

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Czas startu	14.95km	Czas netto 15km	Czas brutto 15km	Różnica w czasie	Tempo min/km
1	GORZELANCZYK Jakub	300	JOMA TEAM	SUCHY LAS		M30	1	M 1	00:00:01		01:01:37.35	01:01:38.90		4:06
2	SZEWC Jonasz	284	DYNAFIT TRAILHERO	ŻERKÓW		M20	1	M 2	00:00:01		01:07:30.00	01:07:31.35	+00:05:52 (8.7%)	4:30
3	WOJSŁAW Bartłomiej	331	EERLERUNNINGTEAM	BIAŁA		M40	1	M 3	00:00:01		01:09:48.60	01:09:49.90	+00:08:10 (11.7%)	4:39
4	KYNCL Tomas	330	GÓRYLASZ	HOLICE		M50	1	M 4	00:00:02		01:10:33.30	01:10:36.05	+00:08:57 (12.7%)	4:42
5	BRYL Tomasz	366	OŚ RACING TEAM	WROCŁAW		M20	2	M 5	00:00:02		01:14:16.55	01:14:18.80	+00:12:39 (17.0%)	4:57
6	ENGEL Szymon	346	MAPA-TURYSTYCZNA.PL	DZIWIŚZÓW		M40	2	M 6	00:00:02		01:14:32.15	01:14:34.15	+00:12:55 (17.3%)	4:58
7	SZCZEPANSKI Bartosz	319	AW-SZYBCIEJ-TEAM / RRT	SOBÓTKA		M30	2	M 7	00:00:01		01:16:27.90	01:16:29.75	+00:14:50 (19.4%)	5:05
8	DĄBROWSKI Dawid	329	VELO TEAM	JAWORZYNA ŚLASKA		M20	3	M 8	00:00:01		01:16:48.65	01:16:50.05	+00:15:11 (19.8%)	5:07
9	FICNER-ZBOROWSKA Anna	343		WILKÓW		K40	1	K 1	00:00:02		01:17:48.35	01:17:50.35	+00:16:11 (20.8%)	5:11
10	ZBOROWSKI Krzysztof	355	VULCAN RUNNERS	WILKÓW		M40	3	M 9	00:00:02		01:17:48.55	01:17:50.70	+00:16:11 (20.8%)	5:11
11	SKUZA Krzysztof	295	KLINIKA URODY JOLANTA SKUZA LEGNICA	LEGNICA		M40	4	M 10	00:00:01		01:17:50.65	01:17:52.50	+00:16:13 (20.8%)	5:11
12	DONDZIAK Marcin	480		KONOPNICA		M40	5	M 11	00:00:03		01:18:49.20	01:18:52.60	+00:17:13 (21.8%)	5:15
13	MARSZAŁEK Kazimierz	205	ŚWIERADÓW-ZDRÓJ GÓRSKIE UZDROWISKO	CZERNIAWA-ZDRÓJ		M50	2	M 12	00:00:02		01:19:59.80	01:20:02.55	+00:18:23 (23.0%)	5:19
14	SZKODZIŃSKI Tomasz	289		DZIERŻONIÓW		M40	6	M 13	00:00:04		01:20:04.80	01:20:09.35	+00:18:30 (23.1%)	5:20
15	RADOJEWSKI Piotr	280	WITKOWSKI & WINIARSKI RUNNING TEAM	WROCŁAW		M30	3	M 14	00:00:02		01:22:29.50	01:22:32.25	+00:20:53 (25.3%)	5:29
16	BUKIEL Justyna	345		DZIWIŚZÓW		K40	2	K 2	00:00:02		01:23:01.60	01:23:03.75	+00:21:24 (25.8%)	5:32
17	WOJCIECHOWSKI Jędrzej	338	NOGA DO GÓRY	KARPICKO		M20	4	M 15	00:00:03		01:23:58.70	01:24:02.55	+00:22:23 (26.6%)	5:35
18	MAJEWSKI Piotr	335	FIZJOBIEGACZE SZCZECIN	DĘBNO		M40	7	M 16	00:00:02		01:24:07.35	01:24:09.50	+00:22:30 (26.7%)	5:36
19	SASIN Dominika	287		ŚWIDNICA		K30	1	K 3	00:00:14		01:24:12.40	01:24:27.15	+00:22:48 (27.0%)	5:36
20	CZAPIGA Grzegorz	209	GREGORY	BORÓW		M40	8	M 17	00:00:03		01:24:32.45	01:24:36.00	+00:22:57 (27.1%)	5:38
