

1	STAWIŃSKI Michał	1355	AW SZYBCIEJ TEAM	TARNOWO PODGÓRNE	M30	1	M 1	00:00:04	01:20:29	02:29:26		04:43:43	05:53:53	07:30:04.80	07:30:08.85	
2	GÓRAK Przemysław	1400	BLACK HAT PRO	SOBÓTKA	M40	1	M 2	00:00:03	01:24:27	02:40:39	03:47:39	04:59:53	06:10:56	07:44:57.30	07:45:00.50	+00:14:51 (3.2)
3	PETTERS Klaudia	1497		BOLESŁAWIEC	K20	1	K 1	00:00:04	01:35:18	02:56:26	04:05:31	05:17:42	06:22:24	07:51:49.45	07:51:53.50	+00:21:44 (4.6)
4	MICHALAK Andrzej	1458	PM-MARKET.PL	KIELCE	M30	2	M 3	00:00:05	01:32:03	02:53:01	04:03:48	05:18:02	06:28:43	08:03:38.25	08:03:44.20	+00:33:35 (6.9)
5	MIKOS Damian	1405	MIKOS TRAIL-TEAM	DĄBROWA GÓRNICZA	M30	3	M 4	00:00:17	01:36:37		03:47:29	05:02:27	06:15:12	08:04:32.25	08:04:49.75	+00:34:40 (7.2)
6	BRASSE Krystian	1302		KRAKÓW	M30	4	M 5	00:00:04	01:34:53	02:57:18	04:11:43	05:29:16	06:35:49	08:07:22.10	08:07:26.75	+00:37:17 (7.7)
7	MYŚLIWIEC Mariusz	1460	ULTRAMARZENIE	RADZYMIN	M40	2	M 6	00:00:05	01:31:43	02:52:58	04:06:14	05:21:44	06:36:18	08:11:40.85	08:11:45.85	+00:41:37 (8.5)
8	OBSTÓJ Karolina	1515	#SOBASTEAM	SZKLARSKA PORĘBA	K30	1	K 2	00:00:03	01:46:18	03:14:28	04:31:40	05:55:04	07:06:00	08:54:17.60	08:54:21.55	+01:24:12 (15.5)
9	PALIWODA Sławek	1414	ITPROJEKT BYDGOSZCZ	BYDGOSZCZ	M30	5	M 7	00:00:04	01:37:06	03:05:33	04:26:39	05:47:54	07:06:48	08:59:54.45	08:59:58.65	+01:29:49 (16.5)
10	ŁUKASZEWSKI Kamil	1323	KAMIL LEŚNIAK TEAM GB WIELKOPOLSCY BIEGACZE	MOSINA	M30	6	M 8	00:00:05	01:35:56	03:00:06	04:15:45	05:45:48	07:13:54	09:04:37.00	09:04:42.30	+01:34:33 (17.5)
11	ŁUKASIK Marcin	1498	BLUEBIRDS	OŁAWA	M40	3	M 9	00:00:07	01:49:07	03:19:02	04:41:41	06:03:23	07:17:23	09:05:52.40	09:06:00.20	+01:35:51 (17.5)
12	FISZER Sebastian	1397	LESZ NO LIMITS RUNNERS	KRZEMIENIEWO	M40	4	M 10	00:00:05	01:37:15	03:04:16	04:26:35	05:54:46	07:19:00	09:06:34.95	09:06:40.55	+01:36:31 (17.5)
13	WOJNAROWICZ Paweł	1424		WILKSZYN	M30	7	M 11	00:00:05	01:38:47	03:05:26	04:26:19	05:54:24	07:19:35	09:09:24.10	09:09:29.20	+01:39:20 (18.5)
14	WAŚNIEWSKI Daniel	1518		ANTONIÓW	M30	8	M 12	00:00:06	02:05:15	03:33:27	04:54:40	06:18:33	07:34:34	09:13:11.55	09:13:18.35	+01:43:09 (18.5)
15	SZOTOWICZ Sebastian	1521	ULTRASKYRUNNER	SZCZECIN	M40	5	M 13	00:00:14	01:42:53	03:16:44	04:37:45	06:04:31	07:22:57	09:16:20.75	09:16:35.30	+01:46:26 (19.5)
16	MARCINIAK Jakub	1478	TLENOWA RADOŚĆ TEAM	KROTOSZYN	M30	9	M 14	00:00:05	01:39:33	03:08:36	04:31:08	06:02:35	07:22:24	09:16:36.15	09:16:41.15	+01:46:32 (19.5)
17	BŁĄDEK Sławomir	1513		WITKOWO DRUGIE	M40	6	M 15	00:00:12	01:38:54	03:08:32	04:33:56	06:05:56	07:32:17	09:23:39.60	09:23:52.20	+01:53:43 (20.5)
18	DANILCZUK Grzegorz	1435	KOSTERA TEAM	BRAAK	M20	1	M 16	00:00:09	01:49:25	03:17:31	04:39:16	06:03:13	07:24:36	09:27:55.70	09:28:05.60	+01:57:56 (20.5)
19	KSIĄŻEK Sebastian	1369	RUNNER SAM PO LESIE	SULECHÓW	M40	7	M 17	00:00:08	01:40:45	03:13:14	04:39:56	06:14:12	07:33:54	09:32:53.10	09:33:01.80	+02:02:52 (21.5)
