

# ZŁOTY PÓŁMARATON - 21 KM

B4SPORT

**Wydarzenie:** Dolnośląski Festiwal Biegów Górskich  
**Organizator:** Stowarzyszenie TKKF Kompas  
**Data:** 2017-07-20  
**Miejsce:** Łądek Zdrój  
**Dystans:** 21 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
1	<b>PRZEDWOJEWSKI Bartłomiej</b>	<b>2366</b>		Senior I M - 20	1	00:47:13	<b>01:24:36.40</b>	<b>01:24:38.40</b>		4:01	14.9 (100%)
2	<b>NÁPRAVNÍK Jan</b>	<b>2382</b>		Senior II M - 30	1	00:55:25	<b>01:40:52.15</b>	<b>01:40:55.85</b>	+00:16:17 (16.1%)	4:48	12.5 (83.9%)
3	<b>WOLAŃSKI Jan</b>	<b>2338</b>	STAL FOX BIMARKO	Senior II M - 30	2	01:01:26	<b>01:44:23.55</b>	<b>01:44:31.05</b>	+00:19:52 (19.0%)	4:58	12.1 (81.2%)
4	<b>WILK Maciej</b>	<b>2189</b>	RAMBO 3	Senior II M - 30	3	00:59:27	<b>01:44:24.80</b>	<b>01:44:42.70</b>	+00:20:04 (19.2%)	4:58	12.1 (81.2%)
5	<b>KITA Michał</b>	<b>2179</b>	PĘDZĄCY W MIEJSCU	Masters M - 40	1	00:58:03	<b>01:44:47.10</b>	<b>01:44:50.20</b>	+00:20:11 (19.3%)	4:59	12 (80.5%)
6	<b>GRACZYK Adrian</b>	<b>2200</b>	BIEGI.WLKP	Senior I M - 20	2	01:00:52	<b>01:45:34.00</b>	<b>01:45:36.75</b>	+00:20:58 (19.9%)	5:01	11.9 (79.9%)
7	<b>PAJĄK Tomasz</b>	<b>2304</b>	VEGE RUNNERS	Senior II M - 30	4	01:01:08	<b>01:47:47.45</b>	<b>01:47:57.40</b>	+00:23:19 (21.6%)	5:08	11.7 (78.5%)
8	<b>MYSZCZYSZYN Łukasz</b>	<b>2093</b>	ANTRACYT	Senior II M - 30	5	01:01:00	<b>01:48:36.50</b>	<b>01:48:39.10</b>	+00:24:00 (22.1%)	5:10	11.6 (77.9%)
9	<b>KANTOR Martyna</b>	<b>2402</b>	SALCO GARMIN TEAM	Senior I K - 20	1	01:01:24	<b>01:49:01.55</b>	<b>01:49:04.15</b>	+00:24:25 (22.4%)	5:11	11.6 (77.9%)
10	<b>KOWAL Amadeusz</b>	<b>2377</b>	NAPRZÓD MŁOCINY	Senior II M - 30	6	01:02:03	<b>01:49:34.05</b>	<b>01:49:38.55</b>	+00:25:00 (22.8%)	5:13	11.5 (77.2%)
11	<b>MICHALIK Adam</b>	<b>2365</b>		Masters M - 40	2	01:02:43	<b>01:50:25.75</b>	<b>01:50:29.00</b>	+00:25:50 (23.4%)	5:15	11.4 (76.5%)
12	<b>PRZYBYLSKI Łukasz</b>	<b>2218</b>	KS IDMAR	Senior II M - 30	7	01:03:53	<b>01:52:47.55</b>	<b>01:52:50.90</b>	+00:28:12 (25.0%)	5:22	11.2 (75.2%)
13	<b>DURMAJ Bartek</b>	<b>2014</b>		Senior II M - 30	8	01:05:00	<b>01:53:31.30</b>	<b>01:53:36.10</b>	+00:28:57 (25.5%)	5:24	11.1 (74.5%)
14	<b>IGNACZAK Marcin</b>	<b>2296</b>	IFB BROKER	Masters M - 40	3	01:05:01	<b>01:54:09.85</b>	<b>01:54:11.95</b>	+00:29:33 (25.9%)	5:26	11 (73.8%)
15	<b>STACHOWIAK Marcin</b>	<b>2222</b>	BIEGI.WLKP	Senior I M - 20	3	01:05:14	<b>01:54:39.35</b>	<b>01:54:41.35</b>	+00:30:02 (26.2%)	5:27	11 (73.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
16	<b>KSIĄŻKIEWICZ Bartłomiej</b>	<b>2081</b>	ROCKY BALBOA RUNNING CLUB	Senior II M - 30	9	01:03:54	<b>01:54:52.70</b>	<b>01:55:09.70</b>	+00:30:31 (26.5%)	5:28	11 (73.8%)
17	<b>PIRÓG Arkadiusz</b>	<b>2386</b>	PISFAK	Senior II M - 30	10	01:06:10	<b>01:55:11.95</b>	<b>01:55:14.25</b>	+00:30:35 (26.6%)	5:29	10.9 (73.2%)
18	<b>SPYCHALSKI Adam</b>	<b>2148</b>		Masters M - 40	4	01:06:00	<b>01:55:24.35</b>	<b>01:55:28.30</b>	+00:30:49 (26.7%)	5:29	10.9 (73.2%)
19	<b>PAWŁOWSKI Marek</b>	<b>2305</b>	KLUB BIEGACZA KOMPANIA PIWOWARSKA	Weteran I M - 50	1	01:05:04	<b>01:55:28.85</b>	<b>01:55:32.45</b>	+00:30:54 (26.7%)	5:29	10.9 (73.2%)
20	<b>UGOREK Jarosław</b>	<b>2149</b>	KOPEĆ TEAM	Masters M - 40	5	01:05:29	<b>01:56:40.00</b>	<b>01:56:45.50</b>	+00:32:07 (27.5%)	5:33	10.8 (72.5%)
21	<b>RĄCKI Dariusz</b>	<b>2181</b>	RONAL POLSKA RUN	Masters M - 40	6	01:07:17	<b>01:57:24.45</b>	<b>01:57:34.00</b>	+00:32:55 (28.0%)	5:35	10.7 (71.8%)
22	<b>PIENIAŻEK Patryk</b>	<b>2309</b>		Senior I M - 20	4	01:06:14	<b>01:57:58.50</b>	<b>01:58:03.10</b>	+00:33:24 (28.3%)	5:37	10.7 (71.8%)
23	<b>BRZESZKIEWICZ Michał</b>	<b>2411</b>	BIEGIEM PO PIWO	Senior II M - 30	11	01:07:47	<b>01:58:01.70</b>	<b>01:58:10.30</b>	+00:33:31 (28.4%)	5:37	10.7 (71.8%)
24	<b>URBANEK Zbyszek</b>	<b>2275</b>		Senior II M - 30	12	01:08:08	<b>01:58:23.65</b>	<b>01:58:26.10</b>	+00:33:47 (28.5%)	5:38	10.6 (71.1%)
25	<b>KAŻMIERCZAK Marta</b>	<b>2416</b>	DREAM RUN	Senior II K - 30	1	01:10:52	<b>02:00:02.15</b>	<b>02:00:12.15</b>	+00:35:33 (29.6%)	5:42	10.5 (70.5%)
26	<b>KROWICKA Agnieszka</b>	<b>2232</b>	OLIMPIJCZYK SZCZEKOCINY	Senior II K - 30	2	01:07:42	<b>02:00:07.55</b>	<b>02:00:13.30</b>	+00:35:34 (29.6%)	5:43	10.5 (70.5%)
27	<b>DOMAŃSKI Patryk</b>	<b>2216</b>	GRUPA BIEGOWA RUNNERSCLUB.PL POZNAŃ	Senior I M - 20	5	01:08:20	<b>02:01:48.80</b>	<b>02:01:52.65</b>	+00:37:14 (30.6%)	5:48	10.3 (69.1%)
28	<b>STĘPIEŃ Marta</b>	<b>2414</b>		Senior II K - 30	3	01:10:07	<b>02:01:53.00</b>	<b>02:02:03.70</b>	+00:37:25 (30.7%)	5:48	10.3 (69.1%)
29	<b>CITKO Maciej</b>	<b>2208</b>	BIEG OPOLSKI	Senior II M - 30	13	01:10:10	<b>02:02:33.05</b>	<b>02:02:45.50</b>	+00:38:07 (31.1%)	5:50	10.3 (69.1%)
30	<b>MĘŻYŃSKI Szymon</b>	<b>2417</b>		Senior I M - 20	6	01:07:29	<b>02:02:17.25</b>	<b>02:02:47.40</b>	+00:38:09 (31.1%)	5:49	10.3 (69.1%)
31	<b>MAJCHRZAK Marcin</b>	<b>2367</b>	DELOITTE ADVENTURE TEAM	Senior II M - 30	14	01:07:12	<b>02:03:09.15</b>	<b>02:03:17.25</b>	+00:38:38 (31.3%)	5:51	10.2 (68.5%)
32	<b>ZIĘTERSKI Robert</b>	<b>2351</b>		Masters M - 40	7	01:09:15	<b>02:04:20.05</b>	<b>02:04:23.60</b>	+00:39:45 (32.0%)	5:55	10.1 (67.8%)
33	<b>KWIATKOWSKI Przemysław</b>	<b>2054</b>		Senior I M - 20	7	01:10:18	<b>02:05:04.10</b>	<b>02:05:08.70</b>	+00:40:30 (32.4%)	5:57	10.1 (67.8%)
34	<b>BIAŁY Adam</b>	<b>2394</b>		Masters M - 40	8	01:10:53	<b>02:06:46.15</b>	<b>02:07:02.05</b>	+00:42:23 (33.4%)	6:02	9.9 (66.4%)
35	<b>PAWLAK Bartosz</b>	<b>2370</b>	ZAŁOGA GORSKA	Senior II M - 30	15	01:10:05	<b>02:08:24.90</b>	<b>02:08:29.85</b>	+00:43:51 (34.1%)	6:06	9.8 (65.8%)
36	<b>WALEŃSKA Ewa</b>	<b>2271</b>	GT RAT	Masters K - 40	1	01:13:30	<b>02:08:18.80</b>	<b>02:08:30.05</b>	+00:43:51 (34.1%)	6:06	9.8 (65.8%)
37	<b>JANKOWSKI Janusz</b>	<b>2358</b>		Senior II M - 30	16	01:12:45	<b>02:08:03.05</b>	<b>02:08:36.30</b>	+00:43:57 (34.2%)	6:05	9.8 (65.8%)
38	<b>DROŹDZIK Magdalena</b>	<b>2244</b>	WKB META LUBLINIEC	Senior II K - 30	4	01:13:31	<b>02:09:14.05</b>	<b>02:09:18.95</b>	+00:44:40 (34.5%)	6:09	9.7 (65.1%)

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39	<b>MOLEND</b> Maciej	<b>2127</b>	RONAL POLSKA RUN	Senior II M - 30	17	01:15:21	<b>02:09:11.10</b>	<b>02:09:30.25</b>	+00:44:51 (34.6%)	6:09	9.8 (65.8%)
40	<b>FIGAS</b> Sebastian	<b>2036</b>	LTT	Masters M - 40	9	01:13:14	<b>02:10:06.65</b>	<b>02:10:15.50</b>	+00:45:37 (35.0%)	6:11	9.7 (65.1%)
41	<b>KOWALCZYK</b> Adam	<b>2344</b>	STS BIEGATON	Masters M - 40	10	01:16:18	<b>02:10:11.15</b>	<b>02:10:20.50</b>	+00:45:42 (35.1%)	6:11	9.7 (65.1%)
42	<b>DEMKOWSKI</b> Marcin	<b>2313</b>		Senior II M - 30	18	01:15:19	<b>02:11:10.05</b>	<b>02:11:36.50</b>	+00:46:58 (35.7%)	6:14	9.6 (64.4%)
43	<b>CHODOROWSKI</b> Krzysztof	<b>2135</b>	PRZEBIEGA.PL	Senior II M - 30	19	01:13:03	<b>02:11:35.65</b>	<b>02:11:50.80</b>	+00:47:12 (35.8%)	6:15	9.6 (64.4%)
44	<b>IWAN</b> Anna	<b>2311</b>	PODSIADŁO TEAM	Senior I K - 20	2	01:16:01	<b>02:11:12.05</b>	<b>02:11:54.20</b>	+00:47:15 (35.8%)	6:14	9.6 (64.4%)