21	PUDŁO Robert	297		WROCŁAW		M50	3	M 18	00:00:05		01:24:31.60	01:24:36.60	+00:22:57 (27.1%)	5:38
22	ŁABUZ Małgorzata	354		WROCŁAW		K40	3	K 4	00:00:02		01:24:37.05	01:24:39.25	+00:23:00 (27.2%)	5:38
23	PRUCHNIK Patryk	275	ENDORFINY WĄSOSZ	KORZEŃSKO		M20	5	M 19	00:00:05		01:25:59.60	01:26:05.55	+00:24:26 (28.4%)	5:43
24	OSIEWAŁA Patryk	232		CZARKÓW		M20	6	M 20	00:00:11		01:26:06.70	01:26:17.80	+00:24:38 (28.6%)	5:44
25	WYSOWSKI Wojtek	263	VULCAN RUNNERS	ZŁOTORYJA		M40	9	M 21	00:00:04		01:27:56.45	01:28:01.25	+00:26:22 (30.0%)	5:51
26	KINAL Arkadiusz	291		ŚRODA ŚLĄSKA		M30	4	M 22	00:00:02		01:28:01.70	01:28:04.35	+00:26:25 (30.0%)	5:52
27	RADZIKOWSKI Grzegorz	210		KURCZÓW		M40	10	M 23	00:00:03		01:28:04.45	01:28:07.85	+00:26:28 (30.0%)	5:52

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Czas startu	14.95km	Czas netto 15km	Czas brutto 15km	Różnica w czasie	Tempo min/km
28	KWIECIEN Monika	336	NOGA DO GORY	WROCLAW		K20	1	K 5	00:00:03		01:28:08.25	01:28:11.60	+00:26:32 (30.1%)	5:52
29	MATKOWSKI Robert	371	DZIKI Z GUR-KI	SOBÓTKA		M40	11	M 24	00:00:01		01:28:40.25	01:28:41.85	+00:27:02 (30.5%)	5:54
30	SZCZEPANIAK Witold	228		OSTROW WLKP.		M50	4	M 25	00:00:02		01:28:51.35	01:28:54.00	+00:27:15 (30.7%)	5:55
31	DRAŻCZYK Radosław	324		PIESZYCE		M40	12	M 26	00:00:06		01:29:03.90	01:29:10.80	+00:27:31 (30.9%)	5:56
32	PAWLICKI Michał	277	KS ENDORFINY WĄSOSZ	WĄSOSZ		M40	13	M 27	00:00:08		01:29:25.00	01:29:33.15	+00:27:54 (31.2%)	5:57
33	EWERT-KRZEMIENIEWSKI Adam	341		PROSZOWA		M30	5	M 28	00:00:08		01:29:27.75	01:29:36.50	+00:27:57 (31.2%)	5:57
34	KRAUS Judyta	326	GERIATRYCZNA LIGA SPORTÓW RÓŻNYCH	WROCLAW		K20	2	K 6	00:00:03		01:29:46.80	01:29:50.05	+00:28:11 (31.4%)	5:59
35	BŁAŻKÓW Bartosz	296		WROCLAW		M20	7	M 29	00:00:06		01:31:33.60	01:31:40.50	+00:30:01 (32.8%)	6:06
36	MAGIER Jerzy	381		RADKÓW		M50	5	M 30	00:00:03		01:32:18.55	01:32:21.65	+00:30:42 (33.3%)	6:09
37	DĄBROWA Łukasz	328	TWO OAKS ONE JAR	DOMASZCZYN		M30	6	M 31	00:00:10		01:32:16.30	01:32:26.80	+00:30:47 (33.3%)	6:09
38	JURKOWSKI Witold	374		SMARDZÓW		M30	7	M 32	00:00:07		01:32:22.40	01:32:29.85	+00:30:50 (33.4%)	6:09
39	LAUDOWICZ Katarzyna	337	DZIKI Z GURKI	SOBÓTKA		K40	4	K 7	00:00:01		01:33:02.60	01:33:04.15	+00:31:25 (33.8%)	6:12
40	TARNAWSKA Weronika	365		WROCLAW		K20	3	K 8	00:00:03		01:33:35.05	01:33:38.70	+00:31:59 (34.2%)	6:14