20	MROTEK Kevin	1419		MIĘKOWO	M30	10	M 18	00:00:06	01:45:33	03:16:38	04:39:28	06:11:12	07:36:54	09:34:51.10	09:34:57.90	+02:04:49 (21.5)
21	GALUSZKA Rafał	1465		GUBIN	M50	1	M 19	00:00:07	01:48:00	03:17:38	04:41:49	06:08:27	07:37:39	09:35:31.05	09:35:38.75	+02:05:29 (21.5)
22	SKOCZYŁAS Mateusz	1417	AW SZYBCIEJ TEAM	RAMISZÓW	M30	11	M 20	00:00:00	01:48:50	03:20:29	04:41:54	06:11:13	07:37:05	09:35:50.60	09:35:50.60	+02:05:41 (21.5)
23	DUSZYŃSKI Przemysław	1358	USKRZYDLENI	ROGOWO	M40	8	M 21	00:00:10	01:42:23	03:14:29	04:42:26	06:15:21	07:37:50	09:36:08.75	09:36:19.55	+02:06:10 (21.5)
24	MERTOVIÁ Michaela	1520		PRAHA	K40	1	K 3	00:00:05	01:44:56	03:16:44	04:40:15	06:10:13	07:34:07	09:36:45.30	09:36:50.65	+02:06:41 (22.5)
25	BIAZIK Bartosz	1316		ZIELONA GÓRA	M30	12	M 22	00:00:10	01:47:21	03:23:28	04:56:12	06:29:05	07:52:06	09:43:45.60	09:43:56.15	+02:13:47 (22.5)
26	GROBELSKI Bartłomiej	1502	USKRZYDLENI	JANOWIEC WIELKOPOLSKI	M30	13	M 23	00:00:09	01:42:27	03:14:39	04:42:34	06:15:28	07:43:32	09:45:36.10	09:45:45.85	+02:15:37 (23.5)
27	MORAWSKI Filip	1480	KRAKOWAIKULTRATEAM	PUSZCZYKOWO	M50	2	M 24	00:00:07	01:46:04	03:18:10	04:50:02	06:23:00	07:48:59	09:51:17.50	09:51:25.35	+02:21:16 (23.5)
28	ZYCH Dariusz	1396	4 RUN TEAM PIŁA/ ULTRAWAY.PL WOJTEK KOTARBA	PIŁA	M50	3	M 25	00:00:05	01:51:00	03:26:49	04:54:09	06:28:14	07:53:48	09:54:58.50	09:55:04.10	+02:24:55 (24.5)
29	FERET Hubert	1393		PIECHOWICE	M30	14	M 26	00:00:05	01:46:03	03:14:39	04:39:05	06:22:36	07:59:15	09:58:26.90	09:58:32.20	+02:28:23 (24.5)
30	WAWRZYNIAK Małgorzata	1372	#BIEGIEMWLAS	POZNAŃ	K40	2	K 4	00:00:05	01:50:27	03:29:57	04:58:02	06:34:46	07:58:08	10:00:57.95	10:01:03.75	+02:30:54 (25.5)
31	SKRZYPEK Maciej	1321		POZNAŃ	M30	15	M 27	00:00:04	01:39:52	03:17:24	04:52:00	06:28:52	07:55:19	10:01:00.15	10:01:04.65	+02:30:55 (25.5)

32	GOLON Marlena	1486	STOWARZYSZENIE SPORTOWE POLSKIE ULTRA	SICIENKO	K50	1	K 5	00:00:13	02:03:38	03:44:56	05:15:17	06:48:19	08:09:13	10:00:55.80	10:01:09.75	+02:31:00 (25.
33	KOZŁOWSKI Leszek	1304	LESZNO LIMITS RUNNERS	LESZNO	M50	4	M 28	00:00:08	01:54:54	03:36:22	05:07:56	06:43:51	08:09:12	10:04:43.00	10:04:51.40	+02:34:42 (25.
34	KLITA Patryk	1406		WOLSZTYN	M30	16	M 29	00:00:12	01:58:20	03:37:14	05:05:42	06:40:43	08:08:48	10:06:43.40	10:06:55.45	+02:36:46 (25.
35	GRZEGORZEK Marcin	1472	WARJOTY Z DZIEWICZEJ GÓRY	BIAŁĘŻYN	M40	9	M 30	00:00:06	01:43:23	03:17:16	04:43:06	06:19:36	07:52:43	10:08:31.70	10:08:38.35	+02:38:29 (26.
36	MALEC Artur	1324	TRAIL IS OUR WAY	KOMORNIKI	M40	10	M 31	00:00:07	01:47:35	03:21:56	04:48:59	06:27:05	07:57:58	10:12:07.55	10:12:14.70	+02:42:05 (26.
37	STOKLOSA Grzegorz	1495	KB SOBÓTKA	WILCZKOWICE	M40	11	M 32	00:00:19	01:47:49	03:22:15	04:56:54	06:38:58	08:05:31	10:12:28.20	10:12:47.45	+02:42:38 (26.
