

BIEG K-B-L - 110 KM

Organizator: Fundacja MARATONY GÓRSKIE
 Data: 2021-07-15
 Miejsce: Łądek-Zdrój
 Dystans: 110 km
 Klasyfikacja wg czasów netto.

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE



B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

BIEG K-B-L - 110 KM, OPEN

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	15km	40km	70km	85km	98km	Netto	min/km	km/h
1	MALYGA GRZEGORZ	3323	RMT TEAM PRO	WROCŁAW	POL	SENIOR II M - 30	1	M 1	01:30:39	03:49:30	07:15:42	08:54:35	10:22:40	11:36:09.50	6:19	9.5
2	ŠTVERÁK TOMÁŠ	3474	INOV-8 TEAM	ZUBŘÍ	CZE	SENIOR I M - 20	1	M 2	01:25:45	03:47:01	07:19:22	09:04:03	10:38:28	11:51:07.90	6:27	9.3
3	JUREK MICHAŁ	3175	RMT TEAM PRO	WROCŁAW	POL	SENIOR II M - 30	2	M 3	01:27:53	03:49:34	07:33:57	09:16:56	10:46:05	11:59:08.30	6:32	9.2
4	WENTA MARTA	3470	KASZUBSKA PONIEWIERKA	CHMIELNO	POL	SENIOR II K - 30	1	K 1	01:31:06	04:08:29	07:53:59	09:40:20	11:10:43	12:25:21.60	6:46	8.9
5	SZCZEPAŃSKI ANDRZEJ	3494	WILD SKUNKS	ZIELONA GORA	POL	MASTERS M - 40	1	M 4	01:35:14	04:07:10	07:58:01	09:46:00	11:26:33	12:52:26.00	7:01	8.5
6	ŁUKSZA ROBERT	3216		POZNAŃ	POL	WETERAN I M - 50	1	M 5	01:34:29	04:11:24	08:00:52	09:51:10	11:34:06	12:59:00.35	7:04	8.5
7	MORMUL PRZEMEK	3389	DSV	KRAKOW	POL	MASTERS M - 40	2	M 6	01:34:20	04:08:32	08:01:03	09:51:08	11:36:31	13:03:09.25	7:07	8.4
8	ŚCIESZKA WOJCIECH	3306	13 ELT KRAKÓW - BALICE	KRAKÓW	POL	MASTERS M - 40	3	M 7	01:36:38	04:28:09	08:23:56	10:14:02	11:49:28	13:05:44.35	7:08	8.4
9	KAMERDUŁA ŁUKASZ	3077	#TEAMCZTERY	STRUŻKA	POL	MASTERS M - 40	4	M 8	01:32:01	04:18:06	08:24:47	10:19:23	12:07:03	13:18:42.90	7:15	8.3
10	SZAFRAŃSKI JAN	3480	PANTHERS WROCŁAW	WROCŁAW	POL	MASTERS M - 40	5	M 9	01:36:17	04:12:17	08:06:24	10:10:24	12:01:51	13:21:02.80	7:16	8.2
11	WIERZCHOWIAK KAROLINA	3009		WARSZAWA	POL	SENIOR I K - 20	1	K 2	01:39:49	04:23:26	08:24:48	10:22:15	12:04:52	13:26:14.20	7:19	8.2
12	ROSOLSKI DAWID	3193		KOŚCIAN	POL	SENIOR II M - 30	3	M 10	01:44:34	04:37:47	08:48:08	10:45:38	12:28:21	13:45:59.55	7:30	8
13	MICHAŁSKI PIOTREK	3132		WROCŁAW	POL	SENIOR II M - 30	4	M 11	01:38:18	04:28:12	08:40:17	10:40:59	12:24:53	13:56:27.65	7:36	7.9
14	JĘDRZEJKO TOMASZ	3472	KS SPRONT BIELSKO-BIAŁA_SIDOR TEAM POLSKA	JANOWICE	POL	MASTERS M - 40	6	M 12	01:42:44		09:07:04	11:06:26	12:47:39	14:02:01.80	7:39	7.8
15	SZRAMOWIAT MAREK	3433	BRITA	LWÓWEK ŚLĄSKI	POL	MASTERS M - 40	7	M 13	01:42:27	04:38:09	09:06:08	11:03:24	12:47:34	14:08:59.65	7:43	7.8
16	ARDELLI EWA	3280	BIELAWSKA AKADEMIA BIEGANIA	BIELAWA	POL	MASTERS K - 40	1	K 3	01:46:45	04:46:58	09:01:17	10:59:38	12:48:13	14:10:36.20	7:43	7.8
17	BULANOW LESZEK	3467		HIPOLITÓW	POL	WETERAN I M - 50	2	M 14	01:41:03	04:38:36	09:03:24	11:03:54	12:57:39	14:19:08.55	7:48	7.7
18	WIERZBOWY PRZEMEK	3292	KOKO DŻAMBO I DO PRZODU	NAMYSŁÓW	POL	SENIOR II M - 30	5	M 15	01:48:39	04:55:05	09:15:05	11:15:11	13:07:13	14:19:23.85	7:48	7.7
19	STYPUŁKOWSKI DAREK	3483		WARSZAWA	POL	WETERAN I M - 50	3	M 16	01:40:56	04:41:38	09:12:07	11:06:32	12:54:29	14:20:19.55	7:49	7.7
20	WYLĘGA DOMINIK	3293	KS GEPARD KĘPNO	MROCCEN	POL	SENIOR II M - 30	6	M 17	01:42:14	04:37:52	09:05:50	11:05:49	13:06:42	14:20:22.05	7:53	7.6
21	POPRAWSKI MATEUSZ	3191	KILIŃSKIEGO TEAM	BOJANOWO	POL	SENIOR II M - 30	7	M 18	01:47:33	04:54:41	09:12:33	11:21:24	13:04:50	14:31:08.30	7:55	7.6
22	GRUSZKA ALEKSANDRA	3401	WILD ULTRA WARRIORS	BOGUSZÓW-GORCE	POL	SENIOR II K - 30	2	K 4	01:52:24	05:05:19	09:27:12	11:23:29	13:10:56	14:38:22.35	7:59	7.5
23	SCHUSTER MARTIN	3361	CZAJLANDIA	KRAKÓW	POL	SENIOR II M - 30	8	M 19	01:38:12	04:46:14	09:11:55	11:12:00	13:12:40	14:42:18.00	8:01	7.5
24	KUPIŃSKI CEZARY	3108	MOCNA GRUPA CEZARA/SBRT WROCŁAW	WROCŁAW	POL	WETERAN I M - 50	4	M 20	01:44:54	04:48:34	09:10:55	11:16:43	13:15:03	14:42:50.90	8:01	7.5
25	ŚLEZIAK JAREK	3332	DANIEL WOSIK TERVEL TEAM ZŁOTY STOK	ZŁOTY STOK	POL	MASTERS M - 40	8	M 21	01:43:46	04:44:52	09:16:17	11:22:47	13:23:07	14:46:45.25	8:03	7.4
26	KARAMON MARCIN	3340		OPOLE	POL	MASTERS M - 40	9	M 22	01:45:37	04:57:18	09:28:33	11:31:57	13:23:18	14:49:07.85	8:04	7.4
27	MIKULSKI GRZEGORZ	3318		CHOROSZCZ	POL	MASTERS M - 40	10	M 23	01:43:56	04:44:55	09:11:49	11:19:44	13:20:47	14:50:14.90	8:05	7.4
28	OTRĘBSKI MACIEJ	3325	VEGE RUNNERS	KRAKÓW	POL	SENIOR II M - 30	9	M 24	01:47:56	04:54:07	09:24:06	11:37:31	13:30:37	14:54:41.45	8:08	7.4
29	EFIMOV ALEKSANDR	3316	VEGE RUNNERS	KRAKÓW	POL	SENIOR II M - 30	10	M 25	01:47:55	04:54:08	09:24:05	11:36:40	13:30:38	14:54:42.85	8:08	7.4
30	STEFANIAK ŁUKASZ	3382		SZCZECIN	POL	MASTERS M - 40	11	M 26	01:44:02	04:49:53	09:28:31	11:36:07	13:29:50	14:55:48.90	8:08	7.4
31	KRYGIER TOMASZ	3265	EUROCASH	ŻNIN	POL	SENIOR I M - 20	2	M 27	01:56:00	05:04:20	09:30:30	11:33:48	13:27:18	14:57:19.15	8:09	7.4
32	GUZERA JUSTYNA	3103	MATNER RUNNING TEAM	WROCŁAW	POL	SENIOR II K - 30	3	K 5	02:00:40	05:07:47	09:33:57	11:37:18	13:30:24	15:01:21.30	8:11	7.3
33	BORYCKI ŁUKASZ	3284	BIEGAJĄCE WŁÓCZYKIJE	KIELCE	POL	SENIOR II M - 30	11	M 28	01:51:54	04:52:48	09:27:35	11:34:14	13:39:11	15:02:59.90	8:12	7.3
34	ŚLUSARCZYK KATARZYNA	3398		OLSZYNA	POL	SENIOR II K - 30	4	K 6	01:51:28	05:10:04	09:54:11	11:50:58	13:40:04	15:03:24.00	8:12	7.3
35	CHMIEŁOWIEC DANIEL	3195	GORLICKA GRUPA BIEGOWA	SZYMBARK	POL	SENIOR II M - 30	12	M 29	01:45:23	05:04:45	09:32:52	11:38:45	13:39:51	15:04:26.20	8:13	7.3
36	SKROBAŁA DARIUSZ	3333	KB SOBÓTKA	BOLECHOWO	POL	MASTERS M - 40	12	M 30	01:43:12	04:55:57	09:21:59	11:36:50	13:34:50	15:09:38.75	8:16	7.3
37	ŚLIŻ SYLWIA	3412		SIECHNICE	POL	SENIOR II K - 30	5	K 7	01:56:35	04:55:59	09:26:02	11:39:03	13:41:31	15:13:47.30	8:18	7.2
38	RINK JAN	3144		BOLKÓW	POL	MASTERS M - 40	13	M 31	01:47:31	05:13:04	10:01:18	12:18:02	14:03:46	15:18:29.05	8:20	7.2
39	SCHRODER PATRYK	3355		ZIELONA GÓRA	POL	MASTERS M - 40	14	M 32	01:56:51	05:19:59	10:00:52	12:04:55	13:58:46	15:20:07.75	8:21	7.2
40	OSTROWSKI MARCIN	3179	PZU SPORT TEAM	WARSZAWA	POL	SENIOR II M - 30	13	M 33	02:01:19	05:13:18	09:38:41	11:57:48	13:57:37	15:20:28.25	8:22	7.2
41	JÓZEF TOMASZ	3087		DĄBROWA GÓRNICZA	POL	SENIOR II M - 30	14	M 34	01:48:43	04:59:24	09:41:12	11:53:14	13:51:43	15:21:24.25	8:22	7.2

BIEG K-B-L - 110 KM, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	15km	40km	70km	85km	98km	Netto	min/km	km/h
42	PASTUSZKA MAREK	3439		ŁÓDŹ	POL	SENIOR II M - 30	15	M 35	01:40:24	04:49:07	09:29:41		13:45:54	15:22:02.05	8:22	7.2
43	KOWALSKI ŁUKASZ	3221	MARELLI	GIERALTOWICE	POL	MASTERS M - 40	15	M 36	01:55:32	05:12:15	09:44:25	12:04:25	13:59:04	15:22:56.90	8:23	7.2
44	NESTOROWICZ MAREK	3270	KLUB BIEGACZA JURUND SZCZYTNO	KĘTRZYN	POL	WETERAN I M - 50	5	M 37	01:42:35	04:50:26	10:04:26	12:08:42	14:00:10	15:32:22.30	8:28	7.1
45	MICHALSKA AGNIESZKA	3413		OSTRÓW WIELKOPOLSKI	POL	MASTERS K - 40	2	K 8	01:48:50	05:01:59	09:49:24	12:20:12	14:19:00	15:43:12.20	8:34	7
46	SIWEK JAREK	3208		SZCZECIN	POL	MASTERS M - 40	16	M 38	01:50:21	05:15:54	09:52:32	12:21:30	14:21:02	15:48:41.75	8:37	7
47	BARCZAK ROBERT	3415	MOCNA GRUPA CEZARA	WROCŁAW	POL	MASTERS M - 40	17	M 39	01:59:18	05:14:04	09:57:56	12:17:05	14:15:48	15:49:32.95	8:37	7
48	WITKE-ORLIKOWSKA MARTA	3376		POZNAN	POL	SENIOR II K - 30	6	K 9	01:57:21	05:14:47	09:59:53	12:12:45	14:16:21	15:49:36.10	8:37	7
49	FRANKIEWICZ ARTUR	3374		GLIWICE	POL	SENIOR II M - 30	16	M 40	02:01:58	05:14:04	10:13:07	12:15:39	14:24:46	15:52:03.45	8:39	6.9
50	MARKOWSKI TOMASZ	3220	RYKOWISKO TEAM	GRABINA	POL	SENIOR II M - 30	17	M 41	01:54:09	05:17:05	10:07:10	12:32:00	14:30:43	15:52:09.70	8:39	6.9
51	GÓRNA ANITA	3341	LPP TEAM	KRAKÓW	POL	SENIOR II K - 30	7	K 10	02:00:41	05:14:55	09:43:40	12:09:33	14:20:23	15:54:47.70	8:40	6.9
52	WINIARSKI ANDRZEJ	3420	DXTREEM	WARSZAWA	POL	MASTERS M - 40	18	M 42	01:46:52	04:58:49	09:51:59	12:16:27	14:27:37	15:58:58.80	8:43	6.9
53	CHYBOWSKI JAREK	3244		ŁÓDŹ	POL	MASTERS M - 40	19	M 43	01:54:31	05:20:02	10:32:33	12:36:22	14:35:36	15:59:44.80	8:43	6.9
54	MIREK GRZEGORZ	3448	MOVE STUDIO	KRAKÓW	POL	MASTERS M - 40	20	M 44	01:57:40	05:13:08	09:51:01	12:09:46	14:17:51	16:04:57.45	8:46	6.8
55	ROSTAFIŃSKI JERZY	3477	WASZA WYSOKOŚĆ / MILO OF CLIMBING	WARSZAWA	POL	SENIOR II M - 30	18	M 45	02:02:33	05:19:44	10:22:39	12:42:31	14:42:05	16:05:54.55	8:46	6.8
56	TOKARCZYK MARCIN	3313		NYSA	POL	MASTERS M - 40	21	M 46	01:51:11	05:05:24	09:53:54	12:06:58	14:23:21	16:06:03.50	8:46	6.8
57	HARASIUK ADAM	3432	ALIANCA DE MISERICORDIA EQUIPE DE CORRIDA	WROCŁAW	POL	SENIOR II M - 30	19	M 47	01:39:12	04:51:48	09:53:03		14:38:58	16:07:33.30	8:47	6.8
58	ŁUCJANEK ANDRZEJ	3170	KAJA TEAM	WARSZAWA	POL	MASTERS M - 40	22	M 48	01:46:21	04:57:06	09:19:14	11:59:38	14:31:03	16:12:24.60	8:50	6.8
59	KOPCZYŃSKI ŁUKASZ	3099	K-TEAM	WROCŁAW	POL	SENIOR II M - 30	20	M 49	01:59:49	05:47:19	10:40:22	12:47:03	14:44:38	16:16:51.45	8:52	6.8
60	GWOZDECKI TOMASZ	3089	PRZEDWOJEWSKI TEAM	WROCŁAW	POL	SENIOR II M - 30	21	M 50	01:59:47	05:47:20	10:40:23	12:46:40	14:44:53	16:16:52.00	8:52	6.8
61	KARCZ TOMASZ	3476	TEALTREE.PL	STRZEGOM	POL	MASTERS M - 40	23	M 51	02:02:03	05:23:29	10:16:42	12:40:12	14:40:01	16:17:31.20	8:53	6.8
62	MARZEC KAROLINA	3315	DZIKIE DZIKI GORZÓW	DESZCZNO	POL	MASTERS K - 40	3	K 11	01:51:40	05:02:40	10:03:19	12:25:33	14:40:30	16:20:23.30	8:54	6.7
63	OBRZUD KRZYSZTOF	3255		BOŻEPOLE WIELKIE	POL	MASTERS M - 40	24	M 52	01:59:02	05:29:26	10:22:27	12:39:45	14:39:44	16:24:23.25	8:56	6.7
64	ŻABIAREK TOMASZ	3447		GORZÓW WLKP.	POL	MASTERS M - 40	25	M 53	01:59:28	05:25:27	10:30:23	12:58:35	14:56:10	16:25:36.55	8:57	6.7
65	BOROWSKA KAROLINA	3142	MONIA GYM	SZCZECIN	POL	SENIOR II K - 30	8	K 12	01:56:42	05:28:31	10:22:24	12:55:27	14:58:02	16:29:20.90	8:59	6.7
66	CENIAWSKI PIOTR	3092	CSRG	BYTOM	POL	MASTERS M - 40	26	M 54	01:54:34	05:14:30	10:26:22	12:45:27	14:52:44	16:29:35.75	8:59	6.7
67	ZERZUT JAROSŁAW	3225		SZCZECIN	POL	WETERAN I M - 50	6	M 55	01:57:12	05:26:03	10:14:15	12:42:24	14:48:07	16:34:27.10	9:02	6.6
68	GOŁĘBIEWSKA KATARZYNA	3450		GLIWICE	POL	MASTERS K - 40	4	K 13	01:49:16	05:11:47	10:04:48	12:47:21	15:03:19	16:36:43.65	9:03	6.6
69	SOWA DARIUSZ	3213	RZESZOWSKIE GAZELE I GEPARDY/CZARNECKI RUN TEAM	RZESZÓW	POL	WETERAN II M - 60	1	M 56	02:09:18	05:42:30	10:35:30	13:00:52	15:06:02	16:41:59.55	9:06	6.6
70	GULCZYŃSKI TOMASZ	3425		ZIELONKA	POL	SENIOR II M - 30	22	M 57	01:52:07	05:22:45	10:29:04	12:58:49	15:14:30	16:43:21.00	9:07	6.6
71	CZYŚCIAK KRZYSZTOF	3346	KB SOBÓTKA	ŻÓRAWINA	POL	MASTERS M - 40	27	M 58	01:52:30	05:19:39	10:16:50	12:45:19	14:52:28	16:43:27.15	9:07	6.6
72	KONIECZNA PAULINA	3263	CH10	CHOSZCZNO	POL	SENIOR II K - 30	9	K 14	01:50:46	05:10:10	10:03:10	12:47:08	15:01:41	16:44:15.70	9:07	6.6
73	LISIK WOJCIECH	3017	KS WINO	RĄBIEŃ AB	POL	MASTERS M - 40	28	M 59	02:05:41	05:41:32	10:35:14	13:02:26	15:12:10	16:44:41.05	9:08	6.6
74	LOREK ADAM	3033		LESZNO	POL	MASTERS M - 40	29	M 60	01:50:50	05:15:14	10:12:53	12:34:21	15:06:45	16:45:15.85	9:08	6.6
75	PODBIELSKI KRYSZTIAN	3098	KAJA TEAM	WARSZAWA	POL	MASTERS M - 40	30	M 61	01:51:16	05:12:21	09:52:05	12:32:30	15:03:44	16:45:22.25	9:08	6.6
76	MANELSKI PAWEŁ	3118		WARSZAWA	POL	SENIOR II M - 30	23	M 62	02:06:03	05:42:38	10:38:01	13:07:41	15:19:57	16:50:21.70	9:11	6.5
77	ZORAN HENRYK	3254		RUDA ŚLĄSKA	POL	WETERAN I M - 50	7	M 63	02:13:24	06:03:52	11:12:39	13:22:53	15:21:24	16:53:42.55	9:12	6.5
78	NOGA KRYSZTIAN	3051	FORMA WODZISŁAW ŚLĄSKI	WODZISŁAW ŚLĄSKI	POL	SENIOR II M - 30	24	M 64	01:59:47	05:28:32	10:32:02	13:08:35	15:22:20	16:56:20.30	9:14	6.5
79	POLNIK RAFAŁ	3031	FORMA WODZISŁAW ŚLĄSKI	WODZISŁAW ŚLĄSKI	POL	SENIOR II M - 30	25	M 65	01:59:40	05:28:31	10:32:02	13:10:11	15:22:20	16:56:20.60	9:14	6.5
80	SZYMCZYK MICHAŁ	3148	DRUŻYNA CHROBREGO	SZPROTAWA	POL	MASTERS M - 40	31	M 66	02:17:23	06:05:48	11:00:03	13:17:02	15:20:20	16:57:15.30	9:14	6.5
81	WAŃKOWICZ ADRIAN	3233		BRZEG DOLNY	POL	SENIOR II M - 30	26	M 67	01:59:45	05:41:50	10:41:09	13:07:13	15:23:06	16:58:03.60	9:15	6.5
82	ZIMNY TOMASZ	3168		SZCZECIN	POL	WETERAN II M - 60	2	M 68	01:59:38	05:46:44	10:41:43	13:03:58	15:14:35	16:59:22.60	9:16	6.5
83	WIERZBIŃSKI KAROL	3488	ULTRADZICZKI I ULTRALISICZKI	PIASECZNO	POL	MASTERS M - 40	32	M 69	02:06:45	06:08:53	10:57:30	13:22:27	15:27:00	16:59:51.35	9:16	6.5
84	BEDNARSKA KAŚKA	3072	BIEGNĚ, ŻEBY BARTEK MÓGŁ BIEGAĆ	KIELCE	POL	MASTERS K - 40	5	K 15	02:10:28	05:52:33	10:29:15	12:45:05	15:06:15	17:00:06.95	9:16	6.5
85	IGNACZAK MAREK	3020	1ON1 TEAM	ŁÓDŹ	POL	SENIOR II M - 30	27	M 70	02:04:12	05:50:35	10:48:07	13:20:54	15:29:00	17:01:16.30	9:17	6.5
86	ZIOBROWSKI MATEUSZ	3252		ZIELONA GÓRA	POL	SENIOR II M - 30	28	M 71	02:08:08	05:46:34	10:59:35	13:17:58	15:14:04	17:02:14.20	9:17	6.5
87	HELWICH PAWEŁ	3330		HERLEV	DEN	SENIOR II M - 30	29	M 72	01:42:22	04:55:42	09:45:58	12:32:40	15:13:43	17:02:31.75	9:17	6.5
88	GARBOWSKA MONIKA	3186	COMPANEROS ASFALT TEAM	GLIWICE	POL	MASTERS K - 40	6	K 16	02:08:09	06:05:27	11:02:17	13:30:39	15:34:25	17:03:15.30	9:18	6.5
89	FALDZINSKI BARTOSZ	3396	POLACY BIEGAJA W NL	EINDHOVEN	NED	SENIOR II M - 30	30	M 73	02:14:49	05:47:46	10:49:02	13:24:11	15:26:51	17:05:09.85	9:19	6.4
90	TOKARZ ROBERT	3194		TARNOŃ	POL	MASTERS M - 40	33	M 74	01:55:10	05:29:05	10:48:10	13:19:36	15:32:27	17:06:12.80	9:19	6.4
91	WOJEWODA MACIEK	3305	VEGE RUNNERS	JEZIERZYCE	POL	SENIOR II M - 30	31	M 75	02:01:28	05:48:10	10:49:28	13:21:48	15:33:00	17:06:39.05	9:19	6.4

BIEG K-B-L - 110 KM, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	15km	40km	70km	85km	98km	Netto	min/km	km/h
92	LUBIK ADAM	3427		POZNAŃ	POL	SENIOR II M - 30	32	M 76	01:56:21	05:22:55	10:37:13	13:13:49	15:25:47	17:06:46.95	9:20	6.4
93	WODZIŃSKA DANUTA	3107	INSTRUKTOR BIEGANIA TEAM	KRAPKOWICE	POL	MASTERS K - 40	7	K 17	01:58:42	05:30:30	10:20:06	13:06:50	15:26:23	17:07:26.00	9:20	6.4
94	PARSZEWSKA ALEKSANDRA	3328		BYTOM	POL	SENIOR II K - 30	10	K 18	02:09:22	05:45:30	10:47:05	13:12:22	15:23:57	17:08:12.40	9:20	6.4
95	KANIA MARCIN	3210		GLIWICE	POL	SENIOR I M - 20	3	M 77	01:50:00	05:13:01	10:35:01	13:10:44	15:27:49	17:09:48.75	9:21	6.4
96	PRZYSTOLIK MAGDALENA	3365		KATOWICE	POL	SENIOR II K - 30	11	K 19	02:08:14	05:51:40	10:53:00	13:25:18	15:36:05	17:10:12.90	9:21	6.4
97	BIAŁECKI ZBYSZEK	3348	ŁÓDŹ RUNNING TEAM	ŁÓDŹ	POL	WETERAN I M - 50	8	M 78	01:57:19	05:34:48	10:55:32	13:19:01	15:31:59	17:10:49.85	9:22	6.4
98	BRZozowski RAFAŁ	3496		KŁODZKO	POL	MASTERS M - 40	34	M 79	02:03:46	05:30:19	10:40:02	13:10:45	15:24:59	17:12:02.60	9:22	6.4
99	FINKBEINER LUKASZ	3485	HURAGAN LIGOTA	KATOWICE	POL	SENIOR II M - 30	33	M 80	02:03:08	05:32:16	10:42:00	13:15:46	15:32:11	17:12:26.10	9:23	6.4
100	NOWAK KRYSZTIAN	3105	NKB CHYŻY NOWY TOMYŚL	KUŚLIN	POL	SENIOR I M - 20	4	M 81	02:02:12	05:37:50	10:36:24	13:17:45	15:31:59	17:13:15.30	9:23	6.4
101	SZCZEPAŃSKI SEBASTIAN	3404	KOPYTKO	KOPYTÓWKA	POL	MASTERS M - 40	35	M 82	02:06:32	05:50:19	10:55:48	13:36:52	15:37:12	17:15:28.95	9:24	6.4
102	TOMASZEWSKI MICHAŁ	3140		OPOLE	POL	MASTERS M - 40	36	M 83	02:09:32	05:45:42	10:47:48	13:17:01	15:33:39	17:15:36.30	9:24	6.4
103	ZALEWSKI DANIEL	3038		SUSZ	POL	SENIOR I M - 20	5	M 84	01:53:30	05:23:21	10:47:11	13:16:50	15:32:59	17:16:56.65	9:25	6.4
104	ANTKOWIAK MONIKA	3509	MUAY RUNNING TEAM	MUROWANA GOŚLINA	POL	SENIOR II K - 30	12	K 20	02:06:53	05:57:06	11:02:05	13:24:16	15:34:28	17:17:56.90	9:26	6.4
105	ANTKOWIAK MICHAŁ	3508	MUAY RUNNING TEAM	MUROWANA GOŚLINA	POL	SENIOR II M - 30	34	M 85	02:06:54	05:57:07	11:02:07	13:24:19	15:34:26	17:17:57.50	9:26	6.4
106	STROJEK GRZEGORZ	3334		PRZEMKÓW	POL	MASTERS M - 40	37	M 86	01:56:05	05:42:01	10:52:54	13:18:32	15:34:01	17:18:37.50	9:26	6.4
107	MOSKAŁA REMIGIUSZ	3468		WARSZAWA	POL	MASTERS M - 40	38	M 87	02:12:04	05:57:31	10:55:13	13:24:15	15:35:24	17:19:09.80	9:26	6.4
108	PRZYBYSZ RYSZARD	3076		ŻORY	POL	WETERAN I M - 50	9	M 88	02:09:27	05:53:55	11:17:55	13:46:04	15:48:58	17:21:30.35	9:28	6.3
109	KOCEMBA KAMIL	3189	KĘCKIE HARPAGANY	KOBIERNICE	POL	SENIOR II M - 30	35	M 89	02:09:27	05:53:55	11:17:55	13:46:12	15:48:58	17:21:30.55	9:28	6.3
110	PIWOWARCZYK WOJCIECH	3211	DZIABONG TEAM	ROKIETNICA	POL	SENIOR II M - 30	36	M 90	01:56:05	05:22:43	10:33:36	13:05:17	15:31:09	17:21:56.40	9:28	6.3
111	PIECZARA BŁAŻEJ	3357	HARPAGAN BEAST	JAWORZNO	POL	MASTERS M - 40	39	M 91	01:50:58	05:19:17	10:44:31	13:28:06	15:43:06	17:23:14.75	9:28	6.3
112	CHOJECKI PAWEŁ	3047	ZBUCKI RUCH	ZBUCZYŃ	POL	WETERAN I M - 50	10	M 92	01:57:59	05:39:59	10:46:30	13:16:57	15:37:33	17:22:00.25	9:28	6.3
113	DZIURKA RAFAŁ	3459	SKAVEN DANMARK	TARM	DEN	MASTERS M - 40	40	M 93	02:11:41	05:46:36	11:01:59	13:31:53	15:54:58	17:22:19.30	9:28	6.3
114	TONDYTKO PIOTR	3493		KŁODZKO	POL	WETERAN I M - 50	11	M 94	02:03:53	05:30:17	10:40:00	13:09:43	15:27:49	17:22:21.30	9:28	6.3
115	WESOŁEK MAREK	3177	SENTE	WROCŁAW	POL	MASTERS M - 40	41	M 95	02:02:21	05:28:07	10:27:47	13:14:18	15:26:54	17:22:38.25	9:28	6.3
116	SOKOŁOWSKI MARCIN	3128		MOSINA	POL	SENIOR II M - 30	37	M 96	02:09:56	05:51:58	10:53:05	13:29:30	15:41:39	17:22:49.70	9:28	6.3
117	ROJEWSKI PAWEŁ	3032	EVERRUN	ŁÓDŹ	POL	SENIOR II M - 30	38	M 97	01:46:18	05:17:28	10:34:35	13:09:15	15:35:42	17:22:58.35	9:28	6.3
118	KUBLIK LUKASZ	3062		WROCŁAW	POL	SENIOR I M - 20	6	M 98	01:50:48	05:07:39	10:41:38	13:17:13	15:35:03	17:23:14.75	9:29	6.3
119	NAPIERAŁA MARCIN	3044	BIEGAJĄCE KREJZOLE	KOZIEGŁOWY	POL	MASTERS M - 40	42	M 99	02:08:13	06:04:28	11:20:56	13:48:14	15:51:32	17:24:31.50	9:29	6.3
120	SURDEL DAWID	3164	BIEGNĘ ŻEBY BARTEK MÓGŁ BIEGAĆ	KIELCE	POL	SENIOR II M - 30	39	M 100	01:52:05	05:10:47	10:29:13	12:55:59	15:22:11	17:28:06.75	9:31	6.3
121	KOŁODZIEJ PAWEŁ	3056		CZERNICA	POL	MASTERS M - 40	43	M 101	02:02:40	05:46:56	11:08:07	13:27:47	15:43:51	17:28:13.10	9:31	6.3
122	NĘDZUSIAK DARIUSZ	3471	DBN SUKURS	ALEKSANDRÓW KUJAWSKI	POL	WETERAN I M - 50	12	M 102	02:06:28	05:47:52	10:58:04	13:30:58	15:42:30	17:28:40.40	9:32	6.3
123	GRZEŚKOWIAK ZBIGNIEW	3258		JUTROSIN	POL	MASTERS M - 40	44	M 103	02:09:49	06:48:59	11:38:16	13:56:07	15:54:40	17:28:50.75	9:32	6.3
124	MIELNIK KRZYSZTOF	3023	LESZ NO LIMITS RUNNERS	LIPNO	POL	MASTERS M - 40	45	M 104	02:03:25	05:43:50	11:03:53	13:40:41	15:56:17	17:29:16.45	9:32	6.3
125	KOSTRZEWSKI SŁAWOMIR	3109		OPOLE	POL	MASTERS M - 40	46	M 105	01:49:12	05:16:26	11:30:48	13:53:50	15:56:04	17:30:01.05	9:32	6.3
126	GRYS PAWEŁ	3101	WAWRZYNTTEAM	WROCŁAW	POL	SENIOR II M - 30	40	M 106	02:14:04	06:03:22	10:51:59	13:39:35	15:54:51	17:30:14.35	9:32	6.3
127	JAKUBCZYK RAFAŁ	3353	TRIBOYS	LUBOŃ	POL	MASTERS M - 40	47	M 107	02:07:28	05:53:19	11:11:48	13:33:03	15:45:48	17:31:35.15	9:33	6.3
128	KUBICA BARTOSZ	3445		WISŁA WIELKA	POL	MASTERS M - 40	48	M 108	02:04:43	05:40:41	10:55:07	13:35:21	15:49:47	17:34:23.85	9:35	6.3
129	HAMPEL HUBERT	3338		ZIELONA GÓRA	POL	SENIOR I M - 20	7	M 109	02:08:07	05:46:36	11:00:00	13:28:34	15:54:55	17:35:11.90	9:35	6.3
130	ZIELIŃSKI BARTEK	3377	TT SZCZECIN	SZCZECIN	POL	WETERAN I M - 50	13	M 110	02:17:38	05:56:20	10:54:31	13:27:58	15:52:23	17:37:00.00	9:36	6.2
131	JOVANOVIĆ-DOBRYŃSKA MARTA	3446		BIAŁE BŁOTA	POL	SENIOR I K - 20	2	K 21	02:21:30	06:33:52	11:39:42	14:10:24	16:13:02	17:39:44.90	9:38	6.2
132	RYBARCZYK IŁONA	3153	SPARTA RUNNERS	KOŁO	POL	SENIOR II K - 30	13	K 22	01:57:53	05:17:51	10:18:29	13:10:43	15:34:45	17:40:42.05	9:38	6.2
133	ŁĘCKI PIOTR	3436	BP RUNNING TEAM GLIWICE	GLIWICE	POL	MASTERS M - 40	49	M 111	01:49:08	05:08:00	10:33:18	13:11:16	15:39:50	17:41:37.55	9:39	6.2
134	BIAŁAS TOMEK	3253	CONSULTAS	CHORZÓW	POL	MASTERS M - 40	50	M 112	02:02:06	05:51:10	11:26:07	13:50:35	16:04:54	17:47:01.95	9:42	6.2
135	MELLER WOJCIECH	3182	DRUŻYNA WILKA	DYWITY	POL	MASTERS M - 40	51	M 113	02:14:58	06:40:31	12:00:29	14:15:49	16:18:17	17:49:14.80	9:43	6.2
136	DŽUGAN WITOLD	3409		POZNAŃ	POL	WETERAN I M - 50	14	M 114	02:11:16	05:59:02	11:21:33	11:34:22	16:15:47	17:51:03.70	9:44	6.2
137	GAŚCZAK MARIUSZ	3086	KS LENIWIEC	KĘPNO	POL	MASTERS M - 40	52	M 115	02:11:08	06:08:09	11:26:07	13:51:43	16:05:07	17:51:56.00	9:44	6.2
138	ŁUCZYŃSKI MACIEJ	3288		KŁODAWA	POL	MASTERS M - 40	53	M 116	02:04:42	05:29:02	10:40:04	13:20:20	15:53:31	17:52:01.35	9:44	6.2
139	BRODA DOMINIK	3053		WROCŁAW	POL	SENIOR II M - 30	41	M 117	01:51:02	05:31:41	11:30:47	13:55:07	16:03:00	17:52:32.40	9:45	6.2
140	ŁUKAWSKI KRZYSZTOF	3188		ŚWIEBODZICE	POL	SENIOR II M - 30	42	M 118	02:15:12	06:04:47	11:16:04	13:44:46	16:13:51	17:53:55.90	9:45	6.1
141	BATOR MICHAŁ	3001	#SOBASTEAM	NADOLICE WIELKIE	POL	SENIOR II M - 30	43	M 119	02:15:58	05:50:55	10:58:26	13:50:48	16:14:34	17:54:28.70	9:46	6.1
142	ISZCZAK KAZIMIERZ	3190		SZCZECIN	POL	MASTERS M - 40	54	M 120	02:02:05	05:58:34	11:11:35	13:48:10	16:04:33	17:54:33.15	9:46	6.1
143	LECHAŃSKI ŁUKASZ	3397	KS ULTRA TEAM ŁÓDŹ	ŁÓDŹ	POL	MASTERS M - 40	55	M 121	01:54:44	05:20:13	10:45:42	13:37:09	16:15:48	17:55:10.50	9:46	6.1
144	OLSZEWSKI JAROSŁAW	3367	NIGHT RUNNERS	POZNAŃ	POL	WETERAN I M - 50	15	M 122	02:07:19	06:03:57	11:45:26	14:15:24	16:24:32	17:55:23.45	9:46	6.1
145	KOZICZAK KATARZYNA	3078		WROCŁAW	POL	SENIOR II K - 30	14	K 23	02:14:05	05:56:29	10:56:37	13:45:22	16:07:33	17:56:28.30	9:47	6.1
146	DORNIK JAROSŁAW	3117	PZU SPORT TEAM	WROCŁAW	POL	MASTERS M - 40	56	M 123	02:06:00	05:42:33	11:31:11	14:10:39	16:26:22	17:58:37.95	9:48	6.1
147	PLEWA SYLWIA	3286	RKS PIŁA PODLASIE	PIŁA	POL	WETERAN K - 50	1	K 24	02:08:18	06:12:54	11:46:02	14:11:08	16:22:14	18:00:17.35	9:49	6.1

BIEG K-B-L - 110 KM, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	15km	40km	70km	85km	98km	Netto	min/km	km/h
148	RADZIWIŃ ANNA	3082	GRUPA NIENACHALNIE HEROICZNA	POLKOWICE	POL	MASTERS K - 40	8	K 25	02:16:22	06:16:04	11:28:09	14:06:15	16:17:41	18:00:32.95	9:49	6.1
149	JURA MARIUSZ	3490	ZŁOWIESZCZE ZGRZYŃNIECIE ZWIERACZA	ŁÓDŹ	POL	MASTERS M - 40	57	M 124	02:09:22	06:08:20	11:32:50	14:04:03	16:22:17	18:06:54.75	9:52	6.1
150	GRYCMAN MAGDA	3040	SPARTA ULTRA TEAM	TRZCINICA	POL	MASTERS K - 40	9	K 26	02:07:02	05:56:34	11:14:52	13:50:56	16:17:52	18:07:09.75	9:52	6.1
151	SZCZERBAL AGNIESZKA	3052	TKKF MPK POZNAŃ	POZNAŃ	POL	MASTERS K - 40	10	K 27	02:18:32	06:14:28	11:29:52	14:06:25	16:19:46	18:08:07.65	9:53	6.1
152	QUIRINI EWA	3393		NOWY TARG	POL	SENIOR II K - 30	15	K 28	02:14:54	06:04:15	11:34:35	14:04:53	16:24:04	18:08:58.10	9:53	6.1
153	ANZEL DAWID	3026	KURZĘTNIK BIEGA	OLSZTYN	POL	SENIOR II M - 30	44	M 125	02:22:52	06:24:49	11:32:52	14:01:43	16:21:04	18:10:21.45	9:54	6.1
154	BOROWSKA-NAJDEREK PAULINA	3067	WLKP MOUNTAINS ULTRA /FREE RUN	ROKIETNICA	POL	MASTERS K - 40	11	K 29	01:58:51	05:29:17	10:43:08	13:24:06	16:03:05	18:11:54.65	9:55	6
155	ŁĄK TOMASZ	3134	NOA	WROCŁAW	POL	MASTERS M - 40	58	M 126	02:00:14	05:53:19	11:32:16	14:39:06	16:53:50	18:12:47.65	9:56	6
156	MICHAŁSKI MAREK	3414		OSTRÓW WIELKOPOLSKI	POL	MASTERS M - 40	59	M 127	02:12:20	06:10:11	11:55:48	14:21:44	16:33:02	18:12:51.35	9:56	6
157	KAMIŃSKI DANIEL	3027	KS GRUCHA	OZORKÓW	POL	SENIOR II M - 30	45	M 128	01:59:31	05:47:27	11:17:38	14:10:41	16:31:28	18:13:58.25	9:56	6
158	WINNIK ELA	3424		MROWINO	POL	SENIOR II K - 30	16	K 30	01:58:37	05:31:55	10:45:46	13:27:00	16:05:42	18:14:12.70	9:56	6
159	NOWAK BARTŁOMIEJ	3319		ZIELONKI	POL	SENIOR I M - 20	8	M 129	02:14:47	06:10:54	11:38:41	14:15:23	16:32:50	18:15:01.25	9:57	6
160	ZGOŁA PRZEMYSŁAW	3029	TARNOWO PODGÓRNE BIEGA	TARNOWO PODGÓRNE	POL	WETERAN I M - 50	16	M 130	02:18:33	06:14:31	11:34:25	14:08:57	16:25:59	18:22:54.25	10:01	6
161	JACHIMOWSKI JAROSŁAW	3218	POZYTYWNE ZABIEGANI SANOK	SANOK	POL	SENIOR II M - 30	46	M 131	02:18:49	06:33:14	11:53:37	14:38:27	16:50:41	18:23:42.90	10:02	6
162	CEBRAT EWA	3024		SOSNOWIEC	POL	MASTERS K - 40	12	K 31	02:18:52	06:33:30	11:53:40	14:38:42	16:50:43	18:23:44.90	10:02	6
163	SUDUŁ JAROSŁAW	3310	WIERZBICKI RUNNING PROJECT	GORZÓW WIELKOPOLSKI	POL	MASTERS M - 40	60	M 132	02:07:38	06:00:50	11:12:51	14:07:40	16:29:20	18:23:57.20	10:02	6
164	MUCHA MICHAŁ	3119	OCE SPARTY - MONIA GYM	SZCZECIN	POL	MASTERS M - 40	61	M 133	02:03:50	05:45:55	10:58:59	14:00:28	16:25:55	18:24:36.55	10:02	6
165	ŁATAK - SKRABUT BASIA	3080	MUSTANGI	GLIWICE	POL	MASTERS K - 40	13	K 32	02:08:28	06:08:24	11:14:44	14:09:23	16:29:42	18:25:48.80	10:03	6
166	KORECKI ANDRZEJ	3241	ŁOCHOWO I OKOLICE BIEGAJĄ	MUROWANIEC	POL	MASTERS M - 40	62	M 134	02:08:15	06:13:46	11:48:51	14:33:43	16:39:51	18:28:33.55	10:04	6
167	ŚNIEGOCKA MAGDALENA	3326	TARNOWO PODGÓRNE BIEGA	TARNOWO PODGÓRNE	POL	MASTERS K - 40	14	K 33	02:19:21	06:43:37	12:13:11	14:28:31	16:45:23	18:29:47.60	10:05	5.9
168	JARZYŃKA KRZYSZTOF	3055	K2	LUBLIN	POL	WETERAN I M - 50	17	M 135	02:14:05	06:08:29	11:29:53	14:25:40	16:53:31	18:30:13.20	10:05	5.9
169	MACIEJEWICZ KRZYSZTOF	3014	K2	TERESPOL	POL	WETERAN I M - 50	17	M 135	02:14:08	06:08:31	11:29:54	14:25:46	16:53:32	18:30:13.20	10:05	5.9
170	WYDRYCH BARBARA	3434	PARKRUN GRUDZIĄDZ	GRUDZIĄDZ	POL	SENIOR II K - 30	17	K 34	02:15:46	06:24:11	11:43:54	14:15:11	16:37:54	18:30:20.25	10:05	5.9
171	MARCHWICKI ARKADIUSZ	3291	FEHLAU RUN TEAM	POZNAŃ	POL	MASTERS M - 40	63	M 137	02:15:32	06:11:20	11:46:23	14:32:04	16:49:09	18:31:36.45	10:06	5.9
172	SMYK KAMIL	3256		GDAŃSK	POL	SENIOR II M - 30	47	M 138	01:59:09	05:47:27	11:13:15	14:11:21	16:37:26	18:32:00.15	10:06	5.9
173	MARGOL PAWEŁ	3373		WROCŁAW	POL	SENIOR II M - 30	48	M 139	02:04:10		10:18:33	13:24:34	16:36:05	18:34:13.40	10:07	5.9
174	KORYTEK PIOTR	3120	WITKOWO BIEGA	WITKOWO	POL	MASTERS M - 40	64	M 140	02:03:57	05:37:06	10:55:05	13:50:10	16:33:53	18:34:47.90	10:08	5.9
175	GRZESZCZAK MAREK	3473		LUBLIN	POL	WETERAN II M - 60	3	M 141	02:17:25	06:02:53	11:09:29	14:18:43	16:48:40	18:34:55.30	10:08	5.9
176	GORALEWSKI MATEUSZ	3215		ZABOROW	POL	SENIOR II M - 30	49	M 142	02:05:57	06:00:04	11:13:36	13:51:05	16:29:26	18:35:02.35	10:08	5.9
177	WALCZAK DARIUSZ	3196	OLKUSZBIEGA	BOLESŁAW	POL	MASTERS M - 40	65	M 143	02:12:27	05:57:45	11:34:59	14:11:29	16:40:04	18:37:24.80	10:09	5.9
178	WALCZAK AGNIESZKA	3217	OLKUSZBIEGA	BOLESŁAW	POL	MASTERS K - 40	15	K 35	02:09:16	05:57:45	11:35:01	14:11:34	16:40:07	18:37:25.85	10:09	5.9
179	BULIKOWSKI TOMASZ	3277		SZCZECIN	POL	MASTERS M - 40	66	M 144	02:06:37	05:58:47	11:14:11	14:01:17	16:38:03	18:42:29.45	10:12	5.9
180	ORLICZ MICHAŁ	3123		WARSZAWA	POL	WETERAN I M - 50	19	M 145	02:00:37	05:47:47	11:27:33	14:10:09	16:52:01	18:44:03.75	10:13	5.9
181	GRZYWACZ RAFAŁ	3369	NIGHT RUNNERS	POZNAŃ	POL	SENIOR II M - 30	50	M 146	02:00:25	05:45:56	11:33:36	14:19:13	17:01:20	18:44:54.25	10:13	5.9
182	SMOŁUCH TOMASZ	3178	SAINT-GOBAIN SQUAD	OLKUSZ	POL	MASTERS M - 40	67	M 147	02:15:07	06:10:16	11:34:13	14:14:55	16:45:51	18:45:33.25	10:13	5.9
183	RADZIWIŃ KRZYSIEK	3088	GRUPA NIENACHALNIE HEROICZNA	POLKOWICE	POL	MASTERS M - 40	68	M 148	02:16:26	06:25:19	11:54:22	14:42:02	16:55:48	18:46:04.35	10:14	5.9
184	KLONOWSKI SŁAWOMIR	3096		WAŁCZ	POL	MASTERS M - 40	69	M 149	02:08:05	06:06:50	12:09:41	14:26:53	17:09:38	18:46:23.05	10:14	5.9
185	NOWACKI MICHAŁ	3417	MORSY POZNAŃ	POZNAŃ	POL	MASTERS M - 40	70	M 150	02:17:43	06:15:19	11:22:32	14:18:33	16:45:30	18:47:03.00	10:14	5.9
186	ZIMNIEWICZ JACEK	3309		SZCZYŃNIKI	POL	MASTERS M - 40	71	M 151	02:17:46	06:15:21	11:22:32	14:19:03	16:45:30	18:47:03.20	10:14	5.9
187	SIERŻANT KAROL	3356	FIKU-MIKU GOSTYŃ	GOSTYŃ	POL	MASTERS M - 40	72	M 152	02:01:40	05:54:37	11:35:32	14:19:46	17:05:18	18:48:38.90	10:15	5.8
188	KACZYŃSKI ARTUR	3500		WARSZAWA	POL	MASTERS M - 40	73	M 153	02:04:12	06:06:33	11:38:36	14:26:21	16:57:20	18:51:23.20	10:17	5.8
189	STODULSKI KRZYSZTOF	3283	ULTRA KUTNO	KRZYŻANÓW	POL	MASTERS M - 40	74	M 154	02:03:05	05:49:30	11:33:34	14:14:30	16:58:27	18:55:41.30	10:19	5.8
190	KUCHARSKI WALDEMAR	3285	TT-SZCZECIN	SZCZECIN	POL	WETERAN I M - 50	20	M 155	02:12:57	05:55:41	11:43:33	14:39:29	17:10:02	18:55:55.65	10:19	5.8
191	GAŁKA JACEK	3166	VEGE RUNNERS	ŻMIGRÓD	POL	MASTERS M - 40	75	M 156	02:12:19	06:05:18	11:50:24	14:47:19	17:16:03	18:57:01.00	10:20	5.8
192	WAROWNY DAWID	3271	WAWRZYNTAM	SIEDŁKOWICE	POL	MASTERS M - 40	76	M 157	02:07:19	05:58:39	11:46:35	14:39:42	17:13:01	18:58:59.25	10:21	5.8
193	AZAREWICZ GRZEGORZ	3489		GDAŃSK	POL	MASTERS M - 40	77	M 158	02:08:41	06:05:30	12:00:01	14:46:48	17:17:23	18:59:56.45	10:21	5.8
194	KONOPKA BARTOSZ	3479	BIEGAMBOLUBIĘ	KRAKÓW	POL	MASTERS M - 40	78	M 159	02:03:43	05:46:51	11:22:09	14:23:25	16:58:31	19:00:29.25	10:22	5.8
195	JAUMOTTE LAURENT	3461	UNIQA	PRAHA	CZE	MASTERS M - 40	79	M 160	01:55:24	05:18:58	10:56:47	14:00:33	16:52:20	19:01:44.45	10:22	5.8
196	LEWANDOWSKA MARLENA	3364	PODGÓRZ TORUŃ	TORUŃ	POL	MASTERS K - 40	16	K 36	02:03:57	06:02:33	11:36:59	14:15:05	17:09:31	19:03:50.85	10:23	5.8
197	CURZYDŁO BOGDAN	3192	POZYTYWNE ZABIEGANI SANOK	SANOK	POL	MASTERS M - 40	80	M 161	02:19:51	06:33:14	11:56:52	14:44:08	17:20:50	19:03:58.75	10:23	5.8

