	02:48:14.65	02:49:31.25	+01:14:01 (43.7%)	8:00	7.5 (56.8%)
299	OLEKSA Robert	7689		Weteran I M - 50	26	01:31:08	02:48:46.50	02:49:33.50	+01:14:03 (43.7%)	8:02	7.5 (56.8%)
300	WIRKIJOWSKA Aneta	7548	TRENUJZNAMI.PL	Masters K - 40	12	01:39:42	02:47:58.95	02:49:37.60	+01:14:07 (43.7%)	7:59	7.5 (56.8%)
301	KLUZA Piotr	7121	WKTJ	Weteran I M - 50	27	01:34:08	02:48:30.65	02:49:44.80	+01:14:14 (43.7%)	8:01	7.5 (56.8%)
302	GIEDRYS Wojciech	7654	3:33 TEAM	Weteran I M - 50	28	01:34:31	02:49:01.80	02:49:50.80	+01:14:20 (43.8%)	8:02	7.5 (56.8%)
303	LIBERADZKA Joanna	7543		Senior II K - 30	43	01:37:59	02:46:19.90	02:49:52.15	+01:14:21 (43.8%)	7:55	7.6 (57.6%)
304	GRUDZIEN-JURKOWSKA Malgorzata	7990		Masters K - 40	13	01:38:22	02:47:32.20	02:49:52.20	+01:14:21 (43.8%)	7:58	7.5 (56.8%)
305	TARGOWSKI Adam	7542		Senior II M - 30	98	01:37:58	02:46:19.35	02:49:52.50	+01:14:22 (43.8%)	7:55	7.6 (57.6%)
306	SKIBIŃSKI Łukasz	7349	PCH_RUN	Masters M - 40	80	01:34:53	02:49:05.65	02:49:57.30	+01:14:27 (43.8%)	8:03	7.5 (56.8%)
307	SZYMAŃSKI Roman	7113	BUKOWSKI KLUB BIEGACZA	Weteran I M - 50	29	01:34:13	02:48:33.90	02:49:59.00	+01:14:28 (43.8%)	8:01	7.5 (56.8%)
308	OTOCKI Marek	7539		Masters M - 40	81	01:29:18	02:48:28.05	02:50:05.70	+01:14:35 (43.9%)	8:01	7.5 (56.8%)
309	LASKOWSKI Lukasz	7786	SZYBKIE PEDAŁY	Senior II M - 30	99	01:37:23	02:48:31.50	02:50:13.85	+01:14:43 (43.9%)	8:01	7.5 (56.8%)
310	PASZKOWSKI Karol	7825		Senior II M - 30	100	01:37:01	02:48:11.45	02:50:14.75	+01:14:44 (43.9%)	8:00	7.5 (56.8%)
311	SKRĘTKOWSKI Konrad	7397	SPORTOWY KAZIMIERZ	Senior I M - 20	24	01:24:02	02:49:06.80	02:50:24.85	+01:14:54 (44.0%)	8:03	7.5 (56.8%)
312	ZIÓŁKOWSKI Jarosław	7494		Masters M - 40	82	01:37:53	02:49:22.50	02:50:36.25	+01:15:06 (44.0%)	8:03	7.4 (56.1%)
313	ANDRZEJEWSKA Anna	7062		Masters K - 40	14	01:33:58	02:50:25.65	02:50:40.80	+01:15:10 (44.0%)	8:06	7.4 (56.1%)
314	SIARKOWSKA Jagoda	7313	STAREFOSSLØPINNENE	Senior II K - 30	44	01:35:53	02:50:07.30	02:50:45.75	+01:15:15 (44.1%)	8:06	7.4 (56.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
315	PETTERSEN Erik	7312	STAREFOSSLØPERNE	Senior II M - 30	101	01:35:50	02:50:06.25	02:50:45.80	+01:15:15 (44.1%)	8:06	7.4 (56.1%)
316	OPIAŁ Michalina	7593	TS REGLE SZKLARSKA PORĘBA	Senior II K - 30	45	01:34:58	02:48:58.00	02:50:49.80	+01:15:19 (44.1%)	8:02	7.5 (56.8%)
317	RASZKOWSKA Emilia	7930	ŚLĘZAK TEAM	Senior II K - 30	46	01:38:13	02:50:16.15	02:51:00.30	+01:15:30 (44.2%)	8:06	7.4 (56.1%)
318	RASZKOWSKI Piotr	7931	ŚLĘZAK TEAM	Senior II M - 30	102	01:38:14	02:50:16.35	02:51:00.60	+01:15:30 (44.2%)	8:06	7.4 (56.1%)
319	SPYTEK Justyna	7941	TEAM ZABIEGANEDNI	Masters K - 40	15	01:35:18	02:50:20.70	02:51:21.40	+01:15:51 (44.3%)	8:06	7.4 (56.1%)
320	CHORBOTOWICZ Justyna	7649	DZG RUNNERS ZGORZELEC	Masters K - 40	16	01:36:21	02:51:02.75	02:51:22.80	+01:15:52 (44.3%)	8:08	7.4 (56.1%)
321	MEJZIŃSKI Michał	7936		Senior II M - 30	103	01:34:07	02:50:58.85	02:51:55.50	+01:16:25 (44.5%)	8:08	7.4 (56.1%)
322	BARNUŚ Michał	7686	DZG RUNNERS ZGORZELEC	Senior II M - 30	104	01:35:47	02:51:03.80	02:51:59.90	+01:16:29 (44.5%)	8:08	7.4 (56.1%)
323	RUTKOWSKI Mateusz	7002	WAKACYJNA DEMOLKA	Senior II M - 30	105	01:34:29	02:50:39.20	02:52:02.55	+01:16:32 (44.5%)	8:07	7.4 (56.1%)
324	RUŚKIEWICZ Wojciech	7457	DELOITTE ADVENTURE TEAM	Senior II M - 30	106	01:33:41	02:51:49.20	02:52:03.55	+01:16:33 (44.5%)	8:10	7.3 (55.3%)
325	DZIADOWICZ Anna	7027	ADRIAN DANILEWICZ GROUP	Masters K - 40	17	01:34:06	02:49:20.80	02:52:09.75	+01:16:39 (44.5%)	8:03	7.4 (56.1%)
326	PIELA Dawid	36		Senior II M - 30	107	01:32:31	02:52:01.80	02:52:20.55	+01:16:50 (44.6%)	8:11	7.3 (55.3%)
327	KRAWCZYKOWSKI Jacek	7510		Senior II M - 30	108	01:31:58	02:50:55.70	02:52:22.50	+01:16:52 (44.6%)	8:08	7.4 (56.1%)
328	LORENC Joanna	7979	ENDORFINY WĄSOSZ	Masters K - 40	18	01:34:59	02:51:08.30	02:52:37.20	+01:17:06 (44.7%)	8:08	7.4 (56.1%)
329	KRYNICKI Michał	7672		Senior I M - 20	25	01:34:35	02:51:14.55	02:52:42.50	+01:17:12 (44.7%)	8:09	7.4 (56.1%)
330	TOMASZEWSKA Paulina	7595		Senior I K - 20	14	01:34:33	02:51:15.30	02:52:43.15	+01:17:12 (44.7%)	8:09	7.4 (56.1%)
331	BARTKIEWICZ Ireneusz	7022		Masters M - 40	83	01:35:19	02:51:34.90	02:52:50.20	+01:17:19 (44.7%)	8:10	7.3 (55.3%)
332	PATALAS Mateusz	7319		Senior I M - 20	26	01:37:31	02:49:47.30	02:52:57.35	+01:17:27 (44.8%)	8:05	7.4 (56.1%)
333	SALIŃSKI Bartosz	7508	ZAŁOGA GÓRSKA / AUGUSTEAM	Senior II M - 30	109	01:30:47	02:52:54.35	02:52:59.20	+01:17:28 (44.8%)	8:14	7.3 (55.3%)
334	KRZESIMOWSKI Damian	7053		Masters M - 40	84	01:34:38	02:52:38.15	02:53:02.70	+01:17:32 (44.8%)	8:13	7.3 (55.3%)
335	CZAJKA Bartłomiej	7588	TEAM TAPFLO	Senior II M - 30	110	01:31:00	02:52:26.95	02:53:04.25	+01:17:34 (44.8%)	8:12	7.3 (55.3%)
336	CHOJNACKI Mikołaj	7758	WARSAW RUN CLUB	Masters M - 40	85	01:33:42	02:49:32.40	02:53:13.05	+01:17:42 (44.9%)	8:04	7.4 (56.1%)
337	ŁATAK Wojciech	7895		Senior II M - 30	111		02:53:08.00	02:53:14.00	+01:17:43 (44.9%)	8:14	7.3 (55.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
338	ZIÓŁKOWSKI Piotr	22		Masters M - 40	86	01:38:37	02:49:22.35	02:53:15.50	+01:17:45 (44.9%)	8:03	7.4 (56.1%)
339	LEWANDOWSKI Grzegorz	7316	GOLENIÓW	Masters M - 40	87	01:39:56	02:51:49.85	02:53:23.40	+01:17:53 (44.9%)	8:10	7.3 (55.3%)
340	TRYBULEC Aleksandra	7952		Masters K - 40	19	01:39:46	02:49:58.70	02:53:35.10	+01:18:04 (45.0%)	8:05	7.4 (56.1%)
341	POCHWAŁA Justyna	7902	NATALIA TOMASIAK GÓRSKI STYL TEAM	Masters K - 40	20	01:39:23	02:52:28.50	02:53:35.55	+01:18:05 (45.0%)	8:12	7.3 (55.3%)
342	KEMPA Karolina	7794		Senior I K - 20	15	01:36:01	02:51:39.00	02:53:37.45	+01:18:07 (45.0%)	8:10	7.3 (55.3%)
343	MIERZYŃSKI Rafał	7816	BIEGING TEAM ZELÓW	Senior II M - 30	112	01:34:43	02:51:23.50	02:53:49.80	+01:18:19 (45.1%)	8:09	7.4 (56.1%)
344	GAJLEWICZ Piotr	7783		Masters M - 40	88	01:32:28	02:53:59.80	02:54:14.40	+01:18:44 (45.2%)	8:17	7.2 (54.5%)
345	NYC Paulina	7839		Senior II K - 30	47	01:36:31	02:53:46.45	02:54:17.20	+01:18:46 (45.2%)	8:16	7.3 (55.3%)
346	BAL Tomasz	7327		Masters M - 40	89	01:33:07	02:52:59.00	02:54:17.95	+01:18:47 (45.2%)	8:14	7.3 (55.3%)
347	KWISSA Małgorzata	7225		Senior II K - 30	48		02:51:43.30	02:54:22.35	+01:18:52 (45.2%)	8:10	7.3 (55.3%)
348	ZASŁAWSKI Lech	7104	X-TEAM	Masters M - 40	90	01:35:55	02:53:09.20	02:54:28.15	+01:18:57 (45.3%)	8:14	7.3 (55.3%)
349	LORENC Paweł	7980	ENDORFINY WAŚOSZ	Masters M - 40	91	01:35:01	02:53:06.15	02:54:34.70	+01:19:04 (45.3%)	8:14	7.3 (55.3%)
350	BANACH Tomasz	38	OJ NIEFAJNIE	Weteran II M - 60	6	01:32:55	02:53:49.90	02:54:43.40	+01:19:13 (45.3%)	8:16	7.2 (54.5%)
351	ZABOROWSKI Kamil	7288	ZALINIAMETY	Senior II M - 30	113	01:33:16	02:54:08.95	02:54:46.65	+01:19:16 (45.4%)	8:17	7.2 (54.5%)
352	NOWICKI Bartosz	7354		Masters M - 40	92	01:34:18	02:52:14.00	02:54:54.75	+01:19:24 (45.4%)	8:12	7.3 (55.3%)
353	MAĆKOWIAK Marcin	7935	WOŁÓW BIEGA	Senior II M - 30	114	01:33:36	02:54:18.20	02:54:59.35	+01:19:29 (45.4%)	8:18	7.2 (54.5%)
354	PATYCKA Edyta	7759	NIGHT RUNNERS PYSKOWICE	Weteran K - 50	4	01:36:02	02:54:40.60	02:55:00.60	+01:19:30 (45.4%)	8:19	7.2 (54.5%)
355	GRZENIA Natalia	1		Senior I K - 20	16	01:36:58	02:54:55.80	02:55:02.70	+01:19:32 (45.4%)	8:19	7.2 (54.5%)
356	CYRAN Wojtek	7768		Senior II M - 30	115	01:33:53	02:51:59.85	02:55:14.35	+01:19:44 (45.5%)	8:11	7.3 (55.3%)
357	BUJAK Magdalena	7934		Senior II K - 30	49	01:33:04	02:54:58.05	02:55:17.40	+01:19:47 (45.5%)	8:19	7.2 (54.5%)
358	ZAGROBELNY Radosław	7404	MONKO COFFEE	Weteran I M - 50	30	01:34:41	02:55:15.85	02:55:37.20	+01:20:06 (45.6%)	8:20	7.2 (54.5%)
359	SUŚLIK Robert	7174		Masters M - 40	93	01:34:34	02:54:27.25	02:55:43.95	+01:20:13 (45.7%)	8:18	7.2 (54.5%)
360	KAMUDA Daniel	7231		Masters M - 40	94	01:34:26	02:54:28.30	02:55:45.55	+01:20:15 (45.7%)	8:18	7.2 (54.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
361	KĘSY Ania	7097	KĘSY TEAM	Weteran K - 50	5	01:43:30	02:53:49.65	02:55:48.40	+01:20:18 (45.7%)	8:16	7.2 (54.5%)
362	RAJZER Piotr	7505		Senior II M - 30	116	01:32:25	02:55:26.35	02:55:51.95	+01:20:21 (45.7%)	8:21	7.2 (54.5%)
363	NOWAK Marta	7477		Masters K - 40	21	01:40:42	02:55:04.05	02:56:08.40	+01:20:38 (45.8%)	8:20	7.2 (54.5%)
364	REMISZ Aleksandra	7552	MATNER RUNNING TEAM	Senior II K - 30	50	01:39:23	02:55:45.25	02:56:21.85	+01:20:51 (45.8%)	8:22	7.2 (54.5%)
365	LICHACZ Anna	7744	GT RAT	Masters K - 40	22	01:41:15	02:55:43.30	02:56:23.55	+01:20:53 (45.9%)	8:22	7.2 (54.5%)
366	KOBIERSKI Michał	7774	#BIEGAJLESZNO	Masters M - 40	95	01:35:39	02:56:22.95	02:56:52.70	+01:21:22 (46.0%)	8:23	7.1 (53.8%)
367	CZYCZEWSKA Paulina	7269		Senior II K - 30	51	01:42:16	02:53:39.85	02:56:54.25	+01:21:24 (46.0%)	8:16	7.3 (55.3%)
368	PAKUŁA Tomasz	7088		Senior II M - 30	117	01:40:49	02:54:38.45	02:57:02.40	+01:21:32 (46.1%)	8:18	7.2 (54.5%)
369	KĘDZIORA Aleksandra	7724		Masters K - 40	23	01:41:19	02:56:27.85	02:57:07.40	+01:21:37 (46.1%)	8:24	7.1 (53.8%)
370	KOZŁOWSKI Dawid	7579		Senior II M - 30	118	01:49:08	02:54:59.35	02:57:11.80	+01:21:41 (46.1%)	8:19	7.2 (54.5%)
371	NOWACZYK Marta	7356		Senior II K - 30	52	01:41:16	02:56:49.60	02:57:17.55	+01:21:47 (46.1%)	8:25	7.1 (53.8%)
372	PAWEŁEK Paulina	7639		Senior II K - 30	53	01:43:31	02:54:52.90	02:57:23.10	+01:21:52 (46.2%)	8:19	7.2 (54.5%)
373	WACHOWSKI Wiesław	7471		Weteran I M - 50	31	01:41:40	02:55:02.45	02:57:32.45	+01:22:02 (46.2%)	8:20	7.2 (54.5%)
374	JAROSZUK Ania	7042		Masters K - 40	24	01:40:01	02:55:56.35	02:57:40.45	+01:22:10 (46.2%)	8:22	7.2 (54.5%)
