

1	PASIK Tomasz	700	WOLSZTYŃSKI KLUB BIEGOWY	WOLSZTYN	M40	1	M 1	00:00:02	01:42:05	05:07:51	05:08:17.50	05:08:19.60		5:42	10.5 (100%)
2	ROSIAK Michał	635		PSZENNO	M20	1	M 2	00:00:02	01:45:57	05:20:14	05:20:39.50	05:20:42.45	+00:12:22 (3.9%)	5:56	10.1 (96.2%)
3	PETTERS Klaudia	615	SZUKAM	BOLESŁAWIEC	K20	1	K 1	00:00:02	01:53:11	05:37:44	05:38:10.65	05:38:12.95	+00:29:53 (8.8%)	6:15	9.6 (91.4%)
4	PASTUSZKA Paweł	710	#ULTRABIBA	ZIĘBICE	M30	1	M 3	00:00:03	01:52:10	05:39:40	05:40:08.65	05:40:12.15	+00:31:52 (9.4%)	6:17	9.5 (90.5%)
5	SZYMAŃSKI Paweł	688	FIZJOBIEGACZE SZCZECIN	SZCZECIN	M30	2	M 4	00:00:02	01:43:59	05:40:22	05:40:50.55	05:40:53.10	+00:32:33 (9.6%)	6:18	9.5 (90.5%)
6	BORUŃ Marcin	692	TEMMPO WAŁBRZYCH	WAŁBRZYCH	M40	2	M 5	00:00:02	01:53:06		05:45:56.00	05:45:58.00	+00:37:38 (10.9%)	6:24	9.4 (89.5%)
7	ADAMSKI Andrzej	650	SZYNSZYLA GNIEZNO	GNIEZNO	M20	2	M 6	00:00:02	01:53:39	05:51:03	05:51:33.60	05:51:35.75	+00:43:16 (12.3%)	6:30	9.2 (87.6%)
8	SOŁTYSIK Kamil	663		BIELAWA	M40	3	M 7	00:00:01	01:49:30	05:54:46	05:55:17.35	05:55:19.30	+00:46:59 (13.2%)	6:34	9.1 (86.7%)
9	HOLYST Andrzej	641	MARCIN ŚWIERC TEAM	NOWA RUDA	M40	4	M 8	00:00:02	01:57:09	05:55:25	05:55:52.95	05:55:55.25	+00:47:35 (13.4%)	6:35	9.1 (86.7%)
10	SKRZYPIŃSKI Piotr	701		WAŁBRZYCH	M40	5	M 9	00:00:03	01:53:23	05:59:04	05:59:37.35	05:59:40.50	+00:51:20 (14.3%)	6:39	9 (85.7%)
11	KAMERDUŁA Łukasz	634	VAGABOND	STRUŻKA	M40	6	M 10	00:00:06	02:05:10	06:17:36	06:18:02.05	06:18:08.60	+01:09:49 (18.5%)	7:00	8.6 (81.9%)
12	GARBACZEWSKI Gracjan	624		LUBIN	M20	3	M 11	00:00:17	02:12:07	06:18:10	06:18:38.65	06:18:55.65	+01:10:36 (18.6%)	7:00	8.6 (81.9%)
13	HERMANN Grzegorz	603	FIZJO-BEJBİK	DZIERŻONIÓW	M30	3	M 12	00:00:03	01:54:40	06:20:11	06:20:42.60	06:20:46.50	+01:12:26 (19.0%)	7:03	8.5 (81.0%)
14	CIEŚLIK Mateusz	652	SKS OBORNIKI	OBORNIKI	M20	4	M 13	00:00:02	02:08:51	06:29:00	06:29:32.95	06:29:35.35	+01:21:15 (20.9%)	7:12	8.3 (79.0%)
15	ANDRZEJEWSKI Jakub	666	KOBAYASHI EXTREME TEAM	ŁÓDŹ	M30	4	M 14	00:00:02	02:05:19		06:30:28.00	06:30:30.00	+01:22:10 (21.0%)	7:13	8.3 (79.0%)
