

Festiwal Biegowy Forum Ekonomicznego 2011 - Bieg 7 Dolin

WYNIKI ZAWODÓW / RESULTS LIST

ULTRAMARATON

Organizator: Fundacja Instytut Studiów Wschodnich, Gmina Krynica-Zdrój, Miasto i Gmina Uzdrowskowa

Data: 10 września 2011

Miejsce: Krynica Zdrój

Dystans: 100 km

Msc Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Kraj Nat.	Drużyna Team	R-k W kategorii YoB in Age	Wynik Time	[km/h]									
1	136	WYDRA JAN	MSZANA DOLNA	POL	MOK MSZANA DOLNA	75 M30/1 M / 1	09:35:32	10.43	01:51:40/1	03:09:24/1	03:20:37/1	04:12:20/1	05:42:51/1	06:14:54/1	07:17:05/1	08:06:56/1	08:37:05/1
2	50	WIĘCEK MACIEJ	KRAKÓW	POL	INOV-8	74 M30/2 M / 2	10:13:23	9.78	01:56:04/6	03:15:23/5	03:28:56/6	04:24:48/5	06:00:48/5	06:17:58/4	07:46:04/2	08:34:59/2	09:09:59/2
3	52	SWOBODA MAREK	WAŁBRZYCH	POL	BYLEDOBIEC ANIN	64 M40/1 M / 3	10:25:14	9.60	01:56:31/7	03:14:57/3	03:27:39/3	04:21:09/3	05:59:59/2	06:18:02/3	07:52:07/3	08:43:22/3	09:20:00/3
4	23	JĘDROSKOWIAK MICHAŁ	KSIAŻ	POL	INOV-8	78 M30/3 M / 4	10:40:58	9.36	01:57:38/10	03:14:58/4	03:28:16/5	04:22:21/4	06:00:53/4	06:22:43/6	08:02:40/6	08:59:20/6	09:36:16/6
5	77	HERCOG PIOTR	OLSZTYN	POL	SALOMON SUUNTO TEAM	76 M30/4 M / 5	10:44:46	9.31	01:55:47/5	03:11:58/2	03:23:38/2	04:20:19/2	06:00:55/3	06:17:41/2	07:56:01/4	08:50:42/4	09:31:35/4
6	60	DYBEK PAWEŁ	MIELEC	POL	INOV-8 360 STOPNI	75 M30/5 M / 6	10:48:22	9.25	01:57:18/8	03:15:38/6	03:27:53/4	04:25:50/6	06:03:44/6	06:22:37/5	07:56:55/5	08:51:52/5	09:31:33/5
7	41	REMBIASZ MARCIN	NOWY SĄCZ	POL	VISEGRAD MARATON RYTRO	77 M30/6 M / 7	11:06:39	9.00	02:05:29/15	03:31:32/13	03:45:28/10	04:42:06/9	06:27:58/7	06:42:53/8	08:21:16/7	09:13:36/7	09:56:40/7
8	284	MICHAŁOWSKI JAN	KRAKÓW	POL	RMD MONTRAIL TEAM	72 M30/7 M / 8	11:24:38	8.76	02:12:55/34	03:45:37/24	04:02:19/21	05:03:32/18	06:55:24/15	07:21:09/15	09:00:22/13	09:50:36/13	10:25:58/10
9	61	ŁĄCZAK MAGDALENA	MIELEC	POL	INOV-8 360 STOPNI	78 K30/1 K / 1	11:26:15	8.74	02:10:32/23	03:40:10/17	03:53:04/15	04:55:36/15	06:48:21/12	07:03:47/13	08:40:59/8	09:31:45/8	10:13:59/8
10	216	KEMP LEE	GODALMING	ENG		82 M20/1 M / 9	11:39:41	8.58	02:06:17/16	03:31:42/14	03:52:48/14	04:49:42/12	06:50:15/13	07:29:25/20	09:07:19/16	09:58:29/17	10:35:30/12
11	59	KIELBASIŃSKI MICHAŁ	JABLONNA	POL	EVENT HORIZON	68 M40/2 M / 10	11:41:35	8.55	01:57:19/9	03:18:01/8	03:37:07/8	04:41:58/8	06:40:27/9	06:58:41/9	08:41:30/9	09:35:33/9	10:23:51/9
12	183	KŁODNICKI TOMASZ	DOBRA	POL	MOK MUSZANA DOLNA	76 M30/8 M / 11	11:45:26	8.51	02:10:15/22	03:46:19/29	04:01:58/20	05:00:49/16	06:57:57/18	07:19:01/14	09:01:17/15	09:55:08/14	10:35:52/13
13	306	MAJER EWA	DOBCZYCE	POL	>>>>>NIEZRZESZONY<<<<<<<	82 K20/1 K / 2	11:45:34	8.50	02:03:14/14	03:30:46/11	03:46:31/11	04:51:20/13	06:44:41/11	07:03:17/12	08:51:59/12	09:45:36/11	10:33:09/11
14	281	STUDENCKI DAWID	KOŚCIELISKO	POL	TEAM 360	89 M20/2 M / 12	11:48:55	8.47	02:11:34/29	03:41:53/18	04:05:19/26	05:06:55/20	07:01:40/20	07:26:46/18	09:08:34/17	09:58:25/16	10:39:36/16
15	245	MICHULEC JACEK		POL	KPP ŻYWIEC	M / 13	11:49:36	8.46	02:12:57/35	03:45:34/26	04:02:17/23	05:03:30/19	06:55:23/16	07:21:06/16	09:00:19/14	09:57:39/15	10:45:26/17
16	1409	ZIMA PAWEŁ	LUBATOWA	POL	KKB MOSIR KROSNO	84 M20/3 M / 14	11:51:18	8.44	01:55:20/4	03:19:08/9	03:40:18/9	04:46:19/10	06:41:20/10	06:58:52/10	08:46:42/10	09:44:49/10	10:38:45/15
17	138	KURYŁO PAWEŁ	AUGUSTÓW	POL		72 M30/9 M / 15	12:04:31	8.28	01:54:15/2	03:17:42/7	03:31:20/7	04:33:07/7	06:38:01/8	07:03:00/11	08:48:50/11	09:48:12/12	10:37:28/14
18	162	LEŚNIAK KAMIL	TORUŃ	POL	KM TRUCHCIK ŁUBIANKA	93 M20/4 M / 16	12:14:36	8.17	01:54:59/3	03:29:05/10	03:52:09/13	04:55:24/14	06:52:58/14	07:29:08/19	09:16:31/18	10:12:14/18	11:04:34/18
19	1440	GOLEC BARTŁOMIEJ	ŻABNICA	POL	BLKS ŻYWIEC	79 M30/10 M / 17	12:25:27	8.05	02:35:29/93	04:13:26/69	04:34:04/65	05:32:44/45	07:35:51/33	07:54:49/32	09:38:11/21	10:38:29/22	11:18:04/19
20	271	PUZIA KRZYSZTOF	KRAKÓW	POL	NAUTICA KRAKÓW	64 M40/3 M / 18	12:40:25	7.89	02:08:43/18	03:40:01/16	03:58:41/16	05:02:09/17	07:01:35/19	07:32:15/21	09:24:35/19	10:31:12/19	11:24:59/21
21	259	ROŹNOWSKI DARIUSZ	WARSZAWA	POL		70 M40/4 M / 19	12:46:25	7.83	02:12:36/31	03:45:14/22	03:59:07/17	05:08:23/21	07:21:55/24	07:51:05/25	09:42:06/24	10:36:12/21	11:27:58/22
22	45	NOWOSIELSKI ŁUKASZ	JÓZEFÓW	POL	NIEZRZESZONY	82 M20/5 M / 20	12:46:28	7.83	02:09:34/20	03:46:01/28	04:11:36/31	05:15:09/25	07:21:32/23	07:51:13/26	09:44:58/28	10:39:49/24	11:28:00/23
23	133	STARZYŃSKI WOJCIECH	WARSZAWA	POL	ENTRE.PL TEAM	71 M40/5 M / 21	12:46:41	7.83	02:09:07/19	03:43:10/20	04:01:35/19	05:08:36/22	07:14:46/21	07:40:46/22	09:35:20/20	10:35:24/20	11:24:29/20
24	113	KOTLARZ PAWEŁ	WARSZAWA	POL	BYLEDOBIEC ANIN	77 M30/11 M / 22	12:47:51	7.81	02:16:54/44	03:53:35/37	04:13:54/38	05:24:07/33	07:30:30/30	07:53:50/31	09:46:04/29	10:45:07/28	11:33:30/27
25	151	OBSTOJ MAREK	BYTOM	POL		90 M20/6 M / 23	12:48:40	7.81	02:12:32/30	03:45:15/23	04:11:35/32	05:15:08/26	07:21:24/22	07:51:12/27	09:44:54/27	10:41:09/26	11:30:31/25
26	1625	FRAŹEK JUSTYNA	KRAKÓW	POL	CODE 34	78 K30/2 K / 3	12:49:18	7.80	02:15:23/38	03:53:31/36	04:10:09/30	05:20:05/30	07:28:26/27	07:47:42/23	09:40:08/22	10:39:40/23	11:29:58/24
27	87	BUCZYŃSKI ARKADIUSZ	MIEDZYGÓRZE	POL		74 M30/12 M / 24	12:50:56	7.78	02:14:50/36	03:56:33/40	04:11:35/33	05:22:30/31	07:28:55/28	07:51:45/28	09:42:52/25	10:41:22/27	11:33:30/28