375	BRYCHCY Paweł	7431		Masters M - 40	96	01:40:28	02:56:51.75	02:58:23.55	+01:22:53 (46.5%)	8:25	7.1 (53.8%)
376	BRYŃSKI Dariusz	7087		Weteran II M - 60	7	01:33:38	02:58:15.35	02:58:24.40	+01:22:54 (46.5%)	8:29	7.1 (53.8%)
377	SAWICKI Adrian	7262		Masters M - 40	97	01:37:40	02:55:45.45	02:58:45.35	+01:23:15 (46.6%)	8:22	7.2 (54.5%)
378	KORCZYŃSKA Alicja	7271	BIEGAM Z ROZUMEM	Masters K - 40	25	01:42:49	02:57:14.60	02:58:47.55	+01:23:17 (46.6%)	8:26	7.1 (53.8%)
379	SYDORCZYK Magdalena	7421	ŚLĘZAK TEAM - ENDORFINA WSCHOWA	Masters K - 40	26	01:38:17	02:58:05.50	02:58:48.85	+01:23:18 (46.6%)	8:28	7.1 (53.8%)
380	ADAMCZAK Joanna	7375		Senior II K - 30	54	01:39:09	02:57:29.30	02:58:55.75	+01:23:25 (46.6%)	8:27	7.1 (53.8%)
381	SKALIK Wojtek	7623		Senior II M - 30	119	01:33:34	02:56:00.80	02:59:03.60	+01:23:33 (46.7%)	8:22	7.2 (54.5%)
382	MISIAK Krzysztof	7439		Weteran II M - 60	8	01:39:46	02:57:13.85	02:59:05.05	+01:23:34 (46.7%)	8:26	7.1 (53.8%)
383	SARBACZEWSKI Sebastian	7101	SKS OBORNIKI	Masters M - 40	98	01:38:34	02:57:13.75	02:59:14.90	+01:23:44 (46.7%)	8:26	7.1 (53.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
384	RADLAK Marcin	7235		Masters M - 40	99	01:37:26	02:56:38.25	02:59:22.95	+01:23:52 (46.8%)	8:24	7.1 (53.8%)
385	HEJNE Agnieszka	7620	MISTRZOWSKI-TRENING	Masters K - 40	27	01:35:34	02:59:22.05	02:59:32.25	+01:24:02 (46.8%)	8:32	7 (53.0%)
386	SIEJEK Natalia	7793	KOBIETY BIEGAJĄ	Senior II K - 30	55	01:39:11	02:56:39.05	02:59:32.75	+01:24:02 (46.8%)	8:24	7.1 (53.8%)
387	NADOLSKA Anna	7440		Masters K - 40	28	01:43:22	02:57:30.85	02:59:36.90	+01:24:06 (46.8%)	8:27	7.1 (53.8%)
388	HERNIK Klaudia	7520		Senior II K - 30	56	01:41:15	02:57:10.10	02:59:53.55	+01:24:23 (46.9%)	8:26	7.1 (53.8%)
389	DERBICH Mariusz	7763	FAMOT TEAM	Masters M - 40	100	01:41:23	02:57:36.95	03:00:00.55	+01:24:30 (46.9%)	8:27	7.1 (53.8%)
390	WIECZOREK Artur	7664	BIEGACZE Z PRZYLESIA	Masters M - 40	101	01:40:28	02:57:19.50	03:00:02.10	+01:24:31 (47.0%)	8:26	7.1 (53.8%)
391	PIECYK Tomasz	31		Weteran I M - 50	32	01:36:25	02:57:27.40	03:00:05.75	+01:24:35 (47.0%)	8:27	7.1 (53.8%)
392	CIERPIAŁ Karolina	7669		Senior I K - 20	17	01:43:08	02:58:18.30	03:00:06.50	+01:24:36 (47.0%)	8:29	7.1 (53.8%)
393	CHMIELEWSKA Paulina	7509		Senior II K - 30	57	01:40:03	03:00:03.35	03:00:13.85	+01:24:43 (47.0%)	8:34	7 (53.0%)
394	SARNA Beata	7452		Weteran K - 50	6	01:42:30	02:58:37.50	03:00:15.50	+01:24:45 (47.0%)	8:30	7.1 (53.8%)
395	CHOŁUJ Małgorzata	7567		Weteran K - 50	7	01:42:30	02:58:36.85	03:00:15.80	+01:24:45 (47.0%)	8:30	7.1 (53.8%)
396	WOJTASZEK Malgorzata	7287		Masters K - 40	29	01:49:05	02:58:12.90	03:00:21.85	+01:24:51 (47.0%)	8:29	7.1 (53.8%)
397	CHMIELEWSKA Sylwia	7	BBL LEGNICA	Weteran K - 50	8	01:38:24	02:59:48.60	03:00:21.90	+01:24:51 (47.0%)	8:33	7 (53.0%)
398	TYL Radosław	7418		Masters M - 40	102	01:34:31	02:57:59.45	03:00:24.35	+01:24:54 (47.1%)	8:28	7.1 (53.8%)
399	RAKOCZY Krzysztof	7971		Senior I M - 20	27	01:30:53	02:58:38.70	03:00:44.10	+01:25:13 (47.2%)	8:30	7.1 (53.8%)
400	HAŁA Krzysztof	7882	TARNOWO PODGÓRNE BIEGA	Masters M - 40	103	01:35:15	02:59:38.90	03:00:49.60	+01:25:19 (47.2%)	8:33	7 (53.0%)
401	TRZECIAK Tomasz	7139		Masters M - 40	104	01:35:20	02:59:54.60	03:00:50.05	+01:25:19 (47.2%)	8:34	7 (53.0%)
402	MARCINKOWSKA Ewa	7804		Senior II K - 30	58	01:37:48	02:59:37.50	03:00:51.30	+01:25:21 (47.2%)	8:33	7 (53.0%)
403	KOŹMIŃSKI Michał	7357		Masters M - 40	105	01:39:48	02:59:29.85	03:01:10.85	+01:25:40 (47.3%)	8:32	7 (53.0%)
404	GAJEWSKI Marek	7502		Senior II M - 30	120	01:41:18	02:59:26.50	03:01:22.15	+01:25:51 (47.3%)	8:32	7 (53.0%)
405	PRZYBYŁAK Kasia	7417	#ZALINIAMETYTEAM	Senior I K - 20	18	01:43:47	03:00:47.80	03:01:24.05	+01:25:53 (47.4%)	8:36	7 (53.0%)
406	MATYJASZCZYK Marcin	7344	TARNOWO PODGÓRNE BIEGA	Senior II M - 30	121	01:42:18	02:58:37.00	03:01:24.90	+01:25:54 (47.4%)	8:30	7.1 (53.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
407	PACHOWICZ Adam	7577		Senior II M - 30	122	01:40:11	03:00:04.80	03:01:25.65	+01:25:55 (47.4%)	8:34	7 (53.0%)
408	GAWLIKOWSKA Agnieszka	7260		Senior II K - 30	59	01:36:02	03:00:16.10	03:01:26.90	+01:25:56 (47.4%)	8:35	7 (53.0%)
409	WASIELA Julia	7458		Senior I K - 20	19	01:42:14	03:00:38.45	03:01:31.50	+01:26:01 (47.4%)	8:36	7 (53.0%)
410	MUSIALSKI Marcin	7391		Senior II M - 30	123	01:38:26	02:59:18.70	03:01:36.05	+01:26:05 (47.4%)	8:32	7 (53.0%)
411	BALAS Tomasz	19	NOLOGOCREW	Masters M - 40	106		02:59:39.55	03:01:55.70	+01:26:25 (47.5%)	8:33	7 (53.0%)
412	TERLECKI Marcin	7715	TERLO	Weteran I M - 50	33	01:38:34	03:00:30.35	03:02:28.45	+01:26:58 (47.7%)	8:35	7 (53.0%)
413	PŁUCIENNICZAK Bartosz	7837		Senior II M - 30	124	01:37:03	03:01:09.75	03:02:34.85	+01:27:04 (47.7%)	8:37	7 (53.0%)
414	WOJEWÓDZKA Agnieszka	7853		Masters K - 40	30	01:42:21	03:01:48.40	03:02:46.15	+01:27:15 (47.7%)	8:39	6.9 (52.3%)
415	CARDUCCI Mattia	7173		Senior II M - 30	125	01:40:22	02:59:36.75	03:03:00.00	+01:27:29 (47.8%)	8:33	7 (53.0%)
416	SZERMENT Magdalena	7891	MAZURTEAM	Masters K - 40	31	01:45:46	03:02:52.45	03:03:13.45	+01:27:43 (47.9%)	8:42	6.9 (52.3%)
417	PESZEK Katarzyna	7406	DZIKIE GRUBASY SZATANA	Masters K - 40	32	01:39:33	03:01:18.20	03:03:15.70	+01:27:45 (47.9%)	8:38	6.9 (52.3%)
418	WESOŁY Maciej	7126	KOLKA TEAM	Masters M - 40	107	01:39:06	03:01:55.70	03:03:22.00	+01:27:51 (47.9%)	8:39	6.9 (52.3%)
419	SZCZEPAŃSKI Rafał	7848	SAMEKONIE	Weteran I M - 50	34	01:36:04	03:03:08.10	03:03:22.65	+01:27:52 (47.9%)	8:43	6.9 (52.3%)
420	SZEWczyk Grzegorz	7637	AZS PO OPOLE	Weteran II M - 60	9	01:38:18	03:00:23.50	03:03:25.20	+01:27:54 (47.9%)	8:35	7 (53.0%)
421	SKIBIŃSKA Justyna	7348	PCH_RUN	Masters K - 40	33	01:43:12	03:02:34.90	03:03:25.85	+01:27:55 (47.9%)	8:41	6.9 (52.3%)
422	MATCZAK Jacek	7504		Masters M - 40	108	01:39:59	03:01:31.65	03:03:35.70	+01:28:05 (48.0%)	8:38	6.9 (52.3%)
423	BRĘK Maksymilian	7908	TEAMDKMS	Senior I M - 20	28	01:39:29	03:02:37.95	03:03:41.45	+01:28:11 (48.0%)	8:41	6.9 (52.3%)
424	KARWOWSKI Maciej	7067		Senior II M - 30	126	01:48:30	03:00:32.40	03:03:44.65	+01:28:14 (48.0%)	8:35	7 (53.0%)
425	CHEŁCHOWSKA Katarzyna	7988		Senior II K - 30	60	01:45:07	03:03:02.00	03:03:52.90	+01:28:22 (48.1%)	8:42	6.9 (52.3%)
426	CHEŁCHOWSKI Mateusz	7991		Senior II M - 30	127	01:45:05	03:03:00.95	03:03:53.00	+01:28:22 (48.1%)	8:42	6.9 (52.3%)
427	HERNIK Piotr	7519		Senior II M - 30	128	01:41:16	03:01:10.80	03:03:54.65	+01:28:24 (48.1%)	8:37	7 (53.0%)
428	BAJER Mikołaj	7384	TARNOWO PODGÓRNE BIEGA	Masters M - 40	109	01:37:51	03:01:11.65	03:03:57.45	+01:28:27 (48.1%)	8:37	7 (53.0%)
429	WCISŁO Emilia	7325	HTF - LUDWIK SIKORSKI	Senior II K - 30	61	01:42:09	03:03:03.15	03:04:45.35	+01:29:15 (48.3%)	8:43	6.9 (52.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
430	DŁUGOSZEWSKI Grzegorz	7643		Senior II M - 30	129	01:43:36	03:02:58.95	03:04:52.75	+01:29:22 (48.3%)	8:42	6.9 (52.3%)
431	HALESZCZUK Tomasz	7280	PRO-RUN WROCŁAW	Masters M - 40	110	01:42:33	03:04:15.00	03:04:56.35	+01:29:26 (48.4%)	8:46	6.8 (51.5%)
432	BIŃCZYK Dariusz	7692	ZABIEGANI CZĘSTOCHOWA	Senior II M - 30	130	01:34:10	03:02:18.50	03:05:00.30	+01:29:30 (48.4%)	8:40	6.9 (52.3%)
433	LIS Wojciech	7478	WIERZBICKI RUNNING PROJECT	Masters M - 40	111	01:40:36	03:02:37.85	03:05:09.00	+01:29:38 (48.4%)	8:41	6.9 (52.3%)
434	STACHOWIAK Kamil	7500	SPORT GENERATION	Senior II M - 30	131	01:35:48	03:05:09.25	03:05:21.65	+01:29:51 (48.5%)	8:49	6.8 (51.5%)
435	CEJBA Dominika	7814	KB SZAMOTUŁY	Senior I K - 20	20	01:42:46	03:03:08.55	03:05:27.15	+01:29:56 (48.5%)	8:43	6.9 (52.3%)
436	FERENC Stanisław	7493	ZRYW PARZYMIĘCHY	Senior II M - 30	132	01:43:19	03:03:18.20	03:05:31.40	+01:30:01 (48.5%)	8:43	6.9 (52.3%)
437	ZELIANKOVA Volha	7370		Senior II K - 30	62	01:48:56	03:03:03.05	03:05:58.00	+01:30:27 (48.6%)	8:43	6.9 (52.3%)
438	GROCHOWSKI Paweł	7921	PZU SPORT TEAM	Masters M - 40	112	01:43:09	03:03:07.55	03:05:59.30	+01:30:29 (48.7%)	8:43	6.9 (52.3%)
439	DUTKOWIAK Aleksandra	7697	PIĄTKOWO NA BIEGOWO	Masters K - 40	34	01:43:06	03:05:28.85	03:06:25.65	+01:30:55 (48.8%)	8:49	6.8 (51.5%)
440	CHRZANOWSKI Paweł	7883		Senior I M - 20	29	01:39:13	03:05:57.00	03:06:28.10	+01:30:57 (48.8%)	8:51	6.8 (51.5%)
441	BERSKÁ Lenka	28		Weteran K - 50	9	01:44:03	03:03:33.05	03:06:39.40	+01:31:09 (48.8%)	8:44	6.9 (52.3%)
442	GOS Sebastian	7968		Senior II M - 30	133	01:34:56	03:04:37.00	03:06:42.95	+01:31:12 (48.9%)	8:47	6.8 (51.5%)
443	ODIJA Leszek	7769		Masters M - 40	113	01:47:35	03:05:51.35	03:06:44.65	+01:31:14 (48.9%)	8:51	6.8 (51.5%)
444	SWOBODA Piotr	7208	LOVELASY	Masters M - 40	114	01:40:21	03:05:36.40	03:07:16.85	+01:31:46 (49.0%)	8:50	6.8 (51.5%)
445	PONDEL Marzena	7750	WILKI MIĘDZYLESIE	Masters K - 40	35	01:40:05	03:04:40.75	03:07:44.75	+01:32:14 (49.1%)	8:47	6.8 (51.5%)
446	RADZIEJOWSKI Michał	7754	FRUNĘ TEAM	Senior II M - 30	134	01:35:49	03:05:38.45	03:07:46.20	+01:32:15 (49.1%)	8:50	6.8 (51.5%)
447	KROSZKA Krzysztof	25	STEPSTONE RUNNING TEAM	Weteran I M - 50	35	01:46:43	03:06:03.80	03:07:55.20	+01:32:24 (49.2%)	8:51	6.8 (51.5%)
448	MILLER Agnieszka	7582		Senior II K - 30	63	01:49:13	03:05:51.95	03:08:25.50	+01:32:55 (49.3%)	8:51	6.8 (51.5%)
449	MARKIEWICZ Marta	7719		Senior II K - 30	64	01:47:17	03:08:15.60	03:08:31.75	+01:33:01 (49.3%)	8:57	6.7 (50.8%)
450	JORDAN Robert	7082	TARNOWO PODGÓRNE BIEGA	Masters M - 40	115	01:42:52	03:06:00.55	03:08:42.55	+01:33:12 (49.4%)	8:51	6.8 (51.5%)
