



# ŻWAWĘ WIERCHY - 34 KM

B4SPORT  
INTELEGENNE ZAWODY SPORTOWE

**Wydarzenie:** PIENINY ULTRA-TRAIL®  
**Organizator:** Fundacja Strefa Przygód  
**Data:** 2023-04-22  
**Miejsce:** Szczawnica  
**Dystans:** 33.8 km

**B4SPORT**  
INTELEGENNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Schronisko na Przehybie				Czas netto 33.8km	Czas brutto 33.8km	Różn	Tempo min/km	Tempo km/h
						14.7km	26.8km	27.3km	33.3km					
1	<b>MAREK Dariusz</b>	<b>1001</b>		M30	1	01:20:46	02:17:46	02:21:47	02:49:34	<b>02:51:09.50</b>	<b>02:51:11.10</b>		5:03	11.8 (100%)
2	<b>BIERNAWSKI Piotr</b>	<b>1443</b>	RETIRED BASTARDS	M40	1	01:20:46	02:17:59	02:21:14	02:51:03	<b>02:52:41.30</b>	<b>02:52:43.45</b>	+00:01:32 (0.9%)	5:06	11.7 (99.2%)
3	<b>KOREK Michał</b>	<b>1426</b>	MARCINŚWIERCTEAM	M40	2	01:25:48	02:23:05	02:27:14	02:54:51	<b>02:56:19.15</b>	<b>02:56:20.65</b>	+00:05:09 (2.9%)	5:12	11.5 (97.5%)
4	<b>HARRIS Douglas</b>	<b>1196</b>	TRUDA BOYS 91	M30	2	01:24:59	02:23:05	02:27:10	02:55:04	<b>02:56:28.50</b>	<b>02:56:29.85</b>	+00:05:18 (3.0%)	5:13	11.5 (97.5%)
5	<b>JURA Rafał</b>	<b>2161</b>	KMP KRAKÓW	M30	3	01:26:30	02:24:35	02:28:25	02:56:48	<b>02:58:20.35</b>	<b>02:58:22.20</b>	+00:07:11 (4.0%)	5:16	11.4 (96.6%)
6	<b>FICOŃ Szymon</b>	<b>1210</b>	SOPOTRAIL	M20	1	01:26:35	02:25:37	02:29:34	02:58:40	<b>03:00:08.40</b>	<b>03:00:10.50</b>	+00:08:59 (5.0%)	5:19	11.3 (95.8%)
7	<b>DUDZIK Łukasz</b>	<b>2538</b>	GÓRAL BIEGA	M30	4	01:28:55	02:29:22	02:33:14	03:00:53	<b>03:02:21.95</b>	<b>03:02:24.80</b>	+00:11:13 (6.2%)	5:23	11.1 (94.1%)
8	<b>ORZEŁ Michał</b>	<b>102</b>		M40	3	01:28:20	02:28:58	02:32:40	03:02:00	<b>03:03:36.60</b>	<b>03:03:43.30</b>	+00:12:32 (6.8%)	5:25	11 (93.2%)
9	<b>BOCZAR Bartłomiej</b>	<b>1221</b>		M20	2	01:28:50	02:29:31	02:33:24	03:03:04	<b>03:04:40.40</b>	<b>03:04:44.10</b>	+00:13:33 (7.3%)	5:27	11 (93.2%)
10	<b>PORADA Kacper</b>	<b>1457</b>	PODIUM	M20	3	01:25:03	02:29:10	02:33:11	03:06:48	<b>03:08:12.00</b>	<b>03:08:13.80</b>	+00:17:02 (9.1%)	5:34	10.8 (91.5%)
11	<b>GRUND Marek</b>	<b>1377</b>	MAFIA TEAM LUBLINIEC	M30	5	01:28:47	02:30:36	02:35:00	03:06:55	<b>03:08:19.20</b>	<b>03:08:20.50</b>	+00:17:09 (9.1%)	5:34	10.8 (91.5%)
12	<b>FICOŃ Łukasz</b>	<b>1211</b>	SOPOTRAIL	M20	4	01:28:24	02:32:12	02:36:40	03:09:07	<b>03:10:38.85</b>	<b>03:10:41.25</b>	+00:19:30 (10.2%)	5:38	10.6 (89.8%)
13	<b>FLOREK Sebastian</b>	<b>1341</b>	PRZEHYBA TRAIL	M30	6	01:29:37	02:34:49	02:39:24	03:10:35	<b>03:12:20.60</b>	<b>03:12:23.50</b>	+00:21:12 (11.0%)	5:41	10.5 (89.0%)
14	<b>PIĄTEK Mateusz</b>	<b>1158</b>	RMT TEAM	M30	7	01:33:49	02:37:23	02:41:54	03:12:20	<b>03:13:55.95</b>	<b>03:13:58.45</b>	+00:22:47 (11.7%)	5:44	10.5 (89.0%)
15	<b>TOMASIAK Natalia</b>	<b>1002</b>	SALOMON SUUNTO TEAM	K30	1	01:32:44	02:36:50	02:41:17	03:12:17	<b>03:14:00.90</b>	<b>03:14:03.90</b>	+00:22:52 (11.8%)	5:44	10.5 (89.0%)
16	<b>DYBIŻBAŃSKI Wojciech</b>	<b>1011</b>	T&D TEAM	M30	8	01:33:49	02:36:45	02:41:22	03:13:08	<b>03:14:50.40</b>	<b>03:14:56.75</b>	+00:23:45 (12.2%)	5:45	10.4 (88.1%)
17	<b>SZAFRANEK Paweł</b>	<b>1396</b>	STAŃCZAK TEAM	M30	9	01:32:38	02:36:38	02:41:24	03:14:28	<b>03:16:25.40</b>	<b>03:16:30.10</b>	+00:25:19 (12.9%)	5:48	10.3 (87.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Schronisko na Przehybie				Czas netto 33.8km	Czas brutto 33.8km	Różn	Tempo min/km	Tempo km/h
						14.7km	26.8km	27.3km	33.3km					
18	<b>PIĘKNIK Patryk</b>	<b>1406</b>	TRAIL IS OUR WAY	M30	10	01:32:47	02:37:01	02:41:18	03:14:57	<b>03:16:39.25</b>	<b>03:16:41.55</b>	+00:25:30 (13.0%)	5:49	10.3 (87.3%)
19	<b>WASIEWICZ Adam</b>	<b>1104</b>	NIE MÓJ CYRK, MOJE MAŁPY	M40	4	01:32:45	02:40:03	02:44:50	03:17:04	<b>03:18:38.70</b>	<b>03:18:50.25</b>	+00:27:39 (13.9%)	5:52	10.2 (86.4%)
20	<b>BARAN Piotr</b>	<b>1373</b>	TRAIL IS OUR WAY	M40	5	01:33:49	02:41:54	02:46:48	03:17:20	<b>03:18:58.10</b>	<b>03:19:00.20</b>	+00:27:49 (14.0%)	5:53	10.2 (86.4%)
21	<b>WYSOKIŃSKI Konrad</b>	<b>1180</b>	MESMERIK RUNNERS / BARUNOWCE	M40	6	01:32:41	02:39:32	02:44:27	03:17:54	<b>03:19:38.60</b>	<b>03:19:41.45</b>	+00:28:30 (14.3%)	5:54	10.2 (86.4%)
22	<b>HALSKA Ania</b>	<b>1323</b>	ANNA HALSKA COACHING	K30	2		02:42:54	02:47:22	03:18:24	<b>03:20:03.85</b>	<b>03:20:07.30</b>	+00:28:56 (14.5%)	5:55	10.1 (85.6%)
23	<b>KOPCEWICZ Tomasz</b>	<b>2537</b>		M30	11	01:35:24	02:43:02	02:47:36	03:18:40	<b>03:20:09.90</b>	<b>03:20:13.30</b>	+00:29:02 (14.5%)	5:55	10.1 (85.6%)
24	<b>WŁODARCZYK Jarosław</b>	<b>1110</b>	TEAM DAREK KRUCZKOWSKI	M40	7	01:34:11	02:40:03	02:44:24	03:19:33	<b>03:21:24.85</b>	<b>03:21:27.65</b>	+00:30:16 (15.0%)	5:57	10.1 (85.6%)
25	<b>SKOTNICZNY Michał</b>	<b>1322</b>		M30	12	01:34:17	02:42:02	02:46:51	03:19:44	<b>03:21:23.50</b>	<b>03:21:31.50</b>	+00:30:20 (15.1%)	5:57	10.1 (85.6%)
26	<b>ZIECINA Mateusz</b>	<b>1048</b>		M30	13	01:33:54	02:41:36	02:46:49	03:21:09	<b>03:22:44.50</b>	<b>03:22:49.05</b>	+00:31:37 (15.6%)	5:59	10 (84.7%)
27	<b>ŁASKI Tomasz</b>	<b>1131</b>	PTASIERADIOBRZOZÓW	M30	14	01:34:06	02:41:40	02:46:29	03:21:54	<b>03:23:49.75</b>	<b>03:23:54.10</b>	+00:32:43 (16.0%)	6:01	10 (84.7%)
28	<b>BEDNARCZYK Magdalena</b>	<b>1236</b>	STRZEGOMSKA DWUNASTKA	K30	3	01:37:20	02:44:12	02:49:00	03:22:33	<b>03:24:10.05</b>	<b>03:24:13.25</b>	+00:33:02 (16.2%)	6:02	9.9 (83.9%)
29	<b>SZEWC Jonasz</b>	<b>1416</b>	MOCNA GRUPA CEZARA	M20	5	01:37:16	02:46:43	02:51:36	03:25:50	<b>03:27:33.55</b>	<b>03:27:39.65</b>	+00:36:28 (17.6%)	6:08	9.8 (83.1%)
30	<b>ŁOZA Mateusz</b>	<b>1450</b>	ZWIEDZANIE PRZEZ BIEGANIE	M30	15	01:33:55	02:44:09	02:49:05		<b>03:27:46.10</b>	<b>03:27:50.65</b>	+00:36:39 (17.6%)	6:08	9.8 (83.1%)
31	<b>HAJTO Dominik</b>	<b>1385</b>	STAŃCZAK TEAM	M30	16	01:39:49	02:49:05	02:53:43	03:27:50	<b>03:29:33.95</b>	<b>03:29:38.80</b>	+00:38:27 (18.3%)	6:11	9.7 (82.2%)
32	<b>WOJCIECHOWSKI Mateusz</b>	<b>1117</b>	KTÓRĘDY NAD MORSKIE OKO?	M30	17	01:38:12	02:48:07	02:53:27	03:28:57	<b>03:30:44.40</b>	<b>03:30:47.70</b>	+00:39:36 (18.8%)	6:14	9.6 (81.4%)
33	<b>ANDREYEUSKI Pavel</b>	<b>1261</b>	ADIDAS RUNNERS WARSAW	M30	18	01:40:07	02:51:12	02:55:50	03:29:51	<b>03:31:23.65</b>	<b>03:31:26.10</b>	+00:40:15 (19.0%)	6:15	9.6 (81.4%)
34	<b>TITTENBRUN Aleksander</b>	<b>1326</b>	NIEZŁA KORBA	M30	19	01:46:27	02:54:23	02:59:00	03:30:11	<b>03:31:47.30</b>	<b>03:31:52.90</b>	+00:40:41 (19.2%)	6:15	9.6 (81.4%)
35	<b>WOWER Bartłomiej</b>	<b>1366</b>	CSC ADVENTURE ACADEMY	M40	8	01:45:17	02:54:51	02:59:35	03:32:23	<b>03:34:13.90</b>	<b>03:34:17.20</b>	+00:43:06 (20.1%)	6:20	9.5 (80.5%)
36	<b>KURUC Maria</b>	<b>1435</b>	STAJNIAK TEAM	K20	1	01:43:08	02:54:54	02:59:54	03:35:37	<b>03:37:13.85</b>	<b>03:37:24.40</b>	+00:46:13 (21.3%)	6:25	9.3 (78.8%)
37	<b>WŁODARCZYK Michał</b>	<b>1422</b>	EVERRUN	M40	9	01:41:51	02:54:16	02:59:24	03:35:35	<b>03:37:14.85</b>	<b>03:37:24.45</b>	+00:46:13 (21.3%)	6:25	9.3 (78.8%)
38	<b>TESLUK Kuba</b>	<b>1328</b>		M30	20	01:27:07	02:45:58	02:51:26	03:35:41	<b>03:37:31.00</b>	<b>03:37:32.85</b>	+00:46:21 (21.3%)	6:26	9.3 (78.8%)
39	<b>CYTAWA Adrian</b>	<b>1130</b>	FIZJO - SPORT ŁĘCZNA 19 CHEŁMSKI BATALION ZMECHANIZOWANY	M30	21	01:39:05	02:53:49	02:58:31	03:35:46	<b>03:37:30.20</b>	<b>03:37:36.75</b>	+00:46:25 (21.3%)	6:26	9.3 (78.8%)
40	<b>KOZA Janusz</b>	<b>1397</b>	SOK Z GÓR	M40	10	01:42:54	02:55:28	03:00:26	03:35:54	<b>03:37:39.40</b>	<b>03:37:48.85</b>	+00:46:37 (21.4%)	6:26	9.3 (78.8%)
41	<b>WRÓBLEWSKI Adrian</b>	<b>1014</b>	ZGRUPKA PROMOBIL TEAM	M30	22	01:43:23	02:58:18	03:03:15	03:37:47	<b>03:39:23.20</b>	<b>03:39:27.00</b>	+00:48:15 (22.0%)	6:29	9.2 (78.0%)
42	<b>JAKUBOWSKI Zbyszek</b>	<b>1044</b>		M40	11	01:43:16	02:56:23	03:01:09	03:37:47	<b>03:39:43.00</b>	<b>03:39:50.40</b>	+00:48:39 (22.1%)	6:30	9.2 (78.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Schronisko na Przehybie				Czas netto 33.8km	Czas brutto 33.8km	Różn	Tempo min/km	Tempo km/h
						14.7km	26.8km	27.3km	33.3km					
43	STAL Katarzyna	1064	KS STASZEWSKY	K40	1	01:46:14	02:58:16	03:03:42	03:37:52	<b>03:39:32.40</b>	<b>03:39:57.75</b>	+00:48:46 (22.2%)	6:29	9.2 (78.0%)
44	SZLUFIK Bartłomiej	1400	DREAM TEAM WOKÓŁ ŁYSEJ GÓRY	M30	23	01:40:53	02:58:02	03:02:55	03:38:29	<b>03:40:06.85</b>	<b>03:40:08.40</b>	+00:48:57 (22.2%)	6:30	9.2 (78.0%)
45	RYBARCZYK Kamil	1186	MARMUROWE DZIKI	M30	24	01:43:29	03:01:12	03:06:08	03:40:21	<b>03:41:54.20</b>	<b>03:42:07.05</b>	+00:50:55 (22.9%)	6:33	9.1 (77.1%)
46	ŻURAWSKI Sławomir	1005	BARUNOWCE	M40	12	01:45:20	02:58:44	03:04:19	03:40:47	<b>03:42:31.55</b>	<b>03:42:34.05</b>	+00:51:22 (23.1%)	6:35	9.1 (77.1%)
47	BARTKOWIAK Michał	1069	TABATA&DRINKTEAM	M30	25	01:40:50	02:54:40	02:59:41	03:40:39	<b>03:42:57.40</b>	<b>03:43:03.75</b>	+00:51:52 (23.3%)	6:35	9.1 (77.1%)
48	WISNIEWSKI Krzysztof	1415	DREAM RUN	M40	13	01:40:49	02:57:35	03:03:54	03:41:51	<b>03:43:28.30</b>	<b>03:43:34.50</b>	+00:52:23 (23.4%)	6:36	9.1 (77.1%)
49	ZĄBEK Łukasz	1388	AW - SZYBCIEJ TEAM	M40	14	01:43:59	02:58:39	03:04:18	03:42:12	<b>03:43:49.90</b>	<b>03:43:53.90</b>	+00:52:42 (23.5%)	6:37	9.1 (77.1%)
50	ŁUCKA Artur	1278		M30	26	01:45:08	03:02:30	03:07:16	03:42:11	<b>03:43:46.95</b>	<b>03:43:57.30</b>	+00:52:46 (23.6%)	6:37	9.1 (77.1%)
51	WILK Dawid	1111	RESHAPE RUNNERS	M30	27	01:39:54	03:01:34	03:07:24	03:42:41	<b>03:44:22.35</b>	<b>03:44:24.05</b>	+00:53:12 (23.7%)	6:38	9 (76.3%)