BIEG K-B-L - 110 KM, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	15km	40km	70km	85km	98km	Netto	min/km	km/h
198	DOMARADZKA- KASZUBOWICZ WIKTORIA	3018		SANOK	POL	SENIOR II K - 30	18	K 37	02:19:56	06:33:16	11:58:18	14:44:32	17:20:53	19:03:59.15	10:23	5.8
199	LEŚNIAK-POPIEL MARTA	3110	POZYTYWNE ZABIEGANI SANOK	SANOK	POL	MASTERS K - 40	17	K 38	02:20:01	06:33:30	11:56:55	14:44:14	17:20:52	19:04:01.05	10:24	5.8
200	ZYGNER SŁAWOMIR	3030		LEŚNE DZIKI PGB TWORZANICE	POL	WETERAN I M - 50	21	M 162	02:05:50	06:06:21	11:43:37	14:30:12	16:54:07	19:12:31.55	10:28	5.7
201	LESZCZYŃSKI KRZYSZTOF	3104		PODLASIAKI BIAŁYSTOK	POL	MASTERS M - 40	81	M 163	02:13:38	06:12:01	11:25:57	14:42:04	17:21:21	19:15:48.20	10:30	5.7
202	KIERSKI DARIUSZ	3060		PSZCZYNA	POL	WETERAN I M - 50	22	M 164	02:14:55	06:22:53	12:10:15	15:06:11	17:39:59	19:22:24.05	10:34	5.7
203	BARAN STANISŁAW	3403		SAINT-GOBAIN SQUAD CIEŚLIN	POL	MASTERS M - 40	82	M 165	02:10:42	06:10:36	11:37:29	14:55:51	17:27:20	19:22:57.20	10:34	5.7
204	PRZEWŁOKA WOJCIECH	3399		SAINT-GOBAIN SQUAD KOLBARK	POL	MASTERS M - 40	83	M 166	02:14:17	06:07:36	11:37:28	14:54:29	17:26:58	19:22:59.85	10:34	5.7
205	ŁABĘDZKI MARIUSZ	3046		STARGARD JA SIĘ NIE ŚCIGAM STARGARD	POL	MASTERS M - 40	84	M 167	02:21:11	06:40:41	12:31:29	15:21:39	17:37:13	19:23:35.35	10:34	5.7
206	BEDNARCZYK BOGUSŁAW	3497		PRO-RUN WROCŁAW WROCŁAW	POL	WETERAN I M - 50	23	M 168	02:21:17	06:37:55	12:42:48	15:29:54	17:47:00	19:23:58.35	10:34	5.7
207	PIĄTOŃ PIOTR	3224		NIEPOŁOMICIE BIEGAJĄ WIELICZKA	POL	MASTERS M - 40	85	M 169	02:07:35	05:55:48	11:24:10	14:43:37	17:35:11	19:25:05.05	10:35	5.7
208	RYBACKI DARIUSZ	3202		NAUCZYCIEL SIERADZ	POL	MASTERS M - 40	86	M 170	02:11:22	06:28:12	12:17:45	15:12:29	17:44:40	19:25:35.50	10:35	5.7
209	WOSZCZAK ZBIGNIEW	3407		STRZELIŃSKI KLUB BIEGACZA GRANIT STRZELIN	POL	WETERAN I M - 50	24	M 171	02:30:18	06:58:41	12:28:39	15:22:06	17:46:18	19:29:46.20	10:38	5.6
210	WOSZCZAK JOLANTA	3408		STRZELIŃSKI KLUB BIEGACZA GRANIT STRZELIN	POL	WETERAN K - 50	2	K 39	02:30:53	06:58:53	12:28:41	15:23:23	17:46:20	19:29:47.55	10:38	5.6
211	GRZESIAK MATEUSZ	3387		KLUB AA MIANOWICE	POL	SENIOR II M - 30	51	M 172	02:15:56	06:37:31	12:24:37	15:12:46	17:40:48	19:29:55.70	10:38	5.6
212	BIAŁEK ADAM	3484		ŁÓDŹ	POL	WETERAN I M - 50	25	M 173	02:22:50	06:44:31	12:32:01	15:17:10	17:44:08	19:32:51.60	10:39	5.6
213	BALCERZAK MARIUSZ	3320		DROGA DO ULTRA / SZAKALE BAŁUT	POL	MASTERS M - 40	87	M 174	02:22:51	06:44:33	12:32:04	15:17:16	17:44:14	19:32:54.05	10:39	5.6
214	NOWAK JAROSŁAW	3441		ŁOMNICA	POL	WETERAN I M - 50	26	M 175	02:13:46	06:23:24	12:05:23	14:56:09	17:43:12	19:33:46.40	10:40	5.6
215	GRABOWICZ PAWEŁ	3444		SIEKIERKI WIELKIE	POL	MASTERS M - 40	88	M 176	02:19:17	06:23:26	12:05:23	15:04:56	17:43:10	19:33:47.25	10:40	5.6
216	LITEWKA JACEK	3421		KUMPLE ŻWIRKA WIELKA WIEŚ	POL	MASTERS M - 40	89	M 177	02:06:30	06:07:59	12:05:03	15:03:21	17:43:45	19:38:50.85	10:43	5.6
217	GŁÓWKA MACIEJ	3264		KARWIANY	POL	SENIOR II M - 30	52	M 178	02:16:39	06:36:44	12:36:14	15:35:31	18:00:12	19:39:50.80	10:43	5.6
218	GARSTKA ZBIGNIEW	3281		WRONIECKI KLUB BIEGACZA WRONKI	POL	MASTERS M - 40	90	M 179	02:12:39	06:43:50	12:34:54	15:18:19	18:01:34	19:42:36.20	10:45	5.6
219	ZDANOWICZ ELŻBIETA	3223		VEGE RUNNERS WROCŁAW	POL	MASTERS K - 40	18	K 40	02:18:24	06:35:09	12:20:15	15:16:00	17:52:37	19:42:46.15	10:45	5.6
220	KOBIEC ELŻBIETA	3405		GÓRNO	POL	MASTERS K - 40	19	K 41	02:10:36	06:34:49	12:12:24	15:13:37	17:51:39	19:42:59.25	10:45	5.6
221	MINIUR JACEK	3406		KIELCE	POL	WETERAN I M - 50	27	M 180	02:10:37	06:34:50	12:12:24	15:13:47	17:51:40	19:43:00.15	10:45	5.6
222	WÓJCIK ARTUR	3050		W POGONI ZA DUCHEM DĄBROWA GÓRNICZA	POL	MASTERS M - 40	91	M 181	02:06:29	05:50:30	11:33:33	15:04:56	17:17:25	19:43:32.70	10:45	5.6
223	SUROWIEC ROBERT	3419		GORZÓW WIELKOPOLSKI	POL	WETERAN I M - 50	28	M 182	02:18:39	06:34:24	12:24:31	15:23:30	18:02:28	19:46:11.25	10:47	5.6
224	KACZMAREK DAGMARA	3462		HURAGAN LIGOTA KATOWICE	POL	SENIOR II K - 30	19	K 42	02:20:53	06:39:02	12:05:17	14:58:23	17:53:49	19:51:23.00	10:49	5.5
225	GŁADYSZ ROBERT	3167		SCE24.PL BIELAWA	POL	MASTERS M - 40	92	M 183	02:10:36	06:08:21	12:11:49	15:18:08	18:05:19	19:56:28.70	10:52	5.5
226	RYBCZYŃSKI PRZEMYSŁAW	3048		KRAKÓW	POL	WETERAN I M - 50	29	M 184	02:10:33	06:08:17	12:11:48	15:17:51	18:05:17	19:56:29.30	10:52	5.5
227	SZYMKOWIAK MARIUSZ	3203		WRONKI	POL	WETERAN I M - 50	30	M 185	02:09:23	06:08:42	12:12:13	15:18:21	18:05:42	19:56:53.30	10:52	5.5
228	MUCHA ADAM	3261		BORÓWIEC	POL	WETERAN I M - 50	31	M 186	02:14:50	06:26:21	12:22:09	15:27:24	18:02:48	19:59:42.50	10:54	5.5
229	BUDKOWSKI KAMIL	3478		SIECHNICE	POL	SENIOR II M - 30	53	M 187	02:07:12	06:25:52	12:30:23	15:20:35	17:54:10	20:08:47.85	10:59	5.5
230	DUDEK BARTŁOMIEJ	3359		12TRI.PL WARSZAWA	POL	SENIOR II M - 30	54	M 188	02:35:01	06:42:55	12:15:50	15:12:34	17:53:04	20:10:24.75	11:00	5.5
231	SŁUZEK MIROSŁAW	3095		WARSZAWA	POL	WETERAN I M - 50	32	M 189	02:08:12	06:34:33	12:13:19	15:21:53	18:05:58	20:15:41.85	11:03	5.4
232	SADOWSKI GRZEGORZ	3058		NA WYBIEGU GDAŃSK	POL	SENIOR II M - 30	55	M 190	02:08:27	06:29:58	12:30:46	15:16:18	17:59:36	20:18:49.55	11:04	5.4
233	BURZYŃSKA EWELINA	3084		NATURA BIEDRUSKO BIEDRUSKO	POL	MASTERS K - 40	20	K 43	02:18:04	06:38:43	13:03:02	15:49:54	18:21:40	20:18:53.90	11:04	5.4
234	SZYSZŁOWSKI WALDEMAR	3206		PATOBIEGACZE POZNAŃ	POL	SENIOR II M - 30	56	M 191	02:08:17	06:12:53	11:47:08	14:53:43	17:50:55	20:19:01.95	11:04	5.4
235	IGNASZEWSKI MICHAŁ	3042		DRUŻYNA SZPIKU RADZYNY	POL	SENIOR II M - 30	57	M 192	02:23:34	06:41:52	12:26:01	15:18:13	18:22:05	20:26:27.50	11:08	5.4
236	WOJTAS RYSZARD	3073		WĄGROWIEC	POL	WETERAN I M - 50	33	M 193	02:23:36	06:41:54	12:26:01	15:18:29	18:22:15	20:26:30.00	11:09	5.4
237	PEKALA JULITA	3295		RYTWIANY	POL	MASTERS K - 40	21	K 44	02:15:53	06:43:22	12:47:10	15:53:21	18:26:02	20:26:46.10	11:09	5.4
238	HOFSTRA TSJEARD	3430		WONMELS	NED	MASTERS M - 40	93	M 194	02:16:28	06:11:25	11:39:54	15:14:51	18:11:51	20:27:21.65	11:09	5.4
239	BUJLIS EUGENIUSZ	3443		GIEŃO BIEGA WRÓBLOWICE	POL	MASTERS M - 40	94	M 195	02:12:13	06:51:41	13:06:09	16:16:35	18:34:11	20:28:17.30	11:09	5.4
240	ZAJĄC RAFAŁ	3437		KP ZIELONA GÓRA BYTOM ODZAŃSKI	POL	SENIOR II M - 30	58	M 196	02:12:07	06:23:45	12:28:54	15:49:56	18:26:24	20:29:26.45	11:10	5.4
241	SŁAWOMIR CHYLIŃSKI	3321		NADAKTYWNI NOWE MIASTECZKO NOWE MIASTECZKO	POL	WETERAN I M - 50	34	M 197	02:12:10	06:23:56	12:35:37	15:50:01	18:27:13	20:29:26.55	11:10	5.4
242	KUŻEL ADRIAN	3204		NADAKTYWNI NOWE MIASTECZKO NOWE MIASTECZKO	POL	MASTERS M - 40	95	M 198	02:12:07	06:23:48	12:29:01	15:50:06	18:31:06	20:29:26.95	11:10	5.4
243	NOWICKI MAREK	3174		PORANNI BIEGACZE DOBRZYKOWICE	POL	WETERAN I M - 50	35	M 199	02:21:01	06:34:59	12:26:56	15:28:49	18:19:56	20:30:39.60	11:11	5.4
244	WOŹNIAK PAWEŁ	3037		ENDORFINA WSCHOWA DĘBOWA ŁĘKA	POL	MASTERS M - 40	96	M 200	02:14:07	06:57:21	12:53:38	15:59:12	18:31:10	20:33:18.90	11:12	5.4
245	DEKIERT AGNIESZKA	3411		LUBIN	POL	MASTERS K - 40	22	K 45	02:18:22	06:35:11	12:21:14	15:17:03	18:21:11	20:33:41.75	11:12	5.3
246	BAR ALEKSANDRA	3449		GMINA STRZELCE OPOLSKIE STRZELCE OPOLSKIE	POL	MASTERS K - 40	23	K 46	02:09:38	06:23:24	12:12:21	15:17:45	18:29:21	20:34:13.35	11:13	5.3
247	ZBYRYT MAREK	3150		AKTYWNA NOWA RUDA NOWA RUDA	POL	WETERAN I M - 50	36	M 201	02:11:50	06:27:58	12:34:34	15:18:34	18:02:53	20:34:41.60	11:13	5.3

BIEG K-B-L - 110 KM, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	15km	40km	70km	85km	98km	Netto	min/km	km/h
248	DEIGSLER PRZEMYSŁAW	3155		POZNAŃ	POL	MASTERS M - 40	97	M 202	02:09:31	06:19:51	12:20:31		18:22:32	20:35:20.30	11:13	5.3
249	ZAMBRZYCKI MACIEJ	3344	SAP LABS POLAND TEAM	GLIWICE	POL	MASTERS M - 40	98	M 203	02:09:18	05:52:52	11:57:57	15:17:02	18:15:52	20:36:59.75	11:14	5.3
250	KOSIERKIEWICZ GRZEGORZ	3501		KIELCE	POL	MASTERS M - 40	99	M 204	02:21:17	06:42:28	12:51:09	15:51:07	18:37:22	20:38:32.30	11:15	5.3
251	SKŁADZIEN BARTOSZ	3339		WARSZAWA	POL	SENIOR II M - 30	59	M 205	02:07:54	05:50:03	11:32:08	14:46:34	18:08:04	20:43:32.40	11:18	5.3
252	JAKUBIEC BARTŁOMIEJ	3294	ROZPIERDOLSI	WROCLAW	POL	SENIOR II M - 30	60	M 206	02:07:54	05:49:58	11:32:14	14:39:36	18:09:31	20:43:36.05	11:18	5.3
253	JĘKA MATEUSZ	3312	*****	WROCLAW	POL	SENIOR II M - 30	61	M 207	02:07:54	05:50:07	11:32:11	14:39:44	18:08:08	20:43:37.75	11:18	5.3
254	NIKEL JACEK	3458		SOSNOWIEC	POL	SENIOR II M - 30	62	M 208	02:18:04	06:36:34	12:48:11	15:37:42	18:37:06	20:46:57.60	11:20	5.3
255	KRAŃSKA SANDRA	3440		KRAKÓW	POL	SENIOR II K - 30	20	K 47	02:18:09	06:36:45	12:48:21	15:45:00	18:37:15	20:47:50.40	11:20	5.3
256	PRONOBIS-PRONSKI MICHAŁ	3102	SLOW JOGGING	WARSZAWA	POL	MASTERS M - 40	100	M 209	02:10:36	06:38:55	12:50:12	15:59:21	18:31:58	20:49:13.10	11:21	5.3
257	RABSCH PATRYCJA	3068		POZNAŃ	POL	SENIOR II K - 30	21	K 48	02:30:54	06:43:55	12:44:00	15:52:43	18:38:26	20:49:13.70	11:21	5.3
258	PAKUŁA KONRAD	3371		WITKOWO	POL	SENIOR II M - 30	63	M 210	02:00:31	05:47:51	12:20:57	16:00:13	18:50:13	20:50:23.85	11:22	5.3
259	BIELECKI DAMIAN	3372		KIELCE	POL	SENIOR I M - 20	9	M 211	02:00:30	05:47:50	12:20:56	16:00:24	18:50:16	20:50:23.90	11:22	5.3
260	PIĄTEK TOMASZ	3146	WILD BUCHAYS	PISARZOWICE	POL	MASTERS M - 40	101	M 212	02:10:53	06:17:01	12:09:02	15:14:07	18:28:31	20:50:49.35	11:22	5.3
261	BATOR MONIKA	3019		WARSZAWA	POL	SENIOR II K - 30	22	K 49	02:11:28	06:29:19	12:30:34	15:38:29	18:39:07	20:52:41.05	11:23	5.3
262	NOWAK RAFAŁ	3400	NIEPOŁOMICE BIEGAJĄ	KRAKÓW	POL	SENIOR II M - 30	64	M 213	02:26:21	06:54:55	12:50:52	15:53:30	18:49:01	20:53:56.25	11:23	5.3
263	PASISZ ARTUR	3360	NIEPOŁOMICE BIEGAJĄ	NIEPOŁOMICE	POL	MASTERS M - 40	102	M 214	02:27:33	06:55:13	12:53:46	15:54:42	18:46:08	20:54:04.40	11:24	5.3
264	KUPIEC MACIEJ	3061	#ZEBERKATEAM	IWINY	POL	MASTERS M - 40	103	M 215	02:19:31	06:50:18	12:50:02	15:58:20	18:50:26	20:55:06.30	11:24	5.3
265	PIOTROWSKI MICHAŁ	3115	#ZEBERKATEAM	WROCLAW	POL	MASTERS M - 40	104	M 216	02:19:35	06:50:16	12:49:52	15:58:10	18:58:44	20:55:07.70	11:24	5.3
266	PÓŁGRABIA DAWID	3151	#ZEBERKATEAM	WROCLAW	POL	MASTERS M - 40	105	M 217	02:19:36	06:50:16	12:50:01	15:58:20	18:50:14	20:55:09.70	11:24	5.3
267	NAPIERAŁA KATARZYNA	3426		SUCHY LAS	POL	MASTERS K - 40	24	K 50	02:18:11	06:39:00	13:23:54	16:35:10	19:09:19	20:55:44.05	11:24	5.3
268	DOBEK TOMASZ	3268	BIEGAMPLOCKTEAM	PŁOCK	POL	WETERAN I M - 50	37	M 218	02:18:54	06:22:36	12:32:03	15:28:26	18:26:38	20:55:56.00	11:25	5.3
269	MALIK ROBERT	3013	NEWATER	WROCLAW	POL	MASTERS M - 40	106	M 219	02:25:39	06:39:11	12:33:00	16:08:34	18:51:10	20:56:25.80	11:25	5.3
270	RZEPKA ALEKSANDRA	3116	WKURW_TEAM	WARSZAWA	POL	SENIOR II K - 30	23	K 51	02:09:59	06:38:28	12:47:56	16:17:34	18:54:28	20:56:40.90	11:25	5.3
271	WITEK ERYK	3138	QCE SPARTY - MONIA GYM	SZCZECIN	POL	MASTERS M - 40	107	M 220	02:03:51	06:08:17	12:16:12	15:18:25	18:24:57	20:57:20.05	11:25	5.2
272	WRONA SYLWESTER	3388		KRAKÓW	POL	MASTERS M - 40	108	M 221	02:11:24	06:26:29	12:16:03	15:39:52	18:42:18	20:57:26.45	11:25	5.2
273	WILK JAROSŁAW	3147	BEMOWO BIEGA	WARSAWA	POL	WETERAN I M - 50	38	M 222	02:08:34	06:29:21	12:36:38	15:37:36	18:39:07	20:57:56.80	11:26	5.2
274	GAWŁAS PRZEMYSŁAW	3507		MŁYNÓW	POL	MASTERS M - 40	109	M 223	02:20:46	06:43:38	12:38:12	15:43:46	18:48:49	20:58:12.55	11:26	5.2
275	STAJNIAK-STELIGA IZABELA	3214	OBORYGENI	WILCZYN	POL	MASTERS K - 40	25	K 52	02:56:15	07:55:06	13:58:01	16:53:54	19:19:03	21:00:01.30	11:27	5.2
276	POLIWIKA MARIUSZ	3300	FITNESS PIEKARY LEGNICA	SPALONA	POL	MASTERS M - 40	110	M 224	02:10:15	06:29:30	13:29:08	16:31:28	19:15:27	21:00:31.30	11:27	5.2
277	KRUPIŃSKI MAREK	3503	DĄBROWSKI TEAM/ MARO RUNNER	OSTROŁĘKA	POL	SENIOR I M - 20	10	M 225	01:51:36	06:02:12	13:06:04	16:06:00	18:43:32	21:02:35.50	11:28	5.2
278	RUDY IWONA	3299		WARSZAWA	POL	SENIOR II K - 30	24	K 53	02:11:32	06:29:19	12:30:34	15:40:34	18:39:04	21:06:08.80	11:30	5.2
279	GRZYB KRZYSZTOF	3245	KLUB BIEGACZA RTV EURO AGD/ SMASHING PĄPKINS	POZNAŃ	POL	MASTERS M - 40	111	M 226	02:34:26	07:42:05	13:46:24	16:40:19	19:13:48	21:07:35.70	11:31	5.2
280	SZMYT PIOTR	3273	WLKP MOUNTAINS ULTRA	POZNAŃ	POL	MASTERS M - 40	112	M 227	02:15:36	06:49:11	13:06:08	16:15:26	19:12:48	21:10:06.45	11:32	5.2
281	ZYŻAŃSKI ANDRZEJ	3331	ZIZU	WROCLAW	POL	MASTERS M - 40	113	M 228	02:15:48	06:49:07	13:06:05	16:15:29	19:12:49	21:10:21.15	11:32	5.2
282	RZYHA HUBERT	3262	RUNNER'S POWER	MOŚCIEŃCICA	POL	SENIOR II M - 30	65	M 229	02:28:56	06:44:40	12:23:07	15:34:40	18:51:10	21:10:26.00	11:32	5.2
283	MRÓZ ANNA	3395		POZNAŃ	POL	SENIOR II K - 30	25	K 54	02:28:50	06:44:39	12:23:04	15:34:33	18:51:07	21:10:29.40	11:32	5.2
284	MAĆKOWIAK ŁUKASZ	3345	MATNER RUNNING TEAM	WROCLAW	POL	SENIOR II M - 30	66	M 230	02:04:19	06:17:23	12:29:40	15:39:19	18:37:50	21:12:16.85	11:33	5.2
285	STRZYŻEWSKI PAWEŁ	3028	BEMOWO BIEGA	WARSZAWA	POL	MASTERS M - 40	114	M 231	02:11:32	06:29:20	12:36:38	15:38:39	18:39:04	21:13:36.95	11:34	5.2
286	GAŃSKA-KARAMON MONIKA	3121	BEMOWO BIEGA	WARSZAWA	POL	MASTERS K - 40	26	K 55	02:11:23	06:29:19	12:30:36	15:37:40	18:39:10	21:13:39.85	11:34	5.2
287	SERWADCZAK MAREK	3491		DROGOSZOWICE	POL	WETERAN I M - 50	39	M 232	02:17:54	06:39:05	13:02:48	16:11:25	19:04:56	21:14:51.80	11:35	5.2
288	BIELEŃ AGNIESZKA	3428	OWOCBIEGATEAM/MUAY RUNNING TEAM	POZNAŃ	POL	SENIOR II K - 30	26	K 56	02:23:54	06:41:09	13:06:04	16:01:10	18:53:24	21:16:50.20	11:36	5.2
289	LUBANSKI MATEUSZ	3431	TEAM ZABIEGANEDNI	JOZEFOW	POL	SENIOR I M - 20	11	M 233	02:14:47	06:37:37	12:56:31	16:35:16	19:25:32	21:17:34.70	11:36	5.2
290	SILSKA SYLWIA	3230		POTASZE	POL	MASTERS K - 40	27	K 57	02:27:20	07:20:06	13:24:37	16:24:11	19:09:19	21:19:09.45	11:37	5.2
291	WÓJCICKI KAMIL	3460	EX TEAM	LISIECICE	POL	SENIOR II M - 30	67	M 234	02:15:23	06:53:52	13:18:34	16:46:35	19:31:04	21:25:46.65	11:41	5.1
292	GÓRCZYŃSKI RAFAŁ	3090		NOWY TOMYŚL	POL	MASTERS M - 40	115	M 235	02:15:53	06:47:29	13:09:35	16:42:16	19:34:17	21:29:12.10	11:43	5.1
293	RECZUCH ADAM	3317		WROCLAW	POL	MASTERS M - 40	116	M 236			11:47:36			21:30:40.45	11:44	5.1
294	HAMOT ARTUR	3131	BIEGOWA KUŹNIA	SARNOŃ	POL	SENIOR II M - 30	68	M 237	02:15:46	06:44:11	13:21:11	16:37:07	19:24:01	21:31:13.50	11:44	5.1
295	PRUCHNIEWSKA AGNIESZKA	3176	ROKIETNICA BIEGA	ROKIETNICA	POL	MASTERS K - 40	28	K 58	02:15:50	06:26:56	12:47:47	16:12:16	18:56:49	21:31:49.65	11:44	5.1
296	KOWAL SEBASTIAN	3012	IM-POSSIBLE TEAM	RADOM	POL	SENIOR I M - 20	12	M 238	02:05:29	06:28:37	12:47:54	16:31:09	19:51:47	21:32:30.70	11:45	5.1
297	KRUZEL RAFAŁ	3498	BIEGOWE MISIE	LEGNICA	POL	WETERAN I M - 50	40	M 239	02:41:40	07:35:57	14:15:52	17:06:17	19:40:13	21:32:38.95	11:45	5.1
298	ODOLAK PIOTR	3010		SULEJOWEK	POL	SENIOR II M - 30	69	M 240	02:38:48	07:36:55	14:34:45	17:26:39	20:14:42	21:41:43.25	11:50	5.1
299	GINTER GRZEGORZ	3492	AZS COLLEGIUM MEDICUM UJ	KRAKÓW	POL	SENIOR II M - 30	70	M 241	02:24:31	06:45:32	13:16:49	17:14:11	19:52:59	21:42:35.55	11:50	5.1
300	WOJNO MAŁGORZATA	3071	DROGA DO ULTRA	ŁÓDŹ	POL	SENIOR II K - 30	27	K 59	02:34:20	07:09:14	13:30:32	16:41:24	19:27:49	21:43:52.15	11:51	5.1

BIEG K-B-L - 110 KM, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	15km	40km	70km	85km	98km	Netto	min/km	km/h
301	SZCZUKA JOANNA	3113		WIRY	POL	SENIOR I K - 20	3	K 60	02:37:54	07:47:31	14:17:25	17:11:56	19:57:53	21:47:22.55	11:53	5
302	PROŃCZUK ADAM	3145	ZBIEG OKOLICZNOŚCI	CZECHOWICE-DZIEDZICE	POL	WETERAN I M - 50	41	M 242	02:40:03	07:30:36	13:52:58	16:49:40	19:40:53	21:50:58.70	11:55	5
303	LEŚNOWOLSKI PIOTR	3246	KLUB BIEGACZA RTV EURO AGD	WARSZAWA	POL	WETERAN I M - 50	42	M 243	02:34:17	07:42:01	13:49:34	16:48:15	19:35:29	21:54:35.25	11:57	5
304	HETEL ADAM	3267	KLUB BIEGACZA RTV EURO AGD	BYDGOSZCZ	POL	SENIOR II M - 30	71	M 244	02:34:26	07:42:06	13:46:29	16:48:10	19:33:17	21:54:41.90	11:57	5
305	JUCHA JACEK	3198	CARBO ASECURA/CA AKTYWNI	GOCZAŁKOWICE ZDRÓJ	POL	MASTERS M - 40	117	M 245	02:39:26	07:30:33	13:48:40	16:54:55	19:51:54	21:57:37.70	11:58	5
306	BUGAJSKA-JUCHA RENATA	3199	CARBO ASECURA/CA AKTYWNI	GOCZAŁKOWICE ZDRÓJ	POL	MASTERS K - 40	29	K 61	02:39:29	07:30:35	13:48:41	16:54:58	19:52:30	21:57:38.65	11:58	5
307	BRUZDA PIOTR	3091	BIEGOWA KUŹNIA	BĘDZIN	POL	MASTERS M - 40	118	M 246	02:11:14	06:26:32	12:53:55	16:32:58	19:44:12	21:58:03.55	11:58	5
308	BRUZDA JOANNA	3085	BIEGOWA KUŹNIA	BĘDZIN	POL	MASTERS K - 40	30	K 62	02:11:15	06:26:32	12:53:55	16:33:08	19:43:41	21:58:03.70	11:58	5
309	RESPONDEK DARIUSZ	3049		WROCLAW	POL	MASTERS M - 40	119	M 247	02:10:12	06:25:51	13:01:22	16:24:01	19:36:35	21:58:35.35	11:59	5
310	HANSZ DONAT	3302	NETBOX BIEGA	PIASKI	POL	SENIOR I M - 20	13	M 248	02:19:41	06:42:28	13:19:51	16:36:38	19:46:39	22:09:18.50	12:05	5
311	LEŃCZUK WALDEMAR	3453		WROCLAW	POL	WETERAN I M - 50	43	M 249	02:07:28	06:23:29	13:06:26	16:18:07	19:32:01	22:09:54.15	12:05	5
312	TATYS ŁUKASZ	3173		WROCLAW	POL	SENIOR II M - 30	72	M 250	02:07:28	06:15:58	13:09:12	16:28:37	19:32:47	22:10:41.55	12:05	5
313	WOŹNIAK PAWEŁ	3011	KLEP	WROCLAW	POL	MASTERS M - 40	120	M 251	02:01:07	05:46:27	13:36:05	16:21:36	19:12:50	22:20:08.65	12:10	4.9
314	HANGIEL URSZULA	3422	ŻWAWIE ŻÓŁWIE	WARSZAWA	POL	SENIOR II K - 30	28	K 63	02:38:29	07:38:59	14:14:40	17:30:35	20:29:41	22:23:18.20	12:12	4.9
315	CZACHOWSKI MICHAŁ	3423		WARSZAWA	POL	WETERAN I M - 50	44	M 252	02:38:54	07:39:25	14:14:58	17:30:29	20:32:55	22:25:30.40	12:13	4.9
316	SZEWCZYK MAREK	3161	CYBINA TEAM	POZNAŃ	POL	WETERAN II M - 60	4	M 253	02:30:42	07:15:15	13:47:28	17:00:08	19:57:43	22:28:04.70	12:15	4.9
317	JEDYNAK-DOROSZ IZABELA	3495	KB MANIAC POZNAŃ/OWOCBIEGA	TULCE	POL	MASTERS K - 40	31	K 64	02:37:39	07:06:05	13:20:58	16:20:21	19:25:05	22:30:06.35	12:16	4.9
318	BARAŃSKI RAFAŁ	3227	BIEGAM BO MUSZĘ OPOLE	OPOLE	POL	WETERAN I M - 50	45	M 254	02:28:05	07:20:38	14:00:47	17:10:11	20:09:51	22:32:19.45	12:17	4.9
319	BŁASZKOWSKI DANIEL	3335	MAJ.R RAWICZ	RAWICZ	POL	MASTERS M - 40	121	M 255	02:25:41	07:28:17	14:01:21	17:18:24	20:15:21	22:33:06.25	12:18	4.9
320	WIECZOREK MONIKA	3232		BOLKÓW	POL	MASTERS K - 40	32	K 65	02:25:57	07:27:46	14:01:20	17:18:40	20:15:19	22:33:07.70	12:18	4.9
321	WOLSZCZAK KONRAD	3343	BIEGIEM PO MARZENIA TEAM	LUBIN	POL	SENIOR II M - 30	73	M 256	02:20:20	06:38:44	13:42:30	17:13:53	20:11:50	22:37:18.50	12:20	4.9
322	CHWIAŁKOWSKI ŁUKASZ	3301		LUBIN	POL	MASTERS M - 40	122	M 257	02:20:21	06:25:46	13:42:30	17:12:58	20:11:48	22:37:18.85	12:20	4.9
323	BAGIŃSKI JAKUB	3350	WILD DOGS TEAM	KRAKÓW	POL	SENIOR II M - 30	74	M 258	02:19:48	06:21:37	12:59:17	16:11:23	19:44:08	22:41:15.75	12:22	4.8
324	ZAJDEL KAROLINA	3349	WILD DOGS TEAM	KRAKÓW	POL	SENIOR I K - 20	4	K 66	02:19:47	06:21:38	12:59:17	16:11:30	19:44:08	22:41:16.80	12:22	4.8
325	IHNATOWICZ ŁUKASZ	3272		GLIWICE	POL	SENIOR II M - 30	75	M 259	02:33:18	06:56:33	13:47:00	17:11:41	20:09:52	22:43:26.35	12:23	4.8
326	PÖPKE ANNA	3259	UKS AKADEMIA SPORTU GARNEK/ RUNDOMSKO	KŁOMNICE	POL	SENIOR I K - 20	5	K 67	02:10:55	06:56:15	13:22:41	17:08:04	20:06:08	22:46:54.25	12:25	4.8
327	PELJAK MARIUSZ	3236		SOBÓTKA	POL	SENIOR II M - 30	76	M 260	02:18:14	07:00:56	13:20:33	16:50:41	20:11:39	22:47:16.15	12:25	4.8
328	KOPACKA EDYTA	3243	KB SOBÓTKA	WROCLAW	POL	SENIOR II K - 30	29	K 68		07:01:01	13:20:35	16:50:50	20:14:56	22:47:17.95	12:25	4.8
329	KORNAŚ MARCIN	3016	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	ZĄBKOWICE ŚLĄSKIE	POL	MASTERS M - 40	123	M 261	02:19:52	07:04:21	13:52:27	17:31:45	20:26:40	22:48:20.35	12:26	4.8
330	STAŃCZYKOWSKI RAFAŁ	3282		GDYNIA	POL	MASTERS M - 40	124	M 262	02:32:48	07:09:07	13:29:13	17:23:38	20:43:38	22:48:54.90	12:26	4.8
331	ŁASKAWSKA JUSTYNA	3469		WARSZAWA	POL	MASTERS K - 40	33	K 69	02:18:17	06:43:50	13:11:35	17:18:00	20:19:14	22:50:08.25	12:27	4.8
332	ZDUNEK MARIUSZ	3358		WARSZAWA	POL	SENIOR II M - 30	77	M 263	02:12:01	06:22:31	13:14:06	17:28:45	20:43:30	22:58:54.65	12:32	4.8
333	CZERWIŃSKI ŁUKASZ	3329	RAFFLES EUROPEJSKI WARSAW	MIŃSK MAZOWIECKI	POL	MASTERS M - 40	125	M 264	02:12:02	06:22:32	13:14:13	17:28:51	20:43:29	22:58:55.90	12:32	4.8
334	KOPACZYŃSKA BEATA	3454	CROSSFIT ZIELONA GÓRA	ZIELONA GÓRA	POL	WETERAN K - 50	3	K 70	02:16:54	06:58:41	14:18:52	18:08:05	21:09:22	23:13:16.20	12:39	4.7
335	LOMAGISTRO PIETRO	3455	A.S.D. GRUPPO PODISTICO SAN PIO X	CURTATONE (MN)	ITA	MASTERS M - 40	126	M 265	02:16:56	06:58:45	14:18:55	18:08:08	21:09:29	23:13:16.70	12:39	4.7
336	ŻUKOWSKI CEZARY	3036	FOR-REST-RUN	KOSZALIN	POL	SENIOR II M - 30	78	M 266	02:18:18	06:31:55	13:36:22	17:22:46	20:46:40	23:13:56.60	12:40	4.7
337	CHOŁUJ JAROSŁAW	3066	FOR-REST-RUN	KOSZALIN	POL	MASTERS M - 40	127	M 267	02:18:16	06:31:58	13:36:22	17:23:00	20:46:35	23:13:56.85	12:40	4.7
338	GUZIK DANIEL	3303		GRABOWA	POL	MASTERS M - 40	128	M 268	02:20:01	07:28:22	14:04:12	17:39:08	20:39:49	23:16:08.50	12:41	4.7
339	JERCZYŃSKI RADOSŁAW	3289		ŁĘKA OPATOWSKA	POL	MASTERS M - 40	129	M 269	02:35:00	08:00:50	14:46:49	17:58:04	20:56:13	23:20:12.70	12:43	4.7
340	JUSZCZYK MAŁGORZATA	3226	NIEPOŁOMICE BIEGAJA	NIEPOŁOMICE	POL	MASTERS K - 40	34	K 71	02:41:43	07:53:03	15:27:33	18:32:08	21:17:24	23:21:43.30	12:44	4.7
341	DĄBROWSKI MICHAŁ	3504	ULTRAPOŚLADACH/ TEAM ZABIEGANE DNI	WARSZAWA	POL	MASTERS M - 40	130	M 270	02:14:31	06:41:30	13:20:23	17:29:50	20:47:33	23:22:49.35	12:45	4.7
342	WILK MAGDALENA	3322	ULTRAPOŚLADACH / TEAM ZABIEGANEDNI	WARSZAWA	POL	MASTERS K - 40	35	K 72	02:15:20	06:41:34	13:20:30	17:31:00	20:50:19	23:22:50.05	12:45	4.7
343	SOKOŁOWSKI ARTUR	3416	TEAM ZABIEGANEDNI	OTWOCK	POL	MASTERS M - 40	131	M 271	02:30:53	07:14:04	14:05:00	17:49:11	21:03:50	23:26:13.80	12:47	4.7
344	SOBAŃSKA PAULINA	3314	TARNOWO PODGÓRNE BIEGA	TARNOWO PODGÓRNE	POL	SENIOR II K - 30	30	K 73	02:47:08	08:14:12	15:06:48	18:37:19	21:21:43	23:31:41.95	12:50	4.7
345	TARNOWSKI TOMASZ	3184	KS SOŚNICA	GLIWICE	POL	MASTERS M - 40	132	M 272	02:51:43	07:44:30	14:28:27	17:51:59	20:45:23	23:32:04.70	12:50	4.7
346	KOWALSKI ADAM	3240	ZŁOTE KLOCKI NA SZNURKU	GDANSK	POL	SENIOR II M - 30	79	M 273	02:37:04	07:37:49	14:27:00	18:05:48	21:08:49	23:32:32.85	12:50	4.7