Msc Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Kraj Nat.	Drużyna Team	R-k YoB	W kategorii in Age	Wynik Time	[km/h]											
28	170	ZIMNY EMANUEL	SOCHACZEW	POL	KM AKTYWNI SOCHACZEW	81	M30/13	M / 25	12:52:19	7.77	02:09:33/21	03:45:40/27	04:04:51/25	05:16:23/27	07:26:43/26	07:49:46/24	09:41:13/23	10:40:13/25	11:32:11/26	
29	210	PAWŁOWSKI MARCIN	ZŁOTORYJA	POL	OLAWS ZŁOTORYJA	82	M20/7	M / 26	12:55:07	7.74	02:27:09/68	04:04:51/54	04:21:47/45	05:28:17/38	07:46:19/39	08:14:46/40	10:00:46/33	10:55:51/29	11:44:07/29	
30	230	KONIUKHOV TARAS		POL	ZIELESTA			M / 27	13:13:39	7.56	02:07:34/17	03:42:20/19	04:00:14/18	05:19:46/29	07:31:06/31	07:55:30/33	09:51:31/30	11:00:29/31	11:52:50/30	
31	102	DZIEDZICKI ANDRZEJ	PRZEMYSŁ	POL	PASJONATA	73	M30/14	M / 28	13:21:43	7.48	02:11:25/27	03:51:51/34	04:13:59/39	05:31:06/42	07:47:42/40	08:20:30/41	10:19:36/36	11:18:28/36	12:08:22/35	
32	120	SROKA WOJCIECH	RZESZÓW	POL	SROKA FRUWA SZYBKO RZESZÓW	78	M30/15	M / 29	13:23:13	7.47	02:21:02/51	03:59:48/44	04:19:57/42	05:30:42/41	07:34:21/32	07:56:13/34	10:07:10/34	11:11:56/34	12:02:53/34	
33	149	BELOWSKI ŁUKASZ	WARSZAWA	POL	KW WARSZAWA	82	M20/8	M / 30	13:23:17	7.47	02:27:10/69	04:07:46/61	04:36:46/72	05:48:44/66	08:06:04/61	08:31:51/54	10:32:38/48	11:29:50/42	12:15:34/38	
34	128	GARMUS MINDAUGAS	RAMUCIAI, KAUNO	LTU		81	M30/16	M / 31	13:25:40	7.45	02:16:49/42	04:00:04/45	04:21:05/44	05:37:23/49	07:39:50/34	07:59:36/35	09:55:23/32	11:05:26/32	12:00:00/32	
35	275	MALINOWSKI ZBIGNIEW	KOŁOBRZEG	POL		54	M50/1	M / 32	13:27:36	7.43	02:23:58/57	04:02:22/49	04:27:47/54	05:37:20/50	07:56:05/46	08:20:53/42	10:20:07/38	11:20:39/37	12:08:17/36	
36	247	KOŁODZIEJCZYK MICHAŁ	BIELSKO BIAŁA	POL	BESKID ULTRA SPORT	76	M30/17	M / 33	13:30:45	7.40	02:31:00/87	04:17:00/81	04:36:54/68	05:47:34/63	08:00:29/54	08:26:17/45	10:32:33/47	11:30:53/44	12:15:46/39	
37	88	BUCZYŃSKI MARIUSZ	MIEDZYGÓRZE	POL		82	M20/9	M / 34	13:31:45	7.39	02:15:14/37	03:56:34/41	04:11:37/34	05:22:34/32	07:28:58/29	07:51:49/29	09:55:19/31	11:07:21/33	12:02:11/33	
38	17	KNOP PIOTR	WOLA ZAŁĘŻNA	POL	OLIMPIA WOLA ZAŁĘŻNA	73	M30/18	M / 35	13:31:45	7.39	02:12:43/32	03:45:37/25	04:02:59/24	05:08:37/23	07:24:46/25	07:53:40/30	10:09:06/35	11:13:00/35	12:12:57/37	
39	53	KLISZ MARCIN	NOWA IWICZNA	POL	SHERPAS RAIDTEAM	74	M30/19	M / 36	13:37:31	7.34	02:12:39/33	03:54:59/39	04:16:14/40	05:29:53/40	07:57:33/47	08:29:33/49	10:31:44/45	11:30:28/43	12:17:32/41	
40	214	BULANOW LESZEK	HALINÓW	POL		71	M40/6	M / 37	13:41:52	7.30	02:11:38/28	03:50:13/33	04:12:09/36	05:25:56/36	07:43:36/38	08:10:09/38	10:19:57/37	11:23:49/38	12:18:30/42	
41	97	KOŁOSKA ADAM	PSZÓW	POL	FORMA WODZISLAW SL	67	M40/7	M / 38	13:44:18	7.28	02:26:14/63	04:15:20/77	04:41:40/75	05:47:48/65	08:00:00/53	08:28:35/47	10:21:09/39	11:28:46/40	12:17:25/40	
42	318	BOGAR JANOS	ENCS	INN	EWCS UNIX	64	M40/8	M / 39	13:46:21	7.26	02:10:27/24	03:47:57/31	04:06:06/27	05:14:29/24	07:52:26/43	08:24:50/44	10:30:42/44	11:37:41/48	12:21:17/43	
43	69	ŁUCZKO GRZEGORZ	POZNAŃ	POL	NATURAL BORN RUNNERS TEAM	85	M20/10	M / 40	13:48:24	7.25	02:26:39/64	04:13:55/72	04:36:45/70	05:48:46/67	08:06:08/62	08:31:32/53	10:34:09/50	11:38:51/51	12:23:46/46	
44	1628	KONOPKA SŁAWEK	CHELMIEC	POL	SKRZAT TEAM	73	M30/20	M / 41	13:48:53	7.24	02:28:01/75	04:08:19/62	04:32:26/61	05:43:14/56	08:00:38/55	08:24:45/43	10:26:39/43	11:31:40/45	12:23:31/44	
45	13	CIELUCH IZABELA	KRAKÓW	POL	MULTIFITNESS EC KRAKÓW	80	K30/3	K / 4	13:50:31	7.23	02:31:16/90	04:22:08/88	04:42:06/78	05:58:28/78	08:11:04/70	08:35:39/55	10:37:29/53	11:40:05/52	12:31:33/50	
46	249	DOMAN GABOR	WARSZAWA	HUN		60	M50/2	M / 42	13:50:35	7.22	02:25:42/61	04:06:39/57	04:26:50/52	05:42:06/55	07:58:00/48	08:30:28/50	10:32:57/49	11:38:29/49	12:33:19/52	
47	309	NOSOV VITALIJ	RIVNE	UKR		85	M20/11	M / 43	13:51:56	7.21	01:58:48/11	03:31:10/12	03:46:34/12	04:49:03/11	06:55:30/17	07:24:05/17	09:43:55/26	10:57:24/30	11:57:14/31	
48	312	FIALKOWSKI ŁUKASZ	GDAŃSK	POL	KS GEPARD ŻUKCZYN	79	M30/21	M / 44	13:52:11	7.21	02:42:18/100	04:36:52/110	04:58:38/99	06:08:31/92	07:58:40/52	08:52:44/77	10:35:30/52	11:48:13/58	12:36:00/54	
49	253	MIOTK MARCIN	WARSZAWA	POL		73	M30/22	M / 45	13:53:08	7.20	02:17:15/45	03:57:35/43	04:25:33/49	05:40:20/52	07:58:32/49	08:30:35/52	10:35:39/51	11:38:50/50	12:35:44/53	
50	124	KRYSIK MARCIN	WUJÓWKA	POL	AKTYWNY RELAKS WOŁOMIN	88	M20/12	M / 46	13:53:13	7.20	02:02:27/13	03:47:47/30	04:07:25/29	05:18:35/28	07:39:50/35	08:10:23/39	10:22:44/42	11:28:29/39	12:23:45/45	
51	314	JOCHYMEK MICHAŁ	WARSZAWA	POL		82	M20/13	M / 47	13:54:18	7.19	02:17:35/47	04:03:38/52	04:22:25/46	05:31:33/43	07:41:22/36	08:08:47/37	10:22:32/41	11:32:14/46	12:27:32/49	
52	99	KOLEK SZYMON	NOWY SĄCZ	POL		65	M40/9	M / 48	13:54:36	7.19	02:28:31/80	04:08:38/64	04:32:20/63	05:46:12/59	08:06:46/66	08:35:49/58	10:40:52/55	11:43:59/53	12:32:52/51	
53	68	BARTOSZEWICZ MAGDA	SULECHÓW	POL	SALOMON SUUNTO TEAM	80	K30/4	K / 5	13:56:27	7.17	02:16:53/43	03:57:33/42	04:16:28/41	05:31:34/44	07:41:51/37	08:06:59/36	10:21:31/40	11:34:54/47	12:25:48/48	
54	14	BURZYŃSKI MAREK	KRAKÓW	POL	MULTIFITNESS EC KRAKÓW	73	M30/23	M / 49	13:58:45	7.15	02:18:00/49	04:03:26/51	04:20:48/43	05:35:33/48	08:11:03/69	08:43:36/70	10:44:44/59	11:53:58/60	12:39:08/56	
55	263	MARSZAŁKOWSKI ZBIGNIEW	WODZISLAW ŚL	POL	FORMA WODZISLAW SL	57	M50/3	M / 50	14:04:14	7.11	02:26:02/62	04:12:34/68	04:42:09/77	05:50:26/71	08:02:49/57	08:28:34/48	10:40:10/54	11:45:46/54	12:36:41/55	
56	33	MIROTA RADOSLAW	WARSZAWA	POL	POGROMCY NIEMOCY	76	M30/24	M / 51	14:05:46	7.10	02:27:14/67	04:10:00/67	04:36:31/67	05:44:00/57	07:58:46/50	08:51:35/75	10:50:50/64	11:54:05/61	12:41:02/57	
57	92	JASTRZĄB PIOTR	LESKO	POL	DEKAN LESKO	68	M40/10	M / 52	14:07:43	7.08	02:30:44/85	04:16:17/79	04:50:22/88	06:03:07/83	08:20:17/81	06:27:06/7	11:01:23/73	11:59:11/64	12:46:04/59	
58	140	BARTYZEL MAREK	ZAWOJA	POL		76	M30/25	M / 53	14:10:48	7.05	02:48:59/132	04:36:06/106	04:54:26/95	06:04:32/85	07:58:39/51	08:52:04/76	10:48:38/63	11:52:28/59	12:41:08/58	
59	219	OZIĘBAŁA IGNACY	WRĘCZYCA MAŁA	POL		53	M50/4	M / 54	14:13:04	7.03	02:28:17/77	04:07:52/58	04:26:50/53	05:37:41/51	08:04:16/58	08:40:30/66	10:55:24/68	12:02:54/68	12:52:14/64	
60	282	BARSZCZ TOMASZ	GORLICE	POL		80	M30/26	M / 55	14:13:47	7.03	02:23:23/55	04:05:48/56	04:25:06/48	05:35:09/47	07:53:29/44	08:35:54/57	10:43:36/58	11:48:05/57	12:47:16/61	
61	244	LISIECKI BARTOSZ	POZNAŃ	POL		78	M30/27	M / 56	14:13:48	7.03	02:28:20/79	04:09:01/66	04:31:09/56	05:40:17/53	07:53:28/45	08:35:51/56	10:43:28/57	11:47:58/56	12:47:13/60	
62	257	TRACZ JAKUB	PIOTRKOW	POL		81	M30/28	M / 57	14:13:48	7.03	02:18:12/50	03:53:17/35	04:25:01/47	05:35:06/46	07:51:32/42	08:37:15/62	10:43:27/56	11:47:13/55	12:47:16/62	
63	199	PAWŁOWSKI LUKASZ	CZESTOCHOWA	POL	ZABIEGANI / PLANETA GÓR	79	M30/29	M / 58	14:18:05	6.99	02:28:18/78	04:13:36/70	04:41:57/76	05:56:00/77	08:12:15/72	08:42:31/69	10:54:23/65	12:00:14/66	12:52:19/65	
64	217	SZCZOTKA PAWEŁ	WARSZAWA	POL		72	M30/30	M / 59	14:23:27	6.95	02:22:12/54	04:08:22/63	04:34:42/66	05:52:26/75	08:13:36/74	08:41:32/68	10:58:37/71	12:04:28/71	12:55:50/68	