451	DRÓŹDŹ Arkadiusz	7293		Senior II M - 30	135	01:36:27	03:06:49.45	03:09:09.95	+01:33:39 (49.5%)	8:53	6.7 (50.8%)
452	STASIŃSKA-KOSTOWSKA Wiktoria	7247		Senior I K - 20	21	01:43:12	03:07:34.45	03:09:17.75	+01:33:47 (49.5%)	8:55	6.7 (50.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
453	JEKA Piotr	7856	JEKA TEAM	Weteran I M - 50	36	01:42:22	03:08:59.40	03:09:48.90	+01:34:18 (49.7%)	8:59	6.7 (50.8%)
454	OLEJNICZAK Paweł	7425		Senior II M - 30	136	01:44:29	03:08:18.00	03:09:59.45	+01:34:29 (49.7%)	8:58	6.7 (50.8%)
455	GRYGIER Tomasz	7156		Masters M - 40	116	01:38:57	03:08:22.65	03:10:11.90	+01:34:41 (49.8%)	8:58	6.7 (50.8%)
456	GAȚARCZYK Mariusz	7401	DZIKIE GRUBASY SZATANA	Masters M - 40	117	01:46:31	03:08:14.30	03:10:14.90	+01:34:44 (49.8%)	8:57	6.7 (50.8%)
457	IMIŃSKI Cezary	7248		Weteran I M - 50	37	01:43:17	03:10:22.00	03:10:45.35	+01:35:15 (49.9%)	9:03	6.6 (50.0%)
458	WYBRANIEC Tomasz	7278		Senior II M - 30	137	01:41:22	03:10:28.65	03:10:48.45	+01:35:18 (49.9%)	9:04	6.6 (50.0%)
459	WASZAK Tomasz	7485		Senior I M - 20	30	01:50:55	03:07:47.95	03:10:57.90	+01:35:27 (50.0%)	8:56	6.7 (50.8%)
460	NOWAK Katarzyna	7114	DZIKIE GRUBASY SZATANA	Senior II K - 30	65	01:51:13	03:09:02.65	03:10:59.40	+01:35:29 (50.0%)	9:00	6.7 (50.8%)
461	KONEK Joachim	7503	SOKÓŁ KOŚCIERZYN WIELKI	Senior I M - 20	31	01:39:53	03:09:26.30	03:11:00.00	+01:35:29 (50.0%)	9:01	6.7 (50.8%)
462	CZECH Dorota	7538	ASICS FRONTRUNNER POLAND	Masters K - 40	36	01:50:06	03:09:28.60	03:11:03.05	+01:35:32 (50.0%)	9:01	6.7 (50.8%)
463	BEKER Katarzyna	7360	HOREDUPY	Senior II K - 30	66	01:47:41	03:09:27.80	03:11:03.10	+01:35:32 (50.0%)	9:01	6.7 (50.8%)
464	BOREK Mateusz	7018		Senior II M - 30	138	01:54:11	03:07:49.70	03:11:04.10	+01:35:33 (50.0%)	8:56	6.7 (50.8%)
465	PRZYBYLSKI Krzysztof	7756	Q-TEAM	Weteran I M - 50	38	01:46:14	03:08:55.80	03:11:07.10	+01:35:36 (50.0%)	8:59	6.7 (50.8%)
466	MATAN-KLIMKIEWICZ Magdalena	7885		Masters K - 40	37	01:50:42	03:07:40.75	03:11:21.10	+01:35:50 (50.1%)	8:56	6.7 (50.8%)
467	WOJTYSIAK Wojciech	7179	HANIA TEAM MATEO	Weteran I M - 50	39	01:53:29	03:08:52.40	03:11:24.85	+01:35:54 (50.1%)	8:59	6.7 (50.8%)
468	SZERMENT Eryk	7147	MAZURTEAM	Masters M - 40	118	01:45:42	03:11:15.40	03:11:36.35	+01:36:06 (50.2%)	9:06	6.6 (50.0%)
469	KUBASZEWSKA Zofia	7791		Senior I K - 20	22	01:49:16	03:09:06.45	03:11:38.65	+01:36:08 (50.2%)	9:00	6.7 (50.8%)
470	CAŁKA Robert	7911	BBL BOGDANIECKIE LASY	Weteran I M - 50	40	01:45:33	03:11:23.60	03:11:45.85	+01:36:15 (50.2%)	9:06	6.6 (50.0%)
471	LUBAŃSKA Alicja	7389	DTR BIEGA / MARIO TEAM	Weteran K - 50	10	01:40:51	03:11:30.50	03:11:45.95	+01:36:15 (50.2%)	9:07	6.6 (50.0%)
472	LEWANDOWSKI Patryk	7898		Senior II M - 30	139	01:53:16	03:08:07.90	03:11:47.35	+01:36:17 (50.2%)	8:57	6.7 (50.8%)
473	SZUMSKI Zbigniew	7157		Weteran I M - 50	41	01:55:08	03:10:59.35	03:11:50.90	+01:36:20 (50.2%)	9:05	6.6 (50.0%)
474	MAŚLANKA Łukasz	7010		Senior II M - 30	140	01:44:00	03:10:30.50	03:12:03.55	+01:36:33 (50.3%)	9:04	6.6 (50.0%)
475	GUTOWSKI Piotr	7629		Senior II M - 30	141	01:49:26	03:10:53.30	03:12:06.30	+01:36:36 (50.3%)	9:05	6.6 (50.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
476	KAROŃ Krzysztof	7976		Weteran I M - 50	42	01:46:32	03:10:31.90	03:12:27.25	+01:36:57 (50.4%)	9:04	6.6 (50.0%)
477	BERNADZIKOWSKI Michał	7830		Masters M - 40	119	01:49:20	03:11:37.15	03:12:36.70	+01:37:06 (50.4%)	9:07	6.6 (50.0%)
478	MAŁEK-BERNADZIKOWSKA Marta	7834		Masters K - 40	38	01:49:18	03:11:38.85	03:12:37.50	+01:37:07 (50.4%)	9:07	6.6 (50.0%)
479	STACHURSKI Paweł	7212	KRULOWIE RZYCIA	Senior II M - 30	142	01:46:04	03:10:19.65	03:12:40.45	+01:37:10 (50.4%)	9:03	6.6 (50.0%)
480	POŁAWSKA Ewa	7760		Senior II K - 30	67	01:47:27	03:11:42.60	03:12:45.75	+01:37:15 (50.5%)	9:07	6.6 (50.0%)
481	SZNOBER Dorota	7016	TARNOWO PODGÓRNE BIEGA	Senior II K - 30	68	01:41:55	03:11:49.30	03:12:51.30	+01:37:21 (50.5%)	9:08	6.6 (50.0%)
482	SWOBODA Andrzej	7409		Masters M - 40	120	01:46:03	03:11:08.40	03:12:52.80	+01:37:22 (50.5%)	9:06	6.6 (50.0%)
483	DERDA Lukasz	7353		Senior II M - 30	143	01:44:31	03:10:29.55	03:13:06.60	+01:37:36 (50.5%)	9:04	6.6 (50.0%)
484	DUBAS Marek	7352	WWW.SPRAWDZAMY-NIERUCHOMOSCI.PL	Masters M - 40	121	01:50:53	03:12:33.95	03:13:31.30	+01:38:01 (50.6%)	9:10	6.5 (49.2%)
485	DUDEK Tomasz	7714	MOCNA GRUPA CEZARA	Masters M - 40	122	01:41:25	03:13:04.10	03:13:32.10	+01:38:01 (50.7%)	9:11	6.5 (49.2%)
486	FAJER Michał	7914		Masters M - 40	123	01:42:51	03:10:55.10	03:13:32.20	+01:38:01 (50.7%)	9:05	6.6 (50.0%)
486	WÓJCIK Kamila	10	LACHO TEAM	Masters K - 40	39	01:49:38	03:11:11.00	03:13:32.20	+01:38:01 (50.7%)	9:06	6.6 (50.0%)
488	SZCZEPAŃSKI Piotr	7488		Weteran I M - 50	43	01:50:00	03:11:50.45	03:13:47.50	+01:38:17 (50.7%)	9:08	6.6 (50.0%)
489	KUBIAK Mariusz	7306	WILKI MIĘDZYLESIE	Masters M - 40	124	01:40:42	03:10:46.75	03:13:50.85	+01:38:20 (50.7%)	9:05	6.6 (50.0%)
490	KONIECZNA Krystyna	7653	KOWALEWO BIEGA	Masters K - 40	40	01:52:59	03:11:01.90	03:13:57.55	+01:38:27 (50.8%)	9:05	6.6 (50.0%)
491	KOWAL Dawid	7137		Senior I M - 20	32	01:52:19	03:12:26.50	03:14:19.60	+01:38:49 (50.9%)	9:09	6.5 (49.2%)
492	PŁUDOWSKA Dominika	7578	PCH_RUN / CHTR	Senior II K - 30	69	01:39:45	03:13:36.80	03:14:30.40	+01:39:00 (50.9%)	9:13	6.5 (49.2%)
493	PISZCZEK Lidia	7903		Senior II K - 30	70	01:54:15	03:11:52.10	03:14:30.60	+01:39:00 (50.9%)	9:08	6.6 (50.0%)
494	ANDRZEJEWSKA Anna	7052		Senior II K - 30	71	01:54:17	03:11:52.70	03:14:30.75	+01:39:00 (50.9%)	9:08	6.6 (50.0%)
495	BOMBOLA Monika	7711	TARNOWO PODGÓRNE BIEGA	Masters K - 40	41	01:48:17	03:12:34.25	03:15:21.10	+01:39:50 (51.1%)	9:10	6.5 (49.2%)
496	BOMBOLA Bogumił	7712	TARNOWO PODGÓRNE BIEGA	Weteran I M - 50	44	01:48:19	03:12:36.05	03:15:21.20	+01:39:50 (51.1%)	9:10	6.5 (49.2%)
497	SOBOŃ Łukasz	7273		Senior II M - 30	144	01:49:24	03:14:01.70	03:15:32.45	+01:40:02 (51.2%)	9:14	6.5 (49.2%)
498	SPACHACZ Anna	7481		Senior II K - 30	72	01:49:52	03:14:08.15	03:15:34.45	+01:40:04 (51.2%)	9:14	6.5 (49.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
499	LIESKE Monika	7351		Masters K - 40	42	01:50:38	03:14:39.15	03:15:46.20	+01:40:15 (51.2%)	9:16	6.5 (49.2%)
500	BŁASZKIEWICZ Marcin	7836		Senior II M - 30	145	01:42:35	03:15:01.45	03:15:59.65	+01:40:29 (51.3%)	9:17	6.5 (49.2%)
501	MICHALAK Adrian	7513		Senior II M - 30	146	01:46:11	03:13:38.35	03:15:59.85	+01:40:29 (51.3%)	9:13	6.5 (49.2%)
502	PASŁAWSKA Olga	7835		Masters K - 40	43	01:50:03	03:15:05.90	03:16:03.80	+01:40:33 (51.3%)	9:17	6.5 (49.2%)
503	OGONOWSKI Michał	7977	MRC	Masters M - 40	125	01:48:00	03:14:45.20	03:16:28.45	+01:40:58 (51.4%)	9:16	6.5 (49.2%)
504	BUKOWSKI Michał	7517		Senior II M - 30	147	01:40:52	03:13:39.30	03:16:28.90	+01:40:58 (51.4%)	9:13	6.5 (49.2%)
505	MURANOWICZ Marek	7320		Weteran I M - 50	45	01:52:42	03:13:19.90	03:16:30.15	+01:40:59 (51.4%)	9:12	6.5 (49.2%)
506	WAŚ Magdalena	9	LACHO TEAM	Senior II K - 30	73	01:54:04	03:14:15.45	03:16:36.35	+01:41:06 (51.4%)	9:15	6.5 (49.2%)
507	OSIAL Anita	7378		Masters K - 40	44	01:50:28	03:15:17.25	03:16:46.30	+01:41:16 (51.5%)	9:17	6.5 (49.2%)
508	ZDANCEWICZ Maciej	7305		Senior I M - 20	33	01:48:37	03:14:09.25	03:16:49.85	+01:41:19 (51.5%)	9:14	6.5 (49.2%)
509	KOPEĆ - MARCINKOWSKA Maria	7434		Senior II K - 30	74	01:45:06	03:16:32.40	03:16:51.20	+01:41:20 (51.5%)	9:21	6.4 (48.5%)
510	GNATOWSKI Przemysław	7308		Senior II M - 30	148	01:52:43	03:13:27.90	03:17:01.65	+01:41:31 (51.5%)	9:12	6.5 (49.2%)
511	GÓROWSKA-GNATOWSKA Katarzyna	7309		Senior II K - 30	75	01:52:45	03:13:28.00	03:17:02.25	+01:41:32 (51.5%)	9:12	6.5 (49.2%)
512	MATYNIAK Kamil	7369	WYZNAWCY BRONKA LIBIAŻ	Masters M - 40	126	01:35:28	03:16:24.20	03:17:03.10	+01:41:32 (51.5%)	9:21	6.4 (48.5%)
513	PAŚKO Dariusz	7710		Senior II M - 30	149	01:55:30	03:13:51.00	03:17:07.10	+01:41:36 (51.5%)	9:13	6.5 (49.2%)
514	RADZIEJEWSKA Milena	7328		Senior I K - 20	23	01:53:17	03:15:44.45	03:17:07.40	+01:41:37 (51.6%)	9:19	6.4 (48.5%)
515	OLEJNIK Kasia	7709		Senior II K - 30	76	01:55:29	03:13:50.35	03:17:07.45	+01:41:37 (51.6%)	9:13	6.5 (49.2%)
516	FÓRMAN Daniel	7222	PCH_RUN/ FURIA_TEAM	Masters M - 40	127	01:40:33	03:16:24.20	03:17:18.70	+01:41:48 (51.6%)	9:21	6.4 (48.5%)
517	MATUSZAK Anita	7141	MATUSZAK TEAM / TRIGYM	Masters K - 40	45	01:55:39	03:16:47.00	03:17:34.60	+01:42:04 (51.7%)	9:22	6.4 (48.5%)
518	MATUSZAK Krzysztof	7140	MATUSZAK TEAM/ TRIGYM	Masters M - 40	128	01:55:39	03:16:46.75	03:17:34.90	+01:42:04 (51.7%)	9:22	6.4 (48.5%)
519	BALCZYŃSKA Anna	7701	PIĄTKOWO NA BIEGOWO	Senior II K - 30	77	01:53:19	03:16:38.50	03:17:37.45	+01:42:07 (51.7%)	9:21	6.4 (48.5%)
520	KRZYSZKOWSKI Jakub	7366		Senior I M - 20	34	01:49:25	03:15:24.65	03:17:42.75	+01:42:12 (51.7%)	9:18	6.4 (48.5%)
521	ŁESKE Jan	7039	ZA LINIĄ METY	Masters M - 40	129	01:47:52	03:17:19.00	03:17:56.30	+01:42:26 (51.8%)	9:23	6.4 (48.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
522	KULA Krystian	7889	KB HARCOWNIK	Masters M - 40	130	01:50:33	03:15:04.25	03:17:58.95	+01:42:28 (51.8%)	9:17	6.5 (49.2%)
523	SIUDAK Anna	7178		Masters K - 40	46	01:52:36	03:17:49.55	03:18:02.60	+01:42:32 (51.8%)	9:25	6.4 (48.5%)
524	MUSIAŁ Alicja	7909		Senior I K - 20	24	01:44:56	03:14:25.25	03:18:03.10	+01:42:32 (51.8%)	9:15	6.5 (49.2%)
525	LEKI Adriana	7777		Senior II K - 30	78	01:48:01	03:15:21.45	03:18:26.30	+01:42:56 (51.9%)	9:18	6.4 (48.5%)
526	STACHLEWSKA Joanna	7807	TARNOWO PODGÓRNE BIEGA	Senior II K - 30	79	01:48:25	03:15:59.35	03:18:42.05	+01:43:11 (51.9%)	9:19	6.4 (48.5%)
