



# ZŁOTY PÓŁMARATON - 21 KM

B4SPORT

**Event:** Dolnośląski Festiwal Biegów Górskich  
**Organiser:** Fundacja MARATONY GÓRSKIE  
**Date:** 2023-07-13  
**Place:** Łądek-Zdrój  
**Distance:** 21 km

**B4SPORT**  
INTELEGNTE ZAWODY SPORTOWE

Classification: OPEN

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

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

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

Place	Participant	Number	Club	Category	MCat	B1 10.3km	Net time 21km	Czas brutto 21km	Gap	Pace min/km	Pace km/h
62	<b>FAŁEK Paweł</b>	<b>7932</b>		Senior II M - 30	30	01:10:39	<b>02:07:27.20</b>	<b>02:07:30.95</b>	+00:32:00 (25.1%)	6:04	9.9 (75.0%)
63	<b>KLIMEK Marek</b>	<b>7048</b>	ADIDAS RUNNERS WARSAW	Senior II M - 30	31	01:11:37	<b>02:07:42.85</b>	<b>02:07:47.25</b>	+00:32:17 (25.3%)	6:04	9.9 (75.0%)
64	<b>ŚWIERK Przemek</b>	<b>7636</b>	ULTRA DIABŁY TEAM LUBRZA	Masters M - 40	16	01:10:00	<b>02:08:03.85</b>	<b>02:08:11.00</b>	+00:32:40 (25.5%)	6:05	9.8 (74.2%)
65	<b>GĄSIOROWSKI Jarek</b>	<b>7850</b>	ADDED VALUE NIERUCHOMOŚCI	Senior II M - 30	32	01:29:20	<b>02:07:24.25</b>	<b>02:08:28.00</b>	+00:32:57 (25.7%)	6:04	9.9 (75.0%)
66	<b>PIOTROWSKI Jan</b>	<b>7849</b>		Masters M - 40	17	01:11:26	<b>02:08:27.35</b>	<b>02:08:29.15</b>	+00:32:58 (25.7%)	6:07	9.8 (74.2%)
67	<b>KOLENDA Krzysztof</b>	<b>7778</b>	FIZJOBIEGACZE SZCZECIN	Masters M - 40	18	01:10:33	<b>02:08:31.70</b>	<b>02:08:40.35</b>	+00:33:10 (25.8%)	6:07	9.8 (74.2%)
68	<b>KAFARSKA Urszula</b>	<b>7422</b>	FOR RUN	Senior II K - 30	5	01:12:32	<b>02:08:47.25</b>	<b>02:09:00.20</b>	+00:33:29 (26.0%)	6:07	9.8 (74.2%)
69	<b>MAKUCH Leszek</b>	<b>7275</b>		Senior II M - 30	33	01:09:07	<b>02:09:20.80</b>	<b>02:09:24.00</b>	+00:33:53 (26.2%)	6:09	9.7 (73.5%)
70	<b>KIEŁBIK Beata</b>	<b>7081</b>		Senior II K - 30	6	01:15:57	<b>02:09:02.80</b>	<b>02:09:25.65</b>	+00:33:55 (26.2%)	6:08	9.8 (74.2%)
71	<b>MAJORCZYK Gerard</b>	<b>7604</b>		Masters M - 40	19	01:14:02	<b>02:09:17.70</b>	<b>02:09:38.40</b>	+00:34:08 (26.3%)	6:09	9.7 (73.5%)
72	<b>CHMIELEWSKI Tomasz</b>	<b>7342</b>	PTTK ŚWIDNICA	Weteran I M - 50	2	01:12:23	<b>02:10:07.70</b>	<b>02:10:09.40</b>	+00:34:39 (26.6%)	6:11	9.7 (73.5%)
73	<b>SZUKALSKI Krzysztof</b>	<b>7872</b>		Masters M - 40	20	01:13:20	<b>02:09:03.80</b>	<b>02:10:42.40</b>	+00:35:12 (26.9%)	6:08	9.8 (74.2%)
74	<b>ZAPORA Marek</b>	<b>7221</b>	W POGONI ZA DUCHEM	Masters M - 40	21	01:11:00	<b>02:11:05.40</b>	<b>02:11:11.60</b>	+00:35:41 (27.2%)	6:14	9.6 (72.7%)
75	<b>PABIAŃSKA Marta</b>	<b>7987</b>	NOA	Senior II K - 30	7	01:15:41	<b>02:11:08.15</b>	<b>02:11:15.30</b>	+00:35:45 (27.2%)	6:14	9.6 (72.7%)
76	<b>SASIN Dominika</b>	<b>7368</b>	ŻELAZNA ŚWIDNICA	Senior I K - 20	4	01:14:10	<b>02:11:36.95</b>	<b>02:11:43.00</b>	+00:36:12 (27.5%)	6:16	9.6 (72.7%)
77	<b>MIELCZAREK Krystian</b>	<b>7790</b>	TRIGYM SZCZECIN	Senior II M - 30	34	01:15:23	<b>02:11:35.30</b>	<b>02:11:46.15</b>	+00:36:15 (27.5%)	6:15	9.6 (72.7%)
78	<b>MÓLL Kacper</b>	<b>7444</b>		Senior I M - 20	9	01:16:16	<b>02:12:08.65</b>	<b>02:12:11.55</b>	+00:36:41 (27.8%)	6:17	9.5 (72.0%)
79	<b>NIEZGÓDKA Tomasz</b>	<b>37</b>	DFBG TEAM	Weteran I M - 50	3	01:13:43	<b>02:12:41.15</b>	<b>02:12:43.80</b>	+00:37:13 (28.0%)	6:19	9.5 (72.0%)
80	<b>FUDRO Piotr</b>	<b>7808</b>		Senior II M - 30	35	01:13:42	<b>02:12:56.75</b>	<b>02:13:20.75</b>	+00:37:50 (28.4%)	6:19	9.5 (72.0%)
81	<b>BALUTA-MAŁECKA Edyta</b>	<b>7798</b>		Senior I K - 20	5	01:13:46	<b>02:13:08.60</b>	<b>02:13:29.50</b>	+00:37:59 (28.5%)	6:20	9.5 (72.0%)
82	<b>MACIEJEWSKI Łukasz</b>	<b>7852</b>	SMOLECKA ZA10	Masters M - 40	22	01:16:22	<b>02:13:27.45</b>	<b>02:13:37.10</b>	+00:38:06 (28.5%)	6:21	9.4 (71.2%)
83	<b>ŚWINIARSKI Dawid</b>	<b>7613</b>		Senior II M - 30	36	01:12:53	<b>02:13:37.70</b>	<b>02:13:39.40</b>	+00:38:09 (28.5%)	6:21	9.4 (71.2%)
84	<b>ADAMSKI Krzysztof</b>	<b>7821</b>		Senior II M - 30	37	01:15:59	<b>02:12:12.85</b>	<b>02:13:55.95</b>	+00:38:25 (28.7%)	6:17	9.5 (72.0%)

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

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

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

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



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

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

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

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

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

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

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

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



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

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

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

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

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

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

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

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



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

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

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

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

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

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

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

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



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

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

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

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

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

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

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

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



Total 911 results.