52	KLUZ Marcin	1140	PRO-RUN WROCŁAW	M30	28	01:45:35	03:01:50	03:07:15	03:42:40	<b>03:44:15.85</b>	<b>03:44:32.00</b>	+00:53:20 (23.8%)	6:38	9 (76.3%)
53	STAŃCZAK Szymon	1325	STAŃCZAK TEAM	M40	15	01:43:30	02:59:22	03:04:35	03:42:26	<b>03:44:28.75</b>	<b>03:44:34.10</b>	+00:53:23 (23.8%)	6:38	9 (76.3%)
54	KLAPPHOLZ Adriana	1455	BIEGIEM PRZEZ CHYBIE	K50	1	01:49:43	03:03:07	03:07:47	03:43:20	<b>03:45:12.40</b>	<b>03:45:17.30</b>	+00:54:06 (24.0%)	6:39	9 (76.3%)
55	PĘKALA Arkadiusz	1276		M30	29	01:43:11	02:59:08	03:04:26	03:43:34	<b>03:45:34.40</b>	<b>03:45:41.90</b>	+00:54:30 (24.2%)	6:40	9 (76.3%)
56	DEJNECKA Martyna	1336		K30	4	01:49:44	03:03:55	03:08:52	03:45:30	<b>03:47:19.65</b>	<b>03:47:27.15</b>	+00:56:16 (24.7%)	6:43	8.9 (75.4%)
57	RYSULA Konrad	1332	ROAD TO ULTRA	M20	6	01:41:30	03:00:52	03:06:29	03:46:45	<b>03:48:24.30</b>	<b>03:48:26.50</b>	+00:57:15 (25.1%)	6:45	8.9 (75.4%)
58	KRUPA Roman	1335		M40	16	01:45:10	03:04:02	03:09:32	03:46:38	<b>03:48:18.30</b>	<b>03:48:31.30</b>	+00:57:20 (25.1%)	6:45	8.9 (75.4%)
59	SZARAPANOWSKI Marcin	1142	ULTRA DIABŁY TEAM LUBRZA	M40	17	01:47:00	03:04:01	03:09:23	03:46:36	<b>03:48:23.00</b>	<b>03:48:36.85</b>	+00:57:25 (25.1%)	6:45	8.9 (75.4%)
60	BRASSE Krystian	1273		M30	30	01:48:04	03:03:42	03:08:57	03:46:41	<b>03:48:30.15</b>	<b>03:48:41.50</b>	+00:57:30 (25.1%)	6:45	8.9 (75.4%)
61	ZAJĄC Stefan	1405		M30	31	01:42:11	02:59:47	03:05:16	03:47:20	<b>03:49:08.65</b>	<b>03:49:12.15</b>	+00:58:01 (25.3%)	6:46	8.9 (75.4%)
62	GOLA Daniel	1263		M30	32	01:46:31	03:03:36	03:08:23	03:47:21	<b>03:49:18.60</b>	<b>03:49:29.30</b>	+00:58:18 (25.4%)	6:47	8.8 (74.6%)
63	BRZUSZKIEWICZ Michał	1199	DREAM RUN	M30	33	01:46:34	03:05:32	03:11:23	03:50:20	<b>03:51:59.05</b>	<b>03:52:08.80</b>	+01:00:57 (26.3%)	6:51	8.7 (73.7%)
64	GNIEWEK Justyna	1394		K30	5	01:51:16	03:08:59	03:14:13	03:51:13	<b>03:52:51.95</b>	<b>03:52:58.60</b>	+01:01:47 (26.5%)	6:53	8.7 (73.7%)
65	WINTER Piotr	1361	NIGHT RUNNERS	M30	34	01:49:22	03:07:44	03:13:24	03:52:20	<b>03:54:20.05</b>	<b>03:54:27.05</b>	+01:03:15 (27.0%)	6:55	8.7 (73.7%)
66	WARECKI Radosław	1217	PRZEWORSKA GRUPA BIEGOWA	M40	18	01:45:36	03:03:37	03:09:47	03:52:36	<b>03:54:25.40</b>	<b>03:54:43.10</b>	+01:03:32 (27.1%)	6:56	8.7 (73.7%)
67	FRYSIAK Artur	1183	WIELUŃ ULTRA I NIE TYLKO	M50	1	01:46:52	03:06:40	03:12:12	03:52:51	<b>03:54:40.45</b>	<b>03:54:49.15</b>	+01:03:38 (27.1%)	6:56	8.6 (72.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Schronisko na Przehybie				Czas netto 33.8km	Czas brutto 33.8km	Różn	Tempo min/km	Tempo km/h
						14.7km	26.8km	27.3km	33.3km					
68	<b>BIENIAS Łukasz</b>	<b>1309</b>	BLACKHATULTRA	M30	35	01:45:05	03:07:40	03:13:05	03:53:41	<b>03:55:30.75</b>	<b>03:55:44.95</b>	+01:04:33 (27.4%)	6:58	8.6 (72.9%)
69	<b>KARCZ Grzegorz</b>	<b>1350</b>	BĘDUSKA BRYGADA BIEGOWA	M40	19	01:50:25	03:11:58	03:17:32	03:54:33	<b>03:56:10.20</b>	<b>03:56:15.20</b>	+01:05:04 (27.5%)	6:59	8.6 (72.9%)
70	<b>DZIKOWSKI Michał</b>	<b>1181</b>		M20	7	01:49:23	03:08:36	03:13:58	03:54:34	<b>03:56:14.20</b>	<b>03:56:18.45</b>	+01:05:07 (27.6%)	6:59	8.6 (72.9%)
71	<b>GRODZKI Sebastian</b>	<b>1161</b>		M40	20	01:43:54	03:08:18	03:14:56	03:54:40	<b>03:56:19.40</b>	<b>03:56:24.75</b>	+01:05:13 (27.6%)	6:59	8.6 (72.9%)
72	<b>STACHOŃ Radosław</b>	<b>1291</b>	RUN 4 FUN	M30	36	01:47:12	03:08:26	03:14:32	03:55:24	<b>03:57:23.05</b>	<b>03:57:31.35</b>	+01:06:20 (27.9%)	7:01	8.5 (72.0%)
73	<b>JACHYMSKI Krzysztof</b>	<b>1414</b>	VEGE RUNNERS	M30	37	01:47:19	03:09:05	03:14:02	03:55:33	<b>03:57:43.20</b>	<b>03:57:54.85</b>	+01:06:43 (28.0%)	7:01	8.5 (72.0%)
74	<b>MOSIOŁEK Monika</b>	<b>1054</b>	NAPRZÓD MŁOCINYBIEGNĘ, ŻEBY BARTEK MÓGL BIEGAĆ	K30	6	01:50:37	03:12:25	03:17:54	03:58:01	<b>03:59:45.70</b>	<b>03:59:51.60</b>	+01:08:40 (28.6%)	7:05	8.5 (72.0%)
75	<b>BRZOZOWSKA Joanna</b>	<b>1417</b>	TEAM ELITA Z NIZIN	K30	7	01:52:35	03:15:21	03:20:48	03:58:46	<b>04:00:23.80</b>	<b>04:00:36.30</b>	+01:09:25 (28.9%)	7:06	8.4 (71.2%)
76	<b>CIECIOROWSKA Aleksandra</b>	<b>1407</b>	OFF-ROAD RUNNERS	K20	2	01:51:13	03:12:41	03:18:12	03:59:05	<b>04:00:54.30</b>	<b>04:00:57.20</b>	+01:09:46 (29.0%)	7:07	8.4 (71.2%)
77	<b>BŁASZCZAK Marek</b>	<b>1099</b>	MOCNA GRUPA CEZARA	M30	38	01:50:40	03:12:15	03:17:31	03:59:47	<b>04:01:34.10</b>	<b>04:01:44.35</b>	+01:10:33 (29.2%)	7:08	8.4 (71.2%)
78	<b>KNAPIK Przemysław</b>	<b>1279</b>	HEINEKEN KRAKOW / TRIWISE	M40	21	01:50:42	03:13:09	03:19:30	04:00:10	<b>04:02:09.00</b>	<b>04:02:12.45</b>	+01:11:01 (29.3%)	7:09	8.4 (71.2%)
79	<b>WOŹNIAK Sebastian</b>	<b>1015</b>	INKA TEAM	M30	39	01:48:14	03:11:01	03:17:54	04:01:16	<b>04:03:20.20</b>	<b>04:03:27.05</b>	+01:12:15 (29.7%)	7:11	8.3 (70.3%)
80	<b>REDKIEWICZ Agnieszka</b>	<b>1427</b>	BLACK HAT TEAM	K40	2	01:54:18	03:17:28	03:22:49	04:01:27	<b>04:03:29.25</b>	<b>04:03:46.45</b>	+01:12:35 (29.8%)	7:12	8.3 (70.3%)
81	<b>KOZŁOWSKI Jerzy</b>	<b>1281</b>		M30	40	01:53:40	03:16:07	03:22:35	04:02:26	<b>04:04:09.10</b>	<b>04:04:15.95</b>	+01:13:04 (29.9%)	7:13	8.3 (70.3%)
82	<b>MARCINKOWSKA-CHOLEWA Katarzyna</b>	<b>1433</b>	GÓRAL Z MAZUR RUNNING TEAM	K40	3	01:55:42		03:22:26	04:02:53	<b>04:04:43.00</b>	<b>04:04:48.90</b>	+01:13:37 (30.1%)	7:14	8.3 (70.3%)
83	<b>NIEMCZYK Dominik</b>	<b>1019</b>	EUROCLEAR RUNNING TEAM	M30	41	01:58:20	03:20:03	03:25:59	04:04:37	<b>04:06:11.05</b>	<b>04:06:19.40</b>	+01:15:08 (30.5%)	7:17	8.2 (69.5%)
84	<b>PROCHNO Piotr</b>	<b>1269</b>	TRAIL IS OUR WAY	M30	42	01:51:50	03:17:26	03:23:12	04:04:03	<b>04:06:15.05</b>	<b>04:06:33.35</b>	+01:15:22 (30.6%)	7:17	8.2 (69.5%)
85	<b>CIEŚLIŃSKA Karolina</b>	<b>1132</b>	STG WARSZAWA	K30	8	01:54:54	03:17:33	03:23:13	04:04:33	<b>04:06:24.90</b>	<b>04:06:36.80</b>	+01:15:25 (30.6%)	7:17	8.2 (69.5%)
86	<b>NOWIK Kamil</b>	<b>1215</b>	ULTRA DIABŁY TEAM LUBRZA	M40	22	01:57:04	03:20:01	03:26:18	04:05:11	<b>04:07:08.60</b>	<b>04:07:22.95</b>	+01:16:11 (30.8%)	7:18	8.2 (69.5%)
87	<b>GRUSZCZYŃSKI Stanisław</b>	<b>1327</b>		M30	43	01:54:55	03:19:54	03:24:58	04:05:38	<b>04:07:22.40</b>	<b>04:07:44.40</b>	+01:16:33 (30.9%)	7:19	8.2 (69.5%)
88	<b>HAJDA Justyna</b>	<b>1380</b>	MAFIA TEAM LUBLINIEC	K20	3	01:55:38	03:20:05	03:25:37	04:05:48	<b>04:07:41.75</b>	<b>04:07:46.40</b>	+01:16:35 (30.9%)	7:19	8.2 (69.5%)
89	<b>GARLICKI Marek</b>	<b>1173</b>	STG WARSZAWA	M30	44	01:54:06	03:19:34	03:25:44	04:06:06	<b>04:07:52.35</b>	<b>04:07:52.35</b>	+01:16:41 (30.9%)	7:20	8.2 (69.5%)
90	<b>STĘSIK Tomasz</b>	<b>1262</b>	WOLSZTYŃSKA AKADEMIA BIEGOWA	M30	45	01:59:26	03:19:52	03:25:46	04:05:54	<b>04:08:10.65</b>	<b>04:08:26.70</b>	+01:17:15 (31.1%)	7:20	8.2 (69.5%)
91	<b>KUCIAK Bartosz</b>	<b>1100</b>		M30	46	01:56:02	03:22:52	03:28:23	04:07:09	<b>04:08:57.50</b>	<b>04:08:57.50</b>	+01:17:46 (31.2%)	7:21	8.1 (68.6%)
92	<b>STANISŁAWSKI Michał</b>	<b>1121</b>	UKS FREE SPORTS BIELSKO-BIAŁA	M30	47	01:58:19	03:20:47	03:26:21	04:07:28	<b>04:08:56.25</b>	<b>04:09:06.50</b>	+01:17:55 (31.3%)	7:21	8.1 (68.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Schronisko na Przehybie				Czas netto		Czas brutto		Tempo min/km	Tempo km/h
						14.7km	26.8km	27.3km	33.3km	33.8km	33.8km	Różn			
93	ŚWIERK Przemek	1209	ULTRA DIABŁY TEAM	M40	23	01:57:03	03:20:01	03:26:16	04:07:20	<b>04:09:26.70</b>	<b>04:09:41.95</b>	+01:18:30 (31.4%)	7:22	8.1 (68.6%)	
94	SKOCZYLAS Karolina	1034	STAY INSANE   SKOCZYLIWLASY	K30	9	01:59:01	03:23:07	03:29:50	04:08:51	<b>04:10:42.50</b>	<b>04:10:45.70</b>	+01:19:34 (31.7%)	7:25	8.1 (68.6%)	
95	RAKOCZY Krzysztof	1225		M30	48	01:57:06	03:18:21	03:23:52	04:08:11	<b>04:10:19.55</b>	<b>04:10:49.45</b>	+01:19:38 (31.8%)	7:24	8.1 (68.6%)	
96	PIEKARCYK Grzegorz	1030	NOWOTARSKI KLUB KOLARSKI	M20	8	01:54:37	03:21:53	03:27:17	04:08:24	<b>04:10:32.35</b>	<b>04:10:59.65</b>	+01:19:48 (31.8%)	7:24	8.1 (68.6%)	
97	KRAJEWSKI Marcin	1185		M30	49	01:59:51	03:24:29	03:30:17	04:09:44	<b>04:11:34.30</b>	<b>04:11:39.35</b>	+01:20:28 (32.0%)	7:26	8.1 (68.6%)	
98	BUŁAWKA Łukasz	1313	KW KRAKÓW	M30	50	01:50:51	03:19:27	03:26:02	04:09:30	<b>04:11:27.65</b>	<b>04:11:51.60</b>	+01:20:40 (32.0%)	7:26	8.1 (68.6%)	
99	GIŁOWSKI Kamil	1122	BIEGAM ŻEBY ŻREĆ WIĘCEJ CIASTKÓW	M30	51	01:58:30	03:24:23	03:29:56	04:12:26	<b>04:14:07.25</b>	<b>04:14:18.10</b>	+01:23:07 (32.7%)	7:31	8 (67.8%)	
100	WOŹNIAK Jakub	1425	SPRINT GORZYCE	M20	9	01:57:27	03:24:21	03:29:22	04:11:53	<b>04:14:11.50</b>	<b>04:14:27.65</b>	+01:23:16 (32.7%)	7:31	8 (67.8%)	
101	TRZCINSKI Maciej	1334		M40	24	02:01:05	03:29:10	03:35:08	04:14:40	<b>04:16:42.50</b>	<b>04:16:49.80</b>	+01:25:38 (33.3%)	7:35	7.9 (66.9%)	
102	MOTYKA Jakub	1353	THE HOE COMPANY	M30	52	02:00:17	03:25:30	03:31:34	04:14:52	<b>04:16:41.45</b>	<b>04:17:18.10</b>	+01:26:07 (33.5%)	7:35	7.9 (66.9%)	
103	MATUSZCZYK Paweł	1249		M50	2	02:01:08	03:29:11	03:34:55	04:15:11	<b>04:17:04.60</b>	<b>04:17:26.90</b>	+01:26:15 (33.5%)	7:36	7.9 (66.9%)	
104	RACHWAŁSKA Oliwia	1224		K30	10	02:03:54	03:30:52	03:36:29	04:15:27	<b>04:17:19.05</b>	<b>04:17:48.95</b>	+01:26:37 (33.6%)	7:36	7.9 (66.9%)	
105	GAJEWSKI Marek	1439		M30	53	01:57:43	03:25:44	03:32:18	04:16:24	<b>04:18:09.15</b>	<b>04:18:19.20</b>	+01:27:08 (33.7%)	7:38	7.9 (66.9%)	
106	WOJTALA Bartłomiej	1246	UWAGA NA DZIADA	M40	25	02:07:04	03:31:39	03:37:49	04:17:44	<b>04:19:27.05</b>	<b>04:19:48.70</b>	+01:28:37 (34.1%)	7:40	7.8 (66.1%)	
