

1	SZAŁACHOWSKI Tomasz	368	GÓRAL Z MAZUR RUNNING TEAM	DOBRE MIASTO	M40	1	M 1	00:00:00	01:09:57	02:05:42	03:28:51	04:48:37	06:33:44	07:52:33	08:30:52	08:49:22.46	08:49:2
2	ZYSK Tomasz	62	STOWARZYSZENIE SPORTOWE POLSKIE ULTRA	WYSOKIE MAZOWIECKIE	M30	1	M 2	00:00:00	01:12:37	02:11:47	03:40:30	04:59:42	06:42:38	07:59:25	08:35:31	08:52:58.53	08:52:5
3	ŚLASKI Radosław	167	POGÓRZE ULTRA TRAIL	STRZYŻÓW	M50	1	M 3	00:00:07	01:15:32		03:44:34	05:03:57	06:45:52	08:00:57	08:39:24	08:58:00.26	08:58:0
4	KRZESZOWSKI Marcin	336		STRZEGOM	M40	2	M 4	00:00:15	01:21:28	02:27:09	03:59:21	05:24:25	07:12:31	08:36:07	09:16:55	09:37:28.22	09:37:4
5	MALYSZ Kamil	357	KLUB PRZYJACIÓŁ MYSZKI MIKI	WEŁTYŃ	M30	2	M 5	00:00:20	01:23:17	02:25:26	03:56:35	05:23:16	07:10:57	08:40:23	09:25:43	09:48:42.66	09:49:0
6	LUBASZEWSKI Zbigniew	339	WILCZAK CZECHOSŁOWACKI	AUGUSTÓW	M40	3	M 6	00:00:12	01:17:16	02:22:53	03:56:15	05:26:38	07:24:52	08:52:24	09:35:32	09:53:50.17	09:54:0
7	MIKULSKI Łukasz	206		SOWIA WOLA	M30	3	M 7	00:00:00	01:15:24	02:18:23	03:50:53	05:15:18	07:11:31	08:47:04	09:33:25	09:54:45.86	09:54:4
8	PSUJA Anna	309	BIEGAJĄCY ŚWIDNIK	ŚWIDNIK	K40	1	K 1	00:00:01	01:17:47	02:23:10	03:58:35	05:26:03	07:20:25	08:51:35	09:36:41	09:58:50.84	09:58:5
9	WĄDOŁOWSKA Justyna	215		TYKOCIN	K30	1	K 2	00:00:01	01:17:26	02:22:51	03:59:18	05:27:17	07:26:49	08:58:03	09:41:22	10:01:35.81	10:01:3
10	SKWARA Marek	194	SKWARA TEAM	RZESZÓW	M40	4	M 8	00:00:09	01:16:57	02:18:57	03:49:00	05:17:38	07:18:08	08:53:14	09:39:22	10:02:25.78	10:02:3
11	ŚWIĘCICKI Tomasz	59	LKS KURPIE	WARSZAWA	M40	5	M 9	00:00:03	01:15:32	02:14:57	03:40:45	05:07:30	07:15:44	08:53:57	09:44:18	10:05:01.10	10:05:0
12	KOŁACZ-SŁOMA Iga	341	LAFIRYNDY I GAMONIE	ŁÓDŹ	K20	1	K 3	00:00:02	01:21:43	02:27:35	04:02:03	05:31:37	07:34:20	09:05:05	09:52:28	10:13:26.55	10:13:2
13	HOŁOWNIA Tomasz	120	GRUPA BIEGOWA BEZ GRANIC	LEGNICA	M40	6	M 10	00:00:01	01:16:59	02:19:07	03:49:10	05:12:43	07:22:08	09:05:32	09:52:32	10:15:03.51	10:15:0
14	ŻEBROWSKI Juliusz	287		KOZIEGŁOWY	M30	4	M 11	00:00:00	01:20:02	02:24:45	03:57:32	05:33:08	07:37:55	09:10:58	09:57:43	10:18:13.04	10:18:1
15	MÓJTA Grzegorz	171	KOŁO BIEGA	KOŁO	M40	7	M 12	00:00:07	01:25:19	02:30:32	04:07:42	05:38:12	07:42:36	09:16:17	10:06:17	10:29:38.96	10:29:4
16	PATERKA Marek	322	STOWARZYSZENIE SPORTOWY KOTLIN	KOTLIN	M40	8	M 13	00:00:18	01:20:04	02:25:35	04:00:34	05:33:46	07:40:15	09:18:46	10:06:58	10:29:57.85	10:30:1
17	PERKOWSKI Aleksander	137		SOKÓŁKA	M30	5	M 14	00:00:44	01:16:27	02:17:00	03:48:22	05:22:53	07:34:26	09:14:52	10:07:32	10:29:49.08	10:30:3
18	KURASIK Tomasz	349		ŁÓDŹ	M40	9	M 15	00:00:00	01:15:36	02:18:09	03:55:06	05:28:47	07:41:37	09:20:43	10:09:17	10:32:09.49	10:32:1
19	GIERSEWSKI Maciek	227	ZAŁOGA G	WARSZAWA	M30	6	M 16	00:00:23	01:23:02	02:30:14	04:07:49	05:43:38	07:51:33	09:26:59	10:13:58	10:35:06.96	10:35:3
20	WIESIEŁOWSKI Jarosław	230	PRONAR	BIELSK PODLASKI	M50	2	M 17	00:00:05	01:23:41	02:31:01	04:07:46	05:41:31	07:48:11	09:27:52	10:20:02	10:39:58.00	10:40:0
21	HORBACZ Grzegorz	84		ŚLUPSK	M50	3	M 18	00:00:12	01:19:46	02:24:44	03:56:44	05:31:41	07:45:57	09:26:07	10:18:23	10:40:19.46	10:40:3
22	JURGIEL Karol	320		SOKÓŁKA	M30	7	M 19	00:00:46	01:24:28	02:37:14	04:21:02	05:51:35	07:56:43	09:28:49	10:19:08	10:40:00.40	10:40:4
23	BIAŁOUS Kamil	184		BIAŁYSTOK	M30	8	M 20	00:00:13	01:22:22	02:27:34	04:07:35	05:46:02	07:51:07	09:29:21	10:19:45	10:41:18.77	10:41:3
24	OSICKI Dawid	93	KATALPA DOMY DREWNIANE	LUBAWA	M30	9	M 21	00:00:02	01:17:38	02:23:05	04:01:52	05:35:53	07:58:16	09:39:20	10:22:09	10:41:43.95	10:41:4
25	RUSINEK Michał	293		SZCZYTNO	M40	10	M 22	00:00:00	01:15:09	02:15:01	03:42:27	05:11:33	07:21:17	09:15:57	10:18:28	10:48:46.52	10:48:4
26	SZCZYPIŃSKI Bartosz	218	LUBARTOWSKI BEERGACZ	LUBARTÓW	M40	11	M 23	00:00:33	01:22:02	02:27:14	04:05:16	05:39:55	07:49:50	09:34:40	10:26:55	10:49:06.93	10:49:4
27	WÓJCIK-WIŚNIEWSKA Monika	221	#GOPATI	WROCŁAW	K30	2	K 4	00:00:00	01:17:40	02:23:10	04:03:29	05:41:24	07:58:39	09:35:26	10:30:39	10:50:55.07	10:50:5
28	SZUPRYCZYŃSKI Krzysztof	295	XRUNNERS	GDĄŃSK	M30	10	M 24	00:00:41	01:22:55	02:29:57	04:07:30	05:49:19	08:08:43	09:47:22	10:32:08	10:52:41.41	10:53:2
29	KWAŚNIK Sławomir	192	PRZEDWOJEWSKI TEAM	ŁODZIA	M30	11	M 25	00:00:04	01:17:49	02:22:56	03:56:21	05:30:52	07:50:02	09:38:48	10:34:59	10:55:59.61	10:56:0
30	TROKHYMENKO Yaroslav	261		LUBLIN	M30	12	M 26	00:00:34	01:29:18	02:41:09	04:20:57	05:58:52	08:26:58	09:53:41	10:40:00	11:01:06.65	11:01:4
31	JAKIMIUK Adam	24	PĘDZĄCE ŚLIMAKI ŁOSICE	ŁOSICE	M50	4	M 27	00:00:03	01:15:28	02:17:56	03:48:12	05:21:33	07:37:03	09:30:04	10:28:51	11:01:39.05	11:01:4

32	ZALEWSKA Anna	149	WIEDŹMY BIEGOWE	SKRZESZEW	K40	2	K 5	00:00:02	01:18:04	02:27:39	04:18:22	06:00:50	08:11:53	09:57:46	10:49:07	11:09:36.49	11:09:3
33	PIECIUL Kamil	370		SITAWKA	M30	13	M 28	00:00:14	01:23:51	02:31:10	04:08:55	05:47:03	08:05:58	09:50:41	10:46:11	11:10:57.22	11:11:1
