

1	VOLÁK Ondrej	650	BEZECKY KLUB NÁCHOD	POLICE NAD METUJÍ	M20	1	M 1	00:00:01	00:51:42	01:43:28	02:21:20.95	02:21:22.50	
2	KOZŁOWICZ Tomasz	482	OBORYGENI	WIELKA LIPA	M30	1	M 2	00:00:01	00:54:08	01:48:09	02:30:30.65	02:30:32.30	+00:09:09 (6.19%)
3	SOBAS Jacek	1165		SZKLARSKA PORĘBA	M40	1	M 3	00:00:01	00:53:48	01:49:44	02:34:42.55	02:34:43.85	+00:13:21 (8.69%)
4	KUKUŁA Waldemar	421	WALKA KOSTRZYN/ JAŃCZAK TEAM	CZERLEJNKO	M40	2	M 4	00:00:01	00:57:21	01:56:38	02:41:04.20	02:41:05.80	+00:19:43 (12.22%)
5	KRASULAK Daniel	771	TRENUJZNAMI.PL	WROCŁAW	M40	3	M 5	00:00:01	00:56:03	01:55:50	02:42:23.00	02:42:24.70	+00:21:02 (13.00%)
6	KAŻMIERCZYK Adam	753	MARCIN ŚWIERC TEAM	KATOWICE	M40	4	M 6	00:00:02	01:01:44	02:02:02	02:45:19.80	02:45:22.55	+00:24:00 (14.55%)
7	MIROSZKA Krzysztof	621	KS VERTICAL RYTRO	WROCŁAW	M20	2	M 7	00:00:01	00:56:41	01:56:16	02:45:39.50	02:45:40.70	+00:24:18 (14.77%)
8	SOLARSKI Sergiusz	526		WAŁBRZYCH	M40	5	M 8	00:00:02	01:00:15	02:00:45	02:45:50.80	02:45:53.30	+00:24:30 (14.88%)
9	ROSIAK Michał	674		PSZENNO	M20	3	M 9	00:00:01	00:57:19	01:58:53	02:46:03.50	02:46:05.45	+00:24:42 (14.99%)
10	ŚMICHURSKI Krzysztof	446	WLKP MOUNTAINS ULTRA	CEREKWICA	M30	2	M 10	00:00:02	00:59:29	02:00:52	02:48:11.40	02:48:13.85	+00:26:51 (16.00%)
11	LIDZBARSKI Janusz	689	KS CHWASZCZYNO	CHWASZCZYNO	M40	6	M 11	00:00:02	01:02:07	02:04:52	02:52:17.95	02:52:20.60	+00:30:58 (18.00%)
12	MAJCHRZAK Maciej	457	AW - SZYBCIEJ - TEAM	WROCŁAW	M30	3	M 12	00:00:03	01:02:34	02:04:22	02:52:36.00	02:52:39.55	+00:31:17 (18.11%)
13	PETTERS Klaudia	1170		BOLESŁAWIEC	K20	1	K 1	00:00:01	01:02:16	02:05:01	02:52:49.90	02:52:51.60	+00:31:29 (18.22%)
14	GAWRON Paweł	406	WEPA PIECHOWICE	DZIWISZÓW	M40	7	M 13	00:00:03	01:00:26	02:03:05	02:54:18.90	02:54:22.00	+00:32:59 (18.99%)
15	ŻUREK Patryk	798	PRZEDWOJEWSKI TEAM	TRZEBNICA	M30	4	M 14	00:00:02	00:57:34	02:01:44	02:54:29.35	02:54:31.45	+00:33:08 (19.00%)
16	KMIEĆ Paweł	544	MARCIN ŚWIERC TEAM	ŁÓDŹ	M20	4	M 15	00:00:02	01:05:34	02:08:30	02:57:24.85	02:57:26.95	+00:36:04 (20.33%)
17	ZBOROWSKI Krzysztof	584	VULCAN RUNNERS	WILKÓW	M40	8	M 16	00:00:02	01:02:17	02:08:02	03:00:09.10	03:00:11.65	+00:38:49 (21.55%)
18	RÓŻYCKI Rafał	691		TCZEW	M30	5	M 17	00:00:04	01:05:01	02:09:30	03:02:51.75	03:02:56.40	+00:41:33 (22.77%)
19	LADENBERGER Mateusz	717	MARCINŚWIERCTEAM	JACZKÓW	M40	9	M 18	00:00:02	01:02:55	02:08:35	03:03:54.85	03:03:56.85	+00:42:34 (23.11%)
20	KRAWCZYK Adriana	683	MLKS ECHO	TWARDOGÓRA	K30	1	K 2	00:00:01	01:02:57	02:09:42	03:04:50.05	03:04:51.55	+00:43:29 (23.55%)
21	CHRZĄSTEK Bartosz	507		SŁOTWINA	M30	6	M 19	00:00:00	01:04:31	02:12:58	03:07:33.10	03:07:33.10	+00:46:10 (24.61%)
22	BEDNARZ Krzysztof	528	PRZEDWOJEWSKI TEAM	LUBSZA	M40	10	M 20	00:00:03	01:04:05	02:11:06	03:08:08.30	03:08:11.35	+00:46:48 (24.99%)
23	PAHUTA Kamil	508		LUBIN	M30	7	M 21	00:00:03	01:05:44	02:12:56	03:10:25.80	03:10:29.55	+00:49:07 (25.88%)
24	TOMASZEWSKI Michał	475		JEŻÓW SUDECKI	M30	8	M 22	00:00:02	01:12:19	02:19:33	03:12:11.80	03:12:14.55	+00:50:52 (26.55%)
25	BOSAKIEWICZ Tomasz	648	VULCAN RUNNERS/AW SZYBCIEJ	ZŁOTORYJA	M40	11	M 23	00:00:02	01:07:51	02:17:46	03:13:22.15	03:13:24.60	+00:52:02 (26.99%)
26	SZYMKOWIAK Jarosław	653		GRĘBOCICE	M30	9	M 24	00:00:02	01:07:44	02:17:40	03:13:27.05	03:13:29.90	+00:52:07 (26.99%)
27	GERBER Maria	786	PRZEDWOJEWSKI TEAM	MIKOŁÓW	K20	2	K 3	00:00:02	01:10:30	02:20:11	03:13:42.45	03:13:44.95	+00:52:22 (27.00%)
28	KURPIEWSKI Artur	509		TORUŃ	M50	1	M 25	00:00:00	01:09:05	02:19:26	03:14:17.60	03:14:17.60	+00:52:55 (27.22%)
29	FERET Kamila	701		JELENIA GÓRA	K30	2	K 4	00:00:03	01:10:11	02:21:19	03:14:53.05	03:14:56.30	+00:53:33 (27.55%)
30	SIUBA Wojciech	746	PILCZYCKI KLUB BIEGACZA	WROCŁAW	M20	5	M 26	00:00:03	01:09:21	02:20:02	03:15:44.00	03:15:47.45	+00:54:24 (27.88%)
31	SOBCZYK Barbara	779	PKP PLK	KRAKÓW	K30	3	K 5	00:00:03	01:10:30	02:19:51	03:15:46.65	03:15:50.60	+00:54:28 (27.88%)

32	MACIEJEWICZ Robert	585	FIZJOBIEGACZE SZCZECIN	SZCZECIN	M50	2	M 27	00:00:05	01:09:07	02:20:18	03:15:51.65	03:15:57.15	+00:54:34 (27.5)
33	LESZEK Grzegorz Robert	443		DZIWISZÓW	M30	10	M 28	00:00:06	01:09:20	02:19:53	03:16:53.55	03:16:59.65	+00:55:37 (28.2)
34	WOJCIECHOWSKI Jędrzej	657	NOGA DO GÓRY	KARPICKO	M20	6	M 29	00:00:03	01:05:57	02:16:34	03:17:20.50	03:17:23.95	+00:56:01 (28.4)
35	DZIADEK Jakub	619		SKÓRZEWO	M20	7	M 30	00:00:17	01:06:58	02:18:44	03:17:08.75	03:17:26.60	+00:56:04 (28.4)
36	THIER Dominik	759	KS KANDAHAR	WARSZAWA	M40	12	M 31	00:00:04	01:09:52	02:21:30	03:17:41.45	03:17:45.80	+00:56:23 (28.5)
37	BONIEC-RZEPSKA Gabriela	731	AW-SZYBCIEJ-TEAM	BIENIÓW	K30	4	K 6	00:00:01	01:09:54	02:22:16	03:17:48.45	03:17:50.25	+00:56:27 (28.5)
38	HOFFMANN Maciej	785	GORZELAS RUNNING CLUB	POZNAŃ	M30	11	M 32	00:00:03	01:07:55	02:20:30	03:18:27.65	03:18:30.70	+00:57:08 (28.8)
39	BIAŁOMYZY Urszula	684	AW SZYBCIEJ TEAM	BOLESŁAWIEC	K20	3	K 7	00:00:02	01:08:10	02:20:17	03:19:06.65	03:19:09.45	+00:57:46 (29.0)
40	STANGIERSKI Adam	655	KORNELCIA TEAM	POZNAN	M40	13	M 33	00:00:08	01:11:48	02:23:17	03:19:07.35	03:19:15.40	+00:57:52 (29.0)
41	LEWANDOWSKI Piotr	687		JELENIA GORA	M30	12	M 34	00:00:05	01:12:55	02:24:40	03:19:26.20	03:19:31.25	+00:58:08 (29.1)
42	SKRZYŃSKI Przemek	517	MCH RUNNERS TEAM	ZIELONA GÓRA	M40	14	M 35	00:00:07	01:08:16	02:19:23	03:19:44.05	03:19:51.10	+00:58:28 (29.3)