38	KOZAKIEWICZ Beata	1430	FIZJO TEAM MOUNTAIN ZONE / MARCIN ŚWIERC TEAM	WROCŁAW	K30	2	K 6	00:00:05	01:49:40	03:28:46	04:57:00	06:39:01	08:05:39	10:12:42.15	10:12:47.55	+02:42:38 (26.
39	PROKOPCZUK Adam	1431		SZCZECIN	M40	12	M 33	00:00:15	01:58:37	03:35:44	05:06:13	06:41:17	08:13:18	10:18:25.55	10:18:40.95	+02:48:32 (27.
40	NOWAKOWSKI Paweł	1501	SAINT-GOBAIN SQUAD TRANSPORT DIVISION ŻARY	IŁOWA	M40	13	M 34	00:00:24	01:57:33	03:39:38	05:15:32	06:53:51	08:27:10	10:18:48.25	10:19:13.10	+02:49:04 (27.
41	MARZEC Dominik	1443		WROCŁAW	M30	17	M 35	00:00:18	01:55:19	03:36:07	05:08:53	06:50:36	08:23:15	10:19:15.10	10:19:33.25	+02:49:24 (27.
42	SZCZĘSNY Maciej	1445		SZCZECIN	M40	14	M 36	00:00:13	01:48:39	03:26:22	05:05:00	06:44:24	08:15:13	10:25:58.35	10:26:11.50	+02:56:02 (28.
43	PTAK Adam	1350	PIATKOWO NA BIEGOWO	POZNAŃ	M50	5	M 37	00:00:13	01:49:42	03:29:41	05:05:31	06:39:51	08:04:20	10:29:15.00	10:29:28.25	+02:59:19 (28.
44	GRĘDZIŃSKI Paweł	1500	FIZJOTERAPIA PG	ŻARY	M30	18	M 38	00:00:24	01:57:34	03:39:29	05:15:27	06:53:46	08:27:14	10:34:36.85	10:35:01.15	+03:04:52 (29.
45	ADAMOWICZ Maciej	1328	CAMPUS DOMASŁAWICE TEAM	WROCŁAW	M40	15	M 39	00:00:06	01:52:58	03:35:10	05:08:11	06:44:15	08:22:44	10:35:37.85	10:35:44.20	+03:05:35 (29.
46	LITKA Krzysztof	1421	PZU SPORT TEAM	WROCŁAW	M40	16	M 40	00:00:06	01:47:03	03:20:50	04:54:53	06:34:33	08:07:59	10:36:08.15	10:36:15.10	+03:06:06 (29.
47	LISOWICZ Maciej	1360	STS EXTREME GROM-BIKE INTRAWER TEAM	GORZYCA	M40	17	M 41	00:00:11	01:47:32	03:20:36	04:52:21	06:40:22	08:17:12	10:37:38.15	10:37:49.25	+03:07:40 (29.
48	MAŁECKI Kamil	1320		WARSZAWA	M30	19	M 42	00:00:26	02:03:32	03:50:19	05:23:15	07:00:40	08:29:48	10:41:29.20	10:41:55.90	+03:11:47 (29.
49	NOWAK Marcin	1310		KOSTRZYN NAD ODRĄ	M40	18	M 43	00:00:11	01:57:24	03:36:51	05:15:59	06:58:08	08:35:27	10:42:13.25	10:42:24.35	+03:12:15 (29.
50	PREGIEL Mateusz	1504		WROCŁAW	M30	20	M 44	00:00:05	01:53:58	03:35:17		06:46:37	08:23:19	10:43:41.40	10:43:47.10	+03:13:38 (30.
51	CZAJKOWSKI Krzysztof	1496		KOŁO	M50	6	M 45	00:00:19	01:57:18	03:36:53	05:12:08	06:54:40	08:31:20	10:45:47.70	10:46:07.35	+03:15:58 (30.
52	PALIŃSKI Bartłomiej	1359	ROZBIEGANI CHOJNÓW	CHOJNÓW	M30	21	M 46	00:00:06	01:47:46	03:27:03	05:04:12	06:46:09	08:28:03	10:46:52.95	10:46:59.65	+03:16:50 (30.
53	GRZESZCZAK Karol	1335	MONDI-SIMET	GOSTYŃ	M50	7	M 47	00:00:19	01:47:17	03:21:23	05:01:50	06:43:31	08:28:47	10:47:34.55	10:47:54.30	+03:17:45 (30.
54	NAPIERAŁA Tomasz	1394		SUCHY LAS	M40	19	M 48	00:00:09	01:49:20	03:27:23	05:01:56	06:45:32	08:26:24	10:47:45.25	10:47:54.40	+03:17:45 (30.
55	KUZAK Bożena	1383		POZNAŃ	K40	3	K 7	00:00:00	01:56:44	03:40:33	05:08:15	06:52:58	08:27:58	10:49:08.35	10:49:08.35	+03:18:59 (30.
56	JANASZAK Fabian	1367		WĘGLINIEC	M40	20	M 49	00:00:07	02:04:05	03:39:06	05:12:04	06:55:57	08:29:26	10:53:16.95	10:53:24.35	+03:23:15 (31.
57	SATORY Szymon	1388	RKS HUWDU	BIELAWA	M30	22	M 50	00:00:22	01:54:46	03:34:50	05:10:41	06:53:33	08:29:30	10:54:29.30	10:54:51.30	+03:24:42 (31.