45	<b>ANTOSIAK</b> Tomasz	<b>2132</b>	TRIATHLON MIETKÓW TEAM	Senior II M - 30	20	01:16:33	<b>02:11:43.35</b>	<b>02:11:54.35</b>	+00:47:15 (35.8%)	6:16	9.6 (64.4%)
46	<b>KYCIA</b> Piotr	<b>2188</b>		Masters M - 40	11	01:16:17	<b>02:12:28.45</b>	<b>02:12:38.40</b>	+00:48:00 (36.2%)	6:18	9.5 (63.8%)
47	<b>OLESZAK</b> Piotr	<b>2280</b>	STREFA CHILLOUT'U / I LOVE ZIEMEK	Senior II M - 30	21	01:16:08	<b>02:12:40.10</b>	<b>02:12:58.20</b>	+00:48:19 (36.3%)	6:19	9.5 (63.8%)
48	<b>PAWLAK</b> Gabriel	<b>2321</b>	ERGOCONCEPT	Senior II M - 30	22	01:17:33	<b>02:13:08.85</b>	<b>02:13:17.30</b>	+00:48:38 (36.5%)	6:20	9.5 (63.8%)
49	<b>KOSMALA</b> Szymon	<b>2150</b>		Senior II M - 30	23	01:15:28	<b>02:13:17.80</b>	<b>02:13:51.45</b>	+00:49:13 (36.8%)	6:20	9.5 (63.8%)
50	<b>JAMRÓZ</b> Wojciech	<b>2295</b>	KW GLIWICE	Masters M - 40	12	01:14:00	<b>02:13:47.15</b>	<b>02:13:51.60</b>	+00:49:13 (36.8%)	6:22	9.4 (63.1%)
51	<b>HEMMERLING</b> Roman	<b>2168</b>		Senior I M - 20	8	01:14:47	<b>02:13:46.55</b>	<b>02:13:53.80</b>	+00:49:15 (36.8%)	6:22	9.4 (63.1%)
52	<b>KOCHMAN</b> Karol	<b>2175</b>	WPISZCOKOLWIEK	Senior I M - 20	9	01:14:46	<b>02:13:46.80</b>	<b>02:13:54.15</b>	+00:49:15 (36.8%)	6:22	9.4 (63.1%)
53	<b>KUBACKA</b> Sebastian	<b>2243</b>		Senior II M - 30	24	01:15:58	<b>02:14:15.95</b>	<b>02:14:20.10</b>	+00:49:41 (37.0%)	6:23	9.4 (63.1%)
54	<b>ZAWOJAK</b> Aleksander	<b>2059</b>	RONAL POLSKA RUN	Senior I M - 20	10	01:14:22	<b>02:14:16.35</b>	<b>02:14:36.90</b>	+00:49:58 (37.1%)	6:23	9.4 (63.1%)
55	<b>TARASZKA</b> Damian	<b>2363</b>	BRACTWO BIEGACZY ZIELONA GÓRA	Masters M - 40	13	01:13:46	<b>02:15:02.20</b>	<b>02:15:04.65</b>	+00:50:26 (37.3%)	6:25	9.3 (62.4%)
56	<b>BIĘNKOWSKI</b> Kamil	<b>2018</b>	BE BETTER	Senior II M - 30	25	01:16:06	<b>02:14:26.00</b>	<b>02:15:19.10</b>	+00:50:40 (37.5%)	6:24	9.4 (63.1%)
57	<b>KUŹMA</b> Przemysław	<b>2160</b>	1960	Weteran I M - 50	2	01:18:58	<b>02:15:13.85</b>	<b>02:15:22.05</b>	+00:50:43 (37.5%)	6:26	9.3 (62.4%)
58	<b>STEMPNIAK</b> Daniel	<b>2210</b>	KS MARATON OSTRÓW WLKP.	Senior II M - 30	26	01:17:19	<b>02:15:52.15</b>	<b>02:15:57.90</b>	+00:51:19 (37.7%)	6:28	9.3 (62.4%)
59	<b>HERMAN</b> Michał	<b>2105</b>		Senior I M - 20	11	01:16:54	<b>02:16:02.40</b>	<b>02:16:43.55</b>	+00:52:05 (38.1%)	6:28	9.3 (62.4%)
60	<b>BACA</b> Łukasz	<b>2252</b>	RAMBO 3	Senior II M - 30	27	01:18:56	<b>02:16:25.40</b>	<b>02:16:50.10</b>	+00:52:11 (38.1%)	6:29	9.2 (61.7%)
61	<b>UHEREK</b> Michał	<b>2260</b>	YODA	Senior II M - 30	28	01:16:44	<b>02:16:39.95</b>	<b>02:17:10.70</b>	+00:52:32 (38.3%)	6:30	9.2 (61.7%)

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62	<b>JARMOLIŃSKI Piotr</b>	<b>2123</b>		Masters M - 40	14	01:17:59	<b>02:17:16.75</b>	<b>02:17:19.75</b>	+00:52:41 (38.4%)	6:32	9.2 (61.7%)
63	<b>KUBERA Piotr</b>	<b>2374</b>	LIPIEC RUNNING TEAM	Masters M - 40	15	01:15:43	<b>02:17:30.10</b>	<b>02:17:37.35</b>	+00:52:58 (38.5%)	6:32	9.2 (61.7%)
64	<b>SIEMIENIEC Marta</b>	<b>2183</b>	1990	Senior I K - 20	3	01:20:49	<b>02:17:01.55</b>	<b>02:17:46.70</b>	+00:53:08 (38.6%)	6:31	9.2 (61.7%)
65	<b>OLESZOWSKI Marcin</b>	<b>2332</b>	LUXON	Senior II M - 30	29	01:13:42	<b>02:17:24.35</b>	<b>02:17:49.75</b>	+00:53:11 (38.6%)	6:32	9.2 (61.7%)
66	<b>BUDZIŃSKI Damian</b>	<b>2269</b>	NYSA BIEGA	Senior II M - 30	30	01:19:32	<b>02:17:33.60</b>	<b>02:17:56.10</b>	+00:53:17 (38.6%)	6:33	9.2 (61.7%)
67	<b>GRZĘDZIELSKI Jacek</b>	<b>2387</b>	DYNAFIT	Masters M - 40	16	01:21:15	<b>02:17:28.40</b>	<b>02:18:00.10</b>	+00:53:21 (38.7%)	6:32	9.2 (61.7%)
68	<b>JANKOWIAK Krzysztof</b>	<b>2012</b>	MARCO	Senior II M - 30	31	01:18:17	<b>02:17:55.00</b>	<b>02:18:04.20</b>	+00:53:25 (38.7%)	6:34	9.1 (61.1%)
69	<b>BADEWICZ Tomasz</b>	<b>2259</b>	GARAGE JIM BEAM	Senior II M - 30	32	01:15:27	<b>02:18:39.15</b>	<b>02:18:54.95</b>	+00:54:16 (39.1%)	6:36	9.1 (61.1%)
70	<b>LEWANDOWSKI Piotr</b>	<b>2102</b>		Senior II M - 30	33	01:19:06	<b>02:18:32.50</b>	<b>02:18:59.45</b>	+00:54:21 (39.1%)	6:35	9.1 (61.1%)
71	<b>ELMINOWSKI Wojciech</b>	<b>2306</b>	ELAKTYWNI	Weteran I M - 50	3	01:17:48	<b>02:18:57.60</b>	<b>02:19:02.50</b>	+00:54:24 (39.1%)	6:37	9.1 (61.1%)
72	<b>DOMAGAŁA Bartosz</b>	<b>2191</b>	LESZCZYŃSCY PATRIOCI	Senior I M - 20	12	01:19:06	<b>02:19:00.25</b>	<b>02:19:06.25</b>	+00:54:27 (39.2%)	6:37	9.1 (61.1%)
73	<b>WRUK Remigiusz</b>	<b>2074</b>	BIEGOPOLSKI	Masters M - 40	17	01:23:02	<b>02:19:03.45</b>	<b>02:19:15.90</b>	+00:54:37 (39.2%)	6:37	9.1 (61.1%)
74	<b>UBYSZ Natalia</b>	<b>2112</b>	SERPENTINE RC	Senior II K - 30	5	01:22:14	<b>02:19:02.05</b>	<b>02:19:38.90</b>	+00:55:00 (39.4%)	6:37	9.1 (61.1%)
75	<b>DRUMMOND Adam</b>	<b>2113</b>	SERPENTINE RC	Senior II M - 30	34	01:22:22	<b>02:19:07.05</b>	<b>02:19:44.65</b>	+00:55:06 (39.4%)	6:37	9.1 (61.1%)
76	<b>OSTROWSKI Paweł</b>	<b>2347</b>	REHMEDICA.PL	Senior II M - 30	35	01:18:19	<b>02:19:37.90</b>	<b>02:19:44.70</b>	+00:55:06 (39.4%)	6:38	9 (60.4%)
77	<b>CZARNIECKI Daniel</b>	<b>2128</b>	TIE-RUN	Senior II M - 30	36	01:16:41	<b>02:19:38.15</b>	<b>02:19:53.80</b>	+00:55:15 (39.5%)	6:38	9 (60.4%)
77	<b>PLEŚNIAR Paweł</b>	<b>2061</b>	NIEFORMALNY KLUB TYGRYSKÓW	Weteran I M - 50	4	01:20:22	<b>02:19:40.00</b>	<b>02:19:53.80</b>	+00:55:15 (39.5%)	6:39	9 (60.4%)
79	<b>SAJEWICZ Grzegorz</b>	<b>2261</b>		Senior II M - 30	37	01:21:18	<b>02:19:37.55</b>	<b>02:19:55.20</b>	+00:55:16 (39.5%)	6:38	9 (60.4%)
80	<b>SWIETEK-OZDOBA Sylwia</b>	<b>2037</b>	LTT	Masters K - 40	2	01:19:57	<b>02:19:48.70</b>	<b>02:19:57.55</b>	+00:55:19 (39.5%)	6:39	9 (60.4%)
81	<b>ORZECZOWSKI Daniel</b>	<b>2320</b>	I-SPORT	Senior II M - 30	38	01:22:07	<b>02:19:43.05</b>	<b>02:20:06.45</b>	+00:55:28 (39.6%)	6:39	9 (60.4%)
82	<b>FUKS Michał</b>	<b>2315</b>	GRUPA FUX	Senior II M - 30	39	01:21:44	<b>02:20:06.75</b>	<b>02:20:35.55</b>	+00:55:57 (39.8%)	6:40	9 (60.4%)
83	<b>SUCH Arkadiusz</b>	<b>2389</b>	RZESZOWSKIE GAZELE I GEPARDY	Senior II M - 30	40	01:20:44	<b>02:20:00.45</b>	<b>02:20:47.70</b>	+00:56:09 (39.9%)	6:40	9 (60.4%)
84	<b>WILGAT Adam</b>	<b>2053</b>	DZIKIE SKRZYDŁO	Masters M - 40	18	01:19:39	<b>02:20:30.85</b>	<b>02:20:54.70</b>	+00:56:16 (39.9%)	6:41	9 (60.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
85	<b>PIENIĘŻNY Marek</b>	<b>2251</b>	KOŹMIN BIEGA	Senior II M - 30	41	01:21:59	<b>02:20:56.40</b>	<b>02:21:08.10</b>	+00:56:29 (40.0%)	6:42	8.9 (59.7%)
86	<b>NOLBRZYK Adrian</b>	<b>2080</b>	GREATGRATULA (SP)	Masters M - 40	19	01:21:20	<b>02:20:56.00</b>	<b>02:21:10.00</b>	+00:56:31 (40.0%)	6:42	8.9 (59.7%)
87	<b>OCHMAN Paweł</b>	<b>2361</b>	FUTURE PROCESSING RUNNING TEAM	Senior II M - 30	42	01:20:41	<b>02:20:56.15</b>	<b>02:21:12.20</b>	+00:56:33 (40.1%)	6:42	8.9 (59.7%)
88	<b>WOJCZUK Paweł</b>	<b>2106</b>		Senior II M - 30	43	01:15:40	<b>02:21:00.20</b>	<b>02:21:24.30</b>	+00:56:45 (40.1%)	6:42	8.9 (59.7%)
89	<b>FAFARA Marek</b>	<b>2284</b>	KS KOZIOŁEK KĘDZIERZYN-KOŹLE	Senior II M - 30	44	01:23:22	<b>02:21:15.90</b>	<b>02:21:26.15</b>	+00:56:47 (40.2%)	6:43	8.9 (59.7%)
90	<b>FERCHMIN Alicja</b>	<b>2292</b>	JESUS IS MY LEADER	Senior II K - 30	6	01:19:48	<b>02:21:32.40</b>	<b>02:21:42.95</b>	+00:57:04 (40.3%)	6:44	8.9 (59.7%)
