

1	SZEWC Jonasz	342	DYNAFIT TRAILHERO	ŻERKÓW	M20	1	M 1	00:00:01	00:35:02	01:11:38.40	01:11:39.55		4:46	12.6 (11)
2	WOJSŁAW Bartłomiej	353	EERLE SPORTSWEAR RUNNING TEAM	MARCINOWICE	M40	1	M 2	00:00:01	00:35:20	01:13:16.60	01:13:17.95	+00:01:38 (2.2%)	4:53	12.3 (97)
3	GRYNKIEWICZ Krzysztof	290		WROCŁAW	M20	2	M 3	00:00:01	00:37:32	01:16:48.70	01:16:49.85	+00:05:10 (6.7%)	5:07	11.7 (92)
4	KRAWIEC Sebastian	252	EDI TEAM ZGORZELEC	ZGORZELEC	M30	1	M 4	00:00:02	00:38:35	01:18:27.50	01:18:30.25	+00:06:50 (8.7%)	5:13	11.5 (91)
5	FICNER-ZBOROWSKA Anna	206	VULCAN RUNNERS/MKS SIECHNICE	WILKÓW	K40	1	K 1	00:00:02	00:40:03	01:19:39.55	01:19:41.70	+00:08:02 (10.1%)	5:18	11.3 (89)
6	OLEJNIK Tomasz	346		ZGORZELEC	M30	2	M 5	00:00:02	00:40:18	01:20:08.60	01:20:11.25	+00:08:31 (10.6%)	5:20	11.2 (88)
7	MADEJSKI Sławomir	183	SPELEOKLUB ŚWIĘTOKRZYSKI W KIELCACH	RADKOWICE	M40	2	M 6	00:00:02	00:41:59	01:23:01.15	01:23:03.25	+00:11:23 (13.7%)	5:32	10.8 (85)
8	FRANCZAK Bartosz	177		BOBRÓW	M30	3	M 7	00:00:02	00:39:49	01:24:09.10	01:24:11.10	+00:12:31 (14.9%)	5:36	10.7 (84)
9	URBAN Wiktor	198	#TEAMDKMS	ZABRZE	M30	4	M 8	00:00:01	00:39:46	01:24:22.45	01:24:23.95	+00:12:44 (15.1%)	5:37	10.7 (84)
10	FILUŚ Adam	249		POZNAŃ	M20	3	M 9	00:00:04	00:39:47	01:24:27.00	01:24:31.55	+00:12:52 (15.2%)	5:37	10.7 (84)
11	SKUZA Krzysztof	281	KLINIKA URODY JOLANTA SKUZA LEGNICA	LEGNICA	M40	3	M 10	00:00:01	00:44:07	01:24:59.00	01:25:00.35	+00:13:20 (15.7%)	5:39	10.6 (84)
12	ŻAK Andrzej	239	AW SZYBCIEJ	NOWY DWÓR	M30	5	M 11	00:00:01	00:42:24	01:24:59.90	01:25:01.60	+00:13:22 (15.7%)	5:39	10.6 (84)
13	MIŚTA Roman	292		PIEŃSK	M50	1	M 12	00:00:02	00:43:00	01:25:07.95	01:25:10.80	+00:13:31 (15.9%)	5:40	10.6 (84)
14	DUCZMAL Dominika	318	#RÓBSWOJE	RYBNICA	K20	1	K 2	00:00:02	00:43:11	01:25:19.60	01:25:22.00	+00:13:42 (16.1%)	5:41	10.5 (83)
15	MIKOŁAJCZYK Krzysztof	308		ROSNOWO	M40	4	M 13	00:00:08	00:45:21	01:27:41.30	01:27:49.45	+00:16:09 (18.4%)	5:50	10.3 (81)
16	KACZAŁKO Michał	56	JELENIOGÓRSKI FENIKS RUN TEAM KARKONOSZE	JELENIA GÓRA	M20	4	M 14	00:00:01	00:44:53	01:28:02.10	01:28:03.45	+00:16:23 (18.6%)	5:52	10.2 (81)
17	OŚLAK Grzegorz	205	FIZJOTONIKA JELENIA GÓRA - FIZJOTERAPIA I TRENING	JELENIA GÓRA	M20	5	M 15	00:00:01	00:42:08	01:29:07.05	01:29:08.55	+00:17:29 (19.6%)	5:56	10.1 (80)
18	MAJEWSKA Agata	162		WROCŁAW	K40	2	K 3	00:00:01	00:43:35	01:29:21.85	01:29:23.65	+00:17:44 (19.8%)	5:57	10.1 (80)
19	MOMOT Sławomir	21	SMAK RADOŚCI	ŚWIEBODZICE	M40	5	M 16	00:00:12	00:46:49	01:29:57.35	01:30:09.75	+00:18:30 (20.5%)	5:59	10 (79)
20	WELKIER Marcin	1		WARSZAWA	M50	2	M 17	00:00:02	00:46:09	01:31:21.60	01:31:23.85	+00:19:44 (21.6%)	6:05	9.9 (78)
21	WORONOWICZ Piotr	339	NOTORYCZNI DEBIUTANCI	WROCŁAW	M30	6	M 18	00:00:03	00:46:04	01:32:15.20	01:32:18.45	+00:20:38 (22.4%)	6:09	9.8 (77)
22	SZCZESZEK Łukasz	79		POZNAŃ	M40	6	M 19	00:00:06	00:47:03	01:32:27.00	01:32:33.85	+00:20:54 (22.6%)	6:09	9.7 (77)
23	DURKALEC Jagoda	227	FEIFER TEAM	JELENIA GÓRA	K30	1	K 4	00:00:02	00:46:44	01:32:46.80	01:32:49.75	+00:21:10 (22.8%)	6:11	9.7 (77)
24	WOJTAS Mateusz	240		WROCŁAW	M30	7	M 20	00:00:01	00:47:00	01:33:10.25	01:33:12.20	+00:21:32 (23.1%)	6:12	9.7 (77)
25	MEJER Tomasz	159		WROCŁAW	M40	7	M 21	00:00:04	00:46:30	01:33:57.05	01:34:01.45	+00:22:21 (23.8%)	6:15	9.6 (76)
26	ORŁOWSKA Katarzyna	163		POZNAŃ	K30	2	K 5	00:00:02	00:47:16	01:34:22.25	01:34:24.50	+00:22:44 (24.1%)	6:17	9.5 (75)
27	CZAPLA Łukasz	78		OBORNIKI	M40	8	M 22	00:00:00	00:47:23	01:34:54.95	01:34:54.95	+00:23:15 (24.5%)	6:19	9.5 (75)
28	KUBIAK Jagoda	255		WEJHEROWO	K40	3	K 6	00:00:04	00:47:18	01:34:53.15	01:34:57.55	+00:23:18 (24.5%)	6:19	9.5 (75)
29	LENIART Michał	260	AD GROUP	SIECHNICE	M40	9	M 23	00:00:07	00:48:54	01:34:52.50	01:34:59.65	+00:23:20 (24.6%)	6:19	9.5 (75)
30	ONISZCZUK Agnieszka	313	ULTRAKOTLINA TEAM	JANOWICE WIELKIE	K30	3	K 7	00:00:03	00:47:05	01:35:35.45	01:35:39.05	+00:23:59 (25.1%)	6:22	9.4 (74)
31	GRZELAK Elżbieta	209	ZDĄŻYĆ PRZED MĘŻEM	KALISZ	K40	4	K 8	00:00:05	00:48:28	01:35:35.70	01:35:40.85	+00:24:01 (25.1%)	6:22	9.4 (74)

32	SOLTYSIAK Marta	23	SZAKALE BAŁUT ŁÓDŹ	ŁÓDŹ	K40	5	K 9	00:00:04	00:49:38	01:38:29.85	01:38:34.55	+00:26:55 (27.3%)	6:33	9.1 (72)
33	ŁUKSZA Rafał	229		PRZEŻMIEROWO	M30	8	M 24	00:00:03	00:50:52	01:39:02.70	01:39:06.60	+00:27:27 (27.7%)	6:36	9.1 (72)
34	FILUŚ Jędrzej	250		POZNAŃ	M30	9	M 25	00:00:05	00:48:29	01:39:18.25	01:39:23.25	+00:27:43 (27.9%)	6:37	9.1 (72)
35	BŁASZCZAK Bartłomiej	289		POZNAŃ	M30	10	M 26	00:00:16	00:49:13	01:39:16.10	01:39:32.90	+00:27:53 (28.0%)	6:37	9.1 (72)
36	SŁOMIŃSKI Artur	248		PONIEC	M30	11	M 27	00:00:08	00:49:52	01:39:31.70	01:39:40.50	+00:28:00 (28.1%)	6:38	9 (71)