58	GÓŻAŃSKI Jarosław	1366		ŁÓDŹ	M50	8	M 51	00:00:20	01:51:10	03:35:26	05:12:20	06:55:29	08:32:37	10:59:42.30	11:00:02.55	+03:29:53 (31.
59	NOWAK Adam	1351		ŚREM	M40	21	M 52	00:00:16	01:56:27	03:37:45	05:13:44	06:58:57	08:37:34	11:03:36.30	11:03:52.95	+03:33:44 (32.
60	MASINA Tomasz	1436		DABROWA GORNICZA	M50	9	M 53	00:00:07	01:56:02	03:36:50	05:13:33	07:00:45	08:35:58	11:07:54.95	11:08:02.10	+03:37:53 (32.
61	ŁUKASZEWICZ Piotr	1330		ROBAKOWO	M40	22	M 54	00:00:06	01:36:53	03:14:16	04:57:03	06:44:21	08:33:42	11:10:11.75	11:10:17.85	+03:40:09 (32.
62	BARWICKA Marzena	1346	O CO BIEGA W KALETACH	BORONÓW	K40	4	K 8	00:00:12	01:57:12	03:43:13	05:19:22	07:05:21	08:47:49	11:15:27.85	11:15:40.80	+03:45:31 (33.

63	SZTAJNKE Mateusz	1473	ACCENTURE	WARSZAWA	M30	23	M 55	00:00:08	01:58:27	03:43:02	05:29:19	07:16:01	09:01:10	11:15:34.20	11:15:42.75	+03:45:33 (33.)
64	HERMAN Paweł	1499		MRZEŻYNO	M50	10	M 56	00:00:24	02:03:45	03:52:02	05:31:31	07:19:56	08:52:24	11:16:10.65	11:16:35.10	+03:46:26 (33.)
65	TASZAREK Jakub	1363		POZNAŃ	M40	23	M 57	00:00:17	02:04:14	03:50:57	05:32:06	07:14:16	08:50:00	11:17:04.05	11:17:21.25	+03:47:12 (33.)
66	LEWKOWSKI Aleksander	1456	GREEN OPACZ RUNNERS	OPACZ MAŁA	M40	24	M 58	00:00:22	01:55:18	03:37:00	05:19:17	07:05:19	08:47:44	11:20:33.45	11:20:55.55	+03:50:46 (33.)
67	PALCZYŃSKI Krzysztof	1503		BOLESŁAWIEC	M30	24	M 59	00:00:08	01:53:35	03:44:15	05:33:10	07:15:48	08:53:01	11:21:05.50	11:21:14.35	+03:51:05 (33.)
68	TYSIAK Magdalena	1452		MILICZ	K20	2	K 9	00:00:11	02:08:05	03:58:30	05:38:22	07:19:16	08:55:53	11:21:48.25	11:21:59.70	+03:51:50 (34.)
69	KASHCHEEV Andrei	1408		WROCŁAW	M30	25	M 60	00:00:16	02:04:41	03:54:17	05:37:22	07:21:34	09:02:10	11:22:15.80	11:22:31.80	+03:52:22 (34.)
70	GREŃ Maria	1374		DZIERŻONIÓW	K30	3	K 10	00:00:08	01:56:20	03:36:58	05:12:29	07:05:19	08:48:59	11:24:15.60	11:24:23.75	+03:54:14 (34.)
71	CHUIKOV Hryhorii	1352		KREMENCHUK	M30	26	M 61	00:00:20	02:02:04	03:50:10	05:25:22	07:09:49	08:45:00	11:24:55.80	11:25:16.70	+03:55:07 (34.)
72	KRYSZEWSKI Tomasz	1522			M40	25	M 62	00:00:16	01:50:22	03:35:27	05:21:48	07:14:45	08:52:38	11:25:18.30	11:25:34.30	+03:55:25 (34.)
73	GRZYWACZ Rafał	1470	BIEGAJĄCE KREJZOLE	POZNAŃ	M40	26	M 63	00:00:10	01:58:30	03:47:57	05:35:13	07:25:47	09:11:00	11:27:52.20	11:28:02.25	+03:57:53 (34.)
74	SKURATKO Adrian	1477	RUNNING BUM	WAŁBRZYCH	M30	27	M 64	00:00:06		03:07:00	04:36:12	06:43:14	08:43:46	11:28:02.50	11:28:09.30	+03:58:00 (34.)
75	LICAK Łukasz	1450		SZCZECIN	M40	27	M 65	00:00:10	02:08:41	04:01:09	05:43:03	07:24:12	09:00:59	11:29:04.10	11:29:14.60	+03:59:05 (34.)
76	MOSZKOWSKI Bogdan	1433	RUN RABBIT RUN	KRÓLIKOWICE	M60+	1	M 66	00:00:11	01:59:22	03:51:00	05:37:14	07:23:46	09:02:33	11:29:53.10	11:30:05.00	+03:59:56 (34.)
77	MENDYK Maciej	1418	TEAM AGRESTOWNIK	DABROWKA	M40	28	M 67	00:00:12	01:58:24	03:48:18	05:37:19	07:27:47	09:13:31	11:30:58.60	11:31:11.20	+04:01:02 (34.)
