

IZERY ULTRA 50KM - 2025-06-28

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Czas startu	Stóg Izerski	Chatka Górzystów	Polana Jakuszycka	Droga Dolnokwisowa	Czas	Czas	Różnica	Tempo	Tempo
										6km	18km	29km	39km	netto 50km	brutto 50km	w czasie	min/km	km/h
1	SOBAS Jacek	5197		SZKLARSKA PORĘBA		M40	1	M 1	00:00:03	00:37:09		02:20:18	03:03:22	03:53:26.24	03:53:29.50		04:40	12.9 (100%)
2	SZYMAŃSKI Paweł	5131	FIZJOBIEGACZE SZCZECIN	SZCZECIN		M30	1	M 2	00:00:03	00:36:20	01:28:13	02:18:18	03:04:59	03:59:24.72	03:59:28.41	+00:05:58 (2.5%)	04:47	12.5 (96.9%)
3	MICHALAK Jakub	5189	GANG ULTRASÓW	MŁOŚLAW		M30	2	M 3	00:00:03	00:39:45	01:37:05	02:32:53	03:20:05	04:14:15.20	04:14:19.06	+00:20:49 (8.2%)	05:05	11.8 (91.5%)
4	STACHOWIAK Łukasz	5166	KAMIL LEŚNIAK TEAM	POZNAŃ		M30	3	M 4	00:00:04	00:38:28	01:31:28	02:25:33	03:17:31	04:22:33.62	04:22:38.00	+00:29:08 (11.1%)	05:15	11.4 (88.4%)
5	WYGANOWSKI Konrad	5158		RUMIA		M40	2	M 5	00:00:04	00:40:03	01:35:46	02:33:41	03:29:10	04:28:59.25	04:29:03.29	+00:35:33 (13.2%)	05:22	11.2 (86.8%)
6	ROBAKIEWICZ Marcin	5187		PŁOCK		M40	3	M 6	00:00:04	00:39:23	01:36:14	02:33:55	03:31:45	04:30:03.51	04:30:08.05	+00:36:38 (13.6%)	05:24	11.1 (86.0%)
7	CIBART Piotr	5092		SZCZECIN		M50	1	M 7	00:00:05	00:38:00	01:35:34	02:33:44	03:29:03	04:30:03.01	04:30:08.32	+00:36:38 (13.6%)	05:24	11.1 (86.0%)
8	BYSTROWICZ Arkadiusz	5024		KRAKÓW		M30	4	M 8	00:00:40	00:40:10	01:40:27	02:39:07	03:32:33	04:33:29.14	04:34:09.52	+00:40:40 (14.8%)	05:28	11 (85.3%)
9	GROCHALSKA Emilia	5055	KWIDZYN BIEGA	KWIDZYN		K40	1	K 1	00:00:10	00:41:19	01:41:38	02:40:21	03:33:29	04:36:41.85	04:36:52.63	+00:43:23 (15.7%)	05:32	10.8 (83.7%)
10	PLONOWSKI Maciej	5063	PSZCZÓŁKOWSKI TEAM	WROCŁAW		M30	5	M 9	00:00:24	00:42:18	01:43:24	02:43:43	03:38:31	04:39:23.25	04:39:47.96	+00:46:18 (16.6%)	05:35	10.7 (82.9%)
11	SĘKOWSKI Adam	5029	WTF?!SOLOTEAM	BIAŁYSTOK		M50	2	M 10	00:00:08	00:42:11	01:42:47	02:42:35	03:37:46	04:40:53.06	04:41:01.13	+00:47:31 (16.9%)	05:37	10.7 (82.9%)
12	WAŚNIEWSKI Daniel	5204	#SOBASTEAM	ANTONIÓW		M30	6	M 11	00:00:28	00:42:18	01:41:26	02:40:37	03:39:10	04:44:07.98	04:44:36.78	+00:51:07 (18.0%)	05:40	10.6 (82.2%)
13	FOŁĘGA Justyna	5084	MATNER RUNNING TEAM	WROCŁAW		K30	1	K 2	00:00:06	00:41:51	01:41:44	02:43:49	03:41:42	04:45:11.60	04:45:18.19	+00:51:48 (18.2%)	05:42	10.5 (81.4%)
14	KRYGIER Tomasz	5079	EUROCASH RUNNING TEAM	POZNAŃ		M30	7	M 12	00:00:06	00:41:09	01:41:40	02:42:33	03:40:22	04:45:34.39	04:45:41.00	+00:52:11 (18.3%)	05:42	10.5 (81.4%)
15	SIKORSKI Piotr	5235	BROOKS TEAM	PILA		M40	4	M 13	00:00:04	00:43:01	01:42:15	02:46:32	03:44:02	04:46:32.72	04:46:37.16	+00:53:07 (18.5%)	05:43	10.5 (81.4%)
16	SHUMEL Viktor	5182		BIAŁYSTOK		M40	5	M 14	00:00:05	00:40:40	01:37:11	02:44:46	03:39:47	04:46:38.70	04:46:43.70	+00:53:14 (18.6%)	05:43	10.5 (81.4%)