16	ŚLEZIAK Jarosław	674		ZŁOTY STOK	M40	7	M 15	00:00:03	02:06:08	06:40:11	06:40:50.60	06:40:53.80	+01:32:34 (23.1%)	7:25	8.1 (77.1%)
17	PETRYKOWSKI Karol	655	SGH! PŁASKOZIEMCY	SZCZECIN	M30	5	M 16	00:00:05	02:16:18	06:41:02	06:41:31.60	06:41:37.35	+01:33:17 (23.2%)	7:26	8.1 (77.1%)
18	BŁĘDOWSKI Mariusz	622	COYOTE TEAM	WŁOCŁAWEK	M40	8	M 17	00:00:06	02:09:43	06:41:47	06:42:18.55	06:42:25.45	+01:34:05 (23.4%)	7:27	8.1 (77.1%)
19	ŁABUZ Sylwester	644	SOBOTATOSOBOTA	DZIERŻONIÓW	M40	9	M 18	00:00:01	02:08:51	06:44:47	06:45:11.60	06:45:13.30	+01:36:53 (23.9%)	7:30	8 (76.2%)
20	CAPUTA Wojciech	679		LESZNO	M50	1	M 19	00:00:03	02:14:20	06:45:42	06:46:15.30	06:46:19.20	+01:37:59 (24.1%)	7:31	8 (76.2%)
21	WITKE- ORLIKOWSKA Marta	690		POZNAŃ	K40	1	K 2	00:00:02	02:14:17	06:46:50	06:47:20.30	06:47:23.05	+01:39:03 (24.3%)	7:32	8 (76.2%)
22	KACZOROWSKA Magdalena	672	LOKALSI	ŚWIEBODZICE	K40	2	K 3	00:00:05	02:14:14	06:53:03	06:53:33.50	06:53:38.65	+01:45:19 (25.5%)	7:39	7.8 (74.3%)
23	MROCZKO Krzysztof	614		BOLECHÓW	M30	6	M 20	00:00:11	02:27:45	07:00:04	07:00:39.90	07:00:50.90	+01:52:31 (26.7%)	7:47	7.7 (73.3%)
24	EWERT-KRZEMIENIEWSKI Stanisław	637		SZCZECIN	M40	10	M 21	00:00:05	02:14:54	07:01:14	07:01:43.25	07:01:49.00	+01:53:29 (26.9%)	7:48	7.7 (73.3%)
25	SUSMARSKA Ewa	699	HANGAR	POZNAŃ	K20	2	K 4	00:00:04	02:25:24	07:03:56	07:04:24.55	07:04:29.05	+01:56:09 (27.4%)	7:51	7.6 (72.4%)
26	HOLDENMAJER Karol	625		ŚCINAWA	M20	5	M 22	00:00:16	02:13:44	07:04:00	07:04:32.65	07:04:49.45	+01:56:29 (27.4%)	7:51	7.6 (72.4%)
27	KOCIK Magdalena	623		WROCŁAW	K40	3	K 5	00:00:08	02:19:11	07:08:55	07:09:25.90	07:09:34.10	+02:01:14 (28.2%)	7:57	7.5 (71.4%)
28	JACHNIK Sabina	695	PUSZCZYK BUKOWY	SZCZECIN	K50	1	K 6	00:00:04	02:25:29	07:09:44	07:10:19.75	07:10:23.75	+02:02:04 (28.4%)	7:58	7.5 (71.4%)

29	KALINOWSKI Szymon	730	KLUB BIEGACZA KĄTY WROCŁAWSKIE	PEŁCZNICA	M40	11	M 23	00:00:12	02:29:40	07:10:43	07:11:15.00	07:11:27.65	+02:03:08 (28.5%)	7:59	7.5 (71.4%)
30	ADAMCZAK Paweł	706		POZNAŃ	M30	7	M 24	00:00:07	02:14:54	07:16:22	07:16:55.45	07:17:02.50	+02:08:42 (29.5%)	8:05	7.4 (70.5%)