91	<b>KUCZERA Paweł</b>	<b>2242</b>		Senior I M - 20	13	01:21:17	<b>02:21:33.80</b>	<b>02:22:02.80</b>	+00:57:24 (40.4%)	6:44	8.9 (59.7%)
92	<b>SŁOWIKOWSKA Klaudia</b>	<b>2047</b>		Senior I K - 20	4	01:21:30	<b>02:22:21.00</b>	<b>02:22:27.95</b>	+00:57:49 (40.6%)	6:46	8.9 (59.7%)
93	<b>CZEBOTAR Barbara</b>	<b>2385</b>		Masters K - 40	3	01:21:24	<b>02:22:33.65</b>	<b>02:22:55.40</b>	+00:58:17 (40.8%)	6:47	8.8 (59.1%)
94	<b>BIERNACKA Kasia</b>	<b>2415</b>	SPELEO KLUB WARSZAWSKI	Masters K - 40	4		<b>02:22:53.65</b>	<b>02:22:59.80</b>	+00:58:21 (40.8%)	6:48	8.8 (59.1%)
95	<b>OZIMEK Michał</b>	<b>2378</b>	PRO RUN WROCŁAW	Senior II M - 30	45	01:22:19	<b>02:22:47.40</b>	<b>02:23:00.70</b>	+00:58:22 (40.8%)	6:47	8.8 (59.1%)
96	<b>RACZKIEWICZ Jarek</b>	<b>2056</b>	BE3 CITYZEN POZNAŃ	Masters M - 40	20	01:21:36	<b>02:23:09.35</b>	<b>02:23:22.65</b>	+00:58:44 (41.0%)	6:49	8.8 (59.1%)
97	<b>TUCHOŁKA Marta</b>	<b>2270</b>	POCO LOCO ADVENTURE TEAM	Senior II K - 30	7	01:23:19	<b>02:22:56.75</b>	<b>02:23:23.00</b>	+00:58:44 (41.0%)	6:48	8.8 (59.1%)
98	<b>BURTNY Przemysław</b>	<b>2169</b>	BIZON BĄKOWICE	Masters M - 40	21	01:22:30	<b>02:23:21.05</b>	<b>02:23:31.30</b>	+00:58:52 (41.0%)	6:49	8.8 (59.1%)
99	<b>NAJDEREK Maciej</b>	<b>2201</b>	PIĘKNA HELENA	Senior II M - 30	46	01:18:21	<b>02:23:14.55</b>	<b>02:23:33.80</b>	+00:58:55 (41.0%)	6:49	8.8 (59.1%)
100	<b>CZERWONKA Zbigniew</b>	<b>2324</b>	1983	Senior II M - 30	47	01:24:38	<b>02:23:28.10</b>	<b>02:23:34.90</b>	+00:58:56 (41.1%)	6:49	8.8 (59.1%)
101	<b>KACZMARCZYK Urszula</b>	<b>2158</b>	KARKONOSZ RUNNING TEAM / PRO RUN WROCŁAW	Senior II K - 30	8	01:21:36	<b>02:23:15.75</b>	<b>02:23:44.80</b>	+00:59:06 (41.1%)	6:49	8.8 (59.1%)
102	<b>HACZKIEWICZ Bartosz</b>	<b>2357</b>	MILKY2017	Senior II M - 30	48	01:17:51	<b>02:23:14.05</b>	<b>02:23:52.25</b>	+00:59:13 (41.2%)	6:49	8.8 (59.1%)
103	<b>MIZERNY Maria</b>	<b>2072</b>	PI	Senior I K - 20	5	01:23:57	<b>02:23:30.65</b>	<b>02:24:06.90</b>	+00:59:28 (41.3%)	6:50	8.8 (59.1%)
104	<b>FALANDYSZ Piotr</b>	<b>2073</b>		Senior I M - 20	14	01:20:07	<b>02:23:31.65</b>	<b>02:24:07.95</b>	+00:59:29 (41.3%)	6:50	8.8 (59.1%)
105	<b>KRUPA Bartłomiej</b>	<b>2110</b>		Senior II M - 30	49	01:22:31	<b>02:23:50.90</b>	<b>02:24:23.55</b>	+00:59:45 (41.4%)	6:51	8.8 (59.1%)
106	<b>PIOTROWSKI Rafael</b>	<b>2418</b>		Senior II M - 30	50	01:20:47	<b>02:24:47.00</b>	<b>02:24:57.00</b>	+01:00:18 (41.6%)	6:53	8.7 (58.4%)
107	<b>LASZCZYŃSKI Michał</b>	<b>2240</b>		Senior II M - 30	51	01:23:30	<b>02:25:12.25</b>	<b>02:25:42.20</b>	+01:01:03 (41.9%)	6:54	8.7 (58.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
108	<b>ABULEWICZ Wojciech</b>	<b>2327</b>	STP SYNERGIA	Masters M - 40	22	01:22:25	<b>02:25:35.00</b>	<b>02:25:46.55</b>	+01:01:08 (41.9%)	6:55	8.7 (58.4%)
109	<b>RYBARSKA Marta</b>	<b>2017</b>		Senior I K - 20	6	01:18:42	<b>02:25:51.60</b>	<b>02:26:00.80</b>	+01:01:22 (42.0%)	6:56	8.6 (57.7%)
110	<b>GRĘDA Mariusz</b>	<b>2134</b>		Senior II M - 30	52	01:20:30	<b>02:25:55.75</b>	<b>02:26:01.45</b>	+01:01:23 (42.0%)	6:56	8.6 (57.7%)
111	<b>SZARLEJ Piotr</b>	<b>2319</b>	FUDU&CO. SPORT TEAM	Senior II M - 30	53	01:19:42	<b>02:25:53.00</b>	<b>02:26:07.85</b>	+01:01:29 (42.1%)	6:56	8.6 (57.7%)
112	<b>MALENDOWICZ Przemysław</b>	<b>2151</b>		Senior II M - 30	54	01:21:48	<b>02:26:35.25</b>	<b>02:27:05.45</b>	+01:02:27 (42.5%)	6:58	8.6 (57.7%)
113	<b>PUSTELNIK Karolina</b>	<b>2419</b>	AK6	Senior II K - 30	9	01:21:07	<b>02:26:40.30</b>	<b>02:27:12.80</b>	+01:02:34 (42.5%)	6:59	8.6 (57.7%)
114	<b>GRABIŃSKA Gizela</b>	<b>2206</b>	DREAM RUN/ AZS UW	Masters K - 40	5	01:24:36	<b>02:27:03.15</b>	<b>02:27:15.55</b>	+01:02:37 (42.5%)	7:00	8.6 (57.7%)
115	<b>GAWRON Bartłomiej</b>	<b>2085</b>		Masters M - 40	23	01:21:40	<b>02:27:08.65</b>	<b>02:27:20.75</b>	+01:02:42 (42.6%)	7:00	8.6 (57.7%)
116	<b>OSKWAREK Bogdan</b>	<b>2322</b>		Masters M - 40	24	01:24:19	<b>02:27:11.85</b>	<b>02:27:53.75</b>	+01:03:15 (42.8%)	7:00	8.6 (57.7%)
117	<b>MACHETA Patrycja</b>	<b>2068</b>		Senior I K - 20	7	01:23:42	<b>02:27:23.45</b>	<b>02:27:56.70</b>	+01:03:18 (42.8%)	7:01	8.5 (57.0%)
118	<b>WYSTRYCHOWSKI Marcin</b>	<b>2220</b>	BFAGENCJA.PL	Senior II M - 30	55	01:16:27	<b>02:28:12.95</b>	<b>02:28:18.80</b>	+01:03:40 (42.9%)	7:03	8.5 (57.0%)
119	<b>WOJTKOWIAK Renata</b>	<b>2156</b>	PIĄTKOWO NA BIEGOWO	Masters K - 40	6	01:21:16	<b>02:28:16.25</b>	<b>02:28:39.05</b>	+01:04:00 (43.1%)	7:03	8.5 (57.0%)
120	<b>WOJTKOWIAK Stefan</b>	<b>2157</b>	PIĄTKOWO NA BIEGOWO	Masters M - 40	25	01:21:15	<b>02:28:15.80</b>	<b>02:28:39.20</b>	+01:04:00 (43.1%)	7:03	8.5 (57.0%)
121	<b>HOFMAN Paweł</b>	<b>2381</b>		Senior II M - 30	56	01:22:32	<b>02:28:30.95</b>	<b>02:28:42.85</b>	+01:04:04 (43.1%)	7:04	8.5 (57.0%)
122	<b>BANDUROWSKA Agnieszka</b>	<b>2067</b>	KB SPOCENI NOWA SÓL	Masters K - 40	7	01:29:11	<b>02:28:36.45</b>	<b>02:28:45.20</b>	+01:04:06 (43.1%)	7:04	8.5 (57.0%)
123	<b>ŻUREK Żaneta</b>	<b>2001</b>	POKERUN	Senior II K - 30	10	01:26:28	<b>02:28:28.50</b>	<b>02:28:45.80</b>	+01:04:07 (43.1%)	7:04	8.5 (57.0%)
124	<b>ŚRÓDKA Bartłomiej</b>	<b>2245</b>		Senior II M - 30	57	01:26:55	<b>02:28:45.85</b>	<b>02:29:13.85</b>	+01:04:35 (43.3%)	7:05	8.5 (57.0%)
125	<b>SKRZYPIEC Katarzyna</b>	<b>2019</b>		Senior II K - 30	11	01:21:46	<b>02:29:13.40</b>	<b>02:29:19.65</b>	+01:04:41 (43.3%)	7:06	8.4 (56.4%)
126	<b>KWIATKOWSKI Paweł</b>	<b>2167</b>	CENEO RUNNING TEAM	Senior I M - 20	15	01:27:00	<b>02:28:40.95</b>	<b>02:29:20.25</b>	+01:04:41 (43.3%)	7:04	8.5 (57.0%)
127	<b>KUCHARCZYK Anna</b>	<b>2337</b>	WILLA SŁONECZKO TORPEDOS	Senior II K - 30	12	01:28:16	<b>02:28:49.85</b>	<b>02:29:29.00</b>	+01:04:50 (43.4%)	7:05	8.5 (57.0%)
128	<b>CIESIELSKI Sebastian</b>	<b>2021</b>	KIBOLE W BIEGU / PAKIECIARZE TEAM	Senior II M - 30	58	01:27:09	<b>02:29:53.40</b>	<b>02:30:12.25</b>	+01:05:33 (43.7%)	7:08	8.4 (56.4%)
129	<b>GAWRON Piotr</b>	<b>2267</b>	KB GOCH BYTÓW	Masters M - 40	26	01:29:13	<b>02:30:01.05</b>	<b>02:30:22.80</b>	+01:05:44 (43.7%)	7:08	8.4 (56.4%)
130	<b>RYCHLEWICZ Tomasz</b>	<b>2078</b>		Senior II M - 30	59	01:25:08	<b>02:30:07.30</b>	<b>02:30:27.80</b>	+01:05:49 (43.7%)	7:08	8.4 (56.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
131	<b>KOSZAREK Maciej</b>	<b>2345</b>		Weteran I M - 50	5	01:28:50	<b>02:30:02.20</b>	<b>02:30:36.15</b>	+01:05:57 (43.8%)	7:08	8.4 (56.4%)
132	<b>JĘDRYCA Przemysław</b>	<b>2412</b>	SPARTA ULTRA TEAM	Senior II M - 30	60	01:22:11	<b>02:30:23.85</b>	<b>02:30:58.60</b>	+01:06:20 (43.9%)	7:09	8.4 (56.4%)
133	<b>JAŃSKI Tomasz</b>	<b>2194</b>		Masters M - 40	27	01:27:15	<b>02:30:30.05</b>	<b>02:30:59.05</b>	+01:06:20 (43.9%)	7:10	8.4 (56.4%)
134	<b>KOSTROWICKI Jakub</b>	<b>2121</b>	SIERADZBIEGA.PL	Senior II M - 30	61	01:25:40	<b>02:31:09.45</b>	<b>02:31:15.80</b>	+01:06:37 (44.0%)	7:11	8.3 (55.7%)
135	<b>GĄSIOROWSKI Andrzej</b>	<b>2329</b>	RÓŻOWE GZEGŻÓŁKI ŚMIERCI	Senior I M - 20	16	01:27:36	<b>02:31:09.50</b>	<b>02:31:18.60</b>	+01:06:40 (44.1%)	7:11	8.3 (55.7%)
