

1	DUDEK Wojciech	3478	TRUCHT.COM	LEONCIN	M30	1	M 1	00:00:02	00:32:09	01:24:18	01:52:47	02:07:03.24	02:07:05.39		3:53	15.0
2	HADIT Driss	3557		PIPAIX	M40	1	M 2	00:00:04	00:32:07	01:25:40	01:58:09	02:12:55.56	02:12:59.87	+00:05:54 (4.4%)	4:04	14.7
3	LESNIAK Michał	3458	MUDE TEAM	OSTROWIEC ŚWIĘTOKRZYSKI	M30	2	M 3	00:00:00	00:33:56	01:31:06	02:02:17	02:18:05.61	02:18:05.95	+00:11:00 (8.0%)	4:14	14.2
4	DAROWICKI Bartosz	3442	AW SZYBCIEJ TEAM	SKRAJNICA	M30	3	M 4	00:00:00	00:34:59	01:32:56	02:04:54	02:21:23.33	02:21:23.67	+00:14:18 (10.1%)	4:20	13.8
5	WOŹNIAK Przemysław	3082	WIELISZEW HERON TEAM	LEGIONOWO	M40	2	M 5	00:00:03	00:33:53	01:32:12	02:05:45	02:22:45.97	02:22:49.35	+00:15:43 (11.0%)	4:22	13.7
6	POPLAWSKI Marcin	3447	#R	KALINÓWKA BASIE	M30	4	M 6	00:00:00	00:35:09	01:35:23	02:07:38	02:24:10.85	02:24:11.19	+00:17:05 (11.9%)	4:25	13.6
7	DZIĘGIELEWSKI Rafał	3509	KB WYSZKÓW	NATALIN	M40	3	M 7	00:00:04	00:36:19	01:36:17	02:09:00	02:25:03.26	02:25:07.58	+00:18:02 (12.4%)	4:26	13.5
8	MERKWA Wojciech	3215	ZIOMKI	WARSZAWA	M40	4	M 8	00:00:02	00:36:27	01:36:27	02:09:07	02:25:40.57	02:25:42.97	+00:18:37 (12.8%)	4:28	13.4
9	GARBAČIŪNAS Vaidas	3016	KAUNO BMK	KAUNAS	M40	5	M 9	00:00:04	00:36:25	01:38:47	02:12:18	02:28:29.15	02:28:33.80	+00:21:28 (14.5%)	4:33	13.2
10	TLEBALDIEV Renat	3364	RUN_WAWA_RUN	ŁOMIANKI	M40	6	M 10	00:00:02	00:36:58	01:37:59	02:13:27	02:30:43.75	02:30:46.55	+00:23:41 (15.7%)	4:37	13.0
11	SARNIAK Marcin	3391	TEAM ZABIEGANE DNI	CISIE	M40	7	M 11	00:00:04	00:37:33	01:40:13	02:14:39	02:31:25.88	02:31:30.09	+00:24:24 (16.1%)	4:38	12.9
12	ZIELIŃSKI Piotr	3491	SII RUNNING TEAM	MARIANÓW	M30	5	M 12	00:00:03	00:37:17	01:39:02	02:14:16	02:31:36.61	02:31:40.49	+00:24:35 (16.2%)	4:39	12.9
13	ŻYCHOWSKI Adam	3340		WARSZAWA	M30	6	M 13	00:00:00	00:37:04	01:39:04	02:14:15	02:32:04.94	02:32:05.29	+00:24:59 (16.4%)	4:39	12.9
14	ADAMOWICZ Ernest	3475		BIĄŁYSTOK	M30	7	M 14	00:00:00	00:35:45	01:40:00	02:15:10	02:32:57.92	02:32:58.26	+00:25:52 (16.9%)	4:41	12.8
15	PARZYCH Mariusz	3538	18 PUŁK ROZPOZNAWCZY	BIĄŁYSTOK	M30	8	M 15	00:00:06	00:37:41	01:41:06	02:16:20	02:33:18.15	02:33:24.87	+00:26:19 (17.2%)	4:42	12.8
16	SAWA Piotr	3331		LUBLIN	M30	9	M 16	00:00:00	00:36:05	01:37:13	02:14:46	02:33:43.42	02:33:43.77	+00:26:38 (17.3%)	4:42	12.7
17	MACIAS Marcin	3284		WARSZAWA	M40	8	M 17	00:00:05	00:38:55	01:43:10	02:16:54	02:34:06.65	02:34:12.60	+00:27:07 (17.6%)	4:43	12.7
18	SKOWRON Sebastian	3387		SKARŻYSKO KOŚCIELNE	M40	9	M 18	00:00:08	00:37:32	01:41:16	02:16:56	02:34:22.15	02:34:30.30	+00:27:24 (17.7%)	4:44	12.7
19	KUPA Bartosz	3450	PGB SPORTOWA PPACZKA	SŁUPNO	M40	10	M 19	00:00:02	00:37:44	01:41:42	02:17:56	02:36:16.57	02:36:19.49	+00:29:14 (18.7%)	4:47	12.5
20	SĘKOWSKI Adam	3439	WTF?!SOLOTEAM	BIĄŁYSTOK	M50	1	M 20	00:00:03	00:38:54	01:44:09	02:19:17	02:36:49.69	02:36:53.38	+00:29:47 (19.0%)	4:48	12.5
21	AMIALIUK Anton	3534	RUN_WAWA_RUN	WARSZAWA	M20	1	M 21	00:00:03	00:39:00	01:43:43	02:19:15	02:37:58.89	02:38:01.96	+00:30:56 (19.6%)	4:50	12.4
22	KRUPA Michał	3312		MILANÓWEK	M40	11	M 22	00:00:00	00:36:50	01:41:45	02:19:46	02:38:40.34	02:38:40.69	+00:31:35 (19.9%)	4:52	12.3
23	WILAMOWSKI Bartłomiej	3366	MARCINSWIERCTEAM	WARSZAWA	M30	10	M 23	00:00:07	00:40:27	01:45:03	02:20:49	02:38:35.79	02:38:43.54	+00:31:38 (19.9%)	4:51	12.3
24	MARCIŃCZYK Patrycja	3480	MD RUN TRAINING	CZARNA BIAŁOSTOCKA	K30	1	K 1	00:00:05	00:39:25	01:44:55	02:21:11	02:38:51.58	02:38:57.04	+00:31:51 (20.0%)	4:52	12.3
25	STACHURSKA - DATA Iłona	3542	KUGUAR XTREME RUNNERS	PRUSZKÓW	K30	2	K 2	00:00:02	00:37:44	01:42:34	02:20:07	02:39:15.48	02:39:17.80	+00:32:12 (20.2%)	4:53	12.3
26	BANASZEK Adam	3555	BBKS ŁAWECZKA	WARSZAWA	M40	12	M 24	00:00:05	00:41:54	01:48:31	02:22:52	02:39:18.05	02:39:23.48	+00:32:18 (20.3%)	4:53	12.3
27	JAWORSKI Hubert	3503	VEGE RUNNERS	WARSZAWA	M40	13	M 25	00:00:13	00:40:26	01:45:56	02:22:37	02:40:57.57	02:41:11.00	+00:34:05 (21.2%)	4:56	12.2
28	SADOWSKI Dariusz	3411		WĘGRÓW	M40	14	M 26	00:00:05	00:39:20	01:44:06	02:19:44	02:41:11.26	02:41:16.86	+00:34:11 (21.2%)	4:56	12.1
29	SNARSKI Piotr	3473	ADIDAS RUNNERS WARSAW	WARSZAWA	M40	15	M 27	00:00:09	00:39:29	01:45:53	02:23:23	02:41:34.32	02:41:43.55	+00:34:38 (21.4%)	4:57	12.1
30	TOPOLSKI Marcin	3258	BRZESKI KLUB BIEGACZA CZARNA PERŁA	JADOWNIKI	M40	16	M 28	00:00:04	00:40:23	01:47:21	02:23:58	02:42:25.80	02:42:30.61	+00:35:25 (21.8%)	4:58	12.0
31	PIKUŁA Mateusz	3127	GRUPA TANDEM	BĘDZIN	M30	11	M 29	00:00:08	00:39:12	01:44:25	02:24:17	02:43:08.26	02:43:16.38	+00:36:10 (22.2%)	5:00	12.0

32	MIKUTOWICZ Renata	3066	KAN-THERM RACING TEAM	BIAŁYSTOK	K30	3	K 3	00:00:04	00:40:23	01:48:23	02:25:17	02:44:24.73	02:44:29.14	+00:37:23 (22.7%)	5:02	11.9
33	GAWKOWSKI Artur	3299	OSTRÓW BIEGA	OSTRÓW MAZOWIECKA	M30	12	M 30	00:00:44	00:42:04	01:49:04	02:25:36	02:44:19.81	02:45:03.99	+00:37:58 (23.0%)	5:02	11.9
34	KWAŚNIEWSKI Krzysztof	3223		WARSZAWA	M50	2	M 31	00:00:06	00:40:27	01:47:53	02:26:37	02:45:09.84	02:45:16.14	+00:38:10 (23.1%)	5:03	11.8
35	PAZUŁA Ewa	3523	KB WYSZKÓW	WYSZKÓW	K30	4	K 4	00:00:03	00:40:47	01:48:47	02:26:29	02:45:18.29	02:45:22.27	+00:38:16 (23.1%)	5:04	11.8
36	JUSZCZYK Krzysztof	3180	PUSZCZYBUK	SZCZECIN	M50	3	M 32	00:00:03	00:41:52	01:50:32	02:27:37	02:45:25.21	02:45:28.35	+00:38:22 (23.2%)	5:04	11.8
37	WIKIEŁ Jan	3389		WARSZAWA	M30	13	M 33	00:00:09	00:42:46	01:49:39	02:26:36	02:45:29.19	02:45:38.80	+00:38:33 (23.3%)	5:04	11.8
38	WYSOCKI Kamil	3348		SIEMIATYCZE	M40	17	M 34	00:00:55	00:43:15	01:50:58	02:27:49	02:45:12.92	02:46:08.42	+00:39:03 (23.5%)	5:04	11.8
39	NOWICKI Mateusz	3328	MANUFAKTURA TRENINGU/ PERFECT RUNNER	LUBLIN	M30	14	M 35	00:00:00	00:39:24	01:47:53	02:26:48	02:46:17.38	02:46:17.72	+00:39:12 (23.6%)	5:06	11.8
40	STĘPIEŃ Andrzej	3221		WARSZAWA	M40	18	M 36	00:00:04	00:39:21	01:44:06	02:27:40	02:46:58.77	02:47:03.58	+00:39:58 (23.9%)	5:07	11.7
41	DATA Marek	3543	KUGUAR XTREME RUNNERS	KLETNO	M30	15	M 37	00:00:02	00:40:45	01:49:25	02:27:37	02:47:01.74	02:47:04.53	+00:39:59 (23.9%)	5:07	11.7
42	NOWAK Marcin	3141	ROCH JASZENICA	JASZENICA	M40	19	M 38	00:00:25	00:39:50	01:45:46	02:27:29	02:46:40.35	02:47:05.41	+00:40:00 (23.9%)	5:06	11.7
43	URYNOWICZ Piotrek	3106	TEAM ZABIEGANEDNI	OSTRÓW	M30	16	M 39	00:00:31	00:40:22	01:48:14	02:27:40	02:46:36.05	02:47:07.38	+00:40:01 (24.0%)	5:06	11.7
44	GĘBORYS Bartłomiej	3255		TOMASZÓW LUBELSKI	M30	17	M 40	00:00:34	00:40:07	01:45:40	02:26:00	02:48:24.79	02:48:59.59	+00:41:54 (24.8%)	5:09	11.6
45	KWIATKOWSKI Paweł	3399		BIAŁYSTOK	M20	2	M 41	00:00:49	00:41:48	01:49:42	02:27:44	02:48:46.72	02:49:36.33	+00:42:30 (25.1%)	5:10	11.6
46	CYGAN Rafał	3012		PRUSZKÓW	M30	18	M 42	00:00:06	00:41:46	01:51:45	02:31:12	02:50:48.56	02:50:54.81	+00:43:49 (25.6%)	5:14	11.5
47	KABYLIANSKI Artsem	3212		BIAŁYSTOK	M30	19	M 43	00:00:44	00:42:07	01:50:29	02:30:30	02:50:44.44	02:51:28.89	+00:44:23 (25.9%)	5:14	11.5
48	WIECZOREK-DĄBROWSKA Marta	3178	PUSZCZYBUK	SZCZECIN	K40	1	K 5	00:00:02	00:41:52	01:50:35	02:31:37	02:51:59.34	02:52:02.28	+00:44:56 (26.1%)	5:16	11.4
49	SZYMCZAK Marcin	3179	PUSZCZYBUK	SZCZECIN	M50	4	M 44	00:00:03	00:41:57	01:50:32	02:31:36	02:51:58.61	02:52:02.44	+00:44:57 (26.1%)	5:16	11.4
50	KROPIWNICKI Marcin	3120	ZIELENKIEWICZ TEAM	BIAŁYSTOK	M30	20	M 45	00:00:03	00:40:26	01:50:40	02:31:39	02:52:44.04	02:52:47.92	+00:45:42 (26.5%)	5:17	11.3
51	KOWALSKI Sebastian	3547	TIMBUD TEAM	TRZCIANY	M40	20	M 46	00:00:49	00:42:33	01:52:09	02:32:10	02:52:00.11	02:52:49.52	+00:45:44 (26.5%)	5:16	11.4
52	SIKORSKI Błażej	3095		SOCHACZEW	M30	21	M 47	00:00:07	00:41:24	01:51:26	02:32:20	02:52:58.75	02:53:06.15	+00:46:00 (26.6%)	5:18	11.3
53	WASILEWSKI Maciej	3352		BIAŁYSTOK	M30	22	M 48	00:00:26	00:43:27	01:53:48	02:32:47	02:52:55.11	02:53:21.70	+00:46:16 (26.7%)	5:18	11.3
54	KWIATKOWSKI Leszek	3065		ADAMÓW	M30	23	M 49	00:00:26	00:43:27	01:53:48	02:32:48	02:52:54.86	02:53:21.83	+00:46:16 (26.7%)	5:18	11.3
55	KNOZOWSKI Marcin	3011	SPORTOWA LUBAWA	LUBAWA	M30	24	M 50	00:00:12	00:41:55	01:52:46	02:32:46	02:53:35.85	02:53:48.63	+00:46:43 (26.9%)	5:19	11.3
56	GOSZCZYK MOŚCICKA Paulina	3520		WARSZAWA	K30	5	K 6	00:00:10	00:42:38	01:53:19	02:33:50	02:53:59.85	02:54:10.65	+00:47:05 (27.0%)	5:20	11.2
57	LIPSKI Michał	3286		KONSTANCIN- JEZIORNA	M30	25	M 51	00:06:35	00:42:56	01:51:24	02:29:07	02:47:55.27	02:54:30.59	+00:47:25 (27.2%)	5:09	11.6
58	BERTELLO RODRÍGUEZ Diego	3198		OLSZTYN	M30	26	M 52	00:00:16	00:42:39	01:52:22	02:33:42	02:55:06.65	02:55:22.66	+00:48:17 (27.5%)	5:22	11.2
59	OCHREMIAK Michał	3482	MOKOBIEGACZE	WARSZAWA	M30	27	M 53	00:00:05	00:42:35	01:55:18	02:35:56	02:55:48.33	02:55:53.64	+00:48:48 (27.7%)	5:23	11.1
60	ZIÓLEK Patryk	3369		OLSZTYN	M20	3	M 54	00:00:15	00:42:39	01:52:23	02:33:45	02:56:47.80	02:57:03.40	+00:49:58 (28.2%)	5:25	11.1
61	BORYŚ Dominik	3160		BIENIEWICE	M40	21	M 55	00:00:43	00:42:25	01:52:47	02:35:17	02:56:48.65	02:57:32.48	+00:50:27 (28.4%)	5:25	11.1
62	DUDZIŃSKI Maciej	3134		PRUSZKÓW	M40	22	M 56	00:00:04	00:42:44	01:56:22	02:36:51	02:57:30.81	02:57:35.06	+00:50:29 (28.4%)	5:26	11