31	WYSOCZAŃSKI Adrian	704		PIETRZYKOWICE	M40	12	M 25	00:00:04	02:17:45	07:20:27	07:21:02.50	07:21:07.20	+02:12:47 (30.1%)	8:10	7.3 (69.5%)
32	FRANKOWSKI Andrzej	686	MORBID ANDŻEJ	RADWANICE	M40	13	M 26	00:00:06	02:18:10	07:20:33	07:21:07.00	07:21:13.40	+02:12:53 (30.1%)	8:10	7.3 (69.5%)
33	ZABŁOCKI Jacek	669		PLEWISKA	M50	2	M 27	00:00:07	02:28:35	07:20:45	07:21:18.45	07:21:26.10	+02:13:06 (30.2%)	8:10	7.3 (69.5%)
34	KRÓL Marcin	703		OBORNIKI ŚLĄSKIE	M40	14	M 28	00:00:04	02:24:40	07:24:30	07:25:00.90	07:25:05.30	+02:16:45 (30.7%)	8:14	7.3 (69.5%)
35	RITTER Jan	705	7 LO	POZNAŃ	M30	8	M 29	00:00:06	02:14:56	07:24:56	07:25:33.70	07:25:40.45	+02:17:20 (30.8%)	8:15	7.3 (69.5%)
36	TUPTYŃSKI Tomasz	689	TRIATHLETIC TEAM	BROFNICA	M50	3	M 30	00:00:06	02:24:45	07:31:53	07:32:29.90	07:32:36.00	+02:24:16 (31.9%)	8:22	7.2 (68.6%)
37	SŁOWIK Mariusz	647	ROM TEAM	BORKOWICE	M50	4	M 31	00:00:06	02:27:48	07:32:20	07:32:50.70	07:32:57.55	+02:24:37 (31.9%)	8:23	7.2 (68.6%)
38	JÓŹWIAK Jędrzej	629	NETBOX BIEGA	KROBIA	M30	9	M 32	00:00:15	02:31:28	07:38:32	07:39:04.45	07:39:20.25	+02:31:00 (32.9%)	8:30	7.1 (67.6%)
39	BYLINIAK Piotr	671		WROCŁAW	M30	10	M 33	00:00:18	02:34:26	07:38:49	07:39:18.20	07:39:36.95	+02:31:17 (32.9%)	8:30	7.1 (67.6%)
40	WOJTANOWICZ Bartosz	678		SOSNOWIEC	M40	15	M 34	00:00:14	02:31:58	07:41:54	07:42:19.00	07:42:33.00	+02:34:13 (33.3%)	8:33	7 (66.7%)
41	WAŹ Grzegorz	661		ŚWINOUJŚCIE	M40	16	M 35	00:00:12	02:17:13	07:42:21	07:42:53.70	07:43:05.80	+02:34:46 (33.4%)	8:34	7 (66.7%)
42	CHMIELEWSKI Mikołaj	602		MOSINA	M40	17	M 36	00:00:10	02:26:43	07:43:11	07:43:41.10	07:43:51.70	+02:35:32 (33.5%)	8:35	7 (66.7%)
43	PREUSS Friederike	682		PASEWALK	K30	1	K 7	00:00:11	02:21:38	07:48:23	07:48:55.05	07:49:06.65	+02:40:47 (34.3%)	8:41	6.9 (65.7%)
44	ZIĘBIŃSKI Andrzej	677		BARTNICA	M40	18	M 37	00:00:02	02:26:47	07:48:32	07:49:04.00	07:49:06.75	+02:40:47 (34.3%)	8:41	6.9 (65.7%)
45	PRUSIEWICZ Bartosz	640		ŚWIDNICA	M40	19	M 38	00:00:06	02:32:59	07:49:01	07:49:33.10	07:49:39.95	+02:41:20 (34.4%)	8:41	6.9 (65.7%)
