



IV BIEG POWSTAŃCA  
DOBRA k. Łodzi 27.02.2016 r.  
10 km

inesSport  
Nasza pasja, wasza satysfakcja

| MSC | NR  | IMIĘ      | NAZWISKO      | PŁEĆ | Rok ur. | MIEJSCOWOŚĆ         | KRAJ   | KLUB                                      | CZAS BRUTTO | CZAS NETTO | PREDKOŚĆ [KM/H] | TEMPO [MIN/KM] | KLAS. PŁCI |
|-----|-----|-----------|---------------|------|---------|---------------------|--------|---|-------------|------------|-----------------|----------------|------------|
| 1   | 396 | BŁŻEJ     | SKOWROŃSKI    | M    | 1989    | KOLUSZKI            | POLSKA |   | 00:35:37    | 00:35:36   | 16.85           | 3:34           | M/1        |
| 2   | 391 | MARCIN    | PUSZEWKIEWICZ | M    | 1988    | BIELAWY             | POLSKA |   | 00:35:53    | 00:35:52   | 16.73           | 3:35           | M/2        |
| 3   | 198 | TOBIASZ   | OLSZAK        | M    | 1996    | RAWA MAZOWIECKA     | POLSKA | MLUKS RAWA - RAWA MAZOWIECKA              | 00:36:46    | 00:36:46   | 16.32           | 3:41           | M/3        |
| 4   | 301 | ŁUKASZ    | BRZEŹNICKI    | M    | 1989    | ŁÓDŹ                | POLSKA | ŁÓDŹ RUNNING TEAM                         | 00:37:03    | 00:37:01   | 16.21           | 3:42           | M/4        |
| 5   | 273 | JAROSŁAW  | CICHOSZ       | M    | 1985    | ŁÓDŹ                | POLSKA | AKADEMIABIEGACZA.PL SALOS-WODNA ŁÓDŹ      | 00:37:50    | 00:37:49   | 15.87           | 3:47           | M/5        |
| 6   | 365 | ROBERT    | JASION        | M    | 1991    | ŁÓDŹ                | POLSKA | AZS WSIU                                  | 00:38:24    | 00:38:24   | 15.63           | 3:50           | M/6        |
| 7   | 387 | SEBASTIAN | DUSZYŃSKI     | M    | 1989    | RAWA MAZOWIECKA     | POLSKA |   | 00:38:33    | 00:38:31   | 15.58           | 3:51           | M/7        |
| 8   | 407 | JAKUB     | KIMMER        | M    | 1988    | ZELÓW               | POLSKA |   | 00:38:35    | 00:38:31   | 15.58           | 3:51           | M/8        |
| 9   | 508 | RAFAŁ     | KAZIMIERCZAK  | M    | 1979    | BOGDANKA            | POLSKA |   | 00:38:47    | 00:38:45   | 15.48           | 3:53           | M/9        |
| 10  | 350 | MATEUSZ   | OGŁOZA        | M    | 1990    | ŁÓDŹ                | POLSKA |   | 00:38:51    | 00:38:27   | 15.6            | 3:51           | M/10       |
| 11  | 255 | MATEUSZ   | FIJAŁKOWSKI   | M    | 1990    | ŁÓDŹ                | POLSKA | AKADEMIABIEGACZA.PL S.L. SALOS-WODNA ŁÓDŹ | 00:39:02    | 00:39:01   | 15.38           | 3:54           | M/11       |
| 12  | 257 | ADAM      | FLORCZAK      | M    | 1979    | ŁÓDŹ                | POLSKA |   | 00:39:22    | 00:39:20   | 15.25           | 3:56           | M/12       |
| 13  | 166 | ROBERT    | SOBCZAK       | M    | 1982    | ŁÓDŹ                | POLSKA | RYSIOTEAM                                 | 00:39:33    | 00:39:30   | 15.19           | 3:57           | M/13       |
| 14  | 299 | KRZYSZTOF | HARĘŻLAK      | M    | 1976    | ŁÓDŹ                | POLSKA | 4 ŁAPY PSA ŁÓDŹ                           | 00:39:53    | 00:39:47   | 15.08           | 3:59           | M/14       |
| 15  | 413 | MICHAŁ    | SMOLIŃSKI     | M    | 1980    | DOBRA               | POLSKA |   | 00:39:54    | 00:39:53   | 15.04           | 3:59           | M/15       |
| 16  | 392 | DARIUSZ   | OWCZAREK      | M    | 1982    | ŁÓDŹ                | POLSKA |   | 00:40:29    | 00:40:23   | 14.86           | 4:02           | M/16       |
| 17  | 237 | MAREK     | KŁYSZ         | M    | 1968    | ANDRESPOL           | POLSKA |   | 00:40:37    | 00:40:34   | 14.79           | 4:03           | M/17       |
| 18  | 243 | DARIUSZ   | KUDRA         | M    | 1973    | DŁUTÓW              | POLSKA |   | 00:40:46    | 00:40:43   | 14.74           | 4:04           | M/18       |
| 19  | 148 | WIESŁAW   | WASIAK        | M    | 1961    | ŁÓDŹ                | POLSKA |   | 00:41:04    | 00:41:00   | 14.63           | 4:06           | M/19       |
| 20  | 329 | ZDZISŁAW  | KLUF          | M    | 1957    | BEŁCHATÓW           | POLSKA | AMATOR                                    | 00:41:07    | 00:41:04   | 14.61           | 4:06           | M/20       |
| 21  | 278 | KAMIL     | DANIELSKI     | M    | 1985    | WARSZAWA            | POLSKA |   | 00:41:39    | 00:41:35   | 14.43           | 4:09           | M/21       |
| 22  | 303 | PIOTR     | MAKÓWCZYŃSKI  | M    | 1980    | KLĘK                | POLSKA |   | 00:41:58    | 00:41:51   | 14.34           | 4:11           | M/22       |
| 23  | 234 | GRZEGORZ  | NESKA         | M    | 1994    | PRZYSTAŁOWIECE DUŻE | POLSKA |   | 00:42:16    | 00:42:08   | 14.24           | 4:13           | M/23       |
| 24  | 442 | JAROSŁAW  | SZEWCZYK      | M    | 1974    | NOWY BEDOŃ          | POLSKA |   | 00:42:24    | 00:42:20   | 14.17           | 4:14           | M/24       |
| 25  | 454 | MACIEJ    | RUTA          | M    | 1977    | ŁÓDŹ                | POLSKA | KB ARTURÓWEK ŁÓDŹ                         | 00:42:39    | 00:42:32   | 14.11           | 4:15           | M/25       |
| 26  | 131 | PRZEMEK   | STUPNOWICZ    | M    | 1995    | ŁÓDŹ                | POLSKA |   | 00:42:44    | 00:42:18   | 14.18           | 4:14           | M/26       |
| 27  | 268 | MARCIN    | GAŁCZYŃSKI    | M    | 1998    | JANOWICE            | POLSKA | ZSMR PIĄTEK                               | 00:42:55    | 00:42:39   | 14.07           | 4:16           | M/27       |
| 28  | 358 | KONRAD    | CIEŹKI        | M    | 1983    | ŁÓDŹ                | POLSKA |   | 00:42:57    | 00:42:51   | 14              | 4:17           | M/28       |
| 29  | 383 | LEON      | NALEPA        | M    | 1987    | DĘBICA              | POLSKA |   | 00:42:58    | 00:42:24   | 14.15           | 4:14           | M/29       |
| 30  | 511 | DOMINIK   | KOPEĆ         | M    | 1979    | ŁÓDŹ                | POLSKA | -   | 00:43:02    | 00:42:56   | 13.98           | 4:18           | M/30       |
| 31  | 224 | ARKADIUSZ | KUJAWSKI      | M    | 1971    | ŁÓDŹ                | POLSKA | RYSIOTEAM                                 | 00:43:15    | 00:43:09   | 13.9            | 4:19           | M/31       |
| 32  | 139 | BARTOSZ   | URBANIAK      | M    | 1993    | GRZEGORZEW          | POLSKA |   | 00:43:22    | 00:43:19   | 13.85           | 4:20           | M/32       |
| 33  | 253 | KINGA     | JURCZYK       | K    | 1986    | GLUCHOŁAZY          | POLSKA | INFOSYS RUN                               | 00:43:29    | 00:43:28   | 13.8            | 4:21           | K/1        |
| 34  | 182 | MICHAŁ    | TUROBOŚ       | M    | 1977    | ŁÓDŹ                | POLSKA |   | 00:43:33    | 00:43:31   | 13.79           | 4:21           | M/33       |
| 35  | 212 | JAKUB     | KRZYSZTOFIK   | M    | 1985    | ŁÓDŹ                | POLSKA |   | 00:43:36    | 00:43:33   | 13.78           | 4:21           | M/34       |
| 36  | 315 | KAMIL     | GÓRALCZYK     | M    | 1995    | DOBRA               | POLSKA | KARATE 44                                 | 00:43:40    | 00:43:35   | 13.77           | 4:22           | M/35       |
| 37  | 281 | MICHAŁ    | JANUS         | M    | 1984    | DĄBROWA GÓRNICZA    | POLSKA |   | 00:43:45    | 00:43:44   | 13.72           | 4:22           | M/36       |
| 38  | 460 | ADAM      | RZECZYCA      | M    | 1988    | ŁÓDŹ                | POLSKA | NIGHT RUNNERS                             | 00:43:54    | 00:43:47   | 13.7            | 4:23           | M/37       |