63	DURYS Paweł	3018	BIG BAD WOLF	WARSZAWA	M40	23	M 57	00:00:11	00:45:31	01:56:39	02:37:55	02:57:40.67	02:57:52.14	+00:50:46 (28.5%)	5:26	11
64	OLEWIŃSKI Tomek	3320	MD RUN	BIĄŁYSTOK	M40	24	M 58	00:00:17	00:44:11	01:56:32	02:38:36	02:58:14.66	02:58:32.13	+00:51:26 (28.8%)	5:28	11
65	SZYMAŃSKA Agnieszka	3505		ŁOMIAŃKI	K40	2	K 7	00:00:10	00:44:14	01:58:33	02:40:55	03:00:02.03	03:00:12.45	+00:53:07 (29.5%)	5:31	10.9
66	ŻARŁOK Kamil	3219	SPORT2FREEDOM	WARSZAWA	M40	25	M 59	00:00:08	00:43:41	01:56:18	02:40:44	03:00:45.35	03:00:53.84	+00:53:48 (29.7%)	5:32	10.8
67	NOWAKOWSKI Sebastian	3298		WARSZAWA	M30	28	M 60	00:00:10	00:43:23	01:59:44	02:38:44	03:01:02.19	03:01:12.24	+00:54:06 (29.9%)	5:33	10.8
68	HAN Wojtek	3412	ROCH JASIEŃICA	KRÓLE DUŻE	M30	29	M 61	00:00:26	00:44:02	01:56:53	02:39:47	03:00:49.63	03:01:16.10	+00:54:10 (29.9%)	5:32	10.8
69	DZIUBEK Michał	3421		BIĄŁYSTOK	M20	4	M 62	00:00:15	00:43:39	01:54:51	02:38:53	03:01:38.65	03:01:54.38	+00:54:48 (30.1%)	5:34	10.8
70	BORYCEUSZ-MATUSIAK Iwona	3096	ZABIEGANY WOŁOMIN	WOŁOMIN	K40	3	K 8	00:00:44	00:46:24	01:59:29	02:43:04	03:01:42.36	03:02:27.04	+00:55:21 (30.3%)	5:34	10.8
71	MOŻEJKO Michał	3105		SOKÓŁKA	M40	26	M 63	00:00:16	00:46:47	02:00:55	02:42:42	03:02:16.42	03:02:32.73	+00:55:27 (30.4%)	5:35	10.7
72	JANCAK Paweł	3460	KOŁO BIEGA	KOŁO	M40	27	M 64	00:00:22	00:46:11	01:59:07	02:39:42	03:02:18.55	03:02:40.75	+00:55:35 (30.4%)	5:35	10.7
73	GLUSZYŃSKA Paulina	3314		BIĄŁYSTOK	K30	6	K 9	00:00:07	00:43:41	01:57:26	02:41:46	03:03:25.21	03:03:32.96	+00:56:27 (30.8%)	5:37	10.7
74	TRUSZCZYŃSKI Paweł	3397		NOWODWORCE	M30	30	M 65	00:00:19	00:42:45	01:58:24	02:41:03	03:03:19.99	03:03:39.24	+00:56:33 (30.8%)	5:37	10.7
75	GLUSZYŃSKI Łukasz	3454		SOWLANY	M30	31	M 66	00:00:08	00:43:44	01:57:26	02:41:46	03:03:39.80	03:03:47.85	+00:56:42 (30.9%)	5:38	10.7
76	SKOLASIŃSKI Marek	3398	NIDZICA BIEGA	NIDZICA	M40	28	M 67	00:00:18	00:43:36	01:58:24	02:41:03	03:03:32.15	03:03:50.98	+00:56:45 (30.9%)	5:37	10.7
77	CZOCHAŃSKI Adam	3444		BIĄŁYSTOK	M30	32	M 68	00:00:11	00:44:45	01:56:38	02:41:18	03:03:39.53	03:03:51.42	+00:56:46 (30.9%)	5:38	10.7
78	PIŁAT Jacek	3510		PIASECZNO	M50	5	M 69	00:01:48	00:45:58	01:59:07	02:42:05	03:02:24.57	03:04:13.45	+00:57:08 (31.0%)	5:35	10.7
79	MITIS Marek	3344		KRAKÓW	M30	33	M 70	00:00:13	00:47:14	02:03:02	02:44:22	03:04:13.11	03:04:26.80	+00:57:21 (31.1%)	5:39	10.6
80	SASS Szymon	3046	SPORTOWA LUBAWA	LUBAWA	M30	34	M 71	00:00:12	00:46:01	02:02:11	02:45:15	03:06:09.97	03:06:22.38	+00:59:16 (31.8%)	5:42	10.5
81	KIELAK Kamil	3430		BŁONIE	M30	35	M 72	00:00:33	00:47:08	02:01:32	02:44:30	03:05:49.51	03:06:22.92	+00:59:17 (31.8%)	5:41	10.5
82	ŻYLIŃSKI Dariusz	3023	3:33 TEAM	JEZIORO	M50	6	M 73	00:00:53	00:46:01	02:00:05	02:44:03	03:05:34.83	03:06:28.65	+00:59:23 (31.8%)	5:41	10.5
83	BORKOWSKI Karol	3250	ZABIEGANY WOŁOMIN	WOŁOMIN	M40	29	M 74	00:00:44	00:46:24	01:59:29	02:43:14	03:06:03.93	03:06:48.44	+00:59:43 (32.0%)	5:42	10.5
84	KURYŁOWICZ Adrian	3111		BIĄŁYSTOK	M30	36	M 75	00:00:45	00:44:46	01:59:16	02:44:48	03:06:30.86	03:07:16.62	+01:00:11 (32.1%)	5:43	10.5
85	AJDYS Karol	3126		ZĄBKI	M30	37	M 76	00:00:10	00:45:41	02:00:47	02:45:20	03:07:13.32	03:07:23.76	+01:00:18 (32.2%)	5:44	10.4
86	MIZIOLEK Natalia	3022		SPICZYN	K30	7	K 10	00:00:06	00:45:34	02:08:37	02:48:18	03:07:21.40	03:07:27.81	+01:00:22 (32.2%)	5:44	10.4
87	PISARENKO Maria	3338		WARSZAWA	K30	8	K 11	00:00:19	00:46:21	02:02:51	02:47:20	03:07:15.73	03:07:35.38	+01:00:29 (32.3%)	5:44	10.4
88	RZESZUTKO Rafał	3561	UNIQA RUNNING TEAM	WARSZAWA	M30	38	M 77	00:00:07	00:43:16	01:58:04	02:44:11	03:07:32.81	03:07:39.84	+01:00:34 (32.3%)	5:45	10.4
89	LENKIEWICZ Paweł	3496	MD RUN TRAINING	BIĄŁYSTOK	M30	39	M 78	00:00:16	00:45:03	02:00:39	02:46:36	03:07:24.61	03:07:41.51	+01:00:36 (32.3%)	5:44	10.4
90	PERZANOWSKI Radosław	3417	ZIELONE BIEGANIE WYSZKÓW	WYSZKÓW	M40	30	M 79	00:00:10	00:47:08	02:01:54	02:45:30	03:07:59.75	03:08:09.87	+01:01:04 (32.5%)	5:45	10.4
91	FEDOROWICZ Hubert	3409		ZAMBRÓW	M30	40	M 80	00:00:52	00:45:30	02:00:06	02:44:54	03:07:20.27	03:08:12.98	+01:01:07 (32.5%)	5:44	10.4
92	NOWIK Roman	3305		BIĄŁYSTOK	M50	7	M 81	00:00:22	00:46:49	02:00:26	02:46:13	03:08:05.79	03:08:28.75	+01:01:23 (32.6%)	5:46	10.4
93	WIELICZKO Grzegorz	3247		MOŃKI	M30	41	M 82	00:00:40	00:46:27	02:01:37	02:45:21	03:07:48.83	03:08:29.44	+01:01:24 (32.6%)	5:45	10.4

94	STOLARCZYK Joanna	3129	BBL	OSTROŁĘKA	K40	4	K 12	00:00:14	00:47:07	02:04:11	02:47:55	03:08:23.39	03:08:38.10	+01:01:32 (32.6%)	5:46	10.4
95	CHROSTOWSKI Michał	3502	TEAM CHROSTEK	OLMONTY	M30	42	M 83	00:00:27	00:46:06	01:59:24	02:45:13	03:08:16.39	03:08:44.08	+01:01:38 (32.7%)	5:46	10.4
96	BUDZKO Vital	3558	TEAM.RUN	HRODNA	M50	8	M 84	00:00:44	00:44:04	02:00:18	02:45:39	03:08:06.73	03:08:51.59	+01:01:46 (32.7%)	5:46	10.4
97	PAWŁOWSKI Wojciech	3556		KAMIONKA	M40	31	M 85	00:00:48	00:47:10	02:04:25	02:47:50	03:09:01.08	03:09:49.55	+01:02:44 (33.0%)	5:47	10.3
98	SZYSZKOWSKA Ewa	3390		BIĄŁYSTOK	K20	1	K 13	00:01:05	00:49:00	02:08:20	02:50:42	03:11:09.40	03:12:14.64	+01:05:09 (33.9%)	5:51	10.2
99	DRAB Michał	3407		WARSZAWA	M40	32	M 86	00:00:39	00:45:43	02:01:30	02:48:04	03:11:36.50	03:12:15.72	+01:05:10 (33.9%)	5:52	10.2
100	WASZCZAK Magdalena	3453	KS PRZAŚNIK PRZASNYSZ	KAROLEWO	K30	9	K 14	00:00:18	00:46:24	02:05:45	02:51:15	03:12:01.47	03:12:19.66	+01:05:14 (33.9%)	5:53	10.2
101	KARCZMARCZYK Jakub	3455	RUN CREW OSTROŁĘKA	OSTROŁĘKA	M40	33	M 87	00:00:18	00:46:23	02:05:43	02:51:14	03:12:01.24	03:12:19.76	+01:05:14 (33.9%)	5:53	10.2
102	GIENIECZKO Joanna	3530	16 PUŁK SAPERÓW	ELK	K30	10	K 15	00:00:09	00:45:22	02:03:00	02:49:44	03:12:24.49	03:12:34.25	+01:05:28 (34.0%)	5:54	10.2
103	PRZYBYŁA Sebastian	3025		WOLSZTYN	M30	43	M 88	00:00:33	00:46:23	02:03:54	02:50:30	03:12:27.20	03:13:01.06	+01:05:55 (34.2%)	5:54	10.2
104	STASZEWSKI Paweł	3074		BIĄŁYSTOK	M30	44	M 89	00:00:19	00:47:40	02:04:12	02:48:28	03:12:51.93	03:13:11.40	+01:06:06 (34.2%)	5:54	10.1
105	SAWKO Łukasz	3042		KLEOSIN	M30	45	M 90	00:00:00	00:46:19	01:59:44	02:48:11	03:13:21.76	03:13:21.76	+01:06:16 (34.3%)	5:55	10.1
106	VASIN Anatol	3371	RUN_WAWA_RUN	WARSAW	M30	46	M 91	00:00:34	00:48:23	02:05:19	02:50:34	03:13:12.48	03:13:46.81	+01:06:41 (34.4%)	5:55	10.1
107	MATYSEWICZ Karol	3494		BIĄŁYSTOK	M20	5	M 92	00:00:13	00:48:18	02:05:28	02:51:34	03:13:43.05	03:13:56.57	+01:06:51 (34.5%)	5:56	10.1
108	SZCZEPANIAK Marcin	3078	WSTRĘTNE JEŻE	ZGIERZ	M30	47	M 93	00:00:28	00:48:16	02:06:02	02:52:05	03:13:30.77	03:13:59.13	+01:06:53 (34.5%)	5:56	10.1
109	CIEŚLA Patryk	3137		WARSZAWA	M30	48	M 94	00:00:45	00:48:15	02:02:52	02:48:21	03:13:39.64	03:14:25.34	+01:07:19 (34.6%)	5:56	10.1
110	NIEPSUJ Maciej	3037		WARSZAWA	M50	9	M 95	00:00:05	00:48:23	02:08:13	02:52:48	03:14:27.11	03:14:32.14	+01:07:26 (34.7%)	5:57	10.1
111	KOZIOŁ Sylwia	3151		NIEDRZWICA DUŻA	K40	5	K 16	00:00:59	00:49:13	02:05:18	02:50:19	03:13:44.39	03:14:44.37	+01:07:38 (34.7%)	5:56	10.1
112	BALUKIEWICZ Wojciech	3408	MIRSZCZAKI	MIRSK	M40	34	M 96	00:00:11	00:49:43	02:08:34	02:53:49	03:14:58.08	03:15:09.22	+01:08:03 (34.9%)	5:58	10.0
113	KOCHAŃSKI Krystian	3357		BIĄŁYSTOK	M30	49	M 97	00:00:13	00:46:28	02:05:11	02:52:39	03:14:56.57	03:15:09.78	+01:08:04 (34.9%)	5:58	10.0
114	MCLEOD Adam	3337		WARSZAWA	M30	50	M 98	00:00:20	00:46:20	02:02:52	02:50:38	03:14:52.46	03:15:12.64	+01:08:07 (34.9%)	5:58	10.0
115	ŁAPIŃSKI Łukasz	3143		KSIĘŻYNO-KOLONIA	M40	35	M 99	00:00:13	00:49:37		02:53:22	03:15:04.41	03:15:17.57	+01:08:12 (34.9%)	5:59	10.0
116	K. Piotr	3265		WARSZAWA	M30	51	M 100	00:01:08	00:50:29	02:09:37	02:53:04	03:14:33.21	03:15:41.96	+01:08:36 (35.1%)	5:58	10.1
117	BREWCAK Maciej	3428	SAVE LIFE	WARSZAWA	M40	36	M 101	00:00:45	00:47:42	02:06:35	02:54:38	03:15:07.31	03:15:52.81	+01:08:47 (35.1%)	5:59	10.0
118	KRAJEWSKA Ewelina	3093	ANDRZEJ WITEK TEAM SZYBCIEJ	GOCZAŁKÓW	K40	6	K 17	00:00:07	00:47:57	02:09:43	02:55:30	03:16:11.04	03:16:18.39	+01:09:13 (35.3%)	6:01	10.0
119	KIEDA Patryk	3552	KAN-THERM RACING TEAM	BIĄŁYSTOK	M30	52	M 102	00:00:28	00:51:09	02:10:54	02:55:57	03:16:15.84	03:16:44.12	+01:09:38 (35.4%)	6:01	10.0
120	NOWAK Maciej Gabriel	3498		POZNAŃ	M50	10	M 103	00:00:35	00:45:11	02:02:56	02:50:49	03:16:15.65	03:16:51.48	+01:09:46 (35.4%)	6:01	10.0
121	KUNKA Jakub	3499		TOMASZÓW MAZOWIECKI	M20	6	M 104	00:01:00	00:48:23	02:04:17	02:51:34	03:16:01.85	03:17:02.67	+01:09:57 (35.5%)	6:00	10.0
122	JAWORSKA Anna	3281		WARSZAWA	K30	11	K 18	00:00:00	00:50:15	02:08:56	02:54:41	03:17:08.27	03:17:08.27	+01:10:02 (35.5%)	6:02	9.9
123	KARWIŃSKI Marcin	3486		BIĄŁYSTOK	M50	11	M 105	00:00:48	00:53:30	02:13:55	02:55:22	03:16:20.74	03:17:08.99	+01:10:03 (35.5%)	6:01	10.0
124	HERNANDEZ Leonidas	3200		WARSAW	M40	37	M 106	00:00:00	00:54:51	02:15:18	02:57:02	03:17:25.02	03:17:25.02	+01:10:19 (35.6%)	6:03	9.9