17	LIGOWSKI Maciej	5087		WARSZAW		M40	6	M 15	00:00:16	00:45:12	01:49:07	02:51:06	03:48:02	04:47:47.04	04:48:03.65	+00:54:34 (18.9%)	05:45	10.4 (80.6%)
18	STRĄŚ Jarosław	5117		KRAKÓW		M30	8	M 16	00:00:06	00:41:43	01:42:10	02:44:01	03:43:40	04:48:40.47	04:48:47.03	+00:55:17 (19.1%)	05:46	10.4 (80.6%)
19	KAMIŃSKI Piotr	5205	RUN YOUR TRAIL	JELENIA GÓRA / INOWROCŁAW		M40	7	M 17	00:00:21	00:42:48	01:41:21	02:41:34	03:41:37	04:48:39.57	04:49:01.00	+00:55:31 (19.2%)	05:46	10.4 (80.6%)
20	KAPŁOWSKI Jerzy	5104	BARTOSZ GORCZYCA TEAM/KATCROSS WALBRZYCH	WALBRZYCH		M50	3	M 18	00:00:25	00:44:55	01:49:40	02:50:39	03:47:49	04:49:09.44	04:49:34.61	+00:56:05 (19.4%)	05:46	10.4 (80.6%)
21	MATUS Robert	5212		BRATISLAVA		M30	9	M 19	00:00:25	00:41:21	01:41:12	02:40:06	03:37:03	04:49:18.91	04:49:44.76	+00:56:15 (19.4%)	05:47	10.4 (80.6%)
22	PALCZEWSKA-REMIŚ Agnieszka	5168	RUNONLINE.PL TEAM	KRAKÓW		K40	2	K 3	00:00:07	00:44:14	01:44:13	02:48:21	03:47:28	04:51:20.52	04:51:27.74	+00:57:58 (19.9%)	05:49	10.3 (79.8%)
23	CZERCHAWSKI Janusz	5137		SIEMIANICE		M50	4	M 20	00:00:06	00:43:07	01:42:01	02:47:35	03:46:06	04:53:14.88	04:53:21.20	+00:59:51 (20.4%)	05:51	10.2 (79.1%)
24	LISIECKI Tomasz	5177	TRZYNASTKA PLUS	LUBOŃ		M50	5	M 21	00:00:09	00:44:51	01:45:14	02:50:23	03:50:38	04:55:15.65	04:55:25.51	+01:01:56 (21.0%)	05:54	10.2 (79.1%)
25	BAKOWSKI Rafał	5167		ALEKSANDRÓW ŁÓDZKI		M40	8	M 22	00:00:03	00:46:47	01:51:47	02:56:34	03:53:50	04:56:55.81	04:56:59.60	+01:03:30 (21.4%)	05:56	10.1 (78.3%)
26	KÜLLING Hubert	5031	HFB TEAM	KIELCZÓW		M40	9	M 23	00:00:05	00:42:55	01:40:49	02:48:22	03:47:34	04:59:07.83	04:59:13.79	+01:05:44 (22.0%)	05:58	10 (77.5%)
27	AMIAŁIUK Anton	5045	RUN_WAWA_RUN	WARSZAWA		M20	1	M 24	00:00:19	00:43:26	01:45:44	02:50:12	03:54:32	05:00:30.76	05:00:49.93	+01:07:20 (22.4%)	06:00	10 (77.5%)
28	DOMAGAŁA Grzegorz	5165		JAWOR		M40	10	M 25	00:00:05	00:42:57	01:41:18	02:49:49	03:51:58	05:01:00.76	05:01:06.36	+01:07:36 (22.5%)	06:01	10 (77.5%)
29	SZWAŁKO Kamil	5046		MIRSK		M40	11	M 26	00:00:12	00:42:49	01:41:55	02:39:57	03:38:31	05:06:01.15	05:06:14.04	+01:12:44 (23.8%)	06:07	9.8 (76.0%)
30	BIELKOWSKI Wojciech	5133	ULTRA PAZUR	PŁOCK		M40	12	M 27	00:00:06	00:46:45	01:50:10	02:56:36	03:58:34	05:07:42.14	05:07:48.87	+01:14:19 (24.1%)	06:09	9.7 (75.2%)
31	WOJCIECHOWSKI Przemysław	5145	CHAMPIONMAN TEAM	CZEMPIŃ		M40	13	M 28	00:00:08	00:46:34	01:51:08	02:56:53	03:58:39	05:08:21.17	05:08:30.03	+01:15:00 (24.3%)	06:10	9.7 (75.2%)
32	GÓRECKI Krzysztof	5090		GRYFÓW ŚLĄSK		M30	10	M 29	00:00:14	00:44:20	01:46:50	02:53:59	03:59:43	05:10:19.38	05:10:33.91	+01:17:04 (24.8%)	06:12	9.7 (75.2%)
33	OBSTÓJ Karolina	5198	#SOBASTEAM	SZKLARSKA PORĘBA		K30	2	K 4	00:00:00	00:43:49	01:48:38	02:59:48	04:05:09	05:10:58.05	05:10:58.82	+01:17:29 (24.9%)	06:13	9.6 (74.4%)
34	KILJAN Grzegorz	5093		MIEDZYDZROJE		M50	6	M 30	00:00:20	00:46:56	01:50:53	02:56:37	04:02:25	05:11:52.52	05:12:12.88	+01:18:43 (25.2%)	06:14	9.6 (74.4%)