34	WOŹNIAK Paweł	327	W POGONI ZA DUCHEM	DĄBROWA GÓRNICZA	M40	12	M 29	00:00:21	01:15:04	02:17:46	03:56:38	05:40:43	08:11:44	09:57:03	10:48:54	11:11:03.00	11:11:2
35	WAŁDOWSKI Dominik	286	XRUNNERS	GDĄŃSK	M40	13	M 30	00:00:41	01:22:55	02:29:56	04:07:30	05:49:21	08:11:17	09:56:43	10:48:27	11:10:56.59	11:11:3
36	MAŃCZUK Angelika	351		BIAŁYSTOK	K30	3	K 6	00:00:01	01:21:10	02:27:49	04:09:53	05:48:40	08:05:03	09:52:55	10:50:07	11:12:43.93	11:12:4
37	PIETRZAK Paweł	165	KLUB SPORTOWY ATLETA	PRUSZKÓW	M40	14	M 31	00:00:25	01:28:52	02:39:03	04:21:15	05:56:24	08:11:39	09:57:22	10:51:38	11:16:28.78	11:16:5
38	ZACZYK Jakub	229		WARSZAWA	M40	15	M 32	00:00:34	01:22:55	02:30:04	04:13:49	06:03:08	08:28:10	10:04:44	10:55:34	11:17:14.36	11:17:4
39	ZIĘTAŁ Monika	131		LUBIN	K30	4	K 7	00:00:19	01:28:07	02:41:53	04:25:15	06:05:10	08:26:21	10:01:46	10:51:15	11:17:50.34	11:18:0
40	GAŁKOWSKI Krzysztof	318	KLUB BIEGACZA SUPERMARATOŃCZYK	KALISZ	M40	16	M 33	00:00:19	01:20:05	02:28:14	04:17:18	05:59:28	08:24:29	10:20:05	11:08:19	11:28:56.89	11:29:1
41	SOKOŁOWSKI Tomasz	247	KLINIKA TRIATHLONU	BYDGOSZCZ	M30	14	M 34	00:00:07	01:23:26	02:31:28	04:14:34	05:56:05	08:18:07	10:09:45	11:05:19	11:30:04.78	11:30:1
42	WARZECHA Bogusław	253	PANKURA	WIELICZKA	M40	17	M 35	00:00:08	01:21:18	02:30:49	04:18:36	06:05:22	08:26:37	10:18:45	11:10:36	11:30:56.15	11:31:0
43	WOJNAROWSKI Damian	83	KS LENIWIEC	KĘPNO	M30	15	M 36	00:00:49	01:30:54	02:43:43	04:31:31	06:21:50	08:32:03	10:17:15	11:09:20	11:30:22.85	11:31:1
44	GAŚSIOR Krzysztof	89	LAJKONIK BIEGA	PSARY	M40	18	M 37	00:00:05	01:25:06	02:34:50	04:22:27	06:03:11	08:19:23	10:10:19	11:06:54	11:32:54.95	11:33:0
45	SZCZEPEK Łukasz	53		WOLA ZGŁOBIEŃSKA	M40	19	M 38	00:00:42	01:21:57	02:29:04	04:13:07	06:00:11	08:28:52	10:17:48	11:12:28	11:37:19.07	11:38:0
46	URBAŃSKI Dawid	241		WYŚMIERZYCE	M20	1	M 39	00:00:07	01:23:10	02:29:38	04:01:47	05:39:06	07:59:24	10:04:51	11:08:25	11:37:56.68	11:38:0
47	DZIEWIĄTKOWSKI Tomasz	122		BIAŁYSTOK	M30	16	M 40	00:00:04	01:23:10	02:30:02	04:08:10	05:45:32	08:07:56	10:03:55	11:10:53	11:38:34.97	11:38:3
48	LECH Daniel	376		BIAŁYSTOK	M40	20	M 41	00:00:14	01:25:26	02:34:21	04:15:40	05:56:09	08:22:28	10:15:03	11:17:19	11:40:19.35	11:40:3
49	WIERZBIŃSKI Karol	256	AUTOPAY RUNNING CLUB	PIASECZNO	M50	5	M 42	00:00:26	01:28:49	02:39:03	04:24:03	06:08:13	08:32:39	10:20:23	11:16:48	11:41:48.27	11:42:1
50	OLEJNIK Egidiusz	331	JBTEAM	JELENIA GÓRA	M40	21	M 43	00:00:14	01:26:13	02:34:16	04:17:01	06:00:20	08:27:46	10:21:52	11:20:10	11:43:25.24	11:43:3
51	TOMASZEWSKA Katarzyna	301		PRUSZKÓW	K40	3	K 8	00:00:06	01:22:46	02:31:26	04:16:04	05:54:54	08:15:44	10:06:03	11:17:34	11:44:23.36	11:44:3
52	KUSIAK Dariusz	26		GDYNIA	M40	22	M 44	00:00:33	01:28:08	02:40:18	04:22:12	05:57:07	08:08:51	10:07:03	11:11:50	11:43:57.99	11:44:3
53	SZARKOWSKA-LUDEW Katarzyna	377	PKO BANK POLSKI	BIAŁYSTOK	K50	1	K 9	00:00:15	01:29:33	02:42:31	04:29:05	06:12:26	08:32:28	10:24:41	11:20:19	11:44:56.38	11:45:1
54	PÓŹNIAK Sebastian	173		SIEDLISKA 24I	M40	23	M 45	00:00:37	01:31:42	02:40:55	04:22:19	06:09:09	08:31:22	10:20:51	11:19:20	11:45:13.36	11:45:5
55	MARKIEWICZ Grzegorz	94	KALINOWSKI TEAM	CZEREMCHA	M30	17	M 46	00:00:01	01:16:48	02:16:53	03:47:45	05:15:26	07:29:54	09:57:07	11:11:53	11:47:13.49	11:47:1
56	FLIS-CZAJKA Justyna	332		PISARY	K40	4	K 10	00:00:03	01:24:14	02:36:57	04:27:14	06:15:27	08:36:18	10:31:40	11:23:14	11:47:20.06	11:47:2
57	DALLEMURA Maciek	100	BIAŁYSTOK BIEGA TEAM	BIAŁYSTOK	M20	2	M 47	00:00:11	01:20:00	02:25:24	04:05:52	05:52:16	08:22:05	10:22:36	11:25:56	11:49:02.47	11:49:1
58	KOCZUR Kamila	282		ŁOMIAŃKI	K30	5	K 11	00:00:16	01:24:52	02:39:12	04:33:35	06:20:56	08:50:54	10:38:28	11:29:44	11:51:07.64	11:51:2
59	SZAŁACH Sebastian	338		ELBLĄG	M40	24	M 48	00:00:19	01:29:48	02:40:31	04:20:54	06:05:12	08:59:38	10:40:57	11:31:52	11:53:43.66	11:54:0
60	RECLIK Piotr	288		RYBNIK	M20	3	M 49	00:00:27	01:30:35	02:41:55	04:22:24	06:03:26	08:32:29	10:30:11	11:28:00	11:53:42.30	11:54:1
61	SOBORAK Mariusz	174	DARSOFT RUNING TEAM	RUSINOWO	M40	25	M 50	00:00:10	01:24:00	02:34:36	04:19:58	06:03:38	08:28:21	10:29:21	11:33:12	11:58:23.86	11:58:3
62	SZUBERT Marcin	233	KOŁOBRZEG BIEGA	USTRONIE MORSKIE	M40	26	M 51	00:00:16	01:33:21	02:49:45	04:41:57	06:29:07	08:46:20	10:37:23	11:33:54	12:01:11.32	12:01:2

63	MACIEJEWSKI Michal	353	MAIKI TEAM / PRESS GLASS BIEGAMY I WSPIERAMY	POCESNA	M40	27	M 52	00:00:23	01:38:28	02:56:01	04:46:59	06:27:03	08:53:07	10:41:38	11:40:05	12:03:24.10	12:03:4
64	GRODZKI Michał	64		WARSZAWA	M40	28	M 53	00:00:25	01:22:27	02:34:55	04:22:25	06:09:18	08:55:06	10:47:21	11:41:12	12:05:49.42	12:06:1
65	PIETRZAK Agnieszka	164	KLUB SPORTOWY ATLETA	PRUSZKÓW	K40	5	K 12	00:00:25	01:28:52	02:42:53	04:38:52	06:30:48	08:53:12	10:49:42	11:44:17	12:07:00.12	12:07:2
66	REPALSKA Agata	52		KROŚCIENKO WYŻNE	K30	6	K 13	00:00:08	01:32:27	02:47:53	04:42:04	06:28:34	08:53:49	10:41:14	11:43:13	12:08:25.71	12:08:3
67	STAŚKOWIAK Rafał	269	BRACTWO BIEGOWE BGK	WARSZAWA	M40	29	M 54	00:00:16	01:23:52	02:33:32	04:23:44	06:20:27		10:41:53	11:43:04	12:09:29.46	12:09:4