43	SADEL Bogdan	793		ZIELONA GÓRA	M50	3	M 36	00:00:06	01:11:28	02:23:17	03:20:43.80	03:20:49.90	+00:59:27 (29.6)
44	GABRYŚ Paweł	647	AW SZYBCIEJ TEAM	ŻERNIKI WROCŁAWSKIE	M40	15	M 37	00:00:03	01:10:34	02:22:46	03:20:54.80	03:20:58.15	+00:59:35 (29.7)
45	KUTYBA Mariusz	765		POZNAŃ	M40	16	M 38	00:00:03	01:08:49	02:21:11	03:21:29.05	03:21:32.40	+01:00:09 (29.9)
46	PARYSEK Tomasz	552	VULCAN RUNNERS/ AW SZYBCIEJ TEAM	PIELGRZYMKA	M30	13	M 39	00:00:03	01:08:48	02:20:55	03:21:53.10	03:21:56.75	+01:00:34 (30.0)
47	SZKOŁUDA Sabina	616	NICE'SRUNNERS TEAM	KOSZALIN	K30	5	K 8	00:00:03	01:10:34	02:24:12	03:22:28.15	03:22:31.25	+01:01:08 (30.2)
48	SUDEK Bartosz	662		KRAKÓW	M30	14	M 40	00:00:20	01:13:46	02:25:35	03:22:18.75	03:22:38.75	+01:01:16 (30.2)
49	KWIECIEŃ Monika	1163		KŁOMNICE	K20	4	K 9	00:00:00	01:13:26	02:26:01	03:24:17.65	03:24:17.65	+01:02:55 (30.8)
50	DULJASZ Robert	607	TRAIL IS OUR WAY	PILA	M40	17	M 41	00:00:19	01:16:58	02:28:22	03:24:27.35	03:24:47.00	+01:03:24 (31.0)
51	JANUSZKIEWICZ Krzysztof	718	BIEGNIJ OŁAWO	OŁAWA	M40	18	M 42	00:00:03	01:10:09	02:23:48	03:24:51.95	03:24:55.10	+01:03:32 (31.0)
52	KICHLER Kryspin	762		GDAŃSK	M40	19	M 43	00:00:03	01:10:10	02:23:29	03:24:53.45	03:24:57.40	+01:03:34 (31.0)
53	WOKAN Marcin	723		WROCŁAW	M40	20	M 44	00:00:05	01:11:28	02:24:30	03:26:06.50	03:26:11.70	+01:04:49 (31.4)
54	SZUMIŃSKI Artur	787	VULCAN RUNNERS	PIELGRZYMKA	M50	4	M 45	00:00:03	01:09:51	02:24:25	03:27:17.75	03:27:21.70	+01:05:59 (31.8)
55	MYĆKA Kacper	788		KALISZ	M20	8	M 46	00:00:08	01:13:21	02:27:33	03:27:38.35	03:27:46.90	+01:06:24 (32.0)
56	ŻBIKOWSKI Marcin	593		MYŚŁAKOWICE	M40	21	M 47	00:00:11	01:09:13	02:22:20	03:28:32.85	03:28:44.15	+01:07:21 (32.3)
57	GANCLERZ Monika	615	KOBIETY BIEGAJĄ LUBLIN	POZNAŃ	K30	6	K 10	00:00:07	01:14:01	02:28:05	03:29:33.45	03:29:40.50	+01:08:18 (32.6)
58	BRONISZEWSKI Łukasz	766	#ZALINIAMETYTEAM	WARSZAWA	M30	15	M 48	00:00:04	01:11:03	02:25:11	03:30:56.15	03:31:00.20	+01:09:37 (33.0)
59	KACZMAREK Maciej	767	WLKP MOUNTAINS ULTRA	BARANOWO	M40	22	M 49	00:00:08	01:16:14	02:31:01	03:31:19.25	03:31:28.10	+01:10:05 (33.1)
60	NOWAK Julia	755		LUBAWKA	K20	5	K 11	00:00:07	01:15:24	02:31:57	03:31:28.55	03:31:35.60	+01:10:13 (33.2)
61	ŚLIWIŃSKA Wioleta	614		KOSZALIN	K40	1	K 12	00:00:02	01:09:35	02:26:15	03:31:43.45	03:31:45.65	+01:10:23 (33.2)
62	PRZYSIWEK Patryk	716	KOSTERA TEAM	POZNAŃ	M30	16	M 50	00:00:10	01:19:57	02:35:15	03:31:37.95	03:31:48.15	+01:10:25 (33.3)

63	BRUCH Tomasz	599		WROCLAW	M20	9	M 51	00:00:08	01:09:08	02:24:49	03:31:50.65	03:31:59.30	+01:10:36 (33.5
64	ROMANOWSKI Konrad	496	PLANYBIEGOWE.PL	ZARY	M30	17	M 52	00:00:08	01:17:58	02:34:18	03:32:14.50	03:32:23.15	+01:11:00 (33.4
65	WOJCIECHOWSKI Marek	494		SKORZEWO	M50	5	M 53	00:00:05	01:10:26	02:25:41	03:32:23.75	03:32:28.75	+01:11:06 (33.5
66	JACZEK Kamil	625		SZCZECIN	M30	18	M 54	00:00:07	01:16:38	02:30:45	03:32:31.40	03:32:38.85	+01:11:16 (33.5
67	PERZ Błażej	769		WRONKI	M30	19	M 55	00:00:13	01:17:16	02:33:35	03:32:42.40	03:32:55.45	+01:11:32 (33.6
68	KUBICKI Mariusz	633	DOBRAFORMA	KLUCZBORK	M40	23	M 56	00:00:03	01:10:25	02:26:37	03:33:24.90	03:33:28.15	+01:12:05 (33.8
69	HAMKALO Dawid	774	HOST WROCLAW	WROCLAW	M40	24	M 57	00:00:06	01:14:06	02:34:00	03:38:08.10	03:38:14.30	+01:16:51 (35.2
70	VRZALOVA Jana	1168	SKY4RUN	PRAHA	K40	2	K 13	00:00:07	01:13:27	02:32:53	03:38:43.10	03:38:50.80	+01:17:28 (35.4
71	KOWALEWSKI Paweł	485	MAFIA TEAM LUBLINIEC	LUBLINIEC	M40	25	M 58	00:00:12	01:17:12	02:34:46	03:38:45.85	03:38:57.90	+01:17:35 (35.4
72	KWAŚNIEWSKI Piotr	743		PĄTNÓW LEGNICKI	M40	26	M 59	00:00:04	01:14:45	02:32:27	03:39:24.10	03:39:28.15	+01:18:05 (35.6
73	WOJTANOWICZ Bartosz	775		SOSNOWIEC	M40	27	M 60	00:00:05	01:15:36	02:36:25	03:39:43.30	03:39:48.95	+01:18:26 (35.7
74	MACIUSZEK Maciej	427		KĘBŁOWICE	M30	20	M 61	00:00:00	01:16:20	02:34:20	03:40:26.80	03:40:26.80	+01:19:04 (35.9
75	REDKIEWICZ Aga	710	JB TEAM/ SOBAS TEAM	WARSZAWA	K40	3	K 14	00:00:00	01:18:57	02:37:03	03:40:32.60	03:40:32.60	+01:19:10 (35.9
76	MICHALCZYK Michał	709	#JBTEAM / #SOBASTEAM	ZIELONA GÓRA	M40	28	M 62	00:00:09	01:18:46	02:36:47	03:40:24.05	03:40:33.35	+01:19:10 (35.9
77	GUZENDA Weronika	659		OPALENICA	K30	7	K 15	00:00:04	01:14:12	02:32:31	03:40:29.65	03:40:34.55	+01:19:12 (35.9
78	JARZEMBOWSKI Tomasz	505	WLKP MOUNTAINS ULTRA/TRIGAR	PLEWISKA	M40	29	M 63	00:00:09	01:20:28	02:37:42	03:40:29.85	03:40:39.00	+01:19:16 (35.9
79	LASKOWSKI Darek	681		STARE BOGA	M40	30	M 64	00:00:29	01:17:36	02:34:34	03:40:53.55	03:41:23.05	+01:20:00 (36.1
80	PATRO Karol	772		WROCLAW	M20	10	M 65	00:00:05	01:18:30	02:36:37	03:42:10.70	03:42:16.65	+01:20:54 (36.4
81	WRÓŃSKI Paweł	751		SZCZECIN	M40	31	M 66	00:00:07	01:17:58	02:36:16	03:42:34.05	03:42:41.75	+01:21:19 (36.5
82	ŚWIERCZ Marcin	444		CZŁUCHÓW	M30	21	M 67	00:00:12	01:19:21	02:36:57	03:42:54.95	03:43:07.35	+01:21:44 (36.6
83	BILIŃSKI Filip	571		PRZEMKÓW	M20	11	M 68	00:00:09	01:16:53	02:36:08	03:43:14.00	03:43:23.30	+01:22:00 (36.7
84	ŁABUDA Paweł	777		KAMIENNA GÓRA	M30	22	M 69	00:00:23	01:15:38	02:35:16	03:44:10.20	03:44:33.20	+01:23:10 (37.0
85	BUGAJ Alan	745		SZCZODRE	M30	23	M 70	00:00:07	01:18:52	02:40:37	03:44:58.60	03:45:06.55	+01:23:44 (37.2