125	WYSOCKA Teresa	3347	SPRINTER SIEMIATYCZE	SIEMIATYCZE	K50	1	K 19	00:00:51	00:45:41	02:05:09	02:52:33	03:16:55.27	03:17:47.01	+01:10:41 (35.7%)	6:02	9.5
126	LAZUK Andrei	3282	RUN_WAWA_RUN	WARSZAWA	M30	53	M 107	00:00:33	00:48:23	02:05:19	02:56:05	03:17:41.41	03:18:15.38	+01:11:09 (35.9%)	6:03	9.5
127	SZYMAŃSKI Roman	3112	MARSZOMANIACY BIELSK PODLASKI	BIELSK PODLASKI	M40	38	M 108	00:00:33	00:49:43	02:09:10	02:54:30	03:17:44.68	03:18:17.83	+01:11:12 (35.9%)	6:03	9.5
128	KALINOWSKA-ZACHARCZUK Sylwia	3413	N50	BIĄŁYSTOK	K30	12	K 20	00:00:36	00:47:58	02:10:47	02:56:25	03:17:42.94	03:18:19.20	+01:11:13 (35.9%)	6:03	9.5
129	KOZIOL Piotr	3544		BIĄŁYSTOK	M40	39	M 109	00:00:23	00:49:20	02:09:08	02:55:32	03:18:04.08	03:18:27.84	+01:11:22 (36.0%)	6:04	9.5
130	TRUSIUK Damian	3197		BIĄŁYSTOK	M30	54	M 110	00:00:18	00:48:13	02:05:26	02:53:03	03:18:09.09	03:18:28.07	+01:11:22 (36.0%)	6:04	9.5
131	KHMIALEUSKAYA Dziyana	3128	RUN_WAWA_RUN	WARSZAWA	K30	13	K 21	00:00:08	00:48:55	02:13:01	02:58:26	03:18:40.86	03:18:49.76	+01:11:44 (36.1%)	6:05	9.5
132	CHOREŃ Marek	3414		OSTROŁĘKA	M40	40	M 111	00:00:14	00:48:01	02:09:17	02:56:47	03:18:43.02	03:18:57.47	+01:11:52 (36.1%)	6:05	9.5
133	BAJDA Radosław	3091	AKTYWNA PRZEWŁOKA	LUBLIN	M20	7	M 112	00:00:44	00:49:30	02:08:48	02:55:58	03:19:15.15	03:19:59.38	+01:12:53 (36.5%)	6:06	9.5
134	SWIDZIŃSKI Adam	3457		WARSZAWA	M30	55	M 113	00:01:01	00:50:40	02:08:20	02:52:15	03:19:09.41	03:20:10.89	+01:13:05 (36.5%)	6:06	9.5
135	SOKÓŁ Przemysław	3251	WODOCIĄGI BIAŁOSTOCKIE	BIĄŁYSTOK	M30	56	M 114	00:00:03	00:49:36	02:08:59	02:57:10	03:20:08.48	03:20:11.77	+01:13:06 (36.5%)	6:08	9.5
136	MOŚCICKI Piotr	3342		BIĄŁYSTOK	M30	57	M 115	00:00:51	00:46:13	02:01:16	02:51:08	03:19:33.03	03:20:24.99	+01:13:19 (36.6%)	6:07	9.5
137	NIEDZWIECKI Paweł	3057		CZARNA BIAŁOSTOCKA	M40	41	M 116	00:00:14	00:48:17	02:06:47	02:55:32	03:20:38.37	03:20:52.63	+01:13:47 (36.7%)	6:09	9.7
138	ĆWIRKO-GODYCKI Piotr	3048		WROCŁAW	M30	58	M 117	00:00:59	00:51:26	02:10:47	02:57:27	03:20:07.91	03:21:06.94	+01:14:01 (36.8%)	6:08	9.5
139	KLICH Antoni	3420		WARSZAWA	M18	1	M 118	00:00:49	00:52:00	02:11:36	02:58:38	03:20:54.24	03:21:43.52	+01:14:38 (37.0%)	6:09	9.7
140	WYTYKOWSKA-ŚPIĄCZKA Joanna	3343	ŁKW	ŁÓDŹ	K40	7	K 22	00:00:28	00:49:48	02:13:51	02:59:23	03:21:18.67	03:21:47.50	+01:14:42 (37.0%)	6:10	9.7
141	WILKOWSKI Łukasz	3231		WARSZAWA	M30	59	M 119	00:00:09	00:45:58	02:06:40	02:57:06	03:21:49.34	03:21:58.37	+01:14:52 (37.1%)	6:11	9.7
142	KOŁODZIEJ Adrian	3146	GRUPA BIEGOWA "BEZ GRANIC"	STRZEGOM	M40	42	M 120	00:00:54	00:51:19	02:12:59	02:58:34	03:21:06.74	03:22:01.54	+01:14:56 (37.1%)	6:10	9.7
143	ONOSZKO Dawid	3553		SOKÓŁKA	M40	43	M 121	00:01:05	00:49:27	02:07:51	02:59:30	03:22:08.67	03:23:14.48	+01:16:09 (37.5%)	6:12	9.7
144	ŻUREK Kamil	3172		KRAKÓW	M40	44	M 122	00:00:08	00:47:13	02:07:57	02:58:15	03:23:06.65	03:23:15.00	+01:16:09 (37.5%)	6:13	9.5
145	ADAMCZEWSKA Natalia	3124		POZNAŃ	K20	2	K 23	00:00:24	00:49:48	02:13:27	03:01:30	03:23:08.80	03:23:33.52	+01:16:28 (37.6%)	6:13	9.5
146	MARSZALEK Jan	3504	ITMBW KRAKÓW	KRAKÓW	M30	60	M 123	00:00:24	00:47:07	02:10:07	03:00:35	03:23:37.89	03:24:01.97	+01:16:56 (37.7%)	6:14	9.5
147	MUSIALSKI Tomasz	3489	TKM KANELARIA	TYCHY	M40	45	M 124	00:00:34	00:46:16	02:08:22	02:59:02	03:23:35.82	03:24:10.68	+01:17:05 (37.8%)	6:14	9.5
148	GOLUB Marcin	3266	CANAL+	WARSZAWA	M30	61	M 125	00:00:37	00:50:23	02:13:18	03:00:50	03:23:58.56	03:24:35.79	+01:17:30 (37.9%)	6:15	9.5
149	SAPIEJEWSKI Krzysztof	3054		ZALESIE	M30	62	M 126	00:01:17	00:48:43	02:12:15	03:00:02	03:23:20.09	03:24:37.86	+01:17:32 (37.9%)	6:14	9.5
150	BIELIŃSKI Bartłomiej	3279		WARSZAWA	M30	63	M 127	00:00:46	00:52:12	02:15:30	03:02:54	03:24:15.51	03:25:01.65	+01:17:56 (38.0%)	6:15	9.5
151	SKUP Wojciech	3325	ORTALION TRENERA	SIEDLCE	M30	64	M 128	00:00:29	00:50:04	02:12:09	03:00:45	03:24:36.40	03:25:06.01	+01:18:00 (38.0%)	6:16	9.5
152	MARCINIUK Dariusz	3363		SIEDLCE	M50	12	M 129	00:00:44	00:50:54	02:14:16	03:02:41	03:24:58.99	03:25:43.91	+01:18:38 (38.2%)	6:17	9.5
153	PILARSKI Grzegorz	3465	KONSTRUKTOR PUŁAWY	PUŁAWY	M50	13	M 130	00:00:07	00:46:21	02:08:37	03:04:48	03:25:40.51	03:25:48.05	+01:18:42 (38.2%)	6:18	9.5
154	BOGDAŃSKI Wojciech	3230		POZNAŃ	M30	65	M 131	00:00:43	00:50:56	02:11:58	03:00:27	03:25:10.33	03:25:53.53	+01:18:48 (38.3%)	6:17	9.5
155	BLAŻEWICZ Dariusz	3466	WINLAND	BIĄŁYSTOK	M50	14	M 132	00:00:17	00:49:53	02:11:22	03:01:49	03:25:49.99	03:26:07.77	+01:19:02 (38.3%)	6:18	9.5

156	GUZ Weronika	3463		WARSZAWA	K30	14	K 24	00:00:46	00:52:12	02:16:10	03:04:23	03:25:22.91	03:26:09.23	+01:19:03 (38.4%)	6:17	9.5
157	JANISZEWSKI Jakub	3321	SII RUNNING TEAM	ŁÓDŹ	M30	66	M 133	00:00:20	00:43:38	02:05:30	03:00:38	03:25:48.76	03:26:09.31	+01:19:03 (38.4%)	6:18	9.5
158	KURNICKI Piotr	3381		NIEWODNICA KORYCKA	M30	67	M 134	00:00:46	00:53:39	02:15:04	03:02:00	03:25:45.63	03:26:32.43	+01:19:27 (38.5%)	6:18	9.5
159	SOBOLCZYK Klaudia	3085	ADIDAS RUNNERS POZNAŃ	POZNAŃ	K30	15	K 25	00:00:25	00:49:48	02:13:28	03:02:28	03:26:16.16	03:26:41.18	+01:19:35 (38.5%)	6:19	9.5
160	ZAWISTOWSKI Konrad	3479		CZARNA BIAŁOSTOCKA	M30	68	M 135	00:00:14	00:48:56	02:10:14	03:00:54	03:26:53.41	03:27:07.86	+01:20:02 (38.6%)	6:20	9.5
161	PIETRASZEK Jacek	3162	PEAK ENDURANCE	SULÓW	M20	8	M 136	00:00:27	00:51:56	02:14:34	03:02:23	03:26:42.25	03:27:10.05	+01:20:04 (38.7%)	6:20	9.5
162	KRETOWICZ Dawid	3438		SOKÓŁKA	M18	2	M 137	00:00:20	00:53:59	02:21:33	03:06:31	03:26:52.77	03:27:12.96	+01:20:07 (38.7%)	6:20	9.5
163	WĘSIERSKI Grzegorz	3285		KOTEŻE	M40	46	M 138	00:01:21	00:54:19	02:18:08	03:04:02	03:25:58.96	03:27:20.37	+01:20:14 (38.7%)	6:19	9.5
164	DANISZEWSKA Marta	3521	WIELISZEW HERON TEAM	OLSZEWNICA STARA	K40	8	K 26	00:00:12	00:50:31	02:17:08	03:04:20	03:28:02.35	03:28:14.56	+01:21:09 (39.0%)	6:22	9.4
165	KWACZYŃSKA Marzena	3177	123	WARSZAWA	K50	2	K 27	00:00:52	00:51:34	02:18:09	03:06:02	03:27:30.67	03:28:22.86	+01:21:17 (39.0%)	6:21	9.4
166	KUŁĄGOWSKI Rafał	3086		PIS	M50	15	M 139	00:00:34	00:50:01	02:14:26	03:05:01	03:28:04.91	03:28:39.59	+01:21:34 (39.1%)	6:22	9.4
167	KLICH Maciej	3490	LIPIEC RUNNING TEAM	WARSZAWA	M50	16	M 140	00:00:49	00:53:13	02:19:03	03:07:12	03:27:54.83	03:28:44.06	+01:21:38 (39.1%)	6:22	9.4
168	MOSKOWICZ Stefan	3522	PKB	FREDROPOL	M60	1	M 141	00:00:46	00:50:35	02:16:22	03:07:38	03:28:09.36	03:28:56.29	+01:21:50 (39.2%)	6:23	9.4
169	PIKUSA Łukasz	3441		MYŚLACHOWICE	M40	47	M 142	00:00:34	00:47:34	02:08:54	03:03:05	03:28:27.23	03:29:01.33	+01:21:55 (39.2%)	6:23	9.4
170	KORYCKI Tomasz	3536		BIAŁYSTOK	M40	48	M 143	00:00:14	00:46:15	02:08:08	03:00:29	03:29:08.62	03:29:22.82	+01:22:17 (39.3%)	6:24	9.4
171	PIASECKA Aleksandra	3532		WARSZAWA	K40	9	K 28	00:00:32	00:52:27	02:13:52	03:03:52	03:29:40.07	03:30:12.16	+01:23:06 (39.5%)	6:25	9.3
172	MAZAN Przemysław	3006		WARSZAWA	M50	17	M 144	00:00:47	00:52:21	02:15:46	03:06:08	03:29:51.56	03:30:39.17	+01:23:33 (39.7%)	6:26	9.3
173	LACH-BRZOZOWSKA Edyta	3264		ZIELONKA	K40	10	K 29	00:00:29	00:50:25	02:17:02	03:07:23	03:30:21.16	03:30:50.19	+01:23:44 (39.7%)	6:27	9.3
174	LESZCZYŃSKA Marta	3044		MRĄGOWO	K40	11	K 30	00:00:12	00:52:53	02:19:09	03:07:52	03:30:49.00	03:31:01.39	+01:23:56 (39.8%)	6:28	9.3
175	GRYGIERCZYK Anna	3119		PIASECZNO	K40	12	K 31	00:00:39	00:49:02	02:12:36	03:04:57	03:30:27.57	03:31:06.82	+01:24:01 (39.8%)	6:27	9.3
176	SOBOLEWSKI Adam	3406		IGNATKI-OSIEDLE	M40	49	M 145	00:00:09	00:49:55	02:15:15	03:06:55	03:31:01.86	03:31:11.84	+01:24:06 (39.8%)	6:28	9.3
177	KACZMARCZYK Stanisław	3237		OSTROŁĘKA	M40	50	M 146	00:00:37	00:55:48	02:18:50	03:08:14	03:30:37.04	03:31:14.83	+01:24:09 (39.8%)	6:27	9.3
178	PAGACZ Joanna	3090		KRAKÓW	K40	13	K 32	00:00:55	00:49:48	02:15:11	03:06:30	03:30:23.67	03:31:19.06	+01:24:13 (39.9%)	6:27	9.3
179	DAUKSZ Karol	3476		BIAŁYSTOK	M30	69	M 147	00:00:45	00:55:05	02:20:03	03:07:29	03:30:57.88	03:31:43.18	+01:24:37 (40.0%)	6:28	9.3
180	KARBOWSKI Jarosław	3359	K S LENIWIEC	SYCÓW	M40	51	M 148	00:00:12	00:47:39	02:13:22	03:04:54	03:33:03.82	03:33:16.62	+01:26:11 (40.4%)	6:32	9.2
181	ŻUK Halina	3216	REMBERTÓW TEAM	ZIELONKA	K50	3	K 33	00:00:05	00:50:50	02:18:46	03:09:01	03:33:35.09	03:33:40.86	+01:26:35 (40.5%)	6:33	9.2
182	WARACKI Kamil	3295		OSTRÓW MAZOWIECKA	M30	70	M 149	00:00:43	00:53:39	02:16:25	03:07:27	03:33:13.90	03:33:57.79	+01:26:52 (40.6%)	6:32	9.2
183	BLACHOWICZ Jędrzej	3294		KOMOROWO	M30	71	M 150	00:00:44	00:53:39	02:16:51	03:07:34	03:33:13.46	03:33:57.87	+01:26:52 (40.6%)	6:32	9.2
184	SZUMSKA Marta	3035		BIAŁYSTOK	K40	14	K 34	00:00:26	00:48:29	02:13:59	03:07:30	03:33:52.01	03:34:18.30	+01:27:12 (40.7%)	6:33	9.1
185	KOTYNIIEWICZ Krzysztof	3248		WARSZAWA	M40	52	M 151	00:00:11	00:47:22	02:14:02	03:07:53	03:34:07.00	03:34:18.35	+01:27:12 (40.7%)	6:34	9.1
186	KARCZMARCZYK Tomasz	3291		WARSZAWA	M40	53	M 152	00:00:52	00:51:23	02:18:56	03:09:45	03:33:46.54	03:34:39.52	+01:27:34 (40.8%)	6:33	9.2