527	KACHNIARZ Tomasz	7133	SPORT GENERATION	Senior II M - 30	150	01:49:49	03:17:54.85	03:18:44.90	+01:43:14 (51.9%)	9:25	6.4 (48.5%)
528	TOMALIK-WĘGRZYN Monika	7877	JD RUNNING TEAM	Senior II K - 30	80	01:49:50	03:17:27.80	03:18:49.35	+01:43:19 (52.0%)	9:24	6.4 (48.5%)
529	TCHÓRZEWSKA-PIETRZYK Anna	3	MOCNA GRUPA CEZARA	Masters K - 40	47	01:56:40	03:16:17.65	03:18:52.85	+01:43:22 (52.0%)	9:20	6.4 (48.5%)
530	KOCHOWICZ Filip	7870	WLKP MOUNTAINS ULTRA	Senior II M - 30	151	01:54:17	03:17:04.10	03:18:56.25	+01:43:26 (52.0%)	9:23	6.4 (48.5%)
531	KONIOR Agnieszka	7461		Masters K - 40	48	01:49:05	03:17:10.60	03:18:57.70	+01:43:27 (52.0%)	9:23	6.4 (48.5%)
532	NOWAK Patrycja	7136		Senior I K - 20	25	01:56:26	03:18:17.20	03:18:58.25	+01:43:28 (52.0%)	9:26	6.4 (48.5%)
533	SZCZEPAŃSKI Grzegorz	7311	BRAVEHEARTS LEGIONOWO	Weteran II M - 60	10		03:19:00.00	03:19:02.00	+01:43:31 (52.0%)	9:28	6.3 (47.7%)
534	NIERADKO Arkadiusz	7347		Weteran I M - 50	46	01:49:06	03:16:57.05	03:19:08.80	+01:43:38 (52.0%)	9:22	6.4 (48.5%)
535	WISZNIOWSKA Agata	29		Masters K - 40	49	01:51:23	03:17:43.55	03:19:29.10	+01:43:58 (52.1%)	9:24	6.4 (48.5%)
536	ZAWARTKA Małgorzata	7333		Senior II K - 30	81	01:47:41	03:19:27.85	03:19:33.65	+01:44:03 (52.1%)	9:29	6.3 (47.7%)
537	PYREK Dawid	7690	TOROS DE ESPANA	Senior II M - 30	152	01:52:13	03:17:31.65	03:19:41.75	+01:44:11 (52.2%)	9:24	6.4 (48.5%)
538	SPACHACZ Agnieszka	7385		Senior I K - 20	26	01:54:34	03:18:13.30	03:19:43.65	+01:44:13 (52.2%)	9:26	6.4 (48.5%)
539	MAJEWSKA Anna	7206	AKG	Senior II K - 30	82	01:51:57	03:17:41.95	03:20:09.00	+01:44:38 (52.3%)	9:24	6.4 (48.5%)
540	KASZYŃSKA Dorota	7149	PARKRUN JEZIORO SWARZĘDZKIE	Weteran K - 50	11	01:59:31	03:19:17.80	03:20:14.20	+01:44:43 (52.3%)	9:29	6.3 (47.7%)
541	JASIŃSKA Lidia	7402	STRZESZYN BIEGA	Weteran K - 50	12	01:51:04	03:19:46.15	03:20:14.25	+01:44:44 (52.3%)	9:30	6.3 (47.7%)
542	KOCIOŁEK Bartłomiej	7304		Senior I M - 20	35	01:46:10	03:17:58.80	03:20:15.55	+01:44:45 (52.3%)	9:25	6.4 (48.5%)
543	RÓŻAŃSKA Magdalena	7054		Masters K - 40	50	01:55:14	03:19:43.60	03:20:19.35	+01:44:49 (52.3%)	9:30	6.3 (47.7%)
544	BŁACHNIO Krzysztof	7605	RAZ SZCZECIN	Weteran I M - 50	47	01:41:18	03:19:17.60	03:20:20.05	+01:44:49 (52.3%)	9:29	6.3 (47.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
545	GROCHAŁA Anna	7267		Senior II K - 30	83	01:49:00	03:20:13.15	03:20:27.40	+01:44:57 (52.4%)	9:32	6.3 (47.7%)
546	GROCHAŁA Wojciech	7289		Masters M - 40	131	01:48:55	03:20:14.35	03:20:28.10	+01:44:57 (52.4%)	9:32	6.3 (47.7%)
547	RADOMSKA Wiktoria	7474	RUSZ DOOPE TEAM	Senior I K - 20	27	01:53:37	03:17:27.45	03:20:37.50	+01:45:07 (52.4%)	9:24	6.4 (48.5%)
548	KROSZKA Beata	7138	TEAM ZABIEGANEDNI	Weteran K - 50	13	01:53:55	03:18:26.55	03:20:47.75	+01:45:17 (52.4%)	9:26	6.3 (47.7%)
549	MATECKI Jacek	7912	KOMORAS KONIN	Masters M - 40	132	01:52:58	03:17:23.45	03:20:53.85	+01:45:23 (52.5%)	9:23	6.4 (48.5%)
550	MIKOŁAJCZAK Agnieszka	7281		Masters K - 40	51	01:51:51	03:20:16.20	03:20:59.70	+01:45:29 (52.5%)	9:32	6.3 (47.7%)
551	KOPEĆ Julia	7435		Senior I K - 20	28	01:54:04	03:20:52.70	03:21:11.05	+01:45:40 (52.5%)	9:33	6.3 (47.7%)
552	NOWAKOWSKI Jarosław	7322		Masters M - 40	133	01:50:43	03:19:53.55	03:21:11.60	+01:45:41 (52.5%)	9:31	6.3 (47.7%)
553	MIKOŁAJCZAK Rafał	7282		Masters M - 40	134	01:51:48	03:20:34.70	03:21:18.65	+01:45:48 (52.6%)	9:33	6.3 (47.7%)
554	LISKE Dorota	7663		Weteran K - 50	14	01:52:45	03:21:00.05	03:21:23.40	+01:45:53 (52.6%)	9:34	6.3 (47.7%)
555	ŁOJEWSKI Mariusz	7161	1 BRYGADA LOGISTYCZNA	Masters M - 40	135	01:43:00	03:21:22.35	03:21:27.20	+01:45:56 (52.6%)	9:35	6.3 (47.7%)
556	FRANCZAK Edyta	7572	DTR BIEGA/MARIO TEAM	Masters K - 40	52	01:54:37	03:20:21.25	03:21:27.50	+01:45:57 (52.6%)	9:32	6.3 (47.7%)
557	NAWROT Marta	7534	DTR BIEGA / MARIO TEAM	Masters K - 40	53	01:54:37	03:20:21.20	03:21:27.70	+01:45:57 (52.6%)	9:32	6.3 (47.7%)
558	FILIPEK Mateusz	7102		Senior II M - 30	153	01:48:37	03:18:20.50	03:21:33.00	+01:46:02 (52.6%)	9:26	6.4 (48.5%)
559	PUSZEK Jacek	7770		Senior II M - 30	154	01:47:57	03:21:02.05	03:22:31.40	+01:47:01 (52.8%)	9:34	6.3 (47.7%)
560	SZYDA Magdalena	7186	MIRAZ RACE TEAM	Senior I K - 20	29	01:47:19	03:22:06.25	03:22:31.80	+01:47:01 (52.8%)	9:37	6.2 (47.0%)
561	CNOTALSKI Adam	7346		Senior II M - 30	155	01:47:13	03:21:22.75	03:22:32.75	+01:47:02 (52.8%)	9:35	6.3 (47.7%)
562	KRZESZEWSKI Gracjan	7420		Senior I M - 20	36	01:47:20	03:21:39.50	03:22:40.55	+01:47:10 (52.9%)	9:36	6.2 (47.0%)
563	WOJCIECHOWSKI Pawel	7100		Masters M - 40	136	01:43:45	03:21:23.55	03:22:47.10	+01:47:16 (52.9%)	9:35	6.3 (47.7%)
564	WOJCIECHOWSKI Maciej	7099		Senior II M - 30	156	01:43:29	03:21:33.70	03:22:57.65	+01:47:27 (52.9%)	9:35	6.3 (47.7%)
565	SZMATLOCH Karolina	7466		Senior II K - 30	84	01:54:35	03:22:03.95	03:23:20.30	+01:47:50 (53.0%)	9:37	6.2 (47.0%)
566	KULIGOWSKI Piotr	7910	KOTKI	Senior II M - 30	157	01:42:41	03:19:46.15	03:23:22.75	+01:47:52 (53.0%)	9:30	6.3 (47.7%)
567	BUCZMA Paweł	7350	TERAZ SUDETY	Senior II M - 30	158	01:44:54	03:23:46.30	03:23:55.40	+01:48:25 (53.2%)	9:42	6.2 (47.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
568	KONIECZNY Marek	7117		Masters M - 40	137	01:48:42	03:20:20.75	03:23:56.35	+01:48:26 (53.2%)	9:32	6.3 (47.7%)
569	BACHURSKA Ewa	7021	KB HARCOWNIK JELCZ- LASKOWICE	Masters K - 40	54	01:57:25	03:21:42.30	03:24:01.25	+01:48:31 (53.2%)	9:36	6.2 (47.0%)
570	STAWUJAK Jacek	7727		Masters M - 40	138	01:47:48	03:22:07.90	03:24:04.00	+01:48:33 (53.2%)	9:37	6.2 (47.0%)
571	KOZIKOWSKI Krzysztof	7951	KB SZAMOTUŁY	Masters M - 40	139	01:50:26	03:22:42.70	03:24:09.50	+01:48:39 (53.2%)	9:39	6.2 (47.0%)
572	WIJATYK Adam	7465		Senior II M - 30	159	01:49:34	03:22:37.30	03:24:11.70	+01:48:41 (53.2%)	9:38	6.2 (47.0%)
573	JERCZYŃSKI Tomasz	7742		Masters M - 40	140	01:51:15	03:21:21.75	03:24:19.75	+01:48:49 (53.3%)	9:35	6.3 (47.7%)
574	CZERWONKA Krzysztof	7922	WKS KARWIANY	Masters M - 40	141	01:56:55	03:21:40.85	03:24:31.40	+01:49:01 (53.3%)	9:36	6.2 (47.0%)
575	FRANEK Aneta	7673		Weteran K - 50	15	01:51:43	03:24:37.15	03:24:39.25	+01:49:09 (53.3%)	9:44	6.2 (47.0%)
576	WYPIJEWSKA Martyna	7738		Senior I K - 20	30	01:52:14	03:22:35.65	03:24:41.10	+01:49:10 (53.3%)	9:38	6.2 (47.0%)
577	KASPRZYK Marcin	7737		Senior I M - 20	37	01:52:13	03:22:35.65	03:24:41.15	+01:49:10 (53.3%)	9:38	6.2 (47.0%)
578	JASICZAK Andrzej	7464		Weteran I M - 50	48	01:54:38	03:23:22.20	03:24:56.55	+01:49:26 (53.4%)	9:41	6.2 (47.0%)
579	POKROP Agnieszka	7426	NATALIA TOMASIAK GÓRSKI STYL TEAM	Senior II K - 30	85	01:54:28	03:23:39.65	03:25:01.55	+01:49:31 (53.4%)	9:41	6.2 (47.0%)
579	KRAWCZYK Marcin	7427	NATALIA TOMASIAK-GÓRSKI STYL TEAM	Senior II M - 30	160	01:54:28	03:23:39.50	03:25:01.55	+01:49:31 (53.4%)	9:41	6.2 (47.0%)
581	ZACZEK Przemysław	7554		Masters M - 40	142	01:43:43	03:23:19.35	03:25:03.10	+01:49:32 (53.4%)	9:40	6.2 (47.0%)
582	BRZEZIŃSKI Andrzej	7893	LANRUNS	Weteran II M - 60	11	01:48:04	03:24:47.70	03:25:06.05	+01:49:35 (53.4%)	9:45	6.2 (47.0%)
583	KARASIŃSKA Karolina	7679		Masters K - 40	55	01:50:10	03:23:40.55	03:25:17.25	+01:49:47 (53.5%)	9:41	6.2 (47.0%)
584	SZPIŁA Robert	7049		Masters M - 40	143	01:50:04	03:23:52.15	03:25:28.25	+01:49:58 (53.5%)	9:42	6.2 (47.0%)
585	PATALAS Agnieszka	7321		Masters K - 40	56	01:53:58	03:22:30.40	03:25:38.65	+01:50:08 (53.6%)	9:38	6.2 (47.0%)
586	MICHALSKA Agnieszka	7115		Senior II K - 30	86	01:53:39	03:22:18.75	03:25:41.20	+01:50:10 (53.6%)	9:38	6.2 (47.0%)
587	ZARODA Dawid	7024	EUROCASH RUNNING TEAM	Senior I M - 20	38	01:43:27	03:25:26.40	03:25:41.25	+01:50:11 (53.6%)	9:46	6.1 (46.2%)
588	CYLICH Paweł	7362	DJ NIUTON	Masters M - 40	144	01:53:59	03:22:35.20	03:25:44.25	+01:50:14 (53.6%)	9:38	6.2 (47.0%)
589	PAPRZYCKA Katarzyna	7310	TURBO GRAŻYNY	Senior II K - 30	87	01:53:48	03:25:13.20	03:25:46.40	+01:50:16 (53.6%)	9:46	6.1 (46.2%)
590	SARACEN Tomasz	7245		Senior II M - 30	161	01:53:51	03:22:50.40	03:25:47.80	+01:50:17 (53.6%)	9:39	6.2 (47.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
591	PIJANKA Mariusz	7252		Weteran I M - 50	49	01:46:20	03:23:31.10	03:25:58.35	+01:50:28 (53.6%)	9:41	6.2 (47.0%)
592	CZAJKA Agata	7699		Senior II K - 30	88	01:53:51	03:22:37.80	03:26:13.60	+01:50:43 (53.7%)	9:38	6.2 (47.0%)
593	ZIELIŃSKI Paweł	7717		Senior II M - 30	162	01:55:57	03:25:05.60	03:26:28.35	+01:50:58 (53.7%)	9:45	6.1 (46.2%)
594	MACIUK Krzysztof	7336	ACTIVE LIFESTYLE	Senior II M - 30	163	01:52:16	03:24:43.20	03:26:33.65	+01:51:03 (53.8%)	9:44	6.2 (47.0%)
595	ŚLEDZIEWSKI Marcin	7516		Masters M - 40	145	01:54:11	03:24:17.50	03:26:37.60	+01:51:07 (53.8%)	9:43	6.2 (47.0%)
596	SAMULSKA Agata	7075	BBLLASY BOGDANIEC / MORSY ESKIMO	Weteran K - 50	16	01:56:18	03:26:17.60	03:26:39.55	+01:51:09 (53.8%)	9:49	6.1 (46.2%)
597	ZAWIS Marek	7181		Weteran I M - 50	50	01:52:47	03:25:19.60	03:26:41.70	+01:51:11 (53.8%)	9:46	6.1 (46.2%)
598	GAŁĄZKA Mateusz	7183	ITMBW KRAKÓW	Senior II M - 30	164	01:55:20	03:25:25.40	03:26:51.00	+01:51:20 (53.8%)	9:46	6.1 (46.2%)
599	KOPEĆ Kasia	7829		Masters K - 40	57	01:55:33	03:23:48.65	03:27:23.65	+01:51:53 (54.0%)	9:42	6.2 (47.0%)
600	PROKOPCZYK Jarosław	7408		Masters M - 40	146	02:08:16	03:26:28.90	03:27:42.35	+01:52:12 (54.0%)	9:49	6.1 (46.2%)
601	GRAFENDER Michał	7828		Masters M - 40	147	01:54:38	03:26:08.65	03:28:01.00	+01:52:30 (54.1%)	9:48	6.1 (46.2%)
602	SZYSZKA Agnieszka	7761	NIGHT RUNERS	Masters K - 40	58	01:56:00	03:26:53.35	03:28:02.60	+01:52:32 (54.1%)	9:51	6.1 (46.2%)