136	<b>BURANT Agnieszka</b>	<b>2065</b>		Senior II K - 30	13	01:27:37	<b>02:31:21.75</b>	<b>02:31:28.35</b>	+01:06:49 (44.1%)	7:12	8.3 (55.7%)
137	<b>TROJANOWSKI Jakub</b>	<b>2273</b>		Senior II M - 30	62	01:26:10	<b>02:31:11.20</b>	<b>02:31:29.25</b>	+01:06:50 (44.1%)	7:11	8.3 (55.7%)
138	<b>PYTEL Mateusz</b>	<b>2070</b>	NETBOX BIEGA	Senior II M - 30	63	01:28:57	<b>02:30:51.80</b>	<b>02:31:36.10</b>	+01:06:57 (44.2%)	7:11	8.4 (56.4%)
139	<b>GINTER Grzegorz</b>	<b>2390</b>	AZS COLLEGIUM MEDICUM UJ	Senior II M - 30	64	01:31:36	<b>02:31:28.80</b>	<b>02:31:40.10</b>	+01:07:01 (44.2%)	7:12	8.3 (55.7%)
140	<b>CHĘCIŃSKI Łukasz</b>	<b>2063</b>		Senior II M - 30	65	01:24:43	<b>02:31:28.05</b>	<b>02:31:50.05</b>	+01:07:11 (44.3%)	7:12	8.3 (55.7%)
141	<b>WONKO Ewa</b>	<b>2400</b>		Senior II K - 30	14	01:28:31	<b>02:31:40.40</b>	<b>02:32:00.80</b>	+01:07:22 (44.3%)	7:13	8.3 (55.7%)
142	<b>JANUSZEK Leon</b>	<b>2413</b>		Weteran I M - 50	6	01:27:15	<b>02:31:19.70</b>	<b>02:32:07.90</b>	+01:07:29 (44.4%)	7:12	8.3 (55.7%)
143	<b>BARZYK Mateusz</b>	<b>2323</b>	FUDU&CO. SPORT TEAM	Masters M - 40	28	01:23:55	<b>02:31:56.60</b>	<b>02:32:10.60</b>	+01:07:32 (44.4%)	7:14	8.3 (55.7%)
144	<b>CHWIAŁKOWSKI Wiesław</b>	<b>2042</b>		Weteran I M - 50	7	01:26:36	<b>02:32:21.35</b>	<b>02:32:37.55</b>	+01:07:59 (44.5%)	7:15	8.3 (55.7%)
145	<b>POMASKI Paweł</b>	<b>2300</b>	POMASCY BIEGAJĄ	Masters M - 40	29	01:28:54	<b>02:32:36.05</b>	<b>02:32:39.95</b>	+01:08:01 (44.6%)	7:16	8.3 (55.7%)
146	<b>WOJCIECHOWSKI Mateusz</b>	<b>2117</b>		Senior II M - 30	66	01:25:23	<b>02:32:12.50</b>	<b>02:32:46.90</b>	+01:08:08 (44.6%)	7:14	8.3 (55.7%)
147	<b>MICHAŁOWICZ Marek</b>	<b>2392</b>		Senior II M - 30	67	01:26:15	<b>02:32:35.65</b>	<b>02:32:48.45</b>	+01:08:10 (44.6%)	7:16	8.3 (55.7%)
148	<b>SUSMARSKA Ewa</b>	<b>2384</b>	NO WOMAN NO TRI	Senior I K - 20	8	01:27:00	<b>02:32:53.15</b>	<b>02:33:24.95</b>	+01:08:46 (44.8%)	7:16	8.2 (55.0%)
149	<b>SKACZKOWSKA Barbara</b>	<b>2298</b>	POLSKI KLUB MTB	Senior II K - 30	15	01:28:07	<b>02:33:17.50</b>	<b>02:33:25.00</b>	+01:08:46 (44.8%)	7:18	8.2 (55.0%)
150	<b>GAŁKA Stanisław</b>	<b>2283</b>	FLUNKYBALL TEAM ŁĄDEK ZDRÓJ	Senior II M - 30	68	01:25:10	<b>02:33:18.40</b>	<b>02:33:31.55</b>	+01:08:53 (44.9%)	7:18	8.2 (55.0%)
151	<b>DRAMIŃSKI Adam</b>	<b>2383</b>		Masters M - 40	30	01:22:59	<b>02:33:13.10</b>	<b>02:33:31.60</b>	+01:08:53 (44.9%)	7:17	8.2 (55.0%)
152	<b>SZMAJDA Dominik</b>	<b>2297</b>	NIE MAM POMYSŁU	Senior II M - 30	69	01:25:36	<b>02:33:43.45</b>	<b>02:33:49.10</b>	+01:09:10 (45.0%)	7:19	8.2 (55.0%)
153	<b>TALAREK Robert</b>	<b>2182</b>		Masters M - 40	31	01:29:24	<b>02:33:12.80</b>	<b>02:33:57.10</b>	+01:09:18 (45.0%)	7:17	8.2 (55.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
154	<b>PASTUSZKA Mirosław</b>	<b>2403</b>		Weteran I M - 50	8	01:29:41	<b>02:33:49.60</b>	<b>02:34:14.65</b>	+01:09:36 (45.1%)	7:19	8.2 (55.0%)
155	<b>NOWAK Barbara</b>	<b>2193</b>	MARCINSWIERCTEAM	Senior II K - 30	16	01:27:05	<b>02:33:48.30</b>	<b>02:34:15.35</b>	+01:09:36 (45.1%)	7:19	8.2 (55.0%)
156	<b>CZEKALSKA Maria</b>	<b>2064</b>		Senior II K - 30	17	01:27:37	<b>02:34:16.30</b>	<b>02:34:23.20</b>	+01:09:44 (45.2%)	7:20	8.2 (55.0%)
157	<b>KARDAS Piotr</b>	<b>2077</b>	TKK STARA PAKA	Masters M - 40	32	01:24:55	<b>02:34:12.75</b>	<b>02:34:24.95</b>	+01:09:46 (45.2%)	7:20	8.2 (55.0%)
158	<b>MAZUR Rafał</b>	<b>2204</b>		Senior I M - 20	17	01:21:59	<b>02:34:32.15</b>	<b>02:34:36.80</b>	+01:09:58 (45.3%)	7:21	8.2 (55.0%)
159	<b>SADOWSKI Piotr</b>	<b>2016</b>	OSTRÓDA RESCUE TEAM	Senior II M - 30	70		<b>02:35:11.30</b>	<b>02:35:32.30</b>	+01:10:53 (45.6%)	7:23	8.1 (54.4%)
160	<b>ŁĄCZAK Justyna</b>	<b>2029</b>		Senior II K - 30	18	01:30:14	<b>02:35:35.20</b>	<b>02:35:48.20</b>	+01:11:09 (45.7%)	7:24	8.1 (54.4%)
161	<b>TYRPA Jarosław</b>	<b>2335</b>	BIEGIEM PO PIWO	Masters M - 40	33	01:29:16	<b>02:35:42.05</b>	<b>02:36:03.15</b>	+01:11:24 (45.8%)	7:24	8.1 (54.4%)
162	<b>MAZIEC Roman</b>	<b>2340</b>		Senior II M - 30	71	01:28:58	<b>02:36:06.40</b>	<b>02:36:10.05</b>	+01:11:31 (45.8%)	7:26	8.1 (54.4%)
163	<b>OLESZAK Jacek</b>	<b>2279</b>	POLLINE	Senior II M - 30	72	01:27:39	<b>02:36:19.70</b>	<b>02:36:38.70</b>	+01:12:00 (46.0%)	7:26	8.1 (54.4%)
164	<b>SIP Mirosław</b>	<b>2125</b>		Weteran I M - 50	9	01:27:39	<b>02:36:20.95</b>	<b>02:36:39.85</b>	+01:12:01 (46.0%)	7:26	8.1 (54.4%)
165	<b>LUDWINIAK Arkadiusz</b>	<b>2249</b>		Masters M - 40	34	01:26:37	<b>02:36:52.25</b>	<b>02:37:21.15</b>	+01:12:42 (46.2%)	7:28	8 (53.7%)
166	<b>GRYCMAN Magdalena</b>	<b>2362</b>	SPARTA ULTRA TEAM	Senior II K - 30	19	01:29:19	<b>02:37:10.80</b>	<b>02:37:25.80</b>	+01:12:47 (46.2%)	7:29	8 (53.7%)
167	<b>HADZICKA Sylwia</b>	<b>2376</b>		Senior II K - 30	20	01:28:04	<b>02:36:40.05</b>	<b>02:37:25.85</b>	+01:12:47 (46.2%)	7:27	8 (53.7%)
168	<b>RUSIECKI Łukasz</b>	<b>2333</b>	RÓŻOWE GŻEGŻÓŁKI ŚMIERCI	Senior I M - 20	18	01:29:19	<b>02:37:41.85</b>	<b>02:37:51.40</b>	+01:13:13 (46.4%)	7:30	8 (53.7%)
169	<b>KULAK Michał</b>	<b>2230</b>		Senior II M - 30	73	01:28:02	<b>02:37:30.45</b>	<b>02:37:52.45</b>	+01:13:14 (46.4%)	7:30	8 (53.7%)
170	<b>SKORUPSKI Szymon</b>	<b>2353</b>	KURACJUSZE	Senior II M - 30	74	01:29:12	<b>02:38:14.40</b>	<b>02:38:22.30</b>	+01:13:43 (46.6%)	7:32	8 (53.7%)
171	<b>KOSZAREK Andrzej</b>	<b>2237</b>	ZABIEGANE ŚREPOLE	Masters M - 40	35	01:29:48	<b>02:38:00.45</b>	<b>02:38:33.10</b>	+01:13:54 (46.6%)	7:31	8 (53.7%)
172	<b>KWIATKOWSKA Zuzanna</b>	<b>2317</b>		Masters K - 40	8	01:31:29	<b>02:38:34.60</b>	<b>02:38:51.50</b>	+01:14:13 (46.7%)	7:33	7.9 (53.0%)
173	<b>CZERWIŃSKI Wojciech</b>	<b>2254</b>		Senior I M - 20	19	01:32:22	<b>02:38:18.65</b>	<b>02:38:54.15</b>	+01:14:15 (46.7%)	7:32	8 (53.7%)
174	<b>SYNOWIEC Dorota</b>	<b>2211</b>		Senior II K - 30	21	01:31:04	<b>02:38:42.15</b>	<b>02:39:05.70</b>	+01:14:27 (46.8%)	7:33	7.9 (53.0%)
175	<b>SAJEWICZ Piotr</b>	<b>2257</b>	TURBINA BALAKOWO	Senior II M - 30	75	01:30:19	<b>02:39:12.10</b>	<b>02:39:31.55</b>	+01:14:53 (46.9%)	7:34	7.9 (53.0%)
176	<b>BORUTA-KOŁODZIEJ Emilia</b>	<b>2314</b>	PRO RUN WROCŁAW	Senior II K - 30	22	01:31:14	<b>02:39:24.85</b>	<b>02:39:48.70</b>	+01:15:10 (47.0%)	7:35	7.9 (53.0%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
177	<b>STACHLIK Dawid</b>	<b>2410</b>		Senior II M - 30	76	01:31:23	<b>02:39:49.25</b>	<b>02:40:02.05</b>	+01:15:23 (47.1%)	7:36	7.9 (53.0%)
178	<b>CZARNECKA Kamila</b>	<b>2006</b>		Senior II K - 30	23	01:35:14	<b>02:40:05.70</b>	<b>02:40:22.70</b>	+01:15:44 (47.2%)	7:37	7.9 (53.0%)
179	<b>MROWCA Joanna</b>	<b>2057</b>		Senior I K - 20	9	01:29:15	<b>02:40:07.40</b>	<b>02:40:28.70</b>	+01:15:50 (47.3%)	7:37	7.9 (53.0%)
180	<b>MICHALSKA Edyta</b>	<b>2214</b>	ZABIEGANE ŚREPOLE	Senior II K - 30	24	01:28:50	<b>02:39:58.70</b>	<b>02:40:32.00</b>	+01:15:53 (47.3%)	7:37	7.9 (53.0%)
181	<b>BARTKIEWICZ Ireneusz</b>	<b>2250</b>		Senior II M - 30	77	01:28:57	<b>02:40:12.90</b>	<b>02:40:40.95</b>	+01:16:02 (47.3%)	7:37	7.9 (53.0%)