187	LEMIESZEWSKA Iza	3319	SZAKALE BAŁUT ŁÓDŹ	ŁÓDŹ	K40	15	K 35	00:00:21	00:52:44	02:19:21	03:10:10	03:34:25.08	03:34:46.21	+01:27:40 (40.8%)	6:34	9.1
188	SOKÓLSKI Łukasz	3083		BIĄŁYSTOK	M30	72	M 153	00:00:45	00:53:52	02:19:14	03:09:35	03:34:28.83	03:35:13.94	+01:28:08 (41.0%)	6:34	9.1
189	MASAJŁO Emil	3531		KURIANY	M30	73	M 154	00:00:12	00:48:17	02:10:54	03:07:34	03:35:20.84	03:35:32.99	+01:28:27 (41.0%)	6:36	9.1
190	GRZEGORCZYK Kamil	3529		BIĄŁYSTOK	M40	54	M 155	00:00:27	00:49:42	02:14:30	03:07:27	03:35:24.73	03:35:52.09	+01:28:46 (41.1%)	6:36	9.1
191	ELSTER Adam	3164	GRYGO TEAM	ŁOMŻA	M50	18	M 156	00:00:18	00:47:20	02:06:29	03:05:05	03:35:38.97	03:35:57.01	+01:28:51 (41.1%)	6:36	9.1
192	BARANOWSKI Adam	3374	NADAKTYWNI	BIĄŁYSTOK	M40	55	M 157	00:00:08	00:48:17	02:15:13	03:11:18	03:36:45.18	03:36:53.89	+01:29:48 (41.4%)	6:38	9.1
193	ZARZECZNY Radosław	3378		KRAKÓW	M30	74	M 158	00:00:21	00:53:08	02:20:56	03:13:22	03:36:40.60	03:37:02.50	+01:29:57 (41.4%)	6:38	9.1
194	MICHALIK Wiola	3415	ZIELONE BIEGANIE	WYSZKÓW	K30	16	K 36	00:00:10	00:50:03	02:14:14	03:11:12	03:36:57.55	03:37:07.58	+01:30:02 (41.5%)	6:39	9.1
195	ZALEWSKI Leszek	3204		CIASNE	M30	75	M 159	00:00:51	00:49:16	02:11:48	03:07:05	03:36:19.52	03:37:10.70	+01:30:05 (41.5%)	6:38	9.1
196	DEHMEL Adam	3260		GORTATOWO	M20	9	M 160	00:00:46	00:51:03	02:19:29	03:12:03	03:36:34.37	03:37:21.27	+01:30:15 (41.5%)	6:38	9.1
197	GAWRYLIK Joanna	3097	SPORT GENERATION	BIĄŁYSTOK	K50	4	K 37	00:00:09	00:54:37	02:23:10	03:14:02	03:37:13.43	03:37:22.85	+01:30:17 (41.5%)	6:39	9.1
198	BARTOSIAK Norbert	3401	MINISTERSTWO FINANSÓW	WARSZAWA	M30	76	M 161	00:00:08	00:44:20	02:05:10	03:06:58	03:37:24.10	03:37:32.53	+01:30:27 (41.6%)	6:40	9.1
199	JAWORSKA Klaudia	3267		SOCHACZEW	K30	17	K 38	00:00:58	00:56:48	02:20:57	03:12:49	03:37:34.40	03:38:33.11	+01:31:27 (41.8%)	6:40	9.1
200	MŁODZIANOWSKA Aneta	3351		OSTRÓW MAZOWIECKA	K50	5	K 39	00:00:43	00:53:38	02:18:22	03:16:33	03:37:58.44	03:38:41.58	+01:31:36 (41.9%)	6:41	9.1
201	STĘPIEŃ Agata	3315	SII RUNNING TEAM	WARSZAWA	K40	16	K 40	00:00:20	00:52:37	02:20:42	03:16:15	03:38:34.75	03:38:55.67	+01:31:50 (41.9%)	6:42	8.9
202	DZIKOWSKI Krzysztof	3370		OSTRÓW MAZOWIECKA	M50	19	M 162	00:00:42	00:53:40	02:18:21	03:16:33	03:38:18.54	03:39:01.44	+01:31:56 (42.0%)	6:41	9.1
203	NATORSKI Łukasz	3077		WARSZAWA	M30	77	M 163	00:00:54	00:53:53	02:18:24	03:15:54	03:38:27.00	03:39:21.22	+01:32:15 (42.1%)	6:42	9.1
204	GOTÓWKO Agnieszka	3449		CZARNA WIEŚ KOŚCIELNA	K40	17	K 41	00:00:29	00:51:51	02:21:15	03:15:52	03:39:06.33	03:39:35.95	+01:32:30 (42.1%)	6:43	8.9
205	KACZYNSKI Marcin	3290	NEXERIANIE	WARSZAWA	M40	56	M 164	00:00:55	00:53:08	02:19:22	03:13:19	03:38:55.10	03:39:50.31	+01:32:44 (42.2%)	6:42	8.9
206	BECZKO Dorota	3183		KRĘCZKI	K40	18	K 42	00:00:46	00:56:04	02:24:23	03:15:27	03:39:19.04	03:40:05.81	+01:33:00 (42.3%)	6:43	8.9
207	WORACH Michał	3318	SZAKALE BAŁUT ŁÓDŹ	ŁÓDŹ	M40	57	M 165	00:00:21	00:52:43	02:19:40	03:15:52	03:39:44.25	03:40:06.09	+01:33:00 (42.3%)	6:44	8.9
208	KRYŃSKI Paweł	3440		WASILKÓW	M30	78	M 166	00:00:52	00:53:36	02:20:53	03:13:43	03:39:25.47	03:40:18.03	+01:33:12 (42.3%)	6:43	8.9
209	MICHOWSKA Anna	3497	HEŃTEAM LUBLIN	LUBLIN	K40	19	K 43	00:00:41	00:53:44	02:19:15	03:16:24	03:39:54.88	03:40:36.86	+01:33:31 (42.4%)	6:44	8.9
210	OKOLUS Zbigniew	3053	KLUB BIEGACZA MIŁA	MICHAŁÓWKA	M50	20	M 167	00:00:44	00:53:30	02:22:22	03:16:14	03:39:52.43	03:40:36.91	+01:33:31 (42.4%)	6:44	8.9
211	DĄBROWSKA Małgorzata	3431		WARSZAWA	K50	6	K 44	00:01:03	00:54:28	02:24:10	03:15:25	03:39:51.31	03:40:54.89	+01:33:49 (42.5%)	6:44	8.9
212	KIFNER Hubert	3379	BIEGIEM PO WINO	WARSZAWA	M40	58	M 168	00:00:57	00:53:29	02:18:18	03:12:21	03:39:57.59	03:40:55.07	+01:33:49 (42.5%)	6:44	8.9
213	MATULEWICZ Natalia	3241		ŁYSKI	K40	20	K 45	00:00:27	00:49:35	02:19:22	03:13:51	03:41:13.76	03:41:41.40	+01:34:36 (42.7%)	6:47	8.8
214	MADEJSKI Mariusz	3376		LEGIONOWO	M30	79	M 169	00:00:39	00:52:26	02:19:16	03:14:50	03:41:06.32	03:41:45.76	+01:34:40 (42.7%)	6:46	8.8
215	SPACHACZ Agnieszka	3394		GNIEZNO	K30	18	K 46	00:00:47	00:58:12	02:28:46	03:18:03	03:41:07.67	03:41:55.01	+01:34:49 (42.7%)	6:46	8.8
216	STEĆ Magdalena	3014	I RUN BECAUSE I CAN	POZNAŃ	K40	21	K 47	00:00:10	00:52:18	02:19:56	03:12:50	03:41:57.34	03:42:08.06	+01:35:02 (42.8%)	6:48	8.8
217	MULAK Renata	3107	TEAM ZABIEGANEDNI	WARSZAWA	K40	22	K 48	00:00:31	00:52:30	02:20:22	03:16:27	03:41:42.56	03:42:13.65	+01:35:08 (42.8%)	6:48	8.8