107	TOKARCZYK Tomasz	1097	NONE	M30	54	01:58:11	03:29:35	03:35:36	04:17:29	<b>04:19:14.95</b>	<b>04:19:48.95</b>	+01:28:37 (34.1%)	7:40	7.8 (66.1%)	
108	FILAS Witold	1058		M60	1	02:01:22	03:28:48	03:33:31	04:17:25	<b>04:19:47.90</b>	<b>04:19:53.10</b>	+01:28:42 (34.1%)	7:41	7.8 (66.1%)	
109	URBAN Iwona	1379	42K PRO TEAM	K40	4	02:07:15	03:31:17	03:36:50	04:18:03	<b>04:19:59.85</b>	<b>04:20:03.80</b>	+01:28:52 (34.2%)	7:41	7.8 (66.1%)	
110	ŁAŻEŃSKI Łukasz	1346		M30	55	01:59:09	03:28:39	03:34:41	04:18:06	<b>04:20:14.85</b>	<b>04:20:19.10</b>	+01:29:08 (34.2%)	7:41	7.8 (66.1%)	
111	HRAPKOWICZ Marek	1441	CZANIECKIE MAKARONY	M30	56	02:03:01	03:31:32	03:37:36	04:18:36	<b>04:20:39.15</b>	<b>04:20:51.35</b>	+01:29:40 (34.4%)	7:42	7.8 (66.1%)	
112	POTAPOWICZ Gabriela	1235		K30	11	02:01:33	03:29:04	03:34:48	04:18:41	<b>04:20:38.50</b>	<b>04:21:06.40</b>	+01:29:55 (34.4%)	7:42	7.8 (66.1%)	
113	HARASIMOWICZ Aleksandra	1256	PRZEDWOJEWSKI TEAM	K30	12	02:01:22	03:31:04	03:37:08	04:20:02	<b>04:21:57.60</b>	<b>04:22:03.40</b>	+01:30:52 (34.7%)	7:45	7.7 (65.3%)	
114	ZBORUCKI Jan	1071	PRZEDWOJEWSKI TEAM	M40	26	02:00:55	03:31:02	03:37:06	04:20:02	<b>04:21:58.20</b>	<b>04:22:03.80</b>	+01:30:52 (34.7%)	7:45	7.7 (65.3%)	
115	PIĄTKIEWICZ Łukasz	1193	MARCINŚWIERCTEAM	M30	57	01:59:39	03:27:58	03:34:11	04:20:32	<b>04:22:43.05</b>	<b>04:23:20.00</b>	+01:32:08 (35.0%)	7:46	7.7 (65.3%)	
116	ALBRECHT Grzegorz	1223		M40	27	01:58:53	03:29:25	03:35:15	04:21:40	<b>04:23:42.75</b>	<b>04:23:51.85</b>	+01:32:40 (35.1%)	7:48	7.7 (65.3%)	
117	DOŁĘGA-KOZIEROWSKI Jan	1222		M30	58	01:59:05	03:29:39	03:35:18	04:21:40	<b>04:23:43.10</b>	<b>04:23:52.00</b>	+01:32:40 (35.1%)	7:48	7.7 (65.3%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Schronisko na Przehybie				Czas netto 33.8km	Czas brutto 33.8km	Różn	Tempo min/km	Tempo km/h
						14.7km	26.8km	27.3km	33.3km					
118	<b>PAWELCZYK Krzysztof</b>	<b>1357</b>	SOBASTEAM	M40	28	01:58:15	03:32:01	03:37:50	04:23:31	<b>04:25:22.00</b>	<b>04:25:39.25</b>	+01:34:28 (35.6%)	7:51	7.6 (64.4%)
119	<b>VAIČAITYTĖ Raimonda</b>	<b>1358</b>	WILD SOULS	K30	13	02:08:56	03:35:24	03:40:54	04:23:52	<b>04:25:30.20</b>	<b>04:25:45.75</b>	+01:34:34 (35.6%)	7:51	7.6 (64.4%)
120	<b>RYBKOWSKI Hubert</b>	<b>1226</b>	KTÓRĘDYNADMORSKIEOKO	M40	29	02:03:43	03:31:38	03:37:25	04:23:20	<b>04:25:31.15</b>	<b>04:25:45.80</b>	+01:34:34 (35.6%)	7:51	7.6 (64.4%)
121	<b>TWARDOWSKI Bartosz</b>	<b>1354</b>		M40	30	01:59:17	03:28:44	03:34:45	04:23:41	<b>04:25:43.85</b>	<b>04:25:47.80</b>	+01:34:36 (35.6%)	7:51	7.6 (64.4%)
122	<b>WIECHETEK Artur</b>	<b>1136</b>	STG WARSZAWA	M40	31	02:01:29	03:37:08	03:42:40	04:23:43	<b>04:25:33.10</b>	<b>04:25:49.00</b>	+01:34:37 (35.6%)	7:51	7.6 (64.4%)
123	<b>NYCZ Sławomir</b>	<b>1105</b>		M30	59	02:02:16	03:31:25	03:37:54	04:23:43	<b>04:25:44.25</b>	<b>04:25:52.90</b>	+01:34:41 (35.6%)	7:51	7.6 (64.4%)
124	<b>PRZYBYLSKI Paweł</b>	<b>1203</b>	ANATOMIABIEGANIA	M30	60	02:06:23	03:36:41	03:42:44	04:24:16	<b>04:25:54.00</b>	<b>04:26:10.60</b>	+01:34:59 (35.7%)	7:52	7.6 (64.4%)
125	<b>MAGDA Łukasz</b>	<b>1403</b>	3XL	M30	61	02:03:51	03:38:28	03:44:23	04:25:05	<b>04:26:48.20</b>	<b>04:27:19.40</b>	+01:36:08 (36.0%)	7:53	7.6 (64.4%)
126	<b>KUBIK Tymoteusz</b>	<b>1204</b>		M30	62	02:06:47	03:36:43	03:42:50	04:25:21	<b>04:27:10.95</b>	<b>04:27:28.00</b>	+01:36:16 (36.0%)	7:54	7.6 (64.4%)
127	<b>BAJAK Wojciech</b>	<b>1125</b>	EKSTRAKLASA.ORG	M30	63	01:54:25	03:29:05	03:35:01	04:25:44	<b>04:27:39.65</b>	<b>04:27:56.40</b>	+01:36:45 (36.1%)	7:55	7.6 (64.4%)
128	<b>ŻAK Barbara</b>	<b>2164</b>	JURA TEAM	K40	5	02:00:35	03:33:19	03:39:38	04:25:46	<b>04:28:00.55</b>	<b>04:28:07.00</b>	+01:36:55 (36.2%)	7:55	7.6 (64.4%)
129	<b>CIECKIEWICZ Tomasz</b>	<b>1227</b>		M30	64	02:04:19	03:36:25	03:42:35	04:25:57	<b>04:27:56.80</b>	<b>04:28:13.60</b>	+01:37:02 (36.2%)	7:55	7.6 (64.4%)
130	<b>JĘDRASZEK Alicja</b>	<b>1305</b>	TRAIL IS OUR WAY	K40	6	02:07:42	03:35:42	03:42:01	04:26:05	<b>04:28:04.20</b>	<b>04:28:32.60</b>	+01:37:21 (36.3%)	7:55	7.6 (64.4%)
131	<b>KOZERA Katarzyna</b>	<b>1023</b>	BUSHIDO	K30	14	02:02:59	03:32:28	03:38:50	04:26:27	<b>04:28:36.05</b>	<b>04:28:41.50</b>	+01:37:30 (36.3%)	7:56	7.6 (64.4%)
132	<b>SIMKUS Aidas</b>	<b>1300</b>	WILD SOULS	M30	65	02:03:15	03:32:24	03:38:20	04:26:31	<b>04:28:36.40</b>	<b>04:29:13.95</b>	+01:38:02 (36.4%)	7:56	7.6 (64.4%)
133	<b>HENDEL Magda</b>	<b>1413</b>	AZS AWF KRAKÓW MASTERS	K20	4	02:03:36	03:35:04	03:41:37	04:27:13	<b>04:29:17.95</b>	<b>04:29:26.05</b>	+01:38:14 (36.5%)	7:58	7.5 (63.6%)
134	<b>ŻUREK Kazimierz</b>	<b>1164</b>		M30	66	01:58:30	03:32:52	03:40:56	04:27:22	<b>04:29:19.75</b>	<b>04:29:29.35</b>	+01:38:18 (36.5%)	7:58	7.5 (63.6%)
135	<b>FRĄCKOWIAK Krzysztof</b>	<b>1115</b>	PRO-RUN WROCŁAW	M40	32	02:00:05	03:30:27	03:36:43	04:30:02	<b>04:32:12.90</b>	<b>04:32:30.30</b>	+01:41:19 (37.2%)	8:03	7.5 (63.6%)
136	<b>BOSS Oskar</b>	<b>1448</b>	DREAM RUN	M20	10	02:00:14	03:35:42	03:41:44	04:30:05	<b>04:32:20.65</b>	<b>04:32:31.65</b>	+01:41:20 (37.2%)	8:03	7.4 (62.7%)
137	<b>KANCERSKI Krzysztof</b>	<b>1333</b>		M60	2	02:01:58	03:37:21	03:44:40	04:30:24	<b>04:32:33.60</b>	<b>04:32:57.40</b>	+01:41:46 (37.3%)	8:03	7.4 (62.7%)
138	<b>SZTYLKO Michał</b>	<b>1112</b>		M40	33	02:00:10	03:37:37	03:43:40	04:31:16	<b>04:33:06.50</b>	<b>04:33:37.80</b>	+01:42:26 (37.4%)	8:04	7.4 (62.7%)
139	<b>KORZONEK Karol</b>	<b>2534</b>	SPRINT GORZYCE	M30	67	01:57:24	03:33:38	03:40:52	04:31:19	<b>04:33:44.25</b>	<b>04:34:03.30</b>	+01:42:52 (37.5%)	8:05	7.4 (62.7%)
140	<b>KOWALSKA Agnieszka</b>	<b>1266</b>		K20	5	02:04:58	03:38:44	03:45:14	04:31:43	<b>04:33:53.45</b>	<b>04:34:06.35</b>	+01:42:55 (37.5%)	8:06	7.4 (62.7%)
141	<b>FORTAK Rafał</b>	<b>1265</b>		M30	68	01:58:13	03:38:39	03:44:55	04:31:29	<b>04:33:45.55</b>	<b>04:34:08.55</b>	+01:42:57 (37.6%)	8:05	7.4 (62.7%)
142	<b>KIEDROWSKI Bartosz</b>	<b>1059</b>	LUBIĘ KLOPSY	M30	69	02:03:57	03:37:52	03:44:01	04:32:56	<b>04:35:00.55</b>	<b>04:35:07.50</b>	+01:43:56 (37.8%)	8:08	7.4 (62.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Schronisko na Przehybie				Czas netto 33.8km	Czas brutto 33.8km	Różn	Tempo min/km	Tempo km/h
						14.7km	26.8km	27.3km	33.3km					
143	<b>ULIKOWSKA Martyna</b>	<b>1043</b>	ZAŁOGA GÓRSKA	K30	15	02:10:01	03:43:37	03:49:49	04:33:40	<b>04:36:06.95</b>	<b>04:36:19.80</b>	+01:45:08 (38.1%)	8:10	7.3 (61.9%)
144	<b>PIĘTA Łukasz</b>	<b>1434</b>	INFINITY-GYM	M40	34	02:08:48	03:43:09	03:49:35	04:34:50	<b>04:37:14.05</b>	<b>04:37:26.60</b>	+01:46:15 (38.3%)	8:12	7.3 (61.9%)
145	<b>DROSIO Klaudia</b>	<b>2235</b>	KASZANKI	K30	16	02:11:23	03:44:36	03:51:13	04:35:47	<b>04:37:51.75</b>	<b>04:38:05.30</b>	+01:46:54 (38.4%)	8:13	7.3 (61.9%)
146	<b>COFUR Rafal</b>	<b>1165</b>		M40	35	02:01:46	03:39:05	03:46:02	04:35:56	<b>04:37:56.00</b>	<b>04:38:09.40</b>	+01:46:58 (38.5%)	8:13	7.3 (61.9%)
147	<b>DROZD Grzegorz</b>	<b>1268</b>		M30	70	02:06:20	03:37:48	03:43:46	04:35:40	<b>04:37:51.00</b>	<b>04:38:19.10</b>	+01:47:08 (38.5%)	8:13	7.3 (61.9%)
148	<b>SURLAS Izabela</b>	<b>1292</b>	PRZEDWOJEWSKI TEAM	K30	17	02:10:35	03:44:24	03:51:24	04:36:53	<b>04:39:07.75</b>	<b>04:39:15.65</b>	+01:48:04 (38.7%)	8:15	7.3 (61.9%)
149	<b>LOSKA Tomasz</b>	<b>2882</b>	#ZALINIAMETYTEAM	M30	71	02:10:44	03:46:31	03:52:38	04:37:29	<b>04:39:16.55</b>	<b>04:39:34.60</b>	+01:48:23 (38.8%)	8:15	7.3 (61.9%)
150	<b>PÓLGĘSEK Bartosz</b>	<b>1259</b>	HARPAGAN RUNNERS	M30	72	02:05:52	03:42:48	03:48:37	04:36:56	<b>04:39:00.15</b>	<b>04:39:46.30</b>	+01:48:35 (38.8%)	8:15	7.3 (61.9%)
151	<b>SZCZECH Łukasz</b>	<b>1147</b>	BRACIAKISQUAD	M30	73	02:09:10	03:45:27	03:51:32	04:37:52	<b>04:39:46.70</b>	<b>04:40:30.45</b>	+01:49:19 (39.0%)	8:16	7.2 (61.0%)
152	<b>SIENKIEL Bartłomiej</b>	<b>1157</b>	BEŁŻYCE I OKOLICE BIEGAJA	M30	74	02:10:21	03:45:24	03:51:29	04:38:20	<b>04:40:04.80</b>	<b>04:40:52.15</b>	+01:49:41 (39.1%)	8:17	7.2 (61.0%)
153	<b>GRABOWSKI Bartłomiej</b>	<b>166</b>	KL ZIEMIA KŁODZKA	M40	36	02:08:15	03:43:19	03:50:37	04:38:59	<b>04:41:00.45</b>	<b>04:41:34.65</b>	+01:50:23 (39.2%)	8:18	7.2 (61.0%)
154	<b>HOŁUBIEC Paweł</b>	<b>1188</b>	YULO RUN TEAM SIEDLCE	M40	37	02:06:36	03:43:33	03:48:45	04:39:25	<b>04:41:35.40</b>	<b>04:41:49.20</b>	+01:50:38 (39.3%)	8:19	7.2 (61.0%)
155	<b>GRZELAK Anna</b>	<b>1162</b>	MARMUROWE DZIKI	K30	18	02:11:08	03:46:37	03:53:02	04:39:41	<b>04:41:40.10</b>	<b>04:41:57.15</b>	+01:50:46 (39.3%)	8:20	7.2 (61.0%)
156	<b>PARA Aleksandra</b>	<b>1243</b>	PODIUM	K30	19	02:09:32	03:47:16	03:53:22	04:40:50	<b>04:43:05.70</b>	<b>04:43:39.00</b>	+01:52:27 (39.6%)	8:22	7.2 (61.0%)
157	<b>NIEMASZ Aleksandra</b>	<b>1395</b>	100LEJKA	K30	20	02:11:28	03:48:21	03:54:33	04:41:21	<b>04:43:32.10</b>	<b>04:44:02.75</b>	+01:52:51 (39.7%)	8:23	7.2 (61.0%)
158	<b>SIKORA Grzegorz</b>	<b>2881</b>	MCBIEGACZE	M40	38	02:14:16	03:52:24	03:59:29	04:42:58	<b>04:44:48.50</b>	<b>04:45:00.80</b>	+01:53:49 (39.9%)	8:25	7.1 (60.2%)
159	<b>CZYCZ Mateusz</b>	<b>1174</b>	CARPATHIAN RUNNERS	M30	75	02:00:55	03:43:11	03:50:27	04:42:28	<b>04:44:58.30</b>	<b>04:45:06.20</b>	+01:53:55 (40.0%)	8:25	7.1 (60.2%)
160	<b>PIĘTKA Marta</b>	<b>1360</b>		K40	7	02:04:53	03:44:50	03:51:49	04:43:07	<b>04:45:24.50</b>	<b>04:45:30.15</b>	+01:54:19 (40.0%)	8:26	7.1 (60.2%)
161	<b>WIDŁAK Krzysztof</b>	<b>1066</b>	BIEGAM BEZ KLUBU	M30	76	02:10:26	03:54:42	04:00:35	04:43:26	<b>04:45:31.70</b>	<b>04:45:57.65</b>	+01:54:46 (40.1%)	8:26	7.1 (60.2%)