41	LENIART Michał	251	AD GROUP	SIECHNICE		M40	14	M 33	00:00:05		01:33:35.45	01:33:41.05	+00:32:02 (34.2%)	6:14
42	NOWAK Bartosz	680	NALETNIEJ.EU	JANOWICE WIELKI		M30	8	M 34	00:00:11		01:34:54.35	01:35:05.80	+00:33:26 (35.2%)	6:19
43	KRUPIANIK Tomasz	293		WROCLAW		M40	15	M 35	00:00:07		01:35:23.30	01:35:31.25	+00:33:52 (35.5%)	6:21
44	MUSZYŃSKI Przemysław	234		WROCLAW		M40	16	M 36	00:00:16		01:35:14.85	01:35:31.50	+00:33:52 (35.5%)	6:20
45	DUDAR Michał	310	KB KOSYNIER WRZEŚNIA	CHOCICZA WIELKA		M30	9	M 37	00:00:04		01:35:34.90	01:35:39.20	+00:34:00 (35.6%)	6:22
46	KRUPA Piotr	238	LINCOLN ELECTRIC BESTER RUNNING TEAM	DZIERŻONIÓW		M30	10	M 38	00:00:01		01:35:51.70	01:35:53.65	+00:34:14 (35.7%)	6:23
47	ORDZIŃSKI Bartek	244		NIKŁAŃ WIELKI ŚWIĘTOKRZYSKIE		M50	6	M 39	00:00:08		01:36:48.75	01:36:57.45	+00:35:18 (36.4%)	6:27
48	TORBA Łukasz	357		KACZYCE		M40	17	M 40	00:00:07		01:37:37.15	01:37:44.55	+00:36:05 (36.9%)	6:30
49	RUDYK Piotr	305	TOYOTA DOBRYGOWSKI LUBIN	DZIESŁAW		M50	7	M 41	00:00:07		01:37:42.90	01:37:50.85	+00:36:11 (37.0%)	6:30
50	WYSZYŃSKI Maciej	322		LEGNICA		M30	11	M 42	00:00:04		01:38:25.05	01:38:29.35	+00:36:50 (37.4%)	6:33
51	KOPRZAK Sławomir	339	OSADKOWSKI RUN4FUN	WIRKI		M40	18	M 43	00:00:13		01:38:46.95	01:38:59.95	+00:37:21 (37.7%)	6:35
52	KASICA Robert	368		BYSTRZYCA KŁODZKA		M60	1	M 44	00:00:05		01:38:58.45	01:39:03.75	+00:37:24 (37.8%)	6:35
53	KĘPSKI Grzegorz	370	DĄBROWSKI TEAM	SIECHNICE		M40	19	M 45	00:00:12		01:39:09.95	01:39:22.05	+00:37:43 (38.0%)	6:36
54	ŁOTOCKI Łukasz	278		LEGNICA		M40	20	M 46	00:00:02		01:40:54.00	01:40:56.75	+00:39:17 (38.9%)	6:43
55	GAWROŃSKI Adam	314		SMOLEC		M20	8	M 47	00:00:14		01:40:55.60	01:41:10.15	+00:39:31 (39.1%)	6:43

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Czas startu	14.95km	Czas netto 15km	Czas brutto 15km	Różnica w czasie	Tempo min/km
56	AST Kamil	380	FOLLOW YOUR DREAMS	POZNAN		M30	12	M 48	00:00:05		01:41:29.15	01:41:34.45	+00:39:55 (39.3%)	6:45
57	WUWER Roman	334		BIELAWA		M40	21	M 49	00:00:06		01:41:44.75	01:41:50.85	+00:40:11 (39.5%)	6:46
58	KORNAŚ Marcin	220	GÓRYLASY	LASKÓWKA		M40	22	M 50	00:00:17		01:42:17.25	01:42:35.15	+00:40:56 (39.9%)	6:49
58	JAROCZYŃSKI Marian	372		NOWA RUDA		M40	22	M 50	00:00:07		01:42:27.75	01:42:35.15	+00:40:56 (39.9%)	6:49
60	DROZDOWSKI Adrian	362	WŚW	BIELAWA		M40	24	M 52	00:00:13		01:42:58.70	01:43:12.45	+00:41:33 (40.3%)	6:51
61	VARIVODA Aleksei	250		MINSK		M20	9	M 53	00:00:10		01:43:22.00	01:43:32.10	+00:41:53 (40.5%)	6:53