218	KRACZOWSKI Mirosław	3007	SZLAKIEM ŻUBRA	SZCZECIN	M50	21	M 170	00:00:57	00:57:03	02:26:29	03:17:32	03:41:19.55	03:42:17.17	+01:35:11 (42.8%)	6:47	8.8
219	HAJDOCZENIA Marcin	3088		BIĄŁYSTOK	M30	80	M 171	00:00:32	00:53:48	02:20:53	03:14:23	03:41:46.78	03:42:19.42	+01:35:14 (42.8%)	6:48	8.8
220	SZELUGA Łukasz	3456	CROSSFIT JUST RAW	BIĄŁYSTOK	M30	81	M 172	00:01:07	00:51:18	02:16:07	03:09:51	03:41:35.20	03:42:42.61	+01:35:37 (42.9%)	6:47	8.8
221	SZELUGA Dawid	3174		LEGIONOWO	M20	10	M 173	00:01:07	00:51:18	02:16:07	03:09:52	03:41:35.92	03:42:43.05	+01:35:37 (42.9%)	6:47	8.8
222	SOBIERAJSKA Agata	3238		WARSZAWA	K30	19	K 49	00:00:47	00:49:23	02:18:38	03:16:05	03:41:55.67	03:42:43.09	+01:35:37 (42.9%)	6:48	8.8
223	TRYBUCHOWICZ Wiktoria	3309		WARSZAWA	K20	3	K 50	00:00:31	00:53:58	02:24:37	03:18:58	03:42:18.06	03:42:49.45	+01:35:44 (43.0%)	6:49	8.8
224	KOĆMIEROWSKI Maciej	3303		WARSZAWA	M20	11	M 174	00:00:31	00:52:41	02:24:38	03:18:58	03:42:18.24	03:42:49.69	+01:35:44 (43.0%)	6:49	8.8
225	BRODACKA Agata	3383	POTEMODPOCZNIESZ	WROCLAW	K30	20	K 51	00:00:56	00:59:17	02:30:39	03:20:01	03:42:15.77	03:43:12.10	+01:36:06 (43.1%)	6:49	8.8
226	KRUPA Janusz	3377	ORANGE POLSKA	MARKI	M50	22	M 175	00:00:24	00:51:12	02:20:43	03:16:50	03:42:56.89	03:43:21.53	+01:36:16 (43.1%)	6:50	8.8
227	SZALAJ Paweł	3217	TATRZAŃSKA WATAHA	DWORP	M50	23	M 176	00:00:37	00:49:03	02:14:15	03:15:39	03:42:48.86	03:43:25.99	+01:36:20 (43.1%)	6:50	8.8
228	WĘSIERSKA Joanna	3548		CHÊNE-BOUGERIES	K40	23	K 52	00:01:21	00:53:49	02:23:51	03:17:06	03:42:10.99	03:43:32.45	+01:36:27 (43.1%)	6:48	8.8
229	MATYS Robert	3393		BIĄŁYSTOK	M30	82	M 177	00:00:35	00:53:57	02:23:49	03:16:43	03:43:06.42	03:43:41.90	+01:36:36 (43.2%)	6:50	8.8
230	DĄBROWSKI Bartłomiej	3059		BIĄŁYSTOK	M30	83	M 178	00:00:30	00:53:19	02:22:27	03:18:39	03:43:16.12	03:43:46.48	+01:36:41 (43.2%)	6:50	8.8
231	SUDRA-GRABARZ Emila	3033	RAJSPOUR ACTIVE	PABIANICE	K40	24	K 53	00:00:25	00:53:44	02:23:28	03:18:24	03:43:29.17	03:43:54.62	+01:36:49 (43.2%)	6:51	8.8
232	KOZIOL Piotr	3468		POROSŁY	M30	84	M 179	00:00:26	00:53:45	02:23:28	03:18:22	03:43:29.62	03:43:55.73	+01:36:50 (43.2%)	6:51	8.8
233	URBANIAK Małgorzata	3098		BEŁCHATÓW	K40	25	K 54	00:00:26	00:53:05	02:22:17	03:19:07	03:43:30.23	03:43:56.47	+01:36:51 (43.2%)	6:51	8.8
234	GIERMANIUK Anna	3122	HAJNÓWKA BIEGA	HAJNÓWKA	K40	26	K 55	00:00:17	00:53:49	02:23:00	03:18:44	03:43:39.23	03:43:57.21	+01:36:51 (43.3%)	6:51	8.7
235	ANDROSIUK Barbara	3080	HAJNÓWKA BIEGA	HAJNÓWKA	K40	27	K 56	00:00:18	00:53:50	02:23:00	03:18:47	03:43:39.12	03:43:57.29	+01:36:51 (43.3%)	6:51	8.7
236	RZYMOWSKA Krystyna	3263		WARSZAWA	K50	7	K 57	00:00:46	00:53:39	02:23:24	03:21:09	03:43:34.00	03:44:20.27	+01:37:14 (43.3%)	6:51	8.7
237	MOŚCICKI Piotr	3459	POLONIA WARSZAWA	WARSZAWA	M40	59	M 180	00:00:24	00:53:46	02:22:07	03:15:01	03:43:56.56	03:44:21.17	+01:37:15 (43.4%)	6:52	8.7
238	RUCIŃSKA Wioleta	3060	AKTYWNOŚĆ RODZI POZYTYWNOŚĆ	GAWŁOWO	K30	21	K 58	00:00:05	00:47:55	02:18:58	03:15:49	03:44:28.23	03:44:33.86	+01:37:28 (43.4%)	6:53	8.7
239	LEBEDEV Igor	3514	RUNSTUDIO	VILNIUS	M30	85	M 181	00:03:07		02:25:02	03:19:05	03:41:40.75	03:44:48.14	+01:37:42 (43.5%)	6:47	8.8
240	TALKACHOU Aliaksei	3518	RUN4FUN	VILNIUS	M30	86	M 182	00:03:05	00:54:47	02:25:03	03:19:06	03:41:42.96	03:44:48.40	+01:37:43 (43.5%)	6:48	8.8
241	YALENSKAYA Alena	3516		VILNIUS	K30	22	K 59	00:03:04	00:54:47	02:25:05	03:19:08	03:41:45.30	03:44:50.11	+01:37:44 (43.5%)	6:48	8.8
242	NOVIKOVA Evgeniia	3517	RUNSTUDIO	VILNIUS	K30	23	K 60	00:03:11	00:54:40	02:24:58	03:19:02	03:41:38.39	03:44:50.26	+01:37:44 (43.5%)	6:47	8.8
243	SMOLAREK Marcin	3471		ŻYRARDÓW	M40	60	M 183	00:00:28	00:55:21	02:25:52	03:21:28	03:44:31.98	03:45:00.18	+01:37:54 (43.5%)	6:53	8.7
244	KUCHARSKA Anna	3257		LUBLIN	K40	28	K 61	00:00:41	00:56:32	02:27:51	03:20:25	03:44:30.70	03:45:11.97	+01:38:06 (43.6%)	6:53	8.7
245	CHERTKOV Evgenii	3515	RUN STUDIO VILNIUS	VILNIUS	M30	87	M 184	00:03:07	00:54:45	02:25:02	03:19:05	03:42:25.05	03:45:32.74	+01:38:27 (43.7%)	6:49	8.8
246	WILKOWSKA- CIEŚLIK Ewa	3289		ŁÓDŹ	K40	29	K 62	00:00:48	00:50:52	02:19:37	03:17:48	03:44:47.97	03:45:36.38	+01:38:30 (43.7%)	6:53	8.7
247	GAŚKA Agnieszka	3293	TEAM ZABIEGADNI	WIĄŻOWNA	K30	24	K 63	00:00:31	00:52:51	02:22:51	03:17:06	03:45:08.36	03:45:39.49	+01:38:34 (43.7%)	6:54	8.7
248	LEWANDOWSKI Patryk	3062	SPORTOWA LUBAWA	LUBAWA	M20	12	M 185	00:00:13	00:52:14	02:21:52	03:17:12	03:45:58.32	03:46:11.61	+01:39:06 (43.8%)	6:55	8.7

249	LEŚNIEWICZ Wojciech	3102		WROCŁAW	M40	61	M 186	00:00:11	00:53:58	02:23:55	03:20:37	03:46:03.01	03:46:14.59	+01:39:09 (43.8%)	6:56	8.7
250	KURASZ Tomasz	3296		RUDA ŚLĄSKA	M40	62	M 187	00:00:19	00:52:09	02:23:21	03:19:30	03:46:00.38	03:46:19.47	+01:39:14 (43.8%)	6:55	8.7
251	STEFAŃSKA Karolina	3206		WARSZAWA	K20	4	K 64	00:00:30	00:57:17	02:28:52	03:23:47	03:45:52.13	03:46:22.52	+01:39:17 (43.9%)	6:55	8.7
252	MATUSIK Kacper	3205		ZĄBKI	M20	13	M 188	00:00:30	00:57:15	02:28:51	03:23:47	03:45:52.21	03:46:22.87	+01:39:17 (43.9%)	6:55	8.7
253	SOMMERIA Romain	3228	WOLUMEN SOMSYSTEM	NANTES	M40	63	M 189	00:00:56	00:53:41	02:18:09	03:18:47	03:45:36.76	03:46:33.46	+01:39:28 (43.9%)	6:55	8.7
254	EROSHENKOVA Valentina	3545	TEA.M RUN	BIAŁYSKOK	K40	30	K 65	00:00:54	00:55:56	02:26:58	03:19:58	03:45:42.42	03:46:36.98	+01:39:31 (43.9%)	6:55	8.7
255	GROCHOWSKI Piotr	3243		WARSZAWA	M50	24	M 190	00:00:18	00:52:02	02:23:28	03:20:35	03:46:36.91	03:46:55.32	+01:39:49 (44.0%)	6:57	8.6
256	RULKA Daniel	3089	NIDZICA BIEGA	NIDZICA	M40	64	M 191	00:00:20	00:50:47	02:20:35	03:19:08	03:46:37.90	03:46:57.96	+01:39:52 (44.0%)	6:57	8.6
257	SOBSTYL Michał	3242	WIERZCHLESIE TEAM	JĘCZYDÓŁ	M30	88	M 192	00:00:59	00:53:13	02:18:06	03:13:52	03:46:56.68	03:47:56.54	+01:40:51 (44.2%)	6:57	8.6
258	ZALEWSKI Dominik	3153		BERLIN	M40	65	M 193	00:01:00	00:53:12	02:18:09	03:13:52	03:46:56.12	03:47:56.82	+01:40:51 (44.2%)	6:57	8.6
259	OSTASZEWSKI Marcin	3104		ZAŚCIANKI	M40	66	M 194	00:00:12	00:50:08	02:21:59	03:20:04	03:48:13.97	03:48:26.48	+01:41:21 (44.4%)	7:00	8.6
260	SIERZPUTOWSKI Artur	3386	AS-AB	OSTROŁĘKA	M50	25	M 195	00:00:46	00:50:34	02:19:56	03:21:04	03:48:25.46	03:49:11.80	+01:42:06 (44.5%)	7:00	8.6
261	CABAJ Paulina	3392		KROSNA WIES	K40	31	K 66	00:00:06	00:48:50	02:22:59	03:22:12	03:49:06.68	03:49:13.30	+01:42:07 (44.6%)	7:01	8.5
262	NOSAL Bartosz	3225	PARKRUN DĄBRÓWKA	POZNAŃ	M30	89	M 196	00:01:00	00:57:53	02:26:31	03:22:46	03:48:58.55	03:49:59.20	+01:42:53 (44.7%)	7:01	8.5
263	WALIGORA Aleksander	3220		POZNAN	M30	90	M 197	00:01:00	00:57:53	02:26:31	03:22:41	03:48:58.48	03:49:59.23	+01:42:53 (44.7%)	7:01	8.5
264	SOWIŃSKA Anna	3297		KRAKÓW	K20	5	K 67	00:00:02	00:54:42	02:27:07	03:25:26	03:50:38.80	03:50:41.12	+01:43:35 (44.9%)	7:04	8.5
265	GOŁUBOWSKI Łukasz	3373		BIAŁYSTOK	M40	67	M 198	00:01:09	00:56:08	02:22:14	03:16:18	03:50:08.52	03:51:17.85	+01:44:12 (45.1%)	7:03	8.5
266	POREDA Daniel	3424	TEAM DWA OGNIE	WARSZAWA	M40	68	M 199	00:00:56	00:56:15	02:28:38	03:24:42	03:50:28.73	03:51:25.67	+01:44:20 (45.1%)	7:04	8.5
267	SELEGRAT Norbert	3474		RZESZÓW	M30	91	M 200	00:00:59	01:01:14	02:38:26	03:27:30	03:50:49.67	03:51:49.11	+01:44:43 (45.2%)	7:04	8.5
268	CHOJNOWSKA Natalia	3436	BIEGAM BO LUBIĘ OSTROŁĘKA	TOBOLICE	K40	32	K 68	00:00:35	00:56:08	02:28:45	03:25:24	03:51:19.53	03:51:55.39	+01:44:50 (45.2%)	7:05	8.5
269	ŚWIĘTOJAŃSKA Ewa	3461	SII RUNNING TEAM	OSTROŁĘKA	K30	25	K 69	00:00:36	00:55:50	02:28:44	03:25:24	03:51:19.36	03:51:55.59	+01:44:50 (45.2%)	7:05	8.5
270	NADWODNA-PIERSA Dorota	3229	STARGLOSS TEAM OSTROŁĘKA	OSTROŁĘKA	K60	1	K 70	00:00:26	00:54:29	02:28:54	03:25:39	03:51:29.58	03:51:55.63	+01:44:50 (45.2%)	7:06	8.4
271	CHOJNOWSKI Miłosz	3435	BIEGAM BO LUBIĘ OSTROŁĘKA	TOBOLICE	M40	69	M 201	00:00:36	00:56:07	02:28:43	03:25:23	03:51:19.24	03:51:55.72	+01:44:50 (45.2%)	7:05	8.5
272	SOKÓŁ Maja	3004		LUBLIN	K40	33	K 71	00:00:04	00:51:41	02:23:42	03:25:15	03:51:56.26	03:52:01.13	+01:44:55 (45.2%)	7:06	8.4
273	BIEGAŃSKA Renata	3287	HAPPYRUNNERS	ŁÓDŹ	K50	8	K 72	00:00:50	00:53:41	02:26:18	03:29:02	03:51:42.11	03:52:32.23	+01:45:26 (45.3%)	7:06	8.4
274	KRUSZEWSKI Grzegorz	3410		NOWE PIEKUTY	M40	70	M 202	00:00:54	00:53:31	02:27:38	03:25:08	03:51:55.70	03:52:50.03	+01:45:44 (45.4%)	7:06	8.4
275	TOMASZEWSKA Julita	3015	TIMBUD TEAM	LEGIONOWO	K40	34	K 73	00:00:50	00:55:54	02:26:43	03:25:12	03:52:14.46	03:53:05.40	+01:46:00 (45.5%)	7:07	8.4
276	URYNOWICZ Ewa	3182	TEAM ZABIEGANEDNI	OSTRÓW	K30	26	K 74	00:00:31	00:52:31	02:25:15	03:23:40	03:52:44.46	03:53:16.35	+01:46:10 (45.5%)	7:08	8.4
277	ZAJKOWSKI Robert	3026	WINLAND	BIAŁYSTOK	M40	71	M 203	00:00:17	00:52:42	02:21:18	03:23:48	03:53:10.53	03:53:28.38	+01:46:22 (45.6%)	7:09	8.4
278	RADZICKI Patryk	3339	INFORMATYK_BIEGA	NURZEC-STACJA	M40	72	M 204	00:00:53	00:53:16	02:23:41	03:25:07	03:53:34.00	03:54:27.85	+01:47:22 (45.8%)	7:09	8.4
279	DUBIJ Albert	3079		OGRODNICZKI	M40	73	M 205	00:00:21	00:57:36	02:34:35	03:27:40	03:54:23.70	03:54:44.93	+01:47:39 (45.9%)	7:11	8.3

