



ZŁOTY PÓŁMARATON - 21 KM

B4SPORT

Wydarzenie: Dolnośląski Festiwal Biegów Górskich
Organizator: Fundacja MARATONY GÓRSKIE
Data: 2024-07-18
Miejsce: Łądek-Zdrój
Dystans: 21 km

B4SPORT
INTELEGNTE 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	KUBICA Marcin	42	SALOMON TEAM POLAND	Senior I M - 20	1	00:47:54	01:25:18.20	01:25:18.20		4:03	14.8 (100%)
2	KACZOR Jan	38	SALOMON	Senior I M - 20	2	00:51:51	01:33:52.05	01:33:52.05	+00:08:33 (9.1%)	4:28	13.4 (90.5%)
3	DULSKI Daniel	7415	STAŃCZAK TEAM	Senior II M - 30	1	00:53:41	01:34:15.30	01:34:15.90	+00:08:57 (9.5%)	4:29	13.4 (90.5%)
4	PAWLIK Paweł	7457		Senior II M - 30	2	00:55:22	01:37:15.25	01:37:16.55	+00:11:58 (12.3%)	4:37	13 (87.8%)
5	ROGAŁA Patryk	7500	KP PSP KAMIENNA GÓRA	Senior II M - 30	3	00:57:49	01:40:22.45	01:40:23.95	+00:15:05 (15.0%)	4:46	12.6 (85.1%)
6	KOTARSKI Jarosław	7431	TRAIL IS OUR WAY	Senior II M - 30	4	00:58:07	01:42:05.60	01:42:08.35	+00:16:50 (16.5%)	4:51	12.3 (83.1%)
7	GOŁĘBIEWSKI Michał	7555	DREAM-BIKE BIELAWA	Masters M - 40	1	00:57:09	01:42:29.45	01:42:34.00	+00:17:15 (16.8%)	4:52	12.3 (83.1%)
8	PITUCH Grzegorz	46	STAŃCZAK TEAM	Masters M - 40	2	00:58:45	01:43:13.70	01:43:16.45	+00:17:58 (17.4%)	4:54	12.2 (82.4%)
9	MŁYNARCZYK Martyna	7897	HOKA GARMIN TEAM	Senior II K - 30	1	01:00:10	01:43:19.30	01:43:23.45	+00:18:05 (17.5%)	4:55	12.2 (82.4%)
10	SZCZEPANIAK Witold	7187		Masters M - 40	3	00:59:10	01:43:27.10	01:43:28.05	+00:18:09 (17.6%)	4:55	12.2 (82.4%)
11	HODERA Jakub	33		Senior I M - 20	3	00:59:51	01:45:33.40	01:46:00.40	+00:20:42 (19.5%)	5:01	11.9 (80.4%)
12	JAGR Ondrej	20	2BWINNER TEAM	Masters M - 40	4	01:01:20	01:46:24.20	01:46:38.90	+00:21:20 (20.0%)	5:04	11.8 (79.7%)
13	KOWAL Amadeusz	7826	NAPRZÓD MŁOCINY	Senior II M - 30	5	01:01:32	01:46:37.15	01:46:41.90	+00:21:23 (20.1%)	5:04	11.8 (79.7%)
14	SAWICKI Maciej	7772		Senior II M - 30	6	00:58:04	01:46:47.95	01:46:52.95	+00:21:34 (20.2%)	5:05	11.8 (79.7%)
15	TRELA Daniel	7270	TERVEL MOUNTAIN RUNNER	Senior II M - 30	7	01:03:08	01:47:14.75	01:47:20.55	+00:22:02 (20.5%)	5:06	11.8 (79.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						10.3km	21km	21km			
16	TROJNAR Paweł	7923		Senior II M - 30	8	00:58:58	01:47:19.80	01:47:21.50	+00:22:03 (20.5%)	5:06	11.7 (79.1%)
17	BUCHERT Filip	7563	JUVENIA GŁUCHOŁAZY	Senior I M - 20	4	01:01:44	01:48:01.05	01:48:01.05	+00:22:42 (21.0%)	5:08	11.7 (79.1%)
18	WITOWSKA Mirosława	2	HOKA GARMIN TEAM	Senior II K - 30	2	01:03:22	01:48:32.15	01:48:35.95	+00:23:17 (21.5%)	5:10	11.6 (78.4%)
19	MASTERNAK Mariusz	7232	ANNA HALSKA COACHING	Senior II M - 30	9	01:02:42	01:49:18.10	01:49:31.85	+00:24:13 (22.1%)	5:12	11.5 (77.7%)
20	KUKUŁA Waldemar	7596		Masters M - 40	5	01:01:06	01:49:33.05	01:49:35.30	+00:24:17 (22.2%)	5:13	11.5 (77.7%)
21	EL BAH Adam	7966	#ZALINIAMETYTEAM	Senior II M - 30	10	01:00:45	01:50:31.40	01:50:34.55	+00:25:16 (22.9%)	5:15	11.4 (77.0%)
22	KRAWCZYK Adriana	61		Senior II K - 30	3	01:03:23	01:50:32.85	01:50:36.65	+00:25:18 (22.9%)	5:15	11.4 (77.0%)
23	NIEDŹWIADEK Kamil	7847	GIŻA TEAM	Senior II M - 30	11	01:03:09	01:50:26.05	01:50:37.45	+00:25:19 (22.9%)	5:15	11.4 (77.0%)
24	WŁODARKIEWICZ Dominik	41	VEGESŁONIK	Weteran I M - 50	1	01:03:22	01:51:07.50	01:51:10.25	+00:25:52 (23.3%)	5:17	11.3 (76.4%)
25	BAZUŁKA Aleksandra	7889	HOKA GARMIN TEAM	Senior I K - 20	1	01:06:29	01:51:52.25	01:51:55.00	+00:26:36 (23.8%)	5:19	11.3 (76.4%)
26	BOGACZ Krzysztof	7450		Senior II M - 30	12	01:06:06	01:52:44.05	01:53:09.75	+00:27:51 (24.6%)	5:22	11.2 (75.7%)
27	WER Grzegorz	7837	TOMICA COACHING	Senior II M - 30	13	01:04:06	01:53:30.45	01:53:47.85	+00:28:29 (25.0%)	5:24	11.1 (75.0%)
28	SOLIŃSKI Olaf	7952	PRZEDWOJEWSKI TEAM	Senior I M - 20	5	01:03:34	01:54:05.00	01:54:05.00	+00:28:46 (25.2%)	5:25	11 (74.3%)
29	KILIAN Mateusz	7703		Senior II M - 30	14	01:06:14	01:54:36.65	01:54:42.75	+00:29:24 (25.6%)	5:27	11 (74.3%)
30	SZOSTEK Hubert	7903	LEKKOATLETYCZNY KLUB SPORTOWY ZIĘBICE	Senior II M - 30	15	01:06:32	01:55:04.10	01:55:20.00	+00:30:01 (26.0%)	5:28	11 (74.3%)
31	SKÓRZEWSKI Marcin	7339	WROCLAWSKI KLUB WYSOKOGÓRSKI	Masters M - 40	6	01:04:34	01:55:34.20	01:56:06.60	+00:30:48 (26.5%)	5:30	10.9 (73.6%)
32	ZBOROWSKI Krzysztof	7427		Masters M - 40	7	01:06:55	01:56:25.05	01:56:29.20	+00:31:11 (26.8%)	5:32	10.8 (73.0%)
33	ŚLUSARCZYK Katarzyna	7821	OK!SPORT	Senior II K - 30	4	01:04:17	01:56:51.35	01:56:55.35	+00:31:37 (27.0%)	5:33	10.8 (73.0%)
34	PRZYSTARZ Artur	7099	OBORYGENI	Weteran I M - 50	2	01:06:10	01:57:04.10	01:57:12.05	+00:31:53 (27.2%)	5:34	10.8 (73.0%)
35	PAPIÓR Jolanta	7776	WATAHA	Senior I K - 20	2	01:07:12	01:56:42.85	01:57:46.30	+00:32:28 (27.6%)	5:33	10.8 (73.0%)
36	KATRA Damian	7591	FENIKS PGE ELEKTROWNIA OPOLE	Masters M - 40	8	01:06:41	01:58:09.95	01:58:09.95	+00:32:51 (27.8%)	5:37	10.7 (72.3%)
37	KUBICZEK Andrzej	7910		Senior II M - 30	16	01:08:02	01:58:14.00	01:58:14.00	+00:32:55 (27.9%)	5:37	10.7 (72.3%)
38	FILUŚ Adam	7820		Senior I M - 20	6	01:06:44	01:57:20.55	01:58:14.35	+00:32:56 (27.9%)	5:35	10.7 (72.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						10.3km	21km	21km			
39	KWAŚNIK Mariusz	7058	WIERZBICKI RANKING PROJEKT	Masters M - 40	9	01:08:43	01:58:51.90	01:59:02.35	+00:33:44 (28.3%)	5:39	10.6 (71.6%)
40	SIERŻĘGA Agnieszka	7942		Senior I K - 20	3	01:09:55	01:59:50.60	02:00:03.55	+00:34:45 (28.9%)	5:42	10.5 (70.9%)
41	BEDNARSKI Marek	7015	TEAM KOPEC	Senior II M - 30	17	01:10:10	02:00:38.75	02:00:45.45	+00:35:27 (29.4%)	5:44	10.4 (70.3%)
42	SZKOŁA Wojciech	7483	NATURAL BORN RUNNERS	Senior II M - 30	18	01:05:42	02:01:08.25	02:01:15.55	+00:35:57 (29.7%)	5:46	10.4 (70.3%)
43	CHUDY Artur	7635		Senior I M - 20	7	01:07:46	02:01:05.25	02:01:36.10	+00:36:17 (29.9%)	5:45	10.4 (70.3%)
44	STANGRECIAK Adam	7800	#PLANBIEGANIE / GÓRAL Z MAZUR RUNNING TEAM	Senior II M - 30	19	01:10:16	02:02:32.25	02:02:37.25	+00:37:19 (30.4%)	5:50	10.3 (69.6%)
45	JAWOREK Grzegorz	7406	RUNNING PERFORMANCE	Masters M - 40	10	01:10:03	02:02:59.30	02:03:06.00	+00:37:47 (30.7%)	5:51	10.2 (68.9%)
46	KUCHARSKI Robert	7532	BIEGAM NA STABŁOWICACH	Masters M - 40	11	01:09:48	02:02:56.90	02:03:23.35	+00:38:05 (30.9%)	5:51	10.2 (68.9%)
47	SUŚ Dariusz	7835	TEAM KOPEĆ	Weteran I M - 50	3	01:09:51	02:03:20.50	02:03:37.05	+00:38:18 (31.0%)	5:52	10.2 (68.9%)
48	SZCZENIOWSKI Jacek	19	GOPR SUDETY	Masters M - 40	12	01:08:48	02:03:48.40	02:04:03.70	+00:38:45 (31.2%)	5:53	10.2 (68.9%)
49	DONDZIAK Marcin	7731		Senior II M - 30	20	01:10:00	02:04:03.30	02:04:14.50	+00:38:56 (31.3%)	5:54	10.2 (68.9%)
50	URBAN Wiktor	7678	#TEAMDKMS	Senior II M - 30	21	01:08:45	02:02:57.00	02:04:16.95	+00:38:58 (31.4%)	5:51	10.2 (68.9%)
51	ABRAMOWICZ Maciej	7498	JOINT DECLARATION	Senior I M - 20	8	01:10:22	02:03:35.65	02:04:27.45	+00:39:09 (31.5%)	5:53	10.2 (68.9%)
52	CHAMALA Krzysztof	7355	WEEGREE	Masters M - 40	13	01:10:34	02:04:12.60	02:04:30.60	+00:39:12 (31.5%)	5:54	10.1 (68.2%)
53	PAJĄK Alan	7875	ZIELONA MANUFAKTURA	Senior II M - 30	22	01:09:55	02:04:19.80	02:04:41.40	+00:39:23 (31.6%)	5:55	10.1 (68.2%)
54	STASZEWSKI Michał	7356		Senior II M - 30	23	01:08:48	02:04:16.10	02:04:43.50	+00:39:25 (31.6%)	5:55	10.1 (68.2%)
55	MACIEJEWICZ Robert	7724	FIZJOBIEGACZE	Weteran I M - 50	4	01:11:44	02:05:16.10	02:05:30.20	+00:40:12 (32.0%)	5:57	10.1 (68.2%)
56	KUBOK Ireneusz	7443		Masters M - 40	14	01:10:15	02:05:04.60	02:05:43.40	+00:40:25 (32.1%)	5:57	10.1 (68.2%)
57	KASPRZAK Patryk	7862		Senior II M - 30	24	01:11:37	02:05:44.80	02:06:10.60	+00:40:52 (32.4%)	5:59	10 (67.6%)
58	ŚRÓBKA Mateusz	7048		Senior II M - 30	25	01:13:08	02:05:25.25	02:06:21.90	+00:41:03 (32.5%)	5:58	10 (67.6%)
59	KLIMEK Marek	7039	ADIDAS RUNNERS WARSAW	Senior II M - 30	26	01:11:09	02:06:25.75	02:06:29.45	+00:41:11 (32.6%)	6:01	10 (67.6%)
60	WOJTKOWIAK Stefan	7366	PIĄTKOWO NA BIEGOWO	Weteran I M - 50	5	01:13:36	02:06:33.25	02:06:46.55	+00:41:28 (32.7%)	6:01	10 (67.6%)
61	ŚWIĄTEK Agata	7760	ZA LINIA METY, OSP OPALENICA	Senior II K - 30	5	01:10:18	02:07:13.20	02:07:16.60	+00:41:58 (33.0%)	6:03	9.9 (66.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
62	MARSZAŁEK Kazimierz	7880	ŚWIERADÓW-ZDRÓJ GÓRSKIE UZDROWISKO	Weteran I M - 50	6	01:12:18	02:07:27.35	02:07:37.90	+00:42:19 (33.2%)	6:04	9.9 (66.9%)
63	MODZELEWSKA Zuza	7325	TRIGYM SZCZECIN / FIZJOBIEGACZE	Senior II K - 30	6	01:13:24	02:07:13.15	02:07:50.00	+00:42:31 (33.3%)	6:03	9.9 (66.9%)
64	SZYMERKOWSKI Grzegorz	7798	GIŻA TEAM	Masters M - 40	15	01:12:52	02:07:33.45	02:07:59.60	+00:42:41 (33.4%)	6:04	9.9 (66.9%)
65	HACUŚ Tomasz	7315		Masters M - 40	16	01:13:25	02:08:17.35	02:08:26.80	+00:43:08 (33.6%)	6:06	9.8 (66.2%)
66	JAGNIĄTKOWSKI Jacek	7013	TEAM KURORT ŁĄDEK ZDRÓJ	Masters M - 40	17	01:12:32	02:08:34.15	02:08:36.05	+00:43:17 (33.7%)	6:07	9.8 (66.2%)
67	MOCHEGIANI Andrea	59	BAD ORGANIZER TEAM	Weteran I M - 50	7	01:15:07	02:08:40.40	02:08:42.85	+00:43:24 (33.7%)	6:07	9.8 (66.2%)
68	SZYMANOWSKI Karol	7908	POBIEGANITEAM	Senior II M - 30	27	01:12:07	02:08:35.70	02:09:00.45	+00:43:42 (33.9%)	6:07	9.8 (66.2%)
69	BIERNACKI Paweł	7878		Senior I M - 20	9	01:10:03	02:08:50.30	02:09:10.90	+00:43:52 (34.0%)	6:08	9.8 (66.2%)
70	KOWALIK Andrzej	7828	KB ODRA OPOLE	Masters M - 40	18	01:12:01	02:09:08.70	02:09:16.45	+00:43:58 (34.0%)	6:08	9.8 (66.2%)
71	BIAŁOMYZY Urszula	7242	43K PRO TEAM	Senior I K - 20	4	01:11:57	02:08:50.25	02:09:19.40	+00:44:01 (34.0%)	6:08	9.8 (66.2%)
72	BUKOWSKA Marta	7676		Senior II K - 30	7	01:15:33	02:09:08.55	02:09:19.90	+00:44:01 (34.0%)	6:08	9.8 (66.2%)
73	BEŁDOWSKI Sławomir	7376	FUDU&CO	Weteran II M - 60	1	01:15:27	02:09:20.65	02:09:27.80	+00:44:09 (34.1%)	6:09	9.7 (65.5%)
74	GAŁECKI Robert	7989	HFB	Senior II M - 30	28	01:11:56	02:08:54.95	02:09:34.55	+00:44:16 (34.2%)	6:08	9.8 (66.2%)
75	MAĆKOWIAK Elżbieta	7747	WOŁÓW BIEGA	Senior II K - 30	8	01:14:20	02:09:06.50	02:09:34.75	+00:44:16 (34.2%)	6:08	9.8 (66.2%)
76	KLEMENS Michał	7541	DTR MARIO TEAM	Masters M - 40	19	01:12:13	02:09:37.35	02:09:55.05	+00:44:36 (34.3%)	6:10	9.7 (65.5%)
77	WOŹNIAK Sebastian	7042	AW SZYBCIEJ TEAM	Senior II M - 30	29	01:12:53	02:09:42.25	02:10:03.50	+00:44:45 (34.4%)	6:10	9.7 (65.5%)
78	MAKUCH Leszek	7994	TERAZ SUDETY	Senior II M - 30	30	01:11:07	02:10:09.40	02:10:12.55	+00:44:54 (34.5%)	6:11	9.7 (65.5%)
79	BRANDENBURG Michał	7075	PRZYJACIELE TEAM	Masters M - 40	20	01:12:30	02:10:13.80	02:10:13.80	+00:44:55 (34.5%)	6:12	9.7 (65.5%)
80	MAGIER Jerzy	3		Weteran I M - 50	8	01:11:55	02:09:45.50	02:10:28.15	+00:45:09 (34.6%)	6:10	9.7 (65.5%)
81	KURZYŃSKI Piotr	7016	TEAM BEROTU	Masters M - 40	21	01:11:48	02:10:46.20	02:10:46.20	+00:45:28 (34.8%)	6:13	9.6 (64.9%)
82	MATECKI Tomasz	74	BBL BIELSKO-BIAŁA	Masters M - 40	22	01:11:41	02:06:54.75	02:10:51.85	+00:45:33 (34.8%)	6:02	9.9 (66.9%)
83	CIĄGAŁA Wojciech	7793		Senior II M - 30	31	01:13:02	02:10:32.90	02:10:55.10	+00:45:36 (34.8%)	6:12	9.7 (65.5%)
84	FIEŃKO Katarzyna	7521		Senior II K - 30	9	01:14:36	02:10:48.90	02:10:58.75	+00:45:40 (34.9%)	6:13	9.6 (64.9%)

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						10.3km	21km	21km			
85	ZBOROWSKI Marcin	7853	ULTRA DIABŁY TEAM LUBRZA	Senior II M - 30	32	01:12:07	02:11:04.60	02:11:16.50	+00:45:58 (35.0%)	6:14	9.6 (64.9%)
86	SKOPOWSKI Jan	7915		Masters M - 40	23	01:13:04	02:11:00.55	02:11:27.15	+00:46:08 (35.1%)	6:14	9.6 (64.9%)
87	KOCOWSKI-GÓRSKI Konrad	7773	MŁYNARCZYK ENDURANCE TEAM	Senior II M - 30	33	01:13:07	02:11:39.20	02:11:39.20	+00:46:21 (35.2%)	6:16	9.6 (64.9%)
88	MILEWSKA Edyta	7728	WY-BIEGANI SZCZECIN	Senior II K - 30	10	01:14:32	02:09:33.80	02:11:40.65	+00:46:22 (35.2%)	6:10	9.7 (65.5%)
89	KĘDZIERSKA Karolina	7656	FIZJOBIEGACZE SZCZECIN	Masters K - 40	1	01:16:46	02:11:35.75	02:11:49.80	+00:46:31 (35.3%)	6:15	9.6 (64.9%)
90	BABIŃSKA-POPIŁKA Ewelina	7997		Masters K - 40	2	01:14:12	02:11:37.20	02:12:03.60	+00:46:45 (35.4%)	6:16	9.6 (64.9%)
91	CHMIELEWSKI Tomasz	7397	PTTK ŚWIDNICA	Weteran I M - 50	9	01:12:14	02:12:08.45	02:12:10.35	+00:46:52 (35.5%)	6:17	9.5 (64.2%)
92	BARAŃSKI Kacper	7813	TOMICA COACHING	Senior II M - 30	34	01:18:22	02:12:02.35	02:12:19.75	+00:47:01 (35.5%)	6:17	9.5 (64.2%)
93	BUDYNEK Tadeusz	7947		Masters M - 40	24	01:18:14	02:10:09.70	02:12:24.05	+00:47:05 (35.6%)	6:11	9.7 (65.5%)
94	NIESŁONY Dominika	7503	EX TEAM	Senior I K - 20	5	01:17:22	02:11:45.85	02:12:45.50	+00:47:27 (35.7%)	6:16	9.6 (64.9%)
95	GRACZ Paweł	7357	ULTRA DIABŁY TEAM LUBRZA /NADODRZAŃSKI ODDZIAŁ STRAŻY GRANICZNEJ	Masters M - 40	25	01:12:00	02:12:47.90	02:12:47.90	+00:47:29 (35.8%)	6:19	9.5 (64.2%)
96	PŁÓCIENNIK Bartosz	7686		Senior II M - 30	35	01:14:40	02:12:59.10	02:12:59.10	+00:47:40 (35.9%)	6:19	9.5 (64.2%)
97	WRÓBEL Tomasz	7836	MATNER TEAM	Senior II M - 30	36	01:15:59	02:13:19.65	02:13:31.65	+00:48:13 (36.1%)	6:20	9.5 (64.2%)
98	SMARDZ Mateusz	7965	MATNER RUNNING TEAM	Masters M - 40	26	01:14:19	02:13:18.95	02:13:39.90	+00:48:21 (36.2%)	6:20	9.5 (64.2%)
99	HILLENBERG Jakub	7650		Senior I M - 20	10	01:14:24	02:12:07.55	02:13:53.90	+00:48:35 (36.3%)	6:17	9.5 (64.2%)
100	ZAKRZEWSKA Alicja	44		Senior I K - 20	6	01:16:37	02:14:14.70	02:14:14.70	+00:48:56 (36.5%)	6:23	9.4 (63.5%)
101	MATUSZAK Kinga	7131	JESTEM OD ROMKA	Masters K - 40	3	01:17:06	02:13:31.00	02:14:17.95	+00:48:59 (36.5%)	6:21	9.4 (63.5%)
102	HAMERLA Adam	7338		Masters M - 40	27	01:14:57	02:14:11.80	02:14:32.00	+00:49:13 (36.6%)	6:23	9.4 (63.5%)
103	ŻYGADŁO Kacper	16		Senior I M - 20	11	01:15:02	02:14:35.00	02:14:35.00	+00:49:16 (36.6%)	6:24	9.4 (63.5%)
104	IWASZKOWSKI Andrzej	7476	NIEZRZESZONY	Weteran I M - 50	10	01:14:44	02:13:17.95	02:14:37.10	+00:49:18 (36.6%)	6:20	9.5 (64.2%)
105	DOWGIAŁO Sebastian	48		Masters M - 40	28	01:15:09	02:14:05.10	02:14:45.55	+00:49:27 (36.7%)	6:23	9.4 (63.5%)
106	SZAJDA Marcin	17	IRRACJONALNIE MASZERUJĄCY	Masters M - 40	29	01:14:43	02:14:23.90	02:14:57.60	+00:49:39 (36.8%)	6:23	9.4 (63.5%)
107	HAMKAŁO Dawid	7901	HOST WROCŁAW	Masters M - 40	30	01:15:25	02:14:26.05	02:15:08.20	+00:49:50 (36.9%)	6:24	9.4 (63.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						10.3km	21km	21km			
108	WIATER Tomasz	7023		Masters M - 40	31	01:16:29	02:15:40.50	02:15:49.20	+00:50:31 (37.2%)	6:27	9.3 (62.8%)
109	KOLACHA Patryk	7775		Senior I M - 20	12	01:15:24	02:15:35.15	02:16:20.70	+00:51:02 (37.4%)	6:27	9.3 (62.8%)
110	PODWÓJCI Michał	7389	GÓRAL Z MAZUR RUNNING TEAM	Masters M - 40	32	01:12:13	02:16:19.35	02:16:31.40	+00:51:13 (37.5%)	6:29	9.2 (62.2%)
111	SUDACKI Paweł	7927		Masters M - 40	33	01:18:33	02:16:06.00	02:16:35.75	+00:51:17 (37.6%)	6:28	9.3 (62.8%)
112	MAREK Jarosław	7894	MEGABUD	Masters M - 40	34	01:17:22	02:16:15.15	02:16:55.80	+00:51:37 (37.7%)	6:29	9.2 (62.2%)
113	WRÓBLEWSKI Adrian	7834	STAJNIA CROSSFIT	Senior II M - 30	37	01:13:06	02:16:51.80	02:17:08.20	+00:51:50 (37.8%)	6:31	9.2 (62.2%)
114	ZJAWIONY Adam	7782	GÓRSKIE BIEGUSIE	Senior I M - 20	13	01:15:35	02:17:05.00	02:17:19.35	+00:52:01 (37.9%)	6:31	9.2 (62.2%)
115	WIKIERSKI Krzysztof	7538	NOKOREST	Masters M - 40	35	01:16:56	02:14:01.15	02:17:41.95	+00:52:23 (38.1%)	6:22	9.4 (63.5%)
116	CIRKO Arkadiusz	52		Masters M - 40	36	01:17:07	02:17:36.55	02:17:47.45	+00:52:29 (38.1%)	6:33	9.2 (62.2%)
117	BŁAŻEJ Michał	7400	LUZAKI	Senior II M - 30	38	01:18:32	02:17:42.90	02:17:50.20	+00:52:32 (38.1%)	6:33	9.2 (62.2%)