68	WINCKIEWICZ Marek	118		POZNAŃ	M40	30	M 55	00:00:11	01:23:42	02:37:25	04:22:17	06:08:25	08:43:58	10:48:36	11:46:30	12:11:27.71	12:11:3
69	JÓŹWICKI Karol	362	PODLASKIE KOCURY	CHRABOŁY	M40	31	M 56	00:00:04	01:26:47	02:37:52	04:24:30	06:14:11	08:46:57	10:50:34	11:48:45	12:15:05.66	12:15:0
70	OSTANSKI Artur	223	BIEGIEM W LAS	BOLESŁAWIEC	M40	32	M 57	00:00:05	01:23:49	02:33:26	04:16:44	05:55:21	08:26:46	10:42:51	11:49:38	12:15:58.59	12:16:0
71	RACZYŃSKI Patryk	71		KRAKÓW	M30	18	M 58	00:00:42	01:33:58	02:49:10	04:37:26	06:23:59	08:53:15	10:45:32	11:48:46	12:16:47.14	12:17:2
72	DRÓŹDŹ Tomasz	176	CZEWARUN TIM	MIEDŹNO	M40	33	M 59	00:00:24	01:25:26	02:36:57	04:19:24	06:08:29	08:50:33	10:49:58	11:51:27	12:20:49.76	12:21:1
73	DĄBROWSKI Rafał	203	PUSZCZYBUK	SZCZECIN	M40	34	M 60	00:00:09	01:24:00	02:34:41	04:19:40	06:08:41	08:50:47	10:50:12	11:51:42	12:21:04.36	12:21:1
74	CZERNY Tomasz	155		ZABRZE	M40	35	M 61	00:00:42	01:28:37	02:40:34	04:30:10	06:24:03	08:54:04	10:52:47	11:55:58	12:22:10.10	12:22:5
75	ALEKSANDROWICZ Grzegorz	335	STRZAŁY PODLASIA	SOKÓŁKA	M40	36	M 62	00:00:46	01:26:35	02:37:15	04:21:05	06:11:14	08:49:49	10:56:47	11:55:09	12:24:18.02	12:25:0
76	PAWEŁKO Adrian	113		WAŁBRZYCH	M30	19	M 63	00:00:00	01:14:27	02:14:12	03:41:50	05:12:57	08:19:04	10:32:10	11:49:10	12:25:27.17	12:25:2
77	LEWICKI Paweł	219		KRAKÓW	M30	20	M 64	00:00:31	01:32:36	02:46:36	04:35:55	06:20:56	08:58:05	11:01:53	12:02:05	12:26:04.17	12:26:3
78	BARWICKI Marcin	246		WARSZAWA	M40	37	M 65	00:00:27	01:28:46	02:40:28	04:29:33	06:24:12	09:00:03	10:59:37	11:58:43	12:27:11.31	12:27:3
79	GALUS Mirosław	108		LONDON	M50	6	M 66	00:00:10	01:14:41	02:18:39	04:12:46	06:22:13	09:02:22	11:03:53	12:06:05	12:28:33.70	12:28:4
80	LEWIŃSKI Łukasz	207	AKS WATAHA PABIANICE	PABIANICE	M40	38	M 67	00:00:27	01:34:35	02:50:21	04:46:13	06:45:17	09:23:08	11:13:26	12:06:02	12:28:55.23	12:29:2
81	BEDNARZ Paweł	145	LENIWIE DO PRZODU	ZAMOŚĆ	M40	39	M 68	00:00:37	01:33:38	02:46:29	04:37:59	06:27:13	09:03:44	11:06:11	12:06:27	12:30:18.61	12:30:5
82	JASIŃSKI Kacper	181		BIAŁYSTOK	M20	4	M 69	00:00:37	01:25:32	02:37:01	04:28:54	06:20:44	09:04:53	11:02:07	12:03:22	12:31:24.55	12:32:0
83	SZYMCZYK Tomasz	189	TEAM SZYMCZYKI	CZĘSTOCHOWA	M40	40	M 70	00:00:10	01:29:05	02:41:43	04:32:32	06:24:07	08:56:05	11:01:02	12:05:22	12:35:16.66	12:35:2
84	KOBYŁKA Marek	237	SUPERMARATON KALISZ	KALISZ	M50	7	M 71	00:00:32	01:32:30	02:47:49	04:37:29	06:32:06	09:13:56	11:09:26	12:10:41	12:35:21.79	12:35:5
85	BOŹECKI Andrzej	228		WARSZAWA	M30	21	M 72	00:00:07	01:30:03	02:46:29	04:43:16	06:37:23	09:25:46	11:13:00	12:07:51	12:35:59.01	12:36:0
86	ADAMIAK Paweł	220	TECHNOKABEL	SZREŃSK	M20	5	M 73	00:00:13	01:27:26	02:40:35	04:29:58	06:19:23	09:01:43	10:55:04	11:54:42	12:36:22.04	12:36:3
87	KIERZEK Artur	162	LENIWE HOBBITY	ŁÓDŹ	M40	41	M 74	00:00:33	01:36:21	02:54:03	04:47:50	06:35:43	09:21:06	11:14:01	12:10:35	12:36:53.43	12:37:2
88	ROGOWSKI Sławomir	294	SG SQUAD	KOŁO	M40	42	M 75	00:00:39	01:27:31	02:39:08	04:24:37	06:19:22	09:03:26	11:11:39	12:12:43	12:37:34.93	12:38:1
89	PAWLAK Alicja	254	1 SZWADRON	POWIERCIE	K20	2	K 14	00:00:32	01:29:05	02:40:14	04:28:59	06:19:35	09:03:34	11:10:50	12:12:51	12:37:42.85	12:38:1
90	SZUBERT Agnieszka	232		USTRONIE MORSKIE	K40	6	K 15	00:00:15	01:33:02	02:49:42	04:42:15	06:31:24	09:11:29	11:11:28	12:13:54	12:38:47.14	12:39:0
91	ANTKOWIAK Mateusz	268	RED BULL MIŁOŚLAW	MIŁOŚLAW	M40	43	M 76	00:00:18	01:29:08	02:42:07	04:33:53	06:31:23	09:06:23	11:11:26	12:10:13	12:38:48.41	12:39:0
92	ZALEWSKI Karol	275	ROLNIK SAM W DOLINIE	WIŚNIEW	M30	22	M 77	00:00:09	01:28:05	02:40:11	04:30:06	06:24:27	09:05:09	11:13:12	12:15:18	12:39:29.51	12:39:3
93	MAKOWSKI Mateusz	358		LEGIONOWO	M30	23	M 78	00:00:00	01:17:36	02:23:11	04:09:35	06:02:13	08:47:18	10:51:08	12:07:38	12:41:29.64	12:41:3

94	MODERSKI Mateusz	257	ŁYSY&GRUBY WQRW TEAM	LEGNICA	M40	44	M 79	00:00:20	01:28:31	02:45:09	04:39:20	06:31:38	09:17:37	11:15:57	12:17:42	12:43:07.49	12:43:2
95	TWARDOCHLEB Marcin	204	BIEGAM W RZESZOWIE	RZESZÓW	M40	45	M 80	00:00:44	01:28:34	02:40:04	04:32:02	06:29:33	09:11:03	11:19:34	12:19:56	12:43:00.93	12:43:4
96	PAKUŁA Cezary	163		OSTROŁĘKA	M40	46	M 81	00:00:09	01:28:12	02:40:42	04:33:49	06:30:53	09:10:51	11:10:25	12:13:51	12:43:42.40	12:43:5
97	WILHELMOSEN Thomas	33		ÅLESUND	M40	47	M 82	00:00:13	01:29:29	02:42:24	04:29:49	06:21:11	08:58:04	11:03:33	12:11:27	12:43:47.33	12:44:0
98	MALINOWSKI Michał	311		GDAŃSK	M30	24	M 83	00:00:42	01:23:11	02:32:22	04:20:16	06:14:45	09:06:50	11:08:57	12:17:52	12:43:26.66	12:44:0
99	ŁUKOMSKI Maciej	264	SZAKALE BAŁUT ŁÓDŹ / ŁÓDZKI KLUB WYSOKOGÓRSKI	ŁÓDŹ	M50	8	M 84	00:00:11	01:27:46	02:38:03	04:24:41	06:18:22	08:52:50	10:57:48	12:07:16	12:45:17.06	12:45:2
100	DUDZIŃSKI Piotr	208		RZESZÓW	M40	48	M 85	00:00:45	01:28:34	02:40:54	04:32:01	06:29:42	09:11:00	11:19:58	12:19:57	12:45:01.25	12:45:4
101	KOMOSZYŃSKI Marcin	158		SOBIENIE-JEZIORY	M30	25	M 86	00:00:10	01:24:55	02:34:21	04:20:07	06:15:36	08:55:50	11:07:35	12:17:15	12:45:56.61	12:46:0