35	KURKA Adam	5163		KROTOSZYN		M40	14	M 31	00:00:06	00:43:20	01:46:54	02:51:34	03:57:02	05:13:17.84	05:13:24.01	+01:19:54 (25.5%)	06:15	9.6 (74.4%)
36	PIEKARSKI Ryszard	5125	UKS OSIR GÓRA KALWARIA	GÓRA KALWARIA		M30	11	M 32	00:00:35	00:47:50	01:49:02	02:59:02	04:03:05	05:13:22.37	05:13:58.20	+01:20:28 (25.6%)	06:16	9.6 (74.4%)
37	IKIERT Artur	5172		CHOSZCZCZO		M40	15	M 33	00:00:13	00:41:58	01:42:28	02:51:02	04:01:56	05:15:48.78	05:16:02.12	+01:22:32 (26.1%)	06:18	9.5 (73.6%)
38	NOWAK Adam	5183	SZTUKA RUCHU	LEWIN BRZESKI		M40	16	M 34	00:00:12	00:44:13	01:46:47	02:54:34	04:00:01	05:19:50.00	05:20:02.71	+01:26:33 (27.0%)	06:23	9.4 (72.9%)
39	WINKIEWICZ Marek	5106		POZNAŃ		M40	17											

63	WELTER Przemysław	5195	KB SZAMOTUŁY	SZAMOTUŁY		M30	15	M 55	00:00:14	00:44:25	01:50:07	03:04:10	04:20:39	05:42:45.80	05:43:00.12	+01:49:30 (31.9%)	06:51	8.8 (68.2%)
64	ŚCIERWICKI Tomasz	5076	T-MOBILE SPORT TEAM	ŁÓDŹ		M40	27	M 56	00:00:37	00:49:43	01:59:19	03:15:00	04:27:40	05:42:27.25	05:43:04.96	+01:49:35 (31.9%)	06:50	8.8 (68.2%)
65	FORYŚ Agnieszka	5050	CELIRONMAN	ŁÓDŹ		K40	5	K 9	00:00:08	00:51:22	02:00:29	03:18:13	04:29:31	05:43:48.15	05:43:56.39	+01:50:26 (32.1%)	06:52	8.7 (67.4%)
66	BOCZULA Jacek	5044		GŁOGÓW		M40	28	M 57	00:00:51	00:51:43	02:02:25	03:15:50	04:27:03	05:44:40.61	05:45:31.78	+01:52:02 (32.4%)	06:53	8.7 (67.4%)
67	NOWACKI Michał	5128	BANICI ULTRA	POZNĄ		M40	29	M 58	00:00:09	00:50:05	02:01:09	03:16:02	04:29:55	05:46:24.29	05:46:33.87	+01:53:04 (32.6%)	06:55	8.7 (67.4%)
68	MACIAS Adam	5126		GLIWICE		M30	16	M 59	00:00:10	00:45:21	01:54:38	03:10:14	04:23:07	05:46:33.66	05:46:44.22	+01:53:14 (32.7%)	06:55	8.7 (67.4%)
69	KOTLIŃSKI Tomasz	5150	KB SZAMOTUŁY	GAJ MAŁY 48		M50	9	M 60	00:00:14	00:51:32	02:01:27	03:17:56	04:29:24	05:47:29.33	05:47:43.46	+01:54:13 (32.9%)	06:56	8.6 (66.7%)
70	GONTKO Łukasz	5210	RUN YOUR TRIAL	JELENIA GÓRA		M40	30	M 61	00:00:00	00:54:22	02:07:46	03:24:07	04:36:09	05:47:55.10	05:47:55.10	+01:54:25 (32.9%)	06:57	8.6 (66.7%)
71	KOŁODZIEJSKI Michał	5141		WARSZAWA		M50	10	M 62	00:00:14	00:47:12	01:54:17	03:10:39	04:26:30	05:48:06.63	05:48:20.77	+01:54:51 (33.0%)	06:57	8.6 (66.7%)
72	KOKOSZKO Rafał	5114		JAWOR		M40	31	M 63	00:00:06	00:43:40	01:45:37	03:02:51	04:25:42	05:48:20.57	05:48:26.71	+01:54:57 (33.0%)	06:58	8.6 (66.7%)
73	IKIERT Kinga	5171		CHOSZCZNO		K40	6	K 10	00:00:13	00:49:05	01:57:36	03:13:29	04:29:55	05:48:49.71	05:49:03.42	+01:55:33 (33.1%)	06:58	8.6 (66.7%)
74	NOWOTKA Krzysztof	5147	RYKOWISKO TEAM	PŁOCK		M50	11	M 64	00:00:12	00:48:38	01:58:39	03:16:12	04:29:26	05:49:00.66	05:49:13.04	+01:55:43 (33.1%)	06:58	8.6 (66.7%)
75	PRYMAKOU Maksim	5049	RUN_WAWA_RUN	WARSZAWA		M20	5	M 65	00:00:19	00:50:44	01:59:57	03:14:17	04:32:22	05:48:56.87	05:49:16.09	+01:55:46 (33.1%)	06:58	8.6 (66.7%)