162	<b>ŚWIERC Barbara</b>	<b>1330</b>	MARCINSWIERCTEAM	K30	21	02:10:46	03:49:12	03:56:15	04:44:00	<b>04:46:14.85</b>	<b>04:46:27.65</b>	+01:55:16 (40.2%)	8:28	7.1 (60.2%)
163	<b>ŻŁOBIŃSKI Tomasz</b>	<b>1423</b>	42K PRO TEAM	M30	77					<b>04:46:29.00</b>	<b>04:46:29.00</b>	+01:55:17 (40.2%)	8:28	7.1 (60.2%)
164	<b>DZIEDZIC Andrzej</b>	<b>1342</b>	ROAD TO ULTRA	M30	78	01:45:48	03:48:42	03:54:46	04:43:14	<b>04:46:26.65</b>	<b>04:46:32.85</b>	+01:55:21 (40.3%)	8:28	7.1 (60.2%)
165	<b>MICHALAK Jacek</b>	<b>1352</b>	OVIME RUN	M40	39	02:08:27	03:47:49	03:54:26	04:44:04	<b>04:46:16.25</b>	<b>04:46:34.45</b>	+01:55:23 (40.3%)	8:28	7.1 (60.2%)
166	<b>WASIEWICZ Jolanta</b>	<b>2163</b>		K30	22	02:09:29	03:48:43	03:55:34	04:44:24	<b>04:46:22.35</b>	<b>04:46:35.90</b>	+01:55:24 (40.3%)	8:28	7.1 (60.2%)
167	<b>RZESZOTARSKI Tomasz</b>	<b>1447</b>	KTÓRĘDYNADMORSKIEOKO	M30	79	02:11:52	03:47:04	03:53:32	04:44:17	<b>04:46:22.45</b>	<b>04:46:36.80</b>	+01:55:25 (40.3%)	8:28	7.1 (60.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Schronisko na Przehybie				Czas netto 33.8km	Czas brutto 33.8km	Różn	Tempo min/km	Tempo km/h
						14.7km	26.8km	27.3km	33.3km					
168	<b>GONCERZEWICZ Anna</b>	<b>1421</b>	ASICS FRONTRUNNER/STARE BABICE BIEGAJA	K40	8	02:12:12	03:50:41	03:57:10	04:45:20	<b>04:47:21.70</b>	<b>04:47:46.10</b>	+01:56:35 (40.5%)	8:30	7.1 (60.2%)
169	<b>PRĘGOWSKI Michał</b>	<b>1139</b>	STARE BABICE BIEGAJA / VEGE RUNNERS	M40	40	02:12:11	03:50:38	03:57:07	04:45:19	<b>04:47:20.75</b>	<b>04:47:46.20</b>	+01:56:35 (40.5%)	8:30	7.1 (60.2%)
170	<b>FLEJSZAR Marcin</b>	<b>1039</b>		M30	80	02:11:52	03:50:55	03:56:54	04:45:09	<b>04:47:17.60</b>	<b>04:47:48.50</b>	+01:56:37 (40.5%)	8:29	7.1 (60.2%)
171	<b>KRÓLICKI Konrad</b>	<b>1056</b>	STG WARSZAWA	M40	41	02:15:51	03:50:50	03:58:16	04:45:47	<b>04:47:38.70</b>	<b>04:47:49.65</b>	+01:56:38 (40.5%)	8:30	7.1 (60.2%)
172	<b>CABAJ Paweł</b>	<b>1013</b>	NATIONALE NEDERLANDEN RUNING TEAM	M40	42	02:10:40	03:54:28	04:00:45	04:45:38	<b>04:47:42.40</b>	<b>04:47:52.80</b>	+01:56:41 (40.5%)	8:30	7 (59.3%)
173	<b>PIECHOWIAK Mateusz</b>	<b>1006</b>	Z GÓRKI I POD GÓRKĘ	M30	81	02:02:47	03:43:49	03:50:29	04:45:37	<b>04:47:50.85</b>	<b>04:47:54.15</b>	+01:56:43 (40.5%)	8:30	7 (59.3%)
174	<b>KONIECKIEWICZ Adam</b>	<b>1149</b>	SLOW JOGGING SIEDLCE	M30	82	02:00:28	03:49:11	03:54:49	04:46:07	<b>04:48:07.70</b>	<b>04:48:21.40</b>	+01:57:10 (40.6%)	8:31	7 (59.3%)
175	<b>GALEWSKI Adrian</b>	<b>1233</b>		M30	83	02:07:08	03:51:09	03:57:34	04:46:42	<b>04:48:45.75</b>	<b>04:49:14.55</b>	+01:58:03 (40.8%)	8:32	7 (59.3%)
176	<b>LASOTA Arkadiusz</b>	<b>1027</b>		M50	3	02:09:36	03:55:58	04:01:45	04:47:06	<b>04:49:08.30</b>	<b>04:49:27.60</b>	+01:58:16 (40.9%)	8:33	7 (59.3%)
177	<b>SALIŃSKI Bartosz</b>	<b>1169</b>	AUGUSTEAM	M30	84	02:10:15	03:52:25	03:58:51	04:47:24	<b>04:49:37.35</b>	<b>04:49:37.35</b>	+01:58:26 (40.9%)	8:34	7 (59.3%)
178	<b>PEC Arkadiusz</b>	<b>1144</b>	NAPRZÓD MŁOCINY	M50	4	02:04:46	03:49:15	03:56:13	04:48:06	<b>04:50:15.15</b>	<b>04:50:22.15</b>	+01:59:11 (41.0%)	8:35	7 (59.3%)
179	<b>BARANOWSKI Robert</b>	<b>1410</b>		M50	5	02:08:29	03:54:51	04:01:20	04:48:29	<b>04:50:19.35</b>	<b>04:50:37.55</b>	+01:59:26 (41.1%)	8:35	7 (59.3%)
180	<b>KRAWIEC Dominik</b>	<b>1245</b>		M30	85	02:13:41	03:54:03	04:00:06	04:48:50	<b>04:51:02.45</b>	<b>04:51:15.55</b>	+02:00:04 (41.2%)	8:36	7 (59.3%)
181	<b>SOŁTAN Jan</b>	<b>1310</b>		M40	43	02:05:29	03:53:29	03:59:47	04:49:11	<b>04:51:15.55</b>	<b>04:51:31.40</b>	+02:00:20 (41.3%)	8:37	7 (59.3%)
182	<b>CIRILLO Saverio</b>	<b>1411</b>		M30	86	02:10:58	03:52:44	03:58:57	04:49:02	<b>04:51:00.15</b>	<b>04:51:37.80</b>	+02:00:26 (41.3%)	8:36	7 (59.3%)
183	<b>LASZCZYK Anna</b>	<b>1408</b>		K30	23	02:08:25	03:53:12	03:59:28	04:49:17	<b>04:51:16.45</b>	<b>04:51:47.35</b>	+02:00:36 (41.3%)	8:37	7 (59.3%)
184	<b>SEROCZYŃSKI Piotr</b>	<b>1237</b>		M30	87	02:05:50	03:48:23	03:54:41	04:48:47	<b>04:51:10.90</b>	<b>04:51:50.90</b>	+02:00:39 (41.3%)	8:36	7 (59.3%)
185	<b>RATAJCZAK Łukasz</b>	<b>1363</b>	NIGHT RUNNERS	M40	44	02:11:01	03:50:59	03:57:44	04:49:26	<b>04:51:50.40</b>	<b>04:51:57.10</b>	+02:00:46 (41.4%)	8:38	6.9 (58.5%)
186	<b>KORDYSZEWSKI Marek</b>	<b>1232</b>	MGR	M40	45	02:17:16	03:54:47	04:01:34	04:50:29	<b>04:52:29.35</b>	<b>04:52:29.35</b>	+02:01:18 (41.5%)	8:39	6.9 (58.5%)
187	<b>MAŁKOWSKI Tomasz</b>	<b>1166</b>	GRUPA BIEGOWA 65	M50	6	02:01:29	03:44:40	03:51:40	04:49:45	<b>04:52:12.55</b>	<b>04:52:31.55</b>	+02:01:20 (41.5%)	8:38	6.9 (58.5%)
188	<b>OSTROWSKI Rafał</b>	<b>1248</b>	AKTYWNIE - UZALEŻNIAMY	M40	46	02:10:40	03:54:07	04:01:25	04:50:41	<b>04:52:42.90</b>	<b>04:53:08.75</b>	+02:01:57 (41.6%)	8:39	6.9 (58.5%)
189	<b>ZWOLIŃSKI Łukasz</b>	<b>1432</b>		M40	47	02:04:03	03:45:40	03:52:41	04:50:42	<b>04:53:18.10</b>	<b>04:53:26.90</b>	+02:02:15 (41.7%)	8:40	6.9 (58.5%)
190	<b>WICINSKA-REUS Dominika</b>	<b>1391</b>	PGE OBRÓT RUN	K40	9	02:22:21	03:55:46	04:01:56	04:51:23	<b>04:53:12.00</b>	<b>04:53:38.75</b>	+02:02:27 (41.7%)	8:40	6.9 (58.5%)
191	<b>MAKÓWKA Justyna</b>	<b>2166</b>		K30	24	02:19:27	03:58:56	04:05:43	04:51:23	<b>04:53:28.40</b>	<b>04:53:49.45</b>	+02:02:38 (41.7%)	8:40	6.9 (58.5%)
192	<b>TYLIŃSKI Jacek</b>	<b>1086</b>	SŁOŃCE JURY	M40	48	02:10:05	03:52:24	03:58:41	04:51:41	<b>04:54:00.35</b>	<b>04:54:22.80</b>	+02:03:11 (41.8%)	8:41	6.9 (58.5%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Schronisko na Przehybie				Czas netto 33.8km	Czas brutto 33.8km	Różn	Tempo min/km	Tempo km/h
						14.7km	Premia1 26.8km	Premia2 27.3km	33.3km					
193	<b>MIZGAŁA Łukasz</b>	<b>1084</b>	STOWARZYSZENIE SPORTOWE SŁOŃCA JURY	M30	88	02:10:05	03:52:26	03:58:43	04:51:50	<b>04:54:00.60</b>	<b>04:54:23.20</b>	+02:03:12 (41.9%)	8:41	6.9 (58.5%)
194	<b>PRZESMYCKI Krzysztof</b>	<b>1374</b>		M30	89	02:10:59	03:55:25	04:02:42	04:51:35	<b>04:54:09.50</b>	<b>04:54:48.60</b>	+02:03:37 (41.9%)	8:42	6.9 (58.5%)
195	<b>MITIS Marek</b>	<b>1271</b>		M30	90	02:23:08	04:03:01	04:08:45	04:52:39	<b>04:54:42.10</b>	<b>04:54:53.80</b>	+02:03:42 (42.0%)	8:43	6.9 (58.5%)
196	<b>ROŚŁON Cezary</b>	<b>2165</b>		M30	91	02:08:31	03:57:38	04:04:34	04:52:22	<b>04:54:35.05</b>	<b>04:55:17.50</b>	+02:04:06 (42.0%)	8:42	6.9 (58.5%)
197	<b>ORIOŁAS Edgaras</b>	<b>1299</b>		M30	92	02:16:08	04:00:30	04:06:27	04:53:00	<b>04:55:08.55</b>	<b>04:55:24.00</b>	+02:04:12 (42.0%)	8:43	6.9 (58.5%)
198	<b>RZĘDZIAN Marcin</b>	<b>1038</b>		M30	93	02:10:56	03:54:55	04:01:26	04:52:38	<b>04:55:01.90</b>	<b>04:55:28.30</b>	+02:04:17 (42.1%)	8:43	6.9 (58.5%)
199	<b>GINTER Grzegorz</b>	<b>1401</b>	AZS COLLEGIUM MEDICUM UJ	M30	94	02:15:20	03:56:29	04:03:25	04:53:58	<b>04:56:05.60</b>	<b>04:56:13.55</b>	+02:05:02 (42.2%)	8:45	6.8 (57.6%)
200	<b>PARZNIEWSKI Maciej</b>	<b>1347</b>	TOWARZYSTWO TURYSTYCZNE AKS POLONIA WARSZAWA	M40	49	02:18:16	03:57:57	04:02:35	04:53:46	<b>04:55:50.10</b>	<b>04:56:41.00</b>	+02:05:29 (42.3%)	8:45	6.9 (58.5%)
201	<b>DULIBAN Tomasz</b>	<b>1148</b>	BIEGAJ Z URSUSEM	M30	95	01:56:55	04:00:42	04:06:38	04:54:23	<b>04:56:27.95</b>	<b>04:57:11.30</b>	+02:06:00 (42.4%)	8:46	6.8 (57.6%)
202	<b>CZARNECKI Bartłomiej</b>	<b>1304</b>	UWAGA NA DZIADA	M40	50	02:13:11	03:57:55	04:04:39	04:54:18	<b>04:56:27.60</b>	<b>04:57:14.70</b>	+02:06:03 (42.4%)	8:46	6.8 (57.6%)
203	<b>TROJNAR Daniel</b>	<b>1089</b>		M30	96	02:10:45	03:54:04	04:00:40	04:55:03	<b>04:57:27.70</b>	<b>04:57:45.45</b>	+02:06:34 (42.5%)	8:48	6.8 (57.6%)
204	<b>MARCINKOWSKA Martyna</b>	<b>1436</b>		K30	25	02:20:47	04:03:15	04:09:39	04:55:19	<b>04:57:20.60</b>	<b>04:57:50.50</b>	+02:06:39 (42.5%)	8:47	6.8 (57.6%)
205	<b>PELCZAR Joanna</b>	<b>1444</b>	TRAIL IS OUR WAY TEAM	K30	26	02:11:08	03:56:53	04:03:48	04:56:01	<b>04:58:05.70</b>	<b>04:58:16.70</b>	+02:07:05 (42.6%)	8:49	6.8 (57.6%)
206	<b>RAC Tomasz</b>	<b>1449</b>		M40	51	02:19:51	04:03:55	04:10:05	04:56:30	<b>04:58:31.95</b>	<b>04:58:35.90</b>	+02:07:24 (42.7%)	8:49	6.8 (57.6%)
207	<b>JELEŃ Tomasz</b>	<b>1135</b>	TRIWISE TRIATHLON TEAM/AZS AWF KRAKÓW	M40	52	02:16:05	04:02:33	04:09:29	04:55:57	<b>04:57:57.20</b>	<b>04:58:38.95</b>	+02:07:27 (42.7%)	8:48	6.8 (57.6%)
208	<b>PENCONEK Agata</b>	<b>1020</b>		K30	27	02:15:30	03:56:28	04:03:13	04:56:56	<b>04:59:02.75</b>	<b>04:59:18.20</b>	+02:08:07 (42.8%)	8:50	6.8 (57.6%)
209	<b>ŁĄCZ Małgorzata</b>	<b>1258</b>	.	K40	10	02:13:05	03:57:54	04:05:02	04:56:35	<b>04:58:57.80</b>	<b>04:59:26.50</b>	+02:08:15 (42.8%)	8:50	6.8 (57.6%)
210	<b>BARANOWSKI Szymon</b>	<b>1096</b>		M30	97	02:10:46	03:55:26	04:03:09	04:57:12	<b>04:59:11.05</b>	<b>04:59:31.25</b>	+02:08:20 (42.8%)	8:51	6.8 (57.6%)
211	<b>BAKIERA Kamil</b>	<b>1022</b>		M30	98	02:12:34	03:57:09	04:04:24	04:58:16	<b>04:59:59.45</b>	<b>05:00:20.50</b>	+02:09:09 (43.0%)	8:52	6.8 (57.6%)
212	<b>MAZUR Tomasz</b>	<b>1339</b>	FARTLEK GO	M30	99	02:02:36	04:01:20	04:08:01	04:58:40	<b>05:00:06.90</b>	<b>05:00:26.85</b>	+02:09:15 (43.0%)	8:52	6.8 (57.6%)
213	<b>ŁĘKAWA Sebastian</b>	<b>1362</b>	AW - SZYBCIEJ TEAM	M40	53	02:20:21	04:04:39	04:11:47	04:58:45	<b>05:00:41.30</b>	<b>05:01:02.65</b>	+02:09:51 (43.1%)	8:53	6.7 (56.8%)
214	<b>MORAWIEC Krzysztof</b>	<b>1451</b>	HUNTERS OCR TEAM	M40	54	02:00:27	03:44:02	03:50:38	04:58:03	<b>05:00:48.80</b>	<b>05:01:24.05</b>	+02:10:12 (43.2%)	8:53	6.7 (56.8%)