BIEG K-B-L - 110 KM, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	15km	40km	70km	85km	98km	Netto	min/km	km/h
347	BACA BARTOSZ	3238	ZŁOTE KLOCKI NA SZNURKU	POZNAŃ	POL	SENIOR II M - 30	80	M 274	02:37:02	07:37:44	14:26:37	17:36:42	21:08:46	23:32:32.90	12:50	4.7
348	KRUK JACEK	3139	TOTALNIE BIEGNIĘCI	POWAŁKI	POL	MASTERS M - 40	133	M 275	02:18:46	06:53:05	13:51:07	17:35:52	20:51:59	23:32:48.80	12:50	4.7
349	ŁUGOWSKI MAREK	3456		SZCZECIN	POL	MASTERS M - 40	134	M 276	02:17:02	06:58:33	14:18:48	17:58:28		23:34:58.90	12:51	4.7
350	FUNKA ANDRZEJ	3228	NKB CHYŻY NOWY TOMYŚL	NOWY TOMYŚL	POL	WETERAN II M - 60	5	M 277	02:56:17	08:18:36	15:05:20	18:34:05	21:25:34	23:39:39.40	12:54	4.6
351	GAWRON BARTŁOMIEJ	3137		POLSKA NOWA WIEŚ	POL	MASTERS M - 40	135	M 278	02:35:10	07:21:32	14:01:46	17:42:49	21:15:42	23:40:15.45	12:54	4.6
352	GRĘZEL-GAWRON JOLANTA	3136		POLSKA NOWA WIEŚ	POL	MASTERS K - 40	36	K 74	02:35:09	07:21:25	14:01:47	17:42:59	21:15:44	23:40:15.75	12:54	4.6
353	BEDNARCZYK DARIA	3169		POZNAŃ	POL	MASTERS K - 40	37	K 75	02:40:16	07:17:50	14:21:29	17:58:27	21:22:44	23:42:57.35	12:56	4.6
354	HERRMANN-JANKOWSKI PIOTR	3381		CYBINKA	POL	SENIOR II M - 30	81	M 279	02:12:13	06:01:18	12:01:14	16:09:42	20:29:25	23:43:55.10	12:56	4.6
355	PIWOŃSKA AGNIESZKA	3278		ŁÓDŹ	POL	MASTERS K - 40	38	K 76	02:28:58	08:04:58	15:40:19	19:05:22	21:49:17	23:45:12.30	12:57	4.6
356	MIĘTEK AGNIESZKA	3127	BYLE NIE POD GÓRKĘ	ŻAGAŃ	POL	MASTERS K - 40	39	K 77	02:45:04	08:13:45	14:59:29	18:18:15	21:19:13	23:45:28.80	12:57	4.6
357	MIĘTEK DARIUSZ	3124	BYLE NIE POD GÓRKĘ	ŻAGAŃ	POL	MASTERS M - 40	136	M 280	02:45:03	08:13:21	14:59:34	18:19:20	21:19:00	23:45:32.35	12:57	4.6
358	GRZESIAK RAFAŁ	3129	EMERYT	GŁOGÓW	POL	MASTERS M - 40	137	M 281	02:28:50	07:48:18	14:54:43	18:07:15	21:18:57	23:48:50.50	12:59	4.6
359	OLSZEWSKI MICHAŁ	3266	MSPORTTEAM	POLKOWICE	POL	MASTERS M - 40	138	M 282	02:30:06	07:48:17	14:54:41	18:07:22	21:18:23	23:50:14.90	13:00	4.6
360	WAŚCIŃSKI ROMAN	3379	PĘDZI - PARA	GOŁASZYN	POL	WETERAN I M - 50	46	M 283	02:30:39	07:23:59	14:19:28	17:15:37	20:40:56	23:50:46.35	13:00	4.6
361	WAŚCIŃSKA EDYTA	3378	PĘDZI - PARA	GOŁASZYN	POL	WETERAN K - 50	4	K 78	02:31:00	07:24:06	14:19:32	17:45:35	20:58:42	23:50:47.40	13:00	4.6
362	JACHIMECKI RAFAŁ	3249	TUPU-TUPU GŁOGÓW	GŁOGÓW	POL	MASTERS M - 40	139	M 284	02:30:03	07:48:14	14:54:40	18:07:19	21:20:31	23:51:34.95	13:00	4.6
363	JAWORSKI BARŁOMIEJ	3251	WHO DARES WINS,	MIKOŁÓW	POL	WETERAN I M - 50	47	M 285	02:18:36	06:55:57	14:03:39	18:36:40	21:38:56	23:51:48.25	13:00	4.6
364	DUMIŃSKI TOMASZ	3035	STRZEGOMSKA DWUNASTKA	STRZEGOM	POL	MASTERS M - 40	140	M 286	02:28:30	07:28:18	13:42:19	17:28:13	21:05:22	23:53:44.95	13:02	4.6
365	BAGIŃSKA PAULINA	3380		LESZNO	POL	MASTERS K - 40	40	K 79	02:18:50	06:50:46	14:19:27	17:25:22	20:55:54	23:56:12.00	13:03	4.6
366	TKACZEW PAWEŁ	3141	OBORYGENI	OBORNIKI ŚLĄSKIE	POL	MASTERS M - 40	141	M 287	02:56:14	07:55:10	14:12:00	17:11:17	20:39:07	23:57:41.65	13:04	4.6
367	KAMIŃSKI TOMASZ	3126		CHOJNÓW	POL	MASTERS M - 40	142	M 288	02:41:35	08:00:27	15:01:12	18:22:11	21:30:02	23:57:47.70	13:04	4.6
368	NOWAKOWSKI MIROSŁAW	3063		WIELEŃ	POL	WETERAN I M - 50	48	M 289	02:32:32	07:38:22	14:58:45	18:39:21	21:30:22	23:58:12.25	13:04	4.6
369	NOWAK TOMASZ	3054		JANOWIEC WLKP	POL	MASTERS M - 40	143	M 290	02:28:49	07:13:46	13:46:51	17:06:54	21:03:15	24:03:15.65	13:07	4.6
370	WACHOWIAK SEBASTIAN	3034	BIEGAJĄCE KREJZOLE	KOZIEGŁOWY	POL	SENIOR II M - 30	82	M 291	02:34:47	07:13:52	13:47:01	17:07:42	21:04:21	24:03:21.90	13:07	4.6
371	NADOBNIK BEATA	3156	TARNOWO PODGÓRNE BIEGA / SPORTOWY KAŻMIERZ	KAŻMIERZ	POL	MASTERS K - 40	41	K 80	02:47:07	08:14:11	15:06:50	18:41:38	21:39:03	24:16:51.75	13:14	4.5
372	TOMASIK MIECZYŚLAW	3506		DUSZNIKI ZDRÓJ	POL	WETERAN II M - 60	6	M 292	02:28:16	06:57:42	13:32:03	17:44:30	21:32:27	24:17:03.60	13:14	4.5
373	MACZUGA MONIKA	3057	MUSTANGI GLIWICE	GLIWICE	POL	SENIOR II K - 30	31	K 81	02:15:24	07:11:33	15:39:24	18:51:03	22:09:54	24:22:37.00	13:17	4.5
374	KUNA KATARZYNA	3083	BIEGOWA KUŹNIA	DĄBROWA GÓRNICZA	POL	MASTERS K - 40	42	K 82	02:36:02	07:41:23	15:10:34	19:02:20	22:15:01	24:22:45.55	13:17	4.5
375	MORDZIOŁEK KATARZYNA	3094	BIEGOWA KUŹNIA	SOSNOWIEC	POL	MASTERS K - 40	43	K 83	02:36:01	07:41:21	15:10:33	19:02:14	22:15:00	24:22:45.90	13:17	4.5
376	MAKAREWICZ SYLWIA	3298		MIKOŁÓW	POL	MASTERS K - 40	44	K 84	02:51:15	08:56:15	15:52:44	19:25:36	22:12:05	24:35:09.50	13:24	4.5
377	ZIENIEWICZ WOJCIECH	3392		WROCŁAW	POL	MASTERS M - 40	144	M 293	02:09:23	06:48:26	13:59:33	17:22:44	20:45:58	24:35:33.10	13:24	4.5
378	FILIPOWICZ DOMINIK	3163		CHOJNÓW	POL	SENIOR II M - 30	83	M 294	02:38:27	07:50:22	14:58:37	18:22:05	21:46:36	24:38:36.45	13:26	4.5
379	KOSTYK GRZEGORZ	3100		CHOJNÓW	POL	MASTERS M - 40	145	M 295	02:38:39	07:50:29	15:01:29	18:23:13	21:46:36	24:38:41.25	13:26	4.5
380	WASIK KRZYSZTOF	3269		POZNAŃ	POL	MASTERS M - 40	146	M 296	02:39:28	07:39:22	14:55:57	18:45:55	22:03:17	24:41:07.05	13:27	4.5
381	SZWARGOT MARTA	3159	SPORTOWY KAŻMIERZ/ TARNOWO PODGÓRNE BIEGA	KAŻMIERZ	POL	SENIOR II K - 30	32	K 85	02:47:10	08:14:14	15:06:53	18:56:31	22:09:47	24:44:15.00	13:29	4.4
382	BEŻYK BARTOSZ	3475	GOPR GRUPA SUDECKA	ŁADEK-ZDRÓJ	POL	SENIOR I M - 20	14	M 297	02:33:48	07:49:07	15:02:13	18:48:56	22:24:54	24:50:01.10	13:32	4.4
383	NAPIERAŁA MIKOŁAJ	3059		NIEMCZ	POL	SENIOR I M - 20	15	M 298	02:04:23	06:11:12	15:03:20	18:20:42	22:22:11	25:15:32.15	13:46	4.4
384	BUBEL ALINA	3351		WROCŁAW	POL	WETERAN K - 50	5	K 86	03:05:13	08:48:31	15:57:47	19:35:32	22:49:14	25:20:16.00	13:49	4.3
385	OBARSKI NORBERT	3274		KIELCE	POL	WETERAN II M - 60	7	M 299	02:55:28	08:28:00	15:30:06	19:20:41	22:52:48	25:21:31.65	13:49	4.3
386	OBARSKA MAŁGORZATA	3275		STARACHOWICE	POL	WETERAN II K - 60	1	K 87	02:55:26	08:28:02	15:30:08	19:20:33	22:52:46	25:21:33.90	13:49	4.3
387	SERAFIŃSKI MIROSŁAW	3336		POZNAŃ	POL	MASTERS M - 40	147	M 300	02:44:35	07:48:44	14:28:28	18:02:10	22:21:11	25:26:55.35	13:52	4.3
388	STACHOWIAK GRZEGORZ	3130		ŻAGAŃ	POL	MASTERS M - 40	148	M 301	02:13:43	07:09:52	15:37:34	19:42:31	23:37:09	25:37:23.15	13:58	4.3
389	HEŁMECKI MARCIN	3502		WILCZYCE	POL	SENIOR I M - 20	16	M 302	03:07:51	08:22:20	15:44:55	19:18:20	23:01:44	25:44:18.40	14:02	4.3
390	MASŁANIK PIOTR	3122	QCE SPARTY- WIECZORNE BIEGANIE W SZCZECINIE-MONIAGYM	SCHWEDT/ODER	GER	MASTERS M - 40	149	M 303	02:43:11	08:06:27	15:56:40	20:25:39	23:32:43	25:46:56.85	14:03	4.3
391	OLESIŃSKI PIOTR	3165	DRUŻYNA ORZECHA ŻYRARDÓW	SOCHACZEW	POL	MASTERS M - 40	150	M 304	02:15:56	07:16:09	15:10:29	19:44:15	23:34:59	25:52:43.90	14:06	4.3
392	WALCZAK-WOJTKOWSKA IWONA	3342		WARSZAWA	POL	WETERAN II K - 60	2	K 88	03:00:53	08:44:17	16:21:58	20:01:44	23:20:32	25:53:12.75	14:07	4.2
393	RUNOWICZ MAGDALENA	3487		KŁODZKO	POL	MASTERS K - 40	45	K 89	02:48:31	10:56:12	17:40:44	21:00:34	23:48:07	25:57:25.00	14:09	4.2
394	SZCZEPOCKI ANDRZEJ	3235	NIEPOŁOMICE BIEGAJĄ	NIEPOŁOMICE	POL	WETERAN I M - 50	49	M 305	02:41:46	07:53:09	15:27:39	19:41:06	23:34:29	26:03:20.75	14:12	4.2
395	WĄDOŁOWSKI REMIGIUSZ	3070		ZABRZE	POL	SENIOR II M - 30	84	M 306	02:41:16	08:20:58	16:24:33	20:41:56	23:48:07	26:04:26.10	14:13	4.2
396	WĄDOŁOWSKA JOANNA	3075		ZABRZE	POL	SENIOR II K - 30	33	K 90	02:41:18	08:21:00	16:24:36	20:41:54	23:48:11	26:04:26.20	14:13	4.2
397	FIEDOROWICZ MARCIN	3352		NIEPOŁOMICE	POL	SENIOR II M - 30	85	M 307	02:34:22	07:42:00	15:25:12	19:25:22	23:16:33	26:11:42.25	14:17	4.2
398	KOCHMAŃSKA MARTA	3015	SOWY	BOŻKÓW	POL	SENIOR II K - 30	34	K 91	02:22:14	07:35:00	15:29:19	20:14:16	24:19:17	26:13:15.75	14:18	4.2

BIEG K-B-L - 110 KM, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	15km	40km	70km	85km	98km	Netto	min/km	km/h
399	MICHNIEWSKI PIOTR	3505	GIT EKIPA!	ZAWIERCIE	POL	SENIOR II M - 30	86	M 308	03:47:33	11:02:00	18:29:23	22:21:12		26:23:15.10	14:23	4.2
400	KWIATKOWSKA ZUZANNA	3386		SZCZYTNA	POL	MASTERS K - 40	46	K 92	02:42:52	09:43:38	17:56:42	21:56:55	24:40:51	26:23:37.40	14:23	4.2
401	KUJAWA MAREK	3290		SZCZYTNA	POL	MASTERS M - 40	151	M 309	02:42:54	09:43:41	17:56:44	21:57:24	24:44:18	27:23:06.80	14:56	4
	KŁAK WOJCIECH	3219	SZYBKE ŻÓŁWIE OPATÓW	PIASKI 38	POL	MASTERS M - 40			02:07:20	05:42:45	11:17:09	13:53:22	DNF	DNF	-	-
	NIEDZIELA KRZYSZTOF	3111	GOSTYŃ	GOSTYŃ	POL	MASTERS M - 40			DNF	DNF	DNF	DNF	DNF	DNF	-	-
	PILARSKI TOMASZ	3451	IZERY BOGATYNIA	BOGATYNIA	POL	MASTERS M - 40			01:36:32	04:21:02	08:06:37	DNF	DNF	DNF	-	-
	MOSSUR KACPER	3157		BLOK DOBRYSZYCE	POL	SENIOR I M - 20			DNF	DNF	DNF	DNF	DNF	DNF	-	-
	ROŻNIATA IWONA	3158		GŁOWNO	POL	MASTERS K - 40			02:00:33	05:45:26	12:06:34	DNF	DNF	DNF	-	-
	PODSADNY BARTOSZ	3180		POZNAŃ	POL	SENIOR II M - 30			DNF	DNF	DNF	DNF	DNF	DNF	-	-
	WRÓBLEWSKI RADOSŁAW	3135	VELUX	GNIEZNO	POL	MASTERS M - 40			02:21:29	06:30:45	12:11:03	DNF	DNF	DNF	-	-
	MICHOŃ KACPER	3368	NIGHT RUNNERS	KONIN	POL	SENIOR I M - 20			02:18:46	06:18:21	12:29:56	DNF	DNF	DNF	-	-
	ZWOLIŃSKI RAFAŁ	3248		KOŁO	POL	MASTERS M - 40			02:05:36	05:49:25	12:30:35	DNF	DNF	DNF	-	-
	MROZIŃSKI BŁAŻEJ	3237	ZŁOTE KLOCKI NA SZNURKU	WARSZAWA	POL	SENIOR II M - 30			DNF	DNF	DNF	DNF	DNF	DNF	-	-
	SILSKI MAREK	3229		POTASZE	POL	WETERAN I M - 50			02:01:03	06:03:14	12:50:21	DNF	DNF	DNF	-	-
	WOJEWODA RENATA	3481	KAZIKI	WARSZAWA	POL	MASTERS K - 40			DNF	DNF	DNF	DNF	DNF	DNF	-	-
	WOJEWODA MICHAŁ	3482	KAZIKI	WARSZAWA	POL	MASTERS M - 40			02:12:06	06:46:40	13:40:33	DNF	DNF	DNF	-	-
	MAGOCSY JUSTYNA	3097		KRAKÓW	POL	SENIOR II K - 30			DNF	DNF	DNF	DNF	DNF	DNF	-	-
	WÓDKIEWICZ MACIEJ	3438	WLKP MOUNTAINS ULTRA	TULCE	POL	WETERAN I M - 50			02:37:04	07:37:49	14:27:01	DNF	DNF	DNF	-	-
	DREWICZ KINGA	3125	BYLE NIE POD GÓRKĘ RUNNER TEAM	ŻAGAŃ	POL	MASTERS K - 40			02:27:15	07:20:04	15:16:50	DNF	DNF	DNF	-	-
	DOWNAR-ZAPOLSKA RITA	3201		WROCŁAW	POL	MASTERS K - 40			02:32:18	07:24:21	15:23:24	DNF	DNF	DNF	-	-
	KLIMEK ARKADIUSZ	3308		WARSZAWA	POL	MASTERS M - 40			02:32:15	07:24:20	15:23:25	DNF	DNF	DNF	-	-
	KOBLAŃSKI TOMASZ	3065		LEGNICA	POL	MASTERS M - 40			02:49:48	07:44:20	15:31:14	DNF	DNF	DNF	-	-
	ZAGROBELNA MAGDALENA	3391	DRUŻYNA SZPIKU	WROCŁAW	POL	MASTERS K - 40			02:30:31	07:53:44	15:38:58	DNF	DNF	DNF	-	-
	LANGNER RADOSŁAW	3064	RMT TEAM PRO	WROCŁAW	POL	SENIOR II M - 30			02:13:30	07:09:55	15:39:47	DNF	DNF	DNF	-	-
	ZAWADZKI ANDRZEJ	3239	MKS SIECHNICE	SIECHNICE	POL	SENIOR II M - 30			02:40:41	08:17:34	15:42:05	DNF	DNF	DNF	-	-
	ŻARECKI ŁUKASZ	3260		WROCŁAW	POL	SENIOR II M - 30			02:38:55	08:00:35	17:10:29	DNF	DNF	DNF	-	-
	MARCINIAK JAKUB	3045		KROTOSZYN	POL	SENIOR II M - 30			02:55:55	08:47:45	17:40:01	DNF	DNF	DNF	-	-
	PALUSZKIEWICZ ROBERT	3402		LUBIN	POL	MASTERS M - 40			03:29:36	10:04:57	19:19:55	DNF	DNF	DNF	-	-
	NEHRING KAROL	3143		SULEJÓWEK	POL	SENIOR I M - 20			01:38:00	04:09:53	DNF	DNF	DNF	DNF	-	-
	PIKUL PIOTR	3279		WARSZAWA	POL	MASTERS M - 40			01:36:53	04:32:39	DNF	DNF	DNF	DNF	-	-
									01:37:00	04:32:45	DNF	DNF	DNF	DNF	-	-
									01:48:40	04:55:29	DNF	DNF	DNF	DNF	-	-
									01:45:29	05:04:56	DNF	DNF	DNF	DNF	-	-
									01:38:54	05:06:41	DNF	DNF	DNF	DNF	-	-
									01:52:52	05:08:55	DNF	DNF	DNF	DNF	-	-

BIEG K-B-L - 110 KM, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	15km	40km	70km	85km	98km	Netto	min/km	km/h
	PROSZAK SEBASTIAN	3442	TEAM KURORT ŁĄDEK-ZDRÓJ	KŁODZKO	POL	MASTERS M - 40			01:53:57 DNF	05:13:19 DNF	DNF	DNF	DNF	DNF	-	-
	KUBERA PAWEŁ	3106		GDAŃSK	POL	SENIOR II M - 30			01:54:13 DNF	05:16:20 DNF	DNF	DNF	DNF	DNF	-	-
	BŁĄDEK SŁAWOMIR	3394		WITKOWO DRUGIE	POL	SENIOR II M - 30			01:55:25 DNF	05:22:33 DNF	DNF	DNF	DNF	DNF	-	-
	SIKORSKI SZYMON	3209	NOA	KIEŁCZÓW	POL	SENIOR II M - 30			01:49:17 DNF	05:29:30 DNF	DNF	DNF	DNF	DNF	-	-
	RZESZOT ŁUKASZ	3112	BIEGNE, ŻEBY BARTEK MÓGŁ BIEGAĆ ☐☐	ĆMIŃSK	POL	SENIOR II M - 30			02:10:23 DNF	05:52:44 DNF	DNF	DNF	DNF	DNF	-	-
	HULBÓJ SEBASTIAN	3390	WKS TEAM	BIELSKO-BIAŁA	POL	MASTERS M - 40			01:59:31 DNF	05:56:30 DNF	DNF	DNF	DNF	DNF	-	-
	JANOWSKA ANNA	3452		OLSZTYN	POL	MASTERS K - 40			02:09:14 DNF	06:00:03 DNF	DNF	DNF	DNF	DNF	-	-
	WALASZCZYK ANNA	3384		GLIWICE	POL	MASTERS K - 40			02:06:18 DNF	06:06:35 DNF	DNF	DNF	DNF	DNF	-	-
	JĘDZURA DANIEL	3383	BPRT GLIWICE	GLIWICE	POL	MASTERS M - 40			02:06:15 DNF	06:06:36 DNF	DNF	DNF	DNF	DNF	-	-
	BIERNACKI SŁAWOMIR	3457	ŁOCHOWO I OKOLICE BIEGAJĄ	LIPNIKI	POL	MASTERS M - 40			02:08:15 DNF	06:13:47 DNF	DNF	DNF	DNF	DNF	-	-
	KUDELSKI IRENEUSZ	3133	ROZBIEGANI CHOJNÓW	CHOJNÓW	POL	WETERAN I M - 50			02:08:14 DNF	06:22:50 DNF	DNF	DNF	DNF	DNF	-	-
	PURCZYŃSKI GRZEGORZ	3337		ZIELONA GÓRA	POL	MASTERS M - 40			02:12:04 DNF	06:23:53 DNF	DNF	DNF	DNF	DNF	-	-
	MELLER JOANNA	3181	DRUŻYNA WILKA	DYWITY	POL	MASTERS K - 40			02:14:56 DNF	06:40:33 DNF	DNF	DNF	DNF	DNF	-	-
	CIECIELĄG PIOTR	3006		PIASECZNO	POL	MASTERS M - 40			02:18:53 DNF	06:42:28 DNF	DNF	DNF	DNF	DNF	-	-
	KUŚ JAN	3366		JAWORZE	POL	SENIOR I M - 20			02:29:12 DNF	06:47:47 DNF	DNF	DNF	DNF	DNF	-	-
	WERNO BARTŁOMIEJ	3222		RAWICZ	POL	SENIOR II M - 30			02:09:55 DNF	06:48:59 DNF	DNF	DNF	DNF	DNF	-	-
	MACKIEWICZ MAGDALENA	3021	DŁUGOBIEGANIE	SZCZECIN	POL	MASTERS K - 40			02:25:03 DNF	06:56:18 DNF	DNF	DNF	DNF	DNF	-	-
	KRUZEL JOANNA	3499	BIEGOWE MISIE	LEGNICA	POL	SENIOR II K - 30			02:41:40 DNF	07:35:58 DNF	DNF	DNF	DNF	DNF	-	-
	GNIELKA DAWID	3363	ZAMKOWIEC TOSZEK	PYSKOWICE	POL	SENIOR I M - 20			02:43:55 DNF	07:53:57 DNF	DNF	DNF	DNF	DNF	-	-
	KANIASTY MARTA	3307		WARSZAWA	POL	SENIOR II K - 30			02:38:54 DNF	08:00:53 DNF	DNF	DNF	DNF	DNF	-	-
	PACANOWSKI ROBERT	3114	WEŁNICA BIEGA	WEŁNICA	POL	WETERAN I M - 50			02:56:06 DNF	08:18:28 DNF	DNF	DNF	DNF	DNF	-	-
	WĄCHAŁA DAMIAN	3362		KROSNO ODRZAŃSKIE	POL	SENIOR II M - 30			01:38:33 DNF	DNF	DNF	DNF	DNF	DNF	-	-
	ROLBIECKI PIOTR	3200	GEOINGS POLSKA	GDAŃSK	POL	SENIOR II M - 30			01:40:21 DNF	DNF	DNF	DNF	DNF	DNF	-	-
	STYPEREK JAKUB	3304	VEGE RUNNERS	PSARSKIE	POL	SENIOR II M - 30			01:42:32 DNF	DNF	DNF	DNF	DNF	DNF	-	-
	GRZEGÓRZEK KRZYSZTOF	3247		KOŁO	POL	MASTERS M - 40			01:57:54 DNF	DNF	DNF	DNF	DNF	DNF	-	-
	HALINIAK MAREK	3069	NKB CHYŻY NOWY TOMYŚL	NOWY TOMYŚL	POL	MASTERS M - 40			02:06:19 DNF	DNF	DNF	DNF	DNF	DNF	-	-
0	MAŁYGA GRZEGORZ	3323	RMT TEAM PRO	WROCŁAW	POL	SENIOR II M - 30	1	M 1	01:30:39	03:49:30	07:15:42	08:54:35	10:22:40	11:36:09.50	6:19	9.5
1	ŠTVERÁK TOMÁŠ	3474	INOV-8 TEAM	ZUBŘÍ	CZE	SENIOR I M - 20	1	M 2	01:25:45	03:47:01	07:19:22	09:04:03	10:38:28	11:51:07.90	6:27	9.3
2	JUREK MICHAŁ	3175	RMT TEAM PRO	WROCŁAW	POL	SENIOR II M - 30	2	M 3	01:27:53	03:49:34	07:33:57	09:16:56	10:46:05	11:59:08.30	6:32	9.2
3	WENTA MARTA	3470	KASZUBSKA PONIEWIERKA	CHMIELNO	POL	SENIOR II K - 30	1	K 1	01:31:06	04:08:29	07:53:59	09:40:20	11:10:43	12:25:21.60	6:46	8.9
4	SZCZEPAŃSKI ANDRZEJ	3494	WILD SKUNKS	ZIELONA GORA	POL	MASTERS M - 40	1	M 4	01:35:14	04:07:10	07:58:01	09:46:00	11:26:33	12:52:26.00	7:01	8.5

BIEG K-B-L - 110 KM, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	15km	40km	70km	85km	98km	Netto	min/km	km/h
5	ŁUKSZA ROBERT	3216		POZNAŃ	POL	WETERAN I M - 50	1	M 5	01:34:29	04:11:24	08:00:52	09:51:10	11:34:06	12:59:00.35	7:04	8.5
6	MORMUL PRZEMEK	3389	DSV	KRAKOW	POL	MASTERS M - 40	2	M 6	01:34:20	04:08:32	08:01:03	09:51:08	11:36:31	13:03:09.25	7:07	8.4
7	ŚCIESZKA WOJCIECH	3306	13 ELT KRAKÓW - BALICE	KRAKÓW	POL	MASTERS M - 40	3	M 7	01:36:38	04:28:09	08:23:56	10:14:02	11:49:28	13:05:44.35	7:08	8.4
8	KAMERDUŁA ŁUKASZ	3077	#TEAMCZTERY	STRUŻKA	POL	MASTERS M - 40	4	M 8	01:32:01	04:18:06	08:24:47	10:19:23	12:07:03	13:18:42.90	7:15	8.3
9	SZAFRAŃSKI JAN	3480	PANTHERS WROCLAW	WROCLAW	POL	MASTERS M - 40	5	M 9	01:36:17	04:12:17	08:06:24	10:10:24	12:01:51	13:21:02.80	7:16	8.2
10	WIERZCHOWIAK KAROLINA	3009		WARSZAWA	POL	SENIOR I K - 20	1	K 2	01:39:49	04:23:26	08:24:48	10:22:15	12:04:52	13:26:14.20	7:19	8.2
11	ROSOLSKI DAWID	3193		KOŚCIAN	POL	SENIOR II M - 30	3	M 10	01:44:34	04:37:47	08:48:08	10:45:38	12:28:21	13:45:59.55	7:30	8
12	MICHALSKI PIOTREK	3132		WROCLAW	POL	SENIOR II M - 30	4	M 11	01:38:18	04:28:12	08:40:17	10:40:59	12:24:53	13:56:27.65	7:36	7.9
13	JĘDRZEJKO TOMASZ	3472	KS SPRONT BIELSKO-BIAŁA_SIDOR TEAM POLSKA	JANOWICE	POL	MASTERS M - 40	6	M 12	01:42:44		09:07:04	11:06:26	12:47:39	14:02:01.80	7:39	7.8
14	SZRAMOWIAT MAREK	3433	BRITA	LWÓWEK ŚLĄSKI	POL	MASTERS M - 40	7	M 13	01:42:27	04:38:09	09:06:08	11:03:24	12:47:34	14:08:59.65	7:43	7.8
15	ARDELLI EWA	3280	BIELAWSKA AKADEMIA BIEGANIA	BIELAWA	POL	MASTERS K - 40	1	K 3	01:46:45	04:46:58	09:01:17	10:59:38	12:48:13	14:10:36.20	7:43	7.8
16	BUŁANOW LESZEK	3467		HIPOLITÓW	POL	WETERAN I M - 50	2	M 14	01:41:03	04:38:36	09:03:24	11:03:54	12:57:39	14:19:08.55	7:48	7.7
17	WIERZBOWY PRZEMEK	3292	KOKO DŻAMBO I DO PRZODU	NAMYŚLÓW	POL	SENIOR II M - 30	5	M 15	01:48:39	04:55:05	09:15:05	11:15:11	13:07:13	14:19:23.85	7:48	7.7
18	STYPUŁKOWSKI DAREK	3483		WARSZAWA	POL	WETERAN I M - 50	3	M 16	01:40:56	04:41:38	09:12:07	11:06:32	12:54:29	14:20:19.55	7:49	7.7
19	WYLĘGA DOMINIK	3293	KS GEPARD KĘPNO	MROZCEN	POL	SENIOR II M - 30	6	M 17	01:42:14	04:37:52	09:05:50	11:05:49	13:06:42	14:27:22.05	7:53	7.6
20	POPRAWKI MATEUSZ	3191	KILIŃSKIEGO TEAM	BOJANOWO	POL	SENIOR II M - 30	7	M 18	01:47:33	04:54:41	09:12:33	11:21:24	13:04:50	14:31:08.30	7:55	7.6
21	GRUSZKA ALEKSANDRA	3401	WILD ULTRA WARRIORS	BOGUSZÓW-GORCE	POL	SENIOR II K - 30	2	K 4	01:52:24	05:05:19	09:27:12	11:23:29	13:10:56	14:38:22.35	7:59	7.5
22	SCHUSTER MARTIN	3361	CZAJLANDIA	KRAKÓW	POL	SENIOR II M - 30	8	M 19	01:38:12	04:46:14	09:11:55	11:12:00	13:12:40	14:42:18.00	8:01	7.5
23	KUPIŃSKI CEZARY	3108	MOCNA GRUPA CEZARA/SBRT WROCLAW	WROCLAW	POL	WETERAN I M - 50	4	M 20	01:44:54	04:48:34	09:10:55	11:16:43	13:15:03	14:42:50.90	8:01	7.5
24	ŚLEZIAK JAREK	3332	DANIEL WOSIK TERVEL TEAM ZŁOTY STOK	ZŁOTY STOK	POL	MASTERS M - 40	8	M 21	01:43:46	04:44:52	09:16:17	11:22:47	13:23:07	14:46:45.25	8:03	7.4
25	KARAMON MARCIN	3340		OPOLE	POL	MASTERS M - 40	9	M 22	01:45:37	04:57:18	09:28:33	11:31:57	13:23:18	14:49:07.85	8:04	7.4
26	MIKULSKI GRZEGORZ	3318		CHOROSZCZ	POL	MASTERS M - 40	10	M 23	01:43:56	04:44:55	09:11:49	11:19:44	13:20:47	14:50:14.90	8:05	7.4
27	OTRĘBSKI MACIEJ	3325	VEGE RUNNERS	KRAKÓW	POL	SENIOR II M - 30	9	M 24	01:47:56	04:54:07	09:24:06	11:37:31	13:30:37	14:54:41.45	8:08	7.4
28	EFIMOV ALEKSANDR	3316	VEGE RUNNERS	KRAKÓW	POL	SENIOR II M - 30	10	M 25	01:47:55	04:54:08	09:24:05	11:36:40	13:30:38	14:54:42.85	8:08	7.4
29	STEFANIAK ŁUKASZ	3382		SZCZECIN	POL	MASTERS M - 40	11	M 26	01:44:02	04:49:53	09:28:31	11:36:07	13:29:50	14:55:48.90	8:08	7.4
30	KRYGIER TOMASZ	3265	EUROCASH	ŻNIN	POL	SENIOR I M - 20	2	M 27	01:56:00	05:04:20	09:30:30	11:33:48	13:27:18	14:57:19.15	8:09	7.4
31	GUZERA JUSTYNA	3103	MATNER RUNNING TEAM	WROCLAW	POL	SENIOR II K - 30	3	K 5	02:00:40	05:07:47	09:33:57	11:37:18	13:30:24	15:01:21.30	8:11	7.3
32	BORYCKI ŁUKASZ	3284	BIEGAJĄCE WŁÓCZYKIJE	KIELCE	POL	SENIOR II M - 30	11	M 28	01:51:54	04:52:48	09:27:35	11:34:14	13:39:11	15:02:59.90	8:12	7.3
33	ŚLUSARZYK KATARZYNA	3398		OLSZYNA	POL	SENIOR II K - 30	4	K 6	01:51:28	05:10:04	09:54:11	11:50:58	13:40:04	15:03:24.00	8:12	7.3
34	CHMIELOWIEC DANIEL	3195	GORLIĆKA GRUPA BIEGOWA	SZYMBARK	POL	SENIOR II M - 30	12	M 29	01:45:23	04:50:45	09:32:52	11:38:45	13:39:51	15:04:26.20	8:13	7.3
35	SKROBAŁA DARIUSZ	3333	KB SOBÓTKA	BOLECHOWO	POL	MASTERS M - 40	12	M 30	01:43:12	04:55:57	09:21:59	11:36:50	13:34:50	15:09:38.75	8:16	7.3
36	ŚLIŹ SYLWIA	3412		SIECHNICE	POL	SENIOR II K - 30	5	K 7	01:56:35	04:55:59	09:26:02	11:39:03	13:41:31	15:13:47.30	8:18	7.2
37	RINK JAN	3144		BOLKÓW	POL	MASTERS M - 40	13	M 31	01:47:31	05:13:04	10:01:18	12:18:02	14:03:46	15:18:29.05	8:20	7.2
38	SCHRODER PATRYK	3355		ZIELONA GÓRA	POL	MASTERS M - 40	14	M 32	01:56:51	05:19:59	10:00:52	12:04:55	13:58:46	15:20:07.75	8:21	7.2
39	OSTROWSKI MARCIN	3179	PZU SPORT TEAM	WARSZAWA	POL	SENIOR II M - 30	13	M 33	02:01:19	05:13:18	09:38:41	11:57:48	13:57:37	15:20:28.25	8:22	7.2
40	JÓZEF TOMASZ	3087		DĄBROWA GÓRNICZA	POL	SENIOR II M - 30	14	M 34	01:48:43	04:59:24	09:41:12	11:53:14	13:51:43	15:21:24.25	8:22	7.2
41	PASTUSZKA MAREK	3439		ŁÓDŹ	POL	SENIOR II M - 30	15	M 35	01:40:24	04:49:07	09:29:41	11:35:54	13:45:54	15:22:02.05	8:22	7.2
42	KOWALSKI ŁUKASZ	3221	MARELLI	GIERAŁTOWICE	POL	MASTERS M - 40	15	M 36	01:55:32	05:12:15	09:44:25	12:04:25	13:59:04	15:22:56.90	8:23	7.2
43	NESTOROWICZ MAREK	3270	KLUB BIEGACZA JURUND SZCZYTNO	KĘTRZYN	POL	WETERAN I M - 50	5	M 37	01:42:35	04:50:26	10:04:26	12:08:42	14:00:10	15:32:22.30	8:28	7.1
44	MICHALSKA AGNIESZKA	3413		OSTRÓW Wielkopolski	POL	MASTERS K - 40	2	K 8	01:48:50	05:01:59	09:49:24	12:20:12	14:19:00	15:43:12.20	8:34	7
45	SIWEK JAREK	3208		SZCZECIN	POL	MASTERS M - 40	16	M 38	01:50:21	05:15:54	09:52:32	12:21:30	14:21:02	15:48:41.75	8:37	7
46	BARCZAK ROBERT	3415	MOCNA GRUPA CEZARA	WROCLAW	POL	MASTERS M - 40	17	M 39	01:59:18	05:14:04	09:57:56	12:17:05	14:15:48	15:49:32.95	8:37	7
47	WITKE-ORLIKOWSKA MARTA	3376		POZNAN	POL	SENIOR II K - 30	6	K 9	01:57:21	05:14:47	09:59:53	12:12:45	14:16:21	15:49:36.10	8:37	7
48	FRANKIEWICZ ARTUR	3374		GLIWICE	POL	SENIOR II M - 30	16	M 40	02:01:58	05:14:04	10:13:07	12:15:39	14:24:46	15:52:03.45	8:39	6.9
49	MARKOWSKI TOMASZ	3220	RYKOWISKO TEAM	GRABINA	POL	SENIOR II M - 30	17	M 41	01:54:09	05:17:05	10:07:10	12:32:00	14:30:43	15:52:09.70	8:39	6.9
50	GÓRNA ANITA	3341	LPP TEAM	KRAKÓW	POL	SENIOR II K - 30	7	K 10	02:00:41	05:14:55	09:43:40	12:09:33	14:20:23	15:54:47.70	8:40	6.9
51	WINIARSKI ANDRZEJ	3420	DXTREEM	WARSZAWA	POL	MASTERS M - 40	18	M 42	01:46:52	04:58:49	09:51:59	12:16:27	14:27:37	15:58:58.80	8:43	6.9
52	CHYBOWSKI JAREK	3244		ŁÓDŹ	POL	MASTERS M - 40	19	M 43	01:54:31	05:20:02	10:32:33	12:36:22	14:35:36	15:59:44.80	8:43	6.9
53	MIREK GRZEGORZ	3448	MOVE STUDIO	KRAKÓW	POL	MASTERS M - 40	20	M 44	01:57:40	05:13:08	09:51:01	12:09:46	14:17:51	16:04:57.45	8:46	6.8
54	ROSTAFIŃSKI JERZY	3477	WASZA WYSOKOŚĆ / MILO OF CLIMBING	WARSZAWA	POL	SENIOR II M - 30	18	M 45	02:02:33	05:19:44	10:22:39	12:42:31	14:42:05	16:05:54.55	8:46	6.8

BIEG K-B-L - 110 KM, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	15km	40km	70km	85km	98km	Netto	min/km	km/h
55	TOKARCZYK MARCIN	3313		NYSA	POL	MASTERS M - 40	21	M 46	01:51:11	05:05:24	09:53:54	12:06:58	14:23:21	16:06:03.50	8:46	6.8
56	HARASIUK ADAM	3432	ALIANCA DE MISERICORDIA EQUIPE DE CORRIDA	WROCLAW	POL	SENIOR II M - 30	19	M 47	01:39:12	04:51:48	09:53:03		14:38:58	16:07:33.30	8:47	6.8
57	ŁUCJANEK ANDRZEJ	3170	KAJA TEAM	WARSZAWA	POL	MASTERS M - 40	22	M 48	01:46:21	04:57:06	09:19:14	11:59:38	14:31:03	16:12:24.60	8:50	6.8
58	KOPCZYŃSKI ŁUKASZ	3099	K-TEAM	WROCLAW	POL	SENIOR II M - 30	20	M 49	01:59:49	05:47:19	10:40:22	12:47:03	14:44:38	16:16:51.45	8:52	6.8
59	GWOZDECKI TOMASZ	3089	PRZEDWOJEWSKI TEAM	WROCLAW	POL	SENIOR II M - 30	21	M 50	01:59:47	05:47:20	10:40:23	12:46:40	14:44:53	16:16:52.00	8:52	6.8
60	KARCZ TOMASZ	3476	TEALTREE.PL	STRZEGOM	POL	MASTERS M - 40	23	M 51	02:02:03	05:23:29	10:16:42	12:40:12	14:40:01	16:17:31.20	8:53	6.8
61	MARZEC KAROLINA	3315	DZIKIE DZIKI GORZÓW	DESZCZNO	POL	MASTERS K - 40	3	K 11	01:51:40	05:02:40	10:03:19	12:25:33	14:40:30	16:20:23.30	8:54	6.7
62	OBRZUD KRZYSZTOF	3255		BOŻEPOLE WIELKIE	POL	MASTERS M - 40	24	M 52	01:59:02	05:29:26	10:22:27	12:39:45	14:39:44	16:24:23.25	8:56	6.7
63	ŻABIAREK TOMASZ	3447		GORZÓW WLKP.	POL	MASTERS M - 40	25	M 53	01:59:28	05:25:27	10:30:23	12:58:35	14:56:10	16:25:36.55	8:57	6.7
64	BOROWSKA KAROLINA	3142	MONIA GYM	SZCZECIN	POL	SENIOR II K - 30	8	K 12	01:56:42	05:28:31	10:22:24	12:55:27	14:58:02	16:29:20.90	8:59	6.7
65	CENIAWSKI PIOTR	3092	CSRG	BYTOM	POL	MASTERS M - 40	26	M 54	01:54:34	05:14:30	10:26:22	12:45:27	14:52:44	16:29:35.75	8:59	6.7
66	ZERZUT JAROSŁAW	3225		SZCZECIN	POL	WETERAN I M - 50	6	M 55	01:57:12	05:26:03	10:14:15	12:42:24	14:48:07	16:34:27.10	9:02	6.6
67	GOŁĘBIEWSKA KATARZYNA	3450		GLIWICE	POL	MASTERS K - 40	4	K 13	01:49:16	05:11:47	10:04:48	12:47:21	15:03:19	16:36:43.65	9:03	6.6
68	SOWA DARIUSZ	3213	RZESZOWSKIE GAZELE I GEPARDY/CZARNECKI RUN TEAM	RZESZÓW	POL	WETERAN II M - 60	1	M 56	02:09:18	05:42:30	10:35:30	13:00:52	15:06:02	16:41:59.55	9:06	6.6
69	GULCZYŃSKI TOMASZ	3425		ZIELONKA	POL	SENIOR II M - 30	22	M 57	01:52:07	05:22:45	10:29:04	12:58:49	15:14:30	16:43:21.00	9:07	6.6
70	CZYŚCIĄK KRZYSZTOF	3346	KB SOBÓTKA	ŻÓRAWINA	POL	MASTERS M - 40	27	M 58	01:52:30	05:19:39	10:16:50	12:45:19	14:52:28	16:44:27.15	9:07	6.6
71	KONIECZNA PAULINA	3263	CH10	CHOSZCZNO	POL	SENIOR II K - 30	9	K 14	01:50:46	05:10:10	10:03:10	12:47:08	15:01:41	16:43:15.70	9:07	6.6
72	LISIK WOJCIECH	3017	KS WINO	RABIEŃ AB	POL	MASTERS M - 40	28	M 59	02:05:41	05:41:32	10:35:14	13:02:26	15:12:10	16:44:41.05	9:08	6.6
73	LOREK ADAM	3033		LESZNO	POL	MASTERS M - 40	29	M 60	01:50:50	05:15:14	10:12:53	12:34:21	15:06:45	16:45:15.85	9:08	6.6
74	PODBIELSKI KRYSZTIAN	3098	KAJA TEAM	WARSZAWA	POL	MASTERS M - 40	30	M 61	01:51:16	05:12:21	09:52:05	12:32:30	15:03:44	16:45:22.25	9:08	6.6
75	MANELSKI PAWEŁ	3118		WARSZAWA	POL	SENIOR II M - 30	23	M 62	02:06:03	05:42:38	10:38:01	13:07:41	15:19:57	16:50:21.70	9:11	6.5
76	ZORAN HENRYK	3254		RUDA ŚLĄSKA	POL	WETERAN I M - 50	7	M 63	02:13:24	06:03:52	11:12:39	13:22:53	15:21:24	16:53:42.55	9:12	6.5
77	NOGA KRYSZTIAN	3051	FORMA WODZISŁAW ŚLĄSKI	WODZISŁAW ŚLĄSKI	POL	SENIOR II M - 30	24	M 64	01:59:47	05:28:32	10:32:02	13:08:35	15:22:20	16:56:20.30	9:14	6.5
78	POLNIK RAFAŁ	3031	FORMA WODZISŁAW ŚLĄSKI	WODZISŁAW ŚLĄSKI	POL	SENIOR II M - 30	25	M 65	01:59:40	05:28:31	10:32:02	13:10:11	15:22:20	16:56:20.60	9:14	6.5
79	SZYMCZYK MICHAŁ	3148	DRUŻYNA CHROBREGO	SZPROTAWA	POL	MASTERS M - 40	31	M 66	02:17:23	06:05:48	11:00:03	13:17:02	15:20:20	16:57:15.30	9:14	6.5
80	WAŃKOWICZ ADRIAN	3233		BRZEG DOLNY	POL	SENIOR II M - 30	26	M 67	01:59:45	05:41:50	10:41:09	13:07:13	15:23:06	16:58:03.60	9:15	6.5
81	ZIMNY TOMASZ	3168		SZCZECIN	POL	WETERAN II M - 60	2	M 68	01:59:38	05:46:44	10:41:43	13:03:58	15:14:35	16:59:22.60	9:16	6.5
82	WIERZBIŃSKI KAROL	3488	ULTRADZICZKI I ULTRALISICZKI	PIASECZNO	POL	MASTERS M - 40	32	M 69	02:06:45	06:08:53	10:57:30	13:22:27	15:27:00	16:59:51.35	9:16	6.5
83	BEDNARSKA KAŚKA	3072	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ	KIELCE	POL	MASTERS K - 40	5	K 15	02:10:28	05:52:33	10:29:15	12:45:05	15:06:15	17:00:06.95	9:16	6.5
84	IGNACZAK MAREK	3020	10N1 TEAM	ŁÓDŹ	POL	SENIOR II M - 30	27	M 70	02:04:12	05:50:35	10:48:07	13:20:54	15:29:00	17:01:16.30	9:17	6.5
85	ZIOBROWSKI MATEUSZ	3252		ZIELONA GÓRA	POL	SENIOR II M - 30	28	M 71	02:08:08	05:46:34	10:59:35	13:17:58	15:14:04	17:02:14.20	9:17	6.5
86	HELWICH PAWEŁ	3330		HERLEV	DEN	SENIOR II M - 30	29	M 72	01:42:22	04:55:42	09:45:58	12:32:40	15:13:43	17:02:31.75	9:17	6.5
87	GARBOWSKA MONIKA	3186	COMPANEROS ASFALT TEAM	GLIWICE	POL	MASTERS K - 40	6	K 16	02:08:09	06:05:27	11:02:17	13:30:39	15:34:25	17:03:15.30	9:18	6.5
88	FALDZIŃSKI BARTOSZ	3396	POLACY BIEGAJA W NL	EINDHOVEN	NED	SENIOR II M - 30	30	M 73	02:14:49	05:47:46	10:49:02	13:24:11	15:26:51	17:05:09.85	9:19	6.4
89	TOKARZ ROBERT	3194		TARNÓW	POL	MASTERS M - 40	33	M 74	01:55:10	05:29:05	10:48:10	13:19:36	15:32:27	17:06:12.80	9:19	6.4
90	WOJEWODA MACIEK	3305	VEGE RUNNERS	JEZIERZYCE	POL	SENIOR II M - 30	31	M 75	02:01:28	05:48:10	10:49:28	13:21:48	15:33:00	17:06:39.05	9:19	6.4
91	LUBIK ADAM	3427		POZNAŃ	POL	SENIOR II M - 30	32	M 76	01:56:21	05:22:55	10:37:13	13:13:49	15:25:47	17:06:46.95	9:20	6.4
92	WODZIŃSKA DANUTA	3107	INSTRUKTOR BIEGANIA TEAM	KRAPKOWICE	POL	MASTERS K - 40	7	K 17	01:58:42	05:30:30	10:20:06	13:06:50	15:26:23	17:07:26.00	9:20	6.4
93	PARSZEWSKA ALEKSANDRA	3328		BYTOM	POL	SENIOR II K - 30	10	K 18	02:09:22	05:45:30	10:47:05	13:12:22	15:23:57	17:08:12.40	9:20	6.4
94	KANIA MARCIN	3210		GLIWICE	POL	SENIOR I M - 20	3	M 77	01:50:00	05:13:01	10:35:01	13:10:44	15:27:49	17:09:48.75	9:21	6.4
95	PRZYSTOLIK MAGDALENA	3365		KATOWICE	POL	SENIOR II K - 30	11	K 19	02:08:14	05:51:40	10:53:00	13:25:18	15:36:05	17:10:12.90	9:21	6.4
96	BIAŁECKI ZBYSZEK	3348	ŁÓDŹ RUNNING TEAM	ŁÓDŹ	POL	WETERAN I M - 50	8	M 78	01:57:19	05:34:48	10:55:32	13:19:01	15:31:59	17:10:49.85	9:22	6.4
97	BRZOZOWSKI RAFAŁ	3496		KŁODZKO	POL	MASTERS M - 40	34	M 79	02:03:46	05:30:19	10:40:02	13:10:45	15:24:59	17:12:02.60	9:22	6.4
98	FINKBEINER LUKASZ	3485	HURAGAN LIGOTA	KATOWICE	POL	SENIOR II M - 30	33	M 80	02:03:08	05:32:16	10:42:00	13:15:46	15:32:11	17:12:26.10	9:23	6.4
99	NOWAK KRYSZTIAN	3105	NKB CHYŻY NOWY TOMYŚL	KUŚLIN	POL	SENIOR I M - 20	4	M 81	02:02:12	05:37:50	10:36:24	13:17:45	15:31:59	17:13:15.30	9:23	6.4
100	SZCZEPAŃSKI SEBASTIAN	3404	KOPYTKO	KOPYTÓWKA	POL	MASTERS M - 40	35	M 82	02:06:32	05:50:19	10:55:48	13:36:52	15:37:12	17:15:28.95	9:24	6.4
101	TOMASZEWSKI MICHAŁ	3140		OPOLE	POL	MASTERS M - 40	36	M 83	02:09:32	05:45:42	10:47:48	13:17:01	15:33:39	17:15:36.30	9:24	6.4
102	ZALEWSKI DANIEL	3038		SUSZ	POL	SENIOR I M - 20	5	M 84	01:53:30	05:23:21	10:47:11	13:16:50	15:32:59	17:16:56.65	9:25	6.4
103	ANTKOWIAK MONIKA	3509	MUAY RUNNING TEAM	MUROWANA GOŚLINA	POL	SENIOR II K - 30	12	K 20	02:06:53	05:57:06	11:02:05	13:24:16	15:34:28	17:17:56.90	9:26	6.4
104	ANTKOWIAK MICHAŁ	3508	MUAY RUNNING TEAM	MUROWANA GOŚLINA	POL	SENIOR II M - 30	34	M 85	02:06:54	05:57:07	11:02:07	13:24:19	15:34:26	17:17:57.50	9:26	6.4
105	STROJEK GRZEGORZ	3334		PRZEMKÓW	POL	MASTERS M - 40	37	M 86	01:56:05	05:42:01	10:52:54	13:18:32	15:34:01	17:18:37.50	9:26	6.4
106	MOSKAŁA REMIGIUSZ	3468		WARSZAWA	POL	MASTERS M - 40	38	M 87	02:12:04	05:57:31	10:55:13	13:24:15	15:35:24	17:19:09.80	9:26	6.4