76	LUKYANCHYK Andrei	5039	RUN_WAWA_RUN	WARSZAWA		M30	17	M 66	00:00:20	00:50:28	01:59:56	03:15:38	04:32:21	05:48:55.90	05:49:15.17	+01:55:46 (33.1%)	06:58	8.6 (66.7%)
77	GOLKA Piotr	5107		WROCLAW		M40	32	M 67	00:00:29	00:53:36	02:04:34	03:21:56	04:35:30	05:49:26.54	05:49:55.60	+01:56:26 (33.3%)	06:59	8.6 (66.7%)
78	ZIELINSKI Adam	5174		GRAJEWO		M40	33	M 68	00:00:06	00:49:29	01:56:50	03:14:37	04:29:37	05:51:11.78	05:51:18.75	+01:57:49 (33.5%)	07:01	8.5 (65.9%)
79	MALITOWSKI Rafał	5100		MŁOSZYCE		M40	34	M 69	00:00:13	00:48:57	01:59:45	03:17:42	04:38:49	05:51:33.30	05:51:46.70	+01:58:17 (33.6%)	07:01	8.5 (65.9%)
80	MAJKUT Radosław	5113		MIRSK		M30	18	M 70	00:00:00	00:44:59	01:52:46	03:14:57	04:33:31	05:52:20.61	05:52:20.61	+01:58:51 (33.7%)	07:02	8.5 (65.9%)
81	MYSZKIEWICZ Bartosz	5091		BIECHOWO		M50	12	M 71	00:00:06	00:49:29	02:03:16	03:24:48	04:44:03	05:56:47.63	05:56:53.69	+02:03:24 (34.6%)	07:08	8.4 (65.1%)
82	ZALEWSKA Alicja	5013	TRAIL IS OUR WAY	WROCLAW		K40	7	K 11	00:00:11	00:47:29	01:56:30	03:11:22	04:32:02	05:57:56.05	05:58:07.94	+02:04:38 (34.8%)	07:09	8.4 (65.1%)
83	FORNAGIEL Marian	5211	NIGHT RUNNERS WROCLAW	WROCLAW		M40	35	M 72	00:00:42	00:53:47	02:11:40	03:36:23	04:40:52	05:57:41.87	05:58:24.19	+02:04:54 (34.9%)	07:09	8.4 (65.1%)
84	ŚLIPKO Arkadiusz	5188		JELCZ-LASKOWICE		M50	13	M 73	00:00:17	00:52:12	02:05:11	03:24:52	04:44:49	05:58:48.24	05:59:05.99	+02:05:36 (35.0%)	07:10	8.4 (65.1%)
85	KAWALKO Ryszard	5202	KSIAŻE DNF	LEGNICA		M50	14	M 74	00:00:42	01:08:39	03:03:57	05:26:22		05:59:58.64	06:00:41.00	+02:07:11 (35.3%)	07:11	8.3 (64.3%)
86	SIEŚKIEWICZ Krzysztof	5175	BIAŁYSTOK BIEGA TEAM	BIAŁYSTOK		M50	15	M 75	00:00:09	00:49:33	02:00:13	03:25:39	04:46:28	06:01:34.83	06:01:43.95	+02:08:14 (35.5%)	07:13	8.3 (64.3%)
87	ROSENKRANZ Klaudia	5143		GDĄŃSK		K30	5	K 12	00:00:24	00:48:54	02:02:38	03:20:45	04:40:07	06:02:30.22	06:02:55.42	+02:09:25 (35.7%)	07:15	8.3 (64.3%)
88	LAGUTKA Mikalai	5127		WROCLAW		M30	19	M 76	00:00:17	00:55:25	02:09:50	03:29:49	04:49:40	06:03:55.22	06:04:12.92	+02:10:43 (35.9%)	07:16	8.2 (63.6%)
89	KOWALEWSKI Fabian	5151		GŁOGÓW		M40	36	M 77	00:00:14	00:50:28	01:57:26	03:16:14	04:39:40	06:04:36.51	06:04:51.13	+02:11:21 (36.0%)	07:17	8.2 (63.6%)
90	NAWORYTA Wojciech	5108	KKM KALORYFER	KRAKÓW		M50	16	M 78	00:00:09	00:50:28	02:03:39	03:23:54	04:44:28	06:06:13.91	06:06:23.44	+02:12:53 (36.3%)	07:19	8.2 (63.6%)
91	DOMARADZKA Agata	5176		WROCLAW		K30	6	K 13	00:00:32	00:51:18	02:08:15	03:31:32	04:52:52	06:06:17.06	06:06:49.95	+02:13:20 (36.3%)	07:19	8.2 (63.6%)
92	KALUŻA Piotr	5075	ŁÓDŹ KOCHA SPORT	ŁÓDŹ		M50	17	M 79	00:00:16	00:54:23	02:14:43	03:34:35	04:49:44	06:08:06.39	06:08:23.38	+02:14:53 (36.6%)	07:21	8.1 (62.8%)
93	PREGIEL Mateusz	5206		WROCLAW		M30	20	M 80	00:00:16	00:52:09	02:03:44	03:24:03	04:46:05	06:08:15.31	06:08:31.33	+02:15:01 (36.6%)	07:21	8.1 (62.8%)