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|-----|-----|----------------|-------------|------|---------|--------------------|--------|----------------------------|-------------|------------|-----------------|----------------|------------|
| 39  | 201 | TOMASZ         | KOTARSKI    | M    | 1978    | ŁÓDŹ               | POLSKA | KOTAR TEAM                 | 00:44:03    | 00:43:54   | 13.67           | 4:23           | M/38       |
| 40  | 497 | ADAM           | KOZARSKI    | M    | 1987    | SKIERNIEWICE       | POLSKA |                            | 00:44:09    | 00:44:02   | 13.63           | 4:24           | M/39       |
| 41  | 189 | PAWEŁ          | MEISSNER    | M    | 1983    | ŁÓDŹ               | POLSKA | AMBITNE TYGRYSY            | 00:44:11    | 00:44:10   | 13.58           | 4:25           | M/40       |
| 42  | 188 | MICHAŁ         | KARWOWSKI   | M    | 1981    | ŁÓDŹ               | POLSKA | NIKE GALERIA ŁÓDZKA        | 00:44:23    | 00:44:10   | 13.58           | 4:25           | M/41       |
| 43  | 440 | WOJCIECH       | WRÓBLEWSKI  | M    | 1979    | ZGIERZ             | POLSKA | FRU-FITNESS                | 00:44:24    | 00:44:01   | 13.63           | 4:24           | M/42       |
| 44  | 222 | ŁUKASZ         | MAJCHRZAK   | M    | 1981    | ZGIERZ             | POLSKA |                            | 00:44:24    | 00:44:24   | 13.51           | 4:26           | M/43       |
| 45  | 313 | DAMIAN         | RAPACZ      | M    | 1988    | SKOTNIKI           | POLSKA |                            | 00:44:25    | 00:44:00   | 13.64           | 4:24           | M/44       |
| 46  | 483 | ARKADIUSZ      | PIOTROWSKI  | M    | 1986    | PABIANICE          | POLSKA |                            | 00:44:26    | 00:43:49   | 13.69           | 4:23           | M/45       |
| 47  | 236 | MACIEJ         | KRUPIŃSKI   | M    | 1983    | ZGIERZ             | POLSKA |                            | 00:44:27    | 00:44:03   | 13.62           | 4:24           | M/46       |
| 48  | 232 | ŁUKASZ         | MUSIAŁ      | M    | 1983    | ŁÓDŹ               | POLSKA |                            | 00:44:37    | 00:44:04   | 13.62           | 4:24           | M/47       |
| 49  | 321 | MARCIN         | ŻURAWIK     | M    | 1980    | KOŁO               | POLSKA | SG SQUAD                   | 00:44:47    | 00:44:38   | 13.44           | 4:28           | M/48       |
| 50  | 384 | KONRAD         | SIENNICKI   | M    | 1977    | BUKOWIEC           | POLSKA |                            | 00:44:49    | 00:44:41   | 13.43           | 4:28           | M/49       |
| 51  | 184 | DAWID          | RATAJEK     | M    | 1986    | ŁÓDŹ               | POLSKA |                            | 00:44:52    | 00:44:41   | 13.43           | 4:28           | M/50       |
| 52  | 190 | SEBASTIAN      | KWIECIŃSKI  | M    | 1977    | MŁAWA              | POLSKA |                            | 00:44:54    | 00:44:50   | 13.38           | 4:29           | M/51       |
| 53  | 363 | ARKADIUSZ      | MAKOWSKI    | M    | 1973    | ŁÓDŹ               | POLSKA |                            | 00:44:55    | 00:44:49   | 13.39           | 4:29           | M/52       |
| 54  | 461 | RAFAŁ          | PAKUŁA      | M    | 1985    | STRYKÓW            | POLSKA | CYKLOMANIACY               | 00:45:05    | 00:45:00   | 13.33           | 4:30           | M/53       |
| 55  | 208 | KRZYSZTOF      | KOTYNIA     | M    | 1967    | BRZEZINY           | POLSKA | BRZEZINY BIEGAJĄ           | 00:45:21    | 00:45:00   | 13.33           | 4:30           | M/54       |
| 56  | 140 | DOMINIK        | URBANIAK    | M    | 2001    | GRZEGORZEW         | POLSKA |                            | 00:45:22    | 00:45:20   | 13.24           | 4:32           | M/55       |
| 57  | 319 | HENRYK         | KĘPIŃSKI    | M    | 1953    | BEŁCHATÓW          | POLSKA | KB SPARTAKUS BEŁCHATÓW     | 00:45:22    | 00:45:15   | 13.26           | 4:32           | M/56       |
| 58  | 238 | TOMASZ         | PLUCIŃSKI   | M    | 1988    | ŁÓDŹ               | POLSKA | GET TEAM                   | 00:45:23    | 00:45:17   | 13.25           | 4:32           | M/57       |
| 59  | 149 | KRZYSZTOF      | WIŚNIEWSKI  | M    | 1981    | ŁÓDŹ               | POLSKA | DRUŻYNA BSS                | 00:45:36    | 00:45:26   | 13.21           | 4:33           | M/58       |
| 60  | 311 | KASIA          | WOLSKA      | K    | 1983    | ŁÓDŹ               | POLSKA | ŁÓDZ RUNNING TEAM          | 00:45:37    | 00:45:31   | 13.18           | 4:33           | K/2        |
| 61  | 152 | PIOTR          | TONDYS      | M    | 1971    | ŁÓDŹ               | POLSKA | TIGERS TEAM                | 00:45:37    | 00:45:35   | 13.16           | 4:34           | M/59       |
| 62  | 499 | STANISŁAW ADAM | OLBRYŚ      | M    | 1967    | NASIELSK           | POLSKA | KB PIMAR LEGIONOWO         | 00:45:46    | 00:45:43   | 13.12           | 4:34           | M/60       |
| 63  | 143 | TOMASZ         | SZYMKIEWICZ | M    | 1964    | KIELCE             | POLSKA |                            | 00:45:47    | 00:45:37   | 13.15           | 4:34           | M/61       |
| 64  | 345 | ŁUKASZ         | KRAWCZYK    | M    | 1982    | BYSZEWY            | POLSKA | BIEGAJĄCY NA WZNIESIENIACH | 00:45:48    | 00:45:43   | 13.12           | 4:34           | M/62       |
| 65  | 282 | PRZEMEK        | DYDERSKI    | M    | 1985    | ŁÓDŹ               | POLSKA | NASZA ŁÓDŹ DA SIĘ LUBIĆ    | 00:45:50    | 00:45:39   | 13.14           | 4:34           | M/63       |
| 66  | 309 | KATARZYNA      | DĄBROWSKA   | K    | 1984    | ZGIERZ             | POLSKA |                            | 00:45:50    | 00:45:30   | 13.19           | 4:33           | K/3        |
| 67  | 341 | ARTUR          | WAŚICKI     | M    | 1963    | DOBROŃ             | POLSKA |                            | 00:45:53    | 00:45:48   | 13.1            | 4:35           | M/64       |
| 68  | 142 | MARIUSZ        | RAPACZ      | M    | 1969    | SZCZAWIN           | POLSKA | MPK- ŁÓDŹ                  | 00:45:53    | 00:45:30   | 13.19           | 4:33           | M/65       |
| 69  | 216 | DOMINIK        | KUŚ         | M    | 1986    | ŁÓWICZ             | POLSKA |                            | 00:45:53    | 00:45:45   | 13.11           | 4:35           | M/66       |
| 70  | 505 | WOJCIECH       | MAJEWSKI    | M    | 1991    | ŁÓDŹ               | POLSKA |                            | 00:45:58    | 00:45:45   | 13.11           | 4:35           | M/67       |
| 71  | 158 | BOGUSZ         | RACZYŃSKI   | M    | 1983    | ALEKSANDRÓW ŁÓDZKI | POLSKA | TIGERS TEAM                | 00:46:00    | 00:45:59   | 13.05           | 4:36           | M/68       |
| 72  | 366 | PRZEMEK        | ROMANÓW     | M    | 1982    | RAJSZEW            | POLSKA | TRUCHT TARCHOMIN TEAM      | 00:46:05    | 00:45:48   | 13.1            | 4:35           | M/69       |
| 73  | 200 | PAWEŁ          | MIKOŁAJCZYK | M    | 1984    | ŁÓDŹ               | POLSKA | ROSSBIEGANI                | 00:46:07    | 00:45:51   | 13.09           | 4:35           | M/70       |
| 74  | 262 | MICHAŁ         | GODLEWSKI   | M    | 1980    | ŁÓDŹ               | POLSKA | KS ALASKA                  | 00:46:16    | 00:46:12   | 12.99           | 4:37           | M/71       |
| 75  | 344 | MATEUSZ        | HEMKA       | M    | 1992    | GŁOWNO             | POLSKA |                            | 00:46:17    | 00:46:11   | 12.99           | 4:37           | M/72       |
| 76  | 185 | PAWEŁ          | SZYMCZAK    | M    | 1984    | ŁÓDŹ               | POLSKA | NIE MA                     | 00:46:20    | 00:46:15   | 12.97           | 4:38           | M/73       |



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|-----|-----|------------|-----------------|------|---------|----------------------|--------|--|-------------|------------|-----------------|----------------|------------|
| 77  | 517 | ROBERT     | KOSIELSKI       | M    | 1980    | ŁÓDŹ                 | POLSKA |  | 00:46:20    | 00:46:10   | 13              | 4:37           | M/74       |
| 78  | 219 | JAKUB      | KUPNIEWSKI      | M    | 1971    | WARSZAWA             | POLSKA |  | 00:46:24    | 00:46:18   | 12.96           | 4:38           | M/75       |
| 79  | 317 | ZBIGNIEW   | KAMIŃSKI        | M    | 1963    | ŁÓDŹ                 | POLSKA |  | 00:46:30    | 00:46:24   | 12.93           | 4:38           | M/76       |
| 80  | 316 | ANDRZEJ    | KORDYZON        | M    | 1975    | PROBOSZCZEWICE       | POLSKA | START RUNNERS PROBOSZCZEWICE           | 00:46:34    | 00:46:17   | 12.96           | 4:38           | M/77       |
| 81  | 464 | BARTŁOMIEJ | PIECHOTA        | M    | 1994    | ZGIERZ               | POLSKA |  | 00:46:35    | 00:46:19   | 12.95           | 4:38           | M/78       |
| 82  | 335 | ZBIGNIEW   | KRUPIŃSKI       | M    | 1982    | KOŁO                 | POLSKA | ZADYSZKA                               | 00:46:39    | 00:46:36   | 12.88           | 4:40           | M/79       |
| 83  | 177 | HIERONIM   | WEJDMAN         | M    | 1999    | ŁÓDŹ                 | POLSKA |  | 00:46:39    | 00:46:32   | 12.89           | 4:39           | M/80       |
| 84  | 228 | ROMAN      | MACKIEWICZ      | M    | 1965    | ŁÓDŹ                 | POLSKA | ŁÓDŹ RUNNING TEAM                      | 00:46:42    | 00:46:20   | 12.95           | 4:38           | M/81       |
| 85  | 336 | TOMASZ     | BEDYK           | M    | 1978    | ŁÓDŹ                 | POLSKA | SZAKALE BAŁUT ŁÓDŹ                     | 00:46:54    | 00:46:47   | 12.83           | 4:41           | M/82       |
| 86  | 348 | DORIAN     | MOSPINEK        | M    | 1995    | GŁOWNO               | POLSKA |  | 00:46:55    | 00:46:53   | 12.8            | 4:41           | M/83       |
| 87  | 203 | TOMASZ     | NOWAK           | M    | 1987    | ŁOWICZ               | POLSKA | STARZYŃSKIEGO BIEGA ŁOWICZ             | 00:46:57    | 00:46:51   | 12.81           | 4:41           | M/84       |
| 88  | 290 | PAWEŁ      | DIOWKSZ         | M    | 1973    | ŁÓDŹ                 | POLSKA |  | 00:47:04    | 00:46:54   | 12.79           | 4:41           | M/85       |
| 89  | 362 | RADEK      | GARNYS          | M    | 1976    | ŁÓDŹ                 | POLSKA |  | 00:47:04    | 00:46:43   | 12.84           | 4:40           | M/86       |
| 90  | 277 | BARTOSZ    | DROBNY          | M    | 1986    | ŁÓDŹ                 | POLSKA |  | 00:47:04    | 00:46:51   | 12.81           | 4:41           | M/87       |
| 91  | 170 | WOJCIECH   | ZALASA          | M    | 1968    | ŁÓDŹ                 | POLSKA | ŁÓDŹ KOCHA SPORT                       | 00:47:09    | 00:46:53   | 12.8            | 4:41           | M/88       |
| 92  | 178 | DARIUSZ    | WEJDMAN         | M    | 1973    | ŁÓDŹ                 | POLSKA | EVERRUN                                | 00:47:09    | 00:47:03   | 12.75           | 4:42           | M/89       |
| 93  | 264 | PIOTR      | JASKÓŁOWSKI     | M    | 1987    | PIOTRKÓW TRYBUNALSKI | POLSKA | PIOTRKOWSKI KLUB BIEGACZA ENDORFINA    | 00:47:11    | 00:46:59   | 12.77           | 4:42           | M/90       |
| 94  | 179 | MICHAŁ     | WACHOWSKI       | M    | 1975    | ŁÓDŹ                 | POLSKA |  | 00:47:13    | 00:47:02   | 12.76           | 4:42           | M/91       |
| 95  | 502 | JAROSŁAW   | LESIEWICZ       | M    | 1969    | ŁÓDŹ                 | POLSKA | ORANGE POLSKA                          | 00:47:14    | 00:47:07   | 12.73           | 4:43           | M/92       |
| 96  | 288 | ROBERT     | DZIAŁAK         | M    | 1982    | D MOSIN              | POLSKA |  | 00:47:15    | 00:46:58   | 12.78           | 4:42           | M/93       |
| 97  | 399 | ROBERT     | LEWERA          | M    |         | PABIANICE            | POLSKA |  | 00:47:19    | 00:46:57   | 12.78           | 4:42           | M/94       |
| 98  | 227 | ANETA      | OKUNSKA WEJDMAN | K    | 1976    | ŁÓDŹ                 | POLSKA | EVERRUN                                | 00:47:19    | 00:47:13   | 12.71           | 4:43           | K/4        |
| 99  | 490 | MACIEK     | WOŹNICKI        | M    | 1980    | ŁÓDŹ                 | POLSKA | RUNNING SUCKS / PARKRUN ŁÓDŹ           | 00:47:19    | 00:47:10   | 12.72           | 4:43           | M/95       |
| 100 | 371 | KRZYSZTOF  | ŁASKI           | M    | 1964    | ŁÓDŹ                 | POLSKA | BIEGIEM PO PIWO                        | 00:47:22    | 00:47:14   | 12.7            | 4:43           | M/96       |
| 101 | 251 | PIOTR      | GAJDA           | M    | 1964    | ZGIERZ               | POLSKA | ORANGE POLSKA                          | 00:47:32    | 00:47:10   | 12.72           | 4:43           | M/97       |
| 102 | 151 | PIOTR      | SZCZEPANIAK     | M    | 1979    | ŁÓDŹ                 | POLSKA | SZAKALE BAŁUT ŁÓDŹ                     | 00:47:33    | 00:47:24   | 12.66           | 4:44           | M/98       |
| 103 | 298 | RAFAŁ      | GUZIUK          | M    | 1977    | ŁÓDŹ                 | POLSKA |  | 00:47:42    | 00:47:40   | 12.59           | 4:46           | M/99       |
| 104 | 283 | RAFAŁ      | BAKOWSKI        | M    | 1978    | ALEKSANDRÓW ŁÓDZKI   | POLSKA | AGB TORFY                              | 00:47:43    | 00:47:35   | 12.61           | 4:46           | M/100      |
| 105 | 375 | PRZEMYSŁAW | KUBICKI         | M    | 1978    | ŁÓDŹ                 | POLSKA | TRUCHT.COM                             | 00:47:45    | 00:47:38   | 12.6            | 4:46           | M/101      |
| 106 | 479 | MARCIN     | SZUBIELSKI      | M    | 1993    | ŁÓDŹ                 | POLSKA | ATLAS RUNNING TEAM                     | 00:47:53    | 00:47:52   | 12.53           | 4:47           | M/102      |
| 107 | 196 | JONATAN    | KRÓLAK          | M    | 1993    | ŁÓDŹ                 | POLSKA |  | 00:48:00    | 00:47:52   | 12.53           | 4:47           | M/103      |
| 108 | 510 | ŁUKASZ     | NOWAK           | M    | 1983    | TORUŃ                | POLSKA | RUNNING SUCKS / DZIKIE BUŁKI W GALOPIE | 00:48:00    | 00:47:35   | 12.61           | 4:46           | M/104      |
| 109 | 412 | ARTUR      | RYCHTER         | M    | 1992    | SKOTNIKI             | POLSKA |  | 00:48:02    | 00:47:38   | 12.6            | 4:46           | M/105      |
| 110 | 480 | WOJCIECH   | ŚWIĄTEK         | M    | 1988    | ŁÓDŹ                 | POLSKA | INFOSYS RUN                            | 00:48:06    | 00:47:36   | 12.61           | 4:46           | M/106      |
| 111 | 331 | MICHAŁ     | DZIĘGIELEWSKI   | M    | 1987    | ŁÓDŹ                 | POLSKA | RADOGOSZCZ                             | 00:48:07    | 00:47:35   | 12.61           | 4:46           | M/107      |
| 112 | 443 | KAMIL      | WEINBERG        | M    | 1972    | ŁÓDŹ                 | POLSKA | BIEGAMPOŁOZDI/BIEGIEMPOPIWO            | 00:48:12    | 00:48:04   | 12.48           | 4:48           | M/108      |
| 113 | 263 | MARCIN     | JUST            | M    | 1982    | PIOTRKÓW TRYBUNALSKI | POLSKA | BRAK                                   | 00:48:16    | 00:48:04   | 12.48           | 4:48           | M/109      |
| 114 | 159 | IRENEUSZ   | RACZYŃSKI       | M    | 1959    | ALEKSANDRÓW ŁÓDZKI   | POLSKA |  | 00:48:19    | 00:48:15   | 12.44           | 4:50           | M/110      |