280	KACZOR Mateusz	3513		WARSZAWA	M30	92	M 206	00:00:58	00:54:34	02:26:30	03:25:12	03:54:15.51	03:55:14.13	+01:48:08 (46.0%)	7:11	8.4
281	MIODUSZEWSKA Izabella	3307		SIEMIATYCZE	K40	35	K 75	00:00:53	00:53:55	02:27:49	03:28:50	03:54:44.54	03:55:38.26	+01:48:32 (46.1%)	7:12	8.3
282	SZEREMETA Dominik	3322		ZAŚCIANKI	M30	93	M 207	00:01:06	00:56:12	02:31:07	03:28:42	03:54:34.00	03:55:40.26	+01:48:34 (46.1%)	7:11	8.3
283	CIECHANOWICZ Joanna	3541		WARSZAWA	K40	36	K 76	00:00:17	00:54:01	02:30:58	03:30:28	03:55:50.20	03:56:07.54	+01:49:02 (46.2%)	7:14	8.3
284	WĄCHAŁA Kamil	3327		BIAŁYSTOK	M20	14	M 208	00:00:15	00:53:57	02:27:33	03:34:45	03:55:52.46	03:56:07.74	+01:49:02 (46.2%)	7:14	8.3
285	RYŚ Maciek	3188		BIAŁYSTOK	M30	94	M 209	00:00:09	00:52:27	02:22:57	03:28:32	03:55:58.52	03:56:07.89	+01:49:02 (46.2%)	7:14	8.3
286	GOZDUR Kasia	3199		GWERSYLLT, WREXHAM	K40	37	K 77	00:00:30	00:54:28	02:32:51	03:30:16	03:55:40.70	03:56:11.00	+01:49:05 (46.2%)	7:13	8.3
287	MATYJA Grzegorz	3031		ŁĄKA	M50	26	M 210	00:01:05	00:57:35	02:30:38	03:27:56	03:55:42.02	03:56:47.17	+01:49:41 (46.3%)	7:13	8.3
288	SURDY Kacper	3326	MAMA SAID NO	NICE	M30	95	M 211	00:01:21	00:56:25	02:34:23	03:31:05	03:55:30.03	03:56:51.89	+01:49:46 (46.3%)	7:13	8.3
289	BANDOSZ Bartłomiej	3196		WARSZAWA	M40	74	M 212	00:00:35	00:56:21	02:31:06	03:30:30	03:56:17.42	03:56:52.82	+01:49:47 (46.3%)	7:14	8.3
290	BECEK Jakub	3429	BBKS "ŁAWECZKA" WILANÓW	WARSZAWA	M40	75	M 213	00:00:34	00:57:21	02:32:45	03:30:33	03:56:18.27	03:56:53.05	+01:49:47 (46.3%)	7:14	8.3
291	WASILEWSKA Paulina	3274		OŻARÓW MAZOWIECKI	K30	27	K 78	00:00:32	00:58:45	02:35:08	03:31:57	03:56:30.32	03:57:03.01	+01:49:57 (46.4%)	7:15	8.3
292	PÓŁTORAK Katarzyna	3313	BBL OSTROŁĘKA	ZABRODZIE	K40	38	K 79	00:00:35	00:56:23	02:36:14	03:32:08	03:56:37.48	03:57:12.99	+01:50:07 (46.4%)	7:15	8.3
293	STOCKA Joanna	3362	BIĄŁOSTOCKA SEKTA BIEGACZY	RUMEJKI	K30	28	K 80	00:00:23	01:01:03	02:40:04	03:33:55	03:57:30.47	03:57:53.85	+01:50:48 (46.6%)	7:17	8.2
294	MALUGA Daniel	3329	1BR	BIAŁYSTOK	M20	15	M 214	00:00:15	00:54:34	02:27:33	03:34:46	03:58:02.12	03:58:17.36	+01:51:11 (46.7%)	7:18	8.2
295	KOWALSKA Marta	3191	TIMBUD TEAM	TRZCIANY	K40	39	K 81	00:00:51	00:56:30	02:34:24	03:32:04	03:57:29.34	03:58:20.60	+01:51:15 (46.7%)	7:17	8.2
296	SURÓWKA Kamil	3549	KLUB PASKUDNYCH GRUBASÓW	MARKOWSZCZYNA	M30	96	M 215	00:00:59	00:53:32	02:23:45	03:25:16	03:57:24.49	03:58:24.28	+01:51:18 (46.7%)	7:16	8.2
297	REDLIŃSKI Mariusz	3550	KLUB PASKUDNYCH GRUBASÓW	TUROŚŃ KOŚCIELNA	M40	76	M 216	00:01:00	00:53:32	02:23:45	03:25:16	03:57:24.34	03:58:24.46	+01:51:19 (46.7%)	7:16	8.2
298	IGNACZAK Rafał	3527		MRĄGOWO	M40	77	M 217	00:00:25	00:51:10	02:23:52	03:27:13	03:58:19.95	03:58:44.99	+01:51:39 (46.8%)	7:18	8.2
299	GÓRSKI Hubert	3171		WARSZAWA	M30	97	M 218	00:00:53	00:53:56	02:27:04	03:29:28	03:58:00.51	03:58:54.29	+01:51:48 (46.8%)	7:18	8.2
300	UŚCIŃSKA Marta	3483	OSTRÓW BIEGA	OSTRÓW MAZOWIECKA	K30	29	K 82	00:00:42	00:55:41	02:33:29	03:33:04	03:58:41.90	03:59:24.53	+01:52:19 (46.9%)	7:19	8.2
301	KUBAŁA Kacper	3464		MIEDZIERZA	M20	16	M 219	00:00:05	00:50:06	02:21:57	03:28:38	03:59:26.92	03:59:31.98	+01:52:26 (46.9%)	7:20	8.2
302	IMBIORKIEWICZ Paulina	3432		BIAŁYSTOK	K30	30	K 83	00:00:10	00:54:35	02:31:30	03:34:24	03:59:25.09	03:59:35.82	+01:52:30 (47.0%)	7:20	8.2
303	WARDECKA Sylwia	3308		SIEMIATYCZE	K20	6	K 84	00:00:56	00:59:38	02:39:09	03:32:17	03:58:43.96	03:59:40.69	+01:52:35 (47.0%)	7:19	8.2
304	SIENKIEWICZ Rafał	3481		BIAŁYSTOK	M30	98	M 220	00:01:03	00:54:27	02:26:19	03:30:13	03:58:57.18	04:00:01.17	+01:52:55 (47.1%)	7:19	8.2
305	KOPCZEWSKI Tadeusz	3472		BIAŁYSTOK	M50	27	M 221	00:00:52	00:53:36	02:24:58	03:30:05	03:59:08.29	04:00:01.28	+01:52:55 (47.1%)	7:20	8.2
306	ZYŚK Sylwia	3484		MAŁKINIA GÓRNA	K30	31	K 85	00:00:41	00:55:42	02:33:30	03:32:54	03:59:32.03	04:00:13.70	+01:53:08 (47.1%)	7:20	8.2
307	MAZUR Maciej	3209		OLEŚNICA	M20	17	M 222	00:00:35	00:56:12	02:34:36	03:32:54	03:59:48.20	04:00:23.76	+01:53:18 (47.1%)	7:21	8.2
308	BRYŁKA Dariusz	3131		GDAŃSK	M50	28	M 223	00:00:00	00:56:58	02:34:01	03:35:23	04:00:24.95	04:00:24.95	+01:53:19 (47.1%)	7:22	8.1
309	SZWAJDA Weronika	3166		WARSZAWA	K30	32	K 86	00:00:58		02:32:57	03:32:46	03:59:30.35	04:00:29.14	+01:53:23 (47.2%)	7:20	8.2
310	DYBCZYŃSKI Jan	3562		WARSZAWA	M60	2	M 224	00:00:37	00:54:27	02:23:43	03:34:08	04:00:47.16	04:01:25.07	+01:54:19 (47.4%)	7:23	8.1

311	SZPERNAL Beata	3019		PŁOCK	K60	2	K 87	00:00:45	00:56:00	02:34:32	03:34:56	04:01:13.99	04:01:59.21	+01:54:53 (47.5%)	7:23	8.1
312	KUSIAK Joanna	3115		GDYNIA	K30	33	K 88	00:00:37	00:57:10	02:34:35	03:34:45	04:01:31.60	04:02:09.23	+01:55:03 (47.5%)	7:24	8.1
313	BRYŁKA Katarzyna	3130		GDAŃSK	K40	40	K 89	00:00:38	00:57:10	02:32:55	03:33:21	04:01:46.00	04:02:24.14	+01:55:18 (47.6%)	7:24	8.1
314	KIERUS Łukasz	3528		OGRODNICZKI	M50	29	M 225	00:00:55	00:57:01	02:31:24	03:37:00	04:02:05.39	04:03:01.21	+01:55:55 (47.7%)	7:25	8.1
315	WIELICZKO Paweł	3240		WASILKÓW	M40	78	M 226	00:00:25	00:54:37	02:32:24	03:35:44	04:03:05.60	04:03:31.28	+01:56:25 (47.8%)	7:27	8.1
316	RUTKOWSKA Asia	3222		BIAŁYSTOK	K40	41	K 90	00:00:25		02:32:25	03:35:44	04:03:06.28	04:03:31.54	+01:56:26 (47.8%)	7:27	8.1
317	WAŁUSZKO Konrad	3533		BIAŁYSTOK	M30	99	M 227	00:00:27	00:49:22	02:19:43	03:34:59	04:03:09.80	04:03:37.00	+01:56:31 (47.8%)	7:27	8.1
318	STRZAŁKOWSKI Łukasz	3551		WARSAW	M30	100	M 228	00:01:02	00:51:59	02:25:09	03:30:29	04:02:38.51	04:03:41.12	+01:56:35 (47.8%)	7:26	8.1
319	KLIMEK Marta	3487		WARSZAWA	K30	34	K 91	00:00:50	00:55:53	02:29:32	03:38:52	04:03:00.91	04:03:51.90	+01:56:46 (47.9%)	7:27	8.1
320	MIKULSKI Damian	3559		WARSZAWA	M40	79	M 229	00:00:51	00:55:52	02:29:32	03:38:52	04:03:00.17	04:03:51.94	+01:56:46 (47.9%)	7:27	8.1
321	OCHREMIAK Aleksandra	3426		WARSZAWA	K30	35	K 92	00:00:23	00:57:27	02:37:46	03:36:08	04:03:45.53	04:04:08.87	+01:57:03 (47.9%)	7:28	8.1
322	SOBIECH Robert	3341	ZABIEGANI ŁAPACZE ODDECHU	BIAŁYSTOK	M50	30	M 230	00:00:57	00:57:50	02:35:47	03:36:04	04:03:14.55	04:04:11.78	+01:57:06 (48.0%)	7:27	8.1
323	MECLIK Adrian	3353	ZABIEGANI ŁAPACZE ODDECHU	BIAŁYSTOK	M50	31	M 231	00:00:57	00:57:50	02:35:47	03:36:04	04:03:13.87	04:04:11.80	+01:57:06 (48.0%)	7:27	8.1
324	NOWIK Piotr	3361	ZABIEGANI ŁAPACZE ODDECHU	BIAŁYSTOK	M50	32	M 232	00:00:57	00:57:50	02:35:48	03:36:46	04:03:14.22	04:04:12.16	+01:57:06 (48.0%)	7:27	8.1
325	NYŻNYK Monika	3169	KAMPIRUNTEAM	WARSZAWA	K40	42	K 93	00:00:27	00:56:23	02:34:36	03:39:59	04:04:25.84	04:04:53.21	+01:57:47 (48.1%)	7:29	8.1
326	KIEDROWSKI Adrian	3039	KTB	GDAŃSK	M30	101	M 233	00:00:49	01:00:57	02:41:28	03:38:14	04:04:40.85	04:05:30.68	+01:58:25 (48.2%)	7:30	8.1
327	SZYLBERG Piotr	3254	TEAM ZABIEGANEDNI	WARSZAWA	M40	80	M 234	00:00:33	00:54:16	02:31:40	03:38:37	04:05:00.24	04:05:33.96	+01:58:28 (48.2%)	7:30	8.1
328	SZYLBERG Aleksandra	3253	TEAM ZABIEGANEDNI	WARSZAWA	K40	43	K 94	00:00:30	00:54:19	02:31:44	03:39:13	04:05:03.14	04:05:34.13	+01:58:28 (48.2%)	7:31	8.1
329	WIŚNIEWSKI Jacek	3280		PAŁĘDZIE	M50	33	M 235	00:00:53	00:58:29	02:41:24	03:39:57	04:04:58.55	04:05:52.53	+01:58:47 (48.3%)	7:30	8.1
330	IGNACIUK Kasia	3433		GIZYCKO	K30	36	K 95	00:01:03	00:53:32	02:29:30	03:34:44	04:04:52.39	04:05:55.52	+01:58:50 (48.3%)	7:30	8.1
331	KOPIEC Marcin	3367	PIASECZNO RUNNING / GUT TEAM	JAZGARZEW	M50	34	M 236	00:00:30	00:55:13	02:32:41	03:37:05	04:05:53.97	04:06:24.04	+01:59:18 (48.4%)	7:32	8.1
332	KRYŚCIO Kamil	3400		BIAŁYSTOK	M30	102	M 237	00:01:04	00:58:46	02:36:37	03:39:30	04:06:00.94	04:07:05.33	+01:59:59 (48.6%)	7:32	8.1
333	ROSÓŁ Roman	3063	WYBIEGAĆ MARZENIA	POZNAŃ	M50	35	M 238	00:00:08	00:55:57	02:40:06	03:38:46	04:07:03.61	04:07:12.40	+02:00:07 (48.6%)	7:34	7.9
334	TOPOLSKA Marlena	3443		WASILKÓW	K30	37	K 96	00:00:22	00:57:00	02:35:32	03:38:37	04:08:23.49	04:08:45.67	+02:01:40 (48.9%)	7:37	7.9
335	DYBKOWSKA Magdalena	3495	HEŃTEAM	LUBLIN	K40	44	K 97	00:00:42	00:59:10	02:39:24	03:36:03	04:08:10.84	04:08:53.32	+02:01:47 (48.9%)	7:36	7.9
336	KURCZUK-SAMODULSKA Agnieszka	3292	HEŃTEAM	LUBLIN	K40	45	K 98	00:00:42	00:59:11	02:39:23	03:36:04	04:08:11.14	04:08:53.81	+02:01:48 (48.9%)	7:36	7.9
337	ZĄBEK Artur	3535		CHRUŚCICE	M40	81	M 239	00:00:41	00:56:35	02:32:50	03:42:22	04:08:15.14	04:08:56.82	+02:01:51 (48.9%)	7:36	7.9
338	SOSNOWSKA Diana	3539		KLEOSIN	K30	38	K 99	00:00:56	00:59:14	02:40:16	03:40:09	04:08:20.44	04:09:17.44	+02:02:12 (49.0%)	7:37	7.9
339	BERNATOWICZ Karolina	3071		BIAŁYSTOK	K20	7	K 100	00:00:56	00:59:15	02:40:58	03:40:22	04:08:24.25	04:09:20.94	+02:02:15 (49.0%)	7:37	7.9
340	SZESZKO Paweł	3154	PYSTOK	BIAŁYSTOK	M30	103	M 240	00:00:56	00:59:15	02:43:24	03:40:42	04:08:25.44	04:09:22.10	+02:02:16 (49.0%)	7:37	7.9
341	GROCHOCZYNSKA Patrycja	3354		WARSZAWA	K40	46	K 101	00:00:41	01:03:44	02:46:05	03:43:23	04:08:45.03	04:09:26.50	+02:02:21 (49.1%)	7:37	7.9