118	DUBOWIECKI Witek	37	CHATA BIEGACZA K34	Weteran I M - 50	11	01:14:58	02:17:42.55	02:17:58.15	+00:52:39 (38.2%)	6:33	9.2 (62.2%)
119	GRUSZKA Piotr	60		Senior I M - 20	14	01:16:39	02:17:12.60	02:18:14.05	+00:52:55 (38.3%)	6:32	9.2 (62.2%)
120	PETA Rafał	7684		Masters M - 40	37	01:17:57	02:17:50.40	02:18:20.05	+00:53:01 (38.3%)	6:33	9.1 (61.5%)
121	BERG Aleksander	7319		Masters M - 40	38	01:18:43	02:18:14.35	02:18:23.80	+00:53:05 (38.4%)	6:34	9.1 (61.5%)
122	KLAWIŃSKA Bernadeta	7576	RCI BYDGOSZCZ	Masters K - 40	4	01:16:13	02:15:29.60	02:18:31.00	+00:53:12 (38.4%)	6:27	9.3 (62.8%)
123	MAJKA Jarek	7343	FAMILIAMAJKA	Masters M - 40	39	01:16:55	02:18:40.85	02:19:16.60	+00:53:58 (38.8%)	6:36	9.1 (61.5%)
124	KORZENIOWSKI Wojciech	7918		Weteran I M - 50	12	01:18:37	02:19:17.90	02:19:22.80	+00:54:04 (38.8%)	6:37	9 (60.8%)
125	MADEJA Dariusz	15	LKS ISKRA JASZKOWA	Masters M - 40	40	01:19:32	02:18:31.85	02:19:24.85	+00:54:06 (38.8%)	6:35	9.1 (61.5%)
126	HARASYM Maciej	57		Masters M - 40	41	01:18:45	02:18:51.00	02:19:44.05	+00:54:25 (39.0%)	6:36	9.1 (61.5%)
127	JAROS Mirek	7430		Masters M - 40	42	01:19:37	02:18:55.50	02:19:46.35	+00:54:28 (39.0%)	6:36	9.1 (61.5%)
128	PAWLAK Kacper	7964		Senior II M - 30	39	01:18:15	02:19:28.65	02:19:55.00	+00:54:36 (39.0%)	6:38	9 (60.8%)
129	PALIŃSKI Bartłomiej	7248	ROZBIEGANI CHOJNÓW	Senior I M - 20	15	01:18:02	02:19:42.80	02:19:55.95	+00:54:37 (39.0%)	6:39	9 (60.8%)
130	LITWIN Monika	7886		Masters K - 40	5	01:18:03	02:18:57.50	02:19:56.50	+00:54:38 (39.0%)	6:37	9.1 (61.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						10.3km	21km	21km			
131	GĄSIOR Piotr	7216	ROZBIEGANY SUSZ	Masters M - 40	43	01:20:19	02:19:22.10	02:19:57.10	+00:54:38 (39.0%)	6:38	9 (60.8%)
132	KNAPCZYK Bartosz	24		Senior II M - 30	40	01:14:53	02:17:31.75	02:19:57.35	+00:54:39 (39.0%)	6:32	9.2 (62.2%)
133	ZWIERZ Marek	7495	WROCLAWSKI KLUB WYSOKOGORSKI	Senior II M - 30	41	01:18:29	02:19:11.25	02:19:58.35	+00:54:40 (39.1%)	6:37	9.1 (61.5%)
134	SŁAWSKI Ireneusz	7492		Weteran I M - 50	13	01:22:40	02:18:51.85	02:19:59.55	+00:54:41 (39.1%)	6:36	9.1 (61.5%)
135	PAWEŁEK Paulina	7258		Senior II K - 30	11	01:21:11	02:18:59.65	02:20:03.60	+00:54:45 (39.1%)	6:37	9.1 (61.5%)
136	MARCZAK Marcelina	7323		Senior II K - 30	12	01:19:03	02:19:52.00	02:20:14.20	+00:54:56 (39.2%)	6:39	9 (60.8%)
137	BIENIEK Kewin	7154		Senior II M - 30	42	01:21:29	02:19:18.30	02:20:19.10	+00:55:00 (39.2%)	6:38	9 (60.8%)
138	DRESZER Anna	7706		Senior II K - 30	13	01:18:59	02:16:28.15	02:20:21.35	+00:55:03 (39.2%)	6:29	9.2 (62.2%)
139	JASIAK Karol	7974	ZEFKA RUNNERS	Senior II M - 30	43	01:17:48	02:20:46.70	02:20:52.60	+00:55:34 (39.4%)	6:42	9 (60.8%)
140	DONDAJEWSKI Mikołaj	7805		Senior I M - 20	16	01:18:35	02:20:01.70	02:20:55.45	+00:55:37 (39.5%)	6:40	9 (60.8%)
141	IRLA Mariusz	7347	NOONE	Masters M - 40	44	01:13:42	02:20:31.10	02:20:56.35	+00:55:38 (39.5%)	6:41	9 (60.8%)
142	KRAKOWSKA Anna	7641		Senior II K - 30	14	01:19:38	02:20:45.45	02:21:02.15	+00:55:43 (39.5%)	6:42	9 (60.8%)
143	JANOŮEK Miroslav	7815	TJ LIGA 100 OLOMOUC	Senior II M - 30	44	01:20:11	02:18:30.05	02:21:04.40	+00:55:46 (39.5%)	6:35	9.1 (61.5%)
144	ZDUŃCZYK Szymon	7132	JESTEM OD ROMKA	Senior II M - 30	45	01:20:51	02:20:27.65	02:21:14.10	+00:55:55 (39.6%)	6:41	9 (60.8%)
145	SKÓRA Konrad	7888		Senior II M - 30	46	01:20:21	02:19:12.15	02:21:23.15	+00:56:04 (39.7%)	6:37	9.1 (61.5%)
146	SKRZYPEK Daniel	7784	ŚWIDNICKA GRUPA BIEGOWA	Senior II M - 30	47	01:17:36	02:19:58.35	02:21:37.45	+00:56:19 (39.8%)	6:39	9 (60.8%)
147	METELSKI Marek	7601		Senior I M - 20	17	01:19:39	02:19:04.25	02:21:39.65	+00:56:21 (39.8%)	6:37	9.1 (61.5%)
148	PARZNIIEWSKI Maciej	7257	TOWARZYSTWO TURYSTYCZNE AKS POLONIA WARSZAWA	Masters M - 40	45	01:18:12	02:20:53.35	02:21:42.95	+00:56:24 (39.8%)	6:42	8.9 (60.1%)
149	JÓŹWIAK Dorota	68	42K PRO TEAM	Masters K - 40	6	01:21:32	02:21:33.60	02:21:43.95	+00:56:25 (39.8%)	6:44	8.9 (60.1%)
150	WYSOKIŃSKA Justyna	7273	MOUNTAIN RUNNING GUIDES	Senior II K - 30	15	01:20:41	02:21:38.35	02:21:45.85	+00:56:27 (39.8%)	6:44	8.9 (60.1%)
151	MARGRAF Bartosz	7788		Senior I M - 20	18	01:15:22	02:21:42.70	02:21:48.70	+00:56:30 (39.8%)	6:44	8.9 (60.1%)
152	STRĘKOWSKI Grzegorz	7864		Senior II M - 30	48	01:21:32	02:19:41.50	02:21:54.90	+00:56:36 (39.9%)	6:39	9 (60.8%)
153	KOKOSZKO Rafał	7264	1WBPANC	Senior II M - 30	49	01:22:05	02:21:55.25	02:22:04.55	+00:56:46 (40.0%)	6:45	8.9 (60.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						10.3km	21km	21km			
154	PAWEŁCZAK Damian	7092	KB PIONIER SZCZECIN	Senior II M - 30	50	01:19:41	02:18:00.35	02:22:07.30	+00:56:49 (40.0%)	6:34	9.1 (61.5%)
155	MROWIEC Kinga	7282	TL POGOŃ RUDA ŚLĄSKA	Senior I K - 20	7	01:18:38	02:21:57.90	02:22:15.00	+00:56:56 (40.0%)	6:45	8.9 (60.1%)
156	WOJTKOWIAK Renata	7365	PIĄTKOWO NA BIEGOWO	Weteran K - 50	1	01:19:12	02:22:06.10	02:22:18.60	+00:57:00 (40.1%)	6:46	8.9 (60.1%)
157	PILETSKI Maksim	7514		Senior II M - 30	51	01:23:14	02:21:05.30	02:22:23.65	+00:57:05 (40.1%)	6:43	8.9 (60.1%)
158	KRÓLIKOWSKA Magdalena	7943		Masters K - 40	7	01:20:30	02:22:22.65	02:22:25.70	+00:57:07 (40.1%)	6:46	8.9 (60.1%)
159	MOTYCZYŃSKI Maciej	7055	MOTYCZYŃSKI RUNNING	Weteran I M - 50	14	01:20:12	02:22:00.95	02:22:35.85	+00:57:17 (40.2%)	6:45	8.9 (60.1%)
160	UMIASTOWSKI Mateusz	7679		Senior II M - 30	52	01:19:45	02:19:53.70	02:22:43.40	+00:57:25 (40.2%)	6:39	9 (60.8%)
161	STASZAK Sara	7937	ROGIEWICZ RUNNING TEAM	Senior II K - 30	16	01:23:29	02:22:30.65	02:22:44.55	+00:57:26 (40.2%)	6:47	8.8 (59.5%)
162	STEC Adam	7919		Masters M - 40	46	01:20:35	02:22:21.40	02:22:52.65	+00:57:34 (40.3%)	6:46	8.9 (60.1%)
163	CHOLEWIŃSKI Adam	7461	WILKI Z LASU	Masters M - 40	47	01:19:24	02:22:31.75	02:22:54.65	+00:57:36 (40.3%)	6:47	8.8 (59.5%)
164	CHUDY Michał	7885		Senior II M - 30	53	01:20:35	02:19:36.55	02:22:55.95	+00:57:37 (40.3%)	6:38	9 (60.8%)
165	SKORUPSKI Michał	7783		Senior II M - 30	54	01:19:11	02:21:53.95	02:23:23.50	+00:58:05 (40.5%)	6:45	8.9 (60.1%)
166	BOGDAŃSKA Katarzyna	7263		Masters K - 40	8	01:22:37	02:22:58.70	02:23:25.40	+00:58:07 (40.5%)	6:48	8.8 (59.5%)
167	SAWICKA Magdalena	7103		Senior I K - 20	8	01:19:39	02:22:34.20	02:23:37.00	+00:58:18 (40.6%)	6:47	8.8 (59.5%)
168	CWEN Marcin	7104		Senior I M - 20	19	01:19:44	02:22:33.90	02:23:37.15	+00:58:18 (40.6%)	6:47	8.8 (59.5%)
169	STANOWSKI Bartłomiej	7419	CIESZANÓW RUNNERS	Senior II M - 30	55	01:23:28	02:22:59.55	02:23:39.90	+00:58:21 (40.6%)	6:48	8.8 (59.5%)
170	CZAPIEWSKI Paweł	7529	EUROCASH	Senior I M - 20	20	01:18:30	02:23:48.00	02:24:11.20	+00:58:53 (40.8%)	6:50	8.8 (59.5%)
171	BRYCHCY Dariusz	7256	ENDORFINA WSCHOWA	Masters M - 40	48	01:21:12	02:23:27.80	02:24:27.80	+00:59:09 (41.0%)	6:49	8.8 (59.5%)
172	NOWAK Łukasz	7735		Masters M - 40	49	01:25:34	02:21:14.45	02:24:33.00	+00:59:14 (41.0%)	6:43	8.9 (60.1%)
173	HAJDZIONA Agata	7794	MARATOŃCZYK POZNAŃ	Masters K - 40	9	01:25:35	02:24:11.90	02:24:35.25	+00:59:17 (41.0%)	6:51	8.7 (58.8%)
174	BÓRKOWSKA Ola	7749	MARATOŃCZYK POZNAŃ	Senior II K - 30	17	01:25:25	02:24:15.10	02:24:38.60	+00:59:20 (41.0%)	6:52	8.7 (58.8%)
175	STRZYŻEWSKI Szymon	7157	SKLEP BIEGACZA RUNNING TEAM	Senior I M - 20	21	01:20:56	02:24:20.20	02:24:45.45	+00:59:27 (41.1%)	6:52	8.7 (58.8%)
176	ZYGOŃ Artur	7848		Senior II M - 30	56	01:20:09	02:24:41.50	02:24:56.95	+00:59:38 (41.1%)	6:53	8.7 (58.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						10.3km	21km	21km			
177	JEAN-PHILIPPE Lemay	7520		Masters M - 40	50	01:21:55	02:21:21.80	02:25:00.20	+00:59:42 (41.2%)	6:43	8.9 (60.1%)
178	GOLA Henryk	7882		Weteran I M - 50	15	01:22:11	02:24:07.15	02:25:06.10	+00:59:47 (41.2%)	6:51	8.7 (58.8%)
179	CZERWIŃSKI Kamil	7628		Senior II M - 30	57	01:20:53	02:24:12.80	02:25:07.80	+00:59:49 (41.2%)	6:52	8.7 (58.8%)
180	PACIOREK Ewa	34	KOBIETA BIEGA. EWA PACIOREK	Masters K - 40	10	01:25:51	02:25:10.00	02:25:21.90	+01:00:03 (41.3%)	6:54	8.7 (58.8%)
181	PURGAL Tomasz	7240	SAINT-GOBAIN SQUAD	Masters M - 40	51	01:22:04	02:24:17.30	02:25:25.35	+01:00:07 (41.3%)	6:52	8.7 (58.8%)
182	SŁOWIK Grzegorz	7975	ZEFKA RUNNES	Masters M - 40	52	01:20:36	02:25:38.70	02:25:41.55	+01:00:23 (41.4%)	6:56	8.7 (58.8%)
183	ŚLUSARCZYK Marek	7770	UNDER 2:20	Senior II M - 30	58	01:18:14	02:24:45.20	02:25:44.80	+01:00:26 (41.5%)	6:53	8.7 (58.8%)
184	MAZUR Rafał	7402	LUZAKI	Senior II M - 30	59	01:14:49	02:25:49.25	02:25:55.45	+01:00:37 (41.5%)	6:56	8.6 (58.1%)
185	JAKUBOWSKI Maciej	7217	POBIEGANI	Senior I M - 20	22	01:24:31	02:25:53.75	02:26:17.40	+01:00:59 (41.7%)	6:56	8.6 (58.1%)
186	MINDYKOWSKI Zbigniew	7934		Weteran I M - 50	16	01:25:31	02:23:01.55	02:26:25.70	+01:01:07 (41.7%)	6:48	8.8 (59.5%)
187	SADOWSKI Michał	7962	BENEFIT SYSTEMS TEAM	Senior II M - 30	60	01:19:33	02:24:25.95	02:26:37.70	+01:01:19 (41.8%)	6:52	8.7 (58.8%)
188	ZJAWIONY Tomasz	7898	GÓRSKIE BIEGUSIE	Senior I M - 20	23	01:18:29	02:26:27.20	02:26:40.95	+01:01:22 (41.8%)	6:58	8.6 (58.1%)
189	STANULA Krzysztof	7757	DOLNY ŚLĄSK	Masters M - 40	53	01:21:14	02:24:59.05	02:26:56.30	+01:01:38 (41.9%)	6:54	8.7 (58.8%)
190	TOPOLSKI Marcin	7850	CZŁOWIEK KTÓRY NIE BOI SIĘ CHUCKA NORRISA	Masters M - 40	54	01:21:37	02:26:22.60	02:26:56.50	+01:01:38 (41.9%)	6:58	8.6 (58.1%)
191	PUTOWSKA Beata	7833	NIGHT RUNNERS	Senior II K - 30	18	01:27:27	02:25:27.50	02:27:02.85	+01:01:44 (42.0%)	6:55	8.7 (58.8%)
192	KULA Krzysztof	7287	ING BANK ŚLĄSKI	Weteran I M - 50	17	01:21:34	02:27:06.05	02:27:15.10	+01:01:56 (42.1%)	7:00	8.6 (58.1%)
193	KUKOBNIKAVA Vitaliya	7444		Senior II K - 30	19	01:22:27	02:26:35.95	02:27:50.55	+01:02:32 (42.3%)	6:58	8.6 (58.1%)
194	BÓRKOWSKI Mikołaj	7705	MARATOŃCZYK POZNAŃ	Masters M - 40	55	01:25:25	02:27:33.45	02:27:58.00	+01:02:39 (42.3%)	7:01	8.5 (57.4%)
195	BRYLL Łukasz	7054	SAGITTA TEAM	Masters M - 40	56	01:25:30	02:24:35.05	02:28:05.35	+01:02:47 (42.4%)	6:53	8.7 (58.8%)
196	BRYCHCY Karol	7316		Senior II M - 30	61	01:23:39	02:27:00.50	02:28:14.60	+01:02:56 (42.5%)	7:00	8.6 (58.1%)
197	NOWIŃSKI Rafał	30	ENDORFINA WSCHOWA	Weteran I M - 50	18	01:24:12	02:27:31.05	02:28:15.45	+01:02:57 (42.5%)	7:01	8.5 (57.4%)
198	JAKUBCZYK Karolina	76		Senior II K - 30	20	01:25:03	02:24:31.90	02:28:23.15	+01:03:04 (42.5%)	6:52	8.7 (58.8%)
199	HEINZE Mateusz	7741		Senior II M - 30	62	01:26:07	02:24:51.75	02:28:26.45	+01:03:08 (42.5%)	6:53	8.7 (58.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						10.3km	21km	21km			
200	SZEWCZYK Mati	7204	KKFP WOLSZTYN	Senior II M - 30	63	01:24:41	02:27:37.40	02:28:27.70	+01:03:09 (42.5%)	7:01	8.5 (57.4%)
201	NĘDZA Mikołaj	7472	LESZNOLIMITSRUN	Masters M - 40	57	01:26:11	02:27:03.05	02:28:31.85	+01:03:13 (42.6%)	7:00	8.6 (58.1%)
202	LISEK Piotr	7485	TEAM LISEK	Weteran II M - 60	2	01:26:39	02:26:15.90	02:28:36.25	+01:03:18 (42.6%)	6:57	8.6 (58.1%)
203	PAMUŁA Marta	7769		Senior II K - 30	21	01:26:30	02:26:23.75	02:28:37.35	+01:03:19 (42.6%)	6:58	8.6 (58.1%)
204	WIADERNY Kamil	7491	AUTOGAS ALEX	Senior II M - 30	64	01:24:42	02:27:27.55	02:28:37.40	+01:03:19 (42.6%)	7:01	8.5 (57.4%)
205	LABISZ Grzegorz	7575		Senior II M - 30	65	01:21:59	02:26:25.95	02:28:38.05	+01:03:19 (42.6%)	6:58	8.6 (58.1%)
206	SKRZYPEK Bożena	7785	ŚWIDNICKA GRUPA BIEGOWA	Senior II K - 30	22	01:22:09	02:27:04.90	02:28:42.50	+01:03:24 (42.6%)	7:00	8.6 (58.1%)
207	SOSZYNSKI Piotr	58	BRACTWO BIEGOWE BGK	Masters M - 40	58	01:21:21	02:27:59.85	02:28:52.00	+01:03:33 (42.7%)	7:02	8.5 (57.4%)
208	FERENC Stanislaw	7577		Masters M - 40	59	01:23:10	02:28:14.15	02:28:55.75	+01:03:37 (42.7%)	7:03	8.5 (57.4%)
209	KUCHEJDA Mateusz	7114		Senior I M - 20	24	01:26:30	02:27:00.45	02:28:58.75	+01:03:40 (42.7%)	7:00	8.6 (58.1%)
210	STAWIARSKI Jakub	7548	WYBIEGAĆ MARZENIA, SKLEP BIEGACZA	Senior II M - 30	66	01:26:20	02:28:38.20	02:29:03.30	+01:03:45 (42.8%)	7:04	8.5 (57.4%)
211	KAWA Hubert	7855	NKB CHYŻY NOWY TOMYŚL	Senior II M - 30	67	01:24:13	02:28:54.85	02:29:14.10	+01:03:55 (42.8%)	7:05	8.5 (57.4%)
212	HARASYM Andrzej	64		Senior II M - 30	68	01:21:54	02:28:17.20	02:29:14.40	+01:03:56 (42.8%)	7:03	8.5 (57.4%)
213	GRZYMAŁA Sebastian	7632	KB RTVEUROAGD/ ŻÓRAWSKI TEAM	Masters M - 40	60	01:24:59	02:28:40.00	02:29:25.65	+01:04:07 (42.9%)	7:04	8.5 (57.4%)
214	RADWAN Justyna	7218		Senior II K - 30	23	01:25:17	02:28:53.25	02:29:34.50	+01:04:16 (43.0%)	7:05	8.5 (57.4%)
215	BYRTEK Paulina	7984		Senior II K - 30	24	01:28:02	02:28:54.90	02:29:36.50	+01:04:18 (43.0%)	7:05	8.5 (57.4%)
216	NOWAKOWSKI Sławomir	7720	ADIDAS RUNNERS WARSAW	Senior II M - 30	69	01:28:14	02:29:06.50	02:29:38.60	+01:04:20 (43.0%)	7:06	8.5 (57.4%)
217	MÓLL Mateusz	7223		Senior II M - 30	70	01:19:50	02:29:33.45	02:29:44.55	+01:04:26 (43.0%)	7:07	8.4 (56.8%)
218	LUDWIŃSKI Artur	7981		Senior I M - 20	25	01:25:13	02:26:15.30	02:29:48.45	+01:04:30 (43.1%)	6:57	8.6 (58.1%)
219	PATROŃSKA Magdalena	7334	ŻARŁOKI	Senior II K - 30	25	01:28:57	02:29:22.05	02:29:52.00	+01:04:33 (43.1%)	7:06	8.4 (56.8%)
220	PATROŃSKI Adam	7435	ŻARŁOKI	Senior II M - 30	71	01:28:57	02:29:22.85	02:29:52.20	+01:04:34 (43.1%)	7:06	8.4 (56.8%)
221	SENSKI Marcin	7954		Senior II M - 30	72	01:25:58	02:27:21.55	02:29:53.75	+01:04:35 (43.1%)	7:01	8.6 (58.1%)
222	BASZKO Dominika	7661		Senior II K - 30	26	01:29:21	02:28:57.85	02:30:07.10	+01:04:48 (43.2%)	7:05	8.5 (57.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						10.3km	21km	21km			
223	MASIUKIEWICZ Jacek	7734		Masters M - 40	61	01:24:59	02:30:08.25	02:30:08.25	+01:04:50 (43.2%)	7:08	8.4 (56.8%)
224	ŻYMAŁSKI Michał	7654	BLUEBIRDS RUN	Masters M - 40	62	01:26:21	02:27:36.75	02:30:14.35	+01:04:56 (43.2%)	7:01	8.5 (57.4%)
225	MARCINIAK Maciej	7819	JESTEM OD ROMKA	Weteran I M - 50	19	01:21:40	02:29:32.05	02:30:19.10	+01:05:00 (43.3%)	7:07	8.4 (56.8%)
226	WIEWIÓRKA Piotr	7913	SĄSIEDZI	Weteran I M - 50	20	01:27:38	02:27:01.50	02:30:29.50	+01:05:11 (43.3%)	7:00	8.6 (58.1%)
227	SZCZEPANIAK Jakub	7958		Senior I M - 20	26	01:14:18	02:30:26.35	02:30:34.40	+01:05:16 (43.3%)	7:09	8.4 (56.8%)
228	RYMARSKI Arkadiusz	54	NOA	Masters M - 40	63	01:26:30	02:30:36.50	02:30:43.10	+01:05:24 (43.4%)	7:10	8.4 (56.8%)
229	BARCIK Przemysław	45		Masters M - 40	64	01:25:52	02:28:03.50	02:30:51.50	+01:05:33 (43.5%)	7:03	8.5 (57.4%)
230	ULANOWSKI Dawid	7162		Senior II M - 30	73	01:25:08	02:30:11.50	02:30:55.55	+01:05:37 (43.5%)	7:09	8.4 (56.8%)
231	DWORAK Wojciech	7729	TEAM KURORT ŁĄDEK-ZDRÓJ	Senior II M - 30	74	01:25:28	02:26:50.45	02:31:00.90	+01:05:42 (43.5%)	6:59	8.6 (58.1%)
232	SZARMACH Dariusz	7411	MARATOŃCZYK TEAM SZCZECIN	Weteran I M - 50	21	01:27:57	02:27:38.60	02:31:23.00	+01:06:04 (43.7%)	7:01	8.5 (57.4%)
233	FEICHTINGER Marek	7363		Masters M - 40	65	01:29:09	02:30:14.55	02:31:24.85	+01:06:06 (43.7%)	7:09	8.4 (56.8%)
234	CZAJKOWSKI Krzysztof	7932		Masters M - 40	66	01:34:37	02:29:49.65	02:31:31.25	+01:06:13 (43.7%)	7:08	8.4 (56.8%)
235	MROTEK Michał	7859	AKADEMIA MISTRZÓW SPORTU	Masters M - 40	67	01:30:54	02:27:53.45	02:32:12.35	+01:06:54 (44.0%)	7:02	8.5 (57.4%)
236	KUBABSKI Patryk	7861		Senior II M - 30	75	01:24:33	02:30:28.60	02:32:13.75	+01:06:55 (44.0%)	7:09	8.4 (56.8%)
237	SOSNA Rafał	7050	JESTEM OD ROMKA	Weteran I M - 50	22	01:23:15	02:31:24.20	02:32:15.65	+01:06:57 (44.0%)	7:12	8.3 (56.1%)
238	BARTKOWIAK Artur	7238		Masters M - 40	68	01:26:38	02:30:03.00	02:32:18.40	+01:07:00 (44.0%)	7:08	8.4 (56.8%)