86	STACHAK Krzysztof	525		BIELSKO-BIAŁA	M50	6	M 71	00:00:11	01:21:35	02:42:53	03:44:55.75	03:45:07.40	+01:23:44 (37.2
87	RADWAN Justyna	1169		SZCZECIN	K40	4	K 16	00:00:14	01:21:40	02:43:35	03:45:23.30	03:45:38.05	+01:24:15 (37.5
88	BIEGAŃSKI Przemysław	749		POZNAŃ	M30	24	M 72	00:00:14	01:18:12	02:38:20	03:45:31.85	03:45:46.65	+01:24:24 (37.4
89	CHMURA Maciej	420	CHMURA TEAM	WROCLAW	M30	25	M 73	00:00:02	01:05:44	02:28:22	03:46:46.40	03:46:49.15	+01:25:26 (37.7
90	DEMCZUK Marek	484	BIEGIEM PO MEDAL	JELENIA GÓRA	M40	32	M 74	00:00:00	01:16:46	02:36:13	03:47:09.95	03:47:09.95	+01:25:47 (37.8
91	PIĘNKOWSKI Łukasz	727		KIELCE	M40	33	M 75	00:00:14	01:16:34	02:36:37	03:47:10.30	03:47:25.10	+01:26:02 (37.8
92	MAJEWSKI Tomasz	573	TRITON KONIN	KONIN	M40	34	M 76	00:00:08	01:12:20	02:34:45	03:48:24.85	03:48:33.20	+01:27:10 (38.1
93	STRAMA Aleksander	434	BIEGUNKA	WROCLAW	M30	26	M 77	00:00:19	01:19:06	02:41:56	03:49:09.85	03:49:29.60	+01:28:07 (38.4

94	VISENTIN FR Eric 66	637	TO TEN Z FRANCI	WROCLAW	M40	35	M 78	00:00:22	01:20:09	02:40:17	03:49:25.00	03:49:47.85	+01:28:25 (38.5
95	STAWIŃSKI Piotr	586		KOCZARGI STARE	M40	36	M 79	00:00:22		02:43:13	03:49:33.05	03:49:55.45	+01:28:32 (38.5
96	ZIÓŁKOWSKI Konrad	770	KUŹNIA TRIATHLONU	WARSZAWA	M40	37	M 80	00:00:23	01:24:44	02:43:07	03:49:32.75	03:49:55.75	+01:28:33 (38.5
97	PRZEBIERALA Pawel	524		WROCLAW	M40	38	M 81	00:00:19	01:21:47	02:42:34	03:49:38.65	03:49:57.90	+01:28:35 (38.5
98	SKÓRA Mateusz	592		WROCLAW	M40	39	M 82	00:00:12	01:22:24	02:46:05	03:50:01.00	03:50:13.65	+01:28:51 (38.6
99	WOJCIECHOWICZ Magdalena	489		BLAŻEJEWO	K30	8	K 17	00:00:13	01:18:19	02:43:55	03:50:59.65	03:51:13.60	+01:29:51 (38.9
100	TOMKOWSKI Krzysztof	628	MCE	OSÓWIEC	M40	40	M 83	00:00:10	01:16:01	02:41:09	03:51:10.80	03:51:21.55	+01:29:59 (38.9
101	BIAŁECKI Krzysztof	459	CROSS TRENING MYŚLIBÓRZ	MYŚLIBÓRZ	M50	7	M 84	00:00:04	01:17:49	02:45:38	03:51:31.05	03:51:35.75	+01:30:13 (39.0
102	PABIJAŃSKI Adrian	797		POZNAN	M30	27	M 85	00:00:16	01:20:26	02:43:23	03:51:25.30	03:51:42.25	+01:30:19 (39.0
103	WARACKA Paulina	611		ŁÓDŹ	K30	9	K 18	00:00:06	01:20:13	02:43:55	03:52:05.10	03:52:11.35	+01:30:48 (39.1
104	SITEK Andrzej	725		WROCLAW	M50	8	M 86	00:00:11	01:19:43	02:46:21	03:52:01.75	03:52:13.65	+01:30:51 (39.1
105	TYLCZYŃSKA Edyta	1162	ZBIEG OKOLICZNOŚCI	BERLIN	K30	10	K 19	00:00:07	01:21:04	02:43:47	03:53:17.75	03:53:25.70	+01:32:03 (39.4
106	GOLA Henryk	760		SZKLARSKA PORĘBA	M60+	1	M 87	00:00:05	01:21:00	02:45:56	03:53:34.15	03:53:39.95	+01:32:17 (39.5
107	MAJKUT Emilia	740		MIRSK	K20	6	K 20	00:00:27	01:22:00	02:44:59	03:53:23.55	03:53:51.50	+01:32:29 (39.5
108	SITKO Krzysztof	671		SWINOUJSCIE	M40	41	M 88	00:00:22	01:17:55	02:40:51	03:53:31.80	03:53:53.85	+01:32:31 (39.6
109	GRIMES-ZACHORSKA Izabela	636		SMOLEC	K40	5	K 21	00:00:06	01:19:54	02:42:03	03:53:53.90	03:54:00.65	+01:32:38 (39.6
110	ŻESŁAWSKA-FALEŃCZYK Agata	527		WROCLAW	K40	6	K 22	00:00:16	01:18:28	02:42:42	03:54:06.90	03:54:23.60	+01:33:01 (39.7
111	KOWALCZYK Michał	672	CONAN	PACIERZOW	M40	42	M 89	00:00:04	01:18:31	02:47:00	03:54:26.95	03:54:31.85	+01:33:09 (39.7
112	FLORCZAK Sylwia	529	SZAKALE BAŁUT ŁÓDŹ	LODZ	K50	1	K 23	00:00:18	01:19:28	02:44:31	03:54:21.90	03:54:40.00	+01:33:17 (39.8
113	KOSTRZEWSKI Maciej	402	GÓRYLAS	WROCLAW	M30	28	M 90	00:00:28	01:23:10	02:47:23	03:54:30.40	03:54:58.55	+01:33:36 (39.8
114	GOJNICZEK Leszek	603		CISOWNICA	M40	43	M 91	00:00:29	01:19:58	02:43:29	03:54:42.40	03:55:11.60	+01:33:49 (39.9
115	BORKOWSKA Justyna	792		SEDZISLAW	K40	7	K 24	00:00:09	01:22:17	02:46:00	03:55:22.10	03:55:31.25	+01:34:08 (40.0
116	FORNALIK Adam	719		WARSZAWA	M50	9	M 92	00:00:16	01:24:06	02:45:05	03:55:22.65	03:55:39.45	+01:34:16 (40.0
117	KOPACKI Tomasz	428		WROCLAW	M30	29	M 93	00:00:00	01:28:06	02:50:17	03:55:49.10	03:55:49.10	+01:34:26 (40.0
118	FABISIAK Andrzej	597	STANWEX II	SULEJÓWEK	M60+	2	M 94	00:00:07	01:19:16	02:45:01	03:56:02.05	03:56:09.20	+01:34:46 (40.1
119	GRĄDKIEWICZ Michał	422		WYSOKA	M30	30	M 95	00:00:12	01:20:37	02:46:28	03:56:15.30	03:56:27.85	+01:35:05 (40.2
120	JASIŃSKI Michał	1164		KRAKÓW	M30	31	M 96	00:00:19	01:18:01	02:39:16	03:56:25.40	03:56:45.15	+01:35:22 (40.3
121	DZIEKOŃSKA Agnieszka	664		ŚWINOUJŚCIE	K40	8	K 25	00:00:18	01:19:44	02:40:31	03:56:47.95	03:57:06.10	+01:35:43 (40.4
122	STROJNY Radosław	448	KILOMETRY POMOCY	TRZEBNICA	M30	32	M 97	00:00:20	01:28:34	02:52:16	03:56:46.50	03:57:07.20	+01:35:44 (40.4
123	LISEK Andrzej	550	4T - TARNOWSKIE TERMY TRIATHLON TEAM	BYTKOWO	M30	33	M 98	00:00:05	01:15:30	02:49:40	03:57:36.05	03:57:41.30	+01:36:18 (40.5
124	NOWAK Dawid	580		POZNAŃ	M40	44	M 99	00:00:22	01:22:21	02:45:59	03:57:19.25	03:57:41.40	+01:36:18 (40.5

125	PAWLIŃSKI Adam	501	PRO-RUN WROCŁAW	WROCŁAW	M40	45	M 100	00:00:15	01:22:04	02:47:11	03:57:32.35	03:57:48.15	+01:36:25 (40.5)
126	KASZOWSKI Marcin	623	KASZKI TEAM SOLO	GLIWICE	M40	46	M 101	00:00:23	01:25:44	02:52:36	03:57:29.85	03:57:53.10	+01:36:30 (40.6)
127	BUGAJ Krzysztof	626	NIENAŻARTY MISIE	KŁOMNICE	M30	34	M 102	00:00:11	01:25:12	02:50:00	03:57:50.00	03:58:01.00	+01:36:38 (40.6)
128	WINNIK Marek	559		SZCZECIN	M40	47	M 103	00:00:08	01:17:48	02:40:11	03:57:58.70	03:58:07.40	+01:36:44 (40.6)
129	NOWAK Marta	558		DŁUGOŁĘKA	K40	9	K 26	00:00:10	01:25:28	02:50:32	03:59:16.85	03:59:27.10	+01:38:04 (41.0)