94	GÓRNA Jagoda	5016	TRAIL IS OUR WAY	POZNĄ		K40	8	K 14	00:00:10	00:52:15	02:07:38	03:28:03	04:47:12	06:09:09.01	06:09:31.77	+02:15:50 (36.8%)	07:22	8.1 (62.8%)
95	WIÓREK Maciej	5099	RDLP W SZCZECINKU / TEAM BIEGOWY SZCZECINEK	SZCZECINEK		M40	37	M 81	00:00:16	00:52:50	02:05:24	03:25:48	04:45:58	06:09:47.37	06:10:03.60	+02:16:34 (36.9%)	07:23	8.1 (62.8%)
96	BORKOWSKI Dawid	5203	CHOSZCZNO BIEGA	CARCAT73200@GMAIL.COM		M40	38	M 82	00:00:12	00:48:02	01:57:29	03:17:54	04:43:18	06:11:19.08	06:11:31.67	+02:18:02 (37.2%)	07:25	8.1 (62.8%)
97	MAGIERA Grzegorz	5186	KGHM ZG RUN HUTA MIEDZI GŁOGÓW	GŁOGÓW		M50	18	M 83	00:00:14	00:46:23	01:54:48	03:18:14	04:50:10	06:12:38.05	06:12:52.80	+02:19:23 (37.4%)	07:27	8.1 (62.8%)
98	WIŚNIEWSKA Iwona	5111	W STRONĘ ULTRA	KRAJENKA		K40	9	K 15	00:00:00	00:52:09	02:02:35	03:25:06	04:44:56	06:13:33.48	06:13:34.25	+02:20:04 (37.5%)	07:28	8 (62.0%)
99	GAŁECKI Piotr	5083	KULAWIE KONIE	WARSZAWA		M50	19	M 84	00:00:00	00:54:36	02:09:26		04:53:18	06:18:43.55	06:18:43.55	+02:25:14 (38.3%)	07:34	7.9 (61.2%)
100	STODOLNY Krzysztof	5096		WORYTY		M60	3	M 85	00:00:12	00:53:02	02:07:49	03:32:34		06:18:37.62	06:18:50.16	+02:25:20 (38.4%)	07:34	7.9 (61.2%)
101	STAWIANY Marcin	5103		WIŚNIOWA GÓRA		M40	39	M 86	00:00:10	00:51:45	02:11:28	03:35:27	04:59:01	06:20:12.39	06:20:22.72	+02:26:53 (38.6%)	07:36	7.9 (61.2%)
102	KOZON Krzysztof	5062		WARSZAWA		M50	20	M 87	00:00:16	00:55:35	02:11:37	03:35:44	04:57:58	06:23:15.12	06:23:31.80	+02:30:02 (39.1%)	07:39	7.8 (60.5%)
103	DAWIDZIAK Wojciech	5140		OLEŚNICA		M30	21	M 88	00:00:39	00:53:21	02:09:41	03:36:57	04:57:44	06:24:34.39	06:25:13.93	+02:31:44 (39.4%)	07:41	7.8 (60.5%)
104	PIĘTAK Weronika	5116	SPEED SISTERS	POZNĄ		K20	1	K 16	00:00:28	01:00:50	02:18:48	03:44:47	05:03:32	06:25:06.29	06:25:34.39	+02:32:04 (39.4%)	07:42	7.8 (60.5%)
105	KULA Marcin	5154		WROCLAW		M40	40	M 89	00:00:09	00:46:08	01:57:35	03:20:22	04:51:02	06:29:16.76	06:29:25.91	+02:35:56 (40.0%)	07:47	7.7 (59.7%)
106	JĘDRZEJCZYK Tomaszek	5034	WATAHA	KRAKÓW		M40	41	M 90	00:00:46	00:52:21	02:05:34	03:32:55	05:03:19	06:30:25.58	06:31:11.81	+02:37:42 (40.3%)	07:48	7.7 (59.7%)
107	KĄŻMIERCZAK Piotr	5074	#BIEGIEMWŁAS	POZNĄ		M40	42	M 91	00:00:29	00:52:15	02:04:31	03:31:28	05:03:31	06:34:25.52	06:34:54.92	+02:41:25 (40.9%)	07:53	7.6 (58.9%)
108	BEDNARCZYK Paweł	5052		BĄBKI		M50	21	M 92	00:00:28	00:52:14	02:04:45	03:37:49		06:36:12.38	06:36:41.19	+02:43:11 (41.1%)	07:55	7.6 (58.9%)
109	MIDOR Karolina	5112	OMASZ TEAM	WROCLAW		K30	7	K 17	00:00:21	00:48:14	02:01:13	03:27:34	04:55:06	06:36:49.38	06:37:10.63	+02:43:41 (41.2%)	07:56	7.6 (58.9%)
110	SZUKAŁA Izabela	5155		POZNĄ		K30	8	K 18	00:00:10	00:51:14	02:07:42	03:29:07	04:50:52	06:38:11.92	06:38:22.54	+02:44:53 (41.4%)	07:57	7.5 (58.1%)
111	WOLAK Michał	5201	BIEGNIJ OŁAWO	OŁAWA		M50	22	M 93	00:00:28	00:51:21	02:04:47	03:27:35	05:03:38	06:37:57.47	06:38:26.61	+02:44:56 (41.4%)	07:57	7.5 (58.1%)