Msc Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Kraj Nat.	Drużyna Team	R-k YoB	W kategorii in Age	Wynik Time	[km/h]										
65	285	KLICH KAMIL	OLKUSZ	POL	KAMIL	78	M30/31	M / 60	14:23:33	6.95	02:29:57/83	04:14:16/75	04:36:56/69	05:51:33/72	08:06:27/63	08:39:37/63	10:46:37/60	11:58:17/63	12:53:24/66
66	1456	MIKULSKI TOMASZ	JÓZEFÓW	POL	HAYABUSA	73	M30/32	M / 61	14:23:54	6.95	02:31:22/91	04:18:37/83	04:40:59/74	05:47:42/64	08:08:04/67	08:36:11/60	10:48:10/62	11:57:00/62	12:48:35/63
67	56	OSTROWSKA-DOLĘGOWSKA MAGDALENA	WARSZAWA	POL	RAIDLIGHT NAPIERAJ.PL	84	K20/2	K / 6	14:24:26	6.94	02:49:27/134	04:36:59/109	04:54:25/94	06:08:08/89	08:28:52/84	08:53:21/81	10:57:57/70	12:03:17/69	12:54:14/67
68	116	GARLEWICZ AŚKA	KRAKÓW	POL		72	K30/5	K / 7	14:25:46	6.93	02:32:17/92	04:27:11/94	04:50:59/89	06:04:41/86	08:21:12/82	09:00:08/83	11:04:56/74	12:10:27/73	13:06:54/72
69	224	KOCIOLEK IRENEUSZ		POL	MAXCOMPUTERS.PL	89	M20/14	M / 62	14:29:05	6.91	02:22:02/52	04:07:51/59	04:31:34/57	05:46:45/60	08:05:46/59	08:30:26/51	10:32:02/46	11:29:57/41	12:25:27/47
70	192	PROZOROWSKI WIESŁAW	LESZNO	POL	MARATON LESZNO	68	M40/11	M / 63	14:40:39	6.82	02:47:47/124	04:47:45/132	05:15:51/133	06:34:23/128	08:59:38/112	09:26:14/106	11:24:04/87	12:25:54/75	13:18:20/74
71	155	MAZANIK ROBERT	WODZISŁAW ŚLĄSKI	POL		75	M30/33	M / 64	14:45:01	6.78	02:22:15/53	04:05:52/55	04:26:51/51	05:46:58/61	08:06:32/64	08:39:42/64	10:56:21/69	12:07:15/72	13:06:10/70
72	85	KORZAŃSKI TOMASZ	KRAKÓW	POL	NIEZNANI SPRAWCY	80	M30/34	M / 65	14:49:47	6.74	02:27:56/73	04:15:13/76	04:51:38/90	06:09:03/94	08:32:16/86	09:15:03/94	11:21:11/84	12:26:52/77	13:27:08/77
73	82	WASIEWICZ WITOLD	BYTOM	POL		79	M30/35	M / 66	14:49:52	6.74	02:16:23/40	04:01:32/48	04:32:30/62	05:49:31/70	08:14:10/77	08:53:04/79	11:20:23/81	12:33:48/82	13:29:37/80
74	226	GUZDEK TOMASZ		POL				M / 67	14:49:52	6.74	02:16:16/39	04:01:31/46	04:32:29/60	05:49:29/69	08:14:06/76	08:53:17/80	11:20:22/79	12:33:49/83	13:29:41/82
75	81	OKROSKOWICZ TOMASZ	RADZIONKÓW	POL		79	M30/36	M / 68	14:49:52	6.74	02:16:26/41	04:01:33/47	04:32:29/59	05:49:31/68	08:14:08/75	08:53:01/78	11:20:24/80	12:33:48/81	13:29:43/81
76	231	BURDA MACIEJ		POL		75	M30/37	M / 69	14:53:51	6.71	02:42:20/99	04:36:54/111	04:58:40/100	06:08:38/93	08:34:08/89	09:14:03/92	11:17:36/78	12:23:29/74	13:20:01/75
77	241	MICHALIK PAWEŁ		POL		90	M20/15	M / 70	14:54:09	6.71	02:25:25/60	04:16:59/80	04:47:54/85	06:03:16/84	08:36:09/91	09:08:34/88	11:23:59/86	12:33:55/84	13:27:44/78
78	46	WALENCIK MARCIN	LUBLIN	POL	KS TĘCZA	78	M30/38	M / 71	14:59:36	6.67	02:38:22/97	04:30:27/98	04:58:52/102	06:14:52/98	08:45:26/102	09:17:58/98	11:36:56/95	12:43:02/95	13:38:08/93
79	254	ŚMIETANA ANDRZEJ	KATOWICE	POL		63	M40/12	M / 72	15:02:04	6.65	02:28:40/81	04:17:13/82	04:46:46/83	06:05:37/88	08:45:48/103	09:22:06/101	11:37:44/99	12:40:44/91	13:37:04/90
80	212	LOCKETT ANDREW	GODALMING	ENG		70	M40/13	M / 73	15:02:35	6.65	02:43:49/106	04:32:13/102	04:51:47/91	06:11:36/96	08:40:56/94	09:00:35/84	11:20:55/83	12:30:25/79	13:25:40/76
81	313	PIETRAS DARIUSZ		POL		70	M40/14	M / 74	15:02:40	6.65	02:28:13/76	04:13:41/71	04:44:02/80	06:00:22/80	08:28:48/85	08:57:06/82	11:23:48/85	12:39:35/87	13:33:40/88
82	299	KORPAL AGNIESZKA	SZCZECINEK	POL	TRIAL TEAM	87	K20/3	K / 8	15:05:01	6.63	02:29:51/82	04:21:30/86	04:42:48/79	05:58:31/79	08:18:11/79	08:46:01/74	10:55:05/67	12:02:21/67	12:56:31/69
83	36	KUKUŁOWICZ WŁODZIMIERZ	KONSTANCIN	POL	DRŻYM TEAM	79	M30/39	M / 75	15:07:04	6.62	02:27:54/72	04:14:11/74	04:40:37/73	06:00:30/81	08:42:01/95	09:13:26/91	11:37:28/97	12:40:42/89	13:33:03/86
84	114	JASICZEK ROMAN	STARGARD	POL	SZWLA STARGARD SZCZECIŃSKI	60	M50/5	M / 76	15:07:04	6.62	02:30:54/86	04:20:57/84	04:50:08/86	06:11:33/95	08:42:30/97	09:16:12/95	11:37:35/98	12:40:15/88	13:33:02/87
85	37	TOPOLSKI MARCIN	JADOWNIKI	POL	BIEGAJZNA.MI.PL	76	M30/40	M / 77	15:09:57	6.60	02:49:39/138	04:36:41/108	05:03:38/109	06:17:02/100	08:42:19/96	09:17:08/97	11:36:06/94	12:41:11/92	13:38:14/94
86	100	WIECZOREK PIOTR	WARSZAWA	POL		78	M30/41	M / 78	15:11:48	6.58	02:11:18/26	03:50:07/32	04:12:05/35	05:26:01/37	08:02:35/56	08:41:30/67	11:08:13/77	12:34:24/85	13:30:46/85
87	26	FELIŃSKI JAROSŁAW	LÓDŹ	POL		63	M40/15	M / 79	15:11:52	6.58	02:39:09/98	04:32:28/103	04:52:23/92	06:08:06/90	08:33:40/88	09:03:08/85	11:29:53/89	12:41:29/93	13:37:35/91
88	94	DĘBICKI JERZY	NOWY SĄCZ	POL	GRUPA BIEGOWA SADECZANIN	71	M40/16	M / 80	15:13:57	6.57	02:45:26/115	04:27:48/95	04:58:45/101	06:18:11/103	08:47:37/105	09:20:44/100	11:35:37/93	12:46:07/98	13:39:29/97
89	191	PIOTRKOWSKI JERZY	WROCLAW	POL	WRATISLAVIA 2011	58	M50/6	M / 81	15:18:11	6.54	02:51:52/152	04:53:39/154	05:27:04/155	06:40:28/138	09:06:39/119	09:45:44/122	12:04:35/115	13:06:30/108	14:01:19/105
90	252	RZEPKA REMIGIUSZ	WARSZAWA	POL		72	M30/42	M / 82	15:18:41	6.53	02:37:03/96	04:26:39/93	04:50:09/87	06:14:15/97	08:39:42/93	09:14:55/93	11:33:33/90	12:40:40/90	13:36:43/89
91	258	KOSMALA PAWEŁ	SOSNOWIEC	POL	VAJRA TEAM	69	M40/17	M / 83	15:18:42	6.53	02:43:52/107	04:38:58/115	05:03:17/108	06:15:27/99	08:39:14/92	09:09:44/90	11:28:38/88	12:37:03/86	13:28:58/79
92	159	HETMAŃSKI ADAM	MULHEIM ANDER	DEU	ERA RUNNING TEAM/MARATHON MULHEIM	70	M40/18	M / 84	15:21:15	6.51	02:49:56/139	04:36:42/107	05:01:56/105	06:18:03/101	08:44:52/101	09:17:07/96	11:41:55/101	12:54:01/101	13:49:12/99
93	104	MICHALCZYK MAREK	KIELCE	POL	MAKI	79	M30/43	M / 85	15:21:23	6.51	02:26:46/66	04:14:00/73	04:36:49/71	05:51:57/74	08:19:38/80	08:45:18/72	11:35:22/92	12:42:54/94	13:39:03/96
94	35	MIODUSZEWSKI MATEUSZ	WARSZAWA	POL		76	M30/44	M / 86	15:22:14	6.51	02:23:46/56	04:08:51/65	04:33:44/64	05:47:02/62	08:13:05/73	08:45:41/73	11:07:36/76	12:28:48/78	13:30:17/84
95	320	GAL DARIUSZ	KOSICE	SVK		87	M20/16	M / 87	15:23:33	6.50	02:24:50/59	04:03:31/50	04:31:46/58	05:51:54/73	08:10:04/68	08:36:40/61	10:59:25/72	12:26:17/76	13:29:58/83
96	218	POPCZYK GRZEGORZ	KRAKÓW	POL	ITI ADVENTURE TEAM	78	M30/45	M / 88	15:23:50	6.50	02:28:01/74	04:15:28/78	04:45:08/81	06:02:03/82	08:32:54/87	09:09:01/89	11:37:26/96	12:53:55/100	13:51:32/101
97	38	OLEKSY JAROSŁAW	TYMBARK	POL	TKD TYMBARK	59	M50/7	M / 89	15:25:06	6.49	02:30:54/88	04:22:01/89	04:45:24/82	05:55:42/76	08:26:33/83	09:07:15/87	11:33:57/91	12:43:19/96	13:37:48/92
98	188	BINKOWSKI WALDEMAR	LESZNO	POL		63	M40/19	M / 90	15:25:38	6.48	02:44:42/113	04:35:33/105	05:04:47/110	06:19:35/104	08:42:55/98	09:20:17/99	11:38:13/100	12:50:47/99	13:49:30/100
99	1424	DASTYCH JAN	CZECHOWICE-DZIEDPOL			86	M20/17	M / 91	15:25:54	6.48	02:17:32/48	03:53:56/38	04:12:17/37	05:29:47/39	08:06:54/65	08:39:40/65	10:47:36/61	12:00:17/65	13:06:35/71
100	250	PAWLIKOWSKI PRZEMYSŁAW	WARSZAWA	POL	TOPR/KW- ZAKOPANE	83	M20/18	M / 92	15:25:54	6.48	02:10:45/25	03:44:59/21	04:06:27/28	05:24:08/34	07:50:01/41	08:26:54/46	10:54:58/66	12:04:28/70	13:14:20/73