182	<b>MATAK Paweł</b>	<b>2186</b>		Senior II M - 30	78	01:29:20	<b>02:40:14.35</b>	<b>02:40:41.10</b>	+01:16:02 (47.3%)	7:37	7.9 (53.0%)
183	<b>ROSŁON Cezary</b>	<b>2187</b>		Senior II M - 30	79		<b>02:40:11.65</b>	<b>02:40:41.25</b>	+01:16:02 (47.3%)	7:37	7.9 (53.0%)
184	<b>SIELUTIN Wadim</b>	<b>2203</b>	KB LEW LEGNICA	Weteran II M - 60	1	01:30:56	<b>02:40:15.00</b>	<b>02:41:01.85</b>	+01:16:23 (47.4%)	7:37	7.9 (53.0%)
185	<b>BURDAJEWICZ Magdalena</b>	<b>2369</b>		Senior II K - 30	25	01:34:31	<b>02:40:27.50</b>	<b>02:41:05.10</b>	+01:16:26 (47.5%)	7:38	7.9 (53.0%)
186	<b>GRUSZCZYŃSKA Sandra</b>	<b>2325</b>	WILD FOR THE RUN / HERCOG RUNNING TEAM	Senior II K - 30	26	01:33:17	<b>02:40:52.65</b>	<b>02:41:13.15</b>	+01:16:34 (47.5%)	7:39	7.8 (52.3%)
187	<b>LUBAŃSKA Alicja</b>	<b>2129</b>		Masters K - 40	9	01:30:48	<b>02:41:11.50</b>	<b>02:41:16.95</b>	+01:16:38 (47.5%)	7:40	7.8 (52.3%)
188	<b>BAKOWSKI Piotr</b>	<b>2330</b>	ZAPARKOWANI/ OŚLA ŁAWKA	Senior II M - 30	80	01:32:11	<b>02:40:50.35</b>	<b>02:41:18.50</b>	+01:16:40 (47.5%)	7:39	7.8 (52.3%)
189	<b>BIEDROŃ Marcin</b>	<b>2139</b>		Senior I M - 20	20		<b>02:41:06.25</b>	<b>02:41:31.70</b>	+01:16:53 (47.6%)	7:40	7.8 (52.3%)
190	<b>LIPOWCZYK Eugeniusz</b>	<b>2126</b>	KB KĄTY WROCŁAWSKIE	Weteran II M - 60	2	01:31:33	<b>02:40:57.25</b>	<b>02:41:37.90</b>	+01:16:59 (47.6%)	7:39	7.8 (52.3%)
191	<b>PIEKIELNA Angelika</b>	<b>2388</b>	WIERUNSZÓW	Senior I K - 20	10	01:31:32	<b>02:41:51.20</b>	<b>02:42:00.55</b>	+01:17:22 (47.8%)	7:42	7.8 (52.3%)
192	<b>PLEWA Katarzyna</b>	<b>2082</b>	DOBSOM	Senior II K - 30	27	01:29:44	<b>02:42:01.25</b>	<b>02:42:13.35</b>	+01:17:34 (47.8%)	7:42	7.8 (52.3%)
193	<b>KUŁACZKOWSKA Magdalena</b>	<b>2221</b>		Senior I K - 20	11	01:34:45	<b>02:41:42.55</b>	<b>02:42:15.35</b>	+01:17:36 (47.8%)	7:42	7.8 (52.3%)
194	<b>WYBRAWIEC Tomasz</b>	<b>2409</b>		Senior II M - 30	81	01:29:21	<b>02:42:06.00</b>	<b>02:42:19.20</b>	+01:17:40 (47.9%)	7:43	7.8 (52.3%)
194	<b>WESOŁOWSKA Marta</b>	<b>2111</b>		Senior II K - 30	28	01:34:45	<b>02:41:46.60</b>	<b>02:42:19.20</b>	+01:17:40 (47.9%)	7:42	7.8 (52.3%)
196	<b>PIWOWARCZYK Andrzej</b>	<b>2075</b>		Masters M - 40	36	01:33:10	<b>02:42:08.30</b>	<b>02:42:43.05</b>	+01:18:04 (48.0%)	7:43	7.8 (52.3%)
197	<b>BULIŃSKA Iwona</b>	<b>2405</b>	NIGHT RUNNERS	Senior II K - 30	29	01:32:49	<b>02:42:37.90</b>	<b>02:42:46.10</b>	+01:18:07 (48.0%)	7:44	7.7 (51.7%)
198	<b>WARYCH Andrzej</b>	<b>2120</b>		Weteran I M - 50	10	01:30:25	<b>02:43:05.95</b>	<b>02:43:26.95</b>	+01:18:48 (48.2%)	7:45	7.7 (51.7%)
199	<b>ASPERSKA Julia</b>	<b>2281</b>		Senior II K - 30	30	01:34:02	<b>02:43:02.75</b>	<b>02:43:36.25</b>	+01:18:57 (48.3%)	7:45	7.7 (51.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
200	<b>SKWIERCZYŃSKI Sylwester</b>	<b>2227</b>		Senior I M - 20	21	01:35:06	<b>02:43:15.75</b>	<b>02:43:40.10</b>	+01:19:01 (48.3%)	7:46	7.7 (51.7%)
201	<b>WESOŁOWSKA-KRUPA Paulina</b>	<b>2109</b>		Senior II K - 30	31	01:27:15	<b>02:43:24.80</b>	<b>02:43:57.15</b>	+01:19:18 (48.4%)	7:46	7.7 (51.7%)
202	<b>MICHAŁSKI Grzegorz</b>	<b>2277</b>	SEZONSTARTOWY.PL	Senior II M - 30	82	01:34:12	<b>02:43:42.80</b>	<b>02:44:02.10</b>	+01:19:23 (48.4%)	7:47	7.7 (51.7%)
203	<b>DĄBROWSKI Roman</b>	<b>2289</b>		Senior II M - 30	83	01:28:48	<b>02:43:49.80</b>	<b>02:44:04.10</b>	+01:19:25 (48.4%)	7:48	7.7 (51.7%)
204	<b>KORDALEWSKI Łukasz</b>	<b>2140</b>	NC+	Senior II M - 30	84	01:34:46	<b>02:43:20.50</b>	<b>02:44:09.90</b>	+01:19:31 (48.4%)	7:46	7.7 (51.7%)
205	<b>MISIAK Dorota</b>	<b>2285</b>	-	Senior II K - 30	32	01:33:01	<b>02:43:44.15</b>	<b>02:44:15.65</b>	+01:19:37 (48.5%)	7:47	7.7 (51.7%)
206	<b>DRYGAS Mariola</b>	<b>2331</b>		Senior II K - 30	33	01:31:55	<b>02:44:44.35</b>	<b>02:44:58.60</b>	+01:20:20 (48.7%)	7:50	7.6 (51.0%)
207	<b>CZESKI Wojciech</b>	<b>2013</b>	MOSINA BIEGA	Senior II M - 30	85	01:34:47	<b>02:44:39.40</b>	<b>02:45:07.30</b>	+01:20:28 (48.7%)	7:50	7.7 (51.7%)
208	<b>ZYGMUNT Małgorzata</b>	<b>2153</b>	ZYGI&PRZEMO	Senior II K - 30	34	01:31:40	<b>02:45:02.45</b>	<b>02:45:32.45</b>	+01:20:54 (48.9%)	7:51	7.6 (51.0%)
209	<b>RABSZTYN Andrzej</b>	<b>2356</b>	TRIATHLON MIETKÓW TEAM	Senior II M - 30	86	01:31:59	<b>02:45:20.90</b>	<b>02:45:32.70</b>	+01:20:54 (48.9%)	7:52	7.6 (51.0%)
210	<b>FILIPOWICZ Aleksandra</b>	<b>2316</b>		Masters K - 40	10	01:36:43	<b>02:45:09.25</b>	<b>02:45:34.20</b>	+01:20:55 (48.9%)	7:51	7.6 (51.0%)
211	<b>KUCZERA Tadeusz</b>	<b>2241</b>		Weteran I M - 50	11	01:34:30	<b>02:46:07.40</b>	<b>02:46:10.30</b>	+01:21:31 (49.1%)	7:54	7.6 (51.0%)
212	<b>PRZETAKIEWICZ Maciej</b>	<b>2334</b>	MARCINŚWIERCTEAM	Senior II M - 30	87	01:32:43	<b>02:46:17.05</b>	<b>02:46:43.60</b>	+01:22:05 (49.2%)	7:55	7.6 (51.0%)
213	<b>GARCZEWSKA-PASZKO Joanna</b>	<b>2069</b>		Masters K - 40	11	01:34:54	<b>02:46:52.75</b>	<b>02:47:10.65</b>	+01:22:32 (49.4%)	7:56	7.6 (51.0%)
214	<b>DRESZER Bartosz</b>	<b>2103</b>		Senior II M - 30	88	01:25:25	<b>02:47:06.80</b>	<b>02:47:31.30</b>	+01:22:52 (49.5%)	7:57	7.5 (50.3%)
215	<b>SYNORADZKA Agata</b>	<b>2180</b>		Senior I K - 20	12		<b>02:47:52.00</b>	<b>02:47:57.00</b>	+01:23:18 (49.6%)	7:59	7.5 (50.3%)
216	<b>KRZECZKOWSKI Roman</b>	<b>2015</b>		Masters M - 40	37	01:33:56	<b>02:48:03.10</b>	<b>02:48:28.80</b>	+01:23:50 (49.8%)	8:00	7.5 (50.3%)
217	<b>GRZELKA Agata</b>	<b>2162</b>		Senior II K - 30	35	01:39:19	<b>02:48:14.85</b>	<b>02:48:30.70</b>	+01:23:52 (49.8%)	8:00	7.5 (50.3%)
218	<b>ZIELIŃSKI Michał</b>	<b>2406</b>		Masters M - 40	38	01:39:15	<b>02:48:14.50</b>	<b>02:48:54.20</b>	+01:24:15 (49.9%)	8:00	7.5 (50.3%)
219	<b>ZUBIK Anna</b>	<b>2301</b>	JB WARSZAWA	Senior II K - 30	36	01:36:24	<b>02:48:19.60</b>	<b>02:48:56.60</b>	+01:24:18 (49.9%)	8:00	7.5 (50.3%)
220	<b>MORAWSKI Ryszard</b>	<b>2090</b>		Senior II M - 30	89	01:31:40	<b>02:48:50.75</b>	<b>02:49:00.10</b>	+01:24:21 (49.9%)	8:02	7.5 (50.3%)
221	<b>URBAN Mieczysław</b>	<b>2161</b>	ROZBIEGANY RAWICZ	Weteran II M - 60	3	01:35:13	<b>02:48:45.85</b>	<b>02:49:00.70</b>	+01:24:22 (49.9%)	8:02	7.5 (50.3%)
222	<b>HĄCIA Sylwia</b>	<b>2235</b>		Senior I K - 20	13	01:33:38	<b>02:48:46.45</b>	<b>02:49:01.90</b>	+01:24:23 (49.9%)	8:02	7.5 (50.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
223	<b>BARAŃSKA Małgorzata</b>	<b>2086</b>	BBL OPOLE	Masters K - 40	12	01:38:05	<b>02:49:13.60</b>	<b>02:49:41.00</b>	+01:25:02 (50.1%)	8:03	7.4 (49.7%)
224	<b>RATAJCZAK Tomasz</b>	<b>2364</b>	TERAZ ALBO NIGDY	Senior II M - 30	90	01:43:57	<b>02:48:48.00</b>	<b>02:49:42.90</b>	+01:25:04 (50.1%)	8:02	7.5 (50.3%)
225	<b>PIETRASZEWSKI Tomasz</b>	<b>2005</b>	TSG MŁÓCKARNIA	Senior II M - 30	91	01:34:20	<b>02:49:15.65</b>	<b>02:49:46.75</b>	+01:25:08 (50.1%)	8:03	7.4 (49.7%)
226	<b>GAPSKA Anna</b>	<b>2262</b>		Senior I K - 20	14	01:40:15	<b>02:49:33.50</b>	<b>02:49:59.55</b>	+01:25:21 (50.2%)	8:04	7.4 (49.7%)
227	<b>BEDNARCZYK Bogusław</b>	<b>2048</b>	PRO-RUN WROCŁAW	Weteran I M - 50	12	01:28:56	<b>02:49:51.95</b>	<b>02:50:24.20</b>	+01:25:45 (50.3%)	8:05	7.4 (49.7%)
228	<b>PISKORZ Robert</b>	<b>2355</b>		Masters M - 40	39	01:44:50	<b>02:49:44.15</b>	<b>02:50:31.45</b>	+01:25:53 (50.4%)	8:04	7.4 (49.7%)