112	GOTKOWSKI Wojciech	5138		WROCLAW		M40	43	M 94	00:00:29	00:53:41	02:10:11	03:31:33	04:59:41	06:38:10.15	06:38:39.95	+02:45:10 (41.4%)	07:57	7.5 (58.1%)
113	GRZEGORCZYK Wojciech	5120		WARSZAWA		M50	23	M 95	00:00:21	00:56:45	02:17:12	03:45:29	05:15:35	06:38:33.48	06:38:55.04	+02:45:25 (41.5%)	07:58	7.5 (58.1%)
114	WOJCIECHOWSKA Aleksandra	5023	OL															

132	LISOWSKI Przemek	5059	MATNER RUNNING TEAM	WROCLAW		M30	23	M 106	00:00:31	00:56:11	02:13:58	03:46:11	05:25:34	06:49:55.07	06:50:26.82	+02:56:57 (43.1%)	08:11	7.3 (56.6%)
133	KAMOLA Maciej	5011	WYBIEGAĆ MARZENIA TEAM	CHOSZCZNO		M30	24	M 107	00:00:12	00:58:46	02:19:59	03:53:18	05:27:06	06:50:34.61	06:50:47.21	+02:57:17 (43.2%)	08:12	7.3 (56.6%)
134	WOJCIECHOWSKA Justyna	5021	FORMA NA SZCZYT	POZNAŃ		K40	12	K 27	00:00:23	00:59:31	02:22:02	03:57:04	05:27:19	06:51:27.59	06:51:50.77	+02:58:21 (43.3%)	08:13	7.3 (56.6%)
135	WOJCIECHOWSKI Marcin	5022	FORMA NA SZCZYT	POZNAŃ		M40	51	M 108	00:00:26	00:58:08	02:21:46	03:57:01	05:33:22	06:51:24.50	06:51:51.18	+02:58:21 (43.3%)	08:13	7.3 (56.6%)
136	POLAWSKI Mateusz	5058	KGHM HMG	SZCZEPÓW		M30	25	M 109	00:00:16	00:56:39	02:17:09	03:49:20	05:24:13	06:51:51.92	06:52:08.10	+02:58:38 (43.3%)	08:14	7.3 (56.6%)
137	KOCZOROWSKI Marcin	5001	TEAM ZABIEGANEDNI	RADIÓWEK		M40	52	M 110	00:00:32	00:57:02	02:21:43	03:53:57	05:27:58	06:52:57.97	06:53:30.81	+03:00:01 (43.5%)	08:15	7.3 (56.6%)
138	KOCZOROWSKA Anna	5003	TEAM ZABIEGANEDNI	RADIÓWEK		K40	13	K 28	00:00:31		02:21:44	03:53:59	05:21:05	06:52:59.65	06:53:30.93	+03:00:01 (43.5%)	08:15	7.3 (56.6%)
139	CIELECKI Wojciech	5102	ŚWIĄTECZNE DZIKI	ŁÓDŹ		M40	53	M 111	00:00:42	00:56:57	02:17:35	03:43:08	05:18:09	06:53:36.17	06:54:18.97	+03:00:49 (43.6%)	08:16	7.3 (56.6%)
140	ROBOTYCKI Aleksander	5006		WARSZAWA		M40	54	M 112	00:00:16	00:58:50	02:28:11	04:03:36	05:32:20	06:55:02.15	06:55:18.23	+03:01:48 (43.8%)	08:18	7.2 (55.8%)
141	WISNIEWSKI Rafał	5110	KWP POZNAŃ / W STRONĘ ULTRA	KRAJENKA		M30	26	M 113	00:00:04	00:54:33	02:06:20	03:40:54	05:17:13	06:55:13.90	06:55:18.31	+03:01:48 (43.8%)	08:18	7.2 (55.8%)
142	KORDZIŃSKI Miłosz	5129		ZBIERSK-CUKROWNIA		M20	6	M 114	00:00:26	00:52:23	02:10:06	03:43:27	05:25:28	06:54:56.41	06:55:22.98	+03:01:53 (43.8%)	08:17	7.2 (55.8%)
143	KUBIAK Mikołaj	5185		CHODZIEŻ		M20	7	M 115	00:00:06	00:51:47	02:13:28	03:43:46	05:16:35	06:55:16.24	06:55:22.90	+03:01:53 (43.8%)	08:18	7.2 (55.8%)
144	NIEDŹWIECKI Robert	5153		SZCZECIN		M50	25	M 116	00:00:32	00:57:25	02:20:20	03:57:33	05:30:25	06:57:23.58	06:57:55.88	+03:04:26 (44.1%)	08:20	7.2 (55.8%)
145	PACEWICZ Roman	5170		KALISZ		M40	55	M 117	00:00:20	00:53:32	02:18:09	04:01:58	05:32:16	06:58:07.83	06:58:27.91	+03:04:58 (44.2%)	08:21	7.2 (55.8%)
146	RACIBORSKI Grzegorz	5115	TKKF KOLEJARZ BYDGOSZCZ	BYDGOSZCZ		M40	56	M 118	00:00:43	00:55:31	02:12:56	03:44:51	05:35:20	06:58:08.92	06:58:52.33	+03:05:22 (44.3%)	08:21	7.2 (55.8%)