Msc Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Kraj Nat.	Drużyna Team	R-k YoB	W kategorii in Age	Wynik Time	[km/h]										
101	15	BĘBENEK ANNA	JEZIORZANY	POL	WKB META LUBLINIEC	83	K20/4 K / 9	15:29:12	6.46	02:51:57/153	04:50:30/145	05:20:20/143	06:42:49/144	09:10:18/123	09:45:55/123	11:56:19/111	13:09:29/109	14:05:36/109	
102	269	BATORY STEFAN	WARSZAWA	POL	EO NETWORKS	78	M30/46 M / 93	15:32:12	6.44	02:43:35/105	04:40:17/118	05:02:01/107	06:22:46/109	08:59:22/111	09:30:58/107	11:50:28/104	13:03:14/104	14:02:51/106	
103	1632	GANC MARCIN	PAKOŚĆ	POL		78	M30/47 M / 94	15:32:17	6.44	02:48:22/128	04:44:25/126	05:07:14/117	06:31:52/125	09:07:04/121	09:36:04/110	11:53:45/107	13:05:22/107	14:04:51/108	
104	1743	BONTOVIES TIMEA		HUN	UNIX	67	K40/1 K / 10	15:32:45	6.43	02:50:21/148	04:43:55/125	05:05:27/112	06:24:49/112	09:06:46/120	09:39:22/116	11:53:54/108	12:58:21/102	13:56:22/104	
105	70	HORAKOVA RENATA	DĀŠĀŠĀŤN	CZE		72	K30/6 K / 11	15:36:26	6.41	02:44:01/109	04:36:52/112	04:56:11/97	06:24:43/113	08:59:15/109	09:24:15/104	11:47:39/103	13:03:57/106	14:03:47/107	
106	289	BILAN OLENA	KYIV	UKR		71	K40/2 K / 12	15:37:49	6.40	02:26:47/65	04:31:24/100	04:52:44/93	06:18:11/102	09:00:17/113	09:31:07/108	11:45:31/102	13:00:13/103	13:52:56/103	
107	205	SOROKA RAIMONDAS	KAUNAS	LTU		59	M50/8 M / 95	15:40:26	6.38	02:17:33/46	04:05:02/53	04:25:34/50	05:41:08/54	08:17:52/78	09:06:57/86	11:20:33/82	12:43:48/97	13:41:29/98	
108	301	KOSTRZEWSKI JAROSLAW	GLUCHOŁAZY	POL	ENTRE.PL	76	M30/48 M / 96	15:41:08	6.38	02:01:28/12	03:39:41/15	04:02:21/22	05:24:52/35	08:06:04/60	08:36:09/59	11:07:38/75	12:32:07/80	13:39:08/95	
109	179	BIEŚ BARTOSZ	KRYNICA-ZDRÓJ	POL		75	M30/49 M / 97	15:43:29	6.36	02:43:58/110	04:28:34/97	05:11:35/123	06:25:52/116	09:05:12/118	09:52:28/130	12:05:05/116	13:13:11/113	14:15:25/110	
110	28	SMOGOROWSKI ŁUKASZ	KRAKÓW	POL	SALOMON GRUPA BIEGOWA KRAKÓW	78	M30/50 M / 98	15:45:51	6.34	02:37:04/95	04:26:39/92	04:55:46/96	06:08:13/91	08:43:24/99	09:22:50/102	12:00:06/113	13:22:23/115	14:25:28/118	
111	65	JANICKI KRZYSZTOF	ŁÓDŹ	POL		65	M40/20 M / 99	15:46:44	6.34	02:47:09/122	04:47:58/135	05:07:38/118	06:22:27/108	08:58:01/108	09:34:23/109	11:51:25/106	13:03:39/105	13:51:27/102	
112	150	BETLEJA MAREK	BĘDZIN	POL		71	M40/21 M / 100	15:55:33	6.28	03:17:38/193	05:00:58/172	05:21:05/145	06:34:08/126	09:04:52/117	09:45:00/121	12:03:13/114	13:16:15/114	14:19:54/112	
113	319	KRAJEWSKI SŁAWOMIR	KATOWICE	POL	DOLINIARZE.COM	56	M50/9 M / 101	15:59:30	6.25	02:48:12/127	04:40:27/117	05:12:56/128	06:34:43/130	09:14:26/129	09:55:11/136	12:11:28/120	13:24:45/119	14:22:38/114	
114	148	KRUPIŃSKI TADEUSZ	LIGOTA PIĘKNA	POL		64	M40/22 M / 102	16:01:03	6.24	02:47:54/123	04:49:29/140	05:14:27/130	06:40:38/139	09:23:49/142	09:57:27/139	12:20:54/128	13:27:57/120	14:24:22/116	
115	206	FROST SARAH	GODALMING	ENG		71	K40/3 K / 13	16:02:33	6.24	02:49:47/141	04:49:33/141	05:12:25/126	06:27:18/118	09:01:11/114	09:36:09/113	11:56:11/110	13:10:40/110	14:26:34/120	
116	207	FROST DARREN	GODALMING	ENG		72	M30/51 M / 103	16:02:34	6.24	02:50:40/150	04:49:33/142	05:12:28/127	06:27:14/117	09:01:16/115	09:36:12/114	11:56:09/109	13:10:40/111	14:25:27/119	
117	76	RUTA TADEUSZ	ŁÓDŹ	POL		50	M50/10 M / 104	16:05:18	6.22	02:56:57/173	04:53:43/153	05:14:50/131	06:35:59/132	08:43:26/100	09:24:12/103	11:51:09/105	13:13:16/112	14:18:33/111	
118	75	CHŁOPEK KAZIMIERZ	KRAKÓW	POL	NOWA HUTA TEAM	79	M30/52 M / 105	16:06:02	6.21	02:58:25/177	05:03:41/177	05:28:53/159	06:45:30/152	09:16:08/132	09:54:25/133	12:10:31/118	13:22:20/117	14:20:00/113	
119	96	GRZESZCZUK GRZEGORZ	WARSZAWA	POL	KB GALERIA WARSZAWA	66	M40/23 M / 106	16:07:59	6.20	02:48:54/130	04:43:34/124	05:20:03/141	06:38:08/134	09:17:04/134	09:56:50/138	12:31:32/138	13:46:17/135	14:43:04/133	
120	213	JAROŃSKI JACEK	X	POL		65	M40/24 M / 107	16:08:32	6.20	02:42:56/103	04:32:14/101	05:11:48/125	06:27:53/119	09:17:18/137	09:36:10/112	12:27:13/134	13:37:13/128	14:38:05/126	
121	47	GOLEŃ JAN	WARSZAWA	POL	KB GALERIA WARSZAWA	69	M40/25 M / 108	16:09:26	6.19	03:07:18/186	05:01:55/174	05:26:34/154	06:49:44/156	09:23:53/141	09:58:25/140	12:27:50/136	13:43:47/133	14:36:41/125	
122	167	DENEKA JACEK	WARSZAWA	POL		73	M30/53 M / 109	16:11:07	6.18	02:44:33/112	04:33:07/104	05:01:53/106	06:25:49/114	08:55:17/107	09:41:43/118	12:10:55/119	13:22:56/118	14:24:19/115	
123	130	BANASZAK PAWEŁ	LESZNO	POL	MARATON LESZNO	71	M40/26 M / 110	16:13:15	6.17	02:48:00/126	04:47:46/133	05:15:52/134	06:34:28/129	09:10:42/126	09:51:26/129	12:20:02/127	13:28:11/122	14:33:04/122	
124	34	ŚLIWIŃSKI ANDRZEJ	MIECHÓW	POL		57	M50/11 M / 111	16:14:26	6.16	02:51:59/154	04:48:36/137	05:21:26/148	06:40:49/140	09:25:46/144	09:48:32/126	12:22:53/129	13:38:36/129	14:43:19/134	
125	40	PORĘBA EUGENIUSZ	MIECHÓW	POL		63	M40/27 M / 112	16:15:53	6.15	02:52:06/156	04:48:34/136	05:21:24/147	06:40:50/141	09:25:41/143	09:47:37/124	12:23:10/130	13:38:55/131	14:42:40/131	
126	233	SOSIŃSKI GRZEGORZ	GDAŃSK	POL	>>>>>NIEZRZESZONY<<<<<<	74	M30/54 M / 113	16:16:06	6.15	02:30:00/84	04:21:53/87	05:06:29/115	06:29:00/121	09:10:31/124	10:05:36/143	12:27:31/135	13:43:26/132	14:41:40/130	
127	300	ŁABA DOROTA	BIELSKO-BIAŁA	POL		75	K30/7 K / 14	16:19:41	6.13	02:49:09/133	04:45:53/127	05:11:26/122	06:31:36/124	09:07:46/122	09:54:37/134	12:16:34/122	13:29:03/124	14:32:22/121	
128	293	CHOJNOWSKI KRZYSZTOF	TYCHY	POL		75	M30/55 M / 114	16:19:41	6.13	02:27:49/71	04:26:20/91	05:00:31/103	06:22:37/107	09:03:00/116	09:41:50/119	12:16:37/121	13:29:12/123	14:33:37/123	
129	21	DOBKOWSKA ANNA	WARSZAWA	POL	KB GALERIA WARSZAWA	51	K50/1 K / 15	16:24:15	6.10	02:52:01/155	04:50:35/146	05:20:02/142	06:38:07/133	09:21:53/140	09:50:14/128	12:19:38/125	13:36:08/126	14:36:03/124	
130	182	STAWSKI DARIUSZ	ŁÓDŹ	POL		57	M50/12 M / 115	16:26:26	6.08	02:50:10/146	04:47:13/131	05:31:18/172	06:56:49/168	09:32:23/154	10:15:59/152	12:38:06/141	13:51:54/141	14:49:24/139	
131	190	SKAKLUK JAN	LEGIONOWO	POL	K.B PIMAR LEGIONOWO	51	M50/13 M / 116	16:26:50	6.08	02:48:23/129	04:43:14/121	05:00:26/104	06:24:00/111	09:17:39/139	09:47:58/125	12:18:56/124	13:38:54/130	14:41:38/129	
132	166	KRZYSZTOŃ GRZEGORZ	KRAŚNIK	POL	BIEG W DOBRYM CELU	86	M20/19 M / 117	16:27:57	6.08	02:45:35/116	04:37:08/113	05:08:42/119	06:28:51/122	09:13:57/128	10:01:16/141	12:25:15/132	13:47:48/137	14:43:46/136	
133	16	NOWAK MICHAŁ	KRAKÓW	POL		82	M20/20 M / 118	16:30:24	6.06	02:35:52/94	04:30:49/99	04:58:10/98	06:20:06/106	08:59:27/110	09:39:34/117	12:18:01/123	13:36:55/127	14:38:12/127	
134	266	MALAWSKI BARTOSZ	GORLICE	POL	DZIKIE WIEPRZE	79	M30/56 M / 119	16:31:28	6.05	02:48:04/125	04:51:35/148	05:19:44/137	06:35:20/131	09:10:46/125	10:06:15/145	12:39:52/144	13:51:52/139	14:50:49/140	
135	286	GRZESZCZUK WOJCIECH	WARSZAWA	POL		61	M50/14 M / 120	16:33:04	6.04	02:48:55/131	04:43:31/123	05:19:59/140	06:38:16/135	09:16:22/133	09:56:42/137	12:31:31/139	13:46:26/136	14:42:49/132	
136	186	ROMANOWSKI ŁUKASZ	GDAŃSK	POL		82	M20/21 M / 121	16:35:28	6.03	02:27:33/70	04:07:58/60	04:27:59/55	05:44:28/58	08:11:27/71	08:45:28/71	12:20:04/126	13:32:24/125	14:40:04/128	
137	165	PUZIO WALDEMAR	DĘBICA	POL	MARATOŃCZYK DĘBICA	58	M50/15 M / 122	16:36:07	6.02	02:46:45/121	04:41:58/120	05:21:09/146	06:43:10/146	09:17:29/138	10:09:14/149	12:35:20/140	13:49:05/138	14:49:14/138	