78	POPIELARZ Jędrzej	1398	POZRUNIACY	POZNAŃ	M40	29	M 68	00:00:17	02:03:38	03:52:35	05:34:26	07:24:38	09:05:52	11:34:10.70	11:34:28.25	+04:04:19 (35.)
79	KANIA Damian	1512		DUSZNIKI-ZDRÓJ	M40	30	M 69	00:00:12	02:05:13	03:55:00	05:31:40	07:16:38	08:54:11	11:34:17.25	11:34:29.30	+04:04:20 (35.)
80	PAJDOWSKI Andrzej	1446		POLKOWICE	M50	11	M 70	00:00:18	02:13:28	04:08:17	05:57:32	07:38:51	09:14:23	11:35:07.15	11:35:25.30	+04:05:16 (35.)
81	HULBÓJ Sebastian	1461	WKS B TEAM	BIELSKO-BIAŁA	M50	12	M 71	00:00:06	02:05:26	03:53:05	05:33:17	07:28:42	09:13:41	11:35:49.25	11:35:55.65	+04:05:46 (35.)
82	KUCHARSKI Waldemar	1423	TT-SZCZECIN	SZCZECIN	M50	13	M 72	00:00:14	02:06:48	03:54:33	05:37:08	07:27:41	09:13:38	11:35:41.25	11:35:55.80	+04:05:46 (35.)
83	SZACHEWICZ Sławomir	1426	NOA	WROCŁAW	M40	31	M 73	00:00:05	01:40:36	03:20:48	05:05:13	07:06:22	08:46:50	11:36:09.60	11:36:15.40	+04:06:06 (35.)
84	PODOLAK Tomasz	1399	GO WITH THE FLOW	KOMORNIKI	M40	32	M 74	00:00:16	02:03:48	03:52:45	05:34:24	07:24:52	09:06:48	11:43:11.45	11:43:28.05	+04:13:19 (36.)
85	POCZTA Jacek	1353	FOUR RUNNER KROTOSZYN	KROTOSZYN	M40	33	M 75	00:00:16	01:58:15	03:44:12	05:30:11	07:21:03	09:08:04	11:43:20.55	11:43:36.60	+04:13:27 (36.)
86	NOWOSIADŁY Marek	1487		WROCŁAW	M20	2	M 76	00:00:21	02:05:49	03:56:49	05:38:21	07:27:46	09:11:52	11:43:33.15	11:43:54.45	+04:13:45 (36.)
87	JASKÓLSKI Jan	1482		TARNOWO PODGÓRNE	M40	34	M 77	00:00:10	01:59:59	03:50:55	05:34:52	07:28:46	09:30:28	11:56:50.75	11:57:01.25	+04:26:52 (37.)
88	DUL Daniel	1444		WAŁCZ	M20	3	M 78	00:00:12	01:49:48	03:36:41	05:22:54	07:22:44	09:12:21	11:57:05.70	11:57:18.45	+04:27:09 (37.)
89	KULIGOWSKA Natalia	1439		ŚWIDWIN	K20	3	K 11	00:00:14	02:04:40	03:55:33		07:36:49	09:23:30	11:59:11.15	11:59:25.30	+04:29:16 (37.)
90	WOJCIESZYŃSKI Tomasz	1508	BBL GORZÓW	BACZYNA	M50	14	M 79	00:00:09	01:55:10	03:45:19	05:38:19	07:31:03	09:23:20	11:59:30.05	11:59:40.00	+04:29:31 (37.)
91	OŹMINKOWSKI Marcin	1519		POZNAŃ	M50	15	M 80	00:00:12	02:00:01	03:53:09	05:45:36	07:42:38	09:28:00	12:01:48.85	12:02:01.55	+04:31:52 (37.)
92	SKOWRONEK Dariusz	1311	#BYLEDOMETY	ZAWIERCIE	M50	16	M 81	00:00:22	02:04:51	03:56:43	05:46:43	07:43:34	09:28:01	12:02:07.65	12:02:30.50	+04:32:21 (37.)
93	MAJEWSKI Michał	1305	SPIN FORCE RUNNERS	SWARZĘDZ	M40	35	M 82	00:00:20	02:07:42	03:58:27	05:45:11	07:41:39	09:27:14	12:03:52.65	12:04:13.35	+04:34:04 (37.)

94	WRZECIAN Adam	1469	NIGHT RUNNERS	POZNAŃ	M30	28	M 83	00:00:09	02:04:57	03:54:14	05:42:56	07:43:06	09:30:37	12:04:04.75	12:04:14.15	+04:34:05 (37.
95	HEWIG Damian	1453	FEROX RUN ENERGY	RUDA ŚLASKA	M40	36	M 84	00:00:10	02:04:20	03:56:32	05:41:11	07:31:24	09:16:20	12:05:58.95	12:06:09.75	+04:36:00 (38.
96	PIĄTEK Arek	1340		CZECHOWICE-DZIEDZICE	M50	17	M 85	00:00:08	02:07:35	04:04:31	05:52:05	07:50:36	09:33:22	12:07:35.05	12:07:43.80	+04:37:34 (38.
97	PTAK Dorota	1349	PIĄTKOWO NA BIEGOWO	POZNAŃ	K50	2	K 12	00:00:14	02:07:01	04:03:14	05:54:20	07:50:26	09:39:43	12:09:46.30	12:10:00.75	+04:39:51 (38.