102	WNUK Tomasz	354	BREMBO	ŁAZY	M40	49	M 87	00:00:31	01:34:48	03:01:34	05:14:03	06:56:54	09:28:52	11:18:50	12:18:45	12:45:35.61	12:46:0
103	MATEJCZYK Kamila	156	KM_W_NATURZE	BIAŁYSTOK	K40	7	K 16	00:00:20	01:31:14	02:50:43	04:38:35	06:27:58	09:21:32	11:22:13	12:22:46	12:46:39.63	12:46:5
104	BALON Piotr	37	OZS GUZIKÓWKA	KROSNO	M40	50	M 88	00:00:08	01:26:20	02:36:53	04:24:53	06:17:30	09:04:13	11:16:12	12:18:37	12:47:16.54	12:47:2
105	GŁOWACKI Krzysztof	185	SZAKALE BAŁUT ŁÓDŹ	ŁÓDŹ	M30	26	M 89	00:00:11	01:27:46	02:38:03	04:24:41	06:18:23	08:52:50	10:56:04	12:07:15	12:48:22.97	12:48:3
106	TARANTA Daniel	177		WARSZAWA	M30	27	M 90	00:00:03	01:25:13	02:33:46	04:18:22	05:57:32	08:45:42	10:56:56	12:14:32	12:49:42.82	12:49:4
107	TYLKOWSKI Filip	345	BIEGACZE STU MOSTÓW	WROCŁAW	M30	28	M 91	00:00:02	01:14:24	02:14:56	03:53:25	05:45:53	08:30:16	10:53:19	12:15:38	12:49:55.79	12:49:5
108	RYMARZ Robert	258	BYCHAWA RUNNER'S	BYCHAWA	M40	51	M 92	00:00:37	01:30:26	02:43:57	04:34:50	06:27:10	09:06:58	11:18:07	12:23:04	12:49:36.01	12:50:1
109	CHRZANOWSKI Roman	222		POZNAŃ	M40	52	M 93	00:00:14	01:33:24	02:53:40	04:53:52	06:51:39	09:29:18	11:20:32	12:25:45	12:52:51.65	12:53:0
110	STOPA Agata	144	SP 3 RZESZÓW	BOGUCHWAŁA	K40	8	K 17	00:00:45	01:28:56	02:41:21	04:32:01	06:29:39	09:11:03	11:21:50	12:26:58	12:53:46.06	12:54:3
111	GAWEŁ Iza	135	ANANASY Z 3 FAL	SŁUPSK	K30	7	K 18	00:00:12	01:32:22	02:47:49	04:42:01	06:40:29	09:27:29	11:26:20	12:27:45	12:55:06.00	12:55:1
112	SULKOWSKI Arkadiusz	216	SULEK TEAM	KNURÓW	M50	9	M 94	00:00:19	01:24:44	02:34:44	04:19:33	06:26:23	09:17:42	11:31:46	12:30:08	12:55:13.43	12:55:3
113	KĄLUSZYŃSKI Paweł	367	ORANGE POLSKA	ZĄBKI	M40	53	M 95	00:00:24	01:28:39	02:41:42	04:26:22	06:24:36	09:24:35	11:34:54	12:29:18	12:57:48.02	12:58:1
114	PIEKUTOWSKI Irek	201		ŁÓDŹ	M30	29	M 96	00:00:27	01:25:49	02:37:35	04:19:59	06:13:23	08:52:36	11:10:20	12:17:04	12:58:51.59	12:59:1
115	SOBCZYK Michał	56		WARSZAWA	M30	30	M 97	00:00:20	01:24:40	02:37:24	04:31:06	06:25:10	09:16:39	11:30:04	12:35:19	13:00:59.95	13:01:2
116	ZALEWSKI Paweł	284	ROPUCH	SKRZESZEW	M40	54	M 98	00:00:02	01:28:24	02:46:35	04:52:20	06:55:11	09:27:40	11:26:33	12:34:30	13:02:00.60	13:02:0
117	OLEKSA Leszek	125		BIAŁYSTOK	M30	31	M 99	00:00:30	01:38:04	02:56:43	04:48:24	06:44:32	09:25:39	11:30:09	12:37:15	13:03:20.28	13:03:5
118	GAWOT Piotr	279		WROCLAW	M40	55	M 100	00:00:03	01:20:18	02:30:50	04:18:50	06:16:09		11:19:18	12:39:17	13:03:50.68	13:03:5
119	JAROCKA Agata	73		LEGIONOWO	K40	9	K 19	00:00:43	01:40:38	03:02:12	04:57:16	06:54:24	09:35:46	11:37:45	12:37:12	13:03:23.25	13:04:0
120	TROCHOWSKI Leszek	342		TCZEW	M50	10	M 101	00:00:39	01:40:38	03:04:28	05:02:47	06:56:45	09:36:34	11:39:43	12:39:21	13:03:52.64	13:04:3
121	TROCHOWSKI Adrian	333		TCZEW	M20	6	M 102	00:00:39	01:40:38	03:04:30	05:02:47	06:56:44	09:36:33	11:39:42	12:39:21	13:03:52.91	13:04:3
122	PUŁAWSKI Michał	325	IM INSPIRATION	TŁUSZCZ	M20	7	M 103	00:00:38	01:31:32	02:47:24	04:32:33	06:21:02	09:11:47	11:17:27	12:36:25	13:04:44.48	13:05:2
123	DZIERŻĘCKI Bartłomiej	373	NIDZICA BIEGA / LEŚNA RUNDA	GDAŃSK	M30	32	M 104	00:00:10	01:33:28	02:47:17	04:35:18	06:25:37	09:12:15	11:17:56	12:36:50	13:05:13.89	13:05:2
124	SYGIT Adrian	356		GONIĄDZ	M20	8	M 105	00:00:12	01:31:11	02:43:59	04:36:14	06:28:43	09:12:14	11:17:54	12:36:50	13:05:16.43	13:05:2

125	BUDZIŃSKI Michał	372	RAJSPOORT ACTIVE	SIERADZ	M40	56	M 106	00:00:24	01:29:14	02:41:41	04:36:00	06:38:01	09:34:34	11:39:59	12:38:41	13:05:13.34	13:05:3
126	RETECKI Krzysztof	30	GINTER-EKOTECHNIKA / PRESTO	OSTROMECKO	M50	11	M 107	00:00:12	01:23:55	02:38:22	04:29:05	06:25:26	09:14:44	11:22:38	12:31:17	13:05:29.56	13:05:4
127	KILIAN Mariusz	328		STUDZIANKI	M50	12	M 108	00:00:46	01:28:04	02:41:21	04:33:39	06:32:39	09:17:28	11:32:28	12:39:19	13:06:19.05	13:07:0
128	MIZGAŁA Łukasz	283	SŁOŃCA JURY	OLSZTYN	M30	33	M 109	00:00:07	01:24:49	02:37:21	04:33:51	06:35:44	09:17:58	11:21:04	12:33:40	13:07:08.17	13:07:1
129	BOCIAN Patryk	97		WARSZAWA	M30	34	M 110	00:00:22	01:35:16	02:50:23	04:42:46	06:39:12	09:28:37	11:36:29	12:41:39	13:07:43.70	13:08:0
130	CZAPRAN Marek	312	XRUNNERS	GDAŃSK	M40	57	M 111	00:00:42	01:23:11	02:32:22	04:20:16	06:14:49	09:06:50	11:27:57	12:37:15	13:08:31.53	13:09:1
131	SZYMKIEWICZ Daniel	153	15 GOLDAPSKI PUŁK PRZECIWLOTNICZY	ELK	M30	35	M 112	00:00:42	01:33:32	02:49:05	04:40:12	06:44:47	09:29:52	11:36:28	12:46:00	13:10:32.57	13:11:1
132	WAGNER Tomasz	175	BBL ZAMOŚĆ	BEŁŻEC	M40	58	M 113	00:00:38	01:32:23	02:47:22	04:49:00	06:40:46	09:19:50	11:21:02	12:35:18	13:11:31.25	13:12:1
133	STASZEWSKI Jakub	307		JAWORZNO	M20	9	M 114	00:00:36	01:40:30	02:54:42	04:50:55	06:51:47	09:39:17	11:37:22	12:41:25	13:12:58.64	13:13:3
134	PANKIEWICZ Artur	168		BIAŁYSTOK	M40	59	M 115	00:00:15	01:29:19	02:42:22	04:32:34	06:25:08	09:10:56	11:28:25	12:40:28	13:13:20.51	13:13:3
135	GRABOWICZ Mirosław	121		SOKÓŁKA	M60	1	M 116	00:00:06	01:28:41	02:44:09	04:46:22	06:52:11	09:36:14	11:43:09	12:45:53	13:14:47.06	13:14:5