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| MSC | NR  | IMIĘ      | NAZWISKO            | PŁEĆ | Rok ur. | MIEJSCOWOŚĆ         | KRAJ   | KLUB                             | CZAS BRUTTO | CZAS NETTO | PREDKOŚĆ [KM/H] | TEMPO [MIN/KM] | KLAS. PŁCI |
|-----|-----|-----------|---------------------|------|---------|---------------------|--------|----------------------------------|-------------|------------|-----------------|----------------|------------|
| 115 | 374 | ŁUKASZ    | PODSIEDLIK          | M    | 1982    | DOBRA               | POLSKA |                                  | 00:48:20    | 00:47:55   | 12.52           | 4:48           | M/111      |
| 116 | 445 | MARCIN    | STĘPIEŃ             | M    | 1981    | ZGIERZ              | POLSKA |                                  | 00:48:21    | 00:48:09   | 12.46           | 4:49           | M/112      |
| 117 | 361 | MARIUSZ   | KOSTRZEWA           | M    | 1984    | ŁÓDŹ                | POLSKA | KLUB SPORTOWY ALASKA             | 00:48:22    | 00:48:09   | 12.46           | 4:49           | M/113      |
| 118 | 465 | DOMINIK   | STANEK              | M    | 1987    | ŁÓDŹ                | POLSKA |                                  | 00:48:26    | 00:48:18   | 12.42           | 4:50           | M/114      |
| 119 | 466 | ROBERT    | PODLASIAK           | M    | 1979    | ŁÓDŹ                | POLSKA | RYSIOTEAM                        | 00:48:27    | 00:48:25   | 12.39           | 4:51           | M/115      |
| 120 | 176 | MICHAŁ    | WIERZCHOŃ           | M    | 1974    | ŁÓDŹ                | POLSKA | PARKRUN ŁÓDŹ                     | 00:48:39    | 00:48:21   | 12.41           | 4:50           | M/116      |
| 121 | 378 | MARUSZ    | NOWAK               | M    | 1974    | PROBOSZCZEWICE      | POLSKA |                                  | 00:48:41    | 00:48:23   | 12.4            | 4:50           | M/117      |
| 122 | 165 | JAKUB     | STRZELECKI CIRRUS   | M    | 1964    | ŁÓDŹ                | POLSKA | RYSIOTEAM                        | 00:48:43    | 00:48:35   | 12.35           | 4:52           | M/118      |
| 123 | 217 | KAMILA    | KWIECIEŃ - LIPIŃSKA | K    | 1975    | ŁÓDŹ                | POLSKA | AMBITNE TYGRYSICE                | 00:48:43    | 00:48:35   | 12.35           | 4:52           | K/5        |
| 124 | 448 | MACIEJ    | SOWA                | M    | 1968    | ŁÓDŹ                | POLSKA | SZAKALE BAŁUT ŁÓDŹ / SP 189 ŁÓDŹ | 00:48:49    | 00:48:26   | 12.39           | 4:51           | M/119      |
| 125 | 359 | PIOTR     | CIEŚLAK             | M    | 1976    | ŁÓDŹ                | POLSKA |                                  | 00:48:58    | 00:48:37   | 12.34           | 4:52           | M/120      |
| 126 | 450 | KAMIL     | TRUCHTA             | M    | 1987    | ŁÓDŹ                | POLSKA |                                  | 00:49:19    | 00:49:04   | 12.23           | 4:54           | M/121      |
| 127 | 458 | WOJCIECH  | STĘPNIAK            | M    | 1971    | ZGIERZ              | POLSKA | KRWINKA                          | 00:49:28    | 00:49:19   | 12.17           | 4:56           | M/122      |
| 128 | 405 | KRZYSZTOF | JUSZCZYSZYN         | M    | 1979    | ŁÓDŹ                | POLSKA |                                  | 00:49:33    | 00:49:07   | 12.22           | 4:55           | M/123      |
| 129 | 393 | GRZEGORZ  | MALICKI             | M    |         | NOWY KAZANÓW        | POLSKA |                                  | 00:49:34    | 00:49:24   | 12.15           | 4:56           | M/124      |
| 130 | 79  | MICHAŁ    | BEK                 | M    | 1981    | ŁÓDŹ                | POLSKA | DRUŻYNA BSS                      | 00:49:37    | 00:49:17   | 12.17           | 4:56           | M/125      |
| 131 | 451 | SZYMON    | WITEK               | M    | 1992    | TOMASZÓW MAZOWIECKI | POLSKA | INFOSYS RUN                      | 00:49:37    | 00:49:25   | 12.14           | 4:56           | M/126      |
| 132 | 356 | GRZEGORZ  | HERKT               | M    | 1973    | ŁÓDŹ                | POLSKA |                                  | 00:49:39    | 00:49:30   | 12.12           | 4:57           | M/127      |
| 133 | 280 | KONRAD    | ADAMCZEWSKI         | M    | 1981    | ŁÓDŹ                | POLSKA | ORANGE POLSKA                    | 00:49:46    | 00:49:20   | 12.16           | 4:56           | M/128      |
| 134 | 453 | MIROSLAW  | PASTUSZKA           | M    | 1966    | ŁÓDŹ                | POLSKA |                                  | 00:49:51    | 00:49:23   | 12.15           | 4:56           | M/129      |
| 135 | 455 | MAREK     | PASTUSZKA           | M    | 1989    | ŁÓDŹ                | POLSKA | RUN ŁDZ / TRUCHT.COM             | 00:49:51    | 00:49:23   | 12.15           | 4:56           | M/130      |
| 136 | 520 | PIOTR     | WIECZOREK           | M    | 1972    | ŁÓDŹ                | POLSKA | WIECZOREK ŁÓDŹ                   | 00:49:55    | 00:49:48   | 12.05           | 4:59           | M/131      |
| 137 | 333 | TOMASZ    | ERNST               | M    | 1988    | ŁÓDŹ                | POLSKA |                                  | 00:49:57    | 00:49:44   | 12.06           | 4:58           | M/132      |
| 138 | 233 | TOMASZ    | MICHALSKI           | M    | 1989    | ŁÓDŹ                | POLSKA | KB ARTURÓWEK                     | 00:49:58    | 00:49:42   | 12.07           | 4:58           | M/133      |
| 139 | 409 | ANNA      | OWCZARCZYK          | K    | 1992    | PABIANICE           | POLSKA |                                  | 00:49:59    | 00:49:49   | 12.04           | 4:59           | K/6        |
| 140 | 457 | PAWEŁ     | SPUŁTOWSKI          | M    | 1971    | ŁÓDŹ                | POLSKA |                                  | 00:50:00    | 00:49:23   | 12.15           | 4:56           | M/134      |
| 141 | 275 | ROBERT    | FELCENLOBEN         | M    | 1979    | ŁÓDŹ                | POLSKA |                                  | 00:50:03    | 00:50:01   | 12              | 5:00           | M/135      |
| 142 | 355 | SEBASTIAN | JANACZYK            | M    | 1981    | KALISZ              | POLSKA |                                  | 00:50:03    | 00:49:32   | 12.11           | 4:57           | M/136      |
| 143 | 318 | MARIUSZ   | KELER               | M    | 1981    | PIOTRKÓW TRYB.      | POLSKA | TRIAKTYWNI                       | 00:50:09    | 00:50:08   | 11.97           | 5:01           | M/137      |
| 144 | 164 | MICHAŁ    | SIERPIŃSKI          | M    | 1984    | PABIANICE           | POLSKA |                                  | 00:50:10    | 00:49:36   | 12.1            | 4:58           | M/138      |
| 145 | 513 | TOMASZ    | SKORUPA             | M    | 1973    | ŁÓDŹ                | POLSKA | ARCHITEKCIWBIEGU.PL              | 00:50:14    | 00:49:56   | 12.02           | 4:60           | M/139      |
| 146 | 169 | HENRYK    | REJZA               | M    | 1951    | OZORKÓW             | POLSKA | KS MARATON OSTRÓW WLKP           | 00:50:18    | 00:50:09   | 11.96           | 5:01           | M/140      |
| 147 | 404 | ROBERT    | ŻURAWIŃSKI          | M    | 1985    | STRYKÓW             | POLSKA |                                  | 00:50:20    | 00:50:11   | 11.96           | 5:01           | M/141      |
| 148 | 154 | KATARZYNA | SUSKA               | K    | 1977    | ŁÓDŹ                | POLSKA | ŁÓDŹ RUNNING TEAM                | 00:50:28    | 00:50:13   | 11.95           | 5:01           | K/7        |
| 149 | 167 | MARCIN    | SZCZEPAŃSKI         | M    | 1973    | ŁÓDŹ                | POLSKA | RETKINIA RUN                     | 00:50:37    | 00:50:21   | 11.92           | 5:02           | M/142      |
| 150 | 368 | MARCIN    | JEŻYNA              | M    | 1987    | ŁÓDŹ                | POLSKA | TATE & LYLE ACTIVE TEAM          | 00:50:38    | 00:50:16   | 11.94           | 5:02           | M/143      |
| 151 | 266 | WITOLD    | GOSZCZYCKI          | M    | 1967    | ŁOWICZ              | POLSKA | STARZYŃSKIEGO BIEGA ŁOWICZ       | 00:50:38    | 00:50:34   | 11.87           | 5:03           | M/144      |
| 152 | 209 | JAROSŁAW  | KRZYŻANOWSKI        | M    | 1979    | ŁOWICZ              | POLSKA | STARZYŃSKIEGO BIEGA ŁOWICZ       | 00:50:39    | 00:50:35   | 11.86           | 5:04           | M/145      |



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Nasza pasja, wasza satysfakcja