130	TYL Radosław	714		WROCŁAW	M40	48	M 104	00:00:28	01:21:33	02:45:06	03:59:02.40	03:59:30.60	+01:38:08 (41.0)
131	POLIWOCZAK Patryk	499		MROWINY	M30	35	M 105	00:00:04	01:14:35	02:39:24	03:59:28.45	03:59:32.75	+01:38:10 (41.0)
132	SIUDA Jakub	780	WAVES RUNNING	WROCŁAW	M20	12	M 106	00:00:26	01:21:26	02:47:09	03:59:25.00	03:59:51.15	+01:38:28 (41.1)
133	ŚWITAŁA Roman	464		WIELUŃ	M40	49	M 107	00:00:05	01:27:45	02:53:30	04:00:16.35	04:00:21.40	+01:38:58 (41.2)
134	LEWANDOWSKI Martin	400	OBORYGENI	GOŁĘDZINÓW	M40	50	M 108	00:00:14	01:24:37	02:48:34	04:00:56.50	04:01:10.85	+01:39:48 (41.4)
135	NIKOLAJUK Bartosz	481	WKS ŚLĄSK WROCŁAW	BOLESŁAWIEC	M40	51	M 109	00:00:18	01:21:40	02:45:47	04:01:16.25	04:01:35.20	+01:40:12 (41.5)
136	HAŁABURDA Grzegorz	715	SOBAS TEAM	WROCŁAW	M40	52	M 110	00:00:10	01:20:35	02:45:43	04:01:35.70	04:01:45.90	+01:40:23 (41.5)
137	TOMASIK Andrzej	711		ZIELONA GÓRA	M50	10	M 111	00:00:06	01:23:21	02:48:59	04:01:46.20	04:01:52.80	+01:40:30 (41.6)
138	ROKSELA Paweł	712		WROCŁAW	M30	36	M 112	00:00:29	01:27:53	02:51:26	04:01:40.20	04:02:09.25	+01:40:46 (41.6)
139	GOSK Daniel	477		MALBORK	M30	37	M 113	00:00:14	01:21:34	02:46:36	04:02:09.90	04:02:24.15	+01:41:01 (41.7)
140	KACZMAREK Jakub	522		POZNAŃ	M30	38	M 114	00:00:00	01:23:43	02:50:20	04:02:26.75	04:02:26.75	+01:41:04 (41.7)
141	SZTYK Jarosław	631	BIEGNIJ OŁAWO	JELCZ ŁASKOWICE	M50	11	M 115	00:00:12	01:25:35	02:49:29	04:02:20.25	04:02:32.25	+01:41:09 (41.7)
142	JANUSZKIEWICZ Ewa	498	BIEGNIJ OŁAWO	RADOMIERZYCE	K40	10	K 27	00:00:13	01:24:38	02:49:18	04:02:19.15	04:02:32.30	+01:41:09 (41.7)
143	SZYMAŃSKI Marcin	492	BIEGNIJ OŁAWO	GODZIKOWICE	M40	53	M 116	00:00:10	01:22:29	02:48:05	04:02:22.10	04:02:32.50	+01:41:10 (41.7)
144	HORANIN Paweł	722		ŚLAWOBORZE	M30	39	M 117	00:00:15	01:23:05	02:51:49	04:02:31.70	04:02:47.60	+01:41:25 (41.8)
145	GIBNER Celina	643		KNURÓW	K30	11	K 28	00:00:05	01:25:25	02:53:22	04:02:42.75	04:02:48.55	+01:41:26 (41.8)
146	DUTKOWSKI Grzegorz	418	DĄBROWSKI TEAM	GORZÓW WIELKOPOLSKI	M30	40	M 118	00:00:06	01:19:34	02:48:00	04:02:55.55	04:03:02.15	+01:41:39 (41.8)
147	KOTAŁA Krzysztof	702		OPOLE	M50	12	M 119	00:00:27	01:26:36	02:52:24	04:03:03.05	04:03:30.10	+01:42:07 (41.9)
148	TROCKA Luiza	470	TROCCY BIEGAJĄ	POZNAŃ	K40	11	K 29	00:00:34	01:24:52	02:50:17	04:03:02.90	04:03:37.05	+01:42:14 (42.0)
149	CZARNOTA Kacper	466	MORTEM ACETABULIS	POZNAŃ	M30	41	M 120	00:00:34	01:24:41	02:50:04	04:03:03.10	04:03:37.35	+01:42:14 (42.0)
150	FERLAK Jan	660	NASZŁAKULUTY	OPALENICA	M40	54	M 121	00:00:05	01:25:40	02:53:48	04:04:24.85	04:04:29.90	+01:43:07 (42.2)
151	SOBOTA Artur	739		WARSZAWA	M50	13	M 122	00:00:12	01:22:05	02:48:27	04:04:30.10	04:04:42.65	+01:43:20 (42.2)
152	BOHAREWICZ Paweł	407	STARSZA DZIKA MŁODZIEŻ	ZIELONA GÓRA	M40	55	M 123	00:00:05	01:14:46	02:35:28	04:05:03.25	04:05:08.80	+01:43:46 (42.3)
153	ZYCH Klaudiusz	602	KBT	WARSZAW	M50	14	M 124	00:00:08	01:26:46	02:52:09	04:05:11.15	04:05:19.40	+01:43:56 (42.4)
154	SITEK Arkadiusz	547		WĘGRÓW	M40	56	M 125	00:00:11	01:25:42	02:54:24	04:05:11.20	04:05:22.65	+01:44:00 (42.4)
155	HORANIN Lukasz	726		RACIBÓRZ	M30	42	M 126	00:00:15	01:21:55	02:47:01	04:05:15.30	04:05:30.95	+01:44:08 (42.4)

156	KUPIRIJAŃCZYK Łukasz	624	DĄBROWSKI TEAM	GORZÓW WIELKOPOLSKI	M30	43	M 127	00:00:06	01:19:31	02:47:55	04:05:32.40	04:05:39.30	+01:44:16 (42.4
157	ZIOMKO Anna	663	FITNESS PIEKARY	LEGNICA	K40	12	K 30	00:00:14	01:26:33	02:55:36	04:05:34.45	04:05:48.65	+01:44:26 (42.5
158	MIKOŁAJCZAK Bartosz	479	MISTRZOWSKI TRENING	POZNAŃ	M40	57	M 128	00:00:19	01:25:21	02:54:53	04:05:32.55	04:05:51.60	+01:44:29 (42.5
159	KŁOCZKO Marcin	688		LUBOŃ	M30	44	M 129	00:00:16	01:20:39	02:50:18	04:05:50.90	04:06:07.55	+01:44:45 (42.6
160	MATYKIEWICZ Michał	601	KBT	LUSOWO	M40	58	M 130	00:00:08	01:25:30	02:53:32	04:06:10.20	04:06:18.75	+01:44:56 (42.6
161	ZAŁUCKI Maciej	588		GŁOGOWO	M50	15	M 131	00:00:33	01:29:17	02:55:49	04:06:34.40	04:07:07.55	+01:45:45 (42.8
162	ŚWITAŁA Anita	423		WIRLUŃ	K40	13	K 31	00:00:05	01:27:50	02:58:34	04:07:28.25	04:07:33.45	+01:46:10 (42.9
163	SZLUFIK Marta	612	BIEGNIJ OŁAWO	OŁAWA	K40	14	K 32	00:00:11	01:26:49	02:56:24	04:08:00.35	04:08:12.05	+01:46:49 (43.0
164	TYMEJCZYK Jakub	450		WROCŁAW	M30	45	M 132	00:00:23	01:23:50	02:50:48	04:08:45.40	04:09:08.75	+01:47:46 (43.3
165	KOZIAK Szymon	680		OPOLE	M20	13	M 133	00:00:04	01:22:25	02:52:40	04:09:04.75	04:09:09.20	+01:47:46 (43.3
166	BINKOWSKI Dominik	436		DOMINICE	M30	46	M 134	00:00:23	01:29:08	02:57:52	04:08:55.00	04:09:18.55	+01:47:56 (43.3
167	BŁASZKOWSKI Łukasz	734	NORDEX TRAIL TEAM	GDAŃSK	M30	47	M 135	00:00:16	01:31:01	03:01:15	04:09:12.15	04:09:28.50	+01:48:06 (43.3
168	NIAZ Kamil	735	NORDEX TRAIL TEAM	SŁUPSK	M20	14	M 136	00:00:16	01:31:23	03:01:20	04:09:12.10	04:09:28.70	+01:48:06 (43.3
169	CUBER Michał	473	BRYGADA RR	CHEŁM ŚLĄSKI	M40	59	M 137	00:00:09	01:26:21	02:54:51	04:09:27.65	04:09:37.55	+01:48:15 (43.4
170	BORAWSKI-REKS Szymon	488		POZNAŃ	M40	60	M 138	00:00:13	01:25:36	02:52:50	04:10:00.80	04:10:14.65	+01:48:52 (43.5
171	PINKOWSKA Monika	698		PIŁA	K40	15	K 33	00:00:20	01:28:51	02:59:09	04:10:33.05	04:10:54.00	+01:49:31 (43.7
172	WIĘCKOWICZ Piotr	557		STRYCHY	M40	61	M 139	00:00:12	01:25:06	02:54:28	04:11:27.00	04:11:39.35	+01:50:16 (43.8