136	BIAŁECKA Urszula	366	UNIQA RUNNING TEAM	WARSZAWA	K40	10	K 20	00:00:11	01:29:09	02:42:10	04:32:18	06:25:39	09:19:34	11:34:32	12:50:13	13:17:49.64	13:18:0
137	JANUS Leszek	365		WARSZAWA	M40	60	M 117	00:00:44	01:31:00	02:44:46	04:34:56	06:37:25	09:23:58	11:47:42	12:53:09	13:17:33.76	13:18:1
138	SAWICKA Klaudia	297	XRUNNERS	GDAŃSK	K20	3	K 21	00:00:42	01:39:34	03:03:57	05:05:23	07:09:05	09:55:07	11:54:13	12:54:36	13:19:23.54	13:20:0
139	WANAT Iwona	82		CIASNE	K40	11	K 22	00:00:06	01:28:09	02:42:52	04:39:01	06:44:19	09:18:48	11:27:19	12:46:00	13:21:16.22	13:21:2
140	STYPUŁA Paweł	119		ZELKÓW	M40	61	M 118	00:00:06	01:28:18	02:40:47	04:38:30	06:31:18	09:26:29	11:40:30	12:48:56	13:24:20.29	13:24:2
141	CAROTO Saul	103		HATFIELD	M50	13	M 119	00:00:08	01:31:30	02:44:53	04:33:00	06:26:56	09:10:54	11:29:02	12:38:29	13:24:22.12	13:24:3
142	KOZŁOWSKI Marek	340	ULTRAKOTLINA TEAM	JAWOR	M50	14	M 120	00:00:03	01:24:23	02:39:53	04:44:11	06:51:19	09:41:01	11:49:08	12:55:30	13:24:33.34	13:24:3
143	CHĘTNIK Artur	110		BIAŁYSTOK	M40	62	M 121	00:00:20	01:35:23	02:54:05	04:53:19	07:00:04	09:50:03	11:48:51	12:55:14	13:24:24.95	13:24:4
144	MACIEJEWSKI Łukasz	240	SUPERMARATON KALISZ	KALISZ	M40	63	M 122	00:00:32	01:32:30	02:47:08	04:37:28	06:32:07	09:27:09	11:39:24	12:55:01	13:24:17.67	13:24:5
145	MACIĄG Andrzej	235	DZIKIE MUSTANGI	BEŁŻEC	M50	15	M 123	00:00:08	01:21:53	02:35:57	04:32:01	06:27:23	09:32:34	11:43:10	12:55:26	13:24:53.22	13:25:0
146	ZIENKIEWICZ Justyna	306	PIASECZNO RUNNING	PIASECZNO	K50	2	K 23	00:00:36	01:34:13	02:55:17	04:55:32	06:55:29	09:41:32	11:52:56	13:00:44	13:26:36.73	13:27:1
147	ZIENKIEWICZ Agata	305	PIASECZNO RUNNING	PIASECZNO	K40	12	K 24	00:00:35	01:34:12	02:57:57	04:55:30	06:55:22	09:41:28	11:52:55	13:00:41	13:26:37.14	13:27:1
148	ŚLIWIŃSKA Izabela	25	LOVE DANCE HELP	TOMTER	K40	13	K 25	00:00:30	01:32:12	02:48:09	04:47:58	06:50:34	09:46:21	12:02:40	13:00:40	13:26:44.56	13:27:1
149	SPACHACZ Łukasz	245	ZSP KŁECKO	GNIEZNO	M30	36	M 124	00:00:39	01:30:45	02:47:32	04:29:16	06:19:52	09:09:59	11:36:22	12:53:58	13:30:36.82	13:31:1
150	MANISZEWSKI Mateusz	95	ING BAND ŚLĄSKI	PRUSZKÓW	M40	64	M 125	00:00:21	01:40:49	03:11:03	05:30:40	07:36:50	10:15:45	12:08:46	13:07:25	13:31:09.84	13:31:3
151	PRAWDZIK Renata	348	TEAM DUCHNOWSKI	ELK	K40	14	K 26	00:00:24	01:38:53	03:07:24	05:13:22	07:16:46	09:59:35	12:01:19	13:04:43	13:32:06.84	13:32:3
152	RUCIŃSKI Jarosław	211	NASIELSK BASZTA TEAM	NASIELSK	M40	65	M 126	00:00:46	01:36:02	02:55:56	04:56:42	06:54:57	09:38:05	11:51:13	13:02:54	13:32:11.23	13:32:5
153	SKŁUCKI Hubert	210	NASIELSK BASZTA TEAM	NASIELSK	M40	66	M 127	00:00:46	01:36:02	02:55:55	04:56:44	06:54:48	09:38:06	11:51:16	13:02:53	13:32:11.44	13:32:5
154	OSTASZEWSKI Ireneusz	123	JEDNOOSOBOWE KOŁO BIEGOWE IM. F. CHOPINA	BIAŁYSTOK	M40	67	M 128	00:00:06	01:24:16	02:39:19	04:42:04	06:49:39	09:38:46	11:51:57	13:03:35	13:32:52.03	13:32:5
155	MILLER Michał	146	#HAPPYRUNNERS	GŁOWNO	M40	68	M 129	00:00:31	01:29:49	02:45:02	04:41:40	06:42:51	09:32:15	11:50:47	13:04:15	13:39:44.33	13:40:1

156	KSIEZKA Joanna	346	STRZEGOMSKA DWUNASTKA	STRZEGOM	K40	15	K 27	00:00:25	01:40:15	03:04:48	05:12:03	07:15:54	10:05:48	12:08:37	13:13:47	13:40:05.36	13:40:3
157	KIERZEK Ewa	154	SZAKALE BAŁUT ŁÓDŹ	ŁÓDŹ	K40	16	K 28	00:00:32	01:40:46	03:05:26	05:07:31	07:06:12	09:54:30	12:04:23	13:10:08	13:40:16.41	13:40:4
158	ZIMINSKA Joanna	130	HAPPYRUNNERS	ŁÓDŹ	K50	3	K 29	00:00:32	01:40:45	03:04:14	05:07:31	07:06:11	09:54:29	12:04:20	13:09:57	13:40:15.67	13:40:4
159	MATŁAWSKI Andrzej	249	SZAKALE BAŁUT ŁÓDŹ	ŁÓDŹ	M30	37	M 130	00:00:23	01:39:32	03:01:18	04:56:20	06:53:14	09:35:50	12:08:36	13:19:38	13:40:52.52	13:41:1
160	MICHAŁOWSKI Kamil	371		BIAŁYSTOK	M30	38	M 131	00:00:37	01:42:39	03:04:11	04:58:47	06:53:09	09:44:18	12:01:07	13:12:52	13:41:34.47	13:42:1
161	SZOSTAK Robert	182	TEAM ZABIEGANEDNI	WARSZAWA	M50	16	M 132	00:00:14	01:28:29	02:42:09	04:43:20	06:45:40	09:35:57	12:01:32	13:14:00	13:43:29.26	13:43:4
162	WITALEC Sebastian	136	PODIUM	RZESZÓW	M40	69	M 133	00:00:45	01:29:04	02:41:21	04:44:54	06:57:10	10:02:08	12:26:55	13:22:10	13:43:57.21	13:44:4
163	FILANOWICZ Szymon	265	DANPEX.COM.PL	PIOTRÓW	M40	70	M 134	00:00:26	01:30:32	02:44:34	04:38:57	06:44:29	09:42:14	12:00:35	13:11:56	13:44:49.64	13:45:1
164	MORAWSKI Łukasz	180		KRAKÓW	M40	71	M 135	00:00:48	01:40:54	03:06:38	05:07:23	07:06:05	09:52:03	12:04:50	13:11:55	13:44:52.79	13:45:4
165	JÓŹWIK Marek	310	BIEGIEM RADOM!	RADOM	M50	17	M 136	00:00:24	01:34:13	02:55:59	04:56:43	07:06:06	09:55:42	12:04:32	13:10:32	13:45:37.45	13:46:0
166	MALEŃCZYK Jacek	88		PYSKOWICE	M40	72	M 137	00:00:42	01:31:27	02:49:45	04:54:16	07:07:56	10:02:46	12:22:57	13:21:01	13:45:26.40	13:46:0
167	CZOSKA Przemysław	250	GANG ULTRASÓW	POGÓRZE	M40	73	M 138	00:00:35	01:31:10	02:51:57	05:02:58	07:18:52	10:12:43	12:21:24	13:23:23	13:45:54.75	13:46:3
168	ZABIELSKI Grzegorz	139		LUBLIN	M50	18	M 139	00:00:02	01:38:26	03:01:00	05:09:58	07:11:47	10:01:43	12:14:31	13:19:12	13:48:17.91	13:48:2