| MSC | NR  | IMIĘ       | NAZWISKO    | PLEĆ | Rok ur. | MIEJSCOWOŚĆ         | KRAJ   | KLUB                                      | CZAS BRUTTO | CZAS NETTO | PREDKOŚĆ [KM/H] | TEMPO [MIN/KM] | KLAS. PŁCI |
|-----|-----|------------|-------------|------|---------|---------------------|--------|---|-------------|------------|-----------------|----------------|------------|
| 153 | 516 | MACIEJ     | NAJDEREK    | M    | 1982    | POZNAŃ              | POLSKA | NIGHT RUNNERS                             | 00:50:45    | 00:50:31   | 11.88           | 5:03           | M/146      |
| 154 | 340 | DARIUSZ    | BEŚKA       | M    | 1989    | PABIANICE           | POLSKA |   | 00:50:46    | 00:50:19   | 11.92           | 5:02           | M/147      |
| 155 | 181 | JANUSZ     | DUK         | M    | 1966    | ŁÓDŹ                | POLSKA |   | 00:50:47    | 00:50:39   | 11.85           | 5:04           | M/148      |
| 156 | 306 | ADAM       | JEZIERSKI   | M    | 1979    | ŁÓDŹ                | POLSKA | MAJAPOLA                                  | 00:50:51    | 00:50:32   | 11.87           | 5:03           | M/149      |
| 157 | 390 | GRZEGORZ   | MROWICKI    | M    | 1982    | ŁÓDŹ                | POLSKA |   | 00:50:53    | 00:50:37   | 11.85           | 5:04           | M/150      |
| 158 | 324 | JAROSŁAW   | MICHAŁEK    | M    | 1965    | KRAKÓW              | POLSKA | ONE WAY TICKET                            | 00:50:54    | 00:50:49   | 11.81           | 5:05           | M/151      |
| 159 | 389 | MARCIN     | ORSKI       | M    | 1975    | KOSZALIN            | POLSKA |   | 00:50:56    | 00:50:33   | 11.87           | 5:03           | M/152      |
| 160 | 285 | MAREK      | CERAN       | M    | 1991    | ŁÓDŹ                | POLSKA |   | 00:50:56    | 00:50:29   | 11.89           | 5:03           | M/153      |
| 161 | 346 | PATRYCJA   | MAJKUT      | K    | 1991    | RADLIN              | POLSKA | AKADEMIABIEGACZA.PL S.L. SALOS-WODNA ŁÓDŹ | 00:50:59    | 00:50:49   | 11.81           | 5:05           | K/8        |
| 162 | 247 | FILIP      | OCHAPSKI    | M    | 1991    | UNIEJÓW             | POLSKA |   | 00:50:59    | 00:50:49   | 11.81           | 5:05           | M/154      |
| 163 | 220 | MICHAŁ     | MŁODAWSKI   | M    | 1987    | ALEKSANDRÓW ŁÓDZKI  | POLSKA | AGB ACTIVE RUNNERS                        | 00:51:02    | 00:50:35   | 11.86           | 5:04           | M/155      |
| 164 | 214 | RAFAŁ      | KASZUBSKI   | M    | 1989    | ŁÓDŹ                | POLSKA | ŁÓDŹ KOCHA SPORT                          | 00:51:05    | 00:50:50   | 11.8            | 5:05           | M/156      |
| 165 | 401 | MACIEJ     | ADAMIAK     | M    |         | KOLONIA BRUŻYCA     | POLSKA |   | 00:51:06    | 00:50:49   | 11.81           | 5:05           | M/157      |
| 166 | 173 | ANNA       | PATURA      | K    | 1969    | ŁÓDŹ                | POLSKA | ŁÓDŹ RUNNING TEAM                         | 00:51:08    | 00:50:46   | 11.82           | 5:05           | K/9        |
| 167 | 478 | DARIUSZ    | WITUSIK     | M    | 1965    | ŁÓDŹ                | POLSKA |   | 00:51:11    | 00:50:43   | 11.83           | 5:04           | M/158      |
| 168 | 376 | DAWID      | ORCZYK      | M    | 1988    | BUKÓWKA             | POLSKA |   | 00:51:13    | 00:50:59   | 11.77           | 5:06           | M/159      |
| 169 | 239 | PAWEŁ      | KOBYLIŃSKI  | M    | 1971    | ZGIERZ              | POLSKA | APAK-FOL                                  | 00:51:20    | 00:51:04   | 11.75           | 5:06           | M/160      |
| 170 | 186 | PIOTR      | STAWICKI    | M    | 1972    | CEKANÓW             | POLSKA |   | 00:51:24    | 00:51:10   | 11.73           | 5:07           | M/161      |
| 171 | 218 | EWA        | LEWANDOWSKA | K    | 1961    | ŁÓDŹ                | POLSKA | KB ARTURÓWEK ŁÓDŹ                         | 00:51:26    | 00:50:59   | 11.77           | 5:06           | K/10       |
| 172 | 168 | MATEUSZ    | WINIECKI    | M    | 1989    | ŁÓDŹ                | POLSKA | ŁÓDŹ RUNNING TEAM                         | 00:51:28    | 00:51:20   | 11.69           | 5:08           | M/162      |
| 173 | 394 | MICHAŁ     | NIEDŹWIEDŹ  | M    | 1994    | ZGIERZ              | POLSKA |   | 00:51:29    | 00:51:10   | 11.73           | 5:07           | M/163      |
| 174 | 334 | JAROSŁAW   | PIÓRKOWSKI  | M    | 1974    | KOŁO                | POLSKA |   | 00:51:30    | 00:51:19   | 11.69           | 5:08           | M/164      |
| 175 | 481 | SEBASTIAN  | STROŻEK     | M    | 1984    | ŁÓDŹ                | POLSKA |   | 00:51:30    | 00:51:06   | 11.74           | 5:07           | M/165      |
| 176 | 300 | DOROTA     | HARĘŻLAK    | K    | 1978    | ŁÓDŹ                | POLSKA | 4 ŁAPY PSA ŁÓDŹ                           | 00:51:31    | 00:51:14   | 11.71           | 5:07           | K/11       |
| 177 | 136 | TERESA     | STEFANČZYK  | K    | 1969    | ALEKSANDRÓW ŁÓDZKI  | POLSKA |   | 00:51:32    | 00:51:12   | 11.72           | 5:07           | K/12       |
| 178 | 304 | JAROSŁAW   | GLUBA       | M    | 1987    | ŁÓDŹ                | POLSKA |   | 00:51:37    | 00:51:12   | 11.72           | 5:07           | M/166      |
| 179 | 377 | MICHAŁ     | KRAWCZYK    | M    | 1986    | KONSTANTYNÓW ŁÓDZKI | POLSKA | RYSIE                                     | 00:51:39    | 00:51:08   | 11.73           | 5:07           | M/167      |
| 180 | 235 | JACEK      | ŁOBODA      | M    | 1989    | PABIANICE           | POLSKA |   | 00:51:42    | 00:51:16   | 11.7            | 5:08           | M/168      |
| 181 | 258 | WOJCIECH   | CIELECKI    | M    | 1982    | ŁÓDŹ                | POLSKA | BRAK                                      | 00:51:47    | 00:51:19   | 11.69           | 5:08           | M/169      |
| 182 | 504 | PIOTR      | LERKA       | M    | 1976    | ŁÓDŹ                | POLSKA | 400BIEGA                                  | 00:51:53    | 00:51:35   | 11.63           | 5:09           | M/170      |
| 183 | 320 | RADOSŁAW   | NAMYŚLAK    | M    | 1971    | KOŁO                | POLSKA | KOŁO BIEGA                                | 00:51:53    | 00:51:43   | 11.6            | 5:10           | M/171      |
| 184 | 398 | ŁUKASZ     | KOCIOŁEK    | M    | 1985    | ZDUŃSKA WOLA        | POLSKA |   | 00:51:58    | 00:51:45   | 11.59           | 5:10           | M/172      |
| 185 | 229 | KATARZYNA  | OSTOJSKA    | K    | 1993    | ZELÓW               | POLSKA | BIEGING TEAM ZELÓW                        | 00:51:58    | 00:51:46   | 11.59           | 5:11           | K/13       |
| 186 | 353 | RYSZARD    | BARJASZ     | M    | 1960    | ŁÓDŹ                | POLSKA | RYSIOTEAM                                 | 00:52:04    | 00:52:02   | 11.53           | 5:12           | M/173      |
| 187 | 337 | PAWEŁ      | PACZKOWSKI  | M    | 1973    | ŁÓDŹ                | POLSKA | DIABECIAKI                                | 00:52:05    | 00:51:36   | 11.63           | 5:10           | M/174      |
| 188 | 295 | ALEKSANDER | BANKOWIAK   | M    | 1992    | ŁÓDŹ                | POLSKA | BRAK                                      | 00:52:07    | 00:51:32   | 11.64           | 5:09           | M/175      |
| 189 | 509 | PAWEŁ      | ANASIK      | M    | 1981    | KLĘK                | POLSKA |   | 00:52:12    | 00:52:05   | 11.52           | 5:12           | M/176      |
| 190 | 195 | MARIUSZ    | KWIATKOWSKI | M    | 1963    | ŁÓDŹ                | POLSKA | DELIA COSMETICS TEAM                      | 00:52:13    | 00:52:08   | 11.51           | 5:13           | M/177      |



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Nasza pasja, wasza satysfakcja

| MSC | NR  | IMIĘ          | NAZWISKO         | PŁEĆ | Rok ur. | MIEJSCOWOŚĆ   | KRAJ   | KLUB                        | CZAS BRUTTO | CZAS NETTO | PREDKOŚĆ [KM/H] | TEMPO [MIN/KM] | KLAS. PŁCI |
|-----|-----|---------------|------------------|------|---------|---------------|--------|-----------------------------|-------------|------------|-----------------|----------------|------------|
| 191 | 271 | KACPER        | BOMBRYCH         | M    | 1998    | ŁOWICZ        | POLSKA | STARZYŃSKIEGO BIEGA ŁOWICZ  | 00:52:17    | 00:52:13   | 11.49           | 5:13           | M/178      |
| 192 | 410 | MICHAŁ        | TRUSKOLAS        | M    | 1975    | ŁÓDŹ          | POLSKA |                             | 00:52:19    | 00:51:49   | 11.58           | 5:11           | M/179      |
| 193 | 498 | TOMASZ        | LICHOTA          | M    | 1979    | ZGIERZ        | POLSKA | ROSSBIEGANI                 | 00:52:20    | 00:51:55   | 11.56           | 5:11           | M/180      |
| 194 | 325 | JACEK         | WALCZAK          | M    | 1964    | BIELAWY       | POLSKA | ZSMR PIĄTEK                 | 00:52:20    | 00:52:01   | 11.53           | 5:12           | M/181      |
| 195 | 292 | RADOSŁAW      | BRZOZOWSKI       | M    | 1979    | ŁÓDŹ          | POLSKA |                             | 00:52:23    | 00:51:49   | 11.58           | 5:11           | M/182      |
| 196 | 226 | JAKUB         | OCHOTA           | M    | 1990    | OZORKÓW       | POLSKA |                             | 00:52:29    | 00:52:03   | 11.53           | 5:12           | M/183      |
| 197 | 141 | HUBERT        | TOMCZUK          | M    | 1993    | BEŁCHATÓW     | POLSKA |                             | 00:52:31    | 00:51:57   | 11.55           | 5:12           | M/184      |
| 198 | 252 | MARIUSZ       | BŁASZCZYK        | M    | 1986    | ZGIERZ        | POLSKA | MBANK                       | 00:52:39    | 00:52:26   | 11.44           | 5:15           | M/185      |
| 199 | 343 | DANIEL        | KACZMARCZYK      | M    | 1978    | ŁÓDŹ          | POLSKA |                             | 00:52:43    | 00:52:10   | 11.5            | 5:13           | M/186      |
| 200 | 245 | MONIKA        | MIKOŁAJCZYK-SOWA | K    | 1976    | ŁÓDŹ          | POLSKA | SZAKALE BAŁUT ŁÓDŹ          | 00:52:46    | 00:52:25   | 11.45           | 5:14           | K/14       |
| 201 | 174 | RADOSŁAW      | STASZCZYK        | M    | 1972    | BRZEZINY      | POLSKA |                             | 00:52:48    | 00:52:20   | 11.46           | 5:14           | M/187      |
| 202 | 194 | PAWEŁ         | MALINOWSKI       | M    | 1975    | SZCZAWIN DUŻY | POLSKA |                             | 00:52:50    | 00:52:40   | 11.39           | 5:16           | M/188      |
| 203 | 397 | BARTŁOMIEJ    | SZCZEPANIAK      | M    | 1981    | ŁÓDŹ          | POLSKA |                             | 00:52:53    | 00:52:42   | 11.39           | 5:16           | M/189      |
| 204 | 435 | URSZULA       | SZCZEPANIAK      | K    | 1982    | ŁÓDŹ          | POLSKA |                             | 00:52:54    | 00:52:43   | 11.38           | 5:16           | K/15       |
| 205 | 157 | MACIEJ        | SUSKI            | M    | 1962    | ŁÓDŹ          | POLSKA | ŁÓDŹ RUNNING TEAM           | 00:52:55    | 00:52:38   | 11.4            | 5:16           | M/190      |
| 206 | 385 | DOMINIKA      | WILIJEWICZ       | K    | 1974    | ŁÓDŹ          | POLSKA |                             | 00:52:55    | 00:52:36   | 11.41           | 5:16           | K/16       |
| 207 | 180 | KRZYSZTOF     | RZEŹNICZEK       | M    | 1982    | ŁÓDŹ          | POLSKA | MBANK                       | 00:52:58    | 00:52:47   | 11.37           | 5:17           | M/191      |
| 208 | 439 | MARIUSZ       | PEPŁOŃSKI        | M    | 1980    | ŁÓDŹ          | POLSKA | GILLETTE RUN                | 00:53:01    | 00:52:29   | 11.43           | 5:15           | M/192      |
| 209 | 230 | TOMASZ        | MICHAŁOWSKI      | M    | 1979    | KALISZ        | POLSKA | KONICA MINOLTA RUNNING TEAM | 00:53:04    | 00:52:44   | 11.38           | 5:16           | M/193      |
| 210 | 286 | ANNA          | BORAWSKA         | K    | 1977    | PŁOCK         | POLSKA | PŁOCK BIEGA NO AGE LIMIT    | 00:53:05    | 00:52:44   | 11.38           | 5:16           | K/17       |
| 211 | 296 | ADAM          | AŁASZEWSKI       | M    | 1973    | ŁÓDŹ          | POLSKA |                             | 00:53:07    | 00:52:49   | 11.36           | 5:17           | M/194      |
| 212 | 436 | KRZYSZTOF     | SIBIELSKI        | M    | 1954    | POLSKA        | POLSKA |                             | 00:53:09    | 00:52:58   | 11.33           | 5:18           | M/195      |
| 213 | 449 | JUSTYNA       | PASTWIŃSKA       | K    | 1989    | ŁÓDŹ          | POLSKA |                             | 00:53:10    | 00:52:41   | 11.39           | 5:16           | K/18       |
| 214 | 163 | BARTOSZ       | ROSZEWSKI        | M    | 1990    | GŁOGOWIEC     | POLSKA | BIEGAJĄCY NA WZNIESIENIACH  | 00:53:15    | 00:52:40   | 11.39           | 5:16           | M/196      |
| 215 | 506 | IGOR          | LEWANDOWSKI      | M    | 1989    | ŁÓDŹ          | POLSKA |                             | 00:53:18    | 00:53:04   | 11.31           | 5:18           | M/197      |
| 216 | 463 | PIOTR         | PAPUZIŃSKI       | M    | 1984    | ŁÓDŹ          | POLSKA | ATLAS RUNNING TEAM          | 00:53:21    | 00:53:04   | 11.31           | 5:18           | M/198      |
| 217 | 187 | DAGMARA       | KACPERSKA        | K    | 1984    | ŁÓDŹ          | POLSKA |                             | 00:53:21    | 00:52:55   | 11.34           | 5:18           | K/19       |
| 218 | 519 | JOANNA        | WYTYKOWSKA       | K    | 1980    | ŁÓDŹ          | POLSKA | RYŚIE                       | 00:53:23    | 00:52:53   | 11.35           | 5:17           | K/20       |
| 219 | 402 | BEATA         | JARECKA          | K    | 1984    | ŁÓDŹ          | POLSKA |                             | 00:53:24    | 00:53:10   | 11.29           | 5:19           | K/21       |
| 220 | 125 | BARTŁOMIEJ    | SZAŁAPSKI        | M    | 1976    | ŁÓDŹ          | POLSKA |                             | 00:53:27    | 00:53:07   | 11.3            | 5:19           | M/199      |
| 221 | 289 | MAREK         | CZUBIŃSKI        | M    | 1953    | ŁÓDŹ          | POLSKA |                             | 00:53:28    | 00:53:17   | 11.26           | 5:20           | M/200      |
| 222 | 456 | JOANNA        | SPUŁTOWSKA       | K    | 1972    | ŁÓDŹ          | POLSKA |                             | 00:53:33    | 00:52:57   | 11.33           | 5:18           | K/22       |
| 223 | 370 | ANDRZEJ SOCHA | SOCHA            | M    | 1975    | RZECZYCA      | POLSKA |                             | 00:53:34    | 00:53:14   | 11.27           | 5:19           | M/201      |
| 224 | 249 | MACIEK        | CIESIELSKI       | M    | 1982    | DOBRA         | POLSKA | LKS STRUGA DOBIESZKÓW       | 00:53:35    | 00:53:14   | 11.27           | 5:19           | M/202      |
| 225 | 452 | MARIUSZ       | SKONIECZNY       | M    | 1987    | ŁÓDŹ          | POLSKA | INFOSYS RUN                 | 00:53:44    | 00:53:31   | 11.21           | 5:21           | M/203      |
| 226 | 364 | IWONA         | ROŹNIATA         | K    | 1973    | GŁOWNO        | POLSKA | GŁOWNO W BIEGU              | 00:53:46    | 00:53:25   | 11.23           | 5:21           | K/23       |
| 227 | 360 | ANDRZEJ       | ROŹNIATA         | M    | 1972    | GŁOWNO        | POLSKA | GŁOWNO W BIEGU              | 00:53:46    | 00:53:27   | 11.23           | 5:21           | M/204      |
| 228 | 411 | MICHAŁ        | BEŁDOWSKI        | M    | 1979    | ZGIERZ        | POLSKA | GRUPA ODWET                 | 00:53:48    | 00:53:33   | 11.2            | 5:21           | M/205      |