173	MAŁACHOWSKI Grzegorz	433		NYSA	M40	62	M 140	00:00:28	01:24:16	02:53:03	04:11:50.95	04:12:19.85	+01:50:57 (44.0
174	MĄDRA Magda	478	AM FIT	DĘBNICA	K30	12	K 34	00:00:04	01:27:23	02:55:13	04:12:20.40	04:12:24.75	+01:51:02 (44.0
175	TOMCZUK Bartosz	533		KALISZ	M40	63	M 141	00:00:28		02:55:41	04:11:57.20	04:12:25.75	+01:51:03 (44.0
176	SZCZEPAŃSKI Jakub	454		BEZRZECZE	M20	15	M 142	00:00:07	01:20:34	02:47:50	04:12:35.35	04:12:42.75	+01:51:20 (44.1
177	PRZYGOCKA Ewelina	502	TEAM KOTLAREK	NOWA SÓL	K30	13	K 35	00:00:14	01:25:33	02:57:50	04:14:36.30	04:14:51.05	+01:53:28 (44.5
178	MĄDRY Aleksander	696	AM FIT	DEBNICA	M30	48	M 143	00:00:00	01:17:33	02:48:33	04:14:56.05	04:14:56.05	+01:53:33 (44.5
179	JANKOWSKI Adam	651		ZALASEWO	M30	49	M 144	00:00:11	01:27:04	02:59:07	04:15:10.40	04:15:21.85	+01:53:59 (44.6
180	SMACHA Patryk	706		ŚWIDNICA	M30	50	M 145	00:00:25	01:27:53	02:58:17	04:14:57.20	04:15:22.65	+01:54:00 (44.6
181	STANISZEWSKA Joanna	518		JELENIA GÓRA	K40	16	K 36	00:00:26	01:27:52	02:58:19	04:14:56.40	04:15:22.75	+01:54:00 (44.6
182	GWIAŹDZIŃSKI Michał	549		PIASTÓW	M40	64	M 146	00:00:18	01:21:23	02:51:53	04:15:22.40	04:15:41.15	+01:54:18 (44.7
183	NIECKARZ Izabela	462		WROCŁAW	K30	14	K 37	00:00:31	01:27:42	02:56:10	04:15:37.05	04:16:08.40	+01:54:45 (44.8
184	MAJCHRZAK Natalia	554	KLUB WIOŚLARSKI Z 1904 ROKU POZNAŃ	TRZASKOWO	K40	17	K 38	00:00:15	01:27:06	02:58:03	04:15:57.20	04:16:12.80	+01:54:50 (44.8
185	NIECHCAJ Adrianna	521		BRZEG	K20	7	K 39	00:00:15	01:29:29	03:04:56	04:16:38.35	04:16:53.65	+01:55:31 (45.0
186	KRUPA Julia	1161	ZBIEG OKOLICZNOŚCI	WROCŁAW	K20	8	K 40	00:00:07	01:25:26	02:58:28	04:17:42.40	04:17:50.15	+01:56:27 (45.2

187	SZŁĘZAK Magdalena	630		WROCLAW	K40	18	K 41	00:00:12	01:27:17	02:57:56	04:18:06.55	04:18:19.50	+01:56:57 (45.5)
188	PRZYBYLEK Jakub	649		WROCLAW	M40	65	M 147	00:00:00	01:18:27	02:49:15	04:19:16.70	04:19:16.70	+01:57:54 (45.5)
189	BIEŁOWICZ Przemysław	781		PIECHOWICE	M40	66	M 148	00:00:30	01:33:33	03:08:16	04:18:54.20	04:19:24.80	+01:58:02 (45.5)
190	GUTKOWSKI Paweł	764		WROCLAW	M30	51	M 149	00:00:06	01:24:36	02:56:24	04:19:52.15	04:19:58.45	+01:58:35 (45.6)
190	MAKOLSKA-FRANKOWSKA Iwona	676		OPOLE	K40	19	K 42	00:00:06	01:28:06	02:58:23	04:19:52.45	04:19:58.45	+01:58:35 (45.6)
192	NOWAK Franciszek	523		OSTRÓW WIELKOPOLSKI	M20	16	M 150	00:00:13	01:29:29	03:02:46	04:19:49.00	04:20:02.55	+01:58:40 (45.6)
193	ŻOŁĘDZIEWSKI Marcin	791	LOVE LIFE	WROCLAW	M30	52	M 151	00:00:16	01:28:38	02:58:32	04:20:20.15	04:20:37.00	+01:59:14 (45.8)
194	TONIŃSKA Wiktoria	536		RYCHWAŁ	K20	9	K 43	00:00:21	01:30:21	03:04:57	04:20:17.00	04:20:38.25	+01:59:15 (45.8)
195	POŻNIAK Joanna	458	BIEGNIJ OŁAWO	OŁAWA	K40	20	K 44	00:00:10	01:28:40	03:02:36	04:20:57.55	04:21:08.45	+01:59:45 (45.9)
196	RECLIK Jacek	768	SMAKI BIEGANIA	RYBNIK	M50	16	M 152	00:00:25	01:27:09	02:59:57	04:20:55.30	04:21:21.20	+01:59:58 (45.9)
197	JASICKI Henryk	495	BIEGNIJ OŁAWO	OŁAWA	M60+	3	M 153	00:00:11	01:27:13	02:59:16	04:21:35.30	04:21:46.45	+02:00:23 (46.0)
198	FRONTCZAK Jakub	556	5 SZCZEP „PUSZCZA”	POZNAŃ	M20	17	M 154	00:00:18	01:29:18	03:01:29	04:21:32.85	04:21:50.95	+02:00:28 (46.0)
199	SZAJER Karolina	685		OPOLE	K30	15	K 45	00:00:26		03:02:56	04:21:45.10	04:22:11.75	+02:00:49 (46.1)
200	MISIAK Anna	708	#JBTEAM	WARSZAWA	K30	16	K 46	00:00:09	01:30:10	03:06:34	04:22:12.05	04:22:21.70	+02:00:59 (46.1)
201	DOLEŽALOVÁ Zora	486		SRCH - POHRÁNOV	K30	17	K 47	00:00:07	01:24:56	03:02:44	04:22:18.30	04:22:26.25	+02:01:03 (46.1)
202	KOZACZEK Marcin	677	HEROBOX	ŚWIECIE	M40	67	M 155	00:00:10	01:28:52	03:05:12	04:22:16.05	04:22:26.90	+02:01:04 (46.1)
203	BARGIEŁ Paweł	693		TYNIEC MAŁY	M40	68	M 156	00:00:10	01:28:55	03:05:12	04:22:16.25	04:22:27.10	+02:01:04 (46.1)
204	JAKUBOWSKI Paweł	703		GORZÓW WIELKOPOLSKI	M50	17	M 157	00:00:00	01:27:33	02:56:58	04:22:30.55	04:22:30.55	+02:01:08 (46.1)
205	WOLNA Marta	463		OSTRÓWEK	K40	21	K 48	00:00:00	01:28:07	03:04:18	04:22:36.40	04:22:36.40	+02:01:13 (46.2)
206	KACZMAREK Bartosz	699	CHODZIESKIE WOPR	CHODZIEŻ	M30	53	M 158	00:00:21	01:29:00	03:02:01	04:23:04.90	04:23:26.75	+02:02:04 (46.3)
207	MICHALAK KLIMCZAK Lucyna	784		WROCLAW	K40	22	K 49	00:00:30	01:29:53	03:06:38	04:23:19.35	04:23:49.35	+02:02:26 (46.4)
208	ZDEBIK Katarzyna	707	WY-BIEGANI SZCZECIN	PIŁA	K30	18	K 50	00:00:22	01:28:55	03:03:46	04:24:15.55	04:24:38.40	+02:03:15 (46.6)
209	RYCHLEWSKI Maciej	551		STARGARD	M40	69	M 159	00:00:18	01:19:13	02:53:55	04:24:39.30	04:24:58.15	+02:03:35 (46.6)
210	MOŁDACH Anna	439		JELENIA GÓRA	K30	19	K 51	00:00:30	01:28:12	03:05:45	04:24:28.35	04:24:58.35	+02:03:35 (46.6)
211	GRABARA Dorota	539	ŚWIERADÓW-ZDRÓJ GÓRSKIE UZDROWISKO	GRYFÓW ŚLĄSKI	K30	20	K 52	00:00:13	01:31:31	03:06:45	04:25:06.60	04:25:20.50	+02:03:58 (46.7)
212	MILEWSKA Karolina	679		JELENIA GÓRA	K30	21	K 53	00:00:09	01:24:56	03:01:19	04:25:17.50	04:25:27.30	+02:04:04 (46.7)
213	GERBER Jan	783		MIKOŁÓW	M20	18	M 160	00:00:26	01:31:49	03:01:26	04:25:08.50	04:25:35.25	+02:04:12 (46.8)
214	GALEWSKI Łukasz	579	MOCNA GRUPA CEZARA	KATOWICE	M30	54	M 161	00:00:18	01:30:28	03:11:42	04:25:44.90	04:26:03.25	+02:04:40 (46.9)
215	ZACHCIAŁ Błażej	435	BIEGUNKA	WROCLAW	M30	55	M 162	00:00:20	01:23:28	02:57:19	04:26:05.10	04:26:25.80	+02:05:03 (46.9)