229	<b>KLINKE Arkadiusz</b>	<b>2171</b>	GRZMIĄCE KIJE	Masters M - 40	40	01:36:01	<b>02:49:53.20</b>	<b>02:50:35.40</b>	+01:25:57 (50.4%)	8:05	7.4 (49.7%)
230	<b>NORWA Sylwester</b>	<b>2352</b>	3N PATKÓW	Masters M - 40	41	01:37:52	<b>02:50:05.25</b>	<b>02:51:00.60</b>	+01:26:22 (50.5%)	8:05	7.4 (49.7%)
231	<b>PASŁAWSKA Olga</b>	<b>2266</b>	PRZEBIEGA.PL	Senior II K - 30	37	01:38:16	<b>02:50:45.65</b>	<b>02:51:02.75</b>	+01:26:24 (50.5%)	8:07	7.4 (49.7%)
232	<b>ZAGASKA Linda</b>	<b>2258</b>	WATAHA TEAM	Senior I K - 20	15	01:36:43	<b>02:50:48.30</b>	<b>02:51:09.60</b>	+01:26:31 (50.5%)	8:08	7.4 (49.7%)
233	<b>KOSTERA Katarzyna</b>	<b>2026</b>	VEGE RUNNERS	Senior II K - 30	38	01:39:49	<b>02:50:48.25</b>	<b>02:51:15.40</b>	+01:26:37 (50.6%)	8:08	7.4 (49.7%)
234	<b>SZCZERBA Kasia</b>	<b>2062</b>	FANS OF FARAWAY	Senior II K - 30	39	01:41:20	<b>02:50:34.70</b>	<b>02:51:25.75</b>	+01:26:47 (50.6%)	8:07	7.4 (49.7%)
235	<b>GÓRSKI Piotr</b>	<b>2095</b>	HARDCOROWE WYCHYLYLYBYMY	Masters M - 40	42	01:39:38	<b>02:51:31.05</b>	<b>02:51:36.25</b>	+01:26:57 (50.7%)	8:10	7.3 (49.0%)
236	<b>PACAN Jacek</b>	<b>2360</b>		Masters M - 40	43	01:39:06	<b>02:50:56.35</b>	<b>02:51:37.50</b>	+01:26:59 (50.7%)	8:08	7.4 (49.7%)
237	<b>JÓZEFOWSKI Karol</b>	<b>2137</b>		Senior I M - 20	22	01:40:40	<b>02:51:42.20</b>	<b>02:52:21.90</b>	+01:27:43 (50.9%)	8:10	7.3 (49.0%)
238	<b>KOZIEŁ Marta</b>	<b>2136</b>		Senior I K - 20	16	01:40:39	<b>02:51:41.95</b>	<b>02:52:22.05</b>	+01:27:43 (50.9%)	8:10	7.3 (49.0%)
239	<b>KOWALSKI Mariusz</b>	<b>2147</b>		Senior II M - 30	92	01:35:54	<b>02:51:52.50</b>	<b>02:52:35.00</b>	+01:27:56 (51.0%)	8:11	7.3 (49.0%)
240	<b>BANASIK Karolina</b>	<b>2253</b>	WKURW_TEAM	Senior II K - 30	40	01:35:37	<b>02:52:09.50</b>	<b>02:52:37.40</b>	+01:27:59 (51.0%)	8:11	7.3 (49.0%)
241	<b>KRAWCZYK Jakub</b>	<b>2219</b>	GO SPORT	Senior I M - 20	23	01:39:45	<b>02:52:07.85</b>	<b>02:52:48.40</b>	+01:28:10 (51.0%)	8:11	7.3 (49.0%)
242	<b>ŚWIDEREK Kasia</b>	<b>2368</b>		Masters K - 40	13	01:37:48	<b>02:52:43.95</b>	<b>02:52:50.85</b>	+01:28:12 (51.0%)	8:13	7.3 (49.0%)
243	<b>OSICA Łukasz</b>	<b>2328</b>		Senior II M - 30	93	01:35:13	<b>02:52:00.60</b>	<b>02:52:50.90</b>	+01:28:12 (51.0%)	8:11	7.3 (49.0%)
244	<b>DRABIK Jacek</b>	<b>2373</b>		Weteran I M - 50	13	01:39:54	<b>02:52:30.60</b>	<b>02:52:58.80</b>	+01:28:20 (51.1%)	8:12	7.3 (49.0%)
245	<b>POCIĘGIEL Michał</b>	<b>2083</b>		Senior II M - 30	94	01:37:38	<b>02:52:55.35</b>	<b>02:53:06.70</b>	+01:28:28 (51.1%)	8:14	7.3 (49.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
246	<b>LASKOWSKA Maja</b>	<b>2130</b>	OBOZYBIEGOWE.PL	Senior II K - 30	41	01:43:05	<b>02:53:12.90</b>	<b>02:53:47.65</b>	+01:29:09 (51.3%)	8:14	7.3 (49.0%)
247	<b>MOKRZYCKA Weronika</b>	<b>2379</b>		Senior II K - 30	42	01:40:26	<b>02:53:34.55</b>	<b>02:53:49.60</b>	+01:29:11 (51.3%)	8:15	7.3 (49.0%)
248	<b>FRANKOWSKI Piotr</b>	<b>2146</b>		Masters M - 40	44	01:40:42	<b>02:53:08.90</b>	<b>02:53:51.00</b>	+01:29:12 (51.3%)	8:14	7.3 (49.0%)
249	<b>CZERWONKA Katarzyna</b>	<b>2122</b>	AZS COLLEGIUM MEDICUM UJ	Senior II K - 30	43	01:40:37	<b>02:53:34.65</b>	<b>02:53:56.55</b>	+01:29:18 (51.3%)	8:15	7.3 (49.0%)
250	<b>NOWICKI Andrzej</b>	<b>2209</b>	POMIOTY SZATANA	Senior I M - 20	24	01:42:08	<b>02:53:51.20</b>	<b>02:54:00.75</b>	+01:29:22 (51.4%)	8:16	7.2 (48.3%)
251	<b>PAWLIK Tomasz</b>	<b>2282</b>	JB WARSAW	Senior II M - 30	95	01:41:34	<b>02:53:33.05</b>	<b>02:54:10.05</b>	+01:29:31 (51.4%)	8:15	7.3 (49.0%)
252	<b>KOSTERA Tomasz</b>	<b>2025</b>	VEGE RUNNERS	Masters M - 40	45	01:33:22	<b>02:54:22.70</b>	<b>02:54:50.60</b>	+01:30:12 (51.6%)	8:18	7.2 (48.3%)
253	<b>KOCZAJA Malgorzata</b>	<b>2248</b>		Senior I K - 20	17	01:37:38	<b>02:55:15.15</b>	<b>02:55:36.15</b>	+01:30:57 (51.8%)	8:20	7.2 (48.3%)
254	<b>RAPACZ - TOPIŁKO Anna</b>	<b>2401</b>	ODLO POLSKA	Senior II K - 30	44	01:39:58	<b>02:55:28.60</b>	<b>02:55:38.90</b>	+01:31:00 (51.8%)	8:21	7.2 (48.3%)
255	<b>ZAKRZEWSKI Grzegorz</b>	<b>2349</b>	POWER TRAINING	Weteran II M - 60	4	01:42:16	<b>02:55:51.60</b>	<b>02:56:26.40</b>	+01:31:48 (52.0%)	8:22	7.2 (48.3%)
256	<b>PORADA Magdalena</b>	<b>2184</b>		Senior II K - 30	45	01:40:25	<b>02:55:57.70</b>	<b>02:56:26.60</b>	+01:31:48 (52.0%)	8:22	7.2 (48.3%)
257	<b>STASZEWSKI Dariusz</b>	<b>2022</b>		Senior II M - 30	96	01:36:52	<b>02:56:12.90</b>	<b>02:56:56.25</b>	+01:32:17 (52.2%)	8:23	7.2 (48.3%)
258	<b>DUDZIAK Bartłomiej</b>	<b>2247</b>	GREATGRATULA OSIECZNA	Masters M - 40	46	01:39:29	<b>02:56:30.35</b>	<b>02:57:01.15</b>	+01:32:22 (52.2%)	8:24	7.1 (47.7%)
258	<b>SEREDA Andrii</b>	<b>2178</b>		Senior I M - 20	25	01:45:52	<b>02:56:16.25</b>	<b>02:57:01.15</b>	+01:32:22 (52.2%)	8:23	7.1 (47.7%)
260	<b>BAŃKA Grzegorz</b>	<b>2092</b>		Senior II M - 30	97	01:36:56	<b>02:56:33.05</b>	<b>02:57:07.25</b>	+01:32:28 (52.2%)	8:24	7.1 (47.7%)
261	<b>MOŃKA Karolina</b>	<b>2326</b>	SPARTA ULTRA TEAM	Senior I K - 20	18	01:39:45	<b>02:57:10.30</b>	<b>02:57:25.90</b>	+01:32:47 (52.3%)	8:26	7.1 (47.7%)
262	<b>KOJDER Iwona</b>	<b>2079</b>		Senior I K - 20	19	01:41:41	<b>02:57:38.15</b>	<b>02:57:49.30</b>	+01:33:10 (52.4%)	8:27	7.1 (47.7%)
262	<b>PISKORZ Daria</b>	<b>2354</b>	DRUŻYNA SZPIKU SITECH	Masters K - 40	14	01:44:50	<b>02:57:01.90</b>	<b>02:57:49.30</b>	+01:33:10 (52.4%)	8:25	7.1 (47.7%)
264	<b>GRISZCZENKO Ela</b>	<b>2229</b>		Senior I K - 20	20	01:40:13	<b>02:57:21.00</b>	<b>02:58:02.35</b>	+01:33:23 (52.5%)	8:26	7.1 (47.7%)
265	<b>MILEJSKA Joanna</b>	<b>2087</b>	BBL OPOLE	Masters K - 40	15	01:44:00	<b>02:57:23.15</b>	<b>02:58:08.60</b>	+01:33:30 (52.5%)	8:26	7.1 (47.7%)
266	<b>KOSZYK Rafał</b>	<b>2088</b>		Senior II M - 30	98	01:44:00	<b>02:57:24.50</b>	<b>02:58:09.50</b>	+01:33:31 (52.5%)	8:26	7.1 (47.7%)
267	<b>RUTKOWSKA Hanna</b>	<b>2185</b>	-	Senior I K - 20	21	01:40:43	<b>02:58:04.55</b>	<b>02:58:24.60</b>	+01:33:46 (52.6%)	8:28	7.1 (47.7%)
268	<b>WRONA Agnieszka</b>	<b>2236</b>		Senior II K - 30	46	01:40:06	<b>02:58:07.55</b>	<b>02:58:43.05</b>	+01:34:04 (52.6%)	8:28	7.1 (47.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
269	<b>NIEDZIELA Kamil</b>	<b>2020</b>	W POGONI ZA DUCHEM	Senior I M - 20	26	01:35:35	<b>02:59:15.15</b>	<b>02:59:46.35</b>	+01:35:07 (52.9%)	8:32	7 (47.0%)
270	<b>ŻARSKA Izabela</b>	<b>2307</b>	FUDU&CO SPORT TEAM	Masters K - 40	16	01:44:33	<b>03:01:03.90</b>	<b>03:01:17.50</b>	+01:36:39 (53.3%)	8:37	7 (47.0%)
271	<b>SOSZYŃSKA Gosia</b>	<b>2052</b>	CZŁAPACZE	Weteran K - 50	1	01:44:28	<b>03:01:10.85</b>	<b>03:01:48.70</b>	+01:37:10 (53.4%)	8:37	7 (47.0%)
272	<b>WOŁOS Marcin</b>	<b>2071</b>		Senior II M - 30	99	01:40:32	<b>03:01:33.45</b>	<b>03:02:09.60</b>	+01:37:31 (53.5%)	8:38	6.9 (46.3%)
273	<b>LUBOCH Agnieszka</b>	<b>2108</b>		Masters K - 40	17	01:43:23	<b>03:02:02.00</b>	<b>03:02:13.85</b>	+01:37:35 (53.6%)	8:40	6.9 (46.3%)
274	<b>BALICKI Jakub</b>	<b>2350</b>	ASAP RUNNERS	Masters M - 40	47	01:46:52	<b>03:01:24.75</b>	<b>03:02:15.40</b>	+01:37:37 (53.6%)	8:38	6.9 (46.3%)