37	BORATYŃSKA Anna	231		WROCŁAW	K20	2	K 10	00:00:02	00:49:55	01:39:42.80	01:39:45.70	+00:28:06 (28.2%)	6:38	9 (71)
38	OSTROWSKI Maciej	285		WROCŁAW	M30	12	M 28	00:00:27	00:52:17	01:39:45.15	01:40:12.20	+00:28:32 (28.5%)	6:39	9 (71)
39	WIŚNIEWSKI Kamil	245		JELENIA GÓRA	M30	13	M 29	00:00:06	00:49:40	01:40:08.80	01:40:15.05	+00:28:35 (28.5%)	6:40	9 (71)
40	WIĘCEK Maria	340	NOTORYCZNI DEBIUTANCI	WROCŁAW	K30	4	K 11	00:00:01	00:50:54	01:40:14.35	01:40:16.30	+00:28:36 (28.5%)	6:40	9 (71)
41	PIECZARA Dawid	14		TYCHY	M40	10	M 30	00:00:09	00:52:00	01:40:11.90	01:40:21.30	+00:28:41 (28.6%)	6:40	9 (71)
42	BALCZEWSKA-DURKALEC Aleksandra	262		WROCŁAW	K30	5	K 12	00:00:06	00:50:34	01:41:05.50	01:41:11.75	+00:29:32 (29.2%)	6:44	8.9 (70)
43	TARNAWSKA Weronika	291		WROCŁAW	K20	3	K 13	00:00:03	00:51:07	01:41:40.15	01:41:43.95	+00:30:04 (29.6%)	6:46	8.9 (70)
44	TYSZECKI Arkadiusz	348		KOŁOBRZEG	M40	11	M 31	00:00:14	00:51:24	01:41:41.15	01:41:55.35	+00:30:15 (29.7%)	6:46	8.9 (70)
45	WOJNAROWSKA Weronika	327	EASY RUNNING TEAM	GDYNIA	K40	6	K 14	00:00:05	00:51:14	01:41:56.35	01:42:02.00	+00:30:22 (29.8%)	6:47	8.8 (69)
46	DERĘGOWSKA Patrycja	170	PAATIK	GOLINA	K30	6	K 15	00:00:03	00:50:07	01:42:30.80	01:42:33.95	+00:30:54 (30.1%)	6:50	8.8 (69)
47	SZADKOWSKI Piotr	194		ZIELENICE	M50	3	M 32	00:00:01	00:49:11	01:43:50.10	01:43:51.75	+00:32:12 (31.0%)	6:55	8.7 (69)
48	MAKUCH Joanna	148	SRS KONDYCJA PIASECZNO	PIASECZNO	K20	4	K 16	00:00:13	00:57:43	01:43:49.75	01:44:03.65	+00:32:24 (31.1%)	6:55	8.7 (69)
49	STUSIO Daniel	238		PABIANICE	M40	12	M 33	00:00:12	00:51:27	01:43:57.25	01:44:10.20	+00:32:30 (31.2%)	6:55	8.7 (69)
50	CIĄŻYŃSKI Karol	117		BORUJA	M30	14	M 34	00:00:07	00:52:30	01:44:05.60	01:44:12.75	+00:32:33 (31.2%)	6:56	8.6 (68)
51	ZIELIŃSKI Bartłomiej	286		WROCŁAW	M40	13	M 35	00:00:27	00:52:16	01:43:52.05	01:44:19.40	+00:32:39 (31.3%)	6:55	8.7 (69)
52	WOLSZTYNIAK Dominik	80		LESZNO	M30	15	M 36	00:00:07	00:52:15	01:44:18.80	01:44:26.75	+00:32:47 (31.4%)	6:57	8.6 (68)
53	OSIAL Mariusz	223		PŁOŃSK	M40	14	M 37	00:00:09	00:52:20	01:44:19.05	01:44:28.35	+00:32:48 (31.4%)	6:57	8.6 (68)
54	JODŁOWSKI Marek	241		KROSNO ODRZANSKIE	M40	15	M 38	00:00:00	00:53:29	01:44:53.20	01:44:53.20	+00:33:13 (31.7%)	6:59	8.6 (68)
55	GRZELAK Łukasz	189		KALISZ	M40	16	M 39	00:00:05	00:52:40	01:45:06.30	01:45:11.80	+00:33:32 (31.9%)	7:00	8.6 (68)
56	MIERZWA Szymon	96	VSΒ	WROCŁAW	M20	6	M 40	00:00:08	00:52:27	01:45:11.50	01:45:19.65	+00:33:40 (32.0%)	7:00	8.6 (68)
57	RYNIEWICZ Piotr	90	ELITARNE SMUTASY	WROCŁAW	M30	16	M 41	00:00:12	00:52:25	01:45:13.80	01:45:26.35	+00:33:46 (32.0%)	7:00	8.6 (68)
58	KUREK Klaudia	13		OPALENICA	K20	5	K 17	00:00:07	00:53:31	01:45:29.45	01:45:36.75	+00:33:57 (32.1%)	7:01	8.5 (67)
59	KASPERKIEWICZ Maja	167		WARSZAWA	K40	7	K 18	00:00:04	00:54:52	01:46:45.45	01:46:50.25	+00:35:10 (32.9%)	7:07	8.4 (66)
60	PIÓRKOWSKI Paweł	243		PRUSZKÓW	M30	17	M 42	00:00:08	00:56:21	01:47:29.20	01:47:37.80	+00:35:58 (33.4%)	7:09	8.4 (66)
61	JAKUBISZYN Mariusz	92	CROSS TRENING MYŚLIBÓRZ	MYŚLIBÓRZ	M40	17	M 43	00:00:10	00:54:53	01:47:52.45	01:48:03.35	+00:36:23 (33.7%)	7:11	8.3 (65)
62	WŁODARCZYK Piotr	333	GRUPA BIEGOWA SIEDLISKO	SIEDLISKO	M50	4	M 44	00:00:23	00:54:12	01:47:47.80	01:48:11.30	+00:36:31 (33.8%)	7:11	8.4 (66)

63	KOŚNIEWSKA Joanna	271	KOŚCIAN TEAM	KOŚCIAN	K40	8	K 19	00:00:10	00:55:03	01:48:10.45	01:48:21.35	+00:36:41 (33.9%)	7:12	8.3 (65)
64	CHOJNOWSKA Marzena	11		JEŻÓW SUDECKI	K20	6	K 20	00:00:02	00:50:07	01:48:33.90	01:48:36.80	+00:36:57 (34.0%)	7:14	8.3 (65)
65	STACHOWIAK Filip	304		POZNAŃ	M30	18	M 45	00:00:02	00:53:37	01:48:39.60	01:48:42.30	+00:37:02 (34.1%)	7:14	8.3 (65)
66	DERĘGOWSKI Rafał	171	PAATIK	GOLINA	M30	19	M 46	00:00:03	00:53:36	01:48:38.85	01:48:42.45	+00:37:02 (34.1%)	7:14	8.3 (65)
67	WOŁOWIEC Michał	284	KRZYKI181	WROCŁAW	M40	18	M 47	00:00:03	00:55:02	01:49:21.20	01:49:25.10	+00:37:45 (34.5%)	7:17	8.2 (65)
68	CHUDZIK Hubert	299		OLAWA	M40	19	M 48	00:00:09	00:57:18	01:49:22.30	01:49:32.20	+00:37:52 (34.6%)	7:17	8.2 (65)
69	WITLICKI Kacper	280		KROSNO ODRZAŃSKIE	M30	20	M 49	00:00:04	00:55:46	01:49:39.85	01:49:44.75	+00:38:05 (34.7%)	7:18	8.2 (65)
70	KALINOWSKI Jakub	329	NOGA DO GÓRY	WROCŁAW	M20	7	M 50	00:00:05	00:55:20	01:49:53.00	01:49:58.95	+00:38:19 (34.8%)	7:19	8.2 (65)
71	SKALIK Sebastian	8	ELITARNE SMUTASY	WROCŁAW	M30	21	M 51	00:00:13	00:55:47	01:49:50.40	01:50:03.95	+00:38:24 (34.9%)	7:19	8.2 (65)
72	MISIURA Łukasz	102		BOLESŁAWIEC	M30	22	M 52	00:00:06	00:53:03	01:50:07.50	01:50:13.55	+00:38:34 (35.0%)	7:20	8.2 (65)