603	WARCHOŁ Kamil	7388	KAPCIOCHY	Senior I M - 20	39	01:54:48	03:26:02.30	03:28:07.15	+01:52:36 (54.1%)	9:48	6.1 (46.2%)
604	JAGIELSKI Piotr	7765		Weteran I M - 50	51	01:52:41	03:24:45.50	03:28:14.80	+01:52:44 (54.1%)	9:45	6.2 (47.0%)
605	PELCZER Agnieszka	7570	KB HARCOWNIK JELCZ-LASKOWICE	Masters K - 40	59	02:01:37	03:25:25.25	03:28:17.15	+01:52:46 (54.1%)	9:46	6.1 (46.2%)
606	WENCKA Anna	7092	KĘSY TEAM	Senior II K - 30	89	01:58:21	03:26:20.15	03:28:19.90	+01:52:49 (54.2%)	9:49	6.1 (46.2%)
607	DOLNY Maciej	7655		Masters M - 40	148	01:51:18	03:25:10.90	03:28:30.20	+01:52:59 (54.2%)	9:46	6.1 (46.2%)
608	ZDUN Anita	7290	KB HARCOWNIK	Senior II K - 30	90	01:58:58	03:25:43.70	03:28:34.25	+01:53:04 (54.2%)	9:47	6.1 (46.2%)
609	KONIECZNA Anna	7413	TARNOWO PODGÓRNE BIEGA	Masters K - 40	60	01:56:27	03:25:57.30	03:28:40.45	+01:53:10 (54.2%)	9:48	6.1 (46.2%)
610	OSTROWSKI Łukasz	7237	ANTEX TEAM	Masters M - 40	149	01:56:54	03:25:19.45	03:28:54.35	+01:53:24 (54.3%)	9:46	6.1 (46.2%)
611	CIŻYŃSKA Katarzyna	7242		Senior I K - 20	31	01:53:53	03:26:00.65	03:28:58.10	+01:53:27 (54.3%)	9:48	6.1 (46.2%)
612	SMUGA Łukasz	7847	BIEGAJĄCE KREJZOLE	Senior II M - 30	165	01:52:11	03:27:15.40	03:29:09.20	+01:53:38 (54.3%)	9:52	6.1 (46.2%)
613	GALEWSKI Mariusz	7135	KOTLIN	Weteran I M - 50	52	01:53:59	03:26:48.90	03:29:13.30	+01:53:43 (54.4%)	9:50	6.1 (46.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
614	LEHISMETS Mirjam	7484	VOKA / GOLDEN CLUB	Masters K - 40	61	01:53:37	03:26:43.55	03:29:19.85	+01:53:49 (54.4%)	9:50	6.1 (46.2%)
615	KASZUBA Paweł	7363		Masters M - 40	150	01:53:36	03:25:40.05	03:29:21.55	+01:53:51 (54.4%)	9:47	6.1 (46.2%)
616	ANTKOWIAK Joanna	7094	#BIEGAJLESZNO	Masters K - 40	62	02:00:37	03:28:33.40	03:29:26.20	+01:53:55 (54.4%)	9:55	6 (45.5%)
617	DIUWE Marzena	7819	PASTERKA PANY	Senior II K - 30	91	02:00:02	03:29:03.85	03:29:29.50	+01:53:59 (54.4%)	9:57	6 (45.5%)
618	CIENKOSZ Anna	7220	TRAIL IS OUR WAY	Senior I K - 20	32	01:58:06	03:26:36.15	03:29:32.70	+01:54:02 (54.4%)	9:50	6.1 (46.2%)
619	SZTEJKA Jolanta	7506		Masters K - 40	63	01:52:47	03:27:56.85	03:29:40.70	+01:54:10 (54.5%)	9:54	6.1 (46.2%)
620	MUSIALSKA Anna	7691	PNB	Masters K - 40	64	01:58:14	03:28:52.35	03:29:51.35	+01:54:21 (54.5%)	9:56	6 (45.5%)
621	GAZDECKI Jacek	7112		Weteran I M - 50	53	01:54:15	03:28:22.15	03:29:54.70	+01:54:24 (54.5%)	9:55	6 (45.5%)
622	MARTYN Olga	7218	SPINKO	Senior II K - 30	92	02:00:02	03:28:11.45	03:29:56.70	+01:54:26 (54.5%)	9:54	6.1 (46.2%)
623	SWOBODA Edyta	7236	LOVELASY	Masters K - 40	65	01:55:25	03:28:21.20	03:30:01.90	+01:54:31 (54.5%)	9:55	6 (45.5%)
624	WŁODAREK Urszula	7803	DENTALCARE	Weteran K - 50	17	01:57:29	03:28:52.80	03:30:08.15	+01:54:37 (54.6%)	9:56	6 (45.5%)
625	NOLAS Jolanta	7897	KB HARCOWNIK	Weteran K - 50	18	01:58:51	03:27:23.70	03:30:16.60	+01:54:46 (54.6%)	9:52	6.1 (46.2%)
626	PLACHIMOWICZ Natalia	7728	MOCNA GRUPA CEZARA	Masters K - 40	66	01:56:32	03:27:45.75	03:30:21.15	+01:54:50 (54.6%)	9:53	6.1 (46.2%)
627	KOŚMICKA Natalia	7089	KĘSY TEAM	Masters K - 40	67	02:02:27	03:28:31.75	03:30:29.00	+01:54:58 (54.6%)	9:55	6 (45.5%)
628	MOŃKA - PODGÓRNA Aleksandra	7999		Senior I K - 20	33	01:55:42	03:29:21.60	03:30:33.10	+01:55:02 (54.6%)	9:58	6 (45.5%)
629	BOGUSZ Marek	7209	WALKA KOSTRZYN	Weteran II M - 60	12	01:55:57	03:29:40.15	03:30:34.80	+01:55:04 (54.6%)	9:59	6 (45.5%)
630	JEZIERSKA Karina	7153	TEAM ZABIEGANEDNI / 12TRI.PL	Masters K - 40	68	01:57:17	03:29:32.90	03:30:37.80	+01:55:07 (54.7%)	9:58	6 (45.5%)
631	GALUS Tomasz	7904		Masters M - 40	151	01:49:29	03:30:46.75	03:30:57.90	+01:55:27 (54.7%)	10:02	6 (45.5%)
632	MAKULSKI Jan	7587		Senior I M - 20	40	01:54:56	03:28:39.90	03:30:58.85	+01:55:28 (54.7%)	9:56	6 (45.5%)
633	ZAGRAJEK Tomasz	7638		Masters M - 40	152	02:01:48	03:27:56.95	03:30:59.25	+01:55:29 (54.7%)	9:54	6.1 (46.2%)
634	BARCIKOWSKI Maciej	7755	DESMI	Senior II M - 30	166	01:53:10	03:29:12.10	03:31:14.35	+01:55:44 (54.8%)	9:57	6 (45.5%)
635	MIEŻWIŃSKA Ewa	7594		Senior II K - 30	93	01:58:34	03:30:48.00	03:31:18.15	+01:55:47 (54.8%)	10:02	6 (45.5%)
636	JERCZYŃSKA Beata	7676		Masters K - 40	69	01:54:12	03:28:27.85	03:31:26.05	+01:55:55 (54.8%)	9:55	6 (45.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
637	JERCZYŃSKI Radosław	7685		Masters M - 40	153	01:54:15	03:28:27.35	03:31:26.15	+01:55:55 (54.8%)	9:55	6 (45.5%)
638	PIETRUSEWICZ Marcin	7001	NULLPTR	Masters M - 40	154	01:50:54	03:30:45.20	03:31:29.70	+01:55:59 (54.8%)	10:02	6 (45.5%)
639	SKRUDLIK Wojciech	7785	NIGHT RUNNERS	Masters M - 40	155	01:54:32	03:30:01.35	03:31:31.15	+01:56:00 (54.8%)	10:00	6 (45.5%)
640	BUDNY Joanna	7296		Masters K - 40	70	02:02:39	03:28:25.30	03:31:58.25	+01:56:28 (54.9%)	9:55	6 (45.5%)
641	MARCZAK Ola	7261	KB HARCOWNIK JELCZ-LASKOWICE	Senior II K - 30	94	01:59:55	03:29:09.30	03:31:59.75	+01:56:29 (54.9%)	9:57	6 (45.5%)
642	OKURZAŁY Joanna	7295	KB HARCOWNIK JELCZ-LASKOWICE	Senior II K - 30	95	01:58:41	03:29:09.55	03:31:59.90	+01:56:29 (55.0%)	9:57	6 (45.5%)
643	PILUJSKA Agnieszka	7455		Masters K - 40	71	01:53:19	03:31:02.95	03:32:02.05	+01:56:31 (55.0%)	10:02	6 (45.5%)
643	INOROWICZ Joanna	7475		Masters K - 40	71	01:55:57	03:30:54.20	03:32:02.05	+01:56:31 (55.0%)	10:02	6 (45.5%)
645	SEREK Adam	7573		Senior I M - 20	41	02:00:27	03:30:58.95	03:32:02.95	+01:56:32 (55.0%)	10:02	6 (45.5%)
646	ROSOLSKI Paweł	7340	NOCNA SOWA	Masters M - 40	156	01:53:58	03:29:43.65	03:32:14.45	+01:56:44 (55.0%)	9:59	6 (45.5%)
647	POTERALSKA Emilia	7110	KBKS RADOMSKO	Senior II K - 30	96	02:03:39	03:31:27.40	03:32:16.70	+01:56:46 (55.0%)	10:04	6 (45.5%)
648	KRILOVS Kristi	7473	VOKA	Senior II K - 30	97	01:53:38	03:29:49.10	03:32:25.15	+01:56:54 (55.0%)	9:59	6 (45.5%)
649	JASTRZĘBSKA-DEMCZAR Aneta	7098		Masters K - 40	73	01:58:07	03:30:10.65	03:32:34.75	+01:57:04 (55.1%)	10:00	6 (45.5%)
650	RYCHŁOWSKA Magdalena	7251	WIEWIÓRA TEAM	Weteran K - 50	19	02:03:11	03:31:24.85	03:32:35.25	+01:57:05 (55.1%)	10:04	6 (45.5%)
651	GŁÓWKA Barbara	7486		Senior II K - 30	98	02:01:30	03:29:47.85	03:32:43.80	+01:57:13 (55.1%)	9:59	6 (45.5%)
652	RUDA Kamila	7376	KURACJUSZE	Senior II K - 30	99	01:57:43	03:31:28.60	03:33:03.05	+01:57:32 (55.2%)	10:04	6 (45.5%)
653	BRONST Paulina	7981		Senior I K - 20	34	01:59:00	03:30:53.35	03:33:07.10	+01:57:36 (55.2%)	10:02	6 (45.5%)
654	KALISZUK Kinga	7188	SPS EKO-RÓŻANKA	Senior II K - 30	100	01:58:59	03:30:53.45	03:33:07.45	+01:57:37 (55.2%)	10:02	6 (45.5%)
655	SIRKO Sabina	7172		Senior II K - 30	101	01:58:40	03:30:31.55	03:33:36.35	+01:58:06 (55.3%)	10:01	6 (45.5%)
656	SIRKO Łukasz	7171		Masters M - 40	157	01:58:40	03:30:34.30	03:33:39.75	+01:58:09 (55.3%)	10:01	6 (45.5%)
657	GARBACZ Kamila	11		Masters K - 40	74	01:58:32	03:32:20.40	03:33:45.85	+01:58:15 (55.3%)	10:06	5.9 (44.7%)
658	CHĘCIŃSKA Dorota	7076		Masters K - 40	75	01:59:15	03:31:41.15	03:33:55.75	+01:58:25 (55.4%)	10:04	6 (45.5%)
659	MIĄSKO Renata	7177	TEAM ZABIEGANEDNI / 12TRI.PL	Weteran K - 50	20	01:59:44	03:33:45.45	03:34:21.70	+01:58:51 (55.4%)	10:10	5.9 (44.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
660	JAŚNIKOWSKA Agnieszka	7635	GRUPA BIEGOWA " BEZGRANIC"	Masters K - 40	76	01:56:33	03:32:24.00	03:34:30.10	+01:58:59 (55.5%)	10:06	5.9 (44.7%)
661	KOZŁOWSKA Magdalena	7523		Masters K - 40	77	01:58:12	03:33:18.35	03:34:53.65	+01:59:23 (55.6%)	10:09	5.9 (44.7%)
662	BARAŃSKA Małgorzata	7239	BBL OPOLE	Weteran K - 50	21	01:58:31	03:34:12.35	03:35:16.50	+01:59:46 (55.6%)	10:12	5.9 (44.7%)
663	SOKALSKI Krzysztof	7597		Masters M - 40	158	01:55:48	03:32:33.80	03:35:34.45	+02:00:04 (55.7%)	10:07	5.9 (44.7%)
664	BASTA Grzegorz	7086	BBL LASY BOGDANIEC, BASTA TEAM	Weteran I M - 50	54	01:56:38	03:33:06.25	03:35:37.20	+02:00:06 (55.7%)	10:08	5.9 (44.7%)
665	GAŁĄZKA Jarosław	7592	BBL BOGDANIEC	Masters M - 40	159	01:55:13	03:33:03.90	03:35:37.25	+02:00:07 (55.7%)	10:08	5.9 (44.7%)
666	KOZŁOWSKA Marzena	7583	BBL LASY BOGDANIEC	Masters K - 40	78	01:54:57	03:33:03.65	03:35:37.50	+02:00:07 (55.7%)	10:08	5.9 (44.7%)
667	KOZŁOWSKI Tomasz	7584	BBL LASY BOGDANIEC	Masters M - 40	160	01:55:03	03:33:03.30	03:35:37.55	+02:00:07 (55.7%)	10:08	5.9 (44.7%)
668	BUGAJSKI Marcin	7833		Masters M - 40	161	01:50:47	03:35:27.20	03:35:38.95	+02:00:08 (55.7%)	10:15	5.8 (43.9%)
669	PACIUCH Dorota	7460		Masters K - 40	79	02:02:19	03:33:46.30	03:35:53.45	+02:00:23 (55.8%)	10:10	5.9 (44.7%)
670	DUNOWSKA Ilona	7095		Weteran K - 50	22	02:02:18	03:33:26.80	03:35:59.50	+02:00:29 (55.8%)	10:09	5.9 (44.7%)
671	DUNOWSKI Przemysław	7091		Weteran I M - 50	55	01:59:21	03:33:25.75	03:35:59.60	+02:00:29 (55.8%)	10:09	5.9 (44.7%)
672	FLIS Danuta	14	10 CHOSZCZAŃSKA	Weteran K - 50	23	01:52:03	03:36:05.80	03:36:11.10	+02:00:40 (55.8%)	10:17	5.8 (43.9%)
673	LANKAUF Jacek	7642	XD RUNNERS	Senior II M - 30	167	01:58:20	03:32:57.60	03:36:15.25	+02:00:45 (55.8%)	10:08	5.9 (44.7%)
674	JESIONEK Paweł	7647	XD RUNNERS	Senior II M - 30	168	01:58:30	03:32:57.80	03:36:15.70	+02:00:45 (55.8%)	10:08	5.9 (44.7%)
675	CZERWIŃSKI Jarosław	7071		Weteran II M - 60	13	01:59:47	03:33:54.55	03:36:23.05	+02:00:52 (55.9%)	10:11	5.9 (44.7%)
676	CZERWIŃSKA Arleta	7072		Weteran II K - 60	1	01:59:59	03:33:56.00	03:36:23.65	+02:00:53 (55.9%)	10:11	5.9 (44.7%)
677	GABOR Maciej	7707		Masters M - 40	162	01:53:17	03:33:35.40	03:36:27.95	+02:00:57 (55.9%)	10:10	5.9 (44.7%)
678	WACHEL Katarzyna	7462		Masters K - 40	80	01:58:08	03:35:24.05	03:36:44.75	+02:01:14 (55.9%)	10:15	5.8 (43.9%)