275	<b>PATYRA Łukasz</b>	<b>2119</b>		Senior II M - 30	100	01:42:58	<b>03:02:09.00</b>	<b>03:02:30.35</b>	+01:37:51 (53.6%)	8:40	6.9 (46.3%)
276	<b>STĘPIEŃ Wojciech</b>	<b>2091</b>	NIGHT RUNNERS GLIWICE	Masters M - 40	48	01:44:33	<b>03:02:34.50</b>	<b>03:02:57.45</b>	+01:38:19 (53.7%)	8:41	6.9 (46.3%)
277	<b>GARBOWSKA Monika</b>	<b>2089</b>	NIGHT RUNNERS GLIWICE	Senior II K - 30	47	01:44:32	<b>03:02:34.55</b>	<b>03:02:57.55</b>	+01:38:19 (53.7%)	8:41	6.9 (46.3%)
278	<b>HETKA Magdalena</b>	<b>2302</b>	1991	Senior I K - 20	22	01:43:45	<b>03:02:19.80</b>	<b>03:03:00.05</b>	+01:38:21 (53.7%)	8:40	6.9 (46.3%)
279	<b>TRZPIOŁA Tycjan</b>	<b>2318</b>	KURACJUSZE	Senior II M - 30	101	01:40:10	<b>03:02:37.55</b>	<b>03:03:00.15</b>	+01:38:21 (53.7%)	8:41	6.9 (46.3%)
280	<b>TERZONI Karina</b>	<b>2339</b>		Senior II K - 30	48	01:43:15	<b>03:03:03.90</b>	<b>03:03:37.70</b>	+01:38:59 (53.9%)	8:43	6.9 (46.3%)
281	<b>PIELICHOWSKA Justyna</b>	<b>2164</b>	BIEGAJĄC Z WILKAMI	Senior II K - 30	49	01:41:03	<b>03:03:20.05</b>	<b>03:03:37.95</b>	+01:38:59 (53.9%)	8:43	6.9 (46.3%)
282	<b>SZYMAŁA Marek</b>	<b>2404</b>	KLUCZBORSKA GRUPA BIEGOWA	Masters M - 40	49	01:45:15	<b>03:03:15.00</b>	<b>03:03:47.60</b>	+01:39:09 (53.9%)	8:43	6.9 (46.3%)
283	<b>KRZACZKOWSKA Joanna</b>	<b>2233</b>		Senior II K - 30	50	01:46:12	<b>03:03:03.70</b>	<b>03:03:52.80</b>	+01:39:14 (54.0%)	8:43	6.9 (46.3%)
284	<b>MARZYCKI Wojciech</b>	<b>2234</b>		Senior II M - 30	102	01:46:17	<b>03:03:03.25</b>	<b>03:03:53.10</b>	+01:39:14 (54.0%)	8:43	6.9 (46.3%)
285	<b>SOBAŃSKA Paulina</b>	<b>2040</b>	WUEF CLUB DECATHLON SWADZIM	Senior II K - 30	51	01:43:18	<b>03:04:13.70</b>	<b>03:04:30.20</b>	+01:39:51 (54.1%)	8:46	6.8 (45.6%)
286	<b>TOMCZYK Marek</b>	<b>2372</b>		Senior II M - 30	103	01:40:17	<b>03:03:46.80</b>	<b>03:04:40.90</b>	+01:40:02 (54.2%)	8:45	6.9 (46.3%)
287	<b>KRZYWICKI Tomasz</b>	<b>2371</b>	VEGE RUNNERS	Masters M - 40	50	01:42:55	<b>03:04:37.05</b>	<b>03:05:15.20</b>	+01:40:36 (54.3%)	8:47	6.8 (45.6%)
288	<b>RYNKOWSKA Katarzyna</b>	<b>2177</b>		Masters K - 40	18	01:45:19	<b>03:05:33.25</b>	<b>03:05:57.65</b>	+01:41:19 (54.5%)	8:50	6.8 (45.6%)
289	<b>WOŹNIAK Paulina</b>	<b>2265</b>	CKBABCIE	Senior II K - 30	52	01:44:06	<b>03:05:39.45</b>	<b>03:06:03.15</b>	+01:41:24 (54.5%)	8:50	6.8 (45.6%)
289	<b>GRĘZEL-GAWRON Jolanta</b>	<b>2084</b>		Masters K - 40	19	01:44:16	<b>03:05:49.95</b>	<b>03:06:03.15</b>	+01:41:24 (54.5%)	8:50	6.8 (45.6%)
291	<b>PRZYSIWEK Magdalena</b>	<b>2196</b>		Senior II K - 30	53	01:45:27	<b>03:05:46.80</b>	<b>03:06:17.40</b>	+01:41:39 (54.6%)	8:50	6.8 (45.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
292	<b>MAĆZKA Krystyna</b>	<b>2395</b>	OTK RZEŹNIK	Weteran II K - 60	1	01:45:05	<b>03:06:26.70</b>	<b>03:06:34.20</b>	+01:41:55 (54.6%)	8:52	6.8 (45.6%)
293	<b>OLSZEWSKA Anna</b>	<b>2287</b>		Senior II K - 30	54	01:46:08	<b>03:05:40.40</b>	<b>03:06:35.05</b>	+01:41:56 (54.6%)	8:50	6.8 (45.6%)
294	<b>DZIAŁAK Marian</b>	<b>2124</b>	KB AKTYWNI KONIN	Weteran II M - 60	5	01:42:07	<b>03:06:46.35</b>	<b>03:07:05.60</b>	+01:42:27 (54.8%)	8:53	6.7 (45.0%)
295	<b>MRÓZ Izabela</b>	<b>2094</b>	WOLNE ŚLIMAKI	Senior II K - 30	55	01:52:59	<b>03:06:49.60</b>	<b>03:07:28.90</b>	+01:42:50 (54.9%)	8:53	6.7 (45.0%)
296	<b>ZARĘBA Julia</b>	<b>2291</b>	NIE ZA DALEKO	Senior I K - 20	23	01:49:38	<b>03:07:16.65</b>	<b>03:07:35.15</b>	+01:42:56 (54.9%)	8:55	6.7 (45.0%)
297	<b>BAŁYS Dariusz</b>	<b>2207</b>	WK GOPR	Masters M - 40	51	01:49:16	<b>03:08:17.35</b>	<b>03:08:28.35</b>	+01:43:49 (55.1%)	8:57	6.7 (45.0%)
298	<b>ŚLEMP Bernadetta</b>	<b>2375</b>		Masters K - 40	20	01:51:58	<b>03:07:55.15</b>	<b>03:08:44.55</b>	+01:44:06 (55.2%)	8:56	6.7 (45.0%)
299	<b>MUSIELAK Magdalena</b>	<b>2231</b>	M&M&M	Senior II K - 30	56	01:41:40	<b>03:09:04.75</b>	<b>03:09:10.40</b>	+01:44:32 (55.3%)	9:00	6.7 (45.0%)
300	<b>GÓRSKA-NOWAK Tatiana</b>	<b>2255</b>	AGB TORFY	Masters K - 40	21	01:47:30	<b>03:08:50.40</b>	<b>03:09:18.00</b>	+01:44:39 (55.3%)	8:59	6.7 (45.0%)
301	<b>ŚLIWAK Katarzyna</b>	<b>2359</b>		Senior I K - 20	24	01:53:26	<b>03:09:13.50</b>	<b>03:09:28.40</b>	+01:44:50 (55.3%)	9:00	6.7 (45.0%)
302	<b>KULIBERDA Sylwia</b>	<b>2308</b>		Masters K - 40	22	01:53:02	<b>03:08:58.30</b>	<b>03:09:43.00</b>	+01:45:04 (55.4%)	8:59	6.7 (45.0%)
303	<b>NOWACZYK Zuzanna</b>	<b>2293</b>		Senior I K - 20	25	01:46:41	<b>03:09:09.20</b>	<b>03:09:52.20</b>	+01:45:13 (55.4%)	9:00	6.7 (45.0%)
304	<b>PIETROWICZ Weronika</b>	<b>2336</b>	ZABIEGANI LUSÓWKO	Senior I K - 20	26	01:46:42	<b>03:09:09.40</b>	<b>03:09:52.40</b>	+01:45:14 (55.4%)	9:00	6.7 (45.0%)
305	<b>KUCZERA Hanna</b>	<b>2239</b>		Senior II K - 30	57	01:52:18	<b>03:09:52.85</b>	<b>03:10:23.50</b>	+01:45:45 (55.5%)	9:02	6.6 (44.3%)
306	<b>PRIGAN Anna</b>	<b>2154</b>		Senior II K - 30	58	01:53:25	<b>03:10:53.85</b>	<b>03:11:08.55</b>	+01:46:30 (55.7%)	9:05	6.6 (44.3%)
307	<b>WITKOWSKA Maria</b>	<b>2009</b>	KLUB KRÓLIKA STEFANA	Weteran II K - 60	2	01:49:46	<b>03:10:16.35</b>	<b>03:11:10.05</b>	+01:46:31 (55.7%)	9:03	6.6 (44.3%)
308	<b>BAJAK Mirosław</b>	<b>2004</b>		Masters M - 40	52	01:51:49	<b>03:10:48.30</b>	<b>03:11:24.55</b>	+01:46:46 (55.8%)	9:05	6.6 (44.3%)
309	<b>WIĘCZKOWSKI Wojciech</b>	<b>2380</b>	HUSARIA RACE TEAM	Masters M - 40	53	01:45:05	<b>03:11:42.90</b>	<b>03:12:22.30</b>	+01:47:43 (56.0%)	9:07	6.6 (44.3%)
310	<b>GARGAS-DZIEDZINA Joanna</b>	<b>2276</b>	NIGHT RUNNERS	Senior II K - 30	59	01:51:50	<b>03:12:14.80</b>	<b>03:12:22.90</b>	+01:47:44 (56.0%)	9:09	6.6 (44.3%)
311	<b>ŻEBRAK Anna</b>	<b>2033</b>		Senior I K - 20	27	01:46:34	<b>03:11:44.50</b>	<b>03:12:32.45</b>	+01:47:54 (56.0%)	9:07	6.6 (44.3%)
312	<b>LAZAR Joanna</b>	<b>2155</b>	MIROTRANS	Senior II K - 30	60	01:51:47	<b>03:11:44.75</b>	<b>03:12:34.15</b>	+01:47:55 (56.0%)	9:07	6.6 (44.3%)
313	<b>KĘSY Krystian</b>	<b>2003</b>	MRS96	Senior I M - 20	27	01:49:25	<b>03:13:46.55</b>	<b>03:14:15.30</b>	+01:49:36 (56.4%)	9:13	6.5 (43.6%)
314	<b>DUDARONEK Paulina</b>	<b>2217</b>		Senior I K - 20	28	01:43:37	<b>03:15:14.65</b>	<b>03:15:22.60</b>	+01:50:44 (56.7%)	9:17	6.5 (43.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
315	<b>PRĘDKA Magdalena</b>	<b>2045</b>	OLA CLUB	Masters K - 40	23	01:50:23	<b>03:14:33.85</b>	<b>03:15:25.15</b>	+01:50:46 (56.7%)	9:15	6.5 (43.6%)
316	<b>PUSTELNIK Piotr</b>	<b>2310</b>	AKG ŁÓDŹ	Weteran II M - 60	6	01:52:25	<b>03:15:45.85</b>	<b>03:16:04.35</b>	+01:51:25 (56.8%)	9:19	6.4 (43.0%)
317	<b>DEMBNY Bogdan</b>	<b>2288</b>		Senior II M - 30	104	01:46:49	<b>03:15:34.05</b>	<b>03:16:25.00</b>	+01:51:46 (56.9%)	9:18	6.4 (43.0%)
318	<b>SALONI-SADOWSKA Maria</b>	<b>2274</b>	OBOZYBIEGOWE.PL	Masters K - 40	24	01:51:16	<b>03:16:26.40</b>	<b>03:16:50.60</b>	+01:52:12 (57.0%)	9:21	6.4 (43.0%)
319	<b>FLORCZAK Monika</b>	<b>2407</b>	KOBIETA W BIEGU	Senior I K - 20	29	01:51:54	<b>03:16:04.55</b>	<b>03:16:50.80</b>	+01:52:12 (57.0%)	9:20	6.4 (43.0%)
320	<b>KAŁWA Anna</b>	<b>2099</b>		Senior II K - 30	61	01:48:30	<b>03:16:43.30</b>	<b>03:17:29.80</b>	+01:52:51 (57.1%)	9:22	6.4 (43.0%)