IV BIEG POWSTAŃCA  
DOBRA k. Łodzi 27.02.2016 r.  
10 km

inesSport  
Nasza pasja, wasza satysfakcja

| MSC | NR  | IMIĘ       | NAZWISKO      | PŁEĆ | Rok ur. | MIEJSCOWOŚĆ         | KRAJ   | KLUB                        | CZAS BRUTTO | CZAS NETTO | PREDKOŚĆ [KM/H] | TEMPO [MIN/KM] | KLAS. PŁCI |
|-----|-----|------------|---------------|------|---------|---------------------|--------|-----------------------------|-------------|------------|-----------------|----------------|------------|
| 229 | 147 | SŁAWOMIR   | WACHOWICZ     | M    | 1971    | ALEKSANDRÓW ŁÓDZKI  | POLSKA | DRUŻYNA BSS                 | 00:53:49    | 00:53:34   | 11.2            | 5:21           | M/206      |
| 230 | 171 | SYLWIA     | WYLAZLOWSKA   | K    | 1977    | ŁÓDŹ                | POLSKA | ŁÓDŹ RUNNING TEAM           | 00:53:50    | 00:53:29   | 11.22           | 5:21           | K/24       |
| 231 | 175 | KAMIL      | WASZCZYKOWSKI | M    | 1982    | CZARNOCIN           | POLSKA |                             | 00:54:06    | 00:53:36   | 11.19           | 5:22           | M/207      |
| 232 | 307 | PIOTR      | BOGUCKI       | M    | 1981    | ŁÓDŹ                | POLSKA | ATLAS RUNNING TEAM          | 00:54:18    | 00:54:02   | 11.1            | 5:24           | M/208      |
| 233 | 302 | TOMASZ     | CHMIELARSKI   | M    | 1985    | ŁÓDŹ                | POLSKA | INFOSYS RUN                 | 00:54:27    | 00:54:15   | 11.06           | 5:25           | M/209      |
| 234 | 231 | DARIUSZ    | KUBIAK        | M    | 1983    | ŁÓDŹ                | POLSKA | BIEGACZ NOWOSOLNA           | 00:54:27    | 00:54:03   | 11.1            | 5:24           | M/210      |
| 235 | 248 | JAROSŁAW   | KOLCZYŃSKI    | M    | 1981    | ŁÓDŹ                | POLSKA | KONICA MINOLTA RUNNING TEAM | 00:54:31    | 00:54:11   | 11.07           | 5:25           | M/211      |
| 236 | 259 | DARIUSZ    | JAGODZINSKI   | M    | 1967    | PIOTRKÓW TRYB       | POLSKA | BORCH                       | 00:54:36    | 00:54:13   | 11.07           | 5:25           | M/212      |
| 237 | 380 | PAWEŁ      | PERYGA        | M    | 1983    | BEŁCHATÓW           | POLSKA |                             | 00:54:42    | 00:54:08   | 11.08           | 5:25           | M/213      |
| 238 | 500 | ADAM       | LACH          | M    | 1991    | ŁÓDŹ                | POLSKA |                             | 00:54:46    | 00:54:17   | 11.05           | 5:26           | M/214      |
| 239 | 287 | ANNA       | BŁAŻAŁEK      | K    | 1977    | ŁÓDŹ                | POLSKA |                             | 00:54:47    | 00:54:30   | 11.01           | 5:27           | K/25       |
| 240 | 379 | SŁAWOMIR   | KORDYZON      | M    | 1985    | NOWE PROBOSZCZEWICE | POLSKA |                             | 00:54:47    | 00:54:26   | 11.02           | 5:27           | M/215      |
| 241 | 223 | ANNA       | KALINOWSKA    | K    | 1978    | ŁÓDŹ                | POLSKA | PGF ZDROWY WYBÓR            | 00:54:48    | 00:54:31   | 11.01           | 5:27           | K/26       |
| 242 | 193 | PATRYK     | KŁOSSOWSKI    | M    | 1991    | KOŁO                | POLSKA |                             | 00:55:11    | 00:54:48   | 10.95           | 5:29           | M/216      |
| 243 | 276 | MICHAŁ     | DOBROWOLSKI   | M    | 1991    | ŁÓDŹ                | POLSKA |                             | 00:55:13    | 00:54:41   | 10.97           | 5:28           | M/217      |
| 244 | 156 | MICHAŁ     | STAWIŃSKI     | M    | 1975    | PIĄTEK              | POLSKA |                             | 00:55:18    | 00:54:59   | 10.91           | 5:30           | M/218      |
| 245 | 155 | KAROLINA   | ULATOWSKA     | K    | 1998    | ŁAZIN               | POLSKA | ZSMR PIĄTEK                 | 00:55:19    | 00:55:19   | 10.85           | 5:32           | K/27       |
| 246 | 225 | ŁUKASZ     | OCHOTA        | M    | 1990    | OZORKÓW             | POLSKA |                             | 00:55:22    | 00:54:57   | 10.92           | 5:30           | M/219      |
| 247 | 475 | TOMASZ     | SOŚNIERZ      | M    | 1987    | ŁÓDŹ                | POLSKA |                             | 00:55:27    | 00:55:13   | 10.87           | 5:31           | M/220      |
| 248 | 323 | MIROSŁAW   | ŁYJAK         | M    | 1957    | ŁAGIEWNIKI NOWE     | POLSKA | MPK- ŁÓDŹ                   | 00:55:30    | 00:55:06   | 10.89           | 5:31           | M/221      |
| 249 | 294 | JAKUB      | BANASZKIEWICZ | M    | 1979    | BUDY WOLSKI         | POLSKA |                             | 00:55:34    | 00:55:08   | 10.88           | 5:31           | M/222      |
| 250 | 254 | PIOTR      | BEDERSKI      | M    | 1980    | ŁÓDŹ                | POLSKA |                             | 00:55:34    | 00:55:02   | 10.9            | 5:30           | M/223      |
| 251 | 515 | AGNIESZKA  | KLEPCZYŃSKA   | K    | 1987    | ŁÓDŹ                | POLSKA | TATE & LYLE ACTIVE TEAM     | 00:55:34    | 00:55:12   | 10.87           | 5:31           | K/28       |
| 252 | 144 | ARKADIUSZ  | TYFA          | M    | 1973    | ŁÓDŹ                | POLSKA |                             | 00:55:35    | 00:55:13   | 10.87           | 5:31           | M/224      |
| 253 | 514 | MATEUSZ    | LESZCZYŃSKI   | M    | 1984    | ŁÓDŹ                | POLSKA | FIT FABRIC                  | 00:55:39    | 00:55:28   | 10.82           | 5:33           | M/225      |
| 254 | 161 | ADAM       | SARZYŃSKI     | M    | 1973    | ŁÓDŹ                | POLSKA | SONOCO LPC RUNNING TEAM     | 00:55:44    | 00:55:10   | 10.88           | 5:31           | M/226      |
| 255 | 133 | MARCIN     | STANECKI      | M    | 1976    | SKIERNIEWICE        | POLSKA |                             | 00:55:45    | 00:55:28   | 10.82           | 5:33           | M/227      |
| 256 | 134 | WIESŁAW    | PAWIAK        | M    | 1953    | ZGIERZ              | POLSKA |                             | 00:55:47    | 00:55:25   | 10.83           | 5:33           | M/228      |
| 257 | 240 | HENRYK     | KWAŚNIEWSKI   | M    | 1954    | ŁÓDŹ                | POLSKA |                             | 00:55:52    | 00:55:29   | 10.81           | 5:33           | M/229      |
| 258 | 482 | KRZYSZTOF  | SIEJKOWSKI    | M    | 1987    | JEŻÓW               | POLSKA | ROZTRUCHTOLENIE             | 00:55:53    | 00:55:25   | 10.83           | 5:33           | M/230      |
| 259 | 206 | MACIEJ     | KILAŃSKI      | M    | 1995    | PABIANICE           | POLSKA |                             | 00:55:56    | 00:55:44   | 10.77           | 5:34           | M/231      |
| 260 | 272 | BŁAŻEJ     | BISKUPSKI     | M    | 1971    | ŁÓDŹ                | POLSKA |                             | 00:55:56    | 00:55:48   | 10.75           | 5:35           | M/232      |
| 261 | 244 | ZBIGNIEW   | KACPRZAK      | M    | 1971    | ŁÓDŹ                | POLSKA | SZAKALE BAŁUT ŁÓDŹ          | 00:56:17    | 00:56:05   | 10.7            | 5:37           | M/233      |
| 262 | 507 | PAWEŁ      | OLEJNICZAK    | M    | 1987    | ZGIERZ              | POLSKA |                             | 00:56:22    | 00:55:57   | 10.72           | 5:36           | M/234      |
| 263 | 437 | BARTŁOMIEJ | PAWELCZYK     | M    | 1973    | ŁÓDŹ                | POLSKA |                             | 00:56:28    | 00:55:54   | 10.73           | 5:35           | M/235      |
| 264 | 354 | MALGORZATA | CYRULEWSKA    | K    | 1971    | GLINNIK             | POLSKA |                             | 00:56:31    | 00:56:13   | 10.67           | 5:37           | K/29       |
| 265 | 274 | GRZEGORZ   | GOLIŃSKI      | M    | 1980    | ŁÓDŹ                | POLSKA | ŁÓDŹ KOCHA SPORT            | 00:56:32    | 00:56:16   | 10.66           | 5:38           | M/236      |
| 266 | 162 | MAGDALENA  | POLA          | K    | 1978    | ŁÓDŹ                | POLSKA | ŁÓDŹ KOCHA SPORT            | 00:56:32    | 00:56:16   | 10.66           | 5:38           | K/30       |