215	<b>KSIĄŻKIEWICZ Jacek</b>	<b>1108</b>	CITY TRAIL TEAM	M40	55	02:16:24	04:01:03	04:07:43	04:57:12	<b>05:02:12.55</b>	<b>05:02:38.80</b>	+02:11:27 (43.4%)	8:56	6.7 (56.8%)
216	<b>DOBRUT Krzysztof</b>	<b>1419</b>	MIG ŚLIMAKI	M30	100	02:14:55	04:00:46	04:07:46	05:01:05	<b>05:03:20.15</b>	<b>05:03:45.00</b>	+02:12:33 (43.6%)	8:58	6.7 (56.8%)
217	<b>AVERIN Pavel</b>	<b>1150</b>		M30	101	01:58:27	04:00:42	04:06:38	05:01:19	<b>05:03:15.20</b>	<b>05:03:58.25</b>	+02:12:47 (43.7%)	8:58	6.7 (56.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Schronisko na Przehybie				Czas netto 33.8km	Czas brutto 33.8km	Różn	Tempo min/km	Tempo km/h
						14.7km	26.8km	27.3km	33.3km					
218	<b>CZAJKOWSKI Krzysztof</b>	<b>1090</b>	NAPRZÓD MŁOCINY	M30	102	02:12:44	04:03:22	04:10:14	05:01:51	<b>05:03:54.85</b>	<b>05:04:04.90</b>	+02:12:53 (43.7%)	8:59	6.7 (56.8%)
219	<b>PAUZAITE Juste</b>	<b>1286</b>	WILD SOULS	K20	6	02:12:56	04:00:12	04:06:26	05:01:22	<b>05:03:28.10</b>	<b>05:04:06.60</b>	+02:12:55 (43.7%)	8:58	6.7 (56.8%)
220	<b>SZCZEPANIAK Michał</b>	<b>1124</b>		M30	103	02:11:22	04:02:33	04:10:15	05:01:48	<b>05:04:09.95</b>	<b>05:04:33.90</b>	+02:13:22 (43.8%)	8:59	6.7 (56.8%)
221	<b>KAŻMIERCZAK Krzysztof</b>	<b>1431</b>		M40	56	02:07:05	04:01:20	04:08:13	05:02:37	<b>05:04:56.15</b>	<b>05:05:05.05</b>	+02:13:53 (43.9%)	9:01	6.7 (56.8%)
222	<b>WEGNER Patrycja</b>	<b>1007</b>		K30	28	02:17:58	04:01:51	04:09:30	05:04:02	<b>05:06:00.65</b>	<b>05:06:11.60</b>	+02:15:00 (44.1%)	9:03	6.6 (55.9%)
223	<b>JASEK Zofia</b>	<b>1091</b>		K30	29	02:12:24	04:02:48	04:09:42	05:03:47	<b>05:05:51.55</b>	<b>05:06:25.65</b>	+02:15:14 (44.1%)	9:02	6.6 (55.9%)
224	<b>KIBART Antoni</b>	<b>1167</b>		M20	11	02:10:44	04:07:59	04:14:04	05:03:24	<b>05:05:58.00</b>	<b>05:07:08.90</b>	+02:15:57 (44.3%)	9:03	6.6 (55.9%)
225	<b>KIBART Robert</b>	<b>1175</b>		M50	7	02:10:44	04:07:59	04:14:36	05:03:48	<b>05:05:57.90</b>	<b>05:07:09.20</b>	+02:15:58 (44.3%)	9:03	6.6 (55.9%)
226	<b>DOBOSZ Daniel</b>	<b>1392</b>	AZYMUT	M40	57	02:11:14	04:08:32	04:15:31	05:05:33	<b>05:07:54.95</b>	<b>05:08:00.40</b>	+02:16:49 (44.4%)	9:06	6.6 (55.9%)
227	<b>BARANYI Zsuzsi</b>	<b>1306</b>	ZSUZS RUNNING TEAM	K30	30	02:27:15	04:12:14	04:18:52	05:06:54	<b>05:08:58.15</b>	<b>05:09:13.40</b>	+02:18:02 (44.6%)	9:08	6.6 (55.9%)
228	<b>NOWAK Michał</b>	<b>1047</b>	KLUB LENIWYCH BIEGACZY	M30	104	02:20:01	04:14:10	04:20:56	05:06:57	<b>05:09:02.85</b>	<b>05:09:35.10</b>	+02:18:24 (44.7%)	9:08	6.6 (55.9%)
229	<b>RAMA Andrzej</b>	<b>1338</b>	TATOKUPA	M40	58	02:27:02	04:12:41	04:19:08	05:06:51	<b>05:09:17.05</b>	<b>05:09:52.15</b>	+02:18:41 (44.8%)	9:09	6.6 (55.9%)
230	<b>SKOCZEK Tomasz</b>	<b>1359</b>		M40	59	02:18:45	04:08:15	04:14:30	05:07:30	<b>05:09:50.85</b>	<b>05:10:09.20</b>	+02:18:58 (44.8%)	9:10	6.5 (55.1%)
231	<b>KURAS Olga</b>	<b>1200</b>	NUNEK SPITFIRE	K30	31	02:23:39	04:12:11	04:19:33	05:07:59	<b>05:09:51.05</b>	<b>05:10:18.35</b>	+02:19:07 (44.8%)	9:10	6.5 (55.1%)
232	<b>KRAWCZYK-DANAK Marta</b>	<b>1234</b>		K40	11	02:20:20	04:07:14	04:15:13	05:08:02	<b>05:10:06.45</b>	<b>05:10:23.65</b>	+02:19:12 (44.8%)	9:10	6.5 (55.1%)
233	<b>BACZUK Jakub</b>	<b>1045</b>		M30	105	02:15:39	03:58:41	04:05:34	05:08:07	<b>05:10:25.55</b>	<b>05:10:43.65</b>	+02:19:32 (44.9%)	9:11	6.5 (55.1%)
234	<b>BOJUR Renata</b>	<b>1298</b>		K50	2	02:14:39	04:06:03	04:13:13	05:09:10	<b>05:11:18.75</b>	<b>05:11:27.40</b>	+02:20:16 (45.0%)	9:12	6.5 (55.1%)
235	<b>GŁADYSZ Jadwiga</b>	<b>1102</b>	ADRHA	K60	1	02:23:52	04:10:26	04:18:17	05:09:08	<b>05:11:11.00</b>	<b>05:11:29.80</b>	+02:20:18 (45.0%)	9:12	6.5 (55.1%)
236	<b>ISKRZYCKI Andrzej</b>	<b>1393</b>		M40	60	02:17:35	04:11:26	04:17:56	05:09:38	<b>05:11:46.05</b>	<b>05:11:56.60</b>	+02:20:45 (45.1%)	9:13	6.5 (55.1%)
237	<b>LUDWIAK Michał</b>	<b>1337</b>	T-MOBILE SPORT TEAM	M30	106	02:27:00	04:12:35	04:19:02	05:09:25	<b>05:11:36.65</b>	<b>05:12:12.40</b>	+02:21:01 (45.2%)	9:13	6.5 (55.1%)
238	<b>GRZYMALA Sebastian</b>	<b>1134</b>	KB RTVEUROAGD/BIEGAJ Z DYMKIEM	M40	61	02:09:34	03:56:13	04:03:24	05:10:01	<b>05:12:36.60</b>	<b>05:12:43.70</b>	+02:21:32 (45.3%)	9:14	6.5 (55.1%)
239	<b>KRAJCZYŃSKI Jakub</b>	<b>1182</b>	PKO BANK POLSKI	M40	62	02:15:43	04:11:07	04:18:47	05:10:33	<b>05:12:50.00</b>	<b>05:13:25.75</b>	+02:22:14 (45.4%)	9:15	6.5 (55.1%)
240	<b>KACPEROWSKI Marcin</b>	<b>1242</b>		M40	63	02:08:29	03:51:42	03:58:14	05:09:38	<b>05:12:58.70</b>	<b>05:13:26.35</b>	+02:22:15 (45.4%)	9:15	6.5 (55.1%)
241	<b>WOJCIECHOWSKI Tadeusz</b>	<b>1293</b>	LULINEK	M30	107	02:19:44	04:07:43	04:14:51	05:10:03	<b>05:12:38.20</b>	<b>05:13:27.40</b>	+02:22:16 (45.4%)	9:14	6.5 (55.1%)
242	<b>ZACHWIEJA Katarzyna</b>	<b>1368</b>		K50	3	02:18:01	04:11:26	04:18:26	05:10:39	<b>05:12:55.90</b>	<b>05:13:34.20</b>	+02:22:23 (45.4%)	9:15	6.5 (55.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Schronisko na Przehybie				Czas netto 33.8km	Czas brutto 33.8km	Różn	Tempo min/km	Tempo km/h
						14.7km	26.8km	27.3km	33.3km					
243	<b>KORNEK Łukasz</b>	<b>1272</b>		M40	64	02:15:45	04:06:08	04:13:55	05:12:22	<b>05:14:41.95</b>	<b>05:15:22.70</b>	+02:24:11 (45.7%)	9:18	6.4 (54.2%)
244	<b>WIĘSEK Natalia</b>	<b>1329</b>		K30	32	02:19:05	04:15:41	04:23:14	05:13:50	<b>05:16:05.65</b>	<b>05:16:22.30</b>	+02:25:11 (45.9%)	9:21	6.4 (54.2%)
245	<b>BACZYŃSKI Robert</b>	<b>1062</b>		M40	65	02:19:31	04:08:46	04:15:51	05:13:06	<b>05:15:42.95</b>	<b>05:16:23.65</b>	+02:25:12 (45.9%)	9:20	6.4 (54.2%)
246	<b>STARZYŃSKI Stefan</b>	<b>1085</b>	PERFECT RUNNER LUBLIN	M50	8	02:22:10	04:13:41	04:20:22	05:14:22	<b>05:16:41.70</b>	<b>05:17:07.55</b>	+02:25:56 (46.0%)	9:22	6.4 (54.2%)
247	<b>BRZESKA Agata</b>	<b>1208</b>	ŁOMIANKOWSKA GRUPA BIEGOWA	K40	12	02:15:46	04:11:09	04:18:48	05:15:49	<b>05:17:55.65</b>	<b>05:18:29.90</b>	+02:27:18 (46.3%)	9:24	6.4 (54.2%)
248	<b>KUNA Aleksandra</b>	<b>1355</b>		K30	33	02:16:51	04:24:34	04:31:16	05:16:38	<b>05:18:39.30</b>	<b>05:19:01.25</b>	+02:27:50 (46.3%)	9:25	6.4 (54.2%)
249	<b>SWAT Damian</b>	<b>1318</b>		M20	12	02:16:53	04:24:35	04:31:16	05:16:38	<b>05:18:39.45</b>	<b>05:19:01.60</b>	+02:27:50 (46.3%)	9:25	6.4 (54.2%)
250	<b>WÓJCICKI Marcin</b>	<b>1446</b>	ŁĘCZNA BIEGA	M40	66	02:13:21	04:11:27	04:18:41	05:16:35	<b>05:18:54.00</b>	<b>05:19:17.20</b>	+02:28:06 (46.4%)	9:26	6.4 (54.2%)
251	<b>WOJTUŃ Dawid</b>	<b>1109</b>		M30	108	02:16:37	04:13:43	04:18:42	05:17:06	<b>05:18:45.95</b>	<b>05:19:30.05</b>	+02:28:18 (46.4%)	9:25	6.4 (54.2%)
252	<b>WÓJCIK Bernard</b>	<b>1430</b>	TĘTNO PULSU	M30	109	02:20:04	04:12:07	04:19:11	05:16:48	<b>05:19:09.90</b>	<b>05:19:30.20</b>	+02:28:19 (46.4%)	9:26	6.4 (54.2%)
253	<b>JELEŃ Bartłomiej</b>	<b>1029</b>	PĘDZĄCY JELEŃ	M30	110	02:17:24	04:17:00	04:23:48	05:17:44	<b>05:19:44.85</b>	<b>05:20:04.25</b>	+02:28:53 (46.5%)	9:27	6.3 (53.4%)
254	<b>GREŃ Krzysztof</b>	<b>1257</b>		M50	9	02:25:43	04:14:09	04:21:18	05:17:39	<b>05:19:49.50</b>	<b>05:20:19.80</b>	+02:29:08 (46.6%)	9:27	6.3 (53.4%)
255	<b>GARCZYK Przemysław</b>	<b>1077</b>	KB GALOPUJĄCE ŚLIMAKI	M30	111	02:15:05	04:06:18	04:14:49	05:17:40	<b>05:20:16.80</b>	<b>05:20:26.60</b>	+02:29:15 (46.6%)	9:28	6.3 (53.4%)
256	<b>ZIMECKI Michał</b>	<b>1156</b>		M40	67	02:22:00	04:20:03	04:26:04	05:19:11	<b>05:21:09.50</b>	<b>05:21:49.70</b>	+02:30:38 (46.8%)	9:30	6.3 (53.4%)
257	<b>NAMACZYŃSKI-KAPAŁA Brunon</b>	<b>1239</b>		M30	112	02:19:03	04:19:01	04:24:52	05:19:17	<b>05:21:19.45</b>	<b>05:21:56.75</b>	+02:30:45 (46.8%)	9:30	6.3 (53.4%)
258	<b>CHMIELAK Agata</b>	<b>1409</b>		K30	34	02:19:47	04:22:51	04:30:06	05:19:56	<b>05:21:44.35</b>	<b>05:22:14.05</b>	+02:31:02 (46.9%)	9:31	6.3 (53.4%)
259	<b>POCIĘGIEL Michał</b>	<b>1282</b>	SKAWINA BIEGA	M40	68	02:20:44	04:16:22	04:21:46	05:19:43	<b>05:21:44.55</b>	<b>05:22:32.60</b>	+02:31:21 (46.9%)	9:31	6.3 (53.4%)
260	<b>DĄBKOWSKI Tomasz</b>	<b>1295</b>	AKTYWNI UZALEŻNIAMY	M40	69	02:20:09	04:15:58	04:22:56	05:20:58	<b>05:23:02.75</b>	<b>05:23:29.70</b>	+02:32:18 (47.1%)	9:33	6.3 (53.4%)
261	<b>KARASEK Mariusz</b>	<b>1083</b>		M50	10	02:16:20	04:20:07	04:26:37	05:21:28	<b>05:23:39.60</b>	<b>05:23:56.70</b>	+02:32:45 (47.2%)	9:34	6.3 (53.4%)
262	<b>ADAMCZYK Łukasz</b>	<b>1251</b>	3XL	M40	70	02:17:15	04:22:57	04:29:31	05:21:41	<b>05:23:39.85</b>	<b>05:24:12.10</b>	+02:33:01 (47.2%)	9:34	6.3 (53.4%)
263	<b>ZIOMBKA Kuba</b>	<b>1101</b>	WAWRZYNTTEAM	M40	71	02:18:48	04:16:59	04:25:28	05:21:51	<b>05:24:10.35</b>	<b>05:24:25.35</b>	+02:33:14 (47.2%)	9:35	6.3 (53.4%)
264	<b>ZAWADA Damian</b>	<b>1370</b>		M30	113	02:24:48	04:20:06	04:27:40	05:25:04	<b>05:27:03.60</b>	<b>05:27:36.90</b>	+02:36:25 (47.7%)	9:40	6.2 (52.5%)
265	<b>ZAJDEL Szczepan</b>	<b>1106</b>		M30	114	02:21:31	04:15:14	04:23:05	05:24:51	<b>05:27:16.65</b>	<b>05:27:54.80</b>	+02:36:43 (47.8%)	9:40	6.2 (52.5%)
266	<b>BIEL Kinga</b>	<b>1288</b>		K30	35	02:23:57	04:20:22	04:27:56	05:25:10	<b>05:27:32.35</b>	<b>05:27:56.00</b>	+02:36:44 (47.8%)	9:41	6.2 (52.5%)
267	<b>GODEK Tomasz</b>	<b>1212</b>		M50	11	02:24:23	04:28:25	04:35:47	05:26:11	<b>05:28:04.30</b>	<b>05:28:18.15</b>	+02:37:07 (47.9%)	9:42	6.2 (52.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Schronisko na Przehybie				Czas netto 33.8km	Czas brutto 33.8km	Różn	Tempo min/km	Tempo km/h
						14.7km	26.8km	27.3km	33.3km					