Msc Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Kraj Nat.	Drużyna Team	R-k YoB	W kategorii in Age	Wynik Time	[km/h]										
138	18	KOT MIROSLAW	WARSZAWA	POL	SBBP	67	M40/28	M / 123	16:42:26	5.99	02:49:54/142	04:46:34/129	05:05:40/114	06:25:57/115	08:54:31/106	09:37:29/115	11:57:06/112	13:22:24/116	14:25:21/117
139	135	GRZYB KAZIMIERZ	KRAKÓW	POL	AZS AWF MASTERS KRAKÓW	72	M30/57	M / 124	16:42:40	5.99	02:58:23/176	05:03:40/176	05:28:59/161	06:45:04/151	09:16:08/131	09:54:23/131	12:28:00/137	13:54:19/143	14:54:58/142
140	49	DĄBROWSKI PIOTR	WARSZAWA	POL	SBBP.WAW.PL	68	M40/29	M / 125	16:44:26	5.97	02:46:09/117	04:38:26/114	05:05:36/113	06:19:48/105	08:47:41/104	09:26:15/105	12:05:31/117	13:28:09/121	14:48:50/137
141	225	ŁAGANOWSKI ADAM		POL	IM2010			M / 126	16:48:19	5.95	02:44:12/111	04:41:37/119	05:04:49/111	06:23:04/110	09:15:28/130	09:48:40/127	12:23:45/131	13:45:42/134	14:43:41/135
142	126	KACPROWSKI TADEUSZ	WARSZAWA	POL		51	M50/16	M / 127	16:53:32	5.92	02:54:27/169	04:54:11/158	05:27:28/156	06:50:17/160	09:27:28/150	10:16:01/153	12:51:13/153	14:05:06/152	15:21:32/154
143	246	PIOTROWSKI MACIEJ	RZESZÓW	POL	RZESZOWSKIE GAZELE I GEPARDY	78	M30/58	M / 128	16:56:57	5.90	02:43:22/104	04:40:07/116	05:09:15/120	06:41:37/143	09:27:07/147	10:05:21/142	12:44:02/149	14:04:52/151	15:01:50/146
144	295	KORCZ SŁAWOMIR	WARSZAWA	POL		65	M40/30	M / 129	17:03:29	5.86	02:53:59/166	04:52:34/150	05:30:48/169	06:53:34/164	09:29:52/153	09:54:23/132	12:38:03/142	13:54:59/144	15:02:17/147
145	12	KLIMEK MAGDALENA	KRAKÓW	POL		75	K30/8	K / 16	17:04:49	5.86	02:56:55/174	05:01:46/173	05:26:01/152	07:03:10/175	09:54:02/166	10:26:34/157	12:53:56/154	14:14:22/154	15:17:20/153
146	261	MAKOWSKI LUKASZ	GORLICE	POL	DZIKIE WIEPRZE	78	M30/59	M / 130	17:09:31	5.83	02:46:38/119	04:51:43/149	05:19:46/138	06:38:26/136	09:17:23/136	10:06:11/144	12:39:54/145	13:51:53/140	14:51:42/141
147	57	GERLICH MIROSLAW	PSZÓW	POL	FORMA WODZISLAW SL	66	M40/31	M / 131	17:12:09	5.81	02:46:29/118	04:56:52/165	05:21:00/144	06:43:22/147	09:27:36/149	10:06:26/147	12:41:37/147	14:04:26/150	15:14:05/152
148	1457	SADOWSKA NATALIA	WARSZAWA	POL	ALETEMPO	79	K30/9	K / 17	17:12:10	5.81	02:54:26/168	04:54:07/156	05:19:20/135	06:43:06/145	09:27:32/148	10:06:24/148	12:41:29/146	14:04:22/149	15:14:03/151
149	239	DOLEJS JAN	PRAHA	CZE	TJ SOKOL UNHOST	49	M50/17	M / 132	17:12:14	5.81	03:07:35/189	05:14:30/186	05:35:49/176	07:14:52/188	09:56:33/168	10:24:58/155	12:49:06/152	14:01:11/148	15:02:25/148
150	296	GÓRA MARCIN	WARSZAWA	POL	ADELANTE	71	M40/32	M / 133	17:23:43	5.75	02:49:10/135	04:58:13/168	05:30:50/170	07:00:20/170	09:51:50/163	10:16:06/154	13:02:08/156	14:25:10/155	15:22:53/157
151	307	MĄDRZYK MAREK	KRAKÓW	POL	KLUB BIEGACZA TP	63	M40/33	M / 134	17:24:43	5.74	02:42:48/102	04:48:43/138	05:22:17/149	06:44:27/149	09:28:11/151	10:29:55/159	13:05:39/157	14:25:32/156	15:29:09/158
152	146	ZASADA TOMASZ	KRAKÓW	POL	AZS AWF MASTERS KRAKÓW	71	M40/34	M / 135	17:33:32	5.70	02:58:31/179	05:03:41/178	05:28:53/160	06:44:57/150	09:25:52/145	09:54:41/135	12:41:21/148	14:06:26/153	15:08:45/150
153	80	KUCHARSKI DAMIAN	CZĘSTOCHOWA	POL	ZABIEGANI CZĘSTOCHOWA	86	M20/22	M / 136	17:34:05	5.69	02:45:05/114	04:50:25/144	05:35:35/175	07:02:39/174	09:53:18/164	10:38:07/170	13:06:21/159	14:25:45/158	15:21:54/156
154	197	KORDZIŃSKI KAZIMIERZ	LUBLINIEC	POL	RMD MONTRAIL TEAM	58	M50/18	M / 137	17:34:05	5.69	03:13:10/192	05:14:47/187	05:41:55/182	07:02:38/173	09:53:19/165	10:27:31/158	13:06:17/158	14:25:42/157	15:21:45/155
155	115	RZAŚA ROBERT	BILGORAJ	POL		72	M30/60	M / 138	17:34:09	5.69	02:42:18/101	04:43:16/122	05:06:47/116	06:31:38/123	09:26:08/146	10:11:45/151	12:46:05/150	13:59:58/146	15:01:50/145