239	WITEK Tomasz	7470		Senior II M - 30	76	01:27:34	02:30:47.90	02:32:18.80	+01:07:00 (44.0%)	7:10	8.4 (56.8%)
240	MAZUREK Krzysztof	7067		Masters M - 40	69	01:23:31	02:30:30.05	02:32:24.15	+01:07:05 (44.0%)	7:10	8.4 (56.8%)
241	FAROŃ Rafał	1		Senior I M - 20	27	01:23:25	02:32:08.70	02:32:27.80	+01:07:09 (44.0%)	7:14	8.3 (56.1%)
242	KĘDZIORA Magdalena	7163		Senior II K - 30	27	01:28:45	02:32:05.45	02:32:28.25	+01:07:10 (44.1%)	7:14	8.3 (56.1%)
243	WALKOWIAK Sebastian	7130	JESTEM OD ROMKA	Masters M - 40	70	01:23:51	02:31:54.10	02:32:32.30	+01:07:14 (44.1%)	7:14	8.3 (56.1%)
244	STASZCZAK Małgorzata	7478	SPORT GENERATION	Senior II K - 30	28	01:29:42	02:32:12.60	02:32:38.65	+01:07:20 (44.1%)	7:14	8.3 (56.1%)
245	KLIŚ Patrycja	7814	TOMICA COACHING	Masters K - 40	11	01:28:19	02:32:30.95	02:32:47.55	+01:07:29 (44.2%)	7:15	8.3 (56.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						10.3km	21km	21km			
246	KAMIŃSKI Kamil	7944		Senior I M - 20	28	01:26:37	02:29:47.95	02:32:48.70	+01:07:30 (44.2%)	7:07	8.4 (56.8%)
247	GŁOWACKA Marta	7874		Senior II K - 30	29	01:25:38	02:29:40.15	02:32:58.70	+01:07:40 (44.2%)	7:07	8.4 (56.8%)
248	BIALAS Dariusz	7030	STAJNIA X PORTOFINO	Senior II M - 30	77	01:28:22	02:32:40.45	02:32:59.10	+01:07:40 (44.2%)	7:16	8.3 (56.1%)
249	BILSKI Piotr	7574	WI RUN	Senior II M - 30	78	01:32:10	02:32:04.30	02:33:28.10	+01:08:09 (44.4%)	7:14	8.3 (56.1%)
250	CIEŚLAK Mateusz	7750		Senior II M - 30	79	01:26:50	02:31:50.20	02:33:29.95	+01:08:11 (44.4%)	7:13	8.3 (56.1%)
251	SIKORSKI Szymon	53	NOA	Masters M - 40	71	01:26:21	02:33:23.85	02:33:31.80	+01:08:13 (44.4%)	7:18	8.2 (55.4%)
252	GLIK Dariusz	7792	GMINA STRZELCE OPOLSKIE	Masters M - 40	72	01:23:30	02:33:39.05	02:33:39.05	+01:08:20 (44.5%)	7:19	8.2 (55.4%)
253	KAPUSTA Tomasz	7384	#ZALINIAMETYTEAM	Masters M - 40	73	01:25:42	02:33:43.45	02:33:43.45	+01:08:25 (44.5%)	7:19	8.2 (55.4%)
254	DOMINICZAK Jakub	7753	TANOBA	Masters M - 40	74	01:27:01	02:30:41.00	02:33:43.60	+01:08:25 (44.5%)	7:10	8.4 (56.8%)
255	GANCLERZ Monika	7556		Senior I K - 20	9	01:28:18	02:32:30.90	02:33:49.25	+01:08:31 (44.5%)	7:15	8.3 (56.1%)
256	PTAK Sylwia	7643	TRAIL IS OUR WAY	Masters K - 40	12	01:27:57	02:33:10.45	02:33:49.55	+01:08:31 (44.5%)	7:17	8.2 (55.4%)
257	ŁUKASZCZYKIEWICZ Paweł	7869		Masters M - 40	75	01:27:25	02:32:50.70	02:33:59.00	+01:08:40 (44.6%)	7:16	8.2 (55.4%)
258	ZACHARYASZ Miłosz	7933	#KOCHAMMONICZKE	Senior II M - 30	80	01:28:25	02:29:46.80	02:34:01.10	+01:08:42 (44.6%)	7:07	8.4 (56.8%)
259	DRÓŹDŹ Arkadiusz	7304		Senior II M - 30	81	01:24:19	02:33:46.80	02:34:18.25	+01:09:00 (44.7%)	7:19	8.2 (55.4%)
260	FILIPEK Michał	7977	FILIPKI	Senior II M - 30	82	01:21:49	02:31:59.95	02:34:23.65	+01:09:05 (44.7%)	7:14	8.3 (56.1%)
261	LITWIN Daniel	7386	ASSECO ACTIVE TEAM	Senior II M - 30	83	01:25:17	02:30:10.65	02:34:34.75	+01:09:16 (44.8%)	7:09	8.4 (56.8%)
262	BRANICKA Adrianna	7488		Senior II K - 30	30	01:27:27	02:31:31.65	02:34:36.40	+01:09:18 (44.8%)	7:12	8.3 (56.1%)
263	PASZKIEWICZ Kamil	7633		Weteran I M - 50	23	01:26:26	02:30:57.05	02:34:41.10	+01:09:22 (44.9%)	7:11	8.3 (56.1%)
264	WAWRZONKOWSKA Michalina	7905	PRZYSPIESZ	Senior I K - 20	10	01:27:43	02:33:41.60	02:34:43.65	+01:09:25 (44.9%)	7:19	8.2 (55.4%)
265	SOBAŃSKI Leszek	7033	SOBAN TEAM	Masters M - 40	76	01:28:36	02:31:02.15	02:34:52.30	+01:09:34 (44.9%)	7:11	8.3 (56.1%)
266	KOTLARCZYK Paulina	7797	JESTEM OD ROMKA	Senior II K - 30	31	01:28:37	02:34:17.50	02:35:05.85	+01:09:47 (45.0%)	7:20	8.2 (55.4%)
267	WOŹNIAK Karolina	7043	TRAIL IS OUR WAY	Senior II K - 30	32	01:31:02	02:34:47.25	02:35:08.00	+01:09:49 (45.0%)	7:22	8.1 (54.7%)
268	ANDRZEJEWSKI Michał	7115	SOBANTEAM	Senior II M - 30	84	01:28:37	02:31:28.05	02:35:16.25	+01:09:58 (45.1%)	7:12	8.3 (56.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						10.3km	21km	21km			
269	GRYZ Jacek	7109		Masters M - 40	77	01:26:02	02:34:24.95	02:35:17.35	+01:09:59 (45.1%)	7:21	8.2 (55.4%)
270	WARCHULSKI Paweł	7589	FERAL CATS HUCISKO TEAM	Senior II M - 30	85	01:28:55	02:32:54.10	02:35:18.20	+01:10:00 (45.1%)	7:16	8.2 (55.4%)
271	GRUDZIEN-JURKOWSKA Malgorzata	7380		Masters K - 40	13	01:29:52	02:35:02.20	02:35:48.95	+01:10:30 (45.3%)	7:22	8.1 (54.7%)
272	SAJEWICZ Grzegorz	7922		Masters M - 40	78	01:27:12	02:35:14.80	02:35:58.00	+01:10:39 (45.3%)	7:23	8.1 (54.7%)
273	SPANILY Patryk	7305		Senior II M - 30	86	01:25:30	02:34:44.30	02:35:58.55	+01:10:40 (45.3%)	7:22	8.1 (54.7%)
274	PACEK Tomasz	7746	FIZJOBIEGACZE SZCZECIN	Senior II M - 30	87	01:24:21	02:35:01.65	02:36:02.60	+01:10:44 (45.3%)	7:22	8.1 (54.7%)
275	GANOWICZ Marcin	7069		Senior II M - 30	88	01:31:07	02:34:46.60	02:36:03.75	+01:10:45 (45.3%)	7:22	8.1 (54.7%)
276	MAŁOLEPSZY Damian	7920	SPARTA ULTRA TEAM	Masters M - 40	79	01:26:29	02:34:17.15	02:36:16.65	+01:10:58 (45.4%)	7:20	8.2 (55.4%)
277	BUDYNEK Dariusz	7946		Masters M - 40	80	01:31:48	02:34:02.00	02:36:19.10	+01:11:00 (45.4%)	7:20	8.2 (55.4%)
278	SOBERA Andrzej	7353		Weteran I M - 50	24	01:31:05	02:32:21.55	02:36:21.25	+01:11:03 (45.4%)	7:15	8.3 (56.1%)
279	WIERTCIAK Piotr	7294	FIZJOBIEGACZE SZCZECIN	Senior II M - 30	89	01:24:18	02:35:19.70	02:36:22.65	+01:11:04 (45.5%)	7:23	8.1 (54.7%)
280	NOWACZYK Marcin	7761		Senior II M - 30	90	01:26:54	02:34:35.20	02:36:52.10	+01:11:33 (45.6%)	7:21	8.2 (55.4%)
281	KOBYLECKI Bartosz	49		Masters M - 40	81	01:26:41	02:33:38.35	02:37:04.65	+01:11:46 (45.7%)	7:18	8.2 (55.4%)
282	KOŚCIOŁEK Mariusz	7071	RUNNERSI	Senior II M - 30	91	01:29:34	02:35:48.60	02:37:17.90	+01:11:59 (45.8%)	7:25	8.1 (54.7%)
283	MAJCHRZAK Karolina	7516		Senior II K - 30	33	01:32:06	02:35:52.90	02:37:18.30	+01:12:00 (45.8%)	7:25	8.1 (54.7%)
284	WĄDOŁOWSKA Justyna	7609		Senior II K - 30	34	01:35:49	02:35:36.00	02:37:20.50	+01:12:02 (45.8%)	7:24	8.1 (54.7%)
285	MATUŠKOVÁ Vendula	7739		Senior I K - 20	11	01:32:19	02:35:48.60	02:37:21.30	+01:12:03 (45.8%)	7:25	8.1 (54.7%)
286	MISZEWSKA Nikola	7702	HYBRYDA TEAM	Senior I K - 20	12	01:32:37	02:36:58.90	02:37:36.25	+01:12:18 (45.9%)	7:28	8 (54.1%)
287	DARLAK Marek	7680		Senior II M - 30	92	01:30:38	02:33:12.65	02:37:45.60	+01:12:27 (45.9%)	7:17	8.2 (55.4%)
288	BEHRENDT Iga	7526		Senior I K - 20	13	01:28:18	02:37:26.30	02:37:59.00	+01:12:40 (46.0%)	7:29	8 (54.1%)
289	ROMAN Jan	7718	MELO RUNNERS CLUB	Masters M - 40	82	01:32:13	02:36:11.65	02:38:02.00	+01:12:43 (46.0%)	7:26	8.1 (54.7%)
290	PIETRZAK Damian	7722		Senior I M - 20	29	01:27:03	02:36:28.95	02:38:12.95	+01:12:54 (46.1%)	7:27	8.1 (54.7%)
291	JAGODZIK Michał	7892	#FEIFERTRENUJE #MONDISIMET	Senior II M - 30	93	01:27:48	02:37:27.10	02:38:31.35	+01:13:13 (46.2%)	7:29	8 (54.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						10.3km	21km	21km			
292	KORNIWICZ Katarzyna	7614		Masters K - 40	14	01:29:57	02:38:29.15	02:38:33.55	+01:13:15 (46.2%)	7:32	8 (54.1%)
293	ZAPĄŁOWSKI Paweł	7044	KABACZKI COUCH POTATO	Masters M - 40	83	01:25:39	02:34:15.85	02:38:46.10	+01:13:27 (46.3%)	7:20	8.2 (55.4%)
294	NOWAK Marcin	7884	PCH_RUN	Masters M - 40	84	01:26:14	02:35:44.50	02:38:52.35	+01:13:34 (46.3%)	7:24	8.1 (54.7%)
295	KROWIARZ Wiktoria	7649		Senior I K - 20	14	01:29:05	02:37:07.40	02:38:53.80	+01:13:35 (46.3%)	7:28	8 (54.1%)
296	SOBUCKI Jakub	7917		Senior II M - 30	94	01:27:45	02:37:25.15	02:38:57.85	+01:13:39 (46.3%)	7:29	8 (54.1%)
297	BANKIEWICZ Damian	7846		Weteran I M - 50	25	01:28:50	02:37:13.35	02:39:11.30	+01:13:53 (46.4%)	7:29	8 (54.1%)
298	MIERZEJEWSKI Piotr	7752		Senior II M - 30	95	01:27:19	02:37:23.80	02:39:14.45	+01:13:56 (46.4%)	7:29	8 (54.1%)
299	KAWA Krzysztof	7441		Senior II M - 30	96	01:27:39	02:38:01.55	02:39:26.20	+01:14:08 (46.5%)	7:31	8 (54.1%)
300	HATAŁA Tomasz	7780	BARCA	Senior II M - 30	97	01:26:08	02:35:38.70	02:39:27.10	+01:14:08 (46.5%)	7:24	8.1 (54.7%)
301	MISZTAL Paweł	7916		Masters M - 40	85	01:26:39	02:37:16.60	02:39:35.80	+01:14:17 (46.6%)	7:29	8 (54.1%)
302	KLEPACZ Piotr	7464		Weteran I M - 50	26	01:29:36	02:38:21.20	02:39:59.00	+01:14:40 (46.7%)	7:32	8 (54.1%)
303	ILASHCHUK Oleksandr	7811		Senior II M - 30	98	01:30:48	02:38:07.65	02:40:02.55	+01:14:44 (46.7%)	7:31	8 (54.1%)
304	OPIAŁ Michalina	7552		Senior II K - 30	35	01:33:34	02:38:38.75	02:40:09.10	+01:14:50 (46.7%)	7:33	7.9 (53.4%)
305	CYBULSKA Anna	7617	TARNOWO PODGÓRNE BIEGA	Masters K - 40	15	01:32:12	02:38:37.55	02:40:18.85	+01:15:00 (46.8%)	7:33	7.9 (53.4%)
306	MURAWICZ Paweł	7077		Weteran I M - 50	27	01:34:12	02:36:14.00	02:40:19.20	+01:15:01 (46.8%)	7:26	8.1 (54.7%)
307	BRONKA Artur	7326		Senior I M - 20	30	01:33:47	02:36:15.45	02:40:31.70	+01:15:13 (46.9%)	7:26	8.1 (54.7%)
308	CICHOWSKI Wojciech	7682		Senior II M - 30	99	01:31:16	02:37:47.75	02:40:43.35	+01:15:25 (46.9%)	7:30	8 (54.1%)
309	CICHOWSKA Anna	7475		Senior II K - 30	36	01:31:18	02:37:49.20	02:40:43.80	+01:15:25 (46.9%)	7:30	8 (54.1%)
310	SŁODKIEWICZ Dagmara	7463	SŁODKI TEAM	Senior II K - 30	37	01:33:17	02:39:57.35	02:40:47.00	+01:15:28 (46.9%)	7:37	7.9 (53.4%)
311	SŁODKIEWICZ Piotr	7462	SŁODKI TEAM	Senior II M - 30	100	01:33:16	02:39:56.30	02:40:47.05	+01:15:28 (46.9%)	7:36	7.9 (53.4%)
312	MÓLL Janusz	7199		Weteran II M - 60	3	01:27:23	02:40:40.10	02:40:51.70	+01:15:33 (47.0%)	7:39	7.8 (52.7%)
313	KRYŚKO Joanna	7646		Senior I K - 20	15	01:31:38	02:40:29.00	02:41:07.60	+01:15:49 (47.1%)	7:38	7.9 (53.4%)
314	MARKUSZEWSKI Krzysztof	7049	STAJNIA CROSSFIT	Senior II M - 30	101	01:32:20	02:40:58.70	02:41:16.80	+01:15:58 (47.1%)	7:39	7.8 (52.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
315	KACZMAREK Zuzanna	7439		Senior I K - 20	16	01:35:14	02:40:04.10	02:41:19.15	+01:16:00 (47.1%)	7:37	7.9 (53.4%)
316	RACHOWSKA Agnieszka	7329	TARNOWO PODGÓRNE BIEGA	Masters K - 40	16	01:32:20	02:39:41.45	02:41:25.50	+01:16:07 (47.2%)	7:36	7.9 (53.4%)
317	MOKRZYŃSKI Marcin	7025		Masters M - 40	86	01:26:15	02:37:18.20	02:41:29.50	+01:16:11 (47.2%)	7:29	8 (54.1%)
318	MACHULA Arkadiusz	7713	LEKKOATLETYCZNY KLUB SPORTOWY ZIĘBICE	Weteran I M - 50	28	01:34:12	02:41:04.70	02:41:54.90	+01:16:36 (47.3%)	7:40	7.8 (52.7%)
319	GOŁASZEWSKI Marcin	7452	ULTRAZABIEGANI	Masters M - 40	87	01:28:43	02:40:47.70	02:42:05.45	+01:16:47 (47.4%)	7:39	7.8 (52.7%)
320	MAĆZYŃSKA Justyna	7519	BOX88	Senior II K - 30	38	01:33:19	02:40:37.25	02:42:07.70	+01:16:49 (47.4%)	7:38	7.8 (52.7%)
321	ZALEWSKA Małgorzata	7121	IRON TEAM	Senior II K - 30	39	01:32:58	02:38:49.05	02:42:12.80	+01:16:54 (47.4%)	7:33	7.9 (53.4%)
322	MIERZWA Krzysztof	7122	PROJEKT1000UP	Masters M - 40	88	01:32:56	02:38:48.65	02:42:12.90	+01:16:54 (47.4%)	7:33	7.9 (53.4%)
323	SZPACZEK Bogna	7980		Senior II K - 30	40	01:31:04	02:40:15.60	02:42:14.50	+01:16:56 (47.4%)	7:37	7.9 (53.4%)
324	OCIESA Bartek	7527		Senior II M - 30	102	01:30:38	02:41:40.10	02:42:16.60	+01:16:58 (47.4%)	7:41	7.8 (52.7%)
325	KUBIAK Mariusz	7063	LKS ISKRA JASZKOWA	Masters M - 40	89	01:32:21	02:41:26.20	02:42:24.25	+01:17:06 (47.5%)	7:41	7.8 (52.7%)
326	SEKUŁA Przemysław	7924		Senior I M - 20	31	01:28:51	02:40:14.50	02:42:28.80	+01:17:10 (47.5%)	7:37	7.9 (53.4%)
327	KUKULKA Hanna	7582	FERAL CATS HUCISKO TEAM	Senior I K - 20	17	01:26:50	02:40:10.60	02:42:36.40	+01:17:18 (47.5%)	7:37	7.9 (53.4%)
328	TSIOMASHKO Daria	7759		Senior II K - 30	41	01:32:06	02:41:45.90	02:42:52.10	+01:17:33 (47.6%)	7:42	7.8 (52.7%)
329	BEDNORZ Monika	9		Senior II K - 30	42	01:31:14	02:39:04.50	02:42:58.50	+01:17:40 (47.7%)	7:34	7.9 (53.4%)
330	BALAWENDER Bartosz	7668	#ADAMCZERWIŃSKITEAM	Masters M - 40	90	01:34:26	02:41:10.85	02:43:07.75	+01:17:49 (47.7%)	7:40	7.8 (52.7%)
331	NIZIOŁEK Małgorzata	7523	TRIWISE	Masters K - 40	17	01:34:26	02:41:11.40	02:43:08.20	+01:17:50 (47.7%)	7:40	7.8 (52.7%)
332	MEJER Krzysztof	67		Weteran I M - 50	29	01:34:44	02:42:49.55	02:43:09.25	+01:17:51 (47.7%)	7:45	7.7 (52.0%)
333	KRAKOWSKI Radosław	73	BBL BIELSKO-BIAŁA	Senior II M - 30	103	01:29:37	02:39:15.30	02:43:12.80	+01:17:54 (47.7%)	7:35	7.9 (53.4%)
333	KOTARSKI Marek	7560	TKKF RELAKS WODZISŁAW ŚLĄSKI	Weteran II M - 60	4	01:30:42	02:42:50.30	02:43:12.80	+01:17:54 (47.7%)	7:45	7.7 (52.0%)
335	CIEŻ Marcelina	7302		Senior II K - 30	43	01:31:31	02:41:55.75	02:43:13.50	+01:17:55 (47.7%)	7:42	7.8 (52.7%)
336	WOJCIK Łukasz	7647	BLUE BIRDS	Senior II M - 30	104	01:35:28	02:40:28.55	02:43:13.60	+01:17:55 (47.7%)	7:38	7.9 (53.4%)
337	RAKOCZY Krzysztof	72		Senior II M - 30	105	01:30:19	02:42:29.95	02:43:19.95	+01:18:01 (47.8%)	7:44	7.8 (52.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						10.3km	21km	21km			
338	MACHAŁA Dawid	7909		Senior I M - 20	32	01:33:46	02:39:16.60	02:43:21.45	+01:18:03 (47.8%)	7:35	7.9 (53.4%)
339	KUREK Tomasz	7145	OPALENICKI KLUB BIEGACZA	Masters M - 40	91	01:29:05	02:42:39.75	02:43:29.00	+01:18:10 (47.8%)	7:44	7.7 (52.0%)
340	MCKENNA Jasmina	7543		Senior II K - 30	44	01:29:53	02:41:51.75	02:43:33.65	+01:18:15 (47.8%)	7:42	7.8 (52.7%)
341	KALINOWSKI Mirosław	7505		Senior II M - 30	106	01:29:36	02:42:09.35	02:43:34.50	+01:18:16 (47.9%)	7:43	7.8 (52.7%)
342	BIEŁAWA Piotr	7292		Masters M - 40	92	01:28:38	02:42:10.75	02:43:36.20	+01:18:18 (47.9%)	7:43	7.8 (52.7%)
343	RATAJCZAK Adrianna	7027	STAJNIA CROSSFIT X PORTOFINO	Senior II K - 30	45	01:33:08	02:43:20.10	02:43:38.50	+01:18:20 (47.9%)	7:46	7.7 (52.0%)
344	DAWID Piotr	25		Weteran I M - 50	30	01:33:32	02:40:59.45	02:43:42.35	+01:18:24 (47.9%)	7:39	7.8 (52.7%)
345	JÓZALA Mariusz	7012		Senior II M - 30	107	01:30:22	02:40:36.00	02:43:44.30	+01:18:26 (47.9%)	7:38	7.8 (52.7%)
346	CHRÓŚCICKA Karolina	23	LKS ISKRA JASZKOWA	Senior II K - 30	46	01:31:32	02:42:54.75	02:43:46.45	+01:18:28 (47.9%)	7:45	7.7 (52.0%)
347	JANOSZ Ada	7278	TUPTUP	Senior I K - 20	18	01:33:09	02:43:05.80	02:44:30.75	+01:19:12 (48.1%)	7:45	7.7 (52.0%)
348	PAWLUK Anna	7159		Senior II K - 30	47	01:35:04	02:43:19.15	02:44:43.05	+01:19:24 (48.2%)	7:46	7.7 (52.0%)
349	PRZYSTAJKO Zbyszek	7816	NOCLEGI NA TURYSTYCZNEJ	Masters M - 40	93	01:27:54	02:44:18.60	02:44:51.60	+01:19:33 (48.3%)	7:49	7.7 (52.0%)
350	KINAL Aleksandra	7681		Senior I K - 20	19	01:34:12	02:41:35.25	02:44:54.40	+01:19:36 (48.3%)	7:41	7.8 (52.7%)
351	GOS Sebastian	71		Senior II M - 30	108	01:30:20	02:44:08.25	02:44:55.00	+01:19:36 (48.3%)	7:48	7.7 (52.0%)
352	GUZERA Tomasz	70		Masters M - 40	94	01:31:13	02:42:05.20	02:45:04.20	+01:19:46 (48.3%)	7:43	7.8 (52.7%)
353	KURENDA Radek	7789		Masters M - 40	95	01:30:59	02:43:40.35	02:45:35.10	+01:20:16 (48.5%)	7:47	7.7 (52.0%)
354	PIOTROWSKI Jakub	4		Senior II M - 30	109	01:33:19	02:42:35.15	02:45:36.15	+01:20:17 (48.5%)	7:44	7.7 (52.0%)
355	WOLEK Maks	7249		Senior I M - 20	33	01:36:03	02:42:28.70	02:45:38.30	+01:20:20 (48.5%)	7:44	7.8 (52.7%)
356	CHLIPAŁA Marek	7210		Senior II M - 30	110	01:30:49	02:44:10.90	02:45:43.80	+01:20:25 (48.5%)	7:49	7.7 (52.0%)
357	STAŃCO Bartłomiej	55	ZAMEK TRZEBIESZOWICE	Senior II M - 30	111	01:27:20	02:44:30.75	02:45:49.40	+01:20:31 (48.6%)	7:50	7.7 (52.0%)
358	MIZIOŁEK Michał	7297		Senior II M - 30	112	01:36:17	02:44:01.45	02:46:06.75	+01:20:48 (48.6%)	7:48	7.7 (52.0%)
359	KUBACKA Izabela	7716	BIEGACZE JAROCIN	Senior II K - 30	48	01:33:22	02:44:56.25	02:46:07.65	+01:20:49 (48.7%)	7:51	7.6 (51.4%)
360	WALKOWIAK Judyta	7026	JESTEM OD ROMKA	Senior II K - 30	49	01:36:50	02:45:30.80	02:46:08.10	+01:20:49 (48.7%)	7:52	7.6 (51.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						10.3km	21km	21km			