216	SZAŁATA Piotr	761		OTYN	M30	56	M 163	00:00:27		03:07:02	04:26:00.40	04:26:27.90	+02:05:05 (46.9)
217	HOROBİŃSKA Ewa	476	KLUB WYSOKOGÓRSKI ZIELONA GÓRA	ZIELONA GÓRA	K50	2	K 54	00:00:06	01:32:59	03:09:04	04:26:40.10	04:26:46.10	+02:05:23 (47.0)

218	SEWERYN Zygmunt	654		ŚWIDNICA	M30	57	M 164	00:00:33	01:26:59	03:05:27	04:26:13.45	04:26:46.60	+02:05:24 (47.0)
219	ZĄBIK Marcin	670		WILCZYCE	M40	70	M 165	00:00:24	01:29:06	03:04:19	04:26:47.05	04:27:11.85	+02:05:49 (47.1)
220	MACIEJEC Dorota	758		WARSZAWA	K40	23	K 55	00:00:18	01:33:31	03:10:19	04:29:10.40	04:29:28.75	+02:08:06 (47.5)
221	NOŻEWNIK Patryk	419		OBORNIKI	M40	71	M 166	00:00:15	01:28:11	03:06:06	04:29:36.05	04:29:51.95	+02:08:29 (47.6)
222	SZUMIŃSKA Alicja	570	TRITON KONIN	KONIN	K30	22	K 56	00:00:09	01:30:50	03:06:17	04:29:52.00	04:30:01.55	+02:08:39 (47.6)
223	TRZCIŃSKI Artur	531	KB WARTKO	KAZIMIERZ BISKUPI	M40	72	M 167	00:00:08	01:30:55	03:06:22	04:29:53.00	04:30:01.65	+02:08:39 (47.6)
224	KUNDZICZ Leo	638	EPO	BARANOWO	M30	58	M 168	00:00:12	01:32:34	03:05:18	04:30:05.80	04:30:17.85	+02:08:55 (47.7)
225	SZWEDOWICZ Mateusz	692		POZNAŃ	M20	19	M 169	00:00:13	01:29:09	03:04:37	04:30:04.75	04:30:18.65	+02:08:56 (47.7)
226	STANECKI Mateusz	469		SZCZYTNIKI	M40	73	M 170	00:00:32	01:30:35	03:06:20	04:30:12.85	04:30:45.25	+02:09:22 (47.8)
227	KWIECIŃSKA Magdalena	540	MISTRZOWSKI TRENING	POZNAŃ	K30	23	K 57	00:00:25	01:33:39	03:09:59	04:31:13.05	04:31:38.15	+02:10:15 (48.0)
228	PROSOWIECKA SMAK Katarzyna	700	BARRACUDY	OPOLE	K40	24	K 58	00:00:05	01:29:14	03:08:28	04:31:45.25	04:31:50.60	+02:10:28 (48.0)
229	MOŁDOCH-CHLEBOROWICZ Agnieszka	728	SZYBKIE KOZY	WROCŁAW	K40	25	K 59	00:00:05	01:32:39	03:09:44	04:31:48.35	04:31:54.15	+02:10:31 (48.0)
230	GAJLEWICZ Piotr	737	KANCELARIA PGP LEGAL - RADCOWIE PRAWNI I ADWOKACI	SZCZECIN	M40	74	M 171	00:00:07	01:28:41	03:08:35	04:31:54.75	04:32:02.70	+02:10:40 (48.0)
231	POLIC Aleksandra	608		SIECHNICE	K40	26	K 60	00:00:22	01:29:40	03:09:18	04:32:41.95	04:33:04.35	+02:11:41 (48.2)
232	PIETRZAK Paweł	754		LUBAŃ	M30	59	M 172	00:00:26	01:27:34	03:06:45	04:33:09.90	04:33:36.60	+02:12:14 (48.3)
233	HAJDA Bogusław	609		NOWA RUDA	M50	18	M 173	00:00:21	01:29:43	03:09:41	04:33:26.20	04:33:47.75	+02:12:25 (48.4)
234	WŁODARCZYK Alicja	729	SZYBKIE KOZY	WROCŁAW	K30	24	K 61	00:00:04	01:31:02	03:12:39	04:33:49.30	04:33:53.70	+02:12:31 (48.4)
235	MAŁOSZEK Kacper	667		RUSIEC	M30	60	M 174	00:00:13	01:30:24	03:15:30	04:34:23.55	04:34:36.80	+02:13:14 (48.5)
236	GRECKI Zenon	682	VEGE RUNNERS	WROCŁAW	M30	61	M 175	00:00:15	01:33:40	03:10:31	04:35:03.75	04:35:19.40	+02:13:56 (48.7)
237	PACYNIAK Dawid	577		MIRKÓW	M40	75	M 176	00:00:25	01:35:13	03:14:40	04:34:57.20	04:35:22.90	+02:14:00 (48.7)
238	ŻYCIŃSKI Kacper	741	PRZEBIEGLY TEAM	WROCŁAW	M20	20	M 177	00:00:15	01:32:34	03:08:46	04:35:27.90	04:35:43.55	+02:14:21 (48.7)
239	BRĘK Marcin	510		NIEPRUSZEWO	M30	62	M 178	00:00:20	01:29:52	03:07:49	04:36:12.35	04:36:32.40	+02:15:09 (48.9)
240	PLEWA Damian	440	LUCKY LUZERS	LUBOŃ	M40	76	M 179	00:00:25	01:34:54	03:15:36	04:36:26.70	04:36:52.45	+02:15:29 (48.9)
241	CISOWSKI Artur	562		WARSZAWA	M40	77	M 180	00:00:30	01:31:05	03:11:36	04:36:30.50	04:37:01.30	+02:15:38 (49.0)
242	RAJKOWSKI Łukasz	721		WROCŁAW	M40	78	M 181	00:00:28	01:29:12	03:11:12	04:37:22.50	04:37:51.15	+02:16:28 (49.1)
243	KRZYŻANIAK Elwira	425		WAŁBRZYCH	K40	27	K 62	00:00:00	01:33:39	03:16:08	04:38:08.70	04:38:08.70	+02:16:46 (49.2)
244	DZIADEK Bartosz	416		SKÓRZEWO	M50	19	M 182	00:00:17	01:32:38	03:13:10	04:38:16.25	04:38:33.65	+02:17:11 (49.2)
245	GALASIŃSKI Andrzej	789	WLKP MOUNTAINS ULTRA	LUBOŃ	M60+	4	M 183	00:00:18	01:35:04	03:16:48	04:38:31.65	04:38:50.45	+02:17:27 (49.3)
245	SOBCZAK Mikołaj	503	WLKP MOUNTAINS ULTRA	SKÓRZEWO	M40	79	M 183	00:00:13	01:33:02	03:13:08	04:38:36.85	04:38:50.45	+02:17:27 (49.3)
247	BRZEZIŃSKI Łukasz	561	HTF LUDWIK SIKORSKI	ŁÓDŹ	M30	63	M 185	00:00:15	01:29:18	03:18:01	04:38:45.65	04:39:01.00	+02:17:38 (49.3)
248	MATLAK Ewa	563		GIŁOWICE	K40	28	K 63	00:00:18	01:36:37	03:15:29	04:38:49.95	04:39:08.00	+02:17:45 (49.4)

249	BAK Tomasz	605	TEAM TEMPO	GOLENIÓW	M40	80	M 186	00:00:24	01:29:45	03:07:38	04:38:46.25	04:39:10.60	+02:17:48 (49.4
250	JAKUBASIK Julia	644		KOZŁÓW BISKUPI	K20	10	K 64	00:00:06	01:31:45	03:12:14	04:41:02.65	04:41:09.25	+02:19:46 (49.7
251	LEWICKI Michał	661		POZNAŃ	M40	81	M 187	00:00:21	01:33:37	03:09:55	04:40:49.00	04:41:10.30	+02:19:47 (49.7
251	SZCZERBA Artur	656		KOZŁÓW BISKUPI	M40	81	M 187	00:00:00	01:31:57	03:12:30	04:41:10.30	04:41:10.30	+02:19:47 (49.7
253	ŁUCZAK Rafał	635		POZNAŃ	M20	21	M 189	00:00:20	01:32:45	03:18:26	04:40:49.80	04:41:10.60	+02:19:48 (49.7
254	MAJEWSKI Marcin	430		ROZMIERKA	M30	64	M 190	00:00:30	01:37:57	03:18:38	04:40:44.70	04:41:15.35	+02:19:52 (49.7
255	BIELIŃSKI Bartosz	750		MIŃSK MAZOWIECKI	M20	22	M 191	00:00:17	01:34:56	03:15:41	04:41:24.70	04:41:42.10	+02:20:19 (49.8
256	KUPRIJAŃCZYK Andrzej	465	DĄBROWSKI TEAM	GORZÓW WIELKOPOLSKI	M50	20	M 192	00:00:07	01:34:43	03:14:53	04:42:28.20	04:42:35.75	+02:21:13 (50.0
257	KOWALSKI Damian	646		GARKI	M30	65	M 193	00:00:23	01:10:22	03:21:41	04:42:55.65	04:43:19.20	+02:21:56 (50.1
258	CZESKA Karolina	594	LAMPART TRENING	MOSINA	K30	25	K 65	00:00:11	01:36:13	03:15:36	04:43:11.80	04:43:23.50	+02:22:01 (50.1