156	131	PODRAZA TADEUSZ	TARNÓW	POL		80	M30/61	M / 139	17:37:03	5.68	02:53:25/165	05:04:54/182	05:33:42/174	06:56:42/167	09:57:48/173	10:37:04/169	13:17:47/167	14:36:49/164	15:43:45/165
157	287	KUBIENIEC GRZEGORZ	GLIWICE	POL	POLSKA BIEGA	81	M30/62	M / 140	17:42:03	5.65	02:24:33/58	04:22:25/90	05:11:00/121	06:28:03/120	09:12:03/127	10:06:13/146	12:39:12/143	13:58:02/145	14:57:38/143
158	235	CZUK TOMASZ	SZCZECINEK	POL	GÓRALE Z BRANDENBURGII	67	M40/35	M / 141	17:43:01	5.65	02:58:30/178	04:58:34/169	05:29:59/167	07:13:37/187	10:27:38/192	11:12:12/190	13:31:45/176	14:51:39/174	15:48:58/168
159	106	PRZYBYLSKI JACEK SZYMON	WRÓBLIK	POL	WRÓBLIK SZLACHECKI	68	M40/36	M / 142	17:43:09	5.64	02:49:58/144	04:50:14/143	05:19:34/136	06:41:40/142	09:28:34/152	10:11:12/150	12:46:12/151	14:00:12/147	15:00:42/144
160	141	KASZTELANIC RAFAL	NADARZYN	POL		69	M40/37	M / 143	17:46:11	5.63	02:50:40/149	04:50:55/147	05:19:52/139	06:56:36/166	09:58:26/174	10:41:10/172	13:25:06/174	14:47:06/172	15:54:42/175
161	103	GŁOWACKI PAWEL	NOWY SĄCZ	POL		67	M40/38	M / 144	17:46:21	5.63	02:49:26/136	04:46:26/128	05:14:05/129	06:50:51/163	09:55:08/167	10:32:40/163	13:17:39/166	14:47:24/173	15:54:43/176
162	43	ŚMIESZEK ZBIGNIEW	LIMANOWA	POL	KS LIMANOWA FORREST	68	M40/39	M / 145	17:49:21	5.61	03:01:55/181	05:16:42/191	05:43:09/184	07:08:52/184	10:01:13/177	10:36:14/168	13:13:22/162	14:42:07/170	15:43:34/164
163	20	JACHYM PAWEL	KRAKÓW	POL	AZS AWF MASTERS KRAKÓW	83	M20/23	M / 146	17:52:02	5.60	03:10:35/191	05:13:12/185	05:44:11/187	07:08:18/183	10:20:04/186	11:01:24/183	13:21:37/173	14:39:48/166	15:47:52/167
164	308	RAPACZ ŁUKASZ	KRYNICA ZDRÓJ	POL	6 BDOW	88	M20/24	M / 147	17:59:48	5.56	02:46:30/120	04:49:23/139	05:41:17/181	06:53:46/165	09:40:50/156	10:44:36/173	13:30:52/175	14:39:44/165	15:45:07/166
165	152	GAZDA MARIUSZ	KROSNO	POL	KROSNO	71	M40/40	M / 148	18:02:28	5.54	02:54:10/167	04:53:59/157	05:24:05/150	06:48:20/153	09:47:03/158	10:32:06/161	13:20:27/171	14:52:33/176	15:51:02/170
166	153	BYSTRZYCKI PIOTR	KROSNO	POL	KROSNO	75	M30/63	M / 149	18:02:28	5.54	02:52:11/157	04:54:47/159	05:24:05/151	06:48:28/155	09:47:03/159	10:32:10/162	13:21:01/172	14:51:45/175	15:51:01/169
167	291	TALAR ZENON	DĄBRÓWKA LEŚNA	POL	TKKF LECH OBORNIKI	53	M50/19	M / 150	18:04:14	5.54	02:53:11/164	04:55:20/162	05:29:47/165	06:50:12/161	09:48:59/162	10:35:33/167	13:17:13/164	14:39:52/167	15:51:27/172
168	278	BOCHYŃSKI RAFAL	OBORNIKI WLKP	POL	OBORNIKI WLKP	85	M20/25	M / 151	18:04:14	5.54	02:52:39/159	04:55:15/161	05:29:50/166	06:50:21/162	09:48:56/160	10:34:32/165	13:17:42/168	14:39:57/169	15:51:33/173
169	158	SKAWIŃSKI MARCIN	OBORNIKI	POL	TKKF LECH OBORNIKI	76	M30/64	M / 152	18:04:15	5.54	02:52:38/158	04:55:12/160	05:30:03/168	06:49:33/157	09:48:55/161	10:34:31/166	13:18:02/170	14:39:55/168	15:51:25/171
170	107	PECKA TOMASZ	JASŁO	POL	WZGÓRZA DYLEWSKIE TEAM	78	M30/65	M / 153	18:08:23	5.51	02:43:59/108	04:28:40/96	05:11:41/124	06:34:19/127	09:17:05/135	09:44:26/120	13:06:22/161	14:30:10/160	15:32:02/160
171	118	FRONTCZAK MAREK	KALISZ	POL		52	M50/20	M / 154	18:08:23	5.51	02:56:30/172	05:00:58/171	05:32:44/173	07:00:40/171	10:07:36/179	10:48:18/177	13:17:43/165	14:34:41/163	15:30:28/159
172	123	BARSKI ZBIGNIEW	SZCZECIN	POL	PERSPEKTIVE TEAM	78	M30/66	M / 155	18:10:58	5.50	02:49:54/143	04:46:43/130	05:15:12/132	06:38:58/137	09:46:21/157	10:30:55/160	13:06:21/160	14:26:29/159	15:32:17/161
173	112	RANOSZEK ANNA	DĄBRÓWKA	POL	DRUŻYNA SZPIKU	77	K30/10	K / 18	18:12:47	5.49	03:07:11/184	05:04:05/180	05:44:56/189	07:03:25/176	10:00:17/175	11:01:37/182	13:42:10/177	15:03:06/177	16:11:41/181
174	189	NAPIERAŁA TOMASZ	DĄBRÓWKA	POL	GB OSADA LEŚNA DĄBRÓWKA	73	M30/67	M / 156	18:12:47	5.49	03:06:52/183	05:03:46/179	05:44:40/190	07:03:07/177	10:00:01/176	11:01:18/181	13:41:53/178	15:02:50/178	16:10:58/180