342	ZDUNEK Mariusz	3395	ROXY	WARSZAWA	M40	82	M 241	00:00:24	00:54:24	02:35:15	03:40:52	04:09:08.39	04:09:33.11	+02:02:27 (49.1%)	7:38	7.8
343	ROSA Izabela	3396	ROXY	WARSZAWA	K40	47	K 102	00:00:24	00:54:24	02:35:16	03:40:55	04:09:08.39	04:09:33.22	+02:02:27 (49.1%)	7:38	7.8
344	FIEDORUK Aneta	3380		BIĄŁYSTOK	K30	39	K 103	00:00:29	00:58:50	02:40:10	03:40:34	04:09:24.37	04:09:54.11	+02:02:48 (49.1%)	7:39	7.8
345	HUBBELL Małgorzata	3045		CHOROSZCZ	K40	48	K 104	00:00:19	00:55:29	02:35:54	03:37:39	04:09:38.67	04:09:58.34	+02:02:52 (49.2%)	7:39	7.8
346	ROSIŃSKI Marcin	3207		TORUŃ	M40	83	M 242	00:00:32	00:57:24	02:34:47	03:39:22	04:09:55.64	04:10:28.58	+02:03:23 (49.3%)	7:39	7.8
347	WASILEWSKI Damian	3275	FANI MARYLI RODOWICZ	OŻARÓW MAZOWIECKI	M30	104	M 243	00:00:32	00:56:42	02:36:33	03:40:02	04:10:51.89	04:11:24.40	+02:04:19 (49.4%)	7:41	7.8
348	LEWICKI Mateusz	3159		WARSZAWA	M30	105	M 244	00:00:29	00:56:15	02:38:16	03:42:39	04:10:55.17	04:11:25.11	+02:04:19 (49.5%)	7:41	7.8
349	KRYŚCIO Bartosz	3405		BIĄŁYSTOK	M30	106	M 245	00:01:01	00:58:48	02:36:39	03:39:33	04:11:21.72	04:12:23.71	+02:05:18 (49.6%)	7:42	7.8
350	SZCZEPAŃSKA Patrycja	3030	RUN DE GIRARD	CHROBOTY	K40	49	K 105	00:00:59	00:57:24	02:34:28	03:42:05	04:12:02.77	04:13:01.79	+02:05:56 (49.8%)	7:43	7.8
351	GÓRNOWICZ Maciej	3508		MILANÓWEK	M40	84	M 246	00:00:48	00:57:52	02:40:03	03:42:28	04:12:39.15	04:13:27.88	+02:06:22 (49.9%)	7:45	7.7
352	GIŻEWSKI Grzegorz	3125	DUATHLON W STRYKOWIE	GŁOWNO	M50	36	M 247	00:00:46	00:59:42	02:43:07	03:44:02	04:12:45.38	04:13:32.10	+02:06:26 (49.9%)	7:45	7.7
353	WARDAWY-WRÓBEL Katarzyna	3036		WARSZAWA	K40	50	K 106	00:00:39	00:58:12	02:40:24	03:50:04	04:12:59.85	04:13:39.84	+02:06:34 (49.9%)	7:45	7.7
354	CZEP CZOR Klaudyna	3155	ULTRAWAY.PL - WOJTEK KOTARBA	ŁÓDŹ	K30	40	K 107	00:00:26	00:59:38	02:45:01	03:45:46	04:13:16.18	04:13:43.07	+02:06:37 (49.9%)	7:46	7.7
355	SZYMCZAK Karolina	3252	AKS WATAHA PABIANICE	PABIANICE	K40	51	K 108	00:00:05	00:55:10	02:41:41	03:44:57	04:13:52.64	04:13:58.53	+02:06:53 (50.0%)	7:47	7.7
356	SOBCZYK Paweł	3537		PIŃCZÓW	M30	107	M 248	00:00:40	00:56:34	02:35:18	03:45:44	04:14:32.13	04:15:12.99	+02:08:07 (50.2%)	7:48	7.7
357	USZYŃSKI Michał	3239		MIODUSY WIELKIE	M30	108	M 249	00:00:48	01:00:14	02:45:31	03:48:01	04:14:33.22	04:15:21.99	+02:08:16 (50.2%)	7:48	7.7
358	RYBAŁTOWSKI Mirosław	3469	SPARTANIE DZIECIOM	BIĄŁYSTOK	M40	85	M 250	00:00:39	00:59:43	02:45:33	03:45:21	04:14:56.70	04:15:36.31	+02:08:30 (50.3%)	7:49	7.7
359	ROGUZIŃSKA Kamila	3194	RDX	STARA IWICZNA	K40	52	K 109	00:00:11	00:59:17	02:44:51	03:47:56	04:15:27.06	04:15:38.20	+02:08:32 (50.3%)	7:50	7.7
360	ZABŁOCKA Mariola	3350		PŁOŃSK	K40	53	K 110	00:00:23	00:56:47	02:45:16	03:51:21	04:15:48.36	04:16:12.19	+02:09:06 (50.4%)	7:50	7.6
361	ZAORSKA Urszula	3227	BIĄŁYSTOK BIEGA TEAM	BIĄŁYSTOK	K40	54	K 111	00:00:22	00:58:06	02:41:51	03:47:25	04:16:18.59	04:16:41.08	+02:09:35 (50.5%)	7:51	7.6
362	KIERSNOWSKA Magdalena	3187		BIĄŁYSTOK	K40	55	K 112	00:00:11	00:56:39	02:40:56	03:50:35	04:16:54.38	04:17:05.48	+02:10:00 (50.6%)	7:52	7.6
363	WOJTKOWSKI Jakub	3262		BIĄŁYSTOK	M20	18	M 251	00:00:42	00:53:41	02:19:39	03:36:36	04:16:27.54	04:17:10.39	+02:10:05 (50.6%)	7:51	7.6
364	CHOROMAŃSKA Joanna	3061	RUN CREW OSTROŁĘKA	OSTROŁĘKA	K50	9	K 113	00:00:47	00:58:27	02:44:45	03:50:11	04:16:34.73	04:17:22.16	+02:10:16 (50.6%)	7:52	7.6
365	NIEWDZIĘCZNA Barbara	3345	SĄ WOLNIEJSI	OLSZTYN	K40	56	K 114	00:00:52	01:02:16	02:48:07	03:48:10	04:16:46.26	04:17:39.22	+02:10:33 (50.7%)	7:52	7.6
366	DMOCHOWSKI Piotr	3404		WYSOKIE MAZOWIECKIE	M30	109	M 252	00:00:55	00:58:09	02:40:40	03:48:33	04:16:57.98	04:17:53.62	+02:10:48 (50.7%)	7:52	7.6
367	BAGIŃSKA Olga	3507	BIĄŁOSTOCKA SEKTA BIEGACZY	BIĄŁYSTOK	K40	57	K 115	00:00:22	00:58:16	02:44:37	03:51:18	04:17:39.04	04:18:02.04	+02:10:56 (50.7%)	7:54	7.6
368	AWRUK Agata	3526	KOMOSA KREW	OGRODNICZKI	K40	58	K 116	00:01:06	00:59:27	02:40:06	03:47:55	04:17:08.40	04:18:14.79	+02:11:09 (50.8%)	7:53	7.6
369	DOJLIDKO Łukasz	3512		BIĄŁYSTOK	M40	86	M 253	00:01:06	00:59:27	02:40:06	03:47:55	04:17:08.70	04:18:15.36	+02:11:09 (50.8%)	7:53	7.6
370	PARUSZEWSKA- DUKLANOWSKA Angelika	3334		PŁOŃSK	K30	41	K 117	00:00:24	00:56:47	02:45:17	03:51:34	04:18:16.71	04:18:40.73	+02:11:35 (50.9%)	7:55	7.6
371	BOGACKA Anna	3416		KRAKÓW	K30	42	K 118	00:01:02	01:02:07	02:45:07	03:53:10	04:18:03.34	04:19:05.60	+02:12:00 (50.9%)	7:54	7.6
372	WOJCIEROWSKA Weronika	3511		DOBROŃ	K40	59	K 119	00:00:29	00:57:20	02:44:54	03:50:16	04:19:17.13	04:19:46.18	+02:12:40 (51.1%)	7:57	7.5

373	SELWESTRUK Izabela	3422	SEL TEAM	LEWICKIE-STACJA	K40	60	K 120	00:01:05	00:59:42	02:45:15	03:49:06	04:19:06.20	04:20:11.28	+02:13:05 (51.2%)	7:56	7.5
374	SELWESTRUK Tomasz	3423	SEL TEAM	LEWICKIE-STACJA	M40	87	M 254	00:01:05	01:00:14	02:45:22	03:49:04	04:19:06.07	04:20:11.77	+02:13:06 (51.2%)	7:56	7.5
375	SITARZ Paulina	3055		ŁÓDŹ	K30	43	K 121	00:00:19	01:02:49	02:48:18	03:52:47	04:19:52.77	04:20:11.80	+02:13:06 (51.2%)	7:58	7.5
376	KORDAL Katarzyna	3028		WARSZAWA	K30	44	K 122	00:00:39	00:58:12	02:40:29	03:50:19	04:19:33.59	04:20:13.18	+02:13:07 (51.2%)	7:57	7.5
377	MAŁYSKO Adrian	3506		BIAŁYSTOK	M30	110	M 255	00:01:09	00:58:07	02:44:34	03:50:45	04:19:42.66	04:20:51.84	+02:13:46 (51.3%)	7:57	7.5
378	REMBOWSKA Barbara	3193		CZARNA BIAŁOSTOCKA	K50	10	K 123	00:00:14	00:55:26	02:44:28	03:50:43	04:21:46.54	04:22:01.33	+02:14:55 (51.5%)	8:01	7.5
379	NOWACKA Rebeka	3027		WARSZAWA	K20	8	K 124	00:00:55	00:59:47	02:41:58	03:49:56	04:21:39.71	04:22:35.17	+02:15:29 (51.6%)	8:01	7.5
380	SIERZPUTOWSKA Ewa	3069	GUNS&ROSES RUN TEAM	WARSZAWA PRAGA PÓŁNOC	K50	11	K 125	00:00:56	01:00:20	02:47:00	03:55:54	04:23:29.56	04:24:25.97	+02:17:20 (51.9%)	8:04	7.4
381	SŁAWIŃSKI Artur	3418		DARŁOWO	M50	37	M 256	00:01:05	01:00:47	02:46:02	03:54:37	04:23:32.11	04:24:37.95	+02:17:32 (52.0%)	8:05	7.4
382	SŁAWIŃSKA Dorota	3419		DARŁOWO	K40	61	K 126	00:01:05	01:00:47	02:46:04	03:54:38	04:23:32.85	04:24:38.09	+02:17:32 (52.0%)	8:05	7.4
383	GŁOGOWSKI Jan	3009	SZLAKIEM ŻUBRA	SZCZECIN	M60	3	M 257	00:00:57	01:01:16	02:46:48	03:52:45	04:23:50.28	04:24:48.21	+02:17:42 (52.0%)	8:05	7.4
384	HARASIMIUK Bernard	3040	DEAF	RADZYMIN	M30	111	M 258	00:01:06	00:59:26	02:45:42	03:56:24	04:24:32.91	04:25:39.62	+02:18:34 (52.2%)	8:06	7.4
385	JADCZUK Marta	3156		BIAŁYSTOK	K30	45	K 127	00:00:57	00:58:01	02:44:03	03:56:53	04:25:00.24	04:25:57.61	+02:18:52 (52.2%)	8:07	7.4
386	TYNECKI Piotr	3140	PYSTOK	BIAŁYSTOK	M30	112	M 259	00:00:57	00:57:59	02:44:03	03:56:50	04:25:00.30	04:25:57.64	+02:18:52 (52.2%)	8:07	7.4
387	OCHOCKA Ewa	3001		ŁÓDŹ	K40	62	K 128	00:00:20	00:59:05	02:45:16	03:53:45	04:25:54.86	04:26:15.50	+02:19:10 (52.3%)	8:09	7.4
388	MELSON Maciej	3488	SZAKALE BAŁUT ŁÓDŹ	ŁÓDŹ	M30	113	M 260	00:00:20	00:59:05	02:45:15	03:53:44	04:25:54.63	04:26:15.52	+02:19:10 (52.3%)	8:09	7.4
389	MOSPINEK Ewa	3147		ŁÓDŹ	K40	63	K 129	00:00:20	00:59:05	02:45:23	03:53:46	04:25:55.13	04:26:15.72	+02:19:10 (52.3%)	8:09	7.4
390	MALISZEWSKA Agnieszka	3084	BIAŁYSTOK BIEGA TEAM	BIAŁYSTOK	K50	12	K 130	00:00:22	00:59:41	02:51:20	03:56:27	04:26:15.04	04:26:37.43	+02:19:32 (52.3%)	8:10	7.3
391	KULIŃSKA Kamila	3020		WARSZAWA	K30	46	K 131	00:00:54	01:01:39	02:47:02	03:55:56	04:25:52.42	04:26:47.02	+02:19:41 (52.4%)	8:09	7.4
392	KIDA Jakub	3259		TOMASZÓW LUBELSKI	M20	19	M 261	00:01:08	00:58:17	02:34:12	03:55:32	04:25:53.72	04:27:01.83	+02:19:56 (52.4%)	8:09	7.4
393	PIOTROWSKI Maciej	3256		ANDRYJANKI	M30	114	M 262	00:01:07	00:58:17	02:34:14	03:55:34	04:25:54.76	04:27:02.67	+02:19:57 (52.4%)	8:09	7.4
394	SZULC-DEDERKO Joanna	3356		NOWODWORCE	K20	9	K 132	00:00:33	00:57:44	02:41:18	03:53:36	04:26:46.15	04:27:19.47	+02:20:14 (52.5%)	8:10	7.3
395	DEDERKO Mateusz	3355		NOWODWORCE	M20	20	M 263	00:00:33	00:57:44	02:41:18	03:53:35	04:26:46.23	04:27:19.54	+02:20:14 (52.5%)	8:10	7.3
396	BAZYDŁO Emilia	3358	OUTDOOR TRAINING	NOWODWORCE	K30	47	K 133	00:00:33	00:57:44	02:41:19	03:53:35	04:26:46.55	04:27:20.01	+02:20:14 (52.5%)	8:10	7.3
397	MUCHA Aleksandra	3190	MUSZKI DWIE	KRAKÓW	K50	13	K 134	00:01:07	01:00:24	02:52:29	03:55:50	04:28:23.47	04:29:31.08	+02:22:25 (52.8%)	8:13	7.3
398	GOŁYŃSKA Sylwia	3213	SIEMANGO	ŻYRARDÓW	K40	64	K 135	00:00:59	00:58:21	02:47:39	03:57:21	04:28:57.54	04:29:56.89	+02:22:51 (52.9%)	8:15	7.3
399	OKRÓJ Dawid	3349		WARSZAWA	M40	88	M 264	00:01:07	00:59:26	02:45:43	03:56:24	04:29:01.50	04:30:08.54	+02:23:03 (53.0%)	8:15	7.3
400	WYSOCKA Zuzanna	3210		BIAŁYSTOK	K20	10	K 136	00:00:22	01:03:37	02:51:23	03:58:52	04:29:58.03	04:30:20.52	+02:23:15 (53.0%)	8:16	7.2
401	KOZŁOWSKI Jakub	3402		BIAŁYSTOK	M30	115	M 265	00:00:31	01:00:14	02:58:53	04:09:41	04:30:46.57	04:31:18.05	+02:24:12 (53.2%)	8:18	7.2
402	KOSSAKOWSKA Bogumiła	3493	RUN CREW OSTROŁĘKA	OSTROŁĘKA	K40	65	K 137	00:00:36	01:00:33	02:48:14	04:02:07	04:31:36.10	04:32:13.07	+02:25:07 (53.3%)	8:19	7.2
403	MŁYNEK Piotr	3184		WARSZAWA	M30	116	M 266	00:00:56	00:59:47	02:44:38	04:01:18	04:31:17.42	04:32:13.68	+02:25:08 (53.3%)	8:19	7.2