BIEG K-B-L - 110 KM, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	15km	40km	70km	85km	98km	Netto	min/km	km/h
107	PRZYBYSZ RYSZARD	3076		ZORY	POL	WETERAN I M - 50	9	M 88	02:09:27	05:53:55	11:17:55	13:46:04	15:48:58	17:21:30.35	9:28	6.3
108	KOCEMBA KAMIL	3189	KĘCKIE HARPAGANY	KOBIERNICE	POL	SENIOR II M - 30	35	M 89	02:09:27	05:53:55	11:17:55	13:46:12	15:48:58	17:21:30.55	9:28	6.3
109	PIWOWARCZYK WOJCIECH	3211	DZIABONG TEAM	ROKIETNICA	POL	SENIOR II M - 30	36	M 90	01:56:05	05:22:43	10:33:36	13:05:17	15:31:09	17:21:56.40	9:28	6.3
110	PIECZARA BLAŻEJ	3357	HARPAGAN BEAST	JAWORZNO	POL	MASTERS M - 40	39	M 91	01:50:58	05:19:17	10:44:31	13:28:06	15:43:06	17:21:56.90	9:28	6.3
111	CHOJECKI PAWEŁ	3047	ZBUCERAN RUCH	ZBUCZYŃ	POL	WETERAN I M - 50	10	M 92	01:57:59	05:39:59	10:46:30	13:16:57	15:37:33	17:22:00.25	9:28	6.3
112	DZIURKA RAFAL	3459	SKAVEN DANMARK	TARM	DEN	MASTERS M - 40	40	M 93	02:11:41	05:46:36	11:01:59	13:31:53	15:54:58	17:22:19.30	9:28	6.3
113	TONDYTKO PIOTR	3493		KŁODZKO	POL	WETERAN I M - 50	11	M 94	02:03:53	05:30:17	10:40:00	13:09:43	15:27:49	17:22:21.30	9:28	6.3
114	WESOŁEK MAREK	3177	SENTE	WROCŁAW	POL	MASTERS M - 40	41	M 95	02:02:21	05:28:07	10:27:47	13:14:18	15:26:54	17:22:38.25	9:28	6.3
115	SOKOŁOWSKI MARCIN	3128		MOSINA	POL	SENIOR II M - 30	37	M 96	02:09:56	05:51:58	10:53:05	13:29:30	15:41:39	17:22:49.70	9:28	6.3
116	ROJEWSKI PAWEŁ	3032	EVERRUN	ŁÓDŹ	POL	SENIOR II M - 30	38	M 97	01:46:18	05:17:28	10:34:35	13:09:15	15:35:42	17:22:58.35	9:28	6.3
117	KUBLIK ŁUKASZ	3062		WROCŁAW	POL	SENIOR I M - 20	6	M 98	01:50:48	05:07:39	10:41:38	13:17:13	15:35:03	17:23:14.75	9:29	6.3
118	NAPIERAŁA MARCIN	3044	BIEGAJĄCE KREJZOLE	KOZIEGŁOWY	POL	MASTERS M - 40	42	M 99	02:08:13	06:04:28	11:20:56	13:48:14	15:51:32	17:24:31.50	9:29	6.3
119	SURDEL DAWID	3164	BIEGNĘ ŻEBY BARTEK MOĞŁ BIEGAĆ	KIELCE	POL	SENIOR II M - 30	39	M 100	01:52:05	05:10:47	10:29:13	12:55:59	15:22:11	17:28:06.75	9:31	6.3
120	KOŁODZIEJ PAWEŁ	3056		CZERNICA	POL	MASTERS M - 40	43	M 101	02:02:40	05:46:56	11:08:07	13:27:47	15:43:51	17:28:13.10	9:31	6.3
121	NĘDZUSIAK DARIUSZ	3471	DBN SUKURS	ALEKSANDRÓW KUJAWSKI	POL	WETERAN I M - 50	12	M 102	02:06:28	05:47:52	10:58:04	13:30:58	15:42:30	17:28:40.40	9:32	6.3
122	GRZEŚKOWIAK ZBIGNIEW	3258		JUTROSIN	POL	MASTERS M - 40	44	M 103	02:09:49	06:48:59	11:38:16	13:56:07	15:54:40	17:28:50.75	9:32	6.3
123	MIELNIK KRZYSZTOF	3023	LESZ NO LIMITS RUNNERS	LIPNO	POL	MASTERS M - 40	45	M 104	02:03:25	05:43:50	11:03:53	13:40:41	15:56:17	17:29:16.45	9:32	6.3
124	KOSTRZEWSKI SŁAWOMIR	3109		OPOLE	POL	MASTERS M - 40	46	M 105	01:49:12	05:16:26	11:30:48	13:53:50	15:56:04	17:30:01.05	9:32	6.3
125	GRYS PAWEŁ	3101	WAWRZYNTTEAM	WROCŁAW	POL	SENIOR II M - 30	40	M 106	02:14:04	06:03:22	10:51:59	13:39:35	15:54:51	17:30:14.35	9:32	6.3
126	JAKUBCZYK RAFAŁ	3353	TRIBOYS	LUBOŃ	POL	MASTERS M - 40	47	M 107	02:07:28	05:53:19	11:11:48	13:33:03	15:45:48	17:31:35.15	9:33	6.3
127	KUBICA BARTOSZ	3445		WISŁA WIELKA	POL	MASTERS M - 40	48	M 108	02:04:43	05:40:41	10:55:07	13:35:21	15:49:47	17:34:23.85	9:35	6.3
128	HAMPEL HUBERT	3338		ZIELONA GÓRA	POL	SENIOR I M - 20	7	M 109	02:08:07	05:46:36	11:00:00	13:28:34	15:54:55	17:35:11.90	9:35	6.3
129	ZIELIŃSKI BARTEK	3377	TT SZCZECIN	SZCZECIN	POL	WETERAN I M - 50	13	M 110	02:17:38	05:57:20	10:54:31	13:27:58	15:52:23	17:37:00.00	9:36	6.2
130	JOVANOVIC-DOBRYŃSKA MARTA	3446		BIAŁE BŁOTA	POL	SENIOR I K - 20	2	K 21	02:21:30	06:33:52	11:39:42	14:10:24	16:13:02	17:39:44.90	9:38	6.2
131	RYBARCZYK ILONA	3153	SPARTA RUNNERS	KOŁO	POL	SENIOR II K - 30	13	K 22	01:57:53	05:17:51	10:18:29	13:10:43	15:34:45	17:40:42.05	9:38	6.2
132	ŁĘCKI PIOTR	3436	BP RUNNING TEAM GLIWICE	GLIWICE	POL	MASTERS M - 40	49	M 111	01:49:08	05:08:00	10:33:18	13:11:16	15:39:50	17:41:37.55	9:39	6.2
133	BIAŁAS TOMEK	3253	CONSULTAS	CHORZÓW	POL	MASTERS M - 40	50	M 112	02:02:06	05:51:10	11:26:07	13:50:35	16:04:54	17:47:01.95	9:42	6.2
134	MELLER WOJCIECH	3182	DRUŻYNA WILKA	DYWITY	POL	MASTERS M - 40	51	M 113	02:14:58	06:40:31	12:00:29	14:15:49	16:18:17	17:49:14.80	9:43	6.2
135	DŻUGAN WITOLD	3409		POZNAŃ	POL	WETERAN I M - 50	14	M 114	02:11:16	05:59:02	11:21:33	14:34:22	16:15:47	17:51:03.70	9:44	6.2
136	GAŚCZAK MARIUSZ	3086	KS LENIWIEC	KĘPNO	POL	MASTERS M - 40	52	M 115	02:11:08	06:08:09	11:26:07	13:51:43	16:05:07	17:51:56.00	9:44	6.2
137	ŁUCZYŃSKI MACIEJ	3288		KŁODAWA	POL	MASTERS M - 40	53	M 116	02:04:42	05:29:02	10:40:04	13:20:20	15:53:31	17:52:01.35	9:44	6.2
138	BRODA DOMINIK	3053		WROCŁAW	POL	SENIOR II M - 30	41	M 117	01:51:02	05:31:41	11:30:47	13:55:07	16:03:00	17:52:32.40	9:45	6.2
139	ŁUKAWSKI KRZYSZTOF	3188		ŚWIEBODZICE	POL	SENIOR II M - 30	42	M 118	02:15:12	06:04:47	11:16:04	13:44:46	16:13:51	17:53:55.90	9:45	6.1
140	BATOR MICHAŁ	3001	#SOBASTEAM	NADOLICE WIELKIE	POL	SENIOR II M - 30	43	M 119	02:15:58	05:50:55	10:58:26	13:50:48	16:14:34	17:54:28.70	9:46	6.1
141	ISZCZAK KAZIMIERZ	3190		SZCZECIN	POL	MASTERS M - 40	54	M 120	02:02:05	05:58:34	11:11:35	13:48:10	16:04:33	17:54:33.15	9:46	6.1
142	LECHAŃSKI ŁUKASZ	3397	KS ULTRA TEAM ŁÓDŹ	ŁÓDŹ	POL	MASTERS M - 40	55	M 121	01:54:44	05:20:13	10:45:42	13:37:09	16:15:48	17:55:10.50	9:46	6.1
143	OLSZEWSKI JAROSŁAW	3367	NIGHT RUNNERS	POZNAŃ	POL	WETERAN I M - 50	15	M 122	02:07:19	06:03:57	11:45:26	14:15:24	16:24:32	17:55:23.45	9:46	6.1
144	KOZICZAK KATARZYNA	3078		WROCŁAW	POL	SENIOR II K - 30	14	K 23	02:14:05	05:56:29	10:56:37	13:45:22	16:07:33	17:56:28.30	9:47	6.1
145	DORNIK JAROSŁAW	3117	PZU SPORT TEAM	WROCŁAW	POL	MASTERS M - 40	56	M 123	02:06:00	05:42:33	11:31:11	14:10:39	16:26:22	17:58:37.95	9:48	6.1
146	PLEWA SYLWIA	3286	RKS PIŁA PODLASIE	PIŁA	POL	WETERAN K - 50	1	K 24	02:08:18	06:12:54	11:46:02	14:11:08	16:22:14	18:00:17.35	9:49	6.1
147	RADZIWOŃ ANNA	3082	GRUPA NIENACHALNIE HEROICZNA	POLKOWICE	POL	MASTERS K - 40	8	K 25	02:16:22	06:16:04	11:28:09	14:06:15	16:17:41	18:00:32.95	9:49	6.1
148	JURA MARIUSZ	3490	ZŁOWIESZCZE ZGRZYTNIECIE ZWIERACZA	ŁÓDŹ	POL	MASTERS M - 40	57	M 124	02:09:22	06:08:20	11:32:50	14:04:03	16:22:17	18:06:54.75	9:52	6.1
149	GRYCMAN MAGDA	3040	SPARTA ULTRA TEAM	TRZCINICA	POL	MASTERS K - 40	9	K 26	02:07:02	05:56:34	11:14:52	13:50:56	16:17:52	18:07:09.75	9:52	6.1
150	SZCZERBAL AGNIESZKA	3052	TKKF MPK POZNAŃ	POZNAŃ	POL	MASTERS K - 40	10	K 27	02:18:32	06:14:28	11:29:52	14:06:25	16:19:46	18:08:07.65	9:53	6.1
151	QUIRINI EWA	3393		NOWY TARG	POL	SENIOR II K - 30	15	K 28	02:14:54	06:04:15	11:34:35	14:04:53	16:24:04	18:08:58.10	9:53	6.1
152	ANZEL DAWID	3026	KURZĘTNIK BIEGA	OLSZTYN	POL	SENIOR II M - 30	44	M 125	02:22:52	06:24:49	11:32:52	14:01:43	16:21:04	18:10:21.45	9:54	6.1
153	BOROWSKA-NAJDEREK PAULINA	3067	WLKP MOUNTAINS ULTRA /FREE RUN	ROKIETNICA	POL	MASTERS K - 40	11	K 29	01:58:51	05:29:17	10:43:08	13:24:06	16:03:05	18:11:54.65	9:55	6
154	ŁĄK TOMASZ	3134	NOA	WROCŁAW	POL	MASTERS M - 40	58	M 126	02:00:14	05:53:19	11:32:16	14:39:06	16:53:50	18:12:47.65	9:56	6
155	MICHAŁSKI MAREK	3414		OSTRÓW WIELKOPOLSKI	POL	MASTERS M - 40	59	M 127	02:12:20	06:10:11	11:55:48	14:21:44	16:33:02	18:12:51.35	9:56	6
156	KAMIŃSKI DANIEL	3027	KS GRUCHA	OZORKÓW	POL	SENIOR II M - 30	45	M 128	01:59:31	05:47:27	11:17:38	14:10:41	16:31:28	18:13:58.25	9:56	6
157	WINNIK ELA	3424		MROWINO	POL	SENIOR II K - 30	16	K 30	01:58:37	05:31:55	10:45:46	13:27:00	16:05:42	18:14:12.70	9:56	6
158	NOWAK BARTŁOMIEJ	3319		ZIELONKI	POL	SENIOR I M - 20	8	M 129	02:14:47	06:10:54	11:38:41	14:15:23	16:32:50	18:15:01.25	9:57	6
159	ZGOŁA PRZEMYSŁAW	3029	TARNOWO PODGÓRNE BIEGA	TARNOWO PODGÓRNE	POL	WETERAN I M - 50	16	M 130	02:18:33	06:14:31	11:34:25	14:08:57	16:25:59	18:22:54.25	10:01	6

BIEG K-B-L - 110 KM, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	15km	40km	70km	85km	98km	Netto	min/km	km/h
160	JACHIMOWSKI JAROSŁAW	3218	POZYTYWNI ZABIEGANI SANOK	SANOK	POL	SENIOR II M - 30	46	M 131	02:18:49	06:33:14	11:53:37	14:38:27	16:50:41	18:23:42.90	10:02	6
161	CEBRAT EWA	3024		SOSNOWIEC	POL	MASTERS K - 40	12	K 31	02:18:52	06:33:30	11:53:40	14:38:42	16:50:43	18:23:44.90	10:02	6
162	SUDUŁ JAROSŁAW	3310	WIERZBICKI RUNNING PROJECT	GORZÓW WIELKOPOLSKI	POL	MASTERS M - 40	60	M 132	02:07:38	06:00:50	11:12:51	14:07:40	16:29:20	18:23:57.20	10:02	6
163	MUCHA MICHAŁ	3119	QCE SPARTY - MONIA GYM	SZCZECIN	POL	MASTERS M - 40	61	M 133	02:03:50	05:45:55	10:58:59	14:00:28	16:25:55	18:24:36.55	10:02	6
164	ŁATAK - SKRABUT BASIA	3080	MUSTANGI	GLIWICE	POL	MASTERS K - 40	13	K 32	02:08:28	06:08:24	11:14:44	14:09:23	16:29:42	18:25:48.80	10:03	6
165	KORECKI ANDRZEJ	3241	ŁOCHOWO I OKOLICE BIEGAJĄ	MUROWANIEC	POL	MASTERS M - 40	62	M 134	02:08:15	06:13:46	11:48:51	14:33:43	16:39:51	18:28:33.55	10:04	6
166	ŚNIEGOCKA MAGDALENA	3326	TARNOWO PODGÓRNE BIEGA	TARNOWO PODGÓRNE	POL	MASTERS K - 40	14	K 33	02:19:21	06:43:37	12:13:11	14:28:31	16:45:23	18:29:47.60	10:05	5.9
167	MACIEJEWICZ KRZYSZTOF	3014	K2	TERESPOL	POL	WETERAN I M - 50	17	M 135	02:14:08	06:08:31	11:29:54	14:25:46	16:53:32	18:30:13.20	10:05	5.9
168	JARZYŃKA KRZYSZTOF	3055	K2	LUBLIN	POL	WETERAN I M - 50	17	M 135	02:14:05	06:08:29	11:29:53	14:25:40	16:53:31	18:30:13.20	10:05	5.9
169	WYDRYCHA BARBARA	3434	PARKRUN GRUDZIĄDZ	GRUDZIĄDZ	POL	SENIOR II K - 30	17	K 34	02:15:46	06:24:11	11:43:54	14:15:11	16:37:54	18:30:20.25	10:05	5.9
170	MARCHWICKI ARKADIUSZ	3291	FEHLAU RUN TEAM	POZNAN	POL	MASTERS M - 40	63	M 137	02:15:32	06:11:20	11:46:23	14:32:04	16:49:09	18:31:36.45	10:06	5.9
171	SMYK KAMIL	3256		GDAŃSK	POL	SENIOR II M - 30	47	M 138	01:59:09	05:47:27	11:13:15	14:11:21	16:37:26	18:32:00.15	10:06	5.9
172	MARGOL PAWEŁ	3373		WROCŁAW	POL	SENIOR II M - 30	48	M 139	02:04:10	06:10:33	10:18:33	13:24:34	16:36:05	18:34:13.40	10:07	5.9
173	KORYTEK PIOTR	3120	WITKOWO BIEGA	WITKOWO	POL	MASTERS M - 40	64	M 140	02:03:57	05:37:06	10:55:05	13:50:10	16:33:53	18:34:47.90	10:08	5.9
174	GRZESZCZAK MAREK	3473		LUBLIN	POL	WETERAN II M - 60	3	M 141	02:17:25	06:02:53	11:09:29	14:18:43	16:48:40	18:34:55.30	10:08	5.9
175	GORALEWSKI MATEUSZ	3215		ZABOROW	POL	SENIOR II M - 30	49	M 142	02:05:57	06:00:04	11:13:36	13:51:05	16:29:26	18:35:02.35	10:08	5.9
176	WALCZAK DARIUSZ	3196	OLKUSZBIEGA	BOLEŚLAW	POL	MASTERS M - 40	65	M 143	02:12:27	05:57:45	11:34:59	14:11:29	16:40:04	18:37:24.80	10:09	5.9
177	WALCZAK AGNIESZKA	3217	OLKUSZBIEGA	BOLEŚLAW	POL	MASTERS K - 40	15	K 35	02:09:16	05:57:45	11:35:01	14:11:34	16:40:07	18:37:25.85	10:09	5.9
178	BULIKOWSKI TOMASZ	3277		SZCZECIN	POL	MASTERS M - 40	66	M 144	02:06:37	05:58:47	11:14:11	14:01:17	16:38:03	18:42:29.45	10:12	5.9
179	ORLICZ MICHAŁ	3123		WARSZAWA	POL	WETERAN I M - 50	19	M 145	02:00:37	05:47:47	11:27:33	14:10:09	16:52:01	18:44:03.75	10:13	5.9
180	GRZYWACZ RFAŁ	3369	NIGHT RUNNERS	POZNAN	POL	SENIOR II M - 30	50	M 146	02:00:25	05:45:56	11:33:36	14:19:13	17:01:20	18:44:54.25	10:13	5.9
181	SMOŁUCH TOMASZ	3178	SAINT-GOBAIN SQUAD	OLKUSZ	POL	MASTERS M - 40	67	M 147	02:15:07	06:10:16	11:34:13	14:14:55	16:45:51	18:45:33.25	10:13	5.9
182	RADZIWOŃ KRZYSIEK	3088	GRUPA NIENACHALNIE HEROICZNA	POLKOWICE	POL	MASTERS M - 40	68	M 148	02:16:26	06:25:19	11:54:22	14:42:02	16:55:48	18:46:04.35	10:14	5.9
183	KLONOWSKI SŁAWOMIR	3096		WAŁCZ	POL	MASTERS M - 40	69	M 149	02:08:05	06:06:50	12:09:41	14:26:53	17:09:38	18:46:23.05	10:14	5.9
184	NOWACKI MICHAŁ	3417	MORSY POZNAŃ	POZNAŃ	POL	MASTERS M - 40	70	M 150	02:17:43	06:15:19	11:22:32	14:18:33	16:45:30	18:47:03.00	10:14	5.9
185	ZIMNIEWICZ JACEK	3309		SZCZYŃNIKI	POL	MASTERS M - 40	71	M 151	02:17:46	06:15:21	11:22:32	14:19:03	16:45:30	18:47:03.20	10:14	5.9
186	SIERŻANT KAROL	3356	FIKU-MIKU GOSTYŃ	GOSTYŃ	POL	MASTERS M - 40	72	M 152	02:01:40	05:54:37	11:35:32	14:19:46	17:05:18	18:48:38.90	10:15	5.8
187	KACZYŃSKI ARTUR	3500		WARSZAWA	POL	MASTERS M - 40	73	M 153	02:04:12	06:06:33	11:38:36	14:26:21	16:57:20	18:51:23.20	10:17	5.8
188	STODULSKI KRZYSZTOF	3283	ULTRA KUTNO	KRZYŻANÓW	POL	MASTERS M - 40	74	M 154	02:03:05	05:49:30	11:33:34	14:14:30	16:58:27	18:55:41.30	10:19	5.8
189	KUCHARSKI WALDEMAR	3285	TT-SZCZECIN	SZCZECIN	POL	WETERAN I M - 50	20	M 155	02:12:57	05:55:41	11:43:33	14:39:29	17:10:02	18:55:55.65	10:19	5.8
190	GAŁKA JACEK	3166	VEGE RUNNERS	ŻMIGRÓD	POL	MASTERS M - 40	75	M 156	02:12:19	06:05:18	11:50:24	14:47:19	17:16:03	18:57:01.00	10:20	5.8
191	WAROWNY DAWID	3271	WAWRZYŃTEAM	SIODŁKOWICE	POL	MASTERS M - 40	76	M 157	02:07:19	05:58:39	11:46:35	14:39:42	17:13:01	18:58:59.25	10:21	5.8
192	AZAREWICZ GRZEGORZ	3489		GDAŃSK	POL	MASTERS M - 40	77	M 158	02:08:41	06:05:30	12:00:01	14:46:48	17:17:23	18:59:56.45	10:21	5.8
193	KONOPKA BARTOSZ	3479	BIEGAMBOLUBIĘ	KRAKÓW	POL	MASTERS M - 40	78	M 159	02:03:43	05:46:51	11:22:09	14:23:25	16:58:31	19:00:29.25	10:22	5.8
194	JAUMOTTE LAURENT	3461	UNIQA	PRAHA	CZE	MASTERS M - 40	79	M 160	01:55:24	05:18:58	10:56:47	14:00:33	16:52:20	19:01:44.45	10:22	5.8
195	LEWANDOWSKA MARLENA	3364	PODGÓRZ TORUŃ	TORUŃ	POL	MASTERS K - 40	16	K 36	02:03:57	06:02:33	11:36:59	14:15:05	17:09:31	19:03:50.85	10:23	5.8
196	CURZYDŁO BOGDAN	3192	POZYTYWNI ZABIEGANI SANOK	SANOK	POL	MASTERS M - 40	80	M 161	02:19:51	06:33:14	11:56:52	14:44:08	17:20:50	19:03:58.75	10:23	5.8
197	DOMARADZKA- KASZUBOWICZ WIKTORIA	3018		SANOK	POL	SENIOR II K - 30	18	K 37	02:19:56	06:33:16	11:58:18	14:44:32	17:20:53	19:03:59.15	10:23	5.8
198	LEŚNIAK-POPIEL MARTA	3110	POZYTYWNI ZABIEGANI SANOK	SANOK	POL	MASTERS K - 40	17	K 38	02:20:01	06:33:30	11:56:55	14:44:14	17:20:52	19:04:01.05	10:24	5.8
199	ZYGNER SŁAWOMIR	3030	LEŚNE DZIKI PGB	TWORZANICE	POL	WETERAN I M - 50	21	M 162	02:05:50	06:06:21	11:43:37	14:30:12	16:54:07	19:12:31.55	10:28	5.7
200	LESZCZYŃSKI KRZYSZTOF	3104	PODLASIAKI	BIAŁYSTOK	POL	MASTERS M - 40	81	M 163	02:13:38	06:12:01	11:25:57	14:42:04	17:21:21	19:15:48.20	10:30	5.7
201	KIERSKI DARIUSZ	3060		PSZCZYNA	POL	WETERAN I M - 50	22	M 164	02:14:55	06:22:53	12:10:15	15:06:11	17:39:59	19:22:24.05	10:34	5.7
202	BARAN STANISŁAW	3403	SAINT-GOBAIN SQUAD	CIEŚLIN	POL	MASTERS M - 40	82	M 165	02:10:42	06:10:36	11:37:29	14:55:51	17:27:20	19:22:57.20	10:34	5.7
203	PRZEWŁOKA WOJCIECH	3399	SAINT-GOBAIN SQUAD	KOLBARK	POL	MASTERS M - 40	83	M 166	02:14:17	06:07:36	11:37:28	14:54:29	17:26:58	19:22:59.85	10:34	5.7
204	ŁABĘDZKI MARIUSZ	3046	STARGARD JA SIĘ NIE ŚCIGAM	STARGARD	POL	MASTERS M - 40	84	M 167	02:21:11	06:40:41	12:31:29	15:21:39	17:37:13	19:23:35.35	10:34	5.7
205	BEDNARCZYK BOGUSŁAW	3497	PRO-RUN WROCŁAW	WROCŁAW	POL	WETERAN I M - 50	23	M 168	02:21:17	06:37:55	12:42:48	15:29:54	17:47:00	19:23:58.35	10:34	5.7
206	PIĄTOŃ PIOTR	3224	NIEPOŁOMICE BIEGAJĄ	WIELICZKA	POL	MASTERS M - 40	85	M 169	02:07:35	05:55:48	11:24:10	14:43:37	17:35:11	19:25:05.05	10:35	5.7
207	RYBACKI DARIUSZ	3202	NAUCZYCIEL	SIERADZ	POL	MASTERS M - 40	86	M 170	02:11:22	06:28:12	12:17:45	15:12:29	17:44:40	19:25:35.50	10:35	5.7
208	WOSZCZAK ZBIGNIEW	3407	STRZELIŃSKI KLUB BIEGACZA GRANIT	STRZELIN	POL	WETERAN I M - 50	24	M 171	02:30:18	06:58:41	12:28:39	15:22:06	17:46:18	19:29:46.20	10:38	5.6
209	WOSZCZAK JOLANTA	3408	STRZELIŃSKI KLUB BIEGACZA GRANIT	STRZELIN	POL	WETERAN K - 50	2	K 39	02:30:53	06:58:53	12:28:41	15:23:23	17:46:20	19:29:47.55	10:38	5.6

BIEG K-B-L - 110 KM, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	15km	40km	70km	85km	98km	Netto	min/km	km/h
210	GRZESIAK MATEUSZ	3387	KLUB AA	MIANOWICE	POL	SENIOR II M - 30	51	M 172	02:15:56	06:37:31	12:24:37	15:12:46	17:40:48	19:29:55.70	10:38	5.6
211	BIAŁEK ADAM	3484		ŁÓDŹ	POL	WETERAN I M - 50	25	M 173	02:22:50	06:44:31	12:32:01	15:17:10	17:44:08	19:32:51.60	10:39	5.6
212	BALCERZAK MARIUSZ	3320	DROGA DO ULTRA / SZAKALE BALUT	ŁÓDŹ	POL	MASTERS M - 40	87	M 174	02:22:51	06:44:33	12:32:04	15:17:16	17:44:14	19:32:54.05	10:39	5.6
213	NOWAK JAROSŁAW	3441		ŁÓMNICA	POL	WETERAN I M - 50	26	M 175	02:13:46	06:23:24	12:05:23	14:56:09	17:43:12	19:33:46.40	10:40	5.6
214	GRABOWICZ PAWEŁ	3444		SEKIERKI WIELKIE	POL	MASTERS M - 40	88	M 176	02:19:17	06:23:26	12:05:23	15:04:56	17:43:10	19:33:47.25	10:40	5.6
215	LITEWKA JACEK	3421	KUMPLE ŻWIRKA	WIELKA WIEŚ	POL	MASTERS M - 40	89	M 177	02:06:30	06:07:59	12:05:03	15:03:21	17:43:45	19:38:50.85	10:43	5.6
216	GŁÓWKA MACIEJ	3264		KARWIANY	POL	SENIOR II M - 30	52	M 178	02:16:39	06:36:44	12:36:14	15:35:31	18:00:12	19:39:50.80	10:43	5.6
217	GARSTKA ZBIGNIEW	3281	WRONIECKI KLUB BIEGACZA	WRONKI	POL	MASTERS M - 40	90	M 179	02:12:39	06:43:50	12:34:54	15:18:19	18:01:34	19:42:36.20	10:45	5.6
218	ZDANOWICZ ELŻBIETA	3223	VEGE RUNNERS	WROCŁAW	POL	MASTERS K - 40	18	K 40	02:18:24	06:35:09	12:20:15	15:16:00	17:52:37	19:42:46.15	10:45	5.6
219	KOBIEC ELŻBIETA	3405		GÓRNO	POL	MASTERS K - 40	19	K 41	02:10:36	06:34:49	12:12:24	15:13:37	17:51:39	19:42:59.25	10:45	5.6
220	MINIUR JACEK	3406		KIELCE	POL	WETERAN I M - 50	27	M 180	02:10:37	06:34:50	12:12:24	15:13:47	17:51:40	19:43:00.15	10:45	5.6
221	WÓJCIK ARTUR	3050	W POGONI ZA DUCHEM	DĄBROWA GÓRNICZA	POL	MASTERS M - 40	91	M 181	02:06:29	05:50:30	11:33:33		17:17:25	19:43:32.70	10:45	5.6
222	SUROWIEC ROBERT	3419		GORZÓW WIELKOPOLSKI	POL	WETERAN I M - 50	28	M 182	02:18:39	06:34:24	12:24:31	15:23:30	18:02:28	19:46:11.25	10:47	5.6
223	KACZMAREK DAGMARA	3462	HURAGAN LIGOTA	KATOWICE	POL	SENIOR II K - 30	19	K 42	02:20:53	06:39:02	12:05:17	14:58:23	17:53:49	19:51:23.00	10:49	5.5
224	GŁADYSZ ROBERT	3167	SCE24.PL	BIELAWA	POL	MASTERS M - 40	92	M 183	02:10:36	06:08:21	12:11:49	15:18:08	18:05:19	19:56:28.70	10:52	5.5
225	RYBCZYŃSKI PRZEMYSŁAW	3048		KRAKÓW	POL	WETERAN I M - 50	29	M 184	02:10:33	06:08:17	12:11:48	15:17:51	18:05:17	19:56:29.30	10:52	5.5
226	SZYMKOWIAK MARIUSZ	3203		WRONKI	POL	WETERAN I M - 50	30	M 185	02:09:23	06:08:42	12:12:13	15:18:21	18:05:42	19:56:53.30	10:52	5.5
227	MUCHA ADAM	3261		BORÓWIEC	POL	WETERAN I M - 50	31	M 186	02:14:50	06:26:21	12:22:09	15:27:24	18:02:48	19:59:42.50	10:54	5.5
228	BUDKOWSKI KAMIL	3478		SIECHNICE	POL	SENIOR II M - 30	53	M 187	02:07:12	06:25:52	12:30:23	15:20:35	17:54:10	20:08:47.85	10:59	5.5
229	DUDEK BARTŁOMIEJ	3359	12TRI.PL	WARSZAWA	POL	SENIOR II M - 30	54	M 188	02:35:01	06:42:55	12:15:50	15:12:34	17:53:04	20:10:24.75	11:00	5.5
230	ŚLŹEK MIROSŁAW	3095		WARSZAWA	POL	WETERAN I M - 50	32	M 189	02:08:12	06:34:33	12:13:19	15:21:53	18:05:58	20:15:41.85	11:03	5.4
231	SADOWSKI GRZEGORZ	3058	NA WYBIEGU	GDAŃSK	POL	SENIOR II M - 30	55	M 190	02:08:27	06:29:58	12:30:46	15:16:18	17:59:36	20:18:49.55	11:04	5.4
232	BURZYŃSKA EWELINA	3084	NATURA BIEDRUSKO	BIEDRUSKO	POL	MASTERS K - 40	20	K 43	02:18:04	06:38:43	13:03:02	15:49:54	18:21:40	20:18:53.90	11:04	5.4
233	SZYSZŁOWSKI WALDEMAR	3206	PATOBIEGACZE	POZNAŃ	POL	SENIOR II M - 30	56	M 191	02:08:17	06:12:53	11:47:08	14:53:43	17:50:55	20:19:01.95	11:04	5.4
234	IGNASZEWSKI MICHAŁ	3042	DRUŻYNA SZPIKU	RADZYNY	POL	SENIOR II M - 30	57	M 192	02:23:34	06:41:52	12:26:01	15:18:13	18:22:05	20:26:27.50	11:08	5.4
235	WOJTAS RYSZARD	3073		WĄGROWIEC	POL	WETERAN I M - 50	33	M 193	02:23:36	06:41:54	12:26:01	15:18:29	18:22:15	20:26:30.00	11:09	5.4
236	PEKAŁA JULITA	3295		RYTWIANY	POL	MASTERS K - 40	21	K 44	02:15:53	06:43:22	12:47:10	15:53:21	18:26:02	20:26:46.10	11:09	5.4
237	HOFSTRA TSJEARD	3430		WOMMELS	NED	MASTERS M - 40	93	M 194	02:16:28	06:11:25	11:39:54	15:14:51	18:11:51	20:27:21.65	11:09	5.4
238	BUJLIS EUGENIUSZ	3443	GIENO BIEGA	WRÓBLOWICE	POL	MASTERS M - 40	94	M 195	02:12:13	06:51:41	13:06:09	16:16:35	18:34:11	20:28:17.30	11:09	5.4
239	ZAJĄC RAFAŁ	3437	KP ZIELONA GÓRA	BYTOM ODZAŃSKI	POL	SENIOR II M - 30	58	M 196	02:12:07	06:23:45	12:28:54	15:49:56	18:26:24	20:29:26.45	11:10	5.4
240	SŁAWOMIR CHYLIŃSKI	3321	NADAKTYWNI NOWE MIASTECZKO	NOWE MIASTECZKO	POL	WETERAN I M - 50	34	M 197	02:12:10	06:23:56	12:35:37	15:50:01	18:27:13	20:29:26.55	11:10	5.4
241	KUŻEL ADRIAN	3204	NADAKTYWNI NOWE MIASTECZKO	NOWE MIASTECZKO	POL	MASTERS M - 40	95	M 198	02:12:07	06:23:48	12:29:01	15:50:06	18:31:06	20:29:26.95	11:10	5.4
242	NOWICKI MAREK	3174	PORANNI BIEGACZE	DOBRYKOWICE	POL	WETERAN I M - 50	35	M 199	02:21:01	06:34:59	12:26:56	15:28:49	18:19:56	20:30:39.60	11:11	5.4
243	WOŹNIAK PAWEŁ	3037	ENDORFINA WSCHOWA	DĘBOWA ŁĘKA	POL	MASTERS M - 40	96	M 200	02:14:07	06:57:21	12:53:38	15:59:12	18:31:10	20:33:18.90	11:12	5.4
244	DEKIERT AGNIESZKA	3411		LUBIN	POL	MASTERS K - 40	22	K 45	02:18:22	06:35:11	12:21:14	15:17:03	18:21:11	20:33:41.75	11:12	5.3
245	BAR ALEKSANDRA	3449	GMINA STRZELCE OPOLSKIE	STRZELCE OPOLSKIE	POL	MASTERS K - 40	23	K 46	02:09:38	06:23:24	12:12:21	15:17:45	18:29:21	20:34:13.35	11:13	5.3
246	ZBYRYT MAREK	3150	AKTYWNA NOWA RUDA	NOWA RUDA	POL	WETERAN I M - 50	36	M 201	02:11:50	06:27:58	12:34:34	15:18:34	18:02:53	20:34:41.60	11:13	5.3
247	DEIGSLER PRZEMYSŁAW	3155		POZNAŃ	POL	MASTERS M - 40	97	M 202	02:09:31	06:19:51	12:20:31		18:22:32	20:35:20.30	11:13	5.3
248	ZAMBRZYCKI MACIEJ	3344	SAP LABS POLAND TEAM	GLIWICE	POL	MASTERS M - 40	98	M 203	02:09:18	05:52:52	11:57:57	15:17:02	18:15:52	20:36:59.75	11:14	5.3
249	KOSIERKIEWICZ GRZEGORZ	3501		KIELCE	POL	MASTERS M - 40	99	M 204	02:21:17	06:42:28	12:51:09	15:51:07	18:37:22	20:38:32.30	11:15	5.3
250	SKŁADZIEŃ BARTOSZ	3339		WARSZAWA	POL	SENIOR II M - 30	59	M 205	02:07:54	05:50:03	11:32:08	14:46:34	18:08:04	20:43:32.40	11:18	5.3
251	JAKUBIEC BARTŁOMIEJ	3294	ROZPIERDOLSI	WROCŁAW	POL	SENIOR II M - 30	60	M 206	02:07:54	05:49:58	11:32:14	14:39:36	18:09:31	20:43:36.05	11:18	5.3
252	JĘKA MATEUSZ	3312	*****	WROCŁAW	POL	SENIOR II M - 30	61	M 207	02:07:54	05:50:07	11:32:11	14:39:44	18:08:08	20:43:37.75	11:18	5.3
253	NIKEL JACEK	3458		SOSNOWIEC	POL	SENIOR II M - 30	62	M 208	02:18:04	06:36:34	12:48:11	15:37:42	18:37:06	20:46:57.60	11:20	5.3
254	KRAŃSKA SANDRA	3440		KRAKÓW	POL	SENIOR II K - 30	20	K 47	02:18:09	06:36:45	12:48:21	15:45:00	18:37:15	20:47:50.40	11:20	5.3
255	PRONOBIS-PROŃSKI MICHAŁ	3102	SLOW JOGGING	WARSZAWA	POL	MASTERS M - 40	100	M 209	02:10:36	06:38:55	12:50:12	15:59:21	18:31:58	20:49:13.10	11:21	5.3
256	RABSCH PATRYCJA	3068		POZNAŃ	POL	SENIOR II K - 30	21	K 48	02:30:54	06:43:55	12:44:00	15:52:43	18:38:26	20:49:13.70	11:21	5.3
257	PAKUŁA KONRAD	3371		WITKOWO	POL	SENIOR II M - 30	63	M 210	02:00:31	05:47:51	12:20:57	16:00:13	18:50:13	20:50:23.85	11:22	5.3
258	BIELECKI DAMIAN	3372		KIELCE	POL	SENIOR I M - 20	9	M 211	02:00:30	05:47:50	12:20:56	16:00:24	18:50:16	20:50:23.90	11:22	5.3
259	PIĄTEK TOMASZ	3146	WILD BUCHAYS	PISARZOWICE	POL	MASTERS M - 40	101	M 212	02:10:53	06:17:01	12:09:02	15:14:07	18:28:31	20:50:49.35	11:22	5.3
260	BATOR MONIKA	3019		WARSZAWA	POL	SENIOR II K - 30	22	K 49	02:11:28	06:29:19	12:30:34	15:38:29	18:39:07	20:52:41.05	11:23	5.3
261	NOWAK RAFAŁ	3400	NIEPOŁOMICE BIEGAJĄ	KRAKÓW	POL	SENIOR II M - 30	64	M 213	02:26:21	06:54:55	12:50:52	15:53:30	18:49:01	20:53:56.25	11:23	5.3
262	PASISZ ARTUR	3360	NIEPOŁOMICE BIEGAJĄ	NIEPOŁOMICE	POL	MASTERS M - 40	102	M 214	02:27:33	06:55:13	12:53:46	15:54:42	18:46:08	20:54:04.40	11:24	5.3
263	KUPIEC MACIEJ	3061	#ZEBERKATEAM	IWINY	POL	MASTERS M - 40	103	M 215	02:19:31	06:50:18	12:50:02	15:58:20	18:50:26	20:55:06.30	11:24	5.3