169	FOLAND Anna	69	SZCZYT ZA SZCZYTEM	WARSZAWA	K40	17	K 30	00:00:10	01:29:59	02:45:54	04:46:04	06:44:37	09:38:15	12:00:23	13:14:34	13:48:18.29	13:48:2
170	OPENCHOWSKA Monika	138	PODIUM	RZESZÓW	K40	18	K 31	00:00:44	01:28:57	02:41:42	04:46:29	06:59:23	10:03:13	12:28:09	13:24:56	13:48:02.65	13:48:4
171	JANISZEWSKI Szymon	85		BYDGOSZCZ	M30	39	M 140	00:00:18	01:35:23	02:54:41	04:52:03	06:58:05	09:54:46	12:12:15	13:22:35	13:48:36.62	13:48:5
172	HRYNIEWSKI Rafał	41		BIAŁYSTOK	M30	40	M 141	00:00:43	01:36:48	02:57:54	05:02:21	07:26:18	10:25:52	12:28:56	13:27:16	13:48:16.24	13:48:5
173	DOBRUCHOWSKI Jarosław	47	PAUZA CO KILOMETR	WROCŁAW	M40	74	M 142	00:00:23	01:29:16	02:41:47	04:38:15	06:54:33	10:00:54	12:16:15	13:23:00	13:48:52.87	13:49:1
174	STAROŃSKA Magdalena	329	ULTRA SZYSZKI Z BNT	WARSZAWA	K40	19	K 32	00:00:44	01:37:10	03:02:41	05:04:07	07:03:30	10:03:16	12:14:56	13:22:38	13:48:31.61	13:49:1
175	JAKUBISIAK Renata	326	ULTRA SZYSZKI / BNT	WARSZAWA	K40	20	K 33	00:00:44	01:37:10	03:02:41	05:04:06	07:03:30	10:03:16	12:14:57	13:22:39	13:48:32.38	13:49:1
176	WIĘCH Kinga	323	KRUK	SKRZYSZÓW	K40	21	K 34	00:00:28	01:34:21	02:54:35	05:08:56	07:16:45	10:07:01	12:24:40	13:25:34	13:50:13.48	13:50:4
177	PARZONKA Paweł	300	KS LENIWIEC	KĘPNO	M50	19	M 143	00:00:58	01:30:45	02:43:34	04:39:17	06:42:53	09:35:26	12:08:10	13:17:12	13:49:56.28	13:50:5
178	WNOROWSKA Magdalena	193	OBSTACLE CENTER TEAM	ŁOMIANKI	K40	22	K 35	00:00:16	01:34:45	03:05:12	05:19:17	07:33:15	10:14:44	12:22:11	13:26:02	13:51:08.63	13:51:2
179	GÓRNIAK Jarosław	252	JARBUD	POGÓRZE	M40	75	M 144	00:00:35	01:32:02	02:56:02	05:05:32	07:23:40	10:03:58	12:18:18	13:24:36	13:53:07.99	13:53:4
180	CHEJDYS Krystian	160		GLIWICE	M40	76	M 145	00:00:41	01:29:09	02:42:37	04:39:23	06:41:28	09:34:16	12:08:24	13:28:09	13:55:34.68	13:56:1
181	RUTKOWSKI Michał	183	SĘDZIA BIEGA	GLIWICE	M30	41	M 146	00:00:41	01:29:08	02:43:36	04:39:24	06:41:45	09:34:16	12:05:51	13:28:10	13:55:34.99	13:56:1
182	SADŁO Tomasz	224	SĘDZIA BIEGA	ZABRZE	M40	77	M 147	00:00:40	01:29:07	02:43:31	04:39:24	06:43:02	09:34:06	12:08:24	13:28:10	13:55:35.88	13:56:1
183	ELIASZ Magdalena	997	BIEGAM BO LUBIĘ OSTROŁĘKA	OSTROŁĘKA	K40	23	K 36	00:00:04	01:35:57	02:55:09	04:58:45	07:08:35	10:04:03	12:19:11	13:34:01	13:59:51.39	13:59:5
184	TYSZKA Roland	236	BIAŁYSTOK BIEGA TEAM	BIAŁYSTOK	M40	78	M 148	00:00:16	01:26:34	02:41:47	04:52:09	06:52:57	09:54:33	12:15:45	13:27:46	13:59:42.80	13:59:5
185	KSENIAK Tomasz	117		ZAMOŚĆ	M50	20	M 149	00:00:18	01:26:33	02:41:47	04:52:08	06:53:02	09:54:53	12:15:45	13:27:54	13:59:41.54	14:00:0
186	SKRZYŃSKI Andrzej	308	KS STASZEWCY	WARSZAWA	M50	21	M 150	00:00:28	01:40:33	03:01:10	05:05:47	07:21:40	10:23:49	12:34:21	13:35:47	14:01:48.12	14:02:1

187	SIEDLECKI Marcin	242		GDAŃSK	M40	79	M 151	00:00:18	01:30:50	02:49:12	05:03:16	07:19:13	10:13:28	12:24:10	13:32:15	14:03:00.80	14:03:1
188	MARCHLEWSKI Kamil	106	MCŚ ULTRA	CHEŁMNO	M40	80	M 152	00:00:16	01:34:57	02:59:07	05:06:24	07:12:38	10:13:01	12:30:25	13:40:02	14:04:40.65	14:04:5
189	SKOLIMOWSKI Adam	374	EUROPOLGAZ S.A.	ŻABOKLIKI	M50	22	M 153	00:00:08	01:33:55	02:54:07	05:08:29	07:32:56	10:28:36	12:36:02	13:38:38	14:07:38.55	14:07:4
190	DALIGA Władysław	43		JEZIORANY	M30	42	M 154	00:00:33	01:44:23	03:09:54	05:13:59	07:14:42	10:20:17	12:37:24	13:35:14	14:07:22.93	14:07:5
191	CZUPRYNIAK Agnieszka	126		GDYNIA	K30	8	K 37	00:00:02	01:29:50	02:42:29	04:33:58	06:40:17	09:34:27	12:05:55	13:33:03	14:07:55.95	14:07:5
192	ZIEMINSKI Sylwester	134		GDYNIA	M20	10	M 155	00:00:02	01:29:49	02:42:29	04:33:58	06:42:54	09:34:27	12:05:32	13:32:59	14:07:56.23	14:07:5
193	SAWCZUK Michał	213		STOCKHOLM	M20	11	M 156	00:00:28	01:34:46	02:57:49	05:04:01	07:03:14	10:04:08	12:15:14	13:30:45	14:07:51.00	14:08:1
194	SKIBNIEWSKA Adrianna	361	PIASECZNO RUNNING	PIASECZNO	K40	24	K 38	00:00:35	01:34:14	02:58:01	04:56:32	06:59:46	09:52:38	12:12:18	13:32:09	14:09:50.66	14:10:2
195	CZEMIEL-MIĘKISZ Marta	166	BBT	BIAŁYSTOK	K40	25	K 39	00:00:16	01:35:29	02:54:08	04:53:24	07:00:55	09:53:30	12:12:37	13:32:35	14:10:33.31	14:10:4
196	SZARSZANIEWICZ Ireneusz	140		MYSŁOWICE	M50	23	M 157	00:00:26	01:39:27	03:12:05	05:29:21	07:51:31	10:48:16	12:38:02	13:47:53	14:12:42.13	14:13:0
197	WIERZBOWSKI Krzysztof	133		BARTOSZYCE	M30	43	M 158	00:00:38	01:44:08	03:19:38	05:32:09	07:36:13	10:25:02	12:41:00	13:49:02	14:18:27.99	14:19:0
198	KUKOBNIKAVA Vitaliya	112		WROCŁAW	K30	9	K 40	00:00:15	01:41:17	03:10:59	05:16:14	07:27:26	10:17:50	12:41:41	13:53:35	14:19:43.27	14:19:5
199	KRZYSZTONEK Grzegorz	29	STARSI PANOWIE TRZEJ	OLKUSZ	M50	24	M 159	00:00:29	01:39:49	03:01:01	05:03:25	07:11:34	10:24:43	12:36:39	13:48:36	14:19:55.21	14:20:2
200	WADOWSKI Marcin	27	STARSI.PANOWIE.TRZEJ	OLKUSZ	M50	25	M 160	00:00:28	01:39:45	03:00:51	05:03:16	07:11:29	10:24:42	12:36:17	13:48:37	14:19:56.23	14:20:2
201	DREWNIAK Krzysztof	291		WARSZAWA	M40	81	M 161	00:00:34	01:39:20	03:01:36	05:12:30	07:25:52	10:25:23	12:41:23	13:48:34	14:20:30.13	14:21:0