Msc Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Kraj Nat.	Drużyna Team	R-k YoB	W kategorii in Age	Wynik Time	[km/h]										
175	1708	KULIK PAWEŁ	SIEDLCE	POL	LENIWCE.PL	73	M30/68	M / 157	18:16:15	5.47	02:49:57/145	04:53:16/151	05:28:22/157	06:50:05/158	09:56:54/171	10:47:37/175	13:54:35/182	15:17:40/181	16:08:36/178
176	234	NIEDZIÓŁKA TOMASZ	SIEDLCE	POL	YULO RUN TEAM SIEDLCE	75	M30/69	M / 158	18:16:15	5.47	02:50:10/147	04:53:17/152	05:28:24/158	06:50:13/159	09:56:50/169	10:47:54/176	13:54:35/181	15:17:40/180	16:08:34/177
177	48	KOŁODZIEJ SEBASTIAN	KWAŚNIÓW DOLNY	POL	VAJRA TEAM	73	M30/70	M / 159	18:17:19	5.47	02:55:40/170	04:56:49/166	05:29:33/162	07:01:42/172	09:57:29/172	10:34:22/164	13:16:51/163	14:46:53/171	15:54:20/174
178	1491	GONCERZ GRZEGORZ	KRAKÓW	POL		66	M40/41	M / 160	18:18:29	5.46	02:53:09/163	04:54:04/155	05:26:26/153	06:44:18/148	09:37:59/155	10:26:10/156	13:02:16/155	14:32:32/161	15:37:25/163
179	121	STANEK JAROSŁAW	PIŃCZÓW	POL	KL PONIDZIE PIŃCZÓW	61	M50/21	M / 161	18:24:46	5.43	02:59:07/180	05:12:24/184	05:50:28/193	07:15:27/189	10:15:26/181	11:10:03/187	14:00:28/186	15:19:47/183	16:13:40/182
180	229	GRYGIEL MAREK		POL				M / 162	18:24:46	5.43	02:52:57/160	04:47:54/134	05:29:49/163	06:48:33/154	10:09:09/180	11:15:09/192	13:52:02/180	15:18:10/182	16:13:50/183
181	316	KLIMEK JAGODA	KRAKÓW	POL		81	K30/11	K / 19	18:25:45	5.43	03:07:14/187	05:16:21/189	05:44:59/192	07:10:25/185	10:15:33/182	11:08:49/185	14:00:33/184	15:21:36/185	16:16:46/184
182	268	RZESZÓTKO MARZENA	BIELSKO-BIAŁA	POL	AZS AWF KATOWICE	65	K40/4	K / 20	18:25:45	5.43	03:07:44/190	05:20:05/193	05:44:11/186	07:18:27/193	10:27:26/191	11:11:25/188	14:03:55/188	15:30:11/189	16:25:15/187
183	264	RZESZÓTKO LESZEK	BIELSKO-BIAŁA	POL	AZS AWF KATOWICE	63	M40/42	M / 163	18:25:45	5.43	03:06:56/185	05:17:49/192	05:44:09/185	07:17:25/192	10:27:25/190	11:12:09/191	14:03:59/189	15:29:59/188	16:25:27/188
184	54	KAMIŃSKA KAROLINA	KRAKÓW	POL		82	K20/5	K / 21	18:25:46	5.43	03:07:16/188	05:16:23/190	05:44:58/191	07:10:26/186	10:15:33/183	11:08:49/186	14:00:33/185	15:21:36/186	16:16:47/185
185	262	MIROCHA MARCIN	KOZY	POL		84	M20/26	M / 164	18:27:04	5.42	02:50:54/151	05:14:42/188	05:44:40/188	07:17:20/190	10:45:24/193	11:11:30/189	14:14:49/193	15:40:02/193	16:31:32/191
186	267	JANKOWSKI PIOTR	WARSZAWA	POL	NIZRZESZONY	75	M30/71	M / 165	18:27:27	5.42	03:05:49/182	05:05:46/183	05:40:26/180	07:08:02/182	09:56:48/170	10:46:20/174	13:17:44/169	14:34:20/162	15:32:19/162
187	108	WÓJCIC PIOTR	WARSZAWA	POL	WARSZAWIACY ATHLETICS CLUB	65	M40/43	M / 166	18:28:02	5.42	02:31:11/89	04:21:09/85	04:47:45/84	06:04:53/87	08:34:30/90	09:36:17/111	12:25:55/133	13:53:19/142	15:06:29/149
188	279	KREKORA ŁUKASZ	JÓZEFÓW	POL		80	M30/72	M / 167	18:30:29	5.40	02:52:59/162	04:57:40/167	05:40:23/179	07:07:49/180	10:18:07/185	10:55:49/178	14:04:08/190	15:38:57/191	16:31:54/193
189	280	DĄBROWSKA KATARZYNA	JÓZEFÓW	POL		83	K20/6	K / 22	18:30:34	5.40	02:52:58/161	05:00:07/170	05:40:19/178	07:07:59/181	10:20:33/188	10:56:23/179	14:04:09/191	15:38:58/192	16:31:51/192
190	164	KUREK MIŁOSZ	KRAKÓW	POL	ORIENT EKSPRES	83	M20/27	M / 168	18:32:28	5.39	02:49:36/137	04:56:37/164	05:29:55/164	06:58:28/169	10:03:24/178	10:38:18/171	13:52:02/179	15:22:01/187	16:25:50/189
191	272	FURTAŁ KRZYSZTOF	LUBIN	POL	LUBIN	62	M40/44	M / 169	18:32:35	5.39	02:49:55/140	05:04:56/181	05:42:38/183	07:17:30/191	10:24:39/189	11:02:17/184	13:56:15/183	15:16:52/179	16:10:09/179
192	27	ZWONEK PIOTR	KRAKÓW	POL	EXROWEROWANIE.PL KRAKÓW	67	M40/45	M / 170	18:38:10	5.37	02:57:02/175	05:02:09/175	05:31:11/171	07:06:54/179	10:16:12/184	11:01:27/180	14:00:40/187	15:20:22/184	16:18:17/186
193	232	TURSKA MARZENA	TORUŃ	POL	DRUŻYNA SZPIKU	75	K30/12	K / 23	18:38:10	5.37	02:55:38/171	04:56:22/163	05:36:03/177	07:04:51/178	10:20:27/187	11:23:12/193	14:07:18/192	15:37:23/190	16:31:27/190