62	WÓJCIK Weronika	257	SZARŻA	WARSZAWA		K40	5	K 9	00:00:24		01:43:31.05	01:43:55.40	+00:42:16 (40.7%)	6:54
63	KRAWCZYK Paweł	377	FIZJOBIEGACZE SZCZECIN	SZCZECIN		M30	13	M 54	00:00:09		01:43:58.65	01:44:08.10	+00:42:29 (40.8%)	6:55
64	SEKULSKI Witold	253		WROCŁAW		M30	14	M 55	00:00:11		01:44:21.45	01:44:32.85	+00:42:53 (41.0%)	6:57
65	ŁĘKAWA Sebastian	332	AW SZYBCIEJ TEAM	WROCŁAW		M40	25	M 56	00:00:09		01:44:35.30	01:44:45.15	+00:43:06 (41.1%)	6:58
66	MAKUCH Tomasz	364		BIELAWA		M50	8	M 57	00:00:12		01:44:43.20	01:44:55.60	+00:43:16 (41.2%)	6:58
67	DRAŻCZYK Mateusz	325		DZIERŻONIÓW		M30	15	M 58	00:00:07		01:45:17.30	01:45:24.65	+00:43:45 (41.5%)	7:01
68	SZAREK Piotr	327	BIAŁY ORZEŁ	MĘDLÓW		M50	9	M 59	00:00:27		01:45:23.45	01:45:50.95	+00:44:12 (41.8%)	7:01
69	PAWŁOWSKI Grzegorz	223		JUGÓW		M40	26	M 60	00:00:06		01:46:13.50	01:46:20.30	+00:44:41 (42.0%)	7:04
70	MASŁOŃ Tomasz	342	NOGA DO GÓRY	SŁOWIK		M20	10	M 61	00:00:07		01:46:49.90	01:46:57.55	+00:45:18 (42.4%)	7:07
71	RYBCZYK Jarosław	276	KS ENDORFINY WĄSOSZ	WĄSOSZ		M40	27	M 62	00:00:08		01:47:03.30	01:47:12.15	+00:45:33 (42.5%)	7:08
72	MEGA Dawid	215		DOMASZCZYN		M30	16	M 63	00:00:04		01:48:15.05	01:48:19.40	+00:46:40 (43.1%)	7:13
73	MIAZGA Michał	353		DZIERŻONIÓW		M50	10	M 64	00:00:11		01:48:25.75	01:48:37.15	+00:46:58 (43.2%)	7:13
74	GNATOWICZ-CZARNOŁĘSKA Beata	307	ZAKOCHAJ SIĘ W BIEGANIU	WROCŁAW		K50	1	K 10	00:00:10		01:48:29.80	01:48:40.20	+00:47:01 (43.3%)	7:13
75	WIĘCKOWSKI Marek	247	KB HARCOWNIK JELCZ LASKOWICE	WROCŁAW		M40	28	M 65	00:00:20		01:48:36.75	01:48:57.60	+00:47:18 (43.4%)	7:14
76	KACZANOWSKI Marcin	306	TOYOTA DOBRYGOWSKI LUBIN	LUBIN		M40	29	M 66	00:00:07		01:49:13.90	01:49:21.85	+00:47:42 (43.6%)	7:16
77	DĄBROWSKA Iwona	373	RUN MY WAY	WROCŁAW		K40	6	K 11	00:00:05		01:49:34.50	01:49:40.40	+00:48:01 (43.8%)	7:18
78	PIETRZYK Marcin	281	ZDYSZANI PIESZYCE	PIESZYCE		M40	30	M 67	00:00:04		01:50:22.65	01:50:26.95	+00:48:48 (44.2%)	7:21
79	KAROLCZAK Arkadiusz	356		KROTOSZYN		M30	17	M 68	00:00:17		01:50:13.90	01:50:31.15	+00:48:52 (44.2%)	7:20
80	SŁOWIKOWSKI Kamil	225		DOMASZCZYN		M30	18	M 69	00:00:04		01:50:27.90	01:50:31.95	+00:48:53 (44.2%)	7:21
81	ŁYKO Mariusz	204	MAD RUNNERS	WAŁBRZYCH		M40	31	M 70	00:00:10		01:50:23.35	01:50:33.75	+00:48:54 (44.2%)	7:21
82	ŁYKO Marta	203	MAD RUNNERS	WAŁBRZYCH		K40	7	K 12	00:00:10		01:50:23.85	01:50:34.05	+00:48:55 (44.2%)	7:21