46	ZAKRAWACZ Jakub	628		SZCZEPANÓW	M20	6	M 39	00:00:04	02:32:57	07:51:01	07:51:33.80	07:51:38.50	+02:43:18 (34.6%)	8:43	6.9 (65.7%)
47	BROŃCZYK Robert	662	40 I 4	ŻYWIEC	M40	20	M 40	00:00:11	02:32:46	07:52:21	07:53:01.15	07:53:12.40	+02:44:52 (34.8%)	8:45	6.8 (64.8%)
48	NATKANIEC Krystian	627	JANJUL	ZŁOTNIKI	M50	5	M 41	00:00:08	02:35:34	07:53:56	07:54:30.55	07:54:38.90	+02:46:19 (35.0%)	8:47	6.8 (64.8%)
49	SZCZERBIŃSKI Piotr	653		ŚWIĘTA KATARZYNA	M40	21	M 42	00:00:17	02:17:47	07:56:10	07:56:37.95	07:56:55.50	+02:48:35 (35.4%)	8:49	6.8 (64.8%)
50	ZIĘCIAK Michał	613		STARGARD	M40	22	M 43	00:00:16	02:29:53	07:57:18	07:58:05.70	07:58:22.05	+02:50:02 (35.5%)	8:51	6.8 (64.8%)
51	PAWLAK Daniel	619	SZYBKIE ŻÓŁWIE OPATÓW	MYJOMICE	M50	6	M 44	00:00:16	02:34:15	07:58:32	07:59:01.15	07:59:17.65	+02:50:58 (35.7%)	8:52	6.8 (64.8%)
52	BOCZULA Jacek	675		GŁOGÓW	M40	23	M 45	00:00:12	02:35:30	07:58:46	07:59:21.80	07:59:34.30	+02:51:14 (35.7%)	8:52	6.8 (64.8%)
53	JADACH Grzegorz	685	BIEGACZE STU MOSTÓW	WROCŁAW	M40	24	M 46	00:00:04	02:29:47	08:00:11	08:00:47.80	08:00:52.40	+02:52:32 (35.9%)	8:54	6.7 (63.8%)
54	DUSANOWSKI Marcin	665		WROCŁAW	M40	25	M 47	00:00:13	02:40:35	08:00:52	08:01:27.95	08:01:41.85	+02:53:22 (36.0%)	8:54	6.7 (63.8%)
55	JANKOWSKA Paulina	691		LISOWICE	K30	2	K 8	00:00:07	02:44:53	08:02:25	08:02:54.45	08:03:02.10	+02:54:42 (36.2%)	8:56	6.7 (63.8%)
56	KORYTEK Piotr	607	WOLNODOPRZODU	WITKOWO	M50	7	M 48	00:00:14	02:32:59	08:02:18	08:02:50.60	08:03:05.10	+02:54:45 (36.2%)	8:56	6.7 (63.8%)

57	PIETRZAK Sławomir	654		PLESZEW	M40	26	M 49	00:00:09	02:34:40	08:02:33	08:03:03.75	08:03:13.65	+02:54:54 (36.2%)	8:56	6.7 (63.8%)
58	PERLAK Marzena	683		WROCLAW	K40	4	K 9	00:00:07	02:46:47	08:03:07	08:03:41.85	08:03:49.45	+02:55:29 (36.3%)	8:57	6.7 (63.8%)
59	KOZAK Adrian	660		BIELAWA	M20	7	M 50	00:00:14	02:33:27	08:03:26	08:03:57.05	08:04:11.95	+02:55:52 (36.3%)	8:57	6.7 (63.8%)
60	STROJEK Grzegorz	606		PRZEMKÓW	M50	8	M 51	00:00:03	02:28:15	08:03:37	08:04:14.00	08:04:17.25	+02:55:57 (36.3%)	8:58	6.7 (63.8%)
61	ROSZAK Karolina	697		POZNAŃ	K30	3	K 10	00:00:13	02:44:16	08:05:06	08:05:41.85	08:05:55.25	+02:57:35 (36.5%)	8:59	6.7 (63.8%)