BIEG K-B-L - 110 KM, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	15km	40km	70km	85km	98km	Netto	min/km	km/h
264	PIOTROWSKI MICHAŁ	3115	#ZEBERKATEAM	WROCŁAW	POL	MASTERS M - 40	104	M 216	02:19:35	06:50:16	12:49:52	15:58:10	18:58:44	20:55:07.70	11:24	5.3
265	PÓŁGRABIA DAWID	3151	#ZEBERKATEAM	WROCŁAW	POL	MASTERS M - 40	105	M 217	02:19:36	06:50:16	12:50:01	15:58:20	18:50:14	20:55:09.70	11:24	5.3
266	NAPIERAŁA KATARZYNA	3426		SUCHY LAS	POL	MASTERS K - 40	24	K 50	02:18:11	06:39:00	13:23:54	16:35:10	19:09:19	20:55:44.05	11:24	5.3
267	DOBEK TOMASZ	3268	BIEGAMPLOCKTEAM	PŁOCK	POL	WETERAN I M - 50	37	M 218	02:18:54	06:22:36	12:32:03	15:28:26	18:26:38	20:55:56.00	11:25	5.3
268	MALIK ROBERT	3013	NEWATER	WROCŁAW	POL	MASTERS M - 40	106	M 219	02:25:39	06:39:11	12:33:00	16:08:34	18:51:10	20:56:25.80	11:25	5.3
269	RZEPKA ALEKSANDRA	3116	WKURW_TEAM	WARSZAWA	POL	SENIOR II K - 30	23	K 51	02:09:59	06:38:28	12:47:56	16:17:34	18:54:28	20:56:40.90	11:25	5.3
270	WITEK ERYK	3138	QCE SPARTY - MONIA GYM	SZCZECIN	POL	MASTERS M - 40	107	M 220	02:03:51	06:08:17	12:16:12	15:18:25	18:24:57	20:57:20.05	11:25	5.2
271	WRONA SYLWESTER	3388		KRAKÓW	POL	MASTERS M - 40	108	M 221	02:11:24	06:26:29	12:16:03	15:39:52	18:42:18	20:57:26.45	11:25	5.2
272	WILK JAROSŁAW	3147	BEMOWO BIEGA	WARSZAWA	POL	WETERAN I M - 50	38	M 222	02:08:34	06:29:21	12:36:38	15:37:36	18:39:07	20:57:56.80	11:26	5.2
273	GAWLAS PRZEMYSŁAW	3507		MŁYNÓW	POL	MASTERS M - 40	109	M 223	02:20:46	06:43:38	12:38:12	15:43:46	18:48:49	20:58:12.55	11:26	5.2
274	STAJNIAK-STELIGA IZABELA	3214	OBORYGENI	WILCZYN	POL	MASTERS K - 40	25	K 52	02:56:15	07:55:06	13:58:01	16:53:54	19:19:03	21:00:01.30	11:27	5.2
275	POLIWKA MARIUSZ	3300	FITNESS PIEKARY LEGNICA	SPALONA	POL	MASTERS M - 40	110	M 224	02:10:15	06:29:30	13:29:08	16:31:28	19:15:27	21:00:31.30	11:27	5.2
276	KRUPIŃSKI MAREK	3503	DĄBROWSKI TEAM/ MARO RUNNER	OSTROŁĘKA	POL	SENIOR I M - 20	10	M 225	01:51:36	06:02:12	13:06:04	16:06:00	18:43:32	21:02:35.50	11:28	5.2
277	RUDY IWONA	3299		WARSZAWA	POL	SENIOR II K - 30	24	K 53	02:11:32	06:29:19	12:30:34	15:40:34	18:39:04	21:06:08.80	11:30	5.2
278	GRZYB KRZYSZTOF	3245	KLUB BIEGACZA RTV EURO AGD/ SMASHING PĄPKINS	POZNAŃ	POL	MASTERS M - 40	111	M 226	02:34:26	07:42:05	13:46:24	16:40:19	19:13:48	21:07:35.70	11:31	5.2
279	SZMYT PIOTR	3273	WLKP MOUNTAINS ULTRA	POZNAŃ	POL	MASTERS M - 40	112	M 227	02:15:36	06:49:11	13:06:08	16:15:26	19:12:48	21:10:06.45	11:32	5.2
280	ZYZAŃSKI ANDRZEJ	3331	ZIZU	WROCŁAW	POL	MASTERS M - 40	113	M 228	02:15:48	06:49:07	13:06:05	16:15:29	19:12:49	21:10:21.15	11:32	5.2
281	RZYHA HUBERT	3262	RUNNER'S POWER	MOŚCIENICA	POL	SENIOR II M - 30	65	M 229	02:28:56	06:44:40	12:23:07	15:34:40	18:51:10	21:10:26.00	11:32	5.2
282	MRÓZ ANNA	3395		POZNAŃ	POL	SENIOR II K - 30	25	K 54	02:28:50	06:44:39	12:23:04	15:34:33	18:51:07	21:10:29.40	11:32	5.2
283	MAĆKOWIAK ŁUKASZ	3345	MATNER RUNNING TEAM	WROCŁAW	POL	SENIOR II M - 30	66	M 230	02:04:19	06:17:23	12:29:40	15:39:19	18:37:50	21:12:16.85	11:33	5.2
284	STRZYŻEWSKI PAWEŁ	3028	BEMOWO BIEGA	WARSZAWA	POL	MASTERS M - 40	114	M 231	02:11:32	06:29:20	12:36:38	15:38:39	18:39:04	21:13:36.95	11:34	5.2
285	GAŃSKA-KARAMON MONIKA	3121	BEMOWO BIEGA	WARSZAWA	POL	MASTERS K - 40	26	K 55	02:11:23	06:29:19	12:30:36	15:37:40	18:39:10	21:13:39.85	11:34	5.2
286	SERWADZAK MAREK	3491		DROGOSZOWICE	POL	WETERAN I M - 50	39	M 232	02:17:54	06:39:05	13:02:48	16:11:25	19:04:56	21:14:51.80	11:35	5.2
287	BIELEŃ AGNIESZKA	3428	OWOCBIEGATEAM/MUAY RUNNING TEAM	POZNAŃ	POL	SENIOR II K - 30	26	K 56	02:23:54	06:41:09	13:06:04	16:01:10	18:53:24	21:16:50.20	11:36	5.2
288	LUBANSKI MATEUSZ	3431	TEAM ZABIEGANEDNI	JOZEFOW	POL	SENIOR I M - 20	11	M 233	02:14:47	06:37:37	12:56:31	16:35:16	19:25:32	21:17:34.70	11:36	5.2
289	SILSKA SYLWIA	3230		POTASZE	POL	MASTERS K - 40	27	K 57	02:27:20	07:20:06	13:24:37	16:24:11	19:09:19	21:19:09.45	11:37	5.2
290	WÓJCIK KAMIL	3460	EX TEAM	LISIECICE	POL	SENIOR II M - 30	67	M 234	02:15:23	06:53:52	13:18:34	16:46:35	19:31:04	21:25:46.65	11:41	5.1
291	GÓRCZYŃSKI RAFAŁ	3090		NOWY TOMYŚL	POL	MASTERS M - 40	115	M 235	02:15:53	06:47:29	13:09:35	16:42:16	19:34:17	21:29:12.10	11:43	5.1
292	RECZUCH ADAM	3317		WROCŁAW	POL	MASTERS M - 40	116	M 236			11:47:36			21:30:40.45	11:44	5.1
293	HAMOT ARTUR	3131	BIEGOWA KUŹNIA	SARNÓW	POL	SENIOR II M - 30	68	M 237	02:15:46	06:44:11	13:21:11	16:37:07	19:24:01	21:31:13.50	11:44	5.1
294	PRUCHNIEWSKA AGNIESZKA	3176	ROKIETNICA BIEGA	ROKIETNICA	POL	MASTERS K - 40	28	K 58	02:15:50	06:26:56	12:47:47	16:12:16	18:56:49	21:31:49.65	11:44	5.1
295	KOWAL SEBASTIAN	3012	IM-POSSIBLE TEAM	RADOM	POL	SENIOR I M - 20	12	M 238	02:05:29	06:28:37	12:47:54	16:31:09	19:51:47	21:32:30.70	11:45	5.1
296	KRUZEL RAFAŁ	3498	BIEGOWE MISIE	LEGNICA	POL	WETERAN I M - 50	40	M 239	02:41:40	07:35:57	14:15:52	17:06:17	19:40:13	21:32:38.95	11:45	5.1
297	ODOLAK PIOTR	3010		SULEJOWEK	POL	SENIOR II M - 30	69	M 240	02:38:48	07:36:55	14:34:45	17:26:39	20:14:42	21:41:43.25	11:50	5.1
298	GINTER GRZEGORZ	3492	AZS COLLEGIUM MEDICUM UJ	KRAKÓW	POL	SENIOR II M - 30	70	M 241	02:24:31	06:45:32	13:16:49	17:14:11	19:52:59	21:42:35.55	11:50	5.1
299	WOJNO MAŁGORZATA	3071	DROGA DO ULTRA	ŁÓDŹ	POL	SENIOR II K - 30	27	K 59	02:34:20	07:09:14	13:30:32	16:41:24	19:27:49	21:43:52.15	11:51	5.1
300	SZCZUKA JOANNA	3113		WIRY	POL	SENIOR I K - 20	3	K 60	02:37:54	07:47:31	14:17:25	17:11:56	19:57:53	21:47:22.55	11:53	5
301	PROŃCZUK ADAM	3145	ZBIEG OKOLICZNOŚCI	CZECHOWICE-DZIEDZICE	POL	WETERAN I M - 50	41	M 242	02:40:03	07:30:36	13:52:58	16:49:40	19:40:53	21:50:58.70	11:55	5
302	LEŚNOWOLSKI PIOTR	3246	KLUB BIEGACZA RTV EURO AGD	WARSZAWA	POL	WETERAN I M - 50	42	M 243	02:34:17	07:42:01	13:49:34	16:48:15	19:35:29	21:54:35.25	11:57	5
303	HETEL ADAM	3267	KLUB BIEGACZA RTV EURO AGD	BYDGOSZCZ	POL	SENIOR II M - 30	71	M 244	02:34:26	07:42:06	13:46:29	16:48:10	19:33:17	21:54:41.90	11:57	5
304	JUCHA JACEK	3198	CARBO ASECURA/CA AKTYWNI	GOCZAŁKOWICE ZDRÓJ	POL	MASTERS M - 40	117	M 245	02:39:26	07:30:33	13:48:40	16:54:55	19:51:54	21:57:37.70	11:58	5
305	BUGAJSKA-JUCHA RENATA	3199	CARBO ASECURA/CA AKTYWNI	GOCZAŁKOWICE ZDRÓJ	POL	MASTERS K - 40	29	K 61	02:39:29	07:30:35	13:48:41	16:54:58	19:52:30	21:57:38.65	11:58	5
306	BRUZDA PIOTR	3091	BIEGOWA KUŹNIA	BĘDZIN	POL	MASTERS M - 40	118	M 246	02:11:14	06:26:32	12:53:55	16:32:58	19:44:12	21:58:03.55	11:58	5
307	BRUZDA JOANNA	3085	BIEGOWA KUŹNIA	BĘDZIN	POL	MASTERS K - 40	30	K 62	02:11:15	06:26:32	12:53:55	16:33:08	19:43:41	21:58:03.70	11:58	5
308	RESPONDEK DARIUSZ	3049		WROCŁAW	POL	MASTERS M - 40	119	M 247	02:10:12	06:25:51	13:01:22	16:24:01	19:36:35	21:58:35.35	11:59	5
309	HANSZ DONAT	3302	NETBOX BIEGA	PIASKI	POL	SENIOR I M - 20	13	M 248	02:19:41	06:42:28	13:19:51	16:36:38	19:46:39	22:09:18.50	12:05	5
310	LEŃCZUK WALDEMAR	3453		WROCŁAW	POL	WETERAN I M - 50	43	M 249	02:07:28	06:23:29	13:06:26	16:18:07	19:32:01	22:09:54.15	12:05	5
311	TATYS ŁUKASZ	3173		WROCŁAW	POL	SENIOR II M - 30	72	M 250	02:07:28	06:15:58	13:09:12	16:28:37	19:32:47	22:10:41.55	12:05	5
312	WOŹNIAK PAWEŁ	3011	KLEP	WROCŁAW	POL	MASTERS M - 40	120	M 251	02:01:07	05:46:27	13:36:05	16:21:36	19:12:50	22:20:08.65	12:10	4.9

BIEG K-B-L - 110 KM, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	15km	40km	70km	85km	98km	Netto	min/km	km/h
313	HANGIEL URSZULA	3422	ŻWAWIE ŻÓŁWIE	WARSZAWA	POL	SENIOR II K - 30	28	K 63	02:38:29	07:38:59	14:14:40	17:30:35	20:29:41	22:23:18.20	12:12	4.9
314	CZACHOWSKI MICHAŁ	3423		WARSZAWA	POL	WETERAN I M - 50	44	M 252	02:38:54	07:39:25	14:14:58	17:30:29	20:32:55	22:25:30.40	12:13	4.9
315	SZEWCZYK MAREK	3161	CYBINA TEAM	POZNAŃ	POL	WETERAN II M - 60	4	M 253	02:30:42	07:15:15	13:47:28	17:00:08	19:57:43	22:28:04.70	12:15	4.9
316	JEDYNAK-DOROSZ IZABELA	3495	KB MANIAC POZNAŃ/OWOCBIEGA	TULCE	POL	MASTERS K - 40	31	K 64	02:37:39	07:06:05	13:20:58	16:20:21	19:25:05	22:30:06.35	12:16	4.9
317	BARAŃSKI RAFAŁ	3227	BIEGAM BO MUSZĘ OPOLE	OPOLE	POL	WETERAN I M - 50	45	M 254	02:28:05	07:20:38	14:00:47	17:10:11	20:09:51	22:32:19.45	12:17	4.9
318	BŁASZKOWSKI DANIEL	3335	MAJ.R RAWICZ	RAWICZ	POL	MASTERS M - 40	121	M 255	02:25:41	07:28:17	14:01:21	17:18:24	20:15:21	22:33:06.25	12:18	4.9
319	WIECZOREK MONIKA	3232		BOLKÓW	POL	MASTERS K - 40	32	K 65	02:25:57	07:27:46	14:01:20	17:18:40	20:15:19	22:33:07.70	12:18	4.9
320	WOLSZCZAK KONRAD	3343	BIEGIEM PO MARZENIA TEAM	LUBIN	POL	SENIOR II M - 30	73	M 256	02:20:20	06:38:44	13:42:30	17:13:53	20:11:50	22:37:18.50	12:20	4.9
321	CHWIAŁKOWSKI ŁUKASZ	3301		LUBIN	POL	MASTERS M - 40	122	M 257	02:20:21	06:25:46	13:42:30	17:12:58	20:11:48	22:37:18.85	12:20	4.9
322	BAGIŃSKI JAKUB	3350	WILD DOGS TEAM	KRAKÓW	POL	SENIOR II M - 30	74	M 258	02:19:48	06:21:37	12:59:17	16:11:23	19:44:08	22:41:15.75	12:22	4.8
323	ZAJDEL KAROLINA	3349	WILD DOGS TEAM	KRAKÓW	POL	SENIOR I K - 20	4	K 66	02:19:47	06:21:38	12:59:17	16:11:30	19:44:08	22:41:16.80	12:22	4.8
324	IHNATOWICZ ŁUKASZ	3272		GLIWICE	POL	SENIOR II M - 30	75	M 259	02:33:18	06:56:33	13:47:00	17:11:41	20:09:52	22:43:26.35	12:23	4.8
325	PÖPKE ANNA	3259	UKS AKADEMIA SPORTU GARNEK/ RUNDOMSKO	KŁONNICE	POL	SENIOR I K - 20	5	K 67	02:10:55	06:56:15	13:22:41	17:08:04	20:06:08	22:46:54.25	12:25	4.8
326	PELJAK MARIUSZ	3236		SOBÓTKA	POL	SENIOR II M - 30	76	M 260	02:18:14	07:00:56	13:20:33	16:50:41	20:11:39	22:47:16.15	12:25	4.8
327	KOPACKA EDYTA	3243	KB SOBÓTKA	WROCŁAW	POL	SENIOR II K - 30	29	K 68	07:01:01	13:20:35	16:50:50	20:14:56	22:47:17.95	12:25	4.8	
328	KORNAŚ MARCIN	3016	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	ZĄBKOWICE ŚLĄSKIE	POL	MASTERS M - 40	123	M 261	02:19:52	07:04:21	13:52:27	17:31:45	20:26:40	22:48:20.35	12:26	4.8
329	STAŃCZYKOWSKI RAFAŁ	3282		GDYNIA	POL	MASTERS M - 40	124	M 262	02:32:48	07:09:07	13:29:13	17:23:38	20:43:38	22:48:54.90	12:26	4.8
330	ŁASKAWSKA JUSTYNA	3469		WARSZAWA	POL	MASTERS K - 40	33	K 69	02:18:17	06:43:50	13:11:35	17:18:00	20:19:14	22:50:08.25	12:27	4.8
331	ZDUNEK MARIUSZ	3358		WARSZAWA	POL	SENIOR II M - 30	77	M 263	02:12:01	06:22:31	13:14:06	17:28:45	20:43:30	22:58:54.65	12:32	4.8
332	CZERWIŃSKI ŁUKASZ	3329	RAFFLES EUROPEJSKI WARSAW	MIŃSK MAZOWIECKI	POL	MASTERS M - 40	125	M 264	02:12:02	06:22:32	13:14:13	17:28:51	20:43:29	22:58:55.90	12:32	4.8
333	KOPACZYŃSKA BEATA	3454	CROSSFIT ZIELONA GÓRA	ZIELONA GÓRA	POL	WETERAN K - 50	3	K 70	02:16:54	06:58:41	14:18:52	18:08:05	21:09:22	23:13:16.20	12:39	4.7
334	LOMAGISTRO PIETRO	3455	A.S.D. GRUPPO PODISTICO SAN PIO X	CURTATONE (MN)	ITA	MASTERS M - 40	126	M 265	02:16:56	06:58:45	14:18:55	18:08:08	21:09:29	23:13:16.70	12:39	4.7
335	ŻUKOWSKI CEZARY	3036	FOR-REST-RUN	KOSZALIN	POL	SENIOR II M - 30	78	M 266	02:18:18	06:31:55	13:36:22	17:22:46	20:46:40	23:13:56.60	12:40	4.7
336	CHOŁUJ JAROSŁAW	3066	FOR-REST-RUN	KOSZALIN	POL	MASTERS M - 40	127	M 267	02:18:16	06:31:58	13:36:22	17:23:00	20:46:35	23:13:56.85	12:40	4.7
337	GUZIK DANIEL	3303		GRABOWA	POL	MASTERS M - 40	128	M 268	02:20:01	07:28:22	14:04:12	17:39:08	20:39:49	23:16:08.50	12:41	4.7
338	JERCZYŃSKI RADOSŁAW	3289		ŁĘKA OPATOWSKA	POL	MASTERS M - 40	129	M 269	02:35:00	08:00:50	14:46:49	17:58:04	20:56:13	23:20:12.70	12:43	4.7
339	JUSZCZYK MAŁGORZATA	3226	NIEPOŁOMICE BIEGAJA	NIEPOŁOMICE	POL	MASTERS K - 40	34	K 71	02:41:43	07:53:03	15:27:33	18:32:08	21:17:24	23:21:43.30	12:44	4.7
340	DĄBROWSKI MICHAŁ	3504	ULTRAPOŚLADACH/ TEAM ZABIEGANE DNI	WARSZAWA	POL	MASTERS M - 40	130	M 270	02:14:31	06:41:30	13:20:23	17:29:50	20:47:33	23:22:49.35	12:45	4.7
341	WILK MAGDALENA	3322	ULTRAPOŚLADACH / TEAM ZABIEGANEDNI	WARSZAWA	POL	MASTERS K - 40	35	K 72	02:15:20	06:41:34	13:20:30	17:31:00	20:50:19	23:22:50.05	12:45	4.7
342	SOKOŁOWSKI ARTUR	3416	TEAM ZABIEGANEDNI	OTWOCK	POL	MASTERS M - 40	131	M 271	02:30:53	07:14:04	14:05:00	17:49:11	21:03:50	23:26:13.80	12:47	4.7
343	SOBAŃSKA PAULINA	3314	TARNOWO PODGÓRNE BIEGA	TARNOWO PODGÓRNE	POL	SENIOR II K - 30	30	K 73	02:47:08	08:14:12	15:06:48	18:37:19	21:21:43	23:31:41.95	12:50	4.7
344	TARNOWSKI TOMASZ	3184	KS SOŚNICA	GLIWICE	POL	MASTERS M - 40	132	M 272	02:51:43	07:44:30	14:28:27	17:51:59	20:45:23	23:32:04.70	12:50	4.7
345	KOWALSKI ADAM	3240	ZŁOTE KLOCKI NA SZNURKU	GDANSK	POL	SENIOR II M - 30	79	M 273	02:37:04	07:37:49	14:27:00	18:05:48	21:08:49	23:32:32.85	12:50	4.7
346	BACA BARTOSZ	3238	ZŁOTE KLOCKI NA SZNURKU	POZNAŃ	POL	SENIOR II M - 30	80	M 274	02:37:02	07:37:44	14:26:37	17:36:42	21:08:46	23:32:32.90	12:50	4.7
347	KRUK JACEK	3139	TOTALNIE BIEGNIĘCI	POWAŁKI	POL	MASTERS M - 40	133	M 275	02:18:46	06:53:05	13:51:07	17:35:52	20:51:59	23:32:48.80	12:50	4.7
348	ŁUGOWSKI MAREK	3456		SZCZECIN	POL	MASTERS M - 40	134	M 276	02:17:02	06:58:33	14:18:48	17:58:28	20:51:59	23:34:58.90	12:51	4.7
349	FUNKA ANDRZEJ	3228	NKB CHYŻY NOWY TOMYŚL	NOWY TOMYŚL	POL	WETERAN II M - 60	5	M 277	02:56:17	08:18:36	15:05:20	18:34:05	21:25:34	23:39:39.40	12:54	4.6
350	GAWRON BARTŁOMIEJ	3137		POLSKA NOWA WIEŚ	POL	MASTERS M - 40	135	M 278	02:35:10	07:21:32	14:01:46	17:42:49	21:15:42	23:40:15.45	12:54	4.6
351	GRĘZEL-GAWRON JOLANTA	3136		POLSKA NOWA WIEŚ	POL	MASTERS K - 40	36	K 74	02:35:09	07:21:25	14:01:47	17:42:59	21:15:44	23:40:15.75	12:54	4.6
352	BEDNARCZYK DARIA	3169		POZNAŃ	POL	MASTERS K - 40	37	K 75	02:40:16	07:17:50	14:21:29	17:58:27	21:22:44	23:42:57.35	12:56	4.6
353	HERRMANN-JANKOWSKI PIOTR	3381		CYBINKA	POL	SENIOR II M - 30	81	M 279	02:12:13	06:01:18	12:01:14	16:09:42	20:29:25	23:43:55.10	12:56	4.6
354	PIWŃSKA AGNIESZKA	3278		ŁÓDŹ	POL	MASTERS K - 40	38	K 76	02:28:58	08:04:58	15:40:19	19:05:22	21:49:17	23:45:12.30	12:57	4.6
355	MIĘTEK AGNIESZKA	3127	BYLE NIE POD GÓRKĘ	ŻAGAŃ	POL	MASTERS K - 40	39	K 77	02:45:04	08:13:45	14:59:29	18:18:15	21:19:13	23:45:28.80	12:57	4.6
356	MIĘTEK DARIUSZ	3124	BYLE NIE POD GÓRKĘ	ŻAGAŃ	POL	MASTERS M - 40	136	M 280	02:45:03	08:13:21	14:59:34	18:19:20	21:19:00	23:45:32.35	12:57	4.6
357	GRZEŚIAK RAFAŁ	3129	EMERYT	GŁOGÓW	POL	MASTERS M - 40	137	M 281	02:28:50	07:48:18	14:54:43	18:07:15	21:18:57	23:48:50.50	12:59	4.6
358	OLSZEWSKI MICHAŁ	3266	MSPORTTEAM	POLKOWICE	POL	MASTERS M - 40	138	M 282	02:30:06	07:48:17	14:54:41	18:07:22	21:18:23	23:50:14.90	13:00	4.6
359	WAŚCIŃSKI ROMAN	3379	PĘDZI - PARA	GOŁASZYN	POL	WETERAN I M - 50	46	M 283	02:30:39	07:23:59	14:19:28	17:15:37	20:40:56	23:50:46.35	13:00	4.6
360	WAŚCIŃSKA EDYTA	3378	PĘDZI - PARA	GOŁASZYN	POL	WETERAN K - 50	4	K 78	02:31:00	07:24:06	14:19:32	17:45:35	20:58:42	23:50:47.40	13:00	4.6
361	JACHIMECKI RAFAŁ	3249	TUPU-TUPU GŁOGÓW	GŁOGÓW	POL	MASTERS M - 40	139	M 284	02:30:03	07:48:14	14:54:40	18:07:19	21:20:31	23:51:34.95	13:00	4.6
362	JAWORSKI BARŁOMIEJ	3251	WHO DARES WINS,	MIKOŁÓW	POL	WETERAN I M - 50	47	M 285	02:18:36	06:55:57	14:03:39	18:36:40	21:38:56	23:51:48.25	13:00	4.6

BIEG K-B-L - 110 KM, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	15km	40km	70km	85km	98km	Netto	min/km	km/h
363	DUMIŃSKI TOMASZ	3035	STRZEGOMSKA DWUNASTKA	STRZEGOM	POL	MASTERS M - 40	140	M 286	02:28:30	07:28:18	13:42:19	17:28:13	21:05:22	23:53:44.95	13:02	4.6
364	BAGIŃSKA PAULINA	3380		LESZNO	POL	MASTERS K - 40	40	K 79	02:18:50	06:50:46	14:19:27	17:25:22	20:55:54	23:56:12.00	13:03	4.6
365	TKACZEW PAWEŁ	3141	OBORYGENI	OBORNIKI ŚLĄSKIE	POL	MASTERS M - 40	141	M 287	02:56:14	07:55:10	14:12:00	17:11:17	20:39:07	23:57:41.65	13:04	4.6
366	KAMIŃSKI TOMASZ	3126		CHOJNÓW	POL	MASTERS M - 40	142	M 288	02:41:35	08:00:27	15:01:12	18:22:11	21:30:02	23:57:47.70	13:04	4.6
367	NOWAKOWSKI MIROSŁAW	3063		WIELEŃ	POL	WETERAN I M - 50	48	M 289	02:32:32	07:38:22	14:58:45	18:39:21	21:30:22	23:58:12.25	13:04	4.6
368	NOWAK TOMASZ	3054		JANOWIEC WLKP	POL	MASTERS M - 40	143	M 290	02:28:49	07:13:46	13:46:51	17:06:54	21:03:15	24:03:15.65	13:07	4.6
369	WACHOWIAK SEBASTIAN	3034	BIEGAJĄCE KREJZOLE	KOZIEGŁOWY	POL	SENIOR II M - 30	82	M 291	02:34:47	07:13:52	13:47:01	17:07:42	21:04:21	24:03:21.90	13:07	4.6
370	NADOBNIK BEATA	3156	TARNOWO PODGÓRNE BIEGA / SPORTOWY KAŻMIERZ	KAŻMIERZ	POL	MASTERS K - 40	41	K 80	02:47:07	08:14:11	15:06:50	18:41:38	21:39:03	24:16:51.75	13:14	4.5
371	TOMASIK MIECZYŚLAW	3506		DUSZNIKI ZDRÓJ	POL	WETERAN II M - 60	6	M 292	02:28:16	06:57:42	13:32:03	17:44:30	21:32:27	24:17:03.60	13:14	4.5
372	MACZUGA MONIKA	3057	MUSTANGI GLIWICE	GLIWICE	POL	SENIOR II K - 30	31	K 81	02:15:24	07:11:33	15:39:24	18:51:03	22:09:54	24:22:37.00	13:17	4.5
373	KUNA KATARZYNA	3083	BIEGOWA KUŹNIA	DĄBROWA GÓRNICZA	POL	MASTERS K - 40	42	K 82	02:36:02	07:41:23	15:10:34	19:02:20	22:15:01	24:22:45.55	13:17	4.5
374	MORDZIOŁEK KATARZYNA	3094	BIEGOWA KUŹNIA	SOSNOWIEC	POL	MASTERS K - 40	43	K 83	02:36:01	07:41:21	15:10:33	19:02:14	22:15:00	24:22:45.90	13:17	4.5
375	MAKAREWICZ SYLWIA	3298		MIKOŁÓW	POL	MASTERS K - 40	44	K 84	02:51:15	08:56:15	15:52:44	19:25:36	22:12:05	24:35:09.50	13:24	4.5
376	ZIENIEWICZ WOJCIECH	3392		WROCŁAW	POL	MASTERS M - 40	144	M 293	02:09:23	06:48:26	13:59:33	17:22:44	20:45:58	24:35:33.10	13:24	4.5
377	FILIPOWICZ DOMINIK	3163		CHOJNÓW	POL	SENIOR II M - 30	83	M 294	02:38:27	07:50:22	14:58:37	18:22:05	21:46:36	24:38:36.45	13:26	4.5
378	KOSTYK GRZEGORZ	3100		CHOJNÓW	POL	MASTERS M - 40	145	M 295	02:38:39	07:50:29	15:01:29	18:23:13	21:46:36	24:38:41.25	13:26	4.5
379	WASIK KRZYSZTOF	3269		POZNAŃ	POL	MASTERS M - 40	146	M 296	02:39:28	07:39:22	14:55:57	18:45:55	22:03:17	24:41:07.05	13:27	4.5
380	SZWARGOT MARTA	3159	SPORTOWY KAŻMIERZ/ TARNOWO PODGÓRNE BIEGA	KAŻMIERZ	POL	SENIOR II K - 30	32	K 85	02:47:10	08:14:14	15:06:53	18:56:31	22:09:47	24:44:15.00	13:29	4.4
381	BEŻYK BARTOSZ	3475	GOPR GRUPA SUDECKA	ŁĄDEK-ZDRÓJ	POL	SENIOR I M - 20	14	M 297	02:33:48	07:49:07	15:02:13	18:48:56	22:24:54	24:50:01.10	13:32	4.4
382	NAPIERAŁA MIKOŁAJ	3059		NIEMCZ	POL	SENIOR I M - 20	15	M 298	02:04:23	06:11:12	15:03:20	18:20:42	22:22:11	25:15:32.15	13:46	4.4
383	BUBEL ALINA	3351		WROCŁAW	POL	WETERAN K - 50	5	K 86	03:05:13	08:48:31	15:57:47	19:35:32	22:49:14	25:20:16.00	13:49	4.3
384	OBARSKI NORBERT	3274		KIELCE	POL	WETERAN II M - 60	7	M 299	02:55:28	08:28:00	15:30:06	19:20:41	22:52:48	25:21:31.65	13:49	4.3
385	OBARSKA MAŁGORZATA	3275		STARACHOWICE	POL	WETERAN II K - 60	1	K 87	02:55:26	08:28:02	15:30:08	19:20:33	22:52:46	25:21:33.90	13:49	4.3
386	SERAFIŃSKI MIROSŁAW	3336		POZNAŃ	POL	MASTERS M - 40	147	M 300	02:44:35	07:48:44	14:28:28	18:02:10	22:21:11	25:26:55.35	13:52	4.3
387	STACHOWIAK GRZEGORZ	3130		ŻAGAŃ	POL	MASTERS M - 40	148	M 301	02:13:43	07:09:52	15:37:34	19:42:31	23:37:09	25:37:23.15	13:58	4.3
388	HEŁMECKI MARCIN	3502		WILCZYCE	POL	SENIOR I M - 20	16	M 302	03:07:51	08:22:20	15:44:55	19:18:20	23:01:44	25:44:18.40	14:02	4.3
389	MAŚLANIK PIOTR	3122	OCE SPARTY- WIECZORNE BIEGANIE W SZCZECINIE-MONIAGYM	SCHWEDT/ODER	GER	MASTERS M - 40	149	M 303	02:43:11	08:06:27	15:56:40	20:25:39	23:32:43	25:46:56.85	14:03	4.3
390	OLESIŃSKI PIOTR	3165	DRUŻYNA ORZECHA ŻYRARDÓW	SOCHACZEW	POL	MASTERS M - 40	150	M 304	02:15:56	07:16:09	15:10:29	19:44:15	23:34:59	25:52:43.90	14:06	4.3
391	WALCZAK-WOJTKOWSKA IWONA	3342		WARSZAWA	POL	WETERAN II K - 60	2	K 88	03:00:53	08:44:17	16:21:58	20:01:44	23:20:32	25:53:12.75	14:07	4.2
392	RUNOWICZ MAGDALENA	3487		KŁODZKO	POL	MASTERS K - 40	45	K 89	02:48:31	10:56:12	17:40:44	21:00:34	23:48:07	25:57:25.00	14:09	4.2
393	SZCZEPOCKI ANDRZEJ	3235	NIEPOŁOMICE BIEGAJĄ	NIEPOŁOMICE	POL	WETERAN I M - 50	49	M 305	02:41:46	07:53:09	15:27:39	19:41:06	23:34:29	26:03:20.75	14:12	4.2
394	WĄDOŁOWSKI REMIGIUSZ	3070		ZABRZE	POL	SENIOR II M - 30	84	M 306	02:41:16	08:20:58	16:24:33	20:41:56	23:48:07	26:04:26.10	14:13	4.2
395	WĄDOŁOWSKA JOANNA	3075		ZABRZE	POL	SENIOR II K - 30	33	K 90	02:41:18	08:21:00	16:24:36	20:41:54	23:48:11	26:04:26.20	14:13	4.2
396	FIEDOROWICZ MARCIN	3352		NIEPOŁOMICE	POL	SENIOR II M - 30	85	M 307	02:34:22	07:42:00	15:25:12	19:25:22	23:16:33	26:11:42.25	14:17	4.2
397	KOCHMAŃSKA MARTA	3015	SOWY	BOŻKÓW	POL	SENIOR II K - 30	34	K 91	02:22:14	07:35:00	15:29:19	20:14:16	24:19:17	26:13:15.75	14:18	4.2
398	MICHNIEWSKI PIOTR	3505	GIT EKIPA!	ZAWIERCIE	POL	SENIOR II M - 30	86	M 308	03:47:33	11:02:00	18:29:23	22:21:12	26:23:15.10	14:23	4.2	
399	KWIATKOWSKA ZUZANNA	3386		SZCZYTNA	POL	MASTERS K - 40	46	K 92	02:42:52	09:43:38	17:56:42	21:56:55	24:40:51	26:23:37.40	14:23	4.2
400	KUJAWA MAREK	3290		SZCZYTNA	POL	MASTERS M - 40	151	M 309	02:42:54	09:43:41	17:56:44	21:57:24	24:44:18	27:23:06.80	14:56	4
	KŁAK WOJCIECH	3219	SZYBKIE ŻÓŁWIE OPATÓW	PIASKI 38	POL	MASTERS M - 40			02:07:20	05:42:45	11:17:09	13:53:22	DNF	DNF	-	-
	NIEDZIELA KRZYSZTOF	3111	GOSTYŃ	GOSTYŃ	POL	MASTERS M - 40			DNF	DNF	DNF	DNF	DNF	DNF	-	-
	PILARSKI TOMASZ	3451	IZERY BOGATYNIA	BOGATYNIA	POL	MASTERS M - 40			01:36:32	04:21:02	08:06:37	DNF	DNF	DNF	-	-
	MOSSUR KACPER	3157	BLOK DOBRYSZYCE		POL	SENIOR I M - 20			02:00:33	05:45:26	12:06:34	DNF	DNF	DNF	-	-
	ROŻNIATA IWONA	3158		GŁOWNO	POL	MASTERS K - 40			02:21:29	06:30:45	12:11:03	DNF	DNF	DNF	-	-
	PODSADNY BARTOSZ	3180		POZNAŃ	POL	SENIOR II M - 30			02:18:46	06:18:21	12:29:56	DNF	DNF	DNF	-	-
	WRÓBLEWSKI RADOŚLAW	3135	VELUX	GNIEZNO	POL	MASTERS M - 40			02:05:36	05:49:25	12:30:35	DNF	DNF	DNF	-	-

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M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	15km	40km	70km	85km	98km	Netto	min/km	km/h
	MICHOŃ KACPER	3368	NIGHT RUNNERS	KONIN	POL	SENIOR I M - 20			02:01:03 DNF	06:03:14 DNF	12:50:21 DNF	DNF	DNF	DNF	-	-
	ZWOLIŃSKI RAFAŁ	3248		KOŁO	POL	MASTERS M - 40			02:12:06 DNF	06:46:40 DNF	13:40:33 DNF	DNF	DNF	DNF	-	-
	MROZIŃSKI BŁAŻEJ	3237	ZŁOTE KLOCKI NA SZNURKU	WARSZAWA	POL	SENIOR II M - 30			02:37:04 DNF	07:37:49 DNF	14:27:01 DNF	DNF	DNF	DNF	-	-
	SILSKI MAREK	3229		POTASZE	POL	WETERAN I M - 50			02:27:15 DNF	07:20:04 DNF	15:16:50 DNF	DNF	DNF	DNF	-	-
	WOJEWODA RENATA	3481	KAZIKI	WARSZAWA	POL	MASTERS K - 40			02:32:18 DNF	07:24:21 DNF	15:23:24 DNF	DNF	DNF	DNF	-	-
	WOJEWODA MICHAŁ	3482	KAZIKI	WARSZAWA	POL	MASTERS M - 40			02:32:15 DNF	07:24:20 DNF	15:23:25 DNF	DNF	DNF	DNF	-	-
	MAGOCSY JUSTYNA	3097		KRAKÓW	POL	SENIOR II K - 30			02:49:48 DNF	07:44:20 DNF	15:31:14 DNF	DNF	DNF	DNF	-	-
	WÓDKIEWICZ MACIEJ	3438	WLKP MOUNTAINS ULTRA	TULCE	POL	WETERAN I M - 50			02:30:31 DNF	07:53:44 DNF	15:38:58 DNF	DNF	DNF	DNF	-	-
	DREWICZ KINGA	3125	BYLE NIE POD GÓRKĘ RUNNER TEAM	ŻAGAŃ	POL	MASTERS K - 40			02:13:30 DNF	07:09:55 DNF	15:39:47 DNF	DNF	DNF	DNF	-	-
	DOWNAR-ZAPOLSKA RITA	3201		WROCŁAW	POL	MASTERS K - 40			02:40:41 DNF	08:17:34 DNF	15:42:05 DNF	DNF	DNF	DNF	-	-
	KLIMEK ARKADIUSZ	3308		WARSZAWA	POL	MASTERS M - 40			02:38:55 DNF	08:00:35 DNF	17:10:29 DNF	DNF	DNF	DNF	-	-
	KOBLAŃSKI TOMASZ	3065		LEGNICA	POL	MASTERS M - 40			02:55:55 DNF	08:47:45 DNF	17:40:01 DNF	DNF	DNF	DNF	-	-
	ZAGROBELNA MAGDALENA	3391	DRUŻYNA SZPIKU	WROCŁAW	POL	MASTERS K - 40			03:29:36 DNF	10:04:57 DNF	19:19:55 DNF	DNF	DNF	DNF	-	-
	LANGNER RADOŚLAW	3064	RMT TEAM PRO	WROCŁAW	POL	SENIOR II M - 30			01:38:00 DNF	04:09:53 DNF	DNF	DNF	DNF	DNF	-	-
	ZAWADZKI ANDRZEJ	3239	MKS SIECHNICE	SIECHNICE	POL	SENIOR II M - 30			01:36:53 DNF	04:32:39 DNF	DNF	DNF	DNF	DNF	-	-
	ŻARECKI ŁUKASZ	3260		WROCŁAW	POL	SENIOR II M - 30			01:37:00 DNF	04:32:45 DNF	DNF	DNF	DNF	DNF	-	-
	MARCINIAK JAKUB	3045		KROTOSZYN	POL	SENIOR II M - 30			01:48:40 DNF	04:55:29 DNF	DNF	DNF	DNF	DNF	-	-
	PALUSZKIEWICZ ROBERT	3402		LUBIN	POL	MASTERS M - 40			01:45:29 DNF	05:04:56 DNF	DNF	DNF	DNF	DNF	-	-
	NEHRING KAROL	3143		SULEJÓWEK	POL	SENIOR I M - 20			01:38:54 DNF	05:06:41 DNF	DNF	DNF	DNF	DNF	-	-
	PIKUL PIOTR	3279		WARSZAWA	POL	MASTERS M - 40			01:52:52 DNF	05:08:55 DNF	DNF	DNF	DNF	DNF	-	-
	PROSZAK SEBASTIAN	3442	TEAM KURORT ŁĄDEK-ZDRÓJ	KŁODZKO	POL	MASTERS M - 40			01:53:57 DNF	05:13:19 DNF	DNF	DNF	DNF	DNF	-	-
	KUBERA PAWEŁ	3106		GDAŃSK	POL	SENIOR II M - 30			01:54:13 DNF	05:16:20 DNF	DNF	DNF	DNF	DNF	-	-
	BŁĄDEK SŁAWOMIR	3394		WITKOWO DRUGIE	POL	SENIOR II M - 30			01:55:25 DNF	05:22:33 DNF	DNF	DNF	DNF	DNF	-	-
	SIKORSKI SZYMON	3209	NOA	KIEŁCZÓW	POL	SENIOR II M - 30			01:49:17 DNF	05:29:30 DNF	DNF	DNF	DNF	DNF	-	-
	RZESZOT ŁUKASZ	3112	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ ☐☐	ĆMIŃSK	POL	SENIOR II M - 30			02:10:23 DNF	05:52:44 DNF	DNF	DNF	DNF	DNF	-	-
	HULBÓJ SEBASTIAN	3390	WKS TEAM	BIELSKO-BIAŁA	POL	MASTERS M - 40			01:59:31 DNF	05:56:30 DNF	DNF	DNF	DNF	DNF	-	-
	JANOWSKA ANNA	3452		OLSZTYN	POL	MASTERS K - 40			02:09:14 DNF	06:00:03 DNF	DNF	DNF	DNF	DNF	-	-
	WALASZCZYK ANNA	3384		GLIWICE	POL	MASTERS K - 40			02:06:18 DNF	06:06:35 DNF	DNF	DNF	DNF	DNF	-	-
	JĘDZURA DANIEL	3383	BPRT GLIWICE	GLIWICE	POL	MASTERS M - 40			02:06:15 DNF	06:06:36 DNF	DNF	DNF	DNF	DNF	-	-

BIEG K-B-L - 110 KM, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	15km	40km	70km	85km	98km	Netto	min/km	km/h
	BIERNACKI SŁAWOMIR	3457	ŁOCHOWO I OKOLICE BIEGAJĄ	LIPNIKI	POL	MASTERS M - 40			02:08:15 DNF	06:13:47 DNF	DNF	DNF	DNF	DNF	-	-
	KUDELSKI IRENEUSZ	3133	ROZBIEGANI CHOJNÓW	CHOJNÓW	POL	WETERAN I M - 50			02:08:14 DNF	06:22:50 DNF	DNF	DNF	DNF	DNF	-	-
	PURCZYŃSKI GRZEGORZ	3337		ZIELONA GÓRA	POL	MASTERS M - 40			02:12:04 DNF	06:23:53 DNF	DNF	DNF	DNF	DNF	-	-
	MELLER JOANNA	3181	DRUŻYNA WILKA	DYWITY	POL	MASTERS K - 40			02:14:56 DNF	06:40:33 DNF	DNF	DNF	DNF	DNF	-	-
	CIECIELĄG PIOTR	3006		PIASECZNO	POL	MASTERS M - 40			02:18:53 DNF	06:42:28 DNF	DNF	DNF	DNF	DNF	-	-
	KUŚ JAN	3366		JAWORZE	POL	SENIOR I M - 20			02:29:12 DNF	06:47:47 DNF	DNF	DNF	DNF	DNF	-	-
	WERNO BARTŁOMIEJ	3222		RAWICZ	POL	SENIOR II M - 30			02:09:55 DNF	06:48:59 DNF	DNF	DNF	DNF	DNF	-	-
	MACKIEWICZ MAGDALENA	3021	DŁUGOBIEGANIE	SZCZECIN	POL	MASTERS K - 40			02:25:03 DNF	06:56:18 DNF	DNF	DNF	DNF	DNF	-	-
	KRUZEL JOANNA	3499	BIEGOWE MISIE	LEGNICA	POL	SENIOR II K - 30			02:41:40 DNF	07:35:58 DNF	DNF	DNF	DNF	DNF	-	-
	GNIELKA DAWID	3363	ZAMKOWIEC TOSZEK	PYSKOWICE	POL	SENIOR I M - 20			02:43:55 DNF	07:53:57 DNF	DNF	DNF	DNF	DNF	-	-
	KANIASTY MARTA	3307		WARSZAWA	POL	SENIOR II K - 30			02:38:54 DNF	08:00:53 DNF	DNF	DNF	DNF	DNF	-	-
	PACANOWSKI ROBERT	3114	WEŁNICA BIEGA	WEŁNICA	POL	WETERAN I M - 50			02:56:06 DNF	08:18:28 DNF	DNF	DNF	DNF	DNF	-	-
	WĄCHAŁA DAMIAN	3362		KROSNO ODRZAŃSKIE	POL	SENIOR II M - 30			01:38:33 DNF	DNF	DNF	DNF	DNF	DNF	-	-
	ROLBIECKI PIOTR	3200	GEOINGS POLSKA	GDAŃSK	POL	SENIOR II M - 30			01:40:21 DNF	DNF	DNF	DNF	DNF	DNF	-	-
	STYPEREK JAKUB	3304	VEGE RUNNERS	PSARSKIE	POL	SENIOR II M - 30			01:42:32 DNF	DNF	DNF	DNF	DNF	DNF	-	-
	GRZEGÓRZEK KRZYSZTOF	3247		KOŁO	POL	MASTERS M - 40			01:57:54 DNF	DNF	DNF	DNF	DNF	DNF	-	-
	HALINIAK MAREK	3069	NKB CHYŻY NOWY TOMYŚL	NOWY TOMYŚL	POL	MASTERS M - 40			02:06:19 DNF	DNF	DNF	DNF	DNF	DNF	-	-

BIEG K-B-L - 110 KM, OPEN KOBIEC

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	15km	40km	70km	85km	98km	Netto	min/km	km/h
1	WENTA MARTA	3470	KASZUBSKA PONIEWIERKA	CHMIELNO	POL	SENIOR II K - 30	1	K 1	01:31:06	04:08:29	07:53:59	09:40:20	11:10:43	12:25:21.60	6:46	8.9
2	WIERZCHOWIAK KAROLINA	3009		WARSZAWA	POL	SENIOR I K - 20	1	K 2	01:39:49	04:23:26	08:24:48	10:22:15	12:04:52	13:26:14.20	7:19	8.2
3	ARDELLI EWA	3280	BIELAWSKA AKADEMIA BIEGANIA	BIELAWA	POL	MASTERS K - 40	1	K 3	01:46:45	04:46:58	09:01:17	10:59:38	12:48:13	14:10:36.20	7:43	7.8
4	GRUSZKA ALEKSANDRA	3401	WILD ULTRA WARRIORS	BOGUSZÓW-GORCE	POL	SENIOR II K - 30	2	K 4	01:52:24	05:05:19	09:27:12	11:23:29	13:10:56	14:38:22.35	7:59	7.5
5	GUZERA JUSTYNA	3103	MATNER RUNNING TEAM	WROCLAW	POL	SENIOR II K - 30	3	K 5	02:00:40	05:07:47	09:33:57	11:37:18	13:30:24	15:01:21.30	8:11	7.3
6	ŚLUSARCZYK KATARZYNA	3398		OLSZYNA	POL	SENIOR II K - 30	4	K 6	01:51:28	05:10:04	09:54:11	11:50:58	13:40:04	15:03:24.00	8:12	7.3
7	ŚLIŻ SYLWIA	3412		SIECHNICE	POL	SENIOR II K - 30	5	K 7	01:56:35	04:55:59	09:26:02	11:39:03	13:41:31	15:13:47.30	8:18	7.2
8	MICHAŁSKA AGNIESZKA	3413		OSTRÓW WIELKOPOLSKI	POL	MASTERS K - 40	2	K 8	01:48:50	05:01:59	09:49:24	12:20:12	14:19:00	15:43:12.20	8:34	7
9	WITKE-ORLIKOWSKA MARTA	3376		POZNAN	POL	SENIOR II K - 30	6	K 9	01:57:21	05:14:47	09:59:53	12:12:45	14:16:21	15:49:36.10	8:37	7
10	GÓRNA ANITA	3341	LPP TEAM	KRAKÓW	POL	SENIOR II K - 30	7	K 10	02:00:41	05:14:55	09:43:40	12:09:33	14:20:23	15:54:47.70	8:40	6.9
11	MARZEC KAROLINA	3315	DZIKIE DZIKI GORZÓW	DESZCZNO	POL	MASTERS K - 40	3	K 11	01:51:40	05:02:40	10:03:19	12:25:33	14:40:30	16:20:23.30	8:54	6.7
12	BOROWSKA KAROLINA	3142	MONIA GYM	SZCZECIN	POL	SENIOR II K - 30	8	K 12	01:56:42	05:28:31	10:22:24	12:55:27	14:58:02	16:29:20.90	8:59	6.7
13	GOŁĘBIEWSKA KATARZYNA	3450		GLIWICE	POL	MASTERS K - 40	4	K 13	01:49:16	05:11:47	10:04:48	12:47:21	15:03:19	16:36:43.65	9:03	6.6
14	KONIECZNA PAULINA	3263	CH10	CHOSZCZNO	POL	SENIOR II K - 30	9	K 14	01:50:46	05:10:10	10:03:10	12:47:08	15:01:41	16:44:15.70	9:07	6.6
15	BEDNARSKA KAŚKA	3072	BIEGNĘ, ŻEBY BARTEK MÓGL BIEGAĆ	KIELCE	POL	MASTERS K - 40	5	K 15	02:10:28	05:52:33	10:29:15	12:45:05	15:06:15	17:00:06.95	9:16	6.5
16	GARBOWSKA MONIKA	3186	COMPANEROS ASFALT TEAM	GLIWICE	POL	MASTERS K - 40	6	K 16	02:08:09	06:05:27	11:02:17	13:30:39	15:34:25	17:03:15.30	9:18	6.5