259	NOWICKI Paweł	437		SKÓRZEWO	M30	66	M 194	00:00:19	01:32:33	03:14:16	04:43:46.40	04:44:06.30	+02:22:43 (50.2
260	STAŃCZAK Daniel	590		WROCŁAW	M30	67	M 195	00:00:24	01:35:29	03:18:50	04:44:39.70	04:45:04.50	+02:23:42 (50.4
261	FRAĆZAK Konrad	591		WARSZAWA	M20	23	M 196	00:00:31	01:35:36	03:21:00	04:44:42.35	04:45:14.30	+02:23:51 (50.4
262	FAYFER Dorota	426	GRUPA BIEGOWA TRISTONE	WAŁBRZYCH	K40	29	K 66	00:00:00	01:32:41	03:15:41	04:45:55.70	04:45:55.70	+02:24:33 (50.6
263	ANTCZAK Magdalena	575		POZNAŃ	K40	30	K 67	00:00:13	01:35:09	03:17:08	04:45:57.60	04:46:10.85	+02:24:48 (50.6
264	ORŁOWICZ Marta	574		DĄBRÓWKA	K40	31	K 68	00:00:12	01:35:31	03:17:34	04:45:58.05	04:46:10.90	+02:24:48 (50.6
265	GUCKI Mikołaj	658		MIECZEWO	M40	83	M 197	00:00:25	01:35:15	03:16:56	04:45:47.05	04:46:12.25	+02:24:49 (50.6
266	GAWROŃSKI Sebastian	541	A NA CO TO KOMU POTRZEBNE	WARSZAWA	M40	84	M 198	00:00:15	01:29:01	03:09:04	04:46:07.45	04:46:22.45	+02:24:59 (50.6
267	MATUSZEK Karolina	491	RUN & FUN SILESIA ADM RYBNIK	RYBNIK	K20	11	K 69	00:00:25	01:36:37	03:21:25	04:46:22.75	04:46:47.85	+02:25:25 (50.7
268	OCZKOWICZ Beata	742	MOCNA GRUPA CEZARA	SMOLEC	K30	26	K 70	00:00:13	01:41:21	03:24:45	04:47:34.65	04:47:48.10	+02:26:25 (50.8
269	GAŚSIOR Agnieszka	564		WROCŁAW	K40	32	K 71	00:00:04	01:36:06	03:20:54	04:48:32.55	04:48:36.70	+02:27:14 (51.0
270	WYSZYŃSKA - HENDZELEK Kamila	404		JELENIA GÓRA	K30	27	K 72	00:00:03	01:36:12	03:20:48	04:48:33.10	04:48:36.75	+02:27:14 (51.0
271	STUKAN Szymon	622	ULTRA GLIWICE!	GLIWICE	M30	68	M 199	00:00:23	01:36:06	03:20:50	04:48:20.95	04:48:44.25	+02:27:21 (51.0
272	ZIÓLKOWSKI Adrian	567		REDLICA	M30	69	M 200	00:00:33	01:38:34	03:20:48	04:48:11.20	04:48:44.35	+02:27:21 (51.0
273	BURACZYŃSKA Sandra	730	SZYBKIE KOZY	WROCŁAW	K30	28	K 73	00:00:04	01:37:12	03:19:13	04:48:44.15	04:48:48.50	+02:27:26 (51.0
274	LEWANDOWSKA Aneta	572	TRITON KONIN	KONIN	K50	3	K 74	00:00:07	01:35:52	03:16:55	04:48:51.20	04:48:58.90	+02:27:36 (51.1
275	SZCZEPAŃSKA Joanna	773	CASA DE SADY	SADY	K30	29	K 75	00:00:17	01:35:17	03:17:25	04:48:49.50	04:49:07.00	+02:27:44 (51.1
276	PACHOLSKI Bernard	695	RUN TEAM RYDZYNA	GOSTYŃ	M40	85	M 201	00:00:25	01:34:53	03:15:56	04:48:41.75	04:49:07.15	+02:27:44 (51.1
277	NOWAK Katarzyna	532	KB WARTKO	GOLINA	K40	33	K 76	00:00:10	01:35:47	03:16:45	04:49:46.35	04:49:56.50	+02:28:34 (51.2
278	GÓRCZYŃSKI Dawid	538	KB WARTKO	GOLINA	M30	70	M 202	00:00:09	01:35:51	03:16:48	04:49:47.10	04:49:56.60	+02:28:34 (51.2
279	SORRIANO Christophe	468		WROCŁAW	M50	21	M 203	00:00:24	01:32:49	03:12:51	04:50:01.10	04:50:25.75	+02:29:03 (51.3

280	GOLCZYK Karolina	472		WROCLAW	K40	34	K 77	00:00:25	01:32:43	03:13:53	04:50:00.70	04:50:25.90	+02:29:03 (51.3)
281	GOSTYŃSKA Beata	410	BIEGAJĄCE KREJZOLE	POZNAŃ	K40	35	K 78	00:00:16	01:43:22	03:27:29	04:50:13.20	04:50:29.60	+02:29:07 (51.3)
282	SIMBORSKI Tomasz	480		WROCLAW	M30	71	M 204	00:00:03	01:41:56	03:27:07	04:50:35.05	04:50:38.50	+02:29:16 (51.4)
283	RYŚNIK Błażej	678		WROCLAW	M30	72	M 205	00:00:17	01:42:45	03:24:54	04:50:22.90	04:50:40.85	+02:29:18 (51.4)
284	ŁOBIK Arkadiusz	757		POZNAŃ	M40	86	M 206	00:00:25	01:36:41	03:17:27	04:50:18.85	04:50:44.00	+02:29:21 (51.4)
285	GRZYB Krzysztof	756	KLUB BIEGACZA RTV EURO AGD	POZNAŃ	M40	87	M 207	00:00:23	01:36:44	03:17:15	04:50:20.65	04:50:44.50	+02:29:22 (51.4)
286	SAMOJLUK-ŚLUSARSKA Bożena	641		WARSZAWA	K60+	1	K 79	00:00:23	01:37:08	03:18:41	04:50:28.50	04:50:51.55	+02:29:29 (51.4)
287	ZIELONKA Agata	733	CHEEKY MONKEY TEAM	WROCLAW	K20	12	K 80	00:00:22	01:40:35	03:25:08	04:51:25.95	04:51:48.05	+02:30:25 (51.6)
288	ANDRZEJEWSKI Tomasz	620		POZNAŃ	M30	73	M 208	00:00:21	01:32:20	03:17:14	04:51:45.00	04:52:06.30	+02:30:43 (51.6)
289	BRONISZEWSKA Monika	738	JARO TEAM	MIĘKOWO	K40	36	K 81	00:00:19	01:36:41	03:23:26	04:53:14.15	04:53:33.60	+02:32:11 (51.8)
290	BOROWSKI Karol	736	NORDEX TRAIL TEAM	LUBOWIDZ	M30	74	M 209	00:00:18	01:39:45	03:22:59	04:53:35.15	04:53:54.10	+02:32:31 (51.9)
291	FORNALIK Wojciech	617		POZNAŃ	M30	75	M 210	00:00:21	01:36:27	03:17:28	04:53:42.55	04:54:03.65	+02:32:41 (51.9)
292	UCZKO Dawid	537	KOŁO ODKLEJEŃ AKTYWNYCH	POZNAŃ	M20	24	M 211	00:00:19	01:30:22	03:15:59	04:54:23.85	04:54:43.60	+02:33:21 (52.0)
293	ŚLUSARSKI Włodzimierz	639		WARSZAWA	M60+	5	M 212	00:00:22	01:36:52	03:24:01	04:55:14.80	04:55:37.20	+02:34:14 (52.2)
294	ŚLIWA Bogumił	514		WYBIERZ MIEJSCOWOŚĆ LUB PRZEDMIEŚCIE	M40	88	M 213	00:00:29	01:28:57	03:16:59	04:55:47.30	04:56:16.45	+02:34:53 (52.3)
295	GOLUCH Joanna	652	WYBIEGANI ŁAGIEWNIKI	ŁAGIEWNIKI	K40	37	K 82	00:00:29	01:36:41	03:23:37	04:56:27.30	04:56:56.45	+02:35:33 (52.4)
295	GOLUCH Arkadiusz	500	WYBIEGANI ŁAGIEWNIKI	ŁAGIEWNIKI	M50	22	M 214	00:00:29	01:36:33	03:23:24	04:56:27.25	04:56:56.45	+02:35:33 (52.4)
297	STEFANIAK Adam	565		PUSZCZYKOWO	M40	89	M 215	00:00:26	01:37:07	03:25:29	04:56:32.55	04:56:59.05	+02:35:36 (52.4)
298	KOZINA Małgorzata	487	BIEGNIJ OŁAWO	OŁAWA	K40	38	K 83	00:00:12	01:38:40	03:26:53	04:57:43.20	04:57:55.60	+02:36:33 (52.5)
299	MSZANOWSKA Marta	790	3:33 TEAM	SKRZYNIKI	K40	39	K 84	00:00:26	01:39:05	03:25:13	04:58:00.75	04:58:27.25	+02:37:04 (52.6)
300	FALKOWSKI Michał	668	T.S. OPATRUNKI TORUŃ	KOWALEWO POMORSKIE	M40	90	M 216	00:00:30	01:30:57	03:27:34	04:58:04.20	04:58:34.50	+02:37:12 (52.7)