268	<b>CENTNAR Pawel</b>	<b>1244</b>	SALOS KRAKÓW	M30	115	02:15:51	04:13:13	04:21:26	05:24:54	<b>05:27:55.30</b>	<b>05:28:34.50</b>	+02:37:23 (47.9%)	9:42	6.2 (52.5%)
269	<b>CYBA Rafał</b>	<b>1367</b>	RAFKI SNOW&ROCK	M20	13	02:18:22	04:19:46	04:25:29	05:26:00	<b>05:28:22.60</b>	<b>05:28:42.55</b>	+02:37:31 (47.9%)	9:42	6.2 (52.5%)
270	<b>CYBA Piotr</b>	<b>1163</b>		M50	12	02:18:20	04:19:42	04:25:59	05:25:55	<b>05:28:19.85</b>	<b>05:28:42.75</b>	+02:37:31 (47.9%)	9:42	6.2 (52.5%)
271	<b>PAŹDZIERNIK Michał</b>	<b>299</b>		M20	14	02:18:19	04:20:01	04:26:00	05:26:41	<b>05:28:46.65</b>	<b>05:29:08.00</b>	+02:37:56 (48.0%)	9:43	6.2 (52.5%)
272	<b>ZASADNI Andrzej</b>	<b>1088</b>		M30	116	02:25:11	04:23:33	04:30:38	05:26:48	<b>05:28:59.95</b>	<b>05:29:11.95</b>	+02:38:00 (48.0%)	9:43	6.2 (52.5%)
273	<b>MATYSIAK Jakub</b>	<b>1141</b>	STG WARSZAWA	M30	117	02:24:31	04:21:32	04:28:05	05:26:42	<b>05:29:10.00</b>	<b>05:29:26.15</b>	+02:38:15 (48.0%)	9:44	6.2 (52.5%)
274	<b>PĘCIAK Katarzyna</b>	<b>2532</b>		K30	36	02:29:58	04:26:05	04:33:07	05:26:51	<b>05:29:21.45</b>	<b>05:29:49.55</b>	+02:38:38 (48.1%)	9:44	6.2 (52.5%)
275	<b>WRONA Kamila</b>	<b>1343</b>		K20	7	02:22:36	04:30:11	04:37:17	05:27:51	<b>05:29:38.35</b>	<b>05:29:51.55</b>	+02:38:40 (48.1%)	9:45	6.2 (52.5%)
276	<b>WILARY Robert</b>	<b>1371</b>	SZWAGRY TEAM	M50	13	02:13:33	04:18:13	04:25:50	05:27:42	<b>05:29:53.60</b>	<b>05:30:22.00</b>	+02:39:10 (48.2%)	9:45	6.1 (51.7%)
277	<b>NAWROT Waldek</b>	<b>1364</b>	J U V E R U N	M50	14	02:16:16	04:15:34	04:21:56	05:27:41	<b>05:30:00.05</b>	<b>05:30:27.40</b>	+02:39:16 (48.2%)	9:45	6.1 (51.7%)
278	<b>GWÓŹDŹ Paweł</b>	<b>1241</b>	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	M20	15	02:19:14	04:21:00	04:28:46	05:28:27	<b>05:30:42.60</b>	<b>05:30:50.25</b>	+02:39:39 (48.3%)	9:47	6.1 (51.7%)
279	<b>BARYCZA Bogumił</b>	<b>1312</b>		M40	72	02:21:28	04:27:36	04:33:56	05:29:04	<b>05:31:35.40</b>	<b>05:32:14.95</b>	+02:41:03 (48.5%)	9:48	6.1 (51.7%)
280	<b>LESZCZYNSKI Bartłomiej</b>	<b>1098</b>	LASY WAWERSKIE	M30	118	02:20:48	04:16:07	04:23:57	05:29:24	<b>05:32:08.30</b>	<b>05:32:20.00</b>	+02:41:08 (48.5%)	9:49	6.1 (51.7%)
281	<b>URBASZEWSKI Sławomir</b>	<b>1126</b>	BIEGAM BO LUBIE	M50	15	02:18:34	04:16:23	04:24:12	05:29:34	<b>05:32:01.40</b>	<b>05:32:38.35</b>	+02:41:27 (48.5%)	9:49	6.1 (51.7%)
282	<b>WRÓBEL Grzegorz</b>	<b>1073</b>	BYLE DO METY	M40	73	02:21:26	04:27:28	04:34:55	05:29:52	<b>05:32:02.35</b>	<b>05:32:41.65</b>	+02:41:30 (48.5%)	9:49	6.1 (51.7%)
283	<b>KULA Damian</b>	<b>1040</b>	SKPB KATOWICE	M30	119	02:20:01	04:17:16	04:26:07	05:29:55	<b>05:32:10.45</b>	<b>05:32:42.50</b>	+02:41:31 (48.5%)	9:49	6.1 (51.7%)
284	<b>PAŁKA Łukasz</b>	<b>1252</b>	3XL	M40	74	02:29:54	04:31:45	04:39:33	05:30:53	<b>05:32:53.20</b>	<b>05:33:27.90</b>	+02:42:16 (48.7%)	9:50	6.1 (51.7%)
285	<b>OTRĘBA-SZKLARCZYK Agnieszka</b>	<b>1078</b>	FURBS	K30	37	02:27:34	04:23:49	04:31:29	05:31:21	<b>05:33:26.80</b>	<b>05:33:59.85</b>	+02:42:48 (48.7%)	9:51	6.1 (51.7%)
286	<b>HOLIK Iwona</b>	<b>1399</b>	GGB	K40	13	02:31:02	04:33:48	04:41:20	05:31:54	<b>05:34:02.05</b>	<b>05:34:21.70</b>	+02:43:10 (48.8%)	9:52	6.1 (51.7%)
287	<b>MIKSA Sławomir</b>	<b>1349</b>		M50	16	02:23:50	04:29:12	04:38:02	05:31:41	<b>05:33:40.65</b>	<b>05:34:35.85</b>	+02:43:24 (48.8%)	9:52	6.1 (51.7%)
288	<b>JAROSZ Krzysztof</b>	<b>1254</b>		M40	75	02:16:02	04:18:02	04:26:30	05:32:17	<b>05:34:25.95</b>	<b>05:34:42.45</b>	+02:43:31 (48.9%)	9:53	6.1 (51.7%)
289	<b>GLINKA Agnieszka</b>	<b>1302</b>	BRAVEHEARTS LEGIONOWO	K40	14	02:29:28	04:30:25	04:38:33	05:32:10	<b>05:34:33.55</b>	<b>05:34:58.90</b>	+02:43:47 (48.9%)	9:53	6.1 (51.7%)
290	<b>SZUSZKIEWICZ Marzena</b>	<b>1154</b>		K50	4	02:29:27	04:30:25	04:38:33	05:32:09	<b>05:34:34.30</b>	<b>05:34:59.15</b>	+02:43:48 (48.9%)	9:53	6.1 (51.7%)
291	<b>MICHALAK Ildar</b>	<b>1033</b>		M40	76	02:32:42	04:38:44	04:45:53	05:32:48	<b>05:34:37.70</b>	<b>05:35:03.35</b>	+02:43:52 (48.9%)	9:53	6.1 (51.7%)
292	<b>JĘDRZEJCZYK Agnieszka</b>	<b>1995</b>		K50	5	02:28:36	04:32:11	04:39:32	05:33:42	<b>05:35:54.75</b>	<b>05:36:21.50</b>	+02:45:10 (49.1%)	9:56	6 (50.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Schronisko na Przehybie				Czas netto 33.8km	Czas brutto 33.8km	Różn	Tempo min/km	Tempo km/h
						14.7km	Premia1 26.8km	Premia2 27.3km	33.3km					
293	<b>AUGUŚCIK Mariusz</b>	<b>1456</b>		M60	3	02:28:36	04:32:14	04:39:30	05:33:46	<b>05:35:54.60</b>	<b>05:36:21.55</b>	+02:45:10 (49.1%)	9:56	6 (50.8%)
294	<b>ZAWADZKI Piotr</b>	<b>1042</b>		M30	120	02:25:28	04:27:14	04:35:00	05:34:03	<b>05:36:23.25</b>	<b>05:36:37.90</b>	+02:45:26 (49.1%)	9:57	6 (50.8%)
295	<b>KUTYŁA Stanisław</b>	<b>1344</b>	ORANGE POLSKA	M50	17	02:31:18	04:29:16	04:36:42	05:33:46	<b>05:36:19.55</b>	<b>05:36:59.75</b>	+02:45:48 (49.2%)	9:57	6 (50.8%)
296	<b>KUTYŁA Agnieszka</b>	<b>1345</b>	NIEPOŁOMICE BIEGAJĄ	K50	6	02:31:18	04:29:15	04:37:19	05:33:46	<b>05:36:19.35</b>	<b>05:36:59.85</b>	+02:45:48 (49.2%)	9:57	6 (50.8%)
297	<b>BEDNAREK Remigiusz</b>	<b>1160</b>	STG WARSZAWA	M30	121	02:11:23	04:09:31	04:21:22	05:34:41	<b>05:37:07.25</b>	<b>05:37:18.50</b>	+02:46:07 (49.2%)	9:58	6 (50.8%)
298	<b>NAWROCKA Natalia</b>	<b>1031</b>		K30	38	02:31:17	04:27:36	04:35:18	05:34:33	<b>05:37:26.95</b>	<b>05:37:54.20</b>	+02:46:43 (49.3%)	9:58	6 (50.8%)
299	<b>MICHALCZYK Anna</b>	<b>1202</b>	NAPRZÓD MŁOCINY	K40	15	02:30:18	04:30:46	04:38:56	05:35:52	<b>05:38:10.15</b>	<b>05:38:21.50</b>	+02:47:10 (49.4%)	10:00	6 (50.8%)
300	<b>BUJNOWSKA Eliza</b>	<b>1250</b>		K40	16	02:26:51	04:34:19	04:41:27	05:36:17	<b>05:38:22.20</b>	<b>05:38:40.50</b>	+02:47:29 (49.5%)	10:00	6 (50.8%)
300	<b>GOLEBIOWSKI Michal</b>	<b>1280</b>	TEAM ZABIEGANEDNI	M40	77	02:26:49	04:34:14	04:42:48	05:36:06	<b>05:38:20.05</b>	<b>05:38:40.50</b>	+02:47:29 (49.5%)	10:00	6 (50.8%)
302	<b>ZIAJKO Zuza</b>	<b>1340</b>		K40	17	02:26:49	04:34:16	04:41:26	05:36:07	<b>05:38:21.05</b>	<b>05:38:40.60</b>	+02:47:29 (49.5%)	10:00	6 (50.8%)
303	<b>KOZŁOWSKI Szymon</b>	<b>1320</b>		M40	78	02:18:23	04:32:11	04:38:39	05:36:29	<b>05:38:47.10</b>	<b>05:38:55.80</b>	+02:47:44 (49.5%)	10:01	6 (50.8%)
304	<b>SZLACHCIC Tomasz</b>	<b>1429</b>	TĘTNO PULSU	M30	122	02:27:46	04:28:20	04:36:30	05:36:16	<b>05:38:35.05</b>	<b>05:38:58.55</b>	+02:47:47 (49.5%)	10:01	6 (50.8%)
305	<b>PODLEWSKI Wojciech</b>	<b>1008</b>	KS SPORTIVA	M50	18	02:25:06	04:33:19	04:41:05	05:36:49	<b>05:39:42.05</b>	<b>05:39:44.65</b>	+02:48:33 (49.6%)	10:03	6 (50.8%)
306	<b>SZCZOTKA Katarzyna</b>	<b>1095</b>		K20	8	02:28:06	04:24:46	04:34:13	05:36:53	<b>05:39:27.75</b>	<b>05:39:48.65</b>	+02:48:37 (49.6%)	10:02	6 (50.8%)
307	<b>KOŁODZIEJCZYK Marta</b>	<b>1003</b>	ŁĘCZNA BIEGA	K40	18	02:25:47	04:32:33	04:40:20	05:37:09	<b>05:39:31.85</b>	<b>05:39:52.30</b>	+02:48:41 (49.6%)	10:02	6 (50.8%)
307	<b>WÓJCICKA Agnieszka</b>	<b>1133</b>	ŁĘCZNA BIEGA	K40	18	02:25:46	04:32:33	04:39:25	05:37:09	<b>05:39:31.85</b>	<b>05:39:52.30</b>	+02:48:41 (49.6%)	10:02	6 (50.8%)
309	<b>PASTUSZAK Ewa</b>	<b>1424</b>	ŁĘCZNA BIEGA	K40	20	02:25:46	04:32:33	04:40:20	05:37:09	<b>05:39:31.10</b>	<b>05:39:52.80</b>	+02:48:41 (49.6%)	10:02	6 (50.8%)
310	<b>ŻYLIŃSKA Urszula</b>	<b>1207</b>		K50	7	02:31:41	04:34:03	04:41:05	05:37:22	<b>05:39:37.05</b>	<b>05:40:07.05</b>	+02:48:55 (49.7%)	10:02	6 (50.8%)
311	<b>KIFNER Hubert</b>	<b>1178</b>	BIEGIEM PO WINO	M40	79	02:25:23	04:31:47	04:38:39	05:37:11	<b>05:39:23.10</b>	<b>05:40:07.90</b>	+02:48:56 (49.7%)	10:02	6 (50.8%)
312	<b>RADŁOWSKA Mariola</b>	<b>1012</b>	#PROSECCOTEAM	K30	39	02:32:40	04:38:40	04:46:25	05:38:10	<b>05:40:23.60</b>	<b>05:40:49.90</b>	+02:49:38 (49.8%)	10:04	6 (50.8%)
313	<b>ADAMCZAK Hanna</b>	<b>1171</b>	KB SUPERMARATOŃCZYK KALISZ	K30	40	02:32:41	04:38:45	04:46:43	05:38:10	<b>05:40:23.95</b>	<b>05:40:50.20</b>	+02:49:39 (49.8%)	10:04	6 (50.8%)
314	<b>ADAMCZAK Damian</b>	<b>1170</b>	X	M40	80	02:32:44	04:38:48	04:46:44	05:38:12	<b>05:40:25.85</b>	<b>05:40:51.00</b>	+02:49:39 (49.8%)	10:04	6 (50.8%)
315	<b>KRYJAK Tomasz</b>	<b>1194</b>		M30	123	02:38:05	04:33:16	04:40:44	05:39:07	<b>05:41:41.25</b>	<b>05:42:25.25</b>	+02:51:14 (50.0%)	10:06	5.9 (50.0%)
316	<b>SYPNIEWSKA-LEWANDOWSKA Aleksandra</b>	<b>1107</b>	TRIDEA TEAM	K30	41	02:19:51	04:27:50	04:33:41	05:40:24	<b>05:42:47.85</b>	<b>05:42:52.40</b>	+02:51:41 (50.1%)	10:08	5.9 (50.0%)
317	<b>BOCIAĞ Szymon</b>	<b>1159</b>		M40	81	02:19:52	04:27:54	04:33:43	05:40:24	<b>05:42:46.65</b>	<b>05:42:52.45</b>	+02:51:41 (50.1%)	10:08	5.9 (50.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Schronisko na Przehybie				Czas netto 33.8km	Czas brutto 33.8km	Różn	Tempo min/km	Tempo km/h
						14.7km	26.8km	27.3km	33.3km					
318	<b>ISKIERKO Michał</b>	<b>1143</b>	TRIDEA	M30	124	02:19:53	04:27:56	04:33:45	05:40:26	<b>05:42:50.65</b>	<b>05:42:55.50</b>	+02:51:44 (50.1%)	10:08	5.9 (50.0%)
319	<b>TOMASIAK Adam</b>	<b>1192</b>	KB HARCOWNIK	M20	16	02:29:23	04:35:25	04:42:04	05:40:32	<b>05:42:57.60</b>	<b>05:42:57.60</b>	+02:51:46 (50.1%)	10:08	5.9 (50.0%)
320	<b>STACHURSKI Paweł</b>	<b>1050</b>	KRÓLOWIE ŻYCIA	M30	125	02:24:04	04:25:33	04:33:11	05:39:46	<b>05:42:15.00</b>	<b>05:43:00.20</b>	+02:51:49 (50.1%)	10:07	5.9 (50.0%)
321	<b>FABISIAK Ewa</b>	<b>1321</b>	ROZBIEGANY SULEJÓWEK	K50	8	02:32:23	04:32:48	04:40:32	05:41:58	<b>05:44:41.25</b>	<b>05:44:59.25</b>	+02:53:48 (50.4%)	10:11	5.9 (50.0%)