679	KOROŃSKI Tadeusz	7294		Weteran I M - 50	56	01:49:14	03:34:51.90	03:36:54.30	+02:01:24 (56.0%)	10:13	5.9 (44.7%)
680	BORYSIONEK Jarosław	7243		Weteran I M - 50	57	01:53:57	03:34:18.40	03:36:55.45	+02:01:25 (56.0%)	10:12	5.9 (44.7%)
681	FEDEROWICZ Mariusz	39		Masters M - 40	163	01:23:34	03:36:51.30	03:37:07.05	+02:01:36 (56.0%)	10:19	5.8 (43.9%)
682	WRÓBEL Marzena	7240	TARNOWO PODGÓRNE BIEGA	Weteran K - 50	24	01:56:13	03:34:18.55	03:37:08.10	+02:01:37 (56.0%)	10:12	5.9 (44.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
683	NAPIERAŁA Andrzej	7634	MTS DRUŻYNA SZPIKU KGHM	Weteran II M - 60	14	02:01:20	03:33:04.95	03:37:15.15	+02:01:44 (56.0%)	10:08	5.9 (44.7%)
684	CZAJOR Krzysztof	7529		Masters M - 40	164	01:54:24	03:35:58.10	03:37:16.85	+02:01:46 (56.0%)	10:17	5.8 (43.9%)
685	GROCHULSKI Borys	7442		Masters M - 40	165	01:56:10	03:35:40.20	03:38:07.05	+02:02:36 (56.2%)	10:16	5.8 (43.9%)
686	VOGT Natalia	7576		Senior II K - 30	102	02:00:58	03:37:21.40	03:38:13.90	+02:02:43 (56.2%)	10:21	5.8 (43.9%)
687	JARCZYŃSKA Karolina	7612	MOSINA BIEGA	Masters K - 40	81	02:00:57	03:37:20.20	03:38:14.00	+02:02:43 (56.2%)	10:20	5.8 (43.9%)
688	MILCARZ Andrzej	7788	FESTINALENTE	Weteran II M - 60	15	01:55:40	03:34:38.05	03:38:25.40	+02:02:55 (56.3%)	10:13	5.9 (44.7%)
689	KONIECZNY Paweł	7291		Senior II M - 30	169	02:03:05	03:36:33.40	03:38:50.85	+02:03:20 (56.4%)	10:18	5.8 (43.9%)
690	KOWALCZYK Michał	7757	NMTW TEAM	Masters M - 40	166	01:53:31	03:36:24.90	03:39:17.15	+02:03:46 (56.4%)	10:18	5.8 (43.9%)
691	OSIŃSKA Beata	7549		Masters K - 40	82	02:02:37	03:36:34.25	03:39:20.40	+02:03:50 (56.5%)	10:18	5.8 (43.9%)
692	NEZHODOVÁ Pavla	27		Masters K - 40	83	02:00:45	03:36:25.65	03:39:32.85	+02:04:02 (56.5%)	10:18	5.8 (43.9%)
693	STEMPIN Sylwia	7528		Senior II K - 30	103	02:04:57	03:37:57.75	03:39:43.30	+02:04:13 (56.5%)	10:22	5.8 (43.9%)
694	BŁACHNIO Dorota	7191	RAZ SZCZECIN	Weteran K - 50	25	02:00:28	03:38:37.30	03:39:45.90	+02:04:15 (56.5%)	10:24	5.8 (43.9%)
695	CHECHŁACZ Hania	7739		Senior II K - 30	104	02:00:38	03:39:05.70	03:40:04.40	+02:04:34 (56.6%)	10:25	5.8 (43.9%)
696	PLESZCZYŃSKI Piotr	7123	MAMY TO	Masters M - 40	167	02:02:48	03:39:47.45	03:41:43.40	+02:06:13 (56.9%)	10:27	5.7 (43.2%)
697	ŚLIGOWSKA Katarzyna	7547		Senior II K - 30	105	02:02:52	03:40:09.45	03:42:08.20	+02:06:37 (57.0%)	10:29	5.7 (43.2%)
698	BUDA Marek	7228	VISEGRAD MARATON RYTRO NOWY SĄCZ	Weteran II M - 60	16	01:53:50	03:38:54.65	03:42:21.60	+02:06:51 (57.0%)	10:25	5.8 (43.9%)
699	OKONSKA Katarzyna	7844		Senior II K - 30	106	02:01:18	03:38:46.90	03:42:25.25	+02:06:55 (57.1%)	10:25	5.8 (43.9%)
700	NOWAK - KASPRZAK Anna	7436		Senior II K - 30	107	02:01:12	03:39:17.50	03:42:47.05	+02:07:16 (57.1%)	10:26	5.7 (43.2%)
701	KASPRZAK Łukasz	7437		Senior II M - 30	170	02:01:12	03:39:17.65	03:42:47.75	+02:07:17 (57.1%)	10:26	5.7 (43.2%)
702	CLOWES Zuzanna	7795		Senior II K - 30	108	02:09:52	03:41:30.60	03:42:49.55	+02:07:19 (57.1%)	10:32	5.7 (43.2%)
703	ORDYNIEC Alicja	7194	KĘSY TEAM	Masters K - 40	84	02:04:35	03:40:53.30	03:42:59.15	+02:07:28 (57.2%)	10:31	5.7 (43.2%)
704	KUMOLKA Tomek	7470		Senior II M - 30	171	01:59:42	03:39:48.45	03:43:05.60	+02:07:35 (57.2%)	10:28	5.7 (43.2%)
705	DOBOSZ Leszek	33		Masters M - 40	168		03:39:22.85	03:43:07.95	+02:07:37 (57.2%)	10:26	5.7 (43.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
706	KACZMAREK Anna	7381		Senior II K - 30	109	02:09:09	03:42:52.30	03:43:08.35	+02:07:38 (57.2%)	10:36	5.7 (43.2%)
707	KACZMAREK Adam	7380		Masters M - 40	169	02:09:10	03:42:52.85	03:43:09.15	+02:07:38 (57.2%)	10:36	5.7 (43.2%)
708	BOBER Sebastian	7467	SPORTOWY KAŻMIERZ	Senior I M - 20	42	02:08:09	03:41:51.70	03:43:10.35	+02:07:40 (57.2%)	10:33	5.7 (43.2%)
709	MOŚ Dariusz	7684		Masters M - 40	170	02:02:00	03:40:38.40	03:43:38.45	+02:08:08 (57.3%)	10:30	5.7 (43.2%)
710	MOŚ Dorota	7683		Masters K - 40	85	02:02:03	03:40:39.50	03:43:39.05	+02:08:08 (57.3%)	10:30	5.7 (43.2%)
711	MRÓZ Izabela	7772	WOLNE ŚLIMAKI	Masters K - 40	86	02:12:42	03:43:38.10	03:44:10.90	+02:08:40 (57.4%)	10:38	5.6 (42.4%)
712	SZACHT Izabela	7028		Masters K - 40	87	02:06:32	03:44:04.80	03:44:17.75	+02:08:47 (57.4%)	10:40	5.6 (42.4%)
713	BOJARSKA Zuzanna	7196	BW BIEGACZE WYMIATACZE	Senior I K - 20	35	02:09:22	03:43:11.95	03:44:37.65	+02:09:07 (57.5%)	10:37	5.6 (42.4%)
714	COPIJA Jarosław	7324	TKKF MPK POZNAŃ	Weteran I M - 50	58	02:03:41	03:43:55.80	03:44:38.40	+02:09:08 (57.5%)	10:39	5.6 (42.4%)
715	ROSA Izabela	7948		Senior II K - 30	110	02:09:00	03:42:53.75	03:44:38.80	+02:09:08 (57.5%)	10:36	5.7 (43.2%)
716	DATA Izabela	7561	KUGUAR XTREME RUNNERS	Weteran K - 50	26	02:04:27	03:44:19.45	03:44:50.45	+02:09:20 (57.5%)	10:40	5.6 (42.4%)
717	STASZEWSKI Dariusz	7810	7BKPOW	Senior II M - 30	172	01:51:55	03:43:52.15	03:44:57.55	+02:09:27 (57.5%)	10:39	5.6 (42.4%)
718	HAUSMAN Magdalena	7008		Masters K - 40	88	02:10:00	03:42:27.55	03:45:13.80	+02:09:43 (57.6%)	10:35	5.7 (43.2%)
719	KOCHAŃSKI Tomasz	7111	PARKRUN GRUDZIĄDZ	Senior II M - 30	173	02:10:01	03:42:26.70	03:45:13.85	+02:09:43 (57.6%)	10:35	5.7 (43.2%)
720	ZIENKIEWICZ Agnieszka	7203	WIECZORNE BIEGANIE W OPOLU	Masters K - 40	89	02:11:35	03:43:55.80	03:45:15.80	+02:09:45 (57.6%)	10:39	5.6 (42.4%)
721	HASKA Kasia	7331	WIECZORNE BIEGANIE W OPOLU	Masters K - 40	90	02:09:26	03:44:01.35	03:45:15.85	+02:09:45 (57.6%)	10:40	5.6 (42.4%)
722	MAKOWSKI Janusz	7659	NIGHT RUNNERS	Weteran II M - 60	17	02:00:39	03:45:09.05	03:45:59.20	+02:10:28 (57.7%)	10:43	5.6 (42.4%)
723	SULIGA Wioletta	7544		Masters K - 40	91	02:06:27	03:45:59.15	03:46:11.55	+02:10:41 (57.8%)	10:45	5.6 (42.4%)
724	BEKAS Paulina	7199	NIGHT RUNNERS POZNAŃ	Senior II K - 30	111	02:07:43	03:43:00.45	03:46:15.70	+02:10:45 (57.8%)	10:37	5.7 (43.2%)
725	WESOŁEK Aleksandra	7383	NIGHT RUNNERS	Weteran K - 50	27	02:07:43	03:43:01.60	03:46:17.95	+02:10:47 (57.8%)	10:37	5.6 (42.4%)
726	MALANOWSKA Zuzanna	7648	KLUB INO STOWARZYSZE	Senior II K - 30	112	02:04:16	03:44:49.15	03:46:36.05	+02:11:05 (57.9%)	10:42	5.6 (42.4%)
727	HAGEL Julita	7233		Masters K - 40	92	02:02:14	03:44:43.00	03:47:51.55	+02:12:21 (58.1%)	10:42	5.6 (42.4%)
728	KORZENIOWSKA Monika	7498		Masters K - 40	93	02:02:56	03:44:30.55	03:47:57.60	+02:12:27 (58.1%)	10:41	5.6 (42.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
729	MORAWSKI Piotr	7992		Senior II M - 30	174	02:07:08	03:46:02.20	03:48:15.05	+02:12:44 (58.2%)	10:45	5.6 (42.4%)
730	GARCZEWSKA-PASZKO Joanna	7134		Weteran K - 50	28	02:07:37	03:46:27.25	03:48:16.55	+02:12:46 (58.2%)	10:47	5.6 (42.4%)
731	WORONOWICZ-GOSIENIECKA Agnieszka	7832		Masters K - 40	94	01:59:28	03:46:27.45	03:48:29.90	+02:12:59 (58.2%)	10:47	5.6 (42.4%)
732	KOSIAREK Edyta	18		Masters K - 40	95	02:09:03	03:46:58.55	03:48:30.80	+02:13:00 (58.2%)	10:48	5.6 (42.4%)
733	SZYMCZYK Marzena	21	KB HARCOWNIK JELCZ-LASKOWICE	Masters K - 40	96	02:09:18	03:46:14.65	03:48:33.55	+02:13:03 (58.2%)	10:46	5.6 (42.4%)
734	GAPSKI Adam	16		Masters M - 40	171	02:07:58	03:47:26.50	03:48:33.85	+02:13:03 (58.2%)	10:49	5.5 (41.7%)
735	WOJTKOWIAK Łukasz	7621	BIEGACZAMATOR	Masters M - 40	172	02:01:09	03:45:18.95	03:49:01.50	+02:13:31 (58.3%)	10:43	5.6 (42.4%)
736	DUDEK Radim	26		Weteran II M - 60	18	02:00:44	03:46:13.35	03:49:19.90	+02:13:49 (58.4%)	10:46	5.6 (42.4%)
737	BEDNAREK-KWIATKOWSKA Anna	7118		Masters K - 40	97	02:06:43	03:47:06.70	03:49:41.00	+02:14:10 (58.4%)	10:48	5.5 (41.7%)
737	ZIELIŃSKA Magdalena	7942		Masters K - 40	97	02:03:42	03:49:06.65	03:49:41.00	+02:14:10 (58.4%)	10:54	5.5 (41.7%)
739	JĘDRASZAK Mateusz	7259		Senior II M - 30	175	02:02:34	03:48:14.25	03:49:57.45	+02:14:27 (58.5%)	10:52	5.5 (41.7%)
740	ŁAWNICZAK Justyna	7122	JUTROSIŃSKI KLUB BIEGACZY	Masters K - 40	99	02:13:03	03:48:14.90	03:51:27.90	+02:15:57 (58.7%)	10:52	5.5 (41.7%)
741	RODZIŃSKA Anita	7051	PARKRUN GRUDZIĄDZ	Weteran K - 50	29	02:11:17	03:50:00.55	03:51:32.85	+02:16:02 (58.8%)	10:57	5.5 (41.7%)
742	PRIMKE Beata	7283	WIECZORNE BIEGANIE W OPOLU	Weteran K - 50	30	02:02:53	03:50:13.65	03:51:34.65	+02:16:04 (58.8%)	10:57	5.5 (41.7%)
743	NOGA Katarzyna	7070	WIECZORNE BIEGANIE W OPOLU	Masters K - 40	100	02:04:12	03:50:14.70	03:51:34.90	+02:16:04 (58.8%)	10:57	5.5 (41.7%)
744	GASIK Wioletta	7918	SŁOŃCA JURY	Masters K - 40	101	02:04:02	03:49:32.10	03:51:53.75	+02:16:23 (58.8%)	10:55	5.5 (41.7%)
745	LIS Anna	7479		Masters K - 40	102	02:02:51	03:49:43.15	03:52:16.20	+02:16:45 (58.9%)	10:56	5.5 (41.7%)
746	KARCZMARCZYK Dorota	7330		Senior II K - 30	113	02:12:18	03:51:59.05	03:52:48.35	+02:17:18 (59.0%)	11:02	5.4 (40.9%)
747	KRZESZOWSKA Iga	7416		Senior I K - 20	36	02:03:14	03:52:31.65	03:52:48.90	+02:17:18 (59.0%)	11:04	5.4 (40.9%)
748	NAGOT Aneta	7490	KUGUAR XTREME RUNNERS	Senior II K - 30	114	02:15:51	03:52:29.15	03:53:00.55	+02:17:30 (59.0%)	11:04	5.4 (40.9%)
749	MARSZAŁEK-JAROSZ Anna	7733		Senior II K - 30	115	02:09:30	03:52:00.90	03:53:14.55	+02:17:44 (59.1%)	11:02	5.4 (40.9%)
750	JASICKI Julian	7213	STROŃSKA GRUPA ROWEROWA	Weteran II M - 60	19	02:03:53	03:52:37.00	03:53:25.55	+02:17:55 (59.1%)	11:04	5.4 (40.9%)
751	SKOWRONEK Tomasz	7034	OJ NIEFAJNIE	Senior II M - 30	176	02:13:31	03:51:44.05	03:53:31.65	+02:18:01 (59.1%)	11:02	5.4 (40.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
752	GŁĄBICA Adam	7377		Weteran I M - 50	59	02:03:50	03:52:04.40	03:53:31.95	+02:18:01 (59.1%)	11:03	5.4 (40.9%)
753	CHOMAŃOWSKI Daniel	7301		Senior II M - 30	177	02:11:22	03:51:45.85	03:53:38.35	+02:18:08 (59.1%)	11:02	5.4 (40.9%)