98	WĄS Grzegorz	1415	BRACTWO BIEGOWE BGK	OPATÓW	M40	37	M 86	00:00:23	02:08:45	04:04:23	05:52:00	07:44:22	09:30:28	12:11:33.40	12:11:56.75	+04:41:47 (38.
99	TERETYKA Dorota	1485	BANICI ULTRA	KAMIONKI	K50	3	K 13	00:00:09	02:08:38	04:17:13	06:18:01	08:22:06	09:52:36	12:13:21.05	12:13:30.15	+04:43:21 (38.
100	KUBISZYN Paweł	1516		WAŁBRZYCH	M30	29	M 87	00:00:10	02:06:03	03:59:37	05:44:16	07:43:25	09:28:08	12:13:26.15	12:13:36.75	+04:43:27 (38.
101	MAJKUT Radosław	1381		MIRSK	M30	30	M 88	00:00:13	01:58:01	03:58:39	05:46:55	07:46:16	09:33:21	12:15:28.05	12:15:41.95	+04:45:33 (38.
102	KÓZKA Przem	1387		SKÓRZEWO	M50	18	M 89	00:00:08	02:00:12	03:55:10	05:46:15	07:48:46	09:39:58	12:25:41.15	12:25:49.30	+04:55:40 (39.
103	SOBCZAK Grzegorz	1373		WILCZYN	M50	19	M 90	00:00:12	02:04:03	03:54:30	05:43:06	07:42:55	09:28:44	12:26:37.90	12:26:50.30	+04:56:41 (39.
104	POROS Paweł	1312	WKB META LUBLINIEC	OBORNIKI ŚLĄSKIE	M40	38	M 91	00:00:10	02:06:51	04:07:09	05:52:50	07:51:42	09:38:39	12:32:47.05	12:32:57.70	+05:02:48 (40.
105	KRZESZEWSKA Dorota	1488		PIŁA	K40	5	K 14	00:00:18	02:07:37	04:17:25	06:10:39	08:04:39	09:51:49	12:32:40.20	12:32:58.75	+05:02:49 (40.
106	KOBUSIŃSKI Michał	1329	Z ULTRA DYSTANSEM	OLAWA	M30	31	M 92	00:00:08	01:57:17	03:58:49	05:57:51	08:02:52	09:52:28	12:32:51.20	12:32:59.30	+05:02:50 (40.
107	TREGUB Igor	1451		WROCLAW	M30	32	M 93	00:00:16	02:11:56	04:16:59	06:11:22	08:11:02	10:07:20	12:34:51.40	12:35:07.40	+05:04:58 (40.
108	JAGODZIŃSKA Karolina	1376	SITARTEAM	LUBICHOWO	K40	6	K 15	00:00:17	02:09:02	04:11:11	06:01:25	08:04:01	09:51:42	12:36:33.45	12:36:51.10	+05:06:42 (40.
109	MYSTKOWSKI Grzegorz	1377	PSIA KOŚĆ/SITARTEAM	LUBICHOWO	M50	20	M 94	00:00:16	02:09:05	04:11:05	06:01:29	08:04:11	09:51:38	12:36:34.45	12:36:51.25	+05:06:42 (40.
110	CZERNIEWICZ Anna	1378	#JBTEAM	WAŁCZ	K40	7	K 16	00:00:11	02:07:32	04:08:00	06:00:16	08:06:17	09:53:52	12:40:10.55	12:40:21.65	+05:10:12 (40.
111	IWANOWSKI Pprzemysław	1382		CHOCIANÓW	M40	39	M 95	00:00:12	02:07:20	04:07:55	06:00:11	08:06:01	09:50:57	12:40:11.40	12:40:23.55	+05:10:14 (40.
112	PACEWICZ Roman	1410		KALISZ	M40	40	M 96	00:00:17	02:07:12	04:06:56	05:15:31	08:01:17	09:52:15	12:41:52.70	12:42:09.90	+05:12:01 (40.
113	JAKŚ Mariusz	1362	ALPIMADETEAM	GORZÓW WIELKOPOLSKI	M40	41	M 97	00:00:18	02:07:39	04:05:16	05:59:29	08:04:57	09:52:21	12:41:52.55	12:42:11.50	+05:12:02 (40.
114	WÓDECKI Marek	1385		PRZECŁAW K. SZCZECINA	M40	42	M 98	00:00:08	02:07:08	04:05:34	06:00:21	08:01:40	09:53:26	12:42:20.85	12:42:28.90	+05:12:20 (41.
115	KICZIŃSKA Izabela	1491	CBRBIEGA	BRODNICA	K40	8	K 17	00:00:19	02:13:26	04:15:55	06:10:00	08:17:33	10:00:04	12:43:15.45	12:43:34.50	+05:13:25 (41.
116	SUDUŁ Jarosław	1441	FUNDACJA TOMKA MANIKOWSKIEGO DOGONIĆ MARZENIA	GORZÓW WIELKOPOLSKI	M50	21	M 99	00:00:09	01:56:00	03:52:13	05:45:33	07:45:57	09:41:54	12:45:43.40	12:45:53.30	+05:15:44 (41.