IV BIEG POWSTAŃCA  
DOBRA k. Łodzi 27.02.2016 r.  
10 km

inesSport  
Nasza pasja, wasza satysfakcja

| MSC | NR  | IMIĘ            | NAZWISKO   | PŁEĆ | Rok ur. | MIEJSCOWOŚĆ          | KRAJ    | KLUB                                      | CZAS BRUTTO | CZAS NETTO | PREDKOŚĆ [KM/H] | TEMPO [MIN/KM] | KLAS. PŁCI |
|-----|-----|-----------------|------------|------|---------|----------------------|---------|---|-------------|------------|-----------------|----------------|------------|
| 267 | 279 | PATRYK          | JEZIERSKI  | M    | 1980    | ŁÓDŹ                 | POLSKA  | ŁÓDŹ KOCHA SPORT                          | 00:56:32    | 00:56:16   | 10.66           | 5:38           | M/237      |
| 268 | 338 | GRZEGORZ        | WŁODARCZYK | M    | 1970    | PABIANICE            | POLSKA  |   | 00:56:37    | 00:56:26   | 10.63           | 5:39           | M/238      |
| 269 | 192 | BEATA           | KARWOWSKA  | K    | 1973    | ZGIERZ               | POLSKA  |   | 00:56:44    | 00:56:23   | 10.64           | 5:38           | K/31       |
| 270 | 267 | JAKUB           | BALICKI    | M    | 1973    | ŁÓDŹ                 | POLSKA  | DRUŻYNA DOZ / ASAP RUNNERS                | 00:56:51    | 00:56:16   | 10.66           | 5:38           | M/239      |
| 271 | 284 | KATARZYNA       | CERAN      | K    | 1987    | PABIANICE            | POLSKA  | AKADEMIABIEGACZA.PL S.L. SALOS-WODNA ŁÓDŹ | 00:56:56    | 00:56:29   | 10.62           | 5:39           | K/32       |
| 272 | 146 | ARTUR           | STRZELECKI | M    | 1966    | PIOTRKÓW TRYBUNALSKI | POLSKA  |   | 00:56:58    | 00:56:40   | 10.59           | 5:40           | M/240      |
| 273 | 469 | MARIA           | WÓJCIK     | K    | 1985    | TRĄBIN               | POLSKA  | RUNNING SUCKS/DZIKIE BUŁKI W GALOPIE      | 00:57:02    | 00:56:36   | 10.6            | 5:40           | K/33       |
| 274 | 145 | MARTA           | RAWECKA    | K    | 1981    | ŁÓDŹ                 | POLSKA  | AKADEMIABIEGACZA.PL S.L. SALOS-WODNA ŁÓDŹ | 00:57:05    | 00:56:36   | 10.6            | 5:40           | K/34       |
| 275 | 473 | TADEUSZ         | RUTA       | M    | 1950    | DOBRA NOWINY         | POLSKA  | WKB META LUBLINIEC                        | 00:57:06    | 00:56:33   | 10.61           | 5:39           | M/241      |
| 276 | 400 | TOMASZ          | KUBIAK     | M    | 1985    | ZGIERZ               | POLSKA  |   | 00:57:06    | 00:56:51   | 10.55           | 5:41           | M/242      |
| 277 | 126 | KRYSTIAN        | RATAJCZYK  | M    | 1988    | DOBRA                | POLSKA  | POWSTANIEC DOBRA                          | 00:57:09    | 00:57:05   | 10.51           | 5:42           | M/243      |
| 278 | 408 | MONIKA          | PAWLAK     | K    | 1965    | GROTNIKI             | POLSKA  |   | 00:57:10    | 00:56:47   | 10.57           | 5:41           | K/35       |
| 279 | 352 | PIOTR           | SABACIŃSKI | M    | 1984    | ŁÓDŹ                 | POLSKA  |   | 00:57:16    | 00:56:47   | 10.57           | 5:41           | M/244      |
| 280 | 462 | WOJCIECH        | WŁODARCZYK | M    | 1956    | ŁÓDŹ                 | POLSKA  |   | 00:57:19    | 00:56:48   | 10.56           | 5:41           | M/245      |
| 281 | 328 | VALERIY         | KOBZYEV    | M    | 1974    | ŁÓDŹ                 | POLSKA  | PULS STUDIO FITNESS                       | 00:57:23    | 00:57:04   | 10.51           | 5:42           | M/246      |
| 282 | 447 | PIOTR           | WICIŃSKI   | M    | 1980    | PABIANICE            | POLSKA  | INFOSYS RUN                               | 00:57:29    | 00:56:57   | 10.54           | 5:42           | M/247      |
| 283 | 138 | KAROL           | RZEŹNICKI  | M    | 1966    | ŁÓDŹ                 | POLSKA  | UKS PRAUSSA                               | 00:57:31    | 00:57:14   | 10.48           | 5:43           | M/248      |
| 284 | 246 | TOMASZ          | MARCINIAK  | M    | 1981    | ŁÓDŹ                 | POLSKA  | KLUB BIEGACZA RTVEUROAGD                  | 00:57:32    | 00:57:08   | 10.5            | 5:43           | M/249      |
| 285 | 265 | BEATA           | DEMBIŃSKA  | K    | 1975    | ŁÓDŹ                 | POLSKA  | AMBITNE TYGRYSICE                         | 00:57:32    | 00:57:05   | 10.51           | 5:42           | K/36       |
| 286 | 471 | PAULINA         | OLEJNICZAK | K    | 1989    | ŁÓDŹ                 | POLSKA  |   | 00:57:39    | 00:57:14   | 10.48           | 5:43           | K/37       |
| 287 | 467 | NORBERT         | ŚMIGIELSKI | M    | 1978    | KONSTANTYNÓW ŁÓDZKI  | POLSKA  |   | 00:58:23    | 00:57:56   | 10.36           | 5:48           | M/250      |
| 288 | 130 | IRENEUSZ        | TERKA      | M    | 1962    | ŁÓDŹ                 | POLSKA  |   | 00:58:23    | 00:58:11   | 10.31           | 5:49           | M/251      |
| 289 | 395 | PIOTR           | KUŹMIŃSKI  | M    | 1996    | STRYKÓW              | POLSKA  |   | 00:58:37    | 00:58:13   | 10.31           | 5:49           | M/252      |
| 290 | 357 | TOMASZ          | GRALKA     | M    | 1972    | ŁÓDŹ                 | POLSKA  |   | 00:58:45    | 00:58:13   | 10.31           | 5:49           | M/253      |
| 291 | 501 | ALINA           | MIŚKIEWICZ | K    | 1977    | ŁÓDŹ                 | POLSKA  |   | 00:58:50    | 00:58:26   | 10.27           | 5:51           | K/38       |
| 292 | 459 | PAULINA         | STĘPNIAK   | K    | 1993    | ZGIERZ               | POLSKA  |   | 00:58:50    | 00:58:41   | 10.22           | 5:52           | K/39       |
| 293 | 137 | MACIEJ          | ZAREMBA    | M    | 1981    | KSAWERÓW             | POLSKA  |   | 00:58:54    | 00:58:44   | 10.22           | 5:52           | M/254      |
| 294 | 191 | GRAŻYNA         | MAKOWSKA   | K    | 1985    | KSAWERÓW             | POLSKA  |   | 00:58:57    | 00:58:47   | 10.21           | 5:53           | K/40       |
| 295 | 406 | ZYGMUNT TADEUSZ | RZEŹNICKI  | M    | 1955    | ŁÓDŹ                 | POLSKA  |   | 00:59:00    | 00:58:37   | 10.24           | 5:52           | M/255      |
| 296 | 312 | SEBASTIAN       | RAPACZ     | M    | 1986    | SKOTNIKI             | POLSKA  | -   | 00:59:05    | 00:58:43   | 10.22           | 5:52           | M/256      |
| 297 | 330 | ANNA            | EDYK       | K    | 1964    | TOMASZÓW MAZ.        | POLSKA  |   | 00:59:16    | 00:58:48   | 10.2            | 5:53           | K/41       |
| 298 | 327 | BARBARA         | DANKIEWICZ | K    | 1971    | ŁOWICZ               | POLSKA  | STARZYŃSKIEGO BIEGA                       | 00:59:24    | 00:59:21   | 10.11           | 5:56           | K/42       |
| 299 | 386 | EWELINA         | SZYKLANC   | K    | 1983    | PABIANICE            | POLSKA  | GTW PABIANICE                             | 00:59:28    | 00:59:00   | 10.17           | 5:54           | K/43       |
| 300 | 477 | AGNIESZKA       | WÓJCIK     | K    | 1982    | RAJSZEW              | POLSKA  | TRUCHT TARCHOMIN TEAM                     | 00:59:37    | 00:59:18   | 10.12           | 5:56           | K/44       |
| 301 | 314 | MARCIN          | NOWACKI    | M    | 1978    | STRYKÓW              | POLSKA  |   | 00:59:38    | 00:59:14   | 10.13           | 5:55           | M/257      |
| 302 | 308 | COSMIN          | COSEREATA  | M    | 1987    | LODZ                 | POLSKA  | INFOSYS                                   | 00:59:43    | 00:59:11   | 10.14           | 5:55           | M/258      |
| 303 | 468 | MARIAN CIPRIAN  | SARBEA     | M    | 1987    | LODZ                 | RUMUNIA | INFOSYS RUN                               | 00:59:44    | 00:59:11   | 10.14           | 5:55           | M/259      |
| 304 | 160 | RADOSŁAW        | RATALEWSKI | M    | 1970    | ŁÓDŹ                 | POLSKA  |   | 00:59:53    | 00:59:25   | 10.1            | 5:56           | M/260      |