BIEG K-B-L - 110 KM, OPEN KOBIEC c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	15km	40km	70km	85km	98km	Netto	min/km	km/h
17	WODZIŃSKA DANUTA	3107	INSTRUKTOR BIEGANIA TEAM	KRAPKOWICE	POL	MASTERS K - 40	7	K 17	01:58:42	05:30:30	10:20:06	13:06:50	15:26:23	17:07:26.00	9:20	6.4
18	PARSZEWSKA ALEKSANDRA	3328		BYTOM	POL	SENIOR II K - 30	10	K 18	02:09:22	05:45:30	10:47:05	13:12:22	15:23:57	17:08:12.40	9:20	6.4
19	PRZYSTOLIK MAGDALENA	3365		KATOWICE	POL	SENIOR II K - 30	11	K 19	02:08:14	05:51:40	10:53:00	13:25:18	15:36:05	17:10:12.90	9:21	6.4
20	ANTKOWIAK MONIKA	3509	MUAY RUNNING TEAM	MUROWANA GOŚLINA	POL	SENIOR II K - 30	12	K 20	02:06:53	05:57:06	11:02:05	13:24:16	15:34:28	17:17:56.90	9:26	6.4
21	JOVANOVIĆ-DOBRYŃSKA MARTA	3446		BIAŁE BŁOTA	POL	SENIOR I K - 20	2	K 21	02:21:30	06:33:52	11:39:42	14:10:24	16:13:02	17:39:44.90	9:38	6.2
22	RYBARCZYK IŁONA	3153	SPARTA RUNNERS	KOŁO	POL	SENIOR II K - 30	13	K 22	01:57:53	05:17:51	10:18:29	13:10:43	15:34:45	17:40:42.05	9:38	6.2
23	KOZICZAK KATARZYNA	3078		WROCŁAW	POL	SENIOR II K - 30	14	K 23	02:14:05	05:56:29	10:56:37	13:45:22	16:07:33	17:56:28.30	9:47	6.1
24	PLEWA SYLWIA	3286	RKS PIŁA PODLASIE	PIŁA	POL	WETERAN K - 50	1	K 24	02:08:18	06:12:54	11:46:02	14:11:08	16:22:14	18:00:17.35	9:49	6.1
25	RADZIWIŃ ANNA	3082	GRUPA NIENACHALNIE HEROICZNA	POLKOWICE	POL	MASTERS K - 40	8	K 25	02:16:22	06:16:04	11:28:09	14:06:15	16:17:41	18:00:32.95	9:49	6.1
26	GRYCMAN MAGDA	3040	SPARTA ULTRA TEAM	TRZCINICA	POL	MASTERS K - 40	9	K 26	02:07:02	05:56:34	11:14:52	13:50:56	16:17:52	18:07:09.75	9:52	6.1
27	SZCZERBAL AGNIESZKA	3052	TKKF MPK POZNAŃ	POZNAŃ	POL	MASTERS K - 40	10	K 27	02:18:32	06:14:28	11:29:52	14:06:25	16:19:46	18:08:07.65	9:53	6.1
28	QUIRINI EWA	3393		NOWY TARG	POL	SENIOR II K - 30	15	K 28	02:14:54	06:04:15	11:34:35	14:04:53	16:24:04	18:08:58.10	9:53	6.1
29	BOROWSKA-NAJDEREK PAULINA	3067	WLKP MOUNTAINS ULTRA /FREE RUN	ROKIETNICA	POL	MASTERS K - 40	11	K 29	01:58:51	05:29:17	10:43:08	13:24:06	16:03:05	18:11:54.65	9:55	6
30	WINNIK ELA	3424		MROWINO	POL	SENIOR II K - 30	16	K 30	01:58:37	05:31:55	10:45:46	13:27:00	16:05:42	18:14:12.70	9:56	6
31	CEBRAT EWA	3024		SOSNOWIEC	POL	MASTERS K - 40	12	K 31	02:18:52	06:33:30	11:53:40	14:38:42	16:50:43	18:23:44.90	10:02	6
32	ŁATAK - SKRABUT BASIA	3080	MUSTANGI	GLIWICE	POL	MASTERS K - 40	13	K 32	02:08:28	06:08:24	11:14:44	14:09:23	16:29:42	18:25:48.80	10:03	6
33	ŚNIEGOCKA MAGDALENA	3326	TARNOWO PODGÓRNE BIEGA	TARNOWO PODGÓRNE	POL	MASTERS K - 40	14	K 33	02:19:21	06:43:37	12:13:11	14:28:31	16:45:23	18:29:47.60	10:05	5.9
34	WYDRYCH BARBARA	3434	PARKRUN GRUDZIĄDZ	GRUDZIĄDZ	POL	SENIOR II K - 30	17	K 34	02:15:46	06:24:11	11:43:54	14:15:11	16:37:54	18:30:20.25	10:05	5.9
35	WALCZAK AGNIESZKA	3217	OLKUSZBIEGA	BOLESŁAW	POL	MASTERS K - 40	15	K 35	02:09:16	05:57:45	11:35:01	14:11:34	16:40:07	18:37:25.85	10:09	5.9
36	LEWANDOWSKA MARLENA	3364	PODGÓRZ TORUŃ	TORUŃ	POL	MASTERS K - 40	16	K 36	02:03:57	06:02:33	11:36:59	14:15:05	17:09:31	19:03:50.85	10:23	5.8
37	DOMARADZKA- KASZUBOWICZ WIKTORIA	3018		SANOK	POL	SENIOR II K - 30	18	K 37	02:19:56	06:33:16	11:58:18	14:44:32	17:20:53	19:03:59.15	10:23	5.8
38	LEŚNIAK-POPIEL MARTA	3110	POZYTYWNIIE ZABIEGANI SANOK	SANOK	POL	MASTERS K - 40	17	K 38	02:20:01	06:33:30	11:56:55	14:44:14	17:20:52	19:04:01.05	10:24	5.8
39	WOSZCZAK JOLANTA	3408	STRZELIŃSKI KLUB BIEGACZA GRANIT	STRZELIŃ	POL	WETERAN K - 50	2	K 39	02:30:53	06:58:53	12:28:41	15:23:23	17:46:20	19:29:47.55	10:38	5.6
40	ZDANOWICZ ELŻBIETA	3223	VEGE RUNNERS	WROCŁAW	POL	MASTERS K - 40	18	K 40	02:18:24	06:35:09	12:20:15	15:16:00	17:52:37	19:42:46.15	10:45	5.6
41	KOBIEC ELŻBIETA	3405		GÓRNO	POL	MASTERS K - 40	19	K 41	02:10:36	06:34:49	12:12:24	15:13:37	17:51:39	19:42:59.25	10:45	5.6
42	KACZMAREK DAGMARA	3462	HURAGAN LIGOTA	KATOWICE	POL	SENIOR II K - 30	19	K 42	02:20:53	06:39:02	12:05:17	14:58:23	17:53:49	19:51:23.00	10:49	5.5
43	BURZYŃSKA EWELINA	3084	NATURA BIEDRUSKO	BIEDRUSKO	POL	MASTERS K - 40	20	K 43	02:18:04	06:38:43	13:03:02	15:49:54	18:21:40	20:18:53.90	11:04	5.4
44	PEKAŁA JULITA	3295		RYTWIANY	POL	MASTERS K - 40	21	K 44	02:15:53	06:43:22	12:47:10	15:53:21	18:26:02	20:26:46.10	11:09	5.4
45	DEKIERT AGNIESZKA	3411		LUBIN	POL	MASTERS K - 40	22	K 45	02:18:22	06:35:11	12:21:14	15:17:03	18:21:11	20:33:41.75	11:12	5.3
46	BAR ALEKSANDRA	3449	GMINA STRZELCE OPOLSKIE	STRZELCE OPOLSKIE	POL	MASTERS K - 40	23	K 46	02:09:38	06:23:24	12:12:21	15:17:45	18:29:21	20:34:13.35	11:13	5.3
47	KRAŃSKA SANDRA	3440		KRAKÓW	POL	SENIOR II K - 30	20	K 47	02:18:09	06:36:45	12:48:21	15:45:00	18:37:15	20:47:50.40	11:20	5.3
48	RABSCH PATRYCJA	3068		POZNAŃ	POL	SENIOR II K - 30	21	K 48	02:30:54	06:43:55	12:44:00	15:52:43	18:38:26	20:49:13.70	11:21	5.3
49	BATOR MONIKA	3019		WARSZAWA	POL	SENIOR II K - 30	22	K 49	02:11:28	06:29:19	12:30:34	15:38:29	18:39:07	20:52:41.05	11:23	5.3
50	NAPIERAŁA KATARZYNA	3426		SUCHY LAS	POL	MASTERS K - 40	24	K 50	02:18:11	06:39:00	13:23:54	16:35:10	19:09:19	20:55:44.05	11:24	5.3
51	RZEPKA ALEKSANDRA	3116	WKURW_TEAM	WARSZAWA	POL	SENIOR II K - 30	23	K 51	02:09:59	06:38:28	12:47:56	16:17:34	18:54:28	20:56:40.90	11:25	5.3
52	STAJNIAK-STELIGA IZABELA	3214	OBORYGENI	WILCZYN	POL	MASTERS K - 40	25	K 52	02:56:15	07:55:06	13:58:01	16:53:54	19:19:03	21:00:01.30	11:27	5.2
53	RUDY IWONA	3299		WARSZAWA	POL	SENIOR II K - 30	24	K 53	02:11:32	06:29:19	12:30:34	15:40:34	18:39:04	21:06:08.80	11:30	5.2
54	MRÓZ ANNA	3395		POZNAŃ	POL	SENIOR II K - 30	25	K 54	02:28:50	06:44:39	12:23:04	15:34:33	18:51:07	21:10:29.40	11:32	5.2
55	GAŃSKA-KARAMON MONIKA	3121	BEMOWO BIEGA	WARSZAWA	POL	MASTERS K - 40	26	K 55	02:11:23	06:29:19	12:30:36	15:37:40	18:39:10	21:13:39.85	11:34	5.2
56	BIELEŃ AGNIESZKA	3428	OWOCBIEGATEAM/MUAY RUNNING TEAM	POZNAŃ	POL	SENIOR II K - 30	26	K 56	02:23:54	06:41:09	13:06:04	16:01:10	18:53:24	21:16:50.20	11:36	5.2
57	SILSKA SYLWIA	3230		POTASZE	POL	MASTERS K - 40	27	K 57	02:27:20	07:20:06	13:24:37	16:24:11	19:09:19	21:19:09.45	11:37	5.2
58	PRUCHNIEWSKA AGNIESZKA	3176	ROKIETNICA BIEGA	ROKIETNICA	POL	MASTERS K - 40	28	K 58	02:15:50	06:26:56	12:47:47	16:12:16	18:56:49	21:31:49.65	11:44	5.1
59	WOJNO MAŁGORZATA	3071	DROGA DO ULTRA	ŁÓDŹ	POL	SENIOR II K - 30	27	K 59	02:34:20	07:09:14	13:30:32	16:41:24	19:27:49	21:43:52.15	11:51	5.1
60	SZCZUKA JOANNA	3113		WIRY	POL	SENIOR I K - 20	3	K 60	02:37:54	07:47:31	14:17:25	17:11:56	19:57:53	21:47:22.55	11:53	5
61	BUGAJSKA-JUCHA RENATA	3199	CARBO ASECURA/CA AKTYWNI	GOCZAŁKOWICE ZDRÓJ	POL	MASTERS K - 40	29	K 61	02:39:29	07:30:35	13:48:41	16:54:58	19:52:30	21:57:38.65	11:58	5
62	BRUZDA JOANNA	3085	BIEGOWA KUŹNIA	BĘDZIN	POL	MASTERS K - 40	30	K 62	02:11:15	06:26:32	12:53:55	16:33:08	19:43:41	21:58:03.70	11:58	5
63	HANGIEL URSZULA	3422	ŻWAWIE ŻÓŁWIE	WARSZAWA	POL	SENIOR II K - 30	28	K 63	02:38:29	07:38:59	14:14:40	17:30:35	20:29:41	22:23:18.20	12:12	4.9
64	JEDYNAK-DOROSZ IZABELA	3495	KB MANIAC	TULCE	POL	MASTERS K - 40	31	K 64	02:37:39	07:06:05	13:20:58	16:20:21	19:25:05	22:30:06.35	12:16	4.9

BIEG K-B-L - 110 KM, OPEN KOBIEC c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	15km	40km	70km	85km	98km	Netto	min/km	km/h
65	WIECZOREK MONIKA	3232		BOLKÓW	POL	MASTERS K - 40	32	K 65	02:25:57	07:27:46	14:01:20	17:18:40	20:15:19	22:33:07.70	12:18	4.9
66	ZAJDEL KAROLINA	3349	WILD DOGS TEAM	KRAKÓW	POL	SENIOR I K - 20	4	K 66	02:19:47	06:21:38	12:59:17	16:11:30	19:44:08	22:41:16.80	12:22	4.8
67	PÖPKE ANNA	3259	UKS AKADEMIA SPORTU GARNEK/ RUNDOMSKO	KŁOMNICE	POL	SENIOR I K - 20	5	K 67	02:10:55	06:56:15	13:22:41	17:08:04	20:06:08	22:46:54.25	12:25	4.8
68	KOPACKA EDYTA	3243	KB SOBÓTKA	WROCŁAW	POL	SENIOR II K - 30	29	K 68		07:01:01	13:20:35	16:50:50	20:14:56	22:47:17.95	12:25	4.8
69	ŁASKAWSKA JUSTYNA	3469		WARSZAWA	POL	MASTERS K - 40	33	K 69	02:18:17	06:43:50	13:11:35	17:18:00	20:19:14	22:50:08.25	12:27	4.8
70	KOPACZYŃSKA BEATA	3454	CROSSFIT ZIELONA GÓRA	ZIELONA GÓRA	POL	WETERAN K - 50	3	K 70	02:16:54	06:58:41	14:18:52	18:08:05	21:09:22	23:13:16.20	12:39	4.7
71	JUSZCZYK MAŁGORZATA	3226		NIEPOŁOMICE BIEGAJA	POL	MASTERS K - 40	34	K 71	02:41:43	07:53:03	15:27:33	18:32:08	21:17:24	23:21:43.30	12:44	4.7
72	WILK MAGDALENA	3322	ULTRAPOŚLADACH / TEAM ZABIEGANEDNI	WARSZAWA	POL	MASTERS K - 40	35	K 72	02:15:20	06:41:34	13:20:30	17:31:00	20:50:19	23:22:50.05	12:45	4.7
73	SOBAŃSKA PAULINA	3314	TARNOWO PODGÓRNE BIEGA	TARNOWO PODGÓRNE	POL	SENIOR II K - 30	30	K 73	02:47:08	08:14:12	15:06:48	18:37:19	21:21:43	23:31:41.95	12:50	4.7
74	GRĘZEL-GAWRON JOLANTA	3136		POLSKA NOWA WIEŚ	POL	MASTERS K - 40	36	K 74	02:35:09	07:21:25	14:01:47	17:42:59	21:15:44	23:40:15.75	12:54	4.6
75	BEDNARCZYK DARIA	3169		POZNAŃ	POL	MASTERS K - 40	37	K 75	02:40:16	07:17:50	14:21:29	17:58:27	21:22:44	23:42:57.35	12:56	4.6
76	PIWŃSKA AGNIESZKA	3278		ŁÓDŹ	POL	MASTERS K - 40	38	K 76	02:28:58	08:04:58	15:40:19	19:05:22	21:49:17	23:45:12.30	12:57	4.6
77	MIĘTEK AGNIESZKA	3127	BYLE NIE POD GÓRKĘ	ŻAGAŃ	POL	MASTERS K - 40	39	K 77	02:45:04	08:13:45	14:59:29	18:18:15	21:19:13	23:45:28.80	12:57	4.6
78	WAŚCIŃSKA EDYTA	3378	PĘDZI - PARA	GOŁASZYŃ	POL	WETERAN K - 50	4	K 78	02:31:00	07:24:06	14:19:32	17:45:35	20:58:42	23:50:47.40	13:00	4.6
79	BAGIŃSKA PAULINA	3380		LESZNO	POL	MASTERS K - 40	40	K 79	02:18:50	06:50:46	14:19:27	17:25:22	20:55:54	23:56:12.00	13:03	4.6
80	NADOBNIK BEATA	3156	TARNOWO PODGÓRNE BIEGA / SPORTOWY KAŻMIERZ	KAŻMIERZ	POL	MASTERS K - 40	41	K 80	02:47:07	08:14:11	15:06:50	18:41:38	21:39:03	24:16:51.75	13:14	4.5
81	MACZUGA MONIKA	3057	MUSTANGI GLIWICE	GLIWICE	POL	SENIOR II K - 30	31	K 81	02:15:24	07:11:33	15:39:24	18:51:03	22:09:54	24:22:37.00	13:17	4.5
82	KUNA KATARZYNA	3083	BIEGOWA KUŹNIA	DĄBROWA GÓRNICZA	POL	MASTERS K - 40	42	K 82	02:36:02	07:41:23	15:10:34	19:02:20	22:15:01	24:22:45.55	13:17	4.5
83	MORDZIOŁEK KATARZYNA	3094	BIEGOWA KUŹNIA	SOSNOWIEC	POL	MASTERS K - 40	43	K 83	02:36:01	07:41:21	15:10:33	19:02:14	22:15:00	24:22:45.90	13:17	4.5
84	MAKAREWICZ SYLWIA	3298		MIKOŁÓW	POL	MASTERS K - 40	44	K 84	02:51:15	08:56:15	15:52:44	19:25:36	22:12:05	24:35:09.50	13:24	4.5
85	SZWARGOT MARTA	3159	SPORTOWY KAŻMIERZ/ TARNOWO PODGÓRNE BIEGA	KAŻMIERZ	POL	SENIOR II K - 30	32	K 85	02:47:10	08:14:14	15:06:53	18:56:31	22:09:47	24:44:15.00	13:29	4.4
86	BUBEL ALINA	3351		WROCŁAW	POL	WETERAN K - 50	5	K 86	03:05:13	08:48:31	15:57:47	19:35:32	22:49:14	25:20:16.00	13:49	4.3
87	OBARSKA MAŁGORZATA	3275		STARACHOWICE	POL	WETERAN II K - 60	1	K 87	02:55:26	08:28:02	15:30:08	19:20:33	22:52:46	25:21:33.90	13:49	4.3
88	WALCZAK-WOJTKOWSKA IWONA	3342		WARSZAWA	POL	WETERAN II K - 60	2	K 88	03:00:53	08:44:17	16:21:58	20:01:44	23:20:32	25:53:12.75	14:07	4.2
89	RUNOWICZ MAGDALENA	3487		KŁODZKO	POL	MASTERS K - 40	45	K 89	02:48:31	10:56:12	17:40:44	21:00:34	23:48:07	25:57:25.00	14:09	4.2
90	WĄDOŁOWSKA JOANNA	3075		ZABRZE	POL	SENIOR II K - 30	33	K 90	02:41:18	08:21:00	16:24:36	20:41:54	23:48:11	26:04:26.20	14:13	4.2
91	KOCHMAŃSKA MARTA	3015	SOWY	BOŻKÓW	POL	SENIOR II K - 30	34	K 91	02:22:14	07:35:00	15:29:19	20:14:16	24:19:17	26:13:15.75	14:18	4.2
92	KWIATKOWSKA ZUZANNA	3386		SZCZYTNIA	POL	MASTERS K - 40	46	K 92	02:42:52	09:43:38	17:56:42	21:56:55	24:40:51	26:23:37.40	14:23	4.2
	ROŹNIATA IWONA	3158		GŁOWNO	POL	MASTERS K - 40			02:21:29	06:30:45	12:11:03	DNF	DNF	DNF	-	-
	WOJEWODA RENATA	3481	KAZIKI	WARSZAWA	POL	MASTERS K - 40			02:32:18	07:24:21	15:23:24	DNF	DNF	DNF	-	-
	MAGOCZY JUSTYNA	3097		KRAKÓW	POL	SENIOR II K - 30			02:49:48	07:44:20	15:31:14	DNF	DNF	DNF	-	-
	DREWICZ KINGA	3125	BYLE NIE POD GÓRKĘ RUNNER TEAM	ŻAGAŃ	POL	MASTERS K - 40			02:13:30	07:09:55	15:39:47	DNF	DNF	DNF	-	-
	DOWNAR-ZAPOLSKA RITA	3201		WROCŁAW	POL	MASTERS K - 40			02:40:41	08:17:34	15:42:05	DNF	DNF	DNF	-	-
	ZAGROBELNA MAGDALENA	3391	DRUŻYNA SZPIKU	WROCŁAW	POL	MASTERS K - 40			03:29:36	10:04:57	19:19:55	DNF	DNF	DNF	-	-
	JANOWSKA ANNA	3452		OLSZTYN	POL	MASTERS K - 40			02:09:14	06:00:03	DNF	DNF	DNF	DNF	-	-
	WALASZCZYK ANNA	3384		GLIWICE	POL	MASTERS K - 40			02:06:18	06:06:35	DNF	DNF	DNF	DNF	-	-
	MELLER JOANNA	3181	DRUŻYNA WILKA	DYWITY	POL	MASTERS K - 40			02:14:56	06:40:33	DNF	DNF	DNF	DNF	-	-
	MACKIEWICZ MAGDALENA	3021	DŁUGOBIEGANIE	SZCZECIN	POL	MASTERS K - 40			02:25:03	06:56:18	DNF	DNF	DNF	DNF	-	-
	KRUZEL JOANNA	3499	BIEGOWE MISIE	LEGNICA	POL	SENIOR II K - 30			02:41:40	07:35:58	DNF	DNF	DNF	DNF	-	-
	KANIASTY MARTA	3307		WARSZAWA	POL	SENIOR II K - 30			02:38:54	08:00:53	DNF	DNF	DNF	DNF	-	-

BIEG K-B-L - 110 KM, Senior I K - 20

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	15km	40km	70km	85km	98km	Netto	min/km	km/h
1	WIERZCHOWIAK KAROLINA	3009		WARSZAWA	POL	SENIOR I K - 20	1	K 2	01:39:49	04:23:26	08:24:48	10:22:15	12:04:52	13:26:14.20	7:19	8.2
2	JOVANOVIC-DOBRYŃSKA MARTA	3446		BIAŁE BŁOTA	POL	SENIOR I K - 20	2	K 21	02:21:30	06:33:52	11:39:42	14:10:24	16:13:02	17:39:44.90	9:38	6.2
3	SZCZUKA JOANNA	3113		WIRY	POL	SENIOR I K - 20	3	K 60	02:37:54	07:47:31	14:17:25	17:11:56	19:57:53	21:47:22.55	11:53	5
4	ZAJDEL KAROLINA	3349	WILD DOGS TEAM	KRAKÓW	POL	SENIOR I K - 20	4	K 66	02:19:47	06:21:38	12:59:17	16:11:30	19:44:08	22:41:16.80	12:22	4.8
5	PÖPKE ANNA	3259	UKS AKADEMIA SPORTU GARNEK/ RUNDOMSKO	KŁONNICE	POL	SENIOR I K - 20	5	K 67	02:10:55	06:56:15	13:22:41	17:08:04	20:06:08	22:46:54.25	12:25	4.8

BIEG K-B-L - 110 KM, Senior I M - 20

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	15km	40km	70km	85km	98km	Netto	min/km	km/h
1	ŠTVERÁK TOMAŠ	3474	INOV-8 TEAM	ZUBŘI	CZE	SENIOR I M - 20	1	M 2	01:25:45	03:47:01	07:19:22	09:04:03	10:38:28	11:51:07.90	6:27	9.3
2	KRYGIER TOMASZ	3265	EUROCASH	ŽNIN	POL	SENIOR I M - 20	2	M 27	01:56:00	05:04:20	09:30:30	11:33:48	13:27:18	14:57:19.15	8:09	7.4
3	KANIA MARCIN	3210		GLIWICE	POL	SENIOR I M - 20	3	M 77	01:50:00	05:13:01	10:35:01	13:10:44	15:27:49	17:09:48.75	9:21	6.4
4	NOWAK KRYSZTIAN	3105	NKB CHYŻY NOWY TOMYŚL	KUŚLIN	POL	SENIOR I M - 20	4	M 81	02:02:12	05:37:50	10:36:24	13:17:45	15:31:59	17:13:15.30	9:23	6.4
5	ZALEWSKI DANIEL	3038		SUSZ	POL	SENIOR I M - 20	5	M 84	01:53:30	05:23:21	10:47:11	13:16:50	15:32:59	17:16:56.65	9:25	6.4
6	KUBLIK ŁUKASZ	3062		WROCŁAW	POL	SENIOR I M - 20	6	M 98	01:50:48	05:07:39	10:41:38	13:17:13	15:35:03	17:23:14.75	9:29	6.3
7	HAMPEL HUBERT	3338		ZIELONA GÓRA	POL	SENIOR I M - 20	7	M 109	02:08:07	05:46:36	11:00:00	13:28:34	15:54:55	17:35:11.90	9:35	6.3
8	NOWAK BARTŁOMIEJ	3319		ZIELONKI	POL	SENIOR I M - 20	8	M 129	02:14:47	06:10:54	11:38:41	14:15:23	16:32:50	18:15:01.25	9:57	6
9	BIELECKI DAMIAN	3372		KIELCE	POL	SENIOR I M - 20	9	M 211	02:00:30	05:47:50	12:20:56	16:00:24	18:50:16	20:50:23.90	11:22	5.3
10	KRUPIŃSKI MAREK	3503	DĄBROWSKI TEAM/ MARO RUNNER	OSTROŁĘKA	POL	SENIOR I M - 20	10	M 225	01:51:36	06:02:12	13:06:04	16:06:00	18:43:32	21:02:35.50	11:28	5.2
11	LUBANSKI MATEUSZ	3431	TEAM ZABIEGANEDNI	JOZEFOW	POL	SENIOR I M - 20	11	M 233	02:14:47	06:37:37	12:56:31	16:35:16	19:25:32	21:17:34.70	11:36	5.2
12	KOWAL SEBASTIAN	3012	IM-POSSIBLE TEAM	RADOM	POL	SENIOR I M - 20	12	M 238	02:05:29	06:28:37	12:47:54	16:31:09	19:51:47	21:32:30.70	11:45	5.1
13	HANSZ DONAT	3302	NETBOX BIEGA	PIASKI	POL	SENIOR I M - 20	13	M 248	02:19:41	06:42:28	13:19:51	16:36:38	19:46:39	22:09:18.50	12:05	5
14	BEŻYK BARTOSZ	3475	GOPR GRUPA SUDECKA	LADEK-ZDRÓJ	POL	SENIOR I M - 20	14	M 297	02:33:48	07:49:07	15:02:13	18:48:56	22:24:54	24:50:01.10	13:32	4.4
15	NAPIERAŁA MIKOŁAJ	3059		NIEMCZ	POL	SENIOR I M - 20	15	M 298	02:04:23	06:11:12	15:03:20	18:20:42	22:22:11	25:15:32.15	13:46	4.4
16	HEŁMECKI MARCIN	3502		WILCZYCE	POL	SENIOR I M - 20	16	M 302	03:07:51	08:22:20	15:44:55	19:18:20	23:01:44	25:44:18.40	14:02	4.3
	MOSSUR KACPER	3157		BLOK DOBRYSZYCE	POL	SENIOR I M - 20			02:00:33 DNF	05:45:26 DNF	12:06:34 DNF	DNF DNF	DNF DNF	DNF DNF	-	-
	MICHOŃ KACPER	3368	NIGHT RUNNERS	KONIN	POL	SENIOR I M - 20			02:01:03 DNF	06:03:14 DNF	12:50:21 DNF	DNF DNF	DNF DNF	DNF DNF	-	-
	NEHRING KAROL	3143		SULEJÓWEK	POL	SENIOR I M - 20			01:38:54 DNF	05:06:41 DNF	DNF DNF	DNF DNF	DNF DNF	DNF DNF	-	-
	KUŚ JAN	3366		JAWORZE	POL	SENIOR I M - 20			02:29:12 DNF	06:47:47 DNF	DNF DNF	DNF DNF	DNF DNF	DNF DNF	-	-
	GNIELKA DAWID	3363	ZAMKOWIEC TOSZEK	PYSKOWICE	POL	SENIOR I M - 20			02:43:55 DNF	07:53:57 DNF	DNF DNF	DNF DNF	DNF DNF	DNF DNF	-	-

BIEG K-B-L - 110 KM, Senior II K - 30

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	15km	40km	70km	85km	98km	Netto	min/km	km/h
1	WENTA MARTA	3470	KASZUBSKA PONIEWIERKA	CHMIELNO	POL	SENIOR II K - 30	1	K 1	01:31:06	04:08:29	07:53:59	09:40:20	11:10:43	12:25:21.60	6:46	8.9
2	GRUSZKA ALEKSANDRA	3401	WILD ULTRA WARRIORS	BOGUSZÓW-GORCE	POL	SENIOR II K - 30	2	K 4	01:52:24	05:05:19	09:27:12	11:23:29	13:10:56	14:38:22.35	7:59	7.5
3	GUZERA JUSTYNA	3103	MATNER RUNNING TEAM	WROCŁAW	POL	SENIOR II K - 30	3	K 5	02:00:40	05:07:47	09:33:57	11:37:18	13:30:24	15:01:21.30	8:11	7.3
4	ŚLUSARCZYK KATARZYNA	3398		OLSZYNA	POL	SENIOR II K - 30	4	K 6	01:51:28	05:10:04	09:54:11	11:50:58	13:40:04	15:03:24.00	8:12	7.3
5	ŚLIŻ SYLWIA	3412		SIECHNICE	POL	SENIOR II K - 30	5	K 7	01:56:35	04:55:59	09:26:02	11:39:03	13:41:31	15:13:47.30	8:18	7.2
6	WITKE-ORLIKOWSKA MARTA	3376		POZNAN	POL	SENIOR II K - 30	6	K 9	01:57:21	05:14:47	09:59:53	12:12:45	14:16:21	15:49:36.10	8:37	7
7	GÓRNA ANITA	3341	LPP TEAM	KRAKÓW	POL	SENIOR II K - 30	7	K 10	02:00:41	05:14:55	09:43:40	12:09:33	14:20:23	15:54:47.70	8:40	6.9
8	BOROWSKA KAROLINA	3142	MONIA GYM	SZCZECIN	POL	SENIOR II K - 30	8	K 12	01:56:42	05:28:31	10:22:24	12:55:27	14:58:02	16:29:20.90	8:59	6.7
9	KONIECZNA PAULINA	3263	CH10	CHOSZCZCZO	POL	SENIOR II K - 30	9	K 14	01:50:46	05:10:10	10:03:10	12:47:08	15:01:41	16:44:15.70	9:07	6.6
10	PARSZEWSKA ALEKSANDRA	3328		BYTOM	POL	SENIOR II K - 30	10	K 18	02:09:22	05:45:30	10:47:05	13:12:22	15:23:57	17:08:12.40	9:20	6.4
11	PRZYSTOLIK MAGDALENA	3365		KATOWICE	POL	SENIOR II K - 30	11	K 19	02:08:14	05:51:40	10:53:00	13:25:18	15:36:05	17:10:12.90	9:21	6.4
12	ANTKOWIAK MONIKA	3509	MUAY RUNNING TEAM	MUROWANA GOŚLINA	POL	SENIOR II K - 30	12	K 20	02:06:53	05:57:06	11:02:05	13:24:16	15:34:28	17:17:56.90	9:26	6.4
13	RYBARCZYK IŁONA	3153	SPARTA RUNNERS	KOŁO	POL	SENIOR II K - 30	13	K 22	01:57:53	05:17:51	10:18:29	13:10:43	15:34:45	17:40:42.05	9:38	6.2

BIEG K-B-L - 110 KM, Senior II K - 30 c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	15km	40km	70km	85km	98km	Netto	min/km	km/h	
14	KOZICZAK KATARZYNA	3078		WROCŁAW	POL	SENIOR II K - 30	14	K 23	02:14:05	05:56:29	10:56:37	13:45:22	16:07:33	17:56:28.30	9:47	6.1	
15	QUIRINI EWA	3393		NOWY TARG	POL	SENIOR II K - 30	15	K 28	02:14:54	06:04:15	11:34:35	14:04:53	16:24:04	18:08:58.10	9:53	6.1	
16	WINNIK ELA	3424		MROWINO	POL	SENIOR II K - 30	16	K 30	01:58:37	05:31:55	10:45:46	13:27:00	16:05:42	18:14:12.70	9:56	6	
17	WYDRYCH BARBARA	3434	PARKRUN GRUDZIĄDZ	GRUDZIĄDZ	POL	SENIOR II K - 30	17	K 34	02:15:46	06:24:11	11:43:54	14:15:11	16:37:54	18:30:20.25	10:05	5.9	
18	DOMARADZKA- KASZUBOWICZ WIKTORIA	3018		SANOK	POL	SENIOR II K - 30	18	K 37	02:19:56	06:33:16	11:58:18	14:44:32	17:20:53	19:03:59.15	10:23	5.8	
19	KACZMAREK DAGMARA	3462	HURAGAN LIGOTA	KATOWICE	POL	SENIOR II K - 30	19	K 42	02:20:53	06:39:02	12:05:17	14:58:23	17:53:49	19:51:23.00	10:49	5.5	
20	KRAŃSKA SANDRA	3440		KRAKÓW	POL	SENIOR II K - 30	20	K 47	02:18:09	06:36:45	12:48:21	15:45:00	18:37:15	20:47:50.40	11:20	5.3	
21	RABSCH PATRYCJA	3068		POZNAŃ	POL	SENIOR II K - 30	21	K 48	02:30:54	06:43:55	12:44:00	15:52:43	18:38:26	20:49:13.70	11:21	5.3	
22	BATOR MONIKA	3019		WARSZAWA	POL	SENIOR II K - 30	22	K 49	02:11:28	06:29:19	12:30:34	15:38:29	18:39:07	20:52:41.05	11:23	5.3	
23	RZEPKA ALEKSANDRA	3116	WKURW_TEAM	WARSZAWA	POL	SENIOR II K - 30	23	K 51	02:09:59	06:38:28	12:47:56	16:17:34	18:54:28	20:56:40.90	11:25	5.3	
24	RUDY IWONA	3299		WARSZAWA	POL	SENIOR II K - 30	24	K 53	02:11:32	06:29:19	12:30:34	15:40:34	18:39:04	21:06:08.80	11:30	5.2	
25	MRÓZ ANNA	3395		POZNAŃ	POL	SENIOR II K - 30	25	K 54	02:28:50	06:44:39	12:23:04	15:34:33	18:51:07	21:10:29.40	11:32	5.2	
26	BIELEŃ AGNIESZKA	3428	OWOCBIEGATEAM/MUAY RUNNING TEAM	POZNAŃ	POL	SENIOR II K - 30	26	K 56	02:23:54	06:41:09	13:06:04	16:01:10	18:53:24	21:16:50.20	11:36	5.2	
27	WOJNO MAŁGORZATA	3071		DROGA DO ULTRA ŁÓDŹ	POL	SENIOR II K - 30	27	K 59	02:34:20	07:09:14	13:30:32	16:41:24	19:27:49	21:43:52.15	11:51	5.1	
28	HANGIEL URSZULA	3422		ŻWAWIE ŻÓŁWIE	POL	SENIOR II K - 30	28	K 63	02:38:29	07:38:59	14:14:40	17:30:35	20:29:41	22:23:18.20	12:12	4.9	
29	KOPACKA EDYTA	3243		KB SOBÓTKA	POL	SENIOR II K - 30	29	K 68		07:01:01	13:20:35	16:50:50	20:14:56	22:47:17.95	12:25	4.8	
30	SOBAŃSKA PAULINA	3314		TARNOWO PODGÓRNE BIEGA	POL	SENIOR II K - 30	30	K 73	02:47:08	08:14:12	15:06:48	18:37:19	21:21:43	23:31:41.95	12:50	4.7	
31	MACZUGA MONIKA	3057		MUSTANGI GLIWICE	POL	SENIOR II K - 30	31	K 81	02:15:24	07:11:33	15:39:24	18:51:03	22:09:54	24:22:37.00	13:17	4.5	
32	SZWARGOT MARTA	3159	SPORTOWY KAŻMIERZ/ TARNOWO PODGÓRNE BIEGA	KAŻMIERZ	POL	SENIOR II K - 30	32	K 85	02:47:10	08:14:14	15:06:53	18:56:31	22:09:47	24:44:15.00	13:29	4.4	
33	WĄDOŁOWSKA JOANNA	3075		ZABRZE	POL	SENIOR II K - 30	33	K 90	02:41:18	08:21:00	16:24:36	20:41:54	23:48:11	26:04:26.20	14:13	4.2	
34	KOCHMAŃSKA MARTA	3015	SOWY	BOŻKÓW	POL	SENIOR II K - 30	34	K 91	02:22:14	07:35:00	15:29:19	20:14:16	24:19:17	26:13:15.75	14:18	4.2	
	MAGOCSY JUSTYNA	3097		KRAKÓW	POL	SENIOR II K - 30			02:49:48	07:44:20	15:31:14	DNF	DNF	DNF	-	-	
	KRUZEL JOANNA	3499	BIEGOWE MISIE	LEGNICA	POL	SENIOR II K - 30			DNF	02:41:40	07:35:58	DNF	DNF	DNF	DNF	-	-
	KANIASY MARTA	3307		WARSZAWA	POL	SENIOR II K - 30			DNF	02:38:54	08:00:53	DNF	DNF	DNF	DNF	-	-

BIEG K-B-L - 110 KM, Senior II M - 30

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	15km	40km	70km	85km	98km	Netto	min/km	km/h
1	MAŁYGA GRZEGORZ	3323	RMT TEAM PRO	WROCŁAW	POL	SENIOR II M - 30	1	M 1	01:30:39	03:49:30	07:15:42	08:54:35	10:22:40	11:36:09.50	6:19	9.5
2	JUREK MICHAŁ	3175	RMT TEAM PRO	WROCŁAW	POL	SENIOR II M - 30	2	M 3	01:27:53	03:49:34	07:33:57	09:16:56	10:46:05	11:59:08.30	6:32	9.2
3	ROSOLSKI DAWID	3193		KOŚCIAN	POL	SENIOR II M - 30	3	M 10	01:44:34	04:37:47	08:48:08	10:45:38	12:28:21	13:45:59.55	7:30	8
4	MICHAŁSKI PIOTREK	3132		WROCŁAW	POL	SENIOR II M - 30	4	M 11	01:38:18	04:28:12	08:40:17	10:40:59	12:24:53	13:56:27.65	7:36	7.9
5	WIERZBOWY PRZEMEK	3292	KOKO DŻAMBO I DO PRZODU	NAMYSŁÓW	POL	SENIOR II M - 30	5	M 15	01:48:39	04:55:05	09:15:05	11:15:11	13:07:13	14:19:23.85	7:48	7.7
6	WYLĘGA DOMINIK	3293	KS GEPARD KĘPNO	MROCZEŃ	POL	SENIOR II M - 30	6	M 17	01:42:14	04:37:52	09:05:50	11:05:49	13:06:42	14:27:22.05	7:53	7.6
7	POPRAWSKI MATEUSZ	3191		KILIŃSKIEGO TEAM	POL	SENIOR II M - 30	7	M 18	01:47:33	04:54:41	09:12:33	11:21:24	13:04:50	14:31:08.30	7:55	7.6
8	SCHUSTER MARTIN	3361		CZAJLANDIA	POL	SENIOR II M - 30	8	M 19	01:38:12	04:46:14	09:11:55	11:12:00	13:12:40	14:42:18.00	8:01	7.5
9	OTRĘBSKI MACIEJ	3325	VEGE RUNNERS	KRAKÓW	POL	SENIOR II M - 30	9	M 24	01:47:56	04:54:07	09:24:06	11:37:31	13:30:37	14:54:41.45	8:08	7.4
10	EFIMOV ALEKSANDR	3316	VEGE RUNNERS	KRAKÓW	POL	SENIOR II M - 30	10	M 25	01:47:55	04:54:08	09:24:05	11:36:40	13:30:38	14:54:42.85	8:08	7.4
11	BORYCKI ŁUKASZ	3284	BIEGAJĄCE WŁÓCZYKIJE	KIELCE	POL	SENIOR II M - 30	11	M 28	01:51:54	04:52:48	09:27:35	11:34:14	13:39:11	15:02:59.90	8:12	7.3
12	CHMIEŁOWIEC DANIEL	3195	GORLICKA GRUPA BIEGOWA	SZYMBARK	POL	SENIOR II M - 30	12	M 29	01:45:23	04:50:45	09:32:52	11:38:45	13:39:51	15:04:26.20	8:13	7.3
13	OSTROWSKI MARCIN	3179	PZU SPORT TEAM	WARSZAWA	POL	SENIOR II M - 30	13	M 33	02:01:19	05:13:18	09:38:41	11:57:48	13:57:37	15:20:28.25	8:22	7.2
14	JÓZEF TOMASZ	3087		DĄBROWA GÓRNICZA	POL	SENIOR II M - 30	14	M 34	01:48:43	04:59:24	09:41:12	11:53:14	13:51:43	15:21:24.25	8:22	7.2
15	PASTUSZKA MAREK	3439		ŁÓDŹ	POL	SENIOR II M - 30	15	M 35	01:40:24	04:49:07	09:29:41		13:45:54	15:22:02.05	8:22	7.2
16	FRANKIEWICZ ARTUR	3374		GLIWICE	POL	SENIOR II M - 30	16	M 40	02:01:58	05:14:04	10:13:07	12:15:39	14:24:46	15:52:03.45	8:39	6.9
17	MARKOWSKI TOMASZ	3220	RYKOWISKO TEAM	GRABINA	POL	SENIOR II M - 30	17	M 41	01:54:09	05:17:05	10:07:10	12:32:00	14:30:43	15:52:09.70	8:39	6.9
18	ROSTAFIŃSKI JERZY	3477	WASZA WYSOKOŚĆ / MILO OF CLIMBING	WARSZAWA	POL	SENIOR II M - 30	18	M 45	02:02:33	05:19:44	10:22:39	12:42:31	14:42:05	16:05:54.55	8:46	6.8
19	HARASIUK ADAM	3432	ALIANCA DE MISERICORDIA EQUIPE DE CORRIDA	WROCŁAW	POL	SENIOR II M - 30	19	M 47	01:39:12	04:51:48	09:53:03		14:38:58	16:07:33.30	8:47	6.8
20	KOPCZYŃSKI ŁUKASZ	3099	K-TEAM	WROCŁAW	POL	SENIOR II M - 30	20	M 49	01:59:49	05:47:19	10:40:22	12:47:03	14:44:38	16:16:51.45	8:52	6.8