361	BARCZAK Wojciech	7268	MOTOCYKLICZNI GRUDZIĄDZ	Masters M - 40	96	01:33:35	02:43:24.75	02:46:11.95	+01:20:53 (48.7%)	7:46	7.7 (52.0%)
362	PAWŁOWSKI Michał	7993	H.M. GÓRAŹDŹE PREFABRYKACJA	Masters M - 40	97	01:36:01	02:43:34.85	02:46:26.00	+01:21:07 (48.7%)	7:47	7.7 (52.0%)
363	WÓJCIK Wojciech	7299		Weteran I M - 50	31	01:36:32	02:44:11.60	02:46:47.80	+01:21:29 (48.9%)	7:49	7.7 (52.0%)
364	LUBAŃSKA Monika	7687	DROGA DO ULTRA	Senior II K - 30	50	01:34:51	02:43:37.95	02:46:48.05	+01:21:29 (48.9%)	7:47	7.7 (52.0%)
365	STANISZEWSKA Justyna	7196		Senior II K - 30	51	01:34:47	02:42:31.40	02:46:54.10	+01:21:35 (48.9%)	7:44	7.8 (52.7%)
366	FILIPCZAK Małgorzata	7539		Senior II K - 30	52	01:33:06	02:46:44.40	02:47:08.85	+01:21:50 (49.0%)	7:56	7.6 (51.4%)
367	GOŁĄB Dawid	7818		Senior II M - 30	113	01:35:24	02:42:44.90	02:47:11.30	+01:21:53 (49.0%)	7:44	7.7 (52.0%)
368	GOŹDZICKI Witold	7593		Masters M - 40	98	01:37:21	02:44:02.10	02:47:30.05	+01:22:11 (49.1%)	7:48	7.7 (52.0%)
369	LIS Adrian	7533	GALMET TEAM	Senior I M - 20	34	01:32:28	02:46:03.80	02:47:36.00	+01:22:17 (49.1%)	7:54	7.6 (51.4%)
370	BERG Elwira	7320		Masters K - 40	18	01:34:12	02:47:31.60	02:47:41.20	+01:22:23 (49.1%)	7:58	7.5 (50.7%)
371	PIASECKI Tomasz	7873		Masters M - 40	99	01:36:03	02:43:55.70	02:47:42.50	+01:22:24 (49.1%)	7:48	7.7 (52.0%)
372	SARBINOWSKI Marcin	7925		Masters M - 40	100	01:35:50	02:45:19.55	02:47:44.25	+01:22:26 (49.1%)	7:52	7.6 (51.4%)
373	LEWANDOWSKA Magdalena	7515		Masters K - 40	19	01:32:27	02:46:40.20	02:48:05.95	+01:22:47 (49.3%)	7:56	7.6 (51.4%)
374	BOROWIAK Łukasz	7059	#BIEGAJLESZNO	Masters M - 40	101	01:32:53	02:47:59.10	02:48:08.75	+01:22:50 (49.3%)	7:59	7.5 (50.7%)
375	SZPURA Emilian	7912	MARATOŃCZYK POZNAŃ	Senior II M - 30	114	01:36:01	02:47:45.15	02:48:09.30	+01:22:51 (49.3%)	7:59	7.5 (50.7%)
376	ŻEBIAŁOWICZ Alicja	7767		Senior I K - 20	20	01:35:08	02:44:14.15	02:48:16.05	+01:22:57 (49.3%)	7:49	7.7 (52.0%)
376	LATA Michał	7768		Senior I M - 20	35	01:35:09	02:44:13.45	02:48:16.05	+01:22:57 (49.3%)	7:49	7.7 (52.0%)
378	SIMBORSKI Tomasz	7395		Senior I M - 20	36	01:36:03	02:44:50.40	02:48:23.85	+01:23:05 (49.3%)	7:50	7.6 (51.4%)
379	KAŹMIERCZAK Krzysztof	7696	JESTEM OD RONKA	Masters M - 40	102	01:32:57	02:47:33.80	02:48:26.25	+01:23:08 (49.4%)	7:58	7.5 (50.7%)
380	OLZACKA Agata	7202	#ZALINIAMETY	Masters K - 40	20	01:37:10	02:45:48.40	02:48:27.15	+01:23:08 (49.4%)	7:53	7.6 (51.4%)
381	MENDYK Aleksandra	7639	ADIDAS RUNNERS POZNAŃ/ NOWAK.RUN	Senior I K - 20	21	01:37:53	02:47:18.80	02:48:28.45	+01:23:10 (49.4%)	7:58	7.5 (50.7%)
382	BIŚTA Klaudia	7321		Senior I K - 20	22	01:37:07	02:46:07.05	02:48:34.85	+01:23:16 (49.4%)	7:54	7.6 (51.4%)
383	BAKSALARY Lidia	7061	#BIEGAJLESZNO	Weteran K - 50	2	01:33:06	02:48:28.30	02:48:38.40	+01:23:20 (49.4%)	8:01	7.5 (50.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						10.3km	21km	21km			
384	SĄSIADK Marcin	7312	WILKI MIĘDZYLESIE	Senior II M - 30	115	01:37:03	02:46:51.45	02:48:50.15	+01:23:31 (49.5%)	7:56	7.6 (51.4%)
385	MATYBA Anna	7960	MAKE.SOMETHING.MORE	Senior I K - 20	23	01:32:37	02:45:06.45	02:48:55.45	+01:23:37 (49.5%)	7:51	7.6 (51.4%)
386	MAJCHRZAK Filip	7959	MAKE.SOMETHING.MORE	Senior I M - 20	37	01:32:37	02:45:05.90	02:48:55.65	+01:23:37 (49.5%)	7:51	7.6 (51.4%)
387	MICHALAK Kamil	7507	SZYNKARNIA	Senior II M - 30	116	01:31:47	02:47:55.50	02:49:26.45	+01:24:08 (49.7%)	7:59	7.5 (50.7%)
388	DONCZEW-SALAWA Anka	7629		Senior II K - 30	53	01:36:20	02:46:34.65	02:49:31.70	+01:24:13 (49.7%)	7:55	7.6 (51.4%)
389	SILARSKA Dorota	7246		Senior II K - 30	54	01:37:04	02:49:11.75	02:49:32.90	+01:24:14 (49.7%)	8:03	7.4 (50.0%)
390	SILARSKA-DUBIEL Hanna	7093	@WEWRUNWIESBADEN	Masters K - 40	21	01:37:03	02:49:11.80	02:49:33.20	+01:24:15 (49.7%)	8:03	7.4 (50.0%)
391	STOMAL Marzena	7809		Masters K - 40	22	01:38:06	02:48:49.65	02:49:38.75	+01:24:20 (49.7%)	8:02	7.5 (50.7%)
392	BARAŃSKA Łucja	7113	MOCNA GRUPA CEZARA	Senior I K - 20	24	01:32:53	02:48:30.15	02:49:40.80	+01:24:22 (49.7%)	8:01	7.5 (50.7%)
393	DYMEL Piotr	7926		Masters M - 40	103	01:35:03	02:46:21.50	02:49:41.60	+01:24:23 (49.7%)	7:55	7.6 (51.4%)
394	BRYCHCY Paweł	7266		Masters M - 40	104	01:37:00	02:47:38.70	02:49:43.15	+01:24:24 (49.7%)	7:58	7.5 (50.7%)
395	REMISZ Wojciech	22	MATNER RUNNING TEAM	Senior II M - 30	117	01:33:33	02:48:35.60	02:49:52.30	+01:24:34 (49.8%)	8:01	7.5 (50.7%)
396	DUDA Dariusz	7056	RUN AWAY TEAM	Senior II M - 30	118	01:37:10	02:50:00.70	02:50:00.70	+01:24:42 (49.8%)	8:05	7.4 (50.0%)
397	KRYSTKOWIAK Klaudia	7796	#BIEGAJLESZNO	Senior II K - 30	55	01:39:41	02:48:40.20	02:50:00.75	+01:24:42 (49.8%)	8:01	7.5 (50.7%)
398	BARANOWSKI Szymon	7191		Senior II M - 30	119	01:37:37	02:49:39.00	02:50:07.10	+01:24:48 (49.9%)	8:04	7.4 (50.0%)
399	AUGUSTYŃSKI Piotr	7592		Senior II M - 30	120	01:37:42	02:46:57.00	02:50:07.50	+01:24:49 (49.9%)	7:57	7.5 (50.7%)
400	STEMPEL Michał	7756		Masters M - 40	105	01:31:48	02:47:05.55	02:50:09.55	+01:24:51 (49.9%)	7:57	7.5 (50.7%)
401	WOJTYSIAK Wojciech	7057	HANIA TEAM MATEO	Weteran I M - 50	32	01:35:14	02:49:30.80	02:50:10.95	+01:24:52 (49.9%)	8:04	7.4 (50.0%)
402	PIOTROWICZ Mateusz	7881		Senior I M - 20	38	01:35:29	02:47:28.00	02:50:12.55	+01:24:54 (49.9%)	7:58	7.5 (50.7%)
403	LEWANDOWSKI Martin	7120		Masters M - 40	106	01:38:51	02:48:11.60	02:50:14.95	+01:24:56 (49.9%)	8:00	7.5 (50.7%)
404	RUCIŃSKA Wioleta	7024	AKTYWNOŚĆ RODZI POZYTYWNOŚĆ	Senior II K - 30	56	01:33:56	02:47:53.40	02:50:16.75	+01:24:58 (49.9%)	7:59	7.5 (50.7%)
405	KMIECIK Jakub	7949	TARNOWO PODGÓRNE BIEGA /#ZALINIAMETYTEAM	Masters M - 40	107	01:39:02	02:48:43.85	02:50:25.70	+01:25:07 (49.9%)	8:02	7.5 (50.7%)
406	JARZYMOWSKA Iwona	66		Masters K - 40	23	01:40:22	02:48:03.95	02:50:30.85	+01:25:12 (50.0%)	8:00	7.5 (50.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						10.3km	21km	21km			
407	MIEDZIŃSKI Michał	7432	JKS SALAMANDRA	Masters M - 40	108	01:33:22	02:50:25.35	02:50:32.80	+01:25:14 (50.0%)	8:06	7.4 (50.0%)
408	SZUMSKA Anna	7907		Senior II K - 30	57	01:32:06	02:49:31.25	02:50:36.95	+01:25:18 (50.0%)	8:04	7.4 (50.0%)
409	STĘPIEŃ Dorota	7545	MECHANIKA ZDROWIA	Masters K - 40	24	01:35:04	02:50:21.65	02:50:37.85	+01:25:19 (50.0%)	8:06	7.4 (50.0%)
410	HEJNE Agnieszka	47	MISTRZOWSKI_TRENING	Masters K - 40	25	01:34:58	02:50:31.70	02:50:40.45	+01:25:22 (50.0%)	8:07	7.4 (50.0%)
411	SZAŁKOWSKI Mariusz	7454		Weteran I M - 50	33	01:36:35	02:48:16.70	02:50:44.10	+01:25:25 (50.0%)	8:00	7.5 (50.7%)
412	MICHALAK-KLIMCZAK Lucyna	7508		Masters K - 40	26	01:37:29	02:49:13.40	02:50:44.80	+01:25:26 (50.0%)	8:03	7.4 (50.0%)
413	WISZNIEWICZ Piotr	7314	BANA DZIEWIONA	Masters M - 40	109	01:38:48	02:46:24.55	02:50:56.60	+01:25:38 (50.1%)	7:55	7.6 (51.4%)
414	GIMZICKA Ewa	7631		Masters K - 40	27	01:37:17	02:50:05.55	02:50:59.75	+01:25:41 (50.1%)	8:05	7.4 (50.0%)
415	TYCNER Paweł	7342	KURACJUSZE	Senior II M - 30	121	01:35:07	02:47:55.25	02:51:04.05	+01:25:45 (50.1%)	7:59	7.5 (50.7%)
416	CZAJKOWSKI Bartosz	7931		Senior I M - 20	39	01:34:37	02:49:39.85	02:51:20.40	+01:26:02 (50.2%)	8:04	7.4 (50.0%)
417	SZRENIAWA Waldemar	7987	MIRAZ RACE TEAM	Masters M - 40	110	01:42:28	02:48:25.95	02:51:21.10	+01:26:02 (50.2%)	8:01	7.5 (50.7%)
418	LEKI Adriana	7125		Masters K - 40	28	01:37:01	02:50:56.15	02:51:26.45	+01:26:08 (50.2%)	8:08	7.4 (50.0%)
419	SOWIŃSKA Aleksandra	7288	OJ NIEFAJNIE	Senior II K - 30	58	01:35:54	02:48:48.15	02:51:35.05	+01:26:16 (50.3%)	8:02	7.5 (50.7%)
420	RUTKOWSKI Krzysztof	7041	CSAIU	Weteran I M - 50	34	01:37:16	02:51:03.55	02:51:37.85	+01:26:19 (50.3%)	8:08	7.4 (50.0%)
421	ŁUCZKA Jacek	7011	MELON TEAM	Masters M - 40	111	01:32:50	02:50:24.25	02:51:44.00	+01:26:25 (50.3%)	8:06	7.4 (50.0%)
422	MIENS Clement	7403		Senior II M - 30	122	01:31:35	02:51:10.50	02:51:44.70	+01:26:26 (50.3%)	8:09	7.4 (50.0%)
423	MAŚLANKA Łukasz	7801		Senior II M - 30	123	01:38:55	02:51:10.85	02:51:48.40	+01:26:30 (50.3%)	8:09	7.4 (50.0%)
424	NAPIERAŁA Łukasz	7259	KB INTREX	Masters M - 40	112	01:37:24	02:49:29.30	02:51:57.85	+01:26:39 (50.4%)	8:04	7.4 (50.0%)
425	PAWIŃSKI Artur	7667	ADIDAS RUNNERS WARSAW	Masters M - 40	113	01:37:31	02:50:40.25	02:52:02.25	+01:26:44 (50.4%)	8:07	7.4 (50.0%)
426	ZBORALSKA Joanna	7618	TARNOWO PODGÓRNE BIEGA	Masters K - 40	29	01:37:22	02:50:34.90	02:52:18.65	+01:27:00 (50.5%)	8:07	7.4 (50.0%)
427	SAWICKA Zuzanna	7497		Senior II K - 30	59	01:39:42	02:49:02.20	02:52:20.15	+01:27:01 (50.5%)	8:02	7.5 (50.7%)
428	BATOR Michał	7866		Masters M - 40	114	01:39:07	02:52:04.65	02:52:28.85	+01:27:10 (50.5%)	8:11	7.3 (49.3%)
429	GNIEWEK Wiktor	7872		Senior II M - 30	124	01:31:47	02:50:16.90	02:52:29.75	+01:27:11 (50.5%)	8:06	7.4 (50.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						10.3km	21km	21km			
430	MAKAROWSKI Andrzej	7349	SZYBCY I POLICZENI, ENDORFINY WSCHOWA	Masters M - 40	115	01:35:47	02:50:44.75	02:52:30.05	+01:27:11 (50.5%)	8:07	7.4 (50.0%)
431	PIELAK Katarzyna	7428	ZABAWATRWAKWARTA	Masters K - 40	30	01:39:30	02:52:45.20	02:52:45.20	+01:27:27 (50.6%)	8:13	7.3 (49.3%)
432	SŁOWIK Kamila	7090	TRITOGO	Senior II K - 30	60	01:35:27	02:50:21.75	02:52:47.20	+01:27:29 (50.6%)	8:06	7.4 (50.0%)
433	KOZIARA Maciej	7803		Senior II M - 30	125	01:31:45	02:51:01.15	02:52:55.45	+01:27:37 (50.7%)	8:08	7.4 (50.0%)
434	KALLAS Paweł	7812		Senior II M - 30	126	01:32:21	02:51:00.70	02:52:55.75	+01:27:37 (50.7%)	8:08	7.4 (50.0%)
435	KOSTRZEWSKI Maciej	7047		Senior II M - 30	127	01:34:31	02:51:13.00	02:52:58.20	+01:27:40 (50.7%)	8:09	7.4 (50.0%)
436	JURAK Marcin	7467		Masters M - 40	116	01:39:30	02:48:08.25	02:53:04.20	+01:27:46 (50.7%)	8:00	7.5 (50.7%)
437	SARBACZEWSKI Jan	7324	KĘSY TEAM	Senior I M - 20	40	01:37:36	02:51:41.90	02:53:09.70	+01:27:51 (50.7%)	8:10	7.3 (49.3%)
438	WÓJCIK Wiktoria	51		Senior II K - 30	61	01:40:26	02:51:00.00	02:53:15.80	+01:27:57 (50.8%)	8:08	7.4 (50.0%)
439	KOZŁOWSKI Jacek	7328	GUAPA TEAM	Masters M - 40	117	01:35:02	02:50:53.05	02:53:20.55	+01:28:02 (50.8%)	8:08	7.4 (50.0%)
440	PRZYBYLSKI Paweł	7992		Masters M - 40	118	01:35:41	02:51:39.30	02:53:26.60	+01:28:08 (50.8%)	8:10	7.3 (49.3%)
441	GRAMS Klaudia	7636		Senior II K - 30	62	01:39:10	02:50:47.55	02:53:31.50	+01:28:13 (50.8%)	8:07	7.4 (50.0%)
442	KULAKOWSKI Tomasz	7203		Weteran I M - 50	35	01:35:35	02:51:33.10	02:53:32.60	+01:28:14 (50.8%)	8:10	7.3 (49.3%)
443	SZCZERBAL Agnieszka	7399	TKKF MPK POZNAŃ	Masters K - 40	31	01:37:51	02:53:17.30	02:53:36.85	+01:28:18 (50.9%)	8:15	7.3 (49.3%)
444	LIPINA Beata	7870		Masters K - 40	32	01:43:01	02:51:20.85	02:53:37.75	+01:28:19 (50.9%)	8:09	7.4 (50.0%)
445	CIECIOROWSKA Aleksandra	7140	SOBAS TEAM/ DYNAFIT	Senior I K - 20	25	01:33:42	02:53:09.60	02:53:53.60	+01:28:35 (50.9%)	8:14	7.3 (49.3%)
446	MACHULA Anna	7740	OREO TEAM	Senior II K - 30	63	01:40:37	02:50:21.20	02:53:56.75	+01:28:38 (51.0%)	8:06	7.4 (50.0%)
447	MALINGER Patryk	7212	JMP MEDICAL TEAM	Senior II M - 30	128	01:40:35	02:51:59.10	02:53:59.00	+01:28:40 (51.0%)	8:11	7.3 (49.3%)
448	SZMIGIERO Arkadiusz	7198	SPORT GENERATION	Weteran I M - 50	36	01:37:47	02:52:00.15	02:54:00.55	+01:28:42 (51.0%)	8:11	7.3 (49.3%)
449	MARYNIAK Joanna	7745	MATNER RUNNING TEAM	Senior I K - 20	26	01:43:49	02:51:09.55	02:54:06.55	+01:28:48 (51.0%)	8:09	7.4 (50.0%)
450	UCHEREK Kazimierz	7239		Masters M - 40	119	01:35:39	02:53:22.15	02:54:07.05	+01:28:48 (51.0%)	8:15	7.3 (49.3%)
451	DŁUGOSZ Dominik	31	DTR BIEGA/MARIO TEAM	Masters M - 40	120	01:39:22	02:50:41.30	02:54:08.10	+01:28:49 (51.0%)	8:07	7.4 (50.0%)
452	PACZWA Łukasz	7707		Senior II M - 30	129	01:37:35	02:49:47.95	02:54:09.00	+01:28:50 (51.0%)	8:05	7.4 (50.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						10.3km	21km	21km			
453	MORAWSKI Bartosz	7153		Senior II M - 30	130	01:41:31	02:50:20.10	02:54:10.00	+01:28:51 (51.0%)	8:06	7.4 (50.0%)
454	MICHALAK Jacek	7990	OVIME	Masters M - 40	121	01:37:02	02:52:52.85	02:54:11.90	+01:28:53 (51.0%)	8:13	7.3 (49.3%)
455	STROJEC Jakub	21	FORZA WROCŁAW	Senior II M - 30	131	01:39:02	02:51:32.50	02:54:18.30	+01:29:00 (51.1%)	8:10	7.3 (49.3%)
456	KUJACZYŃSKA Iga	7950		Senior II K - 30	64	01:40:55	02:51:06.30	02:54:20.40	+01:29:02 (51.1%)	8:08	7.4 (50.0%)
457	PASZKE Joanna	7799		Senior II K - 30	65	01:40:55	02:51:06.40	02:54:21.10	+01:29:02 (51.1%)	8:08	7.4 (50.0%)
458	STACHURSKA Joanna	7603	KRULE ŻYCIA	Senior II K - 30	66	01:41:29	02:50:16.20	02:54:22.75	+01:29:04 (51.1%)	8:06	7.4 (50.0%)
459	ROSŁON Katarzyna	7751		Senior II K - 30	67	01:37:49	02:54:26.20	02:54:31.20	+01:29:13 (51.1%)	8:18	7.2 (48.6%)
460	MATAK Kinga	7824	ŁASUCH	Senior II K - 30	68	01:37:49	02:54:25.45	02:54:31.30	+01:29:13 (51.1%)	8:18	7.2 (48.6%)
461	MATAK Paweł	7823	ŁASUCH	Senior II M - 30	132	01:37:49	02:54:25.95	02:54:32.05	+01:29:13 (51.1%)	8:18	7.2 (48.6%)
462	STANOSZ Dawid	65		Senior I M - 20	41	01:40:41	02:53:21.85	02:54:33.45	+01:29:15 (51.1%)	8:15	7.3 (49.3%)
463	DREWICZ Karolina	7188		Senior II K - 30	69	01:37:05	02:53:28.95	02:54:42.75	+01:29:24 (51.2%)	8:15	7.3 (49.3%)
464	MAJEWSKI Michał	27		Senior II M - 30	133	01:36:11	02:54:27.90	02:54:43.05	+01:29:24 (51.2%)	8:18	7.2 (48.6%)
465	STYCZEŃ Berenika	7619		Senior I K - 20	27	01:40:40	02:51:10.30	02:54:43.65	+01:29:25 (51.2%)	8:09	7.4 (50.0%)
466	LALEK Anna	7301	EDC.TEAM	Senior II K - 30	70	01:36:53	02:53:53.30	02:55:00.60	+01:29:42 (51.3%)	8:16	7.2 (48.6%)
467	JĘDRZEJEWSKI Mateusz	7359		Senior II M - 30	134	01:37:44	02:52:17.15	02:55:23.90	+01:30:05 (51.4%)	8:12	7.3 (49.3%)
468	MARKIEWICZ Joanna Zuza	7534	PRO366	Masters K - 40	33	01:38:36	02:55:12.60	02:55:30.30	+01:30:12 (51.4%)	8:20	7.2 (48.6%)
469	TRZECIAK Tomasz	7333		Masters M - 40	122	01:36:45	02:53:04.55	02:55:34.70	+01:30:16 (51.4%)	8:14	7.3 (49.3%)
470	LISIECKI Marcin	7085		Senior II M - 30	135	01:29:34	02:54:18.15	02:55:40.65	+01:30:22 (51.4%)	8:18	7.2 (48.6%)
471	JÓZEFIAK Paweł	7985		Senior II M - 30	136	01:40:16	02:53:00.80	02:55:42.35	+01:30:24 (51.5%)	8:14	7.3 (49.3%)
472	KIEPIEL Agata	7665		Senior II K - 30	71	01:40:08	02:53:12.05	02:55:42.50	+01:30:24 (51.5%)	8:14	7.3 (49.3%)
473	KACZMAREK Łukasz	7817		Senior I M - 20	42	01:37:21	02:53:42.90	02:55:58.10	+01:30:39 (51.5%)	8:16	7.3 (49.3%)
474	PŁUCIENNICZAK Bartosz	7634		Senior II M - 30	137	01:39:26	02:52:51.95	02:56:01.20	+01:30:43 (51.5%)	8:13	7.3 (49.3%)
475	HUBSKI Michał	7795	KĘSY TEAM	Senior I M - 20	43	01:36:23	02:53:20.55	02:56:08.95	+01:30:50 (51.6%)	8:15	7.3 (49.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						10.3km	21km	21km			
476	BRUNKE Tomasz	7935		Weteran I M - 50	37	01:39:38	02:52:55.25	02:56:10.30	+01:30:52 (51.6%)	8:14	7.3 (49.3%)
477	ŚWITALSKA Natalia	7233		Senior II K - 30	72	01:43:08	02:54:59.90	02:56:13.60	+01:30:55 (51.6%)	8:19	7.2 (48.6%)
478	KRAWCZYK Oskar	7208	KONKRET TEAM	Senior II M - 30	138	01:35:10	02:56:26.70	02:56:26.70	+01:31:08 (51.7%)	8:24	7.1 (48.0%)
479	DZIEMIANKO Robert	7806	KANDZIABARA	Masters M - 40	123	01:33:28	02:55:46.65	02:56:29.30	+01:31:11 (51.7%)	8:22	7.2 (48.6%)
480	STOBIECKA Marta	7383		Weteran K - 50	3	01:45:05	02:55:13.65	02:56:34.70	+01:31:16 (51.7%)	8:20	7.2 (48.6%)
481	BEDNARZ Marcin	7914		Masters M - 40	124	01:39:57	02:52:25.35	02:56:36.45	+01:31:18 (51.7%)	8:12	7.3 (49.3%)
482	SZNURA Dominik	7572	WI RUN	Senior II M - 30	139	01:35:33	02:55:20.05	02:56:43.50	+01:31:25 (51.7%)	8:20	7.2 (48.6%)