754	MAZUR-ZYCH Aleksandra	7631		Masters K - 40	103	02:03:28	03:52:48.50	03:53:39.10	+02:18:08 (59.1%)	11:05	5.4 (40.9%)
755	STRUG Agnieszka	7129		Weteran K - 50	31	02:01:12	03:51:11.35	03:53:40.50	+02:18:10 (59.1%)	11:00	5.5 (41.7%)
756	GÓRNA Małgorzata	7169		Senior II K - 30	116	02:08:02	03:51:52.60	03:54:34.10	+02:19:03 (59.3%)	11:02	5.4 (40.9%)
757	GAŁKA Marzena	7064	CAŁA OLEŚNICA BIEGA	Weteran K - 50	32	02:11:54	03:51:53.95	03:54:34.85	+02:19:04 (59.3%)	11:02	5.4 (40.9%)
758	GLINSKI Mateusz	7913		Senior II M - 30	178	02:01:16	03:50:56.90	03:54:35.55	+02:19:05 (59.3%)	10:59	5.5 (41.7%)
759	BURA Karolina	7337	#BIEGAJLESZNO	Senior II K - 30	117	02:08:26	03:53:42.60	03:54:36.80	+02:19:06 (59.3%)	11:07	5.4 (40.9%)
760	NIEMENTOWSKA Karolina	7614		Masters K - 40	104	02:06:29	03:51:30.10	03:54:37.90	+02:19:07 (59.3%)	11:01	5.4 (40.9%)
761	WINIARSKI Oliwier	7842		Senior I M - 20	43	02:00:50	03:52:04.45	03:55:44.35	+02:20:14 (59.5%)	11:03	5.4 (40.9%)
762	HETEL Adam	7974	KLUB BIEGACZA RTV EURO AGD	Senior II M - 30	179	02:11:05	03:55:11.25	03:55:51.70	+02:20:21 (59.5%)	11:11	5.4 (40.9%)
763	HETEL Beata	7966		Senior II K - 30	118	02:11:18	03:55:11.85	03:55:52.30	+02:20:22 (59.5%)	11:11	5.4 (40.9%)
764	MAJCHRZAK Monika	7055	WKURW_TEAM	Weteran K - 50	33	02:12:31	03:55:37.45	03:56:06.60	+02:20:36 (59.6%)	11:13	5.3 (40.2%)
765	WIECZOREK Artur	7061	FSD RUN DREZDENKO	Masters M - 40	173	02:10:44	03:56:13.25	03:56:39.45	+02:21:09 (59.6%)	11:14	5.3 (40.2%)
766	KUTYCKA KUREK Elżbieta	7574	CHOJRAK TEAM WROCŁAW	Masters K - 40	105	02:10:30	03:54:00.35	03:56:52.70	+02:21:22 (59.7%)	11:08	5.4 (40.9%)
767	POSIŁA Joanna	7975	EUROCASH	Masters K - 40	106	02:15:49	03:54:20.65	03:57:09.20	+02:21:38 (59.7%)	11:09	5.4 (40.9%)
768	WASILEWSKA Joanna	7007	PARKRUN GRUDZIĄDZ	Senior II K - 30	119	02:12:50	03:54:32.30	03:57:19.30	+02:21:49 (59.8%)	11:10	5.4 (40.9%)
769	CZECH Joanna	7317		Senior II K - 30	120	02:08:38	03:54:45.30	03:57:20.40	+02:21:50 (59.8%)	11:10	5.4 (40.9%)
770	PLUSKOTA Ewa	7600		Senior II K - 30	121	02:12:31	03:55:17.30	03:57:28.25	+02:21:58 (59.8%)	11:12	5.4 (40.9%)
771	DANIELEK Ewa	7274		Masters K - 40	107	02:10:08	03:55:23.40	03:58:32.70	+02:23:02 (60.0%)	11:12	5.4 (40.9%)
772	DUDEK-SIERŻĘGA Wioleta	7938		Masters K - 40	108	02:14:36	03:57:33.75	03:58:36.20	+02:23:05 (60.0%)	11:18	5.3 (40.2%)
773	LIS Ewelina	7265		Weteran K - 50	34	02:07:08	03:55:29.15	03:58:53.75	+02:23:23 (60.0%)	11:12	5.4 (40.9%)
774	MODRAK Maciej	7264	PARKRUN GRUDZIĄDZ	Weteran I M - 50	60	02:07:09	03:55:29.45	03:58:54.35	+02:23:24 (60.0%)	11:12	5.4 (40.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
775	LEWICKA Joanna	7915		Senior II K - 30	122	02:12:29	03:55:53.40	03:58:59.05	+02:23:28 (60.0%)	11:13	5.3 (40.2%)
776	JUSKOWIAK Mikołaj	7355		Senior II M - 30	180	02:14:30	03:57:10.10	03:59:00.85	+02:23:30 (60.0%)	11:17	5.3 (40.2%)
777	KRZESZEWSKI Krzysztof	7412		Masters M - 40	174	02:02:01	03:58:13.90	03:59:11.05	+02:23:40 (60.1%)	11:20	5.3 (40.2%)
778	GĄTARCZYK Marta	7399	DZIKIE GRUBASY SZATANA	Senior II K - 30	123	02:13:35	03:57:28.15	03:59:29.00	+02:23:58 (60.1%)	11:18	5.3 (40.2%)
779	ŁASZKIEWICZ Piotr	7338	ATLETICS TEAM PRUSICE	Weteran II M - 60	20	02:08:28	03:57:54.00	03:59:56.45	+02:24:26 (60.2%)	11:19	5.3 (40.2%)
780	PALUSIŃSKA Agnieszka	7165	LOVELASY	Masters K - 40	109	02:07:44	03:58:23.70	04:00:03.15	+02:24:32 (60.2%)	11:21	5.3 (40.2%)
781	MISIUK Marta	7152	LOVELASY	Masters K - 40	110	02:07:43	03:58:22.75	04:00:03.75	+02:24:33 (60.2%)	11:21	5.3 (40.2%)
782	HETMAŃSKA Diana	7151	LOVELASY	Masters K - 40	111	02:07:42	03:58:24.20	04:00:03.85	+02:24:33 (60.2%)	11:21	5.3 (40.2%)
783	URBAN Artur	7449		Senior II M - 30	181	02:10:04	03:56:58.25	04:00:10.75	+02:24:40 (60.2%)	11:17	5.3 (40.2%)
784	MIKOŁAJCZYK Marta	7589	BBL LASY BOGDANIEC	Senior II K - 30	124	02:13:52	03:57:46.90	04:00:15.35	+02:24:45 (60.2%)	11:19	5.3 (40.2%)
785	ŁUCIÓW Agnieszka	7652		Masters K - 40	112	02:13:33	03:57:50.95	04:00:15.80	+02:24:45 (60.3%)	11:19	5.3 (40.2%)
786	FOGIEL Katarzyna	7200		Senior II K - 30	125	02:15:26	03:59:48.90	04:00:18.10	+02:24:47 (60.3%)	11:25	5.3 (40.2%)
787	MIKOŁAJCZAK Jaromir	7367	NIGHT RUNNERS	Weteran I M - 50	61	02:12:19	03:57:18.95	04:00:35.50	+02:25:05 (60.3%)	11:18	5.3 (40.2%)
788	PAWLIK Agnieszka	7065	CAŁA OLEŚNICA BIEGA	Masters K - 40	113	02:16:10	03:59:13.80	04:01:00.70	+02:25:30 (60.4%)	11:23	5.3 (40.2%)
789	ŚMIECHOWSKA Małgorzata	15		Masters K - 40	114	02:12:43	03:58:12.05	04:01:03.65	+02:25:33 (60.4%)	11:20	5.3 (40.2%)
790	GONERA Janina	7928	KB HARCOWNIK JELCZ-LASKOWICE	Weteran II K - 60	2	02:16:43	03:58:31.25	04:01:23.05	+02:25:52 (60.4%)	11:21	5.3 (40.2%)
791	WOŹNIAK Lidia	7108	PORMAT JEDLICZE BIEGA	Weteran K - 50	35	02:15:08	04:00:36.80	04:01:37.25	+02:26:07 (60.5%)	11:27	5.2 (39.4%)
792	MADAJCZYK Tomasz	7302		Senior II M - 30	182	02:07:26	03:59:54.95	04:01:47.75	+02:26:17 (60.5%)	11:25	5.3 (40.2%)
793	NADOBNA Kamila	7729	STARGARD JA SIĘ NIE ŚCIGAM	Masters K - 40	115	02:14:15	03:59:47.00	04:01:54.05	+02:26:23 (60.5%)	11:25	5.3 (40.2%)
794	DOBIECKA Joanna	7873	STARGARD	Masters K - 40	116	02:14:15	03:59:47.40	04:01:54.25	+02:26:24 (60.5%)	11:25	5.3 (40.2%)
795	WIŚNIEWSKI Tomasz	7207		Masters M - 40	175	02:12:02	03:58:36.70	04:02:06.05	+02:26:35 (60.6%)	11:21	5.3 (40.2%)
796	BIEŃ Katarzyna	7878		Senior II K - 30	126	02:15:22	03:58:59.95	04:02:10.90	+02:26:40 (60.6%)	11:22	5.3 (40.2%)
797	ŁUKACZ Aleksandra	7735		Masters K - 40	117	02:14:58	04:03:00.25	04:03:43.05	+02:28:12 (60.8%)	11:34	5.2 (39.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
798	WOLEK Marcin	7734		Masters M - 40	176	02:14:55	04:03:01.55	04:03:44.90	+02:28:14 (60.8%)	11:34	5.2 (39.4%)
799	KARNAUCH Aleksandra	7059	NULLPTR	Masters K - 40	118	02:13:06	04:02:59.55	04:03:45.20	+02:28:14 (60.8%)	11:34	5.2 (39.4%)
800	MŁODECKA Sylwia	7387	KNEIPP TEAM	Weteran K - 50	36	02:18:35	04:02:57.85	04:03:46.60	+02:28:16 (60.8%)	11:34	5.2 (39.4%)
801	CHMIELEWSKA Karolina	7339		Masters K - 40	119	02:01:42	04:03:36.65	04:03:47.00	+02:28:16 (60.8%)	11:36	5.2 (39.4%)
802	BARASIŃSKA Marta	7083		Senior II K - 30	127	02:20:59	04:02:59.10	04:04:08.05	+02:28:37 (60.9%)	11:34	5.2 (39.4%)
803	ZGÓRSKI Maciej	7037	WKURW TEAM	Masters M - 40	177	02:12:22	04:02:48.80	04:04:28.55	+02:28:58 (60.9%)	11:33	5.2 (39.4%)
804	PRZYSMAK Piotr	7585		Weteran I M - 50	62	02:10:15	04:02:02.90	04:04:33.30	+02:29:03 (60.9%)	11:31	5.2 (39.4%)
805	DZIADOWICZ Andrzej	7030	ADRIAN DANILEWICZ GROUP	Masters M - 40	178	02:11:03	04:01:54.85	04:04:44.90	+02:29:14 (61.0%)	11:31	5.2 (39.4%)
806	LIMAN Dorota	7865	PODLASIAKI TEAM	Masters K - 40	120	02:17:22	04:02:10.35	04:04:49.80	+02:29:19 (61.0%)	11:31	5.2 (39.4%)
807	ZAKRZEWSKI Grzegorz	7074	FSD RUN DREZDENKO	Senior I M - 20	44	02:10:45	04:04:23.45	04:04:50.15	+02:29:19 (61.0%)	11:38	5.2 (39.4%)
808	ZAKRZEWSKA Sylwia	7090	FSD RUN DREZDENKO	Senior II K - 30	128	02:10:46	04:04:24.60	04:04:50.85	+02:29:20 (61.0%)	11:38	5.2 (39.4%)
809	ŁUSIAK Ewa	7332		Masters K - 40	121	02:15:42	04:01:14.65	04:04:55.45	+02:29:25 (61.0%)	11:29	5.2 (39.4%)
810	TOBOŁA Marta	7429		Masters K - 40	122	02:17:43	04:02:50.65	04:05:05.30	+02:29:35 (61.0%)	11:33	5.2 (39.4%)
811	TOBOŁA Mariusz	7432		Masters M - 40	179	02:17:43	04:02:50.65	04:05:05.40	+02:29:35 (61.0%)	11:33	5.2 (39.4%)
812	STRUG Dariusz	7130		Weteran II M - 60	21	02:09:17	04:04:22.65	04:06:51.80	+02:31:21 (61.3%)	11:38	5.2 (39.4%)
813	BIS Marcin	7657		Senior II M - 30	183	02:15:49	04:05:43.85	04:07:38.25	+02:32:08 (61.4%)	11:42	5.1 (38.6%)
814	MROWIŃSKA Marta	7443	SHOOTBOXER MOSINA	Masters K - 40	123	02:15:53	04:06:29.05	04:08:06.10	+02:32:35 (61.5%)	11:44	5.1 (38.6%)
814	ROSÓŁ Anna	7428		Weteran K - 50	37	02:17:01	04:06:29.10	04:08:06.10	+02:32:35 (61.5%)	11:44	5.1 (38.6%)
816	LITKE Andżelika	7963	EAZYMUT.PL	Senior II K - 30	129	02:13:23	04:06:16.10	04:08:27.95	+02:32:57 (61.6%)	11:43	5.1 (38.6%)
817	BANACH-SKOWRONEK Joanna	7029	OJ NIEFAJNIE	Senior II K - 30	130	02:15:23	04:06:56.00	04:08:43.75	+02:33:13 (61.6%)	11:45	5.1 (38.6%)
818	KOŚCIOW Dorota	7551	RAZ SZCZECIN	Weteran II K - 60	3	02:13:00	04:09:08.10	04:10:20.05	+02:34:49 (61.8%)	11:51	5.1 (38.6%)
819	SOJA-WAWRYSZEWICZ Agata	7581		Masters K - 40	124	02:21:37	04:10:00.55	04:10:47.75	+02:35:17 (61.9%)	11:54	5 (37.9%)
820	MICHALIK-KWAŚNICKA Katarzyna	7014	PRECEL RACING TEAM	Senior II K - 30	131	02:20:15	04:08:12.40	04:11:40.20	+02:36:09 (62.1%)	11:49	5.1 (38.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
821	SZYMCZAK Marcin	7036		Masters M - 40	180	02:02:34	04:11:50.20	04:12:03.85	+02:36:33 (62.1%)	11:59	5 (37.9%)
822	SEREDYŃSKA Edyta	7984		Weteran K - 50	38	02:15:12	04:08:36.30	04:12:04.95	+02:36:34 (62.1%)	11:50	5.1 (38.6%)
823	DUTKIEWICZ-GAJOS Renata	7890		Weteran II K - 60	4	02:15:08	04:08:38.50	04:12:06.95	+02:36:36 (62.1%)	11:50	5.1 (38.6%)
824	URBANEK Karolina	7249		Masters K - 40	125	02:17:26	04:09:26.65	04:12:27.40	+02:36:57 (62.2%)	11:52	5.1 (38.6%)
825	WALIGÓRA Paulina	7996		Senior I K - 20	37	02:17:24	04:09:26.40	04:12:27.75	+02:36:57 (62.2%)	11:52	5.1 (38.6%)
826	MARKIEWICZ Jagoda	7158	KUŹNIA TALENTÓW KAMIENIEC	Senior I K - 20	38	02:17:22	04:09:25.55	04:12:27.85	+02:36:57 (62.2%)	11:52	5.1 (38.6%)
827	WIERZBICKA Natalia	7531	PCH_RUN	Masters K - 40	126	02:22:09	04:11:38.15	04:12:30.85	+02:37:00 (62.2%)	11:58	5 (37.9%)
828	SZYMAŃSKI Wiesław	7863	TEAM PLESZEW	Weteran II M - 60	22	02:08:48	04:13:10.55	04:13:40.30	+02:38:10 (62.4%)	12:03	5 (37.9%)