321	<b>JAŹNIECKI Marcin</b>	<b>2391</b>	MUAY RUNNING TEAM	Senior II M - 30	105	01:47:27	<b>03:17:11.50</b>	<b>03:17:48.70</b>	+01:53:10 (57.2%)	9:23	6.4 (43.0%)
322	<b>LESZCZYŃSKA Lidia</b>	<b>2002</b>	POKERUN	Masters K - 40	25	01:52:24	<b>03:17:35.75</b>	<b>03:17:52.85</b>	+01:53:14 (57.2%)	9:24	6.4 (43.0%)
323	<b>BARTOSIEWICZ Dorota</b>	<b>2202</b>		Senior II K - 30	62	01:48:13	<b>03:17:48.85</b>	<b>03:17:57.60</b>	+01:53:19 (57.2%)	9:25	6.4 (43.0%)
324	<b>MADAJ Jagoda</b>	<b>2115</b>		Senior I K - 20	30	01:58:05	<b>03:17:33.20</b>	<b>03:18:13.45</b>	+01:53:35 (57.3%)	9:24	6.4 (43.0%)
325	<b>PRZYBYŁ Jolanta</b>	<b>2028</b>	BIEGOLOGIA.PL / EASY RUNNERS	Masters K - 40	26	01:52:09	<b>03:18:36.80</b>	<b>03:18:52.95</b>	+01:54:14 (57.4%)	9:27	6.3 (42.3%)
326	<b>SZULC Joanna</b>	<b>2031</b>	ALBATROSY	Masters K - 40	27	01:59:42	<b>03:20:06.70</b>	<b>03:20:33.15</b>	+01:55:54 (57.8%)	9:31	6.3 (42.3%)
327	<b>KUKUŁA Maciej</b>	<b>2096</b>		Senior I M - 20	28	01:49:01	<b>03:19:59.80</b>	<b>03:20:43.70</b>	+01:56:05 (57.8%)	9:31	6.3 (42.3%)
328	<b>KUKUŁA Patrycja</b>	<b>2097</b>		Senior I K - 20	31	01:49:00	<b>03:20:00.25</b>	<b>03:20:44.15</b>	+01:56:05 (57.8%)	9:31	6.3 (42.3%)
329	<b>KURDZIEL Tomasz</b>	<b>2144</b>		Masters M - 40	54	01:52:38	<b>03:20:15.35</b>	<b>03:20:55.90</b>	+01:56:17 (57.9%)	9:32	6.3 (42.3%)
330	<b>WALCZAK-WOJTKOWSKA Iwona</b>	<b>2173</b>		Weteran K - 50	2	01:57:55	<b>03:23:22.40</b>	<b>03:23:59.40</b>	+01:59:21 (58.5%)	9:41	6.2 (41.6%)
331	<b>PODSIADŁY Robert</b>	<b>2023</b>	CHATA BIEGACZA K34	Weteran I M - 50	14	01:51:20	<b>03:23:09.45</b>	<b>03:24:02.30</b>	+01:59:23 (58.5%)	9:40	6.2 (41.6%)
332	<b>ŚWIĄTEK Karolina</b>	<b>2198</b>		Senior I K - 20	32	01:57:18	<b>03:25:57.65</b>	<b>03:26:36.50</b>	+02:01:58 (59.0%)	9:48	6.1 (40.9%)
333	<b>ŚWIĄTEK Agnieszka</b>	<b>2199</b>		Senior I K - 20	33	01:57:19	<b>03:25:58.30</b>	<b>03:26:36.70</b>	+02:01:58 (59.0%)	9:48	6.1 (40.9%)
334	<b>KOTYSZ Katarzyna</b>	<b>2197</b>	BBL OPOLE	Weteran K - 50	3	01:59:29	<b>03:28:16.65</b>	<b>03:29:02.75</b>	+02:04:24 (59.5%)	9:55	6 (40.3%)
335	<b>RYNKOWSKA Magdalena</b>	<b>2176</b>		Masters K - 40	28	02:01:18	<b>03:29:33.15</b>	<b>03:29:57.00</b>	+02:05:18 (59.7%)	9:58	6 (40.3%)
336	<b>KRAWCZAK Karolina</b>	<b>2263</b>	BIEGAM BO LUBIĘ GŁOGÓW	Senior I K - 20	34	01:52:24	<b>03:29:43.95</b>	<b>03:30:09.10</b>	+02:05:30 (59.7%)	9:59	6 (40.3%)
337	<b>KACZMAREK Agata</b>	<b>2034</b>	TKD SZAKAL JEŻYCE RUNNERS	Masters K - 40	29	02:07:27	<b>03:29:55.25</b>	<b>03:30:22.05</b>	+02:05:43 (59.8%)	9:59	6 (40.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
338	<b>MUSZYŃSKI Wojciech</b>	<b>2205</b>		Masters M - 40	55	01:57:58	<b>03:29:54.35</b>	<b>03:30:44.25</b>	+02:06:05 (59.8%)	9:59	6 (40.3%)
339	<b>KACZYŃSKI Michał</b>	<b>2228</b>	MEGAVISION	Masters M - 40	56	01:56:54	<b>03:31:00.90</b>	<b>03:31:44.50</b>	+02:07:06 (60.0%)	10:02	6 (40.3%)
340	<b>MICHALSKA Małgorzata</b>	<b>2066</b>	FUDU&CO. SPORT TEAM	Masters K - 40	30	01:59:58	<b>03:31:54.00</b>	<b>03:32:08.30</b>	+02:07:29 (60.1%)	10:05	5.9 (39.6%)
341	<b>ZAGROBELNA Magdalena</b>	<b>2116</b>	DRUŻYNA SZPIKU	Senior II K - 30	63	02:12:41	<b>03:35:50.75</b>	<b>03:36:21.20</b>	+02:11:42 (60.9%)	10:16	5.8 (38.9%)
342	<b>KUCZAKOWSKA Joanna</b>	<b>2399</b>	BIEGOWE MISIE	Senior II K - 30	64	01:58:33	<b>03:36:24.55</b>	<b>03:36:39.75</b>	+02:12:01 (60.9%)	10:18	5.8 (38.9%)
343	<b>KRUZEL Rafał</b>	<b>2398</b>	BIEGOWE MISIE	Masters M - 40	57	01:58:28	<b>03:36:24.30</b>	<b>03:36:40.10</b>	+02:12:01 (60.9%)	10:18	5.8 (38.9%)
344	<b>HRYŃKA Tomek</b>	<b>2397</b>		Masters M - 40	58	01:58:35	<b>03:36:46.95</b>	<b>03:37:02.85</b>	+02:12:24 (61.0%)	10:19	5.8 (38.9%)
345	<b>ZAJDLIC Renata</b>	<b>2172</b>		Masters K - 40	31	02:10:56	<b>03:37:10.35</b>	<b>03:37:30.40</b>	+02:12:52 (61.1%)	10:20	5.8 (38.9%)
346	<b>STRZELECKI Artur</b>	<b>2408</b>		Weteran I M - 50	15	02:07:25	<b>03:37:06.30</b>	<b>03:37:32.05</b>	+02:12:53 (61.1%)	10:20	5.8 (38.9%)
347	<b>CHROMIŃSKI Maciej</b>	<b>2032</b>	BRAK	Senior II M - 30	106	01:56:57	<b>03:37:05.20</b>	<b>03:37:40.60</b>	+02:13:02 (61.1%)	10:20	5.8 (38.9%)
348	<b>REJMISZ Rafał</b>	<b>2348</b>	UNIMAT RUNNERS	Weteran I M - 50	16	02:01:19	<b>03:38:22.85</b>	<b>03:38:39.30</b>	+02:14:00 (61.3%)	10:23	5.8 (38.9%)
349	<b>KACZMARKIEWICZ Krzysztof</b>	<b>2278</b>	ITAKA STUDIO FILMOE	Weteran I M - 50	17	01:57:03	<b>03:38:41.90</b>	<b>03:38:48.80</b>	+02:14:10 (61.3%)	10:24	5.8 (38.9%)
350	<b>CHOJNOWSKA Monika</b>	<b>2131</b>	BIEGAM BO LUBIĘ ZĄBKITEAM	Senior II K - 30	65	02:02:35	<b>03:38:36.45</b>	<b>03:39:11.50</b>	+02:14:33 (61.4%)	10:24	5.8 (38.9%)
351	<b>KUKLIŃSKA Joanna</b>	<b>2294</b>		Weteran K - 50	4	02:06:42	<b>03:40:52.85</b>	<b>03:41:31.45</b>	+02:16:53 (61.8%)	10:31	5.7 (38.3%)
352	<b>ROSZAK Romana</b>	<b>2100</b>	KURACJUSZE	Senior II K - 30	66	02:05:34	<b>03:42:43.30</b>	<b>03:42:50.00</b>	+02:18:11 (62.0%)	10:36	5.7 (38.3%)
353	<b>SOSULSKA Janina</b>	<b>2238</b>	ATHLETICS NYSA	Weteran K - 50	5	02:12:27	<b>03:44:04.00</b>	<b>03:44:50.25</b>	+02:20:11 (62.4%)	10:40	5.6 (37.6%)
354	<b>POMIANOWSKA Anna</b>	<b>2107</b>		Senior II K - 30	67	01:58:45	<b>03:44:05.00</b>	<b>03:44:50.30</b>	+02:20:11 (62.4%)	10:40	5.6 (37.6%)
355	<b>SPOZ Magdalena</b>	<b>2039</b>	TKD SZAKAL JEŻYCE RUNNERS	Masters K - 40	32	02:07:27	<b>03:49:06.25</b>	<b>03:49:32.40</b>	+02:24:54 (63.1%)	10:54	5.5 (36.9%)
356	<b>KUTNA Agnieszka</b>	<b>2101</b>		Senior II K - 30	68	02:12:41	<b>03:59:15.40</b>	<b>03:59:44.65</b>	+02:35:06 (64.7%)	11:23	5.3 (35.6%)
357	<b>JUSZKO Monika</b>	<b>2225</b>		Masters K - 40	33	02:09:51	<b>04:04:48.80</b>	<b>04:05:20.55</b>	+02:40:42 (65.5%)	11:39	5.1 (34.2%)
358	<b>JUSZKO Aleksandra</b>	<b>2226</b>		Senior I K - 20	35	02:09:52	<b>04:05:06.75</b>	<b>04:05:38.30</b>	+02:40:59 (65.5%)	11:40	5.1 (34.2%)
359	<b>GORGOL Renia</b>	<b>2342</b>		Masters K - 40	34	02:20:00	<b>04:24:55.30</b>	<b>04:25:37.85</b>	+03:00:59 (68.1%)	12:36	4.8 (32.2%)
360	<b>ANDRYSZAK Karolina</b>	<b>2341</b>	#TEAMFARFALLA	Masters K - 40	35	02:20:04	<b>04:24:55.75</b>	<b>04:25:38.50</b>	+03:01:00 (68.1%)	12:36	4.8 (32.2%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
361	<b>NOWICKI Amdrzej</b>	<b>2256</b>	ZJEDNOCZENI ZWYCIĘŻAMY	Masters M - 40	59	02:20:11	<b>04:31:02.00</b>	<b>04:31:40.90</b>	+03:07:02 (68.8%)	12:54	4.6 (30.9%)
	<b>TOWAROWSKI Andrzej</b>	<b>2264</b>		Masters M - 40		01:46:25 DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>POLUS Magdalena</b>	<b>2141</b>		Senior II K - 30		DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>CORREIA Andre</b>	<b>2272</b>	QVC RUNNERS	Senior I M - 20		DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>SZKWAREK Adrian</b>	<b>2118</b>		Senior II M - 30		DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>KIERZKOWSKI Przemysław</b>	<b>2142</b>		Senior II M - 30		DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>BANASZEK Adam</b>	<b>2393</b>	BIEGUSIEM.PL	Senior II M - 30		DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 367 wynik(ów)