202	OCZACHOWSKI Sławek	303	PRUSZKOWSKI TEAM	PRUSZKÓW	M40	82	M 162	00:00:06	01:30:53	02:54:17	04:56:30	06:58:42	10:10:08	12:43:14	13:53:25	14:21:27.19	14:21:3
203	WÓJTOWICZ Cezary	259	SOSNOWIECKI KLUB KARATE	SOSNOWIEC	M50	26	M 163	00:00:40	01:42:16	03:05:59	05:03:45	07:16:03	10:25:05	12:49:51	13:55:38	14:21:02.33	14:21:4
204	SZEWczyk Tomek	225	WY-BIEGANI SZCZECIN	SZCZECIN	M40	83	M 164	00:00:06	01:43:24	03:05:07	05:09:26	07:16:28	10:18:14	12:33:00	13:51:41	14:23:11.22	14:23:1
205	ŻÓŁTAŃSKI Rafał	196		TORUŃ	M30	44	M 165	00:00:33	01:29:05	02:46:08	04:44:53	06:47:10	10:07:14	12:24:41	13:53:32	14:23:14.26	14:23:4
206	CZUCHAJ Anna	96	ING BANK ŚLĄSKI	KATOWICE	K40	26	K 41	00:00:21	01:41:04	03:11:01	05:33:38	07:41:10	10:26:48	12:38:27	13:51:12	14:24:35.11	14:24:5
207	STRZELECKI Filip	161		WARSZAWA	M40	84	M 166	00:00:35	01:31:47	02:50:02	04:57:29	07:02:30	10:16:33	12:41:10	13:53:17	14:25:11.82	14:25:4
208	KACZMAREK Julia	262	STUDIO FORMY TRENINGI PERSONALNE	OBORNIKI ŚLĄSKIE	K30	10	K 42	00:00:43	01:30:20	02:46:00	04:45:11	06:55:54	10:04:13	12:37:26	13:55:22	14:27:05.01	14:27:4
209	KRZYŻIŃSKA Sylwia	75	DOGOŃ GRODZISK MAZOWIECKI	GRODZISK MAZ	K40	27	K 43	00:00:19	01:37:48	03:11:11	05:21:30	07:34:18	10:30:55	12:52:04	13:58:08	14:28:12.99	14:28:3
210	KULA Wojciech	272	MAMYITO	PARZNIEW	M30	45	M 167	00:00:47	01:35:03	02:51:06	04:47:22	06:59:33	09:54:17	12:25:54	13:53:18	14:29:22.32	14:30:0
211	FIEDOROWICZ Marcin	324		KUŹNICA	M40	85	M 168	00:00:17	01:28:01	02:44:27	04:52:45	07:04:19	10:22:55	12:51:05	14:00:25	14:32:17.48	14:32:3
212	LITWIŃSKI Krzysztof	151	ORANGE POLSKA	LUBLIN	M50	27	M 169	00:00:13	01:31:34	02:46:52	04:54:14	07:02:01	10:17:25	12:39:26	13:56:24	14:33:11.81	14:33:2
213	TROJANOWSKI Wiktor	104		DRAWNO	M30	46	M 170	00:00:45	01:40:35	03:07:33	05:12:41	07:21:51	10:25:49	12:50:56	14:03:45	14:33:49.66	14:34:3
214	RUSINOWICZ Tomasz	22		LEGIONOWO	M40	86	M 171	00:00:34	01:40:54	03:07:58	05:20:43	07:37:31	10:44:47	12:57:02	14:05:49	14:34:52.01	14:35:2
215	DROBYSZEWSKI Krzysztof	276		TORUŃ	M40	87	M 172	00:00:32	01:32:41	02:51:54	04:50:18	06:56:22	10:02:32	12:34:07	13:59:19	14:36:05.43	14:36:3
216	PIERZCHANOWSKI Rafał	195	SZAKALE BAŁUT ŁÓDŹ	KLAGENFURT	M40	88	M 173	00:00:27	01:38:57	02:59:22	05:06:06	07:15:43	10:25:31	12:50:46	14:02:16	14:36:55.99	14:37:2
217	ONOSZKO Mirek	344		OGRODNICZKI	M50	28	M 174	00:00:08	01:34:07	02:53:33	04:55:52	07:02:59	10:11:14	12:45:04	14:04:39	14:39:01.16	14:39:0

218	SUSZA Gosia	347		PRZECŁAW	K40	28	K 44	00:00:47	01:37:26	02:58:41	05:04:00	07:19:21	10:31:51	12:51:49	14:03:19	14:38:35.41	14:39:2
219	WOJTYRA Artur	209		ZDUŃSKA WOLA	M30	47	M 175	00:00:46	01:32:55	02:52:57	04:56:44	07:13:30	10:22:39	12:53:52	14:07:07	14:41:19.64	14:42:0
220	SOSIDKO Radosław	66		TERESPOL	M30	48	M 176	00:00:30	01:33:52	02:52:34	04:54:45	07:15:54	10:33:33	12:59:30	14:09:30	14:43:23.64	14:43:5
221	STEFANIUK Krzysztof	290		CZARNA BIAŁOSTOCKA	M30	49	M 177	00:00:41	01:48:58	03:18:21	05:25:12	07:28:38	10:41:44	13:06:16	14:20:18	14:48:43.02	14:49:2
222	NAWROCKI Jacek	101		SZCZECIN	M60	2	M 178	00:00:25	01:41:07	03:03:25	05:11:22	07:23:45	10:24:16	12:54:00	14:15:11	14:50:37.90	14:51:0
223	SUPEŁ Marcin	188		ŁOBACZEW DUŻY	M40	89	M 179	00:00:30	01:33:34	02:53:54	05:03:06	07:09:16	10:33:33	13:14:31	14:26:31	14:56:14.81	14:56:4
224	SOSIDKO Tomasz	65	KRZACZASTE ŚWIERSZCZYKI	WICIEJÓW	M40	90	M 180	00:00:30	01:23:38	02:40:01	04:46:25	07:09:15	10:33:34	13:10:18	14:26:32	14:56:15.45	14:56:4
225	NASUTO Jacek	330	GRYGO TEAM	BIAŁYSTOK	M30	50	M 181	00:00:26	01:38:50	03:01:13	05:06:09	07:14:10	10:31:00	12:59:27	14:19:06	14:57:59.77	14:58:2
226	LASKOWSKI Artur	299	BUNIOR TEAM	PRUSZKÓW	M40	91	M 182	00:00:38	01:49:21	03:20:02	05:33:31	07:45:29	10:43:34	13:07:17	14:28:14	14:59:42.58	15:00:2
227	KRAKOWSKI Maciej	197	#A_MOZE_ULTRA / ZABIEGANI MIELEC	MIELEC	M30	51	M 183	00:00:45	01:38:08	02:57:53	05:02:50	07:22:48	10:38:37	13:10:40	14:27:58	14:59:43.06	15:00:2
228	KOŻŁOWSKI Marcin	280	JZK PIOTRKÓW TRYBUNALSKI	PIOTRKÓW TRYBUNALSKI	M30	52	M 184	00:00:09	01:54:05	03:26:36	05:46:11	07:57:11	10:52:39	13:09:47	14:26:33	15:02:21.01	15:02:3
229	PAŁKA Łukasz	178	3XL	ŻYRARDÓW	M40	92	M 185	00:00:36	01:45:28	03:19:38	05:42:24	08:02:58	11:05:09	13:16:44	14:29:52	15:03:02.60	15:03:3
230	KAMIŃSKI Łukasz	314		WARSZAWA	M30	53	M 186	00:00:08	01:25:53	02:49:29	04:52:05	07:08:04	10:29:25	13:23:31	14:42:15	15:07:16.51	15:07:2
231	ZAKRZEWSKI Adam	369		WYSZKÓW	M20	12	M 187	00:00:39	01:52:32	03:35:13	05:42:21	08:06:31	11:05:06	13:34:50	14:47:24	15:08:10.33	15:08:5
232	NIEWDZIĘCZNY Jerzy	48	SĄ WOLNIEJSI	OLSZTYN	M50	29	M 188	00:00:15	01:34:36	02:59:27	05:10:53	07:34:29	10:40:05	13:06:32	14:32:37	15:10:03.44	15:10:1
233	JAKUBOWSKI Wiesław	186	GÓRAL Z MAZUR RUNNING TEAM	PIJAWNE POLSKIE	M50	30	M 189	00:00:15	01:34:35	02:59:27	05:10:53	07:34:28	10:40:05	13:06:32	14:32:37	15:10:03.97	15:10:1
234	KWIECIŃSKA Małgorzata	214	BRAVEHEARTS LEGIONOWO	LEGIONOWO	K30	11	K 45	00:00:47	01:46:28	03:15:12	05:29:49	07:47:47	10:41:00	13:00:46	14:30:01	15:09:36.93	15:10:2