117	WYSOCZAŃSKI Adrian	1484		PIETRZYKOWICE	M40	43	M 100	00:00:14	02:03:41	03:43:49	05:33:31	07:26:28	09:08:20	12:46:22.20	12:46:36.80	+05:16:27 (41.
118	MAĆKOWIAK Krzysztof	1492	MAĆKOWIAK TEAM	PSARSKIE	M40	44	M 101	00:00:13	02:08:47	03:59:24	05:45:11	07:48:08	09:37:20	12:46:32.75	12:46:45.75	+05:16:36 (41.
119	KREFT Ewa	1429	LEŚNA RUNDA	GDAŃSK	K50	4	K 18	00:00:14	02:13:25	04:12:24	06:06:53	08:07:20	09:59:31	12:46:34.80	12:46:49.75	+05:16:40 (41.
120	WYRZYKOWSKI Andrzej	1428	LEŚNA RUNDA	GDAŃSK	M50	22	M 102	00:00:15	02:13:23	04:12:35	06:06:49	08:07:10	09:59:35	12:46:35.05	12:46:50.25	+05:16:41 (41.
121	KINOWSKA Katarzyna	1427	LEŚNA RUNDA	GDAŃSK	K40	9	K 19	00:00:14	02:13:21	04:12:31	06:06:46	08:07:16	09:59:25	12:46:41.70	12:46:56.45	+05:16:47 (41.
122	FALKOWSKI Bartosz	1356		PIASECZNO	M40	45	M 103	00:00:07	02:10:19	04:16:13	06:14:16	08:19:09	10:07:14	12:49:23.80	12:49:31.10	+05:19:22 (41.
123	BRZEZIŃSKI Cezary	1371	KLUB SPORTOWY SZAKALE BAŁUT	ZGIERZ	M50	23	M 104	00:00:07	01:55:24	03:52:10	05:47:28	07:50:52	09:45:08	12:49:42.70	12:49:50.25	+05:19:41 (41.
124	SZKODA Mariusz	1413	3:33 TEAM	TRZCIANKA	M50	24	M 105	00:00:20	02:16:59	04:17:15	06:07:53	08:12:50	09:59:34	12:50:38.10	12:50:58.45	+05:20:49 (41.

125	KACZOROWSKA Dorota	1339		KIEŁCZÓW	K40	10	K 20	00:00:17	02:17:27	04:17:22	06:12:09	08:14:50	09:59:51	12:50:53.75	12:51:11.60	+05:21:02 (41.)
126	BARTOSIEWICZ Andrzej	1412		WARSZAWA	M50	25	M 106	00:00:14	02:06:44	03:59:54	05:48:38	07:49:28	09:41:14	12:52:24.30	12:52:39.15	+05:22:30 (41.)
127	SULIKOWSKI Dawid	1510		KSIĄŻNICA	M40	46	M 107	00:00:16	02:04:47	04:03:06	05:51:52	07:47:55	09:42:43	12:53:18.00	12:53:34.05	+05:23:25 (41.)
128	PITERA Paweł	1459		WARSZAWA	M40	47	M 108	00:00:08	01:58:17	04:00:37	05:58:29	08:12:58	09:59:21	12:58:23.80	12:58:32.45	+05:28:23 (42.)
129	BOCZULA Michał	1434	WATAHA	MILICZ	M30	33	M 109	00:00:09	01:59:25		05:23:57	07:36:21	09:35:12	13:01:02.60	13:01:11.85	+05:31:03 (42.)
130	TROFIMOVA Victoria	1471	RUNNING RED SQUIRREL	CHISINAU	K30	4	K 21	00:00:15	01:38:36	04:16:15	06:07:54	08:13:15	10:07:16	13:04:09.85	13:04:25.40	+05:34:16 (42.)
131	OBLICKI Bartosz	1306		KOSTRZYCA	M40	48	M 110	00:00:10	02:05:00	04:02:25	05:59:31	08:09:16	10:11:11	13:04:50.05	13:05:00.85	+05:34:52 (42.)
132	SOPOTNICKI Wojciech	1332		KUNICE	M40	49	M 111	00:00:09	02:23:46	04:31:43	06:30:50	08:30:57	10:19:21	13:07:27.95	13:07:37.65	+05:37:28 (42.)
133	STAWINOĞA Sebastian	1448		SZCZEPANÓW	M30	34	M 112	00:00:23	02:16:42	04:17:47	06:08:16	08:17:48	10:14:41	13:14:35.60	13:14:59.00	+05:44:50 (43.)
134	DUBOWIK Szymon	1474		GLIWICE	M30	35	M 113	00:00:11	02:08:50	04:11:27		08:04:28	09:59:13	13:15:20.80	13:15:32.20	+05:45:23 (43.)
135	GOŁĘBIOWSKI Marcin	1308		JELENIA GÓRA	M40	50	M 114	00:00:12	02:11:23	04:19:34	06:14:41	08:27:48	10:18:19	13:31:01.55	13:31:13.85	+06:01:05 (44.)
136	PRZYBYŁEK Tomasz	1365		WROCŁAW	M30	36	M 115	00:00:16	02:05:17	04:07:08	06:09:58	08:22:12	10:20:55	13:41:29.75	13:41:46.25	+06:11:37 (45.)