73	WOJTOWICZ Karolina	91	4T TARNOWSKIE TERMY TRIATHLON TEAM	BYTKOWO	K30	7	K 21	00:00:02	00:51:42	01:50:26.45	01:50:29.20	+00:38:49 (35.1%)	7:21	8.1 (64)
74	ŁAKOMY Piotr	77	GRUBSCY BIEGAJĄ	MUROWANA GOŚLINA	M40	20	M 53	00:00:17	00:54:59	01:50:16.50	01:50:33.50	+00:38:53 (35.2%)	7:21	8.2 (65)
75	LEWCZUK Martin	98		KIEŁCZÓW	M30	23	M 54	00:00:07	00:55:05	01:50:27.75	01:50:35.50	+00:38:55 (35.2%)	7:21	8.1 (64)
76	JAROCH-LIDZBARSKA Magdalena	190	ADIDAS RUNNERS TRICITY	CHWASZCZYNO	K30	8	K 22	00:00:08	00:56:17	01:50:30.70	01:50:39.40	+00:38:59 (35.2%)	7:22	8.1 (64)
77	BARAŃSKA Jagoda	71		WROCŁAW	K30	9	K 23	00:00:22	00:58:18	01:51:07.70	01:51:30.30	+00:39:50 (35.7%)	7:24	8.1 (64)
78	CYGANCZUK Michał	175		WROCŁAW	M20	8	M 55	00:00:21	00:55:16	01:51:09.45	01:51:30.55	+00:39:51 (35.7%)	7:24	8.1 (64)
79	KORZENIOWSKA Agnieszka	83	BIEGNIJ OLAWO	MARCINKOWICE	K40	9	K 24	00:00:04	00:55:32	01:51:26.55	01:51:30.65	+00:39:51 (35.7%)	7:25	8.1 (64)
80	ŚLIWIŃSKI Krzysztof	236		KOSZALIN	M40	21	M 56	00:00:10	00:56:13	01:51:46.05	01:51:56.95	+00:40:17 (36.0%)	7:27	8.1 (64)
81	BOHDANOWICZ Karolina	297		POZNAŃ	K20	7	K 25	00:00:05	00:57:57	01:51:59.55	01:52:05.05	+00:40:25 (36.1%)	7:27	8 (63)
82	GÓRSKI Szymon	154	VSΒ	WROCŁAW	M20	9	M 57	00:00:07	00:56:57	01:52:02.90	01:52:10.70	+00:40:31 (36.1%)	7:28	8 (63)
83	HAJDAMOWICZ Gabriela	351	EERLE SPORTSWEAR RUNNING TEAM	SOBÓTKA	K40	10	K 26	00:00:03	00:55:41	01:52:20.15	01:52:23.95	+00:40:44 (36.2%)	7:29	8 (63)
84	MASŁOŃ Tomasz	330		WROCŁAW	M20	10	M 58	00:00:06	00:55:36	01:52:24.90	01:52:31.50	+00:40:51 (36.3%)	7:29	8 (63)
85	LORENC Stepan	182		BRANDÝS NAD LABEM-STARÁ BOLESΛAV	M30	24	M 59	00:00:02	00:55:25	01:53:16.05	01:53:18.70	+00:41:39 (36.8%)	7:33	7.9 (62)
86	WHITTINGHAM Daniel	186		GAŁÓW	M30	25	M 60	00:00:13	00:58:02	01:53:30.20	01:53:43.65	+00:42:04 (37.0%)	7:34	7.9 (62)
87	NAPIONTEK Maria	168	ADVENTURE TEAM BY DELOITTE / TRICLUB	WARSZAWA	K30	10	K 27	00:00:05	00:58:38	01:54:06.35	01:54:11.35	+00:42:31 (37.2%)	7:36	7.9 (62)
88	RASZCZUK Damian	345		MARCINOWICE	M40	22	M 61	00:00:14	01:00:53	01:54:02.60	01:54:16.80	+00:42:37 (37.3%)	7:36	7.9 (62)
89	ŁUKASIK Ada	204	CROSSCAMP SYNERGIA OLAWA	OLAWA	K30	11	K 28	00:00:03	00:57:53	01:54:40.60	01:54:44.30	+00:43:04 (37.5%)	7:38	7.8 (61)
90	PURCZYŃSKI Grzegorz	344		KIEŁPIN	M40	23	M 62	00:00:15	01:00:52	01:54:35.75	01:54:50.85	+00:43:11 (37.6%)	7:38	7.9 (62)
91	MADALIŃSKI Mariusz	113	VSΒ	SOBÓTKA	M30	26	M 63	00:00:10	00:56:54	01:54:43.75	01:54:53.95	+00:43:14 (37.6%)	7:38	7.8 (61)
92	ŁOGIŃSKI Paweł	305		SŁOŃSK	M40	24	M 64	00:00:05	00:55:58	01:55:14.20	01:55:19.85	+00:43:40 (37.9%)	7:40	7.8 (61)
93	WALICKA Katarzyna	176		LUBLIN	K30	12	K 29	00:00:08	00:56:36	01:55:21.15	01:55:29.90	+00:43:50 (38.0%)	7:41	7.8 (61)

94	GORNICKI Tomasz	108	STARE PSY	WARSZAWA	M40	25	M 65	00:00:23	00:57:48	01:55:30.35	01:55:53.45	+00:44:13 (38.2%)	7:42	7.8 (61)
95	KUCZYŃSKA Sandra	24		POZNAŃ	K20	8	K 30	00:00:07	00:58:31	01:56:09.40	01:56:16.75	+00:44:37 (38.4%)	7:44	7.7 (61)
96	ZIELIŃSKA Milena	81		ZALASEWO	K40	11	K 31	00:00:09	00:58:51	01:56:14.15	01:56:23.25	+00:44:43 (38.4%)	7:44	7.7 (61)
97	SROCZYŃSKI Bartek	65		MIKOŁÓW	M30	27	M 66	00:00:10	00:56:06	01:56:37.15	01:56:47.85	+00:45:08 (38.6%)	7:46	7.7 (61)
98	KOSTYK Grzegorz	222	GRAVELOVE MIKROPRZYGODY CHOJNÓW	CHOJNÓW	M40	26	M 67	00:00:00	00:58:45	01:56:55.55	01:56:55.55	+00:45:16 (38.7%)	7:47	7.7 (61)
99	SŁOWIACZEK Paulina	15		WROCŁAW	K30	13	K 32	00:00:02	00:55:52	01:57:07.15	01:57:09.85	+00:45:30 (38.8%)	7:48	7.7 (61)
100	JANIAK Paulina	59	ŁÓDŹ KOCHA SPORT	ŁÓDŹ	K30	14	K 33	00:00:13	01:00:15	01:56:57.30	01:57:10.75	+00:45:31 (38.8%)	7:47	7.7 (61)
101	RYSZKOWICZ Rafał	101		WARSZAWA	M40	27	M 68	00:00:23	00:58:33	01:57:02.95	01:57:26.05	+00:45:46 (39.0%)	7:48	7.7 (61)
102	PINCIUREK Paulina	16	SMAK RADOŚCI	ŚWIEBODZICE	K30	15	K 34	00:00:12	01:00:01	01:57:17.60	01:57:30.10	+00:45:50 (39.0%)	7:49	7.7 (61)
103	KLEIN Przemek	55		TRĄBKI WIELKIE	M40	28	M 69	00:00:19	01:01:18	01:57:17.15	01:57:36.55	+00:45:57 (39.1%)	7:49	7.7 (61)
104	ROBAK Aleksandra	264		SZCZECIN	K30	16	K 35	00:00:08	00:58:32	01:57:35.25	01:57:43.30	+00:46:03 (39.1%)	7:50	7.7 (61)
105	WÓJCIK Adam	208		OLEŚNICA	M30	28	M 70	00:00:10	00:58:23	01:57:58.20	01:58:08.25	+00:46:28 (39.3%)	7:51	7.6 (60)
106	SADŁOWSKI Szymon	105		SZCZECIN	M30	29	M 71	00:00:16	01:01:28	01:58:14.50	01:58:30.95	+00:46:51 (39.5%)	7:52	7.6 (60)
107	ZIELIŃSKA Manuela	219	STAJNIAK TEAM	NAMYSŁÓW	K20	9	K 36	00:00:17	01:05:04	01:58:37.70	01:58:54.80	+00:47:15 (39.7%)	7:54	7.6 (60)
108	SZKUDLAREK Piotr	228		SWARZĘDZ	M40	29	M 72	00:00:07	00:58:29	01:59:08.45	01:59:15.50	+00:47:35 (39.9%)	7:56	7.6 (60)