BIEG K-B-L - 110 KM, Senior II M - 30 c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	15km	40km	70km	85km	98km	Netto	min/km	km/h
21	GWOZDECKI TOMASZ	3089	PRZEDWOJEWSKI TEAM	WROCLAW	POL	SENIOR II M - 30	21	M 50	01:59:47	05:47:20	10:40:23	12:46:40	14:44:53	16:16:52.00	8:52	6.8
22	GULCZYŃSKI TOMASZ	3425		ZIELONKA	POL	SENIOR II M - 30	22	M 57	01:52:07	05:22:45	10:29:04	12:58:49	15:14:30	16:43:21.00	9:07	6.6
23	MANELSKI PAWEŁ	3118		WARSZAWA	POL	SENIOR II M - 30	23	M 62	02:06:03	05:42:38	10:38:01	13:07:41	15:19:57	16:50:21.70	9:11	6.5
24	NOGA KRYSZTIAN	3051	FORMA WODZISŁAW ŚLĄSKI	WODZISŁAW ŚLĄSKI	POL	SENIOR II M - 30	24	M 64	01:59:47	05:28:32	10:32:02	13:08:35	15:22:20	16:56:20.30	9:14	6.5
25	POLNIK RAFAŁ	3031	FORMA WODZISŁAW ŚLĄSKI	WODZISŁAW ŚLĄSKI	POL	SENIOR II M - 30	25	M 65	01:59:40	05:28:31	10:32:02	13:10:11	15:22:20	16:56:20.60	9:14	6.5
26	WAŃKOWICZ ADRIAN	3233		BRZEG DOLNY	POL	SENIOR II M - 30	26	M 67	01:59:45	05:41:50	10:41:09	13:07:13	15:23:06	16:58:03.60	9:15	6.5
27	IGNACZAK MAREK	3020	1ON1 TEAM	ŁÓDŹ	POL	SENIOR II M - 30	27	M 70	02:04:12	05:50:35	10:48:07	13:20:54	15:29:00	17:01:16.30	9:17	6.5
28	ZIOBROWSKI MATEUSZ	3252		ZIELONA GÓRA	POL	SENIOR II M - 30	28	M 71	02:08:08	05:46:34	10:59:35	13:17:58	15:14:04	17:02:14.20	9:17	6.5
29	HELWICH PAWEŁ	3330		HERLEV	DEN	SENIOR II M - 30	29	M 72	01:42:22	04:55:42	09:45:58	12:32:40	15:13:43	17:02:31.75	9:17	6.5
30	FALDZINSKI BARTOSZ	3396	POLACY BIEGAJA W NL	EINDHOVEN	NED	SENIOR II M - 30	30	M 73	02:14:49	05:47:46	10:49:02	13:24:11	15:26:51	17:05:09.85	9:19	6.4
31	WOJEWODA MACIEK	3305	VEGE RUNNERS	JEZIERZYCE	POL	SENIOR II M - 30	31	M 75	02:01:28	05:48:10	10:49:28	13:21:48	15:33:00	17:06:39.05	9:19	6.4
32	LUBIK ADAM	3427		POZNAŃ	POL	SENIOR II M - 30	32	M 76	01:56:21	05:22:55	10:37:13	13:13:49	15:25:47	17:06:46.95	9:20	6.4
33	FINKBEINER LUKASZ	3485	HURAGAN LIGOTA	KATOWICE	POL	SENIOR II M - 30	33	M 80	02:03:08	05:32:16	10:42:00	13:15:46	15:32:11	17:12:26.10	9:23	6.4
34	ANTKOWIAK MICHAŁ	3508	MUAY RUNNING TEAM	MUROWANA GOŚLINA	POL	SENIOR II M - 30	34	M 85	02:06:54	05:57:07	11:02:07	13:24:19	15:34:26	17:17:57.50	9:26	6.4
35	KOCEMBA KAMIL	3189	KECKIE HARPAGANY	KOBIERNICE	POL	SENIOR II M - 30	35	M 89	02:09:27	05:53:55	11:17:55	13:46:12	15:48:58	17:21:30.55	9:28	6.3
36	PIWOWARCZYK WOJCIECH	3211	DZIABONG TEAM	ROKIETNICA	POL	SENIOR II M - 30	36	M 90	01:56:05	05:22:43	10:33:36	13:05:17	15:31:09	17:21:56.40	9:28	6.3
37	SOKOŁOWSKI MARCIN	3128		MOSINA	POL	SENIOR II M - 30	37	M 96	02:09:56	05:51:58	10:53:05	13:29:30	15:41:39	17:22:49.70	9:28	6.3
38	ROJEWSKI PAWEŁ	3032	EVERRUN	ŁÓDŹ	POL	SENIOR II M - 30	38	M 97	01:46:18	05:17:28	10:34:35	13:09:15	15:35:42	17:22:58.35	9:28	6.3
39	SURDEL DAWID	3164	BIEGNĘ ŻEBY BARTEK MOĞŁ BIEGAĆ	KIELCE	POL	SENIOR II M - 30	39	M 100	01:52:05	05:10:47	10:29:13	12:55:59	15:22:11	17:28:06.75	9:31	6.3
40	GRYS PAWEŁ	3101	WAWRZYNTTEAM	WROCLAW	POL	SENIOR II M - 30	40	M 106	02:14:04	06:03:22	10:51:59	13:39:35	15:54:51	17:30:14.35	9:32	6.3
41	BRODA DOMINIK	3053		WROCLAW	POL	SENIOR II M - 30	41	M 117	01:51:02	05:31:41	11:30:47	13:55:07	16:03:00	17:52:32.40	9:45	6.2
42	ŁUKAWSKI KRZYSZTOF	3188		ŚWIEBODZICE	POL	SENIOR II M - 30	42	M 118	02:15:12	06:04:47	11:16:04	13:44:46	16:13:51	17:53:55.90	9:45	6.1
43	BATOR MICHAŁ	3001	#SOBASTEAM	NADOLICE WIELKIE	POL	SENIOR II M - 30	43	M 119	02:15:58	05:50:55	10:58:26	13:50:48	16:14:34	17:54:28.70	9:46	6.1
44	ANZEL DAWID	3026	KURŻĘTNIK BIEGA	OLSZTYN	POL	SENIOR II M - 30	44	M 125	02:22:52	06:24:49	11:32:52	14:01:43	16:21:04	18:10:21.45	9:54	6.1
45	KAMIŃSKI DANIEL	3027	KS GRUCHA	OZORKÓW	POL	SENIOR II M - 30	45	M 128	01:59:31	05:47:27	11:17:38	14:10:41	16:31:28	18:13:58.25	9:56	6
46	JACHIMOWSKI JAROSŁAW	3218	POZYTYWNIIE ZABIEGANI SANOK	SANOK	POL	SENIOR II M - 30	46	M 131	02:18:49	06:33:14	11:53:37	14:38:27	16:50:41	18:23:42.90	10:02	6
47	SMYK KAMIL	3256		GDAŃSK	POL	SENIOR II M - 30	47	M 138	01:59:09	05:47:27	11:13:15	14:11:21	16:37:26	18:32:00.15	10:06	5.9
48	MARGOL PAWEŁ	3373		WROCLAW	POL	SENIOR II M - 30	48	M 139	02:04:10	05:47:27	11:18:33	13:24:34	16:36:05	18:34:13.40	10:07	5.9
49	GORALEWSKI MATEUSZ	3215		ZABOROW	POL	SENIOR II M - 30	49	M 142	02:05:57	06:00:04	11:13:36	13:51:05	16:29:26	18:35:02.35	10:08	5.9
50	GRZYWACZ RAFAŁ	3369	NIGHT RUNNERS	POZNAŃ	POL	SENIOR II M - 30	50	M 146	02:00:25	05:45:56	11:33:36	14:19:13	17:01:20	18:44:54.25	10:13	5.9
51	GRZESIAK MATEUSZ	3387	KLUB AA	MIANOWICE	POL	SENIOR II M - 30	51	M 172	02:15:56	06:37:31	12:24:37	15:12:46	17:40:48	19:29:55.70	10:38	5.6
52	GŁÓWKA MACIEJ	3264		KARWIANY	POL	SENIOR II M - 30	52	M 178	02:16:39	06:36:44	12:36:14	15:35:31	18:00:12	19:39:50.80	10:43	5.6
53	BUDKOWSKI KAMIL	3478		SIECHNICE	POL	SENIOR II M - 30	53	M 187	02:07:12	06:25:52	12:30:23	15:20:35	17:54:10	20:08:47.85	10:59	5.5
54	DUDEK BARTŁOMIEJ	3359	12TRI.PL	WARSZAWA	POL	SENIOR II M - 30	54	M 188	02:35:01	06:42:55	12:15:50	15:12:34	17:53:04	20:10:24.75	11:00	5.5
55	SADOWSKI GRZEGORZ	3058	NA WYBIEGU	GDAŃSK	POL	SENIOR II M - 30	55	M 190	02:08:27	06:29:58	12:30:46	15:16:18	17:59:36	20:18:49.55	11:04	5.4
56	SZYSZŁOWSKI WALDEMAR	3206	PATOBIEGACZE	POZNAŃ	POL	SENIOR II M - 30	56	M 191	02:08:17	06:12:53	11:47:08	14:53:43	17:50:55	20:19:01.95	11:04	5.4
57	IGNASZEWSKI MICHAŁ	3042	DRUŻYNA SZPIKU	RADZYNY	POL	SENIOR II M - 30	57	M 192	02:23:34	06:41:52	12:26:01	15:18:13	18:22:05	20:26:27.50	11:08	5.4
58	ZAJĄC RAFAŁ	3437	KP ZIELONA GÓRA	BYTOM ODZAŃSKI	POL	SENIOR II M - 30	58	M 196	02:12:07	06:23:45	12:28:54	15:49:56	18:26:24	20:29:26.45	11:10	5.4
59	SKŁADZIEN BARTOSZ	3339		WARSZAWA	POL	SENIOR II M - 30	59	M 205	02:07:54	05:50:03	11:32:08	14:46:34	18:08:04	20:43:32.40	11:18	5.3
60	JAKUBIEC BARTŁOMIEJ	3294	ROZPIERDOLSI	WROCLAW	POL	SENIOR II M - 30	60	M 206	02:07:54	05:49:58	11:32:14	14:39:36	18:09:31	20:43:36.05	11:18	5.3
61	JĘKA MATEUSZ	3312	***** ***	WROCLAW	POL	SENIOR II M - 30	61	M 207	02:07:54	05:50:07	11:32:11	14:39:44	18:08:08	20:43:37.75	11:18	5.3
62	NIKEL JACEK	3458		SOSNOWIEC	POL	SENIOR II M - 30	62	M 208	02:18:04	06:36:34	12:48:11	15:37:42	18:37:06	20:46:57.60	11:20	5.3
63	PAKUŁA KONRAD	3371		WITKOWO	POL	SENIOR II M - 30	63	M 210	02:00:31	05:47:51	12:20:57	16:00:13	18:50:13	20:50:23.85	11:22	5.3
64	NOWAK RAFAŁ	3400	NIEPOŁOMICIE BIEGAJĄ	KRAKÓW	POL	SENIOR II M - 30	64	M 213	02:26:21	06:54:55	12:50:52	15:53:30	18:49:01	20:53:56.25	11:23	5.3
65	RZYHA HUBERT	3262	RUNNER'S POWER	MOŚCIECNICA	POL	SENIOR II M - 30	65	M 229	02:28:56	06:44:40	12:23:07	15:34:40	18:51:10	21:10:26.00	11:32	5.2
66	MAĆKOWIAK ŁUKASZ	3345	MATNER RUNNING TEAM	WROCLAW	POL	SENIOR II M - 30	66	M 230	02:04:19	06:17:23	12:29:40	15:39:19	18:37:50	21:12:16.85	11:33	5.2
67	WÓJCICKI KAMIL	3460	EX TEAM	LISJECICE	POL	SENIOR II M - 30	67	M 234	02:15:23	06:53:52	13:18:34	16:46:35	19:31:04	21:25:46.65	11:41	5.1
68	HAMOT ARTUR	3131	BIEGOWA KUŹNIA	SARNÓW	POL	SENIOR II M - 30	68	M 237	02:15:46	06:44:11	13:21:11	16:37:07	19:24:01	21:31:13.50	11:44	5.1
69	ODOLAK PIOTR	3010		SULEJOWEK	POL	SENIOR II M - 30	69	M 240	02:38:48	07:36:55	14:34:45	17:26:39	20:14:42	21:41:43.25	11:50	5.1
70	GINTER GRZEGORZ	3492	AZS COLLEGIUM MEDICUM UJ	KRAKÓW	POL	SENIOR II M - 30	70	M 241	02:24:31	06:45:32	13:16:49	17:14:11	19:52:59	21:42:35.55	11:50	5.1
71	HETEL ADAM	3267	KLUB BIEGACZA RTV EURO AGD	BYDGOSZCZ	POL	SENIOR II M - 30	71	M 244	02:34:26	07:42:06	13:46:29	16:48:10	19:33:17	21:54:41.90	11:57	5
72	TATYS ŁUKASZ	3173		WROCLAW	POL	SENIOR II M - 30	72	M 250	02:07:28	06:15:58	13:09:12	16:28:37	19:32:47	22:10:41.55	12:05	5
73	WOLSZCZAK KONRAD	3343	BIEGIEM PO MARZENIA TEAM	LUBIN	POL	SENIOR II M - 30	73	M 256	02:20:20	06:38:44	13:42:30	17:13:53	20:11:50	22:37:18.50	12:20	4.9
74	BAGIŃSKI JAKUB	3350	WILD DOGS TEAM	KRAKÓW	POL	SENIOR II M - 30	74	M 258	02:19:48	06:21:37	12:59:17	16:11:23	19:44:08	22:41:15.75	12:22	4.8

BIEG K-B-L - 110 KM, Senior II M - 30 c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	15km	40km	70km	85km	98km	Netto	min/km	km/h
75	IHNATOWICZ ŁUKASZ	3272		GLIWICE	POL	SENIOR II M - 30	75	M 259	02:33:18	06:56:33	13:47:00	17:11:41	20:09:52	22:43:26.35	12:23	4.8
76	PELJAK MARIUSZ	3236		SOBÓTKA	POL	SENIOR II M - 30	76	M 260	02:18:14	07:00:56	13:20:33	16:50:41	20:11:39	22:47:16.15	12:25	4.8
77	ZDUNEK MARIUSZ	3358		WARSZAWA	POL	SENIOR II M - 30	77	M 263	02:12:01	06:22:31	13:14:06	17:28:45	20:43:30	22:58:54.65	12:32	4.8
78	ŻUKOWSKI CEZARY	3036	FOR-REST-RUN	KOSZALIN	POL	SENIOR II M - 30	78	M 266	02:18:18	06:31:55	13:36:22	17:22:46	20:46:40	23:13:56.60	12:40	4.7
79	KOWALSKI ADAM	3240	ZŁOTE KLOCKI NA SZNURKU	GDANSK	POL	SENIOR II M - 30	79	M 273	02:37:04	07:37:49	14:27:00	18:05:48	21:08:49	23:32:32.85	12:50	4.7
80	BACA BARTOSZ	3238	ZŁOTE KLOCKI NA SZNURKU	POZNAŃ	POL	SENIOR II M - 30	80	M 274	02:37:02	07:37:44	14:26:37	17:36:42	21:08:46	23:32:32.90	12:50	4.7
81	HERRMANN-JANKOWSKI PIOTR	3381		CYBINKA	POL	SENIOR II M - 30	81	M 279	02:12:13	06:01:18	12:01:14	16:09:42	20:29:25	23:43:55.10	12:56	4.6
82	WACHOWIAK SEBASTIAN	3034	BIEGAJĄCE KREJZOLE	KOZIEGŁOWY	POL	SENIOR II M - 30	82	M 291	02:34:47	07:13:52	13:47:01	17:07:42	21:04:21	24:03:21.90	13:07	4.6
83	FILIPOWICZ DOMINIK	3163		CHOJNÓW	POL	SENIOR II M - 30	83	M 294	02:38:27	07:50:22	14:58:37	18:22:05	21:46:36	24:38:36.45	13:26	4.5
84	WAĐOŁOWSKI REMIGIUSZ	3070		ZABRZE	POL	SENIOR II M - 30	84	M 306	02:41:16	08:20:58	16:24:33	20:41:56	23:48:07	26:04:26.10	14:13	4.2
85	FIEDOROWICZ MARCIN	3352		NIEPOŁOMICE	POL	SENIOR II M - 30	85	M 307	02:34:22	07:42:00	15:25:12	19:25:22	23:16:33	26:11:42.25	14:17	4.2
86	MICHNIEWSKI PIOTR	3505	GIT EKIPA!	ZAWIERCIE	POL	SENIOR II M - 30	86	M 308	03:47:33	11:02:00	18:29:23	22:21:12		26:23:15.10	14:23	4.2
	PODSADNY BARTOSZ	3180		POZNAŃ	POL	SENIOR II M - 30			02:18:46	06:18:21	12:29:56	DNF	DNF	DNF	-	-
	MROZIŃSKI BŁAŻEJ	3237	ZŁOTE KLOCKI NA SZNURKU	WARSZAWA	POL	SENIOR II M - 30			02:37:04	07:37:49	14:27:01	DNF	DNF	DNF	-	-
	LANGNER RADOŚLAW	3064	RMT TEAM PRO	WROCLAW	POL	SENIOR II M - 30			01:38:00	04:09:53	DNF	DNF	DNF	DNF	-	-
	ZAWADZKI ANDRZEJ	3239	MKS SIECHNICE	SIECHNICE	POL	SENIOR II M - 30			01:36:53	04:32:39	DNF	DNF	DNF	DNF	-	-
	ŻARECKI ŁUKASZ	3260		WROCLAW	POL	SENIOR II M - 30			01:37:00	04:32:45	DNF	DNF	DNF	DNF	-	-
	MARCINIAK JAKUB	3045		KROTOSZYN	POL	SENIOR II M - 30			01:48:40	04:55:29	DNF	DNF	DNF	DNF	-	-
	KUBERA PAWEŁ	3106		GDAŃSK	POL	SENIOR II M - 30			01:54:13	05:16:20	DNF	DNF	DNF	DNF	-	-
	BŁAĐEK SŁAWOMIR	3394		WITKOWO DRUGIE	POL	SENIOR II M - 30			01:55:25	05:22:33	DNF	DNF	DNF	DNF	-	-
	SIKORSKI SZYMON	3209	NOA	KIEŁCZÓW	POL	SENIOR II M - 30			01:49:17	05:29:30	DNF	DNF	DNF	DNF	-	-
	RZESZOT ŁUKASZ	3112	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ ☐☐	ĆMIŃSK	POL	SENIOR II M - 30			02:10:23	05:52:44	DNF	DNF	DNF	DNF	-	-
	WERNO BARTŁOMIEJ	3222		RAWICZ	POL	SENIOR II M - 30			02:09:55	06:48:59	DNF	DNF	DNF	DNF	-	-
	WĄCHAŁA DAMIAN	3362		KROSNO ODRZAŃSKIE	POL	SENIOR II M - 30			01:38:33	DNF	DNF	DNF	DNF	DNF	-	-
	ROLBIECKI PIOTR	3200	GEOINGS POLSKA	GDAŃSK	POL	SENIOR II M - 30			01:40:21	DNF	DNF	DNF	DNF	DNF	-	-
	STYPEREK JAKUB	3304	VEGE RUNNERS	PSARSKIE	POL	SENIOR II M - 30			01:42:32	DNF	DNF	DNF	DNF	DNF	-	-

BIEG K-B-L - 110 KM, Masters K - 40

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	15km	40km	70km	85km	98km	Netto	min/km	km/h
1	ARDELLI EWA	3280	BIELAWSKA AKADEMIA BIEGANIA	BIELAWA	POL	MASTERS K - 40	1	K 3	01:46:45	04:46:58	09:01:17	10:59:38	12:48:13	14:10:36.20	7:43	7.8
2	MICHALSKA AGNIESZKA	3413		OSTRÓW WIELKOPOLSKI	POL	MASTERS K - 40	2	K 8	01:48:50	05:01:59	09:49:24	12:20:12	14:19:00	15:43:12.20	8:34	7
3	MARZEC KAROLINA	3315	DZIKIE DZIKI GORZÓW	DESZCZNO	POL	MASTERS K - 40	3	K 11	01:51:40	05:02:40	10:03:19	12:25:33	14:40:30	16:20:23.30	8:54	6.7
4	GOŁĘBIEWSKA KATARZYNA	3450		GLIWICE	POL	MASTERS K - 40	4	K 13	01:49:16	05:11:47	10:04:48	12:47:21	15:03:19	16:36:43.65	9:03	6.6
5	BEDNARSKA KAŚKA	3072	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ	KIELCE	POL	MASTERS K - 40	5	K 15	02:10:28	05:52:33	10:29:15	12:45:05	15:06:15	17:00:06.95	9:16	6.5
6	GARBOWSKA MONIKA	3186	COMPANEROS ASFALT TEAM	GLIWICE	POL	MASTERS K - 40	6	K 16	02:08:09	06:05:27	11:02:17	13:30:39	15:34:25	17:03:15.30	9:18	6.5
7	WODZIŃSKA DANUTA	3107	INSTRUKTOR BIEGANIA TEAM	KRAPKOWICE	POL	MASTERS K - 40	7	K 17	01:58:42	05:30:30	10:20:06	13:06:50	15:26:23	17:07:26.00	9:20	6.4
8	RADZIWOŃ ANNA	3082	GRUPA NIENACHALNIE HEROICZNA	POLKOWICE	POL	MASTERS K - 40	8	K 25	02:16:22	06:16:04	11:28:09	14:06:15	16:17:41	18:00:32.95	9:49	6.1
9	GRYCMAN MAGDA	3040	SPARTA ULTRA TEAM	TRZCINICA	POL	MASTERS K - 40	9	K 26	02:07:02	05:56:34	11:14:52	13:50:56	16:17:52	18:07:09.75	9:52	6.1

BIEG K-B-L - 110 KM, Masters K - 40 c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	15km	40km	70km	85km	98km	Netto	min/km	km/h
10	SZCZERBAL AGNIESZKA	3052	TKKF MPK POZNAŃ	POZNAŃ	POL	MASTERS K - 40	10	K 27	02:18:32	06:14:28	11:29:52	14:06:25	16:19:46	18:08:07.65	9:53	6.1
11	BOROWSKA-NAJDEREK PAULINA	3067	WLKP MOUNTAINS ULTRA /FREE RUN	ROKIETNICA	POL	MASTERS K - 40	11	K 29	01:58:51	05:29:17	10:43:08	13:24:06	16:03:05	18:11:54.65	9:55	6
12	CEBRAT EWA	3024		SOSNOWIEC	POL	MASTERS K - 40	12	K 31	02:18:52	06:33:30	11:53:40	14:38:42	16:50:43	18:23:44.90	10:02	6
13	ŁATAK - SKRABUT BASIA	3080	MUSTANGI	GLIWICE	POL	MASTERS K - 40	13	K 32	02:08:28	06:08:24	11:14:44	14:09:23	16:29:42	18:25:48.80	10:03	6
14	ŚNIEGOCKA MAGDALENA	3326	TARNOWO PODGÓRNE BIEGA	TARNOWO PODGÓRNE	POL	MASTERS K - 40	14	K 33	02:19:21	06:43:37	12:13:11	14:28:31	16:45:23	18:29:47.60	10:05	5.9
15	WALCZAK AGNIESZKA	3217	OLKUSZBIEGA	BOLESŁAW	POL	MASTERS K - 40	15	K 35	02:09:16	05:57:45	11:35:01	14:11:34	16:40:07	18:37:25.85	10:09	5.9
16	LEWANDOWSKA MARLENA	3364	PODGÓRZ TORUŃ	TORUŃ	POL	MASTERS K - 40	16	K 36	02:03:57	06:02:33	11:36:59	14:15:05	17:09:31	19:03:50.85	10:23	5.8
17	LEŚNIAK-POPIEL MARTA	3110	POZYTYWNE ZABIEGANI SANOK	SANOK	POL	MASTERS K - 40	17	K 38	02:20:01	06:33:30	11:56:55	14:44:14	17:20:52	19:04:01.05	10:24	5.8
18	ZDANOWICZ ELŻBIETA	3223	VEGE RUNNERS	WROCŁAW	POL	MASTERS K - 40	18	K 40	02:18:24	06:35:09	12:20:15	15:16:00	17:52:37	19:42:46.15	10:45	5.6
19	KOBIEC ELŻBIETA	3405		GÓRNO	POL	MASTERS K - 40	19	K 41	02:10:36	06:34:49	12:12:24	15:13:37	17:51:39	19:42:59.25	10:45	5.6
20	BURZYŃSKA EWELINA	3084	NATURA BIEDRUSKO	BIEDRUSKO	POL	MASTERS K - 40	20	K 43	02:18:04	06:38:43	13:03:02	15:49:54	18:21:40	20:18:53.90	11:04	5.4
21	PEKAŁA JULITA	3295		RYTWIANY	POL	MASTERS K - 40	21	K 44	02:15:53	06:43:22	12:47:10	15:53:21	18:26:02	20:26:46.10	11:09	5.4
22	DEKIERT AGNIESZKA	3411		LUBIN	POL	MASTERS K - 40	22	K 45	02:18:22	06:35:11	12:21:14	15:17:03	18:21:11	20:33:41.75	11:12	5.3
23	BAR ALEKSANDRA	3449	GMINA STRZELCE OPOLSKIE	STRZELCE OPOLSKIE	POL	MASTERS K - 40	23	K 46	02:09:38	06:23:24	12:12:21	15:17:45	18:29:21	20:34:13.35	11:13	5.3
24	NAPIERAŁA KATARZYNA	3426		SUCHY LAS	POL	MASTERS K - 40	24	K 50	02:18:11	06:39:00	13:23:54	16:35:10	19:09:19	20:55:44.05	11:24	5.3
25	STAJNIAK-STELIGA IZABELA	3214	OBORYGENI	WILCZYN	POL	MASTERS K - 40	25	K 52	02:56:15	07:55:06	13:58:01	16:53:54	19:19:03	21:00:01.30	11:27	5.2
26	GAŃSKA-KARAMON MONIKA GAŃSKA-KARAMON	3121	BEMOWO BIEGA	WARSZAWA	POL	MASTERS K - 40	26	K 55	02:11:23	06:29:19	12:30:36	15:37:40	18:39:10	21:13:39.85	11:34	5.2
27	SILSKA SYLWIA	3230		POTASZE	POL	MASTERS K - 40	27	K 57	02:27:20	07:20:06	13:24:37	16:24:11	19:09:19	21:19:09.45	11:37	5.2
28	PRUCHNIEWSKA AGNIESZKA	3176	ROKIETNICA BIEGA	ROKIETNICA	POL	MASTERS K - 40	28	K 58	02:15:50	06:26:56	12:47:47	16:12:16	18:56:49	21:31:49.65	11:44	5.1
29	BUGAJSKA-JUCHA RENATA	3199	CARBO ASECURA/CA AKTYWNI	GOCZAŁKOWICE ZDRÓJ	POL	MASTERS K - 40	29	K 61	02:39:29	07:30:35	13:48:41	16:54:58	19:52:30	21:57:38.65	11:58	5
30	BRUZDA JOANNA	3085	BIEGOWA KUŹNIA	BĘDZIN	POL	MASTERS K - 40	30	K 62	02:11:15	06:26:32	12:53:55	16:33:08	19:43:41	21:58:03.70	11:58	5
31	JEDYNAK-DOROSZ IZABELA	3495	KB MANIAC POZNAŃ/OWOCBIEGA	TULCE	POL	MASTERS K - 40	31	K 64	02:37:39	07:06:05	13:20:58	16:20:21	19:25:05	22:30:06.35	12:16	4.9
32	WIECZOREK MONIKA	3232		BOLKÓW	POL	MASTERS K - 40	32	K 65	02:25:57	07:27:46	14:01:20	17:18:40	20:15:19	22:33:07.70	12:18	4.9
33	ŁASKAWSKA JUSTYNA	3469		WARSZAWA	POL	MASTERS K - 40	33	K 69	02:18:17	06:43:50	13:11:35	17:18:00	20:19:14	22:50:08.25	12:27	4.8
34	JUSZCZYK MAŁGORZATA	3226	NIEPOŁOMICE BIEGAJA	NIEPOŁOMICE	POL	MASTERS K - 40	34	K 71	02:41:43	07:53:03	15:27:33	18:32:08	21:17:24	23:21:43.30	12:44	4.7
35	WILK MAGDALENA	3322	ULTRAPOŚLADACH / TEAM ZABIEGANEDNI	WARSZAWA	POL	MASTERS K - 40	35	K 72	02:15:20	06:41:34	13:20:30	17:31:00	20:50:19	23:22:50.05	12:45	4.7
36	GRĘZEL-GAWRON JOLANTA	3136		POLSKA NOWA WIEŚ	POL	MASTERS K - 40	36	K 74	02:35:09	07:21:25	14:01:47	17:42:59	21:15:44	23:40:15.75	12:54	4.6
37	BEDNARCZYK DARIA	3169		POZNAŃ	POL	MASTERS K - 40	37	K 75	02:40:16	07:17:50	14:21:29	17:58:27	21:22:44	23:42:57.35	12:56	4.6
38	PIWOŃSKA AGNIESZKA	3278		ŁÓDŹ	POL	MASTERS K - 40	38	K 76	02:28:58	08:04:58	15:40:19	19:05:22	21:49:17	23:45:12.30	12:57	4.6
39	MIĘTEK AGNIESZKA	3127	BYLE NIE POD GÓRKĘ	ŻAGAŃ	POL	MASTERS K - 40	39	K 77	02:45:04	08:13:45	14:59:29	18:18:15	21:19:13	23:45:28.80	12:57	4.6
40	BAGIŃSKA PAULINA	3380		LESZNO	POL	MASTERS K - 40	40	K 79	02:18:50	06:50:46	14:19:27	17:25:22	20:55:54	23:56:12.00	13:03	4.6
41	NADOBNIK BEATA	3156	TARNOWO PODGÓRNE BIEGA / SPORTOWY KAŻMIERZ	KAŻMIERZ	POL	MASTERS K - 40	41	K 80	02:47:07	08:14:11	15:06:50	18:41:38	21:39:03	24:16:51.75	13:14	4.5
42	KUNA KATARZYNA	3083	BIEGOWA KUŹNIA	DĄBROWA GÓRNICZA	POL	MASTERS K - 40	42	K 82	02:36:02	07:41:23	15:10:34	19:02:20	22:15:01	24:22:45.55	13:17	4.5
43	MORDZIOŁEK KATARZYNA	3094	BIEGOWA KUŹNIA	SOSNOWIEC	POL	MASTERS K - 40	43	K 83	02:36:01	07:41:21	15:10:33	19:02:14	22:15:00	24:22:45.90	13:17	4.5
44	MAKAREWICZ SYLWIA	3298		MIKOŁÓW	POL	MASTERS K - 40	44	K 84	02:51:15	08:56:15	15:52:44	19:25:36	22:12:05	24:35:09.50	13:24	4.5
45	RUNOWICZ MAGDALENA	3487		KŁODZKO	POL	MASTERS K - 40	45	K 89	02:48:31	10:56:12	17:40:44	21:00:34	23:48:07	25:57:25.00	14:09	4.2
46	KWIATKOWSKA ZUZANNA ROŻNIATA IWONA	3386 3158		SZCZYTNIA GŁOWNO	POL POL	MASTERS K - 40 MASTERS K - 40	46	K 92	02:42:52	09:43:38	17:56:42	21:56:55	24:40:51	26:23:37.40	14:23	4.2
	WOJEWODA RENATA	3481	KAZIKI	WARSZAWA	POL	MASTERS K - 40			02:32:18 DNF	07:24:21 DNF	15:23:24 DNF	DNF	DNF	DNF	-	-
	DREWICZ KINGA	3125	BYLE NIE POD GÓRKĘ RUNNER TEAM	ŻAGAŃ	POL	MASTERS K - 40			02:13:30 DNF	07:09:55 DNF	15:39:47 DNF	DNF	DNF	DNF	-	-
	DOWNAR-ZAPOLSKA RITA	3201		WROCŁAW	POL	MASTERS K - 40			02:40:41 DNF	08:17:34 DNF	15:42:05 DNF	DNF	DNF	DNF	-	-
	ZAGROBELNA MAGDALENA	3391	DRUŻYNA SZPIKU	WROCŁAW	POL	MASTERS K - 40			03:29:36 DNF	10:04:57 DNF	19:19:55 DNF	DNF	DNF	DNF	-	-
	JANOWSKA ANNA	3452		OLSZTYN	POL	MASTERS K - 40			02:09:14 DNF	06:00:03 DNF	DNF	DNF	DNF	DNF	-	-
	WALASZCZYK ANNA	3384		GLIWICE	POL	MASTERS K - 40			02:06:18 DNF	06:06:35 DNF	DNF	DNF	DNF	DNF	-	-

BIEG K-B-L - 110 KM, Masters K - 40 c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	15km	40km	70km	85km	98km	Netto	min/km	km/h
	MELLER JOANNA	3181	DRUŻYNA WILKA	DYWITY	POL	MASTERS K - 40			02:14:56 DNF	06:40:33 DNF	DNF	DNF	DNF	DNF	-	-
	MACKIEWICZ MAGDALENA	3021	DŁUGOBIEGANIE	SZCZECIN	POL	MASTERS K - 40			02:25:03 DNF	06:56:18 DNF	DNF	DNF	DNF	DNF	-	-

BIEG K-B-L - 110 KM, Masters M - 40

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	15km	40km	70km	85km	98km	Netto	min/km	km/h
1	SZCZEPAŃSKI ANDRZEJ	3494	WILD SKUNKS	ZIELONA GORA	POL	MASTERS M - 40	1	M 4	01:35:14	04:07:10	07:58:01	09:46:00	11:26:33	12:52:26.00	7:01	8.5
2	MORMUL PRZEMEK	3389	DSV	KRAKOW	POL	MASTERS M - 40	2	M 6	01:34:20	04:08:32	08:01:03	09:51:08	11:36:31	13:03:09.25	7:07	8.4
3	ŚCIESZKA WOJCIECH	3306	13 ELT KRAKÓW - BALICE	KRAKÓW	POL	MASTERS M - 40	3	M 7	01:36:38	04:28:09	08:23:56	10:14:02	11:49:28	13:05:44.35	7:08	8.4
4	KAMERDUŁA ŁUKASZ	3077	#TEAMCZTERY	STRUŻKA	POL	MASTERS M - 40	4	M 8	01:32:01	04:18:06	08:24:47	10:19:23	12:07:03	13:18:42.90	7:15	8.3
5	SZAFRAŃSKI JAN	3480	PANTHERS WROCŁAW	WROCŁAW	POL	MASTERS M - 40	5	M 9	01:36:17	04:12:17	08:06:24	10:10:24	12:01:51	13:21:02.80	7:16	8.2
6	JĘDRZEJKO TOMASZ	3472	KS SPRONT BIELSKO-BIAŁA_SIDOR TEAM POLSKA	JANOWICE	POL	MASTERS M - 40	6	M 12	01:42:44		09:07:04	11:06:26	12:47:39	14:02:01.80	7:39	7.8
7	SZRAMOWIAT MAREK	3433	BRITA	LWÓWEK ŚLĄSKI	POL	MASTERS M - 40	7	M 13	01:42:27	04:38:09	09:06:08	11:03:24	12:47:34	14:08:59.65	7:43	7.8
8	ŚLEZIAK JAREK	3332	DANIEL WOSIK TERVEL TEAM ZŁOTY STOK	ZŁOTY STOK	POL	MASTERS M - 40	8	M 21	01:43:46	04:44:52	09:16:17	11:22:47	13:23:07	14:46:45.25	8:03	7.4
9	KARAMON MARCIN	3340		OPOLE	POL	MASTERS M - 40	9	M 22	01:45:37	04:57:18	09:28:33	11:31:57	13:23:18	14:49:07.85	8:04	7.4
10	MIKULSKI GRZEGORZ	3318		CHOROSZCZ	POL	MASTERS M - 40	10	M 23	01:43:56	04:44:55	09:11:49	11:19:44	13:20:47	14:50:14.90	8:05	7.4
11	STEFANIAK ŁUKASZ	3382		SZCZECIN	POL	MASTERS M - 40	11	M 26	01:44:02	04:49:53	09:28:31	11:36:07	13:29:50	14:55:48.90	8:08	7.4
12	SKROBAŁA DARIUSZ	3333	KB SOBÓTKA	BOLECHOWO	POL	MASTERS M - 40	12	M 30	01:43:12	04:55:57	09:21:59	11:36:50	13:34:50	15:09:38.75	8:16	7.3
13	RINK JAN	3144		BOLKÓW	POL	MASTERS M - 40	13	M 31	01:47:31	05:13:04	10:01:18	12:18:02	14:03:46	15:18:29.05	8:20	7.2
14	SCHRODER PATRYK	3355		ZIELONA GÓRA	POL	MASTERS M - 40	14	M 32	01:56:51	05:19:59	10:00:52	12:04:55	13:58:46	15:20:07.75	8:21	7.2
15	KOWALSKI ŁUKASZ	3221	MARELLI	GIERAŁTOWICE	POL	MASTERS M - 40	15	M 36	01:55:32	05:12:15	09:44:25	12:04:25	13:59:04	15:22:56.90	8:23	7.2
16	SIWEK JAREK	3208		SZCZECIN	POL	MASTERS M - 40	16	M 38	01:50:21	05:15:54	09:52:32	12:21:30	14:21:02	15:48:41.75	8:37	7
17	BARCZAK ROBERT	3415	MOCNA GRUPA CEZARA	WROCŁAW	POL	MASTERS M - 40	17	M 39	01:59:18	05:14:04	09:57:56	12:17:05	14:15:48	15:49:32.95	8:37	7
18	WINIARSKI ANDRZEJ	3420	DXTREEM	WARSZAWA	POL	MASTERS M - 40	18	M 42	01:46:52	04:58:49	09:51:59	12:16:27	14:27:37	15:58:58.80	8:43	6.9
19	CHYBOWSKI JAREK	3244		ŁÓDŹ	POL	MASTERS M - 40	19	M 43	01:54:31	05:20:02	10:32:33	12:36:22	14:35:36	15:59:44.80	8:43	6.9
20	MIREK GRZEGORZ	3448	MOVE STUDIO	KRAKÓW	POL	MASTERS M - 40	20	M 44	01:57:40	05:13:08	09:51:01	12:09:46	14:17:51	16:04:57.45	8:46	6.8
21	TOKARCZYK MARCIN	3313		NYSA	POL	MASTERS M - 40	21	M 46	01:51:11	05:05:24	09:53:54	12:06:58	14:23:21	16:06:03.50	8:46	6.8
22	ŁUCJANEK ANDRZEJ	3170	KAJA TEAM	WARSZAWA	POL	MASTERS M - 40	22	M 48	01:46:21	04:57:06	09:19:14	11:59:38	14:31:03	16:12:24.60	8:50	6.8
23	KARCZ TOMASZ	3476	TEALTREE.PL	STRZEGOM	POL	MASTERS M - 40	23	M 51	02:02:03	05:23:29	10:16:42	12:40:12	14:40:01	16:17:31.20	8:53	6.8
24	OBRZUD KRZYSZTOF	3255		BOŻEPOLE WIELKIE	POL	MASTERS M - 40	24	M 52	01:59:02	05:29:26	10:22:27	12:39:45	14:39:44	16:24:23.25	8:56	6.7
25	ŻABIEREK TOMASZ	3447		GORZÓW WLKP.	POL	MASTERS M - 40	25	M 53	01:59:28	05:25:27	10:30:23	12:58:35	14:56:10	16:25:36.55	8:57	6.7
26	CENIAWSKI PIOTR	3092	CSRG	BYTOM	POL	MASTERS M - 40	26	M 54	01:54:34	05:14:30	10:26:22	12:45:27	14:52:44	16:29:35.75	8:59	6.7
27	CZYŚCIAK KRZYSZTOF	3346	KB SOBÓTKA	ŻÓRAWINA	POL	MASTERS M - 40	27	M 58	01:52:30	05:19:39	10:16:50	12:45:19	14:52:28	16:43:27.15	9:07	6.6
28	LISIK WOJCIECH	3017	KS WINO	RĄBIEŃ AB	POL	MASTERS M - 40	28	M 59	02:05:41	05:41:32	10:35:14	13:02:26	15:12:10	16:44:41.05	9:08	6.6
29	LOREK ADAM	3033		LESZNO	POL	MASTERS M - 40	29	M 60	01:50:50	05:15:14	10:12:53	12:34:21	15:06:45	16:45:15.85	9:08	6.6
30	PODBIELSKI KRYSZTOF	3098	KAJA TEAM	WARSZAWA	POL	MASTERS M - 40	30	M 61	01:51:16	05:12:21	09:52:05	12:32:30	15:03:44	16:45:22.25	9:08	6.6
31	SZYMCZYK MICHAŁ	3148	DRUŻYNA CHROBREGO	SZPROTAWA	POL	MASTERS M - 40	31	M 66	02:17:23	06:05:48	11:00:03	13:17:02	15:20:20	16:57:15.30	9:14	6.5
32	WIERZBIŃSKI KAROL	3488	ULTRADZICZKI I ULTRALISZCZKI	PIASECZNO	POL	MASTERS M - 40	32	M 69	02:06:45	06:08:53	10:57:30	13:22:27	15:27:00	16:59:51.35	9:16	6.5
33	TOKARZ ROBERT	3194		TARNÓW	POL	MASTERS M - 40	33	M 74	01:55:10	05:29:05	10:48:10	13:19:36	15:32:27	17:06:12.80	9:19	6.4
34	BRZozowski Rafał	3496		KŁODZKO	POL	MASTERS M - 40	34	M 79	02:03:46	05:30:19	10:40:02	13:10:45	15:24:59	17:12:02.60	9:22	6.4
35	SZCZEPAŃSKI SEBASTIAN	3404	KOPYTKO	KOPYTÓWKA	POL	MASTERS M - 40	35	M 82	02:06:32	05:50:19	10:55:48	13:36:52	15:37:12	17:15:28.95	9:24	6.4
36	TOMASZEWSKI MICHAŁ	3140		OPOLE	POL	MASTERS M - 40	36	M 83	02:09:32	05:45:42	10:47:48	13:17:01	15:33:39	17:15:36.30	9:24	6.4
37	STROJEK GRZEGORZ	3334		PRZEMKÓW	POL	MASTERS M - 40	37	M 86	01:56:05	05:42:01	10:52:54	13:18:32	15:34:01	17:18:37.50	9:26	6.4
38	MOSKAŁA REMIGIUSZ	3468		WARSZAWA	POL	MASTERS M - 40	38	M 87	02:12:04	05:57:31	10:55:13	13:24:15	15:35:24	17:19:09.80	9:26	6.4
39	PIECZARA BŁAŻEJ	3357	HARPAGAN BEAST	JAWORZNO	POL	MASTERS M - 40	39	M 91	01:50:58	05:19:17	10:44:31	13:28:06	15:43:06	17:21:56.90	9:28	6.3
40	DZIURKA RAFAL	3459	SKAVEN DANMARK	TARM	DEN	MASTERS M - 40	40	M 93	02:11:41	05:46:36	11:01:59	13:31:53	15:54:58	17:22:19.30	9:28	6.3
41	WESOLEK MAREK	3177	SENTE	WROCŁAW	POL	MASTERS M - 40	41	M 95	02:02:21	05:28:07	10:27:47	13:14:18	15:26:54	17:22:38.25	9:28	6.3
42	NAPIERAŁA MARCIN	3044	BIEGAJĄCE KREJZOLE	KOZIEGŁOWY	POL	MASTERS M - 40	42	M 99	02:08:13	06:04:28	11:20:56	13:48:14	15:51:32	17:24:31.50	9:29	6.3
43	KOŁODZIEJ PAWEŁ	3056		CZERNICA	POL	MASTERS M - 40	43	M 101	02:02:40	05:46:56	11:08:07	13:27:47	15:43:51	17:28:13.10	9:31	6.3
44	GRZEŚKOWIAK ZBIGNIEW	3258		JUTROSIN	POL	MASTERS M - 40	44	M 103	02:09:49	06:48:59	11:38:16	13:56:07	15:54:40	17:28:50.75	9:32	6.3