829	FRAĆKOWIAK Anna	7569	KB HARCOWNIK	Weteran K - 50	39	02:19:48	04:10:54.05	04:13:46.95	+02:38:16 (62.4%)	11:56	5 (37.9%)
830	OGRODNIK Anna	7361		Masters K - 40	127	02:10:05	04:11:55.90	04:14:21.40	+02:38:51 (62.5%)	11:59	5 (37.9%)
831	WYPCHOŁ Piotr	7487	BIEGAJ Z TRENERAMI	Weteran I M - 50	63	02:08:55	04:13:07.05	04:14:45.00	+02:39:14 (62.5%)	12:03	5 (37.9%)
832	JAKIMOWICZ Iza	7035	WIECZORNE BIEGANIE W OPOLU	Masters K - 40	128	02:23:28	04:13:44.00	04:15:00.05	+02:39:29 (62.5%)	12:04	5 (37.9%)
833	KAŁUSKA Magdalena	7066		Masters K - 40	129	02:23:59	04:13:52.50	04:15:54.15	+02:40:23 (62.7%)	12:05	5 (37.9%)
834	BARSZCZEWSKI Stanisław	7703	BIEGACZE ŚWINOUJŚCIE	Weteran I M - 50	64	02:22:31	04:14:39.40	04:17:57.60	+02:42:27 (63.0%)	12:07	4.9 (37.1%)
835	BARSZCZEWSKA Małgorzata	7706	BIEGACZE ŚWINOUJŚCIE	Masters K - 40	130	02:22:39	04:14:43.95	04:18:02.75	+02:42:32 (63.0%)	12:07	4.9 (37.1%)
836	CZERCZAK Andrzej	7606		Weteran I M - 50	65	02:22:18	04:15:18.65	04:18:16.35	+02:42:46 (63.0%)	12:09	4.9 (37.1%)
837	BASTA Joanna	7084	BBL LASY BOGDANIEC, BASTA TEAM	Weteran K - 50	40	02:15:40	04:16:06.75	04:18:38.75	+02:43:08 (63.1%)	12:11	4.9 (37.1%)
838	JANICZEK Barbara	7386	WIECZORNE BIEGANIE W OPOLU	Masters K - 40	131	02:17:09	04:17:40.35	04:19:00.75	+02:43:30 (63.1%)	12:16	4.9 (37.1%)
839	KRUSZEWSKI Józef	7525	EUROPOL GAZ S.A.	Weteran I M - 50	66	02:19:39	04:16:11.00	04:19:19.70	+02:43:49 (63.2%)	12:11	4.9 (37.1%)
840	JÓZEFIAK Jakub	7530		Weteran II M - 60	23	02:19:38	04:16:12.20	04:19:20.00	+02:43:49 (63.2%)	12:12	4.9 (37.1%)
841	KONIECZNY Piotr	7407	NKB CHYŻY NOWY TOMYŚL	Masters M - 40	181	02:21:20	04:17:14.95	04:19:37.55	+02:44:07 (63.2%)	12:14	4.9 (37.1%)
842	KOSTULSKA Olga	7906	WKURW_TEAM	Senior II K - 30	132	02:31:07	04:18:12.95	04:20:01.95	+02:44:31 (63.3%)	12:17	4.9 (37.1%)
843	SOŁYGA Magdalena	7666		Senior II K - 30	133	02:17:03	04:17:09.05	04:20:08.00	+02:44:37 (63.3%)	12:14	4.9 (37.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
844	MOL Rafał	7438	GRUPA BIEGOWA ENERGY KACZORY	Masters M - 40	182	02:16:17	04:16:56.85	04:20:29.10	+02:44:58 (63.3%)	12:14	4.9 (37.1%)
845	OLESZCZYK Aleksandra	7492	GRUPA BIEGOWA ENERGY KACZORY	Masters K - 40	132	02:15:10	04:16:58.05	04:20:29.40	+02:44:59 (63.3%)	12:14	4.9 (37.1%)
846	BIELECKA Arleta	7746	ENERGY KACZORY	Weteran K - 50	41	02:16:18	04:16:58.00	04:20:29.45	+02:44:59 (63.3%)	12:14	4.9 (37.1%)
847	BAJERSKI Arkadiusz	7341	GRUPA BIEGOWA ENERGY KACZORY	Weteran I M - 50	67	02:15:11	04:16:58.45	04:20:29.55	+02:44:59 (63.3%)	12:14	4.9 (37.1%)
848	REGULSKA Aneta	7201	DRUZYNA SZPIKU	Masters K - 40	133	02:21:31	04:19:38.80	04:20:34.65	+02:45:04 (63.3%)	12:21	4.9 (37.1%)
849	RAJCAKOWSKA Anna	7256		Weteran II K - 60	5	02:21:13	04:19:48.75	04:20:43.95	+02:45:13 (63.4%)	12:22	4.8 (36.4%)
850	CENDROWICZ Magdalena	7398	KNEIPP TEAM	Masters K - 40	134	02:19:22	04:17:17.75	04:20:58.75	+02:45:28 (63.4%)	12:15	4.9 (37.1%)
851	SIKORA Agnieszka	7268		Senior II K - 30	134	02:13:49	04:20:39.05	04:20:59.65	+02:45:29 (63.4%)	12:24	4.8 (36.4%)
852	GONCIARZ Michał	7881		Senior II M - 30	184	02:28:00	04:17:33.60	04:21:16.15	+02:45:45 (63.4%)	12:15	4.9 (37.1%)
853	PYRZYNA-GONCIARZ Eliza	7512	TEAM EUROCASH	Senior II K - 30	135	02:27:59	04:17:34.00	04:21:16.35	+02:45:46 (63.4%)	12:15	4.9 (37.1%)
854	WOJTKOWIAK Dorota	7451		Weteran K - 50	42	02:14:10	04:17:52.25	04:21:27.15	+02:45:56 (63.5%)	12:16	4.9 (37.1%)
855	NOWICKA Agnieszka	7038	KĘSY TEAM	Senior II K - 30	136	02:20:09	04:19:28.50	04:21:33.30	+02:46:03 (63.5%)	12:21	4.9 (37.1%)
856	NAKONECZNA Alicja	7058	KĘSY TEAM	Senior II K - 30	137	02:20:09	04:19:29.70	04:21:34.05	+02:46:03 (63.5%)	12:21	4.9 (37.1%)
857	SOWA Grzegorz	7557		Weteran I M - 50	68	02:16:44	04:18:56.70	04:22:33.60	+02:47:03 (63.6%)	12:19	4.9 (37.1%)
858	DZIURZYŃSKA Ulka	7558	VEGE RUNNERS	Masters K - 40	135	02:18:53	04:19:00.50	04:22:37.95	+02:47:07 (63.6%)	12:20	4.9 (37.1%)
859	WILMAŃSKI Dariusz	7093		Masters M - 40	183	02:21:17	04:21:39.20	04:22:54.05	+02:47:23 (63.7%)	12:27	4.8 (36.4%)
860	JUSZKO Aleksandra	7571		Senior I K - 20	39	02:25:44	04:21:00.25	04:23:10.30	+02:47:40 (63.7%)	12:25	4.8 (36.4%)
861	BUDA Małgorzata	7238		Masters K - 40	136	02:14:34	04:22:21.05	04:23:18.00	+02:47:47 (63.7%)	12:29	4.8 (36.4%)
862	HRABAŃSKA-RACZAK Beata	7343		Masters K - 40	137	02:24:52	04:21:15.65	04:23:20.35	+02:47:50 (63.7%)	12:26	4.8 (36.4%)
863	BABIRECKA Agnieszka	7379	FU FU FU TEAM	Masters K - 40	138	02:22:45	04:21:21.00	04:23:24.90	+02:47:54 (63.7%)	12:26	4.8 (36.4%)
864	SADOWSKI Andrzej	7598	LZS DZIEWIĘTLICE	Weteran II M - 60	24	02:09:09	04:20:01.45	04:23:46.85	+02:48:16 (63.8%)	12:22	4.8 (36.4%)
865	SKOLIMOWSKA Katarzyna	7553	YRTS	Masters K - 40	139	02:32:43	04:24:06.70	04:24:20.25	+02:48:50 (63.9%)	12:34	4.8 (36.4%)
866	JUSZKO Monika	7945		Weteran K - 50	43	02:25:35	04:22:27.80	04:24:38.30	+02:49:08 (63.9%)	12:29	4.8 (36.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
867	WROŃSKA Sandra	7124		Senior II K - 30	138	02:23:48	04:21:43.50	04:24:55.15	+02:49:24 (63.9%)	12:27	4.8 (36.4%)
868	RÓŻAŃSKI Robert	7068		Weteran I M - 50	69	02:25:27	04:24:45.40	04:27:11.35	+02:51:41 (64.3%)	12:36	4.8 (36.4%)
869	JASIEWICZ Karolina	7032		Senior II K - 30	139		04:25:44.65	04:28:09.85	+02:52:39 (64.4%)	12:39	4.7 (35.6%)
870	KWIATKOWSKA Monika	7800		Masters K - 40	140	02:29:44	04:27:07.15	04:28:10.05	+02:52:39 (64.4%)	12:43	4.7 (35.6%)
871	CZYŻAK Justyna	7933	MROWINOCITI	Masters K - 40	141	02:29:22	04:28:34.10	04:29:35.65	+02:54:05 (64.6%)	12:47	4.7 (35.6%)
872	CHROSTEK Dorota	7163	ZA LINIĄ METY	Masters K - 40	142	02:29:20	04:28:34.05	04:29:35.90	+02:54:05 (64.6%)	12:47	4.7 (35.6%)
873	PŁATEK Krzysztof	7862		Masters M - 40	184	02:10:09	04:28:11.40	04:31:06.35	+02:55:36 (64.8%)	12:46	4.7 (35.6%)
874	REGEC Ewelina	7787		Masters K - 40	143	02:10:03	04:28:12.55	04:31:07.65	+02:55:37 (64.8%)	12:46	4.7 (35.6%)
875	WALCZAK Sławomir	7250		Weteran I M - 50	70	02:26:27	04:32:47.30	04:34:26.55	+02:58:56 (65.2%)	12:59	4.6 (34.8%)
876	DUBIAŁ Halina	7365	BABCIE BIEGAJĄ	Weteran II K - 60	6	02:26:43	04:31:30.70	04:34:51.35	+02:59:21 (65.3%)	12:55	4.6 (34.8%)
877	KOZAK Krystyna	7364	RUN TEAM RYDZYNA	Weteran K - 50	44	02:27:01	04:31:30.85	04:34:51.65	+02:59:21 (65.3%)	12:55	4.6 (34.8%)
878	HALBTUCH Michał	7568		Senior II M - 30	185	02:19:12	04:31:35.20	04:35:21.55	+02:59:51 (65.3%)	12:55	4.6 (34.8%)
879	WEKA Krzysztof	7012	BIAŁYSTOK BIEGA TEAM	Senior II M - 30	186	02:32:46	04:36:10.75	04:36:25.50	+03:00:55 (65.5%)	13:09	4.6 (34.8%)
880	BARAŁKIEWICZ-SOKAL Karolina	7266		Masters K - 40	144	02:30:13	04:34:01.05	04:36:57.85	+03:01:27 (65.5%)	13:02	4.6 (34.8%)
881	KĘSICKI Rafał	7414		Masters M - 40	185	02:24:00	04:34:12.65	04:37:56.50	+03:02:26 (65.6%)	13:03	4.6 (34.8%)
882	DROŹDŹ Dorota	7859		Weteran K - 50	45	02:21:53	04:38:30.70	04:40:28.80	+03:04:58 (65.9%)	13:15	4.5 (34.1%)
883	WRÓBEL Zbigniew	7241	TARNOWO PODGÓRNE BIEGA	Weteran I M - 50	71	01:56:14	04:38:28.05	04:41:17.40	+03:05:47 (66.0%)	13:15	4.5 (34.1%)
884	ZALESZCZAK Renata	7298	KB SZAMOTUŁY	Weteran K - 50	46	02:21:49	04:40:58.10	04:42:21.80	+03:06:51 (66.2%)	13:22	4.5 (34.1%)
885	JACHIM-SZUBA Magdalena	7946	SZUBA TEAM	Masters K - 40	145	02:30:29	04:50:43.65	04:54:07.35	+03:18:37 (67.5%)	13:50	4.3 (32.6%)
886	SZUBA Teofil	7944		Masters M - 40	186	02:30:27	04:50:44.05	04:54:07.85	+03:18:37 (67.5%)	13:50	4.3 (32.6%)
Przekroczony limit czasu: 05:00:00											
887	NIEZGODA Adam	7159		Weteran I M - 50	72	02:26:15	05:29:15.95	05:30:57.55	+03:55:27 (71.1%)	15:40	3.8 (28.8%)
	BEDNAREK Adrian	7736	ADRIANBEDNAREK.PL	Senior II M - 30		00:53:49 DNF	DNF	DNF		-	- (0.0%)
	KAMIŃSKI Artur	7609	PRZEDWOJEWSKI TEAM	Masters M - 40		01:05:45 DNF	DNF	DNF		-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
	DUL Karolina	7960	SBG SALCO	Senior I K - 20		01:08:58 DNF	DNF	DNF	-	-	(0.0%)
	KUŹNIAK Marcin	7164		Masters M - 40		01:15:04 DNF	DNF	DNF	-	-	(0.0%)
	MICHAŁOWSKI Adam	7682		Senior I M - 20		01:20:44 DNF	DNF	DNF	-	-	(0.0%)
	WISZNIEWICZ Piotr	23		Senior II M - 30		01:52:16 DNF	DNF	DNF	-	-	(0.0%)
	SIP Mirosław	7125		Weteran I M - 50		02:08:03 DNF	DNF	DNF	-	-	(0.0%)
	WÓJCIK Jacek	7246		Masters M - 40		02:23:52 DNF	DNF	DNF	-	-	(0.0%)
	RUTSKI Karol	7925		Weteran II M - 60		02:33:04 DNF	DNF	DNF	-	-	(0.0%)
	ZIENKIEWICZ Jan	7704	BIEGACZE ŚWINOUJŚCIE	Masters M - 40		02:37:31 DNF	DNF	DNF	-	-	(0.0%)
	KOŚCIOW Mariusz	7550	RAZ SZCZECIN	Weteran II M - 60		02:37:42 DNF	DNF	DNF	-	-	(0.0%)
	PRZYŁUSKA Mirosława	7868	RAZ SZCZECIN	Weteran II K - 60		02:38:24 DNF	DNF	DNF	-	-	(0.0%)
	PODSIADŁY Robert	7144	DOGADANI WROCŁAW	Weteran II M - 60		02:42:42 DNF	DNF	DNF	-	-	(0.0%)
	SZYMAŃSKA Ania	7193		Weteran K - 50		02:42:48 DNF	DNF	DNF	-	-	(0.0%)
	DZIAŁAK Marian	7077	KB AKTYWNI KONIN	Weteran II M - 60		02:43:15 DNF	DNF	DNF	-	-	(0.0%)
	STRZYŻOWSKA Monika	7373		Masters K - 40		02:44:56 DNF	DNF	DNF	-	-	(0.0%)
	LEWANDOWSKA Anna	7013	BORKOŚTEAM	Senior II K - 30		02:45:42 DNF	DNF	DNF	-	-	(0.0%)
	ZIENKIEWICZ Monika	7705		Masters K - 40		02:55:54 DNF	DNF	DNF	-	-	(0.0%)
	DOMINIAK Agnieszka	7040		Masters K - 40		02:58:35 DNF	DNF	DNF	-	-	(0.0%)
	SZOJDA Małgorzata	7632		Senior II K - 30		DNF	DNF	DNF	-	-	(0.0%)
	WITKIEWICZ-ŁUKASZEK Sandra	7128	ŁUKASZKI TEAM	Senior II K - 30		DNF	DNF	DNF	-	-	(0.0%)
	KARPIŃSKA Anna	7031	DZIKIE GRUBASY SZATANA	Masters K - 40		DNF	DNF	DNF	-	-	(0.0%)
	ANDRZEJEWSKI Patryk	7326		Masters M - 40		DNF	DNF	DNF	-	-	(0.0%)
	MORKA Karolina	7167	KĘSY TEAM	Masters K - 40		DNF	DNF	DNF	-	-	(0.0%)

Znaleziono 911 wynik(ów)