109	BURY Piotr	62		WŁOSTÓW	M50	5	M 73	00:00:22	01:02:51	01:58:53.80	01:59:16.10	+00:47:36 (39.9%)	7:55	7.6 (60)
110	ROMANOWSKA-PRZYBOREK Aleksandra	70		WROCŁAW	K30	17	K 37	00:00:23	01:00:37	02:00:02.45	02:00:25.60	+00:48:46 (40.5%)	8:00	7.5 (59)
111	LENIART Aleksandra	259		SIECHNICE	K30	18	K 38	00:00:07	01:01:08	02:00:28.80	02:00:36.10	+00:48:56 (40.6%)	8:01	7.5 (59)
112	OLECHNOWICZ Łukasz	294		REDA	M30	30	M 74	00:00:15	01:04:21	02:00:28.30	02:00:43.55	+00:49:04 (40.6%)	8:01	7.5 (59)
113	GODECKA Jadwiga	253	ROZBIEGANI CHOJNOW	CHOJNOW	K60+	1	K 39	00:00:17	00:59:00	02:00:28.70	02:00:46.00	+00:49:06 (40.7%)	8:01	7.5 (59)
114	LUDWICZAK Hubert	331		POZNAŃ	M30	31	M 75	00:00:33	01:00:27	02:00:14.90	02:00:48.65	+00:49:09 (40.7%)	8:00	7.5 (59)
115	CIEŚLAK Justyna	276	RAJSPORT ACTIVE	SĘDZIEJOWICE	K30	19	K 40	00:00:18	01:02:50	02:00:38.35	02:00:57.05	+00:49:17 (40.8%)	8:02	7.5 (59)
116	CIEŚLAK Dariusz	275	RAJSPORT ACTIVE	SĘDZIEJOWICE	M30	32	M 76	00:00:19	01:02:50	02:00:38.35	02:00:57.65	+00:49:18 (40.8%)	8:02	7.5 (59)
117	KRAMARZ Tomasz	234		SZCZECIN	M40	30	M 77	00:00:10	00:58:57	02:00:48.05	02:00:58.60	+00:49:19 (40.8%)	8:03	7.5 (59)
118	KROCHTA Sabina	210		WROCŁAW	K30	20	K 41	00:00:08	01:00:40	02:00:51.40	02:00:59.45	+00:49:19 (40.8%)	8:03	7.4 (58)
119	JASIK Joanna	283		LEGNICA	K30	21	K 42	00:00:03	01:01:22	02:01:26.85	02:01:30.05	+00:49:50 (41.0%)	8:05	7.4 (58)
120	FLORYAN Agata	282		WROCŁAW	K40	12	K 43	00:00:03	01:01:21	02:01:26.30	02:01:30.10	+00:49:50 (41.0%)	8:05	7.4 (58)
121	FRANCZAK Edyta	221	DTR BIEGA / MARIO TEAM	TRZEBNICA	K40	13	K 44	00:00:11	01:00:51	02:01:32.35	02:01:43.80	+00:50:04 (41.1%)	8:06	7.4 (58)
122	JAKUBOWSKA Joanna	151		WOŁCZKOWO	K50	1	K 45	00:00:09	01:01:06	02:02:49.80	02:02:59.50	+00:51:19 (41.7%)	8:11	7.3 (57)
123	PIETRYKOWSKI Piotr	115	ZABIEGANI Z LEŚNEJ	LUBAŃ	M40	31	M 78	00:00:25	01:04:16	02:02:44.15	02:03:09.25	+00:51:29 (41.8%)	8:10	7.3 (57)
124	ROJEK Agata	121		BOLESŁAWIEC	K30	22	K 46	00:00:24	01:04:14	02:02:44.60	02:03:09.40	+00:51:29 (41.8%)	8:10	7.3 (57)

125	WINIECKI Piotr	141	KB WARTKO	KONIN	M50	6	M 79	00:00:12	01:02:59	02:03:06.70	02:03:19.20	+00:51:39 (41.9%)	8:12	7.3 (57)
126	CZŁONKOWSKI Grzegorz	197	DZIKI Z MORASKA	POZNAŃ	M40	32	M 80	00:00:25	01:02:33	02:03:08.85	02:03:34.25	+00:51:54 (42.0%)	8:12	7.3 (57)
127	GORZELAK Mateusz	95		STARCZA	M30	33	M 81	00:00:13	01:00:06	02:03:34.00	02:03:47.00	+00:52:07 (42.1%)	8:14	7.3 (57)
128	WELKIER Monika	2		WARSZAWA	K50	2	K 47	00:00:05	01:01:15	02:04:09.75	02:04:15.20	+00:52:35 (42.3%)	8:16	7.2 (57)
129	SENETRA Małgorzata	303	ROCK BALANCING ICE	BOGATYNIA	K40	14	K 48	00:00:08	01:00:48	02:04:57.35	02:05:06.15	+00:53:26 (42.7%)	8:19	7.2 (57)
130	SOKOŁOWSKI Marcin	295	VSΒ	GÓRA	M40	33	M 82	00:00:08	01:04:45	02:05:06.80	02:05:15.40	+00:53:35 (42.8%)	8:20	7.2 (57)
131	NAPIERAŁA Joanna	164		SUCHY LAS	K40	15	K 49	00:00:22	01:04:54	02:05:36.60	02:05:59.05	+00:54:19 (43.1%)	8:22	7.2 (57)
132	MIKULSKI Jędrzej	268	MAJAKTEAM	KAMIONKI	M20	11	M 83	00:00:12	01:04:18	02:06:05.10	02:06:17.85	+00:54:38 (43.3%)	8:24	7.1 (56)
133	SIPA Aleksandra	233		ŁÓDŹ	K40	16	K 50	00:00:05	01:04:16	02:06:22.95	02:06:28.25	+00:54:48 (43.3%)	8:25	7.1 (56)
134	SHEVCHUK Olek	214		ZIELONA GÓRA	M30	34	M 84	00:00:25	01:01:30	02:06:16.15	02:06:41.35	+00:55:01 (43.4%)	8:25	7.1 (56)
135	AMBROŻEWICZ-PĘKACZ Justyna	126		GORZÓW WLKP.	K40	17	K 51	00:00:25	01:04:40	02:06:22.15	02:06:47.35	+00:55:07 (43.5%)	8:25	7.1 (56)
136	PĘKACZ Piotr	143	BBL LASY BOGDANIEC	GORZÓW WLKP.	M40	34	M 85	00:00:25	01:04:43	02:06:23.40	02:06:49.20	+00:55:09 (43.5%)	8:25	7.1 (56)
137	MAZUR Piotr	114	VSΒ	WROCŁAW	M40	35	M 86	00:00:29	00:57:05	02:06:21.00	02:06:50.20	+00:55:10 (43.5%)	8:25	7.1 (56)
138	PANEK Roman	309	MIŁOŚNICY PIŁKI NOŻNEJ	KOŹMIN WLKP	M60+	1	M 87	00:00:21	01:05:26	02:06:30.45	02:06:51.70	+00:55:12 (43.5%)	8:26	7.1 (56)
139	KARPOWICZ Jola	225		JELENIA GÓRA	K50	3	K 52	00:00:13	01:03:34	02:06:39.35	02:06:52.95	+00:55:13 (43.5%)	8:26	7.1 (56)
140	WESOŁEK Maciej	128		PACZKOWO	M30	35	M 88	00:00:14	01:03:26	02:06:40.15	02:06:54.25	+00:55:14 (43.5%)	8:26	7.1 (56)
141	KACZYNSKI Piotr	293		WARSZAWA	M40	36	M 89	00:00:14	01:04:49	02:06:46.10	02:07:00.20	+00:55:20 (43.6%)	8:27	7.1 (56)
142	BRZEZIŃSKA Paulina	181	HTF LUDWIK SIKORSKI	ŁÓDŹ	K30	23	K 53	00:00:26	01:05:27	02:07:11.35	02:07:37.80	+00:55:58 (43.9%)	8:28	7.1 (56)
143	PARTACZ Marek	158		SZCZECIN	M40	37	M 90	00:00:16	01:06:12	02:07:44.30	02:08:00.95	+00:56:21 (44.0%)	8:30	7 (55)
144	CIESIELSKI Damian	74		SADY	M30	36	M 91	00:00:30	01:05:07	02:07:32.85	02:08:03.55	+00:56:24 (44.0%)	8:30	7.1 (56)