83	TRZCIŃSKI Robert	304	LKS ISKRA JASZKOWA	JASZKOWA DOLNA		M50	11	M 71	00:00:06		01:50:41.55	01:50:47.95	+00:49:09 (44.4%)	7:22

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Czas startu	14.95km	Czas netto 15km	Czas brutto 15km	Różnica w czasie	Tempo min/km
84	DLUBALA Jan	239	LINCOLN ELECTRIC BESTER RUNNING TEAM	BIELAWA		M50	12	M 72	00:00:05		01:50:42.80	01:50:48.35	+00:49:09 (44.4%)	7:22
85	HEJNA Małgorzata	241	HEJNARUN	SZCZECIN		K50	2	K 13	00:00:11		01:50:38.05	01:50:49.65	+00:49:10 (44.4%)	7:22
86	GOGAŁA Ryszard	236		GŁUBCZYCE		M50	13	M 73	00:00:17		01:50:37.05	01:50:54.55	+00:49:15 (44.4%)	7:22
87	DELKOWSKA Agata	321		OŁAWA		K40	8	K 14	00:00:22		01:50:34.10	01:50:56.80	+00:49:17 (44.4%)	7:22
88	KIRKIEWICZ Ireneusz	323	KOLEGA MAĆKA OŁAWA	OŁAWA		M50	14	M 74	00:00:22		01:50:34.20	01:50:56.95	+00:49:18 (44.4%)	7:22
89	BIAŁECKI Mateusz	212		WROCŁAW		M30	19	M 75	00:00:11		01:51:19.15	01:51:31.05	+00:49:52 (44.7%)	7:25
90	JARUS Jan	248		JUTROSIN		M30	20	M 76	00:00:19		01:51:14.40	01:51:34.25	+00:49:55 (44.7%)	7:24
91	LEŚNIEWSKI Michał	344		WROCŁAW		M30	21	M 77	00:00:13		01:51:39.35	01:51:53.10	+00:50:14 (44.9%)	7:26
92	JASTRZĘBSKI Marek	351	PEAKME	WROCŁAW		M30	22	M 78	00:00:09		01:51:52.00	01:52:01.35	+00:50:22 (45.0%)	7:27
93	SPISACKA Martyna	311	PRO-RUN WROCŁAW	WROCŁAW		K30	2	K 15	00:00:06		01:52:17.85	01:52:24.25	+00:50:45 (45.2%)	7:29
94	KĘSKIEWICZ Kamil	201	SUDECCY TRANSFORMERSI	NOWA RUDA		M50	15	M 79	00:00:07		01:52:33.30	01:52:40.45	+00:51:01 (45.3%)	7:30
95	BARTOSZAK Dorota	369		GNIEZNO		K50	3	K 16	00:00:08		01:52:48.35	01:52:57.30	+00:51:18 (45.4%)	7:31
96	PUDLISZEWSKI Piotr	363		WROCŁAW		M50	16	M 80	00:00:12		01:52:49.45	01:53:02.00	+00:51:23 (45.5%)	7:31
97	MALINOWSKI Damian	348		ŁĄDEK-ZDRÓJ		M30	23	M 81	00:00:05		01:53:30.90	01:53:36.00	+00:51:57 (45.7%)	7:34
98	WRZODEK Konrad	202		BURKATÓW		M40	32	M 82	00:00:20		01:53:22.95	01:53:43.45	+00:52:04 (45.8%)	7:33
99	BOMBA Zygmunt	294	GORYLASY	ZŁOTY STOK		M70	1	M 83	00:00:06		01:53:43.30	01:53:49.55	+00:52:10 (45.8%)	7:34
100	POŁEĆ Janusz	358		ŻMIGRÓD		M50	17	M 84	00:00:30		01:54:14.60	01:54:45.50	+00:53:06 (46.3%)	7:36
101	PROŚCIAK Arkadiusz	240	FIZJOBIEGACZE SZCZECIN	SZCZECIN		M40	33	M 85	00:00:12		01:55:19.60	01:55:32.15	+00:53:53 (46.6%)	7:41
102	EWERT-KRZEMIENIEWSKA Anna	315		POZNAŃ		K30	3	K 17	00:00:08		01:55:37.20	01:55:45.35	+00:54:06 (46.7%)	7:42