483	SKRZYPCZAK Monika	7525		Senior II K - 30	73	01:46:13	02:54:38.45	02:56:48.10	+01:31:29 (51.8%)	8:18	7.2 (48.6%)
484	MELLER Piotr	7087		Senior II M - 30	140	01:32:38	02:55:21.65	02:56:49.65	+01:31:31 (51.8%)	8:21	7.2 (48.6%)
485	WOZIWODZKI Filip	7418		Masters M - 40	125	01:42:58	02:55:44.65	02:56:50.50	+01:31:32 (51.8%)	8:22	7.2 (48.6%)
486	SUWALSKA Julia	7243		Senior II K - 30	74	01:42:22	02:56:24.10	02:56:59.35	+01:31:41 (51.8%)	8:24	7.1 (48.0%)
487	SOWIŃSKI Konrad	7310	OJ NIEFAJNIE	Senior II M - 30	141	01:36:08	02:54:21.55	02:57:10.95	+01:31:52 (51.9%)	8:18	7.2 (48.6%)
488	KAMIŃSKA Edyta	7141		Senior II K - 30	75	01:38:30	02:56:03.30	02:57:11.60	+01:31:53 (51.9%)	8:23	7.2 (48.6%)
489	KOROŃSKI Tadeusz	7842		Weteran I M - 50	38	01:41:57	02:53:47.60	02:57:12.60	+01:31:54 (51.9%)	8:16	7.3 (49.3%)
490	JABOUR PACH Sylwia	7755		Senior II K - 30	76	01:41:00	02:55:04.25	02:57:25.95	+01:32:07 (51.9%)	8:20	7.2 (48.6%)
491	SZCZOTKA Katarzyna	7190	TRAIL IS OUR WAY	Senior I K - 20	28	01:41:54	02:56:58.85	02:57:27.70	+01:32:09 (51.9%)	8:25	7.1 (48.0%)
492	RUTA Edyta	7528		Senior II K - 30	77	01:41:08	02:57:01.35	02:57:37.70	+01:32:19 (52.0%)	8:25	7.1 (48.0%)
493	KULPA Artur	7877	BUTYMIKADO KUBICE	Weteran I M - 50	39	01:39:33	02:55:23.15	02:57:42.55	+01:32:24 (52.0%)	8:21	7.2 (48.6%)
494	MARKOWSKA-PEREC Magdalena	7936		Masters K - 40	34	01:40:58	02:57:05.25	02:57:42.90	+01:32:24 (52.0%)	8:25	7.1 (48.0%)
495	LIPIŃSKA Olga	7906		Senior II K - 30	78	01:41:01	02:57:06.10	02:57:43.20	+01:32:25 (52.0%)	8:26	7.1 (48.0%)
496	ZIĘBA Anna	7948		Masters K - 40	35	01:43:56	02:56:19.80	02:57:44.00	+01:32:25 (52.0%)	8:23	7.1 (48.0%)
497	JANKOWIAK Krzysztof	7542	OLDBOY	Masters M - 40	126	01:40:30	02:55:35.50	02:57:45.30	+01:32:27 (52.0%)	8:21	7.2 (48.6%)
498	TURCZYŃSKA Monika	7710	MEDYCY W BIEGU	Weteran K - 50	4	01:40:27	02:54:54.45	02:57:48.05	+01:32:29 (52.0%)	8:19	7.2 (48.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
499	OLSCHIMKE- MARMUROWICZ Barbara	7247		Weteran K - 50	5	01:41:13	02:56:31.75	02:57:53.65	+01:32:35 (52.0%)	8:24	7.1 (48.0%)
500	CYBULSKI Dariusz	7254	KB INTREX POZNAŃ	Masters M - 40	127	01:40:48	02:55:41.25	02:57:55.30	+01:32:37 (52.1%)	8:21	7.2 (48.6%)
501	BARTOSIEWICZ Adam	7938		Masters M - 40	128	01:41:28	02:56:12.35	02:58:00.10	+01:32:41 (52.1%)	8:23	7.2 (48.6%)
502	WOJCIECHOWSKI Maciej	7172		Masters M - 40	129	01:38:11	02:57:41.85	02:58:00.25	+01:32:42 (52.1%)	8:27	7.1 (48.0%)
503	BATORSKI Krzysztof	7957		Senior II M - 30	142	01:46:10	02:55:05.30	02:58:10.10	+01:32:51 (52.1%)	8:20	7.2 (48.6%)
504	KOWACZ Agata	7953	SPEEDBAR	Masters K - 40	36	01:42:22	02:56:38.90	02:58:17.60	+01:32:59 (52.2%)	8:24	7.1 (48.0%)
505	SZPAK Michał	7624	ARKADIUSZ GARDZIELEWSKI RUNNING TEAM	Masters M - 40	130	01:38:33	02:57:04.15	02:58:24.35	+01:33:06 (52.2%)	8:25	7.1 (48.0%)
506	BUGAJCZYK Cezary	7561	SPARTA LUBLIN	Masters M - 40	131	01:41:24	02:55:31.90	02:58:35.50	+01:33:17 (52.2%)	8:21	7.2 (48.6%)
507	KOSEK Mateusz	7261	SPINKO LESZNO	Senior II M - 30	143	01:37:06	02:57:46.50	02:58:43.40	+01:33:25 (52.3%)	8:27	7.1 (48.0%)
508	ŻUREK Damian	75	SPINKO LESZNO	Masters M - 40	132	01:37:27	02:57:45.55	02:58:43.60	+01:33:25 (52.3%)	8:27	7.1 (48.0%)
509	PIETRYGAŁA Robert	7094	-	Masters M - 40	133	01:36:42	02:57:41.90	02:58:48.50	+01:33:30 (52.3%)	8:27	7.1 (48.0%)
510	BOGUSZ Marek	7352	WALKA KOSTRZYN	Weteran II M - 60	5	01:40:17	02:57:52.00	02:58:51.40	+01:33:33 (52.3%)	8:28	7.1 (48.0%)
511	BOROWSKA Iga	7068		Senior I K - 20	29	01:40:31	02:57:40.00	02:58:55.35	+01:33:37 (52.3%)	8:27	7.1 (48.0%)
512	CZARNACKA Antonina	7723		Senior I K - 20	30	01:41:00	02:57:05.45	02:59:05.00	+01:33:46 (52.4%)	8:25	7.1 (48.0%)
513	DĄBROWSKA Iwona	7281		Senior II K - 30	79	01:44:55	02:56:36.00	02:59:11.10	+01:33:52 (52.4%)	8:24	7.1 (48.0%)
514	LUBAŃSKA Alicja	7404	DTR BIEGA / MARIO TEAM	Weteran K - 50	6	01:42:19	02:58:55.35	02:59:13.75	+01:33:55 (52.4%)	8:31	7 (47.3%)
515	JOŃCZYK Patryk	7275	TUPTUP	Senior I M - 20	44	01:42:36	02:57:49.55	02:59:16.10	+01:33:57 (52.4%)	8:28	7.1 (48.0%)
516	WŁODARCZYK Małgorzata	7704	TYLKO MENTAL!	Senior I K - 20	31	01:44:29	02:58:31.00	02:59:17.35	+01:33:59 (52.4%)	8:30	7.1 (48.0%)
517	BELICA Daniel	7003		Masters M - 40	134	01:43:07	02:57:50.15	02:59:26.40	+01:34:08 (52.5%)	8:28	7.1 (48.0%)
518	ZAWODNIAK Wojciech	7468	TRITON KONIN	Weteran I M - 50	40	01:40:40	02:57:29.05	02:59:34.95	+01:34:16 (52.5%)	8:27	7.1 (48.0%)
519	PANEK Agata	7972		Masters K - 40	37	01:40:23	02:56:36.25	02:59:36.15	+01:34:17 (52.5%)	8:24	7.1 (48.0%)
520	SOCHACKI Mariusz	7973		Masters M - 40	135	01:40:23	02:56:36.60	02:59:36.45	+01:34:18 (52.5%)	8:24	7.1 (48.0%)
521	ADAMCZAK Małgorzata	7477		Weteran K - 50	7	01:47:50	02:55:48.80	02:59:40.60	+01:34:22 (52.5%)	8:22	7.2 (48.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						10.3km	21km	21km			
522	CZARNOTA Dariusz	7764		Weteran I M - 50	41	01:44:22	02:56:17.40	02:59:45.25	+01:34:27 (52.5%)	8:23	7.1 (48.0%)
523	MICHALAK Adrian	7309		Senior II M - 30	144	01:42:46	02:59:38.00	02:59:46.40	+01:34:28 (52.5%)	8:33	7 (47.3%)
524	ŁESEJKO Edyta	7868		Masters K - 40	38	01:35:58	02:57:11.05	03:00:03.80	+01:34:45 (52.6%)	8:26	7.1 (48.0%)
525	LEWANDOWSKI Patryk	7845		Senior II M - 30	145	01:40:40	02:56:25.40	03:00:04.10	+01:34:45 (52.6%)	8:24	7.1 (48.0%)
526	SOSIŃSKI Tomasz	7557		Masters M - 40	136	01:37:16	02:58:29.55	03:00:12.45	+01:34:54 (52.7%)	8:29	7.1 (48.0%)
527	BEŁDOWSKA Beata	7511	FUDU&SPORT.TEAM	Weteran K - 50	8	01:44:07	02:59:05.75	03:00:27.05	+01:35:08 (52.7%)	8:31	7 (47.3%)
528	KACZMARCZYK Łukasz	7283	TOROS DE ESPANA	Masters M - 40	137	01:37:38	02:58:38.30	03:00:29.55	+01:35:11 (52.7%)	8:30	7.1 (48.0%)
529	KOZŁOWSKI Krzysztof	7838	RUNCROSS ROZGARTY	Senior II M - 30	146	01:40:45	02:57:08.45	03:00:30.60	+01:35:12 (52.7%)	8:26	7.1 (48.0%)
530	CZAPIK Marta	7856	LEGALNA MARTA	Senior II K - 30	80	01:38:48	02:59:55.35	03:00:40.95	+01:35:22 (52.8%)	8:34	7 (47.3%)
531	KOZŁEWSKA Beata	7963	GÓRYLASY	Weteran K - 50	9	01:42:04	02:58:36.15	03:00:48.60	+01:35:30 (52.8%)	8:30	7.1 (48.0%)
532	MALIK Agnieszka	7737		Masters K - 40	39	01:41:38	02:58:10.30	03:00:48.95	+01:35:30 (52.8%)	8:29	7.1 (48.0%)
533	ZWIERZCHOWSKI Andrzej	7350		Weteran I M - 50	42	01:39:50	02:56:24.35	03:00:52.60	+01:35:34 (52.8%)	8:24	7.1 (48.0%)
534	JURCZYK Anna	7762		Senior II K - 30	81	01:43:38	02:57:20.55	03:00:53.30	+01:35:35 (52.8%)	8:26	7.1 (48.0%)
535	KĘSY Ania	7289	KĘSY TEAM	Weteran K - 50	10	01:48:01	02:57:10.80	03:00:57.00	+01:35:38 (52.9%)	8:26	7.1 (48.0%)
536	JASKÓLSKA Joanna	7683	ZWIADOWCY	Masters K - 40	40	01:41:17	02:57:40.35	03:00:57.20	+01:35:39 (52.9%)	8:27	7.1 (48.0%)
537	BUJAK Paweł	7573	WI RUN	Senior II M - 30	147	01:39:24	02:59:38.85	03:01:03.20	+01:35:45 (52.9%)	8:33	7 (47.3%)
538	JELEŃ Julia	7022	EUFORIA BIEGACZA TEAM	Senior I K - 20	32	01:40:17	02:59:31.60	03:01:09.90	+01:35:51 (52.9%)	8:32	7 (47.3%)
539	NESTEROVA Ekaterina	7460	RUN LIKE A GIRL	Masters K - 40	41	01:44:22	02:59:29.35	03:01:49.30	+01:36:31 (53.1%)	8:32	7 (47.3%)
540	STROIŃSKA Iwona	7138	LESZ NO LIMITS RUNNERS	Masters K - 40	42	01:42:44	03:00:25.70	03:01:53.25	+01:36:35 (53.1%)	8:35	7 (47.3%)
541	PTAK Zuza	7651		Masters K - 40	43	01:37:26	02:59:01.65	03:02:06.65	+01:36:48 (53.2%)	8:31	7 (47.3%)
542	WŁODARSKI Sławomir	7655	BLUE BIRDS RUN	Masters M - 40	138	01:32:03	02:59:26.45	03:02:07.25	+01:36:49 (53.2%)	8:32	7 (47.3%)
543	KOŚMICKA Natalia	7028	KĘSY TEAM	Masters K - 40	44	01:48:01	02:58:32.50	03:02:19.00	+01:37:00 (53.2%)	8:30	7.1 (48.0%)
544	KASTELIK Ana	7697		Senior II K - 30	82	01:43:58	03:01:45.45	03:02:19.25	+01:37:01 (53.2%)	8:39	6.9 (46.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						10.3km	21km	21km			
545	DROZDOWSKI Mateusz	7466		Senior I M - 20	45	01:39:29	02:57:38.20	03:02:33.90	+01:37:15 (53.3%)	8:27	7.1 (48.0%)
546	WYBRANIEC Tomasz	7313		Masters M - 40	139	01:42:08	02:58:15.50	03:02:47.10	+01:37:28 (53.3%)	8:29	7.1 (48.0%)
547	WOJCIESZAK Dominika	7183		Senior II K - 30	83	01:39:54	03:02:05.55	03:02:47.55	+01:37:29 (53.3%)	8:40	6.9 (46.6%)
547	WOJCIESZAK Maciej	7149		Senior II M - 30	148	01:40:09	03:02:06.25	03:02:47.55	+01:37:29 (53.3%)	8:40	6.9 (46.6%)
549	ŚWIETLICKA Justyna	7185		Senior I K - 20	33	01:45:57	03:00:28.65	03:02:51.70	+01:37:33 (53.4%)	8:35	7 (47.3%)
550	DIUWE Marzena	7423	PASTERKA PANY	Senior II K - 30	84	01:47:57	03:03:08.15	03:03:08.15	+01:37:49 (53.4%)	8:43	6.9 (46.6%)
551	JEDRYAS-SAMOLEJ Agata	7659	BLUE BIRDS RUN	Weteran K - 50	11	01:45:31	03:00:34.30	03:03:19.80	+01:38:01 (53.5%)	8:35	7 (47.3%)
552	KACZMARCZYK Mariusz	7396	REXER	Weteran I M - 50	43	01:41:59	03:00:55.00	03:03:20.25	+01:38:02 (53.5%)	8:36	7 (47.3%)
553	MIERNIK Marzena	7429	KS DALIN MYŚLENICE SEKCJA BIEGOWA	Weteran K - 50	12	01:44:15	02:59:40.85	03:03:20.60	+01:38:02 (53.5%)	8:33	7 (47.3%)
554	MENTEL Monika	7598		Senior II K - 30	85	01:41:16	03:01:39.70	03:03:28.55	+01:38:10 (53.5%)	8:39	6.9 (46.6%)
555	BARTOSIEWICZ Gosia	7502		Masters K - 40	45	01:44:11	03:00:59.30	03:03:28.60	+01:38:10 (53.5%)	8:37	7 (47.3%)
556	BANACH Tomasz	7307	OJ NIEFAJNIE	Weteran II M - 60	6	01:35:59	03:00:45.25	03:03:31.55	+01:38:13 (53.5%)	8:36	7 (47.3%)
557	JURKIEWICZ Dominika	7693	MOCNA GRUPA CEZARA	Senior II K - 30	86	01:48:07	02:59:37.15	03:03:33.40	+01:38:15 (53.5%)	8:33	7 (47.3%)
558	KRZYSZTOŃ Grzegorz	7754		Weteran I M - 50	44	01:44:02	03:01:08.30	03:03:34.40	+01:38:16 (53.5%)	8:37	7 (47.3%)
559	RATAJCZYK Dominika	7672		Senior I K - 20	34	01:45:31	03:00:51.40	03:03:34.60	+01:38:16 (53.5%)	8:36	7 (47.3%)
560	GAŚSIOR Justyna	7378	MATNER RUNNING TEAM	Senior II K - 30	87	01:50:29	03:00:15.50	03:03:35.70	+01:38:17 (53.5%)	8:35	7 (47.3%)
561	ŚLEDZIEWSKI Marcin	7493		Masters M - 40	140	01:40:02	03:00:54.15	03:03:50.40	+01:38:32 (53.6%)	8:36	7 (47.3%)
562	KOCJAN Elżbieta	7158		Senior II K - 30	88	01:42:21	03:01:03.65	03:04:01.20	+01:38:43 (53.6%)	8:37	7 (47.3%)
563	JAGIELSKI Paweł	7225		Weteran I M - 50	45	01:47:39	02:59:35.35	03:04:02.20	+01:38:44 (53.6%)	8:33	7 (47.3%)
564	GRZELKA Tomasz	7781		Masters M - 40	141	01:41:23	03:02:00.00	03:04:10.70	+01:38:52 (53.7%)	8:40	6.9 (46.6%)
565	LEHMANN Mariusz	7005		Senior II M - 30	149	01:42:31	03:02:41.60	03:04:16.80	+01:38:58 (53.7%)	8:41	6.9 (46.6%)
566	MACIBOCH Paulina	7445		Senior II K - 30	89	01:45:29	03:00:23.90	03:04:21.10	+01:39:02 (53.7%)	8:35	7 (47.3%)
567	WÓJCICKI Wojciech	7810		Senior II M - 30	150	01:43:39	03:00:51.60	03:04:23.40	+01:39:05 (53.7%)	8:36	7 (47.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						10.3km	21km	21km			
568	PIOTROWSKI Łukasz	36		Senior II M - 30	151	01:40:54	03:00:07.80	03:04:47.25	+01:39:29 (53.8%)	8:34	7 (47.3%)
569	CYNARSKI Roland	7961	HAPPY RUNNERS	Masters M - 40	142	01:45:11	03:01:39.85	03:04:50.70	+01:39:32 (53.9%)	8:39	6.9 (46.6%)
570	PASHUTA Tatsiana	7459	PRO_RUN	Masters K - 40	46	01:44:22	03:02:35.70	03:04:55.15	+01:39:36 (53.9%)	8:41	6.9 (46.6%)
571	DERBICH Mariusz	7595	DMG MORI POLAND	Masters M - 40	143	01:45:24	03:00:56.85	03:05:01.50	+01:39:43 (53.9%)	8:36	7 (47.3%)
572	LACKORZYNSKA Malgorzata	7771		Masters K - 40	47	01:46:51	03:05:10.30	03:05:10.30	+01:39:52 (53.9%)	8:49	6.8 (45.9%)
573	BORKOWSKI Marcel	7448		Senior II M - 30	152	01:40:55	03:01:52.45	03:05:28.45	+01:40:10 (54.0%)	8:39	6.9 (46.6%)
574	SARBACZEWSKI Sebastian	7040	KĘSY TEAM	Masters M - 40	144	01:41:05	03:04:03.70	03:05:32.10	+01:40:13 (54.0%)	8:45	6.8 (45.9%)
575	SZYMAŁA Karolina	7969		Senior I K - 20	35	01:47:09	03:03:14.10	03:05:42.35	+01:40:24 (54.1%)	8:43	6.9 (46.6%)
576	KROSZKA Krzysztof	7111		Weteran I M - 50	46	01:43:38	03:05:20.70	03:05:42.60	+01:40:24 (54.1%)	8:49	6.8 (45.9%)
577	PRĘGOWSKA Katarzyna	7580	VEGE RUNNERS / STARE BABICE BIEGAJĄ	Masters K - 40	48	01:47:33	03:01:37.70	03:05:50.35	+01:40:32 (54.1%)	8:38	6.9 (46.6%)
578	SZYDEK Artur	7583	FERAL CATS HUCISKO TEAM	Senior II M - 30	153	01:49:02	03:03:08.80	03:05:51.00	+01:40:32 (54.1%)	8:43	6.9 (46.6%)
579	CORVINO Alessandro	7648	BLUE BIRDS RUN	Masters M - 40	145	01:45:33	03:03:12.10	03:05:56.90	+01:40:38 (54.1%)	8:43	6.9 (46.6%)
580	GAJEWSKA Renata	7139	MOCNA GRUPA CEZARA	Senior II K - 30	90	01:49:43	03:02:11.15	03:06:07.45	+01:40:49 (54.2%)	8:40	6.9 (46.6%)
581	SKIBA Łukasz	7317	SPINKO LESZNO	Senior II M - 30	154	01:40:55	03:04:28.75	03:06:18.45	+01:41:00 (54.2%)	8:47	6.8 (45.9%)
582	JAWORSKI Wojciech	7234	STR	Weteran I M - 50	47	01:44:03	03:05:17.40	03:06:28.00	+01:41:09 (54.3%)	8:49	6.8 (45.9%)
583	SZAFER Andrzej	7401		Masters M - 40	146	01:38:49	03:04:36.45	03:06:32.35	+01:41:14 (54.3%)	8:47	6.8 (45.9%)
584	IGNASZAK Anna	7978		Senior II K - 30	91	01:44:35	03:03:37.80	03:06:43.65	+01:41:25 (54.3%)	8:44	6.9 (46.6%)
585	WALCZAK Magdalena	7715		Masters K - 40	49	01:44:36	03:03:37.80	03:06:43.95	+01:41:25 (54.3%)	8:44	6.9 (46.6%)
586	DARŁAK Joanna	7825		Senior II K - 30	92	01:42:37	03:02:12.60	03:06:45.40	+01:41:27 (54.3%)	8:40	6.9 (46.6%)
587	KUŹMIŃSKI Grzegorz	7135		Senior II M - 30	155	01:42:23	03:03:09.25	03:06:50.25	+01:41:32 (54.3%)	8:43	6.9 (46.6%)
588	KUŹMIŃSKA Anna	7117		Senior II K - 30	93	01:42:21	03:03:09.90	03:06:50.55	+01:41:32 (54.3%)	8:43	6.9 (46.6%)
589	MALIBORSKA Oliwia	7496		Senior II K - 30	94	01:48:36	03:03:34.85	03:06:52.60	+01:41:34 (54.4%)	8:44	6.9 (46.6%)
590	GWIOŹDZIK Sławek	7148	ING BANK ŚLĄSKI	Weteran I M - 50	48	01:36:14	03:06:59.70	03:06:59.70	+01:41:41 (54.4%)	8:54	6.7 (45.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						10.3km	21km	21km			
591	WASILEWSKA - MICHALAK Agata	7738	AKADEMIA MISTRZÓW SPORTU	Masters K - 40	50	01:44:00	03:02:44.75	03:07:03.35	+01:41:45 (54.4%)	8:42	6.9 (46.6%)
592	ZIELINSKI Krystian	7688	IFA POWERTRAIN SPORT TEAM	Masters M - 40	147	01:42:42	03:05:34.00	03:07:05.90	+01:41:47 (54.4%)	8:50	6.8 (45.9%)
593	GAJOWCZYK Marta	7685		Senior II K - 30	95	01:39:01	03:06:14.80	03:07:10.60	+01:41:52 (54.4%)	8:52	6.8 (45.9%)
594	JANKOWSKA Marta	7717	CAŁA OLEŚNICA BIEGA	Masters K - 40	51	01:45:16	03:05:44.35	03:07:13.60	+01:41:55 (54.4%)	8:50	6.8 (45.9%)
595	WILCZEWSKA Monika	7053	SĄ WOLNIEJSI	Masters K - 40	52	01:51:17	03:04:41.70	03:07:33.05	+01:42:14 (54.5%)	8:47	6.8 (45.9%)
596	BRONIEWICZ Dariusz	7695	ENDORFINY WĄSOSZ	Masters M - 40	148	01:36:03	03:06:10.85	03:07:33.50	+01:42:15 (54.5%)	8:51	6.8 (45.9%)
597	GRUSZECKA Olga	7839	TRITON KONIN	Senior I K - 20	36	01:47:52	03:04:01.40	03:07:33.65	+01:42:15 (54.5%)	8:45	6.8 (45.9%)
598	KOWALCZYK-BARTKOWIAK Agnieszka	7708		Senior II K - 30	96	01:47:54	03:04:01.20	03:07:33.95	+01:42:15 (54.5%)	8:45	6.8 (45.9%)
599	DANKOWSKI Bartosz	7553	ENDORFINY WĄSOSZ	Masters M - 40	149	01:39:38	03:06:11.90	03:07:34.70	+01:42:16 (54.5%)	8:51	6.8 (45.9%)
600	HUTNIK Wojciech	7	KOL WROCŁAW	Senior II M - 30	156	01:44:07	03:03:19.85	03:07:34.75	+01:42:16 (54.5%)	8:43	6.9 (46.6%)
601	MALINOWSKA Jadwiga	7213	MATNER RUNNING TEAM	Senior II K - 30	97	01:50:31	03:04:16.75	03:07:37.15	+01:42:18 (54.5%)	8:46	6.8 (45.9%)
602	GRABOWSKA Karolina	7998	KLUB WYSOKOGÓRSKI TRÓJMIASTO	Masters K - 40	53	01:40:27	03:03:58.60	03:07:37.80	+01:42:19 (54.5%)	8:45	6.8 (45.9%)
603	WĘGRZYN Justyna	7106	MOCNA GRUPA CEZARA	Masters K - 40	54	01:52:25	03:06:25.10	03:07:42.10	+01:42:23 (54.6%)	8:52	6.8 (45.9%)
604	KOTARSKI Michał	7002		Masters M - 40	150	01:48:58	03:05:13.10	03:07:43.45	+01:42:25 (54.6%)	8:49	6.8 (45.9%)