62	KORZYCKI Tadeusz	694		SOSNÓWKA	M60	1	M 52	00:00:06	02:50:21	08:15:25	08:15:58.80	08:16:05.05	+03:07:45 (37.8%)	9:11	6.5 (61.9%)
63	LAGUTKA Mikalai	632		WROCLAW	M30	11	M 53	00:00:11	02:39:53	08:18:49	08:19:22.55	08:19:34.30	+03:11:14 (38.3%)	9:14	6.5 (61.9%)
64	SOBCZAK Antoni	608	CROSSACTIVE NYSA	NYSA	M50	9	M 54	00:00:05	02:32:53	08:19:11	08:19:51.20	08:19:56.90	+03:11:37 (38.3%)	9:15	6.5 (61.9%)
65	MAŁKOWSKI Bogdan	604	SPARTANIE DZIECIOM	MURÓW	M50	10	M 55	00:00:08	02:38:54	08:21:18	08:21:49.45	08:21:57.85	+03:13:38 (38.6%)	9:17	6.5 (61.9%)
66	SOWA Mariusz	638		LIPINKI ŁUŻ.	M40	27	M 56	00:00:07	02:28:42	08:22:06	08:22:49.15	08:22:56.75	+03:14:37 (38.7%)	9:18	6.4 (61.0%)
67	DĄBROWA Piotr	617	DECATHLON RADOM	ZBROJÓW	M30	12	M 57	00:00:15	02:33:47	08:23:44	08:24:22.10	08:24:37.95	+03:16:18 (38.9%)	9:20	6.4 (61.0%)
68	RADAJEWSKI Arkadiusz	702	CROSS KRAPKOWICE	KRAPKOWICE	M50	11	M 58	00:00:07	02:37:58	08:24:17	08:24:51.75	08:24:58.75	+03:16:39 (38.9%)	9:20	6.4 (61.0%)
69	KALINOWSKI Łukasz	612	FIZJOBIEGACZE SZCZECIN	SZCZECIN	M40	28	M 59	00:00:11	02:37:55	08:24:57	08:25:28.10	08:25:39.10	+03:17:19 (39.0%)	9:21	6.4 (61.0%)
70	SULIKOWSKI Dawid	707		KSIĄŻNICA	M40	29	M 60	00:00:08	02:35:33	08:26:53	08:27:33.70	08:27:42.15	+03:19:22 (39.3%)	9:23	6.4 (61.0%)
71	NAKONIECZNY Arkadiusz	657	KAGRO TEAM	PIŁA	M30	13	M 61	00:00:08	02:38:36	08:27:32	08:28:08.30	08:28:17.20	+03:19:57 (39.3%)	9:24	6.4 (61.0%)
72	NAKONIECZNA Anna	658		PIŁA	K30	4	K 11	00:00:08	02:38:44	08:27:33	08:28:08.60	08:28:17.35	+03:19:57 (39.3%)	9:24	6.4 (61.0%)
73	OLEJNIK Kasia	673	NIGHT RUNNERS WROCLAW	WEOCLAW	K30	5	K 12	00:00:16	02:44:13	08:37:04	08:37:34.65	08:37:51.40	+03:29:31 (40.5%)	9:35	6.3 (60.0%)
74	MIEDZIAK Dobromir	626	BIEGAJĄCE KREJZOLE	POZNAŃ	M30	14	M 62	00:00:19	02:43:16	08:37:20	08:37:52.10	08:38:11.55	+03:29:51 (40.5%)	9:35	6.3 (60.0%)
75	PASŁAWSKI Paweł	668	FIZJOBIEGACZE SZCZECIN	SZCZECIN	M40	30	M 63	00:00:12	02:37:55	08:37:37	08:38:01.45	08:38:13.65	+03:29:54 (40.5%)	9:35	6.3 (60.0%)