103	PIĘTA Krzysztof	252	SOSNA SOSNOWIEC	SOSNOWIEC		M60	2	M 86	00:00:06		01:56:41.80	01:56:47.80	+00:55:08 (47.2%)	7:46
104	MYSZYŃSKA Edyta	214	BIEGACZE STU MOSTÓW	WROCŁAW		K40	9	K 18	00:00:08		01:56:54.35	01:57:02.80	+00:55:23 (47.3%)	7:47
105	MACH Aniela	302	DOA	WROCŁAW		K40	10	K 19	00:00:16		01:57:51.65	01:58:08.05	+00:56:29 (47.8%)	7:51
106	HERMASZEWSKI Mirosław	301	DOA	MARCINOWICE		M40	34	M 87	00:00:16		01:57:52.00	01:58:08.20	+00:56:29 (47.8%)	7:51
107	MUCHEL-KAZIKOWSKA Lilianna	224	WYBIEGAĆ MARZENIA TEAM	POZNAŃ		K30	4	K 20	00:00:16		01:58:01.15	01:58:17.25	+00:56:38 (47.9%)	7:52
108	TERLECKI Łukasz	254		SZCZECIN		M30	24	M 88	00:00:15		01:58:11.45	01:58:26.95	+00:56:48 (48.0%)	7:52
109	WAŚCIŃSKA Małgorzata	308		ŻMIGRÓD		K50	4	K 21	00:00:29		01:58:05.45	01:58:34.50	+00:56:55 (48.0%)	7:52
110	LETZA Roksana	233	RUN TEAM RYDZYNA	GRODZISKO		K40	11	K 22	00:00:12		01:59:08.05	01:59:20.05	+00:57:41 (48.3%)	7:56
111	ŁĄCZYŃSKI Andrzej	206	TRUCHTAM... TUPTAM... PEŁZNĘ...	OPOLE		M40	35	M 89	00:00:24		01:59:52.00	02:00:16.80	+00:58:37 (48.7%)	7:59

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Czas startu	14.95km	Czas netto 15km	Czas brutto 15km	Różnica w czasie	Tempo min/km
112	KOZAK Krzysztof	267		SMIGIEL		M30	25	M 90	00:00:13		02:00:19.90	02:00:33.70	+00:58:54 (48.9%)	8:01
113	MIEMCZOK Katarzyna	266		ŚMIGIEL		K40	12	K 23	00:00:13		02:00:19.85	02:00:33.75	+00:58:54 (48.9%)	8:01
114	OLEJNIK Karol	243		RADZYNY		M30	26	M 91	00:00:16		02:00:57.45	02:01:13.95	+00:59:35 (49.1%)	8:03
115	MATYSCHOK-NYCKOWSKA Agata	316		WROCŁAW		K40	13	K 24	00:00:07		02:03:54.00	02:04:01.10	+01:02:22 (50.3%)	8:15
116	ULIASZ Jerzy	303	LKS ISKRA JASZKOWA	BYSTRZYCA KŁODZA		M50	18	M 92	00:00:13		02:03:52.10	02:04:05.25	+01:02:26 (50.3%)	8:15
117	SZYDŁOWSKI Łukasz	361	NAJLEPSZE STAGEHENDY W POŁUDNIOWEJ ĆWIARTCE	PRASZKA		M30	27	M 93	00:00:22		02:03:57.85	02:04:20.00	+01:02:41 (50.4%)	8:15
118	DYMEK Paweł	376		WROCŁAW		M30	28	M 94	00:00:25		02:04:25.25	02:04:50.35	+01:03:11 (50.6%)	8:17
119	KORCZAK-FRANKOWSKA Agnieszka	260		MIŁOCHÓW		K40	14	K 25	00:00:24		02:04:51.35	02:05:15.55	+01:03:36 (50.8%)	8:19
120	WYSZOMIRSKI Adam	259		ŚWIDNICA		M40	36	M 95	00:00:24		02:04:51.85	02:05:16.00	+01:03:37 (50.8%)	8:19
121	RADWAŃSKI Jerzy	249		BIELAWA		M40	37	M 96	00:00:20		02:05:23.20	02:05:43.25	+01:04:04 (51.0%)	8:21
122	MERWIŃSKA Agnieszka	226		WROCŁAW		K30	5	K 26	00:00:25		02:05:39.15	02:06:04.60	+01:04:25 (51.1%)	8:22