605	ZAWADZKI Piotr	7142		Masters M - 40	151	01:42:20	03:05:41.60	03:07:48.20	+01:42:30 (54.6%)	8:50	6.8 (45.9%)
606	SZYMAŃSKI Jarosław	7021		Senior I M - 20	46	01:48:43	03:04:26.65	03:08:14.05	+01:42:55 (54.7%)	8:46	6.8 (45.9%)
607	WIJATYK Adam	7887		Senior II M - 30	157	01:51:48	03:06:24.45	03:08:14.50	+01:42:56 (54.7%)	8:52	6.8 (45.9%)
608	DŁUGOSZEWSKI Krzysztof	7456	WARCHLAK RUNNING TEAM	Senior II M - 30	158	01:40:33	03:06:55.75	03:08:16.75	+01:42:58 (54.7%)	8:54	6.7 (45.3%)
609	STAMM Paulina	7637	PRO 366	Weteran K - 50	13	01:49:34	03:08:03.50	03:08:19.70	+01:43:01 (54.7%)	8:57	6.7 (45.3%)
610	SŁOMKA Mariusz	7020		Masters M - 40	152	01:48:58	03:06:27.75	03:08:21.15	+01:43:02 (54.7%)	8:52	6.8 (45.9%)
611	MIELCARSKA Marcelina	7412		Senior I K - 20	37	01:50:50	03:05:23.90	03:08:26.40	+01:43:08 (54.7%)	8:49	6.8 (45.9%)
612	STĘPIEŃ-MŁOT Aneta	7774		Senior II K - 30	98	01:45:57	03:05:06.05	03:08:29.30	+01:43:11 (54.7%)	8:48	6.8 (45.9%)
613	DUNAJKO Marta	7929		Senior II K - 30	99	01:49:03	03:05:18.55	03:08:30.25	+01:43:12 (54.7%)	8:49	6.8 (45.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						10.3km	21km	21km			
614	STOLTMANN Paweł	7968	MOCNA GRUPA CEZARA	Senior II M - 30	159	01:52:15	03:04:45.40	03:08:44.85	+01:43:26 (54.8%)	8:47	6.8 (45.9%)
615	ŚMIAŁEK Filip	7036	NKB CHYŻY NOWY TOMYŚL	Senior I M - 20	47	01:48:25	03:05:24.20	03:08:49.50	+01:43:31 (54.8%)	8:49	6.8 (45.9%)
616	MUSIALSKA Anna	7285	PIĄTKOWO NA BIEGOWO	Masters K - 40	55	01:48:05	03:07:40.30	03:09:11.95	+01:43:53 (54.9%)	8:56	6.7 (45.3%)
617	WALICKI Marcin	7045		Senior II M - 30	160	01:45:04	03:06:37.20	03:09:13.70	+01:43:55 (54.9%)	8:53	6.8 (45.9%)
618	SULIMA Marta	7499		Senior I K - 20	38	01:48:17	03:05:39.15	03:09:29.80	+01:44:11 (55.0%)	8:50	6.8 (45.9%)
619	SAMOREK Karolina	56	PRO-RUN WROCŁAW	Senior II K - 30	100	01:49:34	03:05:27.25	03:09:32.10	+01:44:13 (55.0%)	8:49	6.8 (45.9%)
620	SOKALSKI Krzysztof	7420	TRIATHLETICTEAM	Masters M - 40	153	01:44:00	03:07:25.05	03:09:33.80	+01:44:15 (55.0%)	8:55	6.7 (45.3%)
621	JASTRZĘBSKA Monika	7205	BBL LASY BOGDANIEC	Masters K - 40	56	01:45:54	03:08:27.30	03:09:43.45	+01:44:25 (55.0%)	8:58	6.7 (45.3%)
622	TROFIKOVA Victoria	7388	RUNNING RED SQUIRREL	Senior II K - 30	101	01:52:05	03:06:07.55	03:10:13.10	+01:44:54 (55.2%)	8:51	6.8 (45.9%)
623	SKORUPSKI Mateusz	43	CZELADNIK KURACJUSZY	Senior II M - 30	161	01:41:58	03:07:41.15	03:10:31.45	+01:45:13 (55.2%)	8:56	6.7 (45.3%)
624	ZACZEK Przemysław	7368		Masters M - 40	154	01:45:08	03:08:01.50	03:10:33.10	+01:45:14 (55.2%)	8:57	6.7 (45.3%)
625	KRÓL Hubert	7018		Masters M - 40	155	01:45:20	03:06:39.00	03:10:42.60	+01:45:24 (55.3%)	8:53	6.8 (45.9%)
626	CIECIELĄG Piotr	7630		Weteran I M - 50	49	01:47:39	03:06:19.90	03:10:45.20	+01:45:27 (55.3%)	8:52	6.8 (45.9%)
627	STACHURSKA Marta	7487		Senior II K - 30	102	01:47:24	03:09:03.35	03:10:57.35	+01:45:39 (55.3%)	9:00	6.7 (45.3%)
628	GINTER Aleksandra	7486		Senior II K - 30	103	01:47:26	03:09:04.25	03:10:57.85	+01:45:39 (55.3%)	9:00	6.7 (45.3%)
629	WAŚ Konrad	7970	GR22	Senior II M - 30	162	01:41:59	03:07:43.45	03:10:58.45	+01:45:40 (55.3%)	8:56	6.7 (45.3%)
630	GRZEGORZEWSKI Radosław	7787		Senior II M - 30	163	01:41:59	03:07:43.75	03:10:58.65	+01:45:40 (55.3%)	8:56	6.7 (45.3%)
631	WASZAK Rafał	7522		Senior II M - 30	164	01:46:15	03:09:04.20	03:11:13.90	+01:45:55 (55.4%)	9:00	6.7 (45.3%)
632	DUBICKA Karolina	7660	KURDE BIEGNE	Senior I K - 20	39	01:41:58	03:10:22.70	03:11:16.50	+01:45:58 (55.4%)	9:03	6.6 (44.6%)
633	WODZYŃSKA Paula	7345	BIEGNIEMY DLA HANI	Senior II K - 30	104	01:51:34	03:07:03.95	03:11:19.00	+01:46:00 (55.4%)	8:54	6.7 (45.3%)
634	MARCISZ Karol	7642	KROTOSZYŃSKA GRUPA BIEGOWA	Masters M - 40	156	01:45:50	03:07:59.40	03:11:26.30	+01:46:08 (55.4%)	8:57	6.7 (45.3%)
635	STRONCIWILK Karolina	7956		Senior II K - 30	105	01:46:21	03:09:56.70	03:11:32.10	+01:46:13 (55.5%)	9:02	6.6 (44.6%)
636	ZDUN Jacek	32		Senior II M - 30	165	01:41:46	03:08:14.85	03:11:45.85	+01:46:27 (55.5%)	8:57	6.7 (45.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						10.3km	21km	21km			
637	ZDUN Anita	7160	KB HARCOWNIK JELCZ-LASKOWICE	Senior II K - 30	106	01:41:50	03:08:15.25	03:11:46.15	+01:46:27 (55.5%)	8:57	6.7 (45.3%)
638	CHANCEREL Stephane	7999		Weteran I M - 50	50	01:41:12	03:08:16.75	03:11:46.75	+01:46:28 (55.5%)	8:57	6.7 (45.3%)
639	PASŁAWSKA Olga	7807		Masters K - 40	57	01:49:57	03:10:05.20	03:11:48.20	+01:46:30 (55.5%)	9:03	6.6 (44.6%)
640	OLEKSY Beata	7988	PODARCZE	Senior I K - 20	40	01:50:33	03:08:26.75	03:11:50.15	+01:46:31 (55.5%)	8:58	6.7 (45.3%)
641	ADAMCZYK Grzegorz	7524	KSW TEAM POLICE	Weteran I M - 50	51	01:49:37	03:09:27.05	03:11:51.70	+01:46:33 (55.5%)	9:01	6.7 (45.3%)
642	KLUGIEWICZ Michał	7037	NKB CHYŻY NOWY TOMYŚL	Senior I M - 20	48	01:45:56	03:08:27.50	03:11:53.20	+01:46:35 (55.5%)	8:58	6.7 (45.3%)
643	DWORAK Sabrina	7354		Senior II K - 30	107	01:49:36	03:09:23.55	03:11:54.60	+01:46:36 (55.6%)	9:01	6.7 (45.3%)
644	GOSTYŃSKA Beata	7549	DZIKI Z POLANKI	Masters K - 40	58	01:47:47	03:10:06.25	03:12:10.75	+01:46:52 (55.6%)	9:03	6.6 (44.6%)
645	KUMOR Weronika	7536		Masters K - 40	59	01:49:36	03:10:18.30	03:12:11.70	+01:46:53 (55.6%)	9:03	6.6 (44.6%)
646	SYPNIEWSKI Rafał	8		Masters M - 40	157	01:49:36	03:10:16.20	03:12:11.85	+01:46:53 (55.6%)	9:03	6.6 (44.6%)
647	BERNADZIKOWSKI Michał	7858		Masters M - 40	158	01:49:59	03:10:55.95	03:12:40.25	+01:47:22 (55.7%)	9:05	6.6 (44.6%)
648	MAŁEK-BERNADZIKOWSKA Marta	7387		Masters K - 40	60	01:50:09	03:10:57.55	03:12:40.65	+01:47:22 (55.7%)	9:05	6.6 (44.6%)
649	IWASZCZYSZYN Joachim	7955		Senior II M - 30	166	01:38:13	03:08:06.55	03:12:41.15	+01:47:22 (55.7%)	8:57	6.7 (45.3%)
650	BAJOŁEK Aleksandra	28	AZS AWF KRAKÓW MASTERS	Weteran K - 50	14	01:52:04	03:11:28.35	03:13:01.35	+01:47:43 (55.8%)	9:07	6.6 (44.6%)
651	SIEMIŃSKA Marta	7777		Masters K - 40	61	01:44:26	03:11:45.00	03:13:11.30	+01:47:53 (55.8%)	9:07	6.6 (44.6%)
652	TYLKA Gosia	7269		Senior II K - 30	108	01:51:38	03:10:31.30	03:13:17.90	+01:47:59 (55.9%)	9:04	6.6 (44.6%)
653	GRUETZMACHER Katarzyna	11		Senior II K - 30	109	01:48:07	03:13:14.05	03:13:20.90	+01:48:02 (55.9%)	9:12	6.5 (43.9%)
654	BUKOWSKA Katarzyna	7177		Senior II K - 30	110	01:48:35	03:10:36.15	03:13:49.65	+01:48:31 (56.0%)	9:04	6.6 (44.6%)
655	RATAJCZAK Tomasz	7306	FEHLAU RUN TEAM	Senior II M - 30	167	01:44:41	03:11:01.55	03:13:54.25	+01:48:36 (56.0%)	9:05	6.6 (44.6%)
656	JANCZAK Martyna	7176	FEHLAU RUN TEAM	Senior II K - 30	111	01:44:40	03:11:01.80	03:13:54.55	+01:48:36 (56.0%)	9:05	6.6 (44.6%)
657	NELKE Tomasz	7995		Masters M - 40	159	01:51:25	03:09:29.95	03:13:55.95	+01:48:37 (56.0%)	9:01	6.6 (44.6%)
658	RYBARCZYK-DOMBKA Agnieszka	7991		Masters K - 40	62	01:51:26	03:09:30.00	03:13:56.55	+01:48:38 (56.0%)	9:01	6.6 (44.6%)
659	WASILEWSKA Paulina	7719		Senior II K - 30	112	01:51:17	03:09:40.45	03:14:03.70	+01:48:45 (56.0%)	9:01	6.6 (44.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						10.3km	21km	21km			
660	CIEŚLA Ewa	7550		Masters K - 40	63	01:50:00	03:10:20.60	03:14:03.90	+01:48:45 (56.0%)	9:03	6.6 (44.6%)
661	MISIAK Michał	7253	KB INTREX	Senior II M - 30	168	01:42:28	03:11:36.15	03:14:05.00	+01:48:46 (56.0%)	9:07	6.6 (44.6%)
662	SOBKOWIAK Renata	7982	WALKA KOSTRZYN	Senior II K - 30	113	01:55:18	03:13:13.45	03:14:11.70	+01:48:53 (56.1%)	9:12	6.5 (43.9%)
663	LEMBOWICZ Grzegorz	7133	JESTEM OD ROMKA	Masters M - 40	160	01:55:16	03:13:13.10	03:14:12.10	+01:48:53 (56.1%)	9:12	6.5 (43.9%)
664	KOZAKIEWICZ Tomasz	7879		Masters M - 40	161	01:52:04	03:10:13.70	03:14:21.60	+01:49:03 (56.1%)	9:03	6.6 (44.6%)
665	GÓRNA Małgorzata	7118		Senior II K - 30	114	01:53:09	03:13:20.15	03:14:33.50	+01:49:15 (56.2%)	9:12	6.5 (43.9%)
666	WOŁOS Agnieszka	7480		Senior II K - 30	115	01:48:40	03:12:55.60	03:14:38.00	+01:49:19 (56.2%)	9:11	6.5 (43.9%)
667	BRZEZIŃSKI Andrzej	7438	LANRUNS	Weteran II M - 60	7	01:42:26	03:14:36.25	03:14:41.50	+01:49:23 (56.2%)	9:16	6.5 (43.9%)
668	WOŁOCH Dawid	7640	IFA POWERTRAIN SPORT TEAM	Senior II M - 30	169	01:48:02	03:10:42.85	03:14:46.20	+01:49:28 (56.2%)	9:04	6.6 (44.6%)
669	ZIMOŃCZYK Agata	7336	ACCENTURE	Senior II K - 30	116	01:54:43	03:13:50.45	03:14:52.50	+01:49:34 (56.2%)	9:13	6.5 (43.9%)
670	SANKOWSKA Krzysztofa	7986		Senior I K - 20	41	01:52:40	03:13:53.75	03:15:04.25	+01:49:46 (56.3%)	9:13	6.5 (43.9%)
671	MISIAK Ula	7417		Senior II K - 30	117	01:51:54	03:13:35.50	03:15:14.60	+01:49:56 (56.3%)	9:13	6.5 (43.9%)
672	OZIMINA Hubert	7155	OBORYGENI	Masters M - 40	162	01:52:02	03:13:08.25	03:15:30.20	+01:50:12 (56.4%)	9:11	6.5 (43.9%)
673	STEFANOWICZ Maciej	7267	KB INTREX POZNAŃ	Senior II M - 30	170	01:45:17	03:13:07.50	03:15:38.80	+01:50:20 (56.4%)	9:11	6.5 (43.9%)
674	PRZETAK Anna	7594	FERAL CATS HUCISKO TEAM	Senior I K - 20	42	01:49:03	03:13:01.35	03:15:42.75	+01:50:24 (56.4%)	9:11	6.5 (43.9%)
675	BILSKI Przemysław	7579		Senior II M - 30	171	01:45:50	03:13:49.60	03:15:50.75	+01:50:32 (56.4%)	9:13	6.5 (43.9%)
676	MAŚNICKA Magda	7736	GÓRSKIE BIEGUSIE	Senior I K - 20	43	01:46:14	03:15:37.25	03:15:52.50	+01:50:34 (56.5%)	9:18	6.4 (43.2%)
677	OLSZEWSKI Jacek	7698		Masters M - 40	163	01:53:03	03:12:12.75	03:15:56.80	+01:50:38 (56.5%)	9:09	6.6 (44.6%)
678	GAŁKA Marzena	7290	CAŁA OLEŚNICA BIEGA	Weteran K - 50	15	01:51:53	03:14:05.65	03:15:58.15	+01:50:39 (56.5%)	9:14	6.5 (43.9%)
679	STACHURSKI Paweł	7602	KRULE ŻYCIA	Senior II M - 30	172	01:48:22	03:12:09.70	03:16:15.95	+01:50:57 (56.5%)	9:09	6.6 (44.6%)
680	KARCZEWSKA Marta	7714		Senior II K - 30	118	01:50:39	03:13:05.65	03:16:21.55	+01:51:03 (56.6%)	9:11	6.5 (43.9%)
681	JUREWICZ Agata	7893	VEGE RUNNERS	Senior II K - 30	119	01:56:33	03:14:32.60	03:16:30.85	+01:51:12 (56.6%)	9:15	6.5 (43.9%)
682	ZARANEK Barbara	7124	KĘSY TEAM	Weteran K - 50	16	01:53:18	03:13:02.05	03:16:34.00	+01:51:15 (56.6%)	9:11	6.5 (43.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						10.3km	21km	21km			
683	NOWAK Marcin	7390	SZAKALE BAŁUT ŁÓDŹ	Weteran I M - 50	52	01:54:20	03:12:32.80	03:17:01.20	+01:51:43 (56.7%)	9:10	6.5 (43.9%)
684	SAMOLAK Łukasz	7220	POMYŁKA TEAM	Masters M - 40	164	01:45:02	03:13:32.40	03:17:15.95	+01:51:57 (56.8%)	9:12	6.5 (43.9%)
685	ŁAMPIKA Kinga	7361	GOOD MOVE	Masters K - 40	64	01:56:41	03:15:33.00	03:17:35.25	+01:52:17 (56.8%)	9:18	6.4 (43.2%)
686	KOSIŃSKA Klaudia	7712	MOCNA GRUPA CEZARA	Senior I K - 20	44	01:54:29	03:13:44.80	03:17:42.60	+01:52:24 (56.9%)	9:13	6.5 (43.9%)
687	ŁUSZCZYNA Agata	7482	GMINA STRZELCE OPOLSKIE	Masters K - 40	65	01:52:37	03:15:28.45	03:18:07.70	+01:52:49 (56.9%)	9:18	6.4 (43.2%)
688	MAGDZIARZ Paulina	7662	ORGANIC RACE TEAM	Masters K - 40	66	01:54:54	03:17:32.55	03:18:11.05	+01:52:52 (57.0%)	9:24	6.4 (43.2%)
689	MAJCHER Aneta	7422		Masters K - 40	67	01:52:35	03:17:07.15	03:18:19.90	+01:53:01 (57.0%)	9:23	6.4 (43.2%)
690	MAJCHER Miłosz	7421		Masters M - 40	165	01:52:39	03:17:20.30	03:18:28.45	+01:53:10 (57.0%)	9:23	6.4 (43.2%)
691	GUTOWSKI Piotr	7627		Senior II M - 30	173	01:48:31	03:17:34.00	03:18:29.95	+01:53:11 (57.0%)	9:24	6.4 (43.2%)
692	ELDER Ewelina	7465	BIEGOWA KUŹNIA	Masters K - 40	68	01:53:53	03:16:40.00	03:18:57.65	+01:53:39 (57.1%)	9:21	6.4 (43.2%)
693	ZIAJKO Zuza	69	VEGE RUNNERS	Masters K - 40	69	01:50:36	03:16:08.35	03:19:13.10	+01:53:54 (57.2%)	9:20	6.4 (43.2%)
694	WIJAS Mariusz	7513		Weteran I M - 50	53	02:00:01	03:15:49.15	03:19:19.25	+01:54:01 (57.2%)	9:19	6.4 (43.2%)
695	ZAPAŁA Katarzyna	7207	KONKRET TEAM	Senior II K - 30	120	01:48:09	03:18:29.90	03:19:24.65	+01:54:06 (57.2%)	9:27	6.3 (42.6%)
696	MIGDAŁ Grzegorz	7046		Masters M - 40	166	01:46:09	03:18:12.00	03:19:42.00	+01:54:23 (57.3%)	9:26	6.4 (43.2%)
697	MIGDAŁ Ewa	7034		Masters K - 40	70	01:46:06	03:18:12.95	03:19:42.30	+01:54:24 (57.3%)	9:26	6.4 (43.2%)
698	NOWAKOWSKA Adriana	7398		Masters K - 40	71	01:53:20	03:17:37.00	03:19:54.95	+01:54:36 (57.3%)	9:24	6.4 (43.2%)
699	WILARY Robert	7644	AKTYWNI UZALEŻNIAMY	Weteran I M - 50	54	01:43:00	03:19:00.50	03:19:56.45	+01:54:38 (57.3%)	9:28	6.3 (42.6%)
700	PLACHIMOWICZ Natalia	7144	MOCNA GRUPA CEZARA	Masters K - 40	72	01:56:38	03:18:14.80	03:20:01.85	+01:54:43 (57.4%)	9:26	6.4 (43.2%)
701	GOŁAWSKA Marta	7904		Senior II K - 30	121	01:50:58	03:17:19.65	03:20:03.80	+01:54:45 (57.4%)	9:23	6.4 (43.2%)
702	SZEWC Katarzyna	7899		Weteran K - 50	17	01:53:42	03:18:21.85	03:20:10.65	+01:54:52 (57.4%)	9:26	6.4 (43.2%)
703	KRASUSKI Piotr	5		Masters M - 40	167	01:46:15	03:18:37.95	03:20:11.75	+01:54:53 (57.4%)	9:27	6.3 (42.6%)
704	BORTKIEWICZ Monika	7827	ANPHARM RUN TEAM	Senior II K - 30	122	01:51:51	03:18:16.95	03:20:48.75	+01:55:30 (57.5%)	9:26	6.4 (43.2%)
705	SŁOWIKOWSKI Jarosław	7332	REDBARBERS RUNNING TEAM	Weteran I M - 50	55	01:53:04	03:16:25.55	03:20:53.60	+01:55:35 (57.5%)	9:21	6.4 (43.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						10.3km	21km	21km			
706	MIKUTANIEC Sebastian	7164		Masters M - 40	168	01:55:00	03:17:11.95	03:20:57.05	+01:55:38 (57.6%)	9:23	6.4 (43.2%)
707	CHOMAŃOWSKI Daniel	7348		Senior II M - 30	174	01:50:28	03:18:12.55	03:20:59.25	+01:55:41 (57.6%)	9:26	6.4 (43.2%)
708	POKORNY Tomasz	7535	ZAKOCHAJ SIĘ W BIEGANIU	Weteran I M - 50	56	01:53:40	03:18:39.15	03:21:12.60	+01:55:54 (57.6%)	9:27	6.3 (42.6%)
709	KUREK Justyna	7150	OPALENICKI KLUB BIEGACZA	Masters K - 40	73	01:52:21	03:20:31.95	03:21:22.85	+01:56:04 (57.6%)	9:32	6.3 (42.6%)
710	PLUCIŃSKI Dariusz	7031	JESTEM OD ROMKA	Masters M - 40	169	01:52:19	03:20:31.75	03:21:23.25	+01:56:05 (57.6%)	9:32	6.3 (42.6%)
711	KOWAL Artur	7458		Weteran I M - 50	57	01:46:35	03:19:49.15	03:21:25.55	+01:56:07 (57.7%)	9:30	6.3 (42.6%)
712	KROSZKA Beata	7112	TEAM ZABIEGANEDNI	Weteran K - 50	18	01:55:35	03:20:41.50	03:21:26.40	+01:56:08 (57.7%)	9:33	6.3 (42.6%)
713	KOWALCZYK Piotr	7433	WOODHAUSE	Weteran I M - 50	58	01:46:22	03:21:03.40	03:21:49.10	+01:56:30 (57.7%)	9:34	6.3 (42.6%)
714	ŻYWICA Stanisław	7766		Senior I M - 20	49	01:47:23	03:18:16.45	03:21:56.35	+01:56:38 (57.8%)	9:26	6.4 (43.2%)
715	KSIĄŻEK Natalia	7674	GÓRA KSIĄŻEK	Senior I K - 20	45	01:59:33	03:18:03.05	03:21:57.80	+01:56:39 (57.8%)	9:25	6.4 (43.2%)
716	PĄCZYŃSKA Anna	7052	SĄ WOLNIEJSI	Masters K - 40	74	01:57:22	03:19:07.40	03:21:58.60	+01:56:40 (57.8%)	9:28	6.3 (42.6%)
717	BAGIŃSKI Marek	7436	APTENEO TEAM	Weteran I M - 50	59	01:49:54	03:17:48.60	03:22:01.80	+01:56:43 (57.8%)	9:25	6.4 (43.2%)
718	PIĄTKOWSKI Jakub	7597		Senior I M - 20	50	01:53:53	03:19:26.00	03:22:02.70	+01:56:44 (57.8%)	9:29	6.3 (42.6%)
719	MAKOWSKI Janusz	7277	NIGHT RUNNERS	Weteran II M - 60	8	01:52:20	03:20:57.75	03:22:13.30	+01:56:55 (57.8%)	9:34	6.3 (42.6%)
720	KARAŚ Barbara	7440		Senior II K - 30	123	02:06:11	03:21:08.65	03:22:23.50	+01:57:05 (57.9%)	9:34	6.3 (42.6%)
721	WOJCIECHOWSKI Paweł	7173		Masters M - 40	170	01:42:23	03:22:11.80	03:22:40.60	+01:57:22 (57.9%)	9:37	6.2 (41.9%)
722	HAOR-SZYMAŃSKA Klaudia	7802		Senior II K - 30	124	01:52:27	03:18:33.20	03:22:53.30	+01:57:35 (58.0%)	9:27	6.3 (42.6%)
723	JASIŃSKI Jarosław	7725	SŁOŃCA JURY	Senior II M - 30	175	01:48:36	03:22:25.10	03:22:58.40	+01:57:40 (58.0%)	9:38	6.2 (41.9%)
724	ZYGMUNTOWICZ Tomasz	7161		Senior II M - 30	176	01:51:02	03:20:34.75	03:23:10.70	+01:57:52 (58.0%)	9:33	6.3 (42.6%)
725	LEPUCKA Małgorzata	7375		Senior II K - 30	125	01:55:35	03:20:34.20	03:23:11.00	+01:57:52 (58.0%)	9:33	6.3 (42.6%)