137	ŚLUSARCZYK Piotr	1422		SZCZECIN	M40	51	M 116	00:00:23	02:16:54	04:26:14	06:27:07	08:42:17	10:35:46	13:41:28.20	13:41:51.30	+06:11:42 (45.)
138	LUBELCZYK Grzegorz	1442	SPELEOCLUB WROCŁAW	MIĘKINIA	M50	26	M 117	00:00:18	02:19:43	04:17:45	06:21:13	08:34:15	10:35:26	13:42:18.05	13:42:36.85	+06:12:28 (45.)
139	HAUKE Krzysztof	1348		SOKOŁOWO	M40	52	M 118	00:00:06	02:09:04	04:17:47		08:31:05	10:19:31	13:43:18.15	13:43:24.70	+06:13:15 (45.)
140	MACIBOCH Paulina	1457	ULTRAWAY.PL WOJTEK KOTARBA	WROCŁAW	K30	5	K 22	00:00:15	02:14:24	04:20:00	05:42:54	08:29:02	10:26:23	13:43:09.40	13:43:24.85	+06:13:16 (45.)
141	MACKIEWICZ Dorota	1514		WARSZAWA	K50	5	K 23	00:00:17	02:27:19	04:40:46	06:42:33	08:51:58	10:49:21	13:59:25.25	13:59:42.45	+06:29:33 (46.)
142	MACHOLL Adam	1420	BIEGAJĄCY TCZEW	ROKITKI TCZEWSKIE	M50	27	M 119	00:00:14	02:17:10	04:36:38	06:40:00	08:45:12	10:41:19	14:03:35.80	14:03:50.65	+06:33:41 (46.)
143	KOBYŁECKA Wiktoria	1449	GÓRSKIE BIEGUSIE	OSTROWIEC ŚWIĘTOKRZYSKI	K20	4	K 24	00:00:18	02:26:03	04:37:19	06:49:12	08:53:31	11:04:30	14:09:27.50	14:09:45.80	+06:39:36 (47.)
144	KARASIŃSKA Karolina	1338		PIASECZNO	K40	11	K 25	00:00:12	02:15:36	04:27:53	06:28:59	08:40:34	10:38:46	14:09:42.90	14:09:55.60	+06:39:46 (47.)
145	ROZMIAREK Przemysław	1343	BIEGAJĄCE KREJZOLE	POZNAŃ	M40	53	M 120	00:00:12	02:15:34	04:27:57	06:29:04	08:40:28	10:38:38	14:09:43.30	14:09:55.90	+06:39:47 (47.)
146	HILDEBRAND Daniel	1454		ZALASEWO	M40	54	M 121	00:00:09	02:08:43	04:17:18	06:17:57	08:34:16	10:28:28	14:14:37.10	14:14:46.35	+06:44:37 (47.)
147	ZIELIŃSKI Karol	1483		POZNAŃ	M40	55	M 122	00:00:09	02:08:47	04:17:22	06:18:14	08:34:35	10:29:13	14:14:37.45	14:14:46.85	+06:44:38 (47.)
148	JUDA Jarosław	1315		TORUŃ	M50	28	M 123	00:00:22	02:30:45		06:18:22	08:46:13	10:56:50	14:23:33.95	14:23:56.40	+06:53:47 (47.)
149	FILIPIAK Sebastian	1466	EKIPA LIPA	LIPA	M40	56	M 124	00:00:20	02:23:31	04:41:27	06:50:58	08:55:19	11:04:21	14:24:56.00	14:25:16.90	+06:55:08 (48.)
150	GÓRCZYŃSKI Rafał	1447		NOWY TOMYŚL	M40	57	M 125	00:00:21	02:23:19	04:41:22	06:50:59	08:55:10	11:05:35	14:29:17.70	14:29:38.75	+06:59:29 (48.)
151	HAŃCZAK Piotr	1307	STRZESZYN BIEGA	POZNAŃ	M40	58	M 126	00:00:26	02:23:37		05:58:34	08:47:50	10:49:17	14:35:51.95	14:36:18.05	+07:06:09 (48.)
152	DUDEK Dariusz	1327		CHOJNA	M40	59	M 127	00:00:13	02:24:49	04:39:19	06:37:15	08:46:14	10:46:51	14:38:35.55	14:38:48.85	+07:08:40 (48.)
153	PTASZYŃSKA Agnieszka	1322		SZCZECIN	K40	12	K 26	00:00:13	02:24:48	04:39:12	06:38:05	08:46:00	10:46:56	14:38:36.70	14:38:50.05	+07:08:41 (48.)
154	BAUMAN Tomasz	1386		POZNAŃ	M30	37	M 128	00:00:12	02:17:17	04:26:43	06:31:50	08:54:13	11:04:24	14:45:43.80	14:45:56.55	+07:15:47 (49.)
155	BARANIAK Beata	1391	DRUŻYNA SZPIKU	MOSINA	K50	6	K 27	00:00:23	02:25:00	04:40:34	06:47:54	09:06:05	11:09:56	14:47:06.55	14:47:30.20	+07:17:21 (49.)

156	DROGOSZ Maciej	1494	MIĘDZYRZECKIE GAZELE	ROKITNO	M50	29	M 129	00:00:21	02:26:07	04:50:51	06:55:03	09:05:43	11:05:30	14:47:20.00	14:47:41.85	+07:17:33 (49.
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