76	BAZYLUK Andrzej	659		WARSZAWA	M50	12	M 64	00:00:13	02:34:28	08:37:33	08:38:01.35	08:38:15.05	+03:29:55 (40.5%)	9:35	6.3 (60.0%)
77	JARCZYŃSKA-DOMINIK Jolanta	618	AKTYWNI WĘGRÓW	WĘGRÓW	K40	5	K 13	00:00:16	02:45:20	08:38:04	08:38:38.35	08:38:54.35	+03:30:34 (40.6%)	9:36	6.2 (59.0%)
78	SUCHANEK Radosław	630		KŁOBUCK	M60	2	M 65	00:00:06	02:37:54	08:39:13	08:39:49.65	08:39:56.05	+03:31:36 (40.7%)	9:37	6.2 (59.0%)
79	OSAKOWICZ Mateusz Osakowicz	642		WARSZAWA	M40	31	M 66	00:00:09	02:36:52	08:41:14	08:41:50.45	08:42:00.25	+03:33:40 (40.9%)	9:39	6.2 (59.0%)
80	BRASEL Marcin	605	FIZJOBIEGACZE SZCZECIN	SZCZECIN	M50	13	M 67	00:00:10	02:41:27	08:43:50	08:44:24.50	08:44:35.10	+03:36:15 (41.2%)	9:42	6.2 (59.0%)
81	GIERASIMOWICZ Szymon	670	FIZJOBIEGACZE SZCZECIN	DOBRA SZCZECIŃSKA	M40	32	M 68	00:00:10	02:40:33	08:49:01	08:49:36.65	08:49:47.35	+03:41:27 (41.8%)	9:48	6.1 (58.1%)
82	SUŁAWA Tomasz	631		WAŁBRZYCH	M40	33	M 69	00:00:17	02:47:44	08:49:04	08:49:46.60	08:50:04.45	+03:41:44 (41.8%)	9:48	6.1 (58.1%)
83	KAROLKOWSKI Krzysztof	708		GORZÓW WIELKOPOLSKI	M30	15	M 70	00:00:12	02:37:51	08:54:32	08:55:07.25	08:55:19.80	+03:47:00 (42.4%)	9:54	6.1 (58.1%)
84	ROLLA Dorian	611		WARZYMICE	M40	34	M 71	00:00:09	02:41:51	08:56:12	08:56:41.10	08:56:50.45	+03:48:30 (42.6%)	9:56	6 (57.1%)

85	BEDNARCZYK Paweł	616		BABKI	M50	14	M 72	00:00:09	02:39:41	08:57:40	08:58:14.55	08:58:24.45	+03:50:04 (42.7%)	9:58	6 (57.1%)
86	KOPYRA Tomasz	681	#BIEGAMWOLNOALEDOKŁADNIE	OBORNIKI ŚLĄSKIE	M40	35	M 73	00:00:05	02:49:41	08:59:03	08:59:34.80	08:59:40.15	+03:51:20 (42.9%)	9:59	6 (57.1%)
87	ZIENIEWICZ Marlena	656		ZIELONA GÓRA	K40	6	K 14	00:00:05	02:53:17	09:09:02	09:09:38.00	09:09:43.80	+04:01:24 (43.9%)	10:10	5.9 (56.2%)
88	SWOROBOWICZ Paweł	687	FIZJOBIEGACZE SZCZECIN	SZCZECIN	M40	36	M 74	00:00:15	03:37:23	09:08:52	09:09:30.55	09:09:45.75	+04:01:26 (43.9%)	10:10	5.9 (56.2%)
89	DREGER Dariusz	698		WOJCIESZYCE	M50	15	M 75	00:00:14	02:48:57	09:15:03	09:15:47.30	09:16:02.15	+04:07:42 (44.5%)	10:17	5.8 (55.2%)
90	CHOCHOWSKA Beata	639		OSTRÓW WIELKOPOLSKI	K50	2	K 15	00:00:15	02:49:26	09:15:03	09:15:47.25	09:16:02.25	+04:07:42 (44.5%)	10:17	5.8 (55.2%)