BIEG K-B-L - 110 KM, Masters M - 40 c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	15km	40km	70km	85km	98km	Netto	min/km	km/h
45	MIELNIK KRZYSZTOF	3023	LESZ NO LIMITS RUNNERS	LIPNO	POL	MASTERS M - 40	45	M 104	02:03:25	05:43:50	11:03:53	13:40:41	15:56:17	17:29:16.45	9:32	6.3
46	KOSTRZEWSKI SŁAWOMIR	3109		OPOLE	POL	MASTERS M - 40	46	M 105	01:49:12	05:16:26	11:30:48	13:53:50	15:56:04	17:30:01.05	9:32	6.3
47	JAKUBCZYK RAFAŁ	3353	TRIBOYS	LUBOŃ	POL	MASTERS M - 40	47	M 107	02:07:28	05:53:19	11:11:48	13:33:03	15:45:48	17:31:35.15	9:33	6.3
48	KUBICA BARTOSZ	3445		WISŁA WIELKA	POL	MASTERS M - 40	48	M 108	02:04:43	05:40:41	10:55:07	13:35:21	15:49:47	17:34:23.85	9:35	6.3
49	ŁĘCKI PIOTR	3436	BP RUNNING TEAM GLIWICE	GLIWICE	POL	MASTERS M - 40	49	M 111	01:49:08	05:08:00	10:33:18	13:11:16	15:39:50	17:41:37.55	9:39	6.2
50	BIAŁAS TOMEK	3253	CONSULTAS	CHORZÓW	POL	MASTERS M - 40	50	M 112	02:02:06	05:51:10	11:26:07	13:50:35	16:04:54	17:47:01.95	9:42	6.2
51	MELLER WOJCIECH	3182	DRUŻYNA WILKA	DYWITY	POL	MASTERS M - 40	51	M 113	02:14:58	06:40:31	12:00:29	14:15:49	16:18:17	17:49:14.80	9:43	6.2
52	GAŚCZAK MARIUSZ	3086	KS LENIWIEC	KEPNO	POL	MASTERS M - 40	52	M 115	02:11:08	06:08:09	11:26:07	13:51:43	16:05:07	17:51:56.00	9:44	6.2
53	ŁUCZYŃSKI MACIEJ	3288		KŁODAWA	POL	MASTERS M - 40	53	M 116	02:04:42	05:29:02	10:40:04	13:20:20	15:53:31	17:52:01.35	9:44	6.2
54	ISZCZAK KAZIMIERZ	3190		SZCZECIN	POL	MASTERS M - 40	54	M 120	02:02:05	05:58:34	11:11:35	13:48:10	16:04:33	17:54:33.15	9:46	6.1
55	LECHAŃSKI ŁUKASZ	3397	KS ULTRA TEAM ŁÓDŹ	ŁÓDŹ	POL	MASTERS M - 40	55	M 121	01:54:44	05:20:13	10:45:42	13:37:09	16:15:48	17:55:10.50	9:46	6.1
56	DORNIAK JAROSŁAW	3117	PZU SPORT TEAM	WROCŁAW	POL	MASTERS M - 40	56	M 123	02:06:00	05:42:33	11:31:11	14:10:39	16:26:22	17:58:37.95	9:48	6.1
57	JURA MARIUSZ	3490	ZŁOWIESZCZE ZGRZYTNIĘCIE ZWIERACZA	ŁÓDŹ	POL	MASTERS M - 40	57	M 124	02:09:22	06:08:20	11:32:50	14:04:03	16:22:17	18:06:54.75	9:52	6.1
58	ŁĄK TOMASZ	3134	NOA	WROCŁAW	POL	MASTERS M - 40	58	M 126	02:00:14	05:53:19	11:32:16	14:39:06	16:53:50	18:12:47.65	9:56	6
59	MICHAŁSKI MAREK	3414		OSTRÓW WIELKOPOLSKI	POL	MASTERS M - 40	59	M 127	02:12:20	06:10:11	11:55:48	14:21:44	16:33:02	18:12:51.35	9:56	6
60	SUDUŁ JAROSŁAW	3310	WIERZBIcki RUNNING PROJECT	GORZÓW WIELKOPOLSKI	POL	MASTERS M - 40	60	M 132	02:07:38	06:00:50	11:12:51	14:07:40	16:29:20	18:23:57.20	10:02	6
61	MUCHA MICHAŁ	3119	QCE SPARTY - MONIA GYM	SZCZECIN	POL	MASTERS M - 40	61	M 133	02:03:50	05:45:55	10:58:59	14:00:28	16:25:55	18:24:36.55	10:02	6
62	KORECKI ANDRZEJ	3241	ŁOCHOWO I OKOLICE BIEGAJĄ	MUROWANIEC	POL	MASTERS M - 40	62	M 134	02:08:15	06:13:46	11:48:51	14:33:43	16:39:51	18:28:33.55	10:04	6
63	MARCHWICKI ARKADIUSZ	3291	FEHLAU RUN TEAM	POZNAN	POL	MASTERS M - 40	63	M 137	02:15:32	06:11:20	11:46:23	14:32:04	16:49:09	18:31:36.45	10:06	5.9
64	KORYTEK PIOTR	3120	WITKOWO BIEGA	WITKOWO	POL	MASTERS M - 40	64	M 140	02:03:57	05:37:06	10:55:05	13:50:10	16:33:53	18:34:47.90	10:08	5.9
65	WALCZAK DARIUSZ	3196	OLKUSZBIEGA	BOLESŁAW	POL	MASTERS M - 40	65	M 143	02:12:27	05:57:45	11:34:59	14:11:29	16:40:04	18:37:24.80	10:09	5.9
66	BULIKOWSKI TOMASZ	3277		SZCZECIN	POL	MASTERS M - 40	66	M 144	02:06:37	05:58:47	11:14:11	14:01:17	16:38:03	18:42:29.45	10:12	5.9
67	SMOŁUCH TOMASZ	3178	SAINT-GOBAIN SQUAD	OLKUSZ	POL	MASTERS M - 40	67	M 147	02:15:07	06:10:16	11:34:13	14:14:55	16:45:51	18:45:33.25	10:13	5.9
68	RADZIWOŃ KRZYSIEK	3088	GRUPA NIENACHALNIE HEROICZNA	POLKOWICE	POL	MASTERS M - 40	68	M 148	02:16:26	06:25:19	11:54:22	14:42:02	16:55:48	18:46:04.35	10:14	5.9
69	KLONOWSKI SŁAWOMIR	3096		WAŁCZ	POL	MASTERS M - 40	69	M 149	02:08:05	06:06:50	12:09:41	14:26:53	17:09:38	18:46:23.05	10:14	5.9
70	NOWACKI MICHAŁ	3417	MORSY POZNAŃ	POZNAŃ	POL	MASTERS M - 40	70	M 150	02:17:43	06:15:19	11:22:32	14:18:33	16:45:30	18:47:03.00	10:14	5.9
71	ZIMNIEWICZ JACEK	3309		SZCZYTNIKI	POL	MASTERS M - 40	71	M 151	02:17:46	06:15:21	11:22:32	14:19:03	16:45:30	18:47:03.20	10:14	5.9
72	SIERŻANT KAROL	3356	FIKU-MIKU GOSTYŃ	GOSTYŃ	POL	MASTERS M - 40	72	M 152	02:01:40	05:54:37	11:35:32	14:19:46	17:05:18	18:48:38.90	10:15	5.8
73	KACZYŃSKI ARTUR	3500		WARSZAWA	POL	MASTERS M - 40	73	M 153	02:04:12	06:06:33	11:38:36	14:26:21	16:57:20	18:51:23.20	10:17	5.8
74	STODULSKI KRZYSZTOF	3283	ULTRA KUTNO	KRZYŻANÓW	POL	MASTERS M - 40	74	M 154	02:03:05	05:49:30	11:33:34	14:14:30	16:58:27	18:55:41.30	10:19	5.8
75	GAŁKA JACEK	3166	VEGE RUNNERS	ŻMIGRÓD	POL	MASTERS M - 40	75	M 156	02:12:19	06:05:18	11:50:24	14:47:19	17:16:03	18:57:01.00	10:20	5.8
76	WAROWNY DAWID	3271	WAWRZYNTTEAM	SIODŁKOWICE	POL	MASTERS M - 40	76	M 157	02:07:19	05:58:39	11:46:35	14:39:42	17:13:01	18:58:59.25	10:21	5.8
77	AZAREWICZ GRZEGORZ	3489		GDAŃSK	POL	MASTERS M - 40	77	M 158	02:08:41	06:05:30	12:00:01	14:46:48	17:17:23	18:59:56.45	10:21	5.8
78	KONOPKA BARTOSZ	3479	BIEGAMBOLUBIĘ	KRAKÓW	POL	MASTERS M - 40	78	M 159	02:03:43	05:46:51	11:22:09	14:23:25	16:58:31	19:00:29.25	10:22	5.8
79	JAUMOTTE LAURENT	3461	UNIQA	PRAHA	CZE	MASTERS M - 40	79	M 160	01:55:24	05:18:58	10:56:47	14:00:33	16:52:20	19:01:44.45	10:22	5.8
80	CURZYDŁO BOGDAN	3192	POZYTYWNI ZABIEGANI SANOK	SANOK	POL	MASTERS M - 40	80	M 161	02:19:51	06:33:14	11:56:52	14:44:08	17:20:50	19:03:58.75	10:23	5.8
81	LESZCZYŃSKI KRZYSZTOF	3104	PODLASIAKI	BIAŁYSTOK	POL	MASTERS M - 40	81	M 163	02:13:38	06:12:01	11:25:57	14:42:04	17:21:21	19:15:48.20	10:30	5.7
82	BARAŃ STANISŁAW	3403	SAINT-GOBAIN SQUAD	CIEŚLIN	POL	MASTERS M - 40	82	M 165	02:10:42	06:10:36	11:37:29	14:55:51	17:27:20	19:22:57.20	10:34	5.7
83	PRZEWŁOKA WOJCIECH	3399	SAINT-GOBAIN SQUAD	KOLBARK	POL	MASTERS M - 40	83	M 166	02:14:17	06:07:36	11:37:28	14:54:29	17:26:58	19:22:59.85	10:34	5.7
84	ŁABĘDZKI MARIUSZ	3046	STARGARD JA SIĘ NIE ŚCIGAM	STARGARD	POL	MASTERS M - 40	84	M 167	02:21:11	06:40:41	12:31:29	15:21:39	17:37:13	19:23:35.35	10:34	5.7
85	PIĄTOŃ PIOTR	3224	NIEPOŁOMICE BIEGAJĄ	WIELICZKA	POL	MASTERS M - 40	85	M 169	02:07:35	05:55:48	11:24:10	14:43:37	17:35:11	19:25:05.05	10:35	5.7
86	RYBACKI DARIUSZ	3202	NAUCZYCIEL	SIERADZ	POL	MASTERS M - 40	86	M 170	02:11:22	06:28:12	12:17:45	15:12:29	17:44:40	19:25:35.50	10:35	5.7
87	BALCERZAK MARIUSZ	3320	DROGA DO ULTRA / SZAKALE BAŁUT	ŁÓDŹ	POL	MASTERS M - 40	87	M 174	02:22:51	06:44:33	12:32:04	15:17:16	17:44:14	19:32:54.05	10:39	5.6
88	GRABOWICZ PAWEŁ	3444		SIEKIERKI WIELKIE	POL	MASTERS M - 40	88	M 176	02:19:17	06:23:26	12:05:23	15:04:56	17:43:10	19:33:47.25	10:40	5.6
89	LITEWKA JACEK	3421	KUMPLE ŻWIRKA	WIELKA WIEŚ	POL	MASTERS M - 40	89	M 177	02:06:30	06:07:59	12:05:03	15:03:21	17:43:45	19:38:50.85	10:43	5.6
90	GARSTKA ZBIGNIEW	3281	WRONIECKI KLUB BIEGACZA	WRONKI	POL	MASTERS M - 40	90	M 179	02:12:39	06:43:50	12:34:54	15:18:19	18:01:34	19:42:36.20	10:45	5.6
91	WÓJCIK ARTUR	3050	W POGONI ZA DUCHEM	DĄBROWA GÓRNICZA	POL	MASTERS M - 40	91	M 181	02:06:29	05:50:30	11:33:33		17:17:25	19:43:32.70	10:45	5.6
92	GŁADYSZ ROBERT	3167	SCE24.PL	BIELAWA	POL	MASTERS M - 40	92	M 183	02:10:36	06:08:21	12:11:49	15:18:08	18:05:19	19:56:28.70	10:52	5.5
93	HOFSTRA TSJEARD	3430		WOMMELS	NED	MASTERS M - 40	93	M 194	02:16:28	06:11:25	11:39:54	15:14:51	18:11:51	20:27:21.65	11:09	5.4
94	BUJLIŚ EUGENIUSZ	3443	GIEŃO BIEGA	WRÓBLOWICE	POL	MASTERS M - 40	94	M 195	02:12:13	06:51:41	13:06:09	16:16:35	18:34:11	20:28:17.30	11:09	5.4
95	KUŻEL ADRIAN	3204	NADAKTYWNI NOWE MIASTECZKO	NOWE MIASTECZKO	POL	MASTERS M - 40	95	M 198	02:12:07	06:23:48	12:29:01	15:50:06	18:31:06	20:29:26.95	11:10	5.4

BIEG K-B-L - 110 KM, Masters M - 40 c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	15km	40km	70km	85km	98km	Netto	min/km	km/h
96	WOŹNIAK PAWEŁ	3037	ENDORFINA WSCHOWA	DĘBOWA ŁĘKA	POL	MASTERS M - 40	96	M 200	02:14:07	06:57:21	12:53:38	15:59:12	18:31:10	20:33:18.90	11:12	5.4
97	DEIGSLER PRZEMYSŁAW	3155		POZNAŃ	POL	MASTERS M - 40	97	M 202	02:09:31	06:19:51	12:20:31		18:22:32	20:35:20.30	11:13	5.3
98	ZAMBRZYCKI MACIEJ	3344	SAP LABS POLAND TEAM	GLIWICE	POL	MASTERS M - 40	98	M 203	02:09:18	05:52:52	11:57:57	15:17:02	18:15:52	20:36:59.75	11:14	5.3
99	KOSIERKIEWICZ GRZEGORZ	3501		KIELCE	POL	MASTERS M - 40	99	M 204	02:21:17	06:42:28	12:51:09	15:51:07	18:37:22	20:38:32.30	11:15	5.3
100	PRONOBIS-PROŃSKI MICHAŁ	3102	SLOW JOGGING	WARSZAWA	POL	MASTERS M - 40	100	M 209	02:10:36	06:38:55	12:50:12	15:59:21	18:31:58	20:49:13.10	11:21	5.3
101	PIĄTEK TOMASZ	3146	WILD BUCHAYS	PISARZOWICE	POL	MASTERS M - 40	101	M 212	02:10:53	06:17:01	12:09:02	15:14:07	18:28:31	20:50:49.35	11:22	5.3
102	PASISZ ARTUR	3360	NIEPOŁOMICE BIEGAJĄ	NIEPOŁOMICE	POL	MASTERS M - 40	102	M 214	02:27:33	06:55:13	12:53:46	15:54:42	18:46:08	20:54:04.40	11:24	5.3
103	KUPIEC MACIEJ	3061	#ZEBERKATEAM	IWINY	POL	MASTERS M - 40	103	M 215	02:19:31	06:50:18	12:50:02	15:58:20	18:50:26	20:55:06.30	11:24	5.3
104	PIOTROWSKI MICHAŁ	3115	#ZEBERKATEAM	WROCŁAW	POL	MASTERS M - 40	104	M 216	02:19:35	06:50:16	12:49:52	15:58:10	18:58:44	20:55:07.70	11:24	5.3
105	PÓŁGRABIA DAWID	3151	#ZEBERKATEAM	WROCŁAW	POL	MASTERS M - 40	105	M 217	02:19:36	06:50:16	12:50:01	15:58:20	18:50:14	20:55:09.70	11:24	5.3
106	MALIK ROBERT	3013	NEWATER	WROCŁAW	POL	MASTERS M - 40	106	M 219	02:25:39	06:39:11	12:33:00	16:08:34	18:51:10	20:56:25.80	11:25	5.3
107	WITEK ERYK	3138	QCE SPARTY - MONIA GYM	SZCZECIN	POL	MASTERS M - 40	107	M 220	02:03:51	06:08:17	12:16:12	15:18:25	18:24:57	20:57:20.05	11:25	5.2
108	WRONA SYLWESTER	3388		KRAKÓW	POL	MASTERS M - 40	108	M 221	02:11:24	06:26:29	12:16:03	15:39:52	18:42:18	20:57:26.45	11:25	5.2
109	GAWŁAS PRZEMYSŁAW	3507		MŁYNÓW	POL	MASTERS M - 40	109	M 223	02:20:46	06:43:38	12:38:12	15:43:46	18:48:49	20:58:12.55	11:26	5.2
110	POLIWIKA MARIUSZ	3300	FITNESS PIEKARY LEGNICA	SPALONA	POL	MASTERS M - 40	110	M 224	02:10:15	06:29:30	13:29:08	16:31:28	19:15:27	21:00:31.30	11:27	5.2
111	GRZYB KRZYSZTOF	3245	KLUB BIEGACZA RTV EURO AGD/ SMASHING PĄPKINS	POZNAŃ	POL	MASTERS M - 40	111	M 226	02:34:26	07:42:05	13:46:24	16:40:19	19:13:48	21:07:35.70	11:31	5.2
112	SZMYT PIOTR	3273	WLKP MOUNTAINS ULTRA	POZNAŃ	POL	MASTERS M - 40	112	M 227	02:15:36	06:49:11	13:06:08	16:15:26	19:12:48	21:10:06.45	11:32	5.2
113	ZYŻAŃSKI ANDRZEJ	3331	ZIZU	WROCŁAW	POL	MASTERS M - 40	113	M 228	02:15:48	06:49:07	13:06:05	16:15:29	19:12:49	21:10:21.15	11:32	5.2
114	STRZYŻEWSKI PAWEŁ	3028	BEMOWO BIEGA	WARSZAWA	POL	MASTERS M - 40	114	M 231	02:11:32	06:29:20	12:36:38	15:38:39	18:39:04	21:13:36.95	11:34	5.2
115	GÓRCZYŃSKI RAFAŁ	3090		NOWY TOMYŚL	POL	MASTERS M - 40	115	M 235	02:15:53	06:47:29	13:09:35	16:42:16	19:34:17	21:29:12.10	11:43	5.1
116	RECZUCH ADAM	3317		WROCŁAW	POL	MASTERS M - 40	116	M 236			11:47:36			21:30:40.45	11:44	5.1
117	JUCHA JACEK	3198	CARBO ASECURA/CA AKTYWNI	GOCZAŁKOWICE ZDRÓJ	POL	MASTERS M - 40	117	M 245	02:39:26	07:30:33	13:48:40	16:54:55	19:51:54	21:57:37.70	11:58	5
118	BRUZDA PIOTR	3091	BIEGOWA KUŹNIA	BĘDZIN	POL	MASTERS M - 40	118	M 246	02:11:14	06:26:32	12:53:55	16:32:58	19:44:12	21:58:03.55	11:58	5
119	RESPONDEK DARIUSZ	3049		WROCŁAW	POL	MASTERS M - 40	119	M 247	02:10:12	06:25:51	13:01:22	16:24:01	19:36:35	21:58:35.35	11:59	5
120	WOŹNIAK PAWEŁ	3011	KLEP	WROCŁAW	POL	MASTERS M - 40	120	M 251	02:01:07	05:46:27	13:36:05	16:21:36	19:12:50	22:20:08.65	12:10	4.9
121	BŁASZKOWSKI DANIEL	3335	MAJ.R RAWICZ	RAWICZ	POL	MASTERS M - 40	121	M 255	02:25:41	07:28:17	14:01:21	17:18:24	20:15:21	22:33:06.25	12:18	4.9
122	CHWIAŁKOWSKI ŁUKASZ	3301		LUBIN	POL	MASTERS M - 40	122	M 257	02:20:21	06:25:46	13:42:30	17:12:58	20:11:48	22:37:18.85	12:20	4.9
123	KORNAŚ MARCIN	3016	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	ZĄBKOWICE ŚLĄSKIE	POL	MASTERS M - 40	123	M 261	02:19:52	07:04:21	13:52:27	17:31:45	20:26:40	22:48:20.35	12:26	4.8
124	STAŃCZYKOWSKI RAFAŁ	3282		GDYNIA	POL	MASTERS M - 40	124	M 262	02:32:48	07:09:07	13:29:13	17:23:38	20:43:38	22:48:54.90	12:26	4.8
125	CZERWIŃSKI ŁUKASZ	3329	RAFFLES EUROPEJSKI WARSAW	MIŃSK MAZOWIECKI	POL	MASTERS M - 40	125	M 264	02:12:02	06:22:32	13:14:13	17:28:51	20:43:29	22:58:55.90	12:32	4.8
126	LOMAGISTRO PIETRO	3455	A.S.D. GRUPPO PODISTICO SAN PIO X	CURTATONE (MN)	ITA	MASTERS M - 40	126	M 265	02:16:56	06:58:45	14:18:55	18:08:08	21:09:29	23:13:16.70	12:39	4.7
127	CHOŁUJ JAROSŁAW	3066	FOR-REST-RUN	KOSZALIN	POL	MASTERS M - 40	127	M 267	02:18:16	06:31:58	13:36:22	17:23:00	20:46:35	23:13:56.85	12:40	4.7
128	GUZIK DANIEL	3303		GRABOWA	POL	MASTERS M - 40	128	M 268	02:20:01	07:28:22	14:04:12	17:39:08	20:39:49	23:16:08.50	12:41	4.7
129	JERCZYŃSKI RADOŚLAW	3289		ŁĘKA OPATOWSKA	POL	MASTERS M - 40	129	M 269	02:35:00	08:00:50	14:46:49	17:58:04	20:56:13	23:20:12.70	12:43	4.7
130	DĄBROWSKI MICHAŁ	3504	ULTRAPOŚLADACH/ TEAM ZABIEGANE DNI	WARSZAWA	POL	MASTERS M - 40	130	M 270	02:14:31	06:41:30	13:20:23	17:29:50	20:47:33	23:22:49.35	12:45	4.7
131	SOKOŁOWSKI ARTUR	3416	TEAM ZABIEGANEDNI	OTWOCK	POL	MASTERS M - 40	131	M 271	02:30:53	07:14:04	14:05:00	17:49:11	21:03:50	23:26:13.80	12:47	4.7
132	TARNOWSKI TOMASZ	3184	KS SOŚNICA	GLIWICE	POL	MASTERS M - 40	132	M 272	02:51:43	07:44:30	14:28:27	17:51:59	20:45:23	23:32:04.70	12:50	4.7
133	KRUK JACEK	3139	TOTALNIE BIEGNIĘCI	POWAŁKI	POL	MASTERS M - 40	133	M 275	02:18:46	06:53:05	13:51:07	17:35:52	20:51:59	23:32:48.80	12:50	4.7
134	ŁUGOWSKI MAREK	3456		SZCZECIN	POL	MASTERS M - 40	134	M 276	02:17:02	06:58:33	14:18:48	17:58:28	23:34:58.90	12:51	4.7	
135	GAWRON BARTŁOMIEJ	3137		POLSKA NOWA WIEŚ	POL	MASTERS M - 40	135	M 278	02:35:10	07:21:32	14:01:46	17:42:49	21:15:42	23:40:15.45	12:54	4.6
136	MIĘTEK DARIUSZ	3124	BYLE NIE POD GÓRKĘ	ŻAGAŃ	POL	MASTERS M - 40	136	M 280	02:45:03	08:13:21	14:59:34	18:19:20	21:19:00	23:45:32.35	12:57	4.6
137	GRZEŚIAK RAFAŁ	3129	EMERYT	GŁOGÓW	POL	MASTERS M - 40	137	M 281	02:28:50	07:48:18	14:54:43	18:07:15	21:18:57	23:48:50.50	12:59	4.6
138	OLSZEWSKI MICHAŁ	3266	MSPORTTEAM	POLKOWICE	POL	MASTERS M - 40	138	M 282	02:30:06	07:48:17	14:54:41	18:07:22	21:18:23	23:50:14.90	13:00	4.6
139	JACHIMECKI RAFAŁ	3249	TUPU-TUPU GŁOGÓW	GŁOGÓW	POL	MASTERS M - 40	139	M 284	02:30:03	07:48:14	14:54:40	18:07:19	21:20:31	23:51:34.95	13:00	4.6
140	DUMIŃSKI TOMASZ	3035	STRZEGOMSKA DWUNASTKA	STRZEGOM	POL	MASTERS M - 40	140	M 286	02:28:30	07:28:18	13:42:19	17:28:13	21:05:22	23:53:44.95	13:02	4.6
141	TKACZEWSKI PAWEŁ	3141	OBORYGENI	OBORNIAKI ŚLĄSKIE	POL	MASTERS M - 40	141	M 287	02:56:14	07:55:10	14:12:00	17:11:17	20:39:07	23:57:41.65	13:04	4.6
142	KAMIŃSKI TOMASZ	3126		CHOJNÓW	POL	MASTERS M - 40	142	M 288	02:41:35	08:00:27	15:01:12	18:22:11	21:30:02	23:57:47.70	13:04	4.6
143	NOWAK TOMASZ	3054	JANOWIEC WLKP	POL	MASTERS M - 40	MASTERS M - 40	143	M 290	02:28:49	07:13:46	13:46:51	17:06:54	21:03:15	24:03:15.65	13:07	4.6
144	ZIENIEWICZ WOJCIECH	3392		WROCŁAW	POL	MASTERS M - 40	144	M 293	02:09:23	06:48:26	13:59:33	17:22:44	20:45:58	24:35:33.10	13:24	4.5
145	KOSTYK GRZEGORZ	3100		CHOJNÓW	POL	MASTERS M - 40	145	M 295	02:38:39	07:50:29	15:01:29	18:23:13	21:46:36	24:38:41.25	13:26	4.5
146	WASIK KRZYSZTOF	3269		POZNAŃ	POL	MASTERS M - 40	146	M 296	02:39:28	07:39:22	14:55:57	18:45:55	22:03:17	24:41:07.05	13:27	4.5

BIEG K-B-L - 110 KM, Masters M - 40 c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	15km	40km	70km	85km	98km	Netto	min/km	km/h
147	SERAFIŃSKI MIROSLAW	3336		POZNAŃ	POL	MASTERS M - 40	147	M 300	02:44:35	07:48:44	14:28:28	18:02:10	22:21:11	25:26:55.35	13:52	4.3
148	STACHOWIAK GRZEGORZ	3130		ŻAGAN	POL	MASTERS M - 40	148	M 301	02:13:43	07:09:52	15:37:34	19:42:31	23:37:09	25:37:23.15	13:58	4.3
149	MAŚLANIK PIOTR	3122	QCE SPARTY- WIECZORNE BIEGANIE W SZCZECINIE-MONIAGYM	SCHWEDT/ODER	GER	MASTERS M - 40	149	M 303	02:43:11	08:06:27	15:56:40	20:25:39	23:32:43	25:46:56.85	14:03	4.3
150	OLESIŃSKI PIOTR	3165	DRUŻYNA ORZECHA ŻYRARDÓW	SOCHACZEW	POL	MASTERS M - 40	150	M 304	02:15:56	07:16:09	15:10:29	19:44:15	23:34:59	25:52:43.90	14:06	4.3
151	KUJAWA MAREK	3290		SZCZYTNA	POL	MASTERS M - 40	151	M 309	02:42:54	09:43:41	17:56:44	21:57:24	24:44:18	27:23:06.80	14:56	4
	KŁAK WOJCIECH	3219	SZYBKIE ŻÓŁWIE OPATÓW	PIASKI 38	POL	MASTERS M - 40			02:07:20	05:42:45	11:17:09	13:53:22	DNF	DNF	-	-
	NIEDZIELA KRZYSZTOF	3111	GOSTYŃ	GOSTYŃ	POL	MASTERS M - 40			DNF	DNF	DNF	DNF	DNF	DNF	-	-
	PILARSKI TOMASZ	3451	IZERY BOGATYNIA	BOGATYNIA	POL	MASTERS M - 40			01:36:32	04:21:02	08:06:37	DNF	DNF	DNF	-	-
	WRÓBLEWSKI RADOSŁAW	3135	VELUX	GNIEZNO	POL	MASTERS M - 40			02:05:36	05:49:25	12:30:35	DNF	DNF	DNF	-	-
	ZWOLIŃSKI RAFAŁ	3248		KOŁO	POL	MASTERS M - 40			02:12:06	06:46:40	13:40:33	DNF	DNF	DNF	-	-
	WOJEWODA MICHAŁ	3482	KAZIKI	WARSZAWA	POL	MASTERS M - 40			02:32:15	07:24:20	15:23:25	DNF	DNF	DNF	-	-
	KLIMEK ARKADIUSZ	3308		WARSZAWA	POL	MASTERS M - 40			02:38:55	08:00:35	17:10:29	DNF	DNF	DNF	-	-
	KOBLAŃSKI TOMASZ	3065		LEGNICA	POL	MASTERS M - 40			02:55:55	08:47:45	17:40:01	DNF	DNF	DNF	-	-
	PALUSZKIEWICZ ROBERT	3402		LUBIN	POL	MASTERS M - 40			01:45:29	05:04:56	DNF	DNF	DNF	DNF	-	-
	PIKUL PIOTR	3279		WARSZAWA	POL	MASTERS M - 40			01:52:52	05:08:55	DNF	DNF	DNF	DNF	-	-
	PROSZAK SEBASTIAN	3442	TEAM KURORT ŁĄDEK-ZDRÓJ	KŁODZKO	POL	MASTERS M - 40			01:53:57	05:13:19	DNF	DNF	DNF	DNF	-	-
	HULBÓJ SEBASTIAN	3390	WKS TEAM	BIELSKO-BIAŁA	POL	MASTERS M - 40			01:59:31	05:56:30	DNF	DNF	DNF	DNF	-	-
	JĘDZURA DANIEL	3383	BPRT GLIWICE	GLIWICE	POL	MASTERS M - 40			02:06:15	06:06:36	DNF	DNF	DNF	DNF	-	-
	BIERNACKI SŁAWOMIR	3457	ŁOCHOWO I OKOLICE BIEGAJĄ	LIPNIKI	POL	MASTERS M - 40			02:08:15	06:13:47	DNF	DNF	DNF	DNF	-	-
	PURCZYŃSKI GRZEGORZ	3337		ZIELONA GÓRA	POL	MASTERS M - 40			02:12:04	06:23:53	DNF	DNF	DNF	DNF	-	-
	CIECIELĄG PIOTR	3006		PIASECZNO	POL	MASTERS M - 40			02:18:53	06:42:28	DNF	DNF	DNF	DNF	-	-
	GRZEGÓRZEK KRZYSZTOF	3247		KOŁO	POL	MASTERS M - 40			01:57:54	DNF	DNF	DNF	DNF	DNF	-	-
	HALINIAK MAREK	3069	NKB CHYŻY NOWY TOMYŚL	NOWY TOMYŚL	POL	MASTERS M - 40			02:06:19	DNF	DNF	DNF	DNF	DNF	-	-

BIEG K-B-L - 110 KM, Weteran K - 50

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	15km	40km	70km	85km	98km	Netto	min/km	km/h
1	PLEWA SYLWIA	3286	RKS PIŁA PODLASIE	PIŁA	POL	WETERAN K - 50	1	K 24	02:08:18	06:12:54	11:46:02	14:11:08	16:22:14	18:00:17.35	9:49	6.1
2	WOSZCZAK JOLANTA	3408	STRZELIŃSKI KLUB BIEGACZA GRANIT	STRZELIN	POL	WETERAN K - 50	2	K 39	02:30:53	06:58:53	12:28:41	15:23:23	17:46:20	19:29:47.55	10:38	5.6
3	KOPACZYŃSKA BEATA	3454	CROSSFIT ZIELONA GÓRA	ZIELONA GÓRA	POL	WETERAN K - 50	3	K 70	02:16:54	06:58:41	14:18:52	18:08:05	21:09:22	23:13:16.20	12:39	4.7
4	WAŚCIŃSKA EDYTA	3378	PĘDZI - PARA	GOŁASZYN	POL	WETERAN K - 50	4	K 78	02:31:00	07:24:06	14:19:32	17:45:35	20:58:42	23:50:47.40	13:00	4.6
5	BUBEL ALINA	3351		WROCŁAW	POL	WETERAN K - 50	5	K 86	03:05:13	08:48:31	15:57:47	19:35:32	22:49:14	25:20:16.00	13:49	4.3

BIEG K-B-L - 110 KM, Weteran I M - 50

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	15km	40km	70km	85km	98km	Netto	min/km	km/h
1	ŁUKSZA ROBERT	3216		POZNAŃ	POL	WETERAN I M - 50	1	M 5	01:34:29	04:11:24	08:00:52	09:51:10	11:34:06	12:59:00.35	7:04	8.5
2	BUŁANOW LESZEK	3467		HIPOLITÓW	POL	WETERAN I M - 50	2	M 14	01:41:03	04:38:36	09:03:24	11:03:54	12:57:39	14:19:08.55	7:48	7.7
3	STYPUŁKOWSKI DAREK	3483		WARSZAWA	POL	WETERAN I M - 50	3	M 16	01:40:56	04:41:38	09:12:07	11:06:32	12:54:29	14:20:19.55	7:49	7.7
4	KUPIŃSKI CEZARY	3108	MOCNA GRUPA CEZARA/SBRT WROCŁAW	WROCŁAW	POL	WETERAN I M - 50	4	M 20	01:44:54	04:48:34	09:10:55	11:16:43	13:15:03	14:42:50.90	8:01	7.5
5	NESTOROWICZ MAREK	3270	KLUB BIEGACZA JURUND SZCZYTNO	KEŹRZYN	POL	WETERAN I M - 50	5	M 37	01:42:35	04:50:26	10:04:26	12:08:42	14:00:10	15:32:22.30	8:28	7.1
6	ZERZUT JAROSŁAW	3225		SZCZECIN	POL	WETERAN I M - 50	6	M 55	01:57:12	05:26:03	10:14:15	12:42:24	14:48:07	16:34:27.10	9:02	6.6
7	ZORAN HENRYK	3254		RUDA ŚLĄSKA	POL	WETERAN I M - 50	7	M 63	02:13:24	06:03:52	11:12:39	13:22:53	15:21:24	16:53:42.55	9:12	6.5
8	BIAŁECKI ZBYSZEK	3348	ŁÓDŹ RUNNING TEAM	ŁÓDŹ	POL	WETERAN I M - 50	8	M 78	01:57:19	05:34:48	10:55:32	13:19:01	15:31:59	17:10:49.85	9:22	6.4
9	PRZYBYSZ RYSZARD	3076		ZÓRY	POL	WETERAN I M - 50	9	M 88	02:09:27	05:53:55	11:17:55	13:46:04	15:48:58	17:21:30.35	9:28	6.3
10	CHOJECKI PAWEŁ	3047		ZBUCKI RUCH	POL	WETERAN I M - 50	10	M 92	01:57:59	05:39:59	10:46:30	13:16:57	15:37:33	17:22:00.25	9:28	6.3
11	TONDYTKO PIOTR	3493		KŁODZKO	POL	WETERAN I M - 50	11	M 94	02:03:53	05:30:17	10:40:00	13:09:43	15:27:49	17:22:21.30	9:28	6.3
12	NĘDZUSIAK DARIUSZ	3471	DBN SUKURS	ALEKSANDRÓW KUJAWSKI	POL	WETERAN I M - 50	12	M 102	02:06:28	05:47:52	10:58:04	13:30:58	15:42:30	17:28:40.40	9:32	6.3
13	ZIELIŃSKI BARTEK	3377	TT SZCZECIN	SZCZECIN	POL	WETERAN I M - 50	13	M 110	02:17:38	05:57:20	10:54:31	13:27:58	15:52:23	17:37:00.00	9:36	6.2
14	DŻUGAN WITOLD	3409		POZNAŃ	POL	WETERAN I M - 50	14	M 114	02:11:16	05:59:02	11:21:33	11:34:22	16:15:47	17:51:03.70	9:44	6.2
15	OLSZEWSKI JAROSŁAW	3367	NIGHT RUNNERS	POZNAŃ	POL	WETERAN I M - 50	15	M 122	02:07:19	06:03:57	11:45:26	14:15:24	16:24:32	17:55:23.45	9:46	6.1
16	ZGOŁA PRZEMYSŁAW	3029	TARNOWO PODGÓRNE BIEGA	TARNOWO PODGÓRNE	POL	WETERAN I M - 50	16	M 130	02:18:33	06:14:31	11:34:25	14:08:57	16:25:59	18:22:54.25	10:01	6
17	MACIEJEWICZ KRZYSZTOF	3014	K2	TERESPOL	POL	WETERAN I M - 50	17	M 135	02:14:08	06:08:31	11:29:54	14:25:46	16:53:32	18:30:13.20	10:05	5.9
18	JARZYŃKA KRZYSZTOF	3055	K2	LUBLIN	POL	WETERAN I M - 50	17	M 135	02:14:05	06:08:29	11:29:53	14:25:40	16:53:31	18:30:13.20	10:05	5.9
19	ORLICZ MICHAŁ	3123		WARSZAWA	POL	WETERAN I M - 50	19	M 145	02:00:37	05:47:47	11:27:33	14:10:09	16:52:01	18:44:03.75	10:13	5.9
20	KUCHARSKI WALDEMAR	3285	TT-SZCZECIN	SZCZECIN	POL	WETERAN I M - 50	20	M 155	02:12:57	05:55:41	11:43:33	14:39:29	17:10:02	18:55:55.65	10:19	5.8
21	ZYGMER SŁAWOMIR	3030	LEŚNE DZIKI PGB	TWORZANICE	POL	WETERAN I M - 50	21	M 162	02:05:50	06:06:21	11:43:37	14:30:12	16:54:07	19:12:31.55	10:28	5.7
22	KIERSKI DARIUSZ	3060		PSZCZYNA	POL	WETERAN I M - 50	22	M 164	02:14:55	06:22:53	12:10:15	15:06:11	17:39:59	19:22:24.05	10:34	5.7
23	BEDNARCZYK BOGUSŁAW	3497	PRO-RUN WROCŁAW	WROCŁAW	POL	WETERAN I M - 50	23	M 168	02:21:17	06:37:55	12:42:48	15:29:54	17:47:00	19:23:58.35	10:34	5.7
24	WOSZCZAK ZBIGNIEW	3407	STRZELIŃSKI KLUB BIEGACZA GRANIT	STRZELIN	POL	WETERAN I M - 50	24	M 171	02:30:18	06:58:41	12:28:39	15:22:06	17:46:18	19:29:46.20	10:38	5.6
25	BIAŁEK ADAM	3484		ŁÓDŹ	POL	WETERAN I M - 50	25	M 173	02:22:50	06:44:31	12:32:01	15:17:10	17:44:08	19:32:51.60	10:39	5.6
26	NOWAK JAROSŁAW	3441		ŁOMNICA	POL	WETERAN I M - 50	26	M 175	02:13:46	06:23:24	12:05:23	14:56:09	17:43:12	19:33:46.40	10:40	5.6
27	MINIUR JACEK	3406		KIELCE	POL	WETERAN I M - 50	27	M 180	02:10:37	06:34:50	12:12:24	15:13:47	17:51:40	19:43:00.15	10:45	5.6
28	SUROWIEC ROBERT	3419		GORZÓW WIELKOPOLSKI	POL	WETERAN I M - 50	28	M 182	02:18:39	06:34:24	12:24:31	15:23:30	18:02:28	19:46:11.25	10:47	5.6
29	RYBCZYŃSKI PRZEMYSŁAW	3048		KRAKÓW	POL	WETERAN I M - 50	29	M 184	02:10:33	06:08:17	12:11:48	15:17:51	18:05:17	19:56:29.30	10:52	5.5
30	SZYMKOWIAK MARIUSZ	3203		WRONKI	POL	WETERAN I M - 50	30	M 185	02:09:23	06:08:42	12:12:13	15:18:21	18:05:42	19:56:53.30	10:52	5.5
31	MUCHA ADAM	3261		BORÓWIEC	POL	WETERAN I M - 50	31	M 186	02:14:50	06:26:21	12:22:09	15:27:24	18:02:48	19:59:42.50	10:54	5.5
32	ŚLUZEK MIROŚLAW	3095		WARSZAWA	POL	WETERAN I M - 50	32	M 189	02:08:12	06:34:33	12:13:19	15:21:53	18:05:58	20:15:41.85	11:03	5.4
33	WOJTAS RYSZARD	3073		WĄGROWIEC	POL	WETERAN I M - 50	33	M 193	02:23:36	06:41:54	12:26:01	15:18:29	18:22:15	20:26:30.00	11:09	5.4
34	SŁAWOMIR CHYLIŃSKI	3321	NADAKTYWNI NOWE MIASTECZKO	NOWE MIASTECZKO	POL	WETERAN I M - 50	34	M 197	02:12:10	06:23:56	12:35:37	15:50:01	18:27:13	20:29:26.55	11:10	5.4
35	NOWICKI MAREK	3174	PORANNI BIEGACZE	DOBZYKOWICE	POL	WETERAN I M - 50	35	M 199	02:21:01	06:34:59	12:26:56	15:28:49	18:19:56	20:30:39.60	11:11	5.4
36	ZBYRYT MAREK	3150	AKTYWNA NOWA RUDA	NOWA RUDA	POL	WETERAN I M - 50	36	M 201	02:11:50	06:27:58	12:34:34	15:18:34	18:02:53	20:34:41.60	11:13	5.3
37	DOBK TOMASZ	3268	BIEGAMPŁOCKTEAM	PŁOCK	POL	WETERAN I M - 50	37	M 218	02:18:54	06:22:36	12:32:03	15:28:26	18:26:38	20:55:56.00	11:25	5.3
38	WILK JAROSŁAW	3147	BEMOWO BIEGA	WARSZAWA	POL	WETERAN I M - 50	38	M 222	02:08:34	06:29:21	12:36:38	15:37:36	18:39:07	20:57:56.80	11:26	5.2
39	SERWADCZAK MAREK	3491		DROGOSZOWICE	POL	WETERAN I M - 50	39	M 232	02:17:54	06:39:05	13:02:48	16:11:25	19:04:56	21:14:51.80	11:35	5.2
40	KRUZEL RAFAŁ	3498	BIEGOWE MISIE	LEGNICA	POL	WETERAN I M - 50	40	M 239	02:41:40	07:35:57	14:15:52	16:06:17	19:40:13	21:32:38.95	11:45	5.1
41	PROŃCZUK ADAM	3145	ZBIEG OKOLICZNOŚCI	CZECHOWICE-DZIEDZICE	POL	WETERAN I M - 50	41	M 242	02:40:03	07:30:36	13:52:58	16:49:40	19:40:53	21:50:58.70	11:55	5
42	LEŚNOWOLSKI PIOTR	3246	KLUB BIEGACZA RTV EURO AGD	WARSZAWA	POL	WETERAN I M - 50	42	M 243	02:34:17	07:42:01	13:49:34	16:48:15	19:35:29	21:54:35.25	11:57	5
43	LEŃCZUK WALDEMAR	3453		WROCŁAW	POL	WETERAN I M - 50	43	M 249	02:07:28	06:23:29	13:06:26	16:18:07	19:32:01	22:09:54.15	12:05	5
44	CZACHOWSKI MICHAŁ	3423		WARSZAWA	POL	WETERAN I M - 50	44	M 252	02:38:54	07:39:25	14:14:58	17:30:29	20:32:55	22:25:30.40	12:13	4.9
45	BARAŃSKI RAFAŁ	3227	BIEGAM BO MUSZĘ OPOLE	OPOLE	POL	WETERAN I M - 50	45	M 254	02:28:05	07:20:38	14:00:47	17:10:11	20:09:51	22:32:19.45	12:17	4.9
46	WAŚCIŃSKI ROMAN	3379	PĘDZI - PARA	GOŁASZYŃ	POL	WETERAN I M - 50	46	M 283	02:30:39	07:23:59	14:19:28	17:15:37	20:40:56	23:50:46.35	13:00	4.6
47	JAWORSKI BARŁOMIEJ	3251	WHO DARES WINS,	MIKOŁÓW	POL	WETERAN I M - 50	47	M 285	02:18:36	06:55:57	14:03:39	18:36:40	21:38:56	23:51:48.25	13:00	4.6
48	NOWAKOWSKI MIROŚLAW	3063		WIELEŃ	POL	WETERAN I M - 50	48	M 289	02:32:32	07:38:22	14:58:45	18:39:21	21:30:22	23:58:12.25	13:04	4.6
49	SZCZEPOCKI ANDRZEJ	3235	NIEPOŁOMICE BIEGAJĄ	NIEPOŁOMICE	POL	WETERAN I M - 50	49	M 305	02:41:46	07:53:09	15:27:39	19:41:06	23:34:29	26:03:20.75	14:12	4.2
	SILSKI MAREK	3229		POTASZE	POL	WETERAN I M - 50			02:27:15	07:20:04	15:16:50	DNF	DNF	DNF	-	-
									DNF	DNF	DNF					
	WÓDKIEWICZ MACIEJ	3438	WLKP MOUNTAINS ULTRA	TULCE	POL	WETERAN I M - 50			02:30:31	07:53:44	15:38:58	DNF	DNF	DNF	-	-
									DNF	DNF	DNF					

BIEG K-B-L - 110 KM, Weteran I M - 50 c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	15km	40km	70km	85km	98km	Netto	min/km	km/h
	KUDELSKI IRENEUSZ	3133	ROZBIEGANI CHOJNÓW	CHOJNÓW	POL	WETERAN I M - 50			02:08:14 DNF	06:22:50 DNF	DNF	DNF	DNF	DNF	-	-
	PACANOWSKI ROBERT	3114	WEŁNICA BIEGA	WEŁNICA	POL	WETERAN I M - 50			02:56:06 DNF	08:18:28 DNF	DNF	DNF	DNF	DNF	-	-

BIEG K-B-L - 110 KM, Weteran II K - 60

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	15km	40km	70km	85km	98km	Netto	min/km	km/h
1	OBARSKA MAŁGORZATA	3275		STARACHOWICE	POL	WETERAN II K - 60	1	K 87	02:55:26	08:28:02	15:30:08	19:20:33	22:52:46	25:21:33.90	13:49	4.3
2	WALCZAK-WOJTKOWSKA IWONA	3342		WARSZAWA	POL	WETERAN II K - 60	2	K 88	03:00:53	08:44:17	16:21:58	20:01:44	23:20:32	25:53:12.75	14:07	4.2

BIEG K-B-L - 110 KM, Weteran II M - 60

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	15km	40km	70km	85km	98km	Netto	min/km	km/h
1	SOWA DARIUSZ	3213	RZESZOWSKIE GAZELE I GEPARDY/CZARNECKI RUN TEAM	RZESZÓW	POL	WETERAN II M - 60	1	M 56	02:09:18	05:42:30	10:35:30	13:00:52	15:06:02	16:41:59.55	9:06	6.6
2	ZIMNY TOMASZ	3168		SZCZECIN	POL	WETERAN II M - 60	2	M 68	01:59:38	05:46:44	10:41:43	13:03:58	15:14:35	16:59:22.60	9:16	6.5
3	GRZESZCZAK MAREK	3473		LUBLIN	POL	WETERAN II M - 60	3	M 141	02:17:25	06:02:53	11:09:29	14:18:43	16:48:40	18:34:55.30	10:08	5.9
4	SZEWCZYK MAREK	3161	CYBINA TEAM	POZNAŃ	POL	WETERAN II M - 60	4	M 253	02:30:42	07:15:15	13:47:28	17:00:08	19:57:43	22:28:04.70	12:15	4.9
5	FUNKA ANDRZEJ	3228	NKB CHYŻY NOWY TOMYŚL	NOWY TOMYŚL	POL	WETERAN II M - 60	5	M 277	02:56:17	08:18:36	15:05:20	18:34:05	21:25:34	23:39:39.40	12:54	4.6
6	TOMASIK MIECZYŚLAW	3506		DUSZNIKI ZDRÓJ	POL	WETERAN II M - 60	6	M 292	02:28:16	06:57:42	13:32:03	17:44:30	21:32:27	24:17:03.60	13:14	4.5
7	OBARSKI NORBERT	3274		KIELCE	POL	WETERAN II M - 60	7	M 299	02:55:28	08:28:00	15:30:06	19:20:41	22:52:48	25:21:31.65	13:49	4.3