235	DEDERKO Piotr	42	PODLASKI ODDZIAŁ STRAŻY GRANICZNEJ	BIAŁYSTOK	M50	31	M 190	00:00:35	01:40:31	03:11:07	05:16:57	07:25:41	10:28:18	12:47:11	14:19:50	15:10:24.87	15:11:0
236	KOTYNIIEWICZ Brygida	141		WARSZAWA	K40	29	K 46	00:00:26	01:39:27	03:12:04	05:29:20	07:51:43	11:03:05	13:20:42	14:38:17	15:11:12.34	15:11:3
237	CICHOCKI Marcin	199		ŁOMŻA	M40	93	M 191	00:00:33	01:44:22	03:14:54	05:21:52	07:36:56	10:58:36	13:20:34	14:38:10	15:11:06.70	15:11:4
238	RUDNICKI-MATRACKI Artur	319	BIEGIEM RADOM!	RADOM	M50	32	M 192	00:00:28	01:43:26	03:09:34	05:22:07	07:39:59	10:53:18	13:18:46	14:40:19	15:12:19.51	15:12:4
239	KURMANOWSKA Monika	35		MILANÓWEK	K30	12	K 47	00:00:27	01:41:46	03:29:31	05:42:00	07:54:54	11:01:51	13:35:49	14:45:46	15:14:50.89	15:15:1
240	JOKA Adam	278	BBT	NIEWODNICA KORYCKA	M40	94	M 193	00:00:22	01:34:50	03:05:52	05:23:11	07:46:39	10:58:13	13:23:24	14:44:51	15:15:11.35	15:15:3
241	JAKUBOWSKI Piotr	274		OLSZTYN	M40	95	M 194	00:00:05	01:25:57	02:40:39	04:47:33	06:58:50	10:24:20	13:25:38	14:52:47	15:22:14.16	15:22:1
242	WASILEWSKA Beata	378		BIAŁYSTOK	K30	13	K 48	00:00:06	01:31:39	02:58:22	05:13:55	07:33:10	10:46:10	13:23:35	14:48:11	15:23:46.62	15:23:5
243	CIEŚLA Karol	363		DĄBROWA BIAŁOSTOCKA	M30	54	M 195	00:00:05	01:31:38	02:53:57	04:59:08	07:27:42	10:43:38	13:19:55	14:48:09	15:23:46.78	15:23:5
244	DĄBEK Agnieszka	360		BRWINÓW	K40	30	K 49	00:00:05	01:30:56	02:53:58	05:00:46	07:28:10	10:43:38	13:23:38	14:48:11	15:23:47.08	15:23:5
245	OGIŃSKA Marta	270	KAN-THERM RACING TEAM	BIAŁYSTOK	K30	14	K 50	00:00:16	01:36:52	03:04:23	05:23:57	07:48:32	11:15:46	13:38:44	14:53:48	15:24:41.89	15:24:5
246	WOŹNIAK Rafał	105		BIAŁYSTOK	M30	55	M 196	00:00:29	01:33:50	03:00:32	05:21:48	07:29:09	10:46:20	13:30:34	14:51:42	15:26:02.98	15:26:3
247	KUREK Andrzej	49	KUREK TEAM	DUCHNÓW	M40	96	M 197	00:00:23	01:32:12	02:50:30	05:03:00	08:06:54	11:24:40	13:43:58	14:59:13	15:26:11.50	15:26:3
248	ADAMCZAK Daniel	115		POŁANIEC	M30	56	M 198	00:00:41	01:41:50	03:07:48	05:11:12	07:24:39	10:47:34	13:26:54	14:52:39	15:28:11.58	15:28:5

249	ZANIEWSKA Ewa	238	GRUPA BIEGOWA ZWYCIĘZCA	ŁAPY	K40	31	K 51	00:00:43	01:41:29	03:18:05	05:36:20	07:57:06	11:10:44	13:37:59	14:53:17	15:29:39.34	15:30:2
250	ZANIEWSKI Andrzej	239	GRUPA BIEGOWA ZWYCIĘZCA	ŁAPY	M40	97	M 199	00:00:43	01:41:28	03:18:05	05:36:19	07:57:07	11:10:44	13:37:57	14:53:16	15:29:39.77	15:30:2
251	STRUK Lukasz	364		KRAKÓW	M40	98	M 200	00:00:30	01:55:39	03:39:03	06:00:46	08:12:01	11:26:38	13:54:39	15:02:48	15:34:24.38	15:34:5
252	ZIÓŁKOWSKA-WNUK Monika	355		ŁAZY	K40	32	K 52	00:00:30	01:34:49	03:01:35	05:14:06	07:50:02	11:19:19	13:46:16	15:01:17	15:35:05.43	15:35:3
253	JANUSZEWSKI Piotr	260	MKS ROBOTY DROGOWE ŚWINOUJŚCIE	ŚWINOUJŚCIE	M50	33	M 201	00:00:20	01:38:03	03:09:10	05:23:04	07:44:55	11:15:54	13:38:43	15:04:05	15:37:52.92	15:38:1
254	SIENKIEWICZ Piotr	63	RC SUPRAŚŁ	SUPRAŚŁ	M50	34	M 202	00:00:23	01:49:39	03:18:23	05:33:14	07:50:49	11:15:51	13:38:38	15:04:01	15:37:49.81	15:38:1
255	SAZON Agnieszka	266		GDĄŃSK	K40	33	K 53	00:00:17	01:45:46	03:18:29	05:44:10	08:04:27	11:10:20	13:39:27	15:05:22	15:39:14.49	15:39:3
256	GROTA Mariusz	39	AKTYWNA FABRYKA	SŁUPSK	M40	99	M 203	00:00:13	01:38:02	03:00:37	05:26:12	07:46:53	11:07:15	13:50:34	15:08:07	15:46:15.25	15:46:2
257	GRABOWSKA Kinga	147	ZWARIOWANE ZWIERZAKI	SŁUPSK	K40	34	K 54	00:00:12	01:30:25	02:50:29	05:26:11	07:46:51	11:06:56	13:51:44	15:09:24	15:46:16.08	15:46:2
258	URBAN Przemysław	316	XOPE	OLKUSZ	M40	100	M 204	00:00:32	01:39:50	03:02:15	05:20:35	07:48:04	11:07:23	13:41:18	15:05:08	15:45:59.36	15:46:3
259	SZCZUDŁAK Dorota	67	#HAPPYRUNNERS	ŁÓDŹ	K30	15	K 55	00:00:32	01:41:49	03:16:13	05:43:40	08:05:39	11:32:16	13:57:31	15:13:59	15:46:16.08	15:46:4
260	SKOCZYŁAS Piotr	271		CHORZÓW	M40	101	M 205	00:00:31	01:41:45	03:16:51	05:39:05	08:03:01	11:24:32	13:57:01	15:13:43	15:48:39.01	15:49:1
261	KREKORA Jakub	273		PŁOCK	M30	57	M 206	00:00:20	01:41:05	03:06:51	05:11:03	07:26:33	11:05:13	14:00:14	15:13:55	15:48:53.12	15:49:1
262	JASTRZĘBSKI Jacek	76	BMI SPORTS CLUB	ŁÓDŹ	M40	102	M 207	00:00:31	01:36:54	03:03:24	05:25:33	07:54:07	11:24:48	14:03:34	15:20:35	15:48:47.13	15:49:1
263	GRYGOROWICZ Przemek	51	BIEGAM, BO ŻONA POZWOLIŁA :)	BIAŁYSTOK	M40	103	M 208	00:00:16	01:42:35	03:21:24	05:51:41	08:22:38	11:39:03	14:06:49	15:19:16	15:49:53.81	15:50:1
264	GRYCMAN Magda	92	SPARTA ULTRA TEAM	TRZCINICA	K40	35	K 56	00:00:48	01:42:27	03:20:44	05:57:57	08:23:00	11:50:27	14:10:26	15:18:55	15:49:47.60	15:50:3
265	PIOTROWSKI Mateusz	32	CZASEM TRZEBA	SOKOŁÓW PODLASKI	M30	58	M 209	00:00:00	01:48:48	03:34:31	06:04:19	08:35:51	12:06:54	14:19:13	15:21:46	15:52:26.36	15:52:2
266	WŁODAWIEC Asia	50	ACCENTURE	HIPOLITÓW	K20	4	K 57	00:00:44	01:45:20	03:17:53	05:41:22	08:09:11	11:41:19	14:15:39	15:27:15	15:55:45.65	15:56:3
267	PURA Mirosław	170		SIEMIATYCZE	M60	3	M 210	00:00:32	02:00:48	03:37:44	06:06:36	08:39:16	11:51:37	14:27:53	15:27:27	15:55:57.31	15:56:3