IV BIEG POWSTAŃCA  
DOBRA k. Łodzi 27.02.2016 r.  
10 km

inesSport  
Nasza pasja, wasza satysfakcja

| MSC | NR  | IMIĘ          | NAZWISKO       | PŁEĆ | Rok ur. | MIEJSCOWOŚĆ          | KRAJ   | KLUB                       | CZAS BRUTTO | CZAS NETTO | PREDKOŚĆ [KM/H] | TEMPO [MIN/KM] | KLAS. PŁCI |
|-----|-----|---------------|----------------|------|---------|----------------------|--------|----------------------------|-------------|------------|-----------------|----------------|------------|
| 305 | 250 | DOROTA        | ANTCZAK        | K    | 1973    | TUSZYN               | POLSKA |                            | 01:00:08    | 01:00:04   | 9.99            | 6:00           | K/45       |
| 306 | 261 | DAMIAN        | JAGODZIŃSKI    | M    | 1991    | PIOTRKÓW TRYBUNALSKI | POLSKA | TEATR ŻYWIÓŁÓW VERSUS      | 01:00:29    | 01:00:05   | 9.99            | 6:01           | M/261      |
| 307 | 339 | MONIKA        | KUBIAK         | K    | 1990    | ŁÓDŹ                 | POLSKA |                            | 01:00:36    | 01:00:03   | 9.99            | 6:00           | K/46       |
| 308 | 199 | ANTONI        | KRUPINIEWICZ   | M    | 1969    | LEGIONOWO            | POLSKA | SKORPION                   | 01:00:37    | 01:00:09   | 9.98            | 6:01           | M/262      |
| 309 | 297 | MONIKA        | HETMANEK       | K    | 1973    | PABIANICE            | POLSKA | AFLOFARM RUNNING TEAM      | 01:00:40    | 01:00:14   | 9.96            | 6:01           | K/47       |
| 310 | 172 | MAGDALENA     | TRZECIECKA     | K    | 1967    | ŁÓDŹ                 | POLSKA | BRAK                       | 01:00:49    | 01:00:27   | 9.93            | 6:03           | K/48       |
| 311 | 205 | JACEK         | KURMAN         | M    | 1969    | ŁOWICZ               | POLSKA | STARZYŃSKIEGO BIEGA        | 01:01:00    | 01:00:56   | 9.85            | 6:06           | M/263      |
| 312 | 269 | AGNIESZKA     | ANYSZKA        | K    | 1969    | ŁOWICZ               | POLSKA | STARZYŃSKIEGO BIEGA ŁOWICZ | 01:01:00    | 01:00:57   | 9.84            | 6:06           | K/49       |
| 313 | 207 | MARZENA       | KURMAN         | K    | 1968    | ŁOWICZ               | POLSKA | STARZYŃSKIEGO BIEGA        | 01:01:00    | 01:00:57   | 9.84            | 6:06           | K/50       |
| 314 | 347 | MICHAŁ        | WÓJCIK         | M    | 1997    | GŁOWNO               | POLSKA |                            | 01:01:02    | 01:00:59   | 9.84            | 6:06           | M/264      |
| 315 | 444 | MAGDALENA     | STĘPIEŃ        | K    | 1979    | ZGIERZ               | POLSKA |                            | 01:01:05    | 01:00:53   | 9.85            | 6:05           | K/51       |
| 316 | 150 | GABRIELA      | TRIANA         | K    | 1984    | ŁÓDŹ                 | MEKSYK | INFOSYS RUN                | 01:01:06    | 01:00:45   | 9.88            | 6:05           | K/52       |
| 317 | 470 | PAWEŁ         | WOŁKANIN       | M    | 1959    | ŁÓDŹ                 | POLSKA | POLPHARMA RUN TEAM         | 01:01:12    | 01:00:36   | 9.9             | 6:04           | M/265      |
| 318 | 472 | KRZYSZTOF     | KWAPISZ        | M    | 1986    | ŁÓDŹ                 | POLSKA |                            | 01:02:10    | 01:01:39   | 9.73            | 6:10           | M/266      |
| 319 | 446 | MARCIN        | SZCZERBIAK     | M    | 1975    | ŁÓDŹ                 | POLSKA | DRUŻYNA BSS                | 01:02:17    | 01:01:46   | 9.71            | 6:11           | M/267      |
| 320 | 305 | SONIA         | CIEŚLIK        | K    | 1992    | ŁÓDŹ                 | POLSKA |                            | 01:02:20    | 01:01:51   | 9.7             | 6:11           | K/53       |
| 321 | 129 | CEZARY        | RYBCZYŃSKI     | M    | 1961    | STRYKÓW              | POLSKA |                            | 01:02:35    | 01:02:16   | 9.64            | 6:14           | M/268      |
| 322 | 367 | IWONA         | BORUCH         | K    | 1984    | RADOM                | POLSKA | BRAK                       | 01:02:51    | 01:02:21   | 9.62            | 6:14           | K/54       |
| 323 | 310 | AGNIESZKA     | DABROSZ        | K    | 1983    | PULAWY               | POLSKA | INFOSYS RUN                | 01:02:53    | 01:02:42   | 9.57            | 6:16           | K/55       |
| 324 | 322 | ZBIGNIEW      | OSTAFIN        | M    | 1961    | ZGIERZ               | POLSKA | MPK ŁÓDŹ                   | 01:03:03    | 01:02:40   | 9.57            | 6:16           | M/269      |
| 325 | 270 | LIDIA         | BOMBRYCH       | K    | 1970    | ŁOWICZ               | POLSKA | STARZYŃSKIEGO BIEGA ŁOWICZ | 01:03:13    | 01:03:11   | 9.5             | 6:19           | K/56       |
| 326 | 204 | DOROTA        | OSTROWSKA      | K    | 1966    | ŁOWICZ               | POLSKA | STARZYŃSKIEGO BIEGA ŁOWICZ | 01:03:20    | 01:03:18   | 9.48            | 6:20           | K/57       |
| 327 | 388 | JACEK         | REMBOWSKI      | M    | 1946    | ŁOWICZ               | POLSKA |                            | 01:03:21    | 01:02:44   | 9.56            | 6:16           | M/270      |
| 328 | 476 | GRAŻYNA       | WALIS          | K    | 1965    | OZORKÓW              | POLSKA |                            | 01:04:19    | 01:03:44   | 9.41            | 6:22           | K/58       |
| 329 | 518 | WERONIKA      | CHRABELSKA     | K    | 1980    | DOBROŃ               | POLSKA | RYSIE                      | 01:04:43    | 01:04:13   | 9.34            | 6:25           | K/59       |
| 330 | 256 | MARTA         | BUDZIAREK      | K    | 1984    | ŁÓDŹ                 | POLSKA | RYSIE                      | 01:04:43    | 01:04:12   | 9.35            | 6:25           | K/60       |
| 331 | 326 | EMILIA        | KACZMAREK      | K    | 1977    | ŁÓDŹ                 | POLSKA |                            | 01:04:44    | 01:04:29   | 9.3             | 6:27           | K/61       |
| 332 | 211 | JACEK         | KUJAWIAK       | M    | 1966    | ŁÓDŹ                 | POLSKA |                            | 01:05:38    | 01:05:05   | 9.22            | 6:31           | M/271      |
| 333 | 213 | KRZYSZTOF     | KACZMARKIEWICZ | M    | 1961    | ŁÓDŹ                 | POLSKA | ITAKA                      | 01:05:43    | 01:05:38   | 9.14            | 6:34           | M/272      |
| 334 | 132 | MAŁGORZATA    | STANECKA       | K    | 1976    | SKIERNIEWICE         | POLSKA |                            | 01:06:28    | 01:06:09   | 9.07            | 6:37           | K/62       |
| 335 | 369 | RENATA        | MAZUR          | K    | 1972    | GAŁKÓW MAŁY          | POLSKA |                            | 01:07:05    | 01:06:40   | 9               | 6:40           | K/63       |
| 336 | 373 | PIOTR         | MARCINIAK      | M    | 1992    | KIEŁMINA             | POLSKA |                            | 01:07:17    | 01:07:13   | 8.93            | 6:43           | M/273      |
| 337 | 221 | ANDRZEJ       | KAWKA          | M    | 1963    | KUTNO                | POLSKA |                            | 01:07:41    | 01:07:13   | 8.93            | 6:43           | M/274      |
| 338 | 210 | MARIAN FELIKS | KUPIS          | M    | 1945    | ŁÓDŹ                 | POLSKA | KB ARTURÓWEK               | 01:07:47    | 01:07:15   | 8.92            | 6:43           | M/275      |
| 339 | 342 | HENRYK        | KĘBŁOWSKI      | M    | 1949    | PABIANICE            | POLSKA |                            | 01:08:26    | 01:08:25   | 8.77            | 6:51           | M/276      |
| 340 | 197 | TOMASZ        | OSIEWALSKI     | M    | 1994    | ŁÓDŹ                 | POLSKA |                            | 01:11:29    | 01:11:21   | 8.41            | 7:08           | M/277      |
| 341 | 127 | KAROLINA      | RAPACZ         | K    | 1989    | SKOTNIKI             | POLSKA |                            | 01:12:07    | 01:12:02   | 8.33            | 7:12           | K/64       |
| 342 | 128 | ANDRZEJ       | ŚLĘZAK         | M    | 1965    | SKOTNIKI             | POLSKA | LSK ZAMEK SKOTNIKI         | 01:12:07    | 01:12:02   | 8.33            | 7:12           | M/278      |



**IV BIEG POWSTAŃCA**  
**DOBRA k. Łodzi 27.02.2016 r.**  
**10 km**

**inesSport**  
Nasza pasja, wasza satysfakcja

| MSC | NR  | IMIĘ      | NAZWISKO     | PŁEĆ | Rok ur. | MIEJSCOWOŚĆ | KRAJ   | KLUB         | CZAS BRUTTO | CZAS NETTO | PRĘDKOŚĆ [KM/H] | TEMPO [MIN/KM] | KLAS. PŁCI |
|-----|-----|-----------|--------------|------|---------|-------------|--------|--------------|-------------|------------|-----------------|----------------|------------|
| 343 | 503 | MAHADEVAN | KK           | M    | 1982    | LODZ        | POLSKA | INFOSYS RUN  | 01:12:08    | 01:11:37   | 8.38            | 7:10           | M/279      |
| 344 | 382 | SERGIUSZ  | MILLER       | M    | 1967    | DOBRA       | POLSKA |              | 01:13:02    | 01:12:26   | 8.28            | 7:15           | M/280      |
| 345 | 381 | ELŻBIETA  | MILLER       | K    | 1968    | DOBRA       | POLSKA |              | 01:13:03    | 01:12:27   | 8.28            | 7:15           | K/65       |
| 346 | 153 | DARIUSZ   | ZDANOWSKI    | M    | 1959    | ŁÓDŹ        | POLSKA | PARKRUN ŁÓDŹ | 01:14:19    | 01:13:51   | 8.12            | 7:23           | M/281      |
| 347 | 260 | TANIA     | CHAGOYA VELA | K    | 1982    | LODZ        | POLSKA |              | 01:15:25    | 01:15:04   | 7.99            | 7:30           | K/66       |



III MARSZ POWSTAŃCA  
DOBRA k. Łodzi 27.02.2016 r.  
6 km

inesSpo  
Nasza pasja, wasza s.

| MSC | NR | IMIĘ        | NAZWISKO           | PLEĆ | Rok ur. | MIEJSCOWOŚĆ          | KRAJ   | KLUB                 | CZAS BRUTTO | CZAS NETTO | PREDKOŚĆ [KM/H] | TEMPO [MIN/KM] | KLAS. PŁCI |
|-----|----|-------------|--------------------|------|---------|----------------------|--------|----------------------|-------------|------------|-----------------|----------------|------------|
| 1   | 49 | MICHAŁ      | OSSA OSIŃSKI       | M    | 1996    | ŁÓDŹ                 | POLSKA | FOREVER YOUNG ŁÓDŹ   | 00:35:36    | 00:35:35   | 10.12           | 5:56           | M/1        |
| 2   | 29 | JAKUB       | DEŁĄG              | M    | 1998    | PIOTRKÓW TRYBUNALSKI | POLSKA | ENDORFINA PIOTRKÓW   | 00:36:07    | 00:36:06   | 9.97            | 6:01           | M/2        |
| 3   | 10 | KRZYSZTOF   | CZŁAPSKI           | M    | 1963    | CIECHANÓW            | POLSKA | NW CIECHANÓW         | 00:36:57    | 00:36:56   | 9.75            | 6:09           | M/3        |
| 4   | 20 | ROMAN       | CIEŚLAK            | M    | 1960    | ŁÓDŹ                 | POLSKA | FOREVER YOUNG ŁÓDŹ   | 00:37:45    | 00:37:42   | 9.55            | 6:17           | M/4        |
| 5   | 75 | SŁAWEK      | KACPRZAK           | M    | 1975    | JUSTYNÓW             | POLSKA | LZS JUSTYNÓW         | 00:38:34    | 00:38:32   | 9.34            | 6:25           | M/5        |
| 6   | 7  | MARCIN      | MACKIEWICZ         | M    | 1993    | CIECHANÓW            | POLSKA | NW CIECHANÓW         | 00:38:40    | 00:38:39   | 9.31            | 6:26           | M/6        |
| 7   | 23 | MAŁGORZATA  | JANCZYK            | K    | 1982    | ŁÓDŹ                 | POLSKA | FOREVER YOUNG ŁÓDŹ   | 00:38:47    | 00:38:44   | 9.29            | 6:27           | K/1        |
| 8   | 8  | BEATA       | KOŁODZIEJCZAK      | K    | 1973    | SOCHACZEW            | POLSKA | SOCHO TEAM           | 00:38:59    | 00:38:57   | 9.24            | 6:29           | K/2        |
| 9   | 12 | KRZYSZTOF   | ŁASKI              | M    | 1964    | ŁÓDŹ                 | POLSKA | BIEGIEM PO PIWO      | 00:39:06    | 00:39:04   | 9.22            | 6:31           | M/7        |
| 10  | 52 | WIESŁAW     | SZCZEPANIAK        | M    | 1957    | ALEKSANDRÓW ŁÓDZKI   | POLSKA | KRWINKA              | 00:39:28    | 00:39:22   | 9.14            | 6:34           | M/8        |
| 11  | 21 | ROBERT      | PSUT               | M    | 1991    | NIEWIADÓW            | POLSKA | FOREVER YOUNG ŁÓDŹ   | 00:39:53    | 00:39:52   | 9.03            | 6:39           | M/9        |
| 12  | 58 | JACEK       | DZIEDZIELA         | M    | 1958    | DOBIESZKÓW           | POLSKA |                      | 00:40:00    | 00:39:59   | 9               | 6:40           | M/10       |
| 13  | 6  | JAN         | KOCIMSKI           | M    | 1948    | SOCHACZEW            | POLSKA | KM AKTYWNI SOCHACZEW | 00:40:39    | 00:40:37   | 8.86            | 6:46           | M/11       |
| 14  | 56 | JANUSZ      | MOLENDĄ            | M    | 1974    | ŁÓDŹ                 | POLSKA |                      | 00:41:04    | 00:41:00   | 8.78            | 6:50           | M/12       |
| 15  | 76 | PAWEŁ       | KACPRZAK           | M    | 1999    | JUSTYNÓW             | POLSKA | LZS JUSTYNÓW         | 00:41:25    | 00:41:22   | 8.7             | 6:54           | M/13       |
| 16  | 28 | JÓZEF       | DEŁĄG              | M    | 1958    | PIOTRKÓW TRYBUNALSKI | POLSKA | PKB ENDORFINA        | 00:41:27    | 00:41:26   | 8.69            | 6:54           | M/14       |
| 17  | 22 | JOANNA      | BALCERAK-KOLASA    | K    | 1974    | ŁÓDŹ                 | POLSKA | EPOKA NORDICA        | 00:42:09    | 00:42:07   | 8.55            | 7:01           | K/3        |
| 18  | 35 | PIOTR       | MOŻYSZEK           | M    | 1961    | PABIANICE            | POLSKA |                      | 00:42:22    | 00:42:16   | 8.52            | 7:03           | M/15       |
| 19  | 51 | WŁODZIMIERZ | KACZMAREK          | M    | 1951    | ŁÓDŹ                 | POLSKA |                      | 00:42:36    | 00:42:32   | 8.46            | 7:05           | M/16       |
| 20  | 38 | KAZIMIERZ   | MAKOWSKI           | M    | 1952    | KSAWERÓW             | POLSKA |                      | 00:42:47    | 00:42:45   | 8.42            | 7:08           | M/17       |
| 21  | 55 | GRAŻYNA     | SOBAŃSKA           | K    | 1956    | DRUŻBICE             | POLSKA |                      | 00:43:06    | 00:43:04   | 8.36            | 7:11           | K/4        |
| 22  | 34 | ALEKSANDRA  | GRĄDZKA-MOŻYSZEK   | K    | 1964    | PABIANICE            | POLSKA |                      | 00:43:08    | 00:43:01   | 8.37            | 7:10           | K/5        |
| 23  | 32 | DONATA      | FILIPEK            | K    | 1970    | PIOTRKÓW TRYBUNALSKI | POLSKA | ENDORFINA            | 00:43:25    | 00:43:23   | 8.3             | 7:14           | K/6        |
| 24  | 60 | MARCIN      | WOŁOWIEC           | M    | 1975    | GŁÓWNO               | POLSKA | FOREVER YOUNG        | 00:43:49    | 00:43:46   | 8.23            | 7:18           | M/18       |
| 25  | 72 | DOROTA      | LASOTA             | K    | 1967    | JUSTYNÓW             | POLSKA | LZS JUSTYNÓW         | 00:44:45    | 00:44:40   | 8.06            | 7:27           | K/7        |
| 26  | 57 | ANDRZEJ     | CZUPRYNIAK         | M    | 1949    | ŁÓDŹ                 | POLSKA | ZUZIA TEAM           | 00:45:04    | 00:45:00   | 8               | 7:30           | M/19       |
| 27  | 30 | BOGUSŁAW    | STEFANCZYK         | M    | 1963    | ALEKSANDRÓW ŁÓDZKI   | POLSKA |                      | 00:46:02    | 00:45:54   | 7.84            | 7:39           | M/20       |
| 28  | 41 | KRZYSZTOF   | PATYKOWSKI         | M    | 1975    | PABIANICE            | POLSKA |                      | 00:46:21    | 00:46:14   | 7.79            | 7:42           | M/21       |
| 29  | 31 | LESZEK      | GIZIŃSKI           | M    | 1954    | PIOTRKÓW TRYBUNALSKI | POLSKA | ENDORFINA            | 00:46:21    | 00:46:19   | 7.77            | 7:43           | M/22       |
| 30  | 33 | MIROSLAW    | FRANKIEWICZ        | M    | 1975    | PABIANICE            | POLSKA | FNP NW PABIANICE     | 00:46:27    | 00:46:20   | 7.77            | 7:43           | M/23       |
| 31  | 9  | CEZARY      | IMIŃSKI            | M    | 1968    | ZGIERZ               | POLSKA |                      | 00:46:32    | 00:46:29   | 7.74            | 7:45           | M/24       |
| 32  | 68 | MAŁGORZATA  | PIOTROWICZ         | K    | 1969    | KONSTANTYNÓW ŁÓDZKI  | POLSKA | ŁÓDZKIE MORSY        | 00:46:36    | 00:46:30   | 7.74            | 7:45           | K/8        |
| 33  | 40 | ELŻBIETA    | OSIEJA             | K    | 1967    | PABIANICE            | POLSKA | FNP NW PABIANICE     | 00:46:40    | 00:46:33   | 7.73            | 7:46           | K/9        |
| 34  | 3  | ANITA       | PASZKIEWICZ-KĘSIAK | K    | 1953    | ŁÓDŹ                 | POLSKA | FOREVER YOUNG ŁÓDŹ   | 00:46:40    | 00:46:35   | 7.73            | 7:46           | K/10       |
| 35  | 69 | URSZULA     | WOŹNICA            | K    | 1959    | ŁÓDŹ                 | POLSKA | PULS AKTYWNE TEAM    | 00:46:42    | 00:46:38   | 7.72            | 7:46           | K/11       |
| 36  | 39 | TOMASZ      | OSIEJA             | M    | 1967    | PABIANICE            | POLSKA | FNP NW PABIANICE     | 00:46:46    | 00:46:37   | 7.72            | 7:46           | M/25       |
| 37  | 53 | LENA        | KOSIORKIEWICZ      | K    | 1970    | ŁÓDŹ                 | POLSKA | RYSIOTEAM            | 00:46:57    | 00:46:52   | 7.68            | 7:49           | K/12       |
| 38  | 66 | KATARZYNA   | MALINOWSKA         | K    | 1976    | SZCZAWIN DUŻY        | POLSKA |                      | 00:47:21    | 00:47:20   | 7.61            | 7:53           | K/13       |