123	MERWIŃSKI Tomasz	227		WROCŁAW		M40	38	M 97	00:00:26		02:05:38.80	02:06:04.85	+01:04:25 (51.1%)	8:22
124	KOTERWA Dawid	258	BŁONIAKI KROTOSZYN	64-100 LESZNO		M20	11	M 98	00:00:09		02:05:56.10	02:06:06.00	+01:04:27 (51.1%)	8:23
125	ŁUSZCZYNA Klaudiusz	375		PRASZKA		M30	29	M 99	00:00:23		02:05:51.40	02:06:15.00	+01:04:36 (51.2%)	8:23
126	ŁUSZCZYNA Marcel	360	NAJLEPSZE STAGEHENDY W POŁUDNIOWEJ ĆWIARTCE	PRASZKA		M20	12	M 100	00:00:23		02:05:52.15	02:06:15.25	+01:04:36 (51.2%)	8:23
127	GOGAŁA Łukasz	318		WROCŁAW		M30	30	M 101	00:00:17		02:06:24.05	02:06:41.45	+01:05:02 (51.3%)	8:25
128	BEŚ Marcin	352		JORDANÓW ŚLĄSKI		M40	39	M 102	00:00:04		02:06:50.05	02:06:54.05	+01:05:15 (51.4%)	8:27
129	DUDZIK Jacek	312	LKS ISKRA JASZKOEWA	KŁODZKO		M70	2	M 103	00:00:00		02:07:07.05	02:07:07.05	+01:05:28 (51.5%)	8:28
130	ĆWIELUCH Anna	231		WAŁBRZYCH		K40	15	K 27	00:00:24		02:06:43.70	02:07:07.75	+01:05:28 (51.5%)	8:26
131	LORENC Paweł	274	ENDORFINY WĄSOSZ	WĄSOSZ		M40	40	M 104	00:00:16		02:07:32.80	02:07:49.30	+01:06:10 (51.8%)	8:30
132	LORENC Joanna	271	ENDORFINY WĄSOSZ	WĄSOSZ		K40	16	K 28	00:00:16		02:07:32.65	02:07:49.45	+01:06:10 (51.8%)	8:30
133	PIÓRKOWSKI Paweł	270		NOWA RUDA		M30	31	M 105	00:00:25		02:07:36.90	02:08:02.35	+01:06:23 (51.9%)	8:30
134	BAGIŃSKI Wojciech	286		WROCŁAW		M30	32	M 106	00:00:11		02:08:28.55	02:08:39.65	+01:07:00 (52.1%)	8:33
135	FEDAROVICH Aliaksandr	246		WROCŁAW		M20	13	M 107	00:00:10		02:08:53.35	02:09:03.75	+01:07:24 (52.2%)	8:35
136	JUREWICZ Agata	290		POZNAN		K30	6	K 29	00:00:15		02:09:01.25	02:09:16.95	+01:07:38 (52.3%)	8:36
137	KRAUS Dariusz	245	BIELAWSKA AKADEMIA BIEGANIA	DZIERZONIOW		M30	33	M 108	00:00:12		02:09:09.85	02:09:22.75	+01:07:43 (52.4%)	8:36
138	MICHALISZYN Lucy	283		BIELAWA		K30	7	K 30	00:00:14		02:09:54.75	02:10:09.45	+01:08:30 (52.6%)	8:39
139	WÓJCIK Katarzyna	285		WROCŁAW		K40	17	K 31	00:00:18		02:10:42.70	02:11:01.35	+01:09:22 (52.9%)	8:42

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Czas startu	14.95km	Czas netto 15km	Czas brutto 15km	Różnica w czasie	Tempo min/km
140	WOJCIECHOWSKA Paulina	298		WROCLAW		K30	8	K 32	00:00:15		02:11:13.25	02:11:29.05	+01:09:50 (53.1%)	8:44
141	NAWROCKI Wojciech	349		CHOJNÓW		M30	34	M 109	00:00:21		02:11:12.05	02:11:33.15	+01:09:54 (53.1%)	8:44
142	SZYMAŃSKA Weronika	350	PEAKME	WROCLAW		K30	9	K 33	00:00:09		02:11:36.00	02:11:45.05	+01:10:06 (53.2%)	8:46