145	WŁODAREK Urszula	269	DENTALCARE	KALISZ	K60+	2	K 54	00:00:06	01:01:59	02:08:00.10	02:08:07.00	+00:56:27 (44.1%)	8:32	7 (55)
146	SOCHA-SROCZYŃSKA Kasia	57		MIKOŁÓW	K30	24	K 55	00:00:10	01:04:10	02:07:57.15	02:08:07.35	+00:56:27 (44.1%)	8:31	7 (55)
147	HAREMSKI Szymon	185		MAĆCZNIKI	M30	37	M 92	00:00:05	01:02:48	02:08:16.70	02:08:22.65	+00:56:43 (44.2%)	8:33	7 (55)
148	BOLBOT Sandra	60		ŻAGAŃ	K30	25	K 56	00:00:04	01:04:26	02:08:24.85	02:08:28.95	+00:56:49 (44.2%)	8:33	7 (55)
149	BOLBOT Michał	61		ŻAGAŃ	M30	38	M 93	00:00:02	01:04:27	02:08:26.30	02:08:29.20	+00:56:49 (44.2%)	8:33	7 (55)
150	GAPSKA Agnieszka	265		KRZYŹ WIELKOPOLSKI	K20	10	K 57	00:00:08	01:04:13	02:08:22.20	02:08:30.25	+00:56:50 (44.2%)	8:33	7 (55)
151	FIGIEL Wojciech	146		WROCŁAW	M20	12	M 94	00:00:39	01:06:18	02:08:05.60	02:08:45.45	+00:57:05 (44.3%)	8:32	7 (55)
152	BOGUĆKA Ewa	51	CROSS TRENING	MYŚLIBÓRZ	K50	4	K 58	00:00:11		02:09:13.95	02:09:25.45	+00:57:45 (44.6%)	8:36	7 (55)
153	STYCZEŃ Berenika	84		WROCŁAW	K20	11	K 59	00:00:04	01:04:01	02:09:55.25	02:09:59.85	+00:58:20 (44.9%)	8:39	6.9 (54)
154	ZACZEK Marta	5		BOGATYNIA	K30	26	K 60	00:00:10	01:04:21	02:09:49.65	02:10:00.35	+00:58:20 (44.9%)	8:39	6.9 (54)
155	RAJKOWSKI Tomasz	196		ROKIETNICA	M40	38	M 95	00:00:15	01:04:22	02:09:48.70	02:10:04.25	+00:58:24 (44.9%)	8:39	6.9 (54)

156	HARASZCZUK Weronika	82		WROCLAW	K20	12	K 61	00:00:20	01:04:57	02:09:48.10	02:10:08.25	+00:58:28 (44.9%)	8:39	6.9 (54)
157	ŻURKIEWICZ Nikola	153		WROCLAW	K20	13	K 62	00:00:19	01:04:58	02:09:48.50	02:10:08.35	+00:58:28 (44.9%)	8:39	6.9 (54)
158	MICHAŁOWSKI Marcin	161		RABOWICE	M30	39	M 96	00:00:19	01:06:24	02:09:59.55	02:10:18.95	+00:58:39 (45.0%)	8:39	6.9 (54)
158	RADOMY Tomasz	160		BOGUCIN, POW. POZNAŃSKI	M40	39	M 96	00:00:20	01:06:23	02:09:58.85	02:10:18.95	+00:58:39 (45.0%)	8:39	6.9 (54)
160	TARGOSIŃSKI Artur	49		POLICE	M50	7	M 98	00:00:19	01:03:36	02:10:03.00	02:10:22.50	+00:58:42 (45.0%)	8:40	6.9 (54)
161	NAJJAR Natalia	75		JELENIA GÓRA	K20	14	K 63	00:00:22	01:07:29	02:10:11.80	02:10:34.55	+00:58:55 (45.1%)	8:40	6.9 (54)
162	KOZINA Piotr	272		OLAWA	M40	40	M 99	00:00:05	01:05:25	02:10:53.40	02:10:58.40	+00:59:18 (45.3%)	8:43	6.9 (54)
163	PIWOWOŃSKA Dorota	116	VULCAN RUNNERS	ZAGRODNO	K30	27	K 64	00:00:03	01:05:19	02:11:20.30	02:11:23.90	+00:59:44 (45.5%)	8:45	6.9 (54)
164	KACZMAREK Monika	165		ROGALIN	K20	15	K 65	00:00:14	01:05:33	02:11:19.80	02:11:34.00	+00:59:54 (45.5%)	8:45	6.9 (54)
165	KUBIAK Andrzej	107		RUMIA	M60+	2	M 100	00:00:06	01:03:41	02:11:58.50	02:12:05.35	+01:00:25 (45.7%)	8:47	6.8 (54)
166	ZIELIŃSKI Marcin	192		WARSZAWA	M40	41	M 101	00:00:19	01:04:45	02:11:55.25	02:12:14.40	+01:00:34 (45.8%)	8:47	6.8 (54)
167	MAŁECKA Agata	324		KOSTRZYN	K30	28	K 66	00:00:14	01:06:50	02:12:04.30	02:12:19.10	+01:00:39 (45.8%)	8:48	6.8 (54)
168	KUŚMIREK Łukasz	325	BANICI ULTRA	KAMIONKI	M40	42	M 102	00:00:15	01:06:51	02:12:03.55	02:12:19.25	+01:00:39 (45.8%)	8:48	6.8 (54)
169	SIŁAKOWSKI Marcin	191		WROCLAW	M40	43	M 103	00:00:04	01:00:39	02:12:19.75	02:12:23.85	+01:00:44 (45.9%)	8:49	6.8 (54)
170	KAŚNICKA Małgorzata	343		SZCZECIN	K40	18	K 67	00:00:12	01:05:28	02:12:18.10	02:12:30.30	+01:00:50 (45.9%)	8:49	6.8 (54)
171	BATOR Przemysław	69		MORAWICA	M50	8	M 104	00:00:18	01:03:14	02:12:19.65	02:12:37.85	+01:00:58 (46.0%)	8:49	6.8 (54)
172	SZWEDOWICZ Bartosz	296		GORZÓW WLKP.	M50	9	M 105	00:00:08	01:05:15	02:12:31.50	02:12:40.30	+01:01:00 (46.0%)	8:50	6.8 (54)
173	CIESIELSKA Weronika	27		STRZELNO	K20	16	K 68	00:00:06	01:05:03	02:12:34.70	02:12:41.10	+01:01:01 (46.0%)	8:50	6.8 (54)
174	WITKOWSKA Joanna	25		POZNAŃ	K20	17	K 69	00:00:06	01:05:03	02:12:34.55	02:12:41.40	+01:01:01 (46.0%)	8:50	6.8 (54)
175	BAJEWSKA Wioletta	174	DTR BIEGA / MARIO TEAM	KSIĘGINICE	K40	19	K 70	00:00:11	01:06:56	02:12:30.75	02:12:42.65	+01:01:03 (46.0%)	8:50	6.8 (54)
176	KAPUT Piotr	42	DTR BIEGA /MARIO TEAM	TRZEBNICA	M40	44	M 106	00:00:08	01:04:25	02:12:35.80	02:12:44.55	+01:01:05 (46.0%)	8:50	6.8 (54)
177	JASIUKIEWICZ Weronika	53		SZCZECIN	K20	18	K 71	00:00:07	01:04:54	02:12:40.00	02:12:47.30	+01:01:07 (46.0%)	8:50	6.8 (54)
178	MARCINIAK Anna	332		LEGNICA	K50	5	K 72	00:00:07	01:05:44	02:12:44.05	02:12:51.95	+01:01:12 (46.1%)	8:50	6.8 (54)
179	GAJLEWICZ Natalia	338		SZCZECIN	K30	29	K 73	00:00:12	01:05:27	02:12:49.40	02:13:01.45	+01:01:21 (46.1%)	8:51	6.8 (54)
180	ŚLABICKA Natalia	12		MILICZ	K30	30	K 74	00:00:07	01:05:11	02:12:57.65	02:13:04.70	+01:01:25 (46.2%)	8:51	6.8 (54)
181	CELNER Daniel	307		WROCLAW	M40	45	M 107	00:00:19	01:08:48	02:12:51.45	02:13:11.15	+01:01:31 (46.2%)	8:51	6.8 (54)