726	POMIANOWSKA Anna	7940	TEAM LATTE	Masters K - 40	75	01:56:38	03:21:20.25	03:23:20.65	+01:58:02 (58.0%)	9:35	6.3 (42.6%)
727	STANISŁAWSKI Piotr	7442		Masters M - 40	171	01:48:44	03:22:56.20	03:23:24.00	+01:58:05 (58.1%)	9:39	6.2 (41.9%)
728	WALAC Jacek	7100	100 MARATHON CLUB POLSKA	Masters M - 40	172	01:57:33	03:22:16.65	03:23:29.10	+01:58:10 (58.1%)	9:37	6.2 (41.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						10.3km	21km	21km			
729	BASZARKIEWICZ Karolina	7437		Masters K - 40	76	01:54:44	03:22:49.80	03:23:37.45	+01:58:19 (58.1%)	9:39	6.2 (41.9%)
730	CYWIŃSKI Marcin	63	DOM CONSTRUCTION	Masters M - 40	173	01:48:31	03:21:23.40	03:23:39.30	+01:58:21 (58.1%)	9:35	6.3 (42.6%)
731	SIECZKO Joanna	7902		Senior II K - 30	126	01:52:44	03:20:05.45	03:23:47.05	+01:58:28 (58.1%)	9:31	6.3 (42.6%)
732	OKOŃSKA Katarzyna	7883		Senior II K - 30	127	01:52:47	03:20:05.65	03:23:47.30	+01:58:29 (58.1%)	9:31	6.3 (42.6%)
733	OSTROWSKI Łukasz	7588	BIEGOWA ŚRODA	Masters M - 40	174	01:55:58	03:19:31.50	03:23:47.70	+01:58:29 (58.1%)	9:30	6.3 (42.6%)
734	TYMBURSKI Michał	7558	SPARTA LUBLIN	Masters M - 40	175	01:55:32	03:21:48.00	03:24:55.25	+01:59:37 (58.4%)	9:36	6.2 (41.9%)
735	TCHÓRZEWSKA Monika	7413	MOCNA GRUPA CEZARA	Masters K - 40	77	01:59:27	03:21:01.35	03:25:01.95	+01:59:43 (58.4%)	9:34	6.3 (42.6%)
736	TCHÓRZEWSKA-PIETRZYK Anna	7414	MOCNA GRUPA CEZARA	Masters K - 40	78	01:59:26	03:21:01.90	03:25:02.45	+01:59:44 (58.4%)	9:34	6.3 (42.6%)
737	DOWNAR-ZAPOLSKA Rita	7569	MD RUN	Weteran K - 50	19	01:54:30	03:24:02.90	03:25:07.40	+01:59:49 (58.4%)	9:42	6.2 (41.9%)
738	DOWNAR-ZAPOLSKI Bolesław	7570		Weteran I M - 50	60	01:54:31	03:24:02.85	03:25:07.65	+01:59:49 (58.4%)	9:42	6.2 (41.9%)
739	DOWNAR-ZAPOLSKA Laura	7571	MD RUN	Senior II K - 30	128	01:54:32	03:24:04.30	03:25:07.70	+01:59:49 (58.4%)	9:43	6.2 (41.9%)
740	KOZANECKI Adam	7331	SUPERMARATOŃCZYK KALISZ	Weteran I M - 50	61	01:51:27	03:23:30.45	03:25:16.20	+01:59:58 (58.4%)	9:41	6.2 (41.9%)
741	MACEK Michał	7373		Masters M - 40	176	01:58:43	03:22:07.85	03:25:27.10	+02:00:08 (58.5%)	9:37	6.2 (41.9%)
742	SKIRYCZ Edyta	7372		Masters K - 40	79	01:58:43	03:22:09.10	03:25:27.50	+02:00:09 (58.5%)	9:37	6.2 (41.9%)
743	SKOWRONEK Artur	7214		Masters M - 40	177	01:50:02	03:21:37.60	03:25:37.10	+02:00:18 (58.5%)	9:36	6.2 (41.9%)
744	WYPCHOŁ Piotr	7337		Weteran II M - 60	9	01:54:41	03:23:35.50	03:25:39.25	+02:00:21 (58.5%)	9:41	6.2 (41.9%)
745	ROSIŃSKI Dominik	7551		Senior II M - 30	177	01:56:34	03:22:27.30	03:26:45.15	+02:01:26 (58.7%)	9:38	6.2 (41.9%)
746	BRUDŁO Marta	7168		Senior II K - 30	129	01:56:35	03:22:27.65	03:26:45.30	+02:01:27 (58.7%)	9:38	6.2 (41.9%)
747	SOBÓL Paweł	7891		Weteran I M - 50	62	01:52:57	03:23:19.35	03:26:46.75	+02:01:28 (58.7%)	9:40	6.2 (41.9%)
748	GŁOGOWSKA Sylwia	7830	SPARTA	Senior II K - 30	130	01:55:25	03:24:09.60	03:26:49.95	+02:01:31 (58.8%)	9:43	6.2 (41.9%)
749	RUSZKIEWICZ Anna	7822	SPARTA ŚWIDNICA	Senior II K - 30	131	01:55:36	03:24:16.80	03:26:50.35	+02:01:32 (58.8%)	9:43	6.2 (41.9%)
750	ŚWITOŃ Monika	7073		Senior II K - 30	132	01:52:32	03:25:51.30	03:26:52.25	+02:01:34 (58.8%)	9:48	6.1 (41.2%)
751	KUCHCINSKA Diana	7765		Masters K - 40	80	01:54:00	03:25:17.45	03:26:54.35	+02:01:36 (58.8%)	9:46	6.1 (41.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1		Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						10.3km	21km	21km				
752	WOŹNIAK Agnieszka	7581		Senior II K - 30	133	01:59:11	03:22:36.35	03:26:55.55	+02:01:37 (58.8%)	9:38	6.2 (41.9%)	
753	NOWICKA Agnieszka	7014	KĘSY TEAM	Senior II K - 30	134	01:57:51	03:23:21.10	03:27:20.30	+02:02:02 (58.9%)	9:41	6.2 (41.9%)	
754	ADAMCZAK Adrian	7791	KĘSY TEAM	Senior II M - 30	178	01:58:00	03:23:33.20	03:27:20.60	+02:02:02 (58.9%)	9:41	6.2 (41.9%)	
755	BARAŃSKA Małgorzata	7170	BBL OPOLE	Weteran K - 50	20	01:57:01	03:25:45.20	03:27:22.20	+02:02:04 (58.9%)	9:47	6.1 (41.2%)	
756	CZYŻEWSKI Piotr	7658		Masters M - 40	178	01:51:19	03:22:55.55	03:27:24.90	+02:02:06 (58.9%)	9:39	6.2 (41.9%)	
757	KARDAS Piotr	7645	PB SA RUN TEAM	Weteran I M - 50	63	01:52:21	03:23:29.95	03:27:27.50	+02:02:09 (58.9%)	9:41	6.2 (41.9%)	
758	MARKIW Aleksandra	7484		Senior II K - 30	135	01:58:29	03:24:22.25	03:27:36.35	+02:02:18 (58.9%)	9:43	6.2 (41.9%)	
759	RZANNY Łukasz	7095		Masters M - 40	179	01:58:04	03:24:02.45	03:27:55.05	+02:02:36 (59.0%)	9:42	6.2 (41.9%)	
760	RZANNA Karolina	7096		Masters K - 40	81	01:58:04	03:24:03.45	03:27:55.65	+02:02:37 (59.0%)	9:43	6.2 (41.9%)	
761	WOŁOSZYK Monika	7744		Weteran K - 50	21	01:58:53	03:26:21.40	03:28:01.40	+02:02:43 (59.0%)	9:49	6.1 (41.2%)	
762	FILIPOWICZ Katarzyna	7194		Senior II K - 30	136	01:59:12	03:24:42.00	03:29:04.40	+02:03:46 (59.2%)	9:44	6.2 (41.9%)	
763	ŚRÓBKA Weronika	7226	VALMET AUTOMOTIVE	Senior II K - 30	137	01:58:36	03:26:59.00	03:29:15.60	+02:03:57 (59.2%)	9:51	6.1 (41.2%)	
764	SZCZUDLAK Dorota	7252	#HAPPYRUNNERS	Senior II K - 30	138	02:00:00	03:25:32.40	03:29:19.70	+02:04:01 (59.2%)	9:47	6.1 (41.2%)	
765	WASILEWSKI Damian	7851	FANI MARYLI RODOWICZ	Senior II M - 30	179	01:47:45	03:25:05.80	03:29:29.60	+02:04:11 (59.3%)	9:45	6.1 (41.2%)	
766	APANOVA Ekaterina	7860		Senior II K - 30	139	01:54:23	03:28:01.30	03:29:47.35	+02:04:29 (59.3%)	9:54	6.1 (41.2%)	
767	ORLIKOWSKI Jacek	7449		Masters M - 40	180	01:55:19	03:29:55.00	03:29:55.00	+02:04:36 (59.4%)	9:59	6 (40.5%)	
768	WITKE Elżbieta	7393		Weteran II K - 60	1	01:54:11	03:28:52.70	03:29:55.40	+02:04:37 (59.4%)	9:56	6 (40.5%)	
769	KOSTRUBIEC Maciej	7358	SII RUNNING TEAM	Senior I M - 20	51	02:01:18	03:27:57.60	03:30:13.10	+02:04:54 (59.4%)	9:54	6.1 (41.2%)	
770	SKAWINA-POŁĘĆ Anna	7235	TOPOLICE TEAM	Masters K - 40	82	01:55:14	03:27:42.00	03:30:19.20	+02:05:01 (59.4%)	9:53	6.1 (41.2%)	
771	MIKOŁAJCZYK Małgorzata	7489	MIRAZ RACE TEAM	Weteran II K - 60	2	01:57:57	03:27:46.55	03:30:40.90	+02:05:22 (59.5%)	9:53	6.1 (41.2%)	
772	KUBIENIEC Monika	7621		Masters K - 40	83	02:00:52	03:26:54.25	03:31:15.90	+02:05:57 (59.6%)	9:51	6.1 (41.2%)	
773	SOBOLEWSKA Julita	7286		Masters K - 40	84	01:54:04	03:29:53.00	03:31:22.90	+02:06:04 (59.6%)	9:59	6 (40.5%)	
774	JAROSŁAWSKA-DEJA Elżbieta	7622		Masters K - 40	85	02:00:52	03:27:09.25	03:31:30.70	+02:06:12 (59.7%)	9:51	6.1 (41.2%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						10.3km	21km	21km			
775	CHOJECKA Magdalena	77	ZBUCKI RUCH	Weteran K - 50	22	02:00:34	03:30:25.95	03:31:35.00	+02:06:16 (59.7%)	10:01	6 (40.5%)
776	PSUJEK Natalia	7971	NIENAŻARTE MISIE	Senior I K - 20	46	01:54:15	03:29:57.75	03:32:00.30	+02:06:42 (59.8%)	9:59	6 (40.5%)
777	RODZIŃSKA Anita	7038	PARKRUN GRUDZIĄDZ	Weteran K - 50	23	02:02:29	03:31:20.50	03:32:15.00	+02:06:56 (59.8%)	10:03	6 (40.5%)
778	DYCZKOWSKA Zuzanna	7566		Senior II K - 30	140	02:00:05	03:27:58.75	03:32:19.15	+02:07:00 (59.8%)	9:54	6.1 (41.2%)
779	BIAŁEK Kinga	7976		Senior II K - 30	141	01:52:50	03:28:00.45	03:32:24.45	+02:07:06 (59.8%)	9:54	6.1 (41.2%)
780	SZUPIEŃKO Marcin	7530		Masters M - 40	181	01:54:37	03:30:14.45	03:32:27.85	+02:07:09 (59.9%)	10:00	6 (40.5%)
780	WYSZYŃSKA-SZUPIEŃKO Anna	7531		Masters K - 40	86	01:55:57	03:30:14.40	03:32:27.85	+02:07:09 (59.9%)	10:00	6 (40.5%)
782	GAWLIK - ŁUPKOWSKA Agnieszka	7615	KĘSY TEAM	Masters K - 40	87	02:00:52	03:28:46.95	03:32:47.50	+02:07:29 (59.9%)	9:56	6 (40.5%)
783	MALYSA Anna	7184		Senior II K - 30	142	02:01:32	03:30:26.10	03:32:48.40	+02:07:30 (59.9%)	10:01	6 (40.5%)
784	SIKORA Agnieszka	7876	MATNER RUNNING TEAM	Weteran K - 50	24	02:02:19	03:30:27.20	03:32:56.95	+02:07:38 (59.9%)	10:01	6 (40.5%)
785	WALCZAK Maciej	7181		Weteran I M - 50	64	01:54:23	03:28:51.85	03:33:05.30	+02:07:47 (60.0%)	9:56	6 (40.5%)
786	MORAWSKA Anna	7080	BEZ KONDYCJI	Weteran II K - 60	3	01:55:22	03:31:01.95	03:33:28.05	+02:08:09 (60.0%)	10:02	6 (40.5%)
787	MACHAŁA Paweł	7146	KURACJUSZE	Masters M - 40	182	01:58:02	03:29:27.35	03:33:33.45	+02:08:15 (60.1%)	9:58	6 (40.5%)
788	ZAWIS Marek	7089		Weteran I M - 50	65	01:55:54	03:31:10.15	03:33:40.35	+02:08:22 (60.1%)	10:03	6 (40.5%)
789	RYBARCZYK Agnieszka	7303	#BIEGIEMWLAS	Masters K - 40	88	01:58:01	03:29:35.15	03:33:44.25	+02:08:26 (60.1%)	9:58	6 (40.5%)
790	REKOWSKI Krzysztof	7979		Senior II M - 30	180	01:59:35	03:31:11.85	03:33:56.30	+02:08:38 (60.1%)	10:03	6 (40.5%)
791	PRZĄDO Łukasz	7863		Senior II M - 30	181	01:51:06	03:30:22.85	03:34:58.60	+02:09:40 (60.3%)	10:01	6 (40.5%)
792	RÓŻEWICZ Hubert	7692		Senior II M - 30	182	01:51:08	03:30:23.20	03:34:58.65	+02:09:40 (60.3%)	10:01	6 (40.5%)
793	OWSIANIK Sylwia	7394	DTR BIEGA/MARIO TEAM	Weteran K - 50	25	01:59:16	03:34:29.20	03:34:59.95	+02:09:41 (60.3%)	10:12	5.9 (39.9%)
794	PUKALSKA-ZAPAŁOWSKA Urszula	7001	TRIATHLOLOLO	Senior II K - 30	143	02:00:47	03:30:53.45	03:35:24.65	+02:10:06 (60.4%)	10:02	6 (40.5%)
795	SMOLIŃSKA Małgorzata	7065	SĄ WOLNIEJSI	Masters K - 40	89	02:00:39	03:32:31.90	03:35:28.60	+02:10:10 (60.4%)	10:07	5.9 (39.9%)
796	MARTUL Joanna	7066	SĄ WOLNIEJSI	Masters K - 40	90	02:00:38	03:32:32.25	03:35:28.80	+02:10:10 (60.4%)	10:07	5.9 (39.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						10.3km	21km	21km			
797	KUTYCKA KUREK Elżbieta	7426	CHOJRAK TEAM WROCŁAW	Masters K - 40	91	02:01:07	03:31:39.75	03:35:51.75	+02:10:33 (60.5%)	10:04	6 (40.5%)
798	SZUMIEC Joanna	7322	ACCENTURE	Senior II K - 30	144	02:03:42	03:31:54.15	03:35:52.65	+02:10:34 (60.5%)	10:05	5.9 (39.9%)
799	SUJECKA Sylwia	7732		Masters K - 40	92	02:01:02	03:32:50.65	03:36:07.50	+02:10:49 (60.5%)	10:08	5.9 (39.9%)
800	GIZELSKA Agnieszka	7127	PIĄTKOWO NA BIEGOWO	Weteran K - 50	26	02:04:17	03:33:30.55	03:36:42.65	+02:11:24 (60.6%)	10:10	5.9 (39.9%)
801	MAZIJ Aleksander	13	SPARTA ŚWIDNICA	Masters M - 40	183	01:57:31	03:34:03.25	03:36:44.60	+02:11:26 (60.6%)	10:11	5.9 (39.9%)
802	WIATROWSKI Jacek	39		Weteran I M - 50	66	01:59:49	03:33:34.25	03:37:09.45	+02:11:51 (60.7%)	10:10	5.9 (39.9%)
803	KOŚNY Damian	7006	WIHAJSTER RUNNING TEAM	Masters M - 40	184	01:58:01	03:35:52.25	03:37:12.45	+02:11:54 (60.7%)	10:16	5.8 (39.2%)
804	POSYNIAK Michał	14	TRI AMO	Masters M - 40	185	02:00:50	03:34:40.35	03:37:27.85	+02:12:09 (60.8%)	10:13	5.9 (39.9%)
805	GOLIŃSKA Barbara	7377		Senior II K - 30	145	02:01:52	03:34:33.60	03:37:31.90	+02:12:13 (60.8%)	10:13	5.9 (39.9%)
806	GOLIŃSKI Przemysław	7758		Masters M - 40	186	02:01:54	03:34:35.45	03:37:33.65	+02:12:15 (60.8%)	10:13	5.9 (39.9%)
807	BĘDLIN Sandra	7166		Senior I K - 20	47	01:55:09	03:37:09.50	03:37:40.85	+02:12:22 (60.8%)	10:20	5.8 (39.2%)
808	ZAWADOWSKA Marta	7778		Senior II K - 30	146	02:04:11	03:33:55.35	03:37:47.55	+02:12:29 (60.8%)	10:11	5.9 (39.9%)
809	SUCHAN Damian	7670		Senior II M - 30	183	01:56:21	03:33:39.90	03:37:48.30	+02:12:30 (60.8%)	10:10	5.9 (39.9%)
810	KARWAS Wiktoria	7652	BLUE BIRDS RUN	Senior I K - 20	48	02:00:48	03:35:03.25	03:37:55.00	+02:12:36 (60.9%)	10:14	5.9 (39.9%)
811	GREKOWICZ Filip	7657	IFA POWERTRAIN SPORT TEAM	Masters M - 40	187	01:58:21	03:33:53.90	03:37:57.50	+02:12:39 (60.9%)	10:11	5.9 (39.9%)
812	KASPRZAK Łukasz	7763	DOLNY ŚLĄSK	Senior II M - 30	184	02:02:13	03:38:05.80	03:38:05.80	+02:12:47 (60.9%)	10:23	5.8 (39.2%)
813	OSADNIK Monika	7206	BBL LASY BOGDANIEC	Masters K - 40	93	01:56:47	03:36:56.90	03:38:13.30	+02:12:55 (60.9%)	10:19	5.8 (39.2%)
814	LEWICKA Joanna	7663		Senior II K - 30	147	02:04:29	03:34:02.35	03:38:22.30	+02:13:04 (60.9%)	10:11	5.9 (39.9%)
815	BARTOSIK Kamila	7518	SMOLECKA (ZA)DYSZKA	Masters K - 40	94	01:59:24	03:36:39.25	03:38:41.25	+02:13:23 (61.0%)	10:19	5.8 (39.2%)
816	MATUSZAK Krzysztof	7105	MATUSZAK TEAM / TRIGYM	Weteran I M - 50	67	02:01:29	03:38:04.30	03:38:53.90	+02:13:35 (61.0%)	10:23	5.8 (39.2%)
817	MATUSZAK Anita	7107	MATUSZAK TEAM / TRIGYM	Masters K - 40	95	02:01:29	03:38:06.05	03:38:54.10	+02:13:35 (61.0%)	10:23	5.8 (39.2%)
818	FRANCZAK Edyta	7586	DTR BIEGA / MARIO TEAM	Masters K - 40	96	02:02:00	03:35:34.60	03:38:55.55	+02:13:37 (61.0%)	10:15	5.8 (39.2%)
819	BAJEWSKA Wioletta	7537	DTR BIEGA / MARIO TEAM	Masters K - 40	97	02:02:16	03:35:34.95	03:38:55.75	+02:13:37 (61.0%)	10:15	5.8 (39.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
820	BEDNAREK-KWIATKOWSKA Anna	7060		Masters K - 40	98	02:02:38	03:38:10.45	03:39:08.65	+02:13:50 (61.1%)	10:23	5.8 (39.2%)
821	ZAORSKA Urszula	7608	BIAŁYSTOK BIEGA TEAM	Masters K - 40	99	02:07:07	03:37:26.00	03:39:09.30	+02:13:51 (61.1%)	10:21	5.8 (39.2%)
822	WAJDA Wojciech	7871		Senior II M - 30	185	01:52:22	03:35:04.85	03:39:27.25	+02:14:09 (61.1%)	10:14	5.9 (39.9%)
823	GOCKA Marta	7382	ACCENTURE	Senior II K - 30	148	02:03:41	03:35:29.10	03:39:27.40	+02:14:09 (61.1%)	10:15	5.8 (39.2%)
824	DĘBSKA Marzena	7116	PODDĘBICKI KLUB BIEGACZA ZDYSZANI.PL	Masters K - 40	100	02:08:21	03:39:05.40	03:39:33.80	+02:14:15 (61.1%)	10:25	5.8 (39.2%)
825	KARCZMARCZYK Dorota	7405		Senior II K - 30	149	02:08:26	03:37:15.05	03:39:49.85	+02:14:31 (61.2%)	10:20	5.8 (39.2%)
826	RÓŻAŃSKI Robert	7032		Weteran I M - 50	68	02:00:58	03:35:38.90	03:39:52.80	+02:14:34 (61.2%)	10:16	5.8 (39.2%)
827	BIECUSZEK Marlena	7890	AKTYWNA NOWA RUDA	Senior II K - 30	150	01:59:19	03:39:07.85	03:39:56.35	+02:14:38 (61.2%)	10:26	5.8 (39.2%)
828	ISKRA Alicja	7996	MIRAZ RACE TEAM	Senior II K - 30	151	02:01:29	03:37:06.15	03:39:59.65	+02:14:41 (61.2%)	10:20	5.8 (39.2%)
829	SOKULSKA Izabela	29		Masters K - 40	101	02:01:27	03:37:22.20	03:40:22.85	+02:15:04 (61.3%)	10:21	5.8 (39.2%)
830	TOMAKA Maciej	7691	TEAM KURORT ŁĄDEK ZDRÓJ	Senior II M - 30	186	01:59:19	03:36:20.40	03:40:32.70	+02:15:14 (61.3%)	10:18	5.8 (39.2%)
831	TOMAKA Patrycja	7690	TEAM KURORT ŁĄDEK-ZDRÓJ	Senior II K - 30	152	01:59:21	03:36:21.40	03:40:32.95	+02:15:14 (61.3%)	10:18	5.8 (39.2%)
832	GRZESIEWICZ Kamil	7599	BRAK	Masters M - 40	188	02:04:00	03:39:27.60	03:40:39.50	+02:15:21 (61.3%)	10:27	5.7 (38.5%)
833	MIELNIK Natalia	7098		Senior II K - 30	153	02:01:58	03:39:12.65	03:40:39.75	+02:15:21 (61.3%)	10:26	5.7 (38.5%)
834	OLSZEWSKA Aleksandra	7195		Senior II K - 30	154	02:04:21	03:36:18.65	03:40:41.40	+02:15:23 (61.3%)	10:18	5.8 (39.2%)
835	SAMULSKA Agata	7664	BBLLASY BOGDANIEC	Weteran K - 50	27	02:05:44	03:39:09.60	03:40:44.10	+02:15:25 (61.4%)	10:26	5.7 (38.5%)
836	KSIĄŻEK Marlena	7612	GÓRA KSIĄŻEK	Senior II K - 30	155	02:04:24	03:36:53.20	03:40:48.55	+02:15:30 (61.4%)	10:19	5.8 (39.2%)
837	RESZETARSKA Ania	7743		Senior I K - 20	49	02:07:42	03:37:40.05	03:41:08.70	+02:15:50 (61.4%)	10:21	5.8 (39.2%)
838	KONIECZNY Izabella	7408		Masters K - 40	102	02:06:23	03:37:06.85	03:41:16.55	+02:15:58 (61.4%)	10:20	5.8 (39.2%)
839	ZIELIŃSKA Magdalena	12		Masters K - 40	103	02:05:21	03:40:43.90	03:41:20.15	+02:16:01 (61.5%)	10:30	5.7 (38.5%)
840	SZCZEPIŃSKA Agnieszka	7474	RĄCZE POMROWY	Masters K - 40	104	02:04:00	03:38:41.00	03:41:29.20	+02:16:11 (61.5%)	10:24	5.8 (39.2%)
841	ZGÓRSKI Maciej	7035		Masters M - 40	189	01:58:19	03:39:29.10	03:41:32.40	+02:16:14 (61.5%)	10:27	5.7 (38.5%)
842	KUKLA Dominika	7228		Masters K - 40	105	02:14:29	03:40:24.95	03:41:41.55	+02:16:23 (61.5%)	10:29	5.7 (38.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
843	WOROCH-MALCHRZYCKA Kamila	40	JUTROSIŃSKI KLUB BIEGACZY	Masters K - 40	106	02:14:30	03:40:26.30	03:41:41.60	+02:16:23 (61.5%)	10:29	5.7 (38.5%)
844	KONIECZNY Marek	7409		Masters M - 40	190	02:00:44	03:37:35.20	03:41:44.30	+02:16:26 (61.5%)	10:21	5.8 (39.2%)