322	<b>KACZOR Damian</b>	<b>1218</b>		M20	17	02:17:31	04:29:32	04:38:51	05:41:47	<b>05:44:33.90</b>	<b>05:45:14.55</b>	+02:54:03 (50.4%)	10:11	5.9 (50.0%)
323	<b>ZAJĄC Aga</b>	<b>1253</b>	77CATS_ULTRA	K40	21	02:31:06	04:33:48	04:41:30	05:42:29	<b>05:45:00.20</b>	<b>05:45:20.05</b>	+02:54:08 (50.4%)	10:12	5.9 (50.0%)
324	<b>STACHYRA Andrzej</b>	<b>1081</b>	LSB	M50	19				05:43:10	<b>05:45:29.30</b>	<b>05:45:29.30</b>	+02:54:18 (50.5%)	10:13	5.9 (50.0%)
325	<b>STACHYRA Bartłomiej</b>	<b>1082</b>		M20	18				05:43:10	<b>05:45:29.60</b>	<b>05:45:29.60</b>	+02:54:18 (50.5%)	10:13	5.9 (50.0%)
326	<b>JONCZAK Radosław</b>	<b>1046</b>	AKTYWNIIE UZALEŻNIAMY	M50	20	02:20:12	04:31:48	04:39:21	05:43:08	<b>05:45:22.90</b>	<b>05:45:51.90</b>	+02:54:40 (50.5%)	10:13	5.9 (50.0%)
327	<b>SZCZEŚNIAK Agnieszka</b>	<b>1420</b>	SB SOBOLE	K40	22	02:31:37	04:38:23	04:45:43	05:44:34	<b>05:46:54.70</b>	<b>05:47:00.20</b>	+02:55:49 (50.7%)	10:15	5.8 (49.2%)
328	<b>SOBULSKI Karol</b>	<b>1418</b>	SB SOBOLE	M40	82	02:31:35	04:38:53	04:45:41	05:44:30	<b>05:46:54.10</b>	<b>05:47:00.30</b>	+02:55:49 (50.7%)	10:15	5.8 (49.2%)
329	<b>ZARĘBA Jarosław</b>	<b>1187</b>		M50	21	02:21:54	04:41:14	04:49:00	05:44:19	<b>05:46:30.80</b>	<b>05:47:14.80</b>	+02:56:03 (50.7%)	10:15	5.9 (50.0%)
329	<b>WIERBIŁOWICZ Dariusz</b>	<b>1190</b>		M50	21	02:21:49	04:41:14	04:48:59	05:44:17	<b>05:46:31.90</b>	<b>05:47:14.80</b>	+02:56:03 (50.7%)	10:15	5.9 (50.0%)
331	<b>BACZA Agnieszka</b>	<b>1128</b>	ŁĘCZNA BIEGA	K30	42	02:38:13	04:41:35	04:49:24	05:44:36	<b>05:46:53.45</b>	<b>05:47:14.85</b>	+02:56:03 (50.7%)	10:15	5.8 (49.2%)
332	<b>NOWAK Kamil</b>	<b>2536</b>	LYDENTI TEAM	M20	19	02:33:58	04:43:56	04:49:39	05:45:22	<b>05:47:24.00</b>	<b>05:48:16.45</b>	+02:57:05 (50.8%)	10:16	5.8 (49.2%)
333	<b>SEROCZYNSKI Marek</b>	<b>1240</b>		M30	126	02:28:20	04:31:51	04:39:37	05:45:33	<b>05:48:15.60</b>	<b>05:48:54.10</b>	+02:57:43 (50.9%)	10:18	5.8 (49.2%)
334	<b>GZULA Beata</b>	<b>1094</b>	TEAM PARSZCZYŃSKICH	K50	9	02:37:52	04:46:33	04:52:41	05:47:00	<b>05:49:02.95</b>	<b>05:49:17.65</b>	+02:58:06 (51.0%)	10:19	5.8 (49.2%)
335	<b>SZALEWICZ Ewa</b>	<b>1184</b>	ŁOMIANKOWSKA GRUPA BIEGOWA	K40	23	02:36:20	04:43:56	04:52:12	05:46:49	<b>05:49:03.90</b>	<b>05:49:37.90</b>	+02:58:26 (51.0%)	10:19	5.8 (49.2%)
336	<b>LARWA Paweł</b>	<b>1079</b>		M30	127	02:28:47	04:38:58	04:46:42	05:48:53	<b>05:51:38.50</b>	<b>05:51:57.80</b>	+03:00:46 (51.4%)	10:24	5.8 (49.2%)
337	<b>ŻERKO Marcin</b>	<b>1036</b>		M40	83	02:37:25	04:46:45	04:53:33	05:49:55	<b>05:52:16.55</b>	<b>05:53:03.30</b>	+03:01:52 (51.5%)	10:25	5.8 (49.2%)
338	<b>RADZIWANOWSKI Agata</b>	<b>1402</b>		K40	24	02:26:57	04:26:08	04:33:47	05:50:26	<b>05:53:27.95</b>	<b>05:53:33.70</b>	+03:02:22 (51.6%)	10:27	5.7 (48.3%)
339	<b>CHOMA Grażyna</b>	<b>1168</b>	PĘDZĄCELENIWCE	K40	25	02:31:49	04:44:22	04:51:58	05:50:41	<b>05:53:05.30</b>	<b>05:53:41.15</b>	+03:02:30 (51.6%)	10:26	5.7 (48.3%)
340	<b>KSIĄŻEK Danuta</b>	<b>1113</b>		K40	26	02:46:32	04:54:49	05:00:42	05:51:50	<b>05:54:14.65</b>	<b>05:54:50.25</b>	+03:03:39 (51.8%)	10:28	5.7 (48.3%)
340	<b>KSIĄŻEK Tomasz</b>	<b>1114</b>		M40	84	02:46:32	04:54:48	05:00:40	05:51:50	<b>05:54:14.50</b>	<b>05:54:50.25</b>	+03:03:39 (51.8%)	10:28	5.7 (48.3%)
342	<b>KRÓL Przemysław</b>	<b>1067</b>	FENOMEN	M40	85	02:39:11	04:42:41	04:50:55	05:53:01	<b>05:55:25.30</b>	<b>05:56:05.80</b>	+03:04:54 (51.9%)	10:30	5.7 (48.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Schronisko na Przehybie				Czas netto 33.8km	Czas brutto 33.8km	Różn	Tempo min/km	Tempo km/h
						14.7km	26.8km	27.3km	33.3km					
343	<b>MARONKA</b> Agnieszka	<b>2369</b>		K50	10	02:34:30	04:45:21	04:53:12	05:53:14	<b>05:56:04.10</b>	<b>05:56:08.95</b>	+03:04:57 (51.9%)	10:32	5.7 (48.3%)
344	<b>BALCERZAK</b> Kryśia	<b>1277</b>	DROGA DO ULTRA / SZAKALE BAŁUT ŁÓDŹ	K40	27	02:37:12	04:45:07	04:52:36	05:53:54	<b>05:56:02.65</b>	<b>05:56:14.95</b>	+03:05:03 (51.9%)	10:32	5.7 (48.3%)
345	<b>KADZIDŁOWSKA</b> Aleksandra	<b>1290</b>		K40	28	02:36:56	04:45:07	04:52:28	05:53:55	<b>05:56:02.80</b>	<b>05:56:15.10</b>	+03:05:04 (51.9%)	10:32	5.7 (48.3%)
346	<b>TUREK</b> Paweł	<b>1051</b>	PRIN-S	M50	23	02:37:04	04:45:43	04:53:52	05:52:55	<b>05:55:51.20</b>	<b>05:56:30.60</b>	+03:05:19 (52.0%)	10:31	5.7 (48.3%)
347	<b>WYCECH</b> Paweł	<b>1198</b>		M30	128	02:37:04	04:45:43	04:53:48	05:52:59	<b>05:55:51.15</b>	<b>05:56:30.95</b>	+03:05:19 (52.0%)	10:31	5.7 (48.3%)
348	<b>ZDUNEK</b> Małgorzata	<b>1119</b>	#NOLIMITS	K40	29	02:36:33	04:44:10	04:53:21	05:55:54	<b>05:58:29.25</b>	<b>05:59:01.65</b>	+03:07:50 (52.3%)	10:36	5.7 (48.3%)
349	<b>CIEŚLAK</b> Aleksandra	<b>1189</b>	SKPG KRAKÓW	K20	9	02:40:20	04:49:24	04:55:55	05:56:04	<b>05:58:41.10</b>	<b>05:59:17.45</b>	+03:08:06 (52.4%)	10:36	5.7 (48.3%)
350	<b>BREMER</b> Helena	<b>1197</b>		K30	43	02:40:19	04:49:34	04:57:24	05:56:11	<b>05:58:41.85</b>	<b>05:59:17.75</b>	+03:08:06 (52.4%)	10:36	5.7 (48.3%)
351	<b>MILCZAREK</b> Marta	<b>1129</b>		K30	44	02:38:16	04:50:22	04:58:36	05:56:09	<b>05:58:41.65</b>	<b>05:59:25.10</b>	+03:08:14 (52.4%)	10:36	5.7 (48.3%)
352	<b>ROCZNIK</b> Grzegorz	<b>1219</b>	FIZJOAKTIVA/BBL KRAKÓW	M40	86	02:37:39	04:51:54	05:00:11	05:59:10	<b>06:01:27.50</b>	<b>06:02:10.10</b>	+03:10:59 (52.7%)	10:41	5.6 (47.5%)
353	<b>SZYDŁOWSKA</b> Agata	<b>1216</b>	2ROWERY.COM.PL	K40	30	02:33:52	04:44:25	04:52:21	05:59:16	<b>06:01:56.15</b>	<b>06:02:34.95</b>	+03:11:23 (52.8%)	10:42	5.6 (47.5%)
354	<b>PIATKOWSKI</b> Michał	<b>1270</b>	CROSSFIT MOKOTÓW	M40	87	02:22:58	04:50:42	04:58:54	05:59:33	<b>06:02:07.55</b>	<b>06:02:35.45</b>	+03:11:24 (52.8%)	10:42	5.6 (47.5%)
355	<b>ZAJĄC</b> Anna	<b>1123</b>		K40	31	02:31:09	04:53:20	05:01:51	05:59:35	<b>06:02:09.85</b>	<b>06:02:36.80</b>	+03:11:25 (52.8%)	10:42	5.6 (47.5%)
356	<b>CIEPLIŃSKA</b> Wioletta	<b>1025</b>	NAPRZÓD MŁOCINY	K50	11	02:36:22	04:53:35	05:00:23	06:00:37	<b>06:03:01.90</b>	<b>06:03:32.20</b>	+03:12:21 (52.9%)	10:44	5.6 (47.5%)
357	<b>BIENIAS</b> Joanna	<b>1103</b>	MIĘDZYRZECKIE GAZELE	K40	32	02:38:17	04:52:11	05:00:08	06:00:44	<b>06:03:00.90</b>	<b>06:03:33.40</b>	+03:12:22 (52.9%)	10:44	5.6 (47.5%)
357	<b>SIKORSKA</b> Izabela	<b>1021</b>	MIĘDZYRZECKIE GAZELE	K40	32	02:38:15	04:52:53	05:00:32	06:00:43	<b>06:03:00.10</b>	<b>06:03:33.40</b>	+03:12:22 (52.9%)	10:44	5.6 (47.5%)
357	<b>GANDECKA</b> Beata	<b>1072</b>	MIĘDZYRZECKIE GAZELE	K40	32	02:39:26	04:52:13	05:00:29	05:59:02	<b>06:03:02.05</b>	<b>06:03:33.40</b>	+03:12:22 (52.9%)	10:44	5.6 (47.5%)
360	<b>GAŁKOWSKI</b> Marcin	<b>1275</b>	LUMBERJACKS CROSS GARAGE	M30	129	02:39:09	04:51:52	04:59:27	06:02:27	<b>06:04:39.80</b>	<b>06:04:56.70</b>	+03:13:45 (53.1%)	10:47	5.6 (47.5%)
361	<b>JASZEWSKI</b> Tomasz	<b>2162</b>		M40	88	02:34:32	04:49:21	04:56:35	06:01:50	<b>06:04:32.10</b>	<b>06:05:08.75</b>	+03:13:57 (53.1%)	10:47	5.6 (47.5%)
362	<b>ZWIERSZCHOWSKA</b> Katarzyna	<b>1398</b>		K40	35	02:42:31	04:53:12	05:01:26	06:02:47	<b>06:05:03.70</b>	<b>06:05:29.65</b>	+03:14:18 (53.2%)	10:48	5.6 (47.5%)
363	<b>LUBSZCZYK</b> Adrian	<b>1348</b>		M30	130	02:35:36	04:57:54	05:06:13	06:05:15	<b>06:07:33.70</b>	<b>06:08:14.65</b>	+03:17:03 (53.5%)	10:52	5.5 (46.6%)
364	<b>KRZECZKOWSKI</b> Roman	<b>1127</b>	BIEGOWA ŚWIDNICA/CUDO KOMBUCHA TEAM	M50	24	02:42:12	04:53:56	05:01:36	06:05:39	<b>06:08:16.25</b>	<b>06:08:59.15</b>	+03:17:48 (53.6%)	10:53	5.5 (46.6%)
365	<b>STARZYŃSKA</b> Marta	<b>1060</b>	PERFECT RUNNER LUBLIN	K50	12	02:41:03	05:00:14	05:08:05	06:07:22	<b>06:09:39.15</b>	<b>06:10:08.05</b>	+03:18:56 (53.8%)	10:56	5.5 (46.6%)
366	<b>TOKARZ</b> Jerzy	<b>1138</b>	BIEGAMBOLUBIĘ	M60	4	02:34:14	04:51:21	05:00:33	06:07:21	<b>06:10:13.30</b>	<b>06:10:55.15</b>	+03:19:44 (53.8%)	10:57	5.5 (46.6%)
367	<b>SPRINGER</b> Marta	<b>1314</b>	NIGHT RUNNERS	K30	45	02:54:22	05:02:26	05:11:13	06:09:03	<b>06:11:33.10</b>	<b>06:12:02.60</b>	+03:20:51 (54.0%)	10:59	5.5 (46.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Schronisko na Przehybie				Czas netto 33.8km	Czas brutto 33.8km	Różn	Tempo min/km	Tempo km/h
						14.7km	26.8km	27.3km	33.3km					
368	<b>FIREK Rafał</b>	<b>1365</b>	BRAK	M40	89	01:51:18	05:17:16	05:23:37	06:12:54	<b>06:14:52.15</b>	<b>06:14:55.60</b>	+03:23:44 (54.3%)	11:05	5.4 (45.8%)
369	<b>JASIŃSKI Jarosław</b>	<b>1076</b>	SŁOŃCA JURY	M30	131	02:43:08	05:04:58	05:12:31	06:12:47	<b>06:15:10.80</b>	<b>06:15:33.90</b>	+03:24:22 (54.4%)	11:05	5.4 (45.8%)
370	<b>SULIGA Wioletta</b>	<b>1172</b>	AUGUSTEAM	K40	36	02:51:15	05:06:47	05:15:03	06:14:09	<b>06:16:37.90</b>	<b>06:16:46.25</b>	+03:25:35 (54.6%)	11:08	5.4 (45.8%)
371	<b>JODKO Magda</b>	<b>1301</b>		K50	13	02:46:20	05:01:53	05:10:23	06:15:31	<b>06:17:53.70</b>	<b>06:18:11.70</b>	+03:27:00 (54.7%)	11:10	5.4 (45.8%)
372	<b>ROGÓZ Michał</b>	<b>1331</b>	TĘTNO PULSU	M30	132	02:27:46	04:48:36	04:56:05	06:15:40	<b>06:18:22.40</b>	<b>06:18:46.20</b>	+03:27:35 (54.8%)	11:11	5.4 (45.8%)
373	<b>HETEL Beata</b>	<b>1445</b>		K30	46	02:50:07	05:05:54	05:14:12	06:16:49	<b>06:19:22.10</b>	<b>06:19:54.35</b>	+03:28:43 (54.9%)	11:13	5.3 (44.9%)
374	<b>SKRZYPEK Robert</b>	<b>1093</b>	BIEGNIJ Z PROSERVICE	M50	25	02:38:47	05:11:03	05:18:40	06:19:35	<b>06:22:00.70</b>	<b>06:22:48.35</b>	+03:31:37 (55.3%)	11:18	5.3 (44.9%)
375	<b>ZUWAŁA Anna</b>	<b>1009</b>	RAGNAR TEAM	K40	37	02:50:27	05:06:50	05:14:37	06:21:26	<b>06:24:12.40</b>	<b>06:24:22.45</b>	+03:33:11 (55.5%)	11:22	5.3 (44.9%)