182	PTASIŃSKA Monika	125		SOBÓTKA	K30	31	K 75	00:00:04	01:01:30	02:13:15.85	02:13:20.55	+01:01:41 (46.3%)	8:53	6.8 (54)
183	ZIELIŃSKA Monika	32		MIERZYN	K40	20	K 76	00:00:21	01:08:21	02:13:11.85	02:13:32.95	+01:01:53 (46.3%)	8:52	6.8 (54)
184	WALCZAK Julia	257		WAŁBRZYCH	K20	19	K 77	00:00:17	01:07:29	02:13:16.55	02:13:33.70	+01:01:54 (46.3%)	8:53	6.8 (54)
185	FILIPKOWSKI Olaf	256		WAŁBRZYCH	M20	13	M 108	00:00:16	01:07:30	02:13:18.15	02:13:34.50	+01:01:54 (46.4%)	8:53	6.8 (54)
186	MAŁECKA Izabela	312		WARSZAWA	K30	32	K 78	00:00:12	01:08:54	02:13:23.15	02:13:35.90	+01:01:56 (46.4%)	8:53	6.7 (53)

187	FRANCZAK Mariusz	97	DTR BIEGA / MARIO TEAM	TRZEBNICA	M40	46	M 109	00:00:05	01:03:57	02:13:46.30	02:13:51.70	+01:02:12 (46.5%)	8:55	6.7 (53)
188	YASNYTSKA Natalia	88		WARSZAWA	K40	21	K 79	00:00:22	01:05:32	02:13:31.95	02:13:54.25	+01:02:14 (46.5%)	8:54	6.7 (53)
189	SASHCHUK Anton	85		POZNAN	M30	40	M 110	00:00:22	01:06:46	02:13:52.20	02:14:14.35	+01:02:34 (46.6%)	8:55	6.7 (53)
190	BALAKUN Mariia	20		POZNAŃ	K20	20	K 80	00:00:21	01:06:41	02:13:52.80	02:14:14.70	+01:02:35 (46.6%)	8:55	6.7 (53)
191	TUMIELEWICZ Dominika	110	VS	WROCLAW	K30	33	K 81	00:00:28	01:06:35	02:13:52.85	02:14:21.50	+01:02:41 (46.7%)	8:55	6.7 (53)
192	GOLAROWSKI Bogdan	129		JASIEŃ	M50	10	M 111	00:00:04	01:04:07	02:14:21.00	02:14:25.15	+01:02:45 (46.7%)	8:57	6.7 (53)
193	BRASZAK Paulina	242		NOWOGRÓD BOBRZAŃSKI	K40	22	K 82	00:00:03	01:04:08	02:14:23.80	02:14:27.50	+01:02:47 (46.7%)	8:57	6.7 (53)
194	BATOR Magdalena	178	BR	MORAWICA	K40	23	K 83	00:00:17	01:08:25	02:14:25.80	02:14:43.20	+01:03:03 (46.8%)	8:57	6.7 (53)
195	ROŻEK Janusz	136	KB WARTKO	GOLINA	M60+	3	M 112	00:00:09	01:10:07	02:14:38.30	02:14:48.00	+01:03:08 (46.8%)	8:58	6.7 (53)
196	MATKOWSKI Marek	131	VS	WROCLAW	M40	47	M 113	00:00:10	01:06:12	02:14:40.95	02:14:51.05	+01:03:11 (46.9%)	8:58	6.7 (53)
197	RYŃSKA Karolina	67		KATOWICE	K20	21	K 84	00:00:00	01:04:33	02:14:54.25	02:14:54.25	+01:03:14 (46.9%)	8:59	6.7 (53)
198	BEDNARZ Piotr	207		DZIWISZÓW	M30	41	M 114	00:00:20	01:10:59	02:14:35.00	02:14:55.40	+01:03:15 (46.9%)	8:58	6.7 (53)
199	SZUTOWICZ Maciej	73		WROCLAW	M30	42	M 115	00:00:17	01:08:28	02:14:38.90	02:14:56.60	+01:03:17 (46.9%)	8:58	6.7 (53)
200	ŻYŁKA Emilia	72		WROCLAW	K20	22	K 85	00:00:17	01:08:28	02:14:39.10	02:14:56.95	+01:03:17 (46.9%)	8:58	6.7 (53)
201	CIESLAK Marta	258		ŁÓDŹ-BALUTY	K40	24	K 86	00:00:18	01:05:41	02:14:39.90	02:14:58.15	+01:03:18 (46.9%)	8:58	6.7 (53)
202	SAMÓL Aleksandra	220		OLEŚNICA	K20	23	K 87	00:00:22	01:08:51	02:14:37.55	02:15:00.50	+01:03:20 (46.9%)	8:58	6.7 (53)
203	KRZESZEWSKI Krzysztof	321		PIŁA	M40	48	M 116	00:00:15	01:07:40	02:14:50.45	02:15:05.85	+01:03:26 (47.0%)	8:59	6.7 (53)
204	FORNALIK Iwona	310		WARSZAWA	K40	25	K 88	00:00:14		02:14:53.65	02:15:08.45	+01:03:28 (47.0%)	8:59	6.7 (53)
205	JANAS Marta	211		WARSZAWA	K30	34	K 89	00:00:08	01:08:11	02:15:13.85	02:15:22.55	+01:03:43 (47.1%)	9:00	6.7 (53)
206	KRZYSZKOWSKA Patrycja	328		WROCLAW	K20	24	K 90	00:00:13	01:08:19	02:16:14.00	02:16:27.35	+01:04:47 (47.5%)	9:04	6.6 (52)
207	DOMBEK Andrzej	31		MYSŁOWICE	M50	11	M 117	00:00:04	01:06:22	02:16:47.75	02:16:52.30	+01:05:12 (47.6%)	9:07	6.6 (52)
208	BEDNARKIEWICZ Jakub	144		POZNAŃ	M30	43	M 118	00:00:14	01:09:33	02:16:51.65	02:17:06.05	+01:05:26 (47.7%)	9:07	6.6 (52)
209	ŁECHTAŃSKA Grażyna	138	KB WARTKO	GOLINA	K50	6	K 91	00:00:09	01:10:03	02:17:05.15	02:17:14.50	+01:05:34 (47.8%)	9:08	6.6 (52)
210	GRZĄBA Joanna	188		MIKOŁÓW	K50	7	K 92	00:00:07	01:06:41	02:17:16.20	02:17:23.70	+01:05:44 (47.8%)	9:09	6.6 (52)
211	ZJAWIONA Agnieszka	263	AKADEMIABIEGACZA.PL	ŁÓDŹ	K50	8	K 93	00:00:14	01:07:59	02:17:09.55	02:17:24.35	+01:05:44 (47.8%)	9:08	6.6 (52)
212	KOWALUK Monika	99	VS	WROCLAW	K30	35	K 94	00:00:28		02:17:13.60	02:17:42.55	+01:06:02 (48.0%)	9:08	6.6 (52)
213	RUBIKOWSKA Aleksandra	326		ŻYRARDÓW	K30	36	K 95	00:00:13	01:09:07	02:17:33.15	02:17:46.45	+01:06:06 (48.0%)	9:10	6.5 (51)
213	SIEJEK Patryk	217		ROKIETNICA	M40	49	M 119	00:00:06	01:08:15	02:17:40.15	02:17:46.45	+01:06:06 (48.0%)	9:10	6.5 (51)
215	KAMIŃSKA-WOLAK Gabriela	36	BIEGNIJ OŁAWO	OŁAWA	K40	26	K 96	00:00:03	01:11:56	02:17:48.55	02:17:52.05	+01:06:12 (48.0%)	9:11	6.5 (51)
216	ŚWIRSKA Emilia	157		SZCZECIN	K40	27	K 97	00:00:17	01:08:37	02:17:40.25	02:17:57.25	+01:06:17 (48.1%)	9:10	6.5 (51)
217	KAMIŃSKA Krystyna	26		MYSŁOWICE	K50	9	K 98	00:00:04	01:06:22	02:18:05.80	02:18:09.95	+01:06:30 (48.1%)	9:12	6.5 (51)

218	KAPUT Paweł	41	DTR BIEGA / MARIO TEAM	TRZEBNICA	M40	50	M 120	00:00:11	01:04:20	02:18:07.45	02:18:19.35	+01:06:39 (48.2%)	9:12	6.5 (51)