147	VOLUZNEU Anatoli	5030		WROCLAW		M30	27	M 119	00:00:48	00:58:23	02:20:31	03:53:48	05:35:50	06:58:03.53	06:58:52.42	+03:05:22 (44.3%)	08:21	7.2 (55.8%)
148	RAKOWSKI Bartosz	5007		POZNAŃ		M40	57	M 120	00:00:44	00:57:31	02:17:20	03:51:27	05:26:34	06:59:53.51	07:00:38.06	+03:07:08 (44.5%)	08:23	7.1 (55.0%)
149	KOWALEWSKI Grzegorz	5181		KRZEPETÓW		M50	26	M 121	00:00:36	01:00:33	02:17:46	03:51:06	05:29:20	07:00:58.93	07:01:35.11	+03:08:05 (44.6%)	08:25	7.1 (55.0%)
150	PODHAJNY Piotr	5056	ROZBIEGANI CHOJNÓW	CHOJNÓW		M40	58	M 122	00:00:21	00:56:49	02:16:21	03:49:34	05:20:21	07:05:44.52	07:06:06.38	+03:12:36 (45.2%)	08:30	7 (54.3%)
151	NAJDUK Daniel	5121	ROZBIEGANI CHOJNÓW	CHOJNÓW		M40	59	M 123	00:00:23	00:56:47	02:16:21	03:49:33	05:20:20	07:05:43.24	07:06:06.41	+03:12:36 (45.2%)	08:30	7 (54.3%)
152	MIRKOWSKA Monika	5068		WARSZAWA		K40	14	K 29	00:00:35	01:01:20	02:27:13	04:04:41	05:36:02	07:05:47.81	07:06:22.83	+03:12:53 (45.2%)	08:30	7 (54.3%)
153	DOMAGAŁA Andrzej	5199	#ANDYDOMAGRUN	JELENIA GÓRA		M50	27	M 124	00:00:22	00:53:49	02:18:11	03:57:23	05:28:51	07:06:03.22	07:06:25.79	+03:12:56 (45.2%)	08:31	7 (54.3%)
154	KOCYBA Marcin	5215		WARSZAWA		M30	28	M 125	00:00:08	00:52:53	02:19:31	03:55:22	05:34:38	07:11:41.22	07:11:49.62	+03:18:20 (45.9%)	08:38	6.9 (53.5%)
155	TOMASZEWSKA Sylwia	5208		ŚREM		K40	15	K 30	00:00:11	00:59:44	02:27:12	04:03:54	05:38:45	07:11:59.14	07:12:10.69	+03:18:41 (46.0%)	08:38	6.9 (53.5%)
156	TALARCZYK Jagoda	5209	HOISPICJUM IM. PIOTRA KRÓLA	ZBRUDZEWO		K40	16	K 31	00:00:11	00:58:36	02:27:14	04:03:55	05:38:43	07:11:59.66	07:12:10.85	+03:18:41 (46.0%)	08:38	6.9 (53.5%)
157	KRUZEL Rafał	5214		LEGNICA		M50	28	M 126	00:00:14	00:58:16	02:22:31	04:01:05	05:33:35	07:16:25.81	07:16:40.74	+03:23:11 (46.5%)	08:43	6.9 (53.5%)
158	KORZENIOWSKA Katarzyna	5032	WATAHA	SOSNOWIEC		K40	17	K 32	00:00:47	00:59:49	02:25:26	04:09:36	05:45:14	07:18:56.34	07:19:44.02	+03:26:14 (46.9%)	08:46	6.8 (52.7%)
159	KORZENIOWSKI Łukasz	5035	WATA-HA	SOSNOWIEC		M40	60	M 127	00:00:47	00:59:13	02:25:20	04:08:28	05:45:13	07:18:56.96	07:19:44.31	+03:26:14 (46.9%)	08:46	6.8 (52.7%)
160	SOJA-WAWRYSZEWICZ Agata	5136	ULTRAWAY.PL	LUBIEL		K40	18	K 33	00:00:08	00:58:56	02:26:13	04:10:15	05:46:41	07:19:42.95	07:19:51.93	+03:26:22 (46.9%)	08:47	6.8 (52.7%)
161	MALEK Mateusz	5009	SII RUNNING TEAM	POZNAŃ		M50	29	M 128	00:00:10	00:55:03	02:24:13	04:04:29	05:40:24	07:20:14.22	07:20:25.16	+03:26:55 (47.0%)	08:48	6.8 (52.7%)
162	PLICHA Sebastian	5196		LUBIN		M30	29	M 129	00:00:10	01:01:52	02:33:01	04:03:42	05:37:28	07:22:01.20	07:22:11.56	+03:28:42 (47.2%)	08:50	6.8 (52.7%)
163	BUJAK Aleksandra	5190	GANG ULTRASÓW	KARPNIKI		K30	13	K 34	00:00:27	00:58:57	02:22:03	03:59:51	05:38:52	07:22:36.91	07:22:39.88	+03:29:07 (47.2%)	08:50	6.8 (52.7%)
164	SKUBIS Grzegorz	5005		TYCHY		M40	61	M 130	00:00:43	01:00:09	02:23:51	04:01:08	05:38:03	07:21:53.90	07:22:37.14	+03:29:07 (47.2%)	08:50	6.8 (52.7%)