404	ŚCIBEK Joanna	3425	RUN CREW OSTROŁĘKA	OSTROŁĘKA	K40	66	K 138	00:00:37	01:00:41	02:48:14	04:02:08	04:31:36.68	04:32:13.85	+02:25:08 (53.3%)	8:19	7.2
405	CZARTORYJSKA Justyna	3142		OSTROŁĘKA	K40	67	K 139	00:00:36	01:00:41	02:48:28	04:02:23	04:31:38.17	04:32:14.61	+02:25:09 (53.3%)	8:19	7.2
406	BIEDKA Robert	3434		OSTROŁĘKA	M50	38	M 267	00:00:37	01:00:40	02:48:15	04:02:09	04:31:37.48	04:32:15.19	+02:25:09 (53.3%)	8:19	7.2
407	JĘDRZEJCZYK Jarosław	3524	RUN CREW OSTROŁĘKA	OSTROŁĘKA	M40	89	M 268	00:00:37	01:00:33	02:48:26	04:02:22	04:31:37.84	04:32:15.42	+02:25:10 (53.3%)	8:19	7.2
408	KUNKA Piotr	3446	TEAM ZABIEGANEDNI	JAKUBÓW	M40	90	M 269	00:00:52	01:02:04	02:52:45	03:59:57	04:31:31.69	04:32:23.69	+02:25:18 (53.3%)	8:19	7.2
409	FOWLER Krystian	3288		ZĄBKI	M30	117	M 270	00:01:21	00:58:01	02:40:46	03:57:46	04:31:11.52	04:32:33.52	+02:25:28 (53.4%)	8:19	7.2
410	STEFANIAK-GIŁOWSKA Agnieszka	3368		POZNAŃ	K40	68	K 140	00:00:00	01:00:23	02:50:56	04:03:52	04:33:13.00	04:33:13.00	+02:26:07 (53.5%)	8:22	7.2
411	MACIEJEWSKI Tomasz	3467		ŁÓDŹ	M50	39	M 271	00:00:50	00:58:35	02:50:36	04:00:13	04:33:03.73	04:33:54.17	+02:26:48 (53.6%)	8:22	7.2
412	SKIBNIEWSKI Grzegorz	3034		LEGIONOWO	M40	91	M 272	00:00:53	01:04:25	02:53:02	04:06:08	04:33:16.41	04:34:09.64	+02:27:04 (53.6%)	8:22	7.2
413	VON WLKANOWA Sylvia	3492		LEIPZIG	K50	14	K 141	00:00:49	00:58:35	02:50:36	04:00:12	04:33:40.78	04:34:30.60	+02:27:25 (53.7%)	8:23	7.1
414	KACPRZAK Kamil	3501	GBY	PŁOCHOCIN	M40	92	M 273	00:00:29	01:02:09	02:52:20	04:01:05	04:34:50.21	04:35:19.51	+02:28:14 (53.8%)	8:25	7.1
415	SZCZEPANIAK-DOMURAD Jakub	3261		OLSZTYN	M20	21	M 274	00:01:10	00:55:49	02:41:38	04:01:46	04:35:04.39	04:36:14.81	+02:29:09 (54.0%)	8:26	7.1
416	KUBEŁ Karol	3324		BIAŁYSTOK	M20	22	M 275	00:01:10	00:55:49	02:41:38	04:01:47	04:35:04.47	04:36:15.12	+02:29:09 (54.0%)	8:26	7.1
417	MRUCZYŃSKA-PIETRUCZANIS Katarzyna	3133	XTREME FIITNESS SIEDLCE	WĘGRÓW	K40	69	K 142	00:00:55	01:01:30	02:57:07	04:06:14	04:37:03.82	04:37:59.22	+02:30:53 (54.3%)	8:29	7.1
418	JAŚNIKOWSKA Agnieszka	3139		LEGNICA	K40	70	K 143	00:00:54	01:01:12	02:56:44	04:07:20	04:37:33.99	04:38:28.71	+02:31:23 (54.4%)	8:30	7
419	POLIŃSKI Krzysztof	3375		KOWALEWO POMORSKIE	M40	93	M 276	00:00:17	01:01:37	02:56:20	04:06:46	04:38:28.66	04:38:46.30	+02:31:40 (54.4%)	8:32	7
420	ZAŁĘSKI Andrzej	3384		BRODNICA	M40	94	M 277	00:00:17	01:01:38	02:56:21	04:06:36	04:38:29.47	04:38:46.56	+02:31:41 (54.4%)	8:32	7
421	MORZEJKO Renata	3049		OLSZTYN	K50	15	K 144	00:00:38	01:02:23	02:55:18	04:08:28	04:38:17.39	04:38:56.22	+02:31:50 (54.4%)	8:32	7
422	WAJZER Aleksandra	3181		OLSZTYN	K40	71	K 145	00:00:38	01:02:24	02:55:24	04:08:28	04:38:17.45	04:38:56.25	+02:31:50 (54.4%)	8:32	7
423	JĘDRYCHOWSKA Karolina	3157		ŁÓDŹ	K40	72	K 146	00:00:06	01:12:13	03:08:18	04:14:32	04:39:36.43	04:39:43.08	+02:32:37 (54.6%)	8:34	7
424	LUTOMIRSKA Blanka	3563	KLUB SPORTOWY ULTRA TEAM	ŁÓDŹ	K40	73	K 147	00:00:49	01:11:29	03:07:36	04:13:50	04:38:53.48	04:39:43.22	+02:32:37 (54.6%)	8:33	7
425	SZATKO Jakub	3519		BIAŁYSTOK	M18	3	M 278	00:00:06	00:58:34	02:50:39	04:07:34	04:39:45.37	04:39:51.38	+02:32:45 (54.6%)	8:34	7
426	GIEDROJĆ Katarzyna	3335	O CO BIEGA	PABIANICE	K40	74	K 148	00:00:43	00:59:42	02:56:32	04:11:12	04:39:28.55	04:40:11.93	+02:33:06 (54.6%)	8:34	7
427	OTOMAŃSKA Marzena	3333	PTC JANTOŃ	PABIANICE	K50	16	K 149	00:00:43	00:59:15	02:56:32	04:11:07	04:39:28.43	04:40:11.96	+02:33:06 (54.6%)	8:34	7
428	WIEŚLAWSKA Ewa	3099		BIAŁYSTOK	K50	17	K 150	00:00:15	00:57:47	02:51:40	04:06:27	04:40:14.98	04:40:30.46	+02:33:25 (54.7%)	8:35	7
429	FIEDOSIUK Damian	3110	DZIKUNY	WARSZAWA	K40	75	K 151	00:00:16	00:59:19	02:52:37	04:04:51	04:41:02.34	04:41:19.00	+02:34:13 (54.8%)	8:37	7
430	OKOLUS Lucyna	3052	KLUB BIEGACZA MIŁA	MICHAŁÓWKA	K40	76	K 152	00:00:43	01:01:57	03:02:30	04:12:45	04:43:33.11	04:44:16.32	+02:37:10 (55.3%)	8:41	6.9
431	BYSTRZYCKA Dorota	3276	RAJSPOORT ACTIVE	PABIANICE	K40	77	K 153	00:00:43	00:59:39	02:56:31	04:12:17	04:45:10.85	04:45:54.73	+02:38:49 (55.5%)	8:44	6.9
432	WASILEWSKA Małgorzata	3234		WARSZAWA	K30	48	K 154	00:01:01	01:02:50	02:59:53	04:08:19	04:45:28.51	04:46:29.61	+02:39:24 (55.6%)	8:45	6.9
433	BIEGANSKI Maciej	3233		WARSZAWA	M40	95	M 279	00:01:01	01:02:49	02:59:53	04:08:16	04:45:28.14	04:46:29.68	+02:39:24 (55.6%)	8:45	6.9
434	SOSIŃSKI Hubert	3218	POWER RESPECT BANANA	WARSZAWA	M30	118	M 280	00:01:04	01:05:33	03:01:25	04:17:08	04:45:28.90	04:46:33.42	+02:39:28 (55.6%)	8:45	6.9

435	ŻYŁOWICZ Marcin	3075		KRAKÓW	M30	119	M 281	00:01:01	01:00:17	02:51:47	04:12:28	04:45:40.43	04:46:42.25	+02:39:36 (55.7%)	8:45	6.8
436	WICHROWSKI Radek	3560		WARSZAWA	M40	96	M 282	00:00:50	01:04:51	03:01:43	04:13:21	04:46:11.34	04:47:01.82	+02:39:56 (55.7%)	8:46	6.8
437	ŁASZCZEWSKA-SZERLE Katarzyna	3144		WARSZAWA	K30	49	K 155	00:01:04	01:05:34	03:01:25	04:17:09	04:46:06.88	04:47:11.29	+02:40:05 (55.7%)	8:46	6.8
438	IWAŃSKA Arleta	3100		PŁOCK	K50	18	K 156	00:00:29	01:02:10	03:04:02	04:16:43	04:47:47.49	04:48:17.25	+02:41:11 (55.9%)	8:49	6.8
439	CZERWINSKA Paulina	3500		WARSZAWA	K40	78	K 157	00:00:40	01:02:00	03:03:51	04:16:33	04:47:37.20	04:48:17.42	+02:41:12 (55.9%)	8:49	6.8
440	ORZOŁ Katarzyna	3003	KLUB TERREGO	ELBLĄG	K50	19	K 158	00:00:43	01:02:32	02:59:32	04:14:36	04:47:44.56	04:48:27.98	+02:41:22 (55.9%)	8:49	6.8
441	PRZYBYŁO Marta	3176		KRAKÓW	K40	79	K 159	00:01:10	01:01:45	02:58:45	04:14:09	04:47:17.58	04:48:28.05	+02:41:22 (55.9%)	8:48	6.8
442	STACHAŃCZYK Wojciech	3214	MOCNA GRUPA CEZARA	WROCŁAW	M50	40	M 283	00:00:38	01:05:17	03:01:31	04:15:47	04:47:56.25	04:48:34.98	+02:41:29 (56.0%)	8:49	6.8
443	JAROCKI Leszek	3043		LEGIONOWO	M40	97	M 284	00:00:53	01:04:18	02:53:24	04:11:16	04:48:02.92	04:48:56.63	+02:41:51 (56.0%)	8:50	6.8
444	SZWALGIN Damian	3302		OLSZTYN	M40	98	M 285	00:00:38	01:02:26	03:02:54	04:20:31	04:51:50.31	04:52:29.10	+02:45:23 (56.5%)	8:57	6.7
445	DOPIERALSKA Paulina	3116		WARSZAWA	K30	50	K 160	00:00:52	01:06:50	03:06:26	04:19:20	04:51:53.22	04:52:45.68	+02:45:40 (56.6%)	8:57	6.7
446	SŁUPSKA Sabina	3113		RUMIA	K40	80	K 161	00:00:52	01:06:51	03:06:25	04:19:19	04:51:53.47	04:52:45.97	+02:45:40 (56.6%)	8:57	6.7
447	SADOWSKA Małgorzata	3161		KROSNO ODRZAŃSKIE	K50	20	K 162	00:00:53	01:06:51	03:06:26	04:19:20	04:51:52.87	04:52:46.06	+02:45:40 (56.6%)	8:57	6.7
448	WOROSZYŁO Monika	3092	RYKOWISKO	PŁOCK	K40	81	K 163	00:00:29	01:04:00	03:04:02	04:20:51	04:52:18.43	04:52:47.93	+02:45:42 (56.6%)	8:57	6.7
449	KOŻŁOWSKA-GONCZARUK Marzena	3403		OSOWICZE	K40	82	K 164	00:00:30	01:00:20	02:59:01	04:20:01	04:53:06.02	04:53:36.68	+02:46:31 (56.7%)	8:59	6.7
450	LIPINSKI Cezary	3311		RZESZOW	M30	120	M 286	00:01:13	01:03:33	03:02:20	04:16:28	04:52:37.01	04:53:50.37	+02:46:44 (56.7%)	8:58	6.7
451	KOWALSKA Kinga	3008	12TRI.PL	WARSZAWA	M40	99	M 287	00:00:48	01:10:04	03:13:24	04:24:22	04:55:30.77	04:56:19.24	+02:49:13 (57.1%)	9:03	6.6
452	ZACZYK Alicja	3235	RUN_AHEAD_ALICE	WARSZAWA	K40	83	K 165	00:00:48	01:10:05	03:13:23	04:24:13	04:55:31.14	04:56:19.33	+02:49:13 (57.1%)	9:03	6.6
453	BIEŃKOWSKA-JAGODA Joanna	3101	ZABIEGANE MAMY	ŁÓDŹ	K40	84	K 166	00:00:06	01:12:01	03:09:34	04:23:00	04:56:17.15	04:56:24.04	+02:49:18 (57.1%)	9:05	6.6
454	ŚWIRYDOWICZ Ewa	3076	AIKIRUNNERS	BIĄŁYSTOK	K40	85	K 167	00:00:42	01:06:14	03:06:07	04:21:16	04:56:16.91	04:56:59.71	+02:49:54 (57.2%)	9:05	6.6
455	KLIMEK Anna	3072	BIEGUNKA	BIĄŁYSTOK	K50	21	K 168	00:00:42	01:06:24	03:07:15	04:21:25	04:56:25.95	04:57:08.95	+02:50:03 (57.2%)	9:05	6.6
456	SOUSA Teresa	3310		PORTO	K20	11	K 169	00:01:08	01:05:34	03:09:26	04:23:20	04:56:47.81	04:57:55.85	+02:50:50 (57.3%)	9:06	6.6