219	BALADIMA Foteini	122	SZCZECIŃSKI KLUB WYSOKOGÓRSKI - SYMPATYCY	SZCZECIN	K30	37	K 99	00:00:27	01:07:59	02:18:10.10	02:18:37.50	+01:06:57 (48.3%)	9:12	6.5 (51)
219	KAŻMIERCZAK Filip	123	SZCZECIŃSKI KLUB WYSOKOGÓRSKI	SZCZECIN	M30	44	M 121	00:00:27	01:07:59	02:18:09.70	02:18:37.50	+01:06:57 (48.3%)	9:12	6.5 (51)
221	STANKIEWICZ Tomasz	201		WROCŁAW	M30	45	M 122	00:00:36	01:10:20	02:18:37.05	02:19:13.35	+01:07:33 (48.5%)	9:14	6.5 (51)
222	BUGAJSKI Sławomir	203		LEGNICA	M30	46	M 123	00:00:35	01:10:19	02:18:37.75	02:19:13.55	+01:07:33 (48.5%)	9:14	6.5 (51)
223	BUGAJSKA Małgorzata	202		LEGNICA	K30	38	K 100	00:00:20	01:10:34	02:18:52.95	02:19:13.65	+01:07:34 (48.5%)	9:15	6.5 (51)
224	IGNACZEWSKI Mateusz	230	ENIGMA	WARSZAWA	M20	14	M 124	00:00:18	01:09:25	02:19:08.90	02:19:27.80	+01:07:48 (48.6%)	9:16	6.5 (51)
225	DOLŻAŃSKA Sandra	314	FIZJO SUPPORT TEAM POLICE	SZCZECIN	K40	28	K 101	00:00:15	01:09:30	02:19:27.75	02:19:43.45	+01:08:03 (48.7%)	9:17	6.5 (51)
226	TOMASZEWSKA Martyna	103		PRZYBORKI	K20	25	K 102	00:00:04	01:08:25	02:21:25.85	02:21:30.70	+01:09:51 (49.4%)	9:25	6.4 (50)
227	SKRZYPEK Maria	63		POZNAŃ	K30	39	K 103	00:00:05	01:13:49	02:21:26.30	02:21:31.90	+01:09:52 (49.4%)	9:25	6.4 (50)
228	KNASIECKA Karina	323		PROMNICE	K50	10	K 104	00:00:18	01:13:16	02:21:14.75	02:21:33.45	+01:09:53 (49.4%)	9:24	6.4 (50)
229	JANUSZKIEWICZ Adam	184		POZNAŃ	M30	47	M 125	00:00:20	01:12:13	02:21:24.75	02:21:44.75	+01:10:05 (49.4%)	9:25	6.4 (50)
230	JĄNCZAK Bartosz	93		PLESZEW	M30	48	M 126	00:00:18	01:12:06	02:21:27.00	02:21:45.00	+01:10:05 (49.4%)	9:25	6.4 (50)
231	NAWROCKI Wojciech	224		CHOJNÓW	M30	49	M 127	00:00:17	01:11:35	02:22:12.10	02:22:29.95	+01:10:50 (49.7%)	9:28	6.3 (50)
232	ŻYWIECKA Marta	288		WAWRZEŃCZYCE	K30	40	K 105	00:00:08	01:09:59	02:22:29.20	02:22:37.25	+01:10:57 (49.8%)	9:29	6.3 (50)
233	JANKOWSKI Tom	232	WIECZORNE BIEGANIE W SZCZECINIE	SZCZECIN	M40	51	M 128	00:00:18	01:12:32	02:22:58.95	02:23:17.50	+01:11:37 (50.0%)	9:31	6.3 (50)
234	NAPIERAŁSKA Dominika	94		SZUBIN	K20	26	K 106	00:00:05	01:09:38	02:23:12.30	02:23:18.05	+01:11:38 (50.0%)	9:32	6.3 (50)
235	BURTNY Michał	45		MIRSK	M30	50	M 129	00:00:23	01:12:01	02:23:01.75	02:23:24.95	+01:11:45 (50.0%)	9:32	6.3 (50)
236	TOMASIK Ewa	319		ZIELONA GÓRA	K30	41	K 107	00:00:24	01:12:01	02:23:21.15	02:23:45.15	+01:12:05 (50.2%)	9:33	6.3 (50)
237	ZIMOWSKA Marlena	173		POZNAŃ	K40	29	K 108	00:00:21	01:13:49	02:23:37.75	02:23:59.10	+01:12:19 (50.2%)	9:34	6.3 (50)
238	BUJAK Łukasz	212		WROCŁAW	M40	52	M 130	00:00:23	01:13:09	02:24:33.25	02:24:57.00	+01:13:17 (50.6%)	9:38	6.2 (49)
239	WIŚNIEWSKI Robert	134	KB WARTKO	KONIN	M50	12	M 131	00:00:11	01:10:34	02:25:15.55	02:25:26.55	+01:13:46 (50.7%)	9:41	6.2 (49)
240	PROMIRSKA Małgorzata	301		WROCŁAW	K50	11	K 109	00:00:05	01:12:11	02:26:16.75	02:26:22.20	+01:14:42 (51.0%)	9:45	6.2 (49)
241	JUSKOWIAK Mikołaj	341		LESZNO	M40	53	M 132	00:00:18	01:14:14	02:26:19.70	02:26:38.60	+01:14:59 (51.1%)	9:45	6.2 (49)
242	JAŚKIEWICZ Katarzyna	152		SZCZECIN	K40	30	K 110	00:00:09	01:13:05	02:26:42.55	02:26:52.45	+01:15:12 (51.2%)	9:46	6.1 (48)
243	KWAŚNIEWSKI Marcin	215		POLICE	M40	54	M 133	00:00:09	01:13:05	02:26:44.10	02:26:53.40	+01:15:13 (51.2%)	9:46	6.1 (48)
244	GROCHOWSKA Małgorzata	349		GŁOGÓW	K30	42	K 111	00:00:21	01:13:49	02:26:34.35	02:26:55.65	+01:15:16 (51.2%)	9:46	6.1 (48)
245	TRESENBERG Agata	145	KB WARTKO	POSADA	K40	31	K 112	00:00:10	01:16:59	02:27:06.95	02:27:17.55	+01:15:37 (51.3%)	9:48	6.1 (48)
246	TARCZYŃSKA Karolina	135	KB WARTKO	GOLINA	K40	32	K 113	00:00:11	01:16:59	02:27:06.05	02:27:17.65	+01:15:38 (51.3%)	9:48	6.1 (48)
247	JAKUBOWSKI Mikołaj	44	KARYKATURYZACZAROWANYOLOWEK.PL	LESZNO	M30	51	M 134	00:00:15	01:10:51	02:27:42.60	02:27:57.70	+01:16:18 (51.6%)	9:50	6.1 (48)
248	NOWAK Katarzyna	133		WROCŁAW	K40	33	K 114	00:00:15	01:13:27	02:28:17.85	02:28:33.55	+01:16:53 (51.8%)	9:53	6.1 (48)

249	NARUSZEWICZ-KOPERTOWSKA Anna	336		ŁÓDŹ	K40	34	K 115	00:00:07	01:14:26	02:28:33.00	02:28:40.90	+01:17:01 (51.8%)	9:54	6.1 (48)
250	TYLAK Janusz	140	KB.WARTKO	ŻYCHLIN	M50	13	M 135	00:00:11	01:17:19	02:28:43.00	02:28:54.90	+01:17:15 (51.9%)	9:54	6.1 (48)
250	TYLAK Lidia	139	KB WARTKO	ŻYCHLIN	K50	12	K 116	00:00:11	01:17:03	02:28:43.10	02:28:54.90	+01:17:15 (51.9%)	9:54	6.1 (48)
252	MAKUCH Rene	132		PIASECZNO	K50	13	K 117	00:00:14	01:12:20	02:29:01.15	02:29:15.65	+01:17:36 (52.0%)	9:56	6 (47)
253	WIERZBICKI Przemysław	195	ENIGMA	SIENNICA	M30	52	M 136	00:00:16	01:11:17	02:29:04.85	02:29:21.05	+01:17:41 (52.0%)	9:56	6 (47)
254	BIAŁECKA Magdalena	50	CROSS TRENING MYŚLIBÓRZ	MYŚLIBÓRZ	K40	35	K 118	00:00:09	01:14:54	02:29:23.40	02:29:32.80	+01:17:53 (52.1%)	9:57	6 (47)