ZAWODNICY KTÓRZY NIE UKOŃCZYLI BIEGU

19	KWIATKOWSKI TADEUSZ	KRAKÓW	POL			77		M / 9999			03:21:42/230	05:36:09/226	06:07:50/0	07:40:50/212	11:02:04/205	11:42:18/209			
31	BIEGANOWSKI ROMAN	WARSZAWA	POL		US EMABASSY RSO	58		M / 9999			02:51:37/173	04:50:49/166	05:13:21/0	06:38:59/145	09:14:05/0	10:01:51/145			
44	DLUGOSZ ADAM	RYTRO	POL		VISEGRAD MARATON RYTRO	76		M / 9999			01:54:07/4	03:14:52/3	03:28:02/0	04:42:54/11	06:24:25/7	06:38:42/8	08:11:04/7	08:59:17/0	09:56:38/0
55	DOLĘGOWSKI KRZYSZTOF	WARSZAWA	POL		RAIDLIGHT NAPIERAJ.PL	79		M / 9999			02:10:31/32	03:53:37/44							
62	BAJERSKI JAN	WARSZAWA	POL		BIEGAM BO LUBIE	79		M / 9999			02:42:43/121	04:49:52/160	05:22:45/0	06:57:06/178	11:08:37/207	11:30:08/204			
67	COLOVNYTSKY OLEKSANDR		POL			75		M / 9999			01:51:32/2	04:14:23/86							
84	ORCHOLSKI WITOLD	TORUŃ	POL		KUJAWSKO - POMORSKIE GRYFY	71		M / 9999			03:20:03/227	05:34:39/225	06:12:52/0	07:35:25/210	10:48:27/201	11:50:13/213			
90	ŻBIKOWSKI EMILIAN	OSIĘCINY	POL		KUJAWSKO - POMORSKIE GRYFY	87		M / 9999			02:38:41/116								
93	JANICKI JAROSŁAW	GRYFINO	POL			66		M / 9999			01:54:14/5	03:27:56/12							
95	KARPIŃSKI ROBERT	MARKI	POL			71		M / 9999			03:08:38/217	05:19:04/219	05:50:32/0	07:19:56/205	10:10:51/185	11:11:33/197	14:14:03/194	15:38:53/0	
98	SKOWIERA PIOTR	CZĘSTOCHOWA	POL			55		M / 9999			02:59:03/203	05:17:50/217	05:48:19/0	07:38:02/211					
117	WITEK PAWEŁ	TARNÓW	POL		KUBIT	80		M / 9999											
127	CICHOREK DARIUSZ	KALISZ	POL		KKB FINISZ KALISZ	72		M / 9999			02:05:25/21	03:40:30/22	04:02:25/0						
134	WAŃCZYK PAWEŁ	NOWY SĄCZ	POL		VISEGRAD MARATON RYTRO	60		M / 9999			03:13:30/0	05:49:01/233	06:22:35/0	07:51:20/217	11:20:39/209	11:47:07/212			
137	PAPIEŻ MARIUSZ	LIMANOWA	POL		MOK MSZANA DOLNA & KS LIMANOWA FORREST	83		M / 9999			02:25:04/76	04:15:17/90	04:47:41/0	06:00:55/86	09:19:34/143	10:22:40/161			
139	RÓŻYCKI KONRAD	WARSZAWA	POL		LECHICI ZIELONKA	62		M / 9999											

Msc Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Kraj Nat.	Drużyna Team	R-k YoB	W kategorii in Age	Wynik Time	[km/h]						
	144	CHMIELEWSKI BARTOSZ	BIELSKO-BIAŁA	POL	IGOSPORT	75	M / 9999	02:24:30/72	04:13:27/79	04:35:33/0	05:50:05/74	08:17:53/80	09:10:01/94		
	145	MAJEK JAROSŁAW	DĄBRÓWKA	POL	GB OSADA LEŚNA DĄBRÓWKA	67	M / 9999	03:09:53/219	05:42:55/231	06:19:31/0	08:02:26/218	11:15:06/208	11:41:16/207		
	154	MICHALSKI RYSZARD	WARSZAWA	POL	SALOMON TRAIL RUNNING WARSZAWA	80	M / 9999	03:14:40/224	05:12:46/208	05:48:15/0	07:23:35/207	10:23:26/195	11:12:01/198		
	169	STAWIARSKI EDWARD	STARY SĄCZ	POL		61	M / 9999								
	171	MADALIŃSKI MICHAŁ	PODKOWA LEŚNA	POL		55	M / 9999	03:02:22/207	05:19:11/220	05:48:03/0	07:22:57/206	10:55:19/203	11:39:26/206	14:39:39/198	
	172	MARKIEWICZ PIOTR	KLESZCZEWO	POL	12TRI - FACEBOOK.COM/BIEGANIE	92	M / 9999	02:31:06/106	04:14:59/88	04:52:29/0	06:05:54/94	08:53:57/107	10:06:02/148		
	180	CIERZNIK MONIKA	DĄBRÓWKA	POL	DRUŻYNA SZPIKU	76	K / 9999	03:12:46/221	06:01:28/234	06:45:16/0	08:34:56/220				
	185	WIRKUS ZBIGNIEW	MILTON KEYNES	POL	BIEGAJZNA.MI.PL	58	M / 9999	03:13:27/223	05:43:57/232						
	195	STACHOWICZ MICHAŁ	JODŁOWNIK	POL	KS LIMANOWA FORREST	85	M / 9999	02:53:14/186	05:29:24/223						
	198	IMIELSKI MAREK	LUBLINIEC	POL	WKB META LUBLINIEC	59	M / 9999	02:47:32/143	05:07:02/205	05:42:00/0	07:35:19/209				
	201	BUDNIK PIOTR	-	RUS	BIEG I ZDROWIE	49	M / 9999	03:20:28/228	05:39:16/228	06:16:33/0	07:50:29/215	11:07:24/206	11:42:17/208	14:45:33/199	
	208	CZECH STANISŁAW	LUBOŃ	POL		76	M / 9999	03:01:23/205	05:27:24/222	06:07:41/0	07:47:48/214				
	211	KUJAWIŃSKI ARTUR	POZNAŃ	POL	KB MANIAC POZNAŃ	76	M / 9999	02:51:45/172							
	220	MOKRZYCKA KRYSZYNA	WROCLAW	POL		52	K / 9999	03:18:53/226	05:43:00/230	06:19:39/0	07:50:30/216	11:20:56/210	11:47:07/211	14:38:51/196	15:59:28/0
	223	WOLSKI JAKUB		POL			M / 9999	02:06:59/25	03:53:35/43						
	242	KULIG PIOTR		POL	KS LIMANOWA FORREST	85	M / 9999	03:20:27/229							
	248	GAJDICS PETER	WARSZAWA	HUN		88	M / 9999	02:15:28/49	04:08:53/74						
	251	SIKORSKI MARCIN	WARSZAWA	POL	RDM MONTRAIL TEAM/ KW ZAKOPANE	81	M / 9999	02:33:59/111	05:17:04/216						
	255	KOSENDIAK AURELIUSZ	WROCLAW	POL		80	M / 9999	02:39:40/118	05:40:08/229						
	256	DOLIŃSKI ADAM	WARSZAWA	POL	KB PIMAR LEGIONOWO	84	M / 9999	02:53:29/189	04:59:05/190	05:35:32/0	07:05:01/189	10:20:34/193	11:22:03/202		
	270	ZIMNY OSKAR	WARSZAWA	POL		82	M / 9999	02:17:41/61	04:32:24/116						
	273	CHUDY HENRYK	ŚLAWNO	POL	K S OLSZEWSKI I SYNOWIE /DRUŻYNA SZPIKU ŚLAWSKO	55	M / 9999	02:24:54/75	04:40:37/135						
	283	KOŃ PIOTR	RĘCZNO	POL	RMD MONTRAIL TEAM	78	M / 9999	02:06:43/24	03:37:41/18	03:51:50/0	04:48:48/13	06:45:56/14	07:09:09/16		
	294	SKÓRZYŃSKI RAFAŁ	WARSZAWA	POL		92	M / 9999	02:16:30/53	04:58:31/188						
	297	FERENC BIRI	DEBRECEN	INN		74	M / 9999	01:54:19/7	03:16:24/8	03:27:41/0	04:27:22/7	06:24:40/8	06:51:48/10		
	302	ŁOŚ KRZYSZTOF	KRYNICA-ZDRÓJ	POL		77	M / 9999	03:21:45/0	05:39:00/227	06:30:07/0	08:03:10/219	11:39:22/211			
	310	DONIEC ANDRZEJ	RYBNIK	POL		49	M / 9999	03:09:06/218	05:30:45/224	06:07:52/0	07:45:31/213	10:56:31/204	11:35:40/205	14:39:26/197	
	311	FRYT MARCIN	SKAWA	POL	6 BDOW	84	M / 9999	02:53:15/185	04:49:24/156	05:41:17/0	06:53:48/174	09:40:51/159	10:44:41/181	13:47:44/179	
	315	KLACZYŃSKI MICHAŁ	SANOK	POL	6 BDOW	85	M / 9999	02:46:28/138	05:12:28/206	06:02:08/0	07:30:07/208	10:48:19/202	11:43:45/210		
	317	LABARTKAVA LARYSA	LVIV	UKR		49	K / 9999	03:48:39/231							
	1639	FRĄCZEK TOMASZ	KRAKÓW	POL		69	M / 9999	02:18:47/64	04:21:02/99	04:57:54/0	06:24:30/118	09:12:21/130	10:22:35/160		
	1731	GLYVA YEVGENIJ		UKR		83	M / 9999	01:51:30/1	03:45:27/29	03:56:21/0	05:21:11/34				
	1732	NAGORNY TARAS	ROVNE	UKR	KKB FINISZ KALISZ	84	M / 9999	02:03:12/19	04:14:25/87						

ZAWODNICY KTÓRZY NIE UKOŃCZYLI BIEGU