301	JĘDRZEJCZAK Dawid	424		SZAMOTUŁY	M30	76	M 217	00:00:16	01:38:43	03:29:39	04:59:45.00	05:00:01.25	+02:38:38 (52.9)
302	BENTKOWSKA Agnieszka	461		BORÓWIEC	K20	13	K 85	00:00:15	01:41:13	03:29:46	05:01:01.45	05:01:17.10	+02:39:54 (53.1)
303	BARAN Monika	412		WROCLAW	K40	40	K 86	00:00:12	01:35:43	03:27:44	05:01:30.05	05:01:42.60	+02:40:20 (53.1)
304	PROKOP-CIESIELSKA Izabela	568		ŚCIEGNY	K40	41	K 87	00:00:24	01:36:27	03:24:41	05:01:29.50	05:01:53.80	+02:40:31 (53.2)
305	BIEŃKOWSKA Magdalena	582	Z ULTRA DYSTANSEM	WROCLAW	K30	30	K 88	00:00:15	01:40:36	03:27:14	05:02:06.65	05:02:21.95	+02:40:59 (53.2)
306	FABISIAK Ewa	598	STANWEX II	SULEJÓWEK	K50	4	K 89	00:00:00	01:45:13	03:32:26	05:02:25.60	05:02:25.60	+02:41:03 (53.3)
307	BOCHENEK Monika	720		OLESZNA	K40	42	K 90	00:00:28	01:41:16	03:31:03	05:03:47.70	05:04:16.15	+02:42:53 (53.5)
308	NOWAKOWSKI Arkadiusz	763	NORDEX	LEMIERZYCE	M30	77	M 218	00:00:17	01:30:02	03:22:58	05:06:26.90	05:06:44.85	+02:45:22 (53.9)
309	ORMAN Kacper	511		SZCZECIN	M30	78	M 219	00:00:06	01:32:06	03:31:55	05:06:45.70	05:06:52.20	+02:45:29 (53.9)
310	KOZŁOWSKA Magdalena	618	RUNNERS KONIN	KONIN	K40	43	K 91	00:00:30	01:42:20	03:35:46	05:06:51.85	05:07:22.45	+02:45:59 (54.0)

311	KWASIUK Karolina	796		PODGÓRZYN	K30	31	K 92	00:00:17	01:46:43	03:36:39	05:07:47.65	05:08:04.65	+02:46:42 (54.1
312	KWASIUK Wojciech	795	TWICEASNICE	PODGÓRZYN	M30	79	M 220	00:00:16	01:46:18	03:36:23	05:07:47.85	05:08:04.80	+02:46:42 (54.1
313	BALCERZAK Krysia	516	SZAKALE BAŁUT ŁÓDŹ / DROGA DO ULTRA	ŁÓDŹ	K40	44	K 93	00:00:17	01:44:51	03:32:56	05:08:05.40	05:08:22.40	+02:46:59 (54.2
314	KLAJA Agnieszka	497	KBŻ	POZNAŃ	K30	32	K 94	00:00:27	01:41:00	03:29:18	05:08:46.60	05:09:14.10	+02:47:51 (54.3
315	GRUSZCZYŃSKI Michał	474	BRYGADA RR	DĄBROWA GÓRNICZA	M40	91	M 221	00:00:10	01:35:17	03:31:10	05:09:08.90	05:09:19.30	+02:47:56 (54.3
316	MIĄSO Damian	673		JELENIA GÓRA	M30	80	M 222	00:00:14	01:32:08	03:16:11	05:10:36.00	05:10:50.70	+02:49:28 (54.5
317	NIEPSUJ Katarzyna	513	KLUB BIEGACZA KĄTY WROCŁAWSKIE	CZERŃCZYCE	K40	45	K 95	00:00:29	01:41:21	03:30:34	05:10:43.75	05:11:13.20	+02:49:50 (54.6
318	MAGDZIARZ Paulina	548	MERYNOSA ZABAWA W BIEGANIE	ZALASEWO	K40	46	K 96	00:00:05	01:46:42	03:38:13	05:11:34.40	05:11:40.20	+02:50:17 (54.6
319	ILASHCHUK Oleksandr	414		SŁOMIN	M30	81	M 223	00:00:27	01:31:48	03:21:42	05:11:25.75	05:11:53.65	+02:50:31 (54.7
320	BARTKOWIAK Dorota	542		POZNAŃ	K40	47	K 97	00:00:29	01:38:47	03:28:07	05:14:31.10	05:15:00.55	+02:53:38 (55.1
321	CIESIELSKI Radek	569	L&L	ŚCIEGNY	M40	92	M 224	00:00:24	01:36:31	03:26:18	05:14:36.65	05:15:00.80	+02:53:38 (55.1
322	STĘPIEŃ Małgorzata	581		MIĘKOWO	K40	48	K 98	00:00:22	01:40:25	03:31:05	05:15:04.05	05:15:26.15	+02:54:03 (55.2
322	SKONIECZNA NOWAK Katarzyna	583		SWARZĘDZ	K40	48	K 98	00:00:21	01:40:20	03:31:03	05:15:04.75	05:15:26.15	+02:54:03 (55.2
324	WOLNY Bartosz	512		POZNAŃ	M40	93	M 225	00:00:25	01:40:57	03:28:30	05:15:03.85	05:15:29.35	+02:54:06 (55.2
325	PAAKKINEN Laura	587		KRAKÓW	K40	50	K 100	00:00:19	01:42:51	03:39:16	05:15:14.00	05:15:33.70	+02:54:11 (55.2
326	TELEGUJ Ewa	610	KB ODRA	OPOLE	K30	33	K 101	00:00:23	01:42:22	03:31:52	05:17:32.25	05:17:56.10	+02:56:33 (55.5
327	ROSÓŁ Anna	578		KROSNO	K50	5	K 102	00:00:26	01:45:09	03:36:44	05:18:05.55	05:18:32.35	+02:57:09 (55.6
328	PA Artur	493	HISOLUTION ROPE ACCESS EDINBURGH LTD	TYCHY	M40	94	M 226	00:00:14	01:38:58	03:34:01	05:20:27.90	05:20:42.35	+02:59:19 (55.9
329	JARMOLIŃSKA Paulina	417		WROCŁAW	K20	14	K 103	00:00:20	01:43:10	03:40:25	05:20:27.60	05:20:48.40	+02:59:25 (55.9
330	FIKSA Kasia	1160	BIEGACZE ŚCIEMNIACZE	KROSNO	K40	51	K 104	00:00:14	01:46:23	03:42:44	05:20:42.00	05:20:56.05	+02:59:33 (55.9
331	NOWAK Marcin	438	SZAKALE BAŁUT ŁÓDŹ	ŁÓDŹ	M50	23	M 227	00:00:34	01:51:21	03:47:56	05:22:38.15	05:23:12.40	+03:01:49 (56.3
332	MRUCZYŃSKA-PIETRUCZANIS Katarzyna	490	XTREME FITNESS SIEDLCE	WĘGRÓW	K40	52	K 105	00:00:27	01:47:26	03:45:47	05:24:14.60	05:24:42.15	+03:03:19 (56.5
333	PATAJEWICZ Patrycja	566		WARSZAW	K20	15	K 106	00:00:31	01:46:58	03:50:38	05:25:12.25	05:25:43.35	+03:04:20 (56.6
334	SUCHARSKI Bartosz	799		POZNAŃ	M30	82	M 228	00:00:11	01:32:08	03:46:07	05:30:38.90	05:30:50.40	+03:09:27 (57.3
335	PANFIL Marta	405		WROCŁAW	K30	34	K 107	00:00:04	01:47:46	03:46:48	05:30:46.50	05:30:50.65	+03:09:28 (57.3
336	MAKOWSKI Dawid	431	CZY TO ABY NIE POMYŁKA?	OPOLE	M40	95	M 229	00:00:31	01:48:16	03:50:34	05:33:27.15	05:33:58.65	+03:12:36 (57.7
337	TYL Anna	713		WROCŁAW	K40	53	K 108	00:00:29	01:43:48	03:48:21	05:37:31.05	05:38:00.50	+03:16:38 (58.2
338	ŻURAWIK Maria	553	TRITON KONIN	KŁODAWA	K40	54	K 109	00:00:08	01:40:04	03:46:32	05:38:16.00	05:38:24.85	+03:17:02 (58.2
339	KWIATECKA Iwona	504	HERNIK TEAM	ROKIETNICA	K50	6	K 110	00:00:31	01:47:10	03:50:53	05:38:57.65	05:39:29.25	+03:18:06 (58.4
340	STAMM Paulina	409	BIEGAJĄCE KREJZOLE	GRUSZCZYN	K50	7	K 111	00:00:18	01:44:11	03:50:56	05:44:30.35	05:44:48.60	+03:23:26 (59.0
341	PLEWIŃSKA Patrycja	534	JELENIE NAWIGACJI/FOREST GANG	BYDGOSZCZ	K30	35	K 112	00:00:19	01:47:43	04:02:06	05:47:28.20	05:47:47.45	+03:26:24 (59.4

342	NYZIO Monika	403	SZCZECIN	K30	36	K 113	00:00:27	01:53:15	03:57:11	05:48:18.65	05:48:46.05	+03:27:23 (59.5
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