255	MAĐRZAK Karolina	274		POZNAŃ	K40	36	K 119	00:00:06	01:16:36	02:29:32.90	02:29:39.65	+01:18:00 (52.1%)	9:58	6 (47)
256	BARASIŃSKA Marta	6		OSTRÓW WIELKOPOLSKI	K40	37	K 120	00:00:05	01:16:42	02:29:34.05	02:29:39.80	+01:18:00 (52.1%)	9:58	6 (47)
257	OLSZEWSKA Monika	30		TORUŃ	K40	38	K 121	00:00:20	01:14:55	02:30:18.55	02:30:39.15	+01:18:59 (52.4%)	10:01	6 (47)
258	SOBCZAK Paulina	7	PATOTEAM	MIĘDZYRZECZ	K40	39	K 122	00:00:11	01:15:00	02:30:33.20	02:30:44.95	+01:19:05 (52.5%)	10:02	6 (47)
259	JACZEWSKI Marek	298	PATOTEAM	MIĘDZYRZECZ	M30	53	M 137	00:00:11	01:15:00	02:30:33.30	02:30:45.05	+01:19:05 (52.5%)	10:02	6 (47)
260	CIEPŁA Daria	266	KOMARZYCE	SIECHNICE	K30	43	K 123	00:00:25	01:14:35	02:30:21.90	02:30:47.10	+01:19:07 (52.5%)	10:01	6 (47)
261	ROSZCZYPAŁA Kornelia	137	VSΒ	STRONIE ŚLĄSKIE	K30	44	K 124	00:00:28	01:14:09	02:30:21.15	02:30:49.15	+01:19:09 (52.5%)	10:01	6 (47)
262	KODYRA Agnieszka	29		OLEŚNICA	K40	40	K 125	00:00:20	01:14:57	02:30:31.35	02:30:52.05	+01:19:12 (52.5%)	10:02	6 (47)
263	WOŹNIAK Agnieszka	35		ŻAGAŃ	K40	41	K 126	00:00:17	01:19:45	02:31:04.10	02:31:21.35	+01:19:41 (52.7%)	10:04	6 (47)
264	ZIELIŃSKI Maciej	33		MIERZYN	M50	14	M 138	00:00:20	01:11:40	02:31:36.85	02:31:57.80	+01:20:18 (52.8%)	10:06	5.9 (46)
265	STUSIO Joanna	270		PAWLIKOWICE	K40	42	K 127	00:00:21	01:15:04	02:32:08.20	02:32:29.90	+01:20:50 (53.0%)	10:08	5.9 (46)
266	MAJEWSKA Marta	10	SPIN FORCE RUNNERS	SWARZĘDZ	K40	43	K 128	00:00:19	01:16:05	02:32:22.10	02:32:41.50	+01:21:01 (53.1%)	10:09	5.9 (46)
267	WIŚNIEWSKA Kamila	244		JELENIA GÓRA	K30	45	K 129	00:00:15	01:14:24	02:33:43.50	02:33:58.50	+01:22:18 (53.5%)	10:14	5.9 (46)
268	HUBER Karolina	218		WROCLAW	K20	27	K 130	00:00:16	01:17:08	02:35:10.80	02:35:27.65	+01:23:48 (53.9%)	10:20	5.8 (46)
269	CHMIELEWSKI Wiktor	111	VSΒ	WROCLAW	M20	15	M 139	00:00:24	01:20:01	02:35:20.70	02:35:45.05	+01:24:05 (54.0%)	10:21	5.8 (46)
270	CEPIELIK Karolina	150		ZIELONA GÓRA	K40	44	K 131	00:00:16	01:19:33	02:35:55.15	02:36:11.25	+01:24:31 (54.1%)	10:23	5.8 (46)
271	ROGOWSKI Tomasz	311		GUBEN	M40	55	M 140	00:00:16	01:19:33	02:35:54.90	02:36:11.30	+01:24:31 (54.1%)	10:23	5.8 (46)
272	HOOG Wioleta	278		MIŁORADZ	K40	45	K 132	00:00:17	01:14:23	02:38:05.15	02:38:22.90	+01:26:43 (54.8%)	10:32	5.7 (45)
273	KOZIARSKA Ewa	317		WROCLAW	K40	46	K 133	00:00:15	01:17:54	02:38:34.05	02:38:49.85	+01:27:10 (54.9%)	10:34	5.7 (45)
274	MATERAK Mirosław	46		JELENIA GORA	M60+	4	M 141	00:00:21	01:17:54	02:38:37.15	02:38:59.00	+01:27:19 (54.9%)	10:34	5.7 (45)
275	WITEK Sylwia	277		MIŁORADZ	K40	47	K 134	00:00:16	01:18:03	02:39:51.40	02:40:08.05	+01:28:28 (55.3%)	10:39	5.6 (44)
276	KUREK Katarzyna	155		STRZEGOM	K20	28	K 135	00:00:52	01:22:28	02:39:49.80	02:40:42.05	+01:29:02 (55.4%)	10:39	5.6 (44)
277	WINIARCZYK Iwona	267	KORNELCIATEAM	POZNAŃ	K40	48	K 136	00:00:06	01:13:58	02:41:41.75	02:41:48.05	+01:30:08 (55.7%)	10:46	5.6 (44)
278	KACZKIEWICZ Damian	273	NIGHT RUNNERS GLIWICE	GLIWICE	M50	15	M 142	00:00:18	01:19:38	02:43:56.30	02:44:15.10	+01:32:35 (56.4%)	10:55	5.5 (43)
279	WASILEWSKI Łukasz	261		ŁĄKOCINY	M40	56	M 143	00:00:13	01:18:48	02:44:23.70	02:44:37.15	+01:32:57 (56.5%)	10:57	5.5 (43)

280	PIASKOWSKI Marcin	315		KROSNO ODRZAŃSKIE	M40	57	M 144	00:00:15	01:19:55	02:45:14.70	02:45:30.30	+01:33:50 (56.7%)	11:00	5.4 (42)
281	PIASKOWSKA Ania	316		KROSNO ODRZAŃSKIE	K40	49	K 137	00:00:14	01:19:33	02:45:16.05	02:45:30.45	+01:33:50 (56.7%)	11:01	5.4 (42)
282	PUSZCZEWICZ Magdalena	76		BRZEG	K30	46	K 138	00:00:26	01:20:55	02:47:20.35	02:47:46.50	+01:36:06 (57.3%)	11:09	5.4 (42)
283	CHOLEWA Maria	112	VSB	WROCLAW	K30	47	K 139	00:00:27	01:19:59	02:47:50.90	02:48:18.45	+01:36:38 (57.4%)	11:11	5.4 (42)
284	FURTAK Aleksandra	100	VSB	WROCLAW	K20	29	K 140	00:00:07	01:22:11	02:48:10.95	02:48:18.60	+01:36:39 (57.4%)	11:12	5.4 (42)
285	STUDNIAREK Paweł	246		JEŻÓW SUDECKI	M60+	5	M 145	00:00:23	01:20:25	02:49:57.55	02:50:20.90	+01:38:41 (57.9%)	11:19	5.3 (42)
286	E BUCZYNSKA Izabela	124		STAVANGER	K30	48	K 141	00:00:13	01:21:59	02:50:27.80	02:50:40.95	+01:39:01 (58.0%)	11:21	5.3 (42)
287	SIKORSKA Magdalena	320	HTF LUDWIK SIKORSKI	ALEKSANDRÓW ŁÓDZKI	K40	50	K 142	00:00:26	01:21:33	02:52:03.60	02:52:29.60	+01:40:50 (58.5%)	11:28	5.2 (41)
288	KOSZALSKA Marta	302	WIECZORNE BIEGANIE W SZCZECINIE	SZCZECIN	K40	51	K 143	00:00:23	01:26:16	02:53:55.55	02:54:19.25	+01:42:39 (58.9%)	11:35	5.2 (41)
289	PROMIRSKI Julian	300	KARKONOSKI WETERAN	JELENIA GÓRA	M60+	6	M 146	00:00:13	01:21:08	02:57:46.00	02:57:59.10	+01:46:19 (59.7%)	11:51	5.1 (40)