III MARSZ POWSTAŃCA  
DOBRA k. Łodzi 27.02.2016 r.  
6 km

inesSpo  
Nasza pasja, wasza s.

| MSC | NR | IMIĘ       | NAZWISKO             | PŁEĆ | Rok ur. | MIEJSCOWOŚĆ          | KRAJ   | KLUB                   | CZAS BRUTTO | CZAS NETTO | PREDKOŚĆ [KM/H] | TEMPO [MIN/KM] | KLAS. PŁCI |
|-----|----|------------|----------------------|------|---------|----------------------|--------|------------------------|-------------|------------|-----------------|----------------|------------|
| 39  | 44 | JACEK      | BIŃCZYK              | M    | 1967    | NARUSZEWO            | POLSKA | CISOWIANKA             | 00:47:22    | 00:47:16   | 7.62            | 7:53           | M/26       |
| 40  | 70 | JACEK      | KOLBA                | M    | 1975    | ŁÓDŹ                 | POLSKA |                        | 00:47:41    | 00:47:35   | 7.57            | 7:56           | M/27       |
| 41  | 71 | AGNIESZKA  | FORZPAŃCZYK          | K    | 1972    | ŁÓDŹ                 | POLSKA |                        | 00:47:49    | 00:47:44   | 7.54            | 7:57           | K/14       |
| 42  | 14 | DOROTA     | SKUDLARSKA           | K    | 1978    | DOBRA                | POLSKA | LKS STRUGA DOBIESZKÓW  | 00:48:04    | 00:47:54   | 7.52            | 7:59           | K/15       |
| 43  | 13 | GABRIELA   | CIESIELSKA           | K    | 1991    | DOBRA                | POLSKA | LKS STRUGA DOBIESZKÓW  | 00:48:04    | 00:47:54   | 7.52            | 7:59           | K/16       |
| 44  | 19 | KONRAD     | CIESIOŁKIEWICZ       | M    | 1956    | ŁÓDŹ                 | POLSKA |                        | 00:48:16    | 00:48:12   | 7.47            | 8:02           | M/28       |
| 45  | 15 | EMILIA     | STRUGIŃSKA           | K    | 1981    | DOMANIEWICE          | POLSKA |                        | 00:48:22    | 00:48:19   | 7.45            | 8:03           | K/17       |
| 46  | 54 | KATARZYNA  | RZEŹNICKA            | K    | 1969    | ŁÓDŹ                 | POLSKA |                        | 00:48:44    | 00:48:42   | 7.39            | 8:07           | K/18       |
| 47  | 45 | DANIEL     | ZAGÓRSKI             | M    | 1949    | ŁÓDŹ                 | POLSKA |                        | 00:48:57    | 00:48:53   | 7.36            | 8:09           | M/29       |
| 48  | 48 | MAREK      | RUBACHA              | M    | 1954    | ŁÓDŹ                 | POLSKA |                        | 00:49:06    | 00:49:03   | 7.34            | 8:11           | M/30       |
| 49  | 17 | ELŻBIETA   | FOKS                 | K    | 1981    | DOMANIEWICE          | POLSKA | BŁYSKAWICA DOMANIEWICE | 00:49:11    | 00:49:08   | 7.33            | 8:11           | K/19       |
| 50  | 16 | JOANNA     | STUPNOWICZ           | K    | 1975    | ŁÓDŹ                 | POLSKA | FOREVER YOUNG ŁÓDŹ     | 00:49:20    | 00:49:13   | 7.31            | 8:12           | K/20       |
| 51  | 50 | MARZENA    | TROCIŃSKA            | K    | 1972    | ŁÓDŹ                 | POLSKA | RYSIOTEAM              | 00:49:21    | 00:49:17   | 7.3             | 8:13           | K/21       |
| 52  | 1  | MARIA      | KOCHANIAK            | K    | 1953    | ŁÓDŹ                 | POLSKA | FOREVER YOUNG ŁÓDŹ     | 00:50:00    | 00:49:52   | 7.22            | 8:19           | K/22       |
| 53  | 11 | KATARZYNA  | TOMCZAK              | K    | 1985    | DOBRA                | POLSKA |                        | 00:50:09    | 00:50:03   | 7.19            | 8:21           | K/23       |
| 54  | 78 | EWELINA    | POTAKOWSKA           | K    | 1987    | PODKÓWEK WŁOŚCIAŃSKI | POLSKA |                        | 00:50:10    | 00:50:04   | 7.19            | 8:21           | K/24       |
| 55  | 24 | TOMASZ     | OMIECIŃSKI           | M    | 1972    | LEŚNICA              | POLSKA |                        | 00:50:21    | 00:50:12   | 7.17            | 8:22           | M/31       |
| 56  | 43 | SZYMON     | STRZELCZYK           | M    | 1968    | PABIANICE            | POLSKA |                        | 00:51:32    | 00:51:28   | 6.99            | 8:35           | M/32       |
| 57  | 2  | MAREK      | DOMŻALSKI            | M    | 1959    | LEŚNICA              | POLSKA |                        | 00:51:47    | 00:51:38   | 6.97            | 8:36           | M/33       |
| 58  | 26 | ALEKSANDRA | GAJDA                | K    | 1957    | ZGIERZ               | POLSKA |                        | 00:51:48    | 00:51:40   | 6.97            | 8:37           | K/25       |
| 59  | 74 | JADWIGA    | ŁUSZCZYŃSKA          | K    | 1955    | ŁÓDŹ                 | POLSKA |                        | 00:51:50    | 00:51:42   | 6.96            | 8:37           | K/26       |
| 60  | 42 | MARZENA    | STRZELCZYK           | K    | 1969    | PABIANICE            | POLSKA |                        | 00:52:16    | 00:52:09   | 6.9             | 8:41           | K/27       |
| 61  | 25 | LIDKA      | OMIECIŃSKA           | K    | 1974    | LEŚNICA              | POLSKA |                        | 00:53:19    | 00:53:09   | 6.77            | 8:51           | K/28       |
| 62  | 73 | KRYSTYNA   | JANCZAK-NALEWEJ      | K    | 1951    | BUKOWIEC             | POLSKA | LZS JUSTYNÓW           | 00:53:24    | 00:53:19   | 6.75            | 8:53           | K/29       |
| 63  | 4  | JERZY      | CIESIELSKI           | M    | 1952    | ŁÓDŹ                 | POLSKA |                        | 00:53:32    | 00:53:24   | 6.74            | 8:54           | M/34       |
| 64  | 63 | MARIOLA    | KALKOWSKA            | K    | 1959    | PABIANICE            | POLSKA |                        | 00:54:55    | 00:54:49   | 6.57            | 9:08           | K/30       |
| 65  | 77 | ALEKSANDRA | POTAKOWSKA - WITCZAK | K    | 1986    | GŁÓWNO               | POLSKA |                        | 00:54:58    | 00:54:52   | 6.56            | 9:09           | K/31       |
| 66  | 59 | BOŻENA     | RAPACZ               | K    | 1975    | SZCZAWIN DUŻY        | POLSKA |                        | 00:55:53    | 00:55:44   | 6.46            | 9:17           | K/32       |
| 67  | 36 | AGNIESZKA  | GŁOWACKA             | K    | 1982    | ANIELIN SWĘDOWSKI    | POLSKA |                        | 00:56:14    | 00:56:02   | 6.42            | 9:20           | K/33       |
| 68  | 37 | MATEUSZ    | GŁOWACKI             | M    | 1981    | ANIELIN SWĘDOWSKI    | POLSKA |                        | 00:56:14    | 00:56:02   | 6.42            | 9:20           | M/35       |
| 69  | 67 | KRZYSZTOF  | PIGUŁA               | M    | 1962    | ŁÓDŹ                 | POLSKA | DELIA COSMETICS TEAM   | 00:56:35    | 00:56:25   | 6.38            | 9:24           | M/36       |
| 70  | 61 | ANDRZEJ    | KROSZCZYŃSKI         | M    | 1954    | ZGIERZ               | POLSKA |                        | 00:56:35    | 00:56:28   | 6.38            | 9:25           | M/37       |
| 71  | 62 | MARZENA    | KROSZCZYŃSKA         | K    | 1972    | ZGIERZ               | POLSKA | -                      | 00:56:35    | 00:56:28   | 6.38            | 9:25           | K/34       |
| 72  | 64 | JOANNA     | SALSKA               | K    | 1974    | RZGÓW                | POLSKA | DELIA COSMETICS TEAM   | 00:56:35    | 00:56:29   | 6.37            | 9:25           | K/35       |
| 73  | 47 | RAFAŁ      | KARPIŃSKI            | M    | 1976    | GRĄBCZEWO            | POLSKA |                        | 00:56:36    | 00:56:31   | 6.37            | 9:25           | M/38       |