143	KORECKI Marcin	237	4FI16	DOBCZYCE		M40	41	M 110	00:00:13		02:11:41.70	02:11:55.45	+01:10:16 (53.3%)	8:46
144	BAKALARSKA Mariola	211		WARSZAWA		K50	5	K 34	00:00:20		02:11:46.50	02:12:06.80	+01:10:27 (53.3%)	8:47
145	MIZERSKA Agnieszka	222		ŁAWSZOWA		K20	4	K 35	00:00:08		02:12:35.05	02:12:43.95	+01:11:05 (53.6%)	8:50
146	MARCJASZ Natalia	340		WROCLAW		K20	5	K 36	00:00:13		02:13:14.75	02:13:28.20	+01:11:49 (53.8%)	8:52
147	ADAMSKI Tomasz	359		LESZNO		M50	19	M 111	00:00:15		02:18:23.35	02:18:38.40	+01:16:59 (55.5%)	9:13
148	GAŁCZYŃSKA Paulina	264		SERBY		K30	10	K 37	00:00:08		02:20:18.90	02:20:27.05	+01:18:48 (56.1%)	9:21
148	GAŁEK Aleksander	333	PRAGMATIQ.PL	POZNAŃ		M40	42	M 112	00:00:14		02:20:12.30	02:20:27.05	+01:18:48 (56.1%)	9:20
150	IGNASIAK Marta	288		POZNAŃ		K30	11	K 38	00:00:15		02:20:12.45	02:20:27.55	+01:18:48 (56.1%)	9:20
151	STRASZAK Marta	268		ZIEMIECICE		K40	18	K 39	00:00:13		02:25:26.75	02:25:40.35	+01:24:01 (57.7%)	9:41
152	RZEPKA Mirek	416		WARSZAWA		M60	3	M 113	00:00:20		02:43:37.90	02:43:58.70	+01:42:19 (62.4%)	10:54
153	ANDRZEJEWICZ Paweł	459	ULTRA BIMBEER RUNNERS	ŻARY		M40	43	M 114	00:00:22		02:47:37.45	02:48:00.05	+01:46:21 (63.3%)	11:10
154	BODAK Maria	219		SUCHY LAS		K40	19	K 40	00:00:15		02:53:36.40	02:53:51.65	+01:52:12 (64.5%)	11:34
155	OLEJNIK Lena	272	ENDORFINY WĄSOSZ	WĄSOSZ		K30	12	K 41	00:00:18		03:11:38.45	03:11:56.85	+02:10:17 (67.9%)	12:46
156	OLEJNIK Ryszard	265	ENDORFINY WĄSOSZ	WĄSOSZ		M40	44	M 115	00:00:19		03:11:41.05	03:12:00.45	+02:10:21 (67.9%)	12:46
157	BRONIEWICZ Dariusz	279	ENDORFINY WĄSOSZ	WĄSOSZ		M40	45	M 116	00:00:19		03:11:42.30	03:12:01.60	+02:10:22 (67.9%)	12:46
158	DANKOWSKI Bartosz	273	ENDORFINY WĄSOSZ	WĄSOSZ		M40	46	M 117	00:00:19		03:11:43.85	03:12:03.10	+02:10:24 (67.9%)	12:46
159	RUDNICKA Agata	213		WARSZAWA		K50	6	K 42	00:00:20		03:43:57.00	03:44:17.05	+02:42:38 (72.5%)	14:55
160	ŁOJKO Agnieszka	255		ŻARY		K40	20	K 43	00:00:22		03:43:56.85	03:44:19.55	+02:42:40 (72.5%)	14:55
161	KOWALEWSKA Katarzyna	242		WARSZAWA		K50	7	K 44	00:00:23		03:47:07.20	03:47:30.55	+02:45:51 (72.9%)	15:08
161	NADOLNA Karina	235	RUNTEAMRYDZYNA	GRODZISKO		K40	21	K 44	00:00:11		03:47:19.10	03:47:30.55	+02:45:51 (72.9%)	15:09
163	GENDEK Katarzyna	309		CHORZÓW		K30	13	K 46	00:00:11		03:47:20.00	03:47:31.00	+02:45:52 (72.9%)	15:09
164	SZYMCZAK Jarosław	320		KOMORNIKI		M50	20	M 118	00:00:37		03:49:23.80	03:50:01.60	+02:48:22 (73.2%)	15:17