845	LEŚNICZAK Barbara	50		Masters K - 40	107	01:58:26	03:39:45.80	03:41:48.80	+02:16:30 (61.5%)	10:27	5.7 (38.5%)
846	GONERA Janina	7311	KB HARCOWNIK JELCZ-LASKOWICE	Weteran II K - 60	4	02:04:19	03:40:12.90	03:41:50.10	+02:16:31 (61.5%)	10:29	5.7 (38.5%)
847	KRZEMIENIEWSKI Sebastian	7346	BIEGNIEMY DLA HANI	Masters M - 40	191	02:00:09	03:37:47.95	03:42:03.50	+02:16:45 (61.6%)	10:22	5.8 (39.2%)
848	OKOŃSKI Paweł	26	BRAK	Senior II M - 30	187	01:58:26	03:38:32.50	03:42:10.45	+02:16:52 (61.6%)	10:24	5.8 (39.2%)
849	MIKUTANIEC Patrycja	7165		Masters K - 40	108	01:55:17	03:38:58.20	03:42:22.45	+02:17:04 (61.6%)	10:25	5.8 (39.2%)
850	ROSÓŁ Anna	7255		Weteran K - 50	28	02:07:19	03:38:48.85	03:42:29.10	+02:17:10 (61.7%)	10:25	5.8 (39.2%)
851	GRUGIEL Dagmara	7123		Masters K - 40	109	02:07:54	03:39:34.60	03:42:34.30	+02:17:16 (61.7%)	10:27	5.7 (38.5%)
852	KACZMAREK Adam	7360		Masters M - 40	192	02:06:52	03:42:02.55	03:42:34.45	+02:17:16 (61.7%)	10:34	5.7 (38.5%)
853	KACZMAREK Anna	7364		Masters K - 40	110	02:06:53	03:42:03.45	03:42:34.50	+02:17:16 (61.7%)	10:34	5.7 (38.5%)
854	JEZIERSKA Karina	6	TEAM ZABIEGANEDNI	Masters K - 40	111	02:01:58	03:39:41.50	03:42:35.30	+02:17:17 (61.7%)	10:27	5.7 (38.5%)
855	LIS Anna	7070		Masters K - 40	112	01:56:50	03:41:56.45	03:43:32.40	+02:18:14 (61.8%)	10:34	5.7 (38.5%)
856	LEMAŃSKA CHYLIŃSKA Marta	7546		Senior II K - 30	156	02:04:41	03:39:22.75	03:43:37.65	+02:18:19 (61.9%)	10:26	5.7 (38.5%)
857	KRZESZEWSKI Krzysztof	7244		Masters M - 40	193	01:56:27	03:40:08.50	03:43:47.80	+02:18:29 (61.9%)	10:28	5.7 (38.5%)
858	ORDA Konrad	10		Senior II M - 30	188	01:59:22	03:40:46.60	03:43:50.40	+02:18:32 (61.9%)	10:30	5.7 (38.5%)
859	OKONIEWSKA Agnieszka	18		Masters K - 40	113	02:07:10	03:42:59.90	03:44:10.50	+02:18:52 (61.9%)	10:37	5.7 (38.5%)
860	IWAŃSKA Arleta	7471	AKTYWNIE UZALEŻNIAMY	Weteran K - 50	29	02:07:46	03:43:23.95	03:44:19.85	+02:19:01 (62.0%)	10:38	5.6 (37.8%)
861	ORSZULSKA Magdalena	7453	WIECZORNE BIEGANIE W SZCZECINIE	Masters K - 40	114	02:04:54	03:42:30.80	03:44:58.10	+02:19:39 (62.1%)	10:35	5.7 (38.5%)
861	NOWICKI Jacek	7726	GOREDA	Weteran II M - 60	10	02:09:35	03:44:14.50	03:44:58.10	+02:19:39 (62.1%)	10:40	5.6 (37.8%)
863	BIAŁAS Elwira	7051		Masters K - 40	115	02:11:32	03:42:08.55	03:44:59.10	+02:19:40 (62.1%)	10:34	5.7 (38.5%)
864	ŚLEDZIEWSKI Marcel	7494		Senior I M - 20	52	02:00:47	03:42:17.75	03:45:14.60	+02:19:56 (62.1%)	10:35	5.7 (38.5%)
865	LITKE Andżelika	62	EAZYMUT.PL	Senior II K - 30	157	02:08:31	03:41:58.55	03:45:44.95	+02:20:26 (62.2%)	10:34	5.7 (38.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						10.3km	21km	21km			
866	KOWALSKA Anna	7086	BBL LASY BOGDANIEC	Senior II K - 30	158	02:05:46	03:44:11.30	03:45:47.55	+02:20:29 (62.2%)	10:40	5.6 (37.8%)
867	SAMOCKI Paweł	7700		Masters M - 40	194	01:59:28	03:41:36.30	03:45:50.60	+02:20:32 (62.2%)	10:33	5.7 (38.5%)
868	WACHEL Katarzyna	7280		Masters K - 40	116	02:06:32	03:44:13.00	03:46:05.55	+02:20:47 (62.3%)	10:40	5.6 (37.8%)
869	HRABAŃSKA-RACZAK Beata	7854		Masters K - 40	117	02:10:14	03:44:35.80	03:46:37.00	+02:21:18 (62.4%)	10:41	5.6 (37.8%)
870	KOSIAREK Łukasz	7730	TMT	Masters M - 40	195	02:07:18	03:43:21.70	03:47:04.10	+02:21:45 (62.4%)	10:38	5.6 (37.8%)
871	RATKOWSKA Izabela	7219		Senior II K - 30	159	02:03:30	03:41:45.90	03:47:29.15	+02:22:10 (62.5%)	10:33	5.7 (38.5%)
872	ZAKRZEWSKI Grzegorz	7370	FSD RUN DREZDENKO	Senior II M - 30	189	02:13:06	03:45:03.90	03:47:30.20	+02:22:12 (62.5%)	10:43	5.6 (37.8%)
873	ZAKRZEWSKA Sylwia	7371	FSD RUN DREZDENKO	Senior II K - 30	160	02:13:06	03:45:04.00	03:47:30.50	+02:22:12 (62.5%)	10:43	5.6 (37.8%)
874	MAJCHRZAK Monika	7088	RAKUJEMY JAK CHCEMY	Weteran K - 50	30	02:05:53	03:45:30.10	03:47:48.70	+02:22:30 (62.6%)	10:44	5.6 (37.8%)
875	KRYPA Aleksandra	7748		Masters K - 40	118	02:01:53	03:43:39.00	03:48:03.70	+02:22:45 (62.6%)	10:39	5.6 (37.8%)
876	ROMEL Paulina	7167		Senior I K - 20	50	02:08:07	03:45:08.90	03:48:11.75	+02:22:53 (62.6%)	10:43	5.6 (37.8%)
877	GARBACZ Kamila	7721		Masters K - 40	119	02:11:27	03:44:42.90	03:48:19.20	+02:23:01 (62.6%)	10:42	5.6 (37.8%)
878	ŚCIUBA Anita	7843	AMATORUNKA	Senior II K - 30	161	02:02:54	03:46:54.75	03:48:23.45	+02:23:05 (62.7%)	10:48	5.6 (37.8%)
879	ŁYSKAWA Agnieszka	7844		Senior II K - 30	162	02:02:56	03:46:57.25	03:48:23.75	+02:23:05 (62.7%)	10:48	5.6 (37.8%)
880	DOMAGAŁA Konrad	7340	KLUCZBORSKA GRUPA BIEGOWA	Senior II M - 30	190	02:05:26	03:46:28.80	03:48:25.70	+02:23:07 (62.7%)	10:47	5.6 (37.8%)
881	MACIĄG Klaudia	7271	NIENAŻARTE MISIE	Senior II K - 30	163	02:06:00	03:46:24.50	03:48:26.00	+02:23:07 (62.7%)	10:46	5.6 (37.8%)
882	WALENTYN Katarzyna	7584	RUNCROSS ROZGARTY	Masters K - 40	120	02:09:56	03:45:19.85	03:48:42.50	+02:23:24 (62.7%)	10:43	5.6 (37.8%)
883	SUPIŃSKI Paweł	7174		Senior II M - 30	191	01:41:23	03:45:20.30	03:48:47.65	+02:23:29 (62.7%)	10:43	5.6 (37.8%)
884	ŚMIGIELSKA Arleta	7983	SAMA TEGO CHCIAŁA :)	Weteran K - 50	31	02:05:16	03:46:59.05	03:49:19.20	+02:24:01 (62.8%)	10:48	5.6 (37.8%)
885	WITKOWSKA-ŁUCZAK Arleta	7262	SAMA TEGO CHCIAŁAM	Weteran K - 50	32	02:05:17	03:46:58.45	03:49:19.35	+02:24:01 (62.8%)	10:48	5.6 (37.8%)
886	INOROWICZ Joanna	7147	MARQETA	Masters K - 40	121	02:12:40	03:46:59.75	03:49:48.45	+02:24:30 (62.9%)	10:48	5.6 (37.8%)
887	KROENKE Barbara	7019	OBOZYBIEGOWE.PL	Weteran II K - 60	5	02:10:21	03:48:19.20	03:50:11.05	+02:24:52 (62.9%)	10:52	5.5 (37.2%)
888	TYCNER Justyna	7062	KURACJUSZE	Senior II K - 30	164	02:04:16	03:46:39.60	03:50:30.25	+02:25:12 (63.0%)	10:47	5.6 (37.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						10.3km	21km	21km			
889	KWAPIŃSKA Anna	7284		Masters K - 40	122	02:04:43	03:48:14.80	03:52:16.30	+02:26:58 (63.3%)	10:52	5.5 (37.2%)
890	OCHNIO Ewa	7410	DALEKA DROGA	Masters K - 40	123	02:14:53	03:50:25.75	03:52:17.45	+02:26:59 (63.3%)	10:58	5.5 (37.2%)
891	STAJER Edyta	7296		Weteran K - 50	33	02:12:31	03:49:21.80	03:52:34.50	+02:27:16 (63.3%)	10:55	5.5 (37.2%)
892	JURASZ Aleksandra	7300		Senior II K - 30	165	02:11:24	03:52:26.80	03:52:57.05	+02:27:38 (63.4%)	11:04	5.4 (36.5%)
893	SNIEGOCKI Paweł	7074	TARNOWSKIE TERMY TRIATHLON TEAM /TPB	Masters M - 40	196	02:12:19	03:49:48.70	03:52:57.30	+02:27:39 (63.4%)	10:56	5.5 (37.2%)
894	STRUG Agnieszka	7078		Weteran K - 50	34	02:12:02	03:49:47.85	03:53:16.65	+02:27:58 (63.4%)	10:56	5.5 (37.2%)
895	HETEL Adam	7211	KLUB BIEGACZA RTV EURO AGD	Masters M - 40	197	02:07:43	03:50:44.75	03:53:22.05	+02:28:03 (63.4%)	10:59	5.5 (37.2%)
896	KNAP Elżbieta	7857		Senior II K - 30	166	02:09:48	03:51:03.45	03:53:32.50	+02:28:14 (63.5%)	11:00	5.5 (37.2%)
897	MOSKALSKA Magdalena	7392		Senior II K - 30	167	02:12:43	03:49:41.70	03:53:37.75	+02:28:19 (63.5%)	10:56	5.5 (37.2%)
898	BOGUCKA Jagoda	7510		Senior I K - 20	51	02:11:13	03:53:39.15	03:53:39.15	+02:28:20 (63.5%)	11:07	5.4 (36.5%)
899	JUDA Katarzyna	7611	JARMUŻ FUN&RUN	Weteran K - 50	35	02:03:22	03:52:56.25	03:53:53.70	+02:28:35 (63.5%)	11:05	5.4 (36.5%)
900	ŻABSKA Joanna	7600	JARMUŻ RUN & FUN	Masters K - 40	124	02:02:31	03:52:56.75	03:53:54.20	+02:28:36 (63.5%)	11:05	5.4 (36.5%)
901	HETMAŃSKA Diana	7374	LOVELASY	Masters K - 40	125	02:05:25	03:52:19.05	03:55:26.15	+02:30:07 (63.8%)	11:03	5.4 (36.5%)
902	PALUSIŃSKA Agnieszka	7425	LOVELASY	Masters K - 40	126	02:05:26	03:52:19.25	03:55:26.45	+02:30:08 (63.8%)	11:03	5.4 (36.5%)
903	JACHYMSKA Zofia	7512		Senior II K - 30	168	02:12:52	03:53:00.85	03:55:40.40	+02:30:22 (63.8%)	11:05	5.4 (36.5%)
904	BINAŚ Krzysztof	7251	KB INTREX POZNAŃ	Senior II M - 30	192	01:58:10	03:53:26.25	03:55:44.85	+02:30:26 (63.8%)	11:06	5.4 (36.5%)
905	A Aleksandra	7197	TP BIEGA TARNOWO PODGÓRNE	Weteran K - 50	36	01:59:42	03:52:18.05	03:56:20.10	+02:31:01 (63.9%)	11:03	5.4 (36.5%)
906	GEŁEJ Marcin	7610	YETI RUNNERS	Senior II M - 30	193	02:07:34	03:53:40.30	03:57:31.50	+02:32:13 (64.1%)	11:07	5.4 (36.5%)
907	MALISZEWSKA Agnieszka	7607	POLSKA	Weteran K - 50	37	02:20:54	03:56:15.35	03:57:56.35	+02:32:38 (64.1%)	11:15	5.3 (35.8%)
908	HALBTUCH Michał	7504		Senior I M - 20	53	02:04:35	03:54:36.60	03:58:21.60	+02:33:03 (64.2%)	11:10	5.4 (36.5%)
909	LEGAN Martyna	7469	TEAM ENVOL POLAND	Senior II K - 30	169	02:20:18	03:54:28.15	03:58:40.95	+02:33:22 (64.3%)	11:09	5.4 (36.5%)
910	BARASIŃSKA Marta	7010		Masters K - 40	127	02:18:46	03:54:59.90	03:59:00.75	+02:33:42 (64.3%)	11:11	5.4 (36.5%)
911	SZYPULSKA Katarzyna	7193		Masters K - 40	128	02:15:49	03:54:45.25	03:59:18.95	+02:34:00 (64.4%)	11:10	5.4 (36.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						10.3km	21km	21km			
912	PYTEL Anna	7245	IZBICKO W BIEGU	Masters K - 40	129	02:15:47	03:54:45.30	03:59:19.20	+02:34:01 (64.4%)	11:10	5.4 (36.5%)
913	BUGA-DZIEWIĄTKOWSKA Anna	7790		Masters K - 40	130	02:12:14	03:55:44.50	03:59:51.85	+02:34:33 (64.4%)	11:13	5.3 (35.8%)
914	SIERANT Marian	7562		Weteran II M - 60	11	02:11:32	03:56:46.25	04:00:56.30	+02:35:38 (64.6%)	11:16	5.3 (35.8%)
915	KACZMAREK Agata	7447		Weteran K - 50	38	02:12:20	04:00:23.90	04:01:30.70	+02:36:12 (64.7%)	11:26	5.2 (35.1%)
916	KAŁUSKA Magdalena	7276		Masters K - 40	131	02:19:52	03:58:26.70	04:01:52.85	+02:36:34 (64.7%)	11:21	5.3 (35.8%)
917	SOBIESZCZANSKI Szymon	7896		Senior II M - 30	194	02:13:08	03:58:42.20	04:01:57.80	+02:36:39 (64.7%)	11:22	5.3 (35.8%)
918	GLINSKI Mateusz	7446	LFB	Senior II M - 30	195	02:09:21	03:58:48.70	04:02:26.30	+02:37:08 (64.8%)	11:22	5.3 (35.8%)
919	CUPIAŁ Mariola	7101	W POGONI ZA DUCHEM	Weteran K - 50	39	02:21:03	04:00:14.20	04:02:28.80	+02:37:10 (64.8%)	11:26	5.2 (35.1%)
920	GWAJ Dominika	7083		Masters K - 40	132	02:06:46	04:00:47.50	04:02:54.95	+02:37:36 (64.9%)	11:27	5.2 (35.1%)
921	HERBUT Malwina	7082	IZERSKA GRUPA BIEGOWA	Senior II K - 30	170	02:06:44	04:00:50.25	04:02:56.55	+02:37:38 (64.9%)	11:28	5.2 (35.1%)
922	WALCZAK Sławomir	7241		Weteran I M - 50	69	02:16:15	04:00:28.30	04:03:00.90	+02:37:42 (64.9%)	11:27	5.2 (35.1%)
923	WOLANIN Jacek	7669		Weteran I M - 50	70	02:18:23	03:58:45.05	04:03:15.55	+02:37:57 (64.9%)	11:22	5.3 (35.8%)
924	SARNOWSKI Maciej	7072	TKKF MPK POZNAŃ	Weteran I M - 50	71	02:07:13	04:05:43.95	04:06:04.25	+02:40:46 (65.3%)	11:42	5.1 (34.5%)
925	BARAŁKIEWICZ - SOKAL Karolina	7201		Masters K - 40	133	02:15:58	04:03:23.20	04:06:06.25	+02:40:48 (65.3%)	11:35	5.2 (35.1%)
926	GAWORSKI Filip	7451	EUROCASH	Senior II M - 30	196	02:08:00	04:03:12.05	04:06:10.85	+02:40:52 (65.3%)	11:34	5.2 (35.1%)
927	KOSIAREK Edyta	7616	TMT	Masters K - 40	134	02:10:55	04:02:32.65	04:06:15.25	+02:40:57 (65.4%)	11:32	5.2 (35.1%)
928	GAWĘDZKI Rafał	7369	OBORYGENI	Masters M - 40	198	02:22:16	04:03:54.50	04:06:16.70	+02:40:58 (65.4%)	11:36	5.2 (35.1%)
929	KOSICKI Marcin	7606	BIEGACZE ŚCIEMNIACZE	Weteran I M - 50	72	02:12:14	04:04:29.60	04:06:37.10	+02:41:18 (65.4%)	11:38	5.2 (35.1%)
930	FIKSA Piotr	7362	BIEGACZE ŚCIEMNIACZE	Masters M - 40	199	02:12:02	04:04:25.65	04:06:37.20	+02:41:19 (65.4%)	11:38	5.2 (35.1%)
931	BZDAK Alicja	7613		Weteran K - 50	40	02:12:56	04:05:19.65	04:07:28.20	+02:42:10 (65.5%)	11:40	5.1 (34.5%)
932	MYŚLIWIEC Andrzej	7178		Weteran II M - 60	12	02:12:54	04:05:21.40	04:07:29.90	+02:42:11 (65.5%)	11:41	5.1 (34.5%)
933	WOŁOWICZ Martyna	7832	LEGENA	Senior II K - 30	171	02:13:39	04:04:12.40	04:07:41.75	+02:42:23 (65.6%)	11:37	5.2 (35.1%)
934	MAZALON Paulina	7786		Senior I K - 20	52	02:14:44	04:06:05.30	04:08:28.40	+02:43:10 (65.7%)	11:43	5.1 (34.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						10.3km	21km	21km			
935	RYMSKA Anna	7626		Masters K - 40	135	02:20:11	04:04:32.55	04:08:40.15	+02:43:21 (65.7%)	11:38	5.2 (35.1%)
936	KLEWICKI Mariusz	7081		Senior II M - 30	197	02:12:45	04:07:14.85	04:10:50.30	+02:45:32 (66.0%)	11:46	5.1 (34.5%)
937	RAJCAKOWSKA Anna	7169		Weteran II K - 60	6	02:23:57	04:10:49.80	04:11:22.40	+02:46:04 (66.1%)	11:56	5 (33.8%)
938	STRUG Dariusz	7079		Weteran II M - 60	13	02:18:36	04:07:58.25	04:11:27.30	+02:46:09 (66.1%)	11:48	5.1 (34.5%)
939	ŁUKACZ Aleksandra	7250		Masters K - 40	136	02:18:08	04:10:44.90	04:13:56.40	+02:48:38 (66.4%)	11:56	5 (33.8%)
940	WOLEK Marcin	7126		Masters M - 40	200	02:14:44	04:10:47.40	04:13:58.75	+02:48:40 (66.4%)	11:56	5 (33.8%)
941	GAZDECKI Jacek	7004		Weteran I M - 50	73	02:08:22	04:11:50.85	04:15:16.55	+02:49:58 (66.6%)	11:59	5 (33.8%)
942	OGRODNIK Anna	7179		Masters K - 40	137	02:10:53	04:13:25.05	04:15:57.95	+02:50:39 (66.7%)	12:04	5 (33.8%)
943	ŻYŁOWICZ Marcin	7200		Senior II M - 30	198	02:13:27	04:13:37.65	04:16:32.90	+02:51:14 (66.7%)	12:04	5 (33.8%)
944	BANASZCZAK Dagmara	7291	ŚWIDNICKA GRUPA BIEGOWA	Senior II K - 30	172	02:20:03	04:15:09.15	04:17:47.80	+02:52:29 (66.9%)	12:09	4.9 (33.1%)
945	MARGASIŃSKI Jacek	7841	GÓRY LASY	Senior II M - 30	199	02:20:05	04:15:08.20	04:17:47.95	+02:52:29 (66.9%)	12:08	4.9 (33.1%)
946	SZAL Marzena	7084	IZERSKA GRUPA BIEGOWA	Senior II K - 30	173	02:17:02	04:16:39.20	04:18:45.10	+02:53:26 (67.0%)	12:13	4.9 (33.1%)
947	KROMOLICKI Leszek	7298		Weteran II M - 60	14	02:12:31	04:20:32.55	04:21:32.80	+02:56:14 (67.4%)	12:24	4.8 (32.4%)
948	WYSOCKA Zuzanna	7605	BIAŁYSTOK BIEGA TEAM	Senior I K - 20	53	02:24:20	04:21:06.10	04:22:50.45	+02:57:32 (67.5%)	12:26	4.8 (32.4%)
949	WIŚNIEWSKA Elżbieta	7967	BRZOZSA BIEGA	Weteran K - 50	41	02:30:19	04:22:01.20	04:23:08.15	+02:57:49 (67.6%)	12:28	4.8 (32.4%)
950	CZERCZAK Andrzej	7540		Weteran II M - 60	15	02:22:33	04:23:31.10	04:27:37.95	+03:02:19 (68.1%)	12:32	4.8 (32.4%)
951	KOSTULSKA Olga	7939	WKURW_TEAM	Senior II K - 30	174	02:45:53	04:26:02.20	04:29:15.70	+03:03:57 (68.3%)	12:40	4.7 (31.8%)
952	STAJER Małgorzata	7666		Weteran K - 50	42	02:37:58	04:28:31.65	04:31:43.95	+03:06:25 (68.6%)	12:47	4.7 (31.8%)
953	SADOWSKI Andrzej	7151	LZS DZIEWIĘTLICE	Weteran II M - 60	16	02:14:11	04:27:28.30	04:32:02.80	+03:06:44 (68.6%)	12:44	4.7 (31.8%)
954	DUSZYŃSKA Katarzyna	7473		Weteran K - 50	43	02:44:02	04:30:51.15	04:33:26.45	+03:08:08 (68.8%)	12:53	4.7 (31.8%)
955	KRZYWDZIŃSKA Lidia	7585	RUNCROSS ROZGARTY	Masters K - 40	138	02:43:15	04:30:18.15	04:33:41.70	+03:08:23 (68.8%)	12:52	4.7 (31.8%)
956	PLAWIAK-MOWNA Anna	7180		Weteran K - 50	44	02:34:42	04:35:26.75	04:39:20.60	+03:14:02 (69.5%)	13:06	4.6 (31.1%)
957	KONIECZNY Piotr	7231	NKB CHYŻY NOWY TOMYŚL	Masters M - 40	201	02:24:23	04:36:06.05	04:39:54.85	+03:14:36 (69.5%)	13:08	4.6 (31.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
958	BORIS Aneta	7895		Masters K - 40	139	02:37:45	04:40:39.35	04:43:41.25	+03:18:23 (69.9%)	13:21	4.5 (30.4%)
959	GLIWKA Małgorzata	7900	SPARTA LUBLIN	Senior II K - 30	175	02:26:20	04:44:59.00	04:48:05.20	+03:22:47 (70.4%)	13:34	4.4 (29.7%)
960	KOZERA Kamil	7152	HARPAGAN SOSNOWIEC	Masters M - 40	202	02:38:40	04:48:45.55	04:50:24.95	+03:25:06 (70.6%)	13:45	4.4 (29.7%)
	NOWACZYK Bartosz	7136	TEAM BEROTU	Senior II M - 30		01:19:06 DNF	DNF	DNF	-	-	- (0.0%)
	PILACHOWSKA Anna	7221		Masters K - 40		01:42:41 DNF	DNF	DNF	-	-	- (0.0%)
	ROBAKOWSKI Dariusz	7222		Weteran I M - 50		01:44:18 DNF	DNF	DNF	-	-	- (0.0%)
	ŁESEJKO Mateusz	7867		Masters M - 40		DNF	DNF	DNF	-	-	- (0.0%)
	MAJKA Eryk	7344	FAMILIAMAJKA	Senior I M - 20		DNF	DNF	DNF	-	-	- (0.0%)
	SZLAGA Daniel	7224	SPARTA ZIĘBICE	Masters M - 40		DNF	DNF	DNF	-	-	- (0.0%)
	PERZ Krzysztof	7941		Senior II M - 30		DNF	DNF	DNF	-	-	- (0.0%)

Znaleziono 967 wynik(ów)