376	<b>ZUWAŁA Robert</b>	<b>1004</b>	RAGNAR TEAM	M50	26	02:50:27	05:06:50	05:14:35	06:21:25	<b>06:24:12.05</b>	<b>06:24:22.55</b>	+03:33:11 (55.5%)	11:22	5.3 (44.9%)
377	<b>SREBRO Przemysław</b>	<b>1389</b>	SIETAR	M30	133	02:49:28	05:08:51	05:16:40	06:21:19	<b>06:24:14.25</b>	<b>06:24:47.05</b>	+03:33:35 (55.5%)	11:22	5.3 (44.9%)
378	<b>POŁĘĆ Grzegorz</b>	<b>1074</b>		M60	5	02:55:03	05:12:55	05:21:01	06:21:33	<b>06:24:40.70</b>	<b>06:25:14.00</b>	+03:34:02 (55.6%)	11:22	5.3 (44.9%)
379	<b>STUZIŃSKI Dawid</b>	<b>1303</b>		M30	134	02:34:57	04:47:01	04:55:07	06:22:25	<b>06:25:18.20</b>	<b>06:25:38.95</b>	+03:34:27 (55.6%)	11:23	5.3 (44.9%)
380	<b>HAWLENA Marcin</b>	<b>1075</b>	LUBIĘ BURPEES'Y	M50	27	02:41:01	05:03:32	05:10:34	06:23:46	<b>06:26:26.05</b>	<b>06:26:35.60</b>	+03:35:24 (55.7%)	11:25	5.2 (44.1%)
381	<b>WIERTELORZ Paweł</b>	<b>1195</b>	UNICORN BB	M40	90	02:40:59	05:03:24	05:10:37	06:23:11	<b>06:26:26.95</b>	<b>06:26:35.75</b>	+03:35:24 (55.7%)	11:25	5.2 (44.1%)
382	<b>TARGOSZ Justyna</b>	<b>1152</b>	UNICORN BB	K30	47	02:40:58	05:03:23	05:10:32	06:23:10	<b>06:26:27.10</b>	<b>06:26:36.30</b>	+03:35:25 (55.7%)	11:26	5.2 (44.1%)
383	<b>MISIOROWSKI Marcin</b>	<b>1052</b>	STARE WILKI	M40	91	02:41:51	05:10:19	05:17:17	06:25:17	<b>06:27:38.90</b>	<b>06:28:24.85</b>	+03:37:13 (55.9%)	11:28	5.2 (44.1%)
384	<b>ŚLIWOWSKI Marcin</b>	<b>1057</b>	STARE WILKI	M40	92	02:41:59	05:10:20	05:17:46	06:25:06	<b>06:27:39.70</b>	<b>06:28:25.65</b>	+03:37:14 (55.9%)	11:28	5.2 (44.1%)
385	<b>BERNAT Sebastian</b>	<b>1049</b>	STARE WILKI	M40	93	02:41:53	05:08:10	05:14:46	06:25:16	<b>06:27:41.05</b>	<b>06:28:25.95</b>	+03:37:14 (55.9%)	11:28	5.2 (44.1%)
386	<b>JĘDRAS Łukasz</b>	<b>1063</b>		M40	94	02:46:20	05:19:55	05:28:18	06:27:47	<b>06:30:16.60</b>	<b>06:30:41.40</b>	+03:39:30 (56.2%)	11:32	5.2 (44.1%)
387	<b>KAPAŁKA Krzysztof</b>	<b>1068</b>	GROMNIK RUN TEAM	M60	6	02:36:10	05:03:26	05:13:00	06:28:00	<b>06:31:37.65</b>	<b>06:32:10.95</b>	+03:40:59 (56.4%)	11:35	5.2 (44.1%)
388	<b>TOKARSKI Rafał</b>	<b>1372</b>		M40	95	02:52:33	05:11:41	05:20:21	06:30:08	<b>06:32:58.80</b>	<b>06:33:19.85</b>	+03:42:08 (56.5%)	11:37	5.2 (44.1%)
389	<b>KUCHNO Tadeusz</b>	<b>1384</b>	KW KRAKÓW	M50	28	02:46:32	05:17:18	05:25:14	06:32:08	<b>06:34:45.65</b>	<b>06:35:09.75</b>	+03:43:58 (56.7%)	11:40	5.1 (43.2%)
390	<b>MALEC Basia</b>	<b>1032</b>	SPARTA LUBLIN	K60	2	02:51:37	05:21:18	05:28:15	06:32:58	<b>06:35:44.60</b>	<b>06:35:59.05</b>	+03:44:47 (56.8%)	11:42	5.1 (43.2%)
391	<b>WARDA Agnieszka</b>	<b>1028</b>	SPARTA LUBLIN	K40	38	02:59:49	05:21:19	05:29:06	06:32:54	<b>06:35:44.95</b>	<b>06:35:59.70</b>	+03:44:48 (56.8%)	11:42	5.1 (43.2%)
392	<b>FLORCZAK Zdzisław</b>	<b>1369</b>	MOCNA GRUPA CEZARA	M70	1	03:02:38	05:30:13	05:37:30	06:37:16	<b>06:39:48.05</b>	<b>06:40:29.60</b>	+03:49:18 (57.3%)	11:49	5.1 (43.2%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Schronisko na Przehybie				Czas netto 33.8km	Czas brutto 33.8km	Różn	Tempo min/km	Tempo km/h
						14.7km	26.8km	27.3km	33.3km					
393	<b>WOROSZYŁO Monika</b>	<b>1229</b>	RYKOWISKO	K40	39	02:52:16	05:18:00	05:26:46	06:40:41	<b>06:42:52.45</b>	<b>06:43:20.10</b>	+03:52:09 (57.6%)	11:55	5 (42.4%)
394	<b>BOCIĄGA Andrzej</b>	<b>1316</b>		M30	135	02:53:43	05:17:51	05:26:27	06:40:05	<b>06:43:11.75</b>	<b>06:43:46.40</b>	+03:52:35 (57.6%)	11:55	5 (42.4%)
395	<b>SZYMBORSKI Piotr</b>	<b>123</b>	KS AZS AWF KRAKÓW	M40	96	02:34:37	05:00:54	05:08:00	06:40:30	<b>06:43:20.35</b>	<b>06:43:54.15</b>	+03:52:43 (57.6%)	11:55	5 (42.4%)
396	<b>KASTELIK Mariusz</b>	<b>1205</b>	ZADYSZKA OŚWIĘCIM	M40	97	02:28:55	05:22:05	05:32:49	06:41:27	<b>06:44:05.25</b>	<b>06:44:09.50</b>	+03:52:58 (57.6%)	11:57	5 (42.4%)
397	<b>KOSTRZEWA Wojciech</b>	<b>2339</b>	ZADYSZKA OŚWIĘCIM/OSTR STAFF	M40	98	02:28:55	05:22:03	05:32:46	06:41:28	<b>06:44:07.60</b>	<b>06:44:12.15</b>	+03:53:01 (57.6%)	11:57	5 (42.4%)
398	<b>WRÓBLEWSKI Borys</b>	<b>1087</b>		M30	136	02:37:23	05:19:25	05:28:55	06:41:32	<b>06:44:12.10</b>	<b>06:44:27.95</b>	+03:53:16 (57.7%)	11:57	5 (42.4%)
399	<b>JANEK Piotr</b>	<b>1308</b>		M30	137	02:57:41	05:30:56	05:38:19	06:45:25	<b>06:48:01.35</b>	<b>06:48:39.35</b>	+03:57:28 (58.1%)	12:04	5 (42.4%)
400	<b>WOJTKOWIAK Łukasz</b>	<b>1146</b>	BIEGACZAMATOR	M40	99	02:57:32	05:30:57	05:38:18	06:45:20	<b>06:48:17.50</b>	<b>06:48:56.10</b>	+03:57:45 (58.1%)	12:04	5 (42.4%)
401	<b>DOBRZYŃSKI Marek</b>	<b>1024</b>	RUN FORREST	M40	100	02:52:07	05:19:14	05:28:42	06:46:35	<b>06:49:48.20</b>	<b>06:50:10.45</b>	+03:58:59 (58.3%)	12:07	4.9 (41.5%)
402	<b>BIĄŁOKOS Anna</b>	<b>1428</b>		K40	40	03:09:52	05:28:25	05:38:02	06:47:06	<b>06:49:39.55</b>	<b>06:50:16.70</b>	+03:59:05 (58.3%)	12:07	5 (42.4%)
403	<b>PERKOWSKI Tomasz</b>	<b>1412</b>	EUROCASH	M40	101	03:09:51	05:28:23	05:36:09	06:46:56	<b>06:49:39.30</b>	<b>06:50:16.75</b>	+03:59:05 (58.3%)	12:07	5 (42.4%)
404	<b>DOMINIAK-LESZCZYŃSKA Elżbieta</b>	<b>1118</b>	LASY WAWERSKIE	K60	3	03:00:09	05:26:00	05:34:13	06:47:25	<b>06:50:31.50</b>	<b>06:50:45.00</b>	+03:59:33 (58.3%)	12:08	4.9 (41.5%)
405	<b>DROSIO Katarzyna</b>	<b>1037</b>		K40	41	03:02:28	05:38:16	05:48:00	06:48:25	<b>06:50:53.95</b>	<b>06:51:19.30</b>	+04:00:08 (58.4%)	12:09	4.9 (41.5%)
406	<b>KULAWIŃSKI Marek</b>	<b>1274</b>		M50	29	02:45:36	05:38:33	05:47:29	06:48:00	<b>06:50:41.60</b>	<b>06:51:26.90</b>	+04:00:15 (58.4%)	12:09	4.9 (41.5%)
407	<b>ZYGMUNT Monika</b>	<b>1191</b>		K50	14	02:56:11	05:23:02	05:34:58	06:48:23	<b>06:51:26.70</b>	<b>06:51:59.20</b>	+04:00:48 (58.4%)	12:10	4.9 (41.5%)
408	<b>RYMON-LIPIŃSKI Robert</b>	<b>1153</b>	LUBIĘ CHRUŚCIKI	M30	138	02:50:08	05:25:48	05:34:44	06:50:04	<b>06:52:36.10</b>	<b>06:53:20.50</b>	+04:02:09 (58.6%)	12:12	4.9 (41.5%)
409	<b>STACHANCZYK Wojciech</b>	<b>1070</b>	MATNER RUNNING TEAM	M40	102	03:10:22	05:38:02	05:47:54	06:50:57	<b>06:53:58.05</b>	<b>06:54:39.50</b>	+04:03:28 (58.7%)	12:14	4.9 (41.5%)
410	<b>HRONOWSKI Piotr</b>	<b>1284</b>	KITOWCY	M20	20	02:55:09	05:36:37	05:44:41	06:53:38	<b>06:56:05.90</b>	<b>06:56:24.20</b>	+04:05:13 (58.9%)	12:18	4.9 (41.5%)
411	<b>KRÓL Natalia</b>	<b>1285</b>	KITOWCY	K20	10	02:55:09	05:36:35	05:44:38	06:53:37	<b>06:56:05.40</b>	<b>06:56:24.30</b>	+04:05:13 (58.9%)	12:18	4.9 (41.5%)
412	<b>RÓŻAŃSKA Renata</b>	<b>1017</b>		K40	42	02:59:51	05:51:00	06:00:12	06:58:34	<b>07:00:46.15</b>	<b>07:00:53.00</b>	+04:09:41 (59.3%)	12:26	4.8 (40.7%)
413	<b>FRAIS-LIGAJ Agnieszka</b>	<b>1264</b>	NOLIMITS	K50	15	02:56:11	05:30:30	05:39:50	07:02:07	<b>07:04:25.00</b>	<b>07:04:57.25</b>	+04:13:46 (59.7%)	12:33	4.8 (40.7%)
414	<b>GREC Klaudia</b>	<b>1440</b>	HUSARIA RACE TEAM	K30	48	02:50:29	05:43:42	05:53:37	07:02:22	<b>07:04:52.45</b>	<b>07:05:23.05</b>	+04:14:11 (59.8%)	12:34	4.8 (40.7%)
415	<b>KONCA Beata</b>	<b>1351</b>	KB OŻARÓW MAZOWIECKI BIEGA	K40	43	03:04:14	05:48:14	05:58:46	07:07:09	<b>07:09:44.05</b>	<b>07:10:16.75</b>	+04:19:05 (60.2%)	12:42	4.7 (39.8%)
416	<b>KAPAŁKA Bożena</b>	<b>1041</b>	GROMNIK RUN TEAM	K50	16	03:10:39	05:49:06	05:58:05	07:21:04	<b>07:24:09.45</b>	<b>07:24:43.80</b>	+04:33:32 (61.5%)	13:08	4.6 (39.0%)
417	<b>LEWANDOWSKA Monika</b>	<b>1035</b>		K40	44	03:00:17	05:51:03	06:00:12	07:24:39	<b>07:27:12.95</b>	<b>07:27:20.25</b>	+04:36:09 (61.7%)	13:13	4.5 (38.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Schronisko na				Czas netto 33.8km	Czas brutto 33.8km	Różn	Tempo min/km	Tempo km/h
						Przehybie 14.7km	Premia1 26.8km	Premia2 27.3km	33.3km					
418	<b>SZWARC Anna</b>	<b>1255</b>		K40	45	03:00:17	05:51:15	06:00:11	07:24:37	<b>07:27:12.90</b>	<b>07:27:20.50</b>	+04:36:09 (61.7%)	13:13	4.5 (38.1%)
419	<b>WALASEK Przemysław</b>	<b>1381</b>		M40	103	03:02:39	05:51:03	06:01:56	07:43:35	<b>07:47:11.75</b>	<b>07:47:42.70</b>	+04:56:31 (63.4%)	13:49	4.3 (36.4%)
420	<b>BŁASZCZYK Magdalena</b>	<b>1378</b>	KUŹNIA TRIATHLONU	K30	49	03:28:40	06:15:15	06:25:07	07:49:30	<b>07:52:19.70</b>	<b>07:52:48.10</b>	+05:01:37 (63.8%)	13:58	4.3 (36.4%)
421	<b>BUROKAS Tomasz</b>	<b>1382</b>	WILD SOULS	M30	139	02:37:21	06:48:02	06:56:05	07:56:41	<b>07:59:14.05</b>	<b>07:59:52.45</b>	+05:08:41 (64.3%)	14:10	4.2 (35.6%)
<b>Przekroczony limit czasu: 08:00:00</b>														
422	<b>ZALESKA Aneta</b>	<b>1179</b>	ŁOMIANKOWSKA GRUPA BIEGOWA	K40	46	02:49:51	07:36:48	07:45:29	08:50:02	<b>08:52:29.65</b>	<b>08:53:04.35</b>	+06:01:53 (67.9%)	15:45	3.8 (32.2%)
423	<b>WIEDRO Małgorzata</b>	<b>1356</b>	WKURW-TEAM/BIEGNĘ ,ŻEBY BARTEK MÓGL BIEGAĆ	K40	47	03:16:43	07:24:54	07:33:46	08:53:13	<b>08:56:27.55</b>	<b>08:56:35.85</b>	+06:05:24 (68.1%)	15:52	3.8 (32.2%)
424	<b>SITKO Tomasz</b>	<b>1376</b>	FUNDACJA RAKNROLL	M30	140	04:03:36	07:34:12	07:48:44		<b>09:27:10.95</b>	<b>09:28:02.05</b>	+06:36:50 (69.9%)	16:46	3.6 (30.5%)
	<b>WALKOSZ Mateusz</b>	<b>1452</b>	#SOBASTEAM	M30		01:36:30 DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>ŚLIWA Arkadiusz</b>	<b>1297</b>	.	M30		02:00:28 DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>WIECZOREK Ola</b>	<b>1018</b>		K30		02:11:34 DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>NIZIOLEK Marek</b>	<b>1404</b>	ZADYSZKA	M50		02:27:15 DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>KOCIOŁEK Andrzej</b>	<b>1151</b>		M50		02:29:10 DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)

Znaleziono 429 wynik(ów)