165	JARKUBIERCIU Jarosław	5130	PĘDZIWIATR BIAŁYSTOK	BIAŁYSTOK		M50	30	M 131	00:00:13	00:55:52	02:21:51	04:01:38	05:38:45	07:23:12.90	07:23:26.67	+03:29:57 (47.3%)	08:51	6.8 (52.7%)
166	DROBYSZEWSKA Anna	5069		TORUŃ		K40	19	K 35	00:00:20	01:02:47	02:28:43	04:17:40	05:52:04	07:31:40.23	07:32:00.81	+03:38:31 (48.3%)	09:02	6.6 (51.2%)
167	GÓRSKA Yvonne	5072		ŁOMIAŃKI		K50	3	K 36	00:00:18	01:04:35	02:34:09	04:22:09	05:59:49	07:35:35.87	07:35:54.07	+03:42:24 (48.8%)	09:06	6.6 (51.2%)
168	JĘDRZEJCZYK Robert	5036	WATAHA	PODŁĘŻE		M40	62	M 132	00:00:46	01:02:33	02:28:33	04:18:24	05:59:20	07:35:12.42	07:35:58.42	+03:42:28 (48.8%)	09:06	6.6 (51.2%)
169	WACHOWSKA Katarzyna	5064	SMOK TRÓJGŁOWY	POZNAŃ		K30	14	K 37	00:00:26	00:58:59	02:22:04	04:18:31	06:09:15	07:38:15.09	07:38:41.91	+03:45:12 (49.1%)	09:09	6.5 (50.4%)
170	TARŁOWSKI Hubert	5156		POZNAŃ		M40	63	M 133	00:00:28	01:00:10	02:22:27	03:56:51	06:07:48	07:44:16.20	07:44:44.60	+03:51:15 (49.8%)	09:17	6.5 (50.4%)
171	ADAMKIEWICZ Łukasz	5067	ZWIERZYNIEC	WARSZAWA		M40	64	M 134	00:00:35	01:02:01	02:34:51	04:18:09	05:59:52	07:44:59.22	07:45:34.24	+03:52:04 (49.8%)	09:17	6.5 (50.4%)
172	SIDŁO Marcin	5098		JELENIA GÓRA		M40	65	M 135	00:00:05	00:52:50	02:22:42	04:07:17	06:09:54	07:50:08.03	07:50:13.27	+03:56:43 (50.3%)	09:24	6.4 (49.6%)
173	GDOWSKA Ewa	5101		LUBOMIERZ		K40	20	K 38	00:00:24	01:01:54	02:33:05	04:24:07	06:11:58	07:52:18.09	07:52:42.69	+03:59:13 (50.6%)	09:26	6.4 (49.6%)
174	KEMPISTY Anna	5123	KS POLSKIE HIMALAJE	WARSZAWA		K50	4	K 39	00:00:36	01:02:14	02:32:29	04:17:15	06:01:13	07:54:58.41	07:55:34.48	+04:02:04 (50.9%)	09:29	6.3 (48.8%)
175	MOSPINEK Ewa	5077	SZAKALE BAŁUT ŁÓDŹ	ŁÓDŹ		K40	21	K 40	00:00:37	01:00:47	02:42:57	04:51:44	06:27:21	07:55:50.41	07:56:27.91	+04:02:58 (51.0%)	09:31	6.3 (48.8%)
176	MOSPINEK Jacek	5078	SZAKALE BAŁUT ŁÓDŹ	ŁÓDŹ		M40	66	M 136	00:00:37	01:00:17	02:42:58	04:53:17	06:27:21	07:55:51.44	07:56:29.16	+04:02:59 (51.0%)	09:31	6.3 (48.8%)
177	JĘDRZEJCZYK Justyna	5033	WATAHA	PODŁĘŻE		K40	22	K 41	00:00:47	01:02:32	02:41:41	04:32:51	06:17:42	08:00:16.98	08:01:04.87	+04:07:35 (51.5%)	09:36	6.2 (48.1%)
178	RYSZCZYK Adam	5139		WROCLAW		M40	67	M 137	00:00:17	00:57:49	02:28:18	04:12:00	06:09:45	08:03:28.66	08:03:45.72	+04:10:16 (51.7%)	09:40	6.2 (48.1%)
179	SZURKOWSKI Michał	5027		POZNAŃ		M40	68	M 138	00:00:35	01:03:07	02:42:34	04:32:38	06:18:28	08:06:16.40	08:06:52.24	+04:13:22 (52.0%)	09:43	6.2 (48.1%)
180	CHLEBOWSKA Martyna	5149		OŚWIĘCIM		K20	2	K 42	00:00:39	01:02:54	02:35:45	04:51:43	06:42:14	08:17:55.84	08:18:35.28	+04:25:05 (53.2%)	09:57	6 (46.5%)
181	LIS Karol	5095		LIMANOWA		M20	8	M 139	00:02:02	00:57:27	02:32:08	04:36:24	06:25:38	08:19:14.38	08:21:17.26	+04:27:47 (53.4%)	09:59	6 (46.5%)
182	KRĘC Dominika	5105		ZŁOCENIEC		K20	3	K 43	00:02:03	00:57:28	02:32:10	04:36